

Health Characteristics of the Asian Adult Population: United States, 2004–2006

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Abstract

Objective—This report compares national estimates for selected health status indicators, health behaviors, health care utilization, health conditions, immunizations, and human immunodeficiency virus (HIV) testing status among selected non-Hispanic Asian adult subgroups. Comparison estimates for the non-Hispanic white, non-Hispanic black, non-Hispanic American Indian or Alaska Native (AIAN), and Hispanic adult populations are also presented.

Methods—The estimates in this report were derived from the Family Core and the Sample Adult Core components of the 2004–2006 National Health Interview Surveys (NHIS), conducted by the Centers for Disease Control and Prevention's National Center for Health Statistics (NCHS). Estimates were generated and comparisons conducted using the SUDAAN statistical package to account for the complex sample design.

Results—In general, non-Hispanic Asian adults were least likely to be current smokers, be obese, have hypertension, delay or not receive medical care because of cost, be tested for HIV, or be in fair or poor health compared with non-Hispanic white, non-Hispanic black, non-Hispanic AIAN, or Hispanic adults.

Across non-Hispanic Asian subgroups, Vietnamese adults were least likely to have a bachelor's degree or higher and most likely to be poor, be in fair or poor health, and abstain from alcohol use. Korean adults were most likely to be uninsured, be current smokers, and be without a usual place for health care. Japanese adults were most likely to be current moderate or heavier drinkers, and Filipino adults were most likely to be obese.

Keywords: Asian • health behaviors • health care utilization • conditions • mental health status • health status • immunizations • HIV test • National Health Interview Survey

Introduction

According to the 2000 U.S. Census Bureau population estimates, 11.9 million people (4.2%) in the United States are members of the racial groups

Asian or Native Hawaiian or Other Pacific Islanders (NHOPI) (1). In this report, the term non-Hispanic Asian or NHOPI will be shortened to Asian or Asian American for conciseness. The term *Asian* refers to people having

origins in any of the original populations of the Far East, Southeast Asia, or the Indian subcontinent (1). Asian Americans are among the fastest growing of all major racial or ethnic groups and increased 48% between 1990 and 2000. Asian Americans are expected to comprise over 10% of the population by the year 2050 (1,2). Asian Americans are a heterogeneous population living throughout the United States, who are characterized by a wide variety of languages, dialects, and cultures and represent both extremes of socioeconomic and health indices (1,2). Most Asian persons report a single race; only 0.6% reported Asian and at least one other race in the 2000 census (3). The focus of the report is on selected Asian subgroups—Chinese, Filipino, Asian Indian, Japanese, Vietnamese, and Korean.

Asian Americans are more concentrated in some areas of the United States than in others. According to the 2000 census, Asian Americans are concentrated in the West (49%) and Northeast (21%) regions of the United States. Over one-half of all persons who reported Asian race lived in just three states: California, New York, and Hawaii (1). California had the largest Asian population (4.2 million), followed by New York (1.2 million) and Hawaii (0.7 million). The sizes of the Asian subgroups vary. The largest Asian



subgroup in the United States is Chinese (2.7 million), followed by Filipinos (2.4 million) and Asian Indians (1.9 million). These three groups account for 57% of all respondents who reported Asian race in the 2000 census (1).

Although Asians have sometimes been stereotyped as the “model minority” because of their socioeconomic achievements and overall health status, this label is not true for all aspects of their health. Health disparities also exist among Asian Americans (2). For example, although cancer mortality rates for Asian Americans are low compared with other U.S. populations, Asian Americans have the highest incidence rates of liver and stomach cancer for both sexes compared with Hispanic, non-Hispanic white, or non-Hispanic black persons (4). Although no national cancer mortality data are available for Asian subgroups, data from California illustrate the variations within the Asian population. Age-adjusted mortality rates for liver cancer per 100,000 males in California were 23.8 for all Asians, compared with 6.8 for non-Hispanic whites (5). Within the Asian male population, mortality rates for liver cancer varied by subgroup: 54.3 for Vietnamese, 33.9 for Koreans, 23.3 for Chinese, 16.8 for Filipino, and 9.3 for Japanese (5). Some Asian subgroups are disproportionately at risk for chronic obstructive pulmonary disease, diabetes, chronic hepatitis B, and tuberculosis, compared with other Asian subgroups as well as other race and ethnic groups (2).

In addition, some Asian subgroups have high rates of cigarette smoking and low rates for cancer screening, mental health services use, leisure time physical activity, and knowledge of blood cholesterol and blood pressure status (2,6–8). For example, although Asian Americans as a group have relatively low smoking rates (18%), among Asian subgroups, smoking rates are highest among those who are Laotian, Vietnamese, or Cambodian (9). These health disparities may be related to cultural, genetic, socioeconomic, or behavioral factors (4,9–12).

In this report, national estimates for selected health status indicators, health behaviors, health care utilization, health

conditions, immunizations, and HIV testing status are examined using the 2004–2006 NHIS data. The report focuses on the non-Hispanic, single-race Asian population but presents comparison data for the Hispanic, non-Hispanic white, non-Hispanic black, and non-Hispanic AIAN populations. Estimates are also presented in the tables for a category that includes other Asian and NHOPI. Information on the largest Asian subgroups—Chinese, Filipino, Asian Indian, Japanese, Vietnamese, and Korean—is provided in the text.

Methods

Data source

The statistics shown in this report are based on data from the Family Core and the Sample Adult Core components of the 2004–2006 NHIS (13–15). The NHIS, one of the major data collection systems of NCHS, is a survey of a nationally representative sample of the civilian noninstitutionalized household population of the United States. Basic health and demographic information are collected annually on all household members. All members of the household 17 years of age and over who are home at the time of the interview are invited to participate and respond for themselves. Proxy responses are accepted for adults not present at the time of the interview and for children. Additional information is collected per family on one randomly selected adult aged 18 years or over (the “sample adult”) and one randomly selected child aged 0–17 years (the “sample child”). Information on the sample adult is self-reported, except in rare cases in which the sample adult is physically or mentally incapable of responding, and information on the sample child is collected from an adult who is knowledgeable about the child’s health.

Statistical analysis

Three years of data were combined to increase reliability of estimates for some of the smaller population subgroups. Even with 3 years of data, the standard errors for some subgroups

were quite large. In tables shown in this report, estimates with a relative standard error of more than 30% but less than or equal to 50% are identified with an asterisk (*). Readers should exercise caution when interpreting these statistics. Estimates with a relative standard error of greater than 50% are indicated with a dagger (†) and are not shown.

This report is based on data from 87,029 completed interviews with sample adults aged 18 years and over representing a final sample adult response rate (which takes into account household and family nonresponse) for the combined data years of 70.7%. The household response rate for the combined data years was 86.8%. Procedures used in calculating response rates for combined NHIS data years are described in detail in Appendix I of the survey descriptions of the NHIS data files (16–18).

All estimates and associated standard errors shown in this report were generated using SUDAAN, a software package that is designed to account for a complex sample design such as that used by NHIS (19). All estimates were weighted by using the sample adult record weight and reflect the U.S. civilian noninstitutionalized population aged 18 years and over.

Most estimates presented in this report were age adjusted using the projected 2000 U.S. population as the standard population (20,21). The SUDAAN procedure PROC DESCRIPT was used to produce age-adjusted percentages and their standard errors. Age adjustment was used to allow comparison of various sociodemographic subgroups that have different age structures. The estimates in this report were age adjusted using the age groups 18–24 years, 25–44 years, 45–64 years, and 65 years and over. Estimates for education, health insurance coverage, and pneumonia shot were restricted to certain age groups and were adjusted accordingly.

Age-adjusted estimates were compared using two-tailed statistical tests at the 0.05 level. No adjustments were made for multiple comparisons. Terms such as *greater than* and *less than* indicate a statistically significant

difference. Terms such as *similar* or *no difference* indicate that the statistics being compared were not significantly different. Lack of comment regarding the difference between any two statistics does not mean that the difference was tested and found to be not significant.

Some of the statistics presented in this report can be replicated using NHIS public-use data files and the accompanying documentation available for downloading from the NCHS website at <http://www.cdc.gov/nchs/nhis.htm>. To protect respondent confidentiality, the variable that contains the selected Asian subgroups is not included on the public-use data files. Therefore, corresponding estimates for the Asian subgroups cannot be replicated from public-use data files. Many of the references cited in this report are also available via the NCHS website at <http://www.cdc.gov/nchs>.

Results

In the following section brief, bulleted summaries of the estimates shown in Tables 1–8 and Figures 1–6 are presented for selected non-Hispanic Asian subgroups, the non-Hispanic Asian or NHOPI population as a whole, and the non-Hispanic white, non-Hispanic black, non-Hispanic AIAN, and Hispanic populations. For conciseness, the qualifying term *non-Hispanic* will be omitted when discussing these subgroups in the results.

Demographic characteristics

Table 1 and Figures 1–4

- Of the U.S. adult population, 70% are white, 13% are Hispanic, 11% are black, and 4% are Asian (Figure 1).
- Of the adult Asian population, about 21% are Filipino, 21% are Chinese, 19% are Asian Indian, 10% are Korean, 9% are Vietnamese, and 9% are Japanese (Figure 2).
- The gender distribution across the Asian subgroups was similar, with the exception of Asian Indian adults, who were more likely to be male than female, and Japanese adults, who were more likely to be female than male.

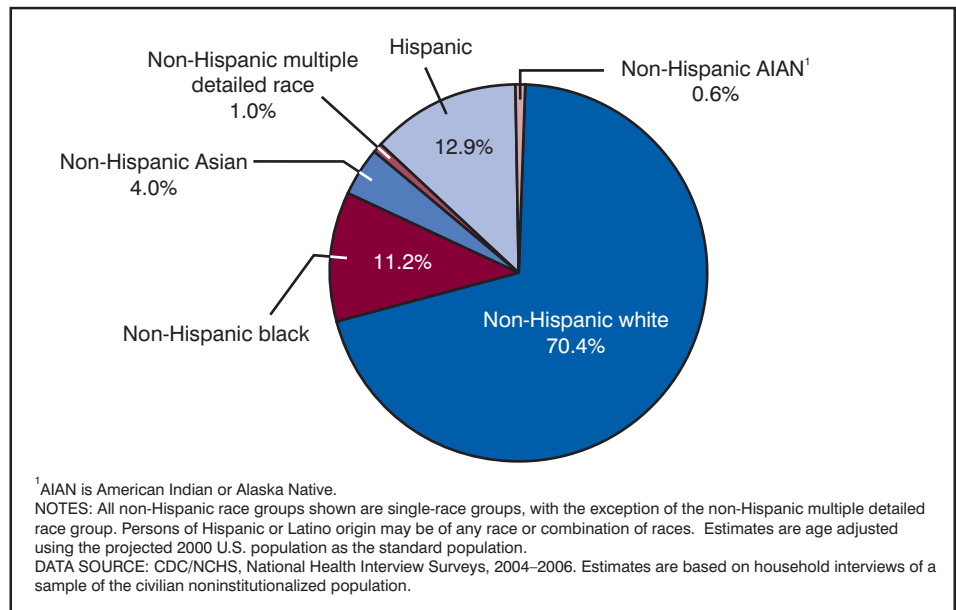


Figure 1. Percent distribution of race and ethnicity for adults 18 years of age and over: United States, 2004–2006

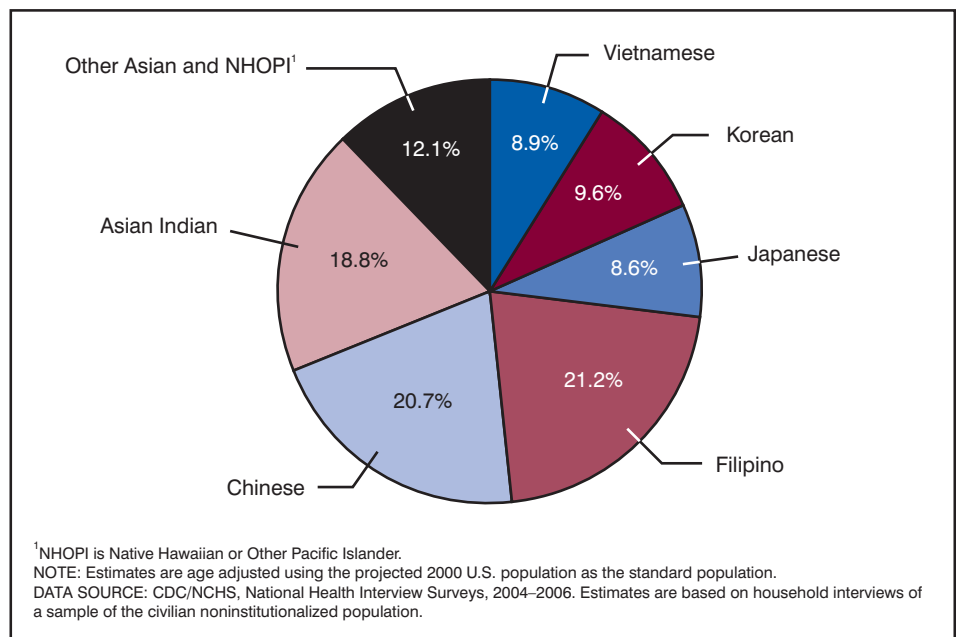


Figure 2. Percent distribution of Asian subgroups for non-Hispanic Asian adults 18 years of age and over: United States, 2004–2006

