

# **Williamson County 1999**

## **Behavioral Risk Factor Surveillance Survey**

### **EXECUTIVE SUMMARY**

In the spring of 1999, the Texas Department of Health funded a 10 county project modeled on the Behavioral Risk Factor Surveillance Survey of the Texas Department of Health (TDH) and Centers for Disease Control and Prevention (CDC). Williamson County was one of the 10 counties selected to participate in the Behavioral Risk Factor Surveillance System project. The original survey consisted of 300 Williamson County residents' responses. Additional local funding by the Williamson County Commissioners' Court, Georgetown Healthcare System, Johns Community Hospital, Round Rock Medical Center, SETON Healthcare Network, and Scott & White, has increased the Williamson County sample size to a total of 1304.

### **CHARACTERISTICS OF THE SAMPLE**

- The total number of completed telephone surveys was 1304.
- The largest number of respondents were from Round Rock (38.6%) and the smallest from
- Taylor (11.2%). Georgetown (24.9%) and Cedar Park (25.3%) were relatively equally represented. This reflects the distribution of population within the county as a whole.
- Slightly more than four-fifths (81.9%) of the respondents are "white" with no Spanish or
- Hispanic origin.
- More females were surveyed than males. Respondents in the age ranges of "18 to 24," "55 to 64," and "65 or older" were less represented. Respondents in the age ranges of "25 to 34," "35 to 44," and "45 to 54" were the largest age groups in the sample.
- Nearly two-thirds (63.0%) of the respondents were married.
- When asked about their level of education, almost half (40.3%) of the respondents said their highest level of education completed was four years of college or more.

## MAJOR FINDINGS FROM THE QUESTIONNAIRE

Among the central findings of the study:

### Section 1: Health Status

#### General Health Status

- In general, the health status for the majority of the county was reported as “Excellent” (27.5%), “Very Good” (34.2%), or “Good” (26.9%).
- Cedar Park residents generally reported a better health status than the other cities.
- In general, East Williamson residents reported a worse health status than the other cities.

#### Physical Health

- As a county, the majority of the respondents (70.3%) did not experience poor physical health in the past 30 days.
- As a county, of the respondents who did reply that their physical health was not good during the past 30 days, most of them (18.2%) did not have good physical health for 1 to 5 days.
- In general, Round Rock respondents reported better physical health than the other cities.
- East Williamson respondents generally reported worse physical health than the other cities.

#### Mental Health

- The county as a whole reported good mental health (64.9%).
- If the respondent did reply that their mental health was not good during the past 30, most of them (16.1%) did not have good physical health for 1 to 5 days.
- Georgetown respondents reported better mental health than the other cities.
- In general, Round Rock residents reported worse mental health than the other cities.

## Activities Limited

- Again, the majority of the county (62.1%) was not prevented from doing usual activities due to poor physical or mental health.
- Comparing the cities, slightly more East Williamson residents in general did not participate in their usual activities due to poor physical or mental health during the past 30 days.

## Section 2: Health Care Access

### Health Insurance

- The majority of the county, 89.2%, reported having some type of health care coverage.
- Georgetown has the highest rate of insured respondents (99.1%).
- East Williamson has the lowest rate of insured respondents (82.5%).

### Medicare

- As a county, 12.7% of the respondents are insured by Medicare.
- Georgetown has the highest percentage of respondents (24.9%) who are insured by Medicare.
- Round Rock has the lowest percentage of respondents (6.9%) who are insured by Medicare.

### Affordability

- Countywide, 8.2% of respondents could not see a doctor in the last 12 months due to cost.
- Georgetown had the most respondents who could not see a doctor due to cost (10.0%).
- Round Rock had the least respondents who could not see a doctor due to cost (6.7%).

## Last Checkup

- The overall majority of the county, 71.0%, has last visited a doctor for a routine checkup within one year.
- Georgetown respondents were more likely to have had a routine checkup (76.4%) within one year.
- East Williamson respondents were least likely to have had a routine checkup (68.3%) within one year.

## Section 3: Hypertension Awareness

### Blood Pressure

- The majority of the county respondents (73.3%) last had their blood pressure taken by a health professional within 6 months.
- Georgetown had the highest percentage of respondents who had their blood pressure taken by a health professional within 6 months (76.6%).
- East Williamson had the lowest percentage of respondents who had their blood pressure taken by a health professional within 6 months (69.5%)
- Countywide, 21.1% of the respondents have been told that they have high blood pressure.
- In Georgetown, 28.8% were told that they have high blood pressure.
- Cedar Park had the lowest percentage of respondents who have been told that they have high blood pressure.
- Of the respondents diagnosed with high blood pressure, roughly two-thirds of them have been told so on more than one occasion.

