

2013 Community Health Needs Assessment

Behavioral Risk Factor Surveillance Survey

June 25, 2013

Research Sponsor:

GREATER WATERBURY HEALTH IMPROVEMENT PARTNERSHIP



Research Partner:

HOLLERAN

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Methodology

- Phone interviews with 1,121 individuals were conducted between May and June, 2013.
 - Respondents were randomly selected for participation based on a statistically valid sampling frame developed by Holleran to represent the service areas of the Greater Waterbury Health Improvement Partnership.
 - Respondents were 18 years of age or older and resided in a private residence in one of 24 zip codes within Waterbury, Connecticut and surrounding towns.
- The survey was adapted from the Center for Disease Control and Prevention's Behavioral Risk Factor Surveillance System (BRFSS). The survey tool assesses health risk behaviors, preventive health practices, and health care access primarily related to chronic disease and injury.
- All comparison data for Connecticut and the United States is for 2011 BRFSS data unless otherwise stated.

Respondent Demographics

Gender and Age

Demographic Category		Waterbury CT 2013 BRFSS (n = 743)	Surrounding Towns 2013 BRFSS (n = 378)
Gender	Male	36.7%	35.4%
	Female	63.3%	64.6%
Demographic Category		Waterbury CT 2013 BRFSS (n = 735)	Surrounding Towns 2013 BRFSS (n = 374)
Age Group	18 - 24	2.9%	4.8%
	25 - 34	9.0%	5.3%
	35 - 44	10.2%	12.8%
	45 - 54	17.0%	22.7%
	55 - 64	24.4%	21.7%
	65 years and over	36.6%	32.6%

Race and Ethnicity

Demographic Category		Waterbury CT 2013 BRFSS (n = 737)	Surrounding Towns 2013 BRFSS (n = 378)
Hispanic/Latino	Yes	13.0%	2.6%
	No	87.0%	97.4%
Demographic Category		Waterbury CT 2013 BRFSS (n = 715)	Surrounding Towns 2013 BRFSS (n = 377)
Race	White	73.6%	94.4%
	Black or African American	16.5%	0.8%
	Asian	1.8%	1.6%
	Native Hawaiian or Other Pacific Islander	0.4%	0.0%
	American Indian or Alaska Native	1.4%	0.5%
	Other	6.3%	2.7%

Marital Status and Children

Demographic Category		Waterbury CT 2013 BRFS (n = 734)	Surrounding Towns 2013 BRFS (n = 376)
Marital Status	Married	36.2%	58.0%
	Divorced	16.9%	13.0%
	Widowed	17.8%	13.8%
	Separated	3.0%	0.8%
	Never Married	22.9%	12.5%
	Member of an unmarried household	3.1%	1.9%
Demographic Category		Waterbury CT 2013 BRFS (n = 742)	Surrounding Towns 2013 BRFS (n = 378)
Number of Children in Household	None	74.5%	70.9%
	One	12.3%	14.3%
	Two	8.1%	12.2%
	Three	3.2%	2.4%
	Four	1.1%	0.0%
	Five	0.7%	0.3%
	Six	0.1%	0.0%

Educational Attainment

Demographic Category		Waterbury CT 2013 BRFSS (n = 739)	Surrounding Towns 2013 BRFSS (n = 376)
Education Level	Never attended school or only attended kindergarten	0.4%	0.5%
	Grades 1 through 8	3.7%	2.1%
	Grades 9 through 11	6.5%	2.1%
	Grade 12 or GED	31.9%	20.7%
	College 1 year to 3 years	31.8%	27.1%
	College 4 years or more	25.7%	47.3%

Employment Status

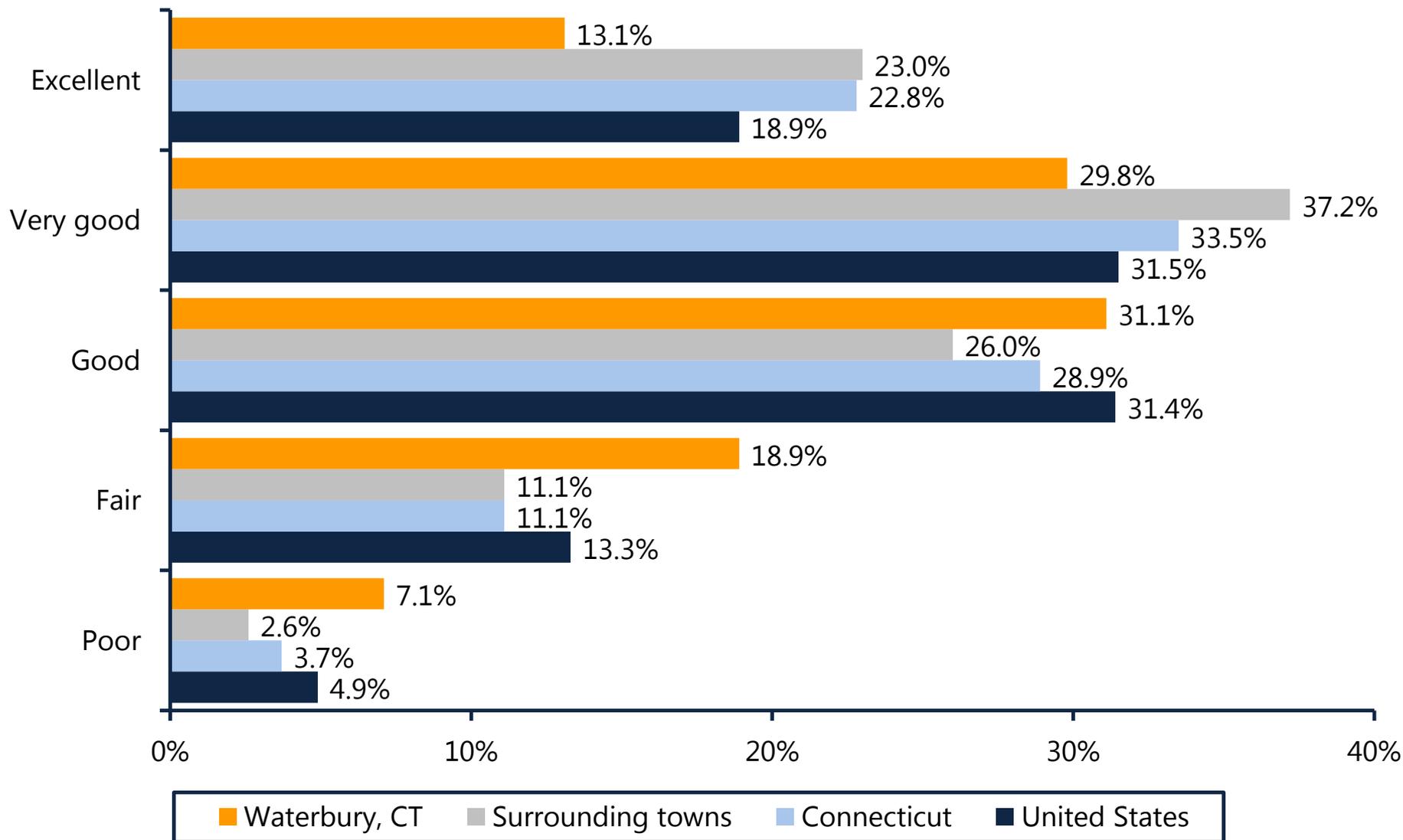
Demographic Category		Waterbury CT 2013 BRFSS (n = 741)	Surrounding Towns 2013 BRFSS (n = 376)
Employment Status	Employed for wages,	38.9%	49.2%
	Self-employed,	3.6%	10.1%
	Out of work for more than 1 year,	4.3%	2.7%
	Out of work for less than 1 year,	2.8%	1.6%
	Homemaker,	3.5%	3.2%
	Student,	1.3%	1.9%
	Retired, or	34.5%	26.9%
	Unable to work	10.9%	4.5%

Income

Demographic Category		Waterbury CT 2013 BRFS (n = 574)	Surrounding Towns 2013 BRFS (n = 301)
Income	Under \$10,000	8.4%	2.0%
	\$10,000 to less than \$15,000	13.2%	5.3%
	\$15,000 to less than \$20,000	6.6%	2.3%
	\$20,000 to less than \$25,000	10.8%	4.3%
	\$25,000 to less than 35,000	14.5%	8.3%
	\$35,000 to less than 50,000	14.1%	12.6%
	\$50,000 to less than 75,000	14.6%	17.9%
	\$75,000 or more	17.8%	47.2%

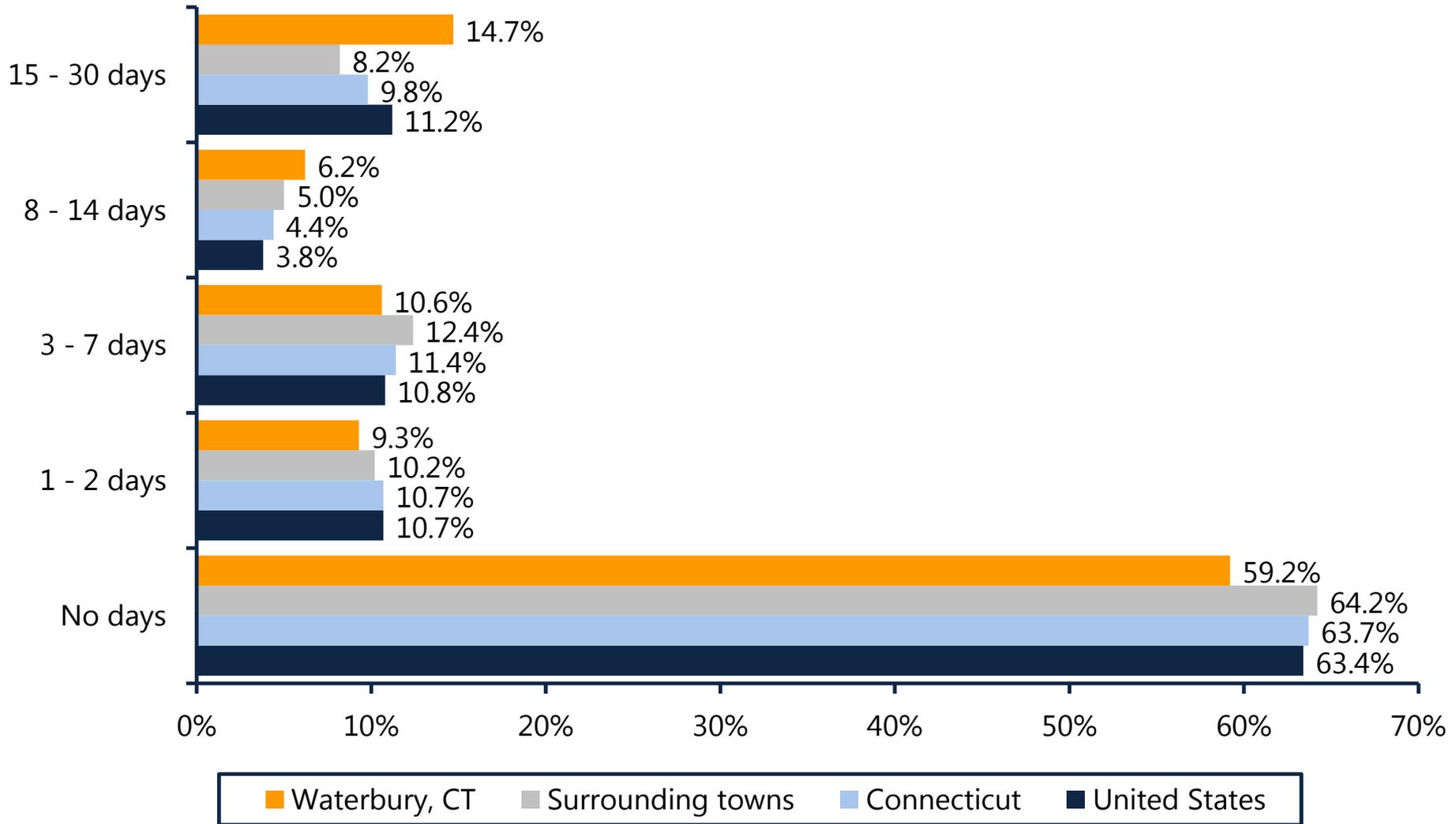
Health Status

Would you say that in general your health is-

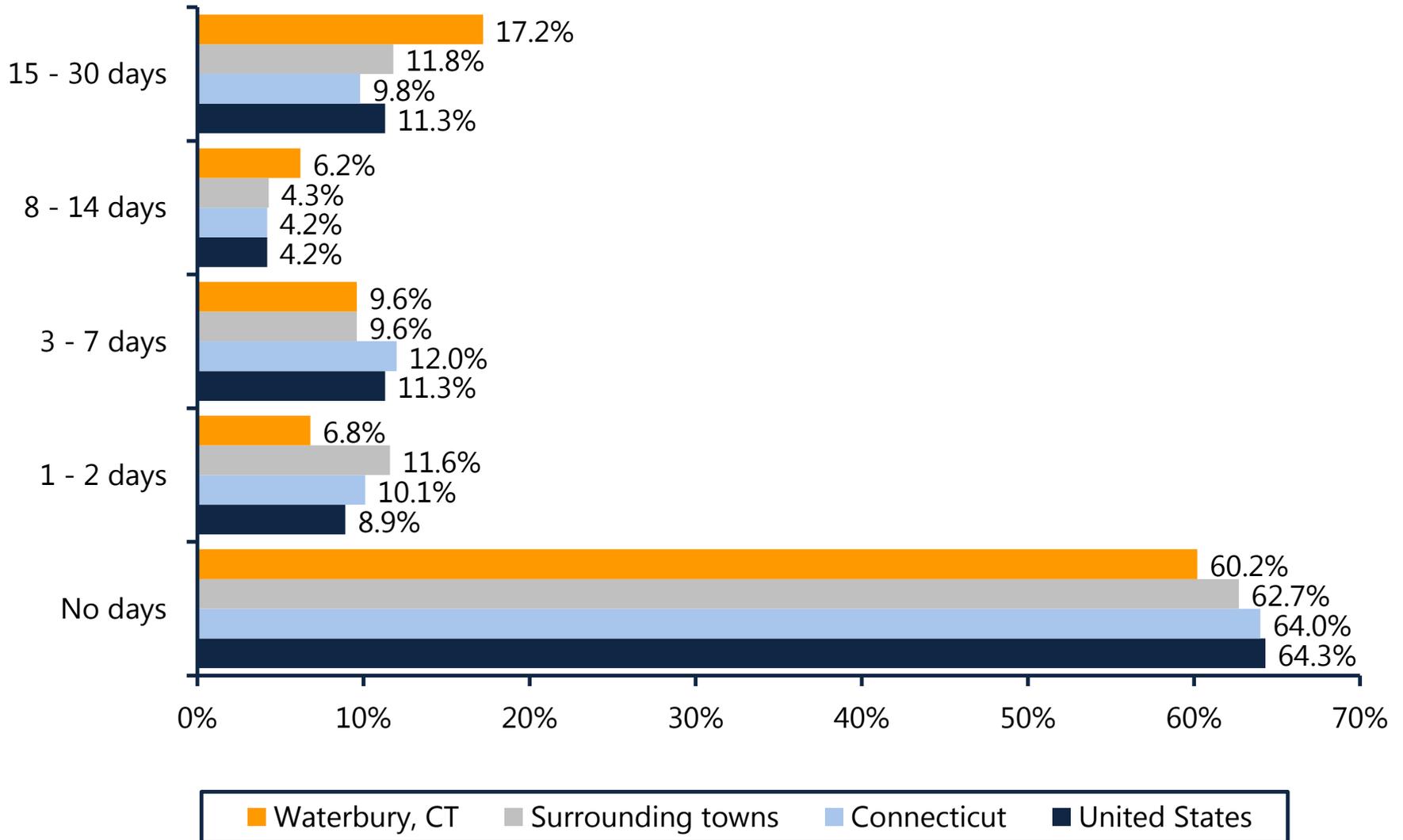


Healthy Days – Health-Related Quality of Life

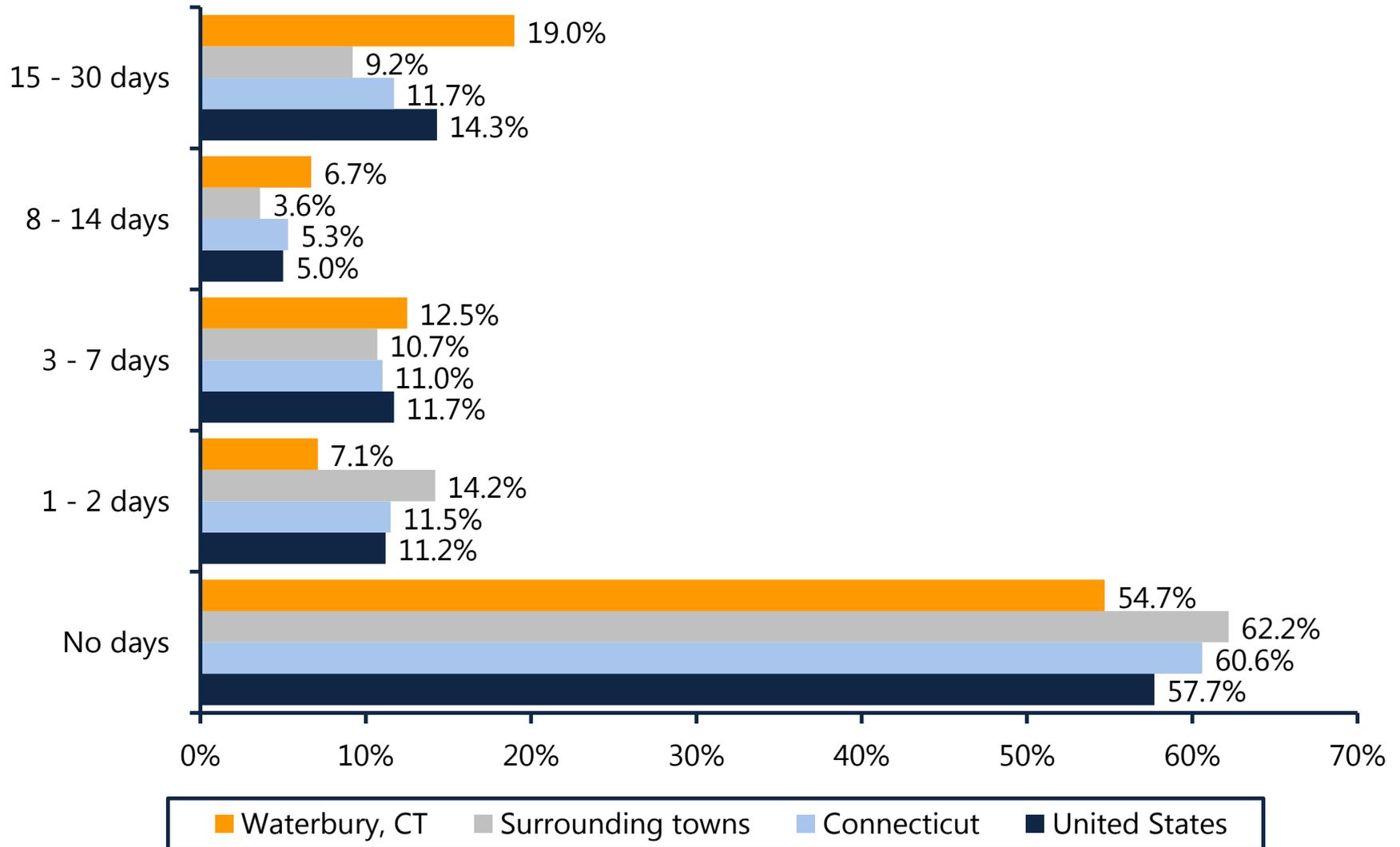
For how many days during the past 30 days was your physical health not good?



For how many days during the past 30 days was your mental health not good?

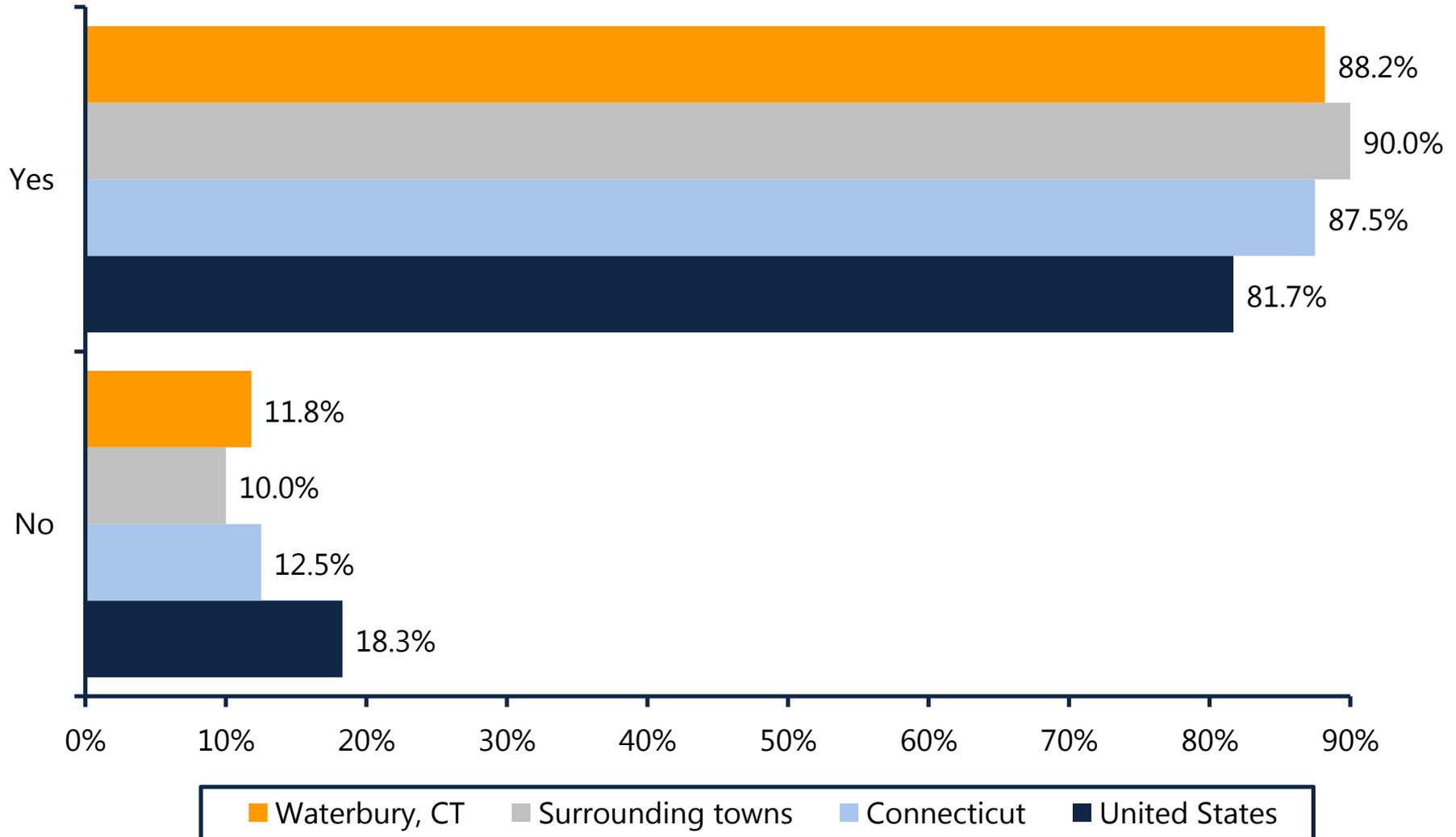


For how many days during the past 30 days did poor physical or mental health keep you from doing your usual activities?

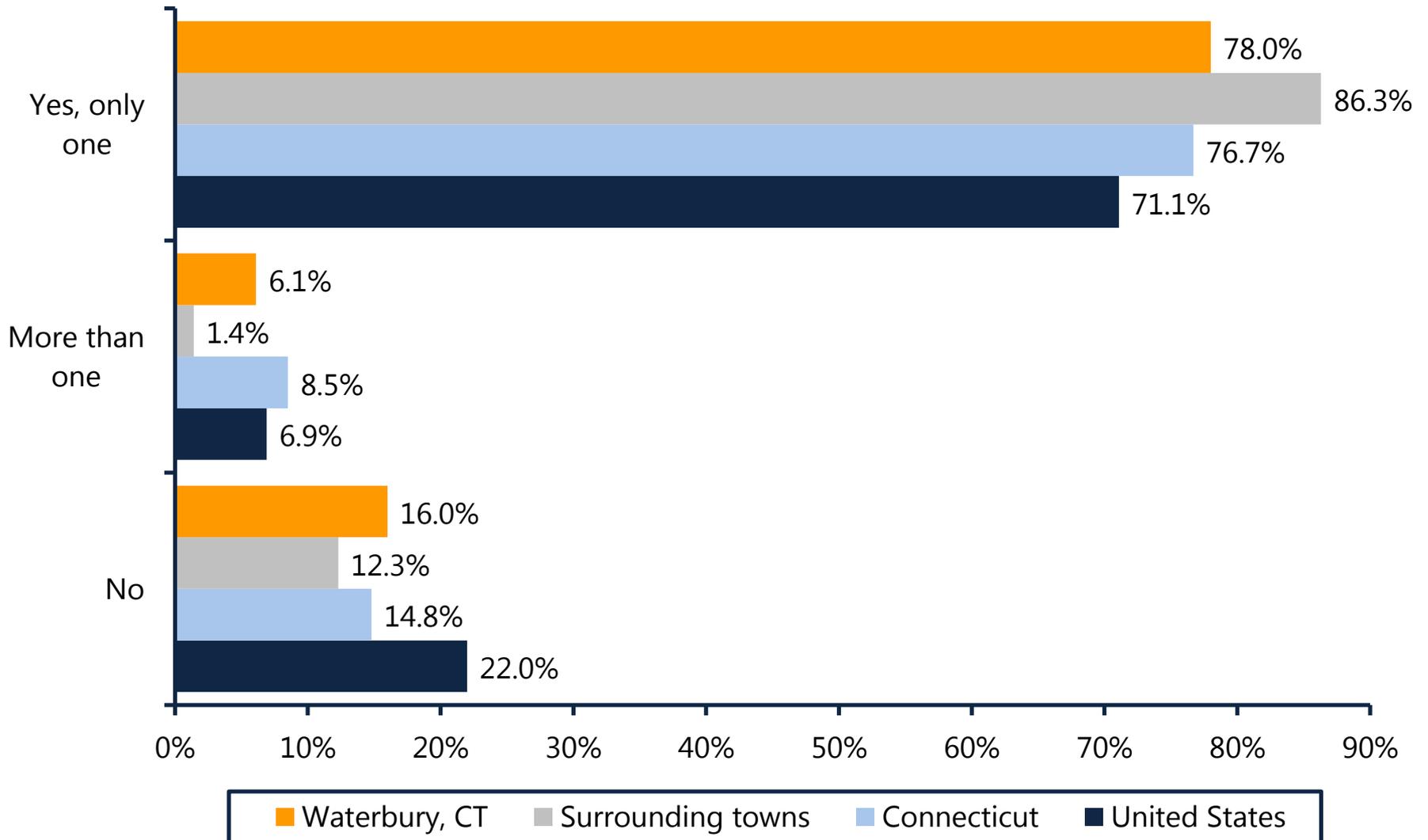


Health Care Access

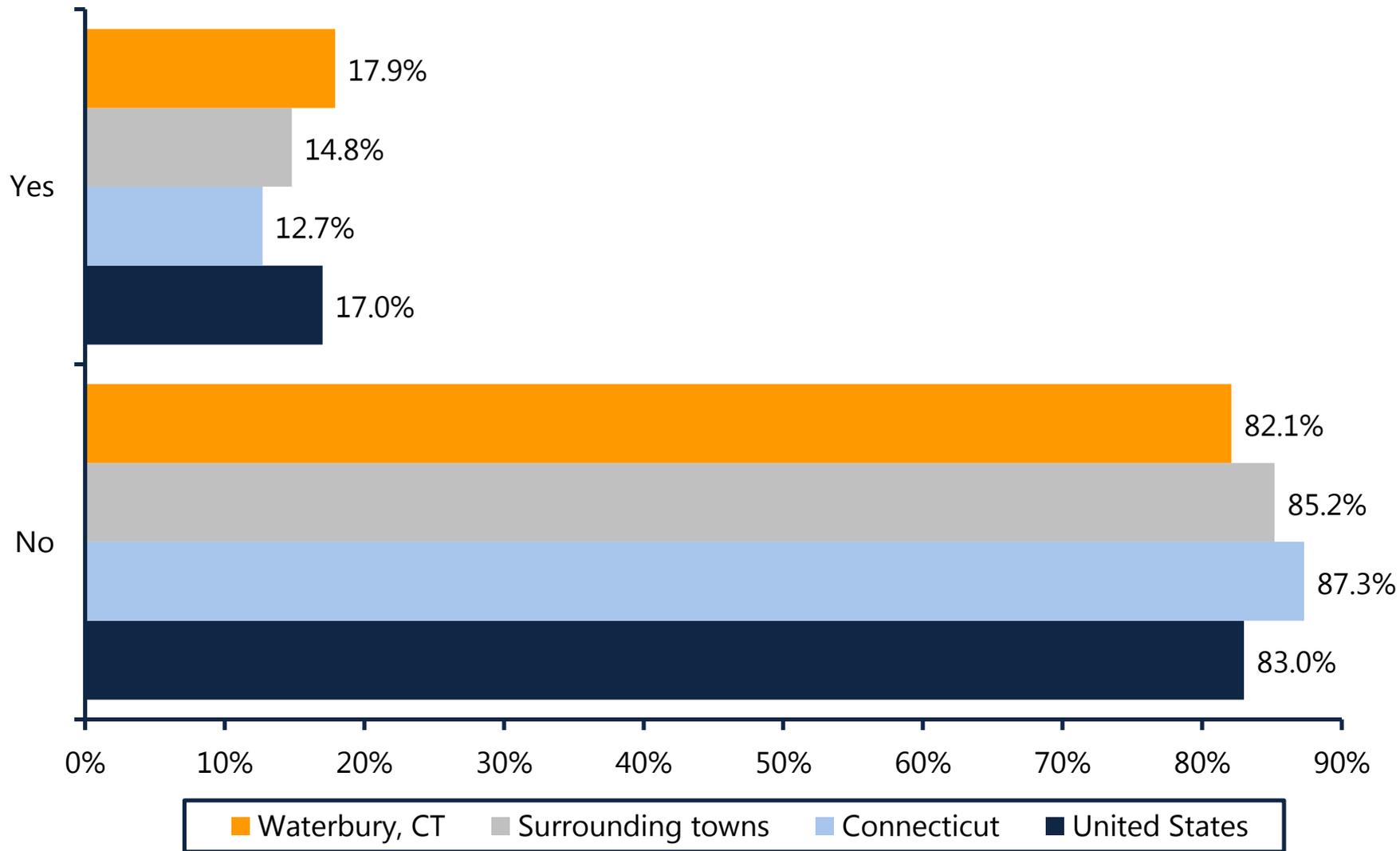
Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?



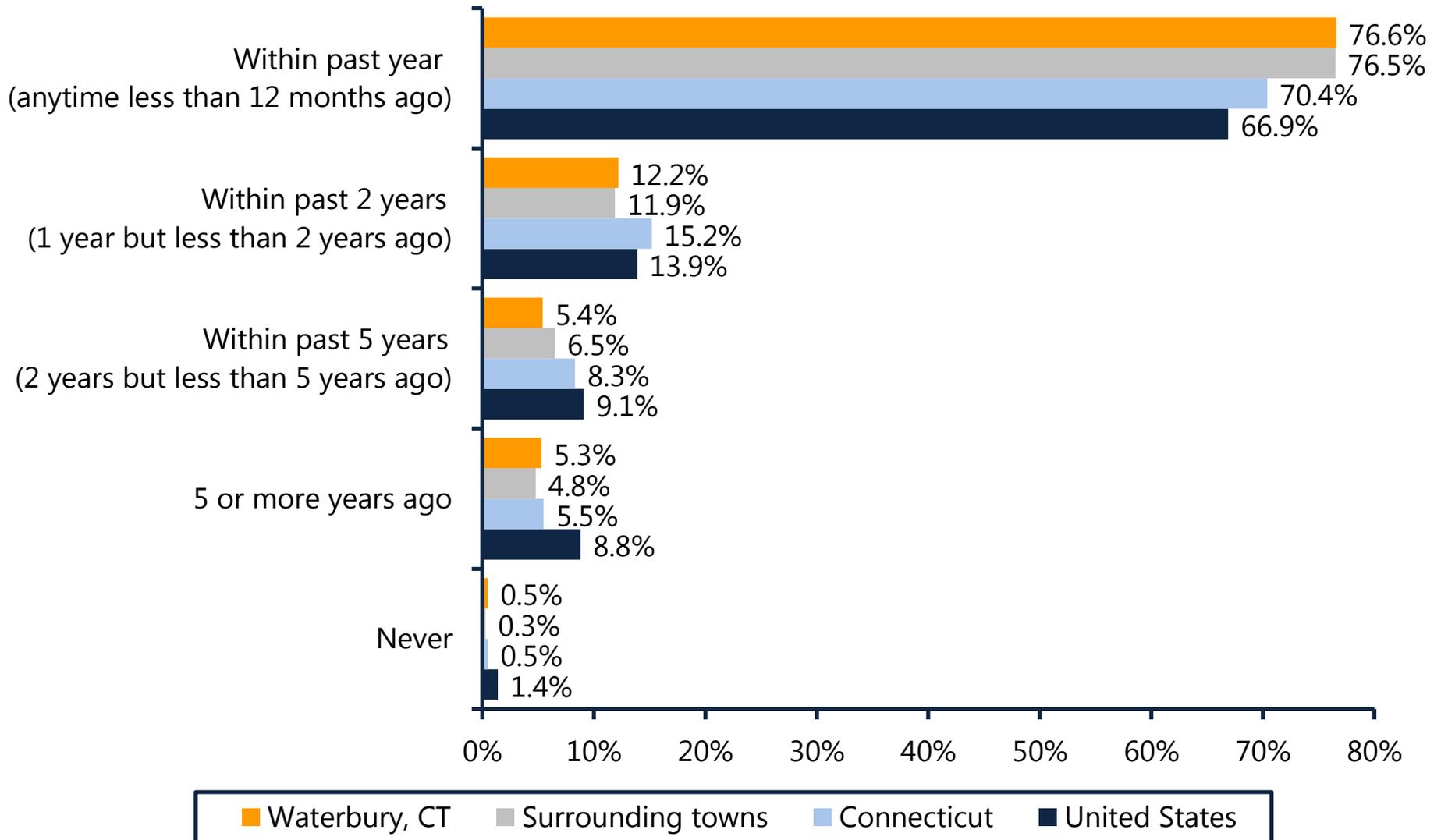
Do you have one person you think of as your personal doctor or health care provider?



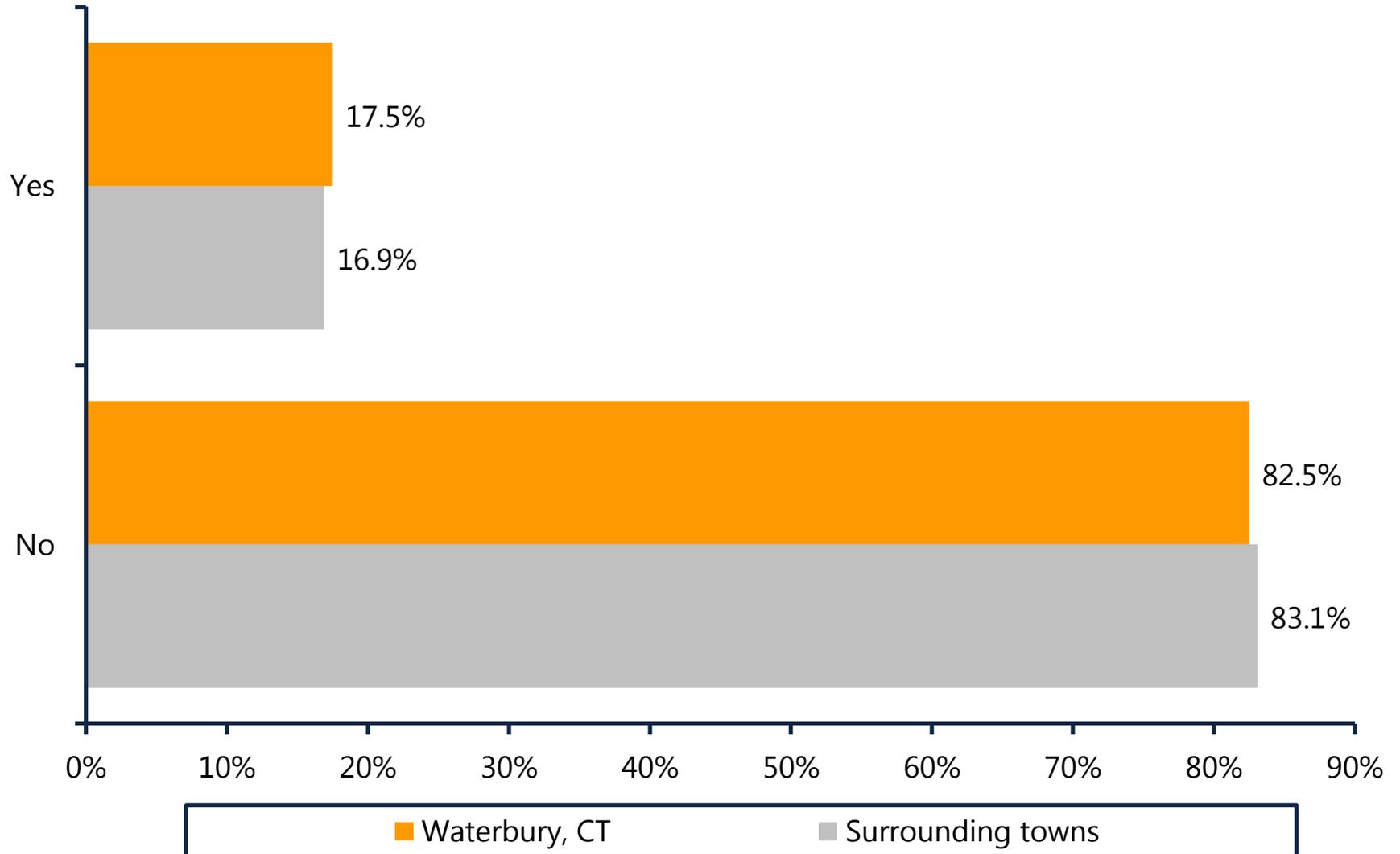
Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?



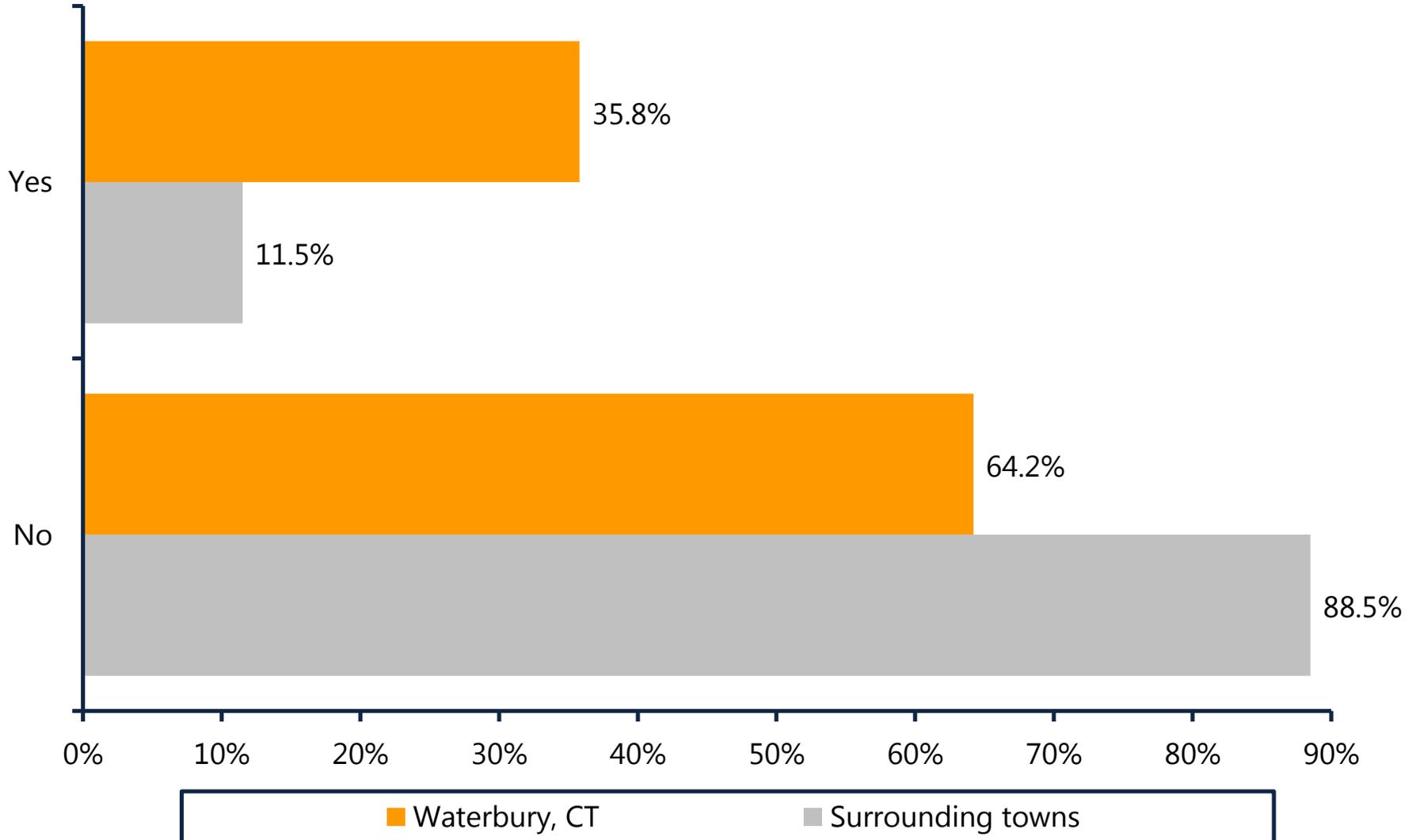
About how long has it been since you last visited a doctor for a routine checkup?



Are you aware of the services available through the Waterbury Health Access Program (WHAP)?

