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## Introduction:

This report describes the data collected on residents of Delaware County regarding the frequency of various behaviors determined to be potentially hazardous to health through the use of the Behavioral Risk Factor Survey. The U.S. Centers for Disease Control (CDC) and Prevention's Behavioral Risk Factor Surveillance System (BRFSS) is the world's largest, on-going telephone health survey system. Active in all 50 states and other U.S. territories, it has been tracking health conditions and risk behaviors in the United States yearly since 1984. This survey collects state-level information on health risk behaviors, preventive health practices, and health care access primarily related to chronic disease and injury. In New York State, the Department of Health (DOH) uses these data extensively to identify emerging health problems, establish and track health objectives, and develop and evaluate public health policies and programs ([www.health.state.ny.us/nysdoh/brfss](http://www.health.state.ny.us/nysdoh/brfss)). Over a seven-month period in 2007-2008, residents of Delaware County were contacted by telephone and invited to participate in the BRFSS survey. In this report the data for Delaware County are described and compared with available BRFSS data from the NYS DOH and from the CDC.

This report compares patterns in Delaware County to more general patterns with statistical tests that suggest whether discrepancies are trivial or more likely to be real differences - "statistically significant". It is important to recognize that some phenomena described in this report, while not "statistically significant" are nonetheless very significant for health in the county. An example of this is cigarette smoking where the Delaware County rate is not notably different than the rest of upstate New York, but is still problematic in terms of representing a serious threat to public health.

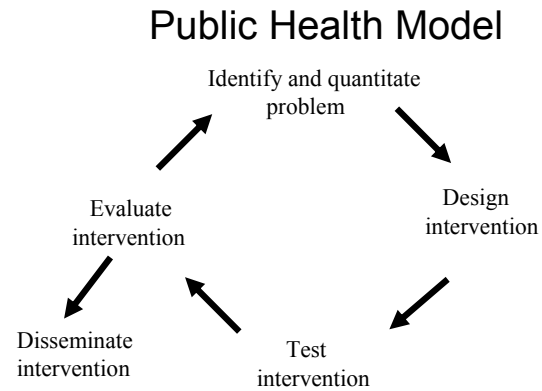
By the end of 2010, the citizens of Delaware County will have access to a remarkable amount of accumulated data about their own health. Local health officers and others with public health expertise, teaming with the Bassett Research Institute will have gathered the data on health risks to county residents described in this report. Additional information on health hazards experienced by young people in Delaware County has been recently gathered through the county's school systems using the CDC's Youth Behavioral Risk Survey (YRBS). These data have recently been reported back to the schools by the Delaware County Health Alliance. In the summer and fall of 2009, other important data about the health of families, effects of aging, access to health care and other important topics are being collected in the *Upstate Health and Wellness Survey*.

The gathering of all of this information represents considerable work on the part of the research team and notable generosity on the part of the people of Delaware County. In 2010 all of this information will be available to county and state health officials, to researchers and to the citizens of Delaware County. That's when the work will start.

The accumulated health data will enable local public health professionals and interested researchers to assess community health priorities. Examination and comment upon these initial findings from the community can further define the priorities. Of equal importance is that this "surveillance" data also establishes clear baseline measures for these priorities.

As depicted in the figure, public health interventions are often viewed as a cycle. The surveillance efforts of 2007-09 will be followed by prioritization. This must then be followed by the design and testing of intervention programs in these high priority areas. The results of intervention trials must be assessed in light of the surveillance baseline measures mentioned above. Programs found to improve these baseline measures will need to be further developed and offered throughout the county. Those that do not clearly improve the baseline are not an effective use of public health dollars.

These need to be re-designed and tested again. As depicted in the figure, at some point in the future, additional surveillance must again be done, but the wealth of data that is being gathered currently will likely be quite sufficient for the foreseeable future.



## **Executive Summary:**

By the very nature of this type of survey, it is expected that differences between the index group and the comparison groups will occur periodically in the results. For this report, self-reported data from telephone responders to the Delaware County BRFSS survey are compared to data from elsewhere in upstate New York and to national data reported by the CDC. In many cases, the Delaware County findings show minimal differences from the two comparison groups, but may still be of considerable importance to the overall health of area residents. In other cases, statistically significant differences with comparison groups may be present, but of lower overall priority to the community's health. Some of the most notable observations from Delaware County and from comparing it to regional and national data include:

- There are substantial demographic differences with the two comparison groups. The Delaware County cohort has more males, fewer African-Americans and Latinos and substantially more veterans than either the upstate NY or U.S. groups. There is lower educational attainment in Delaware County. While the proportion of self-employed individuals is higher, overall employment is lower, partly because of a higher proportion of retired persons. Rates of disability are higher in Delaware County than in the comparison groups. Incomes are lower than elsewhere in upstate NY, but higher than in the U.S. overall.
- The proportion of Delaware County residents with diabetes is higher than comparison groups. Of these, significantly fewer are being treated with insulin than in the U.S. population.
- Rates of coronary heart disease and reported heart attacks are considerably higher than either upstate NY or the U.S. Strokes are more frequently reported by the Delaware County cohort than by others in upstate NY.
- A smaller proportion of Delaware County residents appear to have undergone HIV testing than elsewhere in upstate NY or nationally.
- Screening for colon cancer is lagging in Delaware County. While the proportion ever having sigmoidoscopy or colonoscopy is similar to national figures, many more are in excess of five years without an exam in Delaware County (39%) than nationally (17%).
- Rates of prostate cancer screening are marginally, but significantly lower than national rates.
- Dental disease is a problem in Delaware County where a significantly higher proportion of adults report tooth loss than in the two comparison groups. There is a higher proportion of residents in Delaware County that have gone more than 5 years between dental visits and teeth cleaning visits.

## **Survey Design:**

The BRFSS is a cross-sectional telephone survey of non-institutionalized civilian adults aged 18 years and older conducted by the Centers for Disease Control and Prevention and state health departments. The BRFSS questionnaire primarily includes questions about personal behaviors that increase risk for one or more of the ten leading causes of death in the United States. Self-reported data are obtained on health risk behaviors, receipt of clinical preventive services, and health care access; no proxy data are collected. The BRFSS uses a multistage cluster design based on random telephone methods of sampling to select a representative cohort of residents aged 18 years and older. Data collected from each state are pooled to produce nationally representative estimates. Staff at the Bassett Research Institute performed data collection and analyses. Software from SAS (version 9.1.3; SAS Institute, Cary, NC) was used in the analyses and comparisons reported below.

The Delaware County sampling frame was a list of all valid telephone numbers for Delaware County that was obtained from IDEARC Media Inc. A random sample was drawn from this list and supplied to a staff of telephone callers in an electronic file that contained the base BRFSS survey and two additional modules on diabetes and depression.

The telephone survey protocol consisted of two morning, two afternoon, two evening, and one weekend call. Any subject who could not be reached after this seventh call, or who had been reached but refused to participate, was classified as a non-responder. Telephone personnel performed direct screen entry of the data as it was obtained during the call.

## **Data and Response Rates:**

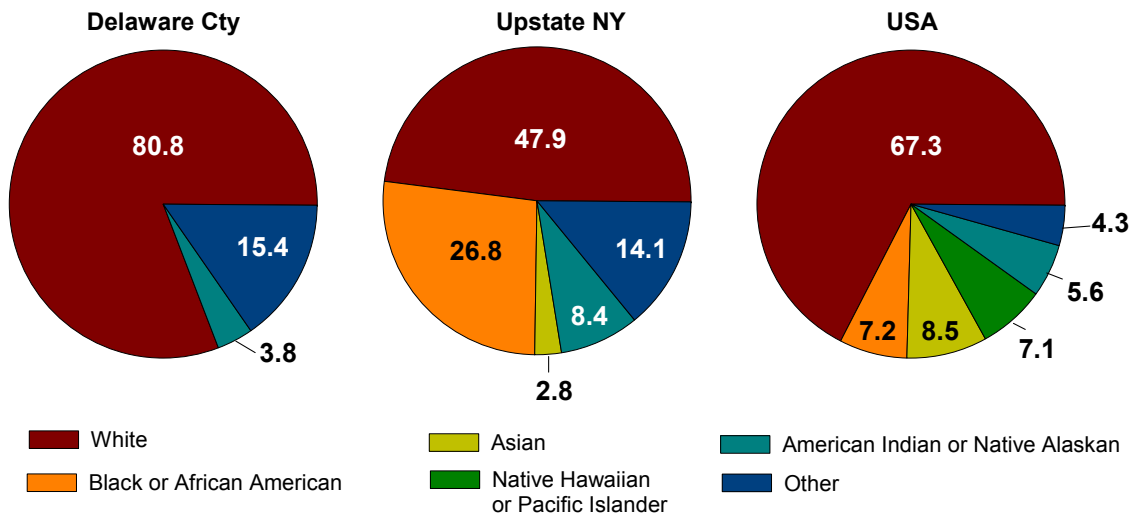
In order to obtain the final sample of 1,005 completed phone calls ((503 females and 502 males), it was necessary to complete 2,304 phone dispositions. Thus, the overall response rate for the study was 43.61 percent. This rate compares favorably with the overall New York State response rate for the BRFSS, which has varied from 25.3 to 41.0 percent.

In the following report, the responses of Delaware County adult residents are described. These results are compared to the aggregated BRFSS results from other upstate NY counties and to the results from the rest of the U.S.

# Demographics

A brief description of the participants in the Delaware County Behavioral Risk Factor Surveillance Study based upon race, marital status, education, employment, income level and gender.

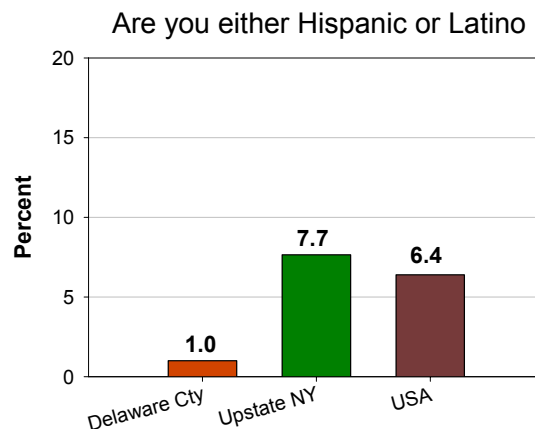
## Race



### Statistical Differences: Race

Delaware County distribution differs from Upstate NY distribution (p=0.01424)

Delaware County distribution differs from USA distribution (p=0.01811)



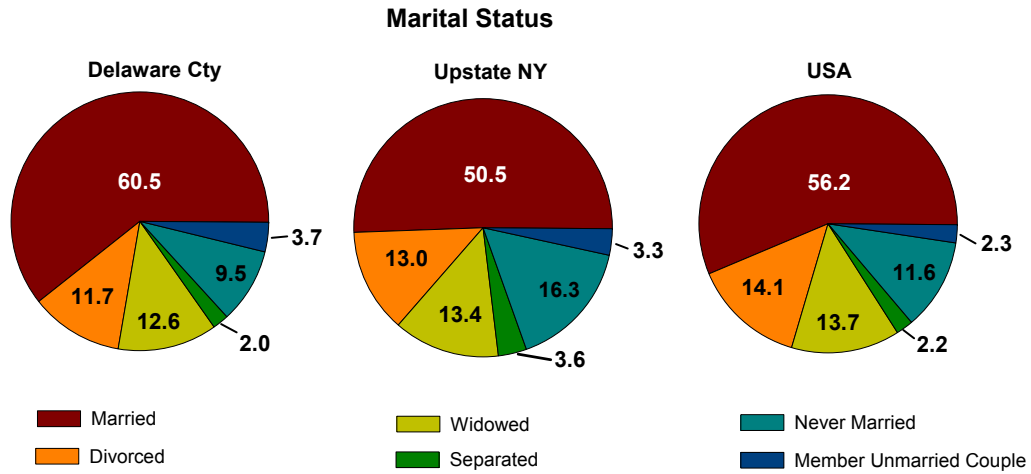
### Statistical Differences: Hispanic

Delaware County distribution differs from Upstate NY distribution (p<0.00001)

