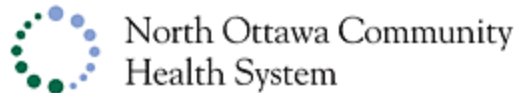


Ottawa County Behavioral Risk Factor Survey

Research Results from the 2011
Behavioral Risk Factor Survey

A Research Project for



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Table of Contents

	<u>Page</u>
■ Introduction	4
■ Partners	5
■ Background and Objectives	6
■ Methodology	8
■ GIS Region Map	12
■ Summary & Implications	14
■ Detailed Findings	35
■ Health Status Indicators	36
■ Health Care Access	60
■ Risk Behavior Indicators	66
■ Clinical Preventive Practices	90
■ Chronic Conditions	114
■ Appendix	138
■ Respondent Demographics	139
■ Tables with Demographics	144

INTRODUCTION

Partners

The following community are responsible for the funding and implementation of the Ottawa County Community Health Needs Assessment 2011:

- Greater Ottawa County United Way
- Holland Hospital
- North Ottawa Community Health System
- Ottawa County Community Mental Health
- Ottawa County Health Department
- Spectrum Health Zeeland Community Hospital

Background and Objectives

- The Carl Frost Center for Social Science Research was contracted by the Community Health Needs Assessment (CHNA) team of Ottawa County to conduct a Behavioral Risk Factor Survey (BRFS) as part of their larger community-wide health needs assessment in Ottawa County.
- The Patient Protection and Affordable Care Act (PPACA) passed by Congress in March of 2010 set forth additional requirements that hospitals must meet in order to maintain their status as a 501(c)(3) Charitable Hospital Organization. One of the main requirements states that a hospital must conduct a community health needs assessment (CHNA) and must adopt an implementation strategy to meet the community health needs identified through the assessment. The law further states that the assessment takes into account input from persons who represent the broad interests of the community including those with special knowledge or, or expertise in, public health.
- In response to the PPACA requirements, organizations serving both the health needs and broader needs of Ottawa County communities began meeting to discuss how the community could collectively meet the requirement of a CHNA. Currently these partners comprise a task force consisting of Ottawa County Health Department, Ottawa County Community Mental Health, Holland Community Hospital, North Ottawa Community Hospital, Spectrum Health Zeeland Community Hospital, and the Greater Ottawa County United Way.

Background and Objectives (Cont'd.)

- Information collected from this research will supply the Health and Health Care section of the broader United Way Community Assessment and the Community Health Needs Assessment for the three hospitals in Ottawa County.

- The overall goal or objective of the BRFSS is to obtain information from Ottawa County residents about a wide range of behaviors that affect their health. More specific objectives include gauging:
 - Health status indicators, such as perception of general health, satisfaction with life, weight (BMI), and levels of high blood pressure
 - Health risk behaviors, such as smoking, drinking, diet, and physical activity
 - Clinical preventative measures, such as routine physical checkups, cancer screenings, oral health, and immunizations
 - Chronic conditions and their management, such as diabetes, asthma, and cancer

- The information collected will be used to:
 - Determine priority health issues and develop strategic plans
 - Monitor the effectiveness of intervention measures
 - Examine the achievement of prevention program goals
 - Support appropriate public health policy
 - Educate the public about disease prevention through dissemination of information

Methodology

- A Behavioral Risk Factor Survey was conducted among Ottawa County adults (age 18+) via telephone with 1,274 county residents. The response rate was 41%.
- Disproportionate stratified random sampling (DSS) was used to ensure results could be generalized to the population of Ottawa County. Characteristics of DSS are:
 - Landline telephone numbers are drawn from two strata (lists) that are based on the presumed density of known telephone household numbers
 - Numbers are classified into strata that are either high density (listed) or medium density (unlisted)
 - Telephone numbers in the high density strata are sampled at the highest rate, in this case the ratio was 1.5:1.0
- In addition to landline telephone numbers, the design also targeted cell phone-only Ottawa County residents. Of the 1,274 completed surveys:
 - 286 are cell-phone-only (22.4%)
 - 151 are landline only (11.9%)
 - 837 have both cell and landline numbers (65.7%)
- Households were selected to participate subsequent to determining the number dialed was a landline number to an Ottawa County residence. Vacation homes, group homes, institutions, and businesses were excluded.

Methodology

- Respondents were screened to ensure they were at least 18 years of age and resided in Ottawa County. If a household contained more than one adult, interviewers randomly selected one adult to participate based on who had the nearest birthday. In these cases, every attempt was made to speak with the randomly chosen adult and interviewers were instructed to not simply interview the person who answered the phone or wanted to complete the interview.
- A Spanish version of the BRFSS instrument was utilized where necessary by trained, Spanish-speaking interviewers.
- The 1,274 households represent 1.4% of the 93,775 households in Ottawa County according to the 2010 U.S. Census.
- The margin of error for the entire sample of 1,274, at a 95% confidence level, is +/- 2.7%. This is based on a population of roughly 195,064 Ottawa County residents 18 years or older, according to the 2010 U.S. Census estimate.

Methodology (Cont'd.)

- Unless noted, consistent with the Michigan BRFSS, respondents who refused to answer a question or did not know the answer to a specific question were excluded from analysis. Thus, the base sizes vary throughout the report.
- Data weighting is an important statistical process that was used to remove bias from the BRFSS sample. The formula consists of both design and post-stratification weights. The purpose of weighting the data is to:
 - Correct for differences in the probability of selection due to non-response and non-coverage errors.
 - Adjusts variables of age and gender between the sample and the entire adult population in Ottawa County.
 - Allows the generalization of findings to the whole population, not just those who respond to the survey.
- The formula used for weighting the BRFSS data is:

$$\text{FINALWT} = \text{STRWT} * 1 \text{ OVER IMPNPH} * \text{NUMADULT} * \text{POSTSTR}$$

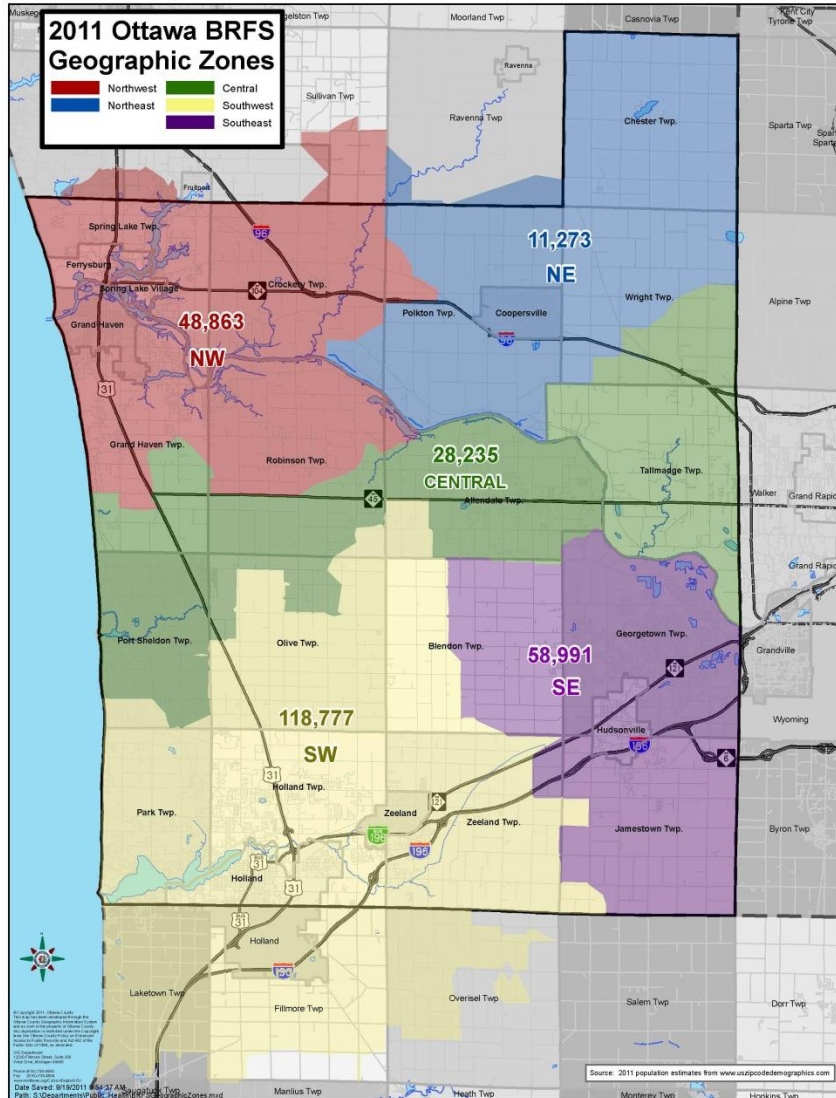
Methodology (Cont'd.)

- The components of the weighting formula are as follows:
 - STRWT – accounts for differences in the basic probability of selection among strata (subsets of area code/prefix combinations)
 - IMPNPH – the number of residential telephone numbers in the respondent's house
 - NUMADULT – number of adults in the respondent's household
 - POSTSTR – adjusts for noncoverage and nonresponse. It is the number of people in an age by sex category in the population of a region (in this case, Ottawa County, divided by the sum of the products of the preceding weights for the respondents in that same age by sex category)

GIS Region Map

- The following Geographic Information System (GIS) map shows the five regions in Ottawa County that were used to **compare each key BRFs measure**. These regions are formed by combining ZIP codes in Ottawa County and each survey respondent is assigned to one of the five regions according to their reported residential ZIP code.
- The population shown on the map within each region is the total population and includes all ages of individuals within Ottawa County. The Behavioral Risk Factor Survey is a survey of adult residents ages 18 and over.
- These five regions are the same as those utilized by the Greater Ottawa County United Way Community Assessment.

Ottawa County Map with Regions



2011 Ottawa BRFS Geographic Zones for Crosstab Tables

Community area description	Zone	Zips Included
Grand Haven, Spring Lake & Ferrysburg	NW	49409, 49415, 49417, 49456*, 49448*
Coopersville, Conklin, Harrisburg, Wright	NE	49404*, 49403, 49330
Allendale, West Olive, Marne	C	49460, 49401, 49534, 49435
Holland, Zeeland	SW	49422, 49423*, 49424, 49464, 49323, 49315, 49426, 49427,
Hudsonville, Jamestown, Jenison	SE	49428, 49429

Northwest:

49409
49415
49417
49448*
49456*

Northeast:

49403
49404*

Central:

49460
49401
49534
49435

Southwest:

49422
49423*
49424
49464

Southeast:

49315
49323
49330
49426
49428
49429

*Indicates ZIP codes where all respondents in that ZIP were included in sample even though it crosses county lines (county of residence for each respondent was also collected) for hospital services area consideration. 49448, 49456, & 49404 cross over into Muskegon County while 49423 crosses over into Allegan County. Other ZIP codes that lay across county lines only had the Ottawa County portion in the BRFS sample.

SUMMARY AND IMPLICATIONS

Summary of Findings

Disparities in Health and Health Care

- There is a direct relationship between positive health outcomes and both education and income, meaning positive outcomes are more prevalent with higher education and higher income levels on the same measure.

Examples include:

- General health status
- Satisfaction with life
- Likelihood of receiving social/emotional support
- Being disabled
- Having health care coverage
- Having a personal health care provider
- Engaging in leisure time activity
- Smoking cigarettes
- Having an appropriately timed Pap test
- Having a colonoscopy
- Visiting a dentist
- Having 6 or more missing teeth do to tooth decay/gum disease
- Having major depression

Summary of Findings (Cont'd.)

Disparities in Health and Health Care (Cont'd.)

- The link between both education and income and positive health outcomes goes beyond the direct relationship. Those occupying the very bottom groups, for example no high school education and/or household income less than \$20K (or living below the poverty line), are most likely to experience the worst health outcomes.

- There is also a direct relationship between health outcomes and age, where negative outcomes are more often associated with younger adult age groups, such as:
 - Poor mental health status
 - Having major depression
 - No health care coverage
 - Smoking cigarettes
 - Smokeless tobacco use
 - Binge drinking
 - No personal health care provider
 - No routine physical checkup

Summary of Findings (Cont'd.)

Health Status

- In general, Ottawa County adults are physically and emotionally healthy, as supported by the following major measures which are all higher than the corresponding measures for adults living elsewhere in Michigan:
 - 90.1% **perceive their health as good or better** (very good/excellent)
 - 95.5% are **satisfied or very satisfied with their life**
 - 86.2% say they **receive needed social and emotional support**

- Roughly one in twelve adults are considered to be in **poor physical health** (8.1%) or **poor mental health** (8.6%).
 - A small proportion (5%) of adults report their poor physical or mental health **prevents them from conducting their usual activities**, such as self-care, work, or recreation
 - Additionally, 7% say **pain** makes it hard for them to conduct their usual activities

- One in five (22.2%) of adults are considered **totally disabled**, meaning their activities are limited because of physical, mental, or emotional problems, **OR** they have health problems that require them to use special equipment (e.g., cane, wheelchair, special bed, special telephone).
 - One in five (21.0%) currently experience limitations while 6.0% require the use of special equipment

Summary of Findings (Cont'd.)

Health Status (Cont'd.)

- Less than one in five (18.8%) adults have ever been told by a doctor or health care provider that they have a **depressive disorder**. Fewer (14.8%) have ever been told they have an **anxiety disorder**.
 - The prevalence of current **major depression** is much lower at 4.6%

- One-fourth (25.8%) of the adults in Ottawa County are considered to be **obese** per their BMI, while an additional 36.7% are **overweight** (but not obese).
 - Hispanic adults are more likely than other racial/ethnic groups to be obese
 - Men are more likely than women to be overweight (but not obese)

- Three in ten (31.4%) of all adults have been told by a health professional they have high blood pressure (HBP).
 - The vast majority (82.0%) of adults have had their blood cholesterol checked and slightly more than one-third of them (37.2%) have high cholesterol

Summary of Findings (Cont'd.)

Health Care Access

- Among adults aged 18-64, 87.4% currently have health care coverage.
 - 12.7% of people in this age group have some form of government sponsored health coverage such as Medicare or Medicaid
 - Hispanic adults are less likely to have health care coverage compared to other racial/ethnic groups

- People without health care coverage cite a variety of reasons for not having it, however, the most common reason is **cost**, where 46% say they simply can't afford to pay for it.
 - Another one-fourth (26.4%) lost their job, and with it, their health care coverage

- Most Ottawa County adults (95.1%) have experienced no problems receiving health care when needed.
 - The greatest barriers to those who have experienced problems receiving needed health care are **cost** and/or **lack of health insurance**
 - Other barriers include the inability to pay out-of-pocket expenses such as co-pays and deductibles, lack of specific providers in the area, and providers not accepting insurance (Medicaid)
 - The majority (76.5%) of adults believe their experience in seeking health care is consistent with people of other races

Summary of Findings (Cont'd.)

Health Risk Behaviors

- Most adults (87.3%) participate in some form of leisure time physical activity, such as running, calisthenics, walking, golfing, or gardening.
 - Still, less than half of adults (47.8%) adults participate in physical activities to strengthen their muscles

- The prevalence of cigarette smoking among Ottawa County adults is 17.2%.
 - Six in ten (61.0%) current smokers have attempted to quit for at least one day in the past year
 - The prevalence of smokeless tobacco use is extremely low (2.7%)

- More than one-third (36.3%) of Ottawa County adults are considered non-drinkers of alcohol, while 56.2% are light to moderate drinkers and 7.5% are heavy drinkers.
 - One in five (20.3%) adults are binge drinkers, meaning they have consumed at least 4 (if female) or 5 (if male) drinks on at least one occasion in the past month
 - Binge drinking is most common among men and adults less than 35 years of age
 - Very few (1.1%) adults have driven a vehicle in the past month when they have had too much to drink

- Nine in ten (90.2%) adults always wear a seatbelt when driving or riding in a car.

Summary of Findings (Cont'd.)

Health Risk Behaviors (Cont'd.)

- Only 17.0% of adults consume an adequate amount (five or more servings) of fruits and vegetables per day.
 - Adults average fruit consumption (including 100% fruit juice) is 1.5 times per day, while their average vegetable consumption is 1.8 times per day
- Consumption of sugar sweetened beverages (including soda) is extremely low among adults, averaging less than one (0.6) drink per day.
- Almost half (46.6%) say that calorie information at fast food and chain restaurants has never helped them decide what to order.
 - On the other hand, 47% say it has helped them decide at least sometimes which is promising for any educational campaign focused on healthy dietary consumption

Summary of Findings (Cont'd.)

Clinical Preventive Practices

- Nearly nine in ten adults (88.0%) have a medical home (have a personal care provider) and 7% have more than one.
 - Three-fourths (73.8%) of all adults have visited a doctor for a routine checkup within the past year
 - Men and Hispanics are less likely to have a medical homes than women and non-Hispanics, respectively
 - Men are also less likely than women to have had a routine checkup within the past year

- Almost all (94.1%) women 40 years or older have had a mammogram to screen for breast cancer.
 - Of these, 74.6% had one within the past year (70.1% of all women)

- Further, more than nine in ten (92.5%) adult women have had a Pap test to screen for cervical cancer.
 - Of these, 85.2% had one within the past three years (78.8% of all women)
 - Women aged 18-24 are least likely to have had a Pap test or one appropriately timed

- More than three-fourths (77.3%) of men aged 40 or older have had a PSA test to screen for prostate cancer.
 - The lowest rates are among men aged 50-54 (68.0%)

Summary of Findings (Cont'd.)

Clinical Preventive Practices (Cont'd.)

- Over three-fourths (75.5%) of adults aged 50 or older have had a sigmoidoscopy or colonoscopy to screen for colorectal cancer.
 - Of these, 84.1% have had one in the past five years (26.6% in the past year)
 - Hispanics and/or adults aged 50-55 are least likely to have ever been screened for colorectal cancer or within an appropriate timeframe (within past 5 years)

- One in five adults (21.6%) have not visited a dentist in the past year for any reason.
 - 9.1% of all adults have 6 or more teeth missing due to tooth decay or gum disease

- Most people (91.4%) have had no problems receiving needed dental care in the past year.
 - Those who have experienced problems accessing needed dental care say **lack of insurance** and the **inability to afford treatment** are the main barriers

- Roughly seven in ten Ottawa County adults aged 65 or older have ever had a pneumonia vaccine (70.9%) or flu vaccine (67.9%) within the past year.
 - The lowest rates are among Hispanics (55.8% and 44.4%, respectively)

- Almost all pregnant women surveyed receive prenatal care (91.3%) and take folic acid (94.0%).
 - Prenatal care begins in the first trimester

Summary of Findings (Cont'd.)

Chronic Conditions

- The prevalence estimates of all chronic conditions measured are lower than state and national estimates, and the rates are as follows:
 - Arthritis (23.2%)
 - Asthma (8.4%)
 - Diabetes (7.3%)
 - Skin cancer (7.3%)
 - Cancer (non-skin) (5.3%)
 - COPD (4.5%)
 - Angina/coronary heart disease (3.0%)
 - Heart attack (2.1%)
 - Stroke (1.2%)

- People with diabetes see a health care professional for the condition, on average, almost three times a year (2.8). Additionally, they have been checked for A1c, on average, almost three times (2.9) in the past year.
 - Almost nine in ten (87.9%) have received information on how to care for their diabetes in the past year

Summary of Findings (Cont'd.)

Chronic Conditions (Cont'd.)

- Regarding the management of chronic conditions other than diabetes, the proportion of people who have received information about their chronic condition within the past 12 months varies:
 - Angina/coronary heart disease (77.1%)
 - Heart attack (73.9%)
 - Skin cancer (64.9%)
 - Stroke (57.9%)
 - Arthritis (54.5%)
 - Cancer (non-skin) (49.9%)
 - Asthma (48.6%)
 - COPD (33.4%)

- By far, the most common source of information for managing chronic illness is one's **physician or health care professional**. Other useful sources are the Internet, books/magazines/publications, and family/friends.

- Nearly all (94.1%) Ottawa County adults with a chronic condition are at least moderately confident (75.3% are very confident) they can do everything necessary to manage their chronic condition on a regular basis.

Summary of Measures


Strengths		
<ul style="list-style-type: none"> ✓ Ottawa County better than MI or US on most indicators measured ✓ Good or better general health status, physical health, and mental health ✓ Satisfaction with life ✓ Adequate social and emotional support ✓ Low prevalence of major depression ✓ Most have health care coverage and a primary care provider (PCP) ✓ Most have had no problems receiving needed medical care 	<ul style="list-style-type: none"> ✓ Most engage in leisure time physical activity ✓ Extremely low prevalence of smokeless tobacco use ✓ More than half of adults are light to moderate drinkers ✓ Almost nobody drives after drinking ✓ Most always wear a seatbelt while riding/driving ✓ Almost all pregnant women receive prenatal care and receive it in the first trimester 	<ul style="list-style-type: none"> ✓ Most adults aged 65+ immunized against pneumonia and flu ✓ Vast majority have routine physical checkups and health screening/tests, such as mammograms, Pap tests, PSA tests, and colonoscopies ✓ Lower prevalence than MI or US on chronic conditions such as asthma, heart attacks, angina/coronary heart disease, stroke, and diabetes ✓ Vast majority receiving information on how to manage arthritis, diabetes, heart attack, angina/CHD, stroke, and skin cancer

Opportunities for Improvement		
<ul style="list-style-type: none"> ✓ One-fourth of adult population obese ✓ More than one-third overweight (but not obese), and this proportion is greater than MI or US ✓ One in five considered disabled ✓ Three in ten have hypertension, greater proportion than MI or US 	<ul style="list-style-type: none"> ✓ More than one-third have high cholesterol ✓ Almost one in six currently smoke cigarettes ✓ Larger proportions of “heavy” and “binge” drinkers than MI or US ✓ Inadequate consumption of fruits and vegetables, worse than MI or US 	<ul style="list-style-type: none"> ✓ One in five have not visited the dentist in the past year for any reason ✓ One-fourth of adults have arthritis ✓ Less than half are receiving information on how to manage their asthma, cancer (other than skin), and COPD

Comparison of BRFSS Measures Across Regions

Health Status Indicators*

	Ottawa County	Michigan	U.S.
General Health Fair/Poor	9.9%	14.2%	14.7%
Poor Physical Health (14+ days)	8.1%	10.8%	--
Poor Mental Health (14+ days)	8.6%	10.7%	--
Activity Limitation (14+ days)	5.1%	7.4%	--
Dissatisfied/Very Dissatisfied with Life	4.5%	6.1%	--
Rarely/Never Receive Social and Emotional Support	4.4%	6.5%	--
Total Disability	22.2%	24.5%	--
Any Activity Limitation	21.0%	22.6%	21.2%
Use Special Equipment	6.0%	8.0%	7.6%
Obese	25.8%	31.7%	27.5%
Overweight	36.7%	35.1%	36.2%
Not Overweight or Obese	37.4%	33.2%	35.5%
No Health Care Coverage (18-64)	12.6%	16.6%	17.8%
No Personal Health Care Provider	12.0%	12.5%	--

 = best measure among the comparable groups


*Caution should be used when comparing Ottawa County measures to those from Michigan or the U.S. because Ottawa County includes cell-phone population.

Sources: Preliminary Estimates for Risk Factor and Health Indicators, State of Michigan, Selected Tables, Michigan BRFSS, 2010
 Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2010

Comparison of BRFSS Measures Across Regions (Cont'd.)

Risk Behavior Indicators*

	Ottawa County	Michigan	U.S.
No Leisure Time Physical Activity	12.7%	23.6%	23.9%
Inadequate Fruit and Vegetable Consumption	83.0%	77.4% (2009)*	76.6% (2009)
Current Cigarette Smoking	17.2%	18.9%	17.3%
Former Cigarette Smoking	24.5%	25.3%	25.2%
Current Smokers who Tried to Quit	61.0%	62.3%	--
Smokeless Tobacco	2.7%	2.6%	--
Binge Drinking	20.3%	15.0%	15.1%
Heavy Drinking	7.5%	5.4%	5.0%
Always Uses a Seatbelt	90.2%	90.0%	--
Ever Told High Blood Pressure	31.4%	29.8% (2009)*	28.7% (2009)

 = best measure among the comparable groups


*Caution should be used when comparing Ottawa County measures to those from Michigan or the U.S. because Ottawa County includes cell-phone population.

Sources: Preliminary Estimates for Risk Factor and Health Indicators, State of Michigan, Selected Tables, Michigan BRFSS, 2010
Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2010, 2009 (*=Michigan figures are from U.S. CDC Tables for Michigan)

Comparison of BRFSS Measures Across Regions (Cont'd.)

Clinical Preventive Practices*

	Ottawa County	Michigan	U.S.
No Routine Checkup in Past Year	26.2%	34.1%	--
Ever Had Mammogram (Females, 40+ only)	94.1%	94.2%	--
Had Mammogram in Past Year (Females, 40+ only)	70.1%	61.4%	--
Had Mammogram in Past 2 Years (Females, 40+ only)	83.0%	78.2%*	75.6%
Ever Had Pap Test	92.5%	93.6%	--
Had Appropriately Timed Pap Test	78.8%	77.7%	81.1%
Ever Had PSA Test (Males, 50+ only)	77.3%	83.1%	--
Ever Had Sigmoidoscopy or Colonoscopy (50+ only)	75.5%	70.9%	65.3%
Had Sigmoidoscopy /Colonoscopy in Past 5 Years (50+)	62.6%	57.4%	--
No Dental Visit in Past Year	21.6%	27.5%	29.9%
No Teeth Cleaning in Past Year	22.0%	29.2%	--
Six or More Missing Teeth	9.1%	13.8%	--
Had Flu Vaccine in Past Year (65+ only)	67.9%	67.5%	67.5%
Ever Had Pneumonia Vaccine (65+ only)	70.9%	67.8%	68.8%

 = best measure among the comparable groups

*Caution should be used when comparing Ottawa County measures to those from Michigan or the U.S. because Ottawa County includes cell-phone population.

Sources: Preliminary Estimates for Risk Factor and Health Indicators, State of Michigan, Selected Tables, Michigan BRFSS, 2010
 Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2010 (*=Michigan figures are from U.S. CDC Tables for Michigan)

Comparison of BRFSS Measures Across Regions (Cont'd.)

Chronic Conditions*

	Ottawa County	Michigan	U.S.
Lifetime Asthma Prevalence	13.5%	15.8%	13.8%
Current Asthma Prevalence	8.4%	10.5%	9.1%
Ever Told Had Arthritis	23.2%	31.9%	26.0% (2009)
Ever Told Had Heart Attack	2.1%	4.9%	4.2%
Ever Told Had Angina/Coronary Heart Disease	3.0%	5.3%	4.1%
Ever Told Had Stroke	1.2%	2.9%	2.7%
Ever Told Had Diabetes	7.3%	10.1%	8.7%
Current Major Depression	4.6%	9.4%**	--

= best measure among the comparable groups

*Caution should be used when comparing Ottawa County measures to those from Michigan or the U.S. because Ottawa County includes cell-phone population.

**The measure for major depression was calculated differently for Ottawa County and Michigan.

Sources: Preliminary Estimates for Risk Factor and Health Indicators, State of Michigan, Selected Tables, Michigan BRFSS, 2010
Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2010, 2009

Implications

- This research has demonstrated that, overall, the vast majority of Ottawa County adults are healthy, lead healthy lifestyles, and have access to health care when needed. As a result, health care providers and practitioners in the county will want to continue to provide excellent programs and services to ensure that these qualities that embody the overall health landscape among Ottawa County adults continue to exist well into the future.
- Perhaps the single most key finding of this BRFS is the disparity between socioeconomic groups with respect to positive health outcomes. In particular, the fact that county residents with less education and less income (including those below the poverty level) are more inclined than others to experience negative health outcomes, such as having no health care coverage or primary care provider, eschewing clinical preventative practices, engaging in unhealthy lifestyle choices and experiencing poor physical and mental health.
- Clearly, access to quality and affordable health care is a challenge for Ottawa County's low income and uninsured residents. Not only does this lead to unhealthy individuals and families, it results in an overuse of other services, such as the emergency room, to address needs that grow more severe with neglect.
- Since a minor, but significant, proportion of the population do not seek routine dental care or primary health care because of cost or lack of insurance coverage, consider implementing primary and dental care services to residents in need through new community avenues (e.g., hospital-based outpatient walk-in clinics, schools).

Implications (Cont'd.)

- Further, build upon existing safety net programs for dental health and primary care by increasing investment in existing providers of free or low-cost dental and primary care (such as free clinics) to enable them to better address the existing community need.
- When individual resources (financial or insurance) are absent, dental care is often the last health care service people will pursue. Therefore, policy efforts should be made to incorporate dental care into the community's overall health care delivery system. For example, the task force or committee that will take the information from this report and move forward with it, needs to work with people at the state level to change definitions, determine ways to obtain funding, etc. Legislation has to occur at the state level to ensure dental care is accessible to all residents.
- Because Hispanics also experience certain negative health outcomes more often than other racial/ethnic groups, contemplate hiring more bi-lingual health care providers to both hear and address the needs of the county's Hispanic residents. This may prove difficult, thus, alternatively hire more mid-level health care practitioners who speak Spanish and/or hire bilingual liaisons who can simply translate for ESL patients. These measures will address the "trust" barrier if it exists.

Implications (Cont'd.)

- Chronic disease care, especially in the case of diabetes, is linked directly to future health outcomes and care for residents. It is important that residents continue to receive information on how to properly manage diabetes and take steps toward active self care, receive consistent care, and be knowledgeable about their disease. This will prevent the condition from worsening, creating greater health problems and more strain on health care delivery.
- Create a system in which walk-in clinics are linked to primary care physicians for information and follow-up opportunities that will increase communication between providers and refer patients with chronic conditions to education and support services. This is especially important for the chronic conditions such as asthma, cancer, and COPD, where less than half of those who have these conditions receive the information needed to properly manage them.
- Obesity, and being overweight, are clearly recognized as a health problems that exist in the community, and are linked to many undesirable health outcomes. Therefore, the following recommendations are put forth:
 - Encourage healthy eating, diets, and exercise through a public awareness campaign in the community
 - Support fast food and chain restaurants that display calorie information
 - Increase access to fresh, healthy, and affordable food
 - Increase the availability of healthy foods and beverages in public venues
 - Provide insurance-based incentives to address self-management education needs and provide support that motivates residents to address issues concerning weight

Implications (Cont'd.)

- Overall, there is a need to promote health literacy and increase prevention education and activities in the community. Therefore, the following recommendations are made to address this need:
 - More community education opportunities that teach and promote healthy lifestyle choices endorsed by local health organizations can benefit the community
 - Employee insurance policies should promote coverage for prevention services and activities (e.g., quitting smoking)
 - More development of structured employee wellness programs that offer incentives (e.g., reduced insurance premiums, health challenges for prizes) to encourage the practice of healthy lifestyle choices
 - Free or subsidized gym memberships should be offered to increase access to exercise opportunities

- Finally, as stated earlier, there are groups within the general population that deserve specific focus in implementing any improvements to the health care service delivery and overall health outcomes in Ottawa County because they experience more negative health outcomes:
 - **Hispanic residents** are more likely to report their health as fair or poor than other residents, and also face language barriers in accessing services. Consideration of this population's health needs and care is critical to improving community health.
 - **Low education and low income residents** – the majority of health care access and health outcomes identified in this needs assessment are directly or indirectly related to income as well as education. Considering these factors in any attempt to increase access or achieve desired health outcomes should improve the overall effectiveness of these efforts.

DETAILED FINDINGS

Health Status Indicators

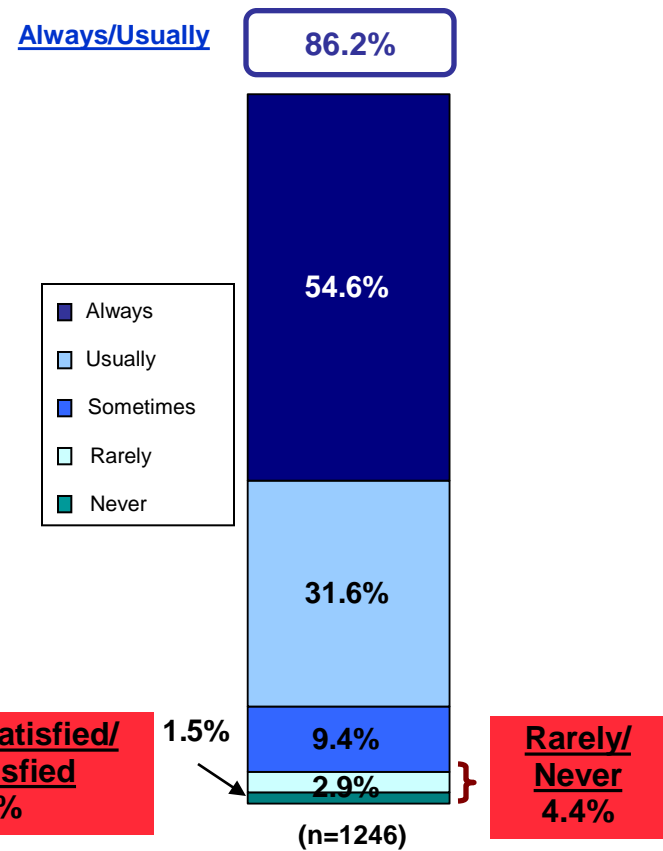
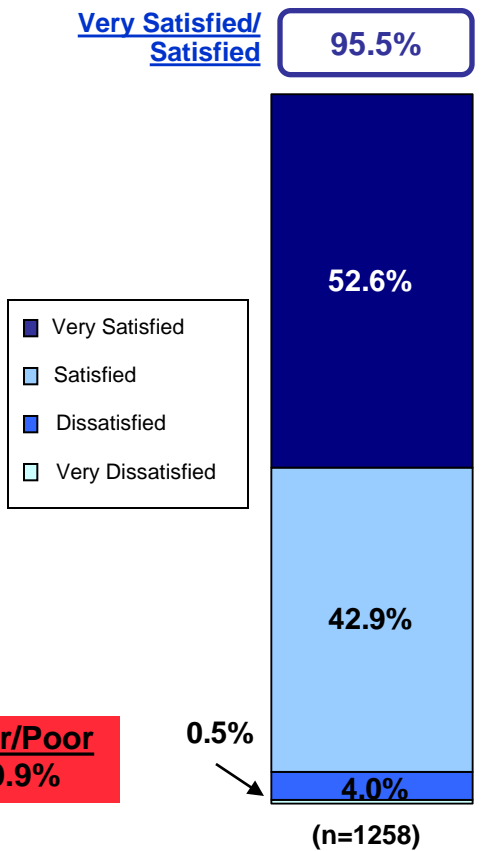
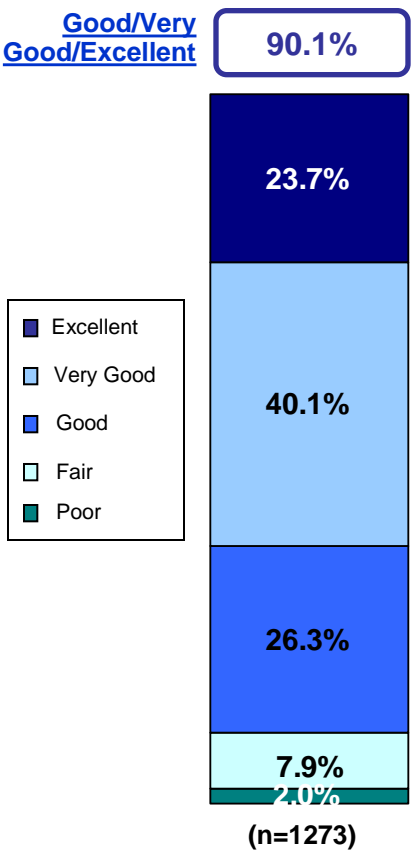
At least nine in ten Ottawa County adults cite good or better general health and satisfaction with their lives. Nearly nine in ten say they usually or always receive the emotional support they need. One in ten report fair or poor health, and less than 5% report dissatisfaction with life and/or rarely or never receiving the emotional support they need.

Perception of General Health, Life Satisfaction, and Social Support

Perception of General Health

Overall Satisfaction with Life

Frequency of Emotional Support

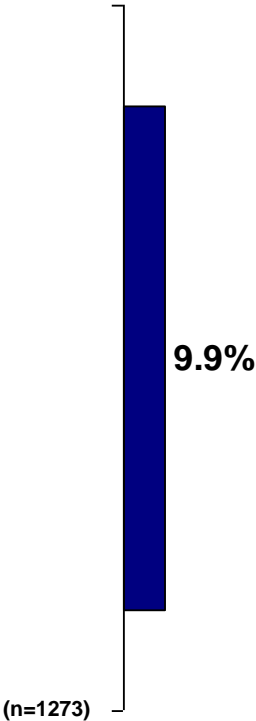


Q1: Would you say that in general your health is...
 Q22.2: In general, how satisfied are you with your life?
 Q22.1: How often do you get the social and emotional support you need?

The proportion of adults who perceive their health as fair or poor is indirectly related to level of education and household income. People living below the poverty line are far more likely to report fair or poor health than people living above the poverty line. More Hispanics report fair or poor health than other racial/ethnic groups. Adults who live in central and southeast Ottawa County are less likely to report fair or poor health than residents in other regions.

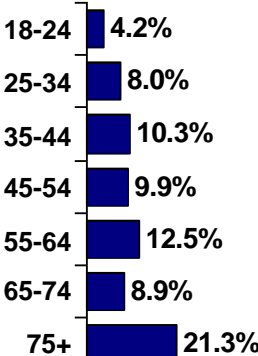
General Health Status

**General Health Fair or Poor*
(Total Sample)**

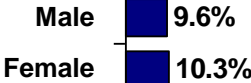


Health Fair or Poor by Demographics

Age



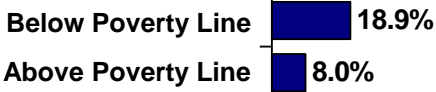
Gender



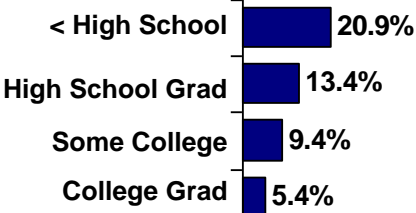
Race/Ethnicity



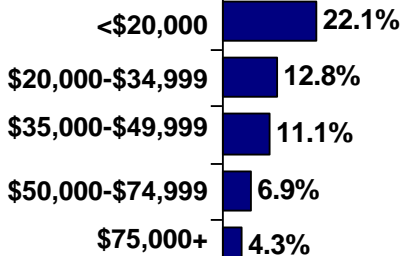
Poverty Level



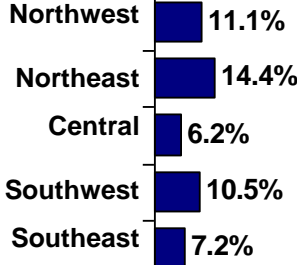
Education



HH Income



Region

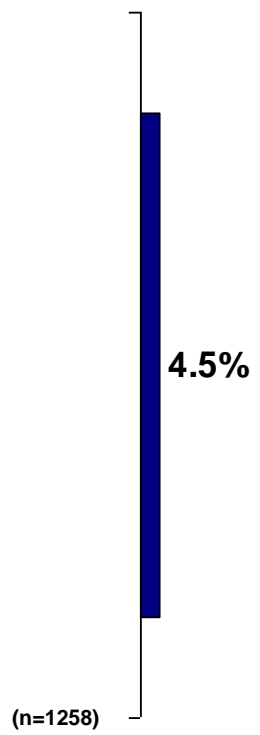


*Among all adults, the proportion who reported that their health, in general, was either fair or poor.

Ottawa County adults in households with low incomes are least likely to be satisfied with their lives (20.7% for those below the poverty line). College graduates are more likely to be satisfied than those with less education and Hispanics are less likely to be satisfied than other racial/ethnic groups.

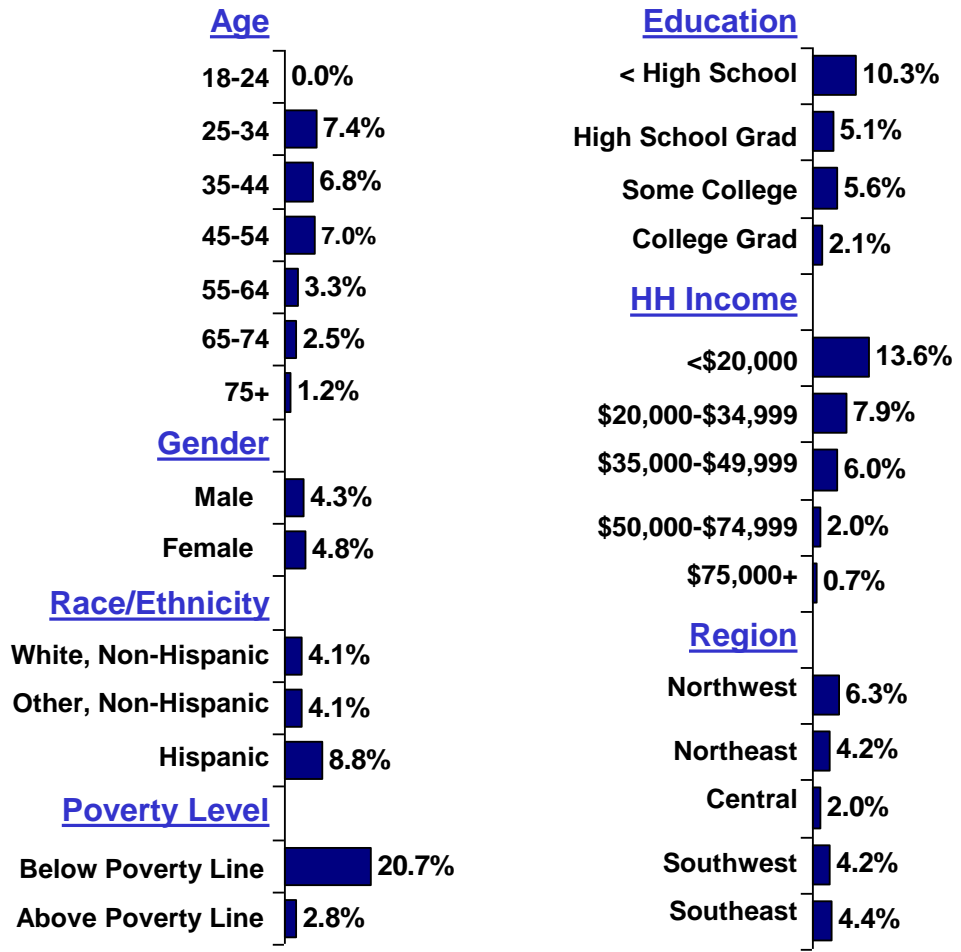
Life Satisfaction

Dissatisfied or Very Dissatisfied With Life* (Total Sample)



*Among all adults, the proportion who reported either "dissatisfied" or "very dissatisfied" to the following question: "In general, how satisfied are you with your life?"

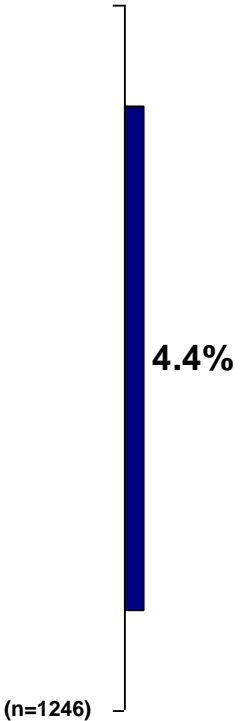
Dissatisfied/Very Dissatisfied by Demographics



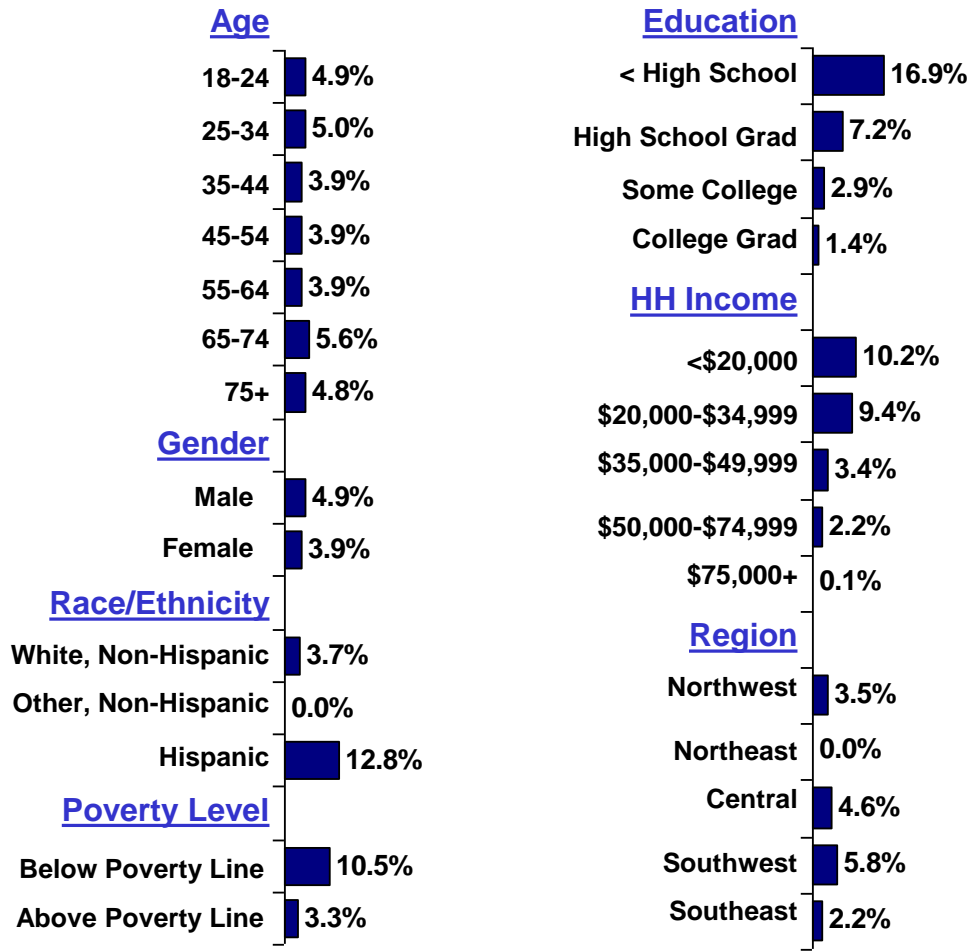
Those who more often lack the social and emotional support they need tend to be Hispanic, have less than a high school education, and/or come from households with low incomes.

Social and Emotional Support

Rarely or Never Receive the Social and Emotional Support That is Needed*
(Total Sample)



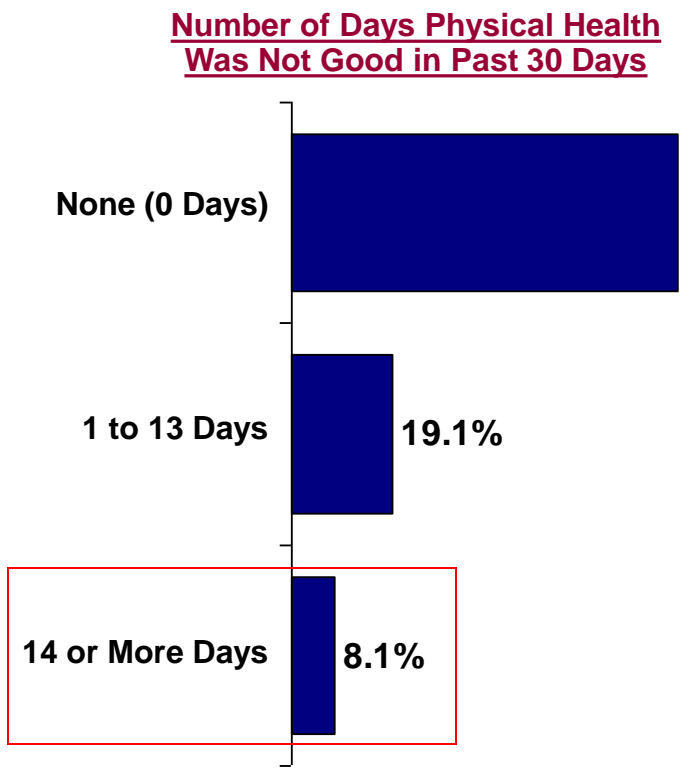
Rarely/Never Receive Support by Demographics



*Among all adults, the proportion who reported either "rarely" or "never" to the following question: "How often do you get the social and emotional support you need?"

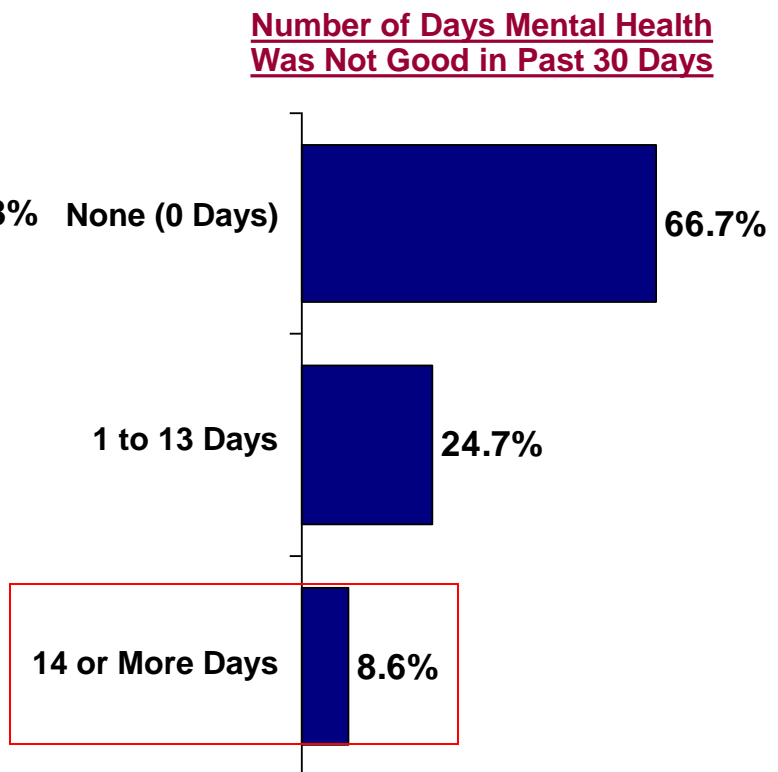
Approximately three in ten Ottawa County adults have experienced at least one day in the past month where their physical or mental health was not good. In fact, more than 8% are classified as having poor physical and/or mental health, and they average 9 days per month where their physical or mental health is not good.

Physical and Mental Health During Past 30 Days



Mean Days (Including Zero) = 2.5
Mean Days (Without Zero) = 9.4

(n=1260)



Mean Days (Including Zero) = 3.1
Mean Days (Without Zero) = 9.2

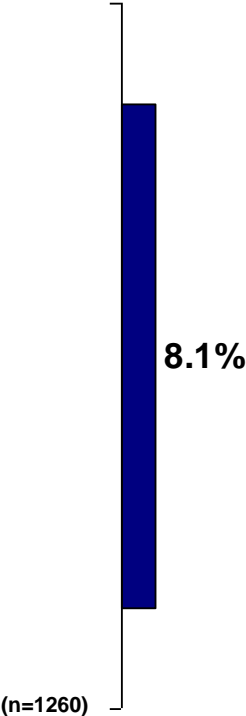
(n=1264)

Q2.1: Now thinking about your physical health, which includes physical illness and injury. For how many days during the past 30 days was your physical health not good?
 Q2.2: Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

Prevalence of poor physical health is highest among residents with the lowest household income (20.4%) and living below the poverty line (24.5%). Prevalence is lowest among college graduates (5.4%) and the highest income group (3.1%).

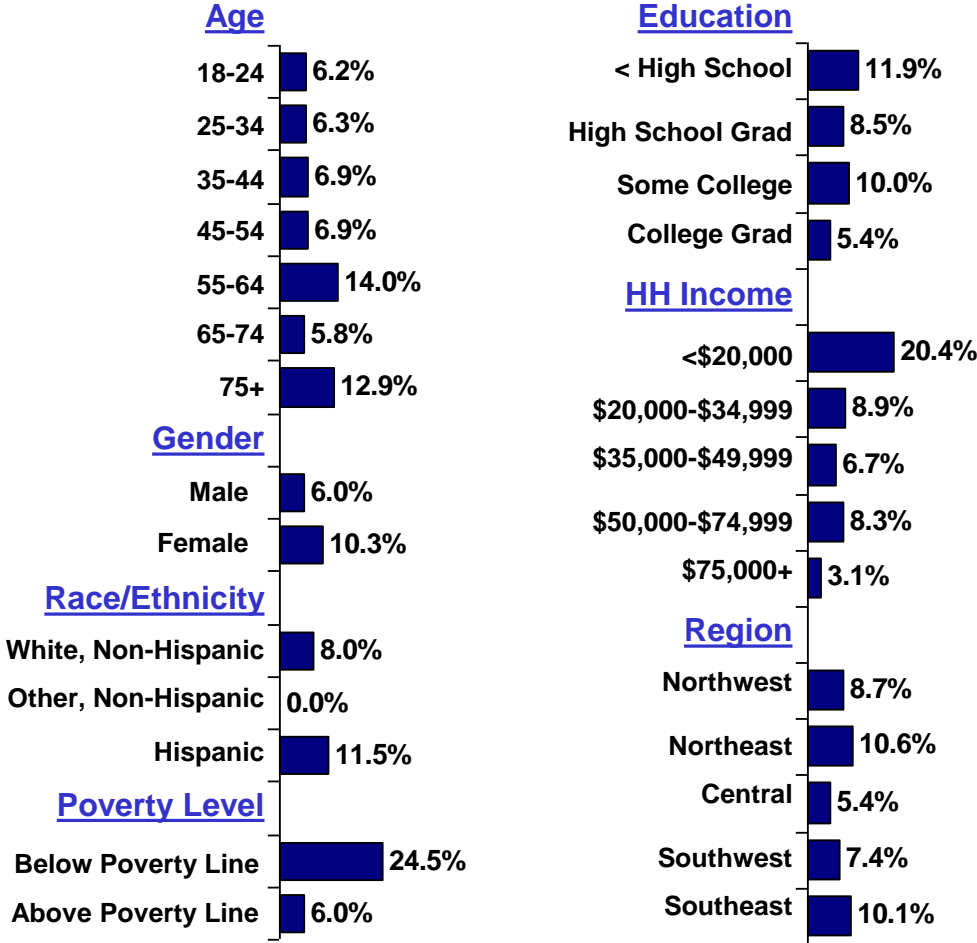
Physical Health Status

Poor Physical Health*
(Total Sample)



*Among all adults, the proportion who reported 14 or more days of poor physical health, which includes physical illness and injury, during the past 30 days.

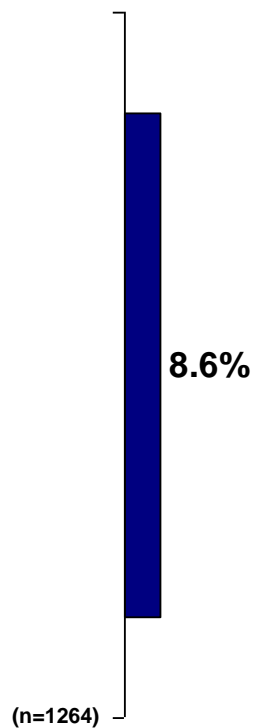
Poor Physical Health by Demographics



The prevalence of poor mental health is inversely related to age. It is highest among adults from households with low incomes and/or Hispanics. Poor mental health is less common in men than women and less common in college graduates compared to those with less education.

