

## Health and Social Behaviors

The health of individuals and their communities is determined by a variety of factors including biologic, environmental, social, and behavioral influences. This section provides an overview of selected surveys and statistics collected in Iowa to track the effects of these various influences on the health of Iowans. Introductions are provided individually for each of the surveys with links to more detailed information on survey methodology and additional data where available. Information on marriages and dissolutions is included at the end of this section because it characterizes and contrasts the population dynamics that can affect health.

### QUESTIONS TO CONSIDER WHEN USING SURVEY RESULTS...

- ✓ What was the method used to conduct the survey, i.e., telephone, mail, personal interview?
- ✓ What was the response rate of those surveyed and what factors might influence who responds and who doesn't?
- ✓ Are the survey respondents representative of and thus generalizable to a particular population?
- ✓ Because a survey provides only estimates based on the sampled population, what are the variability measures of these estimates?
- ✓ Were the survey questions cross-sectional in that they represent attitudes, behaviors, or disease status of different people, or were the same people surveyed repeatedly over time?

## Behavioral Risk Factor Surveillance System (BRFSS)

The Behavioral Risk Factor Surveillance System (BRFSS) survey is an ongoing telephone survey that is conducted each year in every state, including Iowa, as well as in the District of Columbia, and in Puerto Rico. It is financially and technically supported by the Centers for Disease Control and Prevention (CDC) and is a scientifically-designed and validated method of collecting information.

The Iowa BRFSS collects health risk behavior information from over 5,000 household telephone surveys in both English and Spanish, and is designed to collect information on nationally agreed upon topics and on additional areas of special interest to Iowa. Because the BRFSS is conducted annually, the prevalence of these behaviors may be followed longitudinally. The risk behaviors of those surveyed (Iowa residents age 18 and over) are major contributions to illness, disability, and premature death.

The goal of the Iowa BRFSS is to provide data to initiate and guide health promotion disease prevention programs. The BRFSS program achieves this goal by:

1. determining state specific prevalence of personal health behaviors related to the leading cause of premature death;
2. developing the capacity of the state health department to conduct credible telephone surveys; and
3. advancing the understanding that health-related behaviors are critical indices of health.

The BRFSS results can help inform health professionals as to health behaviors and beliefs of the general population, and can be used as a measure of the effectiveness of various public health strategies.

### BRFSS KEY AREAS...

- ✓ Health Status
- ✓ Health Care Coverage
- ✓ Physical Inactivity
- ✓ Body Weight
- ✓ Smoking
- ✓ Alcohol Consumption
- ✓ Hypertension
- ✓ Cholesterol Awareness
- ✓ Colorectal Cancer Screening
- ✓ Diabetes
- ✓ Adult Immunizations
- ✓ Injury Control
- ✓ Women's Health
- ✓ HIV/AIDS

## Iowa Behavioral Risk Factor Surveillance System 2004-2005

	Definition	Iowa		U.S. Median <sup>1</sup>	
		2004 % (%,%) <sup>2</sup>	2005 % (%,%) <sup>2</sup>	2004 %	2005 %
Binge drinking	All respondents having five or more alcoholic beverages on one or more occasion in the past month.	19.0 (17.6, 20.4)	18.6 (17.1, 20.1)	14.9	14.4
Chronic drinking	All respondents having an average of greater than two drinks per day for men, and one drink per day for women.	5.6 (4.8, 6.4)	5.6 (4.7, 6.5)	4.9	4.9
Current smoker	All respondents smoking 100 cigarettes in their lifetime and currently smoking every day or some days.	20.8 (19.4, 22.2)	20.4 (19.0, 21.8)	20.8	20.5
Diabetes	All respondents ever being diagnosed with diabetes, excluding gestational diabetes.	6.4 (5.7, 7.1)	6.8 (6.1, 7.5)	7.1	7.3
High blood pressure	All respondents being told by a health professional that they had high blood pressure.	26.1 (24.8, 27.5)	24.5 (23.2, 25.8)	**	25.5
Cholesterol	All respondents having their cholesterol checked in the past five years.	**	72.2 (70.5, 73.9)	**	73.0
High cholesterol	All respondents being told by a health professional that they had high cholesterol.	**	35.6 (33.9, 37.3)	**	35.6
No insurance coverage	All respondents who currently did not have any kind of health care coverage.	10.6 (9.4, 11.8)	10.7 (9.5, 11.9)	14.9	14.5
Mammogram	Female respondents age 40 and older having a mammogram in the past two years.	75.2 (73.2, 77.2)	75.5 (73.5, 77.5)	74.7	**
Pap test	Female respondents with a uterine cervix having a pap test in the past three years.	86.0 (84.3, 87.7)	84.6 (82.6, 86.7)	85.9	**
Obesity	All respondents who had a calculated body mass index (BMI) of 30.0 or above.	23.5 (22.1, 24.9)	25.4 (23.9, 26.9)	23.2	24.4
Overweight	All respondents who had a calculated body mass index (BMI) from 25.0 to 29.9, inclusive.	37.4 (35.8, 39.0)	37.1 (35.5, 38.7)	36.9	36.7
Sigmoidoscopy/ Colonoscopy	Respondents age 50 and over who ever had a sigmoidoscopy or colonoscopy.	51.6 (49.4, 53.8)	55.9 (53.8, 58.0)	53.0	**
Tested for HIV	Respondents age 18 to 64 who have ever had a HIV test, excluding for blood donations.	29.0 (27.3, 30.8)	28.5 (26.7, 30.2)	41.9	38.4
Asthma	All respondents who currently have asthma.	6.6 (5.8, 7.4)	7.2 (6.3, 8.1)	8.3	8.0
Health status	All respondents who rate their current health as good, very good, or excellent.	87.6 (86.6, 88.6)	87.8 (86.7, 88.9)	84.9	85.1

