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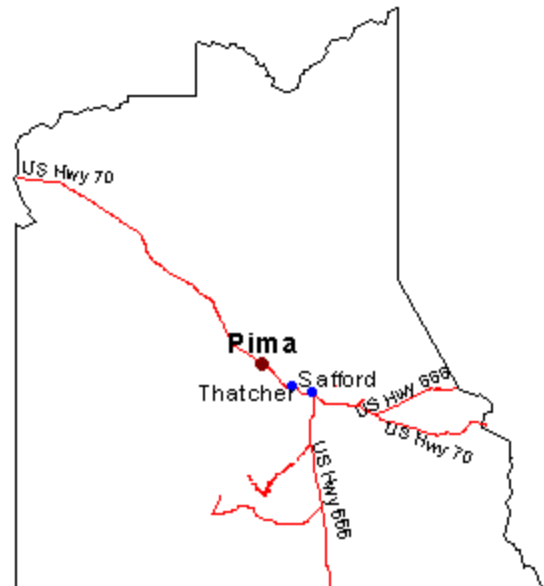
Pima Community Health Profile

The Arizona Department of Health Services, Division of Public Health collaborated and developed Community Health Profiles for 87 incorporated towns and cities in Arizona.

The purpose of the Community Health Profiles is to aggregate various data from different agencies, especially those programs within the Arizona Department of Health Services to provide a user-friendly community health profile for communities in Arizona.

The Community Health Profiles is in the initial phase of a long-term project to improve the accessibility of health-related data to communities and is a product of an Arizona Department of Health Services workgroup. Input for the indicators on this project has also been sought from community organizations.

The Community Health Profiles can be used by a variety of individuals, groups, and organizations to address a number of health issues. One of the goals of the project was to provide the data in groupings (using headings such as demographics, birth measures, prevention measures, etc.) to highlight data that would facilitate health program planning, implementation, and improvement in communities.



Likely users may include:

- Community members and consumers of health care: individuals, families, and representatives of municipalities, neighborhoods and other geographical areas
- Elected state and local officials
- Professionals in public health, clinical care, social services and others
- Community advocates and organizers

The information contained in these community health profiles provide the basis for actions such as:

1. Determining the level of health that exists within the community
2. Discovering health strengths, problems or needs, and/or interventions to meet health needs that were not previously understood
3. Discover changes over time (trends) in population, health strengths and problems, and/or interventions
4. Make comparisons with other communities, the state or the nation
5. Examine relationships between health status and determinants of health (social environment, behavior, and health care resources)
6. Establish priorities among health problems and/or interventions
7. Evaluate interventions according to various dimensions such as relevance, adequacy, effectiveness, and impact
8. Initiate interventions directly or indirectly through others or in collaboration with others
9. Decide how to allocate resources among alternate interventions
10. Prepare and implement individual, institutional and community health improvement plans
11. Bring community members together around issues of interest; build coalitions and collaboration.

Because many of the indicators presented here are small numbers, the calculated rates are unstable. However, it is important for the community to have the information to make program decisions and/or investigate the issues presented here. Community Health Profiles are updated and published annually.

For more information about this effort please contact Miriam Vega at (602) 542-1219. To receive this document in alternative format contact Rodney Cluff at (602) 542-2998.

	Pima	GRAHAM	ARIZONA	NATIONAL
DEMOGRAPHICS				
POPULATION ¹	2,030	34,065	5,319,895	284,102,515
<1	38	529	80,384	4,030,590
1-4	162	2,120	316,643	15,332,965
5-14	368	5,808	796,968	41,118,564
15-24	327	5,882	756,386	39,471,499
25-34	233	4,595	770,029	39,406,470
35-44	243	4,699	797,345	44,883,074
45-54	205	3,698	650,659	39,191,473
55-64	166	2,683	459,057	25,314,614
65-74	157	2,228	377,650	18,322,480
75-84	102	1,388	243,882	12,582,484
85+	29	435	70,891	4,448,302
% <1	1.9 %	1.6 %	1.5 %	1.4 %
% 1-4	8.0 %	6.2 %	6.0 %	5.4 %
% 5-14	18.1 %	17.1 %	15.0 %	14.5 %
% 15-24	16.1 %	17.3 %	14.2 %	13.9 %
% 25-34	11.5 %	13.5 %	14.5 %	13.9 %
% 35-44	12.0 %	13.8 %	15.0 %	15.8 %
% 45-54	10.1 %	10.9 %	12.2 %	13.8 %
% 55-64	8.2 %	7.9 %	8.6 %	8.9 %
% 65-74	7.7 %	6.5 %	7.1 %	6.4 %
% 75-84	5.0 %	4.1 %	4.6 %	4.4 %
% 85+	1.4 %	1.3 %	1.3 %	1.6 %
Race				
White	89.3 %	68.9 %	75.9 %	80.9 %
American Indian	1.2 %	15.7 %	5.5 %	1.0 %
Black	0.5 %	2.1 %	3.4 %	12.7 %
Asian/Pacific Islander	0.1 %	0.9 %	2.4 %	4.1 %
Other	8.9 %	12.4 %	12.8 %	1.3 %
Ethnicity				
Hispanic	20.1 %	27.3 %	27.5 %	13.3 %
Gender				
Female	50.7 %	47.0 %	50.1 %	51.1 %
Male	49.3 %	53.0 %	49.9 %	48.9 %
Population Density	803.2	7.4	46.8	80.3