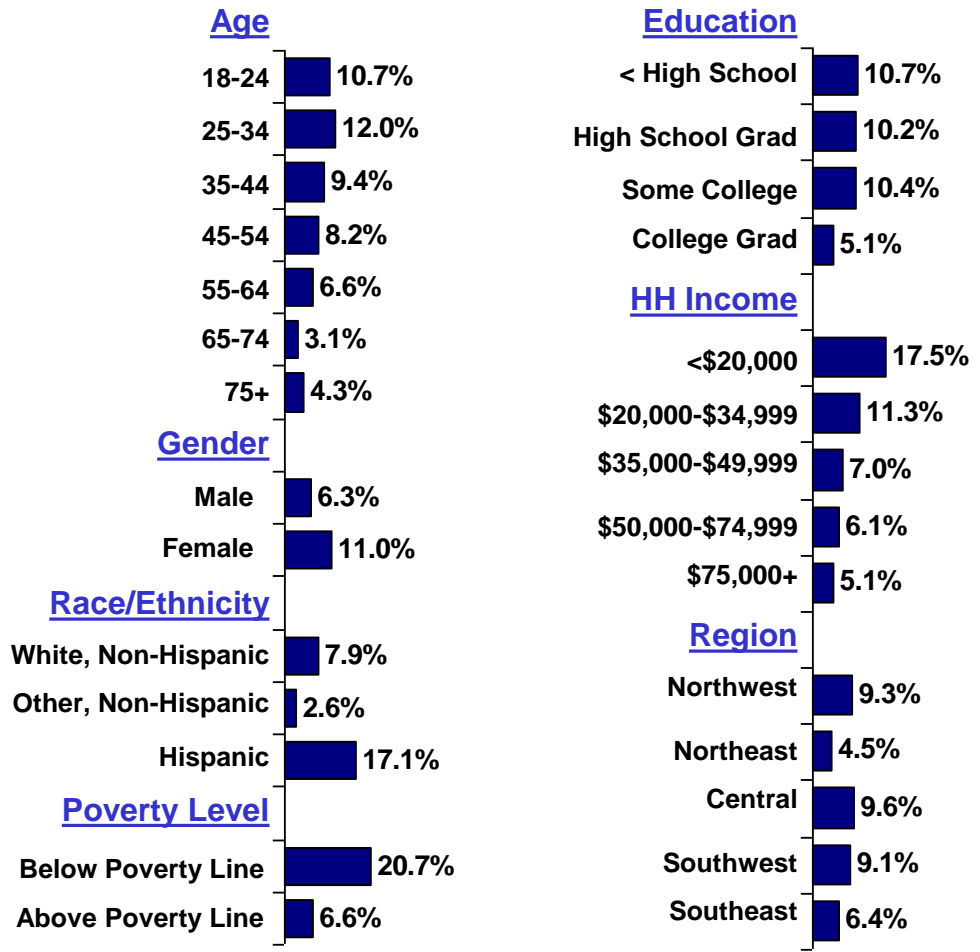
Mental Health Status

Poor Mental Health*
(Total Sample)



*Among all adults, the proportion who reported 14 or more days of poor mental health, which includes stress, depression, and problems with emotions, during the past 30 days.

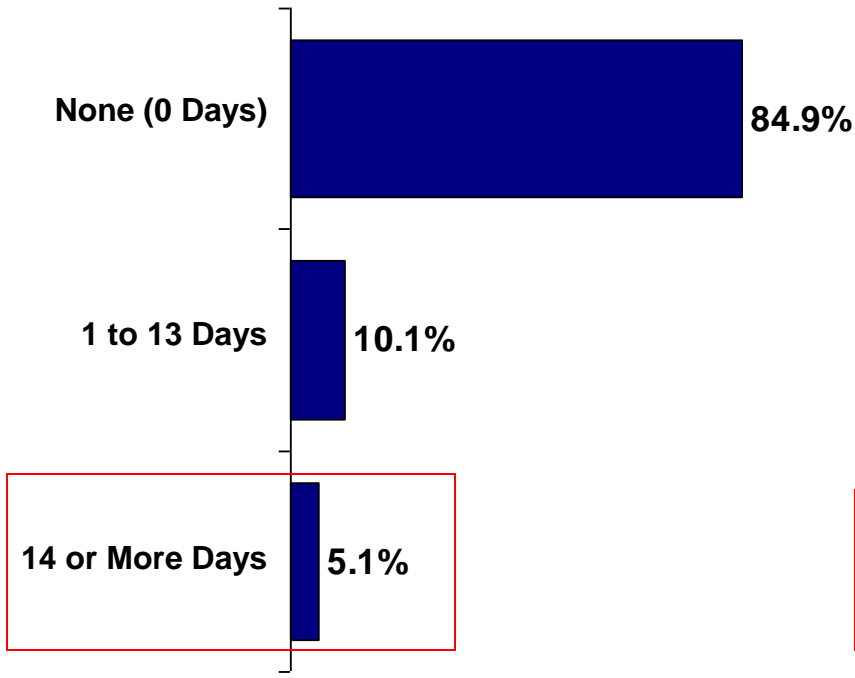
Poor Mental Health by Demographics



One in twenty (5.1%) Ottawa County adults experience activity limitation due to poor physical or mental health. Additionally, 7.0% find it hard to conduct normal daily activities as a result of pain.

Activity Limitation and Pain During Past 30 Days

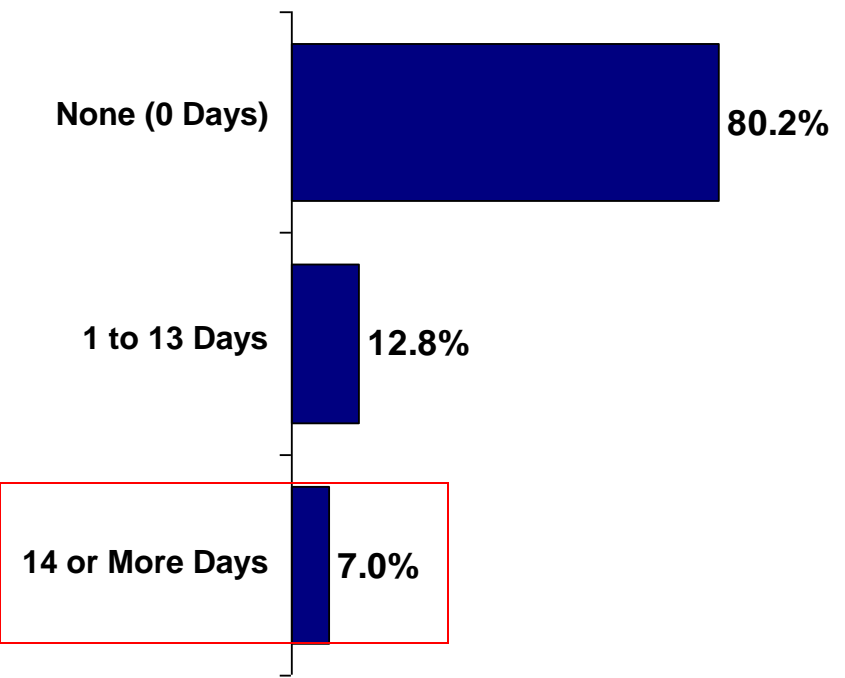
Number of Days Physical or Mental Health Prevented Doing Usual Activities



Mean Days (Including Zero) = 1.5
 Mean Days (Without Zero) = 10.1

(n=1253)

Number of Days Pain Prevented Doing Usual Activities



Mean Days (Including Zero) = 2.2
 Mean Days (Without Zero) = 11.1

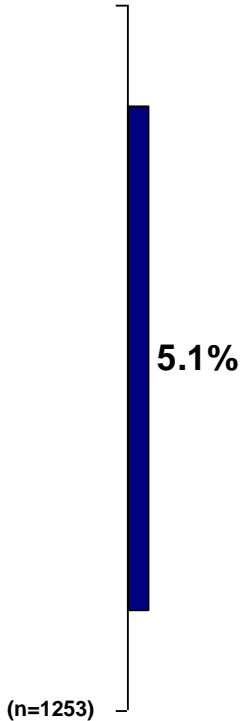
(n=1265)

Q2.3: During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?
 Q2.4 During the past 30 days, for about how many days did pain make it hard for you to do your usual activities, such as self-care, work, or recreation?

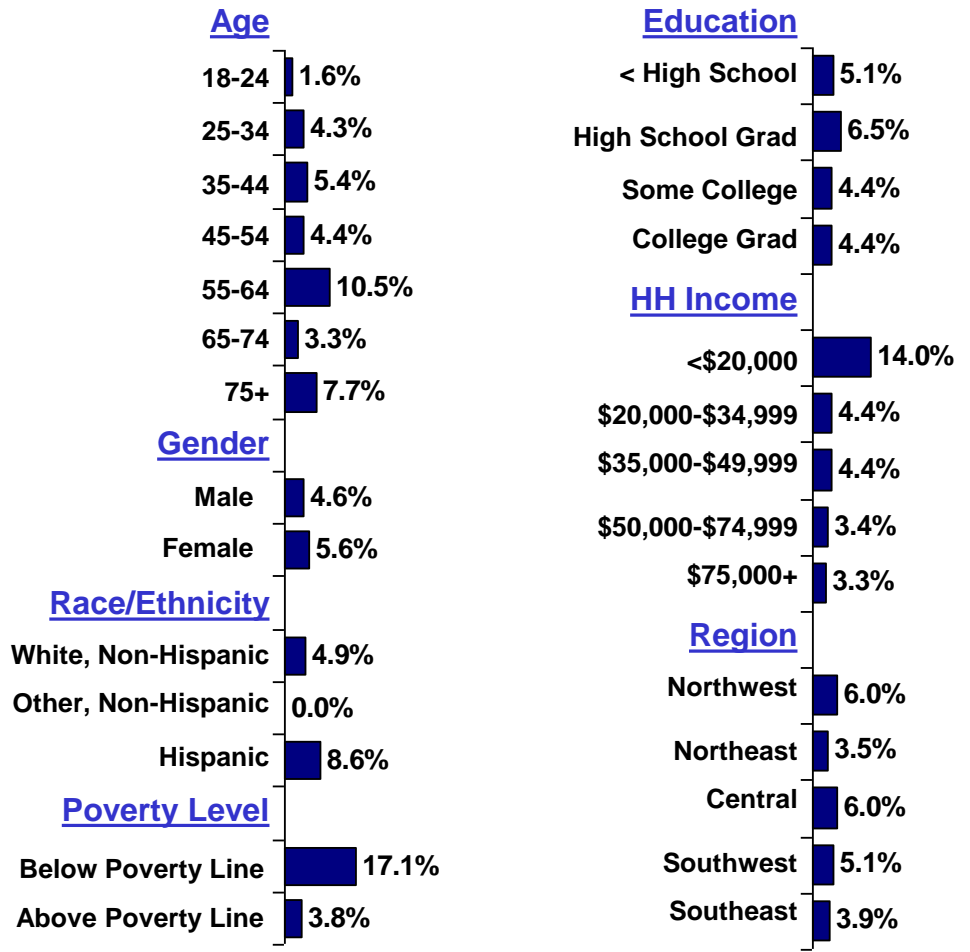
The prevalence of activity limitation is highest, by far, among people in households with low incomes; less than \$20K (14%) and below the poverty line (17.1%).

Activity Limitation

Activity Limitation*
(Total Sample)



Activity Limitation by Demographics

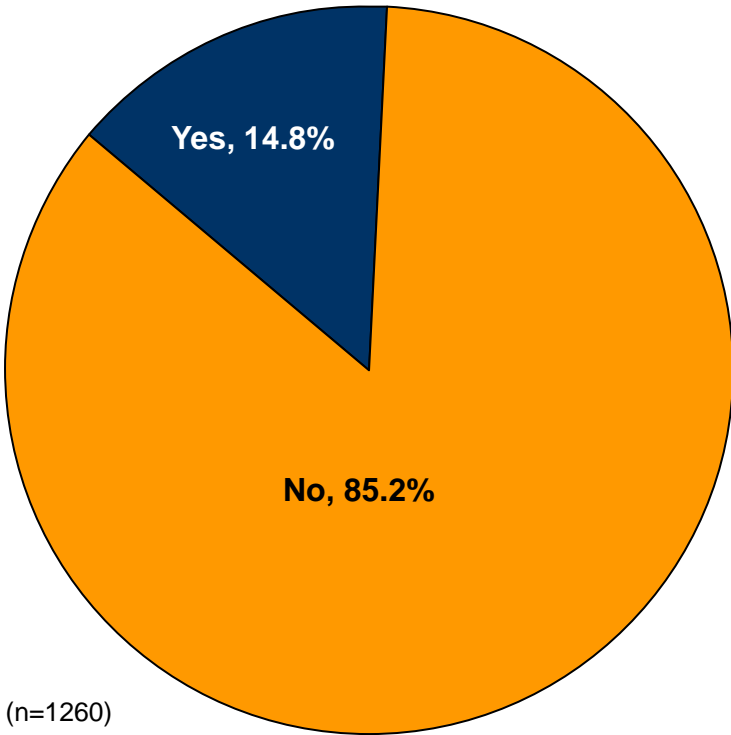


*Among all adults, the proportion who reported 14 or more days in the past 30 days in which either poor physical health or poor mental health kept respondents from doing their usual activities, such as self-care, work, and recreation.

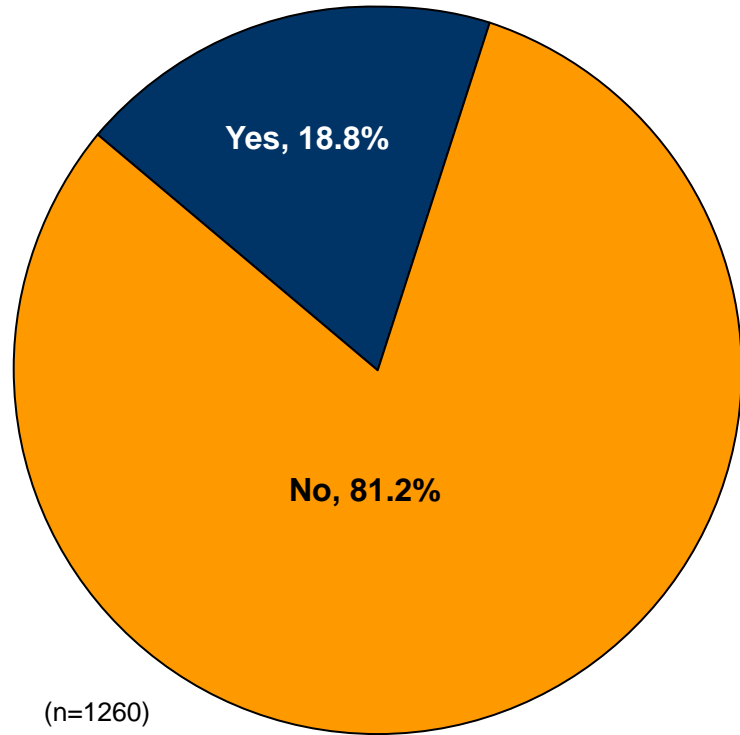
Roughly one in seven (14.8%) adults have been told by a doctor or healthcare provider at one time that they have an anxiety disorder. Slightly more (18.8%) have been told they have a depressive disorder.

Anxiety and Depression

Ever Told by Healthcare Provider
Have an Anxiety Disorder



Ever Told by Healthcare Provider
Have a Depressive Disorder



Q23.8: Has a doctor or other healthcare provider EVER told you that you have an anxiety disorder (including acute stress disorder, anxiety, generalized anxiety disorder, obsessive-compulsive disorder, panic disorder, phobia, posttraumatic stress disorder, or social anxiety disorder)?

Q23.9: Has a doctor or other healthcare provider EVER told you that you have a depressive disorder (including depression, major depression, dysthymia, or minor depression)?

Less than one in twenty (4.6%) adults would be classified as clinically depressed (major depression). In examining the various symptoms of anxiety or depression, adults are more likely to have trouble sleeping and/or feeling tired or having little energy.

Anxiety and Depression

Number of Days in Past 2 Weeks	Over the Last 2 Weeks, How many Days Have You....						
	Had Little Interest or Pleasure in Doing Things (n=1247)	Felt Down, Depressed or Hopeless (n=1256)	Had Trouble Falling Asleep or Staying Asleep or Sleeping Too Much (n=1256)	Felt Tired or Had Little Energy (n=1254)	Had a Poor Appetite or Eaten Too Much (n=1253)	Felt Bad About Yourself or That You Were a Failure or Had Let Yourself or Your Family Down (n=1248)	Had Trouble Concentrating on Things, Such as Reading the Newspaper or Watching the TV (n=1254)
None	67.8%	72.7%	53.5%	34.8%	62.8%	79.9%	77.5%
1 to 2 Days	17.1%	16.9%	15.8%	27.2%	13.8%	10.8%	9.2%
3 to 6 Days	7.9%	5.3%	12.5%	19.7%	13.5%	5.2%	5.6%
7 to 13 Days	4.0%	2.9%	7.4%	7.3%	4.3%	2.1%	1.9%
14 Days	3.3%	2.2%	10.8%	10.9%	5.6%	2.1%	5.8%
Mean (w/zero)	1.4	1.0	3.0	3.4	1.9	0.8	1.3
Mean (w/o zero)	4.3	3.7	6.4	5.2	5.1	4.1	6.0

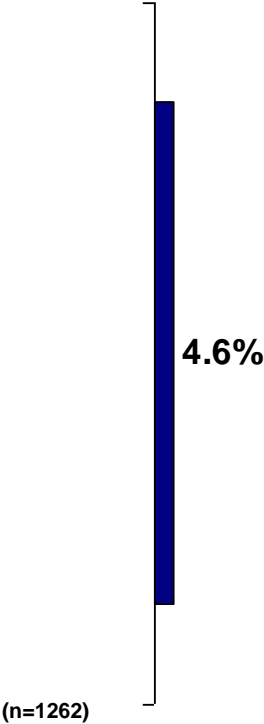
Major Depression* = 4.6%

*Calculated from responses to Q. 23.1- 23.7 where responses in number of days out of the past 14 were summed across all seven questions. A total of 48 points or greater, and either Q. 23.1 or Q. 23.2 greater than or equal to 7 days, is classified as Current Major Depression.

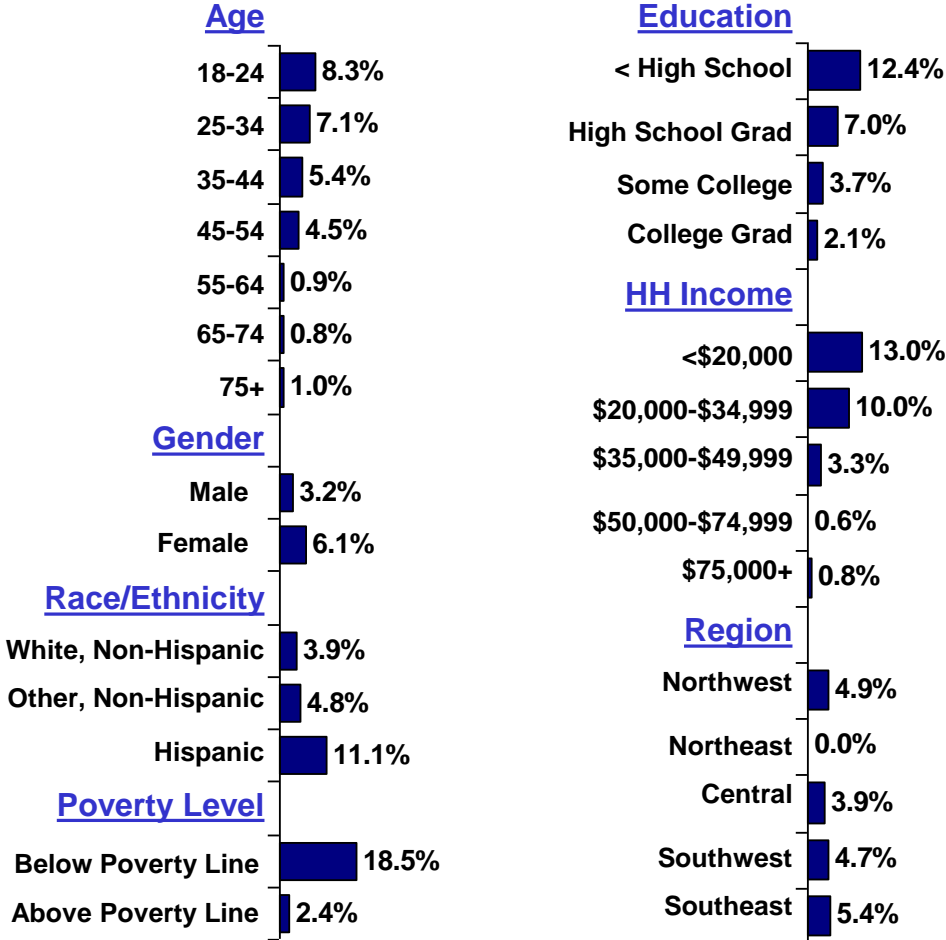
Adults most likely to be diagnosed with major depression tend to be younger (< age 55), Hispanic, have less than a high school education, and/or have household incomes less than \$35K. The most glaring difference is between those who live below the poverty line (18.5%) and those who live above it (2.4%)

Major Depression

**Current Major Depression*
(Total Sample)**



Current Major Depression by Demographics

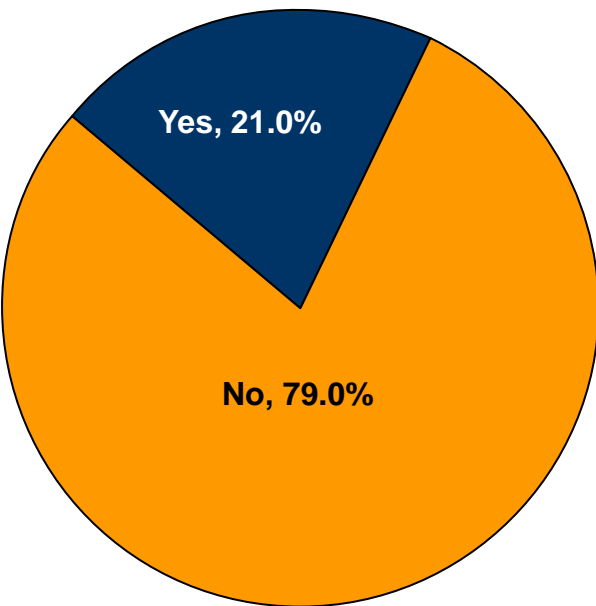


*Calculated from responses to Q. 23.1- 23.7 where responses in number of days out of the past 14 were summed across all seven questions. A total of 48 points or greater, and either Q. 23.1 or Q. 23.2 greater than or equal to 7 days, is classified as Current Major Depression.

One in five Ottawa County adults are limited in their activities due to physical, mental, or emotional problems, and 6.0% require the use of special equipment such as a cane or wheelchair. The prevalence of total disability – where someone experiences either one of these – is 22.2% among all adults.

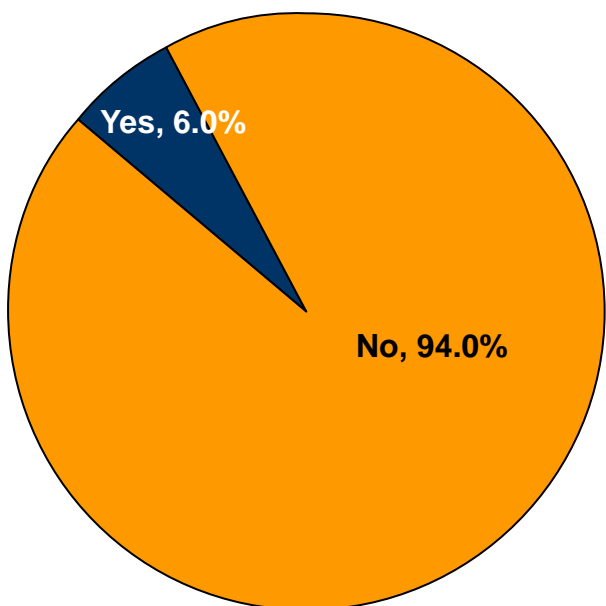
Disability

Limited in Activities Because of Physical, Mental, or Emotional Problems



(n=1266)

Have Health Problems That Require the Use of Special Equipment



(n=1270)

Total Disability (Either Limited Activities and/or Use Special Equipment)

22.2%

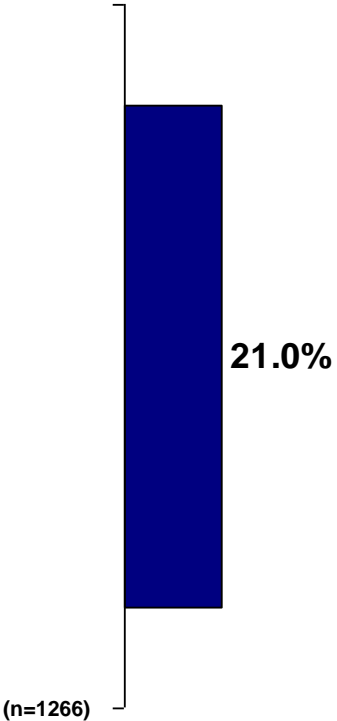
(n=1265)

Q17.1: Are you limited in any way in any activities because of physical, mental, or emotional problems?
Q17.2: Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?

In general, the proportion of adults who experience activity limitation due to physical, mental, or emotional problems increases with age. More than one-third of adults in households with incomes less than \$20K, or live below the poverty line, experience this limitation, much higher than other socioeconomic groups.

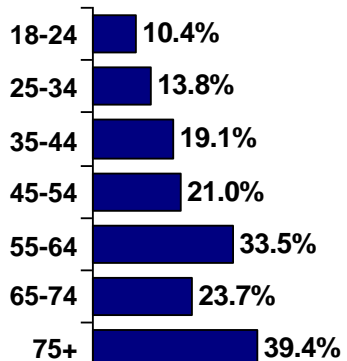
Disability

Any Activity Limitation*
(Total Sample)



Activity Limitation by Demographics

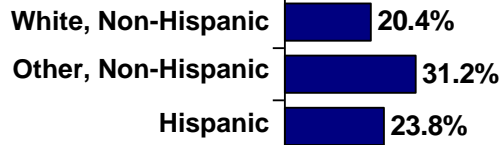
Age



Gender



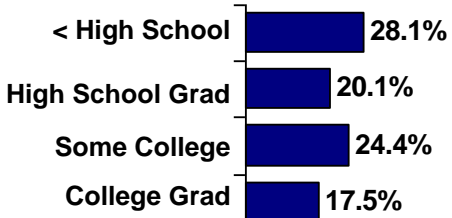
Race/Ethnicity



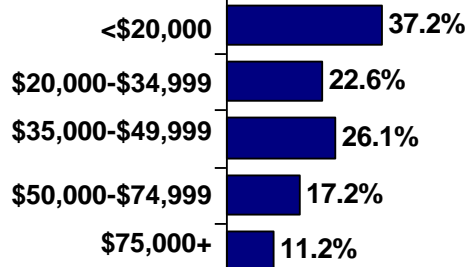
Poverty Level



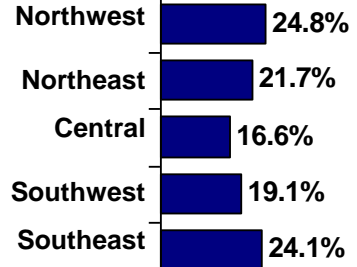
Education



HH Income



Region

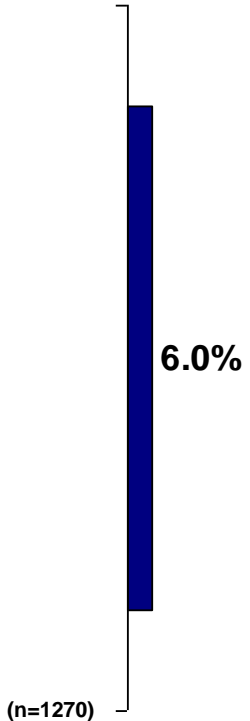


*Among all adults, the proportion who reported being limited in any activities because of physical, mental, or emotional problems.

The proportion of adults required to use special equipment also increases with age and with declining household incomes. Adults with less than a high school education are more likely to use equipment compared to adults with more education.

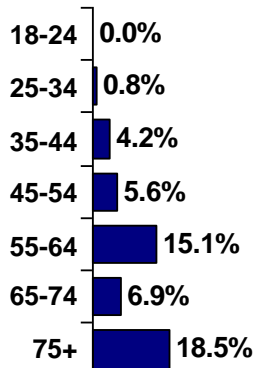
Disability (Cont'd.)

**Used Special Equipment*
(Total Sample)**



Use Special Equipment by Demographics

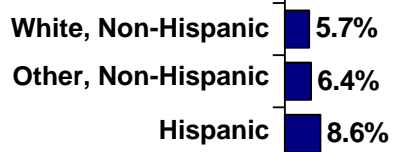
Age



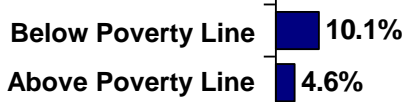
Gender



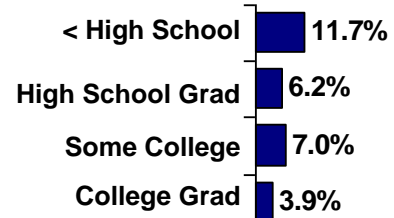
Race/Ethnicity



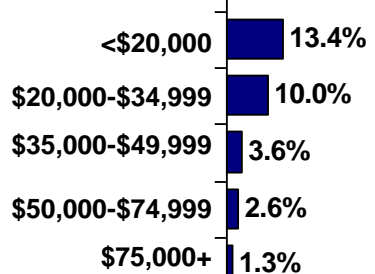
Poverty Level



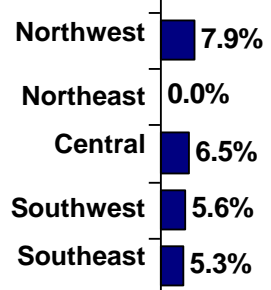
Education



HH Income



Region

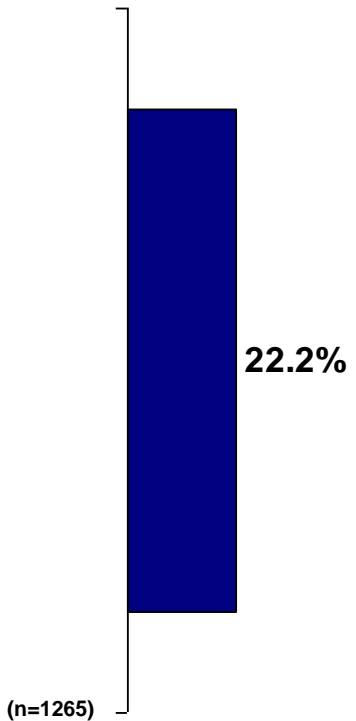


*Among all adults, the proportion who reported that they required use of special equipment (such as a cane, a wheelchair, a special bed, or a special telephone) due to a health problem.

One in five (22.2%) Ottawa County adults are considered disabled. This proportion increases with age and women are slightly more likely to be disabled than men. Disability decreases with education and income. For example, 39% of people in households with incomes less than \$20,000 are disabled, compared to 11% of people in households with incomes over \$75,000.

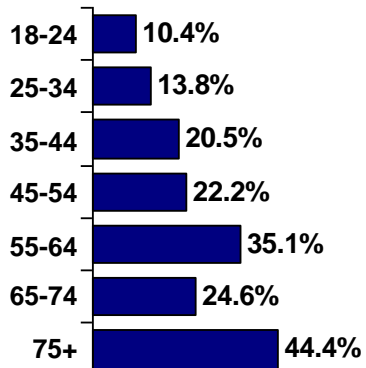
Disability (Cont'd.)

Total Disability*
(Total Sample)



Total Disability by Demographics

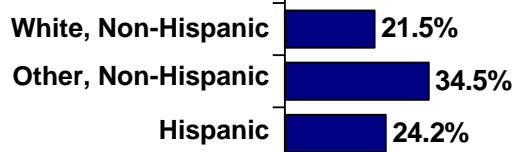
Age



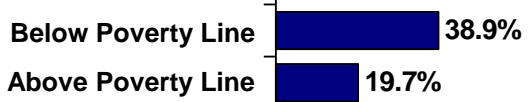
Gender



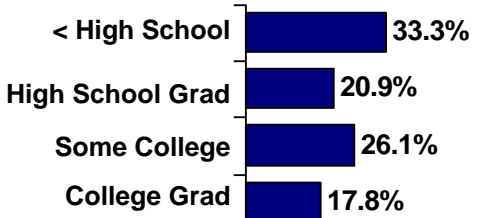
Race/Ethnicity



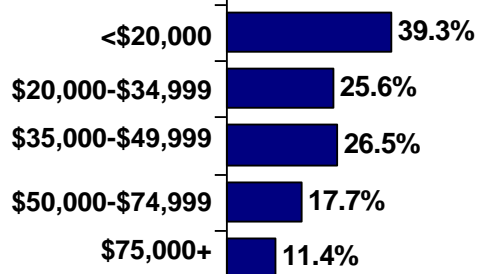
Poverty Level



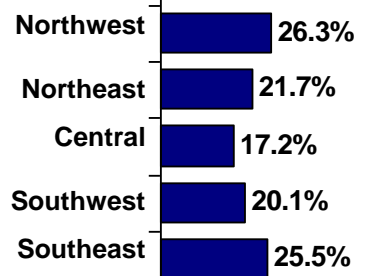
Education



HH Income



Region

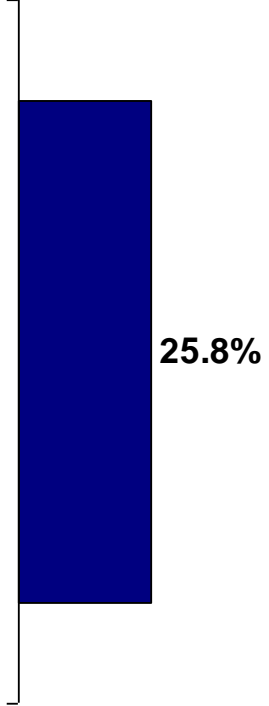


*Among all adults, the proportion who reported being limited in any activities because of physical, mental, or emotional problems, or reported that they required use of special equipment (such as a cane, a wheelchair, a special bed, or a special telephone) due to a health problem.

More than six in ten (62.5%) Ottawa County adults are considered to be either overweight or obese per their BMI. One-third are at a healthy weight.

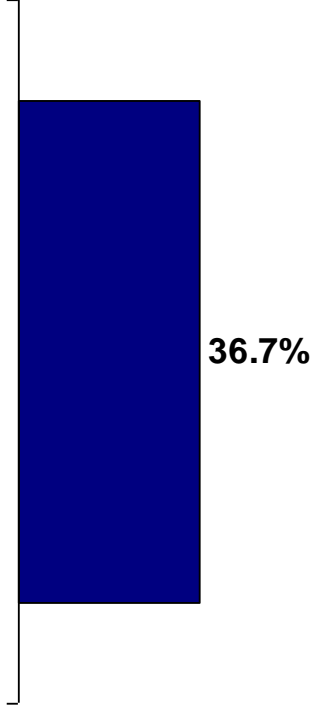
Weight Status

Obese*
(Total Sample)



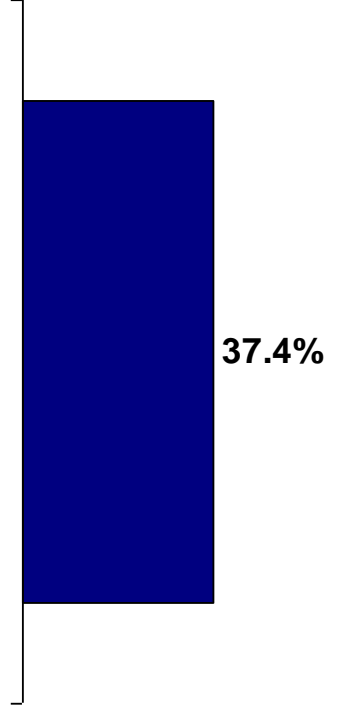
*Among all adults, the proportion of respondents whose BMI was greater than or equal to 30.0.

Overweight*
(Total Sample)



*Among all adults, the proportion of respondents whose BMI was greater than or equal to 25.0, but less than 30.0

Not Overweight or Obese*
(Total Sample)



Healthy Weight = 36.3%
Underweight = 1.1%

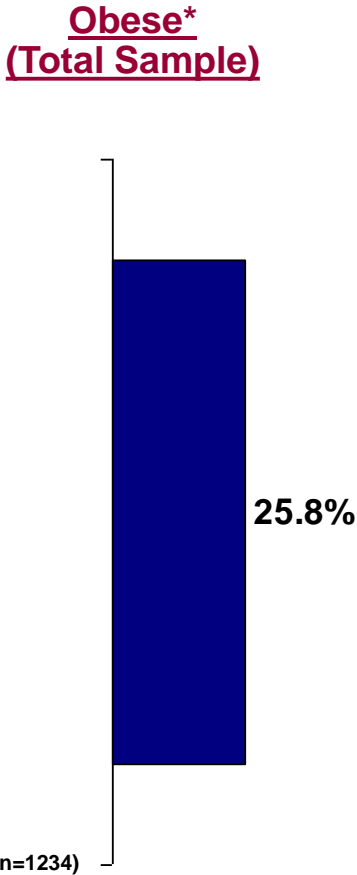
*Among all adults, the proportion of respondents whose BMI was less than 25.0.

Q13.10: About how much do you weigh without shoes?
Q13.11: About how tall are you without shoes?

(n=1234)

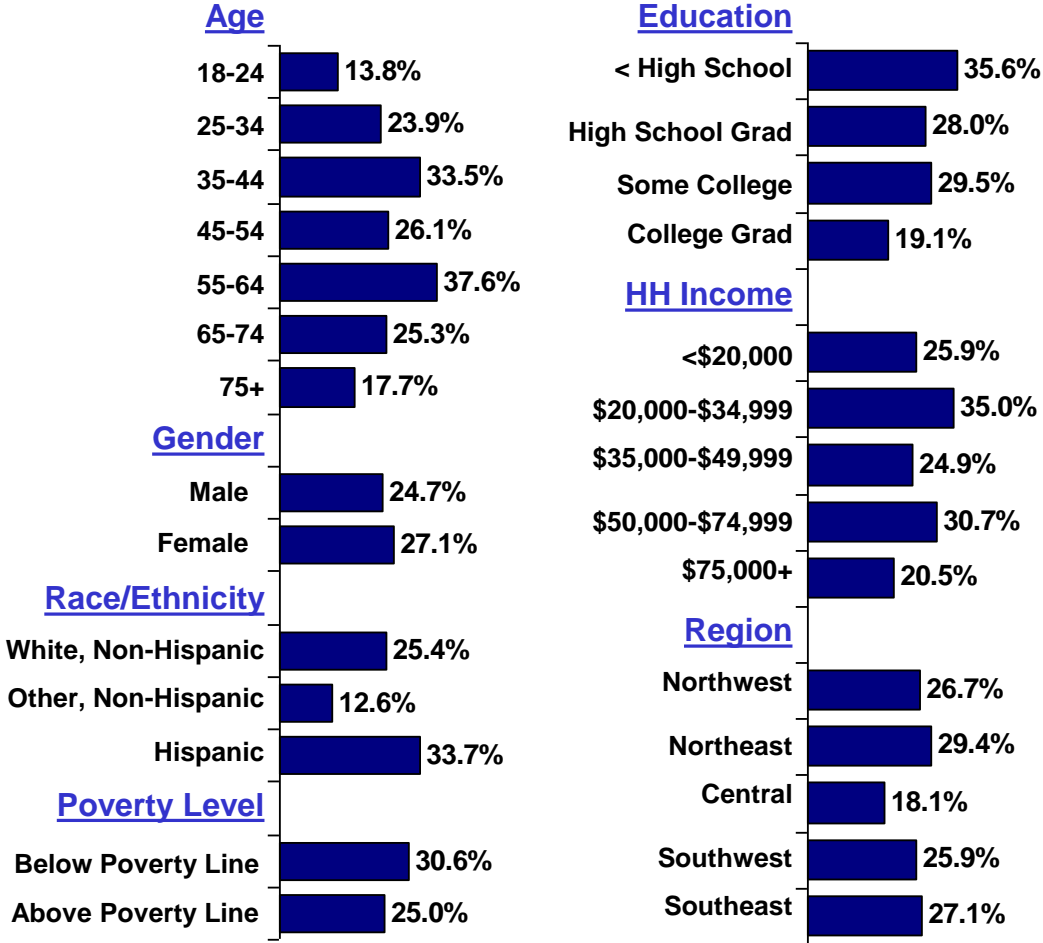
Adults with less than a high school education are more likely to be obese than those with more education. Hispanics are more likely to be obese than other racial/ethnic groups. Adults living in central Ottawa County are less likely to be obese than those living elsewhere.

Weight Status



*Among all adults, the proportion of respondents whose BMI was greater than or equal to 30.0.

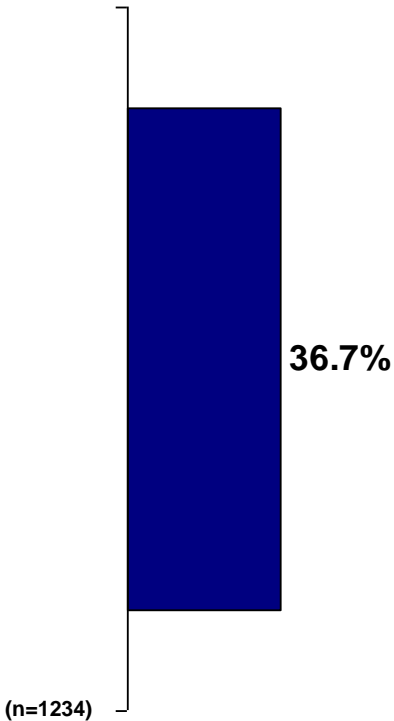
Obese by Demographics



Men are far more likely to be considered overweight (but not obese) than women. Residents living in central or northeast Ottawa County are more likely to be overweight than residents living elsewhere.

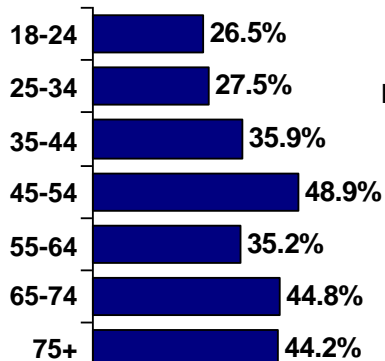
Weight Status (Cont'd.)

Overweight*
(Total Sample)



Overweight by Demographics

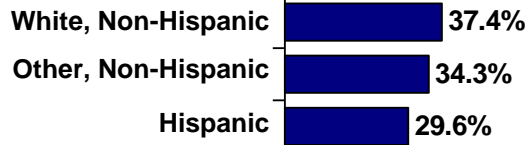
Age



Gender



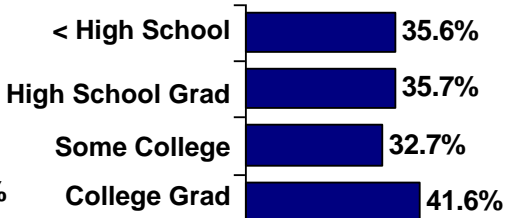
Race/Ethnicity



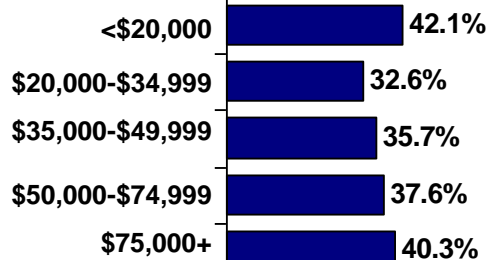
Poverty Level



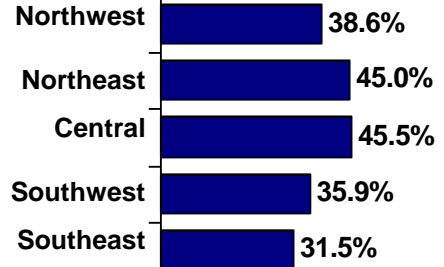
Education



HH Income



Region

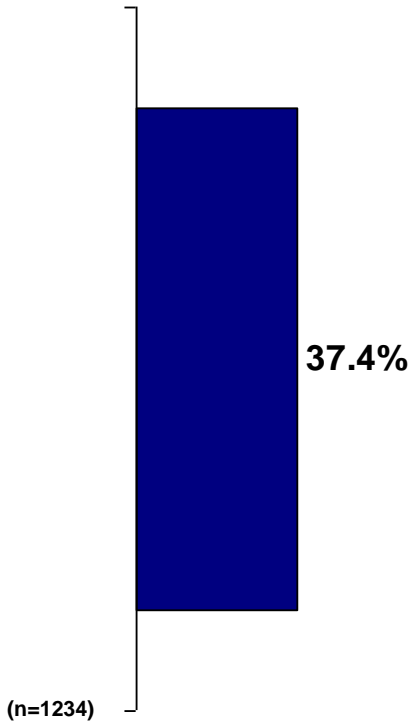


*Among all adults, the proportion of respondents whose BMI was greater than or equal to 25.0, but less than 30.0.

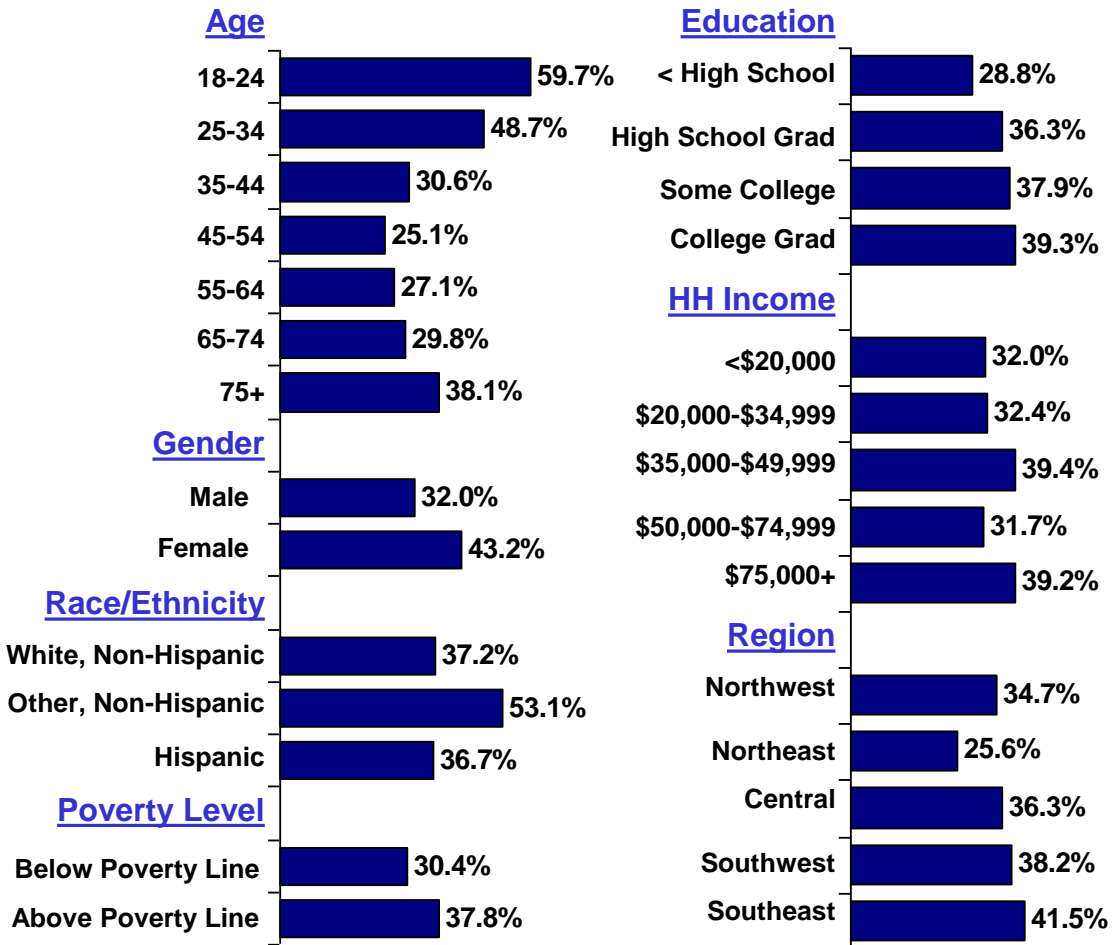
Women are more likely than men to be at a healthy weight, as are people under age 35 compared to those older.

Weight Status (Cont'd.)

Healthy Weight*
(Total Sample)



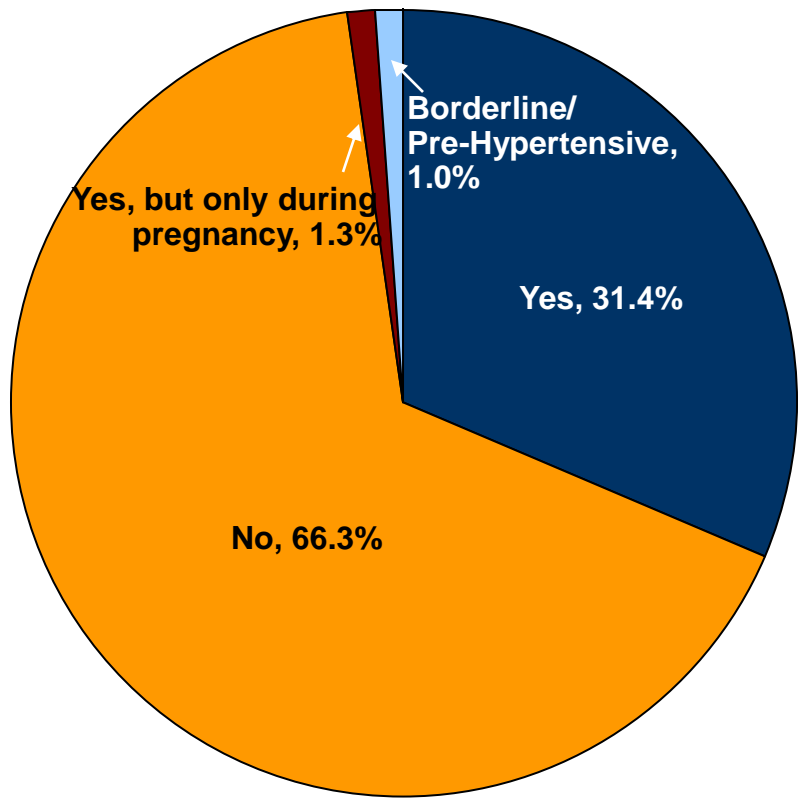
Not Overweight/Obese by Demographics



*Among all adults, the proportion of respondents whose BMI was less than 25.0.

Three in ten (31.4%) Ottawa County adults have been told by a health care professional they have high blood pressure (HBP).

Hypertension



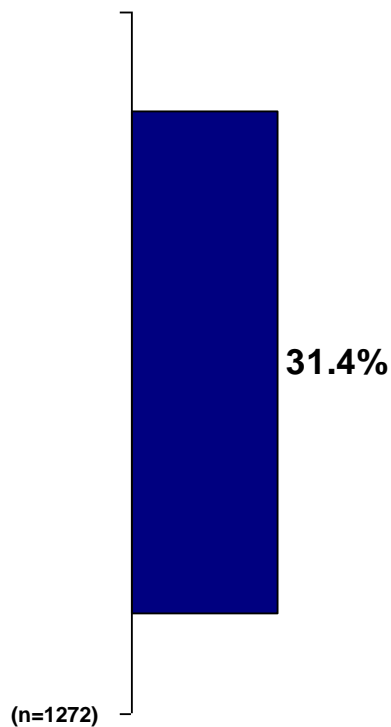
(n=1272)

Q4.1: Have you EVER been told by a doctor, nurse, or other health professional that you have high blood pressure?

As expected, HBP is more common in older adults (55+). It is also more common in men than women and significantly more common in adults who have less than a high school education. Further, there is an inverse relationship between the prevalence of HBP and household income.

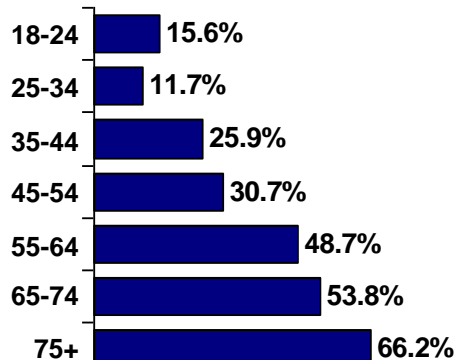
Hypertension Awareness

Ever Told Had High Blood Pressure (HBP)* (Total Sample)



Ever Told HBP by Demographics

Age



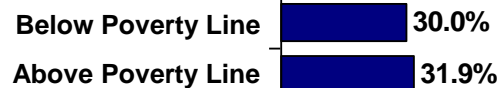
Gender



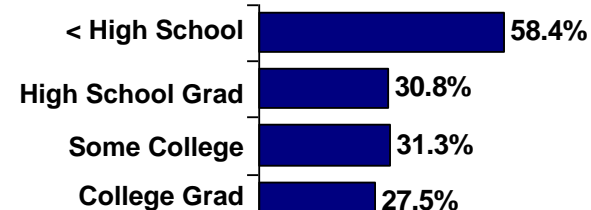
Race/Ethnicity



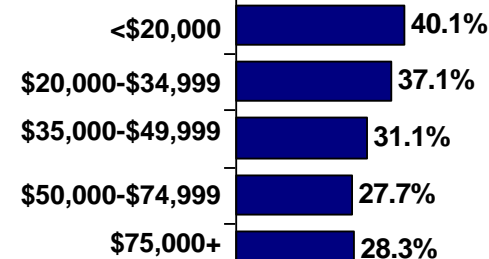
Poverty Level



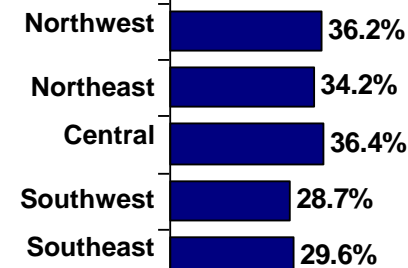
Education



HH Income



Region

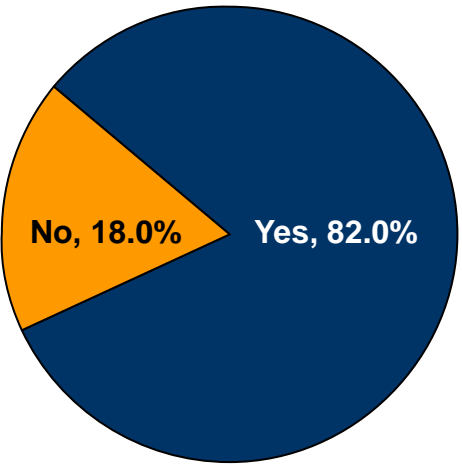


*Among all adults, the proportion who reported that they were ever told by a health care professional that they have high blood pressure (HBP). Women who had high blood pressure only during pregnancy and adults who were borderline hypertensive were considered not to have been diagnosed.

Eight in ten (82.0%) Ottawa County adults have had their cholesterol checked, and the vast majority of them have had it done within the past year. More than one-third (37.2%) of them have been told by a health care professional that their cholesterol is high.

Cholesterol Awareness

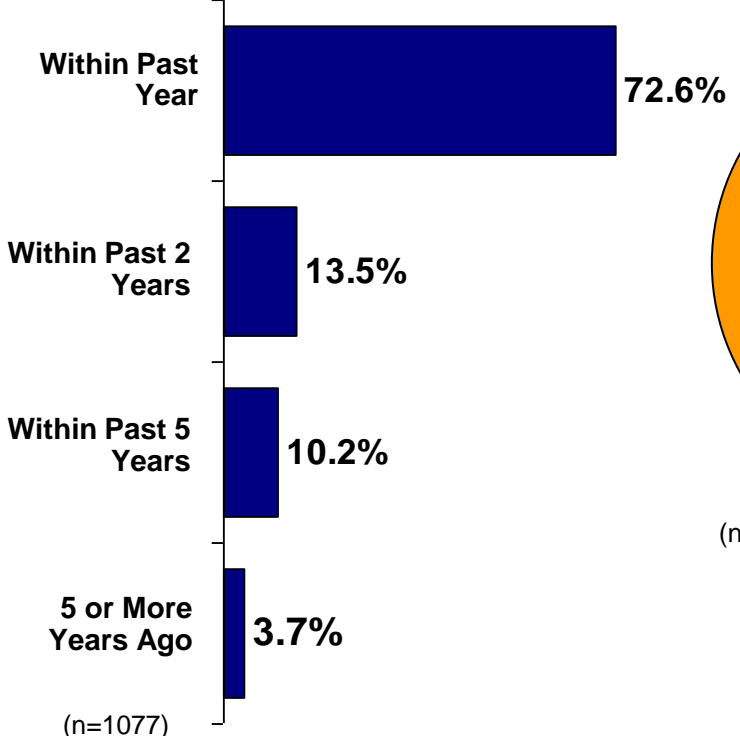
Ever Had Blood Cholesterol Checked



(n=1242)

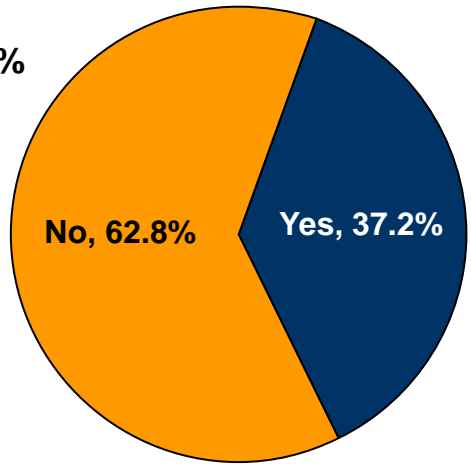


Last Time Had Blood Cholesterol Checked



(n=1077)

Ever Told Blood Cholesterol is High



(n=1077)

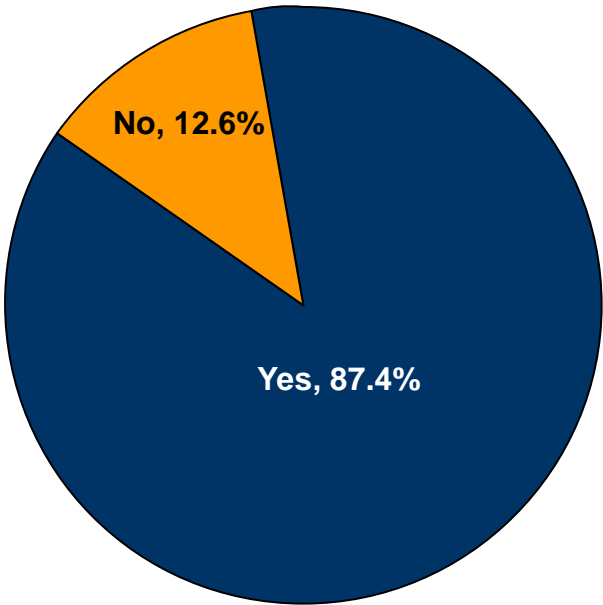
Q5.1: Blood cholesterol is a fatty substance found in the blood. Have you EVER had your blood cholesterol checked?
 Q5.2: (If yes) About how long has it been since you last had your blood cholesterol checked?
 Q5.3: (If yes) Have you EVER been told by a doctor, nurse or other health care professional that your blood cholesterol is high?

