



DEKALB COUNTY BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM REPORT

SEPTEMBER 2009



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INTRODUCTION

In DeKalb County, Georgia, the leading causes of premature death include cancer, unintentional injury, heart disease, homicide, HIV/AIDS, suicide, stroke, and infectious disease (1). Many of these early deaths can be prevented by improving health behaviors and encouraging the use of preventive clinical services.

The Behavioral Risk Factor Surveillance System (BRFSS) is an ongoing yearly telephone survey that collects information about health risk behaviors, health conditions and use of health care services among adults in the United States. It is conducted in all 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, and Guam. Federal, state, and local health officials and researchers use this information to examine health risks, identify emerging problems, prevent disease, and improve treatment (2). The DeKalb County BRFSS provides health information specific to adults aged 18 years and over who live in DeKalb County.

The DeKalb County BRFSS survey and report are supported by Steps to a Healthier DeKalb (Steps). This initiative focuses on preventing diabetes, obesity, and hospitalization due to asthma by improving nutrition, increasing physical activity, and reducing tobacco use. Intervention efforts focus on the African-American population in the south DeKalb area. Results from the DeKalb County BRFSS are used to evaluate the Steps program.

The DeKalb County Board of Health conducted the BRFSS in 2005, 2006 and 2007; this report summarizes the 2007 findings. The first page of each section provides a comparison of DeKalb County's 2007 results to metropolitan Atlanta, Georgia, and the nation. Within each section, there is a description of significant findings for specific gender, race/ethnicity, or age groups. The Appendix contains the results of questions asked in 2005, 2006 and 2007.

YOUR BODY. YOUR HEALTH. YOU'RE WORTH IT!

METHODS

The protocol for the DeKalb County Behavioral Risk Factor Surveillance System (BRFSS) was developed by the U.S. Centers for Disease Control and Prevention (CDC) (3). DeKalb County residents were interviewed by telephone throughout 2007. Telephone numbers were randomly dialed and respondents were randomly selected from the adult members aged 18 years and older of each household. Participation was voluntary and anonymous. The sample did not include institutionalized individuals, households without telephones, and households that use only cellular telephones.

The 2007 DeKalb County BRFSS included many questions from the CDC's core questionnaire and optional modules, as well as some questions that were added specifically for DeKalb County. Trained interviewers administered the questionnaire. The average interview length was 17 minutes and a total of 2,356 interviews were completed.

Table 1 on page 6 describes the sample of DeKalb County BRFSS respondents. These data were weighted to adjust for the probability of selection and non-response. Analyses that account for this survey design were performed using SAS v 9.2 statistical software. For gender and race/ethnicity comparisons, results were "significant" if the 95% confidence intervals associated with each weighted percentage did not overlap. Logistic regression analyses were used to compare age groups and trends in data over time. Only significant differences among gender, race/ethnicity and age groups are described in this report.

To estimate trends for metropolitan Atlanta (metro Atlanta), the Selected Metropolitan/Micropolitan Area Risk Trends (SMART) BRFSS data are included in this report. A metropolitan statistical area is a group of counties that contain at least one urbanized area with at least 50,000 inhabitants(4). The results from the statewide Georgia BRFSS and median estimates of the national data are also presented for comparison. The BRFSS is not conducted at the national level. However, estimates for the 50 states and the District of Columbia were ordered from least to greatest and the median, or middle, percentage value is reported.

SECTION 1: DEMOGRAPHICS

Table 1 describes the demographic distribution of respondents. The following racial/ethnic groups are used: White (includes Non-Hispanic White only), African American (includes Non-Hispanic Black or African American only), and Other (includes Hispanic, Non-Hispanic Multi-racial, and Non-Hispanic Other Race). It is important to note that due to challenges in sampling, the weighted percentages of these racial/ethnic groups do not reflect the demographic distribution of DeKalb County.

Table 1: Demographic Distribution of Respondents, DeKalb County BRFSS, 2007		
	Sample	Weighted Percent
	N	%
Total	2356	—
Gender		
Male	770	48
Female	1586	52
Race/Ethnicity		
Non-Hispanic White	1227	50
Non-Hispanic Black or African American	896	38
Hispanic	76	5
Non-Hispanic Multiracial	24	1
Non-Hispanic Other Race	88	6
Age		
18-24 years	61	7
25-34 years	266	23
35-44 years	433	34
45-54 years	481	16
55-64 years	473	9
65 years and over	571	11

SECTION 2: HEALTH CARE COVERAGE AND USAGE

Table 2a: Health Care Coverage and Usage in DeKalb County, Metropolitan Atlanta, Georgia, and the U.S.

