Maricopa County 2020 BRFSS

Maricopa County
Public Health Department
Epidemiology & Informatics

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Background on the BRFSS

All BRFSS statistics were derived from data in the Arizona Department of Health Services (ADHS) final annual files. The information presented in this report includes data collected from Maricopa County residents during telephone survey interviews conducted by ADHS. Arizona residents from other counties were not included.

The BRFSS is a state-based, cross-sectional, random telephone survey of household residents aged 18 years and older conducted throughout the year. It has been conducted in Arizona since 1982. The BRFSS gathers information on risk factors related to both chronic and infectious diseases.

Prior to 2011, surveys were collected using only landline respondents. Beginning in 2011, the BRFSS also included individuals who receive 100 percent of their calls on cell-phones. According to the CDC, cell-phone respondents are more likely to be younger, single, Hispanic, and to rent rather than own homes. In addition, a new weighting methodology was utilized beginning in 2011. Data from prior years were weighted using post stratification weighting methodology, while 2011 data were weighted using iterative proportional fitting, or "raking." Due to these changes, 2011 data cannot be compared to prior years. For more information, see the CDC website: http://www.cdc.gov/brfss/annual_data/annual_2011.htm. In order to allow for a wider range of questions in optional modules, combined landline telephone and cellular telephone data for 2014 include up to three split versions of the questionnaire.

Tables 1 through **12** are organized such that similar questions are shown together. Each table lists a short description of the topic for each question and the estimated percent of Maricopa County residents that met the condition, by sex, selected age groups, and selected races. Groups with less than 50 total respondents are omitted from the report due to small sample size (i.e. American Indian, Black, and Asian residents are not shown) and are indicated with a (-). Additionally, if there were less than 50 non-blank responses for a specific question, the results for that question were omitted and are indicated with the same symbol (-). If a question was not asked of a group the cell is marked with a (.). Not all questions are included in the questionnaire every year, such as questions regarding health screenings. Therefore, data that was included in prior years may not be included in the current report.

Unless otherwise stated below, respondents could have responded with either "Yes" or "No" to each question. Respondents also could have responded to all questions with "Don't know/not sure" or respondents could have refused to answer.

Health Care Coverage and Utilization

Table 1

	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White Non-Hispanic	Hispanic	Total
Health Care Coverage ¹	77.99	81.81	76.36	76.69	78.63	80.68	87.22	-	87.14	65.09	79.89
Usual Source of Health Care	63.31	76.74	53.44	52.08	61.86	73.40	82.10	91.60	76.45	57.39	70.17
Could Not Afford Needed Health Care	11.75	13.14	15.21	17.90	13.72	15.06	12.62	2.79	9.36	20.56	12.46
Length of time since last checkup											
within past year	66.96	75.18	6.65	57.80	65.52	70.32	76.65	87.76	73.30	66.20	71.17
within past 1-2 years	13.42	15.26	19.50	19.37	14.63	14.51	11.21	9.01	12.99	16.00	14.36
within past 2-5 years	8.49	6.24	9.60	8.42	12.50	5.83	7.67	1.79	6.32	10.43	7.34
5 or more years ago	10.35	3.08	3.93	13.41	8.17	8.20	4.47	1.22	6.93	6.76	6.63
never	0.79	0.24	0.32	1.00	0.29	1.15	-	0.22	0.45	0.61	0.51

¹Adults 18-64 years old

Health Status & Health Days

Table 2

	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White Non-Hispanic	Hispanic	Total
Health Status is Excellent, Very Good or Good	87.35	84.89	91.53	90.83	87.92	84.70	81.98	81.21	87.59	82.99	86.10
Avg. # days in last 30 physical health not good	10.77	11.06	6.78	7.68	10.13	11.19	12.86	12.55	10.99	10.23	10.94
Avg. # days in last 30 mental health not good	10.48	10.51	11.58	9.19	11.73	11.07	11.65	8.60	10.45	10.46	10.50
Avg. # days poor physical or mental health kept from activities	10.86	10.48	7.21	7.88	10.07	12.01	12.95	12.62	10.48	10.61	10.61
Avg. # of hours of sleep in 24-hour period	7.14	7.17	7.32	7.02	9.93	9.95	7.14	7.45	7.21	7.15	7.15
BMI – Overweight¹	39.50	30.55	21.21	35.69	37.96	35.83	34.52	40.19	35.94	34.86	35.14
BMI - Obese ¹	31.16	20.17	19.65	32.19	36.59	35.89	34.15	24.66	26.85	38.76	30.68

¹Overweight and obesity are based on the respondent's self-reported height and weight

Health Behaviors

Table 3

i able 3											
	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White Non-Hispanic	Hispanic	Total
Any Physical Activity in Last 30 days	80.77	76.64	82.83	81.46	81.07	79.46	76.22	72.89	80.89	74.16	78.66
Always use Seat Belt	84.91	92.47	82.86	87.41	86.76	90.70	90.61	92.21	90.47	86.15	88.78
Binge Drinking	18.73	10.43	20.48	21.82	160.06	17.08	11.08	3.72	12.65	17.43	14.45
Heavy Drinking	7.28	5.98	5.59	9.12	5.92	6.96	6.88	5.08	6.64	6.33	6.61
Current Smoker	14.16	8.30	5.34	13.00	15.95	11.06	13.54	7.35	10.54	10.74	11.17
Former Smoker	26.45	20.78	6.33	18.90	22.45	20.26	28.03	38.05	28.99	16.01	23.55
Ever tried to quit smoking for >1 day	53.16	53.24	52.69	66.77	56.50	43.70	47.60	44.53	48.09	61.22	53.19
Used Chewing Tobacco, Snuff, or Snus											
everyday	2.34	0.04	1.50	0.93	1.16	2.82	1.09	0.00	1.05	1.42	1.16
some days	2.38	0.41	2.70	2.37	1.44	1.08	0.58	0.53	1.48	1.16	1.38
not at all	95.28	99.55	95.81	96.70	97.40	96.10	98.32	99.47	97.47	97.42	97.46

