# Maryland Cancer Survey, 2002

## A Population-Based Statewide Survey on Cancer Screening and Behavioral Risk Factors

**Funded by the Cigarette Restitution Fund Cancer Prevention, Education, Screening, and Treatment Program**

**Maryland Department of Health and Mental Hygiene**

# Maryland Cancer Survey, 2002

## A Population-Based Statewide Survey on Cancer Screening and Behavioral Risk Factors

**Funded by the Cigarette Restitution Fund**
**Cancer Prevention, Education, Screening, and Treatment Program**
**Maryland Department of Health and Mental Hygiene**

Prepared by:

Eileen Steinberger, MD, MS
Annette Hopkins, RN, MS
Min Zhan, PhD
Jane Uman, MPH
Monique Glover, MPH
Ebenezer Israel, MD, MPH
Department of Epidemiology and Preventive Medicine
School of Medicine, University of Maryland, Baltimore

Team Members from the Maryland Department of Health and Mental Hygiene
Carmela Groves, RN, MS
Marsha Bienia, MBA
Diane Dwyer, MD
Center for Cancer Surveillance and Control

Please send your inquiries to:
Eileen Steinberger, MD, MS
Department of Epidemiology and Preventive Medicine
University of Maryland, Baltimore
660 West Redwood Street  Suite 100 Howard Hall
Baltimore, MD  21201
esteinberger@dhmh.state.md.us
410-767-0791

# Acknowledgements

We sincerely thank Larry Magder, PhD, Division Head of Biostatistics, Department of Epidemiology and Preventive Medicine, University of Maryland, Baltimore, School of Medicine for his consultation on our survey methods and analysis. Additional thanks to Alyse Weinstein, MS, Research Statistician, Center for Cancer Surveillance and Control, Maryland Department of Health and Mental Hygiene (DHMH) and Helio Lopez, MS, BRFSS Coordinator, Office of Public Health Assessment, DHMH for consultation on BRFSS methods and data analysis.

**Table of Contents**

# Maryland Cancer Survey, 2002
# Highlights

- Compared to Healthy People 2010 objectives:
  - Maryland **exceeds** the 2010 objectives:
    - 58% of Marylanders ≥ 50 years of age report they have ever had a colonoscopy or sigmoidoscopy,
    - 84% of Maryland women ≥ 40 years of age report having had a mammogram in the past 2 years,
    - 90% of Maryland women ≥ 40 years of age report having had a Pap smear in the past 3 years,
    - 34% of Marylanders ≥ 40 years of age report having had an oral cancer screening in the past year,
    - 37% of Marylanders ≥ 40 years of age engage in vigorous physical activity at least 3 days a week for 20 minutes a day.

  - Maryland does **not** meet the 2010 objectives for the following cancer risk factors:
    - Smoking (18% of Marylanders age 40 years and older report current cigarette use),
    - Fruit and vegetable consumption (only 15% of Marylanders, ≥ 40 years of age, reported eating the recommended five or more servings per day),
    - Percent of the population who has a "normal" body mass index (35% of Marylanders ≥ 40 years of age were overweight and 25% were obese).

- Although there are no HP2010 objectives for prostate cancer screening, Maryland **exceeds** the national baseline (based on BRFSS 2001) for PSA and DRE

- African Americans were **significantly less likely** than the white population to:
    - Have had oral cancer screening (29% vs. 48%),
    - Have had colonoscopy or sigmoidoscopy (54% vs. 60%).

- Cancer screenings generally increased with:
  - increasing age,
  - higher education levels,
  - higher income levels,
  - having health insurance,
  - having a primary health care provider,
  - having had a physical exam in the past two years.

- Screening rates were higher when a health care provider recommended screening.

- "The doctor did not order the test" was always a prominent reason for not being screened among people who had not been screened or were not up to date with screening.

- Strengths of the Maryland Cancer Survey (MCS) include:
    - Population-based sample, weighted to the Maryland population, using national Behavioral Risk Factor Surveillance System survey methods
    - A large sample size focusing on Marylanders who were 40 years of age and older

- Limitations of the MCS include:
    - Telephone survey using only land-line numbers, not cell phones
    - Only took responses from those who spoke English
    - Only surveyed those who lived in residences and not the institutionalized population

## Chapter 1. Introduction

This document contains the results of the Maryland Cancer Survey (MCS) conducted in 2002. The MCS was commissioned by the Surveillance and Evaluation Unit of the Center for Cancer Surveillance and Control, Maryland Department of Health and Mental Hygiene (DHMH) and performed by the Department of Epidemiology and Preventive Medicine at the University of Maryland, Baltimore, School of Medicine. The purpose of the survey was to determine cancer screening rates and to measure cancer risk behaviors among persons age 40 years and older living in Maryland, for selected cancers. The goals established in Healthy People 2010 were used for comparison.

In 2000, the Maryland State Legislature established the Cigarette Restitution Fund (CRF) with monies received from the tobacco settlement, which in turn led to the establishment of the Cancer Prevention, Education, Screening, and Treatment (CPEST) Program. Under this program, the Surveillance and Evaluation Unit is charged with collecting, analyzing, and monitoring data related to the seven cancers targeted by DHMH and with measuring and evaluating the results of cancer prevention and education in Maryland. The MCS meets this need by providing information concerning cancer screening rates, knowledge of cancer and cancer screening, and lifestyle factors related to cancer.

The State of Maryland has made great headway in its fight against cancer in the last 10 years, dropping from being first in the United States in cancer mortality in 1991 to 9$^{th}$ in 1999. Even with these improvements, over 23,000 cases of cancer (excluding non-melanoma skin cancer) were reported in 1999 and cancer remains the second leading cause of death, accounting for 24% of all deaths in Maryland. [1]

With greater knowledge about the factors that affect cancer screening and cancer risk behaviors, policies can be made and programs implemented to promote cancer prevention and screening for earlier detection of cancer. With a greater emphasis on cancer prevention and screening, fewer lives in Maryland will be lost to cancer.

[1] Annual Cancer Report, Cigarette Restitution Fund Program, September 2002, Maryland Department of Health and Mental Hygiene.

## Chapter 2. Methods for Survey Design and Data Collection

The Maryland Cancer Survey (MCS) 2002 was conducted as a population-based, random digit dial, computer assisted telephone interview (CATI), utilizing list-assisted disproportionate stratified sampling. This method is similar to the Behavioral Risk Factor Surveillance System (BRFSS) Survey, conducted annually in each state and funded by the Centers for Disease Control and Prevention (CDC).[1] Respondents for the MCS were limited to people 40 years and older, residing in a private household in the state of Maryland. People not eligible for the survey included those who were less than 40 years of age, did not speak English, or were unable to communicate because of a physical or mental impairment, and people living in group homes and institutions.

The state was divided into two geographic strata: urban (consisting of Baltimore City and the seven counties in the Metropolitan Baltimore-Washington, D.C. area) and rural (consisting of the remaining 16 counties in Western and Southern Maryland, and the Eastern Shore of Maryland) (Chart 2-1). Genesys, Inc. provided a pool of 100,000 random telephone numbers. The rural area was over-sampled, making up 31.5% of the telephone number pool, whereas the rural population comprises 21.5% of the total Maryland population.

Each geographic stratum had three types of telephone number 'blocks': 'listed one plus,' 'not listed one plus,' and 'zero block,' corresponding to the number of residential telephone numbers found among a series of 100 numbers. Based on information from previous surveys, 'one plus' blocks were known to contain at least one residential telephone number, and were sampled at a higher rate than the 'zero block' telephone numbers.[2]

Staff from UMB and DHMH drafted a questionnaire and circulated it to the local CRF programs for comment. Validated questions were chosen from the BRFSS Survey, National Health Interview Survey (NHIS), National Health and Nutrition Examination Survey (NHANES), and the DHMH Oral Health Survey. Some questions were original to this survey. We conducted two focus groups, one on the Eastern Shore and the other in Baltimore City, to assess the comprehension and utility of the questions. The survey was piloted among 40 adults by telephone. Based on responses from the focus groups and the pilot survey, a final questionnaire was developed. Institutional Review Board approval was received from the University of Maryland, Baltimore, School of Medicine and DHMH. The questionnaire is included at the end of the report in Chapter 12.

REDA, International Inc., a survey and research firm located in Wheaton, MD, conducted the interviews for the survey, using CATI technology. To reach a final disposition, REDA staff made up to nine calling attempts to each telephone number on various days of the week and at different times of the day. When someone answered the telephone, the number was confirmed to be a residential phone number (cell phones and non-residences were excluded). If it was determined that there was one person, age 40 years or older living in the household, that adult was interviewed. If two or more people lived there, then one was then chosen at random for the interview. An anonymous questionnaire was administered which took about 20 minutes.

[1] Behavioral Risk Factor Surveillance System user's guide-http://www.cdc.gov/brfss/usersguide.htm
[2] Overview BRFSS-2002-http://www.cdc.gov/brfss/surveydata/2002/overview_02.rtf

Interviewers asked questions about demographics, cancer screening behaviors, health risk factors, and access to health care.

**Data Analysis**

The dataset was weighted according to the BRFSS weighting protocol.[3] If a respondent refused to give his race or gender, the respondent was omitted from the analysis because those responses are required for weighting. The responses from 31 persons were deleted from the sample because the respondent refused to report race. For 65 respondents who failed to give their age, an age was imputed based on the mean age of other respondents in the same geographic stratum who had the same race and gender. Pre-stratification weighting was based on the sampling probability by geographic region (urban vs. rural), residential telephone sampling among the three types of phone numbers (listed one-plus, not listed one-plus, and zero block), the number of adults age 40 and over in the respondent's household, and the number of residential telephone numbers in each household. Post-stratification weighting was based on the number of people in age-race-gender categories for each geographic stratum. The age strata consisted of five-year age groups (for example 40-44, 45-49, etc.) up through 69 years of age. Those 70 and older were combined into one age stratum because of small sample size in the older age-race-gender strata. A final weight was calculated based on the pre- and post-stratification weights.

Each demographic variable was stratified by Hispanic ethnicity. Because the number of people who identified themselves as Hispanic was very small (2%) (Table 3-1) and because only small differences by ethnicity were noted for the demographic or screening variables, Hispanic ethnicity is not listed separately among the "selected characteristics" in the analysis tables.

For all other demographic variables except income, there were a small number of responses of "don't know/not sure" and "refused," and these responses are not included in the analysis. Where levels of income are reported in the analysis, the categories "don't know/not sure" and "refused" are included. For the purposes of this analysis, groupings were made for the following categorical variables: marital status was combined into four groups: married or partner of an unmarried couple; divorced or separated; widowed; and never married. Education levels were combined into five levels: less than high school; high school graduate or graduate equivalent diploma (GED); some college (1-3 years); college graduate; and advanced degree. Employment was grouped into four categories: employed for wages; self-employed; retired; and other. Unemployed for less than or greater than one year, homemaker, student, and unable to work were all combined in the "other" category. Income categories were grouped as <$25,000; $25,000-<$35,000; $35,000-<$50,000; $50,000-<$75,000; and $75,000 and above.

All analyses presented on oral cancer screening include responses from the entire sample, age 40 years and older. The section on breast cancer screening includes responses from all women age 40 years and older, while the section on cervical cancer screening includes women age 40 years and older who have not had a hysterectomy. Analysis of colorectal cancer (CRC) screening questions (fecal occult blood test, sigmoidoscopy, and colonoscopy) contains responses of those age 50 years and older. Questions about knowledge of CRC screening were

[3] BRFSS weighting formula-http://www.cdc.gov/brfss/ti-weighting.htm

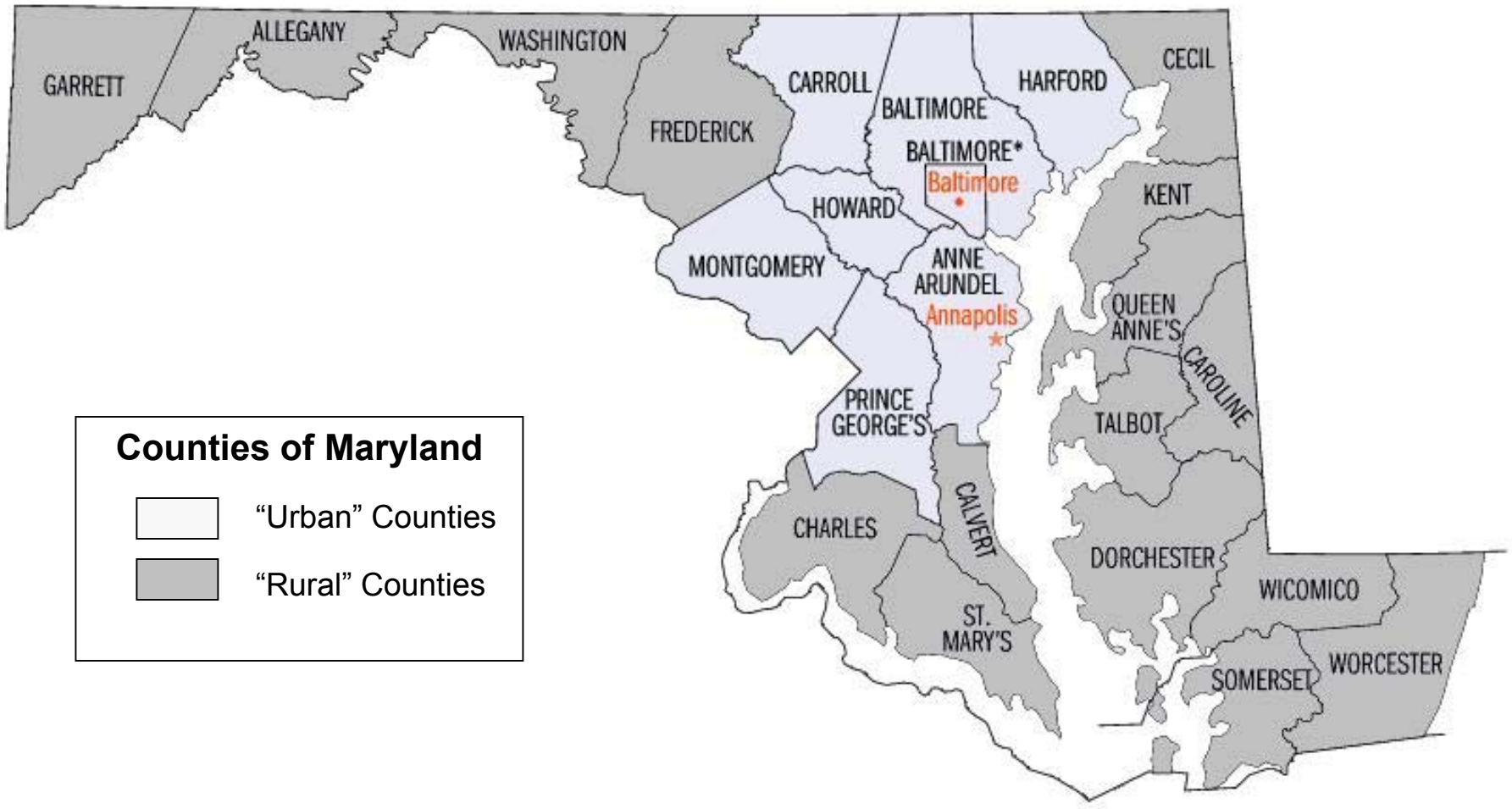
analyzed for the entire sample, 40 years and older. Tables describing data on prostate specific antigen testing and digital rectal exam were analyzed for men age 50 and older. Tables assessing knowledge of prostate cancer screening and recommendations were analyzed for all men in the sample.

Statistical analyses (population-based numbers and percentages) were performed with weighted data using Stata, Version 8. Unless otherwise noted, results in the tables have the following values: "N" is the number of people in the sample who responded to a survey question, "n" is the number of persons in the survey sample answering "yes" to that question or the number who had that characteristic, the "wt N" (weighted N) is the number of people in the Maryland population who are represented by the sample n, the "wt %" (weighted percent) is the proportion of the Maryland population who, based on the weighted sample, answered "yes" to the question or had that characteristic. "95% CI" is the weighted 95% confidence interval around the weighted percent. (The 95% confidence interval can be thought of in the following manner-- If we take samples from our population over and over again, and calculate a confidence interval for the same characteristic of the population for each sample (e.g., the percentage of Maryland women having a Pap smear), we expect 95% of the resulting intervals to include the true value of that population characteristic.) All percentages are based on the number of respondents answering the question and excludes missing and "don't know/not sure" answers (except for income questions, as previously described).

In the tables, the heading "Stat Sig" stands for 'statistical significance.' Statistical significance for a survey question is explained by the symbol that is in the "Stat Sig" column opposite the selected characteristic that the question is being analyzed by. The symbol "**" in this column shows that there is a statistically significant difference with a p-value $\leq 0.05$ for the characteristic shown. The symbol "^" shows that the differences were not statistically significant (i.e., $p > 0.05$).

A total of 84,172 phone numbers were called or prescreened as non-residential numbers: 51.8% were non-working numbers, 10.3% were phone numbers of a business or institution, 5.6% refused the interview, and 6% resulted in 5071 completed interviews. The remaining 26.3% phone numbers were ineligible or excluded for a variety of reasons. The CASRO response rate, defined as Completed Interviews/(Eligible + Presumed Eligible) was 38.4%. The completion rate defined as Completed Interviews/Known Eligible was 65.4%.

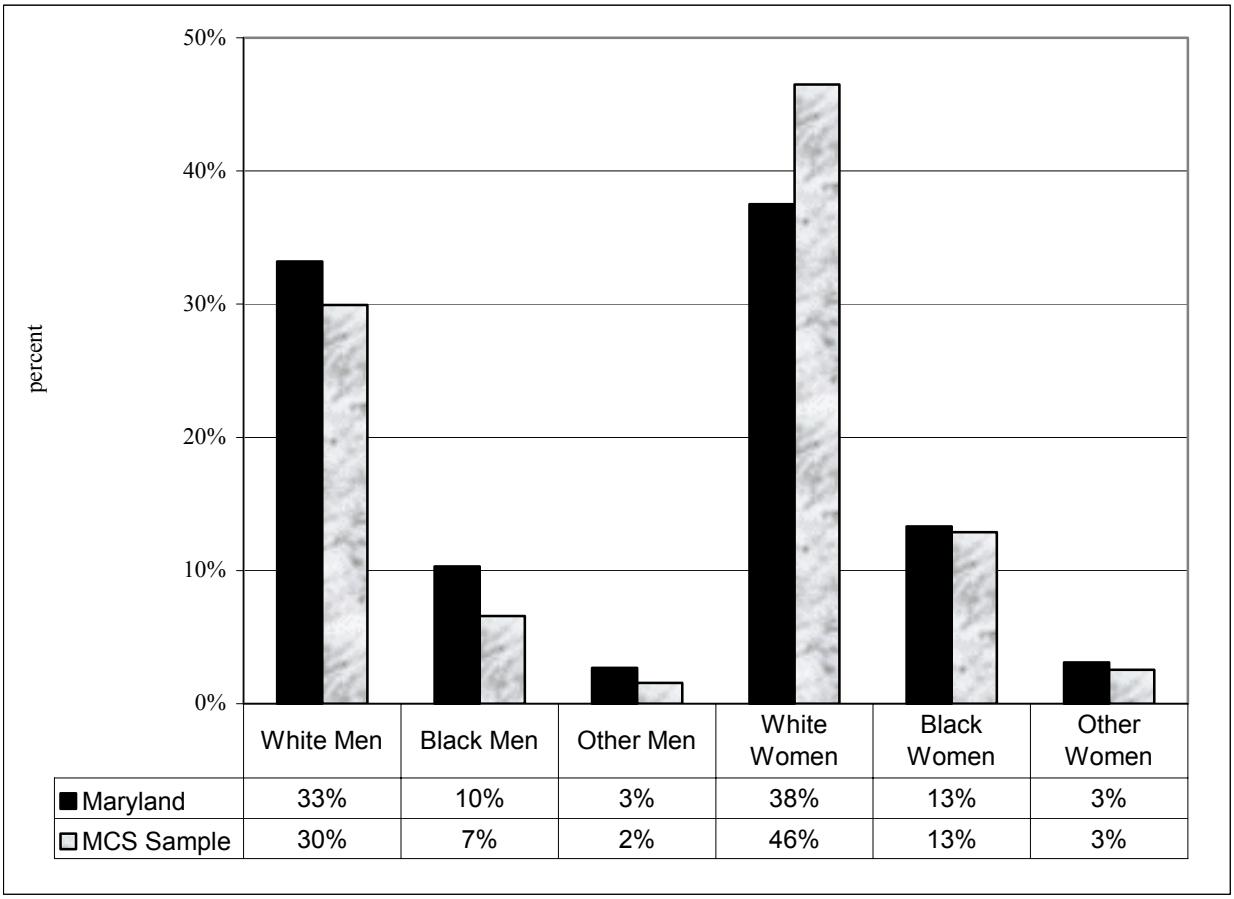
# Chart 2-1 Maryland Counties: "Rural" versus "Urban"



## Chapter 3. The Survey Sample

A total of 5,071 people were interviewed for the survey. Responses from 31 people who refused to give their race were omitted from the dataset for analysis, leaving 5,040 respondents. Sixty-eight percent of the sample lived in urban areas of Maryland, 32% lived in rural areas. Whites comprised 76% of the sample, African Americans and Blacks made up 20%, and Asians comprised 3%, Hawaiian and Pacific Islanders made up 0.1%, Native American and Alaskan natives made up 0.7%, and other responses comprised 2.0% of the sample. "African American" is used in the report to represent people who called their race African American or black. "Other" race refers to people who called their race something different from White or African American or black, and includes Asians, Hawaiian and Pacific Islanders, Native American and Alaskan natives, and any other responses to the race question. Respondents claiming Hispanic heritage accounted for 2% of the sample. Charts 3-1 and 3-2 compared the race and gender and the age of the survey respondents to the Maryland population. White women were over-represented in the sample, accounting for 46% of the respondents, compared to 38% of the population (Chart 3-1). People age 65 years and older made up 30% of the sample, compared to 26% of the population (Chart 3-2). Table 3-1 shows the demographics of the sample and their weighted proportions. The number of people who were surveyed in each county, is shown in Table 3-2, by gender and race.

**Chart 3-1 Comparison of the survey sample to Maryland's population, by race and gender. (N=5040)**




| | White Men | Black Men | Other Men | White Women | Black Women | Other Women |
|---|---|---|---|---|---|---|
| Maryland | 33% | 10% | 3% | 38% | 13% | 3% |
| MCS Sample | 30% | 7% | 2% | 46% | 13% | 3% |

**Chart 3-2 Comparison of the survey sample to Maryland's population, by age. (N=5040)**

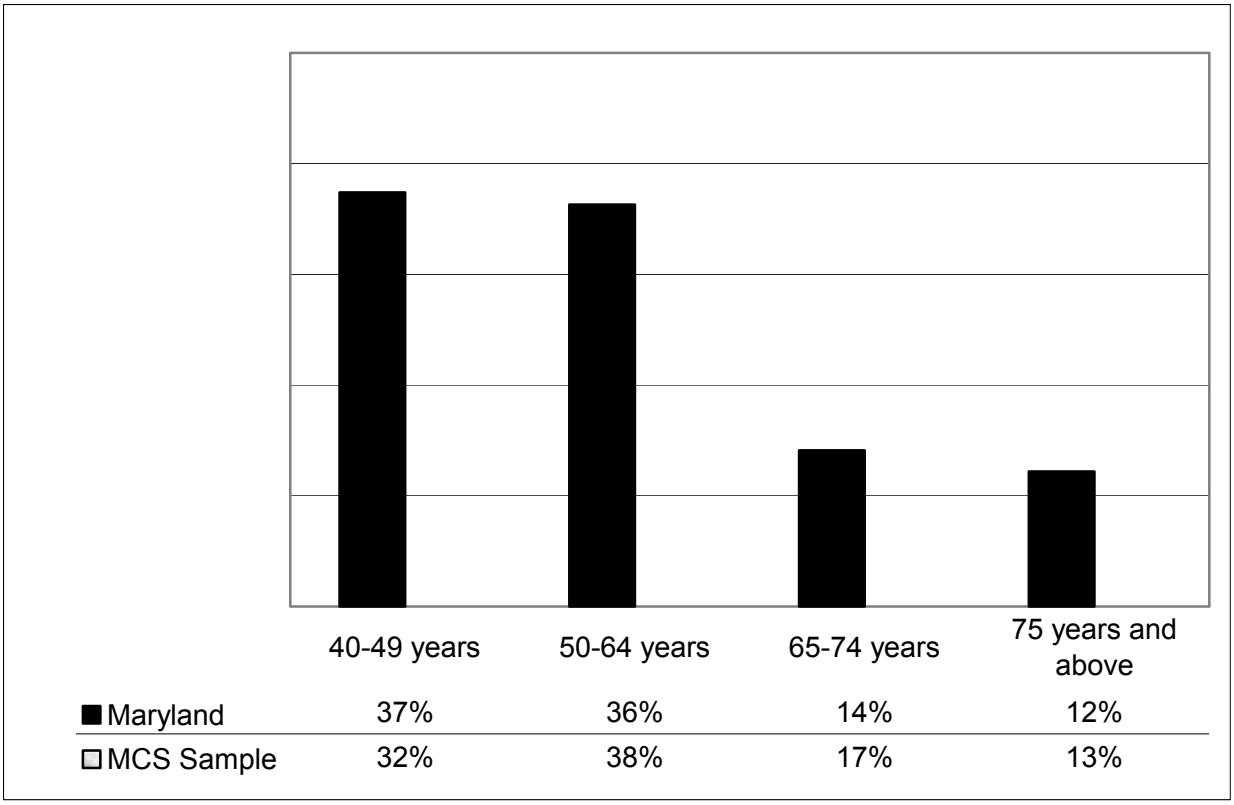


**TABLE 3-1 DEMOGRAPHICS OF THE SAMPLE POPULATION, AGE 40 YEARS AND OLDER, WEIGHTED NUMBERS AND PERCENTAGES, MARYLAND CANCER SURVEY 2002**

| | TOTAL | | | | URBAN | | | | RURAL | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **wt N** | **wt %** | **95% CI** | **N** | **wt N** | **wt %** | **95% CI** | **N** | **wt N** | **wt %** | **95% CI** |
| **Survey Sample, age 40 years and older** | 5040 | 2,276,083 | 100.0% | | 3405 | 1,785,735 | 78.5% | | 1635 | 490,348 | 21.5% | |
| **Gender** | | | | | | | | | | | | |
| Male | 1920 | 1,050,301 | 46.2% | | 1298 | 816,587 | 45.7% | | 622 | 233,714 | 47.7% | |
| Female | 3120 | 1,225,782 | 53.9% | | 2107 | 969,148 | 54.3% | | 1013 | 256,634 | 52.3% | |
| **Age** | | | | | | | | | | | | |
| 40-49 years | 1604 | 850,758 | 37.4% | | 1116 | 674,903 | 37.8% | | 488 | 175,855 | 35.9% | |
| 50-64 years | 1933 | 826,018 | 36.3% | | 1298 | 648,753 | 36.3% | | 635 | 177,265 | 36.2% | |
| 65 -74 years | 858 | 350,958 | 15.4% | | 577 | 273,720 | 15.3% | | 281 | 77,237 | 15.8% | |
| 75 years and above | 645 | 248,349 | 10.9% | | 414 | 188,359 | 10.6% | | 231 | 59,991 | 12.2% | |
| **Race** | | | | | | | | | | | | |
| White | 3852 | 1,608,875 | 70.7% | | 2399 | 1,181,300 | 66.2% | | 1453 | 427,575 | 87.2% | |
| African American | 981 | 535,396 | 23.5% | | 850 | 482,808 | 27.0% | | 131 | 52,588 | 10.7% | |
| Other | 207 | 131,812 | 5.8% | | 156 | 121,627 | 6.8% | | 51 | 10,185 | 2.1% | |
| **Gender and Race** | | | | | | | | | | | | |
| White Males | 1509 | 755,434 | 33.2% | | 948 | 551,725 | 30.9% | | 561 | 203,709 | 41.5% | |
| African American Males | 332 | 233,427 | 10.3% | | 291 | 208,173 | 11.7% | | 41 | 25,254 | 5.2% | |
| Other Males | 79 | 61,440 | 2.7% | | 59 | 56,689 | 3.2% | | 20 | 4,751 | 1.0% | |
| White Females | 2343 | 853,441 | 37.5% | | 1451 | 629,575 | 35.3% | | 892 | 223,866 | 45.7% | |
| African American Females | 649 | 301,969 | 13.3% | | 559 | 274,635 | 15.4% | | 90 | 27,334 | 5.6% | |
| Other Females | 128 | 70,372 | 3.1% | | 97 | 64,938 | 3.6% | | 31 | 5,434 | 1.1% | |
| **Hispanic Ethnicity** | | | | | | | | | | | | |
| Yes | 107 | 52,732 | 2.3% | 1.9-2.9% | 78 | 44,159 | 2.5% | 1.9-3.2% | 29 | 8,573 | 1.8% | 1.2-2.7% |
| No | 4928 | 2,220,208 | 97.6% | 96.9-98.0% | 3322 | 1,738,433 | 97.4% | 96.6-97.9% | 1606 | 481,776 | 98.3% | 97.3-98.9% |
| Don't Know/Not Sure | 3 | 1,593 | 0.1% | 0.02-0.2% | 3 | 1,593 | 0.1% | 0.03-0.3% | 0 | 0 | 0.0% | - |
| Refused | 2 | 1,550 | 0.1% | 0.02-0.3% | 2 | 1,550 | 0.1% | 0.02-0.4% | 0 | 0 | 0.0% | - |
| **Marital Status** | | | | | | | | | | | | |
| Married | 2943 | 1,502,239 | 66.3% | 64.8-67.7% | 1910 | 1,149,479 | 64.7% | 62.9-66.4% | 1033 | 352,760 | 72.1% | 69.8-74.4% |
| Divorced | 693 | 261,918 | 11.6% | 10.6-12.6% | 493 | 214,240 | 12.1% | 10.9-13.3% | 200 | 47,678 | 9.8% | 8.4-11.4% |
| Widowed | 806 | 250,244 | 11.0% | 10.2-11.9% | 528 | 196,268 | 11.0% | 10.1-12.1% | 278 | 53,976 | 11.0% | 9.7-12.5% |
| Separated | 155 | 62,610 | 2.8% | 2.3-3.3% | 116 | 50,976 | 2.9% | 2.3-3.5% | 39 | 11,634 | 2.4% | 1.6-3.5% |
| Never Married | 380 | 168,756 | 7.4% | 6.6-8.4% | 312 | 148,999 | 8.4% | 7.4-9.5% | 68 | 19,757 | 4.0% | 3.1-5.2% |
| Partner of Unmarried Couple | 41 | 21,255 | 0.9% | 0.7-1.3% | 30 | 17,986 | 1.0% | 0.7-1.5% | 11 | 3,269 | 0.7% | 0.4-1.3% |

For gender, age, race, and gender and race, the "wt N" is equal to the actual population of Maryland for those categories, the "wt %" is equal to the actual population proportion, because the sample was weighted to reflect the population.

**TABLE 3-1 DEMOGRAPHICS OF THE SAMPLE POPULATION, AGE 40 YEARS AND OLDER, WEIGHTED NUMBERS AND PERCENTAGES, MARYLAND CANCER SURVEY 2002**

| | TOTAL | | | | URBAN | | | | RURAL | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **wt N** | **wt %** | **95% CI** | **N** | **wt N** | **wt %** | **95% CI** | **N** | **wt N** | **wt %** | **95% CI** |
| **Education** | | | | | | | | | | | | |
| Kindergarten or less | 4 | 1,824 | 0.1% | 0-0.2% | 2 | 978 | 0.1% | 0-0.2% | 2 | 847 | 0.2% | 0-0.7% |
| Grades 1-8 | 124 | 52,234 | 2.3% | 1.9-2.8% | 75 | 38,742 | 2.2% | 1.7-2.8% | 49 | 13,492 | 2.8% | 2.0-3.7% |
| Grades 9-11 | 383 | 173,638 | 7.6% | 6.8-8.6% | 237 | 128,346 | 7.2% | 6.2-8.3% | 146 | 45,292 | 9.2% | 7.8-11.0% |
| High School Grad or GED | 1481 | 656,754 | 28.9% | 27.4-30.3% | 876 | 468,894 | 26.3% | 24.6-28.0% | 605 | 187,860 | 38.3% | 35.7-41.1% |
| College 1-3 years | 1132 | 493,506 | 21.7% | 20.4-23.0% | 736 | 376,060 | 21.1% | 19.6-22.7% | 396 | 117,446 | 24.0% | 21.7-26.4% |
| College Grad | 1032 | 487,476 | 21.4% | 20.1-22.8% | 784 | 414,428 | 23.2% | 21.6-24.9% | 248 | 73,048 | 14.9% | 13.1-17.0% |
| Master's Degree | 623 | 285,497 | 12.5% | 11.5-13.7% | 484 | 246,945 | 13.8% | 12.6-15.2% | 139 | 38,552 | 7.9% | 6.6-9.4% |
| Doctoral or Advanced Professional Degree | 239 | 112,963 | 5.0% | 4.3-5.7% | 193 | 99,941 | 5.6% | 4.8-6.5% | 46 | 13,021 | 2.7% | 1.9-3.6% |
| Refused | 22 | 12,191 | 0.5% | 0.3-0.9% | 18 | 11,401 | 0.6% | 0.4-1.1% | 4 | 790 | 0.2% | 0.1-0.5% |
| **Employment Status** | | | | | | | | | | | | |
| Employed for Wages | 2382 | 1,136,400 | 49.9% | 48.3-51.6% | 1644 | 897,262 | 50.3% | 48.3-52.2% | 738 | 239,138 | 48.8% | 46.0-51.5% |
| Self Employed | 375 | 176,760 | 7.8% | 6.9-8.7% | 250 | 136,557 | 7.7% | 6.7-8.8% | 125 | 40,203 | 8.2% | 6.8-9.9% |
| Unemployed > 1 year | 78 | 39,370 | 1.7% | 1.3-2.2% | 57 | 32,945 | 1.8% | 1.4-2.5% | 21 | 6,425 | 1.3% | 0.8-2.2% |
| Unemployed < 1 year | 80 | 40,038 | 1.8% | 1.4-2.3% | 64 | 33,428 | 1.9% | 1.4-2.5% | 16 | 6,611 | 1.4% | 0.8-2.3% |
| Homemaker | 311 | 139,368 | 6.1% | 5.4-6.9% | 193 | 106,981 | 6.0% | 5.1-7.0% | 118 | 32,387 | 6.6% | 5.4-8.0% |
| Student | 19 | 9,062 | 0.4% | 0.2-0.7% | 14 | 7,601 | 0.4% | 0.2-0.8% | 5 | 1,461 | 0.3% | 0.1-0.8% |
| Retired | 1607 | 649,667 | 28.5% | 27.2-30.0% | 1049 | 501,185 | 28.1% | 26.4-29.8% | 558 | 148,482 | 30.3% | 27.9-32.7% |
| Unable to work | 170 | 76,886 | 3.4% | 2.8-4.0% | 119 | 61,756 | 3.5% | 2.8-4.2% | 51 | 15,130 | 3.1% | 2.3-4.2% |
| Refused | 18 | 8,532 | 0.4% | 0.2-0.7% | 15 | 8,020 | 0.5% | 0.3-0.8% | 3 | 512 | 0.1% | 0-0.3% |
| **Household Income** | | | | | | | | | | | | |
| Less than $10,000 | 117 | 46,234 | 2.0% | 1.7-2.5% | 75 | 36,095 | 2.0% | 1.6-2.6% | 42 | 10,138 | 2.1% | 1.5-2.9% |
| $10,000-<$15,000 | 150 | 58,459 | 2.6% | 2.1-3.1% | 85 | 41,722 | 2.3% | 1.8-3.0% | 65 | 16,737 | 3.4% | 2.6-4.5% |
| $15,000-<$20,000 | 191 | 74,739 | 3.3% | 2.8-3.9% | 108 | 52,025 | 2.9% | 2.3-3.7% | 83 | 22,714 | 4.6% | 3.7-5.9% |
| $20,000-<$25,000 | 454 | 191,455 | 8.4% | 7.6-9.3% | 298 | 149,983 | 8.4% | 7.4-9.5% | 156 | 41,472 | 8.5% | 7.1-10.1% |
| $25,000-<$35,000 | 513 | 209,657 | 9.2% | 8.4-10.1% | 308 | 149,051 | 8.4% | 7.4-9.4% | 205 | 60,606 | 12.4% | 10.7-14.3% |
| $35,000-<$50,000 | 716 | 325,905 | 14.3% | 13.2-15.5% | 456 | 242,964 | 13.6% | 12.3-15.0% | 260 | 82,941 | 16.9% | 14.9-19.1% |
| $50,000-<$75,000 | 753 | 363,843 | 16.0% | 14.8-17.2% | 512 | 283,978 | 15.9% | 14.5-17.4% | 241 | 79,865 | 16.3% | 14.3-18.5% |
| $75,000 or greater | 1320 | 644,705 | 28.3% | 26.9-29.8% | 983 | 534,682 | 29.9% | 28.2-31.8% | 337 | 110,022 | 22.4% | 20.2-24.9% |
| Don't Know/Not Sure | 220 | 88,500 | 3.9% | 3.3-4.5% | 136 | 66,448 | 3.7% | 3.1-4.5% | 84 | 22,052 | 4.5% | 3.6-5.7% |
| Refused | 606 | 272,585 | 12.0% | 11.0-13.1% | 444 | 228,786 | 12.8% | 11.6-14.1% | 162 | 43,800 | 8.9% | 7.6-10.5% |

For gender, age, race, and gender and race, the "wt N" is equal to the actual population of Maryland for those categories, the "wt %" is equal to the actual population proportion, because the sample was weighted to reflect the population.

**TABLE 3-2 TOTAL NUMBER OF PEOPLE INTERVIEWED IN EACH COUNTY, BY GENDER AND RACE (revised October 2004)***

| | Males | | Females | | Whites | | African-Americans/ Blacks | | Other Race | | Total | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| County | n | % | n | % | n | % | n | % | n | % | n | percent of sample |
| | | | | | | | | | | | | |
| **Allegany** | 33 | 25.6 | 96 | 74.4 | 127 | 98.5 | 0 | 0.0 | 2 | 1.6 | 129 | 2.6 |
| **Anne Arundel** | 151 | 36.7 | 261 | 63.4 | 371 | 90.1 | 38 | 9.2 | 3 | 0.7 | 412 | 8.2 |
| **Baltimore City** | 147 | 33.2 | 296 | 66.8 | 175 | 39.5 | 249 | 56.2 | 19 | 4.3 | 443 | 8.9 |
| **Baltimore** | 224 | 33.6 | 442 | 66.4 | 542 | 81.4 | 104 | 15.6 | 20 | 3.0 | 666 | 13.3 |
| **Calvert** | 47 | 39.8 | 71 | 60.2 | 104 | 88.1 | 11 | 9.3 | 3 | 2.5 | 118 | 2.4 |
| **Caroline** | 16 | 32.0 | 34 | 68.0 | 44 | 88.0 | 6 | 12.0 | 0 | 0.0 | 50 | 1.0 |
| **Carroll** | 64 | 45.1 | 78 | 54.9 | 136 | 95.8 | 1 | 0.7 | 5 | 3.5 | 142 | 2.8 |
| **Cecil** | 50 | 43.1 | 66 | 56.9 | 105 | 90.5 | 5 | 4.3 | 6 | 5.2 | 116 | 2.3 |
| **Charles** | 43 | 35.2 | 79 | 64.8 | 95 | 77.9 | 20 | 16.4 | 7 | 5.7 | 122 | 2.4 |
| **Dorchester** | 18 | 40.9 | 26 | 59.1 | 36 | 81.8 | 8 | 18.2 | 0 | 0.0 | 44 | 0.9 |
| **Frederick** | 76 | 31.0 | 169 | 69.0 | 228 | 93.1 | 8 | 3.3 | 9 | 3.7 | 245 | 4.9 |
| **Garrett** | 23 | 41.8 | 32 | 58.2 | 55 | 100.0 | 0 | 0.0 | 0 | 0.0 | 55 | 1.1 |
| **Harford** | 75 | 41.2 | 107 | 58.8 | 159 | 87.4 | 20 | 11.0 | 3 | 1.7 | 182 | 3.6 |
| **Howard** | 100 | 47.9 | 109 | 52.2 | 170 | 81.3 | 30 | 14.4 | 9 | 4.3 | 209 | 4.2 |
| **Kent** | 11 | 36.7 | 19 | 63.3 | 27 | 90.0 | 3 | 10.0 | 0 | 0.0 | 30 | 0.6 |
| **Montgomery** | 310 | 39.4 | 477 | 60.6 | 623 | 79.2 | 93 | 11.8 | 71 | 9.0 | 787 | 15.8 |
| **Prince George's** | 223 | 41.2 | 318 | 58.8 | 203 | 37.5 | 310 | 57.3 | 28 | 5.2 | 541 | 10.8 |
| **Queen Anne's** | 35 | 51.5 | 33 | 48.5 | 67 | 98.5 | 1 | 1.5 | 0 | 0.0 | 68 | 1.4 |
| **St. Mary's** | 47 | 45.2 | 57 | 54.8 | 87 | 83.7 | 10 | 9.6 | 7 | 6.7 | 104 | 2.1 |
| **Somerset** | 15 | 45.4 | 18 | 54.6 | 26 | 78.8 | 6 | 18.2 | 1 | 3.0 | 33 | 0.7 |
| **Talbot** | 24 | 39.3 | 37 | 60.7 | 53 | 86.9 | 7 | 11.5 | 1 | 1.6 | 61 | 1.2 |
| **Washington** | 83 | 39.9 | 125 | 60.1 | 198 | 95.2 | 5 | 2.4 | 5 | 2.4 | 208 | 4.2 |
| **Wicomico** | 56 | 40.3 | 83 | 59.7 | 110 | 79.1 | 27 | 19.4 | 2 | 1.4 | 139 | 2.8 |
| **Worcester** | 34 | 36.2 | 60 | 63.8 | 78 | 83.0 | 12 | 12.8 | 4 | 4.3 | 94 | 1.9 |

* Information is based on the 4998 respondents who provided county of residence

## 4. Colorectal Cancer Screening

Cancer of the colon and rectum (colorectal cancer or CRC) is the fourth most common cause of cancer (excluding non-melanoma skin cancer) in Maryland, behind prostate, female breast, and lung cancer. In 1999, it was the second leading cause of cancer deaths in Maryland, which had the 6th highest CRC mortality rate among the states and the District of Columbia.[1] Programs were implemented in FY 2001 for the prevention and screening of colorectal cancer by all local health departments in Maryland, except Baltimore City.

Knowledge of CRC screening is high in Maryland (Table 4-1). Among all residents in Maryland 40 years and over, 92% knew there were screening tests for colon cancer, 81% had heard of the home kit for the fecal occult blood test (FOBT), while 88% had heard of endoscopy (sigmoidoscopy or colonoscopy) as a means of examining the colon. Eighty-five percent knew that CRC screening was being promoted in the media (Table 4-2). Only 27% reported having heard that the local health departments had no-cost screening for low-income persons, and this did not vary significantly by race or gender. However, awareness of the health department programs increased with increasing age and was higher in the lowest income group (35% of those earning < $25,000 annually were aware vs. 21% for respondents earning $75,000 or higher per year).

Fifty-seven percent of Maryland adults, age 50 years and older, have ever had an FOBT (Table 4-3), while 44% have had the test within the preceding two years. Fecal occult blood testing was statistically significantly more common among urban dwellers (59%) than rural (54%). Women were statistically significantly more likely to have had an FOBT than men, as were those persons 65 years and older, compared to those 50-64 years. There was no difference in FOB testing between whites (58%) and African Americans (58%). However only 42% of people of "other" races reported ever having had an FOBT. People with less education and those who were self-employed were less likely to have had the test.

Table 4-4 shows the main reasons why people have never done the FOBT or have not performed the test within the past year. The major reasons include the response that their doctor did not order it, they didn't know the test was needed, never thought of it, have not had any problems, or that they had another type of CRC exam. Few people (< 10%) reported that the main reason they were not tested was because the test was too expensive or that they did not have insurance, did not want to know if they had cancer, had no family history or were not at increased risk, or reported that the doctor had done the test in the office. Whether or not a health care provider recommends the FOBT appears to be a very important factor in whether or not the test is done. Among people reporting a provider recommended the test within the last year, 72% had the FOBT. Among those reporting no provider recommendation, only 8% had the test within the last year.

