

# Maricopa County Special Health Status Report 2013



## Behavioral Risk Factor Surveillance System



Prepared by the Maricopa County Department of Public Health  
Office of Epidemiology  
July 2015  
Maricopa County

## Acknowledgements

This report was prepared by the Maricopa County Department of Public Health, Office of Epidemiology, Epidemiology and Data Services Unit.

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The authors wish to thank the following individuals and organizations for contributing numeric data, consultation, and other information used in this report. Their assistance is appreciated.

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***Maricopa County 2013***  
***Behavioral Risk Factor Survey Statistics***  
***(BRFSS)***

**Maricopa County 2013 BRFSS**

**Table 1: Self-Reported Health Indicators by Sex, Age Group, and Race/Ethnicity**

Self-Reported Health Indicators	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White non-Hispanic	Hispanic	Total
<b>Health Status- Excellent, Very Good, or Good</b>	83.4%	86.8%	92.4%	96.5%	87.8%	78.8%	71.5%	82.7%	88.0%	78.9%	85.2%
<b>Activity Limited Due to Health Problems</b>	17.2%	20.2%	5.0%	8.8%	10.4%	23.9%	34.4%	29.4%	21.9%	14.5%	18.7%
<b>Health Problems Requiring Special Equipment</b>	4.6%	9.1%	2.3%	1.6%	0.9%	6.0%	12.6%	18.2%	8.0%	5.0%	6.9%
<b>Confusion/Memory Loss</b>	11.4%	12.0%	7.6%	10.4%	2.1%	14.7%	11.8%	21.3%	10.8%	14.3%	11.8%
<b>BMI-Overweight<sup>1</sup></b>	43.8%	28.1%	33.4%	24.8%	41.9%	37.9%	37.0%	40.6%	39.6%	24.4%	36.0%
<b>BMI-Obese<sup>1</sup></b>	25.3%	23.7%	7.8%	30.2%	25.5%	31.9%	25.6%	22.2%	20.3%	34.1%	24.5%

<sup>1</sup>Overweight and obesity are based on the respondent's self-reported height and weight

**Table 2: Self-Reported Health Behaviors by Sex, Age Group, and Race/Ethnicity**

Self-Reported Health Behaviors	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White non-Hispanic	Hispanic	Total
<b>Physical Activity- Met aerobic recommendation</b>	54.6%	47.9%	44.4%	60.5%	49.5%	43.6%	48.0%	58.9%	55.6%	47.1%	51.2%
<b>Physical Activity- Met muscle strengthening recommendation</b>	34.8%	27.8%	44.5%	43.2%	22.6%	29.4%	28.7%	22.2%	31.1%	37.3%	31.2%
<b>Physical Activity- Met at least one guideline</b>	64.1%	55.6%	66.9%	68.5%	54.1%	51.6%	54.0%	64.5%	63.9%	57.2%	59.8%
<b>Fruit and Vegetable Consumption- 5 or more servings a day</b>	11.4%	21.9%	16.2%	22.2%	20.3%	12.6%	10.8%	17.5%	17.4%	18.6%	16.9%
<b>Seat Belt Use-Always</b>	84.8%	92.8%	80.0%	82.5%	92.1%	88.6%	93.6%	95.0%	91.2%	85.6%	89.0%
<b>Folic Acid Supplement<sup>1</sup></b>	N/A	45.0%	-	-	-	N/A	N/A	N/A	54.5%	-	45.0%
<b>Folic Acid Awareness<sup>1</sup></b>	N/A	62.3%	-	-	-	N/A	N/A	N/A	-	-	62.3%
<b>Ever Had a HIV Test</b>	37.4%	37.0%	21.6%	64.1%	52.7%	46.4%	21.7%	11.2%	32.7%	44.7%	37.2%

<sup>1</sup>Females 18-44 years old

Note: Results for demographic groups with less than 50 total non-blank responses to the question are not reported and are indicated using "-". Demographic groups that were not included in the analysis are indicated using "N/A" for "Not Applicable." See Technical Notes for detailed description of Questionnaire questions and for unweighted frequencies for each question and group.

