

**Healthy Harford, Inc.
Community Health Assessment Project (CHAP) 2010**

Introduction

In 1996, Healthy Harford began collecting community data via a comprehensive community health assessment project (CHAP) survey that measured the incidence of disease, preventive behaviors, and lifestyle behaviors of Harford County residents. CHAP data was subsequently collected in 2000, 2005, and 2010; the 2010 information being summarized in the following pages. The goals of the CHAP survey are multiple: assessing the overall health of Harford County adult residents, insuring that health education and programming efforts in Harford County match actual needs, establishing a baseline of health indicators so that progress can be measured over time, and aligning community stakeholders around the common goal of improving health in Harford County.

This report presents the data charts from the 2010 CHAP survey. Through comparison of data from previous CHAP surveys, this report provides insight into areas in which we are succeeding, and areas in which our community must continue to focus in order to improve health outcomes. Since 2003, Healthy Harford has created Community Action Teams (CAT) to address the top health priorities identified through the CHAP. Following CHAP 2000, community report cards focused on preventive health and wellness, heart disease, and cancer were developed, and goals were established for 2005 and 2010. Data from the 2010 CHAP survey provides a real-time snapshot of the health of our community, enabling us to assess our progress, establish community goals for 2015 and 2020, and align community resources accordingly.

Methodology

Data for the CHAP 2010 Survey were collected from a random sample of adults age 18 and older (one per household) through a telephone survey. Healthy Harford contracted with Holleran Associates, a national survey consulting firm that specializes in community surveys and assessment. The survey was a randomized phone survey conducted between November 2010 and January 2011. Phone calls were made until a representative sample of the community mirroring demographics for age, race, income, education, gender, and zip code was achieved. A statistically valid representative sample of 875 surveys was collected. A copy of the survey is available at the end of this report. The following is a complete listing of all data charts from the CHAP 2010 survey process; included are data from the 1996, 2000, and 2005 CHAP surveys to provide a reference point and determine where progress has been made.

DEMOGRAPHICS

Zip code

		Percent
Valid	21001	8.3
	21005	2.3
	21009	10.9
	21010	.3
	21013	1.1
	21014	12.9
	21015	9.1
	21017	3.7
	21028	1.1
	21034	.9
	21040	12.6
	21047	4.9
	21050	6.0
	21078	7.3
	21084	3.3
	21085	7.6
	21111	1.4
	21130	.0
	21132	.8
	21154	2.3
21160	1.0	
21161	2.1	
Total	100.0	

Gender

		Percent
Valid	Male	48.3
	Female	51.7
	Total	100.0

Age group

		Percent
Valid	18-24	14.9
	25-34	15.7
	35-44	22.9
	45-54	20.9
	55-59	7.8
	60-64	6.4
	65+	10.6
	Total	99.4

Race

		Percent
Valid	White	77.0
	Hispanic or Latino	3.4
	African-American or Black	10.4
	American Indian/Alaska Native	.4
	Asian	2.8
	Hawaiian or Pacific Islander	2.6
	Other	2.8
	Total	99.4

Employment Status

		Percent
Valid	Employed full-time	59.6
	Employed part-time	9.3
	Unemployed less than 1 year	1.2
	Unemployed more than 1 year	3.2
	Homemaker	6.1
	Retired	13.0
	Unable to work because of a disability	3.6
	Student	3.6
	Don't know/Not sure	.1
	Refused	.2
	Total	100.0

Marital Status

		Percent
Valid	Single	24.0
	Married	63.8
	Separated	1.1
	Divorced	5.6
	Widowed	5.4
	Refused	.1
	Total	100.0

Education Level Attained

		Percent
Valid	Some elementary school [1-8 years]	.4
	Some high school [9-11 years]	5.1
	High School Diploma or GED	25.9
	Vocational or Trade School	4.0
	Some College [1-3 years]	25.7
	College Degree	21.1
	Some Graduate School	2.3
	Graduate or Professional Degree	14.9
	Don't know/Not sure	.5
	Refused	.1
	Total	100.0

Household Income

		Percent
Valid	Under \$10,000	2.9
	\$10,000-\$19,999	5.3
	\$20,000-\$34,999	6.1
	\$35,000-\$49,999	7.8
	\$50,000-\$74,999	16.1
	\$75,000-\$149,999	34.0
	Over \$150,000	11.1
	Don't know/Not sure	4.4
	Refused	12.5
	Total	100.0

Number Living in Household

		Percent
Valid	1	11.8
	2	27.7
	3	17.7
	4	22.3
	5	13.7
	6	4.3
	7	1.3
	8	.2
	15	.1
	Refused	.8
	Total	100.0

Living Arrangements

		Percent
Valid	I live alone	11.9
	I live with my spouse and/or children	70.9
	I live with non-family	2.6
	I live with another family member	14.2
	Don't know/Not sure	.1
	Refused	.3
	Total	100.0