Delaware County distribution differs from USA distribution (p<0.00001)

## Demographics continued

### Marital Status



#### Statistical Differences: Marital status

Delaware County distribution differs from Upstate NY distribution ( $p < 0.00001$ )

Delaware County distribution differs from USA distribution ( $p = 0.00078$ )

**Demographics** continued

**Education**

**Highest Grade or Year of School Completed**

	<b>Delaware County</b>	<b>Upstate NY</b>	<b>USA</b>
Kindergarten or less	<b>0.1%</b>	<b>0.1%</b>	<b>0.2%</b>
Grades 1 - 8	<b>1.9%</b>	<b>2.4%</b>	<b>3.4%</b>
Grades 9-11	<b>6.8%</b>	<b>5.5%</b>	<b>6.7%</b>
Grade 12 or GED	<b>38.0%</b>	<b>27.8%</b>	<b>30.7%</b>
College 1-3 years or technical school	<b>29.5%</b>	<b>24.1%</b>	<b>26.4%</b>
College 4 or more years, graduate	<b>23.7%</b>	<b>40.0%</b>	<b>32.7%</b>

**Statistical Differences: Education**

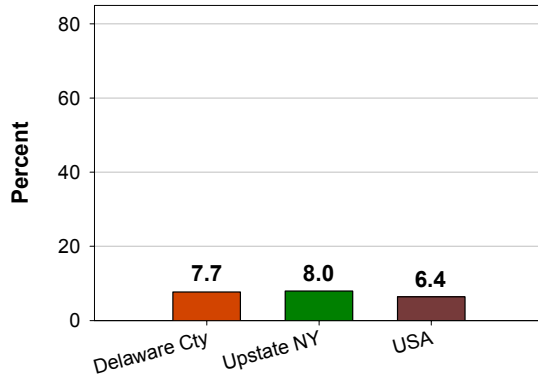
Delaware County distribution differs from Upstate NY distribution (p<0.00001)

Delaware County distribution differs from USA distribution (p<0.00001)

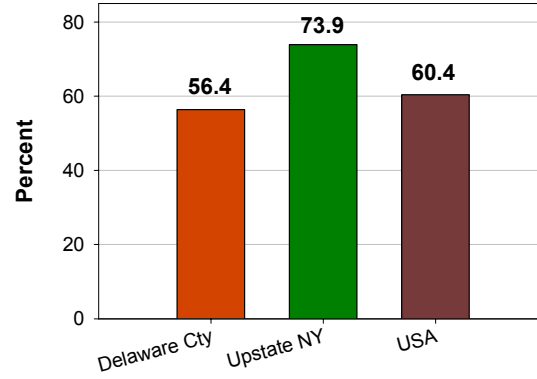
## Demographics continued

### Phone Service

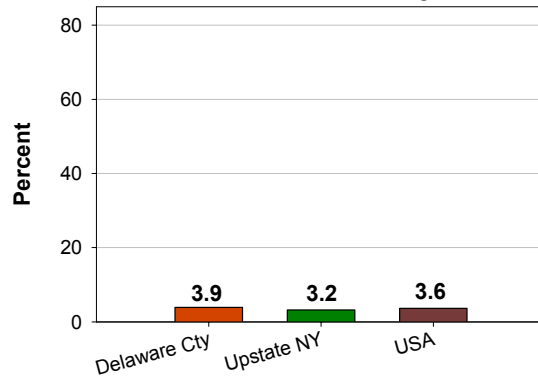
More than one phone number in the household, excluding cell phones, and fax machines



Those who have more than one residential phone number



During the past 12 months, those having no telephone service for one week or more, excluding weather related outages



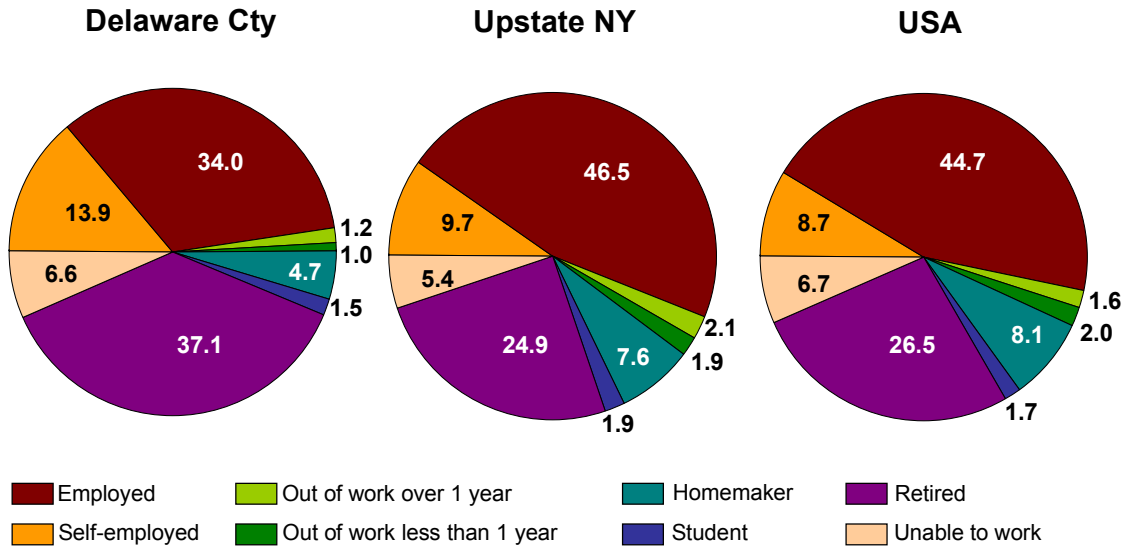
**Statistical Differences: More than one residential phone number**

Delaware County distribution differs from Upstate NY distribution (p=0.00057)

**Statistical Differences: NONE For all others**

**Demographics** continued

**Employment Status**



**Employment Status**

	Delaware County	Upstate NY	USA
Employed	34.0%	46.5%	44.7%
Self-employed	13.9%	9.7%	8.7%
Out of work over a year	1.2%	2.1%	1.6%
Out of work less than a year	1.0%	1.9%	2.0%
Homemaker	4.7%	7.6%	8.1%
Student	1.5%	1.9%	1.7%
Retired	37.1%	24.9%	26.5%
Unable to work	6.6%	5.4%	6.7%

**Statistical Differences: Employment**

Delaware County distribution differs from Upstate NY distribution ( $p < 0.00001$ )

Delaware County distribution differs from USA distribution ( $p < 0.00001$ )

**Demographics** continued

**Household Income**

**Household Income in Delaware County**

	<b>Delaware County</b>	<b>Upstate NY</b>	<b>USA</b>
Less than \$10,000	<b>3.5%</b>	<b>4.2%</b>	<b>5.0%</b>
\$10,000 to less than \$15,000	<b>4.9%</b>	<b>5.1%</b>	<b>5.8%</b>
\$15,000 to less than \$20,000	<b>4.0%</b>	<b>6.9%</b>	<b>7.6%</b>
\$20,000 to less than \$25,000	<b>13.3%</b>	<b>8.4%</b>	<b>9.6%</b>
\$25,000 to less than \$35,000	<b>18.8%</b>	<b>11.7%</b>	<b>12.7%</b>
\$35,000 to less than \$50,000	<b>17.3%</b>	<b>14.6%</b>	<b>16.4%</b>
\$50,000 to less than \$75,000	<b>20.2%</b>	<b>16.7%</b>	<b>17.0%</b>
\$75,000 or more	<b>18.0%</b>	<b>32.5%</b>	<b>25.8%</b>

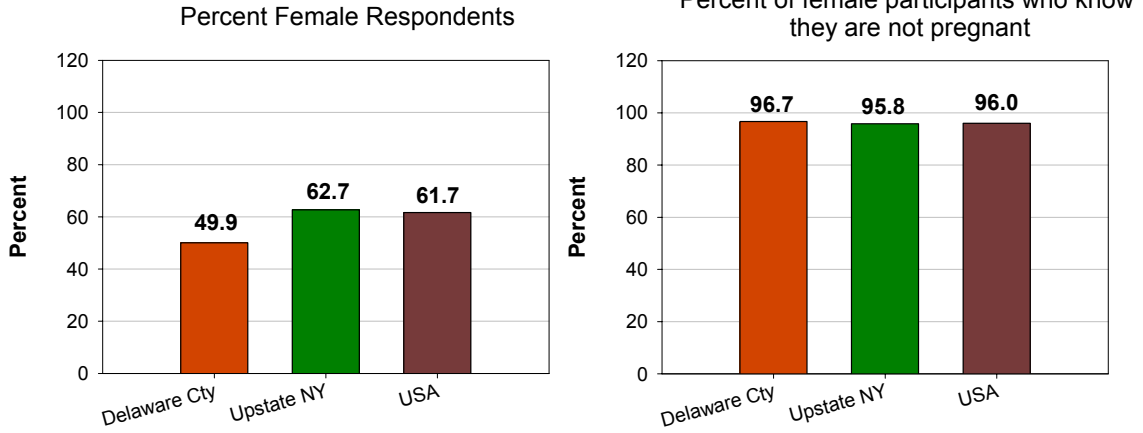
**Statistical Differences: Income**

Delaware County distribution differs from Upstate NY distribution (p<0.00001)

Delaware County distribution differs from USA distribution (p<0.00001)

**Demographics** continued

**Gender Distribution of Respondents**



**Statistical Differences: Percent Female**

Delaware County distribution differs from Upstate NY distribution ( $p < 0.00001$ )

Delaware County distribution differs from USA distribution ( $p < 0.00001$ )

**Statistical Differences: NONE For all others**

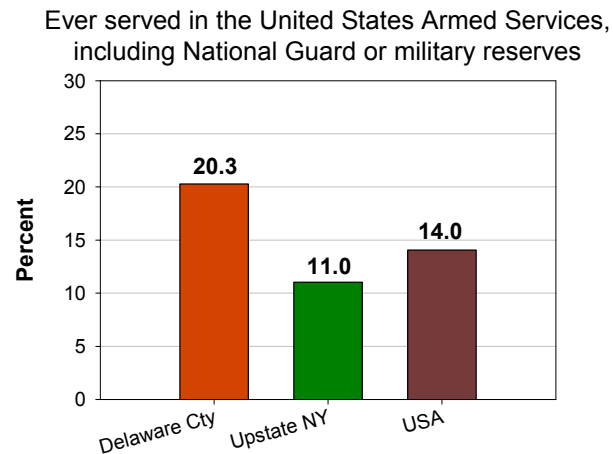
## Veteran's Status

According to CDC resources:

In 2002, CDC's National Center for Environmental Health was successful in its proposal to add veteran-related questions to the core questionnaire of the 2003 Behavioral Risk Factor Surveillance Survey (BRFSS). The addition of questions on military experience and VA health care enables assessment of the overall general health status of veterans. These are also useful in collecting data on specific behavioral risk factors, such as physical activity levels, smoking, and alcohol use. The information assists both state and federal health officials in developing strategies for preventing and controlling health problems for the estimated 25.6 million veterans and 1.8 million active duty, Reserve, and National Guard personnel in the United States.

