

2013 Community Health Needs Assessment

Behavioral Risk Factor Surveillance Survey 2013

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HOLLERAN

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Methodology-Telephone Survey

- Phone interviews with 2,480 individuals were conducted by Holleran's tele-research center between October 2012 and January 2013.
 - Respondents were randomly selected for participation based on a statistically valid sampling frame developed by Holleran to represent Camden County.
 - Respondents were 18 years of age or older and resided in a private residence in one of 108 zip codes within Burlington, Camden, and Gloucester Counties.
- The survey was adapted from the Center for Disease Control and Prevention's Behavioral Risk Factor Surveillance System (BRFSS). The survey tool assesses health risk behaviors, preventive health practices, and health care access primarily related to chronic disease and injury.

Methodology-Data Collection Sessions

- In order to adjust for the limitations to conducting a land-line based telephone survey, an abbreviated version of the BRFSS survey tool was also administered at in-person data collection sessions.
- Four data collection sessions were held in various locations in Camden City, NJ during March 2013. A total of 165 Camden City residents participated. Individuals attending the sessions answered the questions anonymously through OptionFinder wireless polling technology.
 - The hospitals worked with organizations serving underserved populations to recruit low-income and racially/ethnically diverse populations.
 - Participants were 18 years of age or older and resided in Camden City, NJ.
 - Participants received a \$50 CVS gift card for completing the survey.
- The data set from the data collection session is depicted in gray.
- Note that due to the sample size (n=165) and the difference in research methodology (in-person polling vs. telephone) these differences should be interpreted with some caution.

Methodology-Statistical Considerations

Throughout the report statistically significant differences will be denoted on a category level as one of three symbols:

- * represents a statistically significant difference between Camden County and the United States.
- ~ represents a statistically significant difference between Camden County and New Jersey.
- Finally, *~ represents a statistically significant difference between Camden County and both the United States and New Jersey.

All data sets utilized in the report are statistically weighted to counter for demographic imbalances (e.g. Over-representation of females compared to males) with the exception of the actual demographic information, and Camden City data collection session data.

Respondent Demographics

Zip Code

Zip	Percent	Zip	Percent
08002	4.0%	08037	4.3%
08003	5.6%	08043	5.2%
08004	2.3%	08045	0.5%
08007	0.9%	08049	1.0%
08009	2.3%	08059	1.0%
08012	7.1%	08078	1.6%
08021	8.2%	08081	9.2%
08026	0.3%	08083	1.7%
08029	0.9%	08084	1.2%
08030	2.4%	08089	0.7%
08031	2.1%	08091	1.0%
08033	3.0%	08102	1.4%
08034	3.3%	08103	2.8%
08035	1.4%	08104	4.3%

Zip Code (cont'd)

Zip	Percent
08105	5.2%
08106	1.7%
08107	2.4%
08108	3.3%
08109	4.0%
08110	3.5%

Gender and Age

Demographic Category		Camden County 2013 BRFSS	Camden City 2013 Data Collection Sessions (n=154, 156)	Camden County 2011 Census
Gender (n=575)	Male	32.0%	24.7%	48.3%
	Female	68.0%	75.3%	51.7%
Age Group (n=574)	18 - 24	2.3%	13.5%	11.9%
	25 - 34	4.4%	16.7%	17.1%
	35 - 44	10.8%	14.7%	17.9%
	45 - 54	21.8%	23.1%	20.3%
	55 - 64	23.2%	20.5%	15.8%
	65 years and over	37.6%	11.5%	17.1%

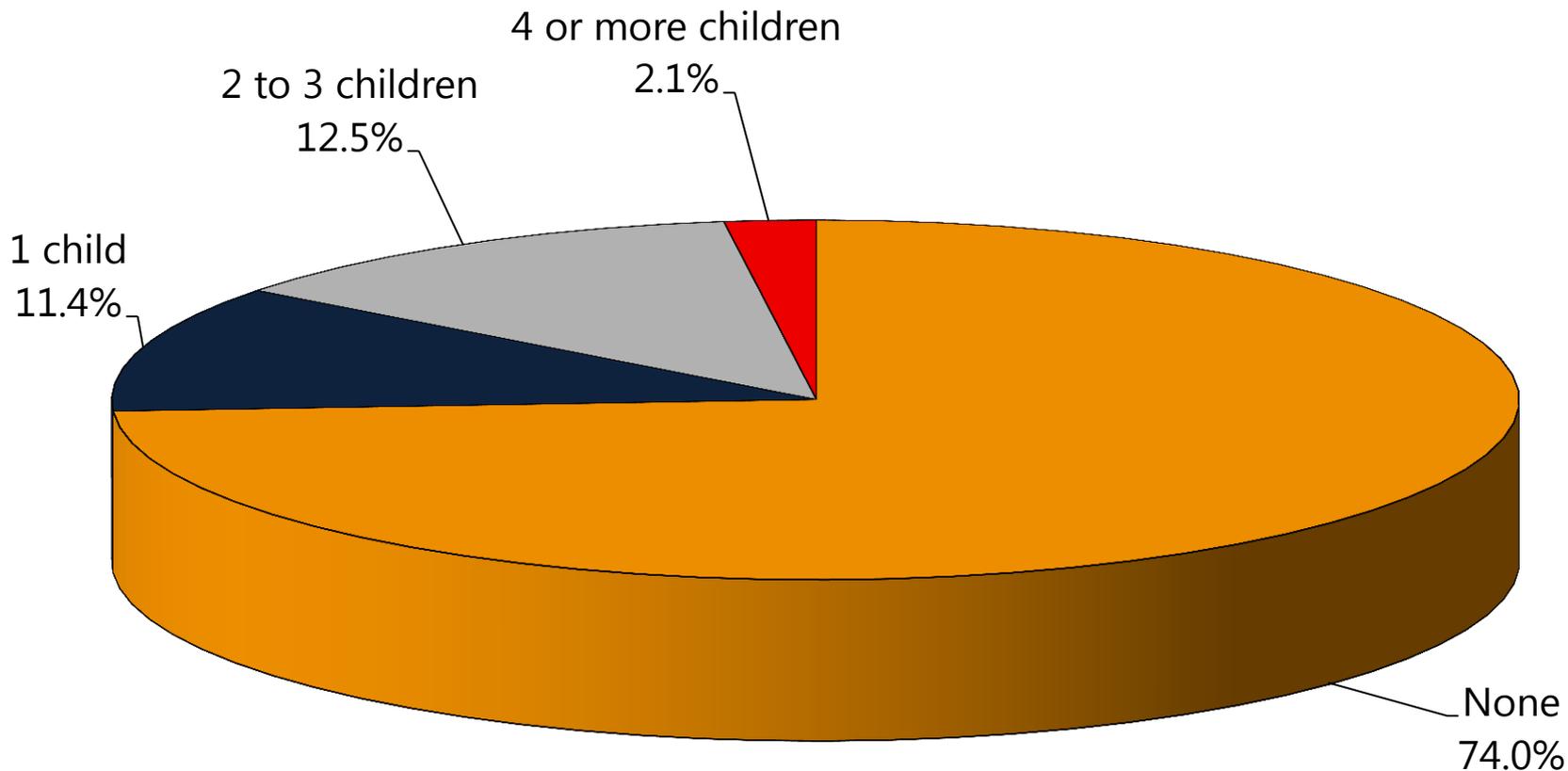
*Per the 2011 U.S. Census.

Race and Ethnicity

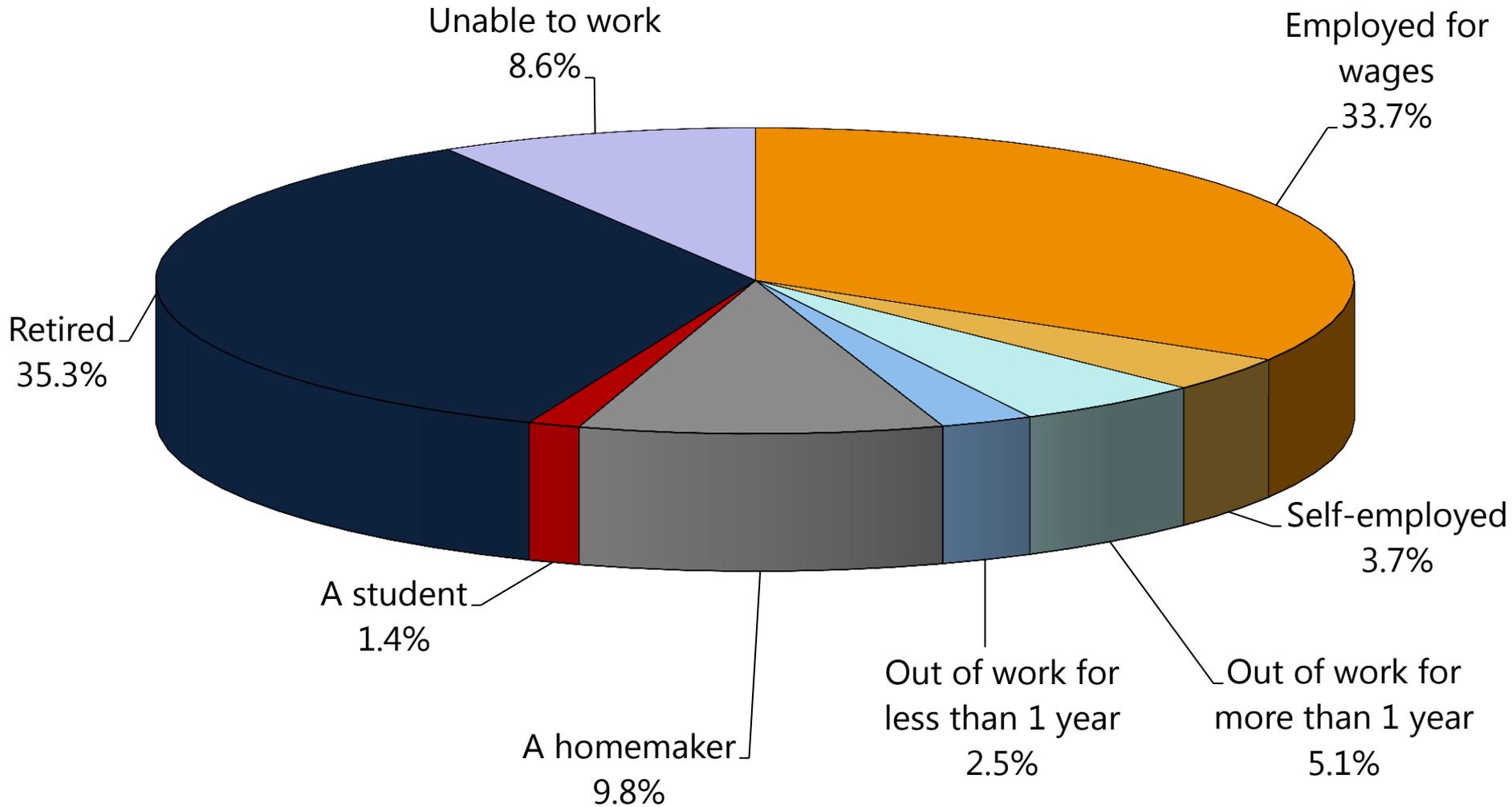
Demographic Category		Camden County 2013 BRFSS	Camden City 2013 Data Collection Sessions (n=154, 155)	Camden County 2011 Census
Hispanic/Latino (n=570)	Yes	9.6%	16.9%	14.1%
	No	90.4%	83.1%	85.9%
Race (n=547)	White	76.2%	4.5%	66.6%
	Black or African American	17.0%	71.0%	18.5%
	Asian	0.9%	11.0%	4.9%
	Native Hawaiian or Other Pacific Islander	0.2%	0.0%	0.0%
	American Indian or Alaska Native	0.2%	0.6%	0.3%
	Other	5.5%	12.9%	7.8%

*Per the 2011 U.S. Census.

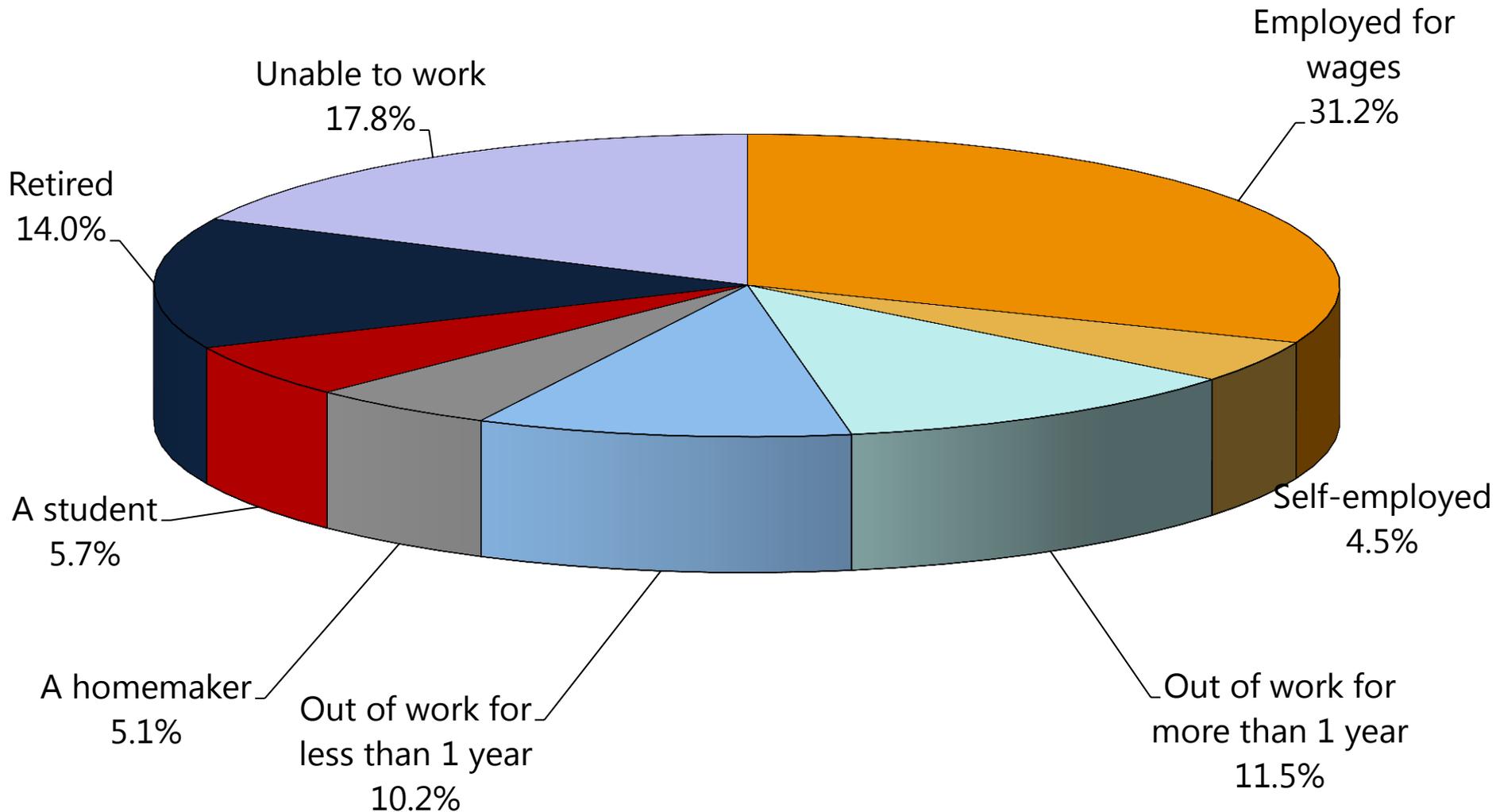
How many children less than 18 years of age live in your household?



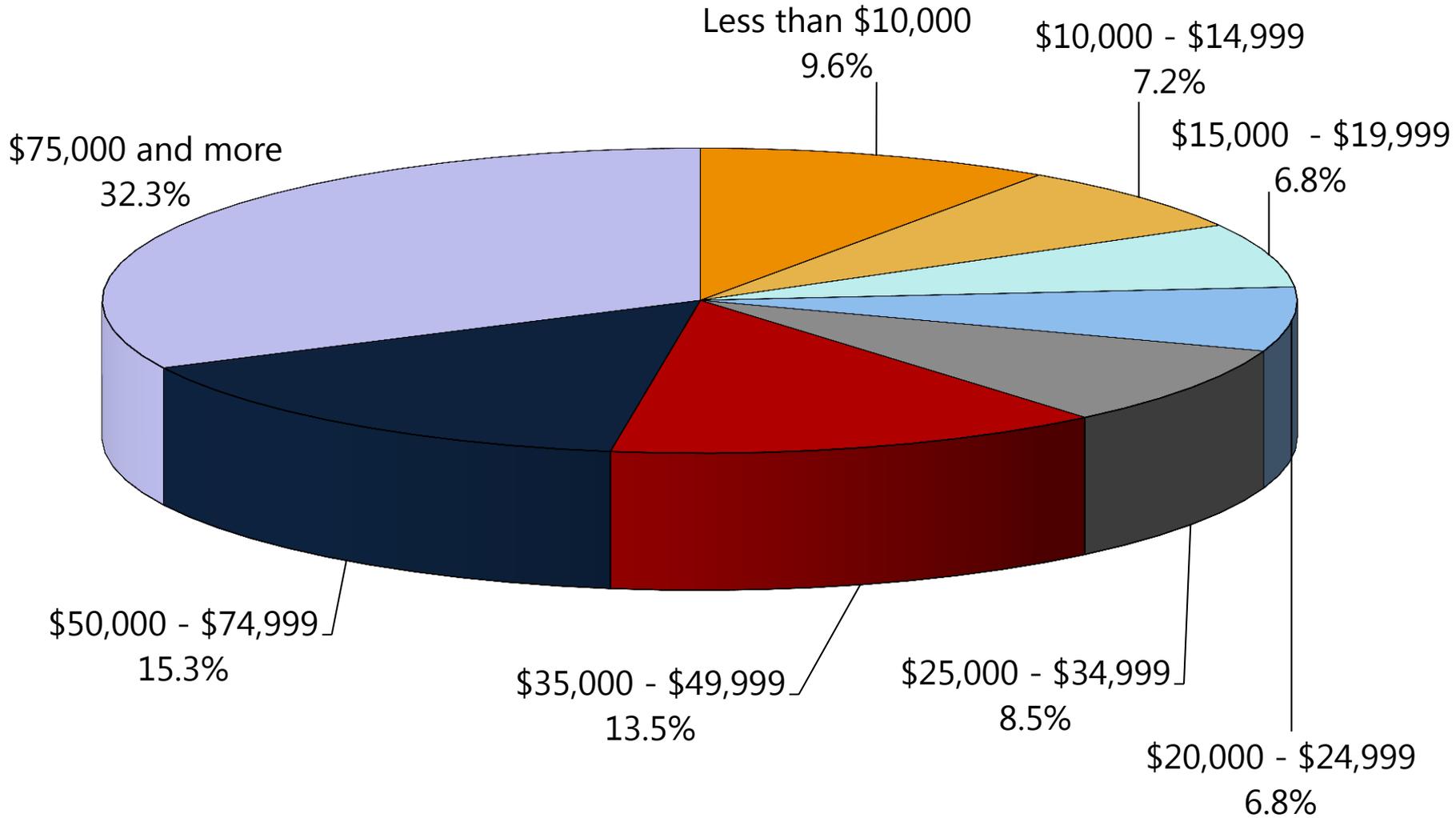
Employment Status



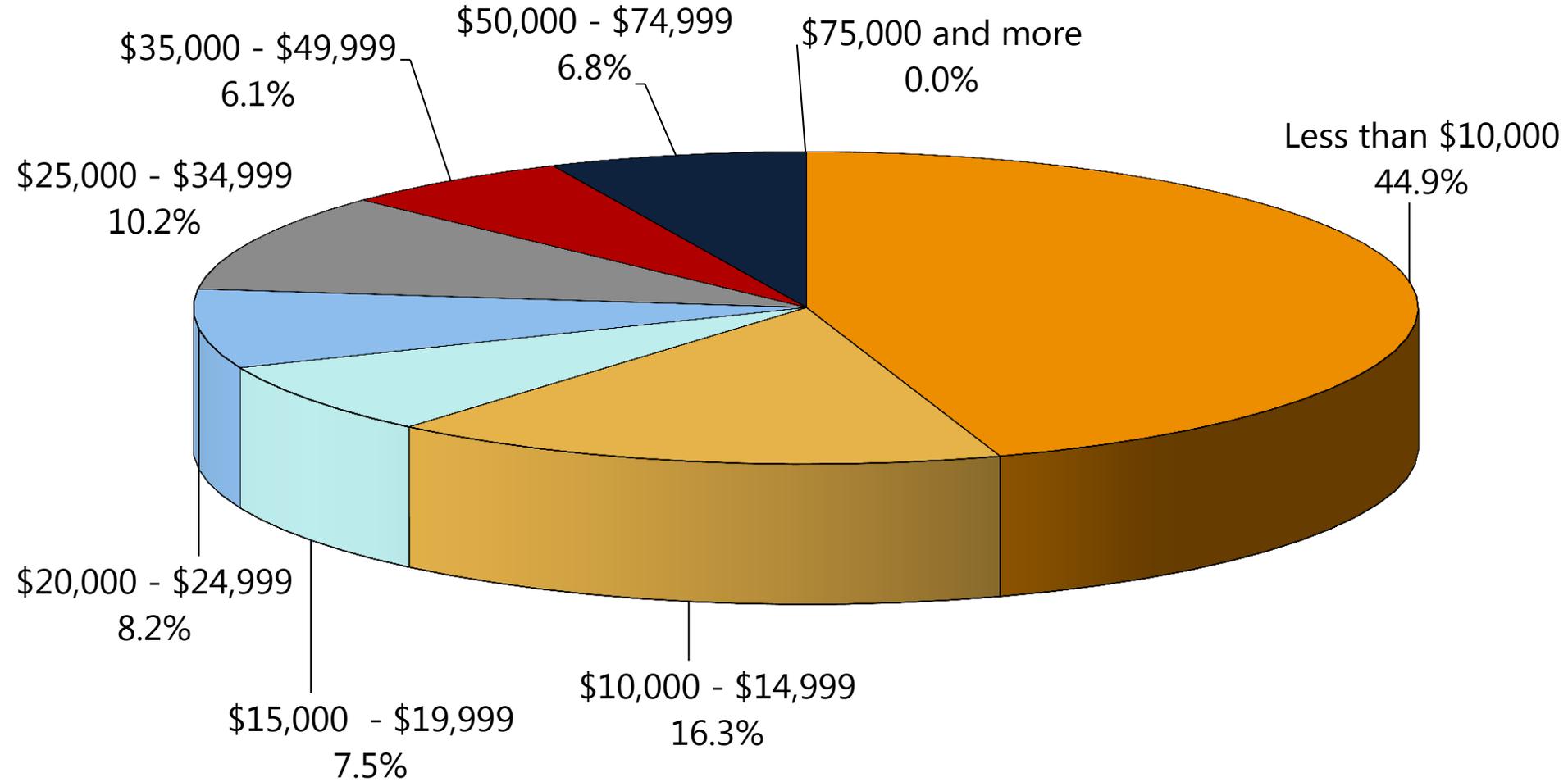
Employment Status (Camden City D/C sessions)



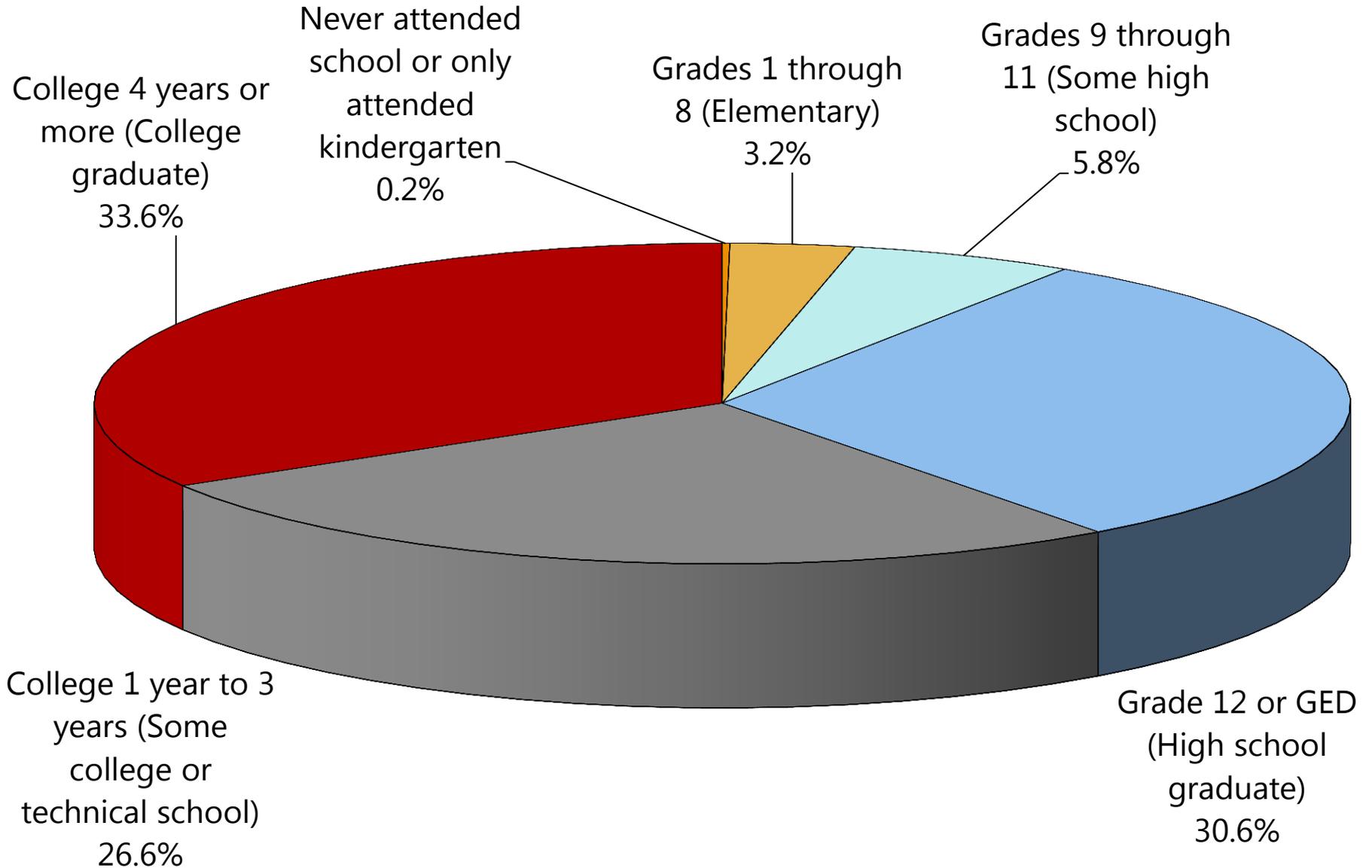
Income Level



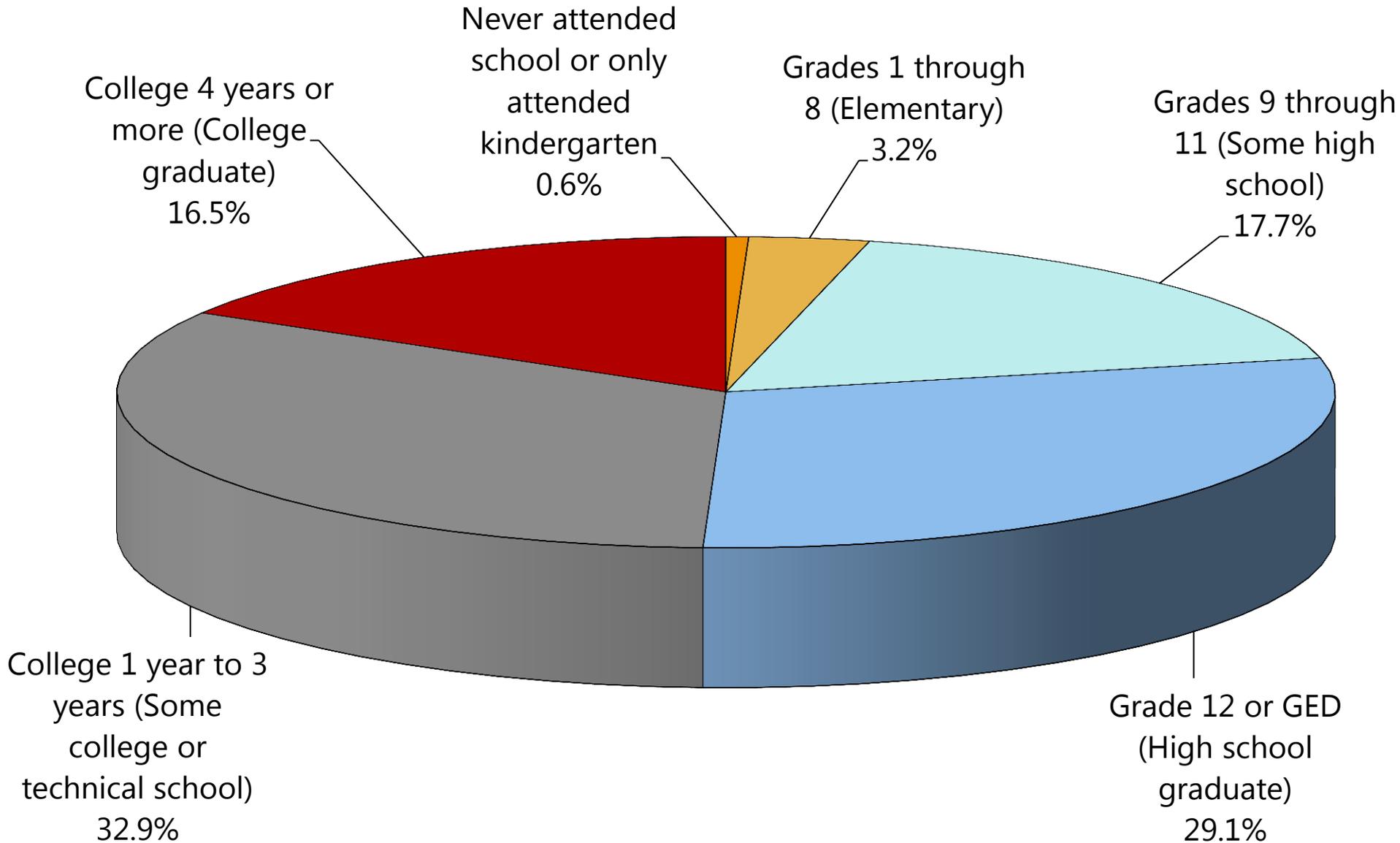
Income Level (Camden City D/C sessions)



Educational Attainment

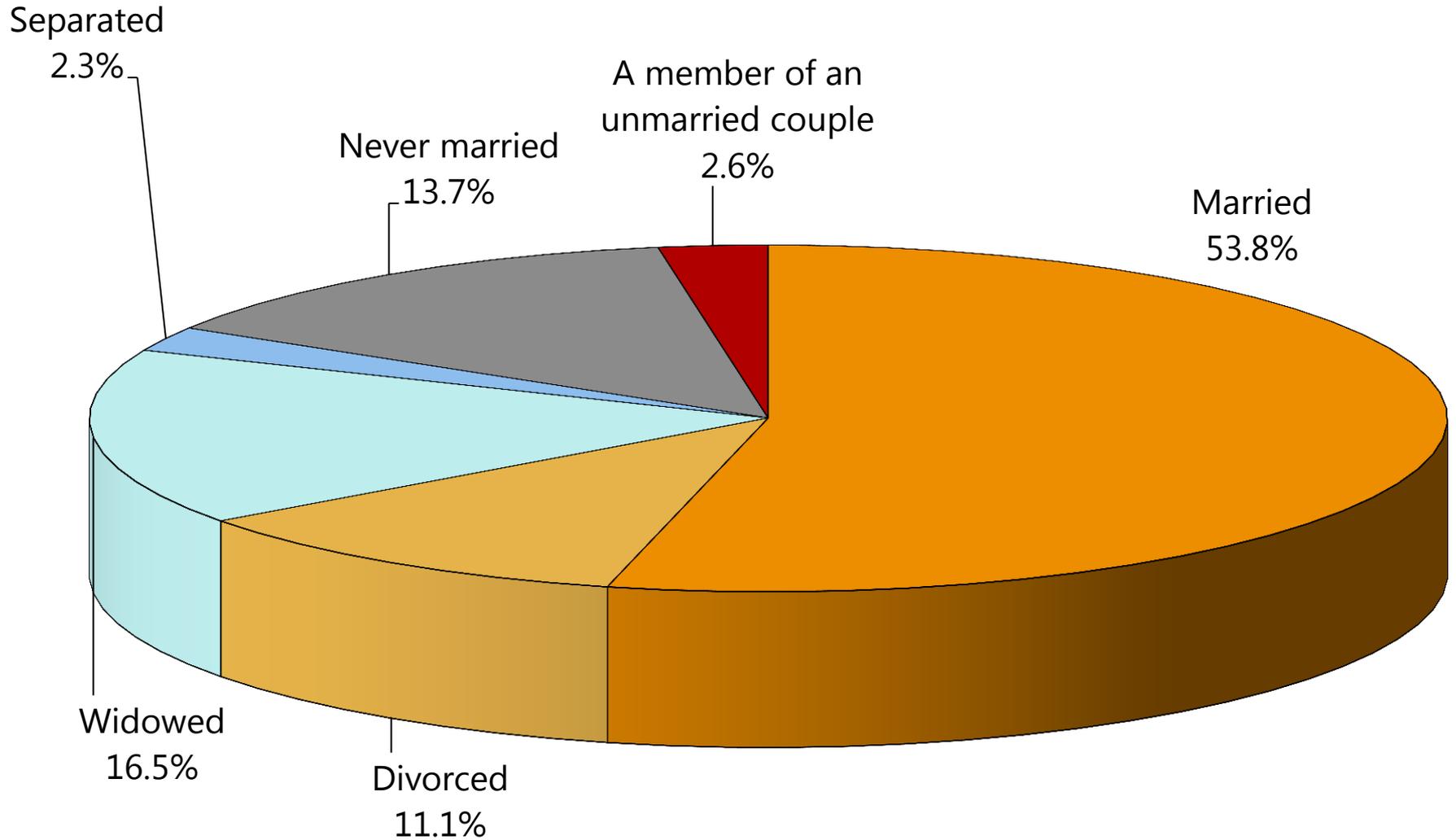


Educational Attainment (Camden City D/C sessions)



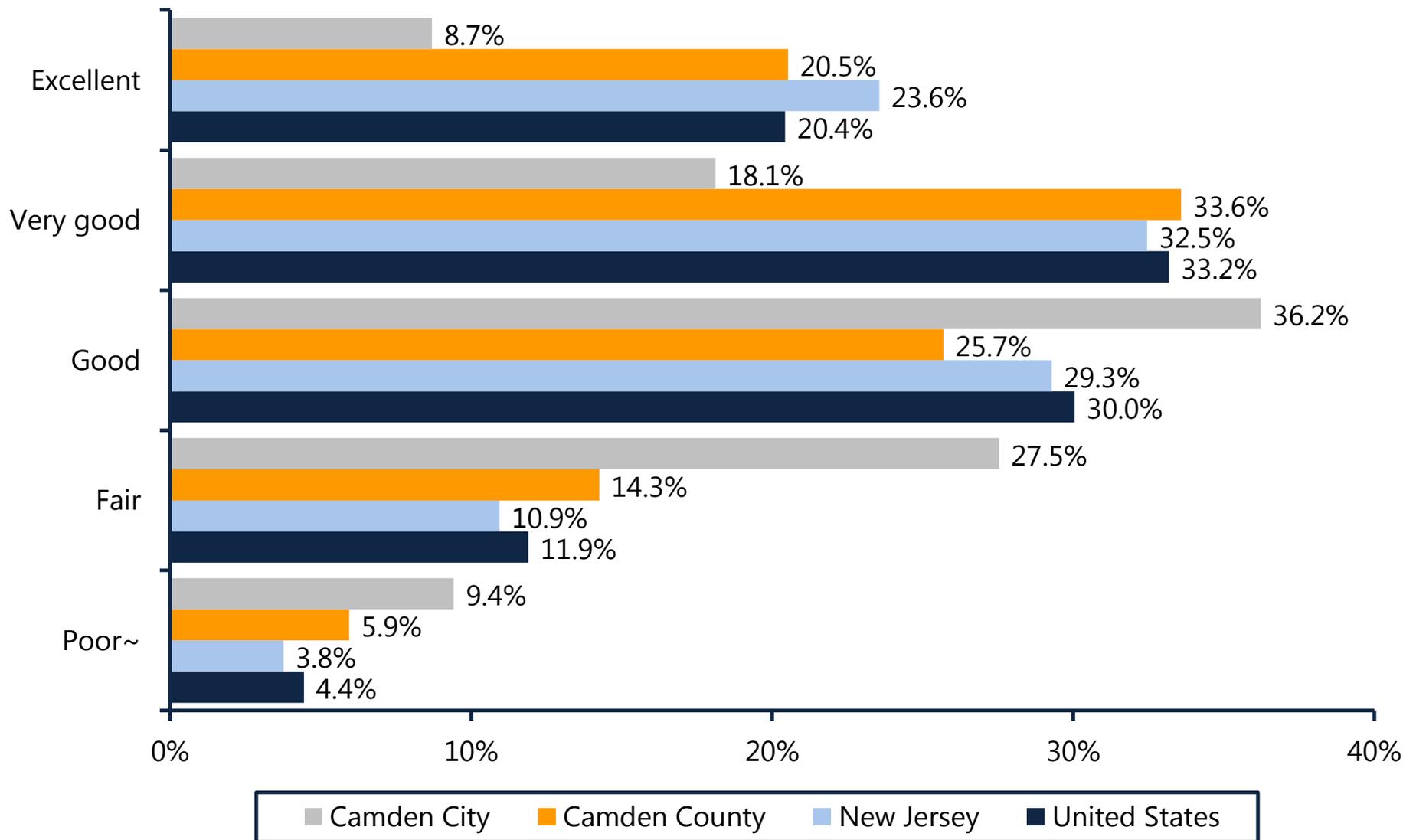
n = 158

Marital Status

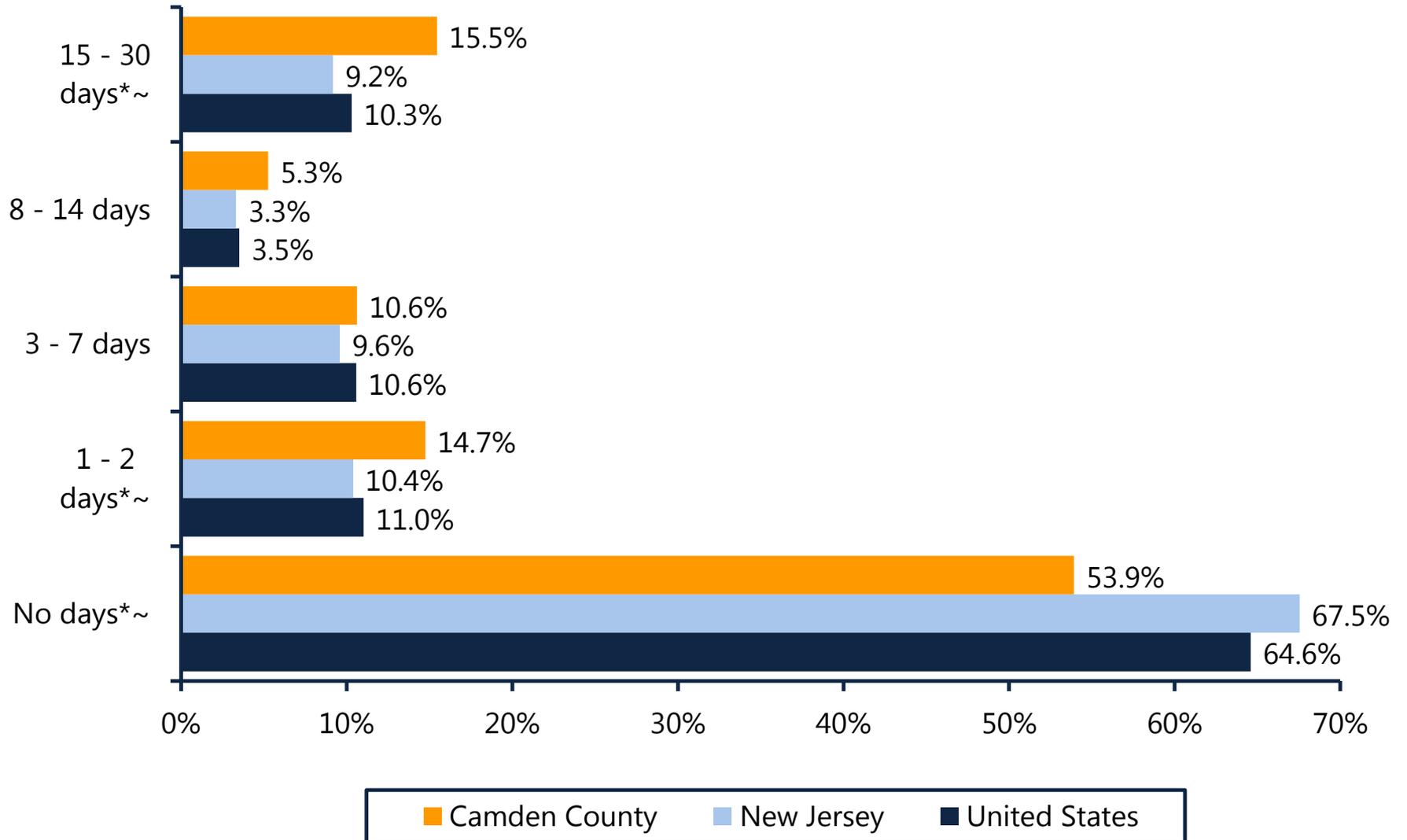


Health Status

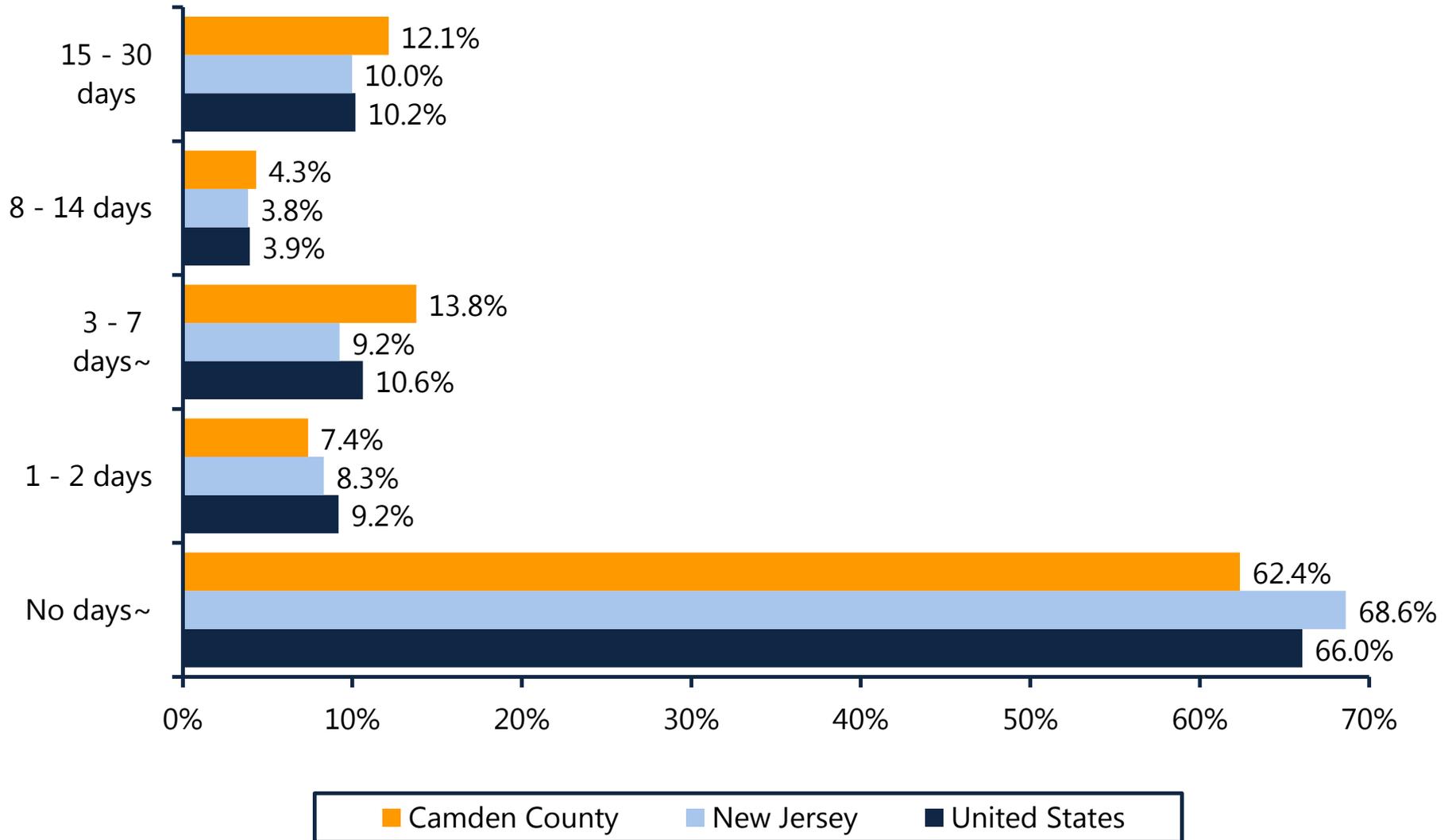
Would you say that in general your health is-



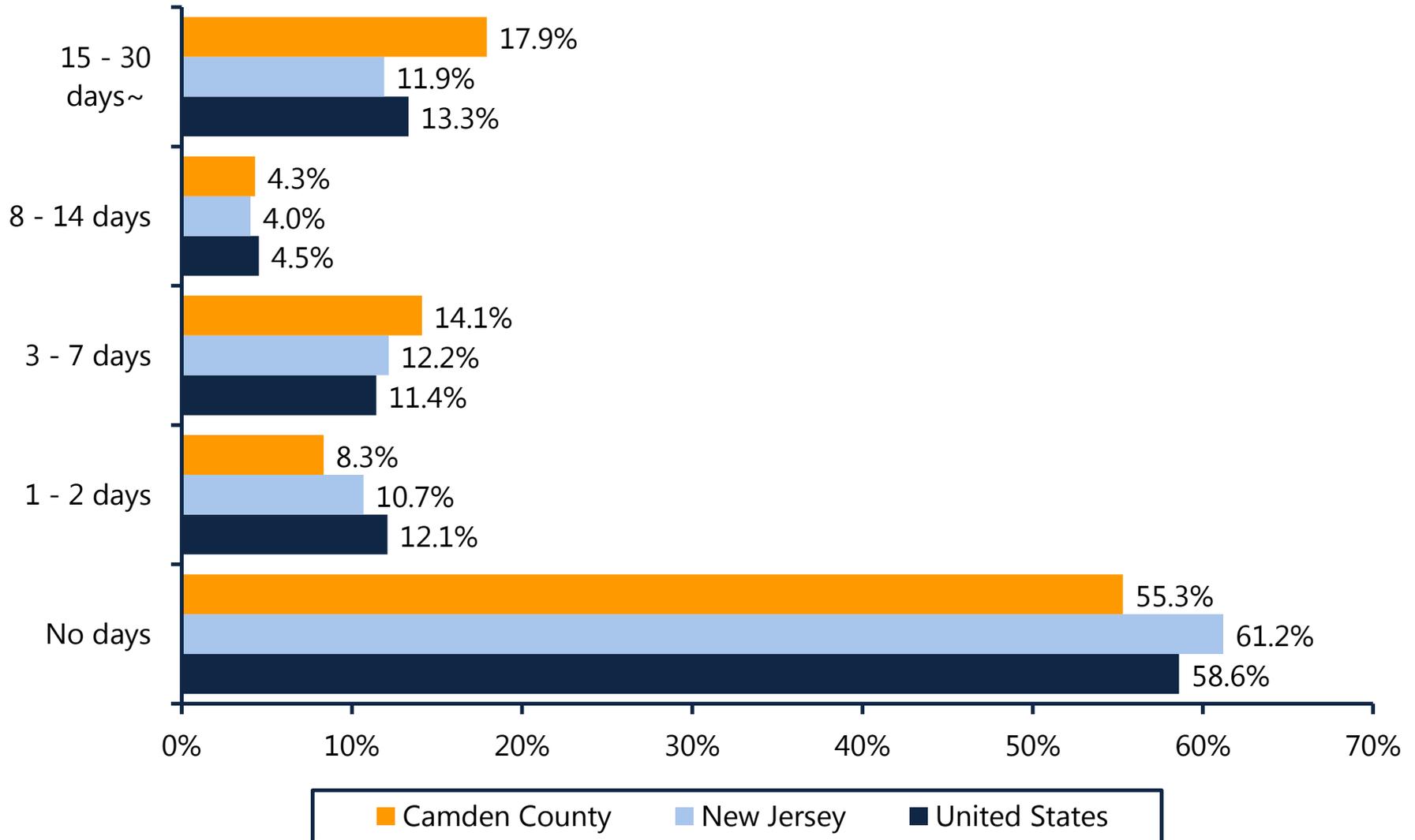
For how many days during the past 30 days was your physical health not good?