Person with a disability in home

		Percent
Valid	Yes	11.9
	No	87.7
	Refused	.3
	Total	100.0

Type of Disability

		Percent
Valid	Developmental Disability	1.7
	Sight Impaired	.4
	Hearing Impaired	.7
	Mobility Disability	3.9
	Mental Health Disability	2.4
	Other Disability	4.3

Quality of Life in Harford County

		2005	2010
Valid	Excellent	14.8	14.7
	Very Good	50.2	36.8
	Good	26.5	34.5
	Fair	6.6	11.0
	Poor	1.9	2.1
	Don't know/Not sure		.8
	Refused		.0
	Total		100.0

PHYSICAL AND MENTAL HEALTH

Physical Health Rating

		1996	2000	2005	2010
Valid	Excellent	19.9	9.0	12.0	16.2
	Very Good	44.0	41.7	37.5	42.0
	Good	26.7	32.2	39.7	29.6
	Fair	7.5	10.1	9.1	9.4
	Poor	1.9	1.0	1.6	2.8

Mental Health Rating

		1996	2000	2005	2010
Valid	Excellent			29.1	39.9
	Very Good			38.0	35.9
	Good			25.7	18.1
	Fair			6.7	4.6
	Poor			0.5	1.6
	Total				100.0

Mental Health Days Not So Good in Last Month

		1996	2000	2005	2010
Valid	0 Days		31.4	33.7	51.1
	1-5 Days		46.9	50.2	32.3
	6-10 Days		12.3	8.1	4.4
	11-15 Days		4.6	3.9	4.7
	16-20 Days		1.4	1.8	1.8
	21-25 Days		3.4	2.3	0.8
	26-30 Days				3.4
	Total				98.5
Missing	System				1.5
Total					100.0

Have Healthcare Coverage

		1996	2000	2005	2010
Valid	Yes	93.9	95.9	95.8	93.1
	No	6.1	4.1	2.8	6.9
	Total				100.0

Rating of Healthcare Coverage

		1996	2000	2005	2010
Valid	Excellent			22.5	22.5
	Very Good			38.2	30.7
	Good			30.7	24.7
	Fair			7.0	9.0
	Poor			1.7	5.3
	Don't know/Not sure				0.9
	Total				93.1
Missing	System				6.9
Total					100.0

Access to Healthcare when Needed

		1996	2000	2005	2010
Valid	Yes		94.1	92.0	90.8
	No		5.9	8.0	8.0
	Don't know/Not sure				1.2
	Total				100.0

Have a Family/Primary Care Physician

		1996	2000	2005	2010
Valid	Yes	86.3	92.2	93.7	87.8
	No	13.7	7.8	6.3	11.4
	Don't know/Not sure				0.7
	Total				100.0

Time since Last Routine Check-up with Physician

		1996	2000	2005	2010
Valid	Less than one year	47.8	59.8	62.8	70.7
	1 - 3 years	35.6	27.3	27.0	20.2
	3 - 10 years	14.6	9.6	7.5	6.0
	More than 10 years	2.0	3.4	2.7	2.0
	Don't know/Not sure				1.1
	Total				100.0

Time since Last Routine Check-up with Dentist

		1996	2000	2005	2010
Valid	Less than 6 months	39.6	52.1	60.6	51.3
	6 months - 1 year	38.4	24.3	18.2	24.4
	1 - 2 years			10.0	9.0
	More than 2 years			11.2	14.2
	Don't know/Not sure				0.9
	Refused				0.2
	>1 year	22.1	23.6		
	Total				100.0

Living Will, Advance Directive and/or Medical Power of Attorney

		1996	2000	2005	2010
Valid	Yes	31.7	36.1	36.5	39.3
	No				58.2
	Don't know/Not sure				2.5
	Total				100.0

DISEASE DIAGNOSIS (Other than Cancers) / YEARS SINCE DIAGNOSIS

Heart Disease Diagnosis

		1996	2000	2005	2010
Valid	Yes	6.1	10.0	7.4	7.4
	No				91.9
	Don't know/Not sure				0.3
	Refused				0.4
	Total				100.0

Heart Disease - Years Since Diagnosis

		1996	2000	2005	2010
Valid	Within the past year				17.0
	Within the past 2 years				16.1
	Within the past 3 years				9.2
	Within the past 5 years				15.3
	More than 5 years				39.0
	Don't know/Not sure				3.4
	Total				100.0
Missing	System				
Total					

High Blood Pressure Diagnosis

		1996	2000	2005	2010
Valid	Yes	21.0	30.7	31.5	29.7
	No				69.9
	Don't know/Not sure				0.1
	Refused				0.4
	Total				100.0

