

Health Status – Poor Physical Health, Past 30 Days

Poor physical health, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Now thinking about your physical health, which includes which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?												
	Response:	14+ Days					Age-Adjusted Rate						
		Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	%	95% CI		
Total		8.0%	(7.0% -	9.1%)	39,572	477	4,613		8.3%	(7.3% -	9.4%)
Demographics													
Gender													
Female		8.9%	(7.6% -	10.5%)	21,298	272	2,529		8.9%	(7.6% -	10.5%)
Male		7.1%	(5.7% -	8.7%)	18,274	205	2,084		7.7%	(6.3% -	9.4%)
Age Groups (Categories Used in Age-Adjustment)													
Persons aged 18 to 24 years		4%	(2% -	7%)	2,844	14	267	3	NA	(NA -	NA)
Persons aged 25 to 34 years		5.5%	(3.5% -	8.7%)	5,558	38	658	3	NA	(NA -	NA)
Persons aged 35 to 44 years		6.2%	(4.6% -	8.3%)	5,814	64	829	3	NA	(NA -	NA)
Persons aged 45 to 64 years		10.5%	(8.8% -	12.5%)	18,620	243	2,086		NA	(NA -	NA)
Persons aged 65 years and older		13.5%	(10.6% -	17.1%)	6,819	115	719		NA	(NA -	NA)
Race and Ethnicity													
American Indian or Alaska Native		11.5%	(8.8% -	14.9%)	8,148	101	800	3	12.8%	(9.9% -	16.5%)
Asian or Pacific Islander		3%	(1% -	9%)	595	5	117	3	2%	(1% -	6%)
Asian		1%	(0% -	6%)	124	2	92	3	1%	(0% -	4%)
Native Hawaiian or Other Pacific Islander		DSU	(DSU -	DSU)	DSU	DSU	25	3	DSU	(DSU -	DSU)
Black or African American		14%	(7% -	26%)	1,327	12	61	3	15%	(8% -	27%)
White		7.3%	(6.2% -	8.5%)	27,419	338	3,416		7.5%	(6.5% -	8.7%)
Hispanic or Latino		6%	(2% -	13%)	1,098	8	124	3	5%	(2% -	12%)
Not Hispanic or Latino		8.0%	(7.0% -	9.2%)	38,194	463	4,446		8.3%	(7.3% -	9.5%)
Black or African American, not Hispanic/Latino		DSU	(DSU -	DSU)	DSU	DSU	28	3	DSU	(DSU -	DSU)
White, not Hispanic or Latino		7.4%	(6.3% -	8.7%)	26,489	322	3,279		7.6%	(6.5% -	8.9%)

Quality of Life

For table end notes see Appendix J on Pg 429.

Health Status – Poor Physical Health, Past 30 Days (continued)

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Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Now thinking about your physical health, which includes which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?										
	Response:	14+ Days					Age-Adjusted Rate				
		%	Observed Rate		Individuals	n	N	#	%	95% CI	
Population at Risk (See Appendix)			95% CI							95% CI	
Alaska Native											
Yes	11.7%	(9.0% - 15.1%)	9,400	113	879	3	12.7%	(9.8% - 16.2%)	
No	7.3%	(6.3% - 8.5%)	30,110	362	3,682		7.5%	(6.5% - 8.7%)	
Geographic Location											
Anchorage & Vicinity	6.6%	(5.2% - 8.5%)	17,783	86	974	3	6.9%	(5.4% - 8.7%)	
Fairbanks & Vicinity	9.8%	(7.8% - 12.3%)	7,292	106	1,000	3	10.4%	(8.4% - 12.9%)	
Gulf Coast	10.4%	(8.4% - 12.9%)	5,894	114	960		10.1%	(8.1% - 12.6%)	
Rural	9.0%	(6.9% - 11.6%)	4,097	71	753	3	10.2%	(7.8% - 13.3%)	
Southeast	8.6%	(6.9% - 10.6%)	4,506	100	926	3	8.7%	(6.9% - 10.9%)	
Urban/Rural											
Metropolitan Statistical Area	7.4%	(6.1% - 8.9%)	24,481	185	1,891		7.7%	(6.4% - 9.3%)	
Micropolitan Statistical Area & Urban Clusters	8.9%	(7.4% - 10.7%)	7,757	152	1,442		9.3%	(7.7% - 11.2%)	
Rural	9.4%	(7.8% - 11.4%)	7,333	140	1,275		9.5%	(7.9% - 11.4%)	
Education Level (persons aged 25 years and older)											
Less than high school	15%	(11% - 21%)	3,547	57	271	3	18%	(13% - 24%)	
High school graduate	11.9%	(9.5% - 14.8%)	13,476	154	1,217		11.8%	(9.5% - 14.6%)	
At least some college	8.9%	(7.1% - 11.1%)	11,217	153	1,302		9.2%	(7.3% - 11.4%)	
College Graduate	5.3%	(4.0% - 7.0%)	8,563	97	1,548	3	5.7%	(4.4% - 7.4%)	
Employment Status											
Employed	5.0%	(4.0% - 6.2%)	16,281	169	2,924	3	5.6%	(4.3% - 7.2%)	
Unemployed	13%	(9% - 18%)	5,578	54	378	3	16%	(11% - 24%)	
Not in Workforce (Student, Homemaker, Retired)	9.0%	(7.0% - 11.4%)	9,743	139	1,103	3	8.4%	(6.5% - 10.8%)	
Unable to work	50%	(40% - 61%)	8,022	113	187		39%	(29% - 50%)	

