City of Chicago Department of Public Health Epidemiology Program Report

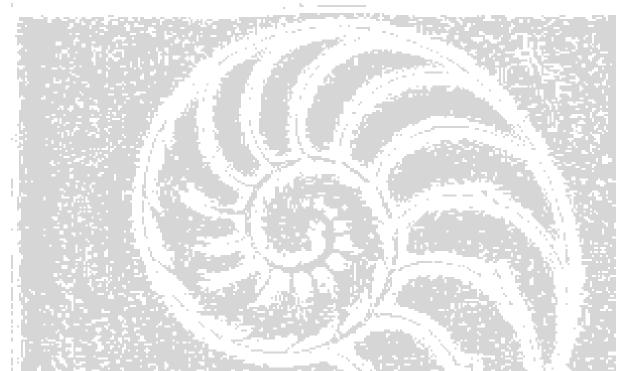
BEHAVIORAL RISK FACTOR SURVEILLANCE System (BRFSS): Chicago Reference Tables 2000

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Behavioral Risk Factor Surveillance System (BRFSS): Chicago Reference Tables 2000

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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:

- Fixed Core
- Two Rotating Cores
- Optional Modules
- Emerging Core
- 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. The rotating cores are used in all states. *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 form of the questionnaire contains the rotating core for the current year and the alternate form 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 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.

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.*

DEMOGRAPHICS

Sex			
	Frequency	Percent	Unweighted Count
Male	1,018,639	48%	284
Female	1,117,533	52%	410

AGE GROUPS

	Frequency	Percent	Unweighted Count
18-24 year olds	323,726	15%	68
25-34 year olds	533,199	25%	203
35-44 year olds	433,268	20%	139
45-54 year olds	330,507	16%	115
55-64 year olds	216,689	10%	83
65+	298,783	14%	86

AGE GROUPS

	Frequency	Percent	Unweighted Count
18-24 year olds	323,726	15%	68
25-44 year olds	966,467	45%	342
45-64 year olds	547,196	26%	198
65+	298,783	14%	86

RACIAL CATEGORIES

	Frequency	Percent	Unweighted Count
White	987,254	46%	419
Black	988,649	46%	237
Asian, Pacific Islander	121,141	6%	25
Native American	29,367	1.5%	2
Other	9,761	.5%	3

RACIAL CATEGORIES

	Frequency	Percent	Unweighted Count
White	987,254	46%	419
Non-White	1,148,918	54%	267

HISPANIC ORIGIN

	Frequency	Percent	Unweighted Count
Yes	343,052	16%	114
No	1,793,119	84%	579

HOUSEHOLD INCOME

	Frequency	Percent	Unweighted Count
Less than \$15,000	176,101	9%	68
\$15-35,000	823,656	42%	252
\$35-50,000	337,409	17%	112
More than \$50,000	608,762	31%	198

EDUCATION LEVEL

	Frequency	Percent	Unweighted Count
Less than high school	237,342	11%	76
High school graduate	555,521	26%	168
Some college	616,078	29%	182
College grad	727,230	34%	268

EMPLOYMENT GROUPS

	Frequency	Percent	Unweighted Count
Employed	1,351,742	63%	475
Out of work	142,081	7%	37
Homemaker/student	219,707	10%	59
Retired/unable	422,642	20%	123

MARITAL STATUS

	Frequency	Percent	Unweighted Count
Married	752,445	36%	216
Widowed	167,997	8%	65
Divorced/separated	263,947	12%	115
Never married	840,424	40%	264
Unmarried couple	83,545	4%	31

HOUSEHOLD TYPE

	Frequency	Percent	Unweighted Count
One adult, no children	428,018	20%	249
One adult, children	136,979	6%	65
> 1 adult, no children	854,189	40%	204
> 1 adult, children	716,986	34%	176

NUMBER OF ADULTS

	Frequency	Percent	Unweighted Count
1	564,997	26.5%	314
2	922,590	43%	277
3	372,622	17.5%	64
4	172,136	8%	29
5	49,541	2.5%	5
6	46,386	2%	4
7	7,900	.5%	1

NUMBER OF MEN

	Frequency	Percent	Unweighted Count
0	451,773	21%	240
1	1,230,367	58%	375
2	337,136	16%	64
3	98,851	5%	13
4	18,045	1%	2

