

**General Health, Adults (18 years of age and older), Alaska BRFSS, 2008:
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy Alaskans 2010 Objective: 15.4: Increase the proportion of adults that report that their general health is excellent or very good to 75%.

Screening Question:	Would you say in general that your health is:						
	Response:	Excellent or Very good					Age-Adjusted Rate
Population at Risk (See Appendix)	%	Observed Rate 95% CI	Individuals	n	N	%	95% CI
Total	56.3%	(54.1% - 58.4%)	279,492	2,602	4,924	54.8%	(52.7% - 56.9%)
Demographics							
Gender							
Female	57.1%	(54.2% - 59.9%)	136,972	1,426	2,646	55.7%	(52.8% - 58.5%)
Male	55.5%	(52.3% - 58.7%)	142,521	1,176	2,278	53.9%	(50.9% - 56.9%)
Age Groups (Categories Used in Age-Adjustment)							
Persons aged 18 to 24 years	70%	(62% - 77%)	46,698	170	277	NA	(NA - NA)
Persons aged 25 to 34 years	58.4%	(53.3% - 63.3%)	60,358	479	802	NA	(NA - NA)
Persons aged 35 to 44 years	59.3%	(54.8% - 63.7%)	57,307	531	924	NA	(NA - NA)
Persons aged 45 to 64 years	54.3%	(51.3% - 57.2%)	98,295	1,183	2,267	NA	(NA - NA)
Persons aged 65 years and older	34.5%	(29.7% - 39.6%)	16,796	239	654	NA	(NA - NA)
Race and Ethnicity							
American Indian or Alaska Native	40.6%	(35.7% - 45.6%)	28,161	349	942	38.0%	(33.8% - 42.4%)
Asian or Pacific Islander	44%	(31% - 58%)	8,254	58	127	39%	(29% - 51%)
Asian	44%	(29% - 60%)	6,931	46	100	39%	(28% - 52%)
Native Hawaiian or Other Pacific Islander	DSU	(DSU - DSU)	DSU	12	27	DSU	(DSU - DSU)
Black or African American	59%	(44% - 73%)	6,613	39	79	52%	(38% - 66%)
White	60.4%	(57.9% - 62.8%)	224,991	2,050	3,551	59.2%	(56.8% - 61.6%)
Hispanic or Latino	45%	(33% - 58%)	7,796	62	134	38%	(29% - 49%)
Not Hispanic or Latino	57.0%	(54.8% - 59.2%)	269,741	2,518	4,718	55.6%	(53.5% - 57.7%)
Black or African American, not Hispanic/Latino	DSU	(DSU - DSU)	DSU	14	34	DSU	(DSU - DSU)
White, not Hispanic or Latino	60.8%	(58.3% - 63.3%)	218,337	2,001	3,423	59.8%	(57.2% - 62.2%)
Alaska Native							
Yes	41.6%	(36.9% - 46.5%)	32,264	384	1,036	38.9%	(34.9% - 43.1%)
No	59.2%	(56.8% - 61.6%)	245,373	2,198	3,841	57.8%	(55.4% - 60.1%)

**General Health, Adults (18 years of age and older), Alaska BRFSS, 2008:
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy Alaskans 2010 Objective: 15.4: Increase the proportion of adults that report that their general health is excellent or very good to 75%.