¹ Number of residents estimated, as of July 1, 2001. Based on DES Report, "Population Estimates for Arizona's Counties, Incorporated Places and Balance of County," and the 2000 Census, Summary File 1 (SF1). Source: Population & Statistics Unit, Arizona Department of Economic Security (DES), and U.S. Census Bureau. National, Table 2002CIVILIAN2001MONTHS07_12.txt - National Population Estimates, July 1, 2001, U.S. Census Bureau. Hispanics are an ethnic group. Hispanics alone data used. Racial groups add to 100%. Races alone data used. Population Density = Population Year 2001 / Square Miles. Square Miles, 2000 Census SF1.

	Pima	GRAHAM	ARIZONA	NATIONAL
ADDITIONAL DEMOGRAPHICS				
INCOME ²				
Population under 100% of FPL	19.4 %	23.0 %	13.9 %	11.7 %
Population under 125% of FPL	23.8 %	30.6 %	18.7 %	16.1 %
Population under 185% of FPL	45.3 %	47.1 %	30.8 %	27.4 %
Population under 200% of FPL	48.4 %	50.6 %	33.5 %	30.2 %
Median Household Income	\$31,000	\$30,000	\$44,300	\$42,300
Population >25 yrs without H.S. diploma ...	25.6 %	24.4 %	19.0 %	17.9 %
INSURANCE ³				
Medicare Recipients	213	3,585	601,873	34,462,465
% of Medicare Recipients	10.5 %	10.5 %	11.3 %	12.1 %
AHCCCS Enrollees	479	9,258	724,013	NC
% of AHCCCS Enrollees	23.6 %	27.2 %	13.6 %	NC
KidsCare Enrollees	34	414	55,406	NC
% of KidsCare Enrollees	4.4 %	3.5 %	3.5 %	NC
Adults without medical insurance	NA	NA	16.8 %	13.3 %
Children without medical insurance	NA	NA	17.8 %	11.7 %
Adults without dental insurance	NA	NA	37.7 %	NA
Percent Unemployed	8.4 %	7.3 %	4.7 %	6.1 %
Food Stamp Recipients	434	4,323	260,895	6,421,462
Children WIC Recipients	0	1,518	150,132	5,525,823
Women WIC Recipients	0	1,115	139,916	1,779,754
Children's Rehabilitative Services Participants	21	132	16,829	NA
ORAL HEALTH ⁴				
Untreated Tooth Decay (6-8 year olds)	43.0 %	37.0 %	40.0 %	29.0 %
Tooth Decay Experience (6-8 year olds)	62.0 %	62.0 %	62.0 %	52.0 %
Urgent Treatment Needs (6-8 year olds)	9.0 %	9.0 %	9.0 %	NA
Sealants Present (8 year olds)	15.0 %	13.0 %	28.0 %	23.0 %
Children without dental insurance	15.0 %	24.0 %	23.0 %	NA
	NC - Not Comparable	NA - Not Available		

² Local, percent of 2000 population under Federal Poverty Level (FPL), Census 2000 SF3. National, percent of 2001 population under Federal Poverty Level, Annual Demographic Survey, U.S. Census Bureau. Local, Median Household Income, U.S. Census Bureau Census 2000. National, Median Household Income, Census Bureau, 2001 Supplementary Survey, Table 3. Local, percent of 2000 population 25 years of age or older with less than a High School Diploma, 2000 Census. National, 2001 Supplementary Survey, Table 2, Census Bureau.

