

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

| <b>Healthy People 2010 Objective:</b>                 |              | <b>19.1: Reduce the proportion of adults who are obese to 15%.</b>  |                    |          |                          |              |                   |
|---|--------------|---|--------------------|----------|--------------------------|--------------|-------------------|
| <b>Healthy Alaskans 2010 Objective:</b>               |              | <b>2.1b: Reduce the proportion of adults who meet criteria for obesity to 18%.</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>30.0+ 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>27.9%</b> | ( 25.9% - 29.9% )   | 134,004            | 1,384    | 4,752                    | <b>27.9%</b> | ( 26.0% - 29.8% ) |
| <b>Demographics</b>                                   |              |   |                    |          |                          |              |                   |
| <b>Gender</b>   |              |   |                    |          |                          |              |                   |
| Female  | <b>29.0%</b> | ( 26.3% - 31.9% )   | 65,902             | 737      | 2,503                    | <b>29.1%</b> | ( 26.3% - 32.0% ) |
| Male  | <b>26.8%</b> | ( 24.2% - 29.7% )   | 68,102             | 647      | 2,249                    | <b>26.9%</b> | ( 24.4% - 29.6% ) |
| <b>Age Groups (Categories Used in Age-Adjustment)</b> |              |   |                    |          |                          |              |                   |
| Persons aged 18 to 24 years                           | <b>16%</b>   | ( 11% - 24% )   | 10,557             | 51       | 270                      | <b>NA</b>    | ( NA - NA )       |
| Persons aged 25 to 34 years                           | <b>26.9%</b> | ( 22.5% - 31.9% )   | 27,098             | 211      | 785                      | <b>NA</b>    | ( NA - NA )       |
| Persons aged 35 to 44 years                           | <b>28.2%</b> | ( 24.3% - 32.5% )   | 26,174             | 262      | 880                      | <b>NA</b>    | ( NA - NA )       |
| Persons aged 45 to 64 years                           | <b>32.1%</b> | ( 29.3% - 35.1% )   | 55,714             | 676      | 2,178                    | <b>NA</b>    | ( NA - NA )       |
| Persons aged 65 years and older                       | <b>30.0%</b> | ( 25.3% - 35.2% )   | 14,423             | 184      | 639                      | <b>NA</b>    | ( NA - NA )       |
| <b>Race and Ethnicity</b>                             |              |   |                    |          |                          |              |                   |
| American Indian or Alaska Native                      | <b>37.3%</b> | ( 32.6% - 42.2% )   | 24,558             | 325      | 904                      | <b>37.8%</b> | ( 33.2% - 42.7% ) |
| Asian or Pacific Islander                             | <b>17%</b>   | ( 10% - 27% )   | 170,000            | 26       | 123                      | <b>18%</b>   | ( 11% - 29% )     |
| 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>26.4%</b> | ( 24.2% - 28.7% )   | 95,554             | 946      | 3,441                    | <b>26.1%</b> | ( 23.9% - 28.4% ) |
| Hispanic or Latino                                    | <b>DSU</b>   | ( DSU - DSU )   | DSU                | DSU      | 125                      | <b>DSU</b>   | ( DSU - DSU )     |
| Not Hispanic or Latino                                | <b>27.9%</b> | ( 25.9% - 29.9% )   | 128,136            | 1,331    | 4,564                    | <b>27.9%</b> | ( 25.9% - 29.9% ) |
| 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>26.4%</b> | ( 24.2% - 28.8% )   | 92,433             | 915      | 3,321                    | <b>26.1%</b> | ( 23.9% - 28.5% ) |
| <b>Alaska Native</b>                                  |              |   |                    |          |                          |              |                   |
| Yes   | <b>37.5%</b> | ( 33.0% - 42.2% )   | 27,868             | 360      | 999                      | <b>38.1%</b> | ( 33.7% - 42.8% ) |
| No  | <b>26.2%</b> | ( 24.1% - 28.5% )   | 105,666            | 1,016    | 3,717                    | <b>26.1%</b> | ( 24.0% - 28.3% ) |

