

***Ottawa County
Behavioral Risk Factor Survey
- 1999 -***

***A report presented to the
Ottawa County Health Department by
The Carl Frost Center for Social Science Research***

***Prepared by:
Charles Green
Barbara Neper-Throop***

***Student Researchers:
Jacob Sitati
Jon Shirilla
Alex Ruch***



**Hope College
April, 1999**

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BACKGROUND



BACKGROUND

In the spring of 1999, the Ottawa County Health Department contracted with the Carl Frost Center for Social Science Research at Hope College to conduct a Behavioral Risk Factor Survey (BRFS) of a random sample of county residents. The BRFS includes questions concerning health risk behaviors, preventive behaviors, and attitudes and perceptions about community health services and issues. The information gathered in the current study will be used by the Ottawa County Health Department to evaluate the effectiveness of its programs, assess the needs of the communities it serves, and prepare for the future according to the needs and preferences of the residents.

SAMPLING

METHODS

SAMPLING

The sampling procedure began with dividing the county into four quadrants so that the Health Department could compare the characteristics and needs among the broadly defined areas. The county was divided and labeled as follows, with each area including all cities within the designated township borders:

Grand Haven-Spring Lake. Townships: Crockery, Grand Haven, Robinson, and Spring Lake. Cities: Ferrysburg and Grand Haven.

Coopersville-Allendale. Townships: Allendale, Chester, Polkton, Tallmadge, and Wright. City: Coopersville.

Jenison-Hudsonville. Townships: Blendon, Georgetown, and Jamestown. City: Hudsonville,

Holland-Zeeland. Townships: Holland, Olive, Park, Port Sheldon, and Zeeland. Cities: Holland and Zeeland.

A total of 200 households were randomly selected from each of the four areas, resulting in a margin of error of approximately $\pm 3\%$ for the entire county as a whole (95% confidence level), and approximately $\pm 5\%$ in comparison among the quadrants (95% confidence level).

Telephone numbers were purchased from Survey Sampling, Inc., located in Fairfield, CT. Survey Sampling, Inc. provided a list of randomly generated household telephone numbers.

**INTERVIEW
INSTRUMENT**

INTERVIEW INSTRUMENT

The Ottawa County Behavioral Risk Factor Survey consisted primarily of a core of questions taken directly from the Michigan Behavioral Risk Factor Survey (MBRFS), which was developed by the Centers for Disease Control. Several additional items were added which were of particular interest to the Ottawa County Health Department.

The survey is composed of six general categories of questions, including:

- demographic information
- health status items (e.g. blood pressure, blood cholesterol, weight)
- health behaviors (e.g. exercise, smoking, alcohol consumption, seatbelt use)
- prevention and detection behaviors (e.g. mammography, Pap tests, prostate and testicular exams)
- community perceptions of area problems and services
- attitudes related to HIV/AIDS.

DATA ANALYSIS

DATA ANALYSIS

The Frost Research Center used the Statistical Package for the Social Sciences (SPSS) to organize and analyze the data from the interviews. Categorization techniques and standards as well as reporting procedures were consistent with those used by the Michigan Department of Public Health for the Michigan Behavioral Risk Factor Survey. As a result, reliable comparisons can be made between the county and state results. Comparisons may also be made between the current survey and the Ottawa County 1994 Behavioral Risk Factor Survey. As in previous Behavioral Risk Factor Surveys, respondents who refused to answer a question or did not know the answer to a specific question were excluded from the computation of the percentages in the data tables for the appropriate question.

As in the 1994 Ottawa County Behavioral Risk Factor Survey, results for each question are reported according to relevant demographic characteristics of respondents, including residential area of the county, gender, race, age, education, and income. Each category refers to the individual's personal characteristics, except for income and residential area of the county, which describe the entire household.

We used Chi-Square analyses to determine statistically significant differences among demographic groups in the responses to each question. In the data tables that follow, statistically significant differences will be designated by an asterisk¹. When the columns in the table represent answers to a single question, significant differences will be indicated by an asterisk next to the

¹ That is, differences between groups are large enough that one would expect to find them by chance only five times in one hundred. The odds are 95 in 100 that the differences between groups in the sample reflect real differences in the county as a whole.

variable name (see, for example, Education in Table 4, on page 16). In cases where the columns in the table refer to two or more questions, asterisks to indicate statistical significance will be located next to the sections of the column on which the groups differ (see, for example, Gender in Table 6, on page 18). For example, in Table 6, the question relating to whether respondents had their blood pressure checked within the past two years significantly varied by gender as indicated by the asterisk, while whether they have ever been told that they have high blood pressure was not statistically significantly different by gender (as indicated by the absence of an asterisk).

We compared the 1999 results with the 1994 Ottawa County Behavioral Risk Factor Survey. When the results differ by 6% or more², we mentioned it in the text. If no reference is made to 1994, the results of the two surveys are quite similar.

² We selected 6% because each year's figures are accurate within a margin of error of $\pm 3\%$. Two figures that differ from each other by 6% or more fall outside each other's margin of error and therefore are statistically different from each other.

DEMOGRAPHICS

RESULTS

DEMOGRAPHICS

A demographic profile of the sample of respondents can be found in Table 1. The table includes figures for both the adult population of the current sample and the 1990 Census for Ottawa County, in order to evaluate the representativeness of the sample. As Table 1 shows, the current sample represents the overall population quite closely.

The number of respondents from the various quadrants of the county were *not* representative of the actual population breakdown in the county. This was done purposely, as one of the primary goals of the Ottawa County Health Department in conducting this survey was to be able to assess variances in needs, practices, and perceptions among the various areas. Thus, in order to be able to compare responses from each of the quadrants, we opted to select two hundred respondents from each area, instead of the actual county proportions. However, we found very few differences among the quadrants of the county. The county-wide results reported in this survey are virtually identical to the results that would be obtained from a more representative sample.

The sample was stratified by gender, race and age in advance so the proportions for these variables in the sample are extremely close to the actual breakdowns in the county. We did not control for income or education. The distribution of persons with different educational levels is the least representative of all of the demographic variables. Specifically, the proportion of persons who had not completed high school is significantly less than the actual proportion in

the county. Overall, 10.7% of the respondents had less than a high school education, 30.7% had graduated from high school or received a G.E.D., 28.2% had attended some college, and 30.4% were college graduates.

In looking at the income distributions of the sample, it was found to be quite close to that of the entire county in 1990, except for a slight under-representation of those with incomes of less than \$10,000 and an over-representation of those with incomes \$75,000 and over. The complete breakdown of persons in each of the other income categories can be seen in Table 1.

As shown in Table 2, 43.5% of the households had children, with 16.5% having children aged birth to 5, 21.8% having children between 5 and 12, and 19.2% having children between 12 and 18. The mean number of children in all of the households with children was 2.0.

Table 3 shows the employment status of respondents according to their demographic characteristics. The largest proportion of the sample was employed (59.8%), followed by those who were retired (14.9%), and persons who were self-employed (9.3%). In the sample, men were more likely to be employed (69.2%) than women (50.7%), and women were more likely to be homemakers (12.4%) than men (0.0%). With regards to educational level, those with more education were more likely to be employed; 34.5% of those with less than a high school education were retired.

Table 1 Demographic Characteristics Compared to 1990 Census Figures for Ottawa County

CHARACTERISTIC	Sample Distribution		1990 Census
	Number	Percentage	
Total Households	800	100%	62,912
Area of County			
Grand Haven/Spring Lake	200	25%	22.9%
Coopersville/Allendale	200	25	13.5
Jenison/Hudsonville	200	25	25.4
Holland/Zeeland	200	25	38.3
Gender			
Male	395	49.4	49.3%
Female	405	50.6	50.1
Race			
White	758	95.7	95.8%
Other	34	4.3	4.2
Age			
18 - 24 yrs. old	122	15.4	16.6%
25 - 34 yrs. old	176	22.2	24.5
35 - 44 yrs. old	172	21.7	21.3
45 - 54 yrs. old	115	14.5	13.8
55 - 64 yrs. old	104	13.1	10.0
65 - 74 yrs. old	61	7.7	8.0
75 + yrs. old	43	5.4	5.8
Education			
Less than H.S.	85	10.7	20.2%
High School Graduate	245	30.7	34.0
Some College	225	28.2	18.8
College Graduate	242	30.4	27.0
Income			
Less Than \$10,000	34	4.9	8.1%
\$10,000 - 14,999	42	6.0	6.4
\$15,000 - 19,999	50	7.2	6.8
\$20,000 - 24,999	41	5.9	7.9
\$25,000 - 34,999	110	15.8	17.7
\$35,000 - 49,999	148	21.2	25.2
\$50,000 - 74,999	166	23.8	19.3
\$75,000 or More	106	15.2	8.5

*p (x²) < .05

Table 2 Number And Ages of Children in Household, by Demographic Characteristics

	Number	Percentage of Respondents
Households with Children	348	43.5%
Households with Children Age 0 - 5	132	16.5
Households with Children Age 5-12	174	21.8
Households with Children Age 12 - 18	154	19.2
In Households with Children:		
Mean Number of Children	2.0	
Mean Number of Children Age 0 - 5	1.46	
Mean Number of Children Age 5 - 12	1.56	
Mean Number of Children Age 12 - 18	1.56	

Table 3

Employment Status, by Demographic Characteristics

CHARACTERISTIC	Employed	Self-Employed	No work < 1 year	No work > 1 year	Home-maker	Student	Retired	Unable to work
Overall (n=800)	59.8%	9.3%	0.9%	1.4%	6.3%	6.3%	14.9%	1.1%
Area								
Grand Haven/Spring Lake (n=200)	54.3	11.6	2.5	1.5	5.5	5.0	16.6	3.0
Coopersville/Allendale (n=200)	62.0	6.5	0.5	1.0	6.0	13.0	10.0	1.0
Jenison/Hudsonville (n=200)	58.6	8.1	0.5	1.0	8.1	4.5	18.7	0.5
Holland/Zeeland (n=200)	64.5	11.0	2.0	0.0	5.5	2.5	14.5	0.0
Gender*								
Male (n=395)	69.2	11.2	1.0	1.3	0.0	7.9	8.9	0.5
Female (n=405)	50.7	7.4	0.7	1.5	12.4	4.7	20.8	1.7
Race*								
White (n=758)	59.4	9.7	0.5	1.3	6.3	6.3	15.3	1.1
Other (n=34)	69.7	0.0	9.1	3.0	3.0	6.1	6.1	3.0
Age*								
18 - 24 yrs. old (n=122)	61.7	0.8	1.7	0.0	2.5	33.3	0.0	0.0
25 - 34 yrs. old (n=176)	75.4	12.0	1.1	1.7	5.7	4.0	0.0	0.0
35 - 44 yrs. old (n=172)	70.9	14.0	2.3	1.2	9.9	1.2	0.6	0.0
45 - 54 yrs. old (n=115)	73.0	13.0	0.9	1.7	5.2	0.9	1.7	3.5
55 - 64 yrs. old (n=104)	53.8	7.7	0.0	0.0	9.6	0.0	27.9	1.0
65 - 74 yrs. old (n=61)	6.6	6.6	1.6	0.0	6.6	0.0	78.7	0.0
75 + yrs. old (n=43)	7.0	0.0	2.3	0.0	0.0	0.0	83.7	7.0
Education*								
Less than H.S. (n=85)	42.9	2.4	2.4	3.6	3.6	6.0	34.5	4.8
High School Graduate (n=245)	56.3	9.8	0.4	1.2	6.9	4.9	19.6	0.8
Some College (n=225)	59.1	10.7	1.3	0.4	8.9	10.7	7.6	1.3
College Graduate (n=242)	70.8	10.0	0.4	1.3	4.2	3.8	9.6	0.0
Income*								
Less Than \$10,000 (n=34)	6.1	0.0	15.2	9.1	3.0	30.3	30.3	6.1
\$10,000 - 14,999 (n=42)	28.6	2.4	0.0	0.0	0.0	16.7	40.5	11.9
\$15,000 - 19,999 (n=50)	60.0	6.0	0.0	2.0	6.0	4.0	20.0	2.0
\$20,000 - 24,999 (n=41)	58.5	7.3	0.0	2.4	0.0	2.4	29.3	0.0
\$25,000 - 34,999 (n=110)	69.1	3.6	0.0	2.7	6.4	1.8	16.4	0.0
\$35,000 - 49,999 (n=148)	72.3	9.5	0.0	1.4	7.4	2.7	6.8	0.0
\$50,000 - 74,999 (n=166)	65.9	17.7	0.0	0.0	7.3	3.7	5.5	0.0
\$75,000 or More (n=106)	73.6	12.3	0.9	0.0	6.6	2.8	3.8	0.0

*p (χ^2) < .05

HEALTH STATUS

HEALTH STATUS

General Health

When asked to rate their overall health status, the vast majority of respondents answered positively (Table 4). Approximately one-fourth of the respondents (24.2%) rated their health as "excellent", while 41.9% described their health as "very good", and another 26.9% labeled it as "good". Only 5.7% said their health was "fair", and 1.4% described it as "poor". For these ratings of subjective health status, there were statistically significant differences within the categories of gender, race, age, educational level, and income.

Gender: 71.4% of the men rated their health as "excellent" or "very good", while only 60.8% of the women responded similarly.

Race: 6.3% of Caucasian respondents rated their health as "fair" or "poor", while 24.2% of respondents of other races responded similarly.

Age: As people get older, their subjective health rating becomes less positive. For example, while 70.0% of those aged 18 to 24 rated their health as "excellent" or "very good", only 40.5% of those aged 75 and older did so, with a relatively steady decline in percentages for the ages between.

Education: In general, subjective health ratings are positively correlated with level of education, although this variable may easily be confounded by age. While only 47.0% of those with less than a high school education rated their health as "excellent" or "very good", 58.9% of the high school graduates, 64.3% of those with some college, and 81.5% of the college graduates rated their health similarly.

Income: Respondents' ratings of their health correlated positively with their level of income. In other words, as peoples' incomes increase, their self-rating of their health tends to be more positive. While only 52.9% of those with household incomes under \$10,000 rated their health as "excellent" or "very good", 74.5% of those with incomes of \$75,000 or more did so, with the percentages of persons choosing these ratings rising steadily between the two levels.

Blood Cholesterol

Respondents were asked a total of three questions relating to blood cholesterol: first, if they had ever had it checked; second, when they last had it checked; and third, if they have ever been told that it was high. The responses to these questions can be found in Table 5, both for the entire sample, and by each of the relevant demographic variables.

Overall, 75.0% of the respondents have had their blood cholesterol checked at least once; 65.6% have had it checked within the past five years. 19.0% of the entire sample had been told by a health professional that their blood cholesterol was high at some point. With regard to differences according to demographic variables, the table indicates that:

Gender: Women were significantly more likely to have had their blood cholesterol checked than were men (79.0% vs. 69.3%, respectively). Women also were more likely than men to have had their blood cholesterol checked within the past five years (72.6% vs. 58.6%).

Race: Caucasians were significantly more likely to have had their blood cholesterol checked than were respondents of other races (75.7% vs. 52.9%, respectively). Caucasians also were more likely to have had their blood cholesterol checked within the past five years (66.3% vs. 47.1%).

Age: Age plays a significant role in determining blood cholesterol practices and traits. Generally, as people get older, they are more likely to have had their blood cholesterol checked, and more likely to have had it checked within the past five years. While 44.0% of those aged 18 to 24 have ever had it checked, 92.7% of those aged 75 and over have had it checked, with the percentages increasing steadily between the two age ranges. A very similar trend is found for the percentages of respondents having had their cholesterol checked within the past five years. The percentage of respondents having been told that they have high blood cholesterol peaks at the age range of 55 to 64 (42.1%).

Income: Generally, those with incomes of \$50,000 or more are more likely to have had their blood cholesterol checked, with the exception of those in the less than \$10,000 range. Those with incomes of \$15,000 to

\$19,000 have the lowest occurrence of having their blood cholesterol checked (56.3%).

Blood Pressure

Several questions were also asked concerning high blood pressure, which is another significant risk factor in relation to cardiovascular health. The information obtained from the respondents included when they had last had their blood pressure checked by a health professional, whether they have ever been told it was high, and if so, whether the health professional recommended some form of treatment. The results for these questions are displayed in Table 6.

Overall, 99.2% of the respondents have had their blood pressure checked at least once, and a total of 96.1% have had it checked within the last two years. Further, 21.8% of the respondents have been told at some point that their blood pressure was high, and 18.5% have had treatment recommended to them by a health professional. Several differences were found among the various demographic groups, including:

Gender: A larger proportion of women (98.7%) than men (93.3%) have had their blood pressure checked within the past two years.

Race: Caucasians were more likely than respondents of other races to have had their blood pressure checked within the past two years (96.7% vs. 85.3%, respectively).

Age: Generally, older persons are more likely to have been told their blood pressure was high at some point and were more likely to have treatment recommended. The percentages range from 10.2% of respondents between the ages of 18 and 24 being told their blood pressure was high, to 60.0% of those 75 years old and older. In addition, 5.7% of 18 to 24 year olds were recommended for treatment, while 53.5% of those 75 years old and older were recommended.

Income: Respondents with income levels between \$15,000 and \$19,999 are less likely to have had their blood pressure checked within the past two years. In addition, as income level increases, respondents are less likely to be told that their blood pressure is high. For example, 43.3% of the respondents with incomes less than \$10,000 have been told that their blood pressure is high, while 19.2% of those with incomes \$75,000 or more have been told their blood pressure is high.

Year: Men in the 1999 survey are more likely than men in the 1994 survey to have had their blood pressure checked within the past two years (93.3% vs. 80.4%).

Diabetes

We asked respondents if they ever have been told they have diabetes (Table 7). Overall, 4.9% responded they have been told they have diabetes. Significant differences were found across a number of the demographic characteristics including area, gender, age, education, and income. Specifically, the table shows that:

Gender: Women are more likely to have diabetes (not including diabetes during pregnancy) than men (6.4% vs. 3.3%, respectively).

Age: As age increases, so does the likelihood that the respondent has diabetes. 2.5% of respondents aged 18 to 24 have diabetes, while 11.5% of the respondents aged 55 to 64 have been diagnosed with diabetes.

Education: As level of education increases, incidence of diabetes decreases (2.9% for college graduates, 11.9% for less than high school).

Income: Respondents with incomes less than \$10,000 are more likely to have diabetes than those with incomes at \$75,000 or more (14.7% vs. 3.8%, respectively).

Asthma

Respondents were asked if they have ever been told they have asthma (Table 8). Overall, 11.9% responded they have been told they have asthma. Significant differences were found across a number of the demographic

characteristics including education and income. Specifically, the table shows that:

Education: As level of education increases, incidence of asthma decreases (8.3% for college graduates, 17.9% for less than high school).

Income: Respondents with incomes less than \$10,000 are more likely to have asthma than those with incomes of \$75,000 or more (35.3% vs. 4.7%, respectively).

Psychological Health

Respondents were asked to assess their general psychological health. Specifically, they were asked if they felt that stress, depression, or problems with emotions had been a problem for them in the past month. Overall, 30.9% of those surveyed claimed that they had had such a problem. No significant differences were found within the demographic characteristics.