³ Medicare Enrollees, aged, Centers for Medicare & Medicaid Services, percent of 2001 population on Medicare. AHCCCS enrollees, percent of 2001 population on AHCCCS. KidsCare Enrollees, percent of estimated 0-19 2001 population, Arizona Health Care Cost Containment System (AHCCCS), 1/1/2002. Adults without medical and dental insurance, Behavioral Risk Factors survey, percent of respondents in the affirmative, Arizona Department of Health Services, Office of Epidemiology and Statistics, 2001. Children without medical insurance, percent of Children <18 uninsured 2001, Historical Health Insurance Table HI-5, Census Bureau. Percent of Work Force Unemployed, Local, Arizona Department of Economic Security, 2001; National, Census 2001 Supplementary Survey, Table 3. Food Stamp recipients, Local, Arizona Department of Economic Security (DES), June 2001; National, 2001 Supplementary Survey, Table 3. Women, Infants and Children (WIC), Arizona, participants certified once a year by Arizona WIC (does not include ITCA or Navajo Nations WIC programs, does not include CSFP), calendar year 2001, Arizona Department of Health Services, Office of Chronic Disease Prevention and Nutrition Services; National, U.S. Department of Agriculture, Food and Nutrition Service, FY 2001, Infants included with Children. Children Rehabilitative Services Participants, count of eligible members, Arizona Department of Health Services, Office for Children with Special Health Care Needs, 2001.

⁴ Office of Oral Health, ADHS, Arizona School Dental Survey, "Every Tooth Counts," 1999-2003, Children in public schools in grades Kindergarten through Third Grade. "Urgent" means children with pain and/or infection requiring treatment within a 24-hour period. Sealants Present on at least one permanent molar. County data based on a probability sample by community and therefore may not be representative of the county as a whole. Data cleaned and re-run for 2001 profile. National data, National Center for Health Statistics. National Health and Nutrition Examination Survey III 1988-1994. Hyattsville, MD: Centers for Disease Control and Prevention (CDC), unpublished data.

	Pima	GRAHAM	ARIZONA	NATIONAL
COMMUNITY RESOURCES				
PERSONNEL ⁵				
Primary Care Physicians	0	16	4,777	258,550
Dentists	0	22	3,636	NA
Mental Health Providers	0	0	462	NA
Nurse Practitioners	1	4	1,799	NA
Physician Assistants	0	8	867	NA
Certified Nurse Midwives	0	1	151	NA
DESIGNATIONS ⁶				
Is community in a PC HPSA?	No			
Is community in a Dental HPSA?.....	No			
Is community in a Mental HPSA?	Not Designated			
Is community in a fed MUA or MUP?....	Yes			
Is community in an AzMUA?	No			
Is community designated as Rural?.....	Community designated as "Rural" per A.R.S. 36-2171			
FACILITIES ⁷				
Sliding Fee Scale clinics in the area	0	1	144	NC
School Based clinics in the area	0	0	112	NC
NonFederal Hospitals	0	1	88	NA
Hospital bed capacity	0	59	11,074	NA
NC - Not Comparable		NA - Not Available		

⁵ Primary Care Physicians, active Medical Doctors in Family Practice, General Practice, Gynecology, Internal Medicine, Obstetrics & Gynecology, Pediatrics, and all active Osteopathic Physicians. Medical Doctors and Physician Assistants, Arizona Medical Board. Medical Doctors, Jan 2002, Physician Assistants, May 2002. Osteopathic Physicians, Arizona Board of Osteopathic Examiners, Nov 2001. Dentists, Arizona Board of Dental Examiners, Nov 2001. Nurse Practitioners, Arizona State Board of Nursing, Nov 2001, Certified Nurse Midwives, Arizona State Board of Nursing, Nov 2001. National, Medicare Primary Care Physicians, Centers for Medicare and Medicaid Services, January 2001.

⁶ Currently designated Primary Care (PC) Health Professional Shortage Area (HPSA), Dental or Mental HPSA designation, Federal Medically Underserved Area or Population (fed MUA or MUP), AzMUA, Arizona Medically Underserved Area: Arizona Department of Health Services, Office of Health Systems Development.

⁷ Current Sliding Fee Scale primary care clinics, (Per AAC Title 9, chapter 2, section R9-2-101: A "sliding fee schedule" means a document that sets forth the relationship between an individual's income and family size and states the percentage of the charges for health care services provided pursuant to A.R.S. 36-2907.06 for which the individual will be responsible). School Based/School Linked Health Clinics --Tobacco Tax School Based clinics, Office of Health Systems Development, ADHS. NonFederal Hospitals and Beds, Arizona Department of Health Services, Assurance & Licensure Services, Feb 2002.