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

| Healthy People 2010 Objective:                           |       | 19.1: Reduce the proportion of adults who are obese to 15%.  |             |     |                   |                         |        |
|--|-------|--|-------------|-----|-------------------|-------------------------|--------|
| Healthy Alaskans 2010 Objective:                         |       | 2.1b: Reduce the proportion of adults who meet criteria for obesity to 18%.                                      |             |     |                   |                         |        |
| Screening Question:                                      |       | Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes? |             |     |                   |                         |        |
| Response:  |       | 30.0+ kg/m <sup>2</sup>  |             |     |                   |                         |        |
| Population at Risk (See Appendix)                        | %     | Observed Rate  |             |     | Age-Adjusted Rate |                         |        |
|  |       | 95% CI   | Individuals | n   | N                 | %                       | 95% CI |
| <b>Geographic Location</b>                               |       |  |             |     |                   |                         |        |
| Anchorage & Vicinity                                     | 27.1% | ( 23.9% - 30.5% )  | 71,276      | 276 | 990               | 27.3% ( 24.3% - 30.6% ) |        |
| Fairbanks & Vicinity                                     | 27.7% | ( 24.2% - 31.6% )  | 18,339      | 268 | 975               | 28.6% ( 25.2% - 32.2% ) |        |
| Gulf Coast   | 26.7% | ( 23.6% - 30.1% )  | 14,641      | 272 | 981               | 25.6% ( 22.2% - 29.2% ) |        |
| Rural  | 31.6% | ( 28.2% - 35.3% )  | 14,377      | 303 | 929               | 31.1% ( 27.6% - 34.8% ) |        |
| Southeast  | 30.0% | ( 26.7% - 33.5% )  | 15,371      | 265 | 877               | 29.6% ( 26.1% - 33.4% ) |        |
| <b>Urban/Rural</b>                                       |       |  |             |     |                   |                         |        |
| Metropolitan Statistical Area                            | 27.2% | ( 24.5% - 30.0% )  | 87,702      | 519 | 1,905             | 27.5% ( 24.9% - 30.3% ) |        |
| Micropolitan Statistical Area & Urban Clusters           | 29.5% | ( 26.8% - 32.3% )  | 23,191      | 416 | 1,397             | 29.0% ( 26.1% - 32.0% ) |        |
| Rural  | 29.2% | ( 26.2% - 32.3% )  | 23,111      | 449 | 1,450             | 29.1% ( 26.3% - 32.2% ) |        |
| <b>Education Level (persons aged 25 years and older)</b> |       |  |             |     |                   |                         |        |
| Less than high school                                    | 30%   | ( 23% - 38% )  | 7,693       | 95  | 307               | 31% ( 24% - 39% )       |        |
| High school graduate                                     | 33.5% | ( 29.8% - 37.5% )  | 40,914      | 449 | 1,324             | 33.1% ( 29.6% - 36.9% ) |        |
| At least some college                                    | 33.0% | ( 29.4% - 36.8% )  | 41,098      | 428 | 1,321             | 32.5% ( 28.8% - 36.5% ) |        |
| College Graduate   | 23.6% | ( 20.6% - 26.9% )  | 33,579      | 359 | 1,522             | 24.0% ( 20.8% - 27.4% ) |        |
| <b>Employment Status</b>                                 |       |  |             |     |                   |                         |        |
| Employed   | 27.2% | ( 24.9% - 29.6% )  | 88,451      | 926 | 3,160             | 28.0% ( 25.4% - 30.9% ) |        |
| Unemployed   | 35%   | ( 27% - 44% )  | 12,026      | 100 | 329               | 33% ( 25% - 43% )       |        |
| Not in Workforce (Student, Homemaker, Retired)           | 26.2% | ( 22.0% - 30.8% )  | 27,069      | 272 | 1,037             | 26.5% ( 22.0% - 31.7% ) |        |
| Unable to work   | 38%   | ( 29% - 49% )  | 6,204       | 83  | 210               | DSU ( DSU - DSU )       |        |
| <b>Marital Status</b>                                    |       |  |             |     |                   |                         |        |
| Married or Unwed Couple                                  | 27.4% | ( 25.1% - 29.8% )  | 88,394      | 824 | 2,855             | 26.9% ( 24.6% - 29.3% ) |        |
| Divorced/Separated                                       | 32.4% | ( 27.6% - 37.6% )  | 17,729      | 249 | 826               | 28.5% ( 23.4% - 34.2% ) |        |
| Widowed  | 25%   | ( 18% - 34% )  | 4,238       | 79  | 293               | DSU ( DSU - DSU )       |        |
| Never Married  | 27.2% | ( 21.9% - 33.3% )  | 23,229      | 227 | 758               | 31.3% ( 25.5% - 37.7% ) |        |