High Blood Pressure - Years Since Diagnosis

		1996	2000	2005	2010
Valid	Within the past year				14.3
	Within the past 2 years				10.6
	Within the past 3 years				14.9
	Within the past 5 years				14.3
	More than 5 years				42.2
	Don't know/Not sure				3.5
	Refused				.3
	Total				100.0
Missing	System				
Total					

High Cholesterol Diagnosis

		1996	2000	2005	2010
Valid	Yes	20.3	23.9	32.3	25.9
	No				73.6
	Don't know/Not sure				0.2
	Refused				0.4
	Total				100.0

High Cholesterol - Years Since Diagnosis

		1996	2000	2005	2010
Valid	Within the past year				20.7
	Within the past 2 years				14.2
	Within the past 3 years				17.1
	Within the past 5 years				11.4
	More than 5 years				34.7
	Don't know/Not sure				1.9
	Total				100.0
Missing	System				
Total					

Stroke Diagnosis

		1996	2000	2005	2010
Valid	Yes	1.6	1.7	1.6	2.5
	No				97.1
	Don't know/Not sure				0.1
	Refused				0.4
	Total				100.0

Stroke - Years Since Diagnosis

		1996	2000	2005	2010
Valid	Within the past year				18.2
	Within the past 2 years				13.3
	Within the past 3 years				4.5
	Within the past 5 years				21.1
	More than 5 years				42.9
	Total				100.0
Missing	System				
Total					

Diabetes Diagnosis

		1996	2000	2005	2010
Valid	Yes	3.8	8.8	7.9	11.4
	No				88.2
	Refused				0.4
	Total				100.0

Diabetes - Years Since Diagnosis

		1996	2000	2005	2010
Valid	Within the past year				14.0
	Within the past 2 years				11.9
	Within the past 3 years				26.2
	Within the past 5 years				11.2
	More than 5 years				36.7
	Total				100.0
Missing	System				
Total					

Depression Diagnosis

		1996	2000	2005	2010
Valid	Yes	9.5	7.6	13.8	17.2
	No				82.3
	Don't know/Not sure				0.1
	Refused				0.4
	Total				100.0

Depression - Years Since Diagnosis

		1996	2000	2005	2010
Valid	Within the past year				27.7
	Within the past 2 years				4.2
	Within the past 3 years				3.9
	Within the past 5 years				10.1
	More than 5 years				49.8
	Don't know/Not sure				1.0
	Refused				3.4
	Total				100.0
Missing	System				
Total					

Alcoholism Diagnosis

		1996	2000	2005	2010
Valid	Yes			1.8	1.7
	No				97.8
	Don't know/Not sure				0.2
	Refused				0.4
	Total				100.0

Alcoholism - Years Since Diagnosis

		1996	2000	2005	2010
Valid	Within the past year				24.8
	Within the past 2 years				8.6
	Within the past 3 years				8.9
	More than 5 years				57.7
	Total				100.0
Missing	System				
Total					

DISEASES – CANCER

Lung Cancer Diagnosis

		1996	2000	2005	2010
Valid	Yes	,4	0.5	0.1	1.0
	No				98.6
	Refused				0.4
	Total				100.0

Lung Cancer - Years Since Diagnosis

		1996	2000	2005	2010
Valid	Within the past year				39.9
	Within the past 3 years				10.8
	Within the past 5 years				4.7
	More than 5 years				28.3
	Refused				16.3
	Total				100.0
Missing	System				
Total					100.0

Prostate Cancer Diagnosis

		1996	2000	2005	2010
Valid	Yes	0.6	3.2	1.7	2.3
	No				97.7
	Total				100.0
Missing	System				
Total					100.0

Prostate Cancer - Years Since Diagnosis

		1996	2000	2005	2010
Valid	Within the past year				27.0
	Within the past 2 years				21.6
	Within the past 3 years				6.0
	Within the past 5 years				21.5
	More than 5 years				24.0
	Total				100.0
Missing	System				
Total					100.0

Breast Cancer Diagnosis

		1996	2000	2005	2010
Valid	Yes	1.7	2.0	1.4	3.8
	No				96.2
	Total				100.0
Missing	System				
Total					

Breast Cancer - Years Since Diagnosis

		1996	2000	2005	2010
Valid	Within the past year				7.9
	Within the past 2 years				10.6
	Within the past 3 years				16.7
	Within the past 5 years				9.8
	More than 5 years				52.6
	Refused				2.4
	Total				100.0
Missing	System				
Total					

Cervical Cancer Diagnosis

		1996	2000	2005	2010
Valid	Yes	1.1	1.5	0.9	2.1
	No				97.9
	Total				100.0
Missing	System				
Total					

Cervical Cancer - Years Since Diagnosis

		1996	2000	2005	2010
Valid	Within the past 3 years				22.6
	More than 5 years				73.1
	Refused				4.3
	Total				100.0
Missing	System				
Total					

