

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

Healthy Alaskans 2010 Objective: 24.2a: Reduce lifetime asthma prevalence (adults ever told by a doctor that they has asthma) to 8%.								
Screening Question:			Have you ever been told by a doctor, nurse or other health professional that you have asthma?					
Response:			Yes					
Population at Risk (See Appendix)	Observed Rate					Age-Adjusted Rate		
	%	95% CI	Individuals	n	N	%	95% CI	
<b>Total</b>	<b>15.1%</b>	( 13.5% - 16.9% )	74,733	655	4,913	<b>15.0%</b>	( 13.4% - 16.8% )	
<b>Demographics</b>								
<b>Gender</b>								
Female	<b>17.0%</b>	( 14.9% - 19.4% )	40,766	424	2,642	<b>16.8%</b>	( 14.7% - 19.1% )	
Male	<b>13.3%</b>	( 10.9% - 16.1% )	33,967	231	2,271	<b>13.3%</b>	( 11.0% - 16.0% )	
<b>Age Groups (Categories Used in Age-Adjustment)</b>								
Persons aged 18 to 24 years	<b>20%</b>	( 14% - 29% )	13,254	46	276	<b>NA</b>	( NA - NA )	
Persons aged 25 to 34 years	<b>18.1%</b>	( 14.0% - 23.0% )	18,627	113	801	<b>NA</b>	( NA - NA )	
Persons aged 35 to 44 years	<b>13.1%</b>	( 10.4% - 16.4% )	12,650	132	920	<b>NA</b>	( NA - NA )	
Persons aged 45 to 64 years	<b>12.8%</b>	( 10.9% - 14.9% )	22,932	285	2,256	<b>NA</b>	( NA - NA )	
Persons aged 65 years and older	<b>14.0%</b>	( 10.5% - 18.6% )	6,947	79	660	<b>NA</b>	( NA - NA )	
<b>Race and Ethnicity</b>								
American Indian or Alaska Native	<b>13.6%</b>	( 10.7% - 17.1% )	9,366	111	942	<b>13.4%</b>	( 10.6% - 16.8% )	
Asian or Pacific Islander	<b>DSU</b>	( DSU - DSU )	DSU	DSU	127	<b>DSU</b>	( DSU - DSU )	
Asian	<b>DSU</b>	( DSU - DSU )	DSU	DSU	100	<b>DSU</b>	( DSU - DSU )	
Native Hawaiian or Other Pacific Islander	<b>DSU</b>	( DSU - DSU )	DSU	DSU	27	<b>DSU</b>	( DSU - DSU )	
Black or African American	<b>DSU</b>	( DSU - DSU )	DSU	DSU	78	<b>DSU</b>	( DSU - DSU )	
White	<b>15.3%</b>	( 13.4% - 17.4% )	56,874	488	3,540	<b>15.5%</b>	( 13.6% - 17.7% )	
Hispanic or Latino	<b>DSU</b>	( DSU - DSU )	DSU	DSU	134	<b>DSU</b>	( DSU - DSU )	
Not Hispanic or Latino	<b>14.8%</b>	( 13.1% - 16.6% )	69,690	622	4,708	<b>14.7%</b>	( 13.1% - 16.5% )	
Black or African American, not Hispanic/Latino	<b>DSU</b>	( DSU - DSU )	DSU	DSU	34	<b>DSU</b>	( DSU - DSU )	
White, not Hispanic or Latino	<b>15.4%</b>	( 13.4% - 17.5% )	54,920	463	3,413	<b>15.6%</b>	( 13.6% - 17.9% )	
<b>Alaska Native</b>								
Yes	<b>13.2%</b>	( 10.6% - 16.4% )	10,240	129	1,036	<b>13.1%</b>	( 10.5% - 16.2% )	
No	<b>15.5%</b>	( 13.7% - 17.6% )	64,190	523	3,830	<b>15.6%</b>	( 13.7% - 17.7% )	