Health Care Access

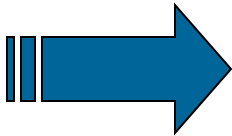
Nearly nine in ten (87.4%) adults under age 65 have health care coverage, and 12.7% of them have Medicaid and/or Medicare.

Health Care Coverage

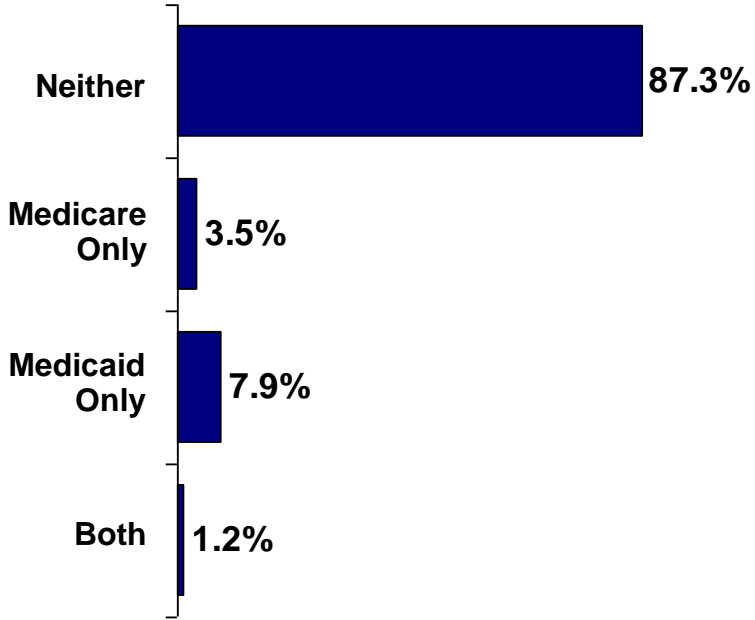
Currently Have Health Coverage
(Among Adults 18-64)



(n=965)



Have Medicaid/Medicare



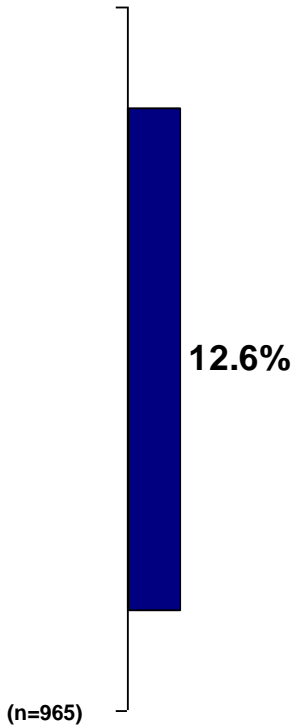
(n=850)

Q3.1: Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare or Indian Health Services?
Q3.1a: (If yes) Do you personally have Medicaid or Medicare Insurance?

Having health care coverage is directly related to education and income. Additionally, younger residents (aged 18-34) are more likely to lack coverage than older residents, and Hispanics report having no coverage more than other racial/ethnic groups.

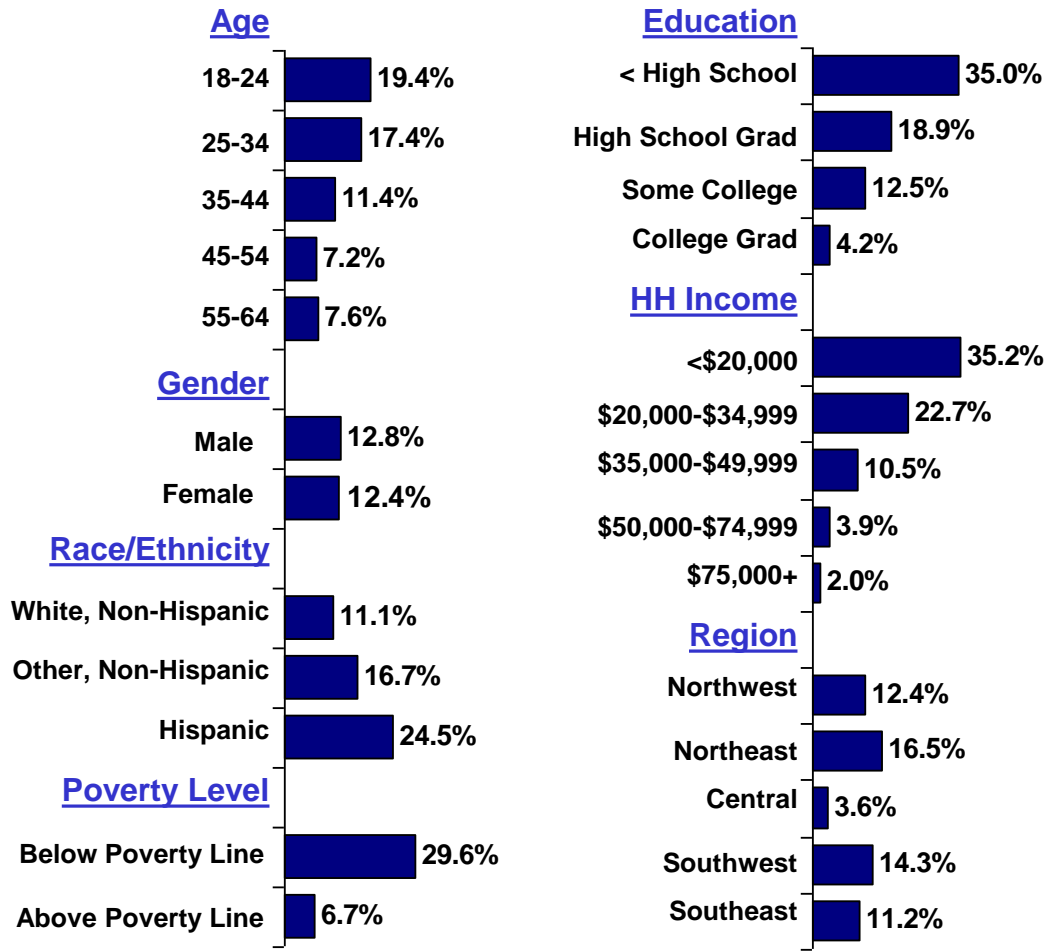
Health Care Coverage Among Adults Aged 18-64 Years

**No Health Care Coverage*
(Total Sample)**



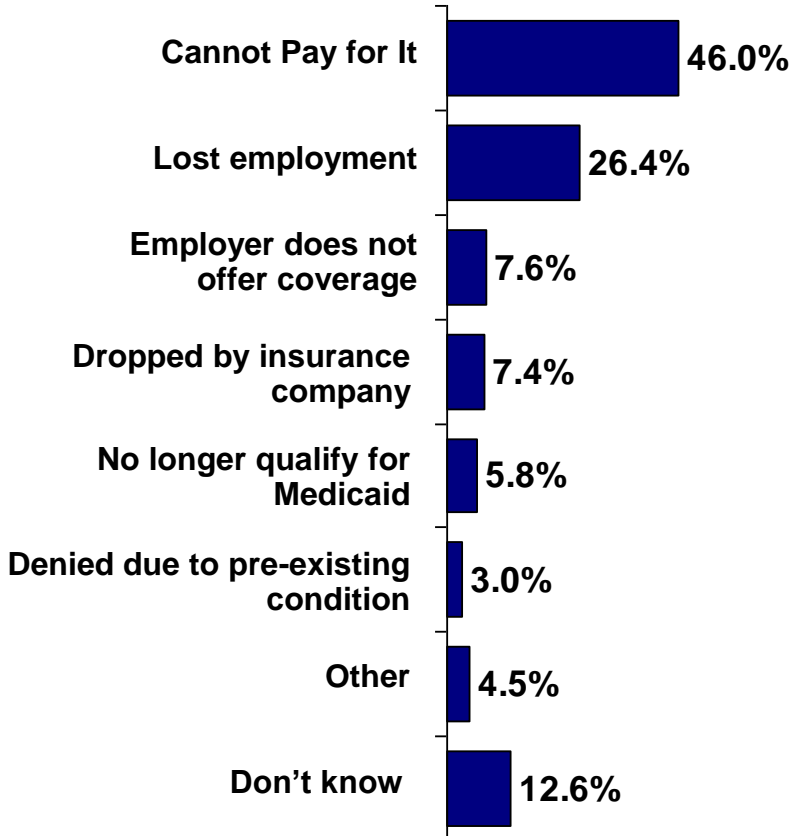
*Among adults aged 18-64, the proportion who reported having no health care coverage, including health insurance, prepaid plans such as HMOs, or government plans, such as Medicare.

No Coverage by Demographics



For those without health care coverage, the greatest barrier is cost. Roughly one in four (26.4%) no longer have coverage due to their (or spouses') loss of employment.

Reasons for Not Having Health Care Coverage
(Among Adults Age 18-64)



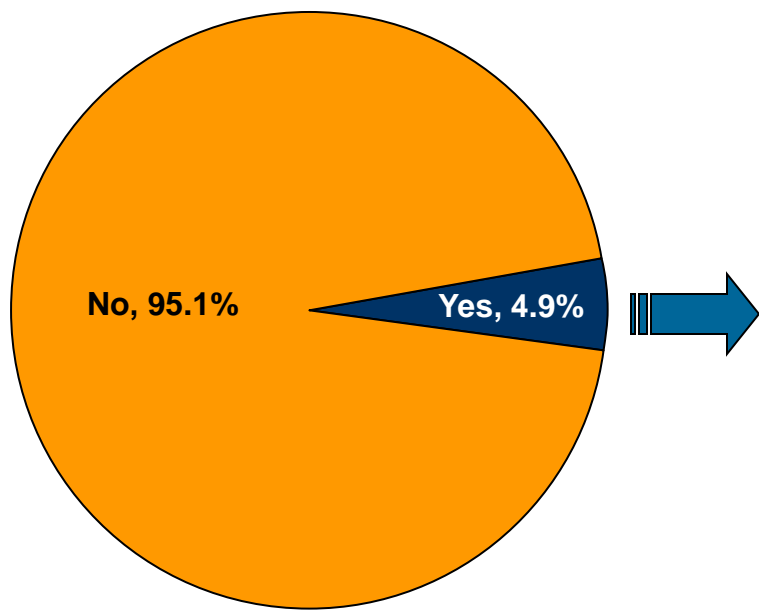
(n=111)

Q3.2: If you do not have health insurance is it because you (mark all that apply)...

Most Ottawa County adults (95.1%) have had no trouble receiving health care when they needed it in the past year. However, those who have had problems mention a variety of reasons, the most popular of which are the inability to pay for healthcare and lack of insurance.

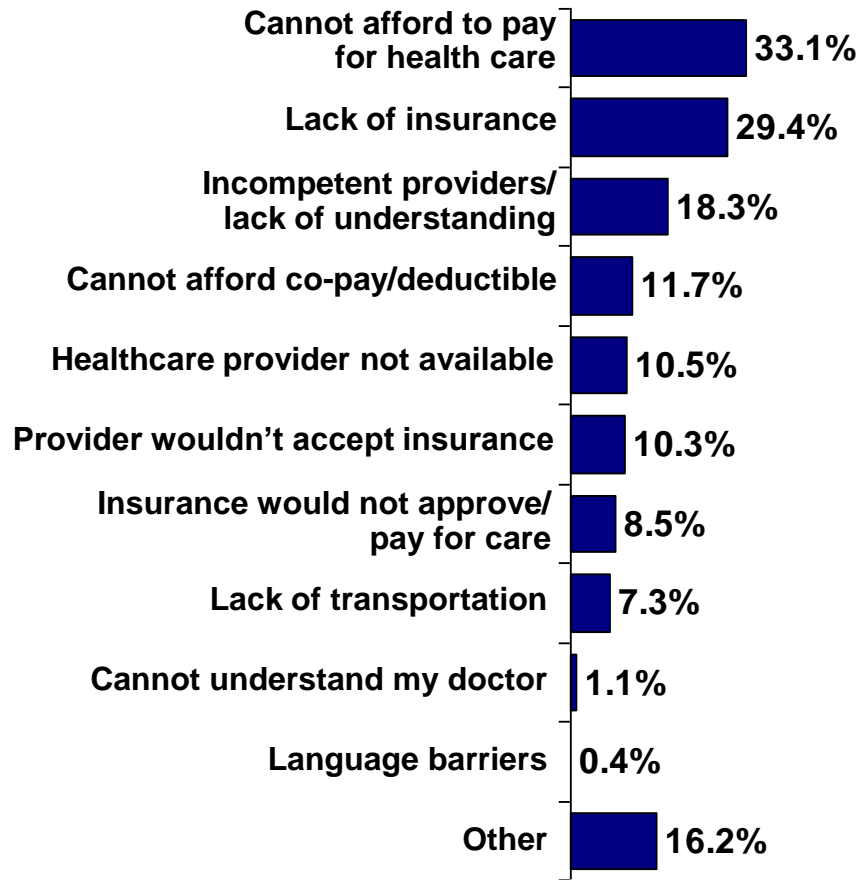
Problems Receiving Healthcare

Have Had Problems Receiving Healthcare



(n=1267)

Barriers to Accessing Healthcare

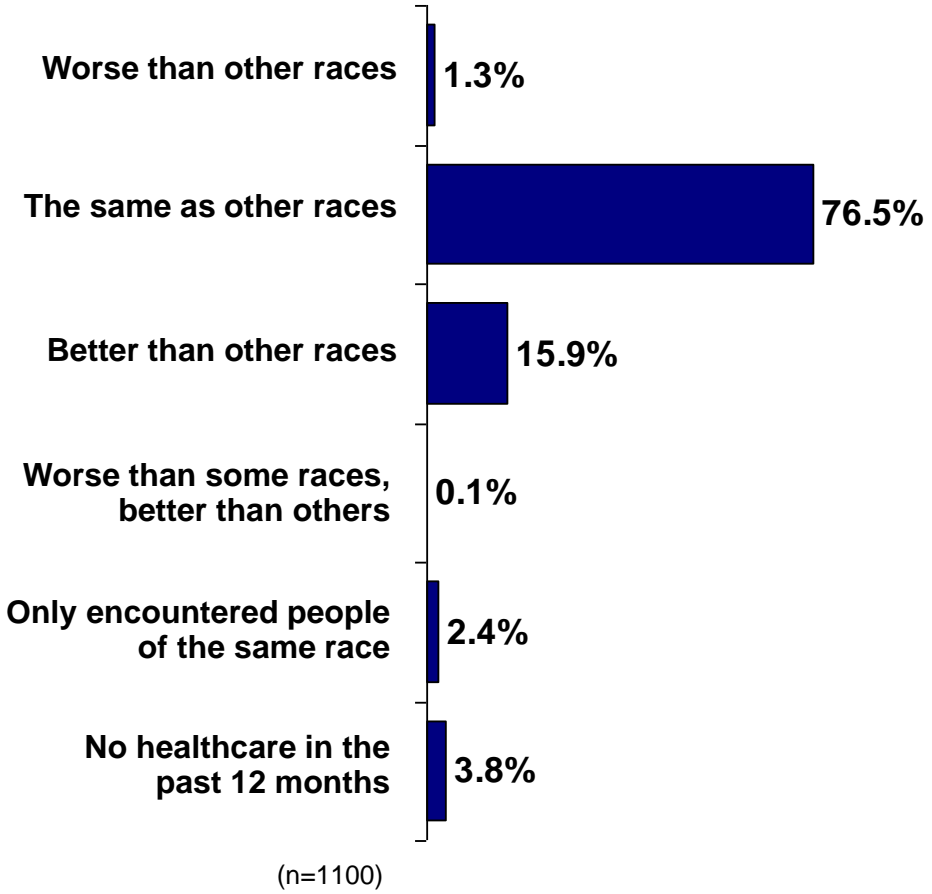


(n=53)

Q3.4: In the past 12 months, have you had problems getting needed health care?
 Q3.5: (If yes) Please provide the reason(s) for the difficulty in getting healthcare. (Multiple response)

The vast majority (76.5%) of adults believe their experience in seeking healthcare over the past year is consistent with the experiences of other races. Roughly one in six (15.9%) believe their experience is better than other races.

Experience in Seeking Healthcare Compared to Other Races



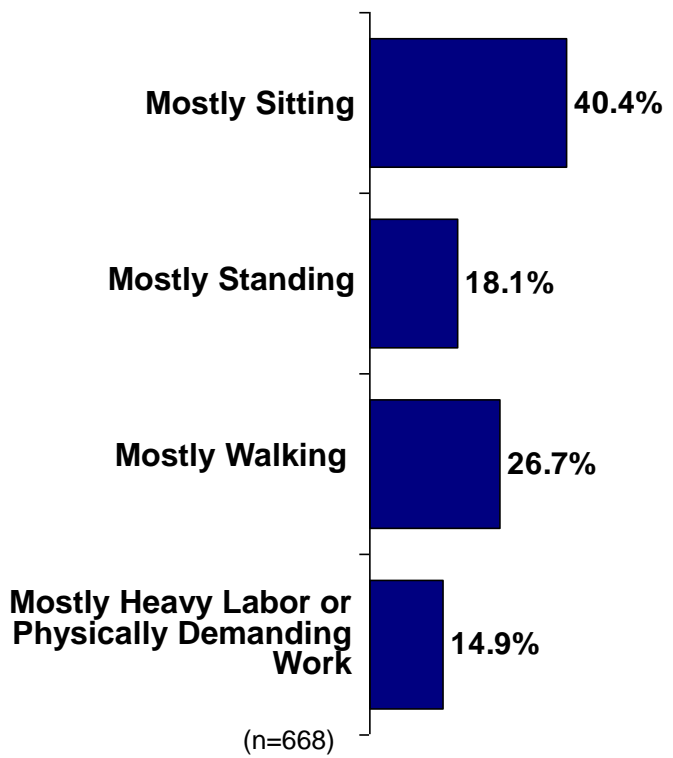
Q3.7: Within the past 12 months, when seeking healthcare, do you feel your experiences were worse than, the same as, or better than people of other races?

Risk Behavior Indicators

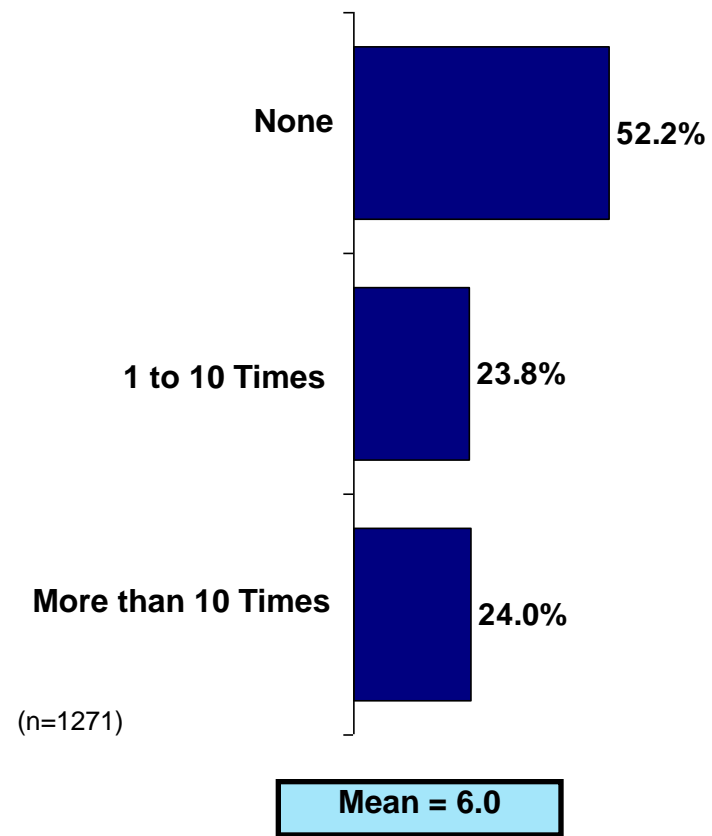
Among adult workers, six in ten (59.6%) perform work-related activity other than sitting, such as standing, walking, or physically demanding work. More than half of all adults perform no physical activities to strengthen their muscles. On the other hand, nearly one-fourth (24.0%) perform muscle-strengthening activities more than 10 times per month.

Exercise and Physical Activity

**Work-Related Activity
(Among Workers)**



**Number of Times Performed Physical Activities
to Strengthen Muscles in Past Month**

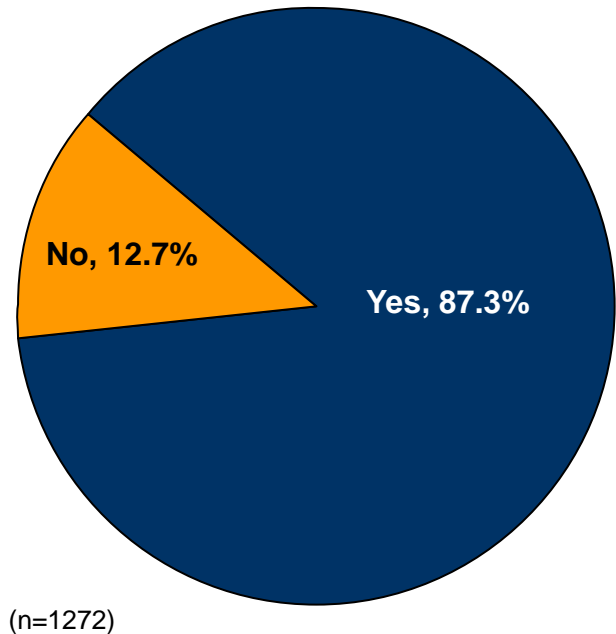


Q16.1: When you are at work, which of the following best describes what you do?
 Q16.5: During the past month, how many times per week, or per month, did you do physical activities or exercises to STRENGTHEN your muscles? DO NOT count aerobic activities like walking, running, or bicycling. Count activities using your body weight like yoga, sit-ups or push-ups and those using weight machines, free weights, or elastic bands.

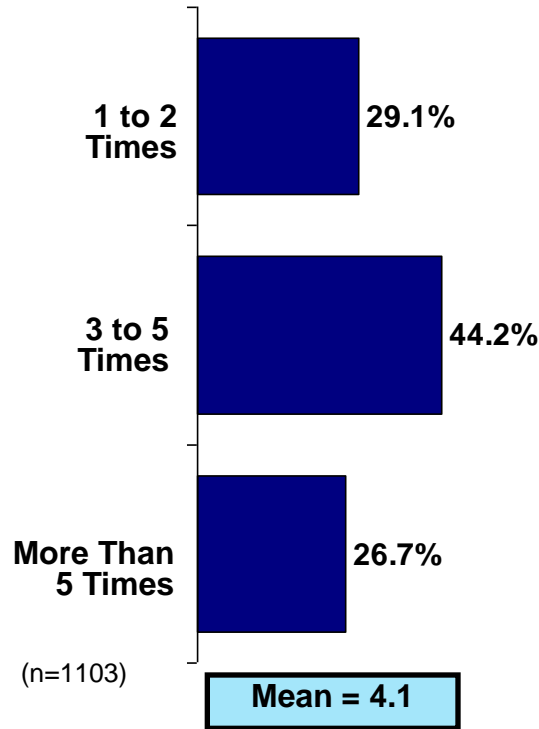
Almost nine in ten (87.3%) adults participate in leisure time physical activity such as running, walking, or golf. More than four in ten (44.2%) participate between three and five times per week. More than six in ten (62.9%) participate for less than four hours per week, while 22.4% participate for six hours or more.

Participation in Physical Activity

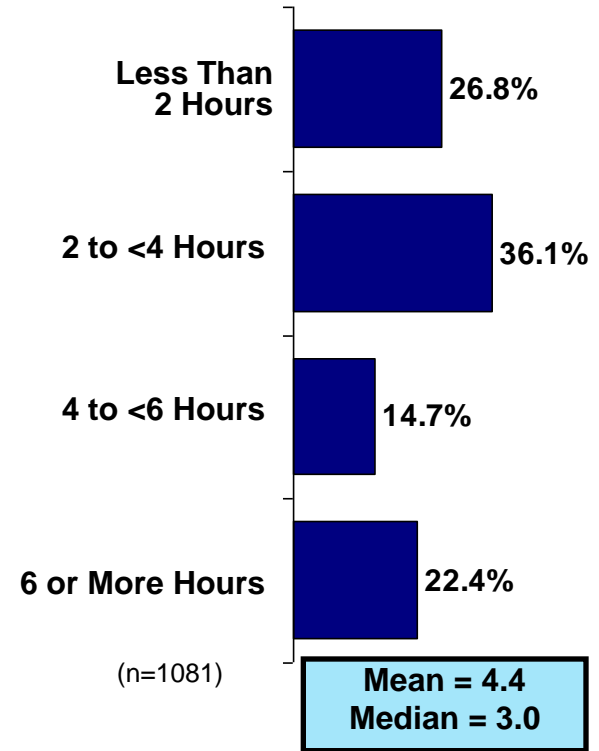
Participation in Leisure Time Physical Activity/Exercise



Number of Times Performed Physical Activity Per Week (Among Those Who Participate)



Number of Hours Performed Physical Activity Per Week (Among Those Who Participate)

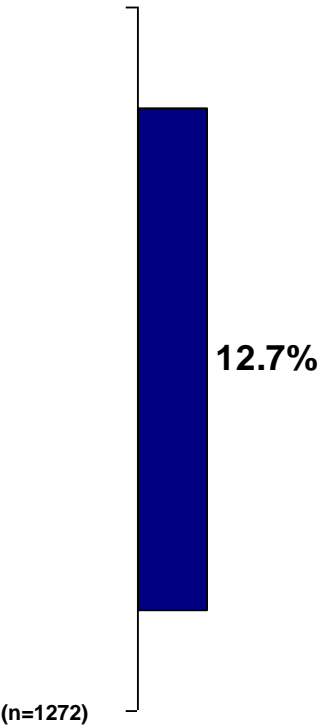


Q16.2: During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?
 Q16.3: (If yes) How many times per week or per month did you take part in physical activity during the past month?
 Q16.4: And when you took part in physical activity, for how many minutes or hours did you usually keep at it?

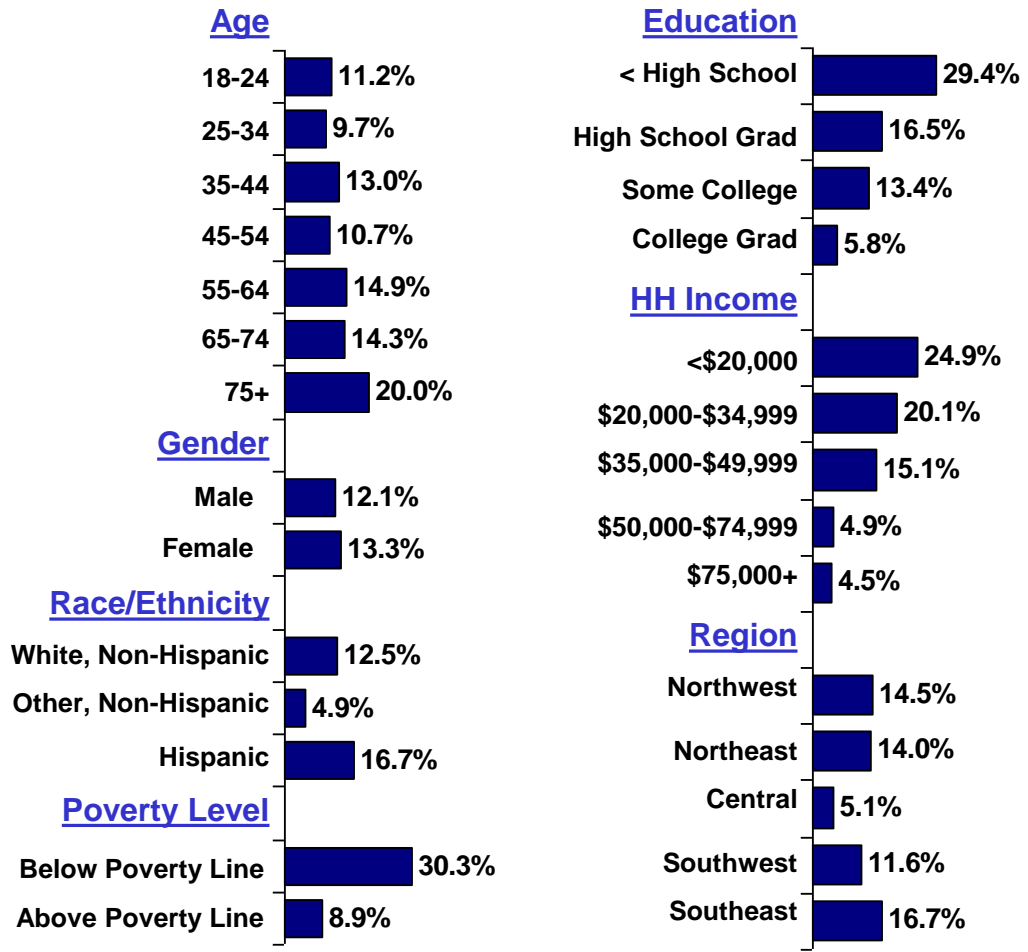
Participation in leisure time physical activity is directly related to education and income. In fact, almost three in ten (29.4%) adults with less than a high school diploma and 30.3% of residents living below the poverty line do not participate in any leisure time physical activity.

Leisure Time Physical Activity

No Leisure Time Physical Activity*
(Total Sample)



No Leisure Time Activity by Demographics

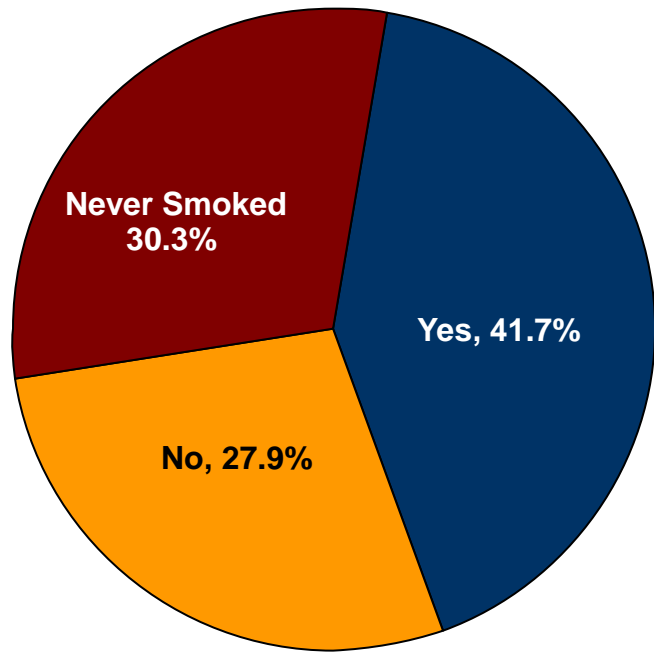


*Among all adults, the proportion who reported not participating in any leisure-time physical activities or exercises, such as running, calisthenics, golf, gardening, or walking, during the past month.

Four in ten (41.7%) Ottawa County adults have smoked at least 100 cigarettes in their lifetime. Among adults who have smoked at least 100 cigarettes in their lifetime, 62.8% currently do not smoke at all, while 24.6% currently smoke cigarettes every day and another 12.6% smoke on some days.

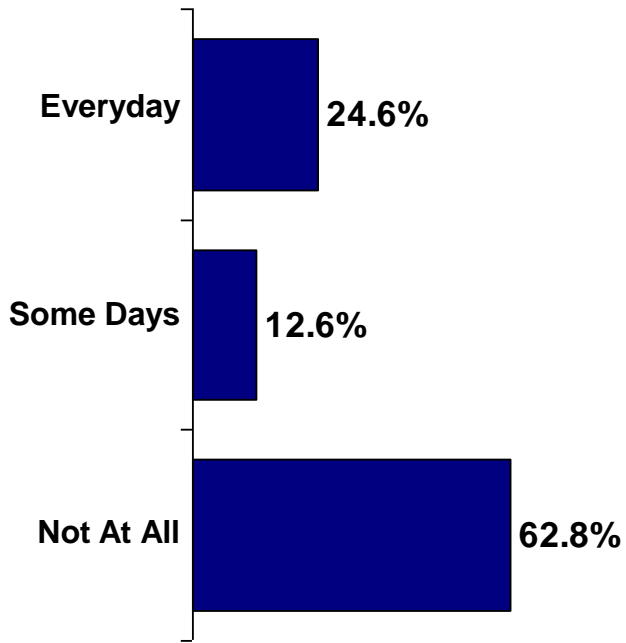
Cigarette Smoking

Smoked 100 Cigarettes in Lifetime



(n=1273)

Frequency of Current Use
(Among Those Who Smoked at Least 100
Cigarettes in Their Lifetime)



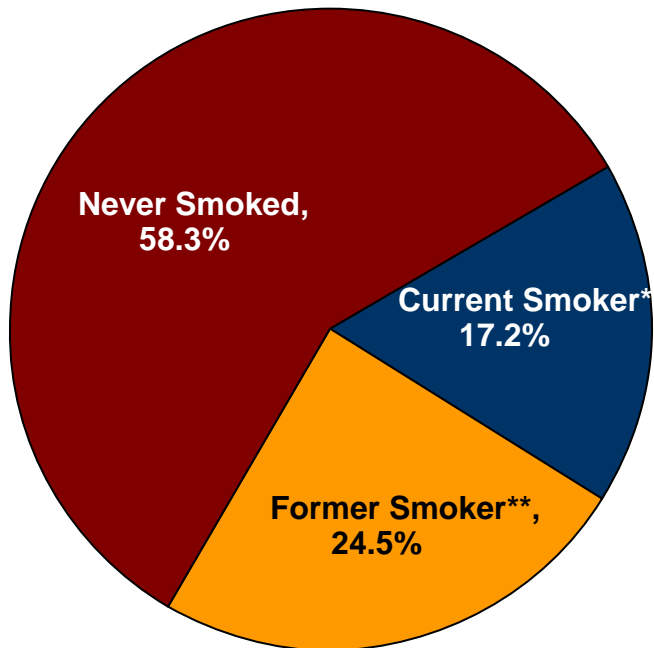
(n=532)

Q12.1: Have you smoked at least 100 cigarettes in your entire life?
Q12.3: Do you now smoke cigarettes everyday, some days, or not at all?

Nearly six in ten (58.3%) Ottawa County adults have never smoked (or are considered non-smokers). Current smokers make up 17.2% of Ottawa County adults, while another 24.5% are considered former smokers. Among current smokers, 61.0% attempted to quit smoking within the past 12 months.

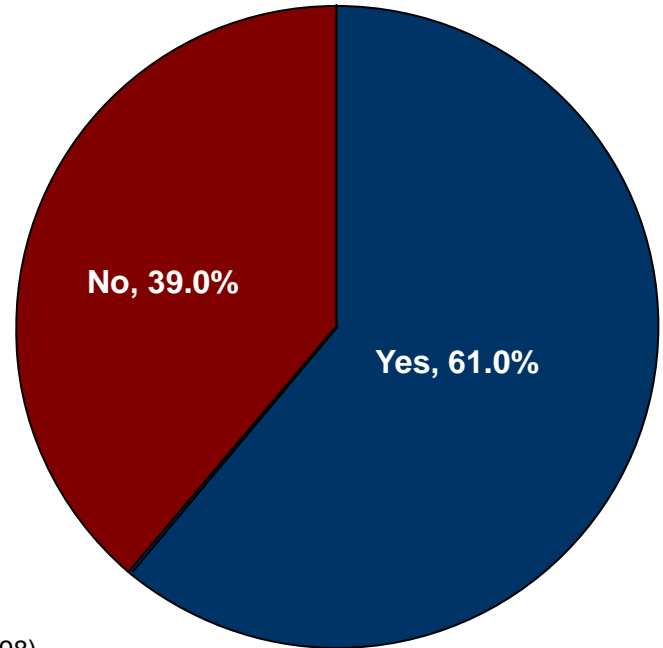
Smoking Status and Attempts to Quit

Smoking Status



(n=1273)

Stopped Smoking for One Day or Longer in an Attempt to Quit (Among Current Smokers)



(n=198)



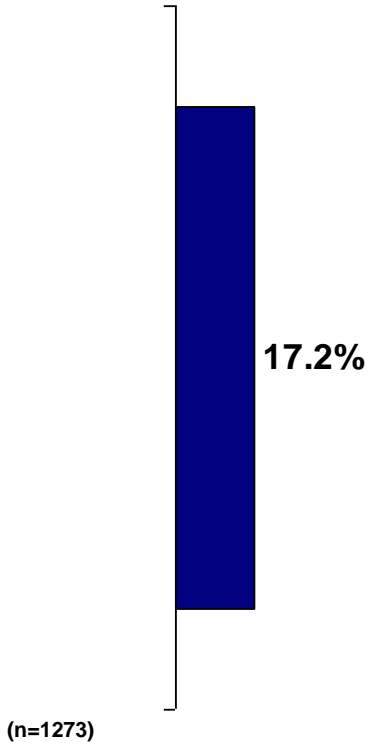
Q12.1: Have you smoked at least 100 cigarettes in your entire life?
 Q12.3: Do you now smoke cigarettes everyday, some days, or not at all?
 Q12.4: During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?

*Among all adults, the proportion who reported that they had ever smoked at least 100 cigarettes (5 packs) in their life and that they smoke cigarettes now, either every day or on some days.
 **Among all adults, the proportion who reported that they had ever smoked at least 100 cigarettes (5 packs) in their life but they do not smoke now.

Cigarette smoking is inversely related to education and income; 34.8% of residents with less than a high school diploma and 36.8% of those living below the poverty line currently smoke cigarettes.

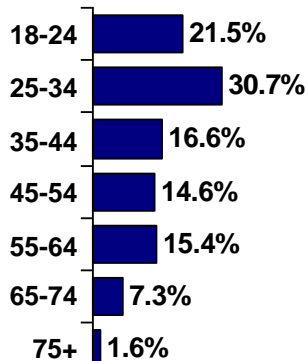
Cigarette Smoking

Current Cigarette Smoking*
(Total Sample)



Current Cigarette Smoking by Demographics

Age



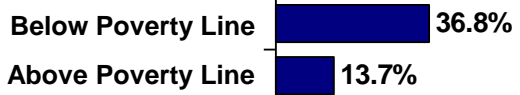
Gender



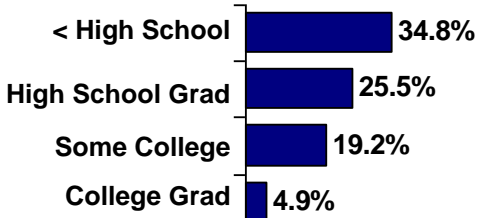
Race/Ethnicity



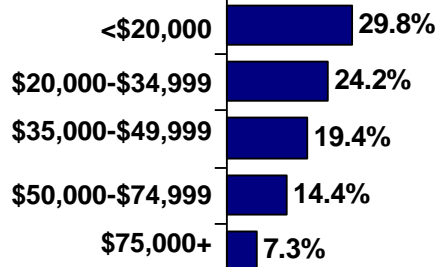
Poverty Level



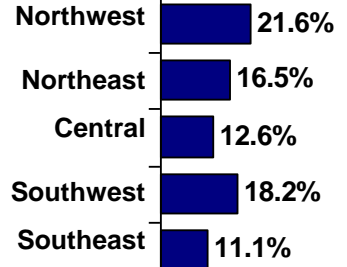
Education



HH Income



Region

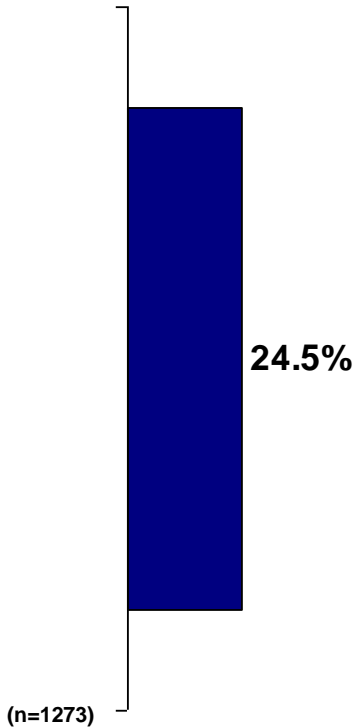


*Among all adults, the proportion who reported that they had ever smoked at least 100 cigarettes (5 packs) in their life and that they smoke cigarettes now, either every day or on some days.

Males are more likely than females to be former smokers. The northeast portion of the county has a lower proportion of former smokers than other portions.

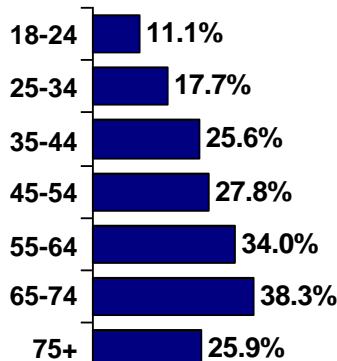
Cigarette Smoking (Cont'd.)

**Former Cigarette Smoking*
(Total Sample)**



Former Cigarette Smoking by Demographics

Age



Gender



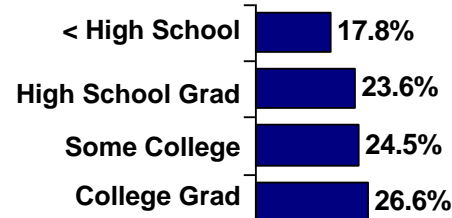
Race/Ethnicity



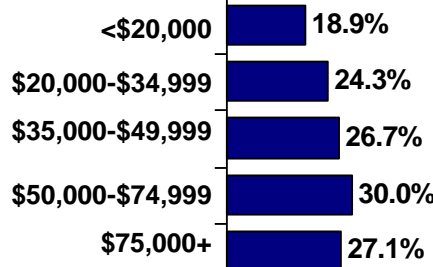
Poverty Level



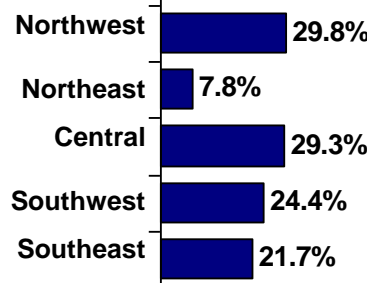
Education



HH Income



Region

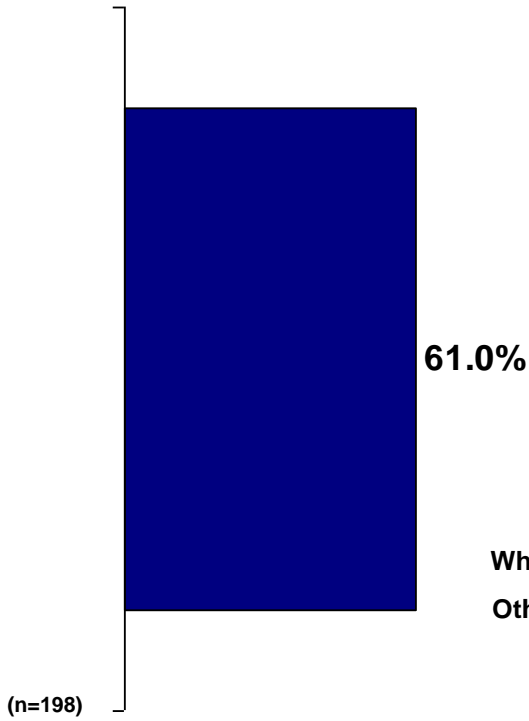


*Among all adults, the proportion who reported that they had ever smoked at least 100 cigarettes (5 packs) in their life but they do not smoke now.

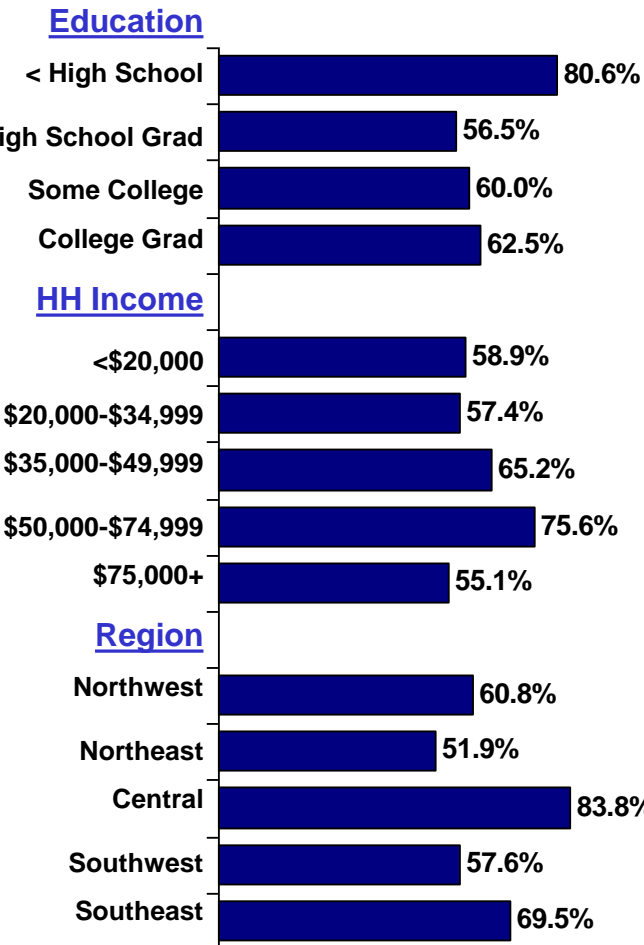
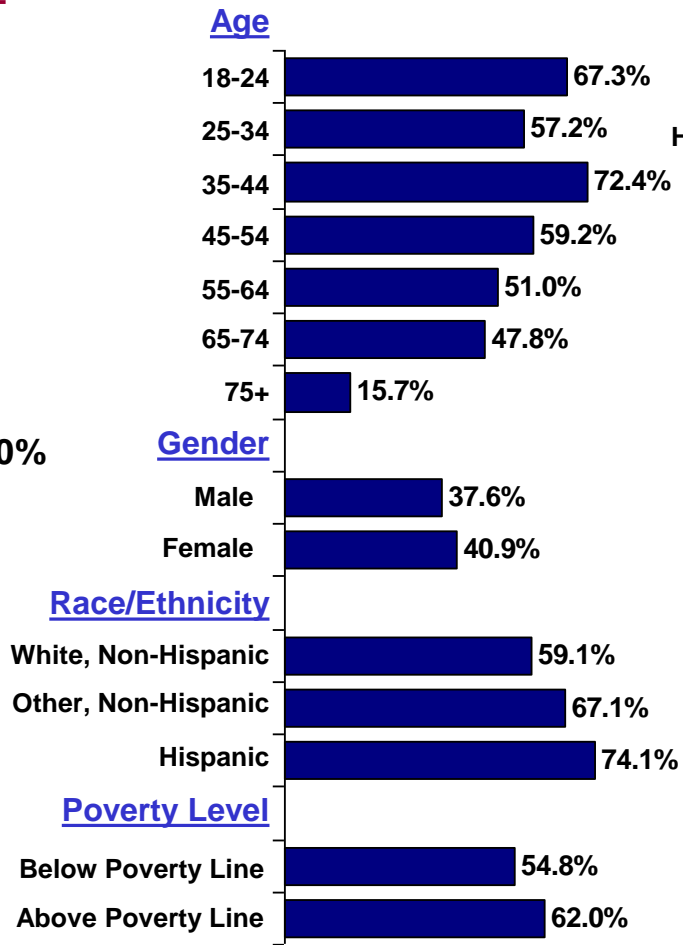
Younger smokers are more likely to attempt to quit than older smokers.

Current Smokers Who Tried To Quit

Tried to Quit Cigarette Smoking One Day or Longer in Past Year*
(Total Sample)



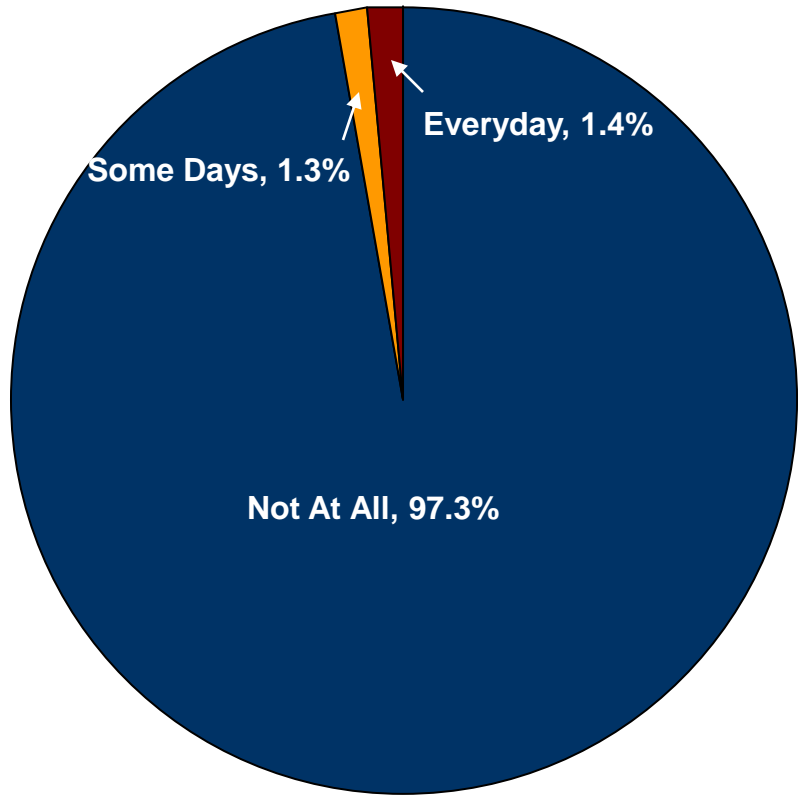
Tried to Quit by Demographics



*Among current smokers, the proportion who reported that during the past 12 months, they had tried to quit smoking for one day or longer.

The prevalence of smokeless tobacco use is extremely low (2.7%) among Ottawa County adults.

Current Smokeless Tobacco Use



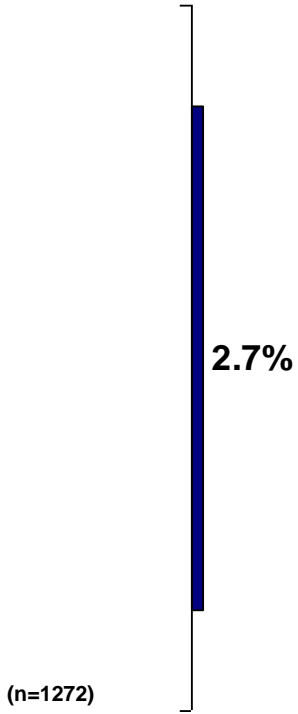
(n=1272)

Q12.2: Do you currently use chewing tobacco, snuff, or snus every day, some days, or not at all?

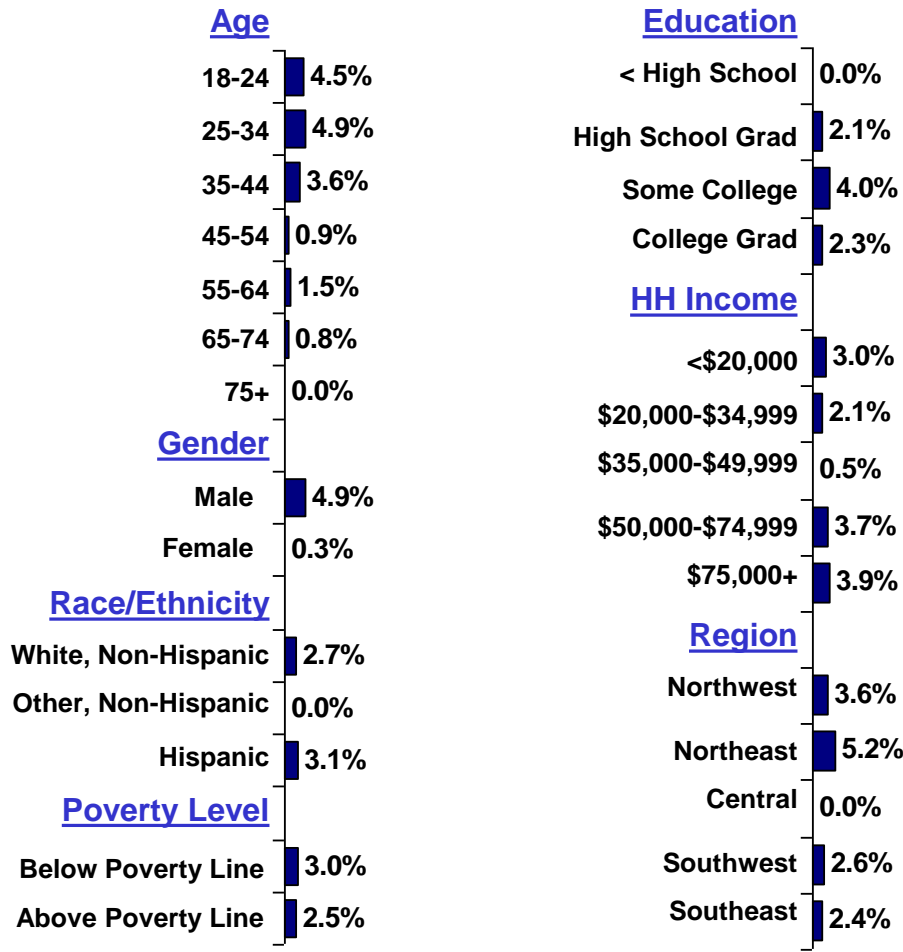
Ottawa County residents most likely to use smokeless tobacco tend to be younger than 45 years of age and male.

Smokeless Tobacco

**Current Smokeless Tobacco Use*
(Total Sample)**



**Current Smokeless Tobacco Use
by Demographics**

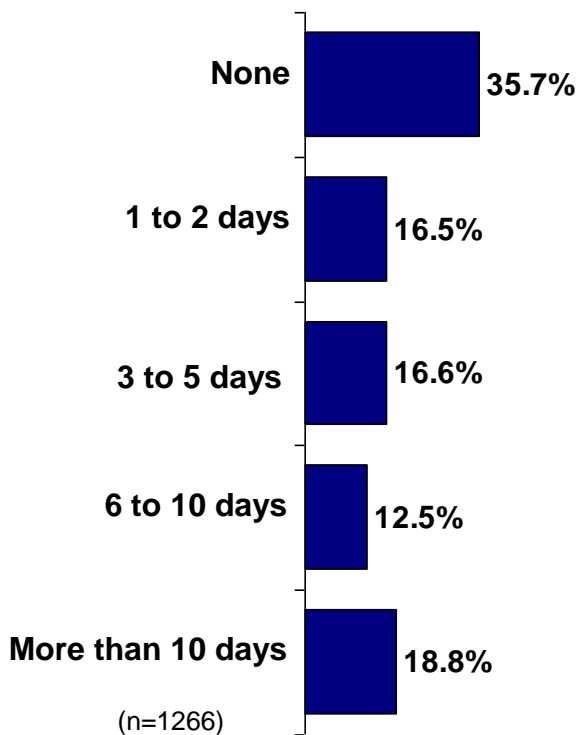


*Among all adults, the proportion who reported that they currently use chewing tobacco, snuff or snus, either every day or on some days.

