# City of Chicago Department of Public Health Epidemiology Program Report

# BEHAVIORAL RISK FACTOR SURVEILLANCE System (BRFSS): Chicago Reference Tables 1997

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# Behavioral Risk Factor Surveillance System (BRFSS): Chicago Reference Tables 1997

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# **INTRODUCTION AND METHODS**

#### Introduction

The Behavioral Risk Factor Surveillance System (BRFSS) is a collaboration between the U.S. Centers for Disease Control and Prevention (CDC) and state health departments. This system was designed to gather locally relevant information on health related behaviors related to the leading causes of death in the US. It has expanded to include data on the prevalence of selected health conditions, and access to health services. Each state has options for sample design and data collection within parameters set by CDC.

#### Methods

The BRFSS is a telephone based survey system of non-institutionalized adults. The survey is in the field on a continual basis. A probability sample of telephone numbers is generated on a quarterly basis, and provides the sampling frame for identifying eligible households. States conduct interviews during each month in accordance with a prescribed protocol, and incorporate surveillance results into computer files. States edit and correct completed interviews each month. Data are aggregated and tabulated on an annual basis. The data are weighted prior to tabulation and analysis. Weighting data corrects for study design features and variation of the age/race/sex subgroups between the sample and the general population. Weighting allows inferences to be drawn about the entire adult population from the sample of interview respondents.

In Illinois, the state is stratified into 5 regions: Chicago, suburban Cook County, Collar Counties, other Urban Counties, and Rural Counties. The sampling process described above is performed within each region during the data collection phase, and region-specific weights are developed post-collection. These techniques allow valid statistics to be generated for each region, in addition to statewide statistics.

The BRFSS survey instrument is organized in a modular fashion. The five sections are:

- 1. Fixed Core
- 2. Two Rotating Cores
- 3. Optional Modules
- 4. Emerging Core
- 5. State-Added Questions

The *fixed core* is used in all states every year, the *rotating cores* are used in all states in an alternating fashion- one form is used for odd numbered years, the other form is used for even numbered years. *Optional modules* are standardized sets of questions on a wide variety of issues available for states to use based on their needs. The *emerging core* is used to add questions of topical interest, and to evaluate questions for potential use in future surveys. *State-Added questions* are unique to each jurisdiction and can be used to cover questions that are not addressed elsewhere in the survey.

Since 1994, the BRFSS in Illinois has varied from the standard methodology by using two forms of the questionnaire. Respondents are randomly allocated to either form. One contains the rotating core for the current year and the other contains the rotating core for the previous year.

The data for the analyses presented in this volume are extracted from BRFSS files provided by the Illinois Department of Public Health (IDPH) for the Chicago stratum. Each questionnaire item was examined for non-response or non-valid response percentages. All items were found to have sufficient valid response rates for further analysis. Frequency tables with percentages were generated for each item. Percentages were based on the universe of valid responses, not the entire respondent pool. Since the Chicago stratum has a much smaller sample size than the statewide sample, responses for many items were collapsed into categories (based on literature review and local needs) to improve the validity and stability of the estimates. The response categories used in this volume may vary from other reports that use BRFSS data. Data are weighted with the appropriate local weights, except for several items which were not weighted due to limited sample size. IDPH may continue to adjust weighting factors, as such frequencies, percents, and unweighted counts may differ between IDPH and CDPH publications.

This volume is organized into sections containing related items. The text for each item is presented, and the skip pattern is defined (for relevant questions). The percentage, weighted frequency and unweighted frequency for each response category for the item are then listed. *For questions that were not asked of the entire sample, the frequencies reported will not total to the (estimated) Chicago adult population.* Due to rounding, the reported frequencies for a question may not total to 100 percent.

# DEMOGRAPHICS

Sex			
	Frequency	Percent	Unweighted Count
Male	882,096	47%	257
Female	1,003,061	53%	396

#### AGE GROUPS

	Frequency	Percent	Unweighted Count
18-24 year olds	248,957	13%	88
25-34 year olds	427,400	23%	176
35-44 year olds	429,500	23%	140
45-54 year olds	288,900	15%	83
55-64 year olds	196,900	10%	72
65+	293,500	16%	94

### AGE GROUPS

	Frequency	Percent	Unweighted Count
18-24 year olds	248,957	13%	88
25-44 year olds	856,900	45%	316
45-64 year olds	485,800	26%	155
>= 65 years	293,500	16%	94

BRFSS: Chicago Reference Tables 1997 Pg.4

#### **RACIAL CATEGORIES**

	Frequency	Percent	Unweighted Count
White	1,090,481	58%	425
Black	681,779	36%	200
Asian, Pacific Islander	77,803	4%	19
Native American	24,603	1%	6
Other	10,491	.5%	3

### **RACIAL CATEGORIES**

Frequency	Percent	Unweighted Count
1,090,481	58%	425
794,676	42%	228
	1,090,481	1,090,481 58%

#### **HISPANIC ORIGIN**

	Frequency	Percent	Unweighted Count
Yes	341,413	18%	125
No	1,542,726	82%	527

## **HOUSEHOLD INCOME**

	Frequency	Percent	Unweighted Count
Less than \$15,000	219,699	13%	106
\$15-35,000	718,138	44%	253
\$35-50,000	321,659	20%	94
More than \$50,000	381,156	23%	122

#### **EDUCATION LEVEL**

	Frequency	Percent	Unweighted Count
Less than high school	346,325	18%	120
High school graduate	488,416	26%	158
Some college	483,671	26%	173
College grad	561,590	30%	201

#### **EMPLOYMENT GROUPS**

	Frequency	Percent	Unweighted Count
Employed	1,192,058	63%	417
Out of work	151,105	8%	45
Homemaker/student	211,609	11%	73
Retired/unable	330,385	18%	118

## **MARITAL STATUS**

	Frequency	Percent	Unweighted Count
Married	811,495	43%	228
Widowed	156,104	8%	64
Divorced/separated	299,886	16%	123
Never married	546,747	29%	213
Unmarried couple	64,379	3%	23