Diagnosed Health Conditions

Table 4

	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White Non-Hispanic	Hispanic	Total
Coronary Heart Disease	4.26	2.34	0.77	-	0.62	1.75	5.40	9.60	4.34	1.32	3.28
Heart Attack	5.45	2.58	1.23	0.97	1.32	3.04	5.56	10.11	4.57	2.96	3.98
Stroke	2.42	2.39	0.39	-	1.63	2.21	4.53	5.00	2.72	4.59	2.41
Asthma¹ (current & past)	12.17	17.19	18.04	15.84	16.57	11.30	12.74	14.35	15.60	12.74	14.73
Asthma (currently)	6.80	12.34	12.00	8.98	10.67	7.11	9.91	9.68	10.18	8.71	9.62
Chronic Obstructive Pulmonary Disorder	4.77	6.00	2.07	1.50	4.06	4.27	7.68	11.17	11.17	11.17	5.39
Depressive Disorder	12.43	20.49	20.33	19.19	18.18	14.00	17.83	11.66	19.72	12.60	16.55
Arthritis	15.64	25.39	1.02	3.88	12.27	20.27	30.03	47.45	26.73	10.20	20.62
Kidney Disease	2.85	4.38	-	0.75	2.64	4.54	4.03	8.18	4.33	2.66	3.63
Diabetes	11.28	9.63	0.84	3.62	5.85	11.51	16.75	20.59	10.04	10.27	10.44

¹Includes adults who currently have asthma, as well as adults who formerly had asthma

Cancer by type

Table 5

	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White Non-Hispanic	Hispanic	Total
Any diagnosis of cancer	5.12	7.15	1.62	1.16	2.58	4.26	6.23	17.66	8.26	2.82	6.16
Breast		19.07	-	-	-	-	-	-	-	-	11.98
Melanoma	-	-	-	-	-	-	-	19.44	19.53	-	17.76
Skin	7.28	7.89	0.94	0.72	1.43	5.80	8.35	23.61	11.79	1.49	7.59
Other Skin	37.91	37.70	-	-	-	-	-	38.69	39.87	-	39.08

Disability

Table 6

	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White Non-Hispanic	Hispanic	Total
Deaf or serious difficulty hearing	5.74	4.74	0.51	3.26	3.33	4.12	4.81	12.33	5.86	4.14	5.23
Blind or serious difficulty seeing (even with glasses)	4.99	3.97	4.15	3.42	2.67	5.54	5.54	5.51	3.55	6.18	4.47
Difficulty concentrating, remembering, or making decisions due to physical, mental or emotional condition	8.12	9.84	15.85	9.85	10.39	7.71	7.31	5.47	8.51	10.46	9.00
Difficulty walking or climbing stairs	8.69	11.97	0.52	2.19	8.65	9.93	12.34	23.46	11.59	7.59	10.36
Difficulty dressing or bathing	2.93	2.40	1.02	1.01	2.94	4.88	2.14	3.51	2.83	2.08	2.66
Difficulty doing errands due to physical, mental, or emotional condition	4.46	5.69	7.29	2.25	4.67	5.28	3.56	7.65	5.65	3.90	5.08
Physical disability or long-term health problem	13.27	8.94	12.96	6.50	-	-	-	-	16.61	8.42	11.10
Any long-term emotional problem or learning disabilities	14.50	13.37	15.63	9.85	-	-	-	-	22.72	7.57	13.93

Preventive Care and Screenings

Table 7

	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White Non-Hispanic	Hispanic	Total
Ever Had a Mammogram		67.38	-	29.60	53.31	87.90	98.10	98.10	75.06	53.12	67.38
in last year		49.53	-	32.30	37.18	55.80	53.12	51.79	48.79	51.68	49.53
>1 and <2 years ago		22.61	-	21.38	30.09	20.4	24.96	20.64	22.33	22.36	22.61
>2 and <3 years ago		10.56	-	10.45	10.60	11.92	9.86	9.22	10.19	11.52	10.56
>3 and <5 years ago		7.16	-	9.73	10.24	6.77	6.15	6.66	8.16	3.21	7.16
≥5 years ago		10.14	-	26.14	11.89	5.09	5.90	1.68	10.53	11.22	10.14
Ever Had a Pap Smear		89.22	-	90.21	98.40	96.49	96.96	95.07	92.01	87.86	89.22
last year		37.17	-	52.62	40.08	40.25	36.23	14.87	31.21	43.27	37.17
>1 and <2 years ago		22.16	-	25.67	26.70	24.55	24.51	13.86	19.89	25.87	22.16
>2 and <3 years ago		10.92	-	12.18	9.87	9.60	16.02	8.17	11.71	11.09	10.92
>3 and <5 years ago		8.68	-	4.49	10.85	9.02	8.42	11.73	9.30	7.93	8.68
≥5 years ago		21.08	-	5.04	12.50	16.57	14.83	51.37	27.85	11.85	21.08
Had a Hysterectomy		20.10	-	-	-	18.42	22.32	46.17	24.75	13.51	20.10
Ever Had an HPV test		48.76	-	67.54	67.23	61.31	44.52	24.70	47.23	49.44	48.76
last year		40.40		45.83	44.12	33.89	35.86	13.52	32.98	48.64	40.40
>1 and <2 years ago		23.13		26.93	19.77	23.79	17.97	30.89	21.16	25.59	23.13
>2 and <3 years ago		9.61		7.08	10.68	10.80	18.31	2.34	11.47	7.81	9.61
>3 and <5 years ago		9.58		10.11	6.68	11.83	8.38	18.11	12.24	5.93	9.58
≥5 years ago		17.27		10.05	18.76	19.69	19.49	35.14	22.15	12.04	17.27