- The gender distribution for Asian adults was similar to that of AIAN adults and Hispanic adults.
- Compared with other Asian subgroups, the Japanese adult population had a somewhat older age distribution. A higher percentage of Japanese adults were aged 65 years and over (31%) compared with adults in other Asian subgroups.
- The Asian population and white population had a lower percentage of persons aged 18–24 years compared with the Hispanic population.
- Vietnamese adults had lower levels of education compared with adults in other Asian subgroups. More than one-fourth of Vietnamese adults (27%) had less than a high school diploma compared with a range of

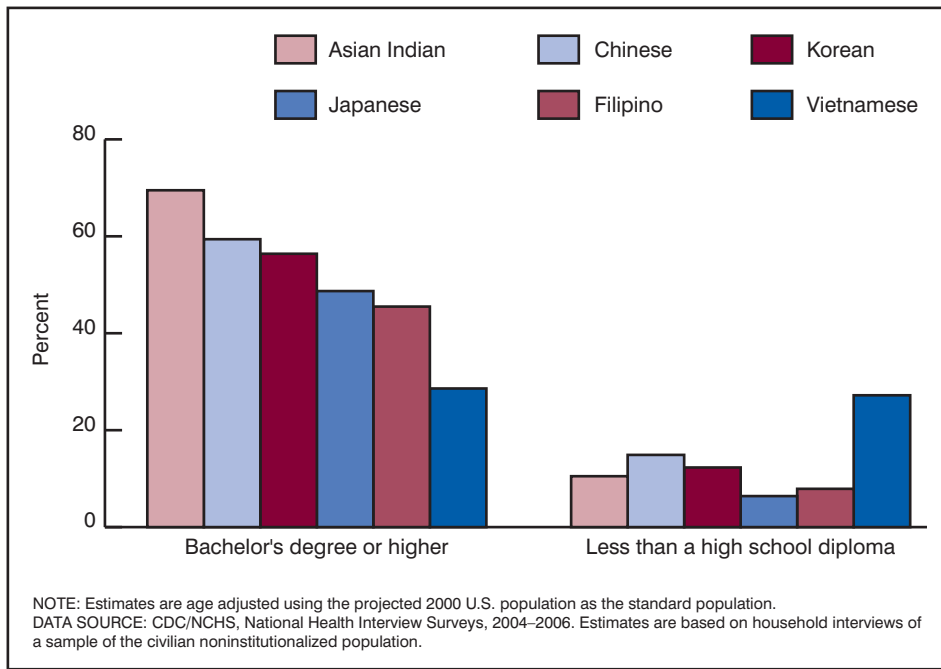


Figure 3. Percentage of non-Hispanic Asian adults 18 years of age and over with selected education levels, by Asian subgroup: United States, 2004–2006

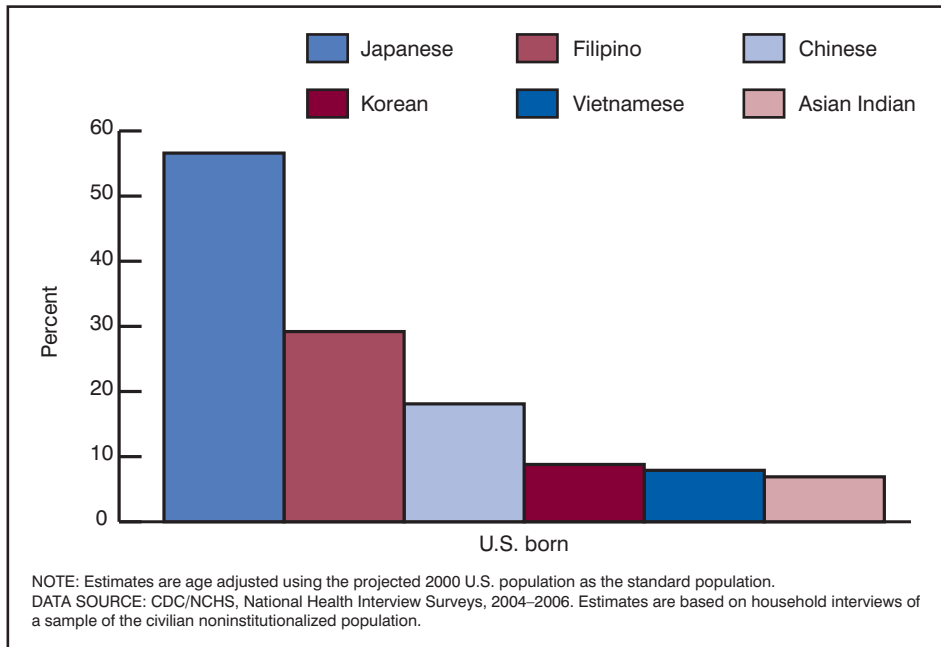


Figure 4. Percentage of U.S. born non-Hispanic Asian adults 18 years of age and over, by Asian subgroup: United States, 2004–2006

6% to 15% among adults in other Asian subgroups (Figure 3).

- A large percentage of adults in most Asian subgroups had a bachelor's degree or higher. Asian Indian adults were most likely to have a bachelor's degree or higher (70%), whereas Vietnamese adults were least likely to have that same level of education (29%) (Figure 3).

- Hispanic adults (46%) were two to three times more likely to have less than a high school education than were black (23%), AIAN (21%), Asian (14%), or white adults (11%).
- The majority of adults in the Asian subgroups were not poor. More than three-fourths of Japanese, Filipino, and Asian Indian adults had incomes

200% of the poverty threshold or greater.

- Vietnamese (15%), Korean (14%), and Chinese adults (13%) were about twice as likely as Filipino adults (6%) to be poor.
- Black, AIAN, and Hispanic adults were about twice as likely to be poor as white or Asian adults.
- Vietnamese adults (28%) and Filipino adults (26%) were more than twice as likely to live in families with 6 or more members as Chinese (12%), Japanese (8%), or Korean adults (7%).
- Hispanic (25%) and Asian adults (19%) were more likely to live in families with 6 or more members than were black (14%) or white adults (11%).
- Japanese adults (45%) were more likely than Filipino (37%), Chinese (32%), or Asian Indian adults (27%) to be unmarried.
- Asian adults (65%) were more likely to be married than white (59%), Hispanic (59%), AIAN (53%), or black adults (38%).
- Among Asian subgroups, Korean adults under 65 years of age were most likely to be uninsured (36%). The percentage of uninsured adults under 65 years of age in other Asian subgroups ranged from 9% among Japanese adults to 18% of Asian Indian adults and Vietnamese adults.
- Asian adults under 65 years of age were more likely to be uninsured (18%) than white adults (15%), but less likely to be uninsured than Hispanic (41%), AIAN (40%), or black adults (23%).
- Japanese adults (71%) were most likely and Asian Indian adults (21%) were least likely to live in the West. The population of Asian Indian adults was more evenly distributed among other regions compared with the populations of other Asian subgroups.
- A larger percentage of Asian adults (48%) and Hispanic adults (40%) lived in the West compared with white (18%) or black adults (7%).
- Japanese adults (58%) were more likely to be born in the United States than adults in other Asian subgroups. Among the subgroups, rates for being U.S. born ranged from to 32% of Filipino adults to 7% of Asian Indian adults (Figure 4).

- Hispanic adults (44%) and Asian adults (23%) were much less likely to have been born in the United States than white (96%), AIAN (96%), or black adults (91%).
- Of Asian adults who were foreign born, Vietnamese adults (87%) were most likely to have lived in the United States 10 years or more compared with 54% to 74% of adults in other Asian subgroups.
- About 30% of Asian adults and Hispanic adults who were foreign born had lived in the United States for less than 10 years.

Health behaviors

Table 2 and Figure 5

- Most Asian adults had never smoked, with rates ranging from 65% of Korean adults to 84% of Chinese adults.
- Korean adults (22%) were about two to three times as likely to be current smokers as were Japanese (12%), Asian Indian (7%), or Chinese adults (7%) (Figure 5).
- AIAN adults (32%) had the highest prevalence of current cigarette smoking, and Asian adults (12%) had the lowest prevalence, compared with white (23%), black (21%), or Hispanic adults (15%).
- Japanese adults (14%) were more likely to be current moderate or heavier drinkers compared with Filipino (9%), Chinese (7%), Asian Indian (6%), or Vietnamese adults (6%).
- Vietnamese adults (68%) had the highest percentage of lifetime abstinence from alcohol use; rates for adults in other Asian subgroups ranged from 32% for Japanese to 57% for Asian Indian.
- White adults (22%) were more likely to be current moderate or heavier drinkers compared with AIAN (15%), Hispanic (13%), black (12%), or Asian adults (9%).
- Most adults in the Asian subgroups were in the healthy weight range, with rates ranging from 51% for Filipino adults to 68% for Chinese adults. About 1 in 10 Japanese adults and Vietnamese adults were underweight.

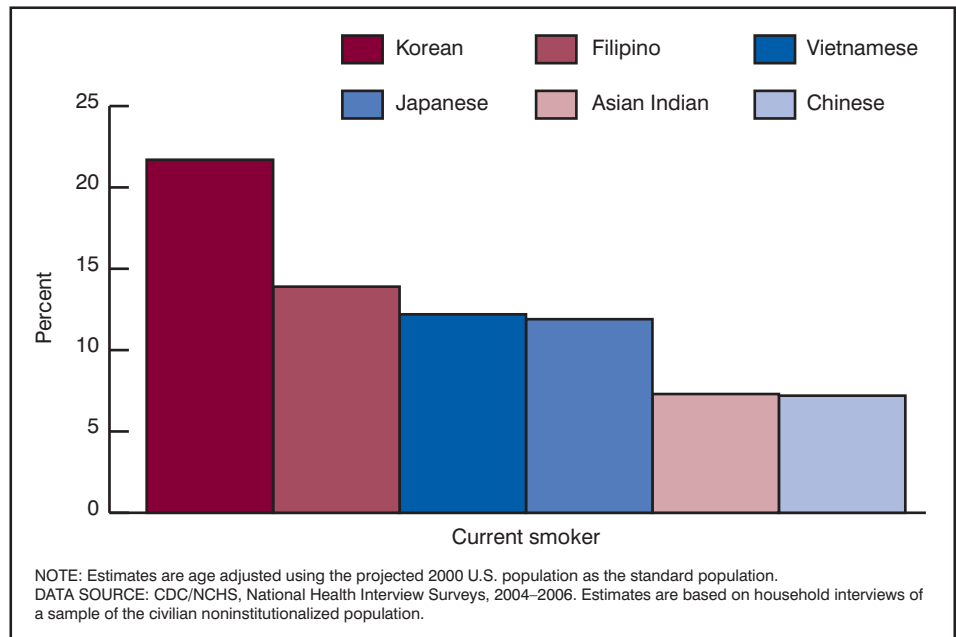


Figure 5. Percentage of non-Hispanic Asian adults 18 years of age and over who were current smokers, by Asian subgroup: United States, 2004–2006

- Although the prevalence of obesity is low within the adult Asian population, Filipino adults (14%) were more than twice as likely to be obese as Asian Indian (6%), Vietnamese (5%), or Chinese adults (4%).
- AIAN (35%), black (34%), Hispanic (28%), and white adults (24%) were three to four times more likely to be obese compared with Asian adults (8%).
- Overall, about 3 in 10 Asian adults engaged in regular leisure-time physical activity. Of the adults in Asian subgroups, Vietnamese adults (46%) were most likely to be inactive in their leisure-time.
- White adults (33%) were most likely to engage in regular leisure-time physical activity compared with Asian (28%), AIAN (25%), black (23%), or Hispanic adults (22%).

Health care utilization

Table 3

- Among Asian adults, Korean adults (25%) were most likely to be without a usual place for health care; rates for adults in other Asian subgroups ranged from 12% for Japanese or Filipino adults to 16% for Chinese or Vietnamese adults.
- Among Asian adults with a usual place for health care, Vietnamese

- adults (23%) were more likely than Filipino (14%), Asian Indian (13%), or Japanese adults (13%) to consider a clinic or health center as their usual place for health care.
- A larger percentage of Hispanic adults (27%) were without a usual place of health care compared with Asian (16%), black (14%), white (13%), or AIAN adults (13%).
- A larger percentage of Korean adults (12%) had not been to a dentist in the past 5 years compared with Japanese adults (4%).
- Asian adults (2%) and Hispanic adults (4%) were more likely to have never seen a dentist, compared with white (less than 1%) or black adults (1%).
- Across the Asian subgroups, rates of not receiving medical care due to cost were low. About 5% of Korean adults and 2% of Chinese or Filipino adults did not receive care due to cost.
- Korean adults (7%) were about twice as likely as Filipino (3%) or Asian Indian adults (3%) to delay medical care due to cost.
- Asian adults were least likely to delay or not receive medical care due to cost, compared with white, black, AIAN, or Hispanic adults.

