

2007 Behavioral Health Risks



Of Centre County Adults

DEPARTMENT OF
HEALTH

*Edward G. Rendell, Governor
Calvin B. Johnson, M.D., M.P.H., Secretary of Health*

Centre County
Partnership for Community Health

Introduction

The Centers for Disease Control and Prevention (CDC) and the Pennsylvania Department of Health began the Pennsylvania Behavioral Risk Factor Surveillance System (BRFSS) in 1989. The BRFSS survey consists of telephone interviews using randomly generated telephone numbers to determine the households contacted. The survey contains a core set of questions provided by CDC to gather comprehensive, standard information nationwide. The questions asked concern health status, access to health care, health awareness, use of preventive health services, and knowledge and attitude assessment.

In an effort to provide local BRFSS data, the Pennsylvania Department of Health instituted the Pennsylvania BRFSS Local Sampling Program in 2002. Participation in the program was open to Pennsylvania's State Health Improvement Plan (SHIP)-affiliated partnerships located statewide. Five partnership organizations chose to participate in the 2007 program: Centre County Partnership for Community Health, Chester County Healthy Communities Partnership, Erie County Healthy Communities Partnership, Lycoming County Healthy Communities Partnership, and Washington County Healthy Communities Partnership. These partnerships were given the opportunity to select 56 questions of their choice in addition to the core questions asked of all who participated in BRFSS.

The survey of adults living in Centre County asked questions about health and health-related behaviors, including health status, health care access, mental health, exercise, weight, alcohol consumption, asthma, diabetes, and immunization. This allows for some comparison of the county survey results to state results and it also allows the county to get data specific to its individual needs.

Report Organization

A brief *Survey Highlights* section includes prevalence estimates referring to health status, health care access, exercise, diabetes, hypertension awareness, cholesterol awareness, cardiovascular disease, immunization, arthritis burden, emotional support and life satisfaction, tobacco use, and disability data for adults in Centre County that are statistically different compared to the Pennsylvania estimates.

Select prevalence estimates are included in *Table 1: Core Questions, Centre County and Pennsylvania Adults, 2007*. They are estimates from questions asked of all 2007 Pennsylvania BRFSS questionnaire respondents. Centre County data are presented alongside Pennsylvania data to assist with comparison (see Table 1 footnote). The topics in Table 1 include Health Status, Health Care Access, Exercise, Diabetes, Hypertension Awareness, Cholesterol Awareness, Cardiovascular Disease, HIV/AIDS, Veteran's Status, Alcohol Consumption, Immunization, Arthritis Burden, Emotional Support and Life Satisfaction, Tobacco Use, Asthma, Disability, and Nutrition.

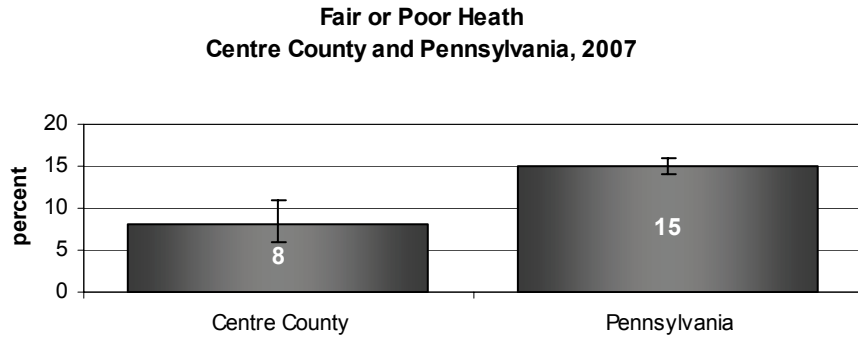
Table 2: Locally-Added Questions, Centre County Adults, 2007 includes estimates that were specifically requested for Centre County, and were not asked of adults in the Pennsylvania sample. The topics included in the table were Weight Control, Oral Health, Visual Impairment and Access to Eye Care, Mental Illness and Stigma, Healthy Days, Calcium Supplements, Locally Developed Questions, and Community Concerns.

Table 3: Year 2010 Health Objectives for the Nation: Centre County & Pennsylvania BRFSS Data, 2007 includes estimates for objective goals available for Centre County. Objective goals include: Health Care Access, Diabetes, Immunization, Weight, Physical Activity, and Tobacco Use.

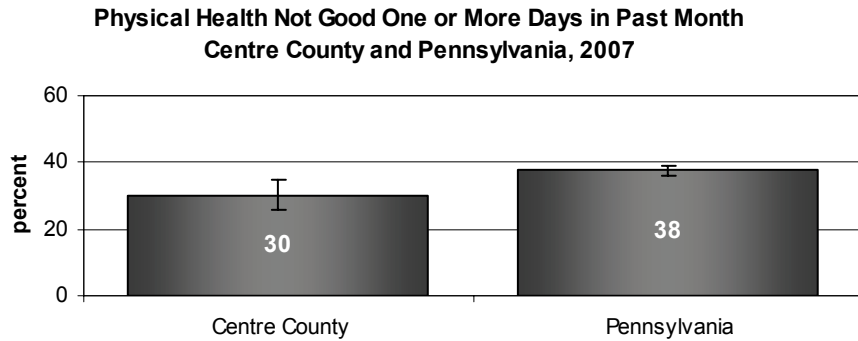
Survey Highlights

Health Status:

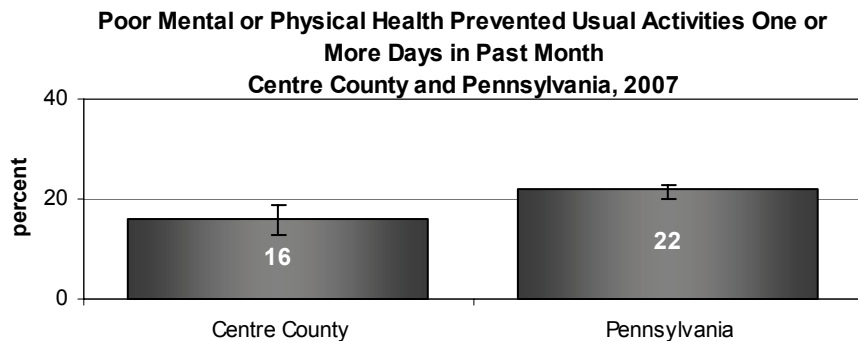
Eight (8) percent of Centre County adults reported that they experience fair or poor general health. This was significantly lower compared to Pennsylvania adults (15 percent).



