

# **McLennan County 2006 Community Health Needs Assessment**

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## Introduction

### Goal:

To partner with community members to provide a comprehensive and unbiased profile of McLennan County, assess community health and risk factors, identify access to care issues, and begin planning for future health promotions and grant funding opportunities.

### Participants:

The Waco-McLennan County Public Health District (WMCPHD) partnered with **Providence Health Center** and **Hillcrest Baptist Medical Center**.

The WMCPHD contracted with the Survey Research Center (SRC) of the University of North Texas to conduct a survey of McLennan County residents.

The WMCPHD Department of Epidemiology conducted the statistical analysis of the survey data utilizing SPSS 12.0.1 and SPSS 14.0.1 for advanced statistical procedures.

### Objectives:

- Identify local health needs
- Determine priority health needs for McLennan County
- Assist in developing a plan of action (health promotions and interventions)
- Identify sources of future funding

### Survey Areas:

- Individual resources and perceptions of public health preparedness
- General, physical, mental and emotional health status
- Healthcare access issues
- Healthcare awareness of several health conditions
- Behaviors that affect health
- Women's health issues

Many of the questions in the survey were modeled after the Behavioral Risk Factor Surveillance System Questionnaire (BRFSS). Other surveys utilized for questions included School Physical Activity and Nutrition Survey (SPAN) (2004-05), Outlook on Bioterrorism: A Survey of Texans by Department of State Health Services (August 2004), and questions selected for the 2001 Community Assessment for McLennan County (January, 2002)

A total of 1,096 surveys were conducted from February 17 through April 13, 2006. The results of this report were statistically weighted to be a representative sample of the entire county. All race and ethnicity-advanced statistics were weighted to reflect the true racial and ethnic composition of McLennan County (2000 US census). Only statistically significant results of advanced statistical procedures are reported in this

document. All Age Adjusted Rates that are reported were adjusted for the 2000 US Census for McLennan County.

Several areas of interest are not statistically significant due to the low response to those questions or areas. Immunizations, HIV/AIDS, sexually transmitted disease and pregnancy, breastfeeding and prenatal care did not have enough respondents to create statistical significance in advanced statistical methods and therefore only the percentages are reported.

Methodology for Data Collection was provided by the SRC of the University of North Texas. See Appendix A.

#### Sample Weighting Method

By stratifying the sample geographically, each community is an independent random sample that provides a representative distribution of the population's characteristics within that community. However, when communities are combined to represent McLennan County as a whole, geographic stratification introduces sampling error. **This occurs because the actual distribution of completed interviews in the sample.**

In order to compensate for the effects of over representation in some areas and under representation in others, a weighting method was employed to bring the relative number of interviews from each community inline with the number of respondents who would have been interviewed if the sample were drawn proportionally to the household population of each community. The weighting methods are based on the estimated number of household in each community (see Methodology – Appendix A).

This weighting method reduces over representation when aggregating the data to the county level.

Appendix B contains maps that give a visual representation of several health conditions or behavioral risk factors by zipcode. These percentages were also weighted to be representative of the county as a whole. The maps were created utilizing ArcMap 9.1.

## Key Findings

1. Public Health Preparedness:
  - a. Local television was the most common source of up-to-date information
  - b. Hispanics were more likely to get their information from radio or community members.
  - c. The majority (52%) of respondents stated that they would seek medical treatment or supplies from their personal physician.
  - d. Hispanics were more likely than most to utilize the local health department for medical treatment or supplies.
  - e. 50% of respondents believe that Texas is somewhat prepared and 43% believe that McLennan County is somewhat prepared to face a public health emergency.
  - f. 51% believe that their family is somewhat prepared to face a public health emergency.
2. Health Status:
  - a. Hispanics and non-Hispanic Blacks were less likely to rate health status as good.
  - b. The most common reason for limited mobility was arthritis. Limited mobility was found to most affect those individuals over the age of 55.
3. Healthcare Access:
  - a. Hispanics were less likely to have health insurance, more likely to have problems getting to their source of healthcare and more likely to use an emergency department for care.
  - b. Non-Hispanic Blacks and Hispanics were more likely not to see a physician due to cost.
  - c. Only 66% of the Hispanic respondents stated that they had health insurance compared to 72% of the Hispanics in the US in 2002.
  - d. The percent of individuals stating they have health insurance, 86%, is constant with what was reported in 2001.
  - e. Those without health insurance were less likely to seek preventative care and therefore lack the same knowledge of their health status as those with health insurance.
4. Healthcare Awareness:
  - a. Hispanics were less likely to have been told that they have high blood pressure, and less likely to have a household member with diabetes or heart problems.
  - b. Non-Hispanic Blacks were more likely to have been told that they have high blood pressure, and more likely to have a household member with diabetes or heart problems.
  - c. Whites were more likely to have a household member that has been told by a healthcare provider that they have cancer or arthritis.
  - d. 20% of respondents stated that they had someone in their household with diabetes. This is a 4% increase from 2001 and a full 13% and 12% higher than the national and state levels, respectively.

- e. 44% of respondents stated that they had high blood cholesterol. This is a 6% increase from 2001 and 11% and 10% higher than the national and state levels, respectively.
  - f. 43% of respondents stated that they had high blood pressure. This is a 12% increase from 2001 and 18% and 19% higher than the national and state levels, respectively.
  - g. Due to the older population surveyed, the sample was adjusted to mirror the age distribution for the 2000 census. After this adjustment, 33% had high blood pressure, 40% had high blood cholesterol and 16% had diabetes. All of these were still above the national and state levels. This indicates that a partial percentage of our high rates could be attributed to the age of our survey population, however after adjustment McLennan County still had a higher percentage of individuals with these health issues.
  - h. 22% of respondents stated that they had someone in their household with asthma. This is 5% higher than in 2001 and 9% higher than the national and state levels.
5. Behavioral Risk Factors:
- a. Non-Hispanic Blacks and males were more likely to be overweight or obese. However, non-Hispanic Black females were at significantly higher risk for being overweight or obese.
  - b. Overweight and obese were predictive for less likely to rate health status as good, and more likely to have high blood pressure or high blood cholesterol.
  - c. Participating in moderate activity at least 5 days per week was most effective for reducing overweight and obesity.
  - d. Participating in vigorous activity at least 3 days per week was most effective for reducing high blood pressure.
  - e. 21% stated that they were current smokers. This is consistent with 2001 and with the national and state level. A 2% reduction has been seen since 2001.
  - f. Whites and males were more likely to be smokers. Only 8% of college graduates were smokers compared to 24% of High School graduates.
  - g. Even though the sample sizes were small, only 40% of women who had given birth stated that they had breastfed or were breastfeeding.

## Recommendations

1. Increase the percentage of persons with health insurance. Focus on Hispanic communities.
2. Increase preventative screenings for Hispanics and non-Hispanic Blacks.
3. Increase educational opportunities for diabetics; increase education, awareness, and preventative screenings to persons under the age of 35.
4. Increase health promotions related to decreasing overweight and obesity in McLennan County. Focus on increasing exercise.
5. Increase the opportunities for children and young adults to participate in vigorous exercise, i.e. team sports or promoting biking and running clubs.
6. Increase heart health awareness with screenings and preventative education targeted at populations that are less than 35 years of age. Increase the percentage of persons under the age 44 years who have had cholesterol screening.
7. Increase health promotions towards Hispanics through radio PSA and through educating members of the Hispanic community.
8. Target influenza vaccination clinics to Hispanic communities.
9. Increase public awareness of current activities in emergency response and public health preparedness.
10. Increase the opportunities for the public to increase their knowledge of personal preparedness. Provide the tools for personal preparedness to the public.
11. Increase the opportunities for the public to be aware of where resources will be available in an emergency.
12. Increase efforts to work with the physician community, due to the large number of respondents that stated they would go to their private physician. Ensure that the public health district has a route in which to inform these physicians in an emergency.
13. Be aware of the methods of message delivery in public health emergencies and targeted health interventions.

## Sample Demographics

**Table 1: Demographics of Persons Responding (n=1,096)\***

| <b>Demographics</b>                    | <b>Percent Responding</b> | <b>2005</b> |
|--|---------------------------|-------------|
| <b>Age (n=1096)</b>                    |                           |             |
| 18-24                                  | 5.2                       | 9.9         |
| 25-34                                  | 11.0                      | 14.9        |
| 35-44                                  | 14.9                      | 11.9        |
| 45-54                                  | 19.7                      | 12.4        |
| 55-64                                  | 20.2                      | 8.8         |
| 65-74                                  | 16.8                      | 6.0         |
| 75+                                    | 12.2                      | 6.3         |
| <b>Gender (n=1096)</b>                 |                           |             |
| Male                                   | 31.8                      | 48.9        |
| Female                                 | 68.2                      | 51.1        |
| <b>Race/Ethnicity (n=1090)</b>         |                           |             |
| White                                  | 83.6                      | 60.7        |
| Black, African American                | 6.3                       | 15.5        |
| Hispanic, Latino                       | 8.3                       | 21.9        |
| Other                                  | 1.8                       |             |
| <b>Annual Household Income (n=985)</b> |                           |             |
| <\$10,000                              | 11.3                      |             |
| \$10,001 - \$25,000                    | 19.9                      |             |
| \$25,001 - \$40,000                    | 21.6                      |             |
| \$40,001 - \$55,000                    | 14.9                      |             |
| \$55,001 - \$70,000                    | 13.4                      |             |
| \$70,001 - \$85,000                    | 6.7                       |             |
| >\$85,000                              | 12.2                      |             |
| <b>Education (n=1095)</b>              |                           |             |
| Less than High School                  | 3.8                       |             |
| Some High School                       | 10.0                      |             |
| High School Graduate                   | 31.1                      | 27.9        |
| Some College tech school               | 29.5                      |             |
| College Graduate                       | 25.6                      | 19.1        |
| <b>Employment status (n=1095)</b>      |                           |             |
| Employed for wages                     | 43.8                      |             |
| Self-employed                          | 9.4                       |             |
| Out of work for >1 year                | 2.6                       |             |
| Out of work for < 1 year               | 2.9                       |             |
| Homemaker                              | 8.4                       |             |
| Student                                | 1.6                       |             |
| Retired                                | 25.7                      |             |
| Unable to work                         | 5.5                       |             |
| <b>Marital Status (n=1090)</b>         |                           |             |
| Married                                | 63.1                      |             |
| Divorced                               | 11.6                      |             |
| Widowed                                | 13.4                      |             |
| Separated                              | 1.7                       |             |
| Never been married                     | 7.6                       |             |
| A member of an unmarried               | 2.2                       |             |

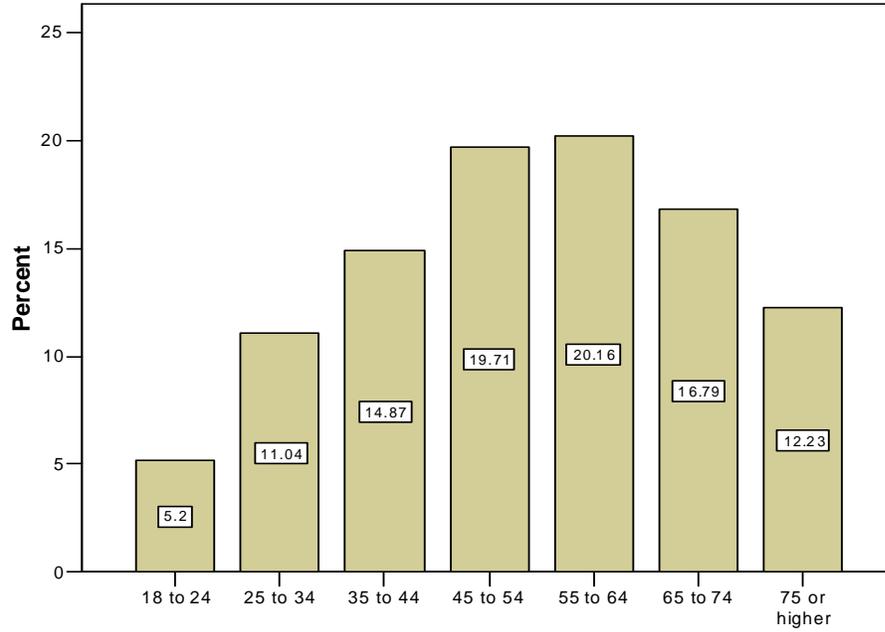
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\*2005 from Center for Health Statistics DSHS; actual percent responding

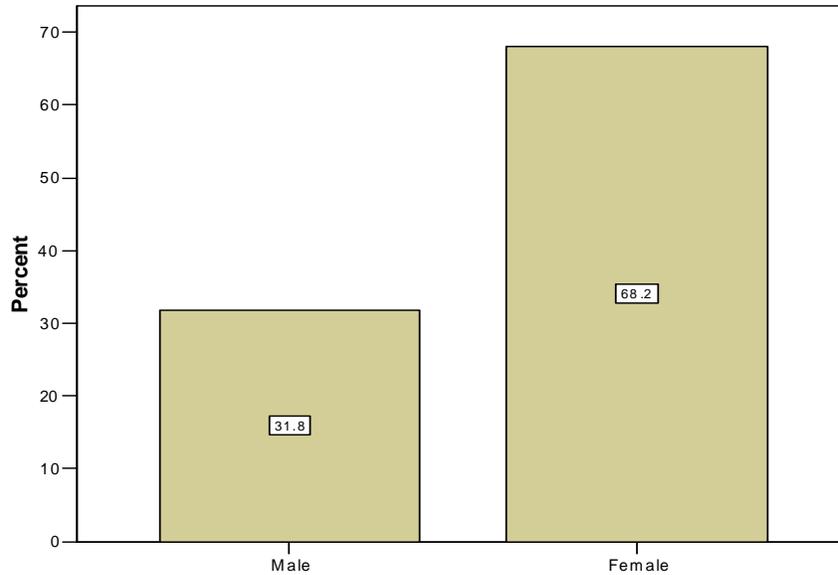
**Table 2: Additional Demographics**

| <b>Demographics</b>                                       | <b>Percent Responding</b> |
|---|---------------------------|
| <b>Number of people in home (including self) (n=1093)</b> |                           |
| 1   | 18.9                      |
| 2   | 37.7                      |
| 3   | 16.7                      |
| 4   | 14.8                      |
| 5   | 7.2                       |
| >5  | 4.7                       |
| <b>Children under 18 (n= 1094)</b>                        |                           |
| 0   | 64.1                      |
| 1   | 14.3                      |
| 2   | 13.8                      |
| 3   | 5.3                       |
| 4   | 2.4                       |
| 5   | 0.2                       |
| <b>Children less than 5 years (n=160)</b>                 |                           |
| 1   | 73.1                      |
| 2   | 21.9                      |
| 3   | 4.4                       |
| 4   | 0.6                       |
| <b>Children 5-12 (n=223)</b>                              |                           |
| 1   | 55.6                      |
| 2   | 36.8                      |
| 3   | 6.7                       |
| 4   | 0.9                       |
| <b>Children 13-17</b>                                     |                           |
| 1   | 72.8                      |
| 2   | 25.9                      |
| 3   | 1.2                       |
| <b>Language most often spoken at home</b>                 |                           |
| English   | 94.6                      |
| Spanish   | 5.0                       |
| Other   | 0.4                       |

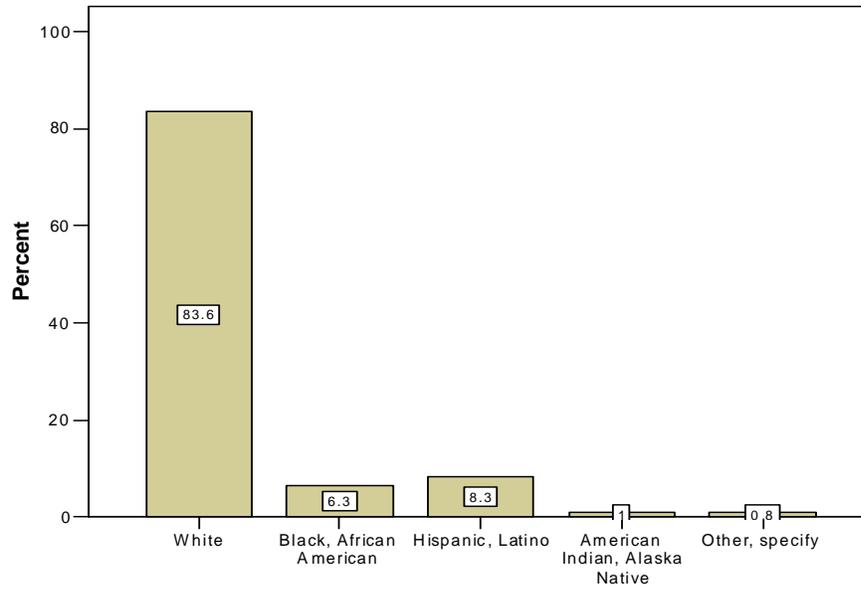
**Figure 1: Age Ranges of Respondents**



**Figure 2: Gender of Respondents**



**Figure 3: Race/ Ethnicity of Respondents**



**Figure 4: Marital Status**

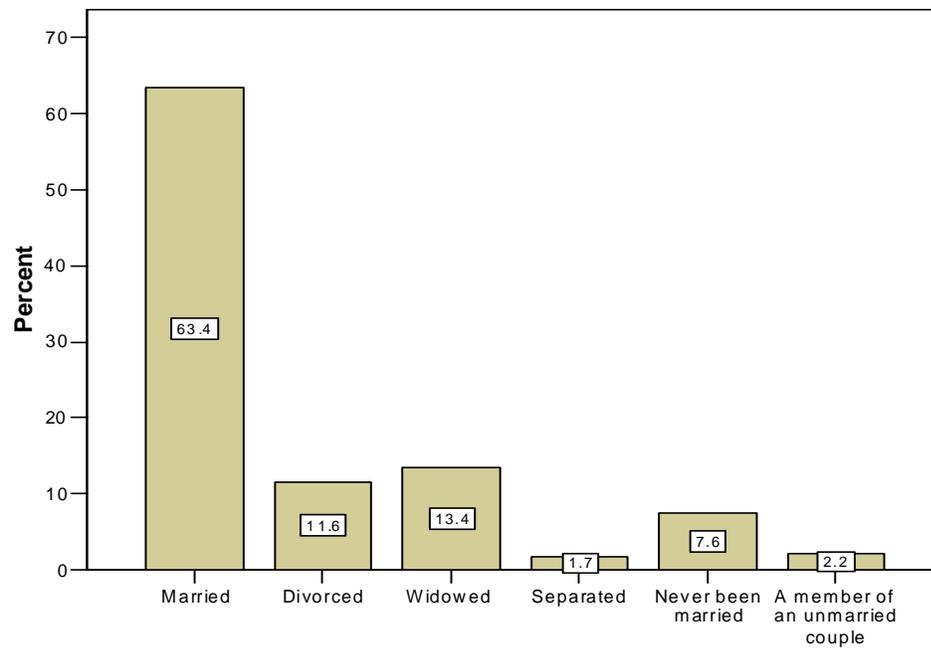


Figure 5: Education - Highest Grade Completed

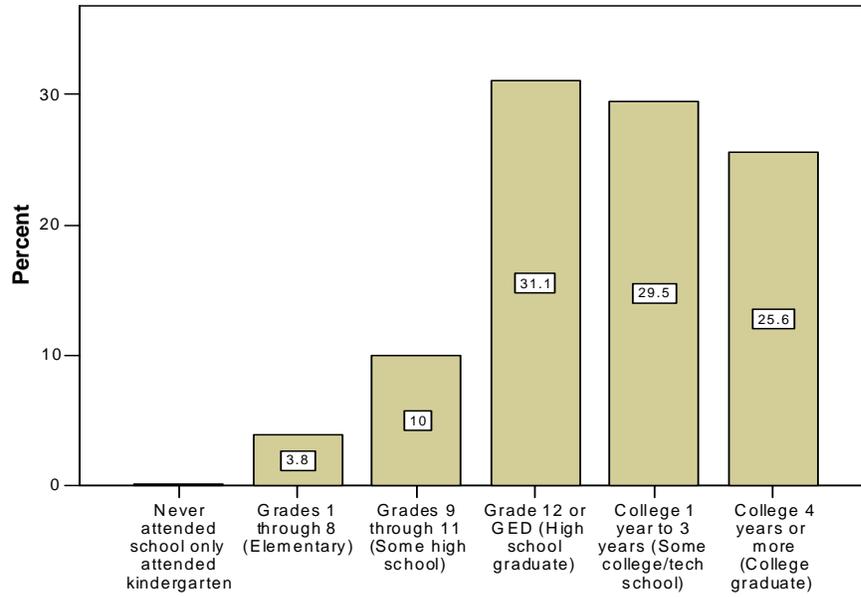
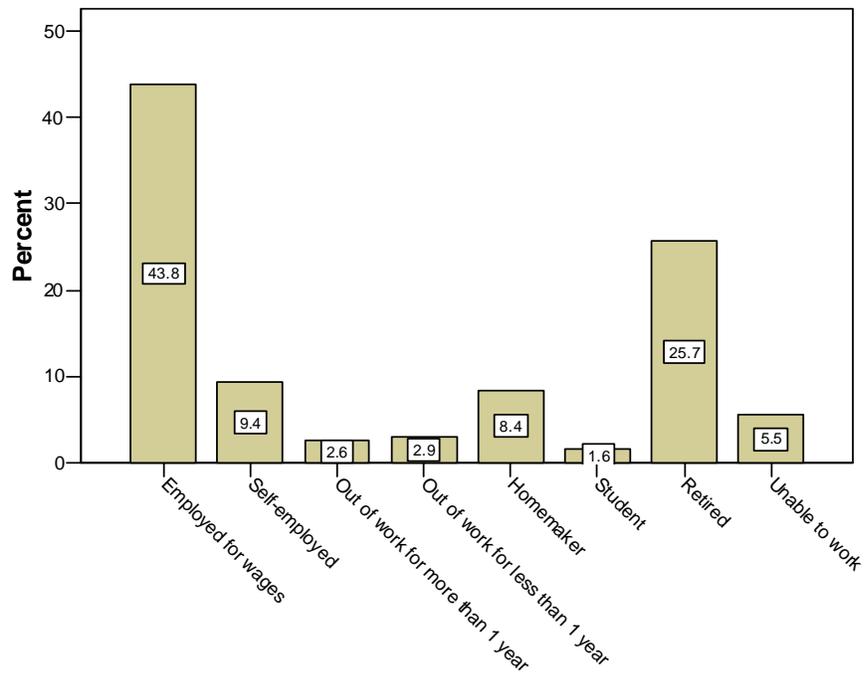
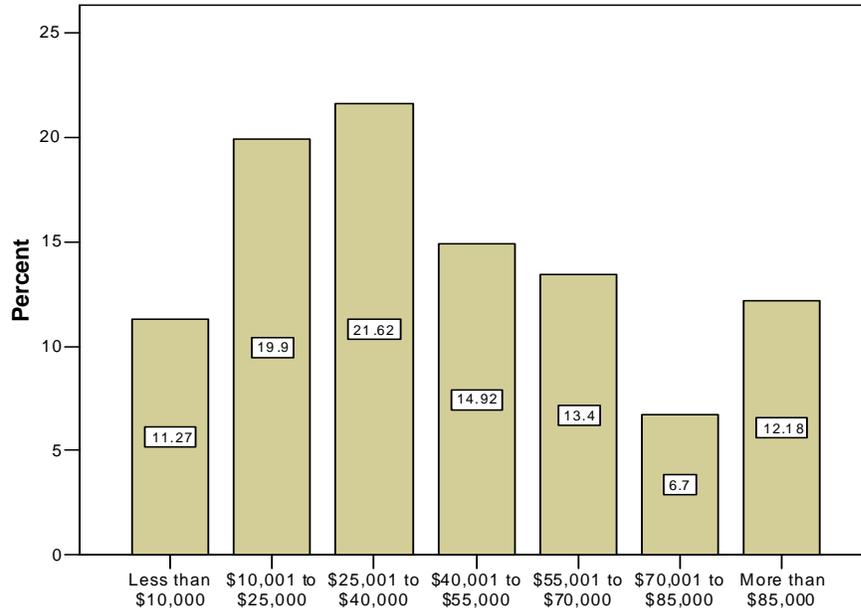


