

# Behavioral Risk Factor Surveillance System (BRFSS) Highlights of the 2005 Survey Results





# Snohomish County BRFSS, 2005

---

## Acknowledgements

Snohomish Health District  
Health Statistics and Assessment

Manager: Jane Ballard, PhD, MS  
Analysis: Mark Serafin, MA, MS  
Publication and graphic design: Wendy Blaisdell

*Health Statistics and Assessment acknowledges*  
Gary Goldbaum, MD, MPH, Health Officer, Snohomish  
Health District, for his assistance with this project.

For more information on this report, or to request additional  
copies, please contact  
*Health Statistics and Assessment*  
*Snohomish Health District*  
*3020 Rucker Ave, Suite 102*  
*Everett, WA 98201*  
*425.339.8618*

Or email [wblaisdell@shd.snohomish.wa.gov](mailto:wblaisdell@shd.snohomish.wa.gov). This report is  
also available on-line at: [www.snohd.org/snoHealthStats](http://www.snohd.org/snoHealthStats)

## Contents

|  |           |
|--|-----------|
| <b>Highlights</b> .....                              | <b>1</b>  |
| <b>Methods</b> .....                                 | <b>2</b>  |
| <b>Display of results</b> .....                      | <b>3</b>  |
| <b>Data Tables, Series I</b>                         |           |
| <b>Gender, Poverty, Age - Snohomish County</b>       |           |
| Health care access & utilization .....               | <b>5</b>  |
| Diet & physical activity .....                       | <b>6</b>  |
| Chronic diseases .....                               | <b>7</b>  |
| Tobacco & alcohol use .....                          | <b>8</b>  |
| Miscellaneous topics.....                            | <b>9</b>  |
| <b>Data Tables, Series II</b>                        |           |
| <b>Snohomish County Health Planning Areas (HPAs)</b> |           |
| HPA map .....  | <b>11</b> |
| Health care access & utilization .....               | <b>12</b> |
| Diet & physical activity .....                       | <b>12</b> |
| Chronic diseases .....                               | <b>13</b> |
| Tobacco & alcohol use .....                          | <b>14</b> |
| Miscellaneous topics.....                            | <b>14</b> |

## Snohomish County BRFSS, 2005

---

### Highlights

Selected questions from the 2005 Behavioral Risk Factor Surveillance System (BRFSS) were analyzed to describe the prevalence of diseases, conditions, and behaviors among Snohomish County adults. While many more questions were included in the survey, those included in this summary were deemed the most relevant to providing public health services. Significance tests were performed to determine if the county prevalence differed from Washington State. Additional tests determined if prevalence differed between the sexes, by age, and between those living under 200% of the Federal Poverty Level and those above it. For questions having an adequate number of respondents, tests were performed to determine if prevalence varied by Health Planning Area. For more information about the survey and methods, see next section.

- Snohomish County results were generally similar to those for Washington State.
- Adults living under 200% of the Federal Poverty Level generally experienced poorer health than others and engaged in more risk behaviors such as excess alcohol use and tobacco consumption.
- 87% of adults had some form of health insurance. However, only 68% of those living in poverty had coverage. Coverage rates were lowest in the Everett Health Planning Area (HPA).
- 67% of adults get their usual health care at a doctor's office. County residents were more likely to use clinics or health centers than was average for the state as a whole (21% vs. 18%).
- Only 47% of poor adults reported getting care in a doctor's office. They were more likely to use walk-in clinics or health centers for their health care needs.
- 13% said that they had been unable to see a doctor due to the cost at some time in the previous 12 months. People living in poverty were almost four times as likely to report this as people who were not in poverty (31% vs. 9%).
- 24% of adults were obese, and an additional 36% were overweight but not obese.
- 23% of adults had been told by a doctor to lose weight, but 38% said they were currently trying to lose weight.
- 23% of adults had been diagnosed with high blood pressure and 34% had been told they have high cholesterol.
- Only 43% of adults participated in the recommended amount of moderate physical activity, while 30% met the guideline for vigorous physical activity. The percentage of county residents who met the vigorous activity goal was lower than the average for the state. Half of adults (54%) met the guidelines for either moderate or vigorous physical activity.
- Only 14% of respondents said they ate the combined servings of two or more fruits and three or more vegetables per day. While 34% ate the recommended two servings of fruit, only 28% ate the recommended three servings of vegetables.
- 19% of adults said that they smoked cigarettes. Of these, 60% reported trying to quit in the previous year. The percentage of Snohomish County who reported that smoking had occurred in their home was lower than the average for the state.
- 5% of adults said they were heavy drinkers (more than 2 drinks a day for men, more than 1 a day for women), and 13% said that they had engaged in binge drinking (5 or more drinks on a single occasion) during the previous month. Binge drinking was most common in the Everett Health Planning Area (HPA) and least common in the Highway 99 HPA.
- 22% of adults said their activities were limited by health problems.

## Snohomish County BRFSS, 2005

---

- 45% had experienced joint pain in the previous 30 days, and 26% had been diagnosed with arthritis.
  - The vast majority of respondents (94%) reported that they were 'satisfied' or 'very satisfied' with their lives.
  - Only 42% of county residents said that they had taken precautions to avoid contracting West Nile virus in the previous year.
  - The most commonly taken precautions against West Nile virus were wearing protective clothing, draining standing water, and using mosquito repellent.
  - Adults' most common sources of information about taking precautions against West Nile virus were TV (65%) and newspapers (39%).
- 

### Methods

The Behavioral Risk Factor Surveillance System (BRFSS) is a telephone survey of civilian, non-institutionalized persons 18 years of age and older. The methods for conducting the BRFSS are standardized by the Behavioral Surveillance Branch of the Centers for Disease Control & Prevention (CDC). Administration of the BRFSS in Washington State is coordinated by the Washington State Department of Health. Data are collected continuously throughout the year to mitigate the effects of seasonal variation in health-related behaviors (e.g., smoking rates tend to increase during the winter months). Residential telephone numbers in Snohomish County are randomly selected and called. One adult living at each residence contacted is interviewed.

In 2005, there were two forms of the survey, 'A' and 'B'. Each form was administered to approximately half of the respondents. Both forms included a standard set of 'core' questions which are the same for all respondents nationwide. Form A included questions about additional topics like cardiovascular health, asthma in children, unmet health care needs, meal practices, and others. Form B asked a set of detailed tobacco questions in addition to the core questions. In 2005, 2,456 Snohomish County residents were interviewed.