#### **HOUSEHOLD TYPE**

	Frequency	Percent	Unweighted Count
One adult, no children	303,588	16%	192
One adult, with children	70,350	4%	53
> 1 adult, no children	775,888	41%	211
> 1 adult, with children	732,712	39%	196

BRFSS: Chicago Reference Tables 1997 Pg.6

#### NUMBER OF ADULTS

	Frequency	Percent	Unweighted Count
1	376,557	20%	246
2	780,223	41%	268
3	393,065	21%	83
4	244,507	13%	41
5	66,368	4%	11
6	24,437	1%	4

# NUMBER OF MEN

	Frequency	Percent	Unweighted Count
0	335,243	18%	204
1	1,008,934	54%	342
2	361,040	19%	73
3	153,225	8%	29
4	26,715	1%	5

#### NUMBER OF WOMEN

	Frequency	Percent	Unweighted Count
0	237,354	13%	111
1	1,147,151	61%	428
2	388,559	21%	94
3	97,503	5%	17
4	14,590	1%	3

#### **TOTAL NUMBER OF CHILDREN**

	Frequency	Percent	Unweighted Count
0	1,079,476	57%	403
1	339,648	18%	103
2	218,650	12%	70
3	134,773	7%	44
4	81,829	4%	22
5	13,005	1%	7
6	15,158	1%	3

#### NUMBER OF CHILDREN AGE 0-4

	Frequency	Percent	Unweighted Count
0	1,550,405	82%	544
1	231,451	12%	80
2	65,687	3.5%	22
3	30,117	2%	5
4	4,878	.5%	1

#### NUMBER OF CHILDREN AGE 5-12

	Frequency	Percent	Unweighted Count
0	1,430,022	76%	505
1	268,096	14%	86
2	120,469	6%	40
3	43,579	2%	16
4	19,034	1%	4
5	1,338	.1%	1

#### NUMBER OF CHILDREN AGE 13-17

	Frequency	Percent	Unweighted Count
0	1,517,130	81%	547
1	277,260	15%	78
2	78,583	4%	23
3	3,422	.2%	2
4	6,144	.3%	2

# **GENERAL HEALTH STATUS**

#### **PERCEPTION OF HEALTH**

Would you say that in general your health is: [please read]

	Frequency	Percent	Unweighted Count
Excellent/very good	917,033	49%	330
Good/fair	877,017	46%	289
Poor	88,300	5%	32

## **DAYS PHYSICAL HEALTH NOT GOOD**

Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

	Frequency	Percent	Unweighted Count
None	1,154,439	62%	396
1-7 days	438,192	23%	156
8-30 days	275,608	15%	95

# DAYS MENTAL HEALTH NOT GOOD

Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

	Frequency	Percent	Unweighted Count
None	1,146,441	61%	371
1-7 days	511,322	27%	195
8-30 days	219,531	12%	83

BRFSS: Chicago Reference Tables 1997 Pg.10

#### **DAYS HEALTH LIMITED USUAL ACTIVITIES**

During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

	Frequency	Percent	Unweighted Count
None	1,452,849	77%	495
1-7 days	275,738	15%	96
8-30 days	149,686	8%	59

# HEALTH CARE: ACCESS/INSURANCE

# HAVE HEALTH PLAN

Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMO's, or government plan such as Medicare?

	Frequency	Percent	Unweighted Count
Yes	1,587,505	84%	551
No	295,933	16%	101

## **MEDICARE** (people with health coverage)

Do you have Medicare? (Medicare is a coverage plan for people 65 or over and for certain disabled people.)

1 1 /	Frequency	Percent	Unweighted Count
Yes	312,895	20%	105
No	1,262,675	80%	442

**TYPE OF HEALTH PLAN** (people with health coverage, excluding Medicare) What type of health care coverage do you use to pay for most of your medical care? [pleas

nat type of health care coverage	e do you use to pay for n <b>Frequency</b>	5 0	' [please read] ighted Count
Your employer	827,338	65%	291
Someone else's employer	257,519	20%	75
Plan bought on own	79,518	6%	32
Medicaid or Assistance	93,029	7%	38
Some other source	11,508	1%	7

17

BRFSS: Chicago Reference Tables 1997 Pg.12

HOW LONG COVERED BY HEALTH PLAN (people with health coverage)

About how long have you had [fill in type]?

	Frequency	Percent	Unweighted Count
Less than 12 months	261,983	16%	101
1-2 years	175,684	11%	63
2-3 years	158,066	10%	60
3-5 years	170,980	11%	60
5+ years	848,694	52%	278

TIME DURING LAST YEAR WITHOUT COVERAGE (A) (people with health coverage

#### less than 12 months)

During the past 12 months, was there any time that you did not have any health insurance or coverage?

-	Frequency	Percent	Unweighted Count
Yes	42,251	20%	9
No	165,967	80%	29

**WHY WITHOUT HEALTH CARE COVERAGE (A)** (people without health coverage) *What was the main reason you were without health care coverage?* 

·	Frequency	Percent	Unweighted Count
Lost job/eligibility	190,518	47%	25
Employer doesn't offer	43,521	11%	10
Couldn't afford premium	103,522	25%	15
Other	70,373	17%	10

### LIST OF HEALTH PLAN DOCTORS (people with health coverage)

Is there a book or list of doctors associated with your [fill in type] plan? [If necessary, say "The coverage you use currently to pay for most of your medical care." If "no" or "don't know/not sure" probe "Is there a certain number you are to call to find a doctor to go to?"]

I	Frequency	Percent	Unweighted Count
Yes	1,127,236	73%	391
No	406,774	27%	146

## HEALTH PLAN REQUIRES CERTAIN DOCTORS (people with health coverage)

Does your [fill in type] plan require you to select a certain doctor or clinic for all of your routine care? [If necessary, say "The coverage you use currently to pay for most of your medical care." Do not include emergency care or referral to a specialist.]