For how many days during the past 30 days was your mental health not good?

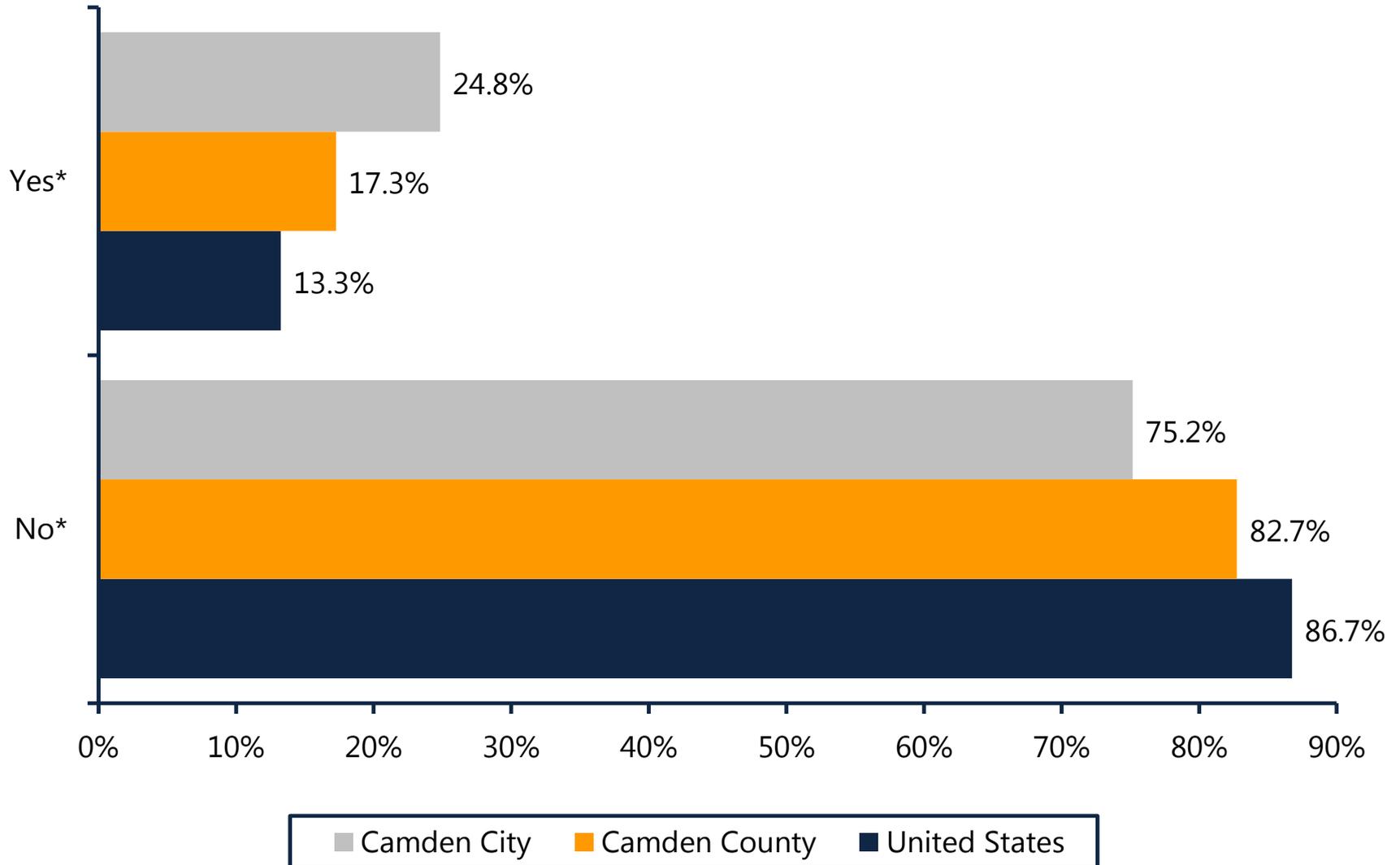


For how many days during the past 30 days did poor physical or mental health keep you from doing your usual activities?

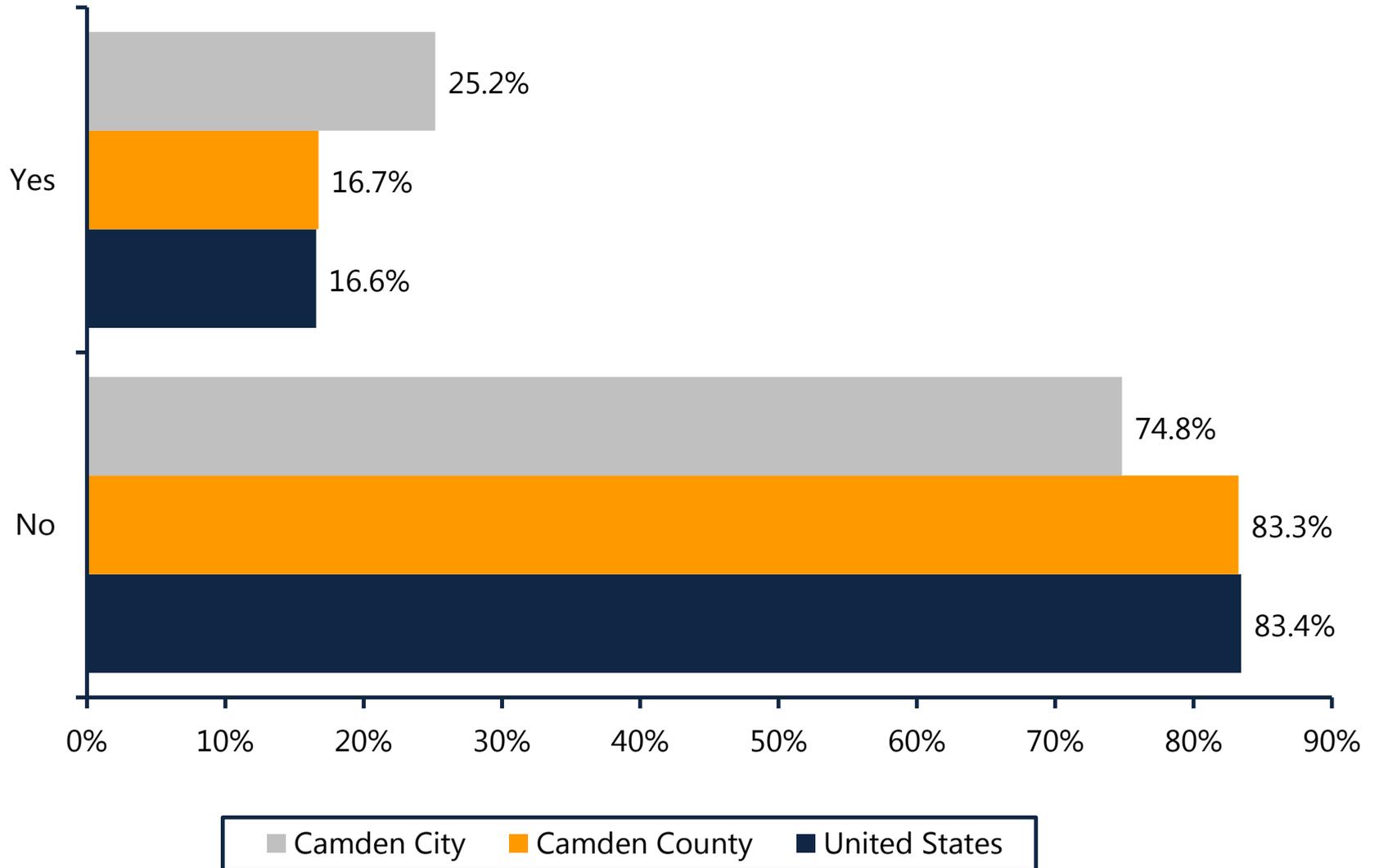


Anxiety and Depression

Has a doctor or other health care provider EVER told you that you have an anxiety disorder?

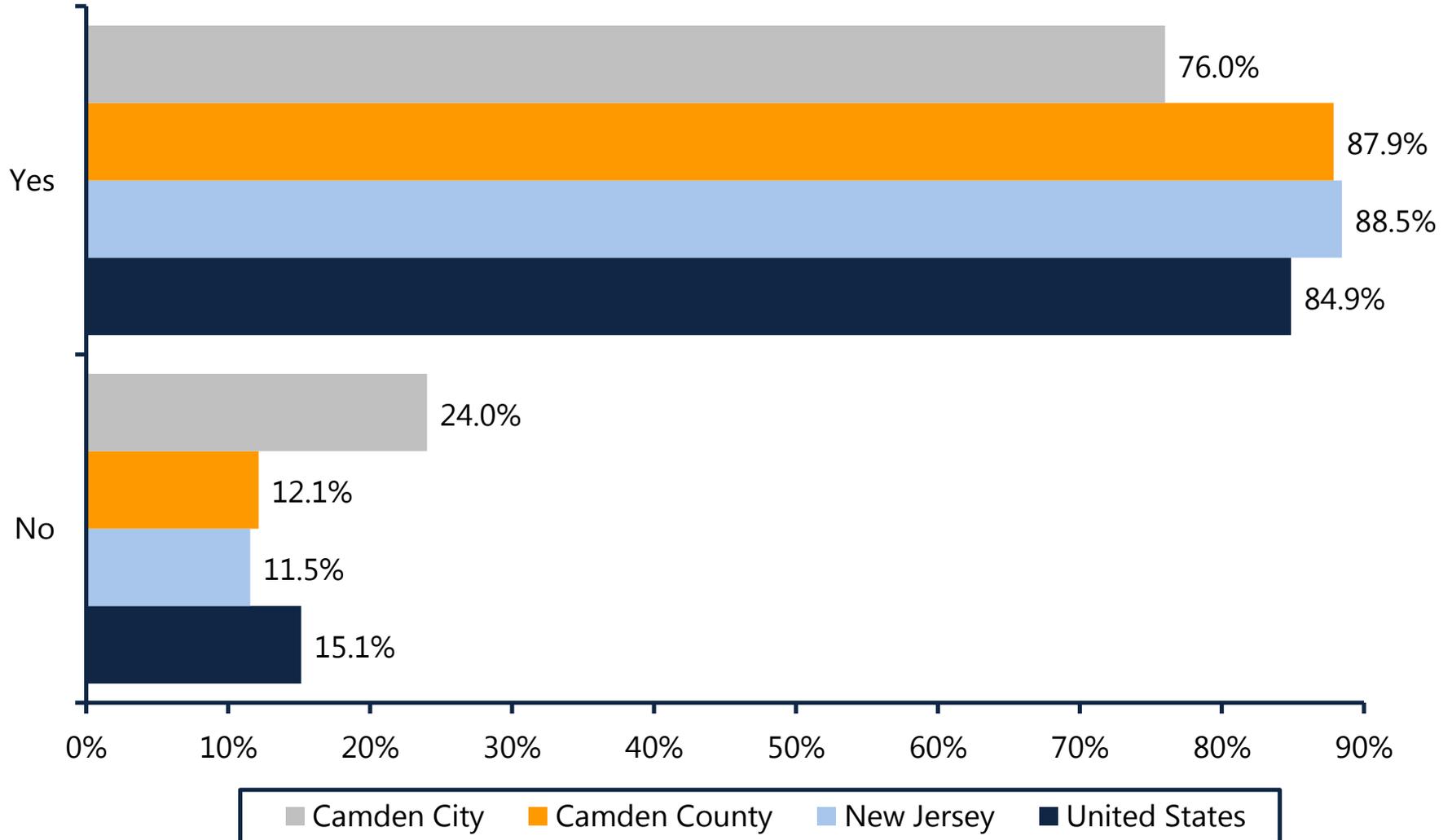


Has a doctor or other health care provider EVER told you that you have a depressive disorder?

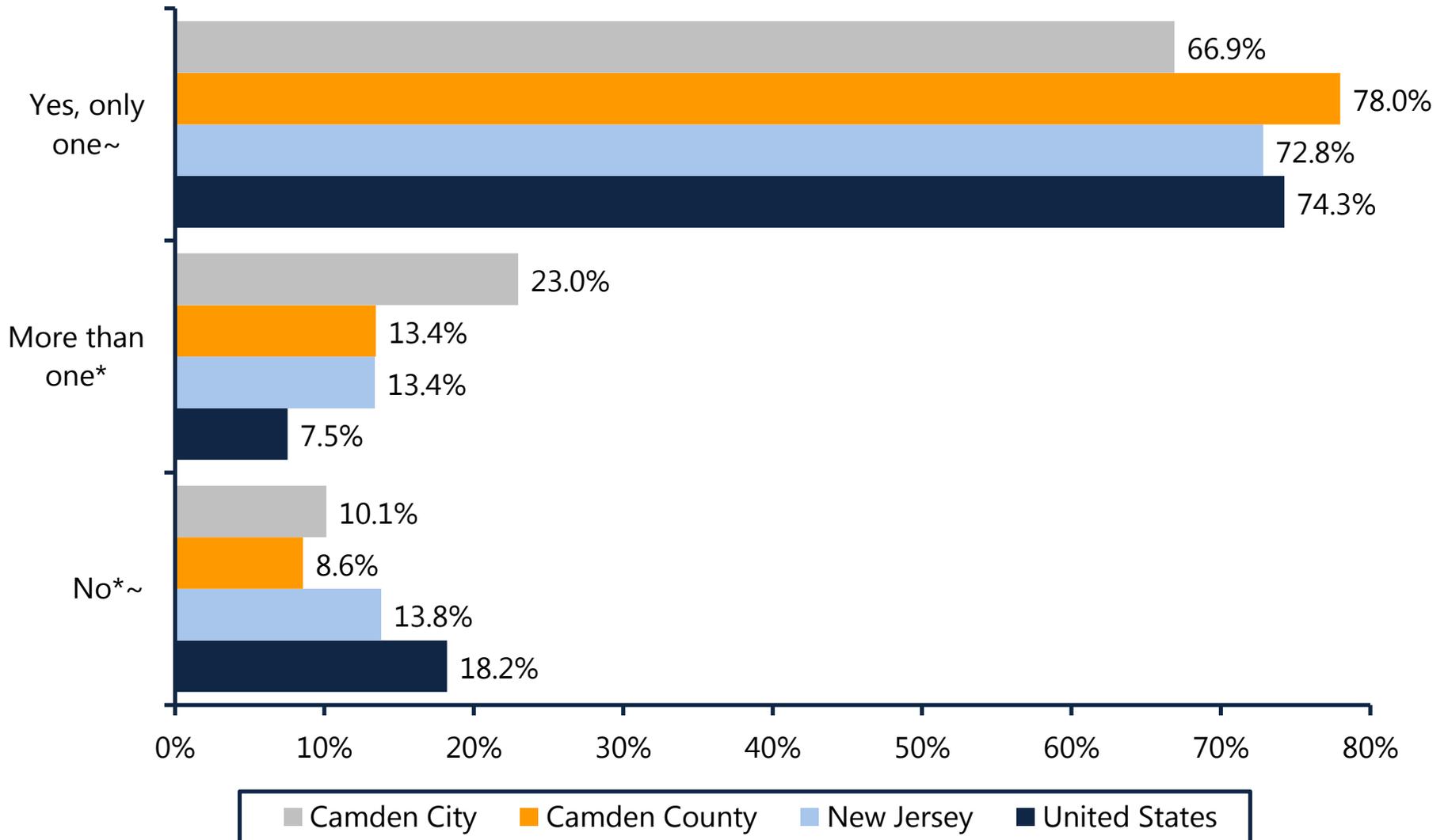


Health Care Access

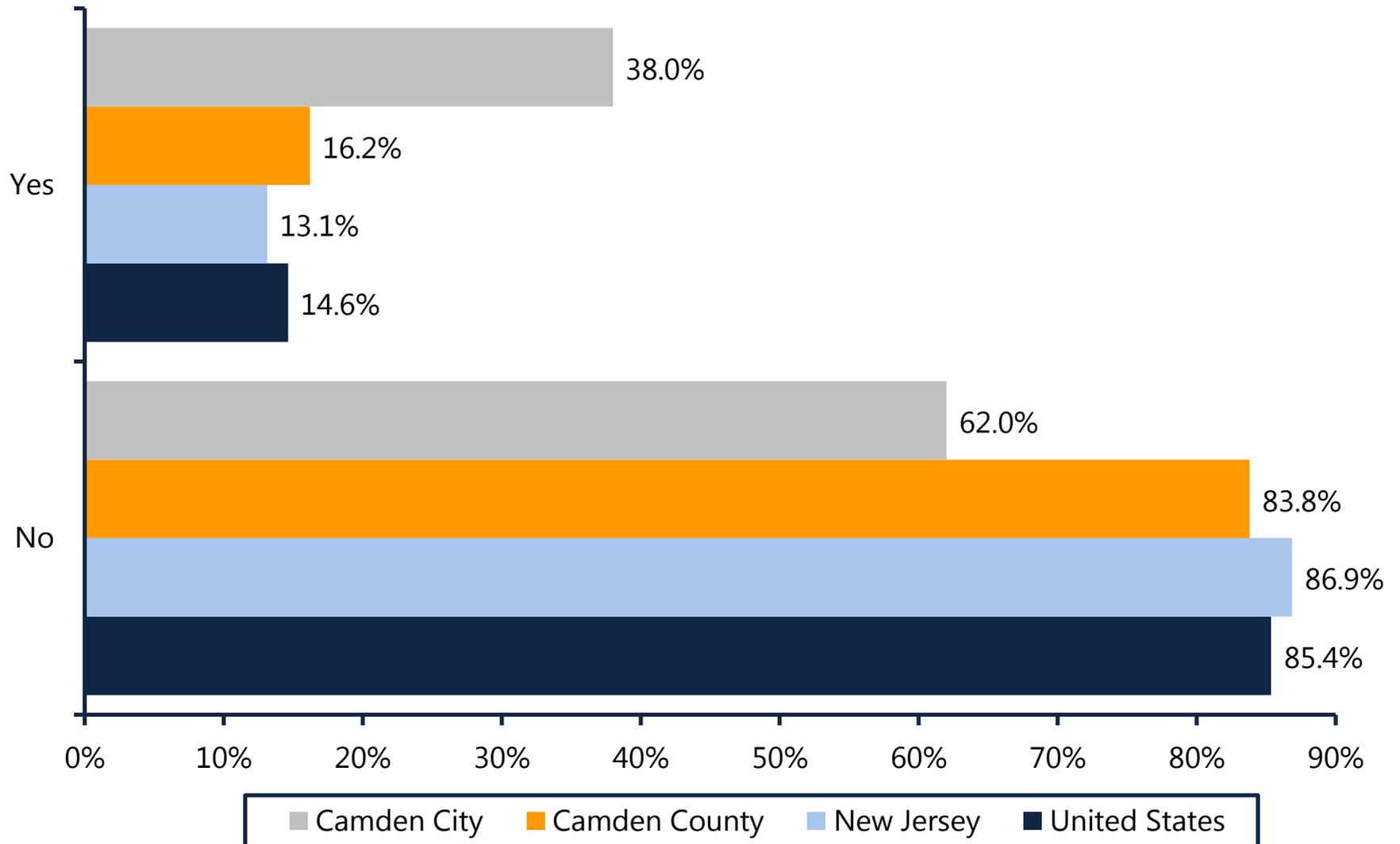
Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare or Indian Health Services?



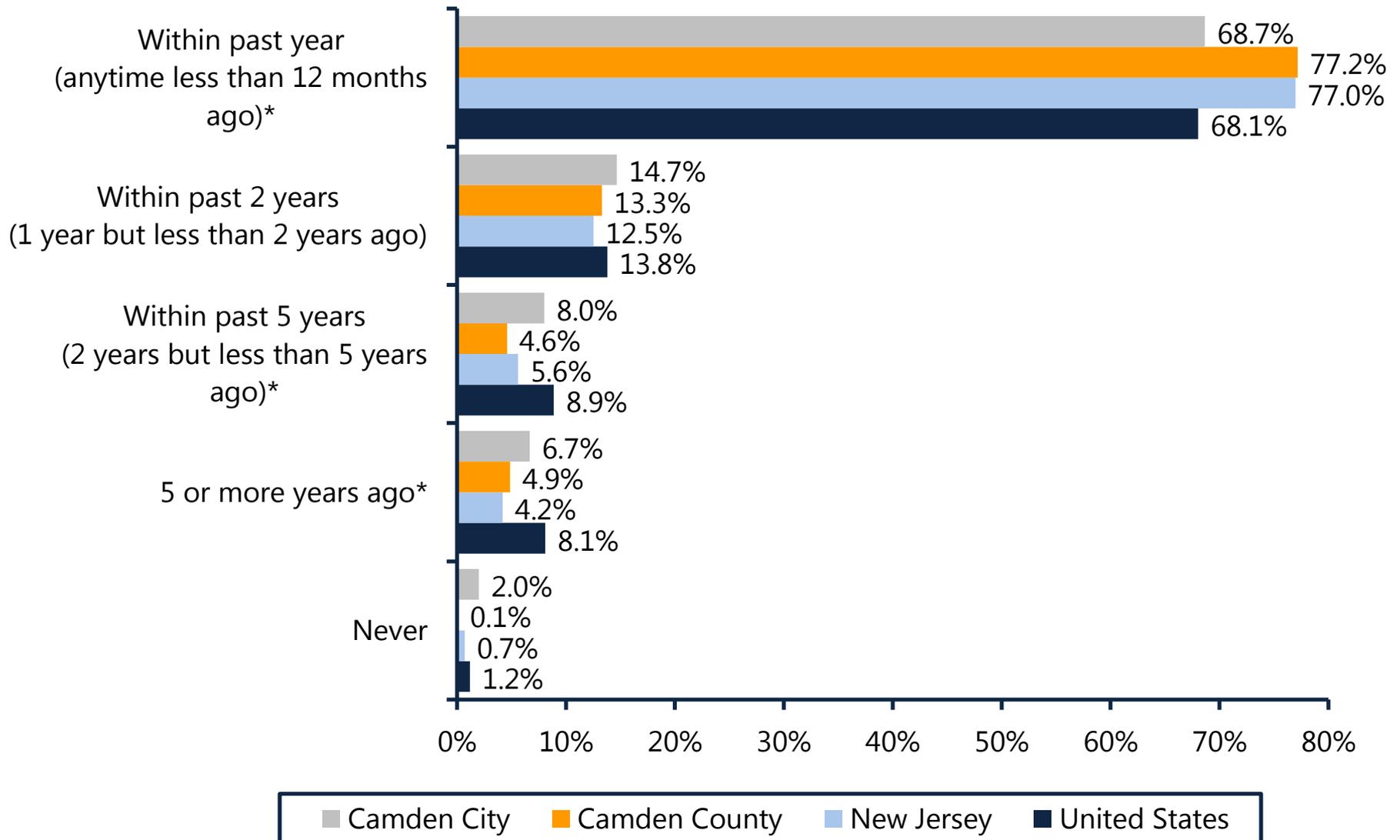
Do you have one person you think of as your personal doctor or health care provider?



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

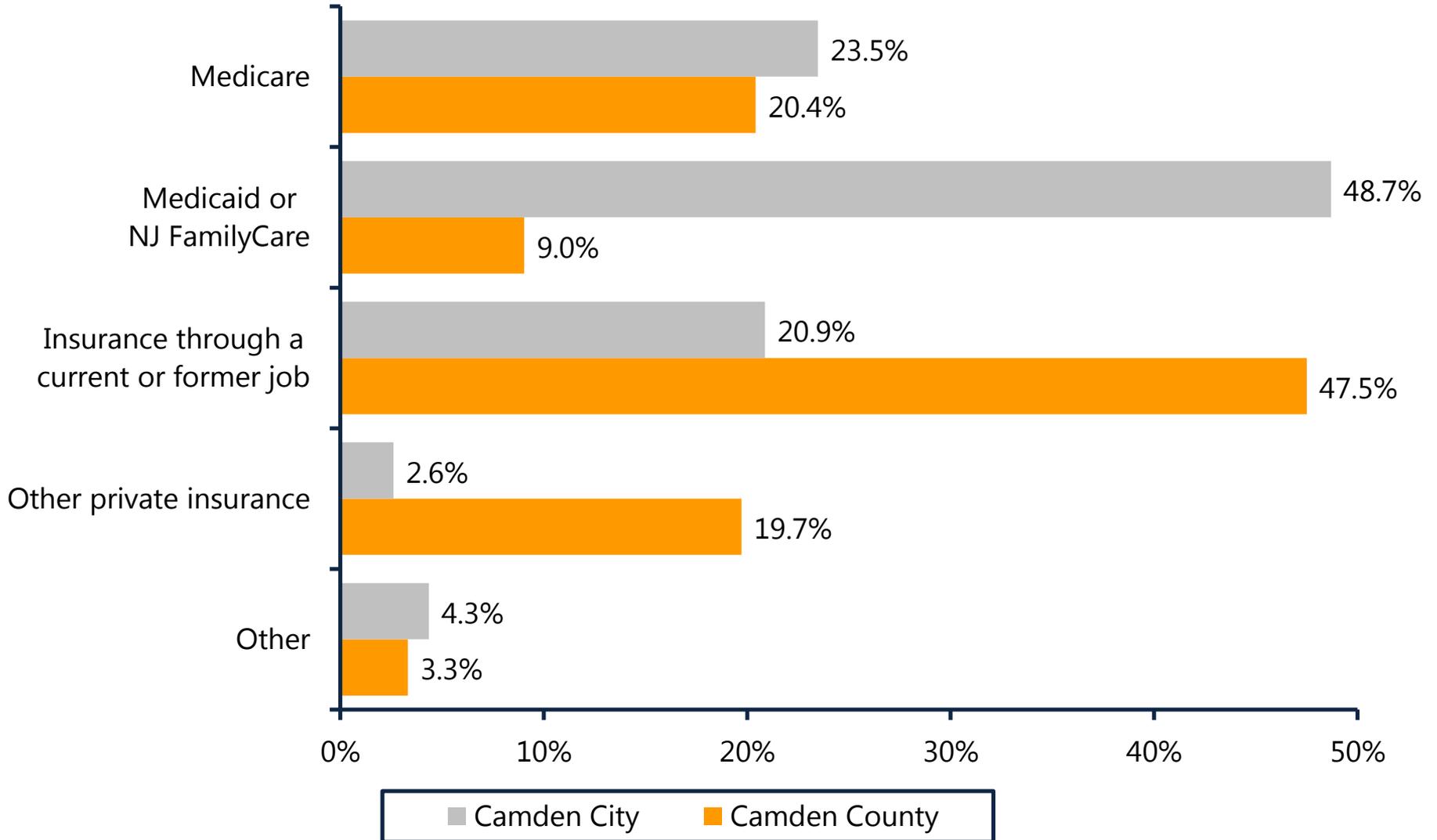


About how long has it been since you last visited a doctor for a routine checkup?

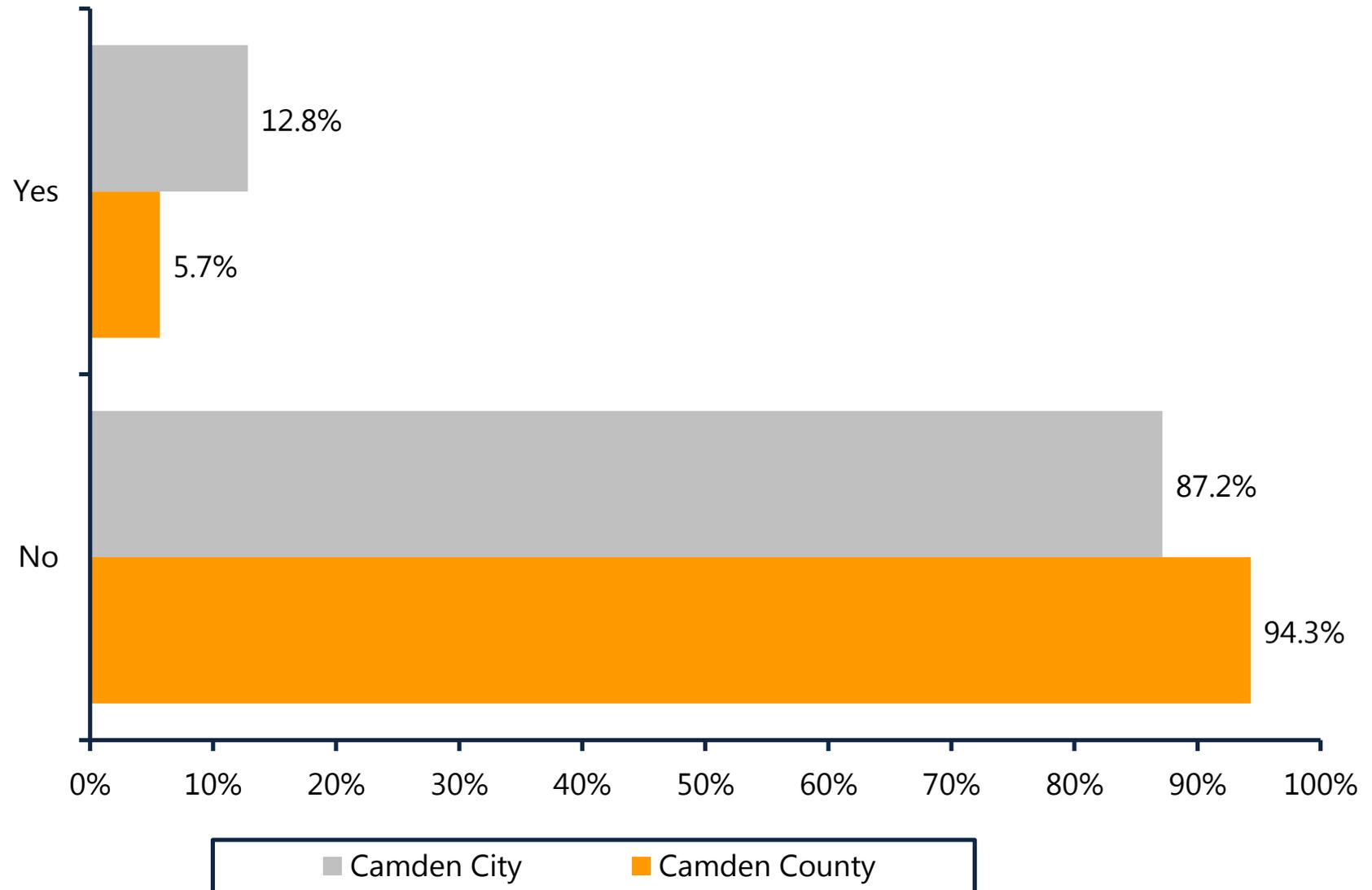


Access to Medical Care

Are you mainly covered by Medicare, Medicaid, NJ FamilyCare, insurance through a current or former job or other private insurance, or do you have coverage from some other source?

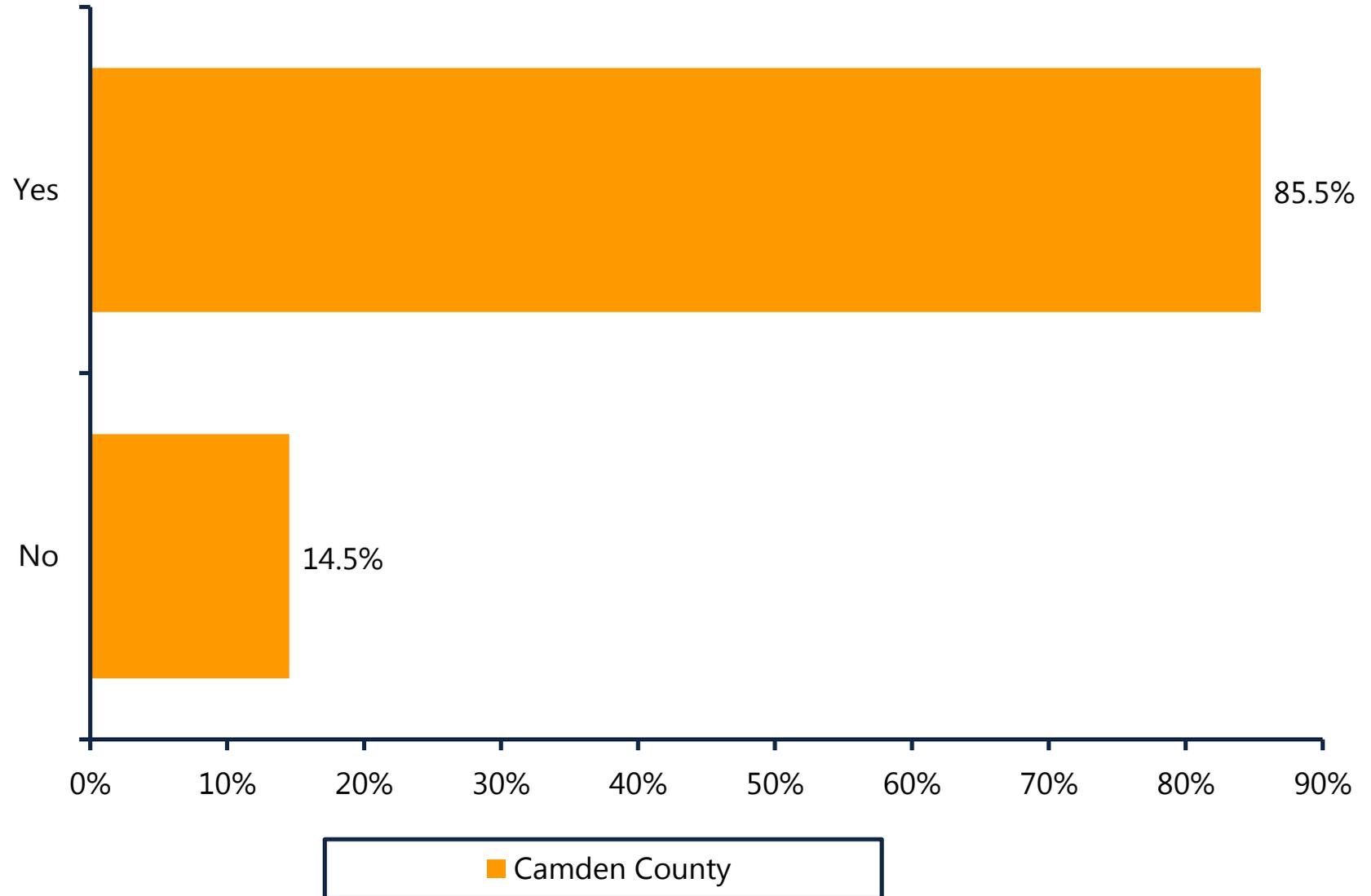


During the past 12 months, did you have any trouble finding a general doctor or provider that would see you?

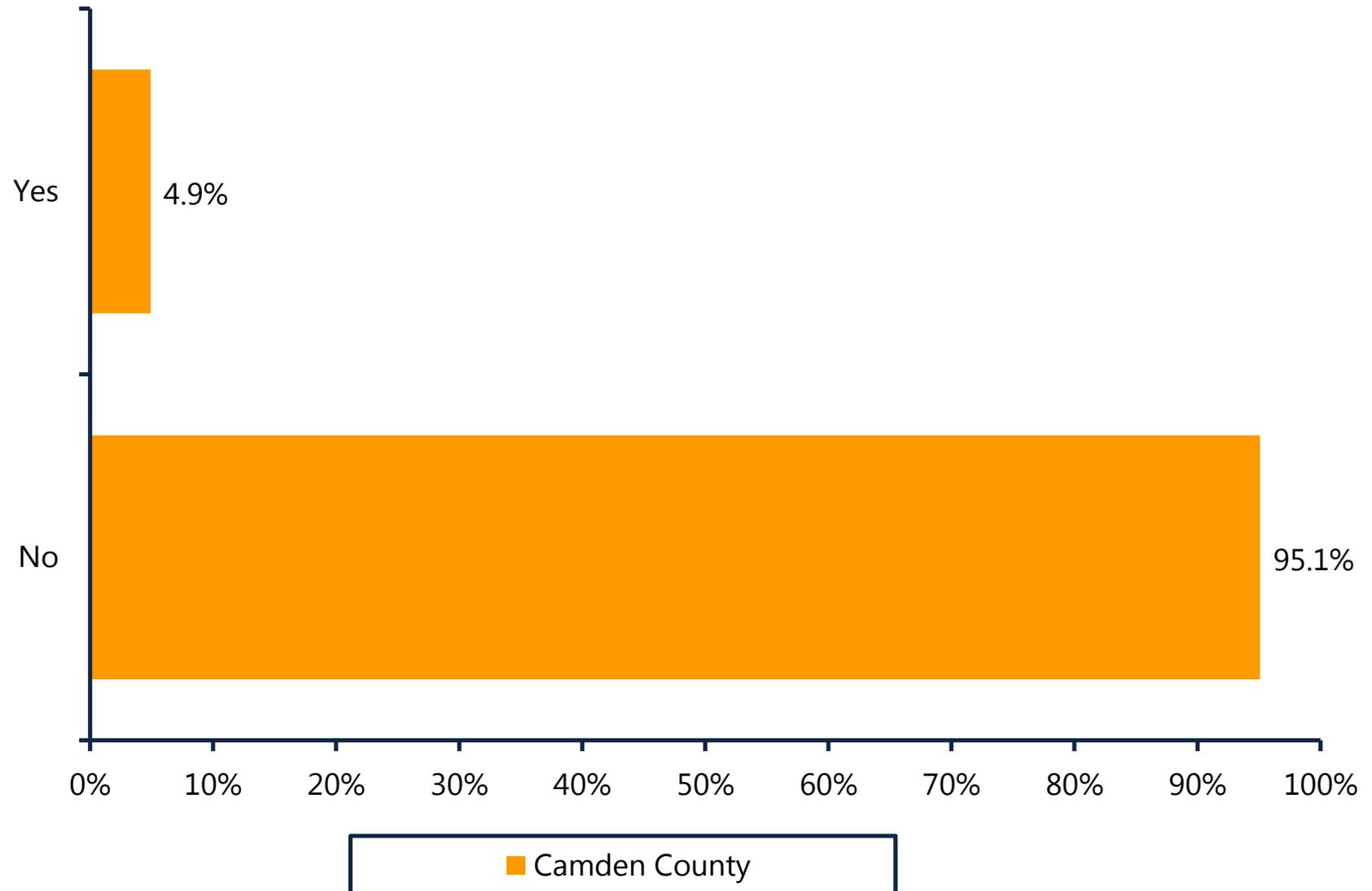


Were you able to find a general doctor or provider who could see you?

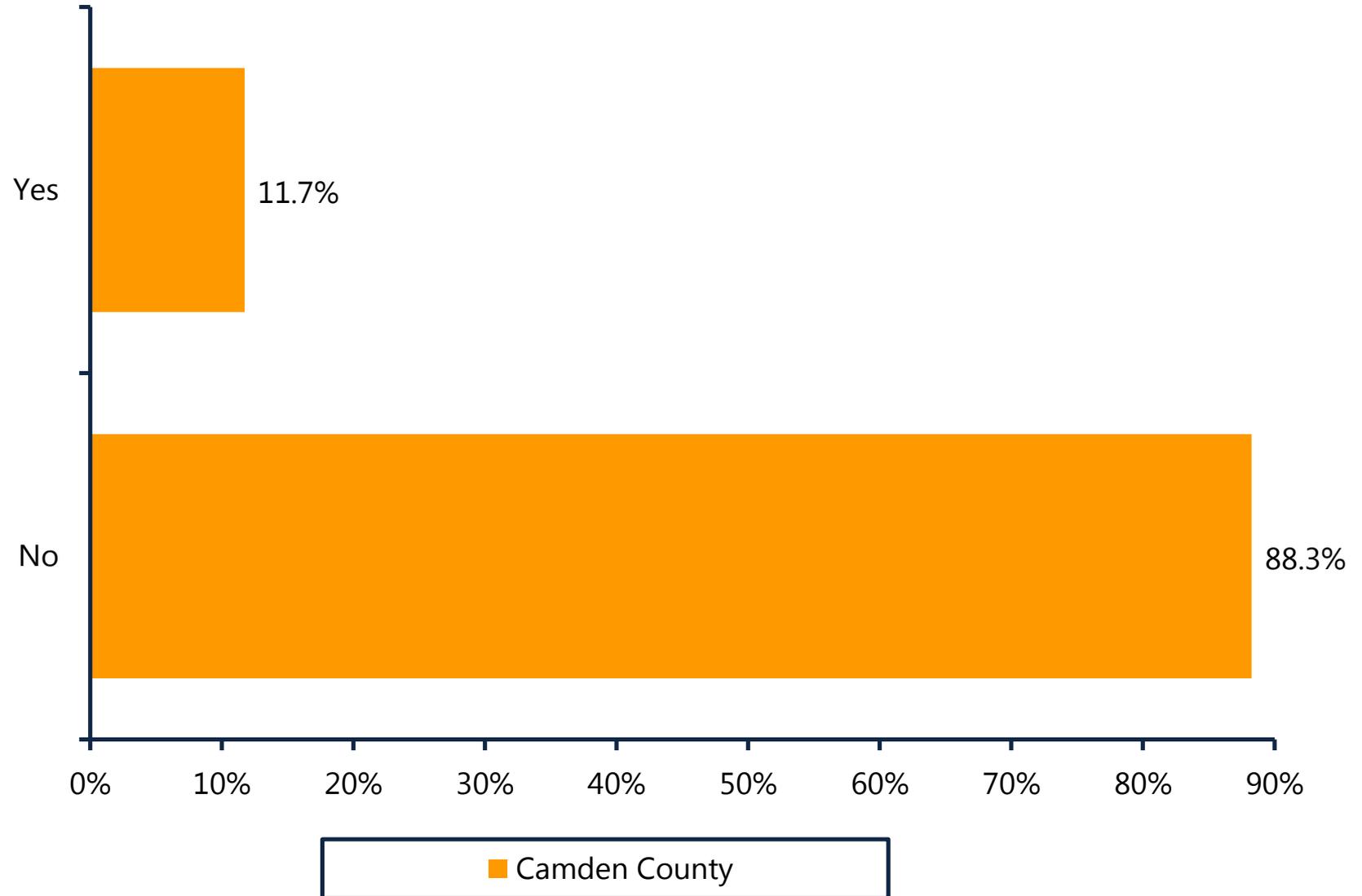
Only asked of respondents who had trouble finding a doctor or provider



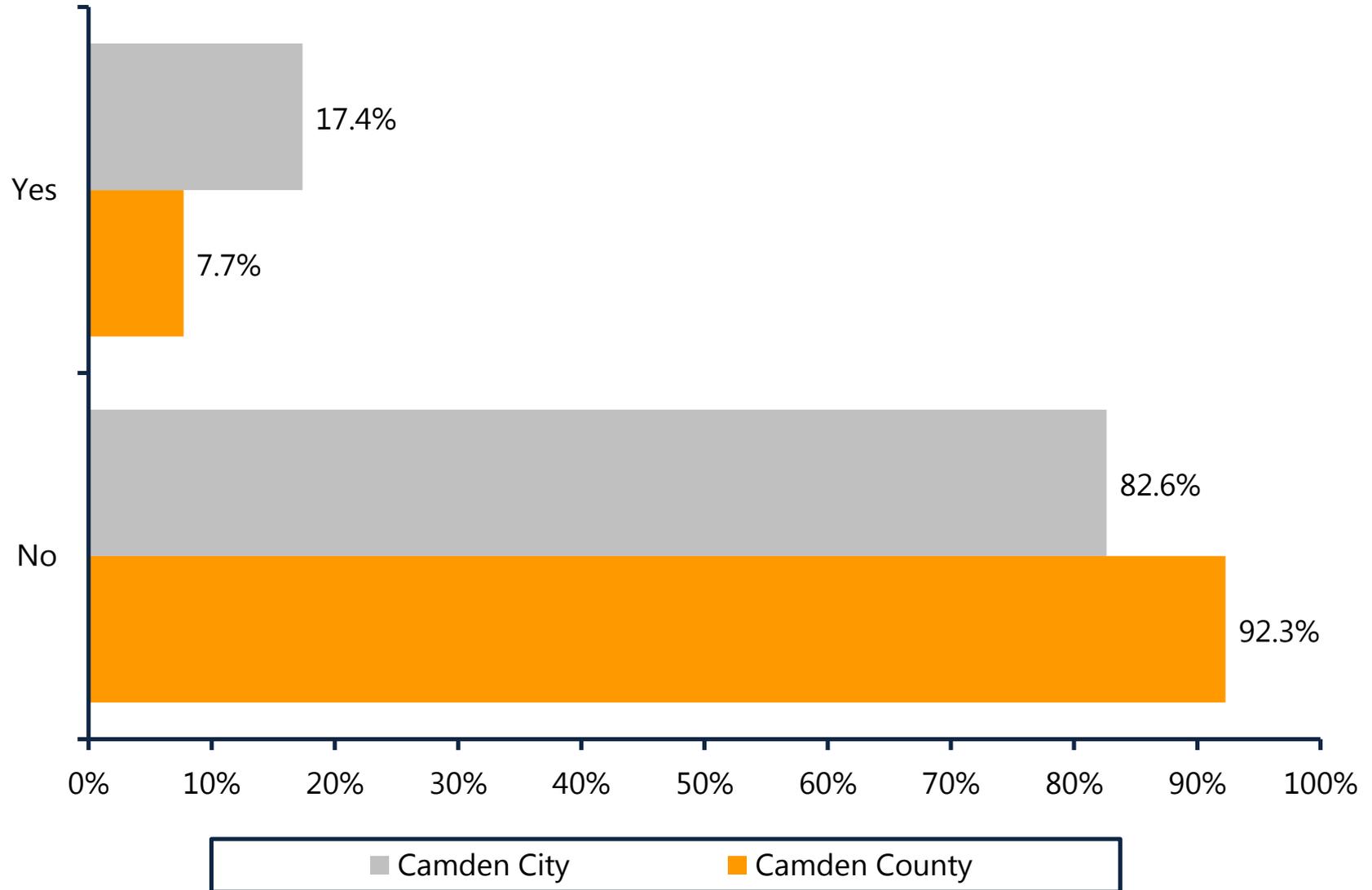
During the past 12 months, were you told by a doctor's office or clinic that they would not accept you as a new patient?