**Maricopa County 2013 BRFSS**

**Table 3: Medical Provider Diagnosed Conditions by Sex, Age Group, and Race/Ethnicity**

Has a Medical Provider Ever Told You that You Have/Had....	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White non-Hispanic	Hispanic	Total
<b>Coronary Heart Disease</b>	3.5%	3.1%	0.0%	2.3%	0.0%	1.1%	7.2%	8.9%	3.6%	3.2%	3.3%
<b>Heart Attack</b>	4.8%	3.6%	0.0%	0.0%	5.0%	2.9%	7.2%	9.6%	3.8%	6.6%	4.2%
<b>Stroke</b>	1.5%	2.6%	0.0%	1.6%	0.2%	1.6%	2.1%	6.5%	2.8%	1.1%	2.1%
<b>Diabetes</b>	10.6%	9.8%	3.2%	0.7%	3.0%	14.1%	18.0%	22.2%	9.7%	11.6%	10.2%
<b>High Blood Pressure</b>	27.9%	28.2%	10.7%	9.3%	20.8%	27.1%	42.3%	57.1%	28.5%	25.9%	28.1%
<b>High Cholesterol</b>	41.8%	38.3%	-	19.2%	33.0%	35.5%	55.3%	59.6%	41.4%	35.6%	39.9%
<b>Asthma<sup>1</sup></b>	13.8%	15.2%	13.4%	15.6%	15.2%	16.5%	14.2%	11.7%	15.5%	10.3%	14.5%
<b>Chronic Obstructive Pulmonary Disorder</b>	8.2%	5.4%	0.1%	7.0%	7.5%	4.1%	10.0%	10.6%	6.7%	8.0%	6.8%
<b>Depressive Disorder</b>	13.2%	20.4%	14.9%	15.5%	14.4%	20.8%	21.7%	14.4%	18.6%	12.3%	16.9%
<b>Skin Cancer</b>	8.4%	6.5%	0.0%	1.0%	2.5%	5.7%	9.8%	24.4%	12.0%	0.3%	7.4%
<b>Arthritis</b>	15.2%	28.4%	1.3%	5.5%	7.7%	24.6%	36.6%	54.7%	27.7%	9.8%	22.0%
<b>Kidney Disease</b>	3.5%	3.2%	0.0%	1.0%	0.3%	2.7%	9.1%	7.2%	2.9%	4.5%	3.4%

<sup>1</sup>Includes adults who currently have asthma, as well as adults who formerly had asthma

**Table 4: Self-Reported Alcohol and Cigarette Usage by Sex, Age Group, and Race/Ethnicity**

Alcohol and Smoking	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White non-Hispanic	Hispanic	Total
<b>Binge Drinking</b>	18.9%	9.5%	17.9%	24.3%	13.0%	16.6%	6.4%	5.7%	13.8%	13.1%	14.1%
<b>Heavy Drinking</b>	10.8%	3.6%	9.6%	12.7%	3.4%	5.5%	6.7%	4.8%	7.1%	6.8%	7.1%
<b>Current Smoker</b>	19.5%	11.7%	19.8%	13.3%	10.8%	28.3%	16.4%	6.1%	13.7%	18.5%	15.5%
<b>Former Smoker</b>	26.6%	21.9%	5.7%	16.3%	20.4%	19.5%	35.0%	45.1%	29.2%	14.2%	24.2%

Note: Results for demographic groups with less than 50 total non-blank responses to the question are not reported and are indicated using “-“. Demographic groups that were not included in the analysis are indicated using “N/A” for “Not Applicable.” See Technical Notes for detailed description of Questionnaire questions and for unweighted frequencies for each question and group.