Health Status – Poor Physical Health, Past 30 Days (continued)

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Screening Question:	Now thinking about your physical health, which includes which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?							
	Response:	14+ Days					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Population at Risk (See Appendix)								
Marital Status								
Married or Unwed Couple	7.2%	(6.1% - 8.5%)	21,587	229	2,627	7.3%	(6.1% - 8.7%)	
Divorced/Separated	14%	(10% - 19%)	2,280	50	310	19%	(9% - 37%)	
Widowed	12.7%	(9.6% - 16.7%)	7,187	115	770	9.0%	(6.9% - 11.6%)	
Never Married	5.4%	(3.3% - 8.7%)	4,928	55	655	9.9%	(6.7% - 14.3%)	
Income Level								
<\$15,000	20%	(15% - 27%)	5,824	91	333	20%	(15% - 26%)	
\$15,000 - \$24,999	12%	(8% - 16%)	5,420	71	459	14%	(10% - 19%)	
\$25,000 - \$49,999	9.5%	(7.1% - 12.8%)	9,075	118	958	10.0%	(7.7% - 12.9%)	
\$50,000 - \$74,999	6.9%	(4.9% - 9.5%)	5,672	59	797	7.1%	(5.2% - 9.7%)	
\$75,000	4.7%	(3.5% - 6.5%)	8,688	74	1,531	5.3%	(3.8% - 7.4%)	
Poverty Threshold								
Poor (<100% Poverty Threshold)	13%	(9% - 19%)	4,433	56	302	16%	(11% - 22%)	
Near Poor (100% to 199% Poverty Threshold)	11.8%	(9.0% - 15.3%)	7,214	100	580	13.6%	(10.5% - 17.4%)	
Middle/High Income (>=200% Poverty Threshold)	6.7%	(5.6% - 8.1%)	22,869	257	3,196	6.9%	(5.7% - 8.3%)	
Below Poverty Guidelines								
Yes	13%	(10% - 18%)	6,286	79	410	15%	(12% - 20%)	
No	7.3%	(6.2% - 8.5%)	28,098	334	3,668	7.6%	(6.4% - 8.9%)	
Veteran								
Yes	8.5%	(6.2% - 11.6%)	7,508	101	791	8.1%	(5.9% - 11.0%)	
No	7.8%	(6.8% - 9.0%)	31,987	374	3,809	8.2%	(7.1% - 9.4%)	

Quality of Life

Health Status – Poor Physical Health, Past 30 Days (continued)