	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White Non-Hispanic	Hispanic	Total
Ever Had an HIV test	37.20	35.77	24.53	46.74	52.91	44.66	32.88	17.47	32.18	41.55	36.48
Ever Had a Sigmoidoscopy	15.70	16.45				-	-	27.66	18.71	-	16.08
last year	8.75	7.08				8.16	14.92	5.93	6.25	19.55	7.87
>1 and <2 years ago	6.37	8.51				10.27	14.35	3.36	3.81	19.08	6.24
>2 and <3 years ago	12.20	9.01				21.09	10.28	8.70	8.33	17.22	10.51
>3 and <5 years ago	21.78	10.30				41.84	20.31	9.84	14.00	17.71	15.70
≥5 years ago	53.61	65.10				18.64	40.14	72.17	67.59	26.44	59.69
Ever had a Colonoscopy	61.67	65.77				34.03	66.70	81.44	70.44	47.99	63.90
last year	16.80	15.64				24.27	13.44	15.52	15.54	18.89	16.16
>1 and <2 years ago	15.61	15.11				19.37	17.87	12.77	15.01	19.04	15.34
>2 and <3 years ago	37.29	34.89				30.13	35.45	37.87	36.62	32.49	35.97
>3 and <5 years ago	19.00	23.46				20.08	24.87	19.85	20.72	21.89	21.45
≥5 years ago	11.31	10.89				6.14	8.37	13.99	12.10	7.69	11.08
Ever had a Blood Stool test	34.19	39.27				17.19	30.04	54.65	39.89	27.26	36.91
last year	37.09	28.39				32.09	29.65	33.18	30.78	35.22	32.17
>1 and <2 years ago	13.64	19.17				17.00	20.02	15.44	15.92	18.42	16.77
>2 and <3 years ago	11.77	7.10				8.03	10.52	8.81	8.94	11.07	9.13
>3 and <5 years ago	9.36	14.87				20.90	12.94	10.53	11.34	14.45	12.47
≥5 years ago	28.13	30.47				21.97	26.87	32.04	33.02	20.83	29.45

	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White Non-Hispanic	Hispanic	Total
Ever had a Stool DNA test	6.91	7.06				-	-	10.36	6.86	-	6.99
last year	38.67	36.41				-	-	30.10	37.16	-	37.44
>1 and <2 years ago	11.06	17.90				-	-	16.34	12.38	-	14.77
>2 and <3 years ago	8.98	16.58				-	-	16.79	16.38	-	13.10
>3 and <5 years ago	12.81	11.67				-	-	13.89	11.08	-	12.19
≥5 years ago	28.48	17.45				-	-	22.88	23.00	-	22.49
Ever Had Virtual Colonoscopy	-	-					-	7.13	4.16	-	3.96
last year							-	19.06	15.07	-	18.53
>1 and <2 years ago							-	8.26	9.14	-	12.34
>2 and <3 years ago							-	13.40	16.17	-	14.80
>3 and <5 years ago							-	9.23	10.48	-	7.98
≥5 years ago							-	50.05	49.14	-	46.35
Ever Had a PSA Test	41.13				-	25.41	44.18	71.24	49.36	-	41.13
last year	57.08				-	-	55.72	62.95	60.20	-	57.08
>1 and <2 years ago	17.85				-	-	-	-	15.25	-	17.85
>2 and <3 years ago	-				-	-	-	-	-	-	-
>3 and <5 years ago	-				-	-	-	-	-	-	-
≥5 years ago	10.63				-	-	-	-	-	-	10.63

	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White Non-Hispanic	Hispanic	Total
Last dentist visit											
last year	59.42	67.20	67.87	58.48	57.01	61.52	66.81	69.49	69.59	52.56	63.40
>1 and <2 years ago	14.13	15.66	-	15.90	15.64	16.06	11.92	14.56	12.15	18.56	14.91
>2 and <5 years ago	11.92	7.67	-	12.47	12.13	9.83	-	7.24	8.37	13.26	9.75
5 or more years ago	12.91	8.23	-	10.97	12.52	11.04	12.43	8.70	9.57	12.11	10.52
# Permanent teeth removed due to tooth decay or gum disease											
1 to 5	26.12	26.87	-	19.73	27.21	28.48	34.62	36.57	24.86	31.46	26.50
6 or more (but not all)	6.87	6.64	-	-	-	-	11.09	11.43	7.69	-	6.76
All	3.65	4.29	-	-	-	-	-	12.90	4.94	-	3.98
Diabetes											
Tested in past 3 years	48.74	52.92	-	39.93	50.04	64.10	62.93	65.24	53.69	49.63	50.93
Ever told pre-diabetic or borderline diabetes	12.61	12.65	-	-	-	16.19	19.22	19.00	13.32	12.75	12.75
Vaccinations											
Yearly Influenza Vaccine	37.17	47.19	27.57	30.76	33.35	36.99	46.86	68.42	47.99	33.30	42.29
Pneumonia Vaccine	27.45	35.11	27.03	12.60	15.74	17.24	24.43	73.66	39.04	17.64	31.41
Shingles or Zoster Vaccine	30.23	38.06				-	21.55	51.90	38.78	21.65	34.44

Drug Use

Table 8

	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White Non-Hispanic	Hispanic	Total
Reason for use of marijuana or hashish in past year											
Non-medical	44.26	44.79	-	-	-	-	-	-	39.43	49.67	44.47
Medical	29.74	25.19	-	-	-	-	-	-	31.57	-	27.97
Used any prescription pain reliever(s) prescribed by your doctor in last 12 months	21.49	28.65	-	21.42	25.19	24.64	28.74	31.92	28.22	18.72	25.25
Used any prescription drug(s) without doctor telling you to in last 12 months	-	-	-	-	-	-	-	-	-	-	2.67