Skin Cancer Diagnosis

		1996	2000	2005	2010
Valid	Yes	5.0	4.6	3.9	4.2
	No				95.8
	Total				100.0

Skin Cancer - Years Since Diagnosis

		1996	2000	2005	2010
Valid	Within the past year				25.1
	Within the past 2 years				17.9
	Within the past 3 years				17.9
	Within the past 5 years				13.8
	More than 5 years				24.2
	Refused				1.1
	Total				100.0
Missing	System				
Total					

Colon Cancer Diagnosis

		1996	2000	2005	2010
Valid	Yes	0.6	0.8	1.5	0.5
	No				99.5
	Total				100.0

Colon Cancer - Years Since Diagnosis

		1996	2000	2005	2010
Valid	Within the past year				30.8
	Within the past 3 years				23.1
	More than 5 years				25.6
	Refused				20.5
	Total				100.0
Missing	System				
Total					

Oral Cancer Diagnosis

		1996	2000	2005	2010
Valid	Yes		0.0	0.1	0.4
	No				99.5
	Don't know/Not sure				0.1
	Total				100.0

Oral Cancer - Years Since Diagnosis

		1996	2000	2005	2010
Valid	Within the past year				16.8
	Within the past 2 years				33.4
	More than 5 years				49.8
	Total				100.0
Missing	System				
Total					

Other Cancer Diagnosis

		1996	2000	2005	2010
Valid	Yes			1.6	2.0
	No				98.0
	Total				100.0

Other Cancer - Years Since Diagnosis

		1996	2000	2005	2010
Valid	Within the past year				18.5
	Within the past 2 years				8.9
	Within the past 3 years				9.7
	Within the past 5 years				19.9
	More than 5 years				43.0
	Total				100.0
Missing	System				
Total					

FAMILY HISTORY

Breast Cancer - Family History

		1996	2000	2005	2010
Valid	Yes	13.3	13.0	15.8	20.7
	No				79.3
	Total				100.0

Colon Cancer - Family History

		1996	2000	2005	2010
Valid	Yes	10.9	9.9	12.1	15.5
	No				84.2
	Total				99.8
Missing	System				0.2
Total					100.0

Prostate Cancer - Family History

		1996	2000	2005	2010
Valid	Yes		8.5	11.2	13.2
	No				86.8
	Total				100.0

Skin Cancer - Family History

		1996	2000	2005	2010
Valid	Yes	11.6	11.1	14.8	17.1
	No				82.8
	Total				99.9
Missing	System				0.1
Total					100.0

Other Cancer - Family History

		1996	2000	2005	2010
Valid	Yes			28.8	30.6
	No				69.4
	Total				100.0

Heart Disease - Family History

		1996	2000	2005	2010
Valid	Yes	41.1	43.9	48.5	49.3
	No				50.6
	Total				99.9
Missing	System				0.1
Total					100.0

Stroke - Family History

		1996	2000	2005	2010
Valid	Yes	20.4	23.2	25.1	33.9
	No				66.0
	Total				99.8
Missing	System				0.2
Total					100.0

High Blood Pressure - Family History

		1996	2000	2005	2010
Valid	Yes	49.5	52.3	60.1	69.1
	No				30.7
	Total				99.8
Missing	System				0.2
Total					100.0

High Cholesterol - Family History

		1996	2000	2005	2010
Valid	Yes	23.4	26.4	41.0	49.8
	No				50.1
	Total				99.9
Missing	System				0.1
Total					100.0

Diabetes - Family History

		1996	2000	2005	2010
Valid	Yes	32.6	31.6	39.8	48.6
	No				51.4
	Total				100.0

Depression - Family History

		1996	2000	2005	2010
Valid	Yes		13.1	23.4	30.4
	No				69.6
	Total				100.0

Alcoholism - Family History

		1996	2000	2005	2010
Valid	Yes		16.1	23.2	24.1
	No				75.9
	Total				100.0

SCREENINGS / TIME SINCE LAST SCREENING

Have had a Diabetes Test

		1996	2000	2005	2010
Valid	Yes	25.0	46.2	51.0	52.4
	No	75.0	53.8	49.0	45.9
	Don't know/Not sure				1.7
	Total				100.0

Time since last Diabetes Test

		1996	2000	2005	2010
Valid	Within the past year			94.3	77.9
	Within the past 2 years			27.6	10.9
	Within the past 3 years				2.2
	Within the past 5 years			5.8	3.0
	More than 5 years				5.2
	Don't know/Not sure				.8
	Refused				.0
	Total				100.0
Missing	System				
Total					

Have had a Blood Pressure Test

		1996	2000	2005	2010
Valid	Yes	69.3	85.8	86.5	91.7
	No	30.7	14.2	13.5	8.1
	Don't know/Not sure				0.2
	Total				100.0

