

**City of Chicago Department of Public Health
Epidemiology Program Report**

**BEHAVIORAL RISK FACTOR SURVEILLANCE
SYSTEM (BRFSS): CHICAGO REFERENCE
TABLES 1998**

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Behavioral Risk Factor Surveillance System (BRFSS): Chicago Reference Tables 1998

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INTRODUCTION AND METHODS

Introduction

The Behavioral Risk Factor Surveillance System (BRFSS) is a collaboration between the U.S. Centers for Disease Control and Prevention (CDC) and state health departments. This system was designed to gather locally relevant information on health related behaviors related to the leading causes of death in the US. It has expanded to include data on the prevalence of selected health conditions, and access to health services. Each state has options for sample design and data collection within parameters set by CDC.

Methods

The BRFSS is a telephone based survey system of non-institutionalized adults. The survey is in the field on a continual basis. A probability sample of telephone numbers is generated on a quarterly basis, and provides the sampling frame for identifying eligible households. States conduct interviews during each month in accordance with a prescribed protocol, and incorporate surveillance results into computer files. States edit and correct completed interviews each month. Data are aggregated and tabulated on an annual basis. The data are weighted prior to tabulation and analysis. Weighting data corrects for study design features and variation of the age/race/sex subgroups between the sample and the general population. Weighting allows inferences to be drawn about the entire adult population from the sample of interview respondents.

In Illinois, the state is stratified into 5 regions: Chicago, suburban Cook County, Collar Counties, other Urban Counties, and Rural Counties. The sampling process described above is performed within each region during the data collection phase, and region-specific weights are developed post-collection. These techniques allow valid statistics to be generated for each region, in addition to statewide statistics.

The BRFSS survey instrument is organized in a modular fashion. The five sections are:

1. Fixed Core
2. Two Rotating Cores
3. Optional Modules
4. Emerging Core
5. State-Added Questions

The *fixed core* is used in all states every year, the *rotating cores* are used in all states in an alternating fashion- one form is used for odd numbered years, the other form is used for even numbered years. *Optional modules* are standardized sets of questions on a wide variety of issues available for states to use based on their needs. The *emerging core* is used to add questions of topical interest, and to evaluate questions for potential use in future surveys. *State-Added questions* are unique to each jurisdiction and can be used to cover questions that are not addressed elsewhere in the survey.

Since 1994, the BRFSS in Illinois has varied from the standard methodology by using two forms of the questionnaire. Respondents are randomly allocated to either form. One contains the rotating core for the current year and the other contains the rotating core for the previous year.

The data for the analyses presented in this volume are extracted from BRFSS files provided by the Illinois Department of Public Health (IDPH) for the Chicago stratum. Each questionnaire item was examined for non-response or non-valid response percentages. All items were found to have sufficient valid response rates for further analysis. Frequency tables with percentages were generated for each item. Percentages were based on the universe of valid responses, not the entire respondent pool. Since the Chicago stratum has a much smaller sample size than the statewide sample, responses for many items were collapsed into categories (based on literature review and local needs) to improve the validity and stability of the estimates. The response categories used in this volume may vary from other reports that use BRFSS data. Data are weighted with the appropriate local weights, except for several items which were not weighted due to limited sample size. IDPH may continue to adjust weighting factors, as such frequencies, percents, and unweighted counts may differ between IDPH and CDPH publications.

This volume is organized into sections containing related items. The text for each item is presented, and the skip pattern is defined (for relevant questions). The percentage, weighted frequency and unweighted frequency for each response category for the item are then listed. *For questions that were not asked of the entire sample, the frequencies reported will not total to the (estimated) Chicago adult population.* Due to rounding, the reported frequencies for a question may not total to 100 percent.

DEMOGRAPHICS

SEX

	Frequency	Percent	Unweighted Count
Male	882,101	47%	231
Female	1,003,061	53%	319

AGE GROUPS

	Frequency	Percent	Unweighted Count
18-24 year olds	248,957	13%	66
25-44 year olds	856,900	45%	263
45-64 year olds	485,800	26%	147
65+ years	293,505	16%	74

RACIAL CATEGORIES

	Frequency	Percent	Unweighted Count
White	1,089,251	58%	333
Non-White	795,910	42%	217

HISPANIC ORIGIN

	Frequency	Percent	Unweighted Count
Yes	402,475	21%	111
No	1,478,320	79%	438

Note: If an item is not marked with an (A) or (B), it was asked on both forms of the survey. If an item is followed with an (A) or (B), it was only on that particular form of the questionnaire. If a skip pattern is not mentioned following an item, it was asked to all participants.

HOUSEHOLD INCOME

	Frequency	Percent	Unweighted Count
Less than \$15,000	194,834	12%	64
\$15-35,000	633,314	38%	207
\$35-50,000	270,603	16%	72
More than \$50,000	554,237	34%	145

EDUCATION

	Frequency	Percent	Unweighted Count
Less than high school	321,886	17%	88
High school graduate	331,202	18%	110
Some college	551,412	27%	137
College graduate	720,662	38%	215

EMPLOYMENT GROUPS

	Frequency	Percent	Unweighted Count
Employed	1,255,974	67%	379
Out of work	102,948	5%	29
Homemaker/student	220,049	12%	55
Retired/unable	306,190	16%	87

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MARITAL STATUS

	Frequency	Percent	Unweighted Count
Married	793,644	42%	182
Widowed	131,536	7%	53
Divorced/separated	285,315	15%	102
Never married	561,269	30%	182
Unmarried couple	113,397	6%	31

HOUSEHOLD TYPE

	Frequency	Percent	Unweighted Count
One adult, no children	313,956	17%	179
One adult, with children	65,014	3%	44
> 1 adult, no children	927,396	49%	191
> 1 adult, with children	578,797	31%	136

NUMBER OF ADULTS

	Frequency	Percent	Unweighted Count
1	378,969	20%	223
2	840,538	45%	229
3	333,703	18%	58
4	171,889	9%	24
5	106,794	6%	10
6	34,275	2%	4
7	9,202	0.5%	1
8	9,202	0.5%	1

Note: If an item is not marked with an (A) or (B), it was asked on both forms of the survey. If an item is followed with an (A) or (B), it was only on that particular form of the questionnaire. If a skip pattern is not mentioned following an item, it was asked to all participants.

