



Healthy People 2010 Objectives

23-Year California Behavioral Risk Factor
Survey Report 1984-2006



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The California Behavioral Risk Factor Survey (BRFS) has operated continuously for the last 23 years, collecting health surveillance information from a cross section of the California non-institutionalized adult population with telephones in their households. This report summarizes a small portion of the many topics that have been included in the BRFS, some results of interest are:

- Obesity prevalence among adults 20 and older has increased almost every year since 1985, from 7.9 percent to a high of 23.5 percent in 2003. Meanwhile, the prevalence of healthy weight has decreased from a high of 56.9 percent in 1984 to 35.2 percent in 2005.
- The percentage of adults who participate in vigorous physical exercise has met the Healthy People 2010 (HP) objective of 30 percent in 2005 and 2006, and the percentage of adults who engage in moderate exercise has also met the HP objective of 30 percent since 2001 when the question was first asked. The prevalence of adults who participate in no leisure physical activity has varied since 1984, with a high of 30.7 percent in 1985 and a low of 21.8 percent in 2003.
- Since 1991, the percentage of adults under 65 who report coverage by any kind of health insurance has slowly increased from a low of 78.8 percent in 1992 to a high of 83.6 percent in 2003. California has not yet met the HP objective of 100 percent.
- Prevalence of adults who have ever had a diabetes diagnosis has increased, from a low of 4.4 percent in 1984 to 8.5 percent in 2006, higher than the HP objective of 3 percent.
- The prevalence of everyday and some days smoking has been decreasing, with a high of 26.4 percent in 1985 to 12.9 percent in 2006. California will probably meet the HP objective of 12 percent before 2010, and women in California have already met this objective since 2004.
- Binge drinking prevalence in California has been approximately constant, varying around 15 percent since 1984. Women have a lower prevalence of just over 6 percent, which is close to the HP objective of 6 percent.
- The percentage of Californians living in homes where firearms are loaded and unlocked was measured from 1993 through 2003, with only 11.4 percent in 2002, well below the HP objective of 16 percent.
- The percentage of California women who report having a mammogram within the two years before they responded to the survey has increased significantly since 1984, with a low of 46.5 percent in 1984 to a high of 87.1 percent in 2002. The HP objective of 70 percent has been exceeded since 1993.



The California Behavioral Risk Factor Survey (BRFS) has been operating continuously since 1984, measuring health related behaviors and disease prevalence. This document presents tabulations and charts of a variety of health topics measured by the BRFS from 1984-2006. Where possible, the results from California's BRFS were compared with the Healthy People 2010 (HP) objectives. Each topic is represented by a graph of California adults overall and HP objective where appropriate. Below each chart is a table of the frequency counts and the percentages, including a 95 percent confidence interval, which is adjusted for sampling probability and weighted to the 2000 Census. There is also a summary of the results and the HP objective, with a short discussion.

The age, race, and sex characteristics of the BRFS sample differ to some extent from the age, race, and sex characteristics of the California population. Weighting is used to correct for the probability of being drawn into the sample and to adjust the sample to reflect the age, race, and sex distribution of the 2000 California population.

HEALTHY PEOPLE 2010

HP 2010 provides the nation with the wide range of public health opportunities that exist in the first decade of the 21st century. With 467 objectives in 28 focus areas, HP 2010 will be a tremendously valuable asset to health planners, medical practitioners, educators, elected officials, and all of us who work to improve health. HP 2010 reflects the very best in public health planning—it is comprehensive, was created by a broad coalition of experts from many sectors, has been designed to measure progress over time, and most importantly, it clearly lays out a series of objectives to bring better health to everyone in this country.

BRFS TECHNICAL REPORT

Data from the BRFS were analyzed to determine California's progress toward reaching the HP 2010 objectives.

Sample and Methods

The BRFS is an ongoing effort by the California Department of Public Health in conjunction with the United States Centers for Disease Control and Prevention (CDC) to assess the prevalence of and trends in health-related behaviors in the California population aged 18 years and older. Data are collected monthly from a random sample of non-institutionalized California adults living in households with telephones. The BRFS database includes data regarding the health behaviors of California residents from 1984 through the present.

Questionnaire Design

The BRFSS questionnaire is developed each year by the CDC in collaboration with participating state programs. Wherever possible, questions have been selected from previously conducted national surveys for comparability. The questionnaire has three components. The first component consists of a core set of questions which are administered by all states and United States territories. Many of the core questions have remained fixed from year to year, although revisions are made to the core annually. Changes are implemented at the beginning of each interviewing year. Revisions to the core over the years have included modifications in question wording, inclusion of new questions or exclusion of previously asked questions, changes in skip patterns, and changes in the order in which questions were asked. Some changes have been relatively minor, such as changes in the wording of introductory statements. Beginning in 1992, the CDC began implementing a “rotating core” strategy, allowing some core questions to appear on the questionnaire in alternate years only.

The second component of the questionnaire consists of a series of topical modules developed by the CDC. States have the option of adding as many modules as they wish to the core questionnaire each year. California has used several of the CDC modules, although the same modules have not been used consistently across all years of the survey.

The final component of the questionnaire consists of questions designed and administered by individual states to address issues of local concern. These have been revised annually in California to address the needs of as many public health programs as possible.

Respondents of the California BRFSS are asked about a wide variety of behaviors such as seat belt use, exercise, weight control, diet, tobacco and alcohol consumption, utilization of cancer screening procedures and other preventive measures. They are also asked for basic demographic information such as age, race/ethnicity, marital and employment status, household income, and education. Participation in the BRFSS is completely voluntary and anonymous.

Interview Procedures

Interviews are conducted by trained interviewers following standardized procedures developed by the CDC. In general, interviews are conducted during weekday evenings and on weekends, although some interviews are conducted during weekday business hours. The average interview conducted in English takes approximately 20 minutes to complete. Appointments are made as needed for bilingual interviewers to conduct interviews in Spanish.

This survey has been conducted since 1984 when 99 interviews were completed per month. The sample size has gradually increased in order to collect the over 400 interviews now completed each month. Interviewers had recorded responses with paper and pencil until May 1985, when the computer-assisted telephone interview (CATI) system was fully implemented.

Using the CATI system, interviewers read questions as they are displayed on a computer screen. Responses are keyed directly into the computer. Automatic data editing and coding programs prevent invalid responses from being entered and greatly increase the accuracy and speed of data entry. In addition, the interview process is facilitated by automatically skipping questions based on prior responses, so that, for example, men are not asked questions about Pap tests.

Sample Selection

From 1984 through 1993, BRFS participants were selected using the Waksberg method¹, a multi-stage cluster sampling technique designed to generate a random sample of all California households with telephones. Prior to beginning data collection each year, the CDC provided California with a sampling frame of several thousand 10-digit telephone numbers. This frame was drawn from the universe of all 10-digit telephone numbers beginning with a valid 6-digit area code-prefix combination. Telephone numbers with area codes and prefixes from heavily populated areas of the state appeared more frequently in the sampling frame than those from sparsely populated areas, so that the probability of selecting any number was proportionate to the relative size of the population of the geographic region in which that number was found.

Seven to ten days before the start of each interviewing month, several hundred telephone numbers were selected at random from the sampling frame. These numbers received screening telephone calls, during which an interviewer confirmed that the number reached corresponded to the number listed in the frame, and asked if the number was located in a residence. All non-residential numbers were eliminated from the sampling frame. Numbers were also eliminated if no disposition could be obtained for them after four different attempts were made to obtain an answer at the number.

Primary sampling units (PSUs) were created from the first eight digits of each of the screened residential telephone numbers, so that each PSU consisted of a block of 100 10-digit telephone numbers (xxx-yyy-aabb=standard 10-digit telephone number; xxx=area code, yyy=prefix, aabb=four-digit suffix; xxx-yyy-aa00 through xxx-yyy-aa99=PSU). Within each PSU, the telephone number originally used to contact a household for screening purposes became

1 Waksberg, J.S. Sampling methods for random digit dialing. J Am Stat Assoc. 1978; 73:40-46.

the first number to be called. Thereafter, a random two-digit number was selected without replacement from the remaining available numbers in the PSU. This two-digit number was appended to the eight-digit PSU number for a complete telephone number to contact. This replacement process continued until three completed interviews were obtained or all possible numbers in the PSU were exhausted.

During 1992, a methodological study was undertaken to compare the characteristics of the random digit dial sample described above with a screened random digit dial (RDD) sample purchased from a commercial sampling firm. Prior to testing for differences between samples, the variance estimates calculated for the Waksberg sample were corrected to adjust for the design effect introduced through the multi-stage cluster sample. Demographic and behavioral characteristics were compared to determine if bias was introduced in the process of selecting and screening the purchased sample. It was determined that the screening process used in developing the purchased sample did not produce a biased sample of adult Californians living in households with telephones. The screened RDD sample also was more cost-effective and efficient than samples generated by the Waksberg method. Additionally, when using samples derived from a screened RDD, standard statistical packages can be used to calculate variance and other sample statistics. Because of the absence of cluster sampling or stratification, the screened RDD does not introduce a design effect into the sample. Based on the demonstrated unbiasedness of the sample and its cost and efficiency, California began using a screened RDD sample purchased from a commercial sampling firm for the 1994 BRFS. All other data collection procedures remained the same.

Once a household is reached, all persons living in the household aged 18 years or older are eligible to participate in the survey. If more than one member of the household is eligible, one person is selected at random (using a computer-generated random selection algorithm) to become the respondent. If the person selected is not available, an appointment is made to conduct the interview at a different time or on another day. Once a respondent is selected no other household member can be selected, even if it is not possible to obtain an interview from the selected respondent.

To maximize the representativeness of the sample, standardized procedures are followed for calling back numbers which ring with no answer or give a busy signal, or for encouraging selected respondents who are reluctant to participate. Each time a number is called, a record is kept of the outcome of the phone call. Numbers can be eliminated from the system only when it is determined that: 1) a telephone number is nonworking (this is confirmed with the operator)

or assigned to a business; 2) there is no eligible respondent in the household, or; 3) the selected respondent is unavailable during the time period of the survey or is unable to complete the interview in English or Spanish, or has some impairment that prevents him or her from communicating over the telephone.

Respondents who refuse to participate are not eliminated immediately; in an effort to persuade them to cooperate, they receive a second call after a two to five day “cooling off” period. If a second refusal comes from a household member other than the respondent, or if the interviewer or supervisor believes that the respondent might change his or her mind after a second refusal, a third call is made to the household a day or two after the second refusal. A number is eliminated if this third call results in a refusal. Telephones that ring with no answer, give a busy signal, or are picked up by an answering machine are eliminated after 15 attempts have been made to reach them, with at least one call each during an evening, weekend, and day shift.

Response Rates

Response rates measure how successful a survey has been in reaching selected respondents. Two response rates are calculated for the BRFSS, an “upper-bound” rate and a Council of American Survey Research Organizations (CASRO) rate. Beginning in 1997, household enumeration was accepted only for household members aged 18 and over. Likewise, it is believed that refusals should be accepted only from adult household members in enumerated households. Implementing this revised policy resulted in an increase in response rates.

The upper-bound response rate indicates the proportion of eligible households contacted which resulted in a completed interview. The calculation for the upper-bound rate is:

$$\frac{\text{completed interviews}}{\text{refusals} + \text{incomplete interviews} + \text{completed interviews}}$$

The upper-bound response rate for the California BRFSS has fluctuated since 1987 when the CDC began response rate calculations.

Year	1987	1988	1989	1990	1991	1992	1993	1994	1995	1996
Rate	77%	80%	83%	82%	81%	84%	79%	77%	70%	66%

Year	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006
Rate	88%	75%	82%	66%	72%	71%	69%	70%	66%	65%

The CASRO rate assumes that some numbers that could not be reached because they resulted in busy signals or unanswered rings represent eligible households. This rate is calculated using the formula:

$$\left[(a+b+h+i) + \left(\frac{a+b+g+i}{a+b+c+e+f+g+h+k} \right) \times (d+j) \right]^{-1}$$

where:

a = completed interview

b = refusal

c = non-working

d = ring with no answer

e = business

f = no eligible respondent in the household

g = no eligible respondent during survey period

h = language barrier

i = incomplete interview

j = busy signal

k = respondent unable to communicate due to impairment

The CASRO rate for the California BRFSS has varied since 1987, when the CDC began CASRO rate calculations. These response rates are similar to rates reported in other western states.

Year	1987	1988	1989	1990	1991	1992	1993	1994	1995	1996
Rate	43%	57%	64%	62%	60%	62%	64%	64%	52%	48%

Year	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006
Rate	60%	53%	58%	58%	28%	43%	39%	39%	38%	37%

The Data Set

Each year a data set is created containing information from all the BRFSS interviews collected during that calendar year. Each month, before the data are added to the annual database, they are checked extensively for possible errors. Any suspicious or out-of-range values are compared to the respondent's original answers as recorded at the time of the interview. When errors are found they are corrected. The annual data sets have been combined into a cumulative data set for the years 1984 through 2006. Sample size has increased gradually since 1984.

Year	1984	1985	1986	1987	1988	1989	1990	1991	1992	1993	1994	1995
n	1086	1369	1569	1784	2462	2398	2701	2995	3982	3610	3999	4046

Year	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006
n	4003	4063	4045	4149	4017	4188	4388	4439	4663	6098	5692

Weighting

The age, race, and sex distribution of the BRFS sample does not completely match that of the California population since not all selected households complete the questionnaire, and institutionalized adults and households with only cell phones or no telephone are not included. In addition, the probability of selecting an individual within a household is different for households with different numbers of adults because one adult is randomly selected from each household. For these reasons, in order to obtain meaningful population estimates, BRFS data is weighted before undertaking any analyses.

Weights using the 2000 California population were used in this report. All population estimates are from the California Department of Finance. Each of the weights combines post-stratification weighting and probability of selection adjustments. The post-stratification weights used here are ratio-adjusted and correct the age, race, and sex distribution of the BRFS sample so that it matches the demographics of the California population. The probability of selection adjustments used in creating the weights take into account the following factors: number of adults in the household, number of unique telephone numbers in the household and the number of interviews completed within a primary sampling unit if necessary. All weights are constructed so that they sum to a standard population. These weights were constructed using two race categories, two age categories and two sex categories.

Two race/ethnic categories are used because small sample sizes in early years limited single-year weights to two race/ethnic categories: "White" or "non-White," where "White" refers to non-Hispanic White and "non-White" which refers to all other races combined. Two age categories are also used due to small sample size. The age categories used are 18-44 and 45 and older.

Statistical Tests

Many of the pages include a statistical test that is used to determine whether there is a significant trend in percentage from year to year. It does not test whether there is a linear trend. The test used is the Rao-Scott chi-square test which tests the hypothesis that there is no relationship between the year of data collection and the proportion of people who have responded in a certain way.

For example, the graph of the percent of California adults who have had a blood cholesterol check in the last five years shows a strong increase from 1987 through 1993, but since that time, there appears to have been little increase. A test that assessed a linear trend might conclude that there is not a significant linear relationship between the year and the percentage of adults who had a blood cholesterol test in the prior five years. However, the chi-square test concludes that there is a significant difference between the actual data and those that would have been collected had there been no relationship between the year of data collection and the percentage of adults who had their blood cholesterol tested.

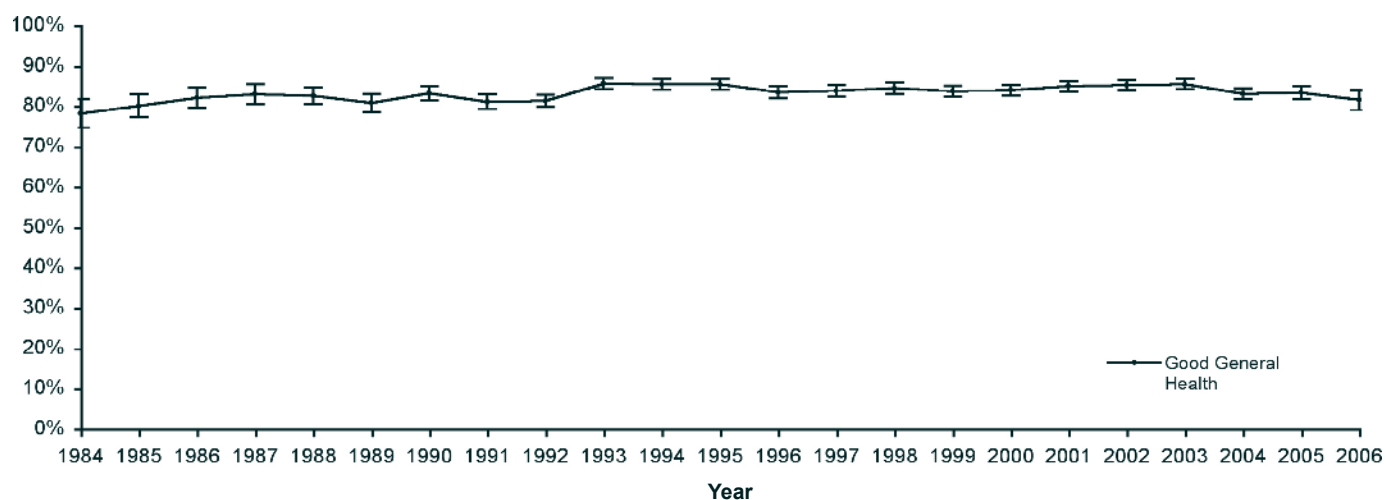
Acknowledgments

This report was prepared by Seth Wayland, Marta Induni, and Bonnie Davis. For further information on the methods used to collect and analyze these data, contact Seth Wayland at (916) 779-0287. You may also write to: California Department of Public Health, Cancer Surveillance and Research Branch, Survey Research Group Section, 1700 Tribute Road, Suite 100, Sacramento, CA 95815. Any requests for datasets or further information can also be obtained from Marta Induni, Ph.D., Chief, Survey Research Group, telephone (916) 779-0336, minduni@surveyresearchgroup.org.

Health Status



Percent of California Adults Who Report Good, Very Good, or Excellent General Health



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval	
			Lower	Upper
1984	1084	78.2	74.6	81.8
1985	1365	80.1	77.2	82.9
1986	1566	82.1	79.7	84.6
1987	1781	82.9	80.3	85.4
1988	2457	82.6	80.5	84.7
1989	2395	80.8	78.7	83.0
1990	2698	83.2	81.4	85.0
1991	2986	81.1	79.3	82.9
1992	3975	81.3	79.8	82.8
1993	3605	85.6	84.2	87.0
1994	3993	85.4	84.1	86.7
1995	4027	85.4	84.1	86.7
1996	4003	83.4	82.0	84.9
1997	4059	83.8	82.4	85.2
1998	4042	84.5	83.0	85.9
1999	4147	83.7	82.3	85.1
2000	4015	83.9	82.4	85.3
2001	4188	84.9	83.5	86.2
2002	4386	85.2	83.9	86.5
2003	4439	85.5	84.3	86.8
2004	4461	83.1	81.7	84.5
2005	6096	83.3	81.8	84.9
2006	5688	81.5	78.9	84.0

Proportion of adults who report good, very good, or excellent general health

The BRFSS measures the proportion of adults who report good, very good, or excellent general health.

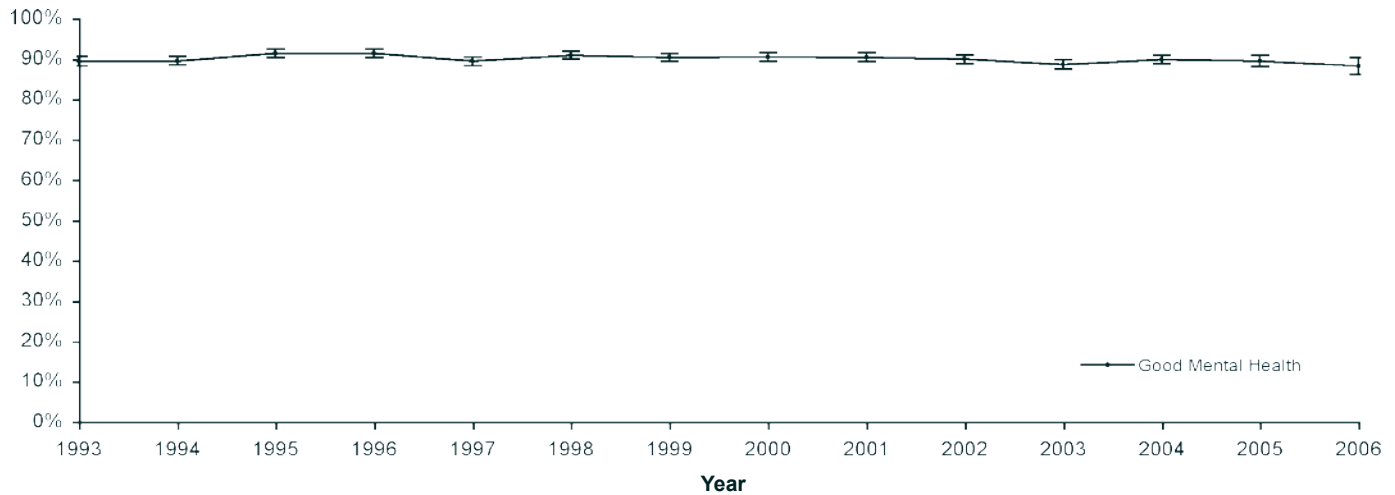
The percentage of adults in California who report good to excellent general health has increased from 78.2 percent in 1984 to a high of 85.5 percent in 2003. There is no Healthy People 2010 objective that addresses this topic.

Based on a Rao-Scott chi-square test with a p-value <0.01 there is a significant trend in the proportion of adults who report good to excellent general health.

Cells with shading had no data collected

All results are weighted to 2000 California census data

Percent of California Adults Who Report Fewer Than 14 of the Past 30 Days Where Mental Health Was Not Good



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	Upper
1984				
1985				
1986				
1987				
1988				
1989				
1990				
1991				
1992				
1993	3580	89.4	88.2	90.6
1994	3967	89.5	88.4	90.6
1995	4004	91.3	90.3	92.3
1996	3970	91.4	90.4	92.4
1997	4043	89.4	88.3	90.5
1998	4011	90.9	89.8	91.9
1999	4126	90.4	89.3	91.4
2000	4002	90.5	89.4	91.5
2001	4172	90.4	89.3	91.5
2002	4373	89.9	88.8	91.0
2003	4421	88.6	87.5	89.8
2004	4433	89.8	88.7	90.8
2005	6048	89.5	88.2	90.9
2006	5659	88.2	86.1	90.3

Proportion of adults who report fewer than 14 of the past 30 days where mental health was not good

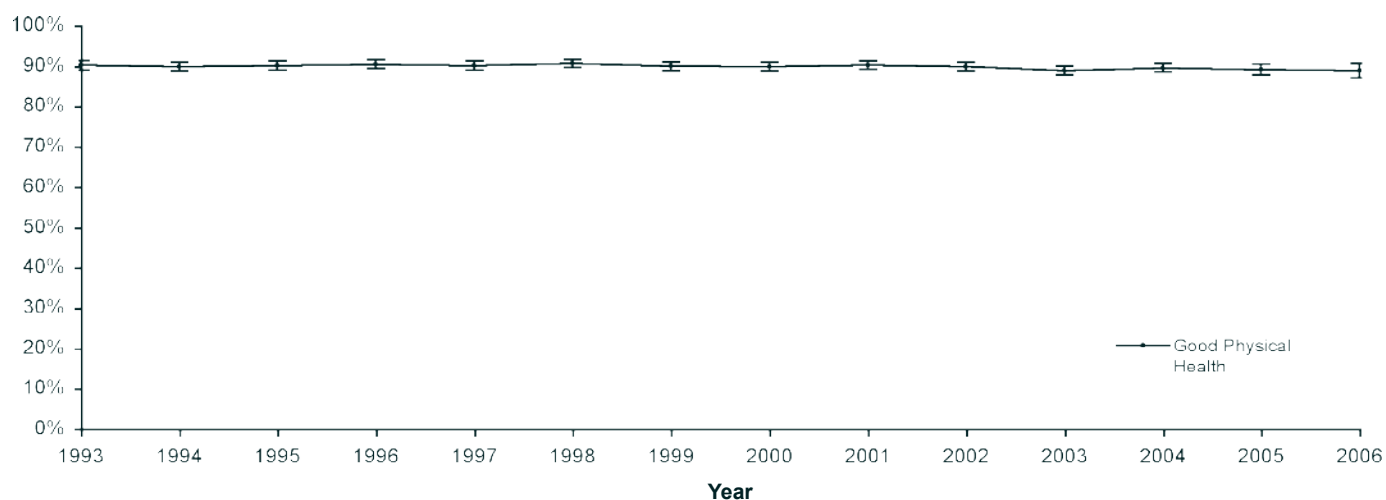
The BRFS asks, "Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?"

The percentage of California adults who report fewer than 14 of the last 30 days where their mental health was not good was approximately constant over the years 1993 through 2006, with a low of 88.2 percent in 2006 and a high of 91.4 percent in 1996. There is no Healthy People 2010 objective that addresses this topic.

Cells with shading had no data collected

All results are weighted to 2000 California census data

Percent of California Adults Who Report Fewer Than 14 of the Past 30 Days Where Physical Health Was Not Good



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval	
			Lower	Upper
1984				
1985				
1986				
1987				
1988				
1989				
1990				
1991				
1992				
1993	3585	90.2	89.1	91.4
1994	3978	89.8	88.7	90.9
1995	4000	90.1	89.1	91.2
1996	3966	90.4	89.3	91.5
1997	4048	90.1	89.0	91.2
1998	4019	90.6	89.5	91.6
1999	4131	89.9	88.9	91.0
2000	4000	89.8	88.7	90.9
2001	4175	90.2	89.1	91.2
2002	4376	89.8	88.7	90.9
2003	4427	88.8	87.7	89.9
2004	4444	89.5	88.5	90.6
2005	6042	89.1	87.7	90.5
2006	5652	88.8	87.1	90.6

Proportion of adults who report fewer than 14 of the past 30 days where physical health was not good

The BRFS asks, "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?"

