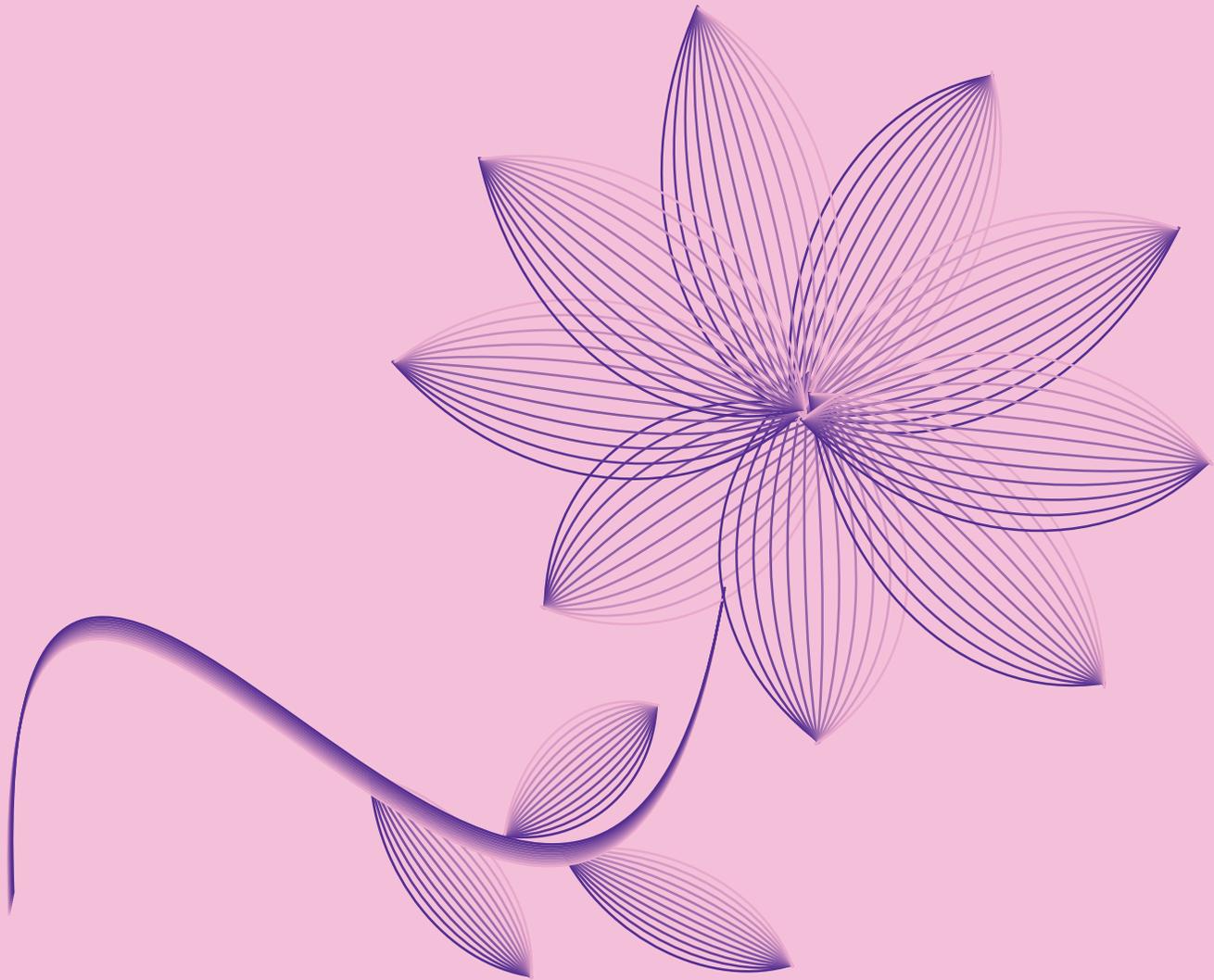


District of Columbia 2005 Annual Report



District of Columbia
Department of Health
Center for Policy, Planning and Epidemiology

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Introduction

The Behavioral Risk Factor Surveillance System (BRFSS) is the largest health-risk behavior database in the world and provides the only nationwide health-risk data in the country. This on-going telephone survey, sponsored by the U.S. Centers for Disease Control and Prevention (CDC), is carried out independently by all 50 U.S. states, the District of Columbia, and three territories.

The BRFSS began in 1984 with four primary goals:

- Identify emerging health issues,
- Document health trends,
- Compare health behaviors across states, and
- Measure progress toward health goals.

In the past, the District of Columbia has used the BRFSS system to:

- Provide data for legislative advocacy and education supporting the successful passage of tobacco control legislation.
- Provide data to support Project “WISH” (Women Into Staying Healthy), a breast and cervical cancer prevention program in the District.
- Provide information for the District of Columbia State Health Plan.
- Assess the impact of cancer screening programs and evaluate the effectiveness of those programs for the District of Columbia Cancer Registry.
- Provide baseline data to the Diabetes Program—used to produce diabetes fact sheets and a comprehensive surveillance report, apply for various grants, and write reports for policymakers.

The BRFSS is conducted by the District of Columbia Department of Health, with funding and guidance provided by the CDC.

Survey Methodology

The District of Columbia BRFSS is a telephone survey conducted with randomly selected adults within households randomly selected from among all telephone-equipped households in the District. The methodology for conducting BRFSS surveys is standardized by the CDC in the BRFSS User's Guide and related policy memos. Macro International, an independent survey research company, collected the data for the 2005 District of Columbia BRFSS following this methodology, summarized below.

Survey Sample

BRFSS protocol calls for a probability sample of all households with telephones within each participating state or territory. In such a sample, each household with a telephone in the survey area has a known chance of being selected for the study.

This was accomplished for the 2005 District of Columbia BRFSS with a disproportionate stratified random digit dial (RDD) sample based on a list-assisted frame. This sample was generated for the District of Columbia BRFSS, as for all states participating in the BRFSS, by Marketing Systems Group (MSG) using their proprietary Genesys sampling software.

The Genesys sample was drawn quarterly from all working banks of District of Columbia telephone numbers, and provided to Macro International each month. The sample included both listed and unlisted numbers. The sample was pre-screened for non-working and business numbers and configured in replicates of 30 to be released for interviewing attempts.

Survey Questionnaire

The BRFSS questionnaire consists of three parts:

The "core" questionnaire consists of a standard set of questions, designed by the CDC, that are included in the survey for every state. Core modules administered for the 2005 District of Columbia BRFSS were:

- Health Status
- Health-related Quality of Life
- Health Care Access
- Exercise
- Diabetes
- Hypertension Awareness
- Cholesterol Awareness
- Cardiovascular Disease Prevalence
- Asthma
- Immunization
- Tobacco Use
- Alcohol Consumption
- Demographics
- Veteran's Status
- Disability
- Arthritis Burden
- Fruits and Vegetables
- Physical Activity
- HIV/AIDS
- Emotional and Social Support and Life Satisfaction

The CDC also designs "optional" modules. These modules are sets of questions organized by topic; states

Survey Methodology

can choose which modules they want to include each year. Optional modules included in the 2005 District of Columbia BRFSS were:

- Diabetes
- Cardiovascular Health
- Heart Attack and Stroke

“State-added” questions are designed by states to address topics that may not be covered in the CDC modules, or to gather more detailed information about certain topics. The District of Columbia Department of Health added questions to the 2005 BRFSS on the following topics:

- Child and Adult Asthma
- Child and Adult Flu Immunizations
- Environmental Air Quality
- Sexual Orientation
- Other Tobacco Products
- Tobacco Policy
- Health Care Coverage
- ZIP Code and Ward of Residence

The survey was programmed and administered using Computer-Assisted Telephone Interviewing (CATI) software designed specifically for telephone survey research. This software, called Survent, is by the Computers for Marketing Corporation (CfMC).

The survey consisted of a total of 150 questions (including adult and child flu vaccine questions asked in January and February only). Not all questions were administered to all respondents, however, as some questions were administered only to respondents with certain characteristics, determined by responses to previous questions. The CATI software system controls this survey logic. The average survey length in 2005 was 19.8 minutes.

Interviewing Protocol

Experienced, supervised personnel conducted the interviews using CfMC’s Survent software. A total of 3,743 completed interviews were obtained during the year —approximately 312 during each of 12 monthly calling periods beginning January 1, 2005 and ending December 31, 2005.

Interviewers adhered to the following procedures when contacting households for interviews:

- **Random Respondent Selection.** For each household contacted, one adult was selected for an interview using a household roster and automated random selection process. If that adult was unavailable during the survey period, unable or unwilling to participate, or did not speak English well enough to be interviewed, no survey was conducted.
- **Contact Attempts.** Up to 15 attempts, over a minimum five-day period (typically 15 days), were made to reach each sampled telephone number. Once contact was made at a residence, as many calls as necessary were made to reach the randomly selected adult (within the permitted time schedule). Attempts were made on different days of the week and at different times of day, in a pattern chosen to maximize the likelihood of contact with the minimum number of calls.
- **Non-English Households.** The 2005 District of Columbia BRFSS was conducted in English only. No attempts were made to conduct an interview in a household where the randomly selected adult could not be interviewed in English. However, when a Spanish-speaking individual was contacted, a bilingual interviewer attempted to determine if the selected person was capable of completing

Survey Methodology

the survey in English.

- **Converting Initial Refusals.** Households where interviews were initially refused were contacted again, at least three days later, by specially trained interviewers in an effort to persuade respondents to participate in the survey.
- **Quality Control Measures.** Ten percent of interviews were monitored by supervisors using a remote monitoring feature of the CATI software. During these sessions, the supervisor simultaneously monitored both the interviewer-respondent interaction on the telephone and the data being entered by the interviewer into the CATI system—scoring the interviewer on a variety of performance measures. Neither interviewers nor respondents were aware when calls were being monitored.

Response Rates

Response rates for the District of Columbia BRFSS are calculated according to formulas developed by the Council of American Survey Research Organizations (CASRO), as specified by the CDC. Three response rates are calculated:

The cooperation rate measures how successful interviewers are at completing interviews once a respondent has been contacted and selected. The cooperation rate for the 2005 District of Columbia BRFSS was 74.7%.

The CASRO response rate is a measure of the percentage of completed interviews returned out of eligible respondents. The CASRO response rate for the 2005 District of Columbia BRFSS was 44.7%.

The overall response rate is a measure of sample frame efficiency. It shows the rate at which the total sample released produces completed interviews. The overall response rate for the 2005 District of Columbia BRFSS was 27.6%.

Data Analysis

Data for the 2005 District of Columbia BRFSS were delivered to the CDC each month; the data were then aggregated and the CDC weighted it after interviewing was complete for the year. Data were weighted to adjust for differences in the probabilities of selection of each respondent. This weight accounted for the probability of selection of a telephone number, the number of adults in a household, and the number of telephones in a household.

An additional, poststratification adjustment was also made to ensure that the sample proportions of selected demographic characteristics (gender, age, and race) were equal to the estimated sample proportions in the population, and to make the sum of the weights equal to the population of the District of Columbia. In this report, all data reported are weighted data unless otherwise noted.

Limitations of the Data

Confidence Limits

As with any sample survey, sampling error — chance variations — can cause the results of the District of Columbia BRFSS to vary from those that would have been obtained with a census of all adults living in telephone-equipped households in the District of Columbia. The results of this sample survey could differ from the “true” figures for the District because some households cannot be reached at all and others refuse to participate. These non-responding households may differ from respondents in terms of attributes relevant to the study.

Survey Methodology

The sample design used in the District of Columbia BRFSS results in a 95% confidence interval. In other words, 95 times out of 100, the BRFSS result will vary no more than a given number of percentage points from the figure that would have been obtained if data had been collected for all adults in District of Columbia households with telephones.

Small Numbers

Small numbers of respondents are also an issue when analyzing data. This is due to concerns about the variability of the data; that is, a difference in the responses of only a few individuals can result in a large difference in percentage of the total for that group.

Small numbers of respondents in a group generally occur in one of two ways: 1) there are very few respondents in the total sample who have a particular characteristic under analysis, or 2) the survey logic limits the number of respondents receiving a particular question, thereby reducing the number of respondents in each analytical unit for that item. Where counts are less than 50 respondents per subgroup, caution should be used in drawing conclusions from the data.

Survey Population

The surveyed population excludes adults:

- In penal, mental, or other institutions;
- Living in group quarters such as dormitories, barracks, convents, or boarding houses;
- Contacted at their second home during a stay of less than 30 days;
- Who do not speak English well enough to be interviewed; and
- Living in households without telephones.

Survey Population

Table 1 shows the distribution of respondents for the 2005 District of Columbia BRFSS by gender, age, race, level of education, and annual household income. Key questions from each survey module are analyzed in this report by these demographic characteristics. The table compares the unweighted and weighted data to the 2000 Census profile of the District of Columbia for adults age 18 and older, so that the representativeness of the sample can be assessed. The Census figures show a total adult population of 457,067 for the District of Columbia in 2000. The 2005 District of Columbia BRFSS data are based on a total of 3,743 completed interviews.

As Table 1 indicates, the unweighted sample shows an underrepresentation of men, people between the ages of 18 and 24, African Americans, Hispanics, and those with the lowest levels of education and income. There are corresponding overrepresentations of women, older age groups, Caucasians, and those with the highest levels of education and income.

Table 1. Census, 2005 District of Columbia BRFSS Demographic Data			
	2000 Census	Unweighted 2005 BRFSS	Weighted 2005 BRFSS
GENDER			
Male	46.3%	40.2%	46.4%
Female	53.7%	59.8%	53.6%
AGE			
18-24	15.9%	5.5%	13.9%
25-34	22.3%	19.7%	23.8%
35-44	19.2%	20.3%	19.0%
45-54	16.5%	17.9%	15.2%
55-64	10.9%	17.6%	12.8%
65+	13.5%	19.0%	15.4%
RACE			
Caucasian	31.8%	49.0%	32.4%
African American	55.7%	42.3%	53.9%
Hispanic	7.3%	3.4%	5.0%
Other	5.1%	5.3%	8.7%
EDUCATION			
Less than High School	22.2%	6.6%	8.5%
High School Graduate	20.6%	16.2%	20.4%
Some College	18.2%	16.6%	20.0%
College Graduate	39.1%	60.6%	51.1%
INCOME			
Less than \$15,000	20.7%	8.7%	9.6%
\$15,000-\$24,999	11.4%	11.6%	14.1%
\$25,000-\$34,999	12.3%	10.0%	11.9%
\$35,000-\$49,999	14.2%	13.6%	15.6%
\$50,000-\$74,999	15.9%	16.2%	14.8%
\$75,000+	25.4%	39.9%	34.0%

Survey Population

Tables 2 and 3 present comparisons by Ward for the 2000 Census, and unweighted and weighted 2005 District of Columbia BRFSS. By Ward, the largest differences between the Census and the unweighted 2005 data occur for Wards 1, 2, and 5 (an underrepresentation).

It is important to note that 25% of respondents did not know which Ward they live in. Except for Table 3, these respondents are excluded from all analyses by Ward presented in this report.

Ward	2000 Census	Unweighted 2005 BRFSS	Weighted 2005 BRFSS
Ward 1	13.2%	7.1%	6.2%
Ward 2	13.9%	9.0%	7.3%
Ward 3	14.2%	14.3%	10.1%
Ward 4	12.8%	11.1%	12.6%
Ward 5	12.5%	8.6%	10.2%
Ward 6	12.3%	9.6%	8.4%
Ward 7	11.2%	8.2%	10.7%
Ward 8	9.9%	6.8%	9.5%
Don't Know (DK)	NA	25.2%	25.0%

Table 3 presents the demographics of BRFSS respondents by Ward. Some notable differences include: the larger percentage of women in Wards 5 and 8; the very high percentage of African Americans in Wards 5, 7 and 8; the higher percentage of respondents with a high school degree or less in Ward 7 and 8; and the disproportionately higher levels of income in Wards 1, 3 and 6.

	1	2	3	4	5	6	7	8	DK
SEX									
Male	49.0%	57.1%	47.3%	43.9%	39.8%	56.2%	42.6%	37.9%	49.4%
Female	51.0%	42.9%	52.7%	56.1%	60.2%	43.8%	57.4%	62.1%	50.6%
AGE									
18-24	10.5%	11.9%	13.9%	9.2%	10.7%	5.6%	11.8%	20.5%	20.7%
25-34	28.9%	26.2%	16.1%	13.6%	18.0%	20.8%	15.6%	16.6%	38.9%
35-44	21.6%	21.5%	17.6%	20.3%	11.9%	20.5%	18.9%	26.5%	17.9%
45-54	14.1%	15.6%	17.4%	19.3%	17.2%	19.1%	19.2%	14.8%	7.6%
55-64	12.1%	13.9%	15.0%	14.2%	18.8%	20.4%	15.3%	9.0%	6.9%
65+	12.7%	10.8%	19.9%	23.5%	23.5%	13.6%	19.1%	12.5%	7.8%
RACE									
Caucasian	44.8%	52.7%	77.0%	15.3%	9.5%	42.1%	2.2%	2.2%	51.6%
African American	38.6%	27.2%	8.4%	75.9%	83.6%	44.8%	91.7%	88.1%	26.8%
Hispanic	10.8%	4.8%	6.1%	2.6%	2.6%	2.8%	1.8%	1.5%	8.8%

Survey Population

Table 3. 2005 District of Columbia BRFSS Demographic Data, by Ward									
Other	5.8%	15.2%	8.5%	6.2%	4.3%	10.2%	4.3%	8.2%	12.8%
	1	2	3	4	5	6	7	8	DK
EDUCATION									
Less than High School	10.7%	4.7%	1.1%	5.7%	12.6%	4.7%	17.0%	18.0%	4.2%
High School Graduate	12.6%	12.0%	6.3%	20.1%	26.8%	18.2%	32.3%	35.5%	13.5%
Some College	16.5%	23.5%	13.9%	21.6%	20.9%	19.5%	21.0%	28.7%	19.1%
College Graduate	60.3%	59.8%	7.8%	52.5%	39.7%	57.6%	29.7%	17.8%	63.2%
INCOME									
Less than \$15,000	11.9%	13.9%	3.8%	7.1%	10.3%	7.2%	11.4%	13.8%	7.9%
\$15,000-\$24,999	9.7%	11.0%	7.0%	11.0%	17.4%	9.6%	18.7%	25.2%	13.7%
\$25,000-\$34,999	5.8%	7.3%	6.2%	9.7%	16.4%	9.9%	15.8%	20.4%	10.7%
\$35,000-\$49,999	7.1%	15.6%	9.0%	15.2%	14.5%	12.5%	23.5%	17.3%	18.5%
\$50,000-\$74,999	20.2%	11.8%	11.4%	16.3%	17.2%	15.8%	15.1%	13.5%	13.5%
\$75,000+	45.4%	40.4%	62.6%	40.7%	24.2%	45.0%	15.5%	9.9%	35.7%

Survey Results

This chapter presents the results of the 2005 District of Columbia BRFSS by topic. Topics generally correspond to modules of the questionnaire.

Where applicable, relevant measurable objectives of the Healthy People 2010 initiative are included in the presentation of the data.

Data tables are titled by topic, and a definition of the variable or variables analyzed (either question text, or a brief definition of calculated variables) are included underneath the title.

Tables indicate the number of respondents (N) who answered each question in the column to the left of the percentages of respondents giving analyzed responses.

Data presented in tables are stratified by key demographic variables (gender, age, race, education, and income) and Ward. Additional data for many topics are presented in table format, but are not described in the text; the start of these tables in each section is noted accordingly.

General Health Status



One key measure of general health and quality of life is perceived health. That is, how healthy do people feel that they are? Perceived health, while subjective, has been shown to be a predictor of illness, mortality, and functional disability.¹

BRFSS respondents were asked to rate their own health using a scale of excellent, very good, good, fair, or poor.

District residents rated their own health relatively high compared to national figures. Twenty-six percent of District residents rated their health “excellent” compared to the national median of 20%; the District of Columbia had the highest “excellent” rating of all states participating in the BRFSS.²



Demographic Differences

In general, younger respondents rated their health better than older respondents, Caucasian respondents rated their health better than African Americans, and individuals with higher levels of education and income rated their health better than those with less education or income.

- Demographic differences were the largest by age. Seventy-one percent of respondents aged 18-24, and 76% of respondents aged 25-34 rated their overall health as either “excellent” or “very good.” This is in comparison to only 40% of respondents aged 65 and older.
- The difference between Caucasian and African American respondents was very large. Seventy-nine percent of Caucasians rated their health as “excellent” or “very good,” compared to only 48% of African Americans.
- Respondents in the lowest groups for income and educational attainment ranked highest for poor health. Thirty-seven percent of respondents with less than a high school degree rated their health as “fair” or “poor” compared to only 6% of respondents who had a college degree, and 14% of respondents who had attended some college. The same trend is seen by income. Thirty-four percent of respondents who earned less than \$15,000 rated their health as “fair” or “poor” compared to only 6% of respondents who earned between \$50,000-\$74,999, and 4% of respondents who earned \$75,000 or more.



Ward Differences

- Self-perceived health status showed wide variation by ward. Respondents residing in Wards 1, 2, and 3 reported the highest self-perceived health status, while respondents in Wards 7 and 8 reported the lowest.



¹ McCallum J., B. Shadbolt, and D. Wang. 1994. Self-rated health and survival: A 7-year follow-up study of Australian elderly. *American Journal of Public Health* 84: 1100-1105.

² National Center for Chronic Disease Prevention and Health Promotion. Behavioral Risk Factor Surveillance System Prevalence Data, All States – 2005. <http://apps.nccd.cdc.gov/brfss/page.asp?cat=HS&yr=2005&state=All#HS> (accessed January 11, 2007).

General Health Status

Table 4. Perceived Health Status, By Demographics

	N	Excellent	Very Good	Good	Fair	Poor
Total	3725	26.3%	34.6%	26.6%	9.1%	3.5%
GENDER						
Male	1500	26.8%	36.5%	24.3%	9.1%	3.2%
Female	2225	25.9%	32.9%	28.5%	9.0%	3.7%
AGE						
18-24	203	26.4%	44.1%	23.0%	6.3%	0.2%
25-34	722	33.7%	42.1%	19.4%	3.6%	1.1%
35-44	743	28.9%	35.5%	26.0%	6.9%	2.7%
45-54	656	24.8%	28.2%	30.8%	12.4%	3.7%
55-64	642	23.9%	27.8%	30.0%	12.9%	5.4%
65+	692	14.0%	25.7%	35.2%	15.9%	9.2%
RACE						
Caucasian	1786	36.5%	42.5%	17.1%	2.6%	1.2%
African American	1542	19.0%	29.4%	32.9%	13.5%	5.3%
Hispanic	124	33.5%	39.8%	19.4%	5.9%	1.4%
Other	193	31.0%	32.1%	26.5%	8.2%	2.1%
EDUCATION						
Less than High School	243	9.2%	25.0%	29.3%	21.9%	14.7%
High School Graduate	601	17.9%	27.4%	37.1%	13.3%	4.3%
Some College	619	23.0%	32.8%	30.2%	10.9%	3.1%
College Graduate	2250	33.8%	39.9%	20.3%	4.6%	1.5%
INCOME						
Less than \$15,000	286	13.8%	27.5%	24.8%	21.4%	12.5%
\$15,000-\$24,999	383	13.7%	32.2%	31.7%	15.6%	6.7%
\$25,000-\$34,999	326	15.9%	34.6%	32.7%	12.2%	4.7%
\$35,000-\$49,999	452	25.1%	31.9%	34.5%	6.9%	1.6%
\$50,000-\$74,999	535	27.5%	38.1%	28.1%	5.1%	1.3%
\$75,000+	1322	40.8%	37.4%	17.5%	3.7%	0.6%
WARD						
Ward 1	242	23.0%	46.6%	19.1%	8.3%	2.9%
Ward 2	305	34.1%	33.3%	21.2%	8.1%	3.3%
Ward 3	483	33.5%	44.3%	18.7%	2.5%	0.9%
Ward 4	379	26.2%	32.0%	29.9%	8.4%	3.4%
Ward 5	293	17.0%	34.0%	34.2%	11.4%	3.5%
Ward 6	325	26.3%	31.5%	30.4%	10.1%	1.8%
Ward 7	275	14.3%	28.6%	34.5%	17.2%	5.4%
Ward 8	228	18.6%	23.2%	34.4%	19.2%	4.6%

Quality of Life

Respondents were asked a series of questions to assess the influence of physical or mental health problems on their day-to-day lives.

Physical Health

Respondents were asked how many days out of the last 30 they had experienced poor physical health. One-in-10 (10%) responded that they felt their physical health was not good 10 or more days out of the last 30. However, almost two-thirds of respondents (65%) experienced no days of poor physical health.

While men and women reported poor physical health at a similar rate, differences were seen by age, race, education, and income.

- The percentage of respondents who reported “0” days of poor physical health was constant across all age groups. While the percentage of respondents who reported “1-9” days of poor physical health decreased as age increased, the percentage of respondents who reported “10 or more” days of poor physical health increased as age increased.
- By race, Hispanics were more likely than all other racial groups to report “0” days of poor physical health (70%). In addition, while only 5% of Caucasians and Hispanics reported “10 or more” days of poor physical health in the past 30 days, 14% of African Americans and 10% of respondents of other races, did so.
- As respondents’ education and income increased, their likelihood of “0” days with poor physical health increased. By education, 56% of respondents with less than a high school education reported “0” days of poor physical health, compared with 67% of respondents who had a college degree. By income, 50% of respondents with an income of less than \$15,000 reported “0” days of poor physical health, compared with 71% of respondents who earned between \$50,000-\$74,999 a year and 68% of respondents who earned \$75,000 or more a year.
- The number of days of poor physical health was highest in Wards 5 and 8, with 15% and 16% reporting 10 or more days of poor physical health.

Mental Health

Respondents were also asked about their mental health—how many days out of the last 30 did they feel their mental health was not good. As with the previous question about physical health, one-in-10 (10%) reported 10 or more days of poor mental health, and over two-thirds (69%) reported no days of poor mental health.

- Men (73%) were more like than women (65%) to report “0” days of poor mental health.
- By age, differences were much more prominent between respondents who reported “0” days of poor mental health compared to physical health. Eighty-four percent of respondents aged 65 and older, and 76% of respondents between the ages of 55-64 reported “0” days of poor mental health. This is compared to 59% of respondents aged 18-24 and 60% of respondents aged 25-34.



Quality of Life

- Respondents with lower levels of education and income were more likely to experience “10+” days of poor mental health; 17% of respondents with less than a high school degree and 21% of respondents who earned less than \$15,000, stated such.
- There were small differences in the number of days with poor mental health reported by Ward.

Poor Health Interfering with Normal Activities

Respondents who indicated they had experienced one or more days of poor physical or mental health were asked how many days out of the last 30 they were kept from normal activity because of poor health. Accounting for all respondents (including those who previously stated they did not have any days of poor physical or mental health), 79% of the population reported “0” days of impaired activity, 14% reported “1-9” days of impairment, and 6% reported “10 or more” days.

- There were small differences by gender, age, race, and education for respondents who had “0” days where their activities were limited by their poor health.
- African Americans were most likely to have 10 or more days of impairment, 9%, compared with only 3% of Caucasians and Hispanics, and 4% of respondents of other races.
- By education, the percentage of respondents who experienced between “1-9” days where their activities were limited because of poor health increased as education levels increased. However, the percentage of respondents who experienced “10 or more” days of impaired health decreased as education levels increased, with 18% of respondents with the lowest levels of education reporting 10 or more days of impairment.
- District respondents with the lowest levels of income were more likely than those of other income groups to report “10 or more” days of impaired activity. Twenty-two percent of respondents with incomes of under \$15,000 reported 10 or more days when poor health kept them from normal activity, compared with 5% or less for respondents earning \$35,000 or more.
- There were small differences by Ward.

Quality of Life

Table 5. Days of Poor Physical and Mental Health, By Demographics

“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?” and “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?”

	N	Days Poor Physical Health			N	Days Poor Mental Health		
		0	1-9	10+		0	1-9	10+
Total	3676	64.6%	25.1%	10.3%	3700	68.7%	21.3%	10.0%
GENDER								
Male	1481	66.9%	23.6%	9.5%	1490	73.0%	18.9%	8.2%
Female	2195	62.6%	26.4%	11.0%	2210	65.1%	23.4%	11.6%
AGE								
18-24	201	65.7%	32.9%	1.4%	201	58.5%	28.0%	13.5%
25-34	721	67.8%	27.6%	4.6%	722	59.6%	30.4%	10.0%
35-44	738	64.1%	26.3%	9.7%	733	70.5%	20.8%	8.8%
45-54	653	60.6%	24.2%	15.2%	651	68.1%	20.5%	11.4%
55-64	634	65.3%	20.0%	14.6%	644	76.0%	15.0%	9.0%
65+	664	62.3%	17.3%	20.5%	686	83.8%	8.2%	8.0%
RACE								
Caucasian	1774	63.0%	31.7%	5.3%	1773	66.1%	25.9%	8.0%
African American	1510	65.3%	20.5%	14.2%	1535	70.5%	18.4%	11.2%
Hispanic	123	70.2%	24.7%	5.1%	122	70.9%	19.9%	9.2%
Other	190	61.6%	28.0%	10.4%	191	66.3%	24.6%	9.0%
EDUCATION								
Less than High School	232	56.3%	19.5%	24.2%	241	69.3%	14.0%	16.7%
High School Graduate	588	65.2%	20.0%	14.8%	593	71.0%	17.4%	11.6%
Some College	606	60.0%	28.7%	11.3%	615	63.5%	24.0%	12.5%
College Graduate	2238	67.3%	26.7%	6.0%	2339	69.6%	23.1%	7.3%
INCOME								
Less than \$15,000	276	49.5%	22.4%	28.2%	281	64.2%	15.2%	20.6%
\$15,000-\$24,999	379	54.9%	29.2%	15.9%	383	70.9%	17.3%	11.8%
\$25,000-\$34,999	322	68.1%	19.2%	12.7%	327	68.4%	22.7%	9.0%
\$35,000-\$49,999	447	67.0%	25.6%	7.5%	447	58.9%	27.4%	13.8%
\$50,000-\$74,999	530	70.9%	20.8%	8.3%	535	67.9%	24.5%	7.5%
\$75,000+	1318	68.3%	26.9%	4.8%	1316	72.0%	21.0%	6.9%
WARD								
Ward 1	236	60.2%	29.3%	10.6%	240	64.6%	23.2%	12.2%
Ward 2	304	60.7%	32.2%	7.1%	303	69.5%	21.6%	8.9%
Ward 3	478	66.2%	27.3%	6.5%	479	72.7%	21.3%	6.0%
Ward 4	372	71.7%	19.7%	8.6%	374	72.5%	17.3%	10.1%
Ward 5	292	59.4%	25.4%	15.2%	291	70.3%	20.5%	9.1%
Ward 6	322	61.9%	25.1%	12.9%	326	71.4%	21.1%	7.5%
Ward 7	271	64.6%	21.9%	13.6%	277	69.7%	18.7%	11.6%
Ward 8	225	66.6%	17.7%	15.7%	225	71.3%	16.2%	12.6%

Quality of Life

Table 6. Days Poor Health Interfered With Activities, By Demographics

“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?” (This table represents the total survey population; respondents indicating zero days of poor physical or mental health are included in the figure for zero days of impairment.)

	N	0	1-9	10+
Total	3718	79.3%	14.4%	6.3%
GENDER				
Male	1496	81.5%	13.2%	5.3%
Female	2222	77.4%	15.5%	7.1%
AGE				
18-24	203	81.4%	16.0%	2.6%
25-34	722	79.3%	17.6%	3.0%
35-44	742	77.7%	16.7%	5.6%
45-54	655	77.4%	13.0%	9.6%
55-64	643	79.5%	11.8%	8.7%
65+	689	80.6%	8.8%	10.6%
RACE				
Caucasian	1786	78.5%	18.3%	3.3%
African American	1538	79.5%	11.6%	8.9%
Hispanic	124	82.2%	14.7%	3.1%
Other	192	78.0%	18.4%	3.6%
EDUCATION				
Less than High School	242	73.6%	8.6%	17.9%
High School Graduate	597	78.9%	13.7%	7.3%
Some College	615	77.7%	14.7%	7.6%
College Graduate	2252	80.8%	15.7%	3.5%
INCOME				
Less than \$15,000	285	63.7%	13.9%	22.4%
\$15,000-\$24,999	382	74.7%	17.4%	7.9%
\$25,000-\$34,999	330	76.0%	17.1%	7.0%
\$35,000-\$49,999	450	79.0%	16.0%	5.1%
\$50,000-\$74,999	538	82.1%	13.9%	4.0%
\$75,000+	1322	84.2%	13.4%	2.5%
WARD				
Ward 1	241	78.1%	15.9%	6.0%
Ward 2	306	77.1%	19.0%	3.9%
Ward 3	482	83.9%	13.0%	3.0%
Ward 4	376	83.5%	11.3%	5.2%
Ward 5	292	75.7%	15.2%	9.1%
Ward 6	327	75.4%	15.6%	9.0%
Ward 7	276	83.8%	10.2%	6.0%
Ward 8	229	78.5%	14.0%	7.5%

Emotional and Social Support



District respondents were asked how often they received the social and emotional support they needed, and how satisfied they were with their life. Overall, 45% “always” received the support that they needed, and 29% stated this “usually” occurred. At the opposite end of the response scale, 4% “rarely” and 6% “never” received such support.

For life satisfaction, almost all respondents, 94%, were “very satisfied” or “satisfied” with life.

Social and Emotional Support

- Respondents’ ability to receive social and emotional support declined as one’s age increased, and increased as respondents’ income and education increased. The largest differences occurred by education, where 24% of respondents with less than a high school education stated they “never” received social and emotional support compared to only 2% of respondents with a college degree.
- African Americans were more likely to not receive the support they needed (10% stated this “never” occurred) than Caucasians (2%), Hispanics (6%), or respondents in other racial groups (6%).
- District respondents living in Ward 3 were most likely to receive the support they needed; 51% stated this “always” and 35% stated this “usually” occurred. Respondents’ in Ward 7 were least likely to receive the support they needed; only 42% of respondents stated they “always” received needed support and 21% “usually” received support.



Satisfaction with Life

- Across all demographics, very few respondents reported being “very dissatisfied” with life.
- District respondents in the highest education and income brackets were most likely “very satisfied” with life; 54% of college graduates and 61% of respondents with incomes of \$75,000 or greater stated such.
- Caucasians and Hispanics were more likely to be “very satisfied” with life (over 52% for each) compared to African Americans (39%) and respondents of other races (35%).
- Respondents in Ward 3 were most likely to be “very satisfied” with life (53%) compared to less than one-third (31%) in Ward 7 and just over one-third (38%) in Ward 8.



Emotional and Social Support

Table 7. Social and Emotional Support, By Demographics
 “How often do you get the social and emotional support you need?”