Screening Question:	Would you say in general that your health is:						
	Response:	Excellent or Very good					Age-Adjusted Rate
Population at Risk (See Appendix)	%	Observed Rate 95% CI	Individuals	n	N	%	95% CI
Geographic Location							
Anchorage & Vicinity	58.8%	(55.2% - 62.4%)	159,355	564	1,022	56.7%	(53.2% - 60.1%)
Fairbanks & Vicinity	57.9%	(53.9% - 61.7%)	39,572	564	1,008	56.0%	(52.4% - 59.6%)
Gulf Coast	55.5%	(51.8% - 59.1%)	31,319	560	1,015	54.3%	(50.3% - 58.2%)
Rural	42.0%	(38.4% - 45.8%)	19,947	426	961	41.1%	(37.3% - 45.1%)
Southeast	55.0%	(51.3% - 58.5%)	29,299	488	918	55.4%	(51.5% - 59.1%)
Urban/Rural							
Metropolitan Statistical Area	58.8%	(55.8% - 61.8%)	195,731	1,103	1,970	56.8%	(53.9% - 59.7%)
Micropolitan Statistical Area & Urban Clusters	56.0%	(53.1% - 59.0%)	45,704	808	1,452	55.5%	(52.4% - 58.6%)
Rural	46.2%	(42.5% - 50.0%)	38,058	691	1,502	45.0%	(41.7% - 48.4%)
Education Level (persons aged 25 years and older)							
Less than high school	31%	(24% - 39%)	8,318	90	323	31%	(24% - 38%)
High school graduate	47.2%	(43.3% - 51.2%)	59,060	601	1,366	45.9%	(42.2% - 49.7%)
At least some college	51.4%	(47.5% - 55.2%)	67,348	712	1,375	49.5%	(45.6% - 53.5%)
College Graduate	66.9%	(63.5% - 70.1%)	97,766	1,023	1,571	65.1%	(61.6% - 68.4%)
Employment Status							
Employed	61.3%	(58.7% - 63.8%)	204,806	1,925	3,261	60.0%	(57.0% - 63.0%)
Unemployed	44%	(36% - 52%)	15,726	134	341	38%	(31% - 45%)
Not in Workforce (Student, Homemaker, Retired)	52.2%	(47.4% - 57.0%)	56,397	514	1,086	57.3%	(52.4% - 62.1%)
Unable to work	DSU	(DSU - DSU)	DSU	21	214	DSU	(DSU - DSU)
Marital Status							
Married or Unwed Couple	59.5%	(56.9% - 62.0%)	198,563	1,667	2,956	58.5%	(55.8% - 61.1%)
Divorced/Separated	41.8%	(36.9% - 47.0%)	23,436	396	845	39.5%	(31.1% - 48.6%)
Widowed	37%	(30% - 46%)	6,498	120	305	61%	(48% - 72%)
Never Married	57.5%	(51.2% - 63.5%)	50,345	411	791	48.8%	(42.9% - 54.7%)

**General Health, Adults (18 years of age and older), Alaska BRFSS, 2008:
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy Alaskans 2010 Objective: 15.4: Increase the proportion of adults that report that their general health is excellent or very good to 75%.

Screening Question:	Would you say in general that your health is:						Age-Adjusted Rate	
	Response:	Excellent or Very good					%	95% CI
Population at Risk (See Appendix)	%	Observed Rate 95% CI	Individuals	n	N	%	95% CI	
Income Level								
<\$15,000	34%	(25% - 43%)	10,512	95	381	28%	(23% - 35%)	
\$15,000 - \$24,999	38.4%	(31.8% - 45.3%)	16,746	190	521	37.7%	(31.6% - 44.3%)	
\$25,000 - \$49,999	49.9%	(45.1% - 54.7%)	53,451	534	1,081	47.7%	(43.3% - 52.1%)	
\$50,000 - \$74,999	63.8%	(59.0% - 68.3%)	52,921	529	857	63.9%	(58.8% - 68.6%)	
\$75,000	67.6%	(64.0% - 70.9%)	116,664	1,019	1,534	66.5%	(62.1% - 70.6%)	
Poverty Threshold								
Poor (<100% Poverty Threshold)	36%	(28% - 45%)	12,711	111	352	30%	(25% - 36%)	
Near Poor (100% to 199% Poverty Threshold)	40.1%	(34.2% - 46.3%)	27,365	238	703	37.2%	(32.0% - 42.8%)	
Middle/High Income (>=200% Poverty Threshold)	62.9%	(60.5% - 65.4%)	210,021	2,018	3,319	62.2%	(59.6% - 64.8%)	
Below Poverty Guidelines								
Yes	37%	(30% - 44%)	18,542	154	480	30%	(26% - 35%)	
No	59.9%	(57.5% - 62.2%)	231,782	2,213	3,894	58.9%	(56.4% - 61.3%)	
Veteran								
Yes	54%	(47% - 60%)	52,143	238	491	59%	(53% - 65%)	
No	56.7%	(53.3% - 60.0%)	226,853	1,166	2,160	54.6%	(51.3% - 57.8%)	
Health Status								
General Health								
Excellent to Very Good	100.0%	(0.0% - 0.0%)	279,492	2,602	2,602	100.0%	(0.0% - 0.0%)	
Good	0.0%	(0.0% - 0.0%)	0	0	1,554	0.0%	(0.0% - 0.0%)	
Fair/Poor	0.0%	(0.0% - 0.0%)	0	0	768	0.0%	(0.0% - 0.0%)	
Healthy Days (Mean Number of Days)								
Physical Health Not Good	1.5	(1.2 - 1.8)			2558	1.5	(1.2 - 1.7)	
Mental Health Not Good	2.1	(1.7 - 2.5)			2556	2.0	(1.6 - 2.3)	
Unhealthy Days (Physical or Mental Health Not Good)	3.4	(3.0 - 3.9)			2528	3.2	(2.8 - 3.6)	
Days with Activity Limitation	0.9	(0.6 - 1.2)			2588	0.8	(0.6 - 1.1)	

**General Health, Adults (18 years of age and older), Alaska BRFSS, 2008:
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy Alaskans 2010 Objective: 15.4: Increase the proportion of adults that report that their general health is excellent or very good to 75%.