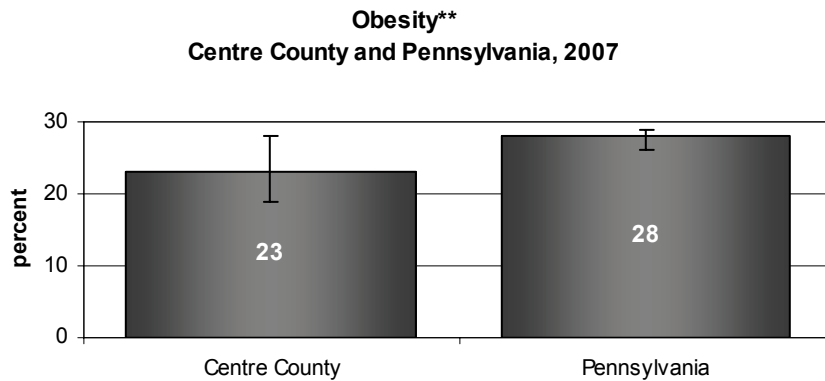
Thirty (30) percent of Centre County adults reported that their physical health was not good one or more days in the past month. This was significantly lower compared to Pennsylvania adults (38 percent).



Sixteen (16) percent of Centre County adults reported that poor mental or physical health had prevented usual activities on one or more days in the past month. This was significantly lower compared to Pennsylvania adults (22 percent).

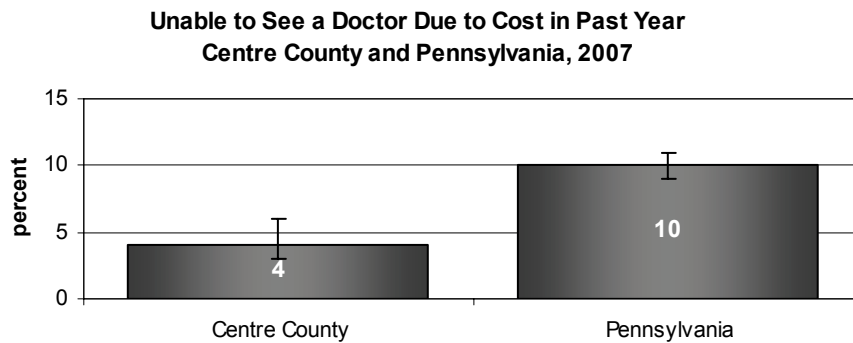


Twenty-three (23) percent of Centre County adults reported that they were obese. This was significantly lower compared to Pennsylvania adults (28 percent).



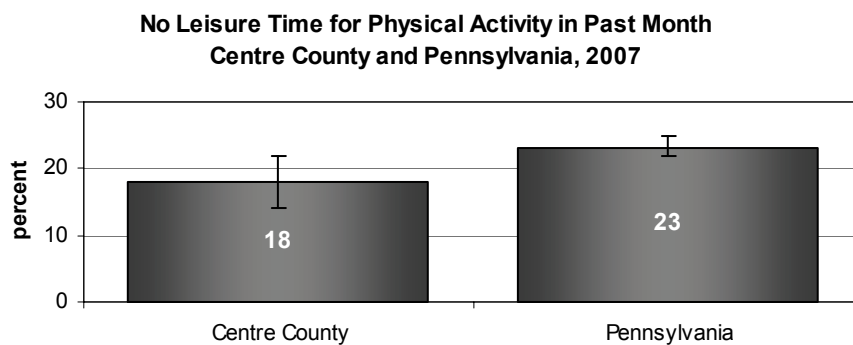
Health Care Access:

Four (4) percent of Centre County adults reported that they were unable to see a doctor due to cost with in the past year. This was significantly lower compared to Pennsylvania adults (10 percent).



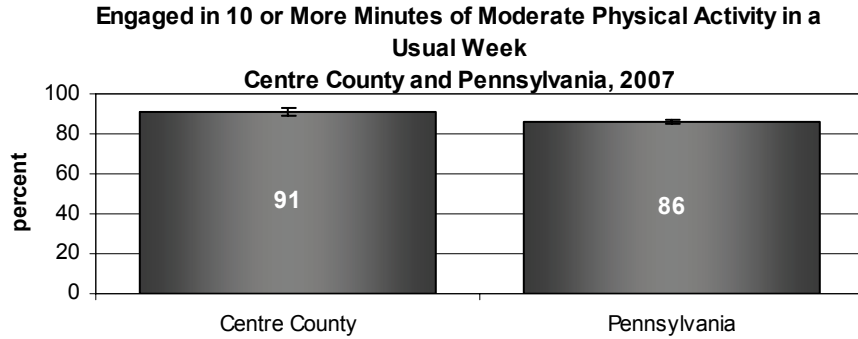
Exercise:

Eighteen (18) percent of Centre County adults reported that they had no leisure time for physical activity in the past month. This was significantly lower compared to Pennsylvania adults (23 percent).

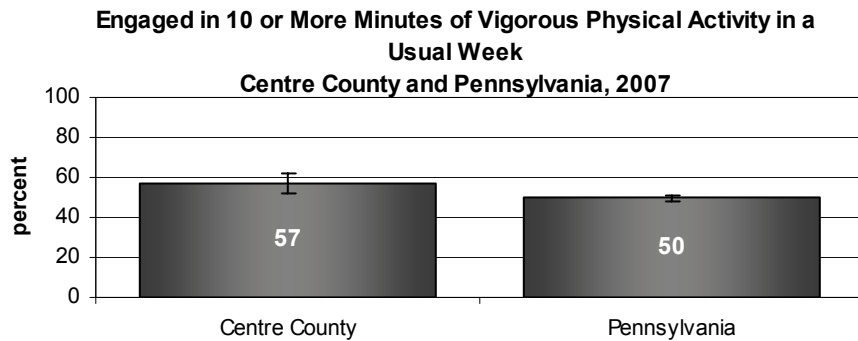


**See Technical Notes section of report for more information.

Ninety-one (91) percent of Centre County adults reported that they engage in ten or more minutes of moderate physical activity in a usual week. This was significantly higher compared to Pennsylvania adults (86 percent).

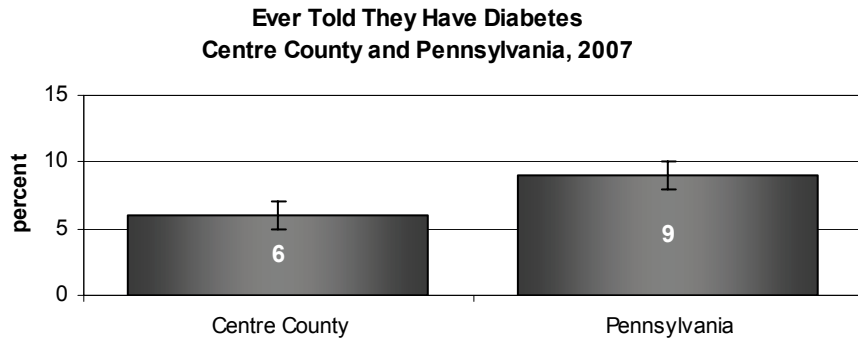


Fifty-seven (57) percent of Centre County adults reported that they engage in ten or more minutes of vigorous physical activity in a usual week. This was significantly higher compared to Pennsylvania adults (50 percent).