Potential sources of bias in the results stem from the exclusion of people who do not have telephones and those who primarily use cell phones. Differences between those who choose to answer the survey and those who do not are not known. The sample usually includes proportionally more women and elderly than are in the county population. The data are weighted to correct for these differences.

Chi-square tests of significance were performed to determine differences between sexes and between poor and non-poor. Age groups were defined based on the age of the respondent. Significant results among age groups were determined using an over-all Chi-square test which may imply a linear relationship or a difference in an age group compared with the others.

The age group is based on the age of the household respondent. Significant differences between the county and the state were determined by comparing the limits of the 95% confidence interval for the county estimate to the state estimate. If the state estimate was outside the bounds of the confidence interval, statistical significance was inferred, although this method is not an actual test of significance. For comparisons between Health Planning Areas, an overall chi-square test was run for all six HPAs. If this test found a significant difference, further chi-square tests were run comparing each HPA to the other five combined to determine where the difference lay. Statistical significance for all tests was defined as a result having a probability of 0.05 or less. All analyses were performed using STATA software.

## Snohomish County BRFSS, 2005

---

### Display of Results

Results of the selected questions from the 2005 BRFSS are presented in two series of tables. Series I includes the point estimates for Snohomish County compared with Washington State, and the categorical results for Snohomish County by gender, poverty, and age. Series II shows the comparisons for the six Health Planning Areas (HPAs). Because the sample size was inadequate for some of the data, not all questions were analyzed by HPA.

Sample sizes for questions vary depending on if the question was a core question or it was from Form A. Core questions have an overall sample size of 2,456, and questions from Form A have a sample size of 1,487. The sample size for each question is indicated in the table footnotes. Statistically significant differences are shaded.



# Snohomish County BRFSS, 2005

Series I

## HEALTH CARE ACCESS & UTILIZATION

| Questions  | Snohomish County | 95% C.I.     | Washington          | Gender  |           | Poverty (200% FPL) |                | Age Group* |         |         |         |
|--|------------------|--------------|---------------------|---------|-----------|--------------------|----------------|------------|---------|---------|---------|
|  |                  |              |                     | Males   | Females   | Poor               | Not Poor       | 18-29      | 30-44   | 45-64   | 65+     |
| <b>Health Care Access<sup>1</sup></b>              |                  |              |                     |         |           |                    |                |            |         |         |         |
| Have health insurance                              | 86.7%            | (84.9, 88.4) | 85.3%               | 86.0%   | 87.5%     | 68.2%              | 91.6%          | 72.5%      | 86.7%   | 90.8%   | 98.7%   |
| Could not see doctor in past 12 months due to cost | 13.1%            | (11.6, 14.9) | 13.3%               | 10.7%   | 15.5%     | 30.7%              | 8.5%           | 20.9%      | 15.3%   | 10.2%   | 2.9%    |
| Had routine check-up in past two years             | 82.5%            | (80.5, 84.3) | 81.6%               | 77.5%   | 87.3%     | 75.9%              | 84.2%          | 78.3%      | 77.9%   | 85.4%   | 93.2%   |
| <b>Where Get Care<sup>2</sup></b>                  |                  |              |                     |         |           |                    |                |            |         |         |         |
| doctor's office                                    | 67.0%            | (64.0, 69.8) | 67.3%               | 62.6%   | 71.3%     | 46.8%              | 71.7%          | 55.8%      | 62.2%   | 72.6%   | 69.6%   |
| clinic or health center                            | 21.3%            | (18.9, 23.9) | 17.9%               | 24.4%   | 18.3%     | 31.3%              | 18.9%          | 25.3%      | 24.2%   | 18.7%   | 19.4%   |
| hospital outpatient                                | 1.8%             | (1.1, 2.9)   | 3.3%                | 2.1%    | 1.6%      | 1.8%               | 1.8%           | 1.7%       | 2.5%    | 1.1%    | 2.4%    |
| hospital ER  | 2.7%             | (1.9, 3.9)   | 3.1%                | 2.3%    | 3.2%      | 5.7%               | 2.1%           | 2.4%       | 2.0%    | 2.1%    | 5.6%    |
| urgent care center/other                           | 7.2%             | (5.6, 9.2)   | 8.3%                | 8.8%    | 5.7%      | 14.5%              | 5.5%           | 14.8%      | 9.2%    | 5.4%    | 2.9%    |
| Adult unable to get care                           | 9.7%             | (8.0, 11.6)  | 9.8%                | 8.5%    | 10.8%     | 23.0%              | 6.5%           | 14.0%      | 10.3%   | 10.7%   | 3.4%    |
| Adult delayed care                                 | 10.9%            | (9.2, 12.9)  | 11.5%               | 9.6%    | 12.2%     | 21.7%              | 8.3%           | 16.4%      | 12.9%   | 11.4%   | 2.8%    |
| Child unable to get care                           | 4.8%             | (3.1, 7.3)   | 4.7%                | 2.8%    | 6.4%      | 9.2%               | 3.2%           | 5.8%       | 5.4%    | 2.8%    | N/A     |
| Child delayed care                                 | 6.1%             | (4.2, 8.8)   | 6.0%                | 3.0%    | 8.6%      | 10.1%              | 4.6%           | 5.8%       | 7.2%    | 3.9%    | N/A     |
| <b>Immunization<sup>1</sup></b>                    |                  |              |                     |         |           |                    |                |            |         |         |         |
| Flu shot past 12 months                            | 24.2%            | (22.4, 26.1) | 25.5%               | 21.0%   | 27.3%     | 21.3%              | 25.0%          | 12.2%      | 14.6%   | 24.7%   | 67.8%   |
| Flu Mist past 12 months                            | 0.6%             | (0.3, 1.0)   | 0.8%                | 0.7%    | 0.4%      | 0.6%               | 0.6%           | 0.2%       | 0.8%    | 0.8%    | 0.1%    |
| Ever had pneumonia shot                            | 22.1%            | (20.2, 24.1) | 23.8%               | 22.7%   | 21.5%     | 23.2%              | 21.8%          | 18.8%      | 11.7%   | 16.9%   | 64.6%   |
| Shaded cells = significant differences             |                  |              |                     |         |           |                    |                |            |         |         |         |
| Snohomish County vs. Washington                    |                  |              | One group vs. Other |         |           |                    | Age Comparison |            |         |         |         |
| <sup>1</sup> Core Questions                        | N = 2,456        |              | N = 23,302          | N = 951 | N = 1,505 | N = 474            | N = 1,982      | N = 277    | N = 680 | N = 980 | N = 519 |
| <sup>2</sup> Form A Questions                      | N = 1,487        |              | N = 10,205          | N = 567 | N = 920   | N = 287            | N = 1,200      | N = 171    | N = 404 | N = 596 | N = 316 |