Time since last Blood Pressure Test

		1996	2000	2005	2010
Valid	Within the past year			96.7	91.8
	Within the past 2 years			7.2	4.2
	Within the past 3 years				1.2
	Within the past 5 years			3.2	1.3
	More than 5 years				.8
	Don't know/Not sure				.7
	Total				100.0
Missing	System				
Total					

Have had a Cholesterol Test

		1996	2000	2005	2010
Valid	Yes	49.3	75.3	77.3	79.8
	No	7.1	24.7	22.7	18.3
	Don't know/Not sure				1.9
	Total				100.0

Time since last Cholesterol Test

		1996	2000	2005	2010
Valid	Within the past year			69.5	82.3
	Within the past 2 years			22.9	10.8
	Within the past 3 years				1.6
	Within the past 5 years			7.5	2.2
	More than 5 years				1.8
	Don't know/Not sure				1.3
	Total				100.0
Missing	System				
Total					

Have had a Blood Stool Test - 50+ Years

		1996	2000	2005	2010
Valid	Yes		31.3	43.0	59.2
	No		68.7	57.0	38.1
	Don't know/Not sure				2.6
	Refused				
	Total				100.0

Time since last Blood Stool Test - 50+ Years

		1996	2000	2005	2010
Valid	Within the past year			55.2	58.9
	Within the past 2 years			37.4	20.3
	Within the past 3 years				5.4
	Within the past 5 years			7.3	6.4
	More than 5 years				5.9
	Don't know/Not sure				3.0
	Refused				
	Total				100.0
Missing	System				
Total					

Have had a Colonoscopy - 50+ Years

		1996	2000	2005	2010
Valid	Yes		24.4	60.7	72.1
	No		75.6	39.3	27.4
	Don't know/Not sure				0.6
	Refused				
	Total				100.0

Time since last Colonoscopy - 50+ Years

		1996	2000	2005	2010
Valid	Within the past year			29.3	32.7
	Within the past 2 years			51.3	20.0
	Within the past 3 years				14.7
	Within the past 5 years			19.4	12.2
	More than 5 years				19.6
	Don't know/Not sure				0.8
	Total				100.0
Missing	System				
Total					

Flu Vaccine in Last 12 Months

		1996	2000	2005	2010
Valid	Yes	36.4	49.2	32.7	53.8
	No				45.6
	Don't know/Not sure				0.6
	Refused				0.1
	Total				100.0

Flu Vaccine in Last 12 Months (65+ years)

		1996	2000	2005	2010
Valid	Yes			77.2	79.6
	No			22.8	20.4
	Don't know/Not sure				
	Refused				
	Total				100.0

Have had a Digital Rectal Exam - Males 50+

		1996	2000	2005	2010
Valid	Yes		40.7	68.9	63.4
	No		59.3	31.1	34.8
	Don't know/Not sure				1.8
	Total				100.0
Missing	System				
Total					

Time since last Digital Rectal Exam - Males 50+

		1996	2000	2005	2010
Valid	Within the past year			58.9	64.1
	Within the past 2 years			39.6	17.5
	Within the past 3 years				8.7
	Within the past 5 years			1.6	1.9
	More than 5 years				6.8
	Don't know/Not sure				1.0
	Total				100.0
Missing	System				
Total					

Have had a PSA Test - Males 50+

		1996	2000	2005	2010
Valid	Yes		29.6	75.4	77.0
	No		70.4	24.6	17.0
	Don't know/Not sure				6.1
	Total				100.0
Missing	System				
Total					

Time since last PSA Test - Males 50+

		1996	2000	2005	2010
Valid	Within the past year			70.3	81.7
	Within the past 2 years			22.2	13.0
	Within the past 3 years				4.6
	Within the past 5 years			7.5	0.0
	More than 5 years				0.8
	Don't know/Not sure				0.8
	Total				100.0
Missing	System				
Total					

Males - Self Testicular Exam Frequency

		1996	2000	2005	2010
Valid	Monthly			27.8	35.0
	Once every few months			21.2	21.8
	Rarely or Never			51.0	41.9
	Don't know/Not sure				1.0
	Refused				.2
	Total				100.0
Missing	System				
Total					

Have had a Mammogram - Females 50-69 Years

		1996	2000	2005	2010
Valid	Yes		51.0	67.0	94.4
	No		49.0	33.0	23.8
	Total				100.0
Missing	System				
Total					

Time since last Mammogram - Females 50-69 Years

		1996	2000	2005	2010
Valid	Within the past year			70.1	75.6
	Within the past 2 years			23.8	17.0
	Within the past 3 years				3.0
	Within the past 5 years			5.5	2.2
	More than 5 years				2.2
	Don't know/Not sure				
	Total				100.0
Missing	System				
Total					

Females - Have had a Clinical Breast Exam

		1996	2000	2005	2010
Valid	Yes		36.8	72.1	41.2
	No		63.2	27.9	10.5
	Total				51.7
Missing	System				48.3
Total					100.0