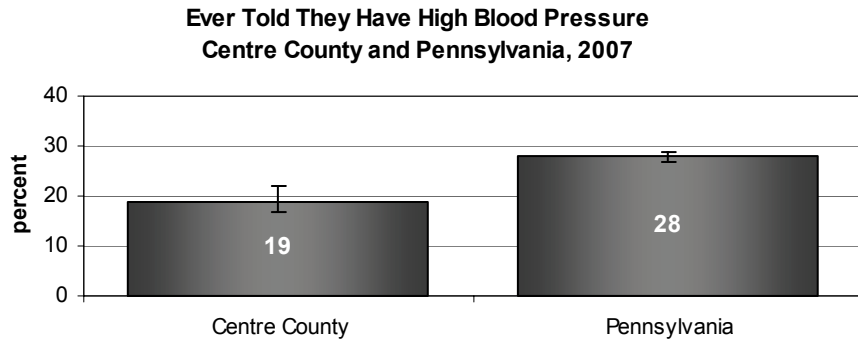
Diabetes:

Six (6) percent of Centre County adults reported ever having been told that they have diabetes. This was significantly lower compared to Pennsylvania adults (9 percent).



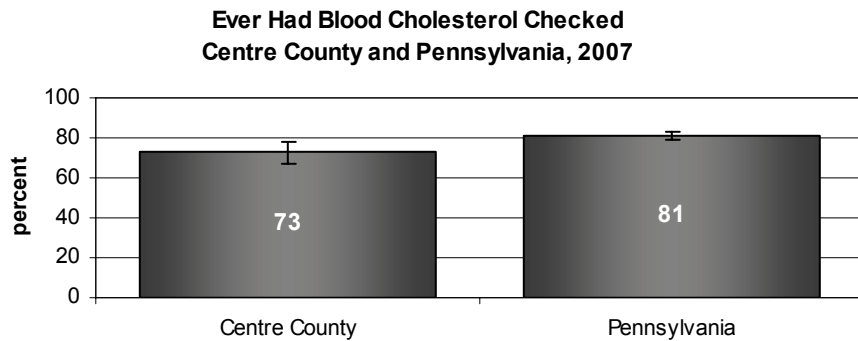
Hypertension Awareness:

Nineteen (19) percent of Centre County adults reported ever having been told that they have high blood pressure. This was significantly lower compared to Pennsylvania adults (28 percent).

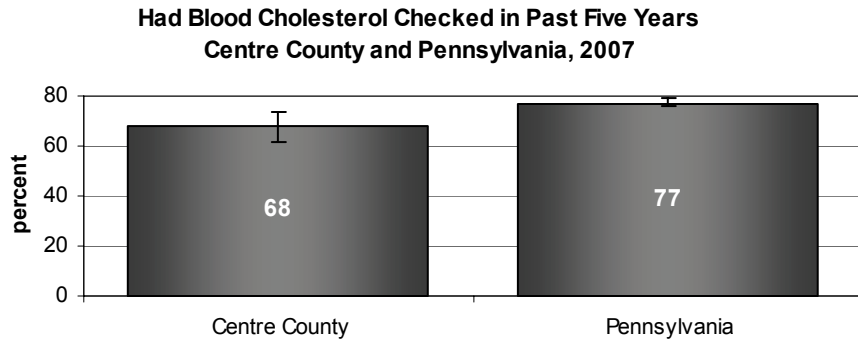


Cholesterol Awareness:

Seventy-three (73) percent of Centre County adults reported ever having had their blood cholesterol checked. This was significantly lower compared to Pennsylvania adults (81 percent).

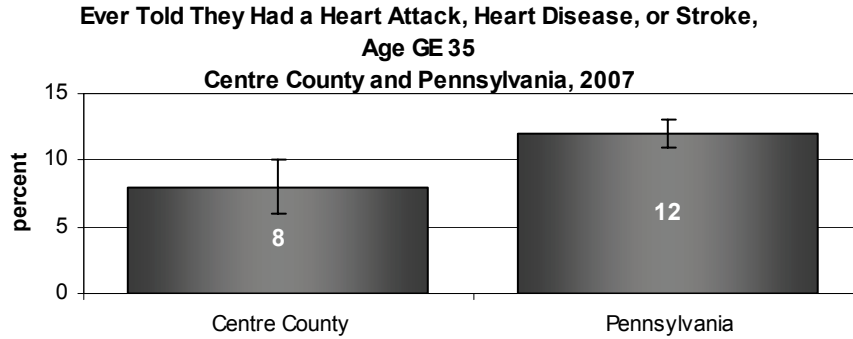


Sixty-eight (68) percent of Centre County adults reported that they had their blood cholesterol checked in the past five years. This was significantly lower compared to Pennsylvania adults (77 percent).

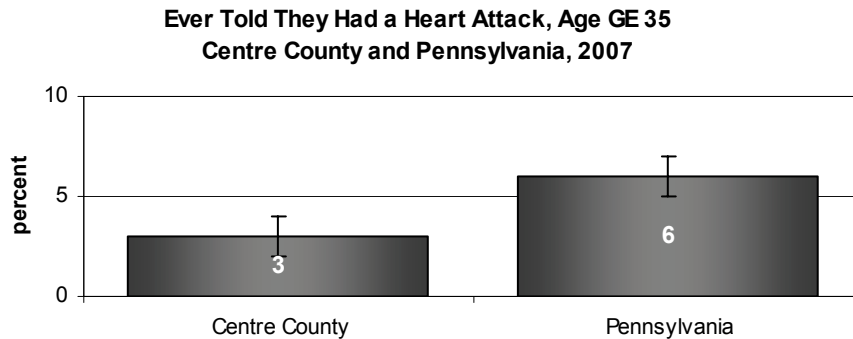


Cardiovascular Disease:

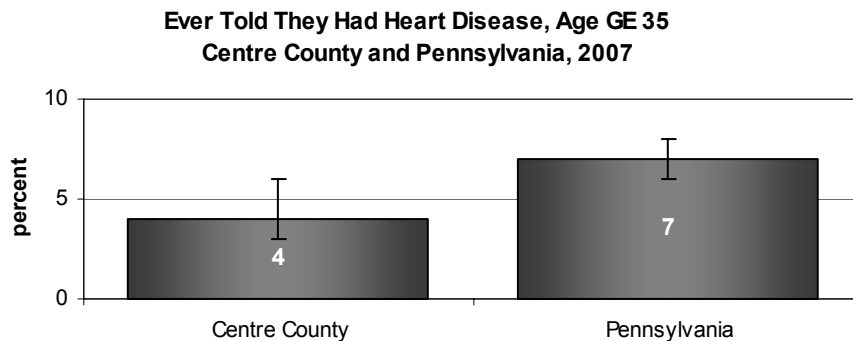
Eight (8) percent of Centre County adults over age thirty-five reported ever having been told they had a heart attack, heart disease, or stroke. This was significantly lower compared to Pennsylvania adults over age thirty-five (12 percent).