## Section 4: Cholesterol Awareness

- Countywide, 81.4% have had their blood cholesterol checked.
- In East Williamson, 71.9% have had their blood cholesterol checked.
- Of the respondents who have had their blood cholesterol checked, two-thirds (66.7%) have last had their blood cholesterol checked in the past year. In East Williamson, 70.7% have had it checked in the past year.

- As a county, 35.1% of the those whose cholesterol has been checked have been diagnosed with high blood cholesterol at one time.

### Section 5: Diabetes

- Countywide, only 5.1% of respondents were diagnosed with diabetes.
- Of these diabetics, 54.6% were diagnosed between the ages of 35 and 54.
- Roughly one-third, 33.9%, of the diabetics currently take insulin.
- Most of the diabetics currently taking insulin (71.4%), take insulin twice a day.
- Over half of the diabetics check their blood for glucose or sugar 1 to 4 times a day.
- Of the diabetics, 33.9% have not had their feet checked for sores or irritations in the last year.

### Section 6: Tobacco Use

#### Smoking

- Countywide, almost 40% of the respondents have smoked at least 100 cigarettes in their entire life.
- Of the cities, Georgetown had a slightly higher percentage of respondents having smoked at least 100 cigarettes.
- Of the countywide respondents who have smoked 100 cigarettes, 46.0% still smoke.
- Of the current smokers in the county, most of them smoke everyday.
- Of the cities, East Williamson has the highest smoking rate. East Williamson has one of the lowest rates of people who have attempted to quit smoking in the past but the highest rate of people who are seriously considering quitting smoking.
- Georgetown has the lowest rate of smokers and the highest rate of people who have attempted to quit smoking in the past.
- Of the county, 64.4% have quit smoking for at least one day in the past 12 months.

## Smokeless Tobacco

- Countywide, 15.6% have tried or used smokeless tobacco products.
- Of the cities, East Williamson has the highest rate of people having tried or used smokeless tobacco as well as the highest rate of current users.

## Section 7: Alcohol Consumption

- Countywide, almost 60% have had at least one alcoholic beverage during the past month.
- Most of the respondents in the county, 94.2%, consumed 1 to 5 alcoholic beverages on the days that they drank.
- Almost one-quarter of the respondents (24.7%) in the county reported that they did consume 5 or more drinks on an occasion during the past month.
- Approximately 4% of the county drove after having had perhaps too much to drink.

## Section 8: Physical Activity and Nutrition

### Physical Activity

- As a county, 11.1% did not have at least one day of moderate physical activity in the last week.
- Countywide, 13.5% did not participate in moderate physical activities for 20 or more minutes.

### Nutrition

- Countywide, 82.8% had less than the recommended 5 servings of fruits or vegetables the day before the survey.
- In Round Rock, 71.1% had 5 or more servings of fruits or vegetables.

## Section 10: Women's Health

- Mammography

- Countywide, 60.4% of the women have had a mammogram, and of these women, almost 65% had the most recent mammogram within one year.
- Only 39.9% of East Williamson women have had a mammogram, and of these women, approximately 80% had the most recent mammogram within one year.
- In Cedar Park, roughly 50% of the women have had their most recent mammogram within one year.
- As a county, 87.2% of the women had the last mammogram as part of a routine checkup.

#### Clinical Breast Examination

- Almost 95% of the women in the county have had a clinical breast exam.
- Of these women, 70% of them had their last breast exam in within one year and 95% had it done as part of a routine checkup.

#### Pap Smear Test

- Almost 98% of the women in the county have had a pap smear.
- Of these women, 75% have had the last pap smear performed within one year and 96% had it done as port of a routine checkup.

### Section 11: Immunization and Dental Hygiene

#### Immunization

- Over 70% of the county has not had a flu shot in the past 12 months.
- Only 13.5% of the county has ever had a pneumonia vaccination.
- Georgetown had almost twice the rate of people having had a pneumonia vaccination.

## Dental Hygiene

- Almost 99% of the county brushed their teeth at least once a day in the past 30 days.
- Countywide, almost 23% never floss.

## Section 12: Injury Control and Child Module

- Almost 69% of the county felt “very comfortable” answering questions about their child’s health.
- Almost 3% of the county felt “very uncomfortable” answering questions about their child’s health.
- Approximately 14% of the respondents were told by a doctor that their child has asthma.
- In Georgetown, almost 20% of the respondents were told by a doctor that their child has asthma.
- Slightly more than 10% of respondents’ children do not have any type of health care coverage. In Georgetown, it is 17.3% who do not have any type of health care coverage.
- Countywide, slightly more than 4% of the children were unable to see a doctor due to cost. In Georgetown, almost 8% were unable to see a doctor due to cost.
- Almost 20% of children in the county never wear a bicycle helmet when riding a bicycle.
- Over 13% of the county never deliberately tests all of the smoke detectors at home. Almost 4% do not even have a smoke detector. Over 14% of East Williamson respondents do not have a smoke detector at home.
- Almost 90% of the county always uses a seatbelt when driving or riding in a car.