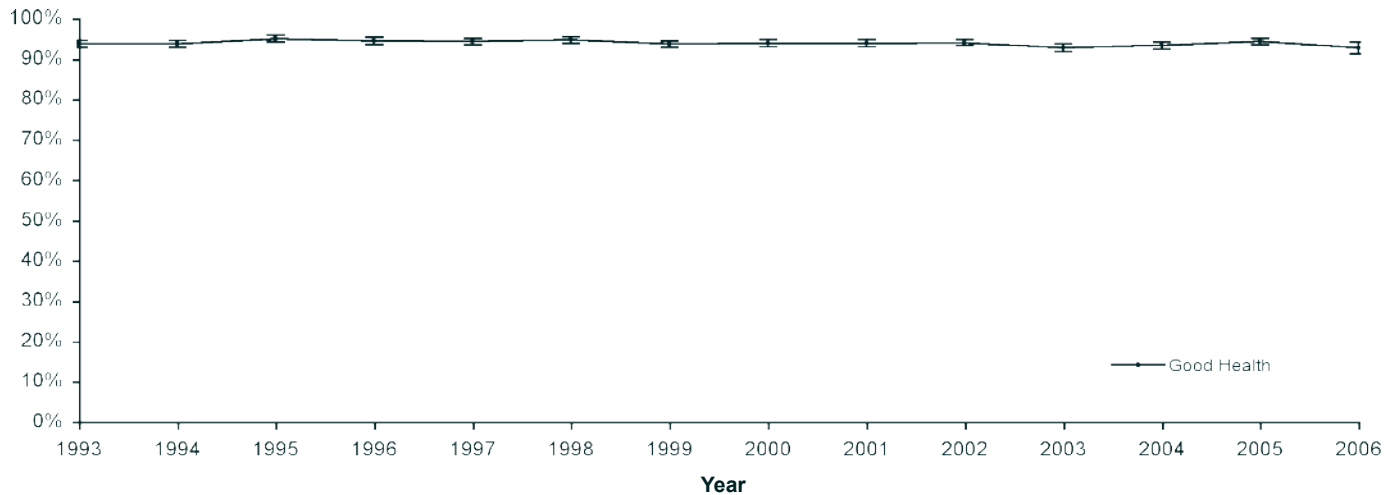
The percentage of adults in California who report fewer than 14 days where their health was not good has ranged from a low of 88.8 percent in 2003 to a high of 90.4 percent in 1996. There is no Healthy People 2010 objective that addresses this topic.

Based on a Rao-Scott chi-square test with a p-value of 0.49, there is not enough evidence to conclude that there is a trend in the proportion of adults who report fewer than 14 of the last 30 days where their physical health was not good.

Cells with shading had no data collected

All results are weighted to 2000 California census data

Percent of California Adults Who Report Poor Mental or Physical Health on Less Than 14 of the Last 30 Days



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	Upper
1984				
1985				
1986				
1987				
1988				
1989				
1990				
1991				
1992				
1993	3596	93.7	92.8	94.6
1994	3983	93.7	92.9	94.6
1995	4043	95.0	94.2	95.8
1996	4001	94.5	93.7	95.4
1997	4033	94.3	93.5	95.1
1998	4008	94.7	93.9	95.5
1999	4124	93.7	92.8	94.5
2000	3986	93.9	93.1	94.8
2001	4168	93.9	93.1	94.8
2002	4368	94.0	93.1	94.8
2003	4416	92.7	91.8	93.7
2004	4433	93.3	92.5	94.2
2005	6021	94.3	93.6	95.1
2006	5633	92.7	91.2	94.2

Proportion of adults who report poor mental or physical health on less than 14 of the last 30 days

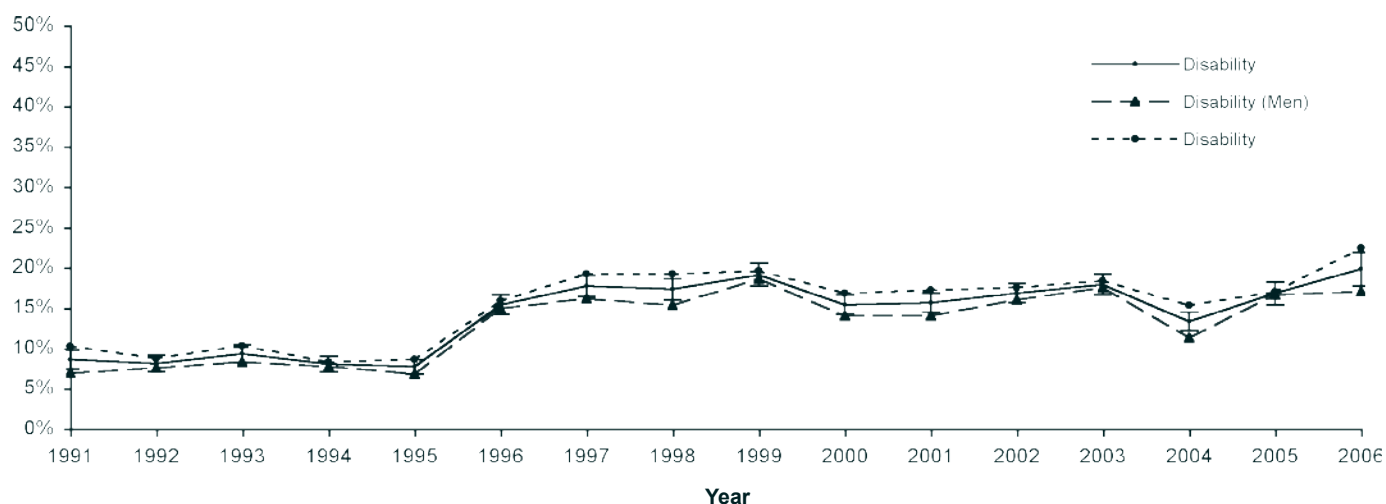
The BRFS asks, "During the past 30 days for about how many days did poor physical or mental health keep you from doing your usual activities such as self care, work or recreation?"

The percentage of California adults who report poor mental or physical health on less than 14 of the prior 30 days has been approximately constant at 94 percent over the years from 1993 through 2006, with a low of 92.7 percent in 2006 and a high of 95.0 percent in 1995. There is no Healthy People 2010 objective that addresses this topic.

Cells with shading had no data collected

All results are weighted to 2000 California census data

Percent of California Adults Who Report Limited Activities Due to Physical or Mental Problems



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval	
			Lower	Upper
1984				
1985				
1986				
1987				
1988				
1989				
1990				
1991	2982	8.6	7.3	9.8
1992	3974	8.1	7.2	9.1
1993	3607	9.3	8.2	10.4
1994	3991	8.0	7.0	9.0
1995	4045	7.7	6.8	8.6
1996	3998	15.4	14.2	16.6
1997	4058	17.7	16.4	19.0
1998	4043	17.3	16.0	18.6
1999	4147	19.1	17.7	20.5
2000	4016	15.4	14.2	16.6
2001	4182	15.6	14.4	16.8
2002	4298	16.8	15.5	18.0
2003	4325	17.9	16.6	19.2
2004	4319	13.3	12.3	14.4
2005	5952	16.8	15.3	18.2
2006	5684	19.8	17.6	21.9

Cells with shading had no data collected

All results are weighted to 2000 California census data

Proportion of adults in California who report limited activities due to physical, mental or emotional problems

The BRFSS asks, "Are you limited in any way in any activities because of physical, mental, or emotional problems?" Before 2001 the question was, "Are you limited in any way in any activities because of any impairment or health problem?"

The percentage of California adults who report limited activities has increased from a low of 8.0 percent in 1994 to a high of 19.8 percent in 2006. There is no Healthy People 2010 objective that addresses this topic.

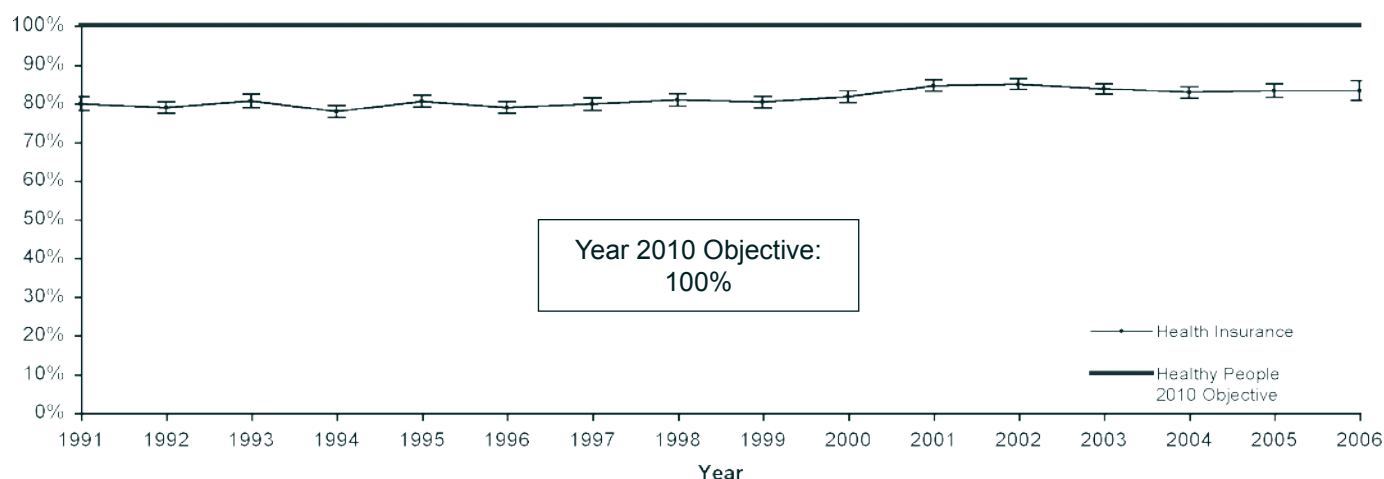
Based on a Rao-Scott chi-square test with a p-value <0.01, there is a significant trend over the years 1991 through 2006 in the proportion of adults reporting limited activities.

Access to Quality Health Services

Healthy People Objective 1



Percent of California Adults Under Age 65 Reporting Coverage By Any Type of Health Insurance



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval	
			Lower	Upper
1984				
1985				
1986				
1987				
1988				
1989				
1990				
1991	2990	79.8	77.9	81.6
1992	3976	78.8	77.2	80.3
1993	3608	80.5	78.9	82.2
1994	3990	77.8	76.2	79.4
1995	4034	80.4	78.9	81.9
1996	3994	78.8	77.2	80.4
1997	4058	79.7	78.1	81.3
1998	4035	80.8	79.3	82.4
1999	4144	80.2	78.6	81.7
2000	4015	81.6	80.0	83.1
2001	4183	84.5	83.1	86.0
2002	4385	84.9	83.6	86.3
2003	4431	83.6	82.1	85.0
2004	4460	82.7	81.2	84.2
2005	6092	83.2	81.5	85.0
2006	5685	83.2	80.6	85.7

Cells with shading had no data collected

All results are weighted to 2000 California census data

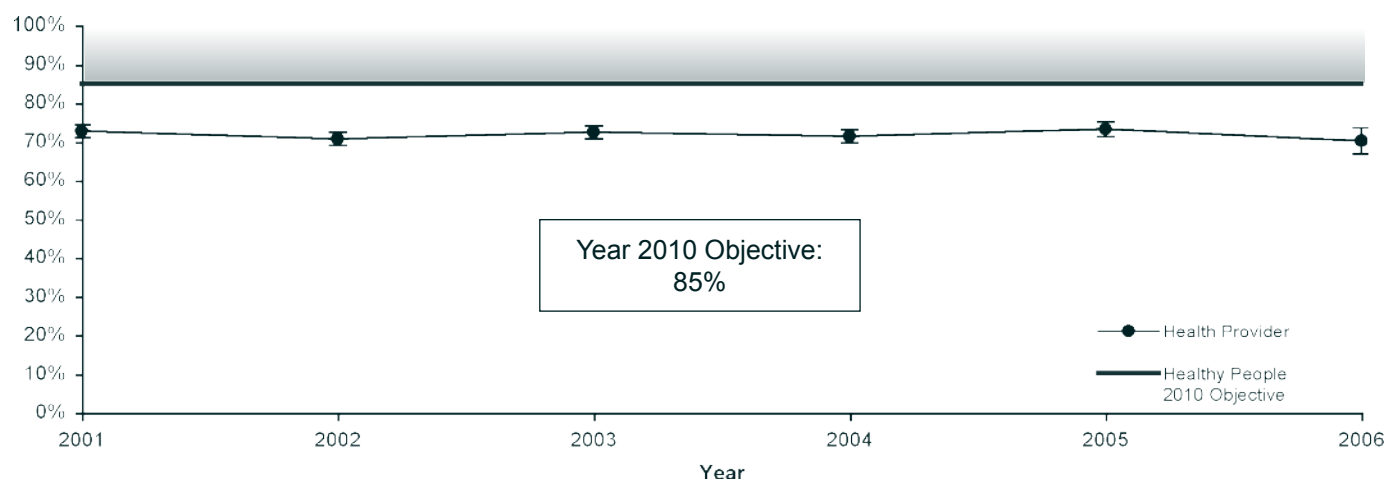
Healthy People 2010 Objective 1.1: Increase the proportion of persons with health insurance

The BRFSS measures the proportion of people aged 18-65 who report coverage with any type of health insurance, including coverage obtained through: employment, Medicare, direct purchase, Medicaid/Medical, the military, the Indian Health Service, or other programs.

The Healthy People 2010 objective is to increase the proportion of all people under age 65 who have any type of health insurance to 100 percent. This is slightly different from the data collected by the BRFSS which excludes children under age 18. California has not yet met this objective, but the percentage of adults younger than 65 with health insurance has been increasing, with a low of 77.8 percent in 1994, and a high of 84.9 percent in 2002.

Based on a Rao-Scott chi-square test with p-value of <0.01, there is a significant trend over the years 1991 through 2006 in the proportion of adults younger than 65 who have some type of health insurance.

Percent of California Adults Who Report Having a Usual Primary Care Provider



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	Upper
1984				
1985				
1986				
1987				
1988				
1989				
1990				
1991				
1992				
1993				
1994				
1995				
1996				
1997				
1998				
1999				
2000				
2001	4178	72.7	71.0	74.4
2002	4380	70.7	68.9	72.4
2003	4433	72.4	70.8	74.1
2004	4455	71.4	69.7	73.1
2005	6088	73.2	71.2	75.2
2006	5687	70.2	66.8	73.6

Cells with shading had no data collected

All results are weighted to 2000 California census data

Healthy People 2010 Objective 1.5:

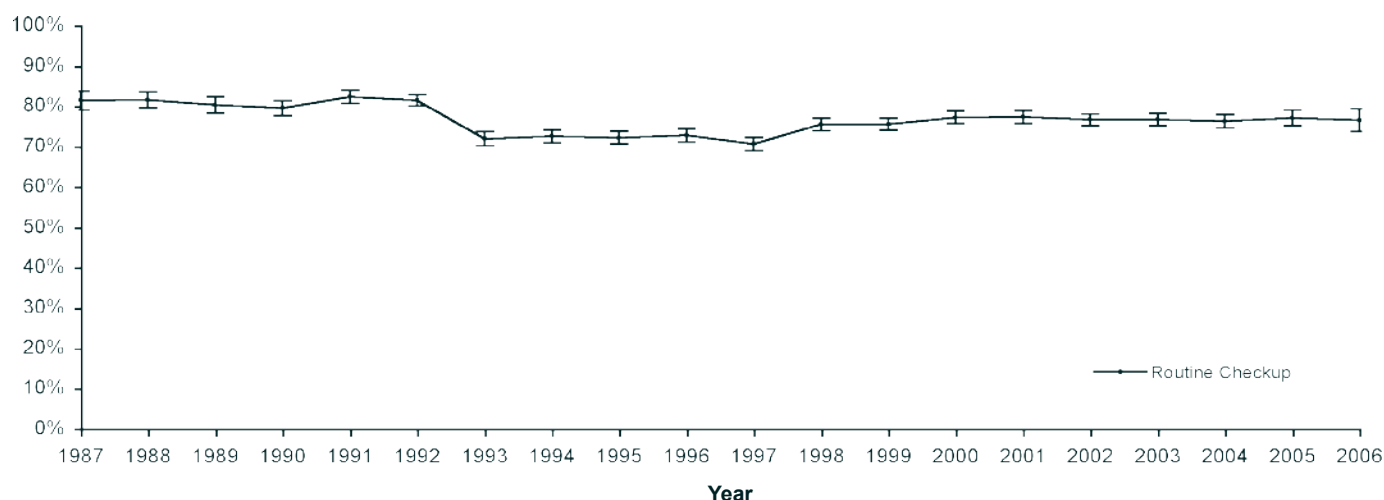
Increase the proportion of persons with a usual primary care provider

The BRFS measures the proportion of adults who report having a personal doctor or healthcare provider.

The Healthy People 2010 objective is to increase the proportion of people who report that they have a usual primary care provider to 85 percent. California has not yet met this objective, with a low of 70.2 percent in 2006 and a high of 72.7 percent in 2001.

The Healthy People objective and the BRFS ask slightly different questions. The BRFS only asks whether the respondent has "one person you think of as your personal doctor or health care provider." The Healthy People objective requires that they would usually go to the same health professional for all four of the following situations: if they were sick or needed advice about their health; if they had new health problems; if they needed preventive care such as general checkups, examinations, and immunizations; and if they needed referrals to other health professionals.

Percent of California Adults Who Report Having a Routine Doctor Visit Within the Last Two Years



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval	
			Lower	Upper
1984				
1985				
1986				
1987	1776	81.4	79.0	83.7
1988	2453	81.5	79.6	83.4
1989	2387	80.3	78.3	82.3
1990	2691	79.5	77.7	81.3
1991	2985	82.3	80.7	83.9
1992	3966	81.4	80.0	82.8
1993	3591	71.9	70.1	73.6
1994	3983	72.5	70.9	74.1
1995	3993	72.2	70.6	73.8
1996	3959	72.8	71.1	74.4
1997	4043	70.6	68.9	72.3
1998	4026	75.5	73.9	77.1
1999	4131	75.5	74.0	77.0
2000	4005	77.2	75.7	78.8
2001	4175	77.3	75.8	78.9
2002	4378	76.6	75.0	78.1
2003	4425	76.7	75.2	78.2
2004	4445	76.3	74.8	77.9
2005	6070	77.1	75.2	79.0
2006	5674	76.5	73.6	79.3

Proportion of adults who report having a routine checkup in the last two years

The BRFSS asks, "About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition."

The percentage of adults in California who report having a routine checkup in the prior two years was about constant at 80 percent from 1987 through 1992, then dropped to about 72 percent in 1993, and has gradually risen since that time, with a low of 70.6 percent in 1997 and a high of 81.5 percent in 1988. There is no Healthy People 2010 objective that addresses this topic.

Cells with shading had no data collected

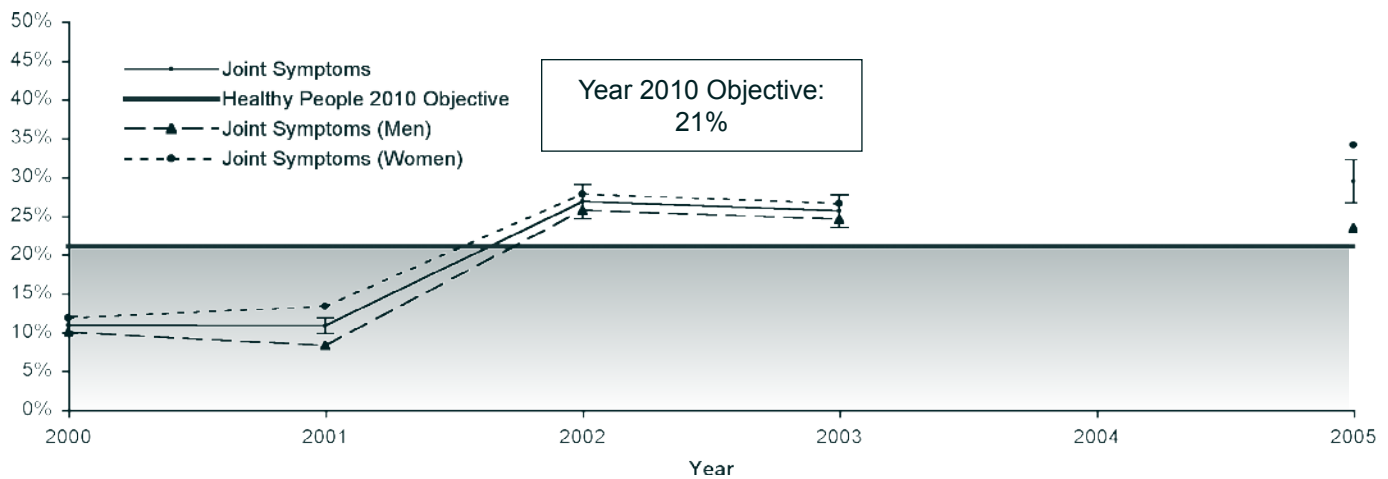
All results are weighted to 2000 California census data

Arthritis

Healthy People Objective 2



Percent of California Adults With Chronic Joint Symptoms Who Report Difficulty With Activities



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval	
			Lower	Upper
1984				
1985				
1986				
1987				
1988				
1989				
1990				
1991				
1992				
1993				
1994				
1995				
1996				
1997				
1998				
1999				
2000	4008	10.9	9.9	12.0
2001	4185	10.8	9.8	11.8
2002	2226	26.8	24.7	29.0
2003	2321	25.6	23.5	27.7
2004				
2005	2456	29.4	26.6	32.2
2006				

Cells with shading had no data collected

All results are weighted to 2000 California census data

Healthy People 2010 Objective 2.2:

Decrease the proportion of persons with chronic joint symptoms who report difficulty with activities

The BRFS asks, "Are you now limited in any way in any of your usual activities because of arthritis or joint symptoms?" Before 2002, the question was, "Are you now limited in any way in any activities because of joint symptoms?"

The Healthy People 2010 objective is to decrease the proportion of adults with chronic joint symptoms who report difficulty with activities to below 21 percent. This is slightly different from the data collected by the BRFS which does not establish whether the respondent has chronic joint symptoms.

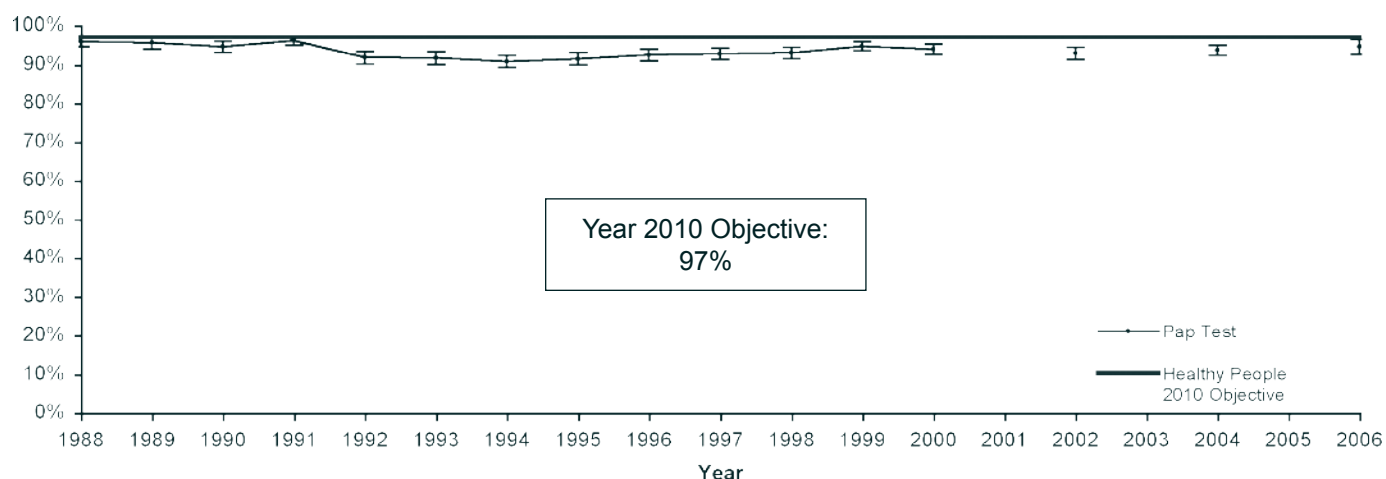
The percentage of adults in California who report limitations due to joint symptoms changed from 2001 to 2002, but this change may have been due to the question wording change rather than a real change in the population. In 2006, 29.4 percent of California adults reported limitations, which is higher than the 21 percent Healthy People objective.