	N	Always	Usually	Sometimes	Rarely	Never
Total	3453	44.8%	28.6%	16.2%	3.9%	6.4%
GENDER						
Male	1396	43.6%	28.6%	15.8%	4.9%	7.0%
Female	2057	45.9%	28.6%	16.6%	3.0%	5.8%
AGE						
18-24	190	47.2%	30.5%	14.1%	2.8%	5.4%
25-34	670	46.6%	30.4%	15.5%	3.1%	4.3%
35-44	698	44.6%	32.1%	12.9%	5.5%	4.8%
45-54	609	42.1%	28.7%	18.9%	4.1%	6.2%
55-64	597	44.2%	28.0%	17.1%	4.3%	6.5%
65+	637	42.1%	21.3%	20.1%	3.9%	12.6%
RACE						
Caucasian	1707	45.1%	41.9%	9.6%	1.8%	1.5%
African American	1388	44.2%	20.1%	20.8%	5.1%	9.8%
Hispanic	117	53.0%	28.0%	12.6%	0.9%	5.5%
Other	174	43.4%	28.5%	15.4%	6.7%	6.1%
EDUCATION						
Less than High School	213	37.6%	5.6%	26.4%	6.7%	23.6%
High School Graduate	535	38.1%	21.9%	24.1%	5.7%	10.2%
Some College	563	46.6%	26.1%	16.1%	4.4%	6.9%
College Graduate	2131	47.7%	35.7%	11.8%	2.6%	2.2%
INCOME						
Less than \$15,000	256	30.7%	15.1%	26.8%	9.6%	17.8%
\$15,000-\$24,999	352	37.9%	21.0%	22.5%	6.1%	12.5%
\$25,000-\$34,999	298	45.6%	25.1%	18.0%	3.1%	8.2%
\$35,000-\$49,999	419	41.1%	29.6%	15.0%	6.5%	7.8%
\$50,000-\$74,999	505	47.2%	32.4%	15.1%	4.3%	1.0%
\$75,000+	1266	52.0%	36.4%	9.4%	0.9%	1.3%
WARD						
Ward 1	240	44.3%	28.4%	18.9%	4.6%	3.8%
Ward 2	300	41.0%	29.0%	17.3%	6.9%	5.7%
Ward 3	481	50.5%	35.4%	10.5%	1.1%	2.5%
Ward 4	373	44.9%	26.3%	19.4%	3.3%	6.0%
Ward 5	292	46.8%	26.6%	17.5%	2.5%	6.6%
Ward 6	322	45.3%	34.6%	11.9%	2.7%	5.5%
Ward 7	270	41.9%	20.5%	19.1%	6.0%	12.5%
Ward 8	221	47.9%	22.8%	15.9%	5.1%	8.3%

Emotional and Social Support

Table 8. Satisfaction with Life, By Demographics
 “In general, how satisfied are you with your life?”

	N	Very Satisfied	Satisfied	Dissatisfied	Very Dissatisfied
Total	3489	44.5%	49.2%	5.2%	1.0%
GENDER					
Male	1405	41.5%	52.2%	5.1%	1.2%
Female	2084	47.2%	46.6%	5.3%	0.9%
AGE					
18-24	191	41.9%	51.6%	5.8%	0.7%
25-34	669	44.8%	49.2%	5.4%	0.6%
35-44	704	44.5%	50.3%	3.7%	1.5%
45-54	610	40.9%	50.8%	7.5%	0.7%
55-64	604	51.3%	41.6%	4.9%	2.2%
65+	656	43.5%	51.7%	3.8%	1.0%
RACE					
Caucasian	1717	54.9%	41.6%	3.0%	0.5%
African American	1406	38.9%	52.7%	6.8%	1.6%
Hispanic	119	52.2%	45.2%	2.1%	0.6%
Other	176	35.3%	59.6%	5.0%	0%
EDUCATION					
Less than High School	223	26.9%	58.5%	11.8%	2.7%
High School Graduate	544	34.6%	58.8%	6.1%	0.6%
Some College	571	37.2%	55.0%	6.7%	1.2%
College Graduate	2140	53.9%	41.9%	3.3%	0.9%
INCOME					
Less than \$15,000	263	28.6%	55.0%	13.9%	2.5%
\$15,000-\$24,999	358	29.1%	63.1%	6.4%	1.5%
\$25,000-\$34,999	303	38.0%	51.9%	8.3%	1.8%
\$35,000-\$49,999	422	35.5%	56.6%	6.7%	1.1%
\$50,000-\$74,999	507	42.8%	55.2%	1.7%	0.2%
\$75,000+	1268	61.4%	36.5%	2.0%	0.1%
WARD					
Ward 1	240	48.6%	47.7%	1.2%	2.4%
Ward 2	305	45.9%	45.3%	7.7%	1.2%
Ward 3	484	52.8%	43.9%	2.9%	0.4%
Ward 4	376	46.9%	45.7%	4.5%	2.8%
Ward 5	292	43.3%	50.8%	5.4%	0.5%
Ward 6	325	46.6%	47.9%	4.8%	0.7%
Ward 7	278	30.9%	61.5%	7.6%	0%
Ward 8	227	37.5%	54.3%	7.2%	1.0%

Health Care Access



Individuals without health care coverage receive less preventive care, receive disease diagnoses at more advanced stages, undergo less therapeutic care, and have higher disease mortality rates.³ The uninsured are also more likely not to fill a needed prescription, or obtain a recommended medical test.

Respondents were asked a series of questions about their health care coverage. These questions also assessed whether certain obstacles — such as lack of insurance or money to pay for care, or not having a regular source of health care — may prevent them from getting needed care.⁴

Health Care Coverage

Respondents were asked if they had any sort of health care coverage, public or private. Overall, 90% reported having health care coverage; a higher rate of coverage than nationally (86%) and the fifth highest percentage nationwide,⁵ but less than the Healthy People 2010 goal of 100%.

- Women were slightly more likely to have health insurance than men, 93% and 87% respectively.
- Older respondents and respondents with higher levels of education and income were more likely to have health insurance.
- Caucasians (95%) were more likely than all other race groups to have health insurance (88% of respondents of “other” races and African Americans, and 86% of Hispanics).
- There were small differences by Ward.



Primary Care Provider

There are numerous benefits to having a primary care provider. Individuals with a primary care provider receive more effective and efficient health care — including, but not limited to, receiving more preventive services, and having better control of chronic medical conditions.⁶

Respondents were asked whether or not they had one or more persons they considered to be their personal doctor or health care provider. Over 80% of District respondents, had a primary care provider, less than the Healthy People 2010 target of 85%. As with the data for health care coverage, the likelihood of respondents having a primary provider increased by age, education, and income.

- Respondents between the ages of 18-34 were least likely to have a primary care provider (less than 70%) compared to over 80% of respondents aged 35-64 and 94% of respondents aged 65 and older.
- Whereas Caucasians were most likely to have health care coverage, African Americans were most likely to have a primary care provider (84% compared to only 77% of Caucasians, 75% of Hispanics, and 67% of respondents of other races).



Health Care Access

- There were small differences by Ward.

Type of Health Care Coverage

Respondents were asked to indicate their type of health insurance. District of Columbia respondents were most likely to be covered by a plan provided to them at their place of employment, 64%.

- Caucasians and Hispanics were more likely to be covered by a plan through their work (76% and 74% respectively). African Americans, compared to respondents of other racial groups, were more likely to be covered by Medicare, DC Healthcare Alliance, and Medicaid.
- By education and income, as the levels of each increased, respondents' likelihood of being covered by a work-provided plan increased; 78% of college graduates were covered by a work-provided plan compared to 28% of respondents with less than a high school degree, and over 80% of respondents who earned \$50,000 or more were covered by a work-provided plan compared to 26% of respondents who earned less than \$15,000.
- Much larger differences by Ward occurred by the type of health care coverage compared to whether or not respondents had health care coverage. Seventy-five percent of Ward 3 respondents, and 72% of Ward 4 respondents were covered by a plan provided at work, compared to only half of Ward 7 and Ward 8 respondents (51% and 53% respectively). Ward 7 and 8 respondents were much more likely to be covered by DC Healthcare Alliance than respondents in all other Wards (13% and 17% respectively).

Did Not Get Needed Care

District of Columbia respondents were asked if there was ever a time in the past 12 months when they did not see a doctor because of cost. Corresponding to the high rates of health care coverage, only 9% of respondents were unable to see a doctor because of cost (almost equal to the 10% of respondents who did not have health care).

- Similar to the likelihood of having health care coverage, difficulties seeing a doctor because of cost decreased as age, education, and income increased.
- There were only small differences by Ward.

Additional Data Highlights

- Three-fourths, 74%, of respondents had been to a doctor within the past year for a routine check-up.
- Five percent of District respondents had not been to a doctor for five years or longer.

³ Institute of Medicine. Care Without Coverage - Too Little, Too Late. The National Academies Press, 2002.

⁴ The Henry J. Kaiser Family Foundation. The Uninsured: A Primer, Key Facts About Americans without Health Insurance. January 2006.

⁵ National Center for Chronic Disease Prevention and Health Promotion. Behavioral Risk Factor Surveillance System Prevalence Data, All States - 2005. <http://apps.nccd.cdc.gov/brfss/page.asp?cat=HS&yr=2005&state=All#HS> (accessed January 11, 2007).

⁶ Viera AJ, Pathman DE, Garrett JM. Adults' Lack of a Usual Source of Care: A Matter of Preference? *Annals of Family Medicine*, 4(4). July/August 2006; 359-365.

Health Care Access

Table 9. Health Care Coverage, Primary Provider, By Demographics

“Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?” and “Do you have one person you think of as your personal doctor or health care provider?” (Combined responses of one or more primary providers.)

	Covered By Health Plan		Has Primary Provider	
	N	Yes	N	Yes
Total	3736	90.3%	3734	79.8%
GENDER				
Male	1499	86.6%	1499	73.1%
Female	2237	93.4%	2235	85.7%
AGE				
18-24	202	83.0%	202	67.2%
25-34	721	88.2%	720	69.1%
35-44	745	90.8%	746	81.5%
45-54	657	90.8%	656	85.1%
55-64	646	90.8%	647	87.8%
65+	698	97.8%	696	93.5%
RACE				
Caucasian	1790	94.7%	1791	76.9%
African American	1548	88.1%	1546	83.8%
Hispanic	125	86.0%	124	74.6%
Other	192	87.5%	192	66.6%
EDUCATION				
Less than High School	248	79.9%	248	75.8%
High School Graduate	603	87.8%	599	82.1%
Some College	618	87.5%	617	77.8%
College Graduate	2255	93.9%	2258	80.4%
INCOME				
Less than \$15,000	289	85.6%	288	78.4%
\$15,000-\$24,999	385	79.8%	384	73.4%
\$25,000-\$34,999	330	85.4%	331	76.6%
\$35,000-\$49,999	452	93.2%	451	80.2%
\$50,000-\$74,999	536	94.1%	538	78.9%
\$75,000+	1324	97.3%	1323	85.3%
Ward				
Ward 1	243	88.7%	243	83.7%
Ward 2	307	90.5%	307	84.5%
Ward 3	484	96.6%	483	88.0%
Ward 4	377	95.1%	378	88.6%
Ward 5	293	88.9%	292	85.2%
Ward 6	327	95.5%	326	80.7%
Ward 7	278	89.2%	278	84.2%
Ward 8	230	86.3%	229	77.4%

Health Care Access

Table 10. Type Of Health Insurance, By Demographics

"I'd like to talk to you about the different kinds of health insurance plans that some people have, including those provided by the government. As I read each of the following types of health insurance, please tell me whether you were covered by it or not in the past week?"

		Covered by...															
		Plan At Work/ Union		Plan Brought on Own		Medicare		DC Healthcare Alliance		Medicaid		VA Defense Tricare		Other		No Plan	
		N	Pct.	N	Pct.	N	Pct.	N	Pct.	N	Pct.	N	Pct.	N	Pct.	N	Pct.
Total		2480	64.2%	2479	23.8%	2484	21.5%	2463	6.8%	2476	13.1%	2478	5.6%	2491	11.8%	145	9.0%
GENDER																	
Male		990	64.5%	992	24.6%	995	22.1%	988	6.4%	991	10.2%	990	8.2%	992	9.2%	73	8.0%
Female		1490	64.0%	1487	23.1%	1488	20.9%	1477	7.2%	1485	15.6%	1488	3.4%	1499	14.1%	72	11.0%
AGE																	
18-24		139	55.4%	141	21.3%	141	4.3%	141	4.3%	140	13.8%	141	6.2%	141	11.9%	18	*
25-34		462	67.7%	463	22.8%	462	5.2%	459	5.2%	461	10.2%	459	3.9%	462	7.7%	26	*
35-44		496	72.2%	497	14.7%	492	11.0%	493	8.4%	493	14.2%	494	3.4%	495	5.0%	37	*
45-54		442	67.0%	443	24.4%	441	11.2%	442	10.6%	440	9.5%	439	4.3%	443	8.5%	27	*
55-64		421	66.1%	418	22.5%	421	14.3%	418	7.9%	422	12.9%	422	5.6%	425	17.0%	30	*
65+		482	53.2%	479	37.7%	489	87.2%	475	5.4%	484	19.0%	485	11.2%	487	24.5%	4	*
RACE																	
Caucasian		1246	76.4%	1248	24.3%	1251	13.6%	1239	0.6%	1245	2.2%	1245	3.8%	1249	10.2%	56	11.4%
African American		976	54.2%	976	23.5%	977	29.5%	972	11.1%	974	21.1%	980	6.4%	984	13.4%	61	8.8%
Hispanic		82	74.2%	82	19.8%	81	6.1%	82	4.5%	83	6.6%	82	3.0%	83	13.6%	10	*
Other		124	68.9%	123	23.9%	123	13.6%	123	5.1%	122	8.1%	123	8.8%	124	8.4%	12	*
EDUCATION																	
Less than High School		155	27.8%	159	24.3%	158	52.5%	157	17.8%	157	41.7%	158	5.9%	161	7.5%	12	*
High School Graduate		354	48.5%	354	27.7%	355	30.8%	351	14.4%	355	27.6%	356	8.9%	358	13.2%	27	*
Some College		417	58.0%	410	22.9%	412	22.2%	410	7.5%	409	15.1%	410	8.4%	413	16.0%	33	*
College Graduate		1546	78.0%	1548	22.6%	1551	13.1%	1537	1.8%	1547	2.8%	1546	3.3%	1551	10.5%	73	2.9%

Table 10 continued. Type Of Health Insurance, By Demographics

“I’d like to talk to you about the different kinds of health insurance plans that some people have, including those provided by the government. As I read each of the following types of health insurance, please tell me whether you were covered by it or not in the past week?”

Covered by...

	Plan At Work/Union		Plan Brought on Own		Medicare		DC Healthcare Alliance		Medicaid		VA Defense Tricare		Other		No Plan	
	N	Pct.	N	Pct.	N	Pct.	N	Pct.	N	Pct.	N	Pct.	N	Pct.	N	Pct.
Total	2480	64.2%	2479	23.8%	2484	21.5%	2463	6.8%	2476	13.1%	2478	5.6%	2491	11.8%	145	9.0%
INCOME																
Less than \$15,000	194	25.5%	193	24.7%	192	42.6%	186	16.8%	192	46.0%	194	4.6%	194	6.7%	22	*
\$15,000-\$24,999	244	41.6%	244	23.2%	243	37.0%	242	12.3%	242	28.1%	242	13.4%	245	11.7%	30	*
\$25,000-\$34,999	209	48.6%	208	26.4%	212	26.9%	210	18.2%	209	17.2%	209	5.4%	211	14.0%	17	*
\$35,000-\$49,999	298	68.4%	299	28.2%	300	15.6%	297	5.8%	300	7.2%	298	4.5%	299	13.7%	13	*
\$50,000-\$74,999	352	80.3%	355	28.0%	352	12.0%	351	1.8%	351	3.7%	351	4.0%	354	12.9%	12	*
\$75,000+	929	86.0%	928	19.3%	929	10.6%	924	0.6%	928	0.9%	927	3.7%	930	10.1%	27	*
WARD																
Ward 1	169	66.6%	169	13.5%	169	18.2%	170	3.8%	171	19.9%	170	9.2%	171	12.7%	8	*
Ward 2	217	65.9%	218	21.9%	218	16.7%	214	4.8%	217	10.0%	217	1.9%	218	8.4%	15	*
Ward 3	364	75.4%	363	24.4%	366	20.4%	361	1.8%	364	3.0%	364	4.1%	364	12.2%	20	*
Ward 4	279	71.8%	276	25.2%	282	22.7%	275	5.4%	280	10.2%	280	5.4%	280	16.7%	15	*
Ward 5	241	61.9%	203	24.7%	205	30.8%	202	7.2%	204	18.9%	204	3.5%	205	12.5%	20	*
Ward 6	201	65.0%	240	26.9%	241	23.5%	241	7.8%	242	14.7%	242	5.6%	241	12.2%	5	*
Ward 7	165	51.4%	202	24.4%	199	27.1%	200	12.9%	200	16.3%	200	4.8%	202	14.2%	10	*
Ward 8		52.6%	165	26.6%	162	29.0%	165	17.2%	158	25.2%	158	8.8%	165	10.3%	9	*

*Data not present if the unweighted cell size was <50

Health Care Access

Table 11. Inability To See A Doctor Because Of Cost, By Demographics

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

	N	Yes	No
Total	3737	9.4%	90.6%
GENDER			
Male	1502	8.6%	91.4%
Female	2235	10.0%	90.0%
AGE			
18-24	203	12.3%	87.7%
25-34	722	9.4%	90.6%
35-44	745	8.9%	91.1%
45-54	656	13.0%	87.0%
55-64	646	7.6%	92.4%
65+	698	5.4%	94.6%
RACE			
Caucasian	1792	5.1%	94.9%
African American	1546	11.0%	89.0%
Hispanic	125	13.3%	86.7%
Other	193	11.5%	88.5%
EDUCATION			
Less than High School	246	19.1%	80.9%
High School Graduate	601	9.0%	91.0%
Some College	619	12.7%	87.3%
College Graduate	2259	6.5%	93.5%
INCOME			
Less than \$15,000	289	16.2%	83.8%
\$15,000-\$24,999	385	16.2%	83.8%
\$25,000-\$34,999	329	12.9%	87.1%
\$35,000-\$49,999	452	11.7%	88.3%
\$50,000-\$74,999	538	6.2%	93.8%
\$75,000+	1325	2.5%	97.5%
WARD			
Ward 1	243	7.3%	92.7%
Ward 2	307	11.5%	88.5%
Ward 3	485	3.2%	96.8%
Ward 4	378	9.7%	90.3%
Ward 5	292	10.2%	89.8%
Ward 6	326	5.2%	94.8%
Ward 7	278	9.0%	91.0%
Ward 8	230	10.1%	89.9%

Health Care Access

Table 12. Time Since Last Checkup, By Demographics					
“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.”					
	N	Past Year	Past 2 Years	Past 5 Years	Five or More Years or Never
Total	3705	74.0%	13.3%	7.4%	5.3%
GENDER					
Male	1495	66.5%	15.2%	10.7%	7.6%
Female	2210	80.6%	11.7%	4.5%	3.2%
AGE					
18-24	199	68.7%	15.7%	10.3%	5.4%
25-34	717	64.7%	15.5%	11.1%	8.7%
35-44	742	71.0%	14.6%	9.0%	5.4%
45-54	654	73.5%	17.0%	6.9%	2.7%
55-64	643	80.0%	10.3%	2.7%	7.1%
65+	686	91.4%	5.4%	2.1%	1.1%
RACE					
Caucasian	1776	62.9%	18.5%	11.4%	7.2%
African American	1538	83.5%	9.7%	3.2%	3.5%
Hispanic	123	67.2%	17.6%	8.7%	6.5%
Other	188	58.2%	16.4%	17.7%	7.6%
EDUCATION					
Less than High School	246	79.0%	10.8%	2.8%	7.3%
High School Graduate	595	82.6%	8.3%	3.4%	5.7%
Some College	615	77.1%	12.2%	7.7%	3.0%
College Graduate	2237	68.4%	16.2%	9.7%	5.7%
INCOME					
Less than \$15,000	284	79.2%	10.9%	5.3%	4.6%
\$15,000-\$24,999	383	72.7%	16.0%	5.1%	6.2%
\$25,000-\$34,999	329	76.0%	13.1%	6.0%	4.9%
\$35,000-\$49,999	449	74.6%	11.3%	8.2%	5.9%
\$50,000-\$74,999	534	74.0%	12.3%	9.6%	4.1%
\$75,000+	1318	70.5%	15.6%	9.1%	4.8%
WARD					
Ward 1	240	69.8%	19.5%	5.9%	4.8%
Ward 2	306	75.1%	10.6%	10.4%	3.9%
Ward 3	479	71.3%	18.1%	4.4%	6.1%
Ward 4	377	82.4%	7.7%	6.5%	3.4%
Ward 5	290	82.0%	8.6%	3.8%	5.6%
Ward 6	324	73.3%	10.1%	13.8%	2.8%
Ward 7	276	77.3%	12.5%	7.8%	2.4%
Ward 8	228	77.5%	15.6%	3.5%	3.5%

Disability

Nationwide, about 50 million adults have a disability. Adults with disabilities tend to have a lower income, report higher levels of smoking and obesity, receive less routine preventive care, and get less exercise than people without disabilities.⁷

District of Columbia respondents were asked two questions about their level of disability, if any. First, respondents were asked if they were limited in any activities because of a disability. Second, they were asked if they used special equipment because of a health problem.

Limited Activity

Respondents were asked whether they were limited in any way by physical, mental, or emotional problems — regardless of how they responded to the questions about physical and mental health discussed in the previous section. Overall, 14% of District residents reported some kind of limitation. This is the lowest percentage of all states, and the nationwide BRFSS average is 19%.⁸

- African Americans were more likely than Caucasians to report a health limitation—17% compared to 11%—but much more likely than Hispanics (6%).
- Older respondents, particularly those age 65 and older (23%), were more likely than younger respondents to say they were limited in some way. Only 12% of respondents age 18-24, and 6% of respondents age 25-34, stated such.
- Respondents with the lowest levels of education and income reported limitations due to disability at a much higher rate than those in other groups. Over one-fourth (26%) of respondents with less than a high school education, and almost one-third (31%) of respondents with incomes of less than \$15,000, reported a limitation. This is in contrast to less than 10% of respondents with a college degree, and 8% of respondents with incomes of \$75,000.
- By Ward, respondents residing in Ward 2 were least likely to be limited by health problems (10%) and those in Ward 8 were most likely (20%).

Use of Assistive Devices

Respondents were asked if they had a health problem that required the use of special equipment, such as a cane, wheelchair, special bed, or telephone. Overall, 7% of District of Columbia respondents had a condition for which they used such equipment. Nationwide, the BRFSS reports a percentage of 6%.⁹

- Women were slightly more likely than men to use special equipment (8% versus 5%).
- While use of special equipment increased by age, it decreased as education and incomes increased. Twenty percent of respondents aged 65 and older used special equipment, compared to less than 5% for respondents between the ages of 18-44. By education and income, 21% of respondents with less than a high school degree or who earned less than \$15,000 a year reported needing special equipment, compared to less than 5% of respondents with either a college de-



Disability

gree or who earned \$50,000 or more a year.

- Small differences occurred by Ward; 10% of Ward 5 and 8 respondents needed special equipment, compared to only 6% of respondents in Ward 1 and 5% of respondents *in Ward 6*.

⁷ Promoting the Health and Well-Being of People with Disabilities, Department of Health and Human Services, Centers for Disease Control and Prevention. http://www.cdc.gov/ncbddd/factsheets/Disability_Health_AtAGlance.pdf (accessed February 14, 2007).

⁸ National Center for Chronic Disease Prevention and Health Promotion. Behavioral Risk Factor Surveillance System Prevalence Data, All States – 2005. <http://apps.nccd.cdc.gov/brfss/page.asp?cat=HS&yr=2005&state=All#HS> (accessed January 11, 2007).

⁹ National Center for Chronic Disease Prevention and Health Promotion. Behavioral Risk Factor Surveillance System Prevalence Data, All States – 2005. <http://apps.nccd.cdc.gov/brfss/page.asp?cat=HS&yr=2005&state=All#HS> (accessed January 11, 2007).

Disability

Table 13. Health Limitations And Use Of Assistive Devices, By Demographics “Are you limited in any way in any activities because of physical, mental, or emotional problems?” and “Do you now have any health problem that requires you to use special equipment, such as a cane, wheelchair, special bed, or special telephone?”				
		Limited by Health		Use Special Equipment
	N	Yes	N	Yes
Total	3681	13.7%	3697	6.7%
GENDER				
Male	1476	13.5%	1486	5.2%
Female	2205	13.9%	2211	8.1%
AGE				
18-24	199	11.5%	20	1.3%
25-34	717	6.3%	718	0.8%
35-44	736	10.8%	739	3.6%
45-54	642	16.5%	646	7.8%
55-64	635	19.3%	639	11.6%
65+	689	23.4%	690	19.9%
RACE				
Caucasian	1774	11.4%	1779	3.2%
African American	1518	16.6%	1526	9.5%
Hispanic	125	5.8%	124	4.3%
Other	188	9.1%	189	3.7%
EDUCATION				
Less than High School	247	26.4%	245	21.4%
High School Graduate	590	15.6%	595	7.8%
Some College	605	17.3%	607	7.0%
College Graduate	2228	9.4%	2239	3.8%
INCOME				
Less than \$15,000	279	31.3%	285	20.2%
\$15,000-\$24,999	377	18.6%	377	12.1%
\$25,000-\$34,999	326	13.3%	328	6.1%
\$35,000-\$49,999	445	9.7%	447	5.5%
\$50,000-\$74,999	529	10.6%	531	3.3%
\$75,000+	1317	8.2%	1318	2.2%
WARD				
Ward 1	242	15.3%	243	6.0%
Ward 2	305	9.8%	307	7.4%
Ward 3	484	12.4%	485	5.2%
Ward 4	377	11.1%	378	6.8%
Ward 5	294	17.4%	293	10.2%
Ward 6	323	11.4%	327	8.2%
Ward 7	278	16.7%	278	9.3%
Ward 8	228	20.0%	230	10.3%

Arthritis



Arthritis and other rheumatic conditions are not only the leading cause of disability in the US, but these conditions are also the most common chronic disease problem. The prevalence of arthritis is only expected to increase as the population ages and the prevalence of associated risk factors (i.e., obesity) increase.¹⁰

Respondents were asked whether or not they experienced joint pain in the past 30 days, and whether or not they had ever been told by a health professional that they had some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia. Overall, 35% of District respondents reported joint pain in the past 30 days, and 22% were told by a doctor that they had a form of arthritis. This prevalence of arthritis is one of the lowest rates across the U.S., as the average reported by BRFSS is 27%.¹¹

Joint Pain

- As respondents' age increased, so did the prevalence of joint pain reported within the past 30 days. Just over one-fifth, 21%, of respondents between the ages of 18-24 reported joint pain, compared to almost half, 49%, of respondents aged 65 and older.
- Respondents with the lowest levels of education and income also reported much higher rates of joint pain. Forty-nine percent of respondents with less than a high school degree, and 55% of respondents who earned less than \$15,000 a year reported joint pain. This is compared to respondents with the highest education and income levels – only 31% of college graduates and respondents with incomes of \$75,000 or more reported joint pain.
- *There were small differences by gender and Ward for joint pain.*



Arthritis

- Demographic characteristics associated with higher levels of arthritis for District respondents include being female (27%), African American (29%), older (54% of respondents aged 65 and older), less educated (49% of respondents with less than a high school degree), and earning lower incomes (40% of respondents who earned less than \$15,000).
- There were small differences in the prevalence of arthritis by Ward.



Additional Data Highlights

- For respondents with joint pain, 77% reported that the symptoms first began more than three months ago.
- Over three-fourths, 76%, had ever seen a doctor or other health professional for their joint symptoms.
- Twenty-nine percent of respondents were limited in their usual activities because of their arthritis or joint symptoms.



¹⁰ Hootman, JM, Helmick CG. Projections of US Prevalence of Arthritis and Associated Activity Limitations. *Arthritis & Rheumatism*. 54 (1): Jan 2006: 226-229.

¹¹ National Center for Chronic Disease Prevention and Health Promotion. Behavioral Risk Factor Surveillance System Prevalence

Arthritis

Data, All States - 2005. <http://apps.nccd.cdc.gov/brfss/page.asp?cat=HS&yr=2005&state=All#HS> (accessed January 11, 2007).

Arthritis

Table 14. Prevalence Of Joint Pain And Arthritis, By Demographics

“During the past 30 days, have you had symptoms of pain, aching, or stiffness in or around a joint?” and “Have you EVER been told by a doctor or other health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?”

		Joint Pain Past 30 Days		Ever Told Had Arthritis	
	N	Yes	N	Yes	
Total	3678	34.8%	3665	22.4%	
GENDER					
Male	1481	33.2%	1483	17.8%	
Female	2197	36.2%	2185	26.5%	
AGE					
18-24	200	21.3%	199	1.4%	
25-34	717	23.2%	712	6.0%	
35-44	738	32.7%	735	15.3%	
45-54	640	43.2%	639	27.7%	
55-64	634	48.2%	633	42.3%	
65+	684	49.0%	683	53.6%	
RACE					
Caucasian	1170	32.8%	1769	17.7%	
African American	1519	38.3%	1510	28.5%	
Hispanic	124	24.4%	124	7.7%	
Other	187	22.6%	185	11.4%	
EDUCATION					
Less than High School	247	48.9%	245	38.2%	
High School Graduate	591	37.4%	588	26.2%	
Some College	604	35.2%	601	24.5%	
College Graduate	2225	31.3%	2220	17.6%	
INCOME					
Less than \$15,000	283	54.9%	282	39.7%	
\$15,000-\$24,999	375	35.9%	373	26.8%	
\$25,000-\$34,999	327	36.3%	324	24.5%	
\$35,000-\$49,999	446	29.1%	444	21.7%	
\$50,000-\$74,999	528	34.6%	526	20.1%	
\$75,000+	1313	31.1%	1313	16.3%	
WARD					
Ward 1	243	35.4%	243	21.2%	
Ward 2	306	34.7%	305	19.4%	
Ward 3	484	38.6%	485	20.1%	
Ward 4	379	34.6%	378	25.2%	
Ward 5	294	40.0%	293	28.6%	
Ward 6	327	37.4%	327	26.6%	
Ward 7	278	40.9%	278	28.6%	
Ward 8	230	37.8%	228	29.1%	

Arthritis

Table 15. Prevalence Of Joint Symptoms, By Demographics
 “Did your joint symptoms FIRST begin more than 3 months ago?”

	N	Yes	No
Total	1365	76.8%	23.2%
GENDER			
Male	513	75.3%	24.7%
Female	852	77.9%	22.1%
AGE			
18-24	45	*	*
25-34	167	73.8%	26.2%
35-44	231	80.4%	19.6%
45-54	269	81.7%	18.3%
55-64	297	79.4%	20.6%
65+	334	80.1%	19.9%
RACE			
Caucasian	616	80.4%	19.6%
African American	631	77.2%	22.8%
Hispanic	29	*	*
Other	56	68.8%	31.2%
EDUCATION			
Less than High School	135	85.2%	14.8%
High School Graduate	235	72.8%	27.2%
Some College	243	75.0%	25.0%
College Graduate	749	77.1%	22.9%
INCOME			
Less than \$15,000	159	75.7%	24.3%
\$15,000-\$24,999	164	74.1%	25.9%
\$25,000-\$34,999	126	83.5%	16.5%
\$35,000-\$49,999	144	75.7%	24.3%
\$50,000-\$74,999	191	72.6%	27.4%
\$75,000+	428	78.2%	21.8%
WARD			
Ward 1	94	75.0%	25.0%
Ward 2	99	73.6%	26.4%
Ward 3	203	81.7%	18.3%
Ward 4	142	76.2%	23.8%
Ward 5	116	75.6%	24.4%
Ward 6	121	77.9%	22.1%
Ward 7	127	75.5%	24.5%
Ward 8	103	82.9%	17.1%

*Data not presented if the unweighted cell size was <50

Arthritis

Table 16. Visits To A Doctor For Joint Symptoms, By Demographics			
"Have you EVER seen a doctor or other health professional for these joint symptoms?"			
	N	Yes	No
Total	1086	76.4%	23.6%
GENDER			
Male	408	76.3%	23.7%
Female	678	76.5%	23.5%
AGE			
18-24	26	*	*
25-34	122	68.3%	31.7%
35-44	183	76.0%	24.0%
45-54	218	73.5%	26.5%
55-64	242	74.3%	25.7%
65+	277	87.5%	12.5%
RACE			
Caucasian	513	78.5%	21.5%
African American	486	78.8%	21.2%
Hispanic	22	*	*
Other	41	*	*
EDUCATION			
Less than High School	114	74.7%	25.3%
High School Graduate	170	79.1%	20.9%
Some College	196	80.7%	19.3%
College Graduate	603	73.9%	26.1%
INCOME			
Less than \$15,000	130	78.1%	21.9%
\$15,000-\$24,999	128	73.5%	26.5%
\$25,000-\$34,999	99	81.4%	18.6%
\$35,000-\$49,999	112	75.0%	25.0%
\$50,000-\$74,999	149	76.4%	23.6%
\$75,000+	346	75.1%	24.9%
WARD			
Ward 1	75	81.9%	18.1%
Ward 2	81	79.4%	20.6%
Ward 3	174	72.5%	27.5%
Ward 4	112	80.1%	19.9%
Ward 5	85	74.9%	25.1%
Ward 6	97	76.3%	23.7%
Ward 7	97	74.4%	25.6%
Ward 8	83	79.7%	20.3%

*Data not presented if the unweighted cell size was <50

Arthritis

Table 17. Limitations Because Of Arthritis Or Joint Symptoms, By Demographics			
“Are you now limited in any way in any of your usual activities because of arthritis or joint symptoms?”			
	N	Yes	No
Total	1397	28.9%	71.1%
GENDER			
Male	525	27.0%	73.0%
Female	872	30.3%	69.7%
AGE			
18-24	27	*	*
25-34	140	23.4%	76.6%
35-44	212	25.9%	74.1%
45-54	263	35.5%	64.5%
55-64	332	28.3%	71.7%
65+	398	32.8%	67.2%
RACE			
Caucasian	631	23.4%	76.6%
African American	655	32.4%	67.6%
Hispanic	29	*	*
Other	49	*	*
EDUCATION			
Less than High School	148	48.5%	51.5%
High School Graduate	244	28.5%	71.5%
Some College	244	28.4%	71.6%
College Graduate	758	23.4%	76.6%
INCOME			
Less than \$15,000	163	53.7%	46.3%
\$15,000-\$24,999	168	41.3%	58.7%
\$25,000-\$34,999	128	24.7%	75.3%
\$35,000-\$49,999	150	17.2%	82.8%
\$50,000-\$74,999	202	19.5%	80.5%
\$75,000+	426	21.5%	78.5%
WARD			
Ward 1	94	31.9%	68.1%
Ward 2	106	35.2%	64.8%
Ward 3	207	23.0%	77.0%
Ward 4	145	23.9%	76.1%
Ward 5	123	23.7%	76.3%
Ward 6	127	23.5%	76.5%
Ward 7	128	37.3%	62.7%
Ward 8	113	29.1%	70.9%

*Data not presented if the unweighted cell size was <50

Diabetes



Healthy People 2010 Objectives

- Increase the proportion of persons with who receive formal diabetes education to 60%
- Increase the proportion of adults with diabetes who have a glycosylated hemoglobin measurement (HbA1C) at least once a year to 50%
- Increase the proportion of adults with diabetes who have an annual dilated eye examination to 75%
- Increase the proportion of adults with diabetes who have at least an annual foot examination to 75%
- Increase the proportion of adults with diabetes who perform self-blood-glucose-monitoring at least once daily to 60%

There are numerous complications of diabetes, including heart disease and stroke, high blood pressure, blindness, kidney disease, nervous system disease, amputations, dental disease, and complications of pregnancy. According to the 2005 BRFSS, 7% of adults nationwide have been told by a doctor that they have diabetes.¹³ Although the percentage is small, in 2002, the estimated direct and indirect medical costs of diabetes were \$132 billion.¹²

Diabetes Prevalence

Respondents were asked to indicate whether they had ever been diagnosed with diabetes. As in previous years, gestational diabetes was recorded in a separate response category.