Screening Question:	Would you say in general that your health is:						
	Response:	Excellent or Very good					Age-Adjusted Rate
Population at Risk (See Appendix)	%	Observed Rate 95% CI	Individuals	n	N	%	95% CI
Healthy Days (Percentage with 14 or More Days)							
Physical Health Not Good	DSU	(DSU - DSU)	DSU	75	525	DSU	(DSU - DSU)
Mental Health Not Good	33%	(26% - 41%)	14,070	123	467	32%	(25% - 39%)
Unhealthy Days (Physical or Mental Health Not Good)	29.3%	(24.5% - 34.7%)	23,211	196	837	29.2%	(24.6% - 34.4%)
Activity Limitation	DSU	(DSU - DSU)	DSU	47	330	DSU	(DSU - DSU)
Disability							
Disabled							
Yes	29.6%	(24.4% - 35.3%)	34,092	189	693	32.0%	(25.6% - 39.1%)
No	64.3%	(60.8% - 67.6%)	243,207	1,205	1,936	62.2%	(58.9% - 65.5%)
Activity Limitation							
Yes	27.7%	(23.8% - 31.8%)	31,127	311	1,195	28.9%	(24.4% - 33.9%)
No	64.8%	(62.4% - 67.2%)	246,264	2,268	3,675	62.6%	(60.3% - 64.9%)
Require Special Equipment							
Yes	30%	(20% - 43%)	9,587	46	198	39%	(27% - 53%)
No	58.0%	(54.9% - 61.1%)	269,067	1,359	2,450	56.6%	(53.5% - 59.6%)
Mental Health							
Depression Measure (PHQ-8)							
No Depression	65.1%	(61.7% - 68.3%)	212,763	1,072	1,736	43.4%	(40.4% - 46.5%)
Mild Depression	44%	(35% - 52%)	30,824	143	345	59%	(56% - 62%)
Moderate to Severe Depression	31%	(19% - 46%)	10,600	36	163	65%	(62% - 68%)
Social and Emotional Support							
Always/Usually	61.0%	(57.7% - 64.3%)	238,438	1,180	1,995	59.3%	(56.0% - 62.6%)
Sometimes/Rarely/Never	38.4%	(31.1% - 46.3%)	33,439	179	531	38.0%	(31.4% - 45.0%)
Life Satisfaction							
Very Satisfied / Satisfied	58.4%	(55.3% - 61.4%)	268,369	1,352	2,435	57.0%	(54.0% - 60.0%)
Dissatisfied / Very Dissatisfied	DSU	(DSU - DSU)	DSU	19	117	DSU	(DSU - DSU)

**General Health, Adults (18 years of age and older), Alaska BRFSS, 2008:
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy Alaskans 2010 Objective: 15.4: Increase the proportion of adults that report that their general health is excellent or very good to 75%.

Screening Question:	Response:	Would you say in general that your health is:					Age-Adjusted Rate	
		Observed Rate	Excellent or Very good			%	95% CI	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI	
Healthcare								
Healthcare Coverage								
Health Plan								
Yes	58.1%	(55.8% - 60.4%)	235,943	2,236	4,137	57.4%	(55.1% - 59.6%)	
No	48.0%	(42.2% - 53.8%)	41,776	350	757	42.1%	(36.7% - 47.8%)	
Immunization								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes	32%	(25% - 41%)	10,615	80	232	32%	(25% - 41%)	
No	42%	(32% - 54%)	6,284	55	128	38%	(28% - 49%)	
Ever Had Pneumonia Shot (Ages 65+)								
Yes	35%	(27% - 44%)	10,552	229	217	35%	(27% - 44%)	
No	35%	(25% - 46%)	5,432	982	130	33%	(24% - 44%)	
Ever Had Hepatitis B Shot								
Yes	60.8%	(55.7% - 65.6%)	110,908	520	902	57.4%	(52.3% - 62.2%)	
No	50.7%	(46.2% - 55.1%)	107,975	613	1,233	50.9%	(45.6% - 56.3%)	
Screening								
AIDS/HIV Screening (Ages 18-64)								
Yes	58.9%	(54.2% - 63.4%)	111,854	540	973	58.5%	(54.0% - 62.8%)	
No	58.6%	(53.8% - 63.1%)	136,327	659	1,163	59.0%	(54.0% - 63.7%)	
Clinical Breast Exam Annually (Women Ages 40+)								
Yes	54.2%	(48.3% - 60.0%)	43,248	298	560	51.5%	(45.5% - 57.4%)	
No	48%	(41% - 55%)	24,450	168	358	46%	(39% - 54%)	
Colorectal Screening (Ages 50+)								
Yes	45.9%	(40.5% - 51.4%)	45,079	310	695	43.2%	(38.1% - 48.5%)	
No	45.6%	(39.4% - 51.8%)	32,481	256	511	44.3%	(37.7% - 51.2%)	