Conditions

Table 4

- Filipino adults (27%) and Japanese adults (25%) were more likely than Chinese (17%) or Korean adults (17%) to have ever been told they had hypertension.
- Asian adults (22%) were least likely and black adults (36%) and AIAN adults (32%) were most likely to have ever been told they had hypertension, compared with white (25%) or Hispanic adults (24%).
- Asian Indian adults (9%) were about two times as likely as Korean adults (4%) to have ever been told they had heart disease.
- The prevalence of diabetes was more than twice as high for Asian Indian adults (14%) compared with Chinese (6%) or Japanese adults (5%).
- Asian adults (8%) were less likely to have been told they had diabetes than AIAN (15%), black (12%), or Hispanic adults (10%).
- Vietnamese adults (13%) and Filipino adults (11%) were more likely to suffer from migraines or severe headaches than Chinese adults (7%).
- Asian adults were least likely to suffer from migraines or severe headaches compared with white, black, AIAN, or Hispanic adults.
- AIAN adults (8%) were two to four times as likely as white, Hispanic, black, or Asian adults to have a lot of trouble hearing or to be deaf.
- A lower percentage of Asian adults (5%) had lost all their natural teeth compared with the percentage of AIAN (14%), black (10%), white (8%), or Hispanic adults (7%) who had lost them.
- Filipino adults (8%) were more likely than Chinese adults (5%) to have lost all their natural teeth.

Functional limitation

Table 5

- The rates of adults who had a functional limitation were similar across the Asian subgroups.
- The rate of functional limitation was lowest for Asian adults (22%) and highest for AIAN adults (43%),

compared with white (33%), black (33%), or Hispanic adults (28%).

Selected immunizations and HIV testing

Table 6

- Japanese adults (31%) were more likely than Asian Indian adults (21%) to have received an influenza vaccination in the past 12 months.
- The percentage of Asian adults (26%) receiving an influenza vaccination in the past 12 months was higher than the percentage of Hispanic (19%) or black adults (21%) who had received one.
- Among the adult Asian population aged 65 years and over, 60% of Japanese adults had ever received a pneumonia shot, compared with 34% of Chinese adults and 23% of Filipino adults.
- White adults (61%) were more likely than black (39%), Asian (37%), or Hispanic adults (32%) to have ever received a pneumonia shot.
- About 40% of Asian Indian adults had ever received the hepatitis B vaccine, compared with 23% of Japanese adults.
- About one-third of Asian, white, black, or AIAN adults had ever

received the hepatitis B vaccine, compared with one-fifth of Hispanic adults who had ever received it.

- Overall, about 3 in 10 Asian adults had ever been tested for HIV. Filipino adults (34%) were more likely than Korean adults (26%) to have been tested for HIV.
- Asian adults (31%) were least likely and black adults (50%) were most likely to have ever been tested for HIV, compared with AIAN (42%), Hispanic (37%), or white adults (33%).

Psychological distress

Table 7

- Asian adults (2%) were least likely to have experienced serious psychological distress, compared with white (3%), black (4%), Hispanic (4%), or AIAN adults (5%).
- AIAN adults were more likely than Asian or white adults to feel hopeless most or all of the time.

Respondent-assessed health status

Table 8 and Figure 6

- Vietnamese adults (19%) were more than twice as likely as adults in other

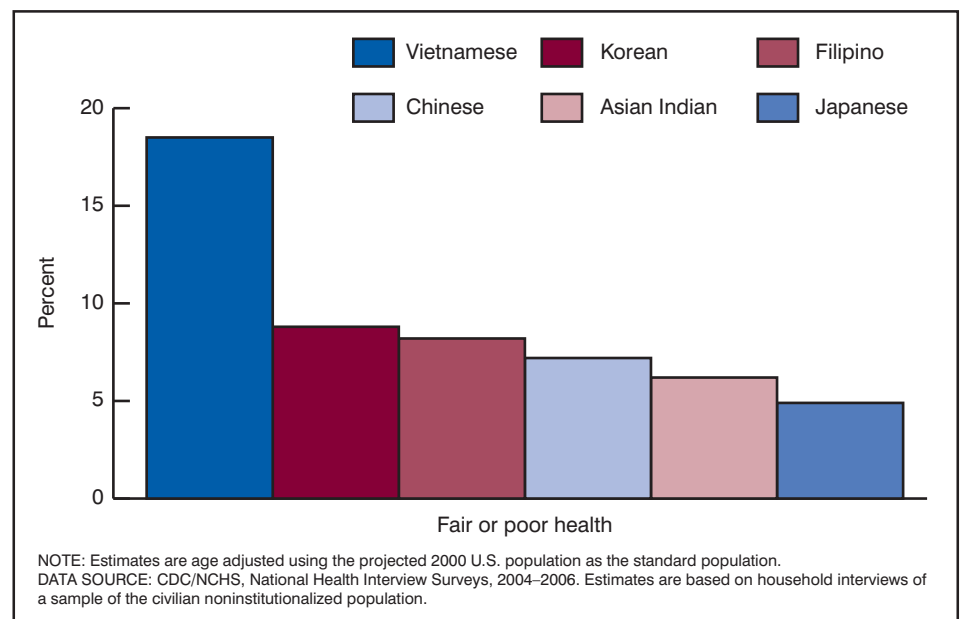


Figure 6. Percentage of non-Hispanic Asian adults 18 years of age and over with fair or poor health, by Asian subgroup: United States, 2004–2006

Asian subgroups to be in fair or poor health (Figure 6).

- Overall, over 60% of Asian adults and white adults were in excellent or very good health, compared with about 50% of black, Hispanic, or AIAN adults.
- Vietnamese women (28%) were more than twice as likely as Vietnamese men (11%) to be in fair or poor health.
- White women, black women, and Hispanic women were more likely to be in fair or poor health than their male counterparts. No differences were observed between Asian men and women or AIAN men and women.

Discussion

Consistent with other research (2,3,7–9), this report has shown that Asian Americans as a group are less likely than other minority groups to have less than a high school education, have incomes at or below poverty level, be unmarried, have delayed or not received medical care due to cost, or lack health insurance coverage. Compared with other populations included in this report, Asian Americans as a group were less likely to be current smokers, to be current moderate or heavier drinkers, to be obese, to have lost all their natural teeth, to have a functional limitation, to have experienced serious psychological distress, or to have been told they had hypertension. In addition, Asian Americans as a group were more likely to have no usual place of health care and to have never seen a dentist, compared with white adults.

The findings of this study are also consistent with the few existing studies of Asian subgroups (1–3,6,9) and confirm heterogeneity within the Asian population in terms of demographics as well as health utilization and health outcomes. Grouping all Asian adults into a single category conceals many differences among the Asian subgroups. With respect to sociodemographic characteristics, for example, this study showed that although Asian Americans as a group (11%) were less likely than

other minorities to be poor, within Asian subgroups, Vietnamese, Korean, and Chinese adults were about twice as likely as Filipino adults to be poor. Almost three-fourths of Asian Indian adults had a bachelor's degree or higher, whereas less than one-third of Vietnamese adults had this level of education. Almost 6 in 10 Japanese adults were born in the United States, whereas less than 1 in 10 Asian Indians were U.S. born.

Substantial disparities in health care utilization, health behaviors, and health status among Asian subgroups are also notable. For example, 4 in 10 Korean adults lacked health insurance, compared with fewer than 1 in 10 Japanese adults, and one-fourth of Koreans lacked a usual place for care, compared with slightly more than one-tenth of Japanese adults. Korean adults were about two times as likely to be current smokers compared with Japanese adults, and they were more likely to be current moderate or heavier drinkers than other Asians. Although most Asians were in the healthy weight range, about 1 in 10 Japanese adults and Vietnamese adults were underweight, whereas almost one-half of Filipino adults were overweight or obese. Use of preventive vaccines also varied among the Asian subgroups: Japanese adults were more likely than Asian Indian adults to have received an influenza vaccination in the past 12 months and more likely than Filipino adults to have ever received a pneumonia shot, but Japanese adults were less likely to have received a hepatitis B vaccine than were Asian Indian or Filipino adults.

The health status of Asian Americans varied among the subgroups. Asian Indians were about twice as likely as Korean or Vietnamese adults to have ever been told they had heart disease and were twice as likely as Chinese or Japanese adults to have been told they had diabetes. More than one-fourth of Filipino adults and Japanese adults had been told they had hypertension, whereas less than one-fifth of Korean adults had been told they had hypertension.

Although numerous disparities are noted among the Asian subgroups, some health behaviors and health status

indicators show little variation. For example, the percentage of adults with functional limitations is similar for the Asian subgroups.

The findings of this study contribute to the understanding of the heterogeneity of selected health behaviors, access and utilization of health care, and health status among Asian subgroups in the United States. Although the report includes selected sociodemographic and health related factors, other factors that may be associated with health outcomes were not examined because of the lack of data on these factors as well as relatively few respondents for some subgroups. Despite combining 3 years of data to increase reliability of the estimates, the standard errors for some subgroups were quite large, suggesting the need for caution when interpreting these statistics. Although the effect of age on the health characteristics studied here was statistically controlled by age adjustment, controlling for other factors was beyond the scope of this report. Future studies, particularly those using multivariate techniques, should consider merging NHIS data for more than three years.

Methodological limitations of the data should also be considered when interpreting results presented in this report. Although considerable effort is made to ensure accurate reporting, the information from respondents may be inaccurate because the respondent is unaware of relevant information, has forgotten the information, does not wish to reveal the information to an interviewer, or does not understand the intended meaning of the questions. The unavailability of the NHIS survey instrument in languages other than English and Spanish was another limitation of this study. White, black, or Asian immigrants who cannot speak English or Spanish might have had difficulty responding to questions or might have relied on English-speaking or Spanish-speaking household members or others to assist in translating questions during the interview. The inability to conduct interviews because of language problems is not common. From 2004–2006, about 1% of interviews were not conducted because

of language problems. The vast majority of interviews during 2004–2006 were conducted using English—87% of interviews (92% among the Asian American population) were conducted in English. Notwithstanding the limitations of the study, the NHIS data are nationally representative, allowing generalization of the findings in this report to the U.S. population as a whole as well as to the Asian populations.

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Table 1. Age-adjusted percent distributions (with standard errors) of selected demographic characteristics for adults 18 years of age and over, by race and ethnicity: United States, 2004–2006