Overall, 7% of District residents reported being diagnosed with diabetes (the same percentage as reported nationwide by the BRFSS), not including pre-diabetes or diabetes only during pregnancy. Respondents with diabetes were most likely to be diagnosed with the disease between the ages of 45-59 (38%).

- Older respondents were much more likely to have been diagnosed with diabetes than younger respondents. Seventeen percent of respondents age 65 and older reported that they had been diagnosed with diabetes, as did 12% of respondents between the ages of 55 and 64. By comparison, the prevalence of diabetes among respondents under the age of 45 was less than 4%.
- African Americans (12%) were much more likely to have been diagnosed with diabetes than Caucasians (1%), Hispanics (3%), and respondents of other races (4%).
- The prevalence of diabetes decreased with increasing education and income. Three percent of college graduates reported having diabetes, compared to 16% of respondents with a high school degree. Only 3% of respondents with incomes greater than \$75,000 had been diagnosed with diabetes, compared to 15% of respondents with incomes of less than \$15,000 and 12% of respondents earning \$15,000-\$24,999.
- Wards 5, 7, and 8 all had a high percentage of residents reporting having been diagnosed with diabetes, with at least 10% in all three wards. Ward 3 had the lowest prevalence of the condition, at 2%.

Diabetes

Diabetes Management

District of Columbia respondents were asked a variety of questions about how they managed their diabetes – ranging from what medications they took to how often they checked their A1C levels. The following highlights some of the findings.

- Over one-third (38%) of respondents used insulin, compared with two-thirds (66%) who took diabetes pills.
- District respondents exceeded the Healthy People 2010 goal that targets 60% of diabetics to check their glucose or sugar levels “daily” or “more than once per day” (68%).
- Over three-fourths (76%) of diabetic respondents checked their feet at least daily for sores or irritations.
- District diabetics also exceeded the Healthy People 2010 target that 75% of the diabetic population has their feet checked professionally for sores or irritations within the past year. Eighty-four percent of District diabetics had done so.
- Twelve percent of diabetics had sores or irritations on their feet that took more than four weeks to heal.
- Eight percent of diabetic respondents had not visited a health professional for their diabetes in the past 12 months.
- Over two-thirds (67%) of diabetics had their A1C levels checked by a doctor at least once in the past three months; exceeding the Healthy People 2010 target of 50% in the past year.
- Seventy-five percent of diabetics had their eyes dilated within the past year – meeting the Healthy People 2010 target of 75%. Less than one-fourth (22%) had retinopathy.
- Sixty percent of District diabetics participated in a diabetes management course, which meets the Healthy People 2010 goal of 60%.

¹² Centers for Disease Control and Prevention. National diabetes fact sheet: general information and national estimates on diabetes in the United States, 2005. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2005.

¹³ National Center for Chronic Disease Prevention and Health Promotion. Behavioral Risk Factor Surveillance System Prevalence Data, All States – 2005. <http://apps.nccd.cdc.gov/brfss/page.asp?cat=HS&yr=2005&state=All#HS> (accessed January 11, 2007)

Diabetes

Table 18. Prevalence Of Diabetes, By Demographics
 “Have you ever been told by a doctor that you have diabetes?”

	N	Yes	Only While Pregnant	No	Pre-diabetes
Total	3739	7.1%	0.4%	91.9%	0.6%
GENDER					
Male	1503	6.4%	0%	93.0%	0.6%
Female	2236	7.6%	0.8%	91.0%	0.7%
AGE					
18-24	203	0%	0%	100.0%	0%
25-34	723	1.2%	0.9%	97.6%	0.3%
35-44	745	3.6%	0.6%	95.6%	0.3%
45-54	657	13.2%	0.4%	84.3%	2.0%
55-64	646	11.6%	0.2%	87.9%	0.4%
65+	699	17.2%	0%	81.7%	1.1%
RACE					
Caucasian	1793	1.4%	0.3%	98.1%	0.1%
African American	1547	11.7%	0.4%	86.9%	1.0%
Hispanic	125	2.5%	1.4%	95.5%	0.5%
Other	192	3.8%	0%	95.7%	0.5%
EDUCATION					
Less than High School	248	15.7%	0%	82.9%	1.3%
High School Graduate	603	10.8%	0.8%	88.0%	0.5%
Some College	618	9.4%	0.5%	89.2%	0.9%
College Graduate	2259	3.3%	0.3%	96.0%	0.5%
INCOME					
Less than \$15,000	288	15.1%	0.6%	83.4%	0.9%
\$15,000-\$24,999	385	11.9%	0.3%	87.5%	0.4%
\$25,000-\$34,999	331	7.2%	0.3%	91.2%	1.3%
\$35,000-\$49,999	451	5.2%	1.3%	93.1%	0.4%
\$50,000-\$74,999	537	6.2%	0.1%	93.0%	0.7%
\$75,000+	1325	3.4%	0.3%	95.8%	0.5%
WARD					
Ward 1	243	6.4%	0.2%	92.9%	0.5%
Ward 2	307	6.3%	0.2%	93.4%	0.1%
Ward 3	485	1.6%	0.4%	98.0%	0%
Ward 4	379	9.8%	0.2%	89.8%	0.3%
Ward 5	294	12.0%	0.1%	86.5%	1.4%
Ward 6	327	8.5%	0%	90.4%	1.2%
Ward 7	277	12.1%	1.1%	85.9%	0.9%
Ward 8	230	10.0%	1.0%	88.8%	0.3%

Diabetes

Table 19. Prevalence Of Diabetes, By Demographics					
“How old were you when you were told you have diabetes?”					
	N	Under 30	30-44	45-69	60+
Total	255	13.7%	26.0%	38.3%	22.0%
GENDER					
Male	103	14.9%	26.5%	38.6%	20.0%
Female	152	12.8%	25.7%	38.1%	23.4%
AGE					
18-24	0	*	*	*	*
25-34	8	*	*	*	*
35-44	24	*	*	*	*
45-54	64	24.8%	36.0%	39.2%	0%
55-64	59	3.7%	16.5%	74.6%	5.2%
65+	97	2.4%	7.8%	32.0%	57.7%
RACE					
Caucasian	37	*	*	*	*
African American	206	13.3%	24.3%	38.9%	23.4%
Hispanic	4	*	*	*	*
Other	6	*	*	*	*
EDUCATION					
Less than High School	46	*	*	*	*
High School Graduate	75	8.5%	33.9%	28.2%	29.4%
Some College	68	19.5%	21.1%	46.8%	12.6%
College Graduate	66	8.3%	31.1%	43.1%	17.5%
INCOME					
Less than \$15,000	51	16.3%	29.7%	25.5%	28.5%
\$15,000-\$24,999	53	15.6%	22.4%	34.9%	27.1%
\$25,000-\$34,999	25	*	*	*	*
\$35,000-\$49,999	28	*	*	*	*
\$50,000-\$74,999	31	*	*	*	*
\$75,000+	40	*	*	*	*

*Data not presented if the unweighted cell size was <50
Small numbers prohibit the display of the data by Ward.

Diabetes

Table 20. Current Insulin Use, By Demographics
 “Are you now taking insulin?”

	N	Yes	No
Total	268	37.7%	26.0%
GENDER			
Male	103	14.9%	26.5%
Female	152	12.8%	25.7%
AGE			
18-24	0	*	*
25-34	8	*	*
35-44	24	*	*
45-54	64	24.8%	36.0%
55-64	59	3.7%	16.5%
65+	97	2.4%	7.8%
RACE			
Caucasian	37	*	*
African American	206	13.3%	24.3%
Hispanic	4	*	*
Other	6	*	*
EDUCATION			
Less than High School	46	*	*
High School Graduate	75	8.5%	33.9%
Some College	68	19.5%	21.1%
College Graduate	66	8.3%	31.1%
INCOME			
Less than \$15,000	51	51.8%	48.2%
\$15,000-\$24,999	58	43.3%	56.7%
\$25,000-\$34,999	26	*	*
\$35,000-\$49,999	28	*	*
\$50,000-\$74,999	32	*	*
\$75,000+	41	*	*

*Data not presented if the unweighted cell size was <50
 Small numbers prohibit the display of the data by Ward.

Diabetes

Table 21. Current Use Of Diabetes Pills, By Demographics			
"Are you now taking diabetes pills?"			
	N	Yes	No
Total	267	66.3%	33.7%
GENDER			
Male	106	61.9%	38.1%
Female	161	69.5%	30.5%
AGE			
18-24	0	*	*
25-34	8	*	*
35-44	24	*	*
45-54	65	53.4%	46.6%
55-64	60	70.8%	29.2%
65+	106	76.9%	23.1%
RACE			
Caucasian	37	*	*
African American	217	66.7%	33.3%
Hispanic	4	*	*
Other	6	*	*
EDUCATION			
Less than High School	48	*	*
High School Graduate	78	68.1%	31.9%
Some College	70	59.7%	40.3%
College Graduate	71	69.2%	30.8%
INCOME			
Less than \$15,000	51	60.8%	39.2%
\$15,000-\$24,999	57	70.6%	29.4%
\$25,000-\$34,999	26	*	*
\$35,000-\$49,999	28	*	*
\$50,000-\$74,999	32	*	*
\$75,000+	41	*	*

*Data not presented if the unweighted cell size was <50
Small numbers prohibit the display of the data by Ward.

Diabetes

Table 22. Frequency Of Checking Glucose Or Sugar, By Demographics “About how often do you check your blood for glucose or sugar? Include times when checked by a family member or friend, but do NOT include times when checked by a health professional.”					
	N	Never or Less Than Once Per Week	1-5 Times Per Week	Once Per Day	More Than Once Per Day
Total	263	14.0%	17.9%	22.3%	45.9%
GENDER					
Male	105	11.4%	15.5%	24.9%	48.2%
Female	158	15.8%	19.6%	20.4%	44.2%
AGE					
18-24	0	*	*	*	*
25-34	8	*	*	*	*
35-44	24	*	*	*	*
45-54	64	9.1%	19.2%	21.9%	49.8%
55-64	59	20.6%	19.3%	14.1%	46.0%
65+	105	16.6%	14.8%	28.8%	39.8%
RACE					
Caucasian	36	*	*	*	*
African American	214	13.7%	17.5%	22.0%	46.8%
Hispanic	4	*	*	*	*
Other	6	*	*	*	*
EDUCATION					
Less than High School	48	*	*	*	*
High School Graduate	77	10.5%	18.9%	17.7%	53.0%
Some College	70	19.6%	16.8%	20.6%	43.1%
College Graduate	68	12.7%	17.4%	22.6%	47.3%
INCOME					
Less than \$15,000	51	15.9%	12.1%	23.2%	48.8%
\$15,000-\$24,999	57	10.8%	14.7%	21.3%	53.3%
\$25,000-\$34,999	26	*	*	*	*
\$35,000-\$49,999	28	*	*	*	*
\$50,000-\$74,999	32	*	*	*	*
\$75,000+	40	*	*	*	*

*Data not presented if the unweighted cell size was <50
 Small numbers prohibit the display of the data by Ward.

Diabetes

Table 23. Frequency Of Checking Feet For Sores Or Irritations, By Demographics “About how often do you check your feet for any sores or irritations? Include times when checked by a family member or friend, but do NOT include times when checked by a health professional.”				
	N	Never or < Once Per Week	1-5 Times Per Week	Once Per Day or More
Total	262	14.3%	9.7%	75.9%
GENDER				
Male	104	14.9%	10.2%	74.8%
Female	158	13.9%	9.4%	76.7%
AGE				
18-24	0	*	*	*
25-34	8	*	*	*
35-44	24	*	*	*
45-54	64	17.0%	4.2%	78.8%
55-64	58	11.9%	9.9%	78.2%
65+	104	12.3%	15.4%	72.4%
RACE				
Caucasian	37	*	*	*
African American	212	12.2%	10.1%	77.6%
Hispanic	4	*	*	*
Other	6	*	*	*
EDUCATION				
Less than High School	45	*	*	*
High School Graduate	76	13.3%	14.7%	72.1%
Some College	70	18.2%	8.1%	73.7%
College Graduate	71	17.0%	6.1%	76.9%
INCOME				
Less than \$15,000	51	7.9%	13.2%	79.0%
\$15,000-\$24,999	56	12.2%	7.0%	80.8%
\$25,000-\$34,999	26	*	*	*
\$35,000-\$49,999	28	*	*	*
\$50,000-\$74,999	32	*	*	*
\$75,000+	41	*	*	*

*Data not presented if the unweighted cell size was < 50.
Small numbers prohibit the display of the data by Ward.

Diabetes

Table 24. Number Of Times Feet Checked Professionally For Sores, By Demographics
 “About how many times in the past 12 months has a health professional checked your feet for any sores or irritations?”

	N	None	Once	2-4 Time	5+ Times
Total	256	16.2%	23.4%	41.9%	18.6%
GENDER					
Male	103	14.3%	20.7%	45.6%	19.4%
Female	153	17.6%	25.3%	39.1%	17.9%
AGE					
18-24	0	*	*	*	*
25-34	8	*	*	*	*
35-44	23	*	*	*	*
45-54	61	10.8%	37.0%	25.1%	27.1%
55-64	57	20.3%	10.4%	54.7%	14.6%
65+	103	14.8%	15.0%	52.3%	18.0%
RACE					
Caucasian	37	*	*	*	*
African American	207	15.2%	22.2%	42.4%	20.2%
Hispanic	4	*	*	*	*
Other	6	*	*	*	*
EDUCATION					
Less than High School	43	*	*	*	*
High School Graduate	75	11.9%	26.8%	46.0%	15.3%
Some College	69	12.9%	24.2%	45.3%	17.6%
College Graduate	69	19.6%	24.6%	39.9%	16.0%
INCOME					
Less than \$15,000	50	18.0%	18.0%	30.2%	33.8%
\$15,000-\$24,999	55	24.6%	13.7%	42.9%	18.7%
\$25,000-\$34,999	25	*	*	*	*
\$35,000-\$49,999	27	*	*	*	*
\$50,000-\$74,999	30	*	*	*	*
\$75,000+	40	*	*	*	*

*Data not presented if the unweighted cell size was < 50.
 Small numbers prohibit the display of the data by Ward.

Diabetes

Table 25. Feet Sores Or Irritations That Took More Than Four Weeks To Heal, By Demographics			
“Have you EVER had any sores or irritations on your feet that took more than four weeks to heal?”			
	N	Yes	No
Total	268	12.0%	88.0%
GENDER			
Male	106	16.0%	84.0%
Female	162	9.1%	90.9%
AGE			
18-24	0	*	*
25-34	8	*	*
35-44	24	*	*
45-54	65	14.9%	85.1%
55-64	60	9.2%	90.8%
65+	107	8.6%	91.4%
RACE			
Caucasian	38	*	*
African American	217	10.3%	89.7%
Hispanic	4	*	*
Other	6	*	*
EDUCATION			
Less than High School	48	*	*
High School Graduate	78	9.7%	90.3%
Some College	70	9.9%	90.1%
College Graduate	72	12.8%	87.2%
INCOME			
Less than \$15,000	51	18.5%	81.5%
\$15,000-\$24,999	58	11.7%	88.3%
\$25,000-\$34,999	26	*	*
\$35,000-\$49,999	28	*	*
\$50,000-\$74,999	32	*	*
\$75,000+	41	*	*

*Data not presented if the unweighted cell size was < 50.
Small numbers prohibit the display of the data by Ward.

Diabetes

Table 26. Number Of Visits To A Health Professional For Diabetes, By Demographics
 “About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?”

	N	0	1-3	4-9	10 or More
Total	254	7.7%	35.8%	43.3%	13.2%
GENDER					
Male	101	6.6%	41.0%	42.6%	9.8%
Female	153	8.6%	32.1%	43.8%	15.6%
AGE					
18-24	0	*	*	*	*
25-34	8	*	*	*	*
35-44	23	*	*	*	*
45-54	59	9.0%	32.9%	39.5%	18.6%
55-64	58	5.7%	33.8%	48.3%	12.2%
65+	103	4.7%	33.7%	51.0%	10.6%
RACE					
Caucasian	35	*	*	*	*
African American	208	6.1%	35.7%	44.2%	14.0%
Hispanic	4	*	*	*	*
Other	5	*	*	*	*
EDUCATION					
Less than High School	43	*	*	*	*
High School Graduate	77	8.6%	38.3%	42.4%	10.8%
Some College	67	7.6%	37.8%	42.8%	11.8%
College Graduate	67	3.9%	46.6%	40.7%	8.8%
INCOME					
Less than \$15,000	49	*	*	*	*
\$15,000-\$24,999	55	11.2%	30.0%	44.8%	13.9%
\$25,000-\$34,999	24	*	*	*	*
\$35,000-\$49,999	28	*	*	*	*
\$50,000-\$74,999	31	*	*	*	*
\$75,000+	38	*	*	*	*

*Data not presented if the unweighted cell size was <50
 Small numbers prohibit the display of the data by Ward.

Diabetes

Table 27. Number Of A One C Tests, By Demographics

“A test for ‘A1C’ measures the average level of blood sugar over the past three months. About how many times in the past 12 months has a doctor, nurse, or other health professional checked you for ‘A1C?’”

	N	Don't Know Never Heard of	None	1-3 Times	4 or More Times
Total	267	25.2%	7.5%	41.5%	25.8%
GENDER					
Male	106	27.3%	6.0%	41.0%	25.6%
Female	161	23.6%	8.7%	41.9%	25.9%
AGE					
18-24	0	*	*	*	*
25-34	8	*	*	*	*
35-44	24	*	*	*	*
45-54	65	25.0%	13.3%	38.2%	23.6%
55-64	59	17.9%	7.5%	49.8%	24.9%
65+	107	27.5%	2.2%	36.8%	33.5%
RACE					
Caucasian	38	*	*	*	*
African American	216	22.4%	7.8%	42.1%	27.6%
Hispanic	4	*	*	*	*
Other	6	*	*	*	*
EDUCATION					
Less than High School	48	*	*	*	*
High School Graduate	78	31.2%	6.6%	35.8%	26.4%
Some College	69	18.9%	7.9%	48.4%	24.8%
College Graduate	72	19.5%	6.0%	56.9%	17.6%
INCOME					
Less than \$15,000	51	25.2%	6.2%	34.0%	34.7%
\$15,000-\$24,999	58	22.9%	12.7%	27.0%	37.3%
\$25,000-\$34,999	26	*	*	*	*
\$35,000-\$49,999	28	*	*	*	*
\$50,000-\$74,999	32	*	*	*	*
\$75,000+	40	*	*	*	*

*Data not presented if the unweighted cell size was <50
Small numbers prohibit the display of the data by Ward.

Diabetes

Table 28. Most Recent Pupil Dilation In An Eye Exam, By Demographics

“When was the last time you had an eye exam in which the pupils were dilated? This would have made you temporarily sensitive to bright light.”

	N	Within Past Month	Within Past Year	Within Past 2 Years	2+ Years or Never
Total	264	32.0%	43.4%	14.4%	10.2%
GENDER					
Male	104	27.3%	6.0%	41.0%	25.6%
Female	160	23.6%	8.7%	41.9%	25.9%
AGE					
18-24	0	*	*	*	*
25-34	8	*	*	*	*
35-44	24	*	*	*	*
45-54	64	32.2%	30.8%	24.0%	13.0%
55-64	60	34.1%	44.5%	9.4%	12.1%
65+	104	32.5%	53.9%	7.8%	5.9%
RACE					
Caucasian	37	*	*	*	*
African American	214	29.2%	44.9%	15.3%	10.5%
Hispanic	4	*	*	*	*
Other	6	*	*	*	*
EDUCATION					
Less than High School	48	*	*	*	*
High School Graduate	76	30.1%	41.6%	12.8%	15.4%
Some College	70	28.4%	49.4%	17.1%	5.1%
College Graduate	70	45.8%	38.3%	10.6%	5.3%
INCOME					
Less than \$15,000	49	*	*	*	*
\$15,000-\$24,999	58	29.2%	42.7%	15.8%	12.4%
\$25,000-\$34,999	26	*	*	*	*
\$35,000-\$49,999	27	*	*	*	*
\$50,000-\$74,999	31	*	*	*	*
\$75,000+	41	*	*	*	*

*Data not presented if the unweighted cell size was <50
Small numbers prohibit the display of the data by Ward.

Diabetes

Table 29. Prevalence Of Retinopathy, By Demographics			
"Has a doctor EVER told you that diabetes has affected your eyes or that you had retinopathy?"			
	N	Yes	No
Total	266	22.0%	78.0%
GENDER			
Male	105	16.0%	84.0%
Female	161	26.5%	73.5%
AGE			
18-24	0	*	*
25-34	8	*	*
35-44	24	*	*
45-54	64	17.0%	83.0%
55-64	60	16.0%	84.0%
65+	106	28.8%	71.2%
RACE			
Caucasian	37	*	*
African American	216	23.3%	76.7%
Hispanic	4	*	*
Other	6	*	*
EDUCATION			
Less than High School	48	*	*
High School Graduate	78	26.3%	73.7%
Some College	70	17.9%	82.1%
College Graduate	70	13.2%	86.8%
INCOME			
Less than \$15,000	51	37.6%	62.4%
\$15,000-\$24,999	58	34.1%	65.9%
\$25,000-\$34,999	26	*	*
\$35,000-\$49,999	27	*	*
\$50,000-\$74,999	32	*	*
\$75,000+	40	*	*

*Data not presented if the unweighted cell size was < 50.
Small numbers prohibit the display of the data by Ward.

Diabetes

Table 30. Participation In A Diabetes Management Course, By Demographics "Have you EVER taken a course or class in how to manage your diabetes yourself?"			
	N	Yes	No
Total	267	59.8%	40.2%
GENDER			
Male	105	63.8%	36.2%
Female	162	56.8%	43.2%
AGE			
18-24	0	*	*
25-34	8	*	*
35-44	24	*	*
45-54	64	72.1%	27.9%
55-64	60	53.5%	46.5%
65+	107	56.0%	44.0%
RACE			
Caucasian	37	*	*
African American	217	61.3%	38.7%
Hispanic	4	*	*
Other	6	*	*
EDUCATION			
Less than High School	48	*	*
High School Graduate	78	57.9%	42.1%
Some College	70	63.2%	36.8%
College Graduate	71	65.0%	35.0%
INCOME			
Less than \$15,000	51	52.1%	47.9%
\$15,000-\$24,999	58	62.2%	37.8%
\$25,000-\$34,999	26	*	*
\$35,000-\$49,999	27	*	*
\$50,000-\$74,999	32	*	*
\$75,000+	40	*	*

*Data not presented if the unweighted cell size was < 50.
Small numbers prohibit the display of the data by Ward.

Hypertension Awareness



Healthy People 2010 Objectives

- *Decrease the proportion of adults aged 20 years and older with high blood pressure to 16%*

High blood pressure is often called the “silent killer” as many individuals who have it do not know it. When high blood pressure goes uncontrolled, stroke, heart attack, heart failure, or kidney failure can result.¹⁴

District of Columbia respondents were asked to indicate whether they had ever been diagnosed with high blood pressure. Over one-fourth, 27%, of District residents reported being diagnosed with high blood pressure – compared to 25% nationwide.¹⁵



- Older respondents were much more likely to have been diagnosed with high blood pressure than younger respondents. Two-thirds (66%) of respondents age 65 and older reported that they had been diagnosed with high blood pressure. By comparison, the prevalence of high blood pressure for respondents aged 34 and younger was less than 8%.

- African Americans (38%) were much more likely to have been diagnosed with high blood pressure than respondents of other races (19%), Hispanics (15%), and Caucasians (14%).

- The prevalence of high blood pressure decreased with increasing education and income. Nineteen percent of college graduates reported having high blood pressure, compared to almost half (49%) of respondents with less than a high school education. Less than one-fifth (18%) of respondents with incomes greater than \$75,000 had been diagnosed with high blood pressure, compared to 42% of respondents with incomes less than \$15,000.



- There were marked differences by Ward for the prevalence of high blood pressure. Respondents in Wards 7 and 8 reported the greatest levels of high blood pressure (43% and 41% respectively). This is compared to less than one-fifth of Ward 2 and 3 residents (19% and 18% respectively).

Additional Data Highlights

- Eighty percent of respondents with high blood pressure were taking medicine for the disease at the time the survey was conducted.

- Respondents aged 65 and older (96%) and respondents with a high school degree (91%) were the two demographic groups most likely to take high blood pressure medication.



¹⁴ American Heart Association, Diseases & Conditions, High Blood Pressure. <http://www.americanheart.org/presenter.jhtml?identifier=2114> (accessed January 16, 2007).

¹⁵ National Center for Chronic Disease Prevention and Health Promotion. Behavioral Risk Factor Surveillance System Prevalence Data, All States – 2005. <http://apps.nccd.cdc.gov/brfss/page.asp?cat=HS&yr=2005&state=All#HS> (accessed January 11, 2007).

Hypertension Awareness

Table 31. "High Blood Pressure, by Demographics					
"Have you EVER been told by a doctor, nurse, or other health professional that you have high blood pressure?"					
	N	Yes	Only While Pregnant	No	Borderline High
Total	3738	27.1%	0.6%	71.4%	0.9%
GENDER					
Male	1502	27.6%	0%	71.6%	0.8%
Female	2236	26.7%	1.2%	71.3%	0.9%
AGE					
18-24	203	6.6%	0.5%	92.8%	0%
25-34	722	7.7%	1.0%	91.2%	0%
35-44	746	15.9%	1.0%	82.2%	0.9%
45-54	657	35.8%	0.5%	61.8%	1.9%
55-64	646	44.6%	0%	54.4%	1.0%
65+	698	65.7%	0.3%	32.3%	1.7%
RACE					
Caucasian	1790	13.5%	0.3%	85.2%	1.0%
African American	1549	37.9%	0.7%	60.5%	0.9%
Hispanic	125	15.0%	2.7%	80.9%	1.3%
Other	192	18.7%	0%	81.3%	0%
EDUCATION					
Less than High School	247	49.0%	0%	49.3%	1.6%
High School Graduate	604	33.6%	1.1%	64.3%	1.0%
Some College	618	30.3%	0.9%	68.3%	0.5%
College Graduate	2258	19.3%	0.4%	79.4%	0.9%
INCOME					
Less than \$15,000	288	41.5%	1.2%	56.5%	0.8%
\$15,000-\$24,999	385	35.0%	0.4%	63.6%	1.0%
\$25,000-\$34,999	331	32.6%	1.6%	65.2%	0.6%
\$35,000-\$49,999	451	23.8%	0.7%	74.2%	1.3%
\$50,000-\$74,999	537	24.3%	0.6%	73.9%	1.2%
\$75,000+	1325	17.5%	0.4%	81.6%	0.5%
WARD					
Ward 1	243	22.8%	2.7%	73.5%	1.0%
Ward 2	307	18.8%	0.5%	80.0%	0.7%
Ward 3	484	18.4%	0.4%	79.2%	2.0%
Ward 4	379	31.5%	1.0%	66.6%	0.9%
Ward 5	294	36.3%	0.1%	62.4%	1.2%
Ward 6	327	29.5%	0.4%	69.3%	0.8%
Ward 7	278	42.8%	0.3%	55.3%	1.6%
Ward 8	229	41.0%	0.6%	58.3%	0%

Hypertension Awareness

Table 32. Medication Use for High Blood Pressure, by Demographics
 “Are you currently taking medicine for your high blood pressure?”

	N	Yes	No
Total	1033	79.6%	20.4%
GENDER			
Male	441	72.9%	27.1%
Female	592	85.5%	14.5%
AGE			
18-24	8	*	*
25-34	41	*	*
35-44	100	58.4%	41.6%
45-54	195	85.1%	14.9%
55-64	256	84.2%	15.8%
65+	407	95.7%	4.3%
RACE			
Caucasian	294	78.5%	21.5%
African American	661	82.5%	17.5%
Hispanic	20	*	*
Other	33	*	*
EDUCATION			
Less than High School	141	85.4%	14.6%
High School Graduate	230	91.3%	8.7%
Some College	213	71.0%	29.0%
College Graduate	444	74.0%	26.0%
INCOME			
Less than \$15,000	133	77.0%	23.0%
\$15,000-\$24,999	155	82.6%	17.4%
\$25,000-\$34,999	116	68.3%	31.7%
\$35,000-\$49,999	112	81.1%	18.9%
\$50,000-\$74,999	134	73.3%	26.7%
\$75,000+	241	81.5%	18.5%
WARD			
Ward 1	57	78.2%	21.8%
Ward 2	64	72.5%	27.5%
Ward 3	104	74.5%	25.5%
Ward 4	126	83.7%	16.3%
Ward 5	116	84.3%	15.7%
Ward 6	94	84.6%	15.4%
Ward 7	122	84.6%	15.4%
Ward 8	98	68.7%	31.3%

*Data not presented if the unweighted cell size was < 50.

Cholesterol Awareness



Healthy People 2010 Objectives

- *Decrease the proportion of adults aged 20 years and older with total blood cholesterol levels of 240 mg/dL or greater to 17%*

Many individuals who have high blood cholesterol levels do not know it, as there are no signs or symptoms of the disease. Individuals with high blood cholesterol are at a greater risk for having a heart attack or other symptoms of heart disease.¹⁶

District of Columbia respondents were asked to indicate whether they had ever been diagnosed with high blood cholesterol. Just under one-third, 32%, of District residents reported being diagnosed with high blood cholesterol – compared to 36% nationwide. The District's prevalence rate for this health measure was the third lowest of all states nationwide.¹⁷

- Men were more likely than women to have high blood cholesterol (36% versus 28% respectively).
- African Americans (34%) were more likely than Caucasians and Hispanics (28% each) and respondents of other races (31%) to have high blood cholesterol.
- More significant differences occurred by age and education. As District respondents' age increased, their likelihood of having been told by a health professional that they had high blood cholesterol increased.
- Almost half (49%) of respondents aged 65 and older had high blood cholesterol, compared with only 16% of respondents between the ages of 18-24. As education decreased the likelihood of having high blood cholesterol increased. Forty percent of respondents with less than a high school degree had high blood cholesterol.
- Ward 2 respondents were least likely to have high blood cholesterol (26%), whereas respondents in Ward 6 (37%) and respondents in Ward 7 (39%) were most likely to have the disease.

Additional Data Highlights

- Eighty-two percent of respondents had ever had their blood cholesterol checked.
- For respondents who had checked their blood cholesterol, 75% had done so in the past year, and another 13% had done so in the past two years.

¹⁶ U.S. Department of Health & Human Services, National Institutes of Health, National Heart Lung and Blood Institute, Diseases and Conditions Index, High Blood Cholesterol. http://www.nhlbi.nih.gov/health/dci/Diseases/Hbc/HBC_Summary.html (accessed January 23, 2007).

¹⁷ National Center for Chronic Disease Prevention and Health Promotion. Behavioral Risk Factor Surveillance System Prevalence Data, All States – 2005. <http://apps.nccd.cdc.gov/brfss/page.asp?cat=HS&yr=2005&state=All#HS> (accessed January 11, 2007).

Cholesterol Awareness

Table 33. High Blood Cholesterol, by Demographics “Have you EVER been told by a doctor, nurse or other health professional that your blood cholesterol is high?”			
	N	Yes	No
Total	3196	31.5%	68.5%
GENDER			
Male	1279	35.9%	64.1%
Female	1917	28.0%	72.0%
AGE			
18-24	122	15.5%	84.5%
25-34	543	20.8%	79.2%
35-44	639	24.7%	75.3%
45-54	591	34.4%	65.6%
55-64	600	43.7%	56.3%
65+	644	49.1%	50.9%
RACE			
Caucasian	1565	28.3%	71.7%
African American	1309	34.4%	65.6%
Hispanic	101	28.3%	71.7%
Other	154	31.1%	68.9%
EDUCATION			
Less than High School	179	40.4%	59.6%
High School Graduate	487	36.2%	63.8%
Some College	530	32.0%	68.0%
College Graduate	1992	28.3%	71.7%
INCOME			
Less than \$15,000	211	34.8%	65.2%
\$15,000-\$24,999	294	34.6%	65.4%
\$25,000-\$34,999	262	31.8%	68.2%
\$35,000-\$49,999	384	28.5%	71.5%
\$50,000-\$74,999	486	30.0%	70.0%
\$75,000+	1214	29.8%	70.2%
WARD			
Ward 1	231	30.6%	69.4%
Ward 2	272	26.2%	73.8%
Ward 3	439	32.4%	67.6%
Ward 4	331	35.3%	64.7%
Ward 5	146	35.1%	64.9%
Ward 6	299	37.2%	62.8%
Ward 7	236	39.0%	61.0%
Ward 8	187	32.1%	67.9%

Cholesterol Awareness

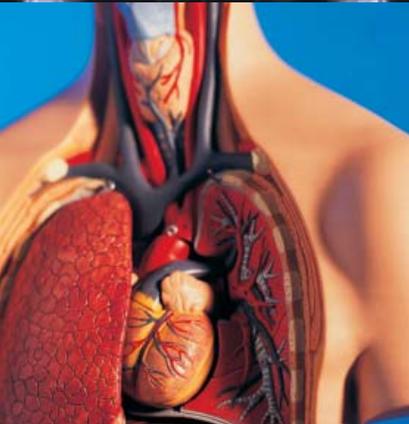
Table 34. Blood Cholesterol Tests, by Demographics			
“Blood cholesterol is a fatty substance found in the blood. Have you EVER had your blood cholesterol checked?”			
	N	Yes	No
Total	3679	82.2%	17.8%
GENDER			
Male	1482	79.5%	20.5%
Female	2197	84.6%	15.4%
AGE			
18-24	192	60.9%	39.1%
25-34	702	74.5%	25.5%
35-44	736	84.2%	15.8%
45-54	652	89.0%	11.0%
55-64	643	92.3%	7.7%
65+	688	94.3%	5.7%
RACE			
Caucasian	1760	83.9%	16.1%
African American	1528	82.1%	17.9%
Hispanic	119	81.2%	18.8%
Other	191	76.3%	23.7%
EDUCATION			
Less than High School	244	68.1%	31.9%
High School Graduate	592	79.9%	20.1%
Some College	607	83.0%	17.0%
College Graduate	2225	85.2%	14.8%
INCOME			
Less than \$15,000	280	74.9%	25.1%
\$15,000-\$24,999	377	76.1%	23.9%
\$25,000-\$34,999	325	75.3%	24.7%
\$35,000-\$49,999	445	79.9%	20.1%
\$50,000-\$74,999	531	86.4%	13.6%
\$75,000+	1307	90.7%	9.3%
WARD			
Ward 1	238	83.1%	16.9%
Ward 2	304	85.1%	14.9%
Ward 3	482	87.0%	13.0%
Ward 4	373	86.6%	13.4%
Ward 5	283	84.1%	15.9%
Ward 6	325	87.0%	13.0%
Ward 7	273	79.2%	20.8%
Ward 8	226	81.3%	18.7%

Cholesterol Awareness

Table 35. Time Since Last Cholesterol Test, by Demographics
 “About how long has it been since you last had your blood cholesterol checked?”