With regard to alcohol consumption, just over one-third of Ottawa County adults are non-drinkers and over half (56.2%) are considered light to moderate drinkers. Less than one in ten (7.5%) are classified as heavy drinkers, meaning they consume an average of more than one (if female) or two drinks (if male) per day.

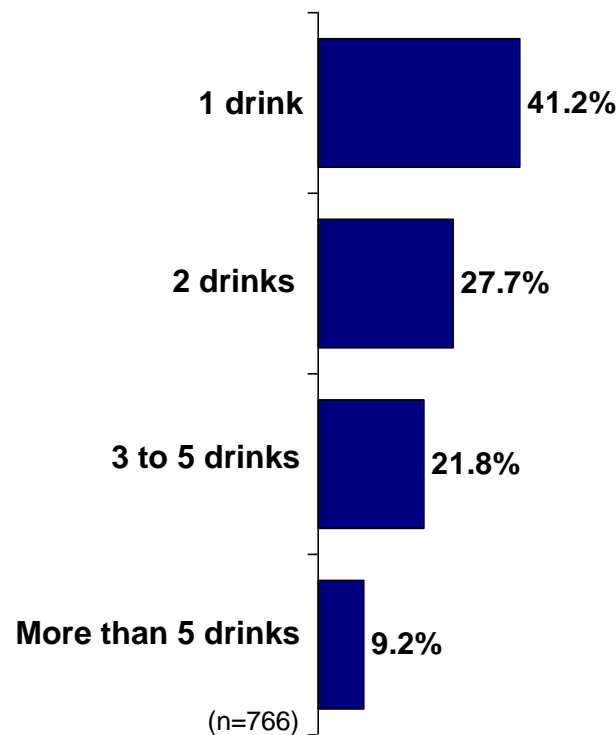
Alcohol Consumption in Past 30 Days

Number of Days Drank Alcohol in Past 30 Days



Mean (All) = 5.6
Mean (Drinkers) = 8.8

Average Number of Drinks When Drinking



Mean = 2.7

Drinking Status

Non Drinker	36.3%
Light/Moderate Drinker	56.2%
Heavy Drinker	7.5%

(n=1251)

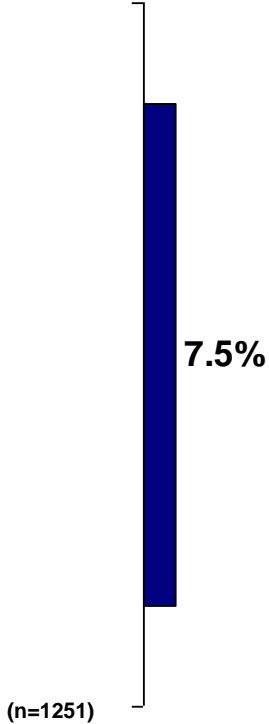
Q21.1: During the past 30 days, how many days per week, or per month did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage, or liquor?

Q21.2: One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?

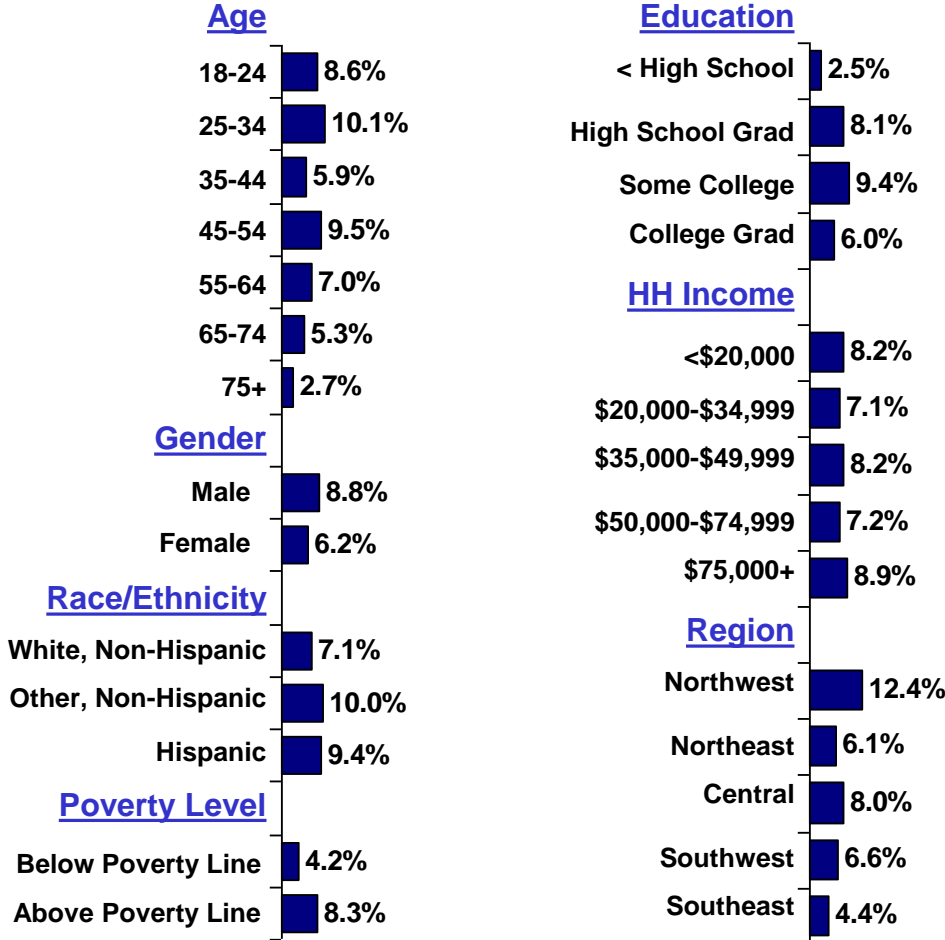
Younger Ottawa County residents (<35 years of age) are slightly more likely to engage in heavy drinking than older residents. The largest proportion of heavy drinkers is found in the northwest region of Ottawa County.

Alcohol Consumption (Cont'd.)

**Heavy Drinking*
(Total Sample)**



Heavy Drinking by Demographics

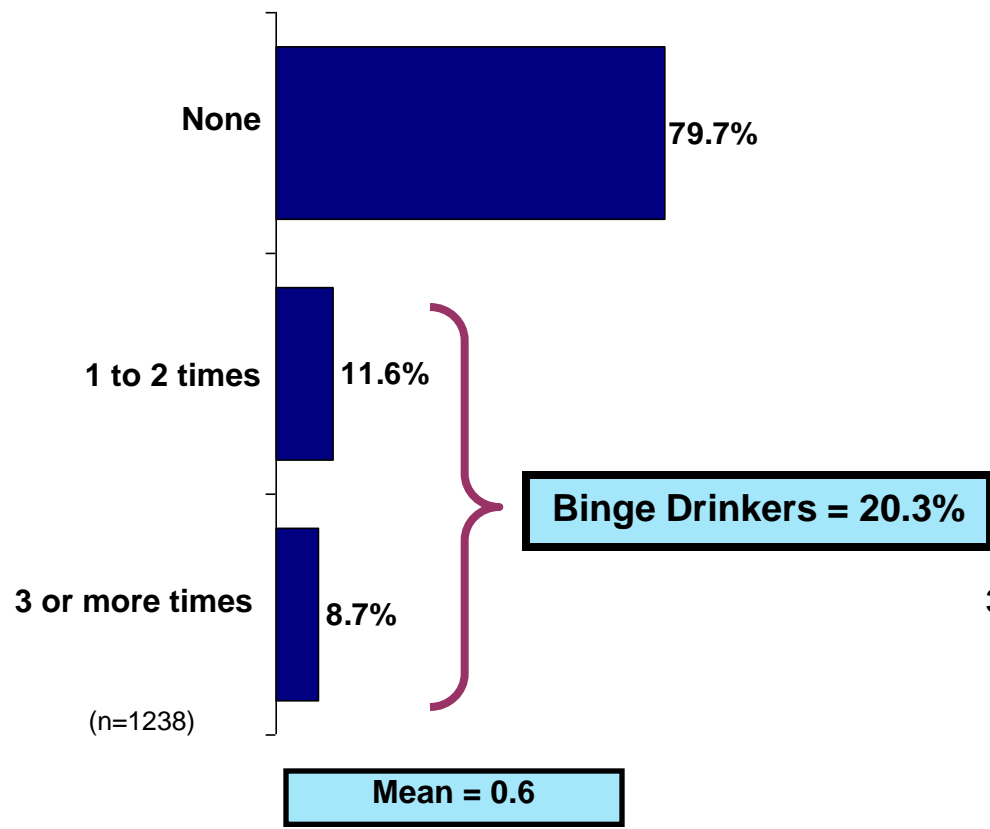


*Among all adults, the proportion who reported consuming an average of more than two alcoholic drinks per day for men and one per day for women in the previous month.

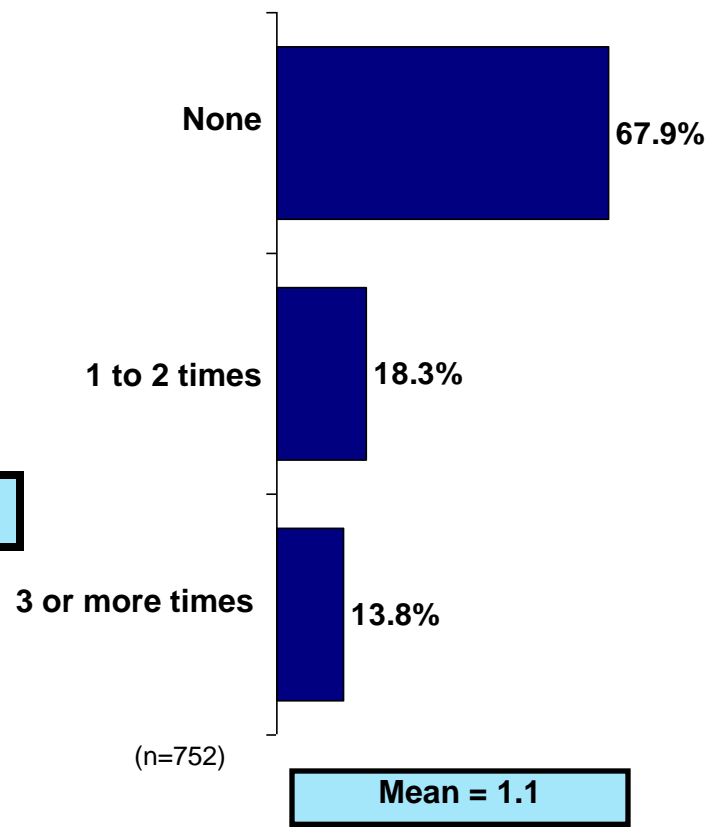
Among all adults, one in five (20.3%) have engaged in binge drinking in the past 30 days. Among those who drink, this proportion rises to one-third (32.3%).

Binge Drinking

Number of Times Consumed 5 or More (Men)/4 or More (Women) Drinks on an Occasion in Past 30 Days (All Adults)



Number of Times Consumed 5 or More (Men)/4 or More (Women) Drinks on an Occasion in Past 30 Days (Drinkers)

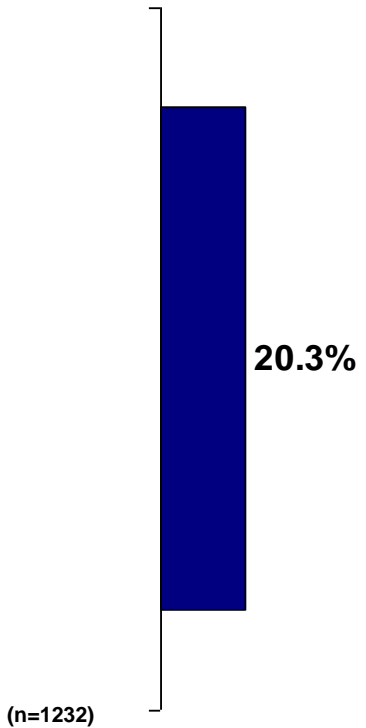


Q21.3: Considering all types of alcoholic beverages, how many times during the past 30 days did you have X (x=5 for men, x=4 for women) or more drinks on an occasion?

The prevalence of binge drinking is higher among men than women and highest among younger people (<35 years of age).

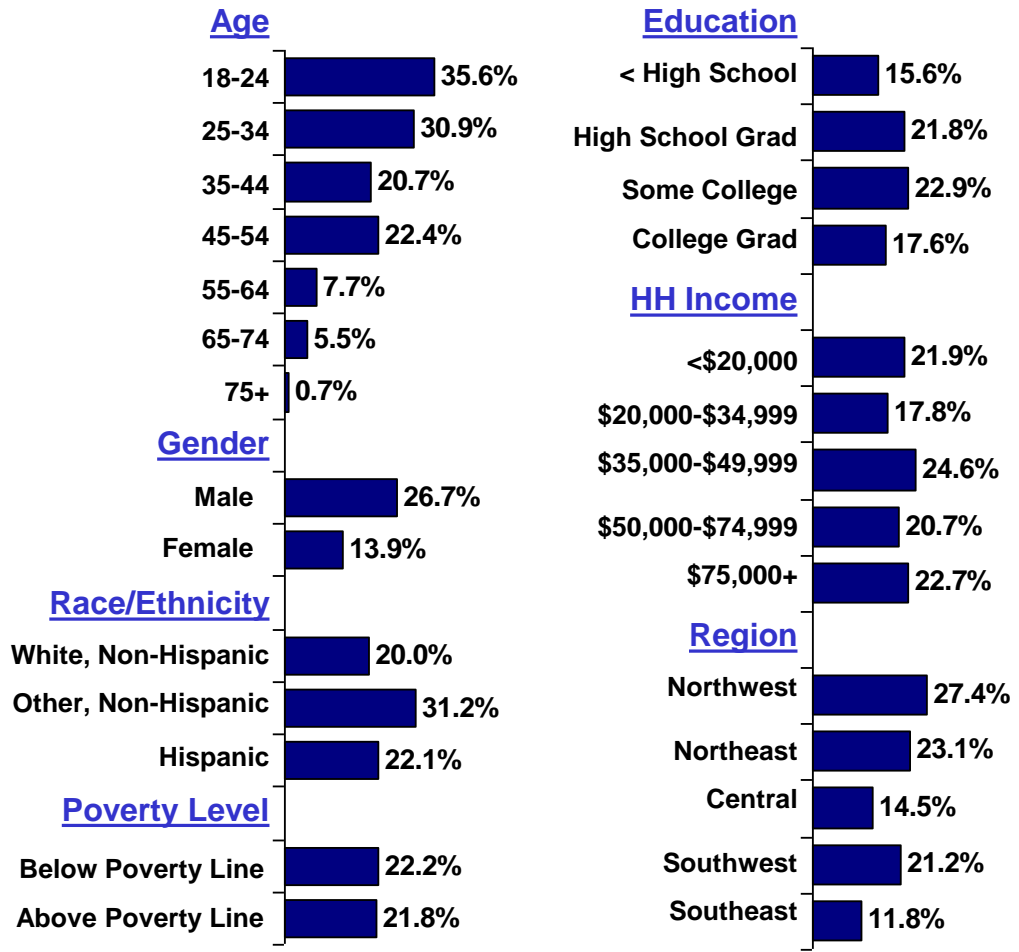
Alcohol Consumption

**Binge Drinking*
(Total Sample)**



*Among all adults, the proportion who reported consuming five or more drinks per occasion (for men) or four or more drinks per occasion (for women) at least once in the previous month.

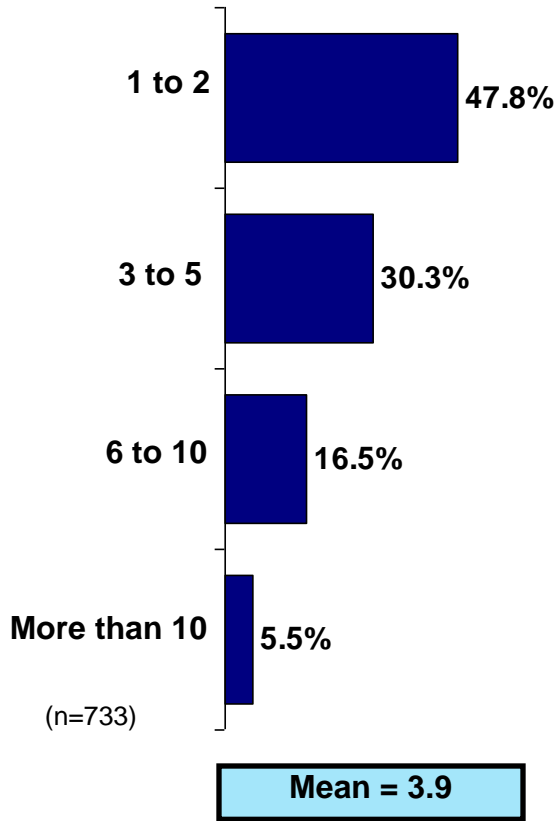
Binge Drinking by Demographics



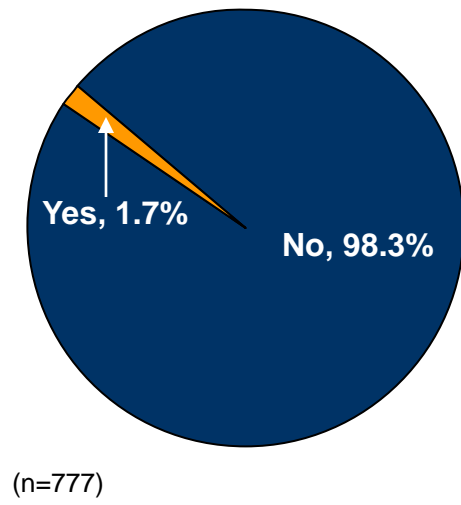
Among Ottawa County adults who drink alcohol, almost half (47.8%) have at most consumed one to two drinks on any occasion in the past 30 days, while 22.0% have consumed six or more drinks. Very few adults report driving when they have had too much to drink.

Drinking and Driving Under the Influence

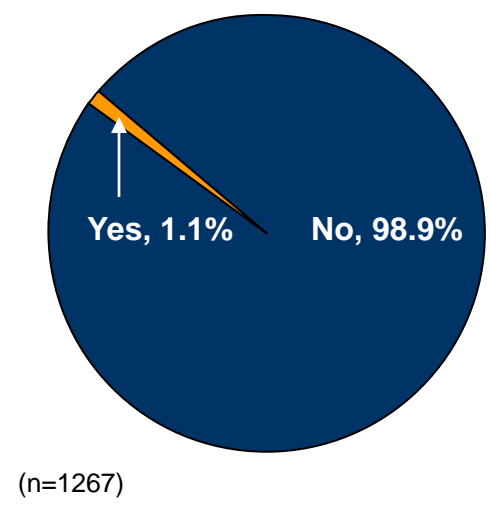
Largest Number of Drinks Consumed on Any Occasion in Past 30 Days (Among Drinkers)



Ever Driven When Had Too Much to Drink in Past 30 Days (Among Drinkers)



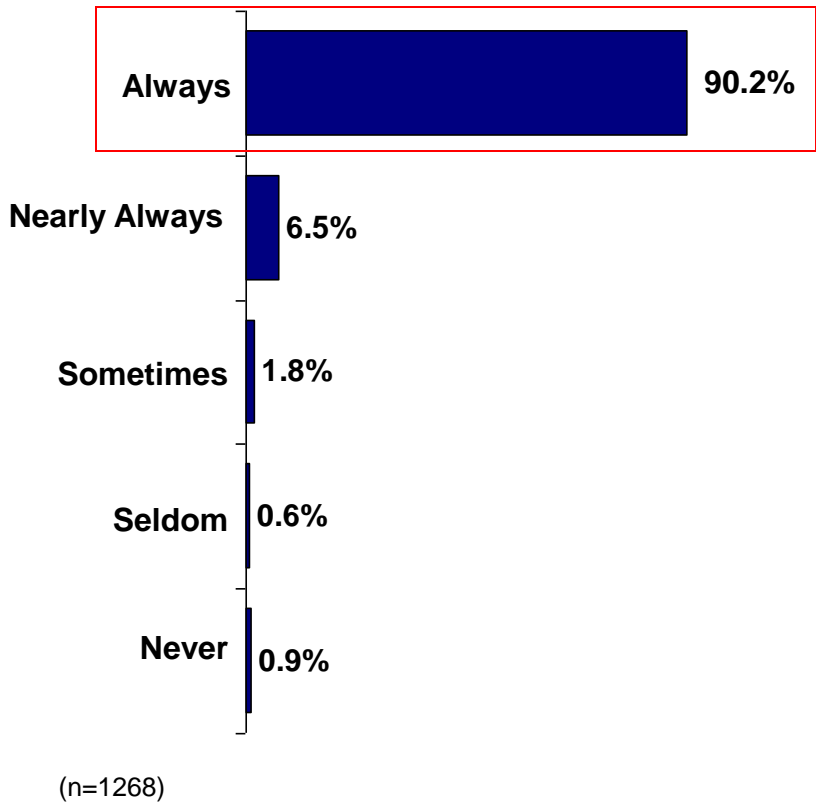
Ever Driven When Had Too Much to Drink in Past 30 Days (All Adults)



Q21.4: During the past 30 days, what is the largest number of drinks you had on any occasion?
 Q21.5: During the past 30 days, have you ever driven when you've had too much to drink?

Nine in ten (90.2%) Ottawa County adults always use seatbelts when driving or riding in a car and another 6.5% use them nearly always.

Frequency of Seatbelt Use

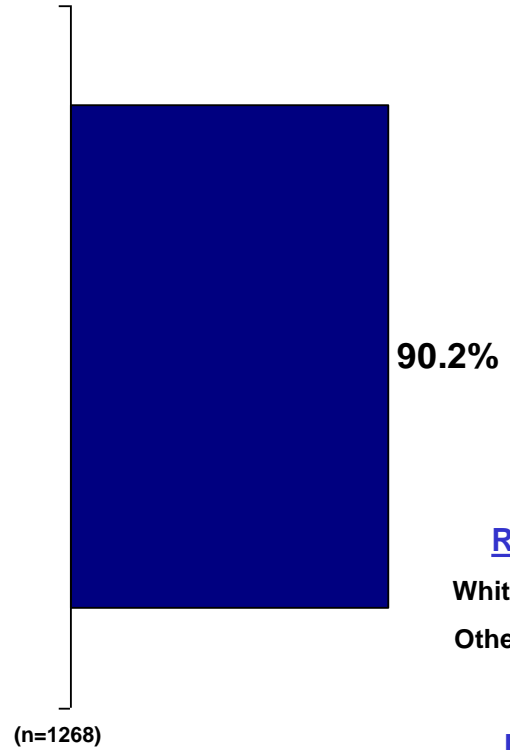


Q19.1: How often do you use seat belts when you drive or ride in a car? Would you say...

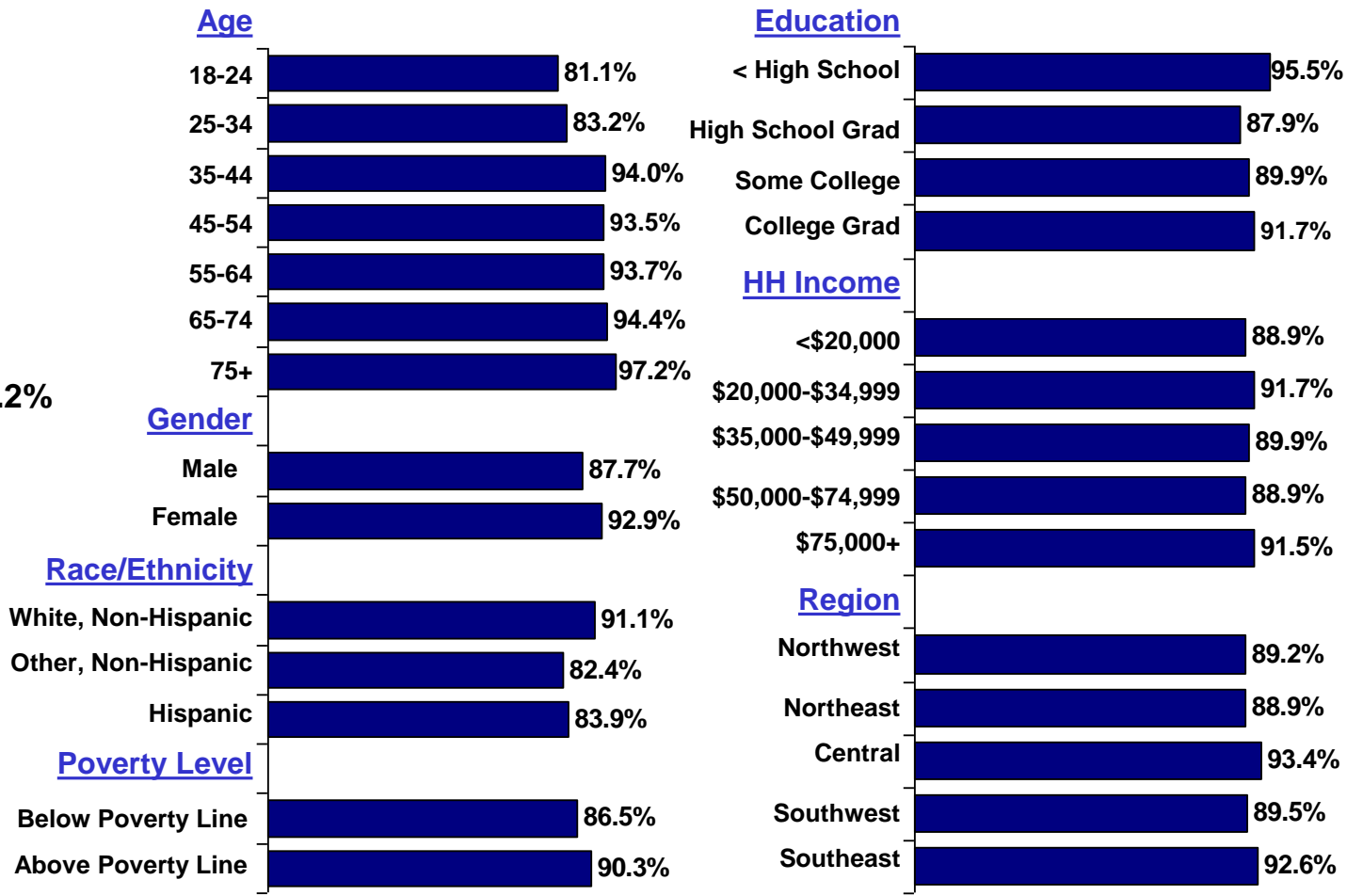
Seatbelt use is less common among younger (<35 years of age) adults.

Seatbelt Use

**Always Uses a Seatbelt*
(Total Sample)**



Always Uses a Seatbelt by Demographics

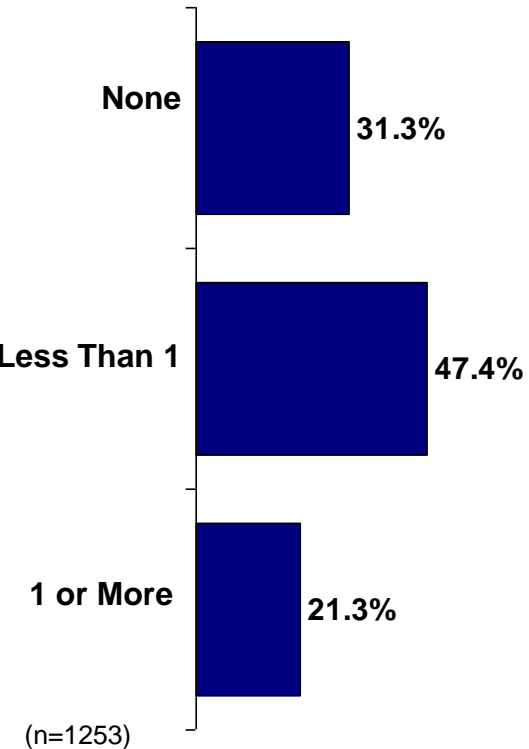


*Among all adults, the proportion who reported always using a seatbelt when driving or riding in a car.

Ottawa County adults consume minor quantities of 100% fruit juice, averaging less than once (0.4) a day. They consume more solid fruit, although they still average modest amounts (just over once per day). Over half (53.5%) of all adults' total fruit consumption (juice and/or solid) is between one and three times per day.

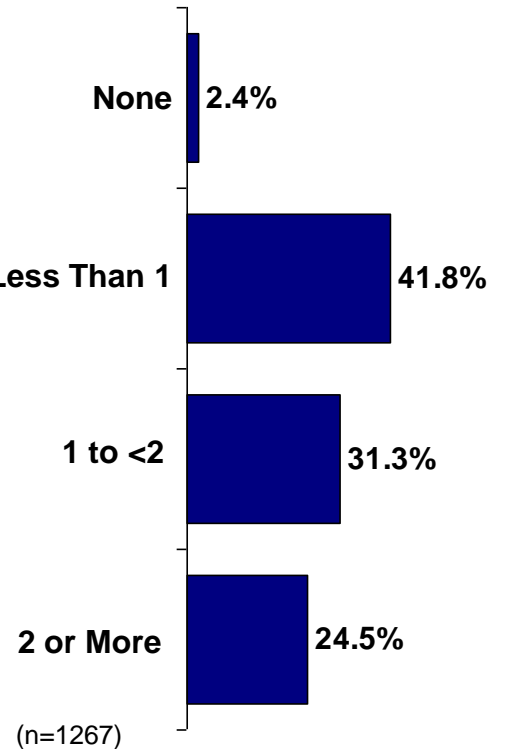
Consumption of Fruit

Number of Times 100% Fruit Juice Consumed Per Day



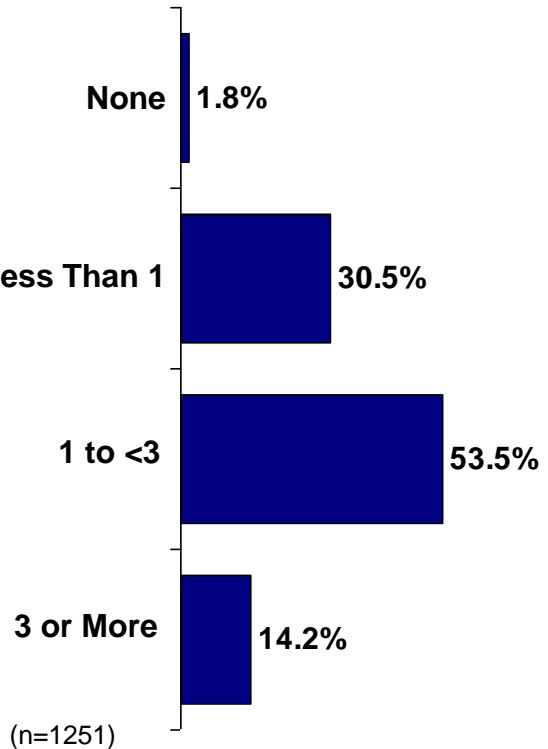
Mean = 0.4

Number of Times Fruit (Excluding Juice) Consumed Per Day



Mean = 1.1

Total Number of Times Fruit (Juice + Fruit) Consumed Per Day



Mean = 1.5

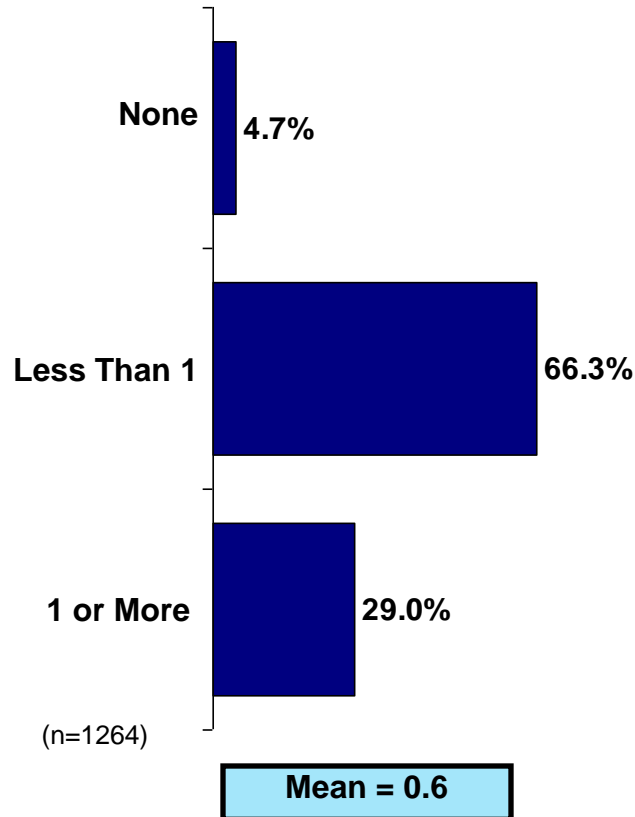
Q14.1: During the past month, how many times per day, week, or month did you drink 100% PURE fruit juices? Do not include fruit flavored drinks with added sugar or fruit juice you made at home and added sugar to. Only include 100% juice.

Q14.2: During the past month, not counting juice, how many times per day, week, or month did you eat fruit? Count fresh, frozen, or canned fruit.

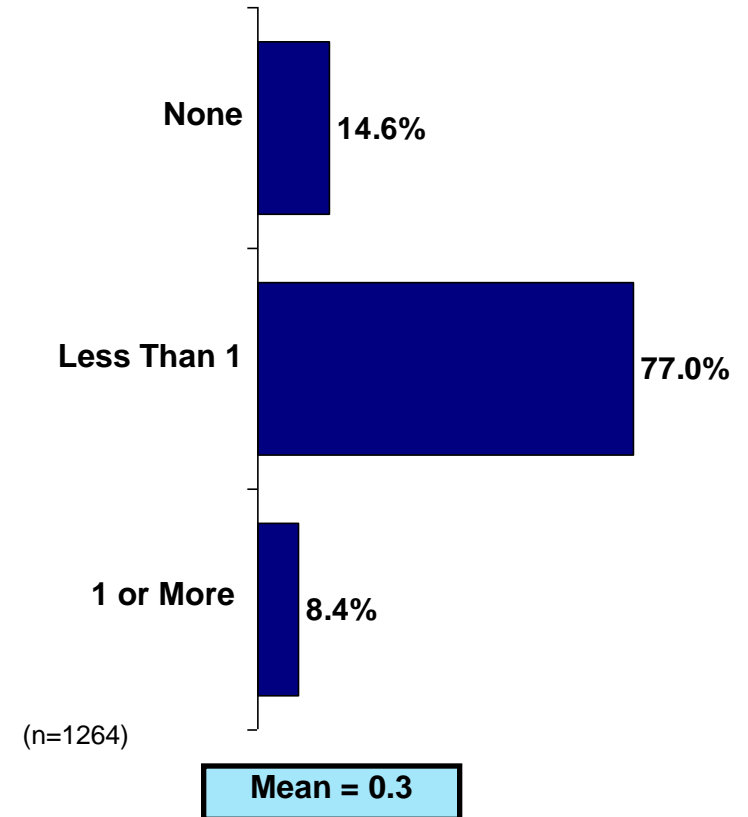
On average, Ottawa County adults consume dark green vegetables less than once a day (0.6), while three in ten (29.0%) consume one or more times per day. Orange vegetables are consumed even less frequently. In fact, 14.6% consume no orange vegetables.

Vegetable Consumption

Number of Times Per Day Consumed Dark Green Vegetables in Past Month



Number of Times Per Day Consumed Orange Colored Vegetables in Past Month



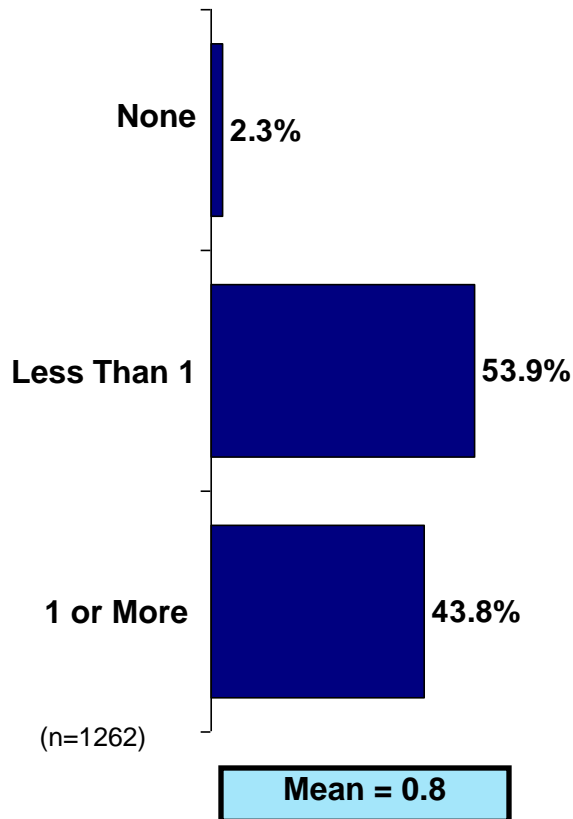
Q14.3: During the past month, how many times per day, week, or month did you eat dark green vegetables, for example broccoli or dark leafy greens including romaine, chard, collard greens or spinach?

Q14.4: During the past month, how many times per day, week, or month did you eat orange colored vegetables such as sweet potatoes, pumpkin, winter squash, or carrots?

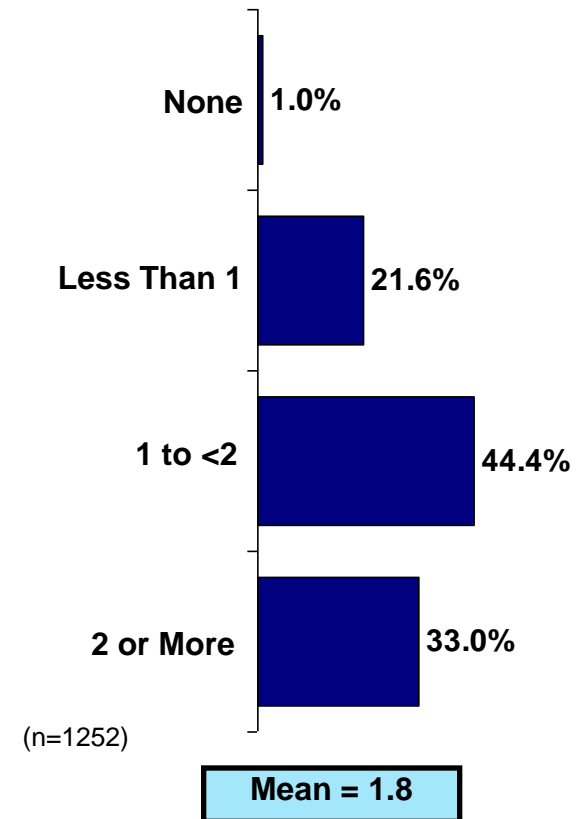
Ottawa County adults consume more quantities of vegetables other than dark green or orange. More than four in ten (43.8%) consume “other” vegetables one or more times per day. Considering all vegetables combined, one-third (33.0%) of adults consume two or more times per day.

Vegetable Consumption (Cont'd.)

Number of Times Per Day Consumed Other Vegetables in Past Month



Number of Times per Day Consumed Any Vegetables in Past Month

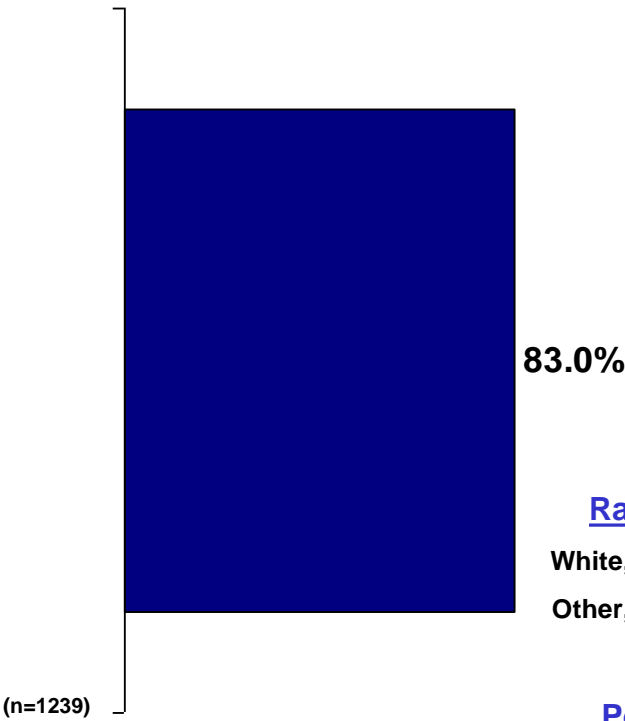


Q14.5: Not counting what you just told me about, during the past month, about how many times per day, week, or month did you eat OTHER vegetables? Examples of other vegetables include tomatoes, tomato juice or V-8 juice, eggplant, peas, lettuce, cabbage, and with potatoes that are not fried such as baked or mashed potatoes.

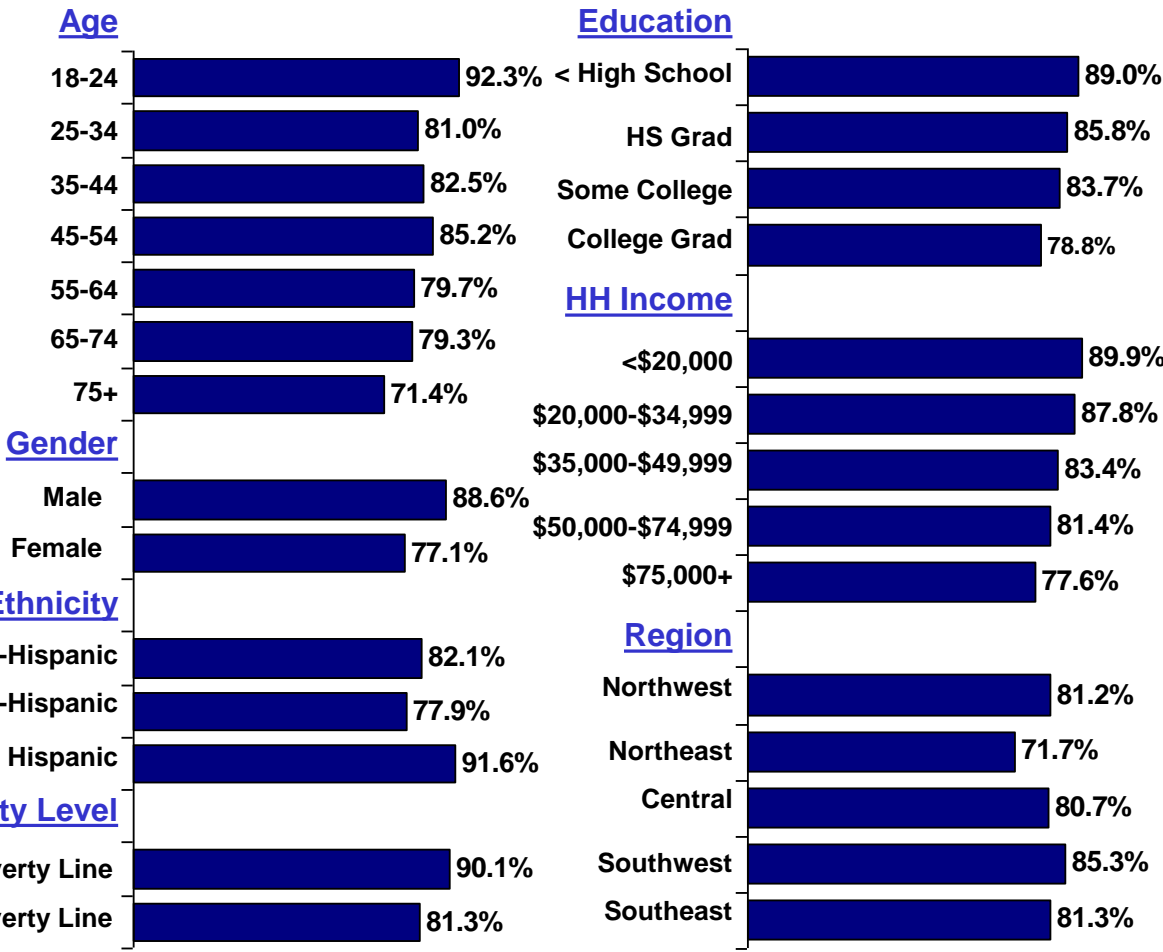
Inadequate fruit and vegetable consumption is common in Ottawa County, where 83% consume fruits or vegetables less than five times per day. Adequate fruit and vegetable consumption is directly related to education and income, although the proportions of inadequate consumption are still high for all demographic subgroups. Fewer men than women consume adequate quantities of fruits and vegetables.

Fruit and Vegetable Consumption

Inadequate Fruit and Vegetable Consumption* (Total Sample)



Inadequate Consumption by Demographics

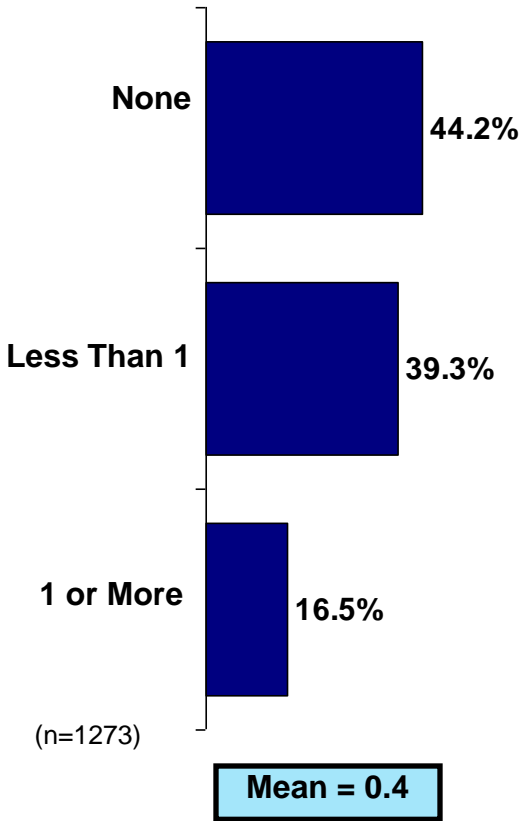


*Among all adults, the proportion whose total frequency of consumption of fruits (including juice) and vegetables was less than five times per day.

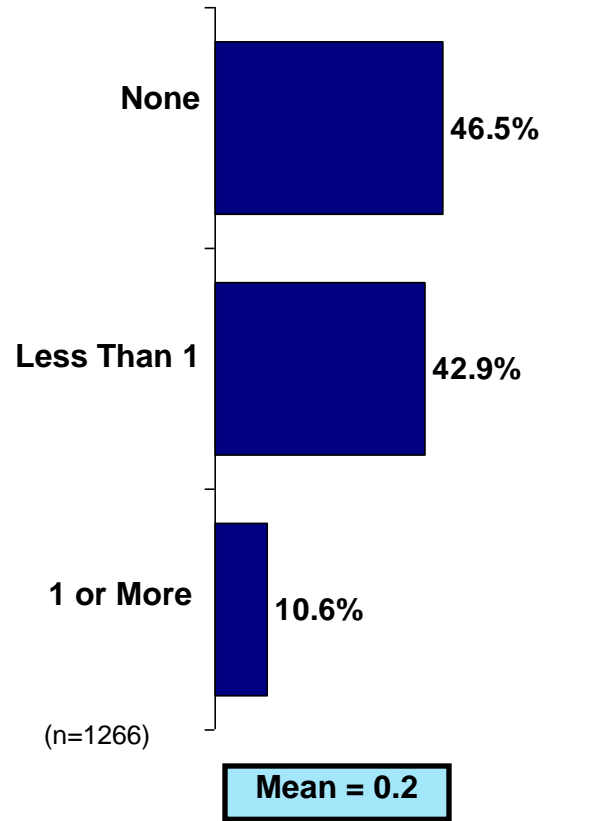
Ottawa County adults consume sweetened beverages, including sodas, in minimal quantities. More than four in ten (44.2%) consume no soda and almost half (46.5%) consume no sweetened beverages such as juice or Kool-aid. Almost three-fourths (74.7%) consume sweetened drinks overall (soda and/or sweetened drink) less than once a day.

Consumption of Sugar Sweetened Beverages

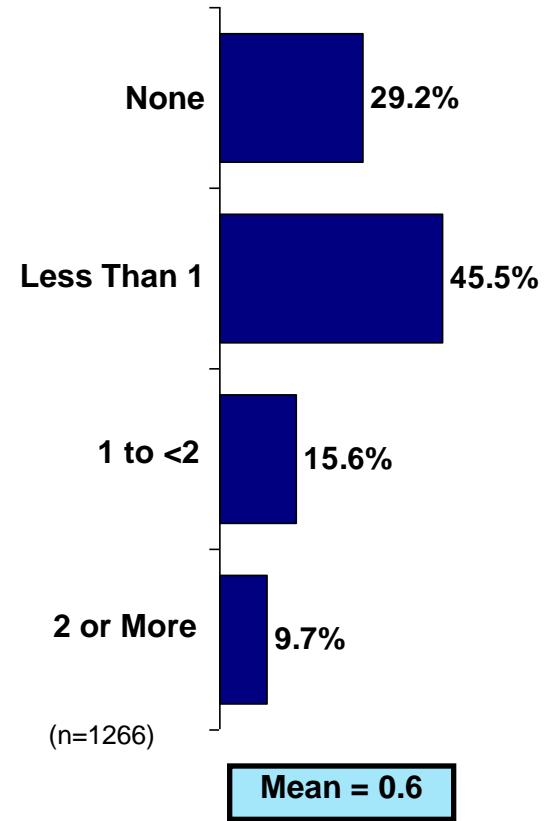
Number of Regular Sodas Consumed Per Day



Number of Sweetened Drinks (Non-Soda) Consumed Per Day



Total Number of Sweetened Drinks (Soda + Sweetened) Consumed Per Day

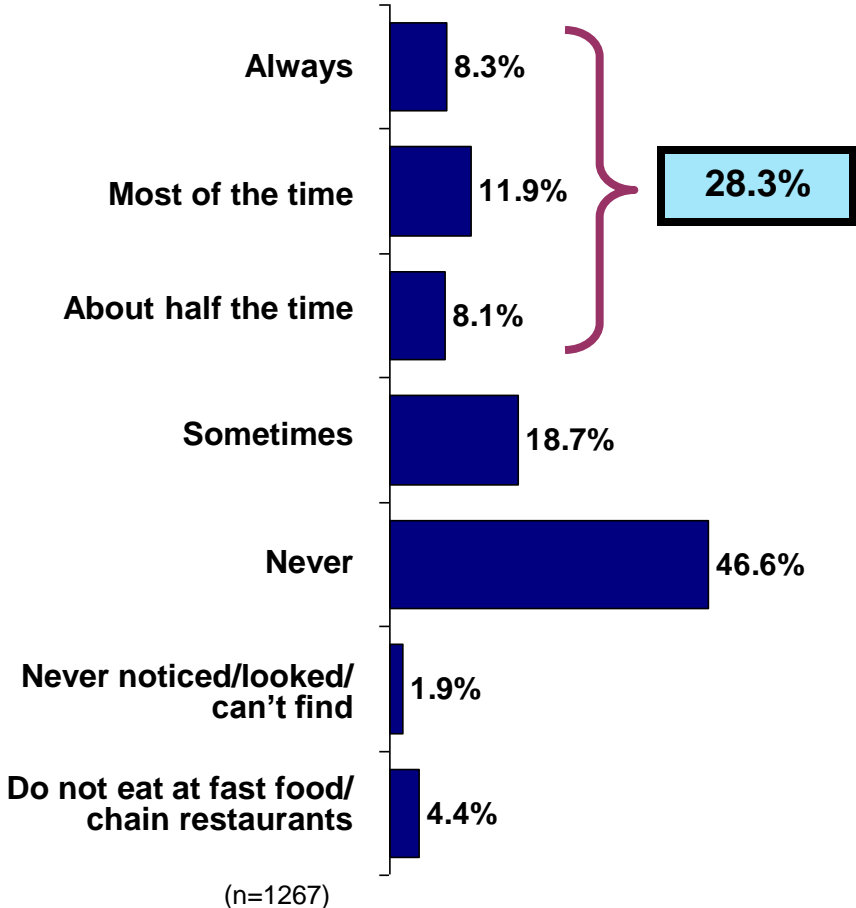


Q15.1: About how often do you drink regular soda or pop that contains sugar? Do not include diet soda or diet pop.

Q15.2: About how often do you drink sweetened drinks, such as Kool-aid, cranberry, and lemonade? Include fruit drinks you made at home and added sugar to.

More than one-fourth (28.3%) of adults report that when eating in fast food/chain restaurants, calorie information made available impacts their decision on what to order. However, almost half (46.6%) say listed calorie information never has an impact.

Frequency Calorie Information Helps in Deciding What to Order When Dining Out



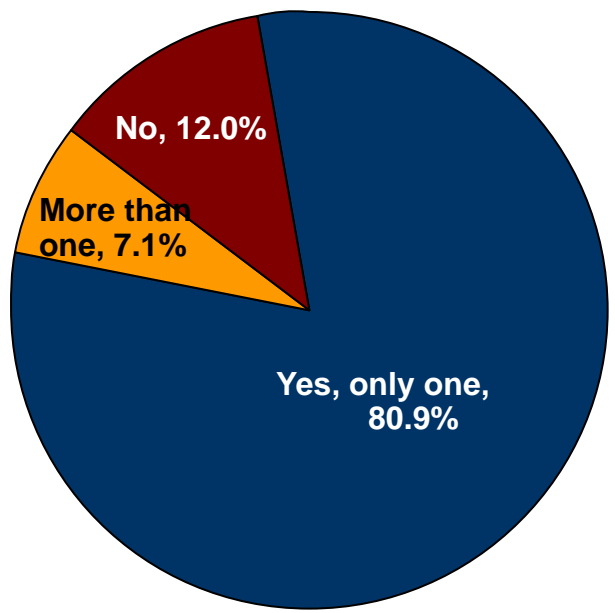
Q15.3: The next question is about eating out at fast food and chain restaurants. When calorie information is available in the restaurant, how often does this information help you decide what to order?

Clinical Preventative Practices

Nearly nine in ten adults (88.0%) have a medical home (personal physician). Almost three-fourths (73.8%) have visited a physician for a routine checkup within the past year.

Personal Physician and Routine Checkups

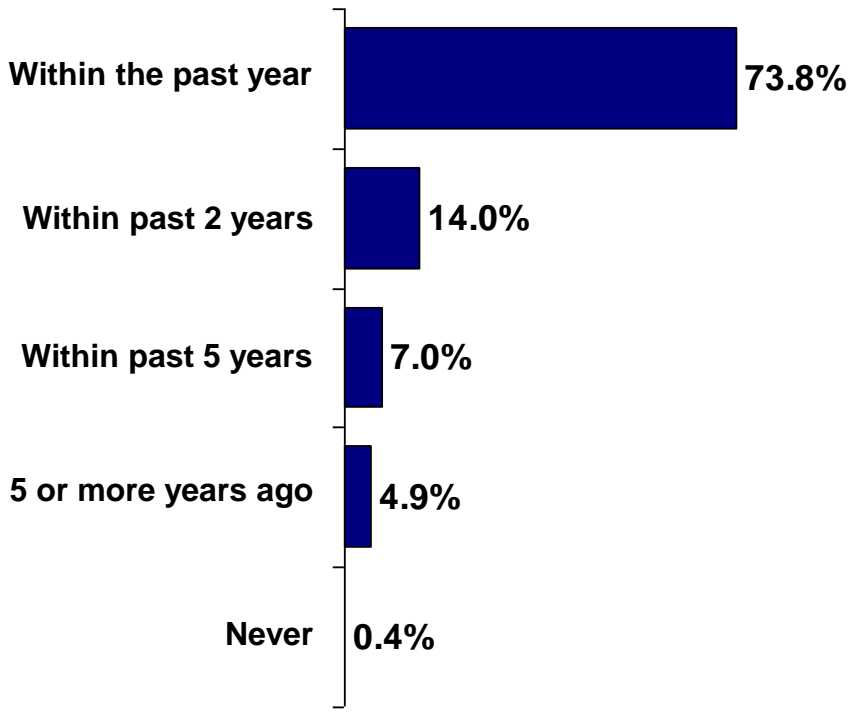
Currently Have Personal Doctor/Health Care Provider



88.0% have medical home

(n=1269)

Last Time Visited Doctor for Routine Checkup



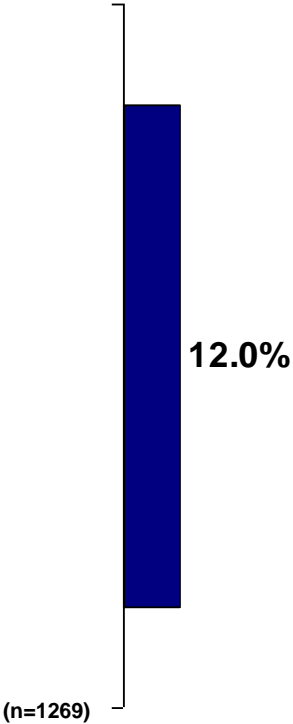
(n=1264)

Q3.3: Do you have one person you think of as your personal doctor or health care provider?
Q3.6: About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition.