During the past 12 months, were you told by a doctor's office or clinic that they did not accept your health care coverage?

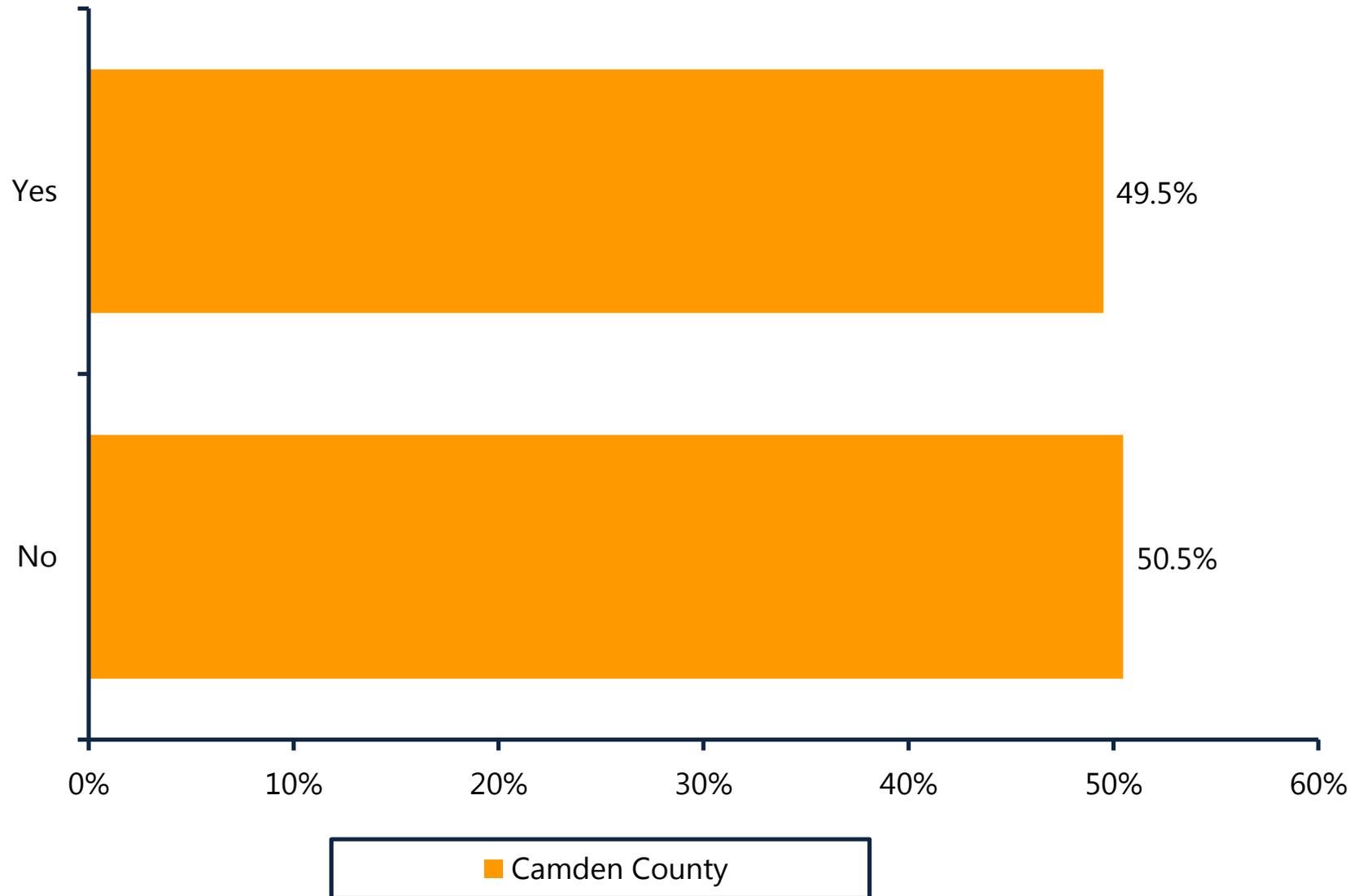


During the past 12 months, did you have any trouble finding a specialist who would see you?

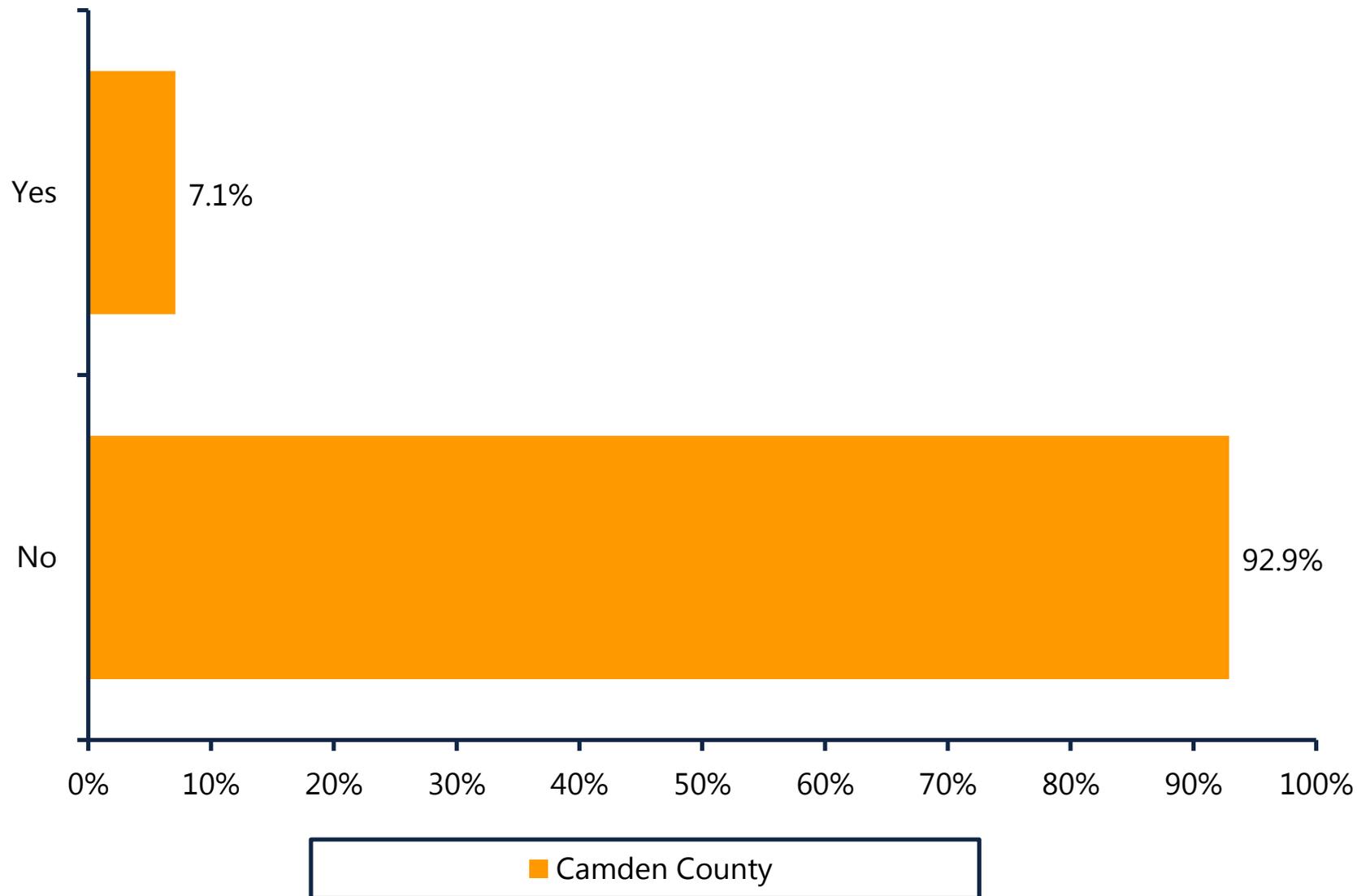


Were you able to find a specialist who could see you?

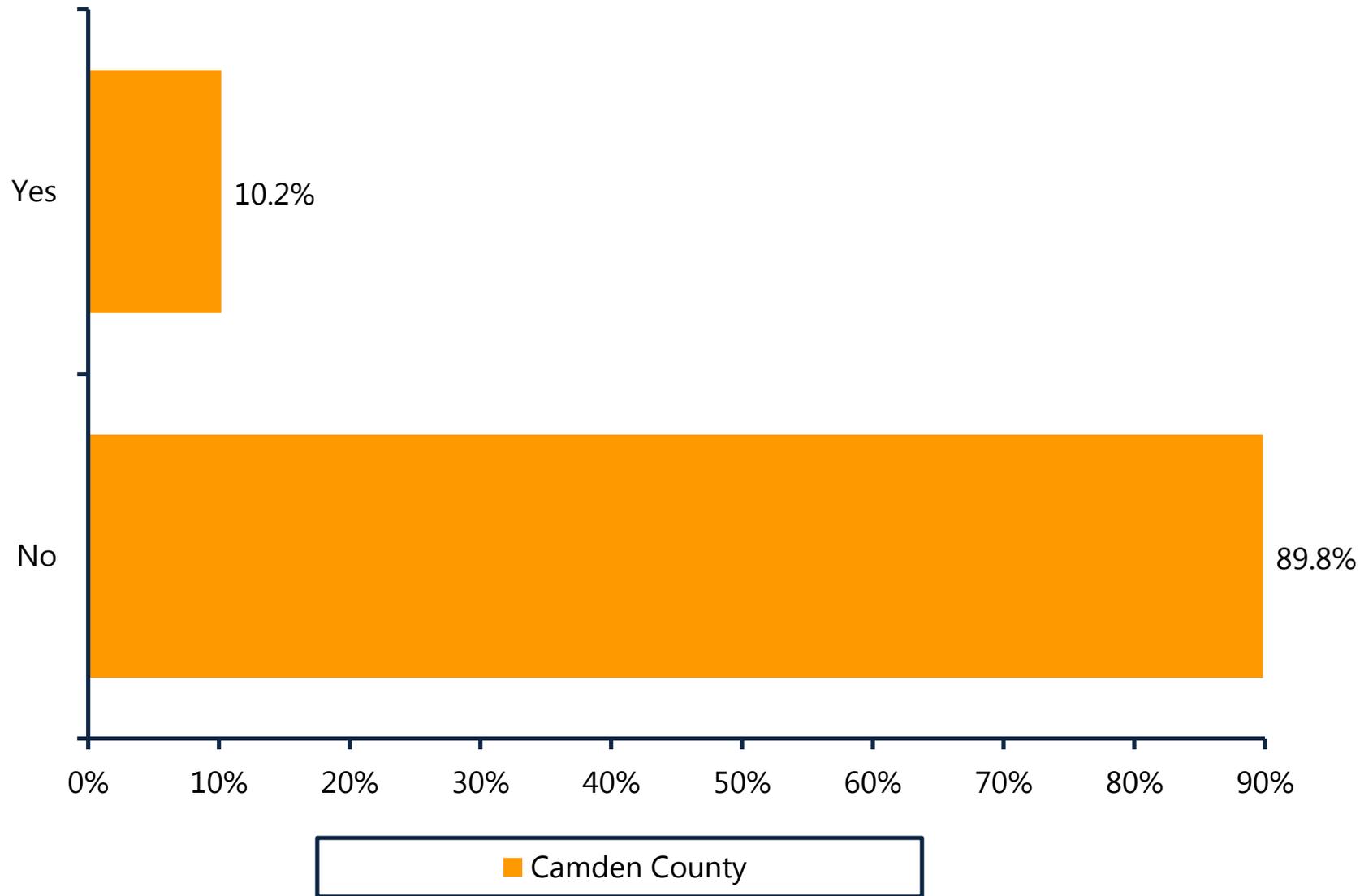
Only asked of respondents who had trouble finding a specialist



During the past 12 months, were you told by a specialist's office or clinic that they would not accept you as a new patient?

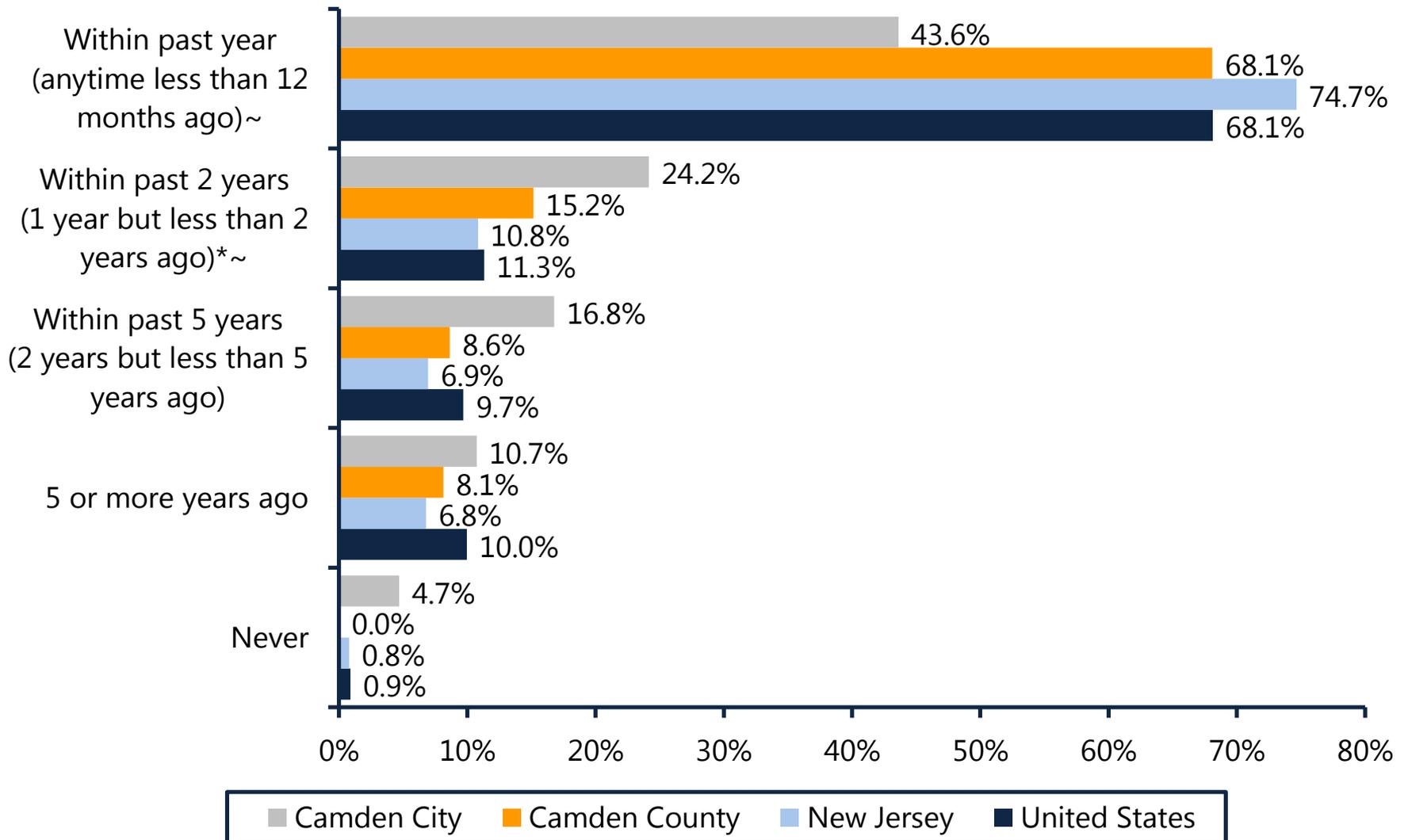


During the past 12 months, were you told by a specialist's office or clinic that they did not accept your health care coverage?

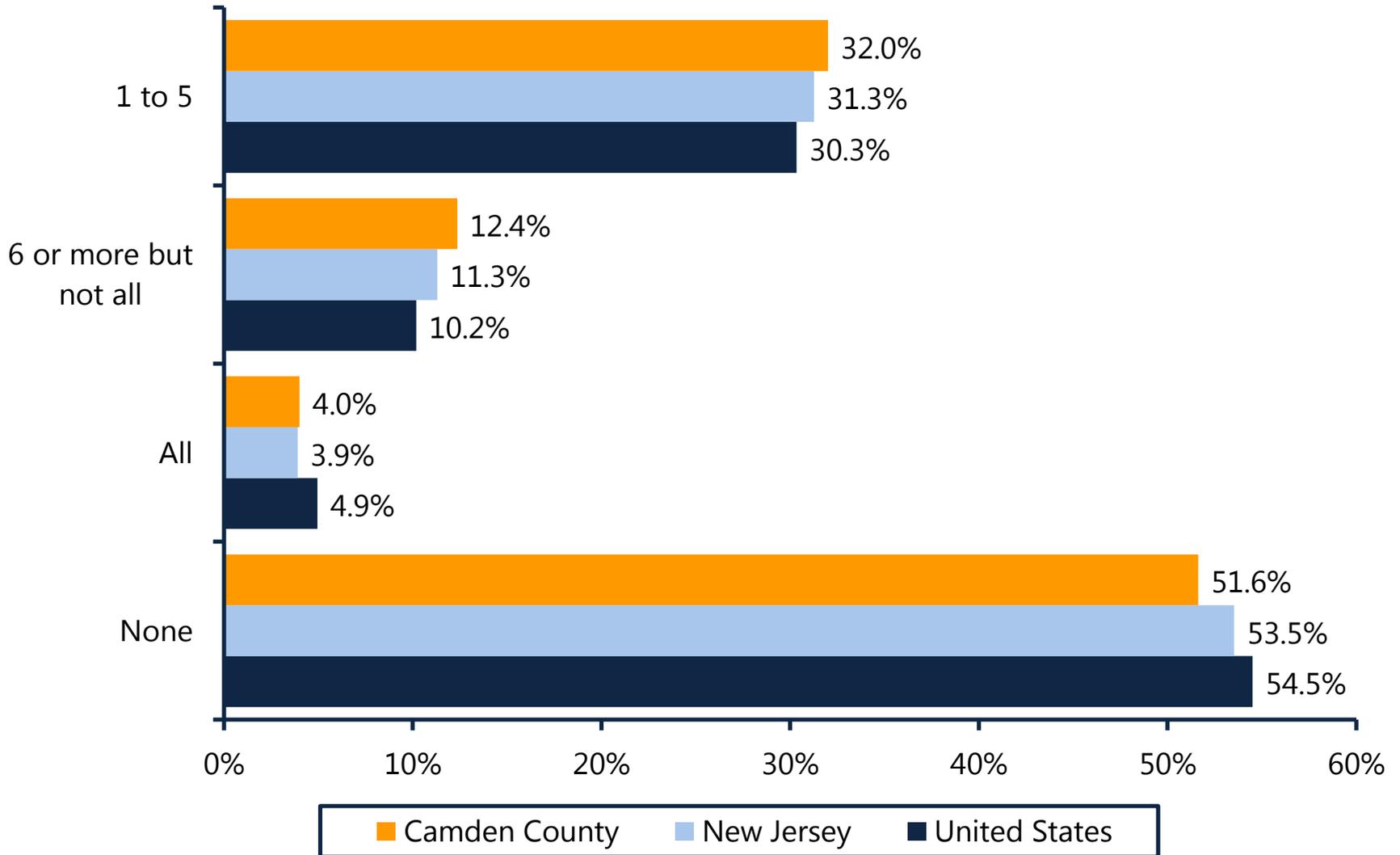


Oral Health

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



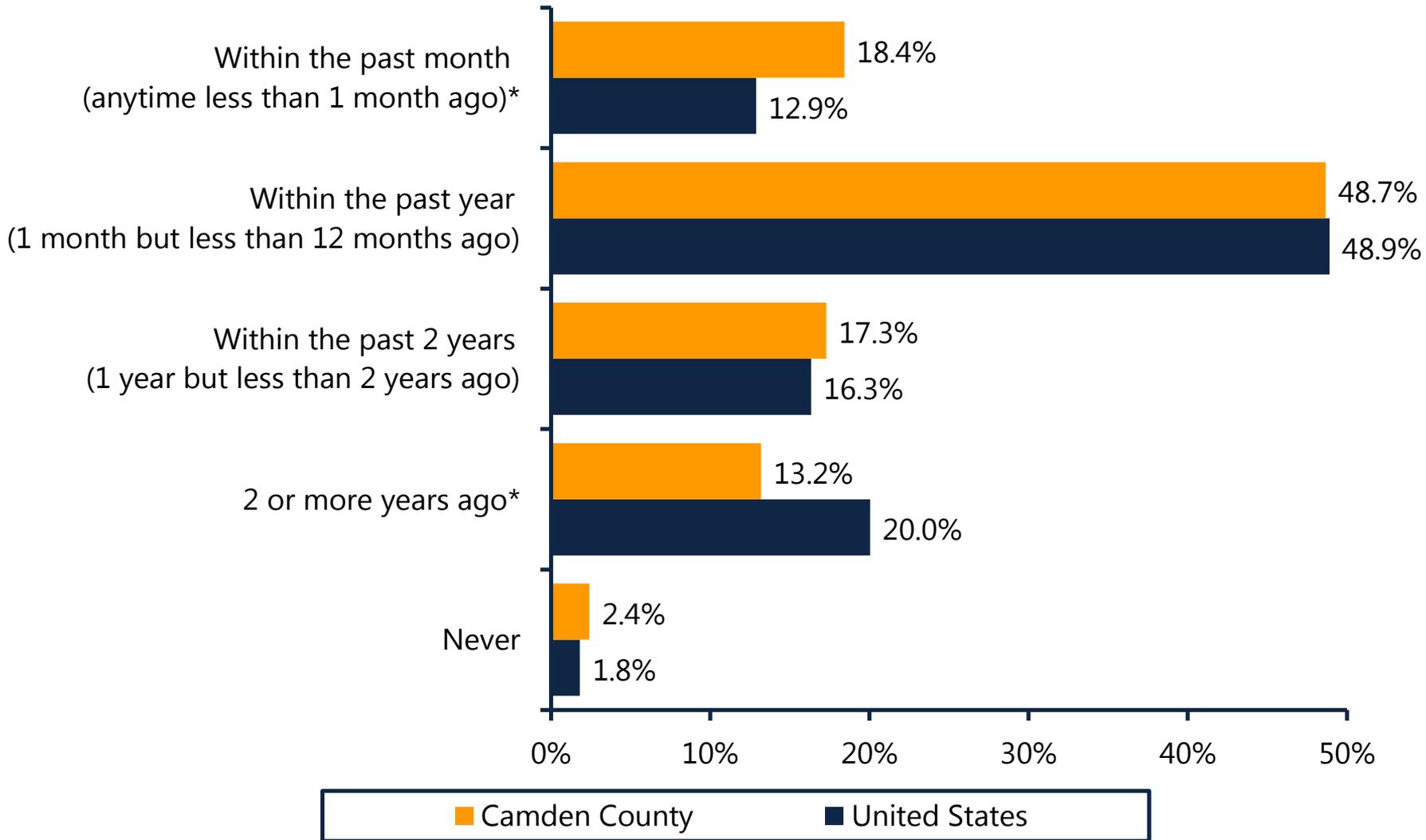
How many of your permanent teeth have been removed because of tooth decay or gum disease?



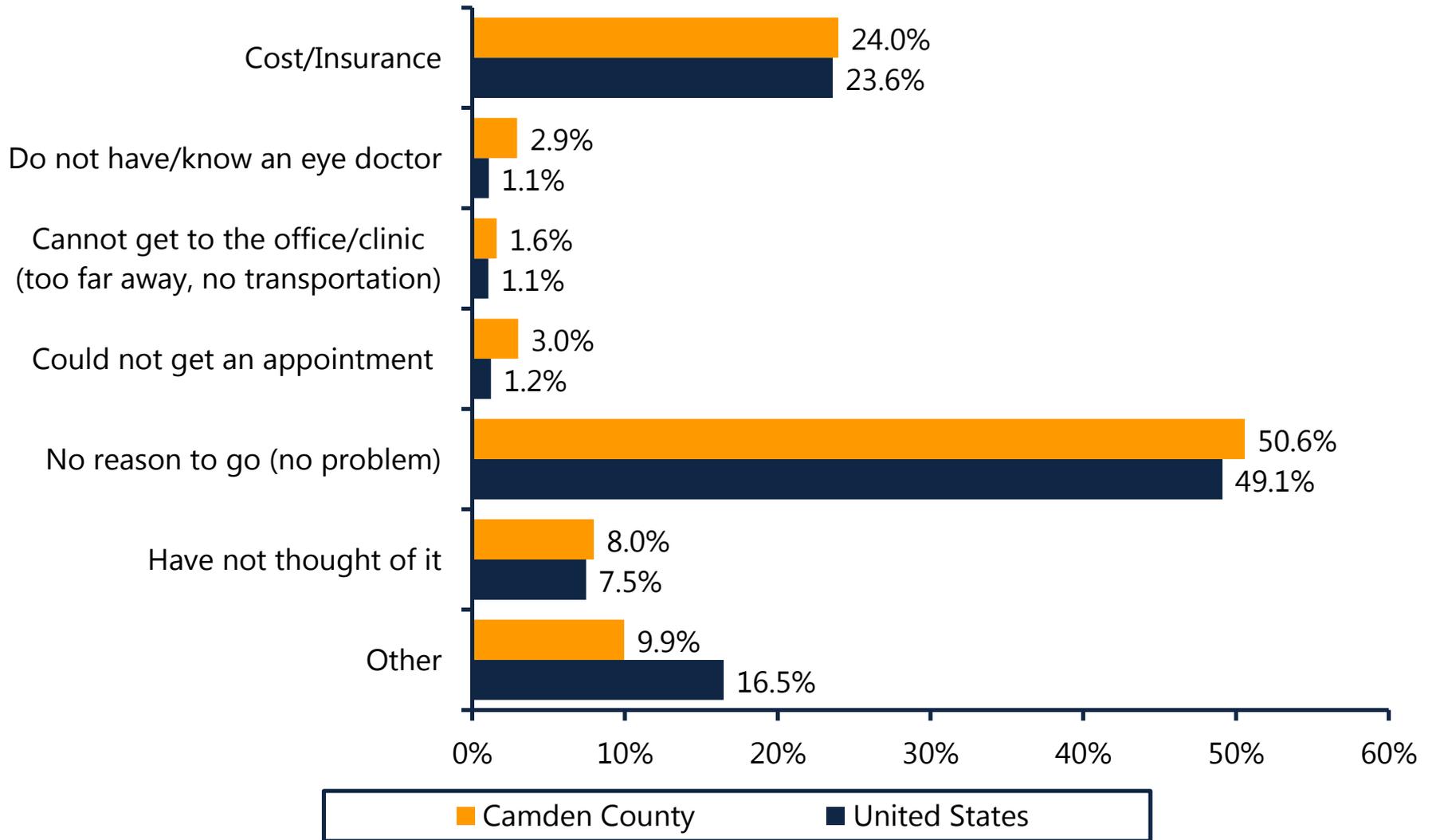
Visual Impairment and Access to Eye Care

Only asked of respondents who are 40 years old or older

When was the last time you had your eyes examined by any doctor or eye care provider?

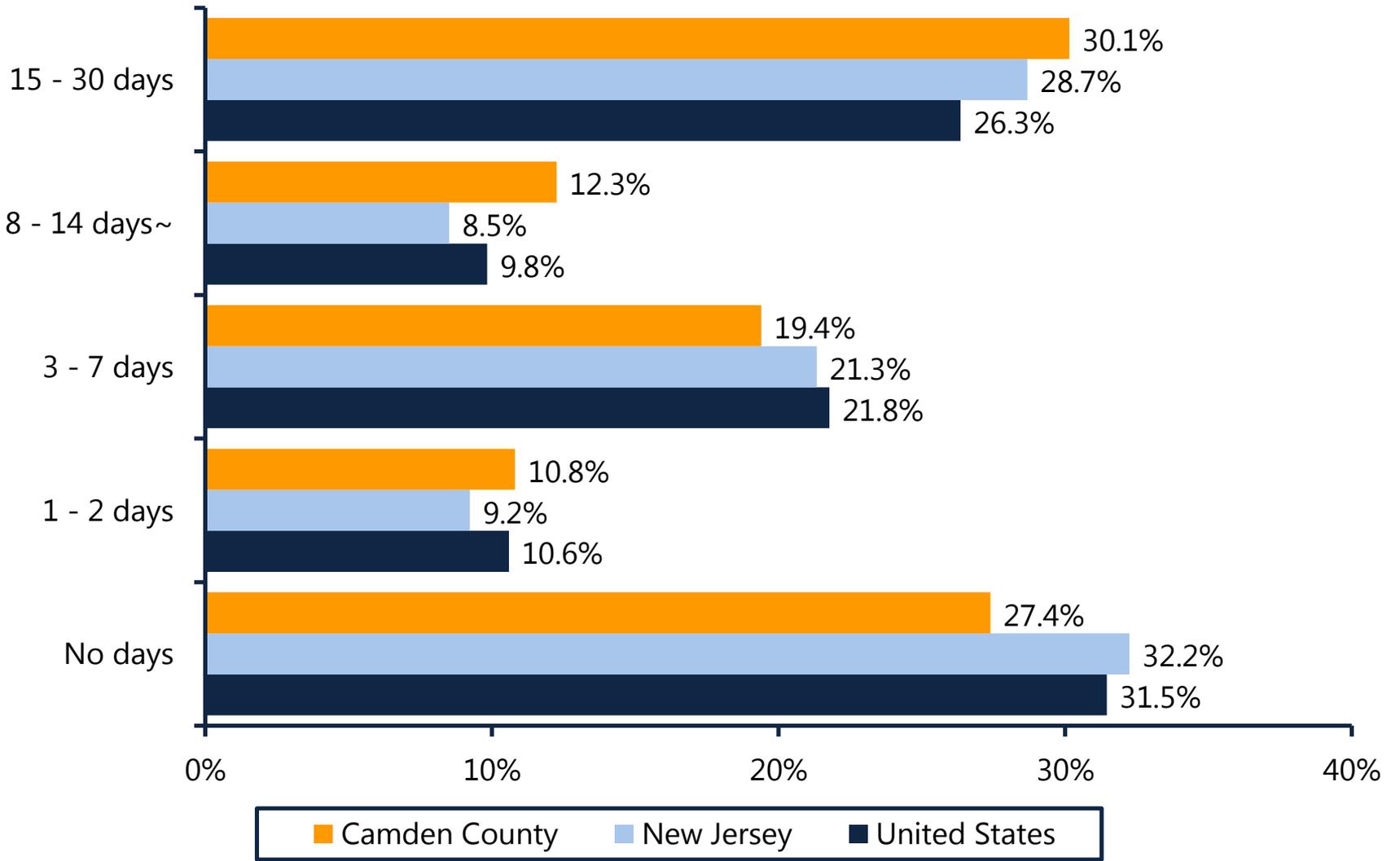


What is the main reason you have not visited an eye care professional in the past 12 months?

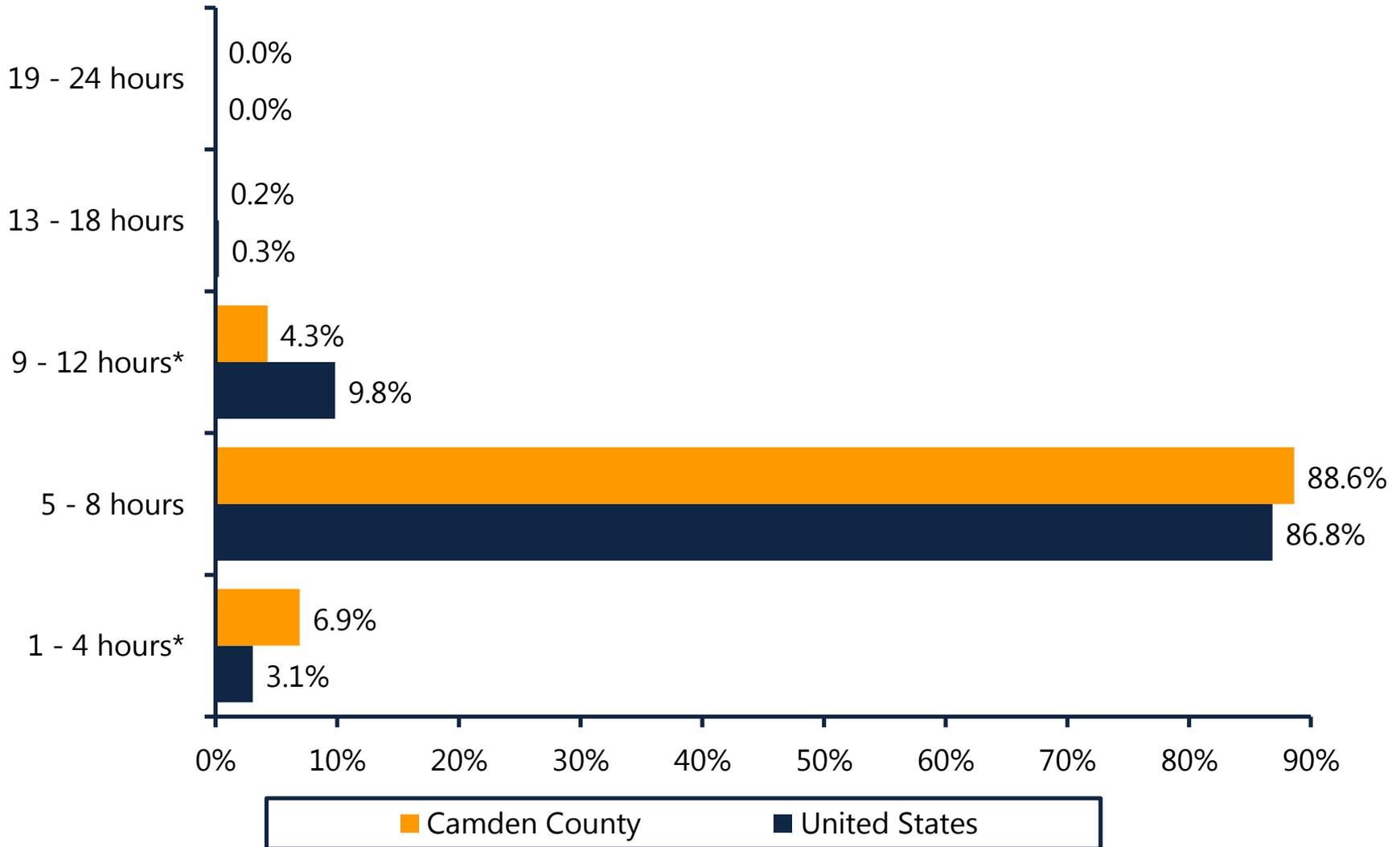


Inadequate Sleep

During the past 30 days, for about how many days have you felt you did not get enough rest or sleep?

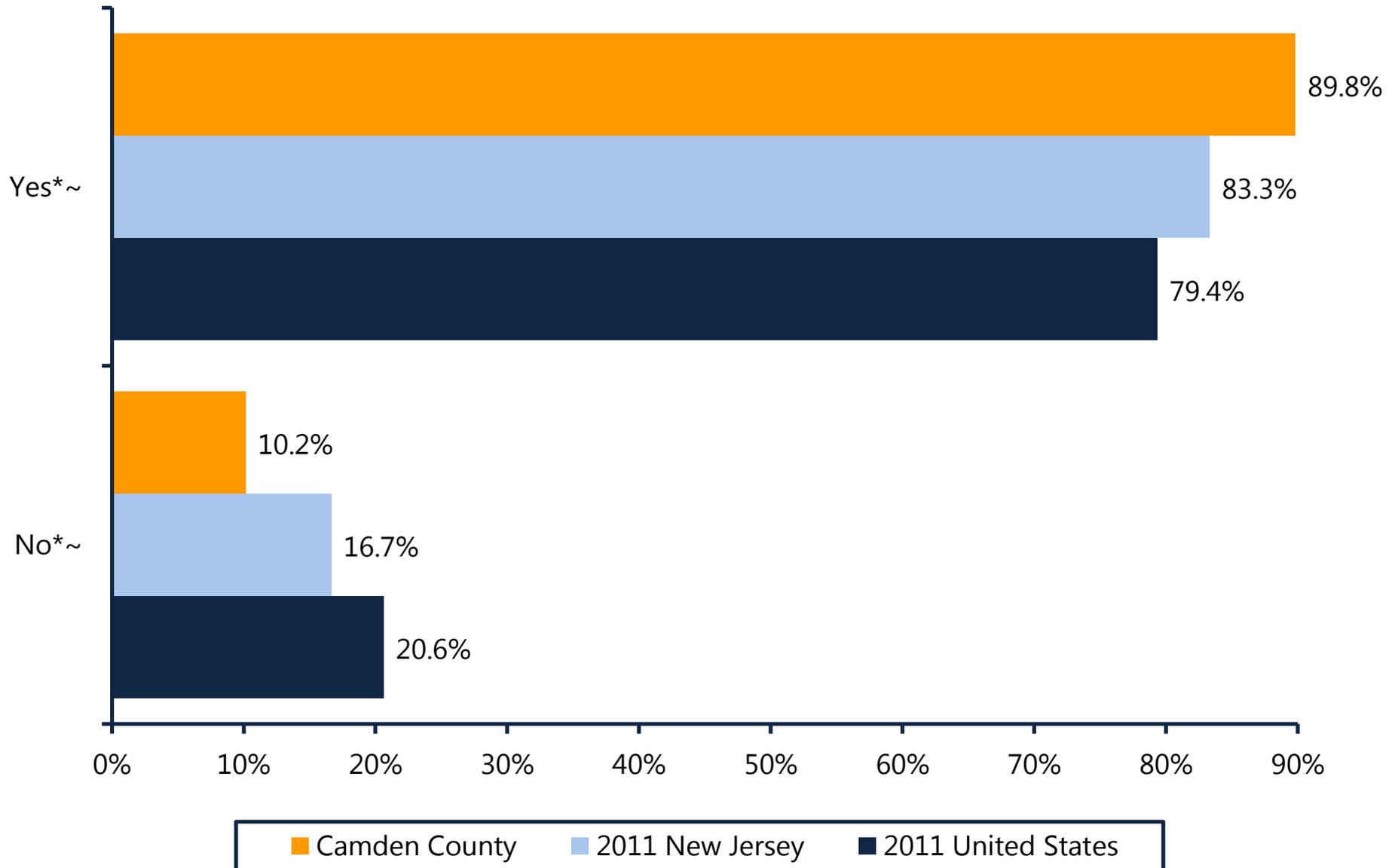


On average, how many hours of sleep do you get in a 24 hour period?

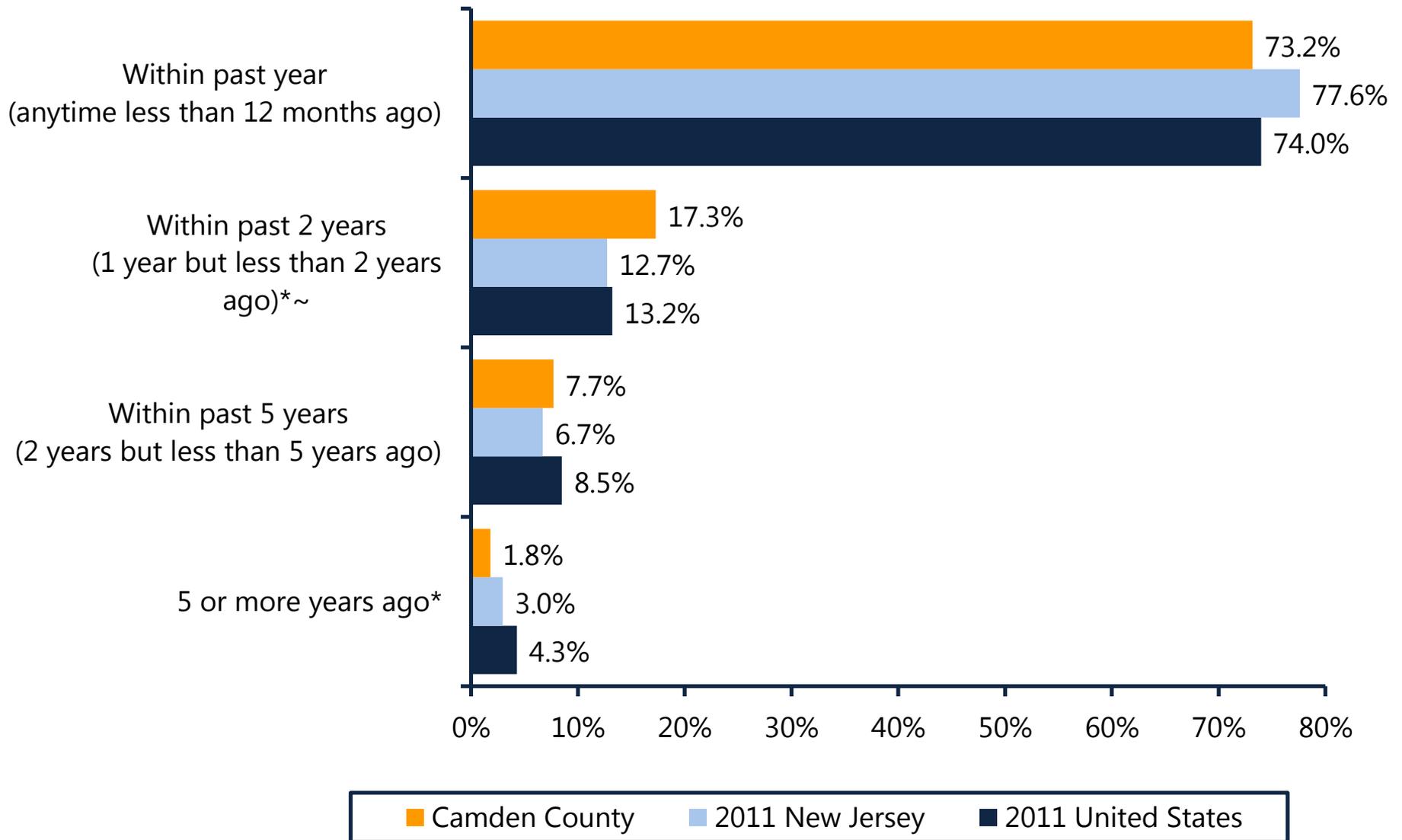


Cholesterol Awareness

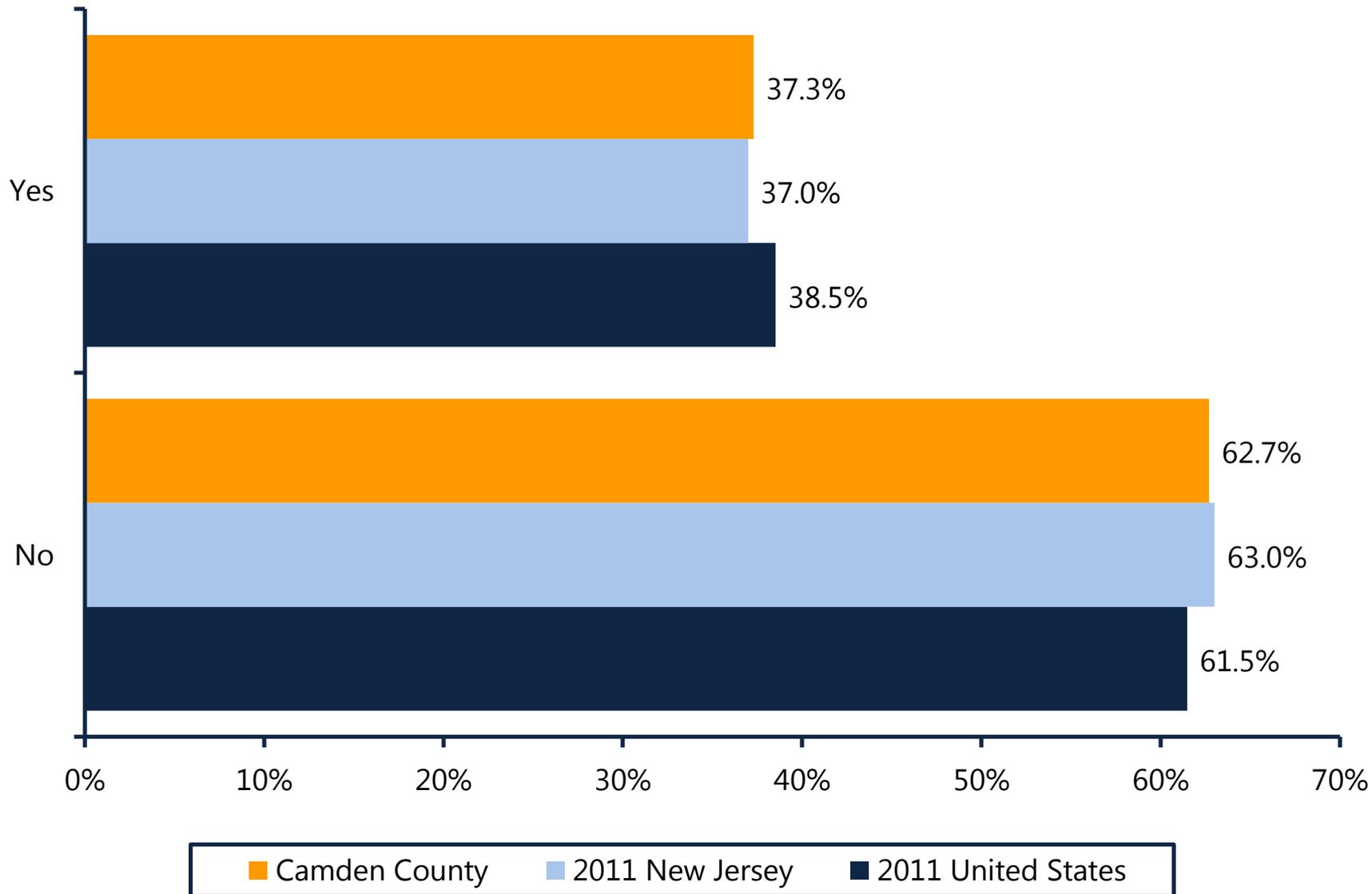
Have you EVER had your blood cholesterol checked?