	Frequency	Percent	Unweighted Count
Yes	853,624	54%	285
No	726,491	46%	262

WHEN LAST HAD A HEALTH PLAN (people currently without health coverage)

About how long has it been since you had health care coverage?

C	Frequency	Percent	Unweighted Count
Within past year	173,988	32%	27
> 1 year or never	369,159	68%	62

## **AVOIDED DOCTOR BECAUSE OF COST**

Was there a time during the last 12 months when you needed to see a doctor, but could not because of the cost?

	Frequency	Percent	Unweighted Count
Yes	194,651	10%	74
No	1,687,075	90%	577

# HEALTH CARE: UTILIZATION/SCREENING

# A. General Health Care

## LAST ROUTINE CHECKUP

About how long has it been since you last visited a doctor for a routine checkup? (A routine checkup is a general physical exam not an exam for a specific injury, illness, or condition.)

1 0 17	Frequency	Percent	Unweighted Count
Within year	1,361,756	72%	478
Within 2 years	181,212	10%	72
> 2 years or never	336,392	18%	101

## HAVE USUAL SOURCE HEALTH CARE (A)

Is there one particular clinic, health center, doctor's office, or other place that you usually go to if you are sick or need advice about your health?

	Frequency	Percent	Unweighted Count
Yes	1,591,818	85%	264
No	283,576	15%	36

## FACILITY TYPE (A) (people with one usual source of health care)

What kind of place is it: a clinic, a health center, a hospital, a doctor's office, or some other place?

	Frequency	Percent	Unweighted Count
Private doctor/clinic	979,994	64%	166
Hospital	317,338	21%	53
Company clinic	109,171	7%	14
Community clinic/other	116,865	8%	21

WHY NO USUAL SOURCE (A) (people with no or more than one usual source of health area)

# health care)

What is the main reason you do not have a usual source of medical care?

	Frequency	Percent	Unweighted Count
Not needed doctor	213,814	64%	23
No insurance	33,254	10%	7
Don't know where to go/other	60,166	18%	7
Have 2 or more places	28,007	8%	5

# **B.** Blood Pressure

## LAST BLOOD PRESSURE TAKEN (B)

About how long has it been since you last had your blood pressure taken by a doctor, nurse, or other health professional?

	Frequency	Percent	Unweighted Count
Within year	1,611,460	86%	262
> 1 year	265,317	14%	38
Never			1

BRFSS: Chicago Reference Tables 1997 Pg.16

**TOLD BLOOD PRESSURE HIGH (B)** (people who have had blood pressure taken) *Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?* 

	Frequency	Percent	Unweighted Count
Yes	426,126	23%	69
No	1,450,651	77%	231

## TOLD BLOOD PRESSURE HIGH MORE THAN ONCE (B) (people who have

checked blood pressure and told it is high)

Have you ever been told on more than one occasion that your blood pressure was high, or have you been told this only once?

	Frequency	Percent	Unweighted Count
More than once	292,649	69%	50
Only once	131,199	31%	18

# C. Cholesterol

# HAD CHOLESTEROL CHECK (A OR B)

Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked?

	Frequency	Percent	Unweighted Count
Yes	1,163,901	64%	195
No	665,057	36%	96

# **LAST CHOLESTEROL CHECK (A OR B)** (people who ever had blood cholesterol checked)

About how long has it been since you last had your blood cholesterol checked?

	Frequency	Percent	Unweighted Count
Within year	813,476	70%	138
> 1 year ago	350,426	30%	57

**HIGH CHOLESTEROL (A OR B)** (people who ever had blood cholesterol checked) Have you ever been told by a doctor or other health professional that your blood cholesterol is high?

	Frequency	Percent	Unweighted Count
Yes	450,726	39%	69
No	713,176	61%	126

# **D.** Vaccinations

# FLU SHOT (A OR B)

During the past 12 months, have you had a flu shot?

	Frequency	Percent	Unweighted Count
Yes	500,474	27%	76
No	1,375,701	73%	223

## **PNEUMONIA VACCINATION (A OR B)**

Have you ever had a pneumonia vaccination?

	Frequency	Percent	Unweighted Count
Yes	297,427	16%	44
No	1,518,312	84%	246

# E. Colorectal Screening

## **BLOOD STOOL TEST (A OR B)** (people age 40+)

A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. Have you ever had this test using a home kit?

	Frequency	Percent	Unweighted Count
Yes	318,337	31%	47
No	708,784	69%	106

**LAST BLOOD STOOL (A OR B)** (people age 40+ who have used home blood stool test)

When did you have your last blood stool test using a home kit?

	Frequency	Percent	Unweighted Count
Within past year	157,857	50%	22
More than 1 year ago	160,479	50%	25

## **PROCTOSCOPIC EXAM (A OR B)** (people age 40+)

A sigmoidoscopy or proctoscopy is when a tube is inserted in the rectum to view the bowel for signs of cancer and other health problems. Have you ever had this exam?

-	Frequency	Percent	Unweighted Count
Yes	270,466	27%	41
No	746,893	73%	111

LAST PROCTOSCOPIC EXAM (A OR B) (people age 40+ who had a sigmoidoscopy

or proctoscopy)

When did you have your last sigmoidoscopy or proctoscopy?

	Frequency	Percent	Unweighted Count
Within 2 years	127,680	47%	20
More than 2 years ago	142,786	53%	21

# F. Women's Health

Now I have some questions about other health services you may have received.

#### HAD MAMMOGRAM (women age 40+)

A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?

	Frequency	Percent	Unweighted Count
Yes	462,792	87%	160
No	66,673	13%	23

# LAST MAMMOGRAM (women age 40+ who have had a mammogram)

How long has it been since you had your last mammogram?

	Frequency	Percent	Unweighted Count
Within past year	325,940	71%	110
> 1 year or never	135,134	29%	49

## WHY MAMMOGRAM (women age 40+ who have had a mammogram)

Was your last mammogram done as part of a routine checkup, because of a breast problem other than cancer, or because you've already had breast cancer?