Selected characteristic	Race ¹ and ethnicity											
	Not Hispanic or Latino ²											
	Chinese	Filipino	Asian Indian	Japanese	Vietnamese	Korean	Other Asian and NHOPI ³	All Asian and NHOPI ³	White	Black or African American	American Indian or Alaska Native	Hispanic ²
	Percent distribution ⁴ (standard error)											
Total	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)
Sex												
Male	49.0 (2.30)	47.1 (2.29)	57.3 (2.75)	44.2 (3.82)	53.1 (3.60)	48.4 (3.36)	50.3 (3.13)	49.2 (1.05)	48.2 (0.26)	44.2 (0.56)	51.2 (2.78)	50.2 (0.51)
Female	51.0 (2.30)	52.9 (2.29)	42.7 (2.75)	55.8 (3.82)	46.9 (3.60)	51.6 (3.36)	49.7 (3.13)	50.8 (1.05)	51.8 (0.26)	55.8 (0.56)	48.8 (2.78)	49.8 (0.51)
Age ⁵												
18–24 years	12.0 (1.64)	12.4 (1.78)	15.3 (2.02)	*5.5 (1.97)	12.9 (2.76)	16.9 (3.28)	21.2 (3.22)	13.9 (0.88)	11.5 (0.24)	15.8 (0.53)	18.6 (2.82)	17.9 (0.42)
25–44 years	43.9 (2.27)	39.5 (2.31)	56.3 (2.42)	29.6 (3.22)	46.1 (3.28)	40.2 (3.73)	43.1 (3.13)	44.1 (1.10)	34.5 (0.27)	41.0 (0.59)	40.6 (2.73)	50.3 (0.55)
45–64 years	31.6 (2.13)	35.6 (2.28)	23.6 (2.00)	34.0 (3.20)	34.3 (3.17)	31.5 (3.28)	29.3 (2.85)	31.0 (0.98)	35.4 (0.26)	31.3 (0.52)	31.3 (2.70)	23.8 (0.45)
65 years and over	12.5 (1.41)	12.5 (1.48)	4.8 (0.96)	30.9 (3.83)	6.8 (1.60)	11.4 (1.92)	6.3 (1.33)	11.0 (0.67)	18.7 (0.23)	12.0 (0.38)	9.6 (1.31)	8.0 (0.30)
Education ⁶												
Less than a high school diploma	14.9 (1.89)	7.9 (1.33)	10.5 (1.88)	6.4 (1.82)	27.2 (3.50)	12.3 (1.96)	22.3 (3.18)	13.5 (0.81)	10.9 (0.20)	22.5 (0.61)	20.9 (2.17)	45.8 (0.69)
High school diploma or GED ⁷	14.4 (1.67)	17.5 (1.92)	10.4 (1.58)	18.1 (2.29)	23.9 (3.18)	20.9 (2.78)	27.7 (2.90)	18.6 (0.87)	29.7 (0.30)	31.4 (0.59)	40.8 (2.82)	24.0 (0.53)
Some college	11.4 (1.51)	29.1 (2.09)	9.5 (1.67)	26.7 (3.95)	20.3 (3.17)	10.5 (2.00)	20.1 (2.79)	18.1 (0.87)	28.3 (0.27)	28.2 (0.57)	25.8 (2.79)	18.8 (0.46)
Bachelor's degree or higher	59.4 (2.36)	45.5 (2.38)	69.5 (2.71)	48.7 (4.42)	28.6 (3.65)	56.4 (3.31)	29.9 (3.36)	49.9 (1.22)	31.1 (0.35)	17.9 (0.51)	12.5 (2.25)	11.4 (0.41)
Poverty status ⁸												
Poor	13.1 (1.97)	6.0 (1.39)	8.6 (1.49)	8.6 (2.41)	14.7 (2.68)	13.6 (3.09)	14.3 (2.48)	10.9 (0.86)	8.2 (0.21)	21.4 (0.56)	19.5 (3.25)	21.3 (0.53)
Near poor	18.4 (1.99)	15.2 (2.03)	14.5 (2.09)	*12.3 (4.53)	28.7 (3.88)	20.0 (3.22)	20.7 (2.74)	18.1 (0.99)	16.0 (0.23)	24.8 (0.59)	23.2 (2.92)	30.7 (0.57)
Not poor	68.5 (2.45)	78.8 (2.31)	76.8 (2.52)	79.1 (5.40)	56.5 (4.21)	66.4 (3.92)	65.0 (3.51)	71.1 (1.31)	75.8 (0.33)	53.7 (0.74)	57.3 (3.91)	48.0 (0.67)
Family size												
1–3 members	47.8 (2.38)	35.9 (2.04)	40.7 (2.66)	55.9 (4.10)	32.1 (3.27)	48.8 (3.45)	38.4 (2.84)	41.8 (1.08)	55.2 (0.32)	52.4 (0.60)	48.8 (2.78)	35.9 (0.53)
4–5 members	40.6 (2.29)	38.3 (2.25)	41.0 (2.55)	35.9 (4.53)	39.9 (3.42)	43.9 (3.48)	31.5 (2.56)	39.5 (1.09)	34.0 (0.29)	33.8 (0.56)	33.7 (2.62)	38.9 (0.55)
6 or more members	11.6 (1.67)	25.8 (2.32)	18.3 (2.37)	8.3 (2.02)	28.0 (3.51)	7.3 (1.92)	30.2 (3.31)	18.8 (0.99)	10.8 (0.20)	13.8 (0.45)	17.5 (2.24)	25.3 (0.51)
Marital status ⁹												
Married	68.1 (1.83)	62.9 (1.81)	73.1 (2.26)	55.5 (3.12)	63.0 (2.85)	61.3 (2.73)	65.0 (2.72)	65.3 (0.86)	59.4 (0.27)	37.7 (0.56)	52.9 (3.54)	58.5 (0.50)
Not married	31.9 (1.83)	37.1 (1.81)	26.9 (2.26)	44.5 (3.12)	37.0 (2.85)	38.7 (2.73)	35.0 (2.72)	34.7 (0.86)	40.6 (0.27)	62.3 (0.56)	47.1 (3.54)	41.5 (0.50)
Health insurance coverage (under 65 years) ¹⁰												
Private	79.8 (2.21)	76.7 (2.07)	76.3 (2.19)	81.3 (4.20)	64.7 (3.55)	58.3 (3.66)	67.1 (2.99)	73.6 (1.05)	76.6 (0.34)	57.4 (0.66)	43.4 (3.60)	45.3 (0.63)
Public	4.4 (0.94)	9.6 (1.40)	6.0 (1.21)	*9.6 (3.37)	17.0 (2.76)	6.2 (1.42)	15.0 (2.40)	8.7 (0.66)	8.5 (0.20)	19.2 (0.52)	16.3 (2.00)	13.5 (0.39)
Uninsured	15.8 (2.05)	13.8 (1.74)	17.7 (1.95)	9.1 (2.34)	18.3 (2.76)	35.5 (3.59)	17.9 (2.41)	17.6 (0.92)	14.9 (0.24)	23.3 (0.55)	40.3 (3.57)	41.2 (0.61)
Region												
Northeast	27.3 (2.36)	15.5 (1.89)	26.5 (2.66)	9.0 (2.31)	8.7 (2.19)	23.3 (3.95)	16.5 (2.59)	19.2 (1.08)	19.5 (0.34)	15.9 (0.60)	*6.9 (2.68)	14.2 (0.50)
Midwest	10.8 (1.58)	10.2 (1.41)	19.1 (2.37)	7.1 (1.99)	8.6 (1.96)	14.5 (2.87)	13.8 (2.40)	12.3 (0.83)	28.6 (0.43)	18.1 (0.63)	17.8 (3.13)	8.5 (0.55)
South	17.1 (1.87)	13.4 (1.64)	32.9 (2.90)	13.1 (2.62)	29.5 (3.22)	18.3 (2.70)	20.1 (2.61)	20.3 (1.00)	34.2 (0.45)	58.9 (0.93)	39.9 (5.30)	37.1 (0.88)
West	44.8 (2.46)	60.8 (2.59)	21.4 (2.42)	70.7 (3.38)	53.2 (3.70)	43.9 (3.85)	49.6 (3.65)	48.1 (1.30)	17.7 (0.34)	7.1 (0.32)	35.3 (5.06)	40.3 (0.86)

See footnotes and at end of table.

Table 1. Age-adjusted percent distributions (with standard errors) of selected demographic characteristics for adults 18 years of age and over, by race and ethnicity: United States, 2004–2006—Con.

Selected characteristic	Race ¹ and ethnicity											
	Not Hispanic or Latino ²											
	Chinese	Filipino	Asian Indian	Japanese	Vietnamese	Korean	Other Asian and NHOPI ³	All Asian and NHOPI ³	White	Black or African American	American Indian or Alaska Native	Hispanic ²
Nativity						Percent distribution ⁴ (standard error)						
U.S. born ¹¹	18.8 (1.70)	31.5 (2.29)	6.9 (1.10)	58.0 (3.44)	8.2 (1.79)	10.6 (2.05)	29.7 (3.39)	22.9 (1.01)	96.2 (0.11)	91.1 (0.40)	95.5 (1.22)	43.6 (0.76)
Foreign born ¹²	81.2 (1.70)	68.5 (2.29)	93.1 (1.10)	42.0 (3.44)	91.8 (1.79)	89.4 (2.05)	70.3 (3.39)	77.1 (1.01)	3.8 (0.11)	8.9 (0.40)	4.5 (1.22)	56.4 (0.76)
Length of time in United States ¹³												
Less than 10 years	30.5 (2.48)	27.1 (2.65)	39.5 (2.32)	45.8 (3.86)	12.9 (2.56)	25.9 (3.34)	19.3 (2.55)	29.3 (1.15)	24.6 (1.06)	26.9 (1.54)	*24.5 (8.41)	30.2 (0.62)
10 years or more	69.5 (2.48)	72.9 (2.65)	60.5 (2.32)	54.2 (3.86)	87.1 (2.56)	74.1 (3.34)	80.7 (2.55)	70.7 (1.15)	75.4 (1.06)	73.1 (1.54)	75.5 (8.41)	69.8 (0.62)

* Figure does not meet standards of reliability or precision. Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50% and should be used with caution.

¹The category race refers to persons who indicated only a single-race group. Persons who indicated a single race other than the groups shown are not shown separately because of small sample sizes. Persons who indicated "not Hispanic or Latino" multiple race are excluded from the table.

²Persons of Hispanic or Latino origin may be of any race or combination of races. Similarly, the category "not Hispanic or Latino" refers to all persons who are not of Hispanic or Latino origin, regardless of race.

³NHOPI is Native Hawaiian or Other Pacific Islander.

⁴Unknowns for education, poverty status, marital status, health insurance coverage, nativity, and length of time in U.S. were not included in the denominators when calculating percentages.

⁵Estimates for age groups are not age adjusted.

⁶Education is shown only for persons 25 years and over. Estimates are age adjusted to the projected 2000 U.S. population as the standard population using three age groups: 25–44 years, 45–64 years, and 65 years and over.

⁷GED is General Educational Development high school equivalency diploma.

⁸Poverty status is based on family income and family size using the U.S. Census Bureau's poverty thresholds for 2003, 2004, and 2005. "Poor" persons are defined as below the poverty threshold. "Near poor" persons have incomes of 100% to less than 200% of the poverty threshold. "Not poor" persons have incomes that are 200% of the poverty threshold or greater.

⁹Marital status categories include: married (living with or without spouse or living with partner) and not married (never married, widowed, divorced, or separated).

¹⁰Classification of health insurance coverage is based on a hierarchy of mutually exclusive categories. Persons with more than one type of health insurance were assigned to the first appropriate category in the hierarchy. Persons under age 65 years and those age 65 years and over were classified separately because of the prominence of Medicare coverage in the older population. See "Definition of terms" for more details. Estimates for health insurance coverage (for those under 65 years of age) are age adjusted to the projected 2000 U.S. population as the standard population using three age groups: 18–24 years, 25–44 years, and 45–64 years.

¹¹U.S. born is defined as having been born in one of the 50 states, the District of Columbia, Puerto Rico, or any of the other U.S. territories (e.g., American Samoa, Guam, U.S. Virgin Islands, and Northern Marianas). Persons born in a foreign country to parents who were U.S. citizens were also defined as U.S. born.

¹²Foreign born persons are defined as people living in the United States who were not U.S. citizens at birth. All naturalized citizens, legal permanent residents, illegal aliens, and persons on long-term temporary visas (such as students or guest workers) also fall in this category.

¹³Includes only those persons who were not born in the United States.

NOTE: Unless otherwise specified, estimates are age adjusted using the projected 2000 U.S. population as the standard population using four age groups: 18–24 years, 25–44 years, 45–64 years, and 65 years and over.

DATA SOURCE: CDC/NCHS, National Health Interview Surveys, 2004–2006. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table 2. Age-adjusted percent distributions (with standard errors) of selected health behaviors for adults 18 years of age and over, by race and ethnicity: United States, 2004–2006

Selected characteristic	Race ¹ and ethnicity											
	Not Hispanic or Latino ²											Hispanic ²
	Chinese	Filipino	Asian Indian	Japanese	Vietnamese	Korean	Other Asian and NHOP ³	All Asian and NHOP ³	White	Black or African American	American Indian or Alaska Native	
	Percent distribution ⁴ (standard error)											
Total	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)
Lifetime cigarette smoking status ⁵												
Never smoker	84.0 (1.67)	69.5 (2.11)	83.8 (2.05)	75.2 (3.04)	76.5 (3.02)	64.9 (3.22)	75.8 (2.96)	76.4 (0.90)	54.0 (0.29)	64.6 (0.57)	44.3 (3.66)	69.8 (0.52)
Former smoker	8.7 (1.31)	16.6 (1.66)	8.9 (1.69)	12.9 (2.02)	11.3 (2.28)	13.5 (2.01)	9.3 (1.76)	11.9 (0.66)	23.4 (0.22)	14.3 (0.39)	23.9 (3.17)	15.5 (0.43)
Current smoker	7.2 (1.18)	13.9 (1.56)	7.3 (1.32)	11.9 (2.49)	12.2 (2.25)	21.7 (2.83)	14.9 (2.52)	11.7 (0.69)	22.6 (0.25)	21.1 (0.49)	31.8 (2.77)	14.7 (0.38)
Lifetime alcohol drinking status ⁶												
Lifetime abstainer	45.9 (2.42)	39.5 (2.43)	57.3 (2.67)	31.9 (3.77)	67.7 (3.02)	47.4 (3.32)	47.5 (3.40)	48.6 (1.09)	19.3 (0.32)	37.1 (0.70)	26.6 (3.47)	36.2 (0.59)
Former drinker	8.5 (1.39)	9.8 (1.42)	5.9 (1.48)	13.1 (2.40)	6.1 (1.69)	5.4 (1.40)	10.3 (1.93)	8.6 (0.61)	14.4 (0.21)	16.2 (0.42)	22.3 (2.19)	13.7 (0.40)
Current light or infrequent drinker	38.8 (2.34)	42.0 (2.19)	30.5 (2.41)	41.1 (3.59)	20.1 (2.40)	37.4 (3.30)	30.8 (2.96)	34.2 (0.99)	44.3 (0.29)	34.7 (0.60)	36.6 (3.07)	36.9 (0.54)
Current moderate or heavier drinker	6.8 (1.16)	8.7 (1.19)	6.2 (1.12)	13.8 (2.13)	6.1 (1.51)	9.8 (1.85)	11.4 (2.41)	8.6 (0.58)	22.0 (0.26)	12.0 (0.39)	14.5 (2.00)	13.2 (0.38)
Body weight status ⁷												
Underweight	5.7 (1.14)	*1.6 (0.53)	3.9 (0.84)	10.9 (3.12)	10.9 (2.14)	*3.9 (1.39)	*3.7 (1.27)	5.1 (0.50)	2.0 (0.09)	1.3 (0.13)	*1.6 (0.61)	1.1 (0.10)
Healthy weight	68.4 (2.24)	51.3 (2.43)	55.6 (2.73)	54.4 (3.52)	64.7 (3.51)	65.9 (3.51)	54.6 (3.13)	59.3 (1.07)	39.7 (0.27)	29.7 (0.50)	28.6 (2.66)	31.5 (0.51)
Overweight (but not obese)	21.8 (1.93)	33.0 (2.35)	34.4 (2.68)	25.9 (3.45)	19.1 (2.84)	27.3 (3.32)	29.2 (2.91)	27.5 (0.96)	34.6 (0.24)	34.7 (0.52)	34.4 (2.71)	39.9 (0.53)
Obese	4.2 (1.00)	14.1 (1.68)	6.0 (1.19)	8.7 (2.07)	5.3 (1.54)	*2.8 (0.97)	12.5 (2.00)	8.1 (0.60)	23.6 (0.23)	34.3 (0.57)	35.4 (2.87)	27.5 (0.49)
Leisure-time physical activity ⁸												
Inactive	34.8 (2.30)	37.0 (2.24)	39.7 (2.80)	32.5 (3.25)	46.4 (3.60)	42.3 (3.36)	43.1 (3.29)	39.1 (1.11)	34.8 (0.41)	50.4 (0.71)	41.3 (2.92)	53.6 (0.63)
Engaged in some activity but less than regular	34.2 (2.16)	34.7 (2.16)	33.2 (2.59)	33.3 (3.05)	23.5 (2.97)	29.9 (3.22)	32.4 (3.03)	32.5 (1.00)	32.2 (0.30)	26.9 (0.55)	33.3 (2.37)	24.8 (0.48)
Engaged in regular activity	31.0 (2.22)	28.3 (2.03)	27.1 (2.59)	34.2 (3.13)	30.0 (3.56)	27.8 (2.88)	24.5 (2.55)	28.4 (1.01)	33.0 (0.31)	22.8 (0.52)	25.4 (2.53)	21.6 (0.46)

* Figure does not meet standards of reliability or precision. Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50% and should be used with caution.

