



Erie County  BRFSS  
*Behavioral Risk Factor Surveillance Survey*

**Behavioral Health Risks  
of  
Erie County Adults**

**SUMMARY REPORT**

**2011**

## **Acknowledgements**

The Behavioral Risk Factor Surveillance Survey (BRFSS) is a telephone based health survey of adults age 18 and above. Both landline and cell phone users are included. Initiated in 1984 by the CDC, it is now administered nationally, statewide, regionally, and locally. The survey focuses on health care access, health conditions, risk behaviors, and preventive health practices. Standardized questions allow comparison among various population groups.

The 2011 Erie County Behavioral Risk Factor Surveillance Survey (BRFSS) was administered by the Erie County Department of Health for all of Erie County.

Moore Research Services, Inc. completed the telephone survey using the standard CDC questionnaire, tabulated results, and produced this statistical report. The Erie County Department of Health provided technical assistance during this process.

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TOPIC	ERIE 2007	ERIE 2011	PA 2009 or 2010	
	%	%	%	Year
<b>HEALTH STATUS</b>				
Fair or Poor Health	14	17	16	2010
Physical Health Not Good 1+ Days in Past Month	37	36	36	2010
Mental Health Not Good 1+ Days in Past Month	35	33	33	2010
Poor Physical/Mental Health Prevented Usual Activity 1+ Days in Past Month	20	21	N/A	
<b>HEALTH CARE ACCESS</b>				
No Health Care Insurance, Age 18-64	17	13	14	2010
Do Not Have a Personal Health Care Provider	11	10	11	2010
Needed To See a Doctor in Past Year But Could Not Because of Cost	9	13	11	2010
Last Visited Doctor for Routine Checkup Within Past 2 Years	81	86	N/A	
<b>HEALTH CARE PROVIDER</b>				
Place Where Usually Go When Sick		See Report		
Where Went For Care When Sick in the Past 12 Months		See Report		
<b>HYPERTENSION AWARENESS</b>				
Ever Told They Had High Blood Pressure	28	31	31	2009
Taking Medication for High Blood Pressure	80	79	80	2009
<b>CHOLESTEROL AWARENESS</b>				
Ever Had Blood Cholesterol Checked	80	79	82	2009
Had Blood Cholesterol Checked in Past 5 Years	76	76	79	2009
Ever Told They Had High Blood Cholesterol	38	39	39	2009
<b>CHRONIC HEALTH CONDITIONS</b>				
Ever Told They Had a Heart Attack, Age 35+	5	6	6	2010
Ever Told They Had Heart Disease, Age 35+	8	7	6	2010
Ever Told They Had a Stroke, Age 35+	4	5	4	2010
Ever Told They Had Asthma	8	12	14	2010
Currently Have Asthma	6	8	10	2010
Ever Told They Had Skin Cancer	N/A	5	N/A	
Ever Told They Had Cancer Other Than Skin Cancer	N/A	8	N/A	
Ever Told They Had Cancer	N/A	N/A	10	2009
Ever Told They Have COPD, Emphysema, or Chronic Bronchitis	N/A	7	N/A	
Ever Told They Have Some Form of Arthritis	30	30	31	2009
Ever Told They Have a Depressive Disorder	N/A	19	N/A	
Ever Told They Have Kidney Disease	N/A	2	N/A	
Ever Told They Have Vision Impairment, Even When Wearing Glasses	N/A	14	N/A	
Ever Told They Have Diabetes (excludes pregnancy related)	8	10	10	2010

Red numerals denote significant difference between Erie 2007 and 2011 OR between Erie 2011 and Pennsylvania.

<u>TOPIC</u>	<u>ERIE 2007</u>	<u>ERIE 2011</u>	<u>PA 2009 or 2010</u>	
	%	%	%	
<b><u>PRE-DIABETES</u></b>				
Ever Told They Have Pre-Diabetes	N/A	6	N/A	
<b><u>ANXIETY AND MENTAL HEALTH</u></b>				
Ever Told They Have an Anxiety Disorder	N/A	17	N/A	
<b><u>ORAL HEALTH</u></b>				
Visited a Dentist Within the Past Year	N/A	70	71	2010
<b><u>TOBACCO USE</u></b>				
Smoked 100+ Cigarettes in Their Lifetime	52	50	N/A	
Current Smokers	26	23	18	2010
Former Smokers	26	27	26	2010
Smokers Who Have Quit Smoking 1+ Days in Past Year	56	57	55	2010
Last Smoked in the Past Year	11	13	N/A	
Currently Use Smokeless Tobacco	3	4	2	2010
Smokers Who Smoke 1+ Packs of Cigarettes	48	39	N/A	
<b><u>SECONDHAND SMOKE</u></b>				
Smoking is Never Allowed Inside the Home	N/A	43	N/A	
<b><u>FRUITS AND VEGETABLES</u></b>				
Eat 1+ Servings Fruit per Day	N/A	55	N/A	
Eat 1+ Servings Beans per Day	N/A	5	N/A	
Eat 1+ Servings Dark Green Vegetables per Day	N/A	18	N/A	
Eat 1+ Servings Orange Vegetables per Day	N/A	7	N/A	
Eat 1+ Servings Other Vegetables per Day	N/A	43	N/A	
Eat 1+ Servings Any Vegetable per Day	N/A	51	N/A	
Eat 5+ Servings Fruit and/or Vegetables per Day	21	10	24	2009
<b><u>NUTRITION</u></b>				
Eat 2+ Servings Dairy per Day	69	39	N/A	
Eat 1+ Servings Whole Grain per Day	82	64	N/A	
<b><u>SUGAR SWEETENED BEVERAGES</u></b>				
Has 3+ Servings of a Sugar Sweetened Beverage Per Day	N/A	6	N/A	
<b><u>EXERCISE (PHYSICAL ACTIVITY)</u></b>				
No Leisure Time Physical Activity in Past Month	24	28	26	2010
Average Number of Times Spent Exercising per Week	N/A	Avg = 4	N/A	
Average Minutes per Week Spent Exercising	N/A	Avg = 59	N/A	
Average Number of Times Spent Strengthening Muscles per Week	N/A	Avg = 1	N/A	
<b><u>OVERWEIGHT AND OBESE</u></b>				
Overweight plus Obese (BMI >=25)	65	65	66	2010
Overweight (BMI = 25-29)	N/A	36	37	2010
Obese (BMI >=30)	28	29	29	2010