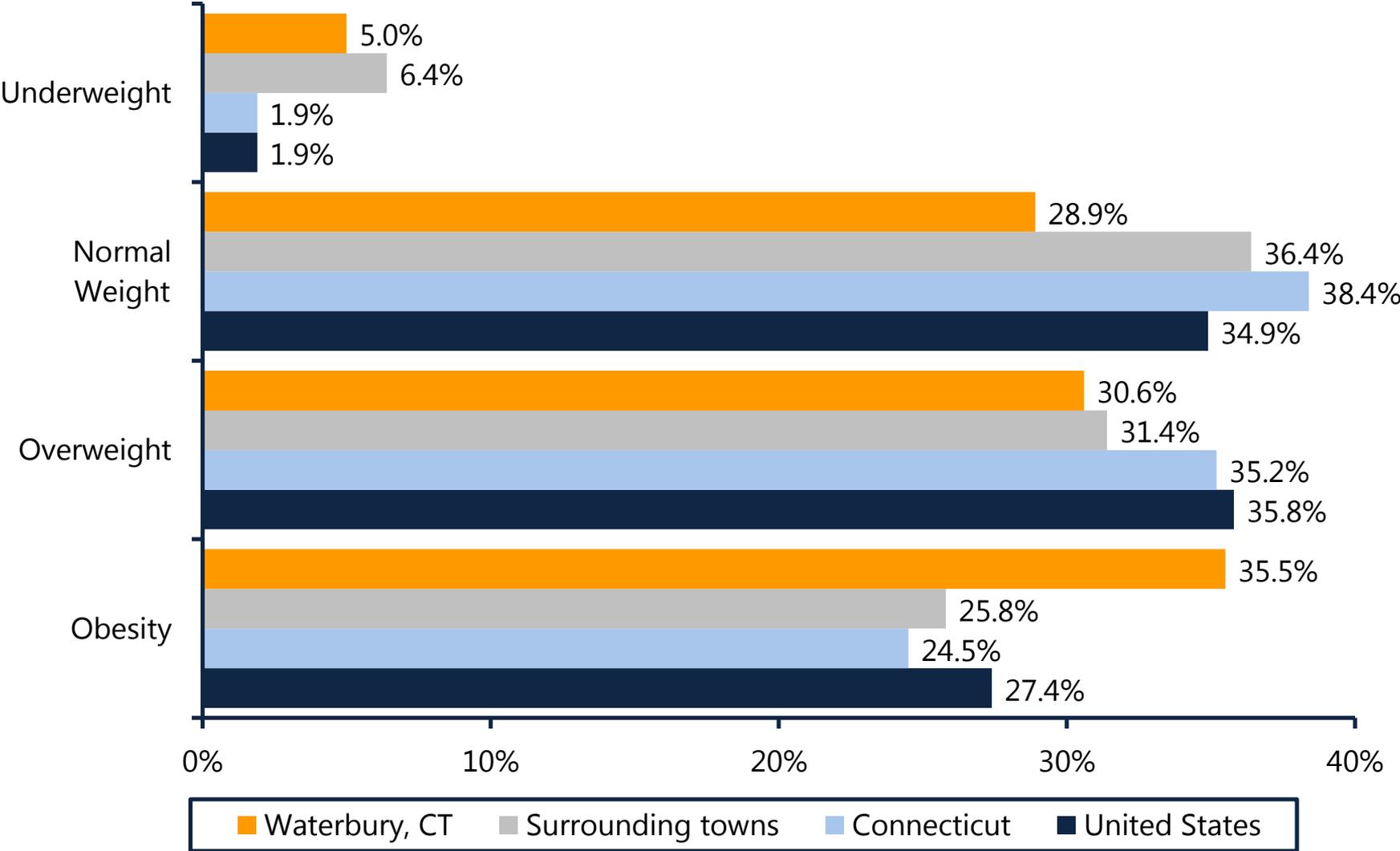


Have you ever used any of these services?

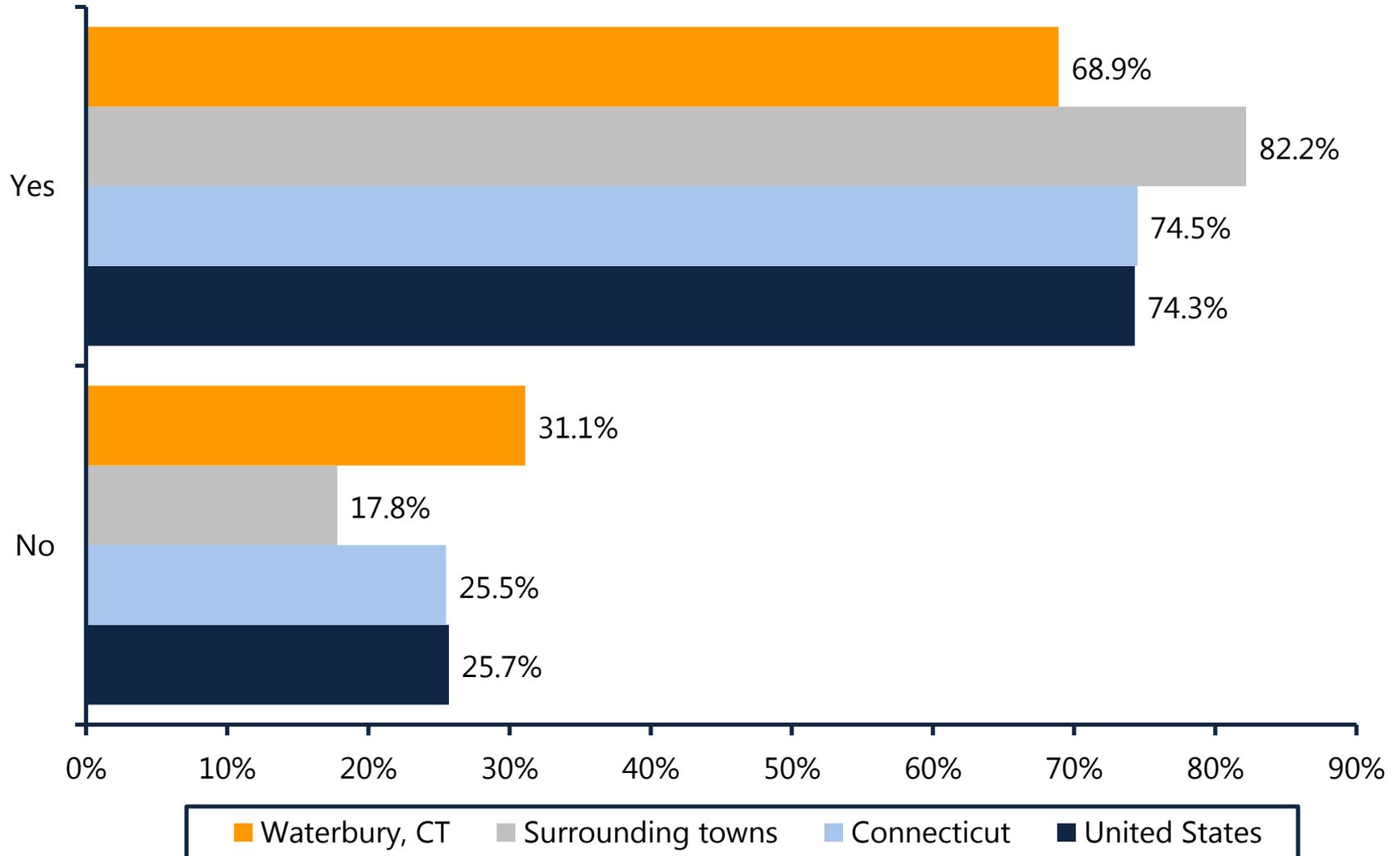


Exercise

Calculated BMI

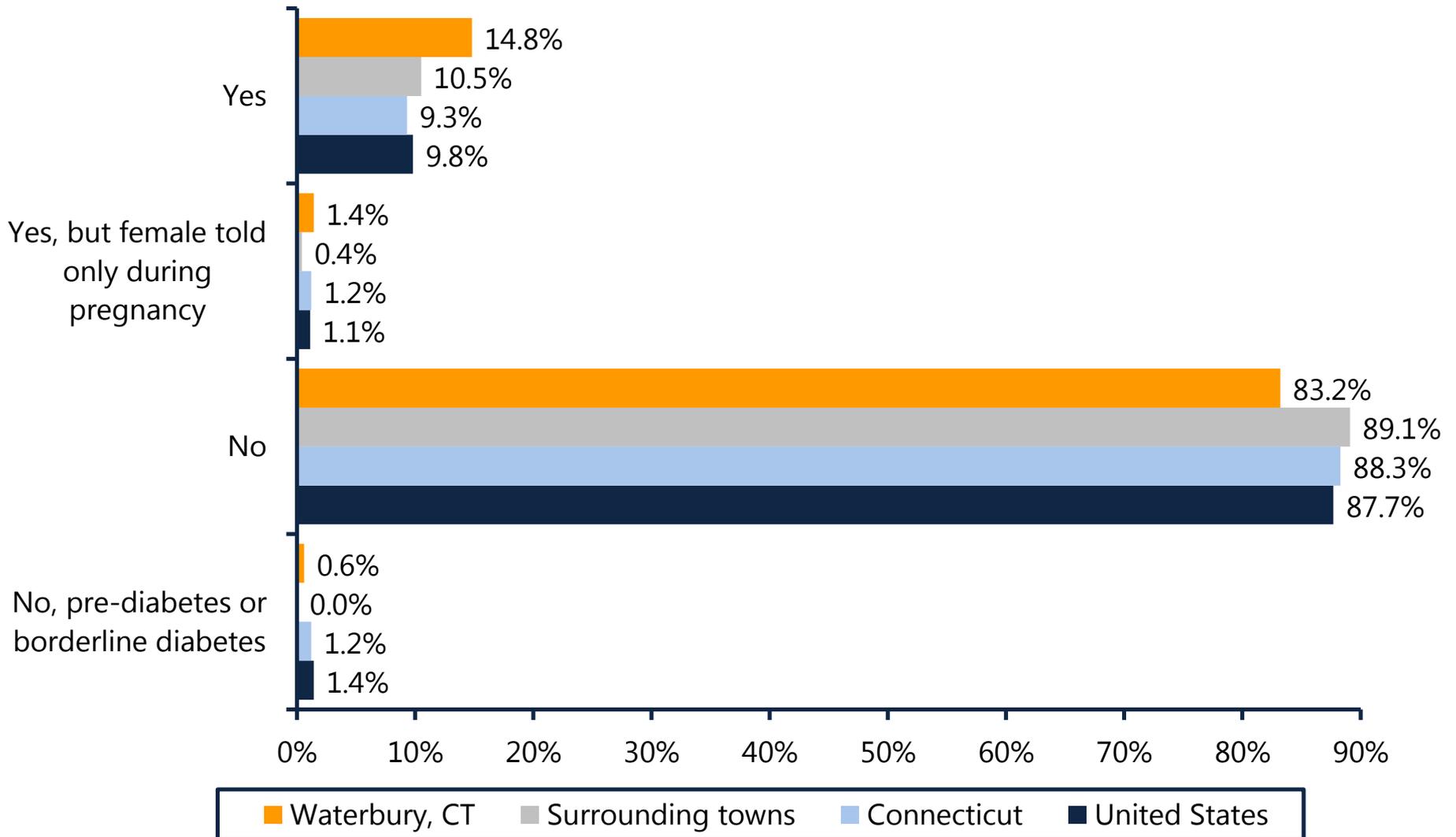


During the past month, other than your regular job, did you participate in any physical activities such as running, calisthenics, golf, gardening, or walking for exercise?



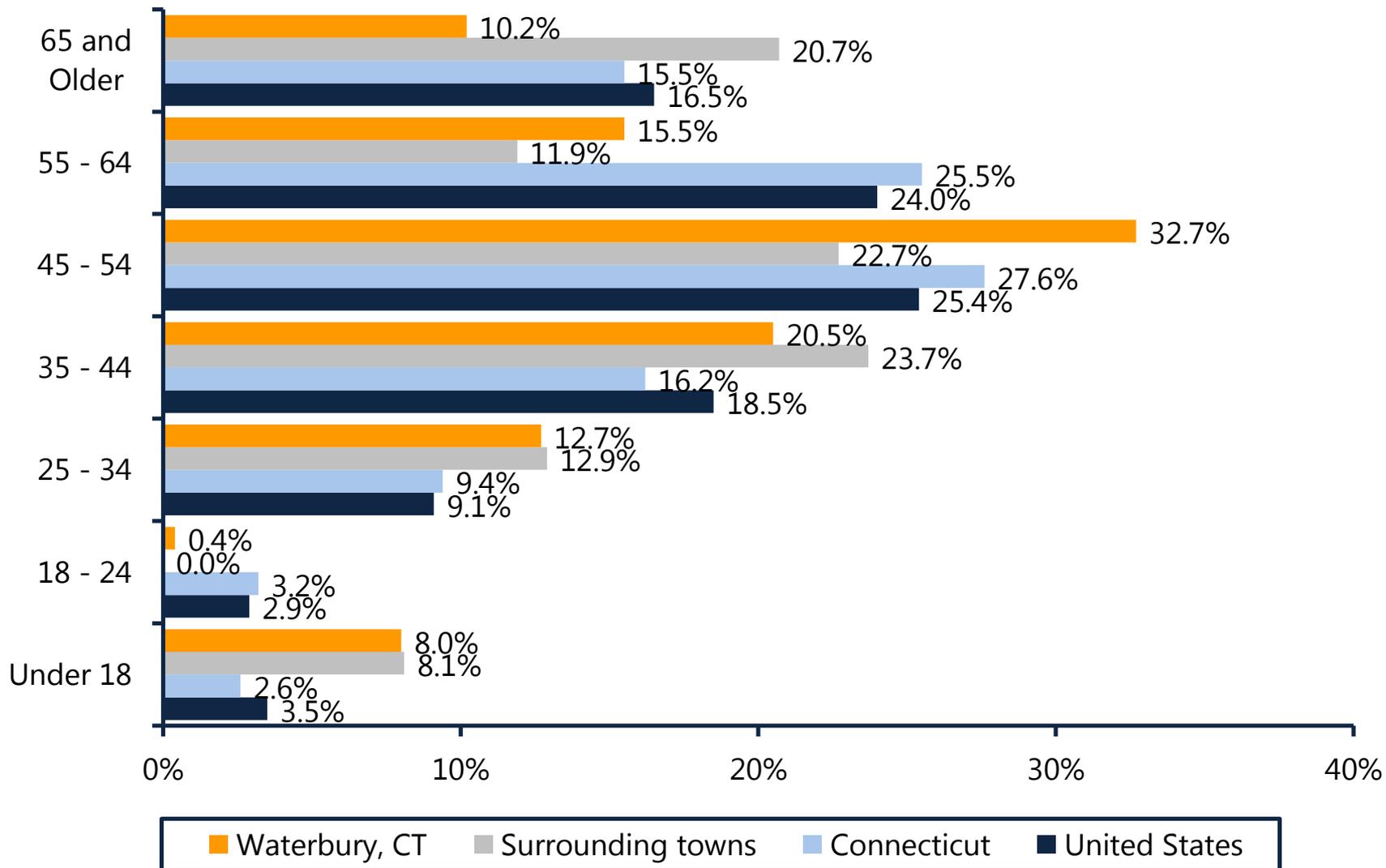
Diabetes

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



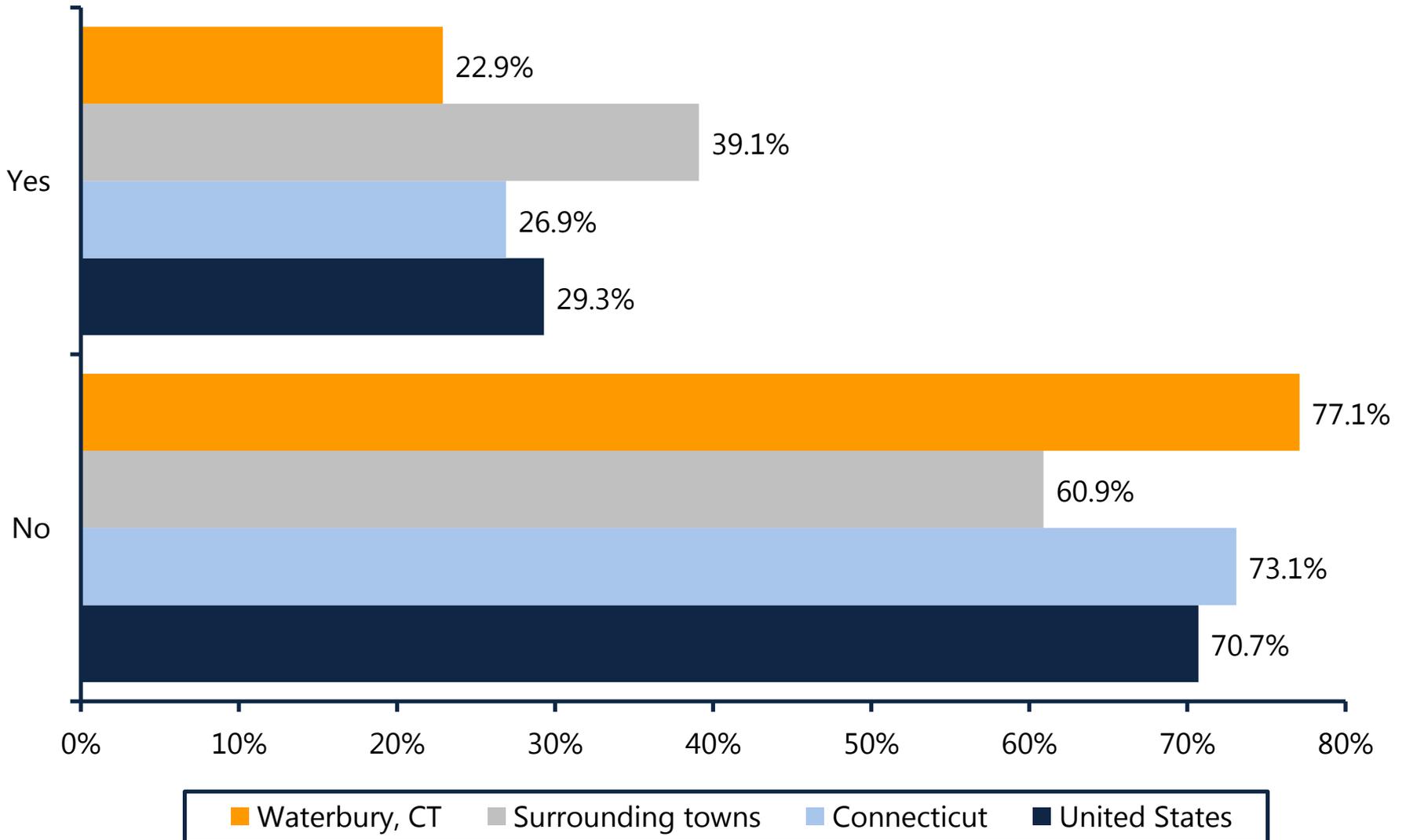
How old were you when you were told you have diabetes?

Only asked of respondents who have diabetes



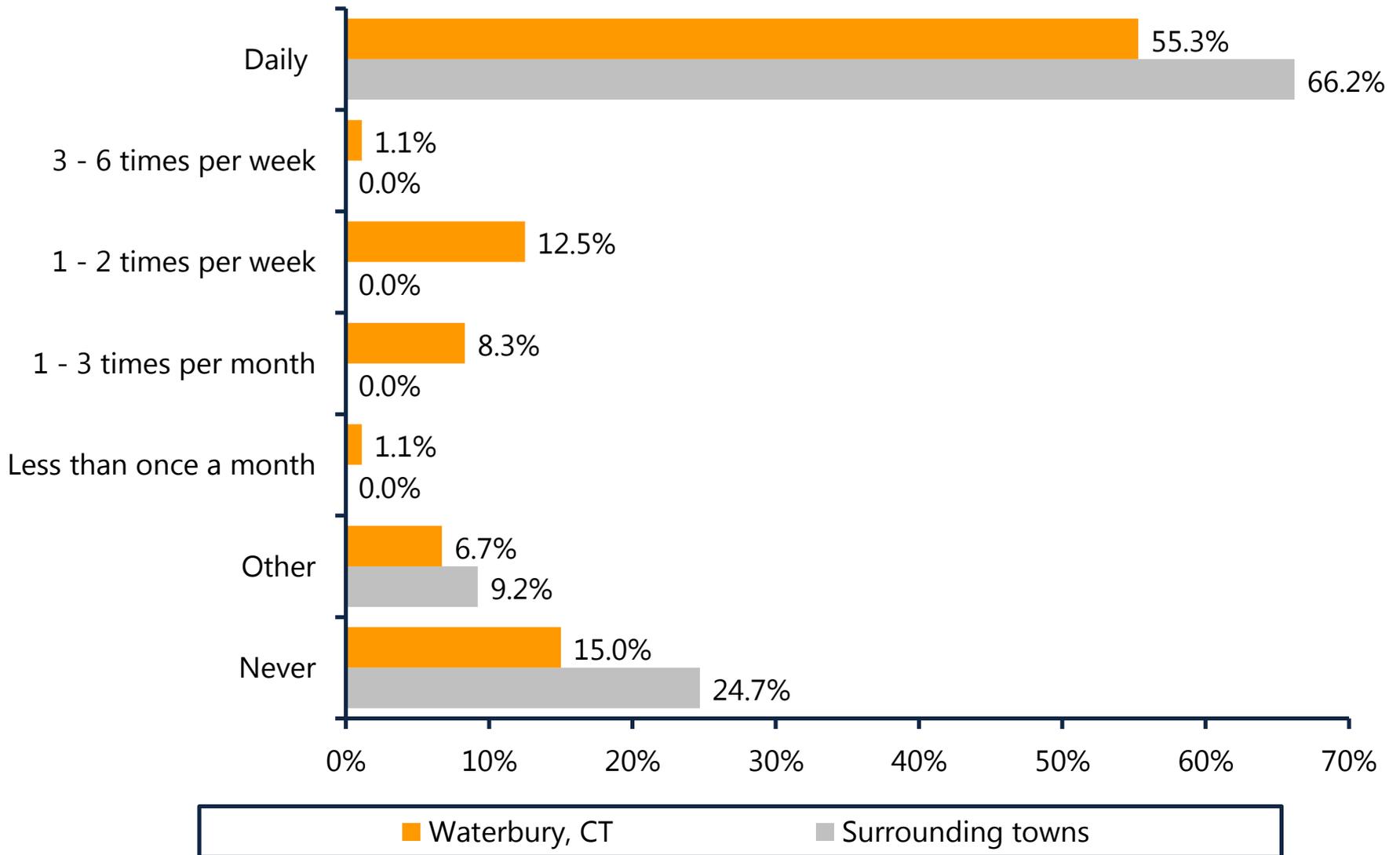
Are you now taking insulin?

Only asked of respondents who have diabetes



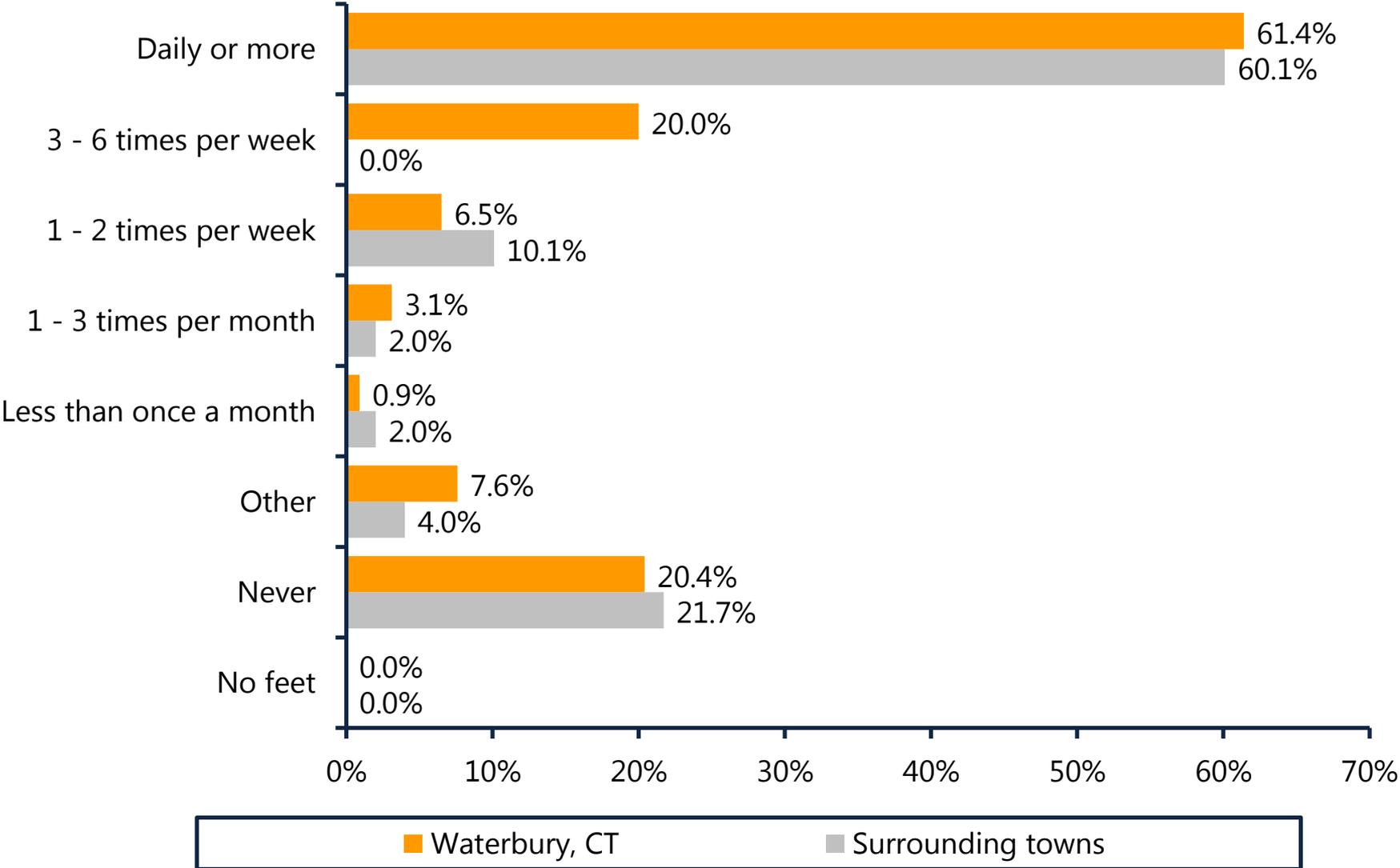
About how often do you check your blood for glucose or sugar?

Only asked of respondents who have diabetes



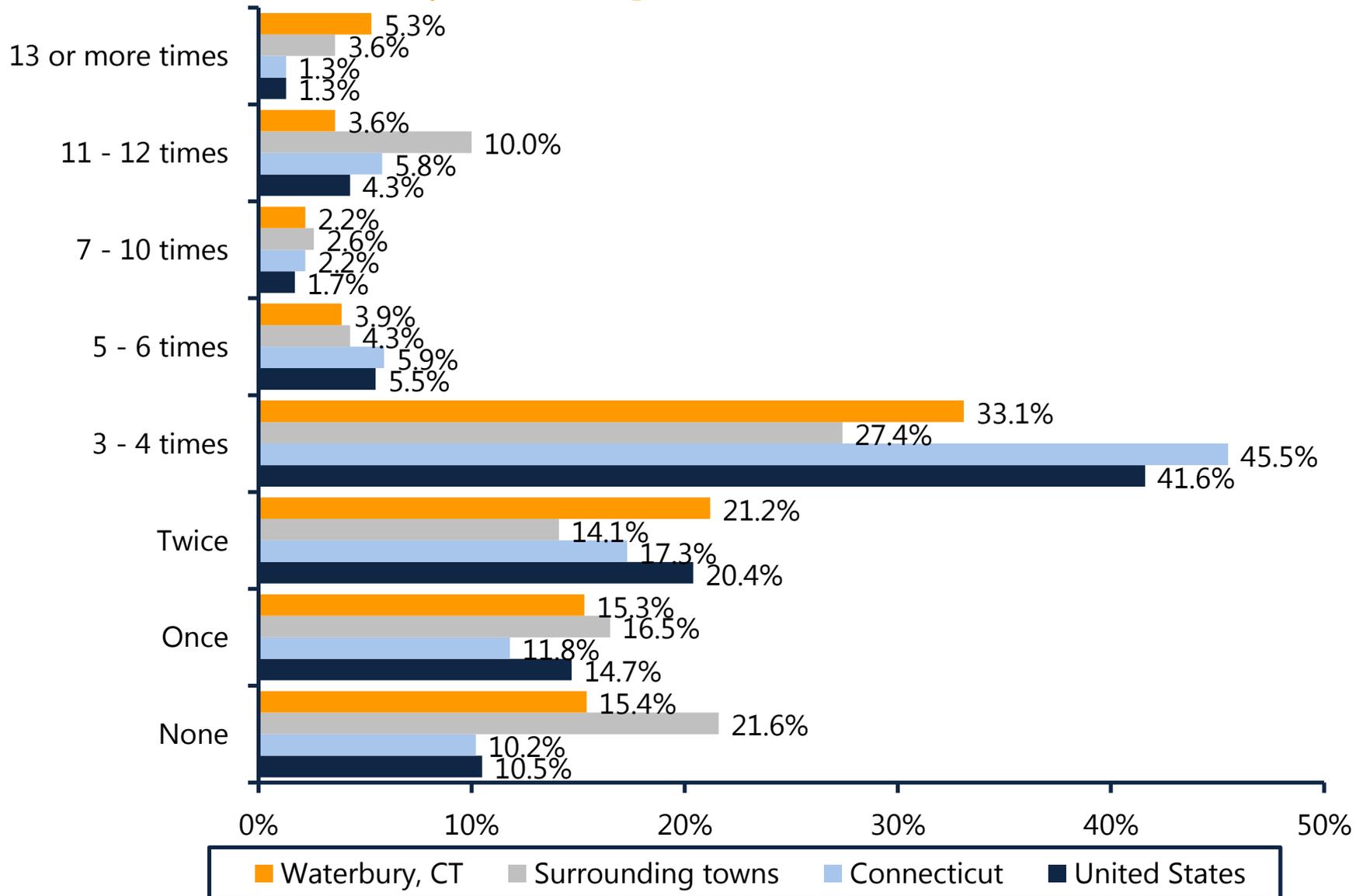
About how often do you check your feet for any sores or irritations?

Only asked of respondents who have diabetes



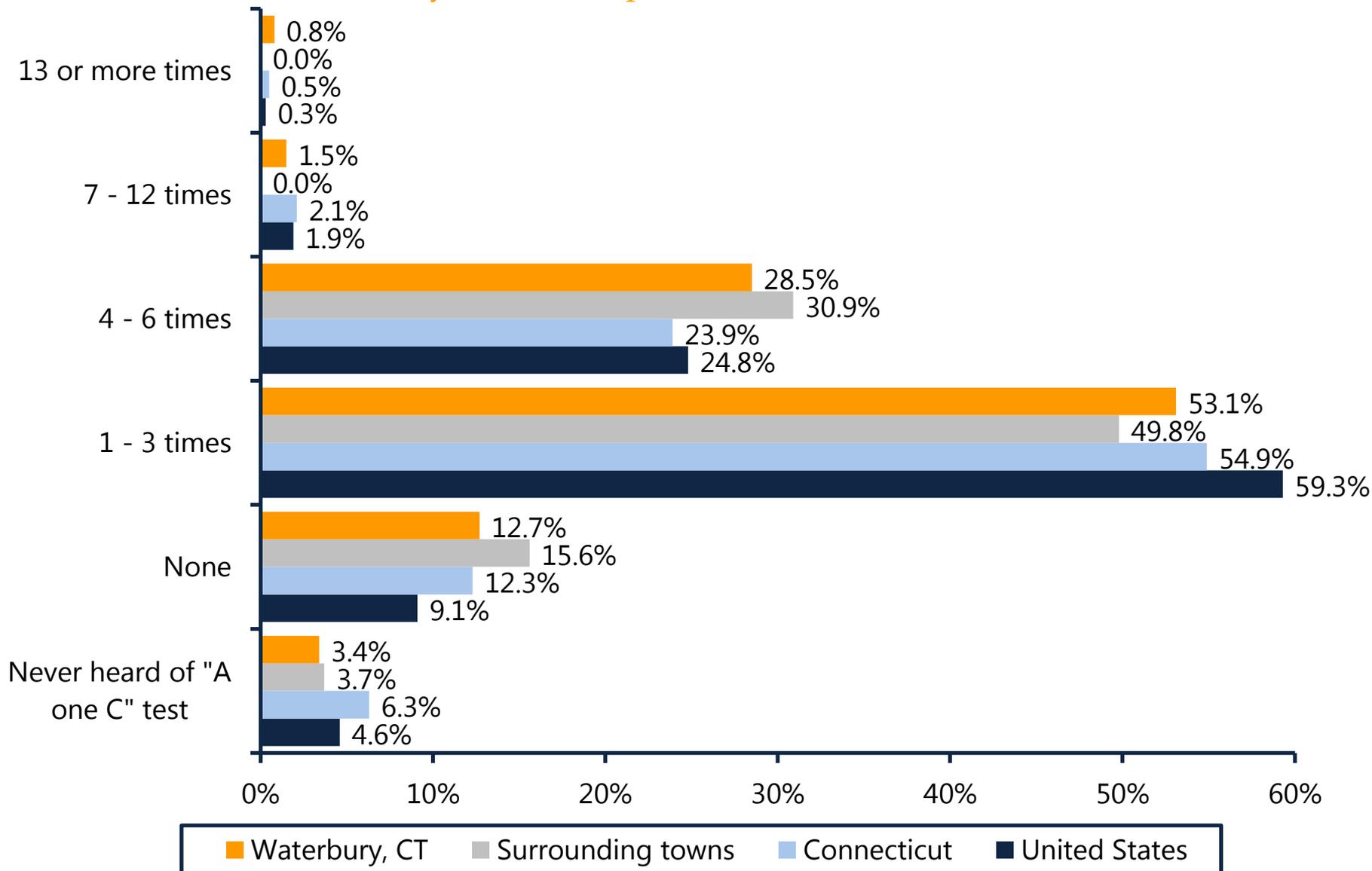
About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?

Only asked of respondents who have diabetes



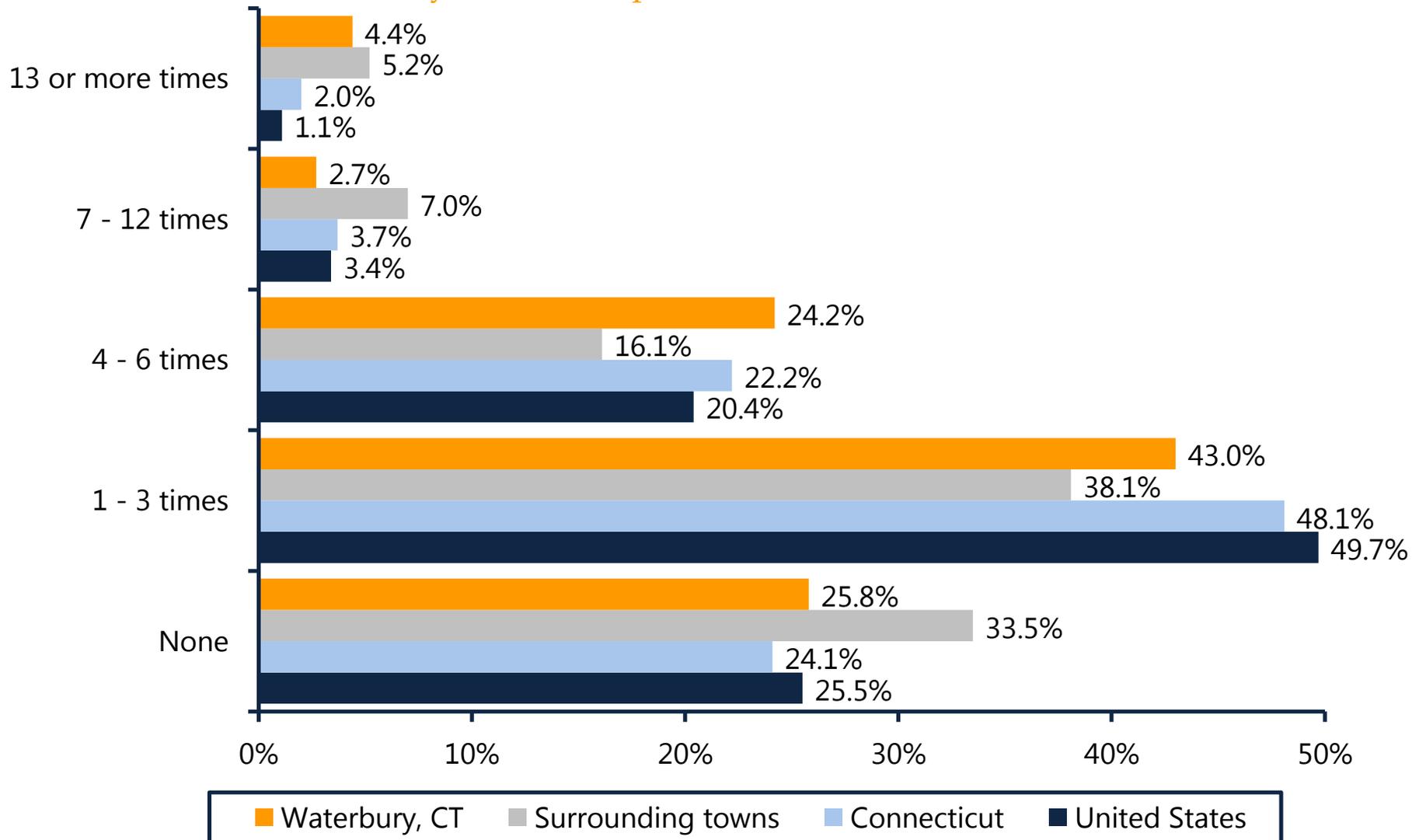
About how many times in the past 12 months has a doctor, nurse or other health professional checked you for "A one C"?

Only asked of respondents who have diabetes



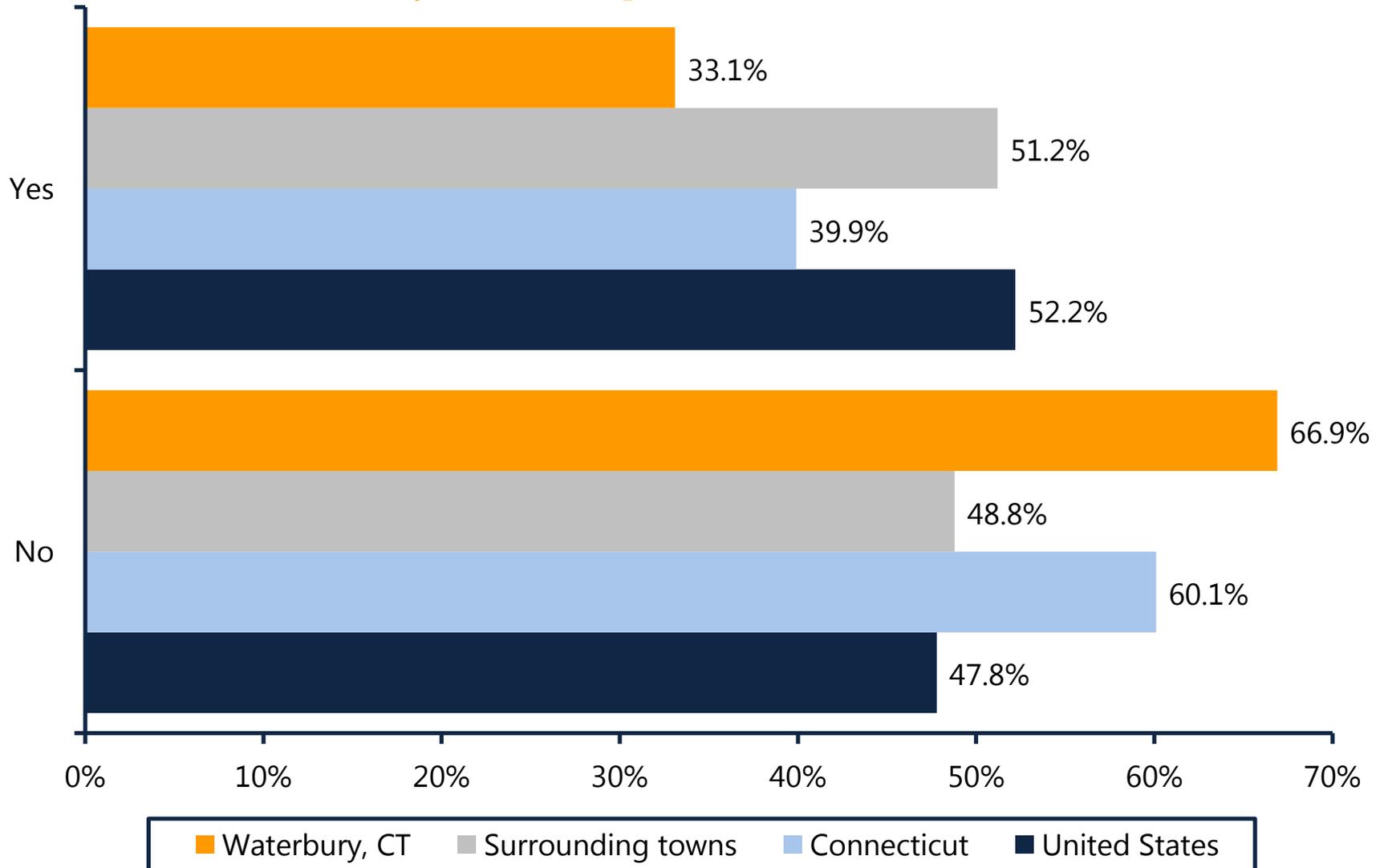
About how many times in the past 12 months has a health professional checked your feet for any sores or irritations?

Only asked of respondents who have diabetes



Have you ever taken a course or class in how to manage your diabetes yourself?

