Appendices

Glossary

Community Health Behavior Survey 2001 Questions

Glossary

Access "According to the Institute of Medicine, 'The timely use of personal health services to achieve the best possible health outcomes.' [3] This definition includes both the use and effectiveness of health services. The concept of access also encompasses physical accessibility of facilities." [4]

Advisory Committee on Immunization Practices (ACIP): "Federally chartered advisory committee with the goals of providing advice to the CDC Director on decreasing disease through the use of vaccines and other biological products and on improving the safety of their use." [4]

AIDS: "Acquired immunodeficiency syndrome, the most severe phase of infection with the human immunodeficiency virus (HIV)." [4]

Asthma: "A lung disease characterized by airway constriction, mucus secretion, and chronic inflammation, resulting in reduced airflow and wheezing, coughing, chest tightness, and difficulty breathing." [4]

Body Mass Index (BMI): "A number that indicates a person's body weight relative to height. BMI is a useful indirect measure of body composition, because it correlates highly with body fat in most people." [4] BMI is calculated by dividing the weight in kilograms by the square of height in meters. A BMI of 20-25 is usually considered normal, 25-30 overweight or pre-obese, and 30 and above obese.

Cancer Screening: "Checking for changes in tissue, cells, or fluids that may indicate the possibility of cancer when there are no symptoms." [4]

Cardiovascular Disease (CVD): "Includes a variety of diseases of the heart and blood vessels, coronary heart disease (coronary artery disease, ischemic heart disease), stroke (brain attack), high blood pressure (hypertension), rheumatic heart disease, congestive heart failure, and peripheral artery disease." [4]

Cholesterol: "A waxy substance that circulates in the bloodstream. When the level of cholesterol in the blood is too high, some of the cholesterol is deposited in the walls of the blood vessels. Over time, these deposits can build up until they narrow the blood vessels, causing atherosclerosis, which reduces the blood flow. The higher the blood cholesterol level, the greater is the risk of getting heart disease. Lowering blood cholesterol reduces the risk of heart disease." [4]

Confidence Interval: A range of values which we can assume, with a specified degree of confidence, includes the actual value in the population. A sample gives an imperfect picture of the population; if we drew many random samples from the same population, the values or point estimates for any given variable would be slightly different each time. This report uses 95% confidence intervals, which means that if we drew many samples, 95% of the time the results would be within the confidence interval. If we say, for example, that 89.3% of respondents had health insurance and the 95% confidence interval is 88.6% – 90.0%, this means that there is a 95% probability that between 88.6% and 90.0% of people in the population have health insurance. When 95% confidence intervals for two or more demographic subgroups of the population are non-overlapping, then it is 95% probable that the difference between the groups that we observe in the sample also exists in the population.

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Diabetes: "A chronic, metabolic disease characterized by high blood glucose levels caused by a deficiency of insulin production, an impairment of insulin action, or both."[1]

Digital Rectal Exam: "An examination of the lower rectum in which the clinician uses a lubricated, gloved finger to evaluate the prostate gland in men and check for other abnormalities or blood in both men and women."[1]

High Blood Pressure: "A systolic blood pressure of 140 mmHg or greater or a diastolic pressure of 90 mmHg or greater. With high blood pressure, the heart has to work harder, resulting in an increased risk of a heart attack, stroke, heart failure, kidney and eye problems, and peripheral vascular disease."[4]

HIV: "Human Immunodeficiency Virus, the virus that causes acquired immunodeficiency syndrome (AIDS)."[1]

Mammogram or Mammography: "An X-ray technique for the breast with the purpose of early detection of breast problems, including cancer."[1]

Mortality: "Death, the irreversible cessation of all of the following: (1) total cerebral function, (2) spontaneous function of respiratory system, and (3) spontaneous function of the circulatory system."[1]

Nicotine Dependency: "Highly controlled or compulsive use, use despite harmful effects, withdrawal upon cessation of use, and recurrent drug craving."[4]

Nutrition: "The set of processes by which nutrients and other food components are taken in by the body and used." [4]