Table 4 Perceived Health Status, by Demographic Characteristics

CHARACTERISTIC	Excellent	Very Good	Good	Fair	Poor
Overall (n=800)	24.2%	41.9%	26.9%	5.7%	1.4%
Area					
Grand Haven/Spring Lake (n=200)	24.2	39.4	25.8	8.1	2.5
Coopersville/Allendale (n=200)	23.0	39.5	33.5	3.0	1.0
Jenison/Hudsonville (n=200)	24.4	45.7	22.3	7.1	0.5
Holland/Zeeland (n=200)	25.0	43.0	26.0	4.5	1.5
Gender*					
Male (n=395)	26.5	44.9	23.2	4.3	1.0
Female (n=405)	21.8	39.0	30.5	6.9	1.7
Race*					
White (n=758)	24.4	42.2	27.1	5.4	0.9
Other (n=34)	21.2	30.3	24.2	12.1	12.1
Age*					
18 - 24 yrs. old (n=122)	25.0	45.0	25.8	3.3	0.8
25 - 34 yrs. old (n=176)	25.6	50.0	20.5	2.8	1.1
35 - 44 yrs. old (n=172)	29.8	42.7	24.6	1.8	1.2
45 - 54 yrs. old (n=115)	23.7	38.6	28.1	9.6	0.0
55 - 64 yrs. old (n=104)	23.1	38.5	30.8	5.8	1.9
65 - 74 yrs. old (n=61)	14.8	34.4	39.3	6.6	4.9
75 + yrs. old (n=43)	14.3	26.2	33.3	23.8	2.4
Education*					
Less than H.S. (n=85)	18.1	28.9	36.1	9.6	7.2
High School Graduate (n=245)	21.0	37.9	31.3	7.8	2.1
Some College (n=225)	24.1	40.2	30.4	5.4	0.0
College Graduate (n=242)	29.8	51.7	16.1	2.5	0.0
Income*					
Less Than \$10,000 (n=34)	14.7	38.2	11.8	14.7	20.6
\$10,000 - 14,999 (n=42)	28.6	28.6	33.3	7.1	2.4
\$15,000 - 19,999 (n=50)	14.0	42.0	36.0	8.0	0.0
\$20,000 - 24,999 (n=41)	12.8	43.6	38.5	5.1	0.0
\$25,000 - 34,999 (n=110)	20.0	42.7	31.8	3.6	1.8
\$35,000 - 49,999 (n=148)	25.2	40.8	29.3	4.8	0.0
\$50,000 - 74,999 (n=166)	29.5	47.0	18.7	4.2	0.6
\$75,000 or More (n=106)	31.1	43.4	23.6	1.9	0.0

*p (x²) < .05

Table 5

Prevalence of Being Checked for and Having High Blood Cholesterol

CHARACTERISTIC	Ever Checked	Checked within 5 yrs.	Ever Told High
Overall (n=800)	75.0%	65.6%	19.0%
Area			
Grand Haven/Spring Lake (n=200)	75.8	65.0	17.0
Coopersville/Allendale (n=200)	73.6	62.5	16.0
Jenison/Hudsonville (n=200)	79.6	71.5	22.5
Holland/Zeland (n=200)	70.9	63.5	20.5
Gender			
Male (n=395)	69.3*	58.6*	19.7
Female (n=405)	79.0	72.6	18.3
Race			
White (n=758)	75.7*	66.3*	19.7
Other (n=34)	52.9	47.1	8.8
Age			
18 - 24 yrs. old (n=122)	44.0*	36.1*	4.2*
25 - 34 yrs. old (n=176)	61.0	48.9	9.1
35 - 44 yrs. old (n=172)	79.5	69.2	16.9
45 - 54 yrs. old (n=115)	84.3	77.4	25.2
55 - 64 yrs. old (n=104)	91.3	98.9	42.1
65 - 74 yrs. old (n=61)	96.7	88.6	32.8
75 + yrs. old (n=43)	92.7	79.0	34.9
Education			
Less than H.S. (n=85)	66.2	56.5	22.4
High School Graduate (n=245)	72.4	64.9	18.8
Some College (n=225)	78.6	67.5	18.2
College Graduate (n=242)	76.7	67.4	19.0
Income			
Less Than \$10,000 (n=34)	83.3*	70.6	20.6
\$10,000 - 14,999 (n=42)	70.7	66.7	16.7
\$15,000 - 19,999 (n=50)	56.3	84.6	14.0
\$20,000 - 24,999 (n=41)	73.2	70.7	22.0
\$25,000 - 34,999 (n=110)	70.9	61.9	21.8
\$35,000 - 49,999 (n=148)	68.8	60.1	19.6
\$50,000 - 74,999 (n=166)	83.1	69.9	20.5
\$75,000 or More (n=106)	81.7	71.8	17.9

*p (x²) < .05

Table 6

Prevalence of Being Checked for and Having High Blood Pressure, by Demographic Characteristics

CHARACTERISTIC	Ever Checked	Checked within 2 yrs.	Ever Told High	Treatment Recommended
Overall (n=800)	99.2%	96.1%	21.8%	18.5%
Area				
Grand Haven/Spring Lake (n=200)	98.5	95.0	23.4	19.5
Coopersville/Allendale (n=200)	99.0	96.9	19.0	16.0
Jenison/Hudsonville (n=200)	100.0	97.5	23.0	19.5
Holland/Zeland (n=200)	99.5	95.0	21.5	19.0
Gender				
Male (n=392)	98.5	93.3*	19.6	16.2
Female (n=405)	99.5	98.7	23.9	20.7
Race				
White (n=758)	99.6	96.7*	21.7	18.5
Other (n=34)	91.2	85.3	20.6	17.6
Age				
18 - 24 yrs. old (n=122)	98.3	95.8	10.2*	5.7*
25 - 34 yrs old (n=176)	98.8	94.2	12.9	9.1
35 - 44 yrs. old (n=172)	99.4	94.7	14.8	11.0
45 - 54 yrs. old (n=115)	99.1	97.3	24.1	22.6
55 - 64 yrs. old (n=104)	100.0	98.1	28.8	27.9
65 - 74 yrs. old (n=61)	100.0	96.7	47.5	42.6
75 + yrs. old (n=43)	100.0	92.8	60.0	53.5
Education				
Less than H.S. (n=85)	95.2	91.5*	34.2*	29.4
High School Graduate (n=245)	99.6	95.5	23.5	18.8
Some College (n = 225)	100.0	97.7	20.6	17.8
College Graduate (n=242)	99.6	96.7	16.5	14.5
Income				
Less than \$10,000 (n=34)	93.7	93.8*	43.3*	38.2
\$10,000 - 14,000 (n=42)	100.0	95.2	28.6	26.2
\$15,000 - 19,999 (n=50)	95.9	85.8	26.0	24.0
\$20,000 - 24,999 (n=41)	97.6	92.6	30.0	26.8
\$25,000 - 34,999 (n=110)	100.0	97.3	23.9	18.2
\$35,000 - 49,999 (n=148)	100.0	97.3	21.4	17.6
\$50,000 - 74,999 (n=166)	99.4	96.3	14.7	12.7
\$75,000 or More (n=106)	100.0	96.1	19.2	14.2

* $p(x^2) < .05$

Table 7 Prevalence of Diabetes by Demographic Characteristics

CHARACTERISTIC	Have Diabetes
Overall (n=800)	4.9%
Area*	
Grand Haven/Spring Lake (n=200)	3.0
Coopersville/Allendale (n=200)	3.0
Jenison/Hudsonville (n=200)	8.0
Holland/Zeeland (n=200)	5.5
Gender*	
Male (n=395)	3.3
Female (n=405)	6.4
Race	
White (n=758)	4.5
Other (n=34)	11.8
Age*	
18 - 24 yrs. old (n=122)	2.5
25 - 34 yrs. old (n=176)	0.6
35 - 44 yrs. old (n=172)	2.9
45 - 54 yrs. old (n=115)	6.1
55 - 64 yrs. old (n=104)	11.5
65 - 74 yrs. old (n=61)	9.8
75 + yrs. old (n=43)	9.8
Education*	
Less than H.S. (n=85)	11.9
High School Graduate (n=245)	4.5
Some College (n=225)	4.0
College Graduate (n=242)	2.9
Income*	
Less Than \$10,000 (n=34)	14.7
\$10,000 - 14,999 (n=42)	9.5
\$15,000 - 19,999 (n=50)	4.0
\$20,000 - 24,999 (n=41)	4.9
\$25,000 - 34,999 (n=110)	5.5
\$35,000 - 49,999 (n=148)	3.4
\$50,000 - 74,999 (n=166)	3.6
\$75,000 or More (n=106)	3.8
*p (x ²) < .05	

Table 8 Prevalence of Asthma by Demographic Characteristics

CHARACTERISTIC	Have Asthma
Overall (n=800)	11.9%
Area	
Grand Haven/Spring Lake (n=200)	9.5
Coopersville/Allendale (n=200)	16.2
Jenison/Hudsonville (n=200)	11.1
Holland/Zeeland (n=200)	11.1
Gender	
Male (n=395)	10.2
Female (n=405)	13.6
Race	
White (n=758)	11.9
Other (n=34)	14.7
Age	
18 - 24 yrs. old (n=122)	19.2
25 - 34 yrs. old (n=176)	13.6
35 - 44 yrs. old (n=172)	9.9
45 - 54 yrs. old (n=115)	9.6
55 - 64 yrs. old (n=104)	8.7
65 - 74 yrs. old (n=61)	6.7
75 + yrs. old (n=43)	11.9
Education*	
Less than H.S. (n=85)	17.9
High School Graduate (n=245)	11.1
Some College (n=225)	14.8
College Graduate (n=242)	8.3
Income*	
Less Than \$10,000 (n=34)	35.3
\$10,000 - 14,999 (n=42)	4.8
\$15,000 - 19,999 (n=50)	0.0
\$20,000 - 24,999 (n=41)	12.2
\$25,000 - 34,999 (n=110)	12.7
\$35,000 - 49,999 (n=148)	16.9
\$50,000 - 74,999 (n=166)	9.6
\$75,000 or More (n=106)	4.7
*p (x ²) < .05	

Table 9

Prevalence of Psychological Difficulties, by Demographic Characteristics

CHARACTERISTIC	Had Problems in Past Month
Overall (n=800)	30.9%
Area	
Grand Haven/Spring Lake (n=200)	31.5
Coopersville/Allendale (n=200)	31.5
Jenison/Hudsonville (n=200)	31.2
Holland/Zeeland (n=200)	29.3
Gender	
Male (n=392)	24.1
Female (n=405)	37.5
Race	
White (n=758)	30.6
Other (n=34)	41.2
Age	
18 - 24 yrs. old (n=122)	28.7
25 - 34 yrs old (n=176)	30.1
35 - 44 yrs. old (n=172)	34.9
45 - 54 yrs. old (n=115)	36.5
55 - 64 yrs. old (n=104)	28.8
65 - 74 yrs. old (n=61)	27.1
75 + yrs. old (n=43)	16.7
Education	
Less than H.S. (n=85)	26.2
High School Graduate (n=245)	28.7
Some College (n = 225)	36.6
College Graduate (n=242)	29.8
Income	
Less than \$10,000 (n=34)	38.2
\$10,000 - 14,000 (n=42)	39.0
\$15,000 - 19,999 (n=50)	36.7
\$20,000 - 24,999 (n=41)	31.7
\$25,000 - 34,999 (n=110)	26.4
\$35,000 - 49,999 (n=148)	31.1
\$50,000 - 74,999 (n=166)	38.6
\$75,000 or More (n=106)	24.5
*p (χ^2) < .05	

HEALTH BEHAVIORS

HEALTH BEHAVIORS

Cigarette Smoking

The Ottawa County Behavioral Risk Factor Survey contained several questions designed to assess the overall status of the population in relation to past and present smoking habits. First, participants were asked if they had smoked at least 100 cigarettes (five packs) in their entire life. If the response to the first question was "yes", respondents were asked if they currently smoked. The third question addressed only those who were currently smoking, in which they were asked to estimate how many cigarettes they typically smoke in a day. For the present purpose, those who had not smoked more than five packs in their entire life were classified as "never"; those who had smoked at least five packs and also said that they were currently smoking were classified as "current" smokers; and those who said they had smoked at least five packs of cigarettes in their life, but were not currently smoking were referred to as "former" smokers. From these responses, a "quit ratio" was calculated using the ratio between the percentage listed under "former" and the sum of the percentages listed under "current" and "former". This figure will be helpful in determining the success of the various programs designed to help people stop smoking once they have started, as well as in comparisons of the influence of such programs across demographic variables.

Overall, it was found that 59.2% of those surveyed had not smoked five packs of cigarettes in their lifetime, 16.5% were current smokers, and 24.0% were former smokers. Additionally, a total of 59.3% of those who had smoked at

least five packs in their lives had quit smoking at the time of the survey. Significant differences were found by area, gender, race, age, and education.

The results are presented in Table 10, which shows that:

Area: Respondents living in the Jenison/Hudsonville area were more likely never to have smoked compared with respondents living in the Grand Haven/Spring Lake area.

Gender: While 65.3% of the women fell into the category of non-smokers, only 53.1% of the men did so.

Race: Caucasians (15.2%) are less likely to be current smokers than respondents of other racial backgrounds (35.3%).

Age: A larger portion of those 18 to 24 were current smokers (28.7%) than those in the older age ranges (0.0% aged 75 and over). Following this, the quit ratio increases steadily across age categories, from 25.5% between the ages of 18 and 24 quitting, to 100.0% of those aged 75 and older.

Education: Several significant differences were found according to levels of education. Those with more education were more likely never to start smoking than those with less education. Accordingly, those with lower education levels were more likely to be current smokers (20.0% of non-high school graduates) than were those with more education (8.7% of college graduates).

Comparison with 1994: In the 18 to 24 year old range, more respondents are current smokers in the 1999 survey (28.7%) compared to 1994 (16.9%). In addition, the quit ratio is lower for 1999 (25.5%) than 1994 (40.0%) for the same age range.

Weight

Respondents' weight status was measured in the same way as in the Michigan Behavioral Risk Factor Survey (MBRFS) and the 1994 Ottawa County Behavioral Risk Factor Survey so that comparisons could easily be made. This was done using each individual's Body Mass Index (BMI), which is defined as the individual's weight (measured in kilograms) divided by the square of the person's height (measured in meters). The interviewers actually asked participants to report their weight in pounds, and their height in feet and inches, which were converted into their metric equivalents during data analysis.

In accordance with the MBRFS, classification of an individual's weight status was based on the individual's BMI score relative to the range of all BMI scores. In this classification system, people are "overweight" if their BMI score is greater than or equal to the 85th percentile of the sex-specific BMI distribution of persons 20-29 years of age, based on the Second National Health and Nutrition Examination Survey 1976-1980. Specifically, men were classified as overweight if their BMI score was 27.8 kg/m² or greater, and women were classified as overweight if their BMI score was 27.3 kg/m² or greater. Respondents were designated as being underweight if their BMI score was 20.7 kg/m² or less for men, or 19.1 kg/m² or less for women. As noted in the 1994 Ottawa County Behavioral Risk Factor Survey, the Michigan Department of Health has reported that these cut-off points are directly comparable to the 1983 Metropolitan Life Insurance Company weight-for-height standards. Further, the Department of Health has claimed that studies of the reliability of self-reported data have shown

that the amount of respondent error in reporting height and weight is actually quite small.

Table 11 presents the distribution of persons in the various weight status categories for Ottawa County. As can be seen, 30.4% are overweight, 64.4% are in the ideal range, and 5.2% are underweight. Further, the table shows that significant differences with regard to weight status exist among demographic groups. Specifically, Table 11 shows that:

Age: The tendency to be overweight increases with age, within our sample, up to age 74. 20.0% of those between the ages of 18 and 24 were overweight, while 44.1% of those between the ages of 65-74 were overweight.

Education: While 35.1% of those with a high school degree were overweight, 25.2% of college graduates were overweight. 11.0% of those with less than a high school education were underweight, while 3.1% of those with a high school degree were underweight.

Comparison with 1994: Overall, more respondents were classified as overweight in 1999 (30.4%) than in 1994 (20.5%). For all age ranges except those 75 and over, there was an increase in the number of people classified as overweight. In addition, 20.0% of the 18-24 year olds were classified as overweight in 1999, while only 6.1% were classified as overweight in 1994. The largest change, for those aged 45 to 54, was 43.0% in 1999 and 26.5% in 1994, a difference of 16.5%.

In the Ottawa County Behavioral Risk Factor Survey, respondents were also asked if they were currently trying to lose weight, and if so, had they increased their physical activity to help in their efforts. Table 12 displays the results of these questions. Overall, 45.7% of the respondents were trying to lose weight, and of those, 59.3% had increased their physical activity. A few significant differences were found on these items across the variables of gender and age. Table 12 shows that:

Gender: Women (53.6%) are more likely to try to lose weight than are men (37.5%).

Age: Generally, persons in the older age categories are more likely to try to lose weight than those in younger age categories, with the peak percentage of persons trying to lose weight being between the ages of 45 and 54. Further, of those trying to lose weight, the percentage who have increased their physical activity decreases dramatically with age (82.1% between 18 and 24, vs. 23.8% aged 75 and over).

Physical Activity

Respondents' physical activity levels were measured by three questions on the Ottawa County Behavioral Risk Factor Survey. First, respondents were asked if they had participated in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise during the past month. Those who had done some type of physical activity were asked how many times per week or per month they had done their most prominent physical activity and how long they usually exercised. The results for these questions are presented in Table 13. Overall, 20.2% of the respondents claimed that they had not participated in any physical activity in the past month. Of those who had done some kind of physical activity, the average number of times exercised was 11, and the average length of time spent in the activity was 50 minutes. As can be seen in the table, several significant differences exist according to area, gender, race, age, education, and income.

Area: Respondents living in the Coopersville/Allendale area exercised for 56 minutes compared with 46 minutes for the respondents living in the Grand Haven/Spring Lake area.

Gender: Of the proportion of the sample who did exercise, men tended to exercise for longer periods of time on average than did women (58 minutes vs. 43 minutes, respectively).

Age: As age increases, so does the likelihood of no physical activity (6.6% for 18 to 24 year olds, 35.7% for 75 year olds and over.) Of those who exercised, 18 to 24 year olds exercised a few more days on average (14 times compared to 45 to 54 year olds who participated 9 times on average) and exercised for longer periods of time (65 minutes on average compared to 40 minutes for both 45 to 54 year olds and those aged 75 and over).

Education: A significantly larger proportion of respondents with lower levels of education reported that they were involved in no physical activity than those with higher educational levels. While approximately one-third of those with less than a high school education participated in no physical activity, only 12.8% of the college graduates had not exercised over the past month.

Income: In general, those with lower incomes are less likely to participate in physical activities than those with higher incomes (29.4% for less than \$10,000 vs. 11.3% for \$75,000 or more).

Alcohol Consumption

The Ottawa County Behavioral Risk Factor Survey included several questions regarding respondents' alcohol consumption, frequency and quantity of drinking, and frequency of binge drinking as well as drinking and driving. To determine the prevalence of risks related to heavy drinking, both the frequency and quantity of drinking had to be taken into account. In order to measure this, we asked two questions. First, we asked respondents the number of days they had drunk any beer, wine, wine coolers, cocktails, or liquor within the past month. Those who had not drunk at all were classified as "abstainers" and were not asked any of the follow-up questions. Those who said they had drunk at least one day were asked how many drinks they drank on average on those days when they did drink. For purposes of data analysis, the responses for this question were coded into the following categories: one day a month, two to three

days a month, about one day a week, two to three days a week, or almost every day. The total consumption of alcohol was calculated as the product of these two responses. To do this, meaningful numbers were assigned to the drinking frequencies categories: one day a month = 1, two to three days a month = 2.5, about one day a week = 4.25, two to three days a week = $(2.5 \times 4.25) = 10.6$, and almost every day = $(6.5 \times 4.25) = 27.6$ days per month. Thus, the product of the transformed approximate number of days of drinking per month and the average number of drinks on those days represents the approximate number of drinks consumed per month.

Using the criteria from the MBRFS and the Department of Public Health, respondents were categorized as being heavy drinkers if the product of the frequency and average quantity of their drinking was 60 or more drinks per month. Moderate drinkers were those who drank between 10 and 59 drinks per month, and light drinkers were persons who drank between 1 and 9 drinks per month. The results of this classification system are displayed in Table 14. Overall, 48.8% of the respondents were abstainers, 20.8% were light drinkers, 24.3% were moderate drinkers, and 6.1% were heavy drinkers. The table also indicates that the percentages of persons in the various drinking status categories is not evenly distributed across demographic variables.

Gender: While approximately half of all respondents, regardless of gender, are abstainers, men are more likely than women to be moderate (31.2% vs. 17.4%, respectively) or heavy (10.2% vs. 2.0%, respectively) drinkers. Accordingly, a larger percentage of women than men are classified as light drinkers (25.0% vs. 16.6%, respectively).

Age: In general, persons in older age categories are more likely to be classified as abstainers than respondents in younger age categories. 18

to 34 year olds are more likely to be classified as heavy drinkers (12.8% and 8.5%) than those 75 years old and over (2.4%).

Education: Those with less than a high school education are more likely to be abstainers (62.2%) or heavy drinkers (13.4%).