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

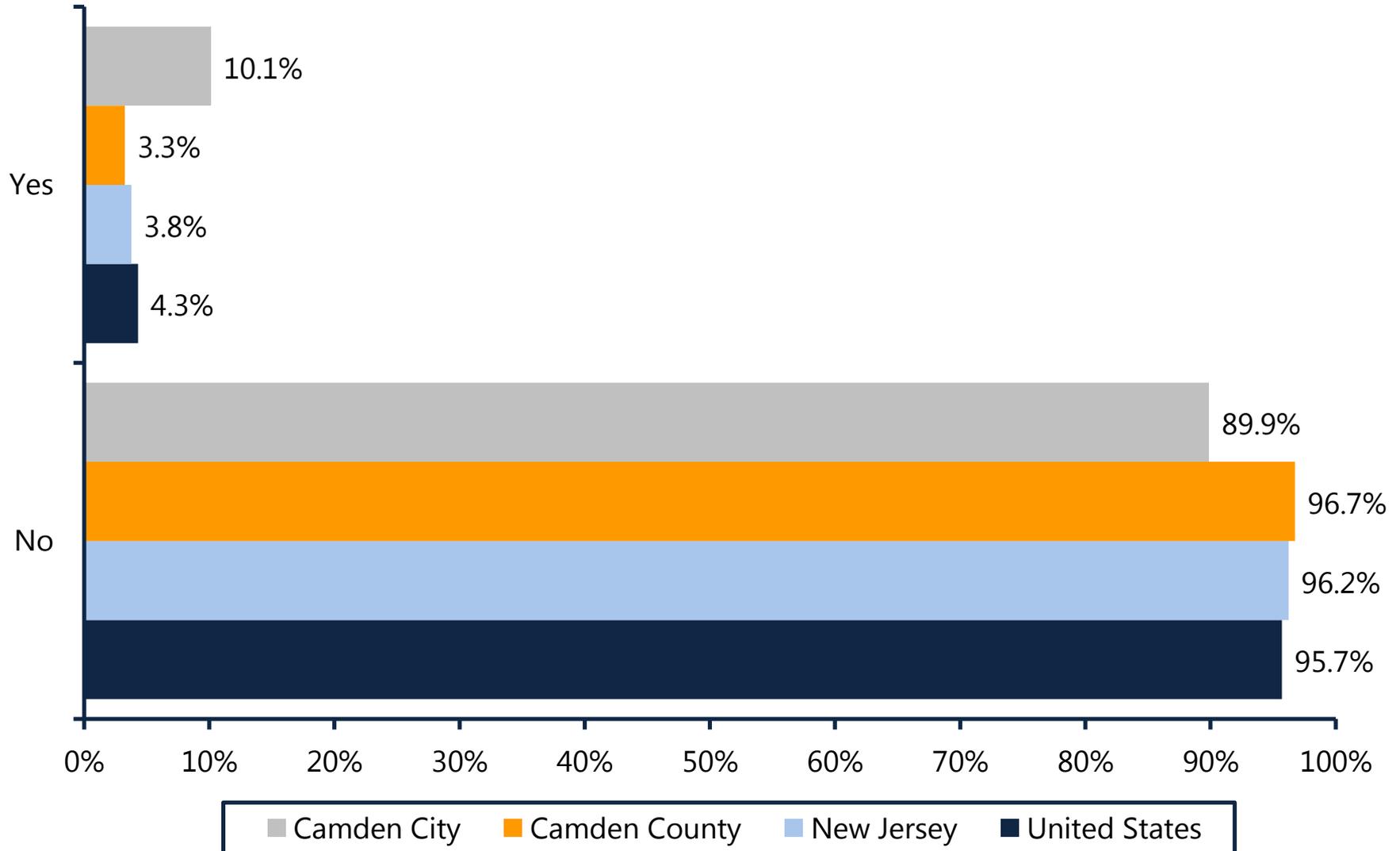


Have you EVER been told by a doctor, nurse or other health professional that your blood cholesterol is high?

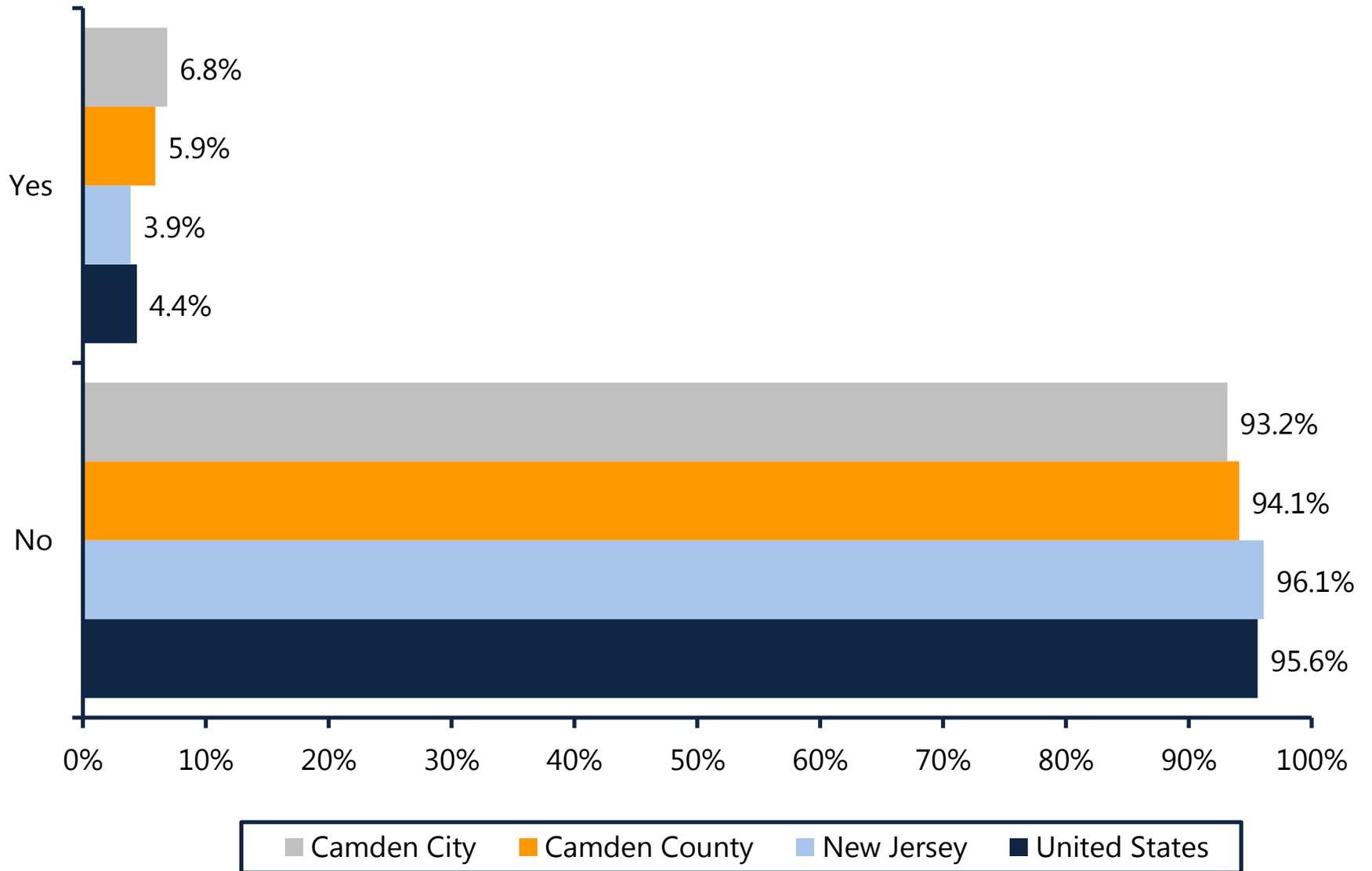


Chronic Health Conditions

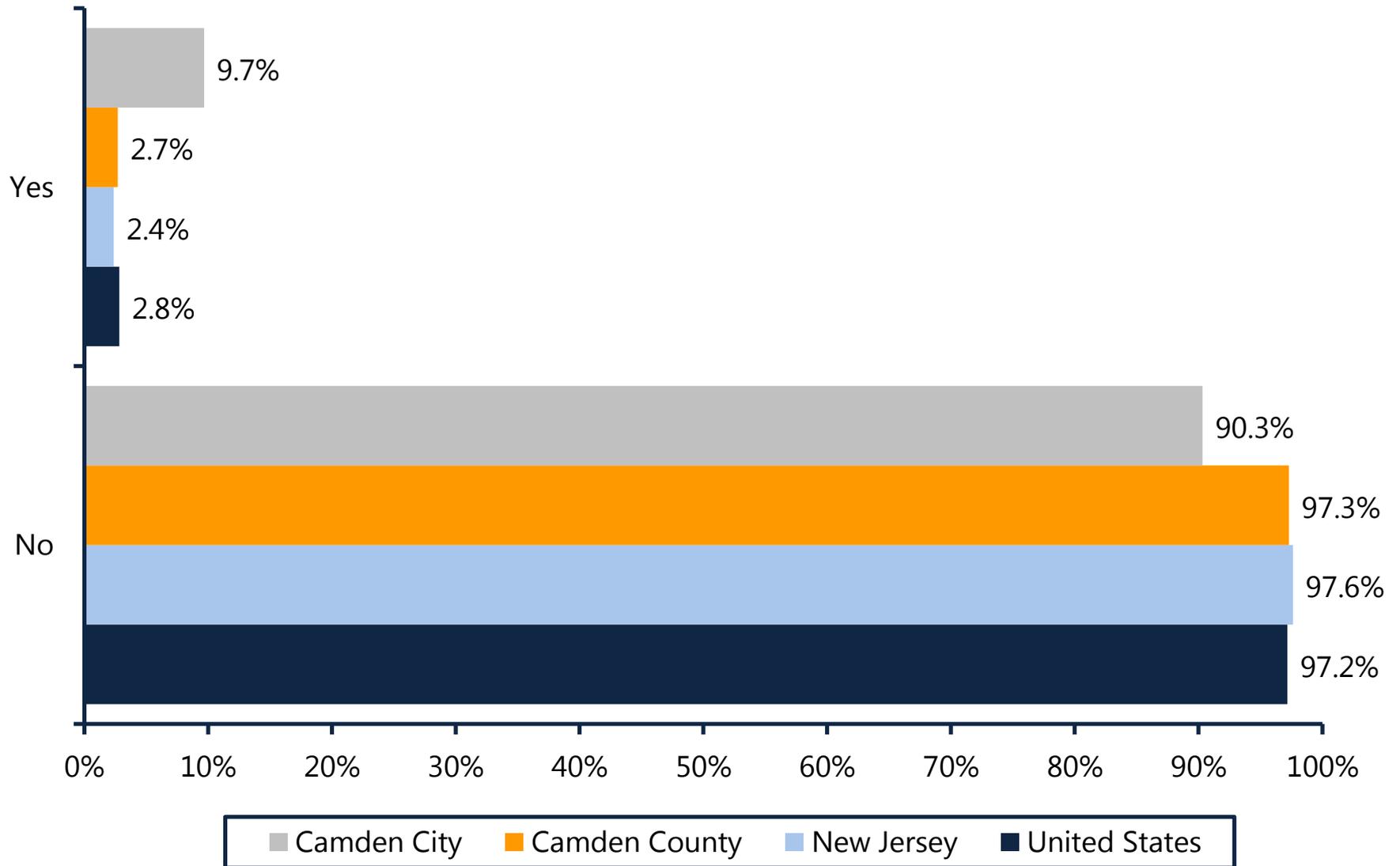
Have you EVER been told that you had a heart attack, also called a myocardial infarction?



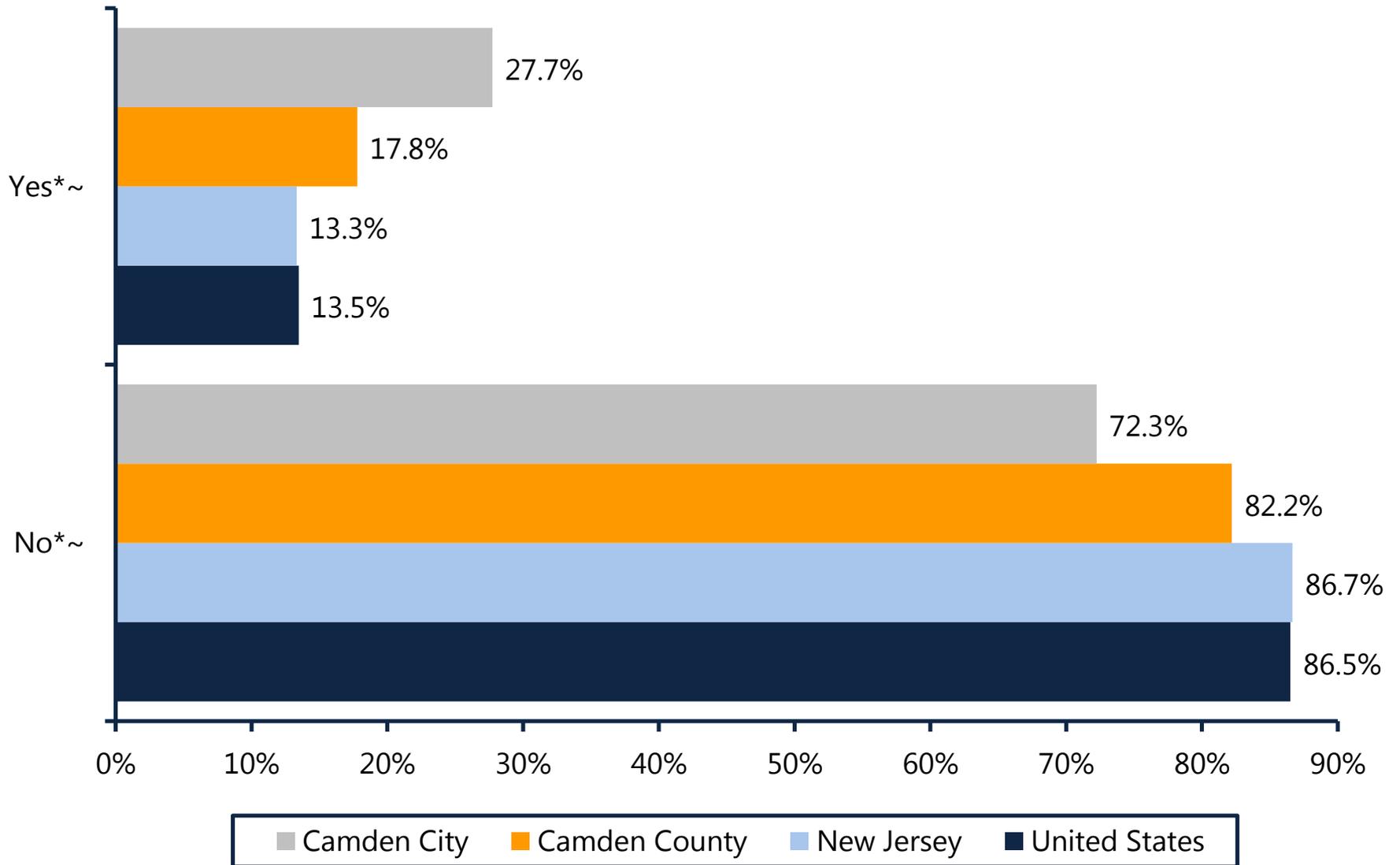
Have you EVER been told that you had angina or coronary heart disease?



Have you EVER been told that you had a stroke?

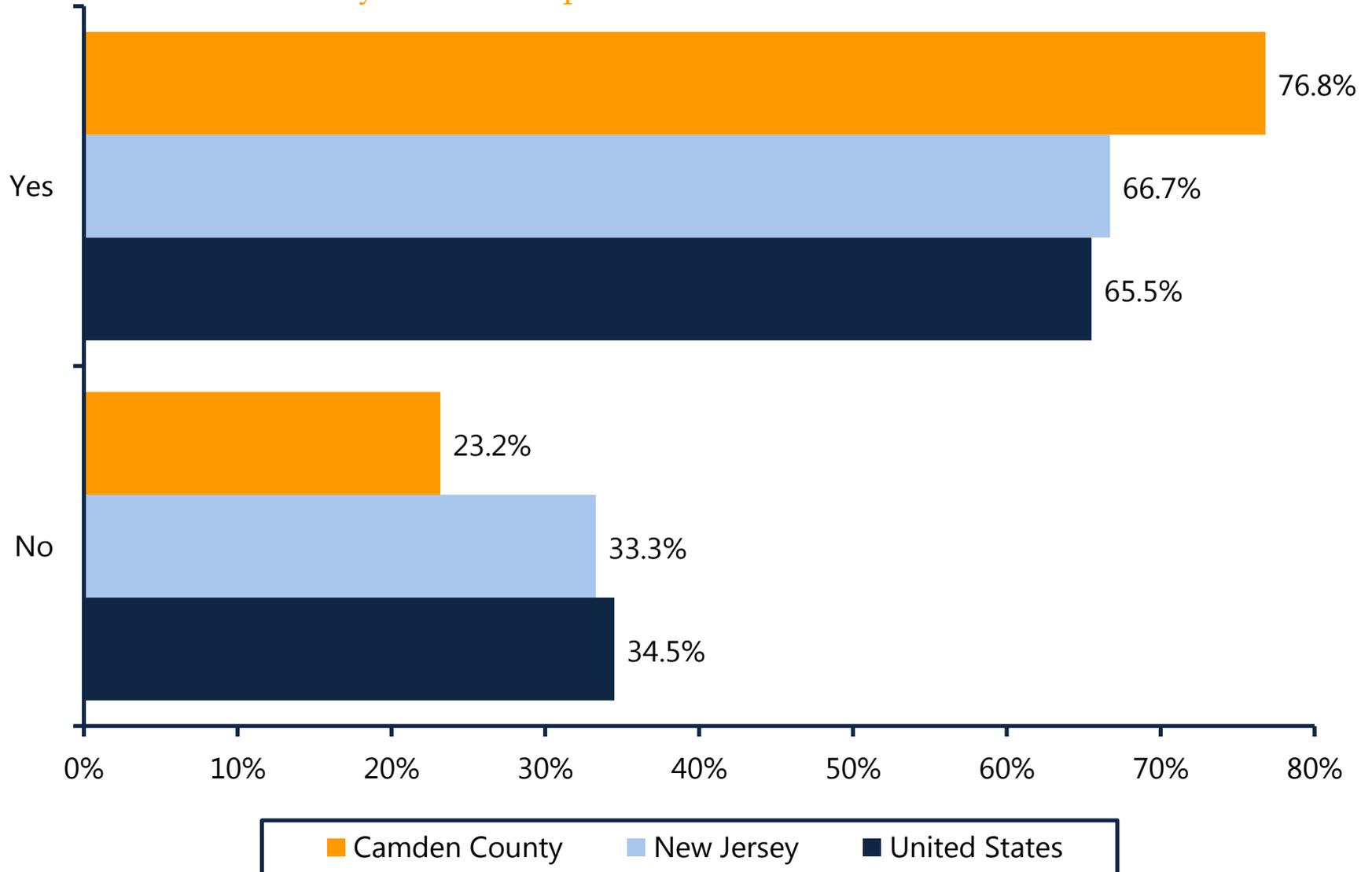


Have you EVER been told that you had asthma?

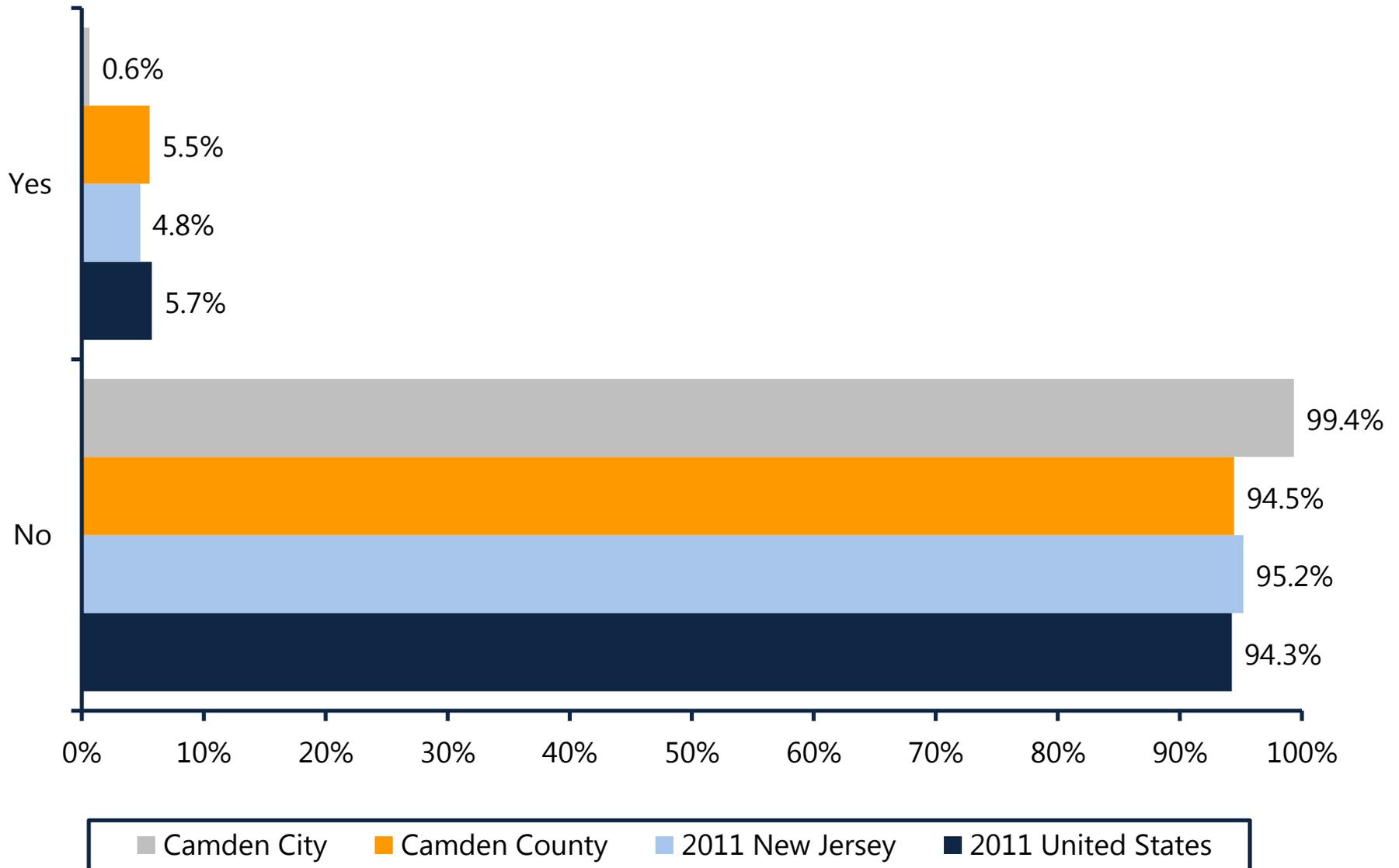


Do you still have asthma?

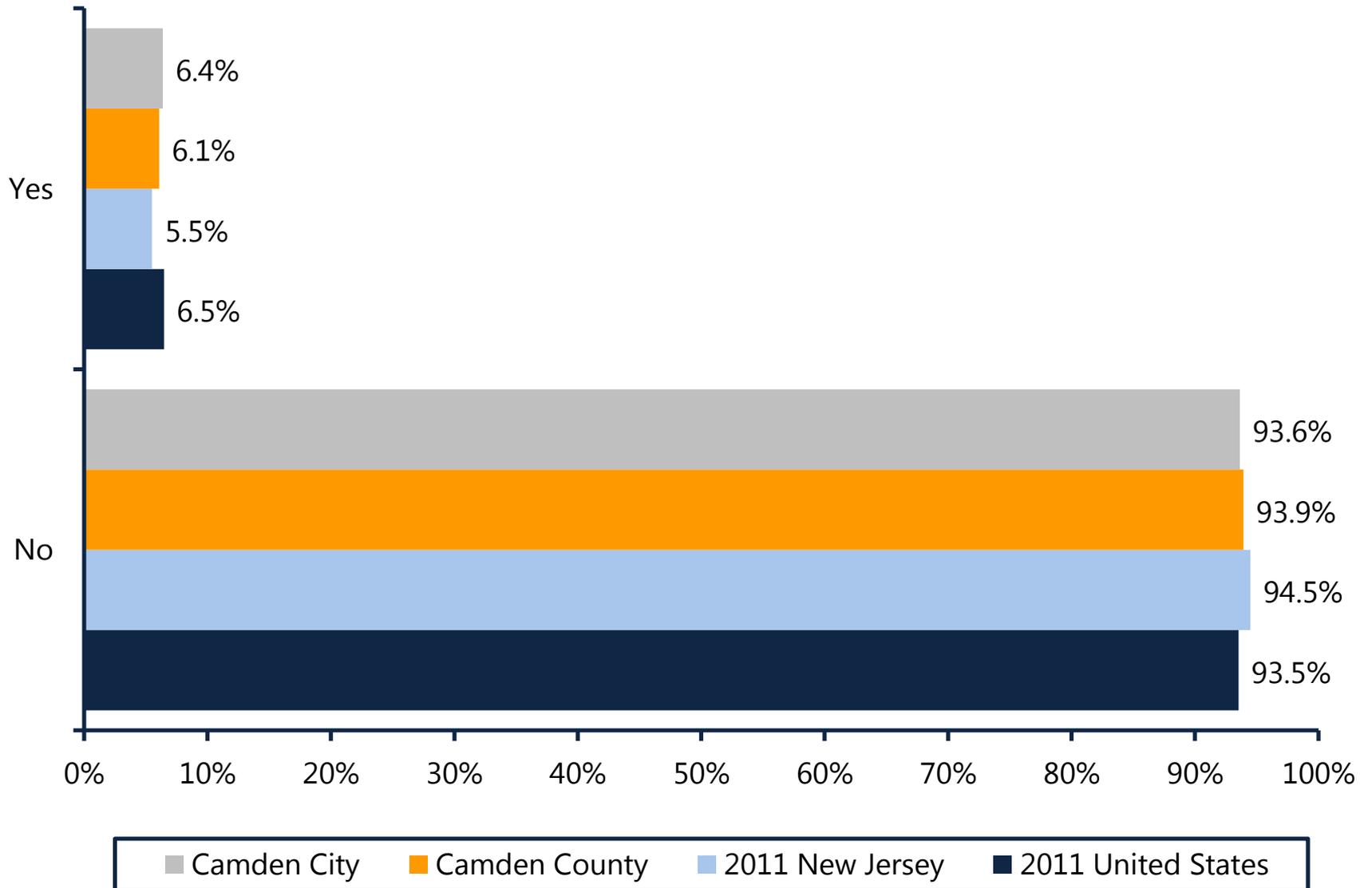
Only asked of respondents who have had asthma



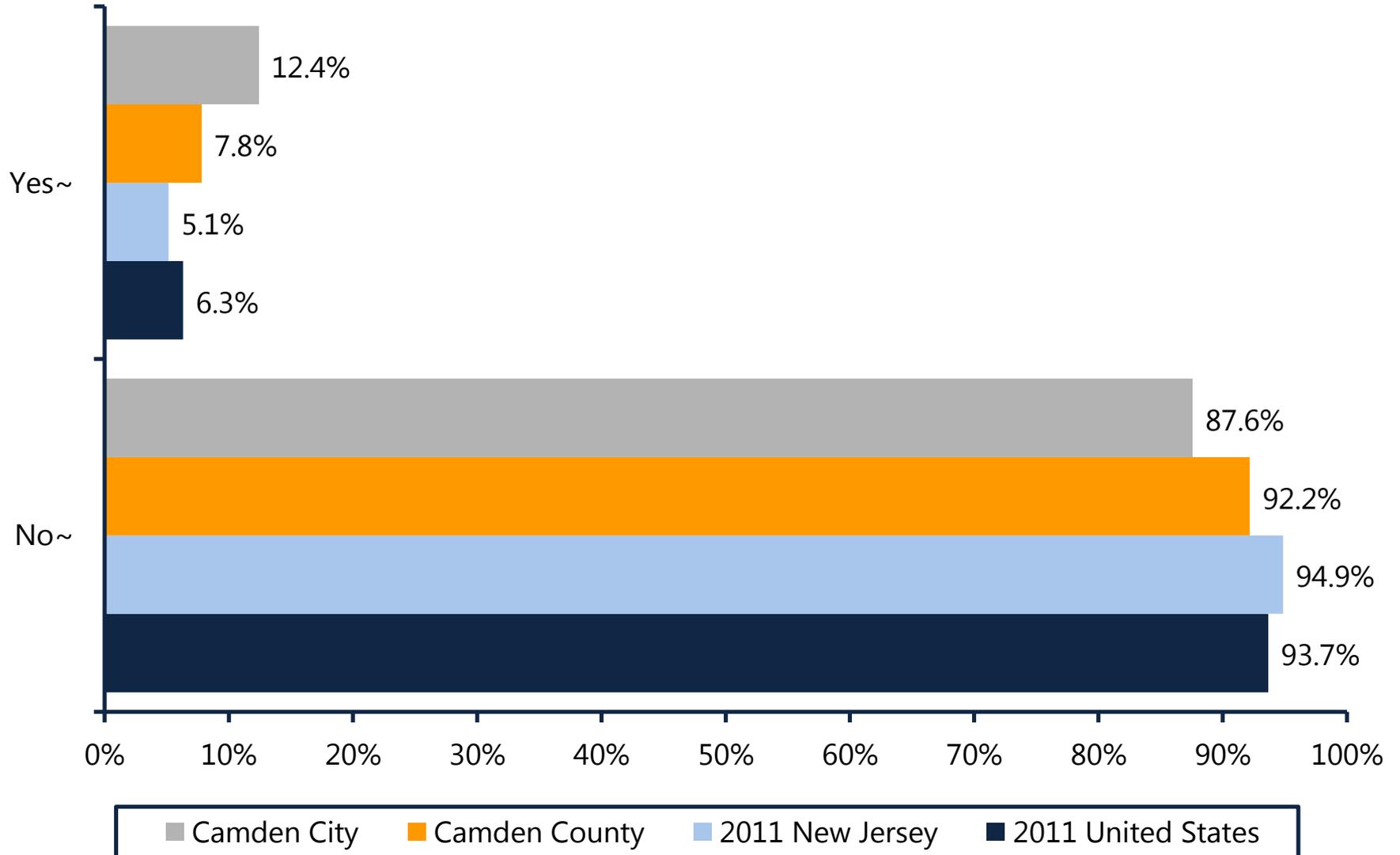
Have you EVER been told that you had skin cancer?



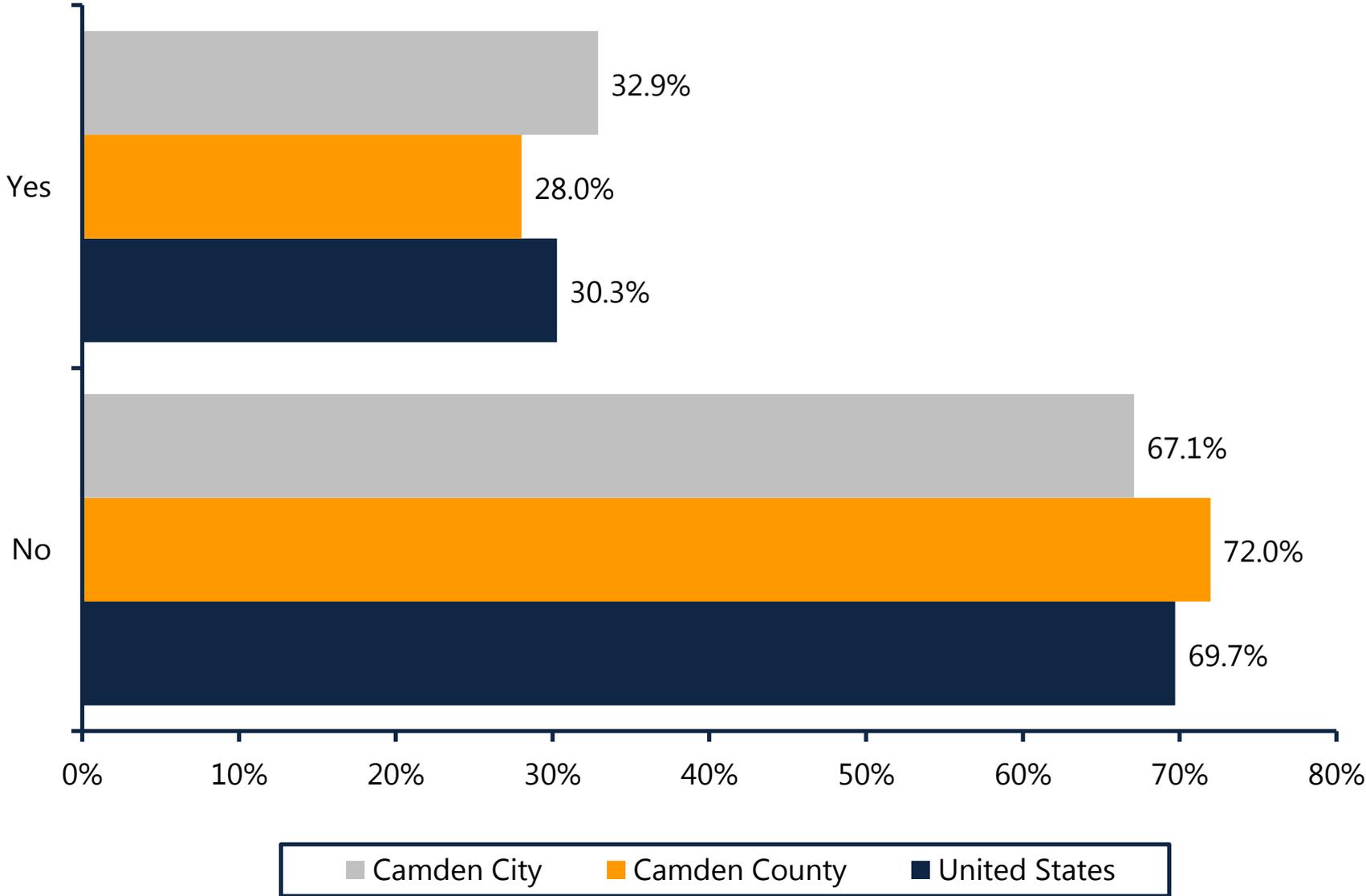
Have you EVER been told that you had any other types of cancer?



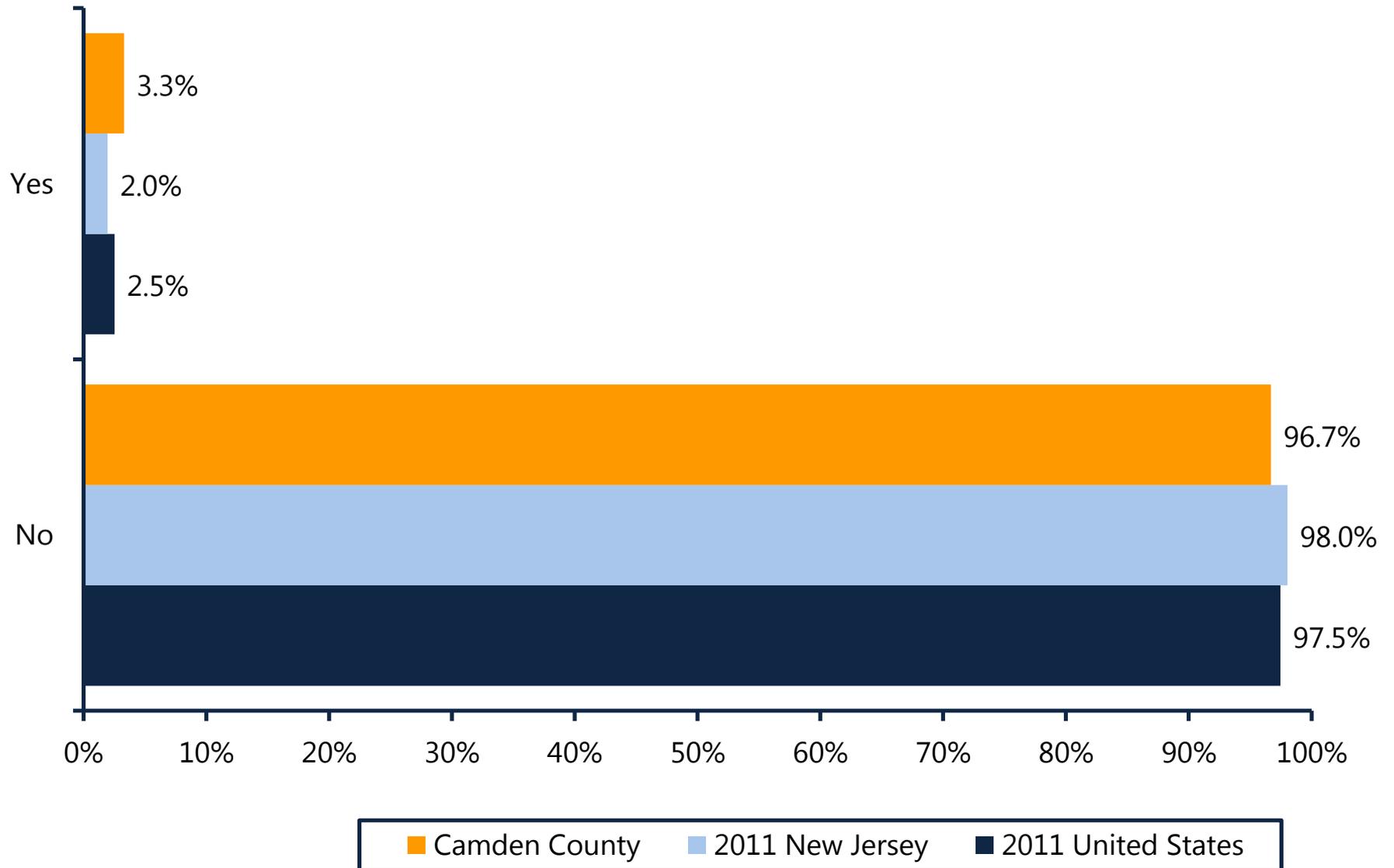
Have you EVER been told that you have COPD (chronic obstructive pulmonary disease), emphysema or chronic bronchitis?



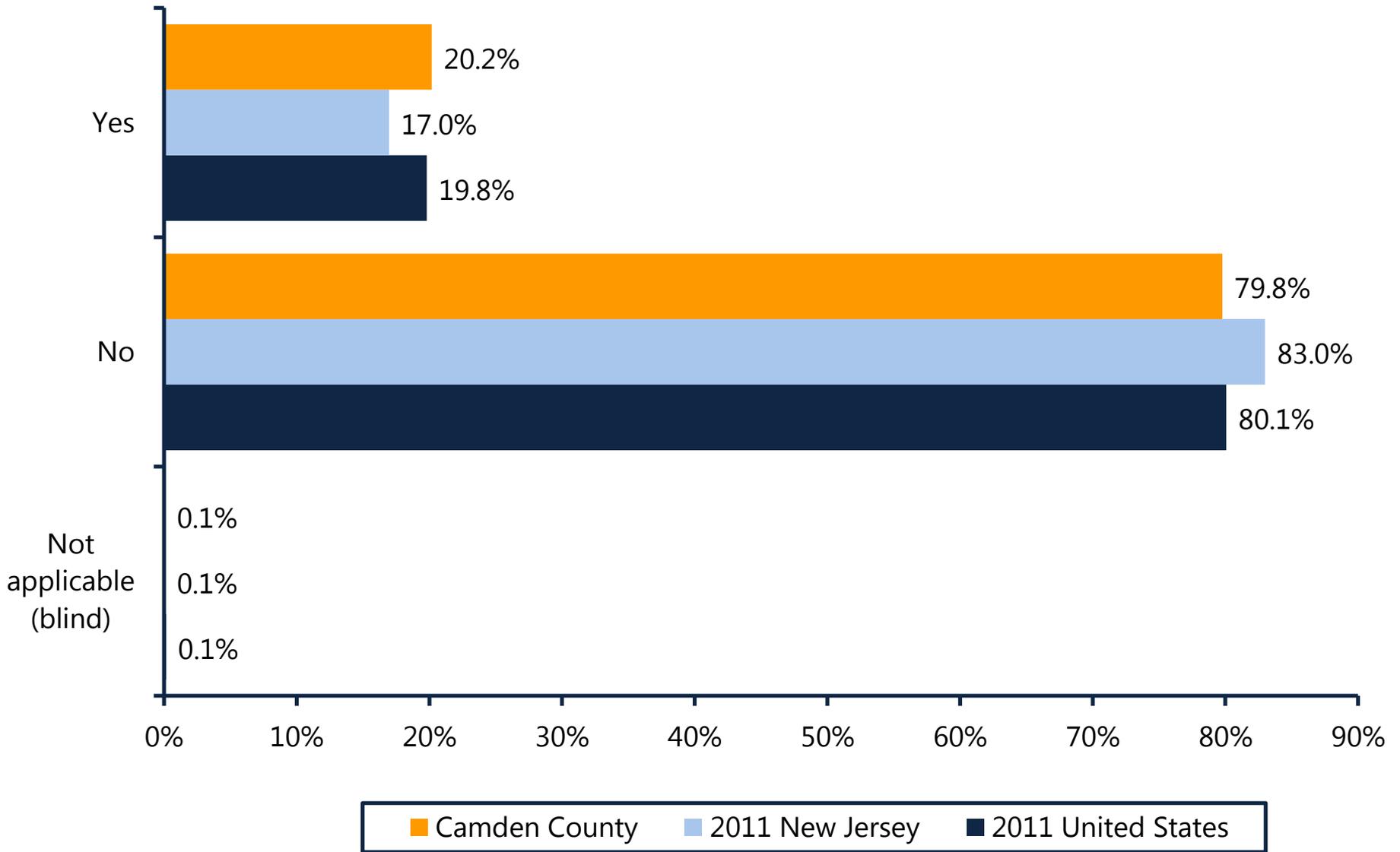
Have you EVER been told that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?



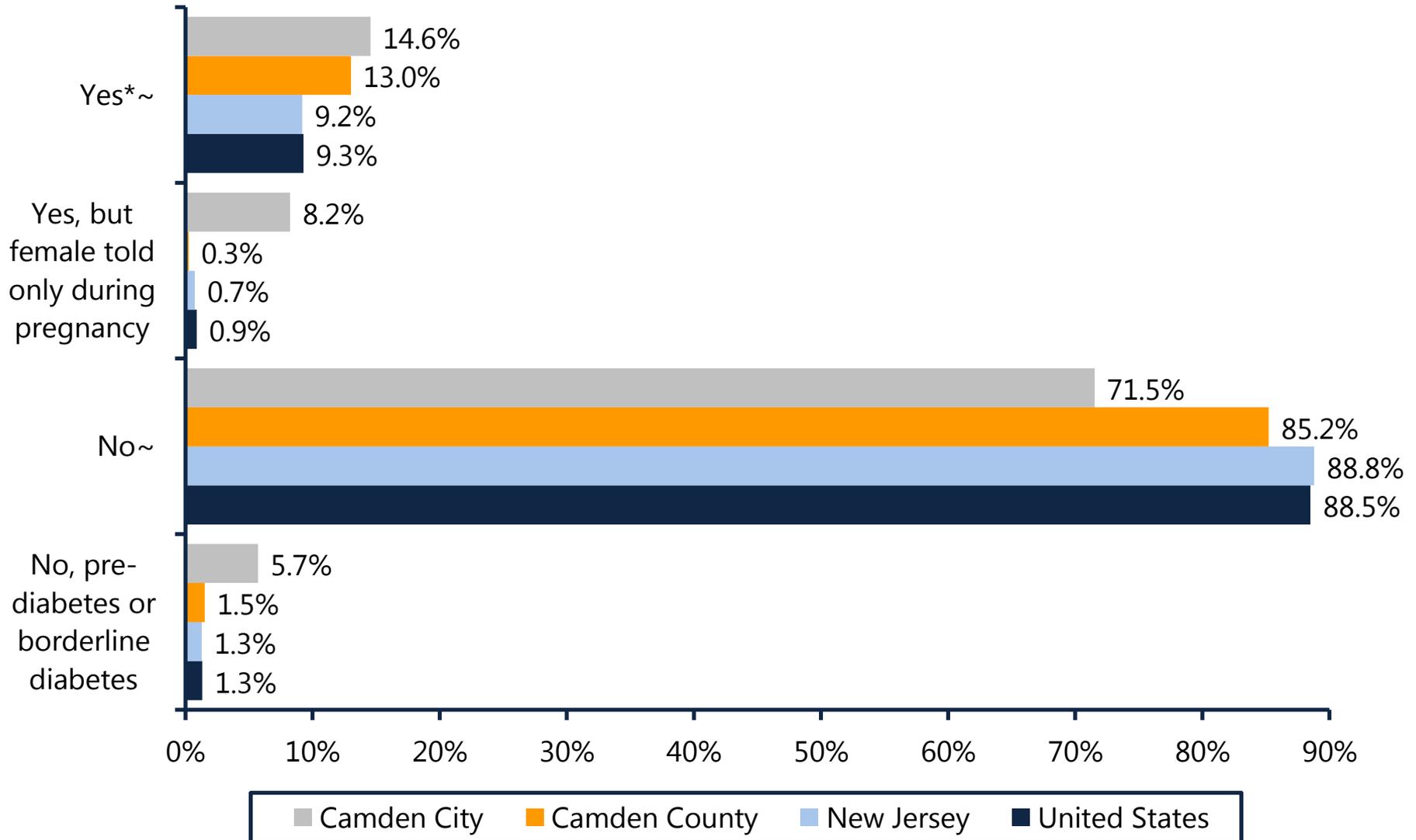
Have you EVER been told that you have kidney disease?