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

| <b>Healthy People 2010 Objective:</b>               |              | <b>19.1: Reduce the proportion of adults who are obese to 15%.</b>  |                    |       |       |              |                          |          |
|---|--------------|---|--------------------|-------|-------|--------------|--------------------------|----------|
| <b>Healthy Alaskans 2010 Objective:</b>             |              | <b>2.1b: Reduce the proportion of adults who meet criteria for obesity to 18%.</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>30.0+ 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>Income Level</b>                                 |              |   |                    |       |       |              |                          |          |
| <\$15,000   | <b>28%</b>   | ( 21% - 36% )   | 8,326              | 110   | 372   | <b>31%</b>   | ( 24% - 38% )            |          |
| \$15,000 - \$24,999                                 | <b>29.7%</b> | ( 23.7% - 36.5% )   | 12,564             | 153   | 505   | <b>30.1%</b> | ( 24.3% - 36.5% )        |          |
| \$25,000 - \$49,999                                 | <b>30.1%</b> | ( 25.8% - 34.7% )   | 31,449             | 330   | 1,050 | <b>30.1%</b> | ( 26.2% - 34.3% )        |          |
| \$50,000 - \$74,999                                 | <b>25.9%</b> | ( 21.9% - 30.4% )   | 21,139             | 236   | 839   | <b>24.8%</b> | ( 20.8% - 29.2% )        |          |
| \$75,000  | <b>27.9%</b> | ( 24.7% - 31.4% )   | 47,039             | 427   | 1,500 | <b>28.1%</b> | ( 24.2% - 32.4% )        |          |
| <b>Poverty Threshold</b>                            |              |   |                    |       |       |              |                          |          |
| Poor (<100% Poverty Threshold)                      | <b>28%</b>   | ( 21% - 36% )   | 9,604              | 100   | 344   | <b>29%</b>   | ( 22% - 36% )            |          |
| Near Poor (100% to 199% Poverty Threshold)          | <b>32.7%</b> | ( 26.9% - 39.0% )   | 21,292             | 221   | 678   | <b>32.9%</b> | ( 27.7% - 38.6% )        |          |
| Middle/High Income (>=200% Poverty Threshold)       | <b>27.4%</b> | ( 25.1% - 29.7% )   | 89,582             | 935   | 3,244 | <b>26.6%</b> | ( 24.2% - 29.0% )        |          |
| <b>Below Poverty Guidelines</b>                     |              |   |                    |       |       |              |                          |          |
| Yes   | <b>30%</b>   | ( 24% - 37% )   | 14,669             | 145   | 469   | <b>30%</b>   | ( 24% - 37% )            |          |
| No  | <b>28.0%</b> | ( 25.8% - 30.2% )   | 105,721            | 1,111 | 3,797 | <b>27.6%</b> | ( 25.4% - 29.9% )        |          |
| <b>Veteran</b>                                      |              |   |                    |       |       |              |                          |          |
| Yes   | <b>28%</b>   | ( 22% - 34% )   | 26,532             | 142   | 491   | <b>25%</b>   | ( 20% - 31% )            |          |
| No  | <b>27.0%</b> | ( 24.1% - 30.0% )   | 104,895            | 632   | 2,083 | <b>27.5%</b> | ( 24.7% - 30.4% )        |          |
| <b>Health Status</b>                                |              |   |                    |       |       |              |                          |          |
| <b>General Health</b>                               |              |   |                    |       |       |              |                          |          |
| Excellent to Very Good                              | <b>20.6%</b> | ( 18.3% - 23.1% )   | 55,839             | 539   | 2,523 | <b>21.3%</b> | ( 18.9% - 23.8% )        |          |
| Good  | <b>33.4%</b> | ( 30.0% - 37.0% )   | 47,826             | 532   | 1,475 | <b>32.5%</b> | ( 29.3% - 36.0% )        |          |
| Fair/Poor   | <b>45.9%</b> | ( 40.0% - 51.9% )   | 29,849             | 306   | 733   | <b>46.4%</b> | ( 39.5% - 53.5% )        |          |
| <b>Healthy Days (Mean Number of Days)</b>           |              |   |                    |       |       |              |                          |          |
| Physical Health Not Good                            | <b>4.5</b>   | ( 3.8 - 5.2 )   |                    |       | 1336  | <b>4.7</b>   | ( 3.9 - 5.4 )            |          |
| Mental Health Not Good                              | <b>3.6</b>   | ( 3.0 - 4.2 )   |                    |       | 1332  | <b>3.6</b>   | ( 2.9 - 4.3 )            |          |
| Unhealthy Days (Physical or Mental Health Not Good) | <b>7.2</b>   | ( 6.3 - 8.0 )   |                    |       | 1306  | <b>7.4</b>   | ( 6.4 - 8.4 )            |          |
| Days with Activity Limitation                       | <b>2.8</b>   | ( 2.2 - 3.4 )   |                    |       | 1359  | <b>2.8</b>   | ( 2.2 - 3.5 )            |          |

