

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

<b>Healthy Alaskans 2010 Objective:</b>		<b>2.1a: Reduce the proportion of adults who meet criteria for overweight to 30%.</b>					
<b>Screening Question:</b>		<b>Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?</b>					
<b>Response:</b>		<b>25.0 - 29.9 kg/m<sup>2</sup></b>					
<b>Population at Risk (See Appendix)</b>	<b>%</b>	<b>Observed Rate</b>			<b>Age-Adjusted Rate</b>		
		<b>95% CI</b>	<b>Individuals</b>	<b>n</b>	<b>N</b>	<b>%</b>	<b>95% CI</b>
<b>Total</b>	<b>37.2%</b>	( 35.1% - 39.4% )	179,067	1,769	4,752	<b>37.1%</b>	( 35.0% - 39.3% )
<b>Demographics</b>							
<b>Gender</b>							
Female	<b>28.2%</b>	( 25.6% - 30.9% )	64,036	738	2,503	<b>28.0%</b>	( 25.4% - 30.7% )
Male	<b>45.3%</b>	( 42.1% - 48.6% )	115,031	1,031	2,249	<b>45.5%</b>	( 42.4% - 48.6% )
<b>Age Groups (Categories Used in Age-Adjustment)</b>							
Persons aged 18 to 24 years	<b>31%</b>	( 23% - 39% )	20,454	88	270	<b>NA</b>	( NA - NA )
Persons aged 25 to 34 years	<b>34.9%</b>	( 30.3% - 39.8% )	35,136	268	785	<b>NA</b>	( NA - NA )
Persons aged 35 to 44 years	<b>37.7%</b>	( 33.2% - 42.4% )	34,981	321	880	<b>NA</b>	( NA - NA )
Persons aged 45 to 64 years	<b>40.9%</b>	( 37.9% - 44.0% )	70,884	849	2,178	<b>NA</b>	( NA - NA )
Persons aged 65 years and older	<b>36.9%</b>	( 31.8% - 42.3% )	17,738	243	639	<b>NA</b>	( NA - NA )
<b>Race and Ethnicity</b>							
American Indian or Alaska Native	<b>34.1%</b>	( 29.6% - 39.0% )	22,500	313	904	<b>34.0%</b>	( 29.6% - 38.8% )
Asian or Pacific Islander	<b>DSU</b>	( DSU - DSU )	DSU	DSU	123	<b>DSU</b>	( DSU - DSU )
Asian	<b>DSU</b>	( DSU - DSU )	DSU	DSU	97	<b>DSU</b>	( DSU - DSU )
Native Hawaiian or Other Pacific Islander	<b>DSU</b>	( DSU - DSU )	DSU	DSU	26	<b>DSU</b>	( DSU - DSU )
Black or African American	<b>DSU</b>	( DSU - DSU )	DSU	DSU	77	<b>DSU</b>	( DSU - DSU )
White	<b>37.9%</b>	( 35.5% - 40.4% )	137,437	1,306	3,441	<b>37.5%</b>	( 35.1% - 40.1% )
Hispanic or Latino	<b>DSU</b>	( DSU - DSU )	DSU	DSU	125	<b>DSU</b>	( DSU - DSU )
Not Hispanic or Latino	<b>36.9%</b>	( 34.8% - 39.1% )	169,617	1,690	4,564	<b>36.8%</b>	( 34.7% - 39.0% )
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>37.9%</b>	( 35.4% - 40.5% )	132,589	1,262	3,321	<b>37.5%</b>	( 35.0% - 40.1% )
<b>Alaska Native</b>							
Yes	<b>34.3%</b>	( 29.9% - 39.1% )	25,507	344	999	<b>34.4%</b>	( 30.2% - 39.0% )
No	<b>37.8%</b>	( 35.4% - 40.2% )	152,174	1,414	3,717	<b>37.5%</b>	( 35.2% - 39.9% )