Fifty-eight percent of Maryland adults, age 50 years and older, have ever had sigmoidoscopy or colonoscopy (i.e., endoscopy) (Table 4-5). Statistically significantly more people living in urban areas have had endoscopy than those living in rural areas (59% vs. 54%).

---

[1] Annual Cancer Report, Cigarette Restitution Fund Program, Maryland Department of Health and Mental Hygiene, September, 2002.

Men reported having had an endoscopic examination more often than women (61% vs. 56%). Those 50-64 years of age reported endoscopic examination statistically significantly less often than those greater than 65 years of age (52% vs. 67%). White men (62%) and African American men (59%) and white women (59%) had endoscopy more often than African American women (50%) and men and women of "other" races (47% and 45%, respectively). As with FOBT, higher educational levels were statistically significantly associated with higher proportions of endoscopic examination. People that never married or were self-employed had lower rates of screening. Higher percentages of screening were seen at higher annual income levels.

Among the 48% of people age 50 and older, reporting they had never had endoscopy or had not had an endoscopic exam in the last five years, the most common reason cited by 37% was that the doctor did not order the test or did not say the test was needed (Table 4-6). Other common reasons included no reason or the person never thought of it, they didn't know the test was needed, and they didn't have any problems. Infrequently cited reasons (1-9%) included procrastination, too painful, unpleasant, or embarrassing, too expensive or didn't have insurance, the person didn't want to know they had cancer, or the person didn't have a doctor.

As with FOBT, health care provider recommendations are very important to having an endoscopic examination. Among people who reported receiving a provider recommendation for endoscopy, 85% have had the exam. Among those who said that they did not receive a recommendation from a health care provider, only 12% had the exam. Of 42% of people that reported never having sigmoidoscopy or colonoscopy, 91% reported seeing a physician in the preceding two years for a routine check-up.

Having a first-degree relative (FDR) (brother, sister, parent, or child) diagnosed with colorectal cancer or adenomatous polyps puts one at increased risk for developing colorectal cancer. Eleven percent of people, age 40 and above, reported they had an FDR who had been diagnosed with colon cancer. Among people age 50 and above, 75% of those reporting a family history of CRC have ever had an endoscopic examination and this was significantly higher than among people without a family history (56%). Of those that have had endoscopy, 83% have had a colonoscopy. Among people between the ages of 40 and 49, 42% of people with a family history of CRC have ever had an endoscopy, and of those 86% reported having a colonoscopy.

For people of average risk, the American Cancer Society (ACS) recommends one of the following screening modalities: annual FOBT, sigmoidoscopy every five years, sigmoidoscopy every five years with annual FOBT, or colonoscopy every ten years. Seventy-four percent of Marylanders over the age of 50 have ever been screened for CRC using any of the above procedures; 17% with FOBT only, 3% by sigmoidoscopy only, 11% with FOBT and sigmoidoscopy, 43% by colonoscopy, and 26% of Marylanders reported never having been tested by FOBT or endoscopy.

Another important measure of screening compliance is whether people are being tested in a timely manner, that is, whether they are up-to-date for their various screening types. Twenty six percent of all Marylanders over the age of 50 have never been tested for CRC by FOBT or endoscopy, 9% have been tested but are <u>not</u> up-to-date, and 65% of Maryland adults are up-to-date per ACS guidelines, with the largest number having had colonoscopies.

Healthy People 2010 has set 50% as its goal for the adult population age 50 years and older for 1) having had an FOBT in the last two years, and 2) ever having received a sigmoidoscopy.[2] Chart 4-1 shows how this year's survey compares to national baselines and the Healthy People 2010 targets for colorectal cancer screening. Marylanders are well ahead of the national baseline from the 1998 National Health Interview Survey, which found that 35% of adults age 50 years and older had FOB testing within the past two years and 37% had ever had sigmoidoscopy. This compares to the Maryland rate on the 2002 MCS of FOBT of 44% and endoscopy rate of 58%.

[2] Healthy People 2010, US Department of Health and Human Services, 2000.

**TABLE 4-1 PEOPLE REPORTING AWARENESS OF TESTS FOR COLORECTAL CANCER SCREENING, AMONG THOSE AGE 40 YEARS AND OLDER**

| | Peole reporting they know there are screening tests for colorectal cancer ~ | | | | | People reporting they have heard of the home kit to test for blood in the stool ~ | | | | | People reporting they have heard of tests called sigmoidoscopy or colonoscopy ~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Total Population** | 5010 | 4668 | 92% | 91-93% | | 5008 | 4103 | 81% | 80-82% | | 5020 | 4483 | 88% | 87-89% | |
| **Gender** | | | | | ^ | | | | | ** | | | | | ** |
| Male | 1906 | 1759 | 92% | 90-93% | | 1904 | 1491 | 79% | 76-81% | | 1913 | 1659 | 86% | 84-88% | |
| Female | 3104 | 2909 | 93% | 92-94% | | 3104 | 2612 | 83% | 81-85% | | 3107 | 2824 | 89% | 88-91% | |
| **Age** | | | | | ** | | | | | ** | | | | | ** |
| 40-49 years | 1596 | 1459 | 90% | 88-92% | | 1592 | 1145 | 72% | 69-74% | | 1598 | 1362 | 83% | 80-85% | |
| 50-64 years | 1930 | 1843 | 95% | 93-96% | | 1922 | 1655 | 86% | 84-88% | | 1926 | 1774 | 92% | 90-93% | |
| 65 years and above | 1484 | 1366 | 92% | 91-94% | | 1494 | 1303 | 88% | 86-89% | | 1496 | 1347 | 90% | 88-92% | |
| **Race** | | | | | ** | | | | | ** | | | | | ** |
| White | 3833 | 3637 | 95% | 94-96% | | 3826 | 3183 | 82% | 81-84% | | 3839 | 3541 | 92% | 91-93% | |
| African American | 974 | 861 | 88% | 85-90% | | 976 | 775 | 79% | 76-82% | | 975 | 783 | 79% | 76-82% | |
| Other | 203 | 170 | 79% | 71-86% | | 206 | 145 | 72% | 64-79% | | 206 | 159 | 74% | 65-81% | |
| **Gender and Race** | | | | | ** | | | | | ** | | | | | ** |
| White Males | 1498 | 1408 | 94% | 93-95% | | 1497 | 1184 | 79% | 77-81% | | 1503 | 1341 | 89% | 88-91% | |
| African American Males | 329 | 286 | 87% | 82-90% | | 328 | 252 | 78% | 73-83% | | 331 | 253 | 77% | 71-82% | |
| Other Males | 79 | 65 | 80% | 65-89% | | 79 | 55 | 74% | 62-84% | | 79 | 65 | 79% | 65-88% | |
| White Females | 2335 | 2229 | 96% | 95-97% | | 2329 | 1999 | 85% | 83-87% | | 2336 | 2200 | 94% | 93-95% | |
| African American Females | 645 | 575 | 88% | 85-91% | | 648 | 523 | 80% | 76-83% | | 644 | 530 | 80% | 76-84% | |
| Other Females | 124 | 105 | 79% | 68-87% | | 127 | 90 | 71% | 60-80% | | 127 | 94 | 69% | 58-78% | |

~ Some data missing for marital status, education, and employment status.
** Statistically significant, p-value $\leq$ 0.05.
^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

**TABLE 4-1 PEOPLE REPORTING AWARENESS OF TESTS FOR COLORECTAL CANCER SCREENING, AMONG THOSE AGE 40 YEARS AND OLDER**

| | Peole reporting they know there are screening tests for colorectal cancer ~ | | | | | People reporting they have heard of the home kit to test for blood in the stool ~ | | | | | People reporting they have heard of tests called sigmoidoscopy or colonoscopy ~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Marital Status** | | | | | ** | | | | | ** | | | | | ** |
| Married or partner of unmarried couple | 2974 | 2801 | 93% | 92-94% | | 2966 | 2451 | 82% | 80-83% | | 2977 | 2728 | 90% | 89-91% | |
| Divorced or separated | 841 | 768 | 90% | 87-92% | | 846 | 662 | 76% | 73-80% | | 845 | 738 | 84% | 80-87% | |
| Widowed | 798 | 735 | 91% | 89-93% | | 797 | 678 | 85% | 81-87% | | 800 | 695 | 85% | 82-88% | |
| Never Married | 378 | 346 | 91% | 87-94% | | 377 | 296 | 79% | 74-83% | | 376 | 303 | 77% | 71-82% | |
| **Education** | | | | | ** | | | | | ** | | | | | ** |
| Less than high school | 501 | 428 | 83% | 79-87% | | 506 | 374 | 72% | 67-77% | | 501 | 374 | 73% | 67-77% | |
| High school grad or GED | 1476 | 1357 | 90% | 88-92% | | 1470 | 1174 | 79% | 76-81% | | 1473 | 1269 | 83% | 80-85% | |
| College 1-3 years | 1125 | 1073 | 96% | 95-97% | | 1126 | 955 | 85% | 82-87% | | 1131 | 1035 | 91% | 88-93% | |
| College grad | 1026 | 966 | 94% | 91-95% | | 1026 | 860 | 83% | 79-85% | | 1032 | 972 | 93% | 91-95% | |
| Advanced degree | 860 | 823 | 95% | 93-96% | | 858 | 720 | 83% | 80-86% | | 861 | 812 | 94% | 91-95% | |
| **Employment Status** | | | | | ** | | | | | ** | | | | | ** |
| Employed for wages | 2374 | 2244 | 94% | 92-95% | | 2374 | 1886 | 79% | 77-80% | | 2372 | 2129 | 88% | 86-90% | |
| Self-employed | 374 | 340 | 90% | 84-93% | | 373 | 276 | 75% | 70-80% | | 373 | 335 | 90% | 86-93% | |
| Retired | 1591 | 1480 | 93% | 92-94% | | 1596 | 1413 | 89% | 87-90% | | 1602 | 1452 | 90% | 88-92% | |
| Other | 653 | 589 | 87% | 83-90% | | 647 | 511 | 77% | 72-80% | | 656 | 551 | 80% | 76-84% | |
| **Household Income** | | | | | ** | | | | | ** | | | | | ** |
| <$25,000 | 904 | 791 | 85% | 82-88% | | 904 | 710 | 76% | 72-79% | | 906 | 729 | 76% | 72-80% | |
| $25,000-<$35,000 | 511 | 469 | 90% | 87-93% | | 511 | 406 | 78% | 73-82% | | 509 | 443 | 85% | 80-88% | |
| $35,000-<$50,000 | 714 | 672 | 93% | 90-95% | | 712 | 577 | 80% | 77-84% | | 715 | 638 | 87% | 83-90% | |
| $50,000-<$75,000 | 750 | 712 | 94% | 91-96% | | 749 | 604 | 80% | 76-83% | | 752 | 693 | 91% | 88-93% | |
| $75,000 or greater | 1318 | 1272 | 96% | 94-97% | | 1312 | 1110 | 84% | 82-86% | | 1318 | 1246 | 94% | 92-95% | |
| Don't Know/Not Sure | 213 | 192 | 90% | 84-94% | | 220 | 187 | 86% | 79-90% | | 216 | 182 | 84% | 76-89% | |
| Refused | 600 | 560 | 93% | 90-95% | | 600 | 509 | 84% | 80-87% | | 604 | 552 | 90% | 86-93% | |

~ Some data missing for marital status, education, and employment status.
** Statistically significant, p-value $\leq$ 0.05.
^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

**TABLE 4-2 RESPONSES TO QUESTIONS ON AWARENESS OF MEDIA PROMOTION OF CRC SCREENING AND LOW COST SCREENING PROGRAMS, AMONG THOSE AGE 40 YEARS AND OLDER**

| | People reporting they have seen or heard colon cancer screening being promoted on TV, radio, in a health care facility, or in a magazine, newspaper or some place else ~ | | | | | People reporting awareness of no cost colon cancer screening programs at health department ~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Total Population** | 4932 | 4209 | 85% | 83-86% | | 4963 | 1410 | 27% | 26-29% | |
| **Gender** | | | | | ** | | | | | ^ |
| Male | 1867 | 1526 | 82% | 80-84% | | 1898 | 493 | 26% | 24-28% | |
| Female | 3065 | 2683 | 87% | 85-88% | | 3065 | 917 | 28% | 27-30% | |
| **Age** | | | | | ^ | | | | | ** |
| 40-49 years | 1573 | 1336 | 84% | 82-87% | | 1587 | 354 | 22% | 20-25% | |
| 50-64 years | 1904 | 1659 | 86% | 84-88% | | 1912 | 526 | 27% | 25-30% | |
| 65 years and above | 1455 | 1214 | 83% | 81-85% | | 1464 | 530 | 35% | 32-38% | |
| **Race** | | | | | ** | | | | | ^ |
| White | 3756 | 3227 | 86% | 84-87% | | 3796 | 1091 | 27% | 26-29% | |
| African American | 970 | 820 | 83% | 80-86% | | 962 | 269 | 28% | 25-32% | |
| Other | 206 | 162 | 78% | 69-84% | | 205 | 50 | 23% | 16-31% | |
| **Gender and Race** | | | | | ** | | | | | ^ |
| White Males | 1458 | 1198 | 83% | 81-85% | | 1494 | 388 | 26% | 23-29% | |
| African American Males | 330 | 270 | 81% | 76-86% | | 325 | 94 | 30% | 25-36% | |
| Other Males | 79 | 58 | 72% | 58-83% | | 79 | 11 | 13% | 6-26% | |
| White Females | 2298 | 2029 | 88% | 87-89% | | 2302 | 703 | 29% | 27-31% | |
| African American Females | 640 | 550 | 85% | 81-88% | | 637 | 175 | 27% | 23-31% | |
| Other Females | 127 | 104 | 83% | 73-90% | | 126 | 39 | 31% | 22-42% | |

~ Some data missing for marital status, education, and employment status.

** Statistically significant, p-value $\leq$ 0.05.

^ Not statistically significant, p-value > 0.05.

**TABLE 4-2 RESPONSES TO QUESTIONS ON AWARENESS OF MEDIA PROMOTION OF CRC SCREENING AND LOW COST SCREENING PROGRAMS, AMONG THOSE AGE 40 YEARS AND OLDER**

| | People reporting they have seen or heard colon cancer screening being promoted on TV, radio, in a health care facility, or in a magazine, newspaper or some place else ~ | | | | | People reporting awareness of no cost colon cancer screening programs at health department ~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Marital Status** | | | | | ^ | | | | | ** |
| Married or partner of unmarried couple | 2912 | 2503 | 85% | 84-87% | | 2943 | 801 | 26% | 25-28% | |
| Divorced or separated | 834 | 714 | 85% | 82-87% | | 839 | 220 | 27% | 23-31% | |
| Widowed | 792 | 657 | 82% | 78-85% | | 784 | 281 | 35% | 31-39% | |
| Never Married | 372 | 315 | 83% | 78-88% | | 375 | 101 | 26% | 21-32% | |
| **Education** | | | | | ** | | | | | ** |
| Less than high school | 503 | 396 | 79% | 75-83% | | 501 | 163 | 33% | 29-38% | |
| High school grad or GED | 1456 | 1240 | 84% | 81-86% | | 1459 | 494 | 33% | 30-35% | |
| College 1-3 years | 1114 | 982 | 88% | 86-90% | | 1116 | 336 | 29% | 26-32% | |
| College grad | 1008 | 863 | 85% | 82-88% | | 1014 | 238 | 23% | 20-26% | |
| Advanced degree | 830 | 709 | 85% | 81-87% | | 851 | 172 | 18% | 15-21% | |
| **Employment Status** | | | | | ** | | | | | ** |
| Employed for wages | 2344 | 2040 | 87% | 85-88% | | 2356 | 602 | 25% | 23-27% | |
| Self-employed | 367 | 299 | 81% | 76-86% | | 373 | 78 | 18% | 14-23% | |
| Retired | 1558 | 1308 | 83% | 81-85% | | 1566 | 535 | 34% | 31-37% | |
| Other | 645 | 545 | 83% | 79-86% | | 650 | 189 | 27% | 23-31% | |
| **Household Income** | | | | | ** | | | | | ** |
| <$25,000 | 897 | 740 | 80% | 77-83% | | 896 | 320 | 35% | 31-39% | |
| $25,000-<$35,000 | 502 | 420 | 84% | 80-87% | | 504 | 151 | 29% | 25-34% | |
| $35,000-<$50,000 | 698 | 592 | 85% | 81-88% | | 704 | 205 | 29% | 26-34% | |
| $50,000-<$75,000 | 733 | 643 | 86% | 83-89% | | 747 | 194 | 25% | 22-28% | |
| $75,000 or greater | 1295 | 1124 | 87% | 85-89% | | 1308 | 279 | 21% | 18-23% | |
| Don't Know/Not Sure | 216 | 178 | 78% | 70-85% | | 212 | 67 | 31% | 24-39% | |
| Refused | 591 | 512 | 86% | 82-89% | | 592 | 194 | 31% | 27-36% | |

~ Some data missing for marital status, education, and employment status.

** Statistically significant, p-value $\leq$ 0.05.

^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

**TABLE 4-3 PEOPLE REPORTING TO HAVE EVER PERFORMED A HOME FECAL OCCULT BLOOD TEST (FOBT), AMONG THOSE AGE 50 YEARS AND OLDER**

| | TOTAL ~ | | | | | URBAN ~ | | | | | RURAL ~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Total Population** | 3417 | 1952 | 57% | 56-59% | | 2277 | 1350 | 59% | 56-61% | | 1140 | 602 | 54% | 50-57 | |
| **Gender** | | | | | ** | | | | | ^ | | | | | ** |
| Male | 1285 | 689 | 54% | 51-58% | | 855 | 484 | 56% | 52-60% | | 430 | 205 | 49% | 44-54% | |
| Female | 2132 | 1263 | 60% | 58-62% | | 1422 | 866 | 61% | 58-63% | | 710 | 397 | 58% | 54-62% | |
| **Age** | | | | | ** | | | | | ** | | | | | ** |
| 50-64 years | 1925 | 1008 | 52% | 50-55% | | 1293 | 700 | 53% | 50-56% | | 632 | 308 | 50% | 45-54% | |
| 65 years and older | 1492 | 944 | 65% | 62-67% | | 984 | 650 | 66% | 63-70% | | 508 | 294 | 59% | 54-63% | |
| **Race** | | | | | ** | | | | | ** | | | | | ^ |
| White | 2698 | 1557 | 58% | 56-61% | | 1675 | 1008 | 60% | 57-63% | | 1023 | 549 | 54% | 51-57% | |
| African American | 593 | 340 | 58% | 53-62% | | 507 | 297 | 59% | 54-63% | | 86 | 43 | 52% | 40-64% | |
| Other | 126 | 55 | 42% | 32-53% | | 95 | 45 | 42% | 31-54% | | 31 | 10 | 40% | 22-62% | |
| **Gender and Race** | | | | | ** | | | | | ** | | | | | ^ |
| White Males | 1046 | 561 | 55% | 52-58% | | 651 | 370 | 57% | 53-61% | | 395 | 191 | 49% | 44-54% | |
| African American Males | 195 | 109 | 56% | 48-64% | | 170 | 98 | 57% | 49-65% | | 25 | 11 | 50% | 30-71% | |
| Other Males | 44 | 19 | 39% | 24-58% | | 34 | 16 | 39% | 23-59% | | 10 | 3 | 39% | 13-73% | |
| White Females | 1652 | 996 | 61% | 59-64% | | 1024 | 638 | 62% | 59-66% | | 628 | 358 | 58% | 54-63% | |
| African American Females | 398 | 231 | 59% | 53-65% | | 337 | 199 | 60% | 54-66% | | 61 | 32 | 53% | 39-66% | |
| Other Females | 82 | 36 | 44% | 32-57% | | 61 | 29 | 44% | 31-58% | | 21 | 7 | 42% | 20-67% | |

~ Some data missing for marital status, education, and employment status.
** Statistically significant, p-value $\leq$ 0.05.
^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

**TABLE 4-3 PEOPLE REPORTING TO HAVE EVER PERFORMED A HOME FECAL OCCULT BLOOD TEST (FOBT), AMONG THOSE AGE 50 YEARS AND OLDER**

| | TOTAL ~ | | | | | URBAN ~ | | | | | RURAL ~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Marital Status** | | | | | ^ | | | | | ^ | | | | | ^ |
| Married or partner of unmarried couple | 1934 | 1130 | 58% | 55-60% | | 1258 | 761 | 59% | 56-62% | | 676 | 369 | 55% | 51-59% | |
| Divorced or separated | 549 | 282 | 53% | 48-58% | | 391 | 208 | 54% | 49-60% | | 158 | 74 | 46% | 38-55% | |
| Widowed | 759 | 444 | 60% | 56-64% | | 495 | 307 | 63% | 58-67% | | 264 | 137 | 51% | 45-58% | |
| Never Married | 157 | 91 | 58% | 49-66% | | 121 | 72 | 59% | 49-68% | | 36 | 19 | 50% | 33-68% | |
| **Education** | | | | | ** | | | | | ** | | | | | ** |
| Less than high school | 428 | 203 | 47% | 41-52% | | 257 | 131 | 48% | 41-55% | | 171 | 72 | 44% | 36-53% | |
| High school grad or GED | 1051 | 549 | 53% | 49-56% | | 615 | 334 | 54% | 50-58% | | 436 | 215 | 50% | 45-55% | |
| College 1-3 years | 715 | 439 | 63% | 59-67% | | 467 | 300 | 65% | 60-70% | | 248 | 139 | 56% | 49-63% | |
| College grad | 639 | 390 | 61% | 56-65% | | 492 | 306 | 61% | 56-66% | | 147 | 84 | 58% | 49-66% | |
| Advanced degree | 564 | 360 | 63% | 59-68% | | 429 | 270 | 62% | 57-67% | | 135 | 90 | 69% | 60-77% | |
| **Employment Status** | | | | | ** | | | | | ** | | | | | ** |
| Employed for wages | 1211 | 642 | 53% | 50-56% | | 834 | 457 | 53% | 50-57% | | 377 | 185 | 50% | 45-56% | |
| Self-employed | 214 | 95 | 45% | 37-53% | | 140 | 67 | 47% | 37-56% | | 74 | 28 | 40% | 29-53% | |
| Retired | 1582 | 1005 | 65% | 62-68% | | 1030 | 684 | 67% | 63-70% | | 552 | 321 | 58% | 54-63% | |
| Other | 394 | 204 | 51% | 46-57% | | 259 | 137 | 51% | 45-58% | | 135 | 67 | 52% | 42-61% | |
| **Household Income** | | | | | ** | | | | | ^ | | | | | ^ |
| <$25,000 | 725 | 370 | 52% | 48-56% | | 434 | 225 | 52% | 47-57% | | 291 | 145 | 51% | 45-58% | |
| $25,000-<$35,000 | 386 | 203 | 53% | 47-58% | | 235 | 125 | 53% | 46-60% | | 151 | 78 | 52% | 43-61% | |
| $35,000-<$50,000 | 477 | 272 | 57% | 52-62% | | 292 | 179 | 60% | 53-66% | | 185 | 93 | 50% | 42-58% | |
| $50,000-<$75,000 | 426 | 255 | 60% | 54-65% | | 305 | 189 | 61% | 55-67% | | 121 | 66 | 53% | 44-63% | |
| $75,000 or greater | 745 | 453 | 60% | 56-64% | | 565 | 349 | 61% | 56-65% | | 180 | 104 | 59% | 51-67% | |
| Don't Know/Not Sure | 189 | 105 | 59% | 51-67% | | 115 | 70 | 61% | 51-71% | | 74 | 35 | 52% | 40-65% | |
| Refused | 469 | 294 | 62% | 57-67% | | 331 | 213 | 63% | 57-69% | | 138 | 81 | 58% | 49-67% | |

~ Some data missing for marital status, education, and employment status.

** Statistically significant, p-value $\leq$ 0.05.

^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

**TABLE 4-4 RESPONSES TO THE QUESTION "WHAT WAS THE MOST IMPORTANT REASON YOU HAVE NEVER DONE/NOT DONE A HOME BLOOD STOOL TEST IN THE LAST YEAR?"***

| Selected Characteristic | wt % |
|---|---|
| Doctor didn't order it/didn't say I needed it | 29% |
| No reason, never thought about it | 22% |
| Didn't need / didn't know I needed this type of test | 16% |
| Haven't had any problems | 10% |
| Put it off/didn't get around to it | 7% |
| Too expensive/no insurance/cost of test | 1% |
| Too painful, unpleasant, or embarrassing | 1% |
| Had another type of colorectal exam, like colonoscopy, sigmoidoscopy or barium enema | 14% |
| Don't have a doctor | 2% |
| Didn't want to know I had cancer | 1% |
| Other | 6% |
| Fear | 0% |
| Not at increased risk of cancer/no family history of cancer | 0% |
| Doctor did the test in his office | 2% |
| Never heard of it/didn't know it existed | 2% |

* Asked of 2320 participants age 50 years and older who had never done a home blood stool test or have not done the test in the preceding year. More than one response could be given per respondent.

**TABLE 4-5 PEOPLE REPORTING TO HAVE EVER HAD A SIGMOIDOSCOPY OR COLONOSCOPY, AMONG THOSE AGE 50 YEARS AND OLDER**

| | TOTAL ~ | | | | | URBAN ~ | | | | | RURAL ~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Total Population** | 3409 | 1982 | 58% | 56-60% | | 2274 | 1368 | 59% | 57-61% | | 1135 | 614 | 55% | 52-58% | |
| **Gender** | | | | | ** | | | | | ** | | | | | ^ |
| Male | 1282 | 774 | 61% | 58-64% | | 855 | 540 | 62% | 58-66% | | 427 | 234 | 57% | 51-62% | |
| Female | 2127 | 1208 | 56% | 54-59% | | 1419 | 828 | 57% | 54-60% | | 708 | 380 | 54% | 50-58% | |
| **Age** | | | | | ** | | | | | ** | | | | | ** |
| 50-64 years | 1929 | 1002 | 52% | 49-54% | | 1296 | 689 | 52% | 49-55% | | 633 | 313 | 49% | 45-54% | |
| 65 years and older | 1480 | 980 | 67% | 65-70% | | 978 | 679 | 69% | 66-72% | | 502 | 301 | 62% | 58-67% | |
| **Race** | | | | | ** | | | | | ** | | | | | ^ |
| White | 2691 | 1604 | 60% | 58-62% | | 1672 | 1050 | 62% | 59-65% | | 1019 | 554 | 55% | 52-58% | |
| African American | 591 | 312 | 54% | 50-59% | | 507 | 266 | 54% | 49-59% | | 84 | 46 | 57% | 45-69% | |
| Other | 127 | 66 | 46% | 36-57% | | 95 | 52 | 46% | 35-58% | | 32 | 14 | 42% | 24-63% | |
| **Gender and Race** | | | | | ** | | | | | ** | | | | | ^ |
| White Males | 1041 | 634 | 62% | 59-65% | | 648 | 422 | 65% | 60-69% | | 393 | 212 | 55% | 50-60% | |
| African American Males | 196 | 112 | 59% | 51-67% | | 172 | 96 | 58% | 49-66% | | 24 | 16 | 72% | 50-86% | |
| Other Males | 45 | 28 | 47% | 30-65% | | 35 | 22 | 47% | 29-65% | | 10 | 6 | 59% | 24-86% | |
| White Females | 1650 | 970 | 59% | 56-61% | | 1024 | 628 | 60% | 57-63% | | 626 | 342 | 55% | 51-59% | |
| African American Females | 395 | 200 | 50% | 45-56% | | 335 | 170 | 51% | 45-57% | | 60 | 30 | 46% | 32-59% | |
| Other Females | 82 | 38 | 45% | 32-58% | | 60 | 30 | 46% | 33-60% | | 22 | 8 | 28% | 13-50% | |

~ Some data missing for marital status, education, and employment status.
** Statistically significant, p-value $\leq$ 0.05.
^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

**TABLE 4-5 PEOPLE REPORTING TO HAVE EVER HAD A SIGMOIDOSCOPY OR COLONOSCOPY, AMONG THOSE AGE 50 YEARS AND OLDER**

| | TOTAL ~ | | | | | URBAN ~ | | | | | RURAL ~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Marital Status** | | | | | ** | | | | | ** | | | | | ** |
| Married or partner of unmarried couple | 1932 | 1164 | 60% | 58-63% | | 1255 | 780 | 61% | 58-64% | | 677 | 384 | 58% | 54-62% | |
| Divorced or separated | 543 | 289 | 53% | 48-58% | | 387 | 218 | 55% | 50-61% | | 156 | 71 | 42% | 34-51% | |
| Widowed | 759 | 443 | 58% | 54-62% | | 499 | 307 | 60% | 55-65% | | 260 | 136 | 52% | 45-58% | |
| Never Married | 157 | 80 | 48% | 40-57% | | 121 | 58 | 46% | 36-56% | | 36 | 22 | 61% | 42-77% | |
| **Education** | | | | | ** | | | | | ** | | | | | ** |
| Less than high school | 426 | 188 | 46% | 40-51% | | 258 | 123 | 47% | 41-54% | | 168 | 65 | 41% | 33-49% | |
| High school grad or GED | 1047 | 573 | 55% | 51-58% | | 612 | 338 | 55% | 50-59% | | 435 | 235 | 55% | 49-60% | |
| College 1-3 years | 713 | 423 | 61% | 56-65% | | 467 | 285 | 61% | 56-66% | | 246 | 138 | 58% | 51-64% | |
| College grad | 639 | 425 | 65% | 61-69% | | 491 | 333 | 65% | 60-70% | | 148 | 92 | 63% | 54-71% | |
| Advanced degree | 564 | 362 | 63% | 59-68% | | 429 | 280 | 64% | 58-69% | | 135 | 82 | 61% | 52-70% | |
| **Employment Status** | | | | | ** | | | | | ** | | | | | ** |
| Employed for wages | 1216 | 648 | 54% | 50-57% | | 838 | 465 | 55% | 51-59% | | 378 | 183 | 49% | 44-55% | |
| Self-employed | 213 | 102 | 45% | 38-53% | | 139 | 67 | 45% | 35-55% | | 74 | 35 | 47% | 35-59% | |
| Retired | 1569 | 1026 | 66% | 63-69% | | 1024 | 696 | 67% | 64-70% | | 545 | 330 | 62% | 58-66% | |
| Other | 395 | 196 | 50% | 44-56% | | 259 | 132 | 50% | 44-57% | | 136 | 64 | 48% | 39-58% | |
| **Household Income** | | | | | ** | | | | | ** | | | | | ** |
| <$25,000 | 721 | 356 | 49% | 45-54% | | 433 | 217 | 50% | 45-55% | | 288 | 139 | 47% | 41-54% | |
| $25,000-<$35,000 | 384 | 214 | 56% | 50-62% | | 233 | 131 | 57% | 50-64% | | 151 | 83 | 53% | 44-61% | |
| $35,000-<$50,000 | 478 | 290 | 60% | 55-65% | | 293 | 183 | 60% | 53-66% | | 185 | 107 | 60% | 52-68% | |
| $50,000-<$75,000 | 426 | 253 | 61% | 55-66% | | 305 | 193 | 63% | 57-69% | | 121 | 60 | 50% | 40-59% | |
| $75,000 or greater | 747 | 469 | 63% | 58-66% | | 566 | 362 | 63% | 58-67% | | 181 | 107 | 60% | 52-68% | |
| Don't Know/Not Sure | 185 | 103 | 57% | 49-65% | | 113 | 72 | 61% | 50-71% | | 72 | 31 | 48% | 35-60% | |
| Refused | 468 | 297 | 61% | 55-66% | | 331 | 210 | 60% | 53-65% | | 137 | 87 | 66% | 57-73% | |

~ Some data missing for marital status, education, and employment status.
** Statistically significant, p-value $\leq$ 0.05.
^ Not statistically significant, p-value > 0.05.

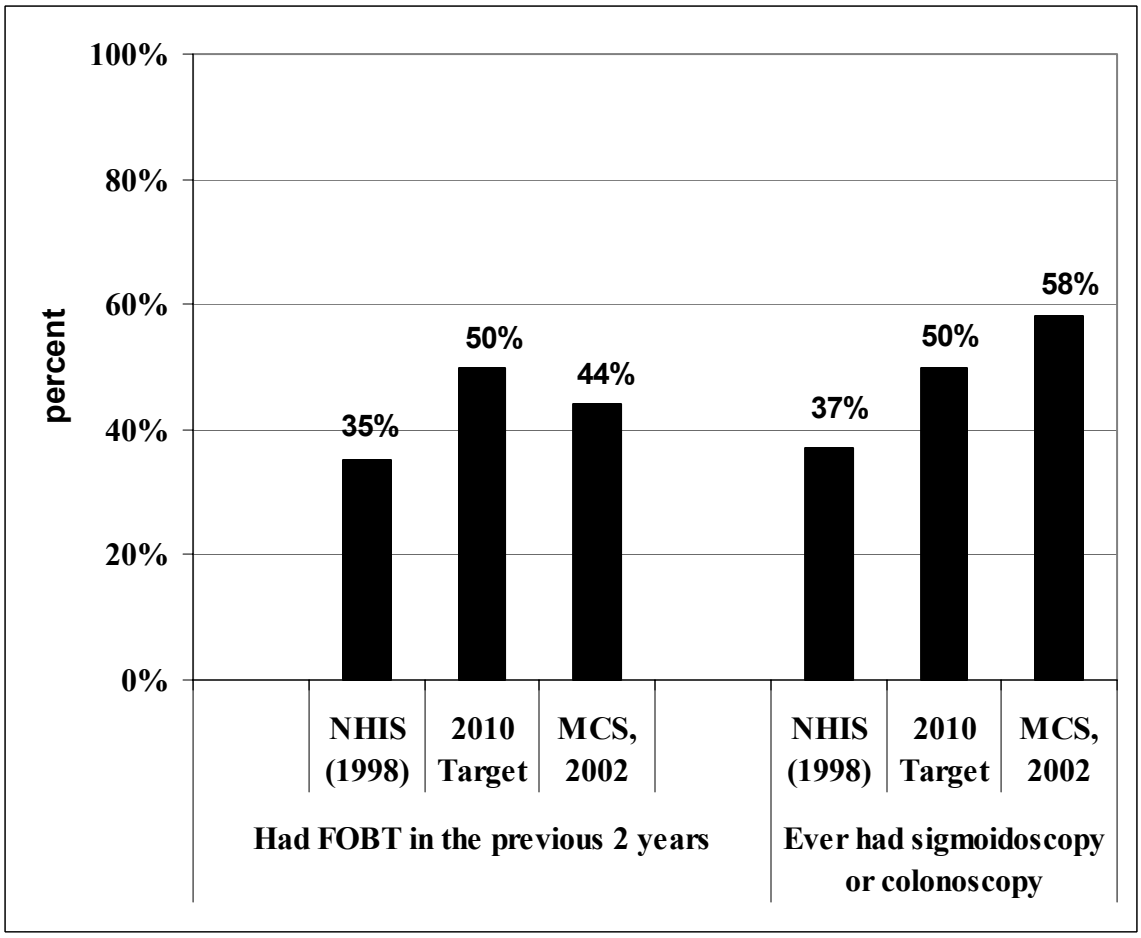
Maryland Cancer Survey, 2002

**TABLE 4-6 RESPONSES TO THE QUESTION "WHAT WAS THE MOST IMPORTANT REASON YOU HAVE NEVER HAD/NOT HAD A SIGMOIDSCOPY OR COLONOSCOPY IN THE LAST FIVE YEARS?"***

| Selected Characteristic | wt % |
|---|---|
| Doctor didn't order it/didn't say I needed it | 37% |
| No reason, never thought about it | 22% |
| Didn't need/ didn't know I needed this type of test | 18% |
| Haven't had any problems | 15% |
| Put it off/didn't get around to it | 9% |
| Too expensive/no insurance/cost of test | 3% |
| Too painful, unpleasant, or embarrassing | 5% |
| Had another type of colorectal exam | 1% |
| Don't have a doctor | 1% |
| Didn't want to know I had cancer | 1% |
| Didn't have childcare or respite care if adult caregiver | 0% |
| Other | 5% |
| Afraid | 0% |
| Not at high risk of cancer/no family history of cancer | 0% |
| Never heard of it/didn't know it existed | 1% |

* Asked of 1692 participants age 50 years and older who have never had a sigmoidoscopy or colonoscopy, or have not had either procedure in the preceding five years year. More than one response could be given per respondent.

**Chart 4-1 Comparison of the results of the Maryland Cancer Survey, 2002 to national baselines and Healthy People 2010 target values; proportion of people age 50 years and older who have had a fecal occult blood test (FOBT) in the previous two years and have ever had a sigmoidoscopy or colonoscopy.**




NHIS-National Health Interview Survey
2010 Target-Healthy People 2010
MCS, 2002-Maryland Cancer Survey, 2002

## Chapter 5. Prostate Cancer Screening

Cancer of the prostate is the most common cancer (excluding non-melanoma skin cancer) among men in Maryland, accounting for 3,869 cases in 1999.[1] It is the second leading cause of cancer deaths among men in the state, after lung cancer. In 1999, Maryland had the 10th highest mortality rate for prostate cancer among the 50 states and the District of Columbia.

Serum prostatic specific antigen (PSA) and the digital rectal exam (DRE) are the two tests most commonly used to screen for prostate cancer. Whether or not men should be screened for prostate cancer and at what age screening should begin is a controversial issue. The American Cancer Society (ACS) recommends annual screening beginning at age 50 for men of average risk and earlier, at age 45, for men at higher risk (African Americans and men who have a first degree relative with prostate cancer). The ACS recommends that men with several first degree relatives with prostate cancer, could begin testing at age 40.[2] On the other hand, the US Preventive Services Task Force (USPSTF) stated that there is insufficient evidence for or against routine screening for prostate cancer using PSA testing or DRE.[3] The USPSTF, as well as other groups, recommend that a man and his healthcare provider discuss the pros and cons of screening for informed decision making before a man chooses to undergo testing.

Based on the MCS 2002, 80% of men, age 40 years and older, in Maryland had heard of the PSA test (Table 5-1): men in older age groups (65 years and above and 50-64 years) were statistically significantly more likely to have knowledge of the PSA test than those men 40-49 years (91%, 85%, 68%). There was no significant difference in knowledge by race. Statistically significant differences in knowledge of the PSA test were seen by marital status, education, employment, and income. Men who were never married, those who had less education, or those who had employment status of "other" were less likely to have knowledge of the PSA test. Knowledge of the PSA test increased with higher income levels (range 71-83%).

When asked whether a doctor or other health care provider had recommended the PSA test, 55% said "yes". This proportion was much higher in men age 50-64 years (64%) and age 65 years and above (84%) than in younger men age 40-49 (29%). While there was no significant difference by race, those that never married, had less education, or had "other" employment status were less likely to have reported having the test recommended.

Table 5-2 shows that of Maryland men age 50 years and older, 75% report ever having had the PSA test, with 61% of Maryland men, in that age group, having had the test within the last year. The percentage of men who ever had a PSA test did not vary by urban vs. rural residence. African American men were less likely than white men to have been screened with PSA in both urban and rural areas, (71% vs. 77%), but this result was not statistically significant. Men in the 50-64 age group were less likely to have ever had the test, as were those men who never married, had less than a high school education, or had employment status of "other".

---

[1] Annual Cancer Report, Cigarette Restitution Fund Program, Maryland Department of Health and Mental Hygiene, September, 2002.

[2] American Cancer Society, Detailed guide –prostate cancer , Can prostate cancer be found early? http://www.cancer.org/docroot/CRI/content/CRI_2_4_3X_Can_prostate_cancer_be_found_early_36.asp

[3] Screening-Prostate USPSTF Update, 2002 release-http://www.ahcpr.gov/clinic/uspstf/uspsprca.htm

Among all men under age 50, 22% of those age 40-44 years had been screened, compared to 39% of those 45-49 years. Among African Americans, 40% of men age 45-49 had ever been screened.

When asked reasons for never being screened or not being screened within the past year, 32% reported the doctor did not order it, 20% gave no reason or never thought about it, 16% said they either did not need the test or did not know this test was needed, and 12% reported not having any problems (Table 5-3). Infrequent reasons included the cost of the test and not having a doctor. Among those men who reported that a health care provider had recommended PSA testing, 97% reported that they had the test. Among those reporting that the test had not been recommended, only 19% had the test. Of those men who reported never having had a PSA, 82% reported having a general physical exam in the last two years.

Of Maryland men age 50 years and older, 89% reported ever having had a DRE and 62% have had the test within the last year (Table 5-4). As with PSA testing, men age 65 years and older were more likely to have had a DRE than those younger. However, this did not vary by area of residence or race. Men who were never married, had less education, or had employment status of "other" had a lower proportion of screening by DRE.