Poor physical health, Adults (18 years of age and older), Alaska BRFSS, 2009:
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Screening Question:	Now thinking about your physical health, which includes which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?							
	Response:	14+ Days					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N	#	%
Population at Risk (See Appendix)								
Health Status								
General Health								
Excellent to Very Good	2.5%	(1.8% - 3.5%)	7,675	73	2,572	3	2.6%	(1.9% - 3.5%)
Good	6.7%	(5.0% - 8.8%)	9,395	95	1,390	3	6.5%	(5.0% - 8.6%)
Fair/Poor	41.4%	(35.9% - 47.3%)	21,901	298	627		37.8%	(31.8% - 44.1%)
Healthy Days (Mean Number of Days)								
Physical Health Not Good	23.9	(22.9 - 24.9)			477		23.5	(22.4 - 24.7)
Mental Health Not Good	8.1	(6.6 - 9.5)			462		7.1	(5.8 - 8.4)
Unhealthy Days (Physical or Mental Health Not Good)	25.5	(24.6 - 26.4)			468		25.1	(24.0 - 26.2)
Days with Activity Limitation	12.3	(10.7 - 13.9)			458		11.2	(9.6 - 12.8)
Healthy Days (Percentage with 14 or More Days)								
Physical Health Not Good	100%	(0% - 0%)	39,572	477	477		100%	(0% - 0%)
Mental Health Not Good	30%	(24% - 37%)	10,786	145	378		29%	(24% - 35%)
Unhealthy Days (Physical or Mental Health Not Good)	55.4%	(49.8% - 60.9%)	39,035	468	753		54.8%	(49.3% - 60.2%)
Activity Limitation	72%	(64% - 80%)	18,125	244	315		69%	(59% - 78%)
Disability								
Disabled								
Yes	24.9%	(21.7% - 28.5%)	26,387	349	1,134		22.8%	(19.6% - 26.3%)
No	3.4%	(2.6% - 4.4%)	13,026	124	3,408	3	3.7%	(2.9% - 4.8%)
Activity Limitation								
Yes	25.7%	(22.2% - 29.4%)	25,593	339	1,061		23.5%	(20.2% - 27.2%)
No	3.5%	(2.7% - 4.5%)	13,845	135	3,490	3	4.0%	(3.1% - 5.0%)

Health Status – Poor Physical Health, Past 30 Days (continued)

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Screening Question:	Now thinking about your physical health, which includes which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?							
	Response:	14+ Days					Age-Adjusted Rate	
		%	Observed Rate		Individuals	n	N #	%
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N #	%	95% CI
Require Special Equipment								
Yes		35%	(28% - 42%)	9,982	148	330	29%	(23% - 36%)
No		6.4%	(5.4% - 7.4%)	29,574	327	4,250	6.6%	(5.6% - 7.7%)
Mental Health								
Social and Emotional Support								
Always/Usually		6.9%	(5.5% - 8.6%)	25,691	143	1,724	7.5%	(6.0% - 9.3%)
Sometimes/Rarely/Never		11%	(8% - 15%)	10,188	76	491	11%	(8% - 14%)
Life Satisfaction								
Very Satisfied / Satisfied		6.5%	(5.4% - 7.8%)	29,034	186	2,131	7.1%	(5.8% - 8.5%)
Dissatisfied / Very Dissatisfied		38%	(25% - 54%)	6,998	35	92	33%	(22% - 47%)
Healthcare								
Healthcare Coverage								
Health Plan								
Yes		7.5%	(6.5% - 8.6%)	30,521	385	3,840	7.6%	(6.7% - 8.7%)
No		10.2%	(7.3% - 14.1%)	8,677	90	745	10.3%	(7.2% - 14.4%)
Immunization								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes		9.1%	(7.0% - 11.8%)	16,865	106	902	9.0%	(6.8% - 11.8%)
No		7.0%	(5.5% - 8.8%)	21,076	126	1,405	7.4%	(5.9% - 9.3%)
Ever Had Pneumonia Shot (Ages 65+)								
Yes		13.8%	(10.6% - 17.6%)	13,497	97	585	10.5%	(7.9% - 13.8%)
No		6.2%	(4.8% - 8.0%)	20,030	115	1,470	6.8%	(5.2% - 8.7%)

Quality of Life

Health Status – Poor Physical Health, Past 30 Days (continued)