NUMBER OF MEN

	Frequency	Percent	Unweighted Count
0	350,492	19%	166
1	992,333	53%	301
2	386,439	20%	63
3	109,438	6%	15
4	23,398	1%	3
5	23,061	1%	2

NUMBER OF WOMEN

	Frequency	Percent	Unweighted Count
0	263,308	14%	107
1	1,156,031	61%	367
2	300,155	16%	56
3	100,154	5%	14
4	55,724	3%	5
5	9,791	1%	1

NUMBER OF CHILDREN

	Frequency	Percent	Unweighted Count
0	1,241,351	66%	370
1	235,593	13%	67
2	231,571	12%	66
3	59,149	3%	20
4	70,389	4%	17
5	17,670	1%	3
6	29,438	2%	7

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GENERAL HEALTH STATUS

PERCEPTION OF HEALTH

Would you say that in general your health is: [please read]

	Frequency	Percent	Unweighted Count
Excellent/very good	941,906	50%	275
Good/fair	889,679	47%	256
Poor	49,891	3%	17

DAYS PHYSICAL HEALTH NOT GOOD

Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

	Frequency	Percent	Unweighted Count
None	1,175,782	63%	347
1-7 days	531,338	28%	153
8-30 days	169,638	9%	47

DAYS MENTAL HEALTH NOT GOOD

Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

	Frequency	Percent	Unweighted Count
None	1,171,985	62%	331
1-7 days	473,770	25%	141
8-30 days	233,701	12%	75

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DAYS HEALTH LIMITED USUAL ACTIVITIES

During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

	Frequency	Percent	Unweighted Count
None	1,501,637	80%	439
1-7 days	256,496	14%	78
8-30 days	124,965	7%	32

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HEALTH CARE: ACCESS/INSURANCE

HAVE HEALTH PLAN

Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMO's, or government plans such as Medicare?

	Frequency	Percent	Unweighted Count
Yes	1,518,481	81%	455
No	364,629	19%	94

MEDICARE (people with health coverage)

Medicare is a coverage plan for people 65 or over and for certain disabled people. Do you have Medicare?

	Frequency	Percent	Unweighted Count
Yes	310,856	20%	90
No	1,203,862	80%	363

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TYPE OF HEALTH PLAN (people with health coverage, excluding Medicare)
What type of health care coverage do you use to pay for most of your medical care? Is it coverage through:

	Frequency	Percent	Unweighted Count
Your employer	841,425	70%	256
Someone else's	191,099	16%	52
Plan bought on own	95,996	8%	29
Medicaid/Medicare	37,642	3%	16
Military	6,270	.5%	2
Some other source	32,686	3%	9
None	2,506	.2%	1

HOW LONG COVERED (B) (people with health coverage)

About how long have you had [fill in type of health coverage]?

	Frequency	Percent	Unweighted Count
Less than 12 months	231,869	15%	37
Less than 2 years	182,949	12%	23
Less than 3 years	117,537	8%	21
Less than 5 years	167,850	11%	26
More than 5 years	824,551	54%	114

LIST OF PLAN DOCTORS (B) (people with health coverage)

Is there a book or list of doctors associated with your [fill in type of health coverage] plan?

	Frequency	Percent	Unweighted Count
Yes	1,185,160	78%	167
No	339,595	22%	54

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CERTAIN DOCTOR REQUIREMENTS (B) (people with health coverage)

Does your [fill in type of health coverage] plan require you to select a certain doctor or clinic for all of your routine care?

	Frequency	Percent	Unweighted Count
Yes	840,169	56%	119
No	668,658	44%	99

TIME DURING LAST YEAR WITHOUT COVERAGE (A) (people with health coverage, excluding Medicare)

During the past 12 months, was there any time that you did not have any health insurance or coverage?

	Frequency	Percent	Unweighted Count
Yes	97,942	8%	15
No	1,169,530	92%	177

REASON WITHOUT COVERAGE (A) (people currently covered, excluding Medicare, but without coverage in past year or people with no coverage)

What was the main reason you were without health care coverage during the past 12 months?

	Frequency	Percent	Unweighted Count
Lost job/eligibility			7
Employer doesn't offer			5
Couldn't afford premium			2
Other			6

WHEN LAST HAD A HEALTH PLAN (people currently without coverage)

About how long has it been since you had health care coverage?

	Frequency	Percent	Unweighted Count
Within past year	87,640	30%	22
> 1 year or never	201,977	70%	58

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AVOIDED DOCTOR BECAUSE OF COST

Was there a time during the last 12 months when you needed to see a doctor, but could not because of the cost?

	Frequency	Percent	Unweighted Count
Yes	182,847	10%	54
No	1,702,315	90%	496

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HEALTH CARE: UTILIZATION/SCREENING

A. General Health Care

LAST ROUTINE CHECKUP

About how long has it been since you last visited a doctor for a routine checkup? (A routine checkup is a general physical exam not an exam for a specific injury, illness, or condition.)

	Frequency	Percent	Unweighted Count
Within year	1,345,383	73%	394
Within 2 years	228,521	12%	68
> 2 years or never	284,910	15%	85

USUAL SOURCE OF HEALTH CARE (A)

Is there one particular clinic, health center, doctor's office, or other place that you usually go to if you are sick or need advice about your health?

	Frequency	Percent	Unweighted Count
Yes	1,568,266	85%	233
No	280,758	15%	50

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WHY NO USUAL SOURCE OF HEALTH CARE (A) (persons with no or more than one usual source of care)*What is the main reason you do not have a usual source of medical care?*

	Frequency	Percent	Unweighted Count
Two or more places	113,459	32%	19
Not needed doctor	125,426	36%	21
Don't know where to go/other	83,522	24%	14
No insurance	28,327	8%	6

B. Blood Pressure**LAST BLOOD PRESSURE TAKEN (B)***About how long has it been since you last had your blood pressure taken by a doctor, nurse, or other health professional?*

	Frequency	Percent	Unweighted Count
Within year	1,654,545	89%	236
> 1 year	190,380	10%	27
Never	12,306	1%	3

TOLD BLOOD PRESSURE HIGH (B) (people who have had blood pressure taken)*Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?*

	Frequency	Percent	Unweighted Count
Yes	432,184	23%	62
No	1,412,741	77%	201

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TOLD BLOOD PRESSURE HIGH MORE THAN ONCE (B) (people who have checked blood pressure and told it is high)

Have you ever been told on more than one occasion that your blood pressure was high, or have you been told this only once?