\*Age of household respondent

N/A = Data not available/applicable

# Snohomish County BRFSS, 2005

## DIET & PHYSICAL ACTIVITY

| Questions  | Snohomish County | 95% C.I.     | Washington | Gender  |           | Poverty (200% FPL) |           | Age Group* |         |         |         |
|--|------------------|--------------|------------|---------|-----------|--------------------|-----------|------------|---------|---------|---------|
|  |                  |              |            | Males   | Females   | Poor               | Not Poor  | 18-29      | 30-44   | 45-64   | 65+     |
| <b>Weight Control</b>  |                  |              |            |         |           |                    |           |            |         |         |         |
| Obese <sup>1</sup>   | 24.2%            | (22.3, 26.3) | 23.3%      | 23.8%   | 24.7%     | 23.8%              | 24.4%     | 16.8%      | 23.8%   | 30.2%   | 21.3%   |
| Overweight, not obese <sup>1</sup>   | 35.6%            | (33.4, 38.0) | 36.1%      | 43.5%   | 27.5%     | 33.3%              | 36.2%     | 28.1%      | 38.8%   | 36.7%   | 36.7%   |
| MD told to lose weight <sup>2</sup>  | 22.6%            | (20.0, 25.4) | 20.9%      | 22.0%   | 23.0%     | 23.1%              | 22.5%     | 13.2%      | 23.4%   | 27.5%   | 17.0%   |
| MD asked about food intake <sup>2</sup>  | 35.5%            | (32.5, 38.7) | 33.3%      | 37.4%   | 34.0%     | 36.1%              | 35.4%     | 33.1%      | 44.7%   | 34.0%   | 27.1%   |
| MD asked about exercise <sup>2</sup>   | 57.1%            | (53.8, 60.3) | 56.2%      | 56.7%   | 57.4%     | 48.4%              | 59.1%     | 48.2%      | 63.3%   | 60.7%   | 46.2%   |
| Trying to lose weight <sup>2</sup>   | 38.3%            | (35.4, 41.2) | 36.1%      | 32.2%   | 44.3%     | 38.7%              | 38.2%     | 33.6%      | 38.6%   | 45.6%   | 24.4%   |
| <b>Exercise<sup>1</sup></b>  |                  |              |            |         |           |                    |           |            |         |         |         |
| Meets moderate activity** guideline  | 42.9%            | (40.5, 45.3) | 42.6%      | 41.9%   | 44.0%     | 35.1%              | 45.0%     | 46.6%      | 43.5%   | 41.6%   | 38.6%   |
| Meets vigorous activity*** guideline   | 30.0%            | (27.7, 32.3) | 30.6%      | 33.0%   | 26.9%     | 27.3%              | 30.6%     | 42.4%      | 30.7%   | 25.9%   | 18.0%   |
| <b>Food Choices</b>  |                  |              |            |         |           |                    |           |            |         |         |         |
| Eat 5 servings of fruits or veggies per day <sup>1</sup>   | 24.2%            | (22.3, 26.3) | 25.2%      | 17.9%   | 30.4%     | 25.5%              | 23.9%     | 19.3%      | 21.7%   | 26.1%   | 33.9%   |
| Eat 2 fruits per day <sup>1</sup>  | 33.5%            | (31.3, 35.7) | 34.6%      | 28.0%   | 38.9%     | 32.6%              | 33.7%     | 32.5%      | 28.3%   | 33.5%   | 48.4%   |
| Eat 3 veggies per day <sup>1</sup>   | 27.6%            | (25.6, 29.7) | 27.8%      | 20.5%   | 34.5%     | 23.4%              | 28.7%     | 22.5%      | 24.7%   | 30.2%   | 35.8%   |
| Eat 2 fruit and 3 veggies <sup>1</sup>   | 13.8%            | (12.3, 15.5) | 15.0%      | 9.6%    | 18.0%     | 14.5%              | 11.1%     | 11.5%      | 11.0%   | 14.9%   | 22.0%   |
| Average fast food meals per week <sup>2</sup>  | 1.3              | (1.2, 1.5)   | 1.3        | 1.6     | 1.1       | 1.2                | 1.4       | 2.4        | 1.4     | 1.2     | 0.9     |
| Average times make dinner per week <sup>2</sup>  | 5.4              | (5.3, 5.5)   | 5.4        | 5.3     | 5.4       | 5.5                | 5.4       | 4.8        | 5.5     | 5.4     | 5.6     |
| How often eat fresh fish per month (average) <sup>2</sup>  | 3.3              | (2.9, 3.6)   | 3.3        | 3.2     | 3.3       | 2.4                | 3.4       | 2.3        | 2.8     | 3.6     | 3.7     |
| Shaded cells = significant differences                          Snohomish County vs. Washington                          One group vs. Other                          Age Comparison |                  |              |            |         |           |                    |           |            |         |         |         |
| <sup>1</sup> Core Questions  | N = 2,456        |              | N = 23,302 | N = 951 | N = 1,505 | N = 474            | N = 1,982 | N = 277    | N = 680 | N = 980 | N = 519 |
| <sup>2</sup> Form A Questions  | N = 1,487        |              | N = 10,205 | N = 567 | N = 920   | N = 287            | N = 1,200 | N = 171    | N = 404 | N = 596 | N = 316 |

\*\*30 minutes per day, 5+days per week    \*\*\*20 minutes per day, 3+days per week