Three (3) percent of Centre County adults over age thirty-five reported ever having been told they had a heart attack. This was significantly lower compared to Pennsylvania adults over age thirty-five (6 percent).

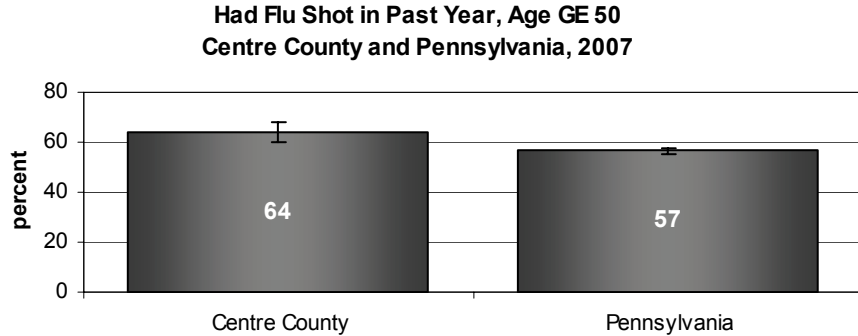


Four (4) percent of Centre County adults over age thirty-five reported ever having been told they had heart disease. This was significantly lower compared to Pennsylvania adults over age thirty-five (7 percent).

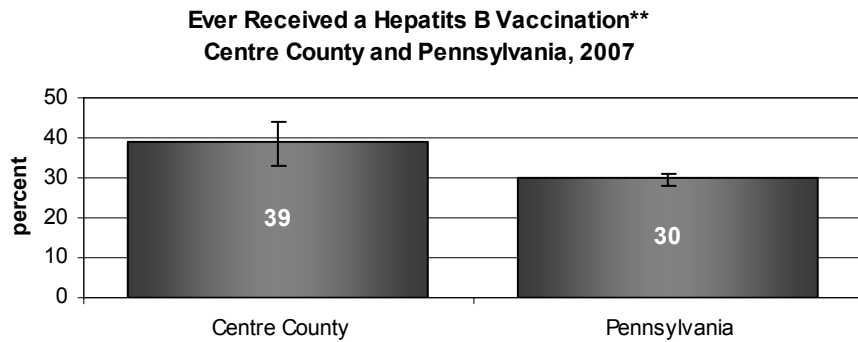


Immunization:

Sixty-four (64) percent of Centre County adults over age fifty reported that they had a flu shot in the past year. This was significantly higher compared to Pennsylvania adults over age fifty (57 percent).

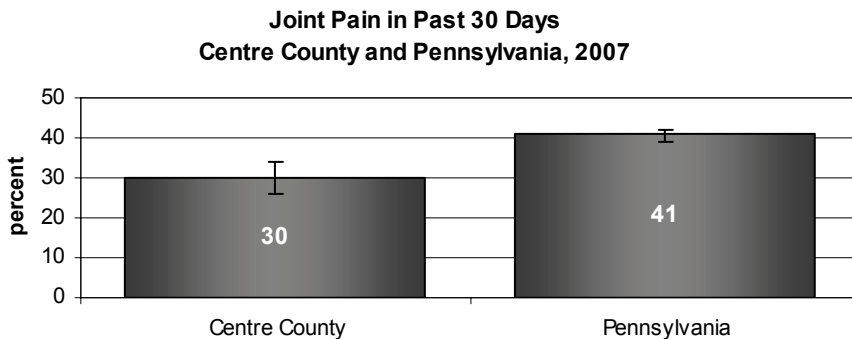


Thirty-nine (39) percent of Centre County adults reported that they have ever received a Hepatitis B vaccination. This was significantly higher compared to Pennsylvania adults (30 percent).



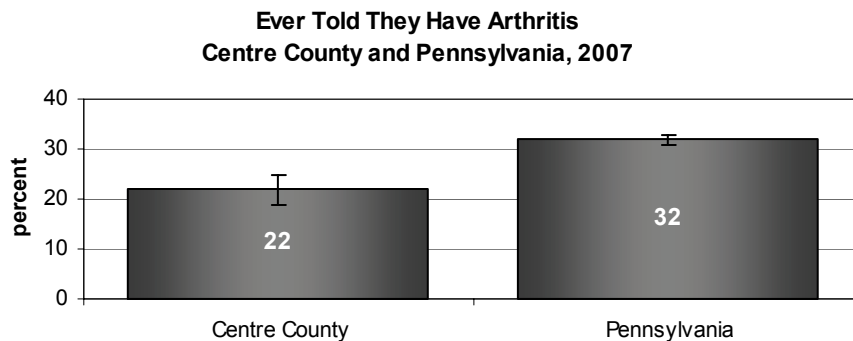
Arthritis Burden:

Thirty (30) percent of Centre County adults reported experiencing pain, aching, stiffness, or swelling in or around a joint in the past thirty days. This was significantly lower compared to Pennsylvania adults (41 percent).

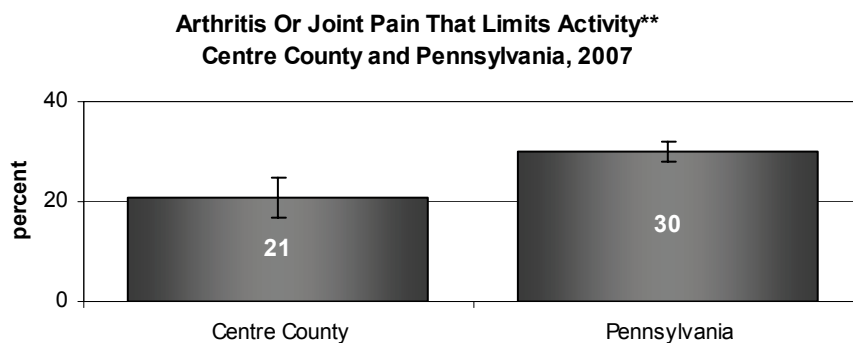


**See Technical Notes section of report for more information.

Twenty-two (22) percent of Centre County adults reported ever having been told they have arthritis. This was significantly lower compared to Pennsylvania adults (32 percent).