NUMBER OF WOMEN

	Frequency	Percent	Unweighted Count
0	364,819	17%	138
1	1,255,233	59%	458
2	361,471	17%	76
3	121,342	6%	20
4	0	0%	0
5	25,407	1%	1
6	0	0%	0
7	7,900	.5%	1

TOTAL NUMBER OF CHILDREN

	Frequency	Percent	Unweighted Count
0	1,282,206	60%	453
1	307,609	14%	101
2	262,080	12%	74
3	190,314	9%	42
4	42,945	2%	14
5	35,293	2%	8
6	5,241	.2%	1
7 or more	10,482	.5%	1

NUMBER OF CHILDREN AGE 0-4

	Frequency	Percent	Unweighted Count
0	1,676,229	78.5%	567
1	271,722	13%	81
2	150,801	7%	37
3	26,834	1%	8
4	10,586	.5%	1

NUMBER OF CHILDREN AGE 5-12

	Frequency	Percent	Unweighted Count
0	1,619,441	76%	554
1	330,796	15.5%	87
2	136,209	6%	40
3	43,731	2%	11
4	5,995	.3%	2

NUMBER OF CHILDREN AGE 13-17

	Frequency	Percent	Unweighted Count
0	1,826,496	86%	621
1	224,805	11%	55
2	78,192	4%	16
3	6,678	.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	1,160,879	54%	371
Good/fair	907,511	43%	299
Poor	67,781	3%	24

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	1,336,450	63%	434
1-7 days	556,304	26%	177
8-30 days	225,303	11%	78

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	1,442,445	68%	455
1-7 days	446,524	21%	147
8-30 days	238,098	11%	90

DAYS HEALTH LIMITED USUAL ACTIVITIES (people who answered at least one day of poor physical or mental health in past 30 days)

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?

07	Frequency	Percent	Unweighted Count
None	654,986	61%	216
1-7 days	270,705	25%	103
8-30 days	143,053	13%	47

HEALTH CARE ACCESS/INSURANCE

HAVE HEALTH PLAN

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

	Frequency	Percent	Unweighted Count
Yes	1,779,903	84%	588
No	349,043	16%	103

TYPE OF HEALTH PLAN (people with health coverage)

What type of health care coverage do you use to pay for most of your medical care? Is it coverage through: [please read]

Frequency	Percent	Unweighted Count
981,765	68%	355
254,018	18%	65
95,547	7%	25
8,458	.5%	3
55,501	4%	17
8,329	.5%	3
28,978	2%	15
	981,765 254,018 95,547 8,458 55,501 8,329	981,765 68% 254,018 18% 95,547 7% 8,458 .5% 55,501 4% 8,329 .5%

TIME DURING LAST YEAR WITHOUT COVERAGE (people with health coverage,

excluding Medicare)

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

-	Frequency	Percent	Unweighted Count
Yes	101,418	7%	38
No	1,327,231	93%	444

WHY NO COVERAGE LAST 12 MONTHS (A) (people currently with health

coverage, excluding Medicare, that at some time in past 12 months did not have coverage)

What was the main reason you were without health care coverage during the past 12 months? Frequency Percent Unweighted Count

	•	5	•	
Lost job/eligibility				8
Couldn't afford premiums				4
Other				2

WHY NO COVERAGE (A) (people with *no* health coverage)

What is the main reason you are without health care coverage?

·	Frequency	Percent	Unweighted Count
Lost job/eligibility	105,529	39%	14
Employer doesn't offer	14,278	5%	4
Couldn't afford premium	76,706	29%	12
Other	72,051	27%	42

WHEN LAST HAD A HEALTH PLAN (people with no health coverage)

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

0	Frequency	Percent	Unweighted Count
Within past year	90,500	33%	30
> 1 year or never	179,766	67%	55

MEDICARE (people with health coverage)

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

	Frequency	Percent	Unweighted Count
Yes	389,025	22%	114
No	1,389,115	78%	473

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	194,102	9%	66
No	1,933,267	91%	626

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.]

	Frequency	Percent	Unweighted Count
Within year	1,674,494	79%	533
Within 2 years	207,209	10%	69
> 2 years or never	243,242	11%	89

USUAL PLACE FOR 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, one or more than one	1,820,470	85%	277
No	315,740	15%	51

ONE PLACE MORE OFTEN FOR HEALTH CARE (A) (people who answered more

than one place for primary health care) Is there one of these places that you go to most often when you are sick or need advice about your health?