\*Age of household respondent

N/A = Data not available/applicable

# Snohomish County BRFSS, 2005

## CHRONIC DISEASES

| Questions  | Snohomish County | 95% C.I.     | Washington | Gender |         | Poverty (200% FPL) |          | Age Group* |       |       |       |
|--|------------------|--------------|------------|--------|---------|--------------------|----------|------------|-------|-------|-------|
|  |                  |              |            | Males  | Females | Poor               | Not Poor | 18-29      | 30-44 | 45-64 | 65+   |
| <b>Diabetes<sup>1</sup></b>                      |                  |              |            |        |         |                    |          |            |       |       |       |
| MD diagnosed Diabetes                            | 5.7%             | (4.8, 6.8)   | 6.3%       | 6.5%   | 5.0%    | 6.4%               | 5.5%     | 1.9%       | 2.2%  | 7.5%  | 16.3% |
| Average MD checks past year                      | 3.9              | (3.3, 4.6)   | 3.9        | 3.6    | 4.3     | 4.3                | 3.8      | 3.2        | 3.5   | 4.2   | 3.8   |
| <b>Hypertension<sup>1</sup></b>                  |                  |              |            |        |         |                    |          |            |       |       |       |
| MD diagnosed high BP                             | 23.1%            | (21.3, 25.0) | 24.1%      | 24.2%  | 22.0%   | 22.8%              | 23.2%    | 4.1%       | 13.9% | 31.7% | 55.4% |
| <b>Cholesterol<sup>1</sup></b>                   |                  |              |            |        |         |                    |          |            |       |       |       |
| MD diagnosed high cholesterol                    | 34.1%            | (31.9, 36.4) | 36.7%      | 35.6%  | 32.7%   | 30.9%              | 34.8%    | 10.4%      | 24.2% | 43.3% | 51.8% |
| <b>Heart Disease</b>                             |                  |              |            |        |         |                    |          |            |       |       |       |
| MD diagnosed heart attack <sup>1</sup>           | 3.1%             | (2.5, 3.9)   | 3.4%       | 4.4%   | 1.9%    | 3.3%               | 3.1%     | 0.0%       | 1.1%  | 3.6%  | 12.0% |
| MD diagnosed coronary heart disease <sup>1</sup> | 3.3%             | (2.7, 4.1)   | 3.6%       | 4.8%   | 1.9%    | 3.6%               | 3.3%     | 0.0%       | 0.9%  | 4.5%  | 12.1% |
| MD diagnosed stroke <sup>1</sup>                 | 1.4%             | (1.0, 1.9)   | 2.3%       | 1.2%   | 1.6%    | 2.8%               | 1.0%     | 0.0%       | 0.6%  | 1.2%  | 5.9%  |
| Know all 5 symptoms of MI** <sup>2</sup>         | 34.9%            | (32.2, 37.7) | 44.7%      | 28.2%  | 41.5%   | 26.8%              | 36.8%    | 29.8%      | 30.1% | 41.2% | 32.0% |
| Know 5 symptoms of CVD*** <sup>2</sup>           | 44.5%            | (41.6, 47.5) | 77.9%      | 40.9%  | 48.2%   | 33.6%              | 47.2%    | 40.6%      | 42.3% | 51.4% | 35.5% |
| <b>Asthma</b>                                    |                  |              |            |        |         |                    |          |            |       |       |       |
| Ever told have asthma <sup>1</sup>               | 14.9%            | (13.2, 16.7) | 14.6%      | 13.6%  | 16.1%   | 19.0%              | 13.8%    | 19.4%      | 16.9% | 12.0% | 9.9%  |
| Currently have asthma <sup>1</sup>               | 9.4%             | (8.1, 10.9)  | 9.2%       | 7.7%   | 11.1%   | 13.0%              | 8.5%     | 10.4%      | 11.4% | 7.9%  | 6.7%  |
| Kids ever had asthma <sup>2</sup>                | 10.1%            | (8.0, 12.3)  | 10.8%      | 7.2%   | 12.6%   | 11.4%              | 9.6%     | 3.8%       | 12.0% | 9.4%  | N/A   |
| Kids currently with asthma <sup>2</sup>          | 7.0%             | (5.3, 8.8)   | 6.8%       | 4.9%   | 8.2%    | 7.0%               | 6.6%     | 3.4%       | 7.8%  | 5.9%  | N/A   |
| <b>Disability<sup>1</sup></b>                    |                  |              |            |        |         |                    |          |            |       |       |       |
| Limited by health problems                       | 22.2%            | (20.4, 24.1) | 21.8%      | 21.0%  | 23.4%   | 32.5%              | 19.5%    | 11.1%      | 17.9% | 28.5% | 35.3% |
| <b>Arthritis<sup>1</sup></b>                     |                  |              |            |        |         |                    |          |            |       |       |       |
| Joint symptoms past 30 days                      | 45.0%            | (42.7, 47.4) | 44.5%      | 44.3%  | 45.8%   | 48.0%              | 44.2%    | 32.0%      | 39.7% | 55.1% | 53.6% |
| MD diagnosed arthritis                           | 25.5%            | (23.6, 27.4) | 26.2%      | 21.7%  | 29.2%   | 23.7%              | 25.9%    | 5.1%       | 16.3% | 35.7% | 55.7% |
| <b>Seizure Disorders<sup>2</sup></b>             |                  |              |            |        |         |                    |          |            |       |       |       |
| Diagnosed w/seizure disorder                     | 2.6%             | (1.8, 3.8)   | 1.7%       | 2.7%   | 2.6%    | 6.2%               | 1.8%     | 0.4%       | 4.6%  | 2.3%  | 1.7%  |

Shaded cells = significant differences      Snohomish County vs. Washington      One group vs. Other      Age Comparison

<sup>1</sup>Core Questions      N = 2,456      N = 23,302      N = 951      N = 1,505      N = 474      N = 1,982      N = 277      N = 680      N = 980      N = 519

<sup>2</sup>Form A Questions      N = 1,487      N = 10,205      N = 567      N = 920      N = 287      N = 1,200      N = 171      N = 404      N = 596      N = 316

\*\*Myocardial Infarction (heart attack) symptoms: Pain or discomfort in the jaw, neck or back; Feeling weak, lightheaded or faint; Chest pain or discomfort; Pain or discomfort in the arms or shoulders; Shortness of breath.

\*Age of household respondent

\*\*\*Cardiovascular disease symptoms: Sudden confusion or trouble speaking; Sudden numbness or weakness of face, arm or leg, especially on one side; Sudden trouble seeing with one or both eyes; Sudden trouble walking, dizziness or loss of balance; Severe headache with no known cause.