	Frequency	Percent	Unweighted Count
More than once	326,394	76%	50
Only once	105,790	24%	12

C. Cholesterol

HAD CHOLESTEROL CHECKED (B)

Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked?

	Frequency	Percent	Unweighted Count
Yes	1,379,181	75%	198
No	459,777	25%	64

LAST CHOLESTEROL CHECK (B) (people who ever had blood cholesterol checked)

About how long has it been since you last had your blood cholesterol checked?

	Frequency	Percent	Unweighted Count
Within year	986,423	71%	136
> 1 year ago	392,758	29%	62

Note: If an item is not marked with an (A) or (B), it was asked on both forms of the survey. If an item is followed with an (A) or (B), it was only on that particular form of the questionnaire. If a skip pattern is not mentioned following an item, it was asked to all participants.

HIGH CHOLESTEROL (B) (people who ever had blood cholesterol checked)

Have you ever been told by a doctor or other health professional that your blood cholesterol is high?

	Frequency	Percent	Unweighted Count
Yes	340,355	25%	45
No	1,036,167	75%	152

D. Vaccinations

FLU SHOT (B)

During the past 12 months, have you had a flu shot?

	Frequency	Percent	Unweighted Count
Yes	488,061	26%	65
No	1,369,171	74%	201

PNEUMONIA VACCINATION (B)

Have you ever had a pneumonia vaccination?

	Frequency	Percent	Unweighted Count
Yes	354,478	20%	42
No	1,448,011	80%	217

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E. Colorectal Screening

BLOOD STOOL TEST (B) (people age 40+)

A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. Have you ever had this test using a home kit?

	Frequency	Percent	Unweighted Count
Yes	272,268	27%	34
No	719,571	73%	107

LAST BLOOD STOOL TEST (B) (people age 40+ who have used home blood stool test)

When did you have your last blood stool test at home?

	Frequency	Percent	Unweighted Count
Within year	141,060	52%	19
> 1 year ago	131,208	48%	15

PROCTOSCOPIC EXAM (B) (people age 40+)

A sigmoidoscopy or proctoscopy is when a tube is inserted in the rectum to view the bowel for signs of cancer and other health problems. Have you ever had this exam? [Do not include colonoscopy]

	Frequency	Percent	Unweighted Count
Yes	263,706	27%	38
No	721,350	73%	101

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LAST PROCTOSCOPIC EXAM (B) (people age 40+ who had a sigmoidoscopy or proctoscopy)*When did you have your last sigmoidoscopy or proctoscopy?*

	Frequency	Percent	Unweighted Count
Within 5 years	167,772	64%	27
> 5 years ago	95,934	36%	11

F. Women's Health**HAD MAMMOGRAM** (women age 40+)*A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?*

	Frequency	Percent	Unweighted Count
Yes	494,720	86%	147
No	77,370	14%	26

LAST MAMMOGRAM (women age 40+ who have had a mammogram)*How long has it been since you had your last mammogram?*

	Frequency	Percent	Unweighted Count
Within past year	332,445	67%	94
> 1 year ago	162,275	33%	53

WHY MAMMOGRAM (women age 40+ who have had a mammogram)*Was your last mammogram done as part of a routine checkup, because of a breast problem other than cancer, or because you've already had breast cancer?*

	Frequency	Percent	Unweighted Count
Routine checkup	450,201	91%	135
Non-cancer breast problem	42,013	9%	11
Cancer	2,506		1

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HAD CLINICAL BREAST EXAM (women age 18+)

A clinical breast exam is when a doctor, nurse, or other health professional feels the breast for lumps. Have you ever had a clinical breast exam?

	Frequency	Percent	Unweighted Count
Yes	836,132	83%	269
No	166,929	17%	50

LAST CLINICAL BREAST EXAM (women age 18+ who have had a clinical breast exam)

How long has it been since your last breast exam?

	Frequency	Percent	Unweighted Count
Within past year	639,251	77%	208
> 1 year ago	188,988	23%	60

WHY CLINICAL BREAST EXAM (women age 18+ who have had a clinical breast exam)

Was your last breast exam done as part of a routine checkup, because of a breast problem other than cancer, or because you've already had breast cancer?

	Frequency	Percent	Unweighted Count
Routine checkup	783,702	94%	255
Non-cancer breast problem	50,808	6%	13

HAD PAP SMEAR (women age 18+)

A Pap smear is a test for cancer of the cervix. Have you ever had a Pap smear?

	Frequency	Percent	Unweighted Count
Yes	967,755	97%	307
No	32,833	3%	11

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LAST PAP SMEAR (women age 18+ who have had a Pap smear)

How long has it been since you had your last Pap smear?

	Frequency	Percent	Unweighted Count
Within past year	651,350	67%	213
> 1 year	316,405	33%	94

WHY PAP SMEAR (women age 18+ who have had a Pap smear)

Was your last Pap smear done as part of a routine exam, or to check a current or previous problem?

	Frequency	Percent	Unweighted Count
Routine checkup	911,616	94%	287
Problem	54,518	6%	19
Other	1,622		1

HAD HYSTERECTOMY (women age 18+)

Have you had a hysterectomy? (A hysterectomy is an operation to remove the uterus/womb.)

	Frequency	Percent	Unweighted Count
Yes	164,137	16%	42
No	838,924	84%	277

PREGNANT (women age 18-44, no hysterectomy)

To your knowledge, are you now pregnant?