Food Security - Assistance

Table 9

	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White Non-Hispanic	Hispanic	Total
Received food stamps or benefit card in past year	10.20	13.81	-	19.98	14.81	13.31	-	-	7.52	19.51	12.09
Received food through WIC Program in past year	10.20	13.81	-	19.98	14.81	13.31	-	-	7.52	19.51	12.09
Children (age 5-18) received free or reduced cost lunches in past year	21.64	28.88	-	21.45	25.32	24.91	29.00	32.43	28.43	18.75	25.44

Adverse Childhood Experiences

Table 10

	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White Non-Hispanic	Hispanic	Total
Before the age of 18 did you live with anyone who											
was depressed, mentally ill or suicidal	16.46	19.34	29.81	24.06	21.43	16.49	11.57	8.83	19.38	14.69	17.97
parents were divorced	32.18	30.86	37.51	38.67	39.68	33.59	26.09	17.41	28.62	36.70	31.49
had a problem drinking/ alcoholic	20.73	26.14	25.87	22.67	22.02	25.94	25.33	21.19	23.81	24.83	23.56
used illegal drugs or abused prescription drugs	12.25	13.33	20.81	19.14	15.85	13.12	-	-	12.13	14.80	12.82
served time or was sentenced to serve time in a prison, jail, or correctional facility	10.07	8.62	-	18.98	-	-	-	-	7.33	12.55	9.30
How often did a parent/adult in your home*											
slap, hit, kick, punch, or beat each other up	18.67	16.48	18.97	22.29	19.31	17.45	15.55	12.57	15.02	21.71	17.53
hit, beat, kick or physically hurt you in any way	29.18	24.38	34.24	27.51	27.99	29.11	24.36	20.37	23.48	31.54	26.67
swear at you, insult you, or put you down	38.58	33.48	45.65	43.50	35.57	38.35	31.20	25.67	37.33	34.41	35.90
How often did anyone at least 5 years older than you or an adult*											
ever touch you sexually	5.85	15.81	-	14.33	12.75	13.74	-	7.63	10.79	10.33	11.02
try to make you touch them sexually	4.35	10.59	-	-	-	11.23	-	-	7.28	7.71	7.60
force you to have sex	-	6.38	-	-	-	-	-	-	4.43	-	4.66

^{*}Percentage of respondents who indicated this occurred once or more than once

Injury - Falls

Table 11

	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White Non-Hispanic	Hispanic	Total
Average number of times fallen in last year	2.71	2.99				3.08	2.26	3.07	2.95	2.81	2.88
Average number of times injured from fall or limited regular activities	1.78	1.91				2.74	1.57	1.64	1.81	-	1.87

Cognitive Decline

Table 12

	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White Non-Hispanic	Hispanic	Total
Have experienced confusion or memory loss that happens more often or getting worse	6.69	8.11				-	-	8.66	7.12	-	7.46

Technical Notes

Questions from the 2020 BRFSS

Tables 1 through **12** are organized such that similar questions are shown together. Each question covered in this report is described below. Not all questions asked in the 2020 BRFSS survey are within this report due to insufficient responses (less than 50 responses).

Table 1: Health Care Coverage and Utilization

- Results for Health Care Coverage were derived from responses to the question '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 Service?' Respondents
 who answered 'Yes' are shown in the table.
- Results for Usual Source of Health Care was derived from responses to the question 'Do you have one person you think of as your personal doctor or healthcare provider?'. If they answered no they were then asked, 'Is there more than one, or is there no person who you think of as your personal doctor or health care provider?'. Those that indicated 'Yes' are shown in the table.
- Results for Could Not Afford Needed Health Care was derived from responses to the question 'Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?'. Those that indicated 'Yes' are shown in the table.
- Results for Length of Time Since Last Checkup was derived from responses to the
 question 'About how long has it been since you last visited a doctor for a routine
 checkup?'. Options were 'within the past year (anytime less than 12 months ago), within
 the past 2 years (1 year but less than 2 years ago), within the past 5 years (2 years but
 less than 5 years ago), 5 or more years ago, never, don't know or refused'.

Table 2: Overall Health Status & Health Days

- Results for Health Status were derived from responses to the question 'Would you say
 that in general your health is: Excellent, Very Good, Good, Fair, or Poor?'. Respondents
 who answered 'Excellent, Very Good, or Good' are shown in the table.
- Results for Avg. # Days in last 30 Physical Health Not Good was derived from responses to the question 'Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?'. Results were averaged and are shown in the table.
- Results for Avg. # Days in last 30 Mental Health Not Good was derived from responses
 to the question 'Now thinking about your mental health, which includes stress,
 depression, and problems with emotions, for how many days during the past 30 days
 was your mental health not good?'. Results were averaged and are shown in the table.
- Results for Avg. # Days Poor Physical or Mental Health Kept from Activities was derived from responses to the question 'During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as selfcare, work, or recreation?'. Results were averaged and are shown in the table.

- Results from Avg. # Hours of Sleep-in 24-Hour Period was derived from responses to the question 'On average, how many hours of sleep do you get in a 24-hour period?'.
 Results were averaged and are shown in the table.
- Results for BMI Overweight and Obese were derived from calculated BMI (body mass index) based on the respondent's self-reported height and weight. Individuals with a BMI greater than 25 and less than 30 were classified as overweight, and individuals with a BMI of 30 or greater were classified as obese.