N/A = Data not available/applicable

# Snohomish County BRFSS, 2005

## TOBACCO & ALCOHOL USE

| Questions                                   | Snohomish County | 95% C.I.            | Washington | Gender         |         | Poverty (200% FPL) |          | Age Group* |         |         |       |
|---|------------------|---------------------|------------|----------------|---------|--------------------|----------|------------|---------|---------|-------|
|   |                  |                     |            | Males          | Females | Poor               | Not Poor | 18-29      | 30-44   | 45-64   | 65+   |
| <b>Tobacco Use</b>                          |                  |                     |            |                |         |                    |          |            |         |         |       |
| Currently smoke <sup>1</sup>                | 18.7%            | (16.9, 20.6)        | 17.6%      | 19.4%          | 17.9%   | 30.5%              | 15.5%    | 25.0%      | 18.9%   | 17.3%   | 10.9% |
| Tried to quit in past 12 mo. <sup>1</sup>   | 59.7%            | (54.2, 65.0)        | 54.0%      | 59.7%          | 59.7%   | 59.4%              | 59.8%    | 68.5%      | 63.1%   | 52.0%   | 44.1% |
| Smoke in home past 30 days <sup>2</sup>     | 12.8%            | (10.9, 15.1)        | 10.6%      | 12.9%          | 12.8%   | 20.0%              | 11.2%    | 15.7%      | 11.2%   | 11.0%   | 17.8% |
| <b>Alcohol Consumption<sup>1</sup></b>      |                  |                     |            |                |         |                    |          |            |         |         |       |
| Heavy Drinking*                             | 5.3%             | (4.1, 6.6)          | 5.1%       | 6.1%           | 4.4%    | 5.6%               | 5.2%     | 7.6%       | 5.0%    | 4.9%    | 3.0%  |
| Engaged in binge drinking in past 30 days** | 12.9%            | (11.2, 14.8)        | 13.6%      | 17.7%          | 8.2%    | 15.8%              | 12.2%    | 25.1%      | 15.2%   | 7.5%    | 1.6%  |
| Shaded cells = significant differences      |                  |                     |            |                |         |                    |          |            |         |         |       |
| Snohomish County vs. Washington             |                  | One group vs. Other |            | Age Comparison |         |                    |          |            |         |         |       |
| <sup>1</sup> Core Questions                 | N = 2,456        | N = 23,302          | N = 951    | N = 1,505      | N = 474 | N = 1,982          | N = 277  | N = 680    | N = 980 | N = 519 |       |
| <sup>2</sup> Form A Questions               | N = 1,487        | N = 10,205          | N = 567    | N = 920        | N = 287 | N = 1,200          | N = 171  | N = 404    | N = 596 | N = 316 |       |

\*Age of household respondent

\* More than two alcoholic beverages per day for men, or more than one per day for women, in past 30 days.

\*\* Drank 5+ drinks on one occasion in past 30 days.

N/A = Data not available/applicable

# Snohomish County BRFSS, 2005

## MISCELLANEOUS TOPICS

| Questions   | Snohomish County | 95% C.I.     | Washington | Gender  |           | Poverty (200% FPL) |           | Age Group* |         |         |         |
|---|------------------|--------------|------------|---------|-----------|--------------------|-----------|------------|---------|---------|---------|
|   |                  |              |            | Males   | Females   | Poor               | Not Poor  | 18-29      | 30-44   | 45-64   | 65+     |
| <b>General Health<sup>1</sup></b>   |                  |              |            |         |           |                    |           |            |         |         |         |
| General health  |                  |              |            |         |           |                    |           |            |         |         |         |
| Excellent/very Good   | 59.8%            | (57.5, 62.1) | 56.7%      | 61.4%   | 58.2%     | 47.8%              | 63.0%     | 67.8%      | 63.1%   | 58.3%   | 42.0%   |
| Good  | 29.2%            | (27.1, 31.4) | 29.8%      | 27.9%   | 30.5%     | 31.0%              | 28.7%     | 26.3%      | 26.9%   | 29.9%   | 37.8%   |
| Fair/poor   | 11.0%            | (9.6, 12.6)  | 13.4%      | 10.7%   | 11.3%     | 21.2%              | 8.3%      | 5.9%       | 10.0%   | 11.7%   | 20.2%   |
| Days of poor physical health (avg. # of days)   | 3.7              | (3.4, 4.0)   | 3.6        | 2.9     | 4.4       | 5.8                | 3.2       | 1.9        | 3.2     | 4.3     | 5.3     |
| Days of poor mental health (avg. # of days)   | 3.5              | (3.2, 3.9)   | 3.3        | 2.9     | 4.1       | 6.5                | 2.8       | 4          | 4       | 3.7     | 1.9     |
| Mean days poor health interfered w/daily activities   | 2.3              | (2.0, 2.6)   | 2.2        | 3.9     | 3.9       | 5.8                | 3.4       | 2.2        | 3.4     | 4.4     | 6.8     |
| <b>HIV/AIDS<sup>1</sup></b>   |                  |              |            |         |           |                    |           |            |         |         |         |
| Ever been tested for HIV  | 42.7%            | (40.1, 45.3) | 41.4%      | 38.8%   | 46.8%     | 44.8%              | 42.2%     | 44.6%      | 54.1%   | 30.4%   | N/A     |
| Member of high-risk group   | 4.7%             | (3.6, 6.1)   | 3.9%       | 5.1%    | 4.3%      | 8.3%               | 3.7%      | 10.2%      | 3.4%    | 2.5%    | N/A     |
| <b>Product Safety<sup>2</sup></b>   |                  |              |            |         |           |                    |           |            |         |         |         |
| Child hurt by toy last year   | 2.1%             | (0.7, 6.2)   | 3.7%       | 1.9%    | 2.3%      | 3.5%               | 1.6%      | 3.0%       | 1.8%    | N/A     | N/A     |
| <b>Sexual Violence<sup>2</sup></b>  |                  |              |            |         |           |                    |           |            |         |         |         |
| Experienced sexual violence   | 2.8%             | (1.9, 4.0)   | 3.1%       | 2.2%    | 3.4%      | 5.6%               | 2.1%      | 6.7%       | 3.9%    | 1.5%    | 1.0%    |
| <b>Emotional Support<sup>1</sup></b>  |                  |              |            |         |           |                    |           |            |         |         |         |
| Generally get emo. support  | 82.8%            | (80.9, 84.5) | 81.6%      | 81.6%   | 84.0%     | 74.3%              | 85.0%     | 84.3%      | 80.9%   | 83.0%   | 84.9%   |
| Satisfied with life   | 93.7%            | (92.4, 94.7) | 94.2%      | 93.5%   | 93.8%     | 86.6%              | 95.5%     | 92.6%      | 93.6%   | 93.5%   | 95.9%   |
| <b>Swimming Past 30 Days<sup>1</sup></b>  |                  |              |            |         |           |                    |           |            |         |         |         |
| Swam in fresh water   | 9.1%             | (7.5, 11.0)  | 8.4%       | 9.3%    | 8.9%      | 10.3%              | 8.8%      | 17.4%      | 13.5%   | 7.1%    | 0.6%    |
| Swam in salt water  | 4.7%             | (3.7, 6.1)   | 4.9%       | 3.2%    | 6.3%      | 4.8%               | 4.7%      | 7.1%       | 5.3%    | 4.2%    | 3.4%    |
| Swam in public pool   | 24.5%            | (21.9, 27.2) | 25.4%      | 24.0%   | 24.9%     | 25.3%              | 24.3%     | 30.8%      | 34.6%   | 20.2%   | 13.0%   |
| <i>Shaded cells = significant differences      Snohomish County vs. Washington      One group vs. Other      Age Comparison</i> |                  |              |            |         |           |                    |           |            |         |         |         |
| <sup>1</sup> Core Questions   | N = 2,456        |              | N = 23,302 | N = 951 | N = 1,505 | N = 474            | N = 1,982 | N = 277    | N = 680 | N = 980 | N = 519 |
| <sup>2</sup> Form A Questions   | N = 1,487        |              | N = 10,205 | N = 567 | N = 920   | N = 287            | N = 1,200 | N = 171    | N = 404 | N = 596 | N = 316 |