Risk Factor	DeKalb BRFSS, 2007 %	Metro Atlanta SMART BRFSS, 2007 %	Georgia BRFSS, 2007 %	National BRFSS, 2007 Median %
Percentage of adults who have some type of health care coverage, including health insurance, HMOs, and Medicare	86	85	83	86
Percentage of adults who visited a doctor for a routine checkup within the past year	72	Not Available	Not Available	Not Available
Percentage of adults who have seen or heard a message about the health benefits of visiting a health care provider for routine checkups	53	Not Available	Not Available	Not Available

As shown in Table 2a, the proportion of adults who have some type of health care coverage is similar to that of metro Atlanta and Georgia. Data on checkups and exposure to messages about the benefits of routine checkups were not available in 2007 for metro Atlanta, Georgia, and the United States.

HEALTH CARE COVERAGE

Table 2b: DeKalb County adults who have health coverage, by group	Percent (%)
Sex	
Male	83
Female	88
Race/Ethnicity	
White	94
African American*	78
Other	79
Age (years)*	
18-34	78
35-44	88
45-54	83
55+	95
DeKalb County	86
* significant difference in this group	

As shown in Table 2b, 86% of adults in DeKalb County have some type of health care coverage, including health insurance, prepaid plans such as HMOs, and government plans such as Medicare. African-American adults are significantly less likely to have health coverage than white adults. The likelihood of having health care coverage increases significantly with age.

Additionally, in 2007, 14% of DeKalb County adults reported that there was a time in the past year when they could not see a doctor because of cost. In DeKalb County, African-American adults and non-white adults of other races/ethnicities were significantly more likely to report the inability to see a doctor because of cost (19% and 28%, respectively), compared to white adults (7%). The likelihood of not being able to see a doctor because of cost decreases significantly with age.

HEALTH CARE USAGE

Table 2c: DeKalb County adults who visited a doctor for a routine checkup in the past year, by group	Percent (%)
Sex*	
Male	66
Female	77
Race/Ethnicity	
White	68
African American	76
Other	73
Age (years)*	
18-34	64
35-44	73
45-54	68
55+	85
DeKalb County	72
* significant difference in this group	

As shown in Table 2c, 72% of DeKalb County adults visited a doctor for a routine checkup in the past year. In DeKalb County, females are significantly more likely than males to visit the doctor for a routine checkup within the past year. The likelihood of visiting a doctor for a routine checkup increased significantly with age.

Additionally, 80% of DeKalb County adults have at least one personal doctor and 22% have seen a doctor for care five or more times during the last year.

SECTION 3: DIABETES

Table 3a: Diabetes in DeKalb County, Metropolitan Atlanta, Georgia, and the U.S.

Risk Factor	DeKalb BRFSS, 2007	Metro Atlanta SMART BRFSS, 2007	Georgia BRFSS, 2007	National BRFSS, 2007
	%	%	%	Median %
Percentage of adults who have ever been told by a health professional that they have diabetes	7*	8	10	8

*Difference is statistically significant

As shown in Table 3a, the prevalence of diabetes in DeKalb County adults is similar to the prevalence in metro Atlanta and the US, but significantly less than that of Georgia.

DIABETES (CONTINUED)

Table 3b: DeKalb County adults who have ever been told by a health professional they have diabetes, by group	Percent (%)
Sex	
Male	7
Female	7
Race/Ethnicity*	
White	5
African American	10
Other	7
Age (years)*	
18-34	1
35-44	4
45-54	12
55+	18
DeKalb County	7
* significant difference in this group	

As shown in Table 3b, 7% of DeKalb County adults have been told by a health professional that they have diabetes (excluding gestational diabetes). In DeKalb County, African-American adults are more likely to have diabetes compared to white adults. The likelihood of having diabetes increases significantly with age.

Among diabetic adults in DeKalb County:

- 81% have had a clinical foot exam within the past 12 months.
- 71% have had a glycosylated hemoglobin measurement (A1C) at least twice in the past year.
- 38% monitor their blood glucose at least twice daily.

SECTION 4: ASTHMA

Table 4a: Asthma in DeKalb County, Metropolitan Atlanta, Georgia, and the U.S.

Risk Factor	DeKalb BRFSS, 2007	Metro Atlanta SMART BRFSS, 2007	Georgia BRFSS, 2007	National BRFSS, 2007
	%	%	%	Median %
Percentage of adults who have ever been told by a health professional that they have asthma	12	12	12	13
Percentage of adults who currently have asthma	7	8	8	8

As shown in Table 4a, the prevalence of asthma in DeKalb County adults is similar to the prevalence in metro Atlanta and Georgia.

ASTHMA (CONTINUED)

Table 4b: DeKalb County adults who have ever been told by a health professional they have asthma, by group	Percent (%)
Sex*	
Male	9
Female	14
Race/Ethnicity	
White	9
African American	15
Other	12
Age (years)*	
18-34	14
35-44	10
45-54	13
55+	11
DeKalb County	12
* significant difference in this group	

As shown in Table 4b, 12% of DeKalb County adults have been told by a health professional that they have asthma. In DeKalb County, females are significantly more likely than males to have asthma. The likelihood of having asthma decreases significantly with age.