	Frequency	Percent	Unweighted Count
Yes			9
No			7

TYPE OF PLACE (A) (people who have a usual place of health care)

What kind of place is it? Would you say: [please read]

	Frequency	Percent	Unweighted Count
Doctor's office or HMO	910,510	51%	142
Clinic or health center	508,686	29%	74
Hospital outpatient/urgent care	293,976	16%	44
Hospital emergency room	50,414	3%	5
Some other kind of place	20,075	1%	4

PERSONAL DOCTOR (A) (people who have a usual place of health care)

Do you have one person you think of as your personal doctor or health care provider?

	Frequency	Percent	Unweighted Count
Yes, one or more	1,517,280	83%	230
No	303,190	17%	47

EVER SERVED IN MILITARY (A)

Have you ever served on active duty in the United States Armed Forces, either in the regular military or in a National Guard or military reserve unit?

	Frequency	Percent	Unweighted Count
Yes	159,003	7%	19
No	1,971,442	93%	308

CURRENT MILITARY STATUS (A) (people who ever served in military)

Which of the following best describes your current military status? Are you: [please read]

	Frequency	Percent	Unweighted Count
Currently on active duty	0	0	0
Currently in reserves	0	0	0
No longer in military service	159,003	100%	19

HEALTH CARE THROUGH MILITARY (A) (people who ever served in military) In the last 12 months have you received some or all of your health care from VA facilities?

	Frequency	Percent	Unweighted Count
Yes, all of my health care	0	0	0
Yes, some of my health care	3,590	2%	1
No, no VA health care received	148,542	98%	17

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	1,853,223	87%	318
> 1 year	268,063	13%	46

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	470,365	22%	82
No	1,665,811	78%	284

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

blood pressure taken 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	361,269	77%	64
Only once	109,096	23%	18

C. Cholesterol

HAD CHOLESTEROL CHECK (B)

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

	Frequency	Percent	Unweighted Count
Yes	1,549,100	73%	280
No	581,823	27%	84

LAST CHOLESTEROL CHECK (B) (people who ever had blood cholesterol checked) *About how long has it been since you last had your blood cholesterol checked?*

0	Frequency	Percent	Unweighted Count
Within year	1,156,293	76%	201
> 1 year ago	375,248	24%	74

HIGH CHOLESTEROL (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	378,862	24%	74
No	1,170,238	76%	206

D. Vaccinations

FLU SHOT (B)

During the past 12 months, have you had a flu shot?				
	Frequency	Percent	Unweighted Count	
Yes	617,342	29%	92	
No	1,493,620	71%	270	

PNEUMONIA VACCINATION (B)

Have you ever had a pneumonia vaccination?				
	Frequency	Percent	Unweighted Count	
Yes	307,906	15%	49	
No	1,736,624	85%	301	

E. Colorectal Screening

BLOOD STOOL TEST (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	252,928	26%	46
No	739,177	74%	301

LAST BLOOD STOOL TEST (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 year	121,968	48%	17
More than a year ago	130,960	52%	29

WHY BLOOD STOOL TEST (B) (people age 40+ who have used home blood stool test)

Was your last blood stool test done as part of a routine checkup, or because you had symptoms of a problem such as rectal bleeding or a change in bowel habits?

	Frequency	Percent	Unweighted Count
Routine	251,257	99 %	45
Problem	1,670	1%	1

SIGMOIDOSCOPY EXAM (B) (people age 40+)

A sigmoidoscopy or colonoscopy 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	315,267	32%	54
No	671,294	68%	121

LAST SIGMOIDOSCOPY EXAM (A) (people age 40+ who had a sigmoidoscopy or

colonoscopy)

When did you have your last sigmoidoscopy or colonoscopy?

	Frequency	Percent	Unweighted Count
Within past year	159,063	53%	22
More than 1 year ago	141,212	47%	31

WHY SIGMOIDOSCOPY EXAM (B) (people age 40+ who had a sigmoidoscopy or

colonoscopy)

Was your last sigmoidoscopy or colonoscopy exam done as part of a routine checkup, or because you had symptoms of a problem such as rectal bleeding or a change in bowel habits?