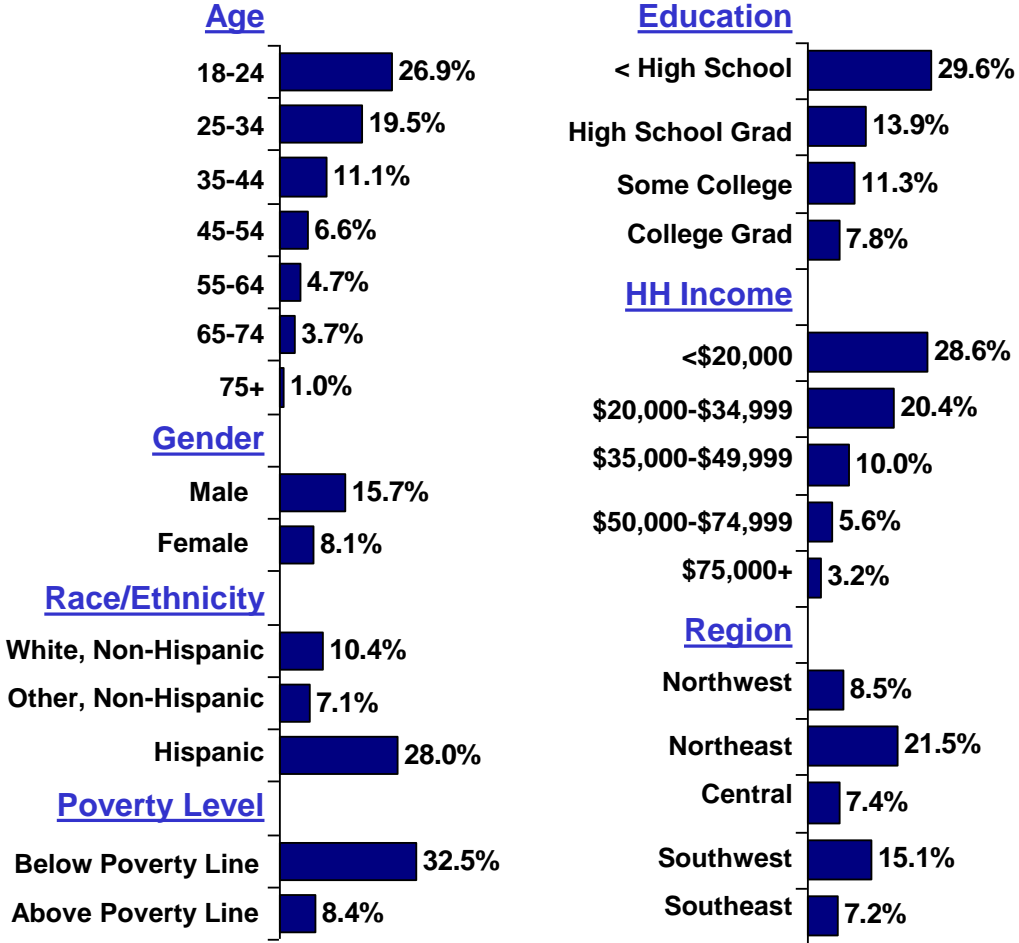
More than one in ten (12%) Ottawa County adults are without a medical home (no PCP). Those most likely to be without a medical home are younger (aged 18-34), male, Hispanic, have not graduated from high school, and/or live in households with low incomes.

Personal Health Care Provider

**No Personal Health Care Provider*
(Total Sample)**



No Provider by Demographics

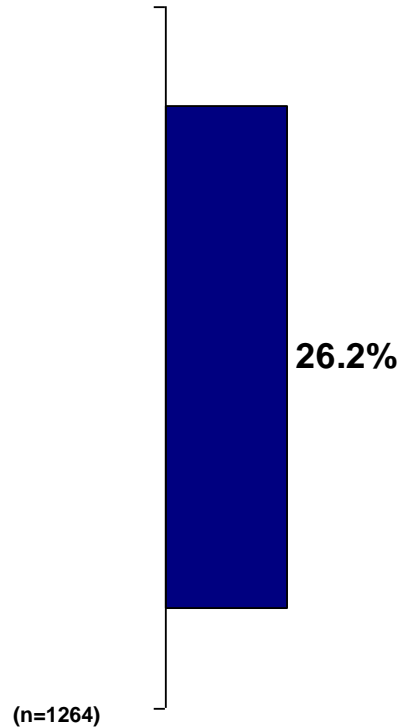


*Among all adults, the proportion who reported that they did not have anyone that they thought of as their personal doctor or health care provider.

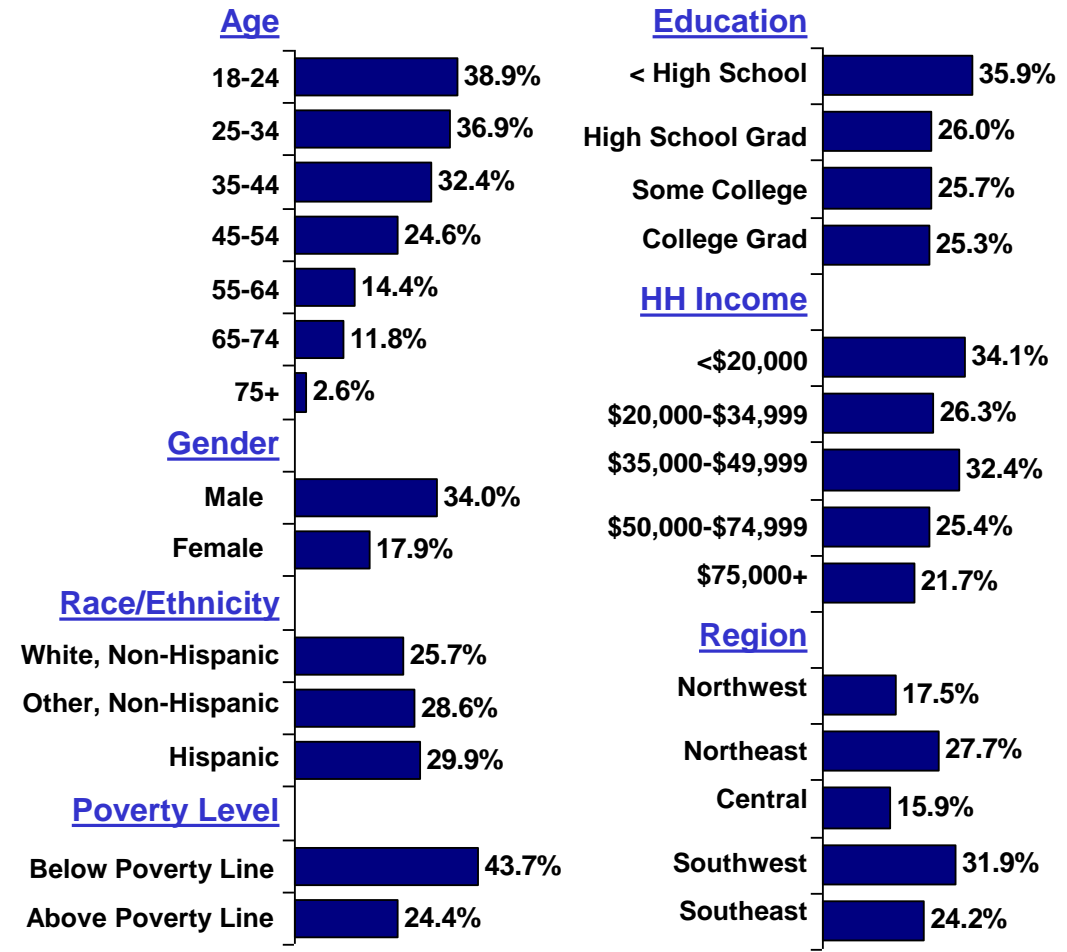
One-fourth (26%) of adults in Ottawa County have had no routine physical checkup in the past year. Having a timely routine physical checkup is directly related to age. Those below the poverty line are less likely to receive routine physical checkups than those above the poverty line. Also, women are significantly more likely to have routine checkups than men.

Routine Physical Checkup in Past Year

No Routine Physical Checkup in Past Year* (Total Sample)



No Checkup by Demographics

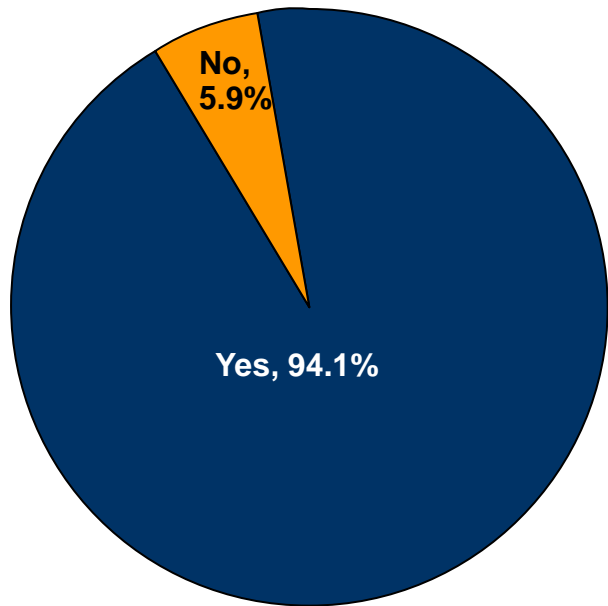


*Among all adults, the proportion who reported that they did not have a routine checkup in the past year.

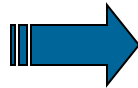
Almost all (94.1%) Ottawa County women aged 40+ have had a mammogram to screen for breast cancer. Of those, most (74.6%) have had one within the past year. Of all women aged 40+, 70.1% have had a mammogram in the past year.

Breast Cancer Screening Among Adult Females Aged 40+

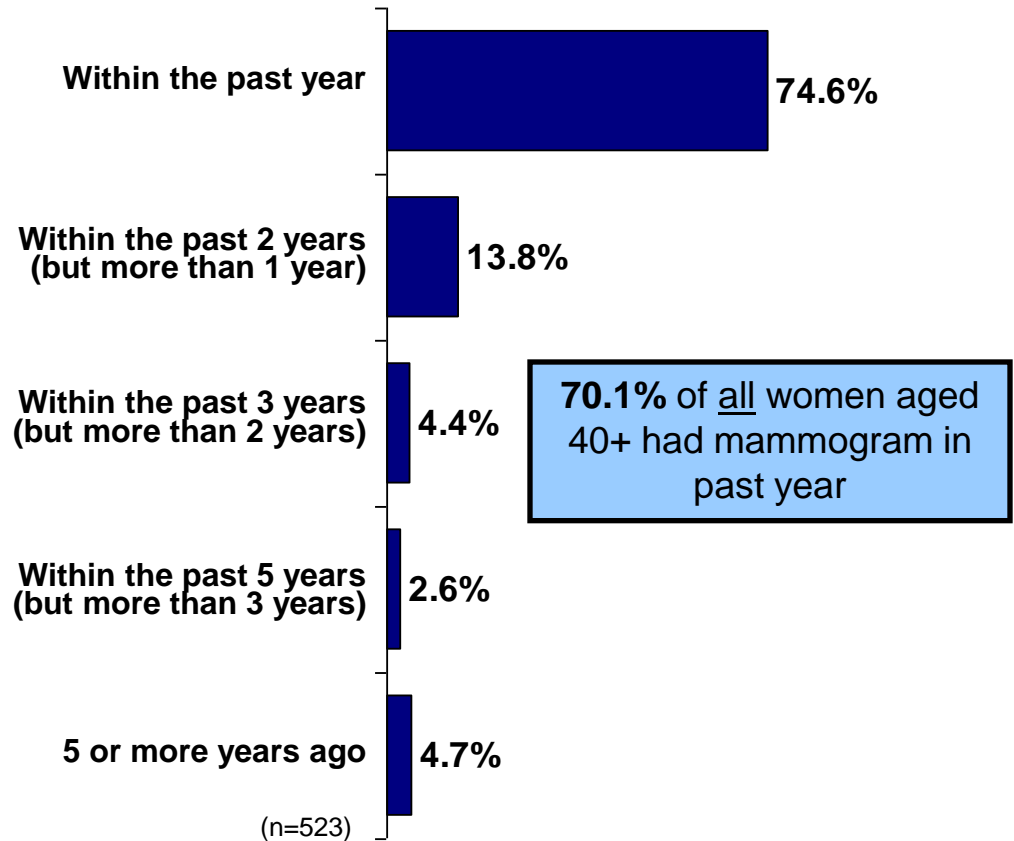
Have Had a Mammogram



(n=553)



Last Time Had Mammogram



(n=523)

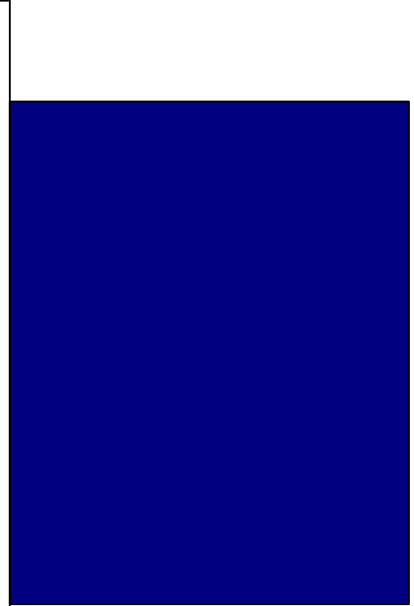
70.1% of all women aged 40+ had mammogram in past year

Q6.1: A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?
 Q6.2: (If yes) How long has it been since you had your last mammogram?

Since most women 40 years of age or older in Ottawa County have had a mammogram at some point, there is very little difference regardless of demographics.

Mammography Indicators Among Women Aged 40 Years or Older

Ever Had Mammogram*
(Total Sample)

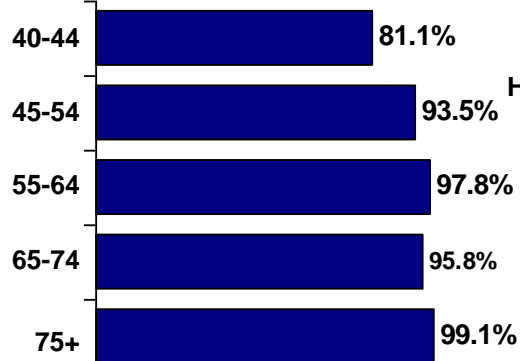


(n=553)

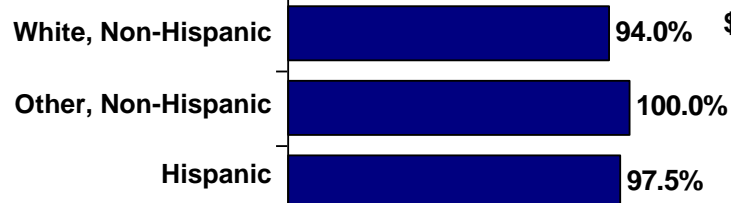
*Among women aged 40 years and older, the proportion who reported ever having a mammogram.

Ever Had Mammogram by Demographics

Age



Race/Ethnicity



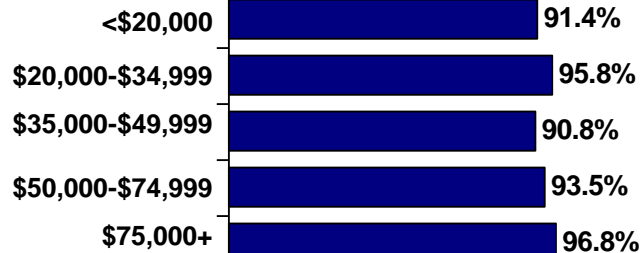
Poverty Level



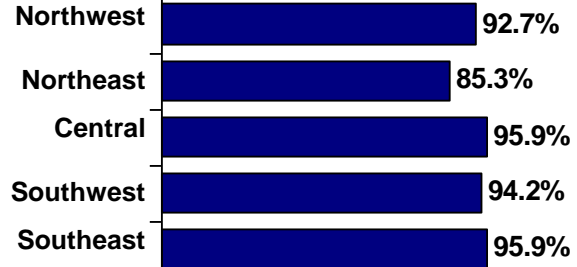
Education



HH Income



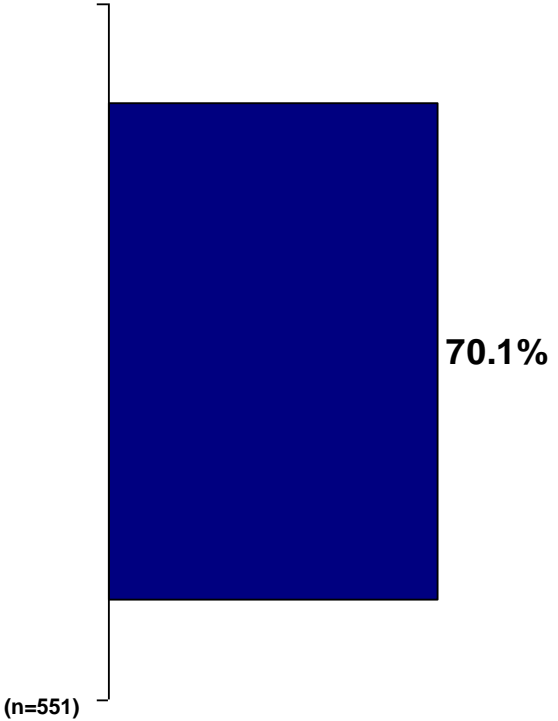
Region



Women in households with incomes \$50,000 or more are more likely to have had a timely (in past year) mammogram than women in households with lower incomes.

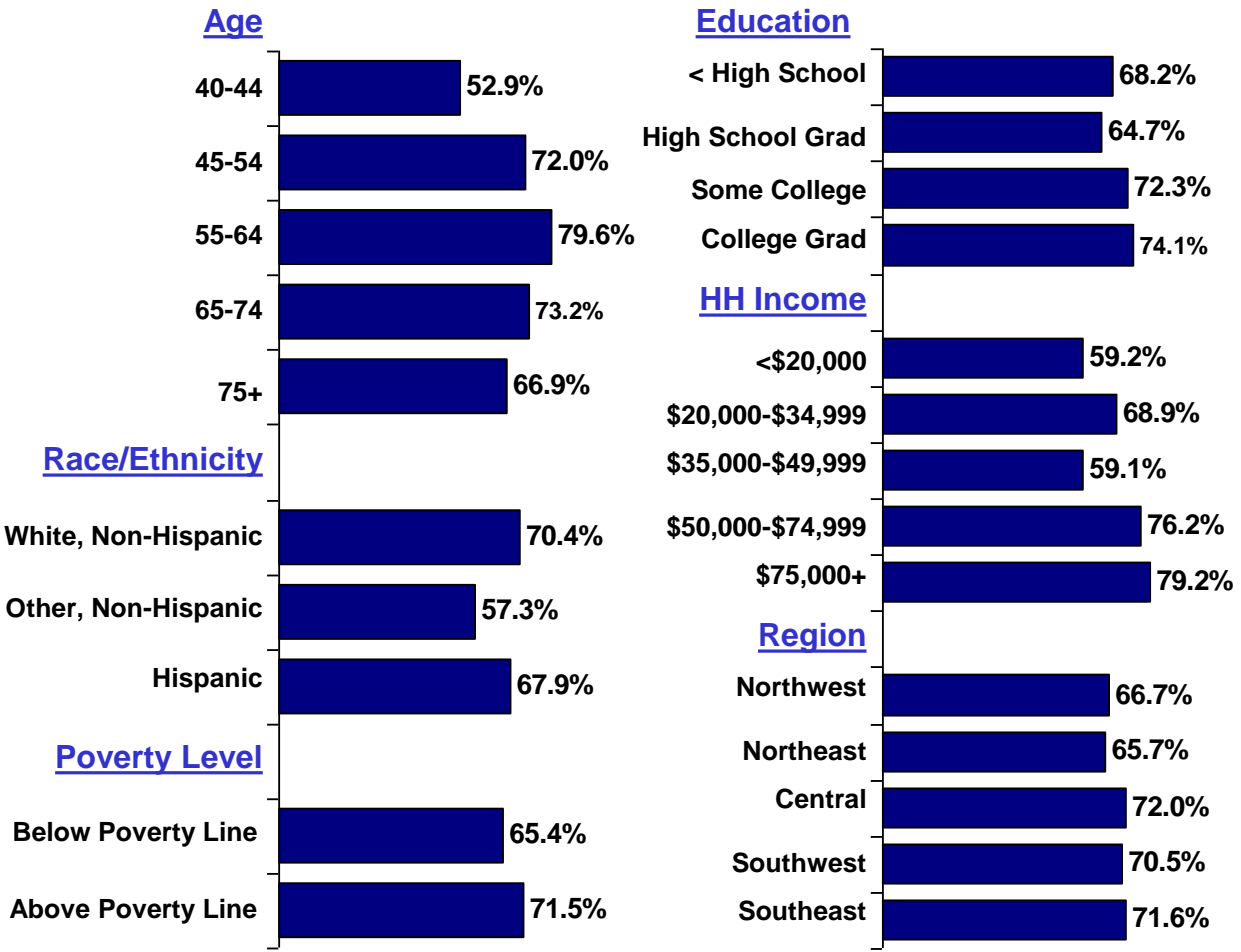
Mammography Indicators Among Women Aged 40 Years or Older (Cont'd.)

Had Mammogram in Past Year*
(Total Sample)



*Among women aged 40 years and older, the proportion who reported having a mammogram in the past year.

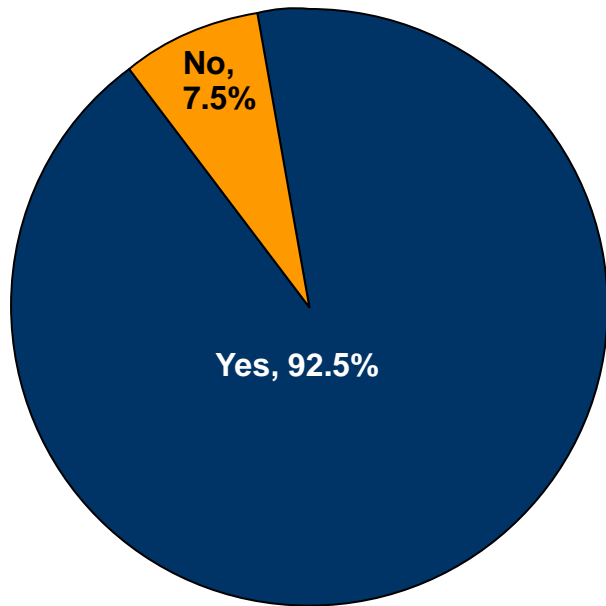
Had Mammogram in Past Year by Demographics



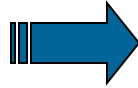
Further, almost all (92.5%) Ottawa County adult women have had a Pap test to screen for cervical cancer. Of those, the majority (61.0%) have had one within the past year. Of all adult women, 78.8% have had a Pap test within the past three years.

Cervical Cancer Screening Among Adult Females

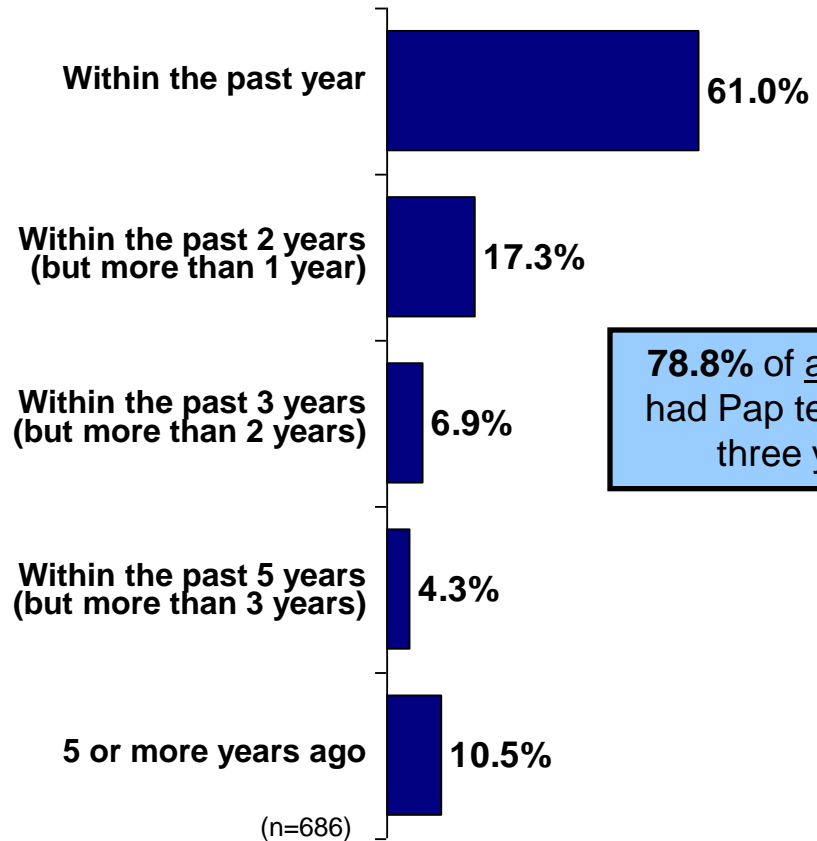
Have Had a Pap Test



(n=734)



Last Time Had Pap Test



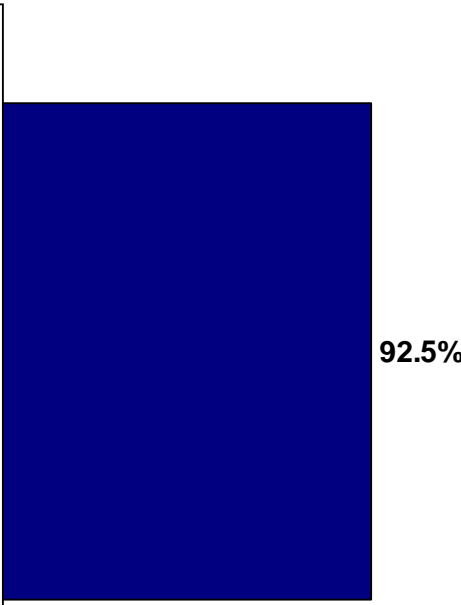
(n=686)

Q6.3: A Pap test is a test for cancer of the cervix. Have you ever had a Pap test?
 Q6.4: (If yes) How long has it been since you had your last Pap test?

Pap test rates are lowest among women aged 18-24 and non-White/non-Hispanic women.

Cervical Cancer Screening

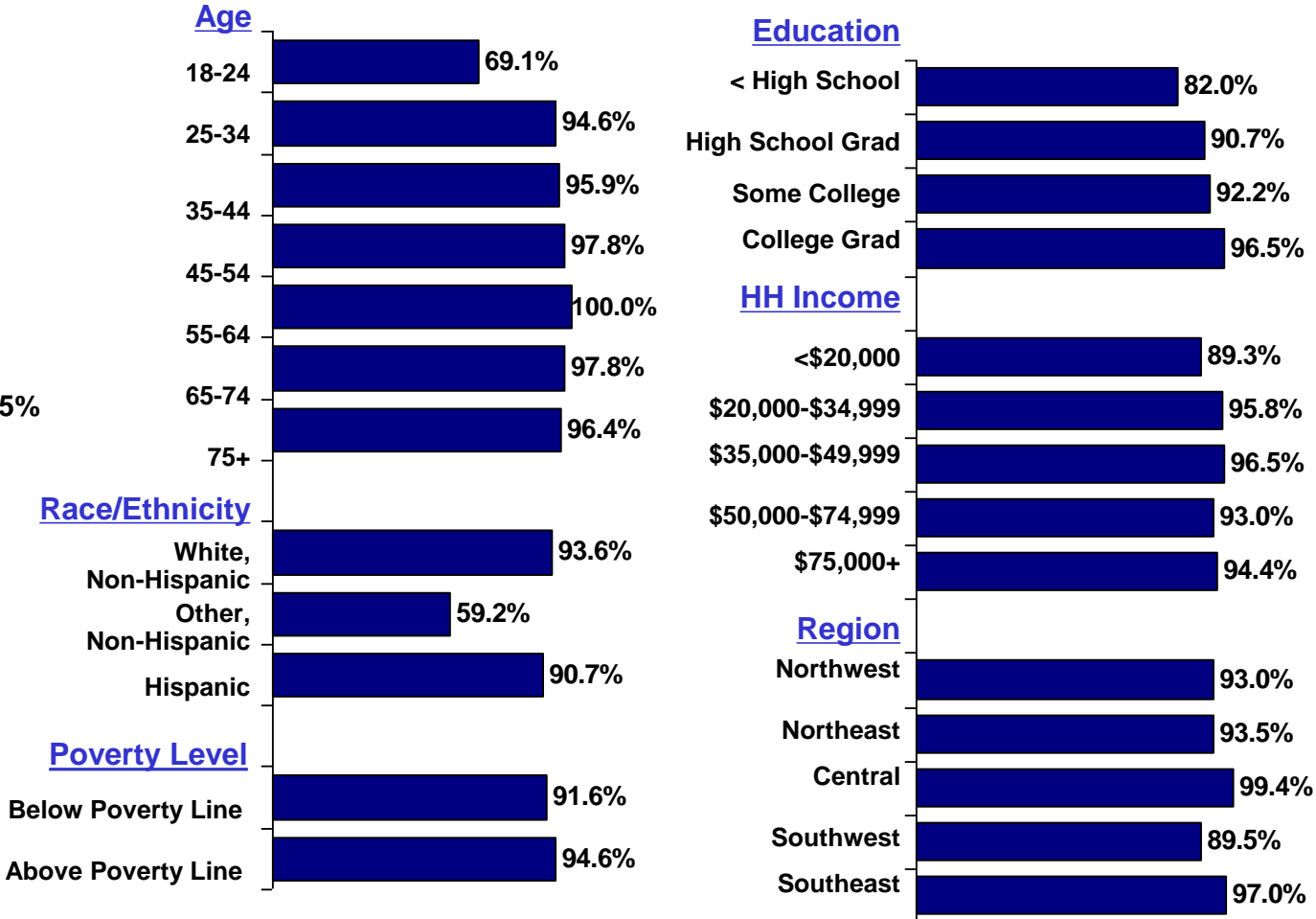
**Ever Had Pap Test*
(Total Sample)**



(n=734)

*Among women aged 18 years and older, the proportion who reported ever having a Pap test.

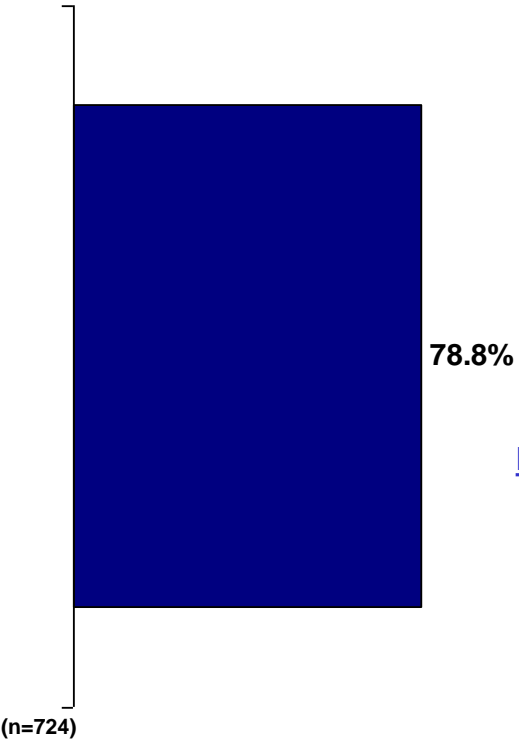
Ever Had Pap Test by Demographics



Adult women least likely to have appropriately timed (past three years) Pap tests are in the youngest (18-24) and oldest (65+) ages groups and/or are non-White/non-Hispanic. Further, having an appropriately timed Pap test is directly related to education and income.

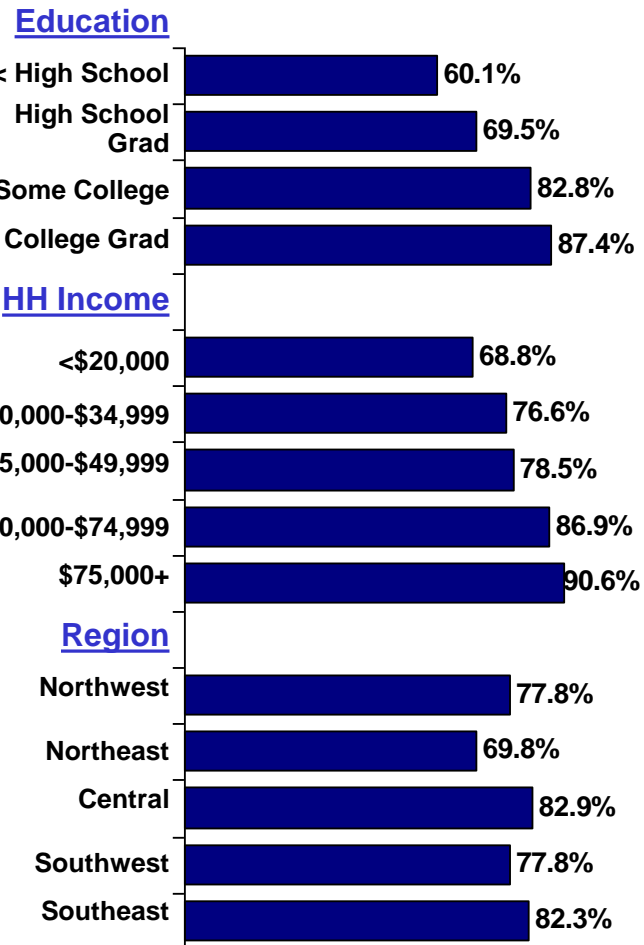
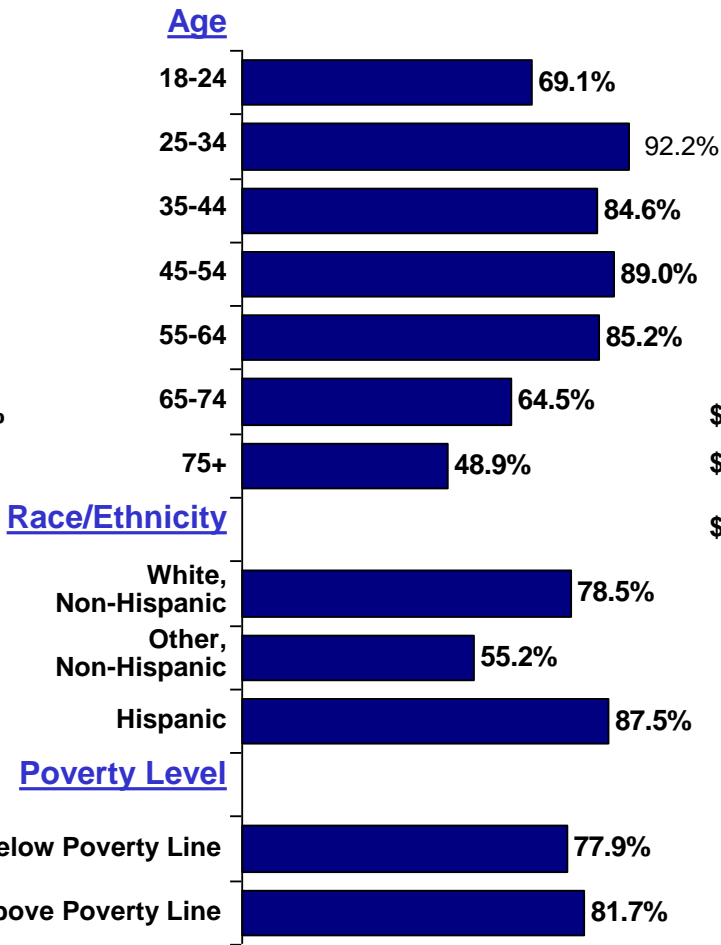
Cervical Cancer Screening (Cont'd.)

**Had Appropriately Timed Pap Test*
(Total Sample)**



*Among women aged 18 years and older, the proportion who reported having a pap test within the previous three years..

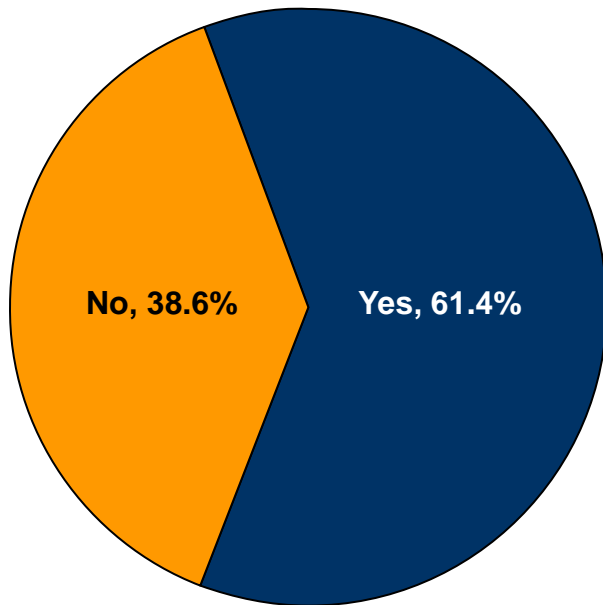
Appropriately Timed Pap Test by Demographics



More than six in ten Ottawa County males aged 40 or more have not only been recommended to have a prostate screening test such as PSA but have actually received the test.

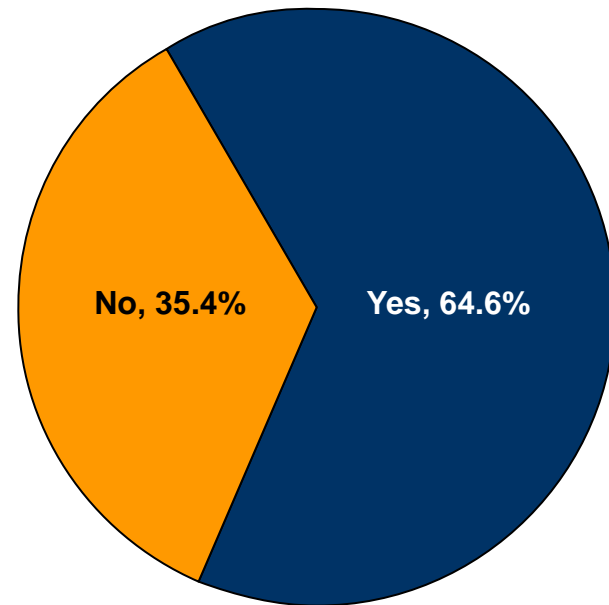
Prostate Cancer Screening Among Adult Males Aged 40+

Ever Been Recommended to Have a PSA Test



(n=346)

Ever Had PSA Test



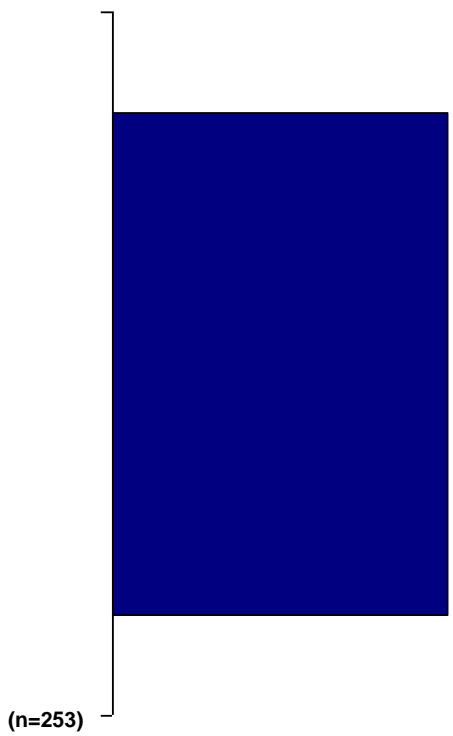
(n=343)

Q7.1: A prostate-specific antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. Has a doctor EVER recommended that you have a PSA test?
Q7.2: Have you EVER had a PSA test?

Three-fourths (77.3%) of men in Ottawa County aged 50 years or older have had a PSA test screening for prostate cancer. The lowest rates are among men aged 50-54, and the highest rates are among non-White/non-Hispanic men and those living in the northeast or southeast regions of the county.

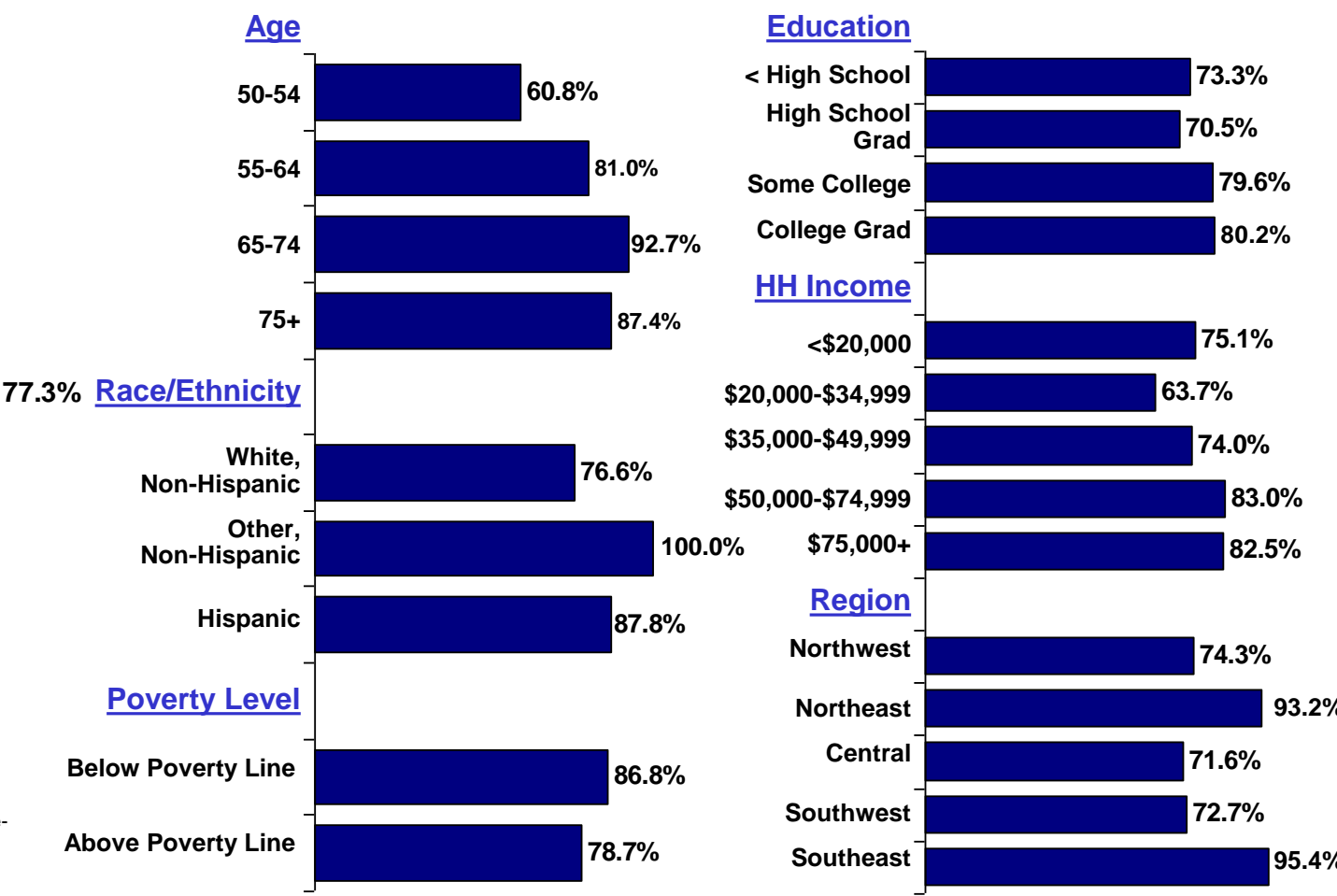
Prostate Cancer Screening Among Men Aged 50 Years and Older

**Ever Had PSA Test*
(Total Sample)**



*Among men aged 50 years and older, the proportion who reported ever having a prostate-specific antigen (PSA) test.

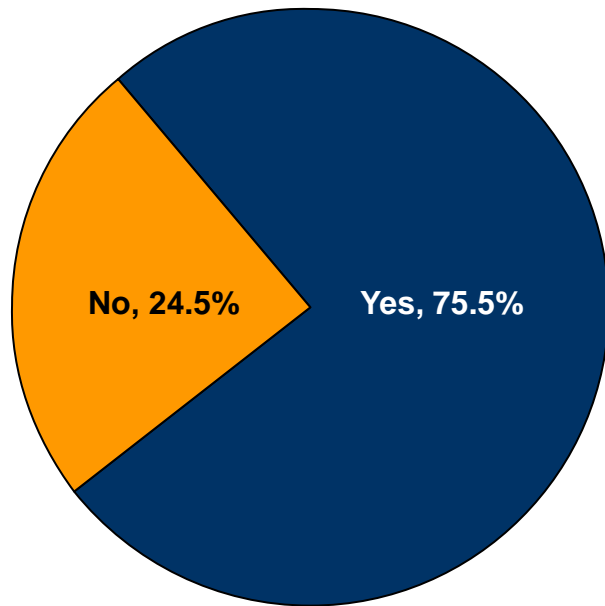
Had PSA Test by Demographics



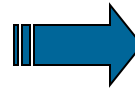
Three-fourths (75.5%) of Ottawa County adults aged 50 or more have had an exam to screen for colon cancer. Six in ten (61.1%) of those who have had an exam have had one in the past three years, while 84.1% have had one within the past five.

Colorectal Cancer Screening Among Adults Aged 50+

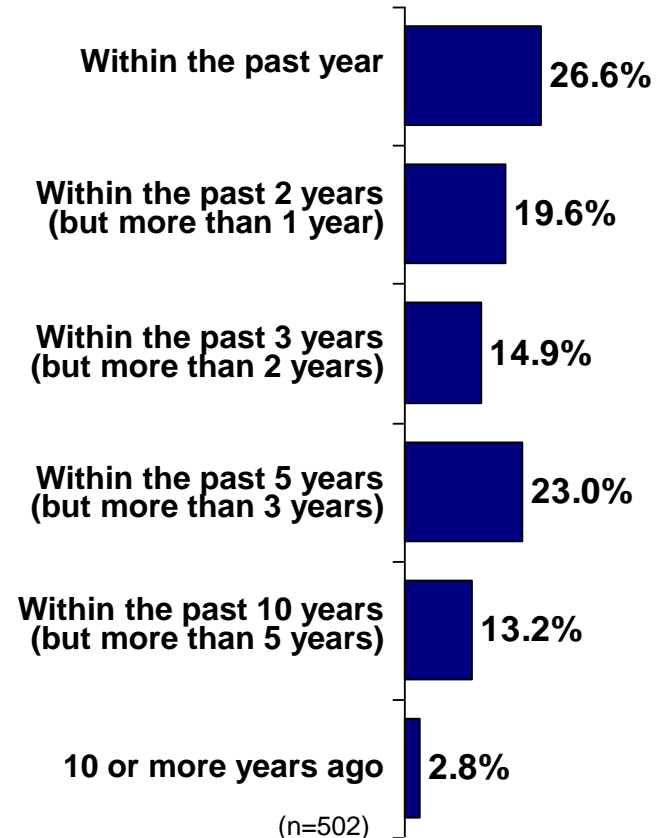
Have Had Sigmoidoscopy or Colonoscopy Exam



(n=660)



Last Time Had Exam



(n=502)

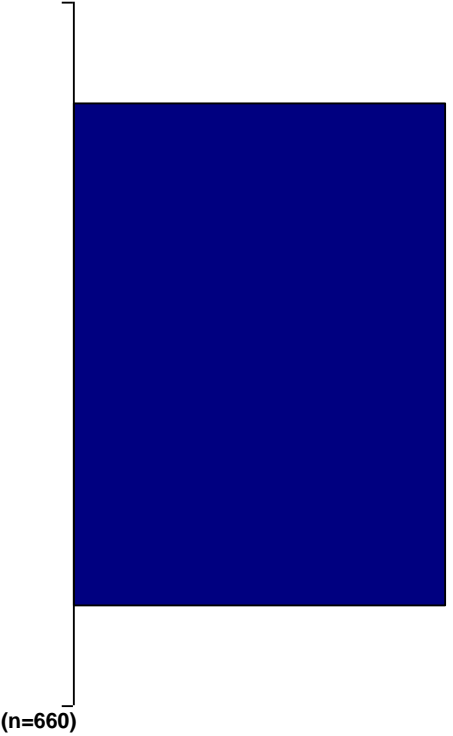
Q8.1: Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the colon for signs of cancer or other health problems. Have you ever had either of these exams?

Q8.2: How long has it been since you had your last sigmoidoscopy or colonoscopy?

Demographic groups least likely to be screened for colorectal cancer are people aged 50-54, of Hispanic origin, with less than a high school degree, and/or living below the poverty line. Screening for colorectal cancer is directly related to income.

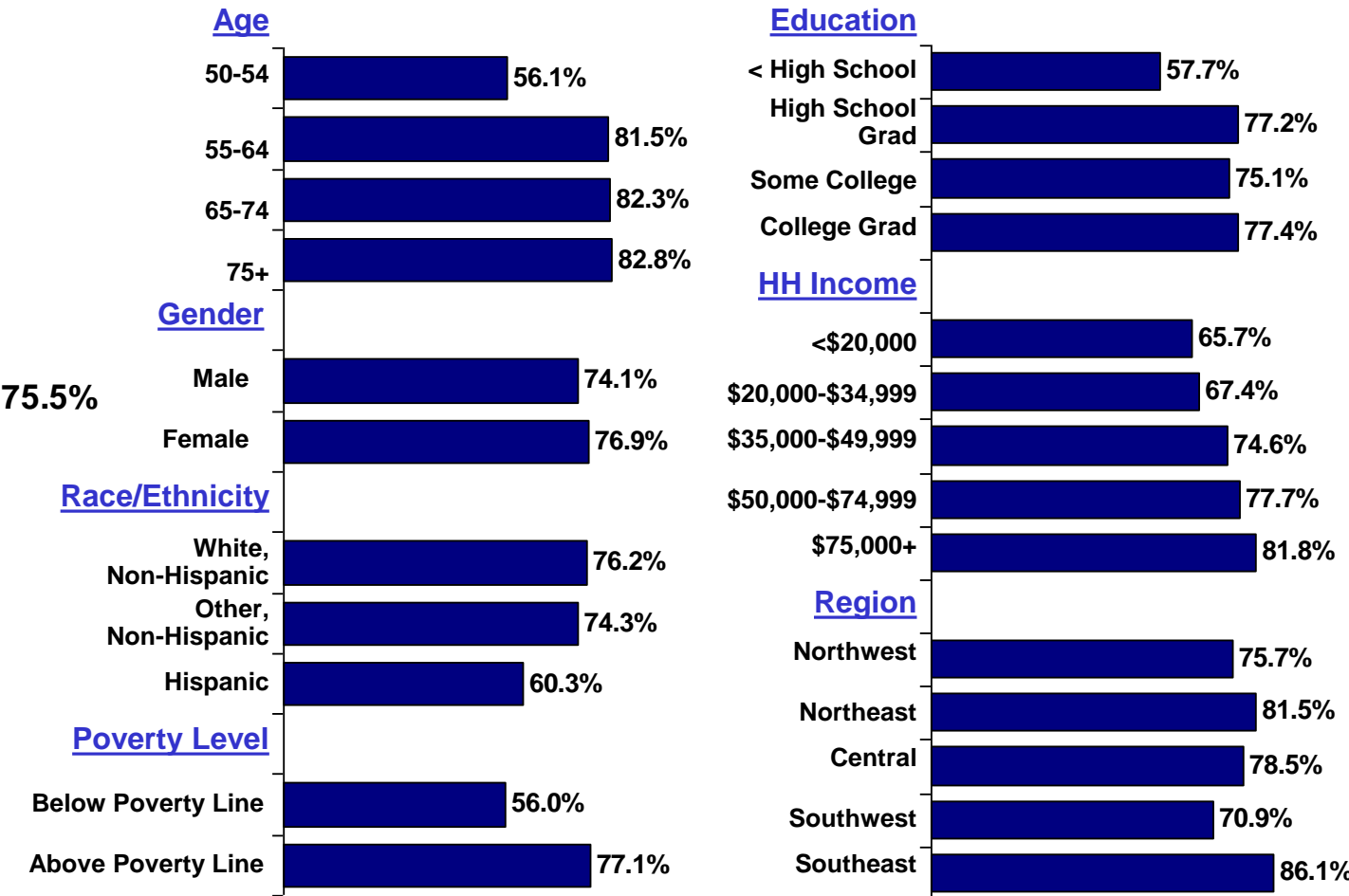
Colorectal Cancer Screening (Sigmoidoscopy/Colonoscopy) Among Adults Aged 50 Years and Older

Ever Had Sigmoidoscopy or Colonoscopy* (Total Sample)



*Among adults aged 50 years and older, the proportion who reported ever having a sigmoidoscopy or colonoscopy.

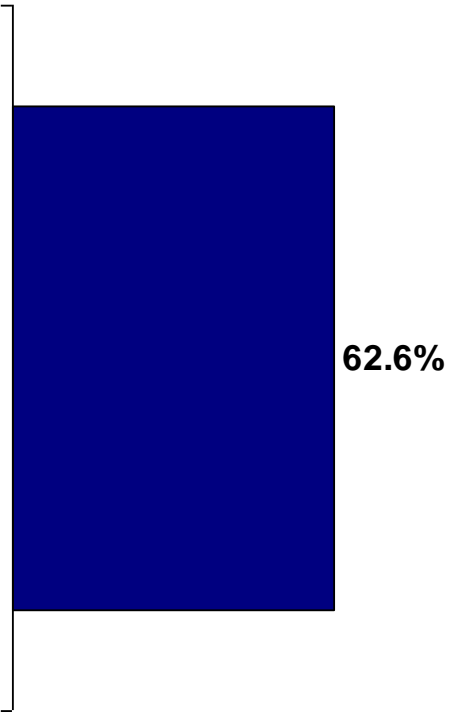
Had Sigmoidoscopy/Colonoscopy by Demographics



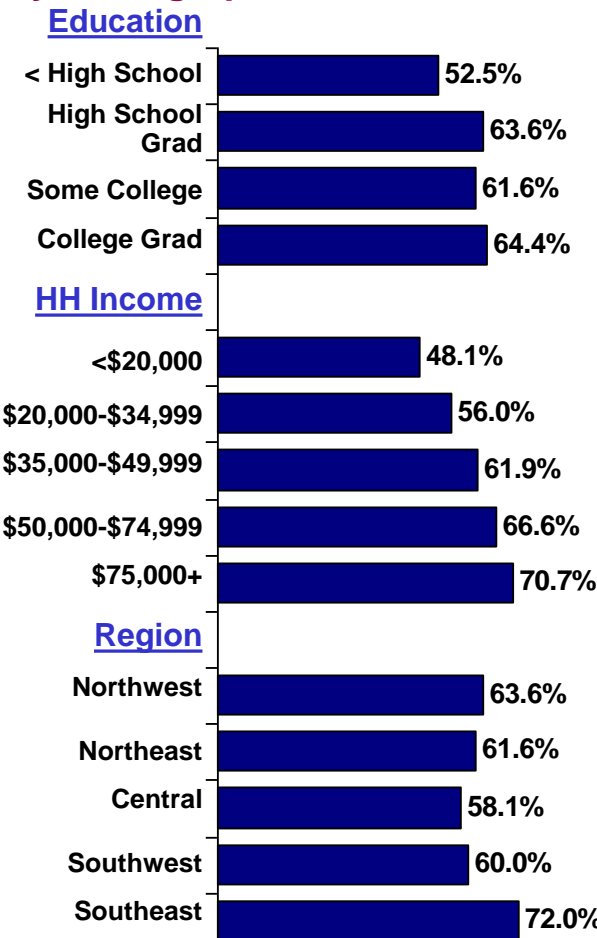
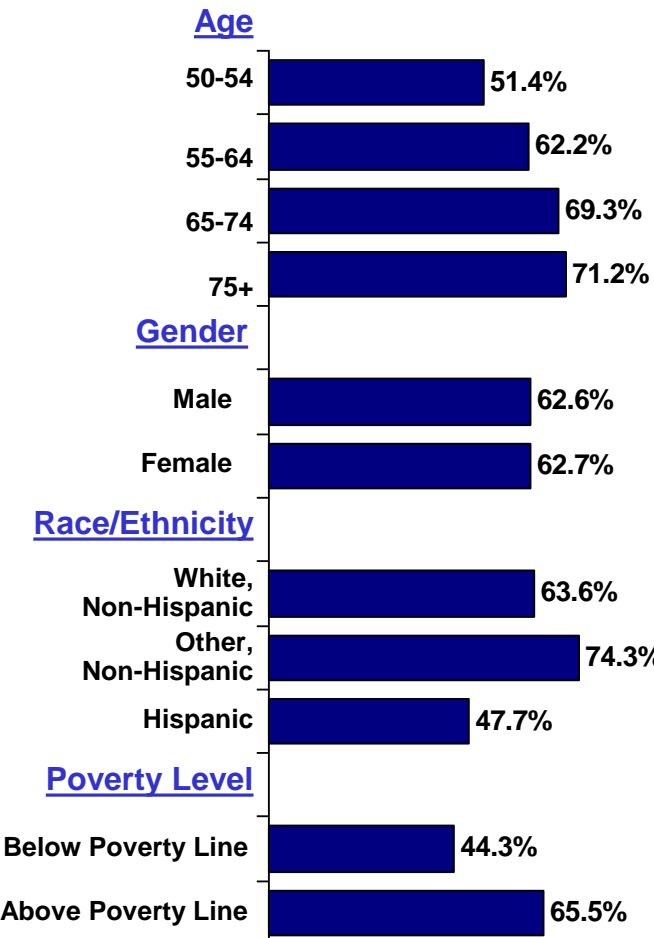
When looking at all adults aged 50 or older, six in ten (62.6%) have been screened for colorectal cancer in the past five years. Least likely to have been screened in the past five years are people aged 50-54, of Hispanic origin, with less than a high school degree, from households with annual incomes less than \$20K, and living above the poverty line. Again, having been screened in a timely manner is directly related to income.