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Response:		Yes					
Population at Risk (See Appendix)	Observed Rate					Age-Adjusted Rate	
	%	95% CI	Individuals	n	N	%	95% CI
<b>Geographic Location</b>							
Anchorage & Vicinity	16.6%	( 13.9% - 19.8% )	44,903	154	1,019	16.6%	( 13.9% - 19.7% )
Fairbanks & Vicinity	14.9%	( 12.1% - 18.1% )	10,128	146	1,005	14.2%	( 11.8% - 17.1% )
Gulf Coast	11.6%	( 9.2% - 14.5% )	6,486	112	1,007	11.9%	( 9.2% - 15.2% )
Rural	11.9%	( 9.6% - 14.7% )	5,677	117	962	12.4%	( 9.8% - 15.7% )
Southeast	14.1%	( 11.7% - 16.9% )	7,540	126	920	14.3%	( 11.7% - 17.5% )
<b>Urban/Rural</b>							
Metropolitan Statistical Area	16.3%	( 13.9% - 18.9% )	53,871	288	1,965	16.0%	( 13.8% - 18.5% )
Micropolitan Statistical Area & Urban Clusters	13.7%	( 11.7% - 16.0% )	11,191	198	1,449	13.8%	( 11.7% - 16.1% )
Rural	11.8%	( 9.7% - 14.2% )	9,671	169	1,499	12.0%	( 9.8% - 14.7% )
<b>Education Level (persons aged 25 years and older)</b>							
Less than high school	16%	( 11% - 23% )	4,385	45	329	18%	( 12% - 25% )
High school graduate	16.2%	( 13.0% - 20.0% )	20,153	177	1,363	16.4%	( 13.4% - 19.9% )
At least some college	14.1%	( 11.5% - 17.2% )	18,398	189	1,371	13.1%	( 10.7% - 15.9% )
College Graduate	12.4%	( 10.3% - 15.0% )	18,096	198	1,563	13.3%	( 10.9% - 16.1% )
<b>Employment Status</b>							
Employed	13.4%	( 11.5% - 15.5% )	44,574	414	3,245	12.9%	( 10.8% - 15.3% )
Unemployed	22%	( 15% - 31% )	7,851	50	340	25%	( 17% - 35% )
Not in Workforce (Student, Homemaker, Retired)	16.2%	( 12.7% - 20.6% )	17,632	134	1,090	15.4%	( 12.0% - 19.5% )
Unable to work	28%	( 20% - 37% )	4,731	57	216	25%	( 18% - 33% )
<b>Marital Status</b>							
Married or Unwed Couple	13.0%	( 11.3% - 14.9% )	43,228	372	2,949	13.1%	( 11.2% - 15.1% )
Divorced/Separated	17.9%	( 14.0% - 22.8% )	10,004	138	841	26.4%	( 18.7% - 35.8% )
Widowed	12%	( 8% - 19% )	2,147	36	309	8%	( 5% - 14% )
Never Married	21.9%	( 16.3% - 28.6% )	18,970	106	788	15.5%	( 12.1% - 19.8% )