¹The category race refers to persons who indicated only a single-race group. Persons who indicated a single race other than the groups shown are not shown separately because of small sample sizes. Persons who indicated "not Hispanic or Latino" multiple race are excluded from the table.

²Persons of Hispanic or Latino origin may be of any race or combination of races. Similarly, the category "not Hispanic or Latino" refers to all persons who are not of Hispanic or Latino origin, regardless of race.

³NHOP³ is Native Hawaiian or Other Pacific Islander.

⁴Denominator for each percent distribution excludes persons with unknown health behavior characteristic.

⁵Lifetime cigarette smoking status: a never smoker is one who has never smoked at all or has smoked less than 100 cigarettes in lifetime; a former smoker is one who has smoked at least 100 cigarettes in lifetime but is not currently smoking; and a current smoker is one who has smoked at least 100 cigarettes in lifetime and currently smokes every day or some days.

⁶Lifetime alcohol drinking status: lifetime abstainer has had less than 12 drinks in lifetime; former drinker has had at least 12 drinks in lifetime, but none in the past year; current light or infrequent drinker has had at least 12 drinks in lifetime and 1 or more drinks in the past year and drank 3 drinks or fewer per week, on average; and current moderate or heavier drinker has had 12 or more drinks in lifetime, drank alcohol in the past year, and drank more than 3 drinks per week, on average.

⁷Body weight status was based on body mass index (BMI) calculated using self-reported height and weight. The formula for BMI is kilograms divided by meters squared. Underweight is defined as a BMI of less than 18.5; healthy weight is defined as a BMI of greater than or equal to 18.5 and less than 25; overweight, but not obese, is defined as a BMI of greater than or equal to 25 and less than 30; and obese is defined as a BMI of greater than or equal to 30.

⁸Leisure-time physical activity: inactive includes adults who did not engage in any sessions of light or moderate (causes light sweating or a slight to moderate increase in breathing or heart rate) or vigorous (causes heavy sweating or a large increase in breathing or heart rate) leisure-time physical activity of at least 10 minutes duration or were unable to perform leisure-time physical activity; some activity but less than regular includes adults who engaged in at least one session of light, moderate, or vigorous leisure-time physical activity of at least 10 minutes duration but did not meet the requirement for regular leisure-time physical activity; regular activity includes adults who engaged in at least three sessions per week of vigorous leisure-time physical activity lasting at least 20 minutes in duration or at least five sessions per week of light or moderate leisure-time physical activity lasting at least 30 minutes in duration.

NOTE: Unless otherwise specified, estimates are age adjusted using the projected 2000 U.S. population as the standard population using four age groups: 18–24 years, 25–44 years, 45–64 years, and 65 years and over.

DATA SOURCE: CDC/NCHS, National Health Interview Surveys, 2004–2006. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table 3. Age-adjusted percent distributions (with standard errors) and age-adjusted percentages (with standard errors) of selected health care access and utilization measures for adults 18 years of age and over, by race and ethnicity: United States, 2004–2006

Selected characteristic	Race ¹ and ethnicity											
	Not Hispanic or Latino ²											
	Chinese	Filipino	Asian Indian	Japanese	Vietnamese	Korean	Other Asian and NHOPI ³	All Asian and NHOPI ³	White	Black or African American	American Indian or Alaska Native	Hispanic ²
	Percent distribution ⁴ (standard error)											
Total	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)
Usual place for health care												
Has usual place	82.9 (1.89)	87.4 (1.60)	82.4 (1.81)	88.1 (2.53)	83.4 (2.43)	73.1 (2.93)	85.1 (2.05)	83.3 (0.86)	86.0 (0.23)	84.8 (0.44)	86.0 (2.07)	71.3 (0.52)
No usual place	15.5 (1.80)	12.2 (1.58)	16.2 (1.74)	11.9 (2.53)	16.3 (2.43)	25.0 (2.90)	14.8 (2.05)	15.8 (0.84)	12.9 (0.22)	14.0 (0.42)	13.0 (2.00)	27.3 (0.50)
Has more than one place.	*1.6 (0.61)	†	*1.4 (0.60)	–	†	*1.9 (0.76)	†	0.9 (0.20)	1.1 (0.07)	1.2 (0.13)	†	1.3 (0.13)
Type of place for health care ⁵												
Doctor's office or HMO ⁶	78.4 (2.18)	82.3 (1.86)	82.1 (1.99)	85.5 (2.97)	75.3 (3.35)	77.6 (3.53)	64.5 (3.56)	78.5 (1.03)	81.7 (0.37)	76.1 (0.58)	43.5 (5.10)	66.1 (0.72)
Clinic or health center	17.4 (2.03)	14.3 (1.68)	13.4 (1.77)	12.9 (2.90)	22.9 (3.32)	14.9 (2.69)	28.6 (3.68)	17.3 (0.96)	15.2 (0.35)	16.5 (0.49)	48.4 (5.01)	26.8 (0.66)
Hospital emergency room or outpatient department.	1.6 (0.45)	*1.8 (0.60)	2.8 (0.83)	†	†	†	4.7 (1.39)	2.1 (0.32)	1.4 (0.07)	6.0 (0.30)	6.0 (1.67)	4.7 (0.28)
Some other place	*1.1 (0.47)	†	†	†	†	*2.1 (0.93)	*1.5 (0.64)	1.0 (0.21)	0.8 (0.05)	0.6 (0.09)	*1.3 (0.66)	0.7 (0.10)
Doesn't go to one place most often	*1.6 (0.61)	*1.1 (0.49)	*0.9 (0.35)	†	†	*1.8 (0.88)	†	1.1 (0.21)	0.9 (0.06)	0.9 (0.12)	†	1.7 (0.16)
Time since last saw or talked to health professional												
Never	2.5 (0.70)	†	*2.7 (0.85)	†	†	†	*2.7 (1.16)	2.1 (0.34)	0.6 (0.04)	1.2 (0.19)	†	4.1 (0.23)
6 months or less	61.6 (2.18)	62.9 (2.19)	65.0 (2.34)	61.0 (3.44)	51.3 (3.81)	50.7 (3.39)	56.3 (3.27)	60.0 (1.08)	70.1 (0.26)	67.7 (0.53)	72.1 (2.34)	56.2 (0.54)
More than 6 months, but not more than 1 year ago	17.9 (1.88)	18.6 (1.96)	16.4 (1.84)	17.8 (3.50)	21.5 (3.32)	15.5 (2.44)	17.4 (2.25)	17.7 (0.86)	14.4 (0.19)	15.5 (0.40)	12.3 (1.82)	14.5 (0.39)
More than 1 year, but not more than 2 years ago.	8.9 (1.39)	9.5 (1.29)	6.6 (1.09)	*9.5 (3.43)	11.8 (2.10)	17.5 (2.90)	13.9 (2.53)	10.3 (0.78)	7.9 (0.14)	9.0 (0.33)	8.2 (1.38)	11.4 (0.35)
More than 2 years, but not more than 5 years ago.	5.2 (0.95)	5.1 (0.99)	5.6 (0.91)	7.8 (2.09)	8.5 (1.79)	10.4 (1.91)	6.6 (1.35)	6.4 (0.47)	4.8 (0.12)	4.4 (0.23)	3.6 (0.90)	8.1 (0.26)
More than 5 years ago	3.9 (0.80)	3.3 (0.92)	3.7 (0.97)	*2.9 (1.45)	*4.6 (1.50)	*3.2 (1.02)	3.0 (0.86)	3.5 (0.37)	2.2 (0.08)	2.2 (0.17)	*3.4 (1.22)	5.7 (0.24)
Time since last saw a dentist												
Never	*2.1 (0.64)	†	5.0 (1.11)	–	*2.7 (1.05)	*2.7 (1.32)	*2.2 (0.96)	2.3 (0.33)	0.3 (0.04)	1.0 (0.12)	†	3.7 (0.20)
6 months or less	46.9 (2.37)	47.5 (2.24)	38.7 (2.68)	52.5 (4.43)	43.7 (3.76)	41.8 (3.34)	35.3 (3.27)	43.9 (1.12)	48.4 (0.31)	32.2 (0.61)	35.5 (2.50)	30.2 (0.54)
More than 6 months, but not more than 1 year ago	20.4 (1.97)	22.4 (2.00)	20.1 (2.04)	19.7 (2.59)	23.1 (3.37)	16.3 (2.34)	20.2 (2.62)	20.6 (0.91)	17.7 (0.20)	21.1 (0.47)	18.8 (2.31)	17.9 (0.42)
More than 1 year, but not more than 2 years ago.	11.5 (1.46)	12.7 (1.56)	14.7 (1.98)	16.8 (3.78)	11.9 (2.25)	13.5 (2.32)	15.0 (2.34)	13.1 (0.72)	12.2 (0.18)	15.9 (0.42)	12.1 (1.83)	15.5 (0.38)
More than 2 years, but not more than 5 years ago.	10.2 (1.38)	9.5 (1.32)	14.0 (1.84)	7.0 (1.82)	11.8 (2.26)	13.9 (2.26)	12.1 (1.92)	11.3 (0.70)	10.5 (0.17)	14.2 (0.41)	13.5 (1.84)	16.1 (0.43)
More than 5 years ago	8.9 (1.57)	7.8 (1.35)	7.5 (1.64)	4.0 (1.05)	6.7 (1.63)	11.9 (2.73)	15.2 (2.49)	8.8 (0.65)	10.9 (0.19)	15.6 (0.44)	19.3 (3.02)	16.6 (0.41)
	Percent ⁴ (standard error)											
Measures of health care access ⁷												
Delayed medical care due to cost	3.7 (0.75)	3.4 (0.79)	3.2 (0.68)	*3.1 (1.47)	4.4 (1.31)	7.2 (1.65)	5.3 (1.18)	4.2 (0.39)	9.8 (0.17)	10.2 (0.31)	10.2 (1.76)	10.0 (0.30)
Did not receive medical care due to cost	1.5 (0.43)	2.2 (0.62)	2.4 (0.60)	†	*3.1 (1.04)	5.2 (1.32)	5.4 (1.24)	2.9 (0.31)	6.9 (0.14)	9.1 (0.30)	8.4 (1.58)	8.3 (0.29)

* Figure does not meet standards of reliability or precision. Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50% and should be used with caution.

† Estimates with a relative standard error greater than 50% are indicated with a dagger but are not shown.

– Quantity zero.

¹The category race refers to persons who indicated only a single-race group. Persons who indicated a single race other than the groups shown are not shown separately because of small sample sizes. Persons who indicated "not Hispanic or Latino" multiple race are excluded from the table.

²Persons of Hispanic or Latino origin may be of any race or combination of races. Similarly, the category "not Hispanic or Latino" refers to all persons who are not of Hispanic or Latino origin, regardless of race.

³NHOPI is Native Hawaiian or Other Pacific Islander.

⁴Denominator for each percent distribution and percentage excludes persons with unknown characteristic.

⁵Only persons who reported one or more usual places to go for health care were asked about the type of place.

⁶HMO is a health maintenance organization.

⁷When asked about delaying or not getting medical care due to cost, respondents were instructed to exclude dental care.

NOTE: Unless otherwise specified, estimates are age adjusted using the projected 2000 U.S. population as the standard population using four age groups: 18–24 years, 25–44 years, 45–64 years, and 65 years and over.