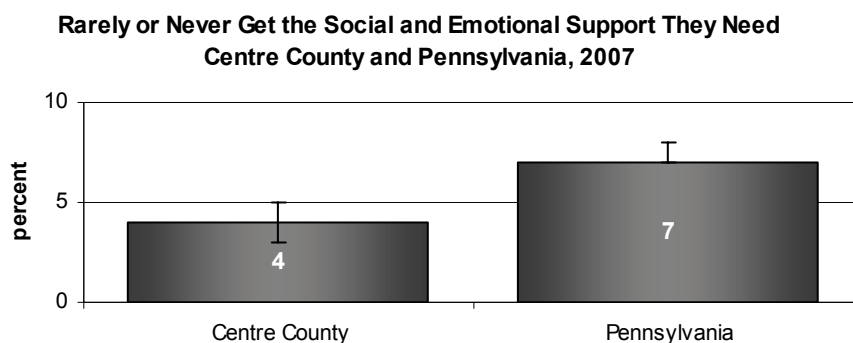


Twenty-one (21) percent of Centre County adults reported that they have arthritis or joint pain that limits activity. This was significantly lower compared to Pennsylvania adults (30 percent).



Emotional Support and Life Satisfaction:

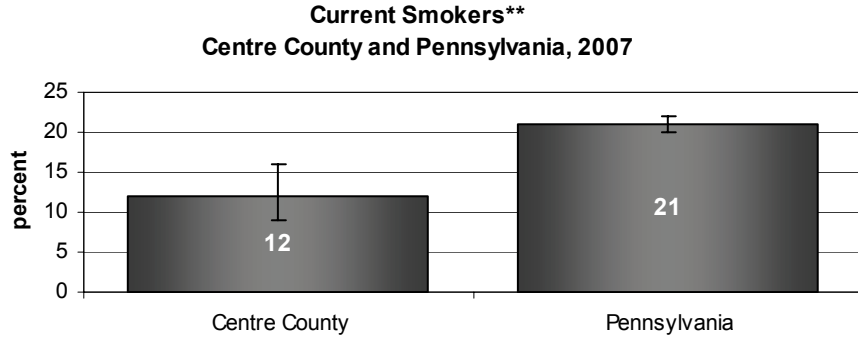
Four (4) percent of Centre County adults reported that they rarely or never get the social and emotional support they need. This was significantly lower compared to Pennsylvania adults (7 percent).



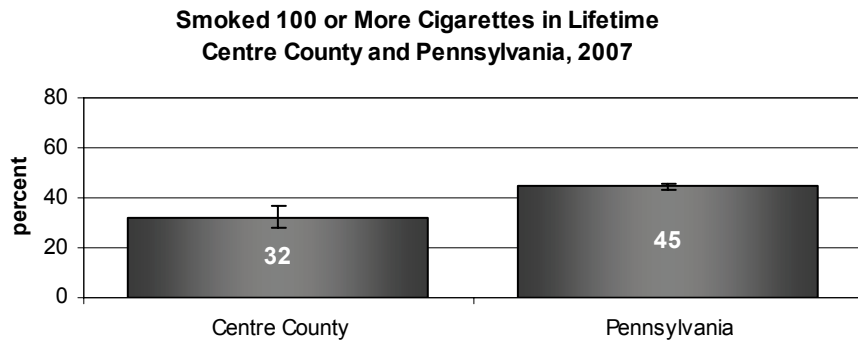
**See Technical Notes section of report for more information.

Tobacco Use:

Twelve (12) percent of Centre County adults reported that they are current smokers. This was significantly lower compared to Pennsylvania adults (21 percent).

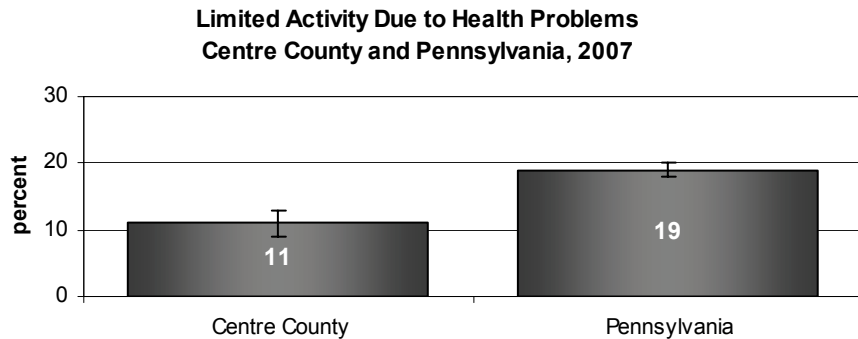


Thirty-two (32) percent of Centre County adults reported that they have smoked 100 or more cigarettes in their lifetime. This was significantly lower compared to Pennsylvania adults (45 percent).



Disability:

Eleven (11) percent of Centre County adults reported that their activities were limited due to health problems. This was significantly lower compared to Pennsylvania adults (19 percent).



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Four (4) percent of Centre County adults reported that health problems required them to use special equipment. This was significantly lower compared to Pennsylvania adults (7 percent).

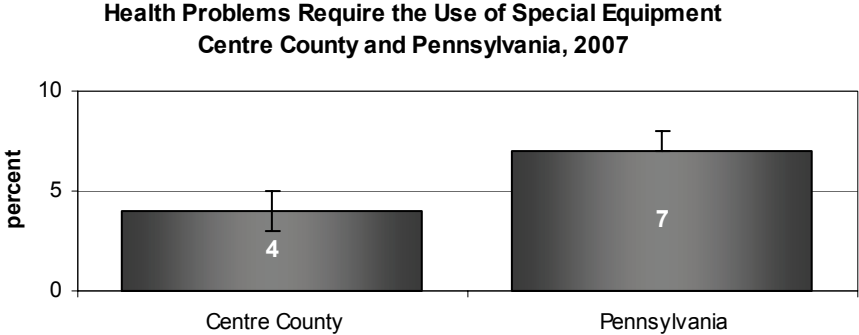


TABLE 1
Core Questions
Centre County and Pennsylvania Adults, 2007 (with 95% confidence interval)