\*\*This question was not asked in all states in the given year

<sup>1</sup>In the U.S. half of the 50 states fall above this point, and half fall below

<sup>2</sup>95% confidence interval

Source: BRFSS, Centers for Disease Control and Prevention and the Iowa Department of Public Health

## 2006 Iowa Adult Tobacco Survey (ATS)

The 2006 Iowa Adult Tobacco Survey (ATS) is the fourth in a series of surveys (2001, 2002, and 2004) designed to measure tobacco-related behaviors and attitudes among Iowa adults. The results of the survey are used to evaluate the effectiveness of current Division of Tobacco Use Prevention and Control programs and activities to reduce tobacco use among adult Iowans. The Division contracted with the Center for Social and Behavioral Research at the University of Northern Iowa to conduct this telephone survey of a random sample of 1,950 adult Iowans. The ATS was developed by the U.S. Centers for Disease Control and Prevention and is conducted biannually in all 50 states.

### SELECTED RESULTS...

#### Prevalence

- The percentage of adult Iowans who are current smokers is now 18%. (Smoking prevalence was 23% in 2002.)
- For young adults ages 18 -24, the percentage of smokers is 34%, almost twice the rate of older adults.
- Iowans who live in a household at or below the federal poverty level are 2½ times more likely to smoke than adults with higher incomes (44% vs. 17% respectively).

#### Cessation

- More than 72% of current smokers report that they would like to quit.
- About 43% of smokers made a serious quit attempt (stopped smoking for one day or more) during the past year.
- Among those smokers who tried to quit during the past 12 months, 33% used the nicotine patch, nicotine gum, or some other medication to help them quit.

#### Secondhand Smoke

- Among current smokers, 48% had one or more children living in their household.
- Among adults, 95% believe that breathing someone else's smoke is harmful to health.
- The vast majority of adult Iowans, 90%, agree that people should be protected from exposure to secondhand smoke.

For more information, see [www.idph.state.ia.us/tobacco/common/pdf/ATS\\_2006\\_Final\\_Draft.pdf](http://www.idph.state.ia.us/tobacco/common/pdf/ATS_2006_Final_Draft.pdf).

## Substance Abuse Treatment

Substance abuse treatment is provided to all 99 counties in Iowa using funding from the Alcohol and Drug Abuse and Mental Health Services block grant, state substance abuse appropriations, and Medicaid. Iowa operates under a managed care system which is currently administered by Magellan Behavioral Care of Iowa (MBCI). MBCI contracts with a total of 64 service providers in 22 service areas as represented on the map on the next page. The 64 service providers include 32 who receive funding from both IDPH and Medicaid, and 32 who are funded through Medicaid only. Services are available to all Iowans regardless of their ability to pay or financial status through a sliding-fee schedule.

The reporting period was for calendar years 1998-2006. The numbers reflect those identifying a county of residence in Iowa. Those identifying their residence outside of Iowa were not counted. The count is unduplicated with the following exceptions: a client was counted twice if the primary substance of abuse changed between admissions or if the client's age changed between admissions.