Cancer

Healthy People Objective 3



Percent of California Women Who Report Ever Having a Pap Test

Source Data from 1984-2006
California Behavioral
Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	Upper
1984				
1985				
1986				
1987				
1988	1344	95.8	94.5	97.1
1989	1271	95.5	93.9	97.2
1990	1368	94.5	93.0	96.0
1991	1547	96.1	94.9	97.3
1992	2171	91.7	90.2	93.3
1993	2031	91.6	90.0	93.2
1994	2233	90.7	89.1	92.3
1995	2225	91.4	89.9	93.0
1996	2264	92.4	90.9	93.9
1997	2304	92.7	91.2	94.1
1998	2267	92.9	91.5	94.4
1999	2377	94.6	93.4	95.8
2000	2320	93.9	92.7	95.2
2001				
2002	2508	92.8	91.3	94.4
2003				
2004	2587	93.6	92.2	94.9
2005				
2006	3213	94.5	92.7	96.4

Cells with shading had no data collected

All results are weighted to 2000 California census data

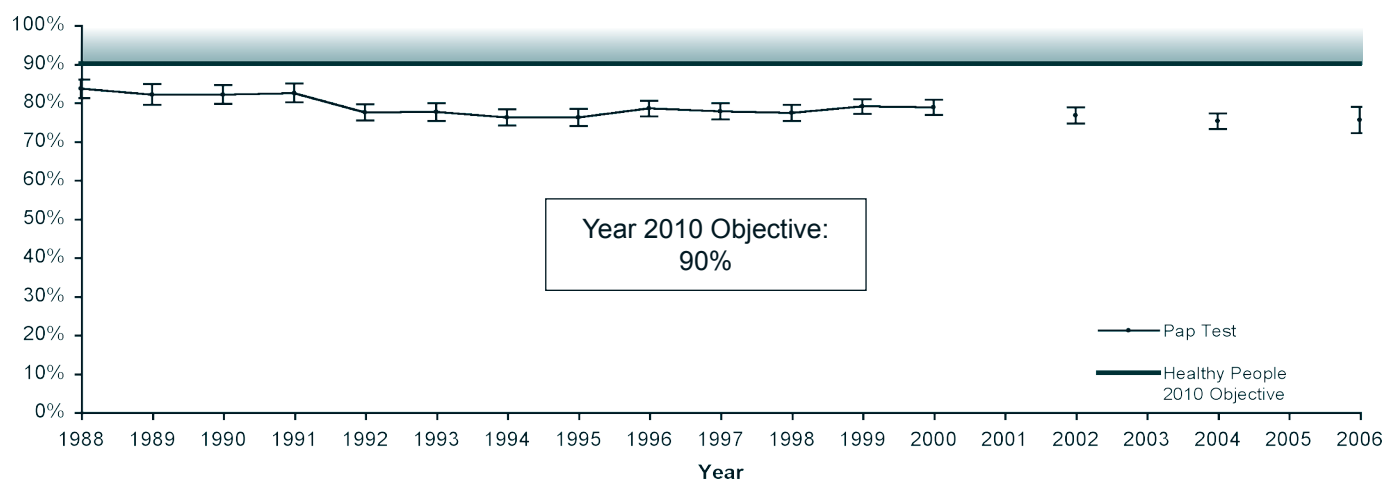
Healthy People 2010 Objective 3.11a:
Increase the proportion of women
who have ever had a Pap test

The BRFs asks women, “Have you ever had a Pap smear?”

The Healthy People 2010 objective is to increase the proportion of women who have had a Pap test at any time in their life to at least 97 percent. California has not yet met this objective.

The percentage of women in California who have ever had a Pap test has been approximately constant, ranging from 89.1 percent in 1994 to a high of 96.1 percent in 1991.

Percent of California Women Who Have Had a Pap Test Within The Last Two Years



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	Upper
1984				
1985				
1986				
1987				
1988	1333	83.5	81.1	85.9
1989	1261	82.0	79.3	84.7
1990	1364	82.0	79.6	84.4
1991	1542	82.4	80.1	84.8
1992	2161	77.4	75.3	79.5
1993	2025	77.5	75.3	79.8
1994	2224	76.1	73.9	78.2
1995	2211	76.1	74.0	78.3
1996	2257	78.4	76.4	80.4
1997	2300	77.7	75.7	79.8
1998	2260	77.2	75.1	79.3
1999	2374	78.9	76.9	80.8
2000	2317	78.7	76.7	80.7
2001				
2002	2503	76.6	74.5	78.7
2003				
2004	2578	75.1	73.2	77.1
2005				
2006	3206	75.4	71.9	78.8

Healthy People 2010 Objective 3.11b: Increase the proportion of women who have had a Pap test within the last three years

The BRFs asks women, “How long has it been since you had your last Pap smear?”

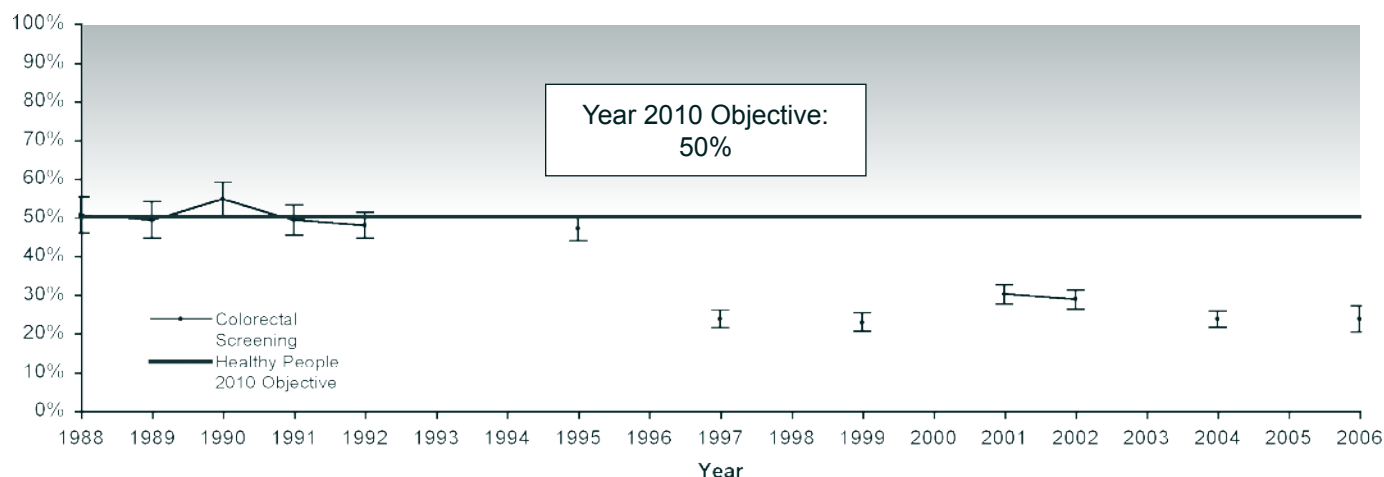
The Healthy People 2010 objective is to increase the proportion of women who have had a Pap test within the last three years to at least 90 percent. The BRFs questionnaire does not include a three-year time-frame as a possible answer. Instead this data shows the proportion of women who have had a Pap test within the last two years. The percentage of California women who have had a Pap test in the last two years ranges from a high of 83.5 percent in 1988 to a low of 75.1 percent in 2004.

Based on a Rao-Scott chi-square test with p-value <0.01, there is a significant trend in the proportion of women who had a Pap test in the two years before the survey was conducted.

Cells with shading had no data collected

All results are weighted to 2000 California census data

Percent of California Adults Age 50 and Older Who Have Received Colorectal Cancer Screening in the Last Two Years



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval	
			Lower	Upper
1984				
1985				
1986				
1987				
1988	656	50.6	45.9	55.3
1989	606	49.2	44.4	54.0
1990	704	54.6	50.4	58.9
1991	860	49.2	45.3	53.1
1992	1080	47.9	44.5	51.3
1993				
1994				
1995	1239	47.0	43.8	50.2
1996				
1997	1502	23.7	21.3	26.0
1998				
1999	1430	22.8	20.4	25.2
2000				
2001	1651	30.1	27.5	32.6
2002	1714	28.8	26.3	31.3
2003				
2004	1872	23.7	21.5	25.8
2005				
2006	2784	23.7	20.2	27.1

Cells with shading had no data collected

All results are weighted to 2000 California census data

Healthy People 2010 Objective 3.12:

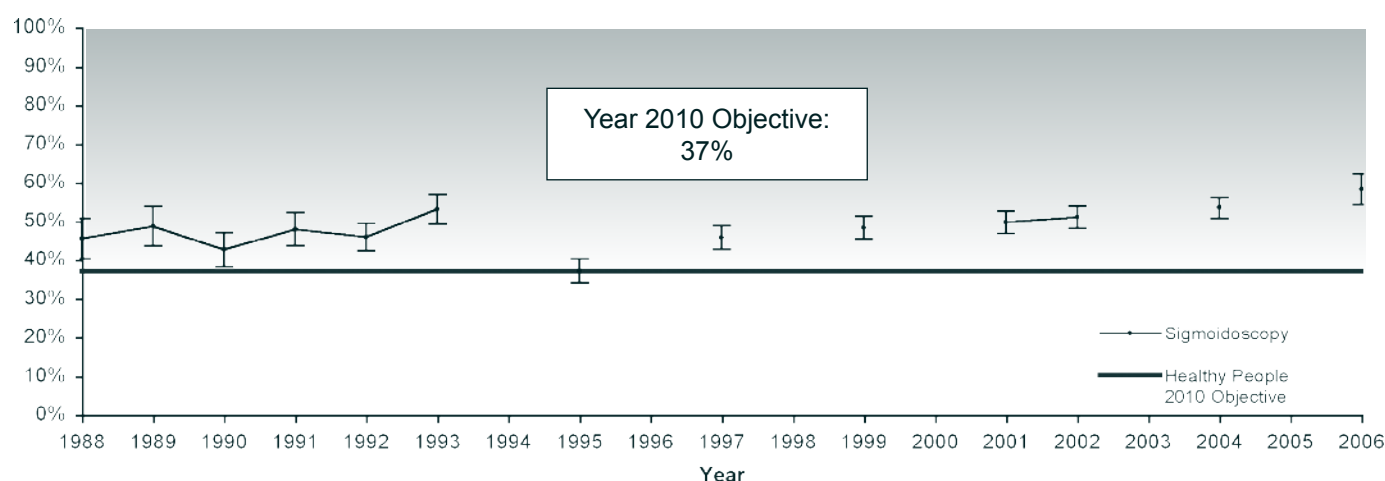
Increase the proportion of adults age 50 and older who have had a fecal occult blood test in the last two years

The BRFs asks adults 50 and over, "How long has it been since you had your last blood stool test using a home kit?" Until 1995, the question was, "When did you have your Blood Stool Test?"

The Healthy People 2010 objective is to increase the proportion of people 50 and older who have had a fecal occult blood test within the past two years to greater than 50 percent. The BRFs questionnaire asks specifically about home tests, while the HP 2010 objective does not specify a type of test.

California has not yet reached this objective. Also, the difference between the question versions is apparent on the chart, before 1996, the percentage was approximately 50 percent, but after the question change, the percentage was about 25 percent.

Percent of California Adults Age 50 and Older Who Have Ever Had a Sigmoidoscopy



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	Upper
1984				
1985				
1986				
1987				
1988	554	45.5	40.4	50.7
1989	526	48.6	43.5	53.7
1990	611	42.6	38.2	47.0
1991	751	47.9	43.8	52.1
1992	977	45.9	42.3	49.4
1993	924	53.1	49.4	56.9
1994				
1995	1280	37.1	34.1	40.2
1996				
1997	1493	45.7	42.8	48.7
1998				
1999	1430	48.3	45.3	51.3
2000				
2001	1655	49.7	46.9	52.6
2002	1713	51.0	48.2	53.9
2003				
2004	1875	53.4	50.7	56.1
2005				
2006	2794	58.2	54.2	62.2

Healthy People 2010 Objective 3.12b: Increase the proportion of adults age 50 and older who have ever had a sigmoidoscopy

The BRFSS asks, "Sigmoidoscopy or colonoscopy are exams in which a tube is inserted in the rectum to view the bowel for signs of cancer or other health problems. Have you ever had either of these exams?"

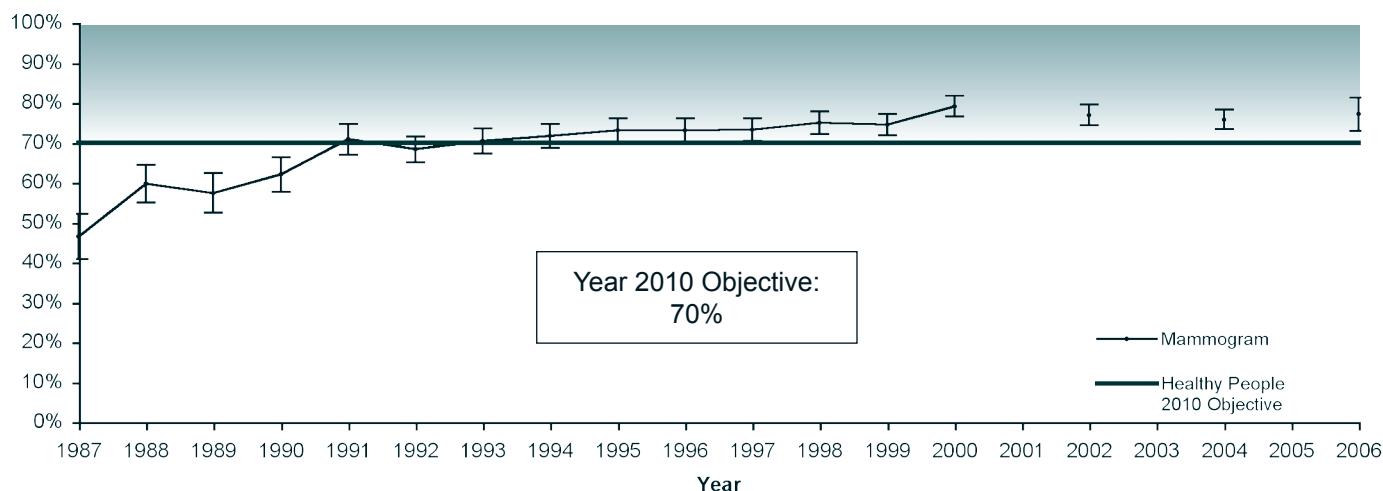
The Healthy People 2010 objective is to increase the proportion of people age 50 and older who have ever had a sigmoidoscopy to at least 37 percent. California has consistently exceeded this objective in all years where data was collected.

The percentage of adults 50 and older in California who have ever had a colonoscopy has varied over the years from 1988 through 2006, with a low of 37.1 percent in 1995 and a high of 58.2 percent in 2006.

Cells with shading had no data collected

All results are weighted to 2000 California census data

Percent of California Women Age 40 and Older Who Have Had a Mammogram in the Last Two Years



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval	
			Lower	Upper
1984				
1985				
1986				
1987	478	46.5	40.9	52.2
1988	669	59.7	54.9	64.4
1989	630	57.4	52.5	62.4
1990	720	62.0	57.8	66.3
1991	822	70.8	66.9	74.6
1992	1122	68.3	65.1	71.5
1993	1125	70.4	67.2	73.6
1994	1211	71.6	68.6	74.6
1995	1212	73.0	70.1	76.0
1996	1281	73.1	70.3	76.0
1997	1346	73.2	70.4	76.0
1998	1259	75.0	72.1	77.8
1999	1389	74.5	71.8	77.2
2000	1328	79.1	76.5	81.7
2001				
2002	1542	76.9	74.2	79.5
2003				
2004	1677	75.8	73.4	78.2
2005				
2006	2322	77.1	72.8	81.3

Cells with shading had no data collected

All results are weighted to 2000 California census data

Healthy People 2010 Objective 3.13: Increase the proportion of women age 40 and older who have had a mammogram within the past two years

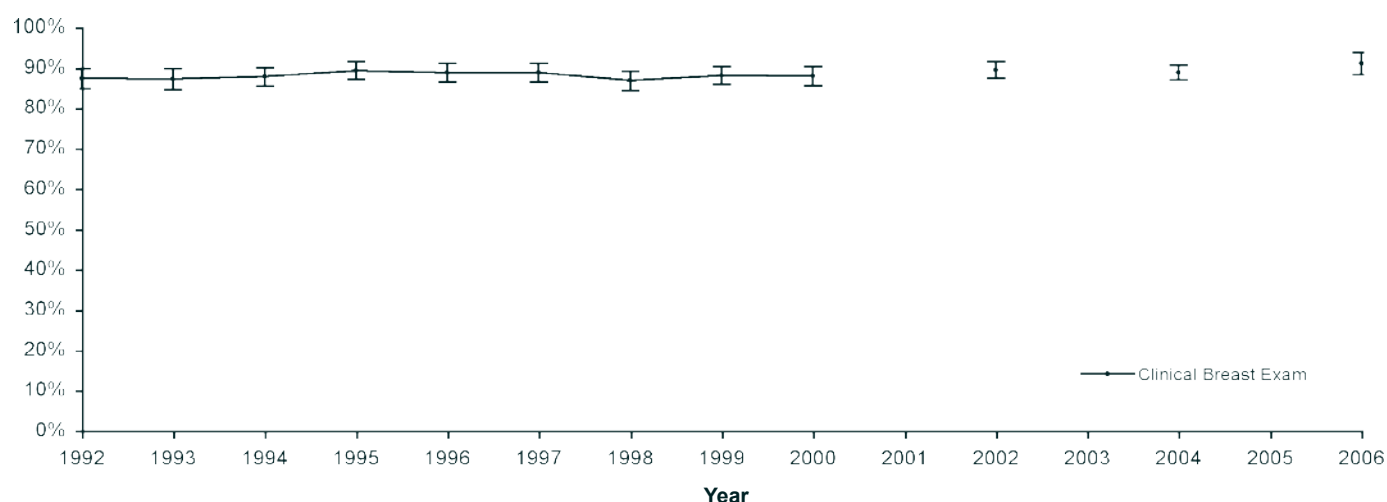
The BRFSS asks women, "Have you ever had a mammogram?" and, "How long has it been since you had your last mammogram?"

The Healthy People 2010 objective is to increase the proportion of women who have a mammogram at least every two years to more than 70 percent. California has consistently met this objective since 1993.

The percentage of women 40 and older in California who report having had a mammogram in the past two years has increased over the years from 1987 to 2006, with a low of 46.5 percent in 1987 and a high of 79.1 percent in 2000.

Based on a Rao-Scott chi-square test with p-value <0.01, there is a significant trend over the years 1987 through 2006 in the proportion of women who had a mammogram in the two years before the survey was conducted.

Percent of California Women Aged 40 and Older Who Report Ever Having a Clinical Breast Exam



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	Upper
1984				
1985				
1986				
1987				
1988				
1989				
1990				
1991				
1992	1120	87.3	84.7	89.8
1993	1123	87.2	84.7	89.8
1994	1214	87.8	85.4	90.1
1995	1210	89.3	87.0	91.5
1996	1287	88.8	86.5	91.1
1997	1343	88.8	86.6	91.1
1998	1258	86.8	84.4	89.2
1999	1389	88.1	86.0	90.3
2000	1327	88.0	85.7	90.4
2001				
2002	1544	89.4	87.2	91.5
2003				
2004	1678	88.8	87.0	90.7
2005				
2006	2316	91.1	88.4	93.9

Proportion of women aged 40 and older who have ever had a clinical breast exam

The BRFS asks, "A clinical breast exam is when a doctor or other health professional feels the breast for lumps. Have you ever had a clinical breast exam?"

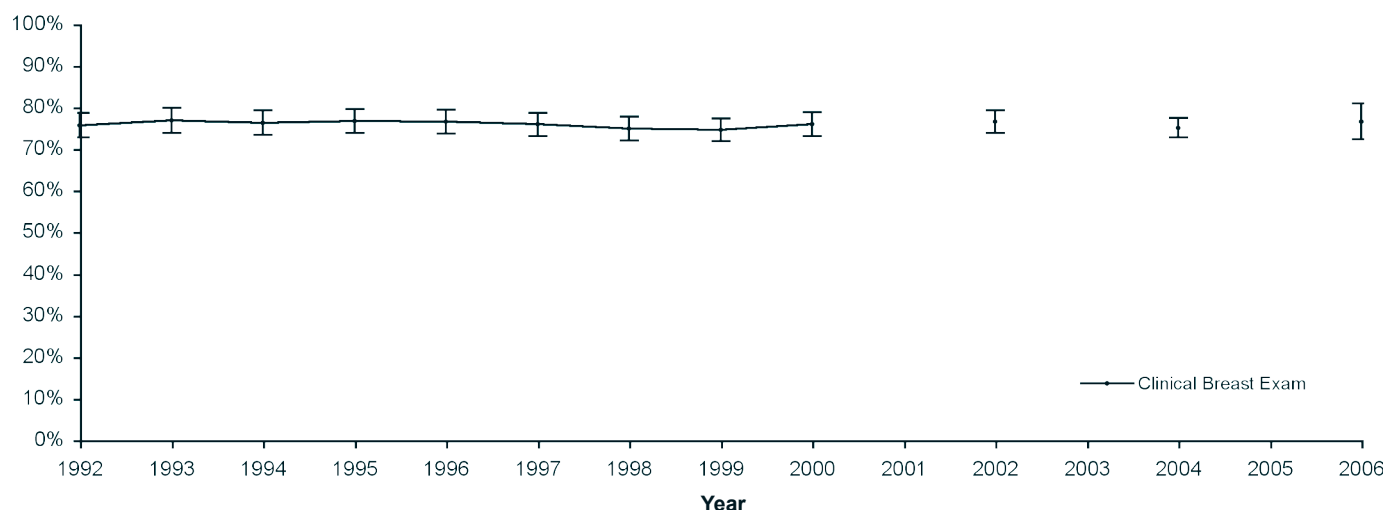
The percentage of women aged 40 and older who have ever had a clinical breast exam has been approximately constant at about 88 percent since the question was first asked in 1992. There is no Healthy People 2010 objective that addresses this topic.

Based on a Rao-Scott chi-square test with a p-value of 0.4, there is insufficient evidence to conclude that there has been a significant trend from 1992 through 2006 in the proportion of women who have ever had a clinical breast exam.

Cells with shading had no data collected

All results are weighted to 2000 California census data

Percent of California Women Aged 40 and Older Who Report Having a Clinical Breast Exam Within the Last Two Years



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	95% Confidence Interval Upper
1984				
1985				
1986				
1987				
1988				
1989				
1990				
1991				
1992	1114	75.7	72.6	78.7
1993	1117	76.9	73.8	79.9
1994	1212	76.3	73.4	79.2
1995	1198	76.7	73.8	79.6
1996	1281	76.6	73.8	79.5
1997	1339	75.9	73.1	78.7
1998	1256	74.9	71.9	77.8
1999	1389	74.6	71.9	77.3
2000	1325	75.9	73.1	78.8
2001				
2002	1542	76.6	73.9	79.3
2003				
2004	1671	75.1	72.7	77.5
2005				
2006	2311	76.6	72.4	80.9

California women aged 40 and older who have had a clinical breast exam within the last two years

The BRFs asks, "How long has it been since your last breast exam?"

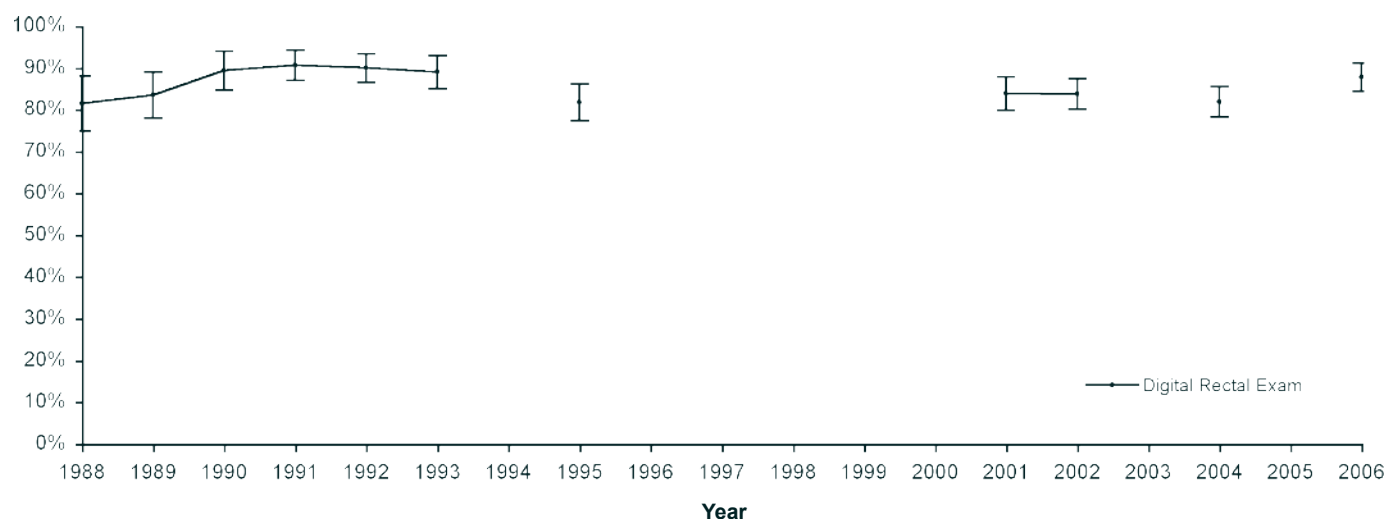
The percentage of women 40 and older who report having had a clinical breast exam within the past two years has been approximately constant at about 75 percent. There is no Healthy People 2010 objective that addresses this topic.

Based on a Rao-Scott chi-square test with a p-value of 0.8, there is insufficient evidence to conclude that there is a significant trend from 1992 through 2006 in the proportion of women who have had a clinical breast exam within the two years before they completed the survey.