Among adults in DeKalb County who have asthma:

- 50% have had an asthma episode or attack during past 12 months.
- 37% have seen a health professional for a routine checkup for their asthma.
- 23% have seen a health professional for urgent treatment of worsening asthma symptoms.
- 18% have visited an emergency room or urgent care center because of their asthma.

SECTION 5: WEIGHT

Table 5a: Overweight and Obesity in DeKalb County, Metropolitan Atlanta, Georgia, and the U.S.

Risk Factor	DeKalb BRFSS, 2007 %	Metro Atlanta SMART BRFSS, 2007 %	Georgia BRFSS, 2007 %	National BRFSS, 2007 Median %
Percentage of adults who are overweight	35	37	36	37
Percentage of adults who are obese	24*	24	29	26

*Difference is statistically significant

Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI provides a reliable indicator of body fat for most people and is used to screen for weight categories that may lead to health problems. Adults with a BMI greater than or equal to 25 but less than 30 are considered overweight. Adults with a BMI of 30 or higher are considered obese.

As shown in Table 5a, the proportion of adults in DeKalb County that is overweight is comparable to the proportions of metro Atlanta and Georgia. Conversely, the proportion of obese adults in DeKalb County is similar to that of metro Atlanta, but significantly less than that of Georgia.

WEIGHT (CONTINUED)

Table 5b: DeKalb County adults who are overweight, by group	Percent (%)
Sex*	
Male	42
Female	28
Race/Ethnicity	
White	37
African American	33
Other	31
Age (years)*	
18-34	28
35-44	37
45-54	41
55+	38
DeKalb County	35
* significant difference in this group	

As shown in Table 5b, 35% of DeKalb County adults are overweight (defined as a body mass index of 25.0 to 29.9). Males are significantly more likely than females to be overweight. The likelihood of being overweight increases significantly with age.

Among DeKalb County adults, 97% agree that a healthy weight can help prevent diabetes, and 98% agree that a healthy weight can help prevent heart disease.

Table 5c: DeKalb County adults who are obese, by group	Percent (%)
Sex	
Male	23
Female	24
Race/Ethnicity*	
White	15
African American	35
Other	22
Age (years)*	
18-34	21
35-44	24
45-54	30
55+	22
DeKalb County	24
* significant difference in this group	

As shown in Table 5c, 23% of DeKalb County adults are obese (defined as a body mass index of 30.0 or higher). African-American adults are significantly more likely to be obese than white adults. Additionally, the likelihood of being obese increases significantly with age.

SECTION 6: NUTRITION

Table 6a: Nutrition in DeKalb County, Metropolitan Atlanta, Georgia, and the U.S.

Risk Factor	DeKalb BRFSS, 2007	Metro Atlanta SMART BRFSS, 2007	Georgia BRFSS, 2007	National BRFSS, 2007
	%	%	%	Median %
Percentage of adults who consume fruits and vegetables five or more times per day	29	27	25	24
Percentage of adults who have seen or heard a message about the health benefits of eating five servings of fruits and vegetables every day	41	Not Available	Not Available	Not Available

The U.S. Centers for Disease Control and Prevention (CDC) recommends that adults consume five or more fruits and vegetables per day. As shown in Table 6a, the proportion of adults in DeKalb County who engage in this behavior is similar to the proportions in metro Atlanta and Georgia.

Among DeKalb County adults, 41% have seen or heard a message on television, the radio, or in print (including billboards) about the health benefits of eating five servings of fruit and vegetables every day.

NUTRITION (CONTINUED)

Table 6b: DeKalb County adults who ate the recommended amount of fruits and vegetables per week, by group	Percent (%)
Sex*	
Male	23
Female	35
Race/Ethnicity	
White	33
African American	27
Other	22
Age (years)*	
18-34	29
35-44	26
45-54	28
55+	34
DeKalb County	29
* significant difference in this group	

As shown in Table 6b, 29% of DeKalb County adults eat five or more fruits and vegetables per day. In DeKalb County, the likelihood of consuming the recommended amount of fruits and vegetables is more likely among females than males, and increases significantly with age.

Table 6c: DeKalb County adults who know the recommended amount of fruits and vegetables to eat per week, by group	Percent (%)
Sex*	
Male	30
Female	47
Race/Ethnicity*	
White	49
African American	28
Other	30
Age (years)*	
18-34	40
35-44	41
45-54	38
55+	36
DeKalb County	41
* significant difference in this group	

As shown in Table 6c, 39% of DeKalb County adults know it is recommended to eat five or more fruits and vegetables per day. Females are significantly more likely than males to know this recommendation, whereas African-American adults are significantly less likely than white adults to know them. Additionally, the likelihood of knowing these recommendations decreases significantly with age.

