

*The Thumb Area
Behavioral Risk Factor Survey,
2003*

Summary Report

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**MICHIGAN STATE
UNIVERSITY**

About the Survey

❖ Sponsored by the Thumb Rural Health Network, including:

- Covenant Healthcare
- Deckerville Community Hospital
- Genesys Health System
- Harbor Beach Community Hospital
- Hills and Dales General Hospital
- Huron County Health Department
- Huron Medical Center
- Marlette Community Hospital
- McKenzie Memorial Hospital
- Mercy Hospital-Port Huron
- Scheurer Hospital
- Tuscola County Health Department

❖ Conducted as special over-sample of Huron, Sanilac, and Tuscola Counties within the Michigan Behavioral Risk Factor Survey (BRFS)

❖ Under cooperative arrangement with the Michigan Department of Community Health



About the Survey

- ❖ **Cross-Sectional Telephone Survey of English-speaking, Non-institutionalized Adults (18+) in Huron, Sanilac, and Tuscola Counties**
- ❖ **Data collected throughout 2003 (Jan. 2003 – Feb. 2004)**
- ❖ **Calling across time blocks, days of week**
- ❖ **Up to 15 call attempts, 15 after 1st contact**
- ❖ **Refusal conversion attempts**

About the Survey

- ❖ **Random Digit Dial Sample (list-assisted, stratified sample of all phone numbers)**
- ❖ **Samples drawn quarterly, supplied by Genesys, Survey Sampling, Inc.**
- ❖ **Advance notices to households with listed numbers**
- ❖ **One randomly selected respondent within each selected household**

About the Survey: Topics Covered

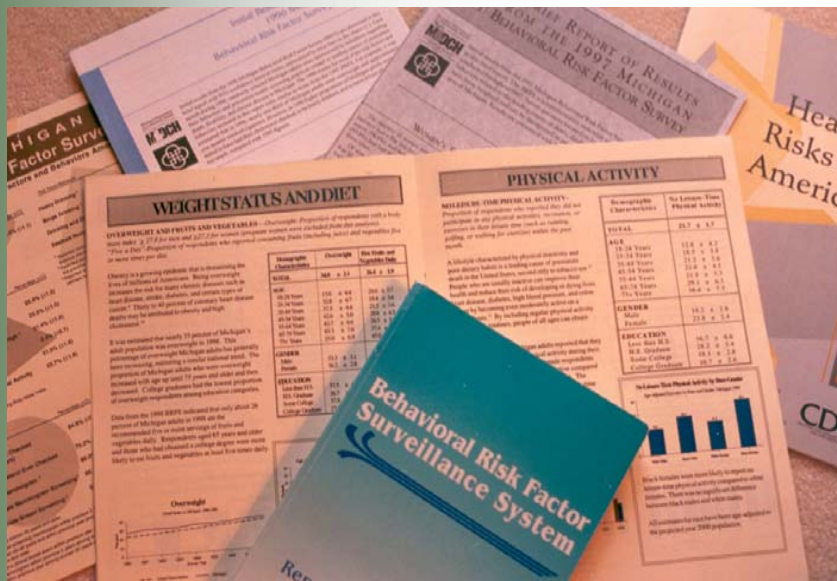
- ❖ **Health Status**
- ❖ **Health Conditions**
 - Asthma
 - Hypertension, Cholesterol
 - Diabetes
 - Arthritis
 - Disabilities
- ❖ **Access to Care & Utilization**
 - Coverage
 - Provider
 - Vaccinations
 - Screening Testing
- ❖ **Health Behaviors**
 - Smoking
 - Alcohol Consumption
 - Weight Status
 - Physical Activity
 - Nutrition & Diet
- ❖ **Other Health Concerns**
 - Excess Sun Exposure
 - Falls
 - Medicine Compliance
 - Farm Injuries
 - Domestic Violence

About the Survey



- ❖ Ave. Interview length = 20.6 minutes.
- ❖ Ave. Number Call Attempts to Complete = 5.3
- ❖ Total Interviews completed for **Huron County=417;**
Sanilac County =410;
Tuscola County = 449
- ❖ Margin of Sampling Error \leq
 $\pm 4.8\%$ for counties;
 $\pm 2.7\%$ for Thumb Area
- ❖ Overall Response Rate = 57.0%; Refusal Rate= 10.2% (CASRO)