**TABLE 5-1 KNOWLEDGE OF THE PROSTATIC SPECIFIC ANTIGEN (PSA) TEST AND RECOMMENDATIONS BY HEALTHCARE PROVIDERS, AMONG MEN AGE 40 YEARS AND OLDER**

| | Men reporting they have heard of a test called PSA, used to check for prostate cancer ~ | | | | | Men reporting that a health care provider ever recommend they have a PSA test ~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Male Population** | 1896 | 1532 | 80% | 78-82% | | 1870 | 1096 | 55% | 53-58% | |
| **Age** | | | | | ** | | | | | ** |
| 40-49 years | 618 | 415 | 68% | 64-72% | | 613 | 177 | 29% | 25-34% | |
| 50-64 years | 769 | 657 | 85% | 82-88% | | 755 | 504 | 64% | 60-68% | |
| 65 years and above | 509 | 460 | 91% | 88-93% | | 502 | 415 | 84% | 80-87% | |
| **Race** | | | | | ^ | | | | | ^ |
| White | 1489 | 1225 | 82% | 79-84% | | 1469 | 878 | 56% | 53-59% | |
| African American | 331 | 246 | 75% | 69-80% | | 326 | 176 | 53% | 46-59% | |
| Other | 76 | 61 | 77% | 63-86% | | 75 | 42 | 55% | 40-69% | |
| **Marital Status** | | | | | ** | | | | | ** |
| Married or partner of unmarried couple | 1323 | 1093 | 82% | 79-84% | | 1305 | 789 | 58% | 55-61% | |
| Divorced or separated | 283 | 222 | 76% | 69-82% | | 278 | 156 | 51% | 44-58% | |
| Widowed | 141 | 117 | 81% | 72-87% | | 138 | 94 | 64% | 54-72% | |
| Never Married | 140 | 92 | 65% | 55-74% | | 140 | 52 | 30% | 22-39% | |
| **Education** | | | | | ** | | | | | ** |
| Less than high school | 176 | 122 | 68% | 59-75% | | 171 | 81 | 44% | 36-53% | |
| High school grad or GED | 502 | 381 | 74% | 69-78% | | 503 | 268 | 50% | 45-55% | |
| College 1-3 years | 384 | 304 | 79% | 73-83% | | 377 | 214 | 54% | 49-60% | |
| College grad | 425 | 362 | 85% | 81-89% | | 420 | 260 | 58% | 53-64% | |
| Advanced degree | 403 | 357 | 87% | 82-90% | | 393 | 268 | 64% | 58-69% | |
| **Employment Status** | | | | | ** | | | | | ** |
| Employed for wages | 966 | 747 | 77% | 73-80% | | 953 | 464 | 46% | 42-49% | |
| Self-employed | 199 | 154 | 78% | 71-84% | | 195 | 92 | 45% | 37-54% | |
| Retired | 617 | 559 | 91% | 88-93% | | 610 | 499 | 83% | 79-86% | |
| Other | 108 | 66 | 60% | 49-70% | | 106 | 36 | 32% | 23-42% | |
| **Household Income** | | | | | ** | | | | | ** |
| <$25,000 | 249 | 180 | 71% | 64-77% | | 247 | 123 | 48% | 41-56% | |
| $25,000-<$35,000 | 183 | 146 | 78% | 70-84% | | 181 | 110 | 57% | 48-65% | |
| $35,000-<$50,000 | 284 | 224 | 78% | 72-83% | | 280 | 156 | 50% | 44-57% | |
| $50,000-<$75,000 | 324 | 263 | 80% | 75-85% | | 318 | 172 | 52% | 46-58% | |
| $75,000 or greater | 599 | 502 | 83% | 79-87% | | 594 | 360 | 57% | 52-62% | |
| Don't Know/Not Sure | 43 | 35 | 79% | 61-90% | | 39 | 28 | 66% | 47-81% | |
| Refused | 214 | 182 | 84% | 77-89% | | 211 | 147 | 66% | 58-74% | |

~ Some data missing for marital status, education, and employment status.
** Statistically significant, p-value $\leq$ 0.05.
^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

**TABLE 5-2 MEN REPORTING TO HAVE EVER HAD A PROSTATIC SPECIFIC ANTIGEN (PSA) TEST, AMONG THOSE AGE 50 YEARS AND OLDER**

| | TOTAL ~ | | | | | URBAN ~ | | | | | RURAL ~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Male Population** | 1251 | 958 | 75% | 72-78% | | 835 | 637 | 75% | 71-78% | | 416 | 321 | 76% | 72-81% | |
| **Age** | | | | | ** | | | | | ** | | | | | ** |
| 50-64 years | 751 | 524 | 68% | 63-71% | | 501 | 344 | 67% | 62-72% | | 250 | 180 | 70% | 63-76% | |
| 65 years and above | 500 | 434 | 87% | 83-90% | | 334 | 293 | 87% | 83-91% | | 166 | 141 | 87% | 80-91% | |
| **Race** | | | | | ^ | | | | | ^ | | | | | ^ |
| White | 1015 | 785 | 77% | 74-80% | | 633 | 489 | 77% | 73-80% | | 382 | 296 | 77% | 72-82% | |
| African American | 194 | 141 | 71% | 63-77% | | 169 | 123 | 71% | 62-78% | | 25 | 18 | 70% | 47-85% | |
| Other | 42 | 32 | 66% | 44-83% | | 33 | 25 | 65% | 42-83% | | 9 | 7 | 77% | 36-95% | |
| **Marital Status** | | | | | ** | | | | | ** | | | | | ** |
| Married or partner of unmarried couple | 874 | 695 | 78% | 74-81% | | 576 | 457 | 77% | 73-81% | | 298 | 238 | 79% | 73-83% | |
| Divorced or separated | 184 | 124 | 66% | 57-74% | | 130 | 86 | 65% | 55-74% | | 54 | 38 | 69% | 54-82% | |
| Widowed | 132 | 106 | 78% | 68-85% | | 88 | 72 | 77% | 65-85% | | 44 | 34 | 80% | 67-90% | |
| Never Married | 55 | 29 | 48% | 35-62% | | 39 | 21 | 50% | 34-66% | | 16 | 8 | 43% | 20-69% | |
| **Education** | | | | | ** | | | | | ** | | | | | ** |
| Less than high school | 142 | 83 | 57% | 48-67% | | 84 | 50 | 59% | 47-71% | | 58 | 33 | 53% | 39-67% | |
| High school grad or GED | 332 | 239 | 72% | 66-77% | | 186 | 129 | 70% | 62-77% | | 146 | 110 | 76% | 68-83% | |
| College 1-3 years | 233 | 181 | 78% | 72-83% | | 149 | 112 | 77% | 68-83% | | 84 | 69 | 82% | 71-89% | |
| College grad | 267 | 218 | 78% | 71-84% | | 201 | 165 | 78% | 69-84% | | 66 | 53 | 82% | 70-90% | |
| Advanced degree | 272 | 233 | 83% | 76-88% | | 211 | 178 | 82% | 74-87% | | 61 | 55 | 89% | 77-96% | |
| **Employment Status** | | | | | ** | | | | | ** | | | | | ** |
| Employed for wages | 472 | 337 | 69% | 64-74% | | 322 | 226 | 68% | 62-74% | | 150 | 111 | 71% | 62-79% | |
| Self-employed | 114 | 77 | 64% | 52-75% | | 73 | 49 | 62% | 46-75% | | 41 | 28 | 71% | 54-83% | |
| Retired | 600 | 514 | 87% | 83-89% | | 389 | 337 | 87% | 83-90% | | 211 | 177 | 85% | 79-89% | |
| Other | 59 | 25 | 41% | 28-56% | | 46 | 21 | 43% | 28-59% | | 13 | 4 | 34% | 12-65% | |
| **Household Income** | | | | | ** | | | | | ** | | | | | ^ |
| <$25,000 | 190 | 124 | 65% | 57-72% | | 121 | 76 | 62% | 52-71% | | 69 | 48 | 72% | 59-82% | |
| $25,000-<$35,000 | 139 | 105 | 77% | 68-84% | | 83 | 62 | 76% | 65-85% | | 56 | 43 | 77% | 63-87% | |
| $35,000-<$50,000 | 189 | 139 | 70% | 62-77% | | 108 | 74 | 66% | 56-75% | | 81 | 65 | 79% | 67-87% | |
| $50,000-<$75,000 | 181 | 138 | 75% | 67-82% | | 131 | 102 | 77% | 68-84% | | 50 | 36 | 68% | 52-81% | |
| $75,000 or greater | 358 | 293 | 79% | 73-84% | | 265 | 217 | 78% | 71-84% | | 93 | 76 | 84% | 75-90% | |
| Don't Know/Not Sure | 34 | 29 | 78% | 55-91% | | 18 | 16 | 84% | 50-96% | | 16 | 13 | 66% | 35-88% | |
| Refused | 160 | 130 | 80% | 72-86% | | 109 | 90 | 81% | 71-88% | | 51 | 40 | 76% | 61-87% | |

~ Some data missing for marital status, education, and employment status.
** Statistically significant, p-value $\leq$ 0.05.
^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

**TABLE 5-3 RESPONSES TO THE QUESTION "WHAT WAS THE MOST IMPORTANT REASON YOU HAVE NEVER HAD/NOT HAD A PSA TEST IN THE LAST 12 MONTHS?"***

| Selected Characteristic | wt % |
|---|---|
| Doctor didn't order it/didn't say I needed it | 32% |
| No reason, never thought about it | 20% |
| Didn't need/ didn't know I needed this type of test | 16% |
| Haven't had any problems | 12% |
| Put it off/didn't get around to it | 12% |
| Too expensive/no insurance/cost of test | 2% |
| Didn’t want to know the results | 0% |
| Don't have a doctor | 4% |
| Other | 6% |
| Have had a prostatectomy | 0% |
| Never heard of it/didn't know it existed | 3% |
| Don't know if I had it or not | 3% |

* Asked of 520 male participants age 50 years or older who have never had a PSA or have not had a the test in the preceding year. More than one response could be given per participant

**TABLE 5-4 MEN REPORTING TO HAVE EVER HAD A DIGITAL RECTAL EXAM (DRE), AMONG THOSE AGE 50 YEARS AND OLDER**

| | TOTAL ~ | | | | | URBAN ~ | | | | | RURAL ~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Male Population** | 1285 | 1135 | 89% | 87-91% | | 857 | 761 | 89% | 87-91% | | 428 | 374 | 88% | 84-91% | |
| **Age** | | | | | ** | | | | | ** | | | | | ^ |
| 50-64 years | 774 | 667 | 87% | 84-90% | | 515 | 445 | 87% | 84-90% | | 259 | 222 | 86% | 81-90% | |
| 65 years and above | 511 | 468 | 92% | 89-94% | | 342 | 316 | 93% | 89-95% | | 169 | 152 | 90% | 84-94% | |
| **Race** | | | | | ^ | | | | | ^ | | | | | ^ |
| White | 1044 | 931 | 90% | 87-92% | | 651 | 582 | 90% | 87-92% | | 393 | 349 | 89% | 85-92% | |
| African American | 196 | 169 | 88% | 82-92% | | 171 | 151 | 89% | 83-93% | | 25 | 18 | 76% | 55-89% | |
| Other | 45 | 35 | 83% | 68-92% | | 35 | 28 | 83% | 67-92% | | 10 | 7 | 81% | 48-95% | |
| **Marital Status** | | | | | ** | | | | | ** | | | | | ** |
| Married or partner of unmarried couple | 896 | 807 | 90% | 88-92% | | 589 | 535 | 91% | 88-93% | | 307 | 272 | 89% | 85-92% | |
| Divorced or separated | 190 | 164 | 88% | 82-92% | | 134 | 116 | 88% | 81-93% | | 56 | 48 | 86% | 73-94% | |
| Widowed | 136 | 122 | 91% | 86-95% | | 92 | 82 | 91% | 84-95% | | 44 | 40 | 93% | 82-97% | |
| Never Married | 57 | 38 | 65% | 50-77% | | 40 | 27 | 67% | 50-80% | | 17 | 11 | 59% | 32-82% | |
| **Education** | | | | | ** | | | | | ** | | | | | ** |
| Less than high school | 148 | 117 | 80% | 71-86% | | 88 | 72 | 83% | 72-90% | | 60 | 45 | 73% | 58-84% | |
| High school grad or GED | 339 | 290 | 86% | 82-90% | | 191 | 160 | 85% | 79-90% | | 148 | 130 | 89% | 83-93% | |
| College 1-3 years | 238 | 214 | 92% | 88-95% | | 151 | 138 | 94% | 89-96% | | 87 | 76 | 88% | 79-94% | |
| College grad | 276 | 246 | 90% | 86-94% | | 207 | 185 | 90% | 85-94% | | 69 | 61 | 90% | 79-96% | |
| Advanced degree | 279 | 264 | 94% | 90-97% | | 216 | 203 | 93% | 88-96% | | 63 | 61 | 97% | 86-99% | |
| **Employment Status** | | | | | ** | | | | | ^ | | | | | ^ |
| Employed for wages | 485 | 428 | 88% | 85-91% | | 331 | 293 | 88% | 84-92% | | 154 | 135 | 88% | 81-93% | |
| Self-employed | 118 | 101 | 89% | 82-93% | | 75 | 64 | 89% | 81-94% | | 43 | 37 | 87% | 73-95% | |
| Retired | 615 | 553 | 91% | 89-93% | | 399 | 362 | 92% | 89-94% | | 216 | 191 | 89% | 84-93% | |
| Other | 61 | 48 | 79% | 66-88% | | 47 | 38 | 81% | 66-90% | | 14 | 10 | 69% | 38-89% | |
| **Household Income** | | | | | ** | | | | | ** | | | | | ^ |
| <$25,000 | 193 | 167 | 88% | 82-92% | | 123 | 109 | 89% | 82-94% | | 70 | 58 | 85% | 74-91% | |
| $25,000-<$35,000 | 144 | 114 | 77% | 68-84% | | 86 | 63 | 72% | 61-82% | | 58 | 51 | 87% | 73-94% | |
| $35,000-<$50,000 | 195 | 171 | 87% | 81-92% | | 110 | 95 | 86% | 77-92% | | 85 | 76 | 90% | 81-95% | |
| $50,000-<$75,000 | 186 | 167 | 92% | 87-95% | | 134 | 121 | 93% | 88-96% | | 52 | 46 | 88% | 74-95% | |
| $75,000 or greater | 368 | 342 | 95% | 92-97% | | 272 | 257 | 96% | 93-98% | | 96 | 85 | 89% | 81-94% | |
| Don't Know/Not Sure | 37 | 33 | 85% | 64-95% | | 21 | 19 | 87% | 58-97% | | 16 | 14 | 80% | 45-95% | |
| Refused | 162 | 141 | 86% | 78-92% | | 111 | 97 | 86% | 76-92% | | 51 | 44 | 88% | 76-95% | |

~ Some data missing for marital status, education, and employment status.
** Statistically significant, p-value $\leq$ 0.05.
^ Not statistically significant, p-value > 0.05.

## Chapter 6. Women's Health: Breast and Cervical Cancer Screening

Breast cancer remains the most common reportable cancer among women and represented 16% of all new cancers in Maryland in 1999. There were 3,714 new cases of invasive breast cancer among Maryland women. It accounted for 7.7% of all cancer deaths in Maryland in 1999 with 782 deaths, and is the second leading cause of cancer deaths among women after lung cancer.[1] In 1999, 226 women in Maryland were diagnosed with invasive cervical cancer and 77 women died of the disease. Among the 50 states and the District of Columbia, Maryland women rank 5th highest in breast cancer mortality and 25th highest in cervical cancer mortality.[1]

Mammography and clinical breast exam (CBE) are the tests recommended to screen for breast cancer. Papanicolau (Pap) smear is the screening test that is recommended for the early detection of pre-malignant and malignant changes of the cervix. Death from cervical cancer is largely preventable with regular Pap smears. In the MCS, 2002, 98% of women, age 40 years and older, reported that a health care provider had recommended she have a Pap smear in the last year, compared to 86% of women reporting a recommendation to receive a mammogram. Mammograms were recommended statistically significantly more often among women age 50-64 years, compared to the younger (40-49 years) or older (65 years and older) age groups (89% vs. 83% and 85% respectively) (Table 6-1). While there was no difference by race, significant differences were seen by marital status, education, employment status, and income. Women who were either married or the partner of an unmarried couple reported health care provider recommendations for mammograms more frequently. Women who had not completed high school, had an annual household income of less than $25,000, or had an employment status of "other" were less likely to report a health care provider recommendation for a mammogram in the last year. While the vast majority of women in all age groups reported that a health care provider recommended a Pap smear in the last year, women 65 years of age and older had statistically significantly lower rates (94%) compared to women in younger age groups (98% and 99% for women 40-49 years and 50-64 years, respectively). Women who never married or were widowed, had less than a high school education, or had annual household incomes of less than $25,000 reported lower rates of recommendations for Pap smear. When examining employment status, women who were retired reported the lowest rates, which may correspond with lower rates among those over 65 years of age.

Among Maryland women age 40 years and older, 93% reported ever having had a mammogram (Table 6-2). Eighty-four percent reported having had a mammogram in the last two years. While there was no difference between those living in urban and rural areas for ever having had a mammogram, statistically significantly lower rates were reported by women age 40-49 years, compared to older age groups. The only significant difference by race was in the rural region, where women of "other" races had lower percentages. Women who were never married, had less education, or had employment status of "other" reported statistically significantly lower rates of ever having had a mammogram. While there were differences in mammogram rates by annual household income, no specific trends were identified.

---

[1] Annual Cancer Report, Cigarette Restitution Fund Program, Maryland Department of Health and Mental Hygiene, September, 2002.

Women who had never had a mammogram or had not had the test in the last two years were asked the reason and these results are shown in Table 6-3. The most common reason given was they put it off or didn't get around to it (procrastinated). This was followed by women not thinking of getting a mammogram or no reason given, the doctor did not order it or did not say it was needed, the women didn't know the test was needed, the test was too expensive or the women did not have insurance, or the women did not have any problems. Among the women who report that a health care provider had recommended a mammogram in the last year, 81% reported having the test within the last year. Among those who did not have a health care provider recommendation, only 21% reported having a mammogram within the last year.

Ninety-four percent of Maryland women, age 40 years and older, reported ever having had a CBE (Table 6-4), with no difference by urban or rural area of residence. Eighty-seven percent of women had a CBE in the last two years. While women reporting to have ever had a CBE do not vary by race, having had a CBE was reported less often among women age 65 years and older. Lower rates were seen among women who were widowed or never married, had a high school education or less, had employment status of retired or "other," or had an annual income less than $25,000 or reported "don't know/not sure" to the income question.

Among women who have not had a hysterectomy, 97% report ever having had a Pap smear (Table 6-5). Ninety percent of Maryland women (who have a uterus) had a Pap smear within the last three years. While there was no difference in ever having had a Pap smear by area of residence, women age 65 years and older had statistically significantly lower rates. Women who were never married or had less than a high school education had statistically significantly lower Pap smear rates, as did those with employment status retired and "other." Those reporting annual incomes of less than $25,000 and answering "don't know/not sure" to the income question also had lower rates.

Among women who have not had a hysterectomy, the most common reason for never having or not having had a Pap smear in the last three years was they never thought about it or gave no reason, followed by the woman did not have any problems or the test was too expensive, or the doctor did not order it (Table 6-6).

Maryland women are making great strides towards achieving Healthy People 2010 goals for breast and cervical cancer screening (Chart 6-1). In 1998, the national baseline for having a mammogram in the preceding two years among women age 40 years and above was 67%. The Healthy People 2010 goal is 70%.[2] Maryland exceeded that goal in 2002, with 84% of women reporting they have had a mammogram in the last two years. Maryland women have also attained the Healthy People 2010 goal of having a Pap smear, within the past three years, of 90%.

[2] Healthy People 2010, US Department of Health and Human Services, 2002.

**TABLE 6-1 WOMEN REPORTING THAT A HEALTHCARE PROVIDER RECOMMENDED CANCER SCREENING WITH MAMMOGRAM AND PAP SMEAR, AMONG THOSE AGE 40 YEARS AND OLDER**

| | Women reporting that a health care provider recommend they have a mammogram in the last year~ | | | | | Women reporting that a health care provider recommend they have a Pap smear in the last year, among women who have not had a hysterectomy ~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Female Population** | 3114 | 2673 | 86% | 84-87% | | 2090 | 2042 | 98% | 97-98% | |
| **Age** | | | | | ** | | | | | ** |
| 40-49 years | 976 | 811 | 83% | 80-85% | | 838 | 828 | 98% | 97-99% | |
| 50-64 years | 1153 | 1027 | 89% | 87-91% | | 737 | 728 | 99% | 98-100% | |
| 65 years and above | 985 | 835 | 85% | 82-87% | | 515 | 486 | 94% | 91-96% | |
| **Race** | | | | | ^ | | | | | ^ |
| White | 2338 | 2001 | 85% | 83-87% | | 1586 | 1552 | 98% | 97-99% | |
| African American | 648 | 560 | 86% | 83-89% | | 414 | 402 | 96% | 92-98% | |
| Other | 128 | 112 | 91% | 84-95% | | 90 | 88 | 99% | 96-100% | |
| **Marital Status** | | | | | ** | | | | | ** |
| Married or partner of unmarried couple | 1638 | 1441 | 88% | 86-90% | | 1147 | 1134 | 99% | 98-99% | |
| Divorced or separated | 562 | 470 | 83% | 79-86% | | 373 | 366 | 98% | 94-99% | |
| Widowed | 662 | 554 | 82% | 79-86% | | 369 | 350 | 95% | 92-97% | |
| Never Married | 239 | 196 | 82% | 76-87% | | 192 | 184 | 93% | 86-97% | |
| **Education** | | | | | ** | | | | | ** |
| Less than high school | 327 | 263 | 79% | 73-84% | | 175 | 162 | 92% | 84-96% | |
| High school grad or GED | 971 | 832 | 86% | 83-88% | | 599 | 581 | 96% | 94-98% | |
| College 1-3 years | 744 | 624 | 83% | 80-86% | | 512 | 502 | 98% | 97-99% | |
| College grad | 600 | 527 | 88% | 85-91% | | 448 | 446 | 100% | 98-100% | |
| Advanced degree | 456 | 413 | 92% | 89-94% | | 346 | 342 | 99% | 98-100% | |
| **Employment Status** | | | | | ** | | | | | ** |
| Employed for wages | 1403 | 1223 | 87% | 85-89% | | 1062 | 1051 | 99% | 98-100% | |
| Self-employed | 173 | 149 | 85% | 77-90% | | 128 | 126 | 98% | 91-99% | |
| Retired | 980 | 849 | 86% | 84-89% | | 520 | 497 | 95% | 92-97% | |
| Other | 547 | 441 | 81% | 77-85% | | 373 | 362 | 97% | 93-99% | |
| **Household Income** | | | | | ** | | | | | ** |
| <$25,000 | 656 | 513 | 79% | 75-82% | | 382 | 362 | 94% | 91-97% | |
| $25,000-<$35,000 | 328 | 280 | 84% | 79-88% | | 221 | 219 | 99% | 94-100% | |
| $35,000-<$50,000 | 428 | 379 | 86% | 81-90% | | 289 | 283 | 98% | 95-99% | |
| $50,000-<$75,000 | 428 | 383 | 89% | 85-92% | | 308 | 305 | 98% | 93-100% | |
| $75,000 or greater | 710 | 637 | 90% | 87-92% | | 546 | 545 | 100% | 99-100% | |
| Don't Know/Not Sure | 176 | 139 | 78% | 71-85% | | 117 | 108 | 92% | 84-96% | |
| Refused | 388 | 342 | 88% | 84-91% | | 227 | 220 | 97% | 94-99% | |

~ Some data missing for marital status, education, and employment status.
** Statistically significant, p-value $\leq$ 0.05.
^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

**TABLE 6-2 WOMEN REPORTING TO HAVE EVER HAD A MAMMOGRAM, AMONG THOSE AGE 40 YEARS AND OLDER**

| | TOTAL ~ | | | | | URBAN ~ | | | | | RURAL ~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Female Population** | 3114 | 2902 | 93% | 92-94% | | 2102 | 1947 | 93% | 92-94% | | 1012 | 955 | 94% | 92-96% | |
| **Age** | | | | | ** | | | | | ** | | | | | ** |
| 40-49 years | 977 | 856 | 88% | 85-90% | | 679 | 587 | 87% | 84-90% | | 298 | 269 | 89% | 85-93% | |
| 50-64 years | 1153 | 1114 | 97% | 96-98% | | 779 | 753 | 97% | 95-98% | | 374 | 361 | 97% | 95-98% | |
| 65 years and above | 984 | 932 | 95% | 94-97% | | 644 | 607 | 95% | 93-97% | | 340 | 325 | 96% | 94-98% | |
| **Race** | | | | | ^ | | | | | ^ | | | | | ** |
| White | 2339 | 2193 | 94% | 93-95% | | 1448 | 1347 | 93% | 92-95% | | 891 | 846 | 95% | 93-96% | |
| African American | 647 | 591 | 92% | 89-94% | | 557 | 509 | 91% | 88-94% | | 90 | 82 | 92% | 84-96% | |
| Other | 128 | 118 | 91% | 83-96% | | 97 | 91 | 93% | 84-97% | | 31 | 27 | 73% | 42-91% | |
| **Marital Status** | | | | | ** | | | | | ** | | | | | ^ |
| Married or partner of unmarried couple | 1640 | 1546 | 95% | 93-96% | | 1048 | 988 | 95% | 93-96% | | 592 | 558 | 94% | 92-96% | |
| Divorced or separated | 562 | 516 | 90% | 87-93% | | 410 | 369 | 89% | 85-92% | | 152 | 147 | 97% | 93-99% | |
| Widowed | 660 | 620 | 94% | 92-96% | | 430 | 404 | 94% | 92-96% | | 230 | 216 | 94% | 89-96% | |
| Never Married | 239 | 208 | 85% | 79-90% | | 203 | 176 | 85% | 78-90% | | 36 | 32 | 86% | 68-95% | |
| **Education** | | | | | ** | | | | | ** | | | | | ^ |
| Less than high school | 325 | 293 | 89% | 85-93% | | 200 | 178 | 88% | 82-93% | | 125 | 115 | 92% | 85-96% | |
| High school grad or GED | 971 | 900 | 93% | 91-95% | | 584 | 537 | 92% | 90-94% | | 387 | 363 | 94% | 91-96% | |
| College 1-3 years | 745 | 685 | 92% | 89-94% | | 495 | 448 | 91% | 88-93% | | 250 | 237 | 95% | 90-97% | |
| College grad | 601 | 569 | 94% | 92-96% | | 460 | 435 | 95% | 92-97% | | 141 | 134 | 93% | 86-97% | |
| Advanced degree | 456 | 439 | 97% | 95-98% | | 350 | 336 | 97% | 94-98% | | 106 | 103 | 97% | 89-99% | |
| **Employment Status** | | | | | ** | | | | | ** | | | | | ** |
| Employed for wages | 1404 | 1311 | 94% | 92-95% | | 970 | 902 | 93% | 92-95% | | 434 | 409 | 94% | 91-96% | |
| Self-employed | 173 | 158 | 92% | 85-95% | | 117 | 107 | 91% | 83-96% | | 56 | 51 | 94% | 83-98% | |
| Retired | 979 | 933 | 96% | 94-97% | | 641 | 606 | 95% | 93-97% | | 338 | 327 | 97% | 95-98% | |
| Other | 547 | 489 | 88% | 85-91% | | 365 | 323 | 88% | 84-92% | | 182 | 166 | 89% | 82-93% | |
| **Household Income** | | | | | ** | | | | | ** | | | | | ^ |
| <$25,000 | 657 | 594 | 91% | 88-93% | | 402 | 360 | 90% | 87-93% | | 255 | 234 | 91% | 86-94% | |
| $25,000-<$35,000 | 328 | 303 | 93% | 89-95% | | 201 | 182 | 91% | 86-94% | | 127 | 121 | 97% | 93-99% | |
| $35,000-<$50,000 | 428 | 393 | 90% | 86-93% | | 283 | 257 | 89% | 85-93% | | 145 | 136 | 94% | 88-97% | |
| $50,000-<$75,000 | 428 | 402 | 93% | 90-96% | | 287 | 270 | 94% | 89-97% | | 141 | 132 | 91% | 83-96% | |
| $75,000 or greater | 711 | 687 | 97% | 95-98% | | 536 | 515 | 97% | 95-98% | | 175 | 172 | 98% | 93-99% | |
| Don't Know/Not Sure | 173 | 157 | 88% | 80-93% | | 107 | 94 | 86% | 76-92% | | 66 | 63 | 96% | 86-99% | |
| Refused | 389 | 366 | 95% | 92-97% | | 286 | 269 | 95% | 92-97% | | 103 | 97 | 95% | 88-98% | |

~ Some data missing for marital status, education, and employment status.
** Statistically significant, p-value ≤ 0.05.
^ Not statistically significant, p-value > 0.05.

**TABLE 6-3 RESPONSES TO THE QUESTION "WHAT WAS THE MOST IMPORTANT REASON YOU HAVE NEVER HAD/NOT HAD A MAMMOGRAM IN THE LAST TWO YEARS?"***

| Selected Characteristic | wt % |
|---|---|
| Doctor didn't order it/didn't say I needed it | 14% |
| No reason, never thought about it | 15% |
| Didn't need/ didn't know I needed this type of test | 14% |
| Haven't had any problems | 11% |
| Put it off/didn't get around to it | 16% |
| Too expensive/no insurance/cost of test | 12% |
| Too painful, unpleasant, or embarrassing | 9% |
| Don't have a doctor | 7% |
| Didn’t want to know I had cancer | 2% |
| Other | 9% |
| Have had mastectomy/radical surgery for breast cancer | 3% |
| Fear | 1% |

* Asked of 500 female respondents, age 40 years or older, who have never had a mammogram or have not had a mammogram in the last two years. More than one response could be given per respondent

**TABLE 6-4 WOMEN REPORTING TO HAVE EVER HAD A CLINICAL BREAST EXAM (CBE), AMONG THOSE AGE 40 YEARS AND OLDER**

| | TOTAL ~ | | | | | URBAN ~ | | | | | RURAL ~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Female Population** | 3111 | 2926 | 94% | 93-95% | | 2101 | 1981 | 94% | 93-95 | | 1010 | 945 | 94% | 93-96% | |
| **Age** | | | | | ** | | | | | ** | | | | | ** |
| 40-49 years | 977 | 940 | 96% | 94-97% | | 679 | 651 | 95% | 93-97% | | 298 | 289 | 98% | 95-99% | |
| 50-64 years | 1153 | 1096 | 95% | 94-97% | | 779 | 745 | 96% | 94-97% | | 374 | 351 | 95% | 92-96% | |
| 65 years and above | 981 | 890 | 91% | 89-93% | | 643 | 585 | 91% | 89-93% | | 338 | 305 | 90% | 86-93% | |
| **Race** | | | | | ^ | | | | | ^ | | | | | ^ |
| White | 2336 | 2210 | 95% | 94-96% | | 1446 | 1371 | 95% | 93-96% | | 890 | 839 | 95% | 93-96% | |
| African American | 647 | 602 | 93% | 91-95% | | 558 | 522 | 94% | 91-96% | | 89 | 80 | 91% | 84-96% | |
| Other | 128 | 114 | 90% | 80-95% | | 97 | 88 | 90% | 79-95% | | 31 | 26 | 91% | 76-97% | |
| **Marital Status** | | | | | ** | | | | | ^ | | | | | ** |
| Married or partner of unmarried couple | 1639 | 1563 | 95% | 94-96% | | 1047 | 1001 | 95% | 93-96% | | 592 | 562 | 95% | 93-97% | |
| Divorced or separated | 562 | 534 | 95% | 93-97% | | 411 | 389 | 95% | 92-97% | | 151 | 145 | 96% | 91-98% | |
| Widowed | 658 | 599 | 92% | 89-94% | | 429 | 397 | 93% | 89-95% | | 229 | 202 | 88% | 83-92% | |
| Never Married | 239 | 219 | 91% | 86-95% | | 203 | 185 | 91% | 85-95% | | 36 | 34 | 94% | 79-99% | |
| **Education** | | | | | ** | | | | | ** | | | | | ** |
| Less than high school | 325 | 291 | 90% | 86-93% | | 200 | 180 | 90% | 85-94% | | 125 | 111 | 90% | 83-94% | |
| High school grad or GED | 971 | 893 | 92% | 89-94% | | 585 | 536 | 91% | 88-93% | | 386 | 357 | 93% | 90-95% | |
| College 1-3 years | 743 | 709 | 95% | 93-97% | | 494 | 469 | 95% | 92-97% | | 249 | 240 | 97% | 94-98% | |
| College grad | 600 | 576 | 97% | 95-98% | | 459 | 442 | 97% | 95-98% | | 141 | 134 | 97% | 93-99% | |
| Advanced degree | 456 | 444 | 98% | 96-99% | | 350 | 344 | 98% | 96-99% | | 106 | 100 | 94% | 86-97% | |
| **Employment Status** | | | | | ** | | | | | ** | | | | | ** |
| Employed for wages | 1404 | 1352 | 97% | 96-98% | | 970 | 937 | 97% | 95-98% | | 434 | 415 | 96% | 94-98% | |
| Self-employed | 173 | 165 | 95% | 89-98% | | 117 | 112 | 94% | 86-98% | | 56 | 53 | 97% | 90-99% | |
| Retired | 976 | 899 | 92% | 90-94% | | 640 | 594 | 93% | 90-95% | | 336 | 305 | 91% | 86-93% | |
| Other | 547 | 502 | 91% | 88-94% | | 365 | 332 | 90% | 86-94% | | 182 | 170 | 95% | 90-97% | |
| **Household Income** | | | | | ** | | | | | ** | | | | | ** |
| <$25,000 | 656 | 588 | 90% | 87-92% | | 403 | 361 | 90% | 86-93% | | 253 | 227 | 90% | 85-93% | |
| $25,000-<$35,000 | 327 | 311 | 95% | 91-97% | | 200 | 190 | 94% | 88-97% | | 127 | 121 | 96% | 92-98% | |
| $35,000-<$50,000 | 426 | 404 | 94% | 90-96% | | 281 | 265 | 93% | 88-96% | | 145 | 139 | 96% | 91-98% | |
| $50,000-<$75,000 | 428 | 414 | 97% | 94-98% | | 287 | 279 | 97% | 93-99% | | 141 | 135 | 96% | 91-98% | |
| $75,000 or greater | 711 | 696 | 98% | 97-99% | | 536 | 524 | 98% | 96-99% | | 175 | 172 | 98% | 95-100% | |
| Don't Know/Not Sure | 176 | 151 | 87% | 81-92% | | 110 | 97 | 89% | 81-94% | | 66 | 54 | 83% | 70-90% | |
| Refused | 387 | 362 | 94% | 90-96% | | 284 | 265 | 93% | 90-96% | | 103 | 97 | 94% | 87-97% | |

~ Some data missing for marital status, education, and employment status.
** Statistically significant, p-value ≤ 0.05.
^ Not statistically significant, p-value > 0.05.

**TABLE 6-5 WOMEN REPORTING TO HAVE EVER HAD A PAP SMEAR, AMONG THOSE AGE 40 YEARS AND OLDER WHO HAVE NOT HAD A HYSTERECTOMY**

| | TOTAL ~ | | | | | URBAN ~ | | | | | RURAL ~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Female Population** | 2085 | 2035 | 97% | 96-98% | | 1434 | 1392 | 97% | 96-98% | | 651 | 643 | 99% | 98-99% | |
| **Age** | | | | | ** | | | | | ** | | | | | ** |
| 40-49 years | 838 | 825 | 98% | 96-99% | | 586 | 573 | 97% | 95-98% | | 252 | 252 | 100% | ~ | |
| 50-64 years | 736 | 725 | 99% | 97-99% | | 509 | 499 | 98% | 97-99% | | 227 | 226 | 100% | 98-100% | |
| 65 years and above | 511 | 485 | 94% | 92-96% | | 339 | 320 | 94% | 90-96% | | 172 | 165 | 96% | 91-98% | |
| **Race** | | | | | ^ | | | | | ^ | | | | | ^ |
| White | 1582 | 1548 | 98% | 97-99% | | 1006 | 979 | 98% | 96-98% | | 576 | 569 | 99% | 98-100% | |
| African American | 414 | 401 | 96% | 92-98% | | 359 | 347 | 95% | 91-97% | | 55 | 54 | 99% | 92-100% | |
| Other | 89 | 86 | 96% | 87-99% | | 69 | 66 | 96% | 86-99% | | 20 | 20 | 100% | ~ | |
| **Marital Status** | | | | | ** | | | | | ** | | | | | ** |
| Married or partner of unmarried couple | 1145 | 1132 | 99% | 98-99% | | 750 | 739 | 98% | 97-99% | | 395 | 393 | 100% | 98-100% | |
| Divorced or separated | 373 | 364 | 96% | 92-98% | | 268 | 259 | 96% | 91-98% | | 105 | 105 | 100% | ~ | |
| Widowed | 366 | 349 | 95% | 92-97% | | 241 | 230 | 95% | 92-98% | | 125 | 119 | 94% | 88-98% | |
| Never Married | 192 | 182 | 92% | 84-96% | | 167 | 157 | 91% | 83-95% | | 25 | 25 | 100% | ~ | |
| **Education** | | | | | ** | | | | | ** | | | | | ^ |
| Less than high school | 174 | 162 | 92% | 84-96% | | 99 | 90 | 90% | 80-95% | | 75 | 72 | 96% | 89-99% | |
| High school grad or GED | 598 | 579 | 96% | 93-98% | | 376 | 359 | 95% | 92-97% | | 222 | 220 | 99% | 96-100% | |
| College 1-3 years | 510 | 500 | 98% | 97-99% | | 338 | 330 | 98% | 96-99% | | 172 | 170 | 99% | 97-100% | |
| College grad | 448 | 444 | 99% | 96-100% | | 343 | 339 | 98% | 95-99% | | 105 | 105 | 100% | ~ | |
| Advanced degree | 345 | 341 | 99% | 97-100% | | 270 | 267 | 99% | 97-100% | | 75 | 74 | 99% | 93-100% | |
| **Employment Status** | | | | | ** | | | | | ** | | | | | ** |
| Employed for wages | 1061 | 1048 | 99% | 98-99% | | 743 | 731 | 98% | 97-99% | | 318 | 317 | 100% | 99-100% | |
| Self-employed | 128 | 126 | 98% | 91-99% | | 94 | 92 | 97% | 89-99% | | 34 | 34 | 100% | ~ | |
| Retired | 516 | 496 | 96% | 93-97% | | 336 | 320 | 95% | 91-97% | | 180 | 176 | 97% | 93-99% | |
| Other | 373 | 359 | 95% | 92-98% | | 255 | 244 | 95% | 90-97% | | 118 | 115 | 98% | 94-99% | |
| **Household Income** | | | | | ** | | | | | ** | | | | | ** |
| <$25,000 | 379 | 360 | 94% | 90-96% | | 235 | 220 | 93% | 87-96% | | 144 | 140 | 97% | 92-99% | |
| $25,000-<$35,000 | 221 | 219 | 99% | 94-100% | | 133 | 131 | 98% | 92-100% | | 88 | 88 | 100% | ~ | |
| $35,000-<$50,000 | 289 | 282 | 97% | 94-99% | | 197 | 191 | 97% | 92-99% | | 92 | 91 | 99% | 95-100% | |
| $50,000-<$75,000 | 308 | 303 | 97% | 92-99% | | 207 | 203 | 97% | 90-99% | | 101 | 100 | 100% | 97-100% | |
| $75,000 or greater | 546 | 544 | 100% | 99-100% | | 418 | 416 | 100% | 98-100% | | 128 | 128 | 100% | ~ | |
| Don't Know/Not Sure | 116 | 108 | 93% | 86-97% | | 72 | 66 | 92% | 83-97% | | 44 | 42 | 95% | 80-99% | |
| Refused | 226 | 219 | 97% | 94-99% | | 172 | 165 | 97% | 93-99% | | 54 | 54 | 100% | ~ | |

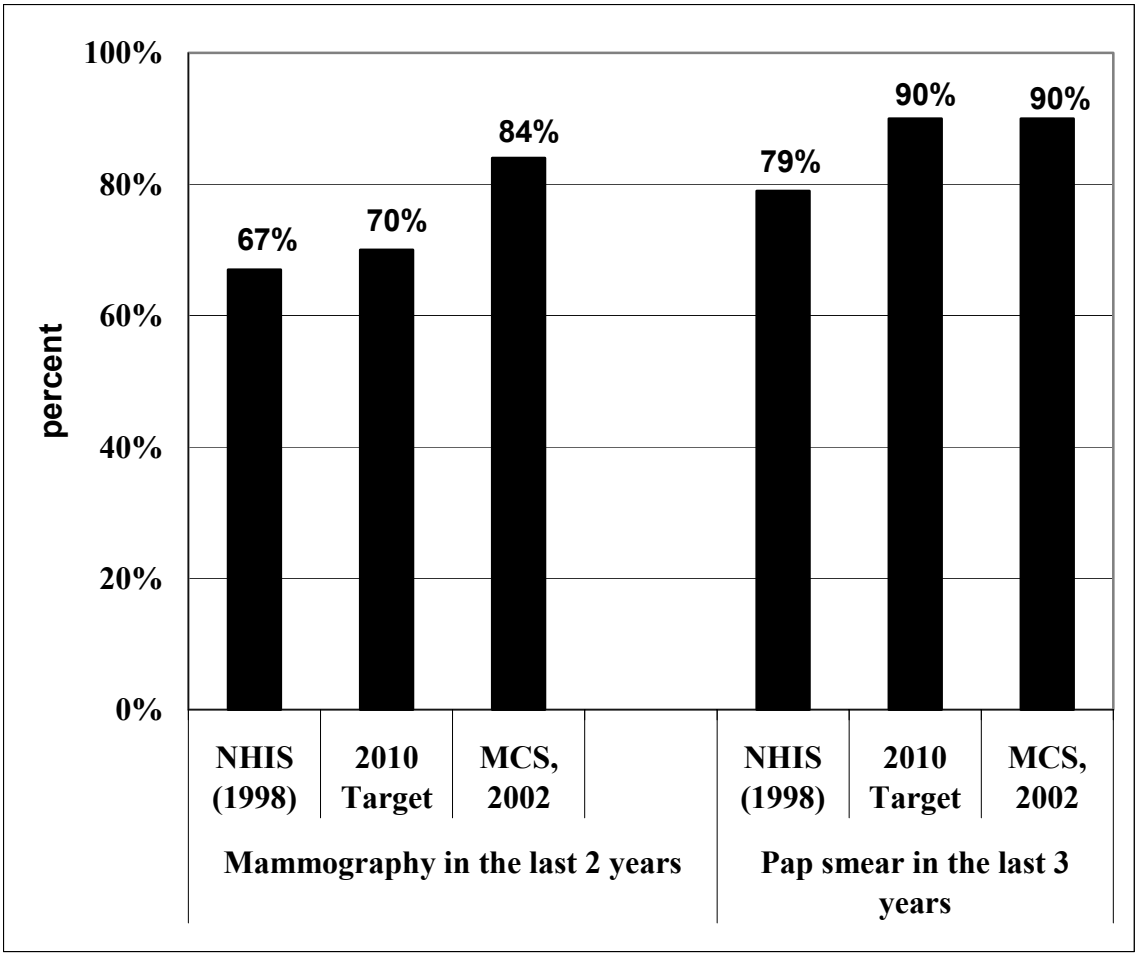
~ Some data missing for marital status, education, and employment status.
** Statistically significant, p-value ≤ 0.05.
^ Not statistically significant, p-value > 0.05.

**TABLE 6-6 RESPONSES TO THE QUESTION "WHAT WAS THE MOST IMPORTANT REASON YOU HAVE NEVER HAD/NOT HAD A PAP SMEAR IN THE LAST THREE YEARS?"***

| Selected Characteristic | wt % |
|---|---|
| Doctor didn't order it/didn't say I needed it | 13% |
| No reason, never thought about it | 19% |
| Didn't need/ didn't know I needed this type of test | 12% |
| Haven't had any problems | 14% |
| Put it off/didn't get around to it | 12% |
| Too expensive/no insurance/cost of test | 14% |
| Too painful, unpleasant, or embarrassing | 4% |
| Don't have a doctor | 12% |
| Didn’t want to know I had cancer | 1% |
| Other | 8% |
| Fear | 1% |

* Asked of 231 female respondents, age 40 years or older (who have not had a hysterectomy), who have never had a Pap smear or have not had a Pap smear in the last three years. More than one response could be given per respondent

**Chart 6-1 Comparison of the results of the Maryland Cancer Survey, 2002 to national baselines and Healthy People 2010 target values; proportion of women age 40 years and older who have had a mammogram in the previous two years and had a Pap smear in the previous three years (among women that have not had a hysterectomy).**




NHIS-National Health Interview Survey
2010 Target-Healthy People 2010
MCS, 2002-Maryland Cancer Survey, 2002

## Chapter 7. Oral Cancer Screening

Oral cancer is cancer that arises within the oral cavity and pharynx. In 1999, there were 539 new cases of oral cancer with 144 deaths among Maryland residents. Among the 50 states and the District of Columbia, Maryland ranks 8th highest for oral cancer mortality.[1]

The screening exam for oral cancer consists of inspection of the oral cavity and pharynx for lesions or discolorations and palpation (feeling) of oral structures (such as the tongue) for masses. A dentist or dental hygienist can perform this exam during a routine dental examination. A physician, nurse practitioner, physician assistant, or other trained healthcare provider can also perform the screening exam. Forty-five percent of Marylanders age 40 years and older report they have heard of the screening test for oral cancer (Table 7-1). Those in the younger age group (40-49 years) were less knowledgeable about the test, as were men, those people with less than a high school education, or those earning less than $25,000 or reporting "don't know/not sure" to the income question.

Among Marylanders, 40 years and older, 43% report that they have ever had an oral cancer screening exam, with a statistically significantly higher rate in urban areas (44%) than rural areas (40%) (Table 7-2). Thirty-four percent of Marylanders had the exam within the preceding year, and 38% have had the exam within the last two years. Our numbers exceed the Healthy People 2010 goal to increase the proportion of adults who have had the exam in the last 12 months to 20% (Chart 7-1).[2] White women had statistically significantly higher oral cancer screening rates (52%), followed by "other" females and white men (45% and 42%, respectively). People that were widowed or never married reported lower rates of screening. As annual household income or education level increased, so did the percentage of Marylanders who reported oral cancer screening. Eighty percent of those screened report the test was performed by a dentist, 8% by a dental hygienist, 8% by a physician, and the remainder by other health care providers.

Visits to the dentist for routine care are very important, since almost 90% of oral cancer screening tests were performed by a dentist or dental hygienist. Seventy-six percent of Marylanders age 40 years and older report they had visited a dentist or dental clinic in the last year (Table 7-1). This compares to the Healthy People 2010 objective to increase the proportion of children and adults who use the oral health system each year to 56% (Chart 7-1).[2] Dental visits decreased with increasing age, from 79% among those 40-49 years to 72% for those age 65 and older. A statistically significant lower percentage of African American men and women had visited a dentist or dental clinic in the last year than whites or people of "other" races. Having been to the dentist in the last year varied with marital status, education, employment, and income. People that were married or the partner of an unmarried couple were more likely to see a dentist in the last year, as were college graduates or people who had an advanced degree or people who were employed for wages. People with an annual household income of less than $50,000 were statistically significantly less likely to have visited a dentist in the last year. The percentage of people that ever had an oral cancer screening exam falls dramatically with the

[1] Annual Cancer Report, Cigarette Restitution Fun Program, Department of Health and Mental Hygiene, September, 2002

[2] Healthy People 2010, US Department of Health and Human Services, 2000

number years since the last dental visit. Fifty percent of people that visited the dentist in the last year reported ever having had an oral cancer screening exam, compared to 21% who saw a dentist in the previous 2-3 years, and 15% who saw the dentist five or more years ago.

Sixty-eight percent of Marylanders report having some form of dental insurance (Table 7-1). People in the oldest age group, 65 years and older, report statistically significantly lower rates of dental insurance (47%), than people 40-49 years (77%) or 50-64 years (73%). Significantly higher rates of dental insurance were reported among men, African Americans, people that are married or the partner of an unmarried couple, people with advanced educational degrees, people who are employed for wages, or those with annual household incomes greater than $50,000 per year. Having dental insurance was also statistically significantly associated with having an oral cancer screening exam. Forty-five percent of people with dental insurance reported having an oral screening exam compared to 38% of those without dental insurance.