**Maricopa County 2013 BRFSS**

**Table 5: Vaccination Status by Sex, Age Group, and Race/Ethnicity**

Vaccinations	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White non-Hispanic	Hispanic	Total
<b>Yearly Influenza Vaccine</b>	28.4%	38.1%	19.6%	10.8%	33.8%	26.3%	39.2%	66.1%	36.5%	28.4%	33.4%
<b>Pneumonia Vaccine</b>	31.6%	35.4%	27.9%	17.6%	17.8%	17.0%	37.1%	72.3%	36.8%	21.9%	33.6%
<b>Tetanus Tdap Vaccine since 2005</b>	15.7%	17.8%	21.8%	18.8%	13.2%	13.8%	17.5%	17.3%	18.0%	11.8%	16.8%

**Table 6: Health Care Coverage and Utilization by Sex, Age Group, and Race/Ethnicity**

Health Care Coverage and Utilization	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White non-Hispanic	Hispanic	Total
<b>Health Care Coverage<sup>1</sup></b>	69.8%	76.7%	74.5%	61.1%	81.7%	73.1%	77.8%	N/A	82.8%	51.1%	73.2%
<b>Usual Source of Health Care</b>	57.7%	74.4%	49.4%	46.1%	69.1%	66.2%	72.7%	91.6%	73.0%	50.8%	66.3%
<b>Routine Checkup-within past year (anything less than 12 months ago)</b>	61.0%	65.2%	54.4%	58.9%	58.6%	52.4%	66.7%	86.2%	62.1%	64.6%	63.1%
<b>Could Not Afford Needed Health Care</b>	18.8%	15.2%	12.1%	21.5%	13.8%	28.3%	18.3%	6.5%	12.3%	28.9%	16.9%
<b>Could Not Afford Needed Medications</b>	8.1%	10.8%	5.8%	6.5%	13.3%	16.8%	10.2%	3.2%	9.8%	9.2%	9.6%
<b>Satisfied with Care Received-Very or Somewhat Satisfied</b>	89.4%	93.9%	96.2%	94.2%	87.1%	89.4%	85.9%	99.5%	93.8%	89.0%	91.9%

<sup>1</sup>Males and females 18-64 years old

Note: Results for demographic groups with less than 50 total non-blank responses to the question are not reported and are indicated using “-“. Demographic groups that were not included in the analysis are indicated using “N/A” for “Not Applicable.” See Technical Notes for detailed description of Questionnaire questions and for unweighted frequencies for each question and group.

Maricopa County 2013 BRFSS

**Table 7: Cancer & Preventative Health Screenings by Sex, Age Group, and Race/Ethnicity**

Screening	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White non-Hispanic	Hispanic	Total
<b>Sigmoidoscopy/Colonoscopy</b> <sup>1</sup>	67.9%	66.7%	N/A	N/A	N/A	43.4%	65.7%	79.1%	69.6%	-	67.2%
<b>Cholesterol Check within past Five Years</b>	66.1%	77.9%	35.8%	54.3%	74.9%	74.0%	90.2%	96.4%	81.0%	55.1%	72.0%

<sup>1</sup>Males and females greater than 49 years old

**Table 8: Health Inequities by Sex, Age Group, and Race/Ethnicity**

Have you or Anyone in Your Household	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White non-Hispanic	Hispanic	Total
<b>Food Security-</b> Received food stamps or food benefit card, past 12 months	16.5%	9.7%	22.9%	19.5%	17.2%	7.7%	11.1%	4.5%	7.7%	28.0%	12.7%
<b>Food Security-</b> Received food through the WIC Program, past 12 months	5.9%	6.6%	12.8%	14.2%	8.3%	1.7%	5.7%	0.6%	1.3%	18.5%	6.3%
<b>Food Security-</b> Children aged 5-18 years received free or reduced-cost lunches at school, past 12 months	24.2%	31.1%	-	-	28.6%	28.1%	-	-	11.5%	-	27.9%
<b>Reactions to Race-</b> Experienced physical symptoms because of treatment based on your race, past 30 days	1.2%	2.2%	1.6%	0.0%	2.5%	3.5%	1.7%	0.6%	1.8%	0.4%	1.7%
<b>Reactions to Race-</b> Felt emotionally upset because of treatment based on your race, past 30 days	6.1%	2.4%	1.5%	0.1%	7.2%	8.4%	2.7%	2.4%	3.4%	4.6%	4.1%