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Screening Question:	Now thinking about your physical health, which includes which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?													
	Response:	14+ Days					Age-Adjusted Rate							
		%	Observed Rate		Individuals	n	N	#	%	95% CI				
Population at Risk (See Appendix)														
Screening														
AIDS/HIV Screening (Ages 18-64)														
Yes	7.9%	(6.0%	-	10.4%)	16,414	92	895	3	8.7%	(6.6%	-	11.3%)
No	6.2%	(4.5%	-	8.5%)	12,490	71	917	3	5.6%	(4.1%	-	7.6%)
Diagnoses														
Arthritis														
Arthritis														
Yes	20.1%	(16.2%	-	24.8%)	22,616	146	673		19.1%	(14.1%	-	25.4%)
No	4.1%	(3.1%	-	5.4%)	15,046	85	1,616	3	4.5%	(3.4%	-	6.1%)
Asthma														
Asthma Diagnosis														
Yes	13.7%	(10.5%	-	17.6%)	8,737	114	606		13.3%	(10.3%	-	17.1%)
No	7.1%	(6.1%	-	8.2%)	30,620	360	3,992		7.4%	(6.4%	-	8.6%)
Current Asthma														
Yes	19%	(14%	-	24%)	7,466	91	386		17%	(13%	-	23%)
No	4%	(3%	-	7%)	887	17	195	3	5%	(3%	-	9%)
Cardiovascular and Cerebrovascular Disease														
Cardiovascular Disease														
Yes	26%	(20%	-	34%)	5,026	71	242		22%	(12%	-	38%)
No	7.1%	(6.1%	-	8.1%)	33,360	390	4,322		7.4%	(6.4%	-	8.5%)
Heart Attack (Myocardial Infarction)														
Yes	28%	(20%	-	37%)	3,909	54	174		25%	(12%	-	44%)
No	7.3%	(6.3%	-	8.4%)	35,045	416	4,422		7.5%	(6.5%	-	8.6%)

Health Status – Poor Physical Health, Past 30 Days (continued)

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	Response:	14+ Days						Age-Adjusted Rate	
		%	Observed Rate		Individuals	n	N #	%	95% CI
Population at Risk (See Appendix)			95% CI					95% CI	
Coronary Heart Disease (Angina)									
Yes	30%	(21% - 41%)	3,635	54	156	30%	(11% - 59%)
No	7.3%	(6.4% - 8.4%)	35,203	413	4,422	7.7%	(6.7% - 8.8%)
Stroke									
Yes	30%	(20% - 43%)	2,695	41	128	32%	(19% - 49%)
No	7.5%	(6.6% - 8.6%)	36,590	431	4,472	7.9%	(6.9% - 9.0%)
Diabetes									
Nongestational Diabetes									
Yes	23%	(17% - 30%)	6,897	83	336	19%	(13% - 27%)
No	7.0%	(6.0% - 8.1%)	32,592	393	4,270	7.3%	(6.4% - 8.4%)
Pre-Diabetes									
Yes	13%	(9% - 18%)	4,843	66	422	12%	(8% - 18%)
No	6.5%	(5.5% - 7.5%)	27,688	324	3,840	6.9%	(5.9% - 8.0%)
Risk Factors									
Alcohol									
Binge Drinking									
Yes	9%	(6% - 14%)	7,856	32	386	12%	(7% - 20%)
No	7.5%	(6.3% - 9.0%)	29,713	195	1,904	7.8%	(6.5% - 9.3%)
Heavy Drinking									
Yes	12%	(5% - 24%)	3,543	11	156	13%	(7% - 24%)
No	7.5%	(6.2% - 8.9%)	33,620	214	2,111	8.0%	(6.7% - 9.5%)

Quality of Life

Health Status – Poor Physical Health, Past 30 Days (continued)