Income: As income level increases, the likelihood that a respondent is categorized as an abstainer decreases (29.2% for \$75,000 and over vs. 62.5% for less than \$10,000).

In addition to assessing typical drinking patterns, the Ottawa County survey looked at the prevalence of binge drinking and drinking and driving episodes, which can easily result in injury to self and others. The MBRFS defined binge drinking as consuming five or more drinks on a single occasion. Although it may be interesting to evaluate the actual number of items each of the above happened in the past month, the focus for the present analysis, as in the 1994 report, is on whether each happened at least once. This reduces the margin of error of personal judgements on how many times each has actually happened, given the nature of the items at hand.

The results concerning the prevalence of binge drinking and drinking and driving are presented in Table 15. As shown, 16.3% of all respondents had at least one episode of binge drinking and 3.1% drove drunk in the past month. Table 15 also shows that the prevalence of binge drinking and drinking and driving varied by demographic variables.

Area: Respondents living in the Coopersville/Allendale area were more likely to have had an episode of binge drinking (20.0%) than respondents living in the Jenison/Hudsonville area (12.5%).

Gender: Men were more likely than women to binge drink (23.5% vs. 9.1%, respectively) and were far more likely to drink and drive (5.6% and 0.7%, respectively).

Race: Caucasians were less likely than respondents from other racial groups to binge drink (15.3% vs. 29.4%) and drink and drive (3.0% vs. 5.9%).

Age: Respondents in younger age groups are more likely to binge drink and drink and drive compared to respondents in older age groups. 33.6% of those between the ages of 18 and 24 had at least one occasion of binge drinking, only 2.3% of those aged 75 and older did so.

Seatbelt Use

As seatbelts have been shown to reduce the risk of injury in traffic accidents, the Ottawa County survey included a question concerning the frequency with which respondents wear their seatbelts. We asked participants how often they wear seatbelts when they drive or ride in a car. The responses to this question are displayed in Table 16. Overall, 84.7% indicated that they always wear their seatbelts. Another 9.3% nearly always wear their seatbelts, while 2.3% said they sometimes wear them. A minority of respondents said they wear their seatbelts seldom (1.9%) or never (1.9%). There were no statistically significant differences across demographic variables.

Dental Care

Interviewers asked respondents four questions to evaluate their typical dental care practices. First, participants were asked how long it had been since they visited a dentist or dental clinic for any reason. If it had been over two years since their last visit, we asked for the reason they had not been. The results for these two questions may be found in Table 17. As can be seen, 91.6% of the respondents had had a visit in the past 2 years. Of the 8.4% of the respondents who had not gone, 21.3% said they were too busy, 18.9% could not pay for services, 9.8% did not want to go or feared treatment. Table 17 shows that the

proportion of persons having dental visits varied by area, age, education and income. In addition, the reasons people did not have dental visits varied by age.

Area: Respondents living in the Grand Haven/Spring Lake (93.0%) and Jenison/Hudsonville (92.5%) areas were slightly more likely to have had a visit in the past two years than those living in Coopersville/Allendale (89.4%) and Holland/Zeeland (89.8%).

Age: As age increases, so does the likelihood that the respondent did not have a dental visit within the past two years (95.9% for 18 to 24 year olds vs. 80.4% for 75 year olds and over). Older respondents were more likely to not visit the dentist for other reasons. Specifically, they have dentures.

Education: Those with less than a high school education were less likely than the rest of the respondents to have had a dental checkup within the past two years.

Income: As income increases, so does the likelihood that the respondent had a dental visit within the past two years (67.7% for less than \$10,000 vs. 97.2% for \$75,000 or more).

Respondents were asked how long it had been since they had their teeth cleaned (Table 18). This was a new question in 1999. Overall, 83.8% had their teeth cleaned within the past year.

Age: Three-fourths of the respondents in the 25 to 34 year old age group had their teeth cleaned within the past year compared with 90.1% of those aged 35 to 44.

Education: Respondents with less than a high school education were less likely to have their teeth cleaned within the past two years.

Income: Those with lower incomes were less likely to have their teeth cleaned within the past two years.

Finally, respondents were asked if they had a toothache, bleeding gums, sore jaw, or painful aching in their mouth during the past year. This was a new question in 1999. Overall, 20.5% had one or more of these problems within the past year (Table 19). Differences existed in area and age.

Area: Those living in Grand Haven/Spring Lake were more likely to have had problems (27.1%) than those respondents living in Jenison/Hudsonville (16.7%).

Age: As age decreases, so do the instances of toothaches, bleeding gums, sore jaws, or painful aching (25.4% for 18 to 24 year olds vs. 10.0 for 75 year olds and over).

Summary

Table 20 presents a comparison of the prevalence of the various health practices and risk factors discussed thus far between Ottawa County (1999) and the State of Michigan (1997). As can be seen in the table, the most common risk factor was being overweight (30.4%) followed by physical inactivity (20.2%), smoking (16.5%), binge drinking (16.3%), heavy drinking (6.1%), seatbelt non-use (3.8%), and drinking and driving (3.1%). Ottawa County has a lower overall number of current smokers (16.5%) compared to Michigan (26.0%), and fewer people who seldom or never use their seatbelt (3.8%) compared to Michigan (27.7%). Table 20 also presents the prevalence rate for two health condition factors. Both the prevalence rates for never having blood cholesterol checked and ever being told that blood pressure is high are similar to those found in the state of Michigan.

As people may often have more than one of the above risk factors, which may interact with one another and cause more serious problems (for example, smoking and high blood pressure), we totaled the number of risk factors for each individual. By combining the risk factors for each person, the actual population that is "risk free" according to these measures can be more accurately assessed. As shown in Table 21, first the behavior-related risk factors were counted,

followed by risks under health conditions, and the combined total. The table shows that over a third of the sample (39.8%) had not had any of the behavioral risk factors (down nearly ten points from 1994), one third had one (36.9%), 14.6% had two, and 8.7% had three or more. With regard to the health conditions of not having blood cholesterol checked and ever being told that blood pressure was high, over half (56.0%) did not have either one of them, 42.4% had one, and 1.6% had both. The item "never having blood cholesterol checked" probably overestimates the risk as few of those who do not get their cholesterol checked have high levels and are at risk for health problems as a result, as noted in the 1994 report. Therefore, this item was not included in calculating the combined total of behavioral and health risk factors. As such, Table 21 shows that overall, 33.8% of the respondents had no risk factors, 34.8% had one, 18.8% had two, and 12.7% had three or more of the risk factors.

We also compared the number of risk factors by each of the demographic variables. The results are displayed in Table 22, which show that:

Gender: In general, men have more risk factors than do women; 37.3% of women have no risk factors, while 30.1% of men have no risk factors. Men also are more likely to have three (11.1%) or four (3.8%) risk factors than are women (6.7% and 1.2%, respectively).

Race: Caucasians are more likely to have no risk factors (35.0%) compared with persons of other races (14.7%).

Education: People with more education have fewer risk factors than people with less education. 42.6% of college graduates have no risk factors compared with 23.5% of those with less than a high school education.

Income: People with higher incomes have fewer risk factors than people with lower incomes. 44.3% of those with incomes \$75,000 or more have no risk factors, while 23.5% of those with incomes less than \$10,000 have no risk factors.

We compared respondents' subjective health assessments and their number of behavioral risk factors to evaluate whether their assessments actually reflected their combined risk status. The results are presented in Table 23. As can be seen, the number of behavioral risk factors did vary inversely with respondents' perceived health status. More specifically, of those who describe their health as excellent, 49.5% had no risk factors, 31.8% had one, and 18.7% had two or more. Conversely, of those who described their general health status as poor, 90.9% had two or more risk factors, and the other 9.1% had one.

Table 10 Prevalence of Current Status Regarding Cigarette Smoking,
By Demographic Characteristics

CHARACTERISTIC	Smoking Status			Quit Ratio	Average Number of Cigarettes Smoked Per Day
	Current	Former	Never		
Overall (n=800)	16.5%	24.0%	59.2%	59.3%	16
Area					
Grand Haven/Spring Lake (n=200)	16.0	33.0	51.0*	67.3	17
Coopersville/Allendale (n=200)	19.0	23.5	57.5	55.3	16
Jenison/Hudsonville (n=200)	16.0	19.5	64.0	54.9	16
Holland/Zeeland (n=200)	15.0	20.0	62.5	57.1	14
Gender					
Male (n=392)	20.3	26.3	53.1*	56.4	17
Female (n=405)	12.8	21.7	65.2	62.9	15
Race					
White (n=758)	15.2*	24.5	60.0	61.7	16
Other (n=34)	35.3	17.6	47.1	33.3	19
Age					
18 - 24 yrs. old (n=122)	28.7*	9.8	61.5*	25.5	11
25 - 34 yrs old (n=176)	19.3	14.8	64.8	43.4	16
35 - 44 yrs. old (n=172)	16.9	30.8	52.3	64.6	21
45 - 54 yrs. old (n=115)	13.0	34.8	52.2	72.8	19
55 - 64 yrs. old (n=104)	12.5	30.8	56.7	71.1	16
65 - 74 yrs. old (n=61)	9.8	32.8	65.5	77.0	13
75 + yrs. old (n=43)	0.0	30.2	69.0	100.0	0
Education					
Less than H.S. (n=85)	20.0*	17.6	37.6*	46.8	20
High School Graduate (n=245)	24.1	22.9	52.2	48.7	17
Some College (n = 225)	15.6	27.6	56.3	63.9	15
College Graduate (n=242)	8.7	24.0	67.4	73.4	12
Income					
Less than \$10,000 (n=34)	35.3	17.6	44.1	33.3	13
\$10,000 - 14,000 (n=42)	16.7	11.9	70.7	41.6	15
\$15,000 - 19,999 (n=50)	20.0	16.0	62.0	44.4	13
\$20,000 - 24,999 (n=41)	22.0	19.5	58.5	47.0	15
\$25,000 - 34,999 (n=110)	22.7	24.5	52.7	51.9	14
\$35,000 - 49,999 (n=148)	16.2	21.6	62.2	57.1	23
\$50,000 - 74,999 (n=166)	15.1	30.7	54.2	67.0	17
\$75,000 or More (n=106)	9.4	30.2	59.6	76.3	12

*p (x²) < .05

Table 11

% Distribution of Weight Status, by Demographic Characteristics

CHARACTERISTIC	Overweight	Ideal Range	Underweight
Overall (n=800)	30.4%	64.4%	5.2%
Area			
Grand Haven/Spring Lake (n=200)	35.8	60.0	4.2
Coopersville/Allendale (n=200)	27.3	68.6	4.1
Jenison/Hudsonville (n=200)	28.0	65.8	6.2
Holland/Zeeland (n=200)	30.5	63.2	6.3
Gender			
Male (n=392)	31.8	64.4	3.8
Female (n=405)	28.9	64.5	6.6
Race			
White (n=758)	29.8	65.2	4.9
Other (n=34)	40.6	50.0	9.4
Age*			
18 - 24 yrs. old (n=122)	20.0	71.7	8.3
25 - 34 yrs old (n=176)	28.7	64.3	7.0
35 - 44 yrs. old (n=172)	24.2	70.9	4.8
45 - 54 yrs. old (n=115)	43.0	53.3	3.7
55 - 64 yrs. old (n=104)	36.6	61.4	2.0
65 - 74 yrs. old (n=61)	44.1	54.2	1.7
75 + yrs. old (n=43)	25.6	66.7	7.7
Education*			
Less than H.S. (n=85)	31.7	57.3	11.0
High School Graduate (n=245)	35.1	61.8	3.1
Some College (n = 225)	30.9	65.4	3.7
College Graduate (n=242)	25.2	68.1	6.7
Income			
Less than \$10,000 (n=34)	41.2	52.9	5.9
\$10,000 - 14,000 (n=42)	21.4	71.4	7.1
\$15,000 - 19,999 (n=50)	28.3	65.2	6.5
\$20,000 - 24,999 (n=41)	33.3	56.4	10.3
\$25,000 - 34,999 (n=110)	37.7	60.4	1.9
\$35,000 - 49,999 (n=148)	31.9	63.2	4.9
\$50,000 - 74,999 (n=166)	30.4	62.7	6.8
\$75,000 or More (n=106)	25.7	71.4	2.9

* $p(x^2) < .05$

Table 12

% Distribution of Respondents Trying to Lose Weight,
by Demographic Characteristics

CHARACTERISTIC	Trying to Lose Weight	Have Increased Physical Activity to Lose Weight (of those trying to lose)
Overall (n=800)	45.7%	59.3%
Area		
Grand Haven/Spring Lake (n=200)	51.5	62.1
Coopersville/Allendale (n=200)	47.5	51.6
Jenison/Hudsonville (n=200)	44.2	57.5
Holland/Zeeland (n=200)	38.5	66.7
Gender		
Male (n=392)	37.5*	54.4
Female (n=405)	53.6	62.6
Race		
White (n=758)	45.7	59.2
Other (n=34)	50.0	56.3
Age		
18 - 24 yrs. old (n=122)	32.5*	82.1*
25 - 34 yrs old (n=176)	35.2	66.1
35 - 44 yrs. old (n=172)	47.7	56.8
45 - 54 yrs. old (n=115)	60.0	64.3
55 - 64 yrs. old (n=104)	51.9	52.8
65 - 74 yrs. old (n=61)	54.2	53.1
75 + yrs. old (n=43)	52.4	23.8
Education		
Less than H.S. (n=85)	46.3	50.0
High School Graduate (n=245)	48.0	56.4
Some College (n = 225)	49.6	62.2
College Graduate (n=242)	39.7	62.5
Income		
Less than \$10,000 (n=34)	50.0	68.8
\$10,000 - 14,000 (n=42)	35.9	71.4
\$15,000 - 19,999 (n=50)	51.0	45.8
\$20,000 - 24,999 (n=41)	51.2	47.6
\$25,000 - 34,999 (n=110)	42.7	60.4
\$35,000 - 49,999 (n=148)	42.6	52.4
\$50,000 - 74,999 (n=166)	48.8	70.4
\$75,000 or More (n=106)	45.3	66.7

* $p(x^2) < .05$

Table 13 Prevalence of Physical Activity, in Past Month, by Demographic Characteristics

CHARACTERISTIC	No Activity	Average Number of Times Exercised	Average Number of Minutes Exercised
Overall (n=800)	20.2%	11	50
Area			
Grand Haven/Spring Lake (n=200)	18.0	12	46*
Coopersville/Allendale (n=200)	20.5	12	56
Jenison/Hudsonville (n=200)	21.5	10	49
Holland/Zeeland (n=200)	20.6	10	49
Gender			
Male (n=392)	18.7	11	58*
Female (n=405)	21.6	11	43
Race			
White (n=758)	19.5*	11	50
Other (n=34)	41.2	10	51
Age			
18 - 24 yrs. old (n=122)	6.6*	14*	65*
25 - 34 yrs old (n=176)	15.3	11	56
35 - 44 yrs. old (n=172)	20.9	11	47
45 - 54 yrs. old (n=115)	25.2	9	40
55 - 64 yrs. old (n=104)	23.1	12	43
65 - 74 yrs. old (n=61)	30.0	13	39
75 + yrs. old (n=43)	35.7	10	40
Education			
Less than H.S. (n=85)	33.7*	11	47
High School Graduate (n=245)	27.5	10	52
Some College (n = 225)	15.1	12	48
College Graduate (n=242)	12.8	12	52
Income			
Less than \$10,000 (n=34)	29.4*	13	52
\$10,000 - 14,000 (n=42)	21.4	11	61
\$15,000 - 19,999 (n=50)	34.0	10	55
\$20,000 - 24,999 (n=41)	24.4	11	48
\$25,000 - 34,999 (n=110)	20.0	13	51
\$35,000 - 49,999 (n=148)	18.2	11	50
\$50,000 - 74,999 (n=166)	18.1	11	50
\$75,000 or More (n=106)	11.3	12	47

*p (x²) < .05

Table 14 % Distribution of Current Drinking Status, by Demographic Characteristics

CHARACTERISTIC	Abstainer	Light	Moderate	Heavy
Overall (n=800)	48.8%	20.8%	24.3%	6.1%
Area				
Grand Haven/Spring Lake (n=200)	49.5	17.7	27.8	5.1
Coopersville/Allendale (n=200)	44.9	20.9	26.0	8.2
Jenison/Hudsonville (n=200)	56.1	24.0	16.3	3.6
Holland/Zeeland (n=200)	44.7	20.8	26.9	7.6
Gender*				
Male (n=392)	41.9	16.6	31.2	10.2
Female (n=405)	55.6	25.0	17.4	2.0
Race				
White (n=758)	48.7	21.1	24.4	5.8
Other (n=34)	52.9	17.6	14.7	14.7
Age*				
18 - 24 yrs. old (n=122)	47.9	10.3	29.1	12.8
25 - 34 yrs old (n=176)	38.1	27.3	26.1	8.5
35 - 44 yrs. old (n=172)	38.4	26.7	29.1	5.8
45 - 54 yrs. old (n=115)	51.8	27.7	18.8	1.8
55 - 64 yrs. old (n=104)	55.8	14.4	26.9	2.9
65 - 74 yrs. old (n=61)	72.9	13.6	10.2	3.4
75 + yrs. old (n=43)	73.2	9.8	14.6	2.4
Education*				
Less than H.S. (n=85)	62.2	12.2	12.2	13.4
High School Graduate (n=245)	53.5	17.0	24.1	5.4
Some College (n = 225)	45.9	24.1	25.0	5.0
College Graduate (n=242)	41.5	24.9	28.2	5.4
Income*				
Less than \$10,000 (n=34)	62.5	9.4	25.0	3.1
\$10,000 - 14,000 (n=42)	74.4	7.7	12.8	5.1
\$15,000 - 19,999 (n=50)	71.4	8.2	6.1	14.3
\$20,000 - 24,999 (n=41)	60.0	15.0	17.5	7.5
\$25,000 - 34,999 (n=110)	43.6	17.3	31.8	7.3
\$35,000 - 49,999 (n=148)	49.0	21.8	23.1	6.1
\$50,000 - 74,999 (n=166)	39.6	28.7	24.4	7.3
\$75,000 or More (n=106)	29.2	27.4	37.7	5.7

* $p(x^2) < .05$

Table 15

Prevalence of Binge Drinking, and Drinking and Driving,
by Demographic Characteristics

CHARACTERISTIC	Binge Drinking	Drinking & Driving
Overall (n=800)	16.3%	3.1%
Area		
Grand Haven/Spring Lake (n=200)	16.0*	2.5
Coopersville/Allendale (n=200)	20.0	3.0
Jenison/Hudsonville (n=200)	12.5	3.0
Holland/Zeeland (n=200)	16.5	4.0
Gender		
Male (n=392)	23.5*	5.6*
Female (n=405)	9.1	0.7
Race		
White (n=758)	15.3*	3.0*
Other (n=34)	29.4	5.9
Age		
18 - 24 yrs. old (n=122)	33.6*	1.6*
25 - 34 yrs old (n=176)	23.3	5.7
35 - 44 yrs. old (n=172)	17.4	4.7
45 - 54 yrs. old (n=115)	8.7	3.5
55 - 64 yrs. old (n=104)	4.8	1.0
65 - 74 yrs. old (n=61)	1.6	0.0
75 + yrs. old (n=43)	2.3	0.0
Education		
Less than H.S. (n=85)	20.0*	3.5
High School Graduate (n=245)	14.3	1.6
Some College (n = 225)	14.7	3.6
College Graduate (n=242)	18.6	4.1
Income		
Less than \$10,000 (n=34)	11.8*	8.8*
\$10,000 - 14,000 (n=42)	14.3	4.8
\$15,000 - 19,999 (n=50)	14.0	2.0
\$20,000 - 24,999 (n=41)	9.8	0.0
\$25,000 - 34,999 (n=110)	23.6	0.0
\$35,000 - 49,999 (n=148)	14.2	2.7
\$50,000 - 74,999 (n=166)	20.5	4.2
\$75,000 or More (n=106)	18.9	7.5