SECTION 7: PHYSICAL ACTIVITY

Table 7a: Physical Activity in DeKalb County, Metropolitan Atlanta, Georgia, and the U.S.

Risk Factor	DeKalb BRFSS, 2007 %	Metro Atlanta SMART BRFSS, 2007 %	Georgia BRFSS, 2007 %	National BRFSS, 2007 Median %
Percentage of adults who engage in the recommended amount of physical activity each week	47	51	48	50
Percentage of adults who have seen or heard a message about the health benefits of regular physical activity	68	Not Available	Not Available	Not Available

The U.S. Centers for Disease Control and Prevention (CDC) recommends at least 30 minutes of moderate activity five days a week or 20 minutes of vigorous activity three days a week. Moderate activities cause small increases in breathing or heart rate and include brisk walking, bicycling, vacuuming, and gardening. Vigorous activities cause large increases in breathing or heart rate and include running, aerobics, and heavy yard work.

As shown in Table 7a, the proportion of DeKalb County adults who engage in the recommended levels of physical activity is similar to the proportions of metro Atlanta and Georgia.

Among DeKalb County adults, 68% have seen or heard a message on television, the radio, or in print (including billboards) about the health benefits of regular physical activity.

PHYSICAL ACTIVITY (CONTINUED)

Table 7b: DeKalb County adults who engage in the recommended amount of weekly physical activity, by group	Percent (%)
Sex	
Male	49
Female	46
Race/Ethnicity*	
White	50
African American	48
Other	33
Age (years)*	
18-34	51
35-44	47
45-54	46
55+	44
DeKalb County	47
* significant difference in this group	

As shown in Table 7b, 47% of DeKalb County adults engage in the recommended amount of weekly physical activity. White and African-American adults are significantly more likely to engage in this behavior than adults of other races/ethnicities. The likelihood of engaging in the recommended level of physical activity decreases significantly with age.

Table 7c: DeKalb County adults who know the recommended amount of weekly physical activity, by group	Percent (%)
Sex*	
Male	34
Female	43
Race/Ethnicity*	
White	44
African American	34
Other	30
Age (years)*	
18-34	36
35-44	39
45-54	46
55+	37
DeKalb County	39
* significant difference in this group	

As shown in Table 7c, 39% of DeKalb County adults know it is recommended to engage in at least 30 minutes of moderate activity five days a week or 20 minutes of vigorous activity three days a week. Females are significantly more likely than males, and white adults are significantly more likely than African-American adults or those other race/ethnicities to know these recommendations. Additionally, knowledge of these recommendations increases significantly with age.

SECTION 8: TOBACCO USE

Table 8a: Tobacco Use in DeKalb County, Metropolitan Atlanta, Georgia, and the U.S.

Risk Factor	DeKalb BRFSS, 2007 %	Metro Atlanta SMART BRFSS, 2007 %	Georgia BRFSS, 2007 %	National BRFSS, 2007 Median %
Percentage of adults who are current cigarette smokers	12*	19	16	25
Percentage of adults who are former cigarette smokers	21	23	22	20
Percentage of adults who have seen or heard a message about how tobacco use or secondhand smoke can harm your health	72	Not Available	Not Available	Not Available

*Difference is statistically significant

As shown in Table 8a, the proportion of current smokers in DeKalb County is significantly lower than that of metro Atlanta, but similar to that of Georgia. The proportion of former smokers in DeKalb County is similar to the proportions in metro Atlanta and Georgia.

Among DeKalb County adults, 72% have seen or heard a message on television, the radio, or in print (including billboards) about how tobacco use or secondhand smoke can harm your health.

TOBACCO USE (CONTINUED)

Table 8b: DeKalb County adults who are current smokers, by group	Percent (%)
Sex*	
Male	16
Female	9
Race/Ethnicity	
White	11
African American	14
Other	11
Age (years)	
18-34	12
35-44	12
45-54	14
55+	11
DeKalb County	12
* significant difference in this group	

As shown in Table 8b, 12% of DeKalb County adults are current smokers. Males are significantly more likely than females to be current smokers. During the past year, 20% of these DeKalb County adults were advised three or more times by their doctor or health care provider to quit smoking.

Table 8c: DeKalb County adults who are former smokers, by group	Percent (%)
Sex	
Male	22
Female	19
Race/Ethnicity*	
White	27
African American	13
Other	16
Age (years)*	
18-34	12
35-44	16
45-54	26
55+	36
DeKalb County	21
* significant difference in this group	

As shown in Table 8c, 21% of DeKalb County adults are former smokers. White adults are more likely than African-American adults to be former smokers. The likelihood of being a former smoker increases significantly with age.

SECTION 9: IMMUNIZATIONS

Table 9a: Immunizations in DeKalb County, Metropolitan Atlanta, Georgia, and the U.S.