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<b>Response:</b>		<b>25.0 - 29.9 kg/m<sup>2</sup></b>					
<b>Population at Risk (See Appendix)</b>	<b>%</b>	<b>Observed Rate</b>			<b>Age-Adjusted Rate</b>		
		<b>95% CI</b>	<b>Individuals</b>	<b>n</b>	<b>N</b>	<b>%</b>	<b>95% CI</b>
<b>Geographic Location</b>							
Anchorage & Vicinity	<b>37.6%</b>	( 34.1% - 41.3% )	99,009	380	990	<b>37.2%</b> ( 33.7% - 40.7% )	
Fairbanks & Vicinity	<b>36.7%</b>	( 33.0% - 40.6% )	24,257	372	975	<b>37.8%</b> ( 34.3% - 41.5% )	
Gulf Coast	<b>35.6%</b>	( 32.2% - 39.2% )	19,501	356	981	<b>35.0%</b> ( 31.5% - 38.7% )	
Rural	<b>35.7%</b>	( 32.1% - 39.4% )	16,234	321	929	<b>37.0%</b> ( 33.2% - 41.0% )	
Southeast	<b>39.2%</b>	( 35.6% - 42.9% )	20,067	340	877	<b>38.4%</b> ( 34.6% - 42.4% )	
<b>Urban/Rural</b>							
Metropolitan Statistical Area	<b>37.7%</b>	( 34.7% - 40.7% )	121,738	736	1,905	<b>37.4%</b> ( 34.5% - 40.4% )	
Micropolitan Statistical Area & Urban Clusters	<b>38.6%</b>	( 35.7% - 41.6% )	30,401	540	1,397	<b>38.1%</b> ( 35.2% - 41.2% )	
Rural	<b>34.0%</b>	( 30.8% - 37.3% )	26,928	493	1,450	<b>34.1%</b> ( 31.0% - 37.5% )	
<b>Education Level (persons aged 25 years and older)</b>							
Less than high school	<b>35%</b>	( 27% - 43% )	8,975	93	307	<b>34%</b> ( 27% - 43% )	
High school graduate	<b>38.7%</b>	( 34.9% - 42.7% )	47,271	485	1,324	<b>39.1%</b> ( 35.3% - 43.0% )	
At least some college	<b>37.8%</b>	( 34.0% - 41.7% )	47,019	501	1,321	<b>37.2%</b> ( 33.3% - 41.3% )	
College Graduate	<b>38.9%</b>	( 35.4% - 42.5% )	55,290	598	1,522	<b>37.9%</b> ( 34.5% - 41.5% )	
<b>Employment Status</b>							
Employed	<b>38.7%</b>	( 36.1% - 41.3% )	125,987	1,215	3,160	<b>36.8%</b> ( 34.0% - 39.6% )	
Unemployed	<b>33%</b>	( 25% - 42% )	11,339	110	329	<b>33%</b> ( 25% - 41% )	
Not in Workforce (Student, Homemaker, Retired)	<b>34.3%</b>	( 29.9% - 39.0% )	35,486	380	1,037	<b>31.6%</b> ( 27.2% - 36.4% )	
Unable to work	<b>DSU</b>	( DSU - DSU )	DSU	DSU	210	<b>DSU</b> ( DSU - DSU )	
<b>Marital Status</b>							
Married or Unwed Couple	<b>38.8%</b>	( 36.2% - 41.5% )	125,138	1,095	2,855	<b>38.7%</b> ( 35.8% - 41.7% )	
Divorced/Separated	<b>39.2%</b>	( 34.1% - 44.4% )	21,437	317	826	<b>41.3%</b> ( 33.3% - 49.9% )	
Widowed	<b>33%</b>	( 26% - 42% )	5,595	98	293	<b>22%</b> ( 16% - 30% )	
Never Married	<b>31.0%</b>	( 25.8% - 36.8% )	26,495	254	758	<b>34.7%</b> ( 28.9% - 40.8% )	