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	Response:	14+ Days					Age-Adjusted Rate				
		Observed Rate	95% CI		Individuals	n	N	#	%	95% CI	
Population at Risk (See Appendix)	%	95% CI		Individuals	n	N	#	%	95% CI		
Hypercholesterolemia											
High Cholesterol											
Yes	13.6%	(10.6% - 17.4%)	16,969	109	742	3	11.0%	(8.3% - 14.5%)			
No	5.1%	(3.8% - 6.8%)	11,653	79	1,067	3	5.8%	(4.2% - 7.9%)			
Hypertension											
High Blood Pressure											
Yes	14.6%	(11.6% - 18.3%)	19,135	116	759	3	15.2%	(10.6% - 21.3%)			
No	5.2%	(4.0% - 6.6%)	18,836	117	1,594	3	5.8%	(4.5% - 7.5%)			
Nutrition											
Fruit and Vegetable Index											
<1 Per Day or Never	8%	(4% - 14%)	2,385	18	135	3	8%	(5% - 14%)			
1 to <3 Times Per Day	8.8%	(6.5% - 11.8%)	14,395	82	789	3	9.4%	(7.0% - 12.6%)			
3 to <5 Times Per Day	6.7%	(5.0% - 8.9%)	11,542	79	826	3	7.2%	(5.4% - 9.5%)			
5 Or More Times Per Day	8.1%	(5.6% - 11.6%)	9,177	49	529	3	8.2%	(5.7% - 11.6%)			
Physical Activity											
Physical Activity Recommendations (2008)											
Active	5.8%	(4.4% - 7.5%)	19,739	100	1,511	3	6.3%	(4.8% - 8.2%)			
Insufficient	7%	(5% - 10%)	5,412	43	412	3	7%	(5% - 11%)			
Inactive	24%	(17% - 32%)	9,346	64	225	3	22%	(16% - 30%)			
Leisure Time Exercise											
Yes	6.0%	(5.1% - 7.2%)	24,146	278	3,640	3	6.5%	(5.5% - 7.7%)			
No	15.9%	(13.0% - 19.3%)	15,358	197	961	3	15.1%	(12.1% - 18.6%)			

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	Response:	14+ Days						Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)									
Sexual Violence/Intimate Partner Violence									
Parents Physically Hurt by Spouse/Partner									
Yes	15%	(11% - 20%)	12,817	66	420	3	15%	(11% - 20%)	
No	6.0%	(4.8% - 7.4%)	21,271	140	1,704	3	6.4%	(5.2% - 8.0%)	
Unwanted Sexual Activity									
Yes	18%	(13% - 25%)	11,097	57	334	3	18%	(13% - 24%)	
No	6.1%	(4.9% - 7.5%)	23,155	151	1,793	3	6.5%	(5.3% - 8.0%)	
Ever Hurt or Threatened by Intimate Partner									
Yes	15.0%	(11.0% - 20.0%)	14,230	80	500	3	15.0%	(11.0% - 20.0%)	
No	5.7%	(4.5% - 7.1%)	19,848	129	1,634	3	6.0%	(4.8% - 7.5%)	
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner									
Yes	10%	(6% - 18%)	2,606	18	117	3	13%	(7% - 23%)	
No	7.6%	(6.3% - 9.2%)	31,796	192	2,018		7.9%	(6.5% - 9.5%)	
Tobacco Use									
Cigarette Smoking Status									
Current Smoker	10.6%	(8.4% - 13.4%)	9,782	130	908		10.7%	(8.5% - 13.4%)	
Former Smoker	12.1%	(9.8% - 14.7%)	16,503	189	1,427		11.2%	(9.1% - 13.7%)	
Never Smoked	5.0%	(4.0% - 6.3%)	13,246	157	2,239	3	5.6%	(4.5% - 6.9%)	
Smokeless Tobacco Status									
Current User	8%	(5% - 13%)	1,700	22	203	3	10%	(5% - 16%)	
Former User	8.9%	(6.3% - 12.2%)	7,864	70	706	3	11.1%	(8.0% - 15.2%)	
Never Used	7.9%	(6.8% - 9.2%)	28,990	366	3,511		7.9%	(6.8% - 9.1%)	

Quality of Life

Health Status – Poor Physical Health, Past 30 Days (continued)

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	Response:	14+ Days					Age-Adjusted Rate									
		%	Observed Rate		Individuals	n	N	#	%	95% CI						
Population at Risk (See Appendix)																
Weight Status																
Weight Status																
Normal (BMI <25)	7.5%	(5.9%	-	9.4%)	12,521	142	1,446	3	8.8%	(7.0%	-	11.0%)
Overweight (BMI 25 to 30)	6.1%	(4.9%	-	7.6%)	11,241	147	1,691	3	6.1%	(4.9%	-	7.5%)
Obese (BMI ≥30)	11.5%	(9.1%	-	14.3%)	14,220	172	1,282		11.6%	(9.1%	-	14.6%)
Obese I (BMI 30 TO < 35)	8.7%	(6.3%	-	11.9%)	6,829	92	828	3	9.8%	(6.7%	-	13.9%)
Obese II & III (BMI ≥35)	16%	(12%	-	22%)	7,203	80	454	3	16%	(11%	-	21%)