

# Maryland BRFSS State of the State Report

2002 Survey Results on Maryland  
Healthy Behaviors and Lifestyles

APRIL 2004



Maryland Department of Health & Mental Hygiene  
Family Health Administration  
Center for Preventive Health Services

[www.marylandbrfss.org](http://www.marylandbrfss.org)



**Robert L. Ehrlich, Jr.**  
**Governor**

Michael S. Steele  
Lt. Governor

Nelson J. Sabatini  
Secretary  
Department of Health and Mental Hygiene

Russell Moy, M.D., M.P.H.  
Director  
Family Health Administration

Joan H. Salim  
Deputy Director  
Family Health Administration



BRFSS • CARDIOVASCULAR HEALTH • DIABETES • INJURY PREVENTION  
NMDRS • NUTRITION AND PHYSICAL ACTIVITY • OSTEOPOROSIS • TBI

DEPARTMENT OF HEALTH AND MENTAL HYGIENE  
[www.fhs.state.md.us/cphs](http://www.fhs.state.md.us/cphs)

## FROM THE DIRECTOR'S DESK:

---

The Family Health Administration's Center for Preventive Health Services is pleased to provide selected findings from the 2002 Behavioral Risk Factor Surveillance System (BRFSS).

The BRFSS is an ongoing telephone surveillance program designed to collect data on the behaviors and conditions that place Marylanders at risk for chronic diseases, injuries, and preventable infectious diseases. The typical sample size is 4,400 households with an adult respondent 18 years of age or older. The BRFSS is supported through financial and technical assistance from the Centers for Disease Control and Prevention (CDC) and through the Maryland Department of Health and Mental Hygiene (DHMH).

The data collected through the BRFSS provide valuable support and services to many statewide and local programs. The BRFSS provides critical information for targeting areas of need, developing programs, and measuring the effectiveness of initiatives. Additional information is available through the Maryland BRFSS website, [www.marylandbrfss.org](http://www.marylandbrfss.org), or by contacting Helio Lopez, BRFSS Coordinator, at 410-767-5159.

We appreciate the efforts of the many individuals both within the Administration and from the general public who made this publication possible. This evaluation could not have been done without the willingness of the over 4,400 anonymous Marylanders who participate in surveys each year. We thank you.

Sincerely,

Lori A. Demeter, Ph.D.  
Director  
Center for Preventive Health Services

# TABLE OF CONTENTS

---

<b>TABLE OF CONTENTS</b> .....	<b>i</b>
<b>EXECUTIVE SUMMARY</b> .....	<b>ii</b>
<b>INTRODUCTION</b> .....	<b>1</b>
<b>METHODOLOGY</b> .....	<b>2</b>
<b>HEALTH STATUS</b> .....	<b>3</b>
GENERAL HEALTH .....	3
MENTAL HEALTH .....	4
HEALTH CARE ACCESS .....	5
<b>CHRONIC DISEASES</b> .....	<b>6</b>
ASTHMA.....	6
ARTHRITIS.....	7
DIABETES .....	8
OVERWEIGHT .....	8
<b>HEALTH CARE RISK FACTORS</b> .....	<b>10</b>
BIRTH CONTROL.....	10
FLU SHOT .....	11
MAMMOGRAM .....	12
PAP SMEAR TEST .....	13
ORAL HEALTH.....	14
PROSTATE CANCER SCREENING .....	15
COLORECTAL CANCER SCREENING.....	16
<b>HEALTH BEHAVIOR RISK FACTORS</b> .....	<b>17</b>
ALCOHOL CONSUMPTION.....	17
FRUITS AND VEGETABLES CONSUMPTION .....	18
FIREARM POSSESSION .....	19
JOB ACTIVITY.....	20
PHYSICAL ACTIVITY .....	21
TOBACCO USESMOKING CESSATION.....	22
SMOKING CESSATION .....	23
<b>GENDER DIFFERENCES</b> .....	<b>24</b>
DEMOGRAPHIC CHARACTERISTICS .....	24
RISK FACTORS .....	25
<b>MARYLAND VS UNITED STATES</b> .....	<b>26</b>
DEMOGRAPHIC CHARACTERISTICS .....	26
RISK FACTORS .....	27
<b>APPENDIX</b> .....	<b>28</b>
2002 SURVEY INSTRUMENT .....	28
ACTUAL VS WEIGHTED DATA .....	38

# EXECUTIVE SUMMARY

---

The ‘*Maryland BRFSS – State of the State*’ report provides a snapshot of the health behaviors that place Maryland adults at risk for chronic diseases, injuries, and preventable infectious diseases. The report is based on information collected on residents aged 18 years or older from 4,401 Maryland households throughout 2002.

## HEALTH STATUS:

**General Health Status:** Twelve percent of Maryland adults reported their general health as fair or poor.

**Mental Health:** About fifteen percent of Marylanders have been diagnosed with depression.

**Health Care Access:** One in ten Marylanders does not have health care coverage.

## CHRONIC DISEASE:

**Asthma:** An estimated twelve percent of Marylanders were told by a health professional that they had asthma.

**Arthritis:** Twenty-six percent of Marylanders were told by a doctor that they have arthritis.

**Diabetes:** Seven percent of Marylanders were told by a doctor that they had diabetes.

**Overweight/Obese:** Fifty-eight percent of Maryland adults are overweight or obese.

## HEALTH CARE RISK FACTORS:

**Birth Control:** Almost one in three heterosexual adults (31.4%), including women in the 18 to 44 years age group and men aged 18 to 59 years, are not using any form of birth control.

**Flu Shot:** One in two Marylanders aged 50 years and over reported that they did not have a flu shot in the past twelve months.

**Mammogram:** About eighteen percent of Maryland women aged 40 years or older reported that they have not had a mammogram within the last two years.

**Pap Smear:** Eight percent of women have not had a Pap Smear test within the last three years.

**Oral Health:** One in four Marylanders (25.3%) reported that it has been more than a year since they last had their teeth cleaned.

**Prostate Cancer Screening:** Twenty-seven percent of men aged 50 years and older reported that they have not had a Prostate Specific Antigen (PSA) test within the last two years.

**Colorectal Cancer Screening:** Sixty percent of adults aged 50 years or older reported that they have not had a blood stool test for colorectal cancer within the last two years. Additionally, 68 percent indicated that they have not had a Sigmoidoscopy or Colonoscopy exam within the last two years.

## HEALTH BEHAVIOR RISK FACTORS:

**Alcohol Consumption:** Fifteen percent of Marylanders are binge drinkers.

**Fruits And Vegetables Consumption:** Seventy percent of Marylanders eat less than five servings of fruits or vegetables a day.

**Firearm Possession:** Twenty-three percent of Maryland households have firearms kept in or around the home.

**Job Activity:** Seventy percent of Marylanders are engaged in job activities that mostly involve sitting or standing.

**Physical Activity:** Twenty-three percent of Marylanders have not participated in any physical activities or exercises in the past month.

**Tobacco Use:** Twenty-two percent of Marylanders are identified as current smokers, they have had least 100 cigarettes, and they are currently smoking everyday or some days.

**Smoking Cessation:** Forty-two percent of current smokers have made no attempt to give up smoking in the past year.

# INTRODUCTION

---

## **What is the BRFSS?**

The Behavioral Risk Factor Surveillance System (BRFSS) is an ongoing surveillance program designed to collect data on the behaviors and conditions that place Marylanders at risk for chronic diseases, injuries, and preventable infectious diseases. Researchers, private organizations, health care providers, and public health professionals use BRFSS data to design, implement, and evaluate prevention efforts. Through the BRFSS, the organizations characterize health behaviors, ascertain the prevalence of risk factors, and identify demographic groups with increased needs. The BRFSS data can be analyzed by a variety of demographic variables, including age, education, income, marital status, and racial or ethnic background. The ability to assess information within particular populations enables the health care community to maximize the effectiveness of scarce resources.

The BRFSS is an important tool in public health. Uses include:

- ❖ *Tracking progress activities* – providing baseline data for planning intervention, measure progress toward goals and objectives (e.g., smoking, seatbelts)
- ❖ *Supporting initiatives* – monitoring legislature (e.g., seatbelts, cigarette taxes)
- ❖ *Targeting services* – identifying relationships (e.g., smoking and education)
- ❖ *Documenting geographic variations* – (e.g., smoking by county or region)
- ❖ *Prepare applications* – (e.g., diabetes prevention, asthma)
- ❖ *Producing reports* – (e.g., providing current information to the legislature, academic institutions and the public about trends, improvement areas, policy implications.
- ❖ *Developing surveys* – serving as a model to create other surveys (e.g., Cancer Survey, Tobacco Survey).

## **Why Does Maryland Conduct the BRFSS?**

Personal health-risk behaviors contribute to premature morbidity and mortality and increase health care costs imposed on the State. Health agencies need to determine the prevalence at which individuals are participating in risky behaviors in order to prevent these events from occurring.

## **How Does Maryland Conduct the BRFSS?**

During 2002, 4,401 randomly selected households participated in the Maryland BRFSS telephone survey (refer to Appendix for the 2002 survey instrument). Interviews were conducted and supervised by trained telephone research interviewers at MACRO International Inc., a Maryland-based opinion research corporation company. The data were then weighted to be representative of the demographic distribution of Maryland.

## **Who Participated in the Maryland BRFSS?**

The 2002 BRFSS interviewed 4,401 Maryland residents 18 years of age or older reporting on their households. 1,741 (39.56%) were male and 2,660 (60.44%) were female, 3,297 (74.91%) were white, 759 (17.5%) were African American, 154 (3.4%) were 'other races', 34 (0.8%) were multi-race, 105 (2.4%) were Hispanics and 52 (1.2%) refused to report their background. The data in this report are based on the weighted data (refer to Appendix for the actual versus weighted demographic information). Data associated with 'Don't know' and 'Refused' categories were excluded from analyses.

# METHODOLOGY

---

Data have been collected following the procedures established by the CDC. As of January 2000, Maryland BRFSS data are collected using the CfMC CATI software supported by MACRO. The CfMC CATI software is used to: 1) program the CDC core questionnaire and Maryland's optional modules; 2) administer and manage the sample; 3) collect and backup the data; 4) monitor interviewers; and 5) produce quality control reports.

The Maryland BRFSS is conducted by MACRO, who has extensive experience in interviewer recruitment and education. Supervision, training, and technical support are provided to the interviewing staff on a continuous basis. Only interviewers with prior telephone interviewing experience are used for Maryland BRFSS data collection. Each of the 60 BRFSS interviewers completes training, which includes CATI program training, interviewing protocol training, and administrative issues before they join the BRFSS interviewing team.

Experienced MACRO survey supervisors monitor the data collection process from a remote station. Interviewers are evaluated on several performance techniques such as: introducing the survey, asking and repeating questions, probing, and maintaining a smooth pace. Interviewer staff meetings are held weekly to review interviewer performance, discuss problems, and provide feedback.

Response rates for 2002 were 29.8 percent. Research analyst experts consider this response rate within the acceptable standards. Estimated time per completed interview averaged 16.30 minutes during 2002. This measure only includes the actual time used to conduct the interview. It does not include other interview tasks such as tracking of appointments, validations, follow-up training or consultation, in-person problem solving, and monthly backup of data. It is Maryland's goal that, on average, actual time per completed interview does not exceed 20 minutes.

