

**Heavy Drinking, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:	Heavy drinking is males having more than two drinks per day and females having more than one drink per day.								
	Response:	Yes						Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N	%	95% CI	
<b>Population at Risk (See Appendix)</b>									
<b>Total</b>	<b>6.5%</b>	( 5.3% - 7.9% )	28,107	308	4,275	<b>6.2%</b>	( 5.1% - 7.5% )		
<b>Demographics</b>									
<b>Gender</b>									
Female	<b>6.1%</b>	( 4.9% - 7.5% )	11,220	145	2,074	<b>5.9%</b>	( 4.7% - 7.3% )		
Male	<b>6.8%</b>	( 5.1% - 9.1% )	16,887	163	2,201	<b>6.5%</b>	( 4.8% - 8.6% )		
<b>Age Groups (Categories Used in Age-Adjustment)</b>									
Persons aged 18 to 24 years	<b>7%</b>	( 3% - 18% )	4,084	15	242	<b>NA</b>	( NA - NA )		
Persons aged 25 to 34 years	<b>6.3%</b>	( 4.3% - 9.0% )	5,548	46	685	<b>NA</b>	( NA - NA )		
Persons aged 35 to 44 years	<b>5.7%</b>	( 3.8% - 8.3% )	4,674	56	780	<b>NA</b>	( NA - NA )		
Persons aged 45 to 64 years	<b>7.6%</b>	( 6.1% - 9.2% )	12,006	162	1,973	<b>NA</b>	( NA - NA )		
Persons aged 65 years and older	<b>3.7%</b>	( 2.3% - 5.9% )	1,665	29	595	<b>NA</b>	( NA - NA )		
<b>Race and Ethnicity</b>									
American Indian or Alaska Native	<b>5.8%</b>	( 3.8% - 9.0% )	3,540	49	826	<b>5.8%</b>	( 3.5% - 9.2% )		
Asian or Pacific Islander	<b>0%</b>	( 0% - 3% )	0	1	113	<b>1%</b>	( 0% - 4% )		
Asian	<b>0%</b>	( 0% - 0% )	0	0	90	<b>0%</b>	( 0% - 0% )		
Native Hawaiian or Other Pacific Islander	<b>DSU</b>	( DSU - DSU )	DSU	DSU	23	<b>DSU</b>	( DSU - DSU )		
Black or African American	<b>4%</b>	( 1% - 10% )	389	5	70	<b>2%</b>	( 1% - 6% )		
White	<b>7.3%</b>	( 5.9% - 9.1% )	23,656	246	3,065	<b>7.0%</b>	( 5.5% - 8.7% )		
Hispanic or Latino	<b>1%</b>	( 0% - 4% )	161	2	121	<b>1%</b>	( 0% - 6% )		
Not Hispanic or Latino	<b>6.8%</b>	( 5.6% - 8.2% )	27,933	306	4,091	<b>6.5%</b>	( 5.3% - 7.9% )		
Black or African American, not Hispanic/Latino	<b>DSU</b>	( DSU - DSU )	DSU	DSU	33	<b>DSU</b>	( DSU - DSU )		
White, not Hispanic or Latino	<b>7.5%</b>	( 6.0% - 9.3% )	23,233	237	2,950	<b>7.1%</b>	( 5.6% - 9.0% )		
<b>Alaska Native</b>									
Yes	<b>5.7%</b>	( 3.8% - 8.4% )	3,883	57	911	<b>5.7%</b>	( 3.7% - 8.9% )		
No	<b>6.7%</b>	( 5.4% - 8.3% )	24,128	249	3,327	<b>6.4%</b>	( 5.1% - 7.9% )		