\*Age of household respondent

N/A = Data not available/applicable

# Snohomish County BRFSS, 2005

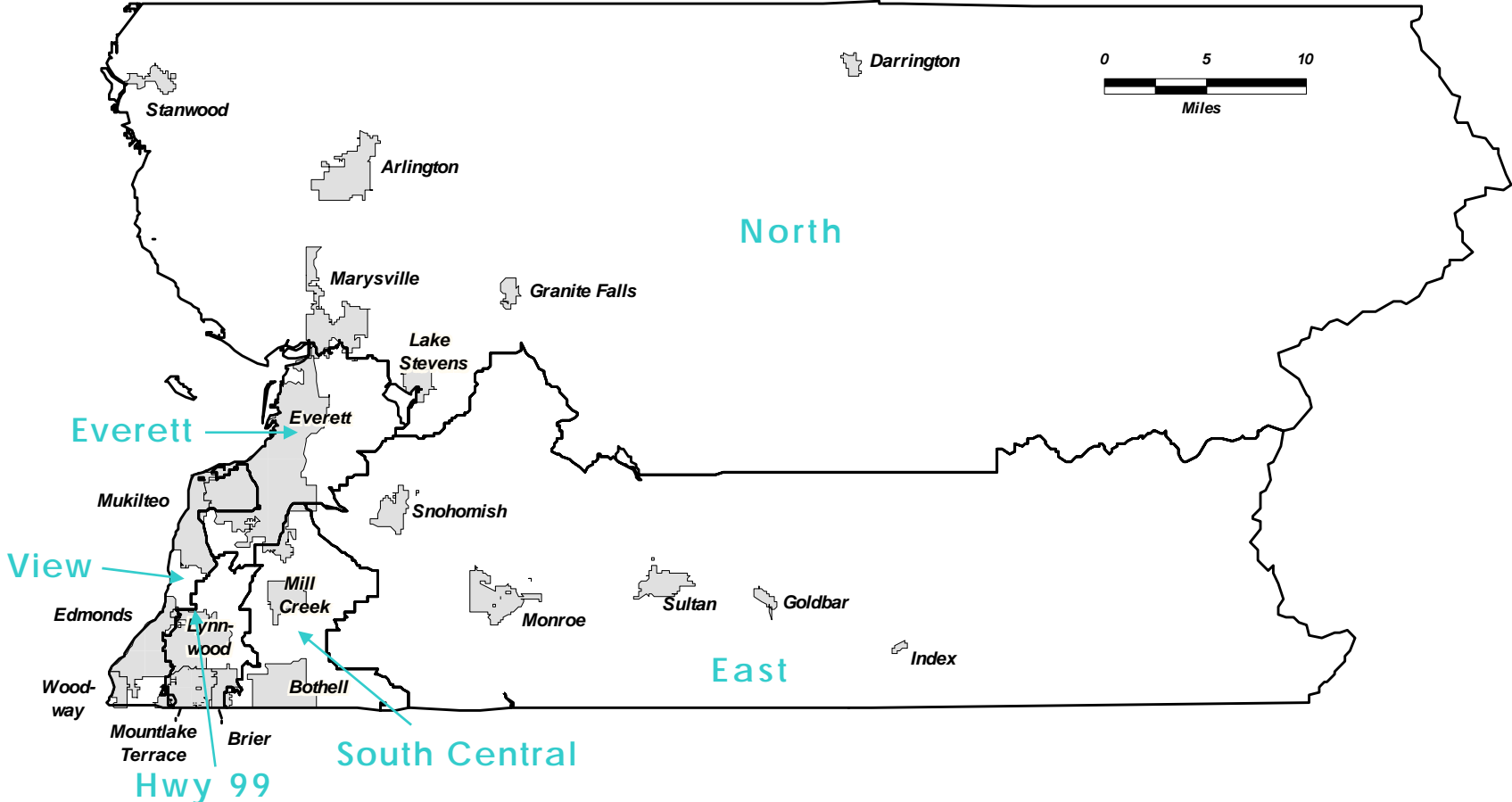
## MISCELLANIOUS TOPICS, CONT.