**TABLE 7-1 PEOPLE REPORTING DENTAL VISITS, DENTAL INSURANCE STATUS, AND AWARENESS OF ORAL CANCER SCREENING TESTS, AMONG THOSE AGE 40 YEARS AND OLDER**

| | People reporting they have visited a dentist or dental clinic in the last year ~ | | | | | People reporting they have some form of dental insurance ~ | | | | | People reporting they have heard of the oral cancer screening test ~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Total Population** | 5011 | 3797 | 76% | 75-77% | | 4996 | 3249 | 68% | 66-69% | | 4916 | 2273 | 45% | 43-47% | |
| **Gender** | | | | | ^ | | | | | ** | | | | | ** |
| Male | 1912 | 1418 | 74% | 71-76% | | 1907 | 1301 | 71% | 69-74% | | 1878 | 794 | 42% | 39-45% | |
| Female | 3099 | 2379 | 78% | 76-80% | | 3089 | 1948 | 65% | 63-67% | | 3038 | 1479 | 48% | 46-50% | |
| **Age** | | | | | ** | | | | | ** | | | | | ** |
| 40-49 years | 1599 | 1280 | 79% | 77-81% | | 1597 | 1210 | 77% | 74-79% | | 1575 | 668 | 42% | 39-45% | |
| 50-64 years | 1923 | 1465 | 76% | 73-78% | | 1921 | 1369 | 73% | 71-76% | | 1885 | 901 | 47% | 45-50% | |
| 65 years and above | 1489 | 1052 | 72% | 69-74% | | 1478 | 670 | 47% | 44-50% | | 1456 | 704 | 47% | 44-50% | |
| **Race** | | | | | ** | | | | | ** | | | | | ^ |
| White | 3830 | 2992 | 79% | 78-80% | | 3817 | 2420 | 66% | 64-68% | | 3750 | 1741 | 46% | 44-47% | |
| African American | 975 | 649 | 66% | 62-69% | | 974 | 692 | 73% | 70-76% | | 963 | 437 | 44% | 41-48% | |
| Other | 206 | 156 | 79% | 72-85% | | 205 | 137 | 68% | 59-76% | | 203 | 95 | 42% | 34-51% | |
| **Gender and Race** | | | | | ** | | | | | ** | | | | | ** |
| White Males | 1502 | 1150 | 77% | 74-79% | | 1497 | 986 | 69% | 66-71% | | 1475 | 612 | 41% | 39-44% | |
| African American Males | 331 | 207 | 62% | 56-68% | | 331 | 257 | 79% | 74-84% | | 326 | 146 | 44% | 38-50% | |
| Other Males | 79 | 61 | 80% | 68-89% | | 79 | 58 | 72% | 57-83% | | 77 | 36 | 42% | 29-56% | |
| White Females | 2328 | 1842 | 81% | 79-83% | | 2320 | 1434 | 63% | 61-66% | | 2275 | 1129 | 49% | 47-52% | |
| African American Females | 644 | 442 | 69% | 65-73% | | 643 | 435 | 68% | 64-72% | | 637 | 291 | 44% | 40-49% | |
| Other Females | 127 | 95 | 78% | 69-85% | | 126 | 79 | 65% | 54-74% | | 126 | 59 | 42% | 32-53% | |

~ Some data missing for marital status, education, and employment status.

** Statistically significant, p-value $\leq$ 0.05.

^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

**TABLE 7-1 PEOPLE REPORTING DENTAL VISITS, DENTAL INSURANCE STATUS, AND AWARENESS OF ORAL CANCER SCREENING TESTS, AMONG THOSE AGE 40 YEARS AND OLDER**

| | People reporting they have visited a dentist or dental clinic in the last year ~ | | | | | People reporting they have some form of dental insurance ~ | | | | | People reporting they have heard of the oral cancer screening test ~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Marital Status** | | | | | ** | | | | | ** | | | | | ^ |
| Married or partner of unmarried couple | 2973 | 2376 | 80% | 78-81% | | 2966 | 2118 | 73% | 71-75% | | 2912 | 1348 | 45% | 43-47% | |
| Divorced or separated | 844 | 594 | 69% | 65-72% | | 843 | 536 | 64% | 60-68% | | 828 | 378 | 45% | 41-49% | |
| Widowed | 795 | 525 | 65% | 61-69% | | 787 | 351 | 45% | 41-49% | | 779 | 370 | 47% | 43-51% | |
| Never Married | 378 | 287 | 73% | 66-78% | | 378 | 230 | 61% | 55-67% | | 375 | 165 | 44% | 38-50% | |
| **Education** | | | | | ** | | | | | ** | | | | | ** |
| Less than high school | 500 | 212 | 43% | 38-48% | | 498 | 205 | 43% | 38-48% | | 498 | 196 | 37% | 32-42% | |
| High school grad or GED | 1473 | 1047 | 71% | 68-74% | | 1468 | 877 | 63% | 60-66% | | 1453 | 650 | 44% | 41-47% | |
| College 1-3 years | 1125 | 882 | 79% | 76-81% | | 1124 | 753 | 70% | 67-73% | | 1106 | 543 | 48% | 45-52% | |
| College grad | 1031 | 885 | 86% | 83-88% | | 1030 | 740 | 73% | 70-76% | | 1005 | 470 | 45% | 42-49% | |
| Advanced degree | 861 | 755 | 87% | 84-90% | | 854 | 660 | 80% | 76-82% | | 832 | 401 | 46% | 42-50% | |
| **Employment Status** | | | | | ** | | | | | ** | | | | | ^ |
| Employed for wages | 2375 | 1919 | 80% | 78-82% | | 2376 | 1931 | 83% | 81-85% | | 2326 | 1074 | 45% | 43-48% | |
| Self-employed | 375 | 274 | 74% | 69-79% | | 372 | 182 | 51% | 45-57% | | 371 | 154 | 40% | 34-46% | |
| Retired | 1593 | 1145 | 72% | 70-75% | | 1581 | 803 | 53% | 50-56% | | 1554 | 745 | 47% | 44-50% | |
| Other | 653 | 447 | 69% | 65-73% | | 650 | 324 | 52% | 47-56% | | 647 | 287 | 42% | 38-47% | |
| **Household Income** | | | | | ** | | | | | ** | | | | | ** |
| <$25,000 | 903 | 494 | 54% | 50-58% | | 894 | 357 | 43% | 39-47% | | 890 | 375 | 40% | 36-44% | |
| $25,000-<$35,000 | 512 | 348 | 66% | 61-71% | | 511 | 289 | 55% | 50-60% | | 499 | 237 | 48% | 43-53% | |
| $35,000-<$50,000 | 713 | 550 | 76% | 72-79% | | 712 | 491 | 70% | 66-74% | | 697 | 313 | 44% | 40-48% | |
| $50,000-<$75,000 | 752 | 624 | 83% | 80-86% | | 751 | 586 | 80% | 76-83% | | 736 | 340 | 45% | 41-49% | |
| $75,000 or greater | 1320 | 1173 | 88% | 86-90% | | 1318 | 1066 | 83% | 80-85% | | 1286 | 611 | 47% | 44-50% | |
| Don't Know/Not Sure | 213 | 143 | 68% | 60-75% | | 209 | 105 | 53% | 45-61% | | 215 | 90 | 40% | 33-48% | |
| Refused | 598 | 465 | 77% | 73-81% | | 601 | 355 | 62% | 57-66% | | 593 | 307 | 49% | 44-53% | |

~ Some data missing for marital status, education, and employment status.

** Statistically significant, p-value $\leq$ 0.05.

^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

**TABLE 7-2 PEOPLE REPORTING THEY HAVE EVER HAD AN ORAL CANCER SCREENING EXAM, AMONG THOSE AGE 40 YEARS AND OLDER**

| | TOTAL ~ | | | | | URBAN ~ | | | | | RURAL ~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Total Population** | 4861 | 2120 | 43% | 41-44% | | 3275 | 1463 | 44% | 42-46% | | 1586 | 657 | 40% | 37-42% | |
| **Gender** | | | | | ** | | | | | ** | | | | | ** |
| Male | 1845 | 715 | 38% | 36-41% | | 1244 | 503 | 40% | 36-43% | | 601 | 212 | 34% | 30-39% | |
| Female | 3016 | 1405 | 47% | 44-49% | | 2031 | 960 | 47% | 45-50% | | 985 | 445 | 45% | 41-48% | |
| **Age** | | | | | ^ | | | | | ** | | | | | ^ |
| 40-49 years | 1561 | 678 | 42% | 39-45% | | 1083 | 467 | 42% | 38-45% | | 478 | 211 | 42% | 37-47% | |
| 50-64 years | 1861 | 847 | 46% | 43-48% | | 1241 | 585 | 47% | 44-50% | | 620 | 262 | 41% | 37-45% | |
| 65 years and above | 1439 | 595 | 40% | 38-43% | | 951 | 411 | 42% | 38-45% | | 488 | 184 | 36% | 31-40% | |
| **Race** | | | | | ** | | | | | ** | | | | | ** |
| White | 3717 | 1758 | 48% | 46-49% | | 2308 | 1156 | 50% | 48-52% | | 1409 | 602 | 42% | 39-44% | |
| African American | 952 | 282 | 29% | 25-32% | | 826 | 248 | 29% | 26-33% | | 126 | 34 | 25% | 17-34% | |
| Other | 192 | 80 | 41% | 32-50% | | 141 | 59 | 41% | 32-51% | | 51 | 21 | 38% | 23-56% | |
| **Gender and Race** | | | | | ** | | | | | ** | | | | | ** |
| White Males | 1447 | 600 | 42% | 39-45% | | 905 | 405 | 45% | 41-48% | | 542 | 195 | 36% | 32-41% | |
| African American Males | 323 | 87 | 26% | 21-32% | | 284 | 76 | 27% | 21-33% | | 39 | 11 | 23% | 12-38% | |
| Other Males | 75 | 28 | 36% | 24-51% | | 55 | 22 | 38% | 24-53% | | 20 | 6 | 21% | 9-43% | |
| White Females | 2270 | 1158 | 52% | 50-55% | | 1403 | 751 | 54% | 52-57% | | 867 | 407 | 47% | 43-50% | |
| African American Females | 629 | 195 | 30% | 27-35% | | 542 | 172 | 31% | 27-35% | | 87 | 23 | 27% | 17-38% | |
| Other Females | 117 | 52 | 45% | 34-56% | | 86 | 37 | 44% | 32-56% | | 31 | 15 | 53% | 31-74% | |

~ Some data missing for marital status, education, and employment status.

** Statistically significant, p-value $\leq$ 0.05.

^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

**TABLE 7-2 PEOPLE REPORTING THEY HAVE EVER HAD AN ORAL CANCER SCREENING EXAM, AMONG THOSE AGE 40 YEARS AND OLDER**

| | TOTAL ~ | | | | | URBAN ~ | | | | | RURAL ~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Marital Status** | | | | | ** | | | | | ** | | | | | ^ |
| Married or partner of unmarried couple | 2889 | 1336 | 45% | 43-47% | | 1869 | 904 | 47% | 44-49% | | 1020 | 432 | 40% | 37-43% | |
| Divorced or separated | 820 | 348 | 40% | 36-44% | | 586 | 255 | 41% | 36-46% | | 234 | 93 | 38% | 31-46% | |
| Widowed | 764 | 281 | 34% | 30-38% | | 503 | 175 | 32% | 28-37% | | 261 | 106 | 41% | 35-47% | |
| Never Married | 367 | 148 | 38% | 32-44% | | 301 | 122 | 38% | 32-45% | | 66 | 26 | 37% | 25-50% | |
| **Education** | | | | | ** | | | | | ** | | | | | ** |
| Less than high school | 495 | 117 | 24% | 20-29% | | 303 | 77 | 26% | 21-32% | | 192 | 40 | 20% | 15-27% | |
| High school grad or GED | 1444 | 513 | 35% | 32-38% | | 860 | 316 | 36% | 33-40% | | 584 | 197 | 33% | 28-37% | |
| College 1-3 years | 1083 | 484 | 44% | 41-48% | | 696 | 301 | 44% | 40-48% | | 387 | 183 | 46% | 40-52% | |
| College grad | 994 | 541 | 51% | 47-55% | | 753 | 411 | 51% | 47-55% | | 241 | 130 | 50% | 43-58% | |
| Advanced degree | 825 | 455 | 54% | 50-58% | | 646 | 349 | 53% | 49-58% | | 179 | 106 | 59% | 51-66% | |
| **Employment Status** | | | | | ^ | | | | | ^ | | | | | ^ |
| Employed for wages | 2299 | 1049 | 44% | 42-47% | | 1579 | 731 | 45% | 42-48% | | 720 | 318 | 42% | 38-46% | |
| Self-employed | 364 | 150 | 40% | 34-46% | | 242 | 96 | 39% | 32-46% | | 122 | 54 | 41% | 32-51% | |
| Retired | 1541 | 655 | 42% | 39-45% | | 1007 | 442 | 43% | 40-46% | | 534 | 213 | 38% | 34-43% | |
| Other | 640 | 257 | 40% | 36-45% | | 433 | 187 | 42% | 37-48% | | 207 | 70 | 33% | 26-41% | |
| **Household Income** | | | | | ** | | | | | ** | | | | | ** |
| <$25,000 | 883 | 251 | 28% | 25-32% | | 545 | 161 | 29% | 25-34% | | 338 | 90 | 24% | 20-29% | |
| $25,000-<$35,000 | 496 | 187 | 37% | 32-42% | | 300 | 112 | 38% | 32-44% | | 196 | 75 | 36% | 28-43% | |
| $35,000-<$50,000 | 691 | 290 | 40% | 36-44% | | 439 | 188 | 40% | 35-45% | | 252 | 102 | 38% | 32-45% | |
| $50,000-<$75,000 | 725 | 332 | 43% | 39-47% | | 489 | 221 | 43% | 38-48% | | 236 | 111 | 43% | 36-50% | |
| $75,000 or greater | 1276 | 692 | 54% | 51-57% | | 947 | 516 | 55% | 51-58% | | 329 | 176 | 51% | 45-57% | |
| Don't Know/Not Sure | 211 | 88 | 39% | 32-47% | | 131 | 56 | 40% | 31-49% | | 80 | 32 | 37% | 26-49% | |
| Refused | 579 | 280 | 46% | 41-50% | | 424 | 209 | 45% | 40-50% | | 155 | 71 | 47% | 39-56% | |

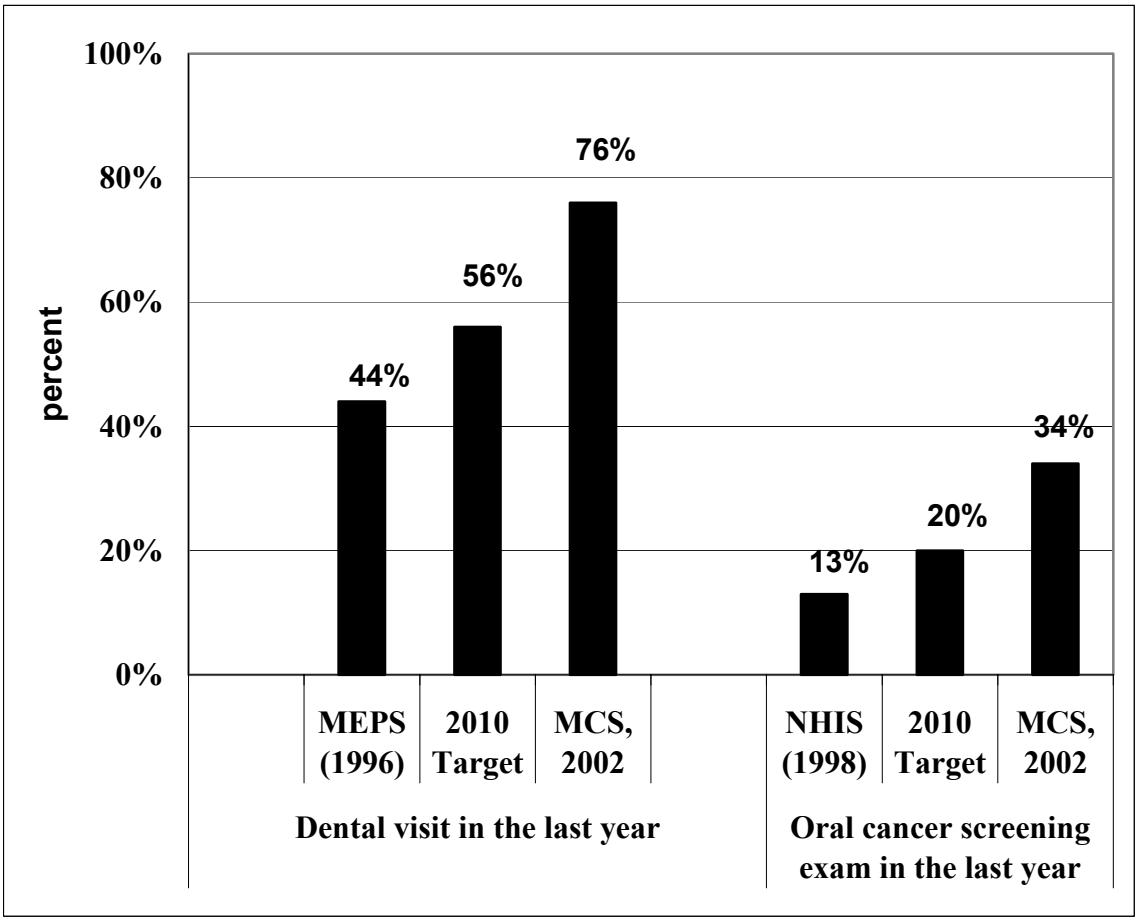
~ Some data missing for marital status, education, and employment status.

** Statistically significant, p-value $\leq$ 0.05.

^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

**Chart 7-1 Comparison of the results of the Maryland Cancer Survey, 2002 to national baselines and Healthy People 2010 target values; proportion of people age 40 years and older who have visited the dentist in the previous year and had an oral cancer screening test in the previous year.**




MEPS-Medical Expenditure Panel Survey
NHIS-National Health Interview Survey
2010 Target-Healthy People 2010
MCS, 2002-Maryland Cancer Survey, 2002

## Chapter 8. Methods to Prevent Sun Exposure

Skin cancer is the most common form of cancer in the United States.[1] Excess exposure to ultra violet (UV) radiation has long been linked to both melanoma and nonmelanoma skin cancers.[2] Exposure to the sun's UV rays appears to be the most important preventable factor in the development of skin cancer.[3] Healthy People 2010 recommends four ways to protect the skin from sun exposure and to reduce the risk of skin cancer.[4] These recommendations are to avoid the sun between the hours of 10 a.m. and 4 p.m., wear sun-protective clothing when exposed to sunlight, use sunscreen with a sun-protective factor (SPF) of 15 or higher, and avoid artificial sources of UV light. This survey assessed how frequently people report that they incorporated these recommendations into their lifestyle (Table 8-1).

Thirty-seven percent of people age 40 years and older report they always or nearly always avoid the sun between the hours of 10 a.m. and 4 p.m. Women are more likely to avoid the sun than men (45% vs. 28%). This holds true for women of all races. People in the older age group (65 years and above) are more likely to avoid the sun during peak exposure hours.

To determine how often people protected their skin from the sun when outside, people were asked about their use of sunscreen, hats, and other protective clothing. Thirty-three percent reported they always or nearly always use sunscreen with an SPF rating of at least 15 when outdoors for an hour or more on a sunny day. White females were more likely to use sunscreen than African American females, females of "other" races, and men of all races. Statistically significant differences were also observed by education, marital status, and income. People that are married or are the partner of an unmarried couple were more likely to use sunscreen as were those with a college education or advanced degree or who had higher annual incomes. There was almost no variation found between age groups.

African American males were more likely (32%) to always or nearly always wear a protective hat when outdoors for an hour or more on a sunny day than any other gender/race group, while men of "other" races were the least likely to wear a hat. There was no difference by annual income. There was a statistically significant difference by educational level, but no trend was observed.

Only 25% of Marylanders age 40 years and older reported they always or nearly always wear protective clothing, such as a long sleeved shirt or long pants, when outdoors for an hour or more on a sunny day. There was no significant difference by gender. However when both race and gender were examined together, African American men and women, and women of "other" races were most likely to wear protective clothing. Differences in wearing protective clothing when outdoors for an hour or more on a sunny day were also seen by age, marital status, and education. The percentage of people that used protective clothing increased with age. The use of

---

[1] What you need to know about skin cancer. NIH Publication, 2002. No. 95-1564. http://www.cancer.gov/cancerinfo/wyntk/skin#1

[2] Koh, HK et. al. Prevention and early detection strategies for melanoma and skin cancer: Current status. Archives of Dermatology. 1996 132(4):436-442.

[3] Cancer Facts and Figures. American Cancer Society, 2003. http://www.cancer.org/downloads/STT/CAFF2003PWSecured.pdf

[4] Healthy People 2010, US Department of Health and Human Services, 2000.

protective clothing decreased with increasing educational level or annual income. People that are retired or widowed were more likely to wear protective clothing.

One of the objectives of Healthy People 2010 is to increase the proportion of people who use at least one form of sun protection to 75% of adults 18 years and older. The national baseline from the National Health Interview Survey, 1998 is 47%. [4] The MCS found 67% of Marylanders age 40 years and older always, or almost always, use at least one of the following methods; avoidance, sunscreen, wear a protective hat, or wear other protective clothing. Healthy People 2010 also recommends avoiding sources of artificial ultraviolet light. Only 4% of Marylanders, age 40 and above, reported they use artificial sources such as tanning beds or tanning lamps.

**TABLE 8-1 PEOPLE WHO REPORT THAT THEY USE METHODS TO PREVENT SUN EXPOSURE, AMONG THOSE AGE 40 YEARS AND OLDER**

| | People reporting they always or nearly always avoid the sun between the hours of 10am and 4pm ~ | | | | | People reporting they always or nearly always use sunscreen with a SPF rating of 15 or higher when outdoors for an hour or more on a sunny day ~ | | | | | People reporting they always or nearly always wear a wide-brimmed hat or other hat that shades their face, ears, and neck when outdoors for an hour or more on a sunny day ~ | | | | | People reporting they always or nearly always wear protective clothing like a long sleeved shirt or long pants when outdoors for an hour or more on a sunny day ~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Total Population** | 4658 | 1795 | 37% | 35-39% | | 4784 | 1654 | 33% | 31-34% | | 4803 | 1159 | 24% | 23-25% | | 4772 | 1195 | 25% | 24-27% | |
| **Gender** | | | | | ** | | | | | ** | | | | | ** | | | | | ^ |
| Male | 1823 | 498 | 28% | 26-30% | | 1878 | 413 | 22% | 20-24% | | 1885 | 505 | 26% | 24-29% | | 1878 | 480 | 26% | 23-28% | |
| Female | 2835 | 1297 | 45% | 43-47% | | 2906 | 1241 | 43% | 40-45% | | 2918 | 654 | 22% | 20-24% | | 2894 | 715 | 25% | 24-27% | |
| **Age** | | | | | ** | | | | | ^ | | | | | ** | | | | | ** |
| 40-49 years | 1548 | 527 | 34% | 31-37% | | 1581 | 557 | 33% | 30-35% | | 1579 | 256 | 16% | 14-18% | | 1576 | 297 | 20% | 17-22% | |
| 50-64 years | 1818 | 717 | 38% | 36-41% | | 1865 | 636 | 33% | 30-35% | | 1874 | 440 | 25% | 23-27% | | 1864 | 439 | 25% | 23-27% | |
| 65 years and above | 1292 | 551 | 40% | 37-43% | | 1338 | 461 | 33% | 30-36% | | 1350 | 463 | 35% | 33-38% | | 1332 | 459 | 36% | 33-39% | |
| **Race** | | | | | ^ | | | | | ** | | | | | ^ | | | | | ** |
| White | 3582 | 1344 | 36% | 34-38% | | 3664 | 1454 | 39% | 38-41% | | 3680 | 856 | 23% | 21-25% | | 3653 | 824 | 22% | 21-24% | |
| African American | 890 | 373 | 40% | 37-44% | | 925 | 152 | 15% | 13-18% | | 929 | 258 | 28% | 25-31% | | 927 | 308 | 34% | 30-37% | |
| Other | 186 | 78 | 39% | 31-48% | | 195 | 48 | 23% | 17-31% | | 194 | 45 | 20% | 14-27% | | 192 | 63 | 31% | 24-39% | |
| **Gender and Race** | | | | | ** | | | | | ** | | | | | ** | | | | | ** |
| White Males | 1435 | 377 | 27% | 24-29% | | 1478 | 378 | 27% | 25-30% | | 1485 | 388 | 25% | 23-28% | | 1475 | 343 | 23% | 20-25% | |
| African American Males | 314 | 97 | 32% | 26-38% | | 322 | 24 | 7% | 5-11% | | 323 | 103 | 32% | 27-38% | | 326 | 113 | 35% | 30-41% | |
| Other Males | 74 | 24 | 30% | 19-43% | | 78 | 11 | 16% | 8-29% | | 77 | 14 | 17% | 9-28% | | 77 | 24 | 25% | 16-37% | |
| White Females | 2147 | 967 | 44% | 42-47% | | 2186 | 1076 | 51% | 48-53% | | 2195 | 468 | 21% | 19-23% | | 2178 | 481 | 22% | 20-24% | |
| African American Females | 576 | 276 | 47% | 42-51% | | 603 | 128 | 22% | 18-26% | | 606 | 155 | 24% | 21-28% | | 601 | 195 | 32% | 28-36% | |
| Other Females | 112 | 54 | 47% | 36-58% | | 117 | 37 | 30% | 21-41% | | 117 | 31 | 23% | 16-33% | | 115 | 39 | 36% | 26-48% | |
| **Marital Status** | | | | | | | | | | | | | | | | | | | | |
| Married or partner of unmarried couple | 2811 | 998 | 35% | 33-37% | ** | 2890 | 1088 | 35% | 34-37% | ** | 2899 | 705 | 24% | 22-26% | ** | 2887 | 650 | 23% | 22-25% | ** |
| Divorced or separated | 790 | 325 | 41% | 36-45% | | 803 | 232 | 26% | 23-30% | | 808 | 153 | 19% | 16-22% | | 804 | 212 | 27% | 24-31% | |
| Widowed | 682 | 321 | 46% | 41-50% | | 703 | 222 | 29% | 26-33% | | 709 | 223 | 34% | 30-38% | | 698 | 227 | 34% | 30-38% | |
| Never Married | 356 | 144 | 39% | 34-46% | | 367 | 107 | 27% | 22-32% | | 366 | 73 | 19% | 15-24% | | 363 | 103 | 29% | 24-35% | |
| **Education** | | | | | ^ | | | | | ** | | | | | ** | | | | | ** |
| Less than high school | 417 | 166 | 36% | 31-42% | | 442 | 83 | 16% | 13-20% | | 445 | 112 | 25% | 21-31% | | 444 | 138 | 31% | 26-36% | |
| High school grad or GED | 1361 | 520 | 37% | 34-40% | | 1400 | 413 | 27% | 25-30% | | 1399 | 273 | 20% | 17-22% | | 1393 | 333 | 25% | 23-28% | |
| College 1-3 years | 1054 | 402 | 37% | 34-41% | | 1083 | 374 | 33% | 30-37% | | 1084 | 256 | 23% | 21-27% | | 1078 | 272 | 25% | 22-28% | |
| College grad | 981 | 388 | 38% | 35-42% | | 997 | 418 | 41% | 37-44% | | 1007 | 263 | 25% | 22-28% | | 996 | 254 | 26% | 23-30% | |
| Advanced degree | 825 | 309 | 36% | 32-40% | | 841 | 359 | 40% | 36-44% | | 847 | 249 | 29% | 26-33% | | 841 | 193 | 22% | 19-25% | |

~ Some data missing for marital status, education, and employment status.
** Statistically significant, p-value ≤ 0.05.
^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

**TABLE 8-1 PEOPLE WHO REPORT THAT THEY USE METHODS TO PREVENT SUN EXPOSURE, AMONG THOSE AGE 40 YEARS AND OLDER**

| | People reporting they always or nearly always avoid the sun between the hours of 10am and 4pm ~ | | | | | People reporting they always or nearly always use sunscreen with a SPF rating of 15 or higher when outdoors for an hour or more on a sunny day ~ | | | | | People reporting they always or nearly always wear a wide-brimmed hat or other hat that shades their face, ears, and neck when outdoors for an hour or more on a sunny day ~ | | | | | People reporting they always or nearly always wear protective clothing like a long sleeved shirt or long pants when outdoors for an hour or more on a sunny day ~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Employment Status** | | | | | ** | | | | | ** | | | | | ** | | | | | ** |
| Employed for wages | 2284 | 884 | 37% | 35-40% | | 2328 | 811 | 33% | 31-35% | | 2335 | 467 | 20% | 18-22% | | 2326 | 485 | 21% | 20-23% | |
| Self-employed | 364 | 104 | 29% | 24-35% | | 369 | 131 | 32% | 27-38% | | 367 | 84 | 22% | 18-27% | | 367 | 86 | 24% | 19-30% | |
| Retired | 1403 | 570 | 38% | 35-41% | | 1460 | 494 | 33% | 30-35% | | 1473 | 497 | 35% | 32-38% | | 1454 | 481 | 34% | 31-37% | |
| Other | 593 | 232 | 39% | 34-43% | | 610 | 215 | 34% | 30-38% | | 611 | 106 | 17% | 14-21% | | 609 | 138 | 24% | 20-28% | |
| **Household Income** | | | | | ** | | | | | ** | | | | | ^ | | | | | ** |
| <$25,000 | 779 | 333 | 40% | 36-45% | | 818 | 224 | 25% | 21-28% | | 823 | 212 | 26% | 23-30% | | 809 | 259 | 34% | 30-39% | |
| $25,000-<$35,000 | 476 | 197 | 42% | 37-48% | | 486 | 135 | 26% | 22-31% | | 488 | 118 | 24% | 20-28% | | 487 | 125 | 28% | 23-33% | |
| $35,000-<$50,000 | 671 | 264 | 36% | 32-41% | | 683 | 208 | 28% | 24-32% | | 688 | 152 | 22% | 18-25% | | 686 | 166 | 24% | 20-28% | |
| $50,000-<$75,000 | 719 | 267 | 36% | 32-40% | | 733 | 256 | 33% | 29-37% | | 735 | 159 | 22% | 18-25% | | 732 | 179 | 24% | 21-28% | |
| $75,000 or greater | 1281 | 435 | 33% | 30-36% | | 1303 | 544 | 39% | 36-42% | | 1307 | 305 | 23% | 21-26% | | 1299 | 251 | 19% | 17-22% | |
| Don't Know/Not Sure | 180 | 76 | 43% | 35-52% | | 187 | 66 | 38% | 30-47% | | 188 | 51 | 30% | 23-39% | | 190 | 57 | 33% | 25-41% | |
| Refused | 552 | 223 | 40% | 35-45% | | 574 | 221 | 37% | 33-42% | | 574 | 162 | 27% | 23-32% | | 569 | 158 | 28% | 24-33% | |

~ Some data missing for marital status, education, and employment status.
** Statistically significant, p-value ≤ 0.05.
^ Not statistically significant, p-value > 0.05.

## Chapter 9. Perceived Risk of Developing Cancer and Screening Behaviors

The MCS examined whether perception of cancer risk was associated with cancer screening behavior. Respondents were asked about how concerned they were about getting cancer, about their perceived risk of cancer, and about the amount of cancer in their family. They were also asked to rate their health status. The responses to these questions were examined in reference to screening practices and selected demographic variables.

Eighty-three percent of Marylanders said they were very or somewhat concerned about getting cancer (Table 9-1). Concern about getting cancer was statistically significantly associated with all the demographic characteristics: women were more likely than men to be concerned about getting cancer (84% vs. 81%); those age 40-49 and 50-64 years were also more likely to be concerned than those 65 years and older (86%, 86% vs. 73%); widowed Marylanders, those with less than a high school education, retired individuals, or those earning less than $25,000 per year were less concerned about getting cancer. Whites and African Americans were more concerned about getting cancer than people of "other" races.

Those who were somewhat or very concerned about getting cancer in the future reported higher screening rates for breast and oral cancer screening than those who were not concerned at all (Table 9-2). For colorectal, prostate, and cervical cancer screening, concern about getting cancer did not affect the proportions of people screened.

When people were asked about their risk of developing cancer, 63% reported that their risk was medium to high (Table 9-1). There was no difference in perceived risk of getting cancer between men and women. Those 65 years and older were significantly less likely to perceive their risk to be medium to high when compared to people in the younger age groups. This is of note, because the incidence of cancer increases with age. A statistically significantly greater percentage of whites believed their risk was medium to high (66%) than either African Americans (59%) or those of "other" races (46%). People who were widowed or retired were less likely to believe their risk was medium to high than those with any other marital or employment status. There were no discernible trends of risk by educational level or income.

When this variable was examined by ever having one of six screening tests (Table 9-2), there was a statistically significant difference only in the responses for oral cancer screening. For most of the screening tests, beliefs about personal risk of developing cancer were not associated with whether or not people were screened. Only for oral cancer were statistically significantly higher screening rates seen among those who believed they had an increased risk of developing cancer, compared to those who believed they had a low risk (of those believing they were at high to medium risk of cancer, 45% had been screened vs. 41% of those believing they were at low risk).

When people were asked to categorize the amount of cancer in their family (high, medium, or low), 42% of Marylanders answered that the amount of cancer in their family was medium to high (Table 9-1). No significant difference was found for amount of cancer believed to be in the family by education, marital status, or income. Women were statistically

significantly more likely (45%) than men (38%) to believe that the amount of cancer in their family was medium to high. Older individuals (age 65 and older) were less likely to believe that they had a medium to high amount of cancer in their family in comparison to the younger age groups. African Americans, and those of "other" races were less likely to state that their family history risk of cancer was medium to high in comparison to whites (37%, 38% vs. 44%). Retired Marylanders were less likely to think that the amount of cancer in their family was medium to high than those of any other employment status.

When examining cancer screening practices, the only significant difference was found in the responses of those who had an endoscopy (sigmoidoscopy or colonoscopy). (Table 9-2) Those who believed they had a high or medium amount of cancer in their family were more likely (61%) to have had an endoscopy than those who believed the amounts of cancer were low (56%).

With respect to self-perceived health status, 50% of Marylanders reported that their health status was excellent or very good, 33% reported their health status as good, and 17% reported their health status as fair or poor (Table 9-3). There was no difference in perceived health status between men and women. Those who were younger, married or a partner of an unmarried couple, had higher education level, were employed or had higher income were more likely to report their health status as excellent or very good. A greater percentage of people 65 years and older, African Americans, those with less than a high school education, those earning less than $35,000 annually, or those who are retired or have an employment status of "other" report having fair to poor health.

The only significant differences found in the screening categories were for those who had ever had a PSA, Pap smear, or oral cancer screening test (Table 9-2). Those who perceived their health to be excellent or very good were more likely (78%) to have had a PSA test (78%) than those who perceived their health as good (74%) or poor (69%). A similar pattern existed for those who had ever had a Pap smear or oral cancer screening test.

**TABLE 9-1 RESPONSES TO QUESTIONS ABOUT PERCEIVED RISK OF DEVELOPING CANCER, AMONG THOSE AGE 40 YEARS AND OLDER**

| | People reporting to be very or somewhat concerned about getting cancer ~ | | | | | People reporting to believe their risk of getting cancer is medium to high ~ | | | | | People reporting to believe the amount of cancer in their family is medium to high ~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Total Population** | 4974 | 4095 | 83% | 81-84% | | 4661 | 2934 | 63% | 62-65% | | 4938 | 2126 | 42% | 41-44% | |
| **Gender** | | | | | ** | | | | | ^ | | | | | ** |
| Male | 1895 | 1524 | 81% | 79-83% | | 1789 | 1110 | 63% | 60-65% | | 1881 | 721 | 38% | 36-41% | |
| Female | 3079 | 2571 | 84% | 82-85% | | 2872 | 1824 | 64% | 62-66% | | 3057 | 1405 | 45% | 43-48% | |
| **Age** | | | | | ** | | | | | ** | | | | | ** |
| 40-49 years | 1592 | 1379 | 86% | 84-88% | | 1524 | 1036 | 68% | 65-71% | | 1574 | 731 | 45% | 43-48% | |
| 50-64 years | 1909 | 1640 | 86% | 84-88% | | 1822 | 1224 | 67% | 64-69% | | 1901 | 850 | 44% | 41-46% | |
| 65 years and older | 1473 | 1076 | 73% | 70-75% | | 1315 | 674 | 52% | 48-55% | | 1463 | 545 | 36% | 33-39% | |
| **Race** | | | | | ** | | | | | ** | | | | | ** |
| White | 3812 | 3159 | 83% | 82-85% | | 3613 | 2337 | 66% | 64-68% | | 3787 | 1699 | 44% | 43-46% | |
| African American | 960 | 784 | 82% | 79-84% | | 863 | 508 | 59% | 55-63% | | 953 | 352 | 37% | 34-41% | |
| Other | 202 | 152 | 77% | 69-83% | | 185 | 89 | 46% | 37-55% | | 198 | 75 | 38% | 29-46% | |
| **Gender and Race** | | | | | ** | | | | | ** | | | | | ** |
| White Males | 1496 | 1205 | 81% | 79-84% | | 1422 | 903 | 66% | 63-68% | | 1483 | 601 | 41% | 38-44% | |
| African American Males | 323 | 258 | 81% | 75-85% | | 296 | 177 | 60% | 53-66% | | 322 | 95 | 32% | 27-28% | |
| Other Males | 76 | 61 | 81% | 68-90% | | 71 | 30 | 34% | 22-49% | | 76 | 25 | 33% | 21-48% | |
| White Females | 2316 | 1954 | 85% | 83-87% | | 2191 | 1434 | 66% | 64-69% | | 2304 | 1098 | 47% | 45-50% | |
| African American Females | 637 | 526 | 83% | 79-86% | | 567 | 331 | 58% | 54-63% | | 631 | 257 | 41% | 37-45% | |
| Other Females | 126 | 91 | 73% | 63-82% | | 114 | 59 | 56% | 45-67% | | 122 | 50 | 41% | 31-52% | |

~ Some data missing for marital status, education, and employment status.
** Statistically significant, p-value $\leq$ 0.05.
^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

**TABLE 9-1 RESPONSES TO QUESTIONS ABOUT PERCEIVED RISK OF DEVELOPING CANCER, AMONG THOSE AGE 40 YEARS AND OLDER**

| | People reporting to be very or somewhat concerned about getting cancer ~ | | | | | People reporting to believe their risk of getting cancer is medium to high ~ | | | | | People reporting to believe the amount of cancer in their family is medium to high ~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Marital Status** | | | | | ** | | | | | ** | | | | | ^ |
| Married or partner of unmarried couple | 2952 | 2505 | 84% | 83-86% | | 2809 | 1807 | 64% | 62-66% | | 2934 | 1256 | 42% | 39-44% | |
| Divorced or separated | 836 | 693 | 83% | 80-86% | | 781 | 512 | 67% | 63-70% | | 827 | 377 | 45% | 41-49% | |
| Widowed | 788 | 578 | 73% | 69-77% | | 701 | 379 | 55% | 50-59% | | 787 | 315 | 40% | 36-44% | |
| Never Married | 376 | 301 | 80% | 75-85% | | 352 | 224 | 65% | 59-71% | | 370 | 169 | 47% | 41-54% | |
| **Education** | | | | | ** | | | | | ** | | | | | ^ |
| Less than high school | 497 | 364 | 74% | 69-78% | | 424 | 257 | 61% | 56-66% | | 494 | 219 | 42% | 37-47% | |
| High school grad or GED | 1458 | 1196 | 82% | 80-84% | | 1357 | 878 | 66% | 63-68% | | 1454 | 633 | 43% | 40-46% | |
| College 1-3 years | 1119 | 935 | 85% | 82-87% | | 1067 | 685 | 65% | 62-68% | | 1111 | 489 | 44% | 41-48% | |
| College grad | 1024 | 856 | 84% | 81-86% | | 972 | 593 | 61% | 57-64% | | 1017 | 416 | 39% | 35-42% | |
| Advanced degree | 855 | 729 | 85% | 81-87% | | 824 | 512 | 62% | 58-66% | | 843 | 359 | 44% | 40-48% | |
| **Employment Status** | | | | | ** | | | | | ** | | | | | ** |
| Employed for wages | 2362 | 2044 | 86% | 84-88% | | 2258 | 1500 | 66% | 64-68% | | 2342 | 1024 | 43% | 40-45% | |
| Self-employed | 370 | 313 | 85% | 81-89% | | 361 | 229 | 61% | 55-67% | | 367 | 161 | 42% | 36-48% | |
| Retired | 1574 | 1192 | 76% | 73-78% | | 1421 | 783 | 56% | 53-59% | | 1567 | 620 | 39% | 36-41% | |
| Other | 651 | 535 | 84% | 81-87% | | 606 | 415 | 71% | 66-75% | | 646 | 315 | 48% | 44-53% | |
| **Household Income** | | | | | ** | | | | | ** | | | | | ^ |
| <$25,000 | 893 | 689 | 78% | 75-81% | | 790 | 474 | 63% | 59-67% | | 891 | 394 | 44% | 41-48% | |
| $25,000-<$35,000 | 504 | 419 | 84% | 80-87% | | 476 | 304 | 65% | 60-70% | | 509 | 223 | 43% | 38-48% | |
| $35,000-<$50,000 | 706 | 594 | 84% | 80-87% | | 670 | 446 | 67% | 63-71% | | 709 | 305 | 42% | 37-46% | |
| $50,000-<$75,000 | 746 | 624 | 83% | 80-86% | | 713 | 461 | 63% | 58-67% | | 740 | 295 | 39% | 35-44% | |
| $75,000 or greater | 1314 | 1143 | 87% | 85-89% | | 1278 | 824 | 65% | 62-68% | | 1299 | 581 | 44% | 41-47% | |
| Don't Know/Not Sure | 216 | 162 | 77% | 69-83% | | 190 | 109 | 58% | 50-66% | | 206 | 92 | 45% | 37-53% | |
| Refused | 595 | 464 | 77% | 73-81% | | 544 | 316 | 57% | 52-62% | | 584 | 236 | 38% | 33-42% | |

~ Some data missing for marital status, education, and employment status.
** Statistically significant, p-value $\leq$ 0.05.
^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

## TABLE 9-2 CANCER SCREENING PRACTICES AND SELF-PERCEIVED RISK AND HEALTH STATUS

| | People reporting to have ever had a fecal occult blood test~ | | | | | People reporting to have ever had sigmoidoscopy or colonoscopy~ | | | | | Men reporting to have ever had a prostatic specific antigen Test~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected characteristic** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** |
| **Concerned about getting Cancer** | | | | | ^ | | | | | ^ | | | | | ^ |
| Very or somewhat concerned | 2701 | 1565 | 58% | 56-60% | | 2697 | 1609 | 59% | 57-61% | | 970 | 755 | 75% | 72-78% | |
| Not at all concerned | 664 | 355 | 55% | 51-60% | | 660 | 345 | 55% | 51-59% | | 263 | 189 | 74% | 68-80% | |
| **Believe his/her future risk of getting cancer is** | | | | | ^ | | | | | ^ | | | | | ^ |
| Low | 1234 | 706 | 57% | 54-61% | | 1227 | 698 | 57% | 54-60% | | 472 | 362 | 75% | 70-80% | |
| Medium or High | 1887 | 1062 | 57% | 54-59% | | 1886 | 1117 | 59% | 57-62% | | 682 | 513 | 74% | 70-78% | |
| **Believe the amount of cancer in her/his family is high** | | | | | ^ | | | | | ** | | | | | ^ |
| Low | 1960 | 1132 | 58% | 55-60% | | 1959 | 1094 | 56% | 53-59% | | 781 | 604 | 76% | 72-79% | |
| Medium or High | 1387 | 783 | 57% | 54-60% | | 1387 | 850 | 61% | 58-64% | | 445 | 336 | 74% | 69-79% | |
| **Self Perceived Health Status** | | | | | ^ | | | | | ^ | | | | | ** |
| Excellent or Very good | 1610 | 944 | 59% | 56-62% | | 1607 | 931 | 57% | 54-60% | | 586 | 469 | 78% | 73-82% | |
| Good | 1117 | 631 | 57% | 54-61% | | 1120 | 651 | 58% | 55-62% | | 422 | 320 | 74% | 69-79% | |
| Fair or Poor | 680 | 372 | 54% | 49-58% | | 671 | 397 | 61% | 56-65% | | 240 | 167 | 69% | 62-76% | |

~ age 50 years and older
~~ age 40 years and older
# among women with a uterus
** Statistically significant, p-value $\leq$ 0.05.
^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

## TABLE 9-2 CANCER SCREENING PRACTICES AND SELF-PERCEIVED RISK AND HEALTH STATUS

| | Women reporting to have ever had a mammogram~~ | | | | | Women reporting to have ever had a Pap smear #~~ | | | | | People reporting to have ever had oral cancer screening ~~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected characteristic** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** |
| **Concerned about getting Cancer** | | | | | ** | | | | | ^ | | | | | ** |
| Very or somewhat concerned | 2568 | 2426 | 94% | 93-95% | | 1732 | 1699 | 98% | 96-98% | | 3961 | 1779 | 44% | 42-46% | |
| Not at all concerned | 506 | 440 | 88% | 85-91% | | 330 | 313 | 96% | 93-97% | | 840 | 324 | 39% | 35-43% | |
| **Believe his/her future risk of getting cancer is** | | | | | ^ | | | | | ^ | | | | | ** |
| Low | 1046 | 964 | 92% | 90-94% | | 707 | 683 | 96% | 94-98% | | 1655 | 695 | 41% | 38-44% | |
| Medium or High | 1822 | 1708 | 94% | 92-95% | | 1220 | 1198 | 98% | 96-99% | | 2845 | 1296 | 45% | 43-47% | |
| **Believe the amount of cancer in her/his family is high** | | | | | ^ | | | | | ^ | | | | | ^ |
| Low | 1648 | 1523 | 92% | 91-94% | | 1127 | 1095 | 97% | 95-98% | | 2701 | 1142 | 42% | 40-44% | |
| Medium or High | 1404 | 1322 | 94% | 93-95% | | 918 | 900 | 98% | 96-99% | | 2064 | 942 | 44% | 42-47% | |
| **Self Perceived Health Status** | | | | | ^ | | | | | ** | | | | | ** |
| Excellent or Very good | 1569 | 1468 | 93% | 92-95% | | 1135 | 1112 | 98% | 97-99% | | 2423 | 1178 | 47% | 45-50% | |
| Good | 959 | 895 | 94% | 92-95% | | 615 | 601 | 97% | 95-98% | | 1555 | 644 | 41% | 38-44% | |
| Fair or Poor | 578 | 532 | 91% | 88-94% | | 331 | 318 | 94% | 90-97% | | 871 | 296 | 33% | 30-37% | |

~ age 50 years and older
~~ age 40 years and older
# among women with a uterus
** Statistically significant, p-value $\leq$ 0.05.
^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

## TABLE 9-3 SELF REPORTED HEALTH STATUS, AMONG THOSE AGE 40 YEARS AND OLDER

| | | People reporting health status as excellent or very good ~ | | | People reporting health status as good ~ | | | People reporting health status as fair or poor ~ | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **n** | **wt %** | **95% CI** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Total Population** | 5026 | 2518 | 50% | 49-52% | 1603 | 33% | 31-34% | 905 | 17% | 16-19% | |
| **Gender** | | | | | | | | | | | ^ |
| Male | 1915 | 948 | 50% | 47-52% | 642 | 34% | 31-36% | 325 | 17% | 15-19% | |
| Female | 3111 | 1570 | 51% | 49-53% | 961 | 32% | 30-33% | 580 | 18% | 16-19% | |
| **Age** | | | | | | | | | | | ** |
| 40-49 years | 1602 | 902 | 55% | 52-58% | 477 | 31% | 29-34% | 223 | 14% | 12-16% | |
| 50-64 years | 1930 | 980 | 51% | 48-54% | 612 | 32% | 29-34% | 338 | 17% | 15-19% | |
| 65 years and older | 1494 | 636 | 42% | 39-45% | 514 | 35% | 33-38% | 344 | 23% | 20-25% | |
| **Race** | | | | | | | | | | | ** |
| White | 3844 | 2039 | 54% | 52-56% | 1151 | 30% | 28-32% | 654 | 16% | 15-17% | |
| African American | 978 | 373 | 38% | 34-41% | 391 | 41% | 37-44% | 214 | 22% | 19-25% | |
| Other | 204 | 106 | 57% | 48-65% | 61 | 29% | 22-37% | 37 | 14% | 10-20% | |
| **Gender and Race** | | | | | | | | | | | ** |
| White Males | 1506 | 773 | 52% | 49-55% | 479 | 32% | 29-34% | 254 | 16% | 14-19% | |
| African American Males | 331 | 137 | 40% | 34-46% | 135 | 41% | 35-47% | 59 | 20% | 15-25% | |
| Other Males | 78 | 38 | 58% | 45-71% | 28 | 32% | 21-45% | 12 | 10% | 5-18% | |
| White Females | 2338 | 1266 | 56% | 53-58% | 672 | 29% | 27-31% | 400 | 16% | 14-17% | |
| African American Females | 647 | 236 | 36% | 32-40% | 256 | 41% | 37-45% | 155 | 23% | 20-27% | |
| Other Females | 126 | 68 | 55% | 44-66% | 33 | 26% | 18-37% | 25 | 18% | 12-28% | |

~ Some data missing for marital status, education, and employment status.
** Statistically significant, p-value $\leq$ 0.05.
^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

## Chapter 10. Access to Health Care and Cancer Screening

Research that has examined the effects of insurance status on (perceived or actual) access to screening has shown that people who are uninsured and underinsured are less likely to be screened for cancer.[1] In the MCS, we sought to determine whether access to health care and having health insurance was associated with higher levels of cancer screening. Analysis of the MCS shows that people with health insurance are more likely to have received cancer screening.