	Frequency	Percent	Unweighted Count
Yes	45,912	8%	12
No	511,329	92%	176

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MENOPAUSE(A) (women age 45+, no hysterectomy)*Have you gone through or are you now going through menopause?*

	Frequency	Percent	Unweighted Count
Gone through	147,350	58%	21
Going through	31,754	13%	8
No	72,715	29%	13

DISCUSSED ESTROGEN (A) (women age 45+ or had hysterectomy)*Estrogens such as Premarin and progestins such as Provera are female hormones that may be prescribed around the time of menopause, after menopause, or after a hysterectomy. Has your doctor discussed the benefits and risks of estrogen with you?*

	Frequency	Percent	Unweighted Count
Yes	214,734	49%	24
No	227,466	51%	36

PRESCRIBED ESTROGEN (A) (women age 45+ or had hysterectomy)*Other than birth control pills, has your doctor ever prescribed estrogen pills for you? Do not include estrogen patches.*

	Frequency	Percent	Unweighted Count
Yes	135,040	31%	17
No	307,160	69%	43

CURRENTLY TAKING ESTROGEN (A) (women age 45+ or had hysterectomy, who have ever been prescribed estrogen)*Are you currently taking estrogen pills?*

	Frequency	Percent	Unweighted Count
Yes			6
No			11

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ESTROGEN FOR HEART (A) (women age 45+, or had hysterectomy, who have ever been prescribed estrogen)

Why are you taking/did you take estrogen pills? To prevent a heart attack:

	Frequency	Percent	Unweighted Count
Yes			4
No			11
Don't know/not sure			2

ESTROGEN FOR OSTEOPOROSIS (A) (women age 45+ or had hysterectomy, who have ever been prescribed estrogen)

Why are you taking/did you take estrogen pills? To treat or prevent bone thinning, bone loss, or osteoporosis:

	Frequency	Percent	Unweighted Count
Yes			5
No			10
Don't know/not sure			2

ESTROGEN FOR MENOPAUSE (A) (women age 45+ or had hysterectomy, who have ever been prescribed estrogen)

Why are you taking/did you take estrogen pills? To treat symptoms of menopause such as hot flashes:

	Frequency	Percent	Unweighted Count
Yes			11
No			4
Don't know/not sure			2

Note: If an item is not marked with an (A) or (B), it was asked on both forms of the survey. If an item is followed with an (A) or (B), it was only on that particular form of the questionnaire. If a skip pattern is not mentioned following an item, it was asked to all participants.

G. Oral Health

LAST DENTAL VISIT (B)

How long has it been since you last visited the dentist or a dental clinic?

	Frequency	Percent	Unweighted Count
Within past year	1,173,739	63%	167
Within past 2 years	235,179	13%	34
Within past 5 years	136,279	7%	21
> 5 years ago	257,965	14%	38
Never	48,753	3%	5

WHY NO DENTAL VISIT (B) (people who have not been to dentist within past year)

What is the main reason you have not visited the dentist in the last year?

	Frequency	Percent	Unweighted Count
Fear/pain/dislike	85,144	13%	11
Cost	224,018	33%	30
Don't have one/can't get to	23,358	3%	5
No reason to go/other priorities	320,598	47%	45
Other	25,057	4%	7

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PERMANENT TEETH (B)

How many of your permanent teeth have been removed because of tooth decay or gum disease? Do not include teeth lost for other reasons, such as injury or orthodontics.

	Frequency	Percent	Unweighted Count
None	890,195	49%	134
Five or fewer	593,874	32%	80
Six or more	269,815	15%	34
All	75,387	4%	15

DENTAL INSURANCE (B)

Do you have any kind of insurance coverage that pays for some or all of your routine dental care, including dental insurance, prepaid plans such as HMOs, or government plans such as Medicaid?

	Frequency	Percent	Unweighted Count
Yes	1,034,328	56%	148
No	812,239	44%	115

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CHRONIC DISEASE

DIABETIC

Have you ever been told by a doctor that you have diabetes? [If yes and female, ask “Was this only when you were pregnant?”]

	Frequency	Percent	Unweighted Count
Yes	129,216	7%	36
Yes, when pregnant	15,884	1%	5
No	1,740,062	92%	509

FREQUENCY OF BLOOD SUGAR CHECK (A) (people with diabetes)

About how often do you check your blood for glucose or sugar? Include times when checked by a family member or friend, but do not include times when checked by a health professional.

	Frequency	Percent	Unweighted Count
Never			3
Daily			7
Weekly			5
Monthly			3

INSULIN (A) (people with diabetes)

Are you now taking insulin?

	Frequency	Percent	Unweighted Count
Yes			4
No			15

Note: If an item is not marked with an (A) or (B), it was asked on both forms of the survey. If an item is followed with an (A) or (B), it was only on that particular form of the questionnaire. If a skip pattern is not mentioned following an item, it was asked to all participants.

FREQUENCY OF INSULIN (A) (people with diabetes currently taking insulin)

Currently, about how often do you use insulin?

	Frequency	Percent	Unweighted Count
Once per day			2
Twice per day			2

TIMES SEEN DOCTOR FOR DIABETES (A) (people with diabetes)

About how many times in the last year have you seen a doctor, nurse, or other health professional for your diabetes?

	Frequency	Percent	Unweighted Count
None			4
6 times or less			2
More than 6 times			12

DIABETIC FOOT EXAMS (A) (people with diabetes)

About how many times in the last year has a health professional checked your feet for any sores or irritations?

	Frequency	Percent	Unweighted Count
None			6
Once			5
More than once			7

LAST DIABETIC EYE EXAM (A) (people with diabetes)

When was the last time you had an eye exam in which the pupils were dilated? This would have made you temporarily sensitive to bright light.

	Frequency	Percent	Unweighted Count
Within past year			12
> 1 year ago			4
Never			3

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HEARD OF GLYCOSYLATED HEMOGLOBIN (A) (people with diabetes)*Have you ever heard of glycosylated hemoglobin or hemoglobin "A one C"?*

	Frequency	Percent	Unweighted Count
Yes			6
No			13

FREQUENCY OF GLYCOSYLATED HEMOGLOBIN (A) (people with diabetes who have ever heard of glycosylated hemoglobin)*About how many times in the last year has a doctor, nurse, or other health professional checked you for glycosylated hemoglobin or hemoglobin "A one C"?*

	Frequency	Percent	Unweighted Count
Once			1
More than once			5

Note: If an item is not marked with an (A) or (B), it was asked on both forms of the survey. If an item is followed with an (A) or (B), it was only on that particular form of the questionnaire. If a skip pattern is not mentioned following an item, it was asked to all participants.

EXERCISE

The next few questions are about exercise, recreation, or physical activities other than your regular job duties.

ANY EXERCISE (A)

During the past month, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

	Frequency	Percent	Unweighted Count
Yes	1,199,290	65%	195
No	657,947	35%	89

FIRST EXERCISE ACTIVITY (A) (people who did any exercise in past month)

What type of physical activity or exercise did you spend the most time doing during the past month?