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Screening Question:		Have you ever been told by a doctor, nurse or other health professional that you have asthma?							
Response:		Yes						Age-Adjusted Rate	
Population at Risk (See Appendix)		Observed Rate							
		%	95% CI	Individuals	n	N		%	95% CI
<b>Income Level</b>									
<\$15,000		23%	( 16% - 32% )	7,095	69	384		21%	( 16% - 28% )
\$15,000 - \$24,999		24.2%	( 17.7% - 32.0% )	10,394	88	519		23.5%	( 17.8% - 30.4% )
\$25,000 - \$49,999		17.3%	( 13.2% - 22.2% )	18,490	145	1,078		16.3%	( 12.9% - 20.4% )
\$50,000 - \$74,999		11.7%	( 8.5% - 15.9% )	9,712	88	854		12.0%	( 8.0% - 17.6% )
\$75,000		11.9%	( 9.8% - 14.5% )	20,456	187	1,529		12.5%	( 9.8% - 15.9% )
<b>Poverty Threshold</b>									
Poor (<100% Poverty Threshold)		23%	( 15% - 32% )	8,114	57	354		22%	( 16% - 30% )
Near Poor (100% to 199% Poverty Threshold)		24.8%	( 18.9% - 31.8% )	16,844	120	704		23.8%	( 18.8% - 29.7% )
Middle/High Income (>=200% Poverty Threshold)		12.4%	( 10.8% - 14.3% )	41,271	400	3,306		12.7%	( 10.8% - 14.8% )
<b>Below Poverty Guidelines</b>									
Yes		21%	( 15% - 28% )	10,550	81	484		21%	( 16% - 28% )
No		14.4%	( 12.6% - 16.4% )	55,497	496	3,880		14.6%	( 12.7% - 16.8% )
<b>Veteran</b>									
Yes		13%	( 9% - 18% )	12,576	52	494		13%	( 9% - 20% )
No		17.0%	( 14.2% - 20.2% )	67,733	315	2,150		17.0%	( 14.4% - 20.0% )
<b>Health Status</b>									
<b>General Health</b>									
Excellent to Very Good		11.8%	( 9.8% - 14.1% )	32,699	262	2,592		11.2%	( 9.3% - 13.3% )
Good		15.3%	( 12.5% - 18.5% )	22,659	217	1,543		15.4%	( 12.4% - 18.8% )
Fair/Poor		28.9%	( 23.4% - 35.1% )	19,257	173	756		31.2%	( 24.9% - 38.2% )
<b>Healthy Days (Mean Number of Days)</b>									
Physical Health Not Good		6.1	( 5.0 - 7.2 )			636		6.7	( 5.6 - 7.9 )
Mental Health Not Good		5.4	( 4.1 - 6.7 )			638		5.2	( 4.1 - 6.3 )
Unhealthy Days (Physical or Mental Health Not Good)		9.7	( 8.1 - 11.3 )			622		10.2	( 8.7 - 11.6 )
Days with Activity Limitation		4.0	( 2.9 - 5.1 )			641		4.3	( 3.2 - 5.4 )
<b>Healthy Days (Percentage with 14 or More Days)</b>									
Physical Health Not Good		26.4%	( 21.1% - 32.5% )	12,747	130	524		26.1%	( 20.6% - 32.5% )
Mental Health Not Good		30%	( 23% - 38% )	12,589	104	464		30%	( 24% - 36% )