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<b>Response:</b>		<b>25.0 - 29.9 kg/m<sup>2</sup></b>						
<b>Population at Risk (See Appendix)</b>	<b>%</b>	<b>Observed Rate</b>		<b>Individuals</b>			<b>Age-Adjusted Rate</b>	
		<b>95% CI</b>	<b>95% CI</b>				<b>%</b>	<b>95% CI</b>
<b>Income Level</b>								
<\$15,000	<b>35%</b>	( 28% - 44% )		10,408	121	372	<b>35%</b>	( 28% - 43% )
\$15,000 - \$24,999	<b>34.4%</b>	( 28.1% - 41.3% )		14,563	172	505	<b>35.3%</b>	( 29.4% - 41.7% )
\$25,000 - \$49,999	<b>35.2%</b>	( 30.8% - 39.9% )		36,848	386	1,050	<b>34.8%</b>	( 30.7% - 39.1% )
\$50,000 - \$74,999	<b>40.9%</b>	( 36.1% - 45.9% )		33,353	332	839	<b>41.0%</b>	( 35.8% - 46.5% )
\$75,000	<b>41.4%</b>	( 37.8% - 45.1% )		69,758	609	1,500	<b>39.2%</b>	( 35.0% - 43.6% )
<b>Poverty Threshold</b>								
Poor (<100% Poverty Threshold)	<b>38%</b>	( 29% - 47% )		13,034	118	344	<b>38%</b>	( 30% - 46% )
Near Poor (100% to 199% Poverty Threshold)	<b>31.2%</b>	( 26.1% - 36.9% )		20,341	224	678	<b>32.6%</b>	( 27.7% - 37.9% )
Middle/High Income (>=200% Poverty Threshold)	<b>40.3%</b>	( 37.8% - 42.9% )		131,835	1,278	3,244	<b>39.9%</b>	( 37.2% - 42.7% )
<b>Below Poverty Guidelines</b>								
Yes	<b>36%</b>	( 29% - 44% )		17,603	158	469	<b>37%</b>	( 31% - 44% )
No	<b>39.0%</b>	( 36.7% - 41.4% )		147,407	1,462	3,797	<b>38.7%</b>	( 36.2% - 41.2% )
<b>Veteran</b>								
Yes	<b>49%</b>	( 43% - 56% )		46,431	236	491	<b>49%</b>	( 41% - 57% )
No	<b>35.7%</b>	( 32.5% - 39.0% )		138,858	734	2,083	<b>35.7%</b>	( 32.6% - 38.9% )
<b>Health Status</b>								
<b>General Health</b>								
Excellent to Very Good	<b>39.8%</b>	( 36.8% - 42.8% )		107,935	1,020	2,523	<b>40.5%</b>	( 37.6% - 43.4% )
Good	<b>37.3%</b>	( 33.7% - 41.1% )		53,424	516	1,475	<b>37.1%</b>	( 33.3% - 41.0% )
Fair/Poor	<b>26.4%</b>	( 22.1% - 31.2% )		17,173	227	733	<b>25.4%</b>	( 20.8% - 30.6% )
<b>Healthy Days (Mean Number of Days)</b>								
Physical Health Not Good	<b>3.1</b>	( 2.5 - 3.6 )				1715	<b>3.1</b>	( 2.5 - 3.6 )
Mental Health Not Good	<b>2.8</b>	( 2.3 - 3.4 )				1709	<b>2.7</b>	( 2.2 - 3.3 )
Unhealthy Days (Physical or Mental Health Not Good)	<b>5.0</b>	( 4.4 - 5.7 )				1672	<b>5.0</b>	( 4.3 - 5.7 )
Days with Activity Limitation	<b>2.2</b>	( 1.7 - 2.7 )				1745	<b>2.2</b>	( 1.6 - 2.8 )