	Frequency	Percent	Unweighted Count
Exercise Training	256,995	21%	45
Sports	379,012	32%	60
Walking	480,642	40%	79
Hobbies/Other	82,641	7%	11

FIRST EXERCISE DURATION (A) (people who did any exercise in past month)

When you took part in this activity, for how many minutes or hours did you usually keep at it?

	Frequency	Percent	Unweighted Count
Less than 20 minutes	52,852	4%	11
20 minutes or more	1,122,288	96%	182

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FIRST EXERCISE FREQUENCY (A) (people who did any exercise in past month)*How many times per week or per month did you take part in this activity during the past month?*

	Frequency	Percent	Unweighted Count
Less than once a week	94,630	8%	18
1-2 times a week	379,554	32%	54
3 times a week or more	719,605	60%	121

ANY OTHER EXERCISE (A) (people who did any exercise in past month)*Was there another physical activity or exercise that you participated in during the last month?*

	Frequency	Percent	Unweighted Count
Yes	552,699	46%	87
No	646,591	54%	108

SECOND EXERCISE ACTIVITY (A) (people who did any exercise plus additional exercise in past month)*What other type of physical activity gave you the next most exercise during the past month?*

	Frequency	Percent	Unweighted Count
Exercise Training	199,257	36%	33
Sports	257,723	47%	38
Walking	63,364	12%	11
Hobbies/Other	30,190	5%	4

SECOND EXERCISE DURATION (A) (people who did any exercise plus additional exercise in past month)*When you took part in this activity, for how many minutes or hours did you usually keep at it?*

	Frequency	Percent	Unweighted Count
Less than 20 minutes	32,152	6%	5
20 minutes or more	518,778	94%	81

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SECOND EXERCISE FREQUENCY (A) (people who did any exercise plus additional exercise in past month)

How many times per week or per month did you take part in this activity?

	Frequency	Percent	Unweighted Count
Less than once a week	79,288	14%	12
1-2 times a week	295,037	54%	42
3 times a week or more	176,209	32%	32

SEDENTARY LIFESTYLE RISK (A)

A calculated variable. Sedentary means no reported activity. Irregular activity means one or two activities are reported but the duration and frequency of the combined activities is either: a) less than 20 minutes per session, less than three times per week, or both; or b) activity reported does not include complete information for frequency, duration, or both.

	Frequency	Percent	Unweighted Count
Sedentary	657,947	35%	89
Irregular Activity	508,829	27%	82
Active Lifestyle	690,461	37%	113

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WEIGHT/NUTRITION

LOSE WEIGHT (A)

Are you now trying to lose weight?

	Frequency	Percent	Unweighted Count
Yes	710,048	38%	113
No	1,147,189	62%	171

MAINTAIN WEIGHT (A) (people not trying to lose weight)

Are you now trying to maintain your current weight, that is to keep from gaining weight?

	Frequency	Percent	Unweighted Count
Yes	611,518	53%	95
No	535,671	47%	76

EATING LESS FOR WEIGHT (A) (people trying to lose or maintain weight)

Are you eating either fewer calories or less fat to lose weight OR keep from gaining weight?

	Frequency	Percent	Unweighted Count
Yes, less calories/fat	1,091,709	83%	172
No	226,397	17%	35

Note: If an item is not marked with an (A) or (B), it was asked on both forms of the survey. If an item is followed with an (A) or (B), it was only on that particular form of the questionnaire. If a skip pattern is not mentioned following an item, it was asked to all participants.

EATING LESS FOR WEIGHT (A) (people trying to lose or maintain weight)

Are you eating either fewer calories or less fat to lose weight OR keep from gaining weight?

	Frequency	Percent	Unweighted Count
Yes, fewer calories	161,730	12%	21
Yes, less fat	544,192	41%	88
Yes, both	385,787	29%	63
No	226,397	17%	35

EXERCISING FOR WEIGHT (A) (people trying to lose or maintain weight)

Are you using physical activity or exercise to lose weight OR keep from gaining weight?

	Frequency	Percent	Unweighted Count
Yes	770,140	58%	126
No	551,426	42%	82

OBESITY

Defined as a body mass index (BMI) of 30 or greater. Based on BMI calculated from height and weight.

About how much do you weigh without shoes? [round fractions up] About how tall are you without shoes? [round fractions down]

	Frequency	Percent	Unweighted Count
Obese	404,288	22%	111
Not obese	1,441,803	78%	427

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OBESITY CATEGORIES

Based on BMI calculated from height and weight.

About how much do you weigh without shoes? [round fractions up] *About how tall are you without shoes?* [round fractions down]

	Frequency	Percent	Unweighted Count
Underweight < 18.5	8,663	.5%	4
Normal 18.5-24.9	795,406	43%	229
Overweight 25-29.9	637,734	34.5%	194
Obese 30-39.9	376,178	20%	103
Morbid Obesity 40 +	28,110	1.5%	8

ADVISED ABOUT WEIGHT (A)

In the past 12 months, has a doctor, nurse, or other health professional given you advice about your weight? [probe for which]

	Frequency	Percent	Unweighted Count
Yes, lose weight	223,151	12%	36
Yes, gain/maintain	50,541	3%	12
No	1,583,545	85%	236

ADVISED ABOUT WEIGHT (A)

Collapsed from variable above.

	Frequency	Percent	Unweighted Count
Yes	273,692	15%	48
No	1,583,545	85%	236

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DIET PILLS (A)

In the past two years, have you taken any weight loss pills prescribed by a doctor? Do not include water pills or thyroid medications. (Include only pills taken for the primary purpose of losing weight)

	Frequency	Percent	Unweighted Count
Yes	58,521	3%	7
No	1,798,716	97%	277

The next questions are about the foods you usually eat or drink. Please tell me how often you eat or drink each one, for example, twice a week, three times a month, and so forth. Remember, I am only interested in the foods you eat. Include all foods you eat, both at home and away from home.

FREQUENCY OF DRINKING JUICE (A)

How often do you drink fruit juices such as orange, grapefruit, or tomato?