	N	Past year	Past 2 years	Past 5 years	Five or More Year
Total	3165	74.6%	13.0%	9.0%	3.3%
GENDER					
Male	1270	72.2%	13.0%	11.1%	3.7%
Female	1895	76.6%	13.0%	7.3%	3.0%
AGE					
18-24	117	63.5%	19.1%	14.1%	3.3%
25-34	528	63.8%	17.2%	13.8%	5.2%
35-44	634	68.8%	15.6%	11.5%	4.1%
45-54	592	74.9%	13.0%	9.1%	3.0%
55-64	593	84.5%	8.8%	4.6%	2.2%
65+	643	90.7%	5.5%	2.1%	1.6%
RACE					
Caucasian	1546	64.0%	18.7%	12.2%	5.2%
African American	1300	84.3%	8.5%	4.9%	2.2%
Hispanic	100	70.2%	18.3%	10.7%	0.9%
Other	152	54.8%	18.8%	20.7%	5.8%
EDUCATION					
Less than High School	179	84.2%	6.7%	6.1%	3.1%
High School Graduate	480	85.1%	8.4%	4.9%	1.6%
Some College	523	75.5%	13.4%	8.8%	2.3%
College Graduate	1975	68.9%	15.6%	11.1%	4.4%
INCOME					
Less than \$15,000	209	75.6%	9.6%	13.7%	1.1%
\$15,000-\$24,999	296	76.7%	10.3%	9.4%	3.5%
\$25,000-\$34,999	256	77.3%	6.8%	11.1%	4.7%
\$35,000-\$49,999	381	75.1%	15.6%	5.5%	3.8%
\$50,000-\$74,999	482	73.8%	13.6%	10.7%	2.0%
\$75,000+	1204	69.8%	16.7%	9.3%	4.1%
WARD					
Ward 1	209	74.5%	17.0%	5.3%	3.2%
Ward 2	270	69.6%	14.9%	11.5%	4.0%
Ward 3	436	66.1%	18.4%	11.0%	4.5%
Ward 4	330	81.3%	7.6%	9.0%	2.2%
Ward 5	246	84.3%	9.3%	4.0%	2.4%
Ward 6	295	72.4%	15.9%	8.7%	2.9%
Ward 7	236	82.2%	9.8%	6.6%	1.3%
Ward 8	187	81.6%	11.1%	5.4%	1.9%

Cardiovascular Disease



Heart disease and stroke are the first and third leading causes of death for all adults in the U.S. Heart Disease is also the leading cause of early and permanent disability in the U.S. workforce. High blood pressure and high blood cholesterol are the two major independent risk factors, both of which are largely preventable.¹⁸

Cardiovascular Disease

District of Columbia respondents were asked whether a health professional had ever told them that they had a heart attack, angina or coronary heart disease, or a stroke. Overall, 3% of respondents were told they had a heart attack, 3% heart disease, and 3% a stroke.

- Respondents aged 65 and older were most likely to have been diagnosed with a heart attack (10%), heart disease (10%), and stroke (11%). For all other age groups, 4% or less of District respondents reported such.
- The likelihood of having had a heart attack, heart disease, or a stroke increased as education and income decreased. Six percent or more of respondents with less than a high school degree reported having had a heart attack, heart disease, or a stroke, compared to 3% or less of respondents with at least some college. By income, % of respondents who earned less than \$15,000 reported having had a heart attack, heart disease, or a stroke, compared to less than 3% for respondents who earned \$50,000 or more.
- There were small differences by gender, race, and Ward.

Aspirin Use

Respondents were asked if they took aspirin daily or every other day; if they stated that they did not, they were asked if this was because of a health problem or condition that made taking aspirin unsafe. Nineteen percent of respondents took aspirin daily or every other day. Of the respondents who did not take aspirin regularly, 5% stated it was because they had non-stomach-related problems and 3% had stomach-related problems which made taking aspirin unsafe.

- Older respondents were much more likely to take aspirin (48% of respondents aged 65 and older compared to less than 5% of respondents aged 18-34). For respondents who did not take aspirin, respondents 65 and older were also more likely to not take aspirin because it was unsafe (23%).
- African Americans were slightly more likely than Caucasians to take Aspirin regularly (23% versus 18%) but much more likely to do so compared to Hispanics (10%) and respondents of other races (11%).
- Aspirin use decreased as education and income increased.
- There were small differences in aspirin use by Ward.

Knowledge of Heart Attack Symptoms

Respondents were asked whether or not a variety of symptoms were indicative of

Cardiovascular Disease

a heart attack, including: pain or discomfort in the jaw, neck, or back; feeling weak, lightheaded, or faint; chest pain or discomfort; sudden trouble seeing in one or both eyes; pain or discomfort in the arms or shoulders; and shortness of breath. Ninety-percent of respondents correctly indicated chest pain. However, only 33% correctly indicated jaw, neck, or back pain. Only 54% correctly indicated feeling lightheaded or faint.

- African Americans, Hispanics, and respondents of other races were less likely than Caucasians to correctly identify the symptoms of a heart attack.
- District respondents who were more highly educated or earned higher levels of income were more likely to correctly identify the symptoms of a heart attack.

Knowledge of Stroke Symptoms

Respondents were asked whether or not a variety of symptoms were indicative of a stroke, including: sudden confusion or trouble speaking; sudden numbness or weakness of the face, arm, or leg (especially on one side); sudden trouble seeing in one or both eyes; sudden chest pain or discomfort; sudden trouble walking, dizziness, or loss of balance; and severe headache with no known cause. Ninety-percent correctly indicated numbness of the face, arm, or leg and 79% correctly indicated trouble walking. However, 40% of respondents incorrectly stated that chest pain was a symptom, and only 51% correctly stated that a severe headache.

- Women were slightly more likely than men to correctly identify the symptoms of a stroke.
- District respondents between the ages of 45-64 were most likely to correctly state which symptoms were, and which symptoms were not, indicative of a stroke.
- Caucasians, the more highly educated, and respondents earning higher levels of income were all most likely to know the symptoms of a stroke.

Knowledge of Emergency Procedures

Respondents were asked what was the first thing they would do if someone was having a heart attack or a stroke. Eighty-seven percent of respondents correctly stated that they should first call 911 if they thought someone was having a heart attack or a stroke.

¹⁸ U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Coordinating Center for Health Promotion. Division for Heart Disease and Stroke Prevention. Addressing the Nation's Leading Killers, Strategies for a Heart-Healthy and Stroke-Free America. 2006.

Cardiovascular Disease

Table 36. Cardiovascular Disease, by Demographics						
“Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also called a myocardial infarction, angina or coronary heart disease, or a stroke?”						
		Told Had Heart Attack		Told Had Heart Disease		Told Had Stroke
	N	Yes	N	Yes	N	Yes
Total	3727	2.8%	3729	3.0%	3735	3.1%
GENDER						
Male	1501	3.2%	1500	3.5%	1501	2.9%
Female	2226	2.5%	2229	2.5%	2234	3.3%
AGE						
18-24	203	0.2%	203	0%	203	0.7%
25-34	721	0.7%	722	0.6%	723	0.5%
35-44	747	1.4%	747	1.9%	746	1.7%
45-54	655	2.7%	655	2.7%	656	4.2%
55-64	645	3.7%	646	3.9%	646	3.0%
65+	691	9.7%	690	10.2%	695	10.5%
RACE						
Caucasian	1793	1.5%	1790	1.8%	1792	0.9%
African American	1537	3.9%	1541	4.1%	1544	4.9%
Hispanic	124	0.8%	124	1.4%	125	1.1%
Other	191	1.4%	192	0.7%	193	2.1%
EDUCATION						
Less than High School	244	7.0%	244	6.4%	246	8.9%
High School Graduate	598	3.9%	600	3.8%	604	4.8%
Some College	616	2.1%	619	3.2%	618	3.3%
College Graduate	2258	2.0%	2255	2.0%	2256	1.4%
INCOME						
Less than \$15,000	283	6.4%	286	7.0%	288	6.9%
\$15,000-\$24,999	383	4.3%	384	4.8%	384	5.8%
\$25,000-\$34,999	328	4.3%	329	3.6%	331	3.5%
\$35,000-\$49,999	451	1.2%	451	2.0%	451	3.3%
\$50,000-\$74,999	537	1.3%	537	1.5%	538	1.0%
\$75,000+	1325	1.9%	1324	2.5%	1323	1.1%
WARD						
Ward 1	240	3.7%	241	2.8%	243	2.6%
Ward 2	305	1.8%	307	3.8%	307	0.9%
Ward 3	485	1.2%	483	1.8%	485	1.0%
Ward 4	378	5.3%	376	5.1%	377	2.4%
Ward 5	292	3.5%	293	3.5%	293	8.0%
Ward 6	325	2.2%	325	2.2%	327	4.6%
Ward 7	276	4.8%	278	4.7%	277	4.7%
Ward 8	229	4.0%	228	3.0%	230	4.3%

Cardiovascular Disease

Table 37. Aspirin Use, by Demographics						
"Do you take aspirin daily or every other day?" and						
"Do you have a health problem or condition that makes taking aspirin unsafe for you?"						
		Take Aspirin Regularly		Told Had Heart Disease Told Had Stroke		
	N	Yes	N	Yes, Non Stomach Related	Yes, Stomach Problems	No
Total	3489	19.0%	2696	4.6	3.3%	92.1%
GENDER						
Male	1414	21.0%	1025	3.2%	2.6%	94.2%
Female	2075	17.3%	1671	5.8%	3.9%	90.3%
AGE						
18-24	190	4.8%	181	0.3%	0.4%	99.3%
25-34	667	4.2%	639	2.7%	1.8%	95.5%
35-44	707	10.7%	635	3.6%	3.0%	93.4%
45-54	612	25.1%	462	6.0%	3.5%	90.5%
55-64	606	33.0%	402	6.7%	8.3%	85.0%
65+	654	48.3%	335	15.0%	7.6%	77.3%
RACE						
Caucasian	1715	17.5%	1337	3.7%	2.0%	94.2%
African American	1406	22.5%	1043	5.6%	3.9%	90.4%
Hispanic	119	10.2%	104	6.4%	5.7%	87.9%
Other	179	11.0%	154	2.8%	3.4%	93.8%
EDUCATION						
Less than High School	225	33.7%	142	7.3%	4.9%	87.8%
High School Graduate	543	22.1%	394	6.0%	2.9%	91.1%
Some College	572	16.8%	461	4.8%	5.8%	89.4%
College Graduate	2138	16.5%	1690	3.7%	2.3%	94.0%
INCOME						
Less than \$15,000	266	24.9%	182	7.1%	6.9%	86.0%
\$15,000-\$24,999	355	23.2%	254	6.0%	3.5%	90.4%
\$25,000-\$34,999	302	19.0%	238	2.6%	3.1%	94.2%
\$35,000-\$49,999	422	16.2%	349	5.6%	4.3%	90.2%
\$50,000-\$74,999	503	15.1%	411	2.9%	5.3%	91.9%
\$75,000+	1271	17.2%	989	4.5%	1.6%	93.9%
WARD						
Ward 1	243	19.1%	193	3.0%	4.3%	92.7%
Ward 2	306	21.3%	243	5.7%	2.7%	91.6%
Ward 3	485	21.0%	355	3.7%	3.0%	93.3%
Ward 4	377	22.1%	275	3.2%	2.5%	94.3%
Ward 5	294	23.5%	218	6.1%	3.7%	90.2%
Ward 6	327	23.0%	235	6.6%	2.8%	90.6%
Ward 7	276	26.0%	204	6.2%	5.1%	88.7%
Ward 8	230	17.9%	174	6.5%	3.8%	89.6%

Cardiovascular Disease

Table 38. Knowledge of Heart Attack Symptoms, by Demographics

“Which of the following do you think is a symptom of a heart attack? Pain or discomfort in the jaw, neck, or back; feeling weak, light-headed, or faint; chest pain or discomfort; sudden trouble seeing in one or both eyes; pain or discomfort in the arms or shoulder; and shortness of breath.”

		Jaw, Neck or Back Pain		Feeling Weak or Faint		Chest Pain		Trouble Seeing		Pain in Arms or Shoulder		Shortness of Breath
	N	Yes	N	Yes	N	Yes	N	Yes	N	Yes	N	Yes
Total	3487	32.7%	3485	53.6%	3483	90.0%	3482	33.1%	3480	76.7%	3479	79.5%
GENDER												
Male	1414	31.1%	1414	53.2%	1414	89.7%	1413	34.1%	1411	75.2%	1411	78.4%
Female	2073	34.1%	2071	53.9%	2069	90.2%	2069	32.1%	2069	78.1%	2069	80.4%
AGE												
18-24	190	28.0%	190	55.4%	190	92.7%	190	43.6%	190	79.0%	189	78.0%
25-34	667	28.6%	667	57.4%	667	93.4%	667	36.6%	667	76.8%	667	83.2%
35-44	704	30.4%	704	56.3%	702	91.8%	702	30.1%	701	77.3%	701	80.4%
45-54	611	40.5%	610	57.8%	610	92.5%	610	33.9%	610	86.2%	610	85.2%
55-64	610	38.4%	610	51.6%	610	88.9%	609	27.1%	608	80.3%	608	79.6%
65+	655	34.2%	654	40.2%	654	78.0%	654	25.9%	654	61.3%	654	68.2%
RACE												
Caucasian	1717	38.4%	1717	62.7%	1716	96.1%	1716	32.1%	1716	85.4%	1715	85.6%
African American	1403	30.2%	1401	47.0%	1400	86.6%	1399	34.0%	1397	71.5%	1397	74.8%
Hispanic	118	24.0%	118	57.5%	118	88.2%	118	33.3%	118	80.6%	118	77.9%
Other	178	29.6%	178	57.5%	178	88.7%	178	28.7%	178	71.8%	178	87.6%
EDUCATION												
Less than High School	225	20.2%	224	34.6%	224	73.8%	224	33.4%	224	59.8%	224	66.4%
High School Graduate	540	28.8%	540	44.2%	540	82.6%	540	28.6%	539	66.3%	539	72.9%
Some College	576	31.4%	575	49.2%	574	91.9%	574	34.7%	573	81.7%	573	80.2%
College Graduate	2136	36.7%	2136	61.9%	2135	94.6%	2134	34.2%	2134	81.6%	2133	84.0%
INCOME												
Less than \$15,000	264	36.4%	264	43.3%	264	82.5%	264	30.9%	264	67.4%	263	70.1%
\$15,000-\$24,999	354	26.4%	354	45.0%	354	84.0%	354	34.8%	354	68.3%	354	76.4%
\$25,000-\$34,999	304	26.6%	303	49.5%	303	85.8%	303	34.0%	303	69.3%	303	73.9%
\$35,000-\$49,999	422	32.1%	422	56.5%	422	91.2%	421	31.2%	420	82.6%	420	80.1%
\$50,000-\$74,999	504	29.7%	504	56.0%	504	94.2%	504	35.7%	504	79.6%	504	82.5%
\$75,000+	1269	38.3%	1269	62.9%	1268	96.8%	1268	33.2%	1268	84.8%	1268	88.4%
WARD												
Ward 1	243	30.2%	243	59.1%	243	87.9%	243	30.1%	243	73.5%	243	79.6%
Ward 2	307	40.6%	307	59.3%	307	2.0%	307	33.3%	307	86.5%	307	82.3%
Ward 3	484	35.8%	484	59.9%	484	92.8%	484	28.4%	484	81.2%	484	82.9%
Ward 4	379	36.7%	379	51.3%	379	89.4%	379	33.9%	379	73.9%	379	81.4%
Ward 5	294	33.6%	294	50.4%	294	88.9%	294	32.3%	294	74.3%	294	80.4%
Ward 6	327	31.2%	327	59.9%	327	92.2%	327	36.3%	327	78.4%	327	85.2%
Ward 7	278	28.5%	278	49.6%	278	89.3%	278	35.7%	278	74.9%	278	72.9%
Ward 8	230	26.4%	230	43.7%	230	89.4%	230	35.8%	230	77.2%	230	75.7%

Cardiovascular Disease

Table 39. Knowledge of Stroke Symptoms, by Demographics

“Which of the following do you think is a symptom of a stroke: sudden confusion or trouble speaking; sudden numbness or weakness of face, arm, leg, especially on one side; sudden trouble seeing in one or both eyes; sudden chest pain or discomfort; sudden trouble walking, dizziness, or loss of balance; and severe headache with no known cause.”

		Trouble Speaking		Numbness of Face, Arm, Leg		Trouble Seeing		Chest Pain		Trouble Walking		Severe Headache
	N	Yes	N	Yes	N	Yes	N	Yes	N	Yes	N	Yes
Total	3476	81.8%	3474	90.2%	3472	63.0%	3470	40.0%	3469	79.0%	3468	51.3%
GENDER												
Male	1410	78.5%	1410	88.8%	1410	62.6%	1410	41.5%	1410	77.0%	1410	50.1%
Female	2066	84.6%	2064	91.3%	2062	63.3%	2060	38.7%	2059	80.8%	2058	52.3%
AGE												
18-24	189	71.9%	189	90.3%	189	62.7%	189	51.0%	189	73.5%	189	43.3%
25-34	665	83.7%	665	92.5%	655	65.2%	665	39.5%	664	82.2%	664	50.2%
35-44	701	83.9%	701	91.4%	701	62.6%	700	37.3%	700	78.7%	700	51.5%
45-54	610	89.3%	609	94.5%	608	71.4%	608	36.7%	608	88.1%	608	61.3%
55-64	607	87.8%	607	93.5%	607	67.5%	607	36.9%	607	81.8%	607	56.5%
65+	654	72.6%	653	77.9%	652	47.8%	651	40.4%	651	68.0%	650	46.0%
RACE												
Caucasian	1714	91.0%	1714	96.1%	1714	74.2%	1713	26.6%	1713	86.5%	1713	59.6%
African American	1395	77.9%	1393	88.4%	1392	56.9%	1391	48.4%	1390	76.3%	1389	48.2%
Hispanic	118	78.9%	118	87.6%	118	58.9%	118	34.8%	118	77.6%	118	43.1%
Other	178	76.8%	178	80.5%	178	58.3%	178	44.6%	178	71.6%	178	40.4%
EDUCATION												
Less than High School	223	56.1%	223	72.2%	223	42.9%	223	49.7%	222	59.4%	222	37.4%
High School Graduate	537	75.2%	535	84.6%	533	47.9%	532	51.1%	532	71.3%	531	41.7%
Some College	573	82.6%	573	91.3%	573	61.1%	573	45.3%	573	78.8%	573	51.3%
College Graduate	2133	88.0%	2133	94.7%	2133	72.4%	2132	32.1%	2132	85.1%	2132	56.9%
INCOME												
Less than \$15,000	263	72.9%	263	83.1%	262	51.0%	262	39.8%	261	63.9%	261	41.2%
\$15,000-\$24,999	352	71.3%	350	82.3%	350	50.5%	349	51.1%	349	69.7%	349	41.5%
\$25,000-\$34,999	302	75.2%	302	87.6%	302	58.2%	302	50.9%	302	74.0%	302	44.2%
\$35,000-\$49,999	420	87.0%	420	93.2%	420	64.2%	420	37.7%	420	81.7%	420	50.5%
\$50,000-\$74,999	504	84.1%	504	94.3%	504	62.7%	503	40.7%	503	82.0%	503	53.4%
\$75,000+	1268	91.6%	1268	95.4%	1268	75.7%	1268	29.2%	1268	89.5%	1268	59.4%
WARD												
Ward 1	243	85.8%	243	90.8%	243	65.6%	243	32.4%	243	84.8%	243	56.6%
Ward 2	307	86.7%	307	94.9%	307	73.4%	307	31.7%	307	78.9%	307	52.2%
Ward 3	484	85.6%	484	93.5%	484	72.2%	484	27.9%	484	80.9%	484	58.3%
Ward 4	379	82.6%	379	88.5%	379	61.3%	379	43.4%	379	77.2%	379	47.8%
Ward 5	294	79.6%	294	89.0%	294	60.2%	294	46.2%	294	80.7%	294	58.5%
Ward 6	327	90.2%	327	93.5%	327	72.0%	327	37.8%	327	87.2%	327	55.2%
Ward 7	278	78.2%	278	91.5%	278	56.1%	278	2.2%	278	79.5%	278	48.9%
Ward 8	230	73.9%	230	82.1%	230	50.0%	230	52.4%	230	69.8%	230	41.1%

Cardiovascular Disease

Table 40. Knowledge of Emergency Procedures for a Heart Attack or Stroke, by Demographics “If you thought someone was having a heart attack or stroke, what is the first thing you would do?”				
	N	Take Them To The Hospital	Call 911	Something Else
Total		7.2%	86.9%	5.8%
GENDER				
Male		7.4%	85.7%	6.9%
Female		7.1%	88.0%	4.9%
AGE				
18-24		1.8%	81.6%	7.5%
25-34		6.3%	88.2%	5.6%
35-44		4.3%	92.4%	3.3%
45-54		7.8%	86.2%	6.0%
55-64		7.6%	85.5%	6.9%
65+		8.2%	85.4%	6.5%
RACE				
Caucasian		7.7%	87.5%	4.8%
African American		6.1%	87.4%	6.5%
Hispanic		8.4%	83.7%	7.9%
Other		11.2%	83.3%	5.5%
EDUCATION				
Less than High School		10.4%	84.5%	5.0%
High School Graduate		6.4%	88.6%	5.0%
Some College		8.1%	86.2%	5.7%
College Graduate		6.7%	86.9%	6.3%
INCOME				
Less than \$15,000		7.8%	85.4%	6.7%
\$15,000-\$24,999		5.5%	89.4%	5.0%
\$25,000-\$34,999		6.4%	85.5%	8.1%
\$35,000-\$49,999		7.6%	85.1%	7.4%
\$50,000-\$74,999		5.9%	89.1%	5.0%
\$75,000+		7.9%	87.8%	4.3%
WARD				
Ward 1		6.8%	88.5%	4.7%
Ward 2		7.7%	87.0%	5.3%
Ward 3		9.3%	85.8%	4.9%
Ward 4		6.7%	89.2%	4.1%
Ward 5		6.6%	87.8%	5.5%
Ward 6		6.0%	89.4%	4.6%
Ward 7		9.0%	83.6%	7.5%
Ward 8		4.7%	86.0%	9.3%

Asthma



Asthma, a reversible obstructive lung disease, affects an estimated 20.5 million Americans. Asthma is also the leading long-term disease of children.²⁰

District respondents were asked if they had ever been diagnosed with asthma, and respondents who had were then asked if they still had asthma. Respondents were also asked if their selected child (for the survey) had ever been diagnosed with asthma, and respondents who answered “yes” were then asked if the child still had asthma.

Adult Asthma

Overall, 9% of District residents reported being affected with asthma, and an additional 6% indicated that they had been diagnosed with asthma in the past, but no longer consider themselves to have asthma. This compares to 8% of current asthmatics nationwide.²¹

- Women were more likely to report having asthma than men (11% versus 7%).
- Younger respondents were somewhat more likely than older respondents to have been diagnosed with asthma; 15% of respondents aged 18-24 had asthma compared to only 6% of respondents 65 and older.
- African Americans (10%) and respondents of other races (11%) were somewhat more likely than Caucasians (7%) and Hispanics (8%) to have asthma.
- Current asthma was more prevalent among respondents with less than a high school education (14%) and respondents with incomes less than \$15,000 (17%) compared to other educational and income groups.
- Adult respondents residing in Wards 2 and 8 reported the highest levels of asthma (14% for both Wards). Respondents in Wards 3 and 4 reported the lowest prevalence of asthma (7% for each).

Child Asthma

Respondents were asked if the selected child for the survey had ever been diagnosed with asthma, and whether or not the child still had asthma. Overall, 11% of children were current asthmatics, and 4% were former asthmatics.

- There were small differences in the prevalence of asthma based on the child's gender.
- Children aged nine and older were more likely to currently have asthma, or previously had asthma (16% and 7% respectively), compared to younger children (8% and 2% respectively).
- As seen with the data for adults, children whose parents had lower levels of education and income were more likely to have asthma.

Age of Diagnosis

District respondents were asked at what age they were first told by a health profes-

Asthma

sional that they had asthma. Almost one-fourth (22%) of adult asthmatics were diagnosed for the first time when they were 19 years of age or younger. However, it is important to note that almost one-half (46%) of respondents did not know how old they were when they were first diagnosed with asthma.

Visits to a Health Care Provider

Asthmatic respondents were asked how many times in the past 12 months they saw a doctor, nurse, or other health professional for a routine checkup for their asthma; 30% stated never, 30% stated once, and 41% stated at least two times. It is recommended that asthmatics visit their health provider for a routine checkup every one to six months.²²

Asthma Attacks

District asthmatics were asked the number of asthma episodes or attacks they had in the last 12 months. Just less than half, 45%, stated such had occurred.

Days of Missed Work or Usual Activities

Asthmatics were asked the number of days they missed of work or their usual activities because of their asthma. Over three-fourths (78%) stated this never occurred, and 10% stated they had missed six or more days.

Asthma Medication and Inhaler Use

Asthmatic respondents were asked how often they took a prescription asthma medication to prevent an asthma attack. Forty-one percent of asthmatics took prescription medication every day or almost every day to prevent an asthma attack.

Asthmatics were also asked about how often they used an inhaler during an attack. Thirty percent of respondents stated they used an inhaler between one and four times in the past 30 days, and 9% stated they used an inhaler five or more times in the past 30 days.

Additional Data Highlights

- Only 3% of respondents had been told by a health professional that their asthma was job related. However, 5% had told a health professional themselves that their asthma was job-related.

¹⁹ American Lung Association, Asthma & Allergy. Asthma in Adults Fact Sheet. <http://www.lungusa.org/site/pp.asp?c=dvLUK9000E&b=22596> (accessed January 24, 2007).

²⁰ Centers for Disease Control and Prevention. Basic Facts About Asthma. October 2003.

²¹ National Center for Chronic Disease Prevention and Health Promotion. Behavioral Risk Factor Surveillance System Prevalence Data, All States – 2005. <http://apps.nccd.cdc.gov/brfss/page.asp?cat=HS&yr=2005&state=All#HS> (accessed January 11, 2007).

²² Agency for Healthcare Research and Quality (AHRQ), National Guideline Clearinghouse. Key clinical activities for quality asthma care: recommendations of the National Asthma Education and Prevention Program. http://www.guideline.gov/summary/summary.aspx?doc_id=3734 (accessed February 12, 2007).

Asthma

Table 41. Prevalence of Adult Asthma, by Demographics “Have you ever been told by a doctor or other health professional that you had asthma?” and “Do you still have asthma?”				
	N	Current	Former	Never
Total	3720	9.2%	5.7%	85.1%
GENDER				
Male	1495	6.7%	7.8%	85.4%
Female	2225	11.3%	3.9%	84.8%
AGE				
18-24	203	15.4%	9.4%	75.2%
25-34	716	8.4%	8.7%	82.9%
35-44	745	8.3%	3.8%	87.9%
45-54	720	8.0%	3.5%	88.2%
55-64	644	10.4%	3.3%	86.4%
65+	692	6.3%	4.5%	89.2%
RACE				
Caucasian	1782	6.6%	5.1%	88.3%
African American	1541	10.4%	5.0%	84.6%
Hispanic	125	8.0%	13.1%	78.9%
Other	192	10.5%	10.1%	79.4%
EDUCATION				
Less than High School	246	14.0%	1.0%	85.0%
High School Graduate	601	10.0%	6.7%	83.3%
Some College	618	11.3%	5.8%	83.0%
College Graduate	2244	7.3%	6.0%	86.7%
INCOME				
Less than \$15,000	288	16.5%	3.2%	80.3%
\$15,000-\$24,999	382	8.1%	8.1%	83.8%
\$25,000-\$34,999	329	10.6%	7.8%	81.6%
\$35,000-\$49,999	451	6.9%	4.7%	88.4%
\$50,000-\$74,999	533	8.2%	6.9%	84.9%
\$75,000+	1315	6.8%	5.2%	87.9%
WARD				
Ward 1	241	10.9%	6.7%	82.4%
Ward 2	305	13.9%	5.5%	80.6%
Ward 3	480	6.6%	7.5%	85.9%
Ward 4	378	6.7%	9.2%	84.1%
Ward 5	294	9.8%	5.7%	84.5%
Ward 6	325	9.4%	1.4%	89.1%
Ward 7	278	9.3%	3.9%	86.8%
Ward 8	228	13.8%	6.7%	79.5%

Asthma

Table 42. Prevalence of Childhood Asthma, by Demographics
 “Has a doctor, nurse or other health professional ever said that the child has asthma?”
 and “Does the child still have asthma?”

	N	Current	Former	Never
Total	790	11.4%	4.0%	84.6%
CHILD'S GENDER				
Male	400	12.35	4.3%	83.4%
Female	383	10.2%	3.8%	85.9%
CHILD'S AGE				
8 or Under	395	8.4%	1.8%	89.8%
9 to 17	342	15.9%	7.3%	76.8%
PARENT'S RACE				
Caucasian	266	9.3%	3.2%	89.8%
African American	428	13.1%	4.3%	76.8%
Hispanic	31	*	*	*
Other	49	*	*	*
PARENT'S EDUCATION				
Less than High School	61	14.4%	1.2%	84.3%
High School Graduate	181	11.2%	4.6%	84.2%
Some College	157	12.4%	7.3%	80.3%
College Graduate	391	10.0%	2.2%	87.7%
PARENT'S INCOME				
Less than \$15,000	67	19.3%	6.5%	74.2%
\$15,000-\$24,999	94	15.9%	0.8%	83.3%
\$25,000-\$34,999	73	8.2%	0%	91.8%
\$35,000-\$49,999	80	12.5%	1.8%	85.7%
\$50,000-\$74,999	101	12.5%	9.6%	77.9%
\$75,000+	321	8.7%	3.6%	87.7%
WARD				
Ward 1	50	20.8%	5.3%	73.8%
Ward 2	45	*	*	*
Ward 3	92	6.9%	2.7%	90.3%
Ward 4	110	15.4%	5.8%	78.7%
Ward 5	81	11.2%	1.2%	87.6%
Ward 6	62	13.1%	2.9%	84.0%
Ward 7	88	8.2%	1.5%	90.3%
Ward 8	98	16.4%	11.0%	72.5%

*Data not presented if the unweighted cell size was <50

Asthma

Table 43. Age When Diagnosed with Asthma, by Demographics

“How old were you when you were first told by a doctor or other health professional that you had asthma?”

	N	19 or Younger	20-39	40-59	60+	Don't Know
Total	447	22.0%	19.0%	8.4%	4.7%	45.9%
GENDER						
Male	158	25.5%	8.2%	6.0%	3.9%	56.4%
Female	289	19.2%	28.0%	10.3%	5.5%	37.1%
AGE						
18-24	34	*	*	*	*	*
25-34	100	30.3%	17.2%	0%	0%	52.5%
35-44	82	18.9%	42.7%	1.9%	0%	36.5%
45-54	71	15.8%	28.0%	15.4%	0%	40.8%
55-64	78	8.7%	18.0%	34.7%	1.6%	37.0%
65+	74	1.7%	10.0%	24.7%	39.5%	24.1%
RACE						
Caucasian	192	24.6%	17.9%	7.5%	4.6%	45.4%
African American	200	13.7%	18.3%	10.4%	6.5%	51.1%
Hispanic	18	*	*	*	*	*
Other	30	*	*	*	*	*
EDUCATION						
Less than High School	33	*	*	*	*	*
High School Graduate	77	17.8%	15.4%	12.9%	8.8%	45.0%
Some College	72	21.6%	16.0%	7.6%	1.1%	53.7%
College Graduate	263	24.8%	21.5%	5.6%	3.9%	44.3%
INCOME						
Less than \$15,000	44	*	*	*	*	*
\$15,000-\$24,999	53	20.6%	23.8%	8.1%	6.1%	41.4%
\$25,000-\$34,999	43	*	*	*	*	*
\$35,000-\$49,999	49	*	*	*	*	*
\$50,000-\$74,999	73	11.7%	24.0%	17.3%	8.7%	38.2%
\$75,000+	138	17.3%	25.3%	6.5%	1.9%	48.9%

*Data not presented if the unweighted cell size was <50
Small numbers prohibit the display of the data by Ward.

Asthma

Table 44. Frequency of Visits to a Doctor for Routine Asthma Checkups, by Demographics “During the past 12 months, how many times did you see a doctor, nurse or other health professional for a routine checkup for your asthma?”					
	N	None	Once	2-4 Times	5 Times
Total	286	29.5%	29.6%	32.2%	8.6%
GENDER					
Male	87	32.8%	33.8%	27.0%	6.4%
Female	199	27.7%	27.3%	35.1%	9.9%
AGE					
18-24	22	*	*	*	*
25-34	56	40.4%	40.4%	19.2%	0*
35-44	58	39.4%	29.6%	24.5%	6.5%
45-54	48	*	*	*	*
55-64	60	15.5%	12.1%	48.9%	23.4%
65+	38	*	*	*	*
RACE					
Caucasian	111	42.5%	35.7%	16.8%	5.1%
African American	141	25.0%	21.0%	43.4%	10.7%
Hispanic	8	*	*	*	*
Other	21	*	*	*	*
EDUCATION					
Less than High School	27	*	*	*	*
High School Graduate	53	23.7%	11.4%	57.9%	7.1%
Some College	53	27.8%	26.5%	42.1%	3.5%
College Graduate	153	38.7%	43.5%	12.5%	5.2%
INCOME					
Less than \$15,000	36	*	*	*	*
\$15,000-\$24,999	34	*	*	*	*
\$25,000-\$34,999	26	*	*	*	*
\$35,000-\$49,999	30	*	*	*	*
\$50,000-\$74,999	44	*	*	*	*
\$75,000+	80	42.8%	42.6%	7.6%	7.1%

*Data not presented if the unweighted cell size was <50
 Small numbers prohibit the display of the data by Ward.

Asthma

Table 45. Episodes of Asthma or Asthma Attacks, by Demographics
 “During the past 12 months, have you had an episode of asthma or an asthma attack?”