# HEALTH STATUS

---

## GENERAL HEALTH

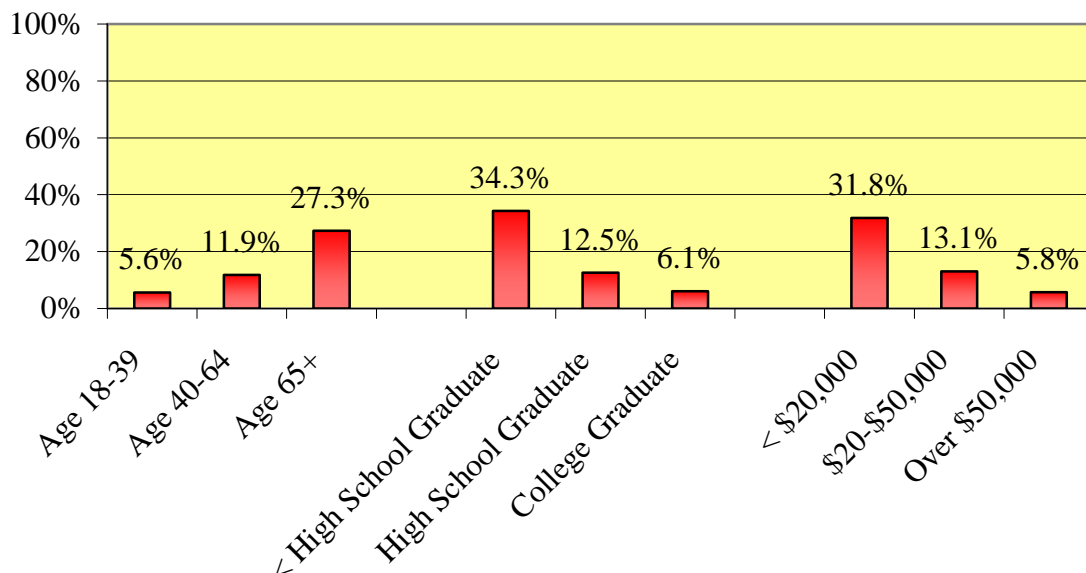
**Question:** Would you say that your general health is ‘Excellent’, ‘Very good’, ‘Good’, ‘Fair’ or ‘Poor’?

**At Risk:** Adults who answered ‘Fair’ or ‘Poor’ are considered at risk.

### Who is at risk in Maryland?

- ❖ Twelve percent of Marylanders rated their general health as fair or poor.
- ❖ Older people, individuals with low income or those who did not complete high school reported poorer general health.
- ❖ 27 per 100 adults aged over 64 years reported poor or fair general health compared to less than 6 per 100 adults aged between 18 and 39 years who reported themselves as such.
- ❖ For every 100 adults with no high school diploma, 34 reported poor or fair general health. The equivalent figures per 100 high school and college graduates were 13 and 6 respectively.
- ❖ Adults whose household income was less than \$20,000 per annum were most likely than adults from higher income families to report poor or fair general health.

**Percent of Maryland Adults Who Reported General Health as Fair or Poor, 2002**



# MENTAL HEALTH

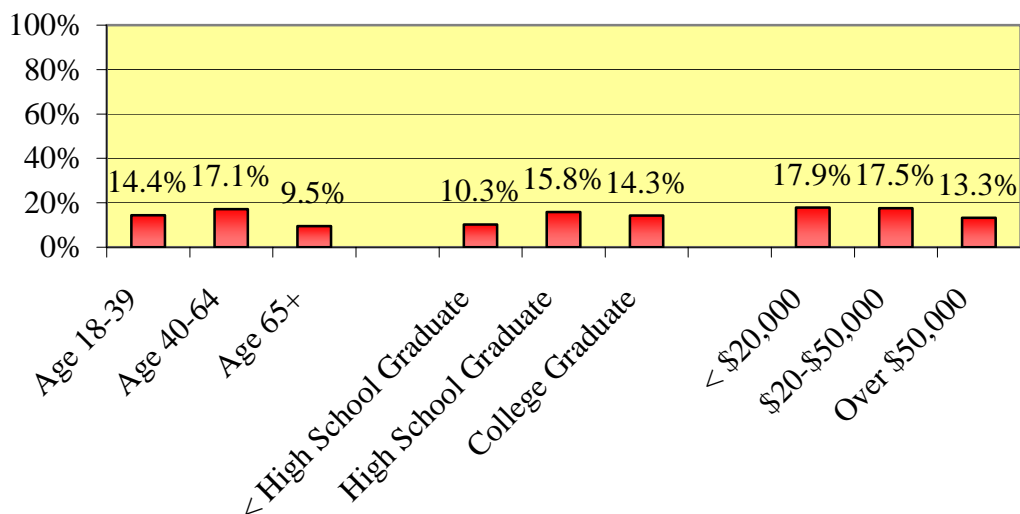
**Question:** At any time in your life, has a mental health professional ever given you a diagnosis of depression?

**At Risk:** Adults who answered 'Yes' are considered at risk.

## Who is at risk in Maryland?

- ❖ About fifteen percent of Marylanders have been diagnosed with depression at one point in their lives.
- ❖ People in the 40 to 64 years age group, individuals who had graduated high school or those whose annual household income less was than \$50,000 were more likely to be depressed.
- ❖ White Marylanders were more likely than Maryland African Americans to be diagnosed with depression. During 2002, 16.5% of White residents reported that they were diagnosed of depression by a health professional. The equivalent figure for African American residents was 10.7%.
- ❖ Amongst Marylanders, women (64.4%) were more likely to be diagnosed of depression than men (35.6%). However, White women (20.4%) were more likely to be diagnosed of depression than African American women (11.3%).

**Percent of Maryland Adults Diagnosed with Depression, 2002**



# HEALTH CARE ACCESS

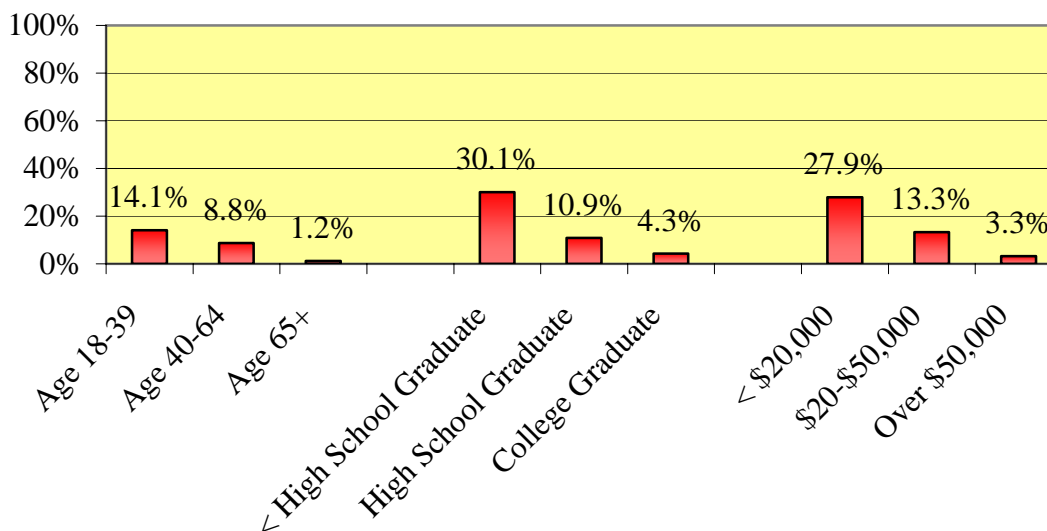
**Question:** Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?

**At Risk:** Adults who answered 'No' are considered at risk.

## Who is at risk in Maryland?

- ❖ One in ten (9.6%) Marylanders does not have health care coverage.
- ❖ Individuals with no health care coverage tend to be younger, have less education or be from low-income families.
- ❖ Three in ten Marylanders who did not complete high school reported that they did not have health care coverage, while only one in twenty-five of those with a college degree was in a similar situation.
- ❖ Twenty-eight per 100 Marylanders whose annual household income was below \$20,000 reported that they did not have health care coverage. The equivalent figure for adults with household income greater than \$20,000 per annum was about seven per 100.
- ❖ Among Marylanders, African Americans are less likely to have health care coverage. During 2002, 14.1% of African Americans reported that they did not have health care coverage, compared to 7.2% of White Marylanders.

**Percent of Maryland Adults With No Health Insurance, 2002**



# CHRONIC DISEASES

---

## ASTHMA

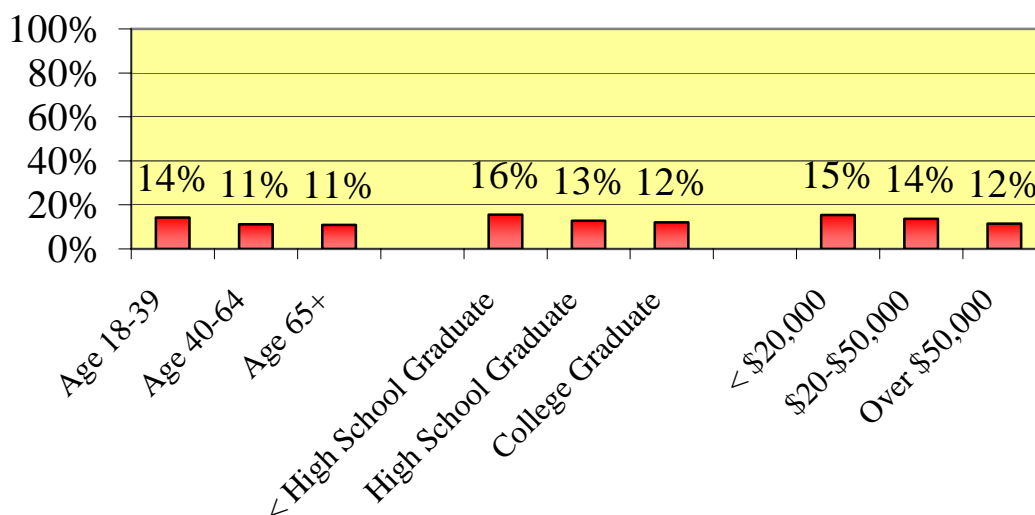
**Question:** Have you ever been told by a doctor, nurse, or health professional that you had asthma?

**At Risk:** Adults who answered 'Yes' are considered at risk.

### Who is at risk in Maryland?

- ❖ About twelve percent of Marylanders, this represents an estimated 493,535 of Maryland adults who were told by a health professional that they had asthma.
- ❖ Younger respondents or individuals with less education or income were slightly more likely to be told that they had asthma.
- ❖ According to the American Lung Association, asthma accounts for an estimated 3 million lost workdays annually for workers over 18 years of age who have asthma themselves<sup>1</sup>. Thus effective control of asthma will not only improve the quality of life for those affected but also increase the nation's productivity.

### Percent of Maryland Adults Who Have Asthma, 2002



<sup>1</sup> American Lung Association 'ACRC Annual Report, 2001' Available at <http://www.lungusa.org> Accessed February 05, 2004

# ARTHRITIS

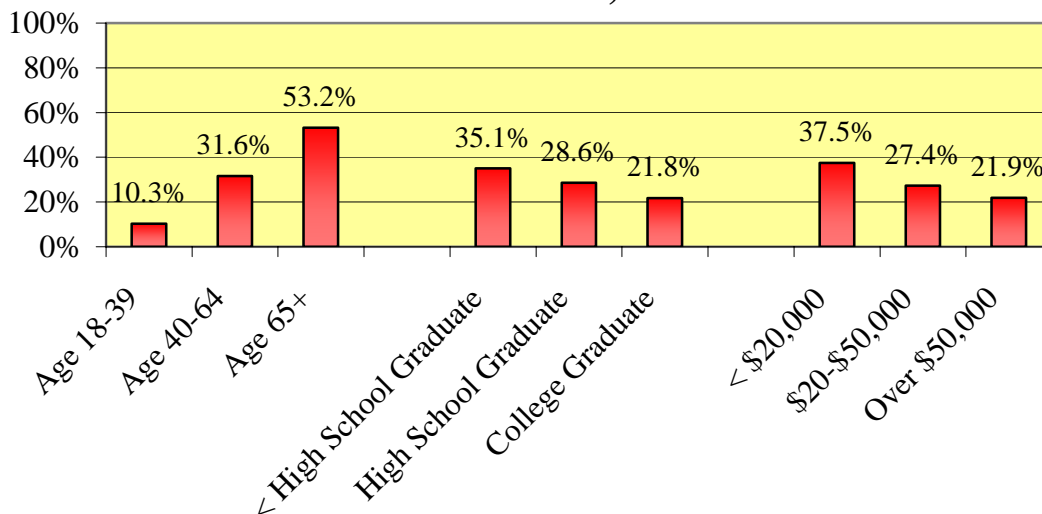
**Question:** Have you ever been told by a doctor, that you have arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?

**At Risk:** Adults who answered ‘Yes’ are considered at risk.

## Who is at risk in Maryland?

- ❖ At least one in four Marylanders (26%) was told by a doctor that they have arthritis.
- ❖ Individuals reported to have arthritis were older respondents, individuals with less education or those with low levels of income.
- ❖ While we tend to consider arthritis a chronic disease among older populations, one in ten in the 18 to 39 years age group reported that they have arthritis.
- ❖ Among adults, arthritis is the leading cause of disability<sup>2</sup>. Arthritis is more likely than any other health problems, including back or spine problem, heart problem or stroke, to prevent adults from undertaking activities such as lifting or carrying a 10 lbs object, getting in or out of bed or preparing a meal.
- ❖ The burden associated with arthritis is expected to increase as the ‘baby boomers’ age.