## Section 13: Folic Acid

- Almost 60% of the county currently takes vitamin pills or supplements that contain folic acid.
- Only 46% of Taylor respondents take vitamin pills or supplements containing folic acid.

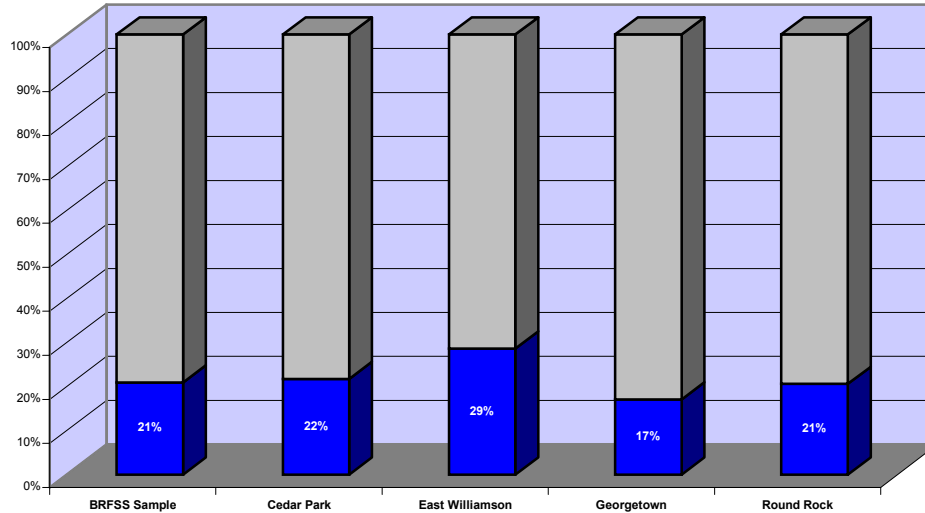
## Section 14: Social Context

- Approximately 38% of the county feels “extremely safe” from crime in their own neighborhood. An additional 55% feels “somewhat safe.”
- Almost 13% of East Williamson respondents only feel “slightly safe” in their own community.
- Approximately 20% of the county feels “extremely safe” from crime in the larger community. An additional 65.5% feels “somewhat safe.”
- Almost 20% of East Williamson respondents only feel “slightly safe” in the larger community.
- Almost 77% of the respondents in the county own their own home.
- Almost 65% of the respondents in the county have lived at their current address for 2 or more years.
- Only 3.2% of the county respondents reported having no close friends or relative that would help them with emotional problems or feelings if needed.
- Almost 6% of the county has been concerned about having enough food for themselves or their families in the past 30 days. In East Williamson, 14% reported the same.
- Over 66% of the county regularly participated in organized social group in the past 12 months.
- Approximately 83% of the county reported that they drew strength and comfort from a religious or spiritual faith.

## SUMMARY OF RISK FACTOR PREVALENCE

This section highlights the prevalence of each of the actual behavioral risk factors for each city compared to the county

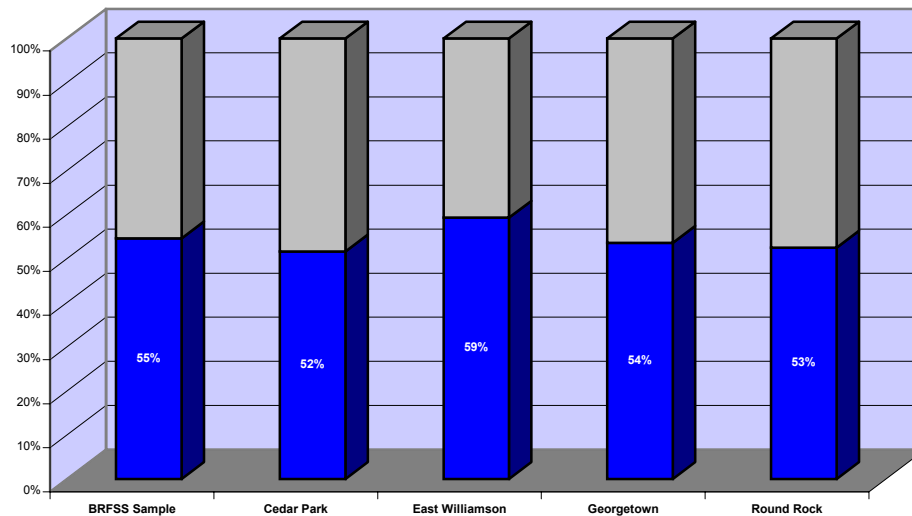
### OBESITY



Questions:

- About how much do you weigh without shoes (lbs)?
- About how tall are you without shoes (ft/in)?