	Centre County		*	Pennsylvania	
	%	CI		%	CI
Health Status					
Fair or Poor Health	8	6-11	-	15	14-16
Physical Health Not Good 1+ Days in Past Month	30	26-35	-	38	36-39
Mental Health Not Good 1+ Days in Past Month	33	28-38		34	32-35
Poor Physical/Mental Health Prevented Usual Activity 1+ Days in Past Month	16	13-19	-	22	20-23
Overweight**	57	52-62		63	61-64
Obese**	23	19-28	-	28	26-29
Health Care Access					
No Health Care Insurance, Age 18-64	11	8-17		13	12-15
Do Not Have a Personal Health Care Provider	12	8-16		10	9-12
Unable to See Doctor Due to Cost in Past Year	4	3-6	-	10	9-11
Last Visited Doctor For Routine Checkup Within Past 2 Years	81	77-85		84	83-85
Exercise					
No Leisure Time for Physical Activity in Past Month	18	14-22	-	23	22-25
10+ Minutes of Moderate Physical Activity in Usual Week	91	89-93	+	86	85-87
Moderate Physical Activity 5+ Days a Week for 30+ Minutes a Session	56	51-61		50	49-52
10+ Minutes of Vigorous Physical Activity in Usual Week	57	52-62	+	50	48-51
Vigorous Physical Activity 3+ Days a Week for 20+ Minutes a Session	33	28-39		29	27-30
Diabetes					
Ever Told They Have Diabetes	6	5-7	-	9	8-10
Hypertension Awareness					
Ever Told They Have High Blood Pressure	19	17-22	-	28	27-29
Taking Medication for High Blood Pressure**	80	73-85		83	81-85
Cholesterol Awareness					
Ever Had Blood Cholesterol Checked	73	67-78	-	81	79-83
Had Blood Cholesterol Checked in Past 5 Years	68	62-74	-	77	76-79
Told They Had High Blood Cholesterol**	37	32-42		40	38-41
Cardiovascular Disease					
Ever Told They Had a Heart Attack, Coronary Heart Disease, or a Stroke, Age GE 35	8	6-10	-	12	11-13
Ever Told They Had a Heart Attack, Age GE 35	3	2-4	-	6	5-7
Ever Told They Had Heart Disease, Age GE 35	4	3-6	-	7	6-8
Ever Told They Had a Stroke, Age GE 35	3	2-5		4	4-5
HIV/AIDS					
Ever Tested for HIV, Age 18-64	31	26-36		32	30-34
Veteran's Status					
Served Active Duty in US Armed Forces, Registered Military, National Guard, or Military Reserve Unit	11	9-14		12	11-13

Note: Excludes missing, don't know, and refused.

* If a "+" is indicated, then the county has a significantly higher percentage compared to Pennsylvania. If a "-" is indicated, then the county has a significantly lower percentage compared to Pennsylvania.

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TABLE 1 (Continued)
Core Questions
Centre County and Pennsylvania Adults, 2007 (with 95% confidence interval)

	Centre County		*	Pennsylvania	
	%	CI		%	CI
Alcohol Consumption					
Binge Drinkers**	14	10-18		16	15-18
Chronic Drinkers**	4	2-8		5	4-6
At Risk for Heavy Drinking**	6	3-10		5	4-6
Immunization					
Flu Shot in Past Year, Age 50+	64	60-68	+	57	55-58
Flu Shot in Past Year, Age 65+	76	71-81		73	70-75
Flu Vaccine Sprayed up Nose in Past Year	1	0-6		1	0-1
Ever Had a Pneumonia Vaccination, Age 65+	70	65-75		70	67-72
Ever Received Hepatitis B Vaccination**	39	33-44	+	30	28-31
Do Not Know if Received a Hepatitis B Vaccine	18	14-22		15	14-16
At Risk for Hepatitis B	7	4-13		5	5-7
Arthritis Burden					
Joint Pain in Past 30 Days	30	26-34	-	41	39-42
Ever Told They Have Arthritis	22	19-25	-	32	31-33
Have Arthritis or Joint Pain That Limits Activity**	21	17-25	-	30	28-32
Emotional Support and Life Satisfaction					
Rarely or Never Get the Social and Emotional Support They Need	4	3-5	-	7	7-8
Satisfied or Very Satisfied With Their Life	96	95-97		94	94-95
Tobacco Use					
Current Smokers**	12	9-16	-	21	20-22
Former Smokers	20	17-23		24	23-25
100+ Cigarettes in Their Lifetime	32	28-37	-	45	43-46
Asthma					
Ever Told They Had Asthma	14	11-18		13	12-14
Currently Have Asthma	9	6-12		9	8-10
Disability					
Limited Activity Due to Health Problems	11	9-13	-	19	18-20
Health Issues Require Use of Special Equipment	4	3-5	-	7	7-8
Nutrition					
Eat 5+ Fruits or Vegetables Daily	26	22-30		25	24-27

Note: Excludes missing, don't know, and refused.

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TABLE 2
Locally-Added Questions
Centre County Adults, 2007 (with 95% confidence interval)

	Centre County	
	%	CI
Weight Control		
Trying to Lose Weight	44	39-49
Trying to Maintain Current Weight**	74	67-80
Eating Fewer Calories to Lose Weight or Keep from Gaining Weight	21	17-26
Eating Less Fat to Lose Weight or Keep from Gaining Weight	15	12-18
Eating Fewer Calories and Less Fat to Lose Weight or Keep from Gaining Weight	35	31-40
Using Physical Activity or Exercise to Lose Weight or Keep from Gaining Weight	78	75-81
Health Care Professional Gave Advice to Lose Weight in Past 12 Months	13	11-16
Health Care Professional Gave Advice to Gain Weight in Past 12 Months	1	1-2
Health Care Professional Gave Advice to Maintain Weight in Past 12 Months	4	2-9
Health Care Professional Gave No Advice About Weight in Past 12 Months	81	77-85
Obese Adults Trying to Lose Weight**	74	65-81
Obese Adults Trying to Maintain Weight**	76	62-85
Obese Adults Eating Fewer Calories to Lose Weight or Keep from Gaining Weight**	29	20-41
Obese Adults Eating Less Fat to Lose Weight or Keep from Gaining Weight**	14	10-19
Obese Adults Eating Fewer Calories and Less Fat to Lose Weight or Keep from Gaining Weight**	42	32-52
Obese Adults Using Physical Activity or Exercise to Lose Weight or Keep from Gaining Weight**	72	64-79
Obese Adults Which Had Health Care Professional Give Advice to Lose Weight in Past 12 Months**	37	29-46
Obese Adults Which Had Health Care Professional Give Advice to Gain Weight in Past 12 Months**	0	0-2
Obese Adults Which Had Health Care Professional Give Advice to Maintain Weight in Past 12 Months**	0	0-1
Obese Adults Which Had Health Care Professional Give No Advice About Weight in Past 12 Months**	62	53-71
Oral Health		
Visited a Dentist or Dental Clinic for Any Reason in Past 12 Months	76	72-80
Had 0-5 Teeth Removed	88	86-90
Had All Teeth Removed	5	4-6
Were Refused a Dental Appointment or Dental Services Due to Lack of Insurance or Eligibility for Medical Assistance	5	3-7
Had Teeth Cleaned by a Dentist or Dental Hygienist in Past 12 Months	78	74-82
Visual Impairment and Access to Eye Care		
Had Eyes Examined by Any Doctor or Eye Care Provider in Past 12 Months	62	59-66
Have Not Visited an Eye Care Professional in Past 12 Months Due to Cost/Insurance Issues**	15	11-21
Health Insurance Coverage for Eye Care	61	58-65
Mental Illness and Stigma		
Felt Hopeless at Least Some of the Time in Past 30 Days	7	5-10
Felt Worthless at Least Some of the Time in Past 30 Days	6	5-9
Inhibited From Doing Work or Other Usual Activities by a Mental Health Condition or Emotional Problem 1+ Days in Past 30 Days	6	5-9
Taking Medicine or Receiving Treatment From a Doctor or Other Health Professional for Any Type of Mental Health Condition or Emotional Problem	9	7-12
Healthy Days		
Hard to do Usual Activities Due to Pain 1+ Days in Past 30 Days	22	19-27
Felt Worried, Tense, or Anxious 1+ Days in Past 30 Days	48	43-53
Calcium Supplements		
Currently Taking Calcium Supplements, or Antacids Containing Calcium for Bone Health	28	24-32
Eat Foods That Are High in Calcium	81	77-84

Note: Excludes missing, don't know, and refused.