### Percent of Maryland Adults Who Have Arthritis, 2002



<sup>2</sup> Centers for Disease Control (CDC) *Prevalence of disabilities and associated health conditions among adults – United States, 1999* MMWR 2001; 50:120-5.

# DIABETES

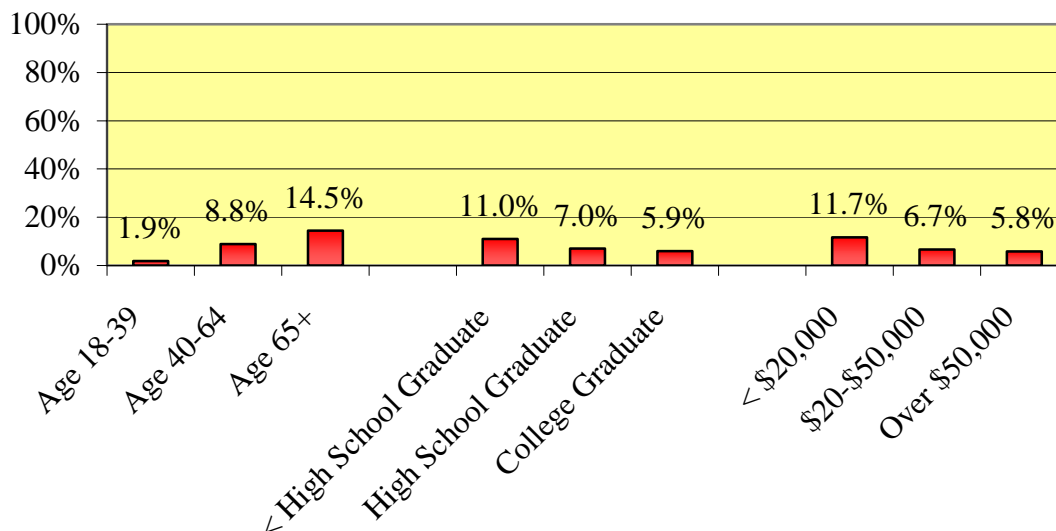
**Question:** Have you ever been told by a doctor that you have diabetes?

**At Risk:** Adults who answered 'Yes'<sup>3</sup> are considered at risk.

## Who is at risk in Maryland?

- ❖ Diabetes is the fifth leading cause of death in Maryland. In 2001, diabetes was the underlying cause of 1,458 deaths, resulting in 29 deaths per 100,000 population<sup>4</sup>.
- ❖ During 2002, an estimated 274,000 (7%) Maryland adults were told by a doctor that they had diabetes. This number does not include those with undiagnosed diabetes or pre-diabetes.
- ❖ Older adults, those with less education or income were more likely to be diagnosed with diabetes.
- ❖ Among Marylanders, African Americans were more likely than White residents to be told by a doctor they have diabetes. Almost 9 in every 100 African Americans were told that they had diabetes. The equivalent figure for White residents was about 6 per 100.

**Percent of Maryland Adults Who Have Diabetes, 2002**



<sup>3</sup> Excluded women who were diagnosed with diabetes during pregnancy

<sup>4</sup> Information available at <http://www.cdc.gov/nchs/releases/03facts/mortalitytables.htm#Maryland>  
Accessed January 05, 2004

# OVERWEIGHT

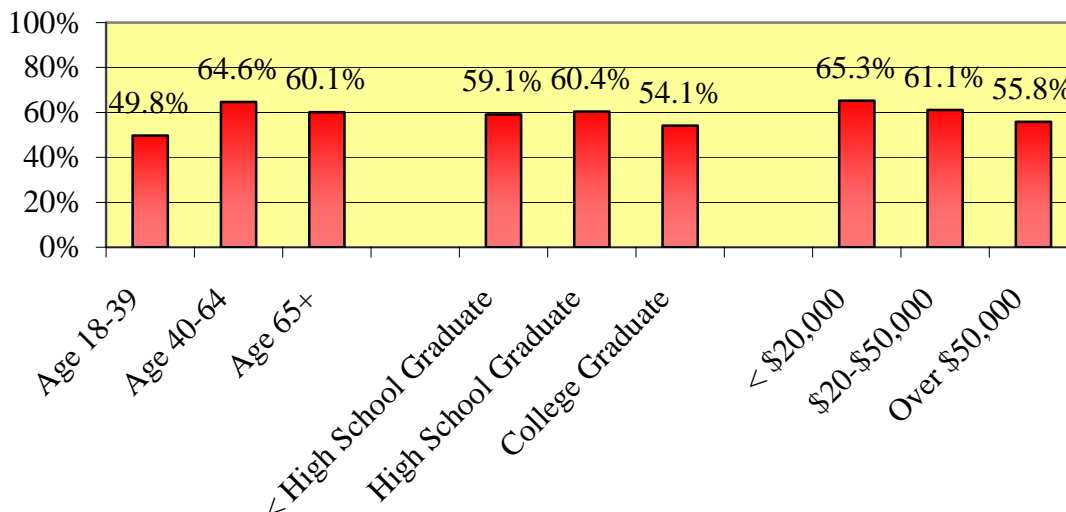
**Question:** Body Mass Index (BMI) was calculated based on data collected from  
(1) How much do you weigh without shoes?  
(2) How tall are you without shoes?

**At Risk:** Respondents with BMI greater than 24.99 are considered overweight.

## Who is at risk in Maryland?

- ❖ An estimated 2.2 million, or about 58% of Marylanders, are classified as overweight or obese.
- ❖ Adults aged 40 years and older, individuals with no college education or those from lower household incomes are more likely to be overweight or obese.
- ❖ In Maryland, African Americans are more likely to be overweight or obese than White residents. During 2002, 56 per 100 White residents and about 68 per 100 African American residents were identified as overweight or obese.
- ❖ Over the years, the prevalence of overweight and obesity among adults 20–74 years of age increased from 47 percent in 1976–80 to 65 percent in 1999–2000<sup>5</sup>. The cost of obesity has exceeded the cost of tobacco use<sup>6</sup>. In Maryland, the medical expenditures for obesity are \$1.5 million<sup>7</sup>.

### Percent of Maryland Adults Who Are Overweight or Obese, 2002



<sup>5</sup> CDC 'Health, United States, 2003, Chart Book' <http://www.cdc.gov/nchs/data/hus/hus03.pdf> Accessed February 05, 2004

<sup>6</sup> *Health Affairs*, May 14, 2003. Available at [www.webmd.com/content/article/64/72524.htm](http://www.webmd.com/content/article/64/72524.htm) Accessed January 28, 2004

# HEALTH CARE RISK FACTORS

---

## BIRTH CONTROL

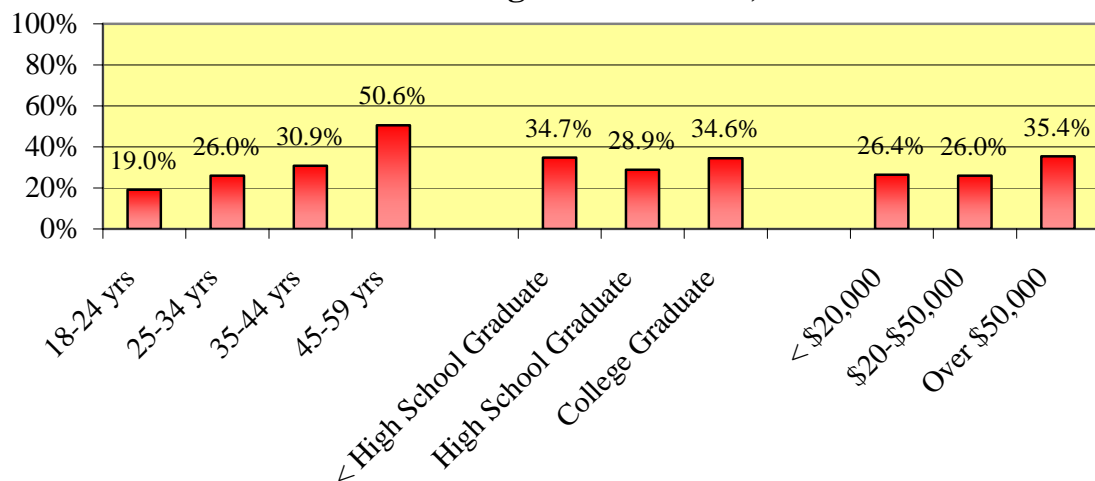
**Question:** Are you or your partner/husband/wife doing anything now to keep you/her from getting pregnant? (Question is asked if females are in the 18 – 44 years age group or males are aged between 18 – 59 years).

**At Risk:** Heterosexual adults who reported that they are not doing anything to prevent pregnancy are considered at risk.

### Who is at risk in Maryland?

- ❖ Almost one in three heterosexual adults (31.4%), including women in the 18 to 44 years age group and men aged 18 to 59 years, are not doing anything to prevent pregnancy.
- ❖ About one in five Marylanders in the 18 to 24 years age group reported not using any birth control.
- ❖ Maryland adults who are high school graduates were the least likely to use birth control when compared to adults with no high school diploma or college education.
- ❖ Adults from higher income households were the least likely to use birth control methods.

**Percent of Maryland Women (18-44 yrs) & Men (18-59 yrs) Who Are Not Using Birth Control, 2002**




---

<sup>7</sup> Finkelstein, E.A., Fiebelkorn, I.C. & Wang, G. 'State level estimates of annual medical expenditures attributable to obesity' Obesity Research, Vol.12 No.1 January 2004

# FLU SHOT

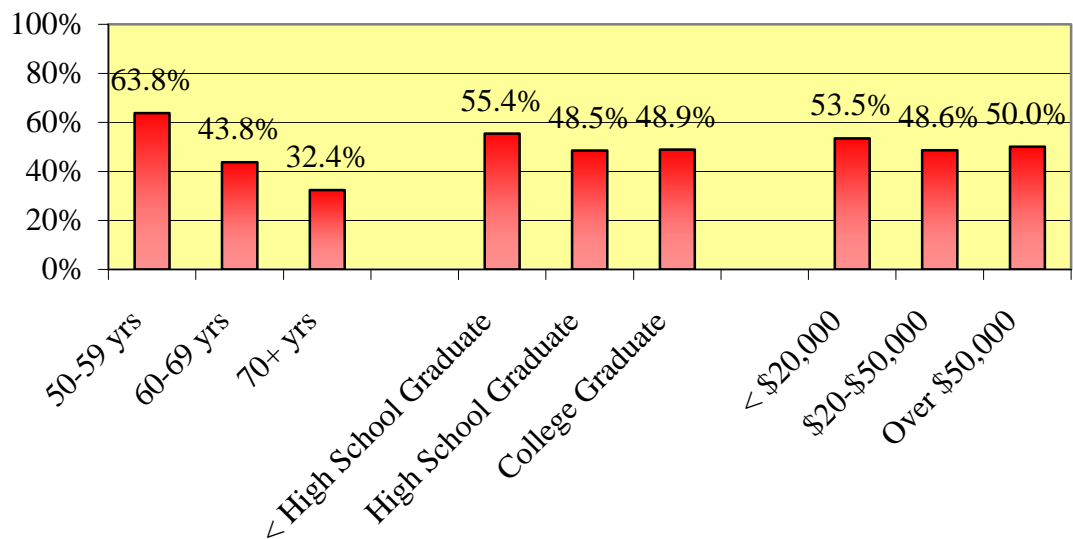
**Question:** In the past twelve months, have you had a flu shot?

**At Risk:** Adults aged 50 years or older who did not receive a flu shot in the past twelve months are considered at risk.

## Who is at risk in Maryland?

- ❖ Almost one in two Marylanders (49.5%) aged 50 years and over reported that they did not have a flu shot in the past twelve months.
- ❖ While older Marylanders were more likely to have a flu shot than their younger counterparts, about one in three adults aged 70 years and over still had not had a flu shot in the past twelve months.
- ❖ Adults who didn't complete high school were less likely to have flu shots than those who were high school or college graduates.
- ❖ Adults from low-income households were also less inclined to have a flu shot.