DATA SOURCE: CDC/NCHS, National Health Interview Surveys, 2004–2006. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table 4. Age-adjusted percentages (with standard errors) of adults 18 years of age and over with selected conditions and sensory problems, by race and ethnicity: United States, 2004–2006

Selected characteristic	Race ¹ and ethnicity												
	Not Hispanic or Latino ²												
	Chinese	Filipino	Asian Indian	Japanese	Vietnamese	Korean	Other Asian and NHOPI ³	All Asian and NHOPI ³	White	Black or African American	American Indian or Alaska Native	Hispanic ²	
	Percent distribution ⁴ (standard error)												
Selected circulatory conditions⁵													
Heart disease ⁶	5.6 (0.97)	6.9 (1.10)	9.2 (1.94)	5.1 (0.89)	*3.9 (1.21)	4.4 (1.19)	9.0 (1.94)	6.5 (0.51)	12.2 (0.15)	9.9 (0.32)	15.0 (2.09)	8.2 (0.30)	
Hypertension	17.1 (1.54)	26.8 (1.77)	20.9 (2.20)	25.2 (2.15)	21.6 (2.67)	17.0 (2.25)	21.2 (2.35)	21.7 (0.76)	24.9 (0.20)	35.5 (0.48)	32.4 (2.82)	23.7 (0.46)	
Stroke	2.4 (0.68)	*2.0 (0.64)	†	*1.6 (0.62)	†	†	*2.5 (1.07)	1.9 (0.30)	2.4 (0.07)	3.8 (0.20)	4.2 (1.25)	2.2 (0.19)	
Selected respiratory conditions⁵													
Emphysema	†	*1.1 (0.44)	†	†	†	–	†	0.7 (0.18)	2.0 (0.07)	0.9 (0.10)	*3.4 (1.26)	0.7 (0.10)	
Asthma	5.9 (1.04)	10.7 (1.45)	7.7 (1.69)	8.3 (1.78)	*7.1 (2.21)	6.9 (1.90)	10.2 (1.81)	8.0 (0.58)	11.0 (0.17)	11.5 (0.36)	14.7 (2.17)	8.0 (0.30)	
Hayfever	11.2 (1.69)	5.3 (0.89)	6.0 (1.34)	6.8 (1.77)	8.0 (1.84)	5.8 (1.51)	10.4 (1.91)	7.6 (0.60)	9.1 (0.16)	6.8 (0.28)	10.2 (1.71)	6.6 (0.29)	
Sinusitis	4.3 (0.98)	11.1 (1.44)	5.4 (1.08)	*5.2 (1.66)	*4.3 (1.37)	*2.8 (0.99)	8.8 (1.69)	6.5 (0.51)	15.3 (0.20)	14.0 (0.43)	16.5 (2.34)	8.5 (0.33)	
Chronic bronchitis	*0.6 (0.22)	2.4 (0.57)	*1.8 (0.85)	†	†	†	*4.0 (1.57)	1.8 (0.28)	4.5 (0.11)	4.2 (0.20)	5.3 (1.29)	2.8 (0.18)	
Other selected conditions													
Cancer ⁵	3.0 (0.72)	3.7 (0.87)	†	4.6 (1.00)	*2.3 (1.05)	*1.8 (0.79)	*2.9 (1.18)	3.1 (0.35)	8.2 (0.12)	4.0 (0.20)	8.1 (1.67)	3.6 (0.24)	
Diabetes ^{5,7}	6.2 (1.20)	8.9 (1.26)	14.2 (2.06)	4.9 (1.41)	*6.1 (1.84)	*4.0 (1.25)	6.7 (1.71)	7.5 (0.57)	6.4 (0.12)	11.5 (0.33)	15.0 (2.29)	10.1 (0.34)	
Ulcer ⁵	3.9 (0.97)	3.9 (0.92)	*2.7 (0.97)	5.5 (1.20)	†	3.7 (1.06)	5.3 (1.46)	3.9 (0.41)	7.3 (0.13)	5.7 (0.26)	11.7 (1.93)	5.3 (0.24)	
Migraine or severe headache	7.3 (1.19)	11.2 (1.26)	8.2 (1.41)	*8.7 (2.74)	12.6 (2.31)	11.0 (2.04)	12.8 (1.99)	9.9 (0.63)	15.7 (0.21)	14.9 (0.45)	18.1 (2.19)	15.0 (0.38)	
Pain in neck	6.1 (1.00)	10.2 (1.29)	12.1 (2.10)	9.1 (2.00)	11.0 (2.25)	7.9 (1.49)	9.9 (2.73)	9.2 (0.62)	15.8 (0.21)	11.2 (0.36)	14.8 (2.09)	13.7 (0.37)	
Pain in lower back	16.2 (1.61)	20.9 (1.90)	16.0 (2.08)	17.9 (3.24)	15.5 (2.36)	16.8 (2.50)	24.0 (2.56)	18.3 (0.80)	29.1 (0.27)	24.6 (0.56)	33.8 (2.58)	25.3 (0.48)	
Pain down leg below knees	18.2 (3.33)	28.8 (3.99)	23.8 (5.27)	*25.2 (7.74)	39.2 (5.77)	30.8 (6.71)	32.5 (5.73)	27.0 (1.94)	30.9 (0.48)	37.3 (1.04)	38.2 (4.88)	39.8 (1.01)	
Hepatitis	5.9 (1.12)	4.5 (0.93)	*4.5 (1.39)	*2.8 (1.16)	*2.2 (0.83)	*5.9 (2.30)	*2.9 (1.15)	4.2 (0.44)	2.8 (0.08)	2.2 (0.16)	*2.8 (0.86)	3.4 (0.19)	
Selected sensory problems													
A lot of trouble hearing or deaf	2.0 (0.60)	*1.6 (0.70)	†	*2.9 (1.05)	†	†	*2.3 (1.09)	1.9 (0.30)	3.8 (0.09)	1.4 (0.12)	7.6 (1.83)	2.0 (0.18)	
Absence of all natural teeth	5.0 (0.92)	8.2 (1.19)	*4.6 (1.53)	*3.5 (1.06)	*4.4 (1.39)	*3.9 (1.17)	*4.3 (1.49)	5.4 (0.49)	7.9 (0.13)	9.5 (0.31)	13.7 (1.91)	6.6 (0.32)	

* Figure does not meet standards of reliability or precision. Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50% and should be used with caution.

† Estimates with a relative standard error greater than 50% are indicated with a dagger but are not shown.

– Quantity zero.

¹The category race refers to persons who indicated only a single-race group. Persons who indicated a single race other than the groups shown are not shown separately because of small sample sizes. Persons who indicated "not Hispanic or Latino" multiple race are excluded from the table.

²Persons of Hispanic or Latino origin may be of any race or combination of races. Similarly, the category "not Hispanic or Latino" refers to all persons who are not of Hispanic or Latino origin, regardless of race.

³NHOPI is Native Hawaiian or Other Pacific Islander.

⁴Denominator for each percent distribution and percentage excludes persons with unknown characteristic.

⁵Respondents were asked if they had been told by a doctor or other health professional if they had these conditions.

⁶Heart disease includes coronary heart disease, angina pectoris, heart attack, or any other heart condition or disease.

⁷Female respondents were instructed to exclude pregnancy-related diabetes. Responses from persons who said they had "borderline" diabetes were treated as unknown with respect to diabetes.

NOTE: Unless otherwise specified, estimates are age adjusted using the projected 2000 U.S. population as the standard population using four age groups: 18–24 years, 25–44 years, 45–64 years, and 65 years and over.

DATA SOURCE: CDC/NCHS, National Health Interview Surveys, 2004–2006. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. See "Technical Appendix" for information regarding time frame for questions asking about conditions.

Table 5. Age-adjusted percentages (with standard errors) of adults 18 years of age and over with functional limitation status, by race and ethnicity: United States, 2004–2006

Selected characteristic	Race ¹ and ethnicity											
	Not Hispanic or Latino ²											Hispanic ²
	Chinese	Filipino	Asian Indian	Japanese	Vietnamese	Korean	Other Asian and NHOPI ³	All Asian and NHOPI ³	White	Black or African American	American Indian or Alaska Native	
Percent distribution ⁴ (standard error)												
Functional limitation status ⁵												
Limited ⁶	19.8 (1.67)	22.8 (1.79)	20.7 (2.31)	19.4 (2.73)	22.5 (2.99)	18.8 (2.30)	28.2 (2.69)	21.7 (0.81)	33.3 (0.28)	32.9 (0.53)	42.9 (3.55)	27.7 (0.47)
Limited; caused by at least 1 chronic condition ⁷	18.3 (1.58)	21.6 (1.74)	19.3 (2.30)	17.7 (2.81)	21.2 (2.95)	18.2 (2.27)	24.1 (2.62)	20.1 (0.78)	31.8 (0.27)	31.3 (0.53)	42.4 (3.51)	26.0 (0.47)
Needs help with personal care needs (ADL)												
Yes	*1.5 (0.51)	*0.9 (0.45)	†	*1.2 (0.53)	†	†	†	1.4 (0.27)	1.7 (0.06)	2.8 (0.19)	*2.5 (0.80)	2.4 (0.18)
No	98.5 (0.51)	99.1 (0.45)	97.7 (1.27)	98.8 (0.53)	98.7 (0.77)	99.5 (0.28)	97.2 (1.43)	98.6 (0.27)	98.3 (0.06)	97.2 (0.19)	97.5 (0.80)	97.6 (0.18)
Needs help handling routine needs (IADL)												
Yes	2.6 (0.70)	*1.9 (0.65)	†	*2.1 (0.66)	*3.0 (1.34)	*0.8 (0.37)	*3.5 (1.47)	2.3 (0.34)	3.7 (0.09)	5.5 (0.24)	6.8 (1.63)	4.1 (0.24)
No	97.4 (0.70)	98.1 (0.65)	97.5 (1.28)	97.9 (0.66)	97.0 (1.34)	99.2 (0.37)	96.5 (1.47)	97.7 (0.34)	96.3 (0.09)	94.5 (0.24)	93.2 (1.63)	95.9 (0.24)

* Figure does not meet standards of reliability or precision. Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50% and should be used with caution.
 † Estimates with a relative standard error greater than 50% are indicated with a dagger but are not shown.
¹The category race refers to persons who indicated only a single-race group. Persons who indicated a single race other than the groups shown are not shown separately because of small sample sizes. Persons who indicated "not Hispanic or Latino" multiple race are excluded from the table.
²Persons of Hispanic or Latino origin may be of any race or combination of races. Similarly, the category "not Hispanic or Latino" refers to all persons who are not of Hispanic or Latino origin, regardless of race.
³NHOPI is Native Hawaiian or Other Pacific Islander.
⁴Denominator for each percent distribution excludes persons with unknown characteristic.
⁵Functional limitation is based on any degree of difficulty the respondent had in performing specific physical tasks (e.g., walking a quarter of a mile, walking up ten steps, standing for two hours, carrying a ten pound object) and engaging in social activities and recreation without the assistance of another person or using special equipment.
⁶Limited includes limitation caused by at least one chronic condition, limitation not caused by chronic condition, and unknown if condition causing limitation activity is chronic.
⁷The category "limited due to 1 or more chronic conditions" is a subset of the category "limited." Conditions lasting more than 3 months are classified as chronic; selected conditions (e.g., arthritis, diabetes, cancer, heart conditions) are considered chronic regardless of duration.

NOTE: Unless otherwise specified, estimates are age adjusted using the projected 2000 U.S. population as the standard population using four age groups: 18–24 years, 25–44 years, 45–64 years, and 65 years and over.

DATA SOURCE: CDC/NCHS, National Health Interview Surveys, 2004–2006. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table 6. Age-adjusted percent distributions (with standard errors) and age-adjusted percentages (with standard errors) of adults 18 years of age and over, by race and selected immunizations and HIV testing status: United States, 2004–2006

Selected characteristic	Race ¹ and ethnicity											
	Not Hispanic or Latino ²											
	Chinese	Filipino	Asian Indian	Japanese	Vietnamese	Korean	Other Asian and NHOPI ³	All Asian and NHOPI ³	White	Black or African American	American Indian or Alaska Native	Hispanic ²
	Percent distribution ⁴ (standard error)											
Total	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)
Received an influenza vaccination past 12 months ⁵												
Yes	26.5 (1.93)	26.1 (1.98)	21.2 (2.32)	30.7 (2.77)	28.7 (2.67)	23.4 (2.76)	25.8 (2.88)	26.2 (0.86)	27.9 (0.23)	20.7 (0.47)	29.4 (2.75)	19.2 (0.44)
No	73.5 (1.93)	73.9 (1.98)	78.8 (2.32)	69.3 (2.77)	71.3 (2.67)	76.6 (2.76)	74.2 (2.88)	73.8 (0.86)	72.1 (0.23)	79.3 (0.47)	70.6 (2.75)	80.8 (0.44)
Ever received pneumonia shot ⁶												
Yes	34.0 (5.72)	22.9 (5.08)	*26.2 (9.54)	59.8 (6.03)	†	*24.7 (8.15)	40.9 (11.22)	36.7 (2.84)	61.1 (0.52)	38.9 (1.26)	51.2 (8.25)	32.0 (1.60)
No	66.0 (5.72)	77.1 (5.08)	73.8 (9.54)	40.2 (6.03)	92.9 (5.02)	75.3 (8.15)	59.1 (11.22)	63.3 (2.84)	38.9 (0.52)	61.1 (1.26)	48.8 (8.25)	68.0 (1.60)
Ever received hepatitis B vaccine												
Yes	31.5 (2.17)	36.2 (2.06)	39.6 (2.82)	23.4 (3.90)	28.5 (3.58)	28.3 (3.10)	30.9 (2.97)	32.3 (1.01)	28.2 (0.27)	28.4 (0.54)	32.7 (2.59)	20.2 (0.44)
No	68.5 (2.17)	63.8 (2.06)	60.4 (2.82)	76.6 (3.90)	71.5 (3.58)	71.7 (3.10)	69.1 (2.97)	67.7 (1.01)	71.8 (0.27)	71.6 (0.54)	67.3 (2.59)	79.8 (0.44)
	Percent ⁴ (standard error)											
HIV ⁷ testing status												
Ever tested for HIV ⁷	27.7 (2.00)	34.0 (2.17)	32.9 (2.32)	30.7 (3.35)	28.0 (3.42)	26.4 (2.97)	31.7 (2.59)	30.5 (0.95)	33.2 (0.27)	49.8 (0.60)	41.9 (2.51)	36.8 (0.53)

* Figure does not meet standards of reliability or precision. Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50% and should be used with caution.

† Estimates with a relative standard error greater than 50% are indicated with a dagger but are not shown.

¹The category race refers to persons who indicated only a single-race group. Persons who indicated a single race other than the groups shown are not shown separately because of small sample sizes. Persons who indicated "not Hispanic or Latino" multiple race are excluded from the table.