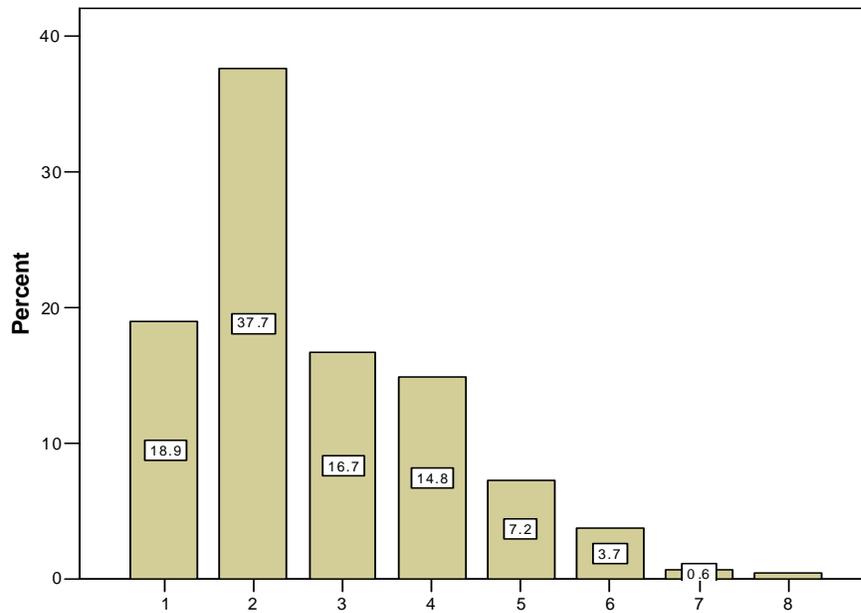
Figure 6: Employment Status



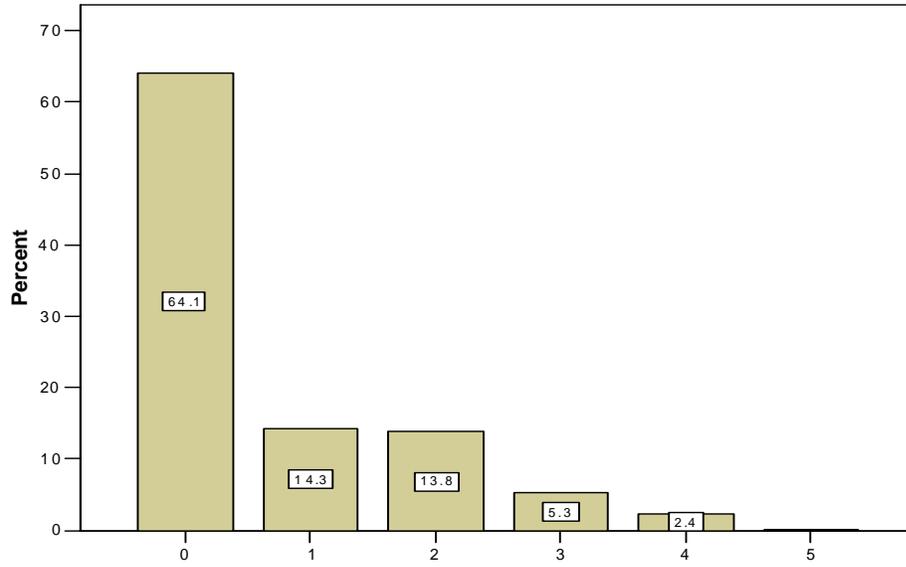
**Figure 7: Annual Income**



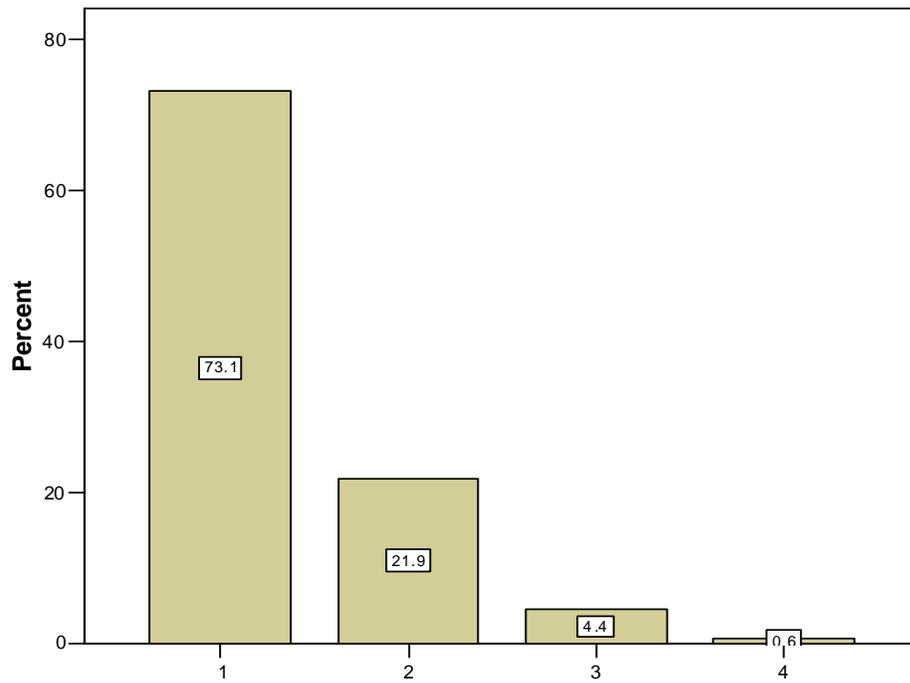
**Figure 8: Number of Persons in Household including Self**



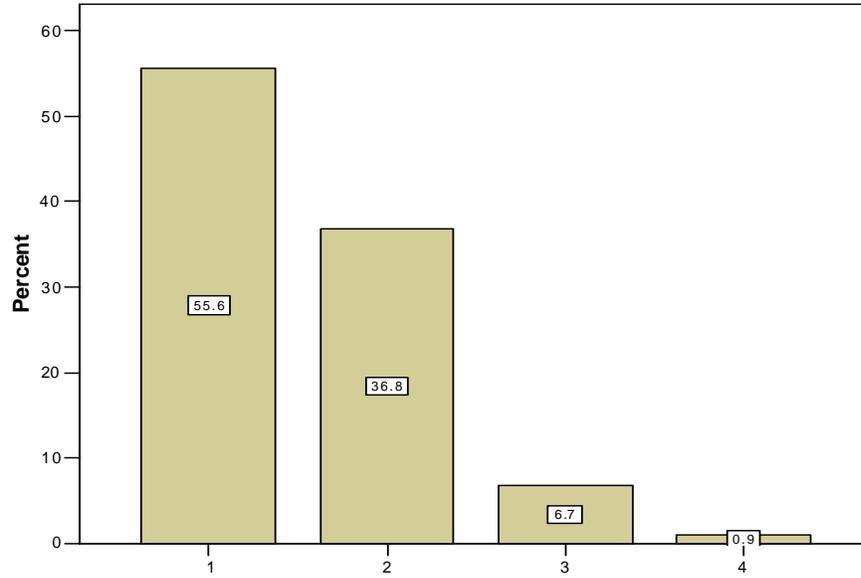
**Figure 9: Number of Children Under 18 years in Household**



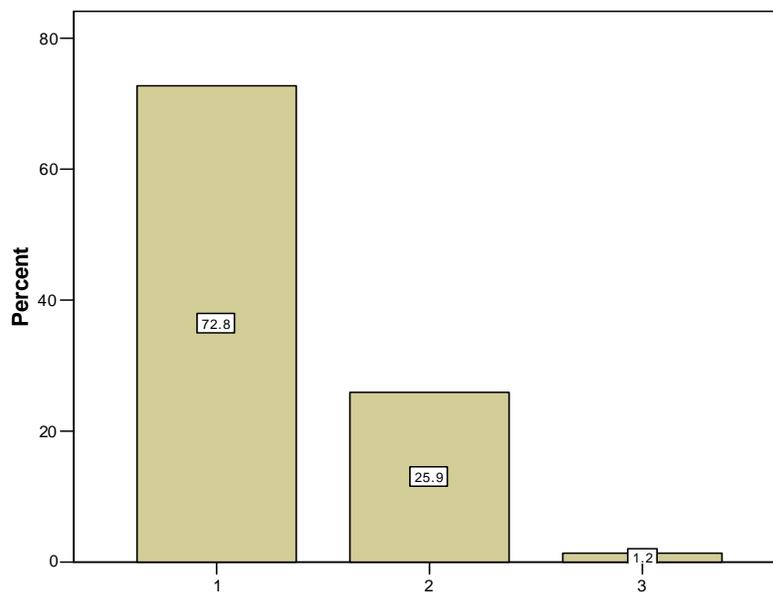
**Figure 10: Number of Children Less than 5 years in Household**



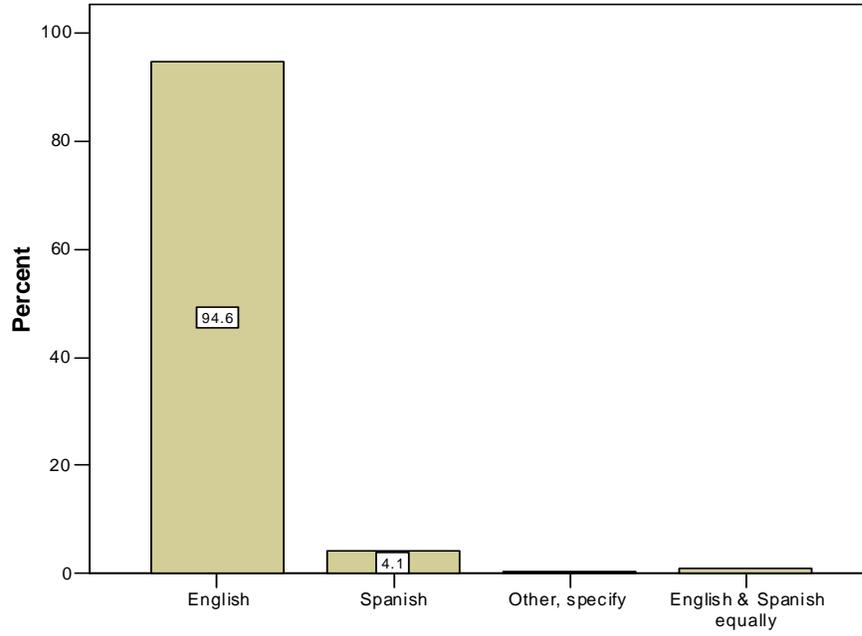
**Figure 11: Number of Children 5-12 years in Household**



**Figure 12: Number of Children 13-17 years in Household**



**Figure 13: Language Most Often Spoke at Home**



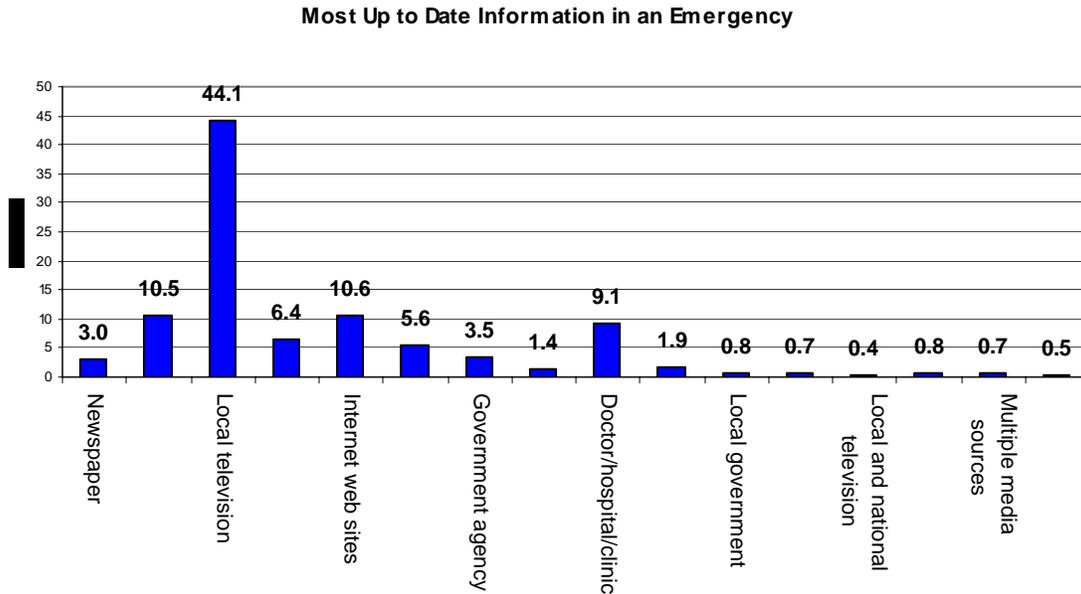
**Preparedness:**

- 44% of respondents stated that they would use local television for the most up-to-date information during a public health emergency. (69% of respondents to State Survey Outlook on Bioterrorism (2004, DSHS))
- Those who speak Spanish as their primary language in the home were more likely than those who speak English to get their information from the radio (13.5% vs. 5.8%) or Community or neighborhood sources (7.9% vs. 3.1%). Hispanic respondents to the state survey also showed a tendency to use community resources.
- Whites were much more likely (11.8%) than non-whites (4.3%) to get information from the Internet.
- Non-Hispanic Blacks were much more likely (16.2%) to receive up-to-date information from National television when compared to non-Blacks (10%).

**Table 3: Source of up-to date information regarding a public health emergency  
(n = 1020)**

|  | <b>Percent</b> | <b>State Survey (2004)</b> |
|--|----------------|----------------------------|
| Newspaper                                  | 3.0            | 12.0                       |
| National television                        | 10.5           | 50.0                       |
| Local television                           | 44.1           | 69.0                       |
| Radio                                      | 6.4            | 52.0                       |
| Internet web sites                         | 10.6           | 23.0                       |
| Community or neighborhood sources          | 5.6            | 23.0                       |
| Government agency                          | 3.5            | 14.0                       |
| Other, specify                             | 1.4            | -                          |
| Doctor/hospital/clinic                     | 9.1            | -                          |
| Local emergency services (police/fire/911) | 1.9            | -                          |
| Local government                           | 0.8            | -                          |
| Health Department                          | 0.7            | -                          |
| Local and national television              | 0.4            | -                          |
| Family/friend                              | 0.8            | -                          |
| Multiple media sources                     | 0.7            | -                          |
| Employer                                   | 0.5            | -                          |

**Figure 14: Source of Information**



- 52% of respondents stated that if a public health emergency occurred they would seek medical treatment or supplies from their personal doctor.
- Hispanics were more likely to seek medical treatment or supplies from the local hospital (44.7% vs. 25.6%) as compared to non-Hispanics and much more likely to utilize the local health department (17% vs. 4.5%).
- 56.2% of Whites would seek care from their personal doctor (56.2% vs. 34.9% non-Whites).
- 35.1% of Non-Hispanic Blacks would seek care from the local hospital (35.1% vs. 26.7% non-Blacks) and 9.1% stated that they would seek care or supplies from the local police department.

**Table 4: Contact for Medical treatment/supplies in an emergency (n = 1032)**

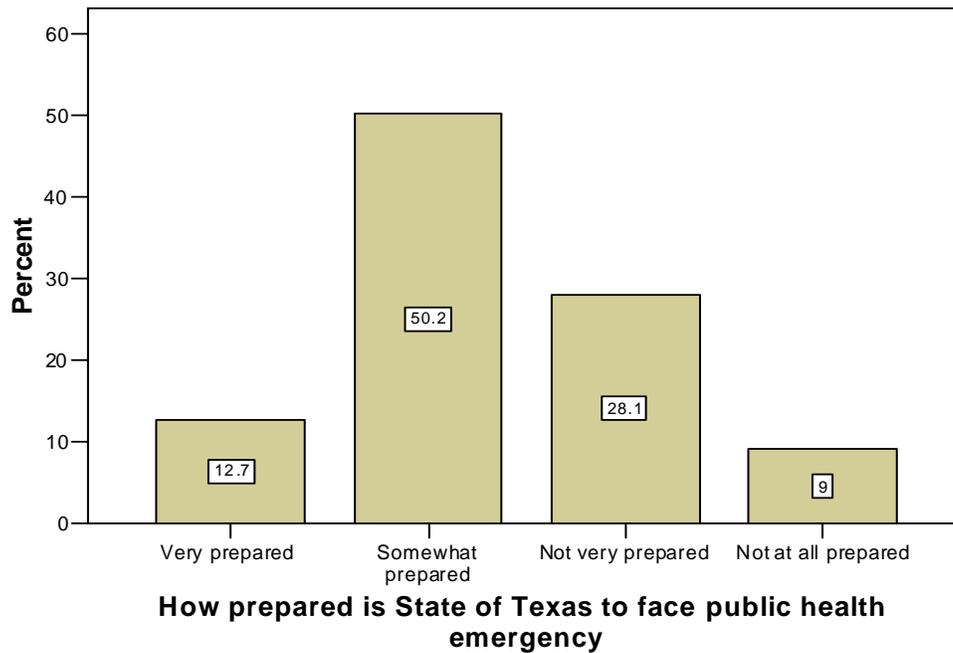
|                                 | Percent |
|---------------------------------|---------|
| Local Hospital                  | 27.3    |
| Personal doctor                 | 52.1    |
| Local health department         | 5.5     |
| State health department         | 0.3     |
| Local police                    | 5.5     |
| Environmental protection agency | 0.1     |
| Veteran's Administration        | 0.8     |
| 911                             | 1.3     |
| Local fire dept. /EMS           | 1.3     |
| Family/friend/neighbor          | 2.3     |
| Clinic                          | 0.4     |
| Insurance company               | 0.4     |
| Red Cross                       | 0.7     |
| Local government                | 0.1     |

- 50.2% of the respondents believe that the state of Texas is somewhat prepared to face a public health emergency; compared to 53% of respondents from the state (Outlook on Bioterrorism: A survey of Texans – 2004).

**Table 5: How prepared is the State of Texas to Face a Public Health Emergency**  
(n = 900)

|                     | <b>Percent</b> |
|---------------------|----------------|
| Very Prepared       | 12.7           |
| Somewhat prepared   | 50.2           |
| Not very prepared   | 28.1           |
| Not at all prepared | 9.0            |

**Figure 15: How Prepared is the State of Texas**



**Table 6: How Prepared is State of Texas by Demographics (Percent)**

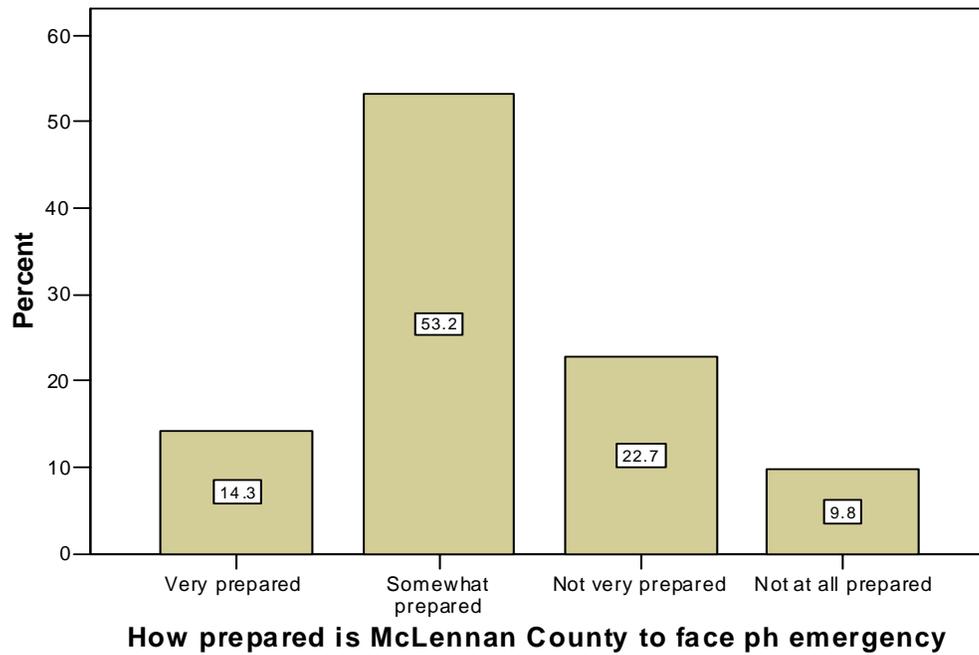
|                        | <b>Very Prepared</b> | <b>Somewhat Prepared</b> | <b>Not Very Prepared</b> | <b>Not at All Prepared</b> |
|------------------------|----------------------|--------------------------|--------------------------|----------------------------|
| <b>Age Range</b>       |                      |                          |                          |                            |
| 18-24                  | 17.9                 | 51.8                     | 19.6                     | 10.7                       |
| 25-34                  | 11.5                 | 62.8                     | 20.4                     | 5.3                        |
| 35-44                  | 16.8                 | 53.3                     | 25.5                     | 4.4                        |
| 45-54                  | 9.4                  | 47.2                     | 30.6                     | 12.8                       |
| 55-64                  | 9.3                  | 48.1                     | 34.0                     | 8.6                        |
| 65-74                  | 14.7                 | 44.9                     | 30.1                     | 10.3                       |
| 75+                    | 15.3                 | 46.9                     | 27.6                     | 10.2                       |
| <b>Race</b>            |                      |                          |                          |                            |
| White                  | 11.9                 | 51.2                     | 27.3                     | 9.6                        |
| Black/African American | 12.3                 | 43.1                     | 35.4                     | 9.2                        |
| Hispanic               | 18.8                 | 52.5                     | 27.5                     | 1.3                        |
| <b>Gender</b>          |                      |                          |                          |                            |
| Male                   | 12.4                 | 49.7                     | 24.8                     | 13.1                       |
| Female                 | 15.4                 | 55.1                     | 21.7                     | 7.9                        |
| <b>Education</b>       |                      |                          |                          |                            |
| Less than HS           | 21                   | 46                       | 28                       | 5.0                        |
| High School            | 14.4                 | 52                       | 22.8                     | 10.4                       |
| Some College           | 11.3                 | 44.9                     | 33.6                     | 10.2                       |
| College Grad           | 8.5                  | 55.2                     | 28.1                     | 8.1                        |
| <b>Annual Income</b>   |                      |                          |                          |                            |
| <10,000                | 18.3                 | 50.5                     | 22.6                     | 8.6                        |
| 10-25,000              | 14.2                 | 48.6                     | 25.7                     | 11.5                       |
| 25-40,000              | 14.8                 | 45.9                     | 31.1                     | 8.2                        |
| 40-55,000              | 9.4                  | 48.1                     | 34.9                     | 7.5                        |
| 55-70,000              | 11.1                 | 63.0                     | 22.2                     | 3.7                        |
| 70-85,000              | 0.0                  | 73.7                     | 12.3                     | 14.0                       |
| >85,000                | 12.6                 | 43.7                     | 31.1                     | 12.6                       |

- 43% of respondents feel that McLennan County is somewhat prepared to face a public health emergency.
- Males were 0.68 less likely to think that McLennan County is prepared when compared to females.
- Hispanics were 2.67 times more likely to think that McLennan County is prepared when compared to non-Hispanics.

**Table 7: How prepared is McLennan County to face a public Health Emergency**  
**(n = 885)**

|                     | <b>Percent</b> |
|---------------------|----------------|
| Very Prepared       | 14.3           |
| Somewhat prepared   | 43.0           |
| Not very prepared   | 18.4           |
| Not at all prepared | 7.9            |

**Figure 16: How Prepared is McLennan County**



**Table 8: How Prepared is McLennan County by Demographics (Percent)**

|                         | <b>Very Prepared</b> | <b>Somewhat Prepared</b> | <b>Not Very Prepared</b> | <b>Not at All Prepared</b> |
|-------------------------|----------------------|--------------------------|--------------------------|----------------------------|
| <b>Age Range</b>        |                      |                          |                          |                            |
| 18-24                   | 16.7                 | 40.7                     | 27.8                     | 14.8                       |
| 25-34                   | 16.5                 | 62.6                     | 13.9                     | 7.0                        |
| 35-44                   | 18.1                 | 55.1                     | 19.6                     | 7.2                        |
| 45-54                   | 11.5                 | 50.8                     | 26.2                     | 11.5                       |
| 55-64                   | 12.6                 | 52.3                     | 26.5                     | 8.6                        |
| 65-74                   | 11.6                 | 54.8                     | 21.3                     | 12.3                       |
| 75+                     | 17.0                 | 50.0                     | 25.0                     | 8.0                        |
| <b>Race</b>             |                      |                          |                          |                            |
| White                   | 11.9                 | 55.4                     | 22.3                     | 10.3                       |
| Black/ African American | 25.4                 | 32.8                     | 32.8                     | 9.0                        |
| Hispanic                | 26.6                 | 57.0                     | 15.2                     | 1.3                        |
| <b>Gender</b>           |                      |                          |                          |                            |
| Male                    | 10.3                 | 51.0                     | 27.6                     | 11.2                       |
| Female                  | 14.1                 | 49.7                     | 28.3                     | 7.8                        |
| <b>Education</b>        |                      |                          |                          |                            |
| Less than HS            | 22.5                 | 51.4                     | 10.8                     | 15.3                       |
| High School             | 16.9                 | 55.6                     | 19.3                     | 8.2                        |
| Some College            | 12.3                 | 49.0                     | 30.7                     | 8.0                        |
| College Grad            | 9.7                  | 56.0                     | 23.5                     | 10.8                       |
| <b>Annual Income</b>    |                      |                          |                          |                            |
| <10,000                 | 20.7                 | 58.5                     | 12.2                     | 8.5                        |
| 10-25,000               | 14.6                 | 50.0                     | 20.1                     | 15.3                       |
| 25-40,000               | 14.0                 | 49.2                     | 27.9                     | 8.9                        |
| 40-55,000               | 14.7                 | 50.5                     | 26.6                     | 8.3                        |
| 55-70,000               | 13.8                 | 60.6                     | 19.3                     | 6.4                        |
| 70-85,000               | 3.4                  | 74.6                     | 6.8                      | 15.3                       |
| >85,000                 | 13.3                 | 48.3                     | 27.5                     | 10.8                       |

Bioterrorism

- 28% of respondents stated that it is somewhat likely that bioterrorism or terrorism could occur in McLennan County.
- Males were 0.75 times less likely to think that bioterrorism could occur in McLennan County when compared to females.
- Whites were 0.63 times less likely to think that bioterrorism could occur in McLennan County when compared to non-Whites.
- Non-Hispanic Blacks were 2.27 times more likely to think that bioterrorism could occur in McLennan County when compared to non-Blacks.