**Percent of Maryland Adults ( 50+ yrs)  
Who Did Not Have a Flu Shot In The Past Year,**



# MAMMOGRAM

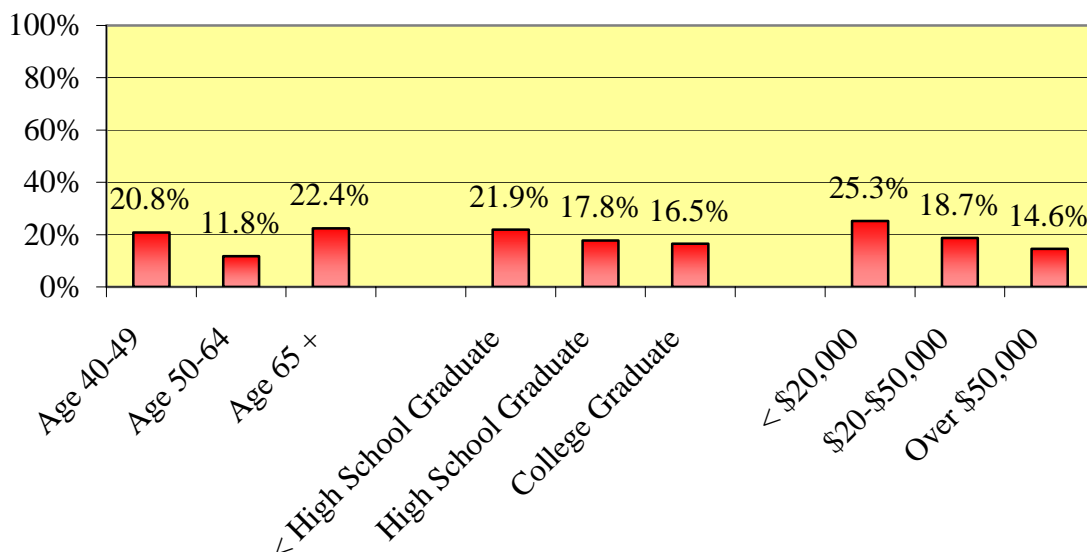
**Question:** A mammogram is an X-ray of each breast to look for breast cancer. Have you ever had a mammogram? (Question is asked if women is 40 years or older).

**At Risk:** Women aged 40 years and over who never had a mammogram or those who did not have a mammogram in the last 2 years are considered at risk.

## Who is at risk in Maryland?

- ❖ About eighteen percent of Maryland women aged 40 years or older reported that they have not had a mammogram within the last two years. Of these women, eight percent indicated that they have never had a mammogram.
- ❖ There was no substantial difference in the likelihood of Maryland White or African American women getting a mammogram. During 2002, for every 100 White women, about 8 indicated that they have never had a mammogram. The equivalent figure for African American women residing in Maryland was 7 per 100.
- ❖ Women aged 65 years or older or those with less education or come from low-income families were the least likely to have had a mammogram in the last two years.

### Percent of Maryland Women (40+ yrs) Who Did Not Have A Mammogram In The Last 2 Years, 2002



# PAP SMEAR TEST

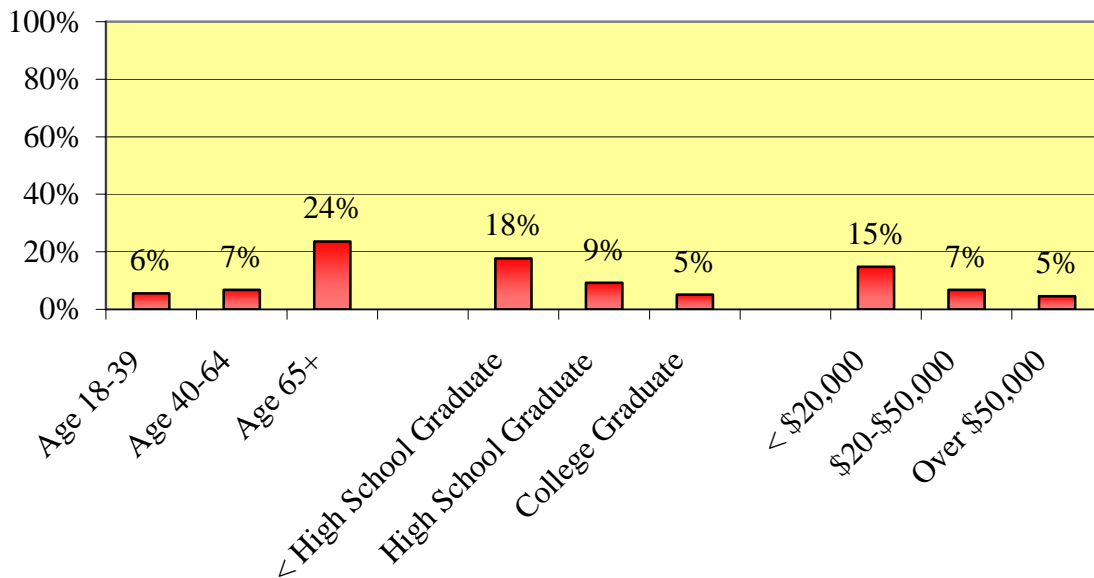
**Question:** A Pap smear is a test for cancer of the cervix. Have you ever had a Pap smear?

**At Risk:** Women who reported that they have not had a Pap smear test within the last three years are considered at risk.

## Who is at risk in Maryland?

- ❖ About eight percent of women reported that they have not had a Pap smear test within the last three years.
- ❖ Older women or women with less education or from low income households were more likely to report that they have not had a Pap Smear test within the last three years.
- ❖ During 2002, almost one in four women aged 65 years and over reported that they have not had a pap smear within the last three years.
- ❖ For every 100 adults who did not complete high school, eighteen reported that they have not had a Pap Smear test within the last three year, while only nine per 100 adults with a high school diploma and five per 100 adults with a college degree reported so.

**Percent of Maryland Women Who Did Not Have a Pap Smear Test In The Last 3 Years, 2002**



# ORAL HEALTH

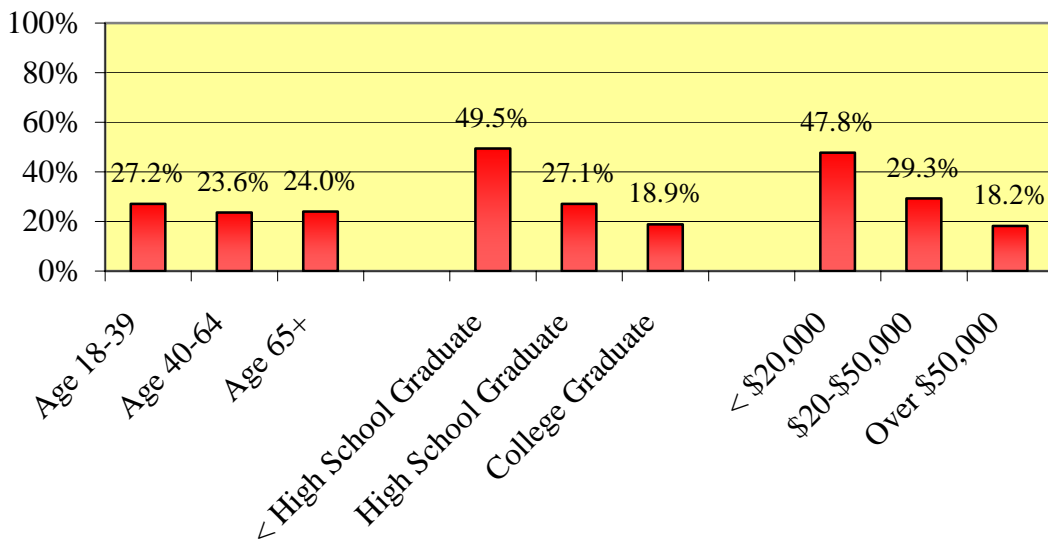
**Question:** How long has it been since you last had your teeth cleaned by a dentist or dental hygienist?

**At Risk:** Adults who answered ‘more than 1 year’ or ‘never’ are considered at risk.

## Who is at risk in Maryland?

- ❖ One in four Marylanders (25.2%) reported that they either never had their teeth cleaned or that it has been more than a year since they last had their teeth cleaned by a dentist or dental hygienist. Of these individuals, about 1% reported that they have never had their cleaned professionally.
- ❖ Adults with less education or from low-income families were less likely to have their teeth cleaned professionally.
- ❖ About half of all adults who did not complete high school reported that it has been more than a year since they had their teeth cleaned professionally.
- ❖ Similarly, almost half of those whose household income was less than \$20,000 reported that they have not had their teeth cleaned by a dentist or a dental hygienist in the past year.

### Percent of Maryland Adults Who Did Not Have Their Teeth Professionally Cleaned In The Past Year, 2002



# PROSTATE CANCER SCREENING

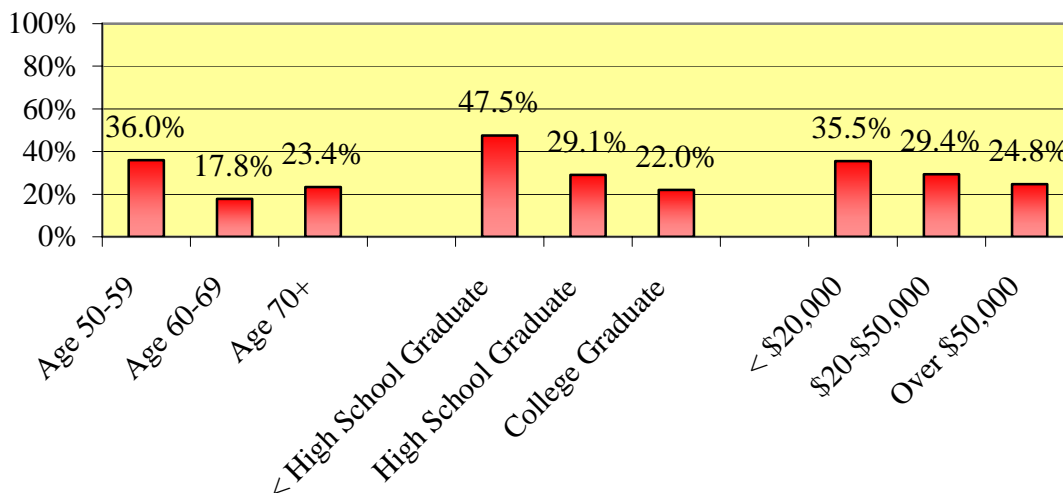
**Question:** A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. Have you ever had a PSA test?

**At Risk:** Men 50 years and older who did not have a PSA test within the last 2 years are considered at risk.

## Who is at risk in Maryland?

- ❖ An estimated twenty-seven percent of men aged 50 years and older reported that they have not had a PSA test within the last two years. Of these men, approximately 17 percent indicated that they have never had a PSA test.
- ❖ Men in the 50 to 59 years age group, men with no college education or from low-income families were the least likely to have had a PSA test within the last two years.
- ❖ In Maryland, White men aged 50 years and over are less likely than African American men to have a PSA test. During 2002, 7 in 10 White men versus 8 in 10 African American men indicated that they have had a PSA test within the last two years.

**Percent of Maryland Men (50+ yrs) Who Did Not Have A PSA Test In The Last 2 Years, 2002**



# COLORECTAL CANCER SCREENING

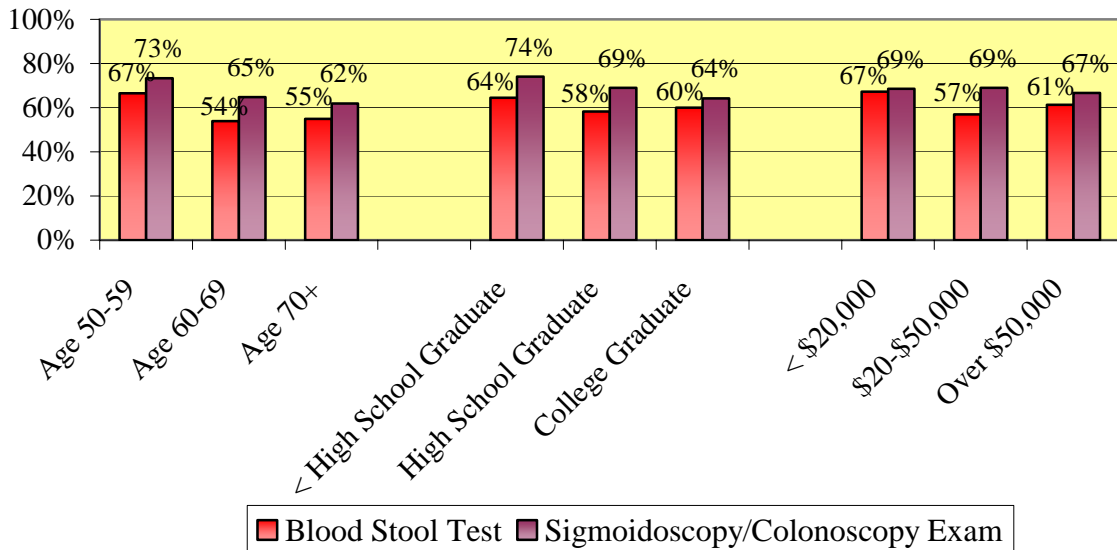
**Question:** Have you had a blood stool test using a home kit in the last 2 years?  
 Have you had a Sigmoidoscopy or Colonoscopy exam in the last 2 years?