Colorectal Cancer Screening (Sigmoidoscopy/Colonoscopy) Among Adults Aged 50 Years and Older (Cont'd.)

Had A Sigmoidoscopy or Colonoscopy in Past Five Years* (Total Sample)



Had Sigmoidoscopy/Colonoscopy in Past Five Years by Demographics

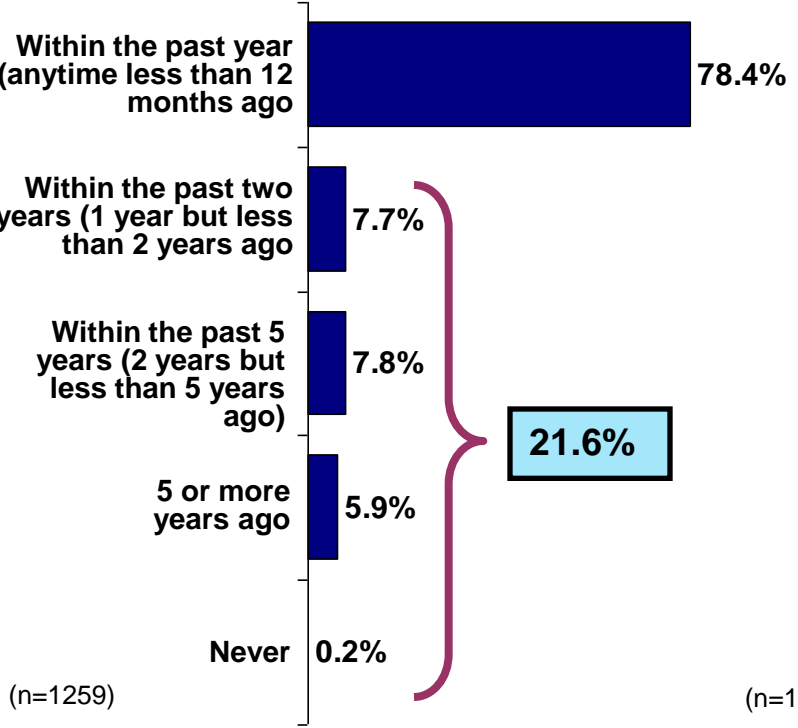


*Among adults aged 50 years and older, the proportion who reported ever having a sigmoidoscopy or colonoscopy in the past five years.

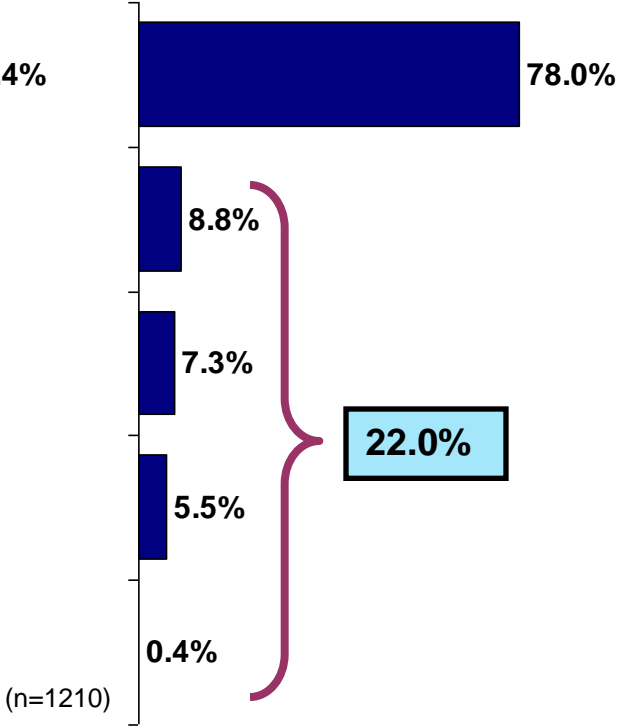
More than three-fourths of Ottawa County adults have visited the dentist in the past year for some reason. Two-thirds (66.2%) have had no permanent teeth removed, while 9.2% have had six or more of their teeth removed due to tooth decay or gum disease.

Frequency of Dental Visits and Number of Teeth Removed

When Last Visited Dentist for Any Reason



When Last Visited Dentist for Teeth Cleaning



Number of Permanent Teeth Removed

None	66.2%
1 to 5	24.7%
6 or more, but not all	6.8%
All	2.3%

(n=1249)

Q24.1: How long has it been since you last visited a dentist or dental clinic for any reason? Include visits to dental specialists, such as orthodontists.

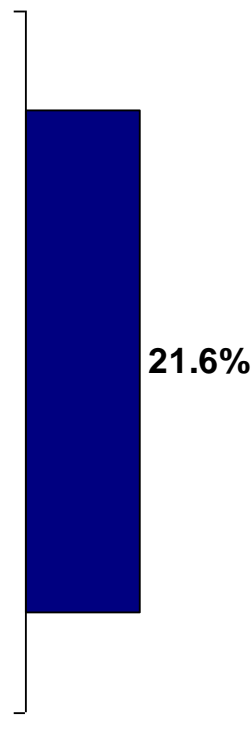
Q24.3: How long has it been since you had your teeth cleaned by a dentist or dental hygienist?

Q24.2: How many of your permanent teeth have been removed because of tooth decay or gum disease? Include teeth lost to infection, but do not include teeth lost for other reasons, such as orthodontics.

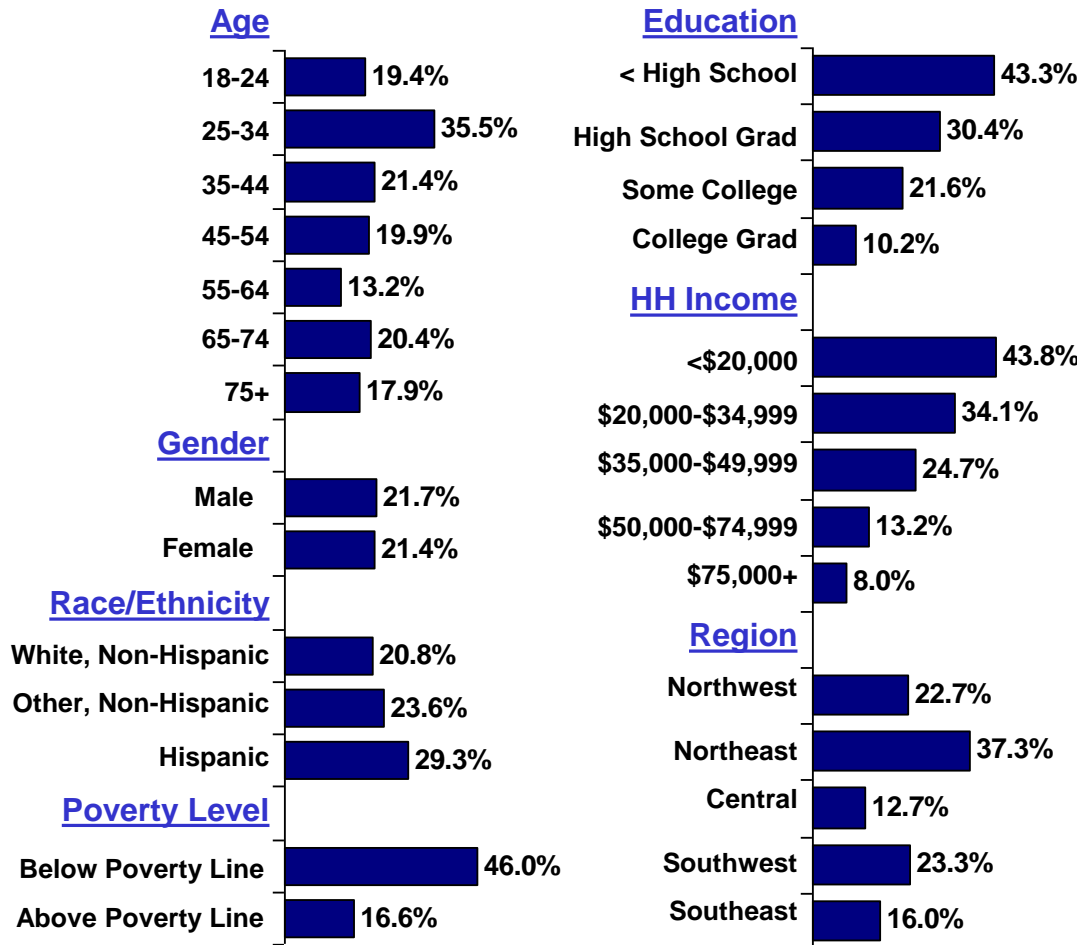
Visiting a dentist in a timely manner is directly related to education and income. In fact, more than four in ten people with less than a high school education and/or living in a household with income less than \$20K have not visited a dentist in the past year. Further, 46.% of adults living below the poverty line have not visited a dentist in comparison to 16.6% of those living above the poverty line.

Oral Health

**No Dental Visit in Past Year*
(Total Sample)**



No Dental Visit in Past Year by Demographics

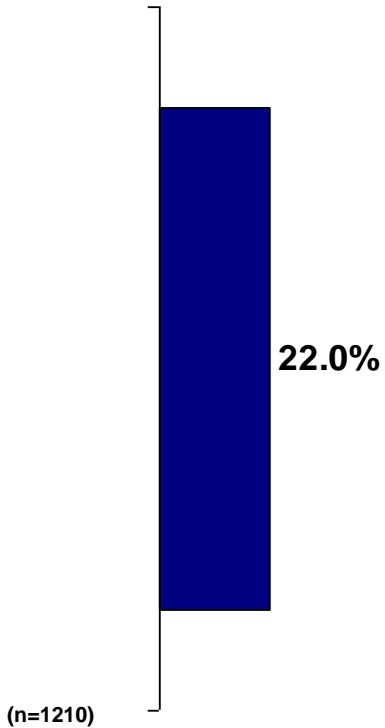


*Among adults, the proportion who reported that they had not visited a dentist or dental clinic for any reason in the previous year.

Similarly, having a recent teeth cleaning is directly related to education and income and those least likely to have had a cleaning have less than a high school education and/or are living in a household with income less than \$20K. The greatest discrepancy can be seen in comparing those living below the poverty line (53.2% have had not teeth cleaning in the past year) vs. those above the poverty line (16.2%)

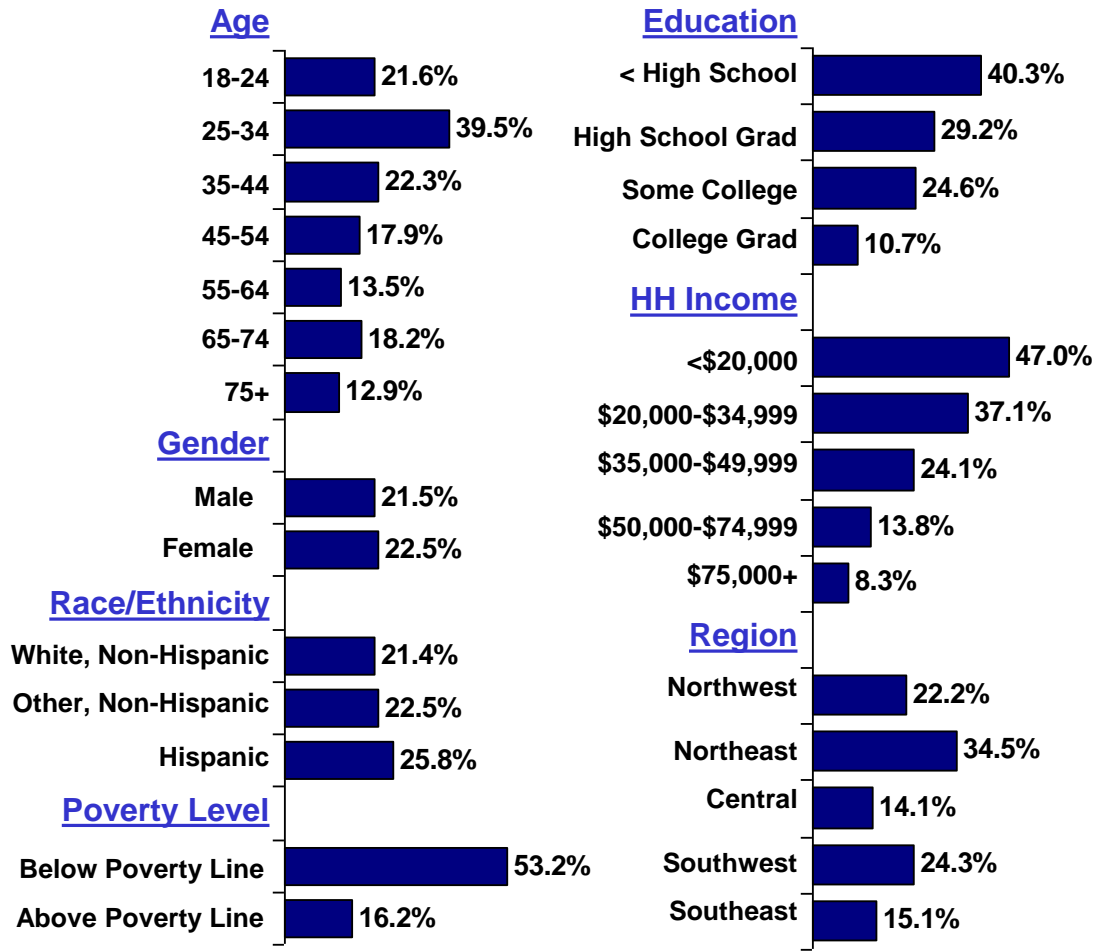
Oral Health (Cont'd.)

**No Teeth Cleaning in Past Year*
(Total Sample)**



*Among adults, the proportion who reported that they did not have their teeth cleaned by a dentist or dental hygienist in the previous year.

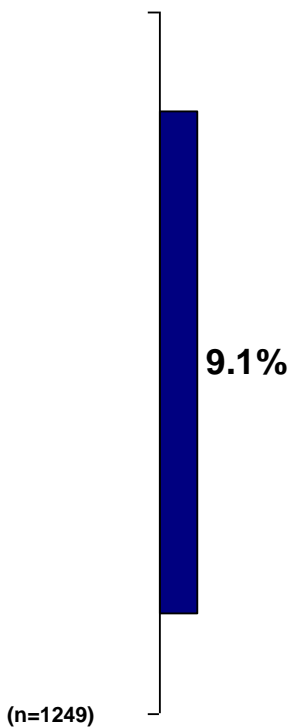
No Teeth Cleaning in Past Year by Demographics



As stated earlier, almost one in ten (9.1%) Ottawa County adults have six or more missing teeth due to tooth decay or gum disease. Besides older adults (65+), those most likely to have six or more missing teeth have less than a high school education, come from households with incomes less than \$35K and/or live below the poverty line.

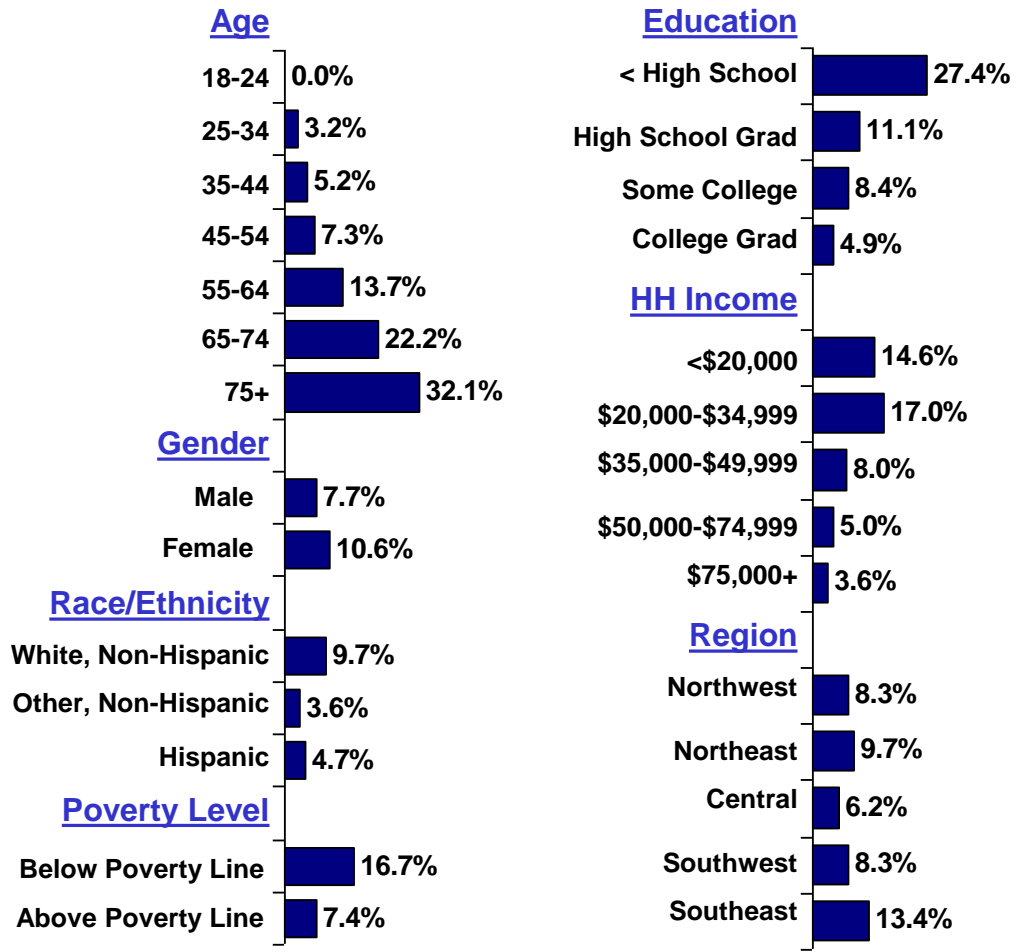
Oral Health (Cont'd.)

**6 or More Missing Teeth*
(Total Sample)**



*Among adults, the proportion who reported that they were missing 6+ teeth due to tooth decay or gum disease. This excludes teeth lost for other reasons, such as injury or orthodontics.

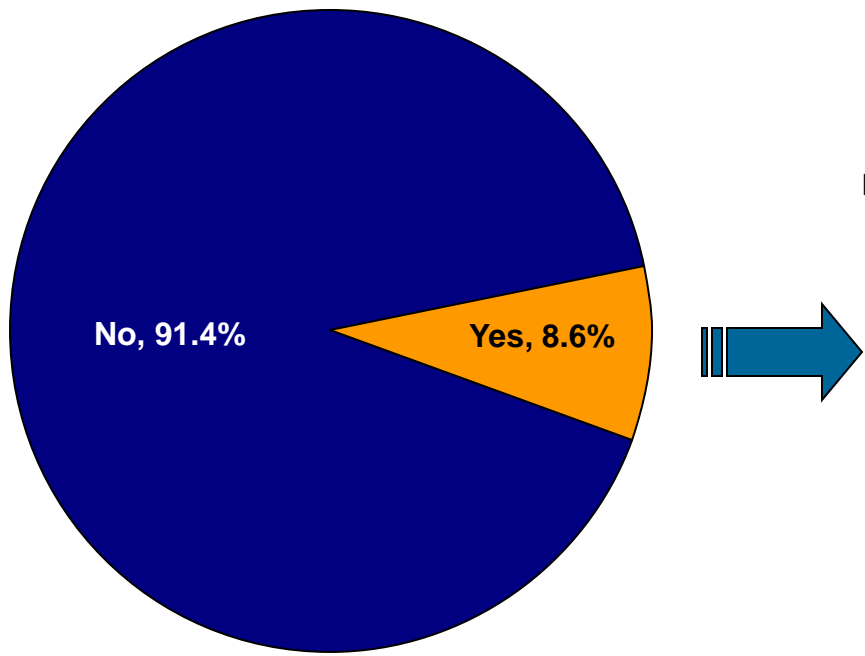
6 or More Missing Teeth by Demographics



Less than one in ten (8.6%) Ottawa County adults have experienced problems receiving needed dental care. Those who have had problems cite lack of insurance and the inability to pay for services as the top barriers to receiving dental care.

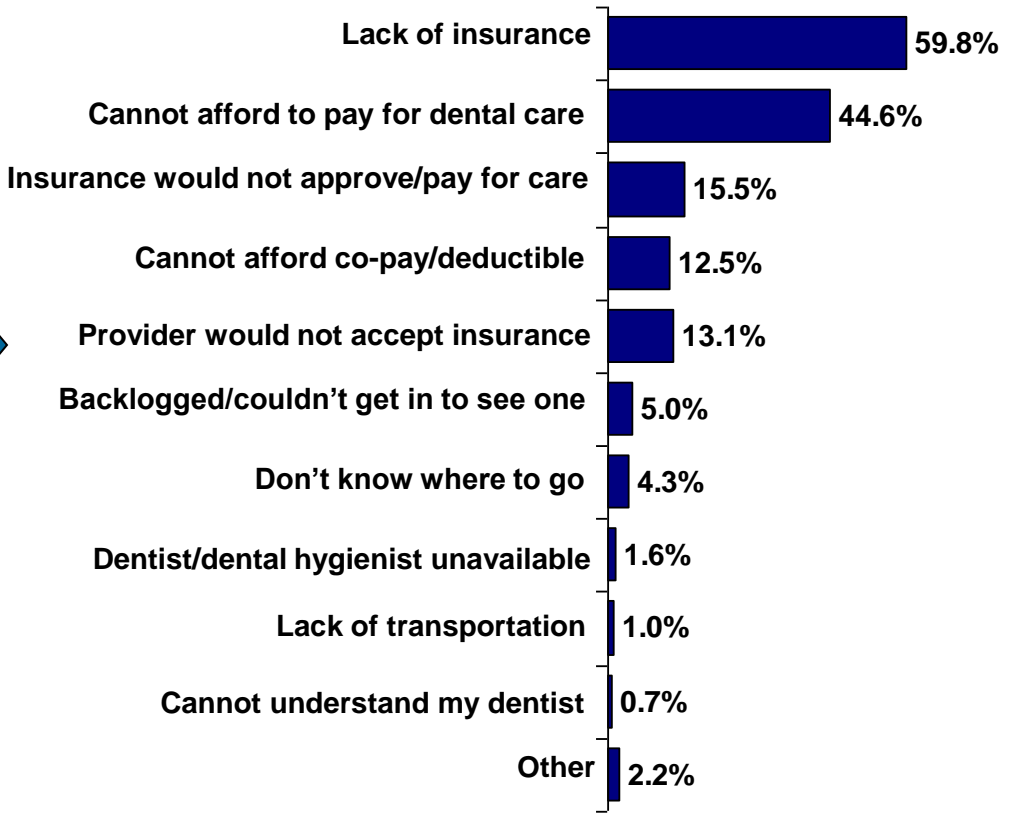
Barriers to Dental Care

Problems Getting Needed Dental Care



(n=1214)

Reasons for Difficulty in Getting Dental Care



(n=89)

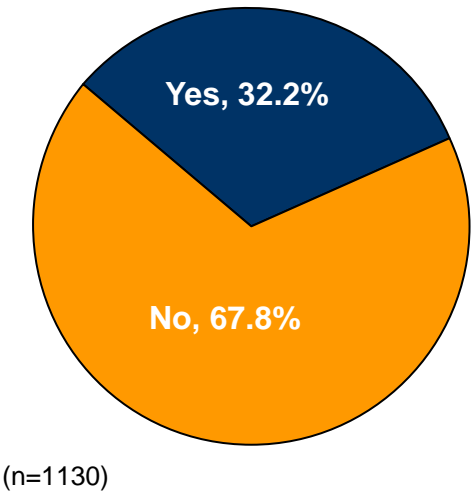
Base=had trouble getting needed dental care

Q24.4: In the past 12 months, have you had problems getting needed dental care?
 Q24.5: Please provide the reason(s) for the difficulty in getting dental care. (Multiple responses allowed)

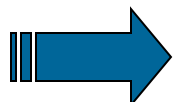
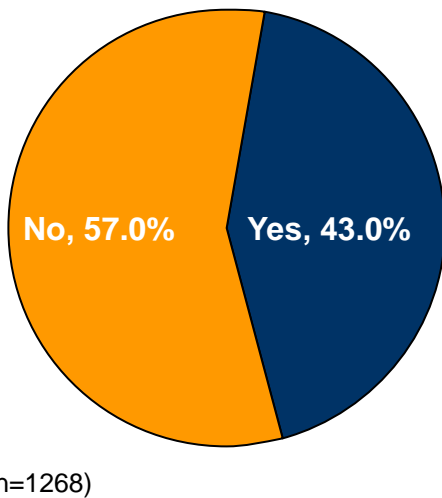
Among all Ottawa County adults, one-third (32.1%) have received a pneumonia shot at some point. More than four in ten (43.0%) have received a flu shot or vaccine in the past 12 months and over half of them (51.0%) got it at a physician's office/HMO. Other common places to receive flu shots are at work or in a store.

Flu and Pneumonia Immunization

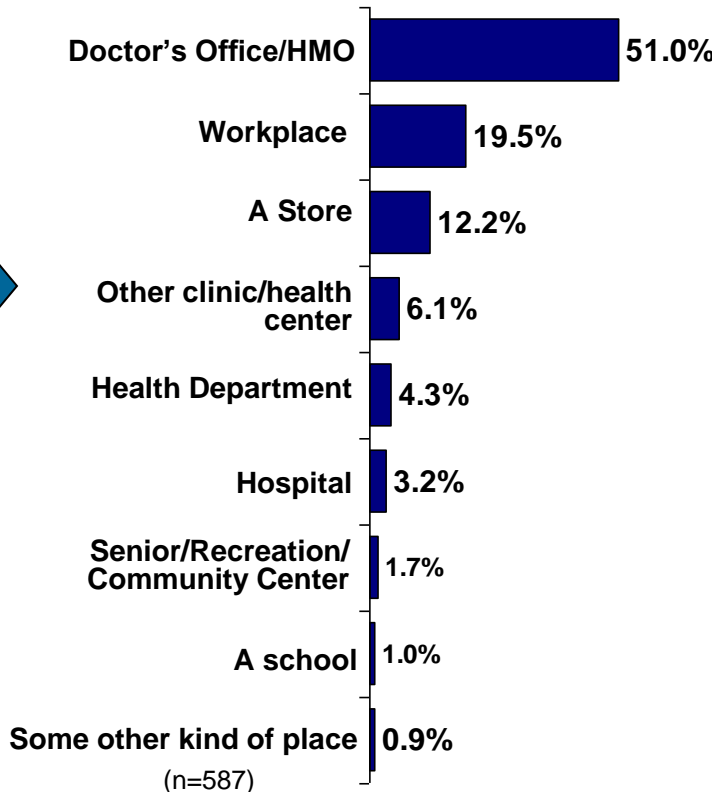
Ever Had a Pneumonia Shot



Had Flu Shot/Vaccine in Past 12 Months



Place Where Received Flu Shot/Vaccine

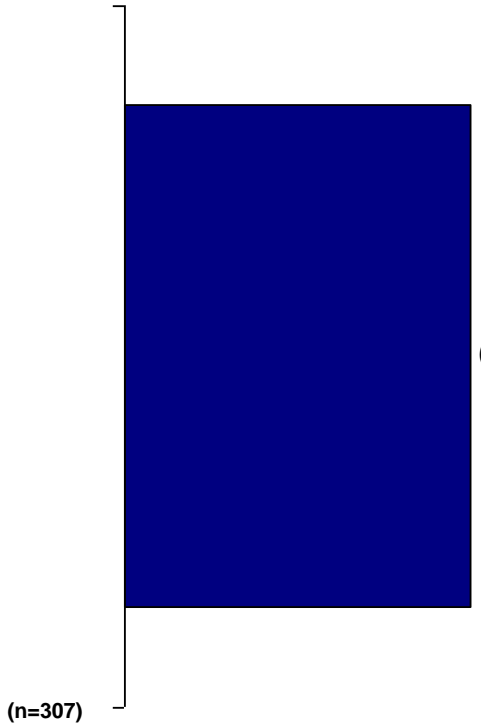


Q20.3: A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia shot?
 Q20.1: During the past 12 months, have you had either a seasonal flu shot or a seasonal flu vaccine that was sprayed in your nose?
 Q20.2: At what kind of place did you get your last seasonal flu shot/vaccine?

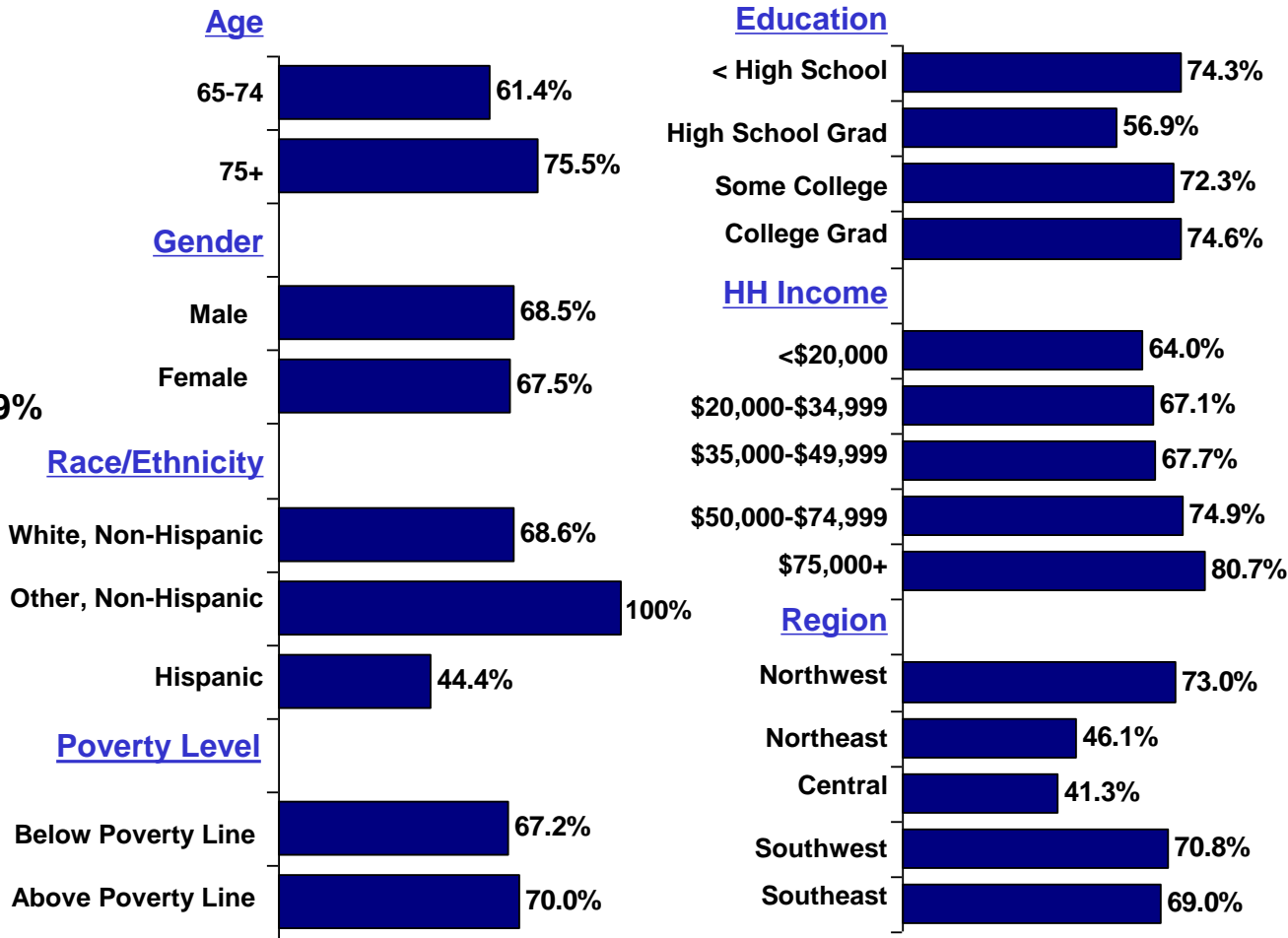
Two thirds (67.9%) of adults aged 65 or older have received a flu vaccine in the past year. Adults aged 75+ are more likely to have received one in the past year than those aged 65-74. Senior Hispanics are least likely, by far, to have received a flu vaccine in the past year, as are senior adults living in the northeast or central regions of the county.

Immunizations Among Adults 65 Years and Older

**Had Flu Vaccine in Past Year*
(Total Sample)**



Had Flu Vaccine by Demographics

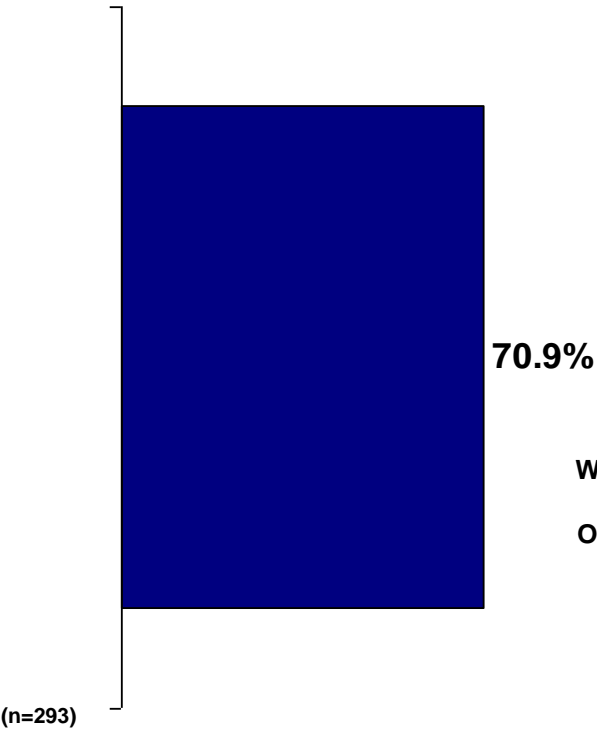


*Among adults aged 65 years and older, the proportion who reported that they had a flu vaccine, either by an injection in the arm or sprayed in the nose during the past 12 months.

Additionally, seven in ten (70.9%) adults aged 65 or older received a pneumonia vaccine at some point and this rate is higher for those aged 75 or older. The lowest rates are among adults who are Hispanic, have less than a high school degree, live below the poverty line, and/or live in the northeast region of the county.

Immunizations Among Adults 65 Years and Older (Cont'd.)

**Ever Had Pneumonia Vaccine*
(Total Sample)**



*Among adults aged 65 years and older, the proportion who reported that they ever had a pneumococcal vaccine.

Had Pneumonia Vaccine by Demographics

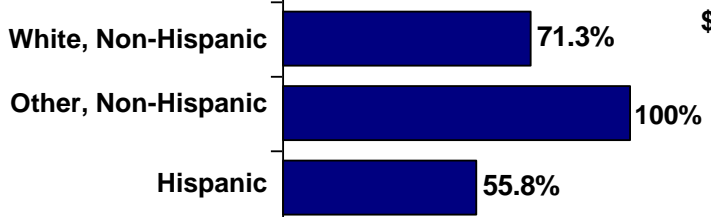
Age



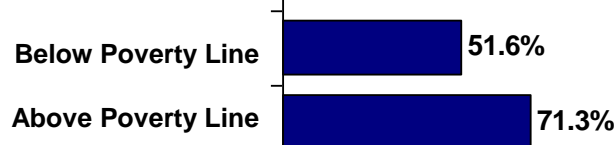
Gender



Race/Ethnicity



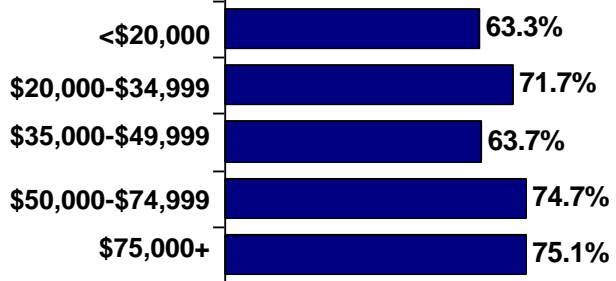
Poverty Level



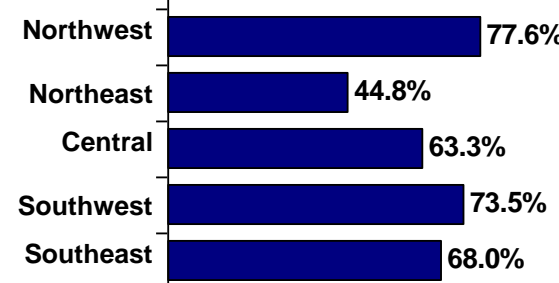
Education



HH Income

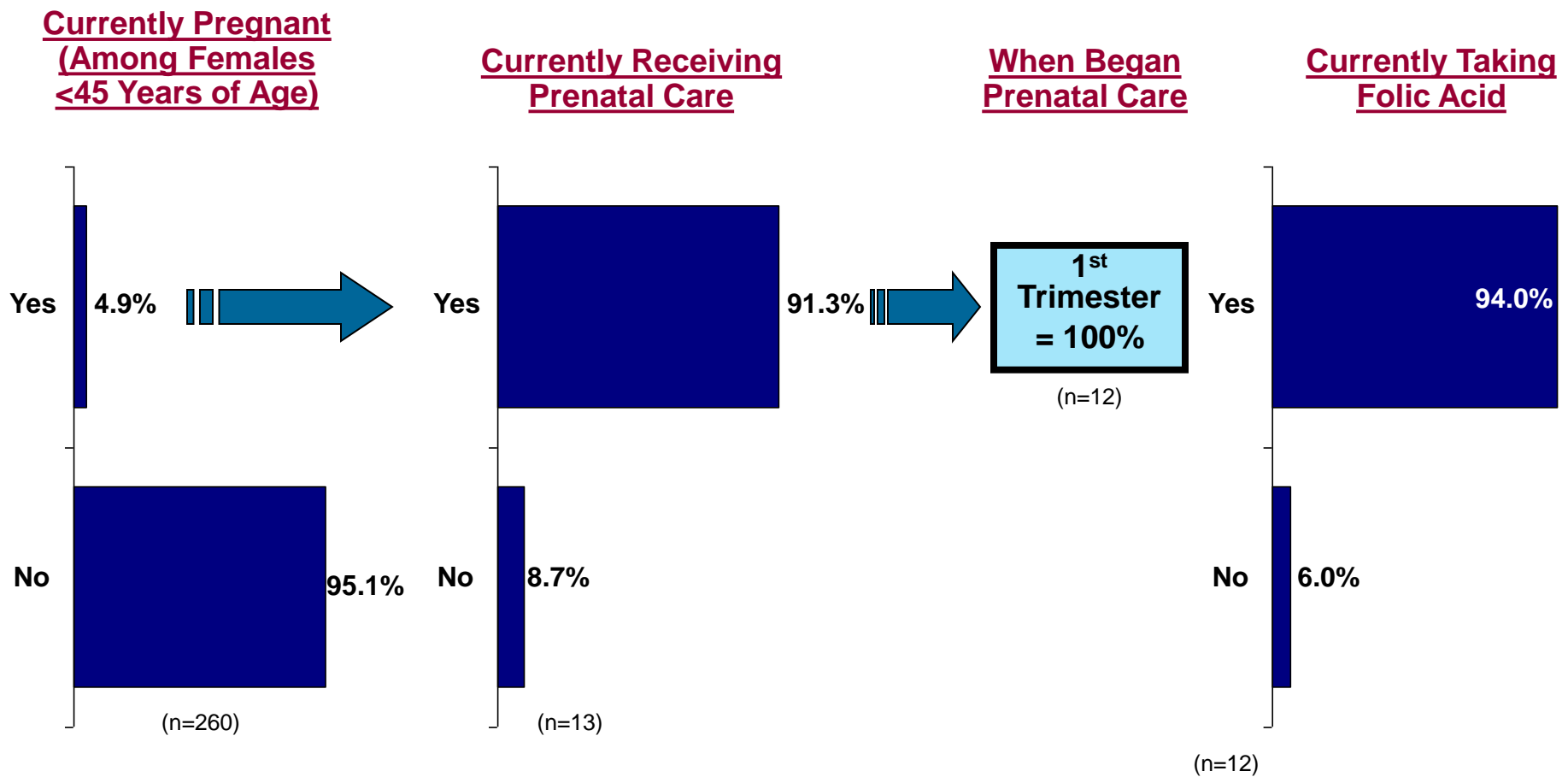


Region



Among pregnant females, more than nine in ten take a vitamin or supplement that contains folic acid (94.0%) and receive prenatal care (91.3%) in the first trimester (100%).

Pregnancy and Prenatal Care

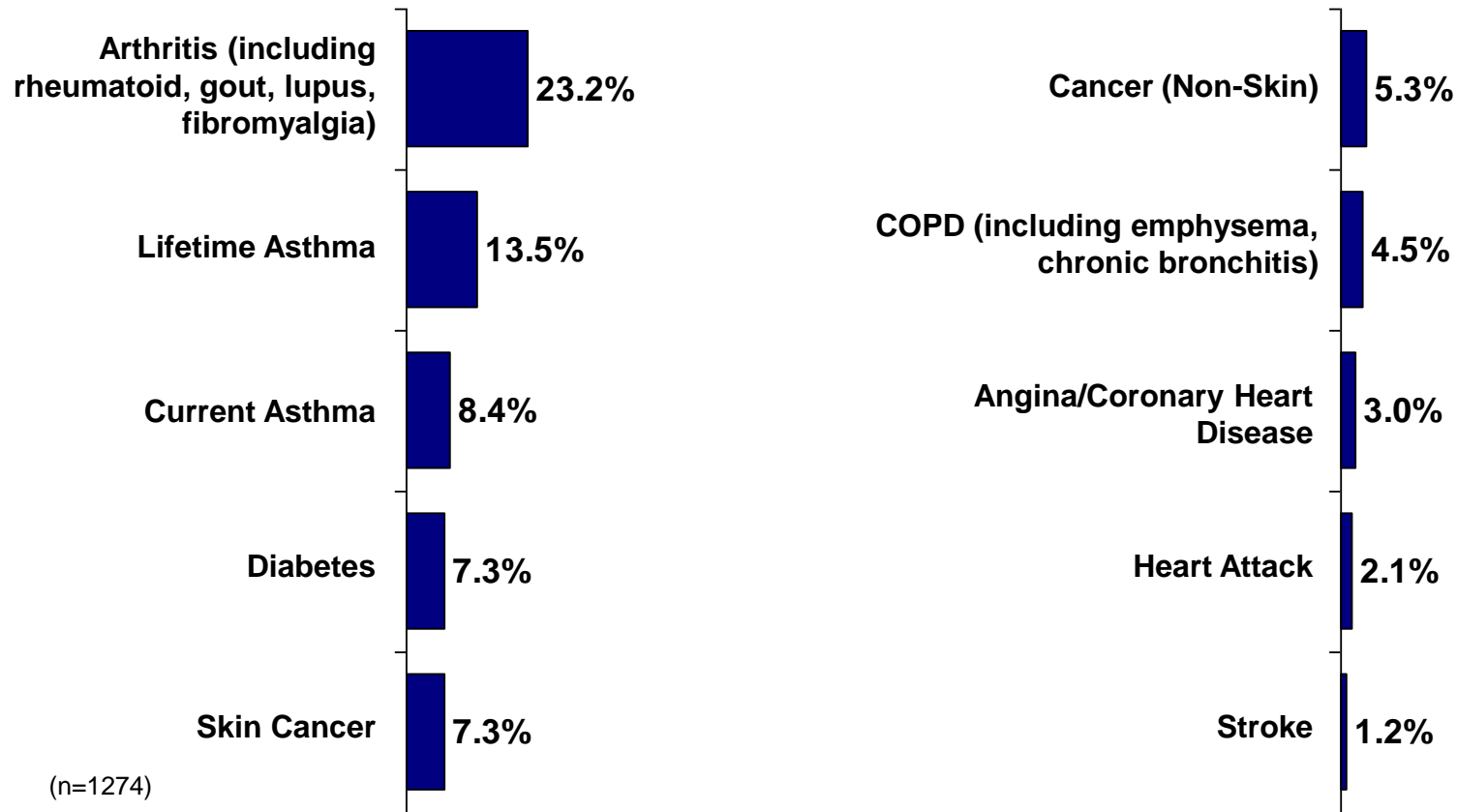


Q13.15: To your knowledge, are you now pregnant?
 Q25.3: (If yes) Are you currently taking a vitamin or supplement that contains folic acid?
 Q25.1 (If yes) Are you currently receiving prenatal care?
 Q25.2: (If yes) When did you start receiving prenatal care?

Chronic Conditions

Arthritis-related conditions are the most prevalent chronic conditions among Ottawa County adults, by far, followed by asthma and diabetes. Prevalence is low for heart conditions and stroke.

Prevalence of Chronic Health Conditions
(% Have Been Told They Have)

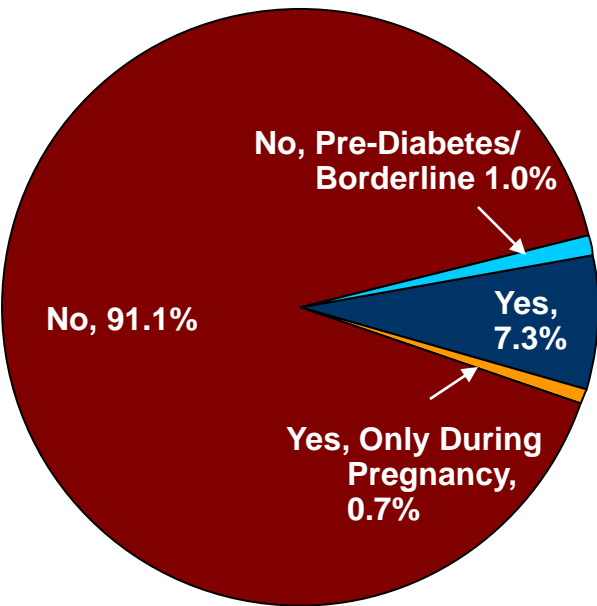


Q9.1/Q9.3-Q9.10: Has a doctor, nurse, or other health professional EVER told you that you had....
 Q9.2: Do you still have asthma?

Less than one in ten (7.3%) Ottawa County adults have ever been told they have diabetes. On average, those with diabetes see a health professional and are checked for A1c an average of three times a year.

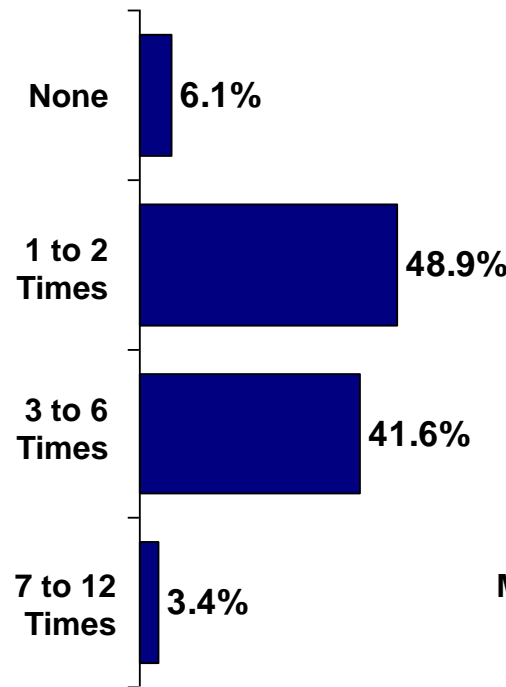
Prevalence of Diabetes

Ever Told Have Diabetes



(n=1271)

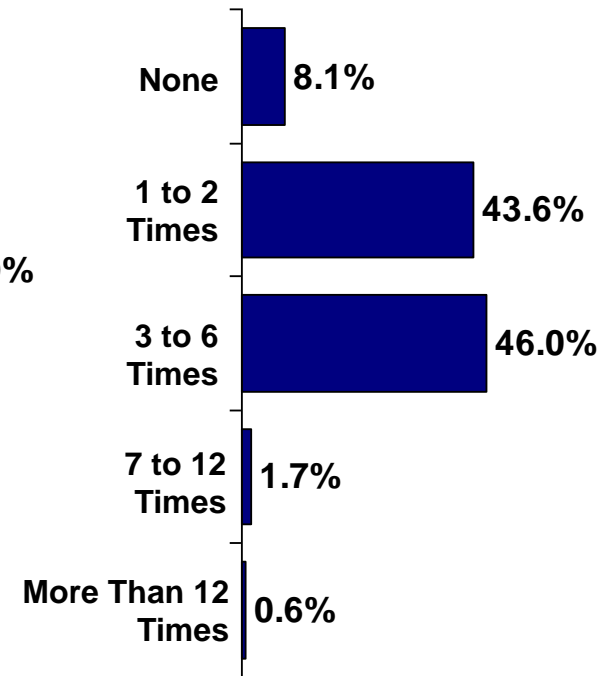
Number of Times in Past 12 Months Seen Health Professional for Diabetes



(n=112)

Mean = 2.77

Number of Times in Past 12 Months Checked for A1c



(n=110)

Mean = 2.94

Q9.10: Has a doctor, nurse, or other health professional EVER told you that you had diabetes?

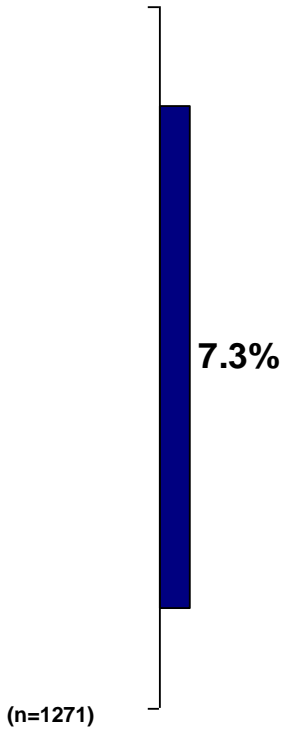
Q10.1: About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?

Q10.2: A test for "A one C" measures the average level of blood sugar over the past three months. About how many times in the past 12 months have a doctor, nurse, or other health professional checked you for "A one C"?

The prevalence of diabetes is slightly higher for older adults (55+) and those with less than a high school degree.

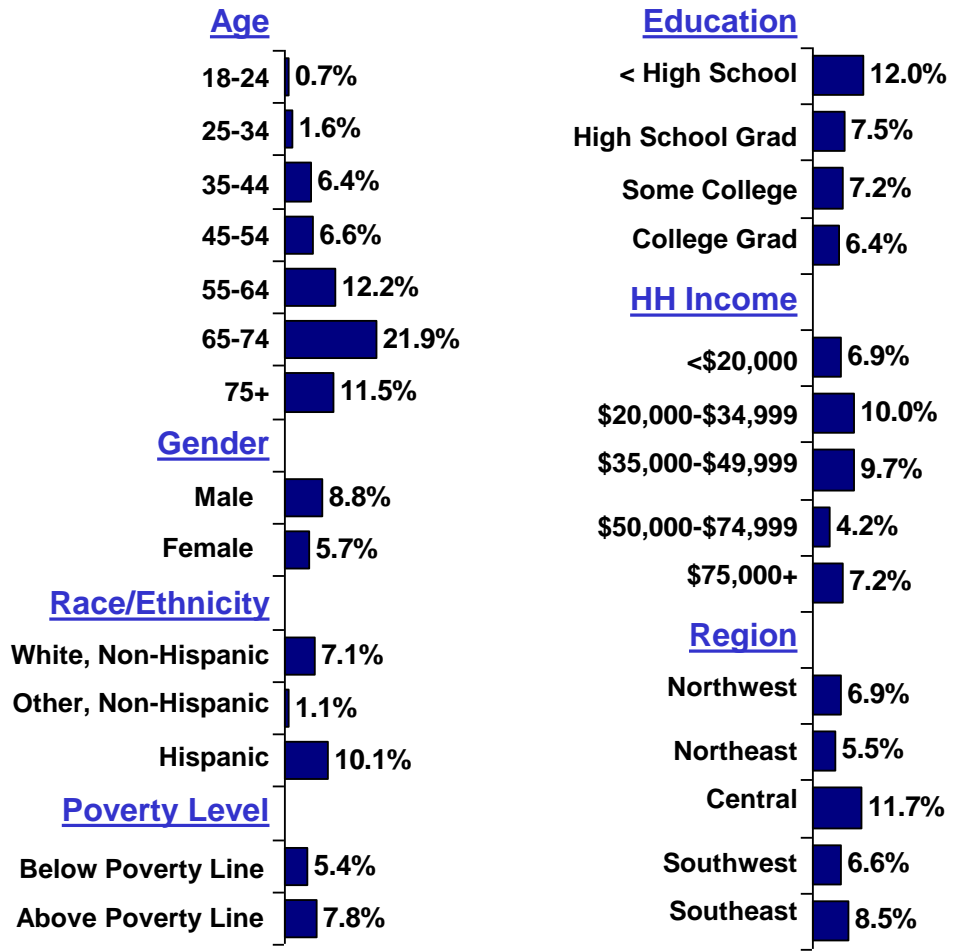
Diabetes

**Ever Told Have Diabetes*
(Total Sample)**



*Among all adults, the proportion who reported that they were ever told by a doctor that they have diabetes. Adults who had been told they have prediabetes and women who had diabetes only during pregnancy were classified as not having been diagnosed.

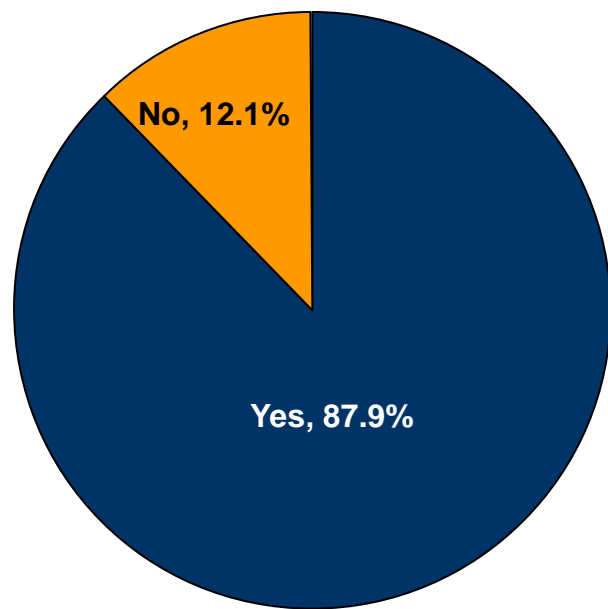
Told Have Diabetes by Demographics



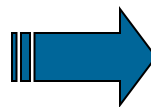
Most (87.9%) Ottawa County adults who have diabetes have received information in the past 12 months on how to care for the condition. In addition to physicians and health care professionals, multiple information sources are used.