**Table 9: Current Environmental-Related Health Conditions by Sex, Age Group, and Race/Ethnicity**

Self-Reported Environmental Health Conditions	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White non-Hispanic	Hispanic	Total
<b>Asthma</b> <sup>1</sup> - Adults who currently have asthma	7.1%	10.1%	4.0%	9.4%	8.3%	12.0%	7.2%	9.3%	9.8%	5.7%	8.6%

<sup>1</sup>Includes only adults who currently have asthma

Note: Results for demographic groups with less than 50 total non-blank responses to the question are not reported and are indicated using “-“. Demographic groups that were not included in the analysis are indicated using “N/A” for “Not Applicable.” See Technical Notes for detailed description of Questionnaire questions and for unweighted frequencies for each question and group.

# Technical Notes

## Behavioral (BRFSS) Statistics

Behavioral Risk Factor Surveillance System (BRFSS) data are presented in **Tables 1** through **9**.

All BRFSS statistics were derived from data in the Arizona Department of Health Services (ADHS) final annual files. The information presented in this report includes data collected from Maricopa County residents during telephone survey interviews conducted by ADHS. Arizona residents from other counties were not included.

The BRFSS is a state-based, cross-sectional, random telephone survey of household residents aged 18 years and older conducted throughout the year. It has been conducted in Arizona since 1982. The BRFSS gathers information on risk factors related to both chronic and infectious diseases.

Prior to 2011, surveys were collected using only landline respondents. Beginning in 2011, the BRFSS also included individuals who receive 100 percent of their calls on cell-phones. According to the CDC, cell-phone respondents are more likely to be younger, single, Hispanic, and to rent rather than own homes. In addition, a new weighting methodology was utilized beginning in 2011. Data from prior years were weighted using post stratification weighting methodology, while 2011 data were weighted using iterative proportional fitting, or “raking.” Due to these changes, 2011 data cannot be compared to prior years. For more information, see the CDC website: [http://www.cdc.gov/brfss/annual\\_data/annual\\_2011.htm](http://www.cdc.gov/brfss/annual_data/annual_2011.htm).

**Tables 1** through **9** are organized such that similar questions are shown together. Each table lists a short description of the topic for each question and the estimated percent of Maricopa County residents that met the condition, by sex, selected age groups, and selected races. Groups with less than 50 total respondents are omitted from the report due to small sample size (i.e. American Indian, Black, and Asian residents are not shown). Additionally, if there were less than 50 non-blank responses for a specific question, the results for that question were omitted. Not all questions are included in the questionnaire every year, such as questions regarding health screenings. Therefore, data that was included in prior years may not be included in the current report.

Unless otherwise stated below, respondents could have responded with either “Yes” or “No” to each question. Respondents also could have responded to all questions with “Don’t know/not sure” or respondents could have refused to answer. Each question covered in this report is described below:

**Table 1** includes self-reported health indicators.

- Results for *Health Status* were derived from responses to the question “Would you say that in general your health is: Excellent, Very Good, Good, Fair, or Poor?” Respondents who answered “Excellent,” “Very Good,” or “Good” are shown.
- Results for *Activity Limited Due to Health Problems* were determined using the question “Are you limited in any way in any activities because of physical, mental, or emotional problems?” Respondents who answered “Yes” are shown.
- Results for *Health Problems Requiring Special Equipment* were summarized from responses to the question “Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone? (Include occasional use or use in certain circumstances.)” Respondents who answered “Yes” are shown.
- Results for *Confusion/Memory Loss* were determined using the question “During the past 12 months, have you experienced confusion or memory loss that is happening more often or is getting worse? Respondents who answered “Yes” are shown.

- Results for *BMI: Overweight* and *Obese* were derived from calculated BMI (body mass index) based on the respondent's self-reported height and weight. Individuals with a BMI greater than 25 and less than 30 were classified as overweight, and individuals with a BMI of 30 or greater were classified as obese.