	Pima	GRAHAM	ARIZONA	NATIONAL
BIRTH MEASURES ⁸				
Total Births	51	443	85,213	4,025,933
Birth rate per 1,000 population	25.1	13.0	16.0	14.5
Fertility rate per 1,000 females aged 15-44 yrs	123.7	67.6	75.8	66.9
Births to females aged 10-19 yrs	15	99	11,790	453,725
Birth rate per 1,000 females aged 10-19 yrs ...	82.1	31.9	31.5	23.1
Births to females aged 15-19 yrs	15	96	11,592	445,944
Birth rate per 1,000 females aged 15-19 yrs ...	142.7	59.3	63.2	45.8
Births to females aged 15-17 yrs	3	34	4,080	145,324
Birth rate per 1,000 females aged 15-17 yrs	42.0	39.9	37.7	25.2
Low-birthweight (LBW) babies (<2,500 grams) ...	3	31	5,943	308,747
LBW babies per 100 births	5.9	7.0	7.0	7.7
Preterm babies (<37 weeks of gestation).....	1	50	8,468	476,250
Preterm babies per 100 births	2.0	11.3	9.9	11.8
No prenatal care during pregnancy	0	4	1,585	41,728
No prenatal care per 100 births	0.0	0.9	1.9	1.0
No prenatal care in the 1st trimester	12	155	20,836	749,031
No prenatal care in 1st trimester per 100 births	23.5	35.0	24.5	18.6
Five or more prenatal visits	45	365	77,239	3,731,814
Five or more prenatal visits per 100 births	88.2	82.4	90.6	92.7
Payee for births: AHCCCS or IHS	30	302	41,154	NA
Births paid for by AHCCCS or IHS per 100 births	58.8	68.2	48.3	NA
Payee for births: private insurance	20	160	41,543	NA
Births paid by private insurance per 100 births	39.2	36.1	48.8	NA
Payee for births: self	1	2	2,245	NA
Self-paid births per 100 births	2.0	0.5	2.6	NA
Births to unwed mothers	14	173	33,583	1,349,249
Births to unwed mothers per 100 births	27.5	39.1	39.4	33.5
Tobacco use during pregnancy	7	36	5,771	416,476
Tobacco use during pregnancy per 100 births..	13.7	8.1	6.8	10.3
	NC - Not Comparable	NA - Not Available		

⁸ Characteristics of Arizona mothers and newborns are based on information collected on birth certificates filed with the Arizona Department of Health Services, Office of Vital Records. The data for National are from "Births: Final Data for 2001," National Vital Statistics Reports, Volume 51, Number 2, December 18, 2002, Hyattsville, Maryland, National Center for Health Statistics. Additional information on Arizona mothers and newborns is available online at <http://www.hs.state.az.us/plan/>.

	Pima	GRAHAM	ARIZONA	NATIONAL
DEATH MEASURES ⁹				
Total deaths, all ages	23	256	40,851	2,417,762
Deaths per 100,000 population	1,133.0	751.5	767.9	851.0
Deaths per 100,000 age-adjusted population	NA	855.9	791.2	855.0
CAUSE-SPECIFIC MORTALITY				
Accidents (Unintentional injury) deaths	1	11	2,430	97,707
Death rate for accidents	NA	37.6	46.6	34.3
Deaths from motor vehicle-related injuries	1	6	908	41,967
Death rate for motor vehicle-related injuries..	NA	20.3	17.2	14.7
Alcohol-induced deaths	0	1	424	19,423
Death rate for alcohol-induced deaths	NA	3.5	8.4	6.8
Intentional self-harm (suicide)	0	4	600	29,423
Suicide rate	NA	13.6	11.5	10.3
Assault (homicide)	0	1	467	19,727
Homicide rate	NA	2.4	8.7	6.9
Drug-induced deaths	0	1	577	18,962
Mortality rate for drug-induced deaths	NA	3.5	11.3	6.6
Deaths from injury by firearms	0	3	821	28,913
Death rate for injury by firearms	NA	10.1	15.5	10.1
Deaths from cardiovascular diseases	5	80	13,637	921,819
Death rate for cardiovascular diseases	NA	64.3	47.7	326.4
Deaths from cancer	5	56	8,914	553,251
Death rate for cancer	NA	182.9	169.2	195.8
Deaths from diabetes	3	12	1,040	71,252
Death rate for diabetes	NA	39.9	19.9	25.2
AGE-SPECIFIC MORTALITY				
Number of infant deaths (<1 yr of age)	2	4	587	27,801
Number of infant deaths per 1,000 births	39.2	9.0	6.9	6.9
Number of deaths by age group:				
1-4	0	1	145	4,979
5-14	0	2	175	7,413
15-24	0	2	728	31,307
	NC - Not Comparable	NA - Not Available		