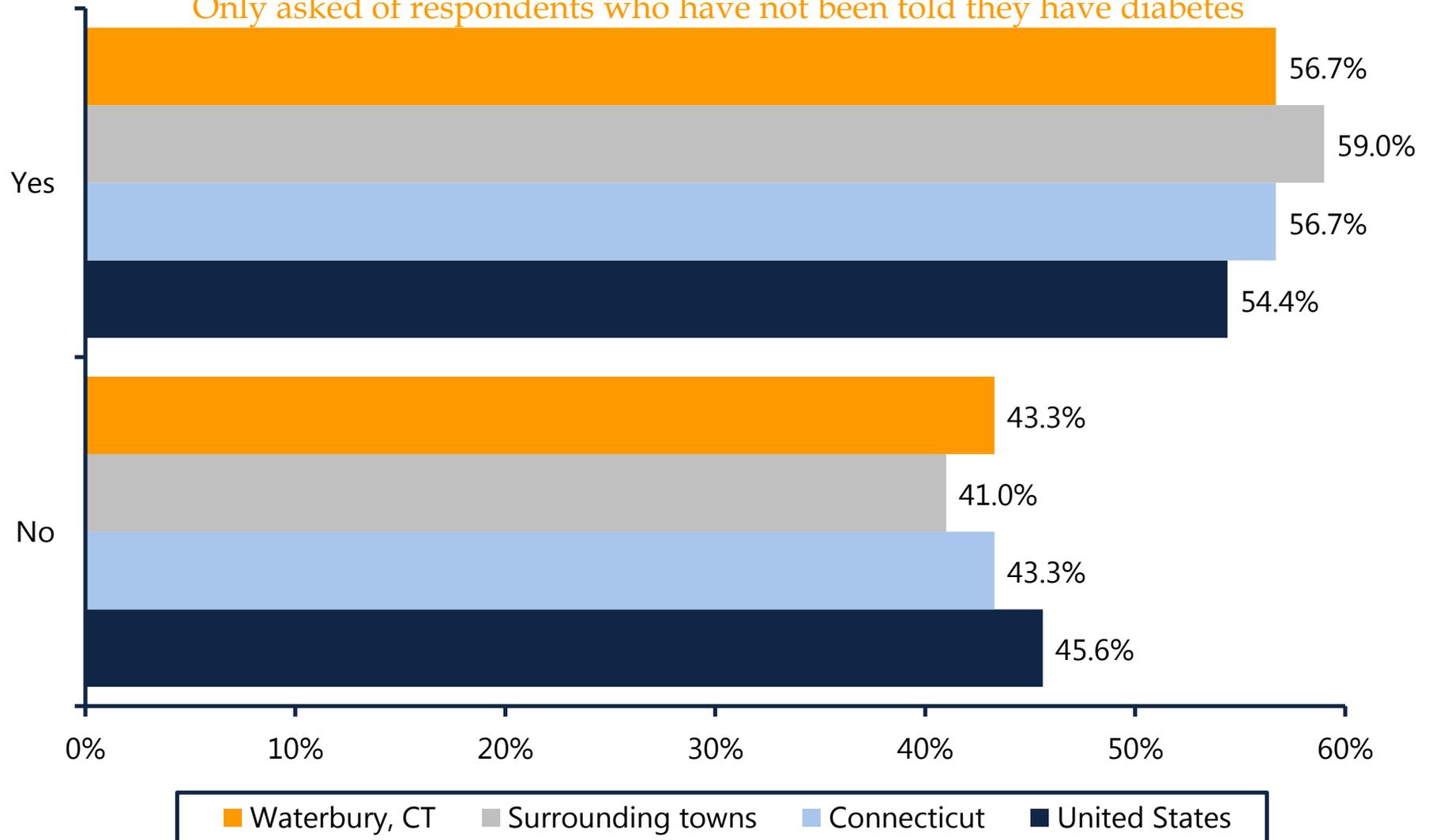
Only asked of respondents who have diabetes



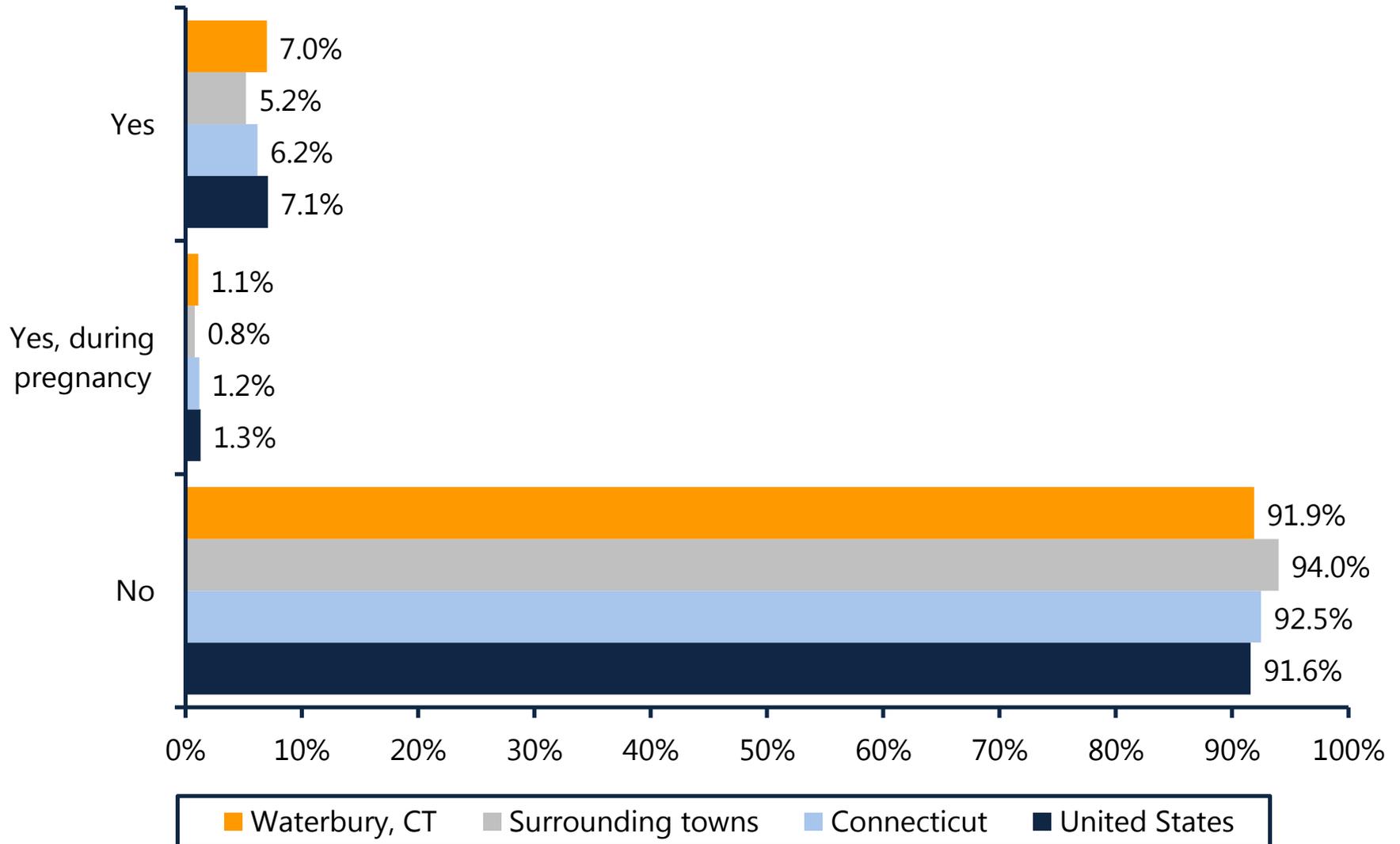
Pre-Diabetes

Have you had a test for high blood sugar or diabetes within the past three years?

Only asked of respondents who have not been told they have diabetes

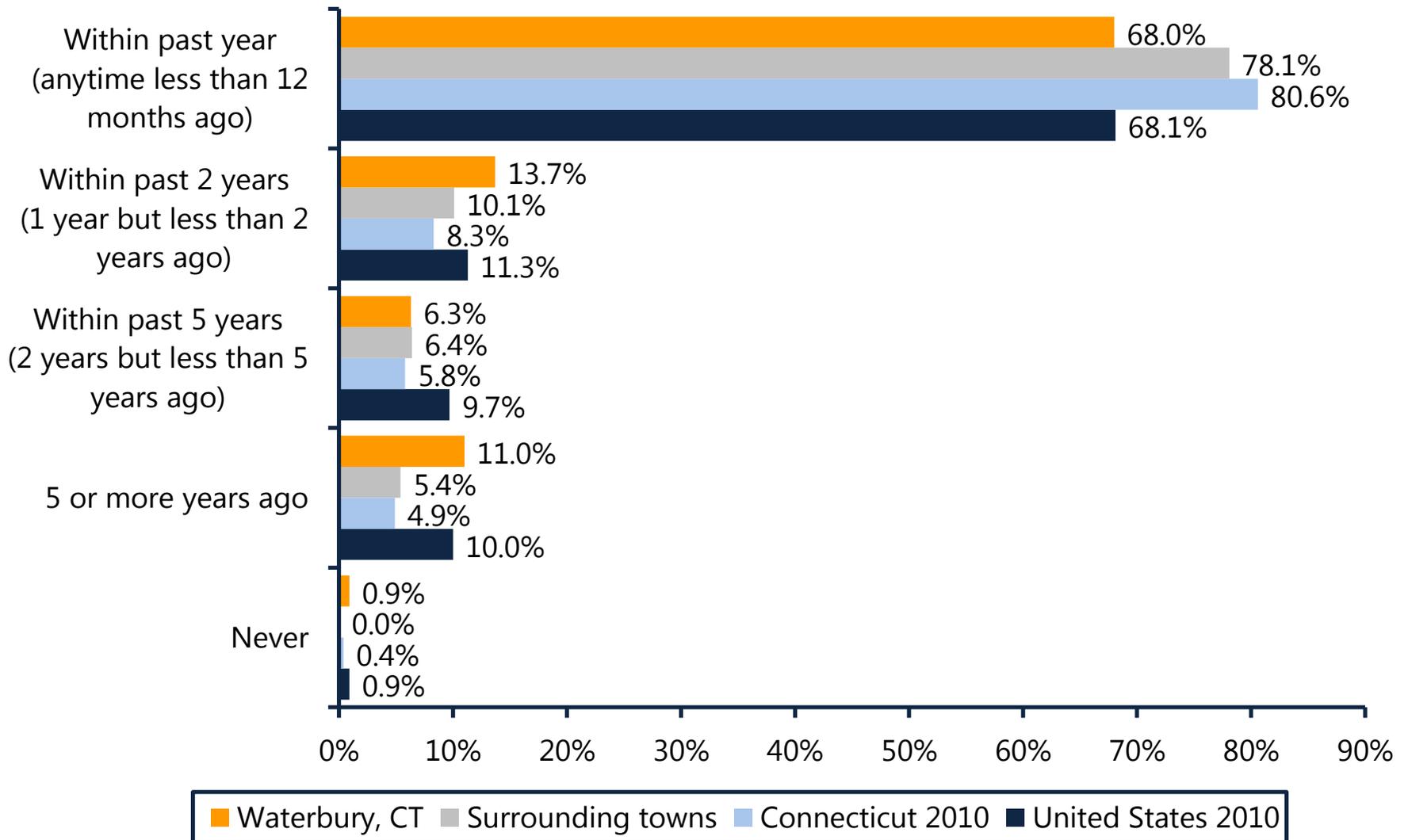


Have you ever been told by a doctor or other health professional that you have pre-diabetes or borderline diabetes?

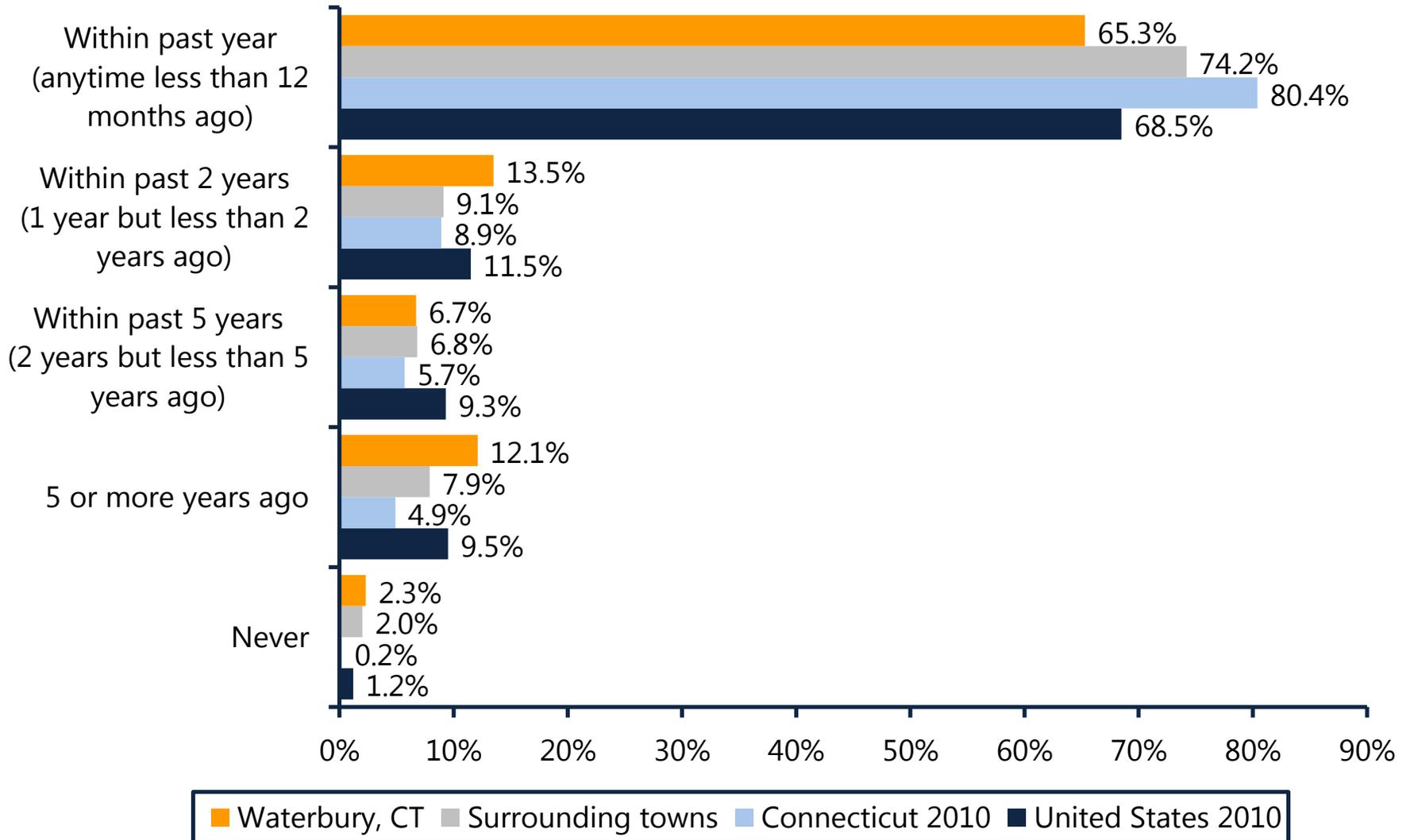


Oral Health

How long has it been since you last visited a dentist or a dental clinic for any reason?

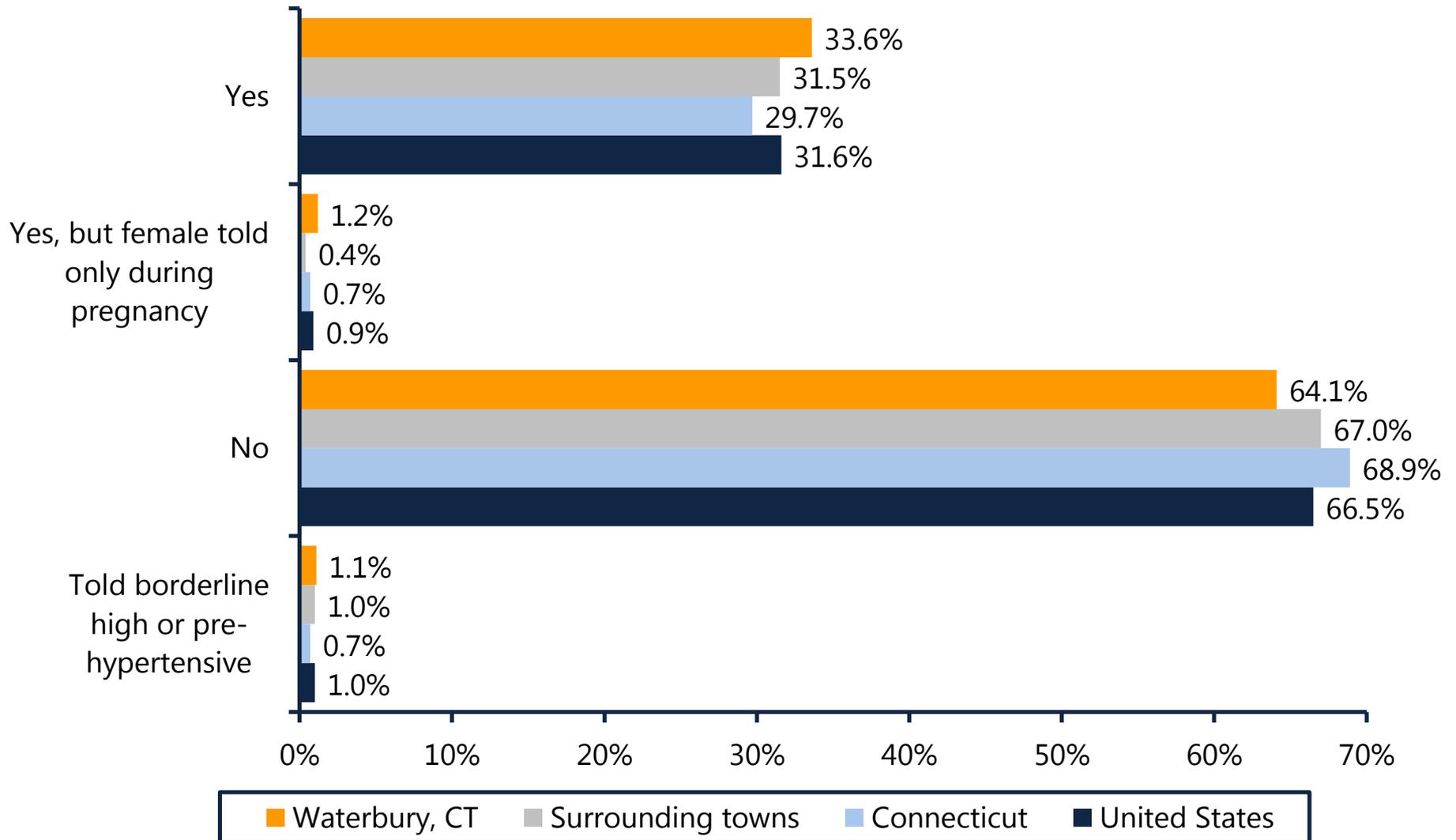


How long has it been since you had your teeth cleaned by a dentist or dental hygienist?



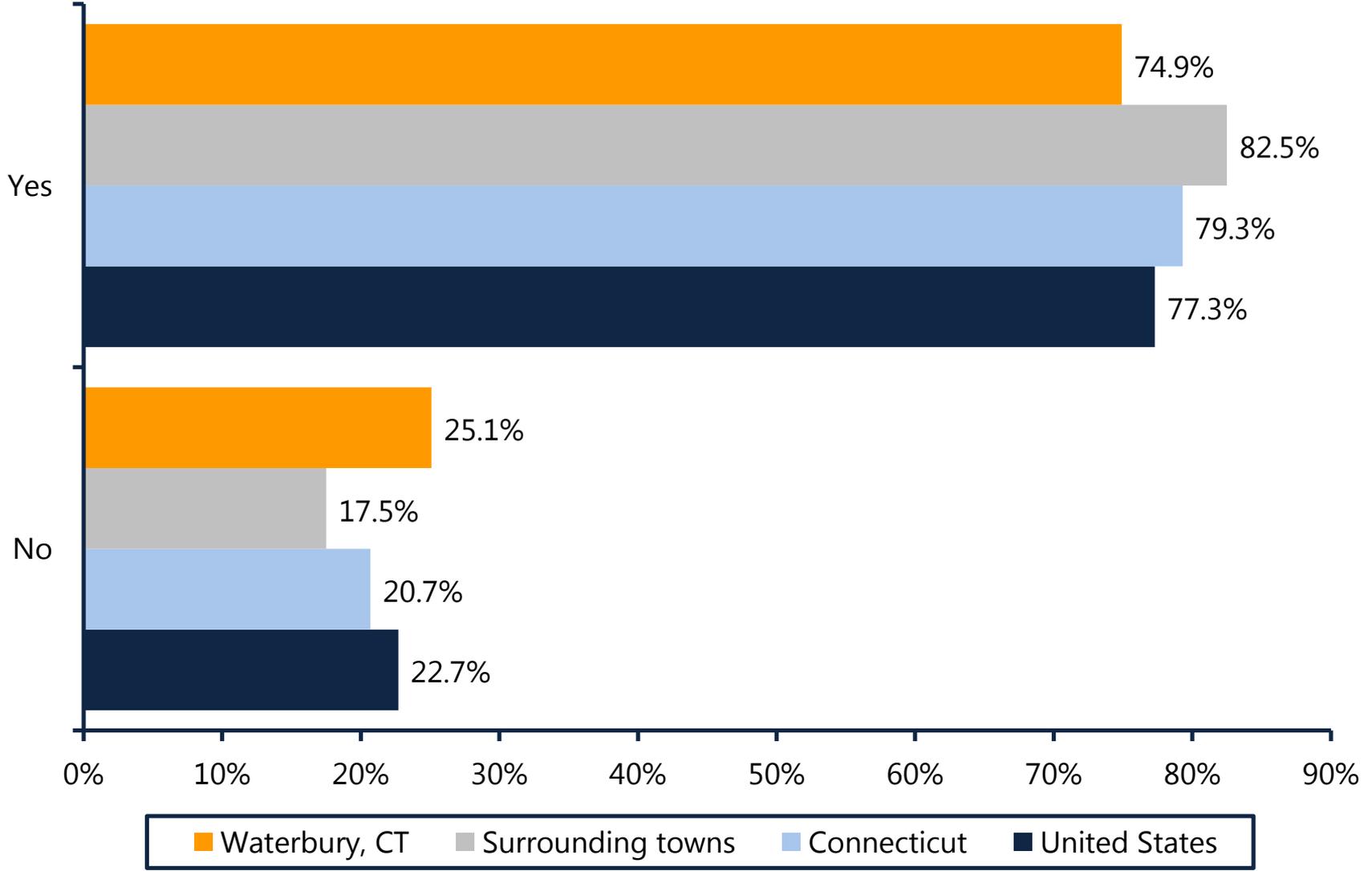
Hypertension Awareness

Have you ever been told by a doctor that you have high blood pressure?



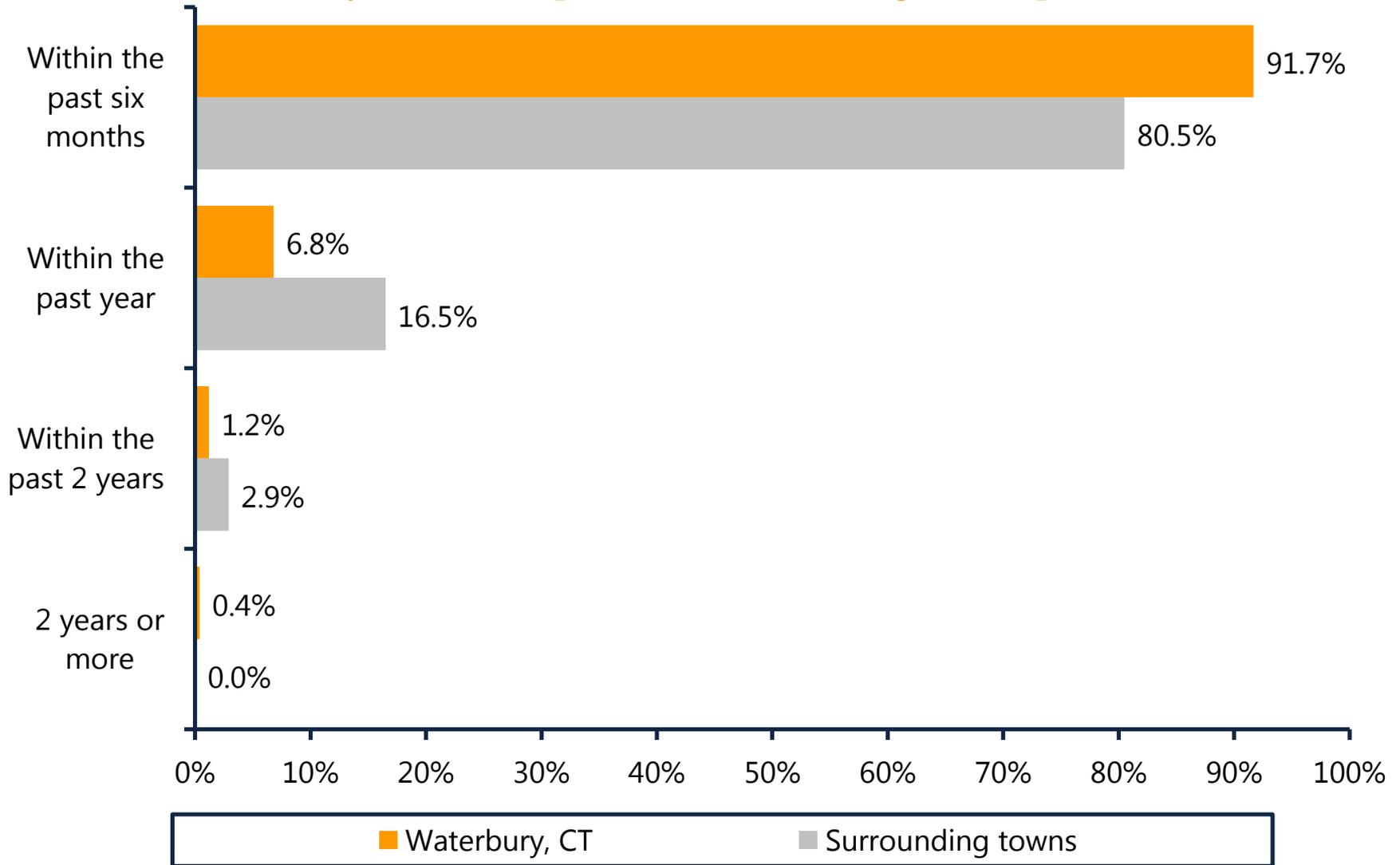
Are you currently taking medicine for your high blood pressure?

Only asked of respondents who have high blood pressure



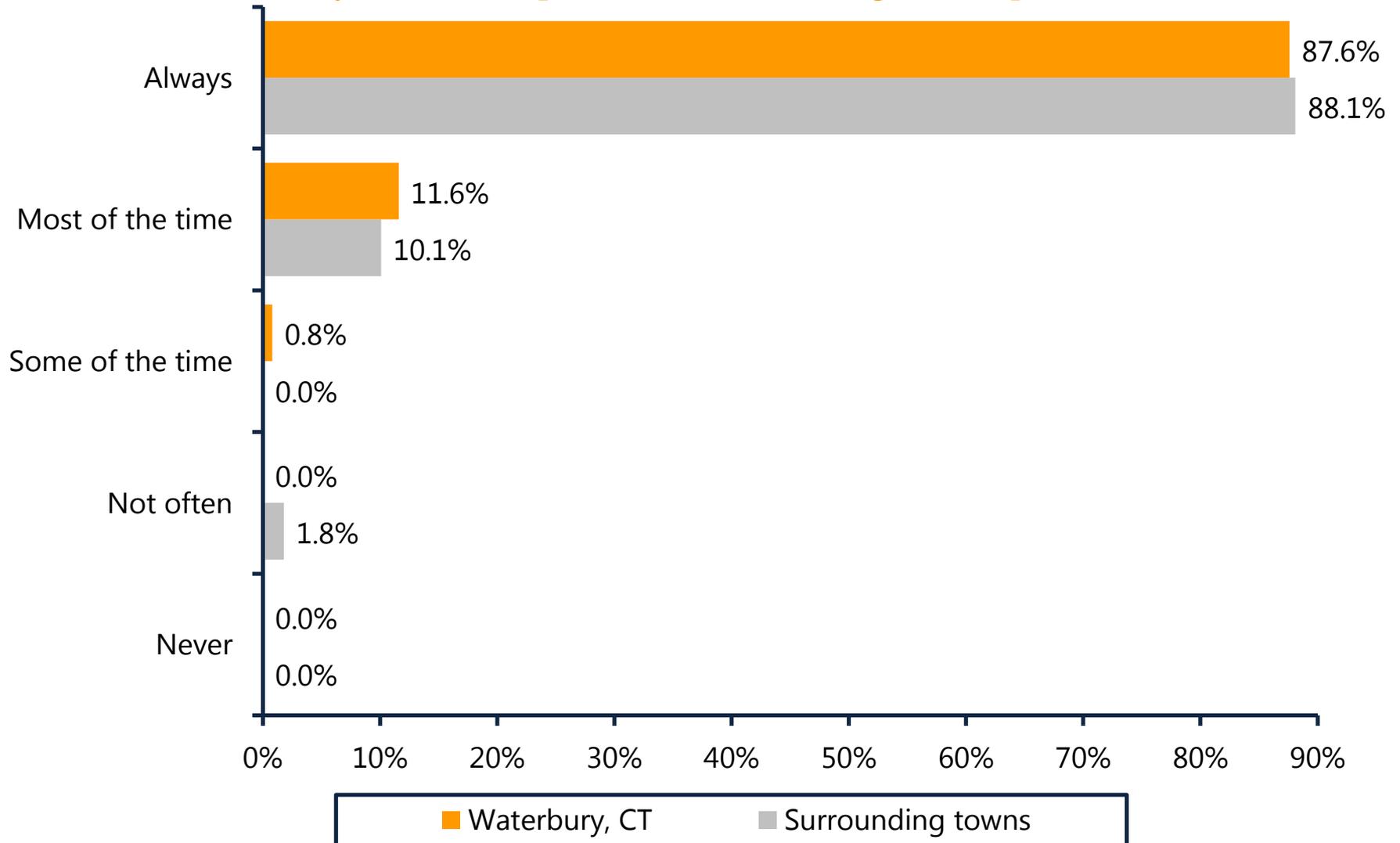
When is the last time you consulted your doctor or other health professional about your high blood pressure?

Only asked of respondents who have high blood pressure



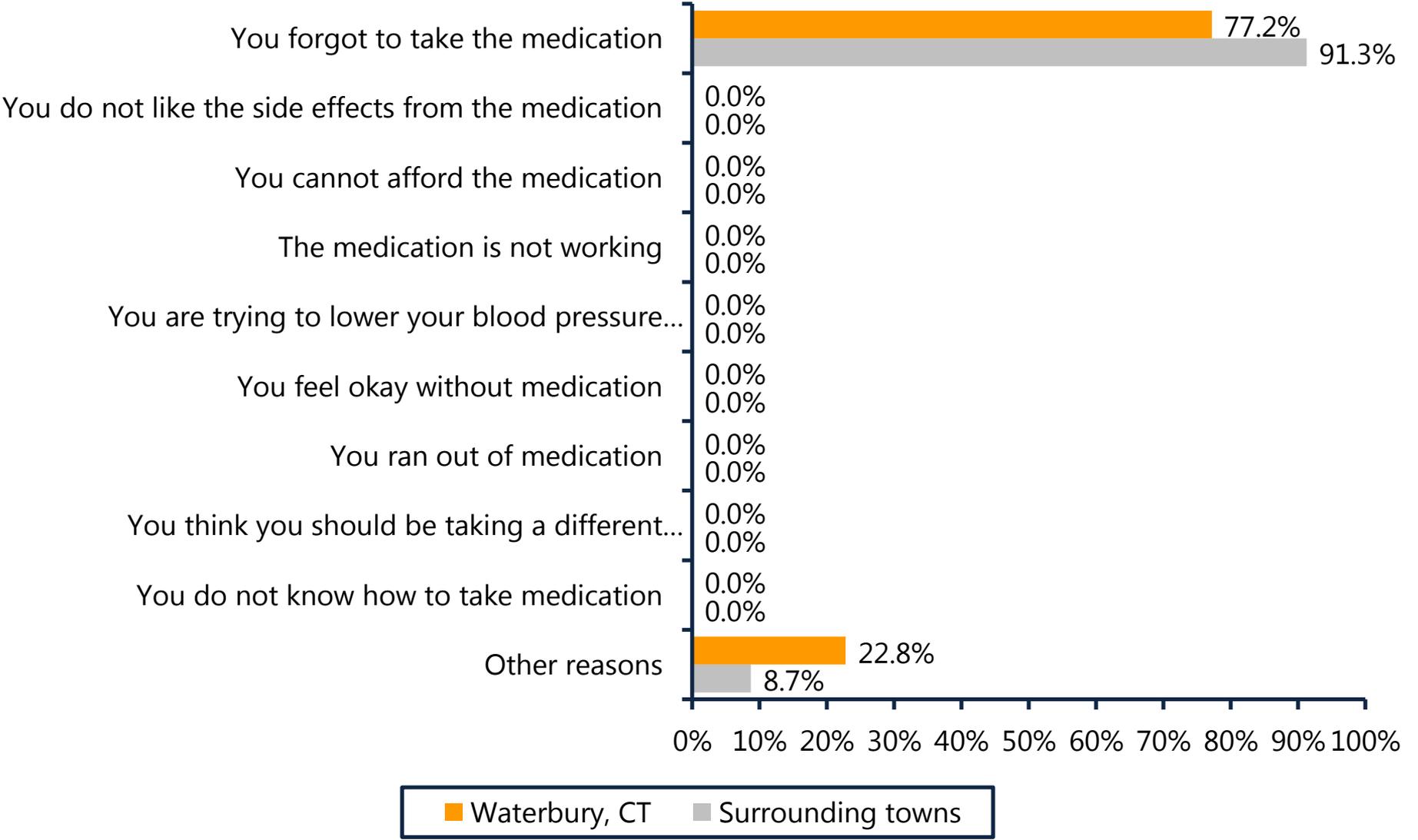
In general, how often do you follow the directions on your blood pressure medication prescription(s)?

Only asked of respondents who have high blood pressure



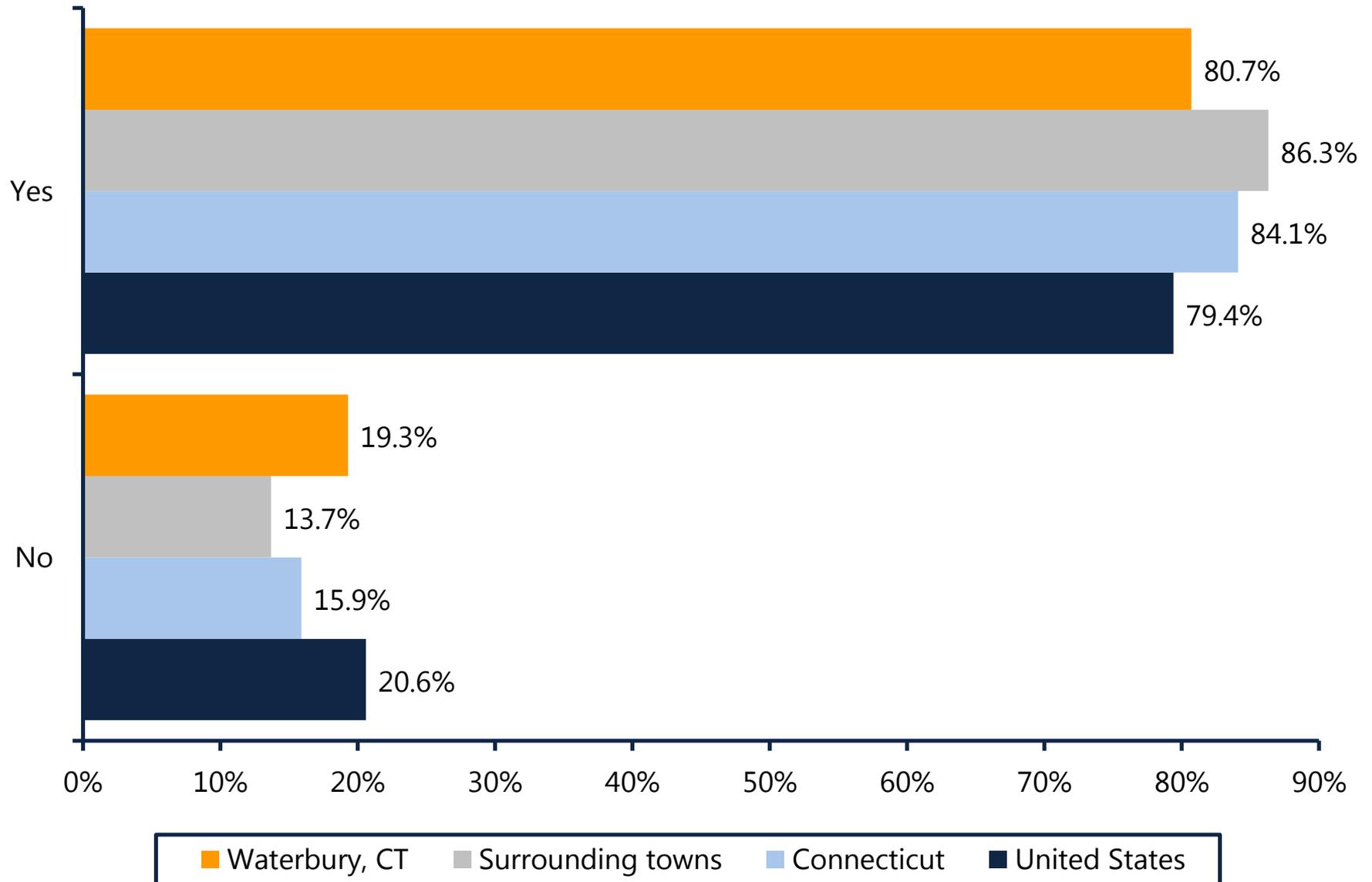
What are the reasons that you are not taking your blood pressure medication exactly as prescribed?

Only asked of respondents who have high blood pressure and do not take prescribed medication

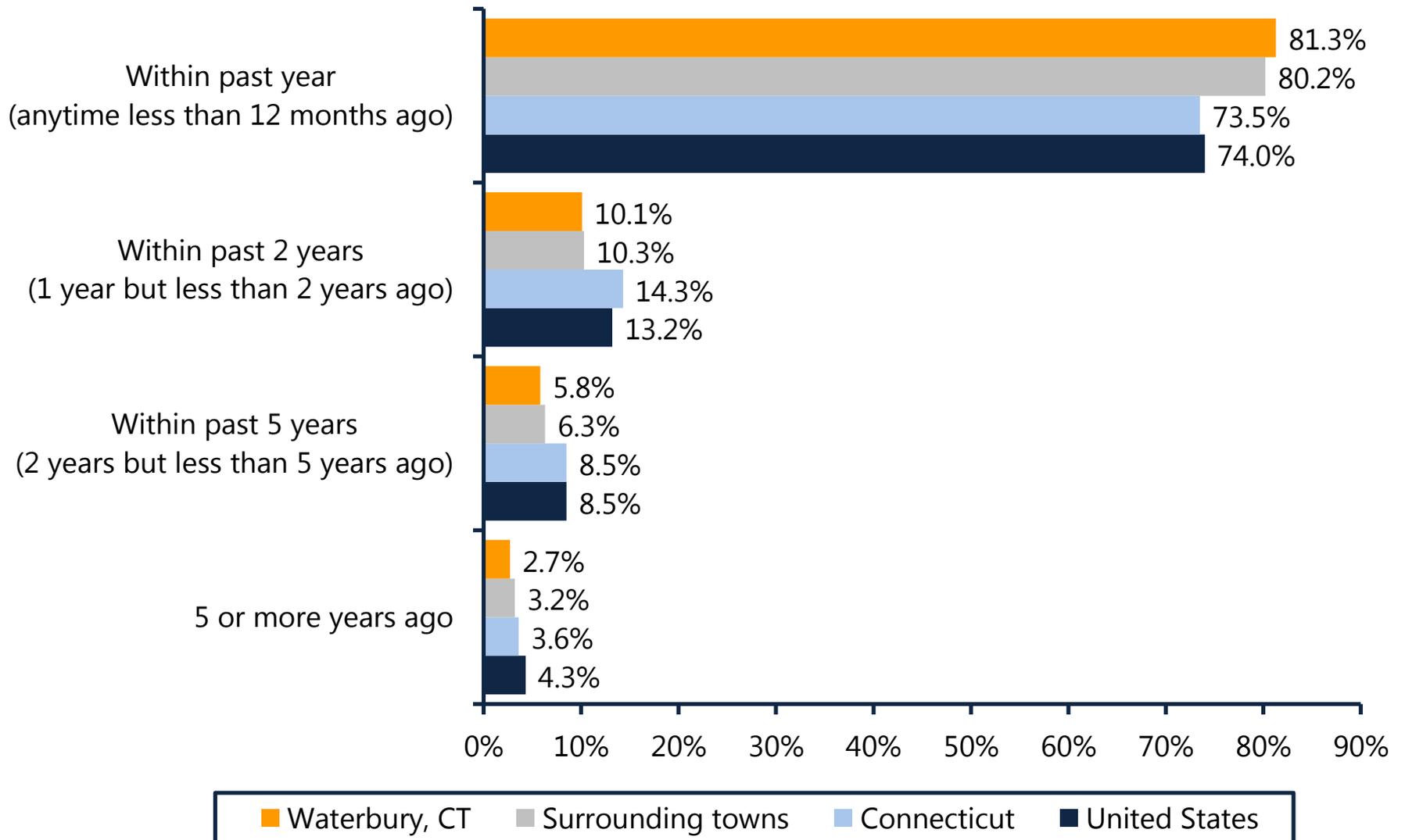


Cholesterol Awareness

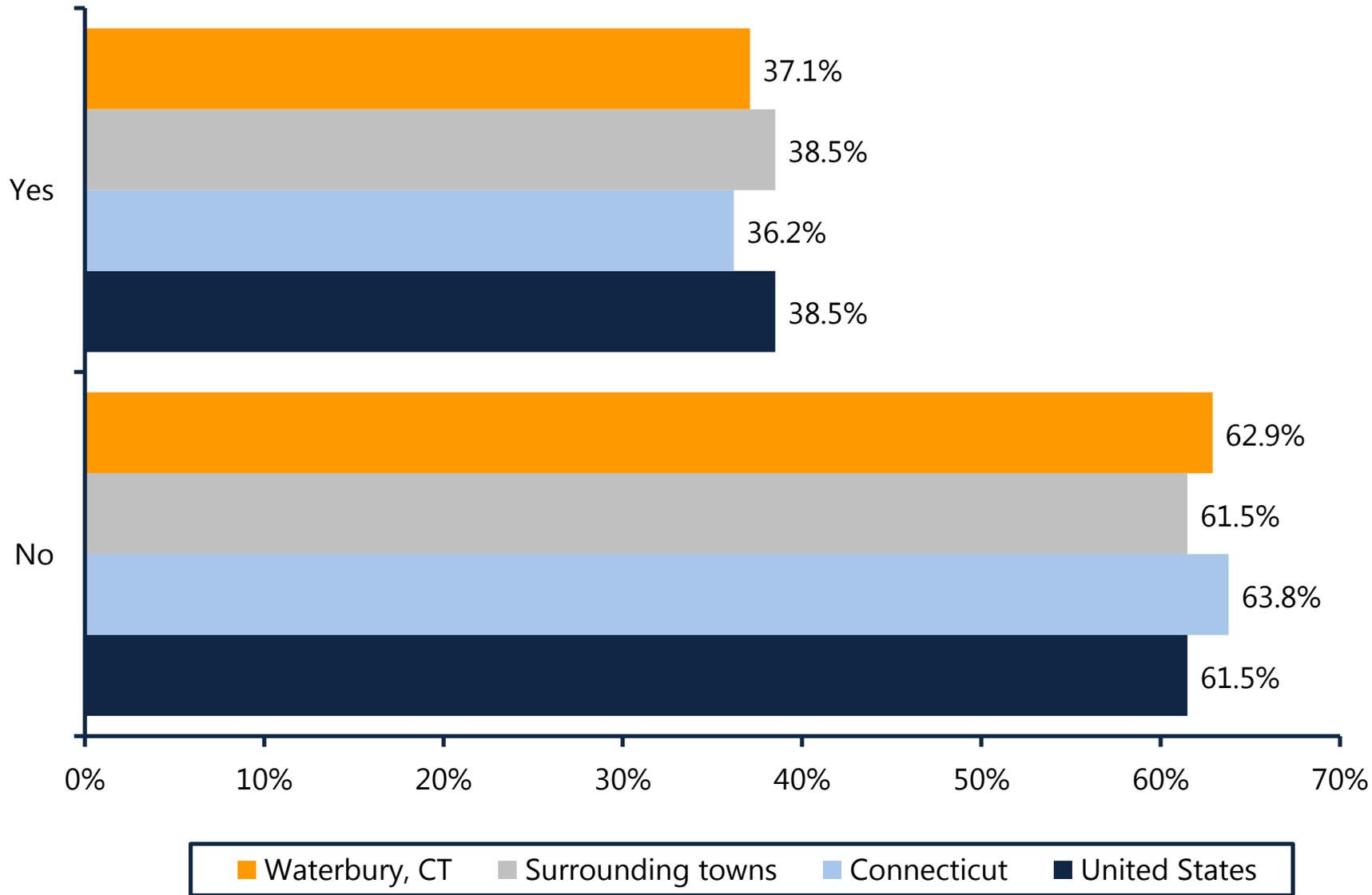
Have you ever had your blood cholesterol checked?