	Frequency	Percent	Unweighted Count
Routine checkup	430,710	93%	148
Non-cancer breast problem	28,644	6%	10
Cancer	3,437	1%	2

#### HAD CLINICAL BREAST EXAM (women 18+)

A clinical breast exam is when a doctor, nurse, or other health professional feels the breast for lumps. Have you ever had a clinical breast exam?

	Frequency	Percent	Unweighted Count
Yes	848,000	85%	334
No	149,765	15%	60

# **LAST CLINICAL BREAST EXAM** (women age 18+ who have had a clinical breast exam)

How long has it been since your last breast exam?

	Frequency	Percent	Unweighted Count
Within past year	719,058	85%	275
> 1 year	127,434	15%	58

**WHY CLINICAL BREAST EXAM** (women age 18+ who have had a clinical breast exam)

Was your last breast exam done as part of a routine checkup, because of a breast problem other than cancer, or because you've already had breast cancer?

	Frequency	Percent	Unweighted Count
Routine checkup	817,549	97%	319
Non-cancer breast problem	28,733	3%	14
Cancer	0	0%	0

#### HAD PAP SMEAR (women age 18+)

A Pap smear is a test for cancer of the cervix. Have you ever had a Pap smear?

	Frequency	Percent	Unweighted Count
Yes	923,477	93%	364
No	72,347	7%	28

## **LAST PAP SMEAR** (women age 18+ who have had a Pap smear)

How long has it been since you had your last Pap smear?

	Frequency	Percent	Unweighted Count
Within past year	701,042	76%	271
> 1 year	221,126	24%	92

#### WHY PAP SMEAR (women age 18+ who have had a Pap smear)

Was your last Pap smear done as part of a routine exam, or to check a current or previous problem?

	Frequency	Percent	Unweighted Count
Routine checkup	858,123	93%	339
Problem	55,186	6%	22
Other	6,114	1%	2

## HAD HYSTERECTOMY (women age 18+)

Have you had a hysterectomy? (A hysterectomy is an operation to remove the uterus/womb.)

	Frequency	Percent	Unweighted Count
Yes	171,950	17%	57
No	825,500	83%	336

#### **PREGNANT** (women age 18-44, no hysterectomy)

To your knowledge, are you now pregnant?

	Frequency	Percent	Unweighted Count
Yes	16,722	3%	8
No	519,369	97%	233

BRFSS: Chicago Reference Tables 1997 Pg.22

#### **MENOPAUSE (B)** (women age 45+, no hysterectomy)

Have you gone through or are you now going through menopause?

	Frequency	Percent	Unweighted Count
Gone through	129,997	50%	27
Going through	80,605	31%	9
No	49,814	19%	11

#### **PRESCRIBED ESTROGEN (B)** (women age 45+ or had hysterectomy)

Other than birth control pills, has your doctor ever prescribed estrogen pills for you?

	Frequency	Percent	Unweighted Count
Yes	117,045	26%	20
No	325,555	74%	60

**CURRENTLY TAKING ESTROGEN (B)** (women age 45+ or had hysterectomy, who have ever been prescribed estrogen)

Are you currently taking estrogen pills?

	5	0	0	1	Frequency	Percent	Unweighted Count
Yes					78,647	67%	12
No					38,398	33%	8

**WHY ESTROGEN (B)** (women age 45+ or had hysterectomy, who have ever been prescribed estrogen)

Why did your doctor prescribe estrogen pills for you?

, 1 0	Frequency	Percent	Unweighted Count
Prevent heart attack/osteoporosis	26,757	23%	5
Treat menopause symptoms	90,287	77%	15

# G. Oral Health

### LAST DENTAL VISIT (A)

How long has it been since you last visited the dentist or a dental clinic?

-	Frequency	Percent	Unweighted Count
Within past year	1,087,242	58%	179
More than 1 year ago	736,970	39%	114
Never	60,946	3%	8

**WHY NO DENTAL VISIT (A)** (people who have not visited dentist in past year) *What is the main reason you have not visited the dentist in the past year?* 

	Frequency	Percent	Unweighted Count
Fear/pain/dislike	50,559	6%	9
Cost	204,104	26%	38
Don't have dentist/can't get to	25,179	3%	5
No need to go/haven't thought of it	418,080	53%	53
Other priorities	73,251	9%	12
Other	18,057	2%	4

# **CHRONIC DISEASE**

# A. Diabetes

#### DIABETIC

Have you ever been told by a doctor that you have diabetes? [If yes and female, ask "Was this only when you were pregnant?"]

	Frequency	Percent	Unweighted Count
Yes	180,887	10%	51
Yes, when pregnant	9,509	.5%	4
No	1,692,410	90%	597

# **B.** Heart Disease/Stroke

# EAT TO LOWER RISK OF HEART DISEASE/STROKE (A)

To lower your risk of developing heart disease or stroke, has a doctor advised you to eat fewer high fat or high cholesterol foods?

	Frequency	Percent	Unweighted Count
Yes	747,493	40%	114
No	1,128,366	60%	185

## EXERCISE TO LOWER RISK OF HEART DISEASE/STROKE (A)

To lower your risk of developing heart disease or stroke, has a doctor advised you to exercise more?

	Frequency	Percent	Unweighted Count
Yes	792,885	42%	127
No	1,080,288	58%	173

# EXERCISE

The next few questions are about exercise, recreation, or physical activities other than your regular job duties.

#### **EXERCISE BEHAVIOR PATTERN (B)**

Which best describes your behavior regarding physical activity and exercise?

·	Frequency	Percent	Unweighted Count
Exercise regularly 6 mos or longer	630,560	34%	112
Exercise regularly less than 6 mos	223,528	12%	36
Exercise some	580,951	31%	110
Don't exercise/intend to start	220,653	12%	50
Don't exercise/don't intent to start	210,112	11%	41

# ANY EXERCISE (A OR B)

During the past month, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

	Frequency	Percent	Unweighted Count
Yes	1,285,078	68%	243
No	600,079	32%	109

**FIRST EXERCISE ACTIVITY (A OR B)** (people who did any exercise in past month) *What type of physical activity or exercise did you spend the most time doing during the past month?* 

	Frequency	Percent	Unweighted Count
Exercise Training	347,969	27%	56
Sports	305,680	24%	61
Walking	457,574	36%	98
Hobbies/Other	173,855	13%	28

FIRST EXERCISE DURATION (A OR B) (people who did any exercise in past

#### month)

When you took part in this activity, for how many minutes or hours did you usually keep at it?

