

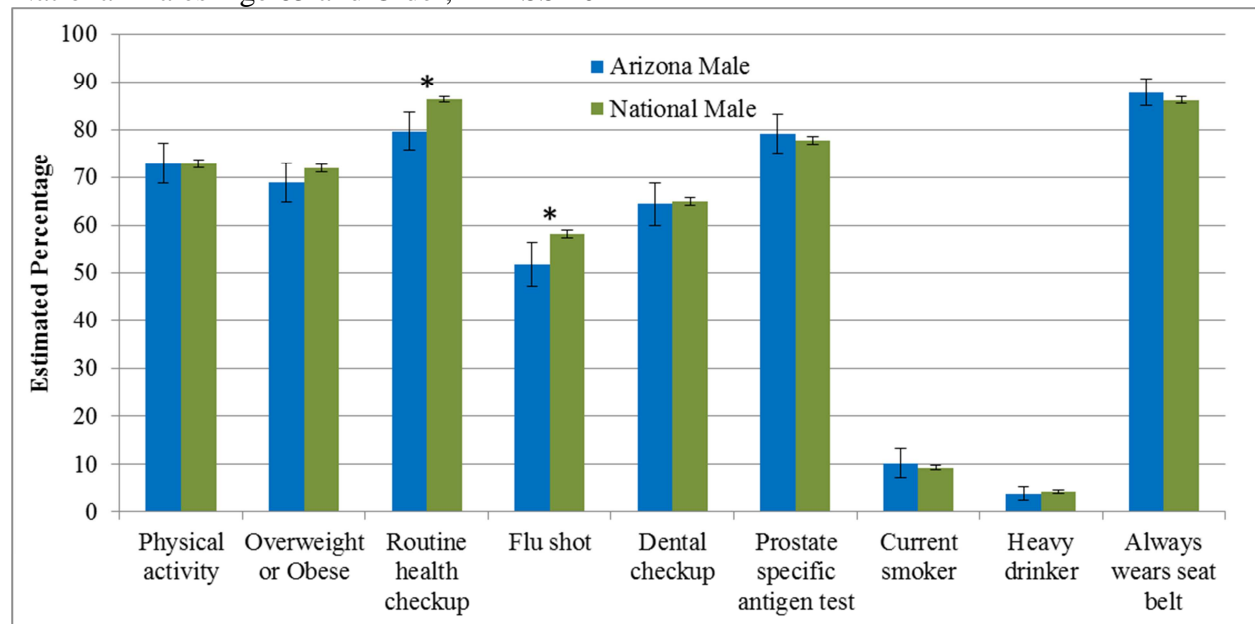
Table 3. Arizona Behavioral Risk Factor Surveillance System (BRFSS) Estimates of Health Behaviors among Adults age 65 and Older, 2012

	Arizona male			National male			Arizona female			National female		
	Est	SE	95% CI	Est	SE	95% CI	Est	SE	95% CI	Est	SE	95% CI
Physical activity past 30 days	72.9%	.02	.69-.77	72.8%	.00	.72-.74	69.4%	.02	.66-.73	65.5%	.00	.65-.66
Overweight or obese <sup>a</sup>	68.8%	.02	.65-.73	71.9%	.00	.71-.73	53.4%	.02	.50-.57	60.0%	.00	.59-.61
Health checkup past year	79.6%	.02	.76-.84	86.4%	.00	.86-.87	84.9%	.01	.82-.87	87.7%	.00	.87-.88
Flu shot within past year	51.7%	.02	.47-.56	58.2%	.00	.57-.59	52.8%	.02	.49-.57	59.4%	.00	.59-.60
Dental checkup past year	64.4%	.02	.60-.69	64.9%	.00	.64-.66	66.6%	.02	.63-.70	67.4%	.00	.67-.68
PSA <sup>b</sup> test past year	79.1%	.02	.75-.83	77.7%	.00	.77-.78	-	-	-	-	-	-
Breast exam past year	-	-	-	-	-	-	62.5%	.02	.59-.66	63.1%	.00	.62-.64
Current smoker	10.1%	.02	.07-.13	9.4%	.00	.09-.10	9.0%	.01	.07-.11	8.0%	.00	.08-.08
Heavy drinker <sup>c</sup>	3.8%	.01	.02-.05	4.2%	.00	.04-.05	4.5%	.01	.03-.06	3.5%	.00	.03-.04
Always wears seat belt	87.8%	.01	.85-.91	86.2%	.00	.86-.87	92.4%	.01	.91-.94	92.9%	.00	.93-.93

Notes: <sup>a</sup> (BMI) greater than or equal to 25 (overweight or obese); <sup>b</sup> Prostate specific antigen; <sup>c</sup> (Men > 2 drinks per day, Women > 1 drink per day).

interview, nearly 85 percent of Arizona's females age 65 and older had a routine health check-up, about 53 percent had a flu shot, around 67 percent had a dental checkup, and about 63 percent had a breast exam. Similar to Arizona's older males, a significantly lower percentage of Arizona's females reported receiving a flu shot in the past year (Est. = 52.8%, 95% C.I. = .49-.57) than comparably aged females nationally (Est. = 59.4%, 95% C.I. = .59-.60). Nine percent or Arizona's older females reported being a current smoker, about 5 percent were classified as heavy drinkers, and more than 90 percent reported always wearing a seatbelt when in an automobile.

Figure 4. Estimates of Population Health Behaviors with 95% Confidence Intervals, Arizona and National Males Age 65 and Older, BRFSS 2012



Notes: \* indicates statistically significant difference at  $p < .05$  level.