²Persons of Hispanic or Latino origin may be of any race or combination of races. Similarly, the category "not Hispanic or Latino" refers to all persons who are not of Hispanic or Latino origin, regardless of race.

³NHOPI is Native Hawaiian or Other Pacific Islander.

⁴Denominator for each percent distribution and percentage excludes persons with unknown characteristic.

⁵Influenza vaccination includes persons who received a flu shot in the past 12 months or had flu vaccine (FluMist™) sprayed in their nose in the past 12 months.

⁶Pneumonia shot is only shown for persons 65 years of age and over. Estimates are age adjusted to the projected 2000 U.S. population as the standard population using two age groups: 65–74 years and 75 years and over.

⁷HIV is human immunodeficiency virus.

NOTE: Unless otherwise specified, estimates are age adjusted using the projected 2000 U.S. population as the standard population using four age groups: 18–24 years, 25–44 years, 45–64 years, and 65 years and over.

DATA SOURCE: CDC/NCHS, National Health Interview Surveys, 2004–2006. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table 7. Age-adjusted percentages (with standard errors) of adults 18 years of age and over with feelings of psychological distress, by race and ethnicity: United States, 2004–2006

Selected characteristic	Race ¹ and ethnicity											
	Not Hispanic or Latino ²											
	Chinese	Filipino	Asian Indian	Japanese	Vietnamese	Korean	Other Asian and NHOPI ³	All Asian and NHOPI ³	White	Black or African American	American Indian or Alaska Native	Hispanic ²
	Percent distribution ⁴ (standard error)											
Serious psychological distress ⁵	*1.6 (0.49)	2.5 (0.57)	*1.4 (0.49)	*1.1 (0.50)	*2.5 (0.88)	*1.3 (0.55)	*2.6 (0.93)	1.9 (0.24)	2.9 (0.09)	3.6 (0.21)	4.5 (1.19)	3.5 (0.20)
Feel sad												
Most or all of the time	*2.7 (0.90)	1.8 (0.51)	*2.0 (0.85)	*1.8 (0.62)	*3.1 (0.98)	†	*3.2 (1.06)	2.3 (0.33)	2.8 (0.08)	4.7 (0.25)	5.2 (1.38)	3.9 (0.18)
Some of the time	7.3 (1.30)	8.2 (1.20)	6.2 (1.14)	8.0 (2.04)	8.9 (1.92)	10.5 (2.62)	11.2 (2.08)	8.3 (0.64)	7.4 (0.14)	10.0 (0.33)	12.2 (1.85)	10.4 (0.33)
Feel nervous												
Most or all of the time	*1.9 (0.59)	2.3 (0.59)	*1.2 (0.46)	*2.4 (1.00)	*2.4 (0.92)	†	*2.0 (0.82)	2.0 (0.27)	4.2 (0.12)	3.8 (0.22)	5.0 (1.32)	4.6 (0.22)
Some of the time	8.3 (1.18)	10.5 (1.43)	8.5 (1.74)	9.8 (2.36)	10.2 (1.83)	8.4 (1.74)	9.4 (1.85)	9.2 (0.62)	12.0 (0.19)	9.9 (0.33)	10.0 (1.59)	10.1 (0.33)
Feel restless												
Most or all of the time	3.9 (0.95)	3.2 (0.74)	2.1 (0.55)	*1.2 (0.51)	*2.6 (0.93)	*2.7 (1.06)	*2.4 (0.85)	2.8 (0.34)	5.9 (0.14)	5.5 (0.25)	9.3 (1.76)	4.9 (0.22)
Some of the time	6.0 (0.96)	10.3 (1.38)	5.0 (0.96)	6.2 (1.50)	6.8 (1.56)	8.6 (1.76)	10.9 (2.01)	7.9 (0.55)	12.2 (0.19)	11.7 (0.41)	11.9 (1.90)	9.2 (0.32)
Feel hopeless												
Most or all of the time	*1.1 (0.42)	*1.2 (0.37)	*1.2 (0.46)	*1.0 (0.50)	*1.8 (0.75)	*0.6 (0.30)	*2.3 (0.84)	1.3 (0.20)	1.8 (0.07)	2.3 (0.17)	4.2 (1.21)	2.8 (0.18)
Some of the time	3.3 (0.75)	3.9 (0.74)	*4.5 (1.45)	*3.0 (1.42)	4.3 (1.13)	*3.6 (1.15)	6.5 (1.78)	4.0 (0.40)	3.7 (0.09)	4.8 (0.23)	6.5 (1.39)	5.0 (0.24)
Feel like everything is an effort												
Most or all of the time	4.4 (1.09)	4.5 (0.90)	*3.9 (1.33)	*3.1 (0.98)	*4.2 (1.26)	*3.9 (1.25)	6.7 (1.60)	4.5 (0.44)	5.0 (0.12)	7.8 (0.32)	7.9 (1.43)	5.5 (0.24)
Some of the time	6.0 (1.11)	7.4 (1.25)	5.1 (1.06)	7.6 (2.21)	5.0 (1.33)	5.1 (1.50)	5.9 (1.52)	6.0 (0.51)	8.2 (0.15)	9.7 (0.34)	8.7 (1.59)	7.6 (0.28)
Feel worthless												
Most or all of the time	*1.4 (0.55)	*0.8 (0.30)	*1.1 (0.44)	†	†	*1.9 (0.93)	*2.3 (0.91)	1.4 (0.24)	1.7 (0.06)	1.8 (0.13)	*3.7 (1.13)	2.1 (0.14)
Some of the time	2.4 (0.58)	3.3 (0.87)	*1.9 (0.64)	†	*3.0 (1.21)	*3.2 (1.05)	*4.4 (1.49)	2.8 (0.33)	3.1 (0.09)	3.6 (0.22)	4.2 (1.11)	3.5 (0.21)

* Figure does not meet standards of reliability or precision. Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50% and should be used with caution.

† Estimates with a relative standard error greater than 50% are indicated with a dagger, but are not shown.

¹The category race refers to persons who indicated only a single-race group. Persons who indicated a single race other than the groups shown are not shown separately because of small sample sizes. Persons who indicated "not Hispanic or Latino" multiple race are excluded from the table.

²Persons of Hispanic or Latino origin may be of any race or combination of races. Similarly, the category "not Hispanic or Latino" refers to all persons who are not of Hispanic or Latino origin, regardless of race.

³NHOPI is Native Hawaiian or Other Pacific Islander.

⁴Denominator for each percent distribution excludes persons with unknown characteristic.

⁵Serious psychological distress: Six psychological distress questions are included in the sample adult component. These questions ask how often a respondent experienced certain symptoms of psychological distress during the past 30 days. The response codes (0–4) of the six items for each person are summed to yield a scale with a 0 to 24 range. A value of 13 or more for this scale is used here to define serious psychological distress.

NOTE: Unless otherwise specified, estimates are age adjusted using the projected 2000 U.S. population as the standard population using four age groups: 18–24 years, 25–44 years, 45–64 years, and 65 years and over.

DATA SOURCE: CDC/NCHS, National Health Interview Surveys, 2004–2006. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table 8. Age-adjusted percent distributions (with standard errors) of respondent-assessed health status for adults 18 years of age and over, by race and ethnicity: United States, 2004–2006

Selected characteristic	Race ¹ and ethnicity											
	Not Hispanic or Latino ²											
	Chinese	Filipino	Asian Indian	Japanese	Vietnamese	Korean	Other Asian and NHOPI ³	All Asian and NHOPI ³	White	Black or African American	American Indian or Alaska Native	Hispanic ²
	Percent distribution ⁴ (standard error)											
Both sexes												
Total	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)	100.0 (0.00)
Excellent	31.0 (2.00)	33.7 (2.14)	37.9 (2.25)	34.0 (4.23)	29.9 (3.35)	32.1 (3.22)	28.5 (2.67)	32.7 (1.01)	31.2 (0.27)	23.8 (0.51)	21.1 (2.20)	24.8 (0.46)
Very good	32.6 (2.12)	30.4 (2.16)	29.4 (2.50)	32.4 (3.31)	28.4 (3.40)	30.3 (3.15)	25.8 (2.56)	30.4 (0.98)	33.7 (0.26)	27.6 (0.48)	26.6 (2.64)	27.9 (0.49)
Good	29.2 (2.20)	27.7 (2.09)	26.4 (2.49)	28.8 (3.59)	23.2 (2.66)	28.8 (3.31)	32.5 (2.91)	28.1 (0.98)	24.5 (0.23)	29.1 (0.50)	34.3 (2.88)	30.1 (0.52)
Fair or poor	7.1 (1.15)	8.3 (1.19)	6.3 (1.62)	4.8 (1.32)	18.6 (3.10)	8.8 (1.71)	13.2 (2.46)	8.8 (0.62)	10.6 (0.17)	19.5 (0.44)	18.0 (2.11)	17.2 (0.40)
Male												
Total	100 (0.00)	100 (0.00)	100 (0.00)	100 (0.00)	100 (0.00)	100 (0.00)	100 (0.00)	100 (0.00)	100 (0.00)	100 (0.00)	100 (0.00)	100 (0.00)
Excellent	34.3 (2.92)	35.3 (3.13)	35.8 (2.81)	36.5 (4.55)	32.6 (4.85)	30.4 (4.38)	26.0 (3.64)	33.1 (1.39)	31.6 (0.37)	26.5 (0.79)	20.5 (2.75)	27.1 (0.67)
Very good	30.6 (2.79)	31.3 (3.32)	32.2 (3.25)	36.4 (4.44)	33.1 (4.89)	32.5 (4.44)	29.5 (3.82)	32.2 (1.43)	33.9 (0.37)	27.3 (0.76)	25.6 (3.33)	28.9 (0.70)
Good	28.0 (3.02)	25.3 (2.89)	25.3 (3.21)	22.2 (3.72)	22.9 (3.65)	29.5 (5.23)	28.7 (3.87)	26.2 (1.33)	24.3 (0.32)	27.9 (0.76)	34.0 (3.92)	28.7 (0.73)
Fair or poor	7.1 (1.62)	8.1 (1.91)	6.7 (1.92)	*5.0 (2.03)	11.4 (3.04)	*7.6 (3.06)	15.9 (3.44)	8.5 (0.87)	10.3 (0.22)	18.2 (0.65)	19.9 (3.25)	15.3 (0.56)
Female												
Total	100 (0.00)	100 (0.00)	100 (0.00)	100 (0.00)	100 (0.00)	100 (0.00)	100 (0.00)	100 (0.00)	100 (0.00)	100 (0.00)	100 (0.00)	100 (0.00)
Excellent	28.2 (2.72)	31.8 (2.82)	40.1 (3.62)	28.8 (4.19)	25.8 (3.35)	31.3 (4.24)	31.6 (4.27)	32.4 (1.32)	30.8 (0.35)	21.5 (0.59)	21.4 (3.29)	22.6 (0.58)
Very good	34.9 (3.15)	29.8 (2.70)	26.2 (3.53)	31.0 (4.79)	22.8 (4.08)	29.2 (4.13)	23.1 (3.53)	28.5 (1.30)	33.5 (0.35)	27.8 (0.60)	27.5 (3.73)	26.9 (0.64)
Good	29.9 (2.95)	29.8 (3.06)	28.0 (3.81)	35.4 (4.97)	23.6 (3.91)	29.0 (3.98)	36.1 (4.97)	29.9 (1.34)	24.7 (0.30)	30.2 (0.63)	34.9 (3.56)	31.5 (0.70)
Fair or poor	6.9 (1.55)	8.5 (1.57)	†	*4.7 (1.42)	27.8 (4.26)	10.5 (2.31)	*9.2 (2.91)	9.1 (0.84)	11.0 (0.21)	20.5 (0.55)	16.2 (2.73)	19.1 (0.57)

* Figure does not meet standards of reliability or precision. Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50% and should be used with caution.

† Estimates with a relative standard error greater than 50% are indicated with a dagger but are not shown.

¹The category race refers to persons who indicated only a single-race group. Persons who indicated a single race other than the groups shown are not shown separately because of small sample sizes. Persons who indicated "not Hispanic or Latino" multiple race are excluded from the table.

²Persons of Hispanic or Latino origin may be of any race or combination of races. Similarly, the category "not Hispanic or Latino" refers to all persons who are not of Hispanic or Latino origin, regardless of race.

³NHOPI is Native Hawaiian or Other Pacific Islander.

⁴Denominator for each percent distribution excludes persons with unknown respondent-assessed health status.

NOTE: Unless otherwise specified, estimates are age adjusted using the projected 2000 U.S. population as the standard population using four age groups: 18–24 years, 25–44 years, 45–64 years, and 65 years and over.

DATA SOURCE: CDC/NCHS, National Health Interview Surveys, 2004–2006. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Technical Notes

Sample design

NHIS is a cross-sectional household interview survey of the U.S. civilian noninstitutionalized population. Data are collected continuously throughout the year in all 50 states and the District of Columbia. NHIS uses a multistage, clustered sample design to produce national estimates for a variety of health indicators. Information on basic health topics is collected for all household members (if necessary, by proxy) from one adult family member. Additional information is collected for one randomly selected adult and one randomly selected child in each family. Self-response is required for the sample adult questionnaire except in rare cases in which sample adults are physically or mentally incapable of responding for themselves. Interviews are conducted in the home using a computer-assisted personal interview (known as CAPI), with telephone interviewing permitted for followup, if necessary.

