

In May 2009, we conducted, what we believe to be the first countywide behavioral risk factor survey in Jefferson County. The following report provides a summary of the main results obtained from this survey. The Jefferson County survey was administered using paper and pencil and was modeled after the national Behavioral Risk Factor Surveillance System (BRFSS), which is administered in Iowa every year.

The objectives of the Jefferson County survey were:

1. To determine the county specific prevalence of personal health behaviors that contribute to illness, disability and premature death.
2. To establish baseline data for Jefferson County residents in order to evaluate the effectiveness of health initiatives in Jefferson County.
3. To determine the county specific prevalence of readiness of the Stages of Behavior Change (e.g., precontemplation, contemplation, preparation, action, and maintenance) for the leading personal health-risk behaviors identified in this survey. The Stages of Behavior Change data are not included in this report but will be forthcoming in the near future.

The Jefferson County survey was created from selected sections and modules from the 2008–2009 BRFSS. We selected specific sections and modules to help identify the most critical wellness needs for Jefferson County residents and to guide future planning and intervention efforts.

Out of all households with a legal street address in Jefferson County we randomly selected 2,500. Of the 2,500 surveys that were mailed 370 (approximately 15%) were returned.

Our survey sample included 235 males and 135 females, 18 years and older. The following data shows the prevalence for selected risk factors of Jefferson County survey respondents. The Jefferson County data is compared to data from the Iowa 2007 BRFSS. In the last column, we indicate whether Jefferson County is at equal, greater, or less risk compared to the Iowa 2007 BRFSS data. In summary, Jefferson County was at equal risk with the Iowa data in about 42% of the risk factors (14 of 33), at greater risk in about 24% of the risk factors (8 of 33), and less risk in about 33% of the risk factors (11 of 33).

The table below lists the main risk factors of interest for this survey. The risk factors, which are shaded, indicate risk factors that had significant differences between Jefferson County and the Iowa 2007 BRFSS data.

In our survey we also included questions to determine the prevalence of the practice of mind/body enhancing techniques, consumption of organic and locally grown produce, and the use of the Fairfield Loop Trail. Prevalence data is provided at the end of the report.

Risk Factors

Jefferson

Iowa 2007 BRFSS

Jefferson

	County		County Level of Risk Compared to Iowa
Health Status	%	%	
General Health Status Fair or Poor	17.0	12.4	Equal
Days of Poor Physical Health	10.4	8.7	Equal
Days of Poor Mental Health	9.6	7.2	Equal
Insurance and Access to Health Care			
No Health Care Coverage	14.2	10.5	Equal
Time Couldn't Afford Help *	16.7	7.8	Greater
Have One Person As Health Provider *	70.1	77.1	Greater
Had Checkup in Past Year *	56.2	66.3	Greater
Cardiovascular Diseases			
Had any Heart Disease (MI or CHD)	6.0	6.3	Equal
Had Stroke	3.6	2.7	Equal
Had Angina or CVD	8.2	8.0	Equal
Physical Activity			
Any Physical activities in last month	78.4	77.9	Equal
Moderate *	83.4	48.4	Less
Vigorous *	40.2	25.0	Less
Diet and Nutrition			
Eating five or more servings of fruits and vegetables per day*	35.6	19.9	Less
Overweight & Obesity			
Overweight ≥ 25 *	29.6	37.0	Less
Obese ≥ 30	24.7	27.7	Equal
Combined *	54.3	64.7	Less
Diabetes			
Ever Been Told They Had Diabetes *	11.8	6.8	Greater
Asthma			
Ever Been Told They Had Asthma	9.9	10.2	Equal
Current Asthma	6.3	7.0	Equal
Former Asthma	3.6	2.9	Equal

* = indicates a statistically significant difference in proportions between Jefferson County and Iowa 2007 BRFSS data

Risk Factors**Jefferson County****Iowa 2007 BRFSS****Jefferson County Level of**

			Risk Compared to Iowa
Tobacco Use			
Current Smoker *	7.9	19.8	Less
Former Smoker *	40	23.5	Less
Tried to Quit *	7.1	55.5	Greater
Alcohol Use			
1 Drink Past 30 Days*	46.8	56.7	Less
1 Drink on Days of Drinking*	22.5	37.1	Less
5 or More Drinks/day*	4.4	14.4	Less
Binge Drinking*	12.9	19.9	Less
Heavy Drinking*	13.7	5.5	Greater
Mental Health			
Emotional and Social Support—always and usually *	70.5	85.0	Greater
Life Satisfaction—very satisfied and satisfied *	84.7	96.2	Greater
Diagnosed with Anxiety	12.3	9.1	Equal
Diagnosed with Depression	16.4	14.7	Equal

Following variables are unique to Jefferson County health survey:

	% of Total Respondents		
Major types of Mind Body Techniques Practiced		NA	NA
TM/TM Sidhi program	22.5		
Prayer/Religion	15.3		
Mixture of techniques	9.9		
Other type of techniques	9.3		
No technique	43.0		
Daily consumption of organically grown food		NA	NA
1 to 2 times per day	31.5		
3 to 8 times per day	14.3		
No organic food	54.2		
Daily consumption of locally grown food		NA	NA
1 to 2 times per day	58.9		
3 to 8 times per day	4.7		
No locally grown food	36.4		
Frequency of Use of Fairfield Loop Trail			
Daily, Weekly, Monthly, or Yearly Use	43.0	NA	NA
No Use	57.0		

* = indicates a statistically significant difference in proportions between Jefferson County and Iowa 2007 BRFSS data