* $p(x^2) < .05$

Table 16

% Distribution of Seatbelt Use Frequency, by Demographic Characteristics

CHARACTERISTIC	Always	Nearly Always	Sometimes	Seldom	Never
Overall (n=800)	84.7%	9.3%	2.3%	1.9%	1.9%
Area					
Grand Haven/Spring Lake (n=200)	84.0	11.0	1.5	1.5	2.0
Coopersville/Allendale (n=200)	82.0	10.0	4.0	2.5	1.5
Jenison/Hudsonville (n=200)	88.4	7.6	1.0	1.5	1.5
Holland/Zeland (n=200)	84.3	8.6	2.5	2.0	2.5
Gender					
Male (n=395)	78.6	11.7	3.8	2.8	3.1
Female (n=405)	90.6	6.9	0.7	1.0	0.7
Race					
White (n=758)	84.9	9.3	2.1	2.0	1.7
Other (n=34)	79.4	11.8	5.9	0.0	2.9
Age					
18 - 24 yrs. old (n=122)	78.7	11.5	4.1	2.5	3.3
25 - 34 yrs. old (n=176)	80.1	14.8	2.8	1.1	1.1
35 - 44 yrs. old (n=172)	82.6	12.2	0.6	1.2	3.5
45 - 54 yrs. old (n=115)	90.4	2.6	3.5	2.6	0.9
55 - 64 yrs. old (n=104)	85.6	7.7	1.9	2.9	1.9
65 - 74 yrs. old (n=61)	93.2	1.7	1.7	3.4	0.0
75 + yrs. old (n=43)	100.0	0.0	0.0	0.0	0.0
Education					
Less than H.S. (n=85)	84.5	7.1	0.0	2.4	6.0
High School Graduate (n=245)	80.3	13.1	1.6	2.9	2.0
Some College (n=225)	87.4	8.1	2.7	1.3	0.4
College Graduate (n=242)	86.4	7.4	3.3	1.2	1.7
Income					
Less Than \$10,000 (n=34)	97.1	0.0	0.0	2.9	0.0
\$10,000 - 14,999 (n=42)	82.9	14.6	0.0	2.4	0.0
\$15,000 - 19,999 (n=50)	83.7	10.2	0.0	2.0	4.1
\$20,000 - 24,999 (n=41)	87.5	7.5	0.0	2.5	2.5
\$25,000 - 34,999 (n=110)	80.0	10.9	7.3	0.9	0.9
\$35,000 - 49,999 (n=148)	80.4	14.2	1.4	2.7	1.4
\$50,000 - 74,999 (n=166)	86.7	6.6	3.6	1.8	1.2
\$75,000 or More (n=106)	86.8	5.7	1.9	1.9	3.8

*p (χ^2) < .05

Table 17

% Distribution of Dental Visits and Reasons for Not Having Them,
by Demographic Characteristics

CHARACTERISTIC	Had Dental Visit in Past 2 Years	Reasons of Persons Not Having Had Checkup			
		Can't Pay	Fear of Dental Treatment	Too Busy	Other
Overall (n=800)	91.6%	18.9%	9.8%	21.3%	50.1%
Area					
Grand Haven/Spring Lake (n=200)	93.0*	17.9	10.7	32.1	39.3
Coopersville/Allendale (n=200)	89.4	23.5	2.9	17.6	56.0
Jenison/Hudsonville (n=200)	92.5	19.0	19.0	9.5	52.5
Holland/Zeeland (n=200)	89.8	15.4	10.3	23.1	51.2
Gender					
Male (n=392)	91.8	20.0	12.3	26.2	41.5
Female (n=405)	91.3	17.5	7.0	15.8	59.7
Race					
White (n=758)	91.8	18.4	8.8	20.2	52.6
Other (n=34)	85.3	33.3	33.3	16.7	0.0
Age					
18 - 24 yrs. old (n=122)	95.9*	15.4*	15.4*	30.8*	38.4*
25 - 34 yrs old (n=176)	88.6	20.9	9.3	34.9	34.9
35 - 44 yrs. old (n=172)	94.7	23.1	30.8	15.4	30.7
45 - 54 yrs. old (n=115)	94.8	28.6	14.3	14.3	42.8
55 - 64 yrs. old (n=104)	93.2	31.3	0.0	12.5	43.8
65 - 74 yrs. old (n=61)	82.5	0.0	0.0	0.0	66.7
75 + yrs. old (n=43)	80.4	0.0	0.0	11.1	88.9
Education					
Less than H.S. (n=85)	77.2*	14.3	10.7	10.7	46.4
High School Graduate (n=245)	90.2	15.8	13.2	28.9	42.1
Some College (n = 225)	94.6	26.9	0.0	26.9	46.2
College Graduate (n=242)	94.6	20.0	13.3	16.7	50.0
Income					
Less than \$10,000 (n=34)	67.7*	25.0	8.3	0.0	33.3
\$10,000 - 14,000 (n=42)	82.1	22.2	0.0	0.0	66.7
\$15,000 - 19,999 (n=50)	81.2	42.9	14.6	14.3	28.5
\$20,000 - 24,999 (n=41)	85.4	14.3	7.1	42.9	35.7
\$25,000 - 34,999 (n=110)	93.6	27.8	16.7	16.7	38.8
\$35,000 - 49,999 (n=148)	93.9	16.7	16.7	20.8	45.8
\$50,000 - 74,999 (n=166)	97.6	0.0	11.1	33.3	55.6
\$75,000 or More (n=106)	97.2	0.0	0.0	57.1	42.9

*p (x²) < .05

Table 18 % Distribution of Dental Teeth Cleaning by Demographic Characteristics

CHARACTERISTIC	Had Teeth Cleaned in Past Year
Overall (n=800)	83.8%
Area	
Grand Haven/Spring Lake (n=200)	83.7
Coopersville/Allendale (n=200)	83.0
Jenison/Hudsonville (n=200)	79.5
Holland/Zeeland (n=200)	89.2
Gender	
Male (n=395)	81.7
Female (n=405)	85.9
Race	
White (n=758)	83.9
Other (n=34)	83.9
Age*	
18 - 24 yrs. old (n=122)	85.1
25 - 34 yrs. old (n=176)	75.0
35 - 44 yrs. old (n=172)	90.1
45 - 54 yrs. old (n=115)	87.0
55 - 64 yrs. old (n=104)	84.2
65 - 74 yrs. old (n=61)	81.8
75 + yrs. old (n=43)	84.6
Education*	
Less than H.S. (n=85)	75.3
High School Graduate (n=245)	80.5
Some College (n=225)	87.0
College Graduate (n=242)	86.7
Income*	
Less Than \$10,000 (n=34)	63.3
\$10,000 - 14,999 (n=42)	78.9
\$15,000 - 19,999 (n=50)	76.1
\$20,000 - 24,999 (n=41)	61.0
\$25,000 - 34,999 (n=110)	83.3
\$35,000 - 49,999 (n=148)	80.0
\$50,000 - 74,999 (n=166)	95.2
\$75,000 or More (n=106)	90.6

*p (x²) < .05

Table 19

% Distribution of Toothache, Bleeding Gums, Sore Jaw, or Painful Aching in Past Year by Demographic Characteristics

CHARACTERISTIC	Had Problem
Overall (n=800)	20.5%
Area*	
Grand Haven/Spring Lake (n=200)	27.1
Coopersville/Allendale (n=200)	20.1
Jenison/Hudsonville (n=200)	16.7
Holland/Zeland (n=200)	18.1
Gender	
Male (n=395)	21.9
Female (n=405)	19.2
Race	
White (n=758)	20.5
Other (n=34)	26.5
Age*	
18 - 24 yrs. old (n=122)	25.4
25 - 34 yrs. old (n=176)	25.6
35 - 44 yrs. old (n=172)	23.8
45 - 54 yrs. old (n=115)	13.0
55 - 64 yrs. old (n=104)	13.5
65 - 74 yrs. old (n=61)	20.3
75 + yrs. old (n=43)	10.0
Education	
Less than H.S. (n=85)	27.4
High School Graduate (n=245)	19.0
Some College (n=225)	18.3
College Graduate (n=242)	21.9
Income	
Less Than \$10,000 (n=34)	14.7
\$10,000 - 14,999 (n=42)	15.0
\$15,000 - 19,999 (n=50)	14.3
\$20,000 - 24,999 (n=41)	14.6
\$25,000 - 34,999 (n=110)	24.5
\$35,000 - 49,999 (n=148)	29.1
\$50,000 - 74,999 (n=166)	20.5
\$75,000 or More (n=106)	17.0

*p (χ^2) < .05

Table 20 Risk Factor Prevalence Rates for Ottawa County and Michigan

RISK FACTORS	% in Ottawa County in 1999	% in Ottawa County in 1994	% in Michigan in 1997
Behavior Related			
Overweight	30.4%	20.5%	34.9%
Physical Inactivity	20.2	19.4	23.3**
Smoking	16.5	14.4	26.0
Binge Drinking	16.3	12.1	18.9
Seatbelt Non-use (seldom or never)	3.8	3.9	27.7
Heavy Drinking	6.1	3.3	3.8
Drinking and Driving	3.1	3.3	3.5
Health Condition			
Cholesterol Never Checked	25.0	29.8	24.4
Ever Told Blood Pressure High	21.8	20.8	23.3

** % in Michigan in 1996. 1997 figures not available.

Table 21 % Distribution of Numbers of Risk Factors by Type (1999/1994)

Numbers of Risk Factors	0	1	2	3 or more	Total
Behavior-Related	39.8%/48.9%	36.9%/33.4%	14.6%/12.8%	8.7%/4.9%	100.0%
Health Conditions	56.0/52.9	42.4/44.6	1.6/2.5	N.A./N.A.	100.0
Combined Total (- No Cholesterol Check)	33.8/41.7	34.8/32.0	18.8/18.3	12.7/8.0	100.0

N.A. = Not Applicable

Table 22 % Distribution of Numbers of Behavior Risk Factors, by Demographic Characteristics

CHARACTERISTIC	Number of Behavior Risk Factors					
	0	1	2	3	4	5 or More
Overall (n=800)	33.8%	34.8%	18.8%	8.9%	2.5%	1.4%
Area of County						
Grand Haven/Spring Lake (n=200)	32.0	34.5	21.0	9.5	2.5	0.5
Coopersville/Allendale (n=200)	34.5	32.0	20.5	7.0	4.5	1.5
Jenison/Hudsonville (n=200)	35.5	35.5	18.0	8.0	2.0	1.0
Holland/Zeeland (n=200)	33.0	37.0	15.5	11.0	1.0	2.5
Gender*						
Male (n=395)	30.1	32.4	20.0	11.1	3.8	2.5
Female (n=405)	37.3	37.0	17.5	6.7	1.2	0.2
Race*						
White (n=758)	35.0	34.6	18.9	8.2	2.2	1.2
Other (n=34)	14.7	35.3	17.6	17.6	8.8	5.9
Age						
18 - 24 yrs. old (n=112)	41.0	25.4	16.4	11.5	3.3	2.5
25 - 34 yrs. old (n=176)	33.0	35.2	20.5	8.5	1.1	1.7
35 - 44 yrs. old (n=172)	37.2	37.2	13.4	8.1	2.3	1.7
45 - 54 yrs. old (n=115)	32.2	33.0	24.3	5.2	4.3	0.9
55 - 64 yrs. old (n=104)	32.7	37.5	16.3	10.6	2.9	0.0
65 - 74 yrs. old (n=61)	24.6	32.8	29.5	9.8	1.6	1.6
75 + yrs. old (n=43)	23.3	48.8	14.0	11.6	2.3	0.0
Education*						
Less than H.S. (n=85)	23.5	31.8	22.4	14.1	2.4	5.9
High School Graduate (n=245)	26.5	38.8	16.3	13.5	3.7	1.2
Some College (n=225)	36.0	34.7	21.3	4.4	2.7	0.9
College Graduate (n=242)	42.6	31.8	17.4	6.6	1.2	0.4
Income*						
Less Than \$10,000 (n=34)	23.5	20.6	26.5	20.6	8.8	0.0
\$10,000 - 14,999 (n=42)	42.9	23.8	19.0	9.5	0.0	4.8
\$15,000 - 19,999 (n=50)	24.0	28.0	36.0	10.0	0.0	2.0
\$20,000 - 24,999 (n=41)	24.4	36.6	26.8	9.8	2.4	0.0
\$25,000 - 34,999 (n=110)	20.9	42.7	20.9	11.8	2.7	0.9
\$35,000 - 49,999 (n=148)	36.5	32.4	17.6	9.5	2.7	1.4
\$50,000 - 74,999 (n=166)	34.3	37.3	16.9	6.0	4.2	1.2
\$75,000 or More (n=106)	44.3	28.3	16.0	7.5	0.9	2.8

*p (x²) < .05

Table 23 % Distribution of Numbers of Behavior Risk Factors,
by Subjective Health Status

PERCEIVED HEALTH STATUS	Number of Behavior Risk Factors			Total
	0	1	2 or More	
Excellent	49.5%	31.8%	18.7%	100.0%
Very Good	36.0	36.3	27.7	100.0
Good	22.9	36.0	41.1	100.0
Fair	11.1	37.8	51.1	100.0
Poor	0.0	9.1	90.9	100.0

*p (χ^2) < .05

**PREVENTION &
DETECTION BEHAVIORS**

PREVENTION AND DETECTION BEHAVIORS

Routine Medical Checkup

We asked respondents how long it had been since they last had a routine medical checkup (Table 24). This was a new question for 1999. Overall, 75.5% had a checkup within the past year, 10.6% had a checkup within the past two years, 7.4% had a checkup within the past five years, and 6.0% had a checkup over five years ago. Differences existed within gender and age.

Gender: Women (83.2) were more likely than men (68.0%) to have had a checkup within the past year.

Age: Respondents aged 25 to 44 were less likely to have had a checkup within the past year than were people of other ages.

Mammography

Because of the current stress on early detection of breast cancer in women for increased success in treatment, women were asked two questions regarding mammograms. First, we asked whether they had ever had a mammogram. To those who responded affirmatively, we asked how long it had been since their most recent mammogram.

The American Cancer Society recommends that women between the ages of 35 and 39 should get a baseline mammogram performed, that women between 40 and 49 should have screening mammograms done every one to two years, and those aged 50 and older should have one done annually. For these reasons, analyses have been done separately for women 35 and older and those under 35 years of age. The results are shown in Table 25 and Table 26 respectively. As can be seen in Table 25, 84.8% of women over the age of 35

have had mammograms. Of these women, 71.5% have had them within the past year, and another 12.1% have had them one to two years prior to the interview. As would be expected, the percentage of women ever having mammograms generally increases with age. 64.0% of 35 to 44 year olds have had a mammogram, while more than 90% of women in all other age groups have had one.

Table 26 shows that 17.0% of the women aged 18 to 34 have had mammograms. Of these women, 57.9% have had mammograms within the past year.

Breast Exams

The Ottawa County Behavioral Risk Factor Survey also included two questions concerning the length of time since the women had last had a breast exam, as well as their reasons for having them. As can be seen in Table 27, 96.7% of the female respondents had had a breast exam, with 81.7% of them being within the past year, and another 7.6% being between one and two years prior to the interview. Women under the age of 75 were more likely to have had a breast exam within the last year (78.8% to 85.7%) compared with women 75 and over (65.5%).

95.7% of women had a breast exam as part of a routine checkup, 3.7% had one because of a problem that was not cancer related, and 0.5% had one because they have already had breast cancer. As can be seen in Table 28, no significant differences were found across demographic variables as to the reasons why respondents had breast exams.

Pap Tests

The final questions relating to women's health issues dealt with Pap tests, which are designed to detect cancer of the cervix. Female respondents were first asked if they had ever had a Pap test, and those who responded affirmatively were subsequently asked how recently they had their last one and why they had it done. Overall, 96.0% of the women in the survey have had at least one Pap test (Table 29). A total of 79.1% of those women had one within the past year, 10.5% between one and two years previously, and 3.5% between two and three years prior to the interview. It is usually recommended that women have a Pap test every one to three years, regardless of age; 93.1% of the women met this criteria. Significant variances in whether Pap tests had been done, and how recently they had been done, were found within the demographic categories of race, age, and income.

Race: Caucasians were more likely to have ever had a Pap test (96.9%) compared with respondents of other races (63.6%). There were only eleven women who stated their racial background was something other than Caucasian. Additional information should be gathered about their frequency of having a Pap test since this sample is very small.

Age: Women 18 to 24 (82.2%) and those 75 and older (87.5%) were less likely to have had a Pap test compared with other age ranges (96.9% to 100.0%). Younger females were more likely to have had a Pap test within the past year (91.9% for 18 to 24 year olds vs. 63.6% for 75 year olds and over).

Income: Women with incomes below \$20,000 were less likely to have ever had a Pap test compared with women with incomes over \$20,000.

The reasons respondents had Pap tests done are presented in Table 30. Overall, 95.5% were done during a routine exam, and 4.5% were done to check

a current or previous problem. Significant differences were found within race and education.

Race: 4.1% of the Caucasian women had their last Pap test to check for a problem while 28.6% of women from other races had a Pap test to check for a problem.

Education: 11.8% of the women with less than a high school education had their last Pap test to check for a problem while those with higher educational levels were less likely to have had a test because of a potential problem (0.0 to 6.9%).

Prostate and Testicular Exams

The Ottawa County Behavioral Risk Factor Survey also included a pair of questions related to men's health issues. Interviewers asked male respondents if they had ever had a clinical prostate exam to check for lumps, or a testicular exam to detect early signs of cancer. The results of these questions are presented in Table 31. Of the men surveyed, 49.2% had had a prostate exam, and 56.4% had had a testicular exam at some time. As can be seen in the table, responses to these questions varied by age and income as follows:

Age: Generally, as age increases, the likelihood that men have had a prostate exam also increases. 26.0% of the 18 to 24 year olds have had a prostate exam while 90.9% of the 65 to 74 year olds have had one. There is a large increase in percentages from men who are 35 to 44 (41.2%) to those who are 45 to 54 (84.0%). Men under the age of 45 (45.8% to 50.0%) are less likely to have had a testicular exam than those over the age of 45 (66.7 to 81.8%).

Income: Respondents with incomes less than \$20,000 (23.5% to 27.3%) were less likely to have had a prostate exam than those with incomes over \$20,000 (42.3% to 63.3%).