For more information on veteran's status see:

<http://www.cdc.gov/nceh/veterans/default3b.htm>



### Statistical Differences: Veteran

Delaware County distribution differs from Upstate NY distribution ( $p < 0.00001$ )

Delaware County distribution differs from USA distribution ( $p < 0.00001$ )

## Disability

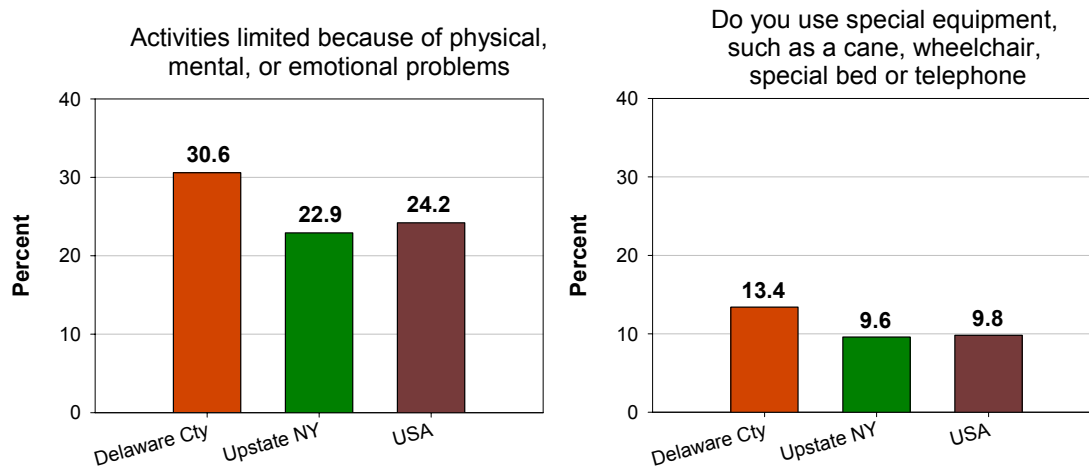
According to New York State Department of Health resources:

Disability often results in a reduced quality of life, compromised health status and increased interactions with the health care system. More people than ever are living into advanced age, frequently with accompanying disability. People who develop or incur a disabling condition or injury early in life, are living longer thanks to medical advances. However, they are at risk for the same chronic health problems (e.g., heart disease, obesity, and osteoporosis) as individuals without disabilities, but often at a much earlier age. It is important for public health to assume a leadership role in several areas:

- 1) extending health promotion and protective practices to these populations;
- 2) assessing the impact of disability; and
- 3) identifying preventable disability-related health conditions (i.e., secondary conditions).

For more information on disabilities and strategies to help see:

<http://www.health.state.ny.us/nysdoh/prevent/prevalence.htm>



### Statistical Differences: Activities limited

Delaware County distribution differs from Upstate NY distribution ( $p < 0.00001$ )

Delaware County distribution differs from USA distribution ( $p < 0.00001$ )

### Statistical Differences: Use special equipment

Delaware County distribution differs from Upstate NY distribution ( $p = 0.00020$ )

Delaware County distribution differs from USA distribution ( $p = 0.00014$ )

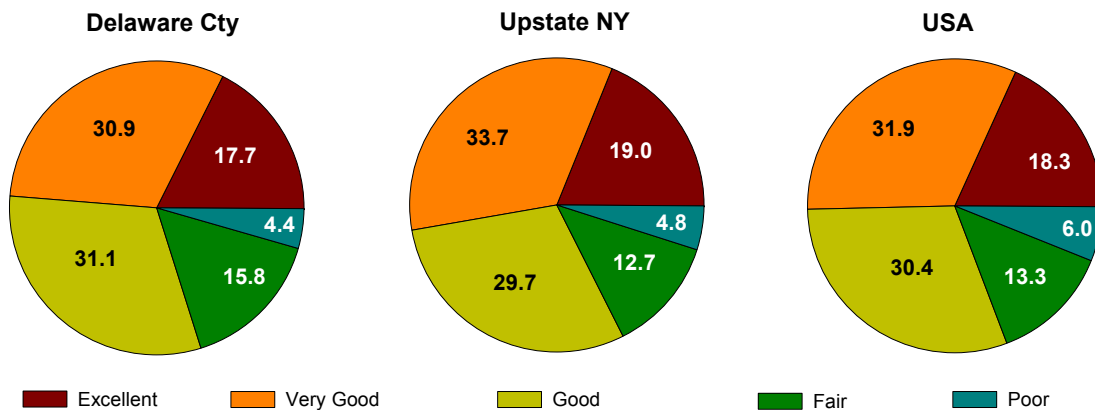
## Health Status and Preventive Care

A number of studies of community health have documented the power of a simple self-estimation of overall health status. This single question has been shown to be a powerful predictor of mortality that is independent of numerous other specific health status indicators and other relevant factors also known to predict mortality.

For more information on health status and mortality see:

Self-Rated Health and Mortality: A Review of Twenty-Seven Community Studies, by Ellen L. Idler and Yael Benyamini, *J Health Social Behav* 1997; 38:21-37

## Health Status



### Statistical Differences: Overall health

Delaware County distribution differs from Upstate NY distribution ( $p=0.04204$ )

Delaware County distribution differs from USA distribution ( $p=0.0408$ )

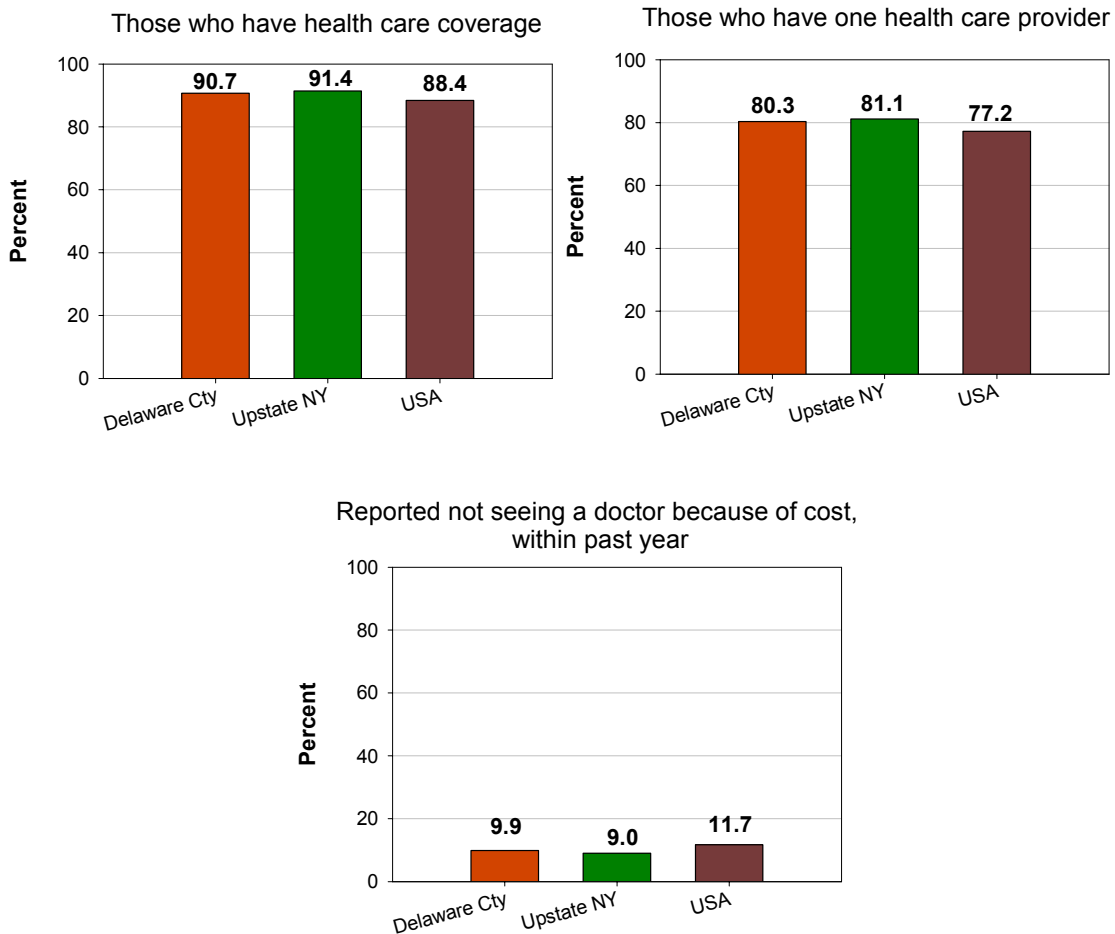
# Health Care Access

According to CDC resources:

Access to quality care is important to eliminate health disparities and increase the quality and years of healthy life for all persons in the United States. Clinical preventive services have a substantial impact on many of the leading causes of disease and death. Improving access to appropriate preventive care requires addressing many barriers, including those that involve the patient, provider, and system of care.

For more information on access to quality health care see:

[http://www.healthypeople.gov/document/HTML/Volume1/01Access.htm#\\_Toc489432807](http://www.healthypeople.gov/document/HTML/Volume1/01Access.htm#_Toc489432807)



**Statistical Differences: Have health care coverage**

Delaware County distribution differs from USA distribution (p=0.02282)

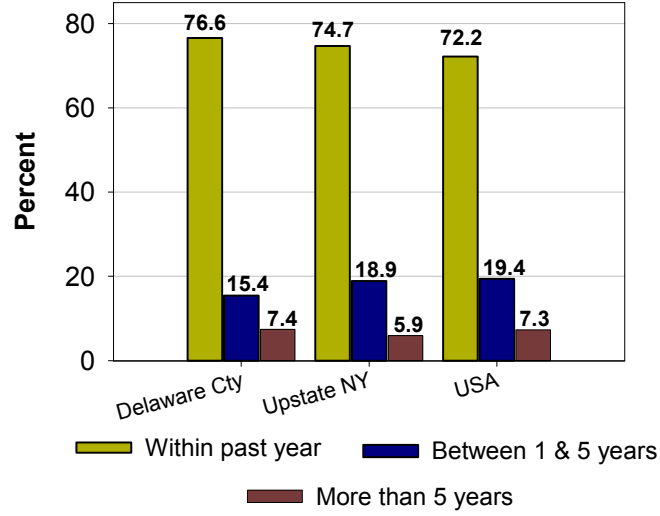
**Statistical Differences: One health care provider**

Delaware County distribution differs from USA distribution (p=0.01879)

**Statistical Differences: NONE For all others**

## Health Care Access continued

Time since last routine checkup



### **Statistical Differences: Last routine checkup**

Delaware County distribution differs from Upstate NY distribution ( $p=0.01300$ )

Delaware County distribution differs from USA distribution ( $p=0.00467$ )

# Diabetes

According to New York State Department of Health resources:

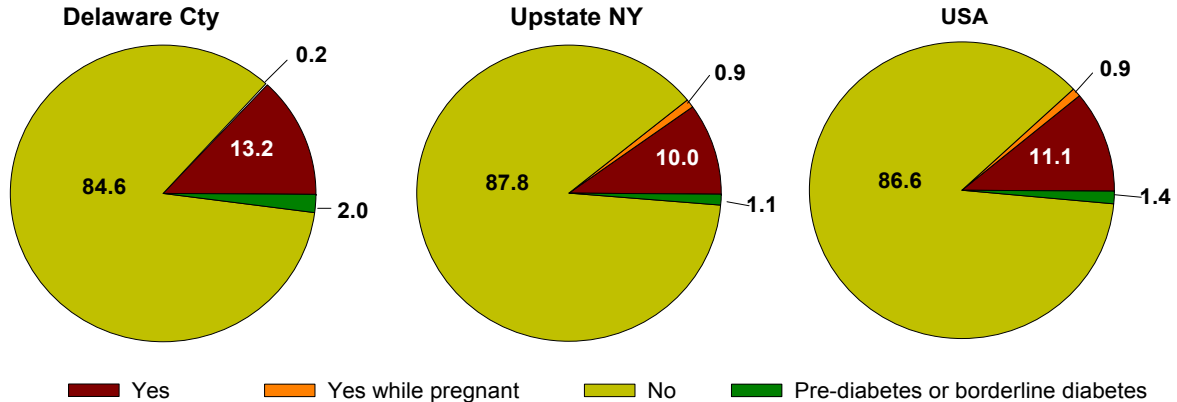
Diabetes is the most rapidly growing chronic disease of our time. It has become an epidemic that affects 1 out of every 12 adult New Yorkers. Since 1994, the number of people in the state who have diabetes has more than doubled, and it is likely that number will double again by the year 2050.

More than one million New Yorkers have been diagnosed with diabetes. It is estimated that another 450,000 people have diabetes and don't know it, because the symptoms may be overlooked or misunderstood. The cost of treating diabetes is staggering. According to the American Diabetes Association, the annual cost of diabetes in medical expenses and lost productivity rose from \$98 billion in 1997 to \$132 billion in 2002 to \$174 billion in 2007.