**Table 2** includes self-reported health behaviors.

- Results for *Physical Activity* were derived using a series of questions. The first question asked "During the past month, other than your regular job, did you participate in any physical activity exercises?" If the respondent replied "Yes" then he/she was asked, "What type of physical activity or exercise did you spend the most time doing during the past month," "How many times per week or per month did you take part in this activity during the past month," and "When you took part in this activity, for how many minutes or hours did you usually keep at it?" The same questions were asked for the second most frequent activity that the respondent reported. Respondents were also asked "During the past month, how many times per week or per month did you do physical activities or exercises to strengthen your muscles? Do not count aerobic activities like walking, running, or bicycling. Count activities using your own body weight like yoga, sit-ups or push-ups and those using weight machines, free weights, or elastic bands." Based on responses to the above questions, the respondent's total minutes of activity per week were calculated.
  - The respondent *Met Aerobic Recommendations* if he/she participated in at least 150 minutes of moderate-intensity aerobic activity per week or at least 75 minutes of vigorous-intensity aerobic activity. An equivalent combination of the two was also considered sufficient to fulfill the recommendation.
  - The respondent *Met Strengthening Recommendations* if he/she participated in muscle-strengthening activities at least two times per week.
  - If the respondent met either the aerobic recommendation, the muscle strengthening recommendation, or met both recommendations, the he/she was considered to have *Met at least one guideline*.
- Results for *Fruit and Vegetable Consumption* were calculated based on several questions: "During the past month, how many times per day, week, or month did you drink fruit juices such as orange, grapefruit, or tomato?", "During the past month, how many times per day, week, or month did you eat fruit, beans, dark green vegetables, and orange-colored vegetables?" and "Not counting what you just told me about, during the past month, about how many times per day, week, or month did you eat other vegetables? Examples of other vegetables include tomatoes, tomato juice or V-8 juice, corn, eggplant, peas, lettuce, cabbage, and white potatoes that are not fried, such as baked or mashed potatoes" Respondents whose calculated result showed consumption of five or more servings of fruits and vegetables per day are shown.
- Results for *Seat Belt Use* were determined using responses to the question "How often do you use seat belts when you drive or ride in a car?" The respondent had the option of answering "Always," "Nearly Always," "Sometimes," "Seldom," or "Never." Respondents who answered "Always" are shown.
- Results for *Folic Acid Supplement* were obtained from responses to the question "Do you currently take any multivitamins or supplements that contain folic acid?" Women aged 18-44 years who responded "Yes" are shown.
- Results for *Folic Acid Awareness* were derived from responses to the question "Some health experts recommend that women take 400 micrograms of the B-vitamin folic acid every day. They recommend this for which one of the following reasons?" The respondent could answer "To make strong bones", "To prevent birth defects", "To prevent high blood pressure", or "Some other reason". Women aged 18-44 years who were aware that folic acid is taken to prevent birth defects are shown.
- Results for *Ever Had a HIV Test* were derived from responses to the question "Have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation. Include testing fluid from your mouth." Respondents who answered "Yes" are shown.

**Table 3** includes a list of medical conditions diagnosed by a medical provider.

- Results for *Coronary Heart Disease, Heart Attack, Stroke, Diabetes, Asthma, Chronic Obstructive Pulmonary Disease, Depressive Disorder, Skin Cancer, Arthritis and Kidney Disease* were obtained from similar questions that asked “Have you ever been told by a doctor that you have...?” Adults that responded “Yes” are shown for each of the conditions. *Diabetes* does not include females who were only told they had the condition during a pregnancy, nor does it include respondents who stated they have been told they have pre-diabetes or borderline diabetes. *Asthma* includes all adults reporting that a doctor has ever told them they have the condition, regardless of current status. **Table 9** displays the results of adults who currently have asthma.