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

| Healthy People 2010 Objective:                        |       | 19.1: Reduce the proportion of adults who are obese to 15%.  |             |                   |       |       |                   |
|---|-------|--|-------------|-------------------|-------|-------|-------------------|
| Healthy Alaskans 2010 Objective:                      |       | 2.1b: Reduce the proportion of adults who meet criteria for obesity to 18%.                                      |             |                   |       |       |                   |
| Screening Question:                                   |       | Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes? |             |                   |       |       |                   |
| Response:   |       | 30.0+ kg/m <sup>2</sup>  |             |                   |       |       |                   |
| Population at Risk (See Appendix)                     | %     | Observed Rate  |             | Age-Adjusted Rate |       |       |                   |
|   |       | 95% CI   | Individuals | n                 | N     | %     | 95% CI            |
| <b>Healthy Days (Percentage with 14 or More Days)</b> |       |  |             |                   |       |       |                   |
| Physical Health Not Good                              | 35.1% | ( 29.1% - 41.6% )  | 16,556      | 186               | 508   | 33.9% | ( 27.8% - 40.6% ) |
| Mental Health Not Good                                | 34%   | ( 28% - 41% )  | 14,116      | 153               | 454   | 37%   | ( 30% - 43% )     |
| Unhealthy Days (Physical or Mental Health Not Good)   | 35.8% | ( 30.9% - 41.0% )  | 27,418      | 288               | 808   | 36.1% | ( 31.1% - 41.4% ) |
| Activity Limitation                                   | 35%   | ( 28% - 44% )  | 11,285      | 113               | 321   | 35%   | ( 27% - 44% )     |
| <b>Disability</b>                                     |       |  |             |                   |       |       |                   |
| Disabled  |       |  |             |                   |       |       |                   |
| Yes   | 38.1% | ( 32.6% - 44.0% )  | 42,306      | 273               | 672   | 38.5% | ( 31.9% - 45.6% ) |
| No  | 23.6% | ( 20.8% - 26.6% )  | 87,344      | 493               | 1,879 | 24.3% | ( 21.6% - 27.3% ) |
| Activity Limitation                                   |       |  |             |                   |       |       |                   |
| Yes   | 39.7% | ( 35.4% - 44.2% )  | 43,461      | 456               | 1,161 | 39.6% | ( 34.5% - 44.9% ) |
| No  | 24.3% | ( 22.2% - 26.5% )  | 89,221      | 910               | 3,541 | 24.9% | ( 22.9% - 27.1% ) |
| Require Special Equipment                             |       |  |             |                   |       |       |                   |
| Yes   | DSU   | ( DSU - DSU )  | DSU         | DSU               | 187   | DSU   | ( DSU - DSU )     |
| No  | 26.3% | ( 23.7% - 29.1% )  | 119,275     | 694               | 2,384 | 26.6% | ( 24.0% - 29.3% ) |
| <b>Mental Health</b>                                  |       |  |             |                   |       |       |                   |
| Depression Measure (PHQ-8)                            |       |  |             |                   |       |       |                   |
| No Depression   | 25.3% | ( 22.3% - 28.5% )  | 80,614      | 464               | 1,685 | 73.4% | ( 70.7% - 76.0% ) |
| Mild Depression                                       | 30%   | ( 23% - 37% )  | 20,535      | 121               | 338   | 27%   | ( 24% - 30% )     |
| Moderate to Severe Depression                         | DSU   | ( DSU - DSU )  | DSU         | DSU               | 163   | DSU   | ( DSU - DSU )     |
| Social and Emotional Support                          |       |  |             |                   |       |       |                   |
| Always/Usually  | 25.5% | ( 22.8% - 28.4% )  | 97,156      | 573               | 1,939 | 25.8% | ( 23.2% - 28.6% ) |
| Sometimes/Rarely/Never                                | 34.3% | ( 27.2% - 42.1% )  | 29,162      | 163               | 516   | 33.4% | ( 27.1% - 40.3% ) |
| Life Satisfaction                                     |       |  |             |                   |       |       |                   |
| Very Satisfied / Satisfied                            | 26.5% | ( 24.0% - 29.3% )  | 118,809     | 705               | 2,366 | 26.8% | ( 24.3% - 29.5% ) |
| Dissatisfied / Very Dissatisfied                      | DSU   | ( DSU - DSU )  | DSU         | DSU               | 114   | DSU   | ( DSU - DSU )     |