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TABLE 2 (Continued)
Locally-Added Questions
Centre County Adults, 2007 (with 95% confidence interval)

	Centre County	
	%	CI
Locally Developed Questions		
Someone in Household Has Long-Term Care Insurance	62	57-66
Have a Written Advance Directive for End-of-Life Health Care (Living Will, Durable Power of Attorney For Health Care, etc.)	30	27-34
Have Discussed End-of-Life Health Care Wishes With Family Members	47	42-52
Aware That Centre County Government Operates a 24-Hour Helpline That Provides Resource and Information Referral Services for Individuals in Crisis	38	34-43
Believe There Are Enough Health Care Providers Available Within Immediate Area of Residence	82	78-85
Difficulty Affording Medication Prescribed by Doctor or Health Care Provider	10	8-13
Could Not Afford to Follow Health Care Provider's Directions When They Prescribed Medications**	8	6-11
Did Not Understand or Follow Health Care Provider's Directions When They Prescribed Medications**	5	3-9
Had to Seek Emergency Medical Care as a Result of Not Taking Prescribed Medication	1	0-1
Offered Medical Insurance by Current or Former Employer**	85	81-88
Offered Dental Insurance by Current or Former Employer**	70	66-74
Offered Vision Insurance by Current or Former Employer**	61	55-65
Offered Prescription Coverage by Current or Former Employer**	78	73-82
Affording Health Insurance For Self and Immediate Family Has Been Difficult	21	17-25
Ever Had Difficulty Getting Transportation to Health Care or Social Services	4	2-6
Ever Had Difficulty Getting Access to Mental Health or Mental Retardation Services or Medications	2	2-4
Believe That Substance Abuse Among Centre County Youth Under Age 18 is a Serious Community Issue	79	73-84
Support Legislation Requiring Fluorination of All Municipal Water Supplies in Pennsylvania	68	63-73
Have Access to Internet at Work Only	2	2-3
Have Access to Internet at Home Only	28	23-33
Have Access to Internet at Both Work and Home	59	54-64
Have Heard of Free Medical Clinic For Uninsured Residents of Centre County	2	2-3
Aware of Services Provided at Free Medical Clinic for Uninsured Residents of Centre County	28	23-33
Had Difficulty Finding Affordable Housing in Centre County in Past 12 Months	5	3-7
Community Concerns		
Need Help Caring For an Elderly Family Member	3	2-4
Need Day Care For Child	19	14-25
Need Help From Another Person to Handle Routine Needs	4	3-5
Believe Illegal Drug Use is a Serious Community Issue	73	67-79
Believe Alcohol Use is a Serious Community Issue	79	74-83
Believe Access to Health Care is a Serious Community Issue	48	43-54
Believe Poverty is a Serious Community Issue	36	32-42
In a Safe Place to Answer Questions About Violence in Relationships With an Intimate Partner	98	97-99
Intimate Partner Ever Threatened Physical Violence	12	9-15
Intimate Partner Ever Attempted Physical Violence	10	8-13
Ever Been Hit, Slapped, Pushed, Kicked, or Hurt in Any Way by Intimate Partner	11	8-14

Note: Excludes missing, don't know, and refused.

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TABLE 3
Year 2010 Health Objectives for the Nation
Centre County and Pennsylvania BRFSS Data, 2007

Healthy People 2010 Objective ¹	Year 2010 Objective	Centre 2007	Objective Met ² Centre County	Sig. Diff. to PA ³	Pennsylvania 2007	Objective Met ² Pennsylvania
01-01: Percent of adults aged 18-64 with health insurance (age-adjusted to 2000 std population)	100%	89± 5	No		87± 2	No
01-04c: Percent of adults with a specific source of ongoing care (age-adjusted to 2000 std population)	96%	88± 3	No		89± 1	No
05-03 Adults diagnosed with diabetes (age-adjusted rate per 1,000 18+)	25	63±13	No		78± 9	No
14-29a: Percent of adults 65+ with flu shot in the past year (age-adjusted to 2000 std population)	90%	77±5	No		72±2	No
14-29b: Percent of adults 65+ ever vaccinated against pneumococcal disease (age-adjusted to 2000 std population)	90%	71±6	No		69±2	No
14-29c: Percent of adults 18-64 with flu shot in the past year (age-adjusted to 2000 std population)	60%	36±4	No		31±2	No
14-29d: Percent of adults 18-64 ever vaccinated against pneumococcal disease (age-adjusted to 2000 std population)	60%	14±3	No		15±2	No
19-01: Percent of adults 20+ with a healthy weight (age-adjusted to 2000 std population)	60%	38±5	No		34±2	No
19-01f: Percent of females 20+ with a healthy weight (age-adjusted to 2000 std population)	60%	46±6			41±2	
19-02: Percent of adults 20+ who are obese (age-adjusted to 2000 std population)	15%	25±6	No		29±2	No
19-02f: Percent of females 20+ who are obese (age-adjusted to 2000 std population)	15%	25±6			28±2	
22-01: Percent of adults who engage in no leisure-time physical activity (age-adjusted to 2000 std population)	20%	18±3	Yes		23±2	No
22-02: Percent of adults who engage in moderate or vigorous physical activity (age-adjusted to 2000 std population)	50%	55±4	Yes		51±2	Yes
22-03: Percent of adults who engage in vigorous physical activity (age-adjusted to 2000 std population)	30%	32±4	Yes		30±2	Yes
27-01a: Percent of adults who smoke cigarettes (age-adjusted to 2000 std population)	12%	12±3	Yes	-	22±2	No
27-05: Percent of adults who attempted to quit smoking (age-adjusted to 2000 std population)	75%	56±10	No		56±4	No

¹ Public Health Services. Healthy People 2010: National Health Promotion and Disease Prevention Objectives. Washington, DC: U.S. Department of Health and Human Services, 2000.

² The "Yes" designation refers the 2006 percentage being significantly better compared to the Healthy People 2010 goal percentage.