Has a doctor, nurse or other health professional ever said that you have vision impairment in one or both eyes, even when wearing glasses?

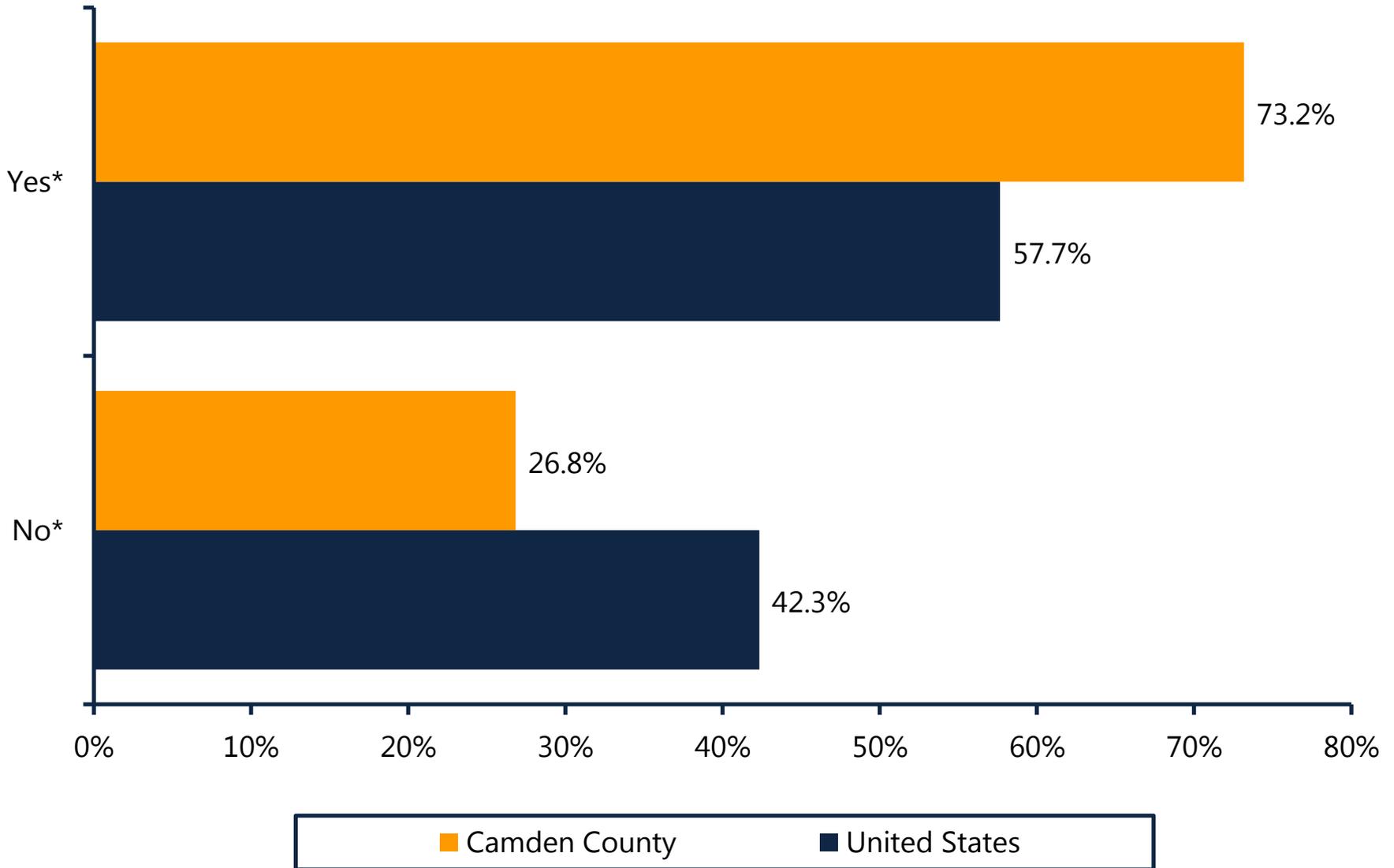


Have you EVER been told that you have diabetes?

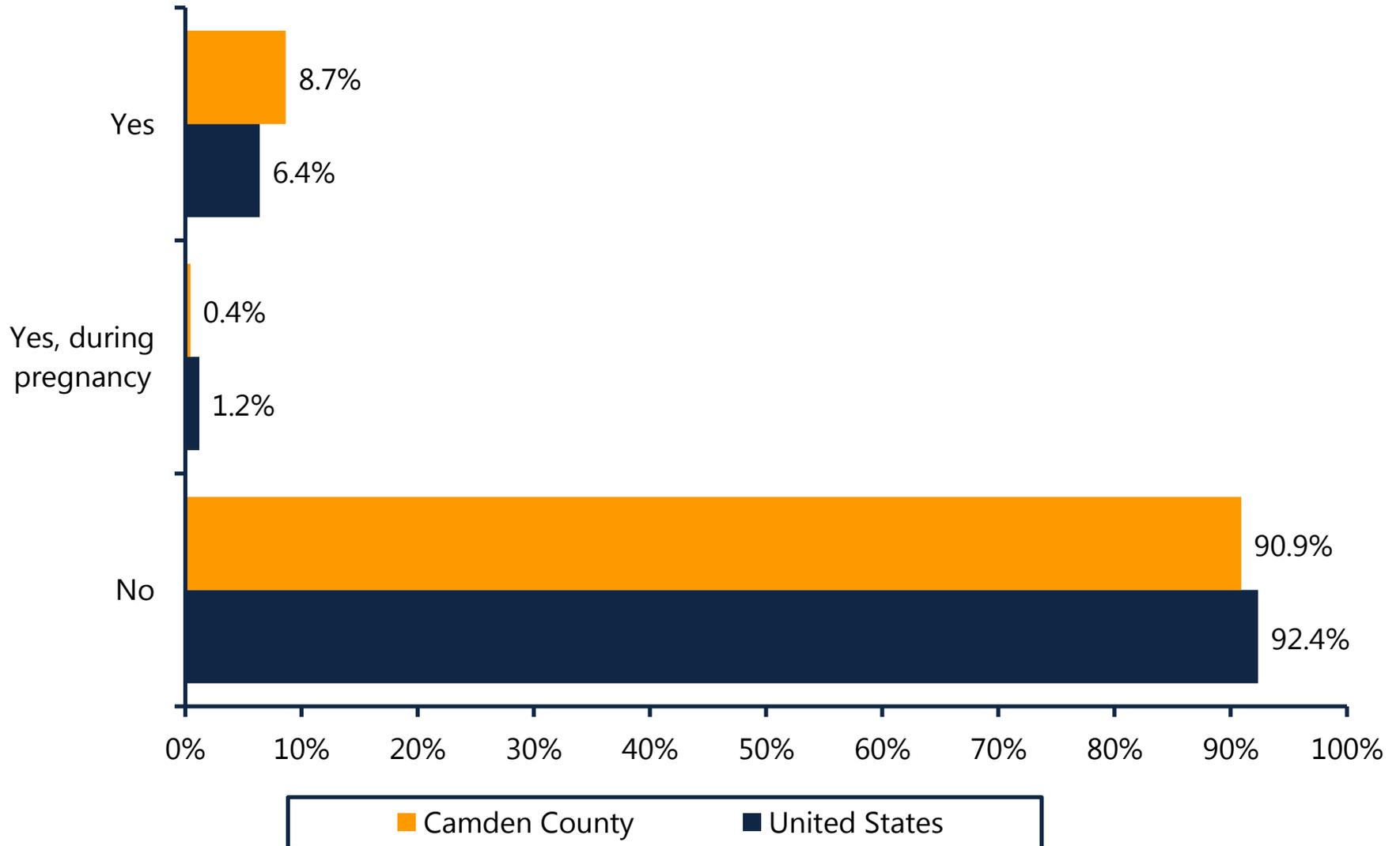


Pre-Diabetes

Have you had a test for high blood sugar or diabetes within the past three years?



Have you EVER been told by a doctor or other health professional that you have pre-diabetes or borderline diabetes?

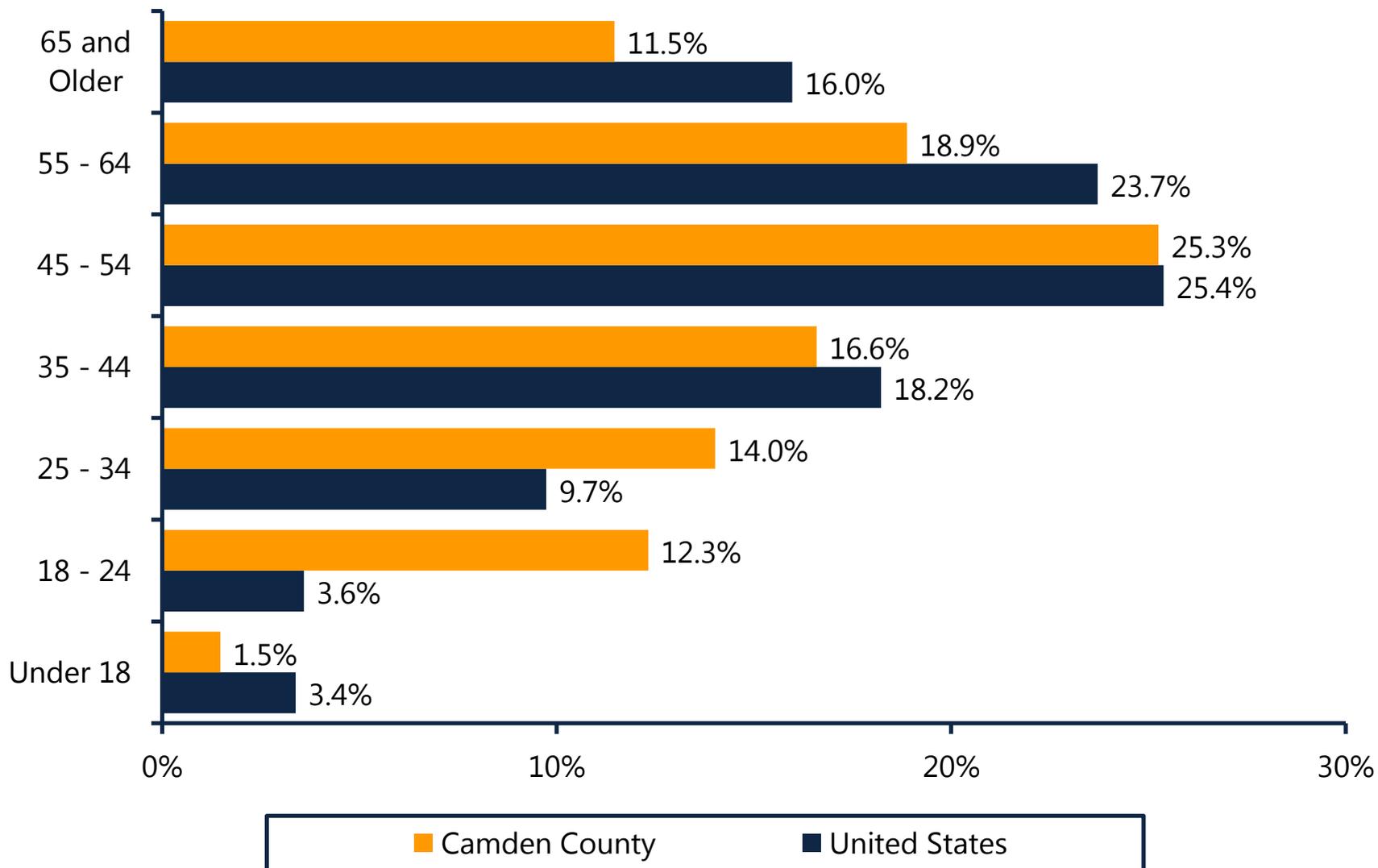


Diabetes

Only asked of respondents who have ever been told they have diabetes

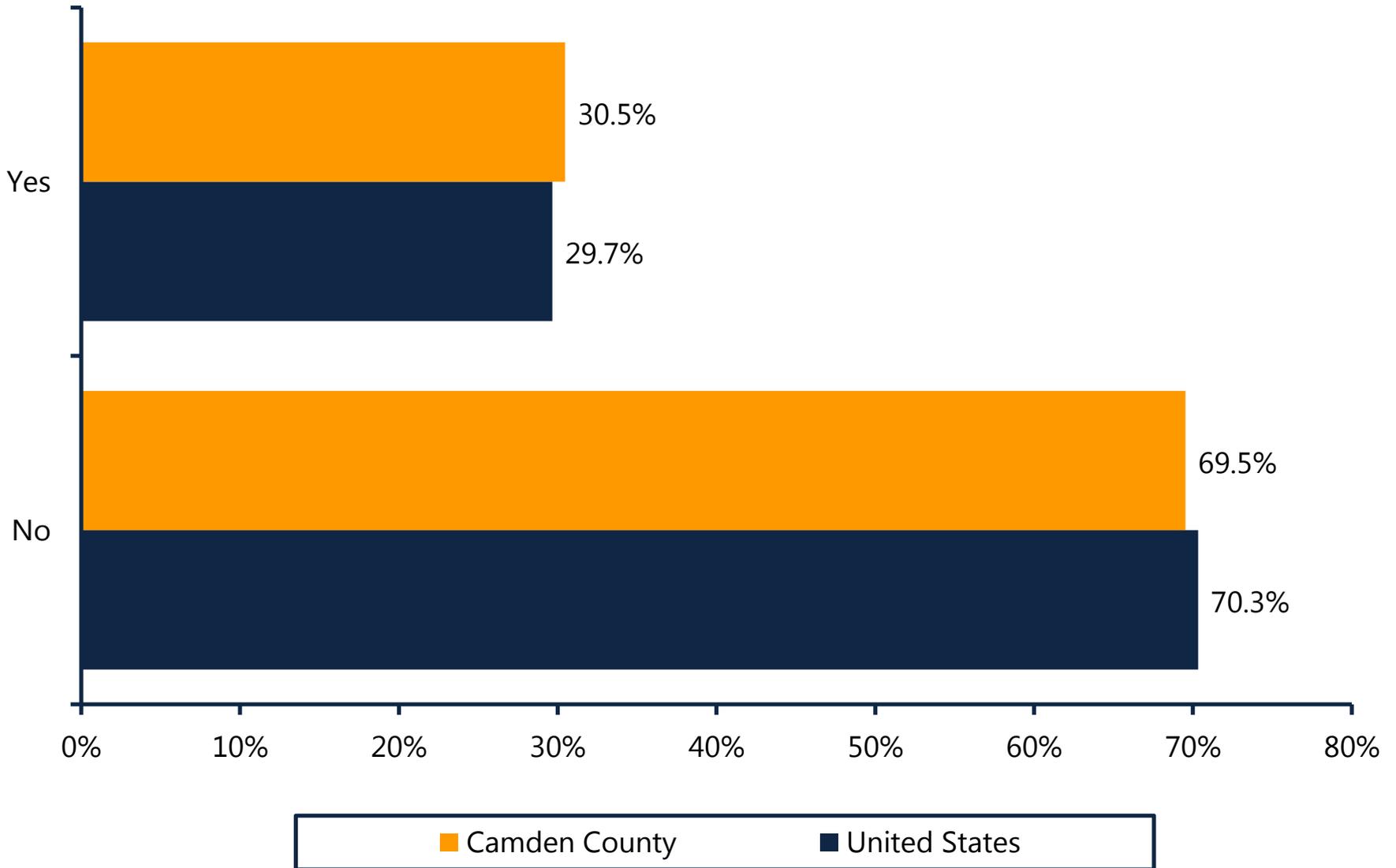
How old were you when you were told you have diabetes?

Only asked of respondents who have diabetes



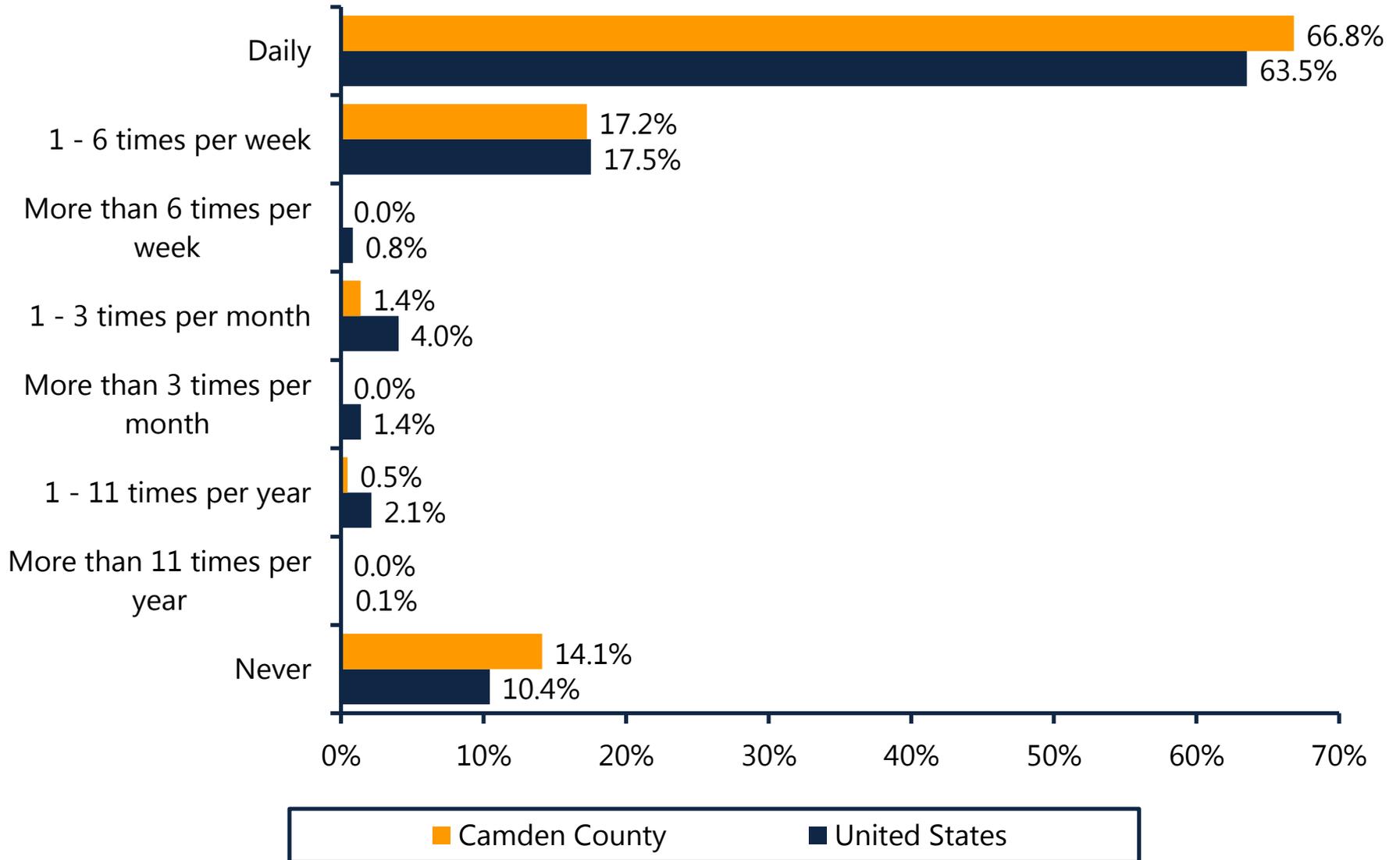
Are you now taking insulin?

Only asked of respondents who have diabetes



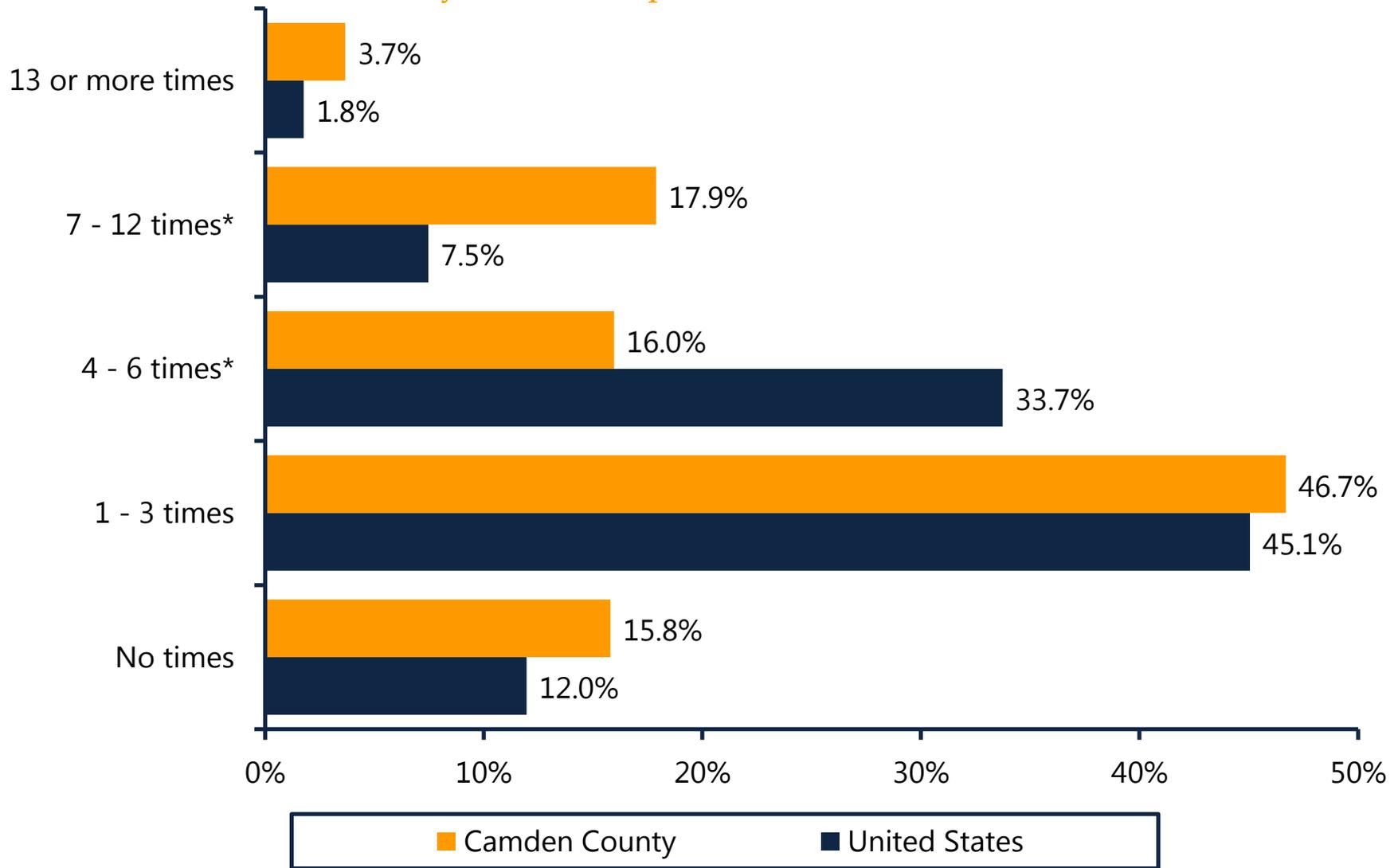
About how often do you check your blood for glucose or sugar?

Only asked of respondents who have diabetes



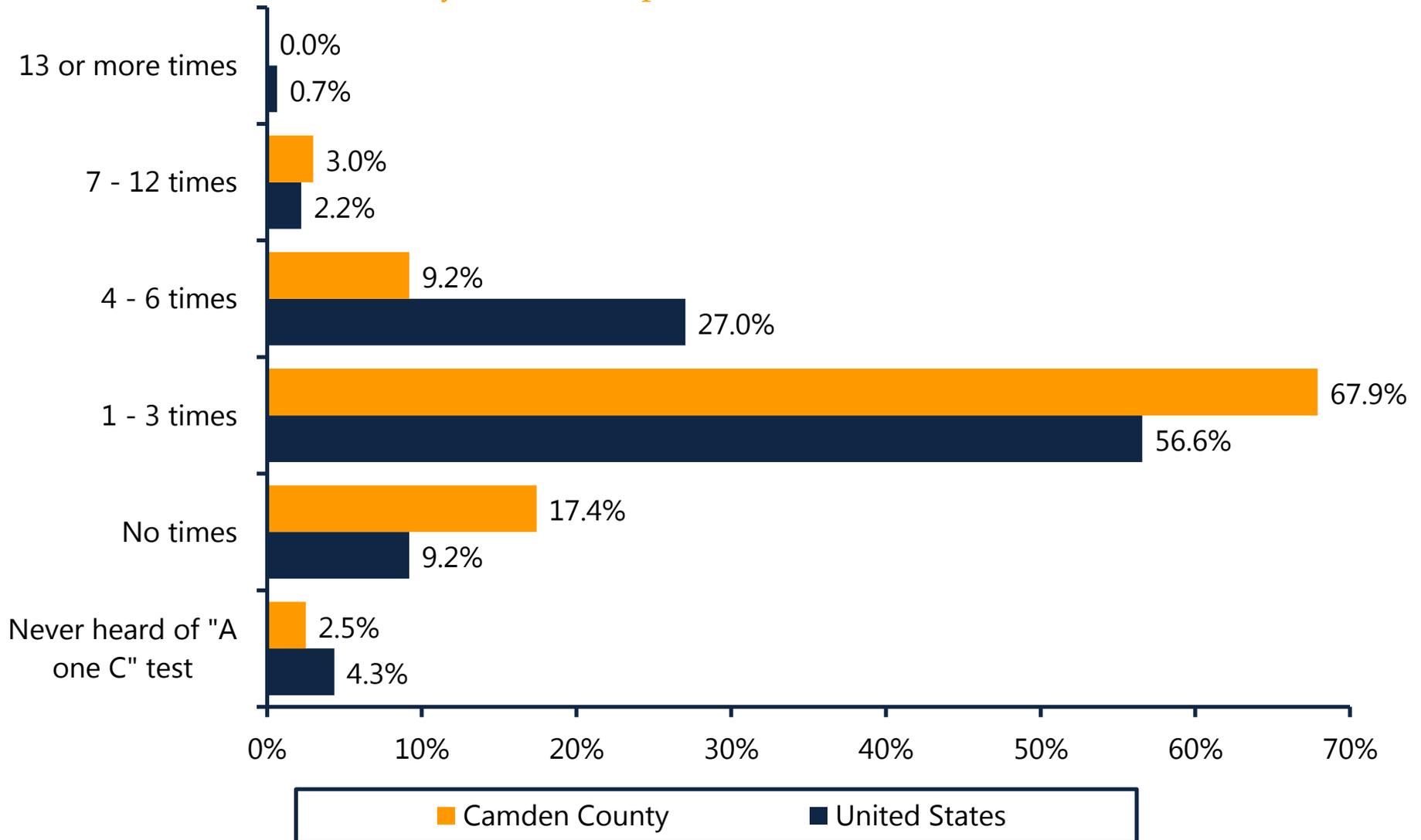
About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?

Only asked of respondents who have diabetes



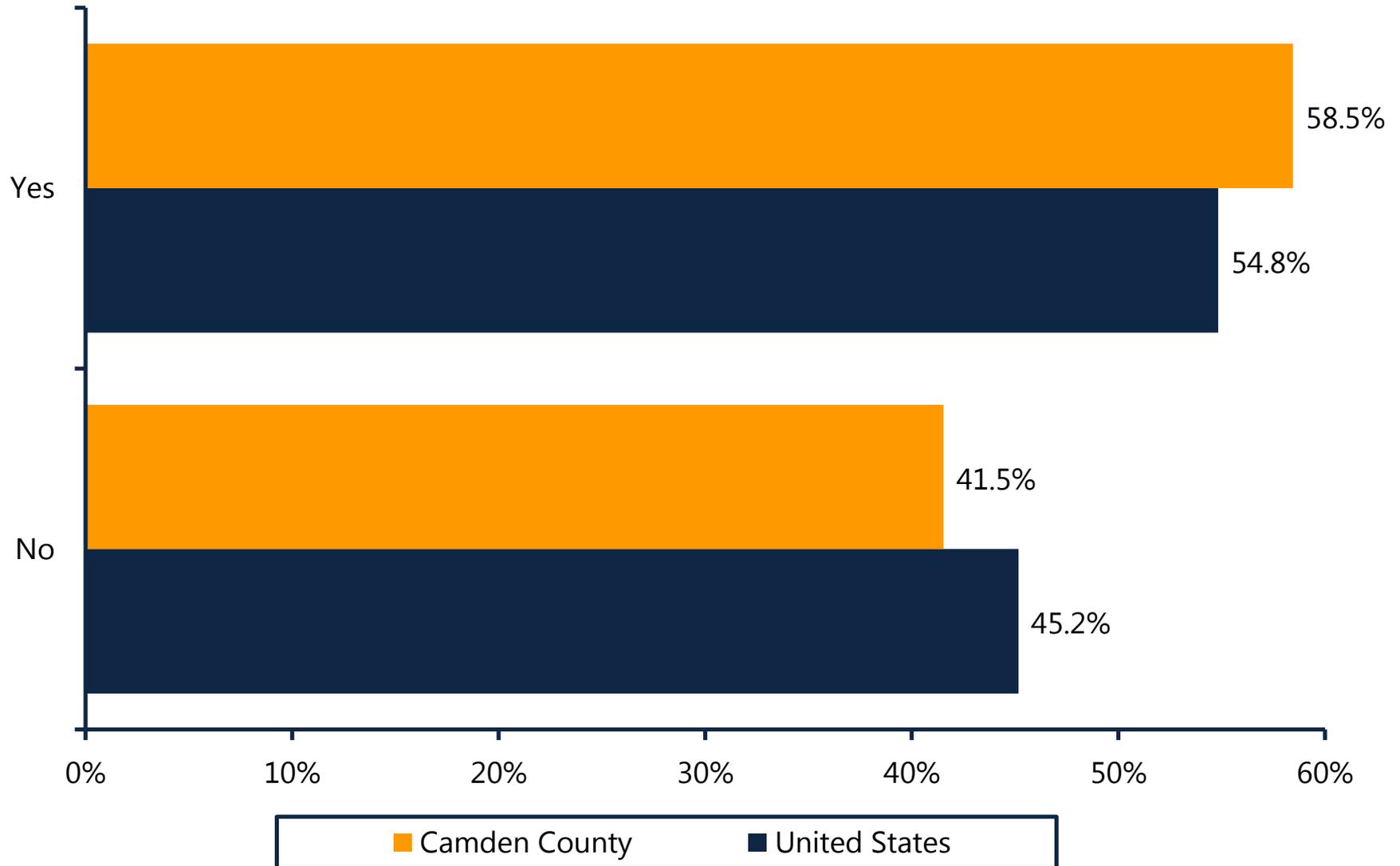
About how many times in the past 12 months has a doctor, nurse or other health professional checked you for "A one C"?

Only asked of respondents who have diabetes



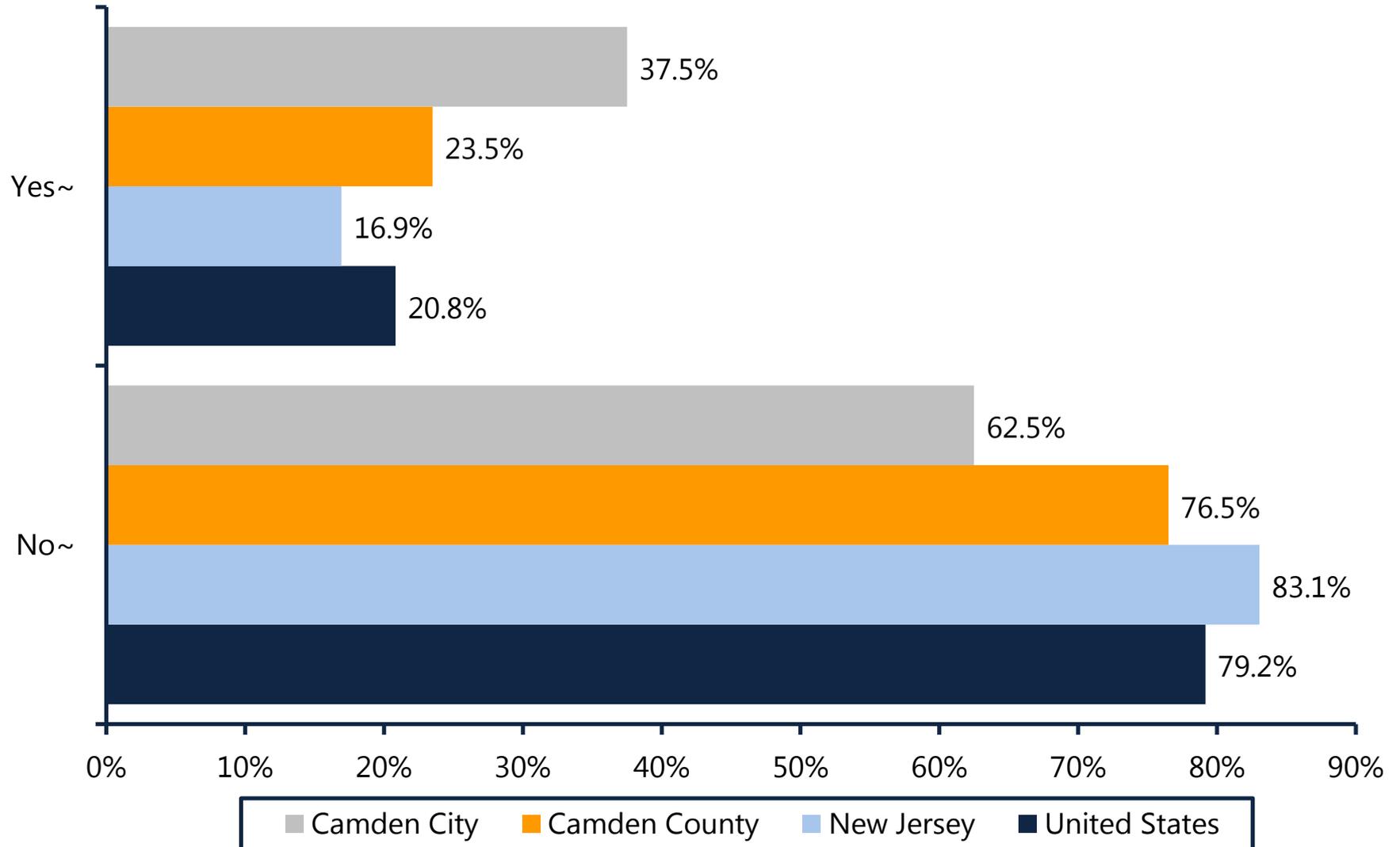
Have you ever taken a course or class in how to manage your diabetes yourself?

Only asked of respondents who have diabetes

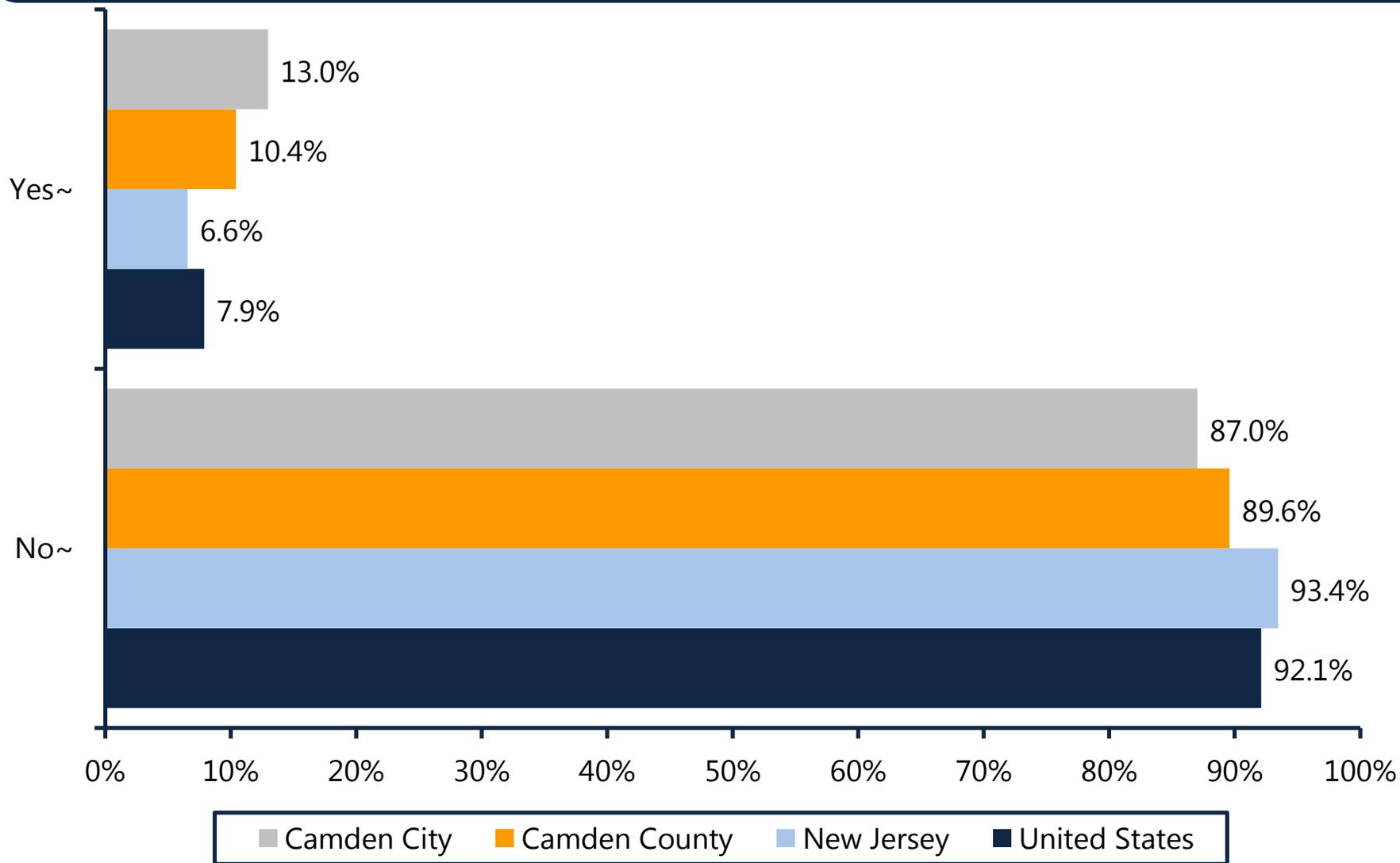


Disability

Are you limited in any way in any activities because of physical, mental, or emotional problems?

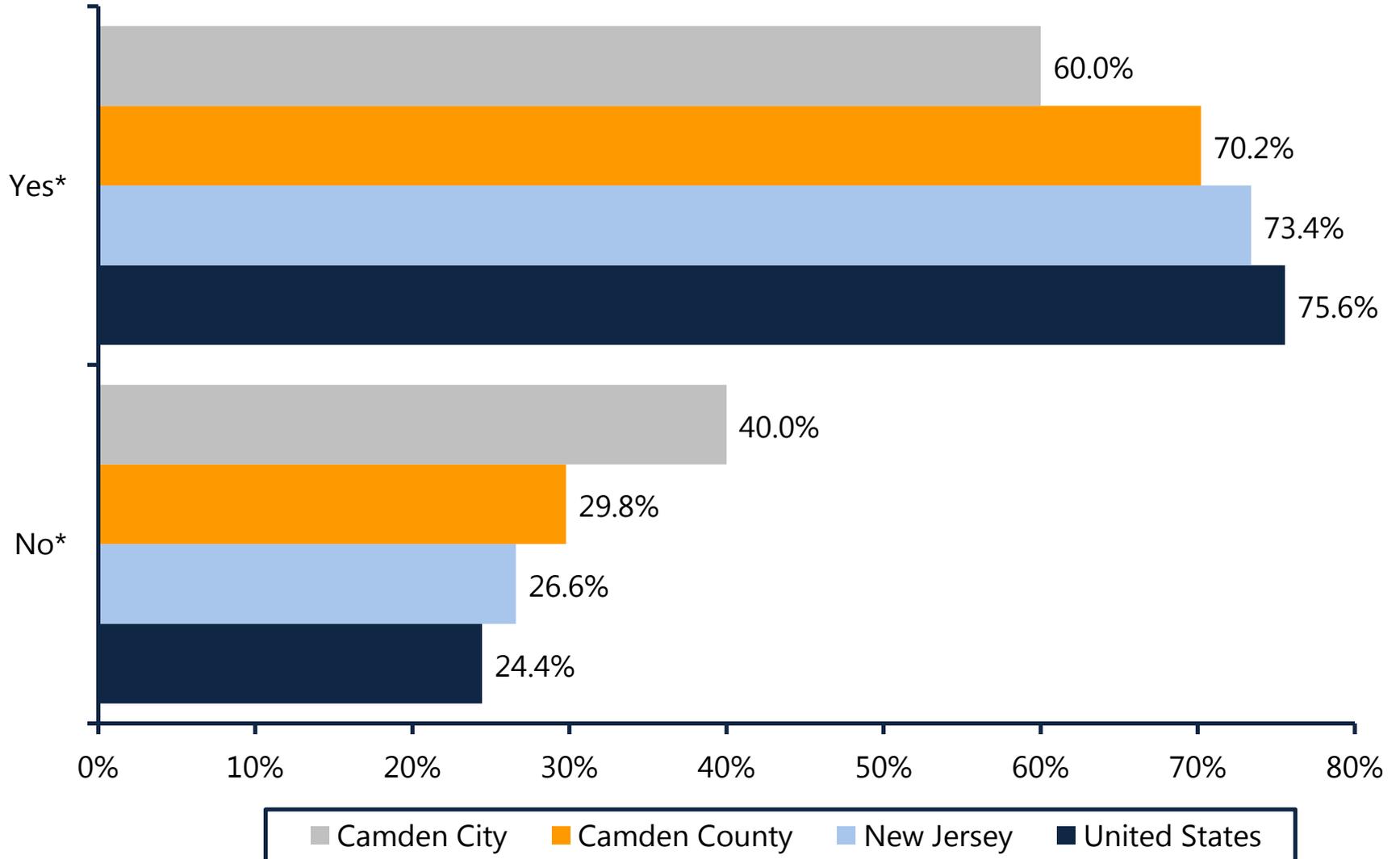


Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?



Exercise

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?