Starting in 2006, the sample design included Asian persons in the NHIS oversampling of minority populations; previously, only households with black or Hispanic persons were oversampled. The sample adult selection process was also revised in 2006 so that when black, Hispanic, or Asian persons aged 65 years or over were present, they had an increased chance of being selected as the sample adult.

Response rates

Combining the years 2004–2006, NHIS interviews were completed in 104,292 households and 106,618 families, with 87,029 adults aged 18 years and over completing the sample adult questionnaire. The final response rate (which takes into account household and family nonresponse) for the 2004–2006 combined sample adult files was 70.7%, and the household response rate for the combined years was 86.8%. Procedures used in calculating response rates for combined data years are described in detail in Appendix I of the survey description of the NHIS data files (16–18). The number of completed

Table I. Completed interviews and response rates by year: National Health Interview Survey, 2004–2006

Interviews and response rates	Year		
	2004	2005	2006
Completed interviews			
Household	36,579	38,509	29,204
Family	37,466	39,284	29,868
Sample adult	31,326	31,428	24,275
Response rate			
Household	86.9	86.5	87.3
Final sample adult ¹	72.5	69.0	70.8

¹The final sample adult response rate is the rate for those sample adults identified as eligible that takes into account household and family nonresponse.

household, family, and sample adult interviews by year and household as well as sample adult response rates by year are found in [Table I](#).

Item nonresponse

Item nonresponse for each of the sociodemographic indicators shown in this report was about 3% or less, with the exception of poverty status, which is based on detailed family income asked for in the family component of the questionnaire. Item nonresponse for the poverty indicator was 23.7%. Item nonresponse for the health behavior, health care, conditions, and other health related items ranged from 0.1% to 5.5%. The denominators for statistics shown in [Tables 2–8](#) exclude persons with unknown health related characteristics for a given table. Results for persons with unknown sociodemographic characteristics are not shown separately but are included in the total of [Table 1](#).

Age adjustment

Data shown in this report were age adjusted using the projected 2000 U.S. population provided by the U.S. Census Bureau as the standard population (20,21). Age adjustment was used to allow comparisons among various population subgroups that have different age structures. Age adjustment is particularly important for demographic characteristics such as race and ethnicity, education, and marital status, and it is also helpful for other characteristics. The following age groups were used for age adjustment: 18–24 years, 25–44 years, 45–64 years,

and 65 years and over ([Table II](#)). Estimates for education, health insurance coverage, and pneumonia shot are restricted to certain age groups and are adjusted accordingly.

Estimates were calculated using software for statistical analysis of correlated data (SUDAAN) (19). The SUDAAN procedure PROC DESCRIPT was used to produce age-adjusted percentages and their standard errors.

Table II. Age distributions used in age-adjusting data shown in Tables 1–8 and Figures 1–6

Age	Projected 2000 U.S. standard population (in thousands)
Distribution 1 (Tables 1–8 and Figures 1–2 and 4–6)	
18 years and over	203,851
18–24 years	26,258
25–44 years	81,892
45–64 years	60,991
65 years and over	34,710
Distribution 2 (Table 1 and Figure 3)	
25 years and over	177,593
25–44 years	81,892
45–64 years	60,991
65 years and over	34,710
Distribution 3 (Table 1)	
18–64 years	169,141
18–24 years	26,258
25–44 years	81,892
45–64 years	60,991
Distribution 4 (Table 6)	
65 years and over	34,710
65–74 years	18,136
75 years and over	16,574

Tests of significance

Statistical tests performed to assess significance of differences in the estimates were two-tailed with no adjustments for multiple comparisons. The test statistic used to determine statistical significance of differences between two percentages was

$$Z = \frac{|X_a - X_b|}{\sqrt{S_a^2 + S_b^2}}$$

where X_a and X_b are the two percentages being compared, and S_a and S_b are the standard errors of those percentages. The critical value used for two-sided tests at the 0.05 level of significance was 1.96.

Relative standard error

Estimates with a relative standard error of more than 30% but less than or equal to 50% are identified with an asterisk (*). Estimates with a relative standard error of greater than 50% are indicated with a dagger (†) and are not shown. The relative standard errors are calculated as follows:

Relative standard error (as a percentage) = (SE/Est) 100,

where SE is the standard error of the estimate, and Est is the estimate.

Definition of terms

Demographic terms

Age—The age recorded for each person is the age at his or her last birthday.

Education—The categories of education are based on the years of school completed or highest degree obtained. Only years completed in a school that advances a person toward an elementary or high school diploma, General Educational Development high school equivalency diploma (GED), or a college, university, or professional degree are included. Education in other schools or home schooling is counted only if the credits are accepted in a regular school system.

Health insurance coverage—NHIS respondents were asked about their health insurance coverage at the time of the interview. Respondents reported

whether they were covered by private insurance (obtained through the employer or workplace, or purchased directly or through a local or community program), Medicare, Medigap (supplemental Medicare coverage), Medicaid, State Children's Health Insurance Program (SCHIP), Indian Health Service (IHS), military coverage (including VA, TRICARE, or CHAMP-VA), a state-sponsored health plan, another government program, or any single service plans. This information was used to form a health insurance hierarchy that consisted of three mutually exclusive categories. Persons with more than one type of health insurance were assigned to the first appropriate category in the following hierarchy: private coverage, public coverage (includes persons with Medicare, Medigap, Medicaid, SCHIP, military coverage, a state-sponsored health plan, or another government program), and uninsured (includes persons who are only covered by IHS or only have single service plans).

Hispanic or Latino origin—Hispanic or Latino origin includes persons of Mexican, Puerto Rican, Cuban, Central or South American, or Spanish origins. Persons of Hispanic or Latino origin may be of any race.

Marital status—Respondents were asked to choose a marital status category most appropriate for their marital situation. In some cases, persons reporting their marital status as "married" may have been living in common-law marital unions. Alternatively, these individuals could have identified their marital status as "living with partner." Adults who were living with a partner were considered to be members of the same family (as if married) and are categorized as "cohabiting." The distinction between "married" and "living with partner" was made by the respondent. For this report, marital status was classified into the following two categories: married and not married (includes persons who were widowed, divorced or separated, cohabiting, or never married).

Nativity

U.S. born—U.S. born is defined as having been born in one of the 50

states, the District of Columbia, Puerto Rico, or any of the other U.S. territories (e.g., American Samoa, Guam, U.S. Virgin Islands, and Northern Marianas). Persons born in a foreign country to parents who were U.S. citizens were also defined as U.S. born.

Foreign born—Foreign born persons are defined as people living in the United States who were not U.S. citizens at birth. All naturalized citizens, legal permanent residents, illegal aliens, and persons on long-term temporary visas (such as students or guest workers) are also in this category.

Poverty status—Poverty status is based on family income and family size using the U.S. Census Bureau's poverty thresholds. "Poor" persons are defined as below the poverty threshold. "Near poor" persons have family incomes of 100% to less than 200% of the poverty threshold, and "not poor" persons have family incomes that are 200% of the poverty threshold or greater.

Race—The 1997 Office of Management and Budget (OMB) federal guidelines (22) for reporting race require that persons of single race be distinguished from persons of multiple race. "Single race" refers to persons who indicated only a single race group. Estimates for the smaller subcategories of single race persons and multiple race combinations can only be reported to the extent that the estimates meet the requirements for confidentiality and statistical reliability. In this report, nine categories are shown for single race individuals (Chinese, Filipino, Asian Indian, Japanese, Vietnamese, Korean, white, black or African American, and AIAN). Other subcategories of single race persons and multiple race persons are not shown because of statistical unreliability as measured by the relative standard errors of the estimates.

The text in this report uses shorter versions of the new OMB race terms for conciseness, and the table uses the complete terms. For example, the category "black or African American, single race" in the table is referred to as "black" in the text.

Region—In the geographic classification of the U.S. population, states are grouped into four regions used by the U.S. Census Bureau:

<i>Region</i>	<i>States included</i>
Northeast	Maine, Vermont, New Hampshire, Massachusetts, Connecticut, Rhode Island, New York, New Jersey, and Pennsylvania
Midwest	Ohio, Illinois, Indiana, Michigan, Wisconsin, Minnesota, Iowa, Missouri, North Dakota, South Dakota, Kansas, and Nebraska
South	Delaware, Maryland, District of Columbia, West Virginia, Virginia, Kentucky, Tennessee, North Carolina, South Carolina, Georgia, Florida, Alabama, Mississippi, Louisiana, Oklahoma, Arkansas, and Texas
West	Washington, Oregon, California, Nevada, New Mexico, Arizona, Idaho, Utah, Colorado, Montana, Wyoming, Alaska, and Hawaii

Health behavior terms

Alcohol consumption status

Lifetime abstainer—Adults who had fewer than 12 drinks in their entire lifetime.

Former drinker—Adults who had 12 drinks or more in their lifetime but had no drinks in the past year.

Current infrequent or light drinker—Adults who had at least 12 drinks in their lifetime and 1–11 drinks in the past year (infrequent) or 3 drinks or fewer per week, on average (light).

Current moderate or heavier drinker—Adults who had at least 12 drinks in their lifetime and more than 3 drinks per week up to 14 drinks per week (on average) for men and more than 3 drinks per week up to 7 drinks per week (on average) for women were moderate

drinkers. Adults who had at least 12 drinks in their lifetime and more than 14 drinks per week (on average) for men and more than 7 drinks per week (on average) for women were heavier drinkers.

Body weight status—Body weight status is based on body mass index (BMI), which is calculated from self-reported height and weight. BMI is calculated as weight divided by height² using metric units (i.e., kilograms/meters²).

Underweight—Adults with a BMI of less than 18.5.

Healthy weight—Adults with a BMI of at least 18.5, but less than 25.

Overweight but not obese—Adults with a BMI of at least 25, but less than 30.

Obese—Adults with a BMI of 30 or more.

Leisure-time physical activity

Inactive—Did not engage in any sessions of light or moderate (causes light sweating or a slight to moderate increase in breathing or heart rate) or vigorous (causes heavy sweating or a large increase in breathing or heart rate) leisure-time physical activity of at least 10 minutes duration, or was unable to perform leisure-time physical activity.

Some activity but less than regular—Engaging in light or moderate leisure-time physical activities that cause light sweating or a slight to moderate increase in breathing or heart rate and last 10–29 minutes each time and/or are done less than five times per week, and/or engaging in vigorous leisure-time physical activities that cause heavy sweating or large increases in breathing or heart rate and are done 10–19 minutes each time and/or less than three times per week.

Regular activity—Engaging in light or moderate leisure-time physical activities that cause light sweating or a slight to moderate increase in

breathing or heart rate and occur five or more times per week for at least 30 minutes each time, and/or engaging in vigorous leisure-time physical activities that cause heavy sweating or large increases in breathing or heart rate and occur three or more times per week for at least 20 minutes each time.

Smoking status

Never—Adults who never smoked a cigarette or who smoked fewer than 100 cigarettes in their entire lifetime.

Former—Adults who have smoked at least 100 cigarettes in their lifetime but currently do not smoke at all.

Current—Adults who have smoked at least 100 cigarettes in their lifetime and currently smoke cigarettes every day or some days.

Health care utilization terms

Doctor or other health care professional—This term refers to medical doctors and osteopathic physicians, including general practitioners, specialists, dermatologists, psychiatrists, ophthalmologists, psychologists, nurses, physical therapists, and chiropractors.

Usual place for health care—Usual place of health care was based on a question that asked whether respondents had a place that they usually went to when they were sick or needed advice about their health. These places include a walk-in clinic, doctor's office, clinic, health center, health maintenance organization, hospital emergency room or outpatient clinic, or a military or VA health care facility.

Time since last physician contact or other health professional contact—This is the length of time, prior to the week of interview, since the respondent last consulted a physician or other health care professional in person or by telephone for health treatment or advice of any type. This may include a contact while a patient was in the hospital as well as a contact from a home visit.

Time since last dental contact—This is the length of time since the

respondent last saw or talked to a dentist, including dental specialists or dental hygienists, prior to the week of interview.

Chronic condition—A condition is considered chronic if (a) its onset was more than 3 months before the date of interview, or (b) it is a type of condition that ordinarily lasts more than 3 months. Examples of conditions considered chronic regardless of onset are diabetes, emphysema, and arthritis.

Functional limitation—This limitation is based on any degree of difficulty the respondent had in performing specific tasks (e.g., walking a quarter of a mile, walking up ten steps, standing for two hours, or carrying a ten pound object) and the respondent's ability to engage in social activities and recreation without the assistance of another person or using special equipment because of a physical, mental, or emotional problem.

HIV testing status—This variable is based on a question that asked whether the respondent has ever had his or her blood tested for HIV.

Influenza vaccination—Respondents were asked if they had received a flu shot during the past 12 months. In addition, respondents were asked if they had flu vaccine sprayed in their nose (sometimes called by the brand name, FluMist™) in the past 12 months.

Serious psychological distress—Six psychological distress questions are included in the Sample Adult Core component. These questions asked how often a respondent experienced certain symptoms of psychological distress during the past 30 days. The response codes (0–4) of the six items for each person were summed to yield a scale with a 0 to 24 range. A value of 13 or more for this scale was used here to define serious psychological distress (23).

Respondent-assessed health status—Respondent-assessed health status was based on the question, “Would you say your health, in general, was excellent, very good, good, fair, or poor?” Information was obtained from all respondents with proxy responses allowed for adults not taking part in the interview and all children 17 years of age and under.

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