Cells with shading had no data collected

All results are weighted to 2000 California census data

Percent of California Men Aged 50 and Older Who Report Having Ever Had a Digital Rectal Exam



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	95% Confidence Interval Upper
1984				
1985				
1986				
1987				
1988	252	81.4	74.8	88.0
1989	243	83.4	77.9	88.9
1990	276	89.3	84.6	94.0
1991	331	90.6	87.0	94.2
1992	414	89.9	86.5	93.3
1993	401	88.9	85.0	92.8
1994				
1995	537	81.7	77.2	86.1
1996				
1997				
1998				
1999				
2000				
2001	624	83.8	79.7	87.8
2002	679	83.7	80.1	87.3
2003				
2004	732	81.8	78.2	85.4
2005				
2006	1131	87.7	84.3	91.1

Proportion of men aged 50 and older who report having ever had a digital rectal exam

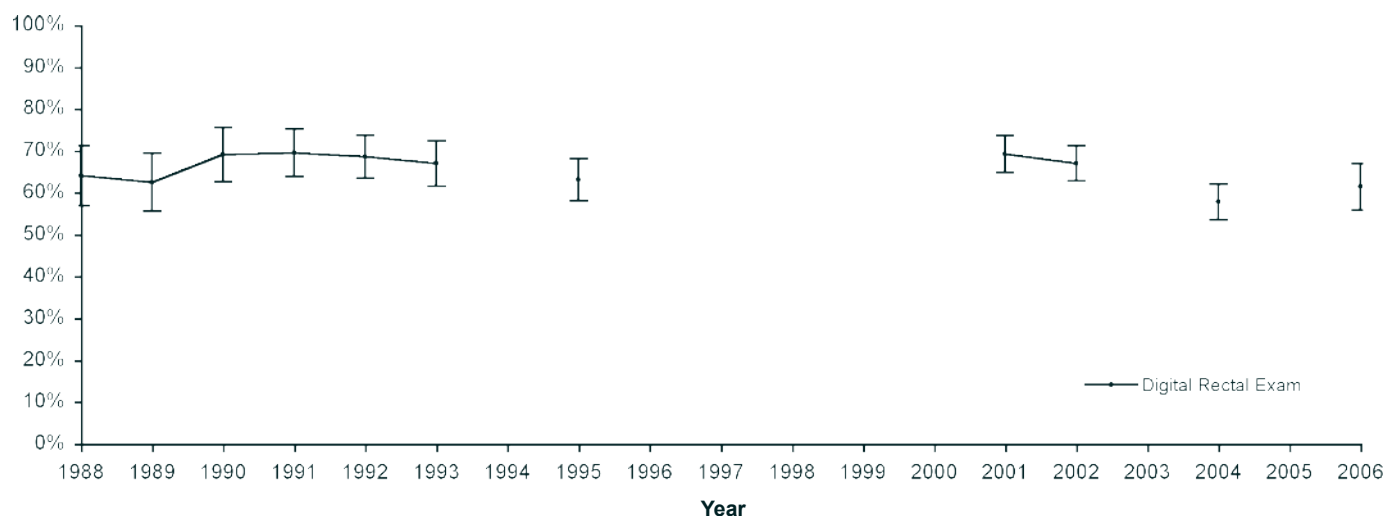
The BRFSS asks, "A digital rectal exam is an exam in which a doctor or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. Have you ever had a digital rectal exam?"

The percentage of men in California 50 and older who report ever having had a digital rectal exam has varied from a low of 81.4 percent in 1988 to a high of 90.6 percent in 1991. There is no Healthy People 2010 objective that addresses this topic.

Cells with shading had no data collected

All results are weighted to 2000 California census data

Percent of California Men Aged 50 and Older Who Report Having Had a Digital Rectal Exam in the Last Two Years



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	Upper
1984				
1985				
1986				
1987				
1988	251	64.0	56.7	71.2
1989	243	62.4	55.4	69.4
1990	276	69.0	62.4	75.5
1991	330	69.4	63.6	75.1
1992	414	68.5	63.5	73.6
1993	401	66.9	61.5	72.3
1994				
1995	532	63.0	58.0	68.0
1996				
1997				
1998				
1999				
2000				
2001	623	69.1	64.6	73.5
2002	679	66.9	62.8	71.1
2003				
2004	728	57.7	53.4	62.0
2005				
2006	1129	61.3	55.7	66.9

Proportion of men aged 50 and older who report having had a digital rectal exam in the last two years

The BRFS asks, "How long has it been since your last digital rectal exam?"

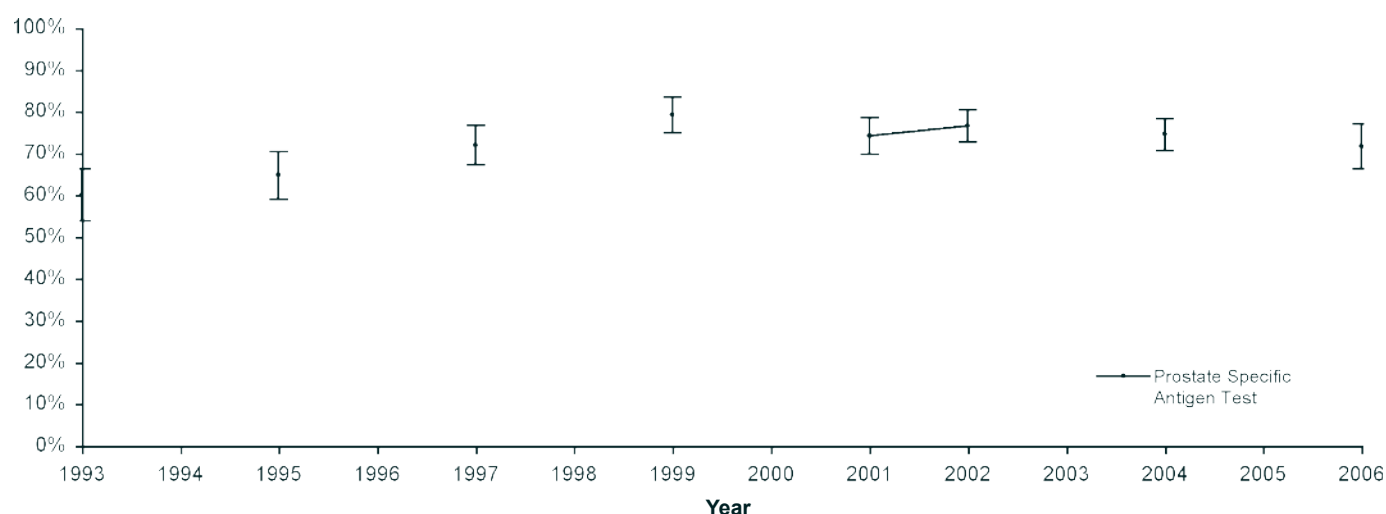
The proportion of men in California 50 and older who report having had a digital rectal exam within the last two years has ranged from 57.7 percent in 2004 to 69.4 percent in 1991. There is no Healthy People 2010 objective that addresses this topic.

Based on a Rao-Scott chi-square test with p-value 0.3, there is not enough evidence to say that there is a trend in the proportion of men 50 and older who have had a digital rectal exam in the two years before the survey.

Cells with shading had no data collected

All results are weighted to 2000 California census data

Percent of California Men Aged 50 and Older Who Report Having Ever Had a Prostate Specific Antigen Test



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval	
			Lower	Upper
1984				
1985				
1986				
1987				
1988				
1989				
1990				
1991				
1992				
1993	321	60.0	53.7	66.2
1994				
1995	354	64.7	59.0	70.4
1996				
1997	460	71.9	67.1	76.6
1998				
1999	454	79.2	74.9	83.5
2000				
2001	606	74.2	69.8	78.6
2002	661	76.5	72.6	80.4
2003				
2004	721	74.5	70.8	78.3
2005				
2006	1094	71.7	66.4	77.1

Increase the proportion of men aged 50 and older who report having ever had a Prostate-Specific Antigen test

The BRFSS asks, "A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. Have you ever had a PSA test?"

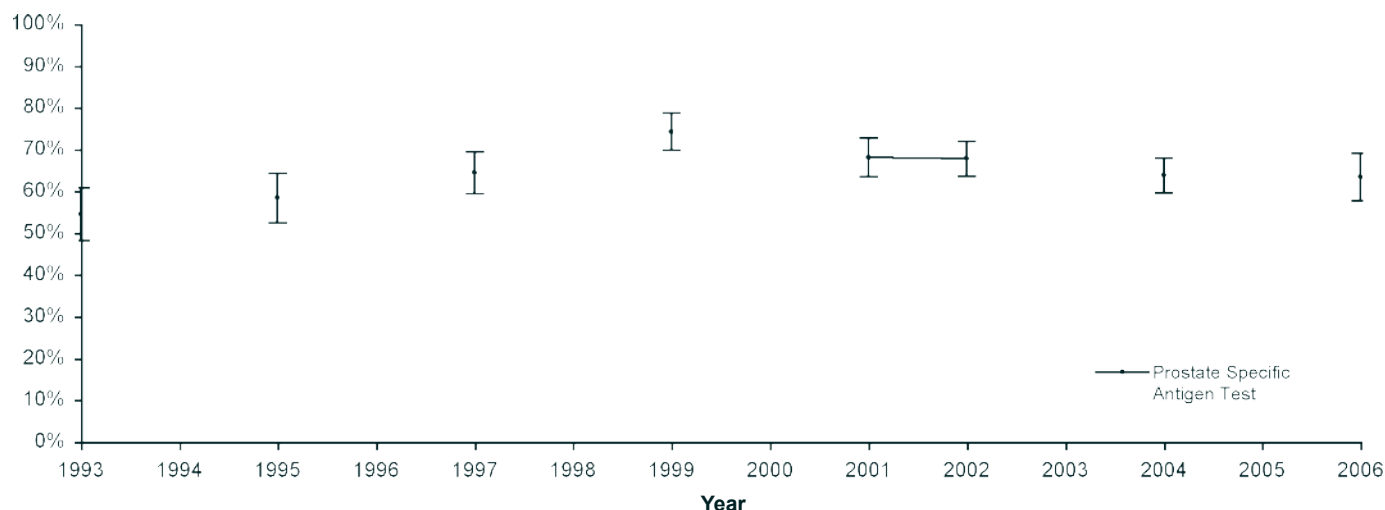
The percentage of men 50 and older who have ever had a Prostate-Specific Antigen test increased from 1993 through 1999, then leveled off at about 75 percent, with a low of 60.0 percent in 1993 and a high of 79.2 percent in 1999. There is no Healthy People 2010 objective that addresses this topic.

Based on a Rao-Scott chi-square test with p-value <0.01, there is a significant trend in the proportion of men 50 and older in California who have ever had a Prostate-Specific Antigen test.

Cells with shading had no data collected

All results are weighted to 2000 California census data

Percent of California Men Aged 50 and Older Who Report Having Had a Prostate Specific Antigen Test Within the Last Two Years



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	Upper
1984				
1985				
1986				
1987				
1988				
1989				
1990				
1991				
1992				
1993	321	60.0	53.7	66.2
1994				
1995	354	64.7	59.0	70.4
1996				
1997	460	71.9	67.1	76.6
1998				
1999	454	79.2	74.9	83.5
2000				
2001	606	74.2	69.8	78.6
2002	661	76.5	72.6	80.4
2003				
2004	721	74.5	70.8	78.3
2005				
2006	1094	71.7	66.4	77.1

Increase the proportion of men aged 50 and older who report having had a Prostate-specific Antigen test within the last two years

The BRFs asks, "Now I would like to ask you some questions about cancer screening tests. A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. How long has it been since you had your last PSA test?"

The percentage of men 50 and older who have had a Prostate-Specific Antigen test in the prior two years increased from 1993 through 1999, then leveled off at about 65 percent, with a low of 54.4 percent in 1993 and a high of 74.2 percent in 1999. There is no Healthy People 2010 objective that addresses this topic.

Based on a Rao-Scott chi-square test with p-value <0.01, there is a significant trend in the proportion of men 50 and older in California who have had a Prostate-Specific Antigen test in the prior two years.

Cells with shading had no data collected

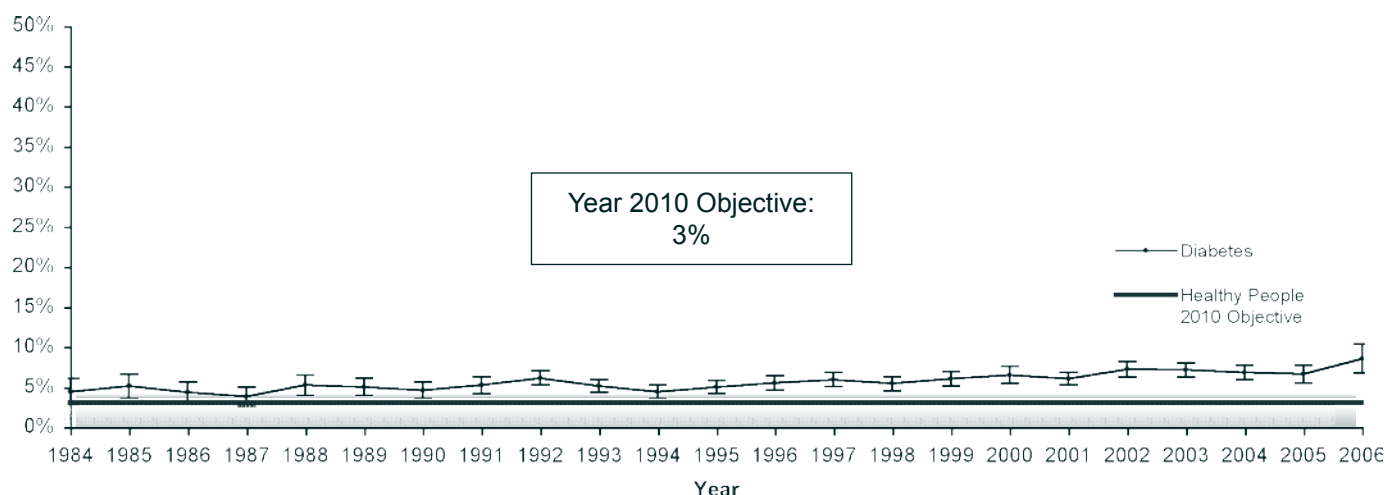
All results are weighted to 2000 California census data

Diabetes

Healthy People Objective 5



Percent of California Adults Who Report Ever Being Diagnosed With Diabetes



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval	
			Lower	Upper
1984	1082	4.4	2.9	6.0
1985	1366	5.1	3.7	6.6
1986	1562	4.3	3.1	5.6
1987	1778	3.8	2.6	5.0
1988	2459	5.2	3.9	6.5
1989	2397	5.0	3.8	6.1
1990	2699	4.6	3.6	5.6
1991	2989	5.2	4.2	6.3
1992	3979	6.1	5.2	7.0
1993	3603	5.1	4.2	5.9
1994	3997	4.4	3.7	5.2
1995	4038	5.0	4.2	5.8
1996	3991	5.5	4.6	6.4
1997	4062	5.9	5.0	6.8
1998	4036	5.4	4.5	6.3
1999	4145	6.0	5.1	6.9
2000	4014	6.5	5.5	7.6
2001	4186	6.0	5.2	6.8
2002	4386	7.2	6.2	8.2
2003	4439	7.1	6.2	8.0
2004	4460	6.8	6.0	7.7
2005	6095	6.6	5.6	7.7
2006	5688	8.5	6.6	10.3

Healthy People 2010 Objective 5.3: Decrease the proportion of persons ever diagnosed with diabetes

The BRFS measures the proportion of adults who report ever being diagnosed with diabetes.

The Healthy People 2010 objective is to decrease the proportion of all people who have ever been diagnosed with diabetes to below three percent. This is slightly different from the data collected by the BRFS which excludes children under age 18.

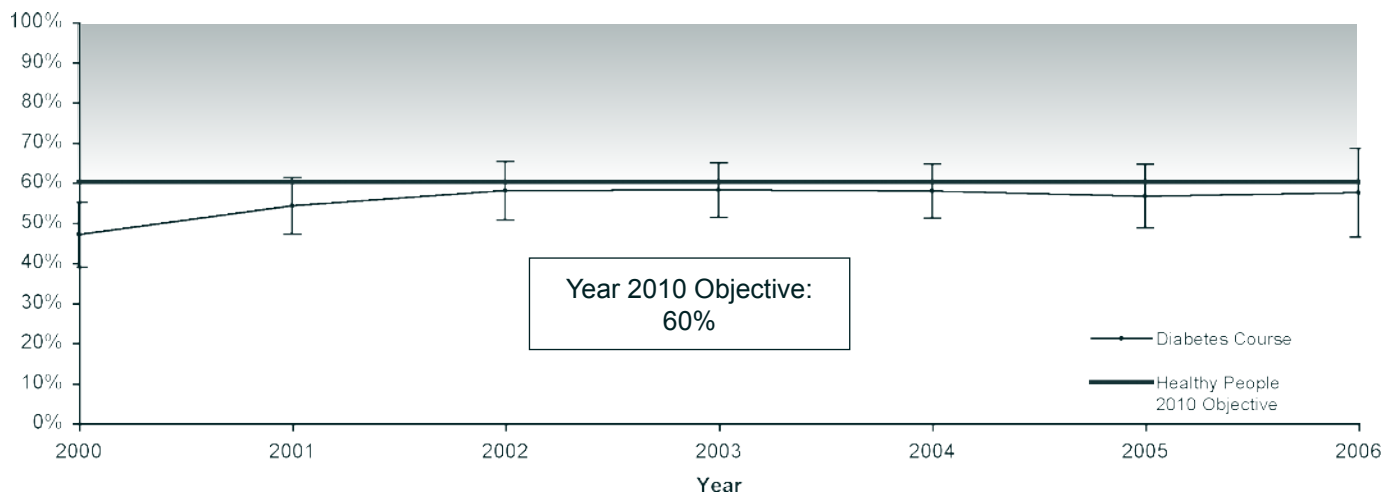
The percentage of California adults who report ever being diagnosed with diabetes has increased since 1984, with a low of 3.8 percent in 1987 to a high of 8.5 percent in 2006.

Based on a Rao-Scott chi-square test with p-value <0.01, there is a significant trend in the proportion of adults in California who report having been diagnosed with diabetes.

Cells with shading had no data collected

All results are weighted to 2000 California census data

Percent of California Adults With Diabetes Who Have Taken a Course in Diabetes Self-Management



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	Upper
1984				
1985				
1986				
1987				
1988				
1989				
1990				
1991				
1992				
1993				
1994				
1995				
1996				
1997				
1998				
1999				
2000	219	46.9	38.7	55.0
2001	266	54.1	46.9	61.2
2002	298	57.9	50.6	65.2
2003	313	58.1	51.3	64.9
2004	299	57.8	51.1	64.6
2005	6095	6.6	5.6	7.7
2006	5688	8.5	6.6	10.3

Healthy People 2010 Objective 5.1: Increase the proportion of adults with diabetes who have taken a course in diabetes self-management

The BRFs asks adults with diabetes whether they have ever taken a course in how to manage diabetes themselves.

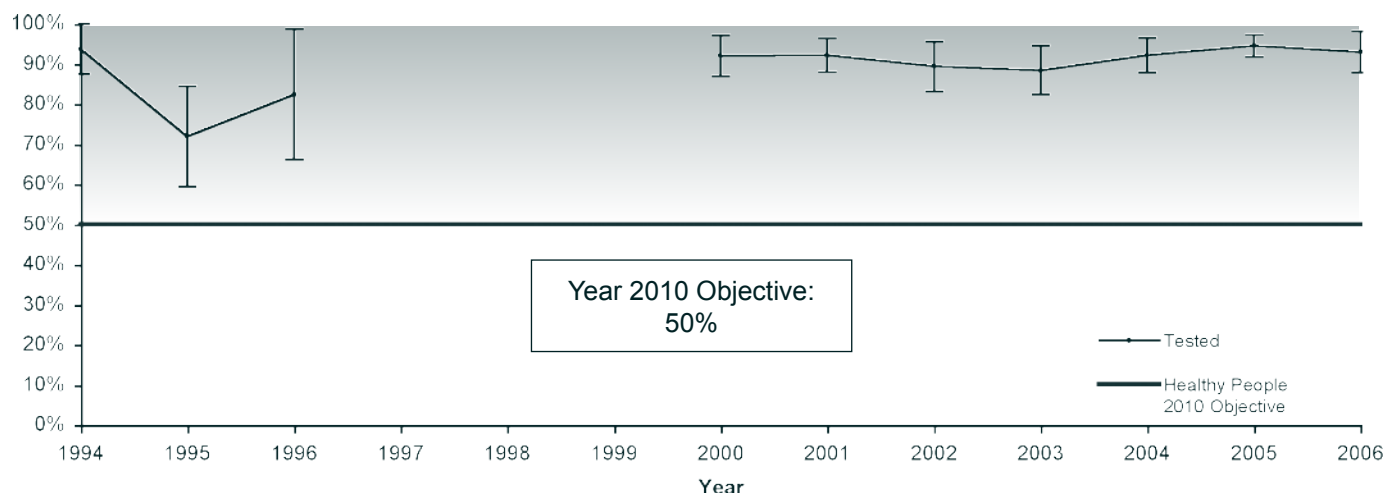
The Healthy People 2010 objective is to increase the proportion of adults with diabetes who have ever taken a course in diabetes self-management to 60 percent. California is close to achieving this objective with an increase from 46.9 percent in 2000 to 57.4 percent in 2006.

Based on a Rao-Scott chi-square test with a p-value of 0.39, there is not enough evidence to conclude that there is a trend over the years 2000 through 2006 in the proportion of adults with diabetes who have taken a course in diabetes self-management.

Cells with shading had no data collected

All results are weighted to 2000 California census data

Percent of California Adults With Diabetes Who Report Having a Glycosylated Hemoglobin Test at Least Once a Year



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	95% Confidence Interval Upper
1984				
1985				
1986				
1987				
1988				
1989				
1990				
1991				
1992				
1993				
1994	28	93.7	84.5	100.0
1995	68	71.9	59.4	84.5
1996	33	82.4	66.2	98.7
1997				
1998				
1999				
2000	170	92.0	87.0	97.1
2001	196	92.2	88.1	96.4
2002	222	89.4	83.1	95.6
2003	251	88.4	82.3	94.5
2004	236	92.2	87.9	96.5
2005	362	94.5	91.7	97.3
2006	406	93.0	87.8	98.2

Healthy People 2010 Objective 5.12:

Increase the proportion of adults with diabetes who have an annual glycosylated hemoglobin test

The BRFs measures the proportion of adults with diabetes who report having a glycosylated hemoglobin test within the last year. This test, also known as the A1C test, monitors blood sugar over time.

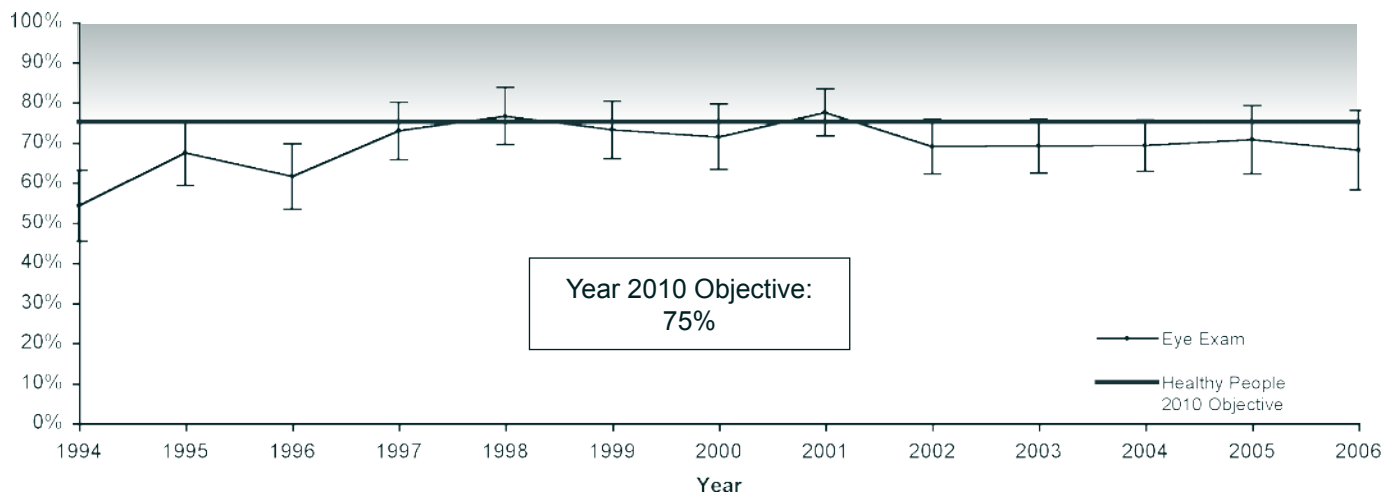
The Healthy People 2010 objective is to maintain the proportion of adults age 18 and older with diagnosed diabetes who have had a glycosylated hemoglobin test one or more times in the past year above 50 percent.

California has reliably exceeded this objective over the years 1994-2006 with a low of 71.9 percent in 1995 and a high of 94.5 percent in 2005.

Cells with shading had no data collected

All results are weighted to 2000 California census data

Percent of California Adults With Diabetes Who Report That They Had a Dilated Eye Exam in the Last Year



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	Interval Upper
1984				
1985				
1986				
1987				
1988				
1989				
1990				
1991				
1992				
1993				
1994	161	54.1	45.3	63.0
1995	174	67.3	59.2	75.4
1996	197	61.4	53.2	69.6
1997	192	72.8	65.5	80.0
1998	170	76.5	69.4	83.6
1999	208	73.1	66.0	80.3
2000	204	71.3	63.1	79.5
2001	250	77.4	71.4	83.3
2002	284	68.9	62.1	75.7
2003	279	69.0	62.1	75.8
2004	281	69.2	62.8	75.6
2005	424	70.6	62.0	79.1
2006	503	68.0	58.1	77.9

Healthy People 2010 Objective 5.13: Increase the proportion of persons with diabetes who report that they had a dilated eye exam in the last year

The BRFSS asks adults with diabetes when they last had an eye exam in which their pupils were dilated.

The Healthy People 2010 objective is to increase the proportion of adults with diabetes who have an annual dilated eye exam to 75 percent. California has met this objective in some years.