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

Only asked of respondents who exercised in the past month

	2011 United States	2011 New Jersey	Camden County
Active gaming devices	0.2%	0.6%	0.6%
Aerobics video or class	2.5%	3.4%	2.1%
Backpacking	0.0%	0.1%	0.0%
Badminton	0.0%	0.0%	0.0%
Basketball	1.4%	1.7%	1.3%
Bicycling machine exercise	1.8%	2.5%	0.9%
Bicycling	3.1%	2.4%	4.3%
Boating	0.1%	0.2%	0.0%
Bowling	0.2%	0.2%	0.3%
Boxing*~	0.2%	0.1%	1.4%
Calisthenics*~	1.5%	2.1%	4.3%
Canoeing/rowing in competition	0.0%	0.1%	0.0%
Carpentry	0.0%	0.1%	0.0%

What type of physical activity or exercise did you spend the most time doing during the past month? (Cont'd)

Only asked of respondents who exercised in the past month

	2011 United States	2011 New Jersey	Camden County
Dancing	0.8%	0.9%	0.9%
Elliptical/EFX machine exercise	1.7%	1.7%	0.9%
Fishing from river bank or boat	0.1%	0.0%	0.0%
Frisbee	0.1%	0.0%	0.0%
Gardening*	5.5%	5.0%	2.2%
Golf (with motorized cart)~	1.1%	0.8%	2.4%
Golf (without motorized cart)	0.7%	0.6%	0.4%
Handball	0.0%	0.0%	0.0%
Hiking - cross-country	0.6%	0.4%	0.2%
Hockey*~	0.1%	0.1%	0.6%
Horseback riding	0.2%	0.1%	0.0%
Hunting large game - deer, elk	0.1%	0.0%	0.0%
Hunting small game - quail	0.0%	0.0%	0.0%

What type of physical activity or exercise did you spend the most time doing during the past month? (Cont'd)

Only asked of respondents who exercised in the past month

	2011 United States	2011 New Jersey	Camden County
Inline skating	0.0%	0.0%	0.0%
Jogging	1.5%	2.2%	1.5%
Lacrosse	0.0%	0.1%	0.0%
Mountain climbing	0.0%	0.0%	0.0%
Mowing lawn	0.6%	0.2%	0.0%
Paddleball	0.0%	0.0%	0.0%
Painting/papering house	0.0%	0.1%	0.0%
Pilates	0.2%	0.2%	0.0%
Racquetball	0.1%	0.1%	0.0%
Raking lawn	0.1%	0.0%	0.3%
Running	10.7%	11.8%	9.2%
Rock climbing	0.1%	0.1%	0.0%
Rope skipping	0.0%	0.0%	0.0%

What type of physical activity or exercise did you spend the most time doing during the past month? (Cont'd)

Only asked of respondents who exercised in the past month

	2011 United States	2011 New Jersey	Camden County
Rowing machine exercise	0.1%	0.1%	0.0%
Rugby	0.0%	0.0%	0.0%
Scuba diving	0.0%	0.0%	0.0%
Skateboarding	0.1%	0.0%	0.0%
Skating - ice or roller	0.1%	0.1%	0.0%
Sledding	0.0%	0.0%	0.0%
Snorkeling	0.0%	0.0%	0.0%
Snow blowing	0.0%	0.0%	0.0%
Snow shoveling by hand	0.2%	0.2%	0.0%
Snow skiing	0.1%	0.1%	0.0%
Snowshoeing	0.0%	0.0%	0.0%
Soccer	0.8%	1.0%	0.0%
Softball/baseball	0.4%	0.4%	0.0%

What type of physical activity or exercise did you spend the most time doing during the past month? (Cont'd)

Only asked of respondents who exercised in the past month

	2011 United States	2011 New Jersey	Camden County
Squash	0.0%	0.0%	0.0%
Stair climbing/Stair master	0.3%	0.2%	0.0%
Stream fishing in waders	0.0%	0.0%	0.0%
Surfing	0.1%	0.1%	0.0%
Swimming	1.1%	1.0%	2.0%
Swimming in laps	0.4%	0.2%	0.0%
Table tennis	0.0%	0.0%	0.0%
Tai Chi	0.1%	0.0%	0.0%
Tennis	0.5%	0.7%	0.7%

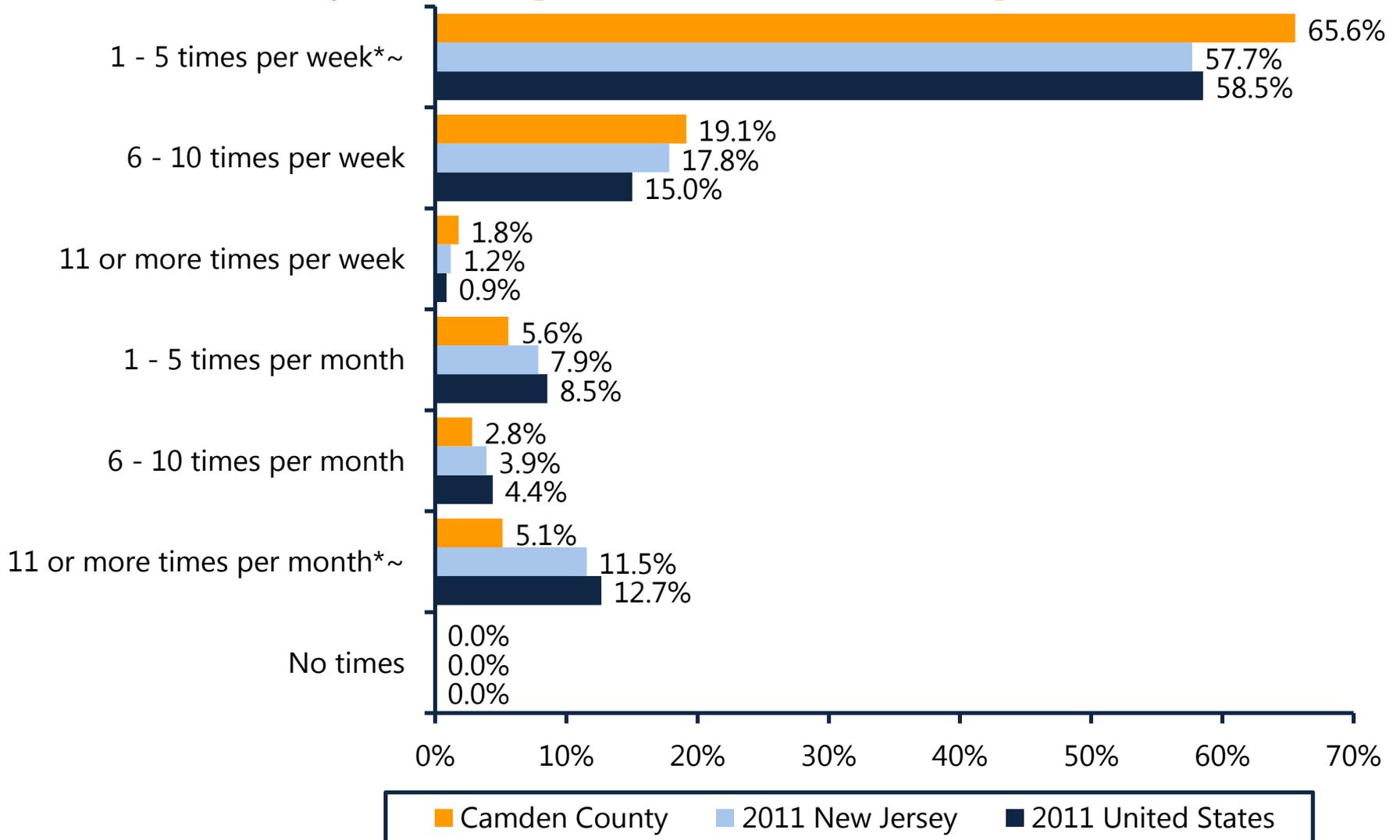
What type of physical activity or exercise did you spend the most time doing during the past month? (Cont'd)

Only asked of respondents who exercised in the past month

	2011 United States	2011 New Jersey	Camden County
Touch football	0.1%	0.2%	0.0%
Volleyball*~	0.2%	0.2%	1.5%
Walking	50.5%	47.8%	49.8%
Waterskiing	0.0%	0.0%	0.0%
Weight lifting*~	3.9%	3.0%	8.0%
Wrestling	0.1%	0.0%	0.0%
Yoga	0.7%	0.8%	1.7%
Other	4.7%	5.5%	2.6%

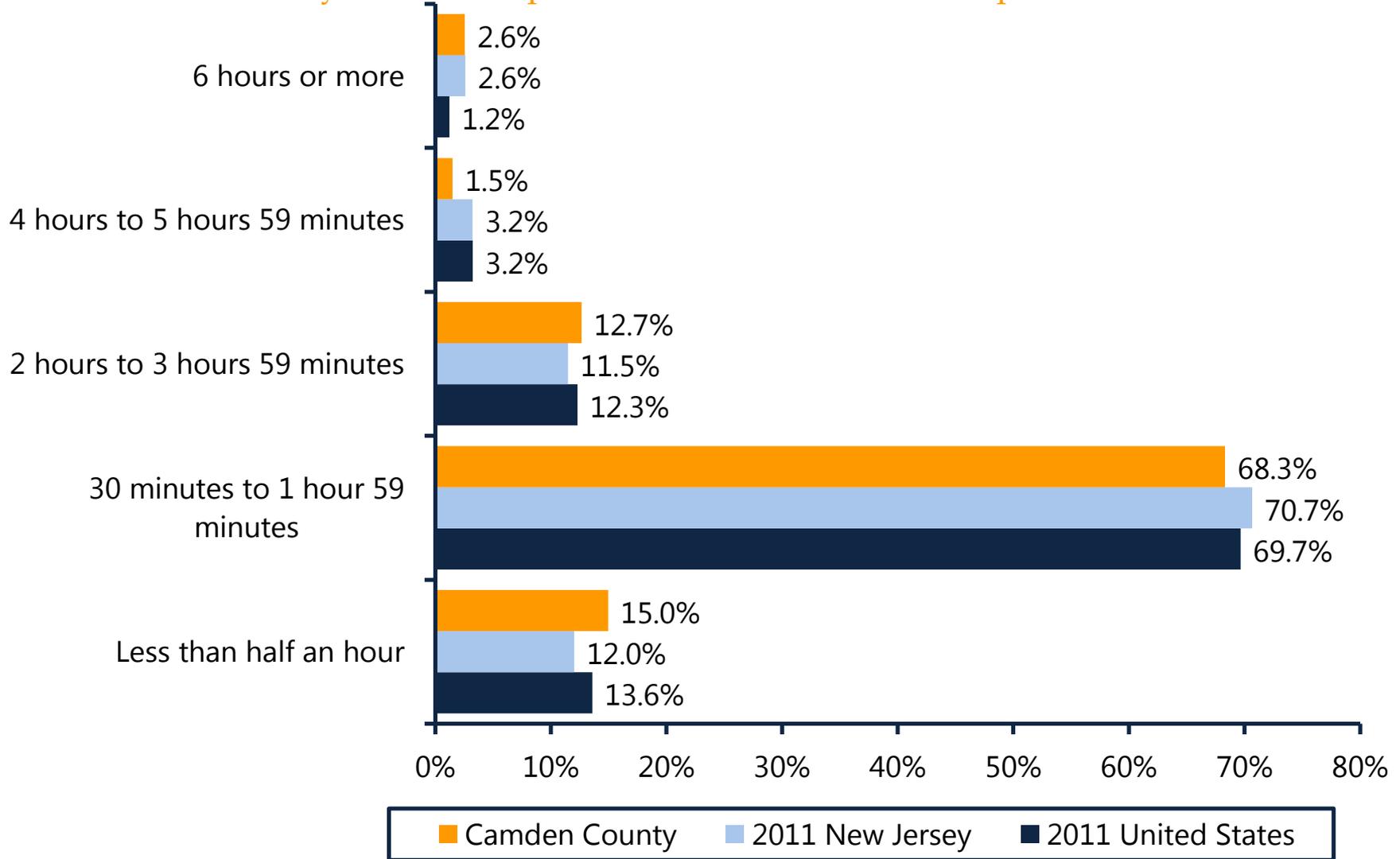
How many times per week or per month did you take part in this activity during the past month?

Only asked of respondents who exercised in the past month

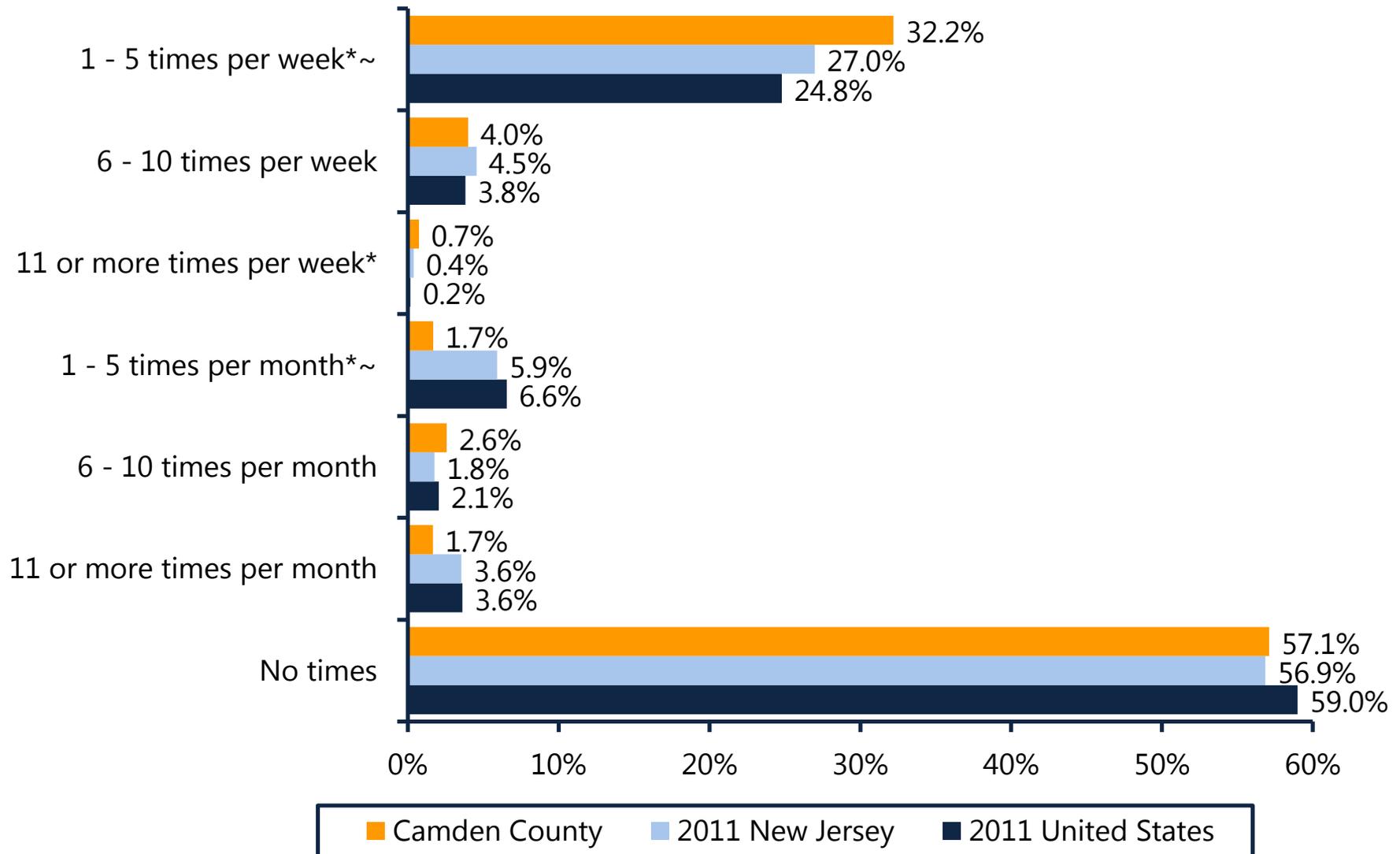


And when you took part in this activity, for how many minutes or hours did you usually keep at it?

Only asked of respondents who exercised in the past month

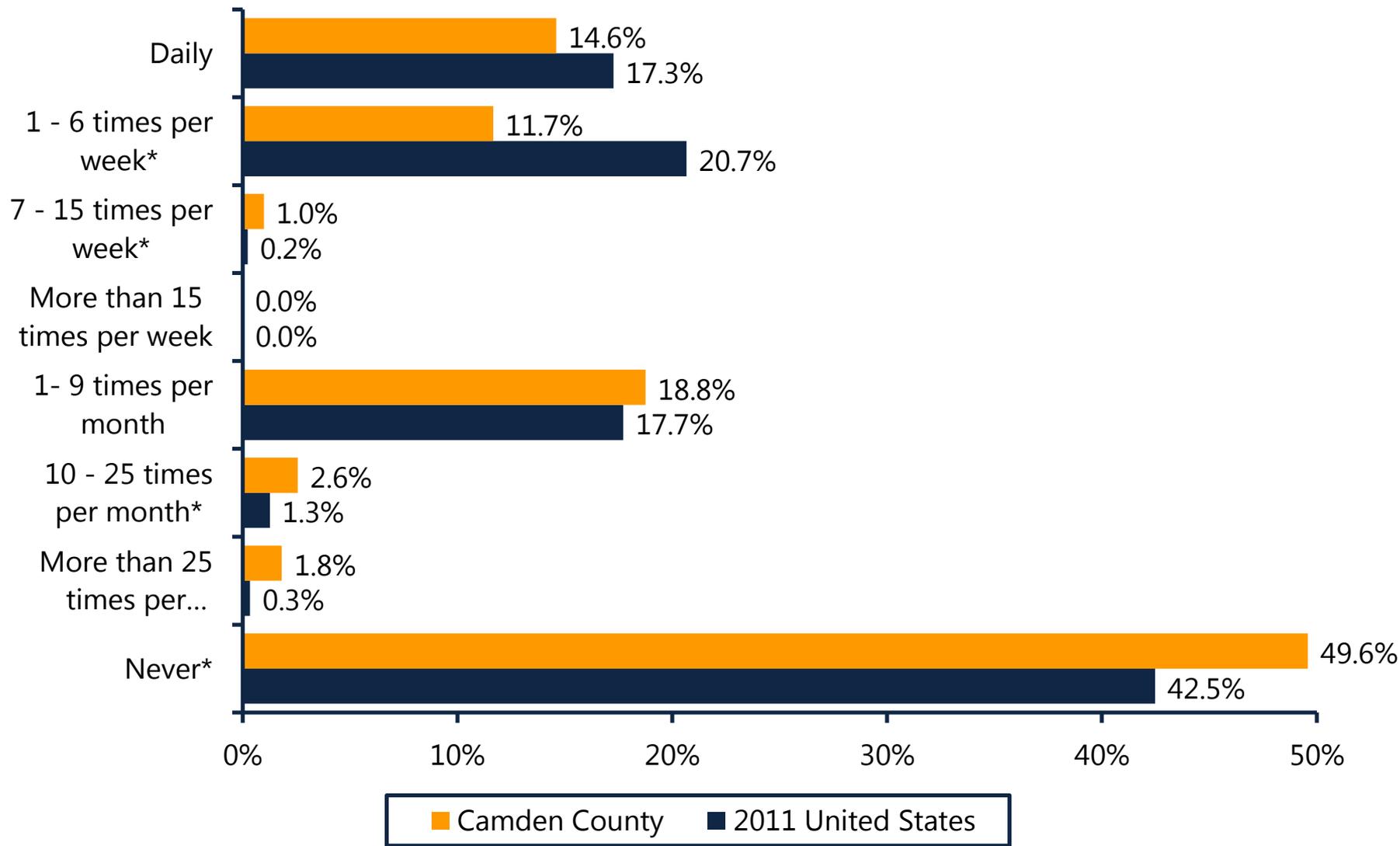


During the past month, how many times per week or per month did you do physical activities or exercises to STRENGTHEN your muscles?

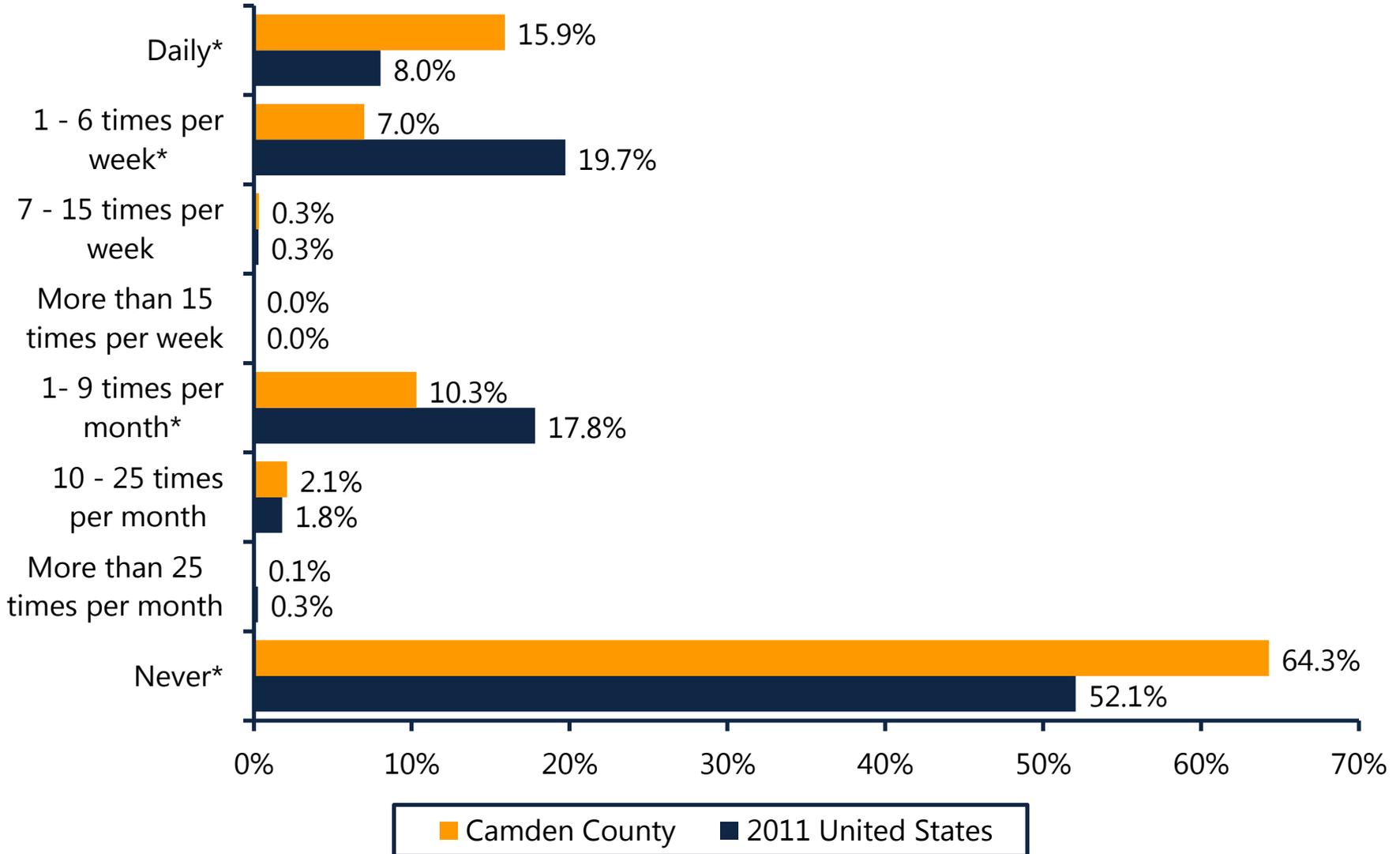


Adult Sugar Sweetened Beverages & Fast Food

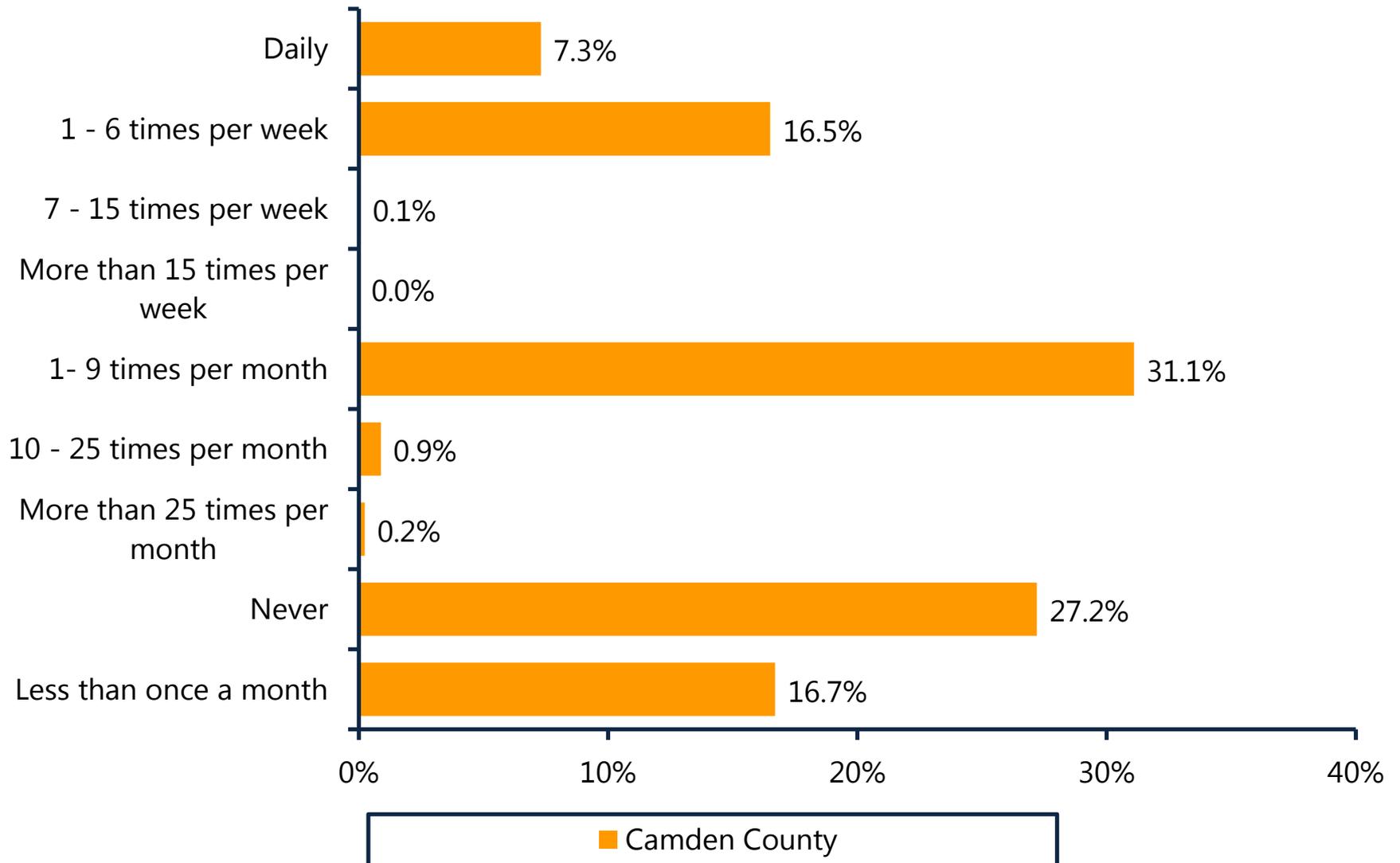
During the past 30 days, how often did you drink regular soda or pop that contains sugar? Do not include diet soda or diet pop.



During the past 30 days, how often did you drink sweetened fruit drinks, such as Kool-Aid, cranberry juice cocktail, and lemonade? Include fruit drinks you made at home and added sugar to.

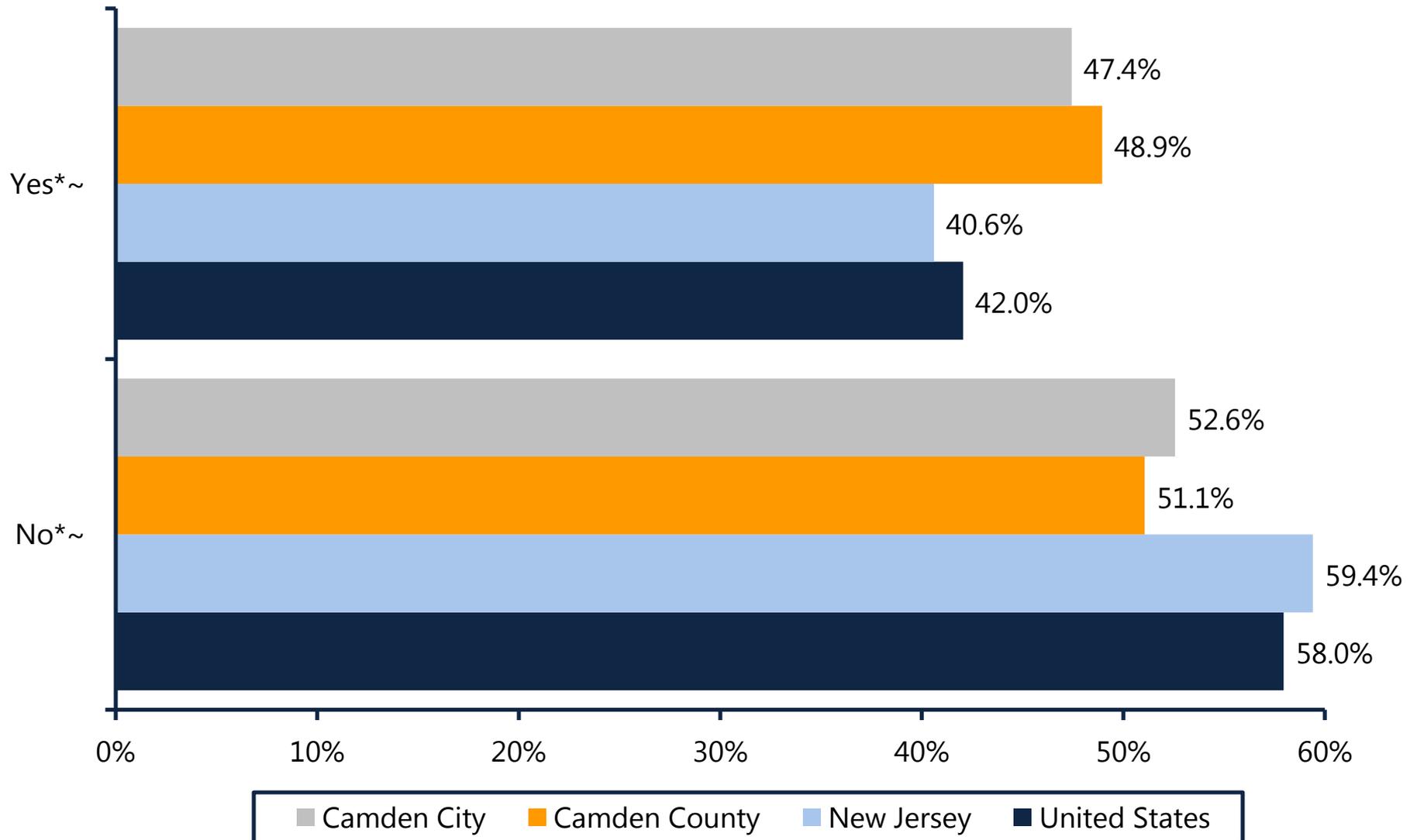


How often do you eat at a fast food restaurant, such as McDonald's, Burger King, KFC, or Taco Bell?



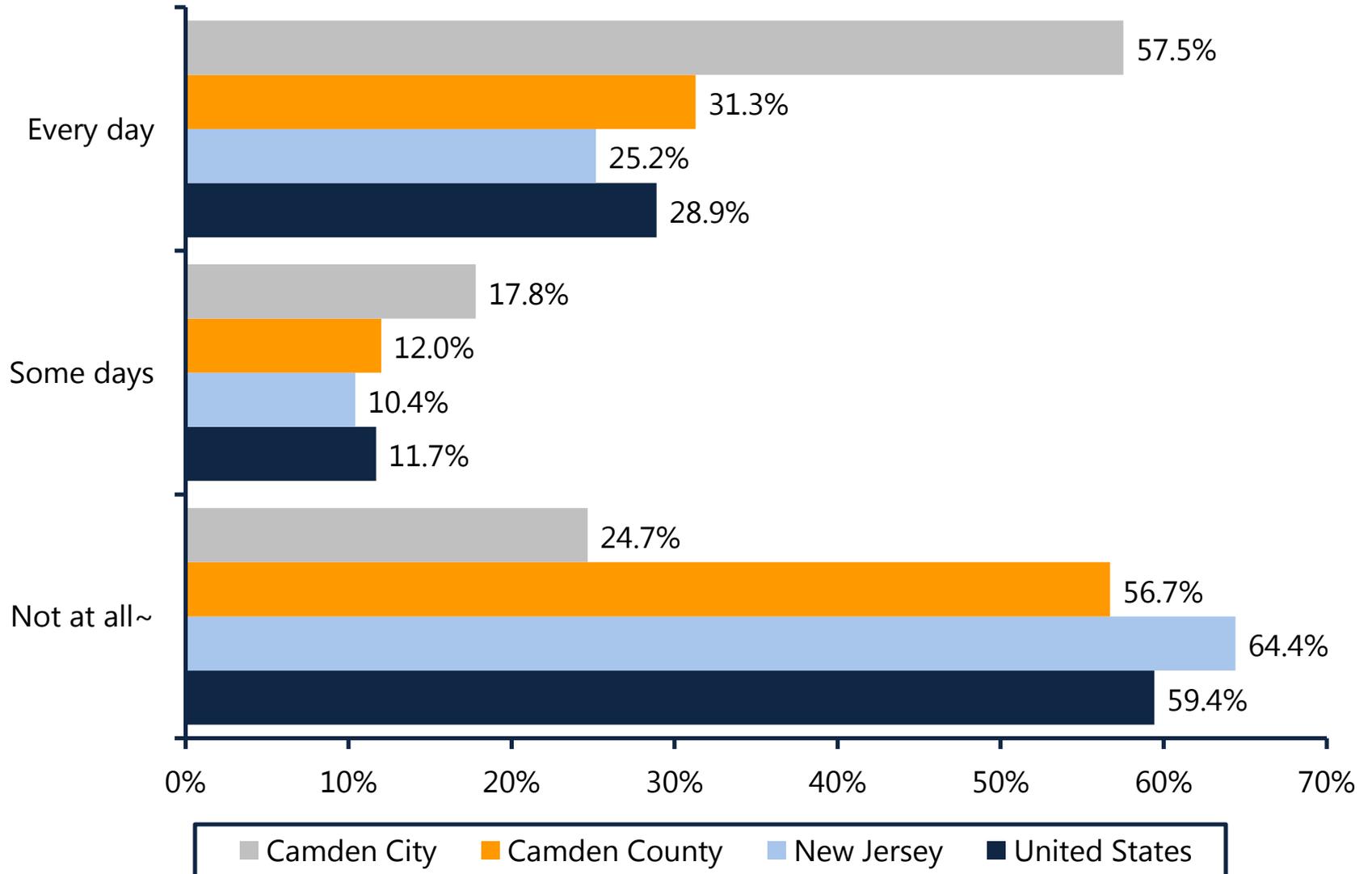
Tobacco Use

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



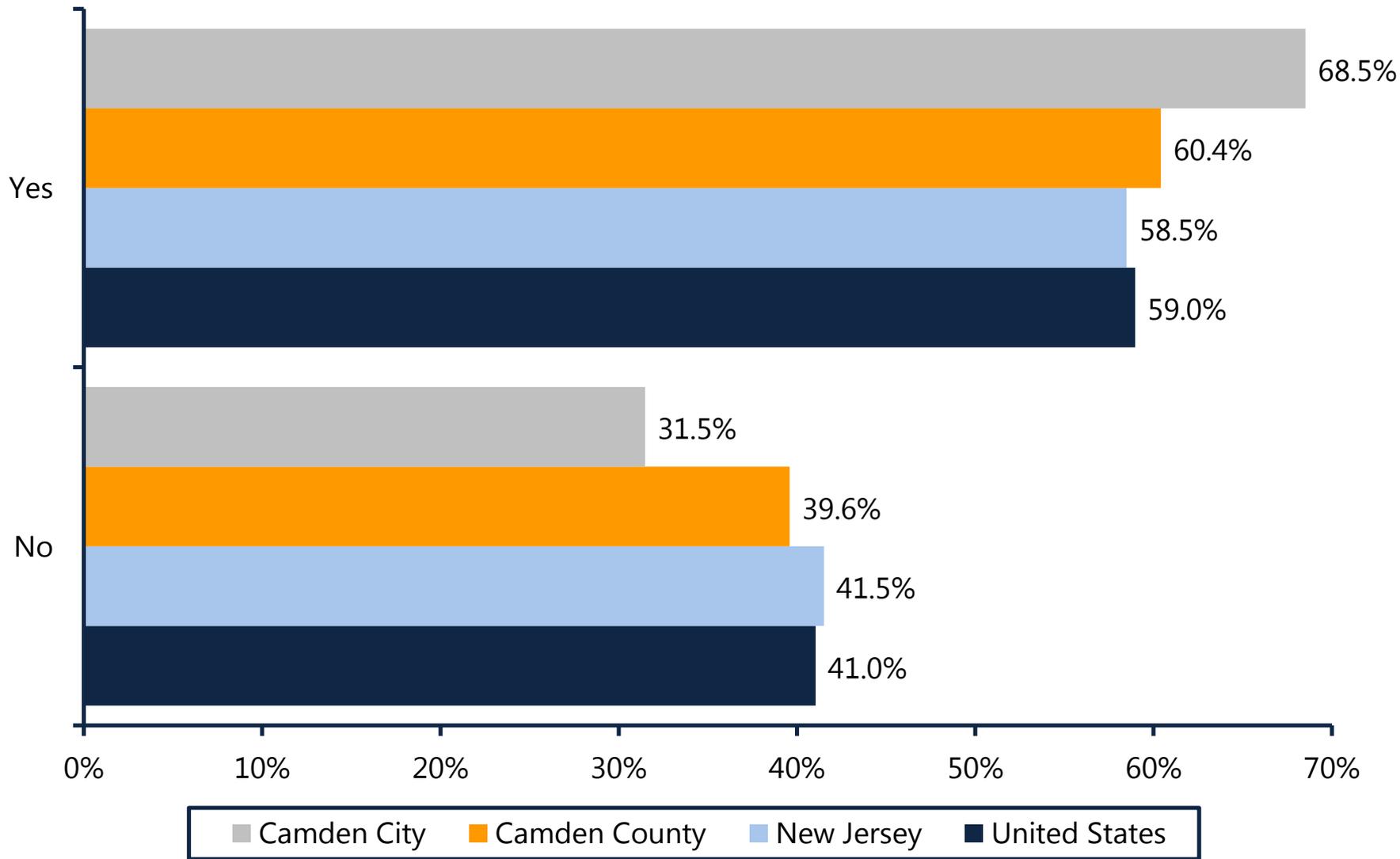
Do you now smoke cigarettes every day, some days, or not at all?

Only asked of respondents who smoked 100 cigarettes in their entire life

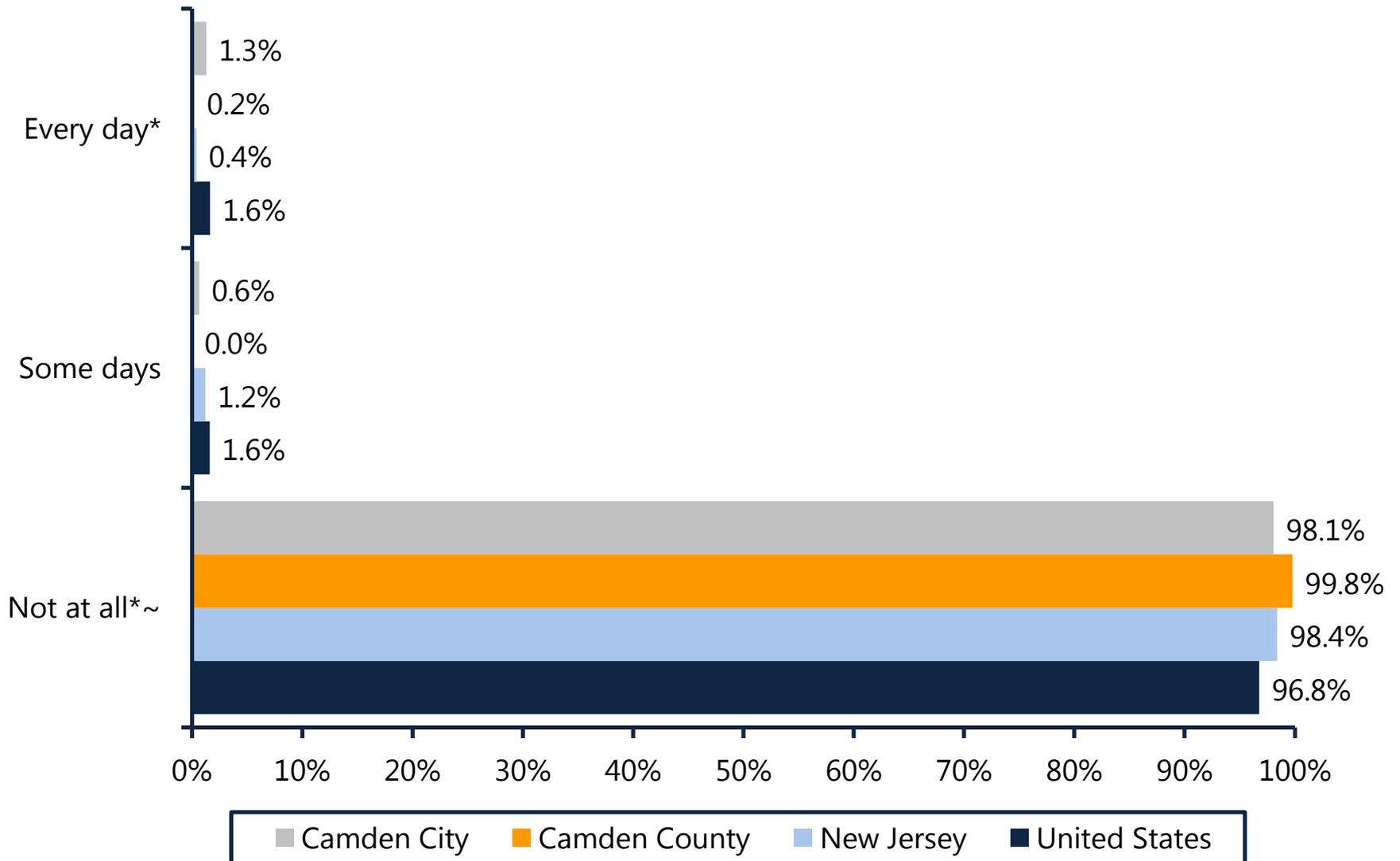


During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?

Only asked of respondents who smoked 100 cigarettes in their entire life

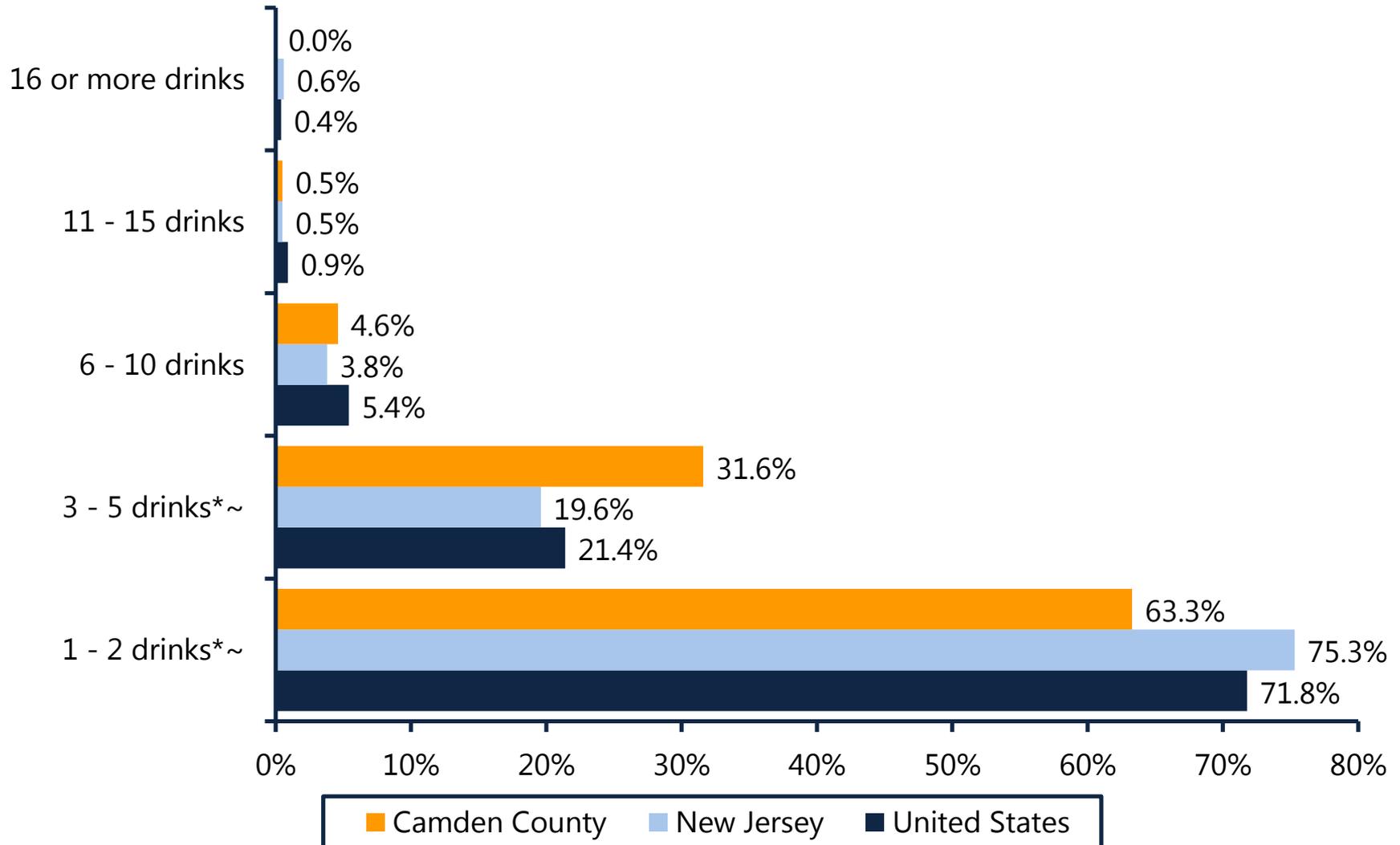


Do you currently use chewing tobacco, snuff, or snus every day, some days, or not at all?

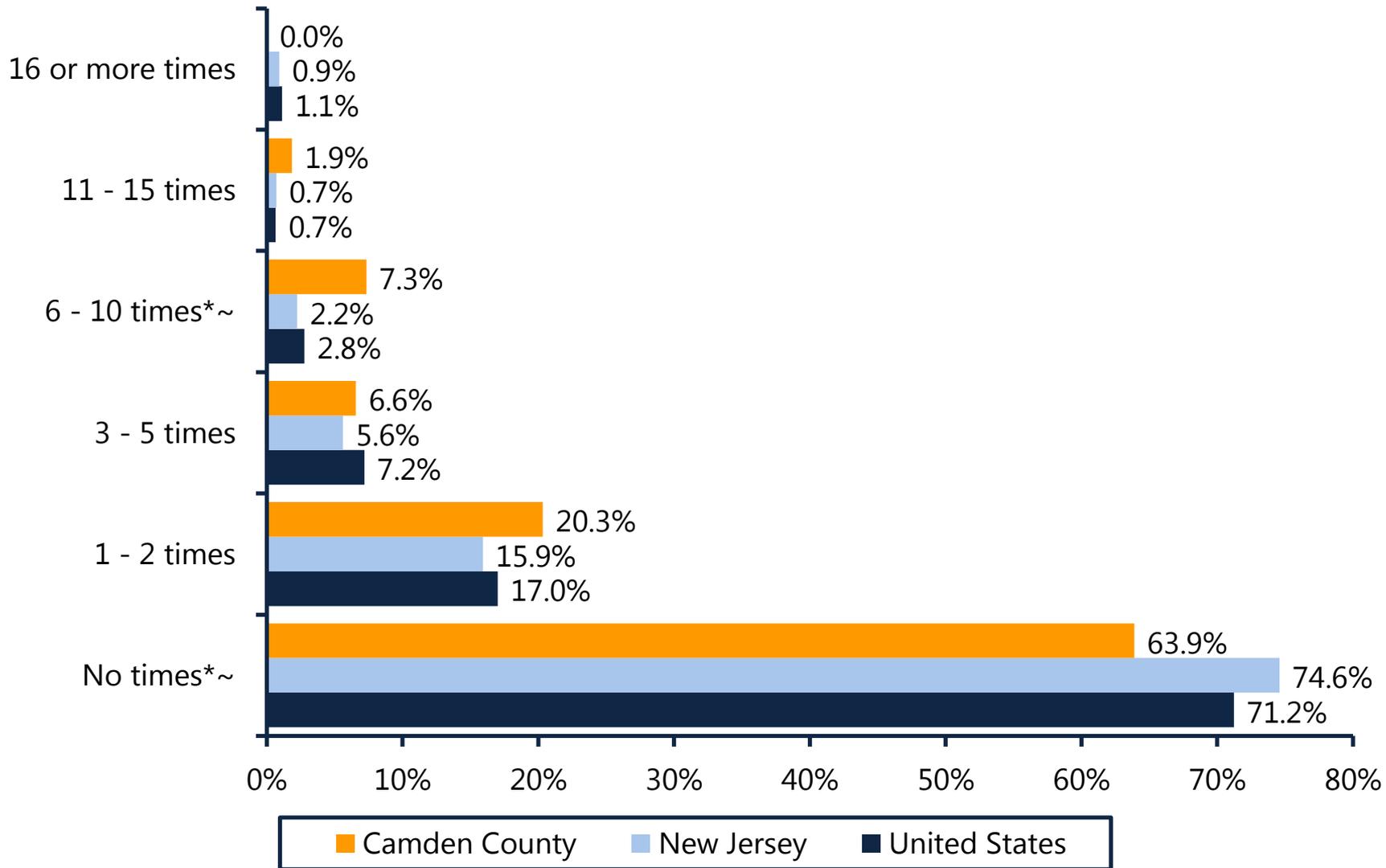


Alcohol Consumption

During the past 30 days, on the days when you drank, about how many drinks did you drink on average?