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<b>Population at Risk (See Appendix)</b>	<b>%</b>	<b>Observed Rate</b>			<b>Age-Adjusted Rate</b>		
		<b>95% CI</b>	<b>Individuals</b>	<b>n</b>	<b>N</b>	<b>%</b>	<b>95% CI</b>
<b>Healthy Days (Percentage with 14 or More Days)</b>							
Physical Health Not Good	<b>33.5%</b>	( 27.6% - 40.0% )	15,793	175	508	<b>32.1%</b> ( 25.8% - 39.1% )	
Mental Health Not Good	<b>32%</b>	( 26% - 39% )	13,286	157	454	<b>31%</b> ( 25% - 38% )	
Unhealthy Days (Physical or Mental Health Not Good)	<b>32.0%</b>	( 27.3% - 37.2% )	24,551	271	808	<b>31.5%</b> ( 26.5% - 36.9% )	
Activity Limitation	<b>37%</b>	( 29% - 46% )	11,930	117	321	<b>38%</b> ( 29% - 47% )	
<b>Disability</b>							
Disabled							
Yes	<b>36.1%</b>	( 30.8% - 41.8% )	40,043	242	672	<b>33.8%</b> ( 28.5% - 39.5% )	
No	<b>39.1%</b>	( 35.7% - 42.6% )	144,580	718	1,879	<b>38.8%</b> ( 35.5% - 42.2% )	
Activity Limitation							
Yes	<b>33.4%</b>	( 29.4% - 37.5% )	36,523	412	1,161	<b>31.6%</b> ( 27.5% - 35.9% )	
No	<b>38.5%</b>	( 36.0% - 41.0% )	141,531	1,342	3,541	<b>38.4%</b> ( 36.0% - 40.9% )	
Require Special Equipment							
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	187	<b>DSU</b> ( DSU - DSU )	
No	<b>38.9%</b>	( 35.9% - 42.0% )	176,172	907	2,384	<b>38.7%</b> ( 35.8% - 41.8% )	
<b>Mental Health</b>							
Depression Measure (PHQ-8)							
No Depression	<b>40.4%</b>	( 36.9% - 44.0% )	128,931	663	1,685	<b>61.3%</b> ( 58.2% - 64.2% )	
Mild Depression	<b>31%</b>	( 24% - 39% )	21,220	115	338	<b>39%</b> ( 36% - 42% )	
Moderate to Severe Depression	<b>DSU</b>	( DSU - DSU )	DSU	DSU	163	<b>DSU</b> ( DSU - DSU )	
Social and Emotional Support							
Always/Usually	<b>38.4%</b>	( 35.1% - 41.8% )	146,261	731	1,939	<b>38.1%</b> ( 34.9% - 41.4% )	
Sometimes/Rarely/Never	<b>40.1%</b>	( 33.0% - 47.6% )	34,109	206	516	<b>41.1%</b> ( 34.4% - 48.1% )	
Life Satisfaction							
Very Satisfied / Satisfied	<b>38.4%</b>	( 35.4% - 41.4% )	171,800	903	2,366	<b>38.2%</b> ( 35.3% - 41.2% )	
Dissatisfied / Very Dissatisfied	<b>DSU</b>	( DSU - DSU )	DSU	DSU	114	<b>DSU</b> ( DSU - DSU )	