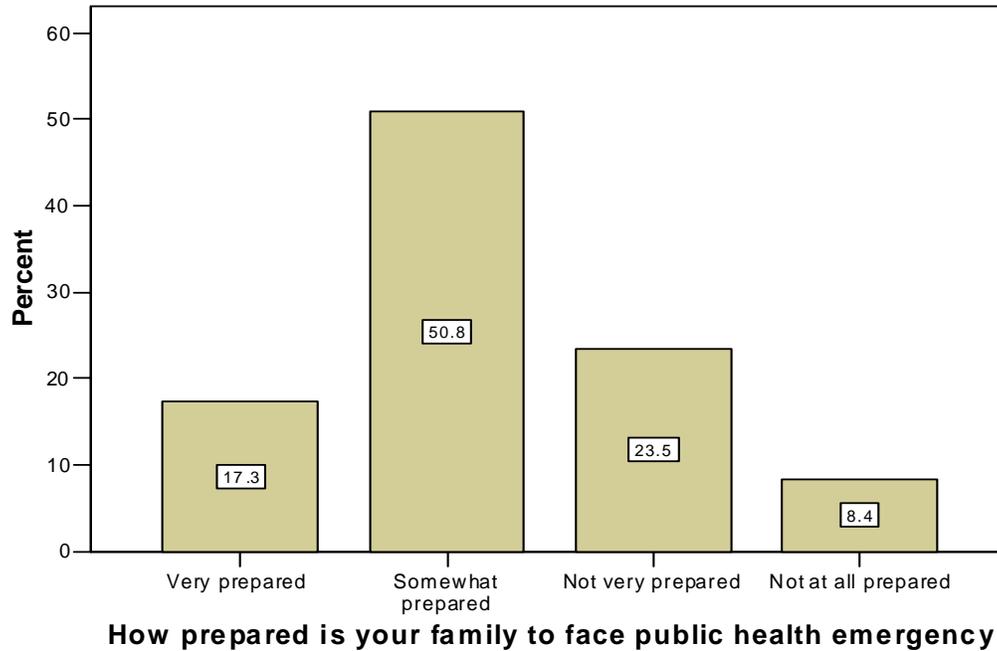
**Table 9: How Likely is Bioterrorism/Terrorism to Occur in McLennan County  
(n = 1025)**

|                     | Percent |
|---------------------|---------|
| Very Likely         | 17.1    |
| Somewhat Likely     | 27.7    |
| Neutral/ don't know | 14.1    |
| Not very likely     | 33.2    |
| Not at all likely   | 7.9     |

**Table 10: Likelihood of Bioterrorism by Demographics (Percent)**

|                        | Very Likely | Somewhat likely | Don't Know | Not Very likely | Not at all likely |
|------------------------|-------------|-----------------|------------|-----------------|-------------------|
| <b>Age Range</b>       |             |                 |            |                 |                   |
| 18-24                  | 12.3        | 22.8            | 31.6       | 26.3            | 7.0               |
| 25-34                  | 15.1        | 21.4            | 16.7       | 39.7            | 7.1               |
| 35-44                  | 16.5        | 26.6            | 12.7       | 36.1            | 8.2               |
| 45-54                  | 27.3        | 29.2            | 11.5       | 24.4            | 7.7               |
| 55-64                  | 18.5        | 36.0            | 10.6       | 29.6            | 5.3               |
| 65-74                  | 9.2         | 27.0            | 10.3       | 43.7            | 9.8               |
| 75+                    | 13.5        | 23.4            | 19.8       | 32.4            | 10.8              |
| <b>Race</b>            |             |                 |            |                 |                   |
| White                  | 16.4        | 27.8            | 11.9       | 35.7            | 8.2               |
| Black/African American | 29.2        | 25.0            | 22.2       | 16.7            | 6.9               |
| Hispanic               | 8.4         | 32.6            | 22.1       | 31.6            | 5.3               |
| <b>Gender</b>          |             |                 |            |                 |                   |
| Male                   | 16.6        | 25.4            | 11.3       | 34.8            | 11.9              |
| Female                 | 17.5        | 28.8            | 15.7       | 32.4            | 5.7               |
| <b>Education</b>       |             |                 |            |                 |                   |
| Less than HS           | 26.0        | 25.2            | 22.8       | 19.7            | 6.3               |
| High School            | 20.1        | 28.3            | 16.7       | 26.3            | 8.5               |
| Some College           | 16.6        | 35.5            | 11.5       | 29.4            | 7.1               |
| College Grad           | 11.1        | 21.0            | 9.5        | 49.8            | 8.5               |
| <b>Annual Income</b>   |             |                 |            |                 |                   |
| <10,000                | 26.2        | 30.1            | 19.4       | 14.6            | 9.7               |
| 10-25,000              | 19.3        | 29.5            | 15.9       | 27.3            | 8.0               |
| 25-40,000              | 14.2        | 29.4            | 12.3       | 33.8            | 10.3              |
| 40-55,000              | 17.6        | 25.6            | 15.2       | 35.2            | 6.4               |
| 55-70,000              | 16.1        | 19.4            | 11.3       | 44.4            | 8.9               |
| 70-85,000              | 16.7        | 26.7            | 10.0       | 45.0            | 1.7               |
| >85,000                | 13.9        | 25.5            | 12.4       | 38.7            | 9.5               |

**Figure 17: How Prepared is Your Family**



- 51% of respondents feel that their family is somewhat prepared to face a public health emergency.

**Table 11: How prepared is your Family to face a Public Health Emergency**  
**(n = 1016)**

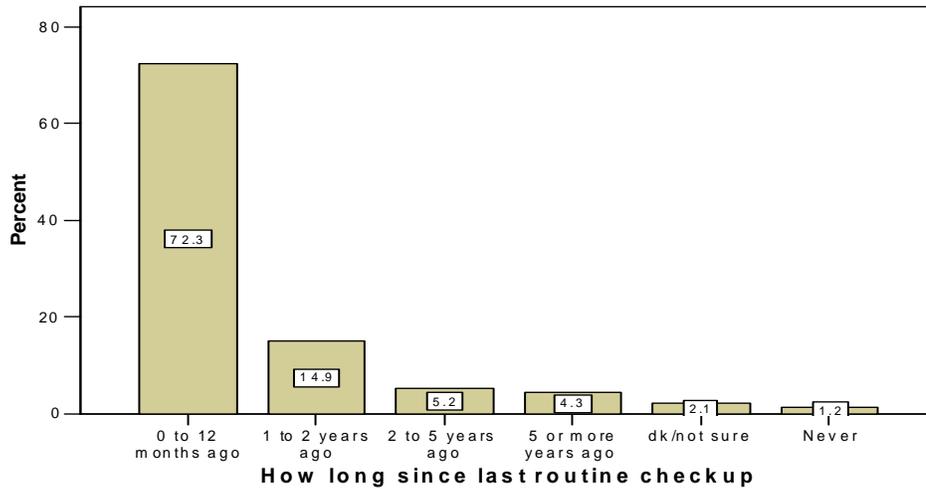
|                     | <b>Percent</b> |
|---------------------|----------------|
| Very Prepared       | 17.3           |
| Somewhat prepared   | 50.8           |
| Not very prepared   | 23.5           |
| Not at all prepared | 8.4            |

- 41.6% stated that they did have a family emergency response plan.
- 43.4% stated that they did have an emergency plan for evacuation for their family.
- 77.8% stated that they did have an emergency list of phone numbers and contacts.
- 61.3% stated that they did have a list of medical conditions and current medicines to take with them in an emergency.

## Health Status

- 72.3% of respondents had a routine checkup within the past 12 months.

Figure 18: How Long Since Your Last Routine Checkup



- 53.3% of respondents rated the health care that they had received in the past 12 months to be the best healthcare possible.

Figure 19: Rate Health care Received in the past 12 months

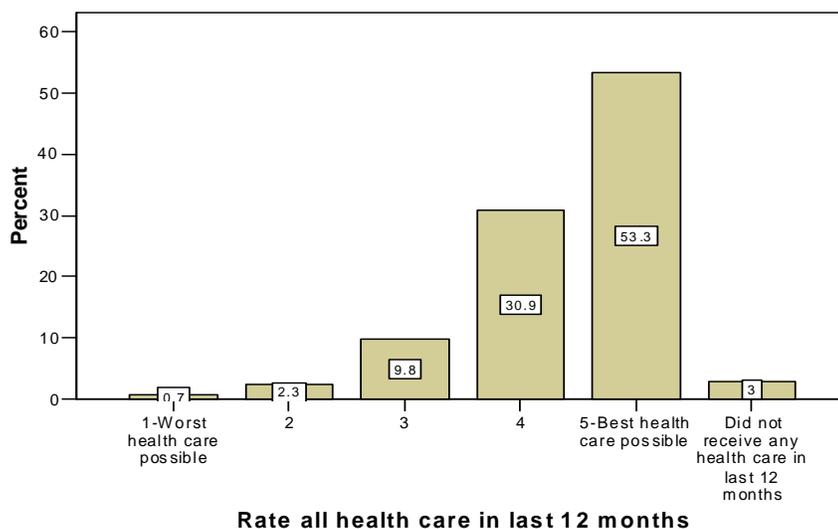
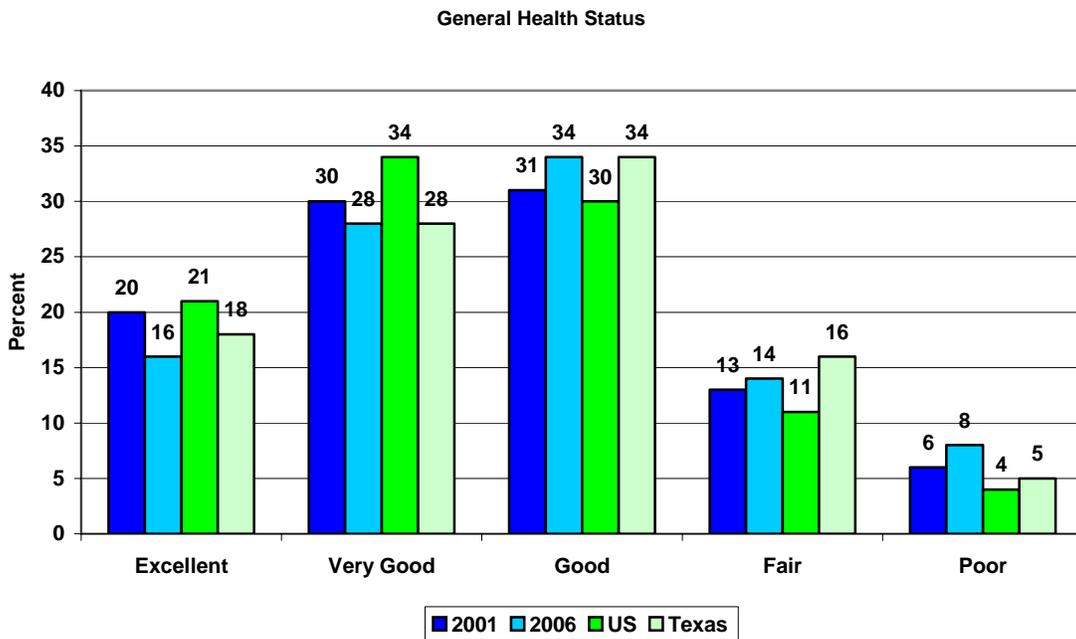


Figure 20: General Health Status (%)



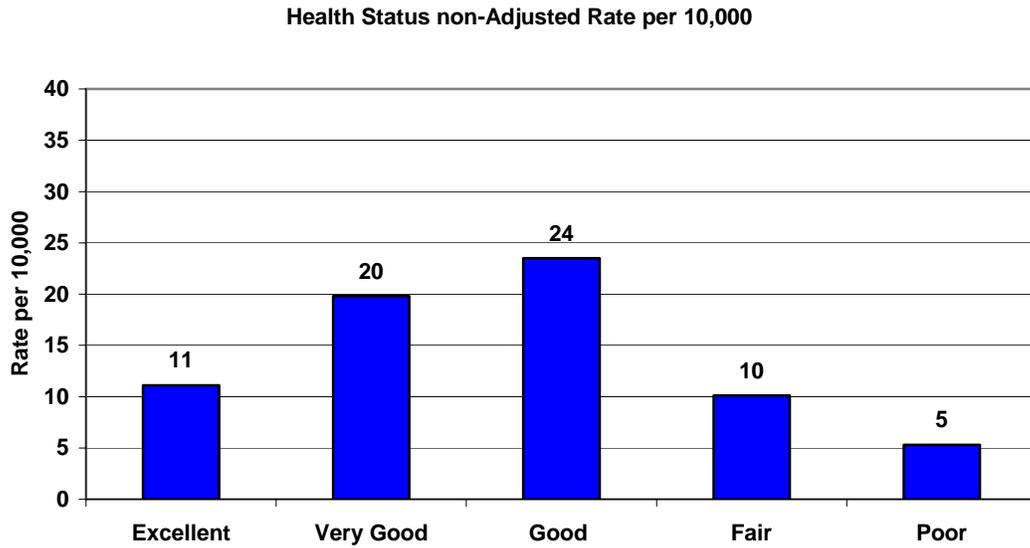
\*US and Texas – 2004 BRFSS

- Hispanics were 0.63 times less likely to rate their health as Good, Very Good or Excellent when compared to non-Hispanics.
- Whites were 2.0 times more likely to rate their health as Good, Very Good or Excellent when compared to non-Whites.
- Non-Hispanic Blacks are 0.53 times less likely to rate their health as Good, Very Good or Excellent when compared to non-Blacks.
- Respondents who spoke English at home were 3.1 times more likely to rate their health as Good, Very Good, or Excellent when compared to those who spoke Spanish as their primary language at home or spoke both English/Spanish equally.
- Those with health insurance were 3.2 times more likely to rate their health as Good, Very Good, or Excellent when compared to those without health insurance.

**General Health Status by Demographics (Percent)**

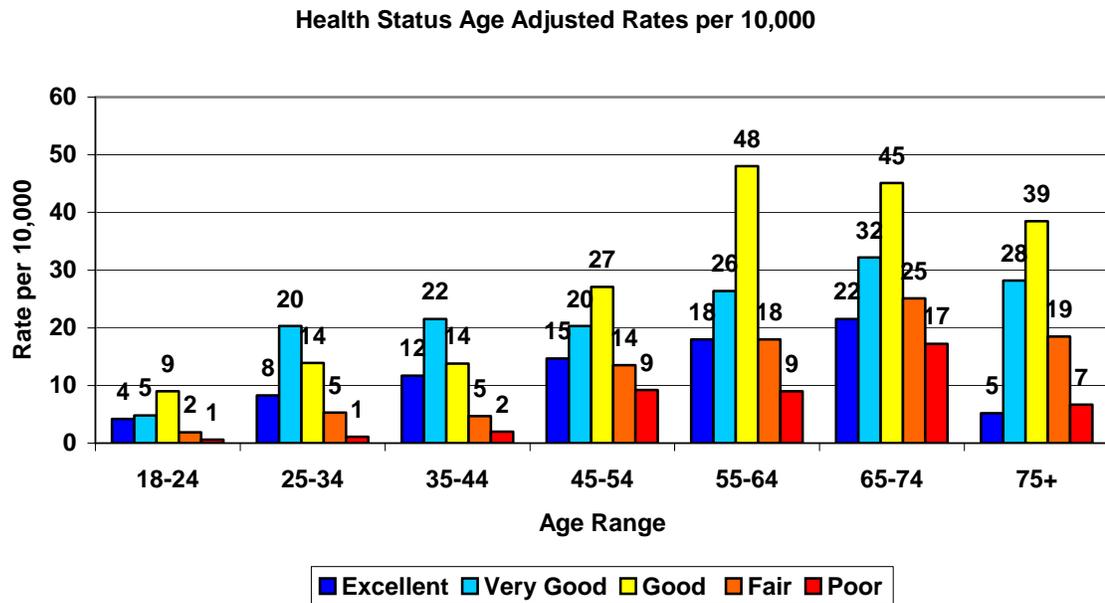
| <b>Demographic</b>         | <b>Excellent</b> | <b>V. Good</b> | <b>Good</b> | <b>Fair</b> | <b>Poor</b> |
|----------------------------|------------------|----------------|-------------|-------------|-------------|
| <b>Age Range</b>           |                  |                |             |             |             |
| 18-24                      | 20.3             | 23.4           | 43.8        | 9.4         | 3.1         |
| 25-34                      | 16.9             | 41.5           | 28.5        | 10.8        | 2.3         |
| 35-44                      | 21.9             | 40.0           | 25.6        | 8.8         | 3.8         |
| 45-54                      | 17.4             | 23.9           | 31.9        | 16.0        | 10.8        |
| 55-64                      | 15.1             | 22.1           | 40.2        | 15.1        | 7.5         |
| 65-74                      | 15.2             | 22.8           | 32.0        | 17.8        | 12.2        |
| 75+                        | 15.9             | 28.4           | 33.7        | 14.4        | 6.9         |
| <b>Race/ Ethnicity</b>     |                  |                |             |             |             |
| White                      | 16.8             | 30.6           | 33.5        | 12.3        | 6.8         |
| Black/African–<br>American | 15.1             | 29.1           | 26.7        | 15.1        | 14.0        |
| Hispanic                   | 10.9             | 13.9           | 38.6        | 30.7        | 5.9         |
| <b>Gender</b>              |                  |                |             |             |             |
| Male                       | 15.9             | 29.5           | 33.5        | 14.6        | 6.5         |
| Female                     | 15.7             | 27.9           | 33.8        | 14.4        | 8.1         |
| <b>Education</b>           |                  |                |             |             |             |
| Less than High<br>School   | 2.7              | 20.5           | 33.6        | 25.3        | 17.8        |
| High School<br>Graduate    | 11.4             | 21.5           | 42.3        | 16.1        | 8.8         |
| Some College               | 16.7             | 32.1           | 32.4        | 14.2        | 4.7         |
| College Graduate           | 26.2             | 35.8           | 26.2        | 7.3         | 4.5         |
| <b>Employment</b>          |                  |                |             |             |             |
| Employed for<br>Wages      | 19.0             | 35.1           | 34.9        | 9.0         | 2.1         |
| Self Employed              | 22.0             | 29.0           | 33.0        | 14.0        | 2.0         |
| Out of work >1 yr          | 9.7              | 12.9           | 32.3        | 19.4        | 25.8        |
| Out of work < 1 yr         | 18.5             | 14.8           | 33.3        | 18.5        | 14.8        |
| Homemaker                  | 19.2             | 25.6           | 29.5        | 21.8        | 3.8         |
| Student                    | 26.7             | 33.3           | 13.3        | 26.7        | 0           |
| Retired                    | 11.2             | 26.4           | 36.0        | 16.8        | 9.6         |
| Unable to work             | 1.6              | 0              | 25.0        | 29.7        | 43.8        |
| <b>Annual Income</b>       |                  |                |             |             |             |
| <\$10,000                  | 3.3              | 13.2           | 32.2        | 31.4        | 19.8        |
| \$10,001 – 25,000          | 9.1              | 22.0           | 34.4        | 19.4        | 15.1        |
| \$25,001 – 40,000          | 20.5             | 26.7           | 39.0        | 10.0        | 3.8         |
| \$40,001 – 55,000          | 14.5             | 32.1           | 34.4        | 13.0        | 6.1         |
| \$55,001 – 70,000          | 22.7             | 39.8           | 26.6        | 7.0         | 3.9         |
| \$70,001 – 85,000          | 19.4             | 38.7           | 35.5        | 3.2         | 3.2         |
| > \$85,0000                | 26.8             | 38.4           | 23.2        | 11.6        | 0           |

Figure 21: General Health Status Rates per 10,000



Rates per 10,000 utilizing the 2000 Census for McLennan County

Figure 22: Age Adjusted General Health Status Rates per 10,000

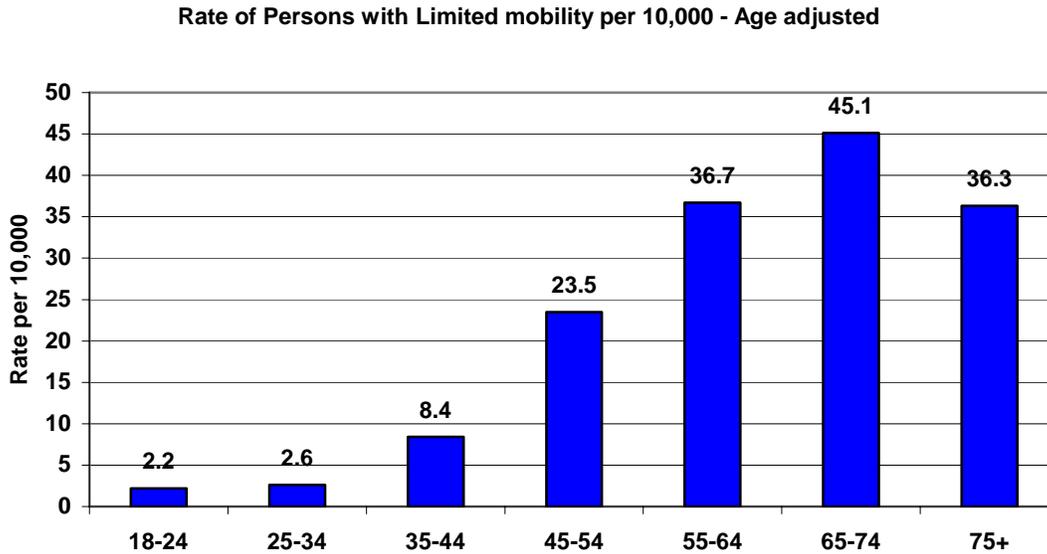


Rates per 10,000 utilizing the 2000 Census for McLennan County

Limited Mobility:

- 24.7% of respondents stated that they were limited in activities due to an impairment or health problem. 23% responded similarly in 2001.
- Of those who responded that they had limited mobility 10% stated that they need assistance with routine needs.

**Figure 23: Age-Adjusted Rate of Persons with Limited Mobility**



Rates per 10,000 utilizing the 2000 Census for McLennan County

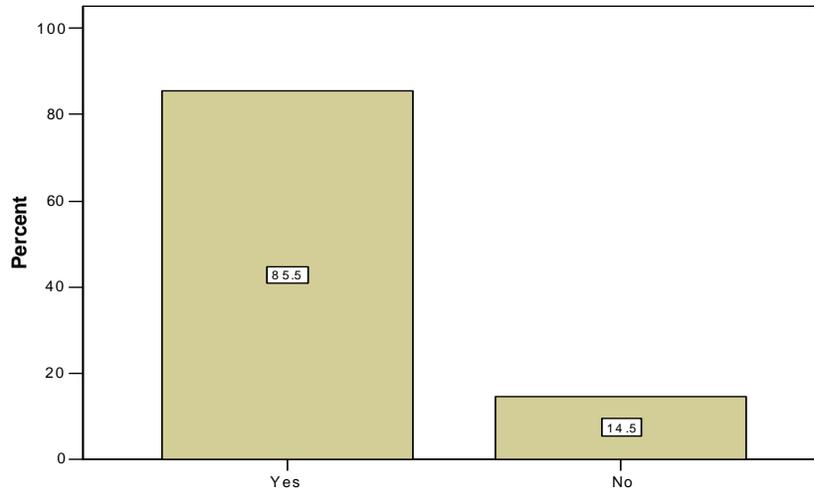
- 16.6% of those with limited mobility stated Arthritis as the reason.
- MMWR/ May 5, 06/Vol 55/no 17 – Summary from 2003 BRFSS prevalence of adults with self-reported doctor-diagnosed arthritis ranged from 17.9% to 37.2% (27% median) and limitation ranged from 6.3% to 16.7% (median 9.9%). Texas was 24.1% with doctor diagnosed arthritis and limitation attributed to arthritis 9.0%.
- Hispanics were 0.4 times less likely to have limited mobility when compared to non-Hispanics.
- Whites were 1.5 times more likely to have limited mobility when compared to non-Whites.