**Table 4** includes a list of behaviors related to alcohol and tobacco.

- Results for *Binge Drinking* and *Heavy Drinking* were derived from several questions. The first question asked “During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage, or liquor?” If the respondent answered “Yes,” he/she was then asked additional questions.
  - Results for *Binge Drinking* were determined by asking “Considering all types of alcoholic beverages, how many times during the past 30 days did you have X or more drinks on an occasion?” The value of X was five if the respondent was male and four if the respondent was female. *Binge Drinking* includes residents that had five or more drinks on one occasion for males, or four or more drinks on one occasion for females.
  - Results for *Heavy Drinking* were determined by asking two questions: “During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage?” and “During the past 30 days, on the days when you drank, about how many drinks did you drink on average.” *Heavy Drinking* includes residents who had more than two drinks per day if male or more than one drink per day if female.
- Results for *Current Smoker* and *Former Smoker* were derived from two questions. The first question asked “Have you smoked at least 100 cigarettes in your entire life?” One hundred cigarettes is equivalent to five packs. If the participant answered “Yes,” he/she was then asked the second question. The second question asked “Do you now smoke cigarettes every day, some days, or not at all?” Adults who reported smoking “Every day” or “Some days” were categorized as *Current Smokers* while adults who reported smoking “Not at all” were categorized as *Former Smokers*.

**Table 5** includes adult vaccinations that are recommended by the Advisory Committee for Immunization Practices (ACIP).

- Results for *Yearly Influenza Vaccine* were determined using responses to the question “During the past 12 months, have you had either a seasonal flu shot or a seasonal flu vaccine that was sprayed in your nose?” Respondents who said “Yes” are shown.
- Results for *Pneumonia Vaccine* were obtained from responses to the question “Have you ever had a pneumonia shot?” Respondents who said “Yes” are shown.
- Results for *Tetanus Tdap Vaccine* were obtained from responses to the question “Since 2005, have you had a tetanus shot?” Respondents had the option of answering “Yes, received Tdap,” “Yes, received tetanus, but not Tdap,” “Yes, received tetanus but not sure what type,” or “No, did not receive any tetanus since 2005.” Adults who reported “Yes, received Tdap” are shown.

**Table 6** includes questions related to health care coverage and utilization for residents.

- Results for *Health Care Coverage* were obtained from responses to the question “Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare or Indian Health Service?” Respondents 18-64 who answered “Yes” are shown. Respondents aged 65 years and older were omitted because the majority of this population is covered under a government plan such as Medicare.

- Results for *Usual Source of Health Care* were determined using the question “Do you have one or more persons you think of as your personal doctor or health care provider?” The respondent could have answered “Yes, only one”, “More than one”, or “No”. Respondents who said “Yes, only one” or “More than one” are shown.
- Results for *Routine Checkup within Past Year* were obtained from responses to the question “About how long has it been since you last visited a doctor for a routine checkup, not an exam for a specific injury, illness or condition?” The respondent had the option to answer “Within past year,” “Within past 2 years,” “Within past 5 years,” “5 or more years ago,” or “Never.” Respondents that answered “Within past year” are shown.
- Results for *Could Not Afford Needed Health Care* were obtained from the question “Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?” Adults that answered “Yes” are shown.
- Results for *could Not Afford Needed Medications* were obtained from the question “Was there a time in the past 12 months when you did not take your medication as prescribed because of cost? Do not include over-the-counter (OTC) medicine.” Adults that answered “Yes” are shown.
- Results for *Satisfied with Care Received* were derived from responses to the question “In general, how satisfied are you with the health care you received: Very Satisfied, Somewhat Satisfied, or Not at all Satisfied?” Respondents who answered “Very Satisfied” or “Somewhat Satisfied” are shown.

**Table 7** includes questions related to cancer and preventative health screenings

- Results for *Sigmoidoscopy/Colonoscopy* were obtained from responses to the question “Have you ever had a sigmoidoscopy or colonoscopy?” Respondents aged 50+ years who said “Yes” are shown.
- Results for *Cholesterol Check within past Five Years* were derived from two questions. The first question asked “Blood cholesterol is a fatty substance found in the blood. Have you EVER had your blood cholesterol checked?” If the participant answered “Yes,” he/she was then asked the second question. The second question asked “About how long has it been since you last had your blood cholesterol checked?” The respondent had the option to answer “Within past year,” “Within past 2 years,” “Within past 5 years,” or “5 or more years ago.” Respondents that answered “Within past year,” “Within the past 2 years” and “Within the past 5 years” are shown.

