## California Tribal Behavioral Risk Factor Community Survey (CTBRFCS) Summary Report



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# California Tribal Behavioral Risk Factor Community Survey (CTBRFCS) Summary Report 

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## Introduction

## CTBRFCS Background and Methods

In 1984, the Centers for Disease Control and Prevention (CDC) established the Behavioral Risk Factor Surveillance System (BRFSS) to collect data about adult health behaviors that can be used to plan, initiate, monitor, and evaluate health promotion and disease prevention programs (CDC, 2013a). Although approximately 500,000 adults from the general population have been surveyed using the CDC BRFSS, which, since 2011, has employed random digit dialing to landline and cellular phones and opt-in internet panel surveys to recruit participants and collect data, the sample of American Indian and Alaska Native (AIAN) participants represented by CDC BRFSS responses is typically too small to be representative of health issues affecting AIAN populations.

## CTBRFCS Data Collection Sites



In an effort to assess health behaviors among AIAN living in California, the California Tribal Epidemiology Center (CTEC) conducted a modified CDC BRFSS survey in 2012-2013, called the California Tribal Behavioral Risk Factor Community Survey (CTBRFCS). Questions in the CTBRFCS included core CDC BRFSS items and survey items suggested by tribal and public health leaders in California.

To collect data using the CTBRFCS, CTEC staff recruited participants at 13 urban and rural cultural and community events across California, including Pow Wows, Big Times, and health fairs. Any self-identified adult AIAN living in California were eligible to consent to and complete the CTBRFCS, and CTEC staff were available to answer questions before, during, and after participants took the selfadministered paper survey. All participants received a $\$ 20$ gift card for completing the CTBRFCS, and CTEC staff recruited at least 50 CTBRFCS participants from each cultural event to avoid being able to identify individual responses by event location.

A total of 973 self-identified AIAN living in California completed the CTBRFCS during the 2012-2013 data collection period. All CTBRFCS participants were at least 18 years old.

## Orientation to the CTBRFCS Summary Report

This report is a summary of responses to CTBRFCS questions, including responses to survey items about:

- Demographic Information
- Adverse Early Experiences
- Current Health Status
- Health Care and Screening
- Health Conditions
- Health Behaviors

The final section of the report includes a discussion of limitations of the CTBRFCS study and CTBRFCS findings in relation to results from the CDC BRFSS study of primarily non-AIAN California adults.

Note: Throughout this report, ' $n$ ' refers to the number of individuals who responded to a particular CTBRFCS question.

## SECTION 1: DEMOGRAPHIC INFORMATION

AIAN who completed the CTBRFCS provided responses to survey questions about the following demographic information:

- Race and Ethnicity, Tribal Enrollment Status, Gender, and Age
- Education, Employment, and Income
- Social Characteristics
- Household Characteristics


## Race and Ethnicity, Tribal Enrollment Status, Gender, and Age

Race and Ethnicity (see text and table for $n$ values). CTBRFCS respondents provided information about the race(s) with which they identified, the race that best represented them, and whether they were Hispanic or Latino.

All CTBRFCS respondents ( $\mathrm{n}=973$ ) identified as being either AIAN alone or AIAN in combination with another race. Among respondents who provided information about which race best represented them ( $n=809$ ), approximately $90 \%$ indicated that AIAN best represented them.

| Best Represented Respondent's Race (n=809) |  |
| :---: | :---: |
| Race | \% Response |
| AIAN | $90.2 \%$ |
| White | $3.3 \%$ |
| Black or African American | $0.2 \%$ |
| Asian | $0.1 \%$ |
| Native Hawaiian or Other Pacific Islander | $3.5 \%$ |
| Other | $2.6 \%$ |

Among respondents who provided information about their ethnicity ( $n=923$ ), 18.0\% reported being Hispanic or Latino.

Tribal Enrollment Status ( $n=919$ ). Almost one-half of respondents (46.2\%) reported being enrolled in a federally recognized tribe in California, and $4.1 \%$ of respondents reported being enrolled in a non-federally recognized tribe in California. Just over onequarter of respondents (26.7\%) were California residents but enrolled in a federally recognized tribe located outside of California, and 23.0\% of respondents reported not being formally enrolled in a tribe.

## Tribal Enrollment ( $\mathrm{n}=919$ )



Gender (n=919). A total of $61.0 \%$ of CTBRFCS respondents self-identified as female.
Age ( $n=913$ ). A total of $33.3 \%$ of respondents reported being 18-34 years old, 33.0\% reported being 35-50 years old, and $25.4 \%$ reported being 51-64 years old. A total of $8.3 \%$ of respondents reported being at least 65 years old.

> Age (n=913)


## Education, Employment, and Income

Highest Education Level ( $n=931$ ). A total of 1.5\% of respondents reported completing Grades 1 through 8. Over one-half of respondents (53.3\%) reported completing at least one year of college, and an additional $15.5 \%$ of respondents reported completing four or more years of college.

| Highest Education Level (n=931) |  |
| :---: | :---: |
| Education Level | \% Response |
| Grades 1-8 | $1.5 \%$ |
| Grades $\mathbf{9 - 1 1}$ | $14.3 \%$ |
| Grade 12 or GED | $30.9 \%$ |
| $\mathbf{1 - 3}$ Years of College | $37.8 \%$ |
| $\mathbf{4}$ or More Years of College | $15.5 \%$ |

Employment Status ( $n=663$ ). Of respondents who were employed, the majority indicated that they worked full time (62.9\%), while $25.6 \%$ of respondents reported working part time, and $11.5 \%$ of respondents reported working seasonally.

Current or Most Recent Occupation ( $n=897$ ). Respondents most frequently reported that they were homemakers (13.6\%) or management/professionals (13.3\%). More than 40\% of respondents (42.3\%) did not assign their occupation to one of the categories included in the CTBRFCS but wrote in an occupation (e.g., lawyer, child care provider, teacher).

| Current or Most Recent Occupation ( $\mathrm{n}=897$ ) |  |
| :---: | :---: |
| Occupation | \% Response |
| Homemaker | $13.6 \%$ |
| Technician, Sales or Clerical | $8.7 \%$ |
| Mechanic, Repairman, Construction Worker <br> or Craftsman, Farming, Forestry, Fishing | $11.4 \%$ |
| Hairdresser, Domestic, Restaurant, Security | $5.1 \%$ |
| Management, Professional | $13.3 \%$ |
| Driver, Machine Operator, Sanitation, |  |
| Laborer |  | | Other |
| :---: |

Annual Household Income ( $n=886$ ). Over 40\% of respondents (42.2\%) reported having an annual household income of less than $\$ 15,000$, while $16.5 \%$ reported having an annual household income of at least $\$ 50,000$.

Annual Household Income ( $\mathrm{n}=886$ )

| Income Level | \% Response |
| :---: | :---: |
| Less Than $\mathbf{\$ 1 5 , 0 0 0}$ | $42.2 \%$ |
| $\mathbf{\$ 1 5 , 0 0 0}$ to Less Than $\$ \mathbf{2 5 , 0 0 0}$ | $16.6 \%$ |
| $\$ \mathbf{2 5 , 0 0 0}$ to Less Than $\mathbf{\$ 5 0 , 0 0 0}$ | $24.7 \%$ |
| $\$ 50,000$ to Less Than $\mathbf{\$ 7 5 , 0 0 0}$ | $9.3 \%$ |
| $\mathbf{\$ 7 5 , 0 0 0}$ or More | $7.2 \%$ |

Tribal Per Capita Income ( $n=916$ ). A total of $36.1 \%$ of respondents reported receiving Tribal Per Capita Income, with $28.3 \%$ of respondents receiving up to $\$ 5,000$ per year, $6.4 \%$ of respondents receiving between $\$ 5,000$ and $\$ 25,000$ per year, and $1.3 \%$ of respondents receiving at least $\$ 25,000$ per year.

Tribal Per Capita Income ( $\mathrm{n}=916$ )


Financial Concerns (see text for $n$ values). Among those who reported how often they worry about having enough money to pay rent or make a mortgage payment ( $n=954$ ), $29.3 \%$ of respondents reported always or usually being worried, $25.9 \%$ of respondents reported sometimes being worried, and $38.6 \%$ reported rarely or never being worried. A total of $6.3 \%$ of respondents indicated that the question was not applicable to them.

Among respondents who reported how often they worry about having enough money to buy nutritious meals ( $\mathrm{n}=951$ ), $25.2 \%$ of respondents reported always or usually being worried, $22.3 \%$ of respondents reported sometimes being worried, and $47.9 \%$ reported rarely or never being worried. A total of $4.6 \%$ of respondents indicated that the question was not applicable to them.