	Frequency	Percent	Unweighted Count
Less than 20 minutes	67,350	5%	16
20 minutes or more	1,171,584	95%	218

# **FIRST EXERCISE FREQUENCY (A OR B)** (people who did any exercise in past month)

How many times per week or per month did you take part in this activity during the past month?

	Frequency	Percent	Unweighted Count
Less than once a week	79,977	6%	17
1-2 times a week	512,574	40%	97
3 times a week or more	683,332	54%	127

**ANY OTHER EXERCISE (A OR B)** (people who did any exercise in past month) *Was there another physical activity or exercise that you participated in during the last month?* 

1 2	Frequency	Percent	Unweighted Count
Yes	648,602	50%	123
No	636,476	50%	120

**SECOND EXERCISE ACTIVITY (A OR B)** (people who did additional exercise in past month)

What other type of physical activity gave you the next most exercise during the past month?

	Frequency	Percent	Unweighted Count
Exercise Training	191,068	29%	46
Sports	276,784	43%	47
Walking	137,589	21%	21
Hobbies/Other	43,161	7%	9

**SECOND EXERCISE DURATION (A OR B)** (people who did additional exercise in past month)

When you took part in this activity, for how many minutes or hours did you usually keep at it?

	Frequency	Percent	Unweighted Count
Less than 20 minutes	84,005	13%	16
20 minutes or more	551,415	87%	104

# **SECOND EXERCISE FREQUENCY (A OR B)** (people who did additional exercise in past month)

How many times per week or per month did you take part in this activity?

J 1 1	Frequency	Percent	Unweighted Count
Less than once a week	80,343	12%	17
1-2 times a week	314,285	49%	57
3 times a week or more	250,423	39%	48

## SEDENTARY LIFESTYLE RISK (A OR B)

A calculated variable. Sedentary means no reported activity. Irregular activity means one or two activities are reported but the duration and frequency of the combined activities is either: a) less than 20 minutes per session, less than three times per week, or both; or b) activity reported does not include complete information for frequency, duration, or both.

1	Frequency	Percent	Unweighted Count
Sedentary	600,079	32%	109
Irregular Activity	445,159	24%	86
Active Lifestyle	839,918	45%	157

# WEIGHT/NUTRITION

## LOSE WEIGHT (A OR B)

Are you now trying to lose weight?

	Frequency	Percent	Unweighted Count
Yes	684,635	36%	134
No	1,200,522	64%	218

#### MAINTAIN WEIGHT (A OR B) (people not trying to lose weight)

Are you now trying to maintain your current weight, that is to keep from gaining weight?

5	. 6	Frequency	Percent	Unweighted Count
Yes		574,203	48%	115
No		612,778	52%	101

**EATING LESS CALORIES/FAT (A OR B)** (people trying to lose or maintain weight) *Are you eating either fewer calories or less fat to lose weight or keep from gaining weight?* 

	Frequency	Percent	Unweighted Count
Yes, fewer calories	170,530	14%	34
Yes, less fat	459,322	36%	90
Yes, both	356,745	28%	67
No	272,241	22%	58

**EATING LESS CALORIES/FAT (A OR B)** (people trying to lose or maintain weight) Collapsed from above variable.

-	Frequency	Percent	Unweighted Count
Yes, fewer calories and/or fat	986,597	78%	191
No	272,241	22%	58

EXERCISING FOR WEIGHT (A OR B) (people trying to lose or maintain weight)

Are you using physical activity or exercise to lose weight or keep from gaining weight?

·	Frequency	Percent	Unweighted Count
Yes	722,069	57%	144
No	536,769	43%	105

#### **OBESITY**

Defined as a body mass index (BMI) of 30 or greater. Based on BMI calculated from height and weight.

About how much do you weigh without shoes? [round fractions up] About how tall are you without shoes? [round fractions down]

	Frequency	Percent	Unweighted Count
Obese	422,153	24%	132
Not obese	1,354,603	76%	485

BRFSS: Chicago Reference Tables 1997 Pg.32

## **OBESITY CATEGORIES**

Based on BMI calculated from height and weight.

About how much do you weigh without shoes? [round fractions up] About how tall are you without shoes? [round fractions down]

-	Frequency	Percent	Unweighted Count
Underweight < 18.5	19,076	1%	7
Normal 18.5-24.9	691,076	39%	268
Overweight 25-29.9	644,450	36%	210
Obese 30-39.9	382,460	22%	120
Morbid Obesity 40 +	39,693	2%	12

# DIFFERENCE BETWEEN ACTUAL & IDEAL WEIGHT (A OR B) (people trying to lose

#### or maintain weight)

How much would you like to weigh?

(Variable calculated by subtracting answer to this question from actual weight.)

	Frequency	Percent	Unweighted Count
None	424,089	23%	56
1-15 pounds	658,852	36%	87
16-25 pounds	257,482	14%	34
More than 25 pounds	469,527	26%	62

#### **ADVISED ABOUT WEIGHT (B)**

In the past 12 months, has a doctor, nurse, or other health professional given you advice about your weight? [probe for which]

0 1	Frequency	Percent	Unweighted Count
Yes, lose weight	286,585	15%	51
Yes, gain/maintain	56,780	3%	12
No	1,535,938	82%	287

#### **ADVISED ABOUT WEIGHT (B)**

Collapsed from above variable.

-	Frequency	Percent	Unweighted Count
Yes	343,365	18%	63
No	1,535,938	82%	287

These next questions are about the foods you usually eat or drink. Please tell me how often you eat or drink each one, for example, twice a week, three times a month, and so forth. Remember, I am only interested in the foods you eat. Include all foods you eat, both at home and away from home.