## **Healthcare Access**

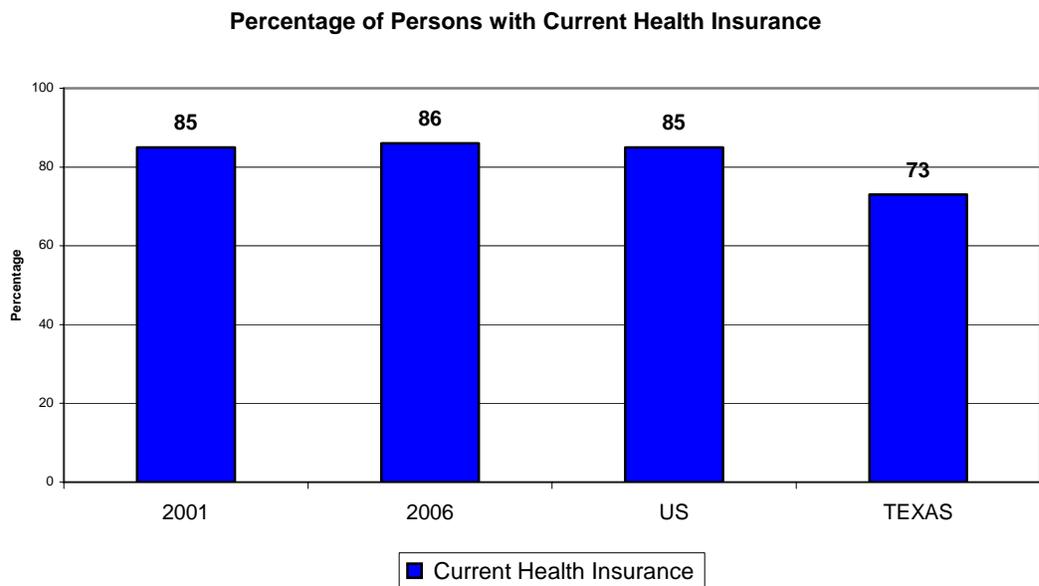
### **Have Health Insurance (Includes Private Insurance, Medicaid, and Medicare)**

- 85.5% of respondents stated they had current health insurance. 85% of respondents in 2001 stated that they had health insurance.

**Figure 24: Percentage of Persons with Health Insurance**



**Figure 25: Comparison of Percent of Persons with Health Insurance**

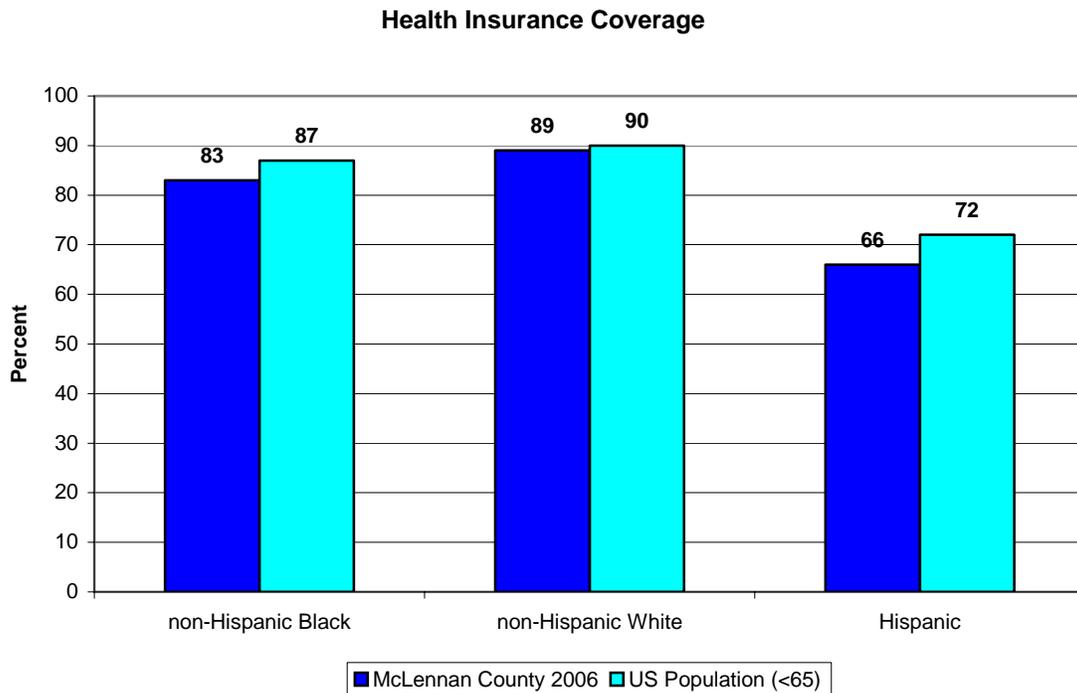


**Table 12: Current Health Insurance (Percent) (n = 1092)**

| <b>Demographic</b>     | <b>Yes</b> | <b>No</b> |
|------------------------|------------|-----------|
| <b>Age Range</b>       |            |           |
| 18-24                  | 53         | 47        |
| 25-34                  | 77         | 23        |
| 35-44                  | 79         | 21        |
| 45-54                  | 82         | 18        |
| 55-64                  | 89         | 11        |
| 65-74                  | 100        | 0         |
| 75+                    | 98         | 2         |
| <b>Race/ Ethnicity</b> |            |           |
| White                  | 89         | 11        |
| Black/African-American | 83         | 17        |
| Hispanic               | 66         | 34        |
| <b>Gender</b>          |            |           |
| Male                   | 81         | 19        |
| Female                 | 88         | 12        |
| <b>Education</b>       |            |           |
| Less than High School  | 76         | 24        |
| High School Graduate   | 81         | 19        |
| Some College           | 86         | 14        |
| College Graduate       | 94         | 6         |
| <b>Employment</b>      |            |           |
| Employed for Wages     | 89         | 11        |
| Self Employed          | 77         | 23        |
| Out of work >1 yr      | 47         | 53        |
| Out of work < 1 yr     | 50         | 50        |
| Homemaker              | 68         | 32        |
| Student                | 43         | 57        |
| Retired                | 96         | 4         |
| Unable to work         | 86         | 14        |
| <b>Annual Income</b>   |            |           |
| <\$10,000              | 68         | 32        |
| \$10,001 – 25,000      | 74         | 26        |
| \$25,001 – 40,000      | 86         | 14        |
| \$40,001 – 55,000      | 88         | 12        |
| \$55,001 – 70,000      | 98         | 2         |
| \$70,001 – 85,000      | 95         | 5         |
| > \$85,0000            | 97         | 3         |

- Hispanics were 0.38 times less likely to have health insurance when compared to non-Hispanics.
- Whites were 2.6 times more likely to have health insurance when compared to non-Whites.

Figure 26: Health Insurance Coverage by Race/Ethnicity



\*US percent – Medical Expenditure Panel Survey 2002, Racial and Ethnic Differences in Health Insurance Coverage and Usual Source of Health Care, 2002 (Published 3/2006)

- Males were 0.61 times less likely to have health insurance when compared to females.
- Age, race, employment status, education level, and annual income were all significantly related to having current health insurance.
- 17.8% of respondents stated that in the past 12 months someone in their household did not have health insurance.
- Those respondents who had health insurance utilized the emergency room for care 0.49 times less than those without health insurance.
- The following statistics demonstrate that health insurance provides an increased opportunity for preventative care:
  - ❖ Those respondents who had health insurance were 1.9 times more likely to have been told by a health care provider that they have high blood cholesterol.
  - ❖ Those respondents who had health insurance were 3.8 times more likely to have had a mammogram than those without health insurance.
  - ❖ Those respondents who had health insurance were 0.65 times less likely to have smoked in their lifetime (either current or ex-smokers) than those individuals who did not have health insurance.

Access to Care

- 69.3% stated that they sought care from one particular place (clinic, health center, doctor’s office, or other). 20.4% received care from multiple sources. 9.9% stated that they did not have a particular place in which to seek health care.
- 15.7% of respondents stated that in the past 12 months someone in their household needed to see a doctor but did not due to cost.
  - In the past 12 months:
    - ❖ Hispanics were 2.4 times more likely to not see a physician due to cost when compared to non-Hispanics.
    - ❖ Whites were 0.40 times less likely to not see a physician due to cost when compared to non-Whites.
    - ❖ Non-Hispanic Blacks were 1.8 times more likely to not see a physician due to cost when compared to non-Blacks
    - ❖ Males were 0.66 times less likely to not see a physician due to cost when compared to females.
- 7.4% of the respondents stated that they have a problem getting to their health care provider.

**Figure 27: Reasons for Difficulty in Reaching Health Care Provider (%)**

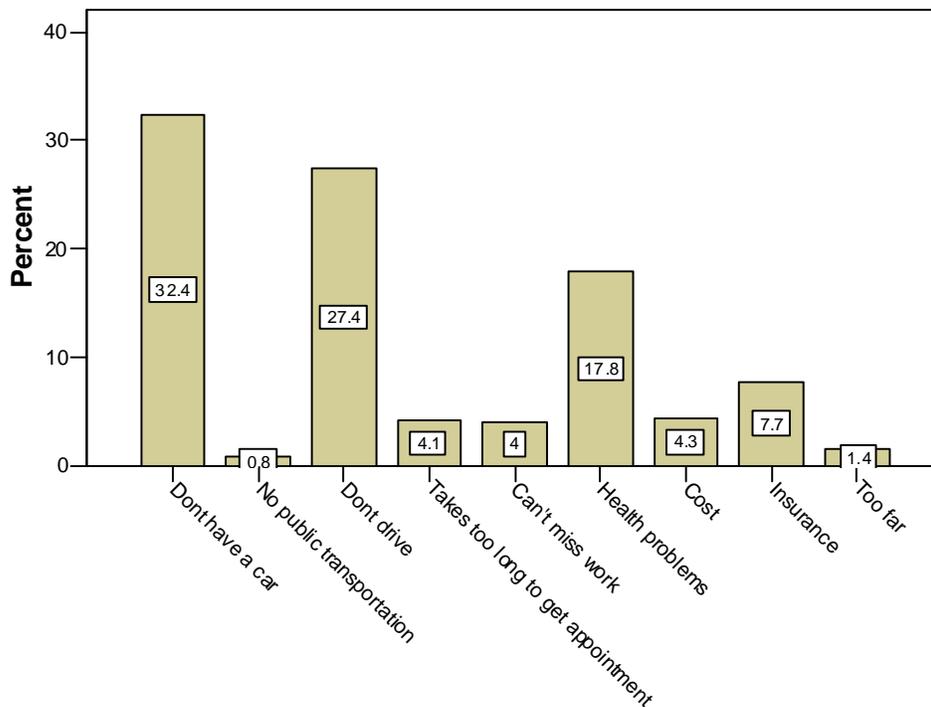
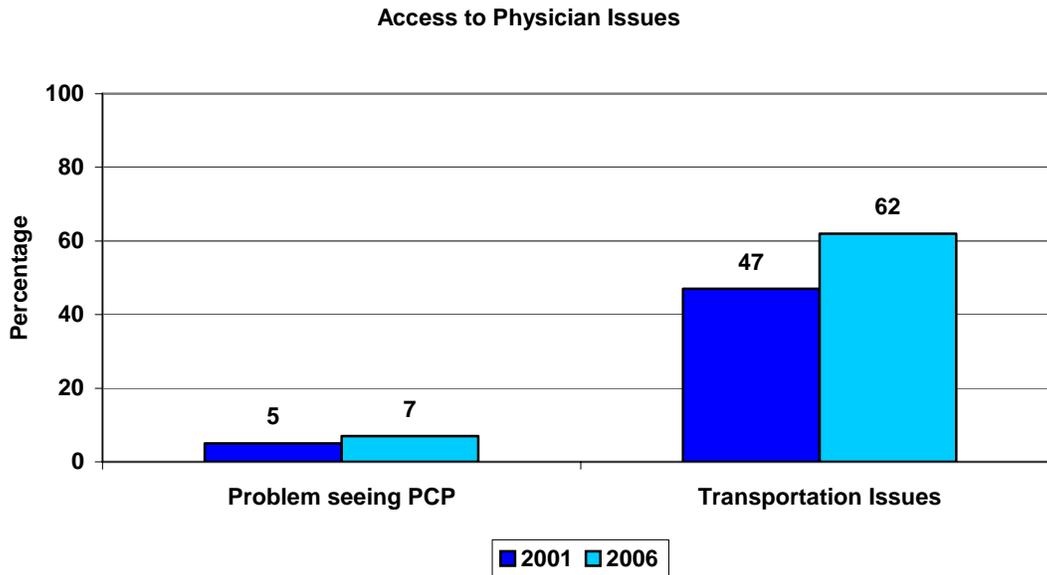


Figure 28: Comparison of Access to Physicians 2001 and 2006



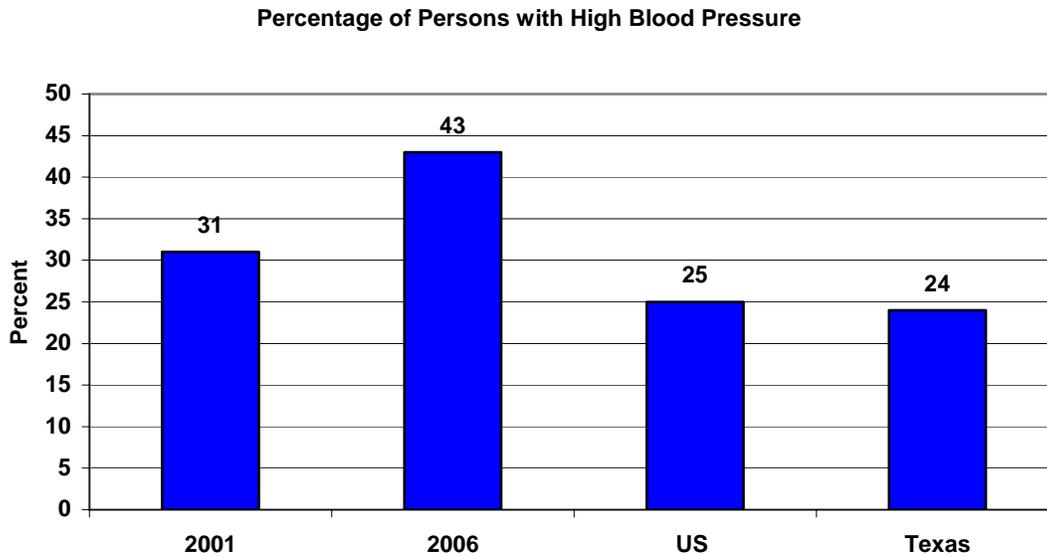
- A slight increase was observed in “Do you have a problem getting to your health care provider?” from 5% to 7%.
- Of 7% who stated a problem getting to their provider, 62% of the reasons for the issue were transportation related. This is an increase from 47% of the responses in 2001.
- 7% of respondents utilize public transportation; there was no change from 2001 to 2006.
- The majority of respondents, 93.2%, utilize their own vehicle for their primary source of transportation.
  - ❖ 17% of Hispanic respondents utilized a friend, neighbor, or family member as their primary means of transportation.
  - ❖ 14% of non-Hispanic Black respondents utilized a friend, neighbor, or family member as their primary means of transportation.
- 91% of respondents have one particular place where they seek health care.
  - ❖ In the past 12 months, 21.6% of respondents utilized an emergency room to get care. (It was not clearly stated if the emergency room visits were for routine care or emergent care)
  - ❖ Whites were 0.4 times less likely to seek care from an emergency room when compared to non-White.
  - ❖ Non-Hispanic Blacks were 3.0 times more likely to seek care from an emergency room when compared to non- Blacks.
  - ❖ Hispanics were 1.5 times more likely to seek care from an emergency room when compared to non-Hispanics.
  - ❖ Age, employment status, education level, and annual income were all significantly related to emergency room usage in the past 12 months.

## **Healthcare Awareness and Behavior:**

### High Blood Pressure

- 43% stated that have been told that they have high blood pressure.
- After weighting the sample for age, 33% had been told that they have high blood pressure.

**Figure 29: Percent of Persons with High Blood Pressure**



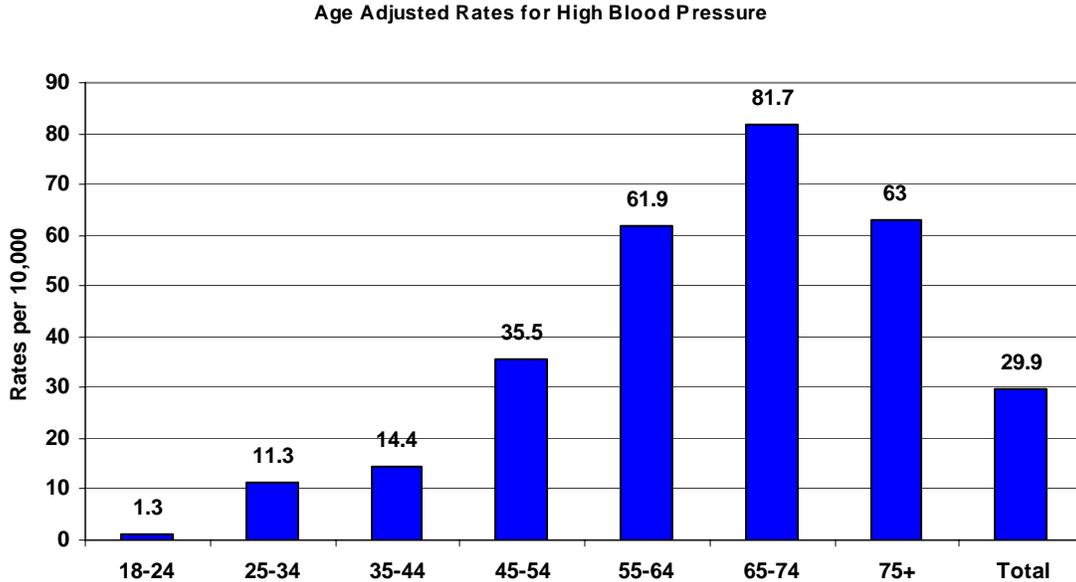
US and Texas Percent - 2003 BRFSS

- Hispanics were 0.39 times less likely to have been told that they have high blood pressure when compared to non-Hispanics.
- Whites were 1.4 times more likely to have been told that they have high blood pressure when compared to non-Whites.
- Non-Hispanic Blacks were 1.5 times more likely to have been told that they have high blood pressure when compared to non-Blacks.

**Table 13: High Blood Pressure (Percent) (n = 1093)**

| <b>Demographic</b>     | <b>Yes</b> | <b>No</b> |
|------------------------|------------|-----------|
| <b>Age Range</b>       |            |           |
| 18-24                  | 6          | 94        |
| 25-34                  | 23         | 77        |
| 35-44                  | 27         | 73        |
| 45-54                  | 42         | 58        |
| 55-64                  | 51         | 49        |
| 65-74                  | 58         | 42        |
| 75+                    | 65         | 35        |
| <b>Race/ Ethnicity</b> |            |           |
| White                  | 45         | 55        |
| Black/African-American | 45         | 54        |
| Hispanic               | 19         | 81        |
| <b>Gender</b>          |            |           |
| Male                   | 39         | 61        |
| Female                 | 45         | 55        |
| <b>Education</b>       |            |           |
| Less than High School  | 41         | 59        |
| High School Graduate   | 45         | 55        |
| Some College           | 46         | 54        |
| College Graduate       | 38         | 62        |
| <b>Employment</b>      |            |           |
| Employed for Wages     | 38         | 62        |
| Self Employed          | 21         | 79        |
| Out of work >1 yr      | 43         | 57        |
| Out of work < 1 yr     | 28         | 72        |
| Homemaker              | 23         | 77        |
| Student                | 19         | 81        |
| Retired                | 59         | 41        |
| Unable to work         | 70         | 30        |
| <b>Annual Income</b>   |            |           |
| <\$10,000              | 44         | 56        |
| \$10,001 – 25,000      | 43         | 57        |
| \$25,001 – 40,000      | 49         | 51        |
| \$40,001 – 55,000      | 43         | 57        |
| \$55,001 – 70,000      | 40         | 60        |
| \$70,001 – 85,000      | 44         | 56        |
| > \$85,0000            | 31         | 69        |

Figure 30: Age adjusted rates for High Blood Pressure



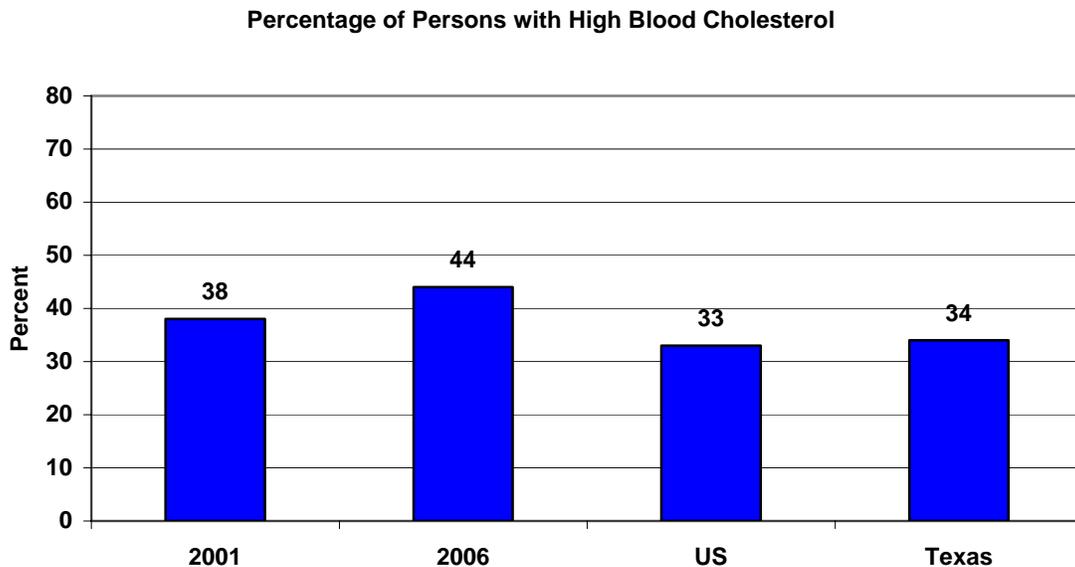
\*Rates per 10,000 using the 2000 US Census

- A rate of 29.9 persons per 10,000 that have high blood pressure was observed for the entire sample. As expected as the age range increases an increase is seen in the rate of High Blood Pressure. The highest rate is seen in the 65-74 year age range at 81.7 per 10,000. Age was highly correlated with high blood pressure.
- Respondents who were overweight or obese were 2.7 times more likely to have been told that they have high blood pressure when compared to those individuals with normal Body Mass Indexes.
  - ❖ After adjusting for age, gender, and race, those who were overweight or obese were 2.6 times more likely to have high blood pressure when compared to those with normal BMI.
- However, after adjusting for age, race did not prove to be a significant risk factor for high blood pressure.