	N	Yes	No
Total	296	44.8%	55.2%
GENDER			
Male	90	50.7%	49.3%
Female	206	41.5%	58.5%
AGE			
18-24	22	*	*
25-34	56	46.2%	53.8%
35-44	59	58.4%	41.6%
45-54	52	48.8%	51.2%
55-64	62	46.7%	53.3%
65+	41	*	*
RACE			
Caucasian	114	43.5%	56.5%
African American	148	45.8%	54.2%
Hispanic	8	*	*
Other	21	*	*
EDUCATION			
Less than High School	33	*	*
High School Graduate	52	39.3%	60.7%
Some College	55	43.2%	56.8%
College Graduate	156	47.7%	52.3%
INCOME			
Less than \$15,000	39	*	*
\$15,000-\$24,999	35	*	*
\$25,000-\$34,999	26	*	*
\$35,000-\$49,999	31	*	*
\$50,000-\$74,999	44	*	*
\$75,000+	81	41.3%	58.7%

*Data not presented if the unweighted cell size was <50
 Small numbers prohibit the display of the data by Ward.

Asthma

Table 46. Frequency of Days Missed Work or Usual Activities Because of Asthma, by Demographics

“During the past 12 months, how many days were you unable to work or carry out your usual activities because of your asthma?”

	N	0	1-5	6 or More
Total	293	78.4%	11.9%	9.7%
GENDER				
Male	91	77.3%	12.6%	10.1%
Female	202	79.0%	11.5%	9.4%
AGE				
18-24	22	*	*	*
25-34	56	85.9%	8.1%	5.9%
35-44	59	76.0%	11.4%	12.6%
45-54	51	65.2%	21.2%	13.6%
55-64	60	73.8%	15.5%	10.7%
65+	41	*	*	*
RACE				
Caucasian	114	81.9%	7.5%	10.6%
African American	146	76.9%	14.3%	9.4%
Hispanic	8	*	*	*
Other	20	*	*	*
EDUCATION				
Less than High School	31	*	*	*
High School Graduate	52	70.9%	17.8%	11.4%
Some College	54	81.4%	11.9%	6.6%
College Graduate	156	81.9%	8.1%	10.0%
INCOME				
Less than \$15,000	37	*	*	*
\$15,000-\$24,999	34	*	*	*
\$25,000-\$34,999	26	*	*	*
\$35,000-\$49,999	31	*	*	*
\$50,000-\$74,999	44	*	*	*
\$75,000+	81	84.7%	7.7%	7.6%

*Data not presented if the unweighted cell size was <50
Small numbers prohibit the display of the data by Ward.

Asthma

Table 47. Frequency of Medication Use to Prevent Asthma Attacks, by Demographics				
“During the past 30 days how often did you take a prescription asthma medication to prevent an asthma attack from occurring?”				
	N	Every Day or Almost Every Day	Less Often	Never
Total	296	41.0%	25.2%	33.8%
GENDER				
Male	91	41.4%	19.3%	39.3%
Female	205	40.8%	28.5%	30.7%
AGE				
18-24	22	*	*	*
25-34	55	27.2%	26.7%	46.1%
35-44	59	32.8%	23.6%	43.6%
45-54	52	49.2%	21.9%	28.9%
55-64	63	61.8%	15.7%	22.6%
65+	41	*	*	*
RACE				
Caucasian	114	38.0%	21.1%	40.8%
African American	148	43.1%	27.8%	29.1%
Hispanic	8	*	*	*
Other	21	*	*	*
EDUCATION				
Less than High School	33	*	*	*
High School Graduate	52	48.8%	22.3%	28.9%
Some College	55	32.6%	21.2%	46.2%
College Graduate	156	37.3%	26.0%	36.7%
INCOME				
Less than \$15,000	39	*	*	*
\$15,000-\$24,999	35	*	*	*
\$25,000-\$34,999	26	*	*	*
\$35,000-\$49,999	31	*	*	*
\$50,000-\$74,999	44	*	*	*
\$75,000+	81	27.8%	35.7%	36.5%

*Data not presented if the unweighted cell size was <50
Small numbers prohibit the display of the data by Ward.

Asthma

Table 48. Frequency of Inhaler Use to Stop Asthma Attacks, by Demographics				
“During the past 30 days how often did you use a prescription asthma inhaler during an asthma attack to stop it?”				
	N	Never	1-4 Times	5 or More Times
Total	271	61.3%	29.9%	8.8%
GENDER				
Male	87	60.1%	34.4%	5.5%
Female	184	61.9%	27.4%	10.7%
AGE				
18-24	20	*	*	*
25-34	52	62.3%	32.0%	5.7%
35-44	57	62.2%	27.6%	10.2%
45-54	47	*	*	*
55-64	56	51.5%	29.8%	18.7%
65+	35	*	*	*
RACE				
Caucasian	109	75.7%	19.3%	5.1%
African American	131	53.1%	34.6%	12.3%
Hispanic	6	*	*	*
Other	20	*	*	*
EDUCATION				
Less than High School	28	*	*	*
High School Graduate	46	48.8%	22.3%	28.9%
Some College	49	32.6%	21.2%	46.2%
College Graduate	148	37.3%	26.0%	36.7%
INCOME				
Less than \$15,000	35	*	*	*
\$15,000-\$24,999	32	*	*	*
\$25,000-\$34,999	22	*	*	*
\$35,000-\$49,999	27	*	*	*
\$50,000-\$74,999	42	*	*	*
\$75,000+	78	75.6%	22.5%	2.0%

*Data not presented if the unweighted cell size was <50
Small numbers prohibit the display of the data by Ward.

Asthma

Table 49. Told By Doctor That Asthma Was Job Related, by Demographics

“Were you ever told by a doctor nurse or other health professional that your asthma was related to any job you ever had?”

	N	Never	1-4 Times	5 or More Times
Total	296	2.6%	97.4%	0%
GENDER				
Male	90	1.5%	98.5%	0%
Female	206	3.3%	96.7%	0%
AGE				
18-24	22	*	*	*
25-34	56	2.0%	98.0%	0%
35-44	59	1.7%	98.3%	0%
45-54	52	2.2%	97.8%	0%
55-64	62	6.4%	93.6%	0%
65+	41	*	*	*
RACE				
Caucasian	114	2.6%	97.4%	0%
African American	149	3.5%	96.5%	0%
Hispanic	8	*	*	*
Other	20	*	*	*
EDUCATION				
Less than High School	33	*	*	*
High School Graduate	53	0%	100.0%	0%
Some College	55	8.2%	91.8%	0%
College Graduate	155	0.8%	99.2%	0%
INCOME				
Less than \$15,000	39	*	*	*
\$15,000-\$24,999	35	*	*	*
\$25,000-\$34,999	27	*	*	*
\$35,000-\$49,999	31	*	*	*
\$50,000-\$74,999	44	*	*	*
\$75,000+	81	1.5%	98.5%	0%

*Data not presented if the unweighted cell size was <50
Small numbers prohibit the display of the data by Ward.

Asthma

Table 50. Respondent Told Doctor That Asthma Was Job Related, by Demographics
 “Did you ever tell a doctor, nurse or other health professional that your asthma was related to any job you ever had?”

	N	Yes	No	Never Worked Outside Home
Total	296	2.6%	97.4%	0%
GENDER				
Male	90	1.5%	98.5%	0%
Female	206	3.3%	96.7%	0%
AGE				
18-24	22	*	*	*
25-34	56	2.0%	98.0%	0%
35-44	59	1.7%	98.3%	0%
45-54	52	2.2%	87.8%	0%
55-64	62	6.4%	93.6%	0%
65+	41	*	*	0%
RACE				
Caucasian	114	2.6%	97.4%	0%
African American	149	3.5%	96.5%	0%
Hispanic	8	*	*	*
Other	20	*	*	*
EDUCATION				
Less than High School	33	*	*	*
High School Graduate	53	0%	100.0%	0%
Some College	53	8.2%	91.8%	0%
College Graduate	155	0.8%	99.2%	0%
INCOME				
Less than \$15,000	39	*	*	*
\$15,000-\$24,999	35	*	*	*
\$25,000-\$34,999	27	*	*	*
\$35,000-\$49,999	31	*	*	*
\$50,000-\$74,999	44	*	*	*
\$75,000+	81	1.5%	98.5%	0%

*Data not presented if the unweighted cell size was < 50.

Small numbers prohibit the display of the data by Ward.

Environmental Air Quality



High levels of pollution in the air result in poor air quality that can cause serious health problems. Those most at risk are the elderly, young, and individuals who suffer from respiratory ailments including emphysema or asthma. Health problems resulting from exposure to high levels of pollution can include chest pains, coughing, throat irritation, congestion, bronchitis, and reduced lung capacity. Poor air quality alerts are issued when the level of pollution is high enough to pose a risk to adults and children. During times of poor air quality alerts, it is recommended that individuals limit their time outside, especially if they are performing a heavy-exertion activity.²³

Respondents were asked a series of questions about outdoor air quality – whether or not they had reduced or changed their outdoor activity levels because of poor air quality; had they ever heard air quality alerts; did they alter their outdoor activity levels because of air quality reports; and whether or not they had ever been told by a health professional to reduce outdoor activity levels during times of poor air quality.

Reducing Outdoor Activity Levels Because of Poor Air Quality

District of Columbia respondents were asked how many times, in the past 12 months, they had reduced or changed their outdoor activity level because they thought the air quality was poor or affected how they felt. Over two-thirds, 67%, stated they never modified their outdoor activities, and only 15% stated they did this between one to three times throughout the past year.

- Women were slightly more likely than men to modify outdoor activity levels – 36% stated they reduced or changed their behavior one or more times, compared to only 30% of men.
- As respondents' age increased, their likelihood of modifying their outdoor activity levels increased somewhat. Twenty-six percent of 18-24 year-olds reduced or changed their outdoor activity levels because of perceived poor air quality compared to 36% of adults aged 65 and older.

Awareness of Air Quality Alerts

District residents were asked whether or not they had ever heard or read about the air quality index or air quality alerts where they lived. This could include information distributed by local radio, TV, and newspapers. Respondents were also asked if they had ever altered their outdoor activities because of such alerts. Seventy-percent of respondents had heard of such alerts. Of respondents who had heard of them, almost half (44%) had altered their outdoor activity levels at least once during times of poor air quality.

- While men were slightly more likely than women to have heard of the alerts (73% versus 68%), they were less likely to modify their behavior (38% versus 50%).
- As age, education, and income increased, so did the likelihood that respondents had heard of the air quality alerts. The largest difference was by income – 49%

Environmental Air Quality

of respondents who earned less than \$15,000 had heard of the air quality alerts compared to 84% of respondents who earned \$75,000 or more.

- Caucasians were much more likely than African Americans, Hispanics, and respondents of other races to have heard of the alerts. However, Caucasians were least likely to modify their behavior because of the alerts.
- Respondents in Wards 1, 3 and 6 were most likely to have heard of the air quality alerts (80% or more), while only half (51%) of respondents in Ward 8 had heard them.
- Ward 8 respondents were most likely to change their behavior because of the alerts, 58%.

Health Professional Advice Regarding Outdoor Activity Limitations During Poor Air Quality

Respondents were asked whether or not a doctor, nurse, or other health professional had ever told them to reduce their outdoor activity levels when the air quality was poor. Overall, only 13% of respondents had been told this.

- Women were more likely than men to be told by a health professional to alter their outdoor activity levels (16% compared to 11%).
- As respondents' income and education increased, they were less likely to have been told this by their health care provider. Over 20% of respondents in the lowest education and income brackets had been told to limit their outdoor activities during poor air quality by a health provider, compared to less than 10% of respondents in the highest education and income brackets.
- African Americans were most likely to have been told to limit outdoor activities during poor air quality (18%) compared to respondents of all other racial groups.
- Respondents in Ward 8 were most likely to have been told by a health professional to limit their outdoor activities (23%) compared to only 10% of respondents in Ward 3 and 11% of respondents in Ward 6.

²⁸ The Mid-Ohio Regional Planning Commission, Clean Air Challenge. <http://www.cleanairchallenge.net/health.html> (accessed February 13, 2007).

Environmental Air Quality

Table 51. Environmental Air Quality, by Demographics

“Please think of the past 12 months? How many times did you reduce or change your outdoor activity level because you thought the air quality was bad or was affecting how well you felt? For example, avoiding outdoor exercise or strenuous outdoor activity. Please do not include times when you made changes because of high pollen levels.”

	N	0	1-3 Times	4-6 Times	>6 Times
Total	3338	66.8%	15.4%	7.5%	10.3%
GENDER					
Male	1369	70.2%	13.8%	6.3%	9.7%
Female	1969	63.8%	16.7%	8.6%	10.8%
AGE					
18-24	186	74.1%	15.1%	2.1%	8.7%
25-34	648	70.0%	14.9%	6.4%	8.7%
35-44	682	64.1%	15.9%	10.3%	9.7%
45-54	585	64.7%	16.1%	9.4%	9.8%
55-64	587	61.5%	16.4%	8.3%	13.9%
65+	603	65.3%	14.5%	8.2%	12.0%
RACE					
Caucasian	1683	67.4%	13.1%	9.1%	10.4%
African American	1301	65.5%	17.8%	7.0%	9.7%
Hispanic	115	16.2%	16.7%	4.7%	5.3%
Other	173	16.8%	10.5%	6.7%	14.7%
EDUCATION					
Less than High School	200	65.1%	16.2%	8.8%	9.8%
High School Graduate	490	65.2%	16.8%	6.4%	11.6%
Some College	557	65.6%	16.0%	7.1%	11.2%
College Graduate	2081	67.9%	14.6%	8.0%	9.5%
INCOME					
Less than \$15,000	240	64.5%	14.8%	9.9%	10.8%
\$15,000-\$24,999	335	60.3%	18.2%	7.9%	13.6%
\$25,000-\$34,999	281	68.0%	20.0%	4.3%	7.7%
\$35,000-\$49,999	409	64.1%	17.7%	5.9%	12.3%
\$50,000-\$74,999	487	66.7%	15.4%	9.1%	8.8%
\$75,000+	1247	69.3%	12.7%	8.1%	9.9%
WARD					
Ward 1	237	61.3%	15.8%	10.2%	12.7%
Ward 2	305	59.9%	19.1%	9.3%	11.7%
Ward 3	473	66.3%	9.3%	8.8%	15.5%
Ward 4	366	67.9%	16.3%	8.6%	7.2%
Ward 5	282	64.0%	17.5%	6.9%	11.6%
Ward 6	321	64.3%	17.3%	6.8%	11.6%
Ward 7	264	66.8%	16.1%	6.0%	11.1%
Ward 8	217	61.0%	16.9%	9.9%	12.2%

Environmental Air Quality

Table 52. Environmental Air Quality Alerts, by Demographics

“The government routinely collects information on air quality that may be distributed by local radio, TV and newspapers to help inform the public about air pollution levels. Have you ever heard or read about the air quality index or air quality alerts where you live? Please do not include times when you may have heard or read about high pollen counts.” And “Please think of the past 12 months. How many times did you reduce or change your outdoor activity level based on the air quality index or air quality alerts? For example, avoiding outdoor exercise or strenuous outdoor activity. Please do not include times when you may have heard or read about high pollen counts.”

	Ever Heard About Air Quality Alerts		Times Altered Activities Based on Air Quality Alerts				
	N	Yes	N	0	1-3 Times	4-6 Times	>6 Times
Total	3367	70.0%	2509	56.1%	20.4%	10.8%	12.7%
GENDER							
Male	1375	72.5%	1087	62.0%	17.9%	9.8%	10.3%
Female	1992	67.8%	1422	50.4%	22.8%	11.9%	14.9%
AGE							
18-24	185	54.4%	94	63.1%	18.2%	7.3%	11.4%
25-34	647	60.9%	430	63.7%	19.6%	9.4%	7.4%
35-44	691	71.2%	523	52.5%	20.5%	12.7%	14.4%
45-54	592	79.2%	475	50.7%	23.3%	11.4%	14.6%
55-64	591	85.7%	495	54.7%	20.7%	11.5%	13.1%
65+	613	74.6%	454	54.7%	19.0%	11.3%	15.0%
RACE							
Caucasian	1687	84.5%	1452	60.9%	16.8%	12.2%	10.1%
African American	1326	62.2%	829	52.1%	23.0%	9.9%	15.1%
Hispanic	114	60.5%	68	56.4%	20.2%	11.9%	11.4%
Other	172	68.0%	115	57.2%	23.6%	7.0%	12.2%
EDUCATION							
Less than High School	196	46.9%	84	47.3%	28.0%	8.6%	16.0%
High School Graduate	511	53.7%	282	51.6%	20.3%	13.1%	14.9%
Some College	555	67.7%	404	51.4%	25.9%	9.1%	13.6%
College Graduate	2095	80.3%	1735	59.3%	18.1%	11.1%	11.5%
INCOME							
Less than \$15,000	247	48.8%	128	48.6%	23.6%	14.9%	12.9%
\$15,000-\$24,999	330	61.8%	206	55.1%	19.5%	9.7%	15.7%
\$25,000-\$34,999	286	64.7%	186	57.3%	20.3%	6.5%	16.0%
\$35,000-\$49,999	412	66.4%	281	51.2%	22.9%	9.8%	16.0%
\$50,000-\$74,999	488	74.6%	391	54.7%	23.2%	11.7%	10.5%
\$75,000+	1255	84.4%	1088	60.2%	18.1%	10.9%	10.7%
WARD							
Ward 1	236	80.2%	198	51.2%	22.2%	18.2%	8.4%
Ward 2	305	78.2%	256	52.7%	26.9%	12.2%	8.3%
Ward 3	476	86.9%	419	54.9%	16.2%	12.2%	16.8%
Ward 4	369	77.0%	289	50.9%	28.4%	11.4%	9.2%
Ward 5	290	71.8%	210	51.0%	19.6%	12.2%	17.2%
Ward 6	324	80.9%	268	60.1%	18.8%	10.8%	10.3%
Ward 7	269	61.5%	159	54.4%	17.3%	5.9%	22.5%
Ward 8	226	51.2%	109	41.7%	25.8%	12.3%	20.2%

Environmental Air Quality

Table 53. Reduction in Outdoor Activities, by Demographics “Has a doctor, nurse, or other health professional ever told you to reduce your outdoor activity level when the air quality is bad?”			
	N	Yes	No
Total	3401	13.2%	86.8%
GENDER			
Male	1380	10.5%	89.5%
Female	2021	15.7%	84.3%
AGE			
18-24	187	11.0%	89.0%
25-34	652	8.9%	91.1%
35-44	685	13.9%	86.1%
45-54	598	14.2%	85.8%
55-64	598	16.8%	83.2%
65+	630	16.7%	83.3%
RACE			
Caucasian	1693	6.8%	93.2%
African American	1352	17.8%	82.2%
Hispanic	113	12.4%	87.6%
Other	175	12.5%	87.5%
EDUCATION			
Less than High School	212	21.2%	78.8%
High School Graduate	514	16.9%	83.1%
Some College	561	16.2%	83.8%
College Graduate	2103	9.4%	90.6%
INCOME			
Less than \$15,000	254	22.0%	78.0%
\$15,000-\$24,999	343	18.2%	81.8%
\$25,000-\$34,999	293	13.0%	87.0%
\$35,000-\$49,999	413	12.4%	87.6%
\$50,000-\$74,999	494	13.2%	86.8%
\$75,000+	1252	9.1%	90.9%
WARD			
Ward 1	239	15.2%	84.8%
Ward 2	306	11.7%	88.3%
Ward 3	481	9.7%	90.3%
Ward 4	377	15.0%	85.0%
Ward 5	293	12.9%	87.1%
Ward 6	327	10.8%	89.2%
Ward 7	276	19.4%	80.6%
Ward 8	229	23.4%	76.6%

Immunization



Healthy People 2010 Objectives

- *Increase the proportion of adults age 65 and older who are vaccinated annually against influenza to 90%*
- *Increase the proportion of adults age 65 and older who are vaccinated against pneumonia to 90%*

While for most healthy adults, influenza and pneumonia are no longer the serious health risks they once were, these diseases can be dangerous for older Americans and adults with compromised immune systems. Annual vaccinations against influenza and a one-time vaccination against pneumonia are recommended for all adults over age 65 and others with certain health conditions.²⁴



District of Columbia respondents were asked whether they had received a flu shot or flu spray in the past 12 months, and whether or not they had ever had a pneumonia shot.

In all, 26% percent of respondents reported having had a flu vaccination in the past 12 months, and 20% reported having had a pneumonia vaccination. For children, 32% received a flu shot or FluMist™ in the past 12 months.

Adult Immunization Levels

- As would be expected, older respondents were far more likely to have received either vaccine than younger respondents. Nearly 55% of respondents age 65 and older report having had a flu shot, a lower percentage than the national mean of 66%, and the second lowest of all states.²⁵ The pneumonia vaccination rate of seniors age 65 and older was 52%, the lowest of all states.²⁶ These rates are much lower than the Healthy People 2010 goal (90% vaccination rate for each) for this age group.
- Pneumonia vaccination seems to be an area of uncertainty for many respondents. Overall, 9% of the population answered “I don’t know” when asked if they had had a pneumonia shot. This figure is higher among younger respondents, presumably because many of them have not been educated by health care providers in the same way that older residents may be, as they are not in the demographic group for whom this vaccination is recommended. Further, respondents between the ages of 18 and 24 were the age group with the second highest percentage of reported pneumonia vaccination, with 22% saying they have received this shot. It seems likely that some people assume, in error, that the pneumonia vaccination is a part the regular series of childhood immunizations.
- There were small differences in whether or not respondents had a flu shot by gender, race, education, and income.
- There were only small differences in pneumococcal vaccine rates by gender and race.
- For education and income, respondents with lower levels of education and income were more likely to have received a pneumonia vaccine. However, the like-



Immunization

likelihood of a respondent not knowing whether or not they had a pneumonia vaccine increased by education and income – thus, while it may appear that respondents of lower education levels were more likely to have received the vaccine, they may just be more aware of what vaccines they received.

- Ward 7 and 8 respondents were least likely to receive the flu vaccine (18% and 21% respectively), compared to 25% or more of respondents in all other Wards.

Additional Data Highlights

- Respondents who had not received a flu vaccine during the flu season the survey was conducted were most likely to state it was because they did not need it (35%), or they were saving the vaccine for others who did (14%).
- Over one-third, 38%, of respondents had received a flu vaccine during the last flu season – higher than the most recent 12 months (26% vaccination rate).
- Twenty-three percent of respondents stated that they had a health problem that put them at high-risk for the flu.
- Only 6% of respondents worked in a health care facility.
- Thirty percent of children had received a flu shot in the past 12 months, and 4% received the flu spray.
- Less than half, 45%, of children received the flu vaccine during the last flu season – higher than the most recent 12 months (32% vaccination rate).

²⁴ U. S. Department of Health and Human Services. Healthy People 2010: Understanding and Improving Health. 2nd ed. Washington, DC: U.S. Government Printing Office, 2002.

²⁵ National Center for Chronic Disease Prevention and Health Promotion. Behavioral Risk Factor Surveillance System Prevalence Data, All States – 2005. <http://apps.nccd.cdc.gov/brfss/page.asp?cat=HS&yr=2005&state=All#HS> (accessed January 11, 2007).

²⁶ National Center for Chronic Disease Prevention and Health Promotion. Behavioral Risk Factor Surveillance System Prevalence Data, All States – 2005. <http://apps.nccd.cdc.gov/brfss/page.asp?cat=HS&yr=2005&state=All#HS> (accessed January 11, 2007).

Immunization

Table 54. Adult Influenza and Pneumococcal Immunization Rates, by Demographics

“A flu shot is an influenza vaccine injected in your arm. During the past 12 months, have you had a flu shot?” combined with “During the past 12 months, have you had a flu vaccine that was sprayed in your nose? The flu vaccine that is sprayed in the nose is also called FluMist™.” and “Have you EVER had a pneumonia shot? A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person’s lifetime and is different from the flu shot. Have you ever had a pneumonia shot?”

		Had Flu Vaccine in Past Year		Ever Had Pneumonia Vaccine
	N	Yes	N	Yes
Total	3731	25.7%	3412	20.1%
GENDER				
Male	1499	26.5%	1320	20.8%
Female	2232	24.9%	2092	19.5%
AGE				
18-24	203	20.4%	167	22.4%
25-34	719	16.0%	626	12.3%
35-44	746	16.0%	657	8.3%
45-54	656	25.2%	629	12.6%
55-64	647	29.2%	600	18.6%
65+	694	54.7%	670	51.6%
RACE				
Caucasian	1786	26.3%	1586	17.5%
African American	1546	25.7%	1465	22.1%
Hispanic	125	25.9%	115	18.4%
Other	192	23.1%	174	18.7%
EDUCATION				
Less than High School	247	28.3%	234	32.8%
High School Graduate	603	25.8%	569	22.4%
Some College	619	25.1%	570	23.2%
College Graduate	2251	25.4%	2028	15.6%
INCOME				
Less than \$15,000	288	27.0%	269	29.7%
\$15,000-\$24,999	385	25.5%	352	31.4%
\$25,000-\$34,999	331	21.9%	301	21.6%
\$35,000-\$49,999	449	19.4%	416	14.6%
\$50,000-\$74,999	536	22.4%	486	18.8%
\$75,000+	1322	26.9%	1193	13.6%
WARD				
Ward 1	243	29.0%	218	22.2%
Ward 2	306	33.2%	279	18.8%
Ward 3	484	31.0%	437	23.6%
Ward 4	378	29.4%	366	19.7%
Ward 5	293	24.5%	267	24.1%
Ward 6	326	25.2%	293	15.8%
Ward 7	278	18.3%	262	16.6%
Ward 8	230	21.2%	217	19.1%

Immunization

Table 55. Child Influenza Immunization Rates, by Demographics

“During the past 12 months, has the child had a flu shot? A flu shot is a flu vaccine injected in a child’s arm or thigh.” combined with “During the past 12 months, has the child had a flu vaccine that was sprayed in your nose? The flu vaccine that is sprayed in the nose is also called FluMist™.”

	N	Yes	No
Total	121	31.5%	68.5%
CHILD’S GENDER			
Male	53	43.1%	56.9%
Female	67	23.0%	77.0%
CHILD’S AGE			
8 or Under	56	56.4%	43.6%
9 to 17	56	12.7%	87.3%
PARENT’S RACE			
Caucasian	43	*	*
African American	63	24.3%	75.7%
Hispanic	7	*	*
Other	6	*	*
PARENT’S EDUCATION			
Less than High School	14	*	*
High School Graduate	28	*	*
Some College	17	*	*
College Graduate	62	45.3%	54.7%

*Data not presented if the unweighted cell size was <50
Small numbers prohibit the display of the data by Ward.

Immunization

Table 56. Reasons Not To Get A Flu Shot, by Demographics							
“What is the MAIN reason you have NOT received a flu vaccination for this current flu season?”							
	N	Do not need it	Concern about side effects	Saving vaccine for those who need it	Could not find it	Not eligible	Other
Total	507	34.5%	4.8%	14.1%	7.3%	8.3%	31.0%
GENDER							
Male	224	34.6%	5.0%	13.5%	7.0%	7.6%	32.3%
Female	283	34.4%	4.4%	14.7%	7.7%	9.1%	29.6%
AGE							
18-24	27	*	*	*	*	*	*
25-34	118	34.2%	1.0%	14.1%	5.0%	10.7%	35.0%
35-44	116	32.3%	13.7%	19.4%	8.1%	4.4%	22.1%
45-54	98	36.8%	3.9%	9.8%	6.0%	11.0%	32.4%
55-64	104	34.3%	3.5%	12.2%	8.4%	11.5%	30.1%
65+	40	*	*	*	*	*	*
RACE							
Caucasian	266	38.0%	1.6%	17.7%	8.1%	9.1%	25.5%
African American	185	34.5%	8.5%	11.7%	8.0%	7.2%	30.0%
Hispanic	20	*	*	*	*	*	*
Other	26	*	*	*	*	*	*
EDUCATION							
Less than High School	22	*	*	*	*	*	*
High School Graduate	72	23.6%	3.3%	13.6%	11.3%	4.3%	43.9%
Some College	87	43.5%	6.6%	14.7%	5.0%	5.6%	24.6%
College Graduate	324	33.9%	4.1%	15.5%	6.5%	11.1%	28.8%
INCOME							
Less than \$15,000	29	*	*	*	*	*	*
\$15,000-\$24,999	41	*	*	*	*	*	*
\$25,000-\$34,999	52	36.3%	5.0%	6.4%	8.7%	5.6%	38.0%
\$35,000-\$49,999	71	24.5%	2.2%	23.8%	8.0%	14.4%	27.0%
\$50,000-\$74,999	89	39.0%	0.7%	8.3%	7.1%	7.4%	37.5%
\$75,000+	179	38.7%	2.0%	21.1%	8.9%	8.9%	20.3%

*Data not presented if the unweighted cell size was <50
Small numbers prohibit the display of the data by Ward.

Immunization

Table 57. Flu Vaccination Rates for 2003-2004 Flu Season, by Demographics “Did you get a flu vaccination during the ‘last flu season’ in other words during the months of September 2003 through March 2004?”			
	N	Yes	No
Total	645	38.3%	61.7%
GENDER			
Male	281	39.0%	61.0%
Female	364	37.6%	62.4%
AGE			
18-24	28	*	*
25-34	134	33.1%	66.9%
35-44	133	36.4%	63.6%
45-54	115	39.4%	60.6%
55-64	137	44.8%	55.2%
65+	94	62.3%	37.7%
RACE			
Caucasian	323	44.0%	56.0%
African American	252	36.1%	63.9%
Hispanic	25	*	*
Other	34	*	*
EDUCATION			
Less than High School	42	*	*
High School Graduate	96	37.4%	62.6%
Some College	112	28.8%	71.2%
College Graduate	392	40.4%	59.6%
INCOME			
Less than \$15,000	49	*	*
\$15,000-\$24,999	57	38.3%	61.7%
\$25,000-\$34,999	66	34.2%	65.8%
\$35,000-\$49,999	81	40.9%	59.1%
\$50,000-\$74,999	107	32.1%	67.9%
\$75,000+	223	44.0%	56.0%

*Data not presented if the unweighted cell size was <50
 Small numbers prohibit the display of the data by Ward.

Immunization

Table 58. Health Problems Considered High Risk for The Flu, by Demographics

“Has a doctor, nurse, or other health professional ever said that you have any of the following health problems? Asthma, Lung problems, other than asthma, Heart problems, Diabetes, Kidney problems, Weakened immune system caused by a chronic illness, such as cancer or HIV/AIDS, or medicines, such as steroids, or, Sickle cell anemia or other anemia”

	N	Yes	No
Total	655	22.6%	77.4%
GENDER			
Male	289	23.2%	76.8%
Female	366	22.0%	78.0%
AGE			
18-24	28	*	*
25-34	138	18.2%	81.8%
35-44	135	15.8%	84.2%
45-54	118	30.5%	69.5%
55-64	138	22.3%	77.7%
65+	94	34.6%	64.5%
RACE			
Caucasian	328	16.3%	83.7%
African American	256	24.2%	75.8%
Hispanic	25	*	*
Other	35	*	*
EDUCATION			
Less than High School	42	*	*
High School Graduate	99	27.9%	72.1%
Some College	112	21.6%	78.4%
College Graduate	399	20.0%	80.0%
INCOME			
Less than \$15,000	50	35.2%	64.8%
\$15,000-\$24,999	57	28.3%	71.7%
\$25,000-\$34,999	68	27.6%	72.4%
\$35,000-\$49,999	82	27.5%	72.5%
\$50,000-\$74,999	107	12.8%	87.2%
\$75,000+	226	15.7%	84.3%
WARD			
Ward 1	52	25.5%	74.5%
Ward 2	61	25.8%	74.2%
Ward 3	84	9.6%	90.4%
Ward 4	60	24.3%	75.7%
Ward 5	54	15.4%	84.6%
Ward 6	58	45.4%	54.6%
Ward 7	48	*	*
Ward 8	40	*	*

*Data not presented if the unweighted cell size was <50

Immunization

Table 59. Work in a Health Care Facility, by Demographics			
"Do you currently work in a health care facility, such as a medical clinic, hospital, or nursing home?"			
	N	Yes	No
Total	655	6.0%	94.0%
GENDER			
Male	289	2.9%	97.1%
Female	366	9.3%	90.7%
AGE			
18-24	28	*	*
25-34	138	5.3%	94.7%
35-44	135	6.0%	94.0%
45-54	118	10.1%	89.9%
55-64	138	9.2%	90.8%
65+	94	4.2%	95.8%
RACE			
Caucasian	328	2.6%	97.4%
African American	256	8.1%	91.9%
Hispanic	25	*	*
Other	35	*	*
EDUCATION			
Less than High School	42	*	*
High School Graduate	99	5.8%	94.2%
Some College	112	5.7%	94.3%
College Graduate	399	5.5%	94.5%
INCOME			
Less than \$15,000	50	6.2%	93.8%
\$15,000-\$24,999	57	5.1%	94.9%
\$25,000-\$34,999	68	9.2%	90.8%
\$35,000-\$49,999	82	2.8%	97.2%
\$50,000-\$74,999	107	4.6%	95.4%
\$75,000+	226	5.0%	95.0%
WARD			
Ward 1	52	6.9%	93.1%
Ward 2	61	6.6%	93.4%
Ward 3	84	2.2%	97.8%
Ward 4	60	3.2%	96.8%
Ward 5	54	10.6%	89.4%
Ward 6	58	0%	100%
Ward 7	48	*	*
Ward 8	40	*	*

*Data not presented if the unweighted cell size was <50

Immunization

Table 60. Child Received a Flu Shot in The Past 12 Months, by Demographics			
“During the past 12 months, has he/she had a flu shot?”			
	N	Yes	No
Total	122	30.4%	69.6%
CHILD’S GENDER			
Male	54	42.3%	57.7%
Female	67	21.4%	78.6%
CHILD’S AGE			
8 or Under	57	54.7%	45.3%
9 to 17	56	11.7%	88.3%
PARENT’S RACE			
Caucasian	44	*	*
African American	63	24.3%	75.7%
Hispanic	7	*	*
Other	6	*	*
PARENT’S EDUCATION			
Less than High School	14	*	*
High School Graduate	28	*	*
Some College	17	*	*
College Graduate	63	43.0%	57.0%

*Data not presented if the unweighted cell size was <50
Small numbers prohibit the display of the data by Ward.

Immunization

Table 61. Child Received a Flu Spray Vaccine in The Past 12 Months, by Demographics “During the past 12 months, has [Fill: he/she] had a flu vaccine sprayed in the nose? The flu vaccine that is sprayed in the nose is FluMist™.”			
	N	Yes	No
Total	120	4.1%	95.9%
CHILD’S GENDER			
Male	52	6.6%	93.4%
Female	67	2.3%	97.7%
CHILD’S AGE			
8 or Under	56	7.4%	92.6%
9 to 17	55	1.9%	98.1%
PARENT’S RACE			
Caucasian	42	*	*
African American	64	0.6%	99.4%
Hispanic	6	*	*
Other	6	*	*
PARENT’S EDUCATION			
Less than High School	15	*	*
High School Graduate	29	*	*
Some College	16	*	*
College Graduate	60	1.6%	98.4%

*Data not presented if the unweighted cell size was <50
 Small numbers prohibit the display of the data by Ward.