For more information on diabetes and strategies to help see:

<http://www.health.state.ny.us/diseases/conditions/diabetes/>

## Reported having been told by a doctor that they have diabetes



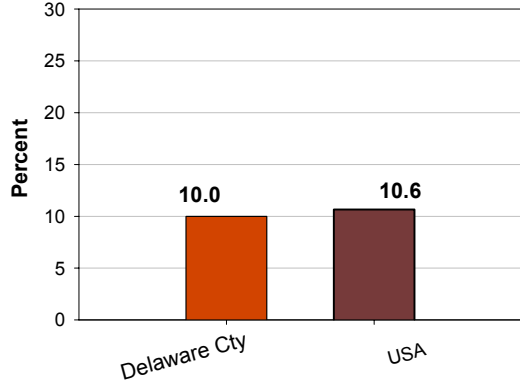
### Statistical Differences: Diabetes

Delaware County distribution differs from Upstate NY distribution (p=0.00024)

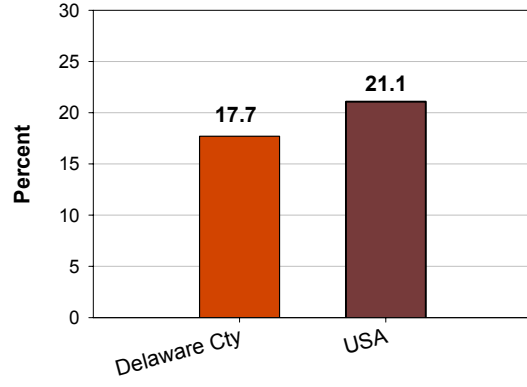
Delaware County distribution differs from USA distribution (p=0.00454)

**Diabetes** continued

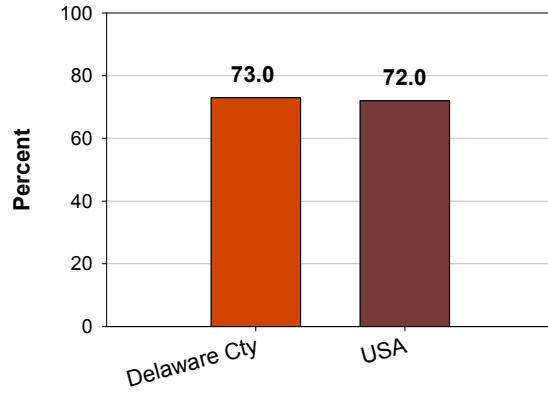
Ever had sores on feet that took more than four weeks to heal



Percent of participants with diabetes who have ever been told they had retinopathy

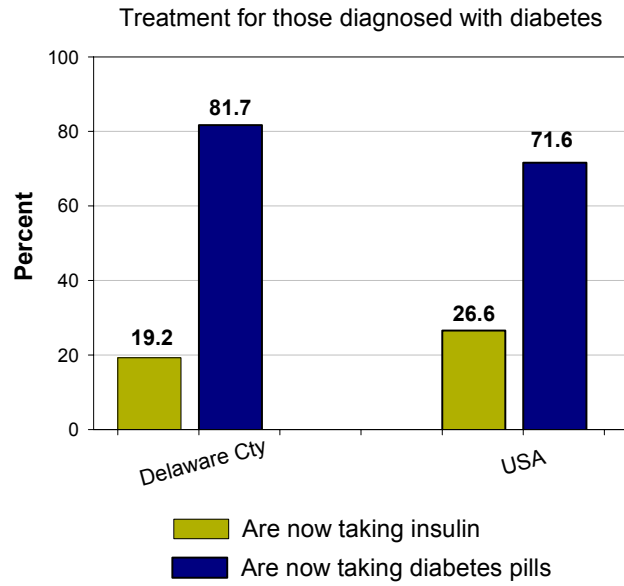


During the past 12 months, have had an exam at which the pupils were dilated



**Statistical Differences: NONE For all**

## Diabetes continued



### **Statistical Differences: Treatment of diabetes with Insulin**

Delaware County distribution differs from USA distribution ( $p=0.01062$ )

## **Cardiovascular Disease Prevalence**

According to CDC and New York State Department of Health resources:

Heart disease is the leading cause of death in the United States and is a major cause of disability. Almost 652,091 people die of heart disease in the U.S. each year - about 27% of all U.S. deaths. Heart disease is a term that includes several more specific heart conditions. The most common heart disease in the United States is coronary heart disease, which can lead to heart attack.

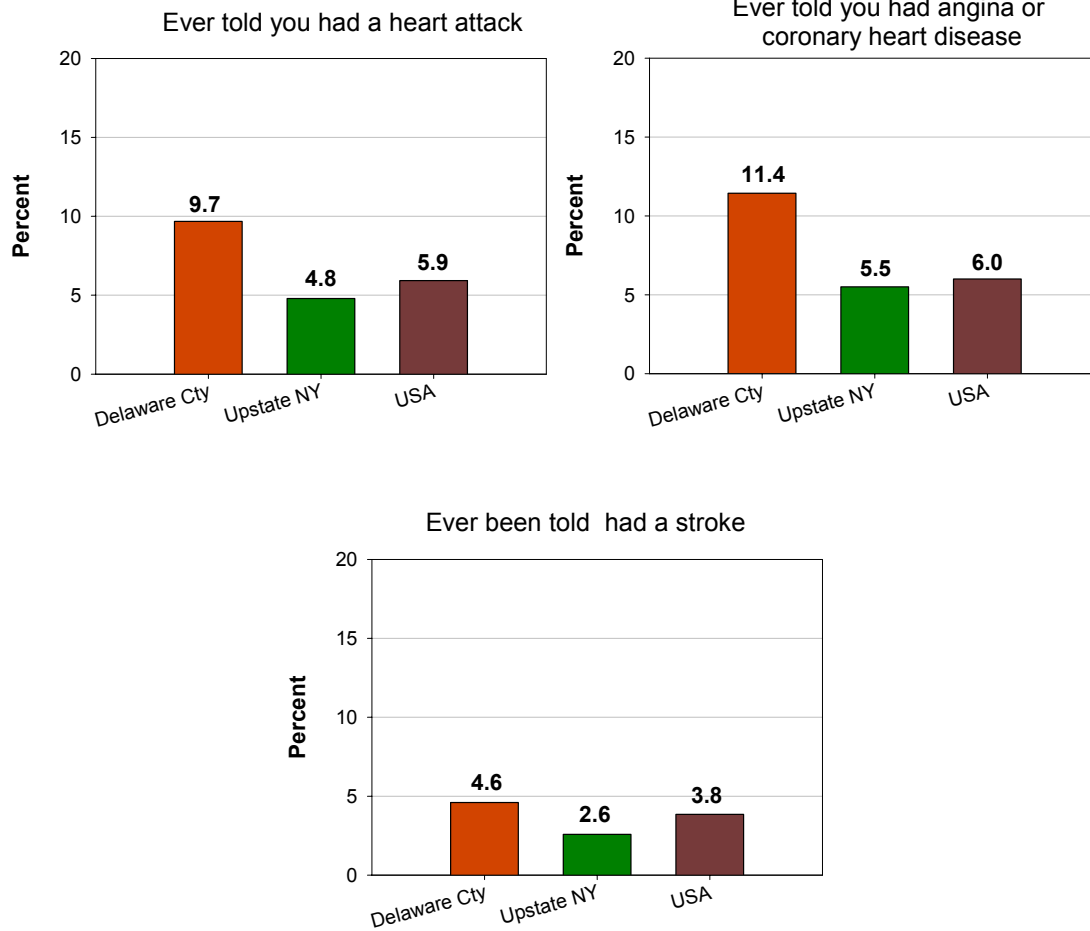
Cardiovascular diseases are the leading causes of death in New York State, killing more than 70,000 residents each year. For every person who dies from a heart attack or angina, 18 people live with these conditions. For every person who dies from a stroke, seven people cope with the consequences of a non-fatal event. Many of these survivors are disabled and cannot lead productive lives. They also are at high risk for additional events. These numbers are increasing as the epidemic of heart disease and stroke continues.

For more information on cardiovascular disease prevalence and strategies to help see:

<http://www.cdc.gov/heartdisease/>

[http://www.health.state.ny.us/nysdoh/heart/heart\\_disease.htm](http://www.health.state.ny.us/nysdoh/heart/heart_disease.htm)

## Cardiovascular Disease Prevalence continued



### **Statistical Differences: Heart attack**

Delaware County distribution differs from Upstate NY distribution ( $p < 0.00001$ )

Delaware County distribution differs from USA distribution ( $p < 0.00001$ )

### **Statistical Differences: Angina or coronary heart disease**

Delaware County distribution differs from Upstate NY distribution ( $p < 0.00001$ )

Delaware County distribution differs from USA distribution ( $p < 0.00001$ )

### **Statistical Differences: Stroke**

Delaware County distribution differs from Upstate NY distribution ( $p = 0.00033$ )

# Asthma

According to CDC and New York State Department of Health resources:

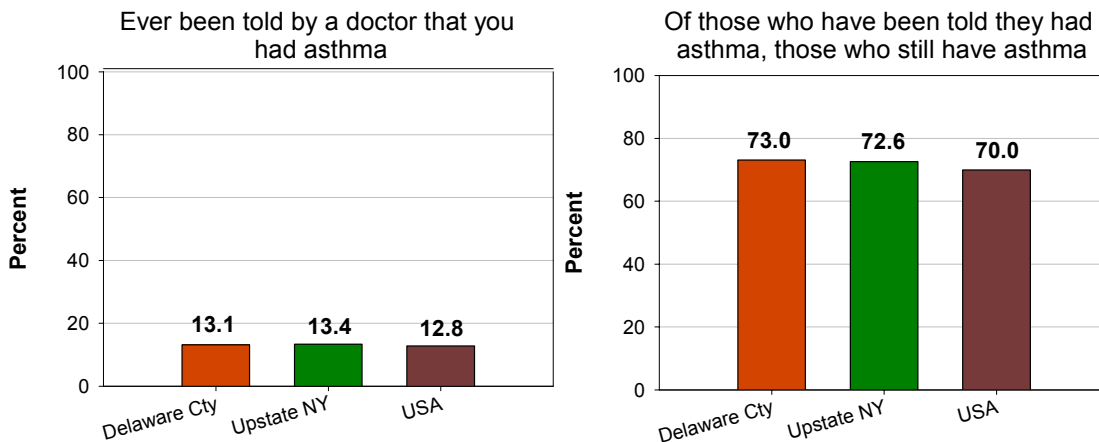
Asthma is a disease that affects your lungs. It is one of the most common long-term diseases of children, but adults have asthma, too. Asthma causes repeated episodes of wheezing, breathlessness, chest tightness, and nighttime or early morning coughing.

In New York State (NYS), more than 1.1 million adults have asthma. Asthma occurs at any age but is more common in children than adults. Although there is no cure for asthma, asthma attacks can be prevented and controlled with proper care.

For more information on asthma and strategies to help see:

<http://www.cdc.gov/asthma/faqs.htm>

<http://www.health.state.ny.us/diseases/asthma/>



**Statistical Differences: NONE For all**

## **HIV/AIDS**

According to CDC resources:

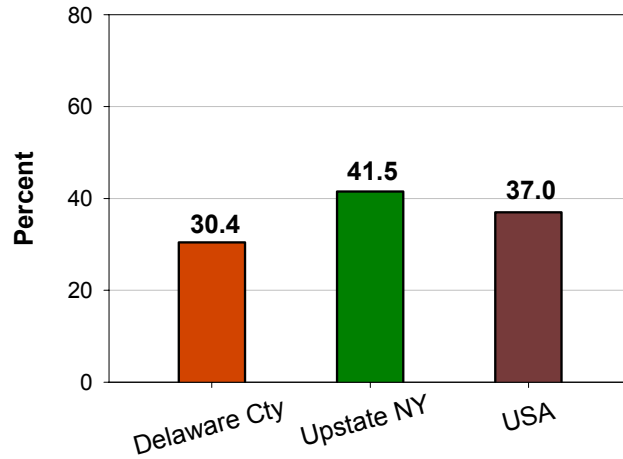
In 2008, CDC adjusted its estimate of new HIV infections because of new technology developed by the agency. Before this time, CDC estimated there were roughly 40,000 new HIV infections each year in the United States. New results show there were dramatic declines in the number of new HIV infections from a peak of about 130,000 in the mid 1980s to a low of roughly 50,000 in the early 1990s. Results also show that new infections increased in the late 1990s, followed by a leveling off since 2000 at about 55,000 per year. In 2006, an estimated 56,300 individuals were infected with HIV.