	Frequency	Percent	Unweighted Count
One or more per day	918,435	50%	144
Weekly but not daily	683,046	37%	100
Less than weekly	156,003	8%	23
Never	84,132	5%	16

FREQUENCY OF EATING FRUIT (A)

Not counting juice, how often do you eat fruit?

	Frequency	Percent	Unweighted Count
One or more per day	888,619	48%	139
Weekly but not daily	769,810	42%	111
Less than weekly	151,075	8%	24
Never	42,246	2%	8

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FREQUENCY OF EATING SALAD (A)*How often do you eat green salad?*

	Frequency	Percent	Unweighted Count
One or more per day	387,840	21%	63
Weekly but not daily	1,230,530	67%	181
Less than weekly	118,826	6%	23
Never	114,554	6%	15

FREQUENCY OF EATING POTATOES (A)*How often do you eat potatoes not including french fries, fried potatoes, or potato chips?*

	Frequency	Percent	Unweighted Count
One or more per day	96,205	5%	17
Weekly but not daily	1,295,957	70%	192
Less than weekly	367,627	20%	61
Never	89,369	5%	11

FREQUENCY OF EATING CARROTS (A)*How often do you eat carrots?*

	Frequency	Percent	Unweighted Count
One or more per day	149,290	8%	20
Weekly but not daily	1,071,200	58%	155
Less than weekly	431,529	24%	69
Never	183,500	10%	34

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FREQUENCY OF EATING OTHER VEGETABLES (A)

*Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat?
(For example: A serving of vegetables at both lunch and dinner would be two servings.)*

	Frequency	Percent	Unweighted Count
One or more per day	1,067,735	58%	169
Weekly but not daily	646,395	35%	95
Less than weekly	59,306	3%	7
Never	55,800	3%	9

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SMOKING

SMOKED 100 CIGARETTES

Have you smoked at least 100 cigarettes in your entire life?

	Frequency	Percent	Unweighted Count
Yes	847,544	45%	245
No	1,033,081	55%	303

SMOKING PATTERN (people who have smoked at least 100 cigarettes)

Do you now smoke cigarettes everyday, some days, or not at all?

	Frequency	Percent	Unweighted Count
Everyday	274,963	32%	76
Some days	173,924	21%	49
Not at all	398,658	47%	120

SMOKING STATUS

A calculated variable. A current smoker is defined as a respondent who reported smoking 100 cigarettes in lifetime and now smokes everyday or some days. A former smoker reported smoking 100 cigarettes in lifetime but currently does not smoke. A non-smoker is a respondent who reported never having smoked 100 cigarettes in lifetime.

	Frequency	Percent	Unweighted Count
Current smoker	488,886	24%	125
Former smoker	398,658	21%	120
Non-smoker	1,033,081	55%	303

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CIGARETTES PER DAY (people who currently smoke everyday)

On the average, about how many cigarettes a day do you now smoke?

	Frequency	Percent	Unweighted Count
10 or less	87,474	32%	30
11 to 19	52,923	19%	12
20 or more	134,565	49%	34

CIGARETTES LAST 30 DAYS (people who currently smoke some days)

On the average, when you smoked during the past 30 days, about how many cigarettes did you smoke a day?

	Frequency	Percent	Unweighted Count
5 or less	125,370	74%	34
> 5	43,616	26%	14

QUIT SMOKING (people who currently smoke everyday)

During the past 12 months, have you quit smoking for 1 day or longer?

	Frequency	Percent	Unweighted Count
Yes	154,522	56%	41
No	120,440	44%	35

LAST SMOKED REGULARLY (people who have smoked 100 cigarettes but currently do not smoke at all)

About how long has it been since you last smoked cigarettes regularly, that is, daily?

	Frequency	Percent	Unweighted Count
Within past year	39,210	10%	15
> 1 year ago	353,797	90%	102

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EVER SMOKED CIGAR (A)

Have you ever smoked a cigar, even just a few puffs? (cigar= large cigar, cigarillo, or small cigar)

	Frequency	Percent	Unweighted Count
Yes	681,077	37%	98
No	1,176,160	63%	186

LAST SMOKED CIGAR (A) (people who ever smoked a cigar)

When was the last time you smoked a cigar?

	Frequency	Percent	Unweighted Count
Within past year	299,137	45%	43
Past 5 years	135,144	21%	20
Past 15 years or more	226,260	34%	32

CIGAR SMOKE PATTERN (A) (people who smoked a cigar within the past month)

In the past month, did you smoke cigars:

	Frequency	Percent	Unweighted Count
Once a week or more			3
Less than once a week			16

Note: If an item is not marked with an (A) or (B), it was asked on both forms of the survey. If an item is followed with an (A) or (B), it was only on that particular form of the questionnaire. If a skip pattern is not mentioned following an item, it was asked to all participants.

ALCOHOL

DRINK ANY ALCOHOL (B)

During the past month, have you had at least one drink of any alcoholic beverage such as beer, wine, wine coolers, or liquor?

	Frequency	Percent	Unweighted Count
Yes	1,030,851	55%	145
No	826,381	45%	121

FREQUENCY OF DRINKING (B) (people who drank alcohol in past month)

During the past month, how many days per week or per month did you drink any alcoholic beverages, on the average?

	Frequency	Percent	Unweighted Count
Weekly	600,416	58%	80
Less than weekly	430,435	42%	65

DRINKS PER OCCASION (B) (people who drank alcohol in past month)

A drink is 1 can or bottle of beer, 1 glass of wine, 1 can or bottle of wine cooler, 1 cocktail, or 1 shot of liquor. On the days when you drank, about how many drinks did you drink on the average?

	Frequency	Percent	Unweighted Count
One	337,003	33%	53
Two	303,207	30%	41
Three to four	241,906	24%	39
Five or more	143,075	14%	11

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TIMES DRANK MORE THAN 5 DRINKS (B) (people who drank alcohol in past month)

Considering all types of alcoholic beverages, how many times during the past month did you have 5 or more drinks on an occasion?

	Frequency	Percent	Unweighted Count
None	703,502	68%	105
One	162,818	16%	17
Two	37,856	4%	7
Three or more	126,675	12%	16

CHRONIC DRINKING RISK (B)

A calculated variable. At risk is defined as respondents who reported that they have had on the average two or more drinks per day or 60 or more drinks a month (based on the total number of drinks per month).