#### FREQUENCY OF DRINKING JUICE (A OR B)

How often do you drink fruit juices such as orange, grapefruit, or tomato?

	Frequency	Percent	Unweighted Count
One or more per day	945,837	51%	165
Weekly but not daily	634,563	34%	129
Less than weekly	191,553	10%	38
Never	100,773	5%	19

## FREQUENCY OF EATING FRUIT (A OR B)

Not counting juice, how often do you eat fruit?

	Frequency	Percent	Unweighted Count
One or more per day	877,266	47%	162
Weekly but not daily	793,577	42%	155
Less than weekly	191,682	10%	31
Never	16,463	1%	3

### FREQUENCY OF EATING SALAD (A OR B)

How often do you eat green salad?

5 5 6	Frequency	Percent	Unweighted Count
One or more per day	396,898	21%	63
Weekly but not daily	1,125,830	60%	218
Less than weekly	224,737	12%	43
Never	135,196	7%	27

### FREQUENCY OF EATING POTATOES (A OR B)

How often do you eat potatoes not including french fries, fried potatoes, or potato chips?

	Frequency	Percent	Unweighted Count
One or more per day	123,910	7%	17
Weekly but not daily	1,263,250	67%	237
Less than weekly	420,932	23%	84
Never	64,000	3%	12

### FREQUENCY OF EATING CARROTS (A OR B)

How often do you eat carrots?

	Frequency	Percent	Unweighted Count
One or more per day	146,486	8%	27
Weekly but not daily	847,537	46%	158
Less than weekly	548,833	30%	110
Never	312,349	17%	53

### FREQUENCY OF EATING OTHER VEGETABLES (A OR B)

Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat? (For example: A serving of vegetables at both lunch and dinner would be two servings.)

	Frequency	Percent	Unweighted Count
One or more per day	1,086,910	58%	208
Weekly but not daily	648,719	35%	116
Less than weekly	75,686	4%	14
Never	58,408	3%	11

# **SMOKING**

### **SMOKED 100 CIGARETTES**

Have you smoked at least 100 cigarettes in your entire life?

	Frequency	Percent	Unweighted Count
Yes	918,608	49%	304
No	966,549	51%	349

### **SMOKING PATTERN** (people who have smoked at least 100 cigarettes)

Do you now smoke cigarettes everyday, some days, or not at all?

	Frequency	Percent	Unweighted Count
Everyday	335,651	37%	109
Some days	146,866	16%	51
Not at all	436,091	47%	144

### **SMOKING STATUS**

A calculated variable. A current smoker is defined as a respondent who reported smoking 100 cigarettes in lifetime and now smokes everyday or some days. A former smoker reported smoking 100 cigarettes in lifetime but currently does not smoke. A non-smoker is a respondent who reported never having smoked 100 cigarettes in lifetime.

	Frequency	Percent	Unweighted Count
Current smoker	482,517	26%	160
Former smoker	436,091	23%	144
Non-smoker	966,549	51%	349

### CIGARETTES PER DAY (people who currently smoke everyday)

On the average, about how many cigarettes a day do you now smoke?

-	Frequency	Percent	Unweighted Count
10 or less	170,314	51%	50
11 to 19	26,031	8%	9
20 or more	138,131	41%	49

### CIGARETTES LAST 30 DAYS (people who currently smoke some days)

On the average, when you smoked during the past 30 days, about how many cigarettes did you smoke a day?

	Frequency	Percent	Unweighted Count
5 or less	114,756	80%	36
More than 5	28,544	20%	14

### **QUIT SMOKING** (people who currently smoke everyday)

During the past 12 months, have you quit smoking for 1 day or longer?

6 1	Frequency	Percent	Unweighted Count
Yes	182,537	54%	64
No	153,113	46%	45

# **LAST SMOKED REGULARLY** (people who have smoked 100 cigarettes but currently do not smoke at all)

About how long has it been since you last smoked cigarettes regularly, that is, daily?

	Frequency	Percent	Unweighted Count
Within past year	76,533	17%	26
Within past 5 years	55,227	13%	25
More than 5 years ago	282,681	65%	86
Never smoked regularly	21,650	5%	7

**DOCTOR ADVISED TO QUIT SMOKING (B)** (people who currently smoke everyday or some days)

Has a doctor or health professional ever advised you to quit smoking?

	Frequency	Percent	Unweighted Count
Yes	444,435	52%	78
No	413,688	48%	79

### **RESTAURANT PREFERENCE (A)** (people who have eaten out in a restaurant)

When requesting seating in a restaurant, do you usually ask for: [please read]

	Frequency	Percent	Unweighted Count
Non-smoking section	1,268,175	69%	202
Smoking section	168,999	9%	23
Next available/no preference	397,002	22%	66

# ALCOHOL

### DRINK ANY ALCOHOL (A OR B)

During the past month, have you had at least one drink of any alcoholic beverage such as beer, wine, wine coolers, or liquor?

	Frequency	Percent	Unweighted Count
Yes	974,818	52%	160
No	910,339	48%	141

**FREQUENCY OF DRINKING (A OR B)** (people who drank alcohol in past month) *During the past month, how many days per week or per month did you drink any alcoholic beverages, on the average?* 

	Frequency	Percent	Unweighted Count
Weekly	591,936	61%	97
Less than weekly	378,229	39%	61

**DRINKS PER OCCASION (A OR B)** (people who drank alcohol in past month) *A drink is 1 can or bottle of beer, 1 glass of wine, 1 can or bottle of wine cooler, 1 cocktail, or 1 shot of liquor. On the days when you drank, about how many drinks did you drink on the average?* 

5	Frequency	Percent	Unweighted Count
One	320,179	34%	50
Two	301,614	32%	49
Three to four	259,208	27%	45
Five or more	70,625	7%	12

### TIMES DRANK MORE THAN 5 DRINKS (A OR B) (people who drank alcohol in

#### past month)

*Considering all types of alcoholic beverages, how many times during the past month did you have 5 or more drinks on an occasion?* 

	Frequency	Percent	Unweighted Count
None	674,734	70%	110
One	138,154	14%	23
Two	43,442	4%	9
Three or more	114,205	12%	16

### CHRONIC DRINKING RISK (A OR B)

A calculated variable. At risk is defined as respondents who reported that they have had on the average two or more drinks per day or 60 or more drinks a month (based on the total number of drinks per month).