For more information on HIV/AIDS and strategies to help see:

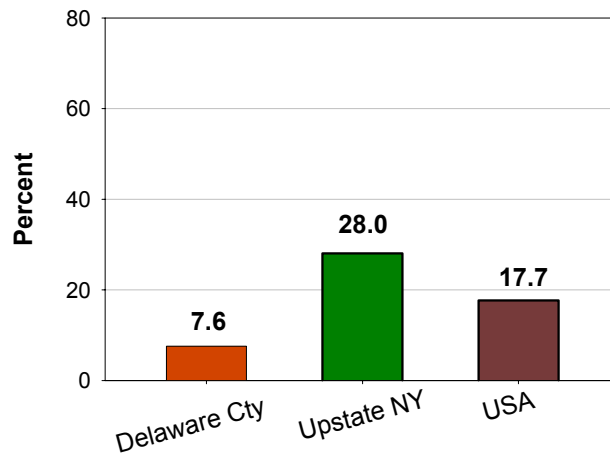
<http://www.cdc.gov/hiv/topics/basic/index.htm>

## HIV/AIDS continued

Ever been tested for HIV  
excludes when giving blood



Rapid HIV test



### Statistical Differences: HIV test

Delaware County distribution differs from Upstate NY distribution ( $p < 0.00001$ )

Delaware County distribution differs from USA distribution ( $p = 0.00004$ )

### Statistical Differences: Rapid HIV test

Delaware County distribution differs from Upstate NY distribution ( $p < 0.00001$ )

Delaware County distribution differs from USA distribution ( $p = 0.00032$ )

**HIV/AIDS** continued

**Location of Last HIV Test**

	<b>Delaware County</b>	<b>Upstate NY</b>	<b>USA</b>
Private doctor or HMO	<b>35.6%</b>	<b>46.7%</b>	<b>42.2%</b>
Counseling and test site	<b>7.3%</b>	<b>4.6%</b>	<b>3.2%</b>
Hospital	<b>24.4%</b>	<b>18.5%</b>	<b>19.5%</b>
Clinic	<b>20.5%</b>	<b>17.3%</b>	<b>22.1%</b>
Jail or prison	<b>1.0%</b>	<b>0.8%</b>	<b>0.9%</b>
Drug treatment facility	<b>0.5%</b>	<b>0.5%</b>	<b>0.5%</b>
At home	<b>7.8%</b>	<b>4.7%</b>	<b>4.3%</b>
Somewhere else	<b>2.9%</b>	<b>6.9%</b>	<b>7.4%</b>

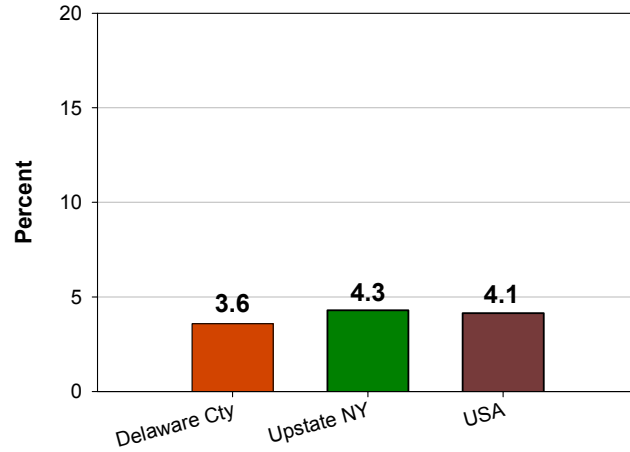
**Statistical Differences: HIV test location**

Delaware County distribution differs from Upstate NY distribution ( $p=0.00532$ )

Delaware County distribution differs from USA distribution ( $p=0.00036$ )

## HIV/AIDS continued

### Reported any of the statements below as positive



Have hemophilia and received clotting factor concentrate  
Are a man who has had sex with other men  
Have taken street drugs by needle  
Have tested positive for HIV  
Have had sex with someone who would answer "yes" to any  
of these statements  
Had more than 2 sex partners in the past year

**Statistical Differences: NONE For all**

## **Preventive Care**

### **Women's Health**

According to CDC resources:

Regular mammograms are the best tests doctors have to find breast cancer early, sometimes up to three years before it can be felt. When their breast cancer is found early, many women go on to live long and healthy lives.

Cervical cancer is highly preventable in most Western countries because screening tests and a vaccine to prevent HPV (Human Papillomavirus) infections are available. When cervical cancer is found early, it is highly treatable and associated with long survival and good quality of life.

Approximately 600,000 hysterectomies are performed annually in the United States and an estimated 20 million U.S. women have had a hysterectomy. During 2000–2004 the overall hysterectomy rate for United States female civilian residents was 5.4. per 1,000 women. During this time period, the overall rate of hysterectomy decreased slightly. Hysterectomy rates were highest in women aged 40–44 years. The three conditions most often associated with hysterectomy were uterine leiomyoma ("fibroid tumors"), endometriosis, and uterine prolapse.

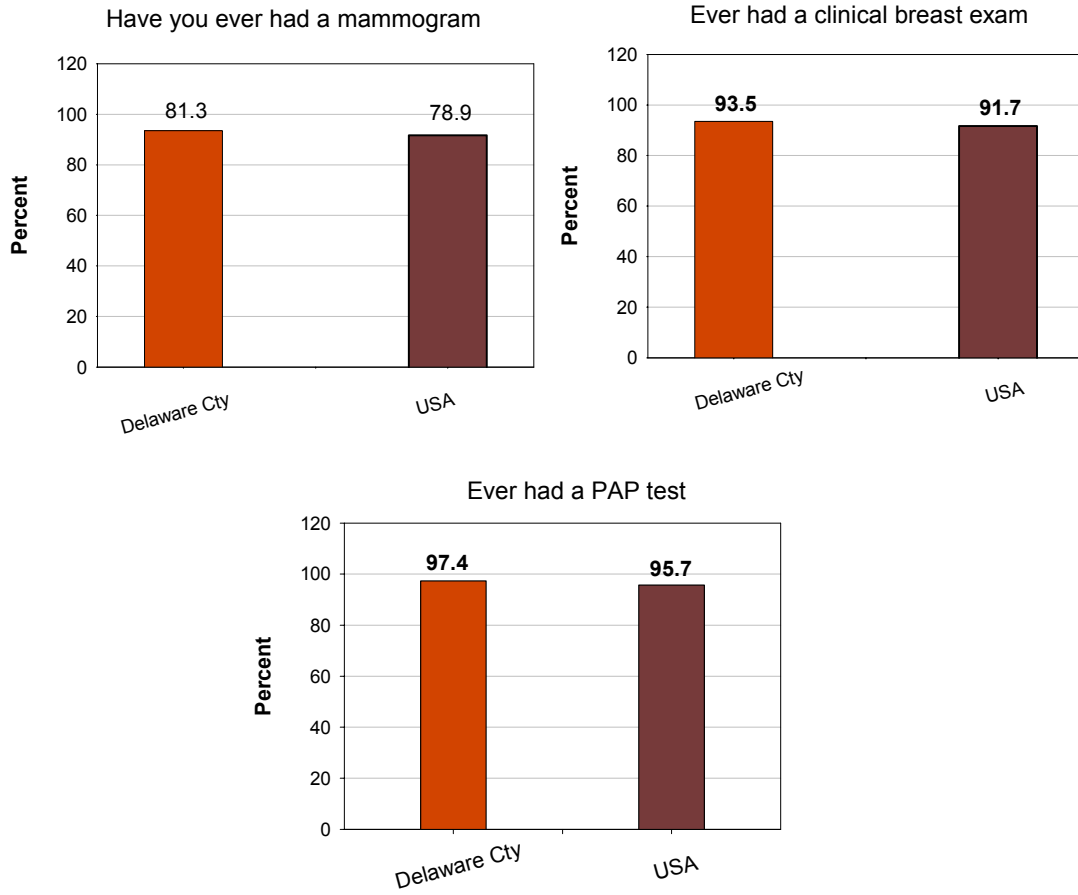
For more information on women's health and strategies to help see:

[http://www.cdc.gov/cancer/breast/fact\\_mammograms.htm](http://www.cdc.gov/cancer/breast/fact_mammograms.htm)

<http://www.cdc.gov/Features/CervicalCancer/>

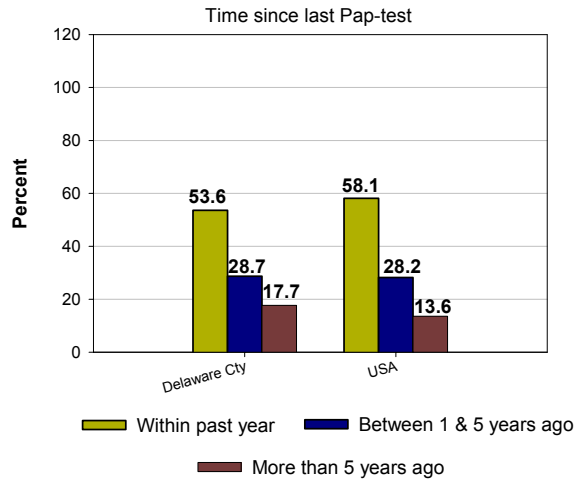
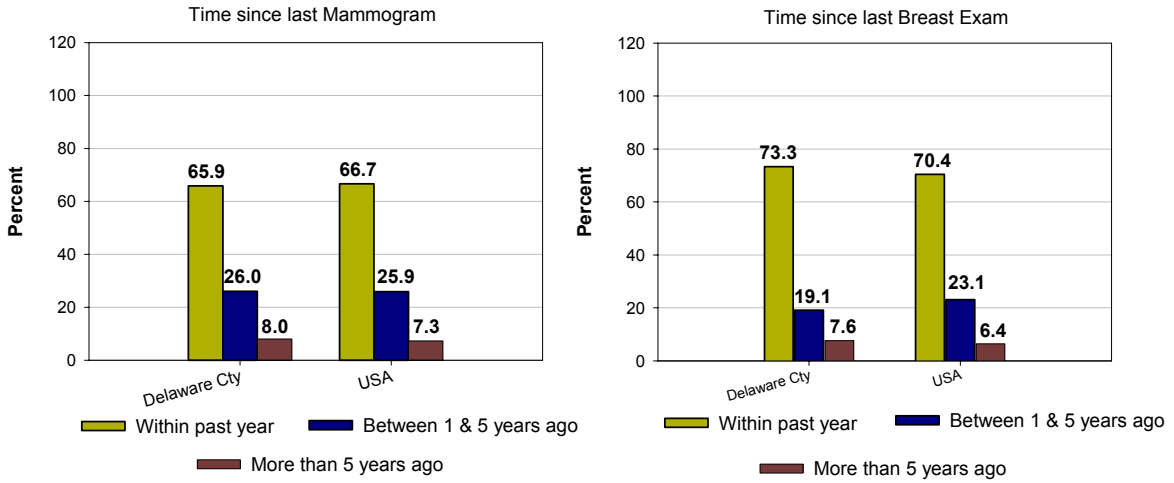
<http://www.cdc.gov/reproductivehealth/WomensRH/Hysterectomy.htm>

## Woman's Health continued



**Statistical Differences: NONE For all**

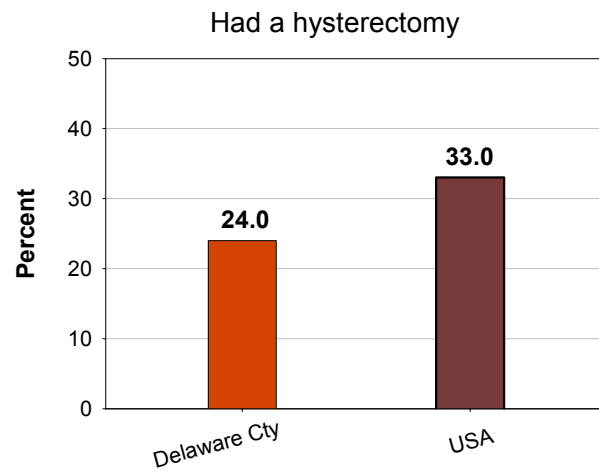
**Women's Health** continued



**Statistical Differences: Time since last PAP exam**  
 Delaware County distribution differs from USA distribution (p=0.00935)

**Statistical Differences: NONE For all others**

**Women's Health** continued



**Statistical Differences: Hysterectomy**

Delaware County distribution differs from USA distribution (p=0.00002)

## **Colorectal Cancer Screening**

According to CDC resources:

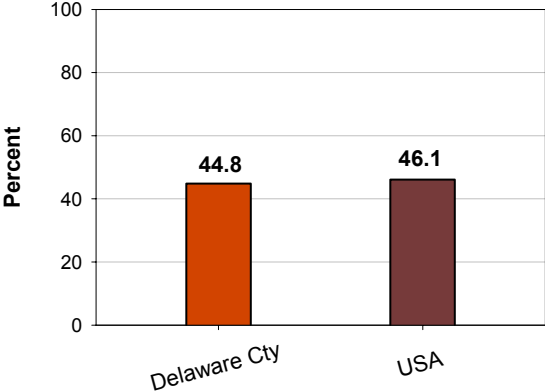
Colorectal cancer is the second leading cancer killer in the United States, but it doesn't have to be. If everybody aged 50 or older had regular screening tests, as many as 60% of deaths from colorectal cancer could be prevented. Colorectal cancer almost always develops from precancerous polyps (abnormal growths) in the colon or rectum. Screening tests can find precancerous polyps, so that they can be removed before they turn into cancer.