³ If a "+" is indicated, then the particular subpopulation of the county has a significantly higher percentage compared to that subpopulation in Pennsylvania, If a "-" is indicated, then the particular subpopulation of the county has a significantly low

Technical Notes

Sample Selection

A total of 1,264 Centre County adults completed interviews for the Centre County BRFSS survey in 2007. Respondents were selected using a two-stage random digit dialing sample design. In the first selection stage, a disproportionate stratified sample of telephone numbers was selected from two telephone number strata. One stratum consists of listed Centre County residential telephone numbers. The other stratum consists of blocks of telephone numbers, known to include one or more residential telephone numbers. Both strata's telephone numbers begin with area codes and exchange prefixes specific to Centre County. Cell phone numbers are not included in the BRFSS sample selection.

Under the disproportionate stratified sample design, the sample of Centre County telephone numbers that is divided into the two strata described in the previous paragraph are selected based on the estimated probability that the phone number is attached to a housing unit. A larger proportion of the sample is selected from the strata of listed telephone numbers known to be connected to residential households.

In the first stage of sampling, the selected telephone numbers were called to determine if they were residential telephone numbers. Nonresidential telephone numbers were discarded from the sample. Residential numbers were subjected to the second stage of sampling wherein an adult was randomly selected as the respondent from a list of adults residing in the household. The person who answers the telephone generates this list.

Questionnaire

The survey questionnaire for Centre County consists of a standardized core, locally-selected modules, and locally-added questions. Questions of interest to Centre County were added as the county supplement to the core questionnaire. Locally-added modules and questions concerned diabetes, hypertension awareness, cholesterol awareness, fruits and vegetables, weight control, physical activity, arthritis, cardiovascular disease, smoking policy, other tobacco products, child safety, and childhood asthma.

Determining Accuracy of the Estimates and Significance Using Confidence Intervals

Tables included in this report show the 95% confidence intervals associated with all reported percentages. They appear in the table columns labeled (CI).

Confidence intervals are a way to measure sampling error and define the range of values where percentages estimated by multiple samples of the same population would be found (95% of the time). The size of the confidence interval is directly related to the sample taken or the probability of selection and characteristics of the people surveyed within the universe being sampled. In

addition, percentages for two different subgroups of the population can be determined to be significantly different if their confidence intervals or ranges do not overlap.

Confidence intervals were calculated using SUDAAN, a software package developed by the Research Triangle Institute, which properly estimates sample variances for complex sample designs.

Percentages were not calculated and shown for subgroups of the population when their sample size was less than 50 or when the portion of the sample being represented was of size greater than or equal to 50 but the calculated percentage was deemed to be statistically unreliable. The method utilized to determine the reliability of percentages calculated from sample sizes of 50 or more consisted of a comparison of the relative standard error of the calculated percentage compared to the relative standard error of the same percentage outcome for a simple random sample of 50. If the relative standard error was smaller for the percentage being tested compared to the relative standard error of the same percentage outcome for the simple random sample of 50, then the calculated percentage was considered reliable.

Data Adjustment

The data were adjusted, or weighted, to correspond to estimated age and sex distribution of the population for Centre County in 2006. Because people living in households with more than one telephone or more than one adult had differing probabilities of being selected, the responses were also adjusted to reflect the number of different telephone numbers per household and the number of adults residing in the household. All of the percentages reported here were calculated with weighted data and should be representative of the adult population of Centre County. It should be noted that the percentages might not add to 100 due to rounding. When calculating the percentages of prevalence for each health topic in this report, responses of “Don’t know/Not sure” and “Refused” were removed from the denominators. This is to reflect a more accurately estimated presentation of prevalence for the topics within Centre County’s population. Those responses, which were removed from the denominator, tend to dilute the prevalence percentages and don’t contribute to their further understanding.

Report Page 3 Notes

- Adults are classified as **obese** if they had a calculated body mass index (BMI) of 30 or above.

Report Page 7 Notes

- Adults who responded, “Don’t know/Not sure” were included in the denominator for the analysis on the percent of adults who **ever received the hepatitis B vaccine**.

Report Page 8 Notes

- The analysis of adults who have **arthritis or joint symptoms that limit activity** was out of arthritic adults who reported having joint symptoms in the past thirty days.

Report Page 9 Notes

- **Current smokers** are adults who reported currently smoking every day or some days.

Report Page 11 Notes

- Adults are classified as **overweight** if they had a calculated body mass index (BMI) of 25 or above.

- Adults are classified as **obese** if they had a calculated body mass index (BMI) of 30 or above.
- The analysis of adults who are **taking medication for blood pressure** was out of adults who have high blood pressure.
- The analysis of adults who were **told they had high blood cholesterol** was out of adults who ever had their blood cholesterol checked.

Report Page 12 Notes

- **Binge drinkers** are men who reported having five or more alcoholic drinks during one occasion in the past month or women who reported having four or more alcoholic drinks during one occasion in the past month.
- **Chronic drinkers** are adults who reported having an average of two or more alcoholic drinks per day the past month.
- Men who are considered **at risk for heavy drinking** reported consuming two or more drinks per day; women were considered **at risk for heavy drinking** if they reported consuming one or more drink per day.
- Adults who responded, “Don’t know/Not sure” were included in the denominator for the analysis on the percent of adults who **ever received the hepatitis B vaccine**.
- The analysis of adults who have **arthritis or joint symptoms that limit activity** was out of arthritic adults who reported having joint symptoms in the past thirty days.
- **Current smokers** are adults who reported currently smoking every day or some days.

Report Page 13 Notes

- The analysis of Centre County adults who are **trying to maintain current weight** was out of adults who reported that they were not trying to lose weight.
- Adults are classified as **obese** if they had a calculated body mass index (BMI) of 30 or above.
- The analysis of Centre County adults who are **obese and trying to maintain current weight** was out of obese adults who reported that they were not trying to lose weight.
- The analysis of Centre County adults who have **not visited an eye care professional in the past twelve months due to cost or insurance issues** was out of adults who reported that they had not visited an eye care professional in the past year.

Report Page 14 Notes

- The analysis of Centre County adults who **could not afford to follow a health care provider’s directions when they prescribed medications** was out of adults who reported having been prescribed medication.
- The analysis of Centre County adults who **did not understand or follow a health care provider’s directions when they prescribed medications** was out of adults who reported having been prescribed medication.
- The analysis of Centre County adults who were **offered medical insurance by their current or former employer** was out of adults who reported being employed for wage or retired.
- The analysis of Centre County adults who were **offered dental insurance by their current or former employer** was out of adults who reported being employed for wage or retired.
- The analysis of Centre County adults who were **offered vision insurance by their current or former employer** was out of adults who reported being employed for wage or retired.
- The analysis of Centre County adults who were **offered prescription coverage by their current or former employer** was out of adults who reported being employed for wage or retired.

Centre County
Partnership for Community Health



Partnering to Bridge the Gaps

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