Table 24

% Distribution of Routine Checkup, and How Recently
by Demographic Characteristics

CHARACTERISTIC	Ever Had	Less Than One Year	1 - 2 Years	2 - 5 Years	5 or More Years
Overall (n=800)	99.6%	75.7%	10.6%	7.4%	6.0%
Area					
Grand Haven/Spring Lake (n=200)	99.5	74.9	8.5	6.5	9.5
Coopersville/Allendale (n=200)	99.5	76.7	11.4	6.7	4.7
Jenison/Hudsonville (n=200)	100.0	73.3	12.8	8.2	5.6
Holland/Zeeland (n=200)	99.5	77.9	9.5	8.0	4.0
Gender*					
Male (n=395)	99.5	68.0*	12.6*	9.5*	9.3*
Female (n=405)	99.7	83.2	8.5	5.3	2.8
Race					
White (n=758)	99.6	76.2	10.3	7.5	5.5
Other (n=34)	100.0	70.6	14.7	2.9	11.8
Age					
18 - 24 yrs. old (n=122)	99.2	81.4*	12.7*	3.4*	1.7*
25 - 34 yrs. old (n=176)	99.4	66.7	9.2	12.6	10.9
35 - 44 yrs. old (n=172)	99.4	67.3	12.5	11.3	8.3
45 - 54 yrs. old (n=115)	100.0	77.7	13.4	4.5	4.5
55 - 64 yrs. old (n=104)	100.0	84.6	8.7	2.9	3.8
65 - 74 yrs. old (n=61)	100.0	85.2	6.6	6.6	1.6
75 + yrs. old (n=43)	100.0	85.7	7.1	2.4	4.8
Education					
Less than H.S. (n=85)	100.0	74.7	14.5	6.0	4.8
High School Graduate (n=245)	100.0	77.5	9.6	7.1	5.8
Some College (n=225)	100.0	77.1	8.5	6.3	8.1
College Graduate (n=242)	98.7	72.6	12.2	9.3	4.6
Income					
Less Than \$10,000 (n=34)	100.0	72.7	12.1	3.0	12.1
\$10,000 - 14,999 (n=42)	100.0	88.1	2.4	7.1	2.4
\$15,000 - 19,999 (n=50)	100.0	68.1	12.8	6.4	12.8
\$20,000 - 24,999 (n=41)	97.6	80.5	7.3	2.4	7.3
\$25,000 - 34,999 (n=110)	100.0	70.9	13.6	8.2	7.3
\$35,000 - 49,999 (n=148)	99.3	73.1	9.0	11.7	5.5
\$50,000 - 74,999 (n=166)	99.4	75.0	11.0	7.3	6.1
\$75,000 or More (n=106)	100.0	77.9	11.5	7.7	2.9

*p (χ^2) < .05

Table 25

% of Females Age 55 Years or Older who Have Ever Had Mammograms,
by Demographic Characteristics

CHARACTERISTIC	Ever Had Mammogram	Less Than 1 Year	When Had			
			1-2 Years	2-3 Years	3-5 Years	More than 5 Years
Overall (n=286)	84.8%	71.5%	12.1%	6.7%	5.4%	4.2%
Area of County						
Grand Haven/Spring Lake (n=73)	84.9	74.2	8.1	4.8	6.5	6.5
Coopersville/Allendale (n=59)	86.4	64.7	15.7	9.8	5.9	3.9
Jenison/Hudsonville (n=90)	83.1	74.3	9.5	6.8	5.4	4.1
Holland/Zeeland (n=64)	85.2	71.2	17.3	5.8	3.8	1.9
Race						
White (n=282)	84.9	71.2	12.3	6.8	5.5	4.2
Other (n=2)	50.0	100.0	0.0	0.0	0.0	0.0
Age						
35 - 44 yrs. old (n=86)	64.0*	56.4	20.0	9.1	9.1	5.5
45 - 54 yrs. old (n=64)	93.8	70.0	11.7	10.0	6.7	1.7
55 - 64 yrs. old (n=53)	98.1	82.7	7.7	3.8	1.9	3.8
65 - 74 yrs. old (n=50)	91.5	83.7	7.0	2.3	4.7	2.3
75 + yrs. old (n=33)	90.6	65.5	13.8	6.9	3.4	10.3
Education						
Less than H.S. (n=37)	88.2	73.3	3.3	13.3	3.3	6.7
High School Graduate (n=102)	85.3	75.9	12.6	5.7	3.4	2.3
Some College (n=82)	80.2	70.8	13.8	6.2	4.6	4.6
College Graduate (n=64)	87.5	64.3	14.3	5.4	10.7	5.4
Income						
Less Than \$10,000 (n=15)	93.3	78.6	7.1	7.1	0.0	7.0
\$10,000 - 14,999 (n=21)	85.0	82.4	11.8	0.0	5.9	0.0
\$15,000 - 19,999 (n=24)	82.6	78.9	15.8	5.3	0.0	0.0
\$20,000 - 24,999 (n=12)	100.0	72.7	0.0	0.0	18.2	9.1
\$25,000 - 34,999 (n=39)	82.1	78.1	9.4	3.1	3.1	6.3
\$35,000 - 49,999 (n=38)	76.3	65.5	13.8	17.2	3.4	0.0
\$50,000 - 74,999 (n=53)	84.9	60.0	17.8	11.1	6.7	4.4
\$75,000 or More (n=34)	82.4	82.1	10.7	3.6	3.6	0.0

*p (x²) < .05

Table 26

% of Females 18 - 34 Who Have Had Mammograms
by Demographic Characteristics

CHARACTERISTIC	Ever Had Mammogram	Less Than 1 Year	When Had			
			1-2 Years	2-3 Years	3-5 Years	More than 5 Years
Overall (n=112)	17.0%	57.9%	21.1%	5.3%	5.3%	10.5%
Area of County						
Grand Haven/Spring Lake (n=25)	16.0	50.0	0.0	25.0	0.0	25.0
Coopersville/Allendale (n=31)	6.5	0.0	50.0	0.0	50.0	0.0
Jenison/Hudsonville (n=25)	20.8	80.0	20.0	0.0	0.0	0.0
Holland/Zeeland (n=31)	25.8	62.5	25.0	0.0	0.0	12.5
Race						
White (n=102)	14.9	73.3*	13.3*	0.0*	6.7*	6.7*
Other (n=9)	33.3	0.0	33.3	33.3	0.0	33.3
Age						
18 - 24 yrs. old (n=46)	17.4	75.0	25.0	0.0	0.0	0.0
25 - 34 yrs. old (n=66)	16.9	45.5	18.2	9.1	9.1	18.2
Education						
Less than H.S. (n=4)	0.0	0.0	0.0	0.0	0.0	0.0
High School Graduate (n=30)	26.7	75.0	25.0	0.0	0.0	0.0
Some College (n=36)	16.7	66.7	0.0	0.0	0.0	33.3
College Graduate (n=42)	12.2	20.0	40.0	20.0	20.0	0.0
Income						
Less Than \$10,000 (n=7)	0.0	0.0	0.0	0.0	0.0	0.0
\$10,000 - 14,999 (n=4)	25.0	100.0	0.0	0.0	0.0	0.0
\$15,000 - 19,999 (n=9)	0.0	0.0	0.0	0.0	0.0	0.0
\$20,000 - 24,999 (n=9)	44.4	50.0	25.0	0.0	0.0	25.0
\$25,000 - 34,999 (n=12)	41.7	40.0	20.0	20.0	0.0	20.0
\$35,000 - 49,999 (n=31)	19.4	66.7	33.3	0.0	0.0	0.0
\$50,000 - 74,999 (n=21)	9.5	50.0	0.0	0.0	50.0	0.0
\$75,000 or More (n=10)	11.1	100.0	0.0	0.0	0.0	0.0

*p (x²) < .05

Table 27

% of Females Having Had Breast Exam, and How Recently, by
Demographic Characteristics

CHARACTERISTIC	Ever Had	When Had				
		Less Than 1 Year	1-2 Years	2-3 Years	3-5 Years	More than 5 Years
Overall (n=405)	96.7%	81.7%	7.6%	2.8%	2.5%	2.0%
Area of County						
Grand Haven/Spring Lake (n=98)	98.1	77.6	8.2	5.1	4.1	3.1
Coopersville/Allendale (n=92)	97.9	81.5	9.8	3.3	1.1	2.2
Jenison/Hudsonville (n=119)	95.6	83.2	6.2	1.8	2.7	1.8
Holland/Zeeland (n=96)	95.6	84.4	6.7	1.1	2.2	1.1
Race						
White (n=391)	96.8	81.6	7.9	2.6	2.6	2.1
Other (n=11)	90.0	80.0	0.0	10.0	0.0	0.0
Age						
18 - 24 yrs. old (n=46)	90.9	81.8*	4.5*	2.3*	2.3*	0.0*
25 - 34 yrs. old (n=66)	96.9	81.5	9.2	1.5	1.5	3.1
35 - 44 yrs. old (n=86)	100.0	78.8	8.2	7.1	5.9	0.0
45 - 54 yrs. old (n=64)	98.4	85.7	9.5	0.0	1.6	1.6
55 - 64 yrs. old (n=53)	98.1	82.7	7.7	3.8	1.9	3.8
65 - 74 yrs. old (n=50)	91.5	85.1	6.4	0.0	4.3	4.2
75 + yrs. old (n=33)	90.6	65.5	13.8	6.9	3.4	10.3
Education						
Less than H.S. (n=42)	79.5	74.2	3.2	12.9	3.2	6.5
High School Graduate (n=134)	95.4	80.9	6.9	1.5	3.1	3.1
Some College (n=120)	99.1	82.9	9.4	3.4	2.6	0.9
College Graduate (n=107)	98.1	85.7	6.7	2.9	2.9	0.0
Income						
Less Than \$10,000 (n=23)	95.5	86.4	0.0	4.5	0.0	4.5
\$10,000 - 14,999 (n=25)	95.7	78.3	8.7	0.0	4.3	4.3
\$15,000 - 19,999 (n=33)	87.5	75.0	6.3	3.1	3.1	0.0
\$20,000 - 24,999 (n=21)	100.0	90.0	0.0	5.0	5.0	0.0
\$25,000 - 34,999 (n=52)	96.1	82.4	5.9	2.0	2.0	3.9
\$35,000 - 49,999 (n=69)	100.0	77.9	13.2	4.4	2.9	1.5
\$50,000 - 74,999 (n=74)	98.6	86.5	6.8	4.1	0.0	1.4
\$75,000 or More (n=44)	100.0	86.0	9.3	0.0	4.7	0.0

*p (χ^2) < .05

Table 28

% of Females Having Had Breast Exams for Various Reasons,
by Demographic Characteristics

CHARACTERISTIC	Routine	Problem — Not Cancer	Cancer
Overall (n=405)	95.7%	3.7%	0.5%
Area of County			
Grand Haven/Spring Lake (n=98)	94.7	4.2	1.1
Coopersville/Allendale (n=92)	96.6	2.3	1.1
Jenison/Hudsonville (n=119)	95.3	4.7	0.0
Holland/Zeeland (n=96)	96.5	3.5	0.0
Race			
White (n=391)	95.6	3.8	0.5
Other (n=11)	100.0	0.0	0.0
Age			
18 - 24 yrs. old (n=46)	97.5	2.5	0.0
25 - 34 yrs. old (n=66)	96.8	3.2	0.0
35 - 44 yrs. old (n=86)	98.8	1.2	0.0
45 - 54 yrs. old (n=64)	95.2	4.8	0.0
55 - 64 yrs. old (n=53)	90.2	7.8	2.0
65 - 74 yrs. old (n=50)	97.8	2.2	0.0
75 + yrs. old (n=33)	92.3	3.8	3.8
Education			
Less than H.S. (n=42)	90.9	6.1	3.0
High School Graduate (n=134)	95.9	4.1	0.0
Some College (n=120)	94.0	5.2	0.9
College Graduate (n=107)	99.0	1.0	0.0
Income			
Less Than \$10,000 (n=23)	85.7	9.5	4.8
\$10,000 - 14,999 (n=25)	95.2	0.0	4.8
\$15,000 - 19,999 (n=33)	92.6	7.4	0.0
\$20,000 - 24,999 (n=21)	90.0	10.0	0.0
\$25,000 - 34,999 (n=52)	93.8	6.3	0.0
\$35,000 - 49,999 (n=69)	95.6	4.4	0.0
\$50,000 - 74,999 (n=74)	100.0	0.0	0.0
\$75,000 or More (n=44)	97.7	2.3	0.0

*p (χ^2) < .05

Table 29

% of Females Having Had Pap Test, and How Recently, by Demographic Characteristics

CHARACTERISTIC	Ever Had	Less Than				More Than 5 Years
		1 Year	1-2 Years	2-3 Years	3-5 Years	
Overall (n=405)	96.0%	79.1%	10.5%	3.5%	2.4%	4.6%
Area of County						
Grand Haven/Spring Lake (n=98)	93.9	76.4	12.4	4.5	2.2	4.5
Coopersville/Allendale (n=92)	96.7	77.5	9.0	2.2	2.2	9.0
Jenison/Hudsonville (n=119)	95.7	80.4	11.2	3.7	2.8	1.9
Holland/Zeeland (n=96)	97.8	81.8	9.1	3.4	2.3	3.4
Race						
White (n=391)	96.9*	79.1	10.5	3.3	2.5	4.7
Other (n=11)	63.6	85.7	0.0	14.3	0.0	0.0
Age						
18 - 24 yrs. old (n=46)	82.2*	91.9*	2.7*	5.4*	0.0*	0.0*
25 - 34 yrs. old (n=66)	96.9	85.7	7.9	1.6	1.6	3.2
35 - 44 yrs. old (n=86)	98.8	75.3	9.4	7.1	5.9	2.4
45 - 54 yrs. old (n=64)	100.0	79.4	12.7	1.6	1.6	4.8
55 - 64 yrs. old (n=53)	100.0	86.3	9.8	2.0	2.0	0.0
65 - 74 yrs. old (n=50)	97.9	65.2	13.0	2.2	2.2	17.4
75 + yrs. old (n=33)	87.5	63.6	27.3	4.5	0.0	4.5
Education						
Less than H.S. (n=42)	89.7	70.0	13.3	3.3	3.3	10.0
High School Graduate (n=134)	95.5	77.6	11.2	4.0	2.4	4.8
Some College (n=120)	98.3	80.2	11.2	3.4	1.7	3.4
College Graduate (n=107)	96.2	83.0	8.0	3.0	3.0	3.0
Income						
Less Than \$10,000 (n=23)	91.3*	94.7	0.0	5.3	0.0	0.0
\$10,000 - 14,999 (n=25)	95.8	78.3	8.7	0.0	8.7	4.3
\$15,000 - 19,999 (n=33)	84.4	70.4	14.8	7.4	3.7	3.7
\$20,000 - 24,999 (n=21)	100.0	75.0	10.0	5.0	5.0	5.0
\$25,000 - 34,999 (n=52)	100.0	74.5	11.8	2.0	2.0	9.8
\$35,000 - 49,999 (n=69)	100.0	79.4	10.3	4.4	2.9	2.9
\$50,000 - 74,999 (n=74)	100.0	81.8	9.5	6.8	0.0	2.7
\$75,000 or More (n=44)	100.0	90.7	7.0	0.0	2.3	0.0

*p (χ^2) < .05

Table 30

% of Females Having Had Pap Tests for Various
Reasons, by Demographic Characteristics

CHARACTERISTIC	Routine	Problem
Overall (n=405)	95.5%	4.5%
Area of County		
Grand Haven/Spring Lake (n=98)	95.6	4.4
Coopersville/Allendale (n=92)	93.3	6.7
Jenison/Hudsonville (n=119)	96.4	3.6
Holland/Zeeland (n=96)	96.7	3.3
Race*		
White (n=391)	95.9	4.1
Other (n=11)	71.4	28.6
Age		
18 - 24 yrs. old (n=46)	94.6	5.4
25 - 34 yrs. old (n=66)	96.8	3.2
35 - 44 yrs. old (n=86)	95.3	4.7
45 - 54 yrs. old (n=64)	90.6	9.4
55 - 64 yrs. old (n=53)	100.0	0.0
65 - 74 yrs. old (n=50)	95.6	4.4
75 + yrs. old (n=33)	96.2	3.8
Education*		
Less than H.S. (n=42)	88.2	11.8
High School Graduate (n=134)	100.0	0.0
Some College (n=120)	93.1	6.9
College Graduate (n=107)	95.0	5.0
Income		
Less Than \$10,000 (n=23)	90.0	10.0
\$10,000 - 14,999 (n=25)	95.7	4.3
\$15,000 - 19,999 (n=33)	92.6	7.4
\$20,000 - 24,999 (n=21)	100.0	0.0
\$25,000 - 34,999 (n=52)	94.1	5.9
\$35,000 - 49,999 (n=69)	94.1	5.9
\$50,000 - 74,999 (n=74)	97.3	2.7
\$75,000 or More (n=44)	97.7	2.3
*p (x ²) < .05		

Table 31 % of Males Having Had Prostate and Testicular Exams,
by Demographic Characteristics

CHARACTERISTIC	Ever Had Prostate Exam	Ever Had Testicular Exam
Overall (n=395)	49.2%	56.4%
Area of County		
Grand Haven/Spring Lake (n=102)	50.5	56.1
Coopersville/Allendale (n=108)	47.6	61.0
Jenison/Hudsonville (n=81)	48.1	53.9
Holland/Zeeland (n=104)	50.5	53.9
Race		
White (n=367)	49.2	56.9
Other (n=23)	43.5	47.8
Age		
18 - 24 yrs. old (n=76)	26.0*	50.0*
25 - 34 yrs. old (n=110)	30.6	47.2
35 - 44 yrs. old (n=86)	41.2	45.8
45 - 54 yrs. old (n=51)	84.0	77.1
55 - 64 yrs. old (n=51)	86.3	77.6
65 - 74 yrs. old (n=11)	90.9	81.8
75 + yrs. old (n=10)	87.5	66.7
Education		
Less than H.S. (n=43)	37.5	39.0
High School Graduate (n=111)	44.0	55.1
Some College (n=105)	51.9	55.9
College Graduate (n=135)	54.5	63.1
Income		
Less Than \$10,000 (n=11)	27.3*	45.5
\$10,000 - 14,999 (n=17)	24.9	52.9
\$15,000 - 19,999 (n=17)	23.5	50.0
\$20,000 - 24,999 (n=20)	50.0	38.9
\$25,000 - 34,999 (n=58)	56.9	53.4
\$35,000 - 49,999 (n=79)	42.3	46.2
\$50,000 - 74,999 (n=92)	52.2	67.0
\$75,000 or More (n=62)	63.3	64.4

*p (x²) < .05

**ACCESS TO
HEALTH CARE**

ACCESS TO HEALTH CARE

Insurance Coverage

We asked respondents whether they had any kind of health care coverage, including health insurance, prepaid plans such as HMOs or government plans such as Medicare. Overall, 5.6% of the respondents indicated that they had no type of health care coverage. Table 32 shows the distribution of those who do not have such coverage across potentially relevant demographic characteristics. Specifically, health care coverage varies by race, education and income.

Race: Caucasians (4.9%) are less likely to not have health care coverage than persons of other races (21.2%).

Education: Respondents with a high school education or less are more likely to not have health care coverage than those with more than a high school education.

Income: Those with incomes less than \$10,000 and between \$15,000 and \$19,999 are less likely to have health care coverage than those in other income ranges.

Difficulty Obtaining Services

In order to assess the availability of health care in Ottawa County, we asked respondents whether they or any member of their family had had difficulty obtaining necessary health care services within the past three years. Those who did have difficulties were asked why they had problems receiving appropriate health care.

As shown in Table 33, 7.3% of the participants indicated that they had some problems in this area at least once. Lack of insurance and problems with

HMOs were the most common reasons given. There were no statistically significant differences within any of the demographic variables.

Table 32 % Distribution of Insurance Coverage, by Demographic Characteristics

CHARACTERISTIC	No Insurance
Overall (n=800)	5.6%
Area	
Grand Haven/Spring Lake (n=200)	7.0
Coopersville/Allendale (n=200)	5.0
Jenison/Hudsonville (n=200)	3.5
Holland/Zeland (n=200)	7.0
Gender	
Male (n=392)	5.8
Female (n=405)	5.4
Race*	
White (n=758)	4.9
Other (n=34)	21.2
Age	
18 - 24 yrs. old (n=122)	9.1
25 - 34 yrs old (n=176)	5.7
35 - 44 yrs. old (n=172)	4.7
45 - 54 yrs. old (n=115)	5.2
55 - 64 yrs. old (n=104)	6.7
65 - 74 yrs. old (n=61)	1.6
75 + yrs. old (n=43)	2.4
Education*	
Less than H.S. (n=85)	10.7
High School Graduate (n=245)	8.2
Some College (n = 225)	2.7
College Graduate (n=242)	3.7
Income*	
Less than \$10,000 (n=34)	18.2
\$10,000 - 14,000 (n=42)	4.8
\$15,000 - 19,999 (n=50)	20.0
\$20,000 - 24,999 (n=41)	4.9
\$25,000 - 34,999 (n=110)	8.2
\$35,000 - 49,999 (n=148)	2.7
\$50,000 - 74,999 (n=166)	1.9
\$75,000 or More (n=106)	0.0
*p (x ²) < .05	

Table 33 % Distribution Having Difficulty Obtaining Services, by Demographic Characteristics

CHARACTERISTIC	Have Had Problems Obtaining Services
Overall (n=800)	7.3%
Area	
Grand Haven/Spring Lake (n=200)	9.5
Coopersville/Allendale (n=200)	6.5
Jenison/Hudsonville (n=200)	5.0
Holland/Zeeland (n=200)	8.0
Gender	
Male (n=392)	6.6
Female (n=405)	7.9
Race	
White (n=758)	6.8
Other (n=34)	17.6
Age	
18 - 24 yrs. old (n=122)	9.0
25 - 34 yrs old (n=176)	5.7
35 - 44 yrs. old (n=172)	9.3
45 - 54 yrs. old (n=115)	7.9
55 - 64 yrs. old (n=104)	6.7
65 - 74 yrs. old (n=61)	4.9
75 + yrs. old (n=43)	2.4
Education	
Less than H.S. (n=85)	5.9
High School Graduate (n=245)	8.6
Some College (n = 225)	8.9
College Graduate (n=242)	5.0
Income	
Less than \$10,000 (n=34)	14.7
\$10,000 - 14,000 (n=42)	16.7
\$15,000 - 19,999 (n=50)	8.0
\$20,000 - 24,999 (n=41)	9.8
\$25,000 - 34,999 (n=110)	9.2
\$35,000 - 49,999 (n=148)	2.7
\$50,000 - 74,999 (n=166)	9.7
\$75,000 or More (n=106)	4.7
*p (χ^2) < .05	

**COMMUNITY
PERCEPTIONS**

COMMUNITY PERCEPTIONS

Most Serious Problem

We asked respondents what they felt was the single most important problem in their community today. Overall, respondents' answers largely fell into the categories listed in Tables 34a and 34b. As can be seen, people saw the most prevalent problems being drugs and alcohol (32.0%), education (15.4%), and crime (8.6%). A total of 18.1% replied with a different problem than the common ones chosen, which are listed in the Appendix. These other responses include people who felt there were no problems in their community, and those who thought there were multiple problems. Others commented on the lack of morals in the community. With regard to demographic characteristics, significant variances were found across all variables.