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

| Healthy People 2010 Objective:                 |              | 19.1: Reduce the proportion of adults who are obese to 15%.  |             |                   |       |              |                   |
|--|--------------|--|-------------|-------------------|-------|--------------|-------------------|
| Healthy Alaskans 2010 Objective:               |              | 2.1b: Reduce the proportion of adults who meet criteria for obesity to 18%.                                      |             |                   |       |              |                   |
| Screening Question:                            |              | Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes? |             |                   |       |              |                   |
| Response:                                      |              | 30.0+ kg/m <sup>2</sup>  |             |                   |       |              |                   |
| Population at Risk (See Appendix)              | %            | Observed Rate  |             | Age-Adjusted Rate |       |              |                   |
|  |              | 95% CI   | Individuals | n                 | N     | %            | 95% CI            |
| <b>Healthcare</b>                              |              |  |             |                   |       |              |                   |
| <b>Healthcare Coverage</b>                     |              |  |             |                   |       |              |                   |
| Health Plan                                    |              |  |             |                   |       |              |                   |
| Yes  | <b>29.0%</b> | ( 26.9% - 31.2% )  | 113,969     | 1,211             | 3,994 | <b>28.5%</b> | ( 26.4% - 30.8% ) |
| No   | <b>23.4%</b> | ( 18.9% - 28.6% )  | 19,800      | 169               | 729   | <b>25.6%</b> | ( 19.7% - 32.6% ) |
| <b>Immunization</b>                            |              |  |             |                   |       |              |                   |
| Flu Shot Within Past 12 Months (Ages 65+)      |              |  |             |                   |       |              |                   |
| Yes  | <b>33.1%</b> | ( 28.8% - 37.8% )  | 60,499      | 338               | 1,020 | <b>33.7%</b> | ( 28.9% - 38.9% ) |
| No   | <b>23.4%</b> | ( 20.4% - 26.7% )  | 69,102      | 423               | 1,514 | <b>24.2%</b> | ( 21.2% - 27.5% ) |
| Ever Had Pneumonia Shot (Ages 65+)             |              |  |             |                   |       |              |                   |
| Yes  | <b>35.6%</b> | ( 29.6% - 42.1% )  | 34,730      | 208               | 550   | <b>34.9%</b> | ( 28.0% - 42.5% ) |
| No   | <b>24.3%</b> | ( 21.3% - 27.6% )  | 77,295      | 456               | 1,687 | <b>23.7%</b> | ( 20.6% - 27.1% ) |
| Ever Had Hepatitis B Shot                      |              |  |             |                   |       |              |                   |
| Yes  | <b>26.2%</b> | ( 22.1% - 30.9% )  | 46,830      | 263               | 877   | <b>27.5%</b> | ( 23.2% - 32.2% ) |
| No   | <b>25.8%</b> | ( 22.3% - 29.7% )  | 53,692      | 355               | 1,198 | <b>25.0%</b> | ( 21.5% - 28.8% ) |
| <b>Screening</b>                               |              |  |             |                   |       |              |                   |
| AIDS/HIV Screening (Ages 18-64)                |              |  |             |                   |       |              |                   |
| Yes  | <b>25.3%</b> | ( 21.6% - 29.3% )  | 47,088      | 278               | 952   | <b>24.9%</b> | ( 21.5% - 28.5% ) |
| No   | <b>28.3%</b> | ( 24.2% - 32.8% )  | 64,331      | 353               | 1,131 | <b>28.2%</b> | ( 24.0% - 32.8% ) |
| Clinical Breast Exam Annually (Women Ages 40+) |              |  |             |                   |       |              |                   |
| Yes  | <b>31.3%</b> | ( 26.0% - 37.1% )  | 23,910      | 176               | 536   | <b>31.3%</b> | ( 25.9% - 37.2% ) |
| No   | <b>34%</b>   | ( 28% - 41% )  | 16,928      | 112               | 348   | <b>35%</b>   | ( 28% - 42% )     |
| Colorectal Screening (Ages 50+)                |              |  |             |                   |       |              |                   |
| Yes  | <b>31.6%</b> | ( 26.9% - 36.8% )  | 30,543      | 219               | 679   | <b>32.1%</b> | ( 27.2% - 37.3% ) |
| No   | <b>31%</b>   | ( 25% - 37% )  | 21,257      | 157               | 494   | <b>29%</b>   | ( 23% - 36% )     |

