

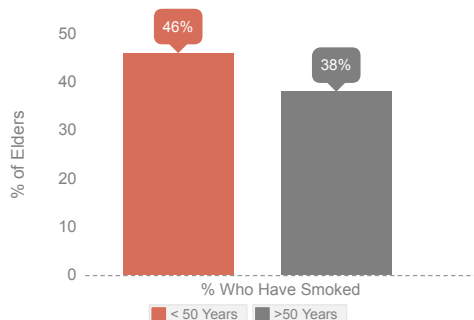
For more information about the Tribal Behavioral Risk Factor Survey, please contact us at (405) 652-9200 or visit our website at www.spthb.org

Elder Health

The Southern Plains Tribal Health Board Oklahoma Area Tribal Epidemiology Center conducted a Tribal Behavioral Risk Factor Surveillance System (TBRFSS) survey. Three hundred forty-six (346) surveys were completed by American Indian/Alaska Native (AI/AN) adults, 18 years of age or older, from November 2015 to March 2016. Results may not be representative of all AI/ANs residing in these states, but rather representative of who attended the events and completed a survey.

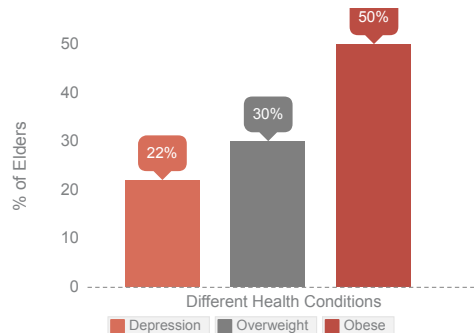
Ever Smoked 100 Cigarettes

Almost half (46%) of elders reported smoking 100 or more cigarettes during their lifetime.



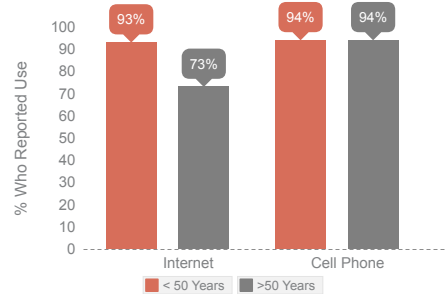
Prevalence of Select Diseases and Conditions

Body Mass Index: Based on their body mass index (BMI), calculated from self-reported height and weight, 30% of elders were overweight with another 50% classified as obese.



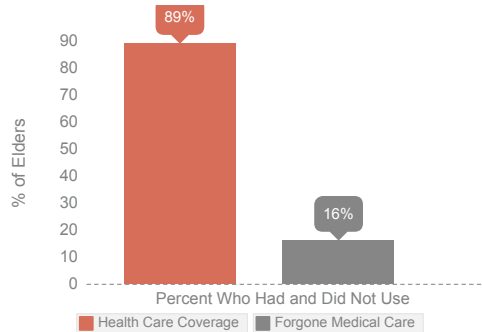
Internet and Cell Phone Access

Almost three-fourths (73%) of elders reported using the internet in the past 30 days. Over 94% of elders have a cell phone for personal use which was not much different than younger individuals.



Health Care and Costs

Almost 90% of elders reported having some kind of health care coverage, including health insurance, prepaid plans, or governmental plans. However, 16% of elders reported they could not go to the doctor in the past 12 months when needed because of the cost.



Challenges Faced in Performing Daily Acts

Almost 40% of adults 50 years of age or older reported limiting activities due to physical, mental, or emotional problems. Serious difficulty walking or climbing stairs was reported by 35% of elders.