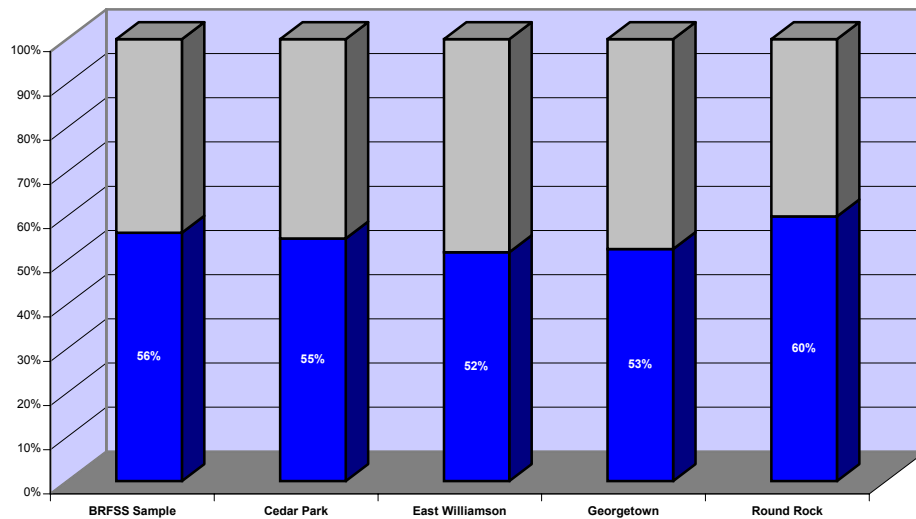
### OVERWEIGHT



Questions:

- About how much do you weigh without shoes (lbs)?
- About how tall are you without shoes (ft/in)?

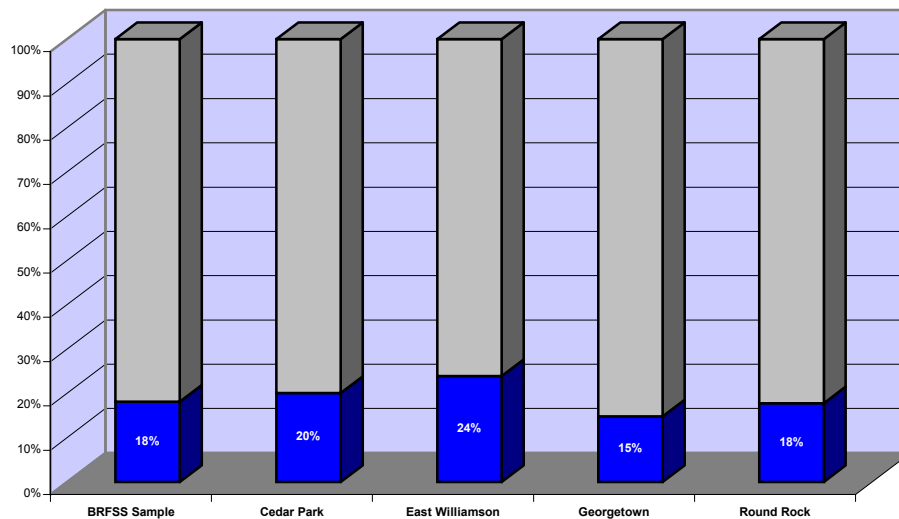
## SEDENTARY LIFESTYLE



### Questions:

- Last week, how many days did you do moderate activities in your leisure time, such as bicycling, tennis, dancing, vacuuming, gardening, other yard work or anything else that caused some increase in breathing or heart rate?
- When you last took part in moderate activities how long did you keep at it? Would you say: <10, 10 to 19, 20+?