Females - Time since last Clinical Breast Exam

		1996	2000	2005	2010
Valid	Within the past year			71.6	84.4
	Within the past 2 years			21.1	9.4
	Within the past 3 years				2.3
	Within the past 5 years			7.2	.9
	More than 5 years				2.8
	Don't know/Not sure				.1
	Total				100.0
Missing	System				
Total					

Females - Have had a Pap Smear

		1996	2000	2005	2010
Valid	Yes	56.8	73.5	92.0	45.6
	No	43.2	26.5	8.0	6.0
	Don't know/Not sure				0.1
	Total				51.7
Missing	System				48.3
Total					100.0

Females - Time since last Pap Smear

		1996	2000	2005	2010
Valid	Within the past year			71.1	77.6
	Within the past 2 years			21.9	11.3
	Within the past 3 years				3.1
	Within the past 5 years			7.0	2.8
	More than 5 years				4.3
	Don't know/Not sure				.9
	Total				100.0
Missing	System				
Total					

Females - Self Breast Exam Frequency

		1996	2000	2005	2010
Valid	Monthly		42.3	36.5	48.4
	Once every few months		34.8	33.7	27.1
	Rarely or Never		22.9	29.8	23.9
	Don't know/Not sure				.4
	Refused				.2
	Total				100.0
Missing	System				
Total					

BODY MASS INDEX (BMI) / NUTRITION / PHYSICAL ACTIVITY

Body Mass Index (BMI)

		1996	2000	2005	2010
Valid	Underweight		4.3	0.9	1.8
	Normal		31.6	28.5	34.6
	Overweight		38.0	39.1	35.2
	Obese		22.5	31.6	25.1
	Total				96.8
Missing	System				3.2
Total					100.0

Servings of Fast Food per Week

		1996	2000	2005	2010	
Valid	0	12.3	19.0	26.8	34.3	
	1	66.4	70.4	60.4	36.4	
	2				15.0	
	3	18.6	10.0	10.0	7.9	
	4				2.1	
	5				1.4	
	6	2.7	0.6	2.9	0.1	
	7				0.8	
	8				0.1	
		Don't know				1.9
		Total				100.0

Servings of Fruits per Day

		1996	2000	2005	2010	
Valid	0				10.5	
	1				42.8	
	2				27.4	
	3				10.9	
	4				3.7	
	5				1.6	
	6				1.5	
	7				0.6	
	10				0.2	
		Don't know				0.8
		Total				100.0

Servings of Vegetables per Day

		1996	2000	2005	2010
Valid	0				3.3
	1				31.0
	2				38.5
	3				14.8
	4				7.8
	5				1.9
	6				1.2
	7				0.6
	8				0.1
	10				0.2
	12				0.2
	Don't know				0.2
	Refused				0.2
	Total				100.0

Fruits and Vegetables per Day

	1996	2000	2005
None	1.2	1.7	2.4
1-2	57.8	54.2	39.9
3-4			40.1
3-5	34.9	39.5	
5-6			14.1
6-8	5.8	4.3	
7-8			2.3
8 or more	0.3	0.3	
9 or more			1.3

High Fat Foods per Day

		1996	2000	2005	2010
Valid	0	11.8	12.2	12.5	19.4
	1	74.1	73.4	61.8	46.8
	2				19.5
	3	13.6	13.8	18.1	8.0
	4				1.8
	5			5.6	1.4
	6	0.6	0.5		0.2
	7			2.1	0.8
	Don't Know				2.1
	Total				100.0

Carbohydrates per Day

		1996	2000	2005	2010
Valid	0			3.7	5.2
	1			47.7	38.1
	2				28.1
	3			36.4	13.3
	4				7.8
	5				3.2
	6			12.3	3.4
	7				0.4
	10				0.1
	Don't Know				0.4
	Total				100.0

Moderate Activity Days per Week

		1996	2000	2005	2010
	0 days		28.3	10.7	15.3
Valid	1 day			11.5	4.7
	2 days		28.8	15.8	12.1
	3 days			19.9	20.2
	4 days		34.2	11.2	12.5
	5 days			14.5	12.5
	6 days			6.8	5.0
	7 days			9.6	17.2
	Don't know				0.4
	Total				100.0

Vigorous Activity Days per Week

		1996	2000	2005	2010
Valid	None			35.8	39.9
	1 day			15.2	12.2
	2 days			14.7	11.7
	3 days			16.3	14.7
	4 days			6.1	6.1
	5 days			6.4	6.5
	6 days			2.9	1.5
	7 days			2.5	6.5
	Don't know				0.9
	Total				100.0