Table 3: Health Behaviors

- Results for Any Physical Activity in Last 30 days was derived from the question '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?'.
 Respondents who answered 'Yes' are shown in the table.
- Results from Always Use Seat Belt was derived from responses to the question 'How
 often do you use seat belts when you drive or ride in a car?' The respondent had the
 option of answering 'Always', 'Nearly Always', 'Sometimes', 'Seldom', or 'Never'.
 Respondents who answered 'Always' are shown.
- Results for Binge Drinking and Heavy Drinking were derived from several questions. The
 first question asked, 'During the past 30 days, have you had at least one drink of any
 alcoholic beverage such as beer, wine, a malt beverage, or liquor?' If the respondent
 answered 'Yes' he/she was then asked the following additional questions.
 - Results for Binge Drinking were determined by asking 'Considering all types of alcoholic beverages, how many times during the past 30 days did you have X or more drinks on an occasion?'. The value of X was five if the respondent was male and four if the respondent was female. Binge Drinking includes respondents that had five or more drinks on one occasion for males, or four or more drinks on one occasion for females.
 - Results for Heavy Drinking were determined by asking two questions: 'During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage?', and 'During the past 30 days, on the days when you drank, about how many drinks did you drink on average.'. Heavy Drinking includes respondents who had more than two drinks per day if male or more than one drink per day if female.
- Results from Current Smoker and Former Smoker was derived from two questions.
 The first question asked, 'Have you smoked at least 100 cigarettes in your entire life?'.
 One hundred cigarettes is equivalent to five packs. If the participant answered 'Yes' he/she was then asked a second question. The second question asked, 'Do you now smoke cigarettes every day, some days, or not at all?' Adults who reported smoking 'Every day' or 'Some days' were categorized as *Current Smokers* while adults who reported smoking 'Not at all' were categorized as *Former Smokers*.
- Results from Ever Tried to Quit Smoking for >1 day was derived from responses to the
 question 'During the past 12 months, have you stopped smoking for one day or longer
 because you were trying to quit smoking?'. If the participant answered 'Yes' they were
 counted as having tried to quit smoking.
- Results for Used Chewing Tobacco, Snuff, or Snus was derived from responses to the question 'Do you currently use chewing tobacco, snuff, or snus every day, some days, or

not at all?'. Participants could respond with 'Every day', 'Some days', or 'Not at all' and all responses are shown in the table.

Table 4: Diagnosed Health Conditions

 Results for Coronary Heart Disease, Heart Attack, Stroke, Asthma, Asthma currently, Chronic Obstructive Pulmonary Disorder, Depressive Disorder, Arthritis, Kidney Disease and Diabetes were obtained from similar questions that asked, 'Have you ever been told by a doctor that you have....?' Adults that responded 'Yes' are show for each of the listed conditions. Diabetes does not include females who were only told they had the condition during a pregnancy, nor does it included respondents who stated they have been told they have pre-diabetes or borderline diabetes. Asthma includes all adults that a doctor has ever told them they have the condition, regardless of current status.

Table 5: Cancer by Type

- Results for Any diagnosis of cancer was obtained from the question '(Ever told you had) any other types of cancer?'. Respondents who responded 'Yes' are shown in the table.
- Results for Breast Cancer were obtained from those that answered, 'Yes' to the question '(Ever told you had) skin cancer?' or answered, 'Yes' to the question '(Ever told you had) any other types of cancer?'. They were then asked, 'How many different type of cancer have you had?' and if they answered 1 they were then asked 'What type of cancer was it?'. If the respondent answered more than 1 type of cancer they were asked 'With your most recent diagnoses of cancer, what type of cancer was it?'. If they answered breast cancer, they were included in this table. Other cancer options were given, but insufficient responses precluded them from being shown.
- Results for Skin Cancer were obtained from the question '(Ever told you had) skin cancer?'. Respondents who responded 'Yes' are shown in the table.
- Results for Melanoma and Other Skin were obtained from those that answered, 'Yes' to the questions '(Ever told you had) skin cancer?' or if they answered, 'Yes' to '(Ever told you had) any other types of cancer?'.

Table 6: Disability

- Results for Deaf or serious difficulty hearing were obtained from the question 'Are you deaf or do you have serious difficulty hearing?'. Respondents who responded 'Yes' are included in the table.
- Results for Blind or serious difficulty seeing (even with glasses) were obtained from the
 question 'Are you blind or do you have serious difficulty seeing, even when wearing
 glasses?'. Respondents who responded 'Yes' are included in the table.
- Results for Difficulty concentrating, remembering, or making decisions due to physical, mental, or emotional conditions were obtained from the question 'Because of a physical, mental, or emotional condition, do you have serious difficulty concentrating, remembering, or making decisions?'. Respondents who responded 'Yes' are included in the table.
- Results for Difficulty walking or climbing stairs were obtained from the question 'Do you have serious difficulty walking or climbing stairs?'. Respondents who responded 'Yes' are included in the table.

- Results for Difficulty dressing or bathing were obtained from the question 'Do you have difficulty dressing or bathing?'. Respondents who responded 'Yes' are included in the table.
- Results for Difficulty doing errands due to physical, mental, or emotional condition were obtained from the question 'Because of a physical, mental, or emotional condition, do you have difficulty doing errands alone such as visiting a doctor's office or shopping?'.
 Respondents who responded 'Yes' are included in the table.
- Results for Physical disability or long-term health problem were obtained from the question 'Do you have any physical disabilities or long-term health problems?'.
 Respondents who responded 'Yes' are included in the table.
- Results for Any long-term emotional problem or learning disabilities were obtained from the question 'Do you have any long-term emotional problems or learning disabilities? (Long-term means 6 months or more).'. Respondents who responded 'Yes' are included in the table.