	Frequency	Percent	Unweighted Count
At risk	46,078	3%	8
Not at risk	1,364,231	97%	213

### **BINGE DRINKING RISK (A OR B)**

A calculated variable. At risk is defined as respondents who reported that they have had alcoholic beverages in the past month and have had five or more alcoholic drinks on one or more occasions in the past month.

-	Frequency	Percent	Unweighted Count
At risk	295,801	16%	48
Not at risk	1,589,356	84%	253

### **DRINKING & DRIVING RISK (A OR B)**

Calculated by labeling "at risk" anyone who answered they had driven when had too much to drink in the past month.

-	Frequency	Percent	Unweighted Count
At risk	37,752	2%	7
Not at risk	1,847,405	98%	294

# **INJURY PREVENTION**

### USE SEATBELTS (A OR B) (people who ride in a car)

How often do you use seatbelts when you drive or ride in a car? Would you say:

5 5	Frequency	Percent	Unweighted Count
Always/nearly always	1,425,874	76%	232
Sometimes/seldom/never	439,993	24%	65

### CHILD'S USE OF AUTO SEAT RESTRAINTS (A OR B) (people with a child under

#### age 16 who rides in a car)

How often does the [oldest child in household under the age of 16] child in your household use a car safety seat [for child under 5] or seatbelt [for child 5 or older] when they ride in a car? Would you say:

	Frequency	Percent	Unweighted Count
Always/nearly always	688,894	90%	98
Sometimes/seldom/never	73,662	10%	13

### CHILD'S USE OF BIKE HELMET (A OR B) (people with a child age 5-15 who rides

#### a bicycle)

During the past year, how often has the [oldest child in household age 5-15] child worn a bicycle helmet when riding a bicycle? Would you say:

	Frequency	Percent	Unweighted Count
Always/nearly always	173,485	38%	23
Sometimes/seldom/never	285,805	62%	40

### ADULT'S USE OF BIKE HELMET (A OR B) (people who have ridden a bicycle in

### past year)

During the past year, how often have you worn a bicycle helmet when riding a bicycle? Would you say:

	Frequency	Percent	Unweighted Count
Always/nearly always	73,748	12%	12
Sometimes/seldom/never	521,843	88%	80

### CHECK SMOKE DETECTOR (A OR B) (those with smoke detectors in home)

When was the last time you or someone else deliberately tested all of the smoke detectors in your home, either by pressing the test buttons or holding a source of smoke near them?

,	Frequency	Percent	Unweighted Count
Within 6 months	1,383,443	77%	215
6 months - 1 year	152,444	8%	25
> 1 year or never	265,453	15%	49

# HIV/AIDS

The next few questions are about the national health problem of HIV, the virus that causes AIDS. Please remember that your answers are strictly confidential and that you don't have to answer every question if you don't want to.

### A. Education

### **SOURCE OF HIV/STD INFORMATION (A)** (people under age 65)

HIV/AIDS information can come from a variety of sources, such as newspapers, magazines, pamphlets, AIDS hotline, meetings or news broadcasts. If you had questions regarding AIDS, where would you go to get information?

	Frequency	Percent	Unweighted Count
AIDS/STD hotline	218,546	14%	37
Media	193,223	12%	33
Community orgs/schools/college	107,103	7%	18
Medical staff or facility	921,120	60%	182
Friends/relatives	38,421	2%	6
Other	69,497	5%	16

### **GRADE TO BEGIN AIDS EDUCATION** (people under age 65)

If you had a child in school, at what grade do you think he or she should begin receiving education in school about HIV infection and AIDS?

	Frequency	Percent	Unweighted Count
Kindergarten	106,477	7%	34
Grades 1-6	1,117,015	74%	394
Grades 7-8	207,461	14%	67
High School 9-12	67,364	4.5%	25
Never	7,966	.5%	4

### **ENCOURAGE TEEN TO USE CONDOM** (people under age 65)

If you had a teenager who was sexually active, would you encourage him or her to use a condom?

	Frequency	Percent	Unweighted Count
Yes	1,447,494	92%	509
No	15,854	1%	8
Give other advice	111,737	7%	36

### **B.** Testing

**BLOOD TESTED FOR HIV** (people under age 65 not currently infected with HIV) *Have you ever had your blood tested for HIV?* 

	Frequency	Percent	Unweighted Count
Yes	826,248	53%	288
No	727,123	47%	258

### LAST BLOOD TEST (people under age 65 who have been tested)

When was your last blood test for HIV?

	Frequency	Percent	Unweighted Count
Within past 2 years	467,505	63%	158
2-3 years ago	81,196	11%	31
More than 3 years ago	188,095	26%	67

**DONATE BLOOD SINCE 1985** (people under age 65 who have not been tested) *Have you donated blood since March 1985?* 

	Frequency	Percent	Unweighted Count
Yes	167,853	22%	57
No	588,957	78%	200

**LAST BLOOD DONATION** (people under age 65 who have not been tested and who have donated blood since 1985)

When did you last donate blood?

	Frequency	Percent	Unweighted Count
Within past 2 years	81,038	63%	30
2 to 3 years ago	4,620	4%	2
> 3 years ago	42,001	33%	15

	Frequency	Percent	Unweighted Count
Referral/to find out/at risk	241,585	29%	96
Mandatory	199,138	24%	59
Hospitalization/illness	52,341	6%	19
Pregnancy	49,318	6%	25
Routine checkup	180,825	22%	57
Blood donation	45,405	5%	15
Occupational exposure	40,956	5%	11
Other	17,351	2%	6

## **REASON FOR HIV TEST** (people under age 65 who have been tested) *What was the main reason you had your last test for HIV?*

**REASON FOR HIV TEST** (people under age 65 who have been tested)

Collapsed from above variable.