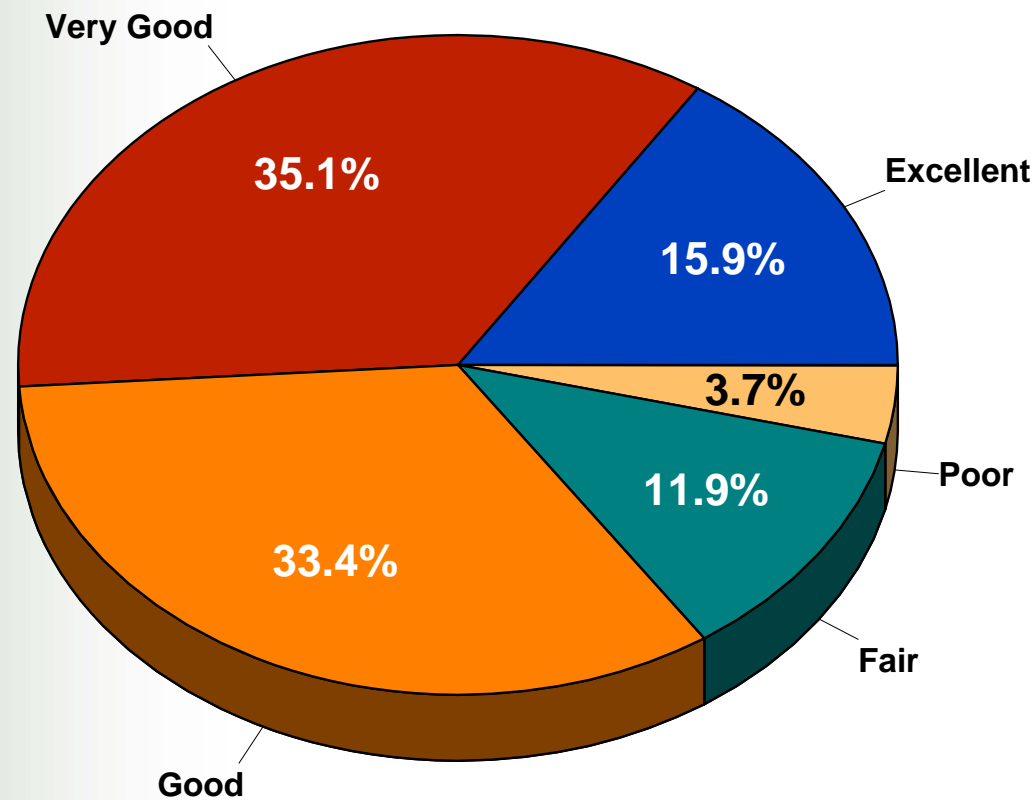
Results



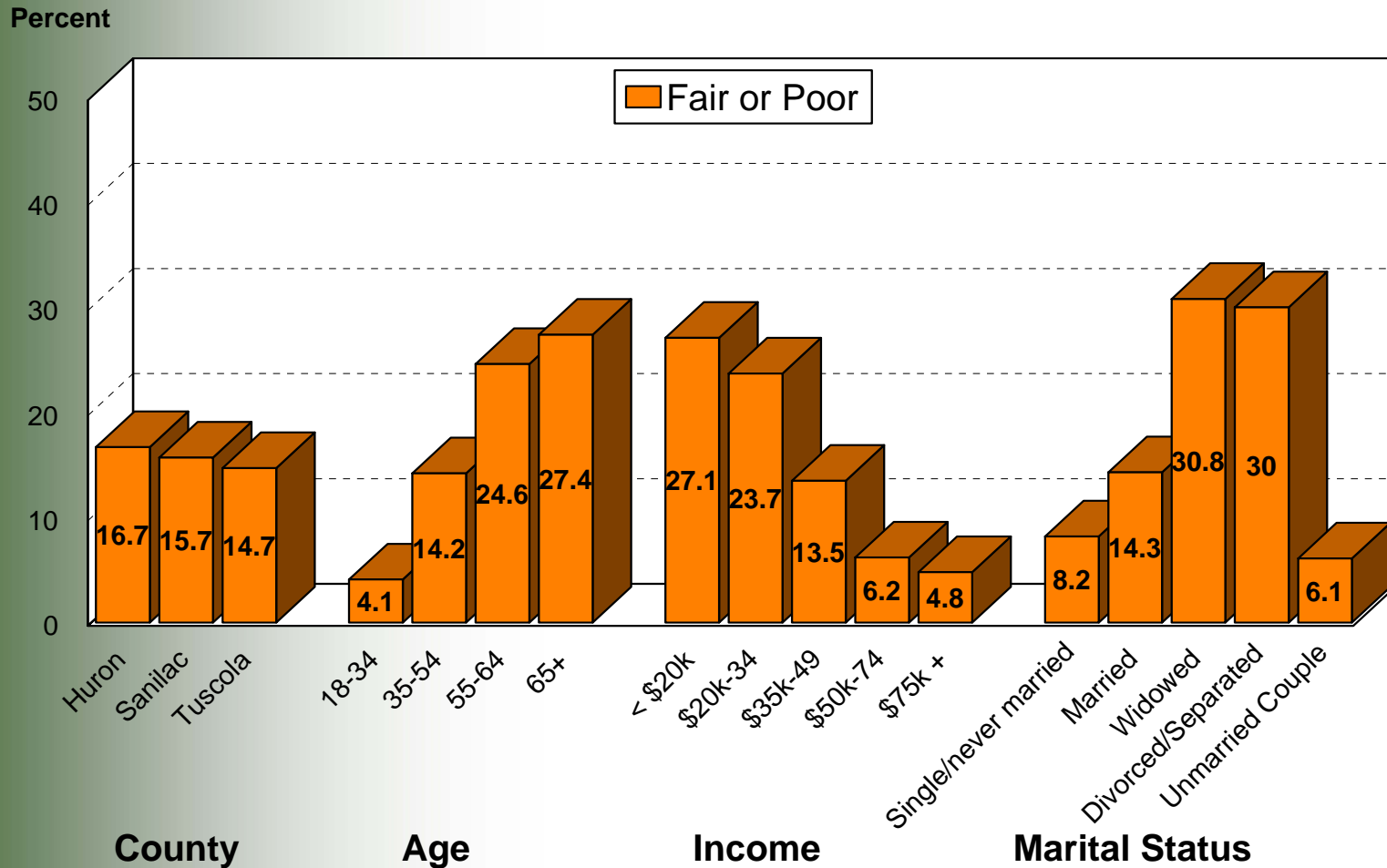
❖ Health Status

- Subjective rating
- Days of ill health

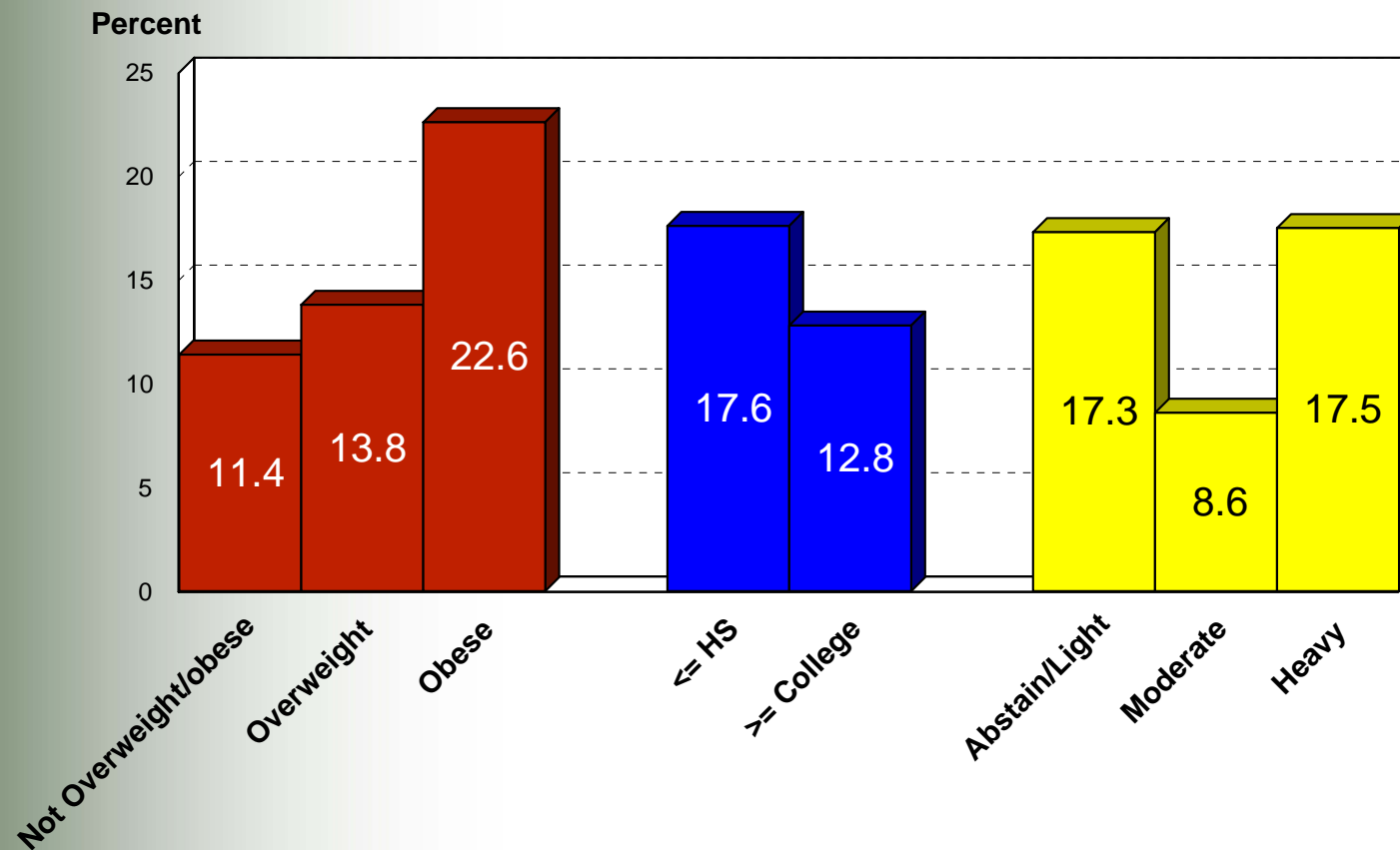
In general, would you say your health is . . . ?



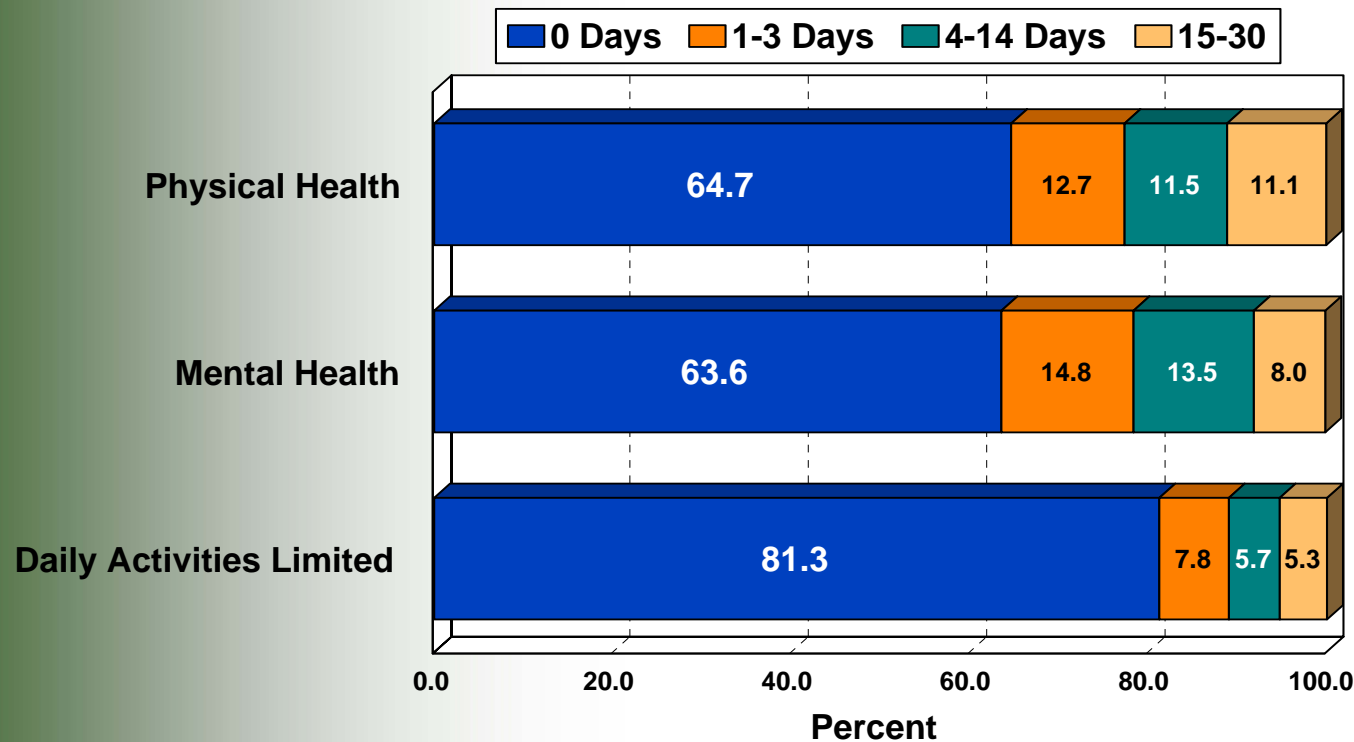
% Health Status Only Fair or Poor by County, Age, Income, Marital Status



% Health Status Only Fair or Poor by Weight Category, Education, Alcohol Use



Number Days In Past Month Physical, Mental Health Not Good, Daily Activities Limited

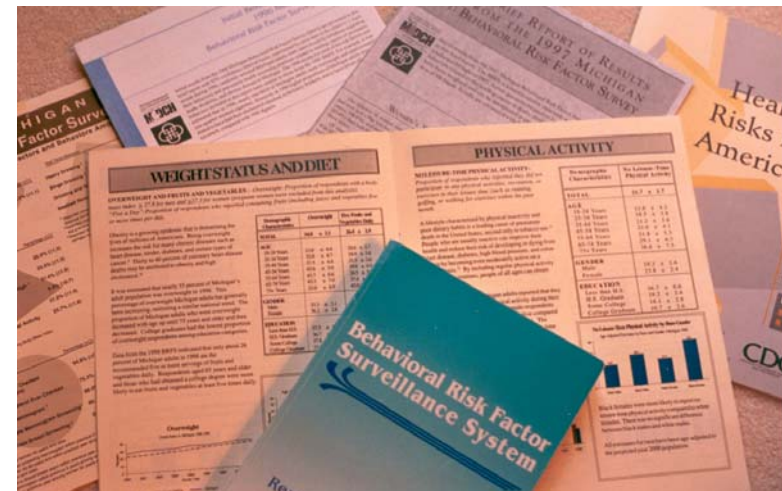


- ❖ Females reported more days mental health not good than males did
- ❖ Number days physical health not good increases with age; numbers days mental health not good decreases with age
- ❖ Number days health not good, limited decreases with increasing income

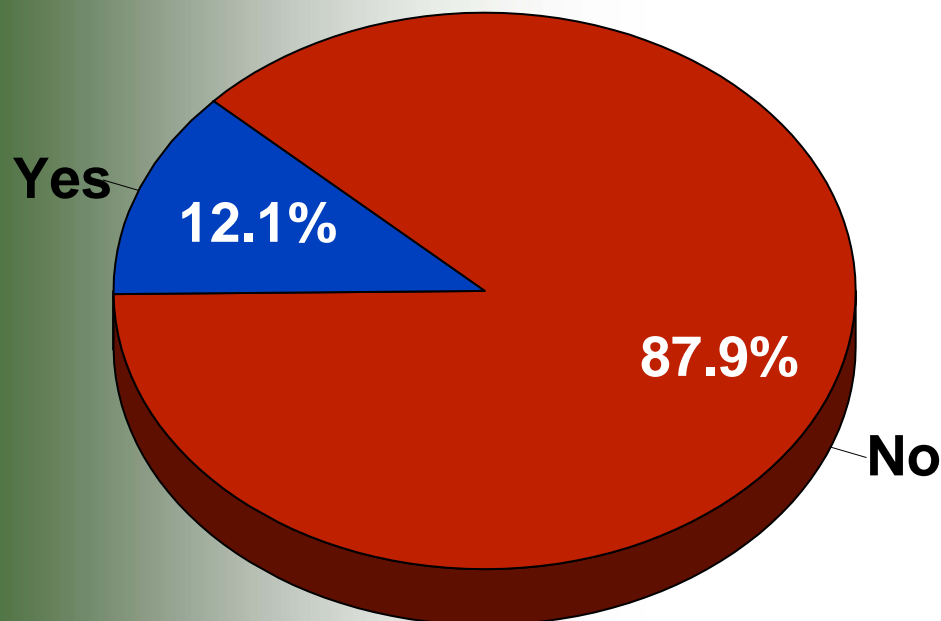
Results

❖ Health Conditions

- Asthma
- Hypertension, Cholesterol
- Diabetes
- Arthritis
- Disabilities

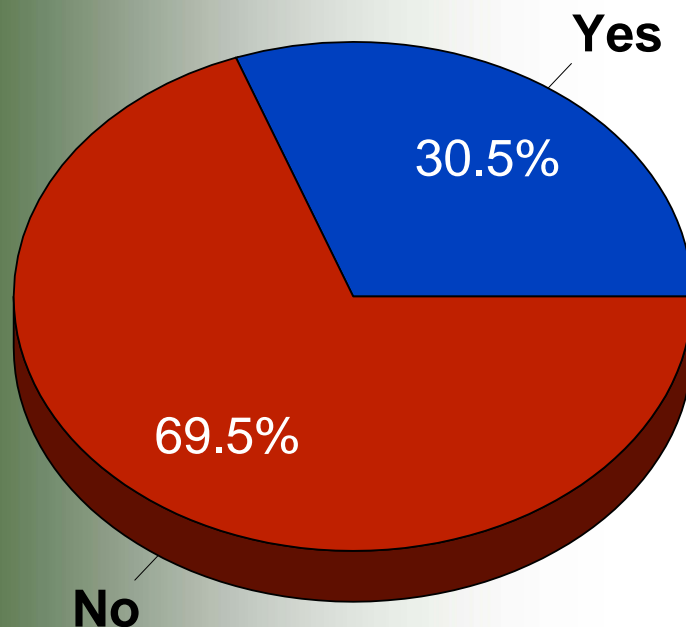


Ever Told by Health Professional Have Asthma?