Risk Factor	DeKalb BRFSS, 2007	Metro Atlanta SMART BRFSS, 2007	Georgia BRFSS, 2007	National BRFSS, 2007
	%	%	%	Median %
Percentage of adults aged 65 and over who have had a flu shot within the past year	72	70	68	72
Percentage of adults aged 65 and over who have ever had a pneumonia shot	65	65	64	67
Percentage of adults (all ages) who have ever received the hepatitis B vaccine	45	Not Available	Not Available	Not Available

As shown in Table 9a, the proportion of adults, aged 65 and over, who received a flu shot in past year is similar to the proportions in metro Atlanta and Georgia. Similarly, the proportion of adults, aged 65 and over, who have ever received a pneumonia shot is similar to those of metro Atlanta and Georgia.

INFLUENZA AND PNEUMONIA IMMUNIZATIONS

Table 9b: DeKalb County adults who received a flu shot in the last year, by group	Percent (%)
Sex	
Male	35
Female	37
Race/Ethnicity*	
White	45
African American	28
Other	27
Age (years)*	
18-34	25
35-44	32
45-54	38
55+	60
DeKalb County	36
* significant difference in this group	

As shown in Table 9b, 36% of adults in DeKalb County received a flu shot in the past year. White adults are significantly more likely than African-American adults and adults of other races/ethnicities to have received a flu shot. Additionally, the likelihood of receiving a flu shot increases significantly with age.

Table 9c: DeKalb County adults who have ever received a pneumonia shot, by group	Percent (%)
Sex	
Male	23
Female	20
Race/Ethnicity*	
White	25
African American	20
Other	11
Age (years)*	
18-34	15
35-44	15
45-54	16
55+	45
DeKalb County	21
* significant difference in this group	

As shown in Table 8c, 21% of adults in DeKalb County have ever received a pneumonia shot. White adults are significantly more likely than adults of other races/ethnicities to have ever received a pneumonia immunization. Additionally, the likelihood of receiving the immunization increases significantly with age.

HEPATITIS B IMMUNIZATIONS

Table 9d: DeKalb County adults who have ever had a Hepatitis B vaccine, by group	Percent (%)
Sex*	
Male	50
Female	40
Race/Ethnicity	
White	43
African American	48
Other	42
Age (years)*	
18-34	64
35-44	47
45-54	35
55+	21
DeKalb County	45
* significant difference in this group	

As shown in Table 9d, 45% of adults in DeKalb County have ever had a hepatitis B vaccination. Males are significantly more likely than females to get a hepatitis B vaccination. Additionally, the likelihood of receiving the vaccination decreases significantly with age.

SECTION 10: ORAL HEALTH

Table 10a: Oral Health in DeKalb County, BRFSS, 2007	%
Percentage of adults who visited a dentist or dental clinic within the past year	72
Percentage of adults who have had their teeth cleaned by a dentist or hygienist in the past year	71
Percentage of adults who have had one to five permanent teeth removed because of tooth decay or gum disease	28

Table 10a describes oral health in DeKalb County. Comparisons were not available in 2007 for metro Atlanta, Georgia and the United States.

DENTAL VISITS AND CARE

Table 10b: DeKalb County adults who visited a dentist or dental clinic within the last year, by group	Percent (%)
Sex*	
Male	67
Female	78
Race/Ethnicity*	
White	81
African American	63
Other	64
Age (years)*	
18-34	67
35-44	72
45-54	75
55+	77
DeKalb County	72
* significant difference in this group	

In DeKalb County, 73% of adults have been to a dentist or dental clinic within the past 12 months. Females were significantly more likely to have gone than males. White adults were significantly more likely than adults of other race/ethnicities to have visited the dentist or dental clinic. The likelihood of engaging in this behavior increases significantly with age.

Table 10c: DeKalb County adults who had their teeth cleaned by a dentist or hygienist in the last year, by group	Percent (%)
Sex	
Male	67
Female	74
Race/Ethnicity*	
White	80
African American	61
Other	62
Age (years)*	
18-34	65
35-44	71
45-54	72
55+	80
DeKalb County	71
* significant difference in this group	

As shown in Table 10c, 71% of DeKalb County adults had their teeth cleaned by a dentist or hygienist within the past year. White adults are more likely than adults of other race/ethnicities to have engaged in this behavior. This behavior increases significantly with age.

TOOTH REMOVAL

Table 10d: DeKalb County adults who have had 1 to 5 teeth removed because of tooth decay or gum disease, by group	Percent (%)
Sex*	
Male	29
Female	27
Race/Ethnicity*	
White	18
African American	37
Other	24
Age (years)*	
18-34	16
35-44	28
45-54	40
55+	35
DeKalb County	28
* significant difference in this group	

As shown in Table 10d, 28% of DeKalb County adults have had one to five teeth removed due to tooth decay or gum disease. This is significantly more likely to occur among males compared to females, and African Americans compared whites. Additionally, the likelihood of losing teeth due to tooth decay or gum disease increases significantly with age.