For more information on colorectal cancer and strategies to help see:

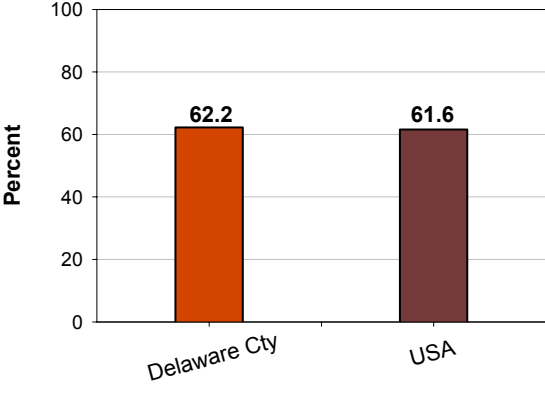
[http://www.cdc.gov/cancer/colorectal/basic\\_info/screening/](http://www.cdc.gov/cancer/colorectal/basic_info/screening/)

**Colorectal Cancer Screening** continued

Ever used a home kit to test for blood in stool

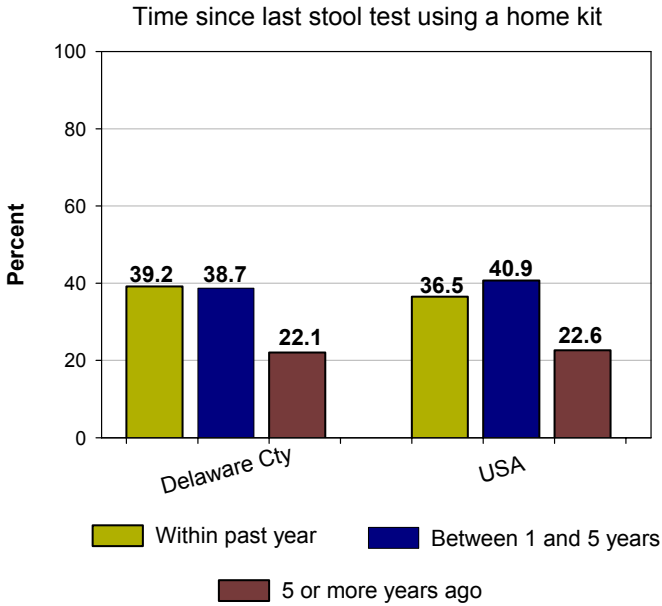
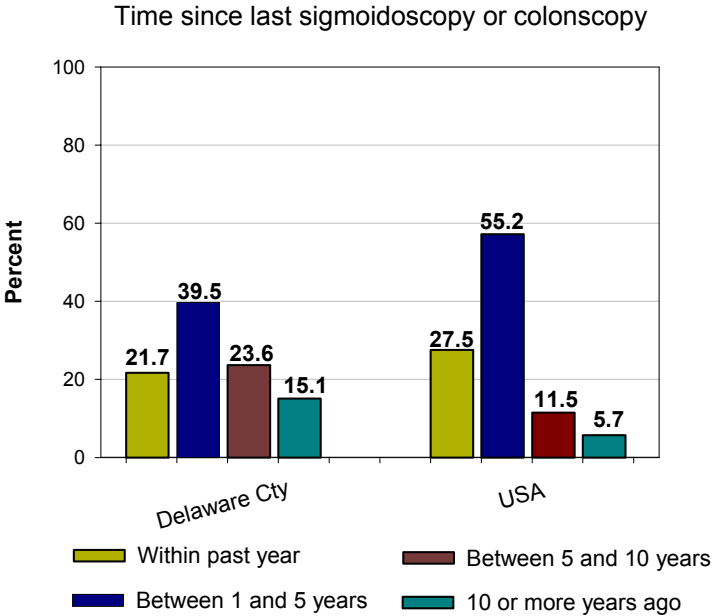


Ever had sigmoidoscopy or colonoscopy



**Statistical Differences: NONE For all**

**Colorectal Cancer Screening** continued



**Statistical Differences: Time last colonoscopy**

Delaware County distribution differs from USA distribution (p=0.00013)

**Statistical Differences: Time last home stool test**

Delaware County distribution differs from USA distribution (p=0.0226)

# Prostate Cancer Screening

According to CDC and New York State Department of Health resources:

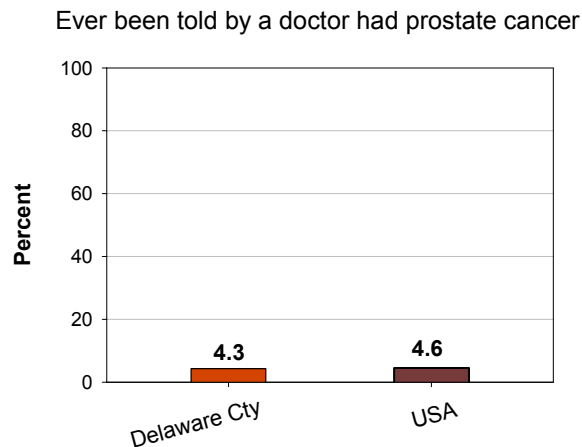
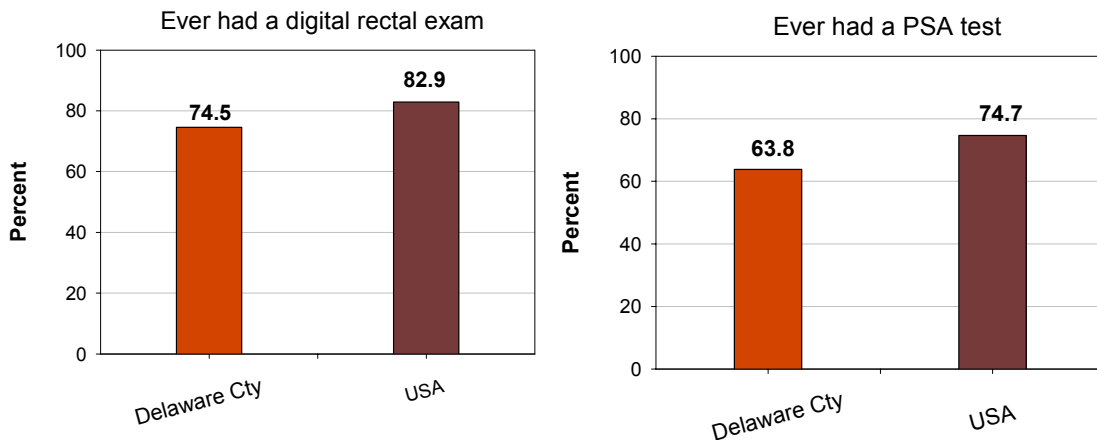
Prostate cancer is the most common cancer in men. In 2005, 185,895 men were diagnosed with prostate cancer, and 28,905 men died from it.

One in six men will get prostate cancer in his lifetime. More than two million men alive today have had prostate cancer. There is no standard recommendation in the medical community about prostate cancer screening. Medical experts do agree though that men should know the risks and benefits before they are screened.

For more information on prostate cancer and strategies to help see:

<http://www.cdc.gov/cancer/prostate/index.htm>

<http://www.health.state.ny.us/diseases/cancer/prostate/>



**Statistical Differences: Digital rectal exam**

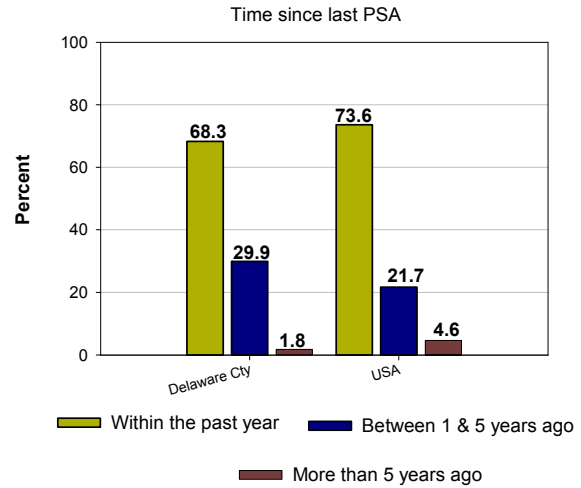
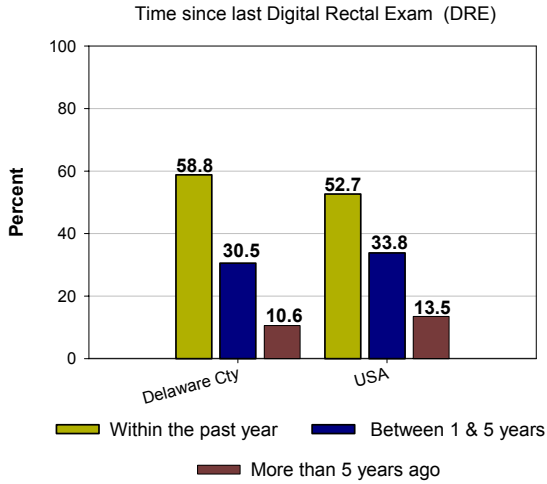
Delaware County distribution differs from USA distribution (p=0.00021)

**Statistical Differences: Ever PSA**

Delaware County distribution differs from USA distribution (p=0.00003)

**Statistical Differences: NONE For all others**

## Prostate Cancer Screening continued



**Statistical Differences: Time since PSA**  
 Delaware County distribution differs from USA distribution (p=0.00621)

**Statistical Differences: NONE For all others**

# Immunization

According to CDC and New York State Department of Health resources:

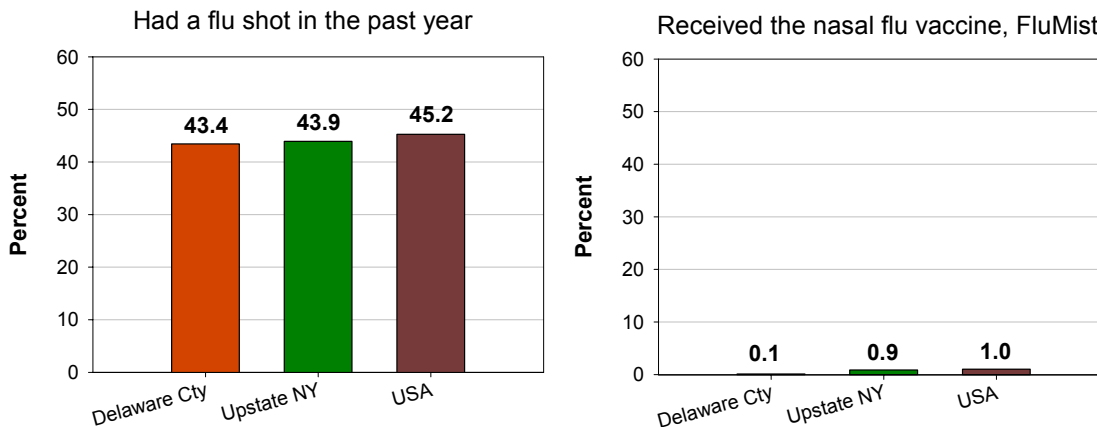
Vaccine-preventable disease levels are at or near record lows. Even though most infants and toddlers have received all recommended vaccines by age two, many under-immunized children remain, leaving the potential for outbreaks of disease. Many adolescents and adults are under-immunized as well, missing opportunities to protect themselves against diseases such as Hepatitis B, influenza, and pneumococcal disease.