Immunization

Table 62. Children That Received a Flu Vaccine Last Season, by Demographics “Did he/she get the flu vaccine during the ‘last flu season’ in other words during the months of September 2003 through March 2004?”			
	N	Yes	No
Total	99	44.9%	55.1%
CHILD’S GENDER			
Male	41	*	*
Female	57	42.0%	58.0%
CHILD’S AGE			
8 or Under	40	*	*
9 to 17	50	35.7%	64.3%
PARENT’S RACE			
Caucasian	32	*	*
African American	55	39.1%	60.9%
Hispanic	5	*	*
Other	5	*	*

*Data not presented if the unweighted cell size was <50
 Small numbers prohibit the display of the data by Ward.

Overweight/Obesity



Healthy People 2010 Objectives

- Reduce the proportion of adults who are obese to 15%
- Increase the proportion of adults who are at a healthy weight to 60%

Obesity and being overweight have been steadily growing in the United States. A healthy weight range is determined by the Body Mass Index (BMI), which is equal to weight in kilograms divided by height in meters squared. Based on their reported height and weight, the CDC has calculated the BMI for respondents. Those with a BMI of 25 to 29 are considered overweight, and those with a BMI of 30 or higher are considered obese.

Overall, 22% of District respondents were obese, an additional 33% were overweight. Less than half (45%) of respondents were of a healthy weight. Nationwide, 39% of Americans were of a healthy weight – with District residents having one of the highest percentages of respondents with a healthy weight BMI.²⁷



- Women were more likely than men to be obese (25% versus 18%), but men were much more likely to be overweight than women (41% versus 26%).
- Overall, as respondents' age increased, they were less likely to be of a healthy weight. However, respondents between the ages of 45-54 were least likely to be of a healthy weight, at only 34%.
- African Americans were markedly more likely to be obese (32%) than Caucasians (8%), Hispanics (12%), or respondents in other racial groups (17%).
- The likelihood of District respondents' reporting being obese increased as education and income decreased. Forty percent of respondents with less than a high school degree, and 31% of respondents with incomes under \$15,000 were obese (31%).
- Caucasians were the only demographic group that met the Healthy People 2010 goal of 60% of adults at a healthy weight. Caucasians, Hispanics, college graduates, and respondents who earned \$75,000 or more were the only groups that met the Healthy People 2010 goal of reducing the proportion of adults who are obese to 15%.
- Ward 3 exceeded the Healthy People 2010 goal of 60% of adults at a healthy weight, while only 27% of respondents in Wards 7 and Ward 8 reported a BMI under 25.



²⁷ National Center for Chronic Disease Prevention and Health Promotion. Behavioral Risk Factor Surveillance System Prevalence Data, All States – 2005. <http://apps.nccd.cdc.gov/brfss/page.asp?cat=HS&yr=2005&state=All#HS> (accessed January 11, 2007).

Overweight/Obesity

Table 63. Weight Category, by Demographics

Calculated variable based on Body Mass Index (BMI). BMI is a function of respondent's reported height and weight. "Overweight" is equal to a BMI of 25 to 29, and "Obese" is equal to a BMI of 30 or higher.

	N	Healthy Weight	Overweight	Obese
Total	3576	45.0%	33.3%	21.7%
GENDER				
Male	1472	41.1%	41.4%	17.5%
Female	2104	48.5%	26.0%	25.4%
AGE				
18-24	195	58.6%	25.1%	16.3%
25-34	692	53.4%	29.4%	17.2%
35-44	713	42.5%	37.2%	20.2%
45-54	625	34.1%	34.3%	31.6%
55-64	628	37.6%	35.4%	26.9%
65+	676	38.9%	39.5%	21.5%
RACE				
Caucasian	1745	61.6%	30.1%	8.2%
African American	1469	31.6%	36.5%	31.9%
Hispanic	117	52.2%	35.5%	12.3%
Other	183	58.0%	25.2%	16.8%
EDUCATION				
Less than High School	233	28.7%	31.1%	40.2%
High School Graduate	572	38.2%	33.1%	28.7%
Some College	593	38.1%	32.8%	29.2%
College Graduate	2172	53.2%	33.6%	13.2%
INCOME				
Less than \$15,000	276	38.6%	30.1%	31.3%
\$15,000-\$24,999	369	45.1%	26.4%	28.5%
\$25,000-\$34,999	323	38.7%	34.6%	26.7%
\$35,000-\$49,999	429	44.3%	29.3%	26.4%
\$50,000-\$74,999	515	39.0%	38.4%	22.6%
\$75,000+	1299	51.1%	35.0%	13.9%
WARD				
Ward 1	232	43.1%	41.9%	15.0%
Ward 2	292	56.2%	27.7%	16.1%
Ward 3	469	61.0%	31.1%	7.9%
Ward 4	364	39.5%	38.5%	22.0%
Ward 5	271	37.8%	34.7%	27.5%
Ward 6	322	39.0%	43.0%	18.0%
Ward 7	266	27.2%	30.8%	42.1%
Ward 8	219	26.7%	33.7%	39.6%

Exercise



Healthy People 2010 Objectives

- Reduce the proportion of adults who engage in no leisure-time physical activity to 20%
- Increase the proportion of adults who engage regularly, preferably daily, moderate physical activity for at least 30 minutes per day to 30%
- Increase the proportion of adults who engage in vigorous physical activity that promotes the development and maintenance of cardio-respiratory fitness three or more days per week for 20 or more minutes per occasion to 30%

Routine exercise has been shown to reduce the risk of a variety of diseases, including: heart disease, stroke, colon cancer, diabetes, and high blood pressure. Regular physical activity also assists in maintaining healthy weight, bones, muscles, and joints. Additional benefits of physical activity include the reduction of pain associated with arthritis, and symptoms of anxiety and depression.²⁸

Any Physical Activity

Respondents were asked whether they had participated in any physical exercise other than their regular job in the past month. Overall, 78% of respondents engaged in some form of physical exercise outside of work in the previous month, leaving 22% who had engaged in no physical exercise outside of work (slightly higher than the 20% goal for Healthy People 2010). The percentage of respondents who participated in physical exercise is slightly higher than the national average of 76%.²⁹

- Men were more likely to have exercised outside of work than women: 81% of men reported physical activity compared to 75% of women.
- Participation in physical activity decreased as age increased – 86% of respondents between the ages of 18-24 participated in some form of physical activity compared to 66% of respondents aged 65 and older.
- Caucasians were much more likely to report engaging in physical activity outside of work (91%) than African Americans (69%) and somewhat more likely to do so compared to Hispanics and respondents of other races (80% for each).
- Respondents with higher levels of education were increasingly likely to have engaged in physical activity: only 54% of respondents with less than a high school education exercised outside of work, compared with 66% of high school graduates, 77% of respondents with some college education, and 86% of college graduates.
- Higher income levels also correlate with higher percentages of reported exercise. Less than 70% of respondents in each income group under \$35,000 per year reported physical activity outside of work, compared with 80% of respondents with incomes between \$35,000 and \$49,999, 81% in the \$50,000 to \$74,999 income range, and 88% of respondents with incomes of \$75,000 and over.
- The proportion of adults who engaged in no recreational exercise varied by Ward. Wards 2 and 3 had the lowest percentage of respondents who engaged in

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no exercise outside work (12% and 10%, respectively). At the other end of the spectrum was Ward 8, which reported an inactivity rate of 36%.

Moderate Physical Activity

Respondents were asked whether or not they participated in moderate activities in a usual week, and if yes, how often – and for how long – they participated. The recommendation is that individuals spend 30 minutes or more, at least five times a week, participating in some form of moderate exercise.

Overall, 83% of respondents stated they participated in moderate activities for at least ten minutes at a time in a usual week. This is higher than the percentage (78%) that stated that they had participated in any physical activity in the past month. The discrepancy may be that this later question gave different examples such as brisk walking, bicycling, vacuuming, gardening and anything else that causes some increase in breathing or heart rate, whereas the initial question gave examples such as running, calisthenics, golf, gardening or walking for exercise. Of respondents who had participated in moderate activities, only 39% had done so for 30 minutes or more at least five times a week.

- There were no differences by gender for participation and levels of participation in moderate activities.
- There were small differences by age – with the exception of respondents aged 65 and older who had the lowest participation levels (73%).
- Caucasians were more likely than all other races to participate in moderate-level activities (93%) and do so at the recommended level (51%). African Americans were the least likely; 77% participated in moderate-level activities and only 31% did so at the recommended level.
- As District respondents' education and income increased, so did their likelihood of participation in moderate-level activities, and participation at recommended levels. The largest difference occurred by education – 65% of respondents who had less than a high school degree participated in moderate-level activities, with around one-fourth (26%) doing so at recommended levels, compared to 90% of respondents with a college degree who participated in moderate-level activities, and where 43% participated at recommended levels.
- Respondents in Wards 2 and 3 were most likely to participate in moderate-level activities (90%), and most likely to do so at recommended levels (47% and 44% respectively). Respondents in Ward 8 were least likely to do so, only 74% reported moderate-level activity participation and only 28% at recommended levels.

Vigorous Physical Activity

District adults were asked how often they participated in vigorous activities for at least ten minutes in a usual week. Slightly more than half, 52%, stated they did such. Almost one-third (32%) met the guidelines for participating in vigorous activities – doing so for 20 minutes at a time at least three times a week. This meets the Healthy People 2010 goal of 30%.

- Men were more likely than women (59% versus 46%) to participate in vigorous activities, and do so at the recommended levels (36% versus 28%).
- Vigorous participation greatly decreased as age increased. Over 60% of adults aged 34 and younger participated in a vigorous activity, and 38% to 41% did so at the recommended levels. This is com-

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pared to less than one-fourth, 24%, of adults aged 65 and older who did so, and only 13% at the recommended level.

- Caucasians were most likely to participate in a vigorous activity (68%). This is compared to only 57% of Hispanics and 41% of African Americans who participated in a vigorous activity.
- As education and income increased, so did the likelihood of participating in a vigorous activity and doing so at the recommended level. The largest difference was by education; 25% of adults who had less than a high school degree participated in a vigorous activity (and only 10% did so routinely) compared to 62% of District adults who had a college degree (of which 39% did so routinely).
- Residents in Ward 8 were least likely to participate in a vigorous activity (38%), compared to Wards 2 and 3 which had rates of participation at 67% and 61% respectively.

Additional Data Highlights

- Over three-fourths, 77%, of respondents primarily sat or stood while at work. Less than one-tenth, 9%, performed heavy labor.
- Of respondents who participated in moderate activity, 45% did so for three to five days per week, and 44% did so for six to seven days per week.
- Over half of respondents (53%) who participated in moderate activities did so for 30 to 99 minutes at a time. Slightly more than one-third (36%) did so for only 10 to 29 minutes at a time.
- Over half, 54%, of respondents who participated in vigorous activities for at least ten minutes at a time did so for three to five days per week. Over one-third, 37%, only did so one to two days per week.
- For respondents who participated in vigorous activities, over half, 56%, did so for 10 to 29 minutes at a time, and over one-third, 37%, did so for 30 to 99 minutes at a time.

²⁸ MedicineNet.com, Disease Prevention Home page, Exercise and Activity, Fitness At Any Age. May 2006. [Http://www.medicinenet.com/exercise_and_activity/article.htm](http://www.medicinenet.com/exercise_and_activity/article.htm) (accessed January 24, 2007).

²⁹ National Center for Chronic Disease Prevention and Health Promotion. Behavioral Risk Factor Surveillance System Prevalence Data, All States – 2005. <http://apps.nccd.cdc.gov/brfss/page.asp?cat=HS&yr=2005&state=All#HS> (accessed January 11, 2007).

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Table 64. Respondents Engaging in Recreational Exercise, by Demographics			
“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?”			
	N	Yes	No
Total	3742	77.5%	22.5%
GENDER			
Male	1504	80.8%	19.2%
Female	2238	74.7%	25.3%
AGE			
18-24	203	85.8%	14.2%
25-34	723	82.8%	17.2%
35-44	746	78.7%	21.3%
45-54	657	73.3%	26.7%
55-64	647	76.6%	23.4%
65+	699	66.0%	34.0%
RACE			
Caucasian	1793	91.4%	8.6%
African American	1549	68.6%	31.4%
Hispanic	125	80.0%	20.0%
Other	193	80.3%	19.7%
EDUCATION			
Less than High School	248	54.2%	45.8%
High School Graduate	603	65.7%	34.3%
Some College	619	77.1%	22.9%
College Graduate	2260	86.4%	13.6%
INCOME			
Less than \$15,000	288	64.2%	35.8%
\$15,000-\$24,999	385	69.1%	30.9%
\$25,000-\$34,999	331	68.4%	31.6%
\$35,000-\$49,999	452	80.0%	20.0%
\$50,000-\$74,999	538	80.8%	19.2%
\$75,000+	1325	87.5%	12.5%
WARD			
Ward 1	243	78.7%	21.3%
Ward 2	307	88.4%	11.6%
Ward 3	485	89.7%	10.3%
Ward 4	379	75.5%	24.5%
Ward 5	294	71.3%	28.7%
Ward 6	327	80.2%	19.8%
Ward 7	278	71.9%	28.1%
Ward 8	230	64.5%	35.3%

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Table 65. Respondents Engaging in Moderate Exercise, by Demographics

“Now, thinking about the moderate activities you do in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate?” and “How many days per week do you do these moderate activities for at least 10 minutes at a time?” combined with “On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?”

		Does Moderate Activities in a Usual Week		Does Moderate Activities 30+ Minutes 5+ Times per Week
	N	Yes	N	Meets requirements
Total	3562	83.4%	3448	38.6%
GENDER				
Male	1442	83.3%	1410	39.9%
Female	2120	83.6%	2038	37.5%
AGE				
18-24	193	84.1%	192	37.6%
25-34	689	87.4%	678	42.4%
35-44	720	86.5%	703	42.4%
45-54	623	83.8%	600	38.4%
55-64	622	82.3%	608	38.6%
65+	658	72.9%	614	28.1%
RACE				
Caucasian	1741	93.2%	1703	51.1%
African American	1446	77.0%	1379	30.6%
Hispanic	121	85.6%	120	34.8%
Other	183	85.1%	179	43.4%
EDUCATION				
Less than High School	232	64.5%	214	25.9%
High School Graduate	554	74.3%	529	31.5%
Some College	584	83.5%	561	39.4%
College Graduate	2181	89.9%	2133	42.9%
INCOME				
Less than \$15,000	270	74.3%	259	32.0%
\$15,000-\$24,999	364	77.3%	347	27.9%
\$25,000-\$34,999	308	79.2%	297	36.9%
\$35,000-\$49,999	431	83.9%	417	36.8%
\$50,000-\$74,999	514	85.7%	502	39.7%
\$75,000+	1292	91.3%	1276	44.1%
WARD				
Ward 1	242	83.3%	232	42.2%
Ward 2	306	90.0%	306	47.3%
Ward 3	483	90.3%	473	43.6%
Ward 4	377	81.8%	363	34.2%
Ward 5	294	80.5%	282	34.3%
Ward 6	324	87.1%	315	39.1%
Ward 7	277	77.4%	266	30.9%
Ward 8	228	73.6%	216	28.0%

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Table 66. Respondents Engaging in Vigorous Exercise, by Demographics

“Now, thinking about the vigorous activities you do 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?” and “How many days per week do you do these vigorous activities for at least 10 minutes at a time?” combined with “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?”

	N	Does Vigorous Activities in a Usual Week		Does Vigorous Activities 20+ Minutes 3+ Times per Week	
		Yes	N	Meets requirements	
Total	3545	52.1%	3524	31.5%	
GENDER					
Male	1435	59.1%	1425	35.8%	
Female	2110	46.0%	2099	27.6%	
AGE					
18-24	193	69.6%	192	38.5%	
25-34	687	64.7%	683	40.9%	
35-44	717	53.5%	714	32.0%	
45-54	620	49.4%	618	31.2%	
55-64	617	43.0%	611	25.8%	
65+	656	24.1%	651	13.4%	
RACE					
Caucasian	1735	67.9%	1729	43.5%	
African American	1438	40.5%	1423	22.5%	
Hispanic	121	57.1%	121	32.6%	
Other	182	59.8%	182	39.9%	
EDUCATION					
Less than High School	229	24.5%	226	10.4%	
High School Graduate	556	36.7%	552	23.6%	
Some College	579	54.5%	576	29.3%	
College Graduate	2170	61.6%	2160	38.6%	
INCOME					
Less than \$15,000	269	34.3%	264	18.1%	
\$15,000-\$24,999	363	36.4%	361	20.5%	
\$25,000-\$34,999	309	46.1%	307	25.3%	
\$35,000-\$49,999	429	50.0%	428	31.3%	
\$50,000-\$74,999	510	58.4%	508	37.1%	
\$75,000+	1287	68.0%	1284	42.3%	
WARD					
Ward 1	242	52.7%	242	35.5%	
Ward 2	306	66.9%	305	38.0%	
Ward 3	481	60.8%	478	38.8%	
Ward 4	376	45.4%	375	28.1%	
Ward 5	293	41.4%	289	21.6%	
Ward 6	325	55.0%	325	34.7%	
Ward 7	278	42.2%	277	22.9%	
Ward 8	227	37.8%	225	18.4%	

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Table 67. Usual Activities at Work, by Demographics

“When you are at work, which of the following best describes what you do? Would you say mostly sitting or standing, mostly walking, or mostly heavy labor or physically demanding work?”

	N	Sitting or Standing	Walking	Heavy Labor
Total	2364	77.0%	14.4%	8.6%
GENDER				
Male	1002	74.2%	14.0%	11.7%
Female	1362	79.7%	14.7%	5.6%
AGE				
18-24	107	75.2%	14.9%	9.9%
25-34	572	77.8%	14.8%	7.4%
35-44	598	77.6%	12.8%	9.6%
45-54	509	72.5%	14.1%	13.4%
55-64	420	79.9%	16.1%	3.9%
65+	125	82.2%	16.0%	1.9%
RACE				
Caucasian	1303	88.8%	7.5%	3.7%
African American	800	65.8%	21.7%	12.5%
Hispanic	94	82.6%	11.1%	6.2%
Other	125	82.1%	8.3%	9.6%
EDUCATION				
Less than High School	60	45.7%	34.3%	19.9%
High School Graduate	281	53.8%	24.9%	21.3%
Some College	350	68.8%	19.7%	11.5%
College Graduate	1668	87.6%	8.7%	3.7%
INCOME				
Less than \$15,000	38	*	*	*
\$15,000-\$24,999	152	50.0%	32.6%	17.4%
\$25,000-\$34,999	175	61.2%	23.4%	15.4%
\$35,000-\$49,999	310	74.1%	14.6%	11.3%
\$50,000-\$74,999	408	79.4%	13.0%	7.7%
\$75,000+	1107	89.6%	7.3%	3.1%
WARD				
Ward 1	176	82.3%	7.9%	9.8%
Ward 2	202	81.7%	12.1%	6.2%
Ward 3	336	90.9%	5.0%	4.1%
Ward 4	238	68.5%	17.8%	13.8%
Ward 5	165	78.5%	11.8%	9.6%
Ward 6	226	82.0%	9.1%	8.6%
Ward 7	156	63.0%	28.6%	8.3%
Ward 8	123	63.5%	21.6%	15.0%

*Data not presented if the unweighted cell size was <50

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Table 68. Days Participated in Moderate Activities Per Week, by Demographics “How many days per week do you do these moderate activities for at least 10 minutes at a time?”				
	N	1-2 days	3-5 days	6-7 days
Total	3005	11.3%	45.1%	43.6%
GENDER				
Male	1220	11.2%	44.8%	44.0%
Female	1785	11.5%	45.3%	43.2%
AGE				
18-24	171	8.1%	47.7%	44.2%
25-34	613	10.2%	43.6%	46.2%
35-44	638	12.7%	43.1%	44.2%
45-54	523	14.2%	43.9%	41.9%
55-64	519	9.3%	49.1%	41.6%
65+	492	13.7%	46.3%	39.9%
RACE				
Caucasian	1592	6.5%	41.8%	51.7%
African American	1095	14.9%	47.7%	37.4%
Hispanic	104	14.6%	49.6%	35.8%
Other	160	10.8%	40.4%	48.8%
EDUCATION				
Less than High School	130	15.3%	41.1%	43.5%
High School Graduate	416	15.9%	39.6%	44.4%
Some College	487	12.1%	45.0%	42.9%
College Graduate	1962	9.0%	47.5%	43.5%
INCOME				
Less than \$15,000	188	14.9%	37.1%	48.0%
\$15,000-\$24,999	269	13.3%	47.3%	39.4%
\$25,000-\$34,999	242	13.9%	42.6%	43.5%
\$35,000-\$49,999	371	13.3%	47.7%	39.0%
\$50,000-\$74,999	457	6.4%	52.4%	41.2%
\$75,000+	1178	9.8%	46.8%	43.4%
WARD				
Ward 1	208	7.0%	46.7%	46.3%
Ward 2	279	7.5%	49.1%	43.4%
Ward 3	425	7.4%	48.0%	44.6%
Ward 4	309	13.7%	43.7%	42.6%
Ward 5	238	15.8%	45.4%	38.8%
Ward 6	284	13.3%	43.1%	43.7%
Ward 7	211	13.1%	51.4%	35.5%
Ward 8	158	16.0%	45.7%	38.3%

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Table 69. Daily Minutes Of Participation in Moderate Activities, by Demographics
 “On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?”

	N	10-29 minutes	30-99 minutes	100-199 minutes	200+ minutes
Total	3448	35.7%	52.9%	8.1%	3.3%
GENDER					
Male	1410	33.1%	52.7%	10.2%	4.1%
Female	2038	38.0%	53.2%	6.3%	2.5%
AGE					
18-24	192	33.2%	51.2%	11.3%	4.3%
25-34	678	33.1%	58.4%	5.9%	2.6%
35-44	703	32.6%	54.3%	8.0%	5.1%
45-54	600	33.2%	52.3%	10.9%	3.6%
55-64	608	37.3%	51.0%	9.3%	2.4%
65+	614	48.3%	45.0%	5.4%	1.3%
RACE					
Caucasian	1703	26.4%	68.4%	4.5%	0.7%
African American	1379	42.1%	42.9%	10.0%	5.1%
Hispanic	120	33.7%	57.8%	6.8%	1.7%
Other	179	33.1%	51.4%	11.4%	4.1%
EDUCATION					
Less than High School	214	52.1%	36.0%	6.8%	5.0%
High School Graduate	529	45.2%	39.5%	9.5%	5.9%
Some College	561	32.8%	50.8%	12.3%	4.2%
College Graduate	2133	30.9%	61.4%	6.1%	1.7%
INCOME					
Less than \$15,000	259	43.7%	42.7%	8.7%	4.9%
\$15,000-\$24,999	347	44.3%	40.2%	9.0%	6.5%
\$25,000-\$34,999	297	39.1%	44.3%	12.8%	3.8%
\$35,000-\$49,999	417	35.4%	56.4%	6.9%	1.3%
\$50,000-\$74,999	502	34.1%	53.0%	8.9%	4.0%
\$75,000+	1276	28.9%	63.7%	6.1%	1.2%
WARD					
Ward 1	232	36.7%	56.2%	4.9%	2.2%
Ward 2	306	25.1%	59.5%	11.4%	4.0%
Ward 3	473	28.7%	62.5%	8.3%	0.5%
Ward 4	363	38.5%	49.7%	9.4%	2.4%
Ward 5	282	42.0%	43.2%	9.1%	5.7%
Ward 6	315	36.3%	53.1%	8.2%	2.4%
Ward 7	266	42.6%	41.5%	11.3%	4.6%
Ward 8	216	42.9%	42.6%	9.5%	4.9%

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Table 70. Participation at Recommended Levels For Moderate Activities, by Demographics				
"How many days per week do you do these moderate activities for at least 10 minutes at a time?" combined with "On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?"				
	N	Meets requirement	Insufficient activity	No activity
Total	3448	38.6%	44.2%	17.2%
GENDER				
Male	1410	39.9%	42.9%	17.2%
Female	2038	37.5%	45.3%	17.2%
AGE				
18-24	192	37.6%	46.5%	15.9%
25-34	678	42.4%	44.9%	12.8%
35-44	703	42.4%	43.5%	14.1%
45-54	600	38.4%	44.5%	17.1%
55-64	608	38.6%	43.2%	18.2%
65+	614	28.1%	42.3%	29.6%
RACE				
Caucasian	1703	51.1%	41.9%	7.0%
African American	1379	30.6%	45.3%	24.2%
Hispanic	120	34.8%	50.8%	14.4%
Other	179	43.4%	41.5%	15.1%
EDUCATION				
Less than High School	214	25.9%	36.1%	38.1%
High School Graduate	529	31.5%	41.5%	27.1%
Some College	561	39.4%	43.4%	17.2%
College Graduate	2133	42.9%	46.7%	10.4%
INCOME				
Less than \$15,000	259	32.0%	41.0%	27.0%
\$15,000-\$24,999	347	27.9%	48.4%	23.7%
\$25,000-\$34,999	297	36.9%	42.0%	21.1%
\$35,000-\$49,999	417	36.8%	46.6%	16.6%
\$50,000-\$74,999	502	39.7%	45.6%	14.7%
\$75,000+	1276	44.1%	46.9%	8.9%
WARD				
Ward 1	232	42.2%	40.6%	17.2%
Ward 2	306	47.3%	42.6%	10.0%
Ward 3	473	43.6%	46.3%	10.1%
Ward 4	363	34.2%	46.9%	18.9%
Ward 5	282	34.3%	45.2%	20.6%
Ward 6	315	39.1%	46.9%	14.0%
Ward 7	266	30.9%	45.8%	23.3%
Ward 8	216	28.0%	44.0%	28.0%

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Table 71. Days Participated In Vigorous Activities Per Week, by Demographics “How many days per week do you do these vigorous activities for at least 10 minutes at a time?”				
	N	1-2 days	3-5 days	6-7 days
Total	1805	36.6%	53.5%	9.9%
GENDER				
Male	831	36.4%	52.3%	11.3%
Female	974	36.9%	54.9%	8.2%
AGE				
18-24	127	43.7%	48.7%	7.6%
25-34	455	35.2%	55.4%	9.4%
35-44	428	38.0%	51.4%	10.6%
45-54	309	32.7%	58.7%	8.6%
55-64	282	32.7%	55.0%	12.2%
65+	175	36.2%	51.6%	12.2%
RACE				
Caucasian	1080	34.1%	57.2%	8.7%
African American	513	40.4%	48.9%	10.6%
Hispanic	69	37.8%	50.9%	11.3%
Other	111	31.4%	56.3%	12.3%
EDUCATION				
Less than High School	47	*	*	*
High School Graduate	182	32.2%	52.7%	15.1%
Some College	273	44.0%	47.0%	9.0%
College Graduate	1298	34.5%	57.0%	8.5%
INCOME				
Less than \$15,000	77	38.4%	53.4%	8.2%
\$15,000-\$24,999	120	41.0%	49.5%	9.5%
\$25,000-\$34,999	130	42.0%	49.4%	8.6%
\$35,000-\$49,999	197	35.3%	52.6%	12.1%
\$50,000-\$74,999	293	34.9%	56.9%	8.2%
\$75,000+	839	34.4%	55.9%	9.8%
WARD				
Ward 1	127	32.5%	63.2%	4.3%
Ward 2	181	40.2%	48.6%	11.2%
Ward 3	277	32.5%	59.0%	8.5%
Ward 4	174	34.7%	54.4%	10.9%
Ward 5	125	45.6%	47.6%	6.9%
Ward 6	166	32.9%	60.1%	7.1%
Ward 7	101	41.3%	48.6%	10.1%
Ward 8	70	47.7%	39.7%	12.6%

*Data not presented if the unweighted cell size was <50

Exercise

Table 72. Daily Minutes Of Participation In Vigorous Activities, by Demographics “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?”					
	N	10-29 minutes	30-99 minutes	100-199 minutes	200+ minutes
Total	3524	56.2%	37.0%	5.7%	1.2%
GENDER					
Male	1425	49.8%	40.5%	8.1%	1.7%
Female	2099	61.7%	33.9%	3.6%	0.8%
AGE					
18-24	192	40.8%	47.8%	9.6%	1.8%
25-34	683	44.2%	50.6%	3.7%	1.5%
35-44	714	54.0%	38.7%	6.9%	0.3%
45-54	618	59.1%	33.2%	5.8%	1.9%
55-64	611	65.5%	28.1%	5.7%	0.8%
65+	651	81.7%	14.8%	2.3%	1.1%
RACE					
Caucasian	1729	41.4%	54.0%	4.2%	0.4%
African American	1423	67.2%	25.0%	6.1%	1.6%
Hispanic	121	49.5%	46.5%	4.1%	0%
Other	182	45.1%	41.8%	10.0%	3.1%
EDUCATION					
Less than High School	226	82.8%	11.8%	2.7%	2.7%
High School Graduate	552	70.8%	19.9%	7.0%	2.2%
Some College	576	58.3%	30.4%	9.5%	1.7%
College Graduate	2160	45.5%	50.0%	4.2%	0.4%
INCOME					
Less than \$15,000	264	76.8%	16.8%	4.2%	2.2%
\$15,000-\$24,999	361	68.9%	20.9%	8.6%	1.6%
\$25,000-\$34,999	307	63.0%	28.3%	8.5%	0.2%
\$35,000-\$49,999	428	57.5%	35.9%	4.7%	1.9%
\$50,000-\$74,999	508	49.6%	43.7%	5.6%	1.1%
\$75,000+	1284	41.4%	53.2%	4.7%	0.6%
WARD					
Ward 1	242	52.8%	41.2%	4.9%	1.0%
Ward 2	305	47.9%	41.8%	7.4%	2.9%
Ward 3	478	50.0%	43.9%	5.3%	0.8%
Ward 4	375	61.1%	32.1%	6.3%	0.4%
Ward 5	289	67.7%	22.8%	6.5%	3.0%
Ward 6	325	52.7%	41.8%	5.2%	0.3%
Ward 7	277	66.3%	26.0%	5.1%	2.5%
Ward 8	225	69.0%	23.0%	7.0%	1.0%

Exercise

Table 73. Participation At Recommended Levels for Vigorous Activities, by Demographics

“How many days per week do you do these vigorous activities for at least 10 minutes at a time?” combined with “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?”

	N	Meets requirements	Insufficient activity	No activity
Total	3524	31.5%	19.9%	48.7%
GENDER				
Male	1425	35.8%	22.4%	41.8%
Female	2099	27.6%	17.7%	54.7%
AGE				
18-24	192	38.5%	30.8%	30.7%
25-34	683	40.9%	22.6%	36.5%
35-44	714	32.0%	20.9%	47.1%
45-54	618	31.2%	17.2%	51.6%
55-64	611	25.8%	16.4%	57.8%
65+	651	13.4%	10.1%	76.5%
RACE				
Caucasian	1729	43.5%	24.0%	32.5%
African American	1423	22.5%	16.7%	60.8%
Hispanic	121	32.6%	24.5%	42.9%
Other	182	39.9%	20.0%	40.2%
EDUCATION				
Less than High School	226	10.4%	12.1%	77.5%
High School Graduate	552	23.6%	12.4%	63.9%
Some College	576	29.3%	24.7%	46.1%
College Graduate	2160	38.6%	22.2%	39.2%
INCOME				
Less than \$15,000	264	18.1%	13.6%	68.3%
\$15,000-\$24,999	361	20.5%	15.7%	63.8%
\$25,000-\$34,999	307	25.3%	19.8%	54.8%
\$35,000-\$49,999	428	31.3%	17.9%	50.8%
\$50,000-\$74,999	508	37.1%	20.4%	42.5%
\$75,000+	1284	42.3%	25.1%	32.6%
WARD				
Ward 1	242	35.5%	17.2%	47.3%
Ward 2	305	38.0%	27.4%	34.6%
Ward 3	478	38.8%	21.8%	39.4%
Ward 4	375	28.1%	16.1%	55.8%
Ward 5	289	21.6%	18.7%	59.7%
Ward 6	325	34.7%	20.2%	45.1%
Ward 7	277	22.9%	19.1%	58.0%
Ward 8	225	18.4%	18.7%	62.9%

Fruits and Vegetables



In addition to assisting with the maintenance of a healthy weight, eating the recommended servings of fruits and vegetables, and a variety of them, prevents many diseases. These include: heart disease, stroke, high blood pressure, cholesterol, certain types of cancer, cataract and macular degeneration, and diverticulitis (an intestinal illness).³⁰

District of Columbia respondents were asked a variety of questions about how often they ate different types of fruits and vegetables – including fruit juices; fruit other than juice; green salad; potatoes not including French fries, fried potatoes, or potato chips; carrots; and vegetables other than carrots, potatoes, or salad. The responses to all of these questions were combined to create one variable for the number of servings of fruits and vegetables respondents consumed on a daily basis.

Overall, less than one-third, 32%, of District respondents ate the recommended five or more servings of fruits and vegetables. This was the highest percentage of all states, as nationwide, the average is 23%.³¹ Another 35% consumed between three and five servings of fruits and vegetables each day.



- When the data were separated by demographic subgroups and by Ward, small differences occurred. However, respondents who were older, more educated, and earned higher incomes were slightly more likely to eat three or more servings of fruits and vegetables each day.

Additional Data Highlights

- Less than half, 44%, of respondents drank at least one serving of fruit juice each day.
- Fifty-percent of respondents ate at least one serving of fruit each day (excluding fruit juice). However, only 8% of respondents ate three or more servings of fruit per day.
- Less than one-third, 28%, of respondents ate green salad at least once per day.
- Only 4% of respondents ate at least one serving of potatoes (not including French fries, fried potatoes, or potato chips) per day.
- Ten percent of respondents ate at least one serving of carrots each day.
- Seventy-two percent of respondents ate at least one serving of some other vegetable per day. However, only 14% did so for three or more servings per day.



³⁰ Harvard School of Public Health Nutrition Source, Fruits & Vegetables, 2006. <http://www.hsph.harvard.edu/nutritionsource/fruits.html> (accessed January 24, 2007).

³¹ National Center for Chronic Disease Prevention and Health Promotion. Behavioral Risk Factor Surveillance System Prevalence Data, All States – 2005. <http://apps.nccd.cdc.gov/brfss/page.asp?cat=HS&yr=2005&state=All#HS> (accessed January 11, 2007).

Fruits and Vegetables

Table 74. Servings Of Fruits and Vegetables, by Demographics

Created Variable from “How often do you drink fruit juices such as orange, grapefruit, or tomato?”, “Not counting juice, how often do you eat fruit?”, “How often do you eat green salad?”, “How often do you eat potatoes not including French fries, fried potatoes, or potato chips?”, “How often do you eat carrots?” and “Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat? (Example: A serving of vegetables at both lunch and dinner would be two servings.)”