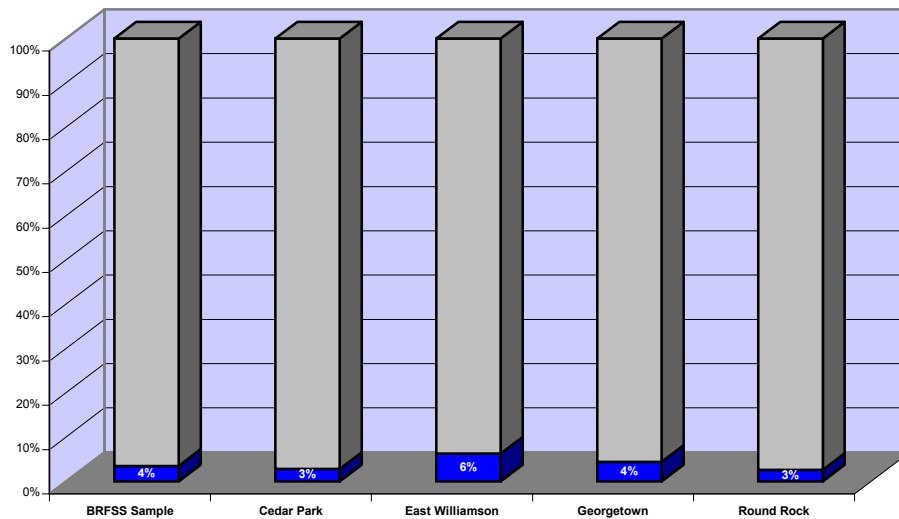
## SMOKING



### Questions:

- Have you smoked at least 100 cigarettes in your entire life?
- Do you smoke every day, some days, or not at all?
- During the past 12 months, have you quit smoking for 1 day or longer?
- Are you seriously considering quitting smoking in the next six months?
- On how many of the past 30 days has someone (including yourself) smoked cigarettes, cigars, or pipes anywhere inside your home

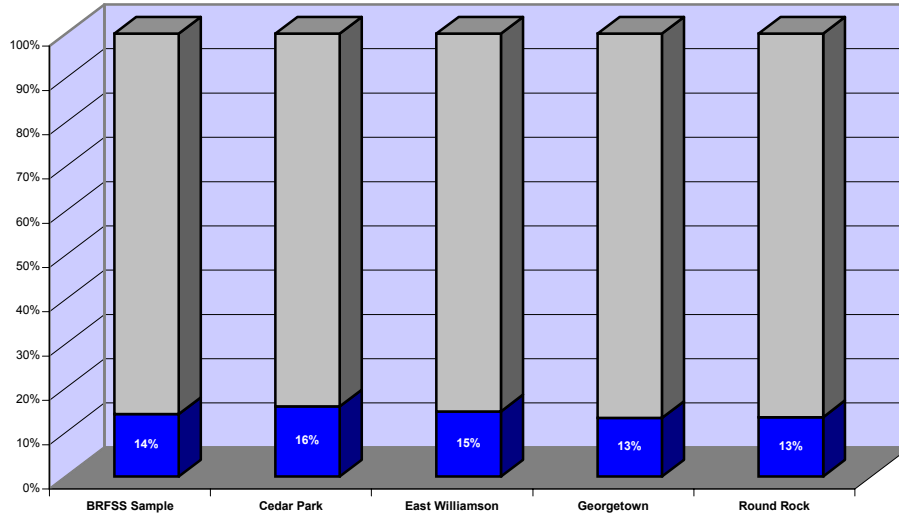
## SPIT TOBACCO



### Questions:

- Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?
- Do you currently use any smokeless tobacco products such as chewing tobacco or snuff?

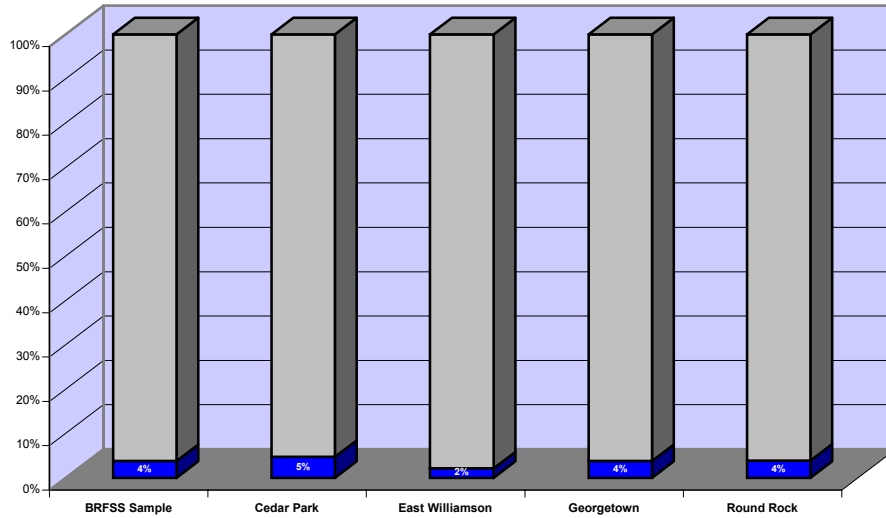
## ACUTE ALCOHOL



### Questions:

- During the past month, have you had at least one drink of any alcoholic beverage such as beer, wine, wine coolers, or liquor?
- During the past month, how many days per week or per month did you drink any alcoholic beverages, on the average?
- On the days when you drank, about how many drinks did you drink on the average?
- Considering all types of alcoholic beverages, how many times during the past month did you have 5 or more drinks on an occasion?