Table 7: Preventive Care & Screenings

- Results for Ever Had a Mammogram were obtained from the question 'Have you ever had a mammogram?' and if they responded, 'Yes', they were then asked, 'How long has it been since your last mammogram?'.
- Results for Ever Had a Pap Smear were obtained from the question 'Have you ever had a Pap test?' and if they responded, 'Yes', they were then asked, 'How long has it been since your last Pap test?'.
- Results for Had a Hysterectomy were obtained from the question 'Have you had a hysterectomy?'. Respondents who responded 'Yes' are included in the table.
- Results for Ever Had an HPV test were obtained from the question 'An H.P.V. test is sometimes given with the Pap test for cervical cancer screening. Have you ever had a H.P.V test?' and if they responded, 'Yes', they were then asked, 'How long has it been since your last H.P.V. test?'.
- Results for Ever Had an HIV test were obtained from the question 'Including fluid testing from your mouth, but not including tests you may have had for blood donation, have you ever been tested for H.I.V.?'. Respondents who responded 'Yes' are included in the table.
- Results for Ever Had a Sigmoidoscopy were obtained from the question 'A
 sigmoidoscopy checks part of the colon and you are fully awake. Have you ever had a
 sigmoidoscopy?'. Respondents who responded 'Yes' were then asked, 'How long has it
 been since you had this test?'. Only individuals aged 45 or older were asked this
 question.
- Results for Ever Had a Colonoscopy were obtained from the question 'A colonoscopy checks the entire colon. You are usually given medication through a needle in your arm to make you sleep and told to have someone else drive you home after the test. Have you ever had a colonoscopy?'. Respondents who responded 'Yes' were then asked, 'How long has it been since you had this test?'. Only individuals aged 45 or older were asked this question.
- Results for Ever Had a Blood Stool test were obtained from the question 'Another test
 uses a special kit to obtain a small amount of stool at home to determine whether the
 stool contains blood and returns the kit to the doctor or the lab. Have you ever had this

- test using a home kit?'. Respondents who responded 'Yes' were then asked, 'How long has it been since you had this test?'. Only individuals aged 45 or older were asked this question.
- Results for Ever Had a Stool DNA test were obtained from the question 'Another test
 uses a special kit to obtain an entire bowel movement at home and returns the kit to a
 lab. Have you ever had this test?'. Respondents who responded 'Yes' were then asked,
 'How long has it been since you had this test?'. Only individuals aged 45 or older were
 asked this question.
- Results for Ever Had a Virtual Colonoscopy screening were obtained from the question 'For a virtual colonoscopy, your colon is filled with air and you are moved through a donut shaped X-ray machine as you lie on your back and then on your stomach. Have you ever had a virtual colonoscopy?'. Respondents who responded 'Yes' were then asked, 'How long has it been since you had this test?'. Only individuals aged 45 or older were asked this question.
- Results for Ever Had a PSA test were obtained from the question 'Have you ever had a P.S.A. test?'. Respondents who responded 'Yes' were then asked, 'How long has it been since you had your last P.S.A. test?'. Only males over the age of 39 were asked this question.
- Results for Last Dentist Visit were obtained from the question 'Including all types of
 dentists, such as orthodontists, oral surgeons, and all other dental specialists, as well as
 dental hygienists, how long has it been since you last visited a dentist or dental clinic for
 any reason?'. Respondents had the options of 'Within the past year (anytime less than
 12 months ago)', 'Within the past 2 years (1 year but less than 2 years)', 'Within the past
 5 years (2 years but less than 5 years ago)', '5 or more years ago',
- Results for # Permanent teeth removed due to tooth decay or gum disease were
 obtained from the question 'Not including teeth lost for injury or orthodontics, how many
 of your permanent teeth have been removed because of tooth decay or gum disease?'.
- Results for Diabetes Tested in past 3 years were obtained from the question 'Have you had a test for high blood sugar or diabetes within the past three years?'.
 Respondents who responded 'Yes' are included in the table.
- Results for Diabetes Ever told pre-diabetic or borderline diabetes were obtained from the question 'Have you ever been told by a doctor or other health professional that you have prediabetes or borderline diabetes?'. Respondents who responded 'Yes' and did not indicate it was during pregnancy are included in the table.
- Results for Yearly Influenza Vaccine were obtained from the question 'During the past 12 months, have you had either a flu vaccine that was sprayed in your nose or flu shot injected into your arm?'. Respondents who responded 'Yes' are included in the table.
- Results for Pneumonia Vaccine were obtained from the question 'Have you ever had a
 pneumonia shot also known as a pneumococcal vaccine?'. Respondents who
 responded 'Yes' are included in the table.
- Results for Shingles or Zoster Vaccine were obtained from the question 'Have you ever had the shingles or zoster vaccine?'. Respondents who responded 'Yes' are included in the table. Only individuals over the age of 50 were asked this question.

Table 8: Drug Use

- Results for Reason for use of marijuana or hashish in past year were obtained from the
 question 'In the past year, have you ever used marijuana or hashish (select all that
 apply)?'. Options were 'Yes, for non-medical use.', 'Yes, for medical use.', or 'No, not at
 all.'. Respondents who responded 'Yes' for either non-medical or medical use are
 shown in the table.
- Results for Used any prescription pain reliever(s) prescribed by your doctor in last 12
 months were obtained from the question 'In the last 12 months, have you taken any
 prescription pain relievers when it was prescribed to you by a doctor, dentist, nurse
 practitioner, or other health care provider?'. Respondents who responded 'Yes' are
 included in the table.
- Results for Used any prescription drug(s) without doctor telling you to in last 12 months
 were obtained from the question 'In the last 12 months, did you use any prescription
 pain medication that was not prescribed specifically for you by a doctor, dentist, nurse
 practitioner, or healthcare providers?'. Respondents who responded 'Yes' are included
 in the table.

Table 9: Food Security - Assistance

- Results for Received food stamps or benefit card in past year were obtained from the
 question 'In the past 12 months, did you or anyone in your household get food stamps
 or a food stamp benefit card?'. Respondents who responded 'Yes' are included in the
 table.
- Results for Received food through WIC Program in past year were obtained from the question 'In the past 12 months, did any women or children in this household get food through the WIC program?'. Respondents who responded 'Yes' are included in the table.
- Results for Children (age 5-18) received free or reduced cost lunches in past year were obtained from the question 'In the past 12 months, did any children in your household between 5 and 18 years old receive free or reduced-cost lunches at school?'.
 Respondents who responded 'Yes' are included in the table.