The New York State Department of Health Immunization Program's goal is to prevent vaccine-preventable diseases by making sure children and adults receive the vaccines they need. The program assures:

- All children have access to vaccines;
- Health care providers are aware of immunization standards of practice;
- The latest recommendations on new vaccines are available to providers; and
- Providers and the public have up-to-date answers to vaccine questions.

For more information on immunizations see:

<http://www.cdc.gov/vaccines/vpd-vac/default.htm>  
<http://www.health.state.ny.us/prevention/immunization/>



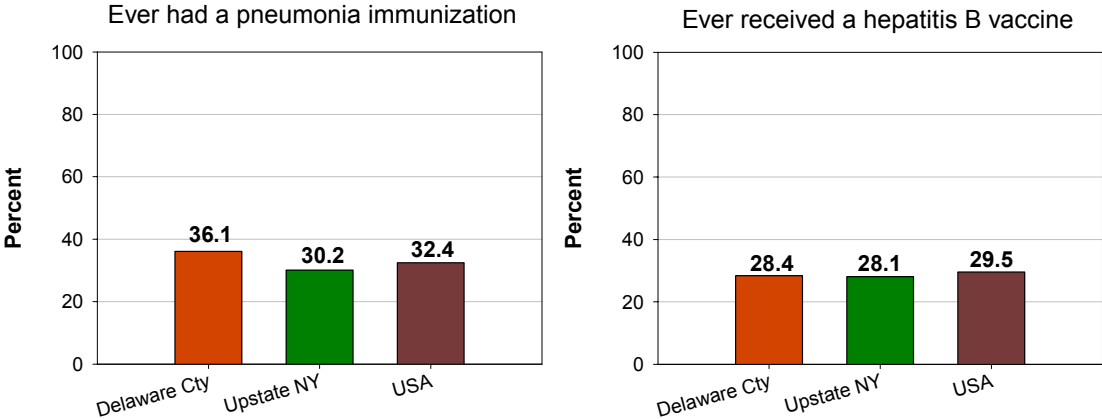
### Statistical Differences: FluMist

Delaware County distribution differs from Upstate NY distribution (p=00916)

Delaware County distribution differs from USA distribution (p=0.00416)

### Statistical Differences: NONE For all others

**Immunization** continued



**Statistical Differences: Pneumonia Vaccine**

Delaware County distribution differs from Upstate NY distribution (p=0.0024)  
Delaware County distribution differs from USA distribution (p=0.01614)

**Statistical Differences: NONE For all others**

## **Oral Health**

According to CDC resources:

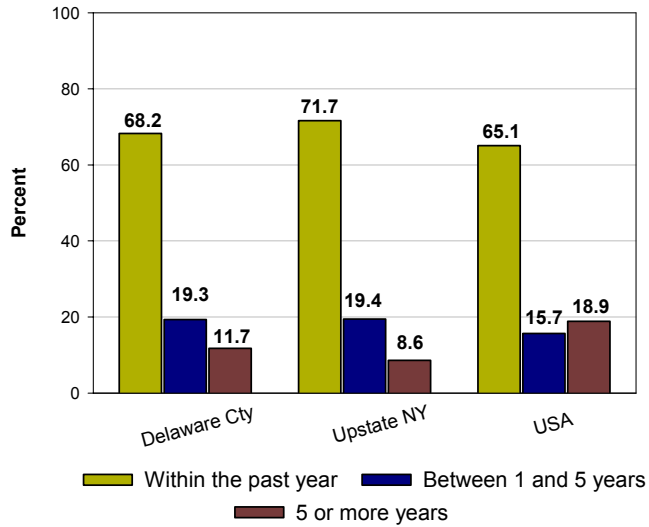
Nearly one-third of all adults in the United States have untreated tooth decay. One in seven adults aged 35 to 44 years has gum disease; this increases to one in every four adults aged 65 years and older. In addition, nearly a quarter of all adults have experienced some facial pain in the past six months. Oral cancers are most common in older adults, particularly those over 55 years who smoke and are heavy drinkers.

For more information on oral health and strategies to help see:

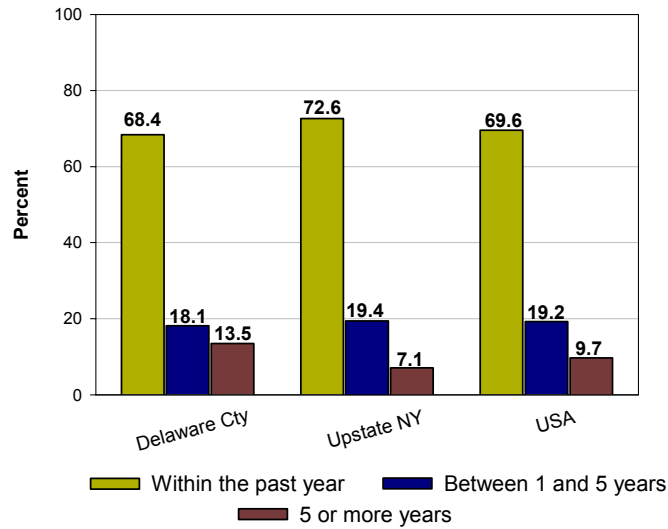
<http://www.cdc.gov/OralHealth/topics/adult.htm>

**Oral Health** continued

Time since last dental visit



Time since last dental cleaning by a dentist or hygienist



**Statistical Differences: Time last dental visit**

Delaware County distribution differs from Upstate NY distribution ( $p < 0.00001$ )  
 Delaware County distribution differs from USA distribution ( $p < 0.00001$ )

**Statistical Differences: Time since last cleaning**

Delaware County distribution differs from Upstate NY distribution ( $p = 0.00001$ )  
 Delaware County distribution differs from USA distribution ( $p < 0.00001$ )

**Oral Health** continued

**Loss of Teeth Due to Dental Decay**

	<b>Delaware County</b>	<b>Upstate NY</b>	<b>USA</b>
1 - 5 teeth	<b>32.1%</b>	<b>36.1%</b>	<b>30.6%</b>
6 or more but not all	<b>19.7%</b>	<b>15.0%</b>	<b>14.3%</b>
All	<b>15.8%</b>	<b>6.7%</b>	<b>8.8%</b>
None	<b>32.5%</b>	<b>42.2%</b>	<b>46.4%</b>

**Statistical Differences: Loss of teeth**

Delaware County distribution differs from Upstate NY distribution (p<0.00001)

Delaware County distribution differs from USA distribution (p<0.00001)

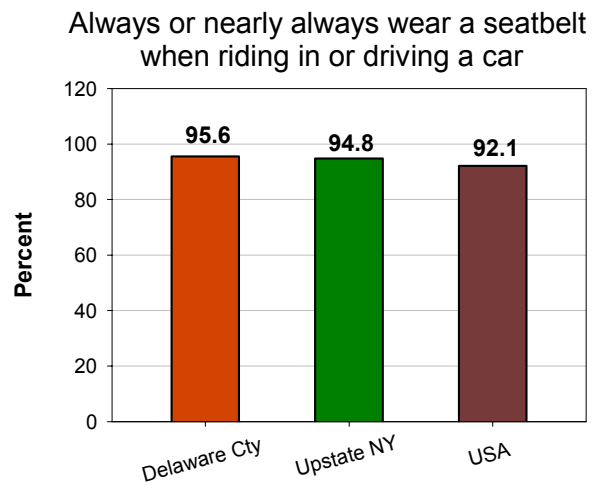
## Lifestyle Choices

### Seatbelt Use

According to CDC resources, drivers and passengers can cut their risk of dying in a crash by half simply by buckling up.

For more information on seatbelt use see:

<http://www.cdc.gov/ncipc/duip/buckleup.htm>



#### Statistical Differences: Seatbelt

Delaware County distribution differs from USA distribution ( $p < 0.00019$ )

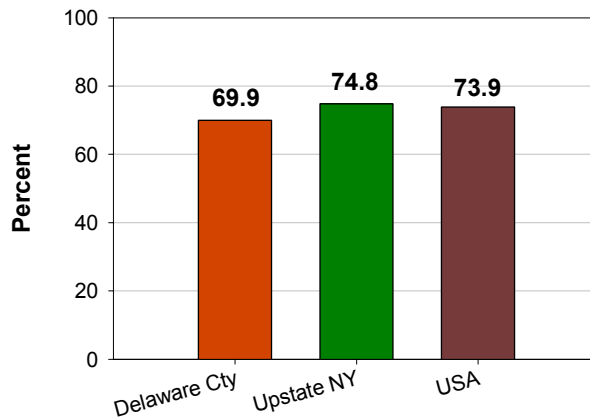
# Exercise

According to CDC resources:

Despite the clear health benefits of regular physical activity, over half of US adults do not engage in physical activity at levels consistent with public health recommendations. In the Healthy People 2010 national health objectives, physical activity is listed as a leading health indicator. The 1996 Surgeon General’s report on physical activity and health concluded that moderate physical activity can reduce substantially the risk of developing or dying from heart disease, diabetes, colon cancer, and high blood pressure.

For more information on exercise and physical activity see:  
[http://www.healthypeople.gov/Document/HTML/Volume2/22Physical.htm#\\_edn1](http://www.healthypeople.gov/Document/HTML/Volume2/22Physical.htm#_edn1)

During the past month, other than work, participate in physical activities such as running, calisthenics, golf, gardening, or walking for exercise



### **Statistical Differences: Exercise**

Delaware County distribution differs from Upstate NY distribution (p= 0.00118)

Delaware County distribution differs from USA distribution (p=0.00457)

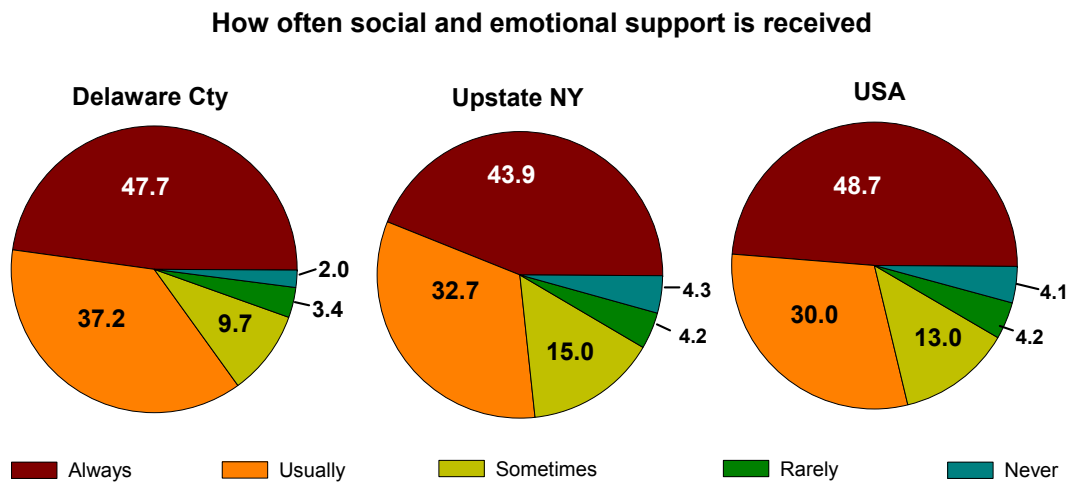
## Emotional Support and Life Satisfaction

According to the CDC resources:

In public health and in medicine, the concept of health-related quality of life refers to a person or group's perceived physical and mental health over time. Physicians have often used health-related quality of life (HRQOL) to measure the effects of chronic illness in their patients to better understand how an illness interferes with a person's day-to-day life. Similarly, public health professionals use health-related quality of life to measure the effects of numerous disorders, short- and long-term disabilities, and diseases in different populations. Tracking health-related quality of life in different populations can identify subgroups with poor physical or mental health and can help guide policies or interventions to improve their health.