## Social Characteristics

Marital Status ( $n=927$ ). Respondents most frequently reported that they have never been married ( $34.6 \%$ ). Almost one-quarter of respondents ( $26.8 \%$ ) indicated that they were married at the time of the CTBRFCS. A total of $18.1 \%$ of respondents indicated that their marital status was divorced.

| Marital Status (n=927) |  |
| :---: | :---: |
| Marital Status | \% Response |
| Married | $26.8 \%$ |
| Divorced | $18.1 \%$ |
| Widowed | $4.5 \%$ |
| Separated | $5.2 \%$ |
| Never Married | $34.6 \%$ |
| Member of Unmarried Couple | $10.7 \%$ |

Number of Children Living in Household ( $n=927$ ). When asked how many children live in their household, respondents provided the following answers: 0 children ( $46.1 \%$ ) 1 child ( $20.6 \%$ ), 2 children ( $15.0 \%$ ), 3 children ( $8.6 \%$ ), 4 children ( $5.5 \%$ ), and 5 children ( $2.2 \%$ ). An additional $2.0 \%$ of respondents reported that between 6 and 16 children reside in their household.

Pregnancy (see text for $n$ values). Among female respondents who indicated whether they had ever been pregnant ( $\mathrm{n}=612$ ), $72.5 \%$ reported that they were pregnant at some point in their lifetime. Among female respondents who indicated whether they were currently pregnant ( $\mathrm{n}=411$ ), $4.6 \%$ reported that they were expecting a child.

## Household Characteristics

Reside on Reservation ( $n=928$ ). Nearly 30\% of respondents (29.7\%) reported that they reside on a Reservation in California. Another $4.1 \%$ of respondents reported living within 10 miles of a Reservation in California. However, the majority of respondents (65.6\%) indicated that they do not live on a Reservation in California.

Own or Rent Home ( $n=917$ ). A total of $50.8 \%$ of respondents indicated that they rent their home, $31.1 \%$ of respondents reported that they own their home, and $18.1 \%$ of respondents reported that they have another housing arrangement such as staying in a group home or with friends and family without paying rent.

Environmental Hazards (see text and tables for $n$ values). Among respondents who reported about having mold ( $n=933$ ), 14.0\% indicating seeing mold or smelling a musty odor inside their home in the past 30 days. A total of $15.0 \%$ of respondents who answered questions about in-home smoking ( $\mathrm{n}=919$ ) indicated that they always or sometimes allow in-home smoking. Between $5-10 \%$ of respondents reported that they had been exposed to secondhand smoke at home ( $n=901$ ), work ( $n=876$ ), or in public $(n=883)$ all 7 days in the past week.

| In-Home Smoking (n=919) |  |
| :---: | :---: |
| Policy | \% Response |
| Always Allowed | $6.6 \%$ |
| Allowed Only at Some Times or in Some <br> Places in the Home | $8.4 \%$ |
| Never Allowed | $79.0 \%$ |
| Family Does Not Have an In-Home Smoking <br> Policy | $6.0 \%$ |

Exposure to Secondhand Smoke in Past 7 Days

|  | 1 Day | 2-4 Days | 5-6 Days | 7 Days | None |
| :--- | :---: | :---: | :---: | :---: | :---: |
| At Home (n=901) | $2.7 \%$ | $3.9 \%$ | $2.0 \%$ | $5.2 \%$ | $86.2 \%$ |
| At Work (n=876) | $6.6 \%$ | $14.0 \%$ | $4.7 \%$ | $9.6 \%$ | $65.1 \%$ |
| In Public (n=883) | $9.4 \%$ | $15.6 \%$ | $4.1 \%$ | $6.3 \%$ | $64.6 \%$ |

Cell Phone Access (see text for $n$ values). Among respondents who responded to questions about having a cell phone ( $\mathrm{n}=898$ ) and sharing a cell phone ( $\mathrm{n}=771$ ), $78.0 \%$ reported that they had a cell phone available for their personal use, and $17.9 \%$ reported that they share the cell phone with other adults at least one-third of the time.

Working Motor Vehicle ( $n=917$ ). Over $80 \%$ of respondents ( $82.7 \%$ ) reported having a working motor vehicle in their household.

## SECTION 2: ADVERSE EARLY EXPERIENCES

To gain an understanding of the adverse early experiences of AIAN who completed the CTBRFCS, respondents answered questions about events that occurred before they were 18 years old, including:

- Parental Divorce or Incarceration of Family Member
- Mental Illness, Substance Use, or Adult Violence in Home
- Physical, Verbal, or Sexual Harm


## Parental Divorce or Incarceration of Family Member

Parental Divorce ( $n=947$ ). A total of 42.7\% of respondents indicated that their parents remained married throughout their childhood; however, a nearly equal percentage reported that their parents divorced or separated when they were children (44.2\%).

Parental Divorce ( $\mathrm{n}=947$ )


Incarceration of Family Member ( $n=949$ ). A total of $35.5 \%$ of respondents reported that they lived with someone who served time or was sentenced to serve time in a prison, jail, or other correctional facility.

Incarceration of Family Member ( $\mathrm{n}=949$ )


Mental Illness, Substance Use, or Adult Violence in Home
Mental IIIness ( $n=952$ ). Almost one-quarter of respondents (24.3\%) indicated that they lived with someone during childhood who was depressed, mentally ill, or suicidal.

Alcohol or Drug Use (see text for $n$ values). Among those who responded to questions about using alcohol ( $\mathrm{n}=951$ ) and drugs ( $\mathrm{n}=950$ ), 45.6\% of respondents reported that they lived with someone during childhood who was a problem drinker or alcoholic, and $29.6 \%$ of respondents indicated that they lived with someone during childhood who used illegal street drugs or abused prescription medications.

Adult Violence ( $n=947$ ). When asked how often parents or adults in their childhood home slapped, hit, kicked, punched, or beat each other up, a total of $47.6 \%$ of respondents said never, $6.7 \%$ of respondents said once, and $26.0 \%$ of respondents said more than once. A total of $10.7 \%$ of respondents indicated that they did not know how often adults were violent with each other in the home, while $9.1 \%$ of respondents preferred not to answer the question.


Once 6.7\%

## Physical, Verbal, or Sexual Harm

Physical Harm by Person Older Than Participant ( $n=947$ ). When asked how often parents or adults in their childhood home hit, beat, kicked, or physically hurt them, approximately one-half of respondents (51.2\%) indicated they had never been physically hurt by a parent or adult in their childhood home. A total of $7.9 \%$ of respondents reported being physically hurt by a parent or adult once at home, and $25.2 \%$ of respondents reported being physically hurt more than once at home.

Physical Harm by Person Older Than Participant ( $\mathrm{n}=947$ )


Verbal Harm by Person Older Than Participant (n=946). A total of $7.6 \%$ of respondents indicated that a parent or adult in their childhood home swore at them, insulted them, or put them down at least once. A greater percentage of respondents (39.2\%) indicated that verbal injury occurred more than once.


Sexual Harm by Person Older Than Participant (see text and graphs for $n$ values). Among respondents who indicated whether someone at least five years older than them or an adult touched them sexually ( $\mathrm{n}=950$ ), $5.6 \%$ reported being touched by an older person once during childhood, and $14.5 \%$ reported being touched by an older person more than once during childhood.

Touched Sexually by Person Older Than Participant ( $\mathrm{n}=950$ )


Among those who indicated whether someone at least five years older than them or an adult forced the respondent to touch them sexually ( $\mathrm{n}=950$ ), $5.5 \%$ of respondents reported being forced to touch an older person once during childhood, and $10.1 \%$ of respondents reported being forced to touch an older person more than once during childhood.


Among those who indicated whether someone at least five years older than them or an adult had forced the respondent to have sex ( $\mathrm{n}=952$ ), $11.0 \%$ of respondents reported being forced to have sex by an older person at least once during childhood.

Forced to Have Sex by Older Person ( $\mathrm{n}=952$ )


## SECTION 3: CURRENT HEALTH STATUS

AIAN who completed the CTBRFCS provided information about several general indicators of current health status. This section of the report includes a summary of responses to the following CTBRFCS topics:

- Ratings of Overall Health and Dental Health
- Health-Related Quality of Life
- Daily Life for Those With Poor Health
- Emotional Well-Being


## Ratings of Overall Health and Dental Health

Overall Health ( $n=958$ ). Most respondents rated their overall health as excellent, very good, or good (77.7\%). Nearly $20 \%$ of respondents (18.5\%) rated their overall health as fair, and a small percentage of respondents (3.9\%) rated their overall health as poor.

Overall Health Rating ( $\mathrm{n}=958$ )


Dental Health ( $n=960$ ). Almost one-quarter of respondents (24.2\%) rated the health of their teeth and mouth as excellent or very good, and nearly one-third of respondents (29.5\%) rated the health of their teeth and mouth as good. Many respondents (43.9\%) rated the health of their teeth and mouth as fair or poor.

## Dental Health ( $\mathrm{n}=960$ )



## Health-Related Quality of Life

Physical Health Over Past 30 Days ( $n=947$ ). Respondents were asked to think about their physical health, including physical illness and injury, and report how many days in the 30 days prior to the CTBRFCS that their physical health was "not good." Almost one-half of respondents (47.7\%) reported zero days over the past month where their physical health was not good, while $5.0 \%$ of respondents reported that their physical health was not good all 30 days. A total of $16.3 \%$ of respondents reported that their physical health was not good between 1 and 5 days of the past 30 days, and $15.0 \%$ of respondents reported that their physical health was not good between 6 and 29 days of the past 30 days.