About how long has it been since you last had your blood cholesterol checked?

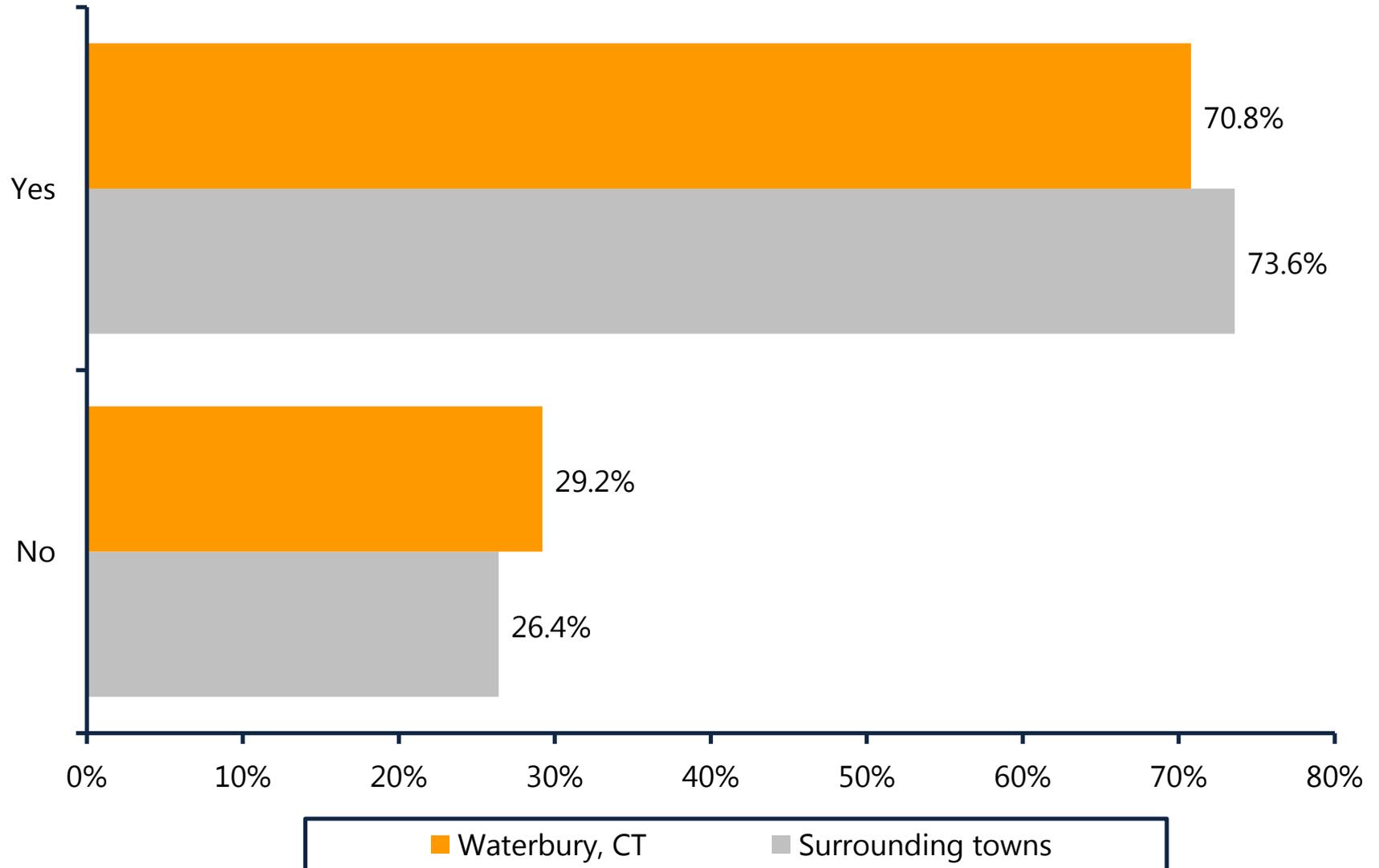


Have you ever been told by a doctor, nurse or other health professional that your blood cholesterol is high?



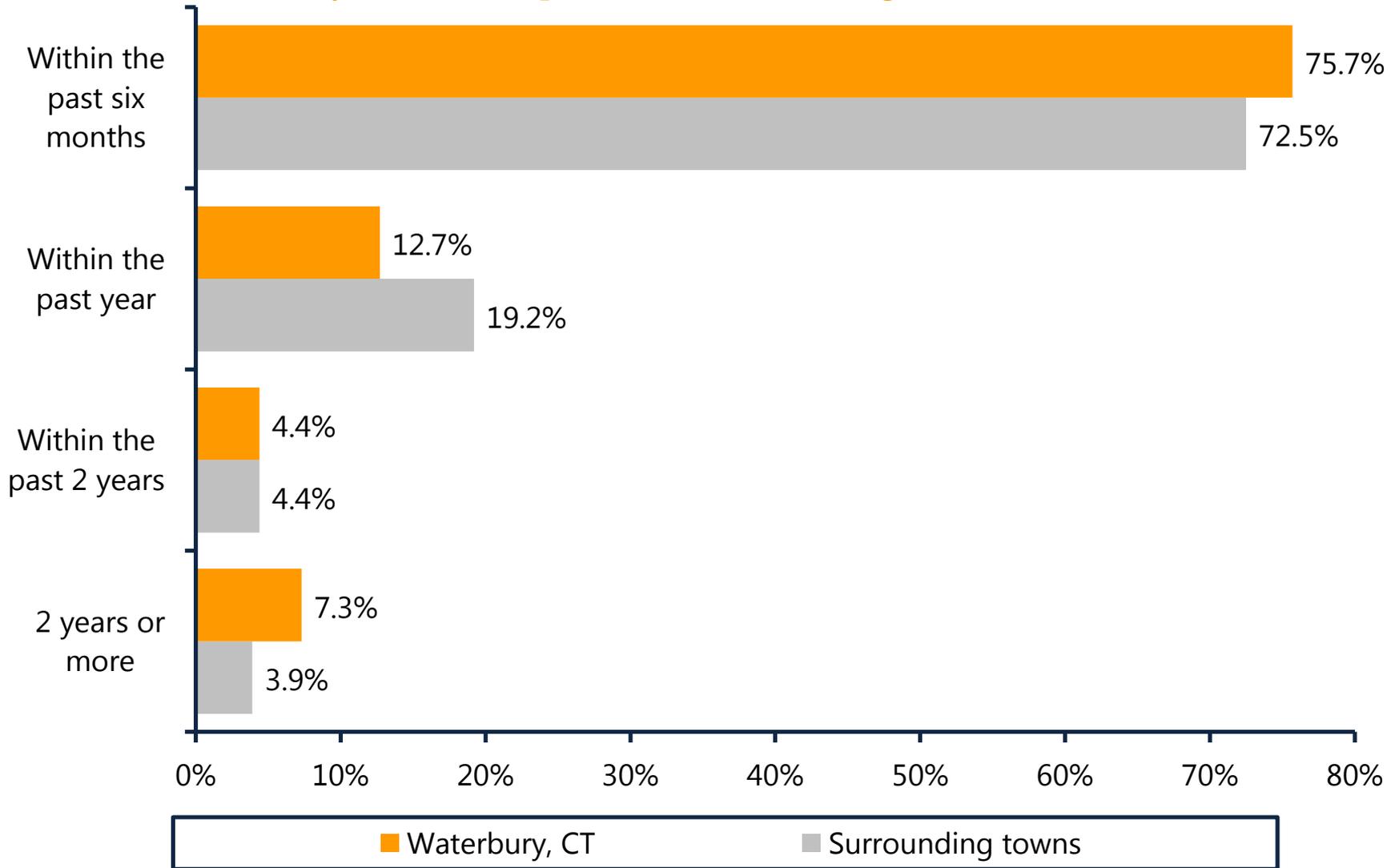
Did the doctor prescribe a medication to lower your blood cholesterol?

Only asked of respondents who have high blood cholesterol



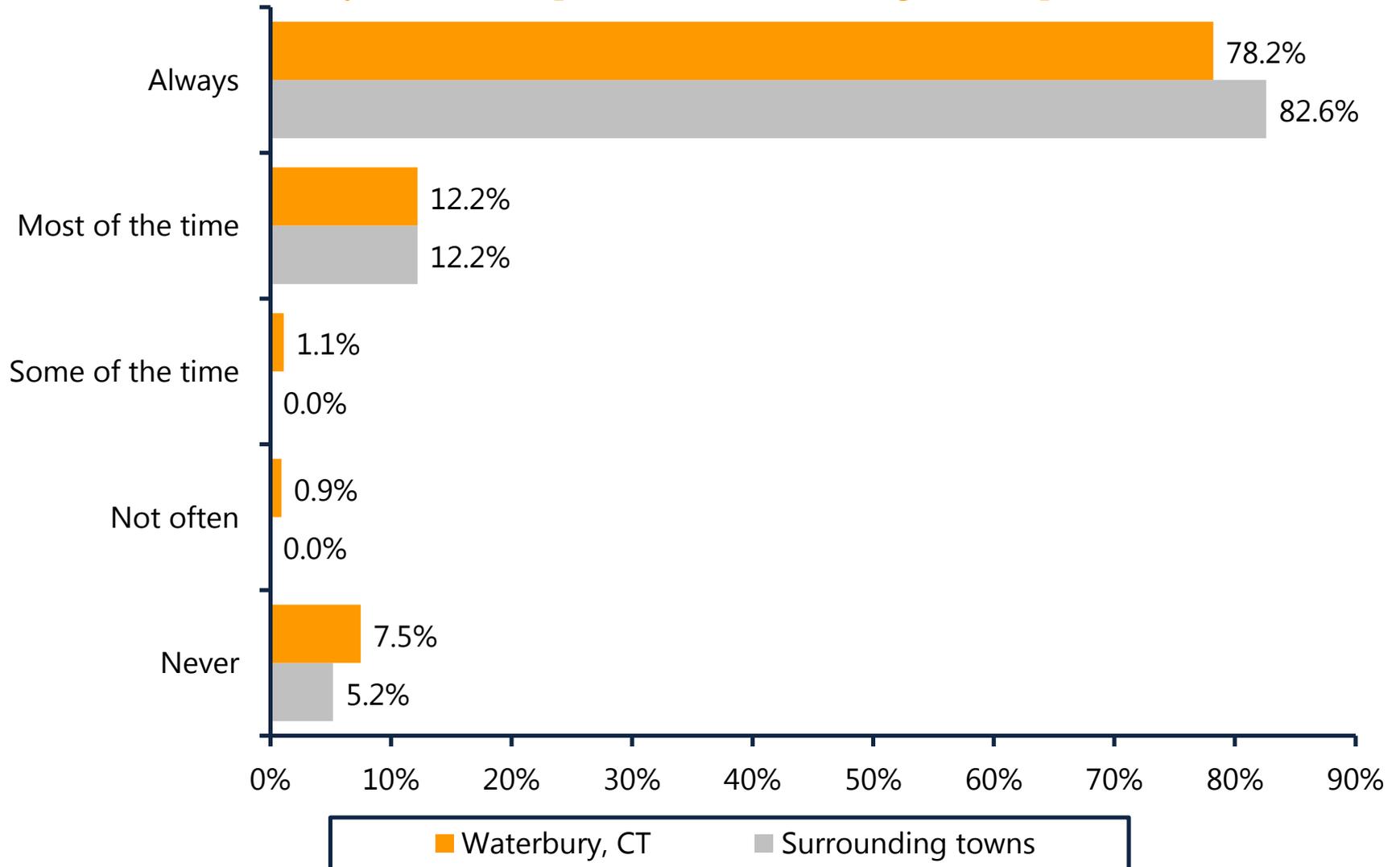
When is the last time you consulted your doctor or other health professional about your high blood cholesterol?

Only asked of respondents who have high blood cholesterol



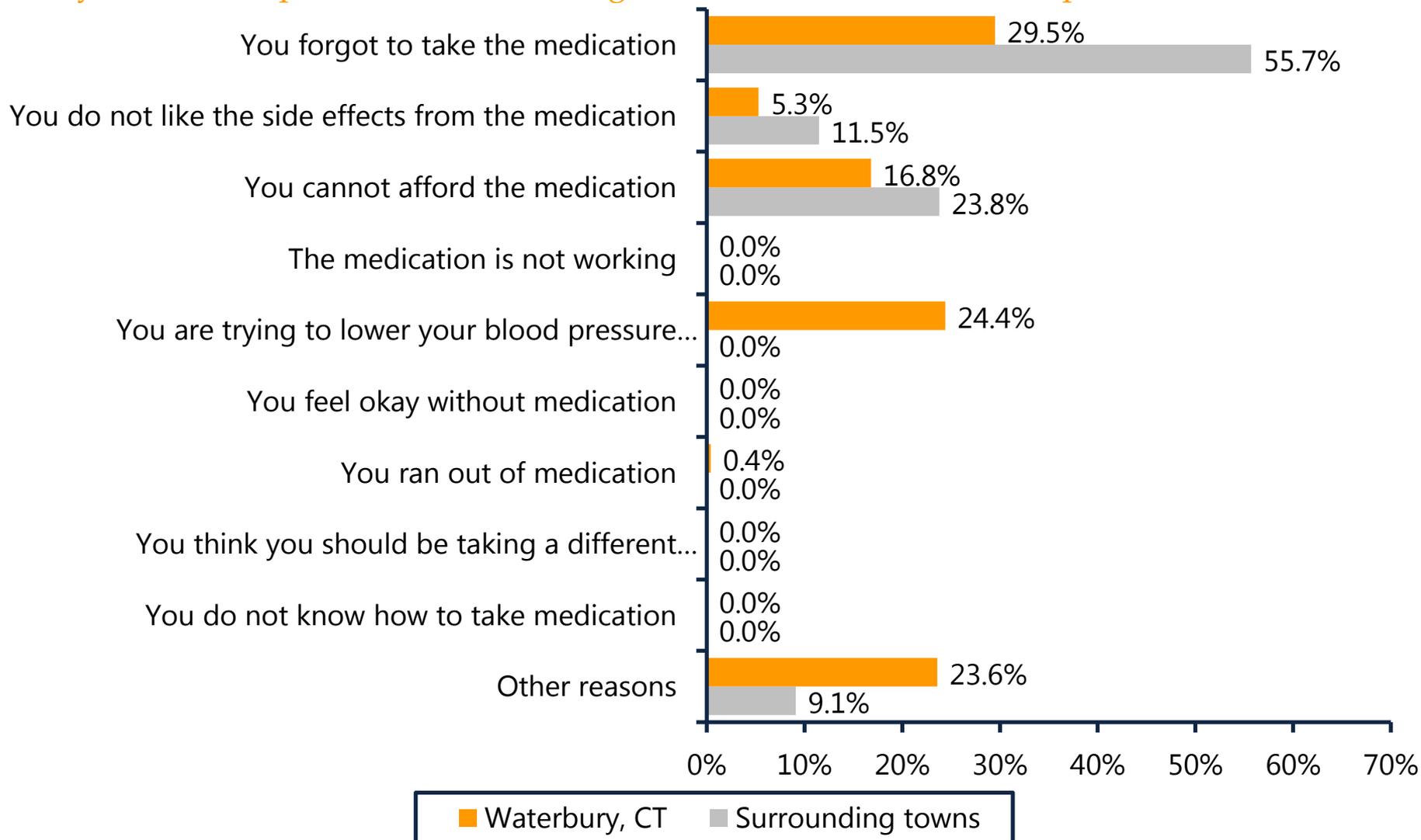
In general, how often do you follow the directions on your cholesterol medication prescription(s)?

Only asked of respondents who have high blood pressure



What are the reasons that you are not taking your cholesterol medication exactly as prescribed?

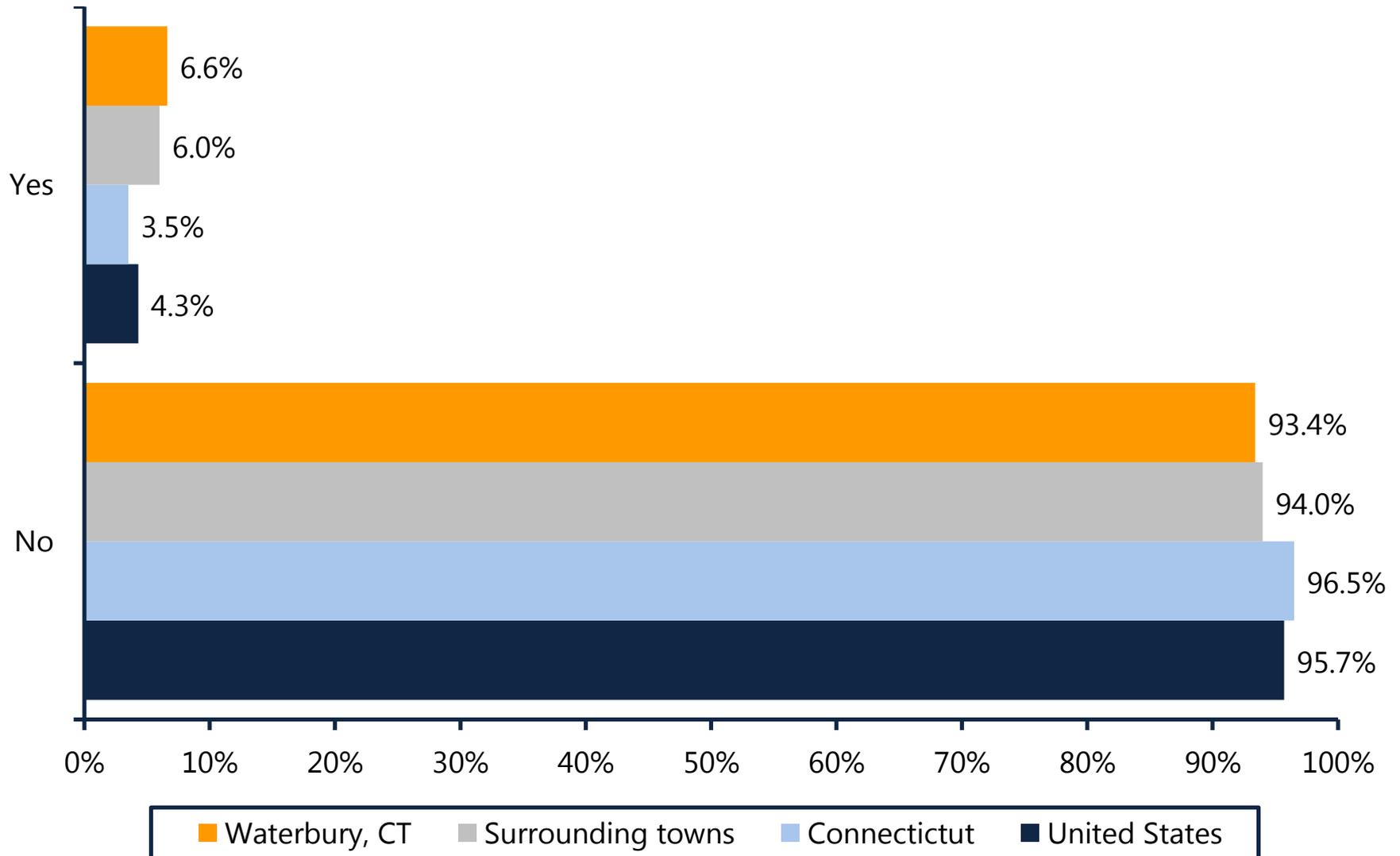
Only asked of respondents who have high cholesterol and do not take prescribed medication



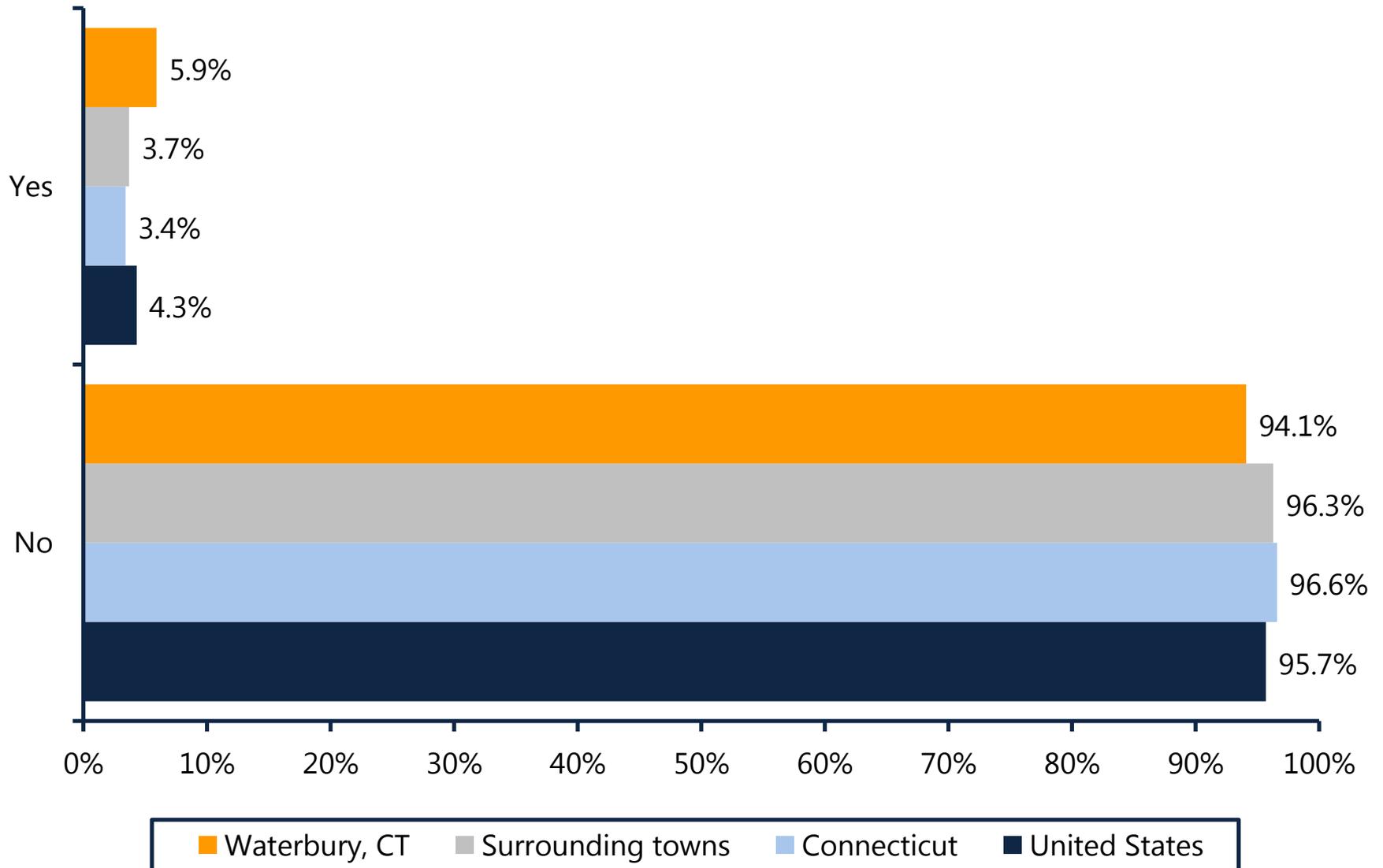
Cardiovascular Disease Prevalence



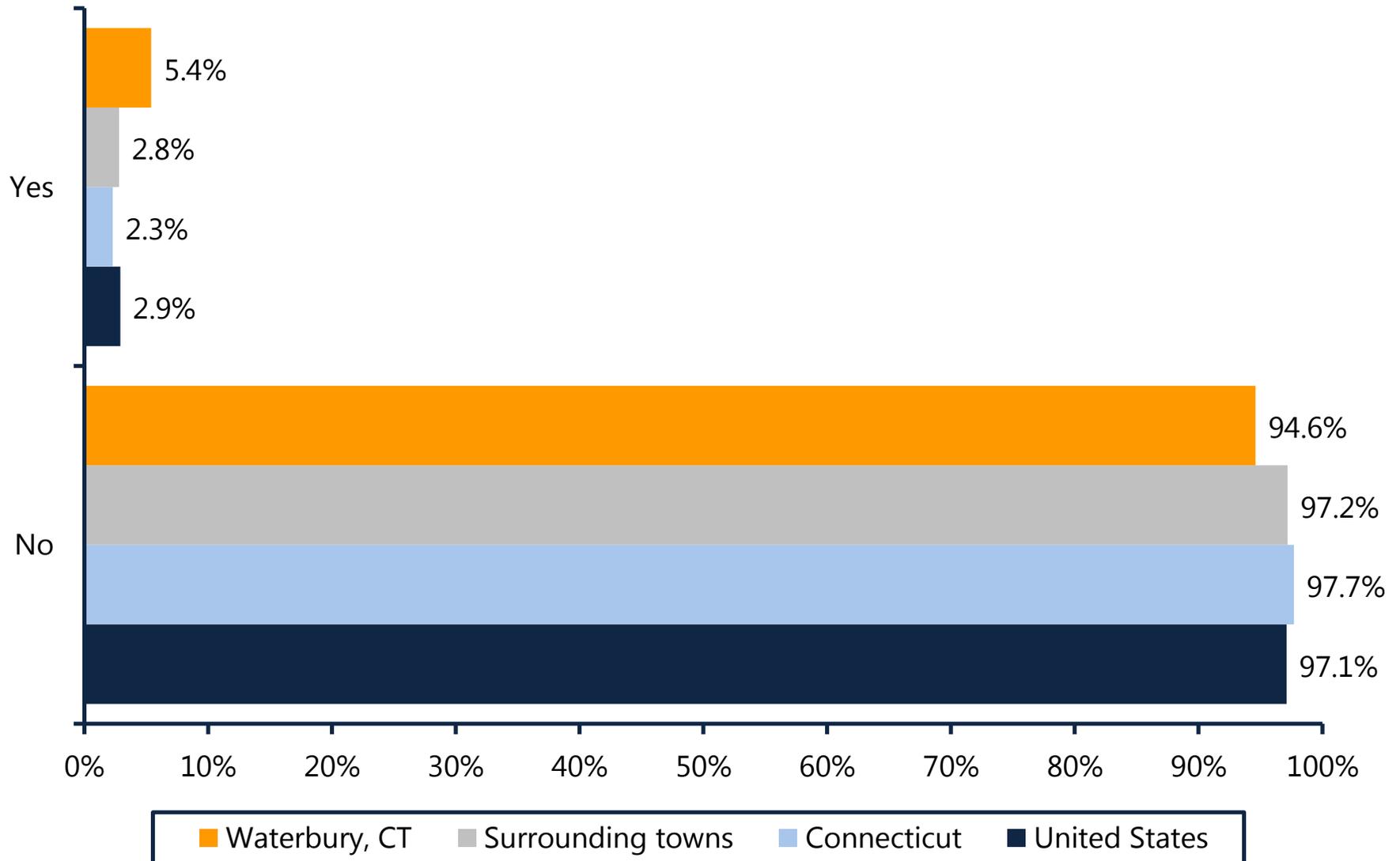
Have you ever been told that you had a heart attack, also called a myocardial infarction?



Have you ever been told that you had angina or coronary heart disease?

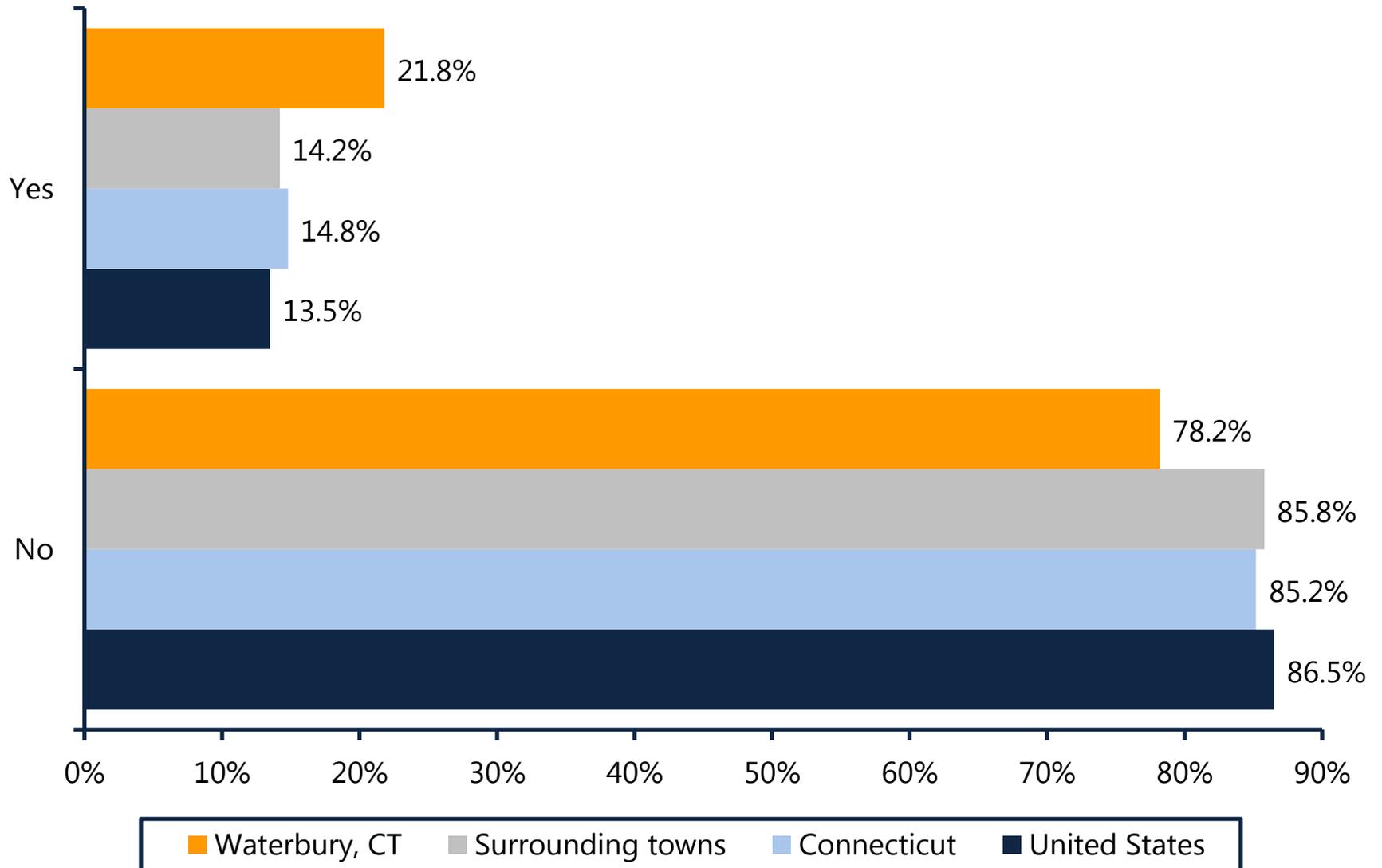


Have you ever been told that you had a stroke?



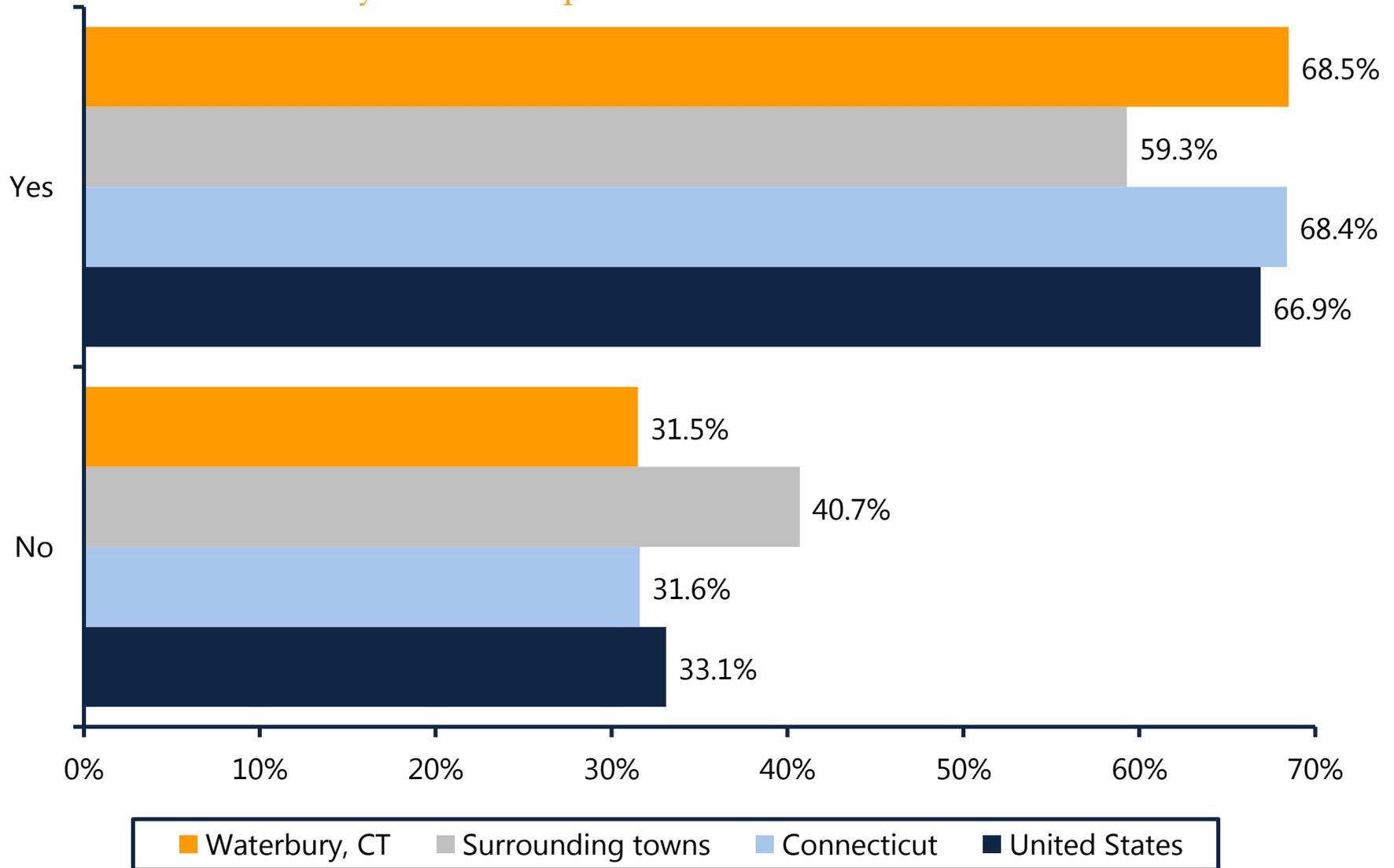
Asthma

Have you ever been told that you had asthma?



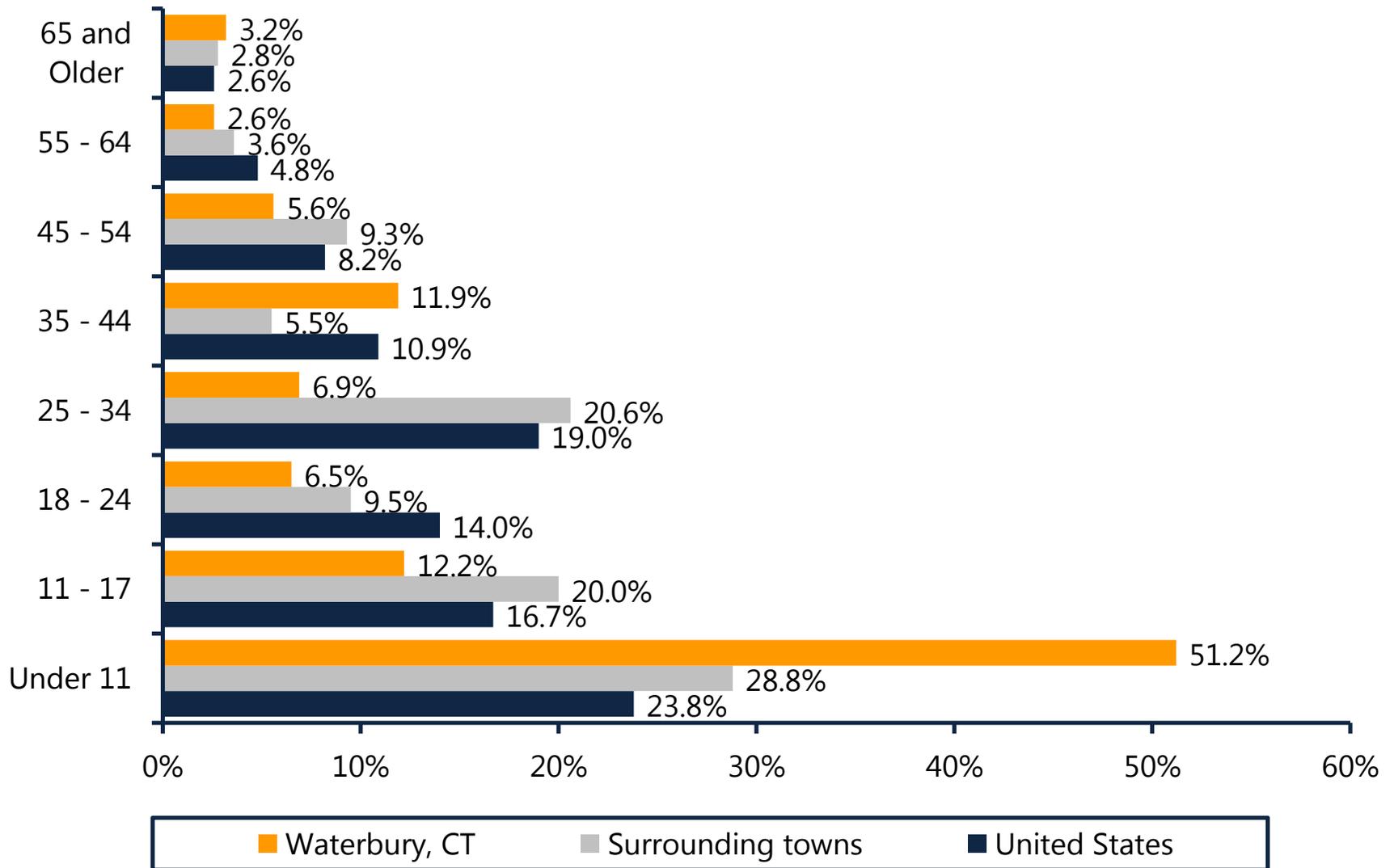
Do you still have asthma?

Only asked of respondents who have had asthma



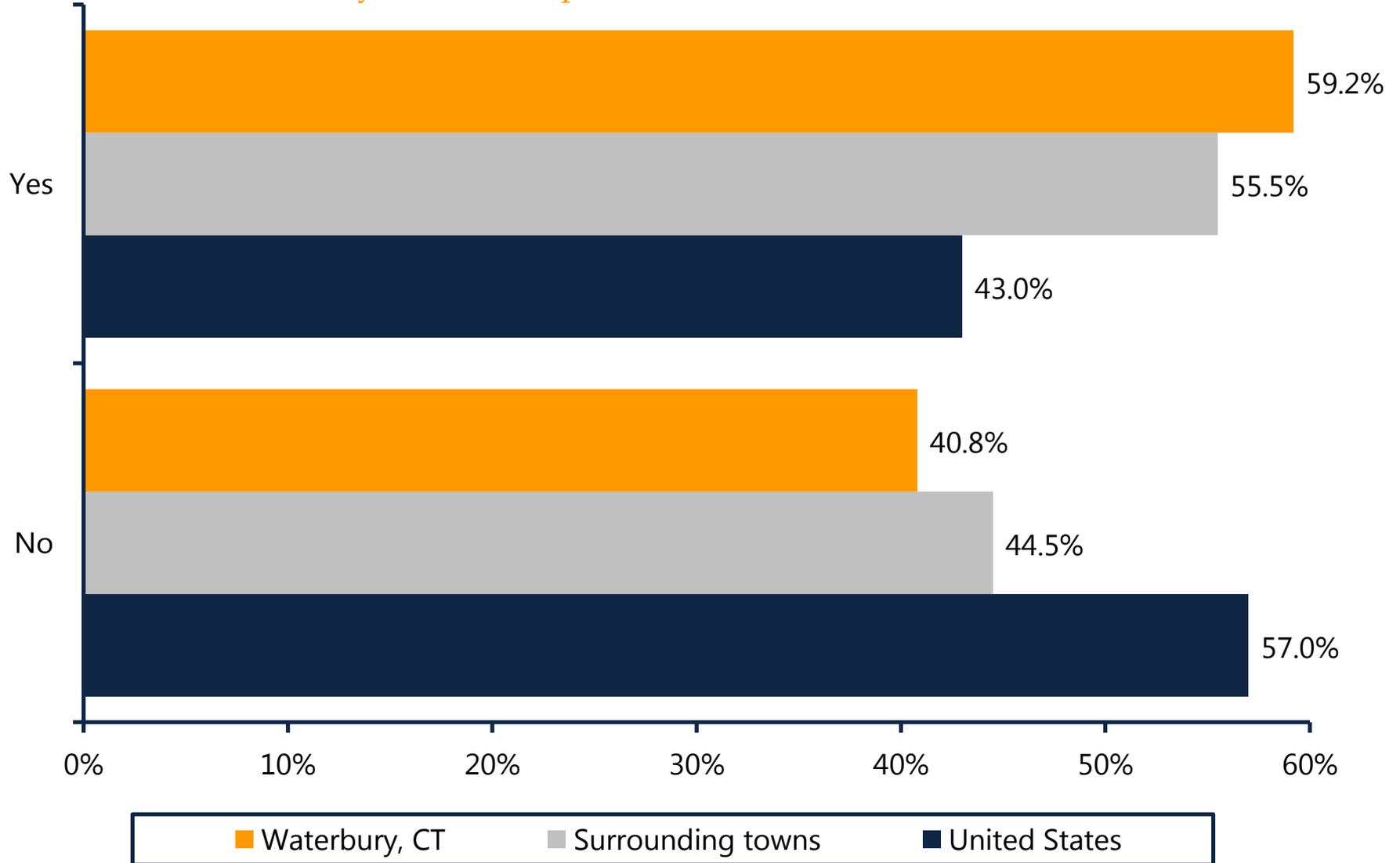
How old were you when you were told you have asthma?