**At Risk:** Adults aged 50 years or older who reported that they have not had a blood stool test using a home kit or they have not had a Sigmoidoscopy or Colonoscopy exam are considered at risk.

## Who is at risk in Maryland?

- ❖ While about 60 percent of adults aged 50 years or older reported that they have not undertaken a blood stool test for colorectal cancer within the last two years, about 68 percent indicated that they have not had a Sigmoidoscopy or Colonoscopy exam within the last two years.
- ❖ Adults in the 50 to 59 years age group or those with no high school education were the least likely to have a blood stool test or a Sigmoidoscopy or Colonoscopy for colorectal cancer screening.

**Percent Of Maryland Adults (50 + yrs) Who Did Not Have Colorectal Cancer Screening Within The Last 2 Years, 2002**



# HEALTH BEHAVIOR RISK FACTORS

## ALCOHOL CONSUMPTION

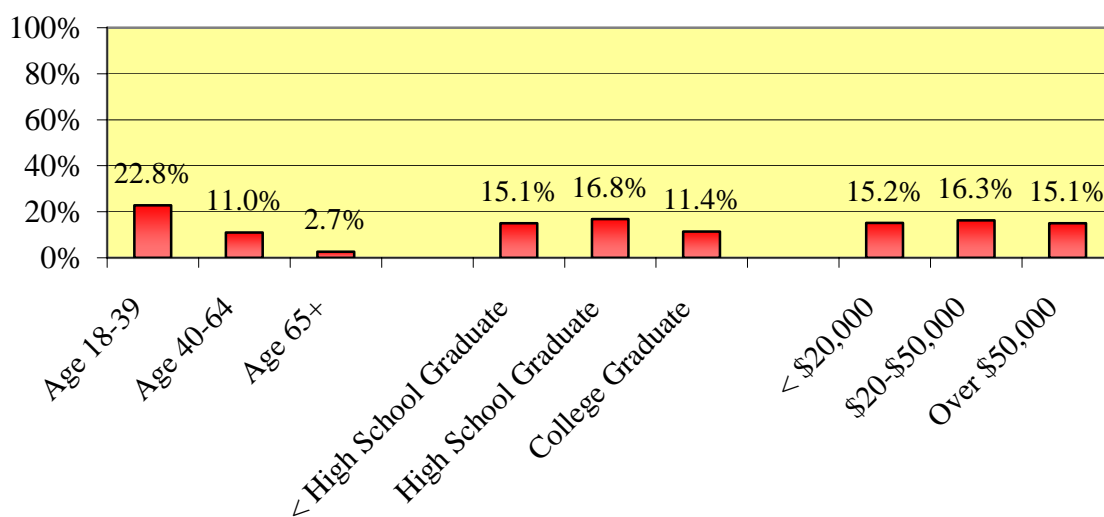
**Question:** Considering all types of alcoholic beverages, how many times during the past month did you have five or more drinks on one occasion?

**At Risk:** Adults reporting drinking at least five alcoholic beverages on one occasion in the past month are considered at risk.

### Who is at risk in Maryland?

- ❖ About fifteen percent of Marylanders are at risk of binge drinking.
- ❖ Younger adults or those with no college education are more inclined to have had five or more alcoholic beverages on one occasion in the last month.
- ❖ During 2002, three in ten adults in the 18 to 24 years age group reported having more than five drinks on one occasion.
- ❖ In Maryland, White residents are more likely to be binge drinkers than African Americans. While almost 1 in 6 White residents reported drinking more than five drinks on one occasion, 1 in 10 African Americans were identified as binge drinkers.

### Percent of Maryland Adults Who Are Binge Drinkers, 2002



# FRUITS AND VEGETABLES CONSUMPTION

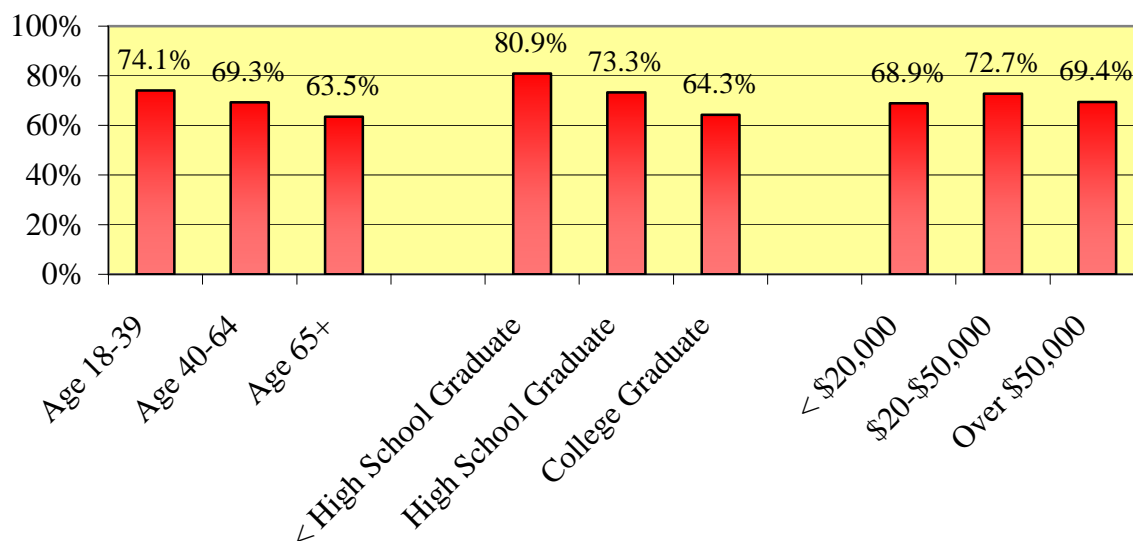
**Question:** How many servings of vegetables or fruits do you usually eat per day?

**At Risk:** Adults who answered 'Less than 5 times'<sup>8</sup> or 'Never' are considered at risk.

## Who is at risk in Maryland?

- ❖ 70% of Marylanders eat less than five servings of fruits or vegetables a day.
- ❖ Younger adults or those with less education were less likely to consume the recommended number of servings of fruits and vegetables.
- ❖ Individuals whose household income was between \$20,000 and \$50,000 were most likely to consume the recommended five servings of fruits and vegetables daily.
- ❖ In Maryland, White residents are slightly more likely to consume the recommended servings of fruits and vegetables than African Americans. During 2002, 30 per 100 White residents reported that they have 5 or more servings of fruits and vegetables daily, the equivalent figure for African Americans was 27 per 100 people.

**Percent of Maryland Adults Who Consume  
<5 Servings of Fruits and Vegetables A Day, 2002**



<sup>8</sup> The National Health Institute recommends 5 or more servings of fruits and vegetables every day for better health. Information available at <http://5aday.gov/index-about.shtml>. Accessed January 30, 2004.

# FIREARM POSSESSION

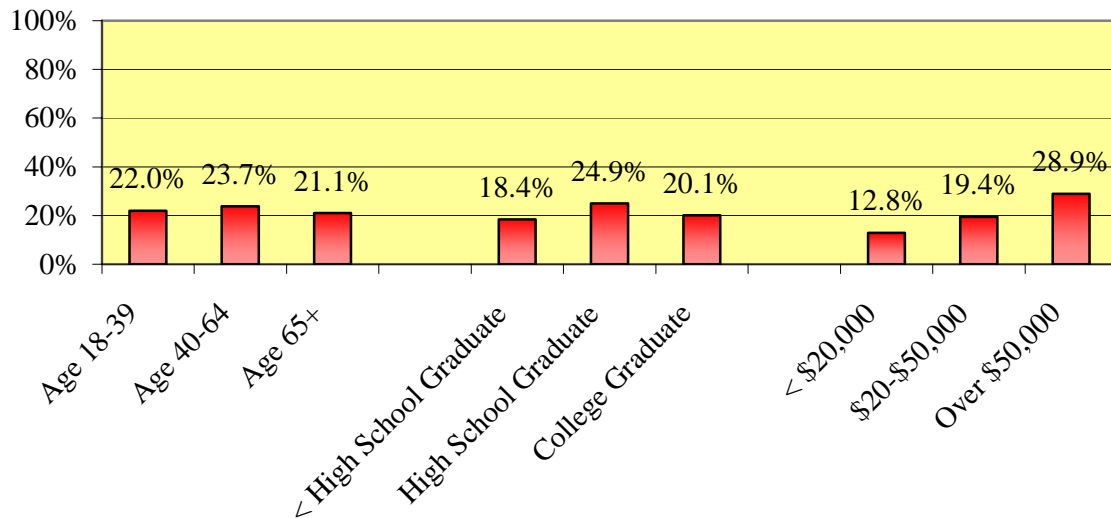
**Question:** Are any firearms<sup>9</sup> now kept in or around your home? Include those kept in a garage, outdoor storage area, car, truck, or other motor vehicle.

**At Risk:** Individuals living in homes with firearms are considered at risk.

## Who is at risk in Maryland?

- ❖ About twenty-three percent of Maryland households have firearms kept in or around the home.
- ❖ Wealthier Marylanders are more like than their counterparts to have firearms around the house.
- ❖ While White respondents (28.2%) were more likely to report that they have firearms around the house than African American respondents (11.9%), African American respondents were more likely to report that their firearms are loaded.
- ❖ Of those White respondents who reported that they have firearms around the house, 14 per 100 households reported that their firearm(s) are loaded. The equivalent figure for African Americans was 34 per 100 households.

## Percent of Maryland Households With Firearms Kept In or Around The Home, 2002



<sup>9</sup> Firearms are weapons such as pistols, shotguns and rifles; but not BB guns, starter pistols, or guns that cannot fire.

# JOB ACTIVITY

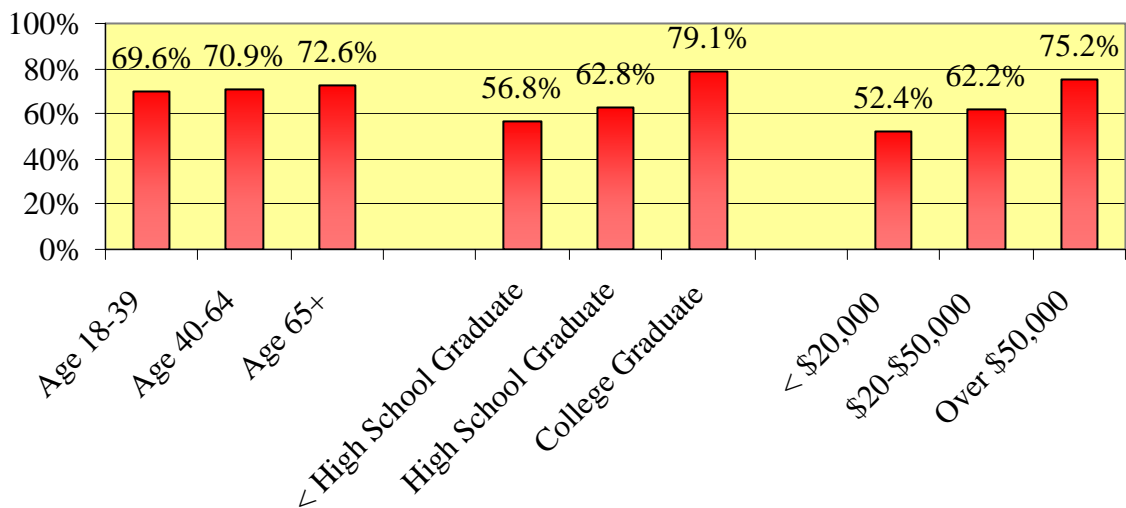
**Question:** When you are at work, do you ‘mostly sit or stand’, ‘mostly walk’, ‘mostly do heavy labor or physically demanding work’?