Area: Persons living in the Holland/Zeeland area (16.5%) were more likely to name crime as the most significant problem in their community than those in any of the other areas (GH/SL 3.0%, C/A 4.0%, J/H 11.0%). Persons living in Grand Haven/Spring Lake (24.0%) were more likely to mention education as the most significant problem, especially compared with Jenison/Hudsonville (8.0%).

Gender: Men (19.0%) were more likely than women (11.9%) to name education as the most significant problem in their community.

Race: Caucasians (1.2%) were less likely than respondents of other races (8.8%) to name jobs as the most significant problem.

Age: As age increases, so does the perception that health care is the most significant problem (4.1% for 18 to 24 year olds vs. 18.6% for 75 year olds and older).

Education: Respondents who are college graduates (23.6%) are more likely to think education is the most significant problem compared with those who are high school graduates (6.9%).

Income: Differences exist among income levels, though no real trends are evident.

Comparison with 1994: Respondents in the 1999 survey were less likely to name crime as the most significant problem compared with 1994 (8.6% vs. 28.7% respectively).

Domestic Violence

Respondents were asked if they know of anyone who has been the victim of domestic violence (Table 35). This is a new question for 1999. Overall, 32.4% know someone who has been a victim. The only demographic variable that was statistically different was age. Generally, those under the age of 55 are more likely to know someone who has been the victim of domestic violence (36.7% to 41.4%) compared to those aged 55 and over (4.8% to 20.2%).

Health Services

Respondents were asked to name one service, without prompts from the interviewer, provided by the Ottawa County Health Department (Tables 36a and 36b). This was also a new question in 1999. Overwhelmingly, people mentioned immunizations more often than any other service. Overall, 63.8% said immunizations, 6.1% named family planning, and 4.9% provided health screenings. Significant differences were found for area, gender, race and age.

Area: Respondents in the Holland/Zeeland area (81.1%) were more likely to mention immunizations than respondents in other areas (GH/SL 53.1%, C/A 53.0%, J/H 66.0%).

Gender: Women (68.1%) were more likely than men (58.4%) to mention immunizations.

Race: Caucasians (64.2%) were more likely to mention immunizations than respondents from other racial backgrounds (50.0%). Caucasians

(0.6%) were less likely to mention restaurant inspections than people from other racial backgrounds (16.7%).

Age: Respondents in the 35 to 44 year old age range (71.9%) were more likely to mention immunizations than those aged 75 and over (50.0%). Persons aged 75 and over (20.0%) were more likely to mention health screening than those under the age of 75 (0.0% to 7.7%). Respondents aged 18 to 24 (18.8%) were more likely to name family planning than people over the age of 24 (0.0% to 7.0%).

We also asked respondents to evaluate six different health services provided in their community. For each of the services, participants indicated whether they thought the service was adequate or needed to be expanded. Table 37 shows the percentages of persons who thought the various services needed to be expanded. Overall, teen pregnancy prevention and drug and alcohol prevention programs were most often indicated as needing to be expanded (65.0% and 57.5% respectively). Several variances across the variables of area of the county, gender, race, and age are as follows:

Area: A greater percentage of respondents in Grand Haven/Spring Lake (71.7%) thought teen pregnancy prevention services needed to be expanded, especially compared with Jenison/Hudsonville (53.8%). Respondents in Coopersville/Allendale (55.7%) are more likely to think services to individuals over 65 need to be expanded compared with those living in Holland/Zeeland (38.5%). Finally, those living in Grand Haven/Spring Lake and Holland/Zeeland (16.9% and 16.7%, respectively) are more likely to think immunization services need to be expanded compared with those living in Coopersville/Allendale and Jenison/Hudsonville (11.9% and 13.8%, respectively).

Gender: Men are more likely to think immunization services (19.1%) need to be expanded compared to women (11.0%). Men also are more likely to think prenatal/newborn services need to be expanded compared to women (26.6%). Women are more likely to think drug and alcohol prevention (62.0%) and teen pregnancy prevention services (71.8%) need to be expanded compared to men (53.1% and 57.9%, respectively).

Race: Caucasians are less likely to think immunization services (13.2%) and teen pregnancy prevention services (63.8%) need to be expanded

compared with persons of other racial backgrounds (52.0% and 91.7%, respectively).

Age: As age increases, respondents are less likely to think that health screening (50.8% for 18 to 24 years olds vs. 16.7% for 75 years and over) and services to individuals over the age of 65 (61.9% for 25 to 34 year olds vs. 15.2% for 75 years and over) need to be expanded.

Table 34a

% Distribution of Perception of Most Serious Problem in Ottawa County,
by Demographic Characteristics

CHARACTERISTIC	Crime	Drugs & Alcohol	Education	Health Care	Help for the Needy
Overall (n=800)	8.6%	32.0%	15.4%	7.1%	4.1%
Area*					
Grand Haven/Spring Lake (n=200)	3.0	26.5	24.0	8.0	5.5
Coopersville/Allendale (n=200)	4.0	34.5	17.0	7.5	1.0
Jenison/Hudsonville (n=200)	11.0	32.5	8.0	6.0	6.0
Holland/Zeeland (n=200)	16.5	34.5	12.5	7.0	4.0
Gender*					
Male (n=392)	8.9	32.2	19.0	4.3	4.3
Female (n=405)	8.4	31.9	11.9	9.9	4.0
Race*					
White (n=758)	8.7	32.3	15.0	7.1	4.2
Other (n=34)	8.8	32.4	20.6	2.9	2.9
Age*					
18 - 24 yrs. old (n=122)	6.6	36.9	13.9	4.1	1.6
25 - 34 yrs old (n=176)	6.3	30.7	22.2	4.0	5.1
35 - 44 yrs. old (n=172)	12.2	32.0	13.4	5.2	5.8
45 - 54 yrs. old (n=115)	7.0	35.7	14.8	8.7	2.6
55 - 64 yrs. old (n=104)	7.7	35.6	17.3	9.6	4.8
65 - 74 yrs. old (n=61)	13.1	21.3	8.2	9.8	4.9
75 + yrs. old (n=43)	11.6	23.3	7.0	18.6	2.3
Education*					
Less than H.S. (n=85)	9.4	25.9	9.4	10.6	2.4
High School Graduate (n=245)	8.6	37.6	6.9	6.9	5.3
Some College (n = 225)	8.9	32.0	18.2	6.7	2.2
College Graduate (n=242)	7.9	28.9	23.6	6.2	5.4
Income*					
Less than \$10,000 (n=34)	5.9	26.5	5.9	5.9	8.8
\$10,000 - 14,000 (n=42)	7.1	35.7	23.8	9.5	4.8
\$15,000 - 19,999 (n=50)	14.0	34.0	16.0	10.0	6.0
\$20,000 - 24,999 (n=41)	9.8	41.5	9.8	14.6	4.9
\$25,000 - 34,999 (n=110)	10.0	28.2	10.9	6.4	3.6
\$35,000 - 49,999 (n=148)	7.4	31.8	12.2	3.4	5.4
\$50,000 - 74,999 (n=166)	7.8	28.3	21.7	7.8	4.2
\$75,000 or More (n=106)	7.5	34.9	18.9	5.7	3.8

$p(x^2) < .05$

Table 34b

% Distribution of Perception of Most Serious Problem in Ottawa County,
by Demographic Characteristics (continued)

CHARACTERISTIC	Jobs	Property Taxes	Environment	Streets	Other
Overall (n=800)	1.5%	4.6%	4.0%	4.5%	18.1%
Area*					
Grand Haven/Spring Lake (n=200)	3.5	4.0	6.5	2.0	17.0
Coopersville/Allendale (n=200)	1.0	3.5	5.0	9.0	17.5
Jenison/Hudsonville (n=200)	0.5	9.5	2.5	3.0	21.0
Holland/Zeeland (n=200)	1.0	1.5	2.0	4.0	17.0
Gender*					
Male (n=392)	1.8	4.6	2.8	5.6	16.7
Female (n=405)	1.2	4.7	5.2	3.5	19.5
Race*					
White (n=758)	1.2	4.7	4.2	4.7	17.7
Other (n=34)	8.8	0.0	0.0	0.0	23.5
Age*					
18 - 24 yrs. old (n=122)	3.3	3.3	5.7	9.0	15.6
25 - 34 yrs old (n=176)	2.8	3.4	4.0	5.7	15.9
35 - 44 yrs. old (n=172)	1.2	5.2	4.7	3.5	16.9
45 - 54 yrs. old (n=115)	0.0	4.3	2.6	1.7	22.6
55 - 64 yrs. old (n=104)	0.0	2.9	3.8	1.9	16.3
65 - 74 yrs. old (n=61)	0.0	9.8	4.9	3.3	24.6
75 + yrs. old (n=43)	2.3	7.0	0.0	4.7	23.3
Education*					
Less than H.S. (n=85)	2.4	5.9	2.4	8.2	23.5
High School Graduate (n=245)	2.0	7.3	3.3	4.5	17.6
Some College (n = 225)	0.4	4.4	4.0	5.3	17.8
College Graduate (n=242)	1.7	1.7	5.0	2.5	17.4
Income*					
Less than \$10,000 (n=34)	5.9	0.0	2.9	2.9	35.3
\$10,000 - 14,000 (n=42)	0.0	7.1	2.4	2.4	7.1
\$15,000 - 19,999 (n=50)	6.0	2.0	0.0	6.0	6.0
\$20,000 - 24,999 (n=41)	0.0	0.0	7.3	0.0	12.2
\$25,000 - 34,999 (n=110)	2.7	4.5	7.3	3.6	22.7
\$35,000 - 49,999 (n=148)	2.0	8.8	4.1	6.8	18.2
\$50,000 - 74,999 (n=166)	0.0	3.6	3.0	7.8	15.7
\$75,000 or More (n=106)	0.0	0.9	4.7	2.8	20.8

$p(x^2) < .05$

Table 35

% Knowledge of Victim of Domestic Violence
by Demographic Characteristics

CHARACTERISTIC	Know Victim
Overall (n=800)	32.4%
Area	
Grand Haven/Spring Lake (n=200)	30.2
Coopersville/Allendale (n=200)	36.9
Jenison/Hudsonville (n=200)	30.8
Holland/Zeeland (n=200)	31.7
Gender	
Male (n=395)	29.3
Female (n=405)	35.3
Race	
White (n=758)	31.8
Other (n=34)	44.1
Age*	
18 - 24 yrs. old (n=122)	36.7
25 - 34 yrs. old (n=176)	41.4
35 - 44 yrs. old (n=172)	39.0
45 - 54 yrs. old (n=115)	37.2
55 - 64 yrs. old (n=104)	20.2
65 - 74 yrs. old (n=61)	10.2
75 + yrs. old (n=43)	4.8
Education	
Less than H.S. (n=85)	23.2
High School Graduate (n=245)	31.8
Some College (n=225)	34.7
College Graduate (n=242)	33.9
Income	
Less Than \$10,000 (n=34)	26.5
\$10,000 - 14,999 (n=42)	19.5
\$15,000 - 19,999 (n=50)	31.3
\$20,000 - 24,999 (n=41)	20.5
\$25,000 - 34,999 (n=110)	38.2
\$35,000 - 49,999 (n=148)	34.5
\$50,000 - 74,999 (n=166)	36.1
\$75,000 or More (n=106)	31.1

*p (χ^2) < .05

Table 36a

% Knowledge of Services Provided by Health Department by Demographic Characteristics

CHARACTERISTIC	Immunizations	STD Testing	Restaurant Inspections	Health Screenings	Disease Prevention	Well Baby Services
Overall (n=800)	63.8%	3.1%	0.9%	4.9%	0.9%	1.1%
Area*						
Grand Haven/Spring Lake(n=200)	53.1	3.4	1.4	9.5	1.4	2.0
Coopersville/Allendale (n=200)	53.0	6.8	1.7	6.8	0.9	0.9
Jenison/Hudsonville (n=200)	66.0	1.4	0.7	0.7	0.7	1.4
Holland/Zeeland (n=200)	81.1	1.4	0.0	2.7	0.7	0.0
Gender*						
Male (n=395)	58.4	3.3	1.6	5.8	0.8	0.8
Female (n=405)	68.1	2.9	0.3	4.2	1.0	1.3
Race*						
White (n=758)	64.2	3.2	0.6	5.0	0.9	1.1
Other (n=34)	50.0	0.0	16.7	0.0	0.0	0.0
Age*						
18 - 24 yrs. old (n=122)	52.2	2.9	0.0	5.8	0.0	0.0
25 - 34 yrs. old (n=176)	63.8	3.1	1.5	0.0	0.0	1.5
35 - 44 yrs. old (n=172)	71.9	3.1	0.8	4.7	0.0	1.6
45 - 54 yrs. old (n=115)	63.4	2.2	0.0	7.5	0.0	1.1
55 - 64 yrs. old (n=104)	66.2	4.2	0.0	4.2	2.8	0.0
65 - 74 yrs. old (n=61)	59.0	5.1	5.1	7.7	2.6	2.6
75 + yrs. old (n=43)	50.0	0.0	0.0	20.0	10.0	0.0
Education						
Less than H.S. (n=85)	52.5	0.0	0.0	15.0	2.5	0.0
High School Graduate (n=245)	63.3	2.0	0.0	6.0	0.0	2.0
Some College (n=225)	67.1	5.3	2.4	2.4	0.0	0.6
College Graduate (n=242)	63.5	2.6	0.5	4.2	2.1	1.0
Income						
Less Than \$10,000 (n=34)	57.9	0.0	0.0	15.8	0.0	0.0
\$10,000 - 14,999 (n=42)	58.8	5.9	5.9	5.9	5.9	0.0
\$15,000 - 19,999 (n=50)	71.9	0.0	0.0	9.4	0.0	0.0
\$20,000 - 24,999 (n=41)	54.5	6.1	0.0	0.0	3.0	0.0
\$25,000 - 34,999 (n=110)	57.7	0.0	2.6	1.3	2.6	3.8
\$35,000 - 49,999 (n=148)	71.4	2.7	0.0	5.4	0.0	1.8
\$50,000 - 74,999 (n=166)	63.0	6.7	0.0	4.2	0.0	0.8
\$75,000 or More (n=106)	68.3	1.2	1.2	4.9	1.2	0.0

*p (x²) < .05

Table 36b

% Knowledge of Services Provided by Health Department by Demographic Characteristics

CHARACTERISTIC	WIC	Pre-Natal Visits	Family Planning	AIDS Testing	Well Water Safety	Other
Overall (n=800)	1.1%	0.5%	6.1%	2.9%	1.8%	12.8%
Area*						
Grand Haven/Spring Lake(n=200)	0.7	0.7	10.2	1.4	2.7	13.6
Coopersville/Allendale (n=200)	2.6	1.7	4.3	4.3	1.7	15.4
Jenison/Hudsonville (n=200)	0.7	0.0	7.8	3.5	1.4	15.6
Holland/Zeeland (n=200)	0.7	0.0	2.0	2.7	1.4	7.4
Gender*						
Male (n=395)	0.4	0.4	5.3	4.9	4.1	14.0
Female (n=405)	1.6	0.6	6.8	1.3	0.0	11.9
Race*						
White (n=758)	1.1	0.6	6.0	2.6	1.9	12.9
Other (n=34)	0.0	0.0	16.7	16.7	0.0	0.0
Age*						
18 - 24 yrs. old (n=122)	0.0	0.0	18.8	8.7	0.0	11.6
25 - 34 yrs. old (n=176)	0.0	1.5	3.8	2.3	6.2	16.2
35 - 44 yrs. old (n=172)	0.8	0.8	7.0	2.3	0.8	6.3
45 - 54 yrs. old (n=115)	3.2	0.0	4.3	4.3	1.1	12.9
55 - 64 yrs. old (n=104)	1.4	0.0	4.2	0.0	0.0	16.9
65 - 74 yrs. old (n=61)	2.6	0.0	0.0	0.0	0.0	15.4
75 + yrs. old (n=43)	0.0	0.0	0.0	0.0	0.0	20.0
Education						
Less than H.S. (n=85)	0.0	0.0	5.0	7.5	0.0	17.5
High School Graduate (n=245)	2.0	0.7	8.0	2.7	2.0	11.3
Some College (n=225)	0.6	0.0	7.1	1.8	1.2	11.8
College Graduate (n=242)	1.0	1.0	4.2	3.1	2.6	14.1
Income						
Less Than \$10,000 (n=34)	5.3	0.0	5.3	0.0	0.0	15.8
\$10,000 - 14,999 (n=42)	0.0	0.0	5.9	5.9	0.0	5.9
\$15,000 - 19,999 (n=50)	0.0	3.1	6.3	3.1	0.0	6.3
\$20,000 - 24,999 (n=41)	3.0	0.0	9.1	0.0	6.1	18.2
\$25,000 - 34,999 (n=110)	0.0	1.3	9.0	10.3	0.0	11.5
\$35,000 - 49,999 (n=148)	1.8	0.0	2.7	0.0	1.8	10.7
\$50,000 - 74,999 (n=166)	0.8	0.8	8.4	2.5	1.7	10.9
\$75,000 or More (n=106)	1.2	0.0	3.7	1.2	2.4	14.6

*p (x²) < .05

Table 37

% Distribution of Perception of Health Services in Ottawa County, by
Demographic Characteristics

CHARACTERISTIC	% Who Think Need to Expand					
	Immunization Services	Health Screening	Services to Over 65	Prenatal/ Newborn Services	Drug/ Alcohol Prevention	Teen Pregnancy Prevention
Overall (n=800)	14.8%	39.0%	46.9%	33.6%	57.5%	65.0%
Area						
Grand Haven/Spring Lake (n=200)	16.9*	34.4	52.1*	33.7	57.6	71.7*
Coopersville/Allendale (n=200)	11.9	43.3	55.7	36.0	61.3	67.9
Jenison/Hudsonville (n=200)	13.8	31.6	42.1	29.7	47.8	53.8
Holland/Zeeland (n=200)	16.7	45.8	38.5	34.5	62.5	65.5
Gender						
Male (n=392)	19.1*	39.2	48.4	40.5*	53.1*	57.9*
Female (n=405)	11.0	38.8	45.7	26.6	62.0	71.8
Race						
White (n=758)	13.2*	38.1	45.8	33.2	56.8	63.8*
Other (n=34)	52.0	54.5	66.7	45.0	76.0	91.7
Age						
18 - 24 yrs. old (n=122)	17.2	50.8*	50.0*	41.4	48.9	64.0
25 - 34 yrs old (n=176)	19.8	45.6	61.9	35.9	56.5	64.6
35 - 44 yrs. old (n=172)	14.2	38.0	59.3	30.9	58.2	64.3
45 - 54 yrs. old (n=115)	10.7	46.5	53.7	32.8	70.5	74.2
55 - 64 yrs. old (n=104)	12.2	27.7	39.6	27.7	50.7	58.3
65 - 74 yrs. old (n=61)	13.5	23.7	23.7	18.2	59.0	70.0
75 + yrs. old (n=43)	6.7	16.7	15.2	40.0	61.5	52.6
Education						
Less than H.S. (n=85)	21.3	39.5	44.2	42.5	55.6	62.5
High School Graduate (n=245)	11.7	37.1	42.5	28.2	52.9	67.9
Some College (n = 225)	16.7	44.8	54.1	31.6	63.2	67.5
College Graduate (n=242)	13.6	34.8	47.5	37.8	57.1	60.6
Income						
Less than \$10,000 (n=34)	28.0	43.5	52.2	60.0	54.5	57.1
\$10,000 - 14,000 (n=42)	14.8	34.8	35.7	27.8	66.7	64.0
\$15,000 - 19,999 (n=50)	11.1	36.4	48.0	40.0	61.8	76.5
\$20,000 - 24,999 (n=41)	9.1	46.2	32.0	36.0	60.0	50.0
\$25,000 - 34,999 (n=110)	12.3	34.7	51.0	26.1	51.5	63.2
\$35,000 - 49,999 (n=148)	15.9	32.9	54.9	35.2	55.3	61.6
\$50,000 - 74,999 (n=166)	12.2	46.5	48.0	28.8	57.3	69.4
\$75,000 or More (n=106)	20.5	44.4	41.7	38.2	52.2	61.4

* $p(x^2) < .05$

ATTITUDES RELATED
TO AIDS/HIV

ATTITUDES RELATED TO AIDS/HIV

As AIDS is a significant societal health concern, we asked several questions related to this topic. The respondents were first asked whether they would be willing to work next to or near a person who is infected with the HIV virus (which causes AIDS). Next, they were asked the grade at which schools should begin AIDS education. They were also asked whether they would encourage a teenager who was sexually active to use a condom to prevent sexually transmitted diseases. The results of these questions are presented in Table 38. As can be seen, 89.5% of the respondents would be willing to work with a person infected with AIDS. On average, people thought AIDS education should begin at approximately the fourth or fifth grade. Finally, 70.4% would recommend that their sexually active teen should use a condom, while 22.8% would give other advice. Statistically significant differences were found for area, gender, age, education, and income.