Only asked of respondents who have asthma



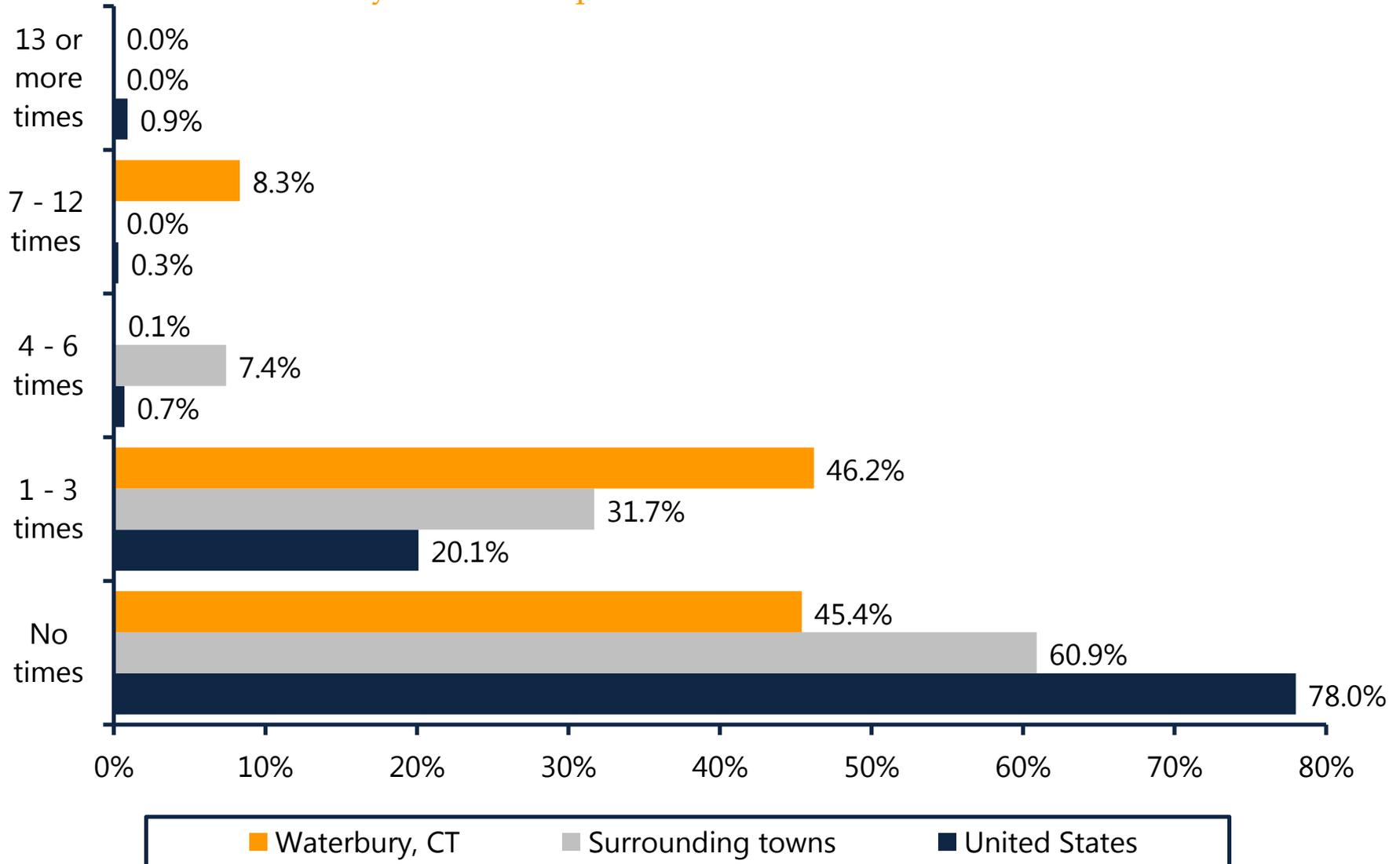
During the past 12 months, have you had an episode of asthma or an asthma attack?

Only asked of respondents who have had asthma



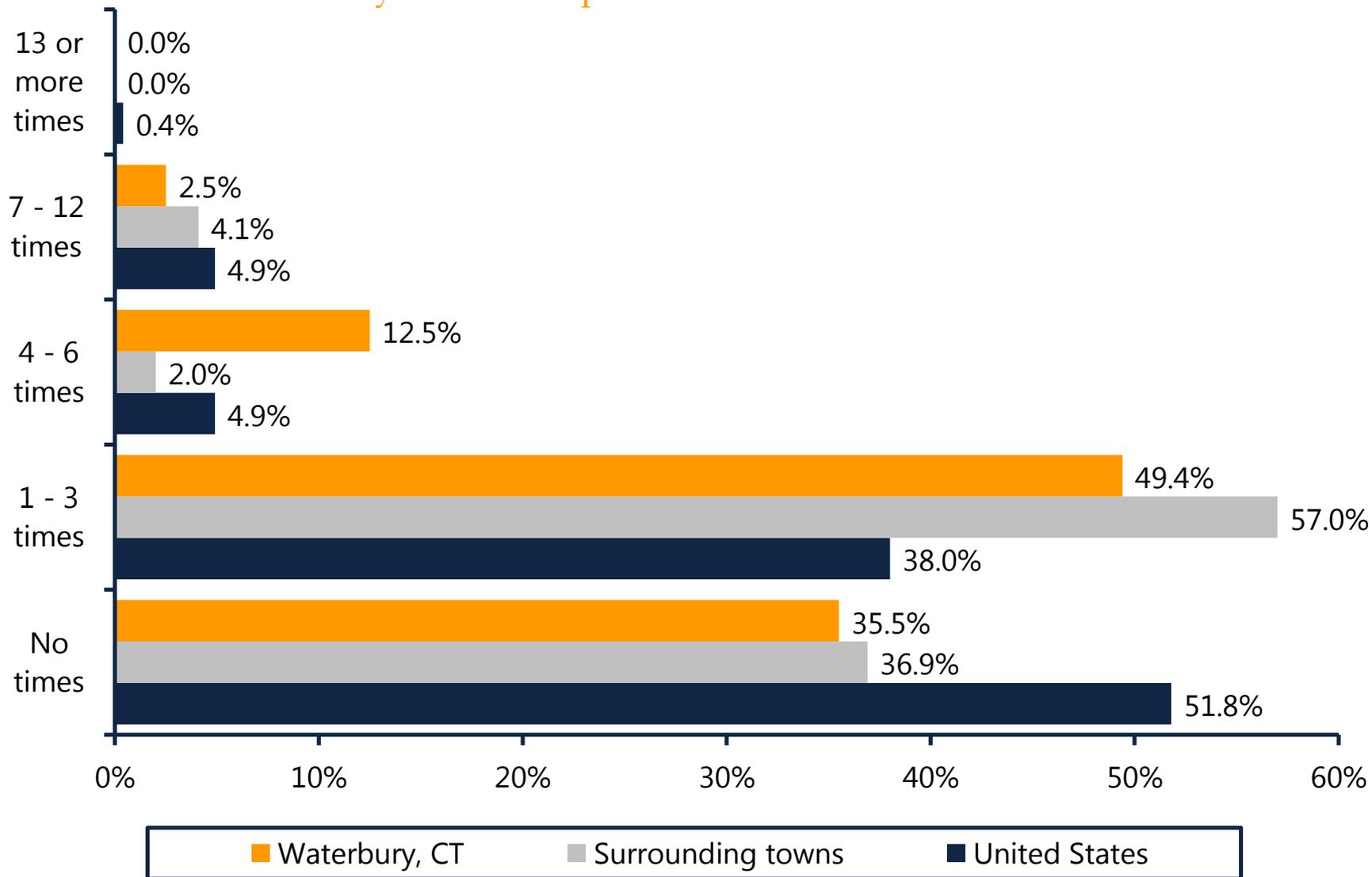
During the past 12 months, how many times did you visit an emergency room or urgent care center because of your asthma?

Only asked of respondents who have had asthma



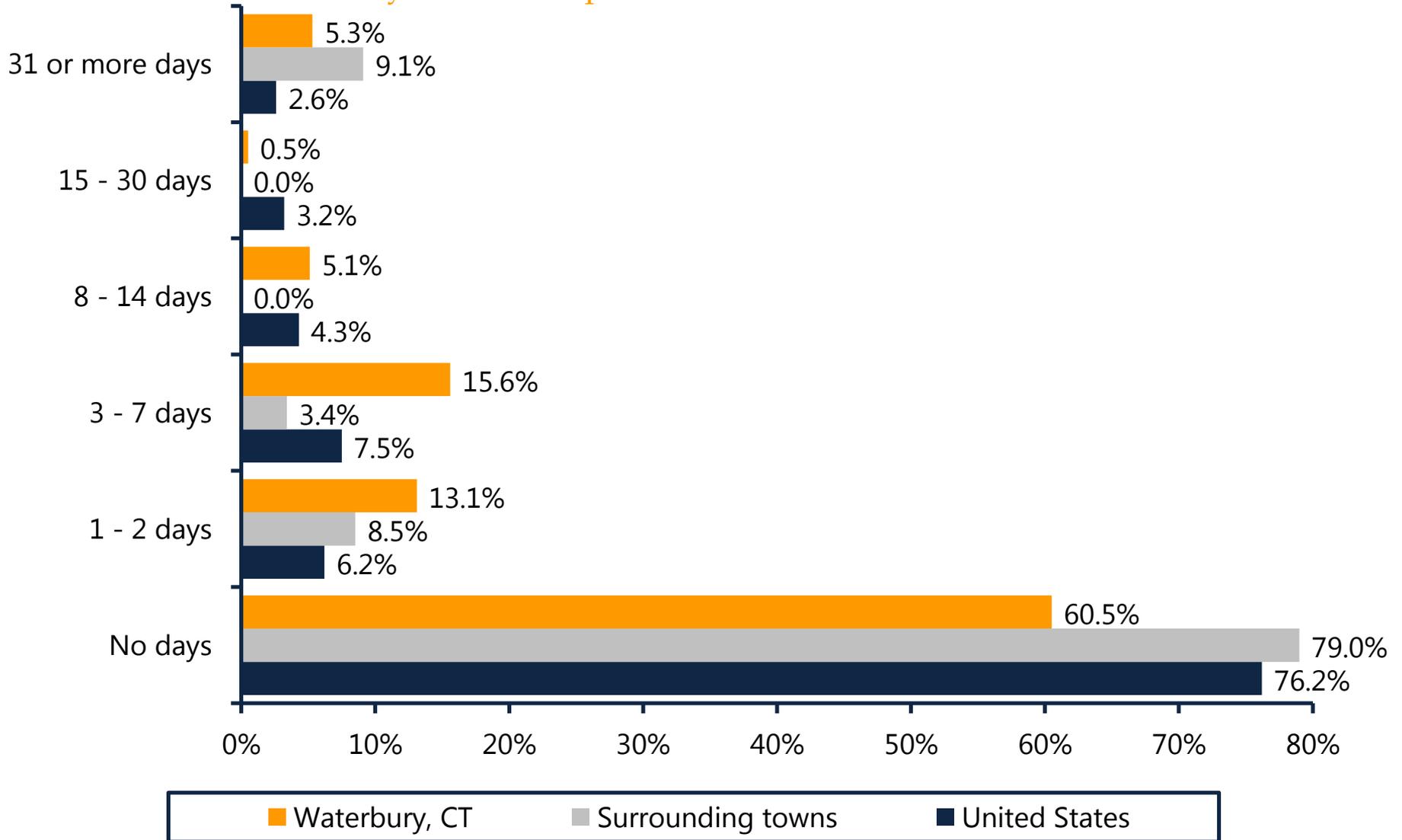
During the past 12 months, how many times did you see a doctor, nurse or other health professional for a routine checkup for your asthma?

Only asked of respondents who have had asthma



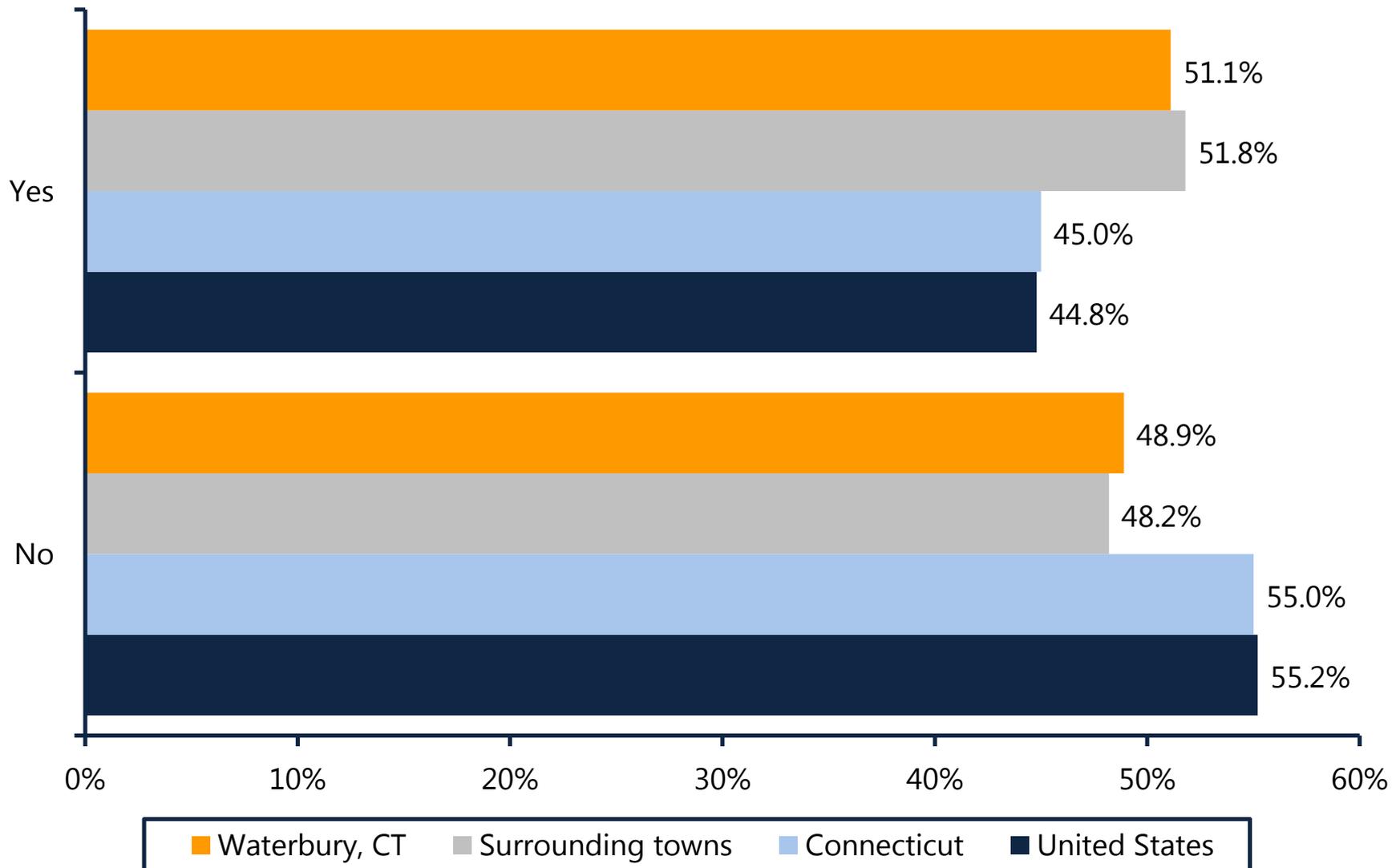
During the past 12 months, how many days were you unable to work or carry out your usual activities because of your asthma?

Only asked of respondents who have had asthma



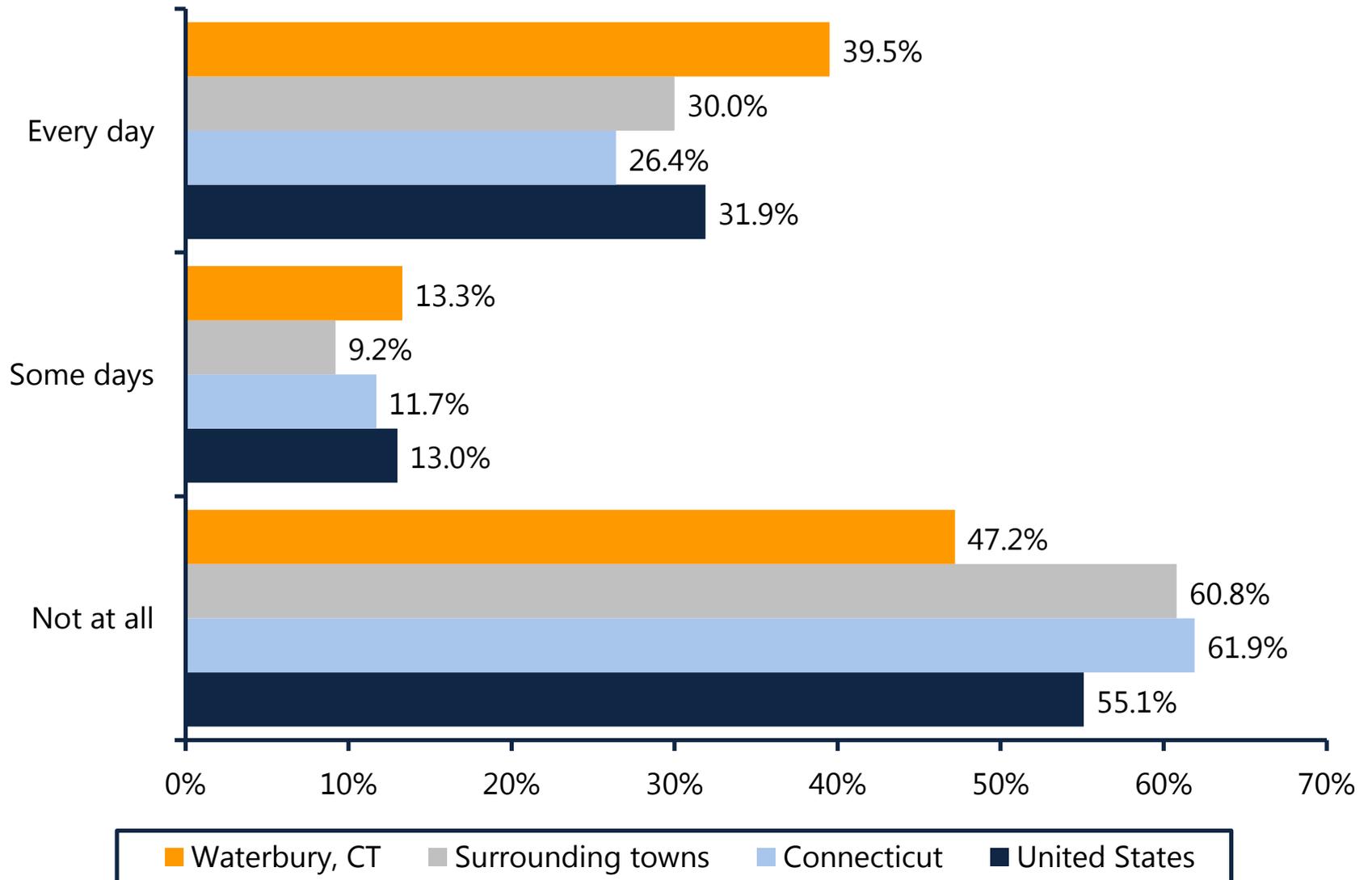
Tobacco Use

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

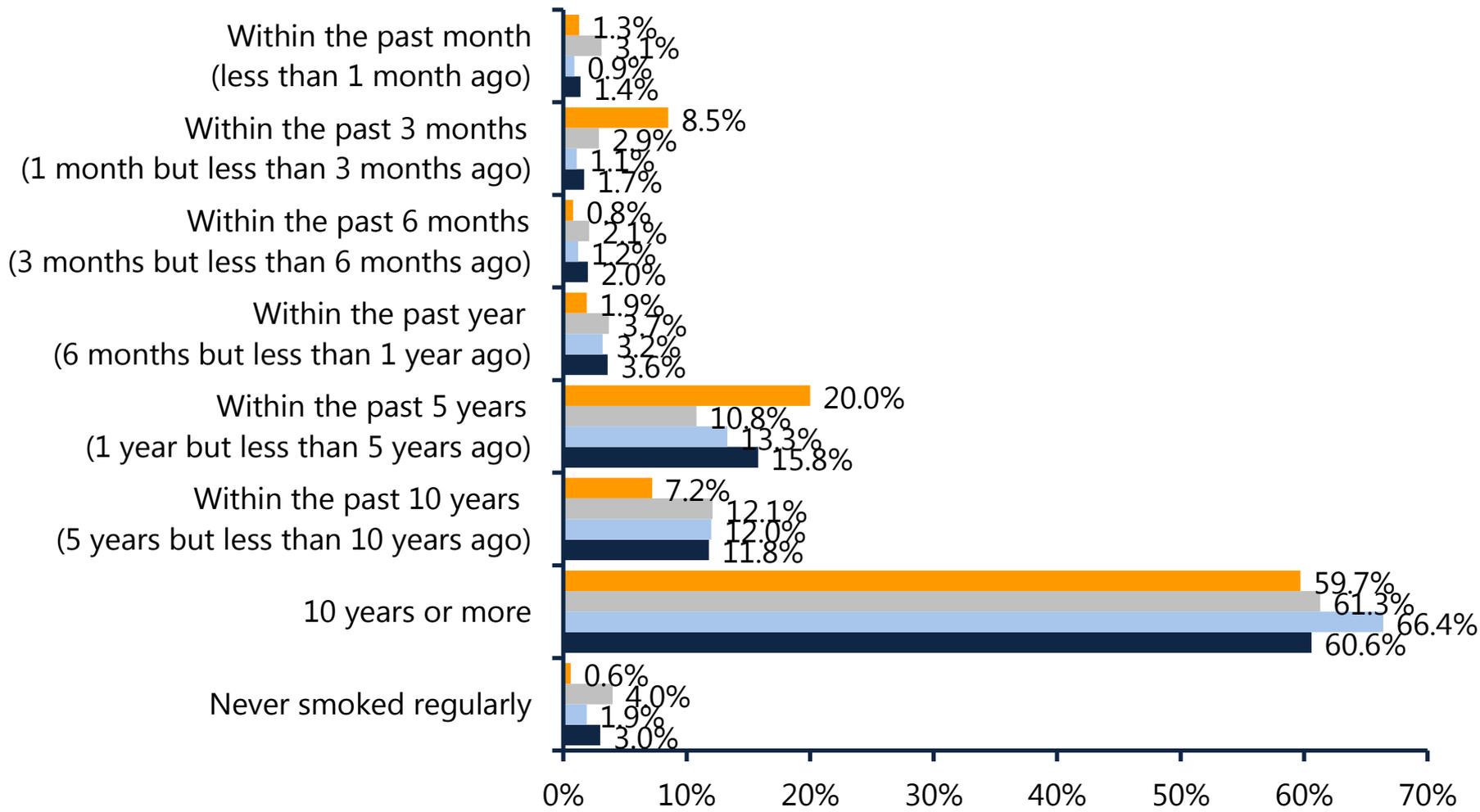


Do you now smoke cigarettes every day, some days, or not at all?

Only asked of respondents who smoked 100 cigarettes in their entire life



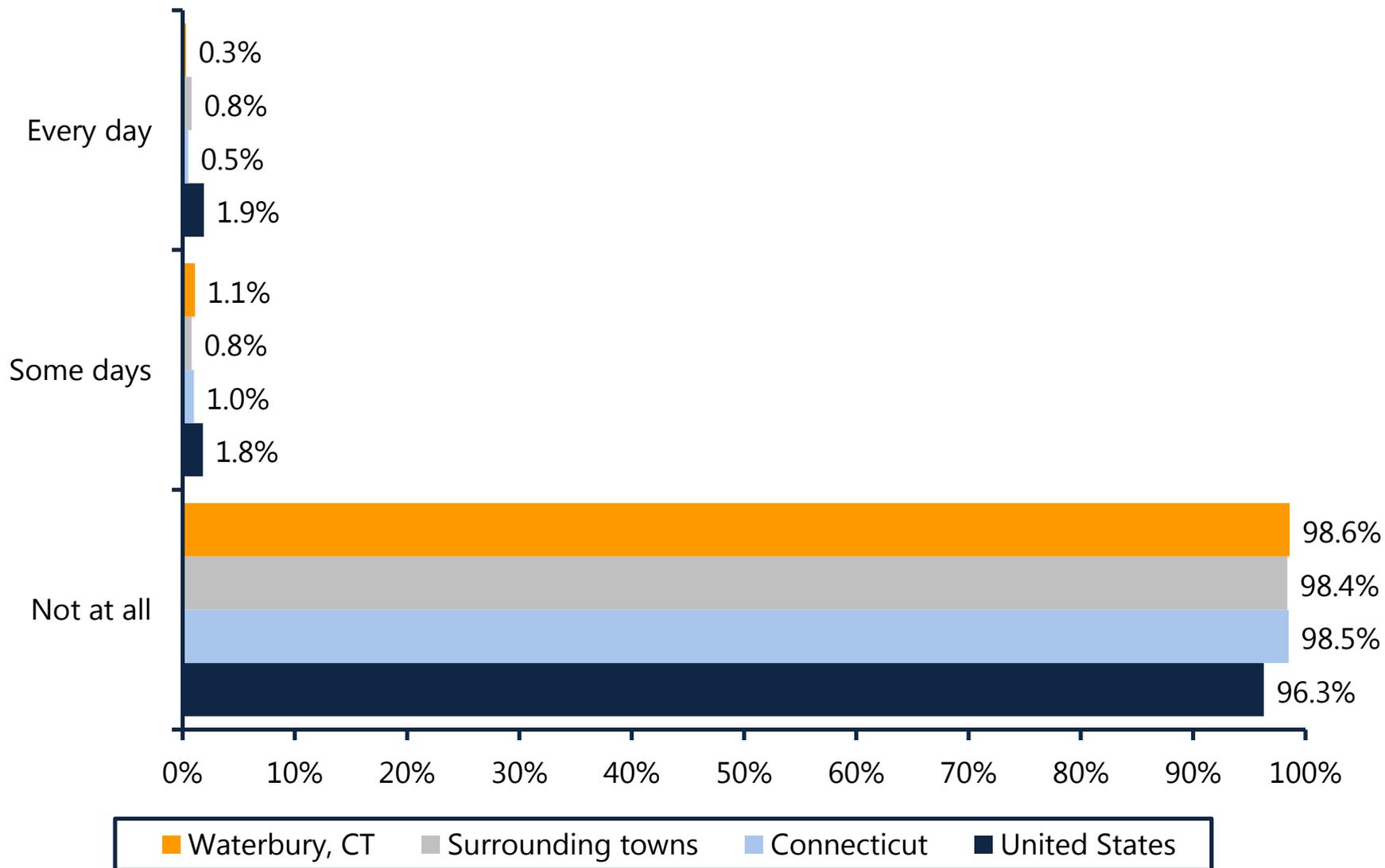
How long has it been since you last smoked cigarettes regularly?



■ Waterbury, CT
 ■ Surrounding towns
 ■ Connecticut 2010
 ■ United States 2010

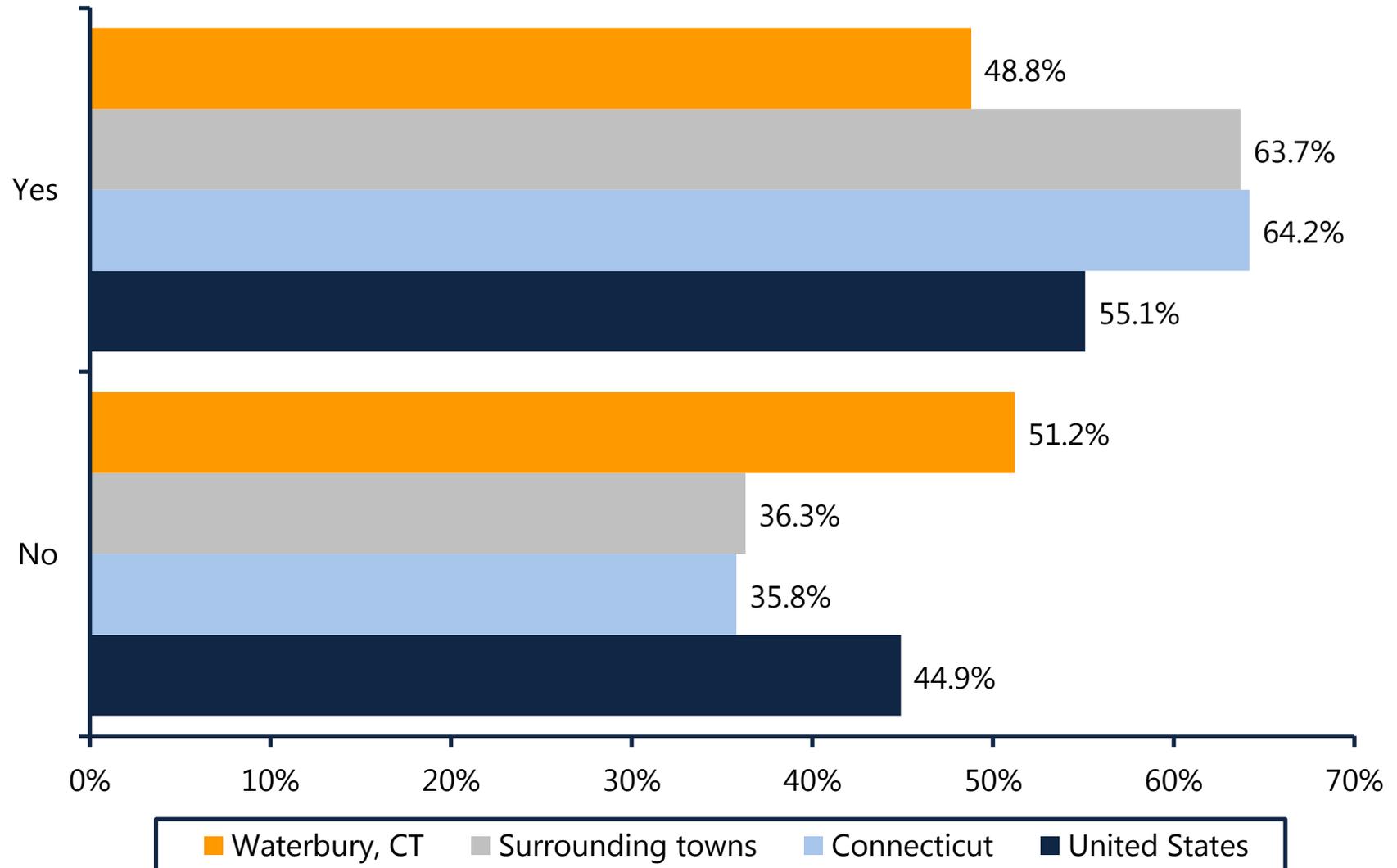
Do you currently use chewing tobacco, snuff, or snus every day, some days, or not at all?

Only asked of respondents who smoked 100 cigarettes in their entire life

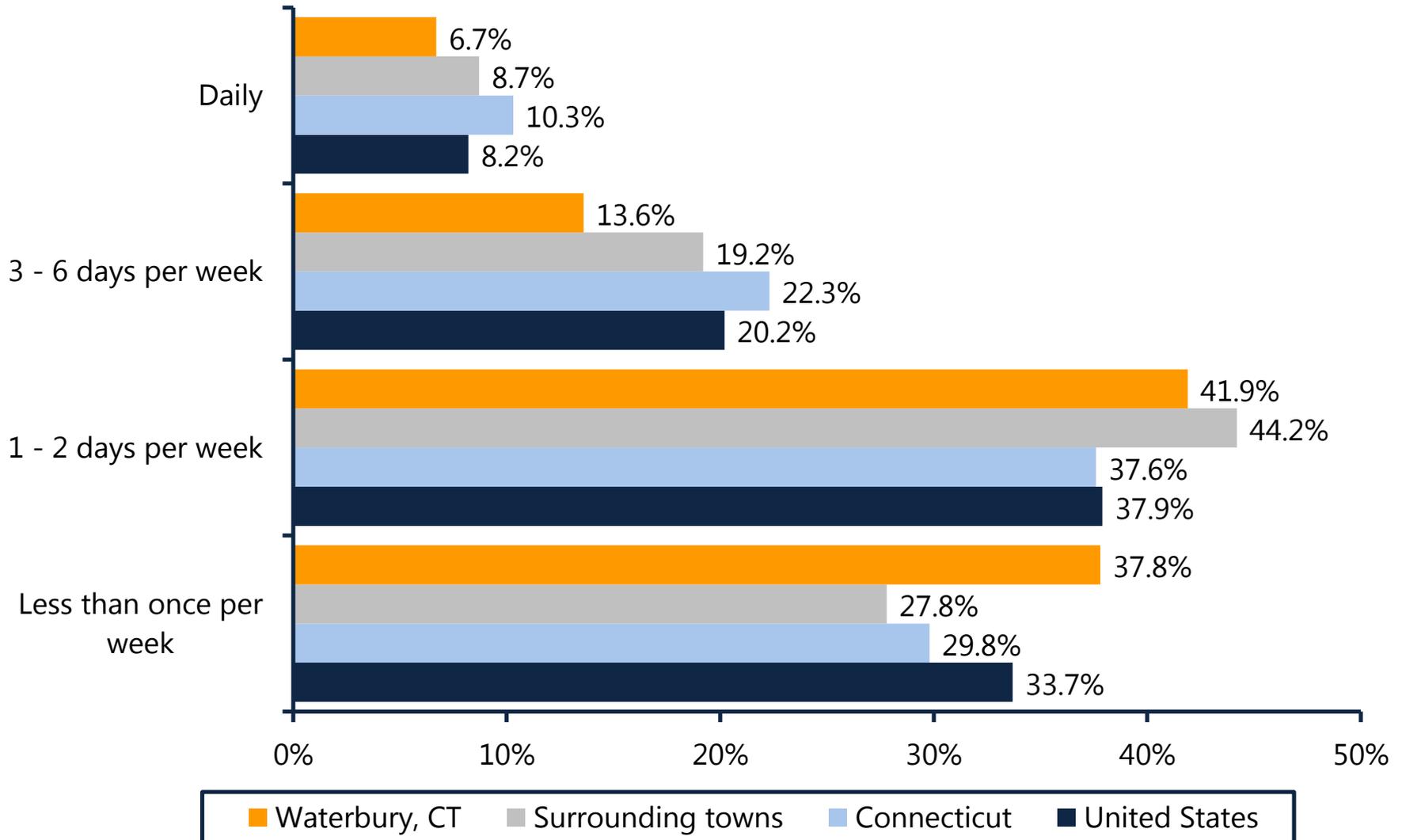


Alcohol Consumption

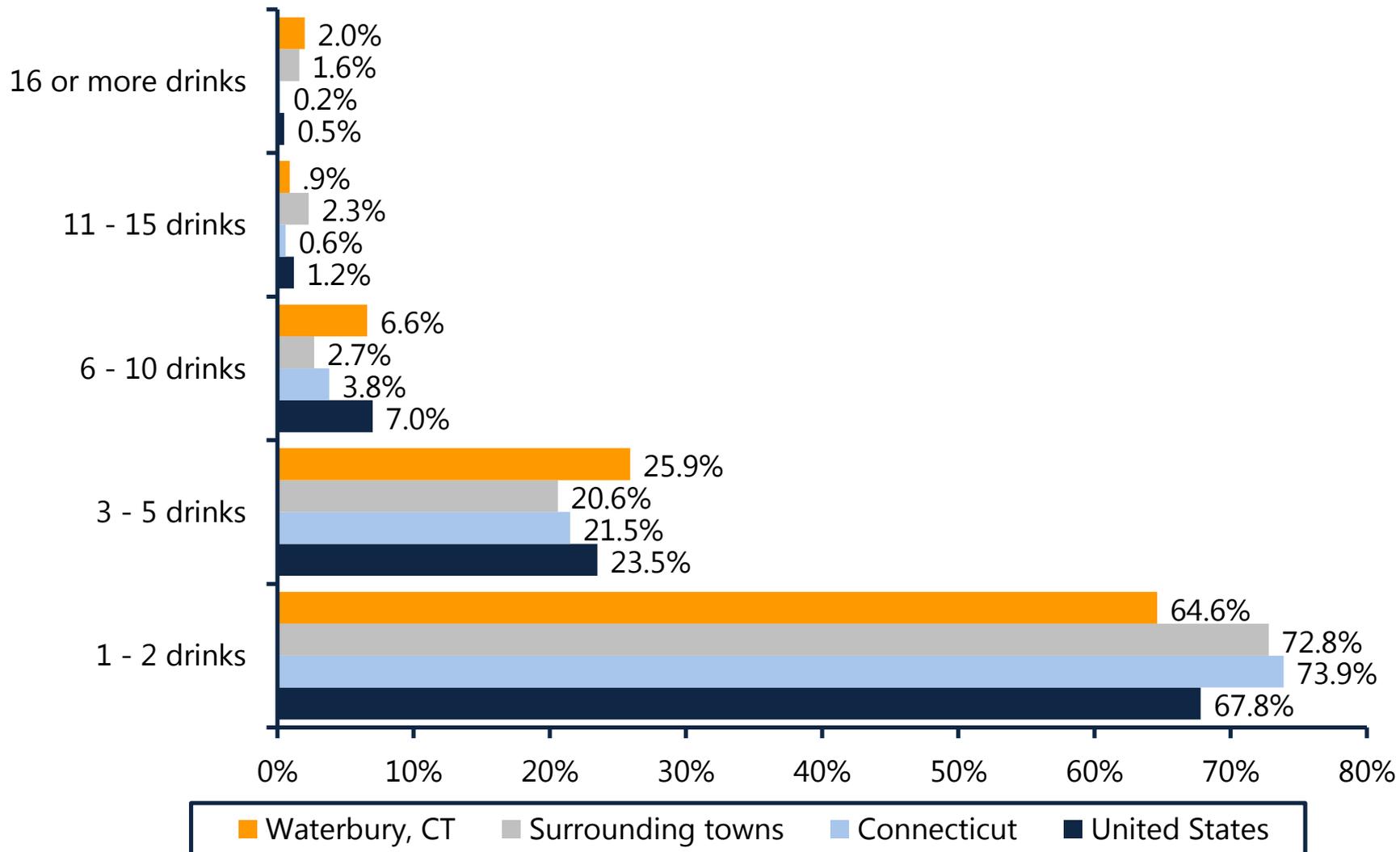
During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage, or liquor?



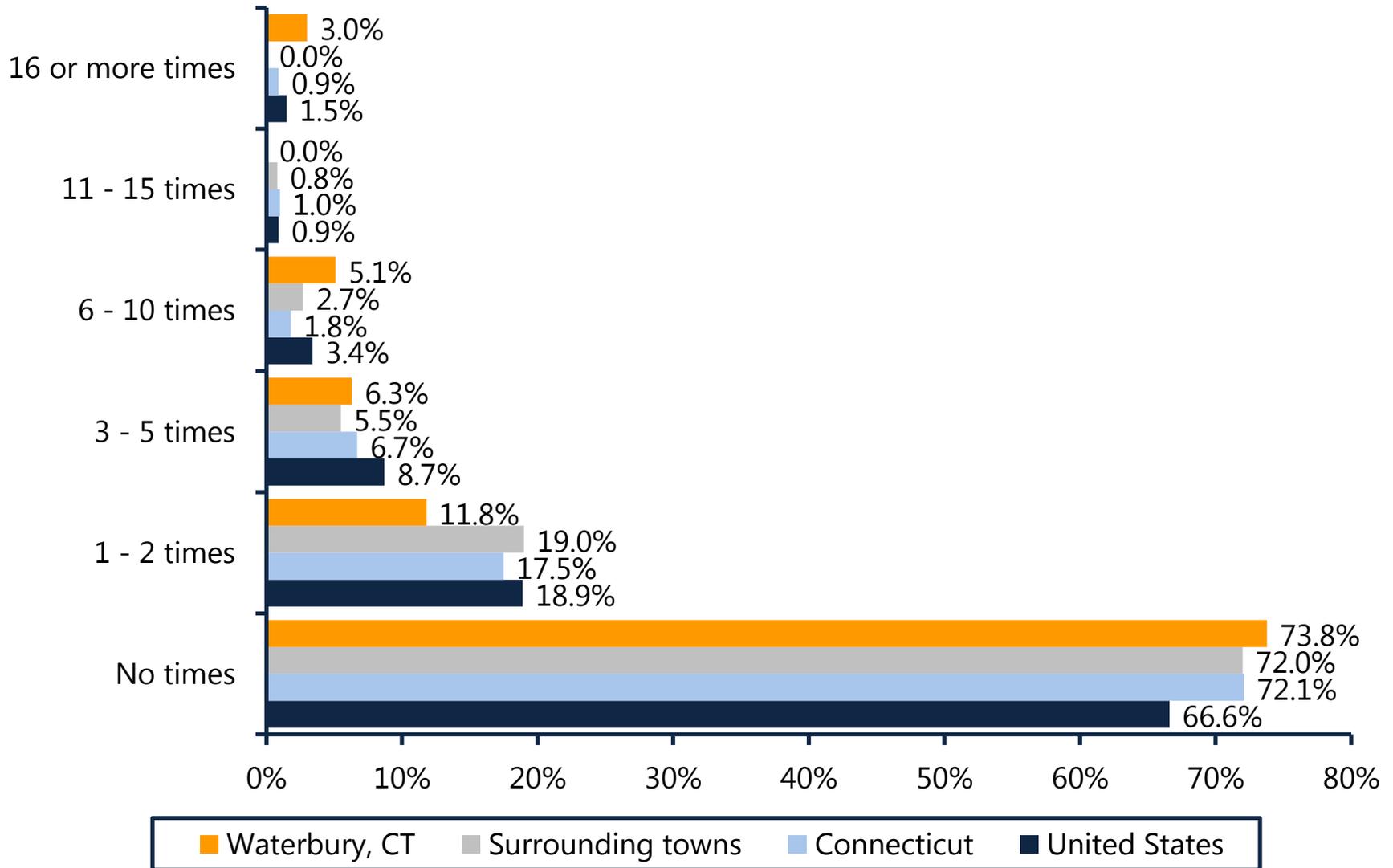
During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage?



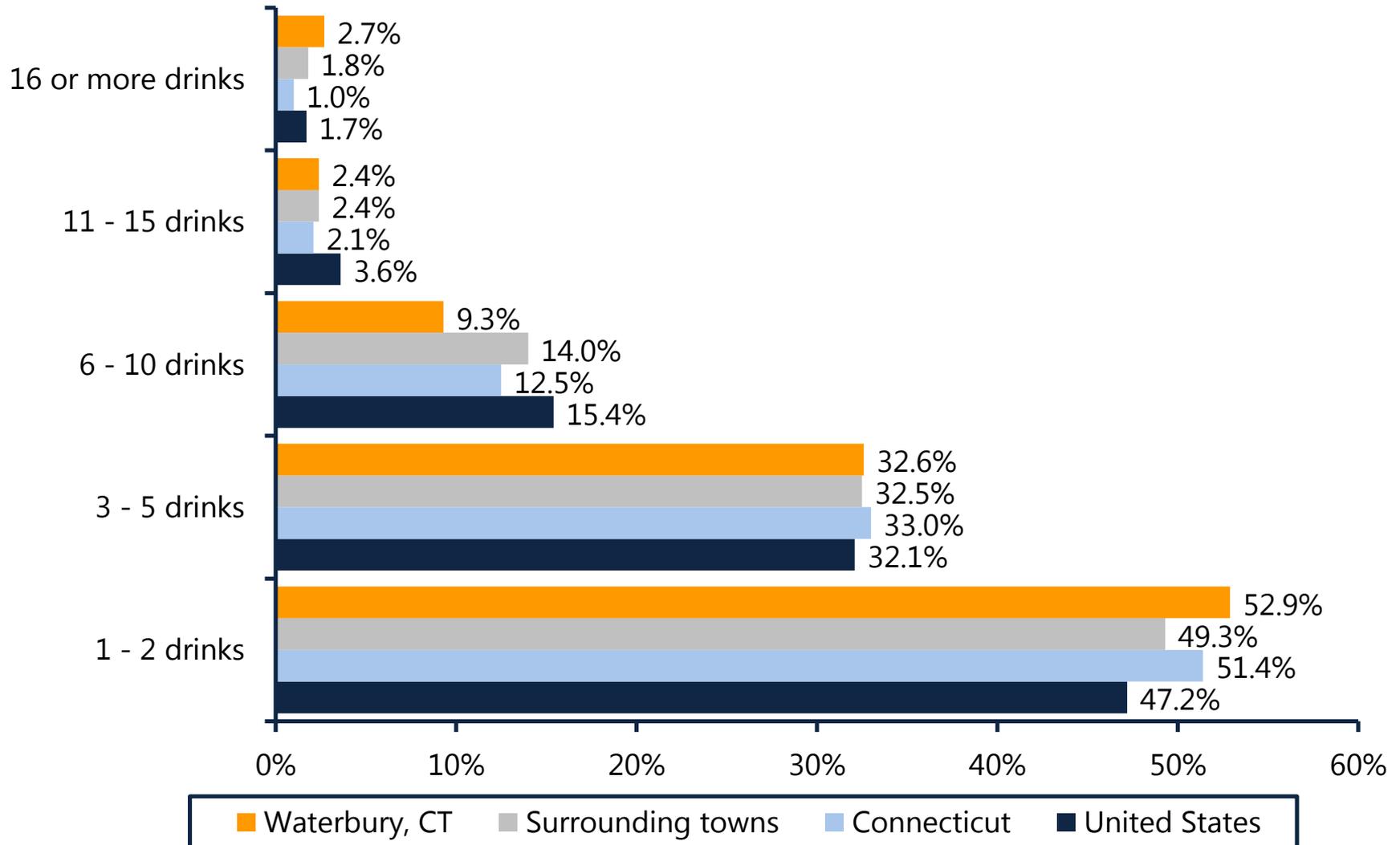
During the past 30 days, on the days when you drank, about how many drinks did you drink on average?