Physical Health Over Past 30 Days ( $\mathrm{n}=947$ )


Mental Health Over Past 30 Days ( $n=937$ ). Respondents were asked to think about their mental health, including stress, depression, and problems with emotions, and report how many days in the 30 days prior to the CTBRFCS that their mental health was "not good." Almost one-half of respondents (49.2\%) reported zero days over the past month where their mental health was not good, while $4.4 \%$ of respondents reported that their mental health was not good all 30 days. A total of $16.3 \%$ of respondents reported that their mental health was not good between 1 and 5 days of the past 30 days, and 17.7\% of respondents reported that their mental health was not good between 6 and 29 days of the past 30 days.

Mental Health Over Past 30 Days ( $\mathrm{n}=937$ )


## Daily Life for Those with Poor Health

For individuals who reported experiencing between 1 and 30 days of poor physical or mental health in the previous section about Health-Related Quality of Life, additional CTBRFCS questions prompted respondents to report about four aspects of daily life in the 30 days prior to the CTBRFCS.

Poor Health and Usual Activities ( $n=456$ ). Over one-third of respondents (35.5\%) reported that poor physical or mental health kept them from doing usual activities between 1 and 10 of the past 30 days, and some respondents (5.7\%) reported that poor physical or mental health kept them from doing usual activities all of the past 30 days.

Pain and Usual Activities ( $n=453$ ). Over one-third of respondents (34.0\%) reported that pain made it difficult to perform usual activities between 1 and 10 days of the past 30 days, and some respondents (8.2\%) reported that pain made it difficult to perform usual activities all of the past 30 days.

Sadness or Depression ( $n=458$ ). Almost one-half of respondents (48.9\%) reported experiencing feelings of sadness or depression between 1 and 10 of the past 30 days, and some respondents (5.2\%) reported experiencing feelings of sadness or depression all of the past 30 days.

Anxiety ( $n=456$ ). Almost one-half of respondents (49.5\%) reported experiencing feelings of anxiety between 1 and 10 of the past 30 days, and some respondents (11.2\%) reported experiencing feelings of anxiety all of the past 30 days.

| Number of Days in Past Month That Daily Life Was Impacted |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| for Those with Poor Health |  |  |  |  |  |  |  |  |

## Emotional Well-Being

Social and Emotional Support ( $n=951$ ). A total of $52.4 \%$ of respondents said they always or usually get the social and emotional support that they need, and $16.5 \%$ of respondents said they never get the social and emotional support that they need.

Social and Emotional Support ( $\mathrm{n}=951$ )


Life Satisfaction ( $n=954$ ). When asked how satisfied with life that they are, over one-half of respondents ( $87.8 \%$ ) indicated they were very satisfied or satisfied. A total of $9.5 \%$ of respondents reported they were dissatisfied with life, and $2.7 \%$ of respondents said they were very dissatisfied with life.

Recent Personal Loss ( $n=953$ ). A total of $26.7 \%$ of respondents reported that they had suffered one serious personal loss or misfortune in the past year, such as divorce/separation, legal action, money problems, death of a loved one, and/or serious illness/injury of a loved one. An additional 20.3\% of respondents reported that they had suffered two or more recent personal losses in the past year.

## SECTION 4: HEALTH CARE AND SCREENINGS

AIAN who completed the CTBRFCS provided responses to survey questions about the following health care and health screening topics:

- Access to Health Care
- Barriers to Health Care
- Medical, Mental Health, Dental, and Eye Examinations
- Traditional Medicine
- Immunizations
- Cholesterol Screenings
- Breast and Cervical Cancer Screenings
- Prostate Cancer Screening
- Colorectal Cancer Screenings
- HIV Testing


## Access to Health Care

Health Care Coverage ( $n=949$ ). A total of $67.0 \%$ of respondents reported having health care coverage, $29.1 \%$ of respondents reported not having health care coverage, and $3.9 \%$ of respondents did not know whether they had health care coverage.

Health Care Coverage ( $\mathrm{n}=949$ )


Type of Health Care Coverage ( $n=714$ ). A total of $38.9 \%$ of respondents reported having Indian Health Service health care coverage, while 17.6\% of respondents reported having Medicaid (Medi-Cal) and $7.7 \%$ reported having Medicare. The remaining $35.7 \%$ of respondents had private insurance or health care through Veteran Affairs.

Type of Health Care Coverage ( $\mathrm{n}=714$ )


Number of Providers ( $n=954$ ). A total of $45.4 \%$ of respondents reported having one person that they think of as their personal doctor or health care provider, and $17.9 \%$ of respondents reported having more than one person that they think of as their personal doctor or health care provider. Over one-third of respondents (36.6\%) reported that they do not have anyone that they consider to be their personal doctor or health care provider.

Location Most Commonly Go for Health Care ( $n=914$ ). When asked where they most commonly go for health care when they have an illness that is not an emergency, 59.0\% of respondents said they go to an Indian health clinic and $26.6 \%$ of respondents said they go to a private physician or clinic. Other respondents reported most commonly visiting a Community Health Representative or traditional healer/medicine man or woman when they have an illness that is not an emergency.

Location Most Commonly Go for Health Care (n=914)


Indian Clinic Usage for Dental Care ( $n=961$ ). A total of $45.2 \%$ of respondents reported that they use a tribal Indian dental health clinic for their/their family's dental care needs, and $8.7 \%$ of respondents reported that they use an urban Indian dental health clinic for dental care. A total of $42.5 \%$ of respondents reported that they do not use an Indian health clinic for their/their family's dental care needs, and $3.6 \%$ of respondents did not know whether they use an Indian health clinic for dental care.

## Barriers to Health Care

Cost ( $n=966$ ). During the past 12 months, nearly one-quarter of respondents (24.0\%) noted there was a time when they needed to see a doctor but could not because of cost.

Barriers to Care at Indian Health Clinics ( $n=541$ ). When asked to select any/all of nine barriers to care at Indian health clinics, respondents most frequently cited travel distance, clinic hours, and difficulty making appointment(s) as barriers to care. On average, respondents reported an average of 1.32 of the 9.0 barriers to receiving care at Indian health clinics.

Barriers to Care at Indian Health Clinics ( $\mathrm{n}=541$ )


Limited Funds for Contract Health Services at Indian Health Clinics (n=534). Often, Indian health clinics are allocated funds to provide Contract Health Services.* In some instances, these funds are limited. Almost 1 in 5 Indian health clinic users (18.9\%) indicated that they had experienced issues receiving care due to limited funds for Contract Health Services. A total of $71.3 \%$ of users said they had not had issues receiving care due to limited funds for Contract Health Services, and 9.7\% of respondents did not know or were unsure whether they experienced this barrier. The most common services for which Indian health clinic users reported having issues receiving care due to limited Contract Health Services funds were dental, eye, and imaging services.
*Note: Contract Health Services is now called Purchased/Referred Care.

Barriers to Eye Care ( $n=468$ ). Approximately one-quarter of respondents who did not have an eye examination in the past 12 months (26.5\%) reported cost or insurance concerns as the primary reason for not having the examination. Other barriers to eye care included respondents not thinking about having an eye examination (45.5\%) and respondents not having or knowing an eye doctor ( $9.8 \%$ ).

Medical, Mental Health, Dental, and Eye Examinations
Length of Time Since Last Routine Medical Check-Up ( $n=966$ ). A total of $62.2 \%$ of respondents had a routine medical check-up in the past year, and an additional 15.4\% of respondents had a routine medical check-up in the past two years.

Length of Time Since Routine Medical Check-Up ( $\mathrm{n}=966$ )


Ever Saw Professional for Mental Health Concerns ( $n=950$ ). A total of $22.3 \%$ of respondents reported that they had seen a professional for mental health concerns at some point in their lifetime. A total of $72.6 \%$ of respondents indicated that they had never seen a professional for mental health concerns, and $5.1 \%$ of respondents preferred not to answer whether they had ever seen a professional for mental health concerns.

Currently Taking Medication or Receiving Other Treatment for Mental Health (n=953). More than 1 in 7 respondents ( $15.4 \%$ ) reported that they were currently taking medication or receiving treatment from a doctor or other health professional for mental health or emotional problems. A total of $5.7 \%$ of respondents preferred not to answer whether they were currently taking medication or receiving treatment for mental health or emotional problems.

Length of Time Since Last Dental Examination ( $n=965$ ). Over one-half of respondents ( $51.5 \%$ ) had visited a dentist or dental clinic for an examination within the past year, and an additional $14.5 \%$ of respondents had visited a dentist or dental clinic in the past two years.