For more information on emotional support and life satisfaction see:

<http://www.cdc.gov/hrqol/>

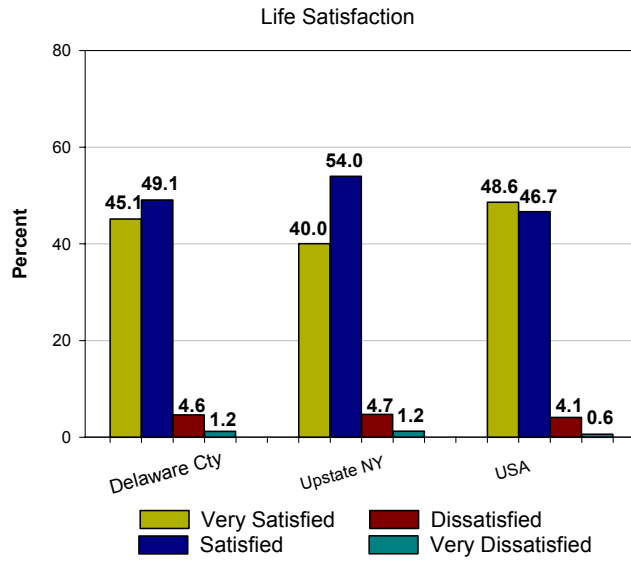


### Statistical Differences: Social and emotional support

Delaware County distribution differs from Upstate NY distribution ( $p < 0.00001$ )

Delaware County distribution differs from USA distribution ( $p < 0.00001$ )

**Emotional Support and Life Satisfaction** continued



**Statistical Differences: Life satisfaction**

Delaware County distribution differs from Upstate NY distribution (p=0.00001)

**Life Satisfaction**

	Delaware County	Upstate NY	USA
Very Satisfied	48.6%	40.0%	45.1%
Satisfied	46.7%	54.0%	49.1%
Dissatisfied	4.1%	4.7%	4.6%
Very Dissatisfied	0.6%	1.2%	1.2%

# Anxiety and Depression

According to National Institute of Mental Health sources:

Anxiety is a normal reaction to stress. It helps one deal with a tense situation in the office, study harder for an exam, and keep focused on an important speech. In general, it helps one cope. But when anxiety becomes an excessive, irrational dread of everyday situations, it has become a disabling disorder.

Five major types of disorders:

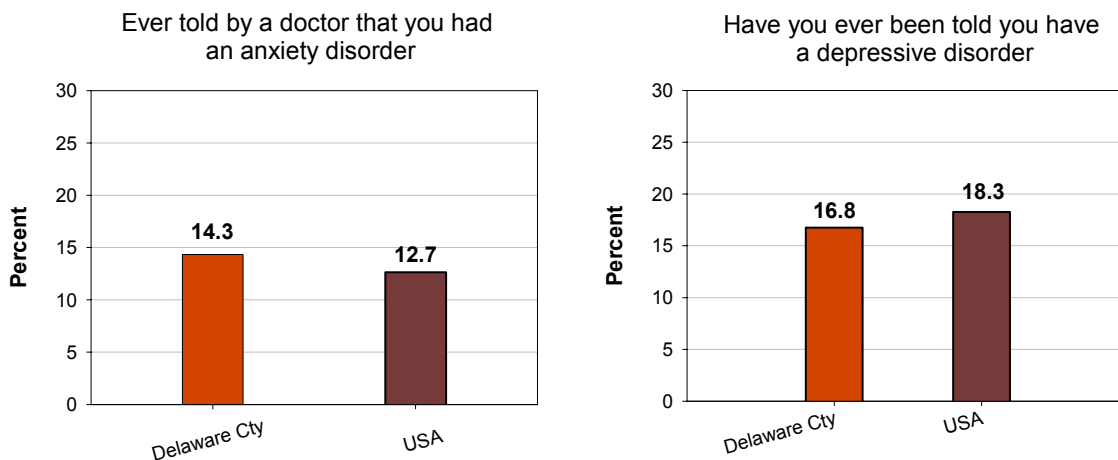
- Generalized Anxiety Disorder
- Obsessive-Compulsive Disorder (OCD)
- Panic Disorder
- Post-Traumatic Stress Disorder (PTSD)
- Social Phobia or Social Anxiety Disorder

Depression is a serious medical condition that involves the body, mood, and thoughts. It affects the way a person eats and sleeps, the way one feels about oneself, and the way one thinks about things. A depressive disorder is not the same as a passing blue mood. It is not a sign of personal weakness or a condition that can be willed or wished away. People with a depressive illness cannot merely "pull themselves together" and get better. Without treatment, symptoms can last for weeks, months, or years. Appropriate treatment, however, can help most people who have depression.

For more information on anxiety and depression and strategies to help see:

<http://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>

<http://www.nimh.nih.gov/health/publications/depression-a-treatable-illness-fact-sheet/index.shtml>



**Statistical Differences: NONE For all**

# Tobacco Use

According to CDC and New York State Department of Health resources:

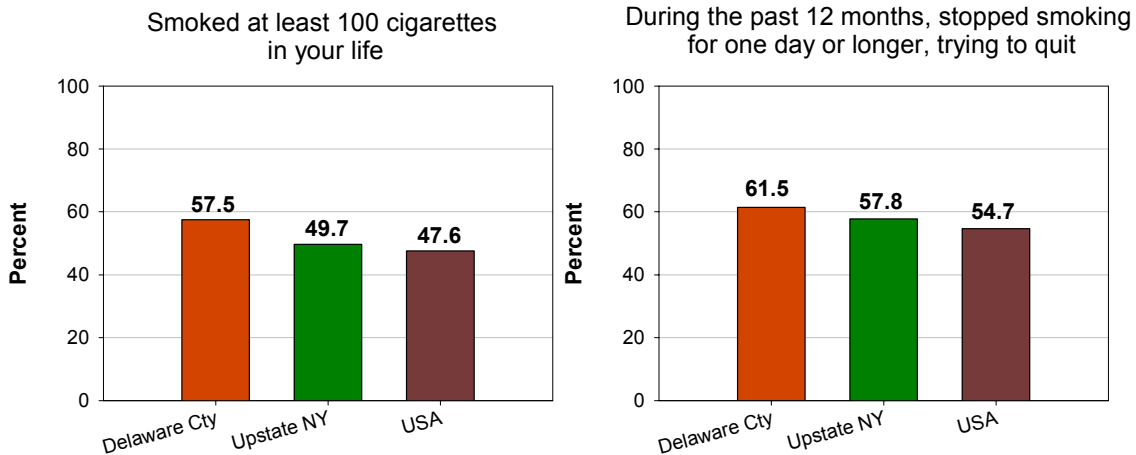
Cigarette smoking remains the leading preventable cause of death in the United States, accounting for approximately 1 of every 5 deaths (438,000 people) each year. Smoking harms nearly every organ of the body, causing many diseases and affecting the health of smokers in general.

Smoking kills 25,500 people every year in New York State. Secondhand smoke kills 2,500 New Yorkers every year. Every year 570,000 New Yorkers are afflicted with serious disease caused by smoking.

For more information on tobacco use and strategies to help see:

[http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/adult\\_data/cig\\_smoking/index.htm](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/adult_data/cig_smoking/index.htm)

[http://www.health.state.ny.us/prevention/tobacco\\_control/](http://www.health.state.ny.us/prevention/tobacco_control/)



### **Statistical Differences: Smoked at least 100 cigarettes**

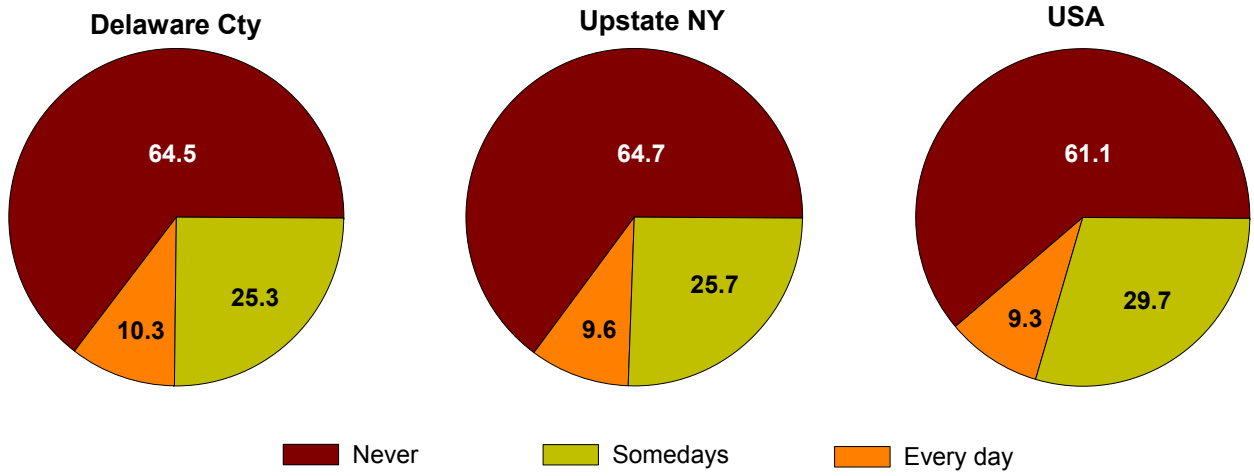
Delaware County distribution differs from Upstate NY distribution ( $p < 0.00001$ )

Delaware County distribution differs from USA distribution ( $p < 0.00001$ )

### **Statistical Differences: NONE For all others**

**Tobacco Use** continued

**Smoke Cigarettes Everyday, Some days, or Never**



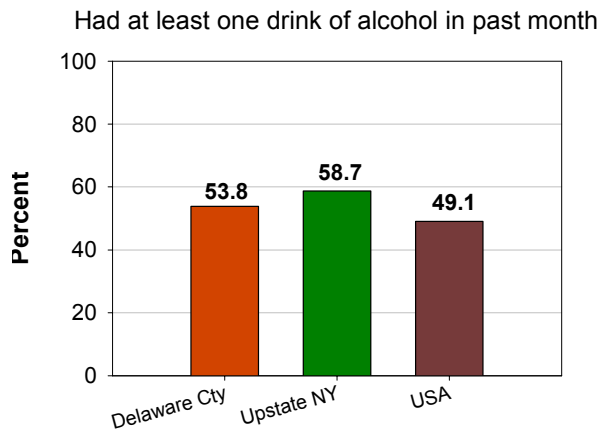
**Statistical Differences: NONE For all**

# Alcohol Consumption

According to CDC resources:

Drinking alcohol has immediate effects that can increase the risk of many harmful health conditions. Excessive alcohol use, either in the form of heavy drinking (drinking more than two drinks per day on average for men or more than one drink per day on average for women), or binge drinking (drinking 5 or more drinks during a single occasion for men or 4 or more drinks during a single occasion for women), can lead to increased risk of health problems such as liver disease or unintentional injuries. According to recent national surveys, more than half of the adult U.S. population drank alcohol in the past 30 days. Approximately 5% of the total population drank heavily, while 15% of the population binge drank. From 2001–2005, there were approximately 79,000 deaths annually attributable to excessive alcohol use. In fact, excessive alcohol use is the 3rd leading lifestyle-related cause of death for people in the United States each year.

For more information on alcohol consumption and strategies to help see:  
<http://www.cdc.gov/alcohol/index.htm>



### **Statistical Differences: One drink in past 30 days**

Delaware County distribution differs from Upstate NY distribution ( $p=0.00361$ )

Delaware County distribution differs from USA distribution ( $p=0.00262$ )