**At Risk:** Respondents indicated that they ‘mostly sit or stand’ at work are considered at risk.

## Who is at risk in Maryland?

- ❖ As our workplaces become more technologically advanced, we have become less active on the job. During 2002, seven in ten Marylanders (70.4%) were engaged in job activities that mostly involved sitting or standing. This suggests a compelling need for physical activity workplace or leisure time initiatives.
- ❖ Individuals with higher levels of education or income are more likely to have jobs that involve mostly sitting or standing.
- ❖ In Maryland, White residents are more likely than African Americans to engage in job activities which involve mainly sitting, or standing. During 2002, 72 per 100 White residents reported that their job involves mostly sitting or standing, while 69 per 100 African Americans reported that they mostly sit or stand on the job.

### Percent of Maryland Adults Who Mostly Sit or Stand On The Job, 2002



# PHYSICAL ACTIVITY

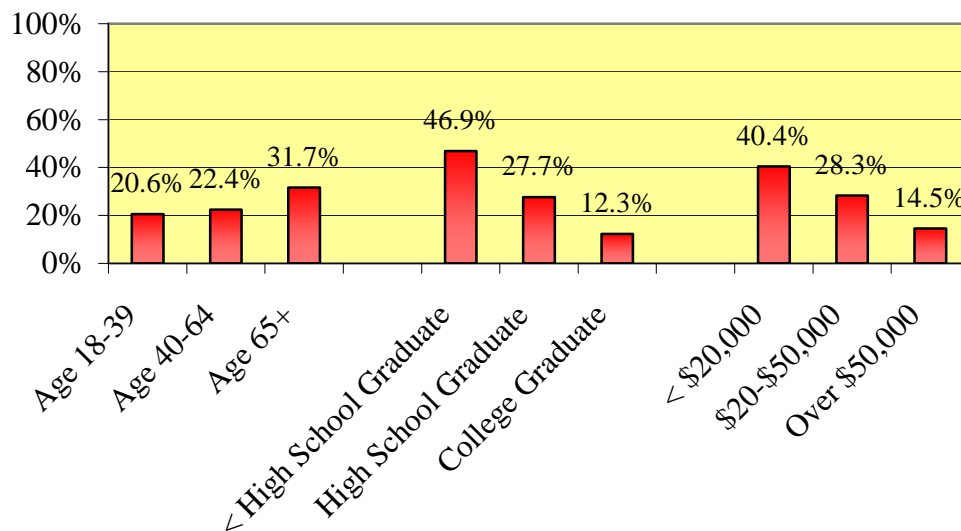
**Question:** During the past 30 days, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise?

**At Risk:** Adults who do not participate in any physical activity or exercise during the last 30 days are considered at risk.

## Who is at risk in Maryland?

- ❖ About twenty-three percent of Marylanders have not participated in any physical activities or exercises during the past month.
- ❖ Older respondents, individuals with less education or those with low income are less likely to be physical active in the last month.
- ❖ Almost half (47%) of Marylanders without a high school diploma reported that they did not participate in any physical activity or exercise during the past 30 days. The equivalent figures for adults with a high school diploma and those with college education were 28 per 100 and 12 per 100 respectively.
- ❖ 40.4% of Marylanders whose household income was less than \$20,000 did not take part in regular physical activity in the past 30 days, compared to 14.5% of Maryland adults whose household income was greater than \$50,000.

**Percent of Maryland Adults Who Did Not Participate in Any Physical Activities During The Last 30 Days, 2002**



# TOBACCO USE

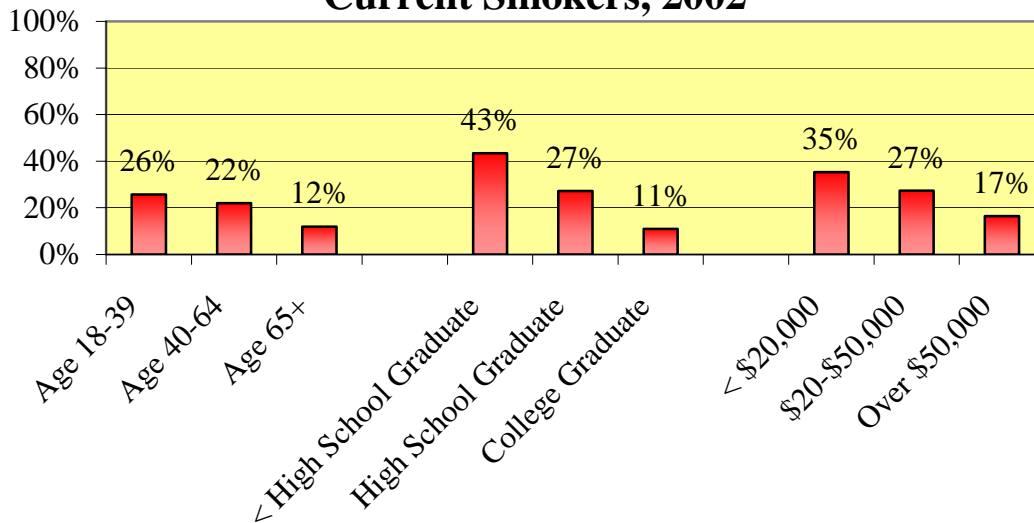
**Question:** If you have smoked at least 100 cigarettes in your entire life, are you now smoking everyday, some days, or not at all?

**At Risk:** Adults who smoke ‘everyday’ or ‘some days’ are considered at risk.

## Who is at risk in Maryland?

- ❖ Twenty-two percent of Marylanders are current smokers.
- ❖ Younger adults, individuals who have less education or those with low income are more likely to be at risk of tobacco-related illnesses.
- ❖ In Maryland, almost 1 in 4 African Americans and 1 in 5 White residents reported that they are current smokers.

**Percent of Maryland Adults Who Are Current Smokers, 2002**



# SMOKING CESSATION

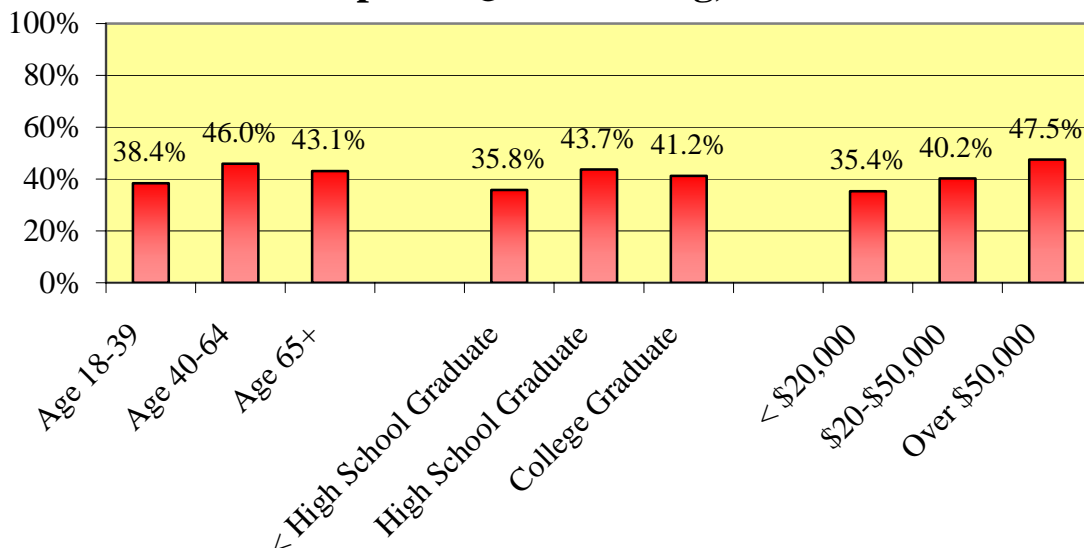
**Question:** During the past 12 months, have you quit smoking for one day or longer?

**At Risk:** Current smokers<sup>10</sup> reporting that they have made no attempt to quit smoking in the past year are considered at risk.

## Who is at risk in Maryland?

- ❖ In Maryland, forty-two percent of current smokers have made no attempt to give up smoking in the past year.
- ❖ Older respondents or those with high income were less likely to make an effort to quit smoking in the last year.
- ❖ In Maryland, about half of White respondents classified as ‘current smokers’ reported that they have tried to quit smoking for at least one day in the past year. Over two-thirds of current African American smokers indicated that they have attempted to quit smoking in the past year.
- ❖ In 2000, approximately 23.3% of American adults were current smokers compared with 25.0% in 1993. Nationally, an estimated 70% of smokers said they wanted to quit, and 41% had tried to quit during the preceding year<sup>11</sup>.

**Percent of Current Smokers Who Have Made No Attempt To Quit Smoking, 2002**



<sup>10</sup> Current smokers are adults who reported to have smoked at least 100 cigarettes, and are currently smoking every day or some days.

<sup>11</sup> CDC. Cigarette smoking among adults---United States, 2000. MMWR 2001;51:642--45

# GENDER DIFFERENCES

---

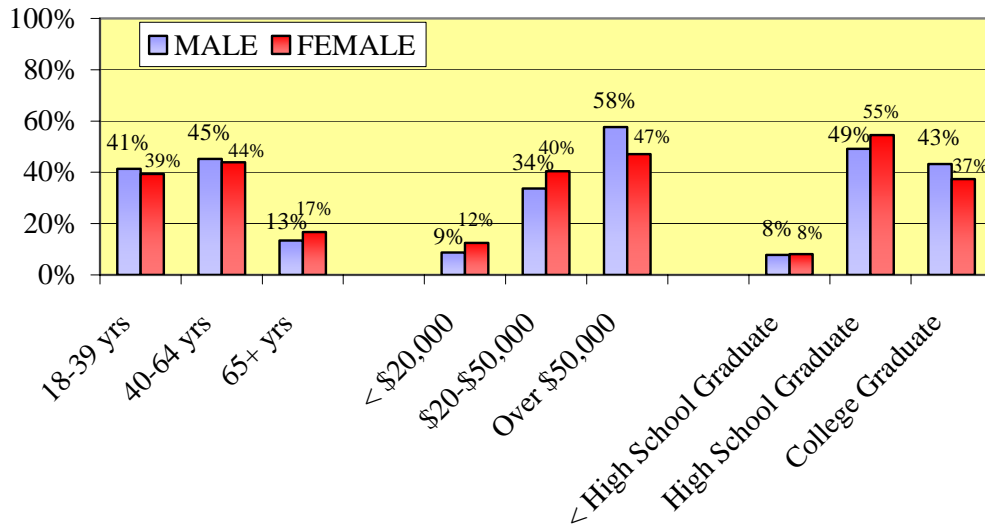
## DEMOGRAPHIC CHARACTERISTICS

Although the proportions of men and women in the 18 to 39 years age group are almost similar, there are more women residing in Maryland than there are men.

Women were more likely to report that their household income was between \$20,000 and \$50,000, while men were more inclined to report a higher household income range.

On the whole, similar proportions of women and men reported that they did not complete high school. However, women more were likely to be high school graduates, while there were more men with college educations.

**Demographic Characteristics**

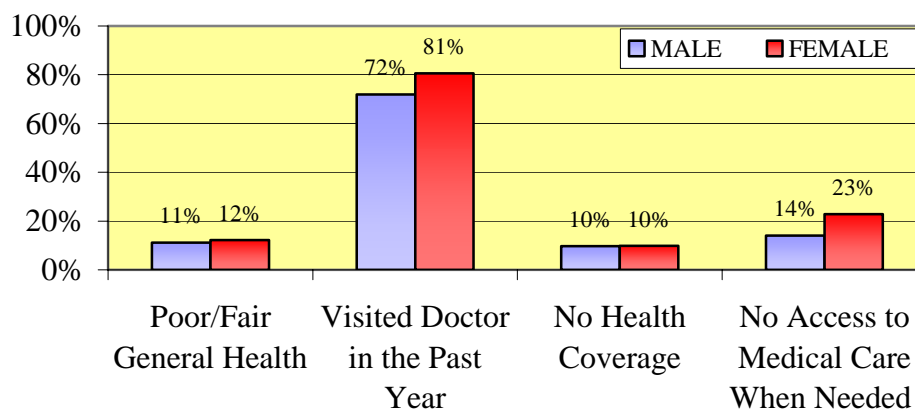


# RISK FACTORS

## HEALTH CARE

When compared to men, there were no substantial differences in the proportions of women reporting poor or fair general health, or those without health care coverage. However, while women were more likely than men to have visited a doctor in the past year, women were less likely to have access to medical care when needed.