	N	<1 per Day	1 to <3 Time per Day	3 to <5 Times per Day	5+ Times per Day
Total	3624	4.9	27.8%	35.0%	32.3%
GENDER					
Male	1463	6.2%	30.4%	34.8%	28.6%
Female	2161	3.7%	25.6%	35.2%	35.5%
AGE					
18-24	196	8.0%	31.1%	27.9%	32.9%
25-34	704	5.4%	30.2%	34.9%	29.5%
35-44	726	4.5%	27.0%	37.2%	31.3%
45-54	635	3.5%	32.4%	30.0%	34.1%
55-64	628	4.4%	23.4%	37.8%	34.4%
65+	674	3.5%	22.0%	41.3%	33.2%
RACE					
Caucasian	1759	1.5%	23.8%	39.7%	35.0%
African American	1484	7.3%	30.5%	30.9%	31.4%
Hispanic	122	3.4%	24.8%	40.6%	31.2%
Other	185	5.0%	28.1%	35.7%	31.2%
EDUCATION					
Less than High School	236	12.4%	31.8%	24.3%	31.6%
High School Graduate	577	5.7%	32.8%	33.7%	27.9%
Some College	593	6.1%	28.8%	33.3%	31.8%
College Graduate	2207	2.9%	24.9%	38.0%	34.1%
INCOME					
Less than \$15,000	278	4.3%	39.2%	28.2%	28.3%
\$15,000-\$24,999	370	6.5%	32.4%	32.4%	28.7%
\$25,000-\$34,999	316	5.8%	28.8%	32.7%	32.7%
\$35,000-\$49,999	442	8.2%	29.3%	34.5%	28.0%
\$50,000-\$74,999	522	5.1%	29.4%	35.1%	30.5%
\$75,000+	1302	1.3%	22.5%	39.5%	36.7%
WARD					
Ward 1	242	4.2%	28.6%	34.7%	32.6%
Ward 2	307	2.0%	27.9%	40.3%	29.9%
Ward 3	485	0.7%	22.7%	35.3%	41.4%
Ward 4	379	2.6%	23.9%	36.5%	37.0%
Ward 5	294	5.7%	23.6%	37.8%	32.9%
Ward 6	327	3.9%	30.6%	37.0%	28.5%
Ward 7	278	5.4%	29.6%	33.0%	31.9%
Ward 8	229	8.1%	36.9%	25.7%	29.3%

Fruits and Vegetables

Table 75. Servings of Juice Per Day, by Demographics					
"How often do you drink fruit juices such as orange, grapefruit, or tomato?"					
	N	Less Than Once Per Day	1-2 Times Per Day	2-3 Times Per Day	3+ Times Per Day
Total	3581	56.4%	30.4%	7.2%	6.1%
GENDER					
Male	1446	53.7%	30.3%	8.6%	7.4%
Female	2135	58.7%	30.5%	6.0%	4.8%
AGE					
18-24	196	55.2%	27.3%	7.5%	9.9%
25-34	699	62.1%	23.9%	6.7%	7.3%
35-44	719	59.7%	26.3%	7.8%	6.3%
45-54	627	60.9%	27.3%	7.2%	4.6%
55-64	620	55.5%	33.6%	7.1%	3.7%
65+	659	40.6%	49.1%	6.7%	3.6%
RACE					
Caucasian	1749	59.3%	33.0%	4.9%	2.9%
African American	1457	53.7%	30.3%	7.5%	8.6%
Hispanic	122	58.2%	32.8%	6.3%	2.6%
Other	183	59.2%	21.4%	15.1%	4.3%
EDUCATION					
Less than High School	231	53.1%	28.7%	8.3%	9.9%
High School Graduate	563	56.5%	27.1%	7.2%	9.2%
Some College	585	52.6%	31.1%	9.5%	6.9%
College Graduate	2191	58.5%	31.4%	6.2%	3.9%
INCOME					
Less than \$15,000	272	55.4%	25.9%	10.8%	7.8%
\$15,000-\$24,999	364	54.3%	31.3%	8.1%	6.4%
\$25,000-\$34,999	312	53.7%	21.8%	6.5%	8.0%
\$35,000-\$49,999	437	64.4%	25.2%	5.2%	5.2%
\$50,000-\$74,999	519	59.1%	29.0%	8.3%	3.6%
\$75,000+	1296	57.4%	31.6%	6.4%	4.6%
WARD					
Ward 1	241	57.5%	32.2%	4.7%	5.6%
Ward 2	306	62.9%	32.6%	2.9%	1.6%
Ward 3	482	54.5%	33.4%	8.0%	4.1%
Ward 4	373	52.7%	31.4%	7.5%	8.5%
Ward 5	288	55.5%	28.3%	9.4%	6.8%
Ward 6	322	60.3%	27.0%	7.6%	5.0%
Ward 7	273	55.4%	31.5%	7.2%	5.9%
Ward 8	225	53.3%	28.1%	9.6%	9.0%

Fruits and Vegetables

Table 76. Servings of Fruit Per Day, by Demographics					
“Not counting juice, how often do you eat fruit?”					
	N	Less Than Once Per Day	1-2 Times Per Day	2-3 Times Per Day	3+ Times Per Day
Total	3583	50.2%	30.2%	11.4%	8.2%
GENDER					
Male	1449	55.9%	28.7%	8.7%	6.7%
Female	2134	45.3%	31.5%	13.7%	9.5%
AGE					
18-24	194	58.9%	20.7%	12.4%	8.0%
25-34	697	54.7%	27.3%	10.8%	7.3%
35-44	720	51.6%	28.3%	11.3%	8.9%
45-54	627	49.6%	30.9%	9.0%	10.6%
55-64	621	46.9%	34.7%	11.2%	7.2%
65+	664	38.1%	41.1%	13.5%	7.2%
RACE					
Caucasian	1751	43.5%	35.0%	12.8%	8.7%
African American	1453	54.6%	26.8%	10.7%	7.9%
Hispanic	121	38.5%	39.7%	13.1%	8.8%
Other	185	55.3%	26.4%	10.9%	7.4%
EDUCATION					
Less than High School	226	55.6%	29.0%	6.4%	9.0%
High School Graduate	562	54.7%	27.7%	8.1%	9.5%
Some College	588	53.9%	26.6%	13.9%	5.6%
College Graduate	2196	46.4%	32.6%	12.4%	8.6%
INCOME					
Less than \$15,000	274	58.2%	24.7%	9.0%	8.0%
\$15,000-\$24,999	367	57.7%	24.2%	8.2%	9.8%
\$25,000-\$34,999	313	53.4%	30.1%	9.6%	6.8%
\$35,000-\$49,999	436	55.1%	23.2%	14.7%	7.0%
\$50,000-\$74,999	517	51.3%	33.0%	9.4%	6.3%
\$75,000+	1300	43.8%	33.9%	13.0%	9.3%
WARD					
Ward 1	241	47.1%	32.8%	10.7%	9.4%
Ward 2	306	52.2%	30.6%	9.4%	7.8%
Ward 3	481	37.1%	37.5%	13.3%	12.1%
Ward 4	375	46.2%	30.8%	14.5%	8.6%
Ward 5	290	48.3%	33.0%	13.3%	5.4%
Ward 6	345	51.5%	32.0%	11.1%	5.5%
Ward 7	273	53.9%	23.5%	11.1%	11.4%
Ward 8	224	57.9%	22.6%	13.0%	6.5%

Fruits and Vegetables

Table 77. Servings of Green Salad Per Day, by Demographics
 “How often do you eat green salad?”

	N	Less Than Once Per Day	1-2 Times Per Day	2-3 Times Per Day	3+ Times Per Day
Total	3588	72.1%	23.2%	3.1%	1.6%
GENDER					
Male	1451	76.8%	19.3%	2.8%	1.2%
Female	2137	68.1%	26.5%	3.4%	1.9%
AGE					
18-24	194	80.0%	18.1%	1.3%	0.6%
25-34	699	79.5%	16.1%	3.0%	1.5%
35-44	721	71.9%	22.7%	2.7%	2.7%
45-54	631	70.2%	24.5%	3.3%	2.0%
55-64	622	63.8%	30.2%	4.5%	1.5%
65+	661	63.5%	32.0%	3.6%	0.9%
RACE					
Caucasian	1753	67.5%	28.0%	3.5%	1.0%
African American	1456	74.8%	20.5%	2.8%	1.9%
Hispanic	122	62.6%	26.5%	8.2%	2.7%
Other	183	79.3%	17.7%	1.6%	1.4%
EDUCATION					
Less than High School	229	76.6%	18.5%	3.6%	1.3%
High School Graduate	564	74.7%	20.8%	2.3%	2.3%
Some College	588	73.6%	22.1%	2.9%	1.4%
College Graduate	2196	69.9%	25.2%	3.4%	1.4%
INCOME					
Less than \$15,000	277	76.1%	18.4%	2.1%	3.4%
\$15,000-\$24,999	363	74.5%	20.7%	2.9%	1.8%
\$25,000-\$34,999	314	76.0%	18.0%	3.1%	2.9%
\$35,000-\$49,999	438	77.4%	18.8%	2.1%	1.7%
\$50,000-\$74,999	517	74.1%	21.7%	3.5%	0.6%
\$75,000+	1299	66.9%	27.9%	4.0%	1.1%
WARD					
Ward 1	240	71.5%	22.2%	5.5%	0.8%
Ward 2	307	72.5%	22.7%	4.3%	0.5%
Ward 3	484	62.8%	32.5%	2.9%	1.7%
Ward 4	375	71.2%	23.0%	3.5%	2.3%
Ward 5	291	75.6%	20.4%	3.8%	0.2%
Ward 6	325	75.8%	21.3%	2.8%	0.2%
Ward 7	275	74.7%	19.7%	1.5%	4.1%
Ward 8	225	74.0%	21.2%	1.4%	3.4%

Fruits and Vegetables

Table 78. Servings of Potatoes Per Day, by Demographics					
“How often do you eat potatoes not including French fries, fried potatoes, or potato chips?”					
	N	Less Than Once Per Day	1-2 Times Per Day	2-3 Times Per Day	3+ Times Per Day
Total	3558	95.7%	3.3%	0.5%	0.4%
GENDER					
Male	1438	95.3%	3.6%	0.4%	0.7%
Female	2120	96.1%	3.1%	0.5%	0.2%
AGE					
18-24	194	96.6%	3.4%	0%	0%
25-34	693	96.9%	1.9%	0%	1.2%
35-44	720	95.9%	3.5%	0.5%	0.1%
45-54	626	97.4%	1.8%	0.4%	0.4%
55-64	617	94.2%	4.5%	1.2%	0.1%
65+	650	92.6%	6.0%	1.4%	0%
RACE					
Caucasian	1738	97.4%	2.3%	0.2%	0.1%
African American	1444	95.0%	3.5%	0.8%	0.7%
Hispanic	122	95.1%	4.9%	0%	0%
Other	183	96.4%	3.6%	0%	0%
EDUCATION					
Less than High School	226	89.2%	7.0%	3.8%	0%
High School Graduate	560	93.4%	4.7%	0.4%	1.6%
Some College	584	96.2%	3.7%	0.1%	0%
College Graduate	2177	97.6%	2.0%	0.2%	0.2%
INCOME					
Less than \$15,000	272	92.4%	7.6%	0%	0%
\$15,000-\$24,999	362	92.2%	5.5%	0.2%	2.1%
\$25,000-\$34,999	310	97.2%	2.0%	0.6%	0.3%
\$35,000-\$49,999	434	97.8%	1.8%	0.1%	0.2%
\$50,000-\$74,999	516	96.6%	3.2%	0.1%	0.2%
\$75,000+	1290	97.1%	2.6%	0.2%	0.1%
WARD					
Ward 1	238	95.3%	3.1%	1.5%	0.2%
Ward 2	306	98.5%	1.5%	0%	0%
Ward 3	481	94.1%	5.7%	0.3%	0%
Ward 4	371	96.7%	3.0%	0%	0.3%
Ward 5	288	95.1%	4.6%	0.2%	0.1%
Ward 6	324	98.9%	0.9%	0.2%	0%
Ward 7	271	94.4%	3.3%	1.4%	0.9%
Ward 8	224	96.6%	2.6%	0.9%	0%

Fruits and Vegetables

Table 79. Servings of Carrots Per Day, by Demographics

“How often do you eat carrots?”

	N	Less Than Once Per Day	1-2 Times Per Day	2-3 Times Per Day	3+ Times Per Day
Total	3525	90.5%	8.0%	0.7%	0.8%
GENDER					
Male	1422	94.0%	5.3%	0.4%	0.3%
Female	2103	87.3%	10.4%	1.1%	1.3%
AGE					
18-24	192	91.9%	6.8%	0.6%	0.8%
25-34	693	91.6%	7.4%	0.5%	0.5%
35-44	718	90.7%	7.2%	0.7%	1.4%
45-54	622	89.4%	9.5%	0.3%	0.9%
55-64	610	90.8%	7.6%	1.1%	0.5%
65+	631	88.4%	9.8%	1.2%	0.6%
RACE					
Caucasian	1723	90.9%	8.3%	0.3%	0.5%
African American	1428	90.6%	7.7%	0.9%	0.8%
Hispanic	120	86.1%	9.7%	2.4%	1.7%
Other	184	89.8%	8.2%	0.8%	1.2%
EDUCATION					
Less than High School	223	91.5%	6.4%	0.5%	1.7%
High School Graduate	548	90.5%	7.7%	1.0%	0.8%
Some College	582	89.8%	9.0%	0.7%	0.4%
College Graduate	2161	90.8%	7.8%	0.6%	0.8%
INCOME					
Less than \$15,000	272	93.5%	4.5%	0.9%	1.2%
\$15,000-\$24,999	358	89.9%	7.6%	0.9%	1.6%
\$25,000-\$34,999	305	89.5%	7.5%	1.9%	1.1%
\$35,000-\$49,999	430	92.3%	6.8%	0.8%	0%
\$50,000-\$74,999	506	87.4%	11.9%	0.3%	0.4%
\$75,000+	1289	91.7%	6.9%	0.4%	1.0%
WARD					
Ward 1	236	89.0%	8.9%	1.4%	0.7%
Ward 2	303	89.4%	10.2%	0%	0.4%
Ward 3	476	89.7%	8.7%	0.5%	1.1%
Ward 4	368	87.0%	9.7%	2.3%	1.1%
Ward 5	287	93.0%	5.3%	0.4%	1.3%
Ward 6	321	92.5%	6.9%	0.2%	0.4%
Ward 7	270	91.6%	6.6%	0.2%	1.7%
Ward 8	219	92.5%	5.1%	1.9%	0.6%

Fruits and Vegetables

Table 80. Servings of Other Vegetables Per Day, by Demographics

“Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat? (Example: A serving of vegetables at both lunch and dinner would be two servings.)”

	N	Less Than Once Per Day	1-2 Times Per Day	2-3 Times Per Day	3+ Times Per Day
Total	3548	27.9%	33.1%	25.3%	13.7%
GENDER					
Male	1435	33.7%	32.2%	22.5%	11.5%
Female	2113	22.8%	33.9%	27.7%	15.6%
AGE					
18-24	190	39.3%	23.8%	20.3%	16.6%
25-34	688	30.9%	30.3%	23.5%	15.3%
35-44	719	26.0%	33.5%	26.5%	14.1%
45-54	627	27.7%	33.5%	25.5%	13.4%
55-64	613	22.9%	34.2%	29.6%	13.2%
65+	653	20.8%	43.8%	26.4%	8.9%
RACE					
Caucasian	1739	21.2%	31.4%	28.7%	18.6%
African American	1433	31.6%	33.7%	23.5%	11.2%
Hispanic	121	35.1%	33.2%	18.8%	13.0%
Other	184	26.2%	33.4%	29.3%	11.2%
EDUCATION					
Less than High School	221	38.0%	40.0%	16.4%	5.6%
High School Graduate	554	31.5%	35.2%	22.2%	11.1%
Some College	582	30.2%	31.8%	26.0%	12.0%
College Graduate	2181	24.3%	31.8%	27.4%	16.5%
INCOME					
Less than \$15,000	269	34.4%	35.6%	19.5%	10.4%
\$15,000-\$24,999	357	39.4%	29.8%	23.9%	6.9%
\$25,000-\$34,999	312	31.4%	29.4%	25.6%	13.6%
\$35,000-\$49,999	433	29.0%	31.9%	27.8%	11.2%
\$50,000-\$74,999	514	26.8%	33.7%	23.1%	16.3%
\$75,000+	1293	20.8%	34.4%	27.5%	17.3%
WARD					
Ward 1	240	23.7%	38.3%	23.6%	14.4%
Ward 2	306	24.4%	31.2%	30.0%	14.4%
Ward 3	481	24.0%	28.2%	29.9%	17.9%
Ward 4	373	21.9%	38.0%	25.5%	14.5%
Ward 5	290	24.6%	35.4%	29.8%	10.2%
Ward 6	325	27.0%	35.7%	25.3%	12.0%
Ward 7	271	31.1%	34.4%	23.9%	10.6%
Ward 8	220	37.2%	30.2%	21.5%	11.1%

Tobacco Use



Healthy People 2010 Objectives

- Reduce cigarette smoking by adults to 12%
- Increase smoking cessation attempts by adult smokers to 75% (who stopped smoking for one day or longer in the past year because they were trying to quit).

Although the prevalence of tobacco use has declined over recent years, in the U.S., tobacco use is still the leading preventable cause of death, resulting in almost 440,000 deaths each year (38,000 of which are estimated to be from exposure to secondhand smoke). Tobacco use also results in over \$75 billion in direct medical costs. It is estimated that every day, 3,900 people under the age of 18 try their first cigarette.³²

Current Smoking

District of Columbia respondents were first asked whether they had ever smoked 100 cigarettes or more in their life. Respondents who answered “yes” to this question were then asked if they still smoked cigarettes every day, some days, or not at all. Respondents who indicated that they smoked every day or some days are considered current smokers. Overall, 20% of District residents were current smokers. This is equal to the nationwide smoking rate reported by the BRFSS,³³ but much higher than the 12% goal of Healthy People 2010.



- Men were more likely to smoke than women: 23% of men, compared to 18% of women, were current smokers.
- Older respondents were least likely to smoke: 11% of respondents age 65 and older report smoking every day or some days. The largest proportion of smokers can be found in the 45 to 54 age group, at 29%. About one-in-five (21%) respondents age 18 to 24 were current smokers.
- Caucasians (14%) were less likely to smoke than African Americans (24%), Hispanics (20%), and respondents of other races (19%).
- Respondents with higher levels of education and income were less likely to smoke. One-third (33%) of respondents with less than a high school education, and 28% of respondents with a high school degree, were current smokers — compared to 14% of college graduates. Respondents with incomes of less than \$15,000 reported current smoking at 29%, compared with 14% of respondents with incomes of \$75,000 or more.
- Smoking by Ward varied from a low of 11% for residents of Ward 3, to a high of 26% for residents of Ward 7.



Quit Attempts

Respondents who smoked were asked if they had, in the past 12 months, stopped smoking for one day or more because they were trying to quit. Overall, 62% of current smokers had tried to quit during the past year, under the 75% target of Healthy People 2010.

- Men and women were equally as likely to attempt to quit smoking in the past



Tobacco Use

year.

- There were small differences by income and Ward for the rate of quit attempts.
- Adults aged 65 and older were most likely to attempt to quit, at 74%. Respondents between the ages of 45-54 were least likely to do so (60%); this age group also reported the highest smoking rates at 29%.
- Caucasians were least likely to try to quit (54%) compared to 62% of African Americans.
- By education, high school graduates had the highest rate of quit attempts, at 71%, and respondents with only some college had the lowest rate, at 49%.

Bidi Use

Bidis are small, thin, hand-rolled cigarettes from India and other Southeast Asian countries, and can come in flavors such as chocolate, cherry, or mango. The risk of bidis, as compared to the typical cigarette, is that bidis have higher concentrations of nicotine, tar, and carbon monoxide.

Less than 10% of respondents reported having ever smoked a bidi, even for one or two puffs.

- Men were slightly more likely than women to have smoked a bidi (11% versus 7%).
- The highest use of bidi cigarettes was with the youngest respondents, 18% of adults between the ages of 18-24, and 13% of adults aged 25-34, had smoked a bidi. This is compared to 5% or less of adults aged 45 and older.
- Respondents with a high school degree (11%) or some college (11%) were the two most likely educational groups to have smoked a bidi, as were respondents with incomes of \$25,000-\$34,999 (15%).
- Very few respondents residing in Ward 3 had ever smoked a bidi — only 3%. This is compared to 10% of adults residing in Ward 2 and 13% in Ward 5.

Work-place Smoking Policy

Respondents were asked about their work-place policy on smoking. Almost one-fifth, 19%, of respondents were allowed to smoke in some areas of their work-place, and 4% stated that smoking was allowed in all work areas.

- The likelihood that District respondents were allowed to smoke in some or all areas of their work-place increased as age, education, and income decreased.
- Ward 2 and 3 respondents were least likely to report that smoking was allowed in some work areas (12% and 9% respectively). This is compared to 30% for residents of Ward 7 and 27% in Ward 8.

Smoke-free Restaurants

Towns, cities, counties, and states are increasingly passing ordinances banning smoking in restaurants. District respondents were asked if they would eat out the same, more, or less than usual if restaurants became smoke-free. Over one-fourth, 26%, of respondents said they would eat out more often, 6% less often, and 68% about the same.

Tobacco Use

- Younger respondents, and respondents with higher levels of education and income, were more likely to state that they would eat out more often, as were Hispanics (39%) and women (28%).
- There were small differences in responses by Ward.

Additional Data Highlights

- Almost two-thirds (64%) of respondents had been advised by a doctor or other health care provider to quit smoking.
- Forty-two percent of respondents had smoked at least 100 cigarettes in their lifetime. Of those, 28% smoked every day and 20% smoked some days.

³² Center for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Tobacco Information and Prevention Source (TIPS), Bidis and Kreteks, Fact Sheet, November 2005. <http://www.cdc.gov/tobacco/factsheets/bidisandkreteks.htm> (accessed February 14, 2007)

³³ National Center for Chronic Disease Prevention and Health Promotion. Behavioral Risk Factor Surveillance System Prevalence Data, All States – 2005. <http://apps.nccd.cdc.gov/brfss/page.asp?cat=HS&yr=2005&state=All#HS> (accessed January 11, 2007).

Tobacco Use

Table 81. Current Smokers and Quit Attempts, by Demographics

“Currently Smoke” is a calculated variable equal to respondents who smoked at least 100 cigarettes in their life and now smoke every day or some days. “Tried to Quit” equals respondents answering yes to: “During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?”

		Currently Smoke Cigarettes		Tried to Quit Smoking in Past Year
	N	Smoker	N	Yes
Total	3726	20.0%	665	62.4%
GENDER				
Male	1496	23.0%	302	61.4%
Female	2230	17.5%	363	63.6%
AGE				
18-24	203	21.3%	33	*
25-34	721	18.4%	126	66.4%
35-44	742	20.0%	128	62.8%
45-54	657	29.1%	168	59.6%
55-64	642	22.5%	125	64.5%
65+	695	10.8%	76	73.8%
RACE				
Caucasian	1783	13.6%	229	53.6%
African American	1545	23.5%	361	61.8%
Hispanic	125	20.3%	23	*
Other	192	19.0%	32	*
EDUCATION				
Less than High School	248	33.0%	73	67.4%
High School Graduate	601	27.7%	165	71.4%
Some College	617	22.7%	133	49.3%
College Graduate	2248	13.7%	292	61.5%
INCOME				
Less than \$15,000	286	28.8%	95	65.3%
\$15,000-\$24,999	385	23.7%	90	60.0%
\$25,000-\$34,999	329	27.1%	84	59.1%
\$35,000-\$49,999	451	17.6%	68	64.8%
\$50,000-\$74,999	537	16.6%	91	66.1%
\$75,000+	1319	14.0%	163	60.5%
WARD				
Ward 1	242	17.1%	46	*
Ward 2	306	17.7%	54	63.9%
Ward 3	484	10.6%	39	*
Ward 4	379	16.5%	55	66.0%
Ward 5	291	24.2%	65	67.9%
Ward 6	325	20.0%	63	69.6%
Ward 7	277	26.1%	69	59.7%
Ward 8	230	23.2%	54	57.6%

*Data not presented if the unweighted cell size was <50

Tobacco Use

Table 82. Current Bidi Smokers, by Demographics			
"A bidi is a flavored cigarette from India. Have you ever smoked a bidi, even one or two puffs?"			
	N	Yes	No
Total	2776	8.8%	91.2%
GENDER			
Male	1102	10.7%	89.3%
Female	1674	7.1%	92.9%
AGE			
18-24	159	17.9%	82.1%
25-34	528	12.7%	87.3%
35-44	556	9.4%	90.6%
45-54	482	5.3%	94.7%
55-64	463	4.0%	96.0%
65+	542	1.3%	98.7%
RACE			
Caucasian	1374	6.4%	93.6%
African American	1115	8.9%	91.1%
Hispanic	91	7.4%	92.6%
Other	139	15.4%	84.6%
EDUCATION			
Less than High School	176	4.0%	96.0%
High School Graduate	425	11.0%	89.0%
Some College	458	11.3%	88.7%
College Graduate	1709	7.7%	92.3%
INCOME			
Less than \$15,000	210	7.2%	92.8%
\$15,000-\$24,999	285	8.9%	91.1%
\$25,000-\$34,999	231	14.9%	85.1%
\$35,000-\$49,999	337	9.2%	90.8%
\$50,000-\$74,999	391	8.2%	91.8%
\$75,000+	1025	7.7%	92.3%
WARD			
Ward 1	187	6.2%	93.8%
Ward 2	240	10.3%	89.7%
Ward 3	395	3.2%	96.8%
Ward 4	315	9.5%	90.5%
Ward 5	237	12.5%	87.5%
Ward 6	266	7.1%	92.9%
Ward 7	226	7.6%	92.4%
Ward 8	187	9.7%	90.3%

Tobacco Use

Table 83. Current Bidi Smokers, by Demographics					
"Which of the following best describe your place of work's official smoking policy for work areas?"					
	N	Allowed in some work areas	Allowed in all work areas	No official policy	Not allowed anywhere
Total	1799	18.9%	3.8%	8.3%	69.1%
GENDER					
Male	744	21.4%	3.7%	11.0%	63.9%
Female	1055	16.7%	3.8%	5.9%	73.9%
AGE					
18-24	86	28.9%	5.6%	11.9%	53.6%
25-34	433	21.6%	2.9%	8.4%	67.2%
35-44	460	19.9%	6.4%	8.0%	65.8%
45-54	387	12.0%	1.8%	6.2%	80.0%
55-64	315	12.1%	2.0%	8.3%	77.6%
65+	93	13.5%	4.2%	7.8%	74.5%
RACE					
Caucasian	1012	13.3%	2.6%	8.0%	76.1%
African American	589	22.9%	4.6%	8.9%	63.6%
Hispanic	71	26.2%	2.7%	8.9%	62.1%
Other	93	17.9%	6.4%	6.7%	68.9%
EDUCATION					
Less than High School	36	*	*	*	*
High School Graduate	199	27.6%	5.3%	8.2%	58.8%
Some College	271	21.4%	4.4%	10.4%	63.8%
College Graduate	1288	15.6%	3.0%	7.1%	74.4%
INCOME					
Less than \$15,000	26	*	*	*	*
\$15,000-\$24,999	113	29.9%	5.9%	7.5%	56.6%
\$25,000-\$34,999	128	15.0%	3.8%	16.7%	64.5%
\$35,000-\$49,999	233	21.9%	3.8%	10.1%	64.2%
\$50,000-\$74,999	302	21.0%	5.6%	7.9%	65.4%
\$75,000+	871	15.0%	2.4%	5.7%	76.9%
WARD					
Ward 1	132	15.8%	2.0%	7.8%	74.4%
Ward 2	162	11.7%	2.7%	5.3%	80.3%
Ward 3	266	8.9%	2.9%	5.2%	82.9%
Ward 4	194	20.2%	3.1%	11.5%	65.2%
Ward 5	127	13.8%	3.1%	10.2%	73.0%
Ward 6	183	18.8%	0.9%	10.2%	70.0%
Ward 7	134	29.6%	5.0%	7.4%	58.0%
Ward 8	92	26.0%	4.6%	3.7%	65.8%

*Data not presented if the unweighted cell size was <50

Tobacco Use

Table 84. Attitudes Towards Smoke-Free Restaurants, by Demographics “If DC restaurants were smoke-free, would you eat out the same, more, or less than usual?” (Only includes respondents who eat out at restaurants)				
	N	More often	Less often	About the same
Total	2486	26.1%	6.1%	67.8%
GENDER				
Male	999	23.8%	7.9%	68.2%
Female	1487	28.0%	4.6%	67.4%
AGE				
18-24	145	30.0%	5.5%	64.5%
25-34	506	31.2%	8.0%	60.8%
35-44	531	24.5%	7.0%	68.5%
45-54	431	24.7%	6.8%	68.4%
55-64	412	24.2%	3.4%	72.4%
65+	418	17.0%	4.3%	78.7%
RACE				
Caucasian	1317	32.9%	3.9%	63.2%
African American	915	20.6%	6.9%	72.5%
Hispanic	85	39.5%	6.3%	54.1%
Other	121	25.4%	9.1%	65.5%
EDUCATION				
Less than High School	102	18.3%	10.5%	71.2%
High School Graduate	341	19.3%	9.5%	71.3%
Some College	398	23.3%	4.7%	71.9%
College Graduate	1639	30.1%	5.1%	64.8%
INCOME				
Less than \$15,000	144	19.8%	14.1%	66.1%
\$15,000-\$24,999	224	20.5%	11.2%	68.3%
\$25,000-\$34,999	192	21.5%	9.4%	69.0%
\$35,000-\$49,999	307	26.8%	5.5%	67.8%
\$50,000-\$74,999	373	22.6%	4.6%	72.8%
\$75,000+	1008	32.0%	3.9%	64.0%
WARD				
Ward 1	171	28.5%	5.8%	65.8%
Ward 2	232	29.7%	3.4%	66.9%
Ward 3	368	31.0%	2.5%	66.5%
Ward 4	281	22.8%	5.8%	71.4%
Ward 5	208	18.6%	5.5%	76.0%
Ward 6	244	28.2%	6.6%	65.2%
Ward 7	182	24.1%	5.6%	70.3%
Ward 8	147	22.3%	9.0%	68.8%

Tobacco Use

Table 85. Quit Smoking Advice From Health Care Providers, by Demographics “In the past 12 months, on how many visits were you advised to quit smoking by a doctor or another health care provider?”					
	N	None	Once	2-4 Times	5+ Times
Total	360	35.7%	2.5%	30.5%	11.3%
GENDER					
Male	148	39.6%	18.1%	28.3%	14.1%
Female	223	32.7%	25.9%	32.2%	9.2%
AGE					
18-24	18	*	*	*	*
25-34	59	45.5%	26.9%	15.9%	11.6%
35-44	67	36.8%	24.2%	28.1%	10.8%
45-54	90	21.9%	21.8%	40.4%	15.9%
55-64	76	35.0%	25.9%	27.8%	11.3%
65+	54	*	*	*	*
RACE					
Caucasian	115	40.6%	32.0%	24.7%	2.7%
African American	207	33.9%	18.6%	34.5%	13.1%
Hispanic	11	*	*	*	*
Other	13	*	*	*	*
EDUCATION					
Less than High School	43	*	*	*	*
High School Graduate	90	37.8%	22.1%	28.0%	12.1%
Some College	75	34.5%	13.5%	37.1%	14.9%
College Graduate	150	37.4%	30.3%	26.9%	5.4%
INCOME					
Less than \$15,000	62	29.6%	8.8%	40.2%	21.5%
\$15,000-\$24,999	47	*	*	*	*
\$25,000-\$34,999	36	*	*	*	*
\$35,000-\$49,999	36	*	*	*	*
\$50,000-\$74,999	58	41.5%	18.3%	32.4%	7.8%
\$75,000+	81	28.1%	39.7%	24.7%	7.5%

*Data not presented if the unweighted cell size was <50
Small numbers prohibit the display of the data by Ward.

Tobacco Use

Table 86. Smoked 100 Cigarettes In One's Lifetime, by Demographics
 "Have you smoked at least 100 cigarettes in your entire life?"

	N	Yes	No
Total	3730	41.6%	58.4%
GENDER			
Male	1498	45.2%	54.8%
Female	2232	38.4%	61.6%
AGE			
18-24	203	30.5%	69.5%
25-34	722	31.4%	68.6%
35-44	743	36.8%	63.2%
45-54	657	50.8%	49.2%
55-64	644	56.5%	43.5%
65+	695	51.4%	48.6%
RACE			
Caucasian	1785	40.7%	59.3%
African American	1545	42.1%	57.9%
Hispanic	125	40.2%	59.8%
Other	193	37.4%	62.6%
EDUCATION			
Less than High School	248	54.8%	45.2%
High School Graduate	601	45.7%	54.3%
Some College	617	42.9%	57.1%
College Graduate	2252	37.2%	62.8%
INCOME			
Less than \$15,000	286	48.7%	51.3%
\$15,000-\$24,999	385	42.4%	57.6%
\$25,000-\$34,999	329	41.3%	58.7%
\$35,000-\$49,999	452	37.5%	62.5%
\$50,000-\$74,999	538	41.7%	58.3%
\$75,000+	1321	39.7%	60.3%
WARD			
Ward 1	243	41.6%	58.4%
Ward 2	307	47.1%	52.9%
Ward 3	484	39.1%	60.9%
Ward 4	379	40.4%	59.6%
Ward 5	291	44.6%	55.4%
Ward 6	325	44.0%	56.0%
Ward 7	278	45.0%	55.0%
Ward 8	230	38.2%	61.8%

Tobacco Use

Table 87. Smoked 100 Cigarettes In One's Lifetime, by Demographics
 "Do you now smoke cigarettes every day, some days, or not at all?"

	N	Every Day	Some Days	Not at All
Total	1621	27.9%	20.4%	51.7%
GENDER				
Male	706	28.5%	22.3%	49.1%
Female	915	27.2%	18.5%	54.3%
AGE				
18-24	54	28.2%	41.8%	30.1%
25-34	225	33.8%	25.0%	41.3%
35-44	260	31.6%	22.8%	45.6%
45-54	326	40.0%	17.3%	42.7%
55-64	361	22.6%	17.2%	60.1%
65+	368	13.1%	7.9%	79.0%
RACE				
Caucasian	773	14.3%	19.0%	66.6%
African American	689	35.8%	20.2%	44.1%
Hispanic	46	*	*	*
Other	66	27.9%	23.4%	48.7%
EDUCATION				
Less than High School	134	40.3%	19.8%	39.9%
High School Graduate	290	40.1%	20.5%	39.4%
Some College	288	28.9%	24.1%	47.0%
College Graduate	906	18.0%	19.0%	63.0%
INCOME				
Less than \$15,000	158	33.4%	25.8%	40.8%
\$15,000-\$24,999	178	33.7%	22.2%	44.1%
\$25,000-\$34,999	147	39.7%	26.1%	34.2%
\$35,000-\$49,999	170	32.1%	14.9%	53.0%
\$50,000-\$74,999	248	23.4%	16.6%	60.1%
\$75,000+	547	15.9%	19.3%	64.8%
WARD				
Ward 1	109	22.4%	19.1%	58.6%
Ward 2	156	29.0%	8.8%	62.1%
Ward 3	207	10.7%	16.4%	72.8%
Ward 4	160	20.2%	20.7%	59.1%
Ward 5	134	38.2%	16.0%	45.8%
Ward 6	149	27.6%	18.0%	54.5%
Ward 7	125	34.8%	23.4%	41.8%
Ward 8	97	40.8%	20.0%	39.3%

*Data not presented if the unweighted cell size was <50

Alcohol Consumption



Healthy People 2010 Objectives

- Reduce the proportion of adults engaging in binge drinking of alcoholic beverages to 6%.