**Table 8** includes questions related to health inequities.

- Results for *Food Security* were obtained from three questions.
  - The first question asked “In the past 12 months, did you or anyone in your household get food stamps or a food stamp benefit card?” Respondents who answered “Yes” are shown.
  - The second question asked “In the past 12 months, did any women or children in this household get food through the WIC Program?” Respondents who answered “Yes” are shown.
  - The third question asked “In the past 12 months, did any children in your household between 5 and 18 years old receive free or reduced-cost lunches at school?” Respondents who answered “Yes” are shown.
- Results for *Reactions to Race* were obtained from two questions.
  - The first question asked “Within the past 30 days, have you experienced any physical symptoms, for example, a headache, an upset stomach, tensing in your muscles, or a pounding heart, as a result of how you were treated based on your race?” Respondents who answered “Yes” are shown.
  - The second question asked “Within the past 30 days, have you felt emotionally upset, for example angry, sad, or frustrated, as a result of how you were treated based on your race?” Respondents who answered “Yes” are shown.

**Table 9** includes current environmental-related health conditions experienced by residents.

- Results for *Asthma* were derived from two questions. The first question asked “Has a doctor, nurse, or other health professional ever told you that you have asthma?” If the participant answered “Yes,” he/she was then asked the following question “Do you still have asthma?” If the respondent answered “Yes” to this question, they were categorized as currently having asthma. Only adults who currently have asthma are shown.
  - This differs from the asthma results shown in Table 3, which shows adults who have ever been told by a health care profession that they have asthma, regardless of current status.

BRFSS data were weighted to account for unequal probabilities of being selected and to adjust the numbers of those selected to reflect the actual state population estimates. Table 10 shows the frequency of responses prior to weighting. The total number of respondents per demographic group is shown in the first row, next to “Total Observations”. In 2013, a total of 1,029 residents of Maricopa County participated in the BRFSS survey. The remainder of the table lists the specific question and the corresponding unweighted frequency of respondents for each demographic group. The unweighted frequency represents the actual number of individuals who responded to each question, prior to weighting. Please note this differs from previous reporting years when only those who responded to the affirmative (based on the descriptions provided above) to the question were reported. As always, weighted frequencies are not shown.

For more information on the BRFSS visit the CDC’s BRFSS website: <http://www.cdc.gov/brfss/index.htm> or Arizona Behavioral Risk Factor Survey at: <http://www.azdhs.gov/phs/phstats/brfs/index.htm>.