Obesity: "A condition characterized by excessive body fat." [4]

Overweight: "Excess body weight." [4]

Pap Smear/Pap Test: "A screening test for cervical cancer in which cells scraped from a woman's cervix are examined microscopically." [1]

Physical activity: "Bodily movement that is produced by the contraction of skeletal muscle and that substantially increases energy expenditure." [4]

PSA (prostate-specific antigen) test: "A test that measures the level of an enzyme (PSA) in the blood that increases due to diseases of the prostate gland, including prostate cancer." [4]

Prevalence: "The number of existing cases of a condition or disease in a population during a specific period of time. Prevalence measures the burden of a disease/condition." [1]

Primary Care: "According to the Institute of Medicine, 'The provision of integrated, accessible health care services by clinicians who are accountable for addressing a large majority of personal health care needs, developing a sustained partnership with patients, and practicing in the context of family and community." [2]

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Risk: "The probability that an event will occur, e.g. that an individual will become ill or die within a stated period of time or age. Also, a nontechnical term encompassing a variety of measures of the probability of a generally unfavorable outcome." [1]

Risk Factor: "Something that increases a person's chance of developing a disease." [4]

Secondhand Smoke: "A mixture of the smoke exhaled by smokers and the smoke that comes from the burning end of the tobacco product." [4]

Stroke: "An interruption of the flow of blood to the brain. Stroke includes a group of diseases that affect the arteries of the central nervous system. Stroke results when an artery in the brain is either ruptured or clogged by a blood clot (thrombus), a wandering clot (embolus), or atherosclerotic plaque. Nerve cells in the affected part of brain die within minutes, often resulting in neurologic impairment." [1]

Usual Source of Care: "A particular doctor's office, clinic, health center, or other health care facility to which an individual usually would go to obtain health care services. Having a usual source of care is associated with improved access to preventive services and follow-up care." [4]

Vaccine: "A product that consists of weakened or killed microorganisms (bacterium or virus) given for the prevention or treatment of infectious diseases. Vaccines may be administered by injection or by mouth. In the future, vaccines may be given by nasal spray, an aerosol that is received simply by breathing, or by a needle-less injection system." [1]

References

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3. Millman, M., ed. Institute of Medicine. *Access to Health Care in America*. Washington, DC: National Academy Press, 1993. in U.S. Department of Health and Human Services. *Healthy People 2010* (Conference Edition, in Two Volumes). Washington DC: January 2000.
4. U.S. Department of Health and Human Services. *Healthy People 2010* (Conference Edition, in Two Volumes). Washington DC: January 2000.

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1. Would you say that in general your overall health is: Excellent, Very Good, Good, Fair, Poor?*

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

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

4. Did a doctor ever tell you that you had asthma?*

5. Do you still have asthma?*

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

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

8. Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?*

9. Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?*

10. To lower your risk of developing heart disease or stroke, has a doctor advised you to

    a. Eat fewer high fat or high cholesterol foods?**

    b. Exercise more?**

11. Indicate sex of respondent.*

12. A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?*

13. How long has it been since you had your last mammogram?*

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

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

16. To your knowledge, are you now pregnant?*

17. A digital rectal exam is when a doctor or other health professional inserts a finger in the rectum to check for prostate cancer and other health problems. Have you ever had this exam?*

18. Have you ever had a blood test for prostate specific antigen, also known as a PSA test?**

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19. About how tall are you without shoes?*

20. About how much do you weigh without shoes?*

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

22. Have you ever had a pneumonia vaccination?**

23. Have you ever smoked at least 100 cigarettes in your entire life? ***

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

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

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

   d. Has a doctor or other health professional ever advised you to quit smoking?**

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

   f. Do you plan to quit smoking?****

   g. Do you intend to in the next 6 months?****

   h. Do you intend to in the next 30 days?****

24. Do you currently use any smokeless tobacco products such as chewing tobacco or snuff?**

25. During the past 30 days, have you been exposed to second hand smoke?****

   a. Have you been exposed to second hand smoke at work?****

   b. Have you been exposed to second hand smoke at home?****

   c. Have you been exposed to second hand smoke at a restaurant?****

   d. Have you been exposed to second hand smoke in any other places?****

26. What is your age in years?**

27. Are you of Spanish or Hispanic origin?**

28. Would you describe yourself as 1) White, 2) Black or African American, 3) Asian or Pacific Islander, 4) American Indian or Alaska Native, or 5) Some other race?**