Resistance Training Days per Week

		1996	2000	2005	2010
Valid	None			61.2	56.3
	1 day			9.8	7.6
	2 days			9.9	8.5
	3 days			11.6	17.4
	4 days			2.5	2.9
	5 days			3.1	4.2
	6 days			1.2	0.5
	7 days			0.7	2.0
	Don't know				0.7
	Total				100.0

Flexibility Training Days per Week

		1996	2000	2005	2010
Valid	None			58.5	52.4
	1 day			10.2	8.0
	2 days			7.6	8.1
	3 days			9.0	7.7
	4 days			3.5	3.3
	5 days			5.0	3.8
	6 days			1.9	0.4
	7 days			4.2	16.1
	Don't know				0.4
	Total				100.0

TOBACCO AND ALCOHOL

Smoke

		1996	2000	2005	2010
Valid	Yes	17.5	13.6	9.5	19.8
	No, I don't smoke now but I used to	37.8	49.8	34.5	30.9
	No, I never smoked	44.7	36.5	56.0	49.3
	Total				100.0

Live in a home where someone smokes

		1996	2000	2005	2010
Valid	Yes			13.8	10.7
	No			86.2	89.2
	Refused				0.2
	Total				100.0

Work in a place where others smoke

		1996	2000	2005	2010
Valid	Yes			7.7	8.6
	No			92.3	91.4
	Total				100.0

Alcohol - drinks per week in last 30 days

		1996	2000	2005	2010
Valid	None				42.1
	1				21.6
	2				17.7
	3				5.8
	4				3.1
	5				1.8
	6				0.5
	7				6.2
	Don't Know				1.1
	Refused				0.1
	Total				100.0

Alcohol - number of drinks on each occasion in last 30 days

		1996	2000	2005	2010
Valid	1	69.5	83.0	79.2	35.9
	2				33.8
	3	20.9	13.5	16.2	13.0
	4				6.7
	5	7.1	1.9	3.6	2.4
	6				4.9
	7	2.5	1.6	1.0	.6
	8				.1
	10				.4
	12				1.5
	15				.4
	Don't Know				.3
	Total				100.0
Missing	System				
Total					

Alcohol/Drugs – number of times a driver or passenger in last 6 months in a vehicle driven by someone under the influence

		1996	2000	2005	2010
Valid	0		85.0	85.0	91.0
	1		5.8	8.4	1.1
	2				2.4
	3		4.1	3.4	1.0
	4				.6
	5				.3
	6		2.5	1.8	.2
	10				.3
	11		2.5	1.5	
	12				.3
	30				1.1
	48				.1
	Don't Know				.1
	Refused				.4
	Total				98.9
Missing	System				1.1
Total					100.0

SAFETY (adults)

Sunscreen usage when outdoors

		1996	2000	2005	2010
Valid	Always	9.8	10.3	15.8	25.7
	Often	22.4	23.9	29.8	15.7
	Sometimes	36.4	29.2	30.3	20.0
	Rarely	22.6	16.7	11.6	17.3
	Never	8.7	19.9	12.4	20.4
	Don't know/Not sure				0.6
	Total				99.7
Missing	System				0.3
Total					100.0

Wear a helmet for outdoor activities such as biking

		1996	2000	2005	2010
Valid	Always		35.2	37.8	26.5
	Often		7.3	7.4	5.8
	Sometimes		6.9	7.0	4.7
	Rarely		6.6	10.8	3.8
	Never		44.0	37.0	21.3
	Don't know/Not sure				0.4
	Not Applicable				37.0
	Refused				0.2
	Total				99.7
Missing	System				0.3
Total					100.0

Wear a seatbelt when driving a motor vehicle

		1996	2000	2005	2010
Valid	Always	81.6	88.9	90.0	93.6
	Often	8.7	5.7	4.3	3.3
	Sometimes	6.0	2.7	2.7	1.2
	Rarely	1.4	2.8	2.2	0.4
	Never	1.3	0.9	0.7	0.9
	Don't know/Not sure				0.2
	Total				99.5
Missing	System				0.5
Total					100.0

Wear a seatbelt when a passenger in a motor vehicle

		1996	2000	2005	2010
Valid	Always	77.5	83.9	86.5	91.1
	Often	10.3	9.8	7.4	3.9
	Sometimes	7.7	3.3	3.7	3.5
	Rarely	3.3	1.5	1.4	0.5
	Never	1.2	1.5	0.9	0.3
	Don't know/Not sure				0.1
	Refused				0.1
	Total				99.5
Missing	System				0.5
Total					100.0

Have working smoke detectors on each floor of home

		1996	2000	2005	2010
Valid	Yes	90.9	94.6	94.5	96.1
	No	9.1	5.4	5.5	3.4
	Total				99.5
Missing	System				0.5
Total					100.0

Have working carbon monoxide detectors in home

		1996	2000	2005	2010
Valid	Yes			32.8	59.0
	No			67.2	36.8
	Don't know/Not sure				3.7
	Total				99.5
Missing	System				0.5
Total					100.0