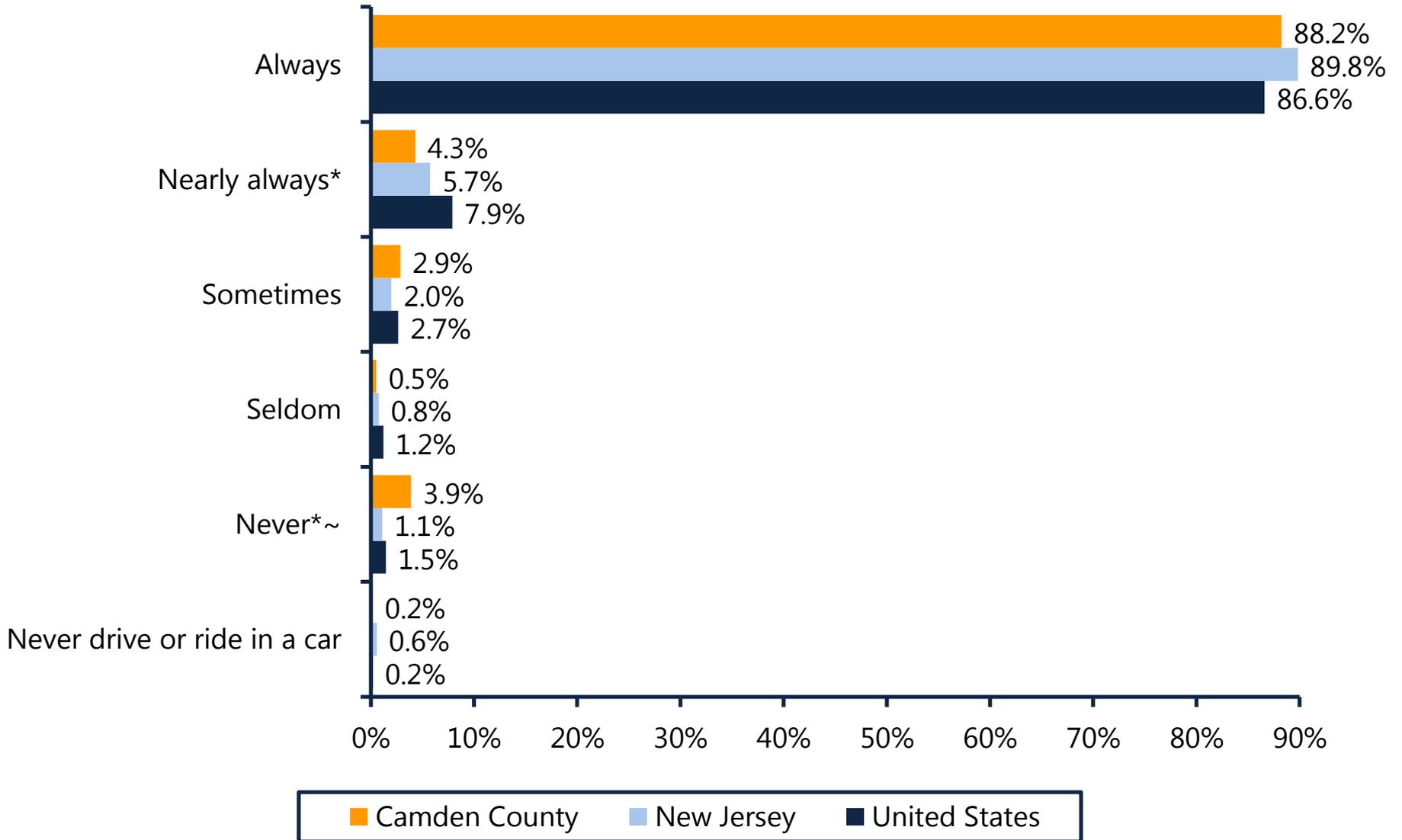


Considering all types of alcoholic beverages, how many times during the past 30 days did you have X [x = 5 for men, x = 4 for women] or more drinks on an occasion?



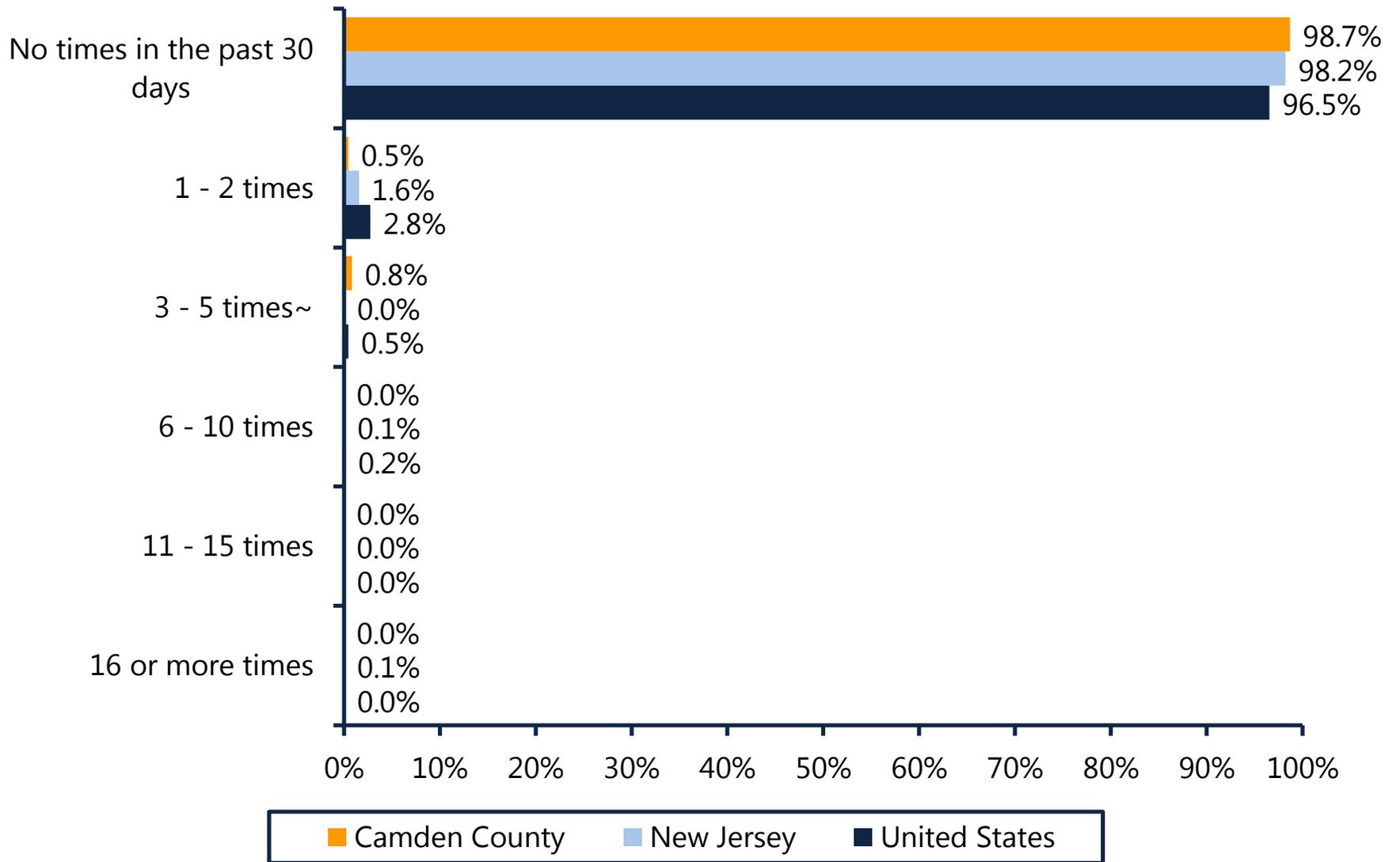
Seat Belt Use

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



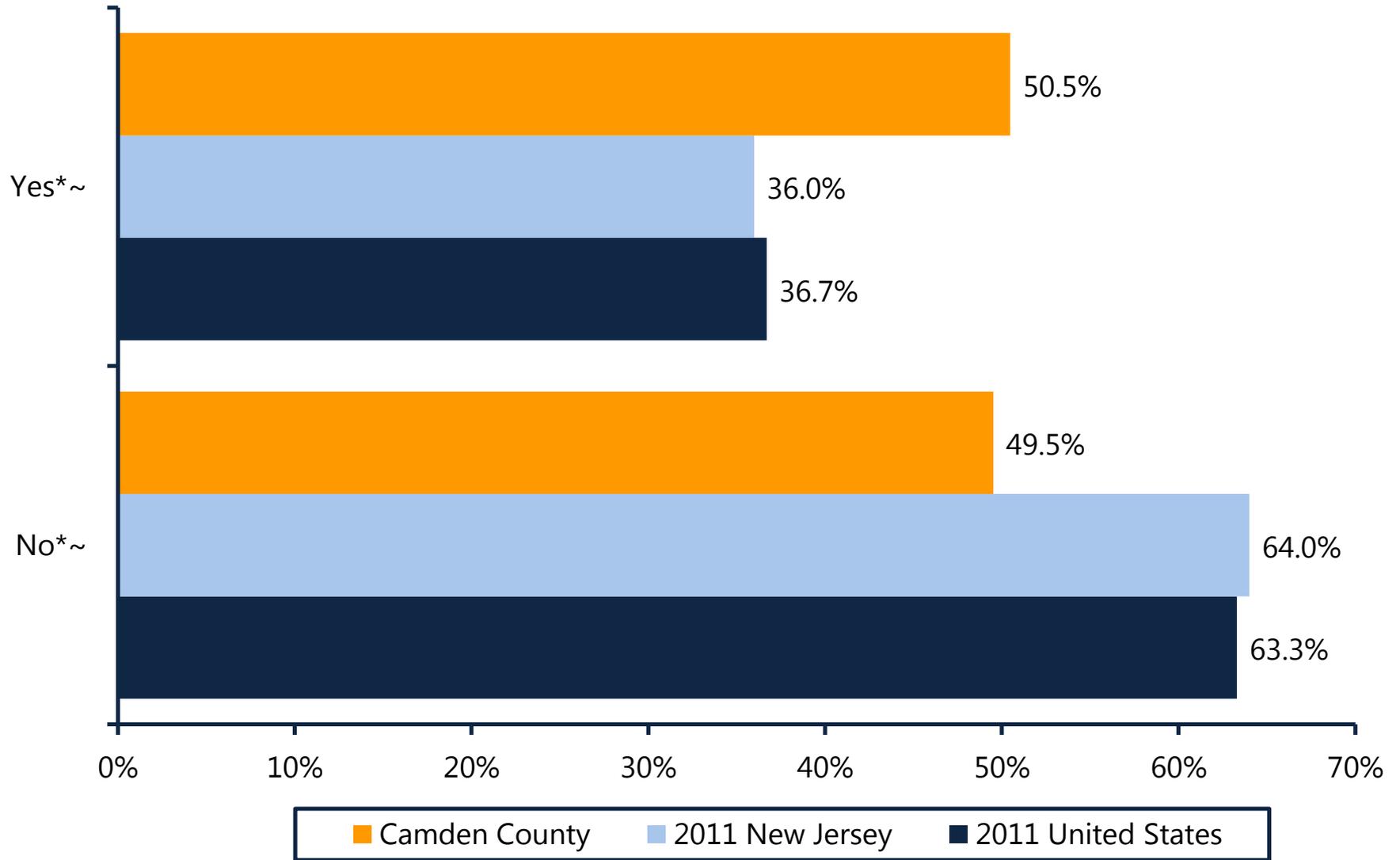
Drinking and Driving

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

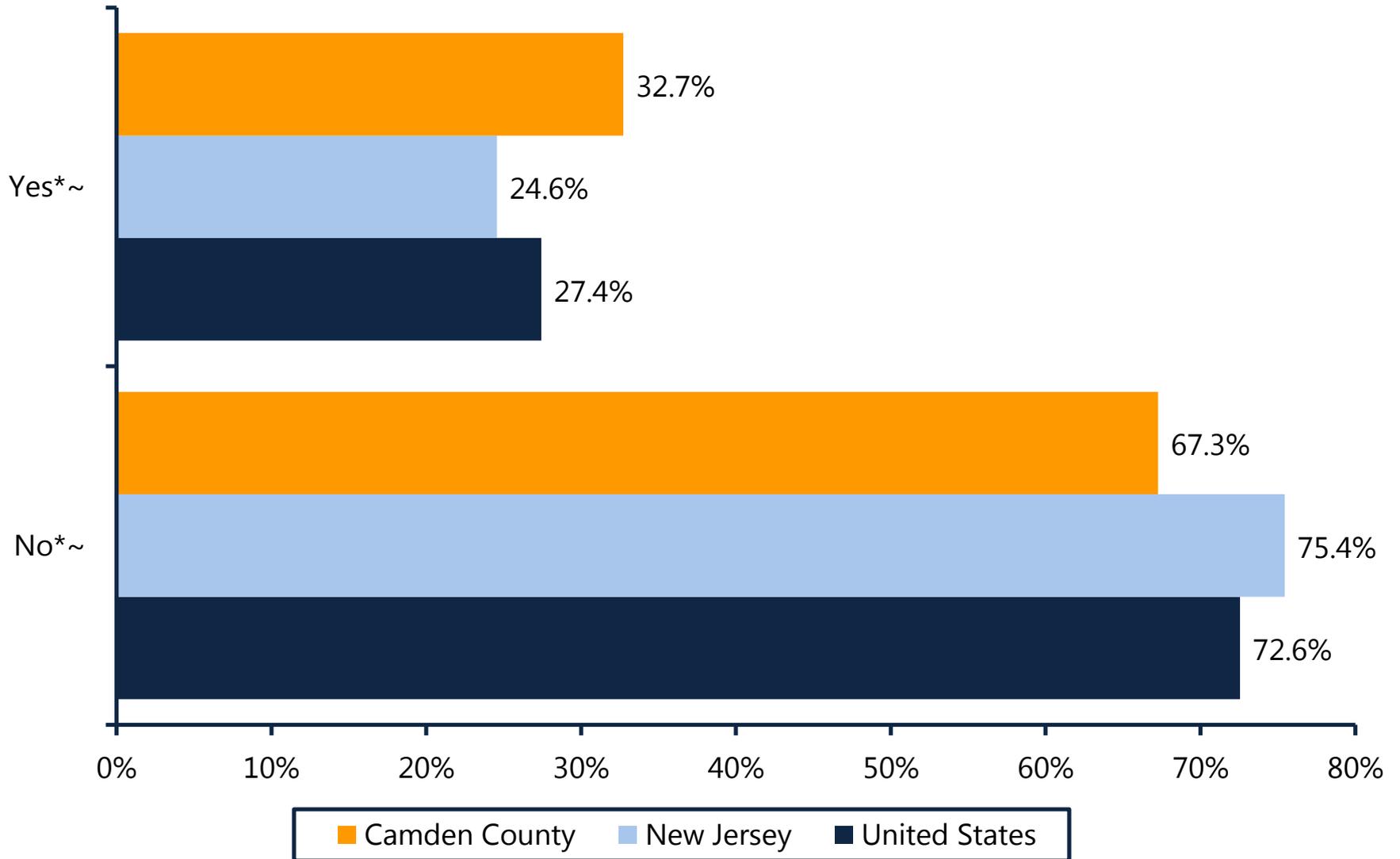


Immunization

During the past 12 months, have you had either a seasonal flu shot or a seasonal flu vaccine that was sprayed in your nose?

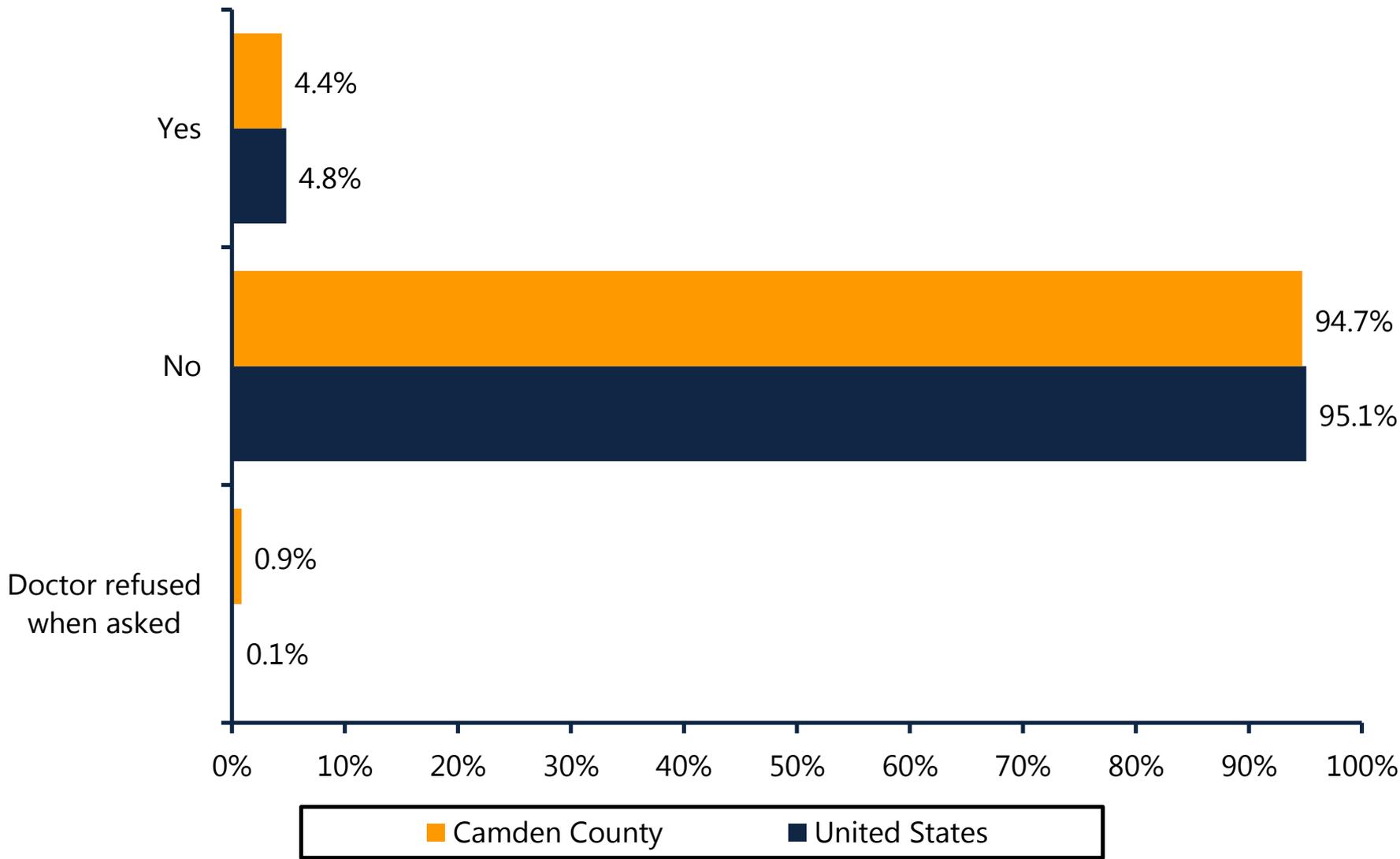


Have you ever had a pneumonia shot?



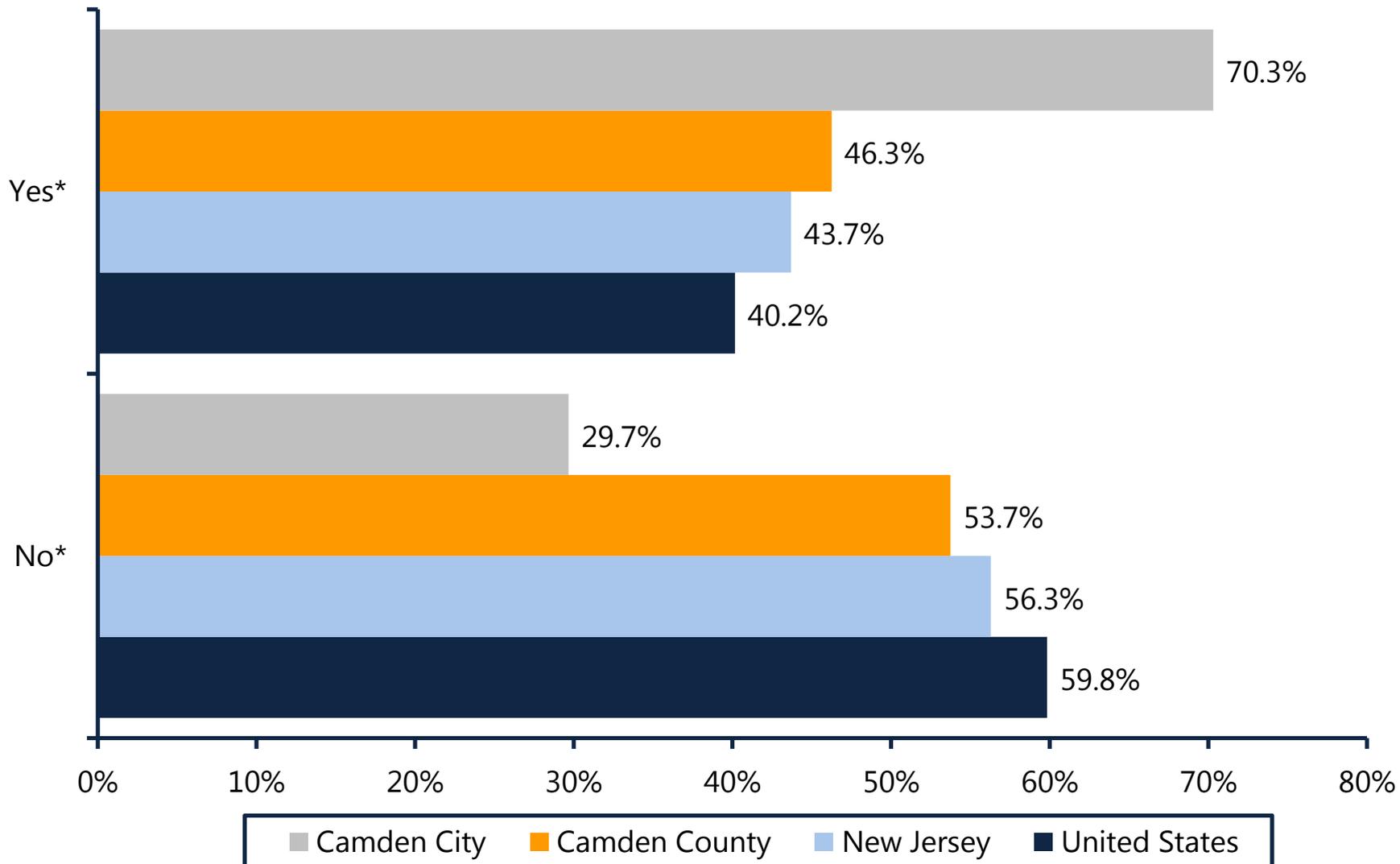
Adult Human Papillomavirus (HPV)

Have you EVER had an HPV vaccination?



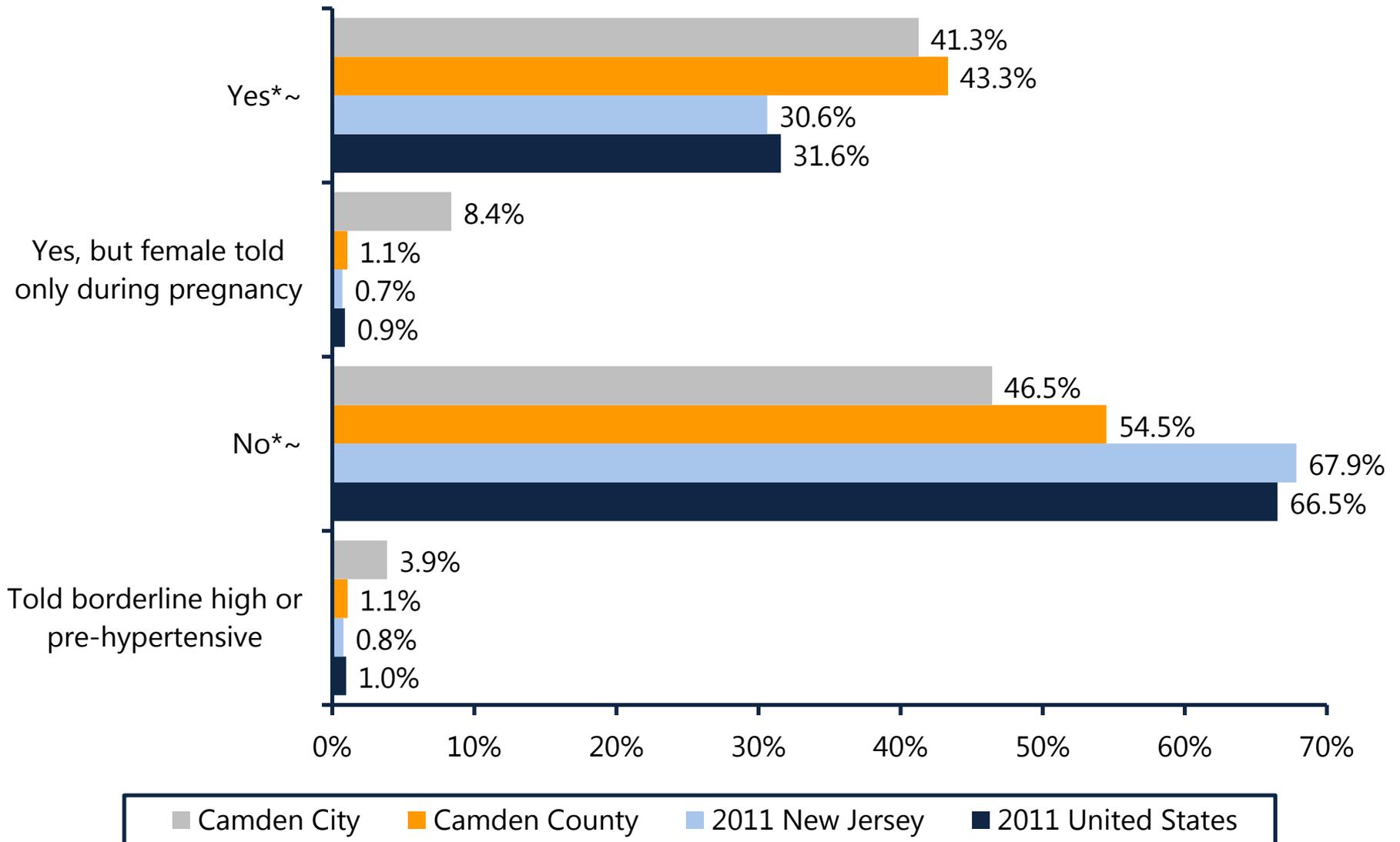
HIV/AIDS

Have you ever been tested for HIV?



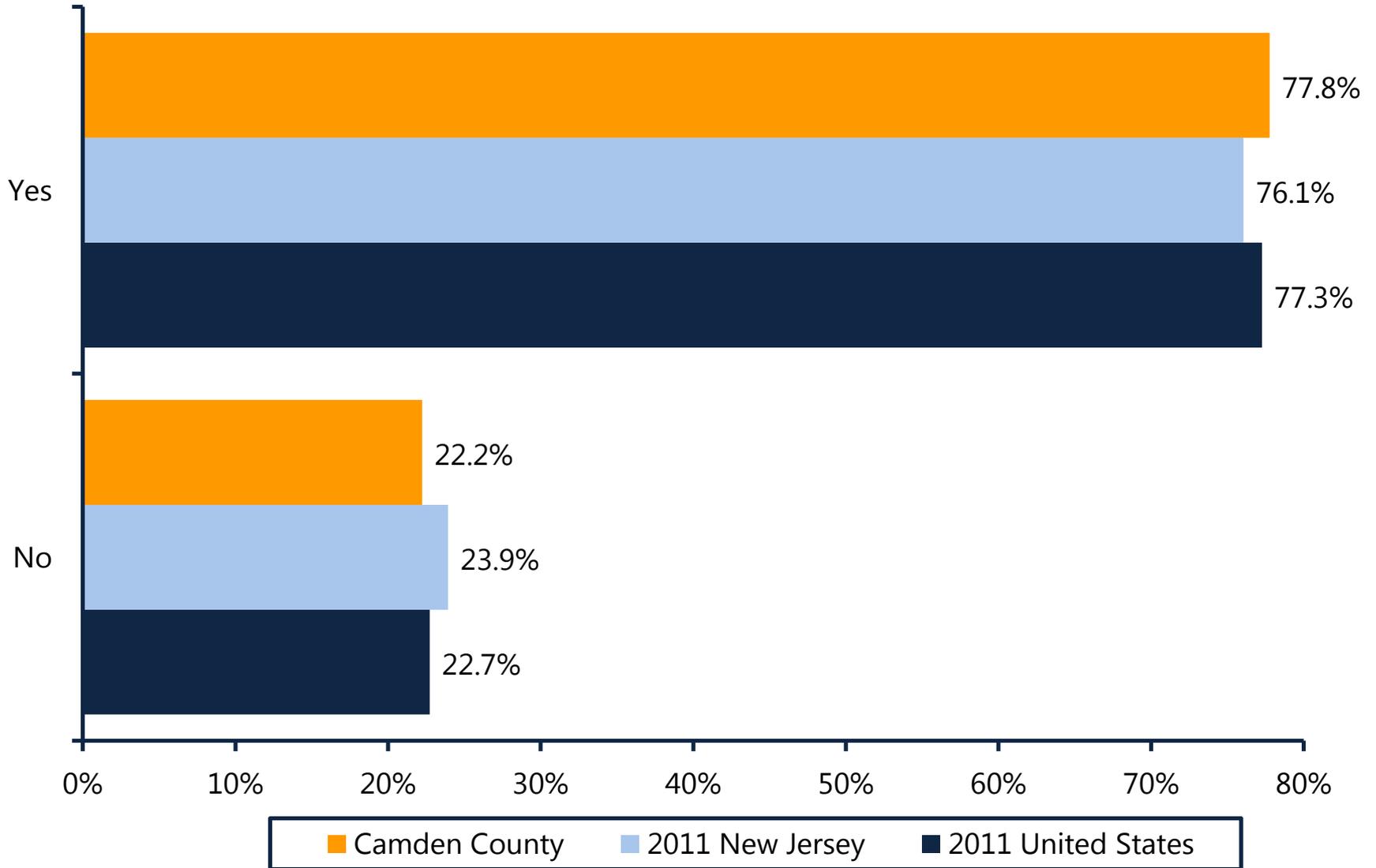
Hypertension Awareness

Have you EVER been told by a doctor, nurse, or other health professional that you have high blood pressure?



Are you currently taking medicine for your high blood pressure?

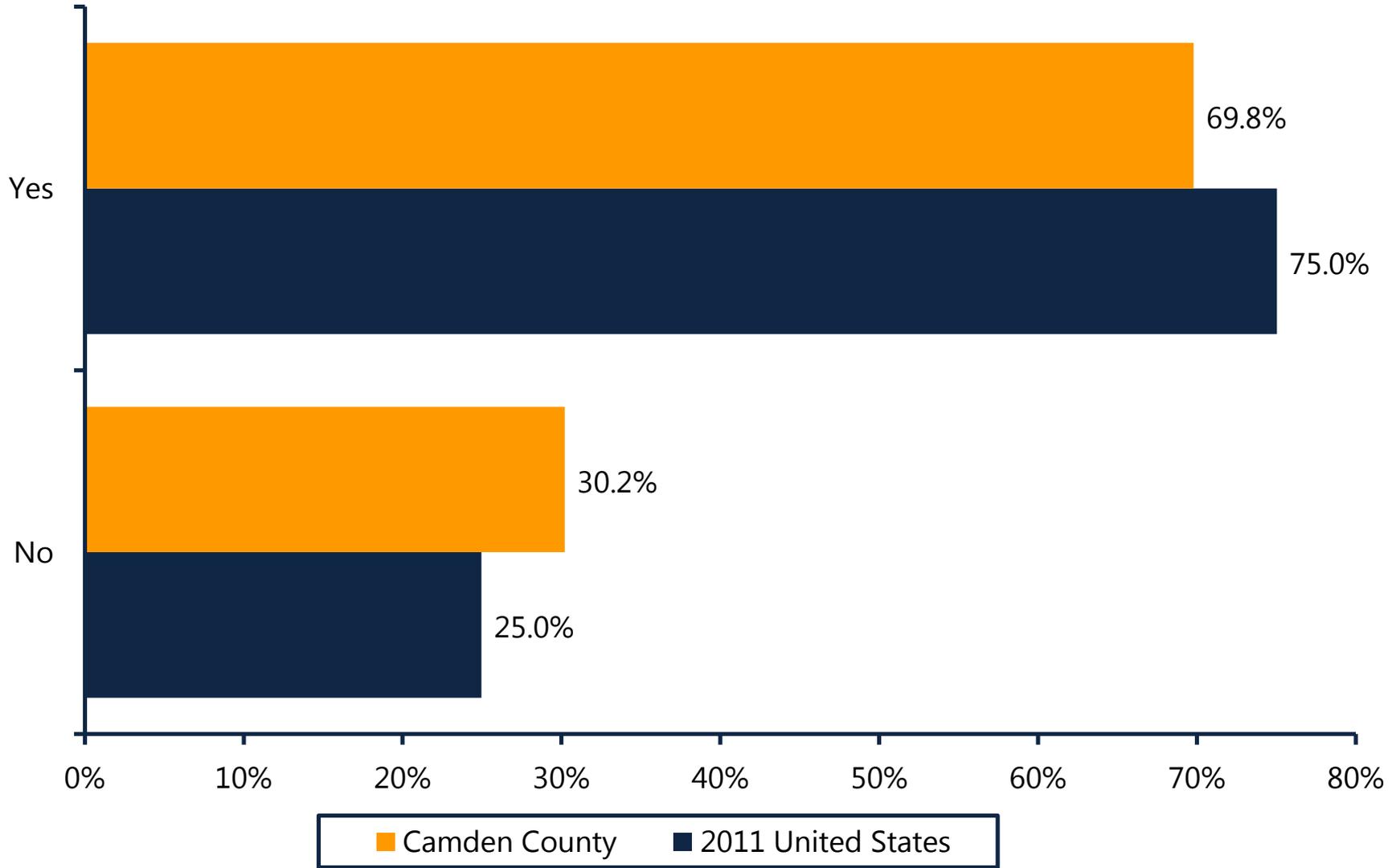
Only asked of respondents who have high blood pressure



Actions to Control High Blood Pressure

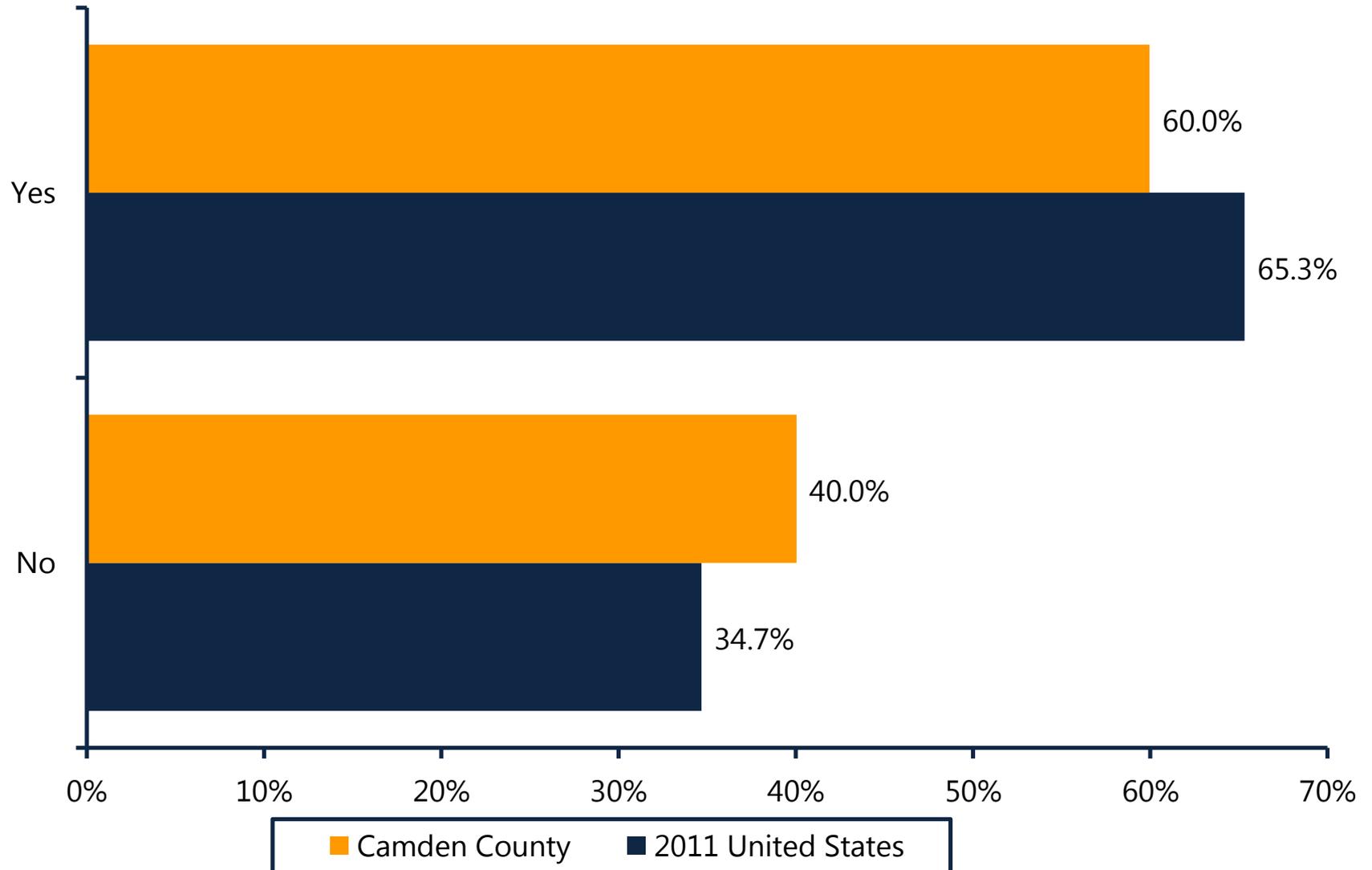
Are you changing your eating habits to help control your high blood pressure?

Only asked of respondents who have high blood pressure



Are you exercising to help lower or control your high blood pressure?

Only asked of respondents who have high blood pressure

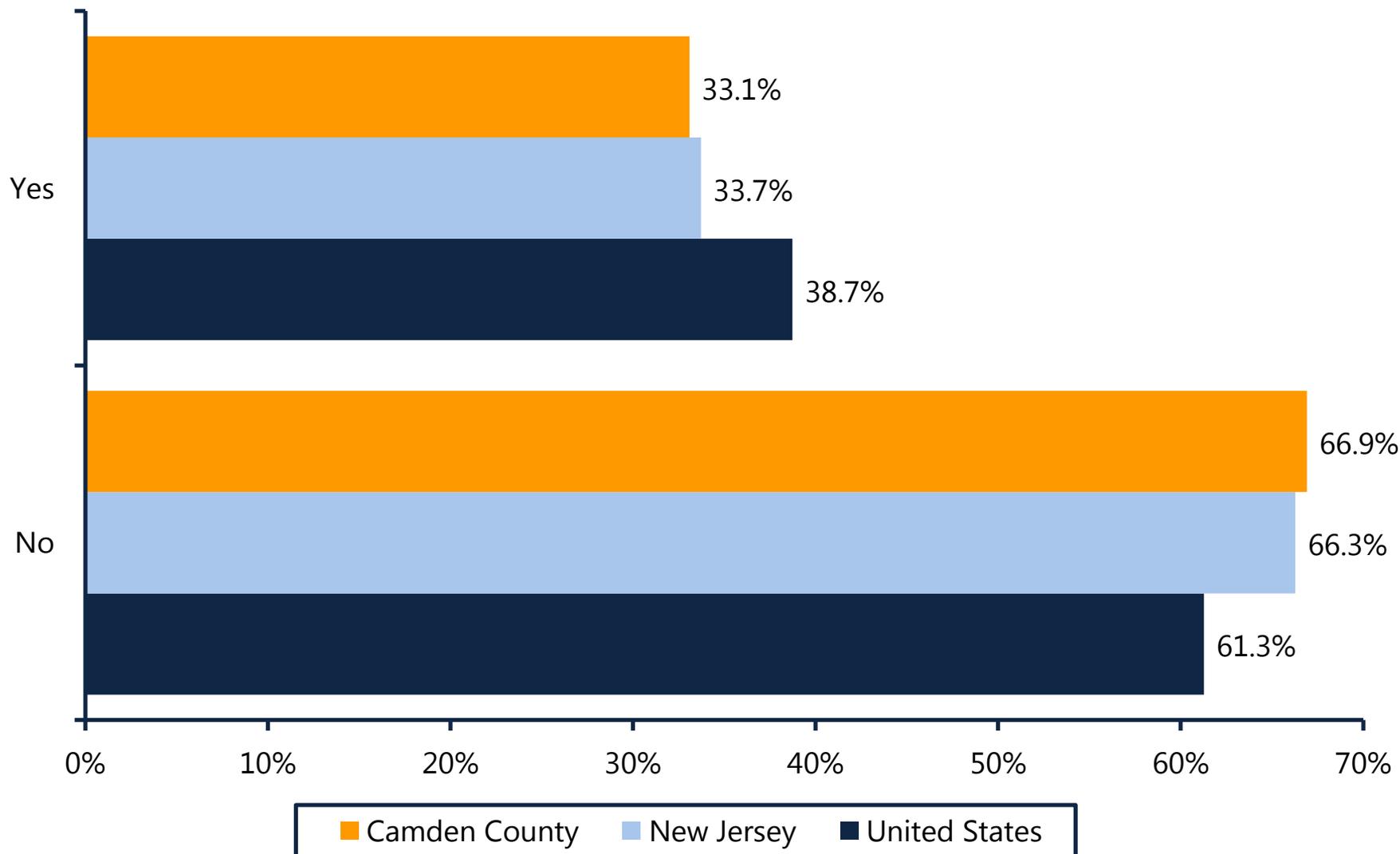


Colorectal Cancer Screening

Only asked of respondents who are 49 years of age or older

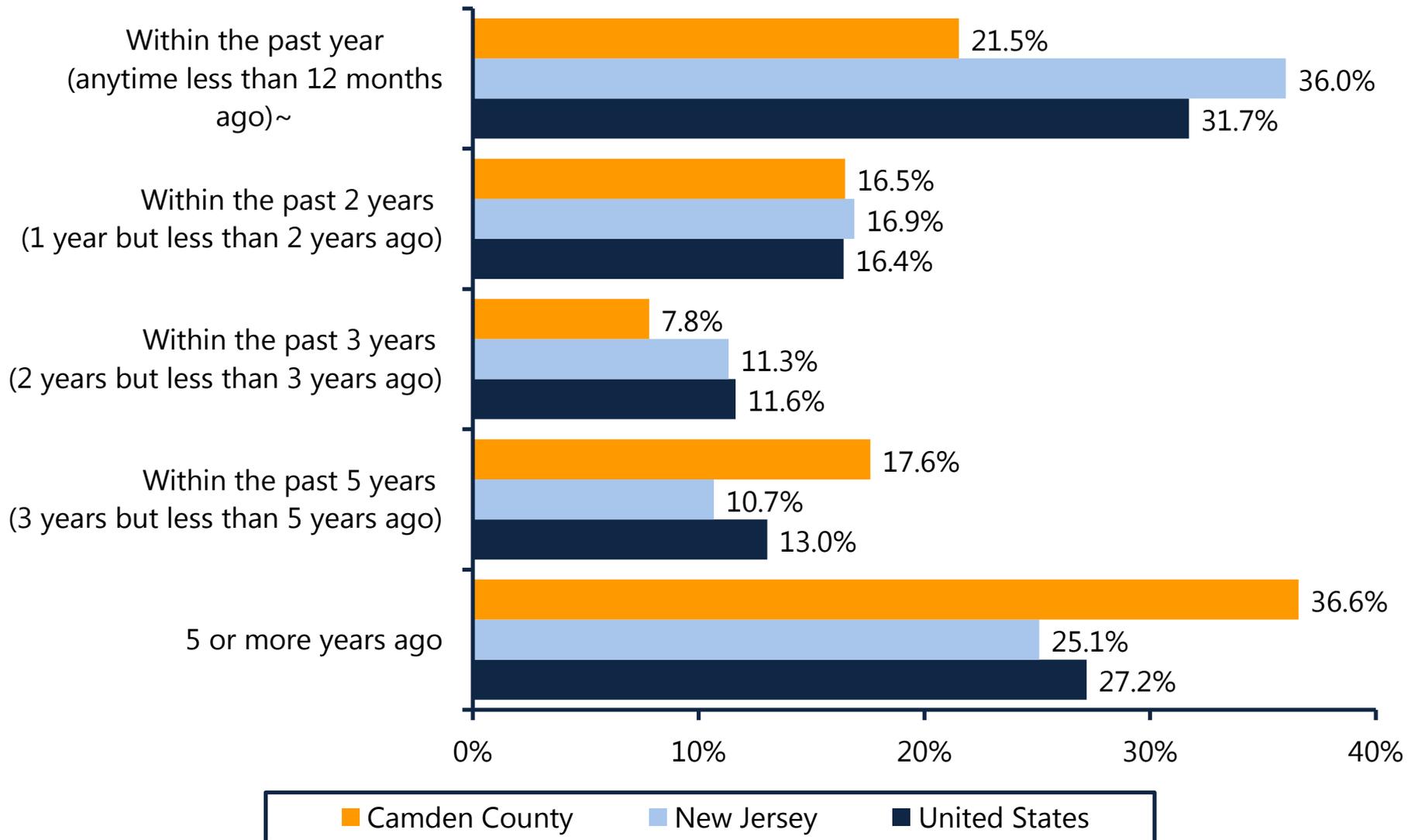
A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood.