Area: Respondents in Jenison/Hudsonville would be less likely to encourage their teenagers to use condoms (60.8%) and more likely to give other advice (36.6%) compared with respondents in other parts of the county.

Gender: Women thought AIDS education should start in a lower grade (3.9) than men (4.8).

Age: As age increases, the willingness to work with an infected co-worker decreases (98.2% for 18 to 24 year olds vs. 60.0 for 75 years and over). In addition, 18 to 24 year olds would be more likely to suggest that teenagers use condoms (83.2%) than those who are 75 and over (50.0%).

Education: Respondents with some college thought AIDS education should start in a lower grade (4.0) than those with less than a high school education (5.0).

Income: Respondents with incomes between \$20,000 and \$24,000 thought AIDS education should start in a lower grade (3.8) than those with incomes between \$15,000 and \$19,999 (5.0).

Comparison with 1994: Respondents in the 1999 survey are significantly more willing to work with an AIDS infected co-worker (89.5%) compared to those in 1994 (68.2%).

We also asked respondents whether they have ever had their blood tested for AIDS (Table 39). This question was not asked in 1994. Overall, 41.8% of the respondents have had their blood tested. Statistically significant differences were found for the variables of race, age, education, and income.

Race: Caucasians (40.8%) were less likely to have had their blood tested compared with respondents from other racial backgrounds (61.8%).

Age: Generally, as age increases, the likelihood that respondents had their blood tested for AIDS decreases (66.1% for 25 to 34 year olds vs. 0.0% for those 75 and over).

Education: Respondents with a high school degree are less likely to have had their blood tested compared with respondents who have at least some college.

Income: Respondents with incomes between \$15,000 and \$24,999 are less likely to have had their blood tested compared with respondents from the other income ranges.

Finally, respondents were asked to indicate what they thought their chance was for getting the AIDS virus (high, medium, low or none) (Table 40). Again, this question was not asked in 1994. Overall, 53.3% replied "none", 41.9% said "low", 3.5% said "medium" and 1.3% said "high". The only demographic variable that was statistically significant was race. Caucasians were less likely to rate their risk as "high" (1.0%) compared with individuals from other racial backgrounds (9.1%).

Table 38

Respondent Attitudes on HIV/AIDS Related Issues, by Demographic Characteristics

CHARACTERISTIC	% Willing to Work With Infected Co-Worker	Average Grade AIDS Education Should Begin	Recommendation to Sexually Active Teen	
			Use Condom	Other Advice
Overall (n=800)	89.5%	4.4	70.4%	22.8%
Area				
Grand Haven/Spring Lake (n=200)	89.2	4.4	80.3*	19.2*
Coopersville/Allendale (n=200)	89.5	4.6	75.6	19.7
Jenison/Hudsonville (n=200)	88.6	4.4	60.8	36.6
Holland/Zeeland (n=200)	90.9	4.1	76.8	20.1
Gender				
Male (n=392)	90.3	4.8*	74.1	23.0
Female (n=405)	88.7	3.9	72.9	24.5
Race				
White (n=758)	89.6	4.3	73.5	23.9
Other (n=34)	88.0	4.6	78.1	15.6
Age				
18 - 24 yrs. old (n=122)	98.2*	4.7	83.2*	15.1*
25 - 34 yrs old (n=176)	93.3	4.5	77.5	20.2
35 - 44 yrs. old (n=172)	93.0	4.4	76.2	22.0
45 - 54 yrs. old (n=115)	88.5	4.1	75.5	23.6
55 - 64 yrs. old (n=104)	84.3	3.8	66.0	31.0
65 - 74 yrs. old (n=61)	72.9	3.8	58.2	32.7
75 + yrs. old (n=43)	60.0	5.7	50.0	44.1
Education				
Less than H.S. (n=85)	85.5	5.0*	61.0	32.5
High School Graduate (n=245)	87.9	4.4	73.8	23.6
Some College (n = 225)	90.5	4.0	75.6	22.1
College Graduate (n=242)	91.3	4.4	75.8	22.5
Income				
Less than \$10,000 (n=34)	87.9	4.9*	78.8	15.2
\$10,000 - 14,000 (n=42)	82.9	4.6	76.3	21.1
\$15,000 - 19,999 (n=50)	83.7	5.0	77.1	18.8
\$20,000 - 24,999 (n=41)	80.0	3.8	80.0	17.5
\$25,000 - 34,999 (n=110)	90.1	4.2	80.4	16.8
\$35,000 - 49,999 (n=148)	91.9	4.9	69.9	29.4
\$50,000 - 74,999 (n=166)	93.3	4.0	72.8	24.1
\$75,000 or More (n=106)	90.9	4.2	81.4	17.6

p (χ^2) < .05

Table 39

Prevalence of Having Blood Tested for AIDS by Demographic Characteristics

CHARACTERISTIC	Have Been Tested
Overall (n=800)	41.8%
Area	
Grand Haven/Spring Lake (n=200)	47.1
Coopersville/Allendale (n=200)	40.2
Jenison/Hudsonville (n=200)	43.8
Holland/Zeeland (n=200)	36.3
Gender	
Male (n=395)	45.2
Female (n=405)	38.6
Race*	
White (n=758)	40.8
Other (n=34)	61.8
Age*	
18 - 24 yrs. old (n=122)	45.1
25 - 34 yrs. old (n=176)	66.1
35 - 44 yrs. old (n=172)	47.3
45 - 54 yrs. old (n=115)	34.3
55 - 64 yrs. old (n=104)	28.0
65 - 74 yrs. old (n=61)	10.7
75 + yrs. old (n=43)	0.0
Education*	
Less than H.S. (n=85)	22.0
High School Graduate (n=245)	33.6
Some College (n=225)	53.3
College Graduate (n=242)	47.0
Income*	
Less Than \$10,000 (n=34)	45.5
\$10,000 - 14,999 (n=42)	39.5
\$15,000 - 19,999 (n=50)	27.1
\$20,000 - 24,999 (n=41)	22.5
\$25,000 - 34,999 (n=110)	46.2
\$35,000 - 49,999 (n=148)	48.3
\$50,000 - 74,999 (n=166)	47.2
\$75,000 or More (n=106)	52.5

*p (χ^2) < .05

Table 40 % Distribution of Perceived Risk of Getting AIDS by Demographic Characteristics

CHARACTERISTIC	High	Medium	Low	None
Overall (n=800)	1.3%	3.5%	41.9%	53.3%
Area				
Grand Haven/Spring Lake (n=200)	0.5	1.6	43.9	54.0
Coopersville/Allendale (n=200)	1.0	4.5	38.2	56.3
Jenison/Hudsonville (n=200)	2.6	2.6	47.7	47.2
Holland/Zeeland (n=200)	1.1	5.3	37.9	55.8
Gender				
Male (n=395)	1.0	2.9	42.1	54.0
Female (n=405)	1.6	4.1	41.7	52.6
Race*				
White (n=758)	1.0	3.4	41.9	53.7
Other (n=34)	9.1	6.1	42.4	42.4
Age				
18 - 24 yrs. old (n=122)	1.7	4.2	43.3	50.8
25 - 34 yrs. old (n=176)	0.6	5.8	40.5	53.2
35 - 44 yrs. old (n=172)	1.8	1.8	50.0	46.4
45 - 54 yrs. old (n=115)	1.8	5.4	47.3	45.5
55 - 64 yrs. old (n=104)	1.0	2.0	36.3	60.8
65 - 74 yrs. old (n=61)	1.9	1.9	27.8	68.5
75 + yrs. old (n=43)	0.0	0.0	27.8	72.2
Education				
Less than H.S. (n=85)	2.5	2.5	44.3	50.6
High School Graduate (n=245)	0.8	3.4	37.7	58.1
Some College (n=225)	1.8	4.1	39.6	54.4
College Graduate (n=242)	0.8	3.4	47.5	48.3
Income				
Less Than \$10,000 (n=34)	0.0	3.1	31.3	65.6
\$10,000 - 14,999 (n=42)	5.1	7.7	38.5	48.7
\$15,000 - 19,999 (n=50)	2.1	6.4	29.8	61.7
\$20,000 - 24,999 (n=41)	2.4	2.4	56.1	39.0
\$25,000 - 34,999 (n=110)	0.9	4.7	41.4	53.3
\$35,000 - 49,999 (n=148)	0.7	3.4	49.0	46.9
\$50,000 - 74,999 (n=166)	0.0	3.7	46.3	50.0
\$75,000 or More (n=106)	2.9	1.9	40.4	55.2
*p (x ²) < .05				

CONCLUSIONS

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

CONCLUSIONS

There are several important themes in these results that should be highlighted. One is the consistency of responses between the 1994 and 1999 surveys. Given the large number of questions and the numerous comparisons to be made, there are relatively few areas in which the county's health status is noticeably different now than it was five years ago.

There are two striking trends, however, that must be emphasized. One is the huge increase in smoking among 18- to 24-year-olds. In 1994, 16.9% of young adults were smokers; today, 28.7% smoke, an increase of 70% in just five years. Young adults in 1999 also are significantly less likely to be *former* smokers than in 1994. An increase in tobacco consumption of this magnitude has major implications for the health of county residents twenty years or more into the future.

Another dramatic change since 1994 is the percentage of overweight citizens (30.4% vs. 20.5%, a 48% increase). This is not simply due to the graying of the population—the increase is evident at all but the very oldest age levels. Among the middle-aged (45 – 54), the percentage of overweight citizens rose from 26.5% to 43.0%, an increase of 62%. The most dramatic difference is found again among those in the 18– to 24 group. In 1994, 6.1% of the people in this category were overweight. By 1999, that figure was 20.0%, for an increase of 228%. Again, the long-term implications for the county's health are significant.

Racial and ethnic minorities make up only a small percentage of the county's population, so they constitute only a small percentage of our sample. As a result, there are insufficient numbers represented in our report to allow us to make conclusive inferences. However, there are some noteworthy differences in the responses of white citizens and those of people of color. Compared with whites, people of color

- describe their overall health as poorer
- have experienced greater difficulty in accessing health care
- are less likely to be insured
- are more likely to smoke cigarettes
- are more likely to engage in binge drinking
- are more than twice as likely to have at least one behavioral risk factor

Clearly, the county needs to gather additional information regarding the health risks of people of color and develop a strategy for addressing their needs.

APPENDIX



Table 33: Other Responses

Which of the following best describes why you had a difficult time obtaining necessary health care services?

- Certain doctors for certain HMOs
- Insurance kept telling us what was appropriate instead of the doctor
- Both no insurance and couldn't find a doctor
- Not sure
- Insurance
- No financial help with elderly
- HMO approval for procedure
- We have coverage, but when you move, you can't get Blue Cross
- Michigan didn't accept their insurance
- Health condition
- Handicap child/approval of insurance
- Prescriptions costly
- Mom was on disability and her health insurance was cancelled
- HMO not covering what the doctor ordered
- Not being referred
- Availability
- No insurance
- Rather not say
- Insurance didn't cover it
- Lack HMO coverage
- Bad insurance ... denied every claim
- My doctor disagreed with my HMO and was kicked off before treatment

Table 34: Other Responses

What do you feel is the most important problem in your community today?

- I'm not sure (23)
- No problems (20)
- All of them (14)
- Education, drugs, and health care
- Health care and streets
- Drugs, health issues and crime
- Education, environment, and taxes
- Alcohol, and the streets need repair
- Drugs and crime
- People issues like crime, healthcare, etc.
- Streets and property taxes
- Crime, streets
- Social security
- Taxes and government accountability
- Government
- Taxes
- Rate of pay for jobs
- Increasing difference between upper and lower class incomes
- Politicians
- Local politics
- Local government
- Morality (2)
- Deterioration of family values (2)
- Lack of religion
- Spirituality
- Adolescent promiscuous behavior
- Lack of morals
- Moral climate of the country
- Lack of Christian religion
- If everyone knew Jesus, we wouldn't have any of these problems
- Lack of morality
- I think there's not enough fear of God in our society
- Morals and values
- A few of these problems could be solved with more mothers taking care of their children
- Family problems
- Discipline of the youth
- Teenage pregnancy
- Broken homes
- Better home care for children

- Uninvolved parents
- Out of control kids
- Deterioration of family life
- No cultural diversity
- Racial issues
- Close-mindedness among the community
- Development (2)
- Urban sprawl
- Housing for mentally ill
- Poor planning and heavy traffic on the roads
- Speeds too high for main streets
- Bad roads
- Population
- Need a new school
- People have changed
- Community togetherness
- Doesn't know neighbors
- Obesity
- Lack of good health
- The cost of prescription drugs
- Help for elderly, including help for those without health insurance
- Programs for children
- Complaining about pets
- Safety
- Gangs
- College student parties
- Communication
- Gun control
- Sale of tobacco to minors

Table 36: Other Responses

Please name a service provided by the Ottawa County Health Department.

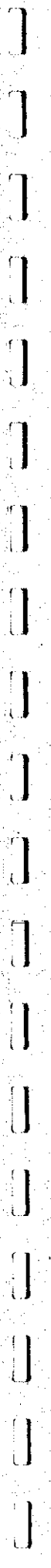
- Mental health (14)
- Hospice (3)
- Blood drive (3)
- Visiting nurses (3)
- Substance abuse services (3)
- Physicals (2)
- Health clinic in general (2)
- Juvenile services (2)
- Hearing testing (2)
- Not sure
- Vision testing
- Nursing homes
- Juvenile parents and counseling
- Care for the needy
- Vision and hearing screening
- Services for children
- Environmental health
- Health care for the elderly
- Dental care for children
- Social services
- Marriage classes
- Pediatric care
- Personal counseling
- Counseling
- Aid to dependent children
- Non-ambulatory people moving to medical facilities
- Birth control
- Emergency medical center
- Emergency room service
- Premarital screening

Do you have any additional comments?

- Glad I could help (2).
- I tried to get help from Medicaid, but could not get it.
- Good survey. Someone has to tell children about sex education and AIDS.
- Crime in this community needs to be alleviated. Its level is on the steep increase.
- Parents need to pay a little more attention in raising their children.
- Local school is dismal in AIDS and health education period. It is rudimentary.
- Health insurance for young son is a problem. He does not qualify for government program.
- Wheelchair accessibility is horrible (parking, steps, curb cuts, buildings).
- Can the results be made public?
- Very dissatisfied with hospital in the area. It is a hassle to go.
- Set against gun control. Not a health problem. Lawsuits are wrong.
- Not enough health care for adults that don't have health insurance.
- Fairly good health care in county. Elderly need some more attention.
- It's good you are doing this. It gets people thinking.
- Has trouble with Holland Hospital services.
- Need more senior centers.
- Need new health care system in U.S.
- Does know someone that has been exposed to domestic violence.
- Health conditions are really poor and below standards due to insurance monopoly.
- Actually I think HMOs make for difficulty in obtaining health care.
- Your questions have raised my awareness of the services provided.
- Will the results be printed – and when?
- There should be questions about chemical additives in the food and water.
- Will this information be available to the public?
- The community needs more reality-based information regarding daily personal choices.
- Services of Ottawa County need to be publicized more.
- More physicians taking patients for people moving into the area.
- Will this be released to public? Respondent is involved in public issues.
- Appreciated call.
- Can a copy go to Freedom Village?
- How will the survey be used?
- I wish the doctors in this area weren't too busy to see people themselves.
- I want to thank you for your services.
- Not encouraged by the way that health insurance is being done (limits on doctors).
- I wish there was more information available about health services. Information from this survey might help.
- They do a good job testing blood cholesterol and blood pressure.

- You should ask about how available health insurance is for people.
- Start teaching children about God.
- Biggest health care concern is tobacco smoking of females between 12 and 21.

COPY OF SURVEY



OTTAWA COUNTY
BEHAVIORIAL RISK FACTOR SURVEY

Hello. I'm _____ at Hope College. We're doing a study of health practices of Ottawa County residents. Your phone number has been randomly selected to be included in this study, and we'd like to ask some questions about things people do which may affect their health. This information will help local agencies better serve your communities' needs.

Are you a resident of Ottawa County? Yes No

(If YES) – The survey will take several minutes to complete, and will include personal questions, as well as questions about community health issues. Your answers will be kept strictly anonymous and confidential, and only general statistical information will be released. You are also free to skip any questions if you feel uncomfortable. Would you be willing to participate in this study?

(If YES) – Great! If you would like me to clarify a question or would rather not answer certain questions, please let me know.
What city or township do you live in?

(If NO) – Thank you for your time.

(If NO) – I'm sorry to bother you, but we are only surveying Ottawa County residents. Thank you for your time.

DEMOGRAPHICS

How many children live in your household who are.....
(Code 7 if 7 or more children for any answer)

(Please read each answer for response)

less than five years old	-
Five through 12 years old	-
13 through 17 years old	-
Refused	9

Are you currently:

(Please read)

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

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

(Read only if necessary)

Never attended school or kindergarten only	1
Grades 1 through 8 (elementary)	2
Grades 9 through 11 (some high school)	3
Grade 12 or GED (high school graduate)	4
College one years to three years (some college or technical school)	5
College four years or more (college graduate)	6
Refused	9

What is your age?

Age in years	--
Don't know/Not sure	77
Refused	99

What is your ethnicity?

(Please read if necessary)

Caucasian	1
African-American	2
Asian-American	3
American Indian	4
Hispanic	5
Other: _____	6
Don't know/Not sure	7
Refused	9

Which of the following categories best describes your annual household income from all sources?

(Please read)

Less than \$10,000	01
\$10,000 to less than \$15,000	02
\$15,000 to less than \$20,000	03
\$20,000 to less than \$25,000	04
\$25,000 to less than \$35,000	05
\$35,000 to less than \$50,000	06
\$50,000 to less than \$75,000	07
Over \$75,000	08
Don't know/Not sure	09
Refused	10

About how much do you weigh without shoes? (Round fractions up)

Weight (in pounds)	---
Don't Know/Not sure	777
Refused	999

About how tall are you without shoes? (Round fractions down)

Height (in ft/inches)	--/--
Don't Know/Not sure	777
Refused	999

Community Health Issues

What do you feel is the most important problem in your community today?

(Please read)

Crime	01
Drugs and alcohol	02
Education	03
Health care	04
Help for the needy	05
Jobs	06
Property taxes	07
Environment	08
Streets	09
Other: _____	10

There is a local health department in every county in Michigan that provides a number of services. Please name a service provided by the Ottawa County Health Department.

