

Live Like Your Life Depends On It Evaluation Measures

Supporting Activities (2007-2008)	Short-, Intermediate, and Long-Term Outcomes	Weighted Crude (%)			
		Age 45-64	Age ≥ 65	Age ≥ 45	
Develop and launch chronic disease control and prevention campaign Track reach of campaign: Numbers hearing messages Statewide Partners participating Communities participating Launch second campaign—focus on heart disease and stroke detection and management.	Physical inactivity (2006)	26.7	35.9	30.0	
	Overweight (2006)	39.4	39.6	39.5	
	Obese (2006)	31.4	24.3	28.9	
	Current Smoker (2006)	24.3	8.7	18.8	
	Intake of less than 5 servings of fruits/veggies daily (2005)	79.1	70.6	76.1	
	Intermediate Outputs/Outcomes Policy, and System Change (2008-2009)	Have high blood pressure and visited physician within the past year for routine checkup (2005)	79.5	89.3	84.1
	Method to track number of primary care settings and communities implementing campaign Increased number of agencies and health care providers coordinating efforts to impact health behaviors and chronic disease prevalence Increased number of communities using evidence supported consumer education strategies.	Had blood cholesterol checked in past five years (2005)	94.9	98.1	96.0
		Would call 9-1-1 first if thought someone was having a heart attack or stroke (2005)	86.0	83.5	85.1
		Previous myocardial infarction or heart attack (2006)	6.8	17.0	10.4
		Previous stroke (2006)	4.1	10.2	6.2
Ever had Sigmoidoscopy/Colonoscopy		50-64 51.5	65+ 66.3	50+ 57.8	
Of those ever had lower endoscopy, sigmoidoscopy/colonoscopy in past 10 years (2006)		50-64 95.4	65+ 92.0	50+ 93.8	
Mammography in past year - women only (2006)		65.8	60.2	63.7	
For those with diabetes, “A one C” checked one or more times in past 12 months (2006)		92.4	79.9	86.6	
<ul style="list-style-type: none"> • None • Never Heard of • 1-2 per year • 3-4 per year • 5-9 per year • 10 or more per year 		3.4 4.4 41.0 43.9 3.8 3.5	4.2 18.0 30.3 39.7 6.2 1.7	3.8 10.5 36.2 42.0 4.9 2.7	
Of those reporting arthritis, percent that achieve moderate physical activity recommendation (2005)		82.5	74.5	79.4	
Individuals with a chronic disease including diabetes, previous heart attack, angina or coronary heart disease, stroke and current asthma (plus cancer in 2005 data).	Perception of general health status				
	<ul style="list-style-type: none"> • 2006 (fair/poor) • 2005 (fair/poor) 	49.7 33.6	48.8 39.5	49.2 36.2	
	Perception of life satisfaction*				
<ul style="list-style-type: none"> • 2006 (very satisfied/satisfied) • 2005 (very satisfied/satisfied) 	88.9 89.8	96.4 95.3	92.8 92.3		
Intentions to (2006):	<ul style="list-style-type: none"> • Quit smoking • Lose weight 	44.9 48.8	39.2 31.7	43.9 42.7	

Definition of Indicators – Education Campaign

A1C tests (Optional Module 4: Diabetes)

A1C categories are derived from the following BRFSS question:

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

Notes: Includes Missouri adults \geq 45 years of age and reporting YES to physician diagnosed diabetes. Categories should include: 1-2 per year, 3-4 per year, 5-9 per year, 10 or more per year, None, and Never heard of “A one C” test. Excludes respondents with do not know/refused/missing responses and women reporting being diagnosed with diabetes only during pregnancy.

Arthritis and Moderate Physical Activity (Core Section 16: Arthritis Burden and Core Section 18: Physical Activity)

Individuals reporting YES to having physician-diagnosed arthritis and meet the recommendation for moderate physical activity defined as 30 or more minutes per day for 5 or more days per week.

Arthritis is derived from the following BRFSS question:

Have you ever been told by a doctor or other health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?

Moderate physical activity is derived from the following BRFSS questions:

Now, thinking about the moderate activities do “when you are not working” in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate?

How many days per week do you do these moderate activities for at least 10 minutes at a time?

On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

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Notes: Includes Missouri adults \geq 45 years of age and report YES to physician diagnosed arthritis. Excludes respondents with do not know/not sure/refused/missing responses.

Call 9-1-1 (Optional Module 7: Heart Attack and Stroke)

Call 9-1-1 is derived from the following BRFSS question:

If you thought someone was having a heart attack or a stroke, what is the first thing you would do?

Notes: Includes Missouri adults \geq 45 years of age. Categories include: Take them to the hospital, tell them to call their doctor, call 9-1-1, call their spouse or a family member, and do something else. Excludes respondents with do not know/not sure/refused/missing responses.

Cholesterol (Core Section 7: Cholesterol Awareness)

Had blood cholesterol checked within past 5 years is derived from the following BRFSS questions:

Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked?

About how long has it been since you last had your blood cholesterol checked?

Notes: Includes Missouri adults \geq 45 years of age reporting YES that they have ever had their blood cholesterol checked. Excludes respondents with do not know/not sure/refused /missing responses.

Current Smoker (Core Section 10: Tobacco Use)

Smoking status is derived from the following BRFSS questions:

Have you smoked at least 100 cigarettes in your entire lifetime?

Do you now smoke cigarettes every day, some days, or not at all?

Notes: Includes Missouri adults \geq 45 years of age reporting YES that they have smoked 100 cigarettes in their life and now smoke cigarettes every day or some days. Excludes respondents with do not know/not sure/refused/missing responses.