Table 10: Adverse Childhood Experiences (ACE's)

- Results for Before the age of 18 did you live with anyone who... were obtained from those who responded 'Yes' to any of the following questions:
 - o 'Now, looking back before you were 18 years of age---
 - 'Did you live with anyone who was depressed, mentally ill, or suicidal?'
 - 'Did you live with anyone who was a problem drinker or alcoholic?'
 - 'Did you live with anyone who used illegal street drugs or who abused prescription medications?'
 - 'Did you live with anyone who served time or was sentenced to serve time in a prison, jail, or other correction facility?'
 - 'Were your parents separated or divorced?'
- Results for How often did a parent/adult in your home... were obtained from the those who responded 'Once' or 'More than once' to the following questions:
 - 'How often did your parents or adults in your home ever slap, hit, kick, punch or beat each other up?'.
 - 'Not including spanking, (before age 18), how often did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way?'.

- 'How often did a parent or adult in your home ever swear at you, insult you, or put you down?'.
- Results for How often did anyone at least 5 years older than you or an adult... were obtained from those who responded 'Once' or 'More than once' to the following questions:
 - o 'How often did anyone at least 5 years older than you or an adult...
 - "...ever touch you sexually?"
 - "...try to make you touch them sexually?"
 - "...force you to have sex?"

Table 11: Injury Falls (asked for those over the age of 44)

- Results for Average number of times fallen in last year were obtained from the question 'In the past 12 months, how many times have you fallen?'. The responses were that counted to create the average number amount respondents.
- Results for Average number of times injured from fall were obtained from those that indicated they had fallen in the previous year and who then were asked the question 'How many of these falls caused an injury that limited your regular activities for at least a day or caused you to go see a doctor?'.

Table 12: Cognitive Decline (asked of those over the age of 44)

 Results for Have experienced confusion or memory loss that happens more often or getting worse were obtained from the question 'During the past 12 months, have you experienced confusion or memory loss that is happening more often or is getting worse?'. Respondents who responded 'Yes' are included in the table.

Responses for the 2020 BRFSS

BRFSS data were weighted to account for unequal probabilities of being selected and to adjust the numbers of those selected to reflect the actual state population estimates. Table **13** shows the frequency of responses prior to weighting. Respondents can answer 'Yes', 'No', 'Don't Know/Not Sure' or they can refuse to answer the question. Some questions have alternative responses as noted in Tables 1-12. The total number of respondents per demographic group are shown in the first row, next to "Total Observations". In 2020, a total of 3,622 residents of Maricopa County participated in the BRFSS survey. The remainder of the table lists the specific question and the corresponding unweighted frequency of respondents who were asked each question by demographic group. The unweighted frequency represents the actual number of individuals who responded to each question, prior to weighting, which are not shown.

For more information on the BRFSS visit the CDC's BRFSS website: <u>CDC - BRFSS</u> or Arizona Behavioral Risk Factor Survey at: <u>ADHS - Arizona Behavioral Risk Factor Surveillance System - Home</u> (azdhs.gov).

TABLE 13

Questions	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White Non-Hispanic	Hispanic	Total
Total Responses	1,706	1,916	306	519	564	651	593	989	2,362	805	3,622
Health care coverage	1,216	1,310	297	515	542	581	591		1,438	714	2,526
Usual source of care	1,694	1,906	302	513	563	649	590	983	2,348	799	3,600
Last checkup	1,686	1,895	292	513	555	644	591	986	2,344	793	3,581
Unable to afford health care	1,702	1,912	306	518	563	650	592	985	2,359	801	3,614
General health status	1,701	1,913	306	518	564	650	592	984	2,356	805	3,614
Avg. days physical health not good	411	589	77	132	136	180	162	313	675	205	1,000
Avg. days mental health not good	520	832	181	279	233	233	184	242	882	295	1,352
Avg. days kept from usual activities	316	534	114	144	135	149	113	195	549	181	850
Avg. hours sleep-in 24-hour period	1,694	1,899	303	515	557	647	593	978	2,348	796	3,593
BMI classification	1,573	1,594	265	444	448	540	529	901	2,099	666	3,167
Any physical activity in last 30 days	1,702	1,914	304	519	564	649	592	988	2,359	804	3,616
Seat belt use	1,558	1,748	272	470	519	576	537	932	2,174	723	3,306
Binge drinking	1,531	1,743	269	473	510	568	536	918	2,151	713	3,274
Heavy drinking	1,536	1,740	264	470	510	570	540	922	2,151	715	3,276
Smoking status	1,706	1,916	306	519	564	651	593	989	2,362	805	3,622
Tried to stop smoking	1,706	1,916	306	519	564	651	593	989	2,362	805	3,622
Use chewing tobacco, snuff, or snus	1,601	1,784	275	479	530	593	561	947	2,217	745	3,385
Coronary heart disease	1,697	1,906	304	519	562	649	591	978	2,347	804	3,603
Heart attack	1,697	1,910	306	519	560	650	590	982	2,352	800	3,607
Stroke	1,701	1,913	306	518	561	650	593	986	2,356	803	3,614
Asthma – ever in life	1,704	1,905	306	519	562	648	590	984	2,352	803	3,609
Asthma – currently	1,700	1,899	305	519	559	647	590	979	2,348	801	3,599
COPD	1,695	1,908	306	518	561	646	590	982	2,351	799	3,603
Depressive disorder	1,693	1,901	302	514	560	644	591	983	2,345	798	3,594
Arthritis	1,696	1,909	306	517	561	645	590	986	2,349	801	3,605
Kidney disease	1,699	1,908	306	517	561	647	591	985	2,353	802	3,607
Diabetes	1,703	1,911	306	519	562	648	591	988	2,355	805	3,614
Ever diagnosed with cancer	1,704	1,911	306	519	563	646	593	988	2,357	803	3,615