<b>STATE OF IOWA ADMISSIONS TOTALS FOR SUBSTANCE ABUSE TREATMENT...</b>			
	<u>Alcohol</u>	<u>Marijuana</u>	<u>Other</u>
<b>1998</b>	12,994	5,159	5,175
<b>1999</b>	14,102	5,433	5,129
<b>2000</b>	14,192	6,149	5,690
<b>2001</b>	12,724	4,914	5,077
<b>2002</b>	11,538	5,180	6,227
<b>2003</b>	12,440	6,355	7,582
<b>2004</b>	12,859	6,501	8,062
<b>2005</b>	13,124	6,653	8,114
<b>2006</b>	13,521	6,938	8,257

For more information, see [www.drugfreeinfo.org](http://www.drugfreeinfo.org) or call the Helpline at 1-866-242-4111.

## Marriages 2004-2005

	County	#	Crude <sup>1</sup> (Rank <sup>2</sup> )	County	#	Crude <sup>1</sup> (Rank <sup>2</sup> )	
Counties with Average Population < 10,000	Adair	81	5.2 (95)	Monona	113	5.9 (81)	
	Adams	72	8.4 (05)	Monroe	105	6.7 (49)	
	Audubon	75	5.8 (82)	Osceola	76	5.7 (90)	
	Clarke	129	7.0 (31)	Palo Alto	119	6.1 (68)	
	Davis	112	6.5 (61)	Pocahontas	81	5.1 (96)	
	Decatur	131	7.6 (18)	Ringgold	63	6.0 (76)	
	Fremont	103	6.7 (52)	Taylor	98	7.4 (24)	
	Howard	128	6.6 (54)	Van Buren	115	7.4 (23)	
	Ida	99	6.7 (50)	Wayne	86	6.5 (58)	
	Lucas	151	7.8 (12)	Worth	90	5.8 (84)	
				<b>Total</b>	2,027	6.5	
	Counties with Average Population 10,000 – 20,000	Allamakee	199	6.8 (48)	Hardin	257	7.1 (29)
		Appanoose	224	8.2 (07)	Humboldt	114	5.7 (89)
Butler		171	5.7 (88)	Iowa	219	6.8 (40)	
Calhoun		121	5.8 (85)	Jefferson	190	5.9 (78)	
Cass		199	7.0 (32)	Keokuk	148	6.6 (53)	
Cedar		200	5.5 (93)	Kossuth	244	7.5 (22)	
Cherokee		165	6.7 (51)	Louisa	113	4.7 (98)	
Chickasaw		759	30.3 (01)	Lyon	144	6.1 (67)	
Clay		229	6.8 (45)	Mitchell	129	5.9 (80)	
Clayton		289	7.9 (10)	Montgomery	154	6.8 (43)	
Crawford		208	6.2 (66)	O'Brien	186	6.4 (62)	
Delaware		252	7.0 (33)	Page	205	6.3 (65)	
Dickinson		366	11.0 (02)	Poweshiek	264	7.0 (35)	
Emmet		136	6.4 (63)	Sac	140	6.5 (59)	
Floyd		197	6.0 (75)	Shelby	154	6.1 (70)	
Franklin		141	6.6 (55)	Tama	243	6.8 (46)	
Greene		119	5.9 (77)	Union	229	9.6 (03)	
Hamilton		208	6.4 (64)	Winnebago	149	6.6 (57)	
Hancock		142	6.0 (72)	Wright	129	4.7 (99)	
			<b>Total</b>	7,736	7.2		
Counties with Average Population > 20,000	Boone	347	6.6 (56)	Lee	583	8.0 (08)	
	Buchanan	257	6.1 (69)	Mahaska	329	7.4 (25)	
	Buena Vista	283	7.0 (30)	Marion	517	7.9 (09)	
	Carroll	372	8.9 (04)	Marshall	610	7.7 (16)	
	Cerro Gordo	696	7.8 (14)	Muscatine	638	7.5 (21)	
	Clinton	715	7.2 (28)	Plymouth	295	5.9 (79)	
	Des Moines	566	6.9 (37)	Sioux	464	7.2 (27)	
	Fayette	255	6.0 (73)	Wapello	564	7.9 (11)	
	Henry	276	6.8 (42)	Webster	534	6.8 (41)	
	Jackson	278	6.9 (39)	Winneshiek	324	7.6 (17)	
	Jasper	450	6.0 (74)	<b>Total</b>	9,353	7.2	
MSA Counties	Benton	295	5.5 (92)	Linn	2,579	6.5 (60)	
	Black Hawk	1,702	6.8 (47)	Madison	234	7.8 (13)	
	Bremer	345	7.3 (26)	Mills	150	5.0 (97)	
	Dallas	843	8.3 (06)	Polk	5,399	6.8 (44)	
	Dubuque	1,413	7.7 (15)	Pottawattamie	1,346	7.5 (20)	
	Grundy	128	5.2 (94)	Scott	2,219	6.9 (36)	
	Guthrie	173	7.5 (19)	Story	1,101	6.9 (38)	
	Harrison	180	5.7 (87)	Warren	596	7.0 (34)	
	Johnson	1,334	5.7 (86)	Washington	249	5.8 (83)	
	Jones	228	5.6 (91)	Woodbury	1,244	6.0 (71)	
			<b>Total</b>	21,758	6.7		
<b>State Total</b>		40,874	6.9				