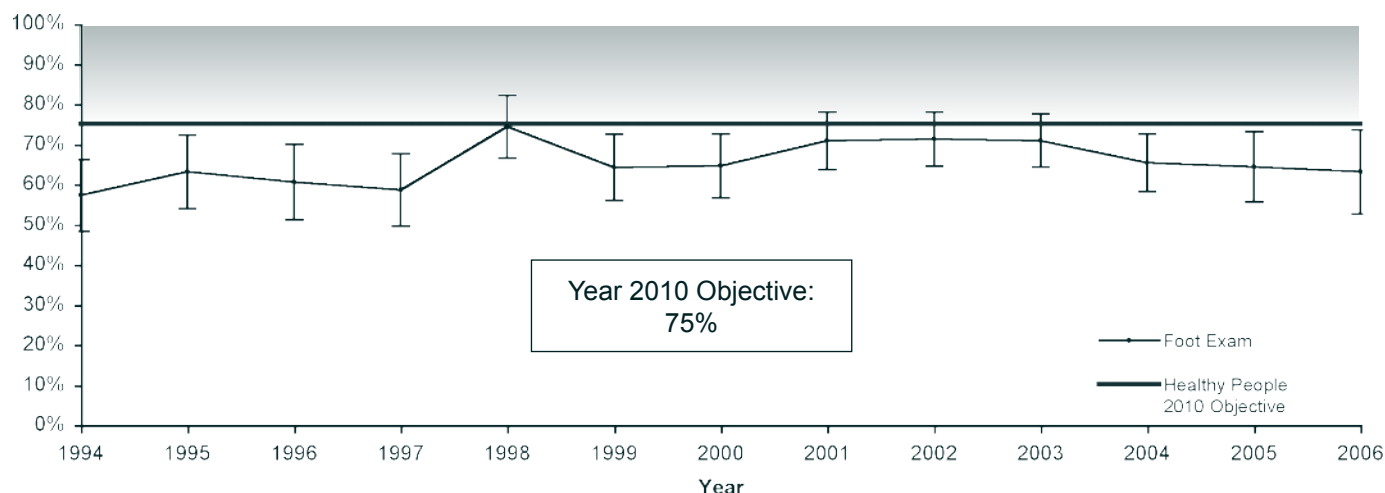
The percentage of adults with diabetes who report having a dilated eye exam in the past year has increased over the years, with a low of 54.1 percent in 1994 and a high of 77.4 percent in 2001.

Based on a Rao-Scott chi-square test with p-value 0.01, there is a significant trend in the proportion of adults with diabetes who report having a dilated eye exam in the prior year.

Cells with shading had no data collected

All results are weighted to 2000 California census data

Percent of California Adults With Diabetes Who Report Having a Health Professional Check Their Feet For Sores in the Last Year



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	Upper
1984				
1985				
1986				
1987				
1988				
1989				
1990				
1991				
1992				
1993				
1994	160	57.2	48.4	66.1
1995	140	63.1	53.8	72.3
1996	157	60.5	51.1	69.9
1997	168	58.6	49.6	67.6
1998	162	74.4	66.7	82.2
1999	193	64.2	55.9	72.4
2000	211	64.6	56.5	72.6
2001	225	70.9	63.6	78.1
2002	254	71.3	64.5	78.1
2003	270	70.9	64.3	77.5
2004	255	65.4	58.2	72.6
2005	381	64.3	55.5	73.1
2006	498	63.1	52.6	73.6

Cells with shading had no data collected

All results are weighted to 2000 California census data

Healthy People 2010 Objective 5.14:

Increase the proportion of adults with diabetes who report having a health professional check their feet for sores within the last year

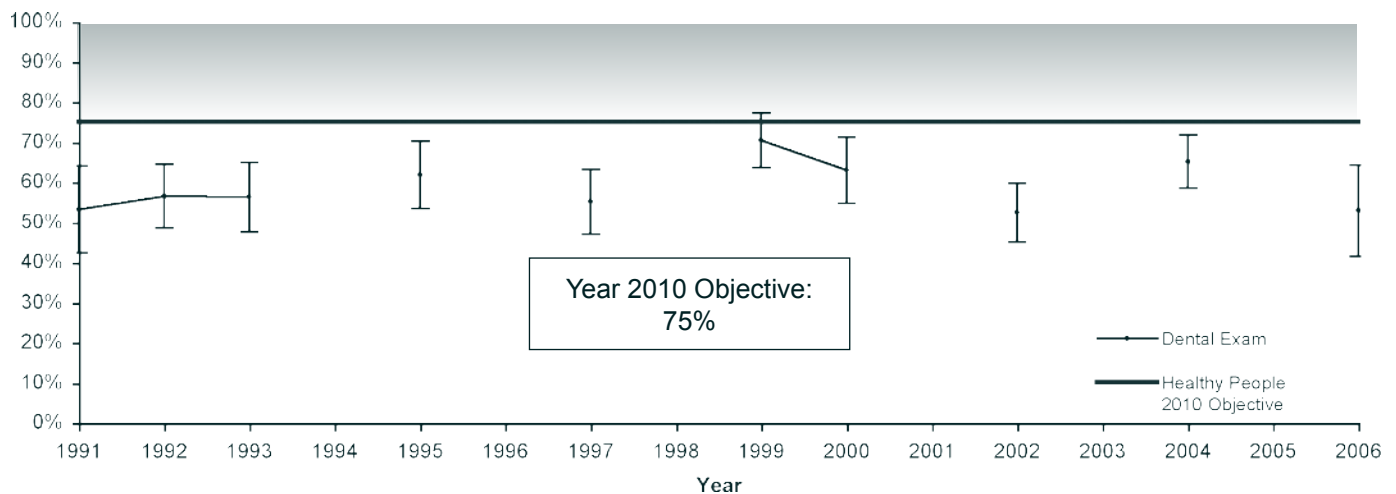
The BRFS asks adults with diabetes how many times in the past 12 months they have had their feet checked by a health professional for sores.

The Healthy People 2010 objective is to increase the proportion of adults with diabetes who have their feet checked for sores by a health professional at least once a year to 75 percent.

The percentage of California adults with diabetes who have had their feet checked within the past year has varied from 57.2 percent in 1994 to 74.4 percent in 1998. California has not yet met the Healthy People 2010 objective of 75 percent.

Based on a Rao-Scott chi-square test with a p-value of 0.12, there is insufficient evidence to conclude that there was a significant trend from 1994 through 2006 in the proportion of adults with diabetes who report having their feet checked.

Percent of California Adults With Diabetes Who Report That They Have Seen a Dentist in the Last Year



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	95% Confidence Interval Upper
1984				
1985				
1986				
1987				
1988				
1989				
1990				
1991	138	53.2	42.5	64.0
1992	214	56.5	48.7	64.4
1993	176	56.3	47.6	65.0
1994				
1995	177	61.8	53.5	70.2
1996				
1997	215	55.1	47.1	63.1
1998				
1999	226	70.5	63.6	77.3
2000	219	63.0	54.9	71.2
2001				
2002	298	52.4	45.0	59.7
2003				
2004	312	65.1	58.5	71.7
2005				
2006	509	52.9	41.5	64.3

Healthy People 2010 Objective 5.15: Increase the proportion adults with diabetes who see a dentist at least once a year

The BRFSS asks adults with diabetes how long it has been since they last visited a dentist.

The Healthy People 2010 objective is to increase the proportion of adults with diabetes who see a dentist at least once a year to 75 percent. California has not yet met this objective.

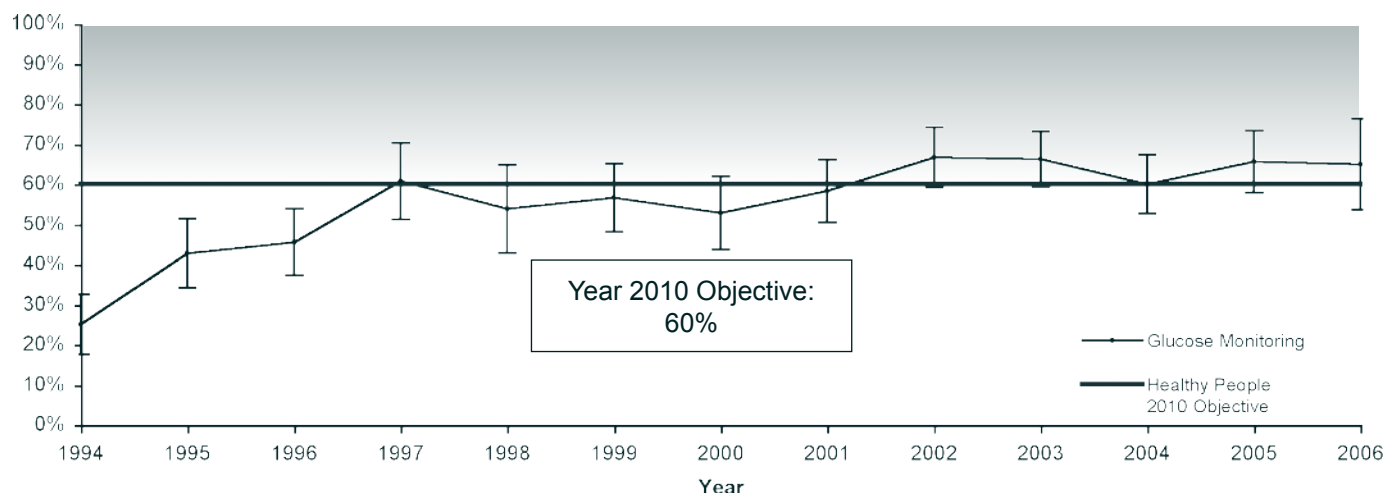
The percentage of adults with diabetes in California who have visited a dentist in the last year has ranged from a low of 41.5 percent in 2006 to a high of 70.5 percent in 1999.

Based on a Rao-Scott chi-square test with a p-value of 0.06, there is not enough evidence to say that there is a significant trend from 1991 through 2006 in the proportion of those adults with diabetes who report visiting a dentist in the prior 12 months.

Cells with shading had no data collected

All results are weighted to 2000 California census data

Percent of California Adults With Diabetes Who Perform Self-Blood-Glucose Monitoring at Least Once Daily



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	95% Confidence Interval Upper
1984				
1985				
1986				
1987				
1988				
1989				
1990				
1991				
1992				
1993				
1994	160	25.1	17.7	32.5
1995	174	42.8	34.3	51.4
1996	197	45.5	37.1	53.8
1997	145	60.8	51.4	70.3
1998	134	53.9	42.8	64.9
1999	180	56.6	48.1	65.1
2000	178	52.8	43.6	61.9
2001	218	58.3	50.4	66.2
2002	248	66.7	59.2	74.2
2003	263	66.3	59.4	73.2
2004	262	60.0	52.7	67.3
2005	373	65.6	58.0	73.3
2006	439	65.0	53.7	76.4

Cells with shading had no data collected

All results are weighted to 2000 California census data

Healthy People 2010 Objective 5.17:

Increase the proportion of persons with diabetes who perform self-blood-glucose monitoring at least once daily

The BRFs asks adults who report having been diagnosed with diabetes how often they check their blood glucose, excluding checks by a health professional.

The Healthy People 2010 objective is to increase to at least 60 percent the proportion of adults with diabetes who report that they check their own blood glucose at least once a day (excludes checks by a health professional).

California has made significant progress toward this objective with a low of 25.1 percent in 1994, and a high of 65.6 percent in 2005.

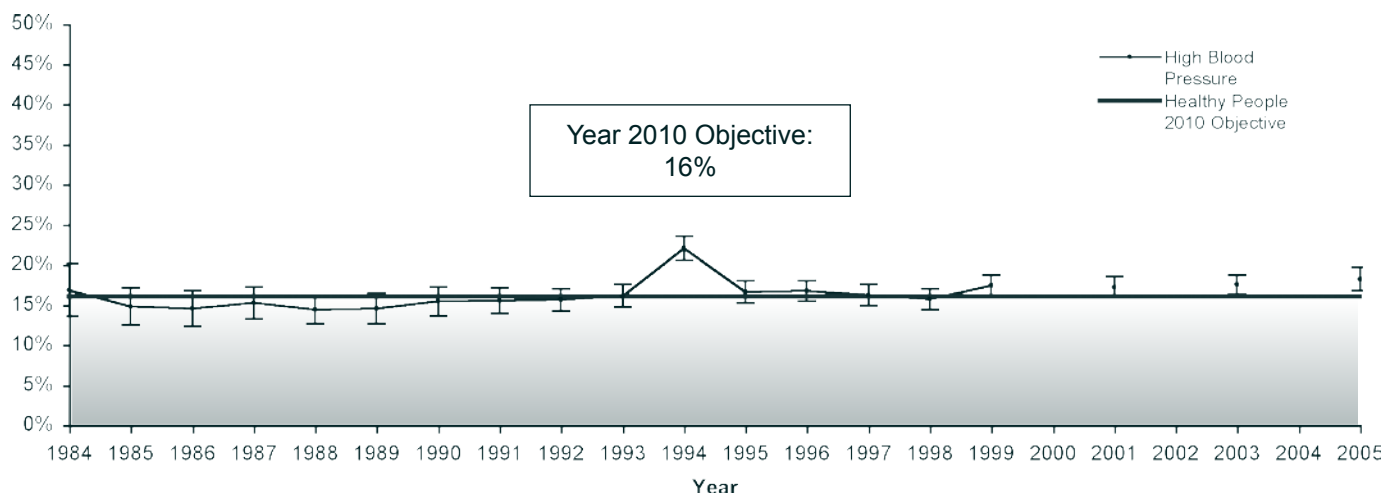
Based on a Rao-Scott chi-square test with a p-value of <0.01, there is a significant trend over the period from 1994 through 2006 in the proportion of adults with diabetes who self-check blood glucose daily. California has consistently met or exceeded the objective since 2002.

Heart Disease and Stroke

Healthy People Objective 12



Percent of California Adults With High Blood Pressure

Source Data from 1984-2006
California Behavioral
Risk Factor Survey

Year	N	Percent	95% Confidence Interval	
			Lower	Upper
1984	1034	16.8	13.5	20.1
1985	1309	14.8	12.4	17.1
1986	1503	14.5	12.4	16.7
1987	1722	15.2	13.1	17.2
1988	2383	14.4	12.6	16.2
1989	2304	14.5	12.7	16.4
1990	2606	15.4	13.7	17.2
1991	2914	15.5	13.9	17.1
1992	3857	15.6	14.3	17.0
1993	3508	16.1	14.7	17.5
1994	3850	22.0	20.5	23.5
1995	3887	16.6	15.2	18.0
1996	3856	16.7	15.3	18.0
1997	3941	16.2	14.9	17.5
1998	3904	15.7	14.4	17.0
1999	4010	17.4	16.1	18.7
2000				
2001	4087	17.2	15.9	18.5
2002				
2003	4164	17.5	16.2	18.7
2004				
2005	5812	18.2	16.7	19.7
2006				

Cells with shading had no data collected

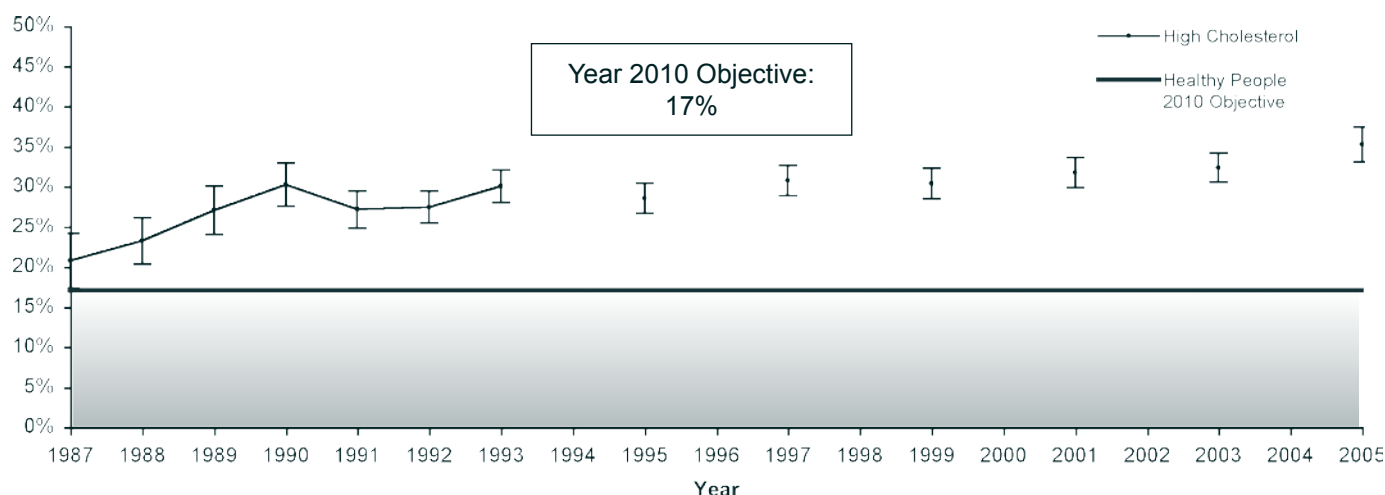
All results are weighted to 2000 California census data

Healthy People 2010 Objective 12.9:
Decrease the proportion of adults
with high blood pressure

The BRFs asks, "Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?" In all years except 1994, "Have you been told on more than one occasion that your blood pressure was high, or have you been told this only once?" was also asked. People were only categorized as having high blood pressure if they had been told more than once.

The Healthy People 2010 objective is to decrease the proportion of adults who have a measurement of systolic blood pressure >140 mmHg or a diastolic blood pressure >90 mmHg to below 16 percent. This is slightly different from the data collected by the BRFs which only asks whether they have been told by a health professional that they have high blood pressure. California met this objective before 1993, but the percentage of adults with high blood pressure has been increasing, with a low of 14.4 percent in 1988, and a high of 22 percent in 1994. Based on a Rao-Scott chi-square test with p-value of <0.01, there is a significant trend in the proportion of adults who have been told they have high blood pressure.

Percent of California Adults Age 20 and Older With High Total Blood Cholesterol



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	Interval Upper
1984				
1985				
1986				
1987	895	20.7	17.2	24.1
1988	1339	23.2	20.3	26.1
1989	1384	27.0	24.0	30.0
1990	1632	30.2	27.5	32.9
1991	1981	27.1	24.8	29.4
1992	2672	27.4	25.5	29.4
1993	2568	30.0	27.9	32.0
1994				
1995	2774	28.5	26.5	30.4
1996				
1997	2928	30.7	28.8	32.6
1998				
1999	3016	30.3	28.4	32.2
2000				
2001	3217	31.7	29.9	33.6
2002				
2003	3469	32.3	30.5	34.1
2004				
2005	4852	35.2	32.9	37.4
2006				

Healthy People 2010 Objective 12.14:

Decrease the proportion of adults age 20 and older with high total blood cholesterol level

The BRFs asks, "Have you ever been told by a doctor, nurse or other health professional that your blood cholesterol is high?"

The Healthy People 2010 objective is to decrease the proportion of adults with total blood cholesterol >240 mg/dL to below 17 percent. This is slightly different from the data collected by the BRFs which only asks whether the respondent has been told by a professional that they have high cholesterol. California has not yet met this objective.

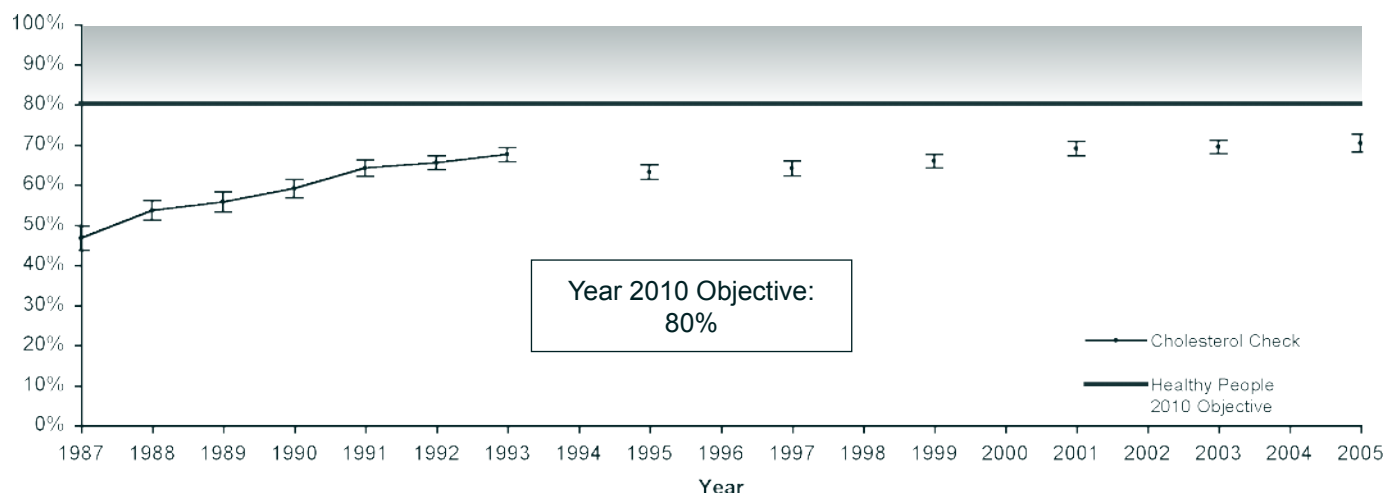
The percentage of adults in California with high blood cholesterol has increased with a low of 20.7 percent in 1987 and a high of 32.9 percent in 2005.

Based on a Rao-Scott chi-square test with a p-value <0.01, there is a significant trend in the proportion of adults who have been told they have high blood cholesterol.

Cells with shading had no data collected

All results are weighted to 2000 California census data

Percent of California Adults Who Have Had a Blood Cholesterol Check in the Last Five Years



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	95% Confidence Interval Upper
1984				
1985				
1986				
1987	1776	46.5	43.5	49.5
1988	2454	53.5	51.0	56.0
1989	2389	55.6	53.1	58.1
1990	2690	58.9	56.7	61.2
1991	2980	64.0	61.9	66.0
1992	3972	65.3	63.6	67.0
1993	3595	67.4	65.6	69.2
1994				
1995	4019	63.0	61.2	64.8
1996				
1997	4047	63.9	62.1	65.7
1998				
1999	4138	65.8	64.1	67.5
2000				
2001	4174	68.9	67.2	70.7
2002				
2003	4426	69.3	67.6	71.0
2004				
2005	6091	70.2	68.1	72.4
2006				

Cells with shading had no data collected

All results are weighted to 2000 California census data

Healthy People 2010 Objective 12.15:

Increase the proportion of adults who have their blood cholesterol checked at least every five years

The BRFs asks, "About how long has it been since you last had your blood cholesterol checked?"

The Healthy People 2010 objective is to increase the proportion of adults who have their blood cholesterol checked at least every five years to 80 percent. This is slightly different from the data collected by the BRFs which excludes children under age 18.

The percentage of California adults who have had their cholesterol checked within the last five years has increased, with a low of 46.5 percent in 1987 and a high of 70.2 percent in 2005.

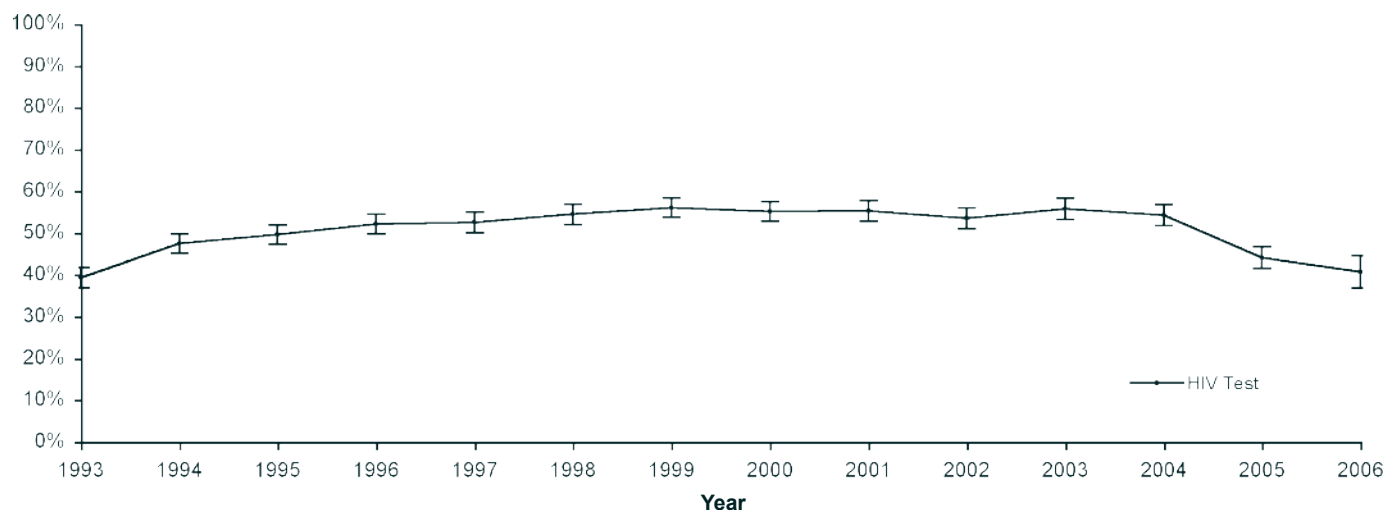
Based on a Rao-Scott chi-square test with a p-value of <0.01, there is a significant trend over the period from 1987 through 2005 in the proportion of adults who have their cholesterol checked in the five years before they were surveyed. California has not yet met the Healthy People 2010 objective of 80 percent, and if this trend continues, it is unclear whether the objective will be met by 2010.