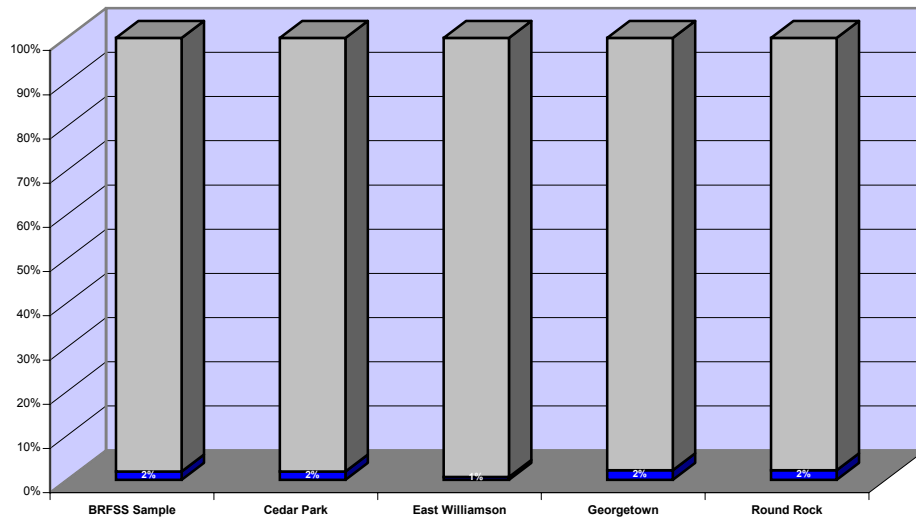
## CHRONIC ALCOHOL



### Questions:

- During the past month, have you had at least one drink of any alcoholic beverage such as beer, wine, wine coolers, or liquor?
- During the past month, how many days per week or per month did you drink any alcoholic beverages, on the average?
- On the days when you drank, about how many drinks did you drink on the average?
- Considering all types of alcoholic beverages, how many times during the past month did you have 5 or more drinks on an occasion?

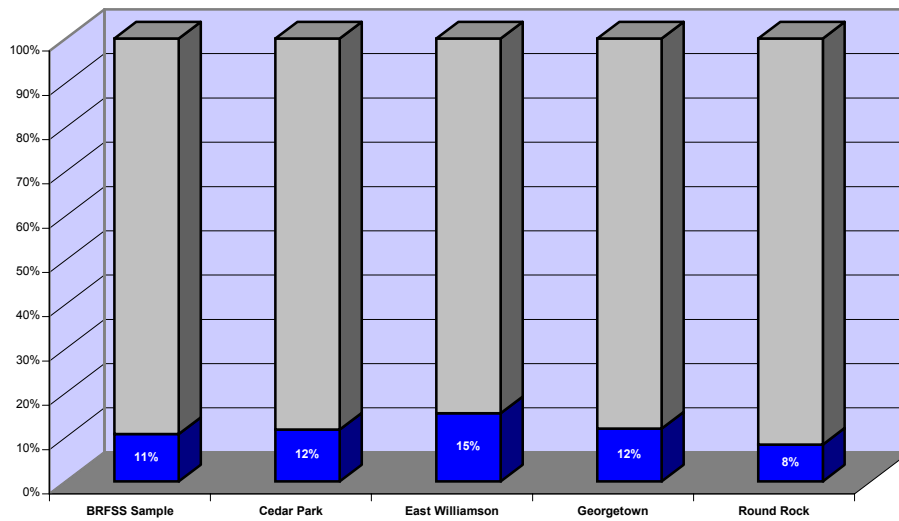
## DRUNK DRIVING



### Questions:

- During the past month, how many times have you driven when you've had perhaps too much to drink?