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Screening Question:		Have you ever been told by a doctor, nurse or other health professional that you have asthma?									
		Response:		Yes							
				Observed Rate			Age-Adjusted Rate				
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	%	95% CI			
Unhealthy Days (Physical or Mental Health Not Good)		27.8%	( 23.0% - 33.1% )	21,717	192	832	28.9%	( 24.0% - 34.4% )			
Activity Limitation		26%	( 19% - 35% )	8,574	77	333	28%	( 21% - 36% )			
Disability											
Disabled											
Yes		26.2%	( 21.0% - 32.0% )	29,983	158	691	28.1%	( 21.8% - 35.4% )			
No		13.2%	( 10.5% - 16.5% )	49,986	208	1,933	12.6%	( 10.2% - 15.4% )			
Activity Limitation											
Yes		23.5%	( 19.8% - 27.5% )	26,204	252	1,188	25.0%	( 20.7% - 30.0% )			
No		12.7%	( 10.9% - 14.8% )	48,268	396	3,673	12.4%	( 10.7% - 14.3% )			
Require Special Equipment											
Yes		DSU	( DSU - DSU )	DSU	DSU	197	DSU	( DSU - DSU )			
No		15.0%	( 12.5% - 17.9% )	69,670	312	2,445	14.9%	( 12.6% - 17.7% )			
Mental Health											
Depression Measure (PHQ-8)											
No Depression		11.9%	( 9.8% - 14.3% )	38,615	197	1,725	85.1%	( 82.3% - 87.4% )			
Mild Depression		26%	( 18% - 37% )	18,273	69	346	16%	( 13% - 19% )			
Moderate to Severe Depression		DSU	( DSU - DSU )	DSU	DSU	165	DSU	( DSU - DSU )			
Social and Emotional Support											
Always/Usually		15.4%	( 12.8% - 18.4% )	59,947	267	1,986	15.8%	( 13.2% - 18.8% )			
Sometimes/Rarely/Never		20.9%	( 14.2% - 29.5% )	18,085	86	530	20.4%	( 14.6% - 27.7% )			
Life Satisfaction											
Very Satisfied / Satisfied		15.1%	( 12.7% - 17.8% )	69,062	321	2,428	15.3%	( 13.0% - 18.0% )			
Dissatisfied / Very Dissatisfied		DSU	( DSU - DSU )	DSU	DSU	116	DSU	( DSU - DSU )			
Healthcare											
Healthcare Coverage											
Health Plan											
Yes		14.4%	( 12.7% - 16.2% )	58,076	557	4,124	14.6%	( 12.8% - 16.5% )			
No		18.7%	( 13.7% - 25.1% )	16,283	95	759	15.3%	( 11.7% - 19.7% )			

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Screening Question: Have you ever been told by a doctor, nurse or other health professional that you have asthma?									
Response:		Yes							
Population at Risk (See Appendix)	Observed Rate					Age-Adjusted Rate			
	%	95% CI	Individuals	n	N	%	95% CI		
Immunization									
Flu Shot Within Past 12 Months (Ages 65+)									
Yes	22%	( 15% - 31% )	7,343	36	233	22%	( 15% - 31% )		
No	8%	( 4% - 15% )	1,222	13	129	9%	( 5% - 16% )		
Ever Had Pneumonia Shot (Ages 65+)									
Yes	22%	( 15% - 31% )	6,687	137	218	21%	( 14% - 31% )		
No	10%	( 4% - 21% )	1,547	187	130	11%	( 5% - 23% )		
Ever Had Hepatitis B Shot									
Yes	16.8%	( 12.7% - 21.9% )	30,620	130	899	17.2%	( 13.3% - 22.0% )		
No	18.5%	( 14.6% - 23.1% )	39,202	183	1,231	20.1%	( 15.4% - 25.9% )		
Screening									
AIDS/HIV Screening (Ages 18-64)									
Yes	16.7%	( 13.0% - 21.1% )	31,586	154	970	16.9%	( 13.1% - 21.6% )		
No	15.9%	( 12.1% - 20.6% )	36,838	146	1,157	16.4%	( 12.5% - 21.2% )		
Clinical Breast Exam Annually (Women Ages 40+)									
Yes	17.7%	( 13.5% - 22.9% )	14,190	104	561	16.9%	( 12.8% - 22.0% )		
No	18%	( 13% - 25% )	9,166	60	356	18%	( 13% - 25% )		
Colorectal Screening (Ages 50+)									
Yes	17.3%	( 13.6% - 21.7% )	16,941	116	694	17.6%	( 13.8% - 22.4% )		
No	11.2%	( 7.9% - 15.7% )	7,937	54	508	12.4%	( 8.3% - 18.2% )		
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)									
Yes	12%	( 7% - 19% )	5,705	26	283	11%	( 7% - 19% )		
No	9.6%	( 6.5% - 13.8% )	7,929	50	522	10.5%	( 6.8% - 15.9% )		
Home Occult Blood Test (Ages 50+)									
Yes	15%	( 9% - 24% )	4,006	28	190	16%	( 10% - 25% )		
No	14.7%	( 11.8% - 18.2% )	20,549	139	992	15.4%	( 12.1% - 19.4% )		
Mammogram within Past 2 Years (Women Ages 40+)									
Yes	19.0%	( 15.0% - 23.8% )	16,975	121	649	18.8%	( 14.6% - 23.7% )		
No	16%	( 10% - 24% )	6,806	43	273	13%	( 9% - 19% )		