- | | |
|---|----|
| a. Immunizations, baby shots | 1 |
| b. VD Clinic, syphilis, gonorrhea, chlamydia, STD | 2 |
| c. Restaurant inspections | 3 |
| d. Septic system inspections | 4 |
| e. Screening (chol, blood pressure, cancer) | 5 |
| f. Disease prevention (health education) | 6 |
| g. Well baby services | 7 |
| h. WIC, food stamps | 8 |
| i. Pre-natal visits | 9 |
| j. Family planning | 10 |
| k. HIV counseling, AIDS testing | 11 |
| l. Well water safety services | 12 |
| m. Other: _____ | 13 |
| Don't Know | 77 |
| Refused | 99 |

The next few questions focus on the services provided in your community. For each of the following areas, please indicate if you think the services need to be expanded, if they are adequate as they are, or if you are not sure about the particular area.

- Immunization services
- Routine preventative health screening services
- Services to individuals over the age of 65
- Prenatal and newborn care services
- Drug and alcohol prevention services
- Teen pregnancy prevention services

- | | |
|---------------------|---|
| Expand | 1 |
| Adequate | 2 |
| Don't Know/Not sure | 7 |
| Refused | 9 |

Personal Health Issues

Would you say that in general your health is:

(Please read)

Excellent	1
Very Good	2
Good	3
Fair	4
Poor	5
Don't Know/Not sure	7
Refused	9

Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMO's (health maintenance organizations), or government plans such as Medicare?

Yes	1
No	2
Don't Know/Not Sure	7
Refused	9

In the past three years, have you or any member of your immediate family had difficulty obtaining necessary health care services?

Yes	1
No	2
Don't Know/Not Sure	7
Refused	9

Which of the following best describes why you had a difficult time?

(Please read)

No insurance	1
Couldn't get appointment with doctor	2
Transportation	3
You had to wait too long	4
You didn't know whom to call	5
Other: _____	6

About how long has it been since you last visited a doctor for a routine checkup?

(Please read [a - d] only if necessary)

- | | |
|--|---|
| a. Within the past year (one 0-12 months ago) | 1 |
| b. Within the past two years (one - two years ago) | 2 |
| c. Within the past five years (two - five years ago) | 3 |
| d. Five or more years ago | 4 |
| Don't know/Not sure | 7 |
| Never | 8 |
| Refused | 9 |

Have you ever been told by a doctor that you have diabetes?

- | | |
|---|---|
| a. Yes | 1 |
| b. Yes, but female told only during pregnancy | 2 |
| c. No | 3 |
| Don't Know/Not sure | 7 |
| Refused | 9 |

Did your doctor ever tell you that you have asthma?

- | | |
|---------------------|---|
| a. Yes | 1 |
| b. No | 2 |
| Don't Know/Not Sure | 7 |
| Refused | 9 |

About how long has it been since you last had your blood pressure taken by a doctor, nurse, or other health professional?

(Read only if necessary)

- | | |
|--|---|
| Within the past six months (one to six months ago) | 1 |
| Within the past year (seven to twelve months ago) | 2 |
| Within the past two years (one to two years ago) | 3 |
| Within the past five years (two to five years ago) | 4 |
| Five or more years ago | 5 |
| Never (skip next two questions) | 8 |
| Don't Know/Not Sure | 7 |
| Refused | 9 |

Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?

Yes	1
No (Skip next question)	2
Don't Know/Not Sure	7
Refused	9

Did the health professional recommend a treatment such as medication, change in diet, physical activity, or regular checkups?

Yes	1
No	2
Don't Know/Not Sure	7
Refused	9

During the past month, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening or walking for exercise?

Yes	1
No (Skip next two questions)	2
Don't Know/Not sure	7
Refused	9

Please think about the activity or exercise that you spent the most time doing during the past month. How many times per week or per month did you take part in this activity during the past month?

Times per week:	--
Times per month:	--
Don't Know/Not Sure	77
Refused	99

And when you took part in this activity, for how many minutes or hours did you usually keep at it?

Hours and minutes	--:--
Don't Know/Not Sure	777
Refused	999

Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked?

Yes	1
No (Skip next two questions)	2
Don't Know/Not Sure	7
Refused	9

About how long has it been since you last had your blood cholesterol checked?

(Read only if necessary)

Within the past year (one to 12 months ago)	1
Within the past two years (one to two years ago)	2
Within the past five years (two to five years ago)	3
Five or more years ago	4
Don't Know/Not Sure	7
Refused	9

Have you ever been told by a doctor or other health professional that your blood cholesterol is high?

Yes	1
No	2
Don't Know/Not sure	7
Refused	9

Are you now trying to lose weight?

Yes	1
No	2
Refused	9

Have you increased your physical activity to lose weight?

Yes	1
No	2
Don't Know/Not Sure	7
Refused	9

How long has it been since you last visited a dentist or a dental clinic for any reason?

(Include visits to dental specialists, such as orthodontics.)
(Read only if necessary)

- | | |
|---|---|
| a. Within the past year (one to twelve months ago) | 1 |
| b. Within the past two years (one to two years ago) | 2 |
| c. Within the past five years (two to five years ago) | 3 |
| d. Five or more years ago | 4 |
| Don't know/Not Sure | 7 |
| Never | 8 |
| Refused | 9 |

If you have not visited a dentist or a dental clinic within the past year, what was the most important reason for not going?

- | | |
|--|----|
| a. Didn't know I should/Didn't need to | 1 |
| b. Don't want to go/Fear/Embarrassment | 2 |
| c. Don't have a regular dentist | 3 |
| d. Physician didn't recommend it | 4 |
| e. No insurance coverage/Cost | 5 |
| f. Lack of time/Too busy | 6 |
| g. Lack of transportation | 7 |
| h. Lack of dentist who provide services to Medicaid patients | 8 |
| i. Other: _____ | 9 |
| Don't Know | 10 |
| Refused | 11 |

How long has it been since you had your teeth "cleaned" by a dentist or a dental hygienist?

(Read only if necessary)

- | | |
|---|---|
| a. Within the past year (one to twelve months ago) | 1 |
| b. Within the past two years (one to two years ago) | 2 |
| c. Within the past five years (two to five years ago) | 3 |
| d. Five or more years ago | 4 |
| Don't know/Not Sure | 7 |
| Never | 8 |
| Refused | 9 |

In the past year, have you had a toothache, bleeding gums, sore jaw or painful aching in your mouth?

- | | |
|------------------------|---|
| a. Yes | 1 |
| b. No | 2 |
| c. Don't Know/Not sure | 7 |
| d. Refused | 9 |

Have you smoked at least 100 cigarettes in your entire life?
(five packs = 100 cigarettes)

- | | |
|---|---|
| Yes | 1 |
| No (skip next two questions) | 2 |
| Don't Know/Not Sure (skip next two questions) | 7 |
| Refused (skip next two questions) | 9 |

Do you smoke cigarettes now?

- | | |
|------------------------------|---|
| Yes | 1 |
| No (skip next question) | 2 |
| Refused (skip next question) | 9 |

On the average, about how many cigarettes a day do you now smoke?

- | | |
|---|-----|
| Number of cigarettes (one pack = 20 cigarettes) | --- |
| Don't smoke regularly | 88 |
| Refused | 99 |

During the past month, how many days per week or per month did you drink any alcoholic beverages, on the average?

- | | |
|--|------|
| Days per week (If none, skip next three questions) | 1--- |
| Days per month | 2--- |
| Don't Know/Not Sure | 777 |
| Refused | 999 |

A drink is one can or bottle of beer, one glass of wine, one can or bottle of wine cooler, one cocktail, or one shot of liquor. On the days when you drank, about how many drinks did you drink on the average?

- | | |
|---------------------|----|
| Number of drinks | -- |
| Don't Know/Not Sure | 77 |
| Refused | 99 |

Considering all types of alcoholic beverages, how many times during the past month did you have five or more drinks on an occasion?

Number of times	--
None	88
Don't Know/Not Sure	77
Refused	99

During the past month, how many times have you driven when you've had perhaps too much to drink?

Number of times	--
None	88
Don't Know/Not Sure	77
Refused	99

How often do you use seatbelts when you drive or ride in a car?

Would you say: (please read)

Always	1
Nearly always	2
Sometimes	3
Seldom	4
Never	5
Don't Know/Not Sure	7
Never drive or ride in a car	8
Refused	9

Do you feel that stress, depression, or problems with emotions have been a problem for you in the past month?

Yes	1
No	2
Don't Know/Not Sure	7
Refused	9

Do you know anyone who has been the victim of domestic violence?

Yes	1
No	2
Don't Know/Not Sure	7
Refused	9

Indicate sex of respondent (Ask only if necessary)

Male	1
Female	2

(Branch to women's or men's health)

Women's Health

The next few questions are about women's health issues. If you feel uncomfortable answering any of them, please let me know and we'll go to the next question.

A mammogram is an x-ray of the breast to look for cancer. Have you ever had a mammogram?

- | | |
|---------------------|---|
| Yes | 1 |
| No | 2 |
| Don't Know/Not Sure | 7 |
| Refused | 9 |

How long has it been since you had your last mammogram?

(Read only if necessary)

- | | |
|--|---|
| Within the past year (one to twelve months ago) | 1 |
| Within the past two years (one to two years ago) | 2 |
| Within the past three years (two to three years ago) | 3 |
| Within the past five years (three to five years ago) | 4 |
| Five or more years ago | 5 |
| Don't know/Not Sure | 7 |
| Never | 8 |
| Refused | 9 |

A breast exam is when a health professional feels the breast tissue for lumps. How long has it been since your last breast exam?

(Read only if necessary)

- | | |
|--|---|
| Within the past year (one to twelve months ago) | 1 |
| Within the past two years (one to two years ago)- | 2 |
| Within the past three years (two to three years ago) | 3 |
| Within the past five years (three to five years ago) | 4 |
| Five or more years ago | 5 |
| Never (Skip next question) | 8 |
| Don't know/Not Sure | 7 |
| Refused | 9 |

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

Routine checkup	1
Breast problem other than cancer	2
Had breast cancer	3
Don't Know/Not Sure	7
Refused	9

A Pap test is a test for cancer of the cervix. Have you ever had a Pap test?

Yes	1
No (Skip next two questions)	2
Don't Know/Not Sure	7
Refused	9

How long has it been since you had your last Pap test?

(Read only if necessary)

Within the past year (one to twelve months ago)	1
Within the past two years (one to two years ago)	2
Within the past three years (two to three years ago)	3
Within the past five years (three to five years ago)	4
Five or more years ago	5
Don't know/Not Sure	7
Refused	9

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

Routine exam	1
Check current or previous problem	2
Don't Know/Not Sure	7
Refused	9

Men's Health

The next two questions are about men's health issues related to the risk of getting cancer. If you feel uncomfortable answering either of them, please let me know and we'll go to the next question.

A clinical prostate exam is when a health professional feels the prostate for lumps. Have you ever had a prostate exam?

Yes	1
No	2
Don't Know/Not Sure	7
Refused	9

A testicular exam is when a health professional checks the testicles for signs of cancer. Have you ever had a testicular exam?

Yes	1
No	2
Don't Know/Not Sure	7
Refused	9

AIDS Issues

The last few questions are about the national health problem of AIDS. Please remember that your answers are confidential and that you don't have to answer every question if you don't want to.

Would you be willing to work next to or near a person who is infected with the HIV virus which causes AIDS?

Yes	1
No	2
Don't Know/Not Sure	7
Refused	9

What are your chances of getting the AIDS virus? Would you say....

(Please read [a - d])

a. High	1
b. Medium	2
c. Low	3
or	
d. None	4
Not applicable	5
Don't Know/Not Sure	7
Refused	9

Have you ever had your blood tested for the AIDS virus infection?

Yes	1
No	2
Don't Know/Not Sure	7
Refused	9

If you had a child in school, at what age do you think he or she should begin AIDS education?

Kindergarten	00
Grade	--
Never	88
Don't Know/Not Sure	77
Refused	99

If you had a teenager who was sexually active, would you encourage him or her to use a condom to prevent sexually transmitted diseases?

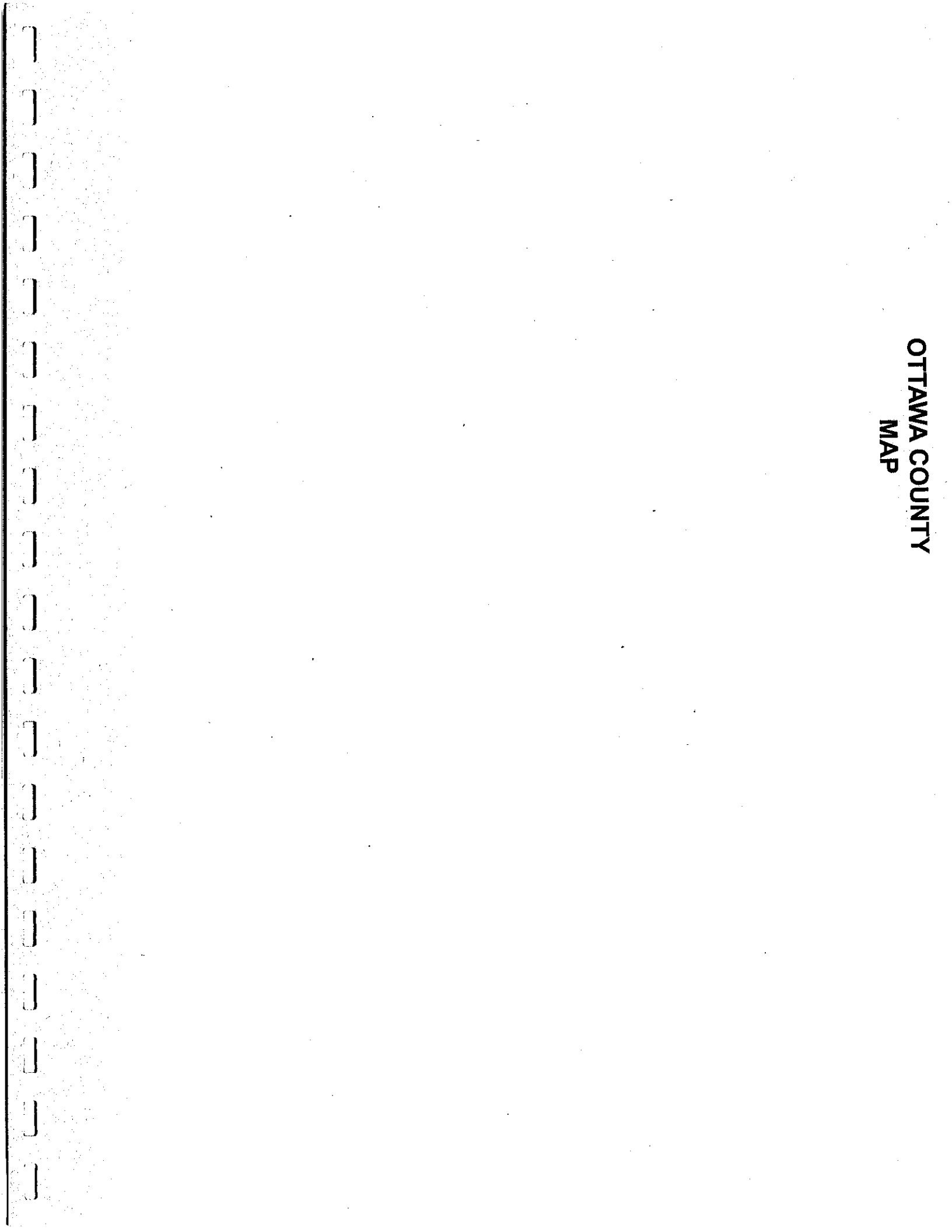
Yes	1
No	2
Would give other advice	3
Don't Know/Not Sure	7
Refused	9

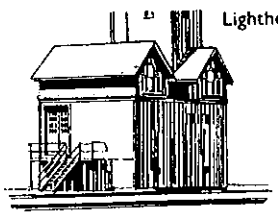
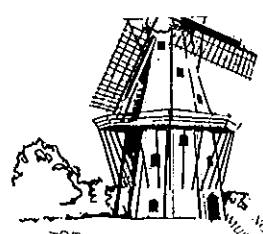
That's my last question. Again, let me assure you that all of your answers will remain completely private and confidential, as everyone's answers will be combined to give community agencies general information about the health practices of residents of Ottawa County.

Do you have any additional comments?

Thank you for your time and cooperation.

**OTTAWA COUNTY
MAP**

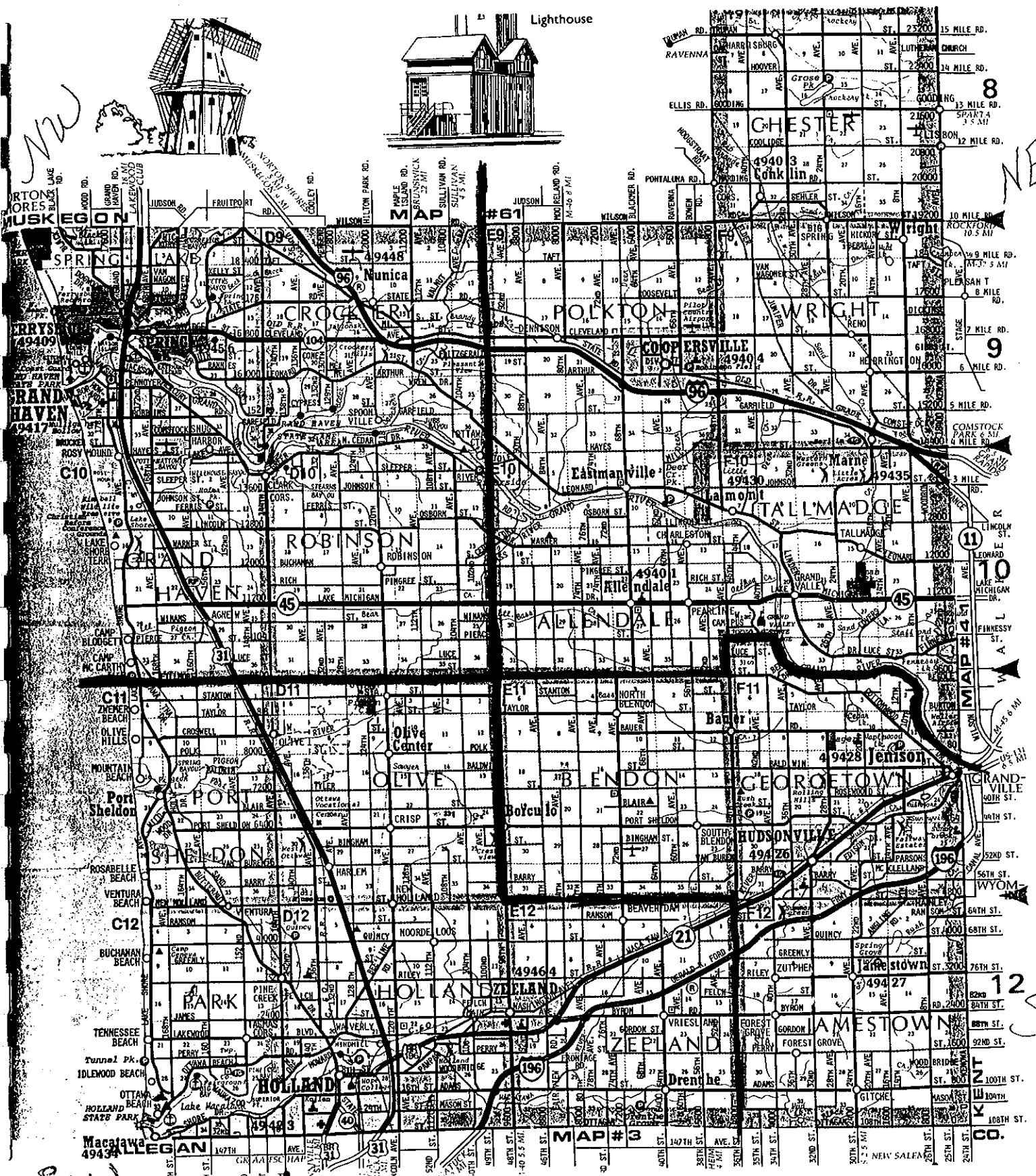




Lighthouse

NW

NE



Macatawa 49434

SE