The MCS found 94% of Marylanders age 40 years and older have some form of health insurance (Table 10-1). This did not vary significantly by urban or rural area of residence or gender. Those in the younger age group (age 40-49 years) were less likely to have insurance than those in the older age groups (50-64 years and 65 years and older) (90% vs. 94% and 99%). African Americans and people of "other" races were less likely to have health insurance. Health insurance status also varied by marital status, education, employment status, and income. People who were divorced or separated or never married, had less than a high school education, were self-employed or had employment status of "other," or earned less than $50,000 per year were less likely to have health insurance. While the health insurance rate among Maryland residents is generally high, rates among subgroups of the population are not. Among Marylanders, who were age 40-49 years old and earned less than $25,000 annually, 68% of whites and African Americans had health insurance, compared to 42% of people of "other" races. Among those people 50-64 years of age earning less than $25,000 per year, 75% of whites had health insurance, 71% of African Americans had health insurance and 95% of people of "other" races reported having health insurance.

Having health insurance was significantly associated with screening. For each screening test (FOBT, endoscopy, PSA, mammogram, Pap smear, and oral exam), those with health insurance had higher screening rates than those without (Table 10-2). The contrast between those with and without health insurance was sharpest for those who had ever had the PSA test (76% vs. 42%), sigmoidoscopy or colonoscopy (59% vs. 29%), and FOBT (59% vs. 32%).

People that currently have health insurance were asked if there was a time in the last 12 months when they did not have insurance. Only 3% of this group answered "yes" to that question (Table 10-3). (Because survey responses in some cells are very small, these estimates may be unstable. Only results for the total population are presented.) People in the younger age groups (40-49 years and 50-64 years) were more likely to have been without health insurance sometime in the last year than those 65 years and over, as were African American women. Those that were never married or divorced or separated, had employment status of "other", or earned less than $25,000 annually were also more likely to have been without health insurance sometime in the last 12 months. The percentage of those screened was lower among those without health insurance sometime in the last 12 months, compared to those that had insurance throughout the year (Table 10-2). This difference was significant for all types of cancer screening, but oral cancer screening.

---

[1] Swan, J et. al. Progress in cancer screening practices in the United States: Results from the 2000 National Health Interview Survey. Cancer. 2003 Mar 15;97(6):1528-40.

Ninety-two percent of Marylanders over 40 years have one (or more than one) person they think of as their primary health care provider (Table 10-4). This did not vary by area of residence or education level. The percentage was statistically significantly higher among women and increased with age. African American males and males of "other" races had the lowest proportions. People that were divorced, separated or never married, were self-employed or had employment status of "other," or had annual incomes of less than $25,000 also had lower percentages of having a primary health care provider.

Those who reported that they have one or more than one person they think of as their health care provider were statistically significantly more likely to be screened (Table 10-2). The percent difference was largest for those who reported ever having had a PSA test (77% vs. 47%), sigmoidoscopy or colonoscopy (60% vs. 32%), and FOBT (59% vs. 35%).

We sought to determine whether regular visits to a primary care provider were associated with being screened for cancer. Those persons who reported having seen a provider for a routine examination more recently were statistically significantly more likely to have ever been screened (Table 10-2). Only 5% of Marylanders age 40 years and older reported there was a time in the last 12 months when health care was needed, but was not accessible (Table 10-3). (Because of small numbers and unstable estimates, only results for the total population are shown.) People age 40-64 years, African American women, and women of "other" races were more likely to report a time when health care was not accessible. People that were divorced, separated, or never married, had less than a high school education, had employment status of "other", or had annual incomes less than $25,000 were also more likely to report less access to needed health care. People who reported less access were less likely to be screened for prostate, breast, cervical, and oral cancer (Table 10-2).

Increasing the proportion of people under age 65 that have health insurance and increasing the proportion of Americans that have a usual primary care provider are two goals in Healthy People 2010[2] (Chart 10-1). One goal is to increase the number of insured from a national baseline of 83% (National Health Interview Survey, 1997) to 100%. In 1999, the Maryland Health Care Commission reported that 12% of Maryland residents between the ages of 45-64 years were uninsured.[3] In the MCS, 94% of people age 40-64 years reported having current health insurance (Chart 10-1). According to the Medical Expenditure Panel Survey, in 1996, 77% reported having a usual primary care provider. The goal of Healthy People 2010 is to increase this number to 85%. In Maryland, 92% of adults, age 40 years or older reported having at least one person they think of as their primary care provider. Our estimates for both having health insurance and having a primary care provider may be high, as we only interviewed people living in residences, and did not survey the non-English speaking population or people without telephones.

---

[2] Healthy People 2010, US Department of Health and Human Services, 2000.

[3] Wilson, D.E. Maryland Health Insurance Coverage Through 1999: A Graphic Profile. State of Maryland, Maryland Health Care Commission.

**TABLE 10-1 PEOPLE REPORTING TO HAVE HEALTH INSURANCE, AMONG THOSE AGE 40 YEARS AND OLDER**

| | TOTAL ~ | | | | | URBAN ~ | | | | | RURAL ~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Total Population** | 5033 | 4726 | 94% | 93-94% | | 3400 | 3193 | 94% | 92-94% | | 1633 | 1533 | 94% | 92-95% | |
| **Gender** | | | | | ^ | | | | | ^ | | | | | ^ |
| Male | 1919 | 1809 | 94% | 92-95% | | 1297 | 1220 | 94% | 92-95% | | 622 | 589 | 94% | 92-96% | |
| Female | 3114 | 2917 | 93% | 92-94% | | 2103 | 1973 | 93% | 92-95% | | 1011 | 944 | 93% | 92-95% | |
| **Age** | | | | | ** | | | | | ** | | | | | ** |
| 40-49 years | 1603 | 1446 | 90% | 88-92% | | 1115 | 1003 | 90% | 87-92% | | 488 | 443 | 91% | 87-93% | |
| 50-64 years | 1930 | 1796 | 94% | 92-95% | | 1296 | 1208 | 94% | 92-95% | | 634 | 588 | 94% | 91-95% | |
| 65 years and above | 1500 | 1484 | 99% | 98-99% | | 989 | 982 | 99% | 98-100% | | 511 | 502 | 98% | 97-99% | |
| **Race** | | | | | ** | | | | | ** | | | | | ** |
| White | 3847 | 3662 | 95% | 94-96% | | 2396 | 2290 | 95% | 94-96% | | 1451 | 1372 | 95% | 93-96% | |
| African American | 979 | 876 | 90% | 88-92% | | 848 | 760 | 90% | 87-92% | | 131 | 116 | 90% | 83-94% | |
| Other | 207 | 188 | 89% | 82-94% | | 156 | 143 | 90% | 82-95% | | 51 | 45 | 83% | 62-94% | |
| **Gender and Race** | | | | | ** | | | | | ** | | | | | ^ |
| White Males | 1508 | 1438 | 95% | 94-96% | | 947 | 903 | 95% | 93-97% | | 561 | 535 | 95% | 92-97% | |
| African American Males | 332 | 299 | 90% | 86-93% | | 291 | 262 | 90% | 85-93% | | 41 | 37 | 91% | 79-97% | |
| Other Males | 79 | 72 | 91% | 78-96% | | 59 | 55 | 91% | 77-97% | | 20 | 17 | 88% | 67-97% | |
| White Females | 2339 | 2224 | 95% | 94-96% | | 1449 | 1387 | 95% | 94-97% | | 890 | 837 | 94% | 93-96% | |
| African American Females | 647 | 577 | 90% | 87-92% | | 557 | 498 | 90% | 87-92% | | 90 | 79 | 89% | 80-94% | |
| Other Females | 128 | 116 | 88% | 78-94% | | 97 | 88 | 89% | 77-95% | | 31 | 28 | 79% | 44-95% | |

~ Some data missing for marital status, education, and employment status.
** Statistically significant, p-value $\leq$ 0.05.
^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

## TABLE 10-1 PEOPLE REPORTING TO HAVE HEALTH INSURANCE, AMONG THOSE AGE 40 YEARS AND OLDER

| | TOTAL ~ | | | | | URBAN ~ | | | | | RURAL ~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Marital Status** | | | | | ** | | | | | ** | | | | | ** |
| Married or partner of unmarried couple | 2982 | 2860 | 96% | 95-97% | | 1938 | 1865 | 96% | 95-97% | | 1044 | 995 | 95% | 94-97% | |
| Divorced or separated | 848 | 742 | 86% | 82-88% | | 609 | 536 | 86% | 82-89% | | 239 | 206 | 85% | 78-89% | |
| Widowed | 803 | 776 | 97% | 95-98% | | 526 | 512 | 97% | 94-98% | | 277 | 264 | 96% | 92-97% | |
| Never Married | 379 | 327 | 84% | 79-88% | | 311 | 264 | 83% | 78-88% | | 68 | 63 | 93% | 83-97% | |
| **Education** | | | | | ** | | | | | ** | | | | | ** |
| Less than high school | 510 | 433 | 83% | 79-87% | | 313 | 265 | 83% | 77-87% | | 197 | 168 | 84% | 77-89% | |
| High school grad or GED | 1478 | 1368 | 92% | 90-94% | | 874 | 806 | 92% | 89-94% | | 604 | 562 | 94% | 91-96% | |
| College 1-3 years | 1131 | 1062 | 94% | 92-95% | | 735 | 688 | 94% | 91-95% | | 396 | 374 | 94% | 91-96% | |
| College grad | 1030 | 995 | 96% | 94-97% | | 783 | 752 | 95% | 93-97% | | 247 | 243 | 99% | 97-100% | |
| Advanced degree | 862 | 846 | 98% | 97-99% | | 677 | 664 | 98% | 97-99% | | 185 | 182 | 99% | 96-100% | |
| **Employment Status** | | | | | ** | | | | | ** | | | | | ** |
| Employed for wages | 2381 | 2279 | 96% | 95-97% | | 1643 | 1573 | 96% | 94-97% | | 738 | 706 | 96% | 94-97% | |
| Self-employed | 374 | 307 | 83% | 78-87% | | 250 | 211 | 84% | 78-89% | | 124 | 96 | 78% | 69-85% | |
| Retired | 1603 | 1576 | 98% | 97-99% | | 1046 | 1028 | 98% | 97-99% | | 557 | 548 | 98% | 97-99% | |
| Other | 658 | 547 | 82% | 78-85% | | 447 | 367 | 81% | 76-85% | | 211 | 180 | 85% | 78-89% | |
| **Household Income** | | | | | ** | | | | | ** | | | | | ** |
| <$25,000 | 910 | 773 | 83% | 79-86% | | 565 | 473 | 81% | 77-85% | | 345 | 300 | 86% | 81-90% | |
| $25,000-<$35,000 | 513 | 462 | 89% | 85-92% | | 308 | 279 | 90% | 85-93% | | 205 | 183 | 88% | 81-92% | |
| $35,000-<$50,000 | 715 | 673 | 93% | 91-95% | | 455 | 423 | 92% | 88-95% | | 260 | 250 | 97% | 94-99% | |
| $50,000-<$75,000 | 753 | 731 | 97% | 95-98% | | 512 | 494 | 97% | 94-98% | | 241 | 237 | 98% | 94-100% | |
| $75,000 or greater | 1319 | 1304 | 99% | 98-99% | | 982 | 974 | 99% | 99-100% | | 337 | 330 | 98% | 95-99% | |
| Don't Know/Not Sure | 220 | 203 | 90% | 83-94% | | 136 | 122 | 88% | 80-93% | | 84 | 81 | 95% | 82-99% | |
| Refused | 603 | 580 | 96% | 94-98% | | 442 | 428 | 97% | 94-98% | | 161 | 152 | 95% | 90-97% | |

~ Some data missing for marital status, education, and employment status.

** Statistically significant, p-value $\leq$ 0.05.

^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

**TABLE 10-2 ACCESS TO HEALTH CARE AND CANCER SCREENING PRACTICES, AMONG THOSE 40 YEARS AND OLDER**

| | People reporting to have ever had a fecal occult blood test~ | | | | | People reporting to have ever had sigmoidoscopy or colonoscopy~ | | | | | Men reporting to have ever had a prostatic specific antigen Test~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected characteristic** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** |
| **Do you have Health Insurance?** | | | | | ** | | | | | ** | | | | | ** |
| Yes | 3262 | 1901 | 59% | 57-61% | | 3253 | 1936 | 59% | 57-61% | | 1196 | 937 | 76% | 73-79% | |
| No | 150 | 50 | 32% | 24-41% | | 150 | 43 | 29% | 21-38% | | 54 | 20 | 42% | 28-57% | |
| **Was there a time you were without health insurance in the last 12 months?** | | | | | ** | | | | | ** | | | | | ** |
| Yes | 66 | 26 | 39% | 27-53% | | 66 | 29 | 39% | 27-52% | | 23 | 10 | 46% | 26-68% | |
| No | 3193 | 1873 | 59% | 57-61% | | 3184 | 1905 | 60% | 58-62% | | 1172 | 926 | 77% | 74-80% | |
| **Was there a time in the last 12 months when you needed medical care, but could not get it?** | | | | | ^ | | | | | ^ | | | | | ** |
| Yes | 140 | 70 | 54% | 44-63% | | 139 | 73 | 50% | 41-60% | | 35 | 21 | 58% | 39-76% | |
| No | 3244 | 1869 | 58% | 56-60% | | 3237 | 1892 | 59% | 57-61% | | 1202 | 927 | 76% | 73-78% | |
| **Do you have one (or more than one) person you think of as your primary health care provider?** | | | | | ** | | | | | ** | | | | | ** |
| Yes | 3222 | 1885 | 59% | 57-61% | | 3213 | 1919 | 60% | 58-62% | | 1160 | 915 | 77% | 74-80% | |
| No | 187 | 65 | 35% | 27-43% | | 189 | 61 | 32% | 25-40% | | 87 | 40 | 47% | 35-59% | |
| **How long has it been since you last visited a doctor for a routine checkup?** | | | | | ** | | | | | ** | | | | | ** |
| Within the past year (less than one year) | 2913 | 1759 | 61% | 59-63% | | 2907 | 1769 | 61% | 59-63% | | 1016 | 826 | 79% | 76-82% | |
| Within at least one year but less than two | 223 | 98 | 44% | 37-52% | | 224 | 107 | 48% | 41-55% | | 107 | 71 | 66% | 55-75% | |
| Within at least two years, but less than five | 111 | 45 | 38% | 28-48% | | 108 | 56 | 50% | 40-61% | | 52 | 30 | 58% | 43-72% | |
| Within five years or more | 110 | 24 | 24% | 15-34% | | 111 | 23 | 23% | 15-33% | | 57 | 20 | 37% | 24-52% | |

~ age 50 years and older
~~ age 40 years and older
# among women with a uterus
** Statistically significant, p-value $\leq$ 0.05.
^ Not statistically significant, p-value > 0.05.

**TABLE 10-2 ACCESS TO HEALTH CARE AND CANCER SCREENING PRACTICES, AMONG THOSE 40 YEARS AND OLDER**

| | Women reporting to have ever had a mammogram~~ | | | | | Women reporting to have ever had a Pap smear #~~ | | | | | People reporting to have ever had oral cancer screening~~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected characteristic** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** |
| **Do you have Health Insurance?** | | | | | ** | | | | | ** | | | | | ** |
| Yes | 2912 | 2745 | 94% | 93-95% | | 1927 | 1891 | 98% | 97-99% | | 4553 | 2055 | 44% | 43-46% | |
| No | 196 | 151 | 75% | 67-82% | | 156 | 142 | 89% | 82-94% | | 301 | 63 | 18% | 14-24% | |
| **Was there a time you were without health insurance in the last 12 months?** | | | | | ** | | | | | ** | | | | | ^ |
| Yes | 84 | 76 | 86% | 73-94% | | 60 | 57 | 91% | 72-98% | | 124 | 45 | 39% | 30-49% | |
| No | 2825 | 2666 | 95% | 94-95% | | 1865 | 1832 | 98% | 97-99% | | 4425 | 2010 | 45% | 43-46% | |
| **Was there a time in the last 12 months when you needed medical care, but could not get it?** | | | | | ** | | | | | ** | | | | | ** |
| Yes | 189 | 171 | 88% | 80-93% | | 137 | 129 | 93% | 84-97% | | 255 | 90 | 32% | 26-39% | |
| No | 2903 | 2710 | 93% | 92-94% | | 1935 | 1894 | 98% | 97-98% | | 4565 | 2012 | 43% | 42-45% | |
| **Do you have one (or more than one) person you think of as your primary health care provider?** | | | | | ** | | | | | ** | | | | | ** |
| Yes | 2922 | 2751 | 94% | 93-95% | | 1931 | 1891 | 98% | 97-98% | | 4493 | 2015 | 44% | 42-46% | |
| No | 186 | 147 | 78% | 71-85% | | 150 | 140 | 92% | 86-96% | | 356 | 104 | 29% | 24-35% | |
| **How long has it been since you last visited a doctor for a routine checkup?** | | | | | ** | | | | | ** | | | | | ** |
| Within the past year (less than one year) | 2619 | 2479 | 95% | 94-96% | | 1700 | 1669 | 98% | 97-99% | | 3929 | 1757 | 44% | 42-46% | |
| Within at least one year but less than two | 229 | 213 | 92% | 87-95% | | 171 | 170 | 99% | 94-100% | | 420 | 180 | 46% | 40-51% | |
| Within at least two years, but less than five | 105 | 86 | 82% | 72-89% | | 88 | 83 | 93% | 82-97% | | 208 | 78 | 32% | 25-39% | |
| Within five years or more | 110 | 77 | 69% | 57-78% | | 91 | 82 | 89% | 76-95% | | 220 | 66 | 29% | 22-36% | |

~ age 50 years and older
~~ age 40 years and older
# among women with a uterus
** Statistically significant, p-value $\leq$ 0.05.
^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

**TABLE 10-3 FACTORS AFFECTING HEALTHCARE ACCESS, AMONG THOSE AGE 40 AND ABOVE**

| | People reporting there was a time they were without health insurance sometime in the last 12 months ~ | | | | | People reporting there was a time in the last 12 months they needed healthcare but could not get it ~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Total Population** | 4721 | 131 | 3% | 2-3% | | 4998 | 264 | 5% | 5-6% | |
| **Gender** | | | | | ^ | | | | | ** |
| Male | 1808 | 46 | 2% | 2-3% | | 1901 | 73 | 4% | 3-5% | |
| Female | 2913 | 85 | 3% | 2-4% | | 3097 | 191 | 7% | 6-8% | |
| **Age** | | | | | ** | | | | | ** |
| 40-49 years | 1445 | 65 | 4% | 3-6% | | 1596 | 123 | 8% | 6-9% | |
| 50-64 years | 1795 | 50 | 3% | 2-4% | | 1913 | 111 | 6% | 5-7% | |
| 65 years and above | 1481 | 16 | 1% | 1-2% | | 1489 | 30 | 2% | 1-3% | |
| **Race** | | | | | ** | | | | | ** |
| White | 3659 | 81 | 2% | 2-3% | | 3826 | 162 | 4% | 4-5% | |
| African American | 874 | 45 | 4% | 3-6% | | 965 | 87 | 9% | 7-11% | |
| Other | 188 | 5 | 3% | 1-7% | | 207 | 15 | 7% | 4-14% | |
| **Gender and Race** | | | | | ** | | | | | ** |
| White Males | 1437 | 36 | 2% | 2-3% | | 1499 | 53 | 4% | 3-5% | |
| African American Males | 299 | 9 | 2% | 1-5% | | 323 | 19 | 6% | 4-10% | |
| Other Males | 72 | 1 | 2% | 0-15% | | 79 | 1 | 1% | 0-6% | |
| White Females | 2222 | 45 | 2% | 2-3% | | 2327 | 109 | 5% | 4-6% | |
| African American Females | 575 | 36 | 6% | 4-9% | | 642 | 68 | 10% | 8-13% | |
| Other Females | 116 | 4 | 3% | 1-8% | | 128 | 14 | 13% | 7-24% | |
| **Marital Status** | | | | | ** | | | | | ** |
| Married or partner of unmarried couple | 2857 | 57 | 2% | 1-3% | | 2960 | 116 | 4% | 3-5% | |
| Divorced or separated | 741 | 37 | 5% | 4-8% | | 845 | 78 | 10% | 8-12% | |
| Widowed | 775 | 17 | 2% | 1-4% | | 801 | 28 | 3% | 2-5% | |
| Never Married | 327 | 19 | 7% | 4-11% | | 376 | 42 | 12% | 8-16% | |
| **Education** | | | | | ^ | | | | | ** |
| Less than high school | 431 | 19 | 5% | 3-8% | | 503 | 62 | 13% | 10-17% | |
| High school grad or GED | 1367 | 43 | 3% | 2-4% | | 1468 | 86 | 6% | 5-8% | |
| College 1-3 years | 1060 | 29 | 3% | 2-5% | | 1127 | 49 | 4% | 3-6% | |
| College grad | 995 | 27 | 3% | 2-4% | | 1025 | 42 | 4% | 3-6% | |
| Advanced degree | 846 | 13 | 2% | 1-3% | | 862 | 24 | 3% | 2-4% | |
| **Employment Status** | | | | | ** | | | | | ** |
| Employed for wages | 2279 | 62 | 3% | 2-4% | | 2371 | 108 | 4% | 4-5% | |
| Self-employed | 306 | 15 | 4% | 2-7% | | 373 | 27 | 7% | 4-10% | |
| Retired | 1574 | 18 | 1% | 1-2% | | 1592 | 41 | 3% | 2-4% | |
| Other | 546 | 36 | 7% | 5-10% | | 653 | 87 | 14% | 11-18% | |
| **Household Income** | | | | | ** | | | | | ** |
| <$25,000 | 771 | 44 | 6% | 4-8% | | 906 | 110 | 14% | 11-17% | |
| $25,000-<$35,000 | 462 | 11 | 3% | 1-5% | | 511 | 34 | 6% | 4-9% | |
| $35,000-<$50,000 | 673 | 28 | 5% | 3-7% | | 714 | 34 | 5% | 4-7% | |
| $50,000-<$75,000 | 730 | 18 | 3% | 2-5% | | 752 | 17 | 2% | 1-4% | |
| $75,000 or greater | 1304 | 14 | 1% | 0-2% | | 1317 | 30 | 2% | 1-3% | |
| Don't Know/Not Sure | 202 | 7 | 3% | 1-8% | | 219 | 17 | 10% | 5-16% | |
| Refused | 579 | 9 | 1% | 1-3% | | 579 | 22 | 4% | 2-6% | |

~ Some data missing for marital status, education, employment status, and income.
** Statistically significant, p-value $\leq$ 0.05.
^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

**TABLE 10-4 PEOPLE REPORTING TO HAVE ONE, OR MORE THAN ONE, PERSON THEY THINK OF AS THEIR PRIMARY HEALTH CARE PROVIDER, AMONG THOSE 40 YEARS AND OLDER**

| | TOTAL ~ | | | | | URBAN ~ | | | | | RURAL ~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Total Population** | 5027 | 4660 | 92% | 91-93% | | 3397 | 3143 | 92% | 91-93% | | 1630 | 1517 | 93% | 92-95% | |
| **Gender** | | | | | ** | | | | | ** | | | | | ** |
| Male | 1914 | 1736 | 90% | 89-92% | | 1294 | 1171 | 90% | 88-92% | | 620 | 565 | 91% | 89-94% | |
| Female | 3113 | 2924 | 94% | 93-95% | | 2103 | 1972 | 94% | 93-95% | | 1010 | 952 | 95% | 93-96% | |
| **Age** | | | | | ** | | | | | ** | | | | | ** |
| 40-49 years | 1601 | 1423 | 88% | 86-90% | | 1114 | 978 | 87% | 85-90% | | 487 | 445 | 91% | 87-93% | |
| 50-64 years | 1928 | 1790 | 93% | 92-95% | | 1295 | 1211 | 94% | 92-95% | | 633 | 579 | 93% | 90-95% | |
| 65 years and above | 1498 | 1447 | 97% | 96-98% | | 988 | 954 | 97% | 95-98% | | 510 | 493 | 97% | 95-98% | |
| **Race** | | | | | ** | | | | | ^ | | | | | ** |
| White | 3845 | 3594 | 93% | 92-94% | | 2395 | 2237 | 93% | 92-94% | | 1450 | 1357 | 94% | 92-95% | |
| African American | 976 | 878 | 90% | 88-92% | | 847 | 763 | 90% | 88-92% | | 129 | 115 | 88% | 79-94% | |
| Other | 206 | 188 | 90% | 83-95% | | 155 | 143 | 91% | 83-95% | | 51 | 45 | 87% | 72-94% | |
| **Gender and Race** | | | | | ** | | | | | ** | | | | | ** |
| White Males | 1506 | 1390 | 92% | 90-94% | | 946 | 872 | 92% | 89-94% | | 560 | 518 | 93% | 90-95% | |
| African American Males | 330 | 279 | 86% | 81-89% | | 290 | 247 | 86% | 81-90% | | 40 | 32 | 82% | 65-91% | |
| Other Males | 78 | 67 | 86% | 73-94% | | 58 | 52 | 87% | 72-95% | | 20 | 15 | 76% | 51-91% | |
| White Females | 2339 | 2204 | 94% | 93-95% | | 1449 | 1365 | 94% | 93-95% | | 890 | 839 | 95% | 93-96% | |
| African American Females | 646 | 599 | 93% | 91-95% | | 557 | 516 | 93% | 91-95% | | 89 | 83 | 94% | 86-98% | |
| Other Females | 128 | 121 | 94% | 86-97% | | 97 | 91 | 94% | 86-97% | | 31 | 30 | 96% | 77-99% | |

~ Some data missing for marital status, education, and employment status.
** Statistically significant, p-value $\leq$ 0.05.
^ Not statistically significant, p-value 0.05.>

**TABLE 10-4 PEOPLE REPORTING TO HAVE ONE, OR MORE THAN ONE, PERSON THEY THINK OF AS THEIR PRIMARY HEALTH CARE PROVIDER, AMONG THOSE 40 YEARS AND OLDER**

| | TOTAL ~ | | | | | URBAN ~ | | | | | RURAL ~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Marital Status** | | | | | ** | | | | | ** | | | | | ** |
| Married or partner of unmarried couple | 2979 | 2802 | 94% | 93-95% | | 1937 | 1819 | 94% | 92-95% | | 1042 | 983 | 95% | 93-96% | |
| Divorced or separated | 844 | 755 | 88% | 85-90% | | 606 | 545 | 88% | 85-91% | | 238 | 210 | 87% | 80-91% | |
| Widowed | 803 | 762 | 95% | 92-96% | | 527 | 501 | 95% | 92-96% | | 276 | 261 | 95% | 92-97% | |
| Never Married | 380 | 321 | 83% | 78-87% | | 312 | 263 | 83% | 77-87% | | 68 | 58 | 84% | 71-92% | |
| **Education** | | | | | ^ | | | | | ^ | | | | | ^ |
| Less than high school | 507 | 459 | 90% | 86-93% | | 313 | 279 | 89% | 84-92% | | 194 | 180 | 93% | 89-96% | |
| High school grad or GED | 1477 | 1360 | 92% | 90-94% | | 873 | 800 | 92% | 89-93% | | 604 | 560 | 93% | 90-95% | |
| College 1-3 years | 1131 | 1059 | 93% | 91-94% | | 735 | 686 | 92% | 90-94% | | 396 | 373 | 94% | 90-96% | |
| College grad | 1031 | 953 | 92% | 90-94% | | 784 | 723 | 92% | 89-94% | | 247 | 230 | 93% | 88-96% | |
| Advanced degree | 861 | 810 | 94% | 92-96% | | 676 | 639 | 94% | 92-96% | | 185 | 171 | 93% | 87-96% | |
| **Employment Status** | | | | | ** | | | | | ** | | | | | ** |
| Employed for wages | 2379 | 2200 | 92% | 91-93% | | 1644 | 1511 | 92% | 90-93% | | 735 | 689 | 94% | 92-96% | |
| Self-employed | 373 | 327 | 88% | 84-91% | | 248 | 220 | 89% | 84-93% | | 125 | 107 | 85% | 75-91% | |
| Retired | 1602 | 1529 | 96% | 95-97% | | 1046 | 1001 | 96% | 94-97% | | 556 | 528 | 96% | 94-97% | |
| Other | 657 | 589 | 88% | 85-91% | | 446 | 398 | 88% | 83-91% | | 211 | 191 | 91% | 85-94% | |
| **Household Income** | | | | | ** | | | | | ** | | | | | ^ |
| <$25,000 | 909 | 805 | 88% | 85-90% | | 565 | 497 | 87% | 84-90% | | 344 | 308 | 90% | 86-93% | |
| $25,000-<$35,000 | 511 | 477 | 93% | 89-95% | | 307 | 287 | 93% | 89-96% | | 204 | 190 | 92% | 86-96% | |
| $35,000-<$50,000 | 715 | 671 | 94% | 91-95% | | 455 | 421 | 93% | 90-95% | | 260 | 250 | 97% | 94-98% | |
| $50,000-<$75,000 | 753 | 697 | 93% | 90-94% | | 512 | 471 | 92% | 89-94% | | 241 | 226 | 94% | 90-97% | |
| $75,000 or greater | 1320 | 1244 | 94% | 92-95% | | 983 | 929 | 94% | 92-96% | | 337 | 315 | 93% | 89-96% | |
| Don't Know/Not Sure | 217 | 202 | 90% | 82-94% | | 134 | 121 | 87% | 78-93% | | 83 | 81 | 96% | 82-99% | |
| Refused | 602 | 564 | 93% | 90-95% | | 441 | 417 | 93% | 89-96% | | 161 | 147 | 92% | 86-95% | |

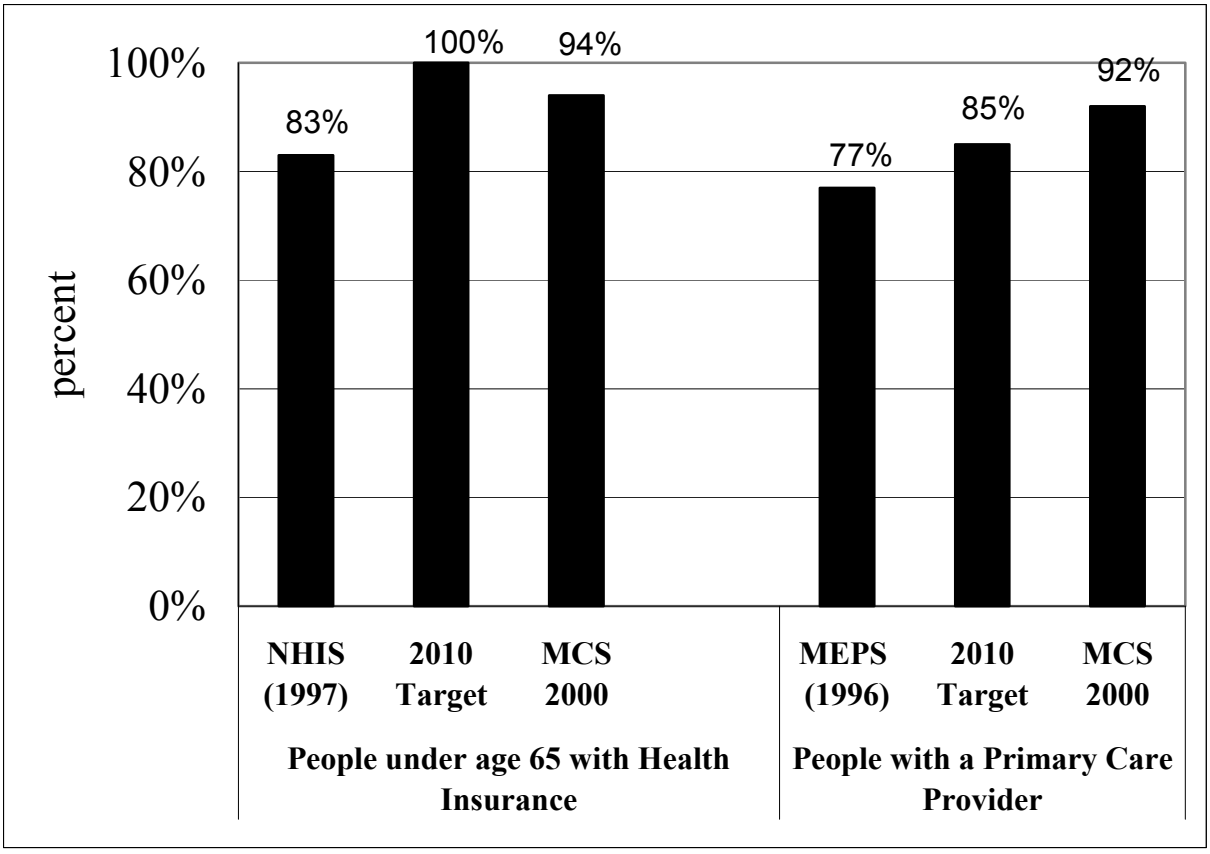
~ Some data missing for marital status, education, and employment status.

** Statistically significant, p-value $\leq$ 0.05.

^ Not statistically significant, p-value 0.05.>

Maryland Cancer Survey, 2002

**Chart 10-1 Comparison of the results of the Maryland Cancer Survey, 2002 to National baselines and Healthy People 2010 target values; proportion of adults under the age of 65 years that have health insurance and the proportion of adults that have a usual primary care physician.**




MEPS-Medical Expenditure Panel Survey
NHIS-National Health Interview Survey
2010 Target-Healthy People 2010
MCS, 2002-Maryland Cancer Survey, 2002

## Chapter 11. Lifestyle Factors and Cancer Screening

Physical activity and dietary habits are among the leading health indicators used by Healthy People 2010 to measure the health of the nation, and they are major health concerns in the United States. One of the Healthy People 2010 dietary goals is to increase the consumption of fruits and vegetables. With respect to physical activity, two Healthy People 2010 goals are (1) to increase to 30% the proportion of adults who engage regularly, preferably daily, in moderate physical activity for at least 30 minutes per day, and (2) to increase to 30% the proportion of adults who engage in vigorous physical activity three or more days per week for at least 20 minutes per occasion.[1] Healthy People 2010 has also set goals for increasing the proportion of people who are at a healthy weight and for decreasing the number of adults, age 18 years and older, who smoke cigarettes.

Thirty-nine percent of Marylanders age 40 years and older reported that a doctor or other health care provider had recommended that they begin or continue with exercise/physical activity (Table 11-1). No significant differences were found by race or employment status, among those who reported that their health care provider had recommended exercise/physical activity. A significantly greater percentage of women than men reported that physical activity had been recommended (41% vs. 37%). Significant differences were also seen by age, marital status, education, and income. More people age 50-64 years reported getting this recommendation from their provider than those in either the older or younger age groups. Those widowed reported the lowest percentage of providers recommending physical activity while those married or the partner of an unmarried couple reported the greatest. Provider recommendations also increased with increasing level of education. Those with incomes of $75,000 or more reported a significantly greater percentage of provider recommendations than those with lower incomes.

When asked if a health care provider had talked with them about diet or eating habits, 38% of Marylanders answered "yes" (Table 11-1). No significant differences for having a health care provider talk about diet were found by gender, marital status, education, employment status, or income. A significantly greater number of people age 50-64 years reported that a health care provider had talked with them about diet than those in either the younger or older age groups. Significantly more African Americans (43%) reported that diet was discussed with them than did either white Marylanders (37%) or those of "other" races (39%).

Only 15% of Marylanders reported eating five or more fruits and vegetables per day (Table 11-1). A significant difference for those reporting that they eat five or more fruits and vegetables per day was found with respect to all of the demographic characteristics. More women than men reported eating five or more per day (20% vs. 10%). Fewer people age 40-49 years reported eating five or more a day than those age 50 years and older. Only 10% of African Americans reported eating five or more per day compared to 17% of whites and 19% of people from "other" races. Over 26% of "other" females and 22% of white females reported eating five or more a day compared to 11% of African American females. Males of any race had values similar to those reported by African American women (10-11%). As education level increased so did the percentage of individuals who said they ate five or more servings per day. The lowest percentage of those who ate five or more per day was among those divorced or separated (13%)

[1] Healthy People 2010, US Department of Health and Human Services, 2002

compared to the highest among those widowed (18%). Eating five or more per day increased with increasing income.

Thirty-seven percent of Marylanders reported that they did vigorous physical activity at least three times per week for 20 minutes or more (Table 11-2). Significant differences were found between vigorous physical activity and all demographic characteristics. The percentage of those who reported doing vigorous activity declined with increasing age from 46% in the youngest group to 27% in those 65 and over. More men than women reported doing vigorous activity (44% vs. 32%). African American women reported the least amount of vigorous physical activity. More married people or partners of an unmarried couple reported vigorous activity (41%) than those with any other marital status. The percentage that reported vigorous physical activity increased with increasing level of education and with increasing income. A higher percentage (51%) of self-employed individuals reported doing vigorous physical activity than those employed for wages, retired, or those who had an employment status of "other."

In a second question about moderate physical activity for at least thirty minutes per day, 32% reported moderate activity 3-4 days per week and 33% reported moderate activity 5 or more days per week (Table 11-3). The percentage that reported doing no moderate physical activity increased with increasing age. More African Americans reported no moderate activity compared to whites and people of "other" races (22% vs. 13% and 12%). More of those people who were widowed than those of any other marital status reported they did not engage in moderate activity. People employed for wages or self-employed had lower proportions who engaged in no moderate physical activity compared to those who were retired or had an employment status of "other" (11%, 9% vs. 20%, 23%). As income and education level increased, the percentage reporting no moderate activity decreased.

When Marylanders who did not engage in vigorous or moderate physical activity 3 or more days per week were asked the reason why they were not physically active, 33% reported a lack of motivation, 32% said it was because of a physical disability or "other" health limitation, and 27% reported lack of time. No place to exercise and cost were reported much less frequently. Forty-nine percent of those 65 and older who were not physically active stated this was due to physical disability or "other" health limitations.

Decreasing the percentage of Americans who are overweight or obese is among the leading health indicators used by HP 2010. Healthy people 2010 objectives are to increase the proportion of adults (20 years and older) who are at a healthy weight (as defined by a Body Mass Index (BMI) of 18.5 to less than 25) from 42% (US baseline) to 60% and to reduce the proportion of adults who are obese (BMI of 30 or greater) from 23% (US baseline) to 15%.[1]

Based on reported height and weight, 36% of Marylanders had a BMI in the "normal" range (18.5-<25), 4% had a BMI less than 18.5, 35% had a BMI in the "overweight" range (25 to < 30) and 25% of Marylanders had a BMI in the "obese" range (≥ 30) (Table 11-4). This indicates that 60% of Marylanders are considered to be overweight or obese. Significant differences were found between BMI and all of the demographic characteristics. More women than men had a BMI of less than 18.5 and a BMI 18.5-<25 (normal range), while more men than women had BMI 25-<30 (overweight range); 25% of men and 26% of women reporting being

obese. Fewer people age 50-64 years had BMI in the normal range (18.5-<25) than those who were either younger or older. African Americans had a greater percentage with a BMI in the obese range than did either whites or those of "other" races (38%, 22%, and 15%). African Americans also had a smaller percentage in the normal BMI range compared to whites and those of "other" race (24%, vs. 40%, 45%). Fewer African American males and females and white males had BMI in the normal range compared to white females or those of "other" races. African American females had the greatest percentage with a BMI of 30 or greater (44%) while men and women of "other" races had the smallest percentage of obesity (15%, 14%). With regard to marital status, the highest percentage of obese Marylanders was found among those who were never married (32%). Those who had a college education or greater were more likely to be of normal weight and less likely to be obese than those Marylanders with less than a college degree. Fewer of those whose employment status was "other" were considered to be overweight. Obesity declined with increasing income.