Human Immunodeficiency Virus (HIV)

Healthy People Objective 13



Percent of California Adults Who Report Having Ever Had an HIV Test



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	95% Confidence Interval Upper
1984				
1985				
1986				
1987				
1988				
1989				
1990				
1991				
1992				
1993	2024	39.3	36.8	41.7
1994	2314	47.4	45.0	49.7
1995	2310	49.5	47.1	51.8
1996	2124	52.1	49.6	54.5
1997	2155	52.4	50.0	54.9
1998	2259	54.4	52.0	56.8
1999	2290	56.0	53.7	58.3
2000	2160	55.1	52.6	57.5
2001	2088	55.2	52.7	57.7
2002	2081	53.5	51.0	56.0
2003	1984	55.7	53.1	58.2
2004	1979	54.2	51.6	56.7
2005	4473	44.1	41.5	46.7
2006	3892	40.7	36.7	44.6

Proportion of adults who report ever having had an HIV test

The BRFSS asks, "Have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation. Include tests using fluid from your mouth."

The percentage of Californians who report ever having had an HIV test started out with a low in 1993 at 39.3 percent, peaked at 56 percent in 1999, and decreased thereafter to 40.7 percent in 2006. There is not a Healthy People 2010 objective that addresses this topic.

Based on a Rao-Scott chi-square test with p-value <0.01, there is enough evidence to conclude that there is a significant trend in the proportion of adults in California who report ever having had an HIV test.

Cells with shading had no data collected

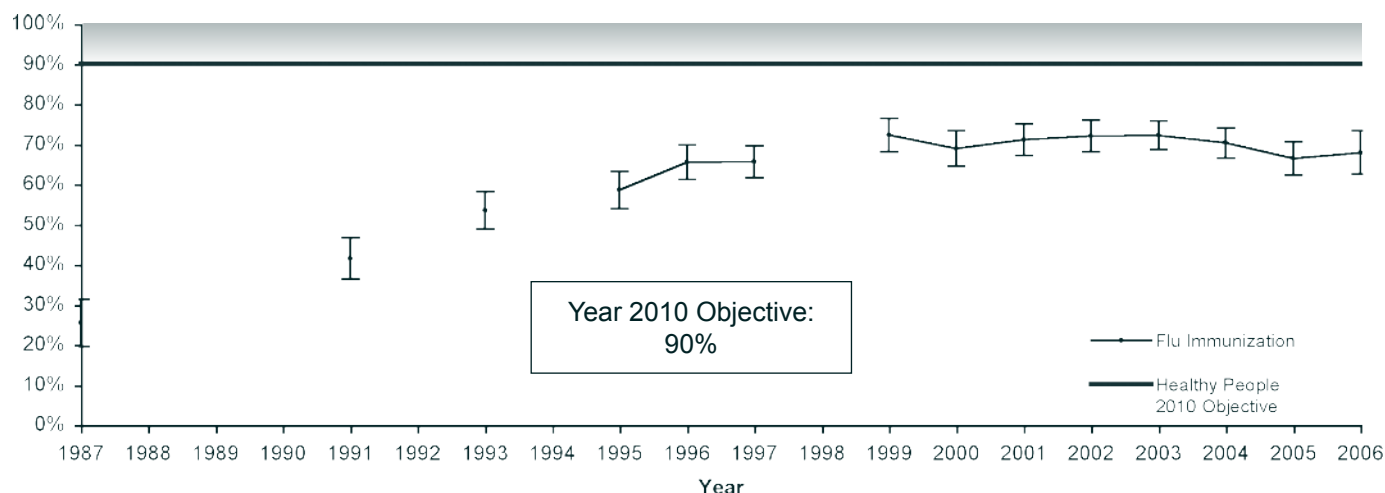
All results are weighted to 2000 California census data

Immunization

Healthy People Objective 14



Percent of California Adults Age 65 and Older Who Report Having a Flu Vaccine Within the Past Year



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	95% Confidence Interval Upper
1984				
1985				
1986				
1987	268	25.5	19.6	31.4
1988				
1989				
1990				
1991	472	41.5	36.3	46.7
1992				
1993	611	53.5	48.8	58.2
1994				
1995	626	58.5	54.0	63.1
1996	682	65.5	61.2	69.8
1997	737	65.6	61.6	69.6
1998				
1999	610	72.3	68.2	76.5
2000	604	68.9	64.5	73.3
2001	754	71.1	67.3	75.0
2002	782	72.0	68.1	75.9
2003	879	72.2	68.7	75.8
2004	821	70.3	66.6	74.0
2005	1278	66.4	62.2	70.6
2006	1289	67.9	62.4	73.3

Cells with shading had no data collected

All results are weighted to 2000 California census data

Healthy People 2010 Objective 14.29a:

Increase the proportion of persons age 65 and older who are annually immunized for flu

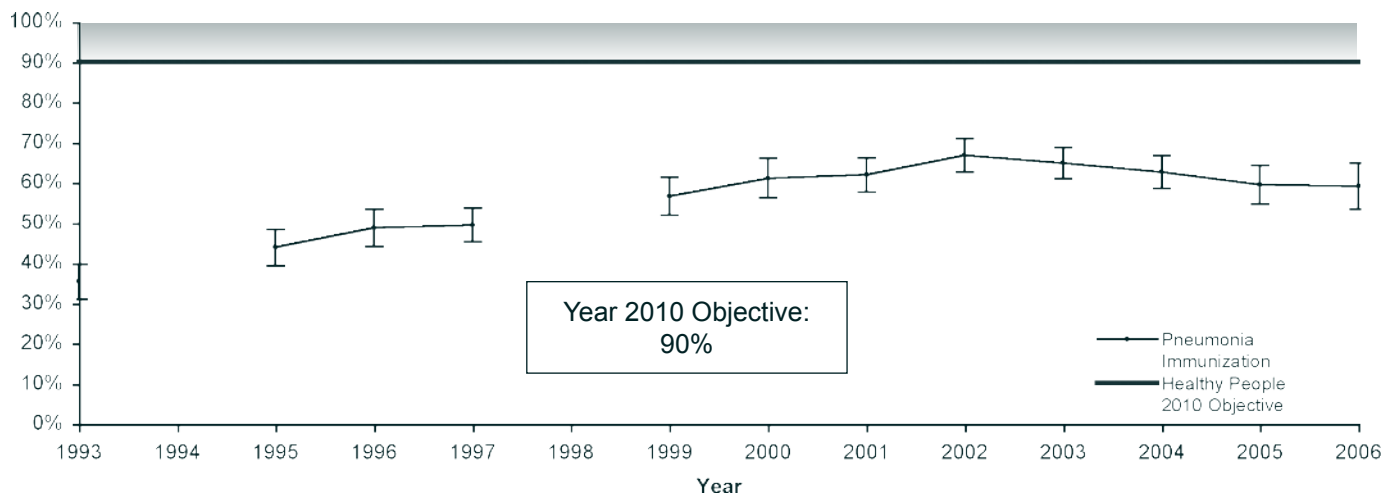
The BRFs asks two questions to assess whether the respondent has had either a flu shot or nasal spray flu immunization in the last 12 months.

The Healthy People 2010 objective is to increase the proportion of people age 65 and older who are vaccinated annually for the flu to at least 90 percent. California has not yet met this objective.

The percentage of California adults 65 and older who have had a flu vaccine in the last year has increased over the years from 1987 through 2006, with a low of 25.5 percent in 1987 to a high of 72.2 percent in 2003.

Based on a Rao-Scott chi-square test with a p-value <0.01, there is a significant trend in the proportion of Californians aged 65 and older who were vaccinated for the flu in the prior 12 months.

Percent of California Adults Age 65 and Older Who Report Ever Having a Pneumonia Vaccine



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	Upper
1984	Shaded	Shaded	Shaded	Shaded
1985	Shaded	Shaded	Shaded	Shaded
1986	Shaded	Shaded	Shaded	Shaded
1987	Shaded	Shaded	Shaded	Shaded
1988	Shaded	Shaded	Shaded	Shaded
1989	Shaded	Shaded	Shaded	Shaded
1990	Shaded	Shaded	Shaded	Shaded
1991	Shaded	Shaded	Shaded	Shaded
1992	Shaded	Shaded	Shaded	Shaded
1993	593	35.4	31.0	39.8
1994	Shaded	Shaded	Shaded	Shaded
1995	606	43.9	39.3	48.4
1996	664	48.7	44.2	53.3
1997	724	49.4	45.1	53.6
1998	Shaded	Shaded	Shaded	Shaded
1999	592	56.6	51.9	61.3
2000	595	61.1	56.3	66.0
2001	734	61.9	57.6	66.2
2002	762	66.8	62.7	71.0
2003	858	64.8	60.9	68.7
2004	797	62.6	58.6	66.7
2005	1240	59.5	54.7	64.3
2006	1247	59.1	53.3	64.9

Healthy People 2010 Objective 14.29b: Increase the proportion of persons age 65 and older who have ever been immunized for pneumonia

The BRFSS asks, "Have you ever had a pneumonia shot?"

The Healthy People 2010 objective is to increase the proportion of people age 65 and older who are vaccinated annually for pneumonia to at least 90 percent. This is different from the question asked on the BRFSS, which asks whether the respondent has ever had a pneumonia vaccine, rather than whether they had the vaccine in the last year. The percentage of Californians 65 and over who have ever had a pneumonia vaccine has ranged from 35.4 percent in 1993 to 66.8 percent in 2002.

Based on a Rao-Scott chi-square test with p-value <0.01, there is a significant trend in the proportion of Californians 65 and over who have ever had a pneumonia vaccine.

Cells with shading had no data collected

All results are weighted to 2000 California census data

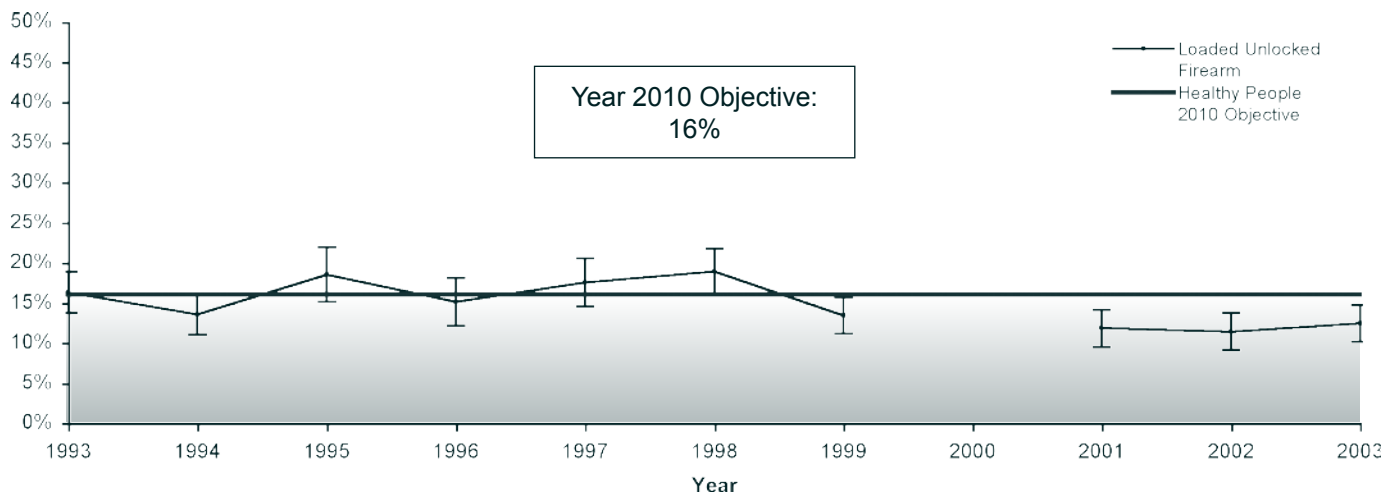


Injury and Violence Prevention

Healthy People Objective 15



Percent of California Adults Living in a Household With Firearms Where Those Firearms Are Loaded and Unlocked



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	95% Confidence Interval Upper
1984				
1985				
1986				
1987				
1988				
1989				
1990				
1991				
1992				
1993	931	16.3	13.7	18.9
1994	741	13.5	10.9	16.0
1995	717	18.5	15.2	21.9
1996	712	15.1	12.1	18.1
1997	691	17.5	14.4	20.5
1998	935	18.9	16.1	21.7
1999	961	13.4	11.1	15.7
2000				
2001	893	11.8	9.6	14.1
2002	845	11.4	9.1	13.7
2003	899	12.4	10.0	14.7
2004				
2005				
2006				

Healthy People 2010 Objective 15.4:

Decrease the proportion of those adults who have firearms in the household who leave those firearms loaded and unlocked

The BRFS asks several questions to ascertain whether there are firearms in the house and whether those firearms are kept loaded and unlocked.

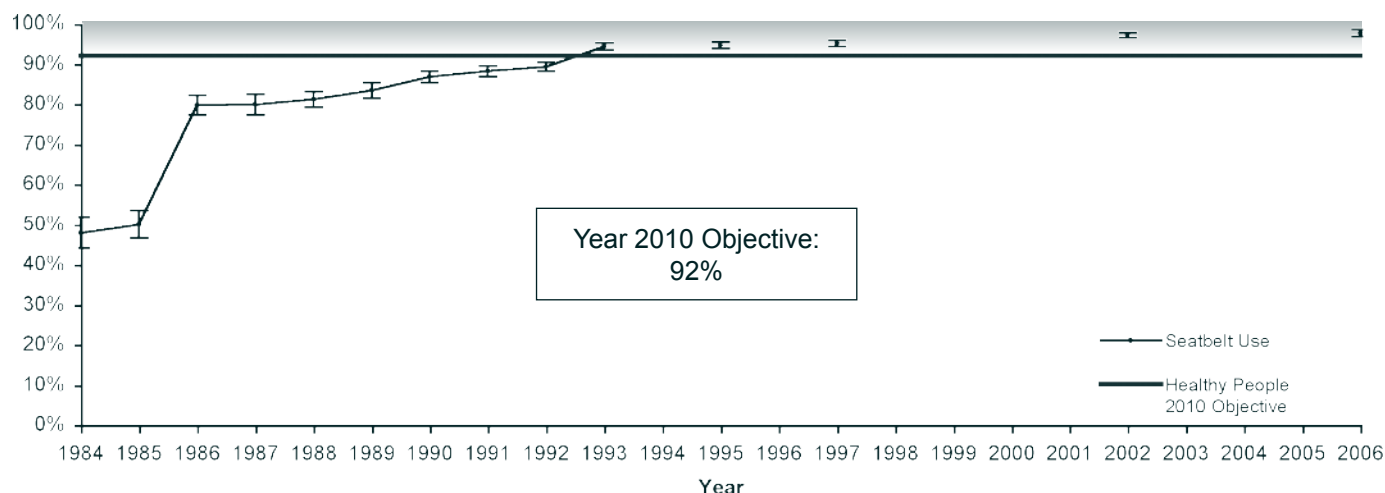
The Healthy People 2010 objective is to decrease the proportion of those adults who have firearms in the house who leave those firearms loaded and unlocked to below 16 percent. California has met this objective, with the percentage decreasing from a high of 18.9 percent in 1998, to a low of 11.4 percent in 2002.

Based on a Rao-Scott chi-square test with a p-value <0.01, there is a significant trend in the proportion of adults who have loaded and unlocked firearms in the household.

Cells with shading had no data collected

All results are weighted to 2000 California census data

Percent of California Adults Who Use a Seatbelt While in a Car



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	Upper
1984	1075	47.9	44.1	51.8
1985	1349	50.0	46.6	53.5
1986	1543	79.7	77.2	82.2
1987	1766	79.9	77.4	82.5
1988	2436	81.2	79.1	83.2
1989	2370	83.4	81.5	85.3
1990	2682	86.8	85.3	88.3
1991	2984	88.2	86.8	89.6
1992	3963	89.3	88.2	90.4
1993	3596	94.4	93.5	95.3
1994				
1995	4021	94.6	93.7	95.4
1996				
1997	4056	95.2	94.4	96.0
1998				
1999				
2000				
2001				
2002	4382	97.2	96.6	97.8
2003				
2004				
2005				
2006	5409	97.7	96.8	98.6

Cells with shading had no data collected

All results are weighted to 2000 California census data

Healthy People 2010 Objective 15.19: Increase the proportion of adults who use a seatbelt when they drive or ride in a car

The BRFSS asks, "How often do you use seatbelts when you drive or ride in a car?"

The Healthy People 2010 objective is to increase the proportion of all people who are observed wearing a seatbelt while in a car to at least 92 percent. This is slightly different from the data collected by the BRFSS which only asks whether adults aged 18 and older always wear a seatbelt while driving or riding in a car. Despite the different questions, it appears that California has met this objective since 1993.

The percentage of adults in California who report always wearing or nearly always wearing a seatbelt while driving or riding in a car has increased markedly over the years from 1984 through 2006, with a low of 47.9 percent in 1984 to a high of 97.7 percent in 2006.

Based on a Rao-Scott chi-square test with p-value <0.01, there is a significant trend in the proportion of adults who always or nearly always wear a seatbelt while in a car.

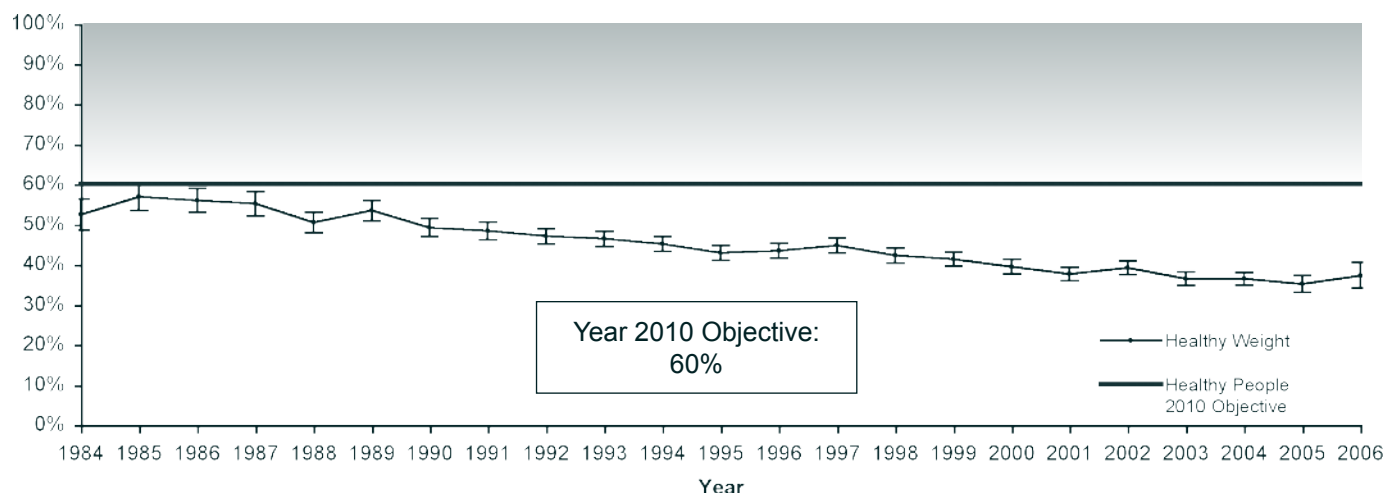


Nutrition and Overweight

Healthy People Objective 19



Percent of California Adults Age 20 and Older Who Are at a Healthy Weight

Source Data from 1984-2006
California Behavioral
Risk Factor Survey

Year	N	Percent	95% Confidence Interval	
			Lower	Upper
1984	1037	52.4	48.4	56.3
1985	1316	56.9	53.4	60.3
1986	1521	55.9	52.9	58.9
1987	1728	55.1	52.0	58.2
1988	2388	50.4	47.9	52.9
1989	2313	53.4	50.9	56.0
1990	2619	49.2	46.9	51.5
1991	2925	48.4	46.2	50.6
1992	3872	47.0	45.2	48.9
1993	3526	46.4	44.5	48.3
1994	3877	45.1	43.3	46.9
1995	3930	42.9	41.2	44.7
1996	3887	43.4	41.6	45.2
1997	3965	44.7	42.9	46.5
1998	3937	42.2	40.4	44.0
1999	4035	41.3	39.6	43.0
2000	3914	39.5	37.7	41.3
2001	4094	37.6	35.9	39.3
2002	4276	39.2	37.5	40.9
2003	4335	36.5	34.8	38.2
2004	4392	36.5	34.8	38.1
2005	6000	35.2	33.1	37.3
2006	5609	37.3	34.0	40.5

Cells with shading had no data collected

All results are weighted to 2000 California census data

Healthy People 2010 Objective 19.1:
Increase the proportion of adults age 20
and older who are at a healthy weight

The BRFSS asks the respondent's weight and height, which is used to calculate a Body Mass Index (BMI). Healthy weight is BMI greater than or equal to 18.5 and less than 25.

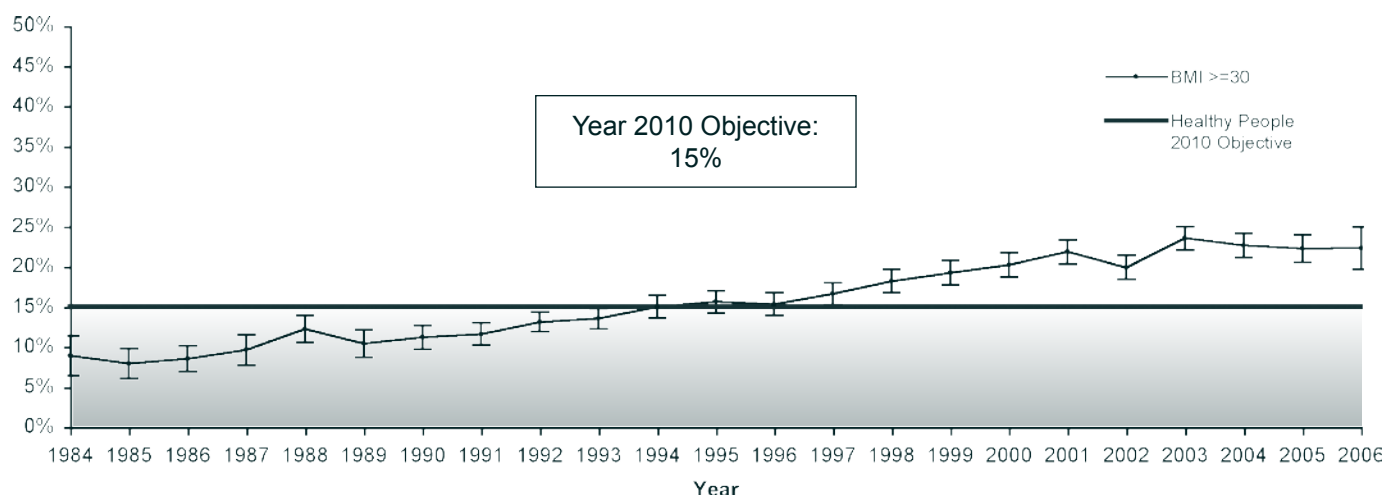
BMI is calculated as: $703 * \text{Weight}(\text{lbs.}) / (\text{Height}(\text{in.}))^2$.

The Healthy People 2010 objective is to increase the proportion of adults age 20 and older who are at a healthy weight to 60 percent. California has not yet met this objective.

The percentage of Californians age 20 and older who have a healthy weight has been decreasing, with a high of 56.9 percent in 1985, and a low of 35.2 percent in 2005.

Based on a Rao-Scott chi-square test with p-value of <0.01 , there is enough evidence to conclude that there is a significant trend in the proportion of adults age 20 and older who have a healthy weight.

Percent of California Adults Age 20 and Older Who Are Obese



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	Upper
1984	1002	8.9	6.5	11.4
1985	1272	7.9	6.0	9.8
1986	1468	8.5	6.8	10.1
1987	1684	9.6	7.7	11.5
1988	2333	12.2	10.4	13.9
1989	2223	10.4	8.7	12.1
1990	2572	11.2	9.7	12.7
1991	2874	11.6	10.2	13.0
1992	3782	13.1	11.8	14.3
1993	3452	13.5	12.2	14.8
1994	3770	15.0	13.6	16.4
1995	3773	15.6	14.2	17.0
1996	3758	15.3	13.9	16.7
1997	3905	16.6	15.2	18.0
1998	3865	18.2	16.7	19.7
1999	3959	19.2	17.8	20.7
2000	3829	20.2	18.7	21.7
2001	4012	21.8	20.3	23.3
2002	4147	19.9	18.5	21.4
2003	4194	23.5	21.9	25.0
2004	4226	22.6	21.1	24.1
2005	5800	22.2	20.4	23.9
2006	5373	22.3	19.7	24.9

Healthy People 2010 Objective 19.2: Decrease the proportion of adults age 20 and older who are obese

The BRFSS asks the respondent's weight and height, which is used to calculate a Body Mass Index (BMI). Obesity is BMI greater than or equal to 30.

BMI is calculated as: $703 * \text{Weight}(\text{lbs.}) / (\text{Height}(\text{in.}))^2$.

The Healthy People 2010 objective is to decrease the proportion of adults age 20 and older who are obese. This objective was met in California from the start of the survey in 1984 until 1999. Since 2000, the objective has not been met.