	Frequency	Percent	Unweighted Count
At risk	32,915	2%	3
Not at risk	1,808,091	98%	260

BINGE DRINKING RISK (B)

A calculated variable. At risk is defined as respondents who reported that they have had alcoholic beverages in the past month and have had five or more alcoholic drinks on one or more occasions in the past month.

	Frequency	Percent	Unweighted Count
At risk	296,156	18%	40
Not at risk	1,398,258	82%	226

Note: If an item is not marked with an (A) or (B), it was asked on both forms of the survey. If an item is followed with an (A) or (B), it was only on that particular form of the questionnaire. If a skip pattern is not mentioned following an item, it was asked to all participants.

DRINKING & DRIVING RISK (B)

Calculated by labeling “at risk” anyone who answered they had driven when had too much to drink in the past month.

	Frequency	Percent	Unweighted Count
At risk	68,434	4%	10
Not at risk	1,788,798	96%	256

Note: If an item is not marked with an (A) or (B), it was asked on both forms of the survey. If an item is followed with an (A) or (B), it was only on that particular form of the questionnaire. If a skip pattern is not mentioned following an item, it was asked to all participants.

INJURY PREVENTION

USE SEAT BELTS (B)

How often do you use seatbelts when you drive or ride in a car? Would you say always, nearly always, sometimes, seldom, or never:

	Frequency	Percent	Unweighted Count
Always/nearly always	1,378,215	75%	206
Sometimes/seldom/never	455,679	25%	55

CHILD'S USE OF SEAT RESTRAINTS (B) (people with a child under age 16)

How often does [oldest child under 16] in your household use a car safety seat [for child under 5] or seatbelt [for child 5 or older] when they ride in a car? Would you say always, nearly always, sometimes, seldom, or never:

	Frequency	Percent	Unweighted Count
Always/nearly always	523,552	85%	72
Sometimes/seldom/never	94,961	15%	14

CHILD'S USE OF BIKE HELMET (B) (people with a child age 5-15 who rides a bicycle)

During the past year, how often has [that child] worn a bicycle helmet when riding a bicycle? Would you say always, nearly always, sometimes, seldom, or never:

	Frequency	Percent	Unweighted Count
Always/nearly always	137,953	33%	16
Sometimes/seldom/never	278,647	67%	38

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CHECK SMOKE DETECTOR (B) (those with smoke detectors in home)

When was the last time you or someone else deliberately tested all of the smoke detectors in your home, either by pressing the test buttons or holding a source of smoke near them?

	Frequency	Percent	Unweighted Count
Within 6 months	1,153,343	66%	167
6 months - 1 year	118,021	7%	24
> 1 year or never	470,300	27%	61

Note: If an item is not marked with an (A) or (B), it was asked on both forms of the survey. If an item is followed with an (A) or (B), it was only on that particular form of the questionnaire. If a skip pattern is not mentioned following an item, it was asked to all participants.

HIV/AIDS

The next few questions are about the national health problem of HIV, the virus that causes AIDS. Please remember that your answers are strictly confidential and that you don't have to answer every question if you don't want to.

A. Education

SOURCE OF HIV/STD INFORMATION (B) (people under age 65)

During the past 12 months, what was your main source for information about preventing or reducing your risk of infection with HIV or other sexually transmitted diseases?

	Frequency	Percent	Unweighted Count
AIDS/STD hotline			1
Media	883,488	58%	129
Community outreach/schools	101,258	7%	14
Medical staff or facility	141,924	9%	27
Friends/relatives	64,168	4%	5
None/Nowhere	206,830	14%	32
Other	115,736	8%	17

Note: If an item is not marked with an (A) or (B), it was asked on both forms of the survey. If an item is followed with an (A) or (B), it was only on that particular form of the questionnaire. If a skip pattern is not mentioned following an item, it was asked to all participants.

GRADE TO BEGIN AIDS EDUCATION (people under age 65)

If you had a child in school, at what grade do you think he or she should begin receiving education in school about HIV infection and AIDS?

	Frequency	Percent	Unweighted Count
Kindergarten	74,058	5%	21
Elementary (1-5)	866,423	60%	265
Middle School (6-8)	397,305	28%	124
High School (9-12)	93,237	6%	24
Never	12,002	1%	5

ENCOURAGE TEEN TO USE CONDOMS (people under age 65)

If you had a teenager who was sexually active, would you encourage him or her to use a condom?

	Frequency	Percent	Unweighted Count
Yes	1,455,922	92%	438
No	73,510	5%	11
Give other advice	52,425	3%	24

B. Testing**DONATE BLOOD SINCE 1985** (people under age 65 and not currently infected with HIV)

Have you donated blood since March 1985?

	Frequency	Percent	Unweighted Count
Yes	425,318	27%	123
No	1,164,729	73%	352

Note: If an item is not marked with an (A) or (B), it was asked on both forms of the survey. If an item is followed with an (A) or (B), it was only on that particular form of the questionnaire. If a skip pattern is not mentioned following an item, it was asked to all participants.

DONATED BLOOD PAST 12 MONTHS (people under age 65 and not currently infected with HIV, who have donated blood since 1985)

When did you last donate blood? Question recoded to answer if donated blood in past 12 months.

	Frequency	Percent	Unweighted Count
Yes	152,697	39%	42
No	235,470	61%	70

TESTED FOR HIV NOT INCLUDING BLOOD DONATION (people under age 65 and not currently infected with HIV, who have donated blood since 1985)

Except for tests you may have had as part of blood donations, have you ever been tested for HIV?

	Frequency	Percent	Unweighted Count
Yes	215,181	51%	56
No	206,235	49%	65

TESTED FOR HIV PAST 12 MONTHS NOT INCLUDING BLOOD DONATION (people under age 65 and not currently infected with HIV, who have been tested and have donated blood since 1985)

When was your last test for HIV? Question recoded to answer if tested in past 12 months.

	Frequency	Percent	Unweighted Count
Yes	73,989	35%	19
No	135,426	65%	35

TESTED FOR HIV (people under age 65 and not currently infected with HIV, who have not donated blood since 1985)

Have you ever been tested for HIV?