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<b>Population at Risk (See Appendix)</b>	<b>%</b>	<b>Observed Rate</b>		<b>Individuals</b>			<b>Age-Adjusted Rate</b>	
		<b>95% CI</b>	<b>95% CI</b>				<b>%</b>	<b>95% CI</b>
<b>Healthcare</b>								
<b>Healthcare Coverage</b>								
Health Plan								
Yes	<b>37.9%</b>	( 35.6% - 40.2% )	148,837	1,506	3,994	<b>37.3%</b>	( 35.0% - 39.7% )	
No	<b>33.2%</b>	( 27.9% - 39.0% )	28,104	247	729	<b>34.0%</b>	( 28.1% - 40.4% )	
<b>Immunization</b>								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes	<b>38.3%</b>	( 33.9% - 42.8% )	69,889	381	1,020	<b>36.8%</b>	( 32.6% - 41.2% )	
No	<b>38.8%</b>	( 35.0% - 42.9% )	114,588	579	1,514	<b>39.2%</b>	( 35.5% - 43.0% )	
Ever Had Pneumonia Shot (Ages 65+)								
Yes	<b>33.0%</b>	( 27.4% - 39.2% )	32,196	190	550	<b>33.2%</b>	( 27.1% - 39.8% )	
No	<b>41.0%</b>	( 37.3% - 44.8% )	130,419	655	1,687	<b>40.5%</b>	( 36.7% - 44.4% )	
Ever Had Hepatitis B Shot								
Yes	<b>37.4%</b>	( 32.6% - 42.6% )	66,820	325	877	<b>37.3%</b>	( 32.3% - 42.6% )	
No	<b>40.6%</b>	( 36.3% - 45.1% )	84,458	466	1,198	<b>38.3%</b>	( 34.1% - 42.7% )	
<b>Screening</b>								
AIDS/HIV Screening (Ages 18-64)								
Yes	<b>40.9%</b>	( 36.1% - 45.8% )	76,070	362	952	<b>41.1%</b>	( 36.2% - 46.3% )	
No	<b>36.3%</b>	( 32.0% - 40.8% )	82,451	424	1,131	<b>36.6%</b>	( 32.4% - 41.0% )	
Clinical Breast Exam Annually (Women Ages 40+)								
Yes	<b>34.0%</b>	( 28.4% - 40.1% )	25,966	172	536	<b>33.3%</b>	( 27.6% - 39.5% )	
No	<b>28%</b>	( 22% - 35% )	13,940	97	348	<b>27%</b>	( 21% - 34% )	
Colorectal Screening (Ages 50+)								
Yes	<b>43.3%</b>	( 37.8% - 48.9% )	41,775	282	679	<b>42.3%</b>	( 36.8% - 47.9% )	
No	<b>38%</b>	( 32% - 44% )	26,057	175	494	<b>37%</b>	( 30% - 44% )	

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		<b>95% CI</b>						
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)								
Yes	<b>57%</b>	( 48% - 66% )		21,622	123	241	<b>55%</b>	( 46% - 64% )
No	<b>44%</b>	( 36% - 53% )		21,062	140	325	<b>45%</b>	( 36% - 54% )
Home Occult Blood Test (Ages 50+)								
Yes	<b>47%</b>	( 38% - 57% )		12,452	81	187	<b>46%</b>	( 37% - 56% )
No	<b>39.9%</b>	( 35.4% - 44.7% )		54,592	370	966	<b>38.6%</b>	( 33.8% - 43.6% )
Mammogram within Past 2 Years (Women Ages 40+)								
Yes	<b>31.3%</b>	( 26.4% - 36.7% )		26,887	191	623	<b>31.3%</b>	( 26.2% - 36.9% )
No	<b>33%</b>	( 25% - 42% )		13,435	82	262	<b>30%</b>	( 23% - 38% )
Oral Cancer Exam Annually								
Yes	<b>43.2%</b>	( 37.7% - 48.8% )		52,439	276	667	<b>41.4%</b>	( 34.9% - 48.3% )
No	<b>36.4%</b>	( 32.8% - 40.1% )		117,783	611	1,689	<b>36.8%</b>	( 33.4% - 40.2% )
Pap Test within Past 3 Years (Women Ages 18+)								
Yes	<b>32%</b>	( 27% - 39% )		20,742	147	466	<b>33%</b>	( 27% - 40% )
No	<b>28%</b>	( 20% - 38% )		6,521	49	167	<b>27%</b>	( 19% - 37% )
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)								
Yes	<b>51%</b>	( 44% - 59% )		31,258	185	383	<b>55%</b>	( 47% - 63% )
No	<b>53%</b>	( 46% - 60% )		34,444	198	397	<b>53%</b>	( 45% - 61% )
<b>Diagnoses</b>								
<b>Asthma</b>								
Asthma Diagnosis								
Yes	<b>26.7%</b>	( 21.6% - 32.6% )		19,087	172	623	<b>27.4%</b>	( 22.4% - 32.9% )
No	<b>38.9%</b>	( 36.7% - 41.3% )		158,265	1,583	4,099	<b>38.7%</b>	( 36.4% - 41.0% )
Current Asthma								
Yes	<b>28%</b>	( 22% - 36% )		11,601	105	391	<b>29%</b>	( 22% - 36% )
No	<b>23%</b>	( 15% - 33% )		6,425	57	205	<b>24%</b>	( 17% - 34% )