### High Blood Cholesterol

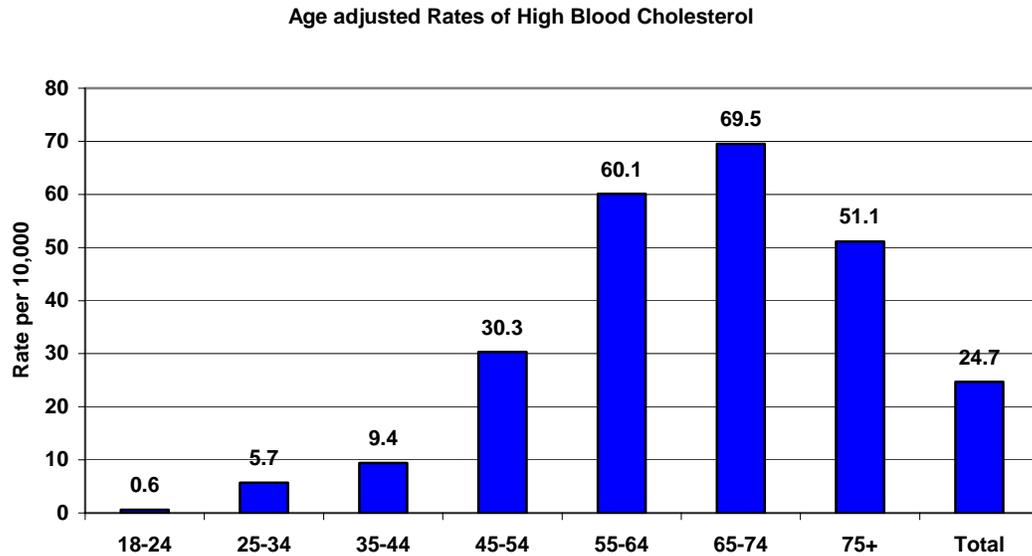
- 44% of respondents stated that they had been told by a health care professional that they have high blood cholesterol.
- After weighting for age – 40% of our sample had high blood cholesterol.
- Those who were overweight or obese were 1.7 times more likely to have been told by a health care professional that they had high blood cholesterol than those with normal Body Mass Indexes. (After adjusting for age, race, and gender the odds were still 1.7 times more likely to have high blood cholesterol if the respondent was overweight or obese)
- Only 82% of persons surveyed had ever had their blood cholesterol checked.
- Persons under the age of 44 years were 0.13 times less likely to have had their blood cholesterol checked. 37.9% of the individuals in this age range had never had their blood cholesterol checked.

**Figure 311: Percentage of Persons with High Blood Cholesterol**



US and Texas Percent – 2003 BRFSS

Figure 32: Age adjusted Rates for High Blood Cholesterol



\*Rates per 10,000 using 2000 Census for McLennan County

- The Overall rate for McLennan County of individuals with High Blood Cholesterol was 24.7 per 10,000. However, an increase in rate is observed as the age range increases. The 65 – 74 age group had the greatest rate of 69.5 per 10,000. Age was highly correlated with having high blood cholesterol.
- Those individuals who were current or ex smokers were 1.5 times more likely to have high blood cholesterol when compared to those who never smoked.
- Those who participated in moderate exercise 5 or more days per week were 0.76 times less likely to have high blood cholesterol that those who participated in fewer days of exercise.

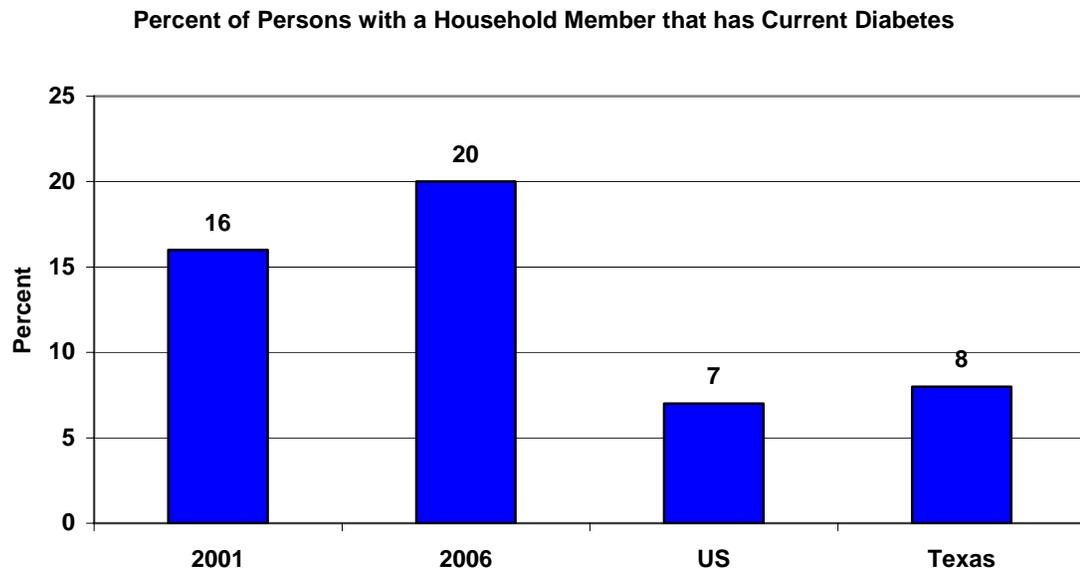
**Table 14: High Blood Cholesterol (Percent) (n = 890)**

| <b>Demographic</b>     | <b>Yes</b> | <b>No</b> |
|------------------------|------------|-----------|
| <b>Age Range</b>       |            |           |
| 18-24                  | 11         | 89        |
| 25-34                  | 20         | 80        |
| 35-44                  | 23         | 77        |
| 45-54                  | 43         | 57        |
| 55-64                  | 53         | 47        |
| 65-74                  | 52         | 48        |
| 75+                    | 55         | 45        |
| <b>Race/ Ethnicity</b> |            |           |
| White                  | 44         | 56        |
| Black/African-American | 52         | 48        |
| Hispanic               | 33         | 67        |
| <b>Gender</b>          |            |           |
| Male                   | 42         | 58        |
| Female                 | 44         | 56        |
| <b>Education</b>       |            |           |
| Less than High School  | 63         | 37        |
| High School Graduate   | 43         | 57        |
| Some College           | 40         | 60        |
| College Graduate       | 41         | 59        |
| <b>Employment</b>      |            |           |
| Employed for Wages     | 36         | 64        |
| Self Employed          | 34         | 66        |
| Out of work >1 yr      | 7          | 93        |
| Out of work < 1 yr     | 25         | 75        |
| Homemaker              | 29         | 71        |
| Student                | 60         | 40        |
| Retired                | 56         | 44        |
| Unable to work         | 71         | 29        |
| <b>Annual Income</b>   |            |           |
| <\$10,000              | 49         | 51        |
| \$10,001 – 25,000      | 46         | 54        |
| \$25,001 – 40,000      | 42         | 58        |
| \$40,001 – 55,000      | 41         | 59        |
| \$55,001 – 70,000      | 36         | 64        |
| \$70,001 – 85,000      | 43         | 57        |
| > \$85,0000            | 41         | 59        |

Diabetes (Anyone in the Household with Diabetes)

- 20% of respondents stated that someone in their household had a history of diabetes. This is an increase from 16% of respondents in 2001.
- After adjusting for age, 16% of respondents have a household member with diabetes.

**Figure 33: Percentage of Persons with Household member with Diabetes**



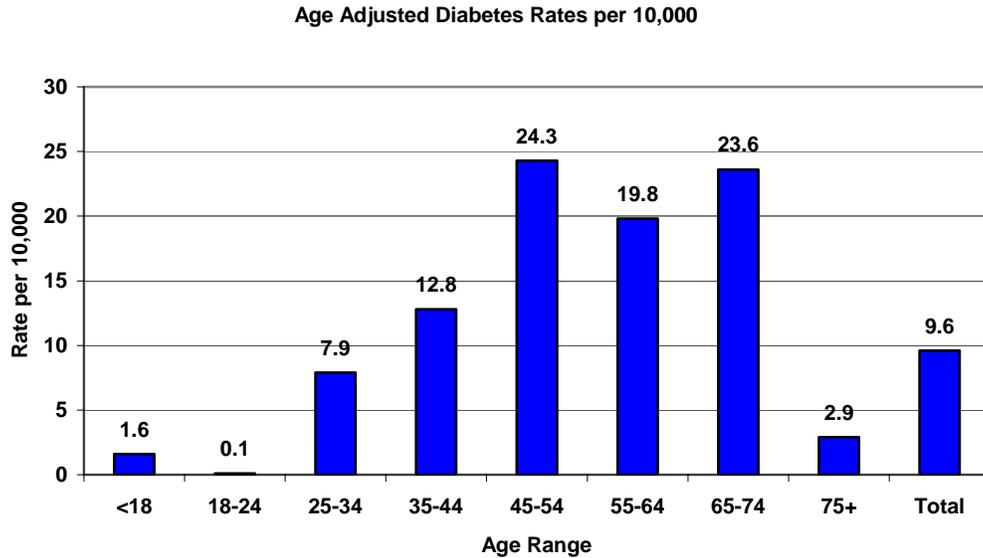
US and Texas Percent – 2004 BRFSS

- Non-Hispanic Blacks were 3.3 times more likely to have someone in their household with diabetes when compared to non-Blacks
- Whites were 0.68 times less likely to have someone in their household with diabetes when compared to non-Whites.
- Hispanics were 0.6 times less likely to have someone in their household with diabetes when compared to non-Hispanics.

**Table 15: Diabetes (Percent) (n = 1094)**

| <b>Demographic</b>     | <b>Yes</b> | <b>No</b> |
|------------------------|------------|-----------|
| <b>Age Range</b>       |            |           |
| 18-24                  | 3          | 97        |
| 25-34                  | 6          | 94        |
| 35-44                  | 9          | 91        |
| 45-54                  | 20         | 80        |
| 55-64                  | 30         | 70        |
| 65-74                  | 25         | 65        |
| 75+                    | 18         | 82        |
| <b>Race/ Ethnicity</b> |            |           |
| White                  | 18         | 82        |
| Black/African-American | 40         | 60        |
| Hispanic               | 20         | 80        |
| <b>Gender</b>          |            |           |
| Male                   | 20         | 80        |
| Female                 | 20         | 80        |
| <b>Education</b>       |            |           |
| Less than High School  | 24         | 76        |
| High School Graduate   | 23         | 77        |
| Some College           | 20         | 80        |
| College Graduate       | 15         | 18        |
| <b>Employment</b>      |            |           |
| Employed for Wages     | 13         | 87        |
| Self Employed          | 13         | 87        |
| Out of work >1 yr      | 16         | 84        |
| Out of work < 1 yr     | 24         | 76        |
| Homemaker              | 13         | 87        |
| Student                | 25         | 75        |
| Retired                | 28         | 72        |
| Unable to work         | 51         | 49        |
| <b>Annual Income</b>   |            |           |
| <\$10,000              | 31         | 69        |
| \$10,001 – 25,000      | 22         | 78        |
| \$25,001 – 40,000      | 18         | 82        |
| \$40,001 – 55,000      | 16         | 84        |
| \$55,001 – 70,000      | 20         | 80        |
| \$70,001 – 85,000      | 15         | 85        |
| > \$85,0000            | 12         | 88        |

Figure 34: Age Adjusted Rates for Diabetics in McLennan County



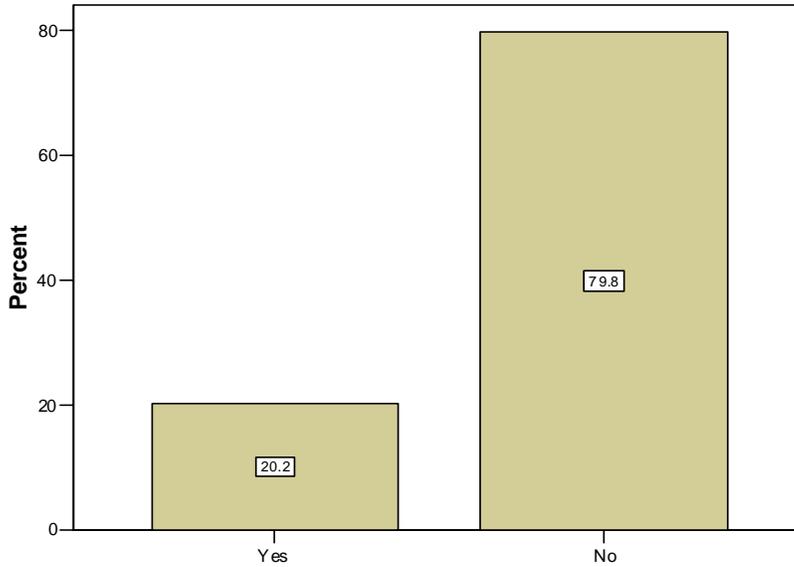
\*Rates per 10,000 utilizing the 2000 US census for McLennan County

- Children under the age of five were diagnosed with diabetes at a rate of 2.6 per 10,000 (McLennan County 2000 Census).
- 95.1% stated they were effectively managing their diabetes by taking insulin, diabetes pills or through diet.
- 92% stated that they had seen a doctor, nurse, or other health care professional in the past 12 months for their diabetes.

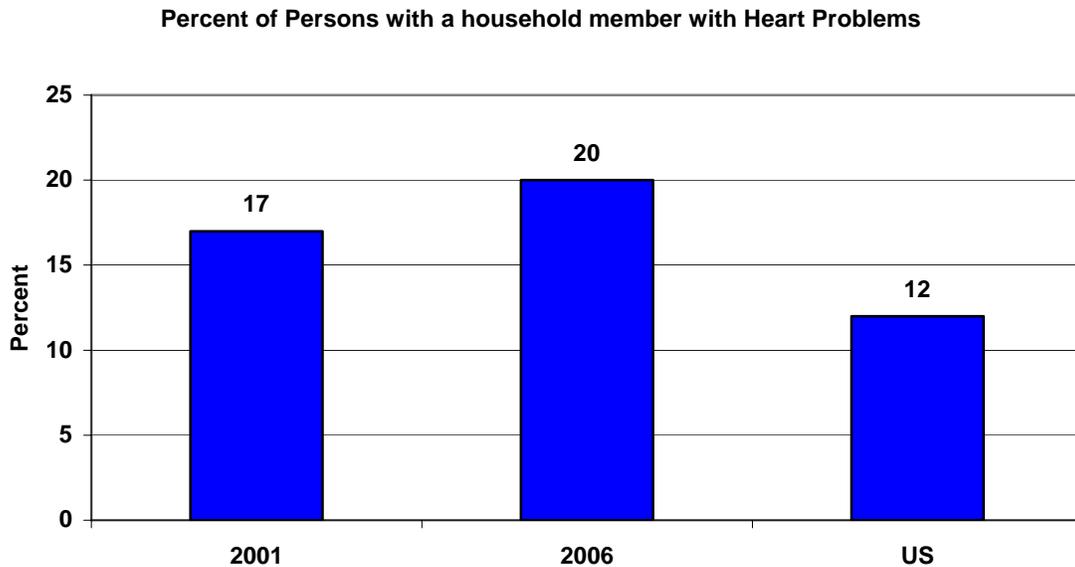
Heart Problems (Anyone in Household that has a history of heart problems):

- 20.2% of respondents stated that someone in their household had a history of heart problems.

**Figure 35: Percent of "Someone in Household with Heart Problems"**



**Figure 36: Comparison of Percents of Persons with Household Members with Heart Problems**



\*US Percent – NHIS

- Hispanics were 0.3 times less likely to have someone in their household with heart problems than non-Hispanics.
- Non-Hispanic Blacks were 1.6 times more likely to have someone in their household with heart problems than non-Blacks.

**Table 16: Household member with history of Heart Problems (Percent)**  
(n = 1092)

| <b>Demographic</b>     | <b>Yes</b> | <b>No</b> |
|------------------------|------------|-----------|
| <b>Age Range</b>       |            |           |
| 18-24                  | 8          | 92        |
| 25-34                  | 4          | 96        |
| 35-44                  | 7          | 93        |
| 45-54                  | 21         | 79        |
| 55-64                  | 25         | 75        |
| 65-74                  | 30         | 70        |
| 75+                    | 34         | 66        |
| <b>Race/ Ethnicity</b> |            |           |
| White                  | 21         | 79        |
| Black/African-American | 21         | 79        |
| Hispanic               | 9          | 91        |
| <b>Gender</b>          |            |           |
| Male                   | 19         | 81        |
| Female                 | 21         | 79        |
| <b>Education</b>       |            |           |
| Less than High School  | 25         | 75        |
| High School Graduate   | 25         | 75        |
| Some College           | 17         | 83        |
| College Graduate       | 16         | 84        |
| <b>Employment</b>      |            |           |
| Employed for Wages     | 12         | 88        |
| Self Employed          | 16         | 84        |
| Out of work >1 yr      | 3          | 97        |
| Out of work < 1 yr     | 18         | 82        |
| Homemaker              | 20         | 80        |
| Student                | 0          | 100       |
| Retired                | 31         | 69        |
| Unable to work         | 52         | 48        |
| <b>Annual Income</b>   |            |           |
| <\$10,000              | 22         | 78        |
| \$10,001 – 25,000      | 23         | 77        |
| \$25,001 – 40,000      | 19         | 81        |
| \$40,001 – 55,000      | 24         | 76        |
| \$55,001 – 70,000      | 16         | 84        |
| \$70,001 – 85,000      | 11         | 89        |
| > \$85,0000            | 18         | 82        |

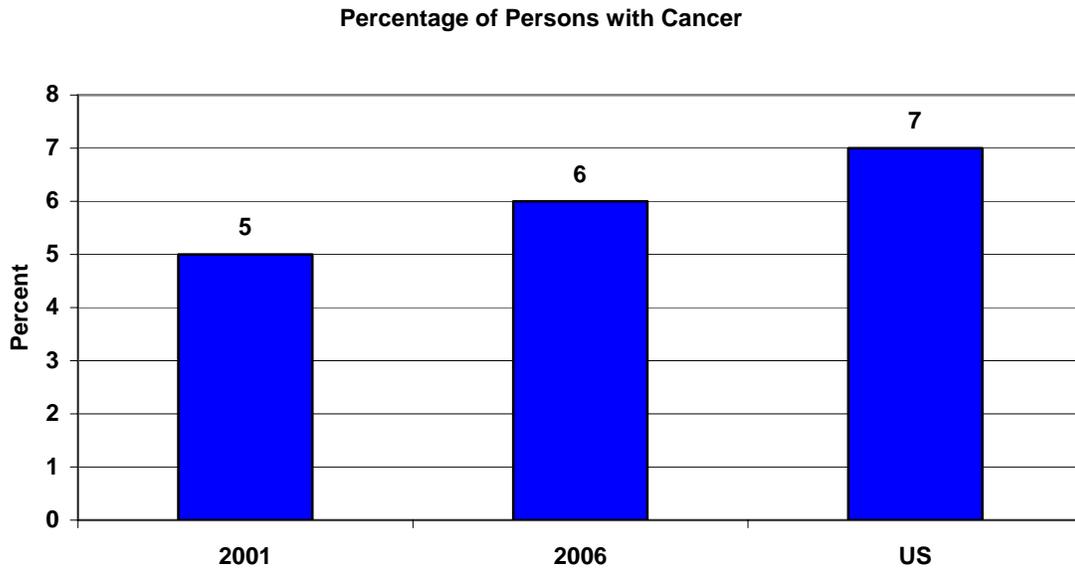
Stroke (Anyone in the Household with history of Stroke)

- 3.9% of respondents stated that someone in their household had experienced a stroke.

Cancer (Anyone in the Household with history of Cancer):

- 6% of respondents stated that someone in their household currently had cancer.
- Whites were 1.7 times more likely to have someone in their household who currently has cancer when compared to non-Whites.
- Hispanics were 0.2 times less likely to have someone in their household who currently has cancer when compared to non-Hispanics.

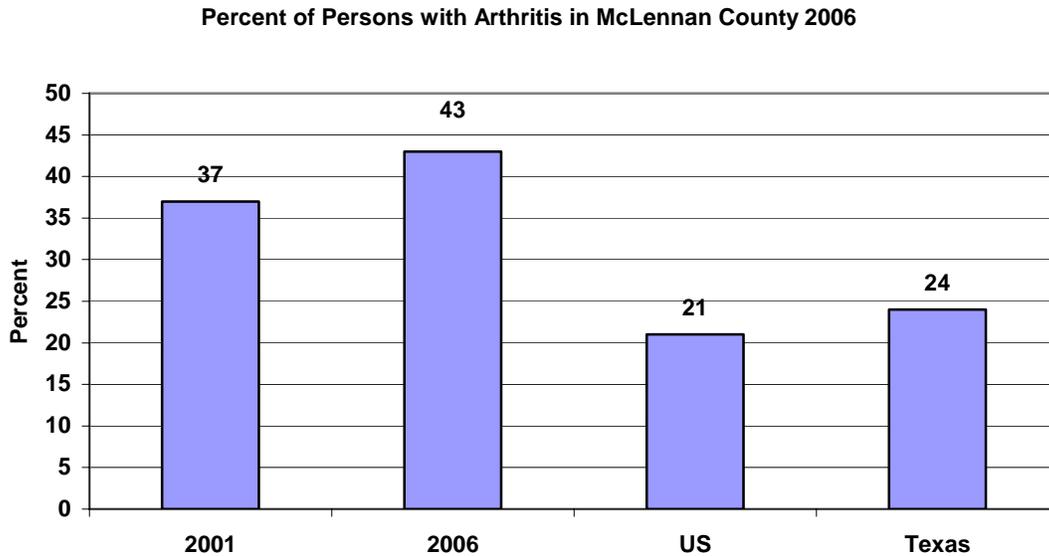
**Figure 37: Comparison of Cancer Percents**



\* US percent - NHIS

Arthritis (Anyone in the Household with Arthritis)

**Figure 38: Comparison of Percent of Persons with Arthritis**



\*US percent - NHIS and Texas percent - CDC, MMWR

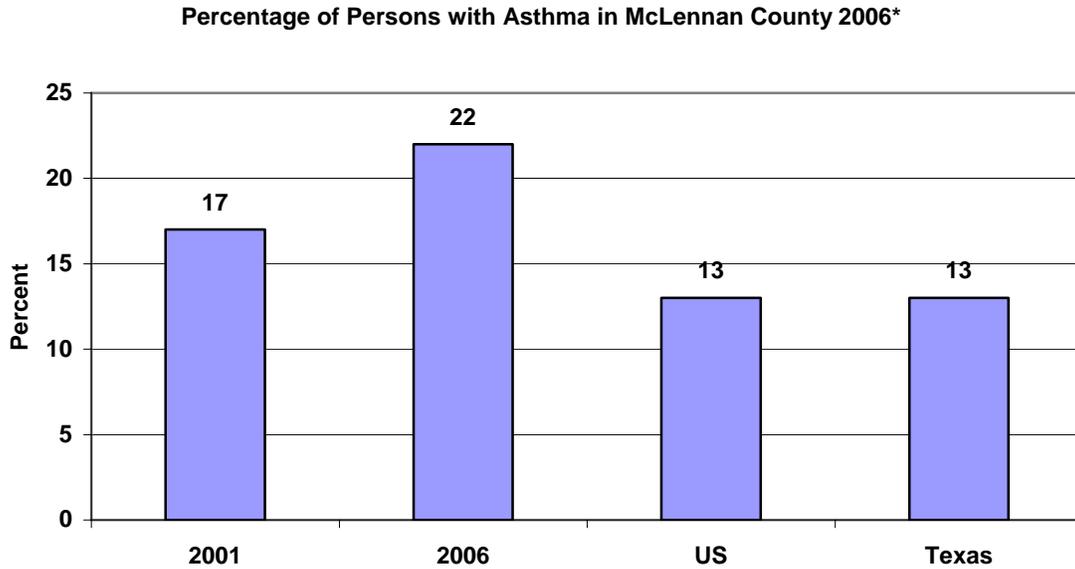
- 43.3% of respondents stated that they currently had a household member with arthritis.
- Hispanics were 0.2 times less likely to have someone in their household with arthritis than non-Hispanics.
- Whites were 2.0 times more likely to have someone in their household with arthritis than non-Whites.
- Age, race, employment status and annual income were significantly related to a person having arthritis.

**Table 17: Arthritis (Percent) (n = 1090)**

| <b>Demographic</b>     | <b>Yes</b> | <b>No</b> |
|------------------------|------------|-----------|
| <b>Age Range</b>       |            |           |
| 18-24                  | 22         | 78        |
| 25-34                  | 13         | 87        |
| 35-44                  | 20         | 80        |
| 45-54                  | 42         | 58        |
| 55-64                  | 54         | 46        |
| 65-74                  | 60         | 40        |
| 75+                    | 74         | 26        |
| <b>Race/ Ethnicity</b> |            |           |
| White                  | 46         | 54        |
| Black/African-American | 46         | 54        |
| Hispanic               | 16         | 84        |
| <b>Gender</b>          |            |           |
| Male                   | 40         | 60        |
| Female                 | 45         | 55        |
| <b>Education</b>       |            |           |
| Less than High School  | 50         | 50        |
| High School Graduate   | 42         | 58        |
| Some College           | 46         | 54        |
| College Graduate       | 38         | 62        |
| <b>Employment</b>      |            |           |
| Employed for Wages     | 30         | 70        |
| Self Employed          | 31         | 69        |
| Out of work >1 yr      | 43         | 57        |
| Out of work < 1 yr     | 37         | 63        |
| Homemaker              | 22         | 78        |
| Student                | 50         | 50        |
| Retired                | 67         | 33        |
| Unable to work         | 80         | 20        |
| <b>Annual Income</b>   |            |           |
| <\$10,000              | 50         | 50        |
| \$10,001 – 25,000      | 51         | 49        |
| \$25,001 – 40,000      | 47         | 53        |
| \$40,001 – 55,000      | 38         | 62        |
| \$55,001 – 70,000      | 40         | 60        |
| \$70,001 – 85,000      | 30         | 70        |
| > \$85,0000            | 31         | 69        |

Asthma (Anyone in the Household with Asthma)

Figure 39



\* Percent of Persons with household members with Asthma

\*\*US and Texas – 2004 BRFSS

- 21.8% of respondents stated that they or a household member had been diagnosed with asthma.
- Asthma was significantly associated with household income, but not significant for race, gender, or education level.
- Those respondents who were current or ex smokers were 1.5 times more likely to have someone in the household who had been diagnosed with asthma.