⁹ These mortality rates are per 100,000 population age-adjusted to the 2000 U.S. standard. Age-adjusted mortality rates are better indicators than crude (unadjusted) death rates when comparing mortality across geographic areas or between subgroups of population that have different age compositions. Technical information on computing age-adjusted mortality rates is available online at <http://www.hs.state.az.us/plan/report/ahs/ahs2001/source01.pdf>. Age-specific and cause-specific mortality profiles are based on information collected on death certificates filed with the Arizona Department of Health Services, Office of Vital Records. The data for National are from "Deaths: Final Data for 2001," National Vital Statistics Reports, Volume 52, Number 3, September 18, 2003, Hyattsville, Maryland, National Center for Health Statistics. Additional information on deaths to Arizona residents is available online at <http://www.hs.state.az.us/plan/>.

	Pima	GRAHAM	ARIZONA	NATIONAL
DEATH MEASURES Continued...				
25-34	1	3	912	40,451
35-44	1	14	1,758	89,798
45-54	0	14	2,849	160,341
55-64	3	22	4,149	240,846
65-74	9	52	7,468	441,209
75-84	4	70	11,912	700,445
85+	3	72	10,124	658,171
Mortality rates by age groups per 100,000 persons:				
1-4	0.0	47.2	45.8	32.5
5-14	0.0	34.4	22.0	18.0
15-24	0.0	34.0	96.2	79.3
25-34	429.7	65.3	118.4	102.7
35-44	411.7	297.9	220.5	200.1
45-54	0.0	378.6	437.9	409.1
55-64	1,803.3	819.9	903.8	951.4
65-74	5,726.1	2,333.9	1,977.5	2,408.0
75-84	3,919.2	5,043.1	4,884.3	5,566.8
85+	10,497.9	16,557.7	14,281.1	14,796.0
INFECTIOUS DISEASES (cases of) ¹⁰				
Vaccine Preventable Diseases	0	0	1,117	8,025
Hepatitis A/Shigellosis	1	1	980	30,830
Sexually Transmitted Diseases	8	88	19,411	1,177,168
HIV/AIDS	0	7	1,099	41,868
Food Borne Diseases	0	7	1,512	48,548
Tuberculosis	0	<3	289	15,989
CANCER (new cases of) ¹¹				
Breast Cancer	0	15	3,328	180,038
Cervical Cancer	0	0	199	11,447
Colorectal Cancer	0	12	2,438	138,335
Lung Cancer	0	13	3,279	175,908
Prostate Cancer	0	18	3,095	183,643
IMMUNIZATION ¹²				
Immunized 2 yr olds	>90%	61.5 %	72.9 %	74.5 %
NC - Not Comparable		NA - Not Available		

¹⁰ Arizona Notifiable Diseases - Vaccine preventable diseases include the number of reported cases of measles, mumps, diphtheria, tetanus, rubella, congenital rubella, pertussis, polio and Haemophilus influenzae type b. Sexually Transmitted Diseases include cases of chlamydia, gonorrhea and syphilis. For HIV/AIDS, if the number of reported cases is between 0 and 3 then, the count will show as <3. Food borne diseases include campylobacteriosis, cryptosporidiosis, E. coli O157:H7, listeriosis, paratyphoid, typhoid fever, salmonellosis, vibriosis and yersiniosis. For Tuberculosis, if the number of reported cases is between 0 and 3, then the count will show as <3. All cases must meet the CSTE/CDC Case Definitions for Public Health Surveillance. Arizona Department of Health Services (ADHS), Bureau of Epidemiology and Disease Control, Cases reported in the calendar year 2001. Nationally Notifiable Diseases - Vaccine Preventable Diseases include the number of reported cases of measles, mumps, diphtheria, tetanus, rubella, congenital rubella, pertussis, polio and Haemophilus influenzae type b. AIDS cases only. Food Borne Diseases include salmonellosis, typhoid fever, listeriosis, cryptosporidiosis and E. coli, Centers for Disease Control and Prevention (CDC) MMWR Summary Report for 2001.