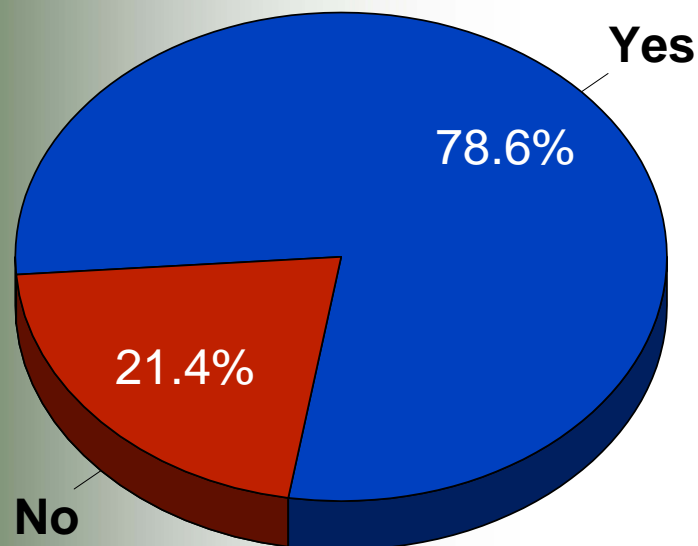
- ❖ Of these, 66.8% still have asthma – 8.0% of all respondents
- ❖ No difference across counties
- ❖ Projected to = 7,720 adults (currently have)
- ❖ More prevalent among those with lower income

Ever Told by Health Professional Have High Blood Pressure



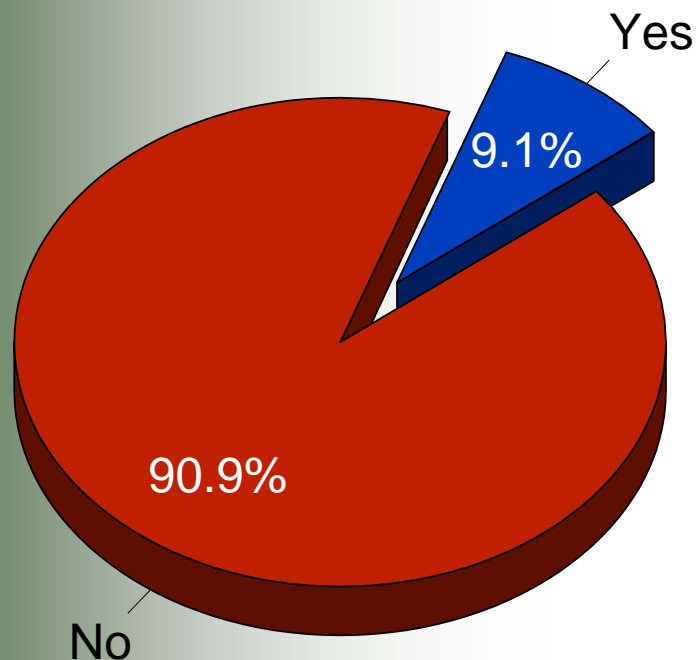
- ❖ Huron – 34.9% (=9,283 adults); Sanilac – 31.9% (=10,385 adults); Tuscola – 26.7% (=11,390 adults)
- ❖ 42.1% of those 55-65; 55.1% of those 65 or older
- ❖ 71.2% currently take medications
 - 84.8% in Huron
 - 74.3% in Sanilac
 - 63.2% in Tuscola
- ❖ Males more likely to be told have high blood pressure, less likely to be taking medication

Ever Had Cholesterol Checked



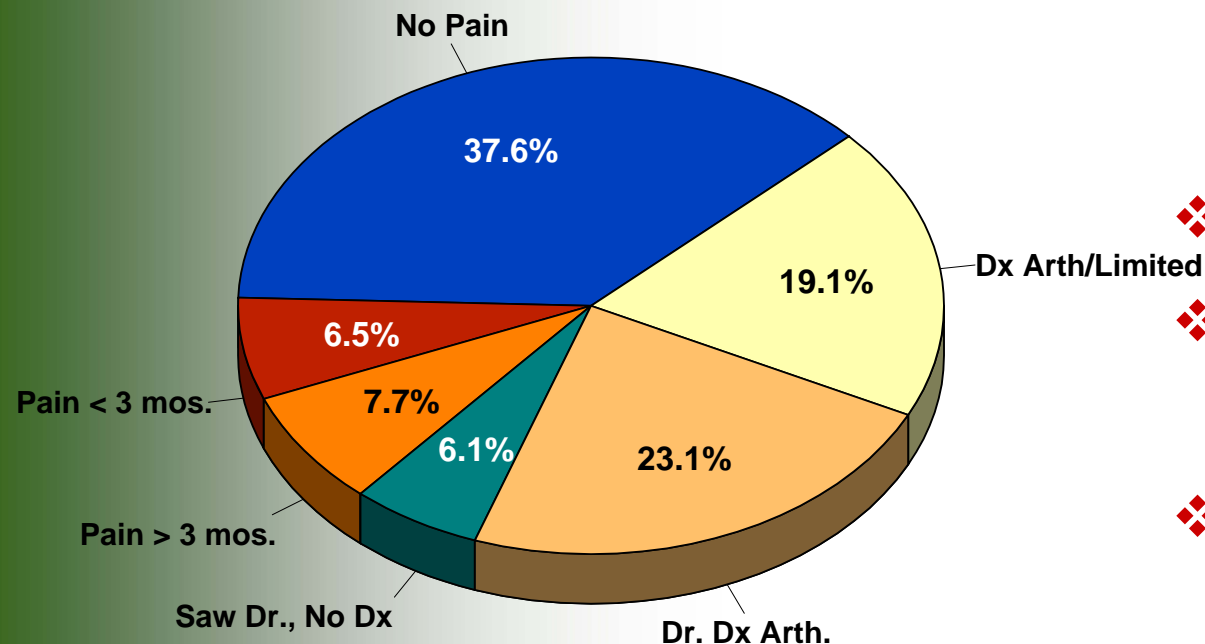
- ❖ Huron – 84.1%; Sanilac – 77.1%; Tuscola – 76.1%
- ❖ 85% checked in past 2 years
- ❖ 40.7% of those checked (31.2% of all respondents) were told their cholesterol is high (no difference across counties)
- ❖ % High projected to = 8,485 in Huron; 10,092 in Sanilac; 13,267 in Tuscola
- ❖ Prevalence increases with age
- ❖ Males less likely to ever had checked (75% vs. 82% of females)

Ever Told by Health Professional Have Diabetes (excluding during pregnancy)?



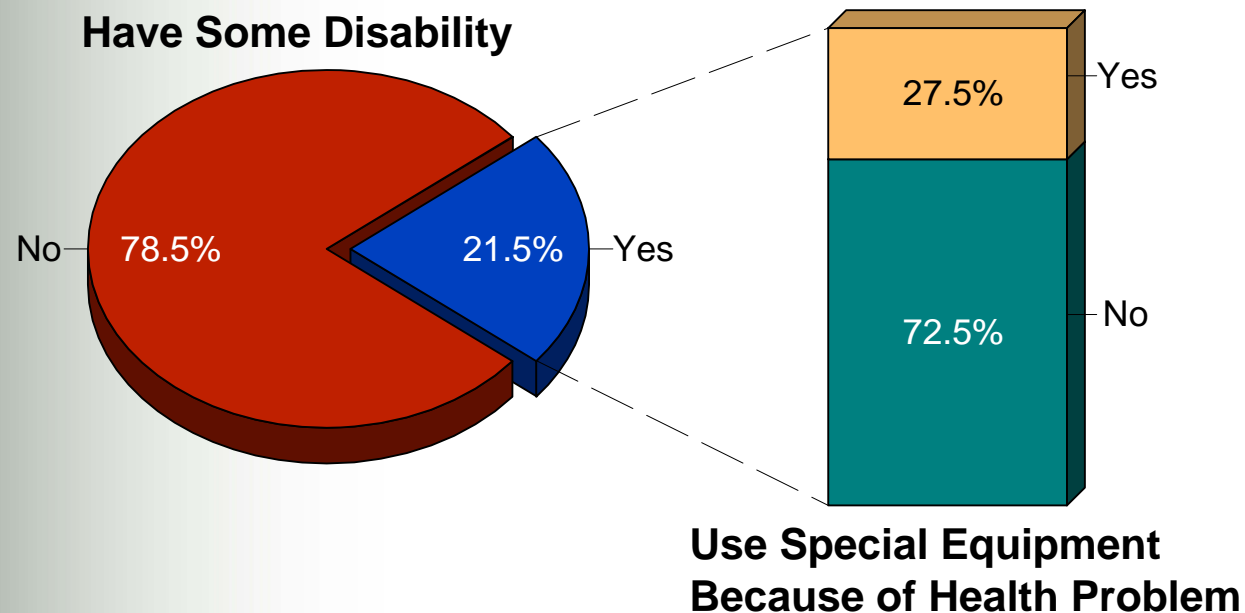
- ❖ Projected to = 9,160 adults
- ❖ Ave. Age when 1st told = 48.0 years
- ❖ 10.3% taking insulin only;
49.1% taking diabetes pills only;
14.7% taking both;
25.9% taking neither
- ❖ 55.3% check blood sugar 1+ times per day
- ❖ 80.5% check feet for sores 1+ times per week
- ❖ 87.9% visited doctor (etc) for diabetes in past year
- ❖ 82.8% checked for hemoglobin A-1C in past year
- ❖ 58.5% had taken diabetes management class

Prevalence of Joint Pain or Arthritis



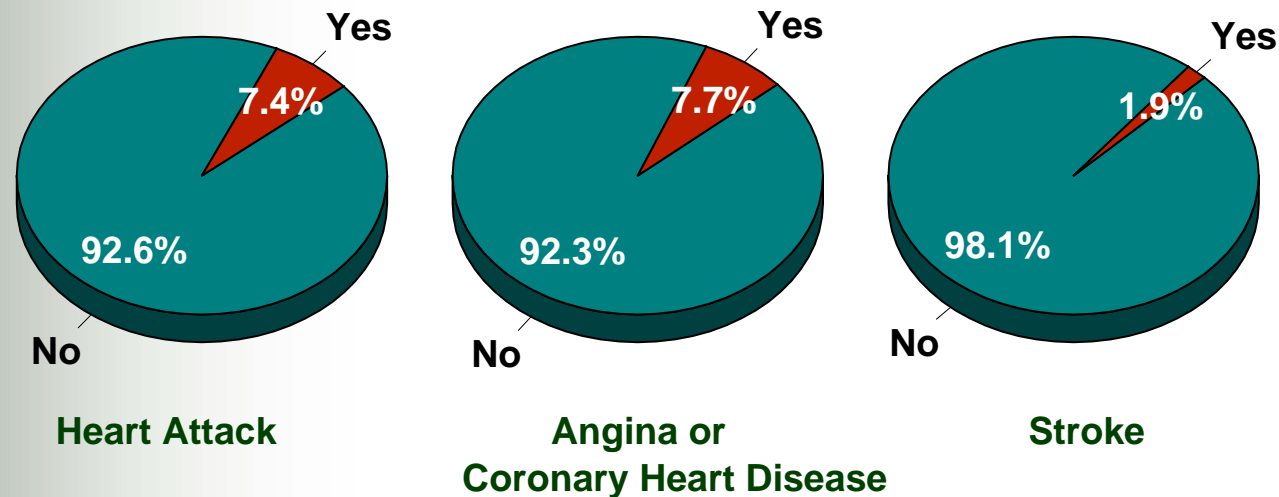
- ❖ 54.6% had symptoms of pain, aching, stiffness in/around joint (excluding back & neck) in past month
- ❖ 83.6% of these had symptoms > 3 months
- ❖ 71.8% of these say health professional because of the symptoms
- ❖ 38.1% of all respondents told they have arthritis, gout, lupus, fibromyalgia
- ❖ 29.7% of these now limited in usual activities by pain