SECTION 11: WOMEN'S HEALTH

Table 11a: Women's Health in DeKalb County, BRFSS 2007	%
Percentage of women who have ever had a mammogram	64
Percentage of women who have ever had a clinical breast exam	92
Percentage of women who have ever had a Pap test	95
Percentage of women who have ever had a hysterectomy	16

Table 11a describes the proportion of females who have ever had a mammogram, clinical breast exam, Pap test and hysterectomy. Comparisons were not available in 2007 for metro Atlanta, Georgia and the United States.

MAMMOGRAMS AND CLINICAL BREAST EXAMS

Table 11b: DeKalb County females who have ever had a mammogram, by group	Percent (%)
Race/Ethnicity*	
White	69
African American	64
Other	44
Age*	
18-34	21
35-44	64
45-54	95
55+	97
DeKalb County	64
* significant difference in this group	

As shown in Table 11b, 64% of DeKalb females have ever had a mammogram. White and African-American females are significantly more likely than females of other races/ethnicities to have ever had a mammogram. The likelihood of having a mammogram increases significantly with age. Additionally, among DeKalb County females, 70% had their mammogram within the past 12 months.

Table 11c: DeKalb County females who have ever had a clinical breast exam, by group	Percent (%)
Race/Ethnicity*	
White	96
African American	94
Other	75
Age*	
18-34	87
35-44	96
45-54	96
55+	93
DeKalb County	92
* significant difference in this group	

As shown in Table 11c, 92% of DeKalb females have ever had a clinical breast exam. White and African-American females are significantly more likely than females of other races/ethnicities to have ever had a clinical breast exam. The likelihood of having a clinical breast exam increases significantly with age. Additionally, among DeKalb County females, 80% had this exam within the past 12 months.

PAP TESTS AND HYSTERECTOMIES

Table 11d: DeKalb County females who have ever had a Pap test, by group	Percent (%)
Race/Ethnicity*	
White	97
African American	97
Other	84
Age*	
18-34	90
35-44	98
45-54	98
55+	94
DeKalb County	95
* significant difference in this group	

As shown in Table 11d, 95% of DeKalb females have ever had a Pap test. White and African-American females are significantly more likely than females of other races/ethnicities to have ever had a Pap test. The likelihood of having this test increases significantly with age. Additionally, among DeKalb County females, 75% had their Pap test within the past 12 months.

Table 11e: DeKalb County females who have had a hysterectomy, by group	Percent (%)
Race/Ethnicity	
White	16
African American	17
Other	9
Age*	
18-34	1
35-44	6
45-54	21
55+	44
DeKalb County	16
* significant difference in this group	

As shown in Table 11e, 16% of DeKalb females have had a hysterectomy. The likelihood of having a hysterectomy increases significantly with age.

SECTION 12: MEN'S HEALTH

Table 12a: Men's Health in DeKalb County, BRFSS, 2007	%
Percentage of males who have ever had a prostate-specific antigen (PSA) test	63
Percentage of males who have ever had a digital rectal exam	76
Percentage of males who have ever been told by a doctor, nurse, or other health professional they have prostate cancer	1

Table 12a shows the proportion of males in DeKalb County who have ever had a prostate-specific antigen test or a digital rectal exam, or have ever been diagnosed with prostate cancer. Comparisons were not available in 2007 for metro Atlanta, Georgia and the United States.

PROSTATE-SPECIFIC ANTIGEN TEST AND DIGITAL RECTAL EXAMS

Table 12b: DeKalb County males who have ever had a prostate-specific antigen (PSA) test, by group	Percent (%)
Race/Ethnicity*	
White	64
African American	66
Other	30
Age*	
18-34	--
35-44	44
45-54	61
55+	87
DeKalb County	63
* significant difference in this group	

As shown in Table 12b, 63% of DeKalb males have had a prostate-specific antigen (PSA) test. White and African-American males are significantly more likely than males of other races/ethnicities to have ever had a PSA test. The likelihood of having this test increases significantly with age.

Table 12c: DeKalb County males who have ever had a digital rectal exam, by group	Percent (%)
Race/Ethnicity	
White	82
African American	73
Other	62
Age*	
18-34	--
35-44	70
45-54	73
55+	88
DeKalb County	76
* significant difference in this group	

As shown in Table 12c, 76% of DeKalb males have had a digital rectal exam. The likelihood of having this test increases significantly with age. Additionally, 61% of DeKalb County males had their digital rectal exam within the past 12 months.

Due to the small number of DeKalb County males with prostate cancer, further analyses could not be performed.