¹¹ Cancer cases: ADHS, Arizona Cancer Registry, 2001. National, CDC, National Program of Cancer Registries Appendix D1, 2001.

¹² Immunization, percent of 2001 estimated 2 year old children immunized 4 DTP/DTap, 3 Polio, 1 MMR, 3 HIB (4-3-1-3), ADHS, Arizona State Immunization System; State and National, percent of 2 year old children immunized 4-3-1-3, 2001 National Immunization Survey, CDC.

	Pima	GRAHAM	ARIZONA	NATIONAL
BEHAVIORAL RISK FACTORS ¹³				
Alcohol Abuse (Binge Drinking)	NA	NA	16.6 %	NA
Alcohol Abuse (Chronic Drinking)	NA	NA	6.0 %	NA
Drinking and Driving	NA	NA	NA	NA
Believe Medium/High Chance of Getting HIV	NA	NA	NA	NA
Ever tested for HIV	NA	NA	49.8 %	NA
Ever told have Diabetes	NA	NA	6.0 %	6.5 %
Ever told have High Blood Pressure	NA	NA	23.6 %	25.6 %
Less than 5 Fruits and Vegetables per Day	NA	NA	71.3 %	77.4 %
Never had a Mammogram and Breast Exam	NA	NA	7.3 %	NA
No Mammogram within the past 2 years ...	NA	NA	16.1 %	NA
No Pap Test within the past 3 years	NA	NA	10.5 %	NA
No Leisure Time Physical Activity	NA	NA	21.9 %	24.4 %
No Cholesterol Check within 5 years	NA	NA	4.9 %	NA
No Blood Pressure Check within 2 years ...	NA	NA	NA	NA
Obesity	NA	NA	17.1 %	NA
Tobacco Use (Adults)	NA	NA	21.5 %	NA
Would Not Encourage Teen Condom Use ...	NA	NA	NA	NA
HOSPITALIZATIONS ¹⁴				
Asthma	246.3	88.1	88.9	159.8
Diabetes	49.3	205.5	134.0	197.8
Heart Attack	246.3	231.9	193.2	630.1
Stroke	246.3	35.2	33.3	327.7
NonFatal Injuries Ages 1-14	2,072.7	1,463.1	250.9	NA
NonFatal Injuries Ages 15-19	8,813.0	4,657.4	614.4	NA
Ambulatory Care Sensitive Conditions 1-14 ..	565.3	403.6	483.0	NA
Ambulatory Care Sensitive Conditions 15-19	0.0	365.3	267.8	NA
Traumatic Brain Injury	4	79	4,615	NA
SUMMARY MEASURES OF HEALTH ¹⁵				
Average age at death	64.3	72.4	71.2	NA
Premature Mortality	69.6 %	50.8 %	51.1 %	NA
Self-rated health status as Fair or Poor	NA	NA	15.9 %	14.0 %
Avg No. of Unhealthy Days in Past Month ...	NA	NA	NA	NA
	NC - Not Comparable	NA - Not Available		

¹³ Behavioral Risk Factors, percent of respondents in the affirmative. Data is available by National, state, regional levels, and Maricopa and Pima counties, Arizona Department of Health Services, Office of Epidemiology and Statistics, 2001.

¹⁴ Primary diagnosis of Asthma, Diabetes, Heart Attack, Stroke hospitalizations per 100,000 residents, Arizona Department of Health Services, Bureau of Public Health Statistics, Hospital Discharge Registry, 2001; National, 2001 National Hospital Discharge Survey. NonFatal Injuries, Ambulatory Care Sensitive Conditions hospitalizations per 100,000 in age group, Arizona Department of Health Services, Office of Women's and Children's Health, Hospital Discharge Registry, 2001. Traumatic Brain Injury, number of incident cases identified from Arizona Department of Health Services Hospital Discharge data for 2001, unduplicated and excluding emergency department and federal hospital discharges.

¹⁵ Average Age at Death, 2001, Arizona Department of Health Services, Office of Vital Records. Premature Mortality, percent of deaths occurring before the U.S. birth life expectancy for 2001 (77.2 years for all U.S. residents in 2001), Arizona Department of Health Services, Office of Vital Records. Self-rated health status from the Behavioral Risk Factors Survey on a scale of Excellent, Very Good, Good, Fair, or Poor, year 2001, Arizona Department of Health Services, Office of Epidemiology and Statistics. Average number of unhealthy days in the past month, Centers for Disease Control and Prevention, 2001.