**General Health, Adults (18 years of age and older), Alaska BRFSS, 2008:
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy Alaskans 2010 Objective: 15.4: Increase the proportion of adults that report that their general health is excellent or very good to 75%.

Screening Question:	Would you say in general that your health is:							
	Response:	Excellent or Very good					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N	%	95% CI
Population at Risk (See Appendix)								
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)								
Yes	45% (37% - 53%)		21,152	138	282	47% (38% - 56%)		
No	53.4% (47.2% - 59.5%)		44,892	255	528	50.8% (44.5% - 57.1%)		
Home Occult Blood Test (Ages 50+)								
Yes	37% (29% - 47%)		9,979	84	193	37% (28% - 46%)		
No	47.4% (42.8% - 52.0%)		66,768	475	995	43.9% (39.3% - 48.5%)		
Mammogram within Past 2 Years (Women Ages 40+)								
Yes	53.2% (47.8% - 58.6%)		47,341	334	648	51.5% (46.1% - 56.9%)		
No	49% (41% - 57%)		20,912	138	276	48% (39% - 56%)		
Oral Cancer Exam Annually								
Yes	64.3% (59.0% - 69.3%)		79,268	426	675	66.7% (61.7% - 71.3%)		
No	53.1% (49.3% - 56.9%)		177,034	864	1,751	50.8% (47.3% - 54.3%)		
Pap Test within Past 3 Years (Women Ages 18+)								
Yes	60.3% (55.5% - 64.9%)		95,374	538	914	52.4% (45.9% - 58.8%)		
No	53% (39% - 66%)		16,416	88	172	50% (38% - 61%)		
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)								
Yes	52% (45% - 60%)		31,971	193	384	53% (44% - 61%)		
No	49% (42% - 56%)		32,131	189	399	46% (39% - 54%)		
Diagnoses								
Asthma								
Asthma Diagnosis								
Yes	43.8% (37.6% - 50.2%)		32,699	262	652	41.2% (35.7% - 46.9%)		
No	58.6% (56.3% - 60.8%)		245,357	2,330	4,239	57.3% (55.1% - 59.5%)		
Current Asthma								
Yes	41% (33% - 48%)		17,683	147	408	39% (32% - 46%)		
No	48% (37% - 59%)		13,939	103	216	46% (37% - 56%)		

**General Health, Adults (18 years of age and older), Alaska BRFSS, 2008:
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy Alaskans 2010 Objective: 15.4: Increase the proportion of adults that report that their general health is excellent or very good to 75%.

Screening Question:	Response:	Would you say in general that your health is:					Age-Adjusted Rate	
		Observed Rate	Excellent or Very good			%	95% CI	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI	
Cardiovascular and Cerebrovascular Disease								
Cardiovascular Disease								
Yes	28%	(21% - 36%)	6,029	65	270	36%	(28% - 46%)	
No	57.9%	(55.7% - 60.1%)	272,239	2,515	4,578	56.2%	(54.0% - 58.3%)	
Heart Attack (Myocardial Infarction)								
Yes	DSU	(DSU - DSU)	DSU	39	180	DSU	(DSU - DSU)	
No	57.4%	(55.2% - 59.6%)	275,256	2,552	4,707	55.8%	(53.6% - 57.9%)	
Coronary Heart Disease (Angina)								
Yes	26%	(18% - 35%)	3,976	47	197	23%	(14% - 36%)	
No	57.5%	(55.2% - 59.6%)	274,945	2,542	4,681	55.8%	(53.6% - 57.9%)	
Stroke								
Yes	DSU	(DSU - DSU)	DSU	27	129	DSU	(DSU - DSU)	
No	57.0%	(54.8% - 59.2%)	276,424	2,572	4,776	55.3%	(53.2% - 57.4%)	
Diabetes								
Nongestational Diabetes								
Yes	DSU	(DSU - DSU)	DSU	56	330	DSU	(DSU - DSU)	
No	58.6%	(56.4% - 60.8%)	273,500	2,541	4,583	56.9%	(54.8% - 59.0%)	
Pre-Diabetes								
Yes	34%	(27% - 41%)	12,571	132	377	31%	(24% - 38%)	
No	60.9%	(58.6% - 63.2%)	260,523	2,401	4,181	58.9%	(56.7% - 61.1%)	
Prostate Cancer								
Prostate Cancer								
Yes	DSU	(DSU - DSU)	DSU	9	20	DSU	(DSU - DSU)	
No	50.6%	(45.7% - 55.6%)	67,419	398	822	50.3%	(45.0% - 55.5%)	