| Questions  | Snohomish County | 95% C.I.     | Washington | Gender       |              | Poverty (200% FPL) |              | Age Group*   |              |              |              |
|--|------------------|--------------|------------|--------------|--------------|--------------------|--------------|--------------|--------------|--------------|--------------|
|  |                  |              |            | Males        | Females      | Poor               | Not Poor     | 18-29        | 30-44        | 45-64        | 65+          |
| <b>West Nile Virus<sup>2</sup></b>   |                  |              |            |              |              |                    |              |              |              |              |              |
| Took precautions to avoid WNV  | 42.4%            | (39.5, 45.3) | 44.3%      | <b>37.7%</b> | <b>47.1%</b> | 38.4%              | 43.4%        | <b>39.6%</b> | <b>52.6%</b> | <b>40.3%</b> | <b>32.3%</b> |
| To avoid mosquito bites:   |                  |              |            |              |              |                    |              |              |              |              |              |
| Worn protective clothing   | 47.0%            | (44.0, 50.0) | 47.7%      | <b>42.7%</b> | <b>51.2%</b> | 42.8%              | 48.0%        | 40.0%        | 51.0%        | 47.0%        | 44.9%        |
| Replaced window screens  | 20.3%            | (18.0, 22.9) | 21.1%      | 19.9%        | 20.8%        | 21.2%              | 20.1%        | 13.4%        | 22.2%        | 21.4%        | 19.8%        |
| Avoid peak mosquito times  | 29.0%            | (26.4, 31.7) | 28.7%      | <b>21.9%</b> | <b>35.9%</b> | 32.8%              | 28.0%        | 23.4%        | 29.5%        | 30.3%        | 28.9%        |
| Remove standing water  | <b>40.0%</b>     | (37.2, 42.9) | 45.0%      | 37.5%        | 42.5%        | 37.0%              | 40.7%        | <b>19.9%</b> | <b>43.5%</b> | <b>44.7%</b> | <b>37.4%</b> |
| Bug zapper, etc.   | 15.6%            | (13.6, 17.8) | 16.6%      | 13.8%        | 17.3%        | 14.8%              | 15.7%        | 11.7%        | 19.2%        | 14.5%        | 14.7%        |
| Avoid mosquito areas   | <b>27.5%</b>     | (24.9, 30.2) | 32.4%      | <b>21.4%</b> | <b>33.5%</b> | 26.2%              | 27.8%        | <b>15.6%</b> | <b>29.2%</b> | <b>29.7%</b> | <b>27.8%</b> |
| Use mosquito repellent   | <b>40.4%</b>     | (37.5, 43.3) | 46.7%      | <b>37.3%</b> | <b>43.3%</b> | <b>34.1%</b>       | <b>41.8%</b> | <b>41.0%</b> | <b>51.9%</b> | <b>40.3%</b> | <b>21.0%</b> |
| Avg. number of precautions   | <b>2.2</b>       | (2.1, 2.3)   | 2.4        | <b>1.9</b>   | <b>2.4</b>   | 2.1                | 2.2          | <b>1.7</b>   | <b>2.5</b>   | <b>2.3</b>   | <b>1.9</b>   |
| <b>Type of Mosquito Repellent (N = 581)<sup>2</sup></b>  |                  |              |            |              |              |                    |              |              |              |              |              |
| DEET   | <b>86.4%</b>     | (83.1, 89.1) | 79.8%      | <b>91.0%</b> | <b>82.4%</b> | <b>79.1%</b>       | <b>87.7%</b> | 89.7%        | 88.8%        | 84.3%        | 80.8%        |
| Citronella   | 23.2%            | (19.5, 27.3) | 26.4%      | <b>14.3%</b> | <b>30.6%</b> | <b>32.3%</b>       | <b>21.5%</b> | 13.9%        | 24.5%        | 21.9%        | 36.2%        |
| Other  | 7.7%             | (5.4, 10.8)  | 6.3%       | 8.0%         | 7.4%         | 7.9%               | 7.7%         | 3.6%         | 4.1%         | 10.6%        | 15.8%        |
| Seen or read precautions in media past 12 months   | 64.9%            | (62.0, 67.8) | 62.6%      | <b>61.8%</b> | <b>68.0%</b> | <b>54.9%</b>       | <b>67.3%</b> | <b>42.8%</b> | <b>62.0%</b> | <b>69.9%</b> | <b>73.4%</b> |
| <b>Where Heard Precautions (N = 969)<sup>2</sup></b>   |                  |              |            |              |              |                    |              |              |              |              |              |
| Newspaper  | 39.3%            | (35.8, 42.9) | 39.9%      | 40.3%        | 38.4%        | <b>29.7%</b>       | <b>41.2%</b> | <b>14.3%</b> | <b>31.8%</b> | <b>43.8%</b> | <b>49.9%</b> |
| TV   | <b>65.1%</b>     | (61.5, 68.5) | 60.2%      | 66.8%        | 63.6%        | <b>72.9%</b>       | <b>63.6%</b> | 74.5%        | 62.7%        | 62.5%        | 70.4%        |
| Radio  | 9.6%             | (7.5, 12.3)  | 8.9%       | 10.9%        | 8.5%         | 10.8%              | 9.4%         | 4.5%         | 8.3%         | 11.9%        | 8.7%         |
| Printed brochure   | 4.0%             | (2.7, 5.8)   | 3.7%       | 3.9%         | 4.1%         | 3.8%               | 4.0%         | 5.5%         | 3.3%         | 4.9%         | 2.4%         |
| Internet   | 8.4%             | (6.7, 10.6)  | 7.1%       | 8.6%         | 8.3%         | 11.4%              | 7.9%         | 6.7%         | 16.4%        | 6.2%         | 3.0%         |
| Toll-free number   | 0.2%             | (0.06, 0.6)  | 0.0%       | 0.0%         | 0.4%         | 0.4%               | 0.1%         | 0.0%         | 0.2%         | 0.0%         | 0.4%         |
| Magazine   | 11.9%            | (9.8, 14.4)  | 11.1%      | 11.0%        | 12.8%        | 9.1%               | 12.5%        | 11.9%        | 8.1%         | 13.1%        | 14.8%        |
| Other  | <b>8.0%</b>      | (6.2, 10.2)  | 5.8%       | <b>5.6%</b>  | <b>10.1%</b> | 7.7%               | 8.0%         | 12.4%        | 9.4%         | 8.7%         | 2.7%         |
| Avg. number of media sources   | <b>1.45</b>      | (1.4, 1.5)   | 1.37       | 1.5          | 1.5          | 1.5                | 1.5          | <b>1.3</b>   | <b>1.4</b>   | <b>1.5</b>   | <b>1.5</b>   |
| <i>Shaded cells = significant differences</i> Snohomish County vs. Washington                    One group vs. Other                    Age Comparison |                  |              |            |              |              |                    |              |              |              |              |              |
| <sup>2</sup> Form A Questions  | N = 1,487        |              | N = 10,205 | N = 567      | N = 920      | N = 287            | N = 1,200    | N = 171      | N = 404      | N = 596      | N = 316      |

\*Age of household respondent

N/A = Data not available/applicable

# Snohomish County Health Planning Areas (HPAs)



To better understand the health status of Snohomish County, Heath Statistics and Assessment divided the county into six geographic subsections, called Health Planning Areas (HPAs). The Health Planning Areas are defined as either contiguous groups of Zip Codes or U.S. Census Bureau block groups. While block group geography is preferable because it divides the County into smaller discrete units, Zip Codes are used when block groups are not available in the data source. Since many health status indicators are correlated with socio-economic status (SES), the percent of persons living below 200% of the Federal Poverty Level was also used to create the HPAs. Other considerations included existing political boundaries, transportation patterns, and population size.