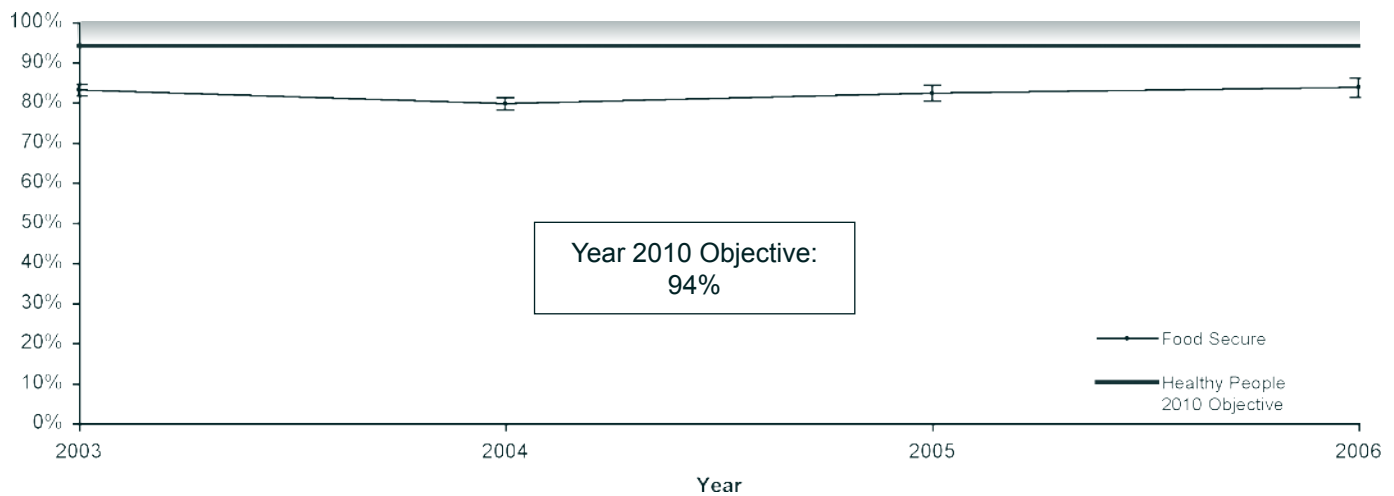
In 1985, the percentage of Californians 20 and older who had a BMI of 30 or higher was 7.9 percent and has ranged as high as 23.5 percent in 2003.

Based on a Rao-Scott chi-square test with p-value <0.01, there is a significant trend in the proportion of adults 20 and older who have a BMI 30 or higher.

Cells with shading had no data collected

All results are weighted to 2000 California census data

Percent of California Adults Who Report Not Experiencing Food Insecurity in the Past Year



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	Upper
1984				
1985				
1986				
1987				
1988				
1989				
1990				
1991				
1992				
1993				
1994				
1995				
1996				
1997				
1998				
1999				
2000				
2001				
2002				
2003	4221	83.0	81.5	84.4
2004	4206	79.6	78.0	81.1
2005	5608	82.2	80.2	84.2
2006	5049	83.6	81.1	86.0

Cells with shading had no data collected

All results are weighted to 2000 California census data

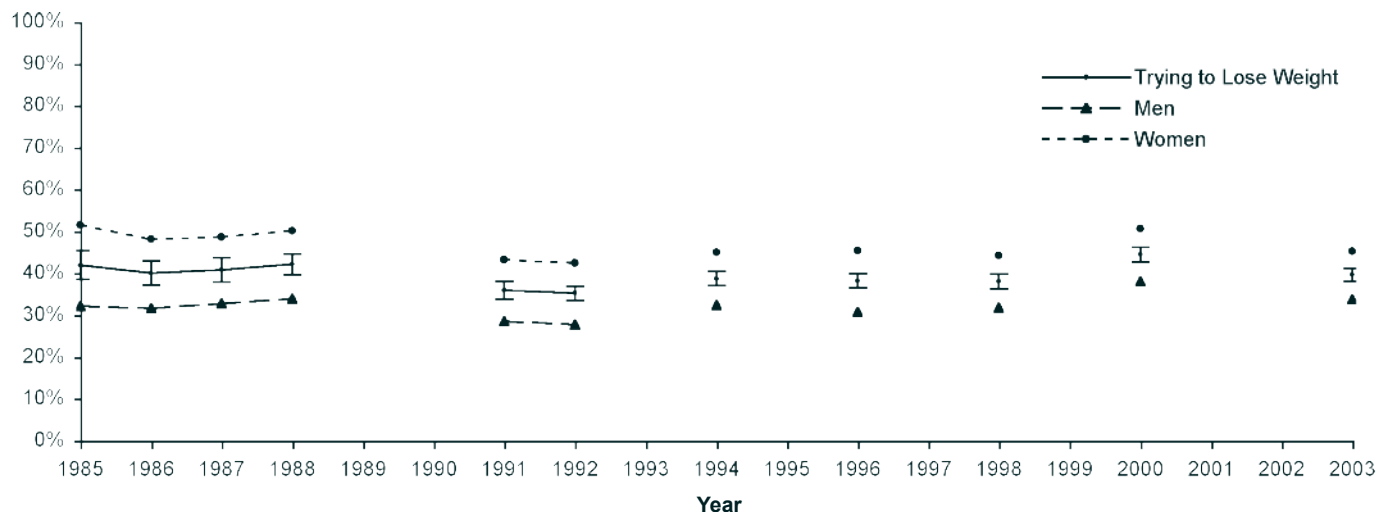
Healthy People 2010 Objective 19.18: Increase food security

The BRFS asks six questions to assess food security in the last 12 months:

1. "The food that I bought just didn't last, and I didn't have money to get more. Was that OFTEN, SOMETIMES, or NEVER true for you?"
2. "I couldn't afford to eat balanced meals. Was that OFTEN, SOMETIMES, or NEVER true for you?"
3. "Did you ever cut the size of your meals or skip meals because there wasn't enough money for food?"
4. "How often did this happen--almost every month, some months, or in only one or two months?"
5. "Did you ever eat less than you felt you should because there wasn't enough money to buy food?"
6. "Were you ever hungry but didn't eat because you couldn't afford enough food?"

The Healthy People 2010 objective is to increase the proportion of households who do not experience food insecurity within the last year to 94 percent. The percentage of California adults who do not experience food insecurity has been approximately constant, with a low of 79.6 percent in 2004 and a high of 83.6 percent in 2006.

Percent of California Adults Who Report Currently Trying to Lose Weight



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	Upper
1984				
1985	1368	41.9	38.5	45.3
1986	1561	40.0	37.0	42.9
1987	1783	40.8	37.8	43.7
1988	2460	42.1	39.6	44.6
1989				
1990				
1991	2995	35.9	33.9	38.0
1992	3981	35.2	33.5	36.9
1993				
1994	3995	38.7	37.0	40.4
1995				
1996	4002	38.2	36.4	39.9
1997				
1998	4044	38.0	36.3	39.8
1999				
2000	4016	44.4	42.6	46.2
2001				
2002				
2003	4438	39.6	37.9	41.2
2004				
2005				
2006				

Adults who are currently trying to lose weight

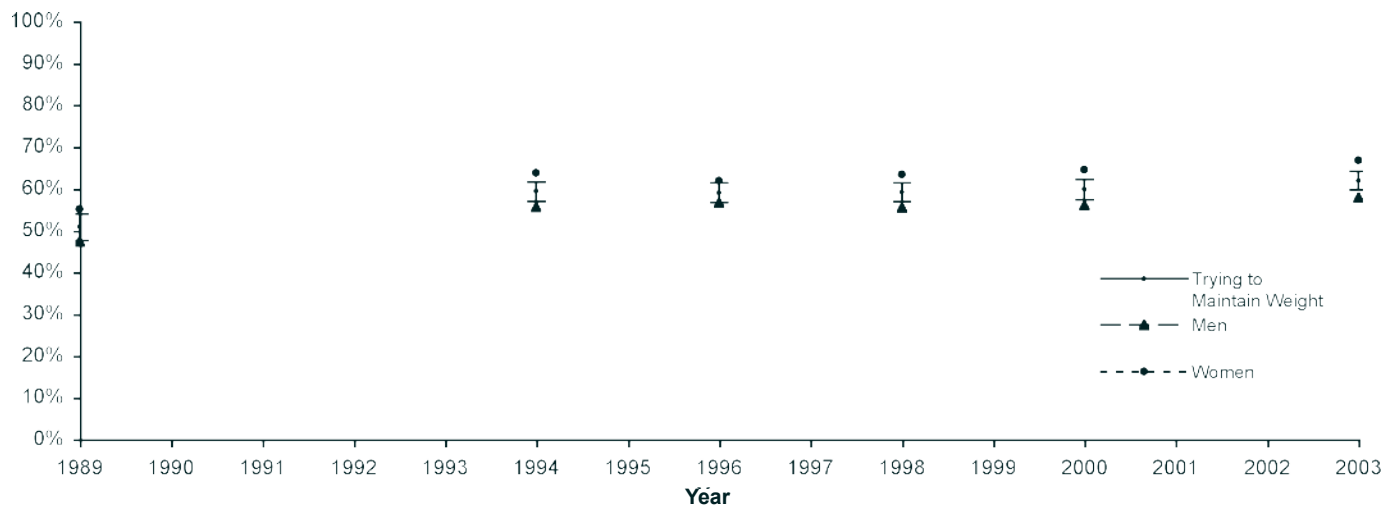
The BRFS asks all adults, “Are you now trying to lose weight?”

The proportion of Californians who report trying to lose weight has been approximately constant over the years 1985-2003, with a low of 35.2 percent in 1992 and a high of 44.4 percent in 2000. There is no Healthy People 2010 objective that addresses this topic.

Cells with shading had no data collected

All results are weighted to 2000 California census data

Percent of California Adults Who Report Trying to Maintain Their Current Weight



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	Upper
1984				
1985				
1986				
1987				
1988				
1989	1439	50.8	47.6	54.0
1990				
1991				
1992				
1993				
1994	2412	59.3	57.1	61.6
1995				
1996	2411	59.0	56.7	61.3
1997				
1998	2447	59.1	56.8	61.4
1999				
2000	2169	59.8	57.3	62.2
2001				
2002				
2003	2574	61.9	59.6	64.1
2004				
2005				
2006				

Proportion of adults who report trying to maintain their current weight.

The BRFSS asks, "Are you now trying to maintain your current weight, that is to keep from gaining weight?"

The percentage of Californians who report trying to maintain their weight has been approximately constant over the years 1989-2003, with a low of 50.8 percent in 1989 and a high of 61.9 percent in 2003. There is no Healthy People 2010 objective that addresses this topic.

Cells with shading had no data collected

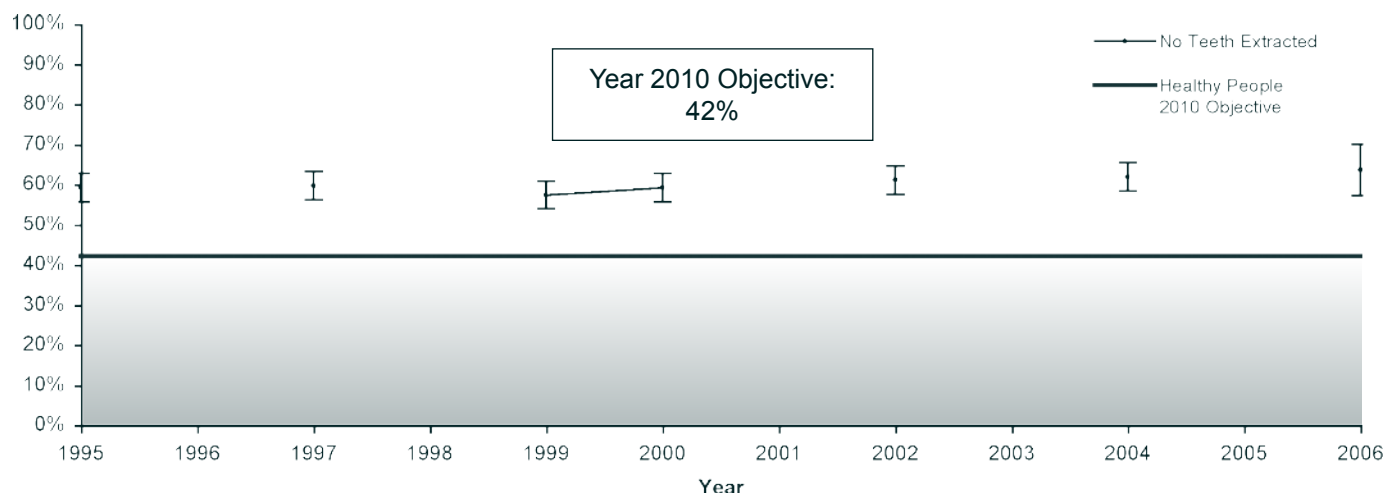
All results are weighted to 2000 California census data

Oral Health

Healthy People Objective 21



Percent of California Adults Age 35-44 Who Have Never Had a Tooth Extracted Due to Decay



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	95% Confidence Interval Upper
1984				
1985				
1986				
1987				
1988				
1989				
1990				
1991				
1992				
1993				
1994				
1995	927	59.1	55.4	62.7
1996				
1997	981	59.6	56.2	63.1
1998				
1999	1013	57.3	53.7	60.8
2000	941	59.1	55.5	62.7
2001				
2002	992	61.0	57.5	64.6
2003				
2004	965	61.8	58.4	65.3
2005				
2006	1059	63.5	57.1	69.9

Cells with shading had no data collected

All results are weighted to 2000 California census data

Healthy People 2010 Objective 21.3:

Increase the proportion of adults age 35-44 who have never had a tooth extracted due to decay

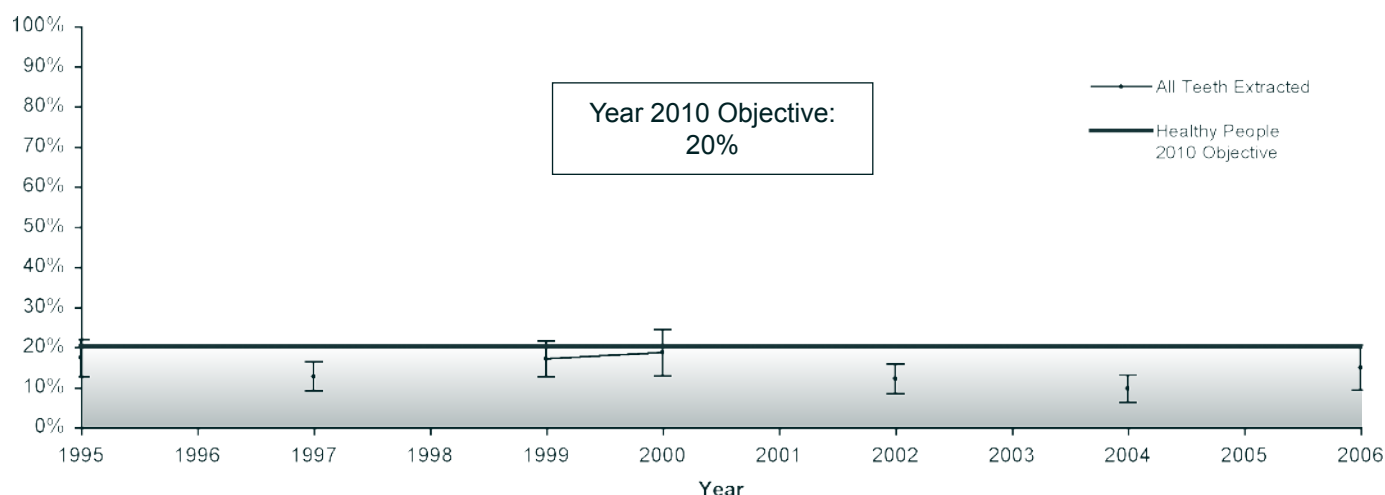
The BRFSS asks, "How many of your permanent teeth have been removed because of tooth decay or gum disease? Include teeth lost to infection, but do not include teeth lost for other reasons, such as injury or orthodontics."

The Healthy People 2010 objective is to increase the proportion of adults age 35-44 who have never had a tooth extracted due to decay to at least 42 percent. This objective has been consistently exceeded in California in all years where data was collected.

The percentage of Californians age 35-44 who have never had a tooth extracted from decay or gum disease, has been approximately constant at 60 percent, with a low of 57.3 percent in 1999 and a high of 63.5 percent in 2006.

Based on a Rao-Scott chi-square test with p-value 0.42, there is not enough evidence to conclude that there is a trend in the proportion of adults 35 to 44 who have never had a tooth extracted due to decay or gum disease.

Percent of California Adults Age 65-74 Who Have Had All of Their Teeth Extracted



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	Upper
1984				
1985				
1986				
1987				
1988				
1989				
1990				
1991				
1992				
1993				
1994				
1995	374	17.2	12.6	21.8
1996				
1997	403	12.6	9.0	16.2
1998				
1999	322	17.0	12.5	21.5
2000	327	18.5	12.8	24.3
2001				
2002	402	12.0	8.4	15.7
2003				
2004	427	9.5	6.1	12.9
2005				
2006	680	14.8	9.2	20.4

Healthy People 2010 Objective 21.4: Decrease the proportion of adults age 65-74 who have lost all of their teeth

The BRFS asks, "How many of your permanent teeth have been removed because of tooth decay or gum disease? Include teeth lost to infection, but do not include teeth lost for other reasons, such as injury or orthodontics."

The Healthy People 2010 objective is to decrease the proportion of adults age 65-74 who have lost all of their natural teeth. This is slightly different from the question asked by the BRFS which only asks for teeth lost to decay. California has not yet met this objective.

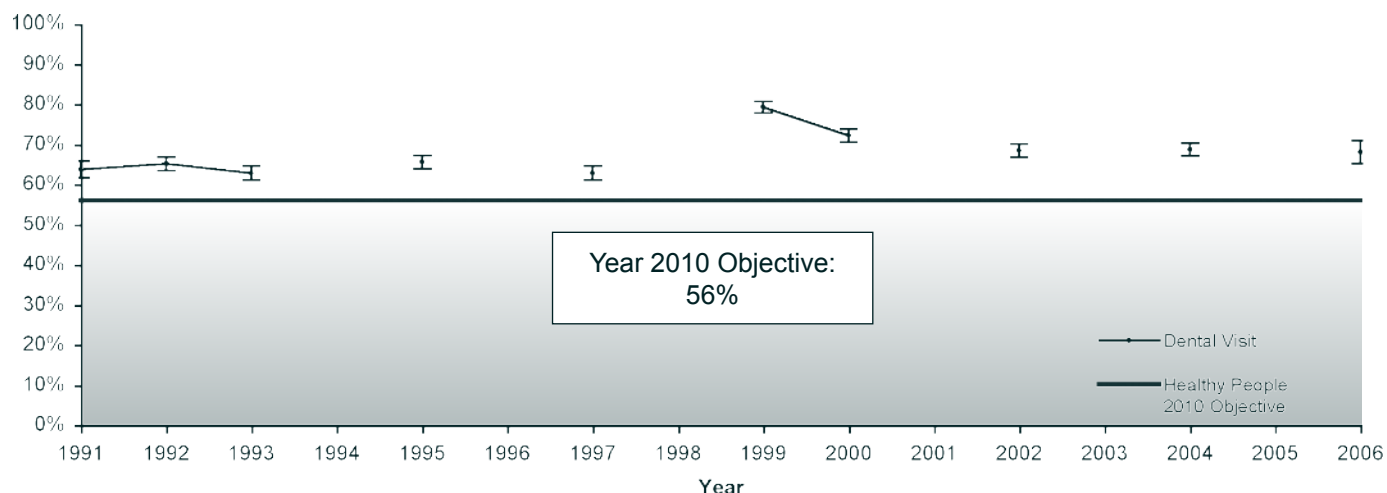
The percentage of Californians 65-74 who have lost all of the teeth due to decay or gum disease has ranged from a low of 9.5 percent in 2004 to a high of 18.5 percent in 2000.

Based on a Rao-Scott chi-square test with p-value 0.27, there is not enough evidence to conclude that there is a trend in the proportion of adults ages 65 to 74 who have lost all of their teeth.

Cells with shading had no data collected

All results are weighted to 2000 California census data

Percent of California Adults Who Use the Oral Health Care System Each Year

Source Data from 1984-2006
California Behavioral
Risk Factor Survey

Year	N	Percent	95% Confidence Interval	
			Lower	Upper
1984				
1985				
1986				
1987				
1988				
1989				
1990				
1991	2978	63.7	61.6	65.8
1992	3978	65.1	63.4	66.8
1993	3603	62.8	60.9	64.6
1994				
1995	4029	65.5	63.7	67.2
1996				
1997	4058	62.8	61.0	64.6
1998				
1999	4144	79.2	77.7	80.6
2000	4015	72.1	70.5	73.7
2001				
2002	4387	68.4	66.7	70.1
2003				
2004	4461	68.6	66.9	70.2
2005				
2006	5686	68.0	65.1	70.9

Healthy People 2010 Objective 21.10:
Increase the proportion of adults
who visit a dentist every year

The BRFS asks all adults, "How long has it been since you last visited a dentist or a dental clinic for any reason?"

The Healthy People 2010 objective is to increase the proportion of all people aged two and older who have had a dental visit in the last year to 56 percent. This is slightly different from the BRFS which only asks this question of those aged 18 and older.

California has consistently surpassed this objective for all of the years in which data has been collected, with a low of 62.8 percent in 1993 and a high of 79.2 percent in 1999.

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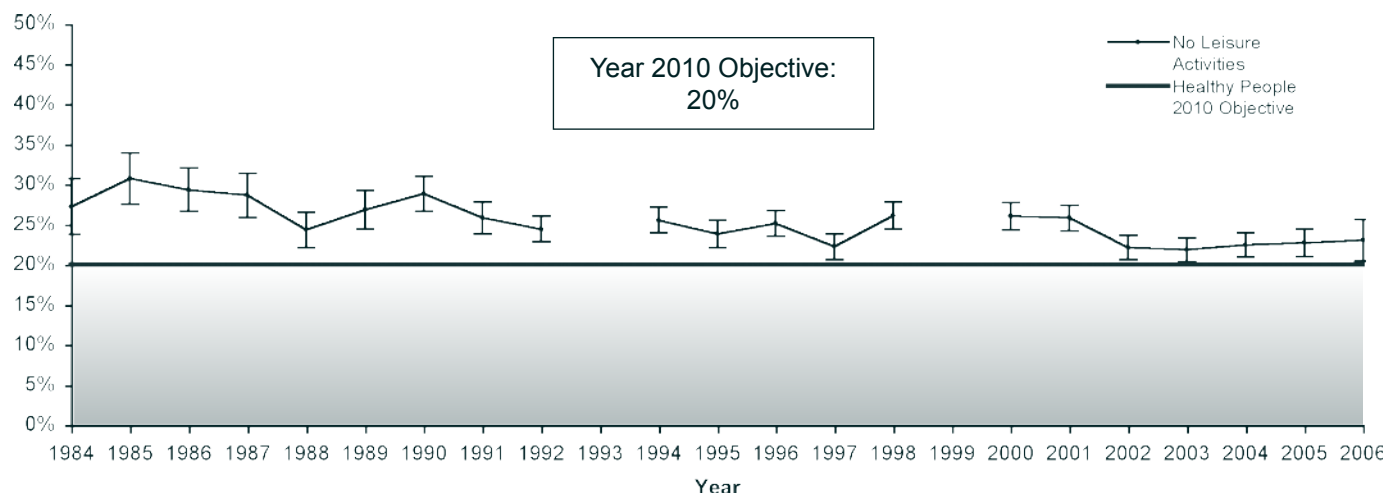
All results are weighted to 2000 California census data

Physical Activity and Fitness

Healthy People Objective 22



Percent of California Adults Who Engage in No Leisure Time Activities

Source Data from 1984-2006
California Behavioral
Risk Factor Survey

Year	N	Percent	95% Confidence Interval	
			Lower	Upper
1984	1086	27.2	23.7	30.7
1985	1368	30.7	27.4	33.9
1986	1568	29.3	26.5	32.0
1987	1784	28.6	25.7	31.4
1988	2462	24.3	22.0	26.5
1989	2398	26.8	24.5	29.2
1990	2701	28.8	26.6	31.0
1991	2994	25.8	23.8	27.8
1992	3982	24.4	22.8	26.0
1993				
1994	3999	25.5	23.8	27.1
1995	4045	23.8	22.2	25.5
1996	4001	25.1	23.4	26.7
1997	4063	22.2	20.6	23.8
1998	4045	26.1	24.5	27.8
1999				
2000	4017	26.0	24.4	27.7
2001	4188	25.8	24.2	27.4
2002	4388	22.1	20.6	23.6
2003	4302	21.8	20.3	23.3
2004	4463	22.4	20.9	23.9
2005	6098	22.7	20.9	24.4
2006	5689	23.0	20.4	25.6

Cells with shading had no data collected

All results are weighted to 2000 California census data

Healthy People 2010 Objective 22.1:
Decrease the proportion of adults who
engage in no leisure time activities

The BRFSS asks, "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?"

The Healthy People 2010 objective is to decrease the proportion of adults who participate in no leisure time physical activities to below 20 percent. California has not yet met this objective.

The percentage of adults in California who engage in no leisure time activities has decreased from a high of 30.7 percent in 1985 to a low of 21.8 percent in 2003.

Based on a Rao-Scott chi-square test with a p-value <0.01, there is a significant trend in the proportion of adults who engage in no leisure time activities.

Percent of California Adults Who Engage in Moderate Exercise 5 or More Days a Week, For 30 or More Minutes



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	Upper
1984				
1985				
1986				
1987				
1988				
1989				
1990				
1991				
1992				
1993				
1994				
1995				
1996				
1997				
1998				
1999				
2000				
2001	4167	34.0	32.4	35.7
2002				
2003	4272	33.5	31.9	35.2
2004				
2005	5751	37.4	35.2	39.5
2006	5128	39.2	35.8	42.5

Cells with shading had no data collected

All results are weighted to 2000 California census data

Healthy People 2010 Objective 22.2:

Increase the proportion of adults who engage in moderate exercise five or more days a week, for 30 or more minutes at a time

The BRFs asks several questions that are combined to assess whether the respondent reported moderate physical activity for 30 minutes or more five or more times a week.

The Healthy People 2010 objective is to increase the proportion of adults who report light or moderate physical activity for at least 30 minutes five or more times per week to 30 percent. California has consistently met this objective since the question was first asked in 2001.