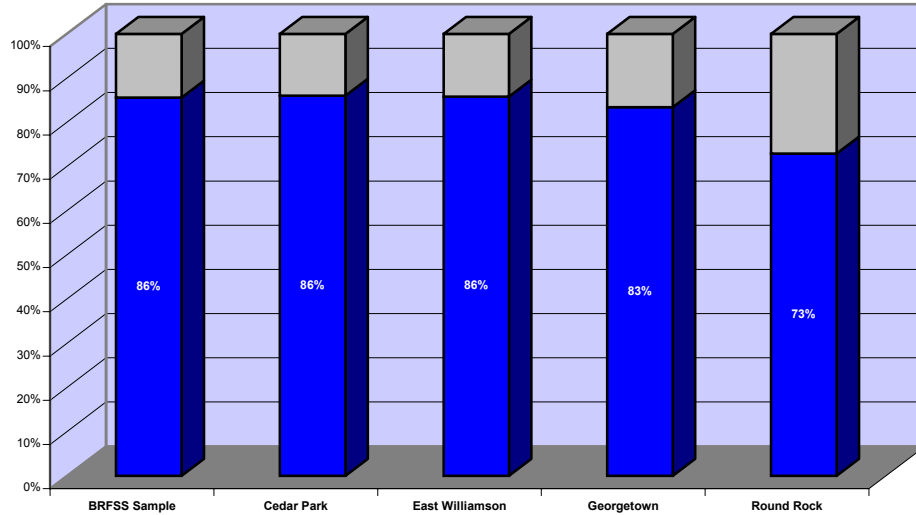
## SEATBELT



Questions:

- How often do you use seatbelts when you drive or ride in a car? (Chart indicates those who don't ALWAYS wear a seatbelt)

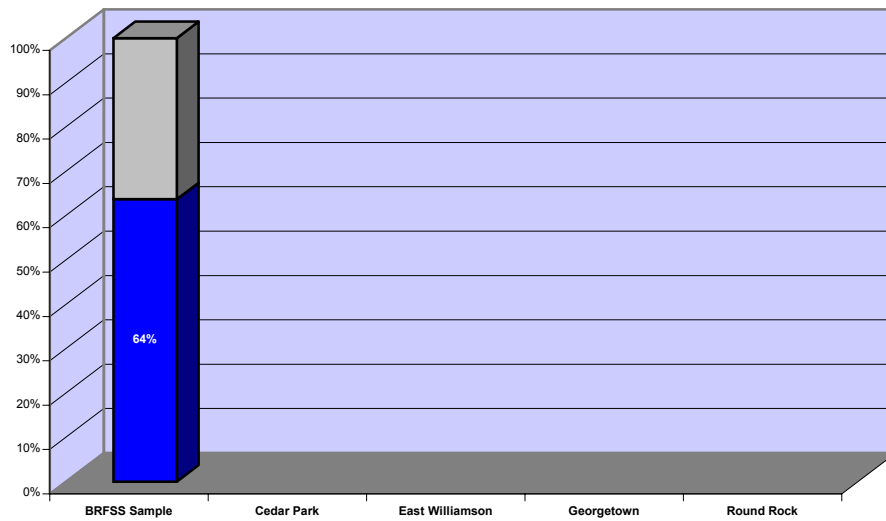
## FIVE FRUITS AND VEGETABLES



Questions:

- How many servings of fruits or vegetables did you eat yesterday?

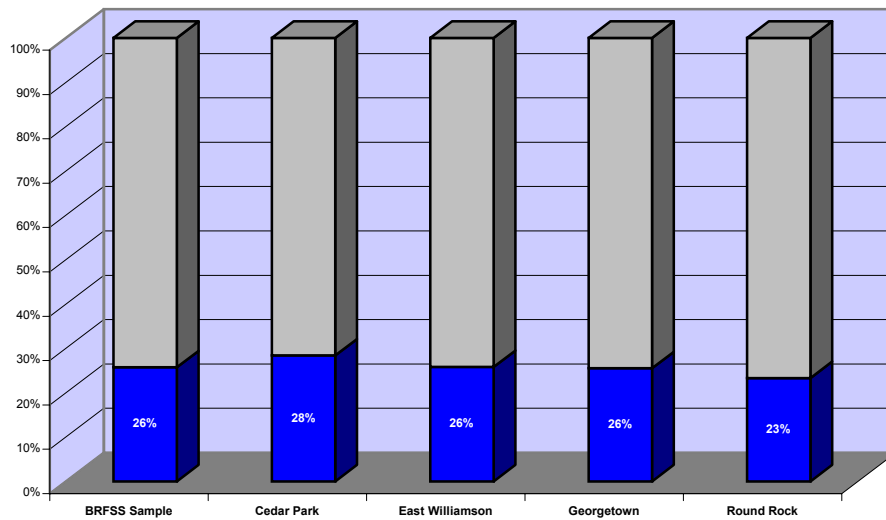
## DENTAL FLOSS



Questions:

- On average, how often do you use dental floss to clean between teeth?