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

| Healthy People 2010 Objective:   |              | 19.1: Reduce the proportion of adults who are obese to 15%.  |             |                   |       |              |                   |
|--|--------------|--|-------------|-------------------|-------|--------------|-------------------|
| Healthy Alaskans 2010 Objective:                                       |              | 2.1b: Reduce the proportion of adults who meet criteria for obesity to 18%.                                      |             |                   |       |              |                   |
| Screening Question:  |              | Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes? |             |                   |       |              |                   |
| Response:  |              | 30.0+ kg/m <sup>2</sup>  |             |                   |       |              |                   |
| Population at Risk (See Appendix)                                      | %            | Observed Rate  |             | Age-Adjusted Rate |       |              |                   |
|  |              | 95% CI   | Individuals | n                 | N     | %            | 95% CI            |
| Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)      |              |  |             |                   |       |              |                   |
| Yes  | <b>24%</b>   | ( 18% - 32% )  | 9,104       | 71                | 241   | <b>25%</b>   | ( 18% - 33% )     |
| No   | <b>31%</b>   | ( 24% - 39% )  | 14,839      | 99                | 325   | <b>29%</b>   | ( 22% - 37% )     |
| Home Occult Blood Test (Ages 50+)                                      |              |  |             |                   |       |              |                   |
| Yes  | <b>38%</b>   | ( 29% - 48% )  | 10,067      | 63                | 187   | <b>39%</b>   | ( 30% - 49% )     |
| No   | <b>29.5%</b> | ( 25.5% - 33.8% )  | 40,261      | 303               | 966   | <b>28.9%</b> | ( 24.8% - 33.4% ) |
| Mammogram within Past 2 Years (Women Ages 40+)                         |              |  |             |                   |       |              |                   |
| Yes  | <b>32.6%</b> | ( 27.7% - 37.9% )  | 27,958      | 213               | 623   | <b>32.1%</b> | ( 27.1% - 37.5% ) |
| No   | <b>32%</b>   | ( 25% - 41% )  | 13,028      | 75                | 262   | <b>34%</b>   | ( 26% - 43% )     |
| Oral Cancer Exam Annually  |              |  |             |                   |       |              |                   |
| Yes  | <b>24.1%</b> | ( 20.0% - 28.7% )  | 29,284      | 182               | 667   | <b>22.3%</b> | ( 18.4% - 26.7% ) |
| No   | <b>28.5%</b> | ( 25.2% - 32.0% )  | 92,264      | 539               | 1,689 | <b>29.4%</b> | ( 26.2% - 32.8% ) |
| Pap Test within Past 3 Years (Women Ages 18+)                          |              |  |             |                   |       |              |                   |
| Yes  | <b>29%</b>   | ( 23% - 35% )  | 18,797      | 139               | 466   | <b>29%</b>   | ( 23% - 35% )     |
| No   | <b>33%</b>   | ( 24% - 44% )  | 7,685       | 55                | 167   | <b>DSU</b>   | ( DSU - DSU )     |
| Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+) |              |  |             |                   |       |              |                   |
| Yes  | <b>28%</b>   | ( 23% - 35% )  | 17,161      | 125               | 383   | <b>28%</b>   | ( 21% - 36% )     |
| No   | <b>27%</b>   | ( 21% - 34% )  | 17,547      | 105               | 397   | <b>24%</b>   | ( 19% - 31% )     |
| <b>Diagnoses</b>   |              |  |             |                   |       |              |                   |
| <b>Asthma</b>  |              |  |             |                   |       |              |                   |
| Asthma Diagnosis   |              |  |             |                   |       |              |                   |
| Yes  | <b>38.2%</b> | ( 32.2% - 44.6% )  | 27,257      | 254               | 623   | <b>40.3%</b> | ( 34.8% - 46.1% ) |
| No   | <b>26.1%</b> | ( 24.1% - 28.2% )  | 106,056     | 1,119             | 4,099 | <b>25.9%</b> | ( 23.9% - 27.9% ) |
| Current Asthma   |              |  |             |                   |       |              |                   |
| Yes  | <b>46%</b>   | ( 39% - 54% )  | 19,058      | 183               | 391   | <b>47%</b>   | ( 40% - 55% )     |
| No   | <b>DSU</b>   | ( DSU - DSU )  | DSU         | DSU               | 205   | <b>DSU</b>   | ( DSU - DSU )     |