<i>J</i> 1	Frequency	Percent	Unweighted Count
Routine	217,645	69%	34
Problem	97,622	31%	20

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	502,385	90%	191
No	54,549	10%	22

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

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

C	Frequency	Percent	Unweighted Count
Within past year	469,038	94%	177
> 1 year or never	31,319	6%	13

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	599,739	92%	223
Non-cancer breast problem	47,463	7.5%	15
Cancer	2,570	.5%	1

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	921,430	83%	350
No	188,958	17%	57

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 829,767 91% 314 > 1 year 80,831 9% 33

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	896,068	97%	339
Non-cancer breast problem	18,736	2%	9
Cancer	6,626	1%	2

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	1,032,325	93%	377
No	74,210	7%	29

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	925,501	92%	327
> 1 year	85,240	8%	43

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	991,334	97%	356
Problem/other	30,609	3%	18

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	148,544	13%	60
No	953,765	87%	344

PREGNANT (women age 18-44, no hysterectomy)

To your knowledge, are you now pregnant?

2	0, ,	Frequency	Percent	Unweighted Count
Yes		54,808	9%	13
No		573,732	91%	205

CHRONIC DISEASE/IMPAIRMENT

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	99,821	5%	42
Yes, when pregnant	17,210	.5%	6
No	2,019,140	94.5%	646

AGE TOLD DIABETIC (A) (people who are diabetic)

How old were you when you were told you have diabetes?

	Frequency	Percent	Unweighted Count
Less than 50 years old	57,960	74%	13
50 or older	20,303	26%	5

INSULIN (A) (people who are diabetic)

Are you now taking insulin?

	Frequency	Percent	Unweighted Count
Yes	37,550	48%	7
No	40,713	52%	11

BLOOD SUGAR (A) (people who are diabetic)

About how often do you check your blood for glucose or sugar? Include times when checked by a family member or friend, but do not include times when checked by a health professional.

	Frequency	Percent	Unweighted Count
Daily	53,026	70%	11
Weekly	11,056	15%	3
Less than weekly	10,983	15%	3

B. Asthma

ASTHMA PREVALENCE (A)

Did a doctor ever tell you			
	Frequency	Percent	Unweighted Count
Yes	271,120	13%	41
No	1,865,091	87%	287

CURRENT ASTHMA (A) (people ever told they had asthma)

Do you still have asthma?

•	Frequency	Percent	Unweighted Count
Yes	178,995	68%	30
No	82,252	32%	10

C. Arthritis

HAD JOINT PAIN (B)

During the past 12 months, have you had pain, aching, stiffness or swelling in or around a joint?

	Frequency	Percent	Unweighted Count
Yes	227,056	11%	53
No	1,886,038	89%	309

SYMPTOMS ON MOST DAYS (B) (people with joint pain in past 12 months)

Were these symptoms present on most days for at least one month?

	Frequency	Percent	Unweighted Count
Yes	222,521	100%	52
No	0	0%	0

JOINT PAIN LIMITS ACTIVITIES (B) (people with joint pain in past 12 months)

Are you now limited in any way in any activities because of joint symptoms?

	Frequency	Percent	Unweighted Count
Yes	84,536	37%	20
No	142,521	63%	33

TOLD ARTHRITIC (B)

Have you ever been told by a doctor that you have arthritis?

	Frequency	Percent	Unweighted Count
Yes	327,692	16%	71
No	1,781,866	84%	290

TYPE OF ARTHRITIS (B) (people with arthritis)

What type of arthritis did the doctor say you have?

	Frequency	Percent	Unweighted Count
Osteoarthritis/degenerative	88,119	27%	22
Rheumatism	26,868	8%	8
Rheumatoid arthritis	33,457	10%	8
Other	78,129	24%	14
Don't know	101,120	31%	19

TREATED FOR ARTHRITIS (B) (people with arthritis)

Are you currently being treated by a doctor for arthritis?

	Frequency	Percent	Unweighted Count
Yes	118,934	36%	29
No	208,758	64%	42

DAYS WITH ARTHRITIS PAIN (B) (people with arthritis)

During the past 30 days, for about how many days did pain from arthritis make it hard for you to do your usual activities, such as self-care, work, or recreation?

	Frequency	Percent	Unweighted Count
0	194,952	62%	38
1-14	56,332	18%	15
15-30	63,456	20%	16

D. Activity Limitation

OTHER THAN ARTHRITIS, ACTIVITIES LIMITED (B) (people with arthritis)

Are you limited in any activities because of an impairment or health problem other than arthritis?