SECTION 13: FAMILY PLANNING

Table 13a: Family Planning in DeKalb County, BRFSS 2007	%
Percentage of adults (or partners) who are doing something to keep from getting pregnant	60

DeKalb County adults (or their partners) use the following methods to keep from getting pregnant:

- 29% use pills (e.g., Seasonale).
- 28% use condoms (male or female).
- 12% have had their tubes tied.
- 9% have had a vasectomy (male sterilization).
- 7% use an intrauterine device (e.g., Mirena).
- 5% do not have sexual intercourse at certain times.
- 2% have had a hysterectomy (female sterilization).
- 2% use shots (e.g., Depo-Provera).
- 1% use withdrawal.
- 1% use contraceptive implants (e.g., Jadelle).
- 1% use a contraceptive ring (e.g., Nuvaring).
- 1% use a contraceptive patch.
- <1% use a diaphragm, cervical ring, or cap.

The following are reasons why DeKalb County adults (or their partners) are not doing something to keep from getting pregnant:

- 21% want a pregnancy.
- 6% were currently pregnant.
- 6% have had their tubes tied (female sterilization).
- 5% do not care if they get pregnant.
- 4% do not think they were going to have sex/do not have a regular partner.
- 2% have had a hysterectomy.
- 1% do not like birth control/fear side effects.
- 1% have had a vasectomy (male sterilization).
- 1% just had a baby.
- 1% are currently breastfeeding.
- <1% had a lapse in use of normal birth control method.
- <1% do not want to use birth control.
- 36% had other reasons.

SECTION 14: UNINTENTIONAL INJURY

Table 14a: Unintentional Injury in DeKalb County, BRFSS, 2007	%
Percentage of adults who fell during the past three months	13
Percentage of adults who were injured from a fall during the past three months	27
Percentage of adults who always use a seat belt when driving or riding in a car	92
Percentage of adults who during the past 30 days drove after drinking too much	3

Table 14a describes unintentional injury and risk factors for injury in DeKalb County. Comparisons were not available in 2007 for metro Atlanta, Georgia and United States.

FALLS

Table 14b: DeKalb County adults who fell in the last three months, by group	Percent (%)
Sex	
Male	13
Female	14
Race/Ethnicity*	
White	16
African American	9
Other	13
Age (years)*	
18-34	-
35-44	-
45-54	13
55+	14
DeKalb County	13
* significant difference in this group	

A fall is defined as a person unintentionally coming to rest on the ground or another lower level. As shown in Table 14b, 13% of DeKalb County adults fell at least once in the last three months. White adults are significantly more likely than African-American adults to have fallen. The likelihood of falling increases significantly with age.

Table 14c: DeKalb County adults who suffered an injury from falling in the last three months, by group	Percent (%)
Sex	
Male	17
Female	34
Race/Ethnicity	
White	26
African American	27
Other	38
Age (years)	
18-34	-
35-44	-
45-54	21
55+	29
DeKalb County	27

As shown in Table 14c, injuries limiting regular activities for at least a day or requiring a visit to the doctor occurred among 27% of DeKalb County adults in the last three months. The likelihood of suffering an injury from a fall increases significantly with age.

CAR SAFETY

Table 14d: DeKalb County adults who always wear their seat belts in cars, by group	Percent (%)
Sex	
Male	91
Female	93
Race/Ethnicity	
White	93
African American	91
Other	90
Age (years)*	
18-34	90
35-44	93
45-54	93
55+	92
DeKalb County	92
* significant difference in this group	

As shown in Table 14d, 92% of DeKalb County adults always wear a seat belt when driving or riding in a car. This behavior increases significantly with age.

Table 14e: DeKalb County adults who, in the past 30 days, drove after drinking too much, by group	Percent (%)
Sex*	
Male	5
Female	2
Race/Ethnicity	
White	3
African American	2
Other	4
Age (years)*	
18-34	4
35-44	4
45-54	2
55+	1
DeKalb County	3
* significant difference in this group	

As shown in Table 14e, 3% of DeKalb County adults have driven after drinking too much alcohol in the past 30 days. Males are significantly more likely than females to engage in this behavior. The likelihood of drinking and driving decreases significantly with age.

SECTION 15: INDOOR AIR QUALITY

Table 15a: Indoor Air Quality in DeKalb County, BRFSS, 2007	%
Percentage of adults whose home is heated with a furnace that burns oil, gas, coal or other fuel	71
Percentage of adults who have a carbon monoxide (CO) detector that checks the level of carbon monoxide in their home (different from a smoke detector)	45
Percentage of adults who currently have in their home mold the size of a dollar bill or greater	5

Table 15a describes various characteristics of the indoor air quality of homes in DeKalb County. Comparisons were not available in 2007 for metro Atlanta, Georgia and the United States.