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29. What is your marital status?**

30. How many children live in your household who are less than 18 years old?**

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

32. Are you currently … (Employed for wages; Self-employed; Out of work for more than 1 year; Out of work for less than 1 year; Homemaker; Student; Retired; Unable to work)?**

33. Is your annual household income from all sources…*

    a. Less than $25,000

    b. Less than $20,000

    c. Less than $15,000

    d. Less than $10,000

    e. Less than $35,000

    f. Less than $50,000

    g. Less than $75,000

34. The health department is interested in addressing health concerns through efforts targeting entire neighborhoods. So that we can determine in what neighborhood you live, would you please tell me either the name of your city council representative, the number of the council district you are in, or the closest street intersection to you?****

35. What is your zip code?****

36. During the past month, how many times did you participate in any physical activities or exercises such as running, calisthenics, or walking for exercise?**

    a. Have you been participating in any physical activities or exercises for more than 6 months or less than 6 months?****

    b. Do you intend to start participating in physical activities or exercises in the next 6 months?****

    c. Do you intend to start participating in physical activities or exercises in the next 30 days?****

37. Do you almost always eat five or more servings of fruits and vegetables each day? For example 1 serving is equal to 1 cup fresh vegetables, 1 cup cooked vegetables, 1 medium size fruit or ¾ cup juice.**

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    a. Have you been eating five or more servings of fruits and vegetables for more than 6 months or less than 6 months?****

    b. Do you plan to begin eating five or more servings of fruits and vegetables in the next 6 months?****

    c. Do you intend to begin eating five or more servings of fruits and vegetables in the next thirty days?****

38. Do you try to avoid eating high fat foods (for example, butter, margarine, oil, salad dressing, fatty meat, fried food, and ice cream)?****

    a. Have you been avoiding eating high fat foods for more than 6 months or less than 6 months?****

    b. Do you intend to avoid eating high fat foods in the next 6 months?****

    c. Do you intend to avoid eating high fat foods in the next thirty days?****

39. Are you now trying to lose weight?*

40. Are you eating either fewer calories or less fat to lose weight?**

41. Are you using physical activity or exercise to lose weight?**

42. Do you currently take any multivitamins?**

43. 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. During the past month, how many alcoholic drinks did you have in an average week?**

44. During the past month did you have 5 or more drinks on an occasion?**

45. There are situations where people provide regular care or assistance to a family member or friend who is elderly or has a long-term illness or disability. During the past month, did you provide any such care or assistance to a family member or friend who is 60 years of age or older?**

    a. Have you assisted with personal care needs such as eating or bathing?**

    b. Have you assisted with activities such as transportation, shopping, or housekeeping?**

46. In the last 12 months, how many sexual partners have you had?**

47. Do you now always use condoms for protection?*

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48. During the last 4 weeks, to what extent have you accomplished less than you would like in your work or other daily activities as a result of emotional problems such as feeling depressed or anxious?****

49. Do you have friends or family with whom you can share problems or get help when needed?****

50. Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life. During the past 12 months, did you ever seriously consider attempting suicide?****

51. During the past 12 months, have you been emotionally or physically abused by your partner or someone important in your life?****

52. How safe from crime do you consider your neighborhood to be?****

53. Spirituality may be defined in a variety of ways including connection to a higher power or a sense of being religious. How would you rate your spirituality?****

54. Do you have enough money to buy essentials including food, clothing, or housing?****

55. Do you use the internet to access health information?****

* From CDC BRFSS questionnaire
**Adapted from CDC Behavioral Risk Factor Surveillance System questionnaire
*** From CDC National Health Information Survey
****Added by Metro Public Health Department