Considering all types of alcoholic beverages, how many times during the past 30 days did you have X [x = 5 for men, x = 4 for women] or more drinks on an occasion?

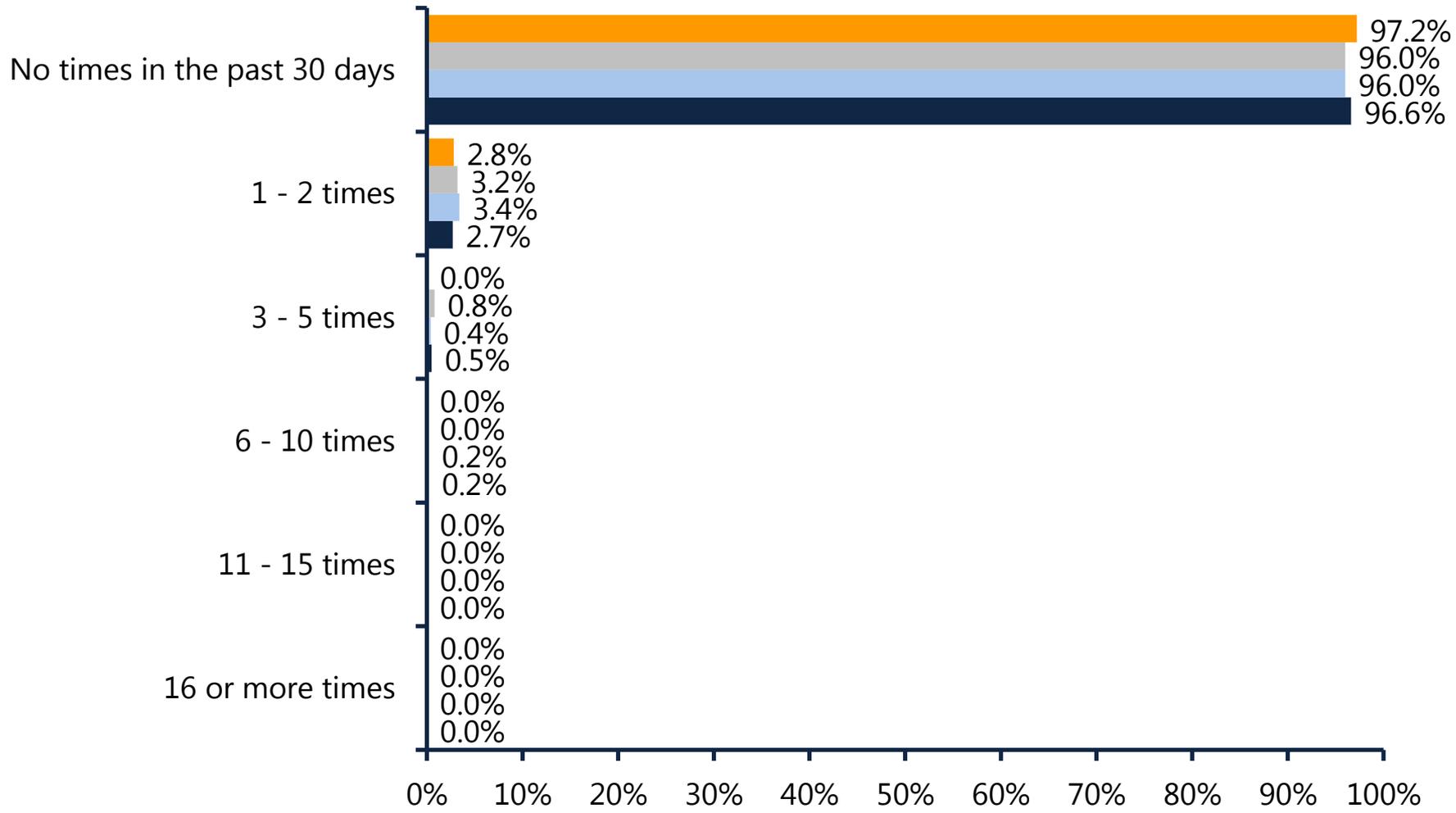


During the past 30 days, what is the largest number of drinks you had on any occasion?



Drinking and Driving

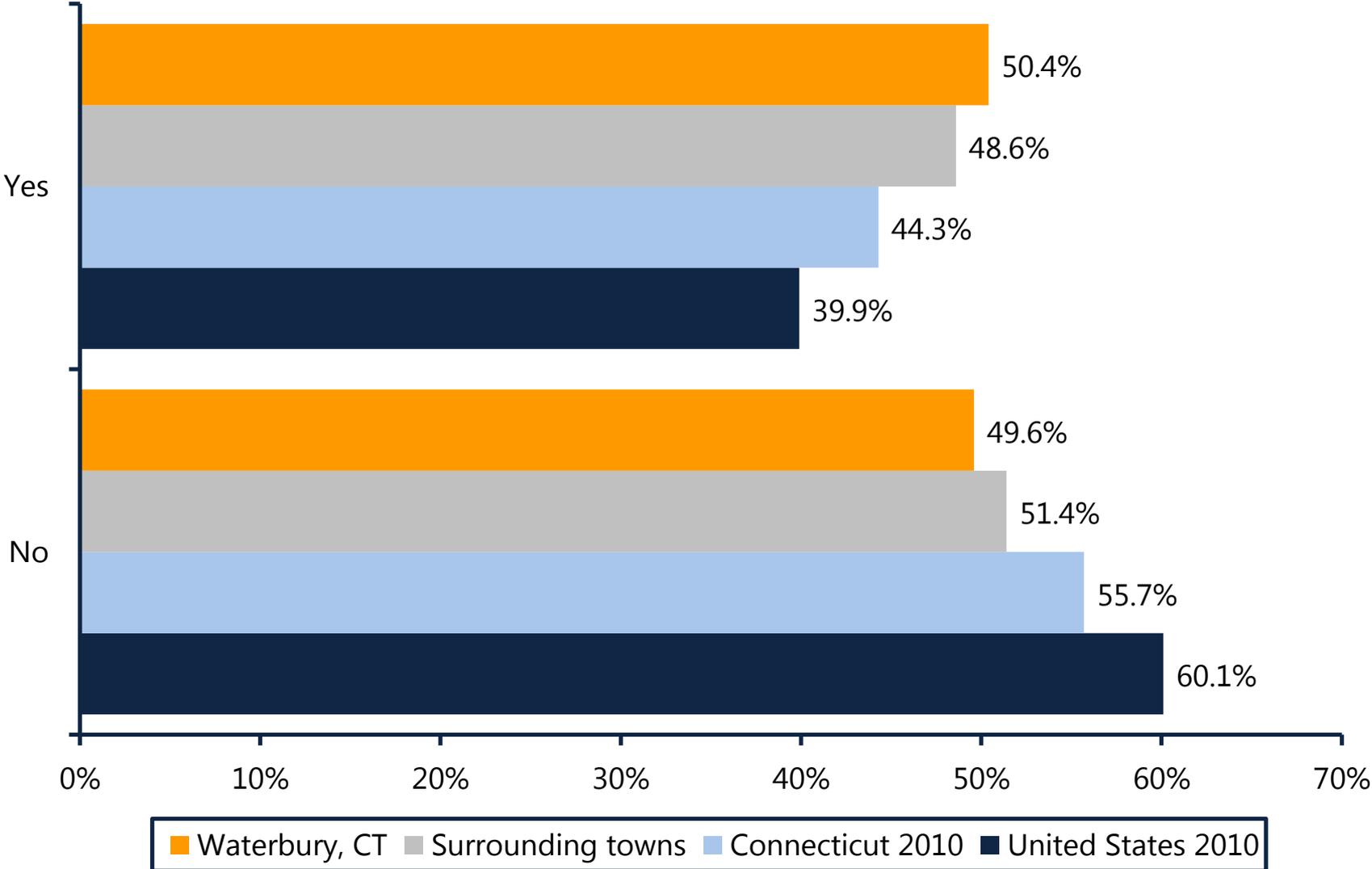
During the past 30 days, how many times have you driven when you've had perhaps too much to drink?



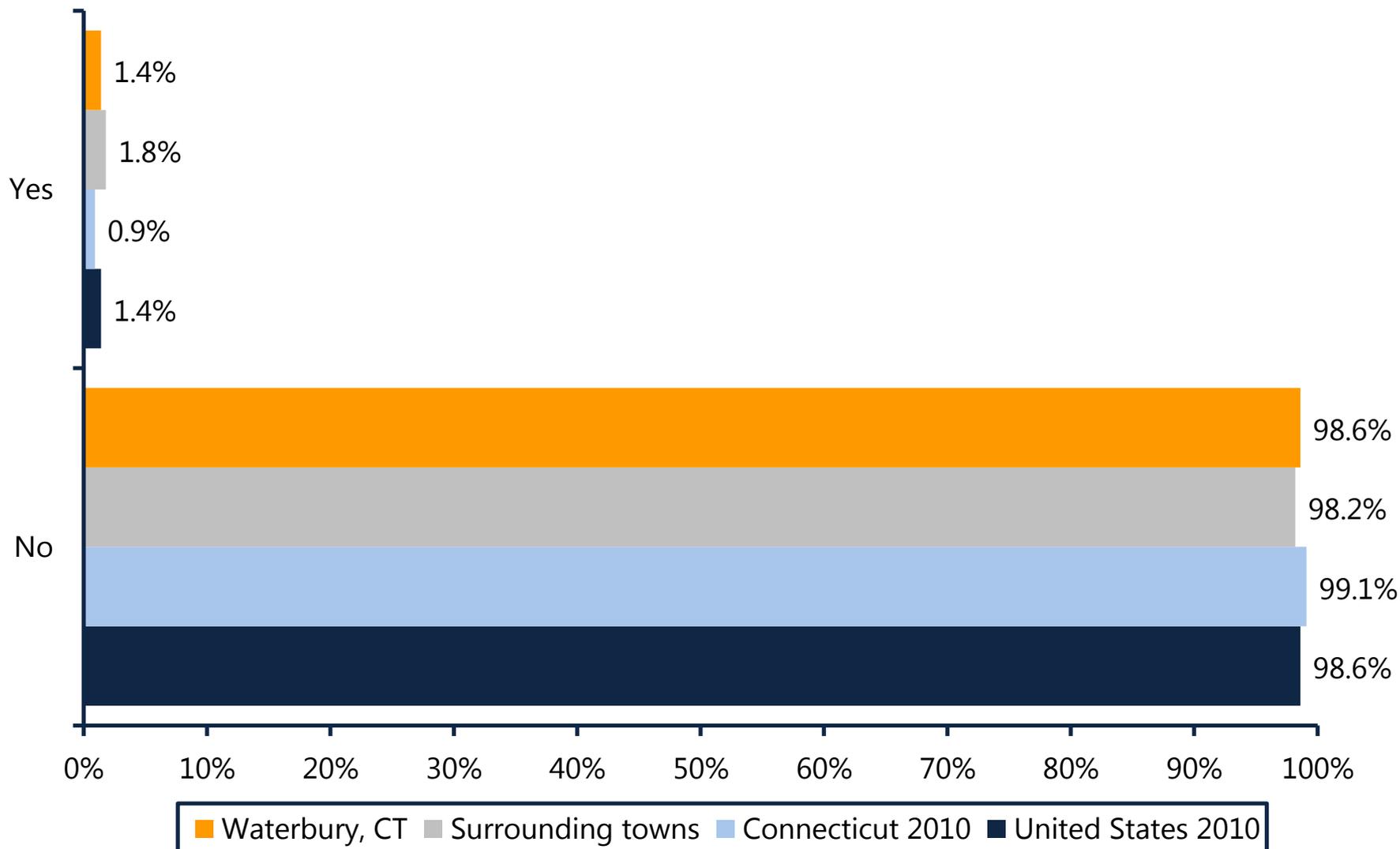
Waterbury, CT Surrounding towns Connecticut 2010 United States 2010

Immunization

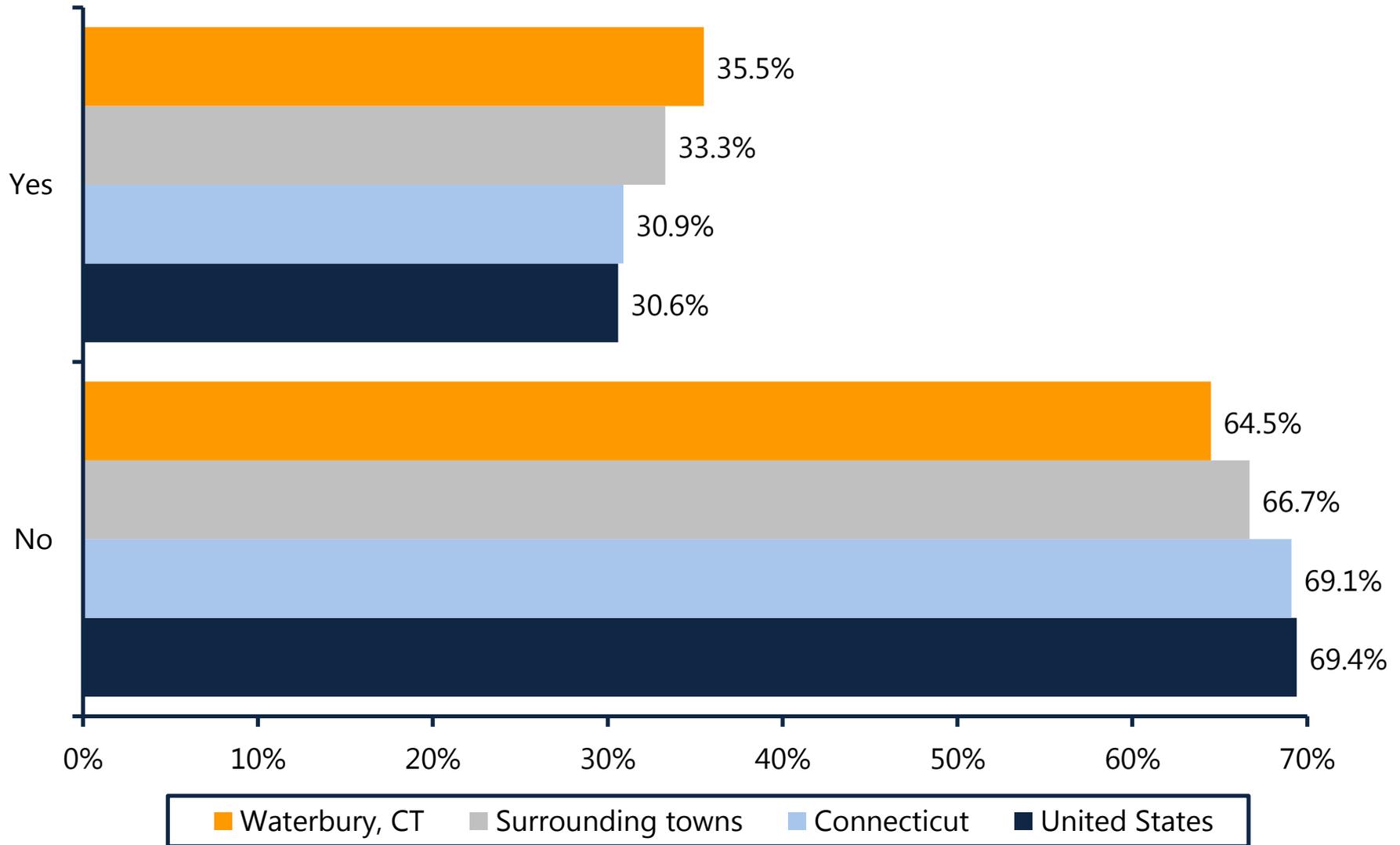
During the past 12 months, have you had a seasonal flu shot?



During the past 12 months, have you had a seasonal flu vaccine that was sprayed in your nose?

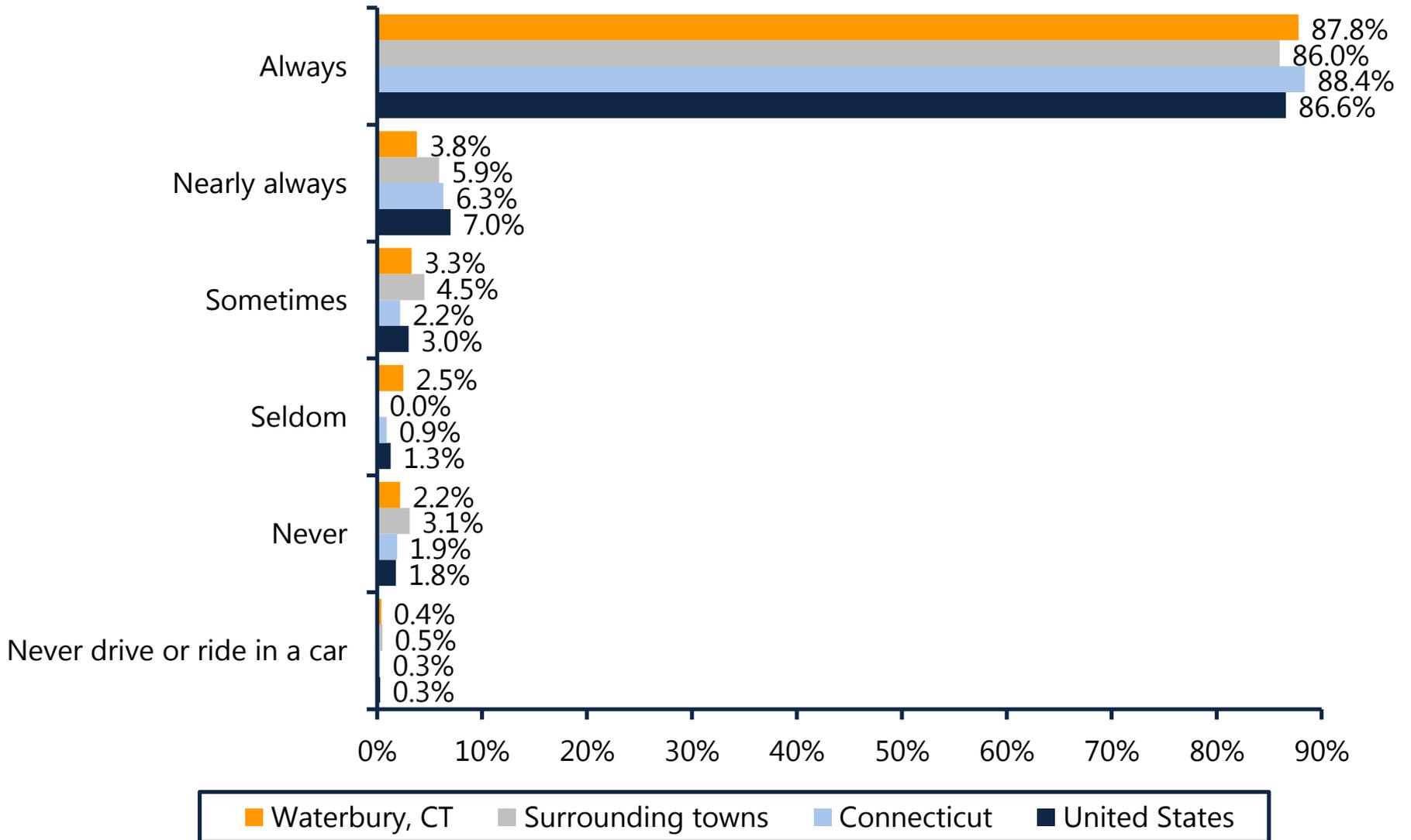


Have you ever had a pneumonia shot?



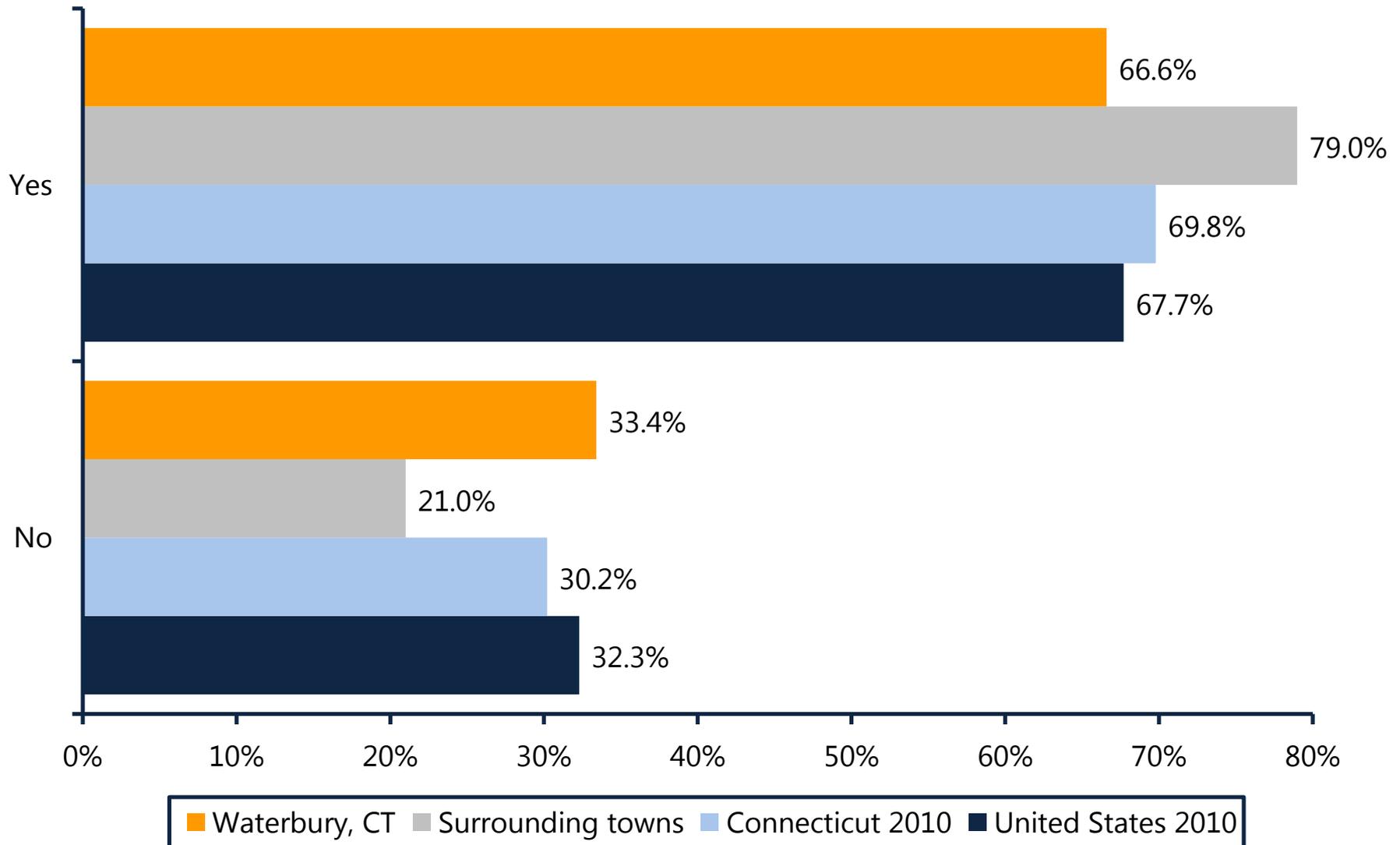
Seat Belt Use

How often do you use seat belts when you drive or ride in a car?



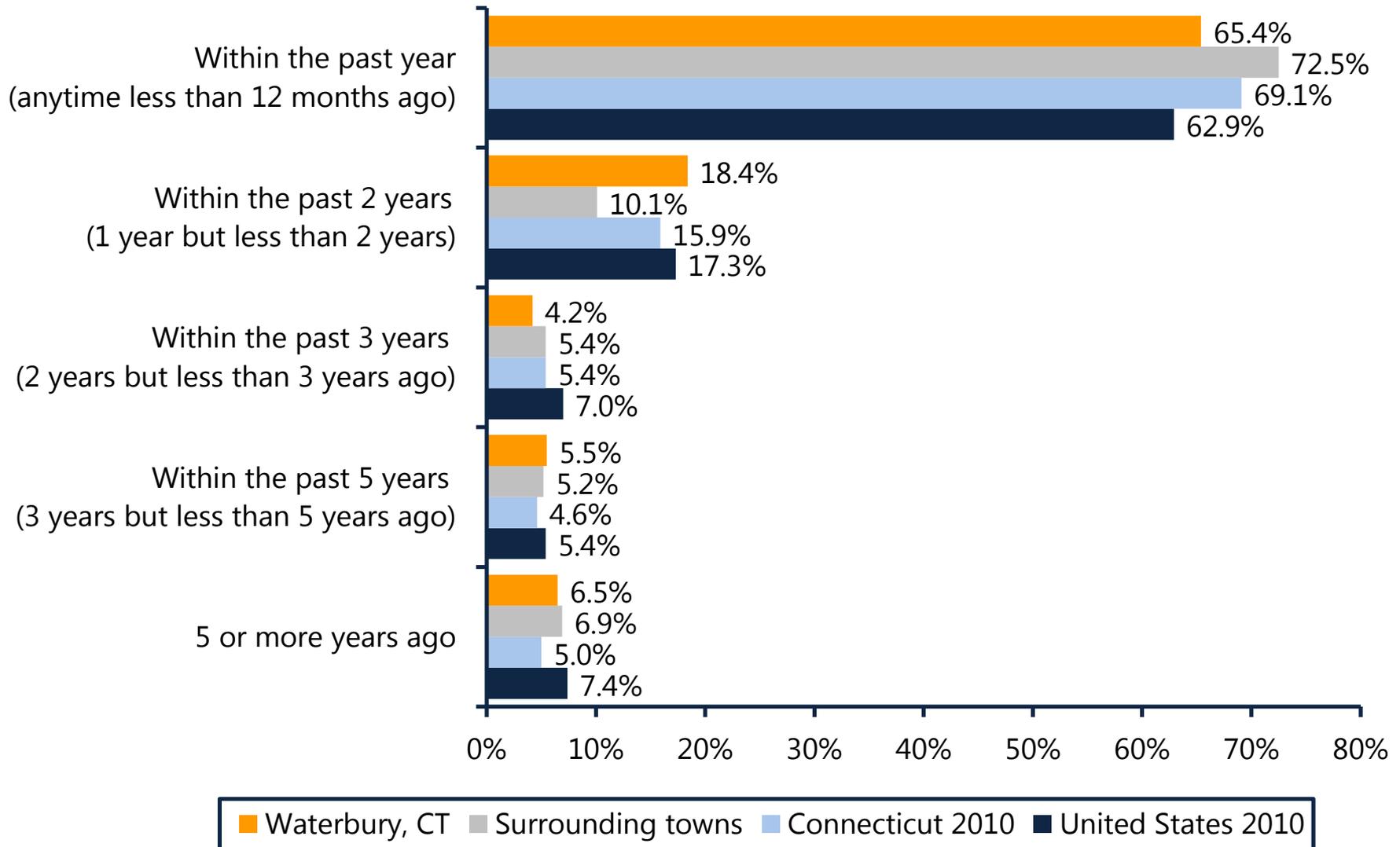
Women's Health

Have you ever had a mammogram?

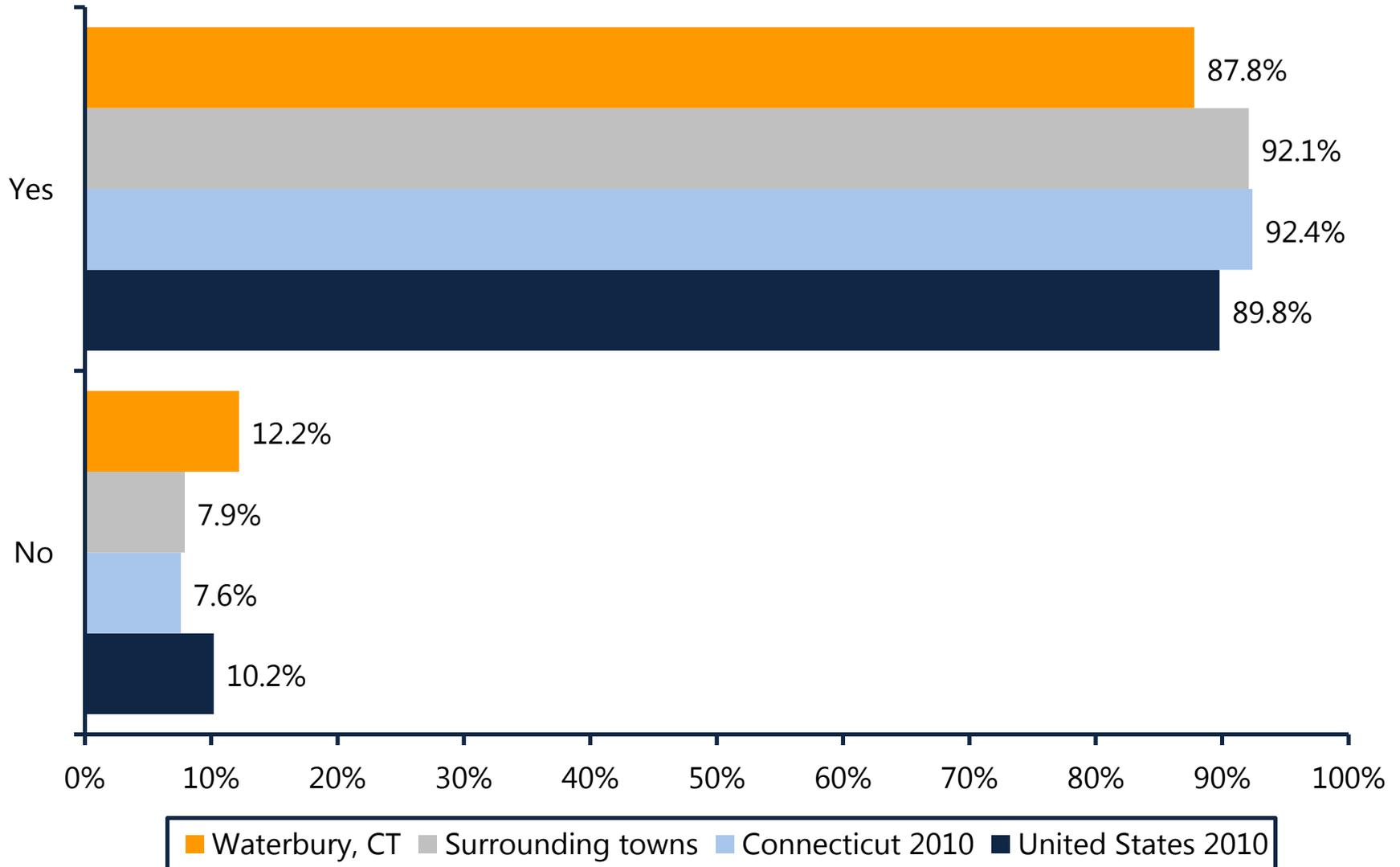


How long has it been since your last mammogram?

Only asked of respondents who have had a mammogram

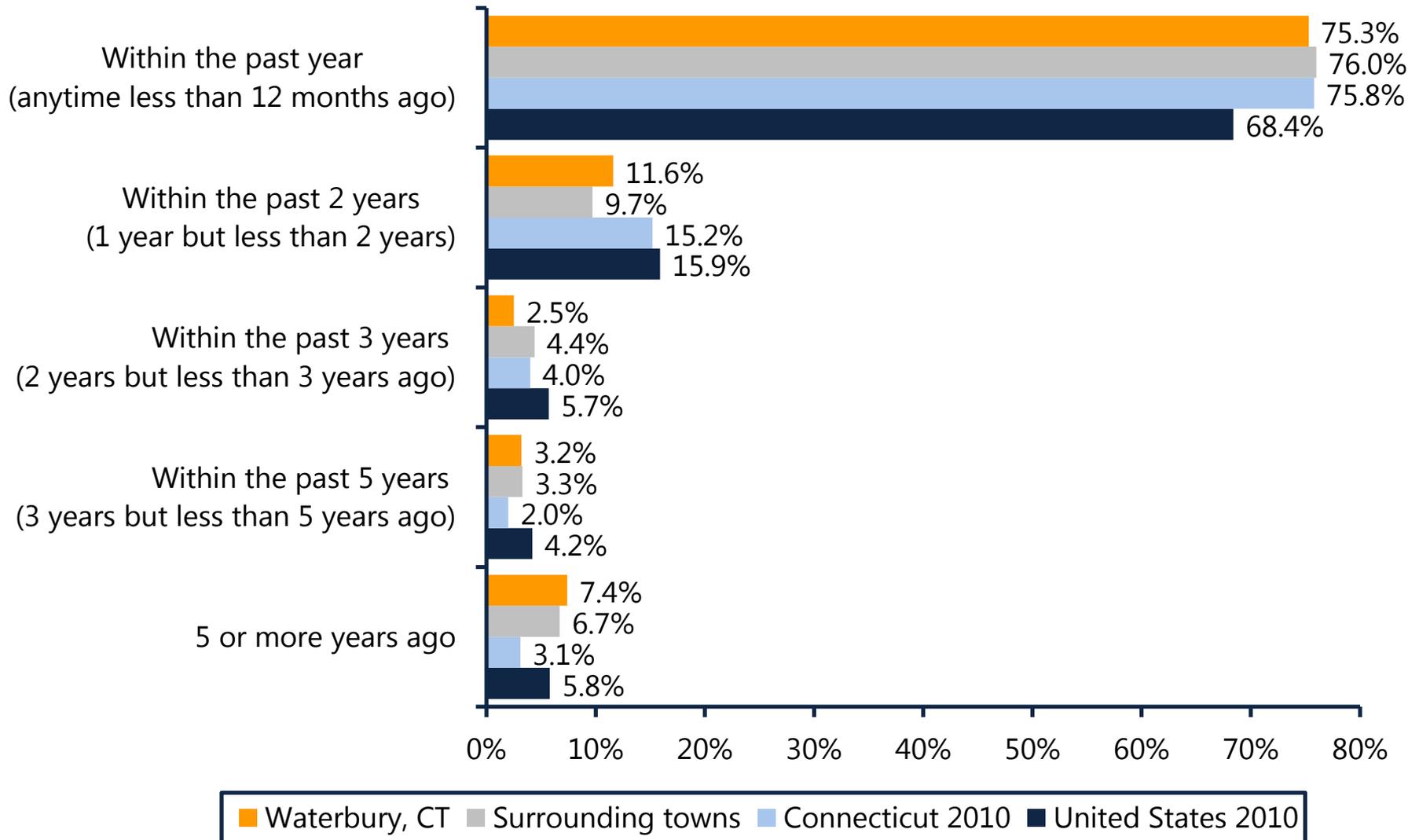


Have you ever had a clinical breast exam?

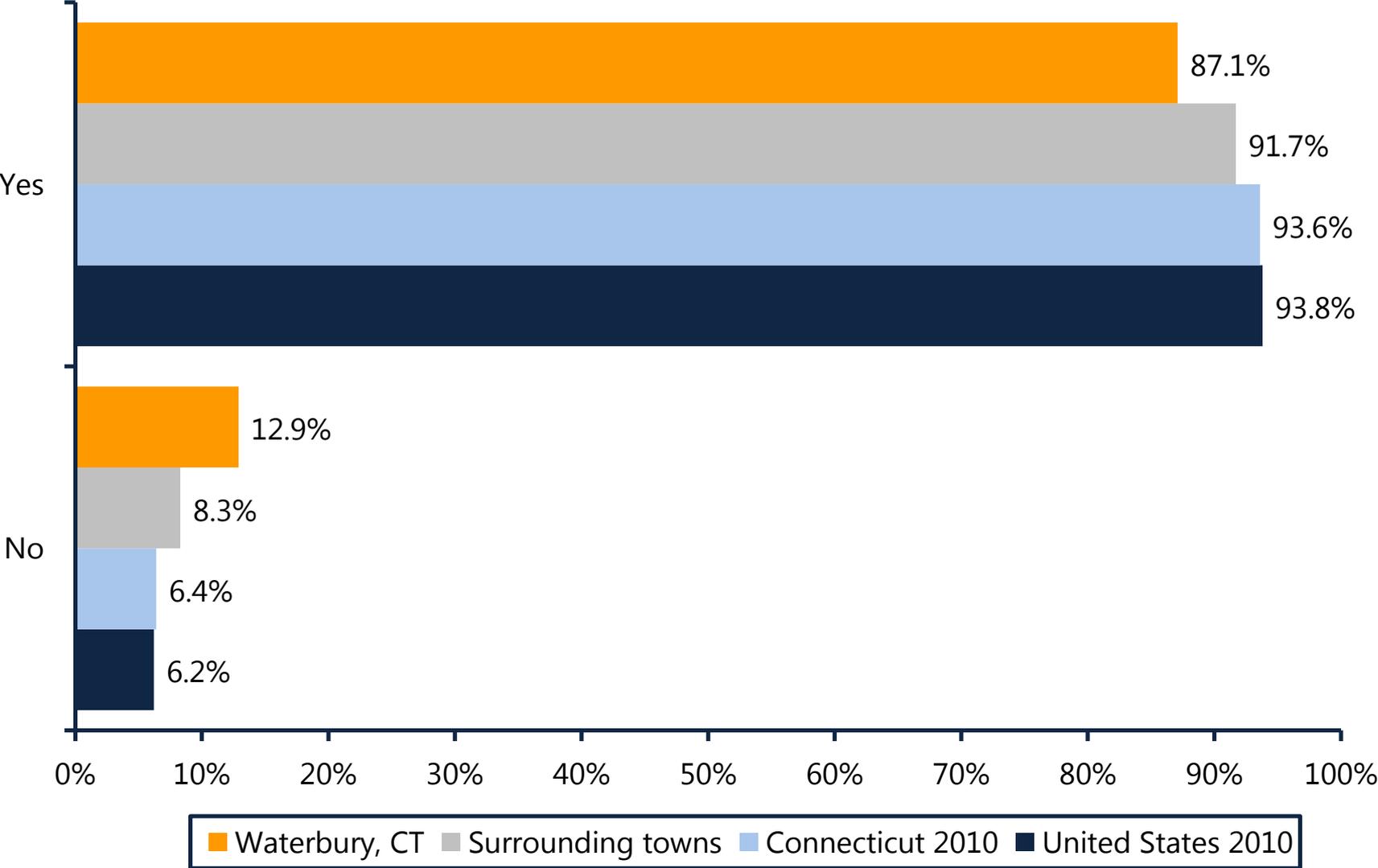


How long has it been since your last breast exam?

Only asked of respondents who have had a breast exam

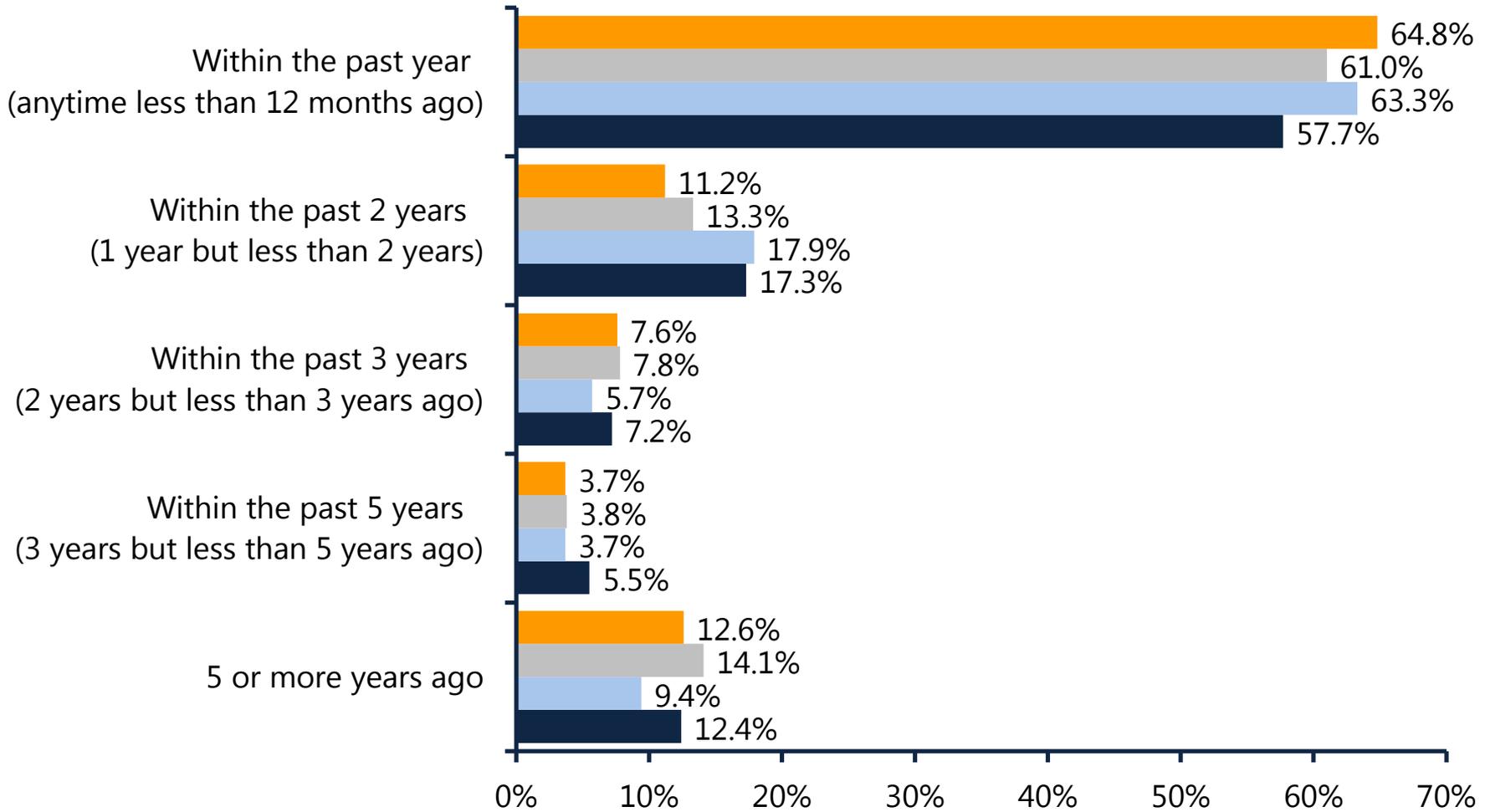


Have you ever had a Pap test?