SECTION 16: HOME ENVIRONMENT

Table 16a: Home Environments in DeKalb County, BRFSS, 2007	%
Percentage of adults whose main source of their home water supply is a city, county or town water system	97
Percentage of adults who in that past 12 months have had pesticides, sprays or chemicals applied inside their home to kill bugs, mice or other pests	60
Percentage of adults who in the past 12 months have had pesticides or chemicals applied in their yard or garden to kill plant, animal or insect pests (including applications by lawn care services)	61
Percentage of adults who have heard of radon, a radioactive gas that occurs in nature	71
Percentage of adults who have had their household air tested for the presence of radon	17

Table 16a describes various characteristics of home environments in DeKalb County. Comparisons were not available in 2007 for metro Atlanta, Georgia, and the United States.

DeKalb County adults primarily drink the following types of water:

- 43% filtered tap water.
- 29% bottled/commercially sold water.
- 27% unfiltered tap water.

RADON

Table 16b: DeKalb County adults who have heard of radon, by group	Percent (%)
Sex	
Male	74
Female	67
Race/Ethnicity*	
White	87
African American	55
Other	50
Age (years)*	
18-34	62
35-44	68
45-54	79
55+	81
DeKalb County	71
* significant difference in this group	

As shown in Table 16b, 71% of adults in DeKalb County have heard of radon, a radioactive gas that occurs in nature. White adults are significantly more likely than African-American adults and adults of other races/ethnicities to have heard of radon. The likelihood of knowing about radon increases significantly with age.

Table 16c: DeKalb County adults who have had their homes tested for radon, by group	Percent (%)
Sex*	
Male	20
Female	13
Race/Ethnicity*	
White	24
African American	9
Other	7
Age (years)*	
18-34	15
35-44	15
45-54	20
55+	19
DeKalb County	17
* significant difference in this group	

As shown in Table 16c, 17% of adults in DeKalb County have had their home tested for radon. Males are significantly more likely than females, and white adults are significantly more likely than African-American adults and adults of other races/ethnicities, to test their homes for radon. The likelihood of this behavior increases with age.

SECTION 17: BUILT ENVIRONMENT

Table 17a: Built Environment in DeKalb County, BRFSS, 2007	%
Percentage of adults who agree it is safe to walk in their local community	87
Percentage of adults who agree they often see people walking or biking in their local community	90
Percentage of adults who agree their neighborhood has enough sidewalks	43

The term “built environment” refers to manmade surroundings that provide the setting for human activity. For example, roads, parks, homes, schools, sidewalks, bus systems, swimming pools, grocery stores, and playgrounds are all part of the built environment. Where and how these components of the environment are built has an impact on our health.

Table 17a shows the proportion of adults in DeKalb County that agree it is safe to walk, there are often people walking or biking, and there are enough sidewalks in their local communities. Comparisons were not available in 2007 for metro Atlanta, Georgia, and the United States.

DeKalb County adults indicated that the following destinations are within walking distance from their home:

- A local school: 68%
- A church: 61%
- A park: 53%
- A restaurant: 51%
- A grocery store: 49%
- Their workplace: 15%

APPENDIX

Comparison of DeKalb County BRFSS Results from 2005, 2006 and 2007			
Percentage of adults who...	2005	2006	2007
	%	%	%
Have some type of health care coverage, including health insurance, HMOs, and Medicare	87	86	86
Visited a doctor for a routine checkup within the past year	73	72	72
Report there was a time in the past year when they could not see a doctor because of cost	14	16	14
Have a personal doctor or health care provider	83	78	80
Have ever been told by a health professional that they have diabetes	6	8	7
Are diabetic and			
-had a clinical foot exam within the past 12 months	73	84	81
-received an A1C measurement at least twice in the last year	67	67	71
-monitor their blood glucose at least twice daily	40	37	38
Have ever been told by a health professional that they have asthma	12	12	12
Currently have asthma	7	8	7
Are overweight	36	35	35
Are obese	21	26	24
Consume fruits and vegetables five or more times per day	28	29	29
Engage in the recommended amount of physical activity each week	45	51*	47
Are current cigarette smokers	14	13	12
Are former cigarette smokers	19	18	21
Are aged 65 and over and have received a flu shot within the past year	68	73	72
Are aged 65 and over and have ever received a pneumonia shot	64	64	65

*There is a significant difference between the 2005 and 2006 results.

REFERENCES

1. 2005 Status of Health in DeKalb Report. Decatur, GA: DeKalb County Board of Health. <http://www.dekalbhealth.net/information/status-health.asp>.
2. More information about the Behavioral Risk Factor Surveillance System can be obtained from <http://www.cdc.gov/brfss/>.
3. The *Behavioral Risk Factor Surveillance System User's Guide* can be downloaded from <http://www.cdc.gov/brfss/pdf/userguide.pdf>.
4. More information about Selected Metropolitan/Micropolitan Area Risk Trends (SMART) can be obtained from <http://www.cdc.gov/brfss/smart/faqs.htm>.

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