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

| Healthy People 2010 Objective:                    |              | 19.1: Reduce the proportion of adults who are obese to 15%.  |             |                   |       |              |                   |
|---|--------------|--|-------------|-------------------|-------|--------------|-------------------|
| Healthy Alaskans 2010 Objective:                  |              | 2.1b: Reduce the proportion of adults who meet criteria for obesity to 18%.                                      |             |                   |       |              |                   |
| Screening Question:                               |              | Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes? |             |                   |       |              |                   |
| Response:   |              | 30.0+ kg/m <sup>2</sup>  |             |                   |       |              |                   |
| Population at Risk (See Appendix)                 | %            | Observed Rate  |             | Age-Adjusted Rate |       |              |                   |
|   |              | 95% CI   | Individuals | n                 | N     | %            | 95% CI            |
| <b>Cardiovascular and Cerebrovascular Disease</b> |              |  |             |                   |       |              |                   |
| Cardiovascular Disease                            |              |  |             |                   |       |              |                   |
| Yes   | <b>37%</b>   | ( 29% - 45% )  | 7,742       | 93                | 261   | <b>31%</b>   | ( 22% - 41% )     |
| No  | <b>27.4%</b> | ( 25.5% - 29.5% )  | 124,903     | 1,268             | 4,417 | <b>27.5%</b> | ( 25.6% - 29.6% ) |
| Heart Attack (Myocardial Infarction)              |              |  |             |                   |       |              |                   |
| Yes   | <b>33%</b>   | ( 25% - 43% )  | 4,602       | 57                | 175   | <b>DSU</b>   | ( DSU - DSU )     |
| No  | <b>27.7%</b> | ( 25.8% - 29.8% )  | 128,868     | 1,316             | 4,542 | <b>27.8%</b> | ( 25.9% - 29.8% ) |
| Coronary Heart Disease (Angina)                   |              |  |             |                   |       |              |                   |
| Yes   | <b>40%</b>   | ( 31% - 50% )  | 5,981       | 74                | 192   | <b>36%</b>   | ( 29% - 44% )     |
| No  | <b>27.4%</b> | ( 25.5% - 29.5% )  | 127,116     | 1,297             | 4,514 | <b>27.5%</b> | ( 25.6% - 29.5% ) |
| Stroke  |              |  |             |                   |       |              |                   |
| Yes   | <b>DSU</b>   | ( DSU - DSU )  | DSU         | DSU               | 125   | <b>DSU</b>   | ( DSU - DSU )     |
| No  | <b>27.7%</b> | ( 25.7% - 29.7% )  | 129,878     | 1,333             | 4,609 | <b>27.7%</b> | ( 25.7% - 29.6% ) |
| <b>Diabetes</b>                                   |              |  |             |                   |       |              |                   |
| Nongestational Diabetes                           |              |  |             |                   |       |              |                   |
| Yes   | <b>60%</b>   | ( 51% - 68% )  | 17,010      | 189               | 321   | <b>66%</b>   | ( 57% - 74% )     |
| No  | <b>25.8%</b> | ( 23.9% - 27.8% )  | 116,511     | 1,190             | 4,421 | <b>25.8%</b> | ( 23.9% - 27.8% ) |
| Pre-Diabetes                                      |              |  |             |                   |       |              |                   |
| Yes   | <b>53%</b>   | ( 45% - 61% )  | 18,808      | 188               | 357   | <b>49%</b>   | ( 41% - 56% )     |
| No  | <b>23.5%</b> | ( 21.6% - 25.6% )  | 97,442      | 994               | 4,041 | <b>23.6%</b> | ( 21.7% - 25.6% ) |
| <b>Prostate Cancer</b>                            |              |  |             |                   |       |              |                   |
| Prostate Cancer                                   |              |  |             |                   |       |              |                   |
| Yes   | <b>DSU</b>   | ( DSU - DSU )  | DSU         | DSU               | 21    | <b>DSU</b>   | ( DSU - DSU )     |
| No  | <b>28.6%</b> | ( 24.4% - 33.3% )  | 37,668      | 245               | 814   | <b>29.2%</b> | ( 24.5% - 34.4% ) |