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Screening Question:			Have you ever been told by a doctor, nurse or other health professional that you have asthma?					
Response:			Yes					
Population at Risk (See Appendix)	Observed Rate					Age-Adjusted Rate		
	%	95% CI	Individuals	n	N	%	95% CI	
Oral Cancer Exam Annually								
Yes	13.8%	( 10.5% - 18.0% )	16,950	96	674	13.1%	( 10.0% - 17.1% )	
No	18.3%	( 15.0% - 22.1% )	60,714	254	1,742	18.2%	( 15.2% - 21.5% )	
Pap Test within Past 3 Years (Women Ages 18+)								
Yes	18.0%	( 14.6% - 21.9% )	28,369	158	913	17.1%	( 13.8% - 21.0% )	
No	DSU	( DSU - DSU )	DSU	DSU	171	DSU	( DSU - DSU )	
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)								
Yes	12%	( 8% - 18% )	7,286	37	382	13%	( 8% - 21% )	
No	9%	( 6% - 13% )	5,851	37	398	12%	( 7% - 18% )	
<b>Diagnoses</b>								
<b>Asthma</b>								
Asthma Diagnosis								
Yes	100.0%	( 0.0% - 0.0% )	74,733	655	655	100.0%	( 0.0% - 0.0% )	
No	0.0%	( 0.0% - 0.0% )	0	0	4,258	0.0%	( 0.0% - 0.0% )	
Current Asthma								
Yes	100%	( 0% - 0% )	43,248	411	411	100%	( 0% - 0% )	
No	100%	( 0% - 0% )	29,040	216	216	100%	( 0% - 0% )	
<b>Cardiovascular and Cerebrovascular Disease</b>								
Cardiovascular Disease								
Yes	24%	( 17% - 31% )	5,155	59	269	26%	( 20% - 35% )	
No	14.6%	( 12.9% - 16.5% )	68,425	578	4,567	14.3%	( 12.7% - 16.2% )	
Heart Attack (Myocardial Infarction)								
Yes	24%	( 16% - 34% )	3,420	40	178	26%	( 20% - 32% )	
No	14.7%	( 13.0% - 16.6% )	70,280	602	4,696	14.5%	( 12.8% - 16.3% )	
Coronary Heart Disease (Angina)								
Yes	23%	( 16% - 32% )	3,505	44	196	17%	( 10% - 27% )	
No	14.9%	( 13.2% - 16.7% )	70,894	604	4,672	14.7%	( 13.0% - 16.5% )	