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Population at Risk (See Appendix)	Screening Question: Heavy drinking is males having more than two drinks per day and females having more than one drink per day.						Response:	
				Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	%	95% CI	
<b>Geographic Location</b>								
Anchorage & Vicinity	6.1%	( 4.3% - 8.7% )	14,395	60	883	5.8%	( 4.1% - 8.2% )	
Fairbanks & Vicinity	6.6%	( 4.8% - 9.0% )	3,914	63	872	6.1%	( 4.6% - 8.1% )	
Gulf Coast	8.0%	( 6.2% - 10.2% )	3,900	75	855	7.6%	( 5.8% - 9.9% )	
Rural	5.7%	( 3.9% - 8.1% )	2,430	45	861	5.1%	( 3.6% - 7.2% )	
Southeast	7.3%	( 5.6% - 9.5% )	3,468	65	804	7.1%	( 5.4% - 9.3% )	
<b>Urban/Rural</b>								
Metropolitan Statistical Area	6.3%	( 4.7% - 8.4% )	18,202	122	1,696	6.0%	( 4.5% - 7.9% )	
Micropolitan Statistical Area & Urban Clusters	7.8%	( 6.3% - 9.6% )	5,593	101	1,260	7.6%	( 6.1% - 9.5% )	
Rural	5.8%	( 4.5% - 7.5% )	4,311	85	1,319	5.5%	( 4.3% - 7.1% )	
<b>Education Level (persons aged 25 years and older)</b>								
Less than high school	4%	( 2% - 7% )	965	14	292	4%	( 2% - 7% )	
High school graduate	7.2%	( 5.5% - 9.3% )	8,109	101	1,222	7.0%	( 5.4% - 9.1% )	
At least some college	7.2%	( 5.4% - 9.5% )	8,312	94	1,192	6.7%	( 4.9% - 9.1% )	
College Graduate	5.4%	( 4.0% - 7.1% )	6,532	84	1,318	5.2%	( 3.9% - 6.9% )	
<b>Employment Status</b>								
Employed	7.4%	( 5.9% - 9.4% )	21,597	224	2,817	6.8%	( 5.3% - 8.7% )	
Unemployed	6%	( 3% - 11% )	1,953	24	301	6%	( 3% - 11% )	
Not in Workforce (Student, Homemaker, Retired)	4.3%	( 3.0% - 6.3% )	4,028	52	943	4.2%	( 2.8% - 6.2% )	
Unable to work	3%	( 1% - 7% )	485	7	198	1%	( 1% - 3% )	
<b>Marital Status</b>								
Married or Unwed Couple	6.0%	( 4.5% - 7.9% )	17,303	161	2,562	6.0%	( 4.2% - 8.7% )	
Divorced/Separated	10.7%	( 7.5% - 14.9% )	5,325	76	728	9.0%	( 6.1% - 13.0% )	
Widowed	8%	( 4% - 13% )	1,198	18	271	7%	( 4% - 14% )	
Never Married	5.6%	( 3.7% - 8.3% )	4,334	53	695	6.3%	( 4.4% - 8.8% )	

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	Response:	Yes					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N	%	95% CI
<b>Population at Risk (See Appendix)</b>								
<b>Income Level</b>								
<\$15,000	4%	( 2% - 7% )	1,117	22	342	4%	( 2% - 7% )	
\$15,000 - \$24,999	4%	( 2% - 7% )	1,495	25	450	4%	( 3% - 7% )	
\$25,000 - \$49,999	7.3%	( 5.4% - 9.8% )	7,098	78	957	6.8%	( 5.1% - 9.0% )	
\$50,000 - \$74,999	7.3%	( 5.1% - 10.4% )	5,377	67	747	7.2%	( 4.9% - 10.4% )	
\$75,000	6.0%	( 4.6% - 7.8% )	8,724	95	1,308	5.0%	( 3.8% - 6.5% )	
<b>Poverty Threshold</b>								
Poor (<100% Poverty Threshold)	3%	( 1% - 5% )	916	14	314	2%	( 1% - 4% )	
Near Poor (100% to 199% Poverty Threshold)	3.6%	( 2.3% - 5.6% )	2,202	36	620	4.3%	( 2.7% - 6.8% )	
Middle/High Income (>=200% Poverty Threshold)	7.2%	( 6.0% - 8.5% )	20,784	237	2,870	6.7%	( 5.6% - 8.0% )	
<b>Below Poverty Guidelines</b>								
Yes	3%	( 2% - 6% )	1,285	17	421	4%	( 2% - 8% )	
No	6.6%	( 5.6% - 7.8% )	22,410	270	3,383	6.2%	( 5.3% - 7.3% )	
<b>Veteran</b>								
Yes	4%	( 2% - 7% )	3,712	21	460	3%	( 2% - 6% )	
No	4.7%	( 3.8% - 5.9% )	18,278	133	2,088	4.5%	( 3.6% - 5.6% )	
<b>Health Status</b>								
<b>General Health</b>								
Excellent to Very Good	6.5%	( 4.8% - 8.8% )	15,836	162	2,218	6.2%	( 4.7% - 8.0% )	
Good	6.5%	( 5.0% - 8.5% )	8,512	94	1,355	6.2%	( 4.7% - 8.2% )	
Fair/Poor	6.2%	( 4.3% - 8.8% )	3,603	50	681	6.2%	( 4.0% - 9.3% )	
<b>Healthy Days (Mean Number of Days)</b>								
Physical Health Not Good	2.2	( 1.5 - 3.0 )			299	2.2	( 1.5 - 3.0 )	
Mental Health Not Good	4.2	( 2.9 - 5.5 )			298	3.8	( 2.8 - 4.9 )	
Unhealthy Days (Physical or Mental Health Not Good)	5.7	( 4.5 - 7.0 )			292	5.5	( 4.3 - 6.7 )	
Days with Activity Limitation	1.8	( 1.0 - 2.5 )			304	1.5	( 0.9 - 2.1 )	
<b>Healthy Days (Percentage with 14 or More Days)</b>								
Physical Health Not Good	3%	( 2% - 5% )	1,320	27	478	3%	( 2% - 6% )	
Mental Health Not Good	8%	( 6% - 13% )	2,878	38	398	7%	( 5% - 11% )	
Unhealthy Days (Physical or Mental Health Not Good)	6.0%	( 4.3% - 8.4% )	4,153	56	732	5.6%	( 3.9% - 8.0% )	