Length of Time Since Last Dental Examination ( $\mathrm{n}=965$ )


Reason for Last Dental Examination ( $n=885$ ). A total of $45.7 \%$ of respondents reported that their last dental examination was for routine care, while other respondents reported that their last examination was for emergency care (26.8\%) or scheduled treatment ( $20.1 \%$ ), such as a crown or filling. A total of $7.9 \%$ of respondents did not know the reason for their last dental examination.

| Reason for Last Dental Examination (n=885) |  |
| :---: | :---: |
| Reason | \% Response |
| Routine Check-Up | $45.7 \%$ |
| Emergency Dental Care | $26.8 \%$ |
| Scheduled Treatment | $20.1 \%$ |
| Don't Know | $7.4 \%$ |

Length of Time Since Last Eye Examination ( $n=961$ ). A total of $51.3 \%$ of respondents reported having an eye examination in the past year, and $17.2 \%$ of respondents reported having an eye examination in the past two years. For $20.6 \%$ of respondents, two or more years had passed since their last eye examination.

Length of Time Since Last Eye Examination ( $\mathrm{n}=961$ )


## Traditional Medicine

Visited Traditional Healer ( $n=961$ ). A total of $30.1 \%$ of respondents reported visiting a medicine man, traditional healer, wise person, or had a ceremony performed for their health and well being in the past year.

Visited Traditional Healer ( $\mathrm{n}=961$ )


## Immunizations

Seasonal Flu Vaccine ( $n=973$ ). Over one-third of respondents (34.1\%) reported that they ever received a seasonal flu vaccination, while a total of $61.5 \%$ of respondents reported that they never received a seasonal flu vaccine. A total of $4.3 \%$ of respondents did not know whether they ever received a seasonal flu vaccine.

Pneumonia Shot ( $n=948$ ). A total of $29.2 \%$ of respondents indicated that they ever received a pneumonia shot. A total of $18.7 \%$ of respondents did not know whether they ever received a pneumonia shot.

Human Papilloma Virus (HPV) Vaccination ( $n=269$ ). Among female respondents 18 to 49 years old, $18.2 \%$ reported receiving the HPV vaccine. A total of $3.7 \%$ of respondents reported that a doctor refused to provide the HPV vaccine when they requested it.

HPV Vaccine ( $\mathrm{n}=269$ )


## Cholesterol Screening

Cholesterol Screening ( $n=950$ ). A total of $54.9 \%$ of respondents had their blood cholesterol screened some point in the past. A total of $5.2 \%$ of respondents did not know whether they ever had their blood cholesterol screened.

Length of Time Since Last Cholesterol Screening ( $n=515$ ). Among respondents who had their blood cholesterol screened, $88.3 \%$ were screened in the past two years.

| Length of Time Since Last Cholesterol Screening (n=515) |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Type of Test | Less Than <br> 1 Year | 1-2 Years | 2-5 Years | 5 or More <br> Years | Don't Know |
| Cholesterol Screening | $68.7 \%$ | $19.6 \%$ | $6.2 \%$ | $2.3 \%$ | $3.1 \%$ |

## Breast Cancer Screenings

Mammograms or Clinical Breast Examinations (see text for $n$ values). Among female respondents who answered questions about whether they ever had a mammogram ( $\mathrm{n}=453$ ) or clinical breast examination ( $\mathrm{n}=446$ ), $45.7 \%$ reported having a mammogram, and $63.0 \%$ reported having a clinical breast exam. A total of $64.1 \%$ of female respondents who reported ever having a clinical breast examination ( $\mathrm{n}=281$ ) also reported having a mammogram.

Length of Time Since Last Mammogram or Clinical Breast Examination (see text and table for $n$ values). When asked how long it had been since their last mammogram ( $\mathrm{n}=201$ ) or clinical breast examination ( $\mathrm{n}=277$ ), over one-half of female respondents reported that they had a mammogram (53.2\%) or clinical breast examination (53.8\%) in the past year.

| Length of Time Since Last Mammogram or Clinical Breast Examination |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Type of Test | Less Than <br> 1 Year | 1-2 Years | 2-3 Years | 3-5 Years | 5 or More <br> Years | Don't <br> Know |
| Mammogram <br> $(\mathbf{n}=\mathbf{2 0 1 )}$ | $53.2 \%$ | $25.5 \%$ | $7.5 \%$ | $6.0 \%$ | $5.0 \%$ | $3.0 \%$ |
| Clinical Breast <br> Examination <br> $(\mathbf{n}=\mathbf{2 7 7 )}$ | $53.8 \%$ | $25.6 \%$ | $7.6 \%$ | $5.4 \%$ | $4.3 \%$ | $3.2 \%$ |

Reason for Last Mammogram ( $n=199$ ). A total of $90.5 \%$ of female respondents said their last mammogram was part of a routine checkup, while $9.5 \%$ of female respondents reported that they had their last mammogram because they had breast cancer (5.5\%) or a breast problem other than cancer (4.0\%).

Reason for Last Clinical Breast Examination (n=274). A total of $93.8 \%$ of female respondents said their last clinical breast exam was part of a routine checkup, while $2.6 \%$ of female respondents reported that they had their last clinical breast exam because they did not perform a breast self-examination. A total of $3.7 \%$ of female respondents reported that they had their last clinical breast exam because they had breast cancer (2.2\%) or a breast problem other than cancer (1.5\%).

## Cervical Cancer Screening

Pap Smear Test ( $n=444$ ). Nearly three-fourths of female respondents (74.1\%) reported ever having a pap smear test for cervical cancer.

Length of Time Since Last Pap Smear Test ( $n=322$ ). When asked how long it had been since their last pap smear test, $47.8 \%$ of female respondents reported that they had the test in the past year, and $28.0 \%$ of female respondents reported that they had the test between one and two years ago.

| Length of Time Since Last Pap Smear Test (n=322) |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Type of Test | Less Than <br> 1 Year | 1-2 Years | 2-3 Years | 3-5 Years | 5 or More <br> Years | Don't <br> Know |
| Pap Smear | $47.8 \%$ | $28.0 \%$ | $9.3 \%$ | $3.7 \%$ | $7.8 \%$ | $3.4 \%$ |

Reason for Last Pap Smear Test ( $n=324$ ). A total of $90.4 \%$ of female respondents said their last pap smear test was part of a routine checkup, while $5.6 \%$ of female respondents reported that they had their last pap smear test because of a current or previous problem. A total of $4.0 \%$ of female respondents reported that they had their last pap smear test for other reasons.

## Prostate Cancer Screening

Recommended Prostate-Specific Antigen (PSA) Test ( $n=114$ ). Among males respondents over the age of 38 years old, $18.4 \%$ reported that their doctor recommended that they have a PSA test to screen for prostate cancer. However, a majority of male respondents (67.5\%) indicated that a doctor had not recommended that they have a PSA test, while $14.0 \%$ of male respondents did not know whether a doctor recommended that they have a PSA test.

Received PSA Test ( $n=117$ ). Among male respondents over the age of 38 years old, $17.8 \%$ reported having a PSA test, $70.1 \%$ of respondents reported not having a PSA test, and $12.1 \%$ did not know whether they had a PSA test.

Length of Time Since Last PSA Test ( $n=19$ ). For male respondents over the age of 38 years old who reported having a PSA test, $15.8 \%$ had the test in the past year, and $36.8 \%$ had the test between one and two years ago.

| Length of Time Since Last PSA Test (n=19) |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Type of Test | Less Than <br> 1 Year | 1-2 Years | 2-3 Years | 3-5 Years | 5 or More <br> Years | Don't <br> Know |
| PSA | $15.8 \%$ | $36.8 \%$ | $21.1 \%$ | $15.8 \%$ | $10.5 \%$ | $0.0 \%$ |

Reason for Last PSA Test ( $n=19$ ). A total of $63.2 \%$ of male respondents over the age of 38 years old who had a PSA test indicated that their PSA test was part of a routine check-up. A total of $21.1 \%$ of respondents reported that they had a PSA test because of a problem, $10.5 \%$ of respondents reported that they had their last PSA test for other reasons, and $5.3 \%$ of respondents did not know why they had their last PSA test.

## Colorectal Cancer Screenings

Home Blood Stool Test or Colonoscopy/Sigmoidoscopy (see text and table for n values). Among male and female respondents over the age of 48 who indicated whether they ever had home blood stool test ( $\mathrm{n}=281$ ) or colonoscopy/sigmoidoscopy ( $\mathrm{n}=273$ ) to screen for colon cancer, $52.7 \%$ of respondents reported that they had not taken a blood stool test, and $58.6 \%$ of respondents reported that they had not undergone a colonoscopy/sigmoidoscopy. Among those who reported having a colonoscopy or sigmoidoscopy ( $\mathrm{n}=86$ ), $67.4 \%$ of respondents had a colonoscopy, $4.7 \%$ had a sigmoidoscopy, and $27.9 \%$ of respondents did not know what procedure they had.