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Response:		Yes						Age-Adjusted Rate	
Population at Risk (See Appendix)		Observed Rate							
		%	95% CI	Individuals	n	N		%	95% CI
Stroke									
Yes		<b>DSU</b>	( DSU - DSU )	DSU	DSU	131		<b>DSU</b>	( DSU - DSU )
No		<b>14.8%</b>	( 13.1% - 16.6% )	71,465	622	4,763		<b>14.6%</b>	( 13.0% - 16.4% )
<b>Diabetes</b>									
Nongestational Diabetes									
Yes		<b>26%</b>	( 19% - 35% )	7,529	71	328		<b>37%</b>	( 28% - 47% )
No		<b>14.3%</b>	( 12.7% - 16.2% )	66,600	580	4,572		<b>14.2%</b>	( 12.6% - 16.0% )
Pre-Diabetes									
Yes		<b>24%</b>	( 17% - 32% )	8,843	75	374		<b>28%</b>	( 21% - 37% )
No		<b>13.5%</b>	( 11.8% - 15.4% )	57,579	503	4,177		<b>13.2%</b>	( 11.6% - 14.9% )
<b>Prostate Cancer</b>									
Prostate Cancer									
Yes		<b>DSU</b>	( DSU - DSU )	DSU	DSU	21		<b>DSU</b>	( DSU - DSU )
No		<b>10.1%</b>	( 7.5% - 13.4% )	13,240	77	817		<b>11.9%</b>	( 8.5% - 16.6% )
<b>Risk Factors</b>									
<b>Alcohol</b>									
Binge Drinking									
Yes		<b>11.5%</b>	( 8.3% - 15.8% )	9,076	86	775		<b>9.7%</b>	( 7.2% - 12.9% )
No		<b>15.9%</b>	( 14.0% - 18.0% )	64,858	557	4,031		<b>15.9%</b>	( 14.0% - 17.9% )
Heavy Drinking									
Yes		<b>9%</b>	( 5% - 14% )	2,512	30	305		<b>8%</b>	( 5% - 13% )
No		<b>15.8%</b>	( 13.9% - 17.9% )	63,613	536	3,941		<b>15.7%</b>	( 13.9% - 17.8% )
<b>Physical Activity</b>									
Leisure Time Exercise									
Yes		<b>14.4%</b>	( 12.6% - 16.4% )	56,028	486	3,795		<b>14.2%</b>	( 12.4% - 16.2% )
No		<b>17.7%</b>	( 14.0% - 22.2% )	18,304	166	1,100		<b>18.0%</b>	( 14.2% - 22.7% )

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Population at Risk (See Appendix)	Observed Rate					Age-Adjusted Rate	
	%	95% CI	Individuals	n	N	%	95% CI
<b>Tobacco Use</b>							
Cigarette Smoking Status							
Current Smoker	16.7%	( 13.2% - 20.9% )	18,003	157	1,106	15.3%	( 12.2% - 18.9% )
Former Smoker	13.7%	( 11.4% - 16.4% )	18,293	208	1,494	13.2%	( 10.9% - 16.0% )
Never Smoked	15.1%	( 12.7% - 18.0% )	37,968	287	2,283	14.7%	( 12.4% - 17.3% )
Smokeless Tobacco Status							
Current User	14%	( 8% - 23% )	3,442	34	253	15%	( 10% - 23% )
Former User	13.6%	( 9.9% - 18.3% )	12,116	104	853	14.2%	( 10.5% - 19.0% )
Never Used	16.0%	( 14.0% - 18.1% )	57,357	494	3,593	15.8%	( 13.9% - 17.9% )
<b>Weight Status</b>							
Weight Status							
Normal (BMI <25)	15.0%	( 12.0% - 18.6% )	25,077	197	1,594	13.7%	( 11.2% - 16.6% )
Overweight (BMI 25 to 30)	10.8%	( 8.6% - 13.4% )	19,087	172	1,755	11.0%	( 8.7% - 13.8% )
Obese (BMI ≥30)	20.4%	( 17.1% - 24.2% )	27,257	254	1,373	20.8%	( 17.1% - 24.9% )
Obese I (BMI 30 TO < 35)	16.4%	( 12.8% - 20.7% )	13,646	128	851	16.8%	( 12.9% - 21.5% )
Obese II & III (BMI ≥35)	27.2%	( 21.1% - 34.4% )	13,611	126	522	27.0%	( 20.6% - 34.5% )



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

Healthy Alaskans 2010 Objective: 24.2a: Reduce lifetime asthma prevalence (adults ever told by a doctor that they has asthma) to 8%.							
Screening Question:		Have you ever been told by a doctor, nurse or other health professional that you have asthma?					
Response:		Yes					
		<i>Observed Rate</i>					<i>Age-Adjusted Rate</i>
<b>Population at Risk (See Appendix)</b>	%	95% CI	Individuals	n	N		% 95% CI
<b>Appendix</b>							

**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.