Have a handgun in house

		1996	2000	2005	2010
Valid	Yes		23.4	19.2	20.6
	No		76.6	80.8	76.4
	Don't know/Not sure				0.7
	Refused				2.0
	Total				99.5
Missing	System				0.5
Total					100.0

Keep handgun in house loaded

		1996	2000	2005	2010
Valid	Yes		22.3	31.5	25.1
	No		77.7	68.5	70.8
	Don't know/Not sure				2.7
	Refused				1.4
	Total				100.0
Missing	System				
Total					

Keep handgun in house in locked cabinet or room

		1996	2000	2005	2010
Valid	Yes			68.5	58.4
	No			31.5	37.8
	Don't know/Not sure				2.4
	Refused				1.4
	Total				100.0
Missing	System				
Total					

Keep handgun in vehicle

		1996	2000	2005	2010
Valid	Yes		1.4	0.9	0.2
	No		98.6	99.1	97.6
	Don't know/Not sure				0.3
	Refused				1.4
	Total				99.5
Missing	System				0.5
Total					100.0

CHILDREN LIVING AT HOME

Number of children under 20 living in home

		1996	2000	2005	2010
Valid	0			55.5	46.7
	1			16.5	16.7
	2			18.3	20.1
	3			8.3	11.0
	4			1.4	3.2
	5				0.4
	6				0.2
	13				0.1
	Refused				1.5
	Total				100.0

Number of children who are overweight

		1996	2000	2005	2010
Valid	0			82.2	91.4
	1			14.4	6.0
	2			3.2	1.9
	3				0.3
	4				0.4
	Total				100.0

Child has regular medical check ups

		1996	2000	2005	2010
Valid	Yes	94.2	90.8	94.4	96.1
	No	5.8	9.2	5.6	3.6
	Refused				0.3
	Total				100.0

Child has regular dental check ups

		1996	2000	2005	2010
Valid	Yes	88.0	92.6	88.4	84.1
	No	12.0	7.4	11.6	14.5
	Don't know/Not sure				1.1
	Refused				0.3
	Total				100.0

Child - frequency of dental check ups

		1996	2000	2005	2010
Valid	Once per year		23.6	12.0	31.1
	Twice per year		69.2	88.0	67.6
	Don't know/Not sure				1.3
	Total				100.0

Child wears a helmet for outdoor activities such as biking

		1996	2000	2005	2010
Valid	Always		50.6	64.8	48.4
	Often		13.4	14.0	8.0
	Sometimes		11.1	10.1	5.9
	Rarely		4.4	5.3	4.9
	Never		6.9	5.9	11.7
	Don't know/Not sure				2.8
	Not Applicable		13.6		17.5
	Refused				0.8
	Total				100.0

Child wears a seatbelt while riding in a vehicle

		1996	2000	2005	2010
Valid	Always		92.9	98.6	98.4
	Often		5.9	0.8	1.1
	Sometimes		0.7	0.2	0.2
	Rarely		0.5	0.0	0.3
	Total				100.0

Child uses sunscreen when outdoors

		Percent			
Valid	Always	32.2			
	Often	36.7			
	Sometimes	22.7			
	Rarely	4.2			
	Never	4.2			
	Don't know/Not sure				

Child is physically active

		1996	2000	2005	2010
Valid	Yes			90.7	96.2
	No			9.3	2.8
	Don't know/Not sure				0.7
	Refused				0.3
	Total				100.0
Missing	System				
Total					

Days per week child is active

		1996	2000	2005	2010
Valid	1			0.2	0.5
	2			1.8	1.5
	3			9.5	6.0
	4			6.6	8.9
	5			22.6	14.4
	6			8.8	8.3
	7			49.6	60.1
	9				0.3
	Total				100.0
Missing	System				
Total					

Minutes per day children are active

Hours	2005	2010
.5	18.5	0.5
.5 to 1	34.0	8.0
1 to 1.5	12.6	32.0
1.5 to 2	21.0	4.9
2 to 2.5	0.9	17.6
2.5 to 3	6.2	0.4
3 to 3.5	0.4	6.3
3.5 to 4	2.0	0.0
4+ hours	4.4	22.4

Child involved in an organized sport

		1996	2000	2005	2010
Valid	Yes			60.6	48.7
	No			39.4	51.0
	Don't know/Not sure				0.3
	Total				100.0
Missing	System				
Total					

Minutes per day child spends using electronic devices

Hours	2005	2010
0		6.5
.5	22.7	0.7
.5 to 1	36.5	12.1
1 to 1.5	9.3	22.2
1.5 to 2	21.0	2.1
2 to 2.5	0.0	29.4
2.5 to 3	5.4	2.6
3 to 4	1.6	7.7
4+	3.5	15.1