**Table 10 - Total Maricopa County Resident Respondents by Reported Question- 2013 BRFSS**

<b>People Fitting Criteria</b>	<b>Male</b>	<b>Female</b>	<b>18-24</b>	<b>25-34</b>	<b>35-44</b>	<b>45-54</b>	<b>55-64</b>	<b>65+</b>	<b>White Non-Hispanic</b>	<b>Hispanic</b>	<b>Total</b>
<b>Total Observations</b>	<b>439</b>	<b>590</b>	<b>85</b>	<b>127</b>	<b>135</b>	<b>187</b>	<b>206</b>	<b>289</b>	<b>765</b>	<b>136</b>	<b>1,029</b>
<b>General Health Status</b>	436	589	85	127	134	187	206	286	764	136	1,025
<b>Activity Limitations</b>	428	582	83	125	132	185	202	283	755	130	1,010
<b>Require Special Equipment</b>	429	582	83	125	133	184	202	284	755	130	1,011
<b>Confusion/Memory Loss</b>	429	579	82	125	132	183	202	284	754	128	1,008
<b>BMI Classification</b>	428	548	81	119	129	176	191	280	736	118	976
<b>Physical activity: aerobic</b>	383	525	76	106	118	167	178	263	693	114	908
<b>Physical activity: strengthening</b>	386	533	75	106	119	169	185	265	704	112	919
<b>Physical activity: met at least one guideline</b>	377	514	73	104	116	167	173	258	686	110	891
<b>Fruit and Vegetables</b>	404	556	78	115	123	174	193	277	725	121	960
<b>Seat Belt Use</b>	391	537	76	107	118	169	189	269	708	113	928
<b>Folic Acid Supplement</b>	N/A	101	28	31	42	N/A	N/A	N/A	56	27	101
<b>Folic Acid Awareness</b>	N/A	79	16	27	36	N/A	N/A	N/A	45	19	79
<b>Ever Had HIV Test</b>	373	523	73	105	114	162	184	258	683	110	896
<b>Coronary Heart Disease</b>	436	585	85	127	134	185	205	285	760	136	1,021
<b>Heart Attack</b>	437	588	85	126	135	187	204	288	762	136	1,025
<b>Stroke</b>	436	587	84	127	135	187	202	288	761	136	1,023
<b>Diabetes</b>	437	589	85	126	135	187	204	289	764	134	1,026
<b>High Blood Pressure</b>	438	589	84	127	135	186	206	289	764	135	1,027
<b>High Cholesterol</b>	350	494	30	81	110	158	189	276	662	90	844
<b>Asthma – ever in life</b>	437	589	85	127	135	186	205	288	763	136	1,026
<b>COPD</b>	435	587	83	126	135	185	205	288	761	134	1,022
<b>Depressive Disorder</b>	436	589	84	127	135	187	205	287	762	135	1,025
<b>Skin Cancer</b>	437	588	85	127	135	187	204	287	761	136	1,025
<b>Arthritis</b>	436	587	85	127	135	186	205	285	760	136	1,023
<b>Kidney Disease</b>	435	589	83	126	134	187	205	289	764	133	1,024
<b>Binge Drinking</b>	418	564	78	121	128	177	197	281	739	124	982
<b>Heavy Drinking</b>	414	565	79	121	128	178	197	276	738	124	979
<b>Smoking Status</b>	423	576	81	121	129	183	201	284	750	127	999
<b>Yearly Influenza Vaccine</b>	390	535	76	107	117	168	189	268	705	113	925
<b>Pneumonia Vaccine</b>	328	481	56	82	91	146	178	256	628	91	809
<b>Tetanus/Tdap Vaccine</b>	355	480	65	100	104	153	175	238	635	100	835
<b>Health Care Coverage &lt;65</b>	323	401	83	127	132	184	198	N/A	501	123	724

<b>People Fitting Criteria</b>	<b>Male</b>	<b>Female</b>	<b>18-24</b>	<b>25-34</b>	<b>35-44</b>	<b>45-54</b>	<b>55-64</b>	<b>65+</b>	<b>White Non-Hispanic</b>	<b>Hispanic</b>	<b>Total</b>
<b>Usual Source of Health Care</b>	437	590	83	127	135	187	206	289	763	136	1,027
<b>Last Checkup</b>	436	583	83	123	135	187	204	287	756	136	1,019
<b>Unable to Afford Health Care</b>	436	587	85	127	134	185	204	288	761	135	1,023
<b>Unable to Afford Medication</b>	342	518	62	76	109	162	185	266	644	113	860
<b>Satisfied with Care</b>	340	512	62	76	109	160	184	261	642	109	852
<b>Sigmoidoscopy/Colonoscopy</b>	182	306	N/A	N/A	N/A	78	168	242	411	34	488
<b>Cholesterol Checked</b>	432	565	77	121	133	186	203	277	741	133	997
<b>Food Security: Food Stamps</b>	292	454	52	59	91	140	166	238	575	91	746
<b>Food Security: WIC</b>	290	452	51	59	91	139	166	236	573	90	742
<b>Food Security: Free or reduced-cost school lunches</b>	80	119	18	37	71	54	14	5	129	47	199
<b>Reactions to Race: Physical symptoms</b>	298	459	54	63	94	141	166	239	581	93	757
<b>Reaction to Race: Emotional symptoms</b>	296	457	53	63	94	140	166	237	579	92	753
<b>Asthma- currently</b>	434	584	83	125	135	184	205	286	758	134	1,018

Demographic groups that were not included in the analysis are indicated using "N/A" for "Not Applicable."

Demographic groups with less than 50 total non-blank responses to the question are not included in the report.