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

<b>Healthy Alaskans 2010 Objective:</b>		<b>2.1a: Reduce the proportion of adults who meet criteria for overweight to 30%.</b>					
<b>Screening Question:</b>		<b>Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?</b>					
<b>Response:</b>		<b>25.0 - 29.9 kg/m<sup>2</sup></b>					
<b>Population at Risk (See Appendix)</b>	<b>%</b>	<b>Observed Rate</b>		<b>Age-Adjusted Rate</b>			
		<b>95% CI</b>	<b>Individuals</b>	<b>n</b>	<b>N</b>	<b>%</b>	<b>95% CI</b>
<b>Cardiovascular and Cerebrovascular Disease</b>							
Cardiovascular Disease							
Yes	<b>41%</b>	( 33% - 49% )	8,579	115	261	<b>DSU</b> ( DSU - DSU )	
No	<b>37.2%</b>	( 35.0% - 39.4% )	169,242	1,633	4,417	<b>37.1%</b> ( 34.9% - 39.4% )	
Heart Attack (Myocardial Infarction)							
Yes	<b>45%</b>	( 35% - 55% )	6,275	83	175	<b>DSU</b> ( DSU - DSU )	
No	<b>37.1%</b>	( 34.9% - 39.3% )	172,275	1,680	4,542	<b>37.0%</b> ( 34.9% - 39.2% )	
Coronary Heart Disease (Angina)							
Yes	<b>38%</b>	( 30% - 48% )	5,682	82	192	<b>35%</b> ( 29% - 42% )	
No	<b>37.2%</b>	( 35.1% - 39.5% )	172,480	1,670	4,514	<b>37.2%</b> ( 35.0% - 39.4% )	
Stroke							
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	125	<b>DSU</b> ( DSU - DSU )	
No	<b>37.3%</b>	( 35.1% - 39.5% )	174,953	1,717	4,609	<b>37.2%</b> ( 35.1% - 39.4% )	
<b>Diabetes</b>							
Nongestational Diabetes							
Yes	<b>24%</b>	( 18% - 32% )	6,804	82	321	<b>19%</b> ( 13% - 27% )	
No	<b>38.1%</b>	( 35.9% - 40.3% )	172,049	1,685	4,421	<b>38.0%</b> ( 35.8% - 40.2% )	
Pre-Diabetes							
Yes	<b>30%</b>	( 23% - 37% )	10,646	113	357	<b>29%</b> ( 22% - 37% )	
No	<b>38.7%</b>	( 36.4% - 41.1% )	160,582	1,564	4,041	<b>38.8%</b> ( 36.6% - 41.1% )	
<b>Prostate Cancer</b>							
Prostate Cancer							
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	21	<b>DSU</b> ( DSU - DSU )	
No	<b>52.4%</b>	( 47.4% - 57.4% )	69,015	398	814	<b>51.7%</b> ( 46.3% - 57.2% )	