The percentage of California adults who participate in moderate physical activity for 30 minutes or more five or more times per week has increased over the years from 2001 to 2006 with a low of 34.0 percent in 2001 and a high of 39.2 percent in 2006.

Based on a Rao-Scott chi-square test with a p-value <0.01, there is a significant trend in the proportion of adults who engage in moderate exercise at least five days a week.

Percent of California Adults Who Engage in Vigorous Exercise 20 or More Minutes 3 or More Times a Week



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	Upper
1984				
1985				
1986				
1987				
1988				
1989				
1990				
1991				
1992				
1993				
1994				
1995				
1996				
1997				
1998				
1999				
2000				
2001	4180	26.2	24.7	27.8
2002				
2003	4270	29.0	27.3	30.6
2004				
2005	5761	36.9	34.6	39.1
2006	5137	34.3	30.9	37.8

Cells with shading had no data collected

All results are weighted to 2000 California census data

Healthy People 2010 Objective 22.3:

Increase the proportion of adults who engage in vigorous exercise for 20 or more minutes three or more times a week

The BRFs asks three questions:

1. "In a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?"
2. "How many days per week do you do these vigorous activities for at least 10 minutes at a time?"
3. "On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?"

The Healthy People 2010 objective is to increase the proportion of adults who engage in vigorous physical activity that promotes the development and maintenance of cardiorespiratory fitness three or more days per week for 20 or more minutes per occasion to at least 30 percent. California has exceeded this objective since 2003.

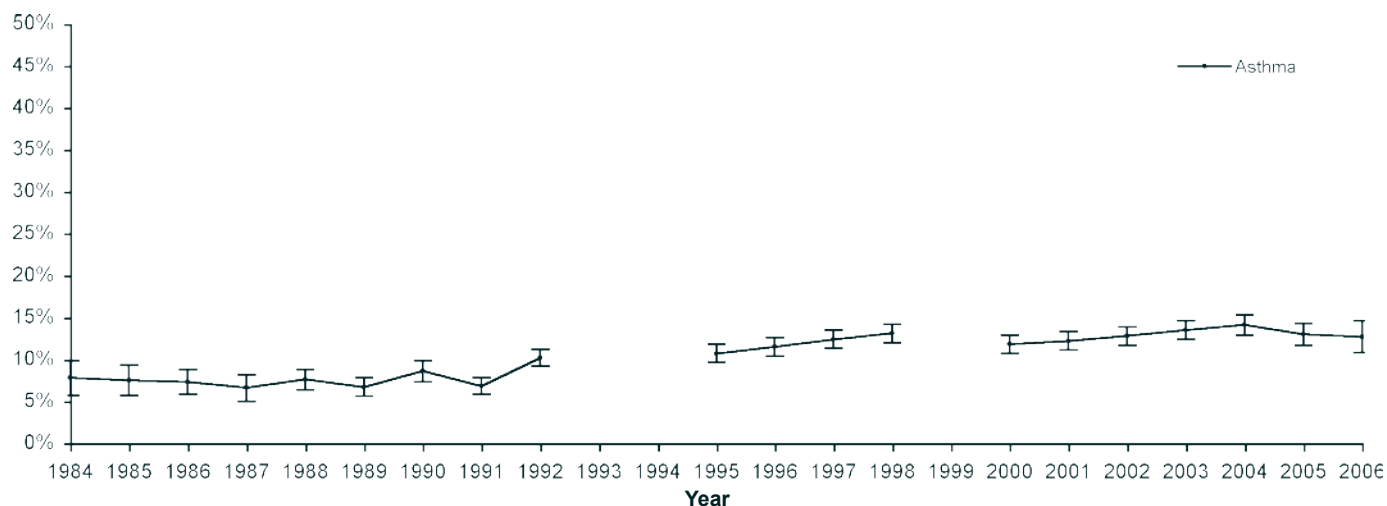
The percentage of California adults who engage in physical activity for 20 or more minutes three or more times per week over the years from 2001 through 2006 has ranged from a low of 26.2 percent in 2001 to a high of 36.9 percent in 2005.

Respiratory Diseases

Healthy People Objective 24



Percent of California Adults Who Report Ever Having Asthma

Source Data from 1984-2006
California Behavioral
Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	Upper
1984	1084	7.8	5.8	9.9
1985	1363	7.5	5.8	9.3
1986	1565	7.3	5.7	8.8
1987	1778	6.6	5.1	8.2
1988	2462	7.6	6.3	8.8
1989	2393	6.7	5.7	7.8
1990	2699	8.6	7.3	9.9
1991	2983	6.8	5.7	7.8
1992	3970	10.2	9.1	11.2
1993				
1994				
1995	4039	10.7	9.6	11.8
1996	4002	11.5	10.4	12.6
1997	4061	12.4	11.3	13.5
1998	4042	13.1	11.9	14.2
1999				
2000	4015	11.8	10.7	12.9
2001	4181	12.2	11.1	13.3
2002	4383	12.8	11.6	13.9
2003	4439	13.5	12.3	14.6
2004	4459	14.1	12.9	15.3
2005	6096	13.0	11.7	14.3
2006	5686	12.7	10.8	14.6

Adults who report ever being told
by a doctor that they have asthma

The BRFs asks, "Have you ever been told by a doctor or other health professional that you had asthma?"

The percentage of California adults who report ever having been diagnosed with asthma has increased since the inception of the BRFs, with a low of 6.6 percent in 1987 and a high of 14.1 percent in 2004. There is no Healthy People 2010 objective that addresses this topic.

Based on a Rao-Scott chi-square test with a p-value <0.01, there has been a significant trend in the prevalence of asthma in California over the years 1984-2006.

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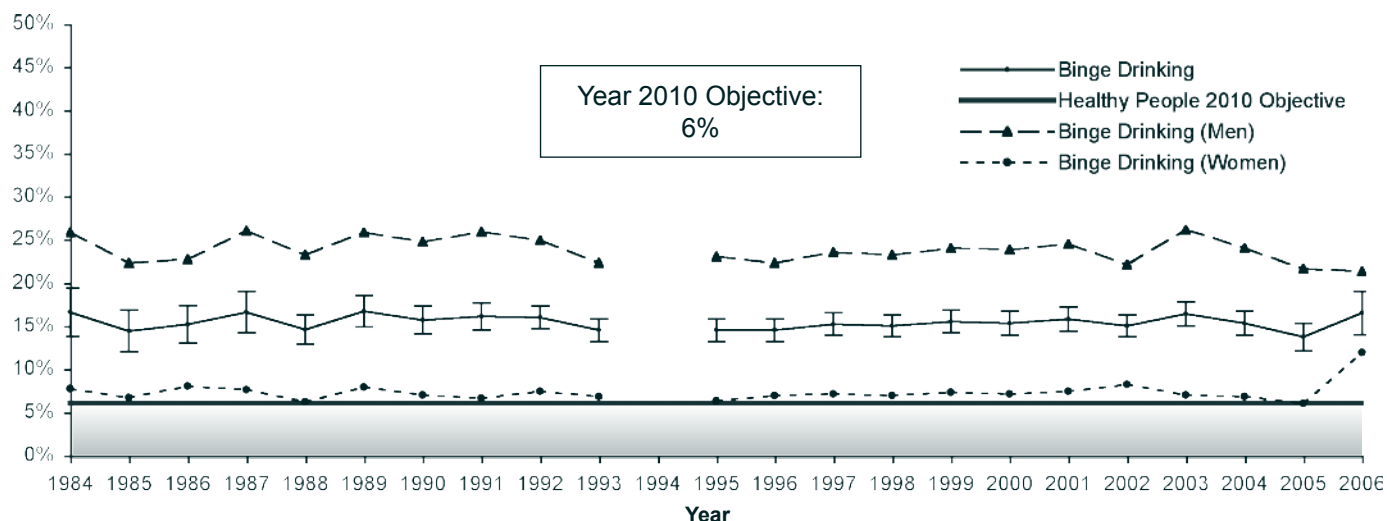
All results are weighted to 2000 California census data

Substance Abuse

Healthy People Objective 26



Percent of California Adults Who Engage in Binge Drinking

Source Data from 1984-2006
California Behavioral
Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	Upper
1984	1075	16.6	13.8	19.4
1985	1355	14.4	11.9	16.8
1986	1558	15.2	13.0	17.4
1987	1772	16.6	14.3	19.0
1988	2447	14.6	12.8	16.3
1989	2389	16.7	14.9	18.5
1990	2684	15.7	14.1	17.3
1991	2971	16.1	14.5	17.7
1992	3961	16.0	14.7	17.3
1993	3591	14.5	13.1	15.8
1994				
1995	4024	14.5	13.2	15.8
1996	3990	14.5	13.2	15.8
1997	4050	15.2	13.9	16.5
1998	4034	15.0	13.7	16.3
1999	4132	15.5	14.2	16.8
2000	4009	15.3	14.0	16.7
2001	4173	15.8	14.5	17.2
2002	4321	15.0	13.7	16.3
2003	4380	16.4	15.0	17.8
2004	4408	15.3	13.9	16.7
2005	6064	13.7	12.1	15.3
2006	5471	16.5	14.1	19.0

Cells with shading had no data collected

All results are weighted to 2000 California census data

Healthy People 2010 Objective 26.11c:
Decrease the proportion of adults
who engage in binge drinking

The BRFSS asks, "Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on one occasion?" In 2006, the threshold for women was lowered to 4 drinks per occasion.

The Healthy People 2010 objective is to decrease the proportion of adults who have five or more drinks on one occasion to less than 6 percent.

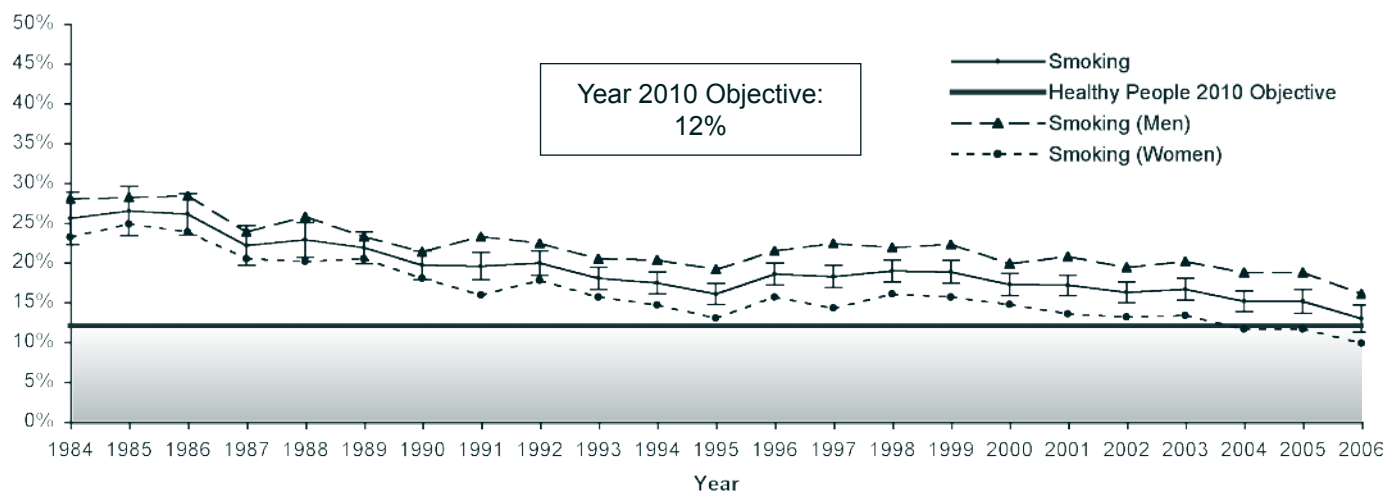
California has not yet met the Healthy People 2010 objective. The proportion of adults in California who have had one or more binge drinking episodes in the previous month has been approximately constant at about 15 percent with a low of 13.7 percent in 2005 and a high of 16.7 percent in 1989. Women had met the Healthy People 2010 objective in 2005, but since the definition of binge drinking for women changed to four or more drinks in 2006, the percentage of women who had binge drinking episodes increased sharply to 11.9 percent.

Tobacco Use

Healthy People Objective 27



Percent of California Adults Who Smoke Every Day or Some Days

Source Data from 1984-2006
California Behavioral
Risk Factor Survey

Year	N	Percent	95% Confidence Interval	
			Lower	Upper
1984	1082	25.5	22.1	28.8
1985	1366	26.4	23.3	29.5
1986	1567	26.0	23.4	28.6
1987	1775	22.1	19.6	24.6
1988	2454	22.8	20.7	25.0
1989	2388	21.8	19.8	23.8
1990	2691	19.6	17.9	21.4
1991	2992	19.5	17.8	21.2
1992	3969	19.9	18.5	21.4
1993	3599	18.0	16.5	19.4
1994	3991	17.4	16.1	18.8
1995	4032	16.0	14.7	17.3
1996	3995	18.5	17.1	19.9
1997	4059	18.2	16.8	19.6
1998	4038	18.9	17.5	20.3
1999	4148	18.8	17.5	20.2
2000	4011	17.2	15.9	18.6
2001	4178	17.1	15.7	18.4
2002	4385	16.2	14.9	17.5
2003	4435	16.6	15.3	18.0
2004	4461	15.1	13.8	16.4
2005	6094	15.1	13.6	16.6
2006	5684	12.9	11.1	14.6

Cells with shading had no data collected

All results are weighted to 2000 California census data

Healthy People 2010 Objective 27.1a:

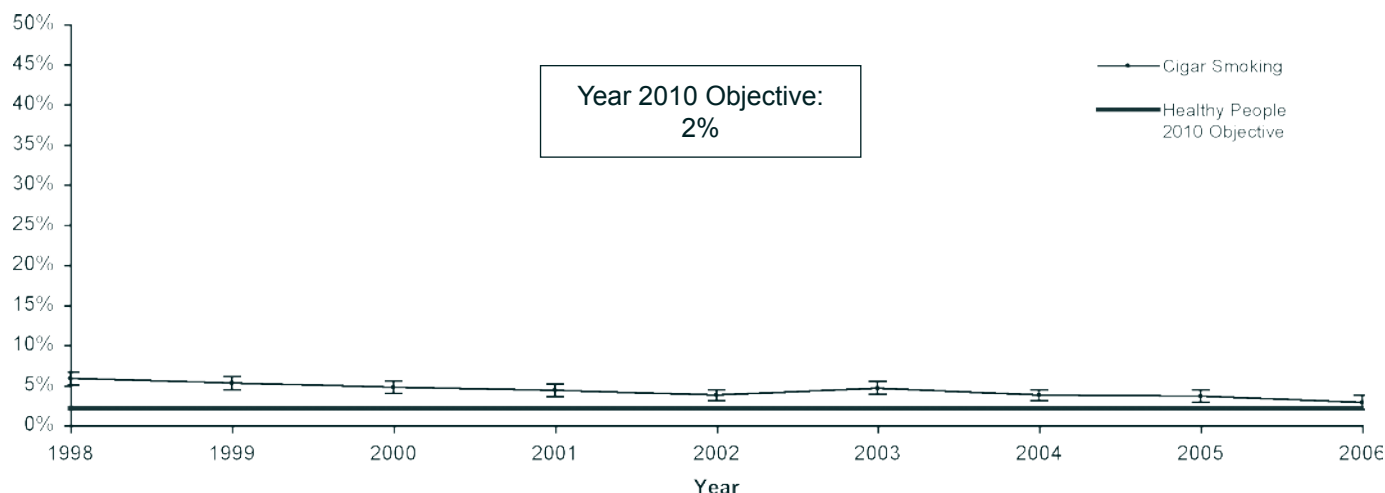
Decrease the proportion of adults who now smoke every day or some days

The California BRFs asks, "Do you now smoke cigarettes every day, some days, or not at all?"

The Healthy People 2010 objective is to decrease the proportion of adults who have smoked at least 100 cigarettes in their lifetime and now smoke every day or some days to less than 12 percent. Women met this objective from 2004 to 2006.

The percentage of California adults who smoke some days or everyday has decreased since 1984, with a high of 26.4 percent in 1985 and a low of 12.9 percent in 2006. These percentages may differ from those published by the Tobacco Control Section of the California Department which uses combined data from the BRFs and the California Adult Tobacco Survey.

Based on a Rao-Scott chi-square test with a p-value <0.01, there is a significant trend from 1984 through 2006. If this trend continues, California will fulfill the Healthy People 2010 objective before 2010.

Percent of California Adults Who Smoke Cigars Every Day or Some Days**Source Data from 1984-2006
California Behavioral
Risk Factor Survey**

Year	N	Percent	95% Confidence Interval	
			Lower	Upper
1984				
1985				
1986				
1987				
1988				
1989				
1990				
1991				
1992				
1993				
1994				
1995				
1996				
1997				
1998	4026	5.8	5.0	6.6
1999	4139	5.2	4.4	6.0
2000	4008	4.7	3.9	5.5
2001	4179	4.3	3.5	5.1
2002	4381	3.7	3.0	4.4
2003	4434	4.6	3.8	5.4
2004	4456	3.7	3.0	4.4
2005	6083	3.6	2.8	4.4
2006	5685	2.8	2.0	3.7

Cells with shading had no data collected

All results are weighted to 2000 California census data

Healthy People 2010 Objective 27.1c:
Decrease the proportion of
persons who smoke cigars

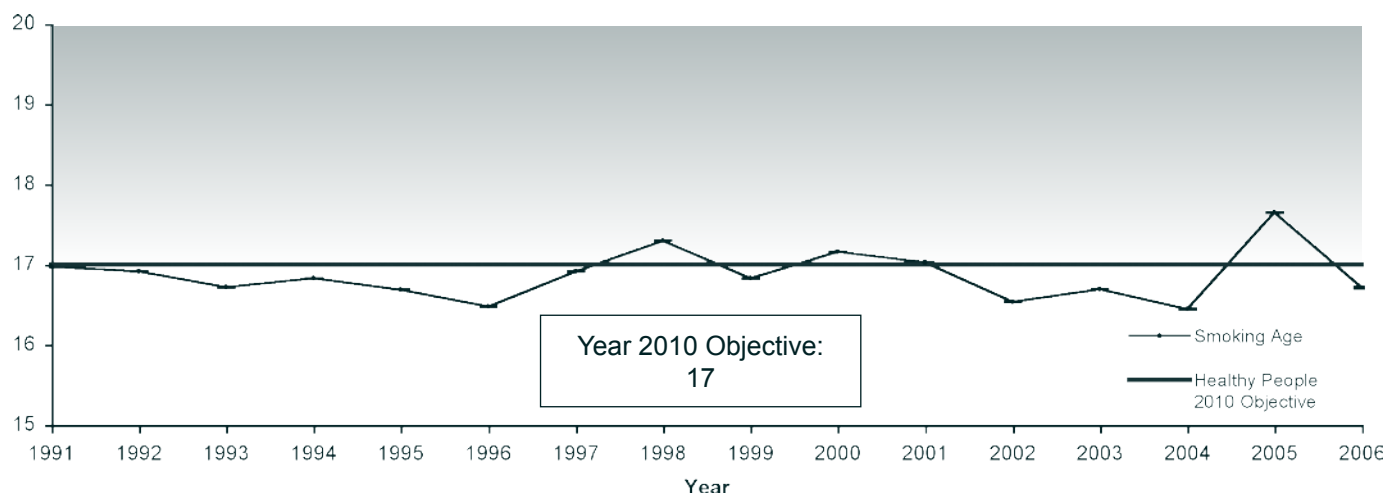
The BRFs asked, "Have you ever smoked a cigar, even just a few puffs?"

The Healthy People 2010 objective is to decrease the proportion of adults who have smoked at least 50 cigars in their lifetime and now smoke cigars every day or some days to below 2 percent. This is different from the BRFs survey which asks if the respondent has ever smoked a cigar, even a few puffs.

The percentage of Californians who report ever having smoked a cigar has decreased with a high of 5.8 percent in 1998 and a low of 2.8 percent in 2006. These percentages may differ from those published by the Tobacco Control Section of the California Department of Public Health which combines data from the BRFs and the California Adult Tobacco Survey.

Since the question in the BRFs is different from the Healthy People 2010 objective, it is not possible to say whether California has met the objective, but based on the responses to the BRFs, it seems likely.

Average Age at First Cigarette Use of California Adults Ages 18-25

Source Data from 1984-2006
California Behavioral
Risk Factor Survey

Year	N	Percent	95% Confidence Interval	
			Lower	Upper
1984				
1985				
1986				
1987				
1988				
1989				
1990				
1991	125	17.0	16.4	17.5
1992	169	16.9	16.4	17.4
1993	137	16.7	16.2	17.3
1994	135	16.8	16.5	17.2
1995	143	16.7	16.3	17.1
1996	140	16.5	15.9	17.1
1997	136	16.9	16.4	17.4
1998	131	17.3	16.8	17.7
1999	174	16.8	16.4	17.3
2000	134	17.2	16.6	17.7
2001	134	17.0	16.5	17.5
2002	124	16.5	16.1	17.0
2003	142	16.7	16.2	17.2
2004	105	16.4	15.9	17.0
2005	140	17.6	17.2	18.1
2006	100	16.7	15.4	18.1

Healthy People 2010 Objective 27.4:
Increase the age at first cigarette use
of California adults aged 18-25

The BRFs asks, "About how old were you when you smoked your first whole cigarette?"

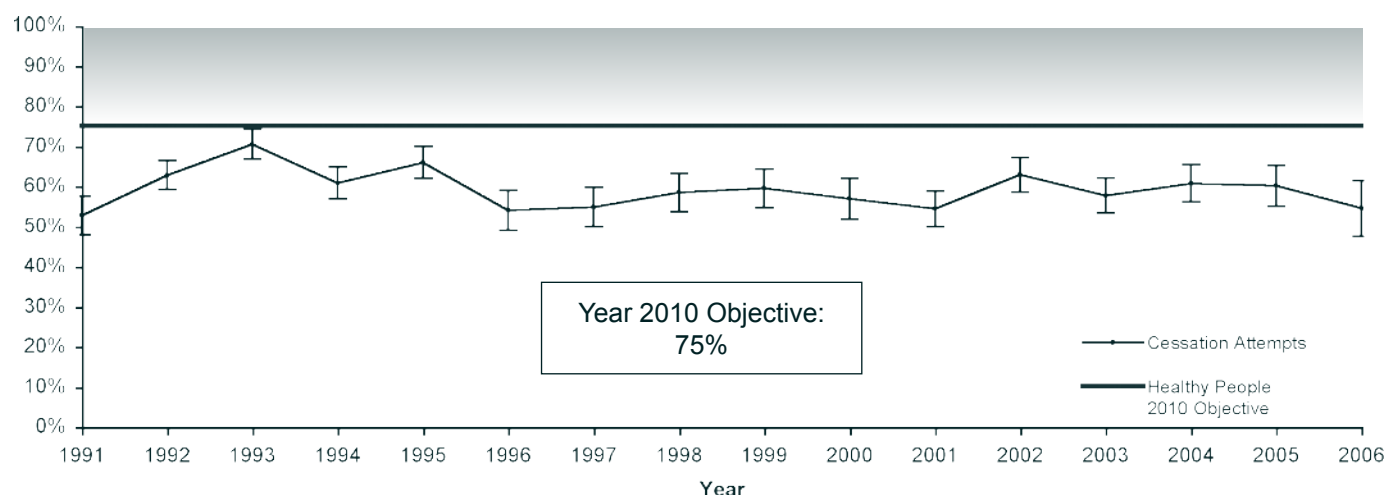
The Healthy People 2010 objective is to increase the average age at first use of tobacco products by young adults aged 18-25 to 17. California has met this objective in some years.

The average age at first cigarette use of Californians 18 to 24 years old has varied somewhat over the years from 1991 though 2006 with a low of 16.4 years in 2004 and a high of 17.6 years in 2005.

Cells with shading had no data collected

All results are weighted to 2000 California census data

Percent of California Everyday Smokers Who Attempted to Quit Smoking in the Last Year



Source Data from 1984-2006 California Behavioral Risk Factor Survey

Year	N	Percent	95% Confidence Interval Lower	95% Confidence Interval Upper
1984				
1985				
1986				
1987				
1988				
1989				
1990				
1991	609	52.7	47.9	57.5
1992	889	62.8	59.1	66.4
1993	749	70.5	66.8	74.2
1994	757	60.8	56.8	64.8
1995	734	65.9	62.0	69.9
1996	526	54.0	49.1	59.0
1997	510	54.8	49.9	59.7
1998	545	58.4	53.6	63.2
1999	527	59.5	54.8	64.3
2000	498	56.8	51.7	61.9
2001	684	54.4	50.0	58.8
2002	688	62.9	58.7	67.2
2003	693	57.7	53.3	62.1
2004	648	60.7	56.2	65.3
2005	843	60.1	55.0	65.2
2006	768	54.5	47.5	61.5

Healthy People 2010 Objective 27.5:

Increase the proportion of current everyday smokers who attempt to quit smoking at least once a year

The BRFSS asks respondents who report smoking everyday, "During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?"

The Healthy People 2010 objective is to increase the proportion of current everyday smokers who stop smoking for one day or longer in an attempt to quit smoking at least once a year to at least 75 percent.

The percentage of current smokers who have stopped smoking for at least one day in an attempt to quit smoking in the prior year has varied over the years from 1991 through 2006, but hasn't shown a particular trend. California has not yet met the objective of 75 percent, with a low of 52.7 percent in 1991 and a high of 70.5 percent in 1993.

Cells with shading had no data collected

All results are weighted to 2000 California census data

References

United States Department of Health and Human Services. Healthy People 2010: Understanding and Improving Health. 2nd Ed. Washington, D.C.: United States Government Printing Office, November 2000.

California Behavioral Risk Factor Survey SAS Data Set Documentation and Technical Report, Survey Research Group, California Department of Public Health, 2007.