	Frequency	Percent	Unweighted Count
Yes	76,491	24%	18
No	246,608	76%	52

ACTIVITIES LIMITED (B) (people *without* arthritis)

Are you limited in any activities because of an impairment or health problem?

-	Frequency	Percent	Unweighted Count
Yes	147,034	16%	21
No	781,686	84%	127

WHAT IS MAJOR IMPAIRMENT (B) (people with limited activities due to

impairment other than arthritis)

What is the major impairment or health problem that limits your activities?

	Frequency	Percent	Unweighted Count
Arthritis/rheumatism			1
Back or neck problem			3
Fractures, bone/joint injury			3
Walking problem			2
Lung/breathing problem			5
Hearing problem			1
Eye/vision problem			1
Heart problem			2
Stroke problem			2
Hypertension/high blood pressure			2
Diabetes			2
Cancer			1
Other impairment problem			9

WHAT IS MAJOR IMPAIRMENT (B) (people with limited activities due to

impairment other than arthritis)

Collapsed from above variable.

	Frequency	Percent	Unweighted Count
Mobility impairment	109,737	48%	14
Sensory impairment	6,937	3%	2
Chronic disease impairment	43,380	19%	9
Other impairment	66,892	29%	9

HOW LONG LIMITED BY IMPAIRMENT (B) (people with limited activities due to impairment other than arthritis)

For how long have your activities been limited because of your major impairment or health problem?

	Frequency	Percent	Unweighted Count
Less than a year	37,360	16%	7
A year or more	189,586	84%	27

NEED HELP WITH PERSONAL CARE (B) (people with limited activities due to

impairment other than arthritis)

Because of any impairment or health problem, do you need the help of other persons with your personal care needs, such as eating, bathing, dressing, or getting around the house?

	Frequency	Percent	Unweighted Count
Yes	84,232	37%	7
No	140,416	63%	26

NEED HELP WITH ROUTINE CARE (B) (people with limited activities due to

impairment other than arthritis)

Because of any impairment or health problem, do you need the help of other persons with your routine needs, such as everyday household chores, doing necessary business, shopping, or getting around for other purposes?

	Frequency	Percent	Unweighted Count
Yes	103,799	46%	10
No	120,849	54%	23

NEED HELP WITH PERSONAL OR ROUTINE (B) (people with limited activities due to impairment other than arthritis)

Combination of above variables.

	Frequency	Percent	Unweighted Count
Yes	108,917	49%	11
No	115,732	51%	22

WHO HELPS WITH CARE (B) (people with limited activities due to impairment other than arthritis and need help with personal and/or routine care) *Who usually helps you with your personal care or routine needs? [If a relative that is paid, code as appropriate relative.]*

	Frequency	Percent	Unweighted Count
Husband/wife/partner	11,200	18%	3
Parent/child/in-law	44,719	71%	6
Other relative	5,241	8%	1
Friend or neighbor	1,670	3%	1

EXERCISE

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

ANY EXERCISE (A)

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

	0,	Frequency	Percent	Unweighted Count
Yes		1,416,349	66%	218
No		715,458	34%	109

FIRST EXERCISE ACTIVITY (A) (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	372,372	26%	50
Sports	390,075	28%	61
Walking	565,790	40%	95
Hobbies/Other	88,113	6%	12

FIRST EXERCISE DURATION (A) (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? Erequency Percent Unweighted Count

	Frequency	Percent	Unweighted Count
Less than 20 minutes	66,468	5%	12
20 minutes or more	1,310,258	95%	201

FIRST EXERCISE FREQUENCY (A) (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	143,634	10%	16
1-2 times a week	383,469	27%	60
3 times a week or more	886,047	63%	141

ANY OTHER EXERCISE (A) (people who did any exercise in past month)

Was there another physical activity or exercise that you participated in during the last month?

	Frequency	Percent	Unweighted Count
Yes	597,168	42%	100
No	819,181	58%	118

SECOND EXERCISE ACTIVITY (A) (people who did any exercise plus 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	178,293	30%	34
Sports	165,169	44%	40
Walking	90,031	15%	17
Hobbies/Other	63,675	11%	9

SECOND EXERCISE DURATION (A) (people who did any exercise plus 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	97,029	17%	10
20 minutes or more	483,661	83%	88

SECOND EXERCISE FREQUENCY (A) (people who did any exercise plus additional

	Frequency	Percent	Unweighted Count
Less than once a week	64,836	11%	12
1-2 times a week	272,923	46%	48
3 times a week or more	259,409	43%	40

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

SEDENTARY LIFESTYLE RISK (A)

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.