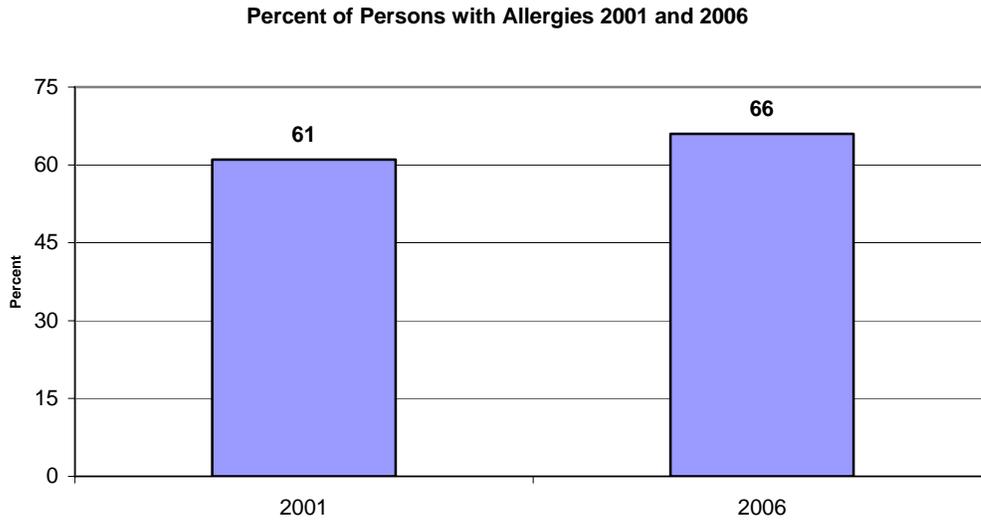
**Table 18: Asthma (Percent) (n = 1091)**

| <b>Demographic</b>     | <b>Yes</b> | <b>No</b> |
|------------------------|------------|-----------|
| <b>Age Range</b>       |            |           |
| 18-24                  | 18         | 82        |
| 25-34                  | 23         | 77        |
| 35-44                  | 27         | 73        |
| 45-54                  | 26         | 74        |
| 55-64                  | 18         | 82        |
| 65-74                  | 26         | 74        |
| 75+                    | 12         | 88        |
| <b>Race/ Ethnicity</b> |            |           |
| White                  | 22         | 78        |
| Black/African-American | 17         | 83        |
| Hispanic               | 21         | 79        |
| <b>Gender</b>          |            |           |
| Male                   | 21         | 79        |
| Female                 | 22         | 78        |
| <b>Education</b>       |            |           |
| Less than High School  | 26         | 73        |
| High School Graduate   | 17         | 83        |
| Some College           | 23         | 77        |
| College Graduate       | 24         | 76        |
| <b>Employment</b>      |            |           |
| Employed for Wages     | 23         | 77        |
| Self Employed          | 15         | 85        |
| Out of work >1 yr      | 23         | 77        |
| Out of work < 1 yr     | 21         | 79        |
| Homemaker              | 30         | 70        |
| Student                | 38         | 62        |
| Retired                | 18         | 82        |
| Unable to work         | 28         | 72        |
| <b>Annual Income</b>   |            |           |
| <\$10,000              | 23         | 77        |
| \$10,001 – 25,000      | 31         | 69        |
| \$25,001 – 40,000      | 19         | 81        |
| \$40,001 – 55,000      | 19         | 81        |
| \$55,001 – 70,000      | 20         | 80        |
| \$70,001 – 85,000      | 39         | 61        |
| > \$85,0000            | 17         | 83        |

Allergies (Anyone in the Household with Allergies)

- 66.2% of respondents stated that someone in their household currently has allergies.

**Figure 40**



- Hispanics were 0.47 less likely to have allergies when compared to non-Hispanics.
- Whites were 1.5 times more likely to have allergies when compared to non-Whites.
- Having a household member with allergies was significantly related to annual income.
- Respondents who have health insurance were 1.3 times more likely to have someone in their household with allergies when compared to those without health insurance.

Dental Problems (Anyone in the Household with Dental Problems)

- 24.2% of respondents stated that someone in their household currently had dental problems. In 2001, 22% stated that they had dental problems.
- No relationship between race, education, employment, or annual income was found to be significant.

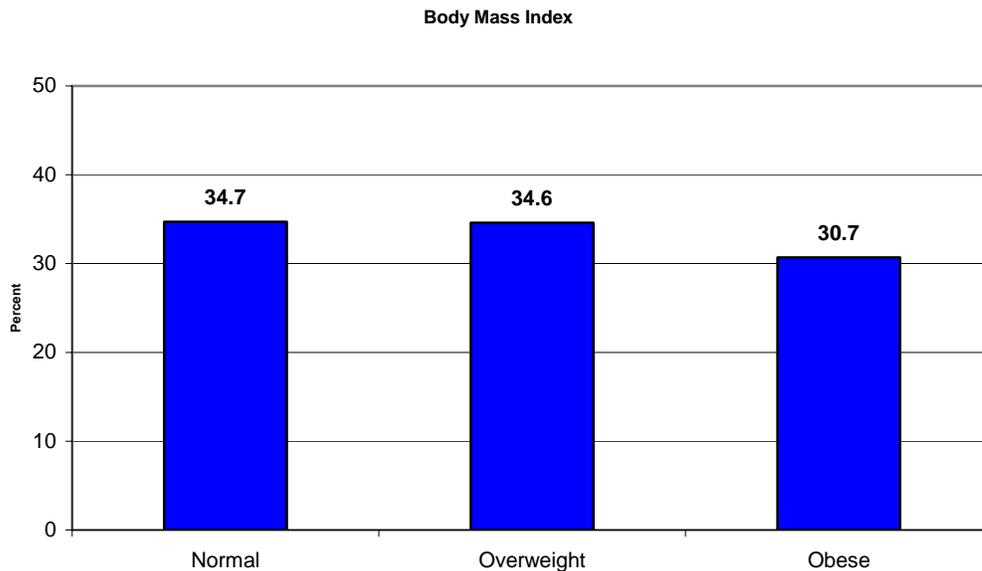
**Table 19: Dental Problems (Percent) (n = 1089)**

| <b>Demographic</b>     | <b>Yes</b> | <b>No</b> |
|------------------------|------------|-----------|
| <b>Age Range</b>       |            |           |
| 18-24                  | 25         | 75        |
| 25-34                  | 17         | 83        |
| 35-44                  | 24         | 76        |
| 45-54                  | 33         | 67        |
| 55-64                  | 21         | 79        |
| 65-74                  | 23         | 77        |
| 75+                    | 24         | 76        |
| <b>Race/ Ethnicity</b> |            |           |
| White                  | 79         | 81        |
| Black/African-American | 20         | 80        |
| Hispanic               | 30         | 70        |
| <b>Gender</b>          |            |           |
| Male                   | 24         | 76        |
| Female                 | 24         | 76        |
| <b>Education</b>       |            |           |
| Less than High School  | 29         | 71        |
| High School Graduate   | 25         | 75        |
| Some College           | 26         | 74        |
| College Graduate       | 19         | 81        |
| <b>Employment</b>      |            |           |
| Employed for Wages     | 23         | 77        |
| Self Employed          | 18         | 82        |
| Out of work >1 yr      | 30         | 70        |
| Out of work < 1 yr     | 32         | 68        |
| Homemaker              | 27         | 73        |
| Student                | 50         | 50        |
| Retired                | 20         | 80        |
| Unable to work         | 49         | 51        |
| <b>Annual Income</b>   |            |           |
| <\$10,000              | 41         | 59        |
| \$10,001 – 25,000      | 33         | 67        |
| \$25,001 – 40,000      | 20         | 80        |
| \$40,001 – 55,000      | 18         | 82        |
| \$55,001 – 70,000      | 22         | 78        |
| \$70,001 – 85,000      | 13         | 87        |
| > \$85,0000            | 18         | 82        |

## Overweight or Obesity

- Being overweight or obese for the following statistics was determined utilizing self-reported height and weight and calculating Body Mass Index (BMI) for each respondent.
- A BMI of greater than 25.0 is considered to be overweight and a BMI of greater than 30.0 is considered obese. Therefore, in the following statistics anyone with a BMI of greater than 25.0 is considered overweight or obese.
- 65.3% of respondents in 2006 were overweight or obese.

**Figure 41: Body Mass Index (%) for McLennan County 2006**



- Those individuals who are overweight or obese are:
  - ❖ 2.7 times more likely to have high blood pressure
  - ❖ 1.7 times more likely to have high blood cholesterol
  - ❖ 0.37 times less likely to rate their health as Good, Very Good, or Excellent
  - ❖ 1.4 times more likely to be limited due to an impairment or health problem.
- After adjusting the sample for age and race, those individuals who are overweight or obese are:
  - ❖ 2.5 times more likely to have high blood pressure
  - ❖ 1.8 times more likely to have high blood cholesterol
- Body Mass Index was significantly associated with gender, race, ethnicity, annual income, education level, and employment status.

Figure 42 : Body Mass Index Comparison

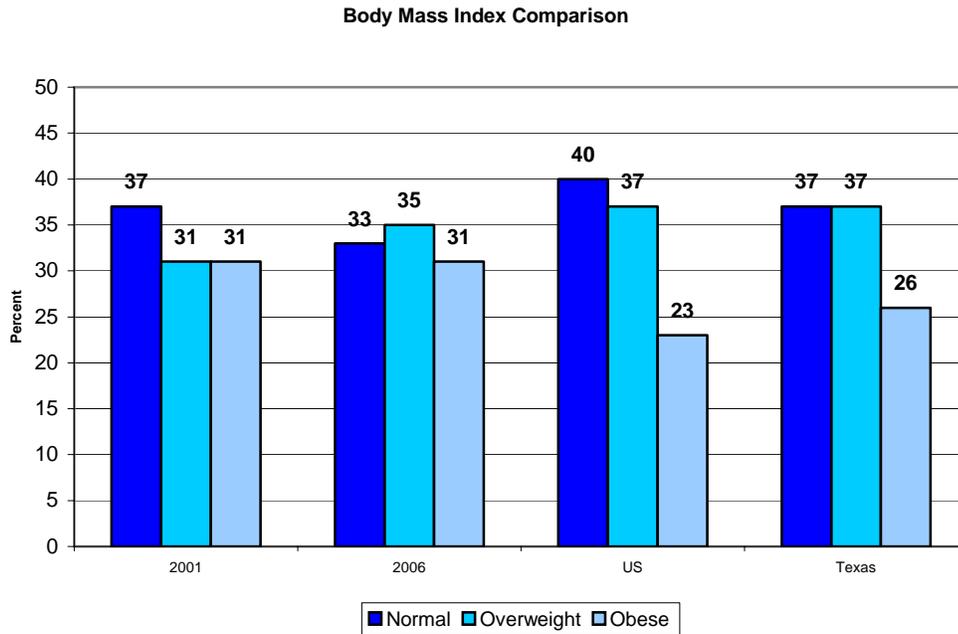
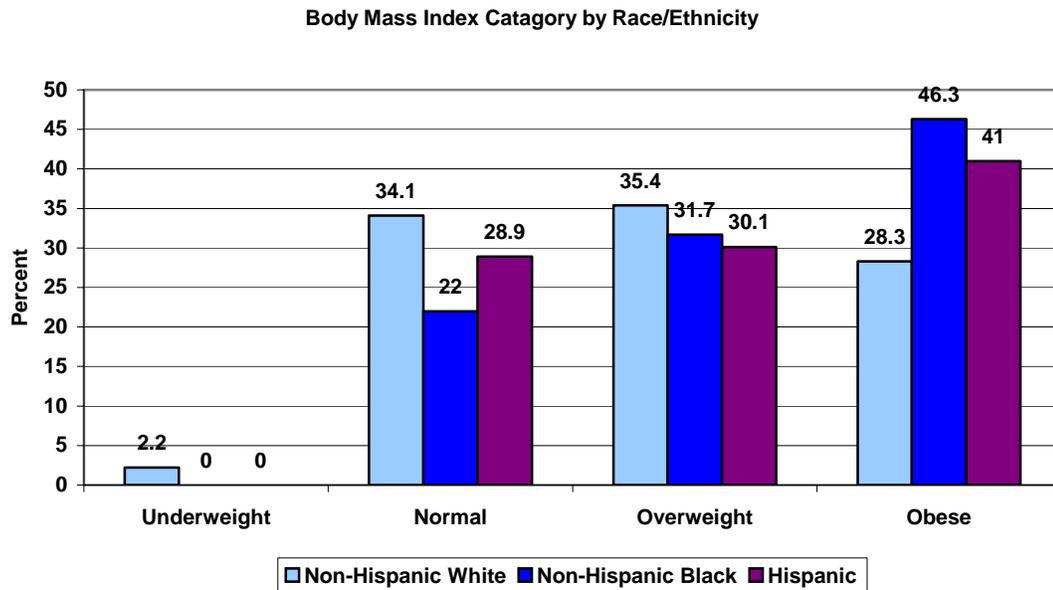


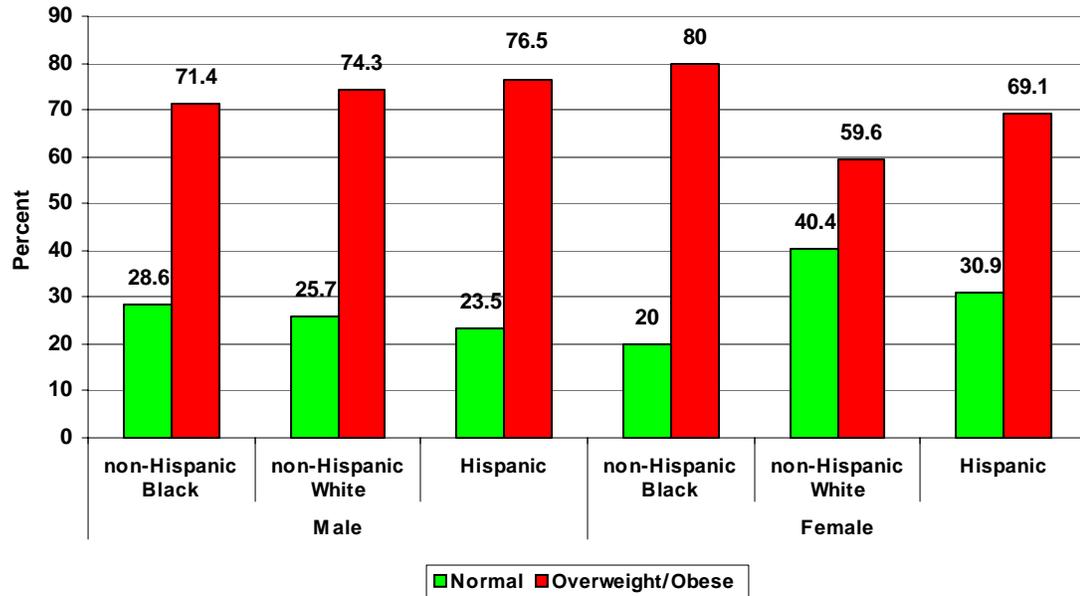
Figure 43: Body Mass Index by Race/Ethnicity



- Whites were 0.72 times less likely to be overweight or obese when compared to non-Whites.
- Non-Hispanic Blacks were 2.0 times more likely to be overweight or obese when compared to non- Blacks.

- After adjustment for all other significant risk factors:
  - ❖ Whites were 0.6 times less likely to be overweight or obese.
  - ❖ Non-Hispanic Blacks were 2.2 times more likely to be overweight or obese.

Figure 44: Overweight or Obese Adjusted for Gender and Race



- Males were 1.7 times more likely to be overweight or obese when compared to females.
- Non-Hispanic Black females were 2.6 times more likely to be overweight or obese when compared to non-Black females.
- White females were 0.6 times less likely to be overweight or obese when compared to non-White females.
- Hispanic respondents did not show a gender difference when examining overweight and obesity.
- When we examine just the relationship between non-Hispanic Whites and non-Hispanic Blacks, non-Hispanic Black females are 3.1 times more likely to be overweight or obese when compared to non-Hispanic White females.

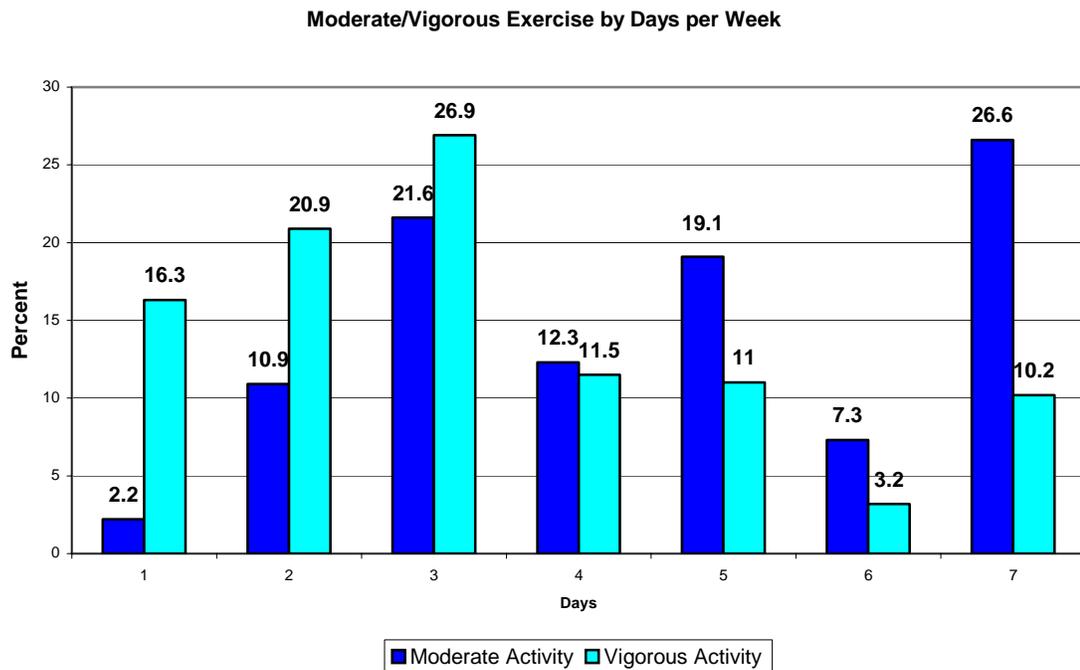
**Table 20: Overweight/Obesity (Percent) (n = 1046)**

| <b>Demographic</b>     | <b>Overweight/Obese</b> | <b>Normal</b> |
|------------------------|-------------------------|---------------|
| <b>Age Range</b>       |                         |               |
| 18-24                  | 50                      | 50            |
| 25-34                  | 61                      | 39            |
| 35-44                  | 67                      | 33            |
| 45-54                  | 72                      | 28            |
| 55-64                  | 67                      | 33            |
| 65-74                  | 71                      | 29            |
| 75+                    | 63                      | 37            |
| <b>Race/ Ethnicity</b> |                         |               |
| White                  | 65                      | 35            |
| Black/African-American | 78                      | 22            |
| Hispanic               | 71                      | 29            |
| <b>Gender</b>          |                         |               |
| Male                   | 74                      | 26            |
| Female                 | 62                      | 38            |
| <b>Education</b>       |                         |               |
| Less than High School  | 75                      | 25            |
| High School Graduate   | 69                      | 31            |
| Some College           | 68                      | 32            |
| College Graduate       | 60                      | 40            |
| <b>Employment</b>      |                         |               |
| Employed for Wages     | 67                      | 33            |
| Self Employed          | 68                      | 32            |
| Out of work >1 yr      | 75                      | 25            |
| Out of work < 1 yr     | 54                      | 46            |
| Homemaker              | 63                      | 37            |
| Student                | 58                      | 42            |
| Retired                | 64                      | 36            |
| Unable to work         | 80                      | 20            |
| <b>Annual Income</b>   |                         |               |
| <\$10,000              | 76                      | 24            |
| \$10,001 – 25,000      | 61                      | 39            |
| \$25,001 – 40,000      | 66                      | 34            |
| \$40,001 – 55,000      | 62                      | 38            |
| \$55,001 – 70,000      | 61                      | 39            |
| \$70,001 – 85,000      | 76                      | 24            |
| > \$85,0000            | 68                      | 32            |

Physical Activity

- Those individuals who were overweight or obese were 0.71 times less likely to have participated in moderate activity at least 5 days per week when compared to those with normal BMI.
- Non-Hispanic Blacks were 0.62 times less likely to get 5 days or more of moderate activity per week when compared to non-Blacks.
- 53% of respondents stated that they participated in moderate activities on 5 or more days per week.
  - ❖ 41% of those did moderate activity for at least 30 minutes.
- 63% of respondents stated that they participated in vigorous activities on 3 days or more per week.
  - ❖ 48% did the vigorous activity for at least 20 minutes.
- Participating in at least 5 days per week of moderate activity shows significant reduction in risk of being overweight or obese or having high blood cholesterol.
- Those respondents who stated that they participated in at least 10 minutes of moderate or 10 minutes of vigorous exercise showed a decreased risk for high blood pressure, high blood cholesterol and overweight or obesity.

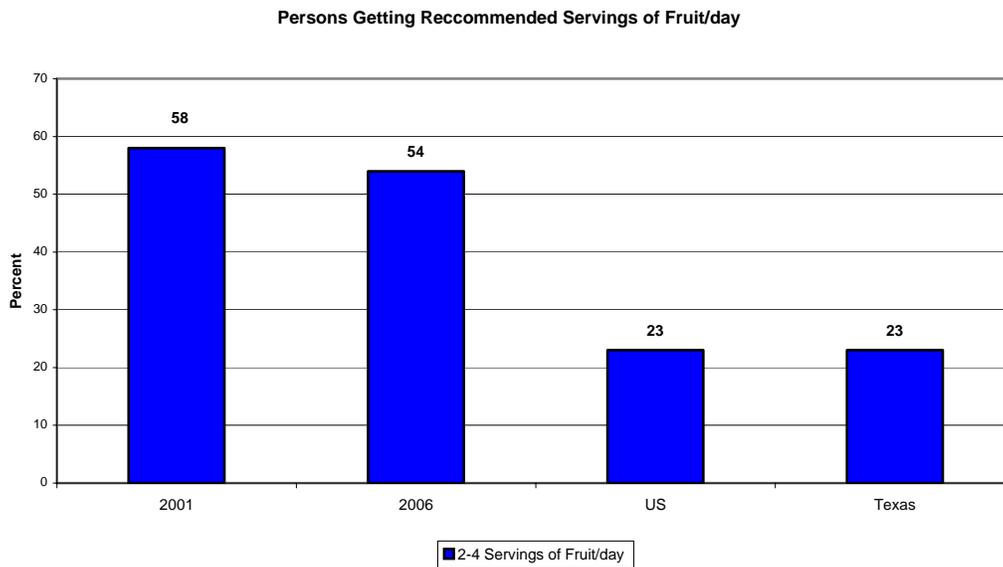
**Figure 45: Days per week of Moderate or Vigorous Activity (%)**



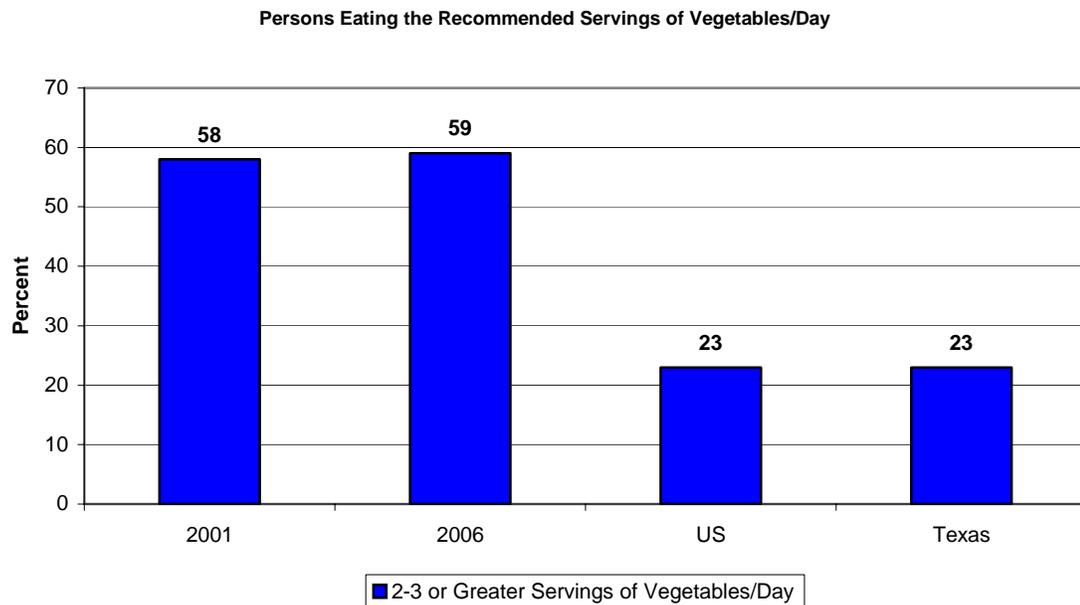
Diet

- 53% of respondents stated that they ate greater than 2-4 servings of fruit per day.
- 59% of respondents stated that they ate greater than 2-3 servings of vegetables per day.
- Whites were 1.4 times more likely to eat 3-5 servings of vegetables per day when compared to non-Whites.
- Non-Hispanic Blacks were 0.55 times less likely to eat 3-5 servings of vegetables per day when compared to non-Blacks.