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	Response:	Yes						Age-Adjusted Rate	
		%	Observed Rate		Individuals	n	N	%	95% CI
Population at Risk (See Appendix)			95% CI					95% CI	
Activity Limitation	5%	(	3% - 9%)	1,467	18	298	4%	( 2% - 7% )	
<b>Disability</b>									
Disabled									
Yes	4.7%	(	3.1% - 7.0%)	5,226	38	664	4.6%	( 2.9% - 7.3% )	
No	4.5%	(	3.5% - 5.7%)	16,417	115	1,865	4.3%	( 3.4% - 5.4% )	
Activity Limitation									
Yes	6.4%	(	4.7% - 8.5%)	6,251	77	1,056	6.2%	( 4.4% - 8.8% )	
No	6.5%	(	5.2% - 8.3%)	21,725	228	3,176	6.1%	( 4.9% - 7.6% )	
Require Special Equipment									
Yes	5%	(	3% - 10%)	1,560	12	195	6%	( 3% - 11% )	
No	4.5%	(	3.6% - 5.6%)	20,062	142	2,350	4.3%	( 3.4% - 5.3% )	
<b>Mental Health</b>									
Depression Measure (PHQ-8)									
No Depression	4.9%	(	3.7% - 6.3%)	15,560	106	1,689	95.7%	( 94.7% - 96.6% )	
Mild Depression	3%	(	1% - 4%)	2,071	16	334	4%	( 4% - 6% )	
Moderate to Severe Depression	4%	(	2% - 9%)	1,315	11	159	5%	( 4% - 6% )	
Social and Emotional Support									
Always/Usually	4.6%	(	3.6% - 5.9%)	17,679	120	1,936	4.4%	( 3.5% - 5.6% )	
Sometimes/Rarely/Never	3.9%	(	2.5% - 5.9%)	3,196	29	507	3.7%	( 2.4% - 5.6% )	
Life Satisfaction									
Very Satisfied / Satisfied	4.6%	(	3.7% - 5.7%)	20,524	141	2,355	4.4%	( 3.5% - 5.5% )	
Dissatisfied / Very Dissatisfied	3%	(	2% - 7%)	637	9	113	4%	( 2% - 8% )	

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	Response:	Yes					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N	%	95% CI
<b>Population at Risk (See Appendix)</b>								
<b>Healthcare</b>								
<b>Healthcare Coverage</b>								
Health Plan								
Yes	<b>6.5%</b>	( 5.2% - 8.2% )	23,129	240	3,583	<b>6.4%</b>	( 4.9% - 8.2% )	
No	<b>6.4%</b>	( 4.6% - 8.8% )	4,872	67	665	<b>5.7%</b>	( 4.2% - 7.7% )	
<b>Immunization</b>								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes	<b>2%</b>	( 1% - 4% )	628	10	221	<b>2%</b>	( 1% - 4% )	
No	<b>6%</b>	( 2% - 15% )	893	6	124	<b>6%</b>	( 2% - 16% )	
Ever Had Pneumonia Shot (Ages 65+)								
Yes	<b>2%</b>	( 1% - 5% )	567	28	206	<b>2%</b>	( 1% - 5% )	
No	<b>5%</b>	( 2% - 14% )	762	105	126	<b>6%</b>	( 2% - 14% )	
Ever Had Hepatitis B Shot								
Yes	<b>3.5%</b>	( 2.2% - 5.5% )	6,243	33	885	<b>3.5%</b>	( 2.3% - 5.3% )	
No	<b>5.5%</b>	( 4.2% - 7.2% )	11,397	94	1,194	<b>4.9%</b>	( 3.7% - 6.5% )	
<b>Screening</b>								
AIDS/HIV Screening (Ages 18-64)								
Yes	<b>4.8%</b>	( 3.4% - 6.8% )	8,909	56	941	<b>4.4%</b>	( 3.2% - 6.2% )	
No	<b>4.4%</b>	( 3.3% - 5.9% )	9,977	75	1,131	<b>3.8%</b>	( 2.8% - 5.1% )	
Clinical Breast Exam Annually (Women Ages 40+)								
Yes	<b>4.9%</b>	( 3.1% - 7.8% )	3,801	30	548	<b>4.7%</b>	( 3.0% - 7.4% )	
No	<b>6%</b>	( 4% - 10% )	2,997	23	347	<b>5%</b>	( 3% - 9% )	
Colorectal Screening (Ages 50+)								
Yes	<b>4.3%</b>	( 2.8% - 6.8% )	4,181	33	677	<b>4.0%</b>	( 2.6% - 6.1% )	
No	<b>7%</b>	( 5% - 11% )	4,872	42	494	<b>7%</b>	( 4% - 11% )	
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)								
Yes	<b>4%</b>	( 2% - 8% )	1,864	18	278	<b>3%</b>	( 2% - 6% )	
No	<b>5.5%</b>	( 3.6% - 8.1% )	4,467	37	506	<b>5.6%</b>	( 3.4% - 9.2% )	