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<u>TOPIC</u>	<u>ERIE 2007</u>	<u>ERIE 2011</u>	<u>PA 2009 or 2010</u>	
	%	%	%	
<b><u>DISABILITY</u></b>				
Health Problems that Require Use of Special Equipment	<b>6</b>	<b>8</b>	8	2010
<b><u>SEAT BELT USE</u></b>				
Always Wears a Seat Belt When They Drive or Ride in a Car	<b>74</b>	<b>83</b>	<b>77</b>	2010
<b><u>ARTHRITIS BURDEN</u></b>				
Have Arthritis or Joint Pain that Limits Activity	N/A	43	42	2009
Have Arthritis or Joint Pain that Limits Activity	26	N/A	N/A	
<b><u>IMMUNIZATION</u></b>				
Seasonal Flu Shot or Nasal Flu Vaccine Spray in Past Year, All Ages	N/A	45	N/A	
Flu Vaccine Sprayed Up Nose in Past Year, All Ages	1	N/A	N/A	
Seasonal Flu Shot or Nasal Flu Vaccine Spray in Past Year, Age 50+ *Value for flu shot only	58*	60	56*	
Seasonal Flu Shot in Past Year, Age 50+	58	N/A	56	2010
Seasonal Flu Shot or Nasal Flu Vaccine Spray in Past Year, Age 65+	N/A	70	N/A	
Seasonal Flu Shot in Past Year, Age 65+	76	N/A	N/A	
Place Where Received Last Flu Shot/Nasal Vaccine Spray	N/A	See Report	N/A	
Ever Had a Pneumonia Vaccination, Age 65+	71	73	71	2010
<b><u>ALCOHOL CONSUMPTION</u></b>				
Binge Drinkers	21	<b>19</b>	<b>15</b>	2010
Chronic Drinkers	6	6	6	2010
At Risk for Heavy Drinking	6	6	4	2010
Drove 1 or More Times When Had Too Much to Drink	6	4	3	2010
<b><u>HIV/AIDS</u></b>				
Ever Tested For HIV, Age 18-64	<b>29</b>	<b>40</b>	35	2010
Practiced Risky Behavior That Could Result in HIV Infection	N/A	2	2	2010
<b><u>INADEQUATE SLEEP</u></b>				
Sleeps Less Than 7 Hours in a 24 Hour Period	N/A	37	N/A	
<b><u>WOMEN'S HEALTH</u></b>				
Had a Mammogram in the Past Year, Women Age 40+	65	<b>67</b>	<b>58</b>	2010
Never Had a Mammogram, Women Age 40+	N/A	6	N/A	
Ever Had a Clinical Breast Exam, Women Age 40+	<b>93</b>	<b>97</b>	N/A	
Had a Clinical Breast Exam in the Past Year, Women Age 40+	66	67	62	2010
Had a Pap Test in the Past Year, Women Age 18+	59	60	N/A	
Had a Pap Test in the Past 3 Years, Women Age 18+	N/A	N/A	77	
<b><u>PROSTATE CANCER SCREENING</u></b>				
Had a Prostate-Specific Antigen Test in the Past Year, Men Age 40+	44	52	N/A	
Had a Prostate-Specific Antigen Test in the Past Year, Men Age 50+	N/A	60	56	2010
Had a Digital Rectal Exam in the Past Year, Men Age 40+	46	42	N/A	
Had a Digital Rectal Exam in the Past Year, Men Age 50+	N/A	49	47	2010
Ever Told They Had Prostate Cancer, Men Age 40+	5	6	N/A	
Ever Told They Had Prostate Cancer, Men Age 50+	7	8	7	2010

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	%	%	%
<b><u>COLORECTAL CANCER SCREENING</u></b>			
Had a Blood Stool Test in the Past 2 Years, Age 50+	<b>25</b>	<b>18</b>	N/A
Had a Blood Stool Test in the Past Year, Age 50+			10    2010
Had a Sigmoidoscopy or Colonoscopy in the Past 5 Years, Age 50+	<b>53</b>	<b>62</b>	N/A
Had a Sigmoidoscopy or Colonoscopy in the Past 10 Years, Age 50+			65    2010
<b><u>GENERAL PREPAREDNESS</u></b>			
Feels Household is Well Prepared to Handle a Large-Scale Disaster or Emergency	<b>19</b>	<b>28</b>	N/A
<b><u>SOCIAL CONTEXT</u></b>			
Worried or Stressed About Having Enough For Basic Needs (Mortgage, Meals, Medication)	N/A	32	N/A
Worried or Stressed About Having Enough To Pay Rent or Mortgage	N/A	27	N/A
Worried or Stressed About Having Enough To Buy Nutritious Meals	N/A	21	N/A
Worried or Stressed About Having Enough To Buy Needed Medication	N/A	20	N/A
Needed Prescription Medication in Past 12 Months But Did Not Get It Due to Cost	N/A	12	N/A

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