Have you ever had this test using a home kit?

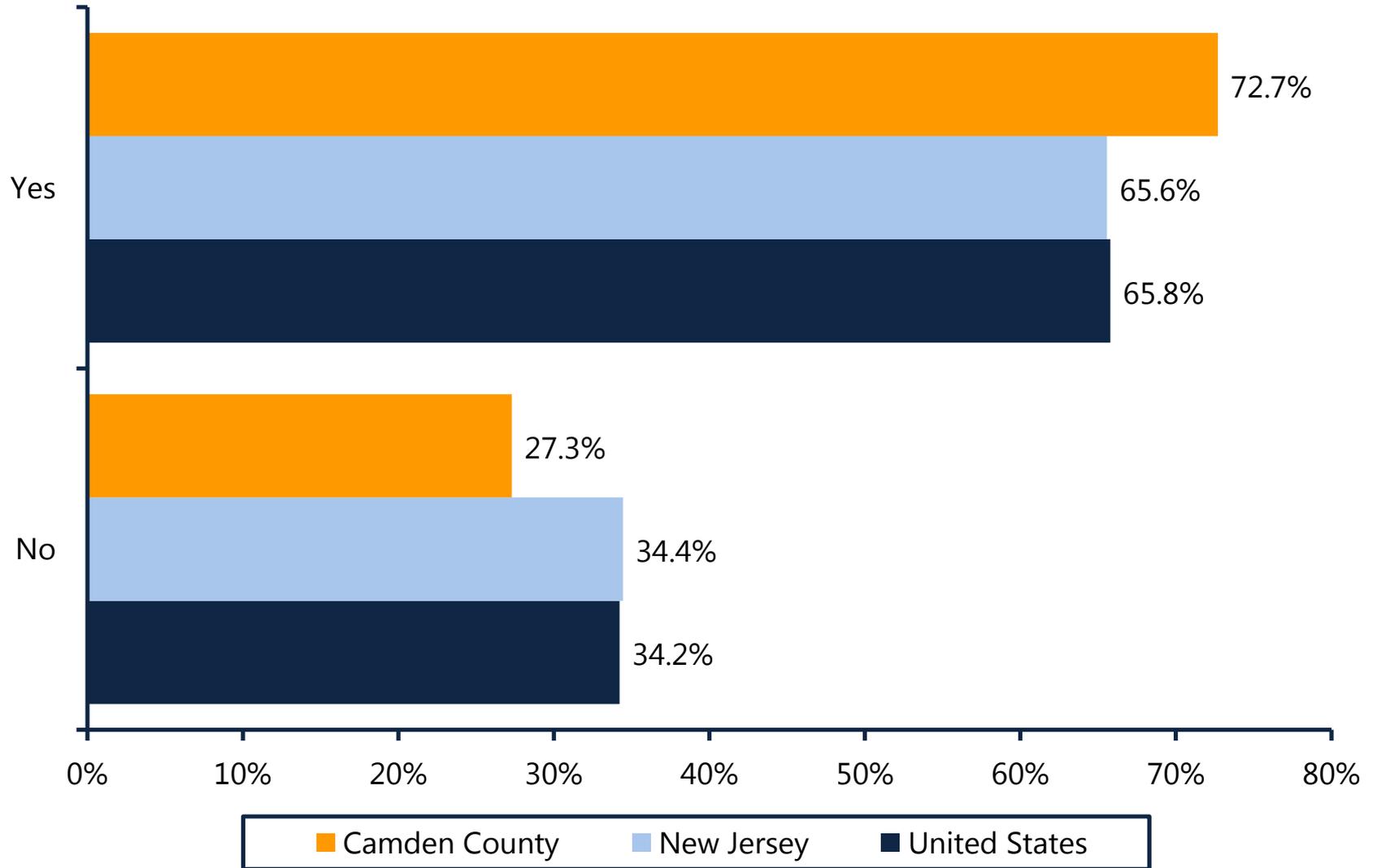


How long has it been since you had your last blood stool test using a home kit?

Only asked of respondents who have used a home kit

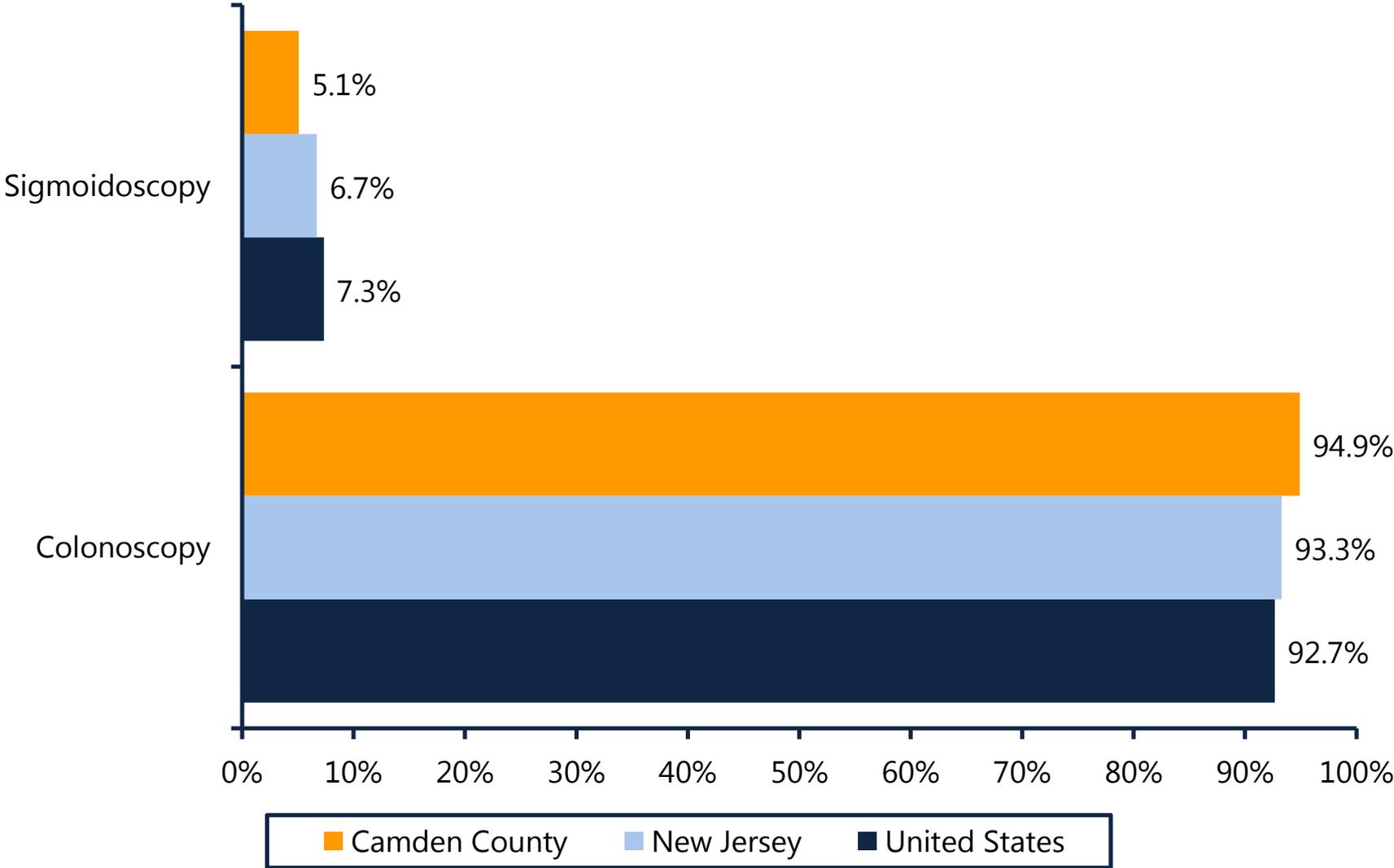


Have you ever had a sigmoidoscopy or colonoscopy exam?



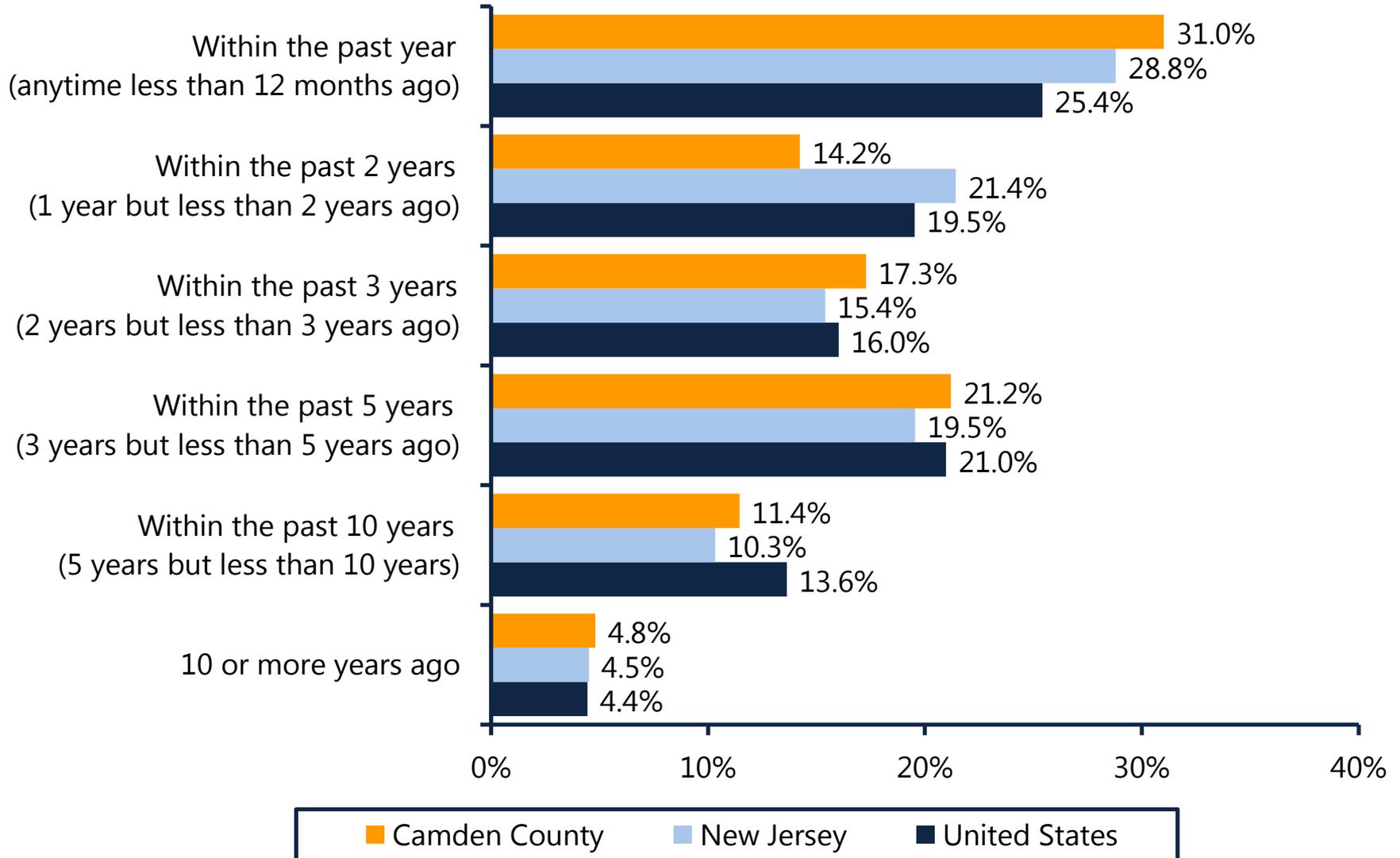
Was your MOST RECENT exam a sigmoidoscopy or a colonoscopy?

Only asked of respondents who have had a sigmoidoscopy or colonoscopy



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

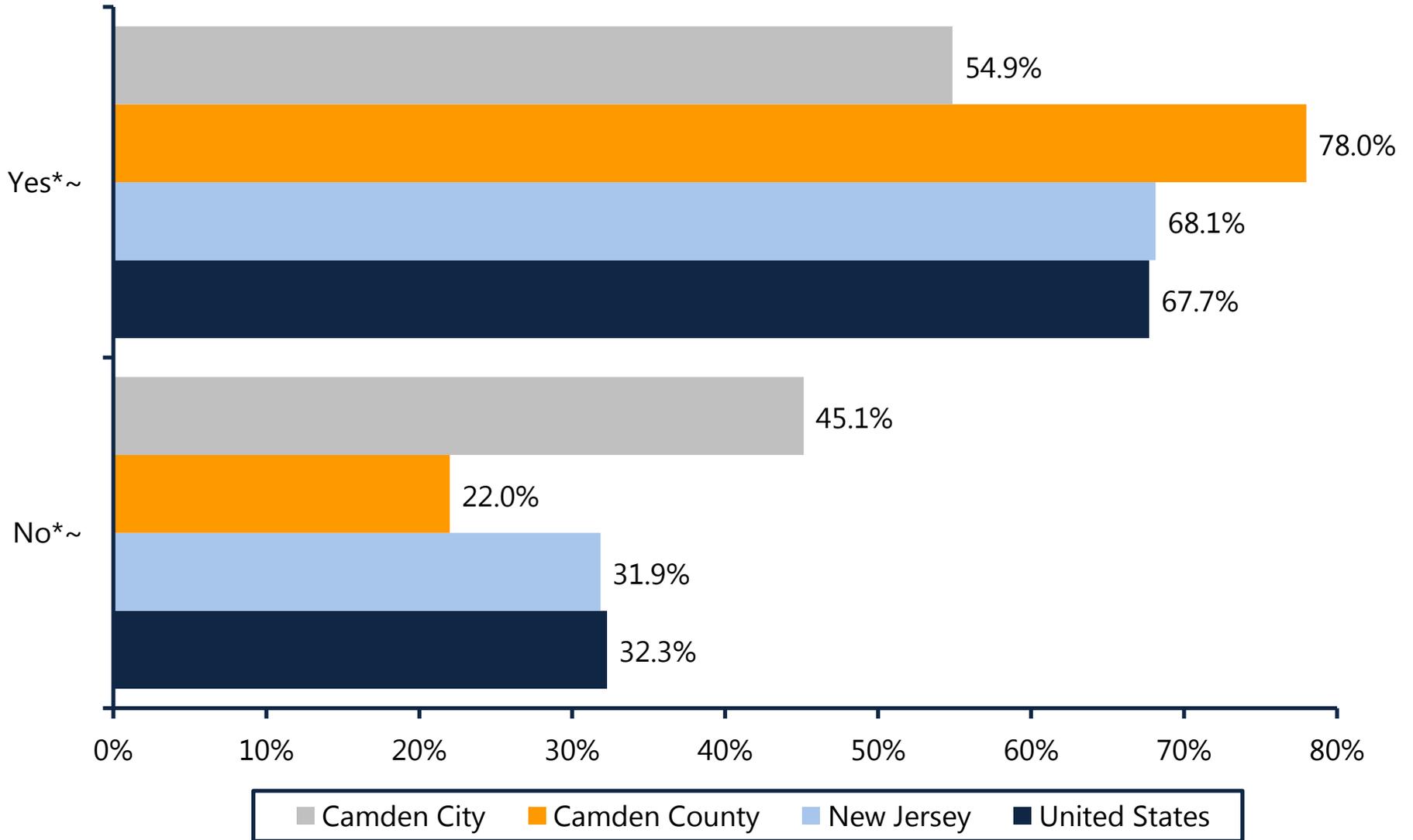
Only asked of respondents who have had a sigmoidoscopy or colonoscopy



Breast/Cervical Cancer Screening

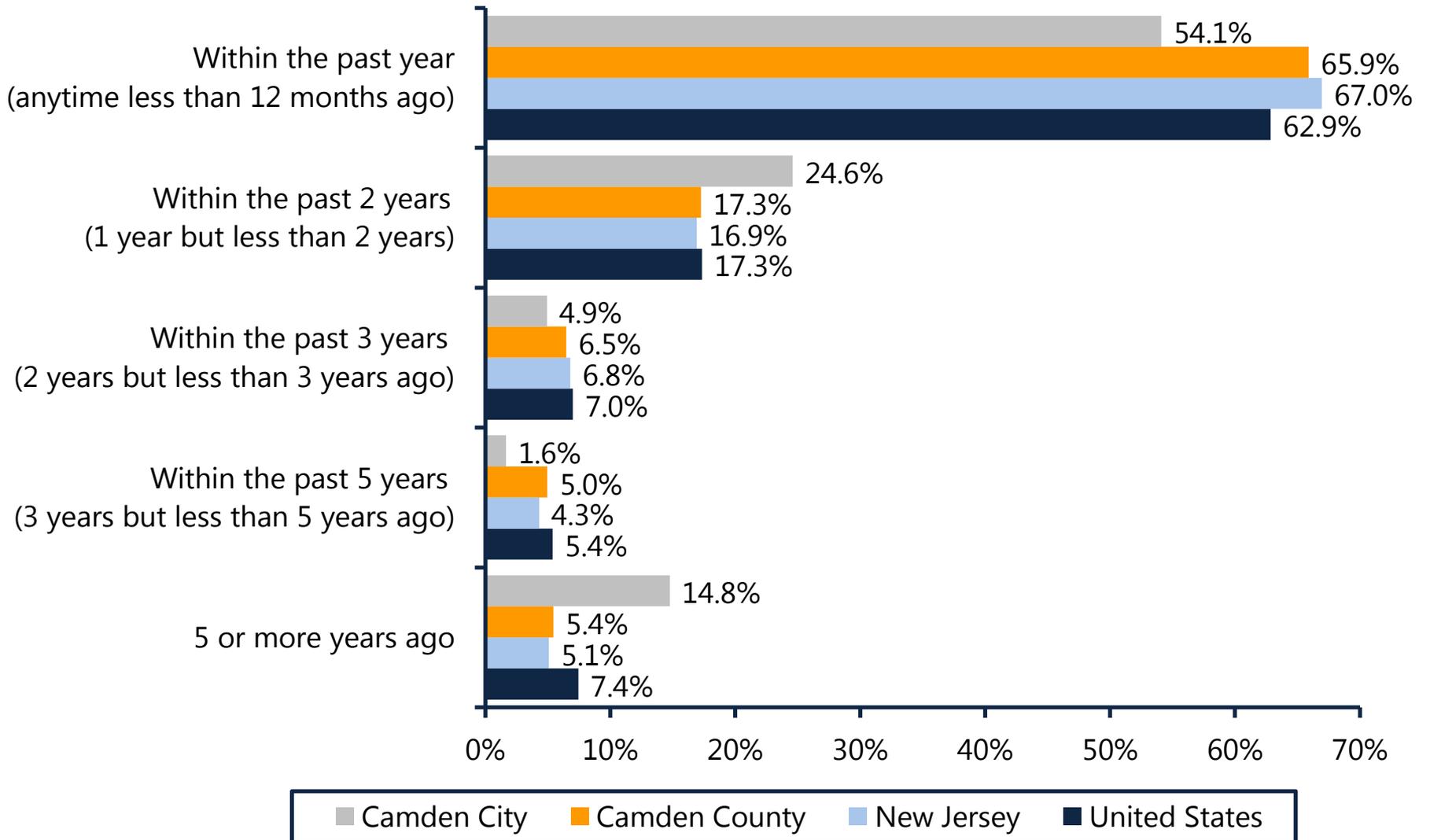
Only asked of female respondents

Have you ever had a mammogram?



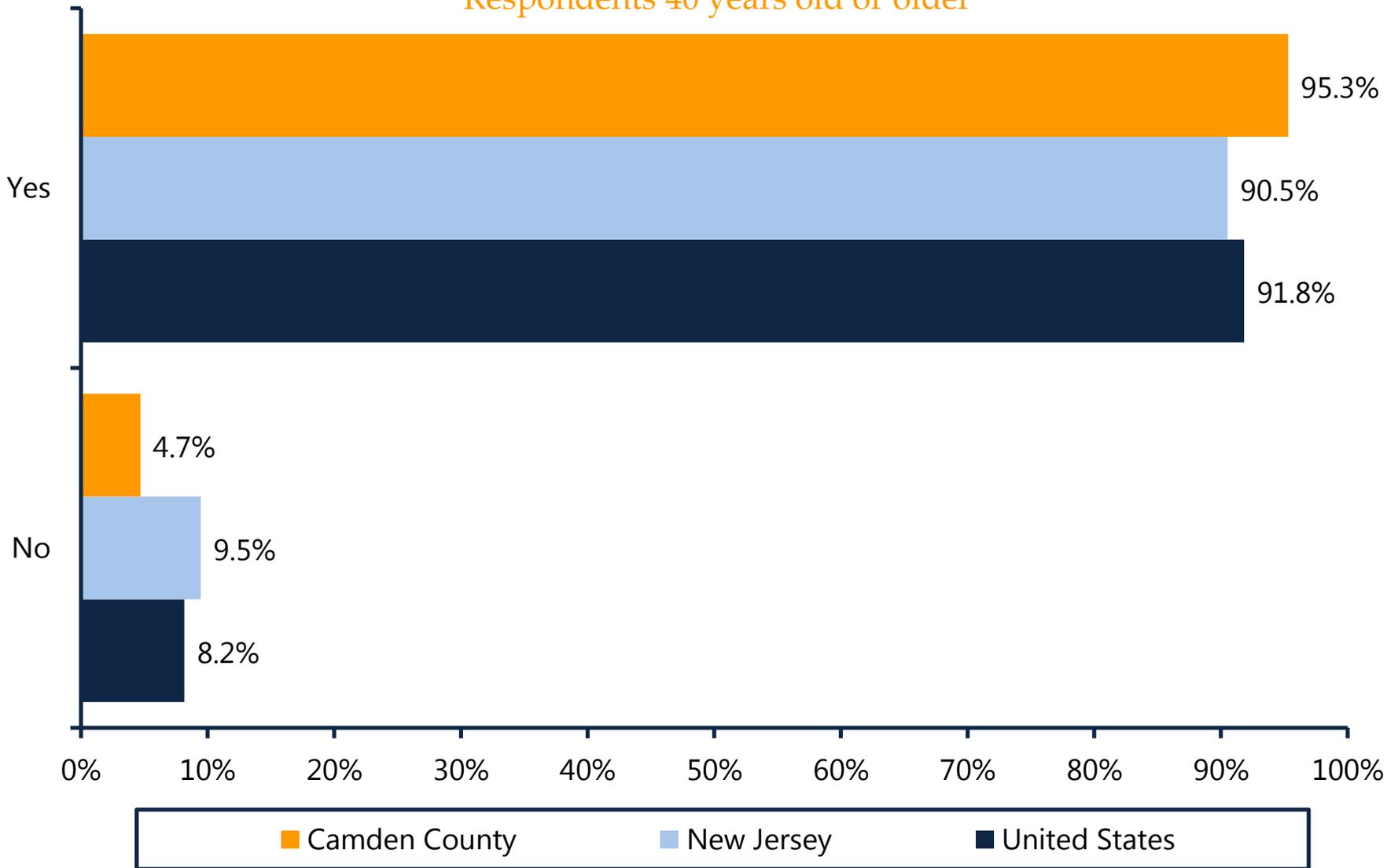
How long has it been since your last mammogram?

Only asked of respondents who have had a mammogram



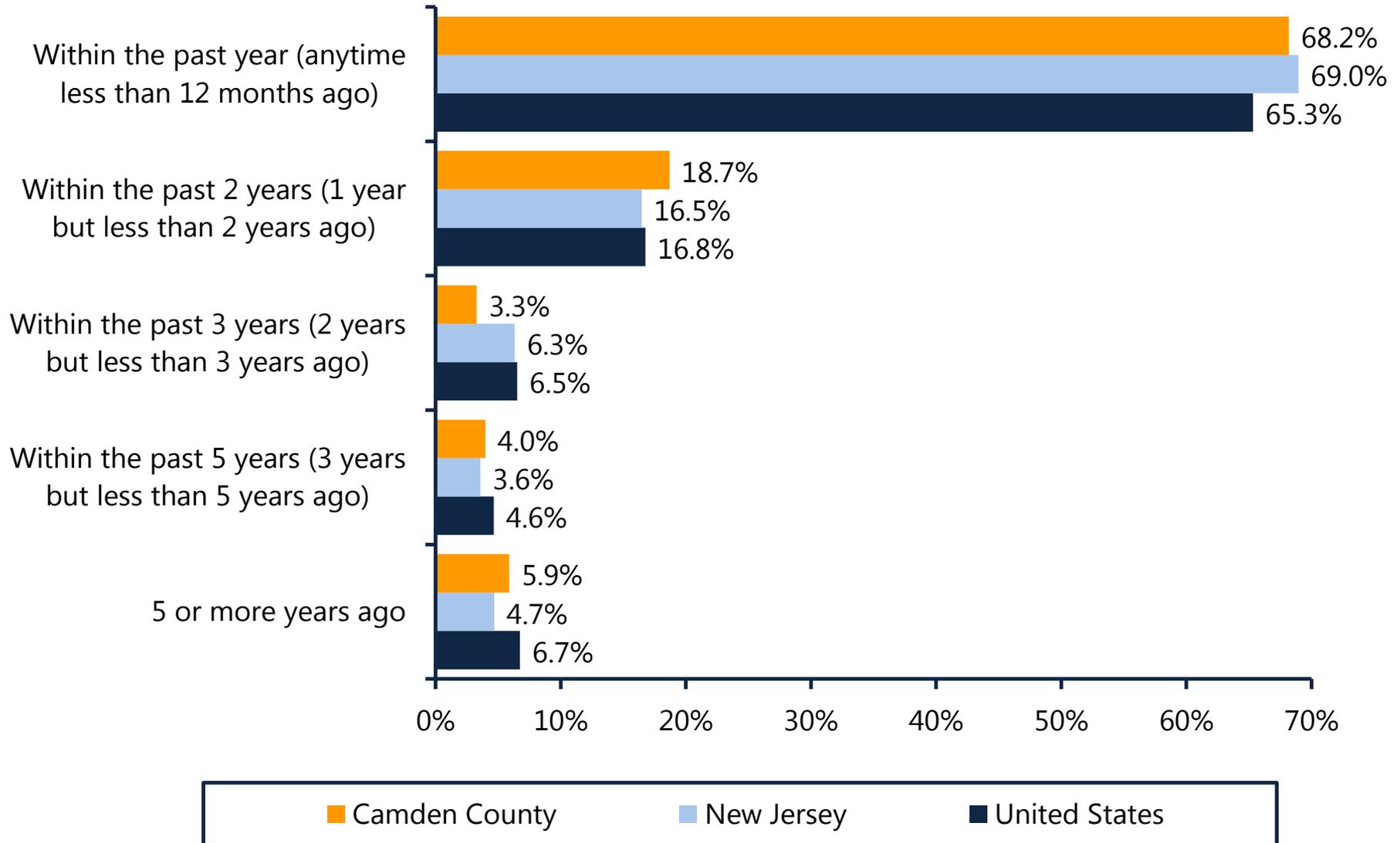
Have you ever had a mammogram?

Respondents 40 years old or older

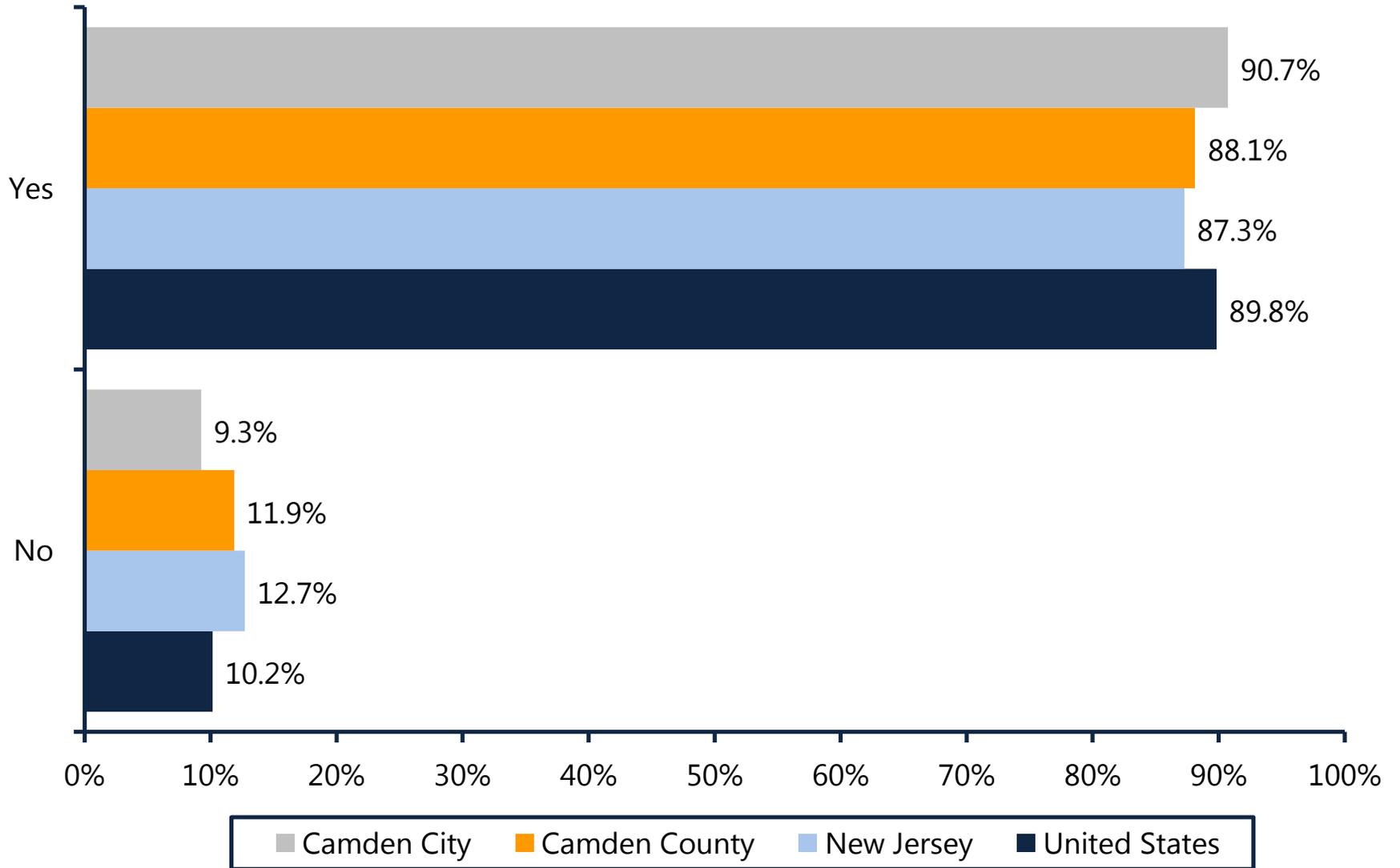


How long has it been since you had your last mammogram?

Respondents 40 years old or older who have had a mammogram

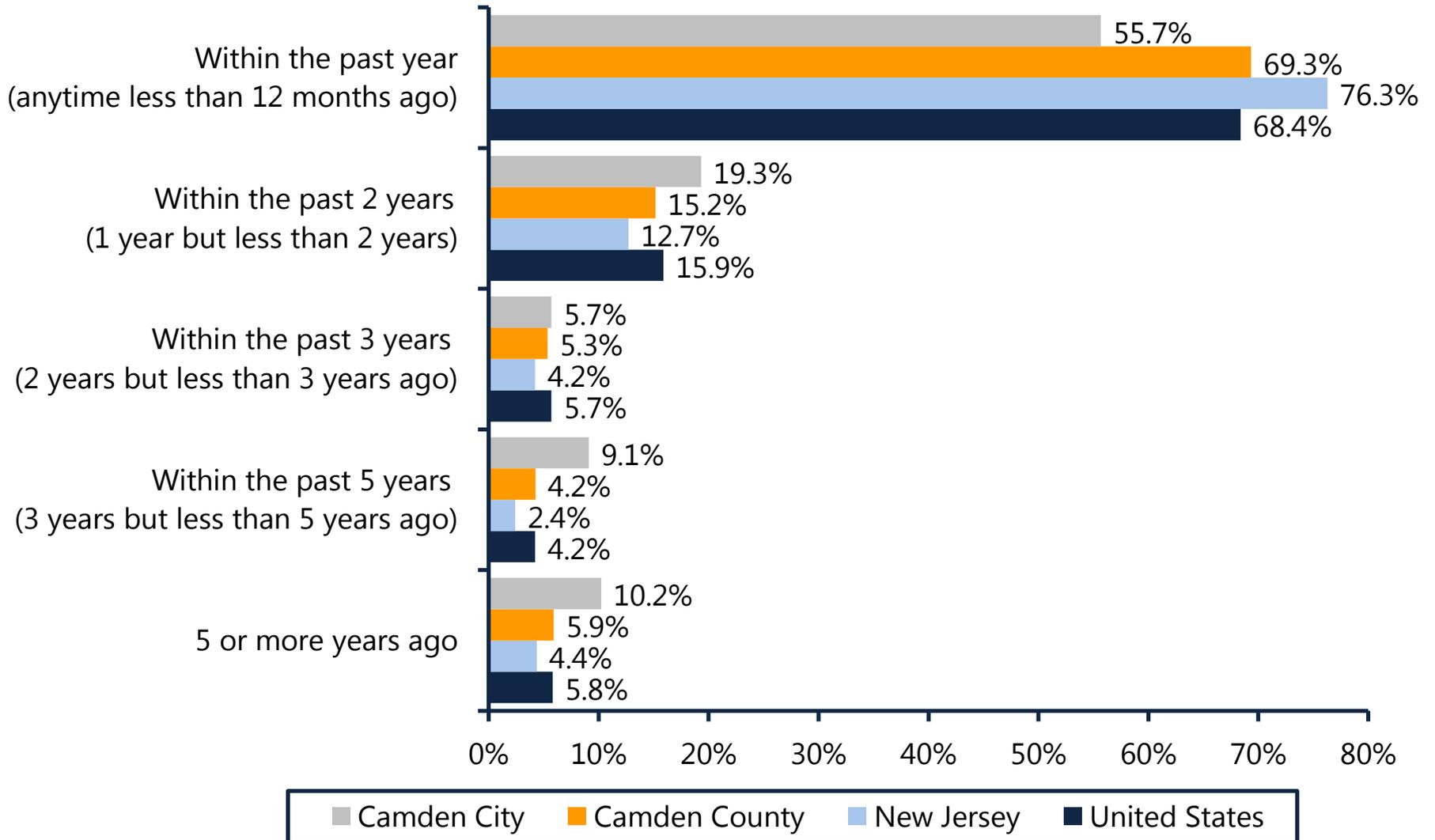


Have you ever had a clinical breast exam?

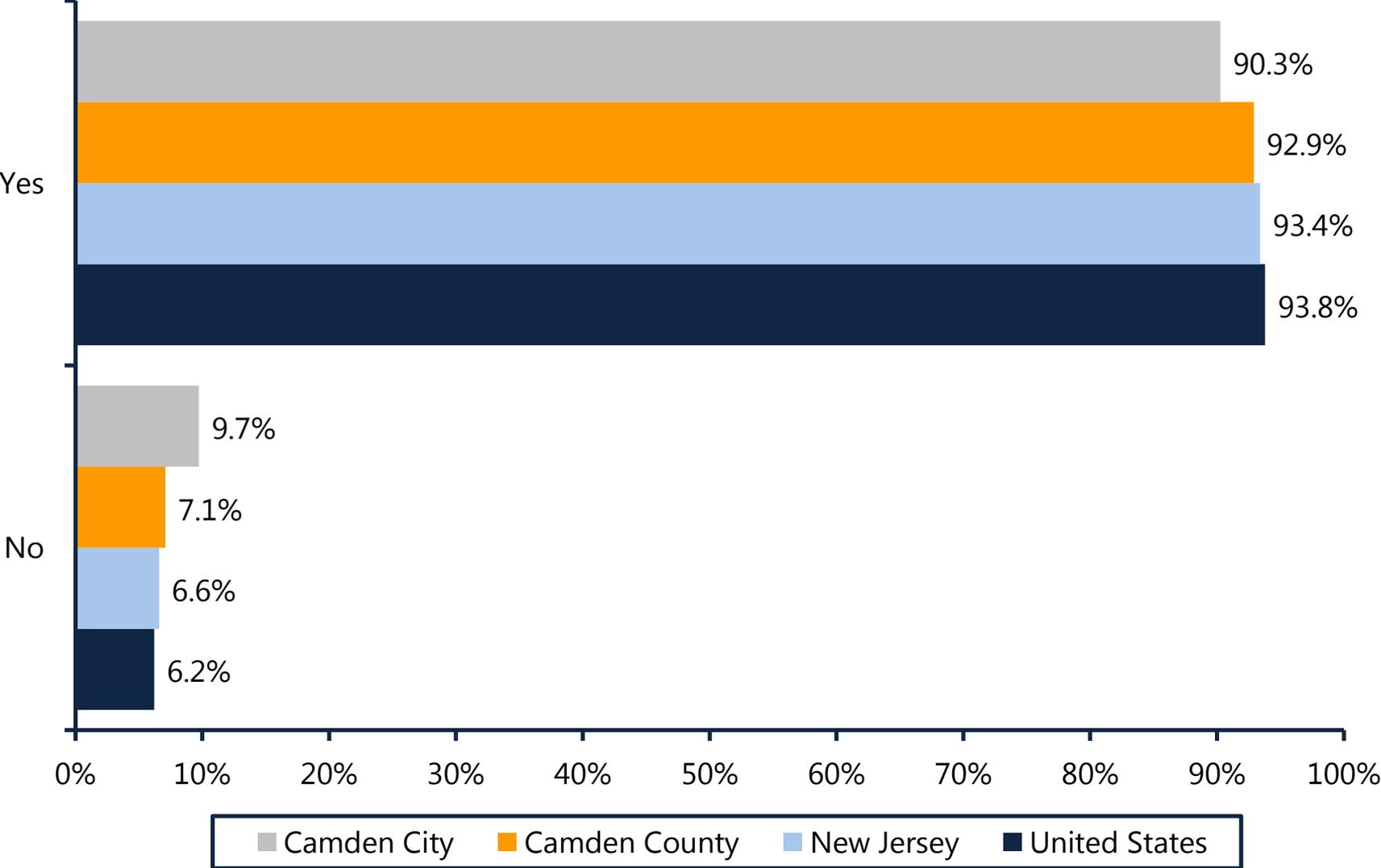


How long has it been since your last breast exam?

Only asked of respondents who have had a breast exam

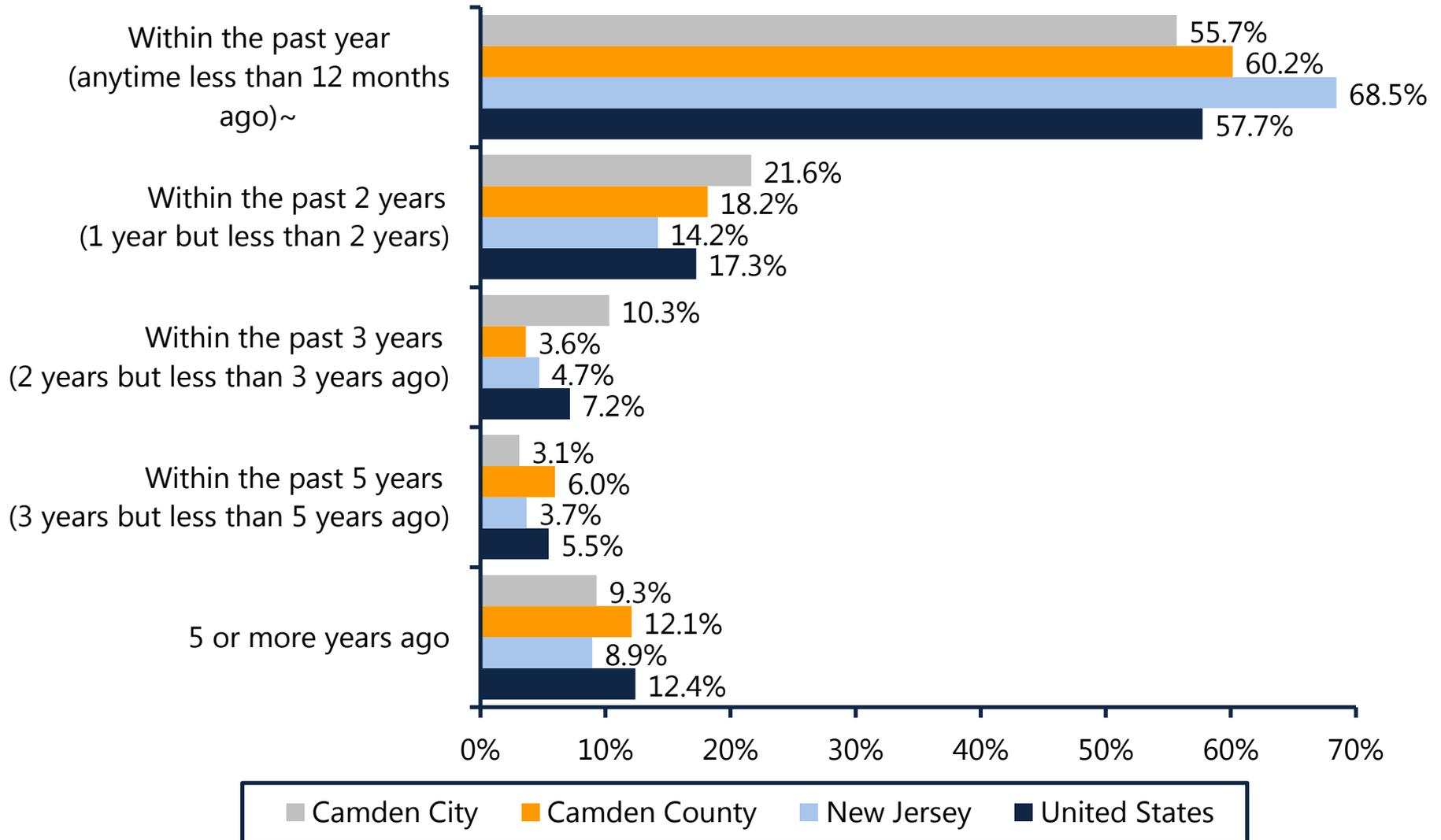


Have you ever had a Pap test?



How long has it been since your last Pap test?

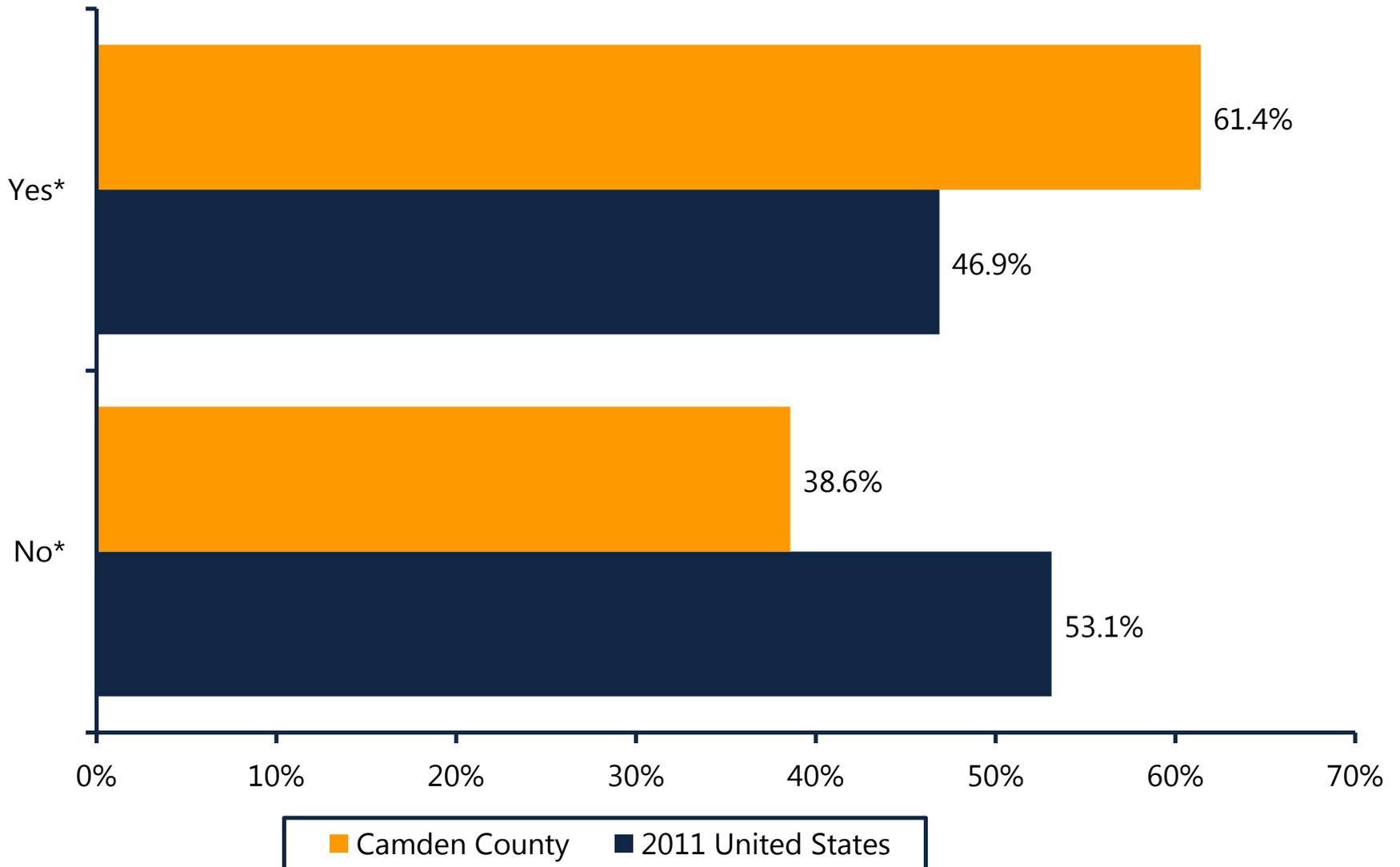
Only asked of respondents who have had a Pap test



Prostate Cancer Screening

Only asked of male respondents who are 39 years of age or older

Has a doctor EVER recommended that you have a PSA (Prostate-Specific Antigen) test?



Have you EVER had a PSA (Prostate-Specific Antigen) test?