Whether or Not Limited in Any Activities by Physical, Mental, or Emotional Problems



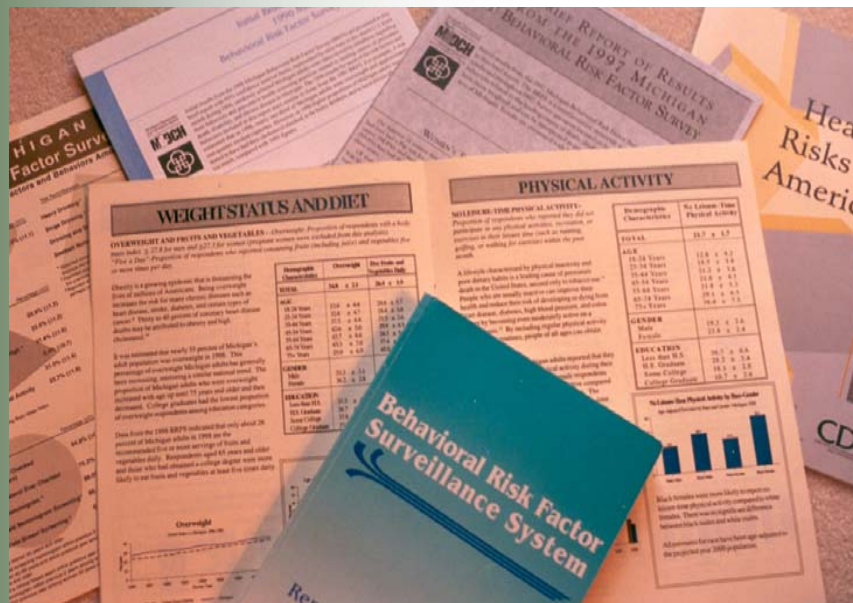
- ❖ 7.3% of all respondents have health problem requiring use of special equipment
- ❖ No difference in prevalence among Thumb counties
- ❖ Prevalence of disability and need for special equipment increases with age:
 - 31.6% of those over 65 have disability
 - 17.4% of those over 65 require special equipment

Prevalence of Heart Attack, Angina, Stroke Among 35+ Year Olds



- ❖ Altogether, 12.3% of those 35+ reported having been told they had at least one of the three types of cardiovascular problems
 - 24.8% of these went to outpatient rehabilitation after leaving the hospital
- ❖ 34.7% of respondents 35+ take aspirin daily
 - 16.1% of these take aspirin for pain
 - 88.2% of these take aspirin to reduce risk of heart attack
 - 66.8% of these take aspirin to reduce risk of stroke

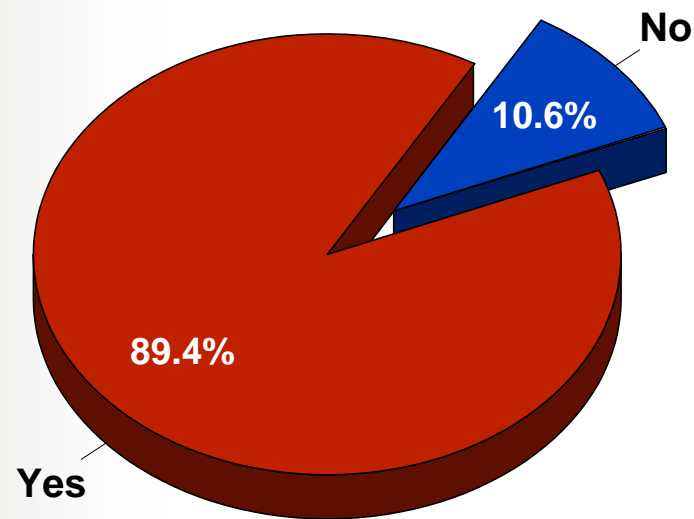
Results



❖ Access to Care & Utilization

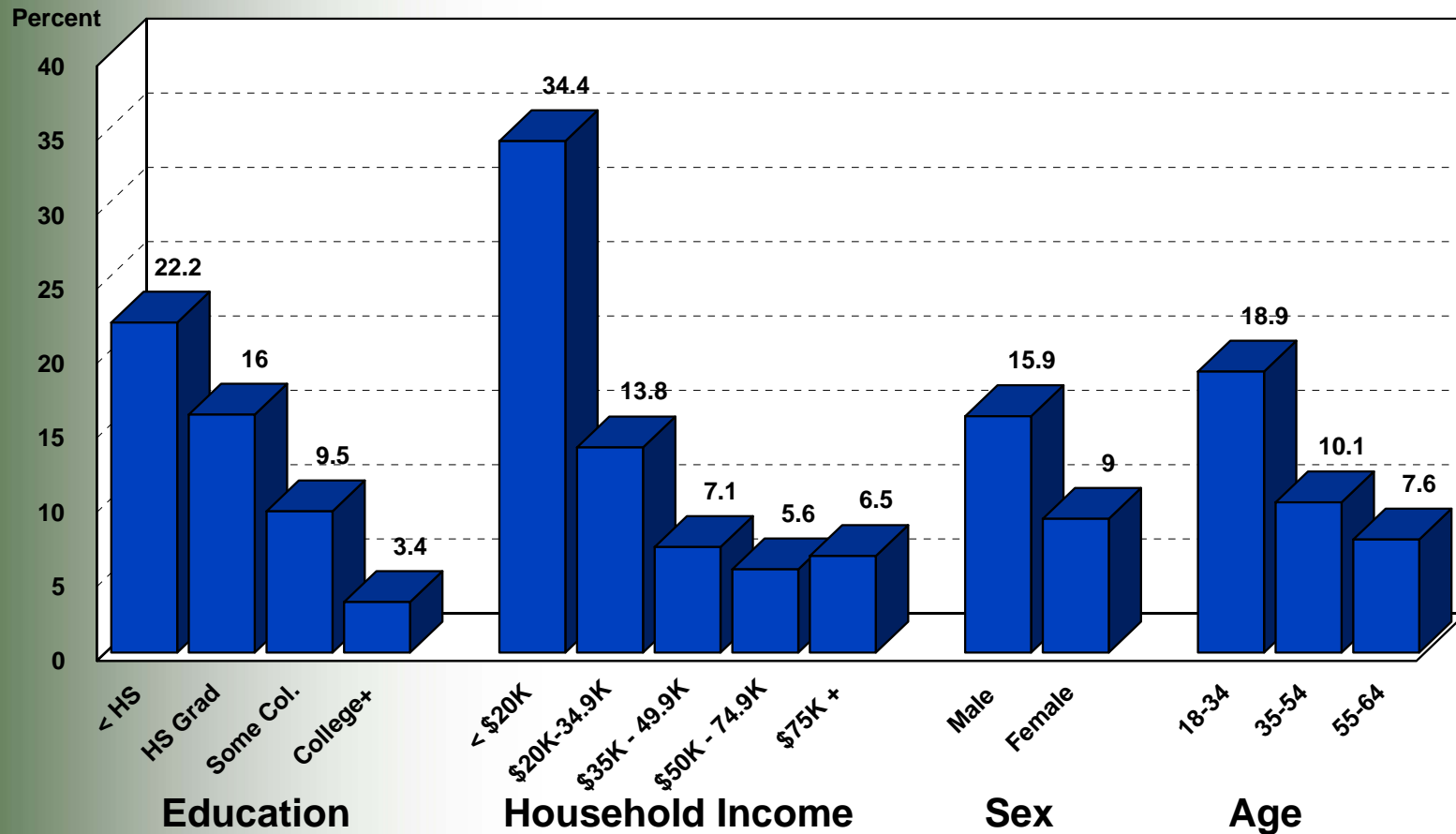
- Coverage
- Provider
- Vaccinations
- Screening Testing

Have Any Kind of Health Care Coverage?

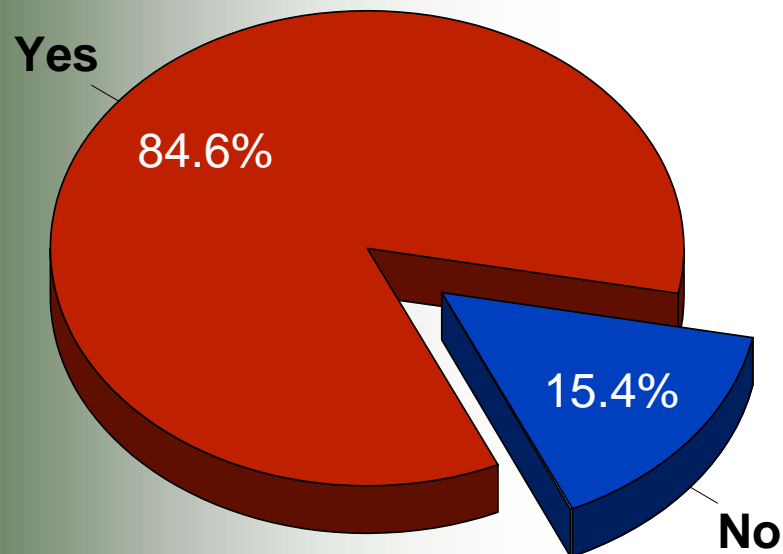


- ❖ % uninsured projected to 11,043 adults in Thumb (3,405 in Huron, 3,841 in Sanilac, 3,797 in Tuscola)
- ❖ Among those 18-64 years old, 12.5% are uninsured
 - Huron - 16.3%
 - Sanilac - 13.8%
 - Tuscola - 9.2%

% Without Health Care Coverage by Education, Income, Sex, Age Among Those 18-64

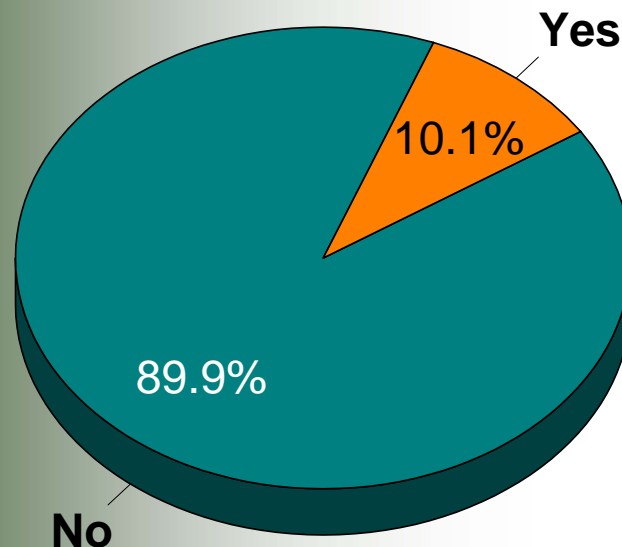


Have a Personal Doctor or Health Care Provider?