How long has it been since your last Pap test?

Only asked of respondents who have had a Pap test

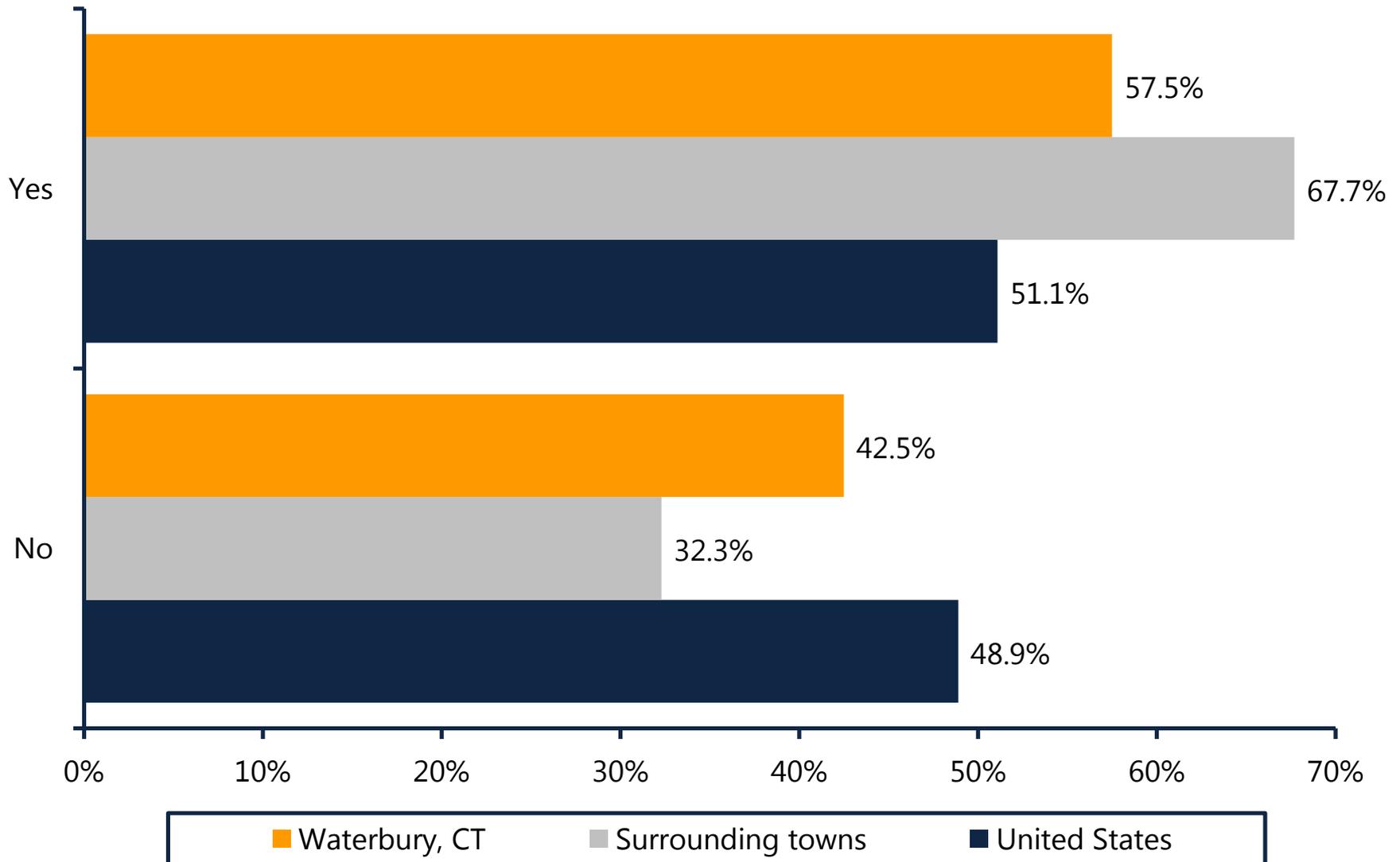


■ Waterbury, CT
 ■ Surrounding towns
 ■ Connecticut 2010
 ■ United States 2010

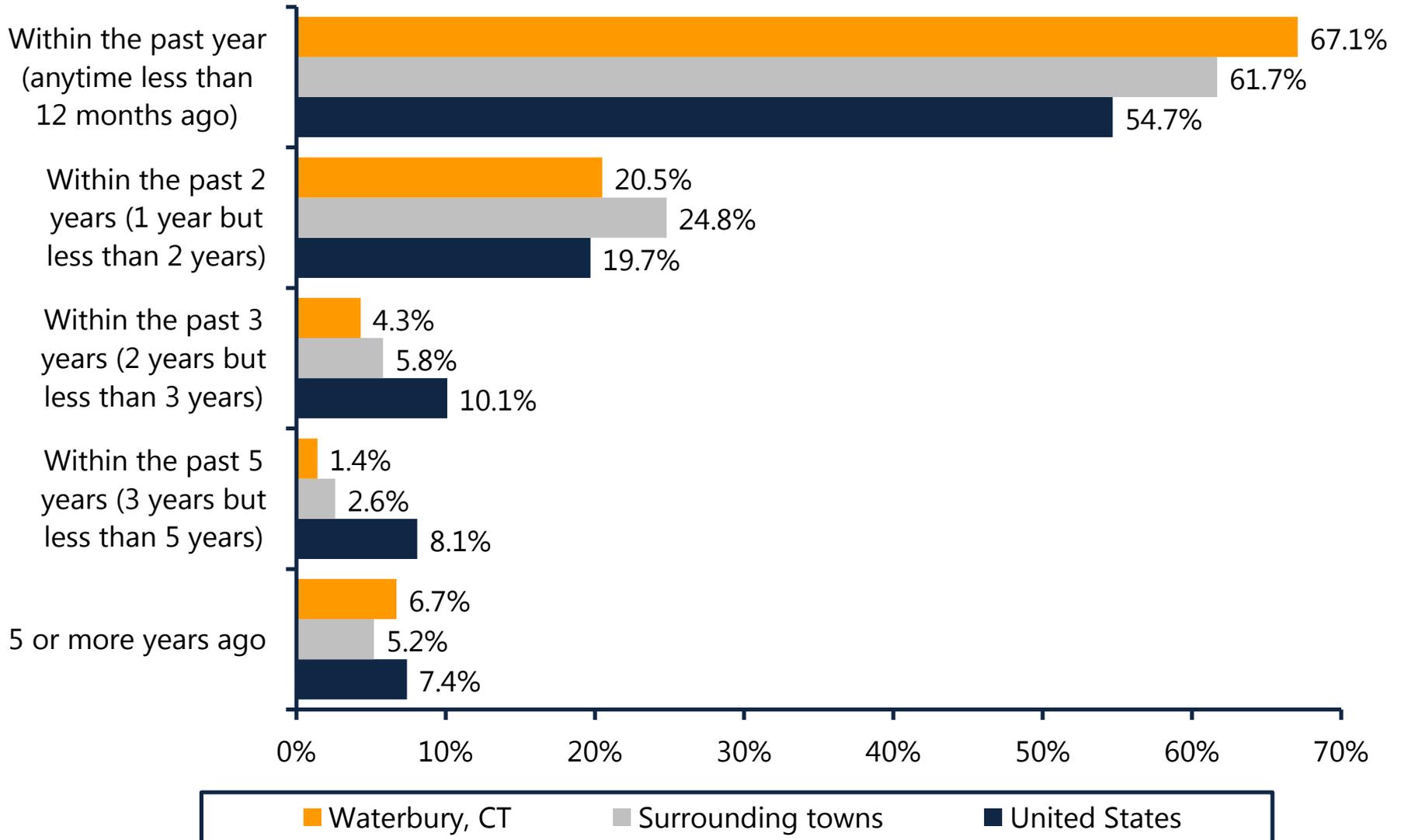
Prostate Cancer Screening

Only asked of male respondents who are 39 years of age or older

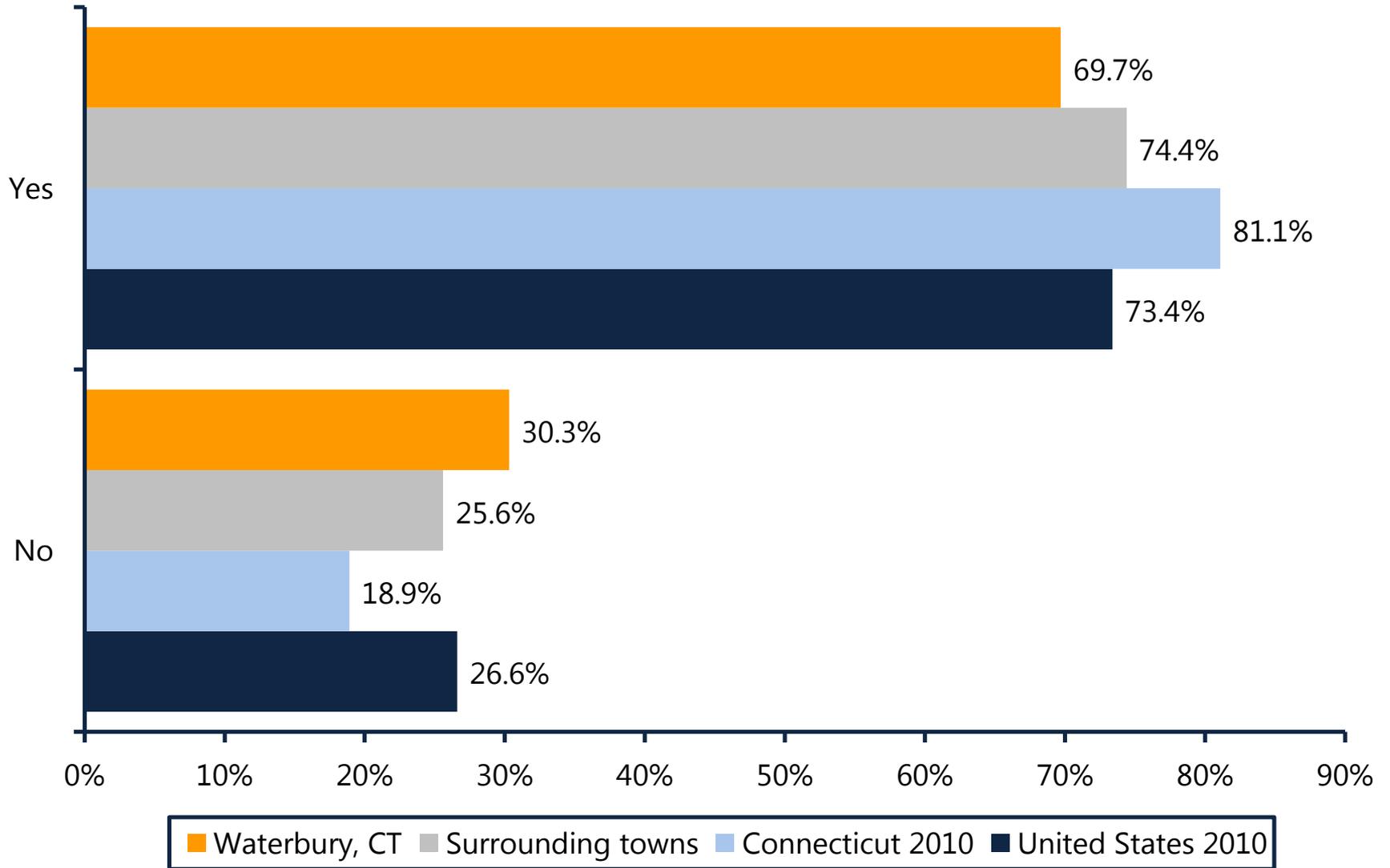
Have you ever had a PSA (Prostate-Specific Antigen) test?



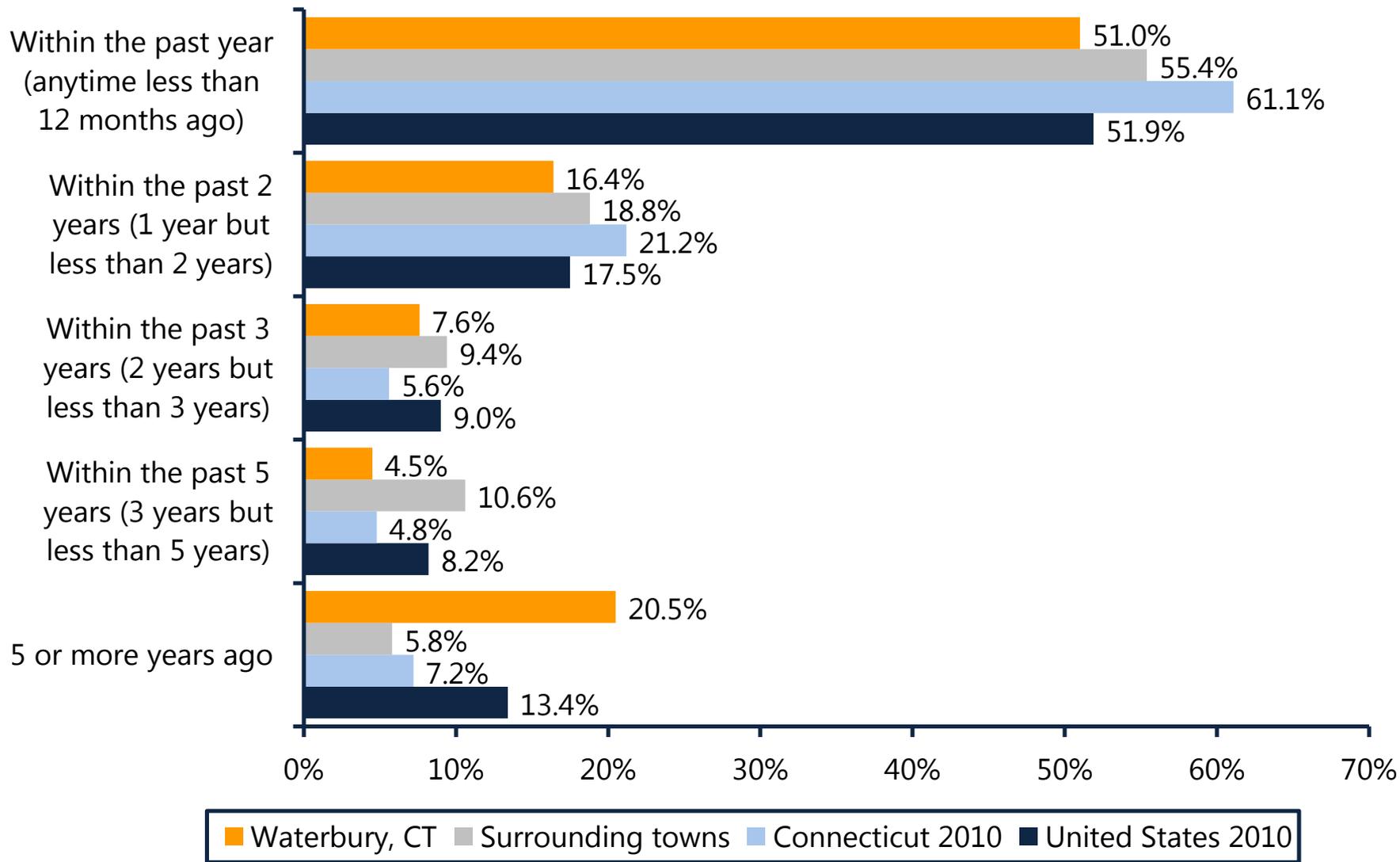
How long has it been since you had your last PSA test?



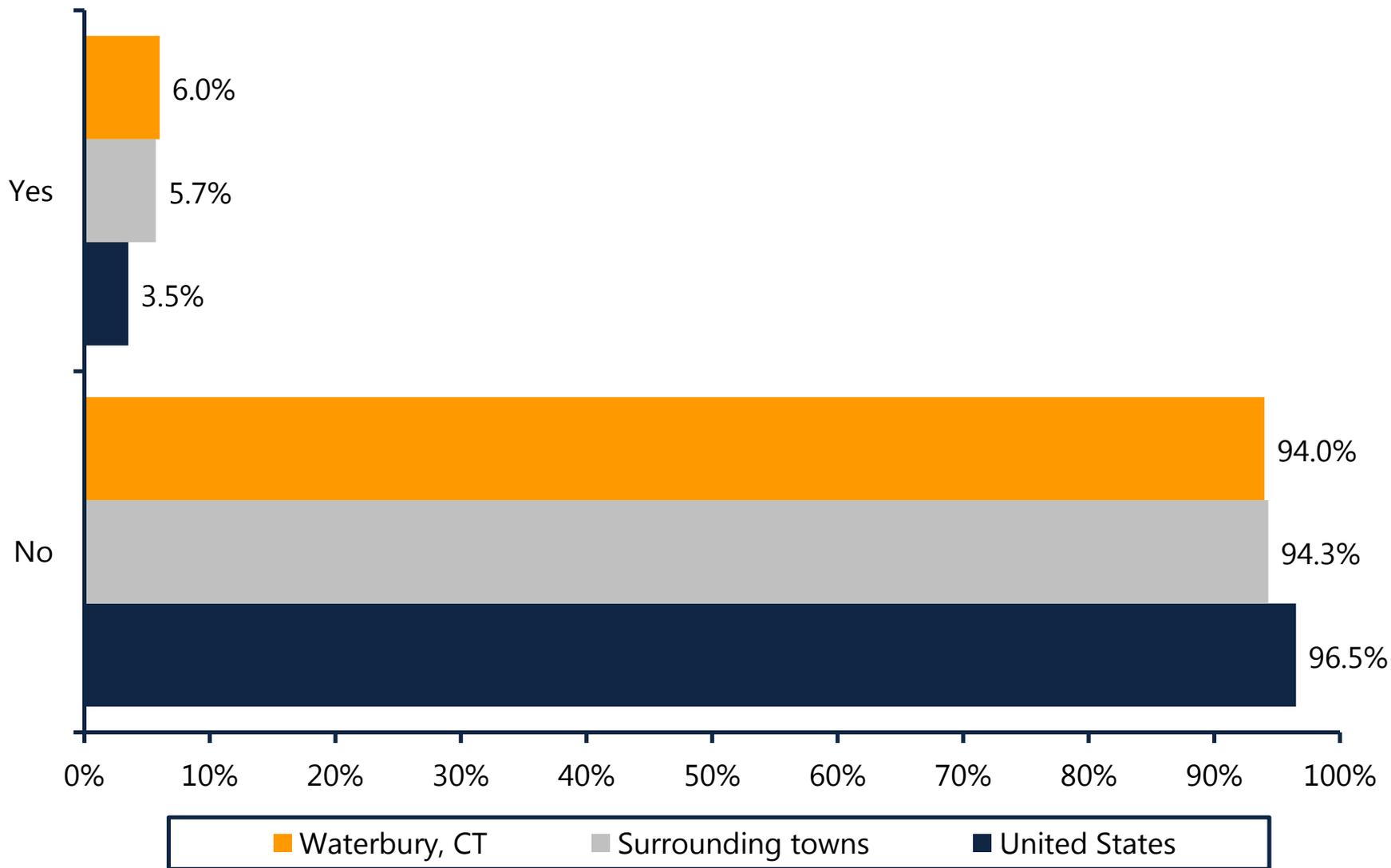
Have you ever had a digital rectal exam?



How long has it been since you had your last digital rectal exam?



Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?

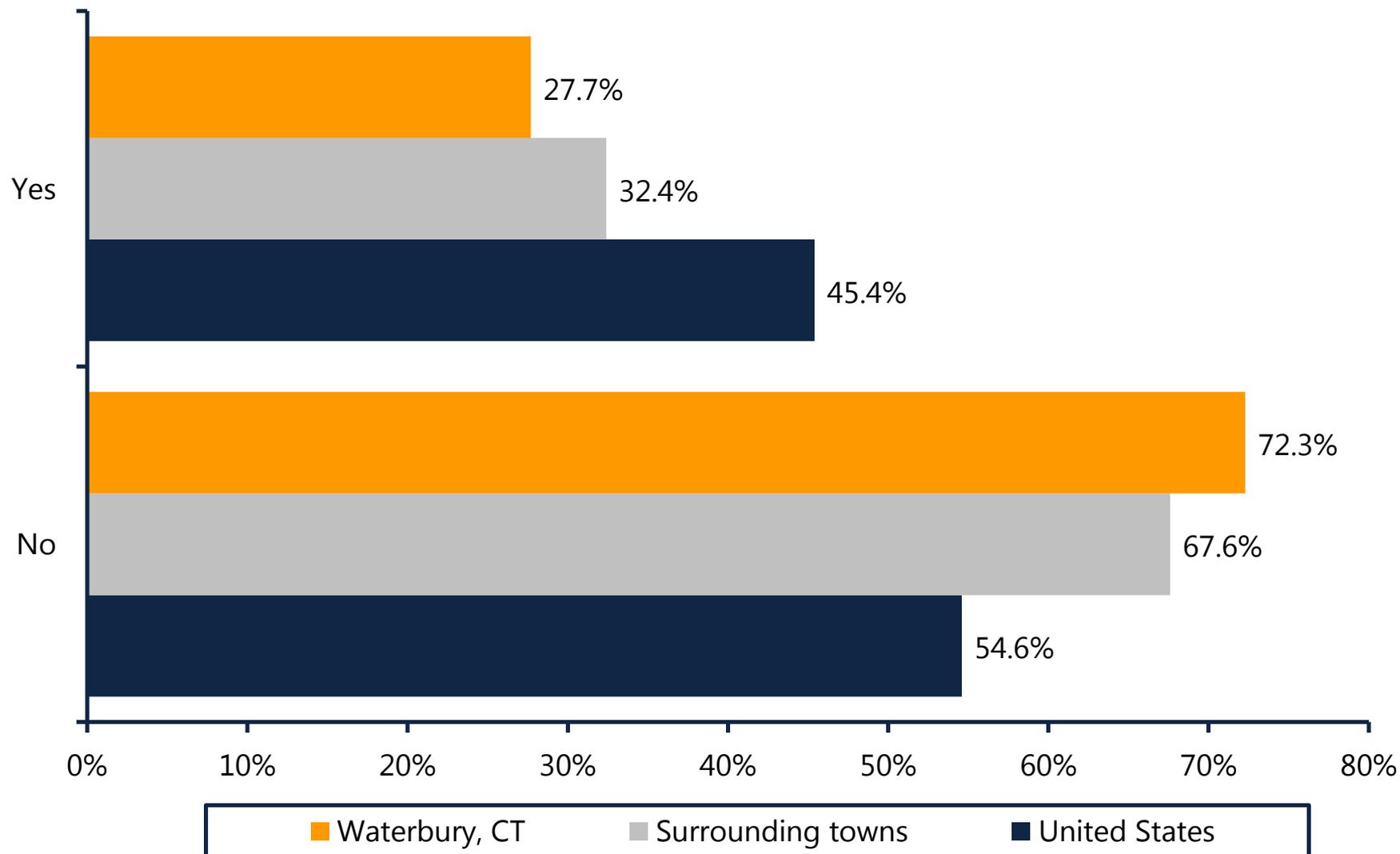


Colorectal Cancer Screening

Only asked of respondents who are 49 years of age or older

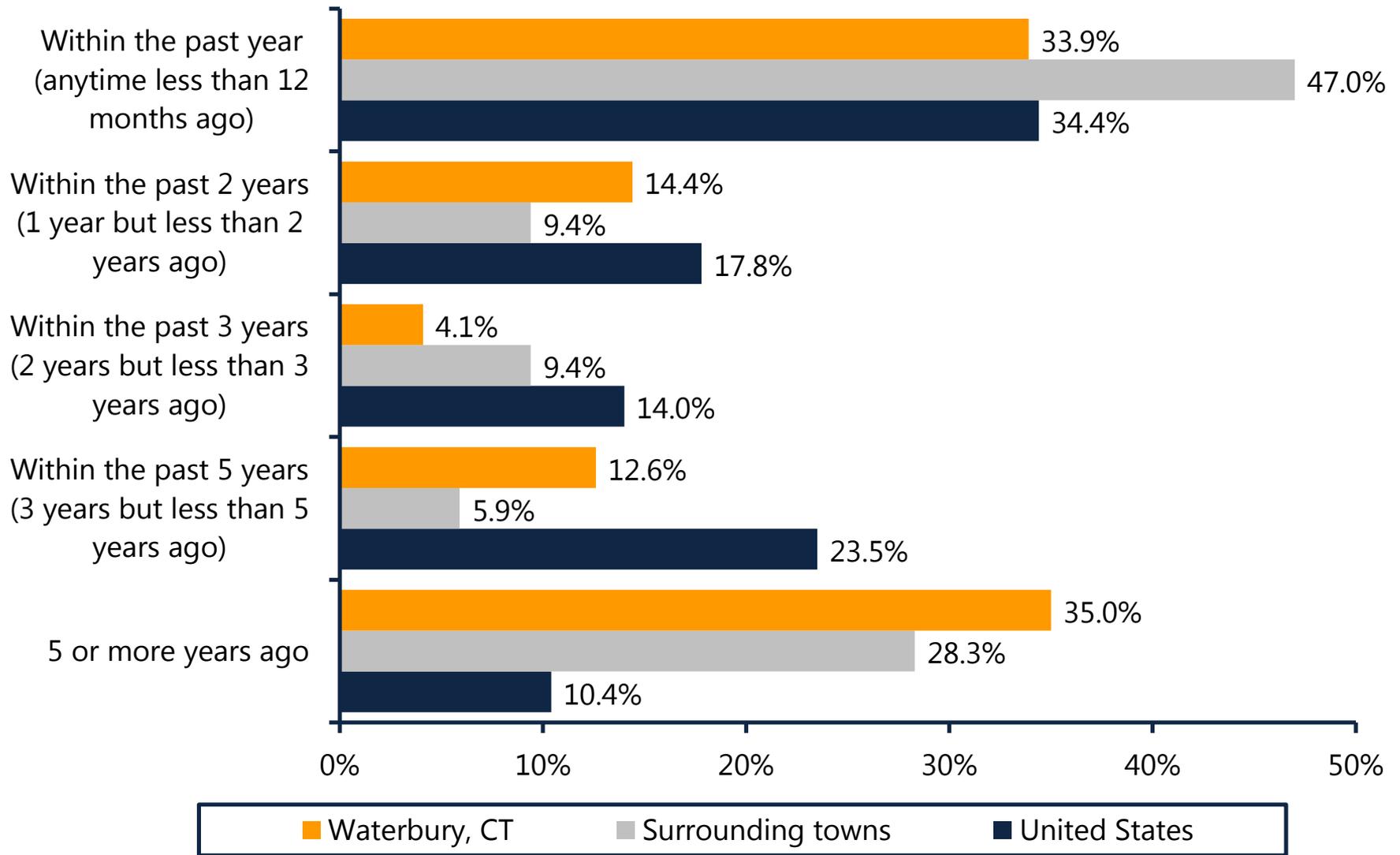
A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood.

Have you ever had this test using a home kit?

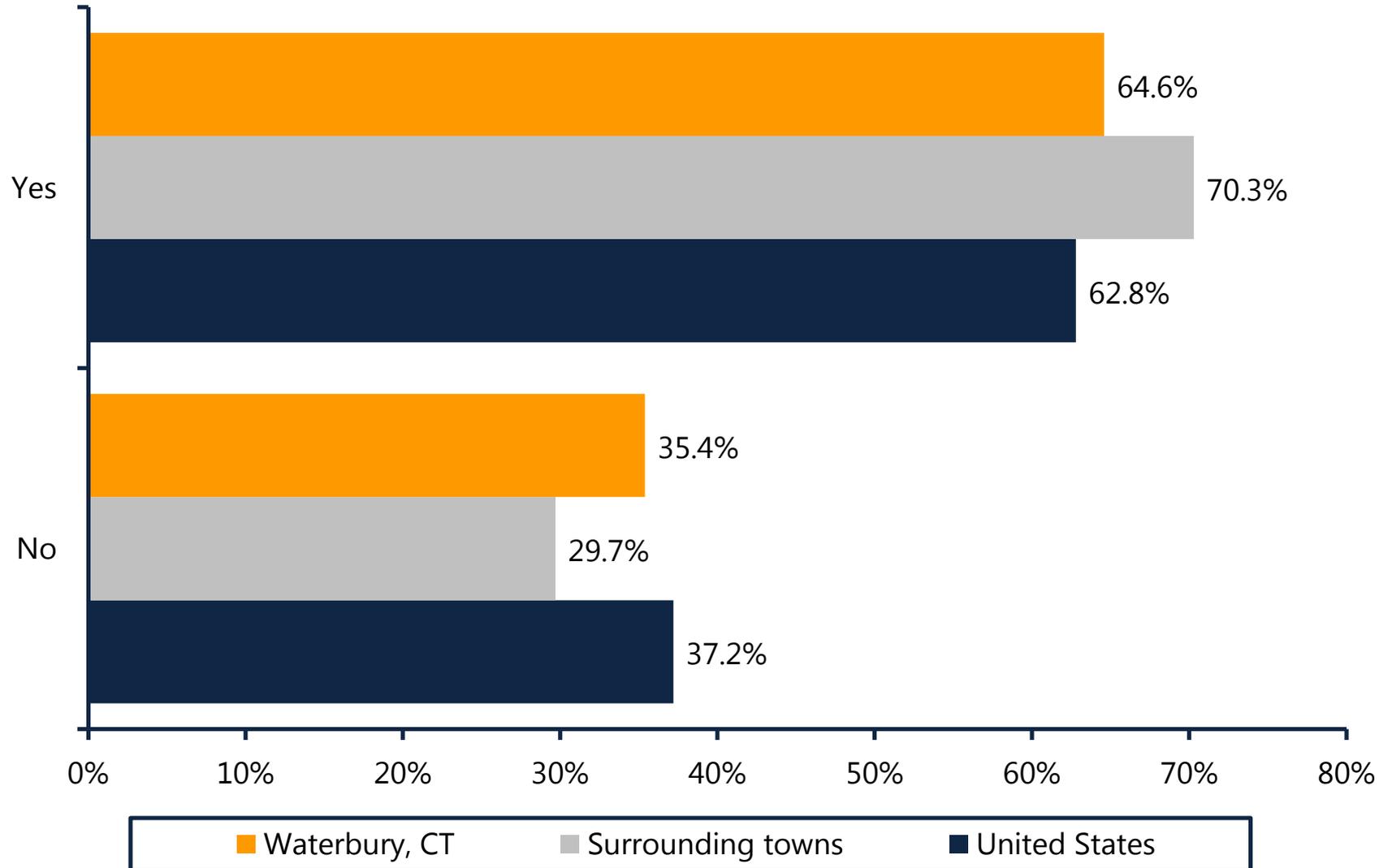


How long has it been since you had your last blood stool test using a home kit?

Only asked of respondents who have used a home kit

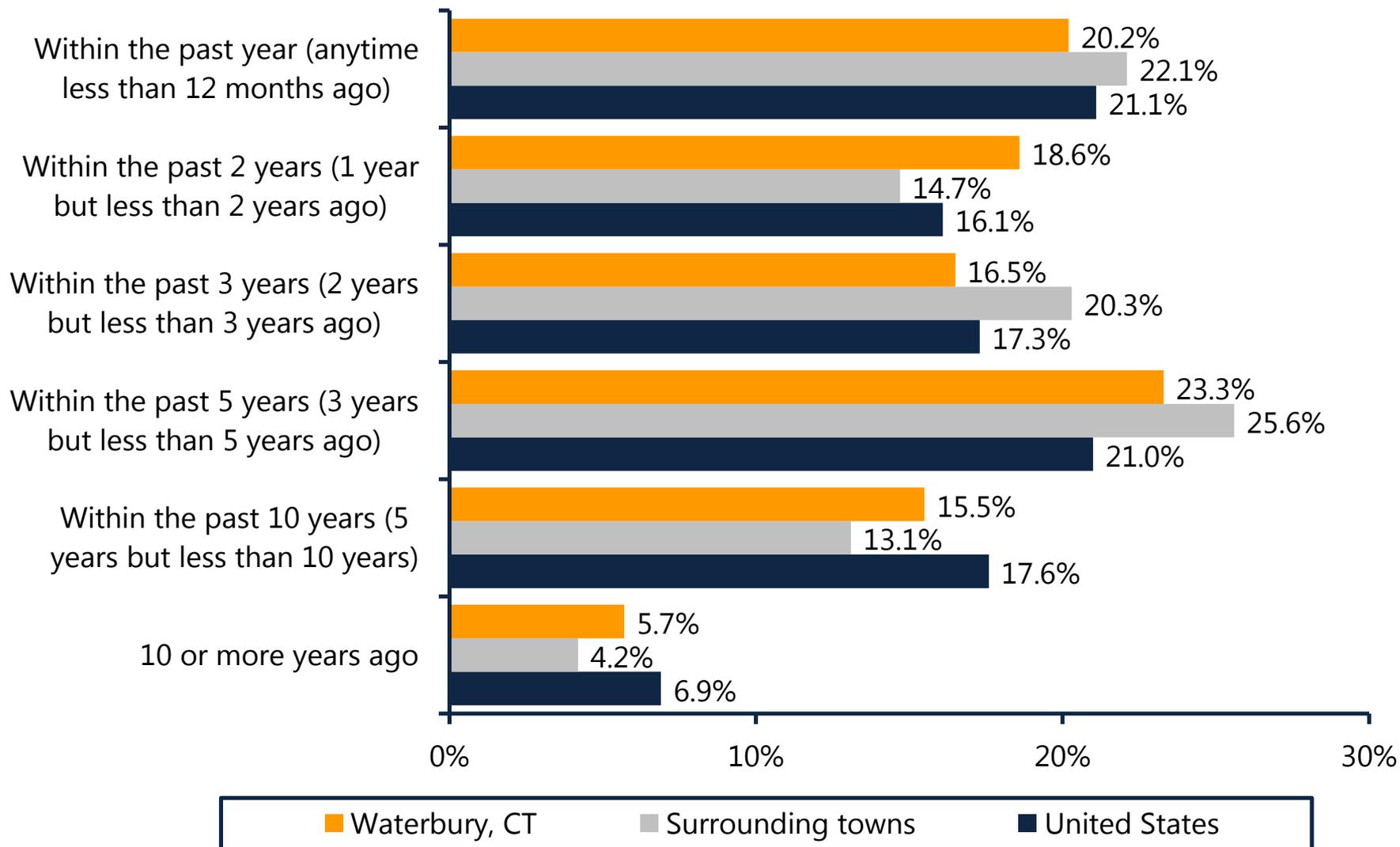


Have you ever had a sigmoidoscopy or colonoscopy exam?



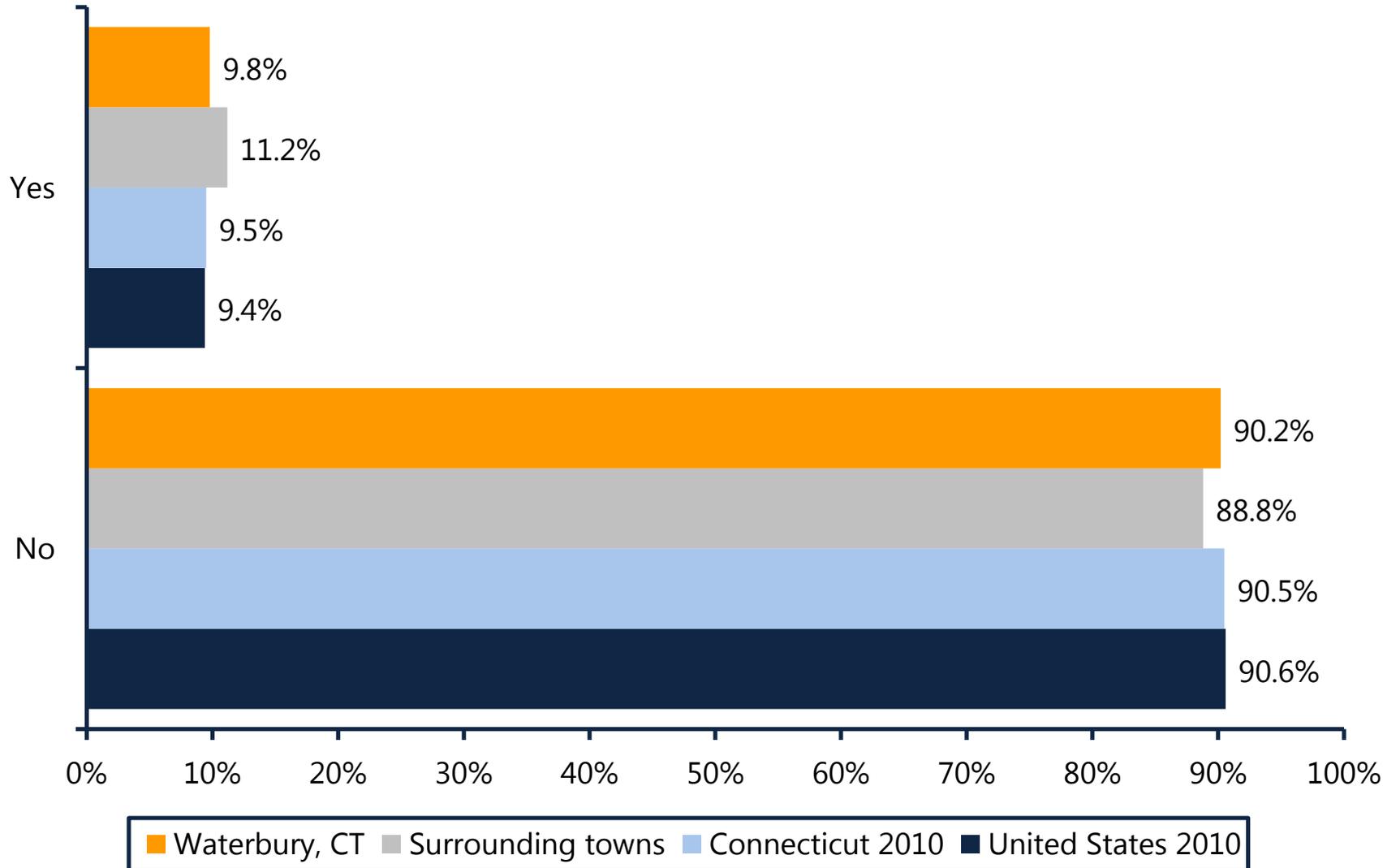
How long has it been since you had your last sigmoidoscopy or colonoscopy?

Only asked of respondents who have had a sigmoidoscopy or colonoscopy



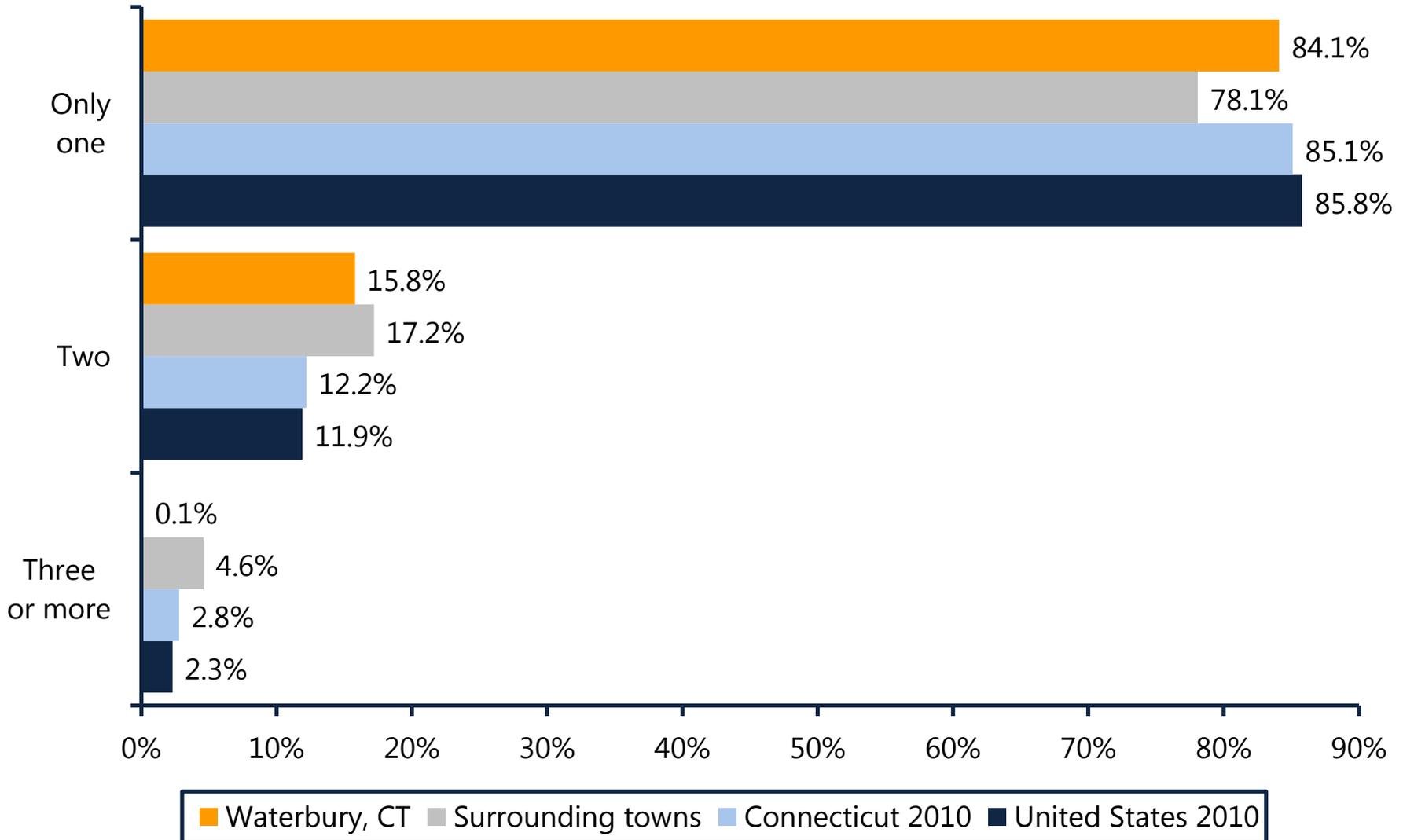
Cancer Survivorship

Have you ever been told by a doctor, nurse, or other health professional that you had cancer?



How many different types of cancer have you had?