	Frequency	Percent	Unweighted Count
Sedentary	719,861	34%	110
Irregular Activity	513,606	24%	73
Active Lifestyle	902,743	42%	145

WEIGHT/NUTRITION

LOSE WEIGHT (A)

Are you now trying to lose weight?

	Frequency	Percent	Unweighted Count
Yes	742,902	35%	119
No	1,393,309	65%	209

MAINTAIN WEIGHT (A) (people not trying to lose weight)

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

	, ,	Frequency	Percent	Unweighted Count
Yes		718,639	52%	113
No		674,669	48%	96

EATING LESS FOR WEIGHT (A) (people trying to lose or maintain weight) *Are you eating fewer calories or less fat to lose weight or keep from gaining weight?*

	Frequency	Percent	Unweighted Count
Yes, fewer calories	180,534	12%	32
Yes, less fat	569,482	39%	84
Yes, both	307,555	21%	48
No	403,969	28%	68

EXERCISING FOR WEIGHT (A) (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	929,302	64%	144
No	532,239	36%	88

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	509,847	25%	148
Not obese	1,555,582	75%	521

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	32,006	2%	14
Normal 18.5-24.9	759,195	37%	277
Overweight 25-29.9	764,381	37%	230
Obese 30-39.9	441,879	21%	126
Morbid Obesity 40 +	67,968	3%	22

ADVISED ABOUT WEIGHT (A)

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

	Frequency	Percent	Unweighted Count
Yes, lose weight	299,670	14%	49
Yes, gain/maintain	70,758	3%	10
No	1,765,783	83%	269

ADVISED ABOUT WEIGHT (A)

[collapsed from above variable]

1	Frequency	Percent	Unweighted Count
Yes	370,428	17%	59
No	1,765,783	83%	269

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)

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

<i>y y y y</i>	Frequency	Percent	Unweighted Count
One or more per day	987,951	46%	143
Weekly but not daily	821,024	39%	122
Less than weekly	206,558	10%	41
Never	112,207	5%	19

FREQUENCY OF EATING FRUIT (A)

Not counting juice, how often do you eat fruit?

	Frequency	Percent	Unweighted Count
One or more per day	984,191	46%	151
Weekly but not daily	893,388	42%	133
Less than weekly	203,113	10%	33
Never	39,882	2%	7

FREQUENCY OF EATING SALAD (A)

How often do you eat green salad?

	Frequency	Percent	Unweighted Count
One or more per day	508,137	24%	68
Weekly but not daily	1,244,801	59%	195
Less than weekly	239,832	11%	36
Never	129,974	6%	24

FREQUENCY OF EATING POTATOES (A)

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

	Frequency	Percent	Unweighted Count
One or more per day	182,964	9%	23
Weekly but not daily	1,374,960	65%	209
Less than weekly	419,946	20%	74
Never	144,201	7%	18

FREQUENCY OF EATING CARROTS (A)

How often do you eat carrots?

5	Frequency	Percent	Unweighted Count
One or more per day	194,811	9%	29
Weekly but not daily	1,108,503	53%	156
Less than weekly	464,818	22%	88
Never	305,823	15%	44

FREQUENCY OF EATING OTHER VEGETABLES (A)

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	1,239,911	5 9 %	203
Weekly but not daily	752,406	36%	106
Less than weekly	81,237	4%	11
Never	39,967	2%	6

TAKE VITAMINS (B)

Do you currently take any vitamin pills or supplements?

	Frequency	Percent	Unweighted Count
Yes	1,136,749	54%	210
No	976,345	46%	152

TAKE MULTIVITAMINS (B) (people who currently take vitamins)

Are any of these a multivitamin?

	Frequency	Percent	Unweighted Count
Yes	975,589	86%	174
No	154,478	14%	35

TAKE VITAMINS WITH FOLIC ACID (B) (people who currently take vitamins)

Do any of the vitamin pills or supplements you take contain folic acid?