<sup>1</sup>Rates per 1,000 population<sup>2</sup>Rank among 99 Iowa counties

Source: Iowa Department of Public Health, Vital Statistics

## Dissolutions 2004-2005

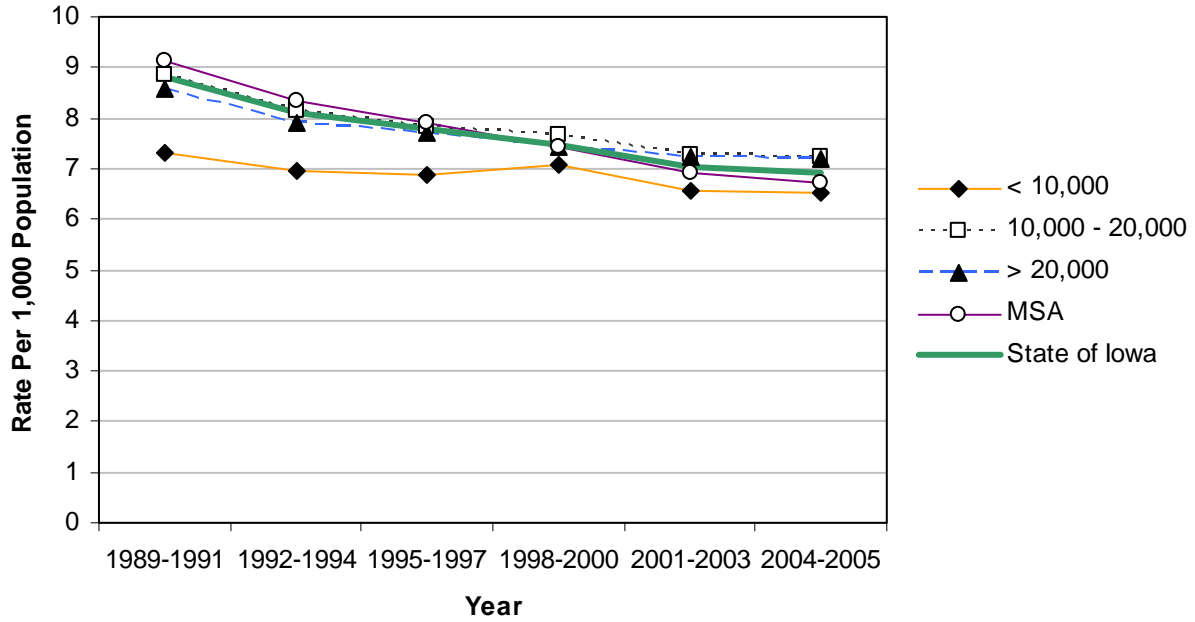
	County	#	Crude <sup>1</sup> (Rank <sup>2</sup> )	County	#	Crude <sup>1</sup> (Rank <sup>2</sup> )	
Counties with Average Population < 10,000	Adair	55	3.5 (19)	Monona	54	2.8 (50)	
	Adams	31	3.6 (14)	Monroe	50	3.2 (27)	
	Audubon	34	2.7 (58)	Osceola	26	1.9 (86)	
	Clarke	59	3.2 (26)	Palo Alto	43	2.2 (77)	
	Davis	46	2.7 (57)	Pocahontas	42	2.6 (61)	
	Decatur	32	1.9 (87)	Ringgold	21	2.0 (85)	
	Fremont	59	3.8 (08)	Taylor	44	3.3 (23)	
	Howard	51	2.6 (62)	Van Buren	61	3.9 (07)	
	Ida	44	3.0 (41)	Wayne	48	3.7 (13)	
	Lucas	55	2.9 (47)	Worth	27	1.7 (90)	
				<b>Total</b>	<b>882</b>	<b>2.8</b>	
	Counties with Average Population 10,000 – 20,000	Allamakee	62	2.1 (83)	Hardin	121	3.4 (21)
		Appanoose	0	0.0 (99)	Humboldt	62	3.1 (35)
Butler		70	2.3 (74)	Iowa	77	2.4 (72)	
Calhoun		53	2.5 (69)	Jefferson	151	4.7 (02)	
Cass		100	3.5 (18)	Keokuk	38	1.7 (91)	
Cedar		94	2.6 (64)	Kossuth	82	2.5 (68)	
Cherokee		25	1.0 (97)	Louisa	79	3.3 (24)	
Chickasaw		50	2.0 (84)	Lyon	35	1.5 (95)	
Clay		82	2.4 (71)	Mitchell	57	2.6 (63)	
Clayton		84	2.3 (76)	Montgomery	81	3.6 (16)	
Crawford		102	3.0 (39)	O'Brien	62	2.1 (80)	
Delaware		106	2.9 (43)	Page	103	3.2 (30)	
Dickinson		122	3.7 (12)	Poweshiek	136	3.6 (15)	
Emmet		64	3.0 (37)	Sac	64	3.0 (40)	
Floyd		82	2.5 (70)	Shelby	90	3.6 (17)	
Franklin		68	3.2 (31)	Tama	102	2.8 (48)	