- ❖ 16.3% of Huron (4,336 adults); 20.4% of Sanilac (6,641); 11.1% of Tuscola (4,735) have no personal Dr. or provider
- ❖ Younger residents less likely to have a personal physician, provider (29.9% of those 18-34, 13.5% of those 35-54; 9.8% of those 55-64; 4.7% of those 65+)
- ❖ 9.1% of females do not have provider vs. 22.0% of males

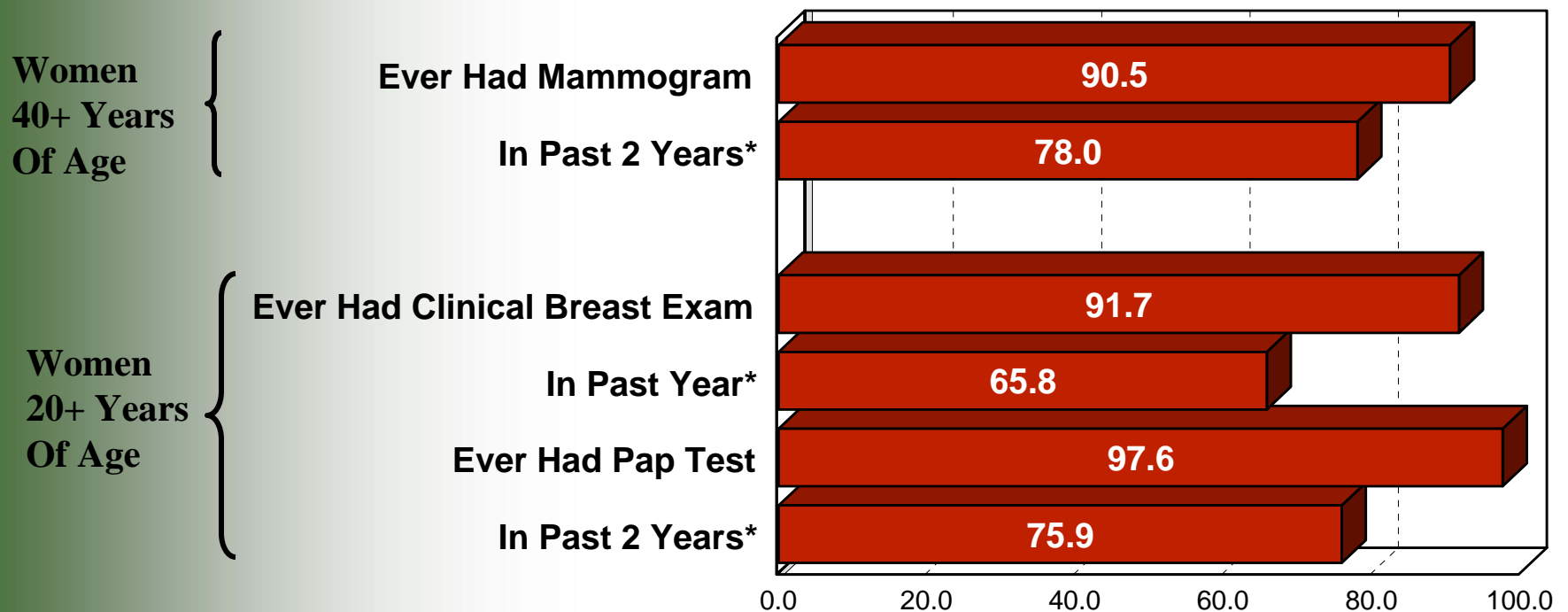
Prevalence of Not Getting Needed Medical Care in Past Year Because of Cost



- ❖ Prevalence greater among those with less income
- ❖ 37.9% of those without insurance, 6.8% of those with insurance
- ❖ Majority of those who reported foregoing care because of cost have insurance (50% of those in Huron, 61% of those in Sanilac, 68% of those in Tuscola)

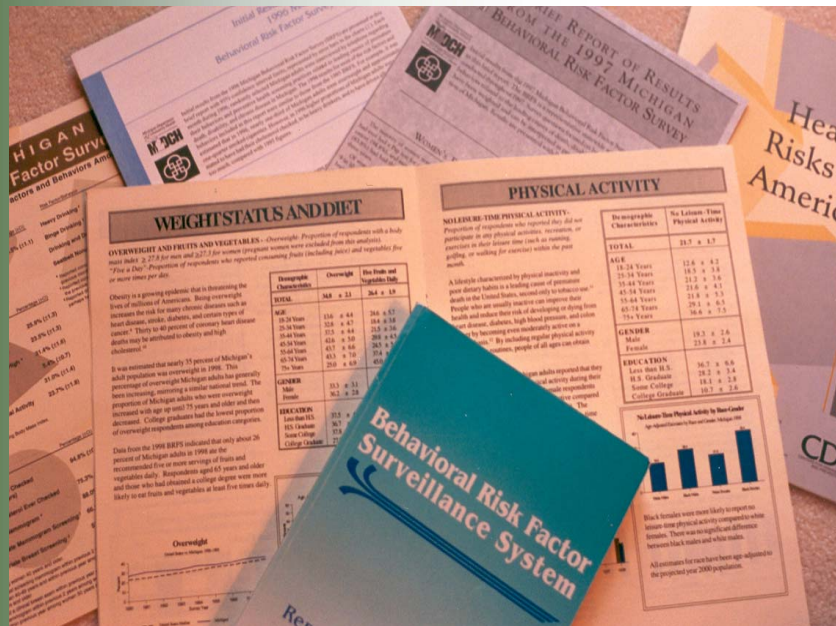
“Was there a time in the past 12 months when you needed to see a doctor but could not because of the cost?”

% of Women Who Had Various Health Screening Tests



- ❖ Women in Tuscola less likely to have had clinical breast exam as recently as those in Huron, Sanilac
- ❖ Those with lower incomes less likely to have ever had or had within appropriate time period

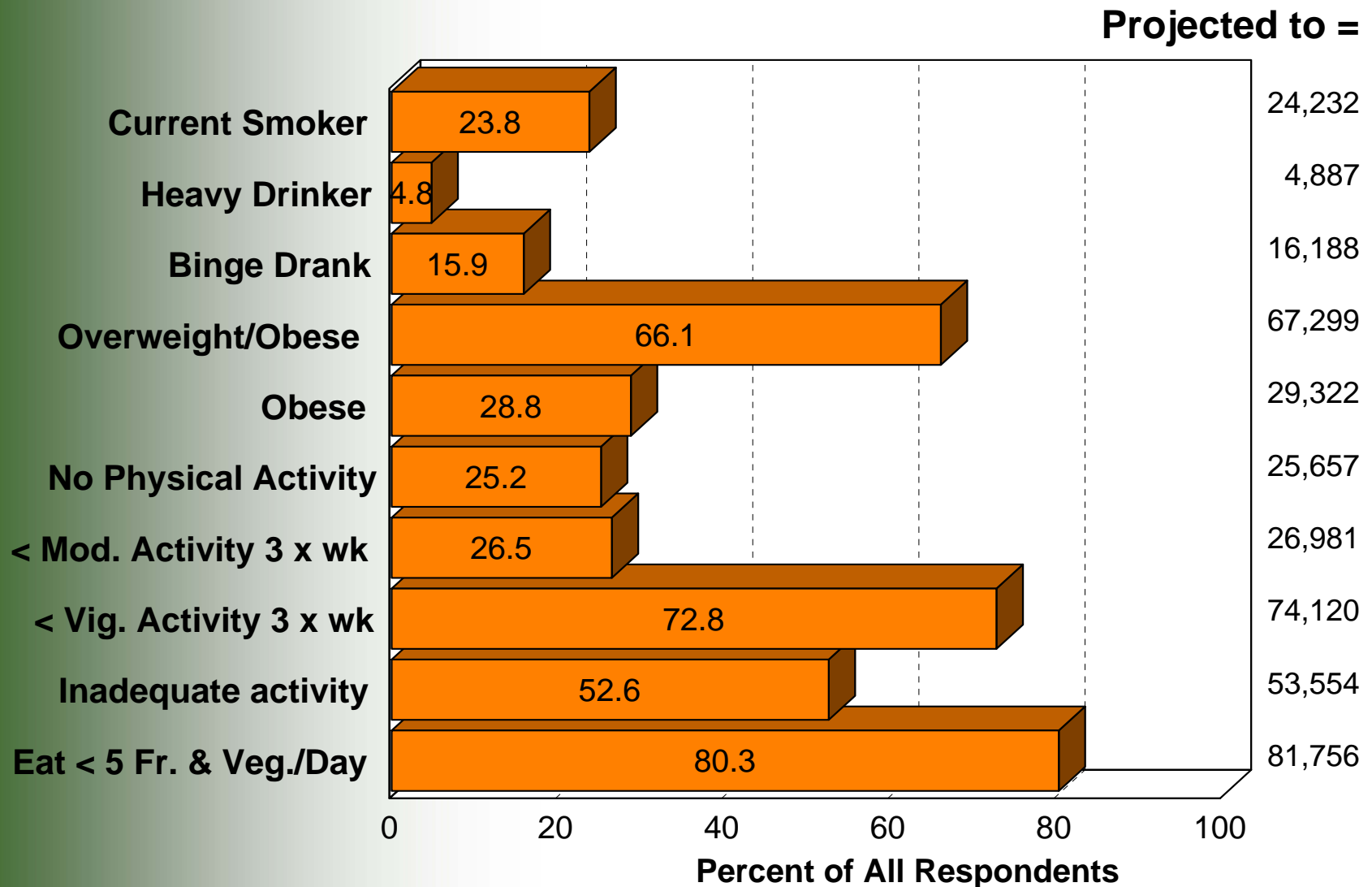
Results



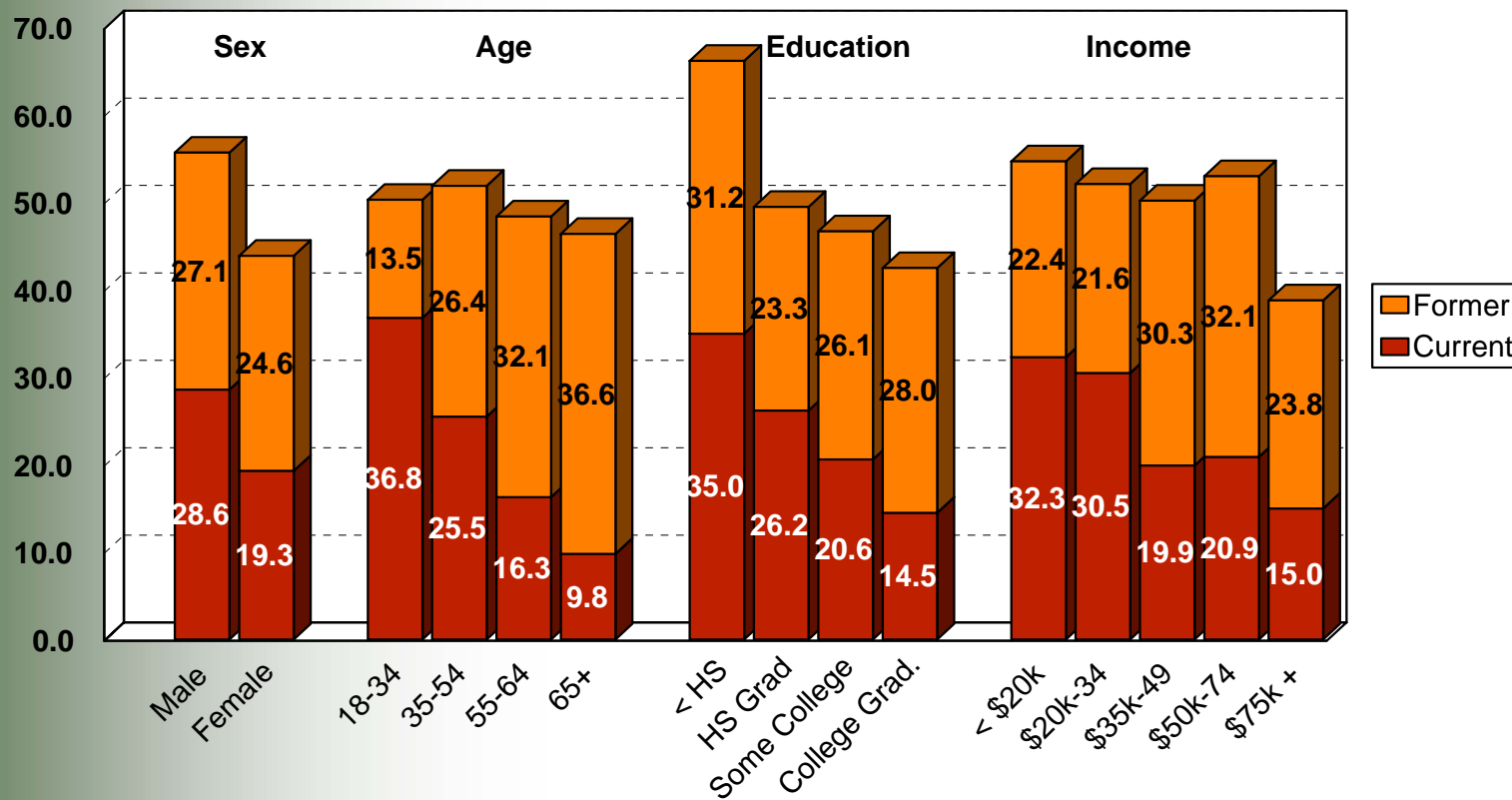
❖ Health Behaviors

- Smoking
- Alcohol Consumption
- Weight Status
- Physical Activity
- Nutrition & Diet