1	Frequency	Percent	Unweighted Count
Routine	640,702	84%	222
A problem	120,460	16%	44

# **WHERE AIDS TEST** (people under age 65 who have been tested, excluding blood donation)

Where did you have your last test for HIV?

	Frequency	Percent	Unweighted Count
Private doctor	224,891	29%	80
Public clinic	144,801	19%	50
Mandatory site	39,373	5%	18
Hospital	331,350	42%	109
Reproductive health clinic	14,128	2%	6
Home test/other	25,905	3%	10

**WHERE AIDS TEST** (people under age 65 who have been tested, excluding blood donation)

Collapsed from variable above.

	Frequency	Percent	Unweighted Count
Public facility	515,281	67%	176
Private facility	239,263	31%	87
At home	12,199	2%	7

**RECEIVED RESULTS** (people under age 65 who have been tested, excluding blood donation)

Did you receive the results of your last test?

-	Frequency	Percent	Unweighted Count
Yes	703,769	90%	245
No	79,029	10%	29

**RECEIVED COUNSELING** (people under age 65 who have been tested and received results, excluding blood donation)

Did you receive counseling or talk with a health care professional about the results of your test?

	Frequency	Percent	Unweighted Count
Yes	229,232	33%	84
No	473,724	67%	160

### C. Sexual Behavior/Risk Factors

### PERCEIVED CONDOM EFFECTIVENESS (A OR B) (people under age 65)

Some people use condoms to keep from getting infected with HIV through sexual activity. How effective do you think a properly used condom is for this purpose?

	Frequency	Percent	Unweighted Count
Very effective	547,573	43%	113
Somewhat/not at all	576,639	46%	106
Unsure of method	134,780	11%	25

The next few questions are about your personal sexual behavior, and I want to remind you that your answers are confidential.

### CHANGED SEX BEHAVIOR (people under age 65)

Due to what you know about HIV, have you changed your sexual behavior in the last 12 months?

	Frequency	Percent	Unweighted Count
Yes	318,484	20%	107
No	1,237,905	80%	439

# **PARTNER SELECTION** (people under age 65 who have changed sexual behavior due to HIV)

Did you make any of the following changes in the past 12 months? Did you decrease the number of your sexual partners or become abstinent?

	Frequency	Percent	Unweighted Count
Yes	289,827	92%	90
No	26,307	8%	15

# **BEEN MONOGAMOUS** (people under age 65 who have changed sexual behavior due to HIV)

Did you make any of the following changes in the past 12 months? Do you now have sexual intercourse with only the same partner?

	Frequency	Percent	Unweighted Count
Yes	188,730	87%	58
No	29,546	13%	13

## **ALWAYS USE CONDOMS** (people under age 65 who have changed sexual behavior due to HIV)

Did you make any of the following changes in the past 12 months? Do you now always use condoms for protection?

	Frequency	Percent	Unweighted Count
Yes	106,364	48%	42
No	113,085	52%	30

### **RISK BEHAVIOR (A OR B)** (people under age 65)

*I'm* going to read you a list. When *I'm* done, please tell me if any of the situations apply to you. You don't need to tell me which one.

You have used intravenous drugs in the past year.

You have been treated for a sexually transmitted or venereal disease in the past year.

You tested positive for having HIV, the virus that caused AIDS.

You had anal sex without a condom in the past year.

Do any of these situations apply to you?

	Frequency	Percent	Unweighted Count
Yes	69,327	6%	12
No	1,170,359	94%	229

### **TREATED FOR STD (A OR B)** (people under age 65)

In the past 5 years, have you been treated for a sexually transmitted or venereal disease?

	Frequency	Percent	Unweighted Count
Yes	55,056	4%	11
No	1,192,080	96%	230

# **WHERE TREATED FOR STD (B)** (people under age 65 who have been treated for STD)

Where did you receive treatment for your sexually transmitted disease?

V	Frequency	Percent	Unweighted Count
Health dept STD clinic			7
Private doctor			5

### NUMBER OF SEXUAL PARTNERS (A OR B) (people under age 65)

During the past 12 months, with how many people have you had sexual intercourse?

	Frequency	Percent	Unweighted Count
None	152,778	13%	38
One only	875,357	73%	157
More than one	169,844	14%	38

**NUMBER OF NEW SEXUAL PARTNERS (A OR B)** (people under age 65 who have had sex in the past 12 months)

How many new sex partners did you have during the past 12 months? (A new sex partner is someone the respondent had sex with for the first time in the past 12 months.)

1	Frequency	Percent	<b>Unweighted Count</b>
None	745,026	76%	128
One only	166,084	17%	33
More than one	69,759	7%	17

**WHY CONDOM USED (A OR B)** (people under age 65 who had sex in the past year and who used a condom last intercourse)

The last time you had sexual intercourse, was the condom used to prevent pregnancy, to prevent syphilis, gonorrhea, and/or AIDS, or for both reasons?

-	Frequency	Percent	Unweighted Count
Prevent pregnancy	73,498	22%	12
Prevent diseases	36,138	11%	5
Both reasons	224,377	67%	47

**SEX AND ALCOHOL (B)** (people under age 65 who have had sex in the past year) *During the past year, have you ever had sex when you were under the influence of alcohol or drugs?* 

	Frequency	Percent	Unweighted Count
Yes	464,679	35%	68
No	867,856	65%	127

### CHANCE OF AIDS (people under age 65)

What are your chances of getting infected with HIV, the virus that causes AIDS? Would you say: [please read]

	Frequency	Percent	Unweighted Count
High	33,079	2%	14
Medium/Low	646,882	42%	230
None	850,222	56%	295



City of Chicago Richard M. Daley Mayor

John L. Wilhelm Commissioner of Health