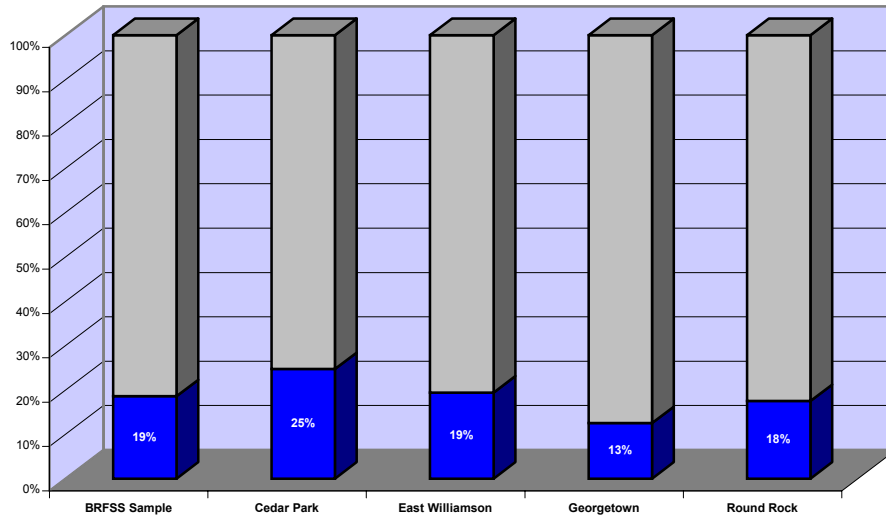
## MAMMOGRAM



Questions (chart indicates negative response):

- Have you ever had a mammogram?
- How long has it been since your last mammogram?

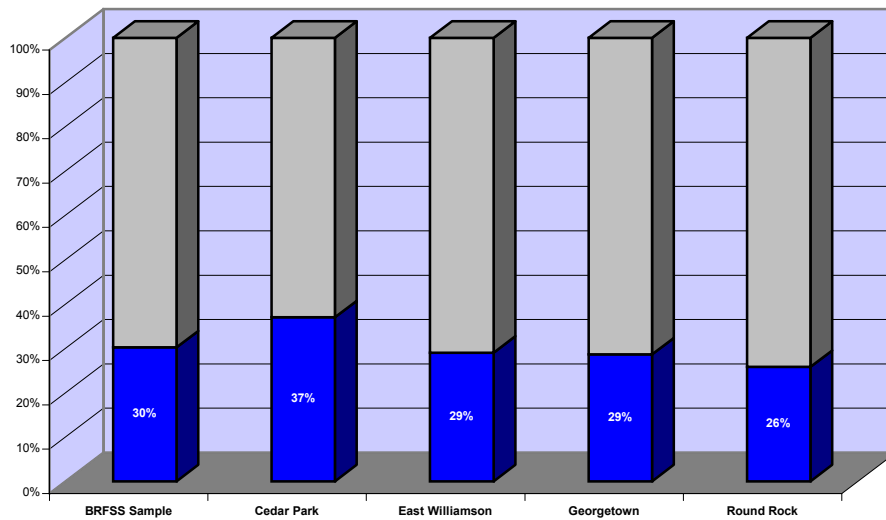
## Clinical Breast Exam



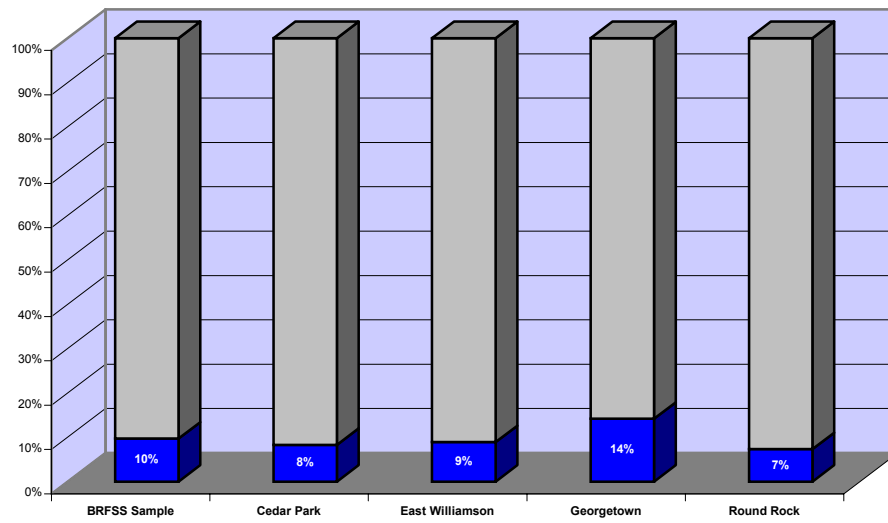
Questions (chart indicates negative response):

- Have you ever had a clinical breast exam?
- How long has it been since your last breast exam?

## MAMMOGRAM AND CLINICAL BREAST EXAM



## PAP SMEAR



Questions (chart indicates negative response):

- Have you ever had a pap smear?
- How long has it been since you had your last pap smear?