	Frequency	Percent	Unweighted Count
Yes	558,305	49%	105
No	282,820	25%	53
Don't know/not sure	295,624	26%	52

SMOKING

SMOKED 100 CIGARETTES

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

	Frequency	Percent	Unweighted Count
Yes	866,996	41%	301
No	1,269,175	59%	393

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	255,088	29%	96
Some days	151,091	17%	57
Not at all	460,817	53%	148

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	406,179	19%	153
Former smoker	460,817	22%	148
Non-smoker	1,269,175	59%	393

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	101,197	40%	40
11 to 19	33,332	13%	15
20 or more	119,724	47%	40

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	106,458	72%	41
More than 5	41,415	28%	14

QUIT SMOKING (people who currently smoke everyday or some days)

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

0 1	Frequency	Percent	Unweighted Count
Yes	142,263	56%	52
No	112,825	44%	44

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	75,211	16%	20
More than 1 year ago/never	385,606	84%	128

SMOKED IN HOME (A)

In the past 30 days has anyone, including yourself, smoked cigarettes, cigars, or pipes anywhere inside your home?

	Frequency	Percent	Unweighted Count
Yes	622,879	30%	97
No	1,484,501	70%	227

OPINION ON SMOKING IN RESTAURANTS (A)

In the following locations, do you think that smoking should be allowed in all areas, some areas, or not allowed at all? Restaurants:

	Frequency	Percent	Unweighted Count
All areas	33,808	2%	8
Some areas	768,706	37%	127
Not allowed at all	1,250,239	61%	184

OPINION ON SMOKING IN WORKPLACE (A)

In the following locations, do you think that smoking should be allowed in all areas, some areas, or not allowed at all? Indoor work areas:

	Frequency	Percent	Unweighted Count
All areas	18,059	1%	4
Some areas	430,803	21%	68
Not allowed at all	1,610,413	78%	248

ALCOHOL

DRINK ANY ALCOHOL (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	1,210,574	57%	216
No	925,602	43%	150

FREQUENCY OF DRINKING (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	610,589	51%	125
Less than weekly	586,199	49%	88

DRINKS PER OCCASION (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?

-	Frequency	Percent	Unweighted Count
One	481,767	41%	76
Тwo	339,781	29%	64
Three to four	235,964	20%	50
Five or more	115,056	10%	21

TIMES DRANK MORE THAN 5 DRINKS (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	937,848	78%	156
One	111,491	9%	21
Тwo	44,430	4%	12
Three or more	104,553	9%	26

CHRONIC DRINKING RISK (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 in the past month (based on the total number of drinks per month).

	Frequency	Percent	Unweighted Count
At risk	102,240	6%	17
Not at risk	1,514,976	94%	244

BINGE DRINKING RISK (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	260,473	12%	59
Not at risk	1,863,450	88%	306

DRINKING & DRIVING RISK (B)

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

-	Frequency	Percent	Unweighted Count
At risk	43,036	2%	9
Not at risk	2,091,435	98%	356

INJURY PREVENTION

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

During the past year, how often has [that child] worn a bicycle helmet when riding a bicycle? Would you say always, nearly always, sometimes, seldom, or never:

	Frequency	Percent	Unweighted Count
Always/nearly always	201,135	39%	30
Sometimes/seldom	76,126	15%	11
Never	244,059	47%	30

CHECK SMOKE DETECTOR (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?

	Frequency	Percent	Unweighted Count
Within 6 months	1,390,799	75%	226
6 months - 1 year	361,882	20%	67
> 1 year or never	97,410	5%	20

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

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	80,547	5%	25
Elementary (1-5)	981,247	57%	335
Middle School (6-8)	550,637	32%	168
High School (9-12)	89,011	5%	31
Never	18,695	1%	5

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	1,625,402	89%	541
No	34,770	2%	9
Give other advice	161,902	9%	50

B. Testing

DONATE BLOOD SINCE 1985 (people under age 65 and not currently infected with HIV)

Have you donated blood since March 1985?

	Frequency	Percent	Unweighted Count
Yes	449,920	25%	169
No	1,355,219	75%	431

DONATED BLOOD PAST 12 MONTHS (people under age 65 and not currently infected with HIV, and who have donated blood since 1985)

Have you donated blood in the past 12 months?