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	Response:	Yes					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N	%	95% CI
<b>Population at Risk (See Appendix)</b>								
Home Occult Blood Test (Ages 50+)								
Yes	3%	( 1% - 8% )	797	6	188	3%	( 1% - 7% )	
No	6.1%	( 4.5% - 8.3% )	8,357	69	962	5.5%	( 4.0% - 7.6% )	
Mammogram within Past 2 Years (Women Ages 40+)								
Yes	4.7%	( 2.9% - 7.3% )	4,050	31	630	4.3%	( 2.8% - 6.7% )	
No	7%	( 4% - 11% )	2,878	22	269	7%	( 4% - 12% )	
Oral Cancer Exam Annually								
Yes	4.2%	( 2.8% - 6.4% )	5,135	35	660	3.7%	( 2.4% - 5.5% )	
No	4.3%	( 3.4% - 5.6% )	14,012	106	1,697	4.3%	( 3.3% - 5.5% )	
Pap Test within Past 3 Years (Women Ages 18+)								
Yes	4.2%	( 2.8% - 6.3% )	6,599	40	893	3.9%	( 2.6% - 5.8% )	
No	8%	( 4% - 14% )	2,342	17	163	8%	( 5% - 14% )	
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)								
Yes	5%	( 3% - 9% )	3,037	24	377	4%	( 2% - 7% )	
No	4%	( 3% - 6% )	2,545	29	382	4%	( 2% - 6% )	
<b>Diagnoses</b>								
<b>Asthma</b>								
Asthma Diagnosis								
Yes	3.7%	( 2.3% - 5.8% )	2,412	30	566	3.7%	( 2.3% - 6.0% )	
No	7.0%	( 5.7% - 8.6% )	25,498	275	3,680	6.7%	( 5.4% - 8.3% )	
Current Asthma								
Yes	3%	( 2% - 6% )	1,163	15	359	3%	( 2% - 6% )	
No	4%	( 2% - 9% )	1,008	14	186	4%	( 2% - 9% )	
<b>Cardiovascular and Cerebrovascular Disease</b>								
Cardiovascular Disease								
Yes	4%	( 2% - 11% )	783	9	250	3%	( 1% - 7% )	
No	6.6%	( 5.4% - 8.0% )	27,004	295	3,957	6.3%	( 5.2% - 7.7% )	