Only asked of respondents who have been diagnosed with cancer



What type of cancer was it?
(Most recent diagnosis if more than one)

Respondents who have had cancer

Cancer Type	Waterbury, CT	Surrounding towns	Connecticut 2010	United States 2010
Breast	16.0%	25.0%	18.2%	16.9%
Cervical	10.3%	8.7%	5.2%	8.6%
Endometrial	5.2%	2.5%	1.8%	2.7%
Ovarian	4.5%	2.5%	0.8%	1.9%
Head and neck	0.1%	0.0%	0.0%	0.6%
Oral	0.0%	0.0%	0.5%	0.3%
Pharyngeal	1.9%	0.0%	0.3%	0.4%
Thyroid	7.2%	2.8%	2.2%	2.5%
Colon	4.1%	0.0%	4.3%	4.7%
Esophageal	0.0%	0.0%	0.3%	0.4%
Liver	0.0%	0.0%	0.0%	0.3%
Pancreatic	0.0%	0.0%	1.5%	0.7%

What type of cancer was it?
(Most recent diagnosis if more than one)

Respondents who have had cancer

Cancer Type	Waterbury, CT	Surrounding towns	Connecticut 2010	United States 2010
Rectal	0.0%	0.0%	0.3%	0.4%
Stomach	0.0%	0.0%	0.1%	0.4%
Hodgkin's Lymphoma	0.4%	2.9%	2.3%	1.3%
Leukemia	0.0%	0.0%	1.0%	1.3%
Non-Hodgkin's Lymphoma	0.1%	5.8%	0.6%	1.6%
Prostate	16.8%	17.3%	12.1%	10.7%
Testicular	0.0%	0.0%	0.7%	0.8%
Melanoma	4.5%	9.3%	7.8%	8.6%
Other skin	9.8%	12.6%	19.2%	20.8%
Heart	0.0%	0.0%	0.0%	0.0%
Lung	6.8%	4.1%	2.2%	2.0%

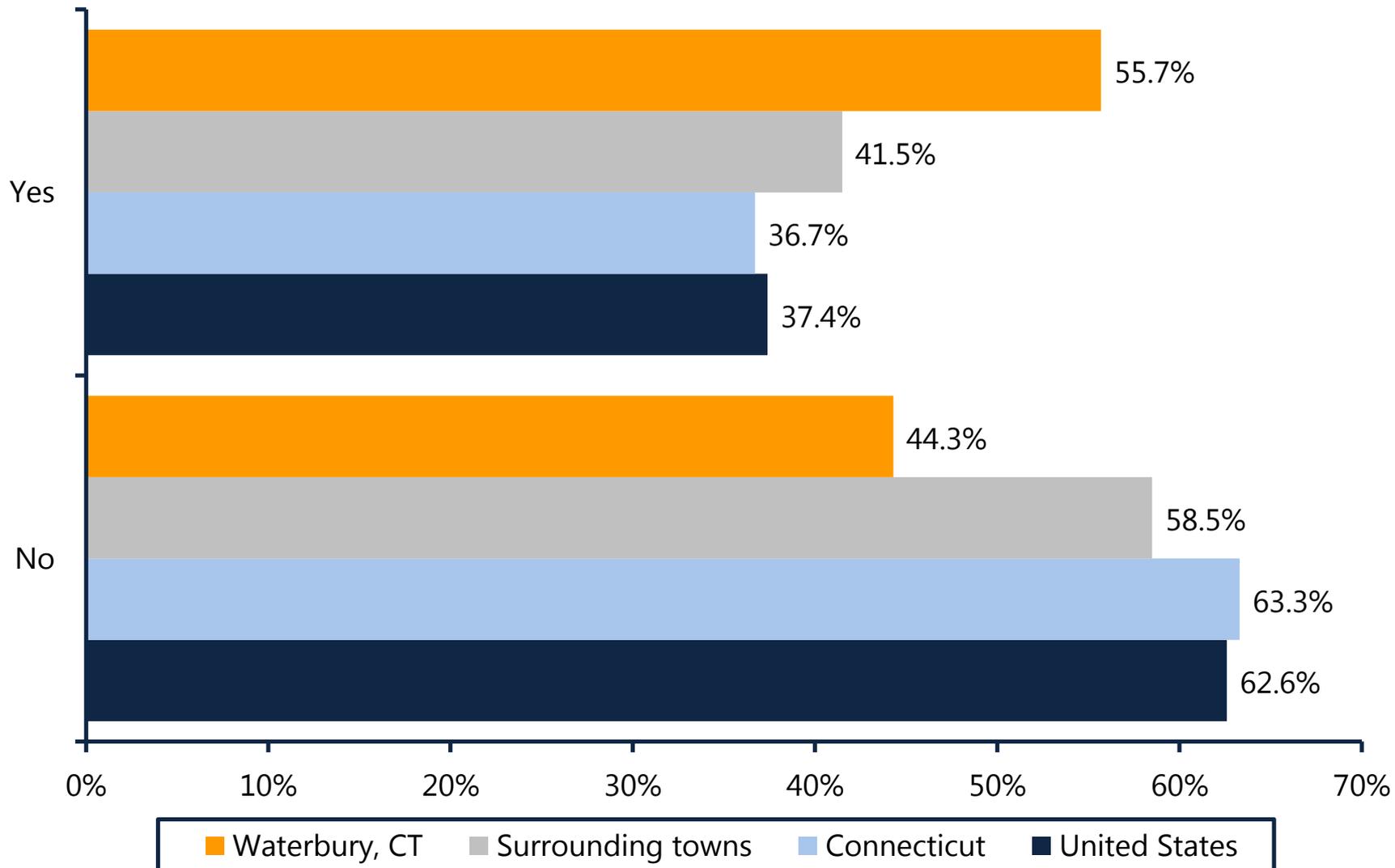
What type of cancer was it?
 (Most recent diagnosis if more than one)

Respondents who have had cancer

Cancer Type	Waterbury, CT	Surrounding towns	Connecticut 2010	United States 2010
Bladder	0.0%	2.0%	1.6%	2.4%
Renal	0.0%	4.6%	1.6%	1.0%
Bone	0.0%	0.0%	0.3%	0.7%
Brain	5.9%	0.0%	0.6%	0.6%
Neuroblastoma	0.0%	0.0%	0.0%	0.0%
Other	6.5%	0.0%	14.3%	7.2%

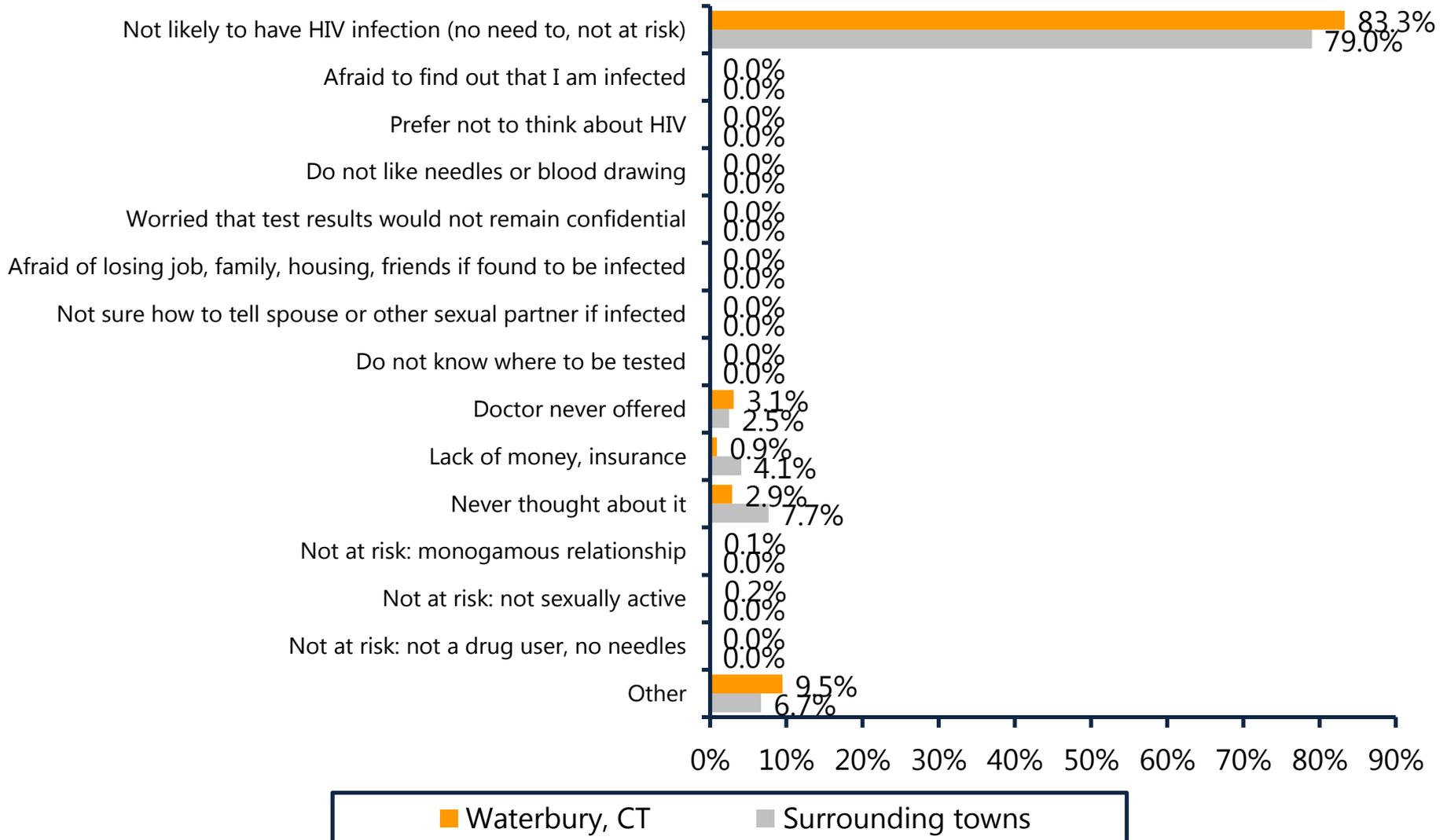
HIV/AIDS

Have you ever been tested for HIV?

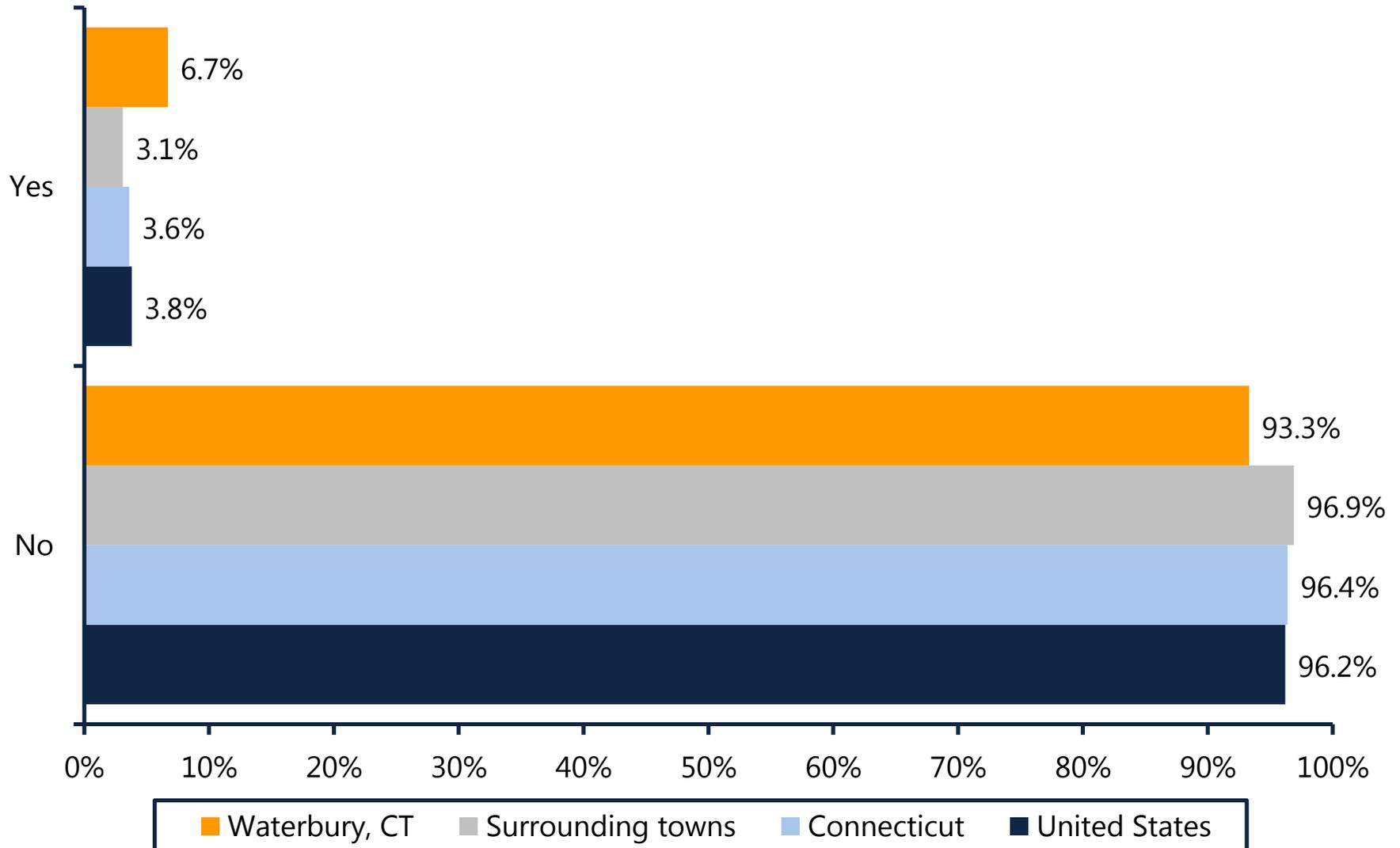


Why have you not been tested for HIV?

Only asked of respondents who have not been tested

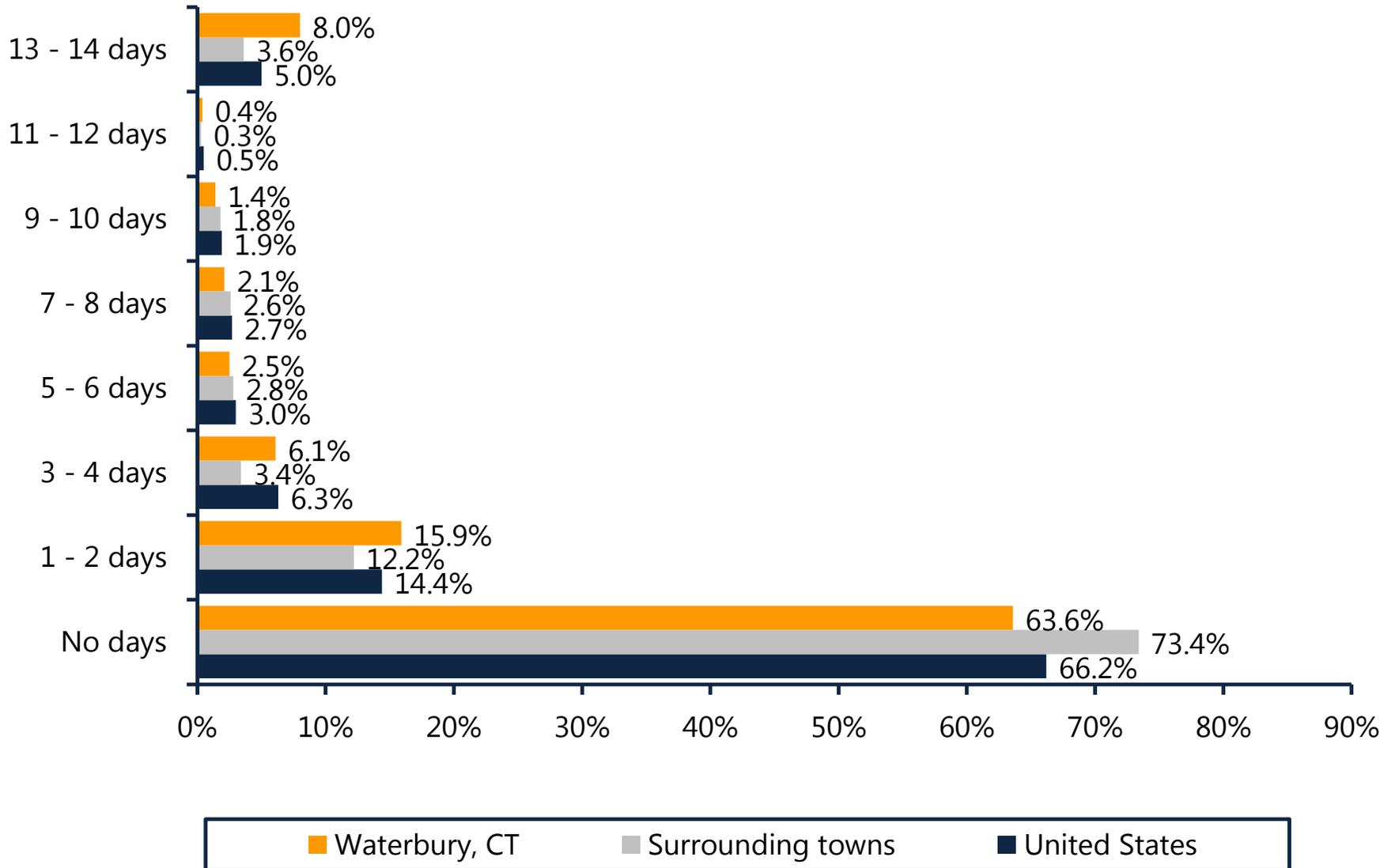


Do any high risk situations (i.e. intravenous drug use, sexually transmitted diseases, anal sex without a condom) apply to you?

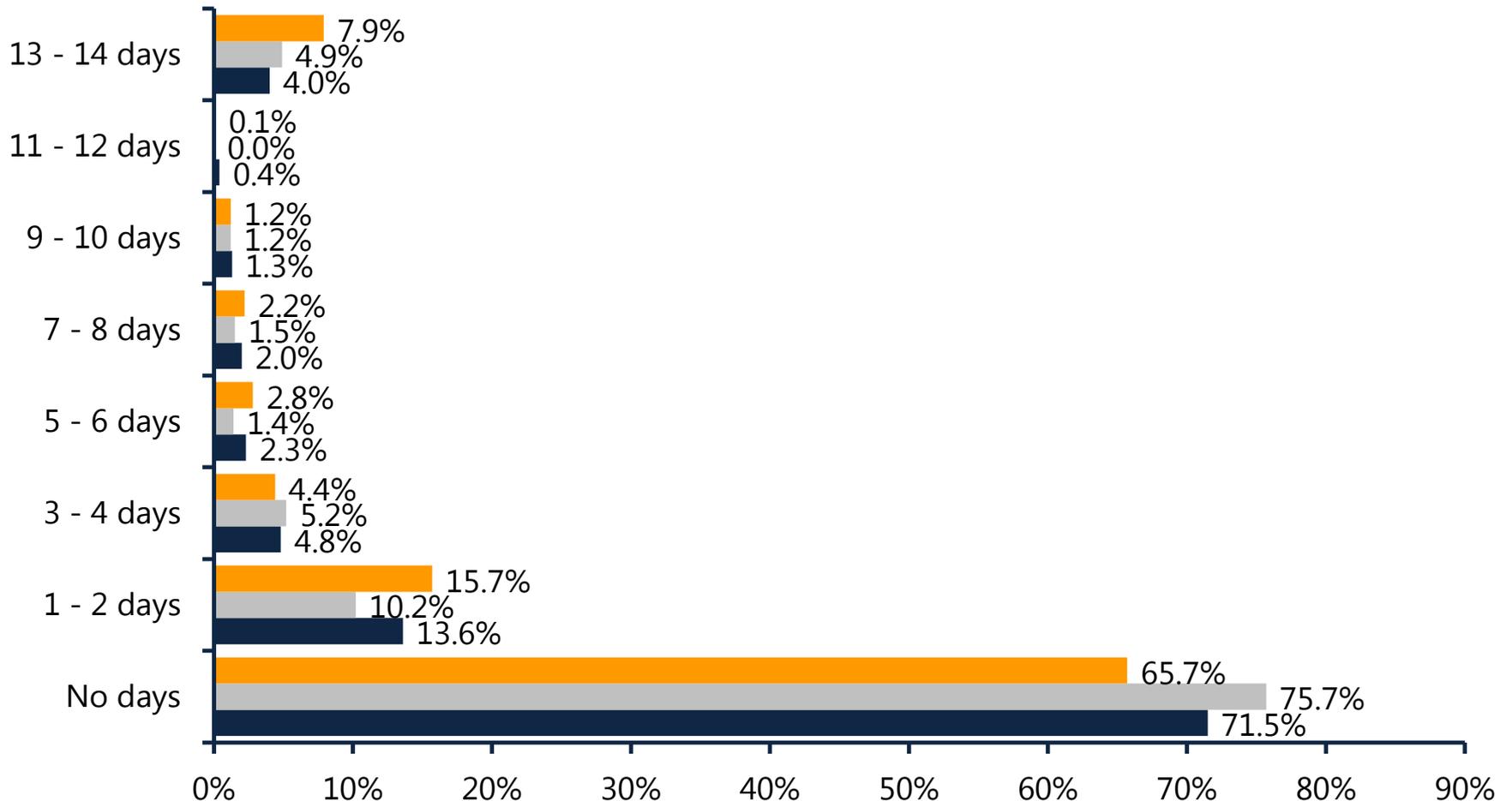


Anxiety and Depression

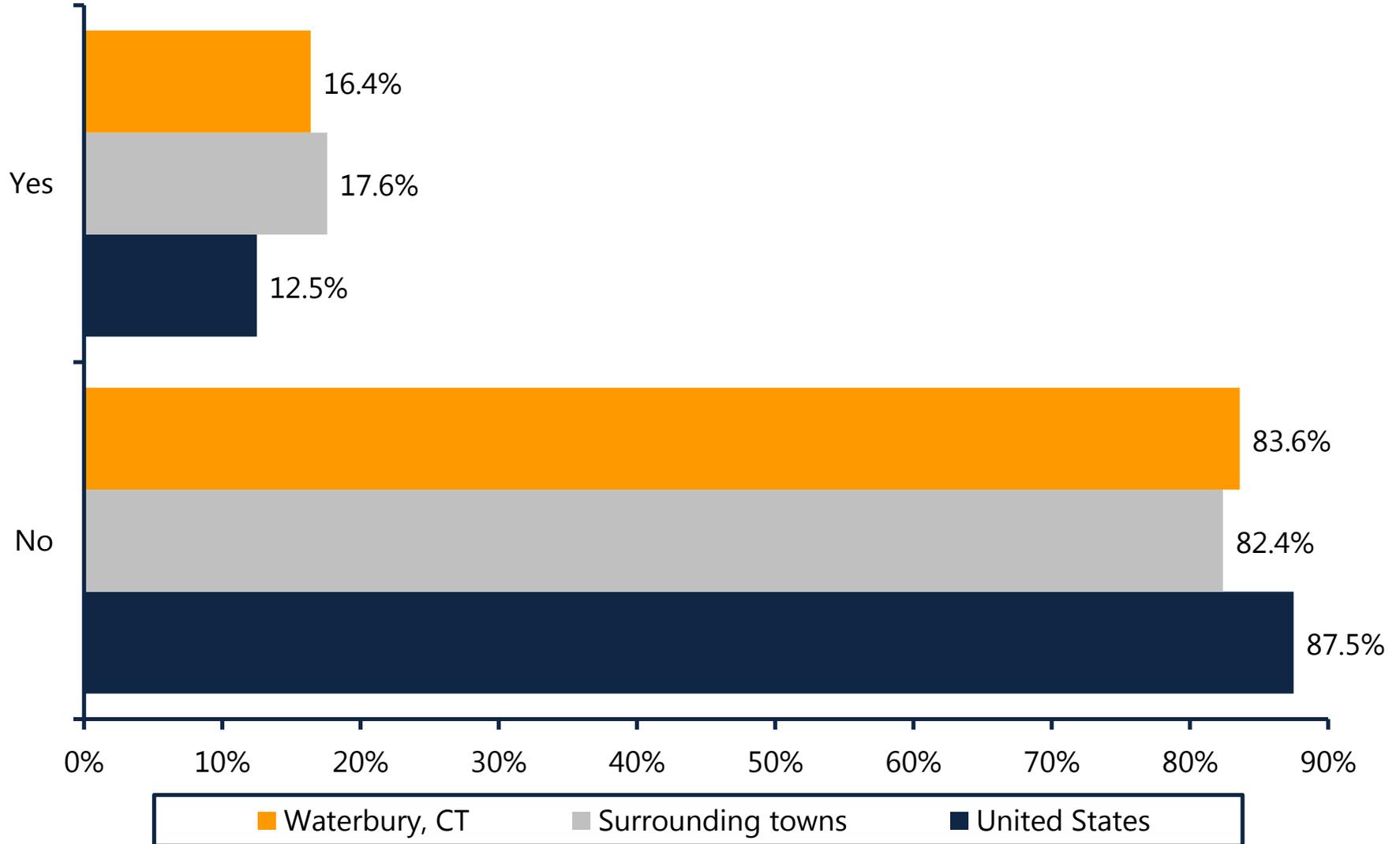
Over the last 2 weeks, how many days have you had little interest or pleasure in doing things?



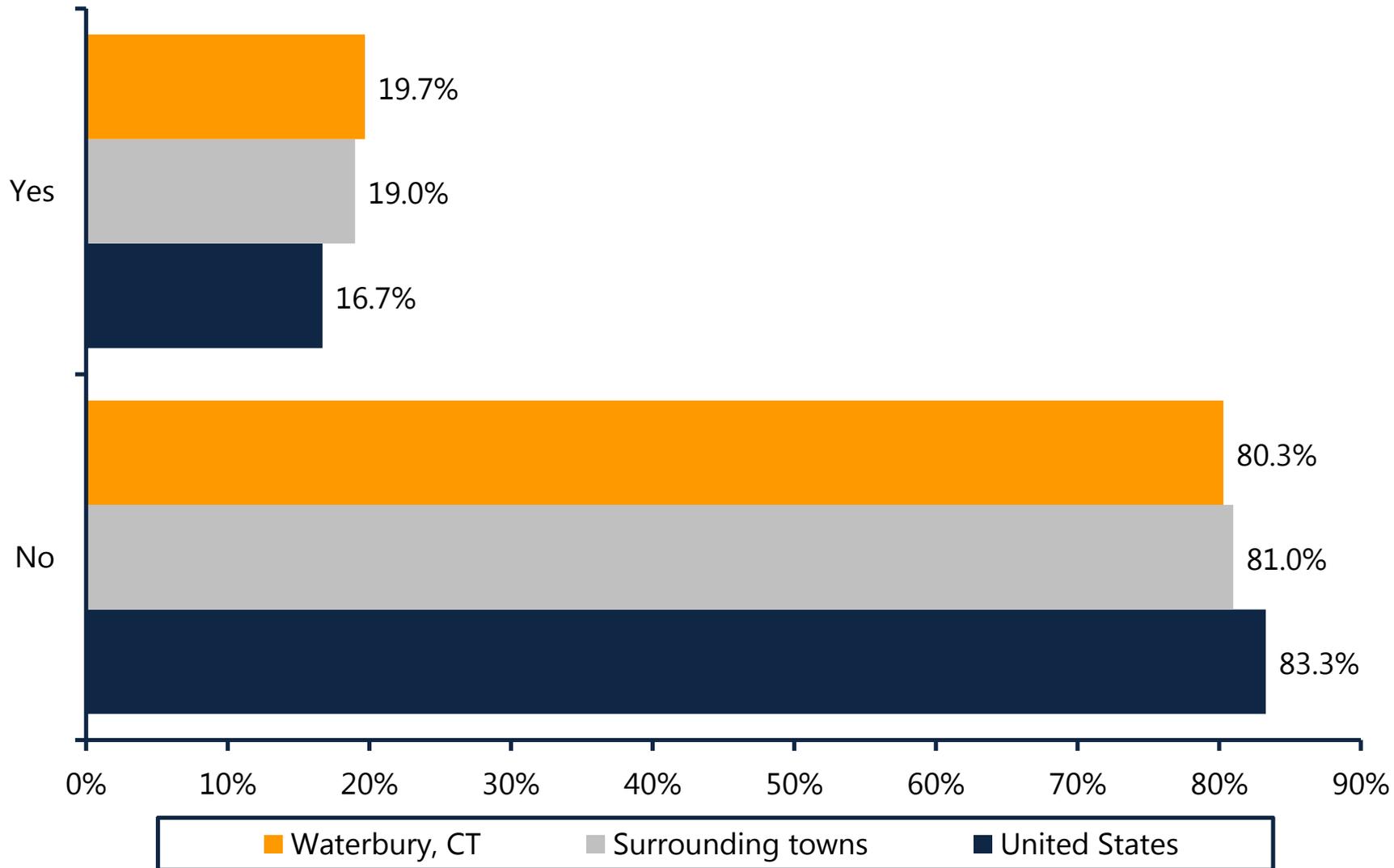
Over the last 2 weeks, how many days have you felt down, depressed or hopeless?



Are you now taking medicine or receiving treatment from a doctor or other health professional for any type of mental health condition or emotional problem?

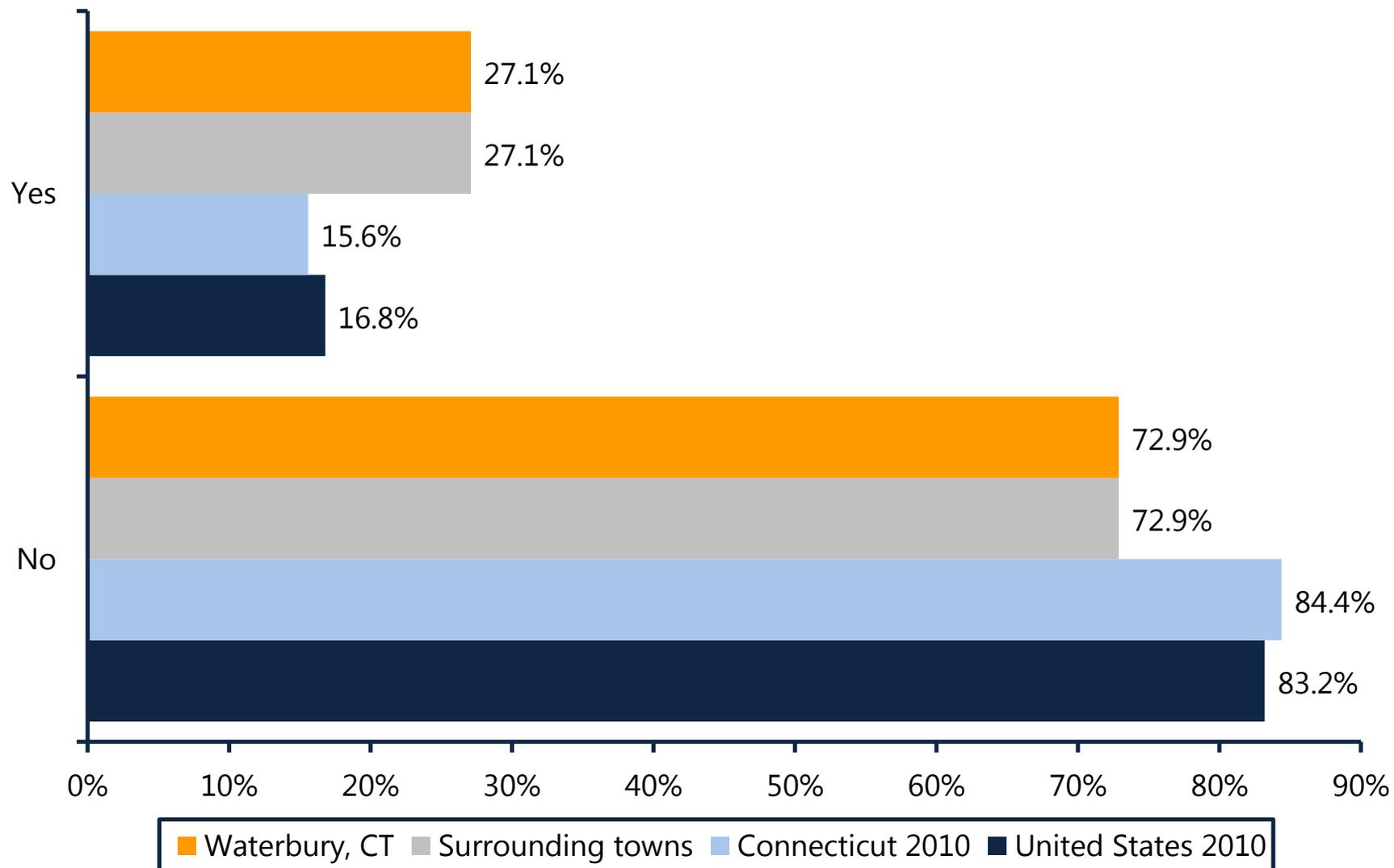


Has a doctor or other healthcare professional ever told you that you have an anxiety disorder?



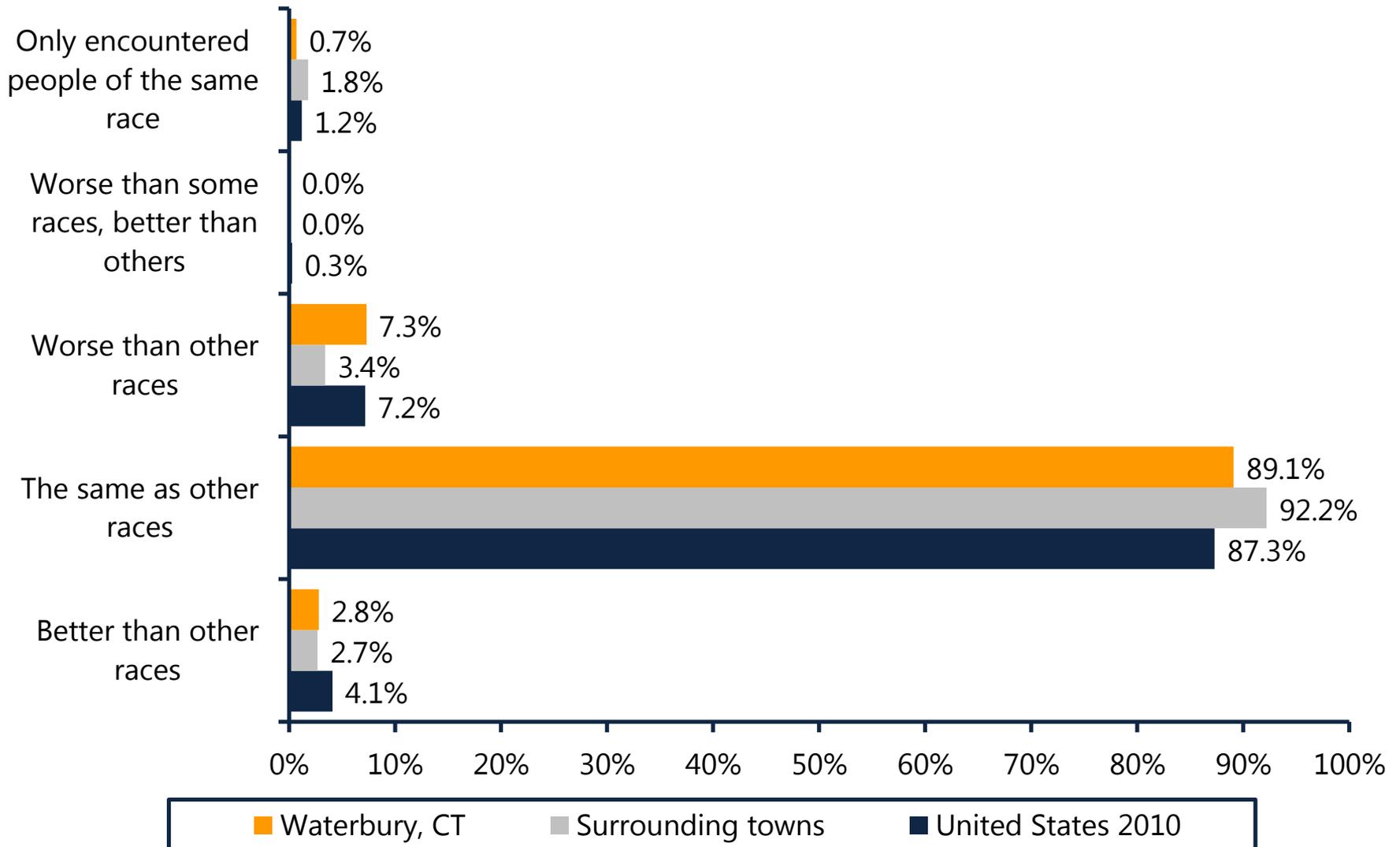
Caregiver

During the past month, did you provide any such care or assistance to a friend or family member?

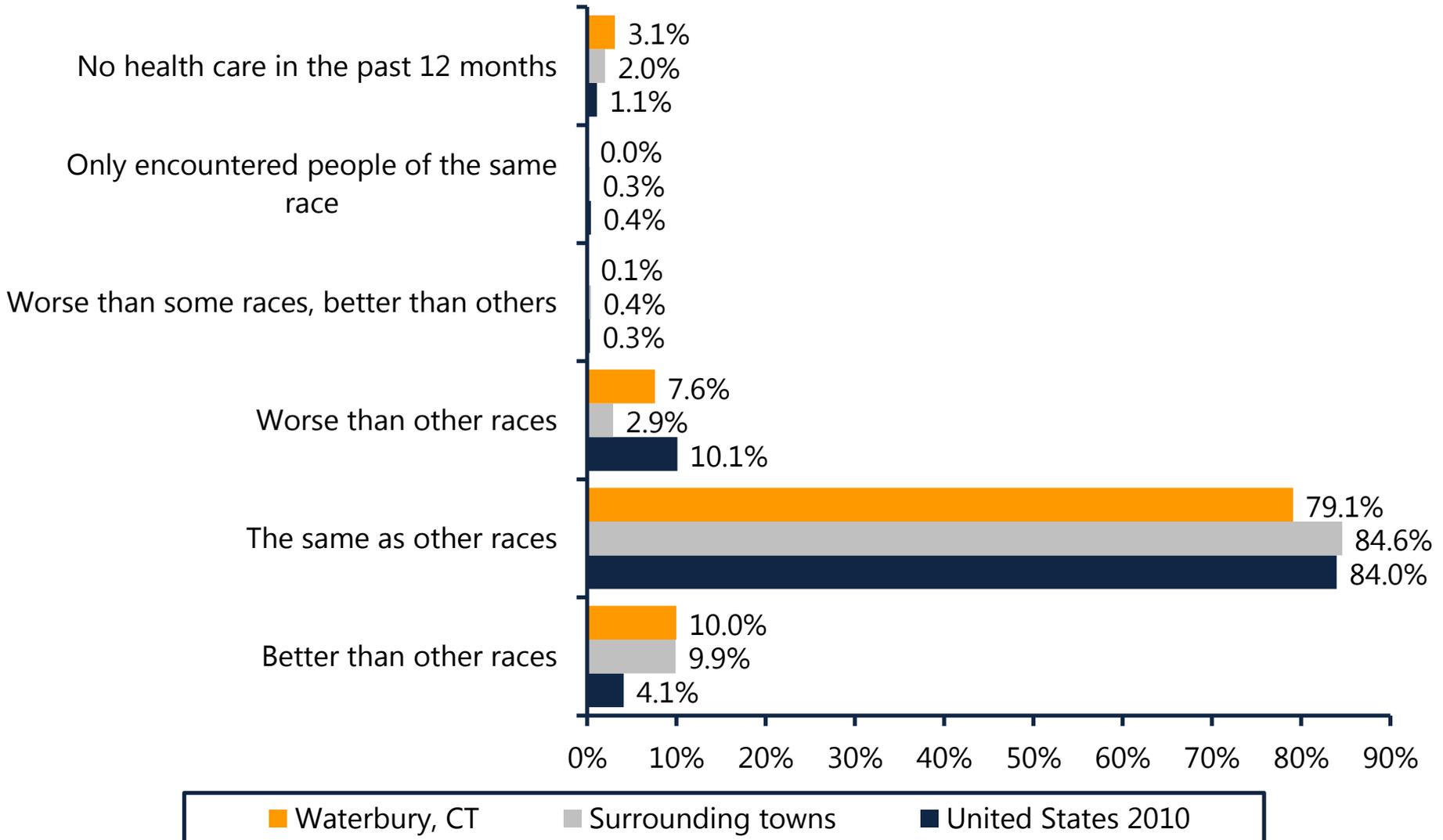


Reactions to Race

Within the past 12 months at work, do you feel you were treated worse than, the same as, or better than people of other races?

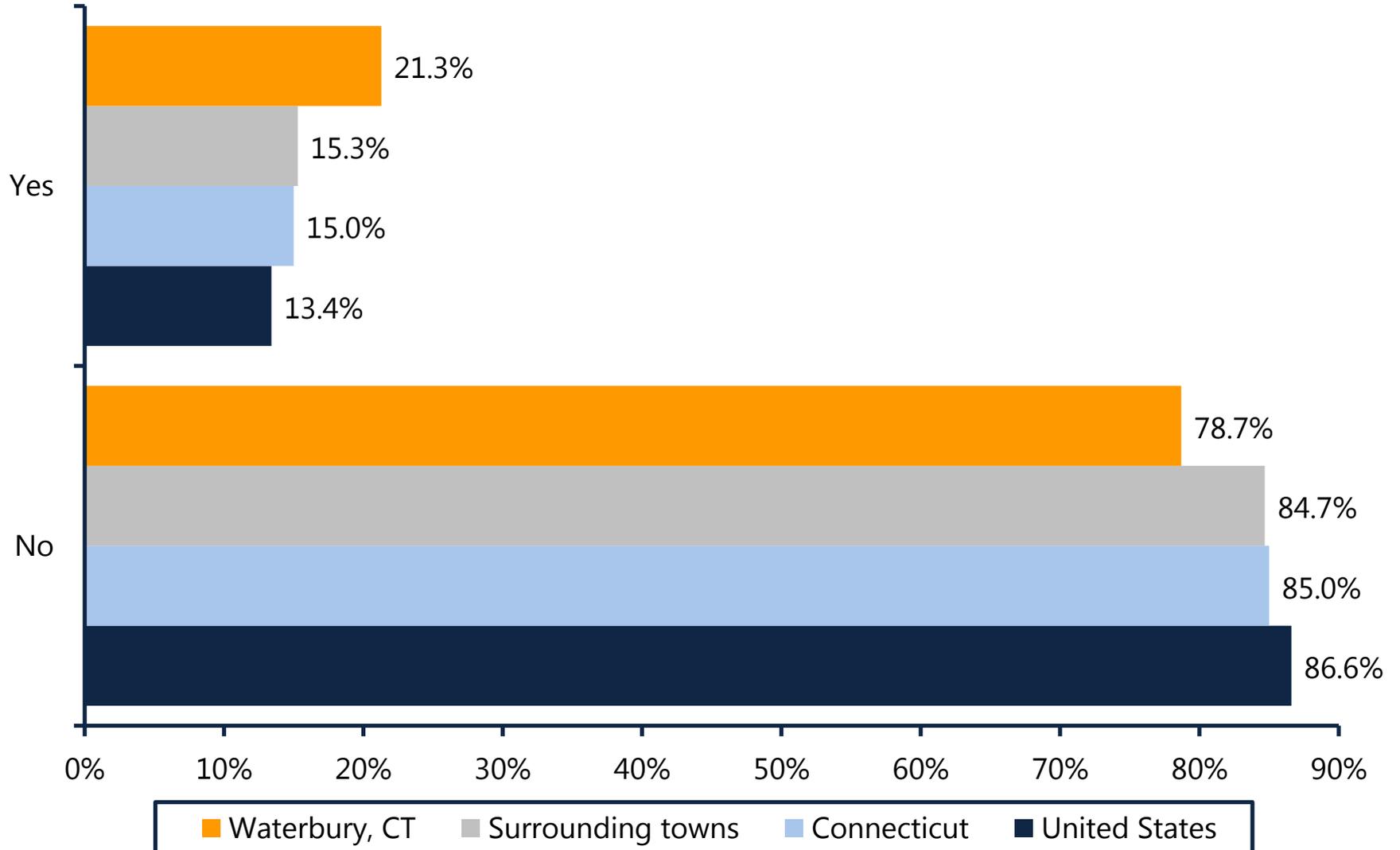


Within the past 12 months, when seeking health care, do you feel your experiences were treated worse than, the same as, or better than people of other races?



Childhood Asthma Prevalence

Has a doctor, nurse, or other health professional ever said that the child has asthma?



Does the child still have asthma?

Only asked of respondents who have children that were diagnosed with asthma