Physical activity, diet, and BMI were examined in relation to each of the cancer screening questions (Table 11-5). Those that performed vigorous physical activity were significantly more likely to have ever had oral cancer screening. No significant differences were found for vigorous activity and any of the other cancer screening questions. No significant differences were found for ever having an FOBT, endoscopy, or DRE and the number of days per week people reported performing moderate physical activity. As the number of days per week people exercised moderately increased so did the percentage of those who had ever had an oral screening exam. Significantly more people who had exercise/physical activity recommended by a provider in the past year had screenings than those whose providers did not recommend physical activity, with the exception of those who were ever screened with DRE or CBE.

For FOBT, endoscopy, mammogram, clinical breast exam (CBE), Pap smear, and oral cancer screening, those who consumed a higher number of fruit and vegetable servings per day were more likely to have ever been screened. There was no difference in the percentage who ever had PSA testing or DRE with respect to fruit and vegetable servings per day.

Significantly more of those people whose providers had talked with them about their eating habits reported they had ever had an FOBT, endoscopy, mammogram, or Pap smear compared to those whose providers had never discussed their eating habits with them.

Body mass index had little association with ever having been screened for most of the cancer screening modalities. Only CBE and oral cancer screening show a significant difference in the percentage screened and BMI. The percentage screened decreased as BMI increased to 30 or greater. In general BMI does not appear to have an effect on whether or not people are screened for a variety of cancers.

Tobacco use is also among the leading health indicators targeted by Healthy People 2010. The Healthy People 2010 goal is to reduce the proportion of adult smokers (persons 18 years and older) to 12% from the US 1998 baseline of 24%.[1] Eighteen percent of Marylanders, age 40 years and older report that they currently smoke, 33% smoked in the past, and 48% never smoked (Table 11-6). Significant differences were found between smoking status and all of the

demographic characteristics. More women than men reported never smoking (55% vs. 40%), while more men smoked in the past or currently smoke. Only 7% of those age 65 years and older currently smoke compared to 24% of those 40-49 years and 20% of those 50-64 years. However, those age 65 years and older had the greatest percentage reporting being a previous smoker (43%) compared to those in the younger age groups. Those of "other" races had the largest percent of never smokers (65% vs. 47% for both whites and African Americans). The largest proportion of current smokers was found among African American males (27%) while the smallest proportion was found among "other" females (11%). Current smokers were more likely to be divorced, separated, or never married. As education level increased so did the percent of those who never smoked; the percent of those who currently smoke declined with increasing education level. The greatest percentage of current smokers was found among those with "other" employment status (27%), while only 12% of retirees were current smokers; however, the highest percentage of previous smokers was found among retirees (42%).

When smoking status was examined in relation to the various types of cancer screening, no difference was found in the percent of those screened in relation to smoking status for CBE (Table 11-7). For all of the other screening modalities, including oral cancer screening, current smokers were significantly less likely to be screened than Marylanders who smoked in the past or had never smoked.

**TABLE 11-1 PHYSICAL ACTIVITY AND DIET RECOMMENDATIONS, AMONG THOSE AGE 40 YEARS AND OLDER**

| | People reporting a doctor or other health care professional recommend that they begin or continue exercise or physical activity ~ | | | | | People reporting a doctor or health care professional had talked with them about diet or eating habits ~ | | | | | People reporting they eat 5 or more fruits and vegetables per day ~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Total Population** | 4865 | 1905 | 39% | 38-41% | | 4866 | 1864 | 38% | 37-40% | | 4820 | 781 | 15% | 14-17% | |
| **Gender** | | | | | ** | | | | | ^ | | | | | ** |
| Male | 1833 | 673 | 37% | 35-40% | | 1833 | 725 | 40% | 37-42% | | 1835 | 186 | 10% | 9-12% | |
| Female | 3032 | 1232 | 41% | 39-43% | | 3033 | 1139 | 37% | 35-39% | | 2985 | 595 | 20% | 18-21% | |
| **Age** | | | | | ** | | | | | ** | | | | | ** |
| 40-49 years | 1541 | 574 | 37% | 34-40% | | 1539 | 563 | 37% | 34-40% | | 1555 | 223 | 13% | 12-15% | |
| 50-64 years | 1861 | 800 | 43% | 40-46% | | 1859 | 779 | 41% | 39-44% | | 1856 | 318 | 17% | 15-19% | |
| 65 years and above | 1463 | 531 | 38% | 35-41% | | 1468 | 522 | 36% | 33-39% | | 1409 | 240 | 17% | 15-19% | |
| **Race** | | | | | ^ | | | | | ** | | | | | ** |
| White | 3720 | 1415 | 38% | 37-40% | | 3722 | 1361 | 37% | 35-39% | | 3706 | 636 | 17% | 15-18% | |
| African American | 946 | 400 | 41% | 37-45% | | 947 | 423 | 43% | 39-46% | | 920 | 102 | 10% | 8-13% | |
| Other | 199 | 90 | 44% | 36-53% | | 197 | 80 | 39% | 31-48% | | 194 | 43 | 19% | 14-26% | |
| **Gender and Race** | | | | | ^ | | | | | ** | | | | | ** |
| White Males | 1440 | 526 | 37% | 35-40% | | 1440 | 562 | 39% | 37-42% | | 1449 | 146 | 11% | 9-12% | |
| African American Males | 316 | 115 | 37% | 31-43% | | 316 | 125 | 39% | 33-46% | | 310 | 30 | 10% | 7-14% | |
| Other Males | 77 | 32 | 39% | 27-53% | | 77 | 38 | 45% | 32-59% | | 76 | 10 | 11% | 6-21% | |
| White Females | 2280 | 889 | 39% | 37-42% | | 2282 | 799 | 35% | 32-37% | | 2257 | 490 | 22% | 20-24% | |
| African American Females | 630 | 285 | 44% | 40-49% | | 631 | 298 | 45% | 41-50% | | 610 | 72 | 11% | 8-14% | |
| Other Females | 122 | 58 | 49% | 38-60% | | 120 | 42 | 33% | 24-45% | | 118 | 33 | 26% | 18-37% | |

~ Some data missing for marital status, education, and employment status.
** Statistically significant, p-value $\leq$ 0.05.
^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

**TABLE 11-1 PHYSICAL ACTIVITY AND DIET RECOMMENDATIONS, AMONG THOSE AGE 40 YEARS AND OLDER**

| | People reporting a doctor or other health care professional recommend that they begin or continue exercise or physical activity ~ | | | | | People reporting a doctor or health care professional had talked with them about diet or eating habits ~ | | | | | People reporting they eat 5 or more fruits and vegetables per day ~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Marital Status** | | | | | ** | | | | | ^ | | | | | ** |
| Married or partner of unmarried couple | 2887 | 1175 | 41% | 39-43% | | 2886 | 1103 | 39% | 37-41% | | 2882 | 482 | 16% | 14-17% | |
| Divorced or separated | 816 | 316 | 38% | 34-42% | | 822 | 325 | 39% | 35-43% | | 817 | 112 | 13% | 10-15% | |
| Widowed | 786 | 263 | 32% | 29-36% | | 784 | 285 | 36% | 32-40% | | 752 | 127 | 18% | 15-21% | |
| Never Married | 361 | 149 | 40% | 34-46% | | 358 | 147 | 39% | 33-45% | | 354 | 59 | 14% | 11-19% | |
| **Education** | | | | | ** | | | | | ^ | | | | | ** |
| Less than high school | 483 | 171 | 35% | 30-40% | | 484 | 199 | 41% | 36-46% | | 471 | 44 | 9% | 7-13% | |
| High school grad or GED | 1427 | 501 | 36% | 33-39% | | 1425 | 548 | 38% | 35-41% | | 1398 | 159 | 10% | 9-12% | |
| College 1-3 years | 1100 | 443 | 40% | 37-44% | | 1103 | 426 | 39% | 36-42% | | 1091 | 178 | 16% | 13-18% | |
| College grad | 1004 | 409 | 41% | 38-45% | | 1000 | 357 | 36% | 33-40% | | 1002 | 184 | 17% | 15-20% | |
| Advanced degree | 839 | 377 | 43% | 40-47% | | 842 | 328 | 39% | 35-43% | | 847 | 214 | 24% | 21-27% | |
| **Employment Status** | | | | | ^ | | | | | ^ | | | | | ** |
| Employed for wages | 2305 | 941 | 40% | 38-43% | | 2309 | 883 | 38% | 36-41% | | 2310 | 360 | 15% | 13-16% | |
| Self-employed | 352 | 112 | 32% | 27-38% | | 346 | 124 | 38% | 32-44% | | 363 | 66 | 18% | 14-23% | |
| Retired | 1564 | 592 | 39% | 36-42% | | 1568 | 599 | 38% | 35-41% | | 1515 | 248 | 16% | 14-18% | |
| Other | 635 | 259 | 40% | 35-44% | | 633 | 256 | 39% | 35-44% | | 622 | 105 | 17% | 13-20% | |
| **Household Income** | | | | | ** | | | | | ^ | | | | | ** |
| <$25,000 | 865 | 317 | 37% | 33-41% | | 868 | 355 | 41% | 37-45% | | 857 | 117 | 13% | 11-16% | |
| $25,000-<$35,000 | 500 | 190 | 39% | 34-44% | | 500 | 204 | 42% | 37-48% | | 493 | 67 | 12% | 9-15% | |
| $35,000-<$50,000 | 695 | 243 | 34% | 30-39% | | 697 | 250 | 36% | 32-41% | | 693 | 93 | 12% | 10-15% | |
| $50,000-<$75,000 | 735 | 287 | 37% | 33-41% | | 735 | 271 | 35% | 32-40% | | 735 | 124 | 16% | 13-19% | |
| $75,000 or greater | 1291 | 589 | 45% | 42-48% | | 1289 | 500 | 39% | 36-42% | | 1304 | 263 | 19% | 17-22% | |
| Don't Know/Not Sure | 207 | 71 | 37% | 30-46% | | 206 | 76 | 32% | 25-39% | | 194 | 37 | 19% | 14-27% | |
| Refused | 572 | 208 | 38% | 34-43% | | 571 | 208 | 37% | 33-42% | | 544 | 80 | 14% | 11-17% | |

~ Some data missing for marital status, education, and employment status.
** Statistically significant, p-value ≤ 0.05.
^ Not statistically significant, p-value > 0.05.

**TABLE 11-2 DEMOGRAPHIC CHARACTERISTICS AND ENGAGING IN VIGOROUS PHYSICAL ACTIVITY THREE OR MORE DAYS PER WEEK, AMONG THOSE AGE 40 YEARS AND OLDER**

| | People reporting they engage in vigorous physical activity for 3 or more days per week for 20 or more minutes per occasion? ~ | | | | |
|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Total Population** | 4966 | 1795 | 37% | 36-39% | |
| **Gender** | | | | | ** |
| Male | 1890 | 838 | 44% | 42-47% | |
| Female | 3076 | 957 | 32% | 30-34% | |
| **Age** | | | | | ** |
| 40-49 years | 1591 | 712 | 46% | 43-49% | |
| 50-64 years | 1900 | 679 | 36% | 34-39% | |
| 65 years and above | 1475 | 404 | 27% | 24-29% | |
| **Race** | | | | | ** |
| White | 3797 | 1423 | 39% | 37-41% | |
| African American | 965 | 296 | 32% | 29-36% | |
| Other | 204 | 76 | 41% | 32-50% | |
| **Gender and Race** | | | | | ** |
| White Males | 1488 | 664 | 44% | 41-47% | |
| African American Males | 324 | 140 | 44% | 38-50% | |
| Other Males | 78 | 34 | 47% | 33-61% | |
| White Females | 2309 | 759 | 34% | 32-36% | |
| African American Females | 641 | 156 | 23% | 20-27% | |
| Other Females | 126 | 42 | 36% | 26-47% | |
| **Marital Status** | | | | | ** |
| Married or partner of unmarried couple | 2940 | 1182 | 41% | 39-43% | |
| Divorced or separated | 844 | 287 | 34% | 30-38% | |
| Widowed | 792 | 194 | 24% | 21-28% | |
| Never Married | 373 | 127 | 34% | 29-40% | |
| **Education** | | | | | ** |
| Less than high school | 501 | 118 | 24% | 20-29% | |
| High school grad or GED | 1453 | 475 | 35% | 32-38% | |
| College 1-3 years | 1121 | 366 | 33% | 30-36% | |
| College grad | 1022 | 436 | 43% | 40-47% | |
| Advanced degree | 856 | 395 | 48% | 44-52% | |
| **Employment Status** | | | | | ** |
| Employed for wages | 2355 | 961 | 42% | 39-44% | |
| Self-employed | 370 | 182 | 51% | 45-57% | |
| Retired | 1579 | 468 | 30% | 27-32% | |
| Other | 652 | 180 | 30% | 26-35% | |
| **Household Income** | | | | | ** |
| <$25,000 | 900 | 227 | 25% | 22-29% | |
| $25,000-<$35,000 | 509 | 143 | 30% | 25-35% | |
| $35,000-<$50,000 | 706 | 258 | 36% | 32-40% | |
| $50,000-<$75,000 | 749 | 300 | 43% | 39-48% | |
| $75,000 or greater | 1311 | 600 | 46% | 43-49% | |
| Don't Know/Not Sure | 214 | 61 | 29% | 22-36% | |
| Refused | 577 | 206 | 36% | 31-40% | |

~ Some data missing for marital status, education, and employment status.
** Statistically significant, p-value $\leq$ 0.05.
^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

**TABLE 11-3 DEMOGRAPHIC CHARACTERISTICS AND LEVEL OF MODERATE PHYSICAL ACTIVITY, AMONG THOSE AGE 40 YEARS AND ABOVE**

| | | People reporting they do not engage in moderate physical activity for at least 30 minutes a day ~ | | | People reporting they engage in moderate physical activity for at least 30 minutes a day, 1-2 days per week ~ | | | People reporting they nngage in moderate physical activity for at least 30 minutes a day, 3-4 days per week ~ | | | People reporting they engage in moderate physical activity for at least 30 minutes a day, 5-7 days per week ~ | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **n** | **wt %** | **95% CI** | **n** | **wt %** | **95% CI** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Total Population** | 4867 | 748 | 15% | 14-16% | 922 | 19% | 18-21% | 1564 | 32% | 31-34% | 1633 | 33% | 31-35% | |
| **Gender** | | | | | | | | | | | | | | ** |
| Male | 1860 | 251 | 14% | 12-16% | 363 | 20% | 18-23% | 576 | 31% | 29-34% | 670 | 35% | 32-37% | |
| Female | 3007 | 497 | 16% | 15-18% | 559 | 19% | 17-20% | 988 | 34% | 32-36% | 963 | 31% | 29-33% | |
| **Age** | | | | | | | | | | | | | | ** |
| 40-49 years | 1575 | 178 | 11% | 10-13% | 325 | 20% | 18-23% | 544 | 35% | 32-37% | 528 | 34% | 31-36% | |
| 50-64 years | 1880 | 267 | 15% | 13-17% | 388 | 22% | 19-24% | 600 | 32% | 29-34% | 625 | 32% | 30-34% | |
| 65 years and above | 1412 | 303 | 22% | 19-24% | 209 | 15% | 13-17% | 420 | 30% | 27-33% | 480 | 33% | 31-36% | |
| **Race** | | | | | | | | | | | | | | ** |
| White | 3725 | 512 | 13% | 12-14% | 695 | 19% | 18-21% | 1227 | 33% | 32-35% | 1291 | 34% | 32-36% | |
| African American | 941 | 207 | 22% | 19-26% | 186 | 20% | 17-23% | 282 | 30% | 27-33% | 266 | 28% | 25-32% | |
| Other | 201 | 29 | 12% | 8-18% | 41 | 21% | 15-29% | 55 | 31% | 23-40% | 76 | 37% | 29-45% | |
| **Gender and Race** | | | | | | | | | | | | | | ** |
| White Males | 1465 | 183 | 12% | 11-14% | 290 | 21% | 18-23% | 461 | 32% | 29-34% | 531 | 35% | 32-38% | |
| African American Males | 318 | 63 | 21% | 16-26% | 55 | 18% | 13-23% | 95 | 29% | 24-35% | 105 | 32% | 27-38% | |
| Other Males | 77 | 5 | 4% | 2-11% | 18 | 25% | 15-40% | 20 | 30% | 18-46% | 34 | 40% | 28-54% | |
| White Females | 2260 | 329 | 14% | 12-15% | 405 | 18% | 16-20% | 766 | 35% | 33-37% | 760 | 33% | 31-36% | |
| African American Females | 623 | 144 | 23% | 20-27% | 131 | 21% | 18-25% | 187 | 30% | 26-35% | 161 | 25% | 22-29% | |
| Other Females | 124 | 24 | 19% | 12-29% | 23 | 16% | 11-25% | 35 | 31% | 22-42% | 42 | 33% | 24-45% | |

~ Some data missing for marital status, education, and employment status.
** Statistically significant, p-value $\leq$ 0.05.
^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

**TABLE 11-3 DEMOGRAPHIC CHARACTERISTICS AND LEVEL OF MODERATE PHYSICAL ACTIVITY, AMONG THOSE AGE 40 YEARS AND ABOVE**

| | | People reporting they do not engage in moderate physical activity for at least 30 minutes a day ~ | | | People reporting they engage in moderate physical activity for at least 30 minutes a day, 1-2 days per week ~ | | | People reporting they nngage in moderate physical activity for at least 30 minutes a day, 3-4 days per week ~ | | | People reporting they engage in moderate physical activity for at least 30 minutes a day, 5-7 days per week ~ | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **n** | **wt %** | **95% CI** | **n** | **wt %** | **95% CI** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Marital Status** | | | | | | | | | | | | | | ** |
| Married or partner of unmarried couple | 2898 | 354 | 13% | 11-14% | 561 | 20% | 18-22% | 1010 | 35% | 33-37% | 973 | 33% | 31-35% | |
| Divorced or separated | 830 | 137 | 17% | 14-20% | 161 | 19% | 16-22% | 252 | 30% | 26-34% | 280 | 34% | 31-38% | |
| Widowed | 755 | 180 | 25% | 22-29% | 125 | 17% | 14-21% | 195 | 26% | 23-30% | 255 | 32% | 28-35% | |
| Never Married | 370 | 74 | 18% | 14-24% | 72 | 21% | 16-26% | 104 | 28% | 23-33% | 120 | 33% | 28-39% | |
| **Education** | | | | | | | | | | | | | | ** |
| Less than high school | 474 | 141 | 28% | 24-33% | 71 | 17% | 13-22% | 98 | 21% | 17-25% | 164 | 34% | 29-39% | |
| High school grad or GED | 1421 | 254 | 19% | 16-21% | 237 | 16% | 14-18% | 431 | 31% | 28-33% | 499 | 35% | 32-38% | |
| College 1-3 years | 1104 | 176 | 15% | 13-18% | 213 | 21% | 18-24% | 356 | 32% | 29-35% | 359 | 32% | 29-36% | |
| College grad | 1011 | 124 | 12% | 10-14% | 214 | 22% | 19-25% | 355 | 37% | 33-40% | 318 | 30% | 27-33% | |
| Advanced degree | 846 | 51 | 6% | 4-8% | 185 | 22% | 19-25% | 321 | 38% | 34-42% | 289 | 34% | 30-38% | |
| **Employment Status** | | | | | | | | | | | | | | ** |
| Employed for wages | 2336 | 275 | 11% | 10-13% | 526 | 22% | 21-25% | 801 | 34% | 32-37% | 734 | 32% | 29-34% | |
| Self-employed | 362 | 35 | 9% | 6-13% | 56 | 16% | 12-21% | 104 | 30% | 24-36% | 167 | 45% | 39-51% | |
| Retired | 1521 | 302 | 20% | 18-22% | 231 | 16% | 14-18% | 465 | 31% | 29-34% | 523 | 33% | 30-36% | |
| Other | 639 | 135 | 23% | 19-27% | 107 | 17% | 14-21% | 191 | 29% | 25-34% | 206 | 31% | 27-35% | |
| **Household Income** | | | | | | | | | | | | | | ** |
| <$25,000 | 871 | 223 | 26% | 22-30% | 133 | 16% | 13-19% | 215 | 25% | 22-29% | 300 | 33% | 30-37% | |
| $25,000-<$35,000 | 500 | 95 | 19% | 16-24% | 81 | 16% | 13-20% | 148 | 28% | 24-33% | 176 | 36% | 31-41% | |
| $35,000-<$50,000 | 695 | 95 | 14% | 12-18% | 145 | 20% | 17-24% | 213 | 30% | 26-34% | 242 | 35% | 31-40% | |
| $50,000-<$75,000 | 742 | 89 | 12% | 9-15% | 141 | 18% | 15-21% | 271 | 38% | 34-42% | 241 | 32% | 29-36% | |
| $75,000 or greater | 1301 | 113 | 9% | 8-11% | 294 | 23% | 20-26% | 476 | 37% | 34-40% | 418 | 31% | 28-34% | |
| Don't Know/Not Sure | 198 | 45 | 23% | 17-31% | 29 | 17% | 11-25% | 53 | 29% | 22-37% | 71 | 31% | 24-38% | |
| Refused | 560 | 88 | 15% | 12-18% | 99 | 19% | 15-24% | 188 | 31% | 27-36% | 185 | 35% | 30-39% | |

~ Some data missing for marital status, education, and employment status.
** Statistically significant, p-value $\leq$ 0.05.
^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

## TABLE 11-4 BODY MASS INDEX BY DEMOGRAPHIC FACTORS

| | | BMI < 18.5 | | | BMI 18.5 < 25 | | | BMI 25 to < 30 | | | BMI ≥ 30 | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **n** | **wt %** | **95% CI** | **n** | **wt %** | **95% CI** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Total Population** | 4813 | 171 | 4% | 4-Mar | 1769 | 36% | 35-38 | 1678 | 35% | 33-36% | 1195 | 25% | 24-27% | |
| **Gender** | | | | | | | | | | | | | | ** |
| Male | 1882 | 29 | 2% | 1-3% | 587 | 32% | 29-34% | 789 | 41% | 39-44% | 477 | 25% | 23-28% | |
| Female | 2931 | 142 | 5% | 4-6% | 1182 | 40% | 38-42% | 889 | 29% | 27-31% | 718 | 26% | 24-27% | |
| **Age** | | | | | | | | | | | | | | ** |
| 40-49 years | 1547 | 58 | 4% | 3-5% | 593 | 38% | 35-41% | 516 | 33% | 30-36% | 380 | 25% | 23-28% | |
| 50-64 years | 1818 | 53 | 3% | 2-4% | 597 | 32% | 30-35% | 651 | 36% | 34-39% | 517 | 28% | 26-31% | |
| 65 years and above | 1448 | 60 | 4% | 3-6% | 579 | 39% | 37-42% | 511 | 35% | 32-38% | 298 | 21% | 19-24% | |
| **Race** | | | | | | | | | | | | | | ** |
| White | 3686 | 136 | 4% | 3-4% | 1456 | 40% | 38-41% | 1290 | 34% | 33-36% | 804 | 22% | 21-24% | |
| African American | 933 | 18 | 2% | 1-4% | 228 | 24% | 21-27% | 328 | 36% | 32-40% | 359 | 38% | 34-41% | |
| Other | 194 | 17 | 7% | 4-13% | 85 | 45% | 36-54% | 60 | 33% | 25-42% | 32 | 15% | 9-22% | |
| **Gender and Race** | | | | | | | | | | | | | | ** |
| White Males | 1483 | 22 | 2% | 1-3% | 481 | 33% | 30-36% | 618 | 41% | 38-44% | 362 | 24% | 22-27% | |
| African American Males | 323 | 2 | 7% | 1-5% | 76 | 25% | 20-31% | 141 | 43% | 37-49% | 101 | 30% | 25-36% | |
| Other Males | 76 | 2 | 2% | 0-9% | 30 | 40% | 27-55% | 30 | 43% | 29-57% | 14 | 15% | 8-27% | |
| White Females | 2203 | 114 | 6% | 5-7% | 975 | 46% | 43-48% | 672 | 29% | 27-31% | 442 | 20% | 18-22% | |
| African American Females | 610 | 13 | 3% | 2-5% | 152 | 23% | 20-27% | 187 | 30% | 26-34% | 258 | 44% | 39-48% | |
| Other Females | 118 | 15 | 12% | 7-21% | 55 | 49% | 38-60% | 30 | 25% | 17-35% | 18 | 14% | 7-25% | |

~ Some data missing for marital status, education, and employment status.
** Statistically significant, p-value ≤ 0.05.
^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

## TABLE 11-4 BODY MASS INDEX BY DEMOGRAPHIC FACTORS

| | | BMI < 18.5 | | | BMI 18.5 < 25 | | | BMI 25 to < 30 | | | BMI ≥ 30 | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **n** | **wt %** | **95% CI** | **n** | **wt %** | **95% CI** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Marital Status** | | | | | | | | | | | | | | ** |
| Married or partner of unmarried couple | 2834 | 92 | 3% | 3-4% | 1030 | 36% | 34-38% | 1038 | 36% | 34-38% | 674 | 24% | 22-26% | |
| Divorced or separated | 820 | 24 | 3% | 2-4% | 294 | 35% | 31-39% | 285 | 35% | 32-39% | 217 | 27% | 23-31% | |
| Widowed | 787 | 38 | 5% | 4-7% | 310 | 38% | 35-42% | 250 | 30% | 27-34% | 189 | 26% | 23-30% | |
| Never Married | 358 | 15 | 5% | 3-9% | 129 | 36% | 30-42% | 99 | 27% | 22-33% | 115 | 32% | 26-38% | |
| **Education** | | | | | | | | | | | | | | ** |
| Less than high school | 495 | 19 | 4% | 2-6% | 155 | 30% | 26-35% | 155 | 33% | 28-38% | 166 | 33% | 29-38% | |
| High school grad or GED | 1412 | 45 | 3% | 2-5% | 462 | 33% | 30-36% | 495 | 34% | 31-37% | 410 | 29% | 27-32% | |
| College 1-3 years | 1078 | 33 | 3% | 2-5% | 370 | 33% | 30-37% | 395 | 35% | 32-39% | 280 | 28% | 25-31% | |
| College grad | 991 | 46 | 5% | 4-7% | 417 | 41% | 37-45% | 334 | 34% | 31-37% | 194 | 20% | 17-23% | |
| Advanced degree | 829 | 27 | 3% | 2-4% | 360 | 43% | 39-47% | 298 | 37% | 34-41% | 144 | 17% | 15-21% | |
| **Employment Status** | | | | | | | | | | | | | | ** |
| Employed for wages | 2283 | 63 | 3% | 2-4% | 833 | 36% | 34-38% | 810 | 36% | 34-39% | 577 | 25% | 23-27% | |
| Self-employed | 357 | 15 | 5% | 3-8% | 129 | 35% | 29-41% | 130 | 36% | 30-42% | 83 | 25% | 20-31% | |
| Retired | 1551 | 56 | 4% | 3-5% | 586 | 37% | 34-40% | 559 | 35% | 33-38% | 350 | 24% | 22-27% | |
| Other | 616 | 36 | 6% | 4-8% | 218 | 37% | 33-42% | 177 | 28% | 24-32% | 185 | 29% | 25-34% | |
| **Household Income** | | | | | | | | | | | | | | ** |
| <$25,000 | 880 | 24 | 2% | 2-4% | 282 | 31% | 28-35% | 300 | 33% | 30-37% | 274 | 33% | 29-37% | |
| $25,000-<$35,000 | 502 | 19 | 4% | 2-7% | 159 | 31% | 27-36% | 185 | 36% | 32-41% | 139 | 28% | 24-33% | |
| $35,000-<$50,000 | 701 | 20 | 3% | 2-5% | 246 | 35% | 31-40% | 250 | 34% | 30-38% | 185 | 28% | 24-32% | |
| $50,000-<$75,000 | 731 | 13 | 2% | 1-3% | 280 | 38% | 34-42% | 257 | 36% | 32-40% | 181 | 25% | 21-28% | |
| $75,000 or greater | 1277 | 47 | 4% | 3-6% | 511 | 39% | 36-42% | 453 | 36% | 33-39% | 266 | 21% | 19-24% | |
| Don't Know/Not Sure | 209 | 14 | 6% | 4-10% | 87 | 42% | 34-50% | 70 | 34% | 26-42% | 38 | 19% | 13-26% | |
| Refused | 513 | 34 | 7% | 5-10% | 204 | 38% | 34-43% | 163 | 32% | 28-37% | 112 | 23% | 19-27% | |

~ Some data missing for marital status, education, and employment status.

** Statistically significant, p-value ≤ 0.05.

^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

**TABLE 11-5 PHYSICAL ACTIVITY, DIET, AND CANCER SCREENING PRACTICES**

| | People reporting to have ever had a fecal occult blood test~ | | | | | People reporting to have ever had sigmoidoscopy or colonoscopy~ | | | | | Men reporting to have ever had a prostatic specific antigen test~ | | | | | Men reporting to have ever had DRE~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected characteristic** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** |
| **Do you engage in vigorous physical activity for 3 or more days per week for 20 or more minutes per occasion?** | | | | | ^ | | | | | ^ | | | | | ^ | | | | | ^ |
| Yes | 1079 | 623 | 59% | 55-62% | | 1077 | 641 | 60% | 56-63% | | 497 | 392 | 78% | 73-82% | | 506 | 450 | 90% | 87-93% | |
| No | 2277 | 1301 | 57% | 55-60% | | 2272 | 1319 | 58% | 56-60% | | 729 | 548 | 74% | 70-77% | | 754 | 665 | 89% | 86-91% | |
| **In a typical 7 day week, how many days do you engage in moderate physical activity for at least 30 minutes a day?** | | | | | ^ | | | | | ^ | | | | | ** | | | | | ^ |
| 0 days/week | 566 | 308 | 55% | 50-59% | | 563 | 303 | 55% | 50-60% | | 183 | 128 | 68% | 60-76% | | 189 | 162 | 87% | 81-91% | |
| 1-2 days/week | 594 | 349 | 57% | 52-61% | | 593 | 353 | 58% | 53-62% | | 226 | 177 | 76% | 69-82% | | 234 | 211 | 91% | 86-94% | |
| 3-4 days/week | 1016 | 598 | 60% | 57-64% | | 1017 | 630 | 62% | 59-66% | | 364 | 295 | 81% | 75-85% | | 370 | 334 | 92% | 89-95% | |
| 5 -7 days/week | 1101 | 633 | 58% | 55-61% | | 1097 | 629 | 58% | 54-61% | | 430 | 321 | 73% | 67-77% | | 443 | 388 | 87% | 83-91% | |
| **Has a doctor or other HCP recommended that you begin or continue any type of exercise or physical activity in the past year?** | | | | | ** | | | | | ** | | | | | ** | | | | | ^ |
| Yes | 1325 | 848 | 65% | 62-68% | | 1326 | 844 | 64% | 61-67% | | 462 | 387 | 83% | 79-87% | | 475 | 432 | 91% | 88-94% | |
| No | 1982 | 1063 | 53% | 51-56% | | 1974 | 1103 | 56% | 53-58% | | 740 | 544 | 71% | 67-75% | | 762 | 666 | 88% | 86-91% | |
| **How many total servings of fruits and vegetables do you eat each day?** | | | | | ** | | | | | ** | | | | | ^ | | | | | ^ |
| 0-2 | 1510 | 780 | 52% | 50-55% | | 1501 | 829 | 56% | 53-59% | | 692 | 515 | 75% | 71-78% | | 712 | 620 | 88% | 85-90% | |
| 3-4 fruits/vegetables /day | 1180 | 739 | 63% | 59-66% | | 1184 | 713 | 59% | 56-63% | | 378 | 315 | 80% | 74-85% | | 389 | 356 | 92% | 89-95% | |
| 5 or more | 557 | 360 | 66% | 61-70% | | 555 | 361 | 65% | 60-69% | | 121 | 92 | 68% | 57-77% | | 125 | 114 | 93% | 86-96% | |
| **Has a doctor or other HCP talked with you about your diet and eating habits in the past year?** | | | | | ** | | | | | ** | | | | | ^ | | | | | ^ |
| Yes | 1298 | 809 | 63% | 59-66% | | 1289 | 800 | 62% | 59-65% | | 483 | 384 | 79% | 74-83% | | 498 | 448 | 91% | 88-93% | |
| No | 2011 | 1104 | 55% | 53-58% | | 2013 | 1149 | 57% | 55-60% | | 719 | 549 | 75% | 71-78% | | 738 | 650 | 89% | 86-91% | |
| **Body Mass Index** | | | | | ^ | | | | | ^ | | | | | ^ | | | | | ^ |
| < 18.5 | 113 | 68 | 59% | 49-69% | | 111 | 62 | 58% | 47-68% | | 19 | 13 | 68% | 41-87% | | 20 | 19 | 97% | 79-100% | |
| 18.5-<25 | 1168 | 681 | 58% | 55-62% | | 1170 | 697 | 60% | 57-63% | | 379 | 297 | 76% | 70-81% | | 385 | 345 | 90% | 86-93% | |
| 25-<30 | 1156 | 674 | 59% | 55-62% | | 1154 | 679 | 58% | 55-62% | | 517 | 409 | 77% | 72-81% | | 529 | 476 | 91% | 87-93% | |
| ≥ 30 | 811 | 433 | 54% | 50-58% | | 807 | 453 | 57% | 53-61% | | 308 | 217 | 71% | 65-76% | | 323 | 274 | 87% | 83-91% | |

~ Reported for people age 50 years and older
~~ Reported for people age 40 years and older
** Statistically significant with P-value of < 0.05.
^ Not statistically significant with a P-value greater than 0.05.

**TABLE 11-5 PHYSICAL ACTIVITY, DIET, AND CANCER SCREENING PRACTICES**

| | Women reporting to have ever had a mammogram | | | | | Women reporting to have ever had a clinical breast exam | | | | | Women reporting to have ever had a Pap smear #~~ | | | | | People reporting to have ever had oral cancer screening | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected characteristic** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** |
| **Do you engage in vigorous physical activity for 3 or more days per week for 20 or more minutes per occasion?** | | | | | ^ | | | | | ^ | | | | | ^ | | | | | ** |
| Yes | 957 | 898 | 94% | 91-95% | | 954 | 916 | 96% | 94-97% | | 692 | 681 | 98% | 96-99% | | 1738 | 842 | 47% | 44-50% | |
| No | 2113 | 1965 | 93% | 92-94% | | 2113 | 1974 | 94% | 92-95% | | 1362 | 1326 | 97% | 95-98% | | 3053 | 1247 | 40% | 38-42% | |
| **In a typical 7 day week, how many days do you engage in moderate physical activity for at least 30 minutes a day?** | | | | | ** | | | | | ** | | | | | ** | | | | | ** |
| 0 days/week | 496 | 451 | 90% | 87-93% | | 495 | 442 | 90% | 86-92% | | 299 | 284 | 94% | 90-97% | | 712 | 240 | 32% | 29-36% | |
| 1-2 days/week | 558 | 517 | 92% | 89-94% | | 557 | 533 | 95% | 92-97% | | 373 | 364 | 97% | 93-99% | | 891 | 392 | 43% | 39-46% | |
| 3-4 days/week | 987 | 949 | 97% | 95-98% | | 987 | 957 | 98% | 96-98% | | 671 | 664 | 99% | 97-99% | | 1516 | 730 | 47% | 44-50% | |
| 5 -7 days/week | 963 | 883 | 92% | 90-93% | | 962 | 901 | 94% | 91-95% | | 680 | 665 | 98% | 96-99% | | 1577 | 698 | 44% | 41-46% | |
| **Has a doctor or other HCP recommended that you begin or continue any type of exercise or physical activity in the past year?** | | | | | ** | | | | | ^ | | | | | ** | | | | | ** |
| Yes | 1232 | 1182 | 96% | 95-97% | | 1231 | 1172 | 95% | 93-96% | | 801 | 793 | 98% | 97-99% | | 1831 | 866 | 46% | 43-49% | |
| No | 1795 | 1649 | 92% | 90-93% | | 1793 | 1679 | 94% | 92-95% | | 1218 | 1182 | 96% | 95-97% | | 2861 | 1192 | 41% | 39-43% | |
| **How many total servings of fruits and vegetables do you eat each day?** | | | | | ** | | | | | ** | | | | | ** | | | | | ** |
| 0-2 | 1219 | 1112 | 91% | 88-92% | | 1217 | 1135 | 93% | 91-95% | | 816 | 788 | 95% | 93-97% | | 2224 | 831 | 37% | 34-39% | |
| 3-4 fruits/vegetables /day | 1167 | 1096 | 94% | 92-95% | | 1164 | 1097 | 94% | 93-96% | | 787 | 777 | 99% | 98-100% | | 1676 | 790 | 46% | 43-49% | |
| 5 or more | 595 | 571 | 96% | 94-98% | | 595 | 572 | 97% | 95-98% | | 399 | 395 | 99% | 97-100% | | 754 | 422 | 56% | 52-60% | |
| **Has a doctor or other HCP talked with you about your diet and eating habits in the past year?** | | | | | ** | | | | | ^ | | | | | ** | | | | | ^ |
| Yes | 1139 | 1084 | 95% | 93-96% | | 1139 | 1080 | 94% | 92-96% | | 718 | 713 | 99% | 98-100% | | 1801 | 794 | 44% | 41-47% | |
| No | 1888 | 1749 | 93% | 91-94% | | 1885 | 1773 | 94% | 93-95% | | 1299 | 1262 | 97% | 95-98% | | 2891 | 1263 | 42% | 40-44% | |
| **Body Mass Index** | | | | | ^ | | | | | ** | | | | | ^ | | | | | ** |
| < 18.5 | 141 | 127 | 91% | 84-95% | | 142 | 131 | 92% | 85-95% | | 110 | 104 | 95% | 89-98% | | 165 | 78 | 44% | 36-53% | |
| 18.5-<25 | 1180 | 1090 | 92% | 90-94% | | 1179 | 1113 | 95% | 94-96% | | 852 | 830 | 97% | 95-98% | | 1699 | 816 | 47% | 44-50% | |
| 25-<30 | 887 | 830 | 93% | 91-95% | | 886 | 841 | 96% | 94-97% | | 566 | 556 | 98% | 97-99% | | 1619 | 676 | 40% | 38-43% | |
| ≥ 30 | 718 | 677 | 94% | 92-96% | | 716 | 664 | 92% | 89-94% | | 432 | 423 | 97% | 94-99% | | 1160 | 439 | 38% | 35-42% | |

~ Reported for people age 50 years and older
~~ Reported for people age 40 years and older
** Statistically significant with P-value of < 0.05.
^ Not statistically significant with a P-value greater than 0.05.