	Frequency	Percent	Unweighted Count
Yes	147,300	33%	52
No	302,621	67%	117

TESTED FOR HIV NOT INCLUDING BLOOD DONATION (people under age 65 and not currently infected with HIV, and who have donated blood since 1985) *Except for tests you may have had as part of blood donations, have you ever been tested for HIV? [include saliva test]*

	Frequency	Percent	Unweighted Count
Yes	223,823	50%	93
No	221,899	50%	73

TESTED FOR HIV (people under age 65 and not currently infected with HIV, and who have *not* donated blood since 1985)

Have you ever been tested for HIV? [include saliva test]

	Frequency	Percent	Unweighted Count
Yes	708,880	53%	241
No	631,417	47%	186

TESTED FOR HIV PAST 12 MONTHS NOT INCLUDING BLOOD DONATION (people

under age 65 who have been tested for HIV and have donated blood since 1985) *Not including your blood donations, have you been tested for HIV in the past 12 months?*

	Frequency	Percent	Unweighted Count
Yes	91,317	41%	34
No	132,505	59%	59

TESTED FOR HIV PAST 12 MONTHS (people under age 65 who have been tested for HIV and have *not* donated blood since 1985)

Have you been tested for HIV in the past 12 months?

2	2	Frequency	Percent	Unweighted Count
Yes		357,242	50%	103
No		362,247	50%	139

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

	Frequency	Percent	Unweighted Count
Referral/to find out/at risk	148,035	32%	48
Mandatory	61,298	13%	21
Hospitalization/illness	32,000	7%	6
Pregnancy	89,635	19%	22
Routine checkup	96,882	21%	29
Occupational exposure	8,071	2%	2
Other	26,631	6%	10

REASON FOR HIV TEST (people under age 65 who have been tested for HIV) *Collapsed from above variable.*

	Frequency	Percent	Unweighted Count
Routine	371,846	80%	114
A problem/other	90,706	20%	24

WHERE AIDS TEST (people under age 65 who have been tested for HIV) *Where did you have your last test for HIV?*

	Frequency	Percent	Unweighted Count
e doctor	183,907	40%	54
clinic	118,638	26%	32
itory site	10,980	2%	5
al	112,536	24%	32
ductive health clinic	12,537	3%	6
test/other	23,953	5%	9
itory site al ductive health clinic	10,980 112,536 12,537	2% 24% 3%	

WHERE AIDS TEST (people under age 65 who have been tested for HIV)

Collapsed from variable above.

	Frequency	Percent	Unweighted Count
Public facility	183,031	40%	55
Private facility	263,600	57%	77
At home/other	14,141	3%	5

RECEIVED RESULTS (people under age 65 who have been tested for HIV)

Did you receive the results of your last test?

2	Frequency	Percent	Unweighted Count
Yes	432,512	94%	130
No	30,039	6%	8

RECEIVED COUNSELING (people under age 65 who have been tested for HIV and

received results)

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

	Frequency	Percent	Unweighted Count
Yes	167,114	39%	47
No	265,398	61%	83

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	44,474	2%	15
Medium/low	674,578	38%	228
None	1,072,295	60%	352

SENIORS' HEALTH

PROVIDED CARE (A)

There are situations where people provide regular care or assistance to a family member or friend who is elderly or has a long-term illness or disability. During the past month, did you provide any such care or assistance to a family member or friend who is 60 years of age or older?

	Frequency	Percent	Unweighted Count
Yes	299,614	14%	39
No	1,836,596	86%	289

WHO TO CALL FOR CARE (A)

Who would you call to arrange short or long-term care in the home for an elderly relative or friend who was no longer able to care for themselves? [Read only if necessary.]

ia milo mas no longer acto lo c	Frequency	Percent	Unweighted Count
Relative or friend	696,283	33%	104
Would provide care myself	370,497	17%	55
Nursing home	83,236	4%	18
Home health service	213,301	10%	28
Personal physician	107,120	5%	12
Area agency on aging	70,953	3%	10
Hospice	9,381	.4%	2
Hospital nurse	11,203	.5%	2
Minister/priest/rabbi	6,582	.3%	1
Other	112,457	5%	19
Don't know who to call	455,198	21%	77

WHO TO CALL FOR CARE (A)

Collapsed from previous variable.

1 5 1	Frequency	Percent	Unweighted Count
Relative/friend	696,283	33%	104
Would provide care myself	370,497	17%	55
Health professional	495,194	23%	72
Don't know who to call	455,198	21%	77
Other	119,039	6%	20

That's my last question. Everyone's answers will be combined to give us information about the health practices of people in this state. Thank you very much for your time and cooperation.



City of Chicago Richard M. Daley Mayor

John L. Wilhelm Commissioner of Health