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Fruits and Veggies (Core Section 17: Fruits and Vegetables)

Poor consumption of fruits and vegetables is derived from the following BRFSS questions:

How often do you drink fruit juices such as orange, grapefruit, or tomato?

Not counting juice, how often do you eat fruit?

How often do you eat green salad?

How often do you eat potatoes not including French fries, fried potatoes, or potato chips?

How often do you eat carrots?

Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat?

(Example: A serving of vegetables at both lunch and dinner would be two servings.)

Notes: Includes Missouri adults \geq 45 years of age reporting eating less than 5 servings of fruits and vegetables daily. Excludes respondents with do not know/not sure/refused/missing responses.

Health Status (Core Section 2: Healthy Days- Health-Related Quality of Life)

General health status is derived from the following BRFSS question:

Would you say that in general your health is (fair or poor)?

Disease states should include: diabetes, heart attack, angina or coronary heart disease, stroke, and current asthma from 2006 data, and arthritis and cancer from 2005 data.

Notes: Includes Missouri adults \geq 45 years of age reporting fair or poor general health and YES that they have a chronic health condition. Excludes respondents with do not know/not sure/refused/missing responses.

High Blood Pressure and Visited Physician for Routine Checkup in past year (High blood pressure – Core Section 6: Hypertension Awareness and Routine Checkup: Core Section 3: Health Care Access)

Individuals reporting YES to having been told they have high blood pressure and visited a physician in the past 12 months for a routine checkup.

High blood pressure is derived from the following BRFSS question:

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Have you ever been told by a doctor, nurse or other health professional that you have high blood pressure?

Routine Checkup

About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition.

Notes: Includes Missouri adults ≥ 45 years of age reporting high blood pressure and visiting a physician in the past 12 months for a routine checkup. Excludes respondents with do not know/not sure/refused/missing responses.

Life Satisfaction (Core Section 22: Emotional Support and Life Satisfaction)

Life satisfaction is derived from the following BRFSS question:

In general, how satisfied are you with your life?

Disease states should include: diabetes, heart attack, angina or coronary heart disease, stroke, and current asthma from 2006 data, and arthritis and cancer from 2005 data.

Notes: Group responses into two categories: 1) very satisfied and satisfied, and 2) dissatisfied and very dissatisfied. Includes Missouri adults ≥ 45 years of age reporting general life satisfaction and YES that they have a chronic health condition. Excludes respondents with do not know/not sure/refused/missing responses.

Intention to Change (Tobacco – Core Section 10: Tobacco Use and Weight- State-Added Questions: Weight Control)

Tobacco (2006) - Trying to quit smoking is derived from the following BRFSS question:

During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?

Weight Control (2006) – Trying to lose weight is derived from the following BRFSS question:

Are you now trying to lose weight?

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Notes: Includes Missouri adults ≥ 45 years of age reporting YES that during the past 12 months, they had stopped smoking for one day or longer because they were trying to quit smoking. Include Missouri adults ≥ 45 years of age reporting Yes to trying to lose weight. Excludes respondents with do not know/not sure/refused/missing responses.

Mammography (Core Section 18: Women's Health)

Women receiving mammography within the past year is derived from the following BRFSS questions:

A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?

How long has it been since you had your last mammogram?

Notes: Includes Missouri adult women ≥ 45 years of age reporting ever having a mammogram and having last mammogram within the past year. Excludes respondents with do not know/not sure/refused/missing responses.

Myocardial Infarction or "Heart Attack" (Core Section 7: Cardiovascular Disease Prevalence)

Previous myocardial infarction or heart attack is derived from the following BRFSS question:

(Ever told) you had a heart attack, also called a myocardial infarction?

Notes: Includes Missouri adults ≥ 45 years of age reporting YES that they have had a heart attack or myocardial infarction. Excludes respondents with do not know/not sure/refused/missing responses.

Obese (Core Section 11: Demographics)

Body Mass Index (BMI) greater than or equal to 30

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BMI is derived from the following BRFSS questions:

About how much do you weight without shoes?

About how tall are you without shoes?

Notes: Includes Missouri adults \geq 45 years of age reporting BMI \geq 30. Excludes respondents with do not know/not sure/refused/missing responses.

Overweight (Core Section 11: Demographics)

Body Mass Index (BMI) between 25 and less than 30

BMI is derived from the following BRFSS questions:

About how much do you weight without shoes?

About how tall are you without shoes?

Notes: Includes Missouri adults \geq 45 years or older reporting BMI 25 – 29.9. Excludes respondents with do not know/not sure/refused/missing responses.

Physical inactivity (Core Section 4: Exercise)

No physical activity or exercise in the last 30 days

Physical inactivity is derived from the following BRFSS question:

During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

Notes: Includes Missouri adults \geq 45 years of age who reported NO leisure time physical activity or exercise during the past 30 days. Excludes respondents with do not know/not sure/refused/missing responses.

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Sigmoidoscopy/Colonoscopy (Core Section 20: Colorectal Cancer Screening)

Sigmoidoscopy or colonoscopy in the past 10 years is derived from the following BRFSS questions:

Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the colon for signs of cancer or other health problems. Have you ever had either of these exams?

How long has it been since you had your last sigmoidoscopy or colonoscopy?

Notes: Respondents include Missouri adults \geq 50 years of age who reported having a sigmoidoscopy or colonoscopy in the past 10 years. Excludes respondents with do not know/not sure/refused/missing responses.

Stroke (Core Section 7: Cardiovascular Disease Prevalence)

Previous stroke is derived from the following BRFSS question:

(Ever told) you had a stroke?

Notes: Includes Missouri adults \geq 45 years of age reporting YES that they have had a stroke. Excludes respondents with do not know/not sure/refused/missing responses.