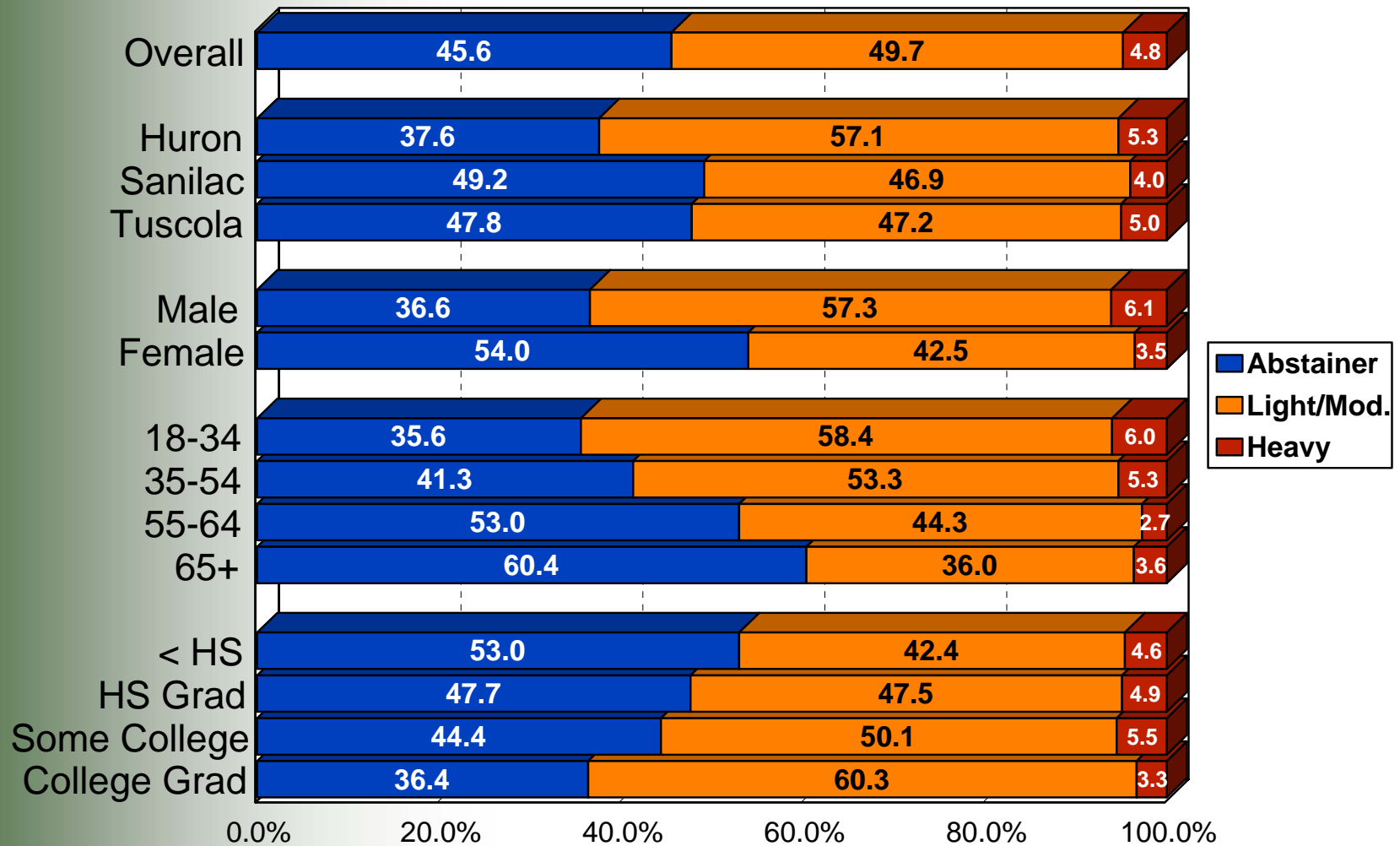
Prevalence Rates of Risk Factors



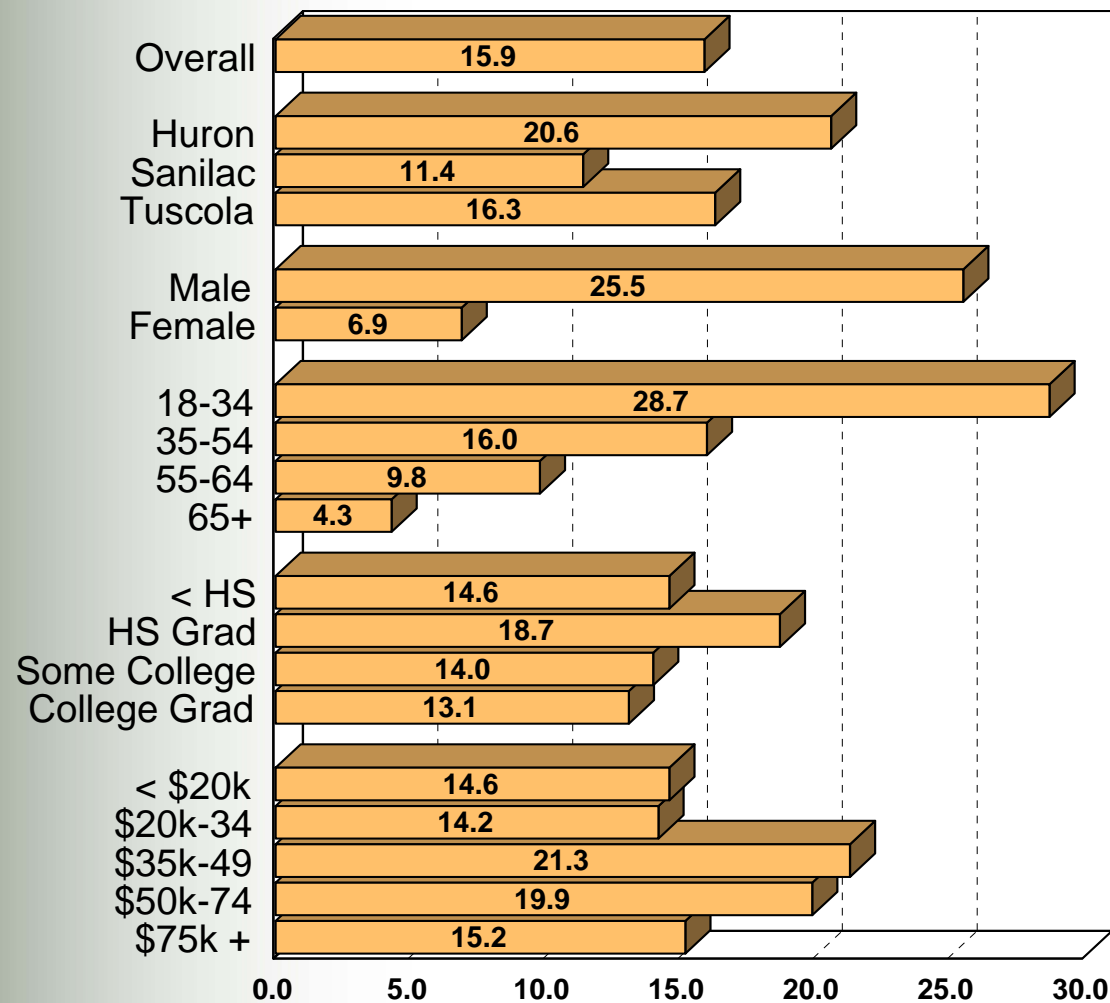
Smoking Status by Age, Education



Drinking Status by County, Sex, Age, and Education



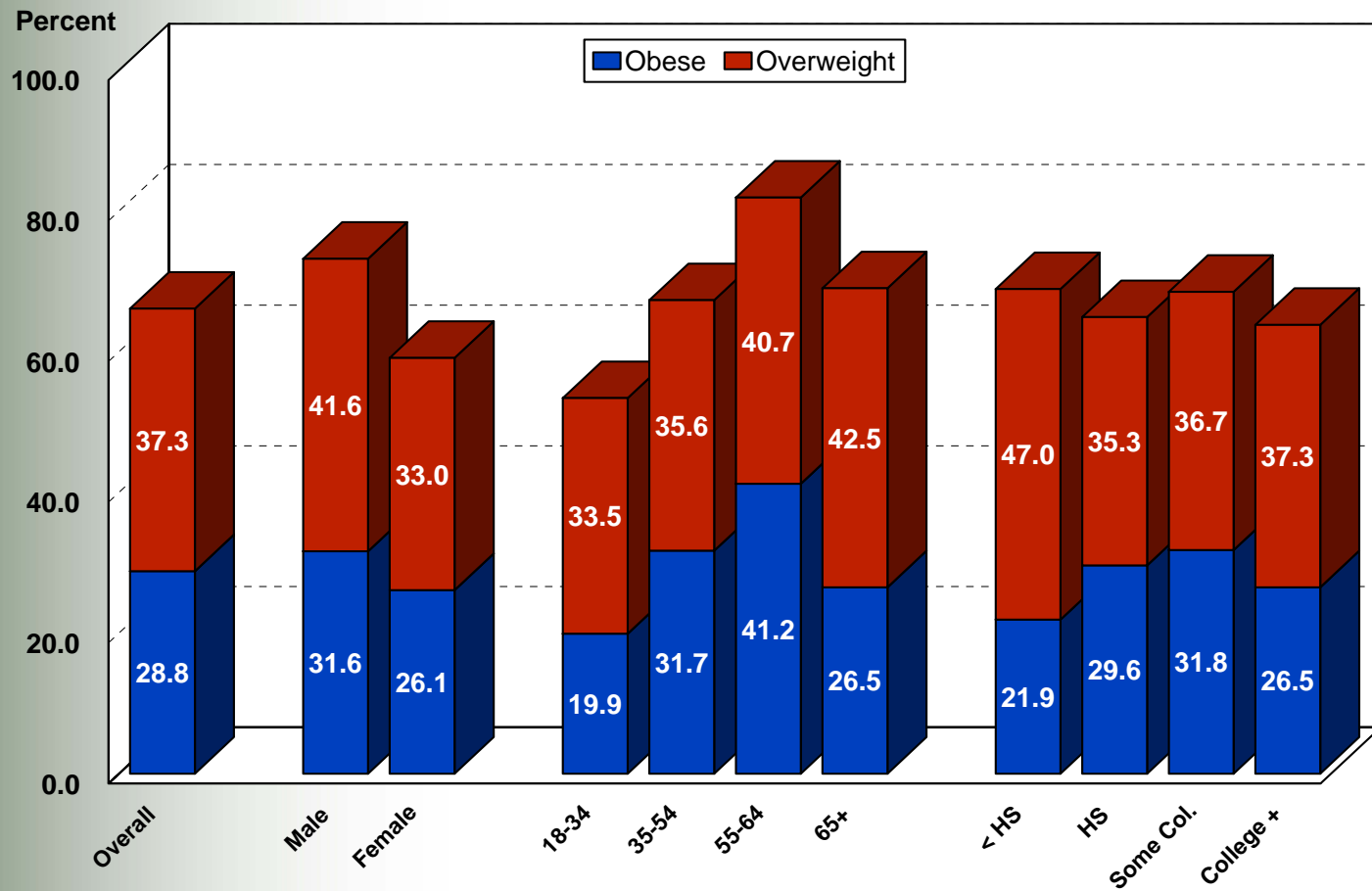
Binge Drinking by County, Sex, Age, Education and Income*