Length of Time Since Last Home Blood Stool Test or Colonoscopy/Sigmoidoscopy (see text and table for $n$ values). For respondents over the age of 48 years old who reported taking a home blood stool test ( $\mathrm{n}=133$ ) or undergoing a colonoscopy/sigmoidoscopy ( $\mathrm{n}=113$ ), approximately $30 \%$ of respondents reported having a home blood stool test (34.6\%) or colonoscopy/sigmoidoscopy (29.2\%) in the past year.

| Length of Time Since Last Home Blood Stool Test or <br> Colonoscopy/Sigmoidoscopy |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Type of Test | Less Than <br> 1 Year | 1-2 Years | 2-3 Years | 3-5 Years | 5 or More <br> Years | Don't <br> Know |
| Home Blood <br> Stool Test <br> (n=133) | $34.6 \%$ | $12.8 \%$ | $9.8 \%$ | $6.8 \%$ | $10.5 \%$ | $25.6 \%$ |
| Colonoscopy/ <br> Sigmoidoscopy <br> (n=113) | $29.2 \%$ | $10.6 \%$ | $12.4 \%$ | $10.6 \%$ | $15.9 \%$ | $21.2 \%$ |

## Human Immunodeficiency Virus (HIV) Testing

HIV Test ( $n=918$ ). A total of $52.9 \%$ of respondents reported ever being tested for HIV. Less than $4 \%$ of respondents (3.8\%) preferred not to answer whether they had ever been tested for HIV.

HIV Test ( $\mathrm{n}=918$ )


Length of Time Since Last HIV Test ( $n=449$ ). A total of $45.5 \%$ of respondents reported being tested for HIV in the past 5 years, $15.1 \%$ of respondents reported being tested for more than 5 years ago, and $37.2 \%$ of respondents said they did not know how long it had been since their last HIV test.

Length of Time Since Last HIV Test ( $\mathrm{n}=449$ )

| Type of Test | Less Than <br> 5 Years | $5-10$ Years | 10 or More <br> Years | Don't <br> Know | Preferred Not <br> to Answer |
| :---: | :---: | :---: | :---: | :---: | :---: |
| HIV | $45.5 \%$ | $10.9 \%$ | $4.2 \%$ | $37.2 \%$ | $2.2 \%$ |

## SECTION 5: HEALTH CONDITIONS

AIAN who completed the CTBRFCS provided responses to survey questions about the following health conditions:

- High Blood Pressure
- High Blood Cholesterol
- Heart Attack, Angina or Coronary Heart Disease, and Stroke
- Diabetes
- Cancer
- Chronic Pulmonary Obstructive Disorder
- Kidney Disease
- Depressive and Anxiety Disorders
- Asthma
- Arthritis and Joint Symptoms
- Vision Impairment
- Loss of Teeth
- Weight-Related Health Indicators
- Impairment or Disability


## High Blood Pressure

High Blood Pressure ( $n=956$ ). More than one-third of respondents (34.2\%) had been told they have high blood pressure by a doctor, nurse, or other health professional, including $1.8 \%$ female respondents who were told they had high blood pressure during pregnancy. A smaller percentage of respondents (3.0\%) were told that they have borderline high blood pressure or are pre-hypertensive.

High Blood Pressure ( $\mathrm{n}=956$ )


Actions to Lower Blood Pressure (see text and table for $n$ values). Among respondents with non-pregnancy-related high blood pressure, many reported cutting down their salt intake ( $80.4 \%$ ), changing their eating habits ( $73.2 \%$ ) and exercising ( $70.7 \%$ ) in order to lower their blood pressure. Some respondents also reported taking medication (61.6\%) and reducing their alcohol use (75.7\%) to lower blood pressure.

| Actions to Lower Blood Pressure |  |
| :---: | :---: |
| Actions | \% Response |
| Cut Down on Salt ( $\mathbf{n}=\mathbf{2 8 0}$ ) | $80.4 \%$ |
| Changed Eating Habits ( $\mathbf{n = 3 0 6}$ ) | $73.2 \%$ |
| Exercising (n=300) | $70.7 \%$ |
| Currently Taking Medication (n=307) | $61.6 \%$ |
| Reducing Alcohol Use (n=132) | $75.7 \%$ |

## High Blood Cholesterol

High Blood Cholesterol ( $n=515$ ). A total of $43.7 \%$ of respondents were told by a doctor, nurse, or other health professional that they had high blood cholesterol.

High Blood Cholesterol ( $\mathrm{n}=515$ )


## Heart Attack, Angina or Coronary Heart Disease, and Stroke

Heart Attack and Post-Heart Attack Rehabilitation (see text for $n$ values). Among those who answered questions about having a heart attack ( $\mathrm{n}=959$ ) or going to post-heart attack outpatient rehabilitation ( $n=42$ ), 4.4\% of respondents reported that a doctor, nurse, or other health professional told them they had a heart attack, and $2.8 \%$ of respondents did not know whether they were told they had a heart attack. A total of $23.7 \%$ of respondents who were told they had a heart attack reported going to outpatient rehabilitation afterwards.

Angina or Coronary Heart Disease ( $n=940$ ). Less than 5\% of respondents (3.3\%) reported that a doctor, nurse, or other health professional told them that they have angina or coronary heart disease, while $3.9 \%$ of respondents did not know whether they were told that they have angina or coronary heart disease.

Stroke and Post-Stroke Rehabilitation (see text for $n$ values). Among those who answered questions about having a stroke ( $\mathrm{n}=951$ ) or going to post-stroke outpatient rehabilitation ( $n=33$ ), 3.6\% of respondents reported that a doctor, nurse, or other health professional told them they had a stroke, and $1.6 \%$ of respondents did not know whether they were told they had a stroke. A total of $36.4 \%$ of respondents who were told they had a stroke reported going to outpatient rehabilitation afterwards.

## Diabetes

Diabetes ( $n=954$ ). Almost 1 in 5 respondents (19.7\%) reported being told they have diabetes. An additional $2.6 \%$ of respondents reported being told they have pregnancyrelated diabetes, $3.9 \%$ of respondents reported being told they have pre-diabetes or borderline diabetes, and $1.3 \%$ of respondents did not know whether they were told they have diabetes.

## Diabetes ( $\mathrm{n}=954$ )



Age First Told Have Diabetes ( $n=186$ ). Respondents were asked to report the age when they were first told they have diabetes. Over one-half of respondents ( $55.9 \%$ ) reported being told they have diabetes when they were between 35 and 50 years old. A total of $22.0 \%$ of respondents reported being 34 years old or younger when they were first told they have diabetes, and $22.0 \%$ of respondents reported being 51 years old or older when they were first told they have diabetes.

Age First Told Have Diabetes ( $\mathrm{n}=186$ )


Received Diabetes-Related Care in Past Year ( $n=185$ ). Of those who reported being told they have diabetes, 80.0\% of respondents saw a doctor, nurse, or other health professional for diabetes-related care in the past year. A total of $8.6 \%$ of respondents with diabetes had not seen a medical professional for diabetes-related care in the past year, and $11.3 \%$ of respondents with diabetes did not know whether they had seen a medical professional for diabetes-related care in the past year.

Frequency of Received Diabetes-Related Care ( $n=148$ ). Among those who reported seeing a doctor, nurse, or other health professional for diabetes-related care in the past year, $63.5 \%$ of respondents said that they attended diabetes-related appointments 1 to 4 times in the past year, $23.6 \%$ of respondents reported that they attended diabetesrelated appointments 5 to 10 times in the past year, and 12.8\% of respondents reported that they attended diabetes related-appointments 11 to 20 times in the past year.

Taken Diabetes Management Course(s) ( $n=187$ ). Of respondents who reported that they have diabetes, almost two-thirds (65.8\%) had taken a course or a class on how to manage their diabetes.

Family History of Diabetes ( $n=937$ ). Over two-thirds of respondents (71.4\%) reported that their mother, father, brother(s), sister(s) or grandparent(s) had diabetes. A total of $4.2 \%$ of respondents did not know whether their mother, father, brother(s), sister(s) or grandparent(s) had diabetes.

Family History of Diabetes ( $\mathrm{n}=937$ )


## Cancer

Breast or Cervical Cancer (see text for $n$ values). Among female respondents who answered questions about having breast cancer ( $n=445$ ) or cervical cancer ( $n=325$ ), $4.9 \%$ of respondents indicated that a doctor, nurse, or other health professional told them they had breast cancer, and $5.8 \%$ of respondents indicated that a doctor, nurse, or other health professional told them they had cervical cancer.

Prostate Cancer ( $n=82$ ). A total of $2.2 \%$ male respondents reported that they were told by a doctor, nurse, or other health professional they had prostate cancer.

Skin Cancer ( $n=957$ ). A total of $2.0 \%$ of respondents reported that they were told by a doctor, nurse, or other health professional they had skin cancer.

## Chronic Obstructive Pulmonary Disease (COPD)

COPD ( $n=956$ ). COPD refers to an entire group of diseases that cause airflow blockages and other breathing problems. A total of $5.3 \%$ of respondents reported being told they have COPD.

COPD ( $\mathrm{n}=956$ )


## Kidney Disease

Kidney Disease ( $n=964$ ). A total of $5.5 \%$ respondents reported being told they have kidney disease (not including kidney stones, bladder infections or incontinence).

Kidney Disease (n=964)


## Depressive and Anxiety Disorders

Depressive Disorder ( $n=952$ ). Nearly 1 in 5 respondents (17.8\%) reported that a doctor, nurse, or other health care provider told them they have a depressive disorder, including depression, major depression, dysthymia, or minor depression.