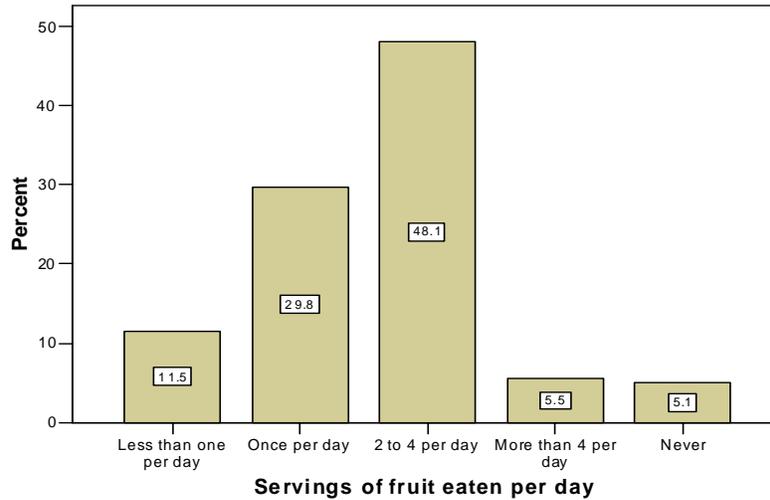
**Figure 46: Recommended Servings of Fruit/Day**



**Figure 47: Persons Eating Recommended Servings of Vegetables**



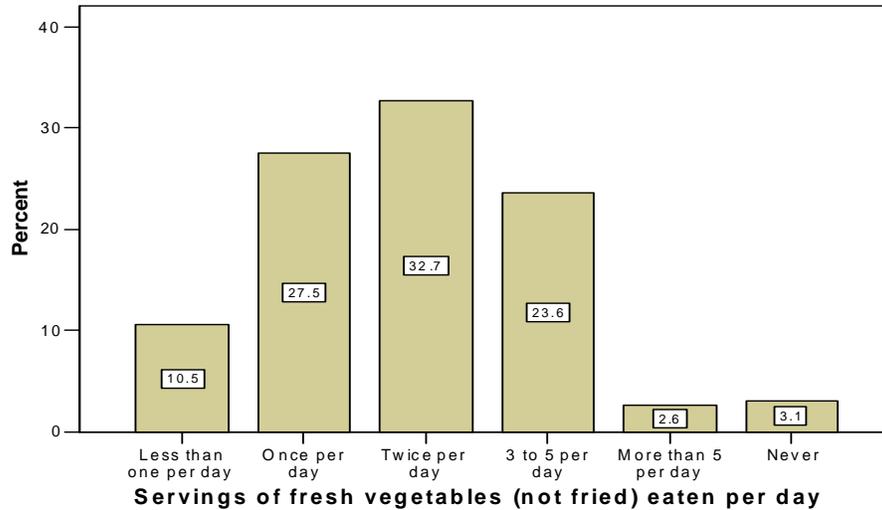
**Figure 48: Servings of Fruit per Day**



**Table 21: Servings of Fruit Eaten per Day (Percent) (n = 1091)**

|                      | Less Than One | One | Two – Four | Greater than Four | Never |
|----------------------|---------------|-----|------------|-------------------|-------|
| <b>Age Range</b>     |               |     |            |                   |       |
| 18-24                | 8             | 25  | 56         | 11                | 0     |
| 25-34                | 15            | 22  | 54         | 5                 | 4     |
| 35-44                | 10            | 27  | 48         | 5                 | 10    |
| 45-54                | 15            | 33  | 41         | 4                 | 7     |
| 55-64                | 13            | 31  | 42         | 8                 | 6     |
| 65-74                | 9             | 35  | 47         | 4                 | 5     |
| 75+                  | 9             | 28  | 59         | 4                 | 0     |
| <b>Race</b>          |               |     |            |                   |       |
| White                | 10            | 31  | 48         | 6                 | 5     |
| Black                | 11            | 29  | 52         | 8                 | 0     |
| Hispanic             | 15            | 28  | 48         | 2                 | 7     |
| <b>Education</b>     |               |     |            |                   |       |
| Less than HS         | 9             | 27  | 56         | 3                 | 5     |
| High School          | 16            | 34  | 39         | 6                 | 5     |
| Some College         | 13            | 30  | 47         | 3                 | 7     |
| College Grad         | 7             | 26  | 55         | 9                 | 3     |
| <b>Annual Income</b> |               |     |            |                   |       |
| <10,000              | 13            | 27  | 51         | 6                 | 3     |
| 10-25,000            | 15            | 31  | 41         | 4                 | 9     |
| 25-40,000            | 7             | 30  | 53         | 6                 | 4     |
| 40-55,000            | 7             | 39  | 42         | 6                 | 6     |
| 55-70,000            | 12            | 29  | 52         | 4                 | 3     |
| 70-85,000            | 23            | 16  | 50         | 8                 | 3     |
| >85,000              | 9             | 23  | 52         | 8                 | 8     |

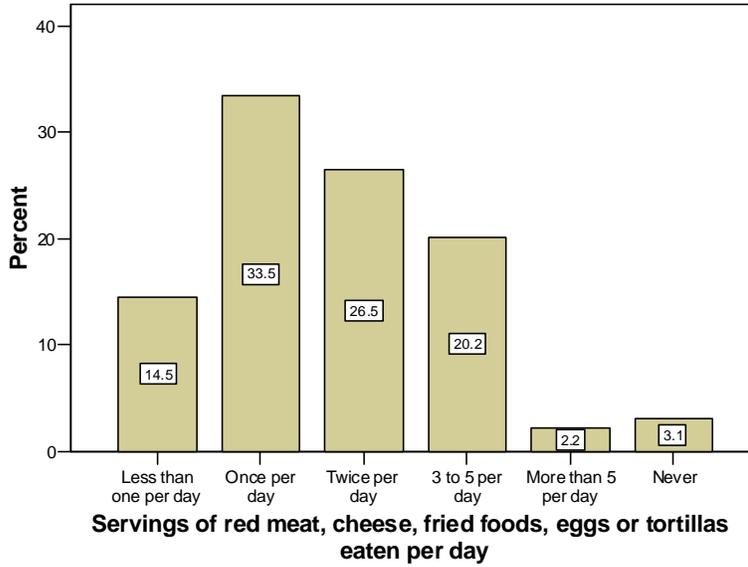
**Figure 49: Servings of Vegetables per Day**



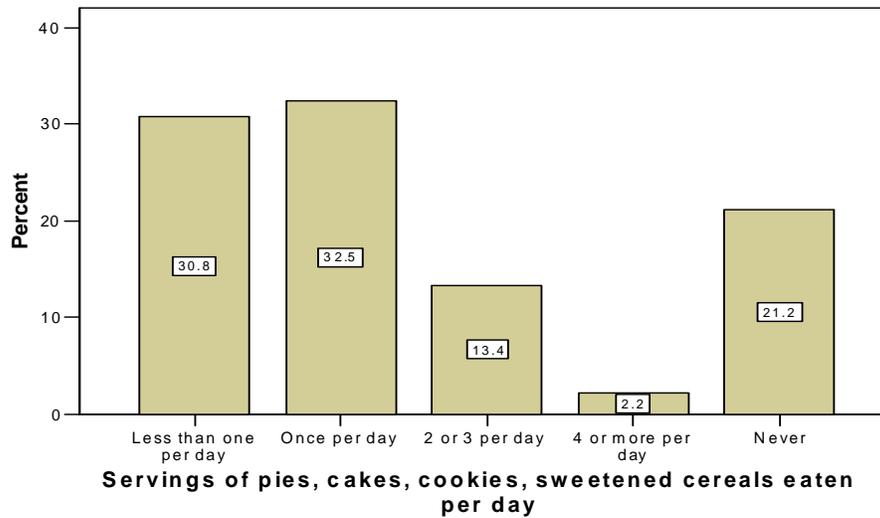
**Table 22: Servings of Vegetables Eaten per Day (Percent) (n = 1087)**

|                      | Less Than One | Once | Twice | Three – Five | Greater Than Five | Never |
|----------------------|---------------|------|-------|--------------|-------------------|-------|
| <b>Age Range</b>     |               |      |       |              |                   |       |
| 18-24                | 7.9           | 28.6 | 30.2  | 23.8         | 0                 | 9.5   |
| 25-34                | 7.8           | 37.5 | 29.7  | 19.5         | 1.6               | 3.9   |
| 35-44                | 11.3          | 22.5 | 31.9  | 26.3         | 5.0               | 3.1   |
| 45-54                | 14.8          | 26.2 | 30.5  | 19.5         | 3.8               | 5.2   |
| 55-64                | 7.1           | 31.3 | 32.8  | 24.7         | 2.0               | 2.0   |
| 65-74                | 9.1           | 25.9 | 32.0  | 29.4         | 2.0               | 1.5   |
| 75+                  | 14.0          | 21.7 | 42.6  | 20.2         | 0.8               | 0.8   |
| <b>Race</b>          |               |      |       |              |                   |       |
| White                | 10.3          | 26.5 | 32.8  | 24.9         | 2.6               | 3.0   |
| Black                | 9.6           | 30.1 | 41.0  | 16.9         | 0                 | 2.4   |
| Hispanic             | 14.9          | 33.7 | 25.7  | 15.8         | 5.0               | 5.0   |
| <b>Education</b>     |               |      |       |              |                   |       |
| Less than HS         | 21.5          | 29.9 | 25.7  | 14.6         | 3.5               | 4.9   |
| High School          | 10.8          | 27.4 | 35    | 22.6         | 2.2               | 1.9   |
| Some College         | 9.8           | 28.3 | 29.8  | 26.3         | 1.3               | 4.4   |
| College Grad         | 6.1           | 25.4 | 36.3  | 26.4         | 3.9               | 1.9   |
| <b>Annual Income</b> |               |      |       |              |                   |       |
| <10,000              | 10.2          | 37.3 | 33.1  | 15.3         | 2.5               | 1.7   |
| 10-25,000            | 14.8          | 30.8 | 28.0  | 18.1         | 2.2               | 6.0   |
| 25-40,000            | 11.4          | 25.7 | 40.0  | 21.0         | 1.4               | 0.5   |
| 40-55,000            | 15.1          | 23.8 | 30.2  | 25.4         | 2.4               | 3.2   |
| 55-70,000            | 6.3           | 21.9 | 32.0  | 35.2         | 2.3               | 2.3   |
| 70-85,000            | 11.3          | 33.9 | 30.6  | 21.0         | 0                 | 3.2   |
| >85,000              | 6.6           | 19.7 | 40.1  | 24.1         | 6.6               | 2.9   |

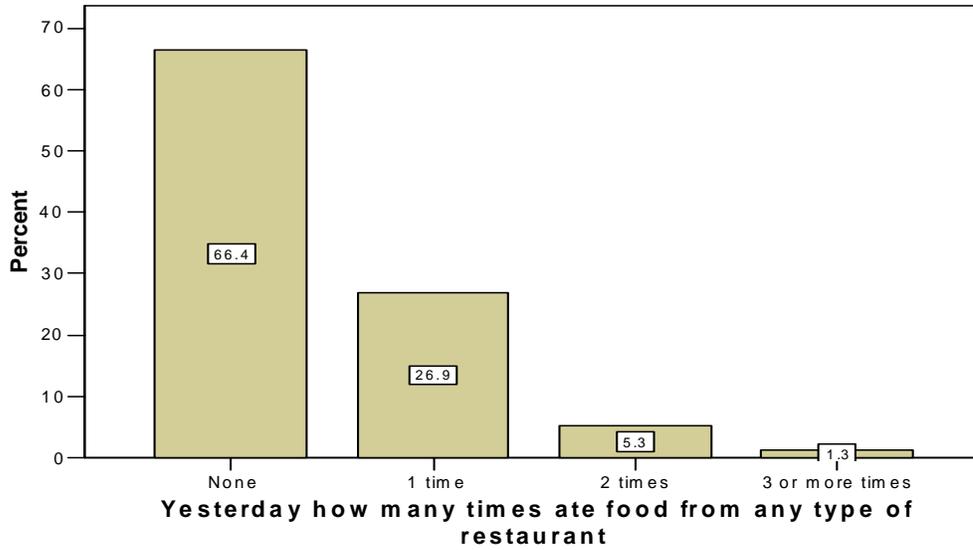
**Figure 50: Servings of red meat, cheese, fried foods, eggs or tortillas eaten per day**



**Figure 51: Servings of pies, cakes, cookies, sweetened cereals eaten per day**



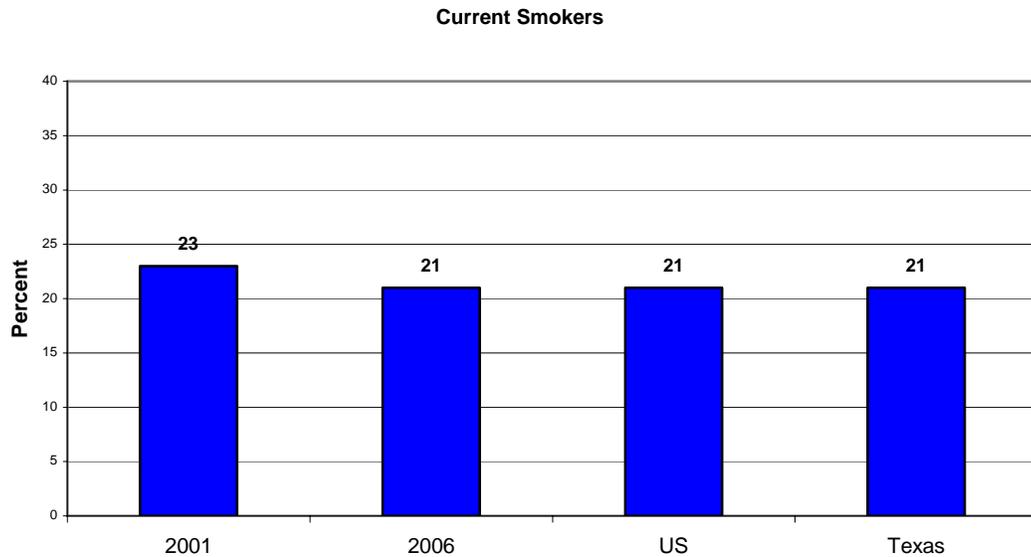
**Figure 52: Yesterday how many times ate food from any type of restaurant**



Smoking:

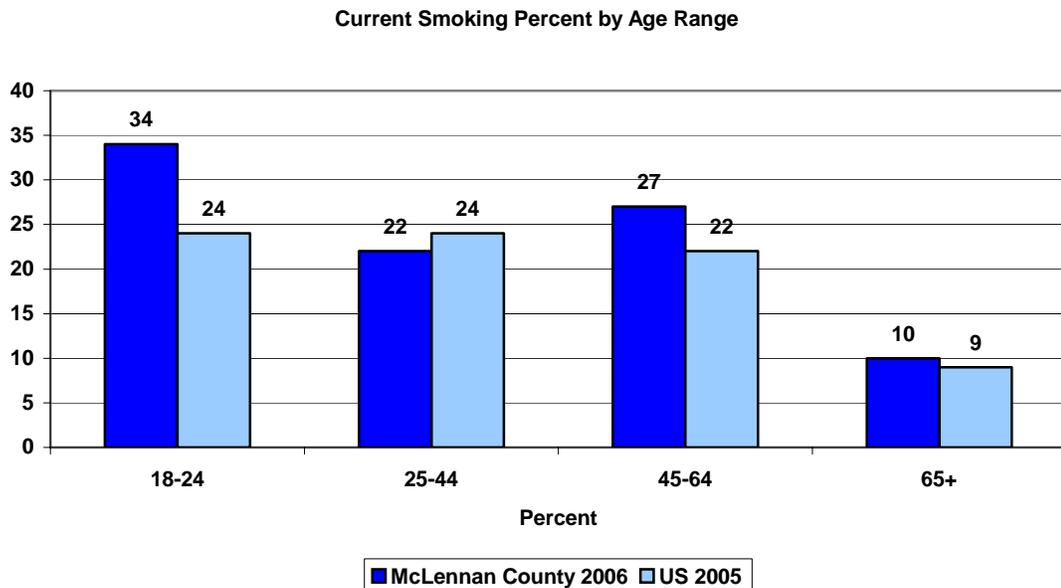
- 44.1% of respondents had smoked at least 100 cigarettes in their lifetime (current and ex smokers).
- 21% of respondents were current smokers. This is consistent with state and national percentages and a 2% reduction since 2001.

**Figure 53; Current Smokers**



\*US and Texas – 2004 BRFSS

**Figure 54: Current Smoking Status by Age Range (Percent)**



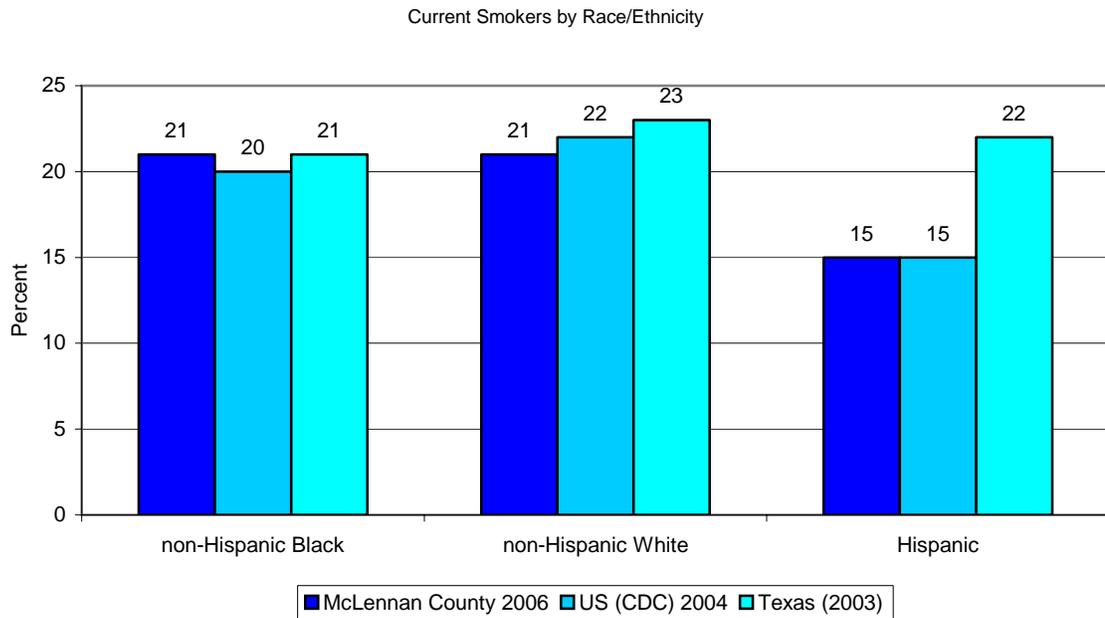
\* US percent – CDC, 2005

- Non-Hispanic Blacks were 0.54 times less likely to be current or ex smokers when compared to non-Blacks.
- Hispanics were 0.4 times less likely to be current or ex smokers when compared to non-Hispanics
- Whites were 2.2 times more likely to be current or ex smokers when compared to non-Whites.
- Males were 1.8 times more likely to be current smokers than females.
- Education level is significant to reducing tobacco use; only 8% of college graduates currently smoke.
- Age adjusted rates show a higher rate of current smokers in the 45-54-age range and the 55 – 64 age range, 12.7 and 12.6 per 10,000 respectively.
- A rate of 10.9 per 10,000 at the 18-24 year range demonstrates an increase in smoking rates in younger adults.

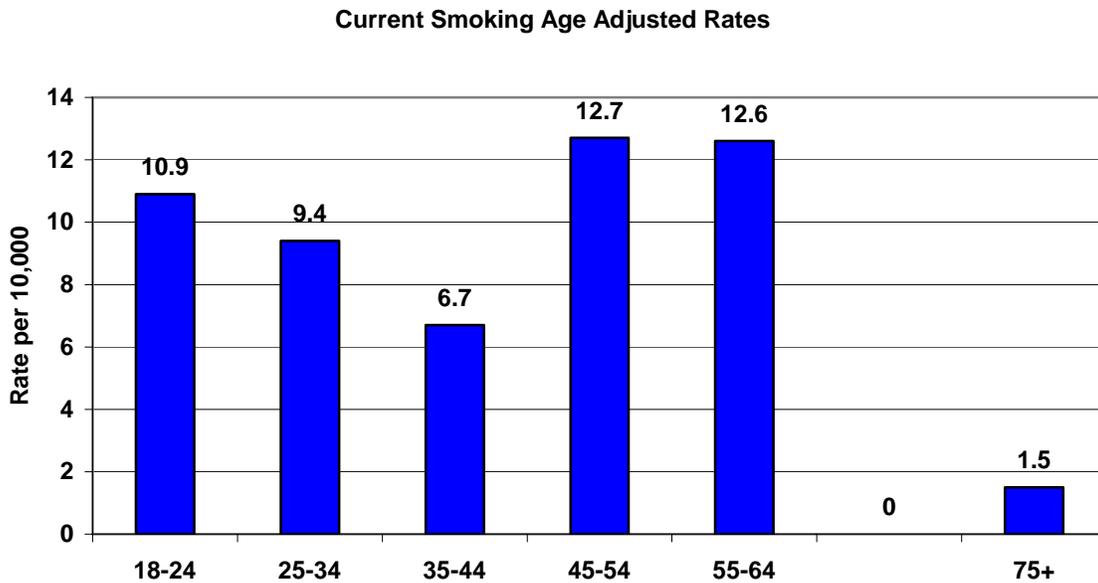
**Table 23: Current Smokers (Percent) (n = 1094)**

|                        | Current Smoker | Non Smoker or Ex Smoker |
|------------------------|----------------|-------------------------|
| <b>Age Range</b>       |                |                         |
| 18-24                  | 34             | 66                      |
| 25-34                  | 25             | 75                      |
| 35-44                  | 20             | 80                      |
| 45-54                  | 32             | 68                      |
| 55-64                  | 21             | 79                      |
| 65-74                  | 15             | 85                      |
| 75+                    | 2              | 98                      |
| <b>Race</b>            |                |                         |
| White                  | 21             | 79                      |
| Black/African American | 21             | 79                      |
| Hispanic               | 15             | 85                      |
| <b>Gender</b>          |                |                         |
| Male                   | 28             | 72                      |
| Female                 | 17             | 82                      |
| <b>Education</b>       |                |                         |
| Less than HS           | 27             | 73                      |
| High School            | 24             | 76                      |
| Some College           | 28             | 72                      |
| College Grad           | 8              | 92                      |
| <b>Annual Income</b>   |                |                         |
| <10,000                | 18             | 82                      |
| 10-25,000              | 33             | 67                      |
| 25-40,000              | 22             | 78                      |
| 40-55,000              | 19             | 81                      |
| 55-70,000              | 16             | 84                      |
| 70-85,000              | 27             | 73                      |
| >85,000                | 7              | 93                      |

**Figure 55: Current Smokers by Race/Ethnicity**



**Figure 56: Age Adjusted Smoking Rates**

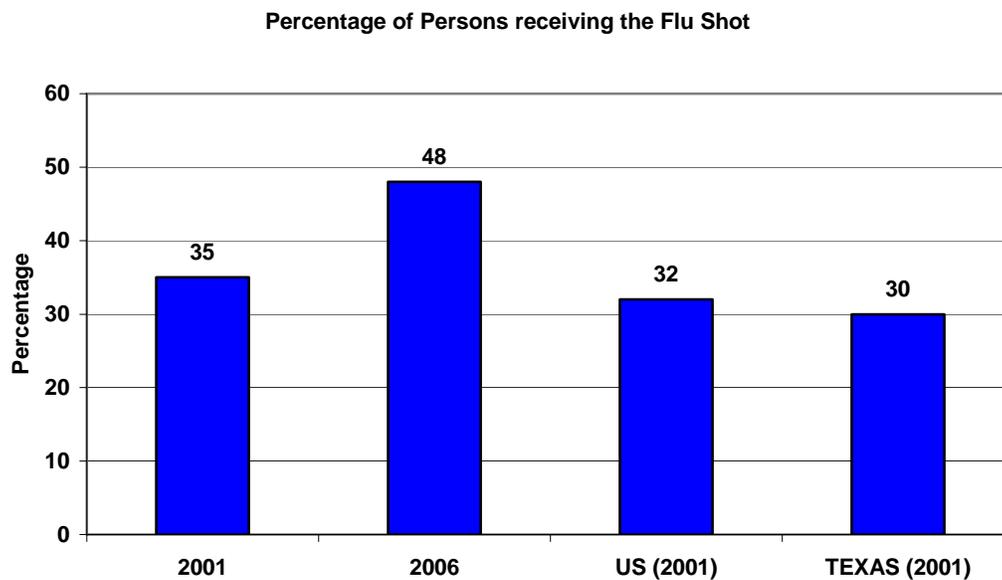


\* Rates per 10,000 using 2000 Census

### Immunizations

- 92.5% of respondents with children under the age of 5 were up to date on immunizations. In 2001, 97.2% of respondents with children under the age of 5 were up to date on their immunizations.
- 48% of respondents received the flu shot in the past 12 months, as compared to 35% in 2001.
- Hispanics were 0.38 times less likely to have received the flu shot in the past 12 months when compared to non-Hispanics.
- Whites were 2.0 times more likely to have received the flu shot in the past 12 months when compared to non-Whites.