Greene		82	4.1 (04)	Union	95	4.0 (06)	
Hamilton		119	3.7 (11)	Winnebago	62	2.7 (53)	
Hancock		22	0.9 (98)	Wright	74	2.7 (54)	
			<b>Total</b>	<b>2,958</b>	<b>2.8</b>		
Counties with Average Population > 20,000	Boone	197	3.7 (09)	Lee	209	2.9 (46)	
	Buchanan	100	2.4 (73)	Mahaska	138	3.1 (33)	
	Buena Vista	106	2.6 (60)	Marion	198	3.0 (36)	
	Carroll	107	2.5 (67)	Marshall	294	3.7 (10)	
	Cerro Gordo	286	3.2 (28)	Muscatine	427	5.0 (01)	
	Clinton	254	2.6 (66)	Plymouth	105	2.1 (81)	
	Des Moines	190	2.3 (75)	Sioux	108	1.7 (93)	
	Fayette	112	2.6 (59)	Wapello	209	2.9 (44)	
	Henry	139	3.4 (20)	Webster	212	2.7 (55)	
	Jackson	127	3.1 (32)	Winneshiek	93	2.2 (78)	
	Jasper	103	1.4 (96)	<b>Total</b>	<b>3,714</b>	<b>2.9</b>	
MSA Counties	Benton	117	2.2 (79)	Linn	1,124	2.8 (49)	
	Black Hawk	453	1.8 (89)	Madison	123	4.1 (05)	
	Bremer	79	1.7 (92)	Mills	101	3.3 (22)	
	Dallas	260	2.6 (65)	Polk	2,462	3.1 (34)	
	Dubuque	495	2.7 (56)	Pottawattamie	767	4.3 (03)	
	Grundy	52	2.1 (82)	Scott	926	2.9 (45)	
	Guthrie	73	3.2 (29)	Story	289	1.8 (88)	
	Harrison	102	3.2 (25)	Warren	241	2.8 (51)	
	Johnson	381	1.6 (94)	Washington	129	3.0 (38)	
	Jones	114	2.8 (52)	Woodbury	611	3.0 (42)	
			<b>Total</b>	<b>8,899</b>	<b>2.7</b>		
<b>State Total</b>		<b>16,453</b>			<b>2.8</b>		

<sup>1</sup>Rates per 1,000 population<sup>2</sup>Rank among 99 Iowa counties

Source: Iowa Department of Public Health, Vital Statistics

## Marriages 1989-2005

### Crude Rates



## Dissolutions 1989-2005

### Crude Rates