	Frequency	Percent	Unweighted Count
Yes	501,291	43%	171
No	657,543	57%	178

Note: If an item is not marked with an (A) or (B), it was asked on both forms of the survey. If an item is followed with an (A) or (B), it was only on that particular form of the questionnaire. If a skip pattern is not mentioned following an item, it was asked to all participants.

TESTED FOR HIV PAST 12 MONTHS (people under age 65 and not currently infected with HIV, who have been tested and have not donated blood since 1985)
When was your last test for HIV? Question recoded to answer if tested in past 12 months.

	Frequency	Percent	Unweighted Count
Yes	180,162	37%	67
No	304,339	63%	97

REASON FOR HIV TEST (people under age 65 who have been tested)

What was the main reason you had your last test for HIV?

	Frequency	Percent	Unweighted Count
Referral/to find out/at risk	262,417	37%	90
Mandatory	125,042	18%	38
Hospitalization/illness	46,551	7%	15
Pregnancy	84,606	12%	27
Routine checkup	123,594	17%	34
Occupational exposure	23,680	3%	7
Other	38,886	6%	13

REASON FOR HIV TEST (people under age 65 who have been tested)

Collapsed from above variable.

	Frequency	Percent	Unweighted Count
Routine	391,939	59%	116
A problem	273,951	41%	95

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WHERE AIDS TEST (A) (people under age 65 who have been tested)*Where did you have your last test for HIV?*

	Frequency	Percent	Unweighted Count
Private doctor	529,043	37%	76
Public clinic	293,048	21%	54
Mandatory site	57,821	4%	10
Hospital	386,575	27%	62
Reproductive health clinic	71,526	5%	12
Home test/other	75,182	5%	11

WHERE AIDS TEST (people under age 65 who have been tested)

Collapsed from variable above.

	Frequency	Percent	Unweighted Count
Public facility	382,156	55%	131
Private facility	294,261	42%	85
At home	19,998	3%	6

Received Results (people under age 65 who have been tested)*Did you receive the results of your last test?*

	Frequency	Percent	Unweighted Count
Yes	645,642	91%	199
No	66,463	9%	27

RECEIVED COUNSELING (people under age 65 who have been tested and received results)*Did you receive counseling or talk with a health care professional about the results of your test?*

	Frequency	Percent	Unweighted Count
Yes	263,609	41%	86
No	382,034	59%	113

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C. Sexual Behavior/Risk Factors

RISK BEHAVIOR (B) (people under age 65)

The next question lists some situations that may or may not apply to you. Answer yes if any do apply to you and no if none of them apply to you. You do not need to tell me which ones.

You have shared syringes or injection equipment for injecting drugs, vitamins or steroids.

You had anal sex without a condom in the past year.

You had sex with someone known to be HIV-positive in the past year.

Do any of these situations apply to you?

	Frequency	Percent	Unweighted Count
Yes	57,307	4%	8
No	1,508,720	98%	226

RISK OF STD (B) (people under age 65)

What are your chances of getting infected with a sexually transmitted disease or venereal disease other than HIV? Would you say:

	Frequency	Percent	Unweighted Count
High/medium	46,538	3%	11
Low	316,420	20%	49
None	1,198,785	77%	172

TREATED FOR STD (B) (people under age 65)

In the past 12 months, have you been treated for a sexually transmitted or venereal disease?

	Frequency	Percent	Unweighted Count
Yes	34,875	2%	6
No	1,518,283	98%	227

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WHERE TREATED FOR STD (B) (people under age 65 who have been treated for STD in past 12 months)*Where did you receive treatment for your sexually transmitted disease?*

	Frequency	Percent	Unweighted Count
Health Dept STD			1
Private physician			3
ER/hospital			1
Other			1

WHAT STD TREATED (B) (people under age 65 who have been treated for STD in past 12 months)*What sexually transmitted disease were you treated for?*

	Frequency	Percent	Unweighted Count
Herpes			4
Other combination			1

SEX PARTNER'S GENDER (B) (people under age 65)*With whom have you had sex in the past 5 years? (Sex refers to vaginal, anal, or oral intercourse.) Would you say:*

	Frequency	Percent	Unweighted Count
Men with men	63,003	4%	8
Men w/ men & women			1
Men with women	601,656	40%	76
Women with men	633,223	42%	113
Women with women			0
No sex in past 5 years	215,155	14%	27

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NUMBER OF SEXUAL PARTNERS (B) (people under age 65 who have had sex in the past 5 years)

Including your spouse or permanent partner, with how many different people have you had sex in the past 12 months? (Sex refers to vaginal, anal, or oral intercourse.)

	Frequency	Percent	Unweighted Count
None	213,389	17%	31
One only	841,375	66%	128
More than one	211,712	17%	34

CONDOM USE WITH ONLY SEX PARTNER (B) (people under age 65 who have had sex with only one partner in past year)

In the past 12 months, how often did you use condoms with your sex partner?

	Frequency	Percent	Unweighted Count
Always	121,881	15%	20
Sometimes	171,052	21%	27
Never	530,513	64%	78

CONDOM USE WITH ALL SEX PARTNERS (B) (people under age 65 who have had sex with more than one partner in past year)

In the past 12 months, how often did you use condoms with all your sex partners?

	Frequency	Percent	Unweighted Count
Always	104,204	43%	15
Sometimes	101,535	42%	16
Never	37,322	15%	7

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REASON NO CONDOM (B) (people under age 65, who have had sex within past year and did not always use condoms)

What is the main reason you did not always use condoms? [If long term or monogamous, probe for how long.]

	Frequency	Percent	Unweighted Count
Married	334,223	45%	43
Monogamous	136,356	18%	20
Want pregnancy/use other	183,230	25%	29
Problem with use/other reason	89,786	12%	19

SEX AND ALCOHOL (B) (people under age 65, who have had sex in the past 5 years)

During the past three months, have you ever had unprotected sex after drinking too much alcohol?

	Frequency	Percent	Unweighted Count
Yes	115,952	10%	19
No	1,007,441	90%	154

CHANCE OF AIDS (people under age 65, not currently infected with HIV)

What are your chances of getting infected with HIV, the virus that causes AIDS? Would you say: [please read]

	Frequency	Percent	Unweighted Count
High/medium	126,936	8%	42
Low	475,826	31%	150
None	946,720	61%	272

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City of Chicago
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Mayor

John L. Wilhelm
Commissioner of Health