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

| Healthy People 2010 Objective:    |       | 19.1: Reduce the proportion of adults who are obese to 15%.  |             |       |                   |       |                   |
|-----------------------------------|-------|--|-------------|-------|-------------------|-------|-------------------|
| Healthy Alaskans 2010 Objective:  |       | 2.1b: Reduce the proportion of adults who meet criteria for obesity to 18%.                                      |             |       |                   |       |                   |
| Screening Question:               |       | Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes? |             |       |                   |       |                   |
| Response:                         |       | 30.0+ kg/m <sup>2</sup>  |             |       |                   |       |                   |
| Population at Risk (See Appendix) | %     | Observed Rate  |             |       | Age-Adjusted Rate |       |                   |
|                                   |       | 95% CI   | Individuals | n     | N                 | %     | 95% CI            |
| <b>Risk Factors</b>               |       |  |             |       |                   |       |                   |
| <b>Alcohol</b>                    |       |  |             |       |                   |       |                   |
| Binge Drinking                    |       |  |             |       |                   |       |                   |
| Yes                               | 24.3% | ( 20.1% - 29.1% )  | 18,837      | 191   | 761               | 27.5% | ( 22.6% - 33.0% ) |
| No                                | 28.8% | ( 26.6% - 31.0% )  | 113,769     | 1,170 | 3,892             | 28.7% | ( 26.5% - 30.9% ) |
| Heavy Drinking                    |       |  |             |       |                   |       |                   |
| Yes                               | 25%   | ( 18% - 33% )  | 6,957       | 70    | 303               | 24%   | ( 18% - 31% )     |
| No                                | 28.8% | ( 26.7% - 31.1% )  | 113,181     | 1,161 | 3,824             | 28.8% | ( 26.8% - 31.0% ) |
| <b>Physical Activity</b>          |       |  |             |       |                   |       |                   |
| Leisure Time Exercise             |       |  |             |       |                   |       |                   |
| Yes                               | 25.4% | ( 23.3% - 27.6% )  | 96,543      | 971   | 3,693             | 25.2% | ( 23.2% - 27.4% ) |
| No                                | 36.9% | ( 32.4% - 41.7% )  | 36,567      | 408   | 1,042             | 36.7% | ( 32.3% - 41.4% ) |
| <b>Tobacco Use</b>                |       |  |             |       |                   |       |                   |
| Cigarette Smoking Status          |       |  |             |       |                   |       |                   |
| Current Smoker                    | 24.5% | ( 20.8% - 28.7% )  | 25,769      | 269   | 1,076             | 22.7% | ( 19.4% - 26.4% ) |
| Former Smoker                     | 32.1% | ( 28.7% - 35.7% )  | 41,839      | 472   | 1,445             | 30.8% | ( 26.7% - 35.2% ) |
| Never Smoked                      | 27.2% | ( 24.4% - 30.2% )  | 66,018      | 637   | 2,204             | 27.8% | ( 25.1% - 30.8% ) |
| Smokeless Tobacco Status          |       |  |             |       |                   |       |                   |
| Current User                      | 28%   | ( 22% - 37% )  | 6,737       | 73    | 248               | 29%   | ( 22% - 37% )     |
| Former User                       | 26.6% | ( 22.3% - 31.4% )  | 23,695      | 242   | 851               | 26.8% | ( 22.7% - 31.5% ) |
| Never Used                        | 28.2% | ( 25.9% - 30.6% )  | 97,885      | 1,019 | 3,447             | 28.2% | ( 25.9% - 30.5% ) |

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

| <b>Healthy People 2010 Objective:</b>    |               | <b>19.1: Reduce the proportion of adults who are obese to 15%.</b>  |                    |                          |       |               |                 |
|--|---------------|---|--------------------|--------------------------|-------|---------------|-----------------|
| <b>Healthy Alaskans 2010 Objective:</b>  |               | <b>2.1b: Reduce the proportion of adults who meet criteria for obesity to 18%.</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>30.0+ 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>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>0.0%</b>   | ( 0.0% - 0.0% )   | 0                  | 0                        | 1,769 | <b>0.0%</b>   | ( 0.0% - 0.0% ) |
| Obese (BMI ≥30)                          | <b>100.0%</b> | ( 0.0% - 0.0% )   | 134,004            | 1,384                    | 1,384 | <b>100.0%</b> | ( 0.0% - 0.0% ) |
| Obese I (BMI 30 TO < 35)                 | <b>100.0%</b> | ( 0.0% - 0.0% )   | 83,570             | 857                      | 857   | <b>100.0%</b> | ( 0.0% - 0.0% ) |
| Obese II & III (BMI ≥35)                 | <b>100.0%</b> | ( 0.0% - 0.0% )   | 50,434             | 527                      | 527   | <b>100.0%</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.

*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.