# Snohomish County BRFSS by Health Planning Areas (HPAs), 2005

Series II

## HEALTH CARE ACCESS & UTILIZATION

|  | Health Planning Areas |         |         |         |         |         |
|--|-----------------------|---------|---------|---------|---------|---------|
|  | Everett               | North   | East    | South   | Hwy 99  | View    |
|  | N = 393               | N = 599 | N = 360 | N = 405 | N = 376 | N = 323 |
| Have health insurance                              | 79.3%                 | 86.7%   | 85.6%   | 91.0%   | 87.1%   | 93.4%   |
| Could not see doctor in past 12 months due to cost | 3.4%                  | 3.0%    | 1.5%    | 2.0%    | 2.2%    | 0.9%    |
| Had routine check-up in past 2 years               | 78.3%                 | 83.0%   | 80.3%   | 85.0%   | 82.8%   | 86.1%   |
| <b>Immunization</b>                                |                       |         |         |         |         |         |
| Flu shot past 12 months                            | 21.2%                 | 23.8%   | 22.3%   | 25.9%   | 21.6%   | 31.3%   |
| Flu Mist past 12 months                            | 0.8%                  | 0.7%    | 0.8%    | 0.2%    | 0.7%    | 0.0%    |
| Ever had pneumonia shot                            | 25.5%                 | 16.6%   | 22.5%   | 21.9%   | 23.7%   | 24.3%   |

## DIET & PHYSICAL ACTIVITY

| <b>Weight Control</b>                          |       |       |       |       |       |       |
|--|-------|-------|-------|-------|-------|-------|
| Obese  | 28.8% | 27.3% | 22.6% | 22.0% | 25.1% | 16.9% |
| Overweight, not obese                          | 35.5% | 35.9% | 36.5% | 36.4% | 31.8% | 39.7% |
| <b>Exercise</b>                                |       |       |       |       |       |       |
| Meets moderate activity guideline*             | 40.5% | 44.1% | 43.6% | 41.9% | 37.9% | 47.8% |
| Meets vigorous activity guideline**            | 25.2% | 30.0% | 31.9% | 28.7% | 32.2% | 33.2% |
| <b>Food Choices</b>                            |       |       |       |       |       |       |
| Eat 5 servings of either fruits or veggies/day | 21.2% | 20.8% | 28.7% | 27.3% | 21.1% | 30.0% |
| Eat 2 fruits/day                               | 30.0% | 24.7% | 38.0% | 39.1% | 33.9% | 39.0% |
| Eat 3 veggies/day                              | 26.6% | 26.5% | 27.1% | 27.6% | 24.2% | 36.5% |
| Eat 2 fruits and 3 veggies/day                 | 10.5% | 10.4% | 16.2% | 15.6% | 11.4% | 22.0% |

Shaded cells = significant differences

Each HPA vs. Average of Others

\*30 minutes per day, 5+days per week \*\*20 minutes per day, 3+days per week

## Snohomish County BRFSS by Health Planning Areas (HPAs), 2005

| <b>CHRONIC DISEASES</b>  |                              |                |                |                |                |                |
|--|------------------------------|----------------|----------------|----------------|----------------|----------------|
|  | <i>Health Planning Areas</i> |                |                |                |                |                |
|  | <b>Everett</b>               | <b>North</b>   | <b>East</b>    | <b>South</b>   | <b>Hwy 99</b>  | <b>View</b>    |
|  | <i>N = 393</i>               | <i>N = 599</i> | <i>N = 360</i> | <i>N = 405</i> | <i>N = 376</i> | <i>N = 323</i> |
| <b>Diabetes</b>  |                              |                |                |                |                |                |
| MD diagnosed Diabetes  | 5.8%                         | 5.3%           | 4.5%           | 5.4%           | 7.0%           | 7.6%           |
| Average MD checks past year  | 4.5                          | 5.4            | 3.4            | 2.9            | 4.1            | 2.8            |
| <b>Hypertension</b>  |                              |                |                |                |                |                |
| MD diagnosed high BP   | 23.9%                        | 25.7%          | 18.0%          | 23.6%          | 22.4%          | 23.1%          |
| <b>Cholesterol</b>   |                              |                |                |                |                |                |
| MD diagnosed high cholesterol  | 30.2%                        | 34.7%          | 34.2%          | 36.1%          | 35.5%          | 36.0%          |
| <b>Heart Disease</b>   |                              |                |                |                |                |                |
| MD diagnosed heart attack  | 2.4%                         | 2.9%           | 3.4%           | 2.8%           | 3.3%           | 3.3%           |
| MD diagnosed coronary heart disease  | 2.4%                         | 3.2%           | 1.9%           | 3.2%           | 3.5%           | 4.0%           |
| MD diagnosed stroke  | 0.5%                         | 1.7%           | 1.5%           | 1.0%           | 1.1%           | 1.5%           |
| <b>Asthma</b>  |                              |                |                |                |                |                |
| Ever told have asthma  | 15.2%                        | 13.8%          | 11.6%          | 16.9%          | 13.6%          | 17.6%          |
| Currently have asthma  | 10.8%                        | 8.5%           | 6.8%           | 11.4%          | 7.8%           | 10.8%          |
| <b>Disability</b>  |                              |                |                |                |                |                |
| Limited by health problems   | 25.4%                        | 23.7%          | 16.5%          | 25.0%          | 19.4%          | 22.5%          |
| <b>Arthritis</b>   |                              |                |                |                |                |                |
| Joint symptoms past 30 days  | 47.5%                        | 49.5%          | 41.1%          | 43.4%          | 43.9%          | 43.7%          |
| MD diagnosed arthritis   | 24.6%                        | 27.3%          | 20.9%          | 30.1%          | 23.3%          | 26.4%          |
| Shaded cells = significant differences      Each HPA vs. Average of Others |                              |                |                |                |                |                |