Depressive Disorder ( $\mathrm{n}=952$ )


Anxiety Disorder ( $n=954$ ). More than 1 in 5 respondents (20.3\%) reported that a doctor, nurse, or other health care provider told them they have an anxiety disorder, including acute stress disorder, generalized anxiety disorder, obsessive-compulsive disorder, panic disorder, phobia, post-traumatic stress disorder, or social anxiety disorder.

Anxiety Disorder ( $\mathrm{n}=954$ )


## Asthma

Asthma ( $n=942$ ). Almost 1 in 5 respondents (19.4\%) were told by a doctor, nurse, or other medical professional they had asthma. A total of $79.0 \%$ of respondents reported they were never told they had asthma, and $1.5 \%$ of respondents did not know whether they were told they had asthma.

Age First Told Had Asthma ( $n=177$ ). Respondents were asked to report the age when they were first told by a doctor, nurse, or other health professional they had asthma. Approximately $40 \%$ of respondents (41.8\%) reported being told they had asthma before they were 10 years old, and $18.6 \%$ of respondents reported being told they had asthma when they were between 11 and 19 years old.

Age First Told Had Asthma (n=177)


Still Have Asthma ( $n=181$ ). Of those who had been told they had asthma, two-thirds of respondents (66.3\%) reported that they still have asthma.

Recent Asthma Attack ( $n=121$ ). Of those who still have asthma, over one-half of respondents (52.9\%) reported they had an episode of asthma in the past year.

Impact of Asthma on Recent Activities ( $n=119$ ). Of those who still have asthma, over one-half of respondents (52.9\%) reported that asthma limited their usual activities a little, a moderate amount, or a lot in the past year.

Impact of Asthma on Recent Activities ( $\mathrm{n}=119$ )


Frequency of Asthma Symptoms in Past Month ( $n=118$ ). Of those who still have asthma, $13.6 \%$ of respondents reported experiencing asthma symptoms every day in the past month.

Frequency of Asthma Symptoms in Past Month ( $\mathrm{n}=118$ )


Recent Asthma Symptoms Are Constant ( $n=96$ ). For those who experienced asthma symptoms between 1 and 30 days of the past month, $27.1 \%$ of respondents indicated that asthma symptoms were constant (i.e., lasted all day) when they occurred.

## Arthritis and Joint Symptoms

Arthritis or Joint Symptoms ( $\mathrm{n}=942$ ). Almost 1 in 5 respondents (19.7\%) were told they have rheumatoid arthritis, gout, lupus, or fibromyalgia. A total of $78.7 \%$ of respondents reported they were not told they have arthritis or joint symptoms, and $1.6 \%$ of respondents did not know whether they were told they have arthritis or joint symptoms.

Impact of Arthritis or Joint Symptoms on Work Activities ( $n=177$ ). A total of $55.9 \%$ of respondents reported that arthritis or joint symptoms affected whether they can work, the type of work they can do, or the amount of work they can do.

Extent Arthritis or Joint Symptoms Interfered with Normal Social Activities ( $n=182$ ). Over three-quarters of respondents (75.3\%) reported that arthritis or joint symptoms interfered with normal social activities, such as going shopping, to the movies, or to religious or social gatherings.

## Extent Arthritis or Joint Symptoms Interfered with Normal Social Activities ( $\mathrm{n}=182$ )



Joint Pain Rating in Past 30 Days ( $n=180$ ). Respondents were asked to rate their joint pain level in the past 30 days, where 0 was "no pain or aching" and 10 was "pain as bad as it could be." More than 1 in 5 respondents (22.8\%) stated that they experienced pain as bad as it could be in the past 30 days.

Joint Pain Rating in Past 30 Days ( $\mathrm{n}=180$ )


## Vision Impairment

Vision Impairment ( $n=965$ ). Respondents were asked to report whether a doctor, nurse, or other health professional ever told them that they have vision impairment in one or both eyes, even when wearing glasses. Nearly one-fifth of respondents (18.3\%) reported being told they have vision impairment in one or both eyes. An additional 4.4\% of respondents did not know whether they were told they have vision impairment in one or both eyes. Less than $1 \%$ of respondents reported being blind.

Loss of Teeth
Lost All Teeth ( $n=962$ ). Almost one-quarter of respondents (21.0\%) reported that they have lost all their natural upper and lower teeth.

## Weight-Related Health Indicators

Self-Reported Body Mass Index (BMI) (n=818). For respondents over the age of 20 years old, BMI was calculated by dividing self-reported height by self-reported weight. Each respondent's calculated BMI fell within 1 of 4 BWI weight categories, including underweight (BMI of 18.4 or less), normal weight (BMI of 18.5 to 24.9), overweight (BMI of 25.0 to 29.9), and obese (BMI of 30.0 or more). A total of $1.8 \%$ of respondents were classified as underweight, $17.0 \%$ of respondents as normal weight, $29.3 \%$ of respondents as overweight, and $51.8 \%$ of respondents as obese.

Self-Reported BMI (n=818)


Perception of Weight ( $n=874$ ). A total of $3.2 \%$ of respondents perceived themselves to be underweight, 37.8\% of respondents perceived themselves to be about the right weight, and $59.0 \%$ of respondents perceived themselves to be overweight.


Perception of Weight in Relation to Self-Reported BMI (see text for $n$ values). Among respondents who perceived themselves to be underweight ( $n=26$ ), $15.4 \%$ had a selfreported BMI classification of underweight, $34.6 \%$ had a self-reported BMI classification of normal weight, $19.2 \%$ had a self-reported BMI classification of overweight, and 30.8\% had a self-reported BMI classification of obese.

Among respondents who perceived themselves to be about the right weight ( $\mathrm{n}=306$ ), $1.6 \%$ had a self-reported BMI classification of underweight, $24.1 \%$ had a self-reported BMI classification of normal weight, $35.3 \%$ had a self-reported BMI classification of overweight, and $39.0 \%$ had a self-reported BMI classification of obese.

Among respondents who perceived themselves to be overweight ( $n=471$ ), 1.3\% had a self-reported BMI classification of underweight, $11.4 \%$ had a self-reported BMI classification of normal weight, $26.1 \%$ had a self-reported BMI classification of overweight, and $61.1 \%$ had a self-reported BMI classification of obese.

## Impairment or Disability

Physical, Mental, or Emotional Limitation ( $n=918$ ). Approximately 1 in 5 respondents (22.7\%) reported being limited in some way by physical, mental, or emotional problems.

Impairment Requires Assistance from Another Person ( $n=201$ ). Of those who reported having a limitation, more than one-quarter of respondents ( $26.9 \%$ ) reported needing another person to help with routine or personal care needs, such as eating, bathing, dressing, everyday household chores, shopping, or getting around the house.

Impairment Requires Assistance from Equipment ( $n=201$ ). Of those who reported having a limitation, approximately one-quarter of respondents (24.4\%) reported using special equipment, such as a cane, wheelchair, special bed, or special telephone.

## SECTION 6: HEALTH BEHAVIORS

AIAN who completed the CTBRFCS provided responses to survey questions about the following health behaviors:

- Tobacco Use
- Drug Use
- Alcohol Use
- Sexual Behaviors
- Seatbelt Use
- Exercise and Physical Activity
- Fruit, Vegetable, and Other Dietary Consumption
- Breastfeeding
- Mood and Depression-Related Behaviors
- Intimate Partner Violence


## Tobacco Use

Smoked 100 or More Cigarettes in Lifetime ( $n=919$ ). Just under one-half of respondents ( $47.6 \%$ ) had smoked 100 cigarettes (5 packs) in their lifetime.

Smoked 100 or More Cigarettes in Lifetime ( $\mathrm{n}=919$ )


Age When Smoked First Cigarette ( $n=437$ ). Among respondents who had smoked at least 100 cigarettes in their lifetime, 30.7\% started smoking before they were 14 years old, and $46.0 \%$ started smoking when they were 14 to 18 years old.

| Age When Smoked First Cigarette ( $\mathrm{n}=437$ ) |  |
| :---: | :---: |
| Age Range of Respondents | \% Response |
| $\mathbf{1 3}$ or Younger | $30.7 \%$ |
| $\mathbf{1 4 - 1 8}$ | $46.0 \%$ |
| $\mathbf{1 9 - 2 4}$ | $9.1 \%$ |
| $\mathbf{2 5}$ or Older | $6.4 \%$ |
| Don't Know | $7.8 \%$ |

Frequency of Current Smoking ( $n=430$ ). Among those who reported smoking 100 cigarettes in their lifetime, many respondents (46.5\%) said they were not current smokers. A total of $30.5 \%$ of respondents reported smoking every day, and $23.0 \%$ of respondents reported smoking some days.

Frequency of Current Smoking ( $\mathrm{n}=430$ )


Tried to Quit Smoking ( $n=224$ ). More than one-half of current smokers (53.1\%) reported that they tried to quit smoking for one day or longer in the past year.