Alcohol use has immediate and long-term health effects for society. Excessive alcohol use (heavy and binge drinking) have been shown to cause liver disease, myocardial infarction, stroke, dementia, cancer, unintentional injuries, intimate partner violence and child maltreatment, risky sexual behaviors, miscarriage and stillbirth, and alcohol poisoning.³⁵

Excessive alcohol use is the third leading lifestyle-related cause of death. In 2001, alcohol use was attributed to over 75,000 deaths. In 2003, over two million hospitalizations and over four million emergency room visits were attributed to alcohol-related conditions.³⁵



Heavy Drinking

Heavy drinking is defined as drinking two or more drinks per day for men or one or more drink per day for women. The prevalence of heavy drinking for District respondents is 5%, equal to the percentage nationwide that report similar behaviors.³⁶

There were few differences among demographic groups (gender, race, education, income, and Ward) in the prevalence of heavy drinking. However, younger respondents, Caucasians, and respondents with higher levels of education and income were more likely to be heavy drinkers.

Binge Drinking

Binge drinking is defined as consuming five or more drinks on one occasion. Overall, 17% of District residents reported having engaged in binge drinking in the past month. This is higher than the national average of 14%, and much higher than the percentage of District respondents who reported heavy drinking.³⁷

- Men were much more likely than women to report having five or more drinks on an occasion in the past 30 days; 24% of men, compared with 11% of women, indicated they had engaged in binge drinking.
- Younger respondents were more likely than older respondents to engage in binge drinking. One-third (33%) of respondents age 18 to 24 indicated they had had five or more drinks on an occasion sometime in the past 30 days, compared with less than two percent of respondents age 65 or older.
- Caucasians (26%), Hispanics (26%), and respondents of other races (21%) were much more likely than African Americans (9%) to engage in binge drinking.
- Higher levels of education corresponded with a higher prevalence of binge drinking. Over one-fifth of college graduates (21%) reported binge drinking, compared with 12% of high school graduates and 8% of respondents with less than a high school education.



Alcohol Consumption

- There were small differences in the prevalence of binge drinking by income.
- District respondents residing in Wards 1, 2, 3, and 6 were most likely to report binge drinking, at 18% or higher. Ward 4 residents were least likely to engage in binge drinking, with only 9% reporting such behavior.

Additional Data Highlights

- Sixty-two percent of respondents had consumed at least one drink of any alcoholic beverage in the past 30 days.
- Over one-third of District of Columbia respondents, 35%, consumed alcohol less than once per week, and 34% did so one to three times per week.
- Respondents who drank were most likely to consume (on average) two to three drinks on the days they drank (49%). Only 11% of respondents consumed four or more drinks (on average) on the days they drank.
- Seventy-two percent of respondents who drank consumed fewer than five or more drinks on any one occasion in the past 30 days.
- Respondents who drank were asked the largest number of drinks they consumed on any occasion in the past 30 days. Just over two-thirds, 67%, consumed no more than three drinks at any occasion. Fifteen percent consumed six or more drinks.

³⁵ Centers for Disease Control and Prevention, Alcohol, Quick Stats, General Information on Alcohol use and Health, http://www.cdc.gov/alcohol/quickstats/general_info.htm (accessed February 14, 2007).

³⁶ National Center for Chronic Disease Prevention and Health Promotion. Behavioral Risk Factor Surveillance System Prevalence Data, All States – 2005. <http://apps.nccd.cdc.gov/brfss/page.asp?cat=HS&yr=2005&state=All#HS> (accessed January 11, 2007).

³⁷ National Center for Chronic Disease Prevention and Health Promotion. Behavioral Risk Factor Surveillance System Prevalence Data, All States – 2005. <http://apps.nccd.cdc.gov/brfss/page.asp?cat=HS&yr=2005&state=All#HS> (accessed January 11, 2007).

Alcohol Consumption

Table 88. Binge Drinking and Heavy Drinking, by Demographics

Heavy Drinking is a created variable from responses to the following questions: "During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage?" and "One drink is equivalent to a 12 ounce beer, a 5 ounce glass of wine, or a drink with one shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?" Binge Drinking results are from responses to: "Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on one occasion?"

	Heavy Drinking			Binge Drinking		
	N	Not Heavy Drinker	Heavy Drinker	N	Not Binge Drinker	Binge Drinker
Total	3667	94.7%	5.3%	3707	83.2%	16.8%
GENDER						
Male	1474	95.8%	4.2%	1486	76.3%	23.7%
Female	2193	93.8%	6.2%	2221	89.3%	10.7%
AGE						
18-24	202	93.2%	6.8%	203	67.5%	32.5%
25-34	713	93.2%	6.8%	719	73.8%	26.2%
35-44	733	95.2%	4.8%	741	84.3%	15.7%
45-54	646	94.4%	5.6%	649	88.3%	11.7%
55-64	636	95.6%	4.4%	642	92.6%	7.4%
65+	679	97.7%	2.3%	691	98.1%	1.9%
RACE						
Caucasian	1766	90.9%	9.1%	1784	74.3%	25.7%
African American	1520	96.9%	3.1%	1532	90.8%	9.2%
Hispanic	121	93.3%	6.7%	124	74.1%	25.9%
Other	184	96.2%	3.8%	188	79.4%	20.6%
EDUCATION						
Less than High School	246	97.6%	2.4%	242	92.5%	7.5%
High School Graduate	589	96.8%	3.2%	598	88.5%	11.5%
Some College	6000	95.1%	4.9%	612	84.0%	16.0%
College Graduate	2221	93.3%	6.7%	2244	79.4%	20.6%
INCOME						
Less than \$15,000	281	95.9%	4.1%	286	82.5%	17.5%
\$15,000-\$24,999	375	98.0%	2.0%	380	82.2%	17.8%
\$25,000-\$34,999	323	96.8%	3.2%	327	82.2%	17.8%
\$35,000-\$49,999	445	94.3%	5.7%	447	81.6%	18.4%
\$50,000-\$74,999	529	94.2%	5.8%	536	85.5%	14.5%
\$75,000+	1311	91.7%	8.3%	1319	80.8%	19.2%
WARD						
Ward 1	236	93.1%	6.9%	240	80.2%	19.8%
Ward 2	298	94.1%	5.9%	304	79.1%	20.9%
Ward 3	478	90.3%	9.7%	483	81.9%	18.1%
Ward 4	370	98.0%	2.0%	374	90.8%	9.2%
Ward 5	291	98.7%	1.3%	291	89.3%	10.7%
Ward 6	325	93.9%	6.1%	326	78.1%	21.9%
Ward 7	273	94.8%	5.2%	274	89.5%	10.5%
Ward 8	226	96.2%	3.8%	226	86.9%	13.1%

Alcohol Consumption

Table 89. Consumption of At Least 1 Drink In The Past 30 Days, by Demographics “During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?”			
	N	Yes	No
Total	3738	61.6%	38.4%
GENDER			
Male	1502	68.6%	31.4%
Female	2236	55.5%	44.5%
AGE			
18-24	203	69.3%	30.7%
25-34	722	72.3%	27.7%
35-44	746	66.8%	33.2%
45-54	656	57.7%	42.3%
55-64	647	58.3%	41.7%
65+	697	38.9%	61.1%
RACE			
Caucasian	1790	83.0%	17.0%
African American	1549	47.2%	52.8%
Hispanic	125	68.3%	31.7%
Other	193	64.9%	35.1%
EDUCATION			
Less than High School	248	31.0%	69.0%
High School Graduate	603	44.9%	55.1%
Some College	619	56.9%	43.1%
College Graduate	2256	75.2%	24.8%
INCOME			
Less than \$15,000	288	43.3%	56.7%
\$15,000-\$24,999	385	49.1%	50.9%
\$25,000-\$34,999	331	55.8%	44.2%
\$35,000-\$49,999	451	59.3%	40.7%
\$50,000-\$74,999	538	65.2%	34.8%
\$75,000+	1324	77.8%	22.2%
WARD			
Ward 1	243	67.3%	32.7%
Ward 2	306	74.9%	25.1%
Ward 3	485	77.3%	22.7%
Ward 4	377	58.2%	41.8%
Ward 5	294	50.0%	50.0%
Ward 6	327	68.6%	31.4%
Ward 7	278	48.4%	51.6%
Ward 8	230	40.5%	59.5%

Alcohol Consumption

Table 90. Number of Days Alcohol Was Consumed, by Demographics

"During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage?"

	N	Less Than Once Per Week	1-3 Times Per Week	3-5 Times Per Week	5+ Times Per Week
Total	2426	35.3%	34.0%	16.5%	14.2%
GENDER					
Male	1085	30.6%	33.9%	19.5%	15.9%
Female	1341	40.3%	34.0%	13.2%	12.4%
AGE					
18-24	135	43.2%	35.8%	17.5%	3.5%
25-34	545	131.7%	42.1%	17.9%	8.4%
35-44	536	32.4%	33.6%	18.7%	15.3%
45-54	412	35.8%	29.8%	17.1%	17.3%
55-64	424	32.4%	30.3%	13.9%	23.3%
65+	337	42.7%	19.4%	10.0%	27.9%
RACE					
Caucasian	1479	21.6%	39.1%	22.4%	16.9%
African American	701	50.3%	29.5%	9.5%	10.7%
Hispanic	82	27.2%	40.4%	19.2%	13.2%
Other	117	37.3%	29.6%	18.1%	14.9%
EDUCATION					
Less than High School	69	53.6%	24.5%	14.0%	7.9%
High School Graduate	259	48.5%	25.0%	10.8%	15.6%
Some College	347	45.0%	30.7%	13.2%	11.1%
College Graduate	1746	28.1%	37.8%	19.0%	15.0%
INCOME					
Less than \$15,000	113	43.6%	30.3%	12.2%	13.8%
\$15,000-\$24,999	165	47.8%	30.2%	9.4%	12.6%
\$25,000-\$34,999	188	41.7%	31.9%	16.0%	10.5%
\$35,000-\$49,999	269	40.7%	32.6%	17.7%	9.1%
\$50,000-\$74,999	385	33.8%	36.8%	15.3%	14.1%
\$75,000+	1082	25.5%	38.3%	19.8%	16.4%
WARD					
Ward 1	171	23.6%	41.1%	23.0%	12.3%
Ward 2	242	30.3%	40.3%	14.2%	15.2%
Ward 3	318	25.0%	34.0%	20.0%	21.0%
Ward 4	223	42.2%	37.5%	12.0%	8.3%
Ward 5	140	38.6%	31.0%	13.9%	16.6%
Ward 6	238	29.2%	29.8%	24.3%	16.8%
Ward 7	127	53.8%	25.2%	8.7%	12.3%
Ward 8	85	49.4%	23.8%	16.4%	10.4%

Alcohol Consumption

Table 91. Average Number of Alcoholic Drinks Consumed Per Day, by Demographics					
“One drink is equivalent to a 12 ounce beer, a 5 ounce glass of wine, or a drink with one shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?”					
	N	1	2-3	4-5	6+
Total	2344	40.3%	49.2%	7.0%	3.5%
GENDER					
Male	1054	31.6%	54.5%	9.1%	4.8%
Female	1290	49.7%	43.3%	4.8%	2.2%
AGE					
18-24	135	25.5%	52.2%	17.9%	4.4%
25-34	538	33.6%	55.7%	7.0%	3.7%
35-44	519	40.1%	49.3%	6.4%	4.2%
45-54	400	44.6%	46.1%	4.6%	4.7%
55-64	407	52.2%	44.7%	1.8%	1.3%
65+	315	63.8%	35.3%	0.6%	0.3%
RACE					
Caucasian	1457	39.0%	52.0%	7.5%	1.5%
African American	656	43.8%	44.3%	6.5%	5.3%
Hispanic	80	38.5%	52.2%	5.3%	4.0%
Other	109	33.1%	56.7%	4.9%	5.3%
EDUCATION					
Less than High School	63	36.6%	44.1%	13.9%	5.4%
High School Graduate	241	39.8%	47.3%	5.4%	7.4%
Some College	326	33.9%	53.5%	8.4%	4.2%
College Graduate	1710	42.2%	48.9%	6.6%	2.4%
INCOME					
Less than \$15,000	104	32.4%	44.0%	13.6%	10.0%
\$15,000-\$24,999	149	25.6%	64.6%	6.5%	3.3%
\$25,000-\$34,999	179	39.4%	45.7%	11.6%	3.3%
\$35,000-\$49,999	261	35.8%	48.9%	8.4%	6.9%
\$50,000-\$74,999	378	39.4%	51.0%	5.8%	3.7%
\$75,000+	1070	42.6%	49.6%	6.2%	1.6%
WARD					
Ward 1	168	39.4%	54.8%	4.9%	1.0%
Ward 2	236	36.7%	52.7%	7.9%	2.6%
Ward 3	370	50.2%	42.5%	6.3%	0.9%
Ward 4	215	47.5%	46.5%	3.9%	2.2%
Ward 5	133	57.0%	40.5%	1.4%	1.2%
Ward 6	236	42.6%	46.6%	10.8%	0%
Ward 7	116	45.0%	38.9%	2.9%	13.2%
Ward 8	75	23.9%	42.8%	20.5%	12.7%

Alcohol Consumption

Table 92. Consumption of 5 or More Alcoholic Drinks Per Occasion, by Demographics “Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on one occasion?”						
	N	0	1	2-3	4-5	6+
Total	2355	72.0%	12.4%	7.9%	4.1%	3.6%
GENDER						
Male	1056	64.6%	15.8%	9.6%	5.0%	5.1%
Female	1299	80.0%	8.8%	6.1%	3.1%	2.0%
AGE						
18-24	135	53.1%	23.0%	10.4%	8.3%	5.1%
25-34	541	63.2%	17.8%	10.7%	5.7%	2.6%
35-44	524	75.8%	9.2%	7.7%	2.7%	4.6%
45-54	400	79.1%	7.3%	7.0%	1.6%	5.0%
55-64	407	86.7%	4.9%	4.8%	2.3%	1.4%
65+	316	94.8%	1.8%	1.2%	1.3%	1.0%
RACE						
Caucasian	1463	68.8%	13.0%	10.2%	5.1%	2.9%
African American	657	79.4%	9.2%	4.9%	2.4%	4.2%
Hispanic	81	61.8%	20.9%	4.9%	8.0%	4.4%
Other	110	67.0%	14.3%	12.4%	3.8%	2.5%
EDUCATION						
Less than High School	58	71.5%	15.9%	7.8%	4.1%	0.6%
High School Graduate	246	72.8%	10.2%	7.3%	3.0%	6.7%
Some College	332	71.2%	10.9%	8.5%	4.7%	4.8%
College Graduate	1715	72.2%	13.3%	7.9%	4.1%	2.5%
INCOME						
Less than \$15,000	106	57.1%	23.3%	11.8%	2.5%	5.3%
\$15,000-\$24,999	152	59.9%	17.6%	9.2%	9.2%	4.0%
\$25,000-\$34,999	178	66.8%	15.5%	9.9%	2.9%	5.0%
\$35,000-\$49,999	261	68.3%	14.5%	7.7%	6.5%	3.0%
\$50,000-\$74,999	381	77.5%	7.5%	7.6%	4.4%	3.0%
\$75,000+	1071	75.1%	11.5%	7.6%	3.2%	2.6%
WARD						
Ward 1	167	70.2%	12.3%	8.3%	7.5%	1.7%
Ward 2	239	71.9%	13.5%	10.4%	1.7%	2.5%
Ward 3	370	76.2%	9.4%	6.8%	1.9%	5.7%
Ward 4	216	83.8%	7.9%	4.6%	0%	3.7%
Ward 5	132	77.4%	13.9%	8.4%	0%	0.3%
Ward 6	236	68.0%	9.8%	10.5%	9.1%	0.5%
Ward 7	117	77.3%	5.8%	3.7%	6.2%	6.9%
Ward 8	75	63.5%	18.6%	1.6%	5.4%	10.9%

Alcohol Consumption

Table 93. Largest Number of Alcoholic Drinks Consumed Per Occasion, by Demographics					
“During the past 30 days, what is the largest number of drinks you had on any occasion?”					
	N	1	2-3	4-5	6+
Total	2290	20.3%	46.2%	18.8%	14.7%
GENDER					
Male	1016	14.6%	42.7%	22.7%	20.1%
Female	1274	26.4%	49.8%	14.8%	9.0%
AGE					
18-24	130	19.2%	26.9%	24.9%	29.0%
25-34	528	13.4%	42.7%	24.1%	19.9%
35-44	497	17.9%	50.5%	19.6%	12.0%
45-54	399	22.9%	54.1%	13.9%	9.0%
55-64	396	25.3%	58.0%	12.5%	4.3%
65+	309	37.8%	53.4%	7.6%	1.2%
RACE					
Caucasian	1430	14.7%	45.8%	20.4%	19.1%
African American	634	28.8%	47.5%	15.5%	8.1%
Hispanic	78	18.8%	37.3%	19.4%	24.4%
Other	108	14.6%	49.1%	21.7%	14.6%
EDUCATION					
Less than High School	58	30.7%	32.0%	24.6%	12.7%
High School Graduate	234	30.5%	44.2%	14.1%	11.2%
Some College	320	19.6%	43.4%	21.8%	15.1%
College Graduate	1674	17.7%	48.1%	18.7%	15.5%
INCOME					
Less than \$15,000	95	21.7%	31.4%	27.3%	19.6%
\$15,000-\$24,999	150	15.5%	41.2%	24.7%	18.6%
\$25,000-\$34,999	171	20.4%	46.6%	16.2%	16.8%
\$35,000-\$49,999	256	20.1%	42.3%	21.6%	16.0%
\$50,000-\$74,999	370	20.0%	48.0%	20.1%	11.9%
\$75,000+	1051	17.8%	50.3%	16.4%	15.5%
WARD					
Ward 1	166	18.3%	44.9%	19.5%	17.3%
Ward 2	238	14.1%	51.5%	21.4%	13.1%
Ward 3	361	20.1%	50.7%	16.8%	12.4%
Ward 4	211	25.4%	52.1%	17.1%	5.4%
Ward 5	132	35.1%	42.3%	15.8%	6.8%
Ward 6	230	18.0%	48.9%	21.3%	11.9%
Ward 7	112	31.1%	41.3%	11.3%	16.2%
Ward 8	69	17.5%	38.8%	21.1%	22.5%

Veteran's Status



Nationwide, 13% of adults are veterans, which is higher than the 9% of District of Columbia residents. The percentage of District residents who are veterans is one of the lowest across all states, along with New York and Alaska. The District of Columbia also has a much lower veterans status rate for women – nationwide, 6% of women are veterans, compared to only 1% in the District.³⁸

Demographic differences were as follows:

- As would be expected, men were more likely than women to serve in active duty (18% versus 1%).
- Demographic subgroups that were more likely to be a veteran included adults aged 65 and older (23%), African Americans (11%), respondents with only a high school degree (12%) or some college (11%), and respondents who earned between \$25,000 and \$34,999 a year (13%).
- There were small differences in veterans status by Ward, with the exception of Wards 1 and 8 which had lower rates of involvement in the Military (7% and 4% respectively).

³⁸ Veterans: 2000, Census 2000 Brief. May 2003. <http://www.census.gov/prod/2003pubs/c2kbr-22.pdf> (accessed February 15, 2007).

Veteran Status

Table 94. Veteran's Status, by Demographics			
"Have you ever served on active duty in the United States Armed Forces, either in the regular military or in a National Guard or military reserve unit?"			
	N	Yes	No
Total	3706	9.1%	90.9%
GENDER			
Male	1490	18.1%	81.9%
Female	2216	1.4%	98.6%
AGE			
18-24	200	2.5%	97.5%
25-34	722	3.2%	96.8%
35-44	740	7.3%	92.7%
45-54	645	9.2%	90.8%
55-64	639	12.9%	87.1%
65+	695	23.3%	76.7%
RACE			
Caucasian	1782	8.3%	91.7%
African American	1530	10.5%	89.5%
Hispanic	124	6.5%	93.5%
Other	189	3.6%	96.4%
EDUCATION			
Less than High School	245	5.7%	94.3%
High School Graduate	597	11.9%	88.1%
Some College	611	11.2%	88.8%
College Graduate	2242	7.9%	92.1%
INCOME			
Less than \$15,000	287	9.6%	90.4%
\$15,000-\$24,999	382	7.0%	93.0%
\$25,000-\$34,999	329	13.1%	86.9%
\$35,000-\$49,999	448	8.1%	91.9%
\$50,000-\$74,999	530	8.8%	91.2%
\$75,000+	1321	9.7%	90.3%
WARD			
Ward 1	243	6.5%	93.5%
Ward 2	306	8.5%	91.5%
Ward 3	484	8.2%	91.8%
Ward 4	378	10.7%	89.3%
Ward 5	294	13.5%	86.5%
Ward 6	326	11.3%	88.7%
Ward 7	278	13.2%	86.8%
Ward 8	229	4.3%	95.7%

HIV Awareness



In 2003, it was estimated that over one million persons in the U.S. had HIV/AIDS, and the CDC estimates that each year, 40,000 persons become infected with HIV. HIV testing is important to know one's HIV status – as those who do not know they are infected not only can infect others unknowingly, but are also unable to take advantage of the multitude of drugs available to keep them healthy and extend their lives. While between 16 and 22 million persons are tested for HIV each year in the U.S., in 2003, it was estimated that about 300,000 persons did not know they were infected with the virus.³⁹

Respondents under the age of 65 were asked whether they had ever been tested for HIV. Approximately two-thirds (63%) indicated that they had been tested.

- Men (62%) and women (63%) were equally likely to have been tested.
- Respondents between 25 and 44 were most likely to have been tested: 73% of respondents aged 35-44 and 70% of respondents aged 25-34 indicated they had had an HIV test, compared with only 51% of respondents age 18-24, 61% of respondents aged 45-54, and 50% of respondents age 55-64.
- African Americans (69%) and Hispanics (68%) were more likely than Caucasians (57%) and respondents in other racial groups (53%) to have been tested for HIV.
- High school graduates were most likely (71%) to have had an HIV test, compared to only 58% of respondents with less than a high school degree. By income, respondents earning between \$25,000 and \$34,999 were most likely to have been tested (72%).
- By Ward, respondents residing in Wards 1 and 8 were most likely to have ever been tested for HIV — 74% and 71% respectively.

Additional Data Highlights

- Over half, 58%, of respondents who had been tested received their last HIV test in 2004-2005, and 26% had done so between the years 2000-2003.
- Respondents who had an HIV test were most likely to receive the test at a private doctor or HMO (52%) or a clinic (22%). Very few, 3%, did so in their home or at a counseling and testing site (5%).
- Only 6% of respondents stated that they participated in any of the high-risk activities for HIV described to them.



³⁹ Centers for Disease Control and Prevention. HIV/AIDS, Topics, HIV Testing, <http://www.cdc.gov/hiv/topics/testing/index.htm> (accessed February 15, 2007).

HIV Awareness

Table 95. Prevalence of HIV Testing, by Demographics			
“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.”			
	N	Yes	No
Total	2819	62.8%	37.2%
GENDER			
Male	1158	62.3%	37.7%
Female	1661	63.2%	36.8%
AGE			
18-24	192	50.9%	49.1%
25-34	666	70.4%	29.6%
35-44	703	73.0%	27.0%
45-54	609	60.6%	39.4%
55-64	599	50.1%	49.9%
RACE			
Caucasian	1412	56.5%	43.5%
African American	1083	68.5%	31.5%
Hispanic	115	68.2%	31.8%
Other	157	52.7%	47.3%
EDUCATION			
Less than High School	135	57.7%	42.3%
High School Graduate	409	70.7%	29.3%
Some College	457	64.7%	35.3%
College Graduate	1810	60.1%	39.9%
INCOME			
Less than \$15,000	196	63.4%	36.6%
\$15,000-\$24,999	256	67.2%	32.8%
\$25,000-\$34,999	233	72.0%	28.0%
\$35,000-\$49,999	352	62.9%	37.1%
\$50,000-\$74,999	420	63.4%	36.6%
\$75,000+	1120	60.8%	39.2%
WARD			
Ward 1	211	73.6%	26.4%
Ward 2	253	66.1%	33.9%
Ward 3	352	49.0%	51.0%
Ward 4	278	62.3%	37.7%
Ward 5	217	64.4%	35.6%
Ward 6	264	63.7%	36.3%
Ward 7	212	64.3%	35.7%
Ward 8	185	71.4%	28.6%

HIV Awareness

Table 96. Prevalence of HIV Testing, by Demographics
 “Not including blood donations, in what month and year was your last HIV test.”

	N	Before 2000	2000-2003	2004-2005
Total	1603	15.4%	26.3%	58.3%
GENDER				
Male	688	13.3%	28.4%	58.3%
Female	915	17.3%	24.4%	58.3%
AGE				
18-24	102	2.4%	21.5%	76.1%
25-34	452	10.3%	30.3%	59.4%
35-44	471	19.3%	25.4%	55.3%
45-54	331	21.8%	25.8%	52.3%
55-64	230	29.2%	23.8%	47.0%
RACE				
Caucasian	739	24.9%	33.1%	42.0%
African American	681	9.9%	21.7%	68.4%
Hispanic	75	11.9%	29.3%	58.8%
Other	80	20.2%	30.8%	48.9%
EDUCATION				
Less than High School	78	7.6%	20.8%	71.6%
High School Graduate	255	10.8%	17.5%	71.7%
Some College	282	11.2%	20.0%	68.8%
College Graduate	987	19.9%	33.2%	46.9%
INCOME				
Less than \$15,000	119	4.1%	18.6%	77.3%
\$15,000-\$24,999	161	11.1%	21.7%	67.2%
\$25,000-\$34,999	151	14.0%	21.1%	64.9%
\$35,000-\$49,999	211	11.1%	30.5%	58.4%
\$50,000-\$74,999	244	16.7%	31.3%	52.0%
\$75,000+	604	22.7%	31.0%	46.3%
WARD				
Ward 1	140	18.2%	22.9%	58.8%
Ward 2	144	21.5%	31.8%	46.7%
Ward 3	150	36.8%	22.0%	41.2%
Ward 4	152	19.0%	26.9%	54.0%
Ward 5	129	8.2%	28.3%	63.4%
Ward 6	151	14.3%	27.5%	58.2%
Ward 7	131	13.8%	20.7%	65.5%
Ward 8	127	6.9%	20.7%	72.4%

HIV Awareness

Table 97. Prevalence of HIV Testing, by Demographics

“Where did you have your last HIV test, at a private doctor or HMO office, at a counseling and testing site, at a hospital, at a clinic, in a jail or prison, at home, at a drug treatment facility, or somewhere else”

	N	Private doctor or HMO	Counseling and testing site	Hospital	Clinic	Home	Somewhere else
Total	1740	51.6%	4.5%	14.1%	21.7%	2.6%	5.5%
GENDER							
Male	747	43.7%	5.9%	15.6%	26.3%	2.9%	5.6%
Female	993	58.9%	3.1%	12.8%	17.5%	2.3%	5.3%
AGE							
18-24	103	49.0%	4.9%	15.5%	26.3%	1.1%	3.1%
25-34	463	50.3%	4.8%	10.4%	24.3%	1.7%	7.4%
35-44	501	54.9%	4.1%	14.1%	18.7%	2.7%	5.5%
45-54	373	50.4%	3.4%	19.5%	18.8%	4.0%	3.9%
55-64	277	52.7%	1.7%	14.4%	21.3%	4.6%	5.3%
RACE							
Caucasian	804	57.6%	5.2%	8.2%	20.1%	2.9%	6.0%
African American	738	49.5%	3.1%	17.0%	22.8%	2.7%	5.0%
Hispanic	80	51.0%	2.0%	15.4%	22.5%	0%	9.2%
Other	86	40.1%	12.7%	16.2%	22.9%	3.9%	4.2%
EDUCATION							
Less than High School	86	39.6%	1.9%	19.6%	34.4%	2.4%	2.1%
High School Graduate	279	47.1%	2.9%	17.0%	27.4%	1.1%	4.5%
Some College	305	47.0%	4.2%	16.7%	34.9%	1.4%	5.8%
College Graduate	1069	56.6%	5.5%	11.3%	16.7%	3.8%	6.1%
INCOME							
Less than \$15,000	125	39.4%	4.4%	18.3%	31.3%	0.8%	5.8%
\$15,000-\$24,999	167	37.3%	5.3%	25.3%	26.3%	0.4%	5.5%
\$25,000-\$34,999	160	46.5%	5.0%	13.8%	27.3%	1.5%	5.9%
\$35,000-\$49,999	224	52.3%	4.6%	12.6%	24.6%	1.1%	5.7%
\$50,000-\$74,999	269	61.2%	4.3%	11.7%	16.6%	1.2%	5.0%
\$75,000+	668	58.8%	4.2%	10.3%	15.1%	5.6%	6.0%
WARD							
Ward 1	153	53.0%	5.3%	9.5%	23.1%	5.9%	3.1%
Ward 2	159	62.2%	5.3%	7.0%	18.5%	1.4%	5.6%
Ward 3	173	56.8%	3.2%	9.8%	17.6%	6.5%	6.0%
Ward 4	167	55.3%	7.2%	15.1%	9.9%	5.5%	7.0%
Ward 5	139	58.9%	3.0%	11.6%	20.4%	1.2%	4.8%
Ward 6	166	46.7%	1.7%	13.7%	30.9%	2.8%	4.2%
Ward 7	144	52.9%	1.0%	24.5%	17.6%	1.5%	2.5%
Ward 8	132	43.9%	2.3%	17.5%	29.7%	1.7%	5.0%

HIV Awareness

Table 98. Prevalence of HIV Risk Factors, by Demographics

“I am going to read you a list. When I am done, please tell me if any of the situations apply to you. You do not need to tell me which one: you have used intravenous drugs in the past year; you have been treated for a sexually transmitted or venereal disease in the past year; you have given or received money or drugs in exchange for sex in the past year; or you had anal sex without a condom in the past year. Do any of these situations apply to you?”

	N	Yes	No
Total	2847	6.3%	93.7%
GENDER			
Male	1166	7.4%	92.6%
Female	1681	5.4%	94.6%
AGE			
18-24	191	8.4%	91.6%
25-34	673	7.1%	92.9%
35-44	704	7.5%	92.5%
45-54	613	4.8%	85.2%
55-64	611	3.3%	96.7%
RACE			
Caucasian	1429	6.5%	93.5%
African American	1087	6.6%	93.4%
Hispanic	115	5.6%	94.4%
Other	164	5.3%	94.7%
EDUCATION			
Less than High School	138	7.6%	92.4%
High School Graduate	408	7.7%	92.3%
Some College	464	6.7%	93.3%
College Graduate	1829	5.6%	94.4%
INCOME			
Less than \$15,000	198	6.6%	93.4%
\$15,000-\$24,999	256	6.4%	93.6%
\$25,000-\$34,999	232	6.9%	93.1%
\$35,000-\$49,999	353	6.7%	93.3%
\$50,000-\$74,999	424	5.9%	94.1%
\$75,000+	1141	7.1%	92.9%
WARD			
Ward 1	210	10.1%	89.9%
Ward 2	255	6.7%	93.3%
Ward 3	359	2.4%	97.6%
Ward 4	281	3.4%	96.6%
Ward 5	218	4.5%	95.5%
Ward 6	271	9.1%	90.9%
Ward 7	216	9.4%	90.6%
Ward 8	189	2.0%	98.0%

Sexual Orientation



Lesbian, gay, bisexual, and transgender adults are at increased risk for suicide, eating disorders, substance abuse, and breast and anal cancer. Many of these risks are never addressed because adults and physicians do not communicate with each other about sexual orientation, nor do physicians fully understand the health care issues specific to non-heterosexuals.⁴⁰

Respondents were asked about their sexual orientation, and whether they described themselves as heterosexual, homosexual, or bisexual/other. District-wide, 93% of respondents described themselves as heterosexual, 5% as homosexual, and 2% as bisexual/other.

- Respondents aged 65 and older were most likely to describe themselves as heterosexual (97%).
- African Americans were most likely to describe themselves as heterosexual (96%). Compared to other races, Caucasians were more likely to describe themselves as homosexual (10%).
- There were small differences by education and income for respondents' sexual orientation. However, the highest education and income groups were most likely to consider themselves homosexual.
- District respondents in Ward 1 were the most dissimilar compared to all other Wards for sexual orientation. Seventy-nine percent of Ward 1 respondents considered themselves heterosexual, compared to 92% or higher for all other Wards. Nineteen percent of Ward 1 respondents described themselves as homosexual, compared to 8% or less for all other Wards.



⁴⁰ Lee R. Health Care Problems of Lesbian, Gay, Bisexual, and Transgender Patients. *West J Med.* June 2000;172:403-8.

Sexual Orientation

Table 99. Sexual Orientation, by Demographics

“Now I’ll read a list of terms people sometimes use to describe themselves: heterosexual or straight; homosexual (gay or lesbian); and bisexual. As I read the list again, please stop me when I get to the term that best describes how you think of yourself.”

	N	Heterosexual	Homosexual	Bisexual/Other
Total	2711	92.9%	4.8%	2.3%
GENDER				
Male	1078	89.6%	7.8%	2.7%
Female	1633	95.7%	2.4%	2.0%
AGE				
18-24	156	90.9%	5.9%	3.2%
25-34	517	92.3%	5.9%	1.9%
35-44	547	89.8%	5.8%	4.4%
45-54	474	92.4%	6.3%	1.3%
55-64	457	95.3%	4.1%	0.6%
65+	518	97.4%	0.6%	1.9%
RACE				
Caucasian	1353	88.5%	9.5%	2.1%
African American	1094	95.8%	2.3%	1.9%
Hispanic	88	92.5%	4.7%	2.8%
Other	134	93.1%	3.1%	3.9%
EDUCATION				
Less than High School	167	92.3%	3.6%	4.1%
High School Graduate	414	95.1%	1.8%	3.1%
Some College	441	91.6%	4.6%	3.8%
College Graduate	1685	92.6%	6.3%	1.1%
INCOME				
Less than \$15,000	203	91.1%	4.5%	4.4%
\$15,000-\$24,999	279	94.6%	2.4%	3.0%
\$25,000-\$34,999	229	93.4%	2.7%	3.9%
\$35,000-\$49,999	328	95.4%	2.2%	2.4%
\$50,000-\$74,999	384	92.9%	5.9%	1.2%
\$75,000+	1023	91.3%	7.4%	1.3%
WARD				
Ward 1	180	79.4%	18.6%	2.1%
Ward 2	236	92.5%	6.4%	1.1%
Ward 3	387	92.9%	4.6%	2.6%
Ward 4	305	92.8%	5.7%	1.5%
Ward 5	232	92.2%	3.2%	4.6%
Ward 6	262	92.1%	7.5%	0.4%
Ward 7	222	97.1%	0.6%	2.3%
Ward 8	186	96.4%	0.6%	3.0%

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