Questions	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White Non-Hispanic	Hispanic	Total
Cancer type	167	247	-	-	-	-	65	280	372	-	414
Skin cancer	1,702	1,911	306	519	562	648	593	985	2,353	805	3,613
Deaf or difficulty hearing	1,635	1,814	285	492	541	605	567	959	2,250	764	3,449
Blind or difficulty seeing	1,627	1,812	284	490	540	605	564	956	2,244	760	3,439
Difficulty concentrating due to											
physical, mental, or emotional condition	1,617	1,804	280	487	536	602	566	950	2,236	758	3,421
Difficulty walking or climbing stairs	1,616	1,805	280	489	537	599	565	951	2,233	759	3,421
Difficulty dressing or bathing	1,620	1,806	278	490	537	601	566	954	2,241	757	3,426
Difficulty doing errands alone due to physical, mental, or emotional condition	1,614	1,796	278	485	537	597	565	948	2,230	755	3,410
Physical disability or long-term health problem	161	154	220	95	-	-	-	-	137	121	315
Any long-term emotional problems or learning disabilities	160	154	218	96	-	-	-	-	138	119	314
Ever had a Mammogram		1,733	118	221	281	310	282	521	1,132	404	1,733
Time since last mammogram		1,255	-	61	142	269	269	500	893	235	1,255
Ever had a Pap test		1,714	119	220	277	308	279	511	1,120	400	1,714
Time since last pap test		1,538	-	199	264	291	267	469	1,024	351	1,538
Ever had an HPV test		1,329	108	189	230	239	209	354	848	330	1,329
Time since last HPV test		606	-	128	142	137	90	79	368	156	606
Ever had HIV test	1,449	1,596	264	444	479	527	492	839	1,997	666	3,045
Ever had a Sigmoidoscopy	831	1,015				491	509	846	1,420	258	1,846
Time since last sigmoidoscopy	145	147				-	-	215	249	-	292
Ever had a Colonoscopy	874	1,056				499	526	905	1,483	272	1,930
Time since last colonoscopy	566	698				168	343	753	1,042	138	1,264
Ever had a Blood stool test	853	1,043				494	513	889	1,452	270	1,896
Time since last blood stool test	309	381				85	152	453	566	73	690
Ever had a DNA stool test	849	1,035				491	512	881	1,450	262	1,884
Time since last DNA stool test	56	73				-	-	82	100	-	129

Questions	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White Non-Hispanic	Hispanic	Total
Ever had a virtual colonoscopy	-	-				-	-	866	1,423	-	1,858
Time since last virtual colonoscopy	-	-				-	-	56	56	-	73
Ever Had a PSA test	977				-	247	242	379	736	-	977
Time since last PSA test	446				-	-	114	270	384	-	446
Seen a dentist, orthodontist, oral surgeon, or other dental specialist	1,689	1,895	299	516	558	642	587	982	2,345	793	3,584
# permanent teeth removed because of tooth decay or gum disease	1,675	1,873	304	513	558	635	584	954	2,316	781	3,548
Tested for diabetes in past 3 yrs.	1,272	1,535	251	419	470	523	456	688	1,792	660	2,807
Told you are/were pre-diabetic or borderline diabetes	1,308	1,572	256	427	489	534	464	710	1,849	672	2,880
Yearly influenza vaccine	1,566	1,759	268	474	522	583	544	934	2,181	735	3,325
Pneumonia vaccine	1,395	1,615	210	390	458	526	516	910	1,995	654	3,010
Adults >49 years old had a Shingles vaccine	760	936				256	530	910	1,324	229	1,696
Used any marijuana or hashish in last year (medical or non-medical)	290	202	-	-	-	-	-	-	310	112	492
Use of prescription pain reliever(s) with a prescription	1,231	1,458	-	372	417	473	452	753	1,744	621	2,689
Use of prescription drugs without a doctor's permission	-	-	-	-	-	-	-	-	-	-	2,678
Food stamps	1,241	1,463	219	374	422	475	456	758	1,759	622	2,704
WIC	1,241	1,463	219	374	422	475	456	758	1,759	622	2,704
Free or reduced lunch	1,222	1,447	222	371	415	469	449	743	1,730	619	2,669
ACEs - lived with someone who											
was depressed, mentally ill, or suicidal	1,248	1,468	221	374	420	478	460	763	1,762	628	2,716
parents were divorced/separated	1,249	1,471	222	376	417	479	456	770	1,768	624	2,720
problem drinker/alcoholic	1,256	1,471	223	377	423	478	458	768	1,768	630	2,727

Questions	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White Non-Hispanic	Hispanic	Total
used illegal drugs or abused prescription medicine	1,252	1,473	221	375	418	482	458	771	1,774	625	2,725
served time or was sentenced to serve time (prison, jail, or other correctional facility)	1,256	1,475	223	377	422	481	459	769	1,774	630	2,731
ACEs – how often a parent/adult											
slapped, hit, kicked, punched, or beat each other up	1,231	1,444	220	371	412	465	449	758	1,742	619	2,675
hit, beat, kicked, or physically hurt you in any way	1,229	1,456	218	366	416	472	452	761	1,751	619	2,685
swore at you, insulted you, or put you down	1,225	1,457	219	366	418	468	452	759	1,742	622	2,682
ACEs – how often at least 5 years older than you or an adult											
ever touch you sexually	1,235	1,433	218	362	413	467	447	761	1,736	616	2,668
tried to make you touch them sexually	1,237	1,440	220	366	415	472	447	757	1,742	618	2,677
forced you to have sex	1,237	1,444	222	366	418	469	449	757	1,741	623	2,681
Avg. number of falls in last year	176	281				105	107	245	360	57	457
Avg. number of times injured in a fall	58	116				-	-	89	134	-	174
Experience confusion/memory loss											
that happens more often or getting worse	782	975				-	-	783	1,311	-	1,757

Demographic groups that were not asked a specific question due to age or gender are indicated using '.'.

Demographic groups with less than 50 total non-blank responses to the question are not included in the report and are indicated with '-'.



Maricopa County
Public Health Department
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