## TABLE 11-6 SMOKING STATUS AND DEMOGRAPHIC CHARACTERISTICS, AMONG THOSE AGE 40 YEARS AND OLDER

| | | Never Smoked ~ | | | Previous Smoker ~ | | | Current Smoker ~ | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **n** | **wt %** | **95% CI** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Total Population** | 4946 | 2405 | 48% | 47-50% | 1680 | 33% | 32-35% | 861 | 18% | 17-20% | |
| **Gender** | | | | | | | | | | | ** |
| Male | 1883 | 758 | 40% | 38-43% | 775 | 39% | 37-42% | 350 | 20% | 18-23% | |
| Female | 3063 | 1647 | 55% | 53-57% | 905 | 28% | 27-30% | 511 | 17% | 15-18% | |
| **Age** | | | | | | | | | | | ** |
| 40-49 years | 1585 | 794 | 50% | 48-53% | 416 | 26% | 23-29% | 375 | 24% | 21-26% | |
| 50-64 years | 1898 | 877 | 45% | 42-48% | 647 | 35% | 32-37% | 374 | 20% | 18-23% | |
| 65 years and above | 1463 | 734 | 50% | 47-53% | 617 | 43% | 40-46% | 112 | 7% | 6-9% | |
| **Race** | | | | | | | | | | | ** |
| White | 3788 | 1813 | 47% | 46-49% | 1345 | 36% | 34-38% | 630 | 17% | 16-18% | |
| African American | 956 | 465 | 47% | 44-51% | 287 | 29% | 26-33% | 204 | 24% | 20-27% | |
| Other | 202 | 127 | 65% | 56-73% | 48 | 22% | 16-30% | 27 | 13% | 8-20% | |
| **Gender and Race** | | | | | | | | | | | ** |
| White Males | 1482 | 603 | 41% | 38-44% | 621 | 40% | 38-43% | 258 | 19% | 16-21% | |
| African American Males | 324 | 117 | 36% | 30-42% | 125 | 37% | 31-43% | 82 | 27% | 22-33% | |
| Other Males | 77 | 38 | 51% | 38-65% | 29 | 34% | 22-48% | 10 | 15% | 7-28% | |
| White Females | 2306 | 1210 | 53% | 51-55% | 724 | 32% | 30-34% | 372 | 15% | 14-17% | |
| African American Females | 632 | 348 | 56% | 52-61% | 162 | 23% | 20-27% | 122 | 21% | 17-25% | |
| Other Females | 125 | 89 | 77% | 67-85% | 19 | 12% | 7-20% | 17 | 11% | 6-19% | |

~ Some data missing for marital status, education, and employment status.
** Statistically significant, p-value $\leq$ 0.05.
^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

## TABLE 11-6 SMOKING STATUS AND DEMOGRAPHIC CHARACTERISTICS, AMONG THOSE AGE 40 YEARS AND OLDER

| | | Never Smoked ~ | | | Previous Smoker ~ | | | Current Smoker ~ | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **n** | **wt %** | **95% CI** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Marital Status** | | | | | | | | | | | ** |
| Married or partner of unmarried couple | 2937 | 1484 | 50% | 48-52% | 1030 | 35% | 33-37% | 423 | 15% | 14-17% | |
| Divorced or separated | 835 | 344 | 39% | 36-43% | 274 | 31% | 27-35% | 217 | 30% | 26-34% | |
| Widowed | 788 | 387 | 50% | 46-54% | 284 | 35% | 31-39% | 117 | 15% | 12-18% | |
| Never Married | 371 | 182 | 47% | 41-53% | 88 | 22% | 18-28% | 101 | 31% | 25-37% | |
| **Education** | | | | | | | | | | | ** |
| Less than high school | 494 | 188 | 36% | 31-41% | 162 | 31% | 26-35% | 144 | 34% | 29-39% | |
| High school grad or GED | 1453 | 644 | 42% | 39-45% | 484 | 33% | 30-36% | 325 | 25% | 22-27% | |
| College 1-3 years | 1119 | 514 | 46% | 42-49% | 401 | 36% | 33-40% | 204 | 18% | 15-21% | |
| College grad | 1014 | 577 | 58% | 55-62% | 324 | 30% | 27-33% | 113 | 12% | 9-14% | |
| Advanced degree | 854 | 478 | 57% | 53-60% | 304 | 36% | 32-39% | 72 | 8% | 6-10% | |
| **Employment Status** | | | | | | | | | | | ** |
| Employed for wages | 2348 | 1190 | 50% | 48-53% | 695 | 30% | 27-32% | 463 | 20% | 18-22% | |
| Self-employed | 368 | 163 | 45% | 39-52% | 141 | 40% | 34-46% | 64 | 15% | 11-19% | |
| Retired | 1573 | 742 | 46% | 43-49% | 667 | 42% | 39-45% | 164 | 12% | 10-14% | |
| Other | 647 | 304 | 47% | 43-52% | 176 | 26% | 23-30% | 167 | 27% | 23-31% | |
| **Household Income** | | | | | | | | | | | ** |
| <$25,000 | 897 | 398 | 44% | 40-48% | 284 | 29% | 26-33% | 215 | 27% | 23-31% | |
| $25,000-<$35,000 | 504 | 233 | 46% | 41-51% | 160 | 31% | 27-36% | 111 | 23% | 19-27% | |
| $35,000-<$50,000 | 702 | 333 | 45% | 40-49% | 228 | 33% | 29-37% | 141 | 23% | 19-27% | |
| $50,000-<$75,000 | 750 | 351 | 46% | 42-50% | 277 | 38% | 34-42% | 122 | 16% | 13-19% | |
| $75,000 or greater | 1313 | 683 | 52% | 49-55% | 457 | 34% | 31-37% | 173 | 14% | 12-16% | |
| Don't Know/Not Sure | 211 | 111 | 52% | 44-60% | 72 | 34% | 27-42% | 28 | 14% | 9-20% | |
| Refused | 569 | 296 | 54% | 49-59% | 202 | 35% | 30-39% | 71 | 11% | 9-15% | |

~ Some data missing for marital status, education, and employment status.
** Statistically significant, p-value $\leq$ 0.05.
^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

**TABLE 11-1 PHYSICAL ACTIVITY AND DIET RECOMMENDATIONS, AMONG THOSE AGE 40 YEARS AND OLDER**

| | People reporting a doctor or other health care professional recommend that they begin or continue exercise or physical activity ~ | | | | | People reporting a doctor or health care professional had talked with them about diet or eating habits ~ | | | | | People reporting they eat 5 or more fruits and vegetables per day ~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Total Population** | 4865 | 1905 | 39% | 38-41% | | 4866 | 1864 | 38% | 37-40% | | 4820 | 781 | 15% | 14-17% | |
| **Gender** | | | | | ** | | | | | ^ | | | | | ** |
| Male | 1833 | 673 | 37% | 35-40% | | 1833 | 725 | 40% | 37-42% | | 1835 | 186 | 10% | 9-12% | |
| Female | 3032 | 1232 | 41% | 39-43% | | 3033 | 1139 | 37% | 35-39% | | 2985 | 595 | 20% | 18-21% | |
| **Age** | | | | | ** | | | | | ** | | | | | ** |
| 40-49 years | 1541 | 574 | 37% | 34-40% | | 1539 | 563 | 37% | 34-40% | | 1555 | 223 | 13% | 12-15% | |
| 50-64 years | 1861 | 800 | 43% | 40-46% | | 1859 | 779 | 41% | 39-44% | | 1856 | 318 | 17% | 15-19% | |
| 65 years and above | 1463 | 531 | 38% | 35-41% | | 1468 | 522 | 36% | 33-39% | | 1409 | 240 | 17% | 15-19% | |
| **Race** | | | | | ^ | | | | | ** | | | | | ** |
| White | 3720 | 1415 | 38% | 37-40% | | 3722 | 1361 | 37% | 35-39% | | 3706 | 636 | 17% | 15-18% | |
| African American | 946 | 400 | 41% | 37-45% | | 947 | 423 | 43% | 39-46% | | 920 | 102 | 10% | 8-13% | |
| Other | 199 | 90 | 44% | 36-53% | | 197 | 80 | 39% | 31-48% | | 194 | 43 | 19% | 14-26% | |
| **Gender and Race** | | | | | ^ | | | | | ** | | | | | ** |
| White Males | 1440 | 526 | 37% | 35-40% | | 1440 | 562 | 39% | 37-42% | | 1449 | 146 | 11% | 9-12% | |
| African American Males | 316 | 115 | 37% | 31-43% | | 316 | 125 | 39% | 33-46% | | 310 | 30 | 10% | 7-14% | |
| Other Males | 77 | 32 | 39% | 27-53% | | 77 | 38 | 45% | 32-59% | | 76 | 10 | 11% | 6-21% | |
| White Females | 2280 | 889 | 39% | 37-42% | | 2282 | 799 | 35% | 32-37% | | 2257 | 490 | 22% | 20-24% | |
| African American Females | 630 | 285 | 44% | 40-49% | | 631 | 298 | 45% | 41-50% | | 610 | 72 | 11% | 8-14% | |
| Other Females | 122 | 58 | 49% | 38-60% | | 120 | 42 | 33% | 24-45% | | 118 | 33 | 26% | 18-37% | |

~ Some data missing for marital status, education, and employment status.
** Statistically significant, p-value $\leq$ 0.05.
^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

**TABLE 11-1 PHYSICAL ACTIVITY AND DIET RECOMMENDATIONS, AMONG THOSE AGE 40 YEARS AND OLDER**

| | People reporting a doctor or other health care professional recommend that they begin or continue exercise or physical activity ~ | | | | | People reporting a doctor or health care professional had talked with them about diet or eating habits ~ | | | | | People reporting they eat 5 or more fruits and vegetables per day ~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** | **N** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Marital Status** | | | | | ** | | | | | ^ | | | | | ** |
| Married or partner of unmarried couple | 2887 | 1175 | 41% | 39-43% | | 2886 | 1103 | 39% | 37-41% | | 2882 | 482 | 16% | 14-17% | |
| Divorced or separated | 816 | 316 | 38% | 34-42% | | 822 | 325 | 39% | 35-43% | | 817 | 112 | 13% | 10-15% | |
| Widowed | 786 | 263 | 32% | 29-36% | | 784 | 285 | 36% | 32-40% | | 752 | 127 | 18% | 15-21% | |
| Never Married | 361 | 149 | 40% | 34-46% | | 358 | 147 | 39% | 33-45% | | 354 | 59 | 14% | 11-19% | |
| **Education** | | | | | ** | | | | | ^ | | | | | ** |
| Less than high school | 483 | 171 | 35% | 30-40% | | 484 | 199 | 41% | 36-46% | | 471 | 44 | 9% | 7-13% | |
| High school grad or GED | 1427 | 501 | 36% | 33-39% | | 1425 | 548 | 38% | 35-41% | | 1398 | 159 | 10% | 9-12% | |
| College 1-3 years | 1100 | 443 | 40% | 37-44% | | 1103 | 426 | 39% | 36-42% | | 1091 | 178 | 16% | 13-18% | |
| College grad | 1004 | 409 | 41% | 38-45% | | 1000 | 357 | 36% | 33-40% | | 1002 | 184 | 17% | 15-20% | |
| Advanced degree | 839 | 377 | 43% | 40-47% | | 842 | 328 | 39% | 35-43% | | 847 | 214 | 24% | 21-27% | |
| **Employment Status** | | | | | ^ | | | | | ^ | | | | | ** |
| Employed for wages | 2305 | 941 | 40% | 38-43% | | 2309 | 883 | 38% | 36-41% | | 2310 | 360 | 15% | 13-16% | |
| Self-employed | 352 | 112 | 32% | 27-38% | | 346 | 124 | 38% | 32-44% | | 363 | 66 | 18% | 14-23% | |
| Retired | 1564 | 592 | 39% | 36-42% | | 1568 | 599 | 38% | 35-41% | | 1515 | 248 | 16% | 14-18% | |
| Other | 635 | 259 | 40% | 35-44% | | 633 | 256 | 39% | 35-44% | | 622 | 105 | 17% | 13-20% | |
| **Household Income** | | | | | ** | | | | | ^ | | | | | ** |
| <$25,000 | 865 | 317 | 37% | 33-41% | | 868 | 355 | 41% | 37-45% | | 857 | 117 | 13% | 11-16% | |
| $25,000-<$35,000 | 500 | 190 | 39% | 34-44% | | 500 | 204 | 42% | 37-48% | | 493 | 67 | 12% | 9-15% | |
| $35,000-<$50,000 | 695 | 243 | 34% | 30-39% | | 697 | 250 | 36% | 32-41% | | 693 | 93 | 12% | 10-15% | |
| $50,000-<$75,000 | 735 | 287 | 37% | 33-41% | | 735 | 271 | 35% | 32-40% | | 735 | 124 | 16% | 13-19% | |
| $75,000 or greater | 1291 | 589 | 45% | 42-48% | | 1289 | 500 | 39% | 36-42% | | 1304 | 263 | 19% | 17-22% | |
| Don't Know/Not Sure | 207 | 71 | 37% | 30-46% | | 206 | 76 | 32% | 25-39% | | 194 | 37 | 19% | 14-27% | |
| Refused | 572 | 208 | 38% | 34-43% | | 571 | 208 | 37% | 33-42% | | 544 | 80 | 14% | 11-17% | |

~ Some data missing for marital status, education, and employment status.
** Statistically significant, p-value ≤ 0.05.
^ Not statistically significant, p-value > 0.05.

**TABLE 11-3 DEMOGRAPHIC CHARACTERISTICS AND LEVEL OF MODERATE PHYSICAL ACTIVITY, AMONG THOSE AGE 40 YEARS AND ABOVE**

| | | People reporting they do not engage in moderate physical activity for at least 30 minutes a day ~ | | | People reporting they engage in moderate physical activity for at least 30 minutes a day, 1-2 days per week ~ | | | People reporting they nngage in moderate physical activity for at least 30 minutes a day, 3-4 days per week ~ | | | People reporting they engage in moderate physical activity for at least 30 minutes a day, 5-7 days per week ~ | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **n** | **wt %** | **95% CI** | **n** | **wt %** | **95% CI** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Total Population** | 4867 | 748 | 15% | 14-16% | 922 | 19% | 18-21% | 1564 | 32% | 31-34% | 1633 | 33% | 31-35% | |
| **Gender** | | | | | | | | | | | | | | ** |
| Male | 1860 | 251 | 14% | 12-16% | 363 | 20% | 18-23% | 576 | 31% | 29-34% | 670 | 35% | 32-37% | |
| Female | 3007 | 497 | 16% | 15-18% | 559 | 19% | 17-20% | 988 | 34% | 32-36% | 963 | 31% | 29-33% | |
| **Age** | | | | | | | | | | | | | | ** |
| 40-49 years | 1575 | 178 | 11% | 10-13% | 325 | 20% | 18-23% | 544 | 35% | 32-37% | 528 | 34% | 31-36% | |
| 50-64 years | 1880 | 267 | 15% | 13-17% | 388 | 22% | 19-24% | 600 | 32% | 29-34% | 625 | 32% | 30-34% | |
| 65 years and above | 1412 | 303 | 22% | 19-24% | 209 | 15% | 13-17% | 420 | 30% | 27-33% | 480 | 33% | 31-36% | |
| **Race** | | | | | | | | | | | | | | ** |
| White | 3725 | 512 | 13% | 12-14% | 695 | 19% | 18-21% | 1227 | 33% | 32-35% | 1291 | 34% | 32-36% | |
| African American | 941 | 207 | 22% | 19-26% | 186 | 20% | 17-23% | 282 | 30% | 27-33% | 266 | 28% | 25-32% | |
| Other | 201 | 29 | 12% | 8-18% | 41 | 21% | 15-29% | 55 | 31% | 23-40% | 76 | 37% | 29-45% | |
| **Gender and Race** | | | | | | | | | | | | | | ** |
| White Males | 1465 | 183 | 12% | 11-14% | 290 | 21% | 18-23% | 461 | 32% | 29-34% | 531 | 35% | 32-38% | |
| African American Males | 318 | 63 | 21% | 16-26% | 55 | 18% | 13-23% | 95 | 29% | 24-35% | 105 | 32% | 27-38% | |
| Other Males | 77 | 5 | 4% | 2-11% | 18 | 25% | 15-40% | 20 | 30% | 18-46% | 34 | 40% | 28-54% | |
| White Females | 2260 | 329 | 14% | 12-15% | 405 | 18% | 16-20% | 766 | 35% | 33-37% | 760 | 33% | 31-36% | |
| African American Females | 623 | 144 | 23% | 20-27% | 131 | 21% | 18-25% | 187 | 30% | 26-35% | 161 | 25% | 22-29% | |
| Other Females | 124 | 24 | 19% | 12-29% | 23 | 16% | 11-25% | 35 | 31% | 22-42% | 42 | 33% | 24-45% | |

~ Some data missing for marital status, education, and employment status.
** Statistically significant, p-value $\leq$ 0.05.
^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

**TABLE 11-3 DEMOGRAPHIC CHARACTERISTICS AND LEVEL OF MODERATE PHYSICAL ACTIVITY, AMONG THOSE AGE 40 YEARS AND ABOVE**

| | | People reporting they do not engage in moderate physical activity for at least 30 minutes a day ~ | | | People reporting they engage in moderate physical activity for at least 30 minutes a day, 1-2 days per week ~ | | | People reporting they nngage in moderate physical activity for at least 30 minutes a day, 3-4 days per week ~ | | | People reporting they engage in moderate physical activity for at least 30 minutes a day, 5-7 days per week ~ | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **n** | **wt %** | **95% CI** | **n** | **wt %** | **95% CI** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Marital Status** | | | | | | | | | | | | | | ** |
| Married or partner of unmarried couple | 2898 | 354 | 13% | 11-14% | 561 | 20% | 18-22% | 1010 | 35% | 33-37% | 973 | 33% | 31-35% | |
| Divorced or separated | 830 | 137 | 17% | 14-20% | 161 | 19% | 16-22% | 252 | 30% | 26-34% | 280 | 34% | 31-38% | |
| Widowed | 755 | 180 | 25% | 22-29% | 125 | 17% | 14-21% | 195 | 26% | 23-30% | 255 | 32% | 28-35% | |
| Never Married | 370 | 74 | 18% | 14-24% | 72 | 21% | 16-26% | 104 | 28% | 23-33% | 120 | 33% | 28-39% | |
| **Education** | | | | | | | | | | | | | | ** |
| Less than high school | 474 | 141 | 28% | 24-33% | 71 | 17% | 13-22% | 98 | 21% | 17-25% | 164 | 34% | 29-39% | |
| High school grad or GED | 1421 | 254 | 19% | 16-21% | 237 | 16% | 14-18% | 431 | 31% | 28-33% | 499 | 35% | 32-38% | |
| College 1-3 years | 1104 | 176 | 15% | 13-18% | 213 | 21% | 18-24% | 356 | 32% | 29-35% | 359 | 32% | 29-36% | |
| College grad | 1011 | 124 | 12% | 10-14% | 214 | 22% | 19-25% | 355 | 37% | 33-40% | 318 | 30% | 27-33% | |
| Advanced degree | 846 | 51 | 6% | 4-8% | 185 | 22% | 19-25% | 321 | 38% | 34-42% | 289 | 34% | 30-38% | |
| **Employment Status** | | | | | | | | | | | | | | ** |
| Employed for wages | 2336 | 275 | 11% | 10-13% | 526 | 22% | 21-25% | 801 | 34% | 32-37% | 734 | 32% | 29-34% | |
| Self-employed | 362 | 35 | 9% | 6-13% | 56 | 16% | 12-21% | 104 | 30% | 24-36% | 167 | 45% | 39-51% | |
| Retired | 1521 | 302 | 20% | 18-22% | 231 | 16% | 14-18% | 465 | 31% | 29-34% | 523 | 33% | 30-36% | |
| Other | 639 | 135 | 23% | 19-27% | 107 | 17% | 14-21% | 191 | 29% | 25-34% | 206 | 31% | 27-35% | |
| **Household Income** | | | | | | | | | | | | | | ** |
| <$25,000 | 871 | 223 | 26% | 22-30% | 133 | 16% | 13-19% | 215 | 25% | 22-29% | 300 | 33% | 30-37% | |
| $25,000-<$35,000 | 500 | 95 | 19% | 16-24% | 81 | 16% | 13-20% | 148 | 28% | 24-33% | 176 | 36% | 31-41% | |
| $35,000-<$50,000 | 695 | 95 | 14% | 12-18% | 145 | 20% | 17-24% | 213 | 30% | 26-34% | 242 | 35% | 31-40% | |
| $50,000-<$75,000 | 742 | 89 | 12% | 9-15% | 141 | 18% | 15-21% | 271 | 38% | 34-42% | 241 | 32% | 29-36% | |
| $75,000 or greater | 1301 | 113 | 9% | 8-11% | 294 | 23% | 20-26% | 476 | 37% | 34-40% | 418 | 31% | 28-34% | |
| Don't Know/Not Sure | 198 | 45 | 23% | 17-31% | 29 | 17% | 11-25% | 53 | 29% | 22-37% | 71 | 31% | 24-38% | |
| Refused | 560 | 88 | 15% | 12-18% | 99 | 19% | 15-24% | 188 | 31% | 27-36% | 185 | 35% | 30-39% | |

~ Some data missing for marital status, education, and employment status.
** Statistically significant, p-value $\leq$ 0.05.
^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

## TABLE 11-4 BODY MASS INDEX BY DEMOGRAPHIC FACTORS

| | | BMI < 18.5 | | | BMI 18.5 < 25 | | | BMI 25 to < 30 | | | BMI ≥ 30 | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **n** | **wt %** | **95% CI** | **n** | **wt %** | **95% CI** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Total Population** | 4813 | 171 | 4% | 4-Mar | 1769 | 36% | 35-38 | 1678 | 35% | 33-36% | 1195 | 25% | 24-27% | |
| **Gender** | | | | | | | | | | | | | | ** |
| Male | 1882 | 29 | 2% | 1-3% | 587 | 32% | 29-34% | 789 | 41% | 39-44% | 477 | 25% | 23-28% | |
| Female | 2931 | 142 | 5% | 4-6% | 1182 | 40% | 38-42% | 889 | 29% | 27-31% | 718 | 26% | 24-27% | |
| **Age** | | | | | | | | | | | | | | ** |
| 40-49 years | 1547 | 58 | 4% | 3-5% | 593 | 38% | 35-41% | 516 | 33% | 30-36% | 380 | 25% | 23-28% | |
| 50-64 years | 1818 | 53 | 3% | 2-4% | 597 | 32% | 30-35% | 651 | 36% | 34-39% | 517 | 28% | 26-31% | |
| 65 years and above | 1448 | 60 | 4% | 3-6% | 579 | 39% | 37-42% | 511 | 35% | 32-38% | 298 | 21% | 19-24% | |
| **Race** | | | | | | | | | | | | | | ** |
| White | 3686 | 136 | 4% | 3-4% | 1456 | 40% | 38-41% | 1290 | 34% | 33-36% | 804 | 22% | 21-24% | |
| African American | 933 | 18 | 2% | 1-4% | 228 | 24% | 21-27% | 328 | 36% | 32-40% | 359 | 38% | 34-41% | |
| Other | 194 | 17 | 7% | 4-13% | 85 | 45% | 36-54% | 60 | 33% | 25-42% | 32 | 15% | 9-22% | |
| **Gender and Race** | | | | | | | | | | | | | | ** |
| White Males | 1483 | 22 | 2% | 1-3% | 481 | 33% | 30-36% | 618 | 41% | 38-44% | 362 | 24% | 22-27% | |
| African American Males | 323 | 2 | 7% | 1-5% | 76 | 25% | 20-31% | 141 | 43% | 37-49% | 101 | 30% | 25-36% | |
| Other Males | 76 | 2 | 2% | 0-9% | 30 | 40% | 27-55% | 30 | 43% | 29-57% | 14 | 15% | 8-27% | |
| White Females | 2203 | 114 | 6% | 5-7% | 975 | 46% | 43-48% | 672 | 29% | 27-31% | 442 | 20% | 18-22% | |
| African American Females | 610 | 13 | 3% | 2-5% | 152 | 23% | 20-27% | 187 | 30% | 26-34% | 258 | 44% | 39-48% | |
| Other Females | 118 | 15 | 12% | 7-21% | 55 | 49% | 38-60% | 30 | 25% | 17-35% | 18 | 14% | 7-25% | |

~ Some data missing for marital status, education, and employment status.
** Statistically significant, p-value ≤ 0.05.
^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

## TABLE 11-4 BODY MASS INDEX BY DEMOGRAPHIC FACTORS

| | | BMI < 18.5 | | | BMI 18.5 < 25 | | | BMI 25 to < 30 | | | BMI ≥ 30 | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **n** | **wt %** | **95% CI** | **n** | **wt %** | **95% CI** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Marital Status** | | | | | | | | | | | | | | ** |
| Married or partner of unmarried couple | 2834 | 92 | 3% | 3-4% | 1030 | 36% | 34-38% | 1038 | 36% | 34-38% | 674 | 24% | 22-26% | |
| Divorced or separated | 820 | 24 | 3% | 2-4% | 294 | 35% | 31-39% | 285 | 35% | 32-39% | 217 | 27% | 23-31% | |
| Widowed | 787 | 38 | 5% | 4-7% | 310 | 38% | 35-42% | 250 | 30% | 27-34% | 189 | 26% | 23-30% | |
| Never Married | 358 | 15 | 5% | 3-9% | 129 | 36% | 30-42% | 99 | 27% | 22-33% | 115 | 32% | 26-38% | |
| **Education** | | | | | | | | | | | | | | ** |
| Less than high school | 495 | 19 | 4% | 2-6% | 155 | 30% | 26-35% | 155 | 33% | 28-38% | 166 | 33% | 29-38% | |
| High school grad or GED | 1412 | 45 | 3% | 2-5% | 462 | 33% | 30-36% | 495 | 34% | 31-37% | 410 | 29% | 27-32% | |
| College 1-3 years | 1078 | 33 | 3% | 2-5% | 370 | 33% | 30-37% | 395 | 35% | 32-39% | 280 | 28% | 25-31% | |
| College grad | 991 | 46 | 5% | 4-7% | 417 | 41% | 37-45% | 334 | 34% | 31-37% | 194 | 20% | 17-23% | |
| Advanced degree | 829 | 27 | 3% | 2-4% | 360 | 43% | 39-47% | 298 | 37% | 34-41% | 144 | 17% | 15-21% | |
| **Employment Status** | | | | | | | | | | | | | | ** |
| Employed for wages | 2283 | 63 | 3% | 2-4% | 833 | 36% | 34-38% | 810 | 36% | 34-39% | 577 | 25% | 23-27% | |
| Self-employed | 357 | 15 | 5% | 3-8% | 129 | 35% | 29-41% | 130 | 36% | 30-42% | 83 | 25% | 20-31% | |
| Retired | 1551 | 56 | 4% | 3-5% | 586 | 37% | 34-40% | 559 | 35% | 33-38% | 350 | 24% | 22-27% | |
| Other | 616 | 36 | 6% | 4-8% | 218 | 37% | 33-42% | 177 | 28% | 24-32% | 185 | 29% | 25-34% | |
| **Household Income** | | | | | | | | | | | | | | ** |
| <$25,000 | 880 | 24 | 2% | 2-4% | 282 | 31% | 28-35% | 300 | 33% | 30-37% | 274 | 33% | 29-37% | |
| $25,000-<$35,000 | 502 | 19 | 4% | 2-7% | 159 | 31% | 27-36% | 185 | 36% | 32-41% | 139 | 28% | 24-33% | |
| $35,000-<$50,000 | 701 | 20 | 3% | 2-5% | 246 | 35% | 31-40% | 250 | 34% | 30-38% | 185 | 28% | 24-32% | |
| $50,000-<$75,000 | 731 | 13 | 2% | 1-3% | 280 | 38% | 34-42% | 257 | 36% | 32-40% | 181 | 25% | 21-28% | |
| $75,000 or greater | 1277 | 47 | 4% | 3-6% | 511 | 39% | 36-42% | 453 | 36% | 33-39% | 266 | 21% | 19-24% | |
| Don't Know/Not Sure | 209 | 14 | 6% | 4-10% | 87 | 42% | 34-50% | 70 | 34% | 26-42% | 38 | 19% | 13-26% | |
| Refused | 513 | 34 | 7% | 5-10% | 204 | 38% | 34-43% | 163 | 32% | 28-37% | 112 | 23% | 19-27% | |

~ Some data missing for marital status, education, and employment status.

** Statistically significant, p-value ≤ 0.05.

^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

**TABLE 11-5 PHYSICAL ACTIVITY, DIET, AND CANCER SCREENING PRACTICES**

| | People reporting to have ever had a fecal occult blood test~ | | | | | People reporting to have ever had sigmoidoscopy or colonoscopy~ | | | | | Men reporting to have ever had a prostatic specific antigen test~ | | | | | Men reporting to have ever had DRE~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected characteristic** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** |
| **Do you engage in vigorous physical activity for 3 or more days per week for 20 or more minutes per occasion?** | | | | | ^ | | | | | ^ | | | | | ^ | | | | | ^ |
| Yes | 1079 | 623 | 59% | 55-62% | | 1077 | 641 | 60% | 56-63% | | 497 | 392 | 78% | 73-82% | | 506 | 450 | 90% | 87-93% | |
| No | 2277 | 1301 | 57% | 55-60% | | 2272 | 1319 | 58% | 56-60% | | 729 | 548 | 74% | 70-77% | | 754 | 665 | 89% | 86-91% | |
| **In a typical 7 day week, how many days do you engage in moderate physical activity for at least 30 minutes a day?** | | | | | ^ | | | | | ^ | | | | | ** | | | | | ^ |
| 0 days/week | 566 | 308 | 55% | 50-59% | | 563 | 303 | 55% | 50-60% | | 183 | 128 | 68% | 60-76% | | 189 | 162 | 87% | 81-91% | |
| 1-2 days/week | 594 | 349 | 57% | 52-61% | | 593 | 353 | 58% | 53-62% | | 226 | 177 | 76% | 69-82% | | 234 | 211 | 91% | 86-94% | |
| 3-4 days/week | 1016 | 598 | 60% | 57-64% | | 1017 | 630 | 62% | 59-66% | | 364 | 295 | 81% | 75-85% | | 370 | 334 | 92% | 89-95% | |
| 5 -7 days/week | 1101 | 633 | 58% | 55-61% | | 1097 | 629 | 58% | 54-61% | | 430 | 321 | 73% | 67-77% | | 443 | 388 | 87% | 83-91% | |
| **Has a doctor or other HCP recommended that you begin or continue any type of exercise or physical activity in the past year?** | | | | | ** | | | | | ** | | | | | ** | | | | | ^ |
| Yes | 1325 | 848 | 65% | 62-68% | | 1326 | 844 | 64% | 61-67% | | 462 | 387 | 83% | 79-87% | | 475 | 432 | 91% | 88-94% | |
| No | 1982 | 1063 | 53% | 51-56% | | 1974 | 1103 | 56% | 53-58% | | 740 | 544 | 71% | 67-75% | | 762 | 666 | 88% | 86-91% | |
| **How many total servings of fruits and vegetables do you eat each day?** | | | | | ** | | | | | ** | | | | | ^ | | | | | ^ |
| 0-2 | 1510 | 780 | 52% | 50-55% | | 1501 | 829 | 56% | 53-59% | | 692 | 515 | 75% | 71-78% | | 712 | 620 | 88% | 85-90% | |
| 3-4 fruits/vegetables /day | 1180 | 739 | 63% | 59-66% | | 1184 | 713 | 59% | 56-63% | | 378 | 315 | 80% | 74-85% | | 389 | 356 | 92% | 89-95% | |
| 5 or more | 557 | 360 | 66% | 61-70% | | 555 | 361 | 65% | 60-69% | | 121 | 92 | 68% | 57-77% | | 125 | 114 | 93% | 86-96% | |
| **Has a doctor or other HCP talked with you about your diet and eating habits in the past year?** | | | | | ** | | | | | ** | | | | | ^ | | | | | ^ |
| Yes | 1298 | 809 | 63% | 59-66% | | 1289 | 800 | 62% | 59-65% | | 483 | 384 | 79% | 74-83% | | 498 | 448 | 91% | 88-93% | |
| No | 2011 | 1104 | 55% | 53-58% | | 2013 | 1149 | 57% | 55-60% | | 719 | 549 | 75% | 71-78% | | 738 | 650 | 89% | 86-91% | |
| **Body Mass Index** | | | | | ^ | | | | | ^ | | | | | ^ | | | | | ^ |
| < 18.5 | 113 | 68 | 59% | 49-69% | | 111 | 62 | 58% | 47-68% | | 19 | 13 | 68% | 41-87% | | 20 | 19 | 97% | 79-100% | |
| 18.5-<25 | 1168 | 681 | 58% | 55-62% | | 1170 | 697 | 60% | 57-63% | | 379 | 297 | 76% | 70-81% | | 385 | 345 | 90% | 86-93% | |
| 25-<30 | 1156 | 674 | 59% | 55-62% | | 1154 | 679 | 58% | 55-62% | | 517 | 409 | 77% | 72-81% | | 529 | 476 | 91% | 87-93% | |
| ≥ 30 | 811 | 433 | 54% | 50-58% | | 807 | 453 | 57% | 53-61% | | 308 | 217 | 71% | 65-76% | | 323 | 274 | 87% | 83-91% | |

~ Reported for people age 50 years and older
~~ Reported for people age 40 years and older
** Statistically significant with P-value of < 0.05.
^ Not statistically significant with a P-value greater than 0.05.

**TABLE 11-5 PHYSICAL ACTIVITY, DIET, AND CANCER SCREENING PRACTICES**

| | Women reporting to have ever had a mammogram | | | | | Women reporting to have ever had a clinical breast exam | | | | | Women reporting to have ever had a Pap smear #~~ | | | | | People reporting to have ever had oral cancer screening | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected characteristic** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** |
| **Do you engage in vigorous physical activity for 3 or more days per week for 20 or more minutes per occasion?** | | | | | ^ | | | | | ^ | | | | | ^ | | | | | ** |
| Yes | 957 | 898 | 94% | 91-95% | | 954 | 916 | 96% | 94-97% | | 692 | 681 | 98% | 96-99% | | 1738 | 842 | 47% | 44-50% | |
| No | 2113 | 1965 | 93% | 92-94% | | 2113 | 1974 | 94% | 92-95% | | 1362 | 1326 | 97% | 95-98% | | 3053 | 1247 | 40% | 38-42% | |
| **In a typical 7 day week, how many days do you engage in moderate physical activity for at least 30 minutes a day?** | | | | | ** | | | | | ** | | | | | ** | | | | | ** |
| 0 days/week | 496 | 451 | 90% | 87-93% | | 495 | 442 | 90% | 86-92% | | 299 | 284 | 94% | 90-97% | | 712 | 240 | 32% | 29-36% | |
| 1-2 days/week | 558 | 517 | 92% | 89-94% | | 557 | 533 | 95% | 92-97% | | 373 | 364 | 97% | 93-99% | | 891 | 392 | 43% | 39-46% | |
| 3-4 days/week | 987 | 949 | 97% | 95-98% | | 987 | 957 | 98% | 96-98% | | 671 | 664 | 99% | 97-99% | | 1516 | 730 | 47% | 44-50% | |
| 5 -7 days/week | 963 | 883 | 92% | 90-93% | | 962 | 901 | 94% | 91-95% | | 680 | 665 | 98% | 96-99% | | 1577 | 698 | 44% | 41-46% | |
| **Has a doctor or other HCP recommended that you begin or continue any type of exercise or physical activity in the past year?** | | | | | ** | | | | | ^ | | | | | ** | | | | | ** |
| Yes | 1232 | 1182 | 96% | 95-97% | | 1231 | 1172 | 95% | 93-96% | | 801 | 793 | 98% | 97-99% | | 1831 | 866 | 46% | 43-49% | |
| No | 1795 | 1649 | 92% | 90-93% | | 1793 | 1679 | 94% | 92-95% | | 1218 | 1182 | 96% | 95-97% | | 2861 | 1192 | 41% | 39-43% | |
| **How many total servings of fruits and vegetables do you eat each day?** | | | | | ** | | | | | ** | | | | | ** | | | | | ** |
| 0-2 | 1219 | 1112 | 91% | 88-92% | | 1217 | 1135 | 93% | 91-95% | | 816 | 788 | 95% | 93-97% | | 2224 | 831 | 37% | 34-39% | |
| 3-4 fruits/vegetables /day | 1167 | 1096 | 94% | 92-95% | | 1164 | 1097 | 94% | 93-96% | | 787 | 777 | 99% | 98-100% | | 1676 | 790 | 46% | 43-49% | |
| 5 or more | 595 | 571 | 96% | 94-98% | | 595 | 572 | 97% | 95-98% | | 399 | 395 | 99% | 97-100% | | 754 | 422 | 56% | 52-60% | |
| **Has a doctor or other HCP talked with you about your diet and eating habits in the past year?** | | | | | ** | | | | | ^ | | | | | ** | | | | | ^ |
| Yes | 1139 | 1084 | 95% | 93-96% | | 1139 | 1080 | 94% | 92-96% | | 718 | 713 | 99% | 98-100% | | 1801 | 794 | 44% | 41-47% | |
| No | 1888 | 1749 | 93% | 91-94% | | 1885 | 1773 | 94% | 93-95% | | 1299 | 1262 | 97% | 95-98% | | 2891 | 1263 | 42% | 40-44% | |
| **Body Mass Index** | | | | | ^ | | | | | ** | | | | | ^ | | | | | ** |
| < 18.5 | 141 | 127 | 91% | 84-95% | | 142 | 131 | 92% | 85-95% | | 110 | 104 | 95% | 89-98% | | 165 | 78 | 44% | 36-53% | |
| 18.5-<25 | 1180 | 1090 | 92% | 90-94% | | 1179 | 1113 | 95% | 94-96% | | 852 | 830 | 97% | 95-98% | | 1699 | 816 | 47% | 44-50% | |
| 25-<30 | 887 | 830 | 93% | 91-95% | | 886 | 841 | 96% | 94-97% | | 566 | 556 | 98% | 97-99% | | 1619 | 676 | 40% | 38-43% | |
| ≥ 30 | 718 | 677 | 94% | 92-96% | | 716 | 664 | 92% | 89-94% | | 432 | 423 | 97% | 94-99% | | 1160 | 439 | 38% | 35-42% | |

~ Reported for people age 50 years and older
~~ Reported for people age 40 years and older
** Statistically significant with P-value of < 0.05.
^ Not statistically significant with a P-value greater than 0.05.

## TABLE 11-6 SMOKING STATUS AND DEMOGRAPHIC CHARACTERISTICS, AMONG THOSE AGE 40 YEARS AND OLDER

| | | Never Smoked ~ | | | Previous Smoker ~ | | | Current Smoker ~ | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **n** | **wt %** | **95% CI** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Total Population** | 4946 | 2405 | 48% | 47-50% | 1680 | 33% | 32-35% | 861 | 18% | 17-20% | |
| **Gender** | | | | | | | | | | | ** |
| Male | 1883 | 758 | 40% | 38-43% | 775 | 39% | 37-42% | 350 | 20% | 18-23% | |
| Female | 3063 | 1647 | 55% | 53-57% | 905 | 28% | 27-30% | 511 | 17% | 15-18% | |
| **Age** | | | | | | | | | | | ** |
| 40-49 years | 1585 | 794 | 50% | 48-53% | 416 | 26% | 23-29% | 375 | 24% | 21-26% | |
| 50-64 years | 1898 | 877 | 45% | 42-48% | 647 | 35% | 32-37% | 374 | 20% | 18-23% | |
| 65 years and above | 1463 | 734 | 50% | 47-53% | 617 | 43% | 40-46% | 112 | 7% | 6-9% | |
| **Race** | | | | | | | | | | | ** |
| White | 3788 | 1813 | 47% | 46-49% | 1345 | 36% | 34-38% | 630 | 17% | 16-18% | |
| African American | 956 | 465 | 47% | 44-51% | 287 | 29% | 26-33% | 204 | 24% | 20-27% | |
| Other | 202 | 127 | 65% | 56-73% | 48 | 22% | 16-30% | 27 | 13% | 8-20% | |
| **Gender and Race** | | | | | | | | | | | ** |
| White Males | 1482 | 603 | 41% | 38-44% | 621 | 40% | 38-43% | 258 | 19% | 16-21% | |
| African American Males | 324 | 117 | 36% | 30-42% | 125 | 37% | 31-43% | 82 | 27% | 22-33% | |
| Other Males | 77 | 38 | 51% | 38-65% | 29 | 34% | 22-48% | 10 | 15% | 7-28% | |
| White Females | 2306 | 1210 | 53% | 51-55% | 724 | 32% | 30-34% | 372 | 15% | 14-17% | |
| African American Females | 632 | 348 | 56% | 52-61% | 162 | 23% | 20-27% | 122 | 21% | 17-25% | |
| Other Females | 125 | 89 | 77% | 67-85% | 19 | 12% | 7-20% | 17 | 11% | 6-19% | |

~ Some data missing for marital status, education, and employment status.
** Statistically significant, p-value $\leq$ 0.05.
^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

## TABLE 11-6 SMOKING STATUS AND DEMOGRAPHIC CHARACTERISTICS, AMONG THOSE AGE 40 YEARS AND OLDER

| | | Never Smoked ~ | | | Previous Smoker ~ | | | Current Smoker ~ | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected Characteristic** | **N** | **n** | **wt %** | **95% CI** | **n** | **wt %** | **95% CI** | **n** | **wt %** | **95% CI** | **Stat Sig** |
| **Marital Status** | | | | | | | | | | | ** |
| Married or partner of unmarried couple | 2937 | 1484 | 50% | 48-52% | 1030 | 35% | 33-37% | 423 | 15% | 14-17% | |
| Divorced or separated | 835 | 344 | 39% | 36-43% | 274 | 31% | 27-35% | 217 | 30% | 26-34% | |
| Widowed | 788 | 387 | 50% | 46-54% | 284 | 35% | 31-39% | 117 | 15% | 12-18% | |
| Never Married | 371 | 182 | 47% | 41-53% | 88 | 22% | 18-28% | 101 | 31% | 25-37% | |
| **Education** | | | | | | | | | | | ** |
| Less than high school | 494 | 188 | 36% | 31-41% | 162 | 31% | 26-35% | 144 | 34% | 29-39% | |
| High school grad or GED | 1453 | 644 | 42% | 39-45% | 484 | 33% | 30-36% | 325 | 25% | 22-27% | |
| College 1-3 years | 1119 | 514 | 46% | 42-49% | 401 | 36% | 33-40% | 204 | 18% | 15-21% | |
| College grad | 1014 | 577 | 58% | 55-62% | 324 | 30% | 27-33% | 113 | 12% | 9-14% | |
| Advanced degree | 854 | 478 | 57% | 53-60% | 304 | 36% | 32-39% | 72 | 8% | 6-10% | |
| **Employment Status** | | | | | | | | | | | ** |
| Employed for wages | 2348 | 1190 | 50% | 48-53% | 695 | 30% | 27-32% | 463 | 20% | 18-22% | |
| Self-employed | 368 | 163 | 45% | 39-52% | 141 | 40% | 34-46% | 64 | 15% | 11-19% | |
| Retired | 1573 | 742 | 46% | 43-49% | 667 | 42% | 39-45% | 164 | 12% | 10-14% | |
| Other | 647 | 304 | 47% | 43-52% | 176 | 26% | 23-30% | 167 | 27% | 23-31% | |
| **Household Income** | | | | | | | | | | | ** |
| <$25,000 | 897 | 398 | 44% | 40-48% | 284 | 29% | 26-33% | 215 | 27% | 23-31% | |
| $25,000-<$35,000 | 504 | 233 | 46% | 41-51% | 160 | 31% | 27-36% | 111 | 23% | 19-27% | |
| $35,000-<$50,000 | 702 | 333 | 45% | 40-49% | 228 | 33% | 29-37% | 141 | 23% | 19-27% | |
| $50,000-<$75,000 | 750 | 351 | 46% | 42-50% | 277 | 38% | 34-42% | 122 | 16% | 13-19% | |
| $75,000 or greater | 1313 | 683 | 52% | 49-55% | 457 | 34% | 31-37% | 173 | 14% | 12-16% | |
| Don't Know/Not Sure | 211 | 111 | 52% | 44-60% | 72 | 34% | 27-42% | 28 | 14% | 9-20% | |
| Refused | 569 | 296 | 54% | 49-59% | 202 | 35% | 30-39% | 71 | 11% | 9-15% | |

~ Some data missing for marital status, education, and employment status.
** Statistically significant, p-value $\leq$ 0.05.
^ Not statistically significant, p-value > 0.05.

Maryland Cancer Survey, 2002

## TABLE 11-7 SMOKING STATUS AND CANCER SCREENING PRACTICES.

| | Total respondents | | | People reporting to have ever had a fecal occult blood test~ | | | | | People reporting to have ever had sigmoidoscopy or colonoscopy~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected characteristic** | **N** | **wt%** | **95%CI** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** |
| **Smoking Status** | | | | | | | | ** | | | | | ** |
| Never Smoked | 2405 | 48% | 47-50% | 1604 | 935 | 59% | 56-62% | | 1599 | 948 | 59% | 56-62% | |
| Previous smoker | 1680 | 33% | 32-35% | 1253 | 787 | 63% | 60-66% | | 1252 | 803 | 64% | 61-67% | |
| Current smoker | 861 | 18% | 17-20% | 485 | 192 | 40% | 35-46% | | 483 | 195 | 42% | 37-48% | |

~ age 50 years and older
~~ age 40 years and older
# among women with a uterus
** Statistically significant, p-value < 0.05.
^ Not statistically significant, p-value > 0.05.

## TABLE 11-7 SMOKING STATUS AND CANCER SCREENING PRACTICES.

| | Total respondents | | | People reporting to have ever had a fecal occult blood test~ | | | | | People reporting to have ever had sigmoidoscopy or colonoscopy~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected characteristic** | **N** | **wt%** | **95%CI** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** |
| **Smoking Status** | | | | | | | | ** | | | | | ** |
| Never Smoked | 2405 | 48% | 47-50% | 1604 | 935 | 59% | 56-62% | | 1599 | 948 | 59% | 56-62% | |
| Previous smoker | 1680 | 33% | 32-35% | 1253 | 787 | 63% | 60-66% | | 1252 | 803 | 64% | 61-67% | |
| Current smoker | 861 | 18% | 17-20% | 485 | 192 | 40% | 35-46% | | 483 | 195 | 42% | 37-48% | |

~ age 50 years and older
~~ age 40 years and older
# among women with a uterus
** Statistically significant, p-value < 0.05.
^ Not statistically significant, p-value > 0.05.

## TABLE 11-7 SMOKING STATUS AND CANCER SCREENING PRACTICES.

| | Men reporting to have ever had a prostatic specific antigen Test~ | | | | | Men reporting to have ever had a DRE~ | | | | | Women reporting to have ever had a mammogram~~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected characteristic** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** |
| **Smoking Status** | | | | | ** | | | | | ** | | | | | ** |
| Never Smoked | 449 | 362 | 79% | 74-84% | | 461 | 407 | 90% | 87-93% | | 1643 | 1545 | 94% | 92-95% | |
| Previous smoker | 583 | 479 | 80% | 76-84% | | 604 | 549 | 91% | 89-94% | | 905 | 860 | 95% | 93-96% | |
| Current smoker | 189 | 98 | 52% | 44-61% | | 192 | 155 | 82% | 75-87% | | 510 | 444 | 87% | 83-90% | |

~ age 50 years and older
~~ age 40 years and older
# among women with a uterus
** Statistically significant, p-value < 0.05.
^ Not statistically significant, p-value > 0.05.

## TABLE 11-7 SMOKING STATUS AND CANCER SCREENING PRACTICES.

| | Women reporting to have ever had a clinical breast exam~~ | | | | | Women reporting to have ever had a Pap smear #~~ | | | | | People reporting to have ever had oral cancer screening~~ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Selected characteristic** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** | **N** | **n** | **wt%** | **95%CI** | **Stat Sig** |
| **Smoking Status** | | | | | ^ | | | | | ** | | | | | ** |
| Never Smoked | 1639 | 1545 | 94% | 93-95% | | 1108 | 1082 | 98% | 96-98% | | 2327 | 1050 | 44% | 42-47% | |
| Previous smoker | 904 | 857 | 95% | 94-97% | | 584 | 577 | 99% | 98-100% | | 1614 | 724 | 44% | 41-47% | |
| Current smoker | 511 | 473 | 92% | 89-95% | | 357 | 345 | 95% | 90-97% | | 831 | 310 | 37% | 33-41% | |

~ age 50 years and older
~~ age 40 years and older
# among women with a uterus
** Statistically significant, p-value < 0.05.
^ Not statistically significant, p-value > 0.05.

## Chapter 12. Summary of the Maryland Cancer Survey, 2002

Maryland adults compare favorably to national baseline levels for several types of cancer screening. According to data from the MCS, 2002, Maryland currently exceeds the national baseline averages reported in Healthy People 2010 for colorectal cancer (CRC) screening (both for having done an FOBT within the last two years and ever having an endoscopic examination) and having had a mammogram in the last two years, Pap smear in the last three years, and oral cancer screening in the last year. People in Maryland have already met or exceeded Healthy People 2010 targets for CRC endoscopic examinations, mammograms, Pap smear screening, and oral examinations. Marylanders fall below the Healthy People 2010 target for having an FOBT within the last two years (44% among those age 50 years and above compared to the Healthy People target of 50%), but this may be explained by the high percentage of people having colonoscopic exams, which is the more complete screening test. The United States Preventive Services Task Force has not recommended prostate cancer screening, and PSA and DRE recommendations are not part of the Healthy People 2010 objectives.[1] The national baseline screening rates from the 2001 BRFSS, published by the American Cancer Society[2], shows 57% of men, age 50 years and older, have had a PSA test and 56% have had a DRE, within the past year. This compares to 61% for the PSA and 62% for DRE among Maryland men within the last year, according to data from the MCS, 2002.