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

<b>Healthy Alaskans 2010 Objective:</b>		<b>2.1a: Reduce the proportion of adults who meet criteria for overweight to 30%.</b>					
<b>Screening Question:</b>		<b>Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?</b>					
<b>Response:</b>		<b>25.0 - 29.9 kg/m<sup>2</sup></b>					
<b>Population at Risk (See Appendix)</b>	<b>%</b>	<b>Observed Rate</b>		<b>Age-Adjusted Rate</b>			
		<b>95% CI</b>	<b>Individuals</b>	<b>n</b>	<b>N</b>	<b>%</b>	<b>95% CI</b>
<b>Risk Factors</b>							
<b>Alcohol</b>							
Binge Drinking							
Yes	<b>41.8%</b>	( 36.4% - 47.4% )	32,356	321	761	<b>38.9%</b> ( 33.7% - 44.4% )	
No	<b>36.1%</b>	( 33.8% - 38.5% )	143,011	1,407	3,892	<b>35.9%</b> ( 33.6% - 38.3% )	
Heavy Drinking							
Yes	<b>31%</b>	( 24% - 39% )	8,626	115	303	<b>31%</b> ( 25% - 38% )	
No	<b>38.7%</b>	( 36.3% - 41.1% )	151,776	1,456	3,824	<b>38.5%</b> ( 36.2% - 40.9% )	
<b>Physical Activity</b>							
Leisure Time Exercise							
Yes	<b>37.9%</b>	( 35.5% - 40.3% )	143,943	1,413	3,693	<b>37.9%</b> ( 35.5% - 40.3% )	
No	<b>34.8%</b>	( 30.2% - 39.7% )	34,460	351	1,042	<b>34.7%</b> ( 30.2% - 39.6% )	
<b>Tobacco Use</b>							
Cigarette Smoking Status							
Current Smoker	<b>35.5%</b>	( 31.0% - 40.2% )	37,251	386	1,076	<b>36.0%</b> ( 31.5% - 40.8% )	
Former Smoker	<b>40.7%</b>	( 37.0% - 44.4% )	52,979	574	1,445	<b>40.1%</b> ( 36.0% - 44.3% )	
Never Smoked	<b>36.1%</b>	( 33.0% - 39.3% )	87,631	796	2,204	<b>36.2%</b> ( 33.2% - 39.3% )	
Smokeless Tobacco Status							
Current User	<b>41%</b>	( 32% - 50% )	9,865	101	248	<b>42%</b> ( 34% - 50% )	
Former User	<b>45.3%</b>	( 40.2% - 50.5% )	40,311	368	851	<b>45.8%</b> ( 40.6% - 51.0% )	
Never Used	<b>34.5%</b>	( 32.1% - 37.1% )	119,892	1,214	3,447	<b>34.4%</b> ( 32.0% - 36.9% )	

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

<b>Healthy Alaskans 2010 Objective:</b>		<b>2.1a: Reduce the proportion of adults who meet criteria for overweight to 30%.</b>					
<b>Screening Question:</b>		<b>Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?</b>					
<b>Response:</b>		<b>25.0 - 29.9 kg/m<sup>2</sup></b>					
<b>Population at Risk (See Appendix)</b>	<b>%</b>	<b>Observed Rate</b>			<b>Age-Adjusted Rate</b>		
		<b>95% CI</b>	<b>Individuals</b>	<b>n</b>	<b>N</b>	<b>%</b>	<b>95% CI</b>
<b>Weight Status</b>							
Weight Status							
Normal (BMI <25)	<b>0.0%</b>	( 0.0% - 0.0% )	0	0	1,599	<b>0.0%</b> ( 0.0% - 0.0% )	
Overweight (BMI 25 to 30)	<b>100.0%</b>	( 0.0% - 0.0% )	179,067	1,769	1,769	<b>100.0%</b> ( 0.0% - 0.0% )	
Obese (BMI ≥30)	<b>0.0%</b>	( 0.0% - 0.0% )	0	0	1,384	<b>0.0%</b> ( 0.0% - 0.0% )	
Obese I (BMI 30 TO < 35)	<b>0.0%</b>	( 0.0% - 0.0% )	0	0	857	<b>0.0%</b> ( 0.0% - 0.0% )	
Obese II & III (BMI ≥35)	<b>0.0%</b>	( 0.0% - 0.0% )	0	0	527	<b>0.0%</b> ( 0.0% - 0.0% )	

**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.

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

<b>Healthy Alaskans 2010 Objective:</b>		<b>2.1a: Reduce the proportion of adults who meet criteria for overweight to 30%.</b>					
<b>Screening Question:</b>		<b>Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?</b>					
<b>Response:</b>		<b>25.0 - 29.9 kg/m<sup>2</sup></b>					
<b>Population at Risk (See Appendix)</b>	<b>%</b>	<i>Observed Rate</i>			<i>Age-Adjusted Rate</i>		
		<i>95% CI</i>	<i>Individuals</i>	<i>n</i>	<i>N</i>	<i>%</i>	<i>95% CI</i>

*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.