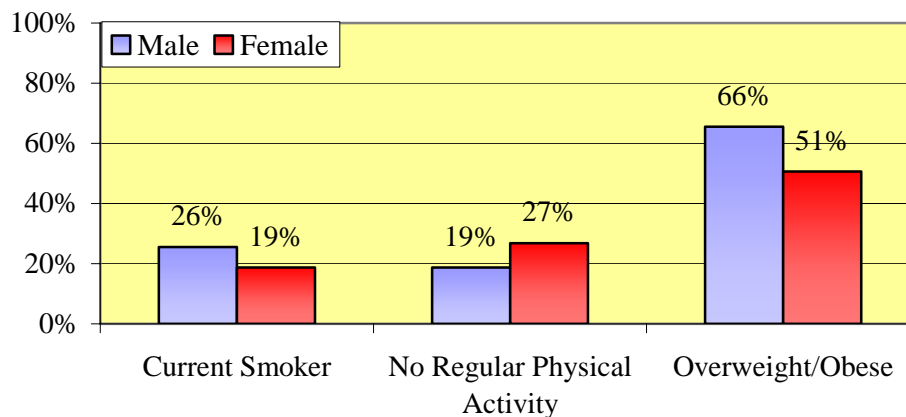
### Health Care



## HEALTH BEHAVIOR

Men were more likely than women to be at risk for smoke-related illnesses. While men were more likely to be overweight or obese, women tended to be less physically active.

### Health Behaviors

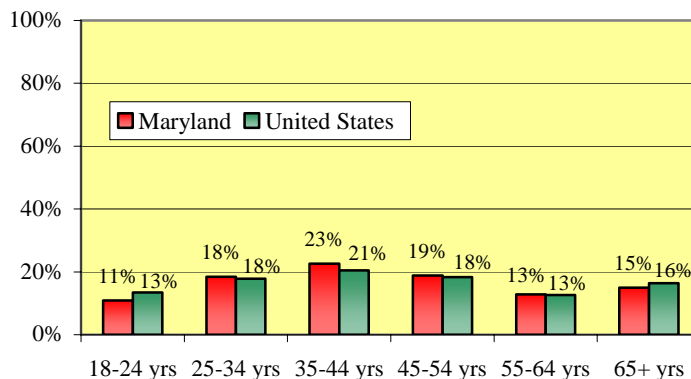


# MARYLAND VS UNITED STATES

## DEMOGRAPHIC CHARACTERISTICS

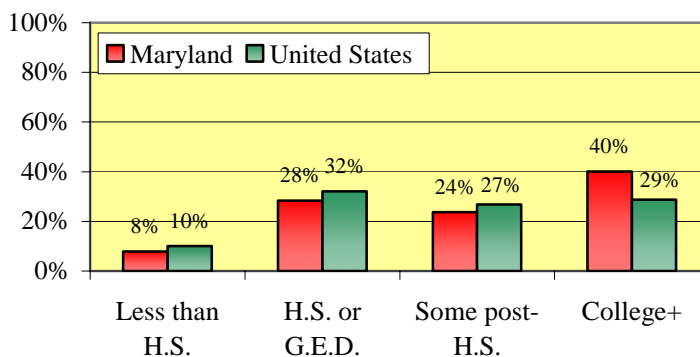
### Age

Compared to the rest of the nation, there are slightly more Marylanders in the 35 to 44 years age group and fewer Marylanders aged 18 to 24 years.



Age

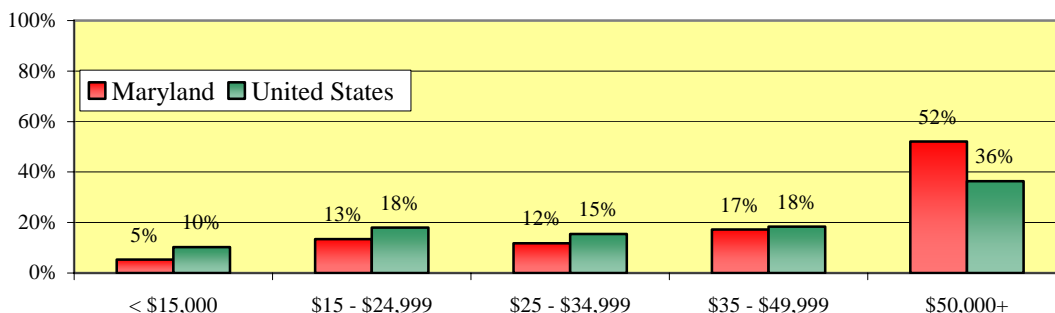
### Education



### Education

Marylanders are more educated than the rest of the nation. The proportion of Maryland adults with college education or higher exceeds the national median.

### Income



### Income

Marylanders are generally wealthier than the rest of the nation. There is a substantially larger proportion of Maryland adults reporting household incomes greater than \$50,000 when compared to the national median.

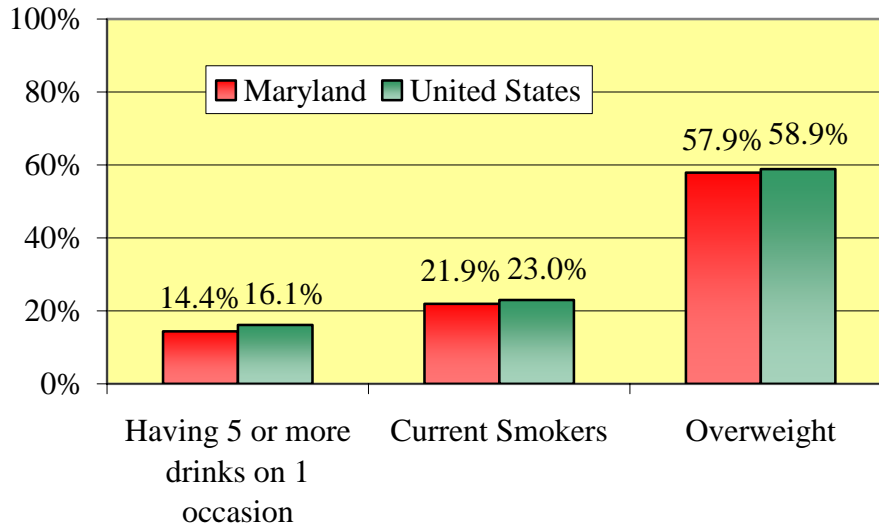
Source: National Center for Chronic Disease Prevention & Health Promotion (CDC) 'Behavioral Risk Factor Surveillance System - Risk Factors and Calculated Variables', available from <http://apps.nccd.cdc.gov/brfss/>

# RISK FACTORS

Compared to the United States, Marylanders are a less likely to be binge drinkers.

Maryland is also slightly below the national median in terms of number of adults who are current smokers or are classified as overweight<sup>12</sup>.

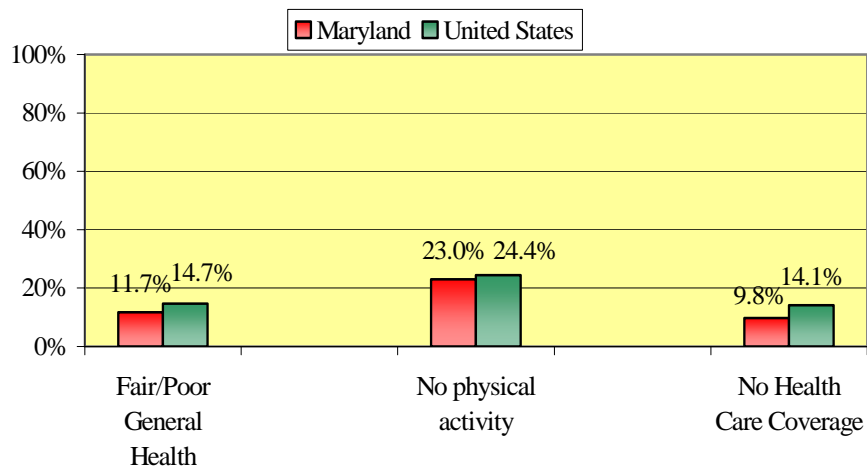
## Health Behaviors



Source: National Center for Chronic Disease Prevention & Health Promotion (CDC) 'Behavioral Risk Factor Surveillance System - Risk Factors and Calculated Variables', available from <http://apps.nccd.cdc.gov/brfss/>

Fewer Marylanders reported fair or poor general health or that they do not have health insurance when compared to the rest of the nation. Additionally, Marylanders are also slightly more physically active when compared to the national median.

## Health Care



Source: National Center for Chronic Disease Prevention & Health Promotion (CDC) 'Behavioral Risk Factor Surveillance System - Risk Factors and Calculated Variables', available from <http://apps.nccd.cdc.gov/brfss/>

<sup>12</sup> NHANES II definition of overweight - BMI GE 27.8 in Men and GE 27.3 in women

# APPENDIX

---

## 2002 SURVEY INSTRUMENT

The following questions were asked of over 4,500 Marylanders through telephone surveys during 2002. The interviews were scripted and included complete notes and instructions related to skipping certain questions and providing multiple-choice options. Interested persons may obtain a complete copy of the script from Maryland Department of Health and Mental Hygiene's Center for Preventive Health Services. Please contact Helio Lopez at 410-767-5159.

### **Section 1: Health Status**

1.1. Would you say that in general your health is excellent, very good, good, fair, or poor?

### **Section 2: Health Care Access**

2.1. Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?

2.2. Do you have one person you think of as your personal doctor or health care provider?

2.3. When you are sick or need advice about your health, to which one of the following places do you usually go? A doctor's office, a public health clinic or community health center, a hospital outpatient department, a hospital emergency room, an urgent care center, or some other kind of place.

2.4. Was there a time in the past 12 months when you needed medical care, but could not get it?

What is the main reason you did not get medical care? Cost, distance, office wasn't open when I could get there, too long a wait for an appointment, too long a wait in waiting room, no child-care, no transportation, no access for people with disabilities, or the medical provider didn't speak my language.

### **Section 3: Exercise**

3.1. During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

### **Section 4: Fruits & Vegetables**

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

4.2. Not counting juice, how often do you eat fruit?

4.3. How often do you eat green salad?

4.4. How often do you eat potatoes not including french fries, fried potatoes, or potato chips?

4.5. How often do you eat carrots?

Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat?

### **Section 5: Asthma**

5.1. Have you ever been told by a doctor, nurse or other health professional that you had asthma?

Do you still have asthma?

### **Section 6: Diabetes**

6.1. Have you ever been told by a doctor that you have diabetes?

If “Yes” and female, was this only when you were pregnant?

### **Section 7: Oral Health**

7.1. How long has it been since you last visited a dentist or a dental clinic for any reason?

7.2. 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.

7.3. How long has it been since you had your teeth cleaned by a dentist or dental hygienist?

### **Section 8: Immunization**

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

8.2. At what kind of place did you get your last flu shot?

8.3. Have you ever had a pneumonia shot? This shot is usually given only once or twice in a person’s lifetime and is different from the flu shot. It is also called the pneumococcal vaccine.

### **Section 9: Tobacco Use**

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

9.2. Do you now smoke cigarettes every day, some days, or not at all?

During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?

## **Section 10: Alcohol Consumption**

10.1. A drink of alcohol 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. During the past 30 days, how often have you had at least one drink of any alcoholic beverage?

10.2. On the days when you drank, about how many drinks did you drink on the average?

10.3. Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on an occasion?

During the past 30 days, how many times have you driven when you've had perhaps too much to drink?

## **Section 11: Use of Seatbelts**

How often do you use seatbelts when you drive or ride in a car?