Differences were seen by gender, race, and age for the various screening tests. Differences were noted between men and women for colorectal and oral cancer screening. A higher percentage of men had endoscopic examinations, whereas women were more likely to have performed FOBT testing and undergone oral cancer screening. As age increases, the percentage of people who report having a mammogram, colorectal exam, and prostate screening increases. Women in the younger age groups (40-49 years and 50-64 years) had a higher percentage of ever having had a Pap smear and CBE. Generally, there were no differences by race for women who reported that they ever had a mammogram, CBE, and Pap smear. Fecal occult blood testing was also performed less often in people of "other" races. Endoscopic screening was reported less often in African Americans and people of "other" races. African Americans also had much less oral cancer screening than other race groups.

Generally, cancer screening increased with higher educational levels and higher annual incomes. People that were self-employed reported lower rates of colorectal cancer screening. People that reported employment status of "other" generally had lower rates of mammogram, CBE, PSA, and DRE screening. This may be because lower rates of health insurance are seen among those that have less education, lower income, and those people that are self-employed or have an employment status of "other."

People who had health insurance reported higher rates of screening for all tests. Those who reported being without health insurance sometime within the past year had lower screening rates, with all but oral cancer screening being statistically significant. Screening was higher among people who reported having at least one person they think of as their primary health care

---

[1] Screening-Prostate USPSTF Update, 2002 release-http://www.ahcpr.gov/clinic/uspstf/uspsprca.htm

[2] Cancer Detection and Early Prevention, Facts and Figures 2003, American Cancer Society http://www.cancer.org/downloads/STT/CPED2003PWSecured.pdf

provider and, and generally, among people who have had a physical exam within the last two years.

Clearly, receiving a recommendation from a health care provider for cancer screening is a very important factor in whether a cancer screening test is done. For every screening test, except mammogram, where a woman can schedule the appointment without a provider's order, the test is either ordered or performed by a health care provider. When a health care provider recommended a test, the rates for colorectal, prostate, breast, and cervical cancer screening were much higher than when no recommendation was made. When asked why a screening test was not done, the response that "the doctor did not order the test" was always a prominent reason.

Marylanders have been less successful in reaching the Healthy People 2010 objectives for some behavioral and lifestyle goals. When asked the question, "How many fruits and vegetables do you eat per day," only 15% answered five or more. This falls far below the Healthy People 2010 goals of increasing fruit consumption to at least 2 servings per day to 75% of the population and vegetable consumption of at least 3 servings per day to 50%. The MCS, 2002 found that 18% of Marylanders currently smoke cigarettes, which is above the Healthy People 2010 target of 12%. However, with respect to both moderate and vigorous physical activity, Marylanders have exceeded the Healthy People 2010 targets of 30%. In this survey, 37% of those 40 and older report engaging in vigorous physical activity at least 3 days a week and 33% report moderate physical activity 5-7 days per week.

There are limitations to the methods of this study. The data are based entirely on self-report, so there may be some recall bias or information bias. Respondents must live in a household residence with land-line telephones. People who live in institutions or use only cellular telephones are not eligible. Because the survey does not reach people who are not English-speaking and do not have telephones, it may not accurately assess the screening behaviors of lower income residents, and statewide estimates may be over-estimated. In addition, we do not interview those who cannot respond to a telephone survey because of a physical or mental impairment or those who refuse to be interviewed. The bivariate nature of the statistical analyses does not take the correlation between variables into account. This is better handled with multivariable analysis.

In conclusion, based on the MCS, 2002, Marylanders are knowledgeable about cancer screening tests and are being tested at rates comparable to, or better than, the national baselines. Our data suggest screening rates for some tests differ by gender and/or race, and other demographics, such as age, marital status, education, employment status, and income. Other factors also have an influence on screening, such as whether or not the health care provider recommends that the test be done, health insurance status, and whether or not people have a primary health care provider. Using this year's survey as the baseline for current cancer screening practices in Maryland, comparisons can be made with future surveys in order to monitor the impact of the policies and programs instituted as a result of programs such as the Maryland Cigarette Restitution Fund program, the Breast and Cervical Cancer program, and the implementation of the Maryland Comprehensive Cancer Plan.

*Hello, my name is _____. I'm calling for the Maryland State Health Department and the University of Maryland . We're conducting a survey on cancer screening for Maryland residents aged 40 years or older. Your phone number has been chosen randomly for participation in this important survey.*

Is this a private residence? READ ONLY IF NECESSARY (That is, a home as opposed to a business or an institution.)

IF "NO" Thank you very much. We are only talking to people in private residences this number will not be included in the survey.

IF "YES": I need to randomly select one person aged 40 or older who lives in your household to be interviewed. How many members of your household, including yourself, are 40 years of age or older?

___ NUMBER OF ADULTS AGED 40 OR GREATER.

IF "0" Thank you very much for your time. As we are only interviewing people aged 40 or older, we will not be interviewing anyone in your household for this survey. **STOP**

IF "1": Are you the individual who is at least 40 years of age?

IF "YES": Then you are the person I need to speak with. ENTER 1 MAN OR 1 WOMAN BELOW. (ASK GENDER IF NECESSARY).

IF "NO": Is the adult a man or a woman? ENTER 1 MAN OR 1 WOMAN BELOW,

May I speak with (him/her)? GO TO "CORRECT RESPONDENT"

IF ">1" In order to choose the person I need to speak to I need to know how many of these adults are men and how many are women.

___ NUMBER OF MEN
___ NUMBER OF WOMEN

*IF 1 MAN AND 1 WOMAN GO TO RANDOM SELECTION.*

IF MORE THAN ONE OF EITHER GENDER

Now I need to know their relative ages in order to complete the selection process. You do not need to tell me their actual names or ages. I just need to know who is the oldest, next oldest, etc. and you can identify them by their relationship to you, e.g. my spouse or sister or brother. To begin with:

Who is the oldest woman who presently lives in this household? Who is the next oldest woman who presently lives in this household? Etc.

The person in your household that I need to speak with is _____.

# QUESTIONNAIRE FOR THE

# MARYLAND CANCER SURVEY, 2002

TO CORRECT RESPONDENT: *Hello, my name is _____. I'm calling for the Maryland State Health Department and the University of Maryland. We're conducting a survey on cancer screening for Maryland residents aged 40 years or older. Your phone number has been chosen randomly for participation in this important survey.*

*The information collected in this survey will assist the health department in designing cancer education and screening programs for Maryland residents.*

I won't ask for your name, address, or other personal information that can identify you. You don't have to answer any question you don't want to, and you can end the interview at any time. The survey takes about *15* minutes and any information you give us will be confidential. If you have any questions about this survey, I will provide a toll free telephone number for you to call to get more information.

**RECORD NUMBER ___ ___ ___ ___ ___**

**SECTION 1: PERCEIVED RISK**

I'd like to start with some general questions about cancer.

1.1 How concerned are you about getting cancer in the future: Would you say you are . . (FOR A CANCER SURVIVOR, THIS MEANS GETTING ANOTHER CANCER IN THE FUTURE DEFINED AS A NEW CANCER IN A DIFFERENT ORGAN.IT CAN ALSO MEAN A NEW CANCER IN ANOTHER PART OF THE SAME ORGAN, SUCH AS ANOTHER PRIMARY BREAST CANCER IN THE OPPOSITE BREAST).

1 Very concerned
2 Somewhat concerned
3 Not at all concerned
7 DON'T KNOW/NOT SURE
9 REFUSED

1.2. Would you say your risk of getting cancer in the future is low, medium, or high?

1 Low
2 Medium
3 High
7 DON'T KNOW/NOT SURE
9 REFUSED

1.3. Thinking only of your blood relatives, do you feel that the amount of cancer in your family is low, medium, or high?
(DO NOT INCLUDE FAMILY MEMBERS RELATED ONLY THROUGH MARRIAGE SUCH AS STEPFATHER, STEPSISTER ETC..OR FAMILY MEMBERS WHO WERE ADOPTED).

1 Low
2 Medium
3 High
7 DON'T KNOW/NOT SURE
9 REFUSED

## SECTION 2: HEALTH STATUS

Now I'd like to ask you about your general health and health habits.

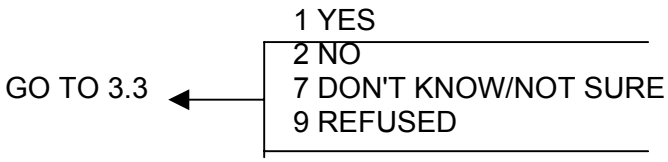
2.1. Would you say that in general your health is:

1 Excellent
2 Very good
3 Good
4 Fair
5 Poor
7 DON'T KNOW/NOT SURE
9 REFUSED

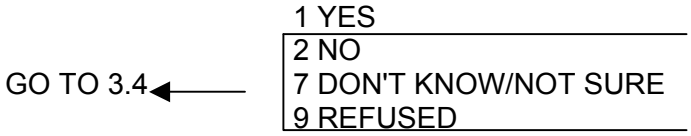
## SECTION 3: HEALTH CARE ACCESS

Now I'll ask you some questions about how you get your health care.

3.1. Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare or Medical Assistance?




3.2. During the past 12 months, was there any time that you did not have any health insurance or coverage?




3.3. About how long has it been since you had health insurance or coverage?
READ ONLY IF NECESSARY

1 Within the past 6 months (ANYTIME < 6 MONTHS AGO)
2 Within the past year (≥6 MONTHS BUT < 12 MONTHS AGO)
3 Within the past 2 years (≥1 YEAR BUT < 2 YEARS)
4 Within the past 5 years (≥2 YEARS BUT <5 YEARS)
5 5 or more years ago
7 DON'T KNOW
9 REFUSED

3.4 Do you have one person you think of as your personal doctor or *primary* health care provider? (If "no" ask "Is there more than one or is there no person who you think of?")

1 Yes, only one
2 More than one
3 No
7 DON'T KNOW
9 REFUSED

## SECTION 4: COLON CANCER SCREENING

Now some questions about different kinds of cancer. We'll start with colon cancer.

4.1 Do you have a brother, sister, parent or child of yours who had been diagnosed with colon cancer?

1 YES
2 NO
7 DON'T KNOW/NOT SURE
9 REFUSED

4.2 Did you know that there are screening tests for colon cancer?

1 YES
2 NO
7 DON'T KNOW/NOT SURE
9 REFUSED

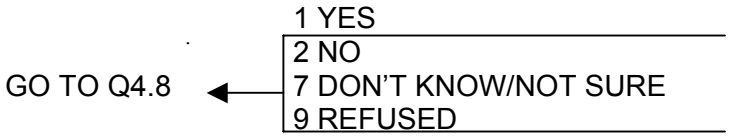
4.*3* One of the tests to screen for colon cancer is a blood stool test. This is a test that may use a special kit at home to determine whether the stool contains blood. Have you ever heard of this test?

1 YES
2 NO
7 DON'T KNOW/NOT SURE
9 REFUSED

4.4 In the PAST 12 MONTHS, has a doctor or other health professional RECOMMENDED that you have a HOME blood stool test?

1 Yes
2 No
3 No doctor visit in past twelve months
7 DON'T KNOW/NOT SURE
9 REFUSED

4.5 Have you ever done this test using a home kit?




4.6 How long has it been since you did your last blood stool test using a home kit? (READ ONLY IF NECESSARY)

1 Within the past year (<12 MONTHS AGO)
2 Within the past 2 years (≥1 YEAR BUT < 2 YEARS AGO)
3 Within the past 3 years (≥2 YEARS BUT < 3 YEARS AGO)
4 Within the past 5 years (≥3 YEARS BUT < 5 YEARS AGO)
5 5 or more years ago
8 Never
7 DON'T KNOW/NOT SURE
9 REFUSED

4.7 What was the MAIN reason you did this exam?

1 Part of a routine physical exam/screening test
2 Because of a specific problem
3 Follow-up test of an earlier test or screening exam
4 Family history
5 Other
7 DON'T KNOW

9 REFUSED

**IF RESPONSE TO 4.6 WAS "WITHIN PAST YEAR " SKIP TO Q 4.9**

4.8 What is the most important reason you have {NEVER done /NOT done a HOME blood stool test in the PAST YEAR}? (READ ONLY IF NECESSARY – RECORD ALL RESPONSES NOTED BY RESPONDENT).

01 No reason/never thought about it
02 Didn't need it/didn't know I needed this type of test
03 Doctor didn't order it/didn't say I needed it
04 Haven 't had any problems
05 Put it off/didn't get around to it
06 Too expensive/no insurance/cost
07 Too painful, unpleasant, or embarrassing
08 Had another type of colorectal exam like a colonoscopy, sigmoidoscopy or Barium enema.
09 Don't have doctor
10 Didn't want to know if I had cancer
11 Other , SPECIFY: _____
77 DON'T KNOW/NOT SURE
99 REFUSED

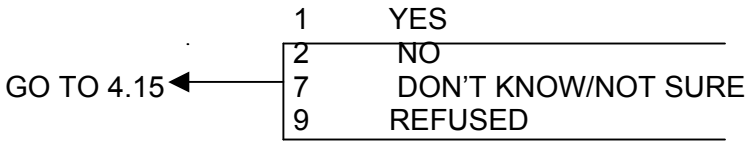
4.9 Sigmoidoscopy and colonoscopy are two other tests to screen for colon cancer. Both tests examine the bowel. A narrow, lighted tube is inserted in the rectum to look for growths in the colon. Sigmoidoscopy uses a shorter tube that just reaches the **lower** part of the colon. Colonoscopy uses a long tube and examines the **entire** colon. Before a colonoscopy is done, you are usually given medication through a needle in your arm to make you sleepy. Have you ever heard of these exams?

1 YES
2 NO
7 DON'T KNOW/NOT SURE
9 REFUSED

4.10 Has a doctor or other health professional ever RECOMMENDED that you have a sigmoidoscopy or colonoscopy?

1 YES
2 NO
7 DON'T KNOW/NOT SURE
9 REFUSED

4.11 Have you ever had a sigmoidoscopy or colonoscopy?




4.12 What was this MOST RECENT exam called: a sigmoidoscopy or a

colonoscopy, or something else?

1 Sigmoidoscopy
2 Colonoscopy
3 Something else: Specify _____
7 DON'T KNOW/NOT SURE
9 REFUSED

4.13 How long has it been since you had your last sigmoidoscopy or colonoscopy? (READ ONLY IF NECESSARY)

1 Within the past year (<12 MONTHS AGO)
2 Within the past 2 years (≥1 YR BUT < 2 YRS AGO)
3 Within the past 5 years (≥2 YRS BUT < 5 YRS AGO)
4 Within the past 10 years (≥5 YRS BUT < 10 YRS AGO)
5 10 or more years ago
7 DON'T KNOW/NOT SURE
9 REFUSED

4.14 What was the MAIN reason you had this exam?

1 Part of a routine physical exam/screening test
2 Because of a specific problem
3 Follow-up test of an earlier test or screening exam (Fecal Occult Blood Test or sigmoidoscopy)
4 Family history
5 Other
7 DON'T KNOW/NOT SURE
9 REFUSED

**IF RESPONDENT HAS HAD TEST WITHIN PAST 5 YEARS SKIP TO Q 4.16.**

4.15 What is the most important reason you have [NEVER had/NOT had} one of these exams in the LAST 5 YEARS ]? (READ ONLY IF NECESSARY– RECORD ALL RESPONSES NOTED BY RESPONDENT).

01 No reason/never thought about it
02 Didn't need it/didn't know I needed this type of test
03 Doctor didn't order it/didn't say I needed it
04 Haven 't had any problems
05 Put it off/didn't get around to it
06 Too expensive/no insurance/cost
07 Too painful, unpleasant, or embarrassing
08 Had another type of colorectal exam
09 Don't have doctor
10 Didn't want to know if I had cancer
11 *Didn't have childcare or respite care if adult caregiver*
12 Other , SPECIFY: _____
77 DON'T KNOW/NOT SURE
99 REFUSED

4.16 Have you seen or heard colon cancer screening being promoted on TV or radio, at a health care facility or in magazine *or newspaper* or some other place?

1 YES
2 NO
7 DON'T KNOW/NOT SURE
9 REFUSED

4.17 Are you aware that most health departments in Maryland have a no cost colon cancer screening program for low income individuals?

1 YES
2 NO
7 DON'T KNOW/NOT SURE
9 REFUSED

**IF RESPONDENT IS FEMALE, GO TO NEXT SECTION**

## SECTION 5: PROSTATE CANCER SCREENING

Now I'm going to ask you about prostate cancer screening.

5.1 A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. Have you ever heard of this test?

1 YES
2 NO
7 DON'T KNOW/NOT SURE
9 REFUSED

5.2 Has a doctor or other health care professional ever recommended that you have a PSA test?

1 YES
2 NO
7 DON'T KNOW/NOT SURE
9 REFUSED

5.3 Have you ever had a PSA test?

1 YES
2 NO
7 DON'T KNOW/NOT SURE
9 REFUSED

GO TO Q5.7 ← (2, 7, 9)

5.4 How long has it been since you had your last PSA test?
(READ ONLY IF NECESSARY)

1 Within the past year (<12 MONTHS AGO)
2 Within the past 2 years (≥1 YEAR BUT < 2 YEARS AGO)

3 Within the past 3 years (≥2 YEARS BUT < 3 YEARS AGO)
4 Within the past 5 years (≥3 YEARS BUT < 5 YEARS AGO)
5 5 or more years ago
8 Never
7 DON'T KNOW/NOT SURE
9 REFUSED

5.5 What was the **main** reason you had this PSA test?

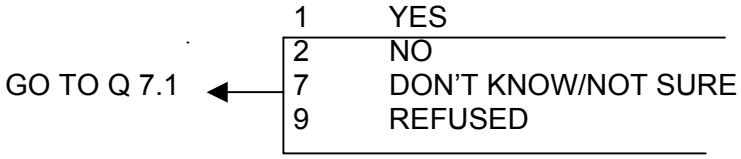
1 Part of a routine physical exam/screening test
2 Because of a specific problem
3 Follow-up test for an earlier exam
4 Family history
5 Other
7 DON'T KNOW
9 REFUSED

**IF RESPONDENT HAS HAD TEST IN PAST YEAR SKIP TO Q 5.7.**

5.6 What is the most important reason you have [NEVER had/NOT had} one of these exams in the last 12 months ]? (READ ONLY IF NECESSARY- RECORD ALL RESPONSES NOTED BY RESPONDENT).

01 No reason/never thought about it
02 Didn't need it/didn't know I needed this type of test
03 Doctor didn't order it/didn't say I needed it
04 Haven 't had any problems
05 Put it off/didn't get around to it
06 Too expensive/no insurance/cost
07 Didn't want to know the results
08 Don't have doctor
09 Other , SPECIFY: _____
77 DON'T KNOW/NOT SURE
99 REFUSED

5.7 A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. Have you ever had a digital rectal exam?




5.8 How long has it been since your last digital rectal exam?

1 Within the past year (<12 MONTHS AGO)
2 Within the past 2 years (≥1 YEAR BUT < 2 YEARS AGO)
3 Within the past 3 years (≥2 YEARS BUT < 3 YEARS AGO)
4 Within the past 5 years (≥3 YEARS BUT < 5 YEARS AGO)

5 5 or more years ago
8 Never
7 DON'T KNOW/NOT SURE
9 REFUSED

**IF RESPONDENT IS MALE, GO TO NEXT SECTION**

## SECTION 6: WOMEN'S HEALTH

Now for some questions about screening tests for women.

6.1 In the PAST YEAR, has a doctor or other health professional RECOMMENDED that you have a mammogram?

1 Yes
2 No
*3 No doctor visit in past twelve months*
7 DON'T KNOW/NOT SURE
9 REFUSED

6.2 Have you ever had a mammogram?

1 YES
2 NO
GO TO Q6.5 ◀ 7 DON'T KNOW/NOT SURE
9 REFUSED

6.3 How long has it been since you had your last mammogram? (READ ONLY IF NECESSARY)

1 Within the past year (<12 MONTHS AGO)
2 Within the past 2 years (≥1 YEAR BUT < 2 YEARS AGO)
3 Within the past 3 years (≥2 YEARS BUT < 3 YEARS AGO)
4 Within the past 5 years (≥3 YEARS BUT < 5 YEARS AGO)
5 5 or more years ago
8 Never
7 DON'T KNOW/NOT SURE
9 REFUSED

6.4 Was your last mammogram done as part of a routine checkup, because of a breast problem other than cancer, or because you've already had breast cancer?

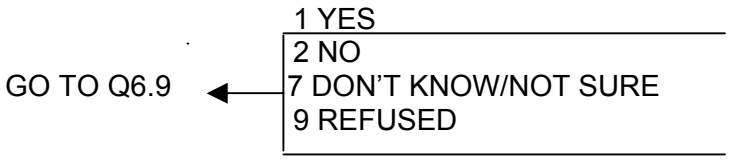
1 ROUTINE CHECKUP
2 BREAST PROBLEM OTHER THAN CANCER
3 HAD BREAST CANCER
4 OTHER REASON _____
7 DON'T KNOW/NOT SURE
9 REFUSED

**IF RESPONDENT HAS HAD TEST IN PAST TWO YEARS SKIP TO Q6.6.**

6.5 What it the most important reason why you have {NEVER had /NOT had a mammogram in the past two years? (READ ONLY IF NECESSARY– RECORD ALL RESPONSES NOTED BY RESPONDENT.)

| | |
|---|---|
| 01 | No reason/never thought about it |
| 02 | Didn't need it/didn't know I needed this type of test |
| 03 | Doctor didn't order it/didn't say I needed it |
| 04 | Haven 't had any problems |
| 05 | Put it off/didn't get around to it |
| 06 | Too expensive/no insurance/cost |
| 07 | Too painful, unpleasant, or embarrassing |
| 08 | Don't have doctor |
| 09 | Didn't want to know if I had cancer |
| 10 | Other , SPECIFY: _____ |
| 77 | DON'T KNOW/NOT SURE |
| 99 | REFUSED |

6.6 A clinical breast exam is when a doctor, nurse, or other health professional feels the breast for lumps. Have you ever had a clinical breast exam?




6.7 How long has it been since your last breast exam? (READ ONLY IF NECESSARY)

| | |
|---|---|
| 1 | Within the past year (<12 MONTHS AGO) |
| 2 | Within the past 2 years (≥1 YEAR BUT < 2 YEARS AGO) |
| 3 | Within the past 3 years (≥2 YEARS BUT < 3 YEARS AGO) |
| 4 | Within the past 5 years (≥3 YEARS BUT < 5 YEARS AGO) |
| 5 | 5 or more years ago |
| 8 | Never |
| 7 | DON'T KNOW/NOT SURE |
| 9 | REFUSED |

6.8 Was your last breast exam done as part of a routine checkup, because of a breast problem other than cancer, or because you've already had breast cancer?

| | |
|---|---|
| 1 | ROUTINE CHECKUP |
| 2 | BREAST PROBLEM OTHER THAN CANCER |
| 3 | HAD BREAST CANCER |
| 4 | OTHER REASON _____ |
| 7 | DON'T KNOW/NOT SURE |
| 9 | REFUSED |

6.9 A Pap smear is a routine test for cancer of the cervix in which the doctor examines the cervix, takes a cell sample from the cervix with a small stick or brush, and sends it to the lab. Have you ever heard of this test?

1 YES
2 NO
7 DON'T KNOW/NOT SURE
9 REFUSED

6.10 In the PAST YEAR, has a doctor or other health professional RECOMMENDED that you have a Pap smear?

1 Yes
2 No
*3 No doctor visit in past twelve months*
7 DON'T KNOW/NOT SURE
9 REFUSED

6.11 A. Have you ever had a Pap smear?

| | | |
|---|---|---|
| | 1 | YES |
| | 2 | NO |
| GO TO Q6.14 | 7 | DON'T KNOW/NOT SURE |
| | 9 | REFUSED |

6.12 How long has it been since you had your last Pap smear? (READ ONLY IF NECESSARY)

1 Within the past year (<12 MONTHS AGO)
2 Within the past 2 years (≥1 YEAR BUT < 2 YEARS AGO)
3 Within the past 3 years (≥2 YEARS BUT < 3 YEARS AGO)
4 Within the past 5 years (≥3 YEARS BUT < 5 YEARS AGO)
5 5 or more years ago
8 Never
7 DON'T KNOW/NOT SURE
9 REFUSED

6.13 Was your last Pap smear done as part of a routine exam, or to check a current or previous problem?

1 ROUTINE EXAM
2 CHECK CURRENT OR PREVIOUS PROBLEM
3 OTHER
7 DON'T KNOW/NOT SURE
9 REFUSED

**IF RESPONDENT HAS HAD PAP IN PAST 3 YEARS SKIP TO Q6.15.**

6.14 What is the most important reason you have {NEVER had a Pap smear /NOT had a Pap smear in the last 3 years}? (READ ONLY IF NECESSARY– RECORD ALL RESPONSES NOTED BY RESPONDENT.)

01 No reason/never thought about it.
02 Didn't need/didn't know I needed this type of test

03 Doctor didn't order it/didn't say I needed it
04 Haven 't had any problems
05 Put it off/didn't get around to it
06 Too expensive/no insurance/cost
07 Too painful, unpleasant, or embarrassing
08 Had hysterectomy
09 Don't have doctor
10 Didn't want to know if I had cancer
11 Other , SPECIFY: _____
77 DON 'T KNOW /NOT SURE
99 REFUSED

6.15 Have you had a hysterectomy, that is an operation to remove the uterus (womb).

1 YES
2 NO
7 DON'T KNOW/NOT SURE
9 REFUSED

## SECTION 7: SKIN CANCER

Now I'm going to ask you some questions about skin cancer.

7.1 How often do you avoid the sun between the hours of 10:00 and 4:00 p.m.?

1 always
2 nearly always
3 sometimes
4 seldom
5 never
6 don't go out in sun
7 DON'T KNOW
9 REFUSED

7.2 When outdoors for an hour or more on a sunny day, how often do you use a sunscreen lotion with a SPF rating of 15 or higher?

1 always
2 nearly always
3 sometimes
4 seldom
5 never
6 don't go out in sun
7 DON'T KNOW
9 REFUSED

7.3 When outdoors for an hour or more on a sunny day, how often do you wear a wide-brimmed hat or any other hat that shades your face, ears, and neck from the sun? BASEBALL CAPS DON'T COUNT.

1 always

2 nearly always
3 sometimes
4 seldom
5 never
6 don't go out in sun
7 DON'T KNOW
9 REFUSED

7.4 When outdoors for an hour or more on a sunny day, how often do you wear protective clothing like a long sleeved shirt and long pants?

1 always
2 nearly always
3 sometimes
4 seldom
5 never
6 don't go out in sun
7 DON'T KNOW
9 REFUSED

7.5 This next question is about sunburns. Including times when even a small part of you skin was red for more than 12 hours, how many times in the PAST YEAR have you had a sunburn?

___ ___ TIMES IN PAST YEAR
7 7 DON'T KNOW/NOT SURE
9 9 REFUSED

7.6 Have you used any sort of artificial tanning device that emits UV radiation, such as a tanning lamp or a tanning bed, in the past year?

1 YES
2 NO
7 DON'T KNOW/NOT SURE
9 REFUSED

## SECTION 8 : ORAL HEALTH/ORAL CANCER

Next we'll talk about your dental care and oral cancer.

8.1 How long has it been since you last visited a dentist or a dental clinic for any reason? (READ ONLY IF NECESSARY)

INCLUDE VISITS TO DENTAL SPECIALISTS SUCH AS ORTHODONTISTS

GO TO Q8.3 ← 1 Within the past year (<12 MONTHS AGO)
2 Within the past 2 years (≥1 YEAR BUT < 2 YEARS AGO)
3 Within the past 3 years (≥2 YEARS BUT < 3 YEARS AGO)
4 Within the past 5 years (≥3 YEARS BUT < 5 YEARS AGO)
5 5 or more years ago

8 Never
7 DON'T KNOW/NOT SURE
9 REFUSED

8.2. What is the main reason you have not visited the dentist in the past year? (READ ONLY IF NECESSARY– RECORD ALL RESPONSES NOTED BY RESPONDENT).

0 1 Fear, apprehension, nervousness, pain, dislike going
0 2 Cost
0 3 Do not have/know a dentist
0 4 Cannot get to the office/clinic (too far away, no transportation, no appointments available)
0 5 No reason to go (no problems, no teeth)
0 6 Other priorities
0 7 Have not thought of it
0 8 Other
7 7 Don't know/Not sure
9 9 Refused

8.3 Do you have any kind of insurance coverage that pays for some or all of your routine dental care, including dental insurance, prepaid plans such as HMOs, or government plans such as Medicaid?

1 YES
2 NO
7 DON'T KNOW/NOT SURE
9 REFUSED

8.4 Have your ever heard of a test or exam for oral or mouth cancer?

1 YES
2 NO
7 DON'T KNOW/NOT SURE
9 REFUSED

8.5 Have you ever had a test or exam for oral or mouth cancer in which the doctor or dentist pulls on your tongue, sometimes with gauze wrapped around it, and feels under the tongue and inside the cheeks?

1 I THINK SO
2 YES
3 NO
GO TO Q 9.1 ← 7 DON'T KNOW/NOT SURE
9 REFUSED

8.6 When did you have your most recent oral or mouth cancer exam?

1 Within the past year (<12 MONTHS AGO)
2 Within the past 2 years (≥1 YEAR BUT < 2 YEARS AGO)
3 Within the past 3 years (≥2 YEARS BUT < 3 YEARS AGO)

4 Within the past 5 years (≥3 YEARS BUT < 5 YEARS AGO)
5 5 or more years ago
8 Never
7 DON'T KNOW/NOT SURE
9 REFUSED

8.7 What was the main reason for this test or exam? Was it for a . . . . .

1 Specific problem
2 Follow-up to a previous oral problem
3 Part of a routine physical exam
4 Part of a routine dental exam
5 Health fair or free screening program
6 Other, (SPECIFY _____)
7 DON'T KNOW/NOT SURE
9 REFUSED

8.8 What type of medical care person examined you when you had your last check-up for oral cancer?

1 Doctor/physician
2 Nurse/Nurse Practitioner
3 Dentist
4 Dental Hygienist
5 Other, (SPECIFY _____)
7 DON'T KNOW/NOT SURE
9 REFUSED

## SECTION 9: DEMOGRAPHICS

9.1 What is your age?

___ ___ ___(Code age in years)

0 0 7 DON'T KNOW/NOT SURE
0 0 9 REFUSED

9.2 Are you Hispanic and/or Latino?

1 YES
2 NO
7 DON'T KNOW/NOT SURE
9 REFUSED

9.3 Which one or more of the following would you say is your race? (MARK ALL THAT APPLY).

1 White
2 Black or African American
3 Asian
4 Native Hawaiian or Other Pacific Islander

5 American Indian, Alaska Native or
6 Other (SPECIFY _____)
7 DON'T KNOW/NOT SURE
9 REFUSED

**IF MORE THAN ONE RESPONSE TO Q9.3, CONTINUE. OTHERWISE, GO TO Q9.5**

9.4 Which one of these groups would you say **best** represents your race?

1 White
2 Black or African American
3 Asian
4 Native Hawaiian or Other Pacific Islander
5 American Indian, Alaska Native or
6 Other (SPECIFY _____)
8 NO ADDITIONAL CHOICES
7 DON'T KNOW/NOT SURE
9 REFUSED

9.5 Are you:

1 Married
2 Divorced
3 Widowed
4 Separated
5 Never Married
6 A partner of an unmarried couple
9 REFUSED

9.6 How many members of your household, including yourself, are 18 years of age or older?

___ ___ NUMBER OF ADULTS

9 9 REFUSED

9.7 How many children less than 18 years of age live in your household ?

___ ___ NUMBER OF CHILDREN

8 8 NONE
9 9 REFUSED

9.8 What is the highest grade or year of school you completed?

(READ ONLY IF NECESSARY)

1 Never attended school or only attended kindergarten
2 Grades 1 through 8 (Elementary)
3 Grades 9 through 11 (Some high school)
4 Grade 12 or GED (High school graduate)
5 College 1 year to 3 years (Some college or technical school)

6 College 4 years (College graduate)
7 Master's Degree
8 Advanced professional or doctoral degree
9 REFUSED

9.9 Are you currently:

1 Employed for wages
2 Self-employed
3 Out of work for more than 1 year
4 Out of work for less than 1 year
5 A Homemaker
6 A Student
7 Retired or
8 Unable to work
9 REFUSED

9.10 Is your annual household income from all sources:
READ AS APPROPRIATE

0 4 Less than $25,000 **[IF "NO," ASK 05; IF "YES," ASK 03]**
($20,000 TO LESS THAN $25,000)
0 3 Less than $20,000 [**IF "NO," CODE 04; IF "YES," ASK 02]**
($15,000 TO LESS THAN $20,000)
0 2 Less than $15,000 **[IF "NO," CODE 03; IF "YES," ASK 01]**
($10,000 TO LESS THAN $15,000)
0 1 Less than $10,000 **[IF "NO," CODE 02]**

0 5 Less than $35,000 **[IF "NO," ASK 06]**
($25,000 TO LESS THAN $35,000)
0 6 Less than $50,000 [**IF "NO," ASK 07]**
($35,000 TO LESS THAN $50,000)
0 7 Less than $75,000 **[IF "NO," CODE 08]**
($50,000 TO LESS THAN $75,000)
0 8 $75,000 or more

7 7 DON'T KNOW/NOT SURE
9 9 REFUSED

9.11 About how much do you weigh without shoes? ROUND FRACTIONS UP

__ __ __ WEIGHT
POUNDS
7 7 7 DON'T KNOW/NOT SURE
9 9 9 REFUSED

9.12 About how tall are you without shoes? ROUND FRACTIONS DOWN

__ __/__ __ Height
ft/inches

7 7 7 DON'T KNOW/NOT SURE
9 9 9 REFUSED

9.13 What county do you live in? _____ CODE ___ ___ ___

IF RESPONSE IS "BALTIMORE" PROBE FOR COUNTY OR CITY.

7 7 7 DON'T KNOW/NOT SURE
9 9 9 REFUSED

9.14 Do you have more than one telephone number in your household? Do not include cell phones or numbers that are only used by a computer or fax machine.

| | | |
|---|---|---|
| | 1 | YES |
| | 2 | NO |
| GO TO Q9.16 ◄ | 7 | DON'T KNOW/NOT SURE |
| | 9 | REFUSED |

9.15 How many of these are residential numbers?

__ RESIDENTIAL TELEPHONE NUMBERS [6=6 OR MORE]
7 DON'T KNOW/NOT SURE
9 REFUSED

9.16 INDICATE GENDER OF RESPONDENT. ASK ONLY IF NECESSARY

1 MALE
2 FEMALE

## SECTION 10: HEALTH CARE ACCESS CONTINUED

*Now I just have a few more questions about your health care and health habits and we'll be done.*

10.1 Was there a time during the last 12 months when you needed medical care, but could not get it?

| | | |
|---|---|---|
| | 1 | YES |
| | 2 | NO |
| GO TO 10.3 ◄ | 7 | DON'T KNOW/NOT SURE |
| | 9 | REFUSED |

10.2 What is the main reason you did not get medical care?
READ ONLY IF NECESSARY

01 Cost (INCLUDE NO INSURANCE)
02 Distance
03 Office wasn't open when I could get there
04 Too long a wait for an appointment
05 Too long a wait in the waiting room
06 No child care

07 No transportation
08 No access for people with disabilities
09 The medical provider didn't speak my language
10 Other: SPECIFY _____
7 7 DON'T KNOW/NOT SURE
9 9 REFUSED

10.3 What kind of place do you go to most often when your are sick or your need advice about your health?

: is it . . .

1 A doctor's office or HMO
2 A clinic or health center
3 A hospital outpatient department
4 A hospital emergency room
5 An urgent care center, or
8 Some other kind of place
7 DON'T KNOW
9 REFUSED

10.4 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. READ ONLY IF NECESSARY

1 Within the past year (ANYTIME <12 MONTHS AGO)
2 Within the past 2 years (≥1 YEAR BUT < 2 YEARS)
3 Within the past 5 years (≥2 YEARS BUT < 5 YEARS)
4 5 or more years ago
7 DON'T KNOW
9 REFUSED

## SECTION 11: EXERCISE/PHYSICAL ACTIVITY

The next series of questions are about exercise and physical activities

**IF "EMPLOYED" OR "SELF-EMPLOYED" TO Q9.9, CONTINUE. OTHERWISE GO TO Q11.2**

11.1 When you are at work, which of the following best describes what you do? Would you say . . . (IF RESPONDENT HAS MULTIPLE JOBS, INCLUDE ALL JOBS.)

1 Mostly sitting or standing
2 Mostly walking or
3 Mostly heavy labor or physically demanding work
7 DON'T KNOW/NOT SURE
9 REFUSED

11.2 Vigorous physical activity is any activity that causes large increases in breathing or heart rate such as running, aerobics or heavy yard work. Do you do vigorous physical activity for three or more days per week for 20 or more minutes per occasion?

1 YES
2 NO
7 DON'T KNOW/NOT SURE
9 REFUSED

11.3 Moderate physical activity is any activity that causes small increases in breathing or heart rate such as brisk walking, bicycling, vacuuming or gardening. In a typical seven day week, how many days do you do you engage in moderate physical activity for at least 30 minutes a day?
(IF RESPONSE IS LESS THAN ONCE/WEEK OR NEVER CODE AS 00.)

_0__ ___ NUMBER OF DAYS/WEEK

77 DON'T KNOW/NOT SURE
99 REFUSED

**IF YES TO 11.2 OR *THREE* OR MORE DAYS TO 11.3, SKIP TO 11.5**

11.4 I'm going to read you a list of reasons people give for not being physically active. Please tell me what is the main thing which prevents you most from doing a total of 30 minutes of physical activity at least 5 days a week?

1 A lack of motivation
2 A lack of time
3 A physical disability or other health limit
4 There's no place to exercise
5 The cost is too high
6 Some other reason. (SPECIFY: _____)
7 DON'T KNOW/NOT SURE
9 REFUSED

11.5 During the PAST 12 MONTHS, did a doctor or other health care professional RECOMMEND that you BEGIN or CONTINUE to do any type of exercise or physical activity?

1 YES
2 NO
3 No doctor visit in past twelve months
7 DON'T KNOW/NOT SURE
9 REFUSED

## SECTION 12: FRUITS AND VEGETABLES

Now I'm going to ask you about your eating habits.

12.1 During the PAST 12 MONTHS, has a doctor or health care professional talked with you about your diet and eating habits?

1 YES

2 NO
3 DID NOT SEE A DOCTOR IN THE PAST 12 MONTHS
7 REFUSED
9 DON ’T KNOW

The next questions are about the foods you usually eat and drink. Please tell me how often you eat or drink each one, for example, twice a day, twice a week, three times a month, and so forth. Include all foods you eat, both at home and away from home.

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

1 ___ ___ PER DAY
2 ___ ___ PER WEEK
3 ___ ___ PER MONTH
4 4 4 LESS THAN ONCE PER MONTH
5 5 5 NEVER
7 7 7 DON'T KNOW/NOT SURE
9 9 9 REFUSED

12.3 Not counting juice, how often do you eat fruit?

1 ___ ___ PER DAY
2 ___ ___ PER WEEK
3 ___ ___ PER MONTH
4 4 4 LESS THAN ONCE PER MONTH
5 5 5 NEVER
7 7 7 DON'T KNOW/NOT SURE
9 9 9 REFUSED

12.4 How often do you eat green salad?

1 ___ ___ PER DAY
2 ___ ___ PER WEEK
3 ___ ___ PER MONTH
4 4 4 LESS THAN ONCE PER MONTH
5 5 5 NEVER
7 7 7 DON'T KNOW/NOT SURE
9 9 9 REFUSED

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

1 ___ ___ PER DAY
2 ___ ___ PER WEEK
3 ___ ___ PER MONTH
4 4 4 LESS THAN ONCE PER MONTH
5 5 5 NEVER
7 7 7 DON'T KNOW/NOT SURE
9 9 9 REFUSED

12.6 How often do you eat carrots?

1 ___ ___ PER DAY
2 ___ ___ PER WEEK
3 ___ ___ PER MONTH
4 4 4 LESS THAN ONCE PER MONTH
5 5 5 NEVER
7 7 7 DON'T KNOW/NOT SURE
9 9 9 REFUSED

12.7 Not counting carrots, potatoes, or *green* salad, how many servings of vegetables do you usually eat? (Example: A serving of vegetables at both lunch and dinner would be two servings.)

1 ___ ___ PER DAY
2 ___ ___ PER WEEK
3 ___ ___ PER MONTH
4 4 4 LESS THAN ONCE PER MONTH
5 5 5 NEVER
7 7 7 DON'T KNOW/NOT SURE
9 9 9 REFUSED

12.8 How many total servings of fruits and vegetables do you eat each day?

|___|___|
ENTER NUMBER OF SERVINGS/DAY
0 0 NEVER
7 7 DON'T KNOW/NOT SURE
9 9 REFUSED

## SECTION 13: FOLIC ACID

13.1 Do you currently take any vitamin pills or supplements? (Include liquid supplements).

1 YES
GO TO Q14.1 ← 2 NO
7 DON'T KNOW/NOT SURE
9 REFUSED

13.2 Are any of these a multivitamin?

GO TO Q13.4 ←
1 YES
2 NO
7 DON'T KNOW/NOT SURE
9 REFUSED

13.3 Do any of the vitamin pills or supplements you take contain folic acid?

1 YES
2 NO
GO TO Q14.1 ← 7 DON'T KNOW/NOT SURE

9 REFUSED

13.4 How often do you take this vitamin pill or supplement?

1 ___ ___ Times per day
2 ___ ___ Times per week
3 ___ ___ Times per month
7 7 7 DON'T KNOW/NOT SURE
9 9 9 REFUSED

## SECTION 14: ALCOHOL CONSUMPTION

14.1 A drink of alcohol is 1 can or bottle of beer, 1 glass of wine, 1 can or bottle of wine cooler, 1 cocktail, or 1 shot of liquor. During the past 30 days, how often have you had at least one drink of any alcoholic beverage?

1 __ __ Days per week
2 __ __ Days in past 30

GO TO Q 15.1 ◄
8 8 8 NO DRINKS IN PAST 30 DAYS
7 7 7 DON'T KNOW/NOT SURE
9 9 9 REFUSED

14.2 On the days when you drank, about how many drinks did you drink on the average?

___ ___ Number of drinks
7 7 DON'T KNOW/NOT SURE
9 9 REFUSED

14.3 Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on an occasion?

___ ___ Number of times

8 8 NONE
7 7 DON'T KNOW/NOT SURE
9 9 REFUSED

## SECTION 15: TOBACCO USE

15.1 Have you smoked at least 100 cigarettes in your entire life?
(5 Packs = 100 cigarettes)

1 YES

GO TO Q16.1 ◄
2 NO
7 DON'T KNOW/NOT SURE
9 REFUSED

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

| | | |
|---|---|---|
| | 1 | EVERY DAY |
| | 2 | SOME DAYS |
| | 3 | NOT AT ALL |
| GO TO Q 16.1 ◄ | 7 | DON'T KNOW/NOT SURE |
| | 9 | REFUSED |

15.3. In the past 12 months, did a doctor, nurse, or other health professional advise you to quit smoking?

| | |
|---|---|
| 1 | YES |
| 2 | NO |
| 7 | DON'T KNOW/NOT SURE |
| 9 | REFUSED |

## SECTION 16: OTHER TOBACCO PRODUCTS

16.1. Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?

| | |
|---|---|
| | 1 YES |
| | 2 NO |
| GO TO Q 16.3 ◄ | 7 DON'T KNOW/NOT SURE |
| | 9 REFUSED |

16.2 Do you currently use chewing tobacco or snuff every day, some days, or not at all?

| | |
|---|---|
| 1 | EVERY DAY |
| 2 | SOME DAYS |
| 3 | NOT AT ALL |
| 7 | DON'T KNOW/NOT SURE |

16.3 Have you ever smoked a cigar, even one or two puffs?

| | |
|---|---|
| | 1 YES |
| | 2 NO |
| GO TO END ◄ | 7 DON'T KNOW/NOT SURE |
| | 9 REFUSED |

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

| | |
|---|---|
| 1 | EVERY DAY |
| 2 | SOME DAYS |
| 3 | NOT AT ALL |
| 7 | DON'T KNOW/NOT SURE |
| 9 | REFUSED |

## CLOSING STATEMENT

That completes the interview. Everyone's answers will be combined to give us information about the health practices of people aged 40 and over in the state of Maryland. Thank you very much for participating in this important survey.