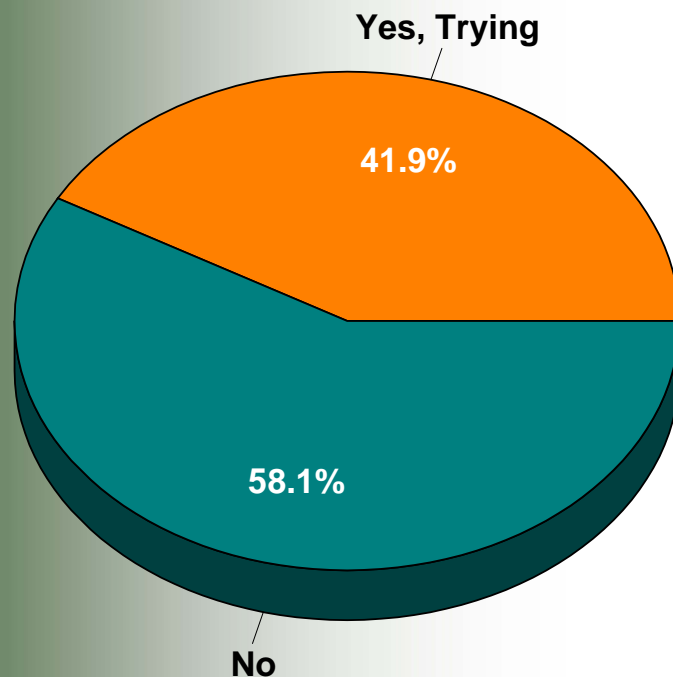
** Drank 5 or more drinks in one sitting at least once in past month*

Weight Status by Age, Education

Based on Body Mass Index (Weight/Height)

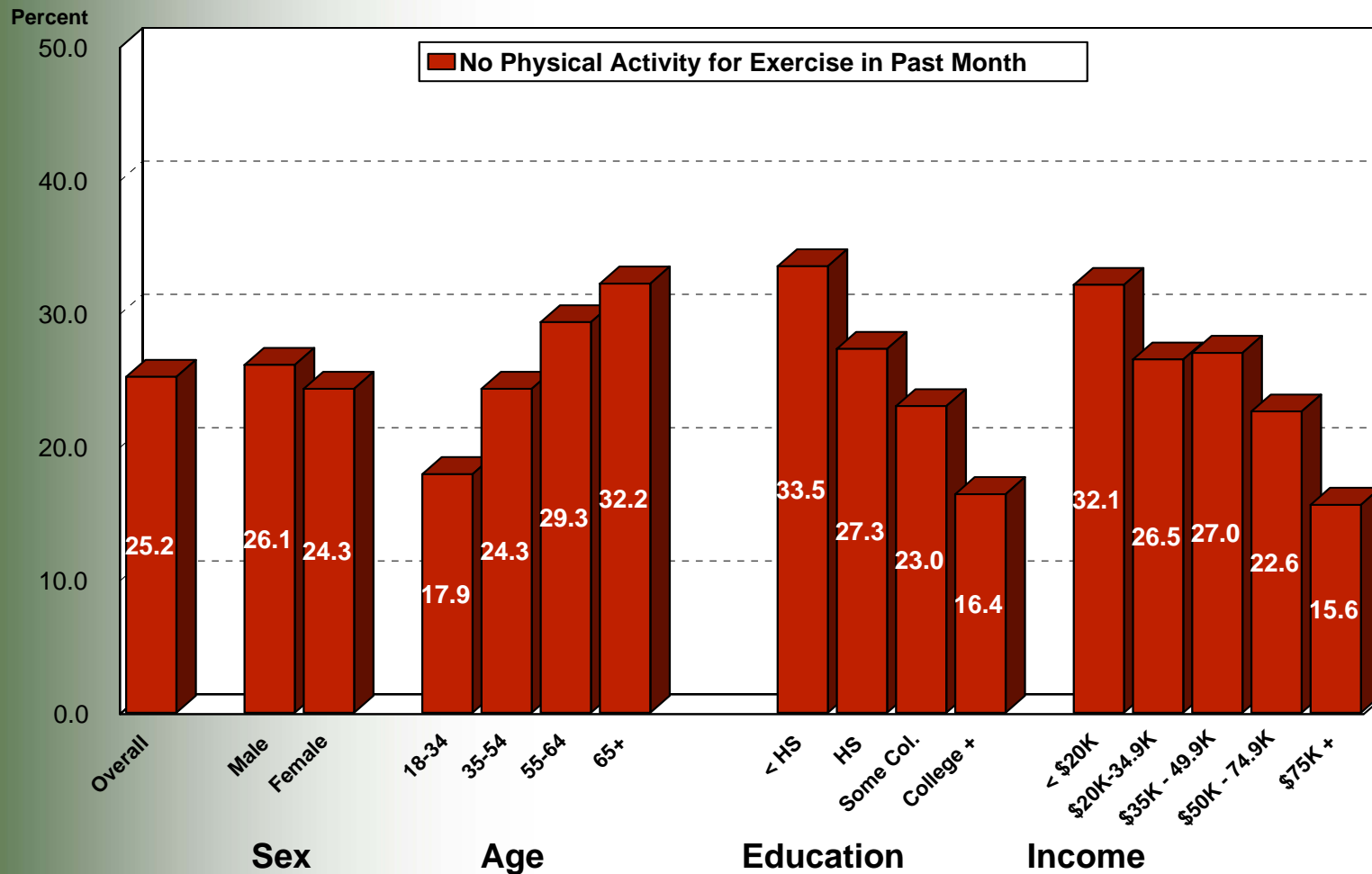


Currently Trying to Lose Weight

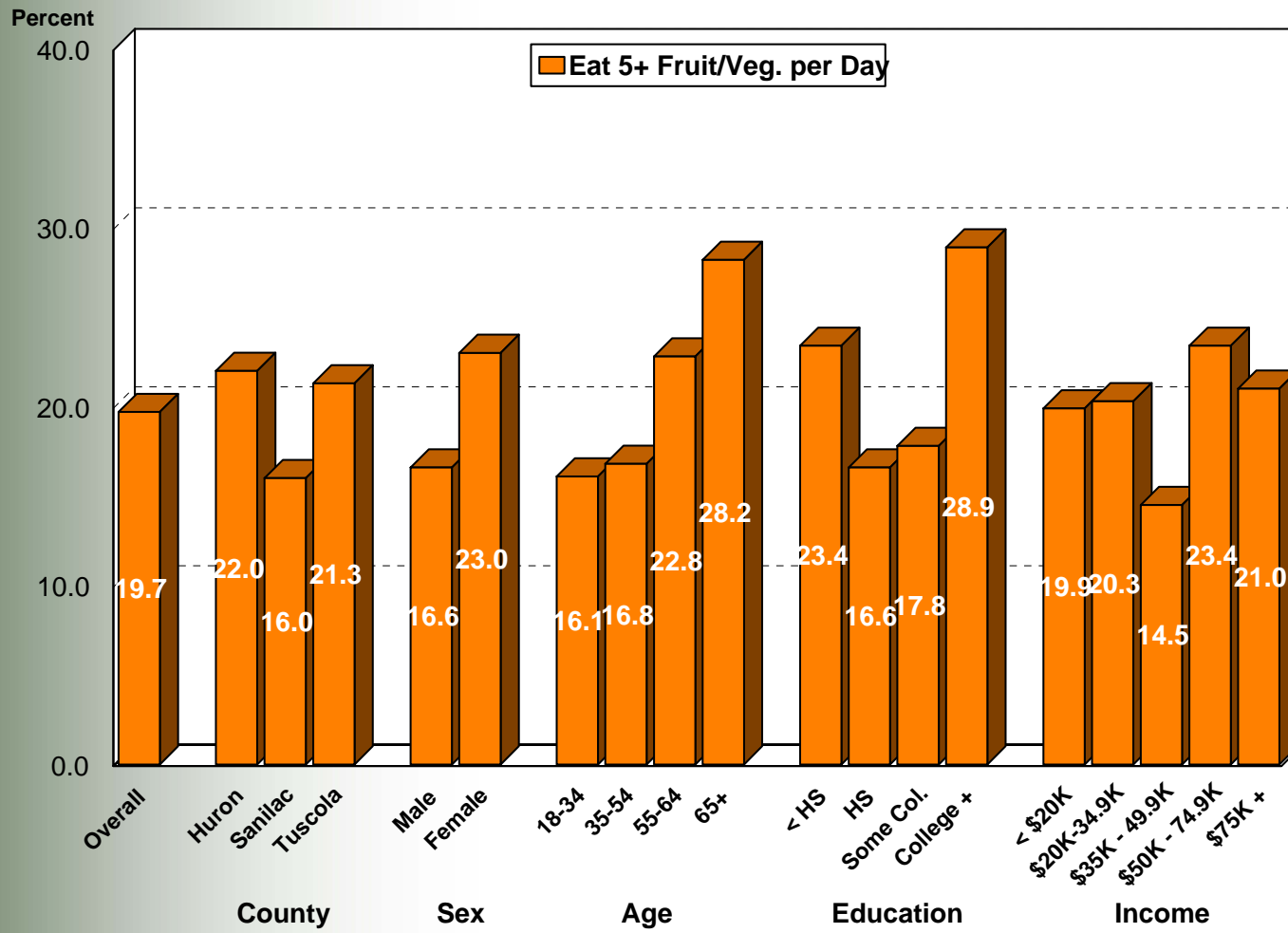


- ❖ 14.2% of those in “Acceptable” BMI range
- ❖ 43.9% of those in “Overweight” BMI range
- ❖ 68.9% of those in “Obese” BMI range
- ❖ 68.6% of those trying to lose or maintain current weight, trying by reducing calories, fat intake, & increasing activity
- ❖ 82.9% of all said no doctor or other health professional advised them about their weight in past year
 - 34.3% of those obese were advised about weight by doctor