Management of Diabetes

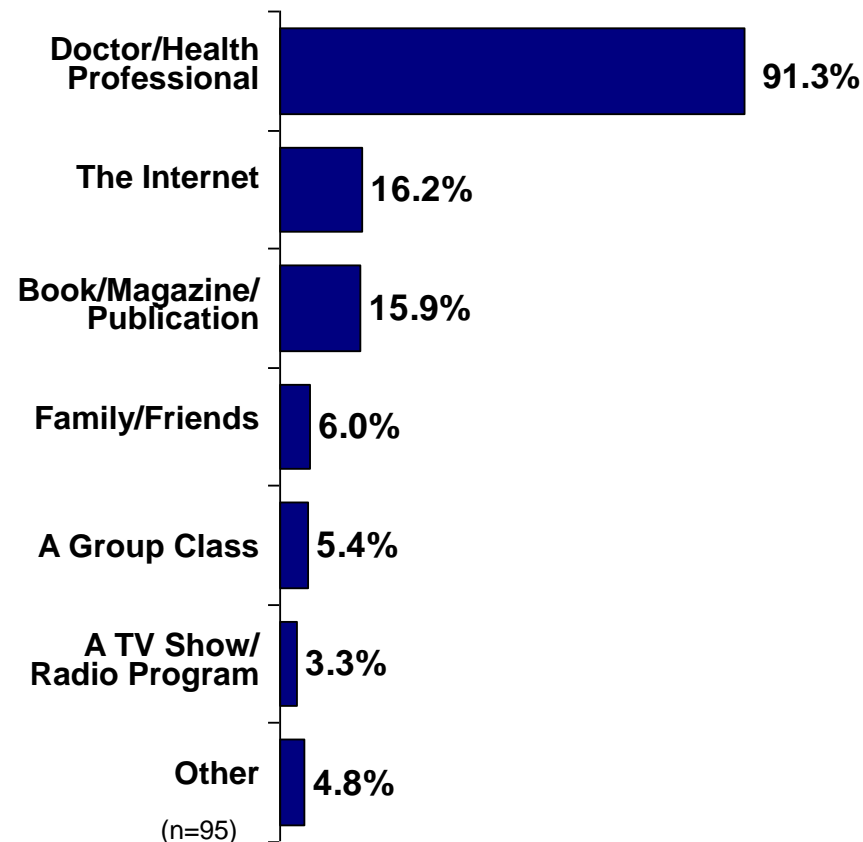
Received Information in Past 12 Months on How to Care for Diabetes



(n=111)



Information Sources



(n=95)

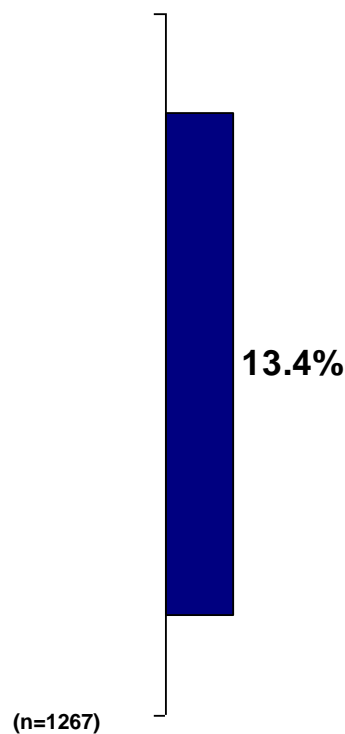
Q11.1: You said that a medical professional has told you that you have or have had [INSERT DISEASE NAME]. During the last 12 months, have you gotten information about how to take care of your [INSERT DISEASE NAME]?

Q11.2: During the last 12 months, where did you get information about taking care of your [INSERT DISEASE]?

More than one in ten (13%) adults in Ottawa County have been diagnosed with asthma in their lifetime. This rate is slightly higher for females than males and higher for those living below the poverty compared to those living above it. Also, the rate is much lower for those residents living in northeast Ottawa County vs. residents in other regions.

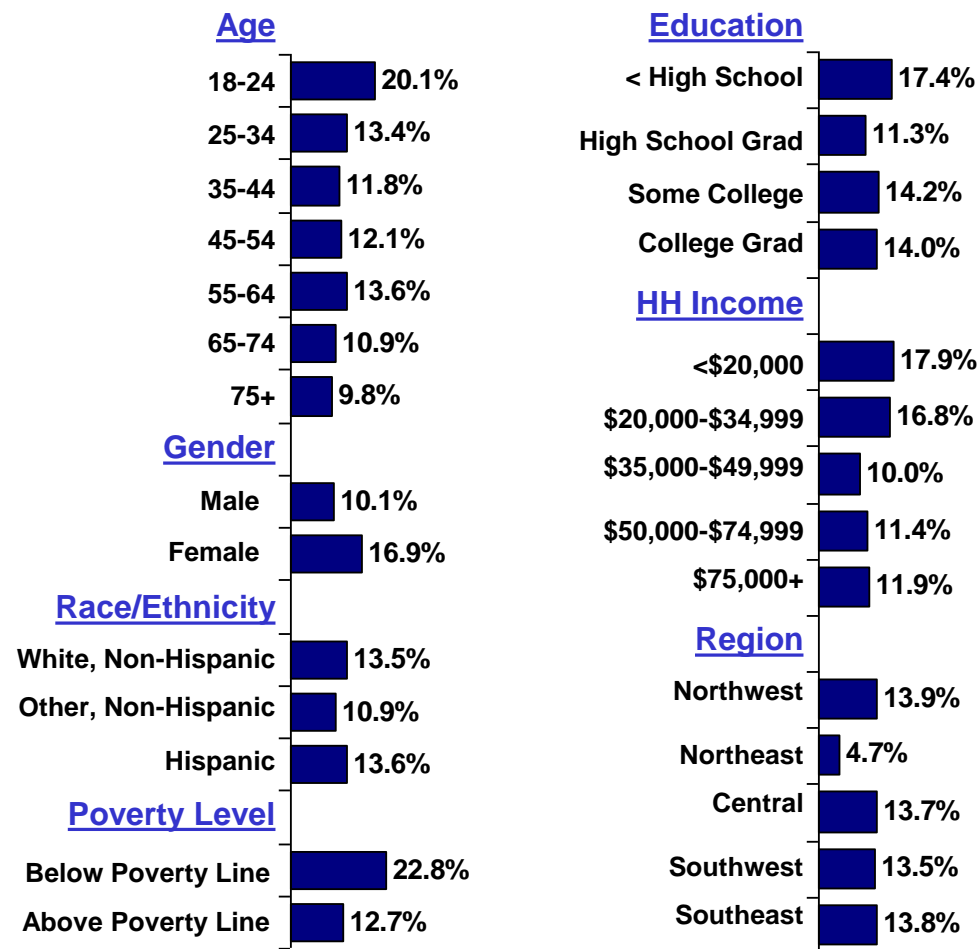
Asthma Among Adults

Lifetime Asthma Prevalence* (Total Sample)



*Among all adults, the proportion who reported that they were ever told by a doctor, nurse, or other health care professional that they had asthma.

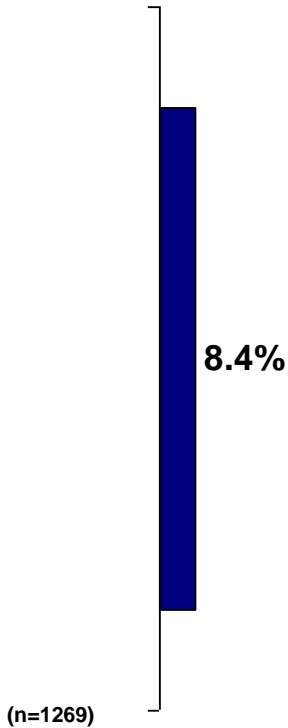
Lifetime Asthma by Demographics



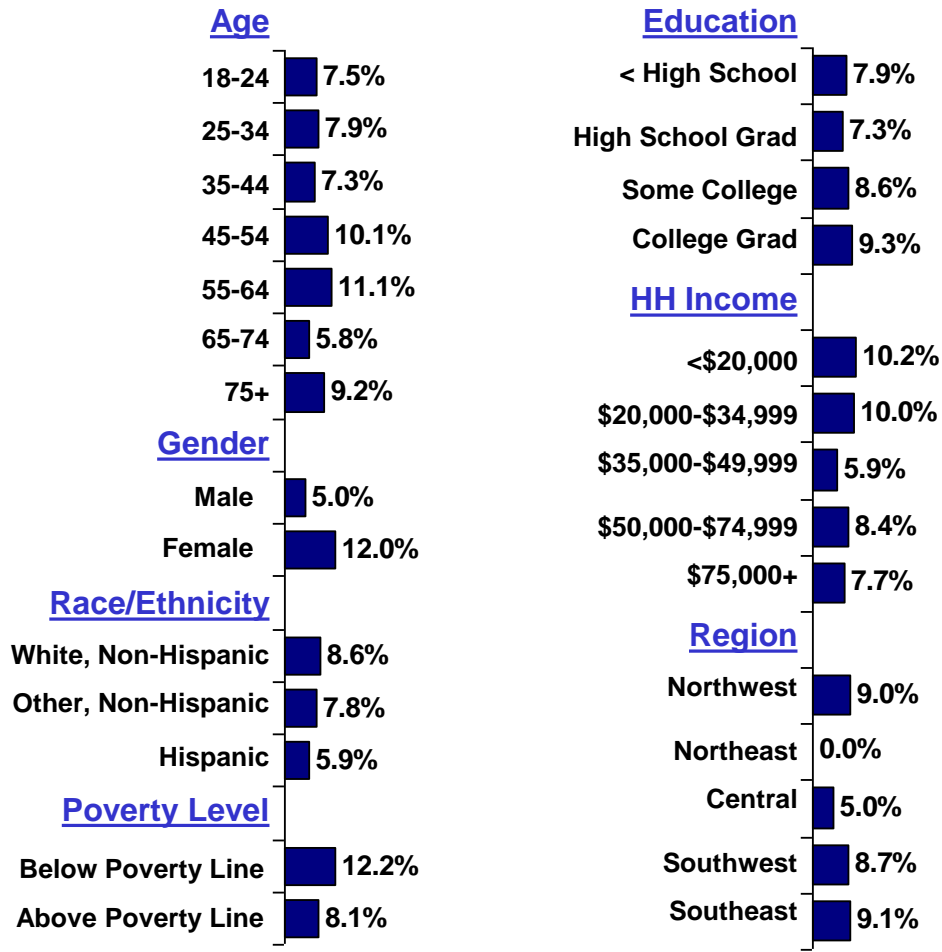
Fewer (8.4%) adults in Ottawa County currently have asthma. Women are more likely to have asthma than men, and those living below the poverty line are more likely to have asthma than those living above. The prevalence of asthma in northeast Ottawa County is low to non-existent. Other demographic groups show little differences.

Asthma Among Adults (Cont'd.)

**Current Asthma Prevalence*
(Total Sample)**



Current Asthma by Demographics

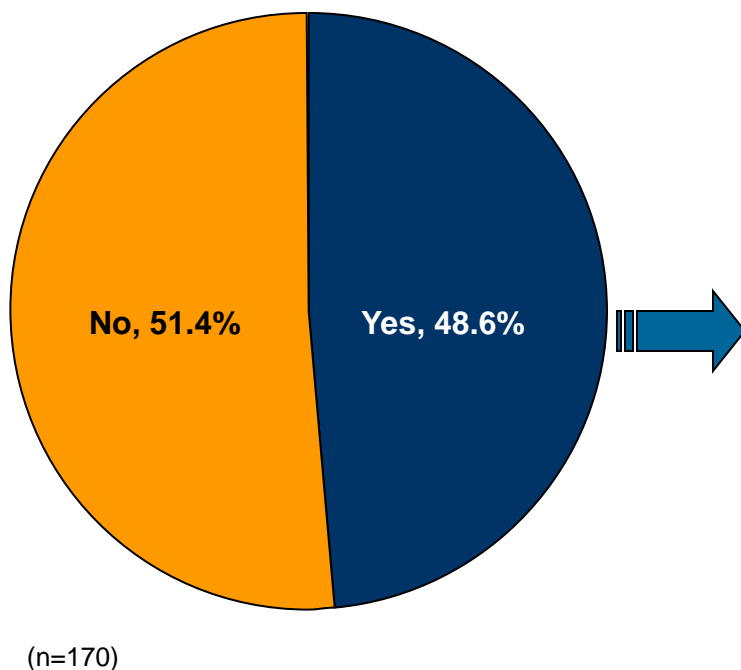


*Among all adults, the proportion who reported that they still had asthma.

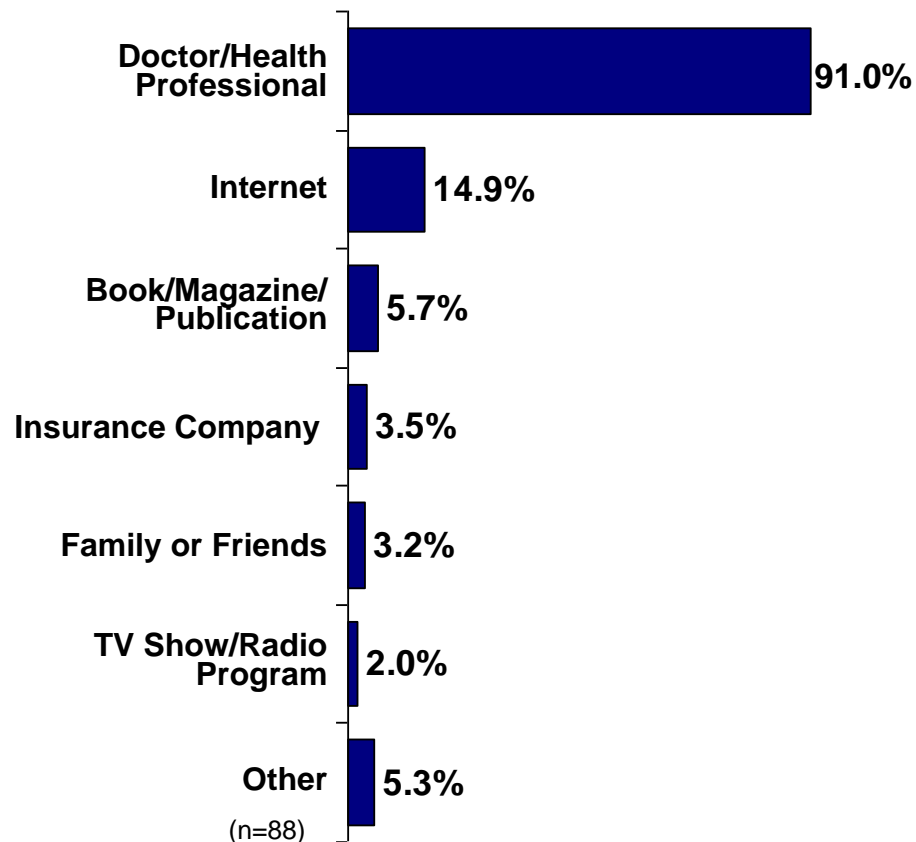
Almost half (48.6%) of Ottawa County adults who have asthma have received information in the past 12 months on how to care for the condition. The greatest information source is the physician or health care professional. More than one in seven (14.9%) find information on how to care for their asthma on the Internet.

Management of Asthma

Received Information in Past 12 Months on How to Care for Asthma



Information Sources



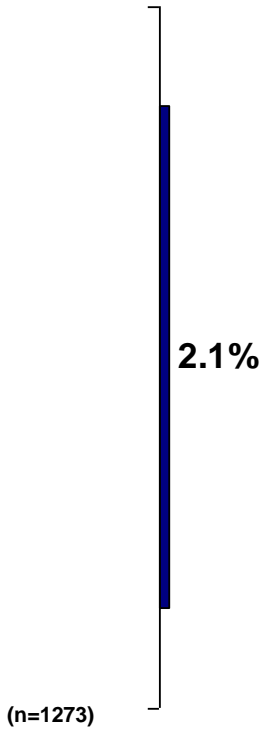
Q11.1: You said that a medical professional has told you that you have or have had [INSERT DISEASE NAME]. During the last 12 months, have you gotten information about how to take care of your [INSERT DISEASE NAME]?

Q11.2: During the last 12 months, where did you get information about taking care of your [INSERT DISEASE]?

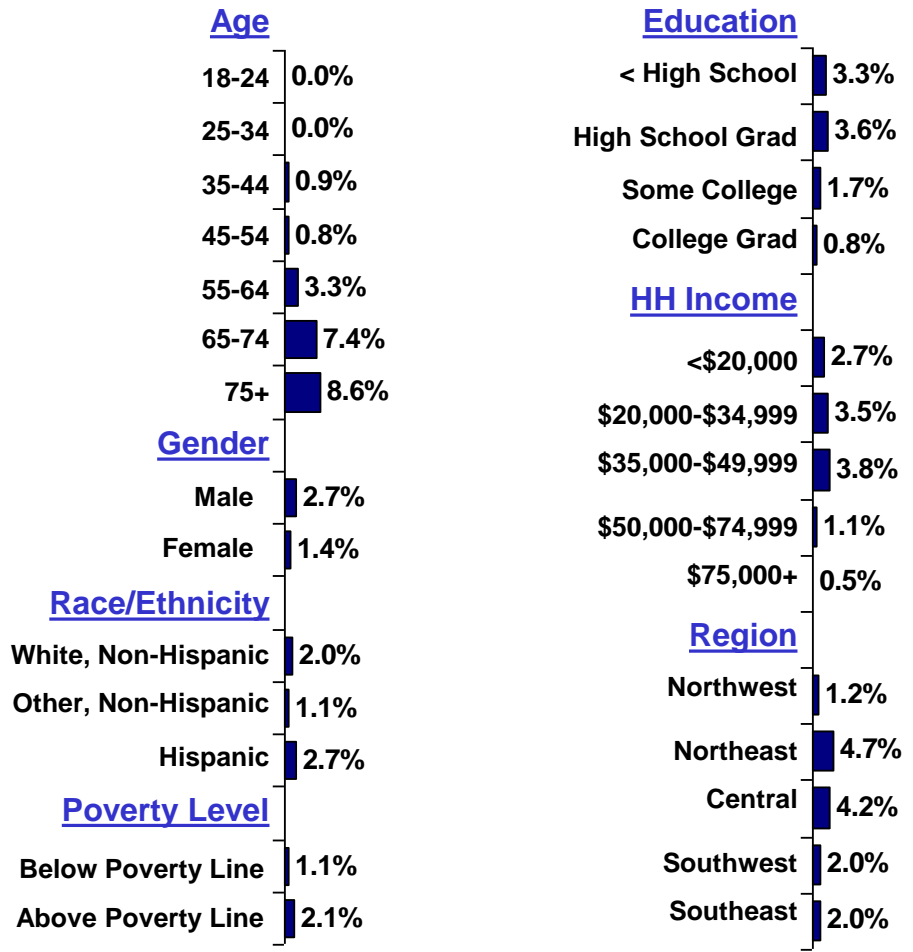
Very few Ottawa County adults have had a heart attack and this is true regardless of demographics. It is worth noting that the proportion of adults who have had a heart attack is highest among adults aged 65+.

Cardiovascular Disease

**Ever Told Had Heart Attack*
(Total Sample)**



Told Had Heart Attack by Demographics

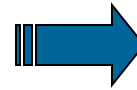
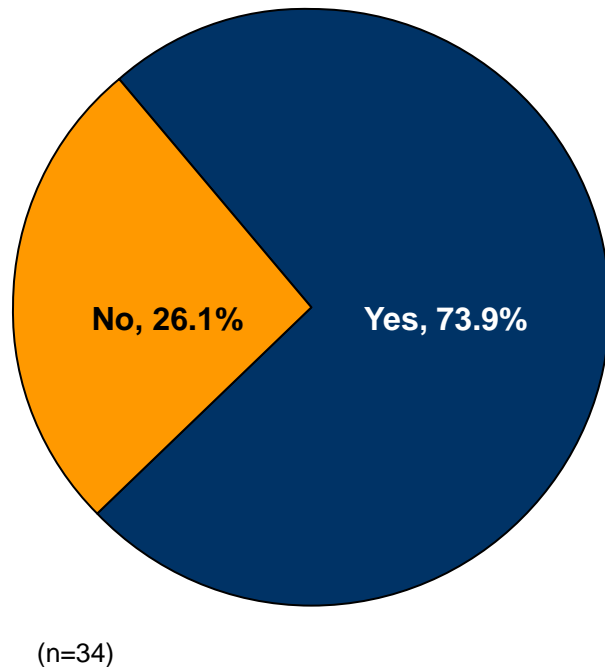


*Among all adults, the proportion who had ever been told by a doctor that they had a heart attack or myocardial infarction.

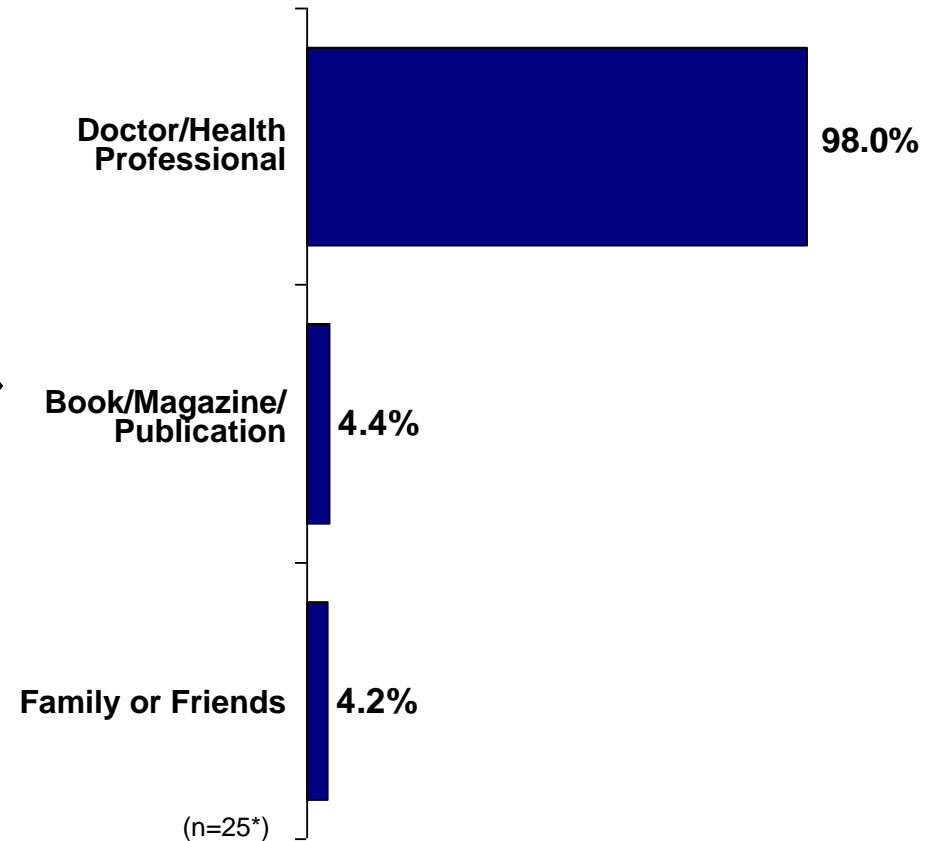
Three-fourths (73.9%) of Ottawa County adults who have had a heart attack have received information in the past 12 months on how to care for the condition. The greatest information source is the physician or health care professional. Other sources are books, magazines, or publications and family/friends.

Management of Heart Attack

Received Information in Past 12 Months on How to Care for Heart Attack



Information Sources



Q11.1: You said that a medical professional has told you that you have or have had [INSERT DISEASE NAME]. During the last 12 months, have you gotten information about how to take care of your [INSERT DISEASE NAME]?

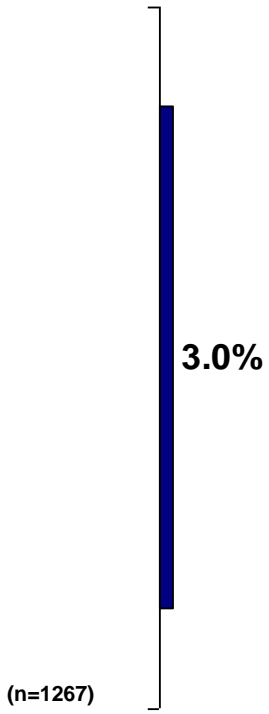
Q11.2: During the last 12 months, where did you get information about taking care of your [INSERT DISEASE]?

*Caution: small base size

Further, very few Ottawa County adults have ever been told they have angina or coronary heart disease. The rate is slightly higher for adults aged 55+, with lower incomes, and those in the northeast region of the county.

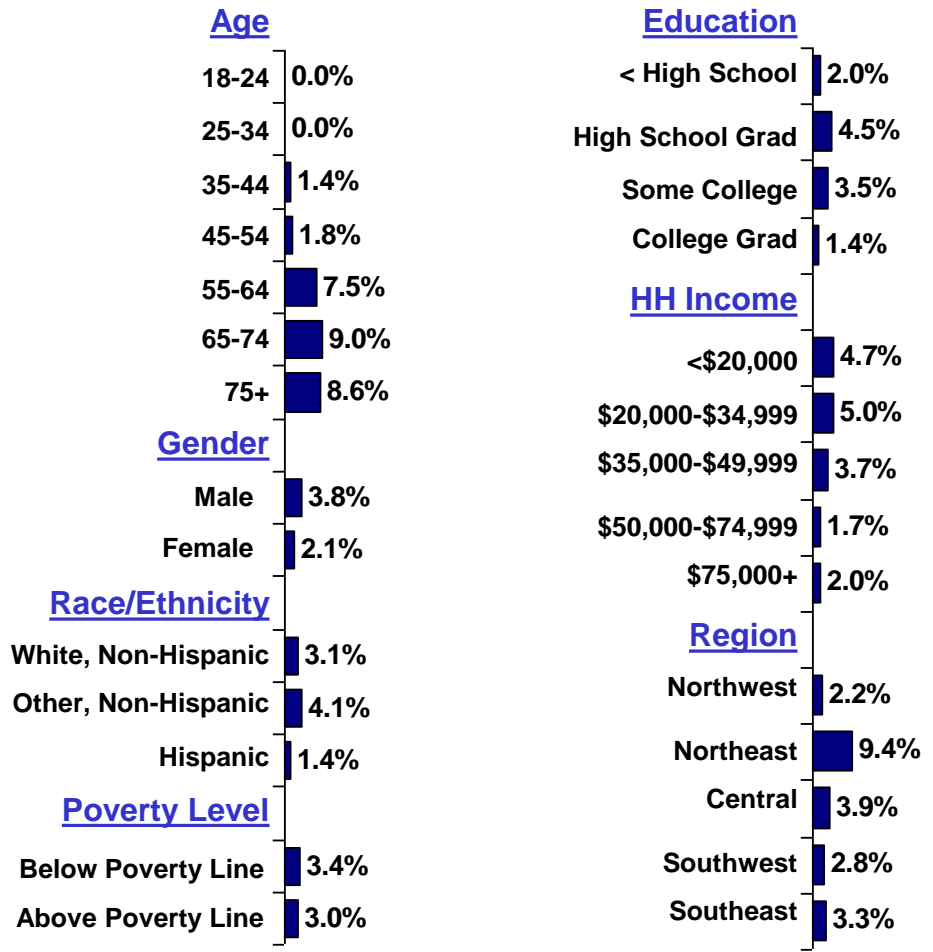
Cardiovascular Disease (Cont'd.)

Ever Told Have Angina/Coronary Heart Disease* (Total Sample)



*Among all adults, the proportion who had ever been told by a doctor that they had angina or coronary heart disease.

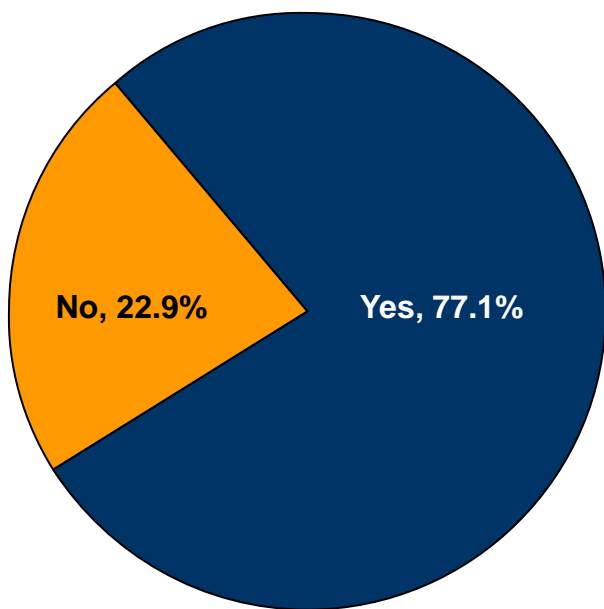
Told Have Angina/Coronary Heart Disease by Demographics



Three-fourths (77.1%) of Ottawa County adults who have angina or coronary heart disease have received information in the past 12 months on how to care for these conditions. The greatest information source is the physician or health care professional. Other sources are publications, a group class, the Internet, and family/friends.

Management of Angina or Coronary Heart Disease

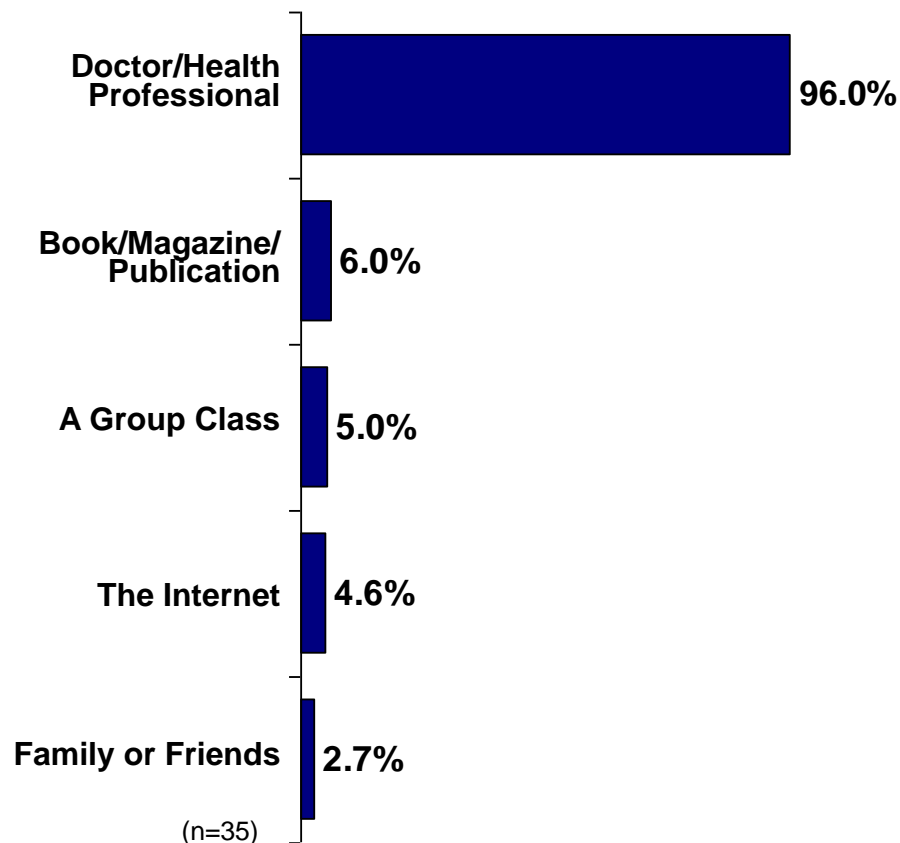
Received Information in Past 12 Months on How to Care for Angina or Coronary Heart Disease



(n=47)



Information Sources



(n=35)

Q11.1: You said that a medical professional has told you that you have or have had [INSERT DISEASE NAME]. During the last 12 months, have you gotten information about how to take care of your [INSERT DISEASE NAME]?

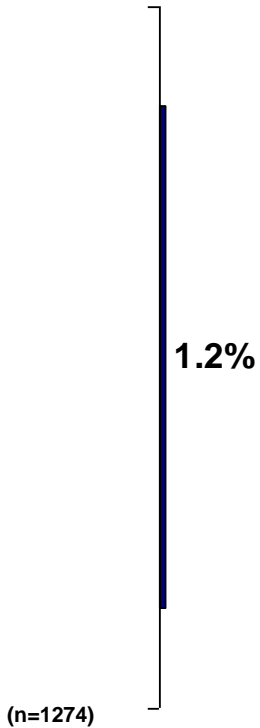
Q11.2: During the last 12 months, where did you get information about taking care of your [INSERT DISEASE]?

*Caution: small base size

Even fewer Ottawa County adults have had a stroke. The highest prevalence of stroke can be found in the highest age, lowest education, and lowest income groups.

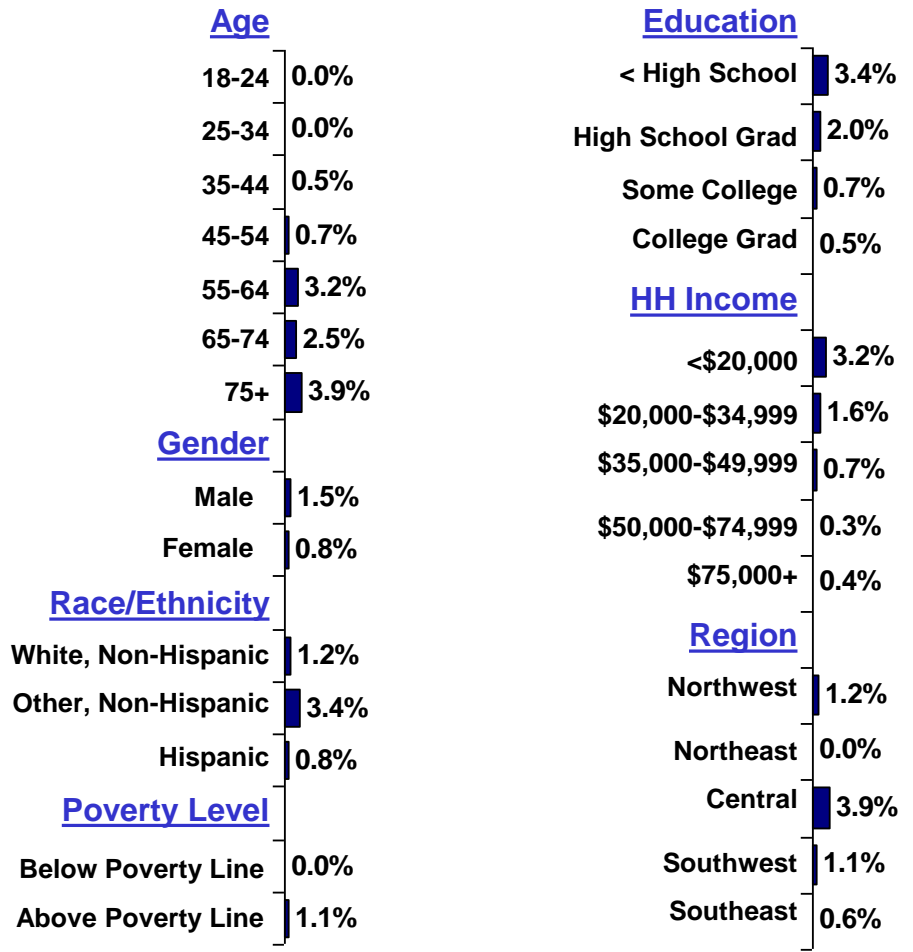
Cardiovascular Disease (Cont'd.)

**Ever Told Had a Stroke*
(Total Sample)**



*Among all adults, the proportion who had ever been told by a doctor that they had a stroke.

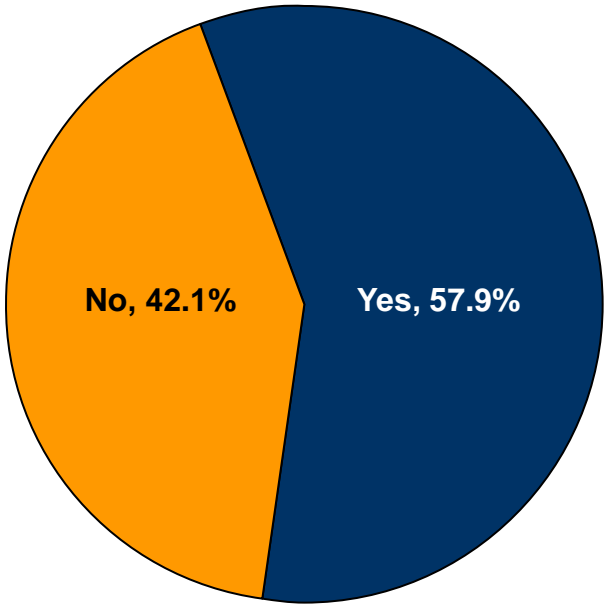
Told Had Stroke by Demographics



More than half (57.9%) of Ottawa County adults who have had a stroke have received information in the past 12 months on how to care for the condition. Health care professionals top the list of information sources.

Management of a Stroke

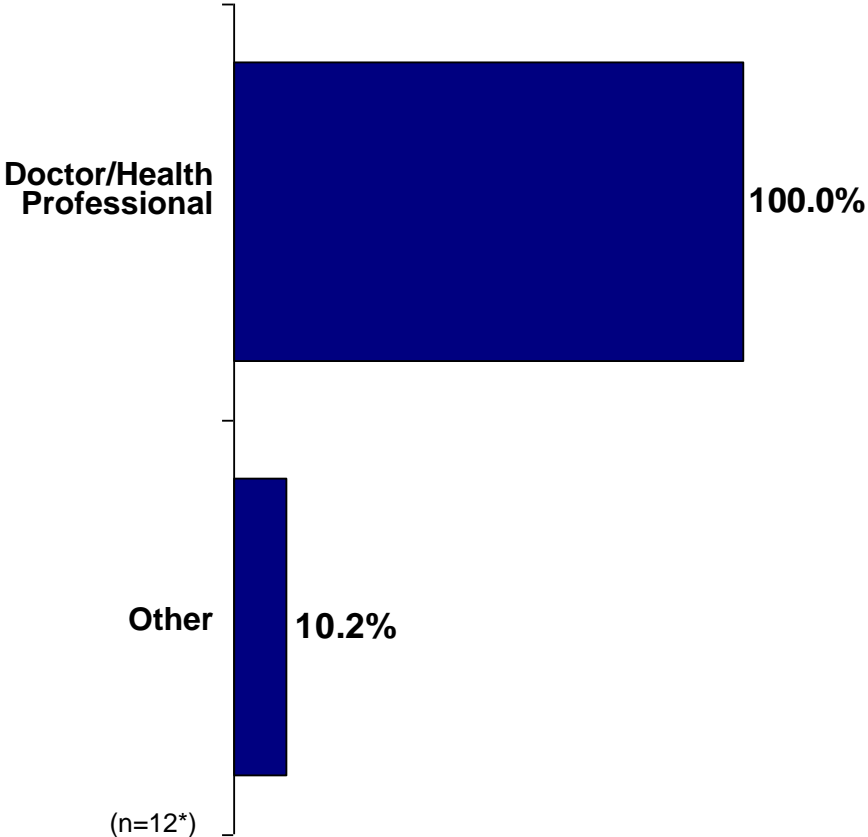
Received Information in Past 12 Months on How to Care for a Stroke



(n=22*)



Information Sources



(n=12*)

Q11.1: You said that a medical professional has told you that you have or have had [INSERT DISEASE NAME]. During the last 12 months, have you gotten information about how to take care of your [INSERT DISEASE NAME]?

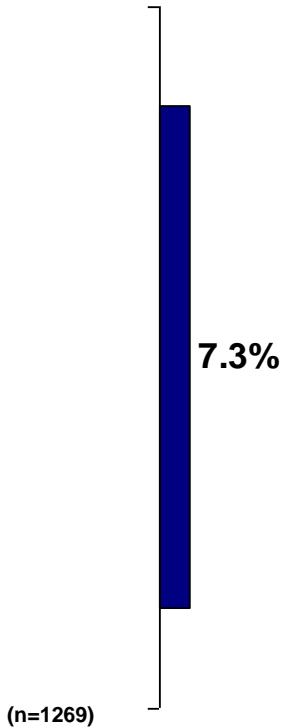
Q11.2: During the last 12 months, where did you get information about taking care of your [INSERT DISEASE]?

*Caution: small base size

Less than one in ten (7.3%) Ottawa County adults have been told by a doctor they have skin cancer. Expectedly, this proportion rises dramatically with age; more than one-fourth (27.4%) of people aged 75 or older have been told they have skin cancer. People living above the poverty line are significantly more likely to be diagnosed with skin cancer than people living below the poverty line. Residents in northwest Ottawa County are more likely to have skin cancer than residents in other regions of the county.

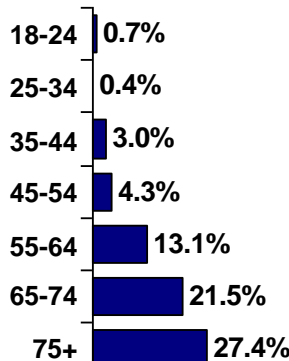
Skin Cancer

**Ever Told Have Skin Cancer*
(Total Sample)**

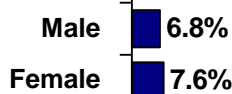


Told Have Skin Cancer by Demographics

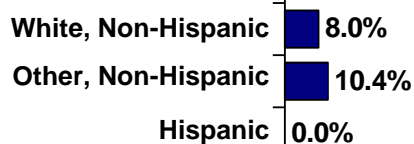
Age



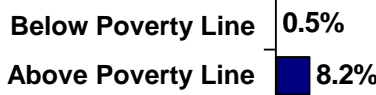
Gender



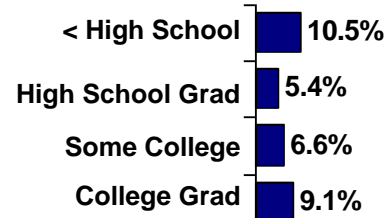
Race/Ethnicity



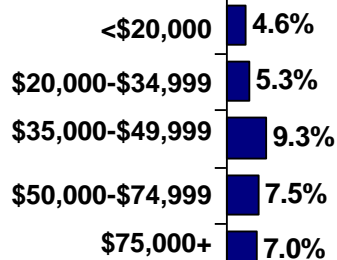
Poverty Level



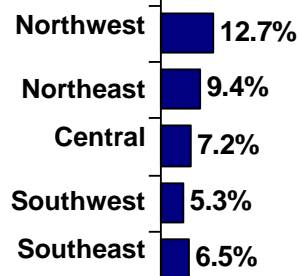
Education



HH Income



Region

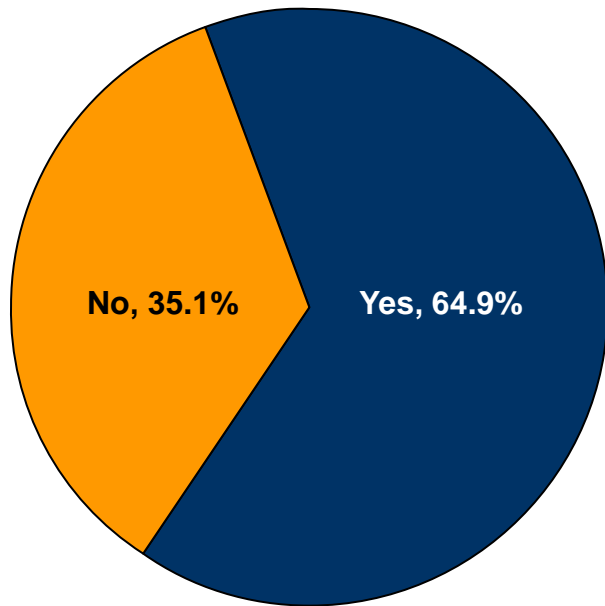


*Among all adults, the proportion who reported that they were ever told by a doctor that they have skin cancer.

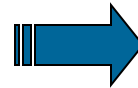
Almost two-thirds (64.9%) of Ottawa County adults who have skin cancer have received information in the past 12 months on how to care for the condition. In addition to physicians and health care professionals, other sources of information are publications, the Internet, television/radio and family/friends.

Management of Skin Cancer

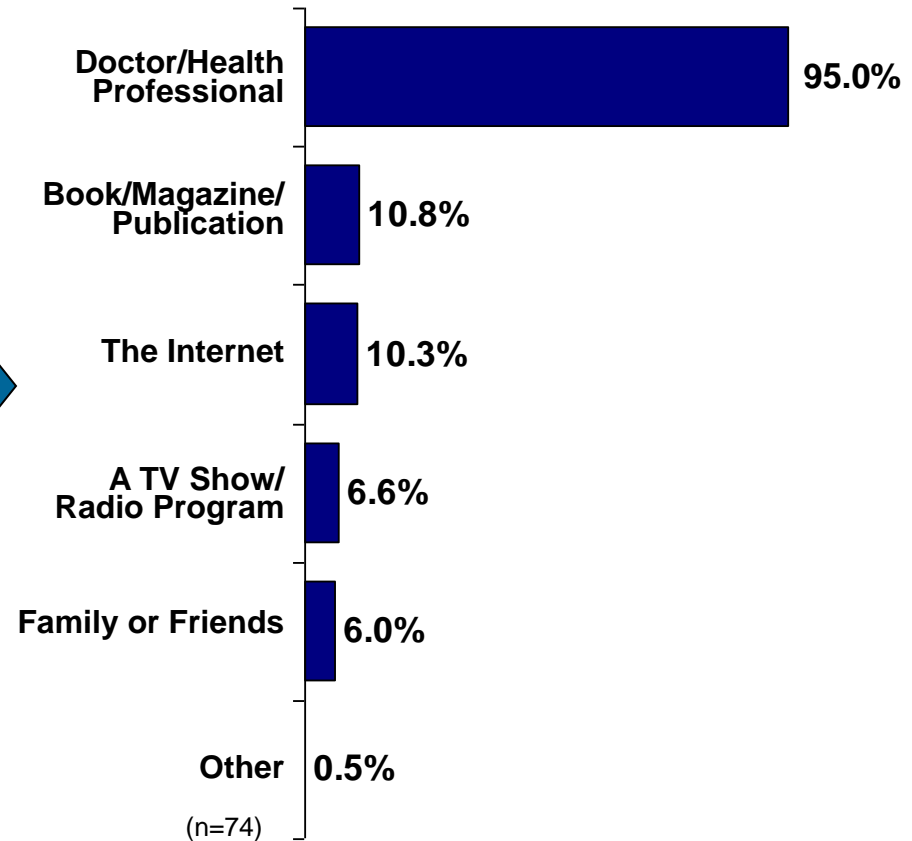
Received Information in Past 12 Months on How to Care for Skin Cancer



(n=117)



Information Sources



(n=74)

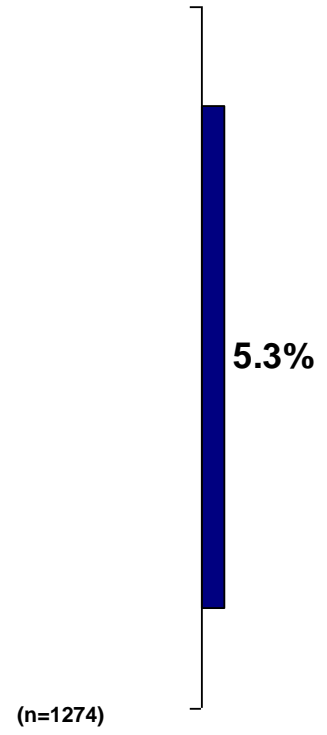
Q11.1: You said that a medical professional has told you that you have or have had [INSERT DISEASE NAME]. During the last 12 months, have you gotten information about how to take care of your [INSERT DISEASE NAME]?

Q11.2: During the last 12 months, where did you get information about taking care of your [INSERT DISEASE]?

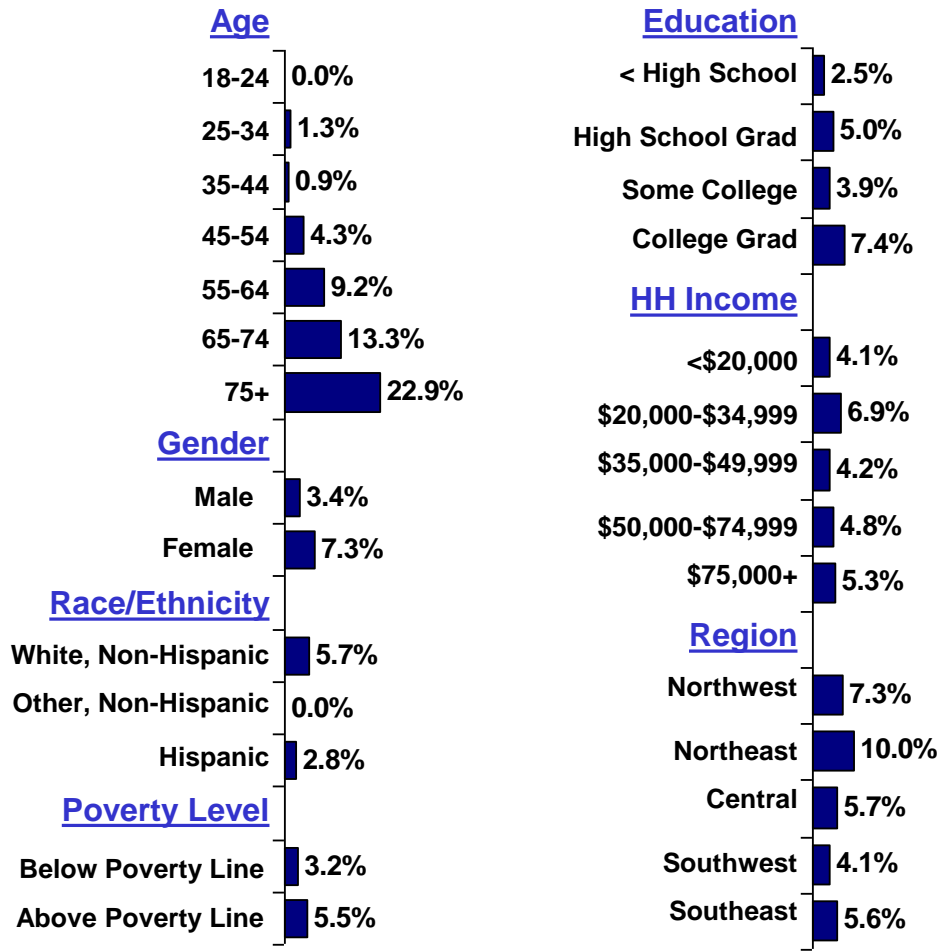
One in twenty (5.3%) Ottawa County residents have been told by a doctor they have cancer other than skin. This proportion also rises dramatically with age; 22.9% of residents aged 75 or older have been diagnosed with some form of cancer other than skin. Residents in northeast Ottawa County are more likely to have cancer than residents in other regions of the county.

Cancer (Other Than Skin)

**Ever Told Have Cancer (Other Than Skin)*
(Total Sample)**



Told Have Cancer by Demographics

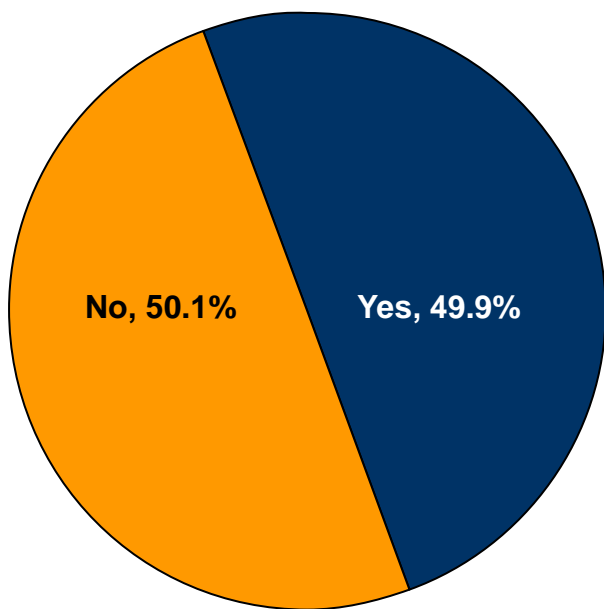


*Among all adults, the proportion who reported that they were ever told by a doctor that they have cancer (other than skin).

Half (49.9%) of Ottawa County adults who have cancer (other than skin) have received information in the past 12 months on how to care for the condition. Although physicians and health care professionals top the list, other sources of information are the Internet, publications, family/friends, and television/radio.

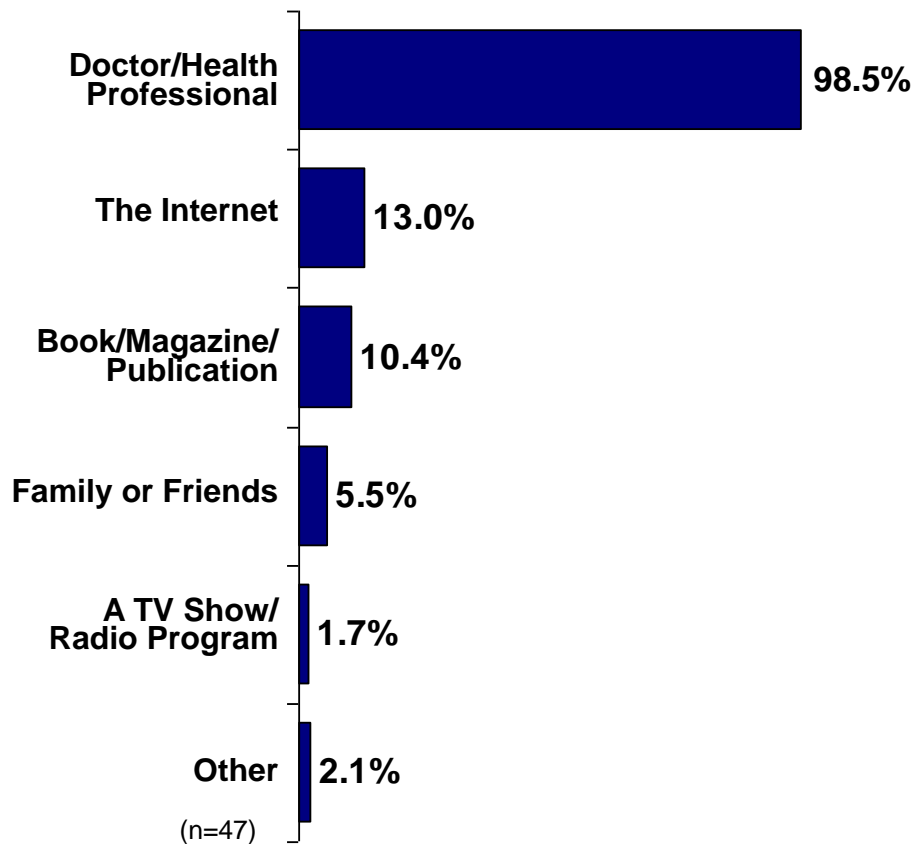
Management of Cancer (Other Than Skin)

Received Information in Past 12 Months on How to Care for Cancer



(n=99)

Information Sources



(n=47)

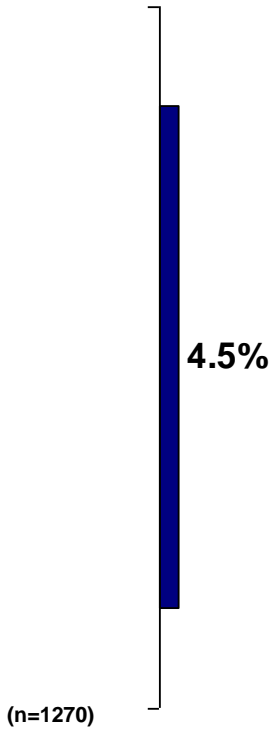
Q11.1: You said that a medical professional has told you that you have or have had [INSERT DISEASE NAME]. During the last 12 months, have you gotten information about how to take care of your [INSERT DISEASE NAME]?

Q11.2: During the last 12 months, where did you get information about taking care of your [INSERT DISEASE]?