Length of Time Since Last Cigarette ( $n=178$ ). Respondents who no longer smoked were asked how long it had been since their last cigarette. Many respondents (39.9\%) reported not having a cigarette in over 10 years, and some respondents (18.0\%) reported not having a cigarette in 1 to 5 years. A total of $29.1 \%$ of respondents had not smoked a cigarette in the past year.

Length of Time Since Last Cigarette (n=178)


Use Chewing Tobacco ( $n=906$ ). A total of $5.8 \%$ of respondents said they use chewing tobacco, snuff, or snus.

Usage and Type of Ceremonial, Prayer, or Traditional Tobacco (see text and graph for $n$ values). Among those who answered a question about ceremonial tobacco ( $\mathrm{n}=910$ ), $44.1 \%$ of respondents indicated that they use tobacco for ceremonial, prayer, or traditional reasons. In a follow-up question asked of those who use tobacco for ceremonial reasons ( $n=307$ ), 64.5\% of respondents reported using native tobacco, and $22.8 \%$ of respondents reported using commercial tobacco (Marlboro, Drum, or Natural American Spirit) for ceremonial purposes.

Type of Ceremonial, Prayer, or Traditional Tobacco ( $n=307$ )


## Drug Use

Ever Used Drugs (see table for $n$ values). Respondents were asked whether they ever used marijuana, cocaine, methamphetamine, speed, or inhalants. Marijuana and cocaine use were most frequently reported by respondents.

| Ever Used Drugs |  |  |
| :---: | :---: | :---: |
| Drug | Yes (\%) | Preferred <br> Not to Answer (\%) |
| Marijuana (n=921) | $56.6 \%$ | $4.9 \%$ |
| Cocaine (n=927) | $33.3 \%$ | $3.9 \%$ |
| Methamphetamine (n=927) | $29.4 \%$ | $3.5 \%$ |
| Speed (n=923) | $30.3 \%$ | $3.6 \%$ |
| Inhalants (n=925) | $17.9 \%$ | $3.5 \%$ |

## Alcohol Use

Consumed 12 or More Alcoholic Drinks in Lifetime ( $n=924$ ). Over two-thirds of respondents ( $67.4 \%$ ) reported they had consumed at least 12 alcoholic drinks in their lifetime. A total of $29.1 \%$ of respondents reported they had not consumed at least 12 alcoholic drinks in their lifetime, and $3.5 \%$ of respondents preferred not to answer whether they had consumed at least 12 alcoholic drinks in their lifetime.

Age First Consumed Alcohol ( $n=622$ ). Among those who reported they had consumed at least 12 alcoholic drinks in their lifetime, $30.1 \%$ of respondents began drinking before they were 14 years old, and $47.1 \%$ of respondents began drinking when they were 14 to 18 years old.


Consumed Alcohol in Past 30 Days ( $n=607$ ). For those who reported drinking 12 or more alcoholic beverages in their lifetime, approximately one-half of respondents $(44.8 \%)$ reported they consumed alcoholic beverages in the past 30 days. A total of $3.1 \%$ of respondents did not know whether they consumed alcoholic beverages in the past 30 days.

Average Alcohol Consumption in Past 30 Days ( $n=263$ ). A total of $47.1 \%$ of respondents reported consuming an average of 1 to 3 alcoholic beverages in the past 30 days, and $3.8 \%$ of respondents reported consuming an average of more than 20 drinks in the past 30 days. A total of $12.2 \%$ of respondents did not know the average amount of alcohol they consumed in the past 30 days.

Largest Number of Drinks Consumed on One Occasion ( $n=267$ ). Among respondents who reported drinking in the past 30 days, $38.1 \%$ indicated that the most alcohol they ever consumed on one occasion was 1 to 3 alcoholic beverages. Another $24.0 \%$ of respondents reported that they consumed 4 to 6 alcoholic beverages on one occasion, and over one-fifth of respondents ( $23.6 \%$ ) reported that they consumed 7 or more drinks on one occasion.

Largest Number of Drinks Consumed on One Occassion ( $\mathrm{n}=267$ )


Drank and Drove in Past 30 Days (n=270). Among respondents who reported drinking in the past 30 days, $83.7 \%$ of respondents indicated they had not driven after having too much to drink. A total of $11.9 \%$ of respondents reported drinking and driving at least once in the past 30 days.

Drank and Drove in Past 30 Days ( $\mathrm{n}=270$ )


## Sexual Behaviors

Sexually Active ( $n=880$ ). Over one-half of respondents (53.0\%) reported they were currently sexually active, meaning they had sexual intercourse the month prior to the CTBRFCS.

Sexually Active ( $\mathrm{n}=880$ )


Use Condoms ( $n=460$ ). Of those who reported being currently sexually active, 40.4\% used condoms during sex, and $48.5 \%$ did not use condoms during sex. An additional $10.2 \%$ of respondents said they did not use condoms during sex because they were married or in committed relationship. Less than one percent of respondents (0.9\%) preferred not to answer whether they used condoms during sex.

Use Condoms ( $\mathrm{n}=460$ )


Reason(s) for Using Condoms ( $n=183$ ). For respondents who reported being sexually active and using condoms, the majority (45.4\%) indicated they used condoms to prevent both pregnancy and disease. An additional $29.0 \%$ of respondents used condoms to prevent pregnancy, and an additional $21.9 \%$ of respondents used condoms to prevent disease. Less than $4 \%$ of respondents (3.8\%) preferred not to answer why they used condoms.

Frequency of Using Condoms ( $n=183$ ). Among respondents who reported being sexually active and using condoms, $48.6 \%$ used condoms all the time, and $8.2 \%$ rarely used condoms.

Frequency of Condom Use ( $\mathrm{n}=183$ )


## Seatbelt Use

Frequency of Wearing Seatbelt ( $n=923$ ). Most respondents (85.6\%) reported they always or nearly always wear their seatbelt when they drive or ride in a car. A total of $2.8 \%$ of respondents reported they seldom or never wear their seatbelt when they drive or ride in a car.

Frequency of Wearing Seatbelt ( $\mathrm{n}=923$ )


## Physical Activity and Exercise

Physical Activity in Past Month ( $n=915$ ). A total of $76.3 \%$ of respondents reported participating in non-job-related physical activity or exercise in the past month, such as running, calisthenics, golf, gardening, or walking.

Physical Activity in Past Month ( $\mathrm{n}=915$ )


Most Common Type of Physical Activity in Past Month ( $n=673$ ). Among those who participated in non-job-related physical activity or exercise in the past month, respondents most commonly reported walking (38.3\%), playing basketball (5.0\%), running (4.8\%), bicycling (road and machine bikes; 4.2\%), and gardening (3.7\%) for exercise.

Most Common Type of Physical Activity in Past Month ( $\mathrm{n}=673$ )


Physical Activity to Strengthen Muscles in Past Month ( $n=670$ ). A total of $60.1 \%$ of respondents reported that they performed physical activities or exercises to strengthen their muscles in the past month, such as yoga, sit-ups, push-ups, and exercises using weight machines, free weights, or elastic bands. Nearly 1 in 5 respondents (17.8\%) indicated that they did not know whether they participated in muscle strengthening physical activities or exercise in the past month.

Physical Activity to Strengthen Muscles in the Past Month ( $\mathrm{n}=670$ )


Reason for Not Exercising in Past Month ( $n=198$ ). For respondents who reported not exercising in the past month, a total of $34.8 \%$ said they did not exercise because they were not motivated or lazy, and $24.7 \%$ said they did not have enough time to exercise. A total of $32.3 \%$ of respondents cited other reasons for not exercising in the past month, including being physically unable to exercise ( $12.1 \%$ ), weather that prevented exercise (4.5\%), and not having a place to exercise (4.1\%).

Reason for Not Exercising in Past Month ( $\mathrm{n}=198$ )


## Fruit, Vegetable, and Other Dietary Consumption

Consumed Fruit in Past Month ( $n=904$ ). Most respondents (83.0\%) reported eating fresh, frozen, or canned fruit in the past month. A total of $12.1 \%$ of respondents did not know whether they ate fresh, frozen, or canned fruit in the past month.

Consumed 100\% Pure Fruit Juice in Past Month ( $n=915$ ). A total of $61.1 \%$ of respondents reported drinking $100 \%$ pure fruit juice in the past month. A total of $16.4 \%$ of respondents did not know whether they consumed $100 \%$ pure fruit juice in the past month.

Consumed Vegetables in Past Month (see table for n values). Between 70\% to 85\% of respondents reported eating beans (77.3\%), dark green-colored vegetables (81.0\%), or orange-colored vegetables (73.8\%) in the past month.

| Types of Vegetables Consumed in Past Month |  |  |
| :---: | :---: | :---: |
| Vegetable | Yes (\%) | Don't Know (\%) |
| Beans (n=915) | $77.3 \%$ | $12.0 \%$ |
| Dark Green-Colored Vegetables (n=896) | $81.0 \%$ | $10.6 \%$ |
| Orange-Colored Vegetables (n=897) | $73.8 \%$ | $13.4 \%$ |

Take Vitamins or Supplements ( $n=922$ ). Less than one-half of respondents (43.9\%) reported currently taking vitamin pills, supplements, or fish oils.