% Physically Inactive by Sex, Age, Education, Income



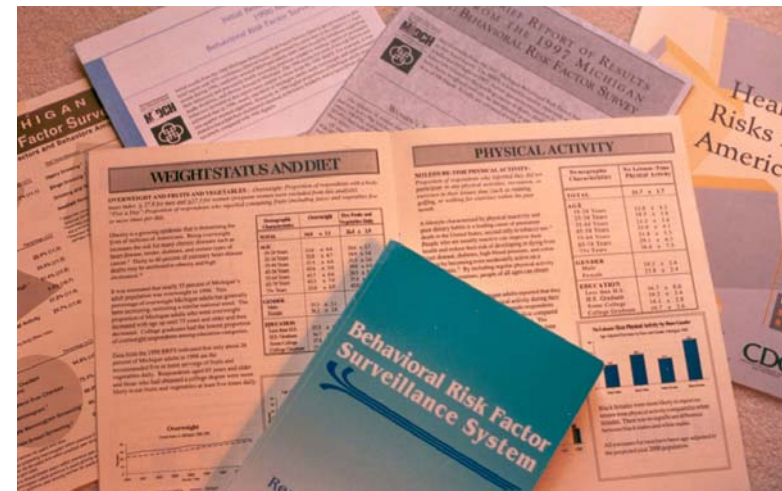
% Consuming 5 or More Fruits & Vegetables Daily by County, Sex, Age, Education, Income



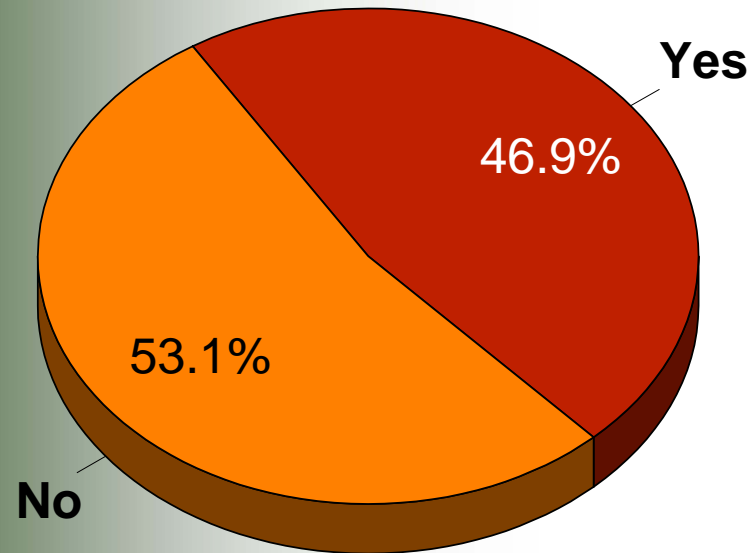
Results

❖ Other Health Concerns

- Excess Sun Exposure
- Falls
- Medicine Compliance
- Farm Injuries
- Domestic Violence

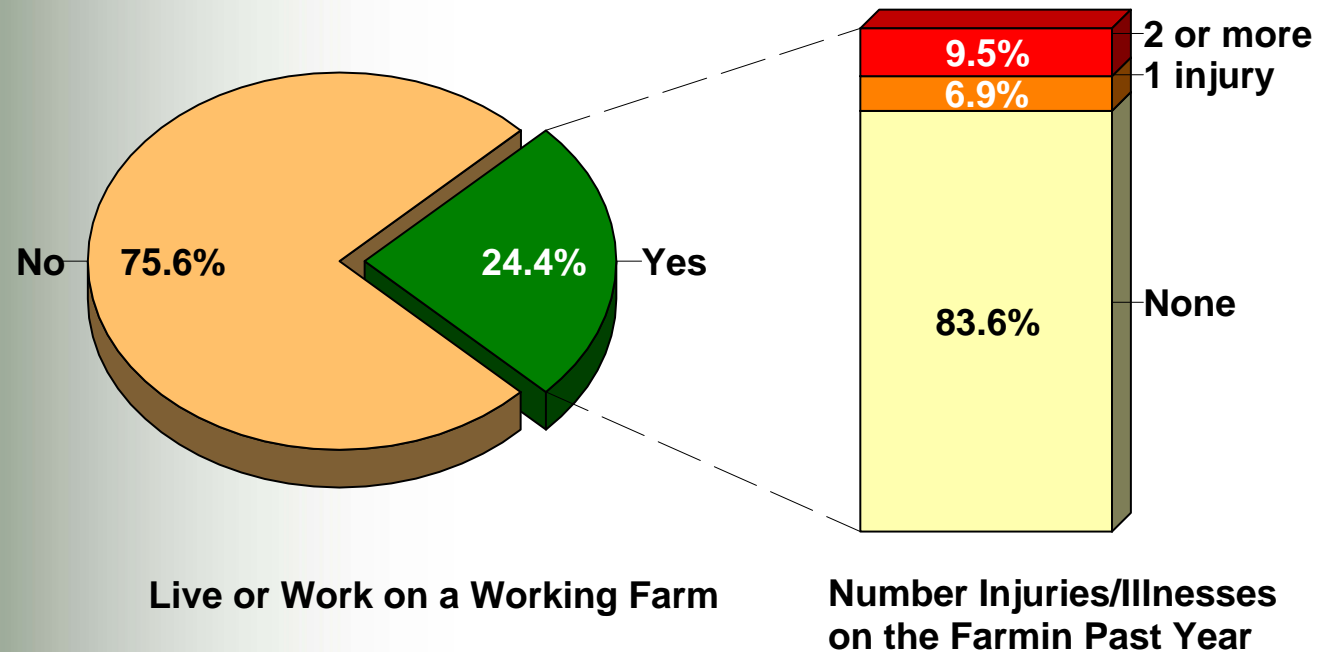


Prevalence of Sunburns in the Past Year



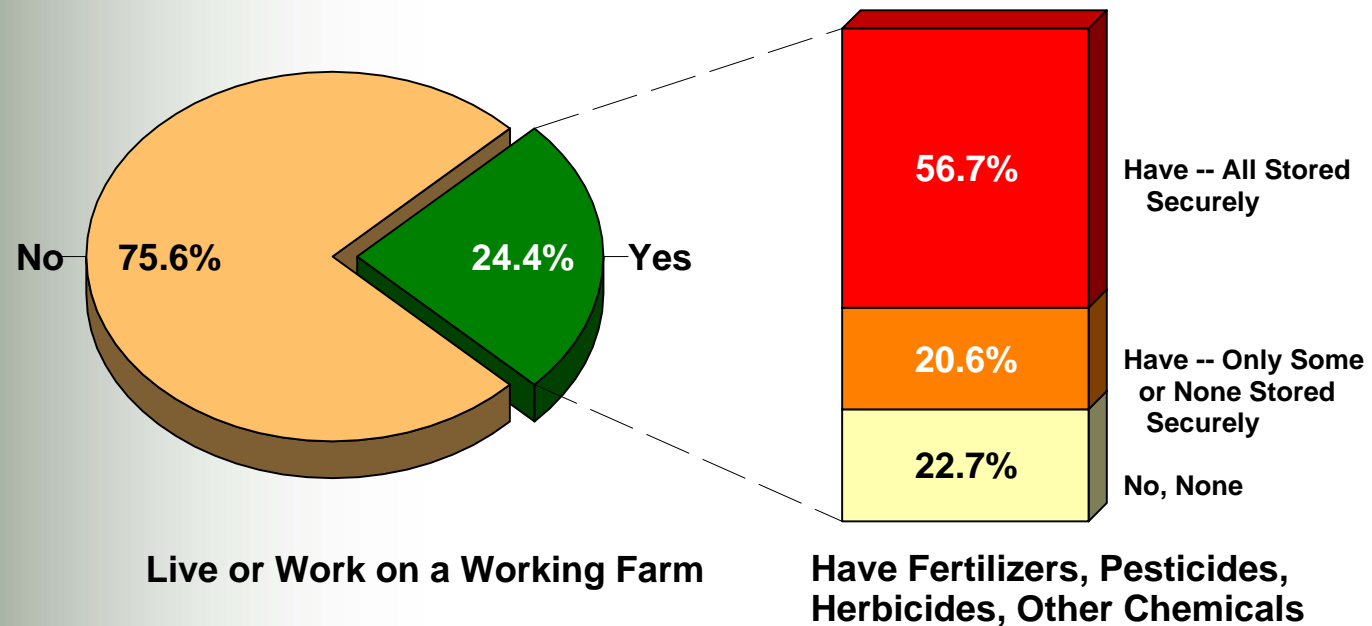
- ❖ Of those who had sunburn, 73.7% had more than one sunburn
- ❖ Males 54.1%; Females 40.1%
- ❖ Younger more likely to get sunburn than older
- ❖ Those with at least some college more likely to get sunburn than those with HS or less
- ❖ Those with higher income more likely to report getting sunburn

Prevalence of Farm Injuries in Past Year



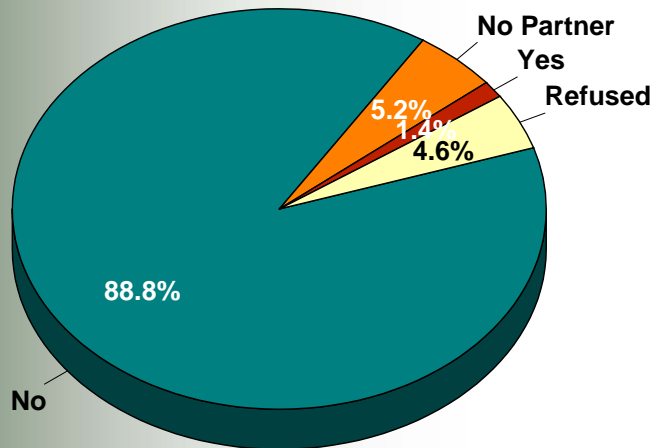
- ❖ About half reported the injury/illness required medical care or prevented the injured person from working for at least 1 day
 - 40% - accident with tractor/farm equip;
 - 40% - accident with livestock;
 - 7% - physical strain;
 - 0% - chemicals)

Presence & Storage of Chemicals on Farms



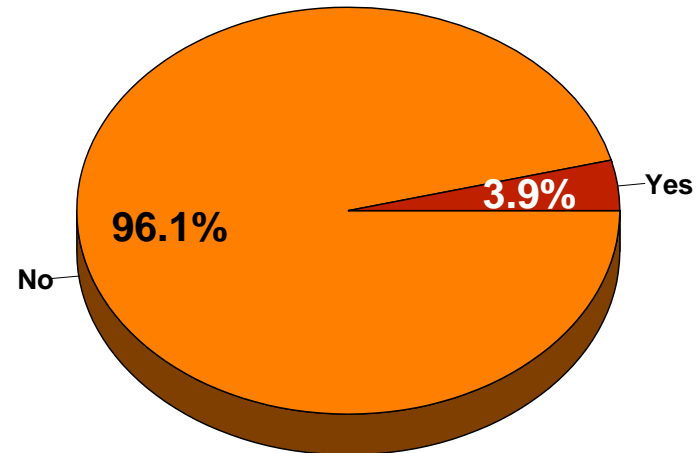
- ❖ **Of those with chemicals on the farm,**
 - 31% said there is a sign posted by entrance warning of hazards
 - 78% said all who use the chemicals have been trained on use
 - 88% said all safety directions are followed at all times
 - 82% said first aid equipment (incl. water) readily available near storage

Prevalence of Intimate/Stranger Violence



Frightened for safety because of anger/threats of intimate partner in past year

- ❖ Projected to= 1,527 adults
- ❖ 11.0% of those with an intimate partner said partner tries to control all or most of respondent's daily activities at least some of the time (6.1% rarely, 4.0% sometimes, 0.9% always)
- ❖ 0.7% had received injuries (= 713 adults);
- ❖ 0.5% forced to have unwanted sexual activity
- ❖ 1.0% saw healthcare professional because of the intimate partner's behaviors



Experienced violence by someone known other than an intimate partner

- ❖ Projected to= 3,971 adults
- ❖ Of those victimize,
 - 33% said attacker was another family member
 - 11% said attacker was a friend
 - Remainder said attacker was some other person they knew

Questions and Discussion

