

## Healthy People 2010 Operational Definition

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**24-11. Increase the proportion of persons with symptoms of obstructive sleep apnea whose condition is medically managed .**

**24-11a. Persons with excessive daytime sleepiness, loud snoring, and other signs associated with obstructive sleep apnea who seek medical evaluation.**

<b>National Data Source</b>	National Health and Nutrition Examination Survey (NHANES), NCHS, CDC.
<b>State Data Source</b>	Not identified.
<b>Healthy People 2000 Objective</b>	Not applicable.
<b>Changes since the 2000 Publication</b>	None.
<b>Measure</b>	Percent (age-adjusted – see Comments).
<b>Baseline (Year)</b>	27 (2005-06)
<b>Target</b>	30
<b>Target-Setting Method</b>	Better than the best racial/ethnic subgroup. For a discussion of target-setting methods, see Part A, section 4.
<b>Numerator</b>	Number of adults aged 20 years and older who report symptoms of sleep apnea and have ever told a doctor that they have trouble sleeping.
<b>Denominator</b>	Number of adults aged 20 years and older who report symptoms of sleep apnea.
<b>Population Targeted</b>	U.S. civilian noninstitutionalized population.
<b>Questions Used to Obtain the National Baseline Data</b>	From the 2005-06 National Health Nutrition and Examination Survey:

Numerator Questions:

- *{Have you/has SP} **ever told** a doctor or other health professional that {you have/s/he has} trouble sleeping?*
  - (1) Yes
  - (2) No
  - (7) Refused
  - (9) Don't know

Denominator Questions:

- ***In the past 12 months**, how often did {you/SP} snore while {you were/s/he was} sleeping?*
  - (0) Never
  - (1) Rarely (1-2 nights/week)
  - (2) Occasionally (3-4 nights/week)
  - (3) **Frequently (5 or more nights/week)**
  - (7) Refused
  - (9) Don't know
- ***In the past 12 months**, how often did {you/SP} snore, gasp, or stop breathing while {you were/s/he was} asleep?*
  - (0) Never
  - (1) Rarely (1-2 nights/week)
  - (2) Occasionally (3-4 nights/week)
  - (3) **Frequently (5 or more nights/week)**
  - (7) Refused
  - (9) Don't know
- ***In the past month**, how often did {you/SP} feel excessively or overly sleepy during the day?*
  - (0) Never
  - (1) Rarely (1 time a month)
  - (2) Sometimes (2-4 times a month)
  - (3) Often (5-15 times a month)
  - (4) **Almost always (16-30 times a month)**
  - (7) Refused
  - (9) Don't know
- *How much sleep {do you/does SP} usually get at night on weekdays or workdays?*

**Expected Periodicity**

Periodic.

**Comments**

Persons were considered to have symptoms of sleep apnea if they answered the denominator questions as follows:

**(snoring 5 or more nights per week) OR (snort, gasp or stop breathing 5 or more nights per week) OR (feel excessively sleepy during the day almost always 16-30 times per month AND usually sleep 7 or more hours per night on weekdays or worknights).**

Objective 24-11 moved from developmental to measurable after the Healthy People 2010 Midcourse Review when Objective 24-11a became measurable. Objective 24-11b remains developmental.

Data (except those by education status) are age adjusted to the 2000 standard population using the age groups under 20-39 years, 40-59, and 60 years and over. Baseline data by education status are age adjusted using the age groups 25-39, 40-59, and 65 and over. Age-adjusted percents are weighted sums of age-specific percents. For a discussion of age adjustment, see Part A, section 7.

For some measures, data do not meet the criteria for statistical reliability, data quality, or confidentiality and have been suppressed. Information on suppression of data for the major Healthy People 2010 data systems has been published in a *Healthy People Statistical Note*.<sup>1</sup>

See Part C for a description of NHANES and Appendix A for focus area contact information.

## References

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1. Klein, R.J.; Proctor, S.E.; Boudreault, M.A.; Turczyn, K.M. Healthy People 2010 Criteria for Data Suppression. *Statistical Notes* No. 24. Hyattsville, MD: National Center for Health Statistics. 2002.