Breastfed Children ( $n=411$ ). Among female respondents who had children, $72.3 \%$ reported breastfeeding.

## Breastfed Children ( $\mathrm{n}=411$ )



Consume Fast Food ( $n=908$ ). More than $70 \%$ of respondents (70.3\%) said that they eat fast food meals.

Consume Fast Food ( $\mathrm{n}=908$ )


Frequency of Fast Food Consumption ( $n=639$ ). A total of $35.2 \%$ of respondents reported eating fast food meals 1 time per week, and nearly one-half of respondents (43.2\%) reported eating fast food meals 2 to 3 times per week. A total of $5.9 \%$ of respondents reported eating fast food meals 7 or more times per week.

Frequency of Fast Food Consumption (n=639)


## Mood and Depression-Related Behaviors

Number of Days Experienced Mood or Depression-Related Behaviors in Past 2 Weeks (see table for $n$ values). Respondents were asked to report how many days in the past 2 weeks they experienced certain mood and depression-related behaviors. Depending on the mood or behavior about which they were reporting, $4 \%$ and $14 \%$ of respondents reported experiencing the mood or behavior between 11 and 14 days in the past two weeks.

| Number of Days Experienced <br> Mood or Depression-Related Behaviors in Past 2 Weeks <br> Behavior |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| 0 Days | 1-5 Days | 6-10 Days | 11-14 Days |  |
| Felt Tired or Had Little <br> Energy (n=928) | $40.9 \%$ | $31.2 \%$ | $14.9 \%$ | $13.3 \%$ |
| Had Trouble Falling <br> Asleep or Staying Asleep <br> or Sleeping Too Much <br> (n=933) | $52.7 \%$ | $24.4 \%$ | $10.6 \%$ | $12.3 \%$ |
| Had a Poor Appetite or Ate <br> Too Much (n=932) | $53.5 \%$ | $23.4 \%$ | $11.8 \%$ | $11.3 \%$ |
| Felt Down, Depressed, or <br> Hopeless (n=934) | $58.5 \%$ | $26.0 \%$ | $10.1 \%$ | $5.5 \%$ |
| Had Little Interest or <br> Pleasure in Doing Things <br> (n=941) | $58.8 \%$ | $24.3 \%$ | $10.3 \%$ | $6.6 \%$ |
| Had Trouble <br> Concentrating on Things <br> (n=938) | $68.3 \%$ | $16.0 \%$ | $8.0 \%$ | $7.6 \%$ |
| Moved, <br> Spoke, or Fidgeted <br> So Much That Others <br> Could Have Noticed <br> (n=939) | $80.3 \%$ | $10.5 \%$ | $5.1 \%$ | $4.0 \%$ |

## Intimate Partner Violence (IPV)

Ever Experienced IPV (n=919). Over one-third of respondents (35.8\%) reported ever being hit, slapped, pushed, kicked, or hurt in any way by an intimate partner. A total of $6.0 \%$ of respondents preferred not to answer whether they had ever experienced IPV.

Sustained Injury from IPV in Past Year ( $n=328$ ). Some respondents (16.2\%) sustained physical injuries in the past year as a result of physical violence or unwanted sex from an intimate partner. A total of $1.2 \%$ of respondents preferred not to answer whether they sustained an injury from IPV in the past year.

## SECTION 7: SUMMARY

This section of the report includes the following information:

- Limitations of CTBRFCS and CTBRFCS Summary Report
- CTBRFCS Findings in Relation to Results from CDC BRFSS of California Adults
- Conclusion


## Limitations of CTBRFCS and CTBRFCS Summary Report

The primary limitation of the CTBRFCS study is that data were collected using convenience sampling. Since CTBRFCS study participants were recruited at cultural events throughout California, individuals who attended these events were the only people eligible to complete the survey. Therefore, CTBRFCS findings may be less generalizable to adults who are disinterested in cultural events or unable to attend cultural events for health-, geography-, or transportation-related reasons. In the future, epidemiologists should conduct the CTBRFCS in additional locations (e.g., hospitals, community centers) or use community-based methods (e.g., door-to-door or random digit dialing interviews) to gather information from a more robust group of AIAN respondents.

Another limitation of the CTBRFCS is the length and complexity of the paper survey. As CTBRFCS respondents became fatigued by the survey-taking process, they may have provided less accurate responses to questions, especially questions that prompted respondents to skip to questions relevant to them. When conducting analyses for the CTBRFCS Summary Report, CTEC research staff noticed that many individuals did not skip non-applicable questions and spent more time taking the survey than was necessary. To lessen the burden on future CTBRFCS respondents, epidemiologists should consider pre-screening respondents for major health conditions and crossing out non-applicable health questions on the paper CTBRFCS document prior to giving it to the respondent to complete.

The CTBRFCS was written in English, meaning that those who had difficulty reading or speaking the English language may have provided less accurate responses to survey items or opted out of participation in the CTBRFCS altogether. In the future, epidemiologists should offer the survey in multiple languages and also offer verbal administration of the survey to respondents who have difficulty reading English.

Some CTBRFCS questions asked about sensitive and potentially taboo topics, which may have caused respondents to hesitate in answering, thereby contributing to underreporting of certain health conditions or behaviors. Knowing that respondents may have been hesitant to answer some questions, researchers and practitioners should use caution when interpreting findings from the CTBRFCS.

Finally, the CTBRFCS Summary Report includes descriptive information and not findings from statistical analyses of the associations between health behaviors and outcomes for different groups of CTBRFCS respondents (e.g., males or females; younger adults or older adults). In the future, epidemiologists should use additional statistical techniques to test the significance of inferential associations between and within different groups of CTBRFCS respondents.

## CTBRFCS Findings in Relation to Results from CDC BRFSS of California Adults

In order to understand CTBRFCS findings in relation to statewide benchmarks for health and wellness, CTEC staff examined results from the 2013 CDC BRFSS of California adults, which surveyed primarily non-AIAN California populations about many of the same health conditions and behaviors as the CTRFCS (CDC, 2013b).

Similar to CDC BRFSS California Respondents. In general, CTBRFCS respondents appeared to be similar to CDC BRFSS respondents in terms of reported frequency of routine medical check-ups and rates of heart disease, stroke, and depressive disorders. Nearly same percentage of CTBRFCS and CDC BRFSS California respondents selfreported attending a routine medical check-up within the past year and being diagnosed with heart disease, stroke, and/or a depressive disorder (CDC, 2013b). In the future, epidemiologists should verify that rates of heart disease, stroke, and depressive disorders reported in patient medical records are also comparable between CTBRFCS and CDC BRFSS California respondents. Resulting health programming could be focused on sustaining comparable rates or making additional improvements in health outcomes for all California adults.

Falling Behind CDC BRFSS California Respondents. CTBRFCS respondents appeared to rate themselves lower in overall general health and also appeared to report higher rates of diabetes, weight-related indicators of poor health (i.e., high self-reported Body Mass Index (BMI)), and commercial tobacco usage than CDC BRFSS California respondents (CDC, 2013b). Approximately 10\% of CTBRFCS respondents rated their overall health as excellent in contrast to $20 \%$ of CDC BRFSS California respondents, and nearly $20 \%$ CTBRFCS respondents reported that a doctor told them they have diabetes compared to nearly 10\% California respondents who completed the CDC BRFSS. Furthermore, almost $50 \%$ of AIAN who completed the CTBRFCS had a selfreported BMI that was classified as obese, while only $25 \%$ of the CDC BRFSS California respondents had this classification. In terms of tobacco usage, approximately $30 \%$ of CTBRFCS respondents reported smoking commercial tobacco everyday compared to less than $10 \%$ of CDC BRFSS California respondents. Findings from this report suggest that health prevention and intervention programs for California AIAN should be aimed at reducing diabetes, obesity, and smoking. Additional data from the CTBRFCS Summary Report could be used to inform diabetes, obesity, and smoking prevention and intervention programs for AIAN, such as CTBRFCS respondent data about preferred modes of exercise (e.g., walking and basketball) or most commonly consumed fruits and vegetables.

Ahead of CDC BRFSS California Respondents. CTBRFCS respondents seemed to less frequently report consuming alcoholic beverages in the past month than CDC BRFSS California respondents (CDC, 2013b), suggesting that CTBRFCS respondents may abstain from alcohol more frequently than their statewide BRFSS counterparts. In the future, it will be important to determine what contributed to low reported monthly drinking rates among CTBRFCS respondents and use this information to shape prevention and intervention programs for other adult populations.

## Conclusion

The CTBRFCS Summary Report provides an objective presentation of survey data from the CTBRFCS, including demographic information, adverse early experiences, current health status, health care and screenings, health conditions, and health behaviors of California AIAN. Data from the CTBRFCS highlight several health priorities for California AIAN, including reducing diabetes, obesity, and smoking. Taken together, CTBRFCS findings can be used to inform future AIAN public health research studies and prevention and intervention programs.

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