**General Health, Adults (18 years of age and older), Alaska BRFSS, 2008:
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy Alaskans 2010 Objective: 15.4: Increase the proportion of adults that report that their general health is excellent or very good to 75%.

Screening Question:	Response:	Would you say in general that your health is:					Age-Adjusted Rate	
		Excellent or Very good						
Population at Risk (See Appendix)	%	Observed Rate 95% CI	Individuals	n	N	%	95% CI	
Risk Factors								
Alcohol								
Binge Drinking								
Yes	56.4%	(54.0% - 58.7%)	230,808	2,125	4,039	55.2%	(52.9% - 57.5%)	
No	56.6%	(54.4% - 58.7%)	276,163	2,561	4,816	55.1%	(52.9% - 57.1%)	
Heavy Drinking								
Yes	56.2%	(53.8% - 58.5%)	226,683	2,056	3,948	54.9%	(52.6% - 57.1%)	
No	56.2%	(53.9% - 58.5%)	242,518	384	4,254	54.8%	(52.6% - 57.0%)	
Physical Activity								
Leisure Time Exercise								
Yes	60.1%	(57.7% - 62.4%)	235,197	2,188	3,810	58.3%	(56.0% - 60.7%)	
No	42.4%	(37.6% - 47.5%)	43,752	406	1,096	42.4%	(37.6% - 47.3%)	
Tobacco Use								
Cigarette Smoking Status								
Current Smoker	48.9%	(44.0% - 53.8%)	52,806	447	1,106	45.5%	(41.1% - 49.8%)	
Former Smoker	50.4%	(46.7% - 54.1%)	67,793	749	1,499	52.4%	(48.2% - 56.6%)	
Never Smoked	62.9%	(59.7% - 66.0%)	158,102	1,397	2,289	60.7%	(57.6% - 63.7%)	
Smokeless Tobacco Status								
Current User	49%	(40% - 58%)	11,999	111	252	46%	(38% - 55%)	
Former User	55.6%	(50.5% - 60.6%)	50,162	452	863	53.1%	(48.5% - 57.7%)	
Never Used	57.1%	(54.6% - 59.7%)	205,878	1,938	3,597	56.0%	(53.6% - 58.5%)	

**General Health, Adults (18 years of age and older), Alaska BRFSS, 2008:
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy Alaskans 2010 Objective: 15.4: Increase the proportion of adults that report that their general health is excellent or very good to 75%.

Screening Question:	Would you say in general that your health is:						
	Response:	Excellent or Very good					Age-Adjusted Rate
Population at Risk (See Appendix)	%	Observed Rate 95% CI	Individuals	n	N	%	95% CI
Weight Status							
Weight Status							
Normal (BMI <25)	64.2%	(60.4% - 67.8%)	107,477	964	1,591	61.0%	(57.6% - 64.3%)
Overweight (BMI 25 to 30)	60.5%	(57.0% - 63.8%)	107,935	1,020	1,763	59.5%	(56.1% - 62.8%)
Obese (BMI ≥30)	41.8%	(37.8% - 45.9%)	55,839	539	1,377	41.5%	(37.1% - 46.1%)
Obese I (BMI 30 TO < 35)	47.7%	(42.5% - 52.8%)	39,608	382	851	46.6%	(40.9% - 52.4%)
Obese II & III (BMI ≥35)	32.2%	(26.2% - 38.9%)	16,231	157	526	33.1%	(26.7% - 40.2%)

Appendix

Definitions:

Observed rate = crude rate, the rate observed in the population before standardization.

Age-adjusted Rate = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

Individuals = Estimated number of adult individuals meeting conditions.

n = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (*n*) less than 50.

N = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

Response codes:

DNA = Data have been collected but have not yet been analyzed.

DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

Notes:

Data may include revisions, and may differ from those shown previously.