## **Section 12: Demographics**

12.1. What is your age?

12.2. Are you Hispanic or Latino?

12.3. Which one or more of the following would you say is your race?

White  
Black or African American  
Asian  
Native Hawaiian or Other Pacific Islander  
American Indian, Alaska Native, or  
Other

12.4. Which one of these groups would you say best represents your race?

White  
Black or African American  
Asian  
Native Hawaiian or Other Pacific Islander  
American Indian, Alaska Native, or  
Other

12.5. Are you married, divorced, widowed, separated, never married, or a member of an unmarried couple?

12.6. How many children less than 18 years of age live in your household?

12.7. What is the highest grade or year of school you completed?

12.8. Are you currently:

Employed for wages  
Self-employed  
Out of work for more than 1 year  
Out of work for less than 1 year  
A Homemaker  
A Student  
Retired, or  
Unable to work

12.9. What is your annual household income from all sources?

12.10. About how much do you weigh without shoes?

12.11. About how tall are you without shoes?

12.12. What county do you live in?

12.13. Do you have more than one telephone number in your household? Do not include cell phones or numbers that are only used by a computer or fax machine.

12.14. How many of these are residential numbers?

12.15. Indicate sex of respondent.

To your knowledge, are you now pregnant?

### **Section 13: Family Planning**

These questions are asked of females, 18-44 years of age, and males, 18-59 years of age.

13.1. Are you or your partner doing anything now to keep you or your partner from getting pregnant? Some things people do to keep from getting pregnant include not having sex at certain times, using birth control methods such as the pill, Norplant, shots or Depo-provera, condoms, diaphragm, foam, IUD, having their tubes tied, or having a vasectomy.

13.2. What are you or your partner doing now to keep you or your partner from getting pregnant?

13.3. What other method are you also using to prevent pregnancy?

13.4. *If female*, What is your main reason for not doing anything to keep you from getting pregnant?

*If male*, What is your main reason for not doing anything to keep your partner from getting pregnant?

## **Section 14: Women's Health**

These questions are asked of females.

- 14.1. A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?
- 14.2. How long has it been since you had your last mammogram?
- 14.3. 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?
- 14.4. How long has it been since your last breast exam?
- 14.5. A Pap smear is a test for cancer of the cervix. Have you ever had a Pap smear?
- 14.6. How long has it been since you had your last Pap smear?

Have you had a hysterectomy?

## **Section 15: Prostate Cancer Screening**

These questions are asked of males.

- 15.1. A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. Have you ever had a PSA test?
- 15.2. How long has it been since you had your last PSA test?
- 15.3. A digital rectal exam is an exam in which a doctor, nurse or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. Have you ever had a digital rectal exam?
- 15.4. How long has it been since your last digital rectal exam?

Have you ever been told by a doctor, nurse or other health professional that you had prostate cancer?

## **Section 16: Colorectal Cancer Screening**

These questions are asked of respondents 49 years of age or older.

- 16.1. 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?
- 16.2. How long has it been since you had your last blood stool test using a home kit?
- 16.3. Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the bowel for signs of cancer or other health problems. Have you ever had either of these exams?

How long has it been since you had your last sigmoidoscopy or colonoscopy?

## Section 17: HIV/AIDS

These questions are asked of respondents 64 years old or younger.

17.1. A pregnant woman with HIV can get treatment to help reduce the chances that she will pass the virus on to her baby. True or False

17.2. There are medical treatments available that are intended to help a person who is infected with HIV to live longer. True or False

17.3. How important do you think it is for people to know their HIV status by getting tested? Very important, somewhat important, or not at all important.

17.4. Have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation.

17.5. Not including blood donations, in what month and year was your last HIV test?

17.6. I am going to read you a list of reasons why some people have been tested for HIV. Not including blood donations, which of these would you say was the MAIN reason for your last HIV test?

It was required

Someone suggested you should be tested

You thought you may have gotten HIV through sex or drug use

You just wanted to find out whether you had HIV

You were worried that you could give HIV to someone

*If Female:* You were pregnant

It was done as part of a routine medical check-up, or

You were tested for some other reason

17.7. Where did you have your last HIV test—at a private doctor or HMO office, at a counseling and testing site, at a hospital, at a clinic, in a jail or prison, at home, or somewhere else?

17.8. I'm going to read you a list. When I'm done, please tell me if any of the situations apply to you. You don't need to tell me which one.

You have used intravenous drugs in the past year

You have been treated for a sexually transmitted or venereal disease in the past year

You have given or received money or drugs in exchange for sex in the past year

You had anal sex without a condom in the past year

Do any of these situations apply to you?

17.9. In the past 12 months has a doctor, nurse or other health professional talked to you about preventing sexually transmitted diseases through condom use?

## **Section 18: Firearms**

18.1. Are any firearms kept in or around your home?

18.2. Are any of these firearms now loaded?

Are any of these loaded firearms also unlocked? By “unlocked” we mean you do not need a key or combination to get the gun or to fire it. We don’t count a safety as a lock.

## **Module 1: Diabetes**

These questions are asked of respondents that have already answered affirmative to questions 6.1 “Have you ever been told by a doctor that you have diabetes?”

1.1. How old were you when you were told you have diabetes?

1.2. Are you now taking insulin?

1.3. Are you now taking diabetes pills?

1.4. 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.

1.5. About how often do you check your feet for any sores or irritations? Include times when checked by a family member or friend, but do not include times when checked by a health professional.

1.6. Have you ever had any sores or irritations on your feet that took more than four weeks to heal?

1.7. About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?

1.8. A test for hemoglobin "A one C" measures the average level of blood sugar over the past three months. About how many times in the past 12 months has a doctor, nurse, or other health professional checked you for hemoglobin "A one C"?

1.9. About how many times in the past 12 months has a health professional checked your feet for any sores or irritations?

1.10. 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.

1.11. Has a doctor ever told you that diabetes has affected your eyes or that you had retinopathy?

1.12. Have you ever taken a course or class in how to manage your diabetes yourself?

## **Module 4: Physical Activity**

These questions are asked of respondents who are employed or self-employed.

4.1. When you are at work, which of the following best describes what you do?

Would you say:        Mostly sitting or standing  
                              Mostly walking, or  
                              Mostly heavy labor or physically demanding work

4.2. Now, thinking about the moderate physical activities you do in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate?

4.3. How many days per week do you do these moderate activities for at least 10 minutes at a time?

4.4. On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

4.5. Now thinking about the vigorous physical activities you do when you are not working in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?

4.6. How many days per week do you do these vigorous activities for at least 10 minutes at a time?

4.7.1. On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

## **Module 7: Health Care Coverage and Utilization**

7.1. About how long has it been since you last visited a doctor for a routine checkup?

7.2. What is the main reason you are without health care coverage?

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

## **Module 12: Weight Control**

12.1. Are you now trying to lose weight?

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

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

12.4. Are you using physical activity or exercise to lose weight? Or keep from gaining weight?

- 12.5. How much would you like to weigh?
- 12.6. In the past 12 months, has a doctor, nurse or other health professional given you advice about your weight?

### **Module 16: Arthritis Module**

- 16.1 The next questions refer to your joints. Please do not include the back or neck. During the past 30 days, have you had any symptoms of pain, aching, or stiffness in or around a joint?
- 16.2 Did your joint symptoms first begin more than 3 months ago?
- 16.3 Have you ever seen a doctor or other health professional for these joint symptoms?
- 16.4 Have you ever been told by a doctor or other health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?
- 16.5. Are you now limited in any way in any of your usual activities because of arthritis or joint symptoms?
- 16.6. In this next question we are referring to work for pay. Do arthritis or joint symptoms now affect whether you work, the type of work you do, or the amount of work you do?

### **STATE ADDED MODULES**

#### **Asthma**

MD1\_1. Earlier you said that there were/was [Insert from Core 12.6] children/child under the age of 18 living in your household. How many of these children have/ Has this child been diagnosed with asthma by a health care provider?

MD1\_2. How old is your oldest child who has asthma?

MD1\_3. In the past 12 months, what is the number of school days missed by your oldest child with asthma?

#### **Lead**

MD2\_1. Earlier you said that there were/was children/child under the age of 18 living in your household. Has/Have your child(ren) ever lived or stayed at a home or day care center that was more than 20 years old?

MD2\_2. Has/Have any of your child(ren) had a blood test for lead poisoning?

MD2\_3. Referring to tested children, have you ever been told your child(ren) had an elevated, higher than normal, blood level?

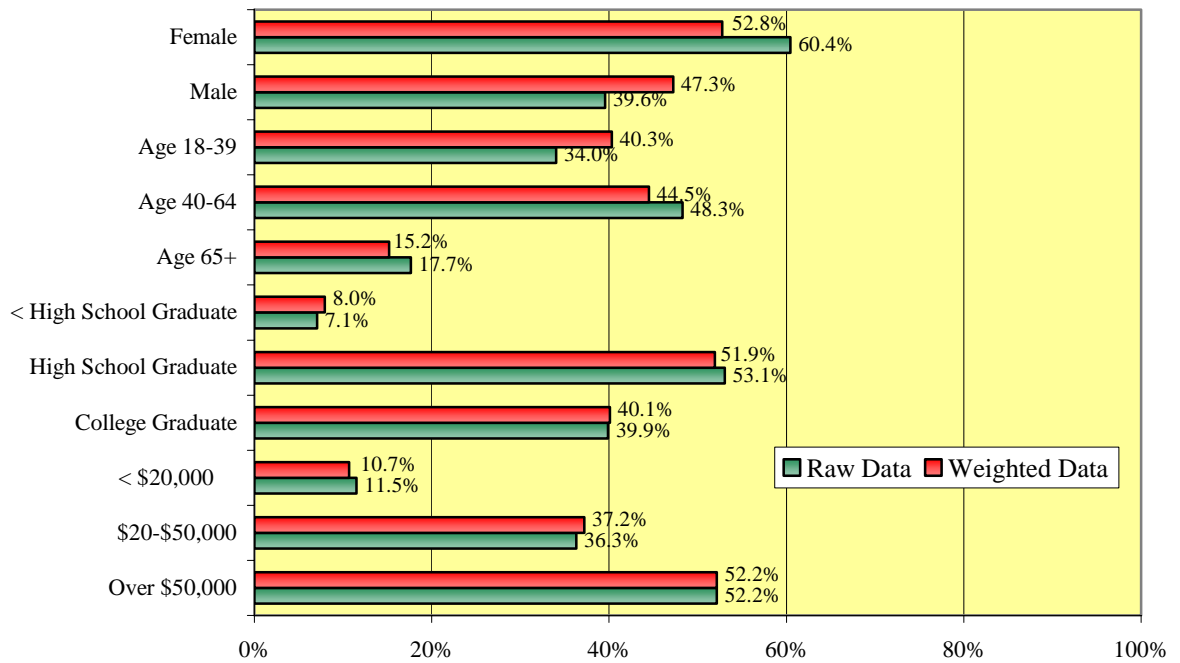
## **Mental Health**

- MD3\_1. In the past 12 months, have you seen anyone about your mental health?
- MD3\_2. Who did you see? Your primary care physician, a psychiatrist, or another mental health professional.
- MD3\_3. In your lifetime, have you ever seen anyone for a mental health problem?
- MD3\_4. Who did you see? Your primary care physician, a psychiatrist, or another mental health professional.
- MD3\_5. At any time in your life, has a physician, psychiatrist, or other mental health professional given you a diagnosis of depression?
- MD3\_6. At any time in your life, have you received treatment for depression?
- MD3\_7. Who provided the treatment?

# ACTUAL VS WEIGHTED DATA

- ❖ The Maryland BRFSS employs a statewide sampling strategy to allow statistically valid inferences to be made about the Maryland population.
- ❖ The weighting method involved:
  - adjustments of the sample proportions of selected demographic characteristics so that they equal the sample proportions in the population.
  - adjustments of the sample surveyed so that it represents the State population.

## Demographic Characteristics



# FOR MORE INFORMATION

Additional information is available to interested persons through the BRFSS website. We recommend that you begin your search at:

**[www.marylandbrfss.org](http://www.marylandbrfss.org)**

The Center for Preventive Health Services can also provide BRFSS information and technical assistance. Please contact:

Helio Lopez, M.S.  
Statistician  
Center for Preventive Health Services  
Phone: 410-767-5159  
Email: [lopezh@dnhm.state.md.us](mailto:lopezh@dnhm.state.md.us)

For additional information related to the national BRFSS, please contact:

Centers for Disease Control and Prevention  
[www.cdc.gov/brfss](http://www.cdc.gov/brfss)

**Maryland Department of Health & Mental Hygiene**  
Family Health Administration  
Center for Preventive Health Services

201 West Preston Street • Baltimore, MD 21201  
Phone: 410-767-5780 • [www.fha.state.md.us/cphs](http://www.fha.state.md.us/cphs)