**Figure 57: Persons receiving the Flu shot in the past year**



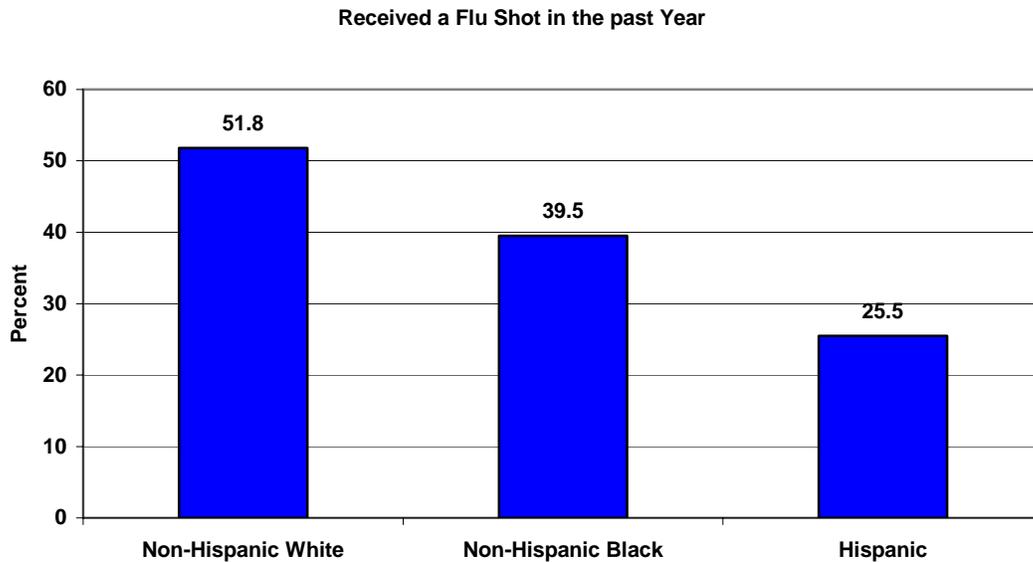
\* US and Texas percent – 2001 BRFSS

- Males are 0.7 times less likely to have gotten the flu shot last year when compared to females.
- After adjusting for age, race, and gender, those individuals with health insurance were 3.1 times more likely to have gotten the flu shot last year when compared to those without health insurance.

**Table 24: Received Flu Shot by Select Demographics (Percent)**

|                        | Received Flu Shot | Did not receive Flu Shot |
|------------------------|-------------------|--------------------------|
| <b>Age Range</b>       |                   |                          |
| 18-24                  | 12.7              | 87.3                     |
| 25-34                  | 24.6              | 75.4                     |
| 35-44                  | 34.2              | 65.8                     |
| 45-54                  | 39.9              | 60.1                     |
| 55-64                  | 46.5              | 53.5                     |
| 65-74                  | 75.6              | 24.4                     |
| 75+                    | 75.8              | 24.2                     |
| <b>Race</b>            |                   |                          |
| White                  | 51.8              | 48.2                     |
| Black/African American | 39.5              | 60.5                     |
| Hispanic               | 25.5              | 74.5                     |
| <b>Gender</b>          |                   |                          |
| Male                   | 41.7              | 58.3                     |
| Female                 | 50.6              | 49.4                     |

**Figure 58: Percent of Persons receiving the flu shot by race and ethnicity**



HIV/AIDS and Sexually Transmitted Disease

- 30.3% of respondents stated that they had been tested for HIV
- 31.4% stated that they had received testing from their private doctor and 22.4% stated that they had received testing from a hospital, emergency room or clinic.
- 1.6% stated that they had been treated for a STD in the past year.
- Race, age and annual income were all significant indicators of whether someone had been tested for HIV.

**Table 25: Ever been Tested for HIV by Select Demographics (Percent)**

|                        | Tested for HIV | Not Tested for HIV |
|------------------------|----------------|--------------------|
| <b>Age Range</b>       |                |                    |
| 18-24                  | 56.3           | 43.8               |
| 25-34                  | 45.0           | 55.0               |
| 35-44                  | 42.2           | 57.8               |
| 45-54                  | 36.2           | 63.8               |
| 55-64                  | 22.7           | 77.3               |
| 65-74                  | 17.1           | 82.9               |
| 75+                    | 10.2           | 89.8               |
| <b>Race</b>            |                |                    |
| White                  | 28.0           | 72.0               |
| Black/African American | 36.1           | 63.9               |
| Hispanic               | 37.8           | 62.2               |
| <b>Gender</b>          |                |                    |
| Male                   | 30.0           | 70.0               |
| Female                 | 30.4           | 69.6               |
| <b>Annual Income</b>   |                |                    |
| <10,000                | 40.9           | 59.1               |
| 10-25,000              | 31.9           | 68.1               |
| 25-40,000              | 25.4           | 74.6               |
| 40-55,000              | 29.7           | 70.3               |
| 55-70,000              | 25.0           | 75.0               |
| 70-85,000              | 29.0           | 71.0               |
| >85,000                | 36.8           | 63.2               |

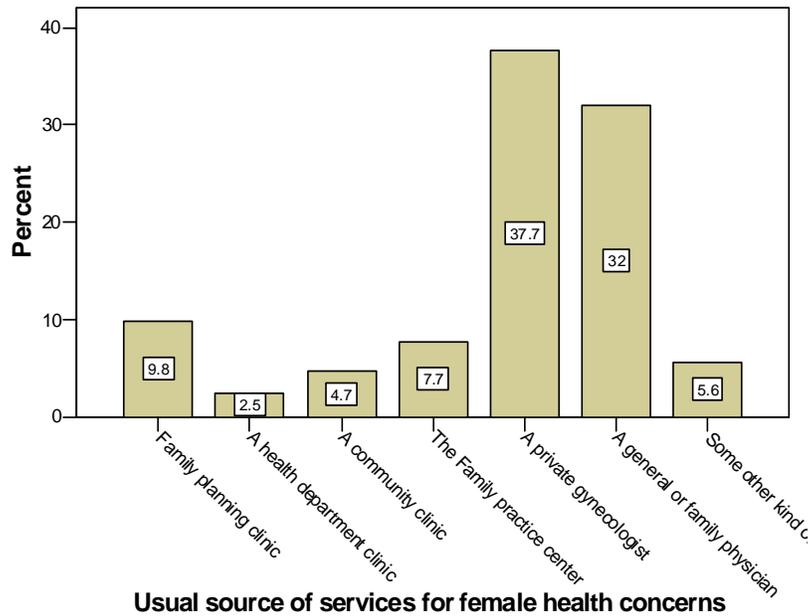
Behavioral Issues:

- 21.7% of respondents have a household member with depression
- 23.5% of respondents have a household member with anxiety
- 10% of respondents have current issues with a behavioral or emotional problem; 82% of these stated that those issues were being addressed currently.
- 1% of respondents stated that someone in their household had issues with drug abuse, and 3.2% had issues with alcoholism.

## Women's Health:

- 37.7% of female respondents stated that their usual source of services for female health was a private gynecologist.

**Figure 59: Usual Source of Services for Female Health**



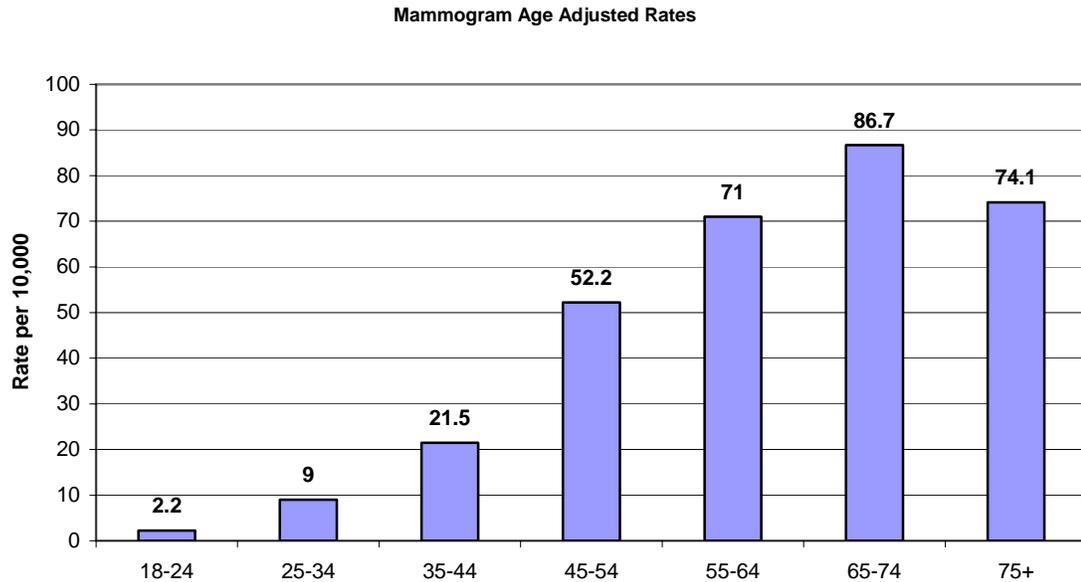
- 78% of females stated that they have had a mammogram. 89% of women over the age of 35 have had a mammogram.
- Women over the age of 35 who had health insurance were 3.9 times more likely to have received a mammogram than those who did not have health insurance.

**Table 26: Had a Mammogram\* (Percent) (n = 722)**

|                         | Yes | No |
|-------------------------|-----|----|
| <b>Age Range</b>        |     |    |
| 18-24                   | 17  | 83 |
| 25-34                   | 29  | 71 |
| 35-44                   | 61  | 39 |
| 45-54                   | 98  | 2  |
| 55-64                   | 96  | 4  |
| 65-74                   | 92  | 8  |
| 75+                     | 96  | 4  |
| <b>Race</b>             |     |    |
| White                   | 90  | 10 |
| Black/ African American | 96  | 4  |
| Hispanic                | 78  | 22 |
| <b>Education</b>        |     |    |
| Less than HS            | 81  | 19 |
| High School             | 91  | 9  |
| Some College            | 89  | 11 |
| College Grad            | 91  | 9  |
| <b>Annual Income</b>    |     |    |
| <10,000                 | 86  | 14 |
| 10-25,000               | 93  | 7  |
| 25-40,000               | 87  | 13 |
| 40-55,000               | 95  | 5  |
| 55-70,000               | 92  | 8  |
| 70-85,000               | 86  | 14 |
| >85,000                 | 88  | 12 |

\* Race, Education, and Income for women >35 years of age.

**Figure 60: Mammogram Age Adjusted Rates**



- Increase in rates as age range increases demonstrates the increase in preventative screenings in older females.
- Hispanics were 0.4 times less likely to have had a mammogram in the past year when compared to non-Hispanics.
- Non-Hispanic Blacks were 1.8 times more likely to have had a mammogram in the past year when compared to non-Blacks.
- Whites were 1.5 times more likely to have had a mammogram in the past year when compared to non-Whites.
- Hispanics were 0.24 times less likely to have had a Pap smear in the past year when compared to non-Hispanics.
- Whites were 2.2 times more likely to have had a Pap smear in the past year when compared to non-Whites.
- 43.2% of women stated they performed self-breast exams each month.

**Table 27: Had a Pap Smear (Percent) (n = 723)**

|                         | <b>Yes</b> | <b>No</b> |
|-------------------------|------------|-----------|
| <b>Age Range</b>        |            |           |
| 18-24                   | 78         | 22        |
| 25-34                   | 99         | 1         |
| 35-44                   | 98         | 2         |
| 45-54                   | 99         | 1         |
| 55-64                   | 99         | 1         |
| 65-74                   | 98         | 2         |
| 75+                     | 95         | 5         |
| <b>Race</b>             |            |           |
| White                   | 98         | 2         |
| Black/ African American | 100        | 0         |
| Hispanic                | 93         | 7         |
| <b>Education</b>        |            |           |
| Less than HS            | 94         | 6         |
| High School             | 96         | 4         |
| Some College            | 100        | 0         |
| College Grad            | 97         | 3         |
| <b>Annual Income</b>    |            |           |
| <10,000                 | 93         | 7         |
| 10-25,000               | 97         | 3         |
| 25-40,000               | 98         | 2         |
| 40-55,000               | 100        | 0         |
| 55-70,000               | 100        | 0         |
| 70-85,000               | 100        | 0         |
| >85,000                 | 100        | 0         |

Pregnancy and Child Health

- Our sample did not include a significant percentage of women who were currently pregnant or were pregnant over the past year. Therefore a lot of associations could not be drawn due to the low number of respondents for these questions.
- 1% of the respondents were currently pregnant and 5% of households had someone who was pregnant in the past year.
  - ❖ 66% of those pregnant were the respondent, 17% were a daughter, and 17% were other.

**Table 28**  
**Age of the Household member with Pregnancy (n=34)**

| Age   | Percent |
|-------|---------|
| <18   | 9       |
| 18-24 | 32      |
| 25-34 | 50      |
| >35   | 9       |

- 96% stated that they had received prenatal care. Only 65.1% of these received prenatal care in the first trimester.

**Figure 61: Number of Months Pregnant When started to receive Prenatal Care**

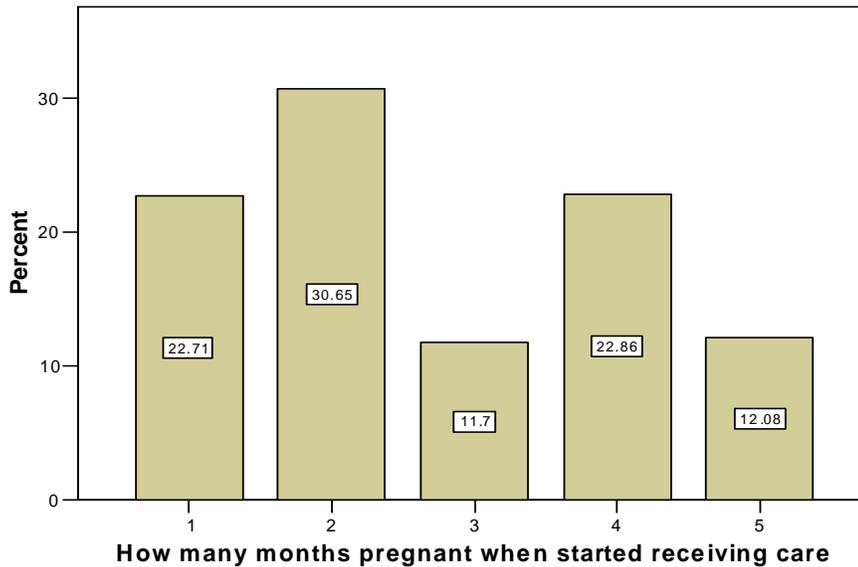
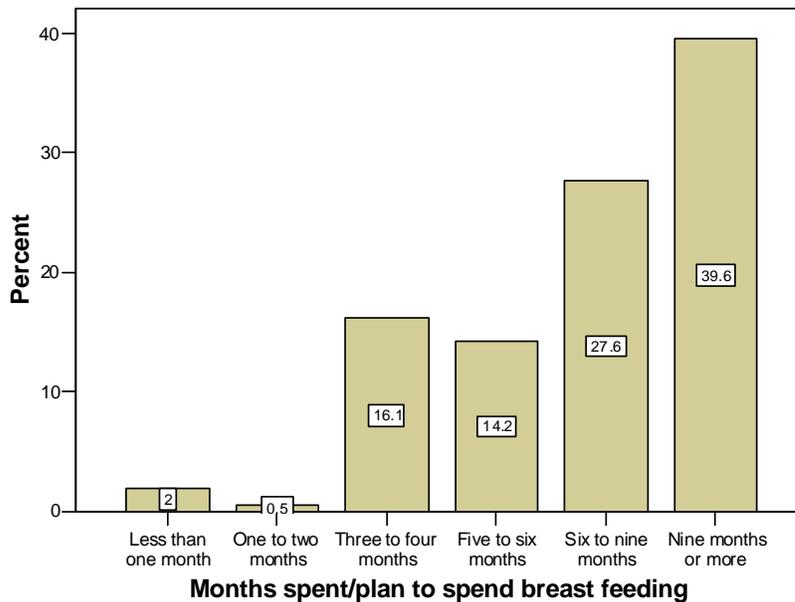


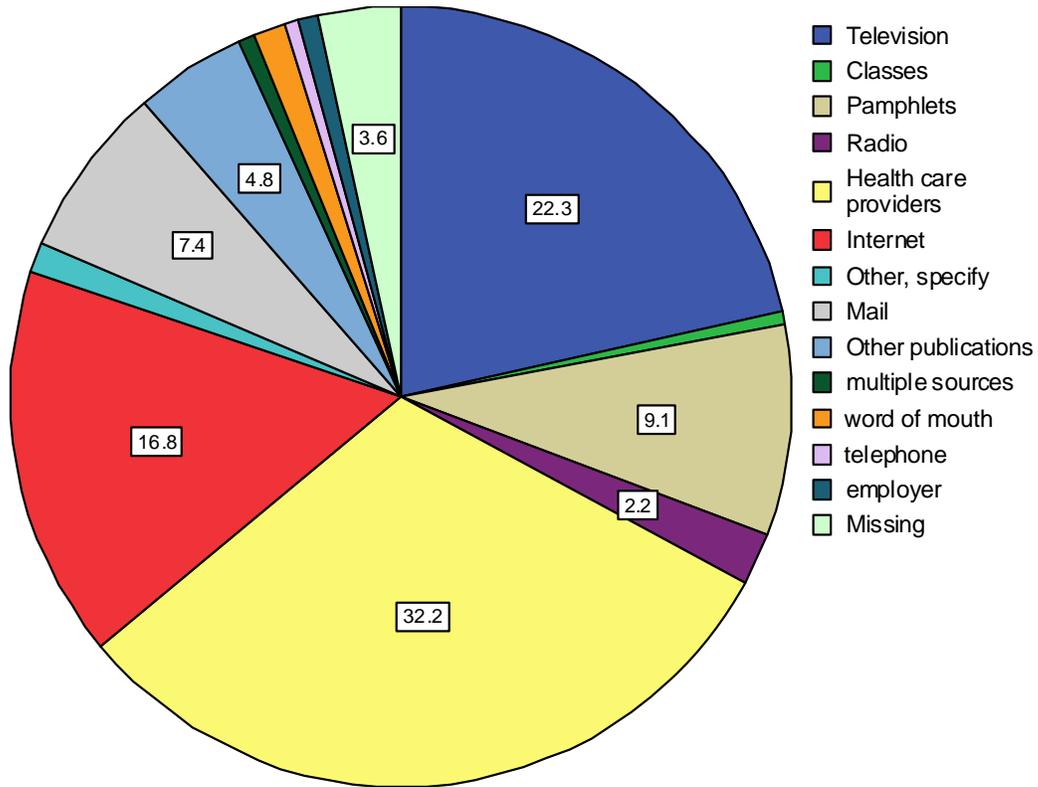
Figure 62: Months Breastfeeding



- Only 40% of those who gave birth did breastfeed. This is a decrease from 2001, 51%.
  - ❖ The national percent of women stating they had ever breastfed was 70.9% (CDC, 2003 National Immunization Survey)
- Although fewer women were breastfeeding, as compared to the 2001 survey – those who were breastfeeding were doing so for a longer period of time.
  - ❖ Only 66% of women were breastfeeding for more than 6 months in 2001 and 81% of the respondents who were breastfeeding in 2006 did so for 6 months or greater.

Health Information Dissemination:

**Best way to receive health information**



**Table 29: Best Way to Receive Health Information (n = 1058)**

| Source                | Percent |
|-----------------------|---------|
| Television            | 22.3    |
| Classes               | 0.6     |
| Pamphlets             | 9.1     |
| Radio                 | 2.2     |
| Health Care Providers | 32.2    |
| Internet              | 16.8    |
| Mail                  | 7.4     |
| Other Publications    | 4.8     |
| Multiple sources      | 0.7     |
| Word of Mouth         | 1.4     |
| Telephone             | 0.6     |

|          |     |
|----------|-----|
| Employer | 0.8 |
|----------|-----|

**Table 30: Best Way to Receive Information by Demographics (Percent)**

|                        | Television | Pamphlets | Healthcare Providers | Internet |
|------------------------|------------|-----------|----------------------|----------|
| <b>Age Range</b>       |            |           |                      |          |
| 18-24                  | 6.3        | 25.4      | 31.7                 | 15.9     |
| 25-34                  | 21.9       | 9.4       | 22.7                 | 23.4     |
| 35-44                  | 15.6       | 13.6      | 22.1                 | 29.9     |
| 45-54                  | 23.5       | 6.4       | 30.4                 | 17.6     |
| 55-64                  | 26.9       | 6.2       | 32.1                 | 14.0     |
| 65-74                  | 25.9       | 5.9       | 40.0                 | 13.5     |
| 75+                    | 23.8       | 8.5       | 46.2                 | 3.1      |
| <b>Race</b>            |            |           |                      |          |
| White                  | 21.1       | 7.0       | 33.5                 | 18.6     |
| Black/African American | 24.7       | 16.0      | 32.1                 | 7.4      |
| Hispanic               | 31.2       | 22.6      | 19.4                 | 9.7      |
| <b>Gender</b>          |            |           |                      |          |
| Male                   | 19.5       | 7.1       | 29.7                 | 22.3     |
| Female                 | 23.6       | 10.1      | 33.6                 | 14.1     |
| <b>Annual Income</b>   |            |           |                      |          |
| <10,000                | 24.6       | 7.9       | 38.6                 | 4.4      |
| 10-25,000              | 25.8       | 10.4      | 31.9                 | 14.8     |
| 25-40,000              | 26.8       | 12.7      | 27.3                 | 11.7     |
| 40-55,000              | 22.0       | 5.5       | 33.9                 | 15.0     |
| 55-70,000              | 16.0       | 8.8       | 28.0                 | 33.6     |
| 70-85,000              | 9.5        | 15.9      | 28.6                 | 30.2     |
| >85,000                | 19.4       | 7.8       | 34.9                 | 17.8     |

- 32.2% of respondents stated that their preferred way to receive health information is through their healthcare provider.
- Individuals over 65 years gain the majority of their information from their healthcare providers. Healthcare providers are seen throughout the age ranges as a significant source of information.
- 25-44 year olds are utilizing the Internet to gain information and 18-24 year olds are more likely to gain information from pamphlets.
- Non-Hispanic Blacks and Hispanics are much more likely to receive information through pamphlets.
- 22.3% of respondents stated that television is the second most popular way to receive health information.