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	Response:	Observed Rate			Yes			Age-Adjusted Rate	
		%	95% CI	Individuals	n	N	%	95% CI	
<b>Population at Risk (See Appendix)</b>									
Heart Attack (Myocardial Infarction)									
Yes	<b>5%</b>	( 2% - 15% )	658	5	168	<b>3%</b>	( 1% - 10% )		
No	<b>6.5%</b>	( 5.3% - 7.9% )	27,172	300	4,071	<b>6.2%</b>	( 5.1% - 7.6% )		
Coronary Heart Disease (Angina)									
Yes	<b>3%</b>	( 1% - 6% )	431	7	186	<b>2%</b>	( 1% - 4% )		
No	<b>6.6%</b>	( 5.4% - 8.1% )	27,589	299	4,050	<b>6.3%</b>	( 5.2% - 7.7% )		
Stroke									
Yes	<b>5%</b>	( 2% - 13% )	457	5	120	<b>4%</b>	( 2% - 11% )		
No	<b>6.5%</b>	( 5.3% - 7.9% )	27,502	301	4,138	<b>6.2%</b>	( 5.1% - 7.6% )		
<b>Diabetes</b>									
Nongestational Diabetes									
Yes	<b>5%</b>	( 3% - 9% )	1,321	15	310	<b>5%</b>	( 3% - 10% )		
No	<b>6.6%</b>	( 5.4% - 8.1% )	26,850	293	3,952	<b>6.3%</b>	( 5.2% - 7.7% )		
Pre-Diabetes									
Yes	<b>6%</b>	( 4% - 10% )	1,914	26	324	<b>7%</b>	( 3% - 13% )		
No	<b>6.7%</b>	( 5.4% - 8.2% )	24,868	267	3,609	<b>6.4%</b>	( 5.3% - 7.9% )		
<b>Prostate Cancer</b>									
Prostate Cancer									
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	21	<b>DSU</b>	( DSU - DSU )		
No	<b>4.6%</b>	( 3.2% - 6.4% )	5,928	52	790	<b>3.6%</b>	( 2.5% - 5.1% )		
<b>Risk Factors</b>									
<b>Alcohol</b>									
Binge Drinking									
Yes	<b>30.9%</b>	( 25.1% - 37.4% )	20,546	222	644	<b>33.9%</b>	( 27.4% - 41.0% )		
No	<b>1.5%</b>	( 1.1% - 2.0% )	5,390	67	3,598	<b>1.4%</b>	( 1.0% - 2.0% )		
Heavy Drinking									
Yes	<b>100%</b>	( 0% - 0% )	28,107	308	308	<b>100%</b>	( 0% - 0% )		
No	<b>0.0%</b>	( 0.0% - 0.0% )	0	0	3,967	<b>0.0%</b>	( 0.0% - 0.0% )		

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	Response:	Yes					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N	%	95% CI
Population at Risk (See Appendix)								
<b>Physical Activity</b>								
Leisure Time Exercise								
Yes	<b>6.5%</b>	( 5.1% - 8.2% )	21,977	227	3,271	<b>6.3%</b>	( 5.0% - 7.9% )	
No	<b>6.6%</b>	( 4.8% - 8.9% )	6,130	81	988	<b>6.3%</b>	( 4.6% - 8.7% )	
<b>Tobacco Use</b>								
Cigarette Smoking Status								
Current Smoker	<b>12.9%</b>	( 9.0% - 18.2% )	11,882	119	945	<b>12.5%</b>	( 9.0% - 17.1% )	
Former Smoker	<b>6.5%</b>	( 5.0% - 8.5% )	7,732	100	1,302	<b>5.9%</b>	( 4.5% - 7.6% )	
Never Smoked	<b>3.8%</b>	( 2.9% - 5.1% )	8,417	88	2,002	<b>3.7%</b>	( 2.8% - 4.9% )	
Smokeless Tobacco Status								
Current User	<b>11%</b>	( 6% - 19% )	2,625	24	240	<b>11%</b>	( 6% - 18% )	
Former User	<b>8.5%</b>	( 6.1% - 11.7% )	7,110	81	795	<b>7.7%</b>	( 5.5% - 10.5% )	
Never Used	<b>5.4%</b>	( 4.1% - 7.2% )	16,706	188	3,068	<b>5.2%</b>	( 4.0% - 6.8% )	
<b>Weight Status</b>								
Weight Status								
Normal (BMI <25)	<b>8.7%</b>	( 6.0% - 12.5% )	12,194	118	1,325	<b>8.7%</b>	( 6.6% - 11.6% )	
Overweight (BMI 25 to 30)	<b>5.4%</b>	( 4.2% - 6.9% )	8,618	115	1,571	<b>5.0%</b>	( 3.9% - 6.5% )	
Obese (BMI ≥30)	<b>5.8%</b>	( 4.3% - 7.9% )	7,014	70	1,231	<b>5.6%</b>	( 4.0% - 7.8% )	
Obese I (BMI 30 TO < 35)	<b>7.2%</b>	( 5.0% - 10.1% )	5,397	53	766	<b>7.0%</b>	( 4.7% - 10.3% )	
Obese II & III (BMI ≥35)	<b>4%</b>	( 2% - 6% )	1,803	17	465	<b>3%</b>	( 2% - 7% )	

**Heavy Drinking, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:	Heavy drinking is males having more than two drinks per day and females having more than one drink per day.						
	Response:	Yes					Age-Adjusted Rate
Population at Risk (See Appendix)	%	Observed Rate 95% CI	Individuals	n	N	%	95% CI

**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.