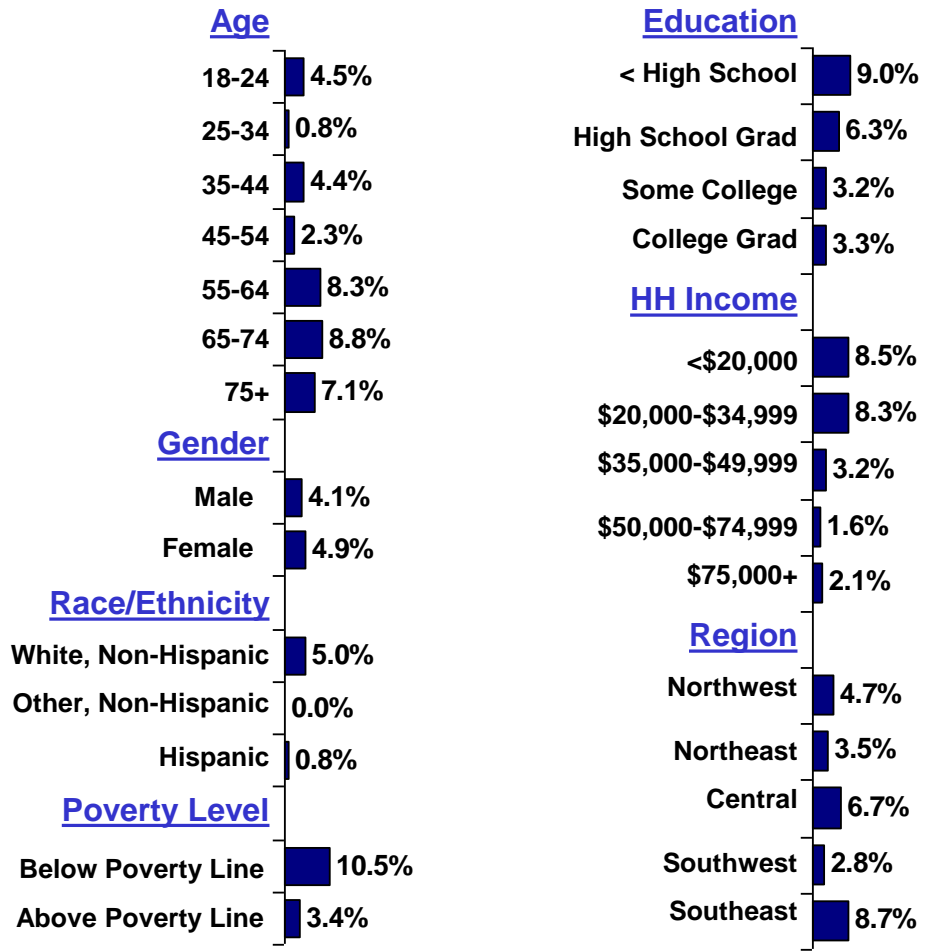
A small proportion (4.5%) of Ottawa County residents have been told they have chronic obstructive pulmonary disease (COPD). The disease is more common among residents who are older (55+), have lower annual household incomes (<\$35,000), live below the poverty line, and those with less education (high school graduate or less).

COPD

**Ever Told Have COPD*
(Total Sample)**



Told Have COPD by Demographics

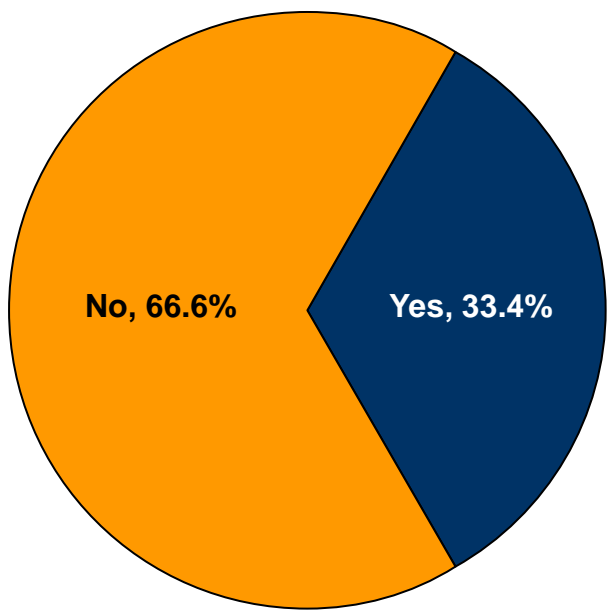


*Among all adults, the proportion who reported that they were ever told by a doctor that they have chronic obstructive pulmonary disease (COPD), emphysema, or chronic bronchitis.

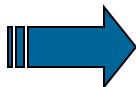
One-third (33.4%) of Ottawa County adults who have COPD have received information in the past 12 months on how to care for the condition. Information sources include health care professionals, the Internet, publications, family/friends, and television/radio.

Management of COPD/Emphysema/Chronic Bronchitis

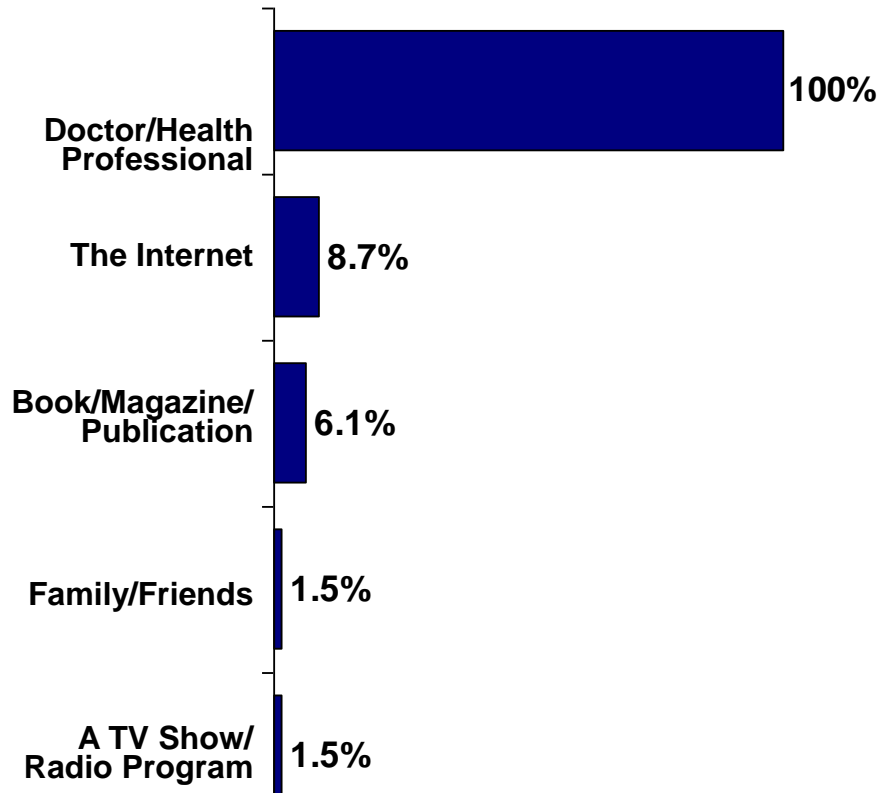
Received Information in Past 12 Months on How to Care for COPD



(n=63)



Information Sources



(n=30)

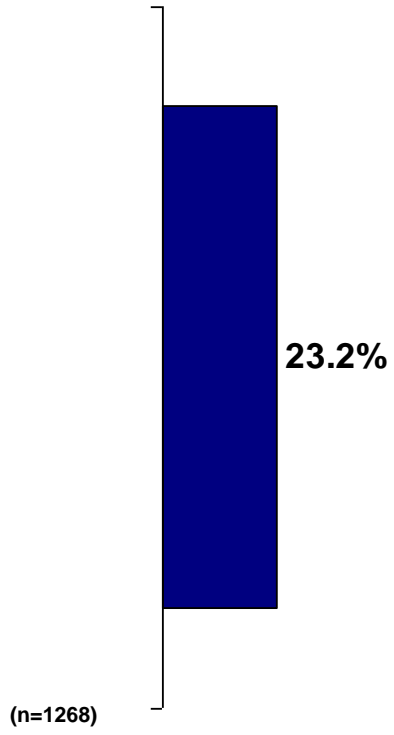
Q11.1: You said that a medical professional has told you that you have or have had [INSERT DISEASE NAME]. During the last 12 months, have you gotten information about how to take care of your [INSERT DISEASE NAME]?

Q11.2: During the last 12 months, where did you get information about taking care of your [INSERT DISEASE]?

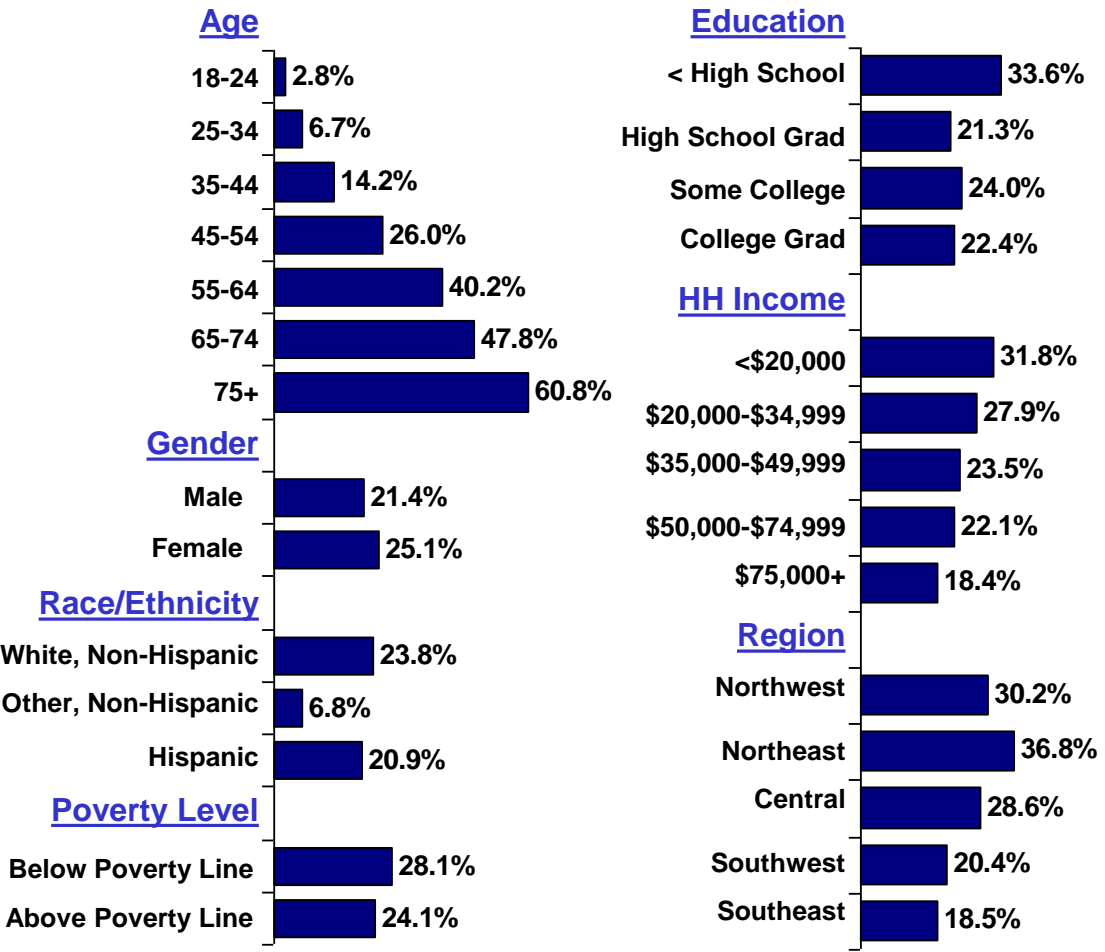
Nearly one-fourth (23.2%) of Ottawa County adults have ever been told by a physician they have arthritis. This rate, not surprisingly, rises dramatically with age. Non-Hispanic minority adults are least likely to have received this diagnosis. Having arthritis is indirectly related to income.

Arthritis

**Ever Told Have Arthritis*
(Total Sample)**



Told Have Arthritis by Demographics

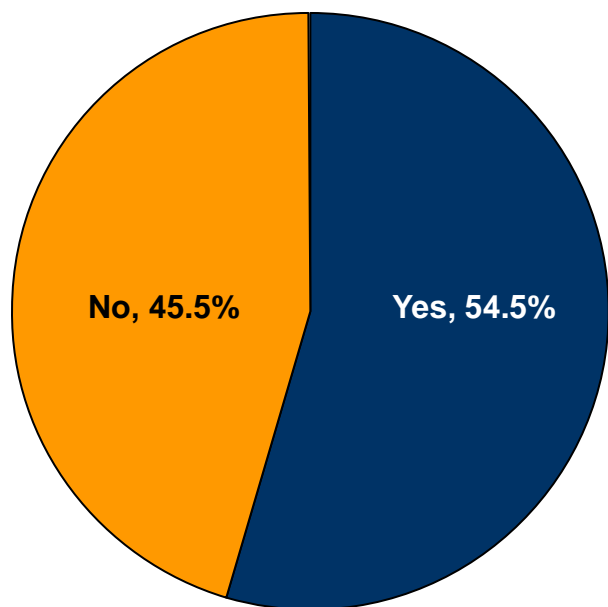


*Among all adults, the proportion who reported ever being told by a health care professional that they had some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia.

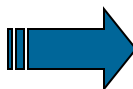
Half (54.5%) of Ottawa County adults who have arthritis have received information in the past 12 months on how to care for the condition. In addition to physicians and health care professionals, multiple information sources are used.

Management of Arthritis

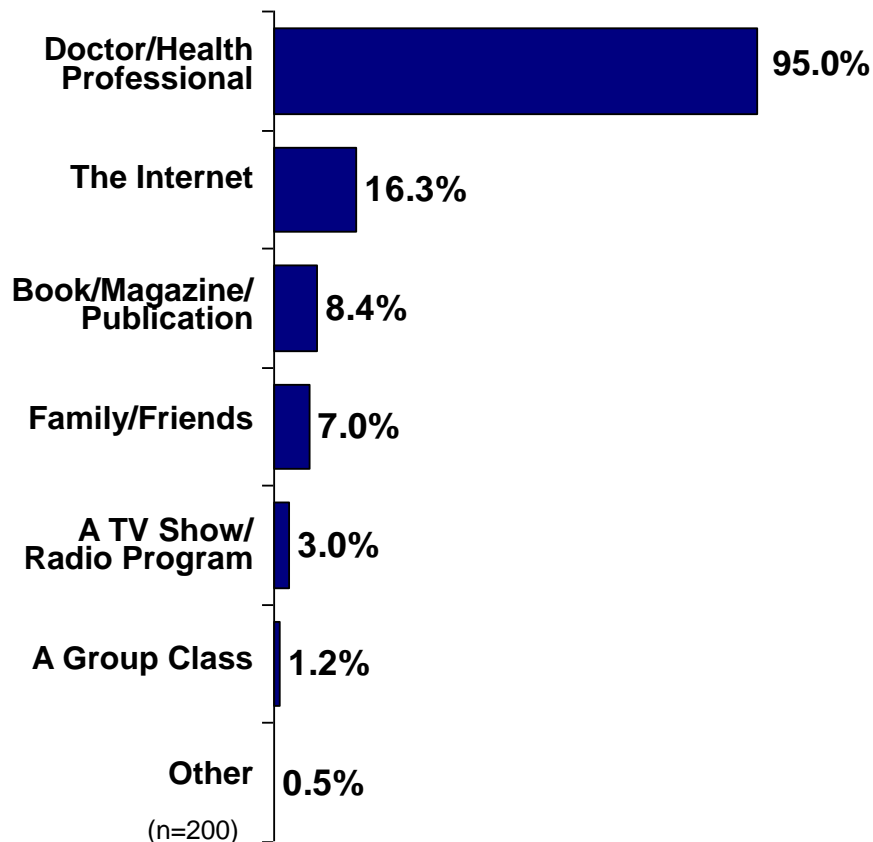
Received Information in Past 12 Months on How to Care for Arthritis



(n=352)



Information Sources



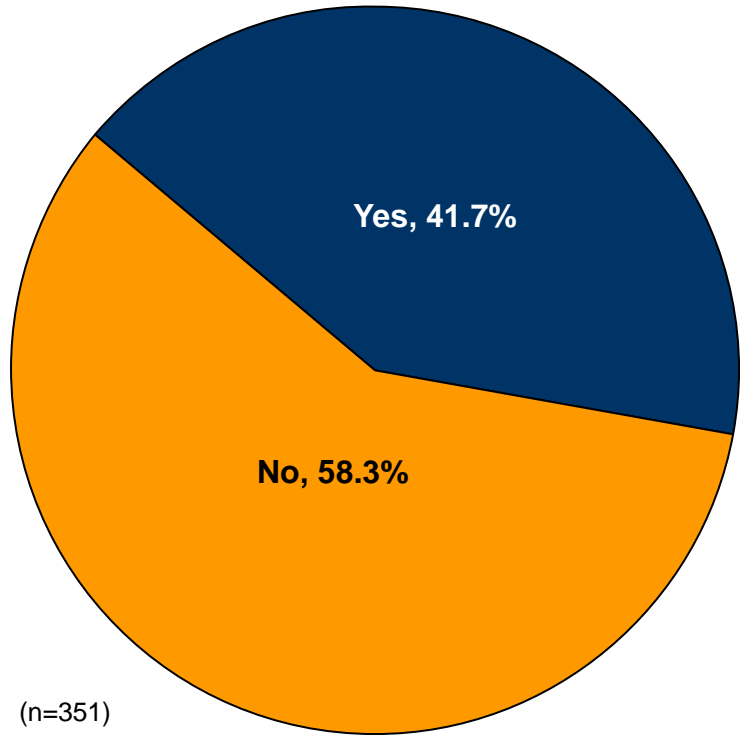
(n=200)

Q11.1: You said that a medical professional has told you that you have or have had [INSERT DISEASE NAME]. During the last 12 months, have you gotten information about how to take care of your [INSERT DISEASE NAME]?

Q11.2: During the last 12 months, where did you get information about taking care of your [INSERT DISEASE]?

Among adults who have some form of arthritis, four in ten (41.7%) are limited in their usual activities because of arthritis or joint symptoms.

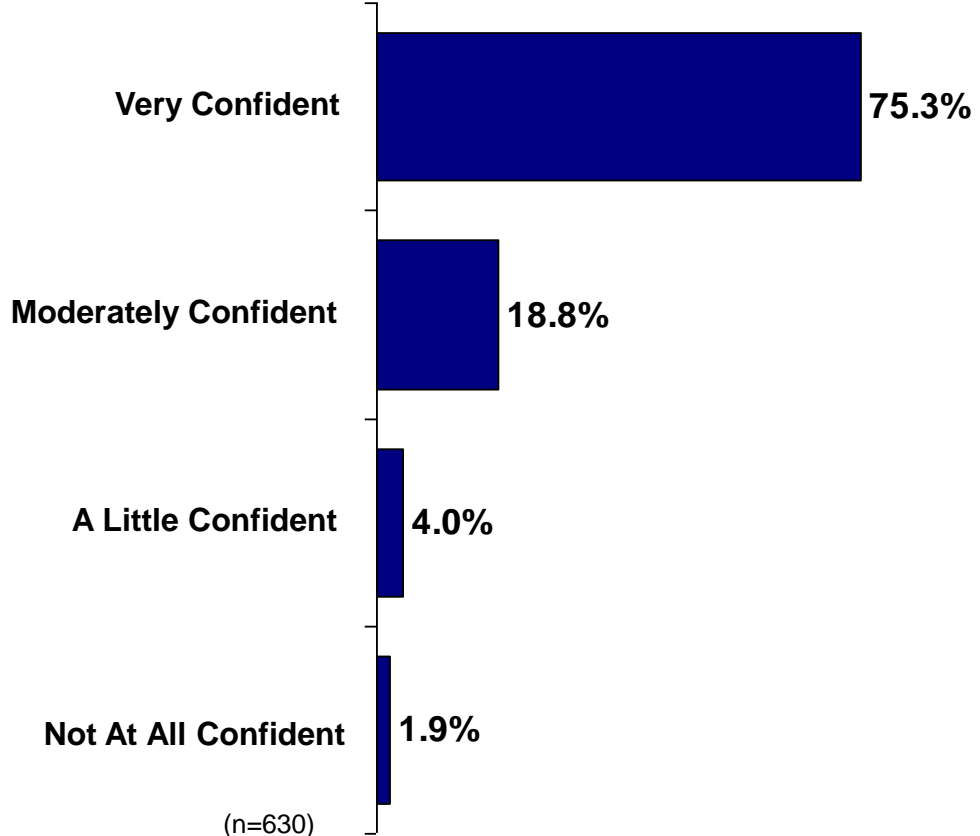
Limited in Usual Activities Because of Arthritis or Joint Symptoms
(Among Those Who Have Arthritis in Some Form)



Q18.1: Are you now limited in any way in any of your usual activities because of arthritis or joint symptoms?

Nearly all (94.1%) Ottawa County adults are confident, 75.3% very confident, that they can do all things necessary to manage their chronic condition on a regular basis.

Confidence in Ability to Manage Chronic Condition on a Regular Basis
(All Diseases)



Q11.3: Having an illness often means doing different tasks and activities to manage your condition. How confident are you that you can do all the things necessary to manage your condition(s) on a regular basis?

APPENDIX A

Respondent Demographics

Gender, Age, Race/Ethnicity and Home Ownership

	TOTAL	A. Northwest	B. Northeast	C. Central	D. Southwest	D. Southeast
Gender	(n=1274)	(n=285)	(n=35)	(n=95)	(n=651)	(n=201)
Male	51%	53%	52%	49%	53%	47%
Female	49%	47%	48%	51%	47%	53%
Age	(n=1261)	(n=281)	(n=35)	(n=94)	(n=645)	(n=199)
18 to 24	17%	15%	12%	13%	20%	14%
25 to 34	16%	15%	15%	10%	18%	14%
35 to 44	19%	14%	19%	21%	19%	22%
45 to 54	19%	20%	7%	28%	18%	17%
55 to 64	13%	15%	25%	15%	11%	13%
65 to 74	9%	12%	11%	4%	7%	9%
75 or Older	8%	9%	11%	9%	6%	10%
Race/Ethnicity	(n=1270)	(n=284)	(n=35)	(n=94)	(n=649)	(n=201)
White, non-Hispanic	88%	98%	96%	95%	81%	96%
Other, non-Hispanic	3%	1%	0%	2%	3%	2%
Hispanic	9%	1%	4%	3%	16%	3%
Own or Rent Home	(n=1270)	(n=285)	(n=35)	(n=95)	(n=647)	(n=201)
Own	74%	73%	72%	80%	73%	78%
Rent	19%	21%	24%	14%	20%	12%
Other Arrangement	7%	5%	4%	6%	7%	10%

Marital Status and Number of Household Members

	TOTAL	A. Northwest	B. Northeast	C. Central	D. Southwest	D. Southeast
Marital Status	(n=1272)	(n=285)	(n=35)	(n=95)	(n=649)	(n=201)
Married	64%	61%	67%	69%	61%	73%
Divorced	8%	10%	12%	7%	8%	3%
Widowed	4%	6%	1%	4%	3%	5%
Separated	1%	1%	0%	0%	1%	1%
Never married	21%	21%	20%	15%	25%	17%
A member of an unmarried couple	3%	2%	0%	5%	2%	3%
Number of Children Less Than Age 18 At Home	(n=1274)	(n=285)	(n=35)	(n=95)	(n=651)	(n=201)
None	53%	64%	62%	65%	48%	50%
One	17%	13%	3%	9%	20%	15%
Two	18%	15%	24%	14%	19%	17%
Three or more	12%	8%	11%	12%	13%	17%
Number of Adults and Children in Household	(n=1274)	(n=285)	(n=35)	(n=95)	(n=651)	(n=201)
One	9%	14%	7%	9%	8%	7%
Two	30%	33%	34%	42%	27%	30%
Three	16%	22%	12%	17%	16%	9%
Four	23%	18%	26%	17%	25%	25%
Five	13%	10%	16%	14%	15%	12%
More than five	9%	3%	5%	2%	10%	17%

Education and Employment Status

	TOTAL	A. Northwest	B. Northeast	C. Central	D. Southwest	D. Southeast
Education	(n=1274)	(n=285)	(n=35)	(n=95)	(n=651)	(n=201)
Never attended school, or only Kindergarten	<1%	0%	0%	0%	<1%	0%
Grades 1-8 (Elementary)	2%	<1%	0%	0%	3%	1%
Grades 9-11 (Some high school)	3%	3%	3%	2%	4%	2%
Grade 12 or GED (High school graduate)	30%	29%	33%	33%	31%	25%
College 1 year to 3 years (Some college)	31%	30%	38%	31%	30%	37%
College 4 years or more (College graduate)	33%	37%	26%	34%	32%	35%
Employment Status	(n=1273)	(n=285)	(n=35)	(n=95)	(n=650)	(n=201)
Employed for wages	51%	45%	46%	56%	54%	47%
Self-employed	7%	9%	11%	2%	7%	7%
Out of work for more than a year	4%	7%	6%	5%	4%	1%
Out of work for less than a year	3%	4%	0%	2%	3%	2%
A homemaker	7%	3%	15%	11%	8%	9%
A student	7%	5%	0%	7%	7%	11%
Retired	17%	23%	20%	13%	14%	22%
Unable to work	4%	4%	3%	5%	4%	1%

Household Income, Poverty Status and Region

	TOTAL	A. Northwest	B. Northeast	C. Central	D. Southwest	D. Southeast
Household Income	(n=1101)	(n=252)	(n=27)	(n=77)	(n=571)	(n=170)
Less than \$20,000	15%	18%	28%	11%	14%	13%
\$20,000 to less than \$35,000	18%	15%	18%	21%	18%	18%
\$35,000 to less than \$50,000	18%	17%	32%	15%	19%	13%
\$50,000 to less than \$75,000	21%	19%	6%	16%	23%	19%
\$75,000 or more	30%	31%	15%	38%	26%	37%
Poverty Status	(n=1078)	(n=243)	(n=25)	(n=79)	(n=555)	(n=172)
Income under poverty line	11%	10%	25%	1%	11%	16%
Income over poverty line	89%	90%	75%	99%	89%	84%
Region	(n=1267)	(n=285)	(n=35)	(N=95)	(n=651)	(n=201)
Northwest	21%	100%				
Northeast	3%		100%			
Central	7%			100%		
Southwest	52%				100%	
Southeast	17%					100%

Tables with Demographics

Health Status by Demographics

	Total	Age							Gender	
		18-24	25-34	35-44	45-54	55-64	65-74	75+	Male	Female
Fair/Poor General Health Status	9.9%	4.2%	8.0%	10.3%	9.9%	12.5%	8.9%	21.3%	9.6%	10.3%
95% Confidence Intervals	(8.1-11.7)	(0.9-7.6)	(3.5-12.5)	(5.5-15.1)	(5.1-14.6)	(7.9-17.1)	(4.5-13.3)	(13.7-29.0)	(6.9-12.2)	(7.7-12.8)
Poor Physical Health (14 days+)	8.1%	6.2%	6.3%	6.9%	6.9%	14.0%	5.8%	12.9%	6.0%	10.3%
95% Confidence Intervals	(6.4-9.8)	(1.4-11.0)	(2.4-10.2)	(2.6-11.2)	(3.2-10.6)	(9.0-18.9)	(2.3-9.3)	(6.8-18.9)	(3.8-8.2)	(7.7-12.9)
Poor Mental Health (14 days+)	8.6%	10.7%	12.0%	9.4%	8.2%	6.6%	3.1%	4.3%	6.3%	11.0%
95% Confidence Intervals	(6.8-10.4)	(5.2-16.2)	(6.7-17.4)	(4.7-14.1)	(4.7-11.8)	(3.3-9.8)	(0.9-5.3)	(0.5-8.2)	(4.1-8.5)	(8.3-13.8)
Activity Limitation (14 days+)	5.1%	1.6%	4.3%	5.4%	4.4%	10.5%	3.3%	7.7%	4.6%	5.6%
95% Confidence Intervals	(3.8-6.4)	(0.0-3.8)	(0.8-7.7)	(2.1-8.7)	(1.3-7.6)	(5.7-15.2)	(0.6-5.9)	(2.9-12.4)	(2.7-6.5)	(3.8-7.4)

	Race/Ethnicity			Region				
	White, Non-Hispanic	Hispanic	Other	NW	NE	Central	SW	SE
Fair/Poor General Health Status	9.3%	15.4%	8.4%	11.1%	14.4%	6.2%	10.5%	7.2%
95% Confidence Intervals	(7.4-11.2)	(7.9-22.8)	(0-19.4)	(6.7-15.6)	(1.9-26.8)	(0.9-11.6)	(8.0-13.1)	(3.1-11.3)
Poor Physical Health (14 days+)	8.0%	11.5%	0.0%	8.7%	10.6%	5.4%	7.4%	10.1%
95% Confidence Intervals	(6.1-9.8)	(5.5-17.5)	--	(5.1-12.3)	(0.0-22.1)	(0.5-10.3)	(5.3-9.5)	(4.5-15.8)
Poor Mental Health (14 days+)	7.9%	17.1%	2.6%	9.3%	4.5%	9.6%	9.1%	6.4%
95% Confidence Intervals	(6.1-9.7)	(9.0-25.3)	(0.0-7.6)	(5.5-13.2)	(0.0-13.0)	(2.6-16.7)	(6.7-11.6)	(2.3-10.6)
Activity Limitation (14 days+)	4.9%	8.6%	0.0%	6.0%	3.5%	6.0%	5.1%	3.9%
95% Confidence Intervals	(3.4-6.3)	(3.0-14.2)	--	(2.9-9.0)	(0.0-10.1)	(1.0-11.0)	(3.2-7.0)	(1.0-6.7)

Q1: Would you say that in general your health is...?

Q2.1: Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

Q2.2: Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

Q2.3: During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

Health Status by Demographics (Cont'd.)

	Income				
	< \$20,000	\$20,000 - \$34,999	\$35,000 - \$49,999	\$50,000 - \$74,999	>= \$75,000
Fair/Poor General Health Status	22.1%	12.8%	11.1%	6.9%	4.3%
95% Confidence Intervals	(14.9-29.2)	(7.4-18.2)	(6.1-16.1)	(3.1-10.8)	(1.8-6.7)
Poor Physical Health (14 days+)	20.4%	8.9%	6.7%	8.3%	3.1%
95% Confidence Intervals	(12.8-27.9)	(3.7-14.0)	(2.7-10.7)	(4.4-12.1)	(1.3-4.9)
Poor Mental Health (14 days+)	17.5%	11.3%	7.0%	6.1%	5.1%
95% Confidence Intervals	(10.8-24.2)	(6.0-16.5)	(3.0-11.1)	(2.7-9.5)	(2.4-7.9)
Activity Limitation (14 days+)	14.0%	4.4%	4.4%	3.4%	3.3%
95% Confidence Intervals	(7.8-20.2)	(1.4-7.5)	(1.2-7.7)	(1.0-5.8)	(1.2-5.3)

	Poverty		Education			
	Below	Above	<HS	HS	Some College	College Grad
Fair/Poor General Health Status	18.9%	8.0%	20.9%	13.4%	9.4%	5.4%
95% Confidence Intervals	(9.7-28.0)	(6.1-9.9)	(11.3-30.5)	(9.6-17.1)	(6.0-12.9)	(3.1-7.7)
Poor Physical Health (14 days+)	24.5%	6.0%	11.9%	8.5%	10.0%	5.4%
95% Confidence Intervals	(13.7-35.3)	(4.5-7.6)	(4.8-19.1)	(5.5-11.4)	(6.1-13.8)	(3.1-7.6)
Poor Mental Health (14 days+)	20.7%	6.6%	10.7%	10.2%	10.4%	5.1%
95% Confidence Intervals	(11.2-30.2)	(4.9-8.3)	(3.3-18.2)	(6.7-13.7)	(6.8-14.0)	(2.9-7.3)
Activity Limitation (14 days+)	17.1%	3.8%	5.1%	6.5%	4.4%	4.4%
95% Confidence Intervals	(8.7-25.5)	(2.5-5.0)	(0.2-10.0)	(3.7-9.2)	(2.2-6.7)	(2.2-6.6)

Q1: Would you say that in general your health is...?

Q2.1: Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

Q2.2: Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

Q2.3: During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

Satisfaction With Life, and Social/Emotional Support by Demographics

	Total	Age							Gender	
		18-24	25-34	35-44	45-54	55-64	65-74	75+	Male	Female
Very Dissatisfied/Dissatisfied with Life	4.5%	0.0%	7.4%	6.8%	7.0%	3.3%	2.5%	1.2%	4.3%	4.8%
95% Confidence Intervals	(3.2-5.9)	--	(3-11.8)	(2.9-10.7)	(3.1-10.8)	(0.9-5.6)	(0.1-4.9)	(0.0-3.6)	(2.4-6.1)	(2.9-6.7)
Rarely/Never Receive Support	4.4%	4.9%	5.0%	3.9%	3.9%	3.9%	5.6%	4.8%	4.9%	3.9%
95% Confidence Intervals	(3.2-5.7)	(0.9-8.9)	(1.2-8.7)	(1.3-6.4)	(1.5-6.4)	(1.1-6.7)	(1.6-9.6)	(1.0-8.6)	(3.0-6.8)	(2.3-5.5)

	Race/Ethnicity			Region				
	White, Non-Hispanic	Hispanic	Other	NW	NE	Central	SW	SE
Very Dissatisfied/Dissatisfied with Life	4.1%	8.8%	4.1%	6.3%	4.2%	2.0%	4.2%	4.4%
95% Confidence Intervals	(2.8-5.5)	(3.2-14.4)	(0.0-11.9)	(2.6-10.1)	(0.0-12.4)	(0.0-4.5)	(2.7-5.7)	(0.6-8.2)
Rarely/Never Receive Support	3.7%	12.8%	0.0%	3.5%	0.0%	4.6%	5.8%	2.2%
95% Confidence Intervals	(2.5-5.0)	(6.0-19.6)	--	(1.1-5.9)	--	(0.2-8.9)	(3.8-7.8)	(0.0-4.5)

Q22.2: In general, how satisfied are you with your life?

Q22.1: How often do you get the social and emotional support you need?

Satisfaction With Life, and Social/Emotional Support by Demographics (Contd.)

	Income				
	< \$20,000	\$20,000 - \$34,999	\$35,000 - \$49,999	\$50,000 - \$74,999	>= \$75,000
Very Dissatisfied/Dissatisfied with Life	13.6%	7.9%	6.0%	2.0%	0.7%
95% Confidence Intervals	(7.3-19.9)	(3.0-12.8)	(2.5-9.5)	(0.2-3.8)	(0.0-1.5)
Rarely/Never Receive Support	10.2%	9.4%	3.4%	2.2%	0.1%
95% Confidence Intervals	(5.1-15.2)	(4.9-13.9)	(0.8-6.0)	(0.1-4.4)	(0.0-0.4)

	Poverty		Education			
	Below	Above	<HS	HS	Some College	College Grad
Very Dissatisfied/Dissatisfied with Life	20.7%	2.8%	10.3%	5.1%	5.6%	2.1%
95% Confidence Intervals	(10.6-30.8)	(1.8-3.9)	(3.3-17.4)	(2.8-7.3)	(2.5-8.7)	(0.7-3.5)
Rarely/Never Receive Support	10.5%	3.3%	16.9%	7.2%	2.9%	1.4%
95% Confidence Intervals	(4.2-16.9)	(2.1-4.5)	(7.6-26.1)	(4.3-10.1)	(0.9-4.9)	(0.2-2.7)

Q22.2: In general, how satisfied are you with your life?

Q22.1: How often do you get the social and emotional support you need?

Activity Limitation and Special Equipment Required by Demographics

	Total	Age							Gender	
		18-24	25-34	35-44	45-54	55-64	65-74	75+	Male	Female
Any Activity Limitation	21.0%	10.4%	13.8%	19.1%	21.0%	33.5%	23.7%	39.4%	18.5%	23.7%
95% Confidence Intervals	(18.5-23.6)	(4.5-16.3)	(8.2-19.5)	(13.0-25.2)	(14.9-27.2)	(26.6-40.4)	(16.9-30.5)	(30.4-48.5)	(14.9-22.2)	(20.2-27.1)
Requires Special Equipment	6.0%	0.0%	0.8%	4.2%	5.6%	15.1%	6.9%	18.5%	4.8%	7.2%
95% Confidence Intervals	(4.6-7.3)	--	(0.0-2.3)	(1.3-7.0)	(1.9-9.2)	(9.6-20.6)	(3.2-10.7)	(11.5-25.5)	(2.9-6.7)	(5.2-9.1)
Total Disability (Either of Above)	22.2%	10.4%	13.8%	20.5%	22.2%	35.1%	24.6%	44.4%	19.1%	25.5%
95% Confidence Intervals	(19.6-24.8)	(4.5-16.3)	(8.2-19.5)	(14.3-26.7)	(16.0-28.4)	(28.2-42.1)	(17.7-31.5)	(35.2-53.6)	(15.4-22.8)	(21.9-29.0)

	Race/Ethnicity			Region				
	White, Non-Hispanic	Hispanic	Other	NW	NE	Central	SW	SE
Any Activity Limitation	20.4%	23.8%	31.2%	24.8%	21.7%	16.6%	19.1%	24.1%
95% Confidence Intervals	(17.7-23.0)	(14.5-33.0)	(13.7-48.7)	(19.0-30.7)	(6.9-36.6)	(8.5-24.7)	(15.8-22.3)	(17.0-31.2)
Requires Special Equipment	5.7%	8.6%	6.4%	7.9%	0.0%	6.5%	5.6%	5.3%
95% Confidence Intervals	(4.3-7.1)	(3.5-13.7)	(0.0-14.1)	(4.2-11.7)	--	(0.7-12.4)	(3.8-7.3)	(2.4-8.3)
Total Disability (Either of Above)	21.5%	24.2%	34.5%	26.3%	21.7%	17.2%	20.1%	25.5%
95% Confidence Intervals	(18.8-24.2)	(15.0-33.5)	(16.5-52.5)	(20.3-32.2)	(6.9-36.6)	(9.0-25.4)	(16.8-23.5)	(18.2-32.7)

Q17.1: Are you limited in any way in any activities because of physical, mental, or emotional problems?

Q17.2: Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone? [Includes occasional use]

Activity Limitation and Special Equipment Required by Demographics (Cont'd.)

	Income				
	< \$20,000	\$20,000 - \$34,999	\$35,000 - \$49,999	\$50,000 - \$74,999	>= \$75,000
Any Activity Limitation	37.2%	22.6%	26.1%	17.2%	11.2%
95% Confidence Intervals	(28.1-46.4)	(15.9-29.2)	(19.2-33.0)	(11.5-22.8)	(7.5-14.7)
Requires Special Equipment	13.4%	10.0%	3.6%	2.6%	1.3%
95% Confidence Intervals	(7.5-19.4)	(5.6-14.5)	(1.2-6.1)	(0.3-4.9)	(0.2-2.5)
Total Disability (Either of Above)	39.3%	25.6%	26.5%	17.7%	11.4%
95% Confidence Intervals	(30.1-48.4)	(18.7-32.4)	(19.7-33.4)	(12.0-23.4)	(7.8-15.0)

	Poverty		Education			
	Below	Above	<HS	HS	Some College	College Grad
Any Activity Limitation	38.9%	18.7%	28.1%	20.1%	24.4%	17.5%
95% Confidence Intervals	(26.7-51.0)	(16.1-21.4)	(16.4-39.8)	(15.8-24.5)	(19.3-29.5)	(13.6-21.3)
Requires Special Equipment	10.1%	4.6%	11.7%	6.2%	7.0%	3.9%
95% Confidence Intervals	(3.0-17.1)	(3.3-5.9)	(4.7-18.7)	(3.7-8.6)	(4.1-9.8)	(2.0-5.8)
Total Disability (Either of Above)	38.9%	19.7%	33.3%	20.9%	26.1%	17.8%
95% Confidence Intervals	(26.7-51.0)	(17.0-22.4)	(21.1-45.4)	(16.5-25.3)	(20.9-31.3)	(13.9-21.6)

Q17.1: Are you limited in any way in any activities because of physical, mental, or emotional problems?

Q17.2: Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone? [Includes occasional use]

BMI Categories by Demographics

	Total	Age							Gender	
		18-24	25-34	35-44	45-54	55-64	65-74	75+	Male	Female
Obese (BMI\geq30)	25.8%	13.8%	23.9%	33.5%	26.1%	37.6%	25.3%	17.7%	24.7%	27.1%
95% Confidence Intervals	(23.0-28.7)	(6.9-20.7)	(16.4-31.3)	(26.2-40.8)	(19.6-32.6)	(30.7-44.6)	(17.9-32.8)	(10.8-24.7)	(20.6-28.8)	(23.2-30.9)
Overweight (BMI\geq25, <30)	36.7%	26.5%	27.5%	35.9%	48.9%	35.2%	44.8%	44.2%	43.3%	29.7%
95% Confidence Intervals	(33.6-39.8)	(17.9-35.1)	(19.9-35.1)	(28.7-43.2)	(41.2-56.5)	(28.5-42.0)	(36.3-53.3)	(34.9-53.4)	(38.5-48.0)	(25.8-33.5)
Healthy/Underweight (BMI<25)	37.4%	59.7%	48.7%	30.6%	25.1%	27.1%	29.8%	38.1%	32.0%	43.2%
95% Confidence Intervals	(34.2-40.6)	(50.2-69.3)	(39.9-57.4)	(23.8-37.4)	(18.7-31.5)	(20.8-33.4)	(21.9-37.7)	(29.0-47.2)	(27.4-36.6)	(39.0-47.5)

	Race/Ethnicity			Region				
	White, Non-Hispanic	Hispanic	Other	NW	NE	Central	SW	SE
Obese (BMI\geq30)	25.4%	33.7%	12.6%	26.7%	29.4%	18.1%	25.9%	27.1%
95% Confidence Intervals	(22.4-28.3)	(22.4-45.0)	(1.4-23.9)	(20.7-32.7)	(13.3-45.5)	(10.2-26.1)	(22.0-29.9)	(19.6-34.5)
Overweight (BMI\geq25, <30)	37.4%	29.6%	34.3%	38.6%	45.0%	45.5%	35.9%	31.5%
95% Confidence Intervals	(34.1-40.7)	(19.0-40.2)	(14.7-53.9)	(32.0-45.1)	(26.3-63.8)	(34.1-57.0)	(31.6-40.2)	(23.8-39.1)
Healthy/Underweight (BMI<25)	37.2%	36.7%	53.1%	34.7%	25.6%	36.3%	38.2%	41.5%
95% Confidence Intervals	(33.8-40.5)	(25.3-48.1)	(32.8-73.3)	(28.1-41.3)	(9.7-41.4)	(25.4-47.2)	(33.8-42.5)	(32.6-50.3)

Q13.10: About how much do you weigh without shoes?

Q13.11: About how tall are you without shoes?

BMI Categories by Demographics (Cont'd.)

	Income				
	< \$20,000	\$20,000 - \$34,999	\$35,000 - \$49,999	\$50,000 - \$74,999	>= \$75,000
Obese (BMI>=30)	25.9%	35.0%	24.9%	30.7%	20.5%
95% Confidence Intervals	(18.3-33.6)	(27.0-43.1)	(18.2-31.7)	(24.0-37.5)	(15.3-25.7)
Overweight (BMI>=25, <30)	42.1%	32.6%	35.7%	37.6%	40.3%
95% Confidence Intervals	(32.3-51.9)	(25.2-40.0)	(28.2-43.2)	(30.4-44.7)	(33.9-46.7)
Healthy/Underweight (BMI<25)	32.0%	32.4%	39.4%	31.7%	39.2%
95% Confidence Intervals	(22.6-41.3)	(25.0-39.7)	(31.5-47.3)	(24.8-38.6)	(32.6-45.8)

	Poverty		Education			
	Below	Above	<HS	HS	Some College	College Grad
Obese (BMI>=30)	30.6%	25.0%	35.6%	28.0%	29.5%	19.1%
95% Confidence Intervals	(19.3-41.9)	(22.0-28.1)	(22.4-48.8)	(22.6-33.3)	(24.1-34.8)	(14.9-23.3)
Overweight (BMI>=25, <30)	39.0%	37.1%	35.6%	35.7%	32.7%	41.6%
95% Confidence Intervals	(26.4-51.6)	(33.7-40.6)	(23.0-48.2)	(30.0-41.4)	(27.2-38.1)	(36.2-47.0)
Healthy/Underweight (BMI<25)	30.4%	37.8%	28.8%	36.3%	37.9%	39.3%
95% Confidence Intervals	(18.6-42.2)	(34.2-41.4)	(17.1-40.5)	(30.5-42.1)	(31.9-43.9)	(34.0-44.6)

Q13.10: About how much do you weigh without shoes?

Q13.11: About how tall are you without shoes?

Hypertension by Demographics

	Total	Age							Gender	
		18-24	25-34	35-44	45-54	55-64	65-74	75+	Male	Female
Told Have HBP	31.4%	15.6%	11.7%	25.9%	30.7%	48.7%	53.8%	66.2%	35.1%	27.6%
95% Confidence Intervals	(28.5-34.3)	(8.3-23.0)	(6.4-17.1)	(19.0-32.8)	(23.8-37.7)	(41.7-55.8)	(45.5-62.2)	(57.5-74.8)	(30.6-39.5)	(23.9-31.2)

	Race/Ethnicity			Region				
	White, Non-Hispanic	Hispanic	Other	NW	NE	Central	SW	SE
Told Have HBP	32.1%	27.4%	18.1%	36.2%	34.2%	36.4%	28.7%	29.6%
95% Confidence Intervals	(29.0-35.2)	(17.4-37.4)	(4.5-31.7)	(29.8-42.7)	(16.8-51.5)	(25.8-46.9)	(24.8-32.6)	(22.1-37.0)

	Income				
	< \$20,000	\$20,000 - \$34,999	\$35,000 - \$49,999	\$50,000 - \$74,999	>= \$75,000
Told Have HBP	40.1%	37.1%	31.1%	27.7%	28.3%
95% Confidence Intervals	(30.8-49.4)	(29.7-44.6)	(24.0-38.2)	(21.2-34.2)	(22.5-34.1)

	Poverty		Education			
	Below	Above	<HS	HS	Some College	College Grad
Told Have HBP	30.0%	31.9%	58.4%	30.8%	31.3%	27.5%
95% Confidence Intervals	(18.4-41.5)	(28.6-35.1)	(45.8-71.0)	(25.6-35.9)	(25.9-36.6)	(22.8-32.2)

Q4.1: Have you EVER been told by a doctor, nurse or other health professional that you have high blood pressure? (If Yes, and respondent female, asked "Was this only during a pregnancy?")

Time Since Last Routine Checkup by Demographics

	Total	Age							Gender	
		18-24	25-34	35-44	45-54	55-64	65-74	75+	Male	Female
Within the Past Year	73.8%	61.1%	63.1%	67.6%	75.4%	85.6%	88.2%	97.4%	66.0%	82.1%
95% Confidence Intervals	(70.8-76.8)	(51.7-70.6)	(54.5-71.7)	(60.5-74.6)	(68.9-81.8)	(80.8-90.4)	(82.5-94.0)	(94.8-99.9)	(61.3-70.7)	(78.7-85.4)

	Race/Ethnicity			Region				
	White, Non-Hispanic	Hispanic	Other	NW	NE	Central	SW	SE
Within the Past Year	74.3%	70.1%	71.4%	82.5%	72.3%	84.1%	68.1%	75.8%
95% Confidence Intervals	(71.2-77.5)	(59.1-81.1)	(53.8-89.1)	(77.4-87.6)	(55.9-88.8)	(76.3-92.0)	(63.8-72.4)	(67.6-84.0)

	Income				
	< \$20,000	\$20,000 - \$34,999	\$35,000 - \$49,999	\$50,000 - \$74,999	>= \$75,000
Within the Past Year	65.9%	73.7%	67.6%	74.6%	78.3%
95% Confidence Intervals	(56.2-75.6)	(66.1-81.3)	(60.0-75.2)	(67.8-81.4)	(72.6-84.0)

	Poverty		Education			
	Below	Above	<HS	HS	Some College	College Grad
Within the Past Year	56.3%	75.6%	64.1%	74.0%	74.3%	74.7%
95% Confidence Intervals	(43.8-68.9)	(72.4-78.9)	(50.4-77.8)	(68.5-79.6)	(68.8-79.9)	(69.9-79.5)

Q3.6: About how long has it been since you last visited a doctor for a routine checkup?

Leisure Time Physical Activity by Demographics

	Total	Age							Gender	
		18-24	25-34	35-44	45-54	55-64	65-74	75+	Male	Female
No Leisure Time Physical Activity	12.7%	11.2%	9.7%	13.0%	10.7%	14.9%	14.3%	20.0%	12.1%	13.3%
95% Confidence Intervals	(10.5-14.9)	(4.6-17.8)	(4.9-14.6)	(7.7-18.3)	(5.8-15.7)	(10.0-19.9)	(8.6-20.1)	(12.6-27.4)	(8.9-15.4)	(10.5-16.2)

	Race/Ethnicity			Region				
	White, Non-Hispanic	Hispanic	Other	NW	NE	Central	SW	SE
No Leisure Time Physical Activity	12.5%	16.7%	4.9%	14.5%	14.0%	5.1%	11.6%	16.7%
95% Confidence Intervals	(10.2-14.8)	(8.6-24.7)	(0.0-11.9)	(9.8-19.3)	(2.6-25.4)	(1.0-9.2)	(8.7-14.5)	(10.2-23.2)

	Income				
	< \$20,000	\$20,000 - \$34,999	\$35,000 - \$49,999	\$50,000 - \$74,999	>= \$75,000
No Leisure Time Physical Activity	24.9%	20.1%	15.1%	4.9%	4.5%
95% Confidence Intervals	(16.0-33.9)	(13.6-26.6)	(9.1-21.1)	(2.0-7.8)	(2.1-6.8)

	Poverty		Education			
	Below	Above	<HS	HS	Some College	College Grad
No Leisure Time Physical Activity	30.3%	8.9%	29.4%	16.5%	13.4%	5.8%
95% Confidence Intervals	(18.1-42.5)	(7.0-10.8)	(16.3-42.4)	(12.4-20.7)	(9.1-17.8)	(3.6-8.1)

Q16.2: During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

Tobacco Use by Demographics

	Total	Age							Gender	
		18-24	25-34	35-44	45-54	55-64	65-74	75+	Male	Female
Current Smoker	17.2%	21.5%	30.7%	16.6%	14.6%	15.4%	7.3%	1.6%	19.1%	15.2%
95% Confidence Intervals	(14.8-19.6)	(14.0-29.0)	(23.0-38.4)	(10.9-22.3)	(9.4-19.7)	(10.1-20.7)	(3.3-11.4)	(0.0-3.3)	(15.4-22.8)	(12.1-18.3)
Former Smoker	24.5%	11.1%	17.7%	25.6%	27.8%	34.0%	38.3%	25.9%	29.4%	19.5%
95% Confidence Intervals	(21.9-27.2)	(5.6-16.7)	(11.5-23.9)	(19.0-32.1)	(20.9-34.8)	(27.4-40.7)	(30.1-46.5)	(18.1-33.8)	(25.2-33.6)	(16.3-22.7)
Tried to Quit (current smokers)	61.0%	67.3%	57.2%	72.4%	59.2%	51.0%	47.8%	15.7%	62.4%	59.1%
95% Confidence Intervals	(53.4-68.5)	(49.9-84.6)	(42.8-71.7)	(54.3-90.4)	(40.6-77.7)	(32.0-70.0)	(19.7-76.0)	(0.0-45.8)	(52.2-72.6)	(48-70.2)
Smokeless Tobacco Use	2.7%	4.5%	4.9%	3.6%	0.9%	1.5%	0.8%	0.0%	4.9%	0.3%
95% Confidence Intervals	(1.5-3.8)	(0.3-8.8)	(1.2-8.7)	(0.7-6.6)	(0.0-1.9)	(0.0-3.4)	(0.0-2.3)	--	(2.8-7.1)	(0.0-0.8)

	Race/Ethnicity			Region				
	White, Non-Hispanic	Hispanic	Other	NW	NE	Central	SW	SE
Current Smoker	16.8%	20.1%	20.2%	21.6%	16.5%	12.6%	18.2%	11.1%
95% Confidence Intervals	(14.3-19.4)	(11.5-28.7)	(5.3-35.1)	(15.8-27.3)	(3.1-30.0)	(4.9-20.3)	(14.8-21.5)	(5.3-16.9)
Former Smoker	25.4%	19.0%	11.6%	28.3%	7.8%	29.3%	24.4%	21.7%
95% Confidence Intervals	(22.5-28.2)	(10.3-27.7)	(0.0-23.7)	(22.6-34.1)	(0.8-14.8)	(19.5-39.1)	(20.7-28.1)	(15.0-28.5)
Tried to Quit (current smokers)	59.1%	74.1%	67.1%	60.8%	51.9%	83.8%	57.6%	69.5%
95% Confidence Intervals	(50.9-67.4)	(53.8-94.3)	(28.8-100.0)	(45.7-75.9)	(7.6-96.3)	(62.5-100.0)	(47.8-67.5)	(43.2-95.8)
Smokeless Tobacco Use	2.7%	3.1%	0.0%	3.6%	5.2%	0.0%	2.6%	2.4%
95% Confidence Intervals	(1.6-3.8)	(0.0-9.2)	--	(1.1-6.0)	(0.0-13.3)	--	(0.9-4.3)	(0.0-5.1)

Q12.1: Have you smoked at least 100 cigarettes in your entire life?

Q12.2: Do you currently use chewing tobacco, snuff, or snus every day, some days, or not at all?

Q12.3: Do you now smoke cigarettes everyday, some days, or not at all?

Q12.4: During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking? [Current smokers only]

Tobacco Use by Demographics (Cont'd.)

	Income				
	< \$20,000	\$20,000 - \$34,999	\$35,000 - \$49,999	\$50,000 - \$74,999	>= \$75,000
Current Smoker	29.8%	24.2%	19.4%	14.4%	7.3%
95% Confidence Intervals	(21.2-38.3)	(17.1-31.4)	(13.2-25.6)	(9.2-19.6)	(3.9-10.7)
Former Smoker	18.9%	24.3%	26.7%	30.0%	27.1%
95% Confidence Intervals	(11.9-25.9)	(18-30.6)	(19.7-33.7)	(23.3-36.7)	(21.6-32.7)
Tried to Quit (current smokers)	58.9%	57.4%	65.2%	75.6%	55.1%
95% Confidence Intervals	(42.5-75.2)	(40.1-74.7)	(48.6-81.9)	(59.5-91.7)	(31.1-79.1)
Smokeless Tobacco Use	3.0%	2.1%	0.5%	3.7%	3.9%
95% Confidence Intervals	(0.0-6.0)	(0.0-4.8)	(0.0-1.5)	(0.9-6.6)	(0.9-7.0)

	Poverty		Education			
	Below	Above	<HS	HS	Some College	College Grad
Current Smoker	36.8%	13.7%	34.8%	25.5%	19.2%	4.9%
95% Confidence Intervals	(25.1-48.4)	(11.2-16.1)	(21.4-48.1)	(20.4-30.6)	(14.6-23.8)	(2.7-7.1)
Former Smoker	16.3%	27.6%	17.8%	23.6%	24.5%	26.6%
95% Confidence Intervals	(7.4-25.1)	(24.5-30.7)	(7.2-28.3)	(18.9-28.3)	(19.7-29.2)	(21.9-31.4)
Tried to Quit (current smokers)	54.8%	62.0%	80.6%	56.5%	60.0%	62.5%
95% Confidence Intervals	(35.8-73.7)	(52.6-71.4)	(63.4-97.8)	(45.1-67.8)	(46.9-73)	(39.7-85.3)
Smokeless Tobacco Use	3.0%	2.5%	0.0%	2.1%	4.0%	2.3%
95% Confidence Intervals	(0.0-7.2)	(1.2-3.8)	--	(0.5-3.8)	(1.3-6.8)	(0.6-4.0)

Q12.1: Have you smoked at least 100 cigarettes in your entire life?

Q12.2: Do you currently use chewing tobacco, snuff, or snus every day, some days, or not at all?

Q12.3: Do you now smoke cigarettes everyday, some days, or not at all?

Q12.4: During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking? [Current smokers only]

Alcohol Use by Demographics

	Total	Age							Gender	
		18-24	25-34	35-44	45-54	55-64	65-74	75+	Male	Female
Heavy Drinker	7.5%	8.6%	10.1%	5.9%	9.5%	7.0%	5.3%	2.7%	8.8%	6.2%
95% Confidence Intervals	(5.8-9.2)	(3.1-14.1)	(4.9-15.3)	(2.6-9.3)	(4.8-14.2)	(3.5-10.5)	(2.0-8.5)	(0.0-5.6)	(6.0-11.6)	(4.2-8.1)
Binge Drinking	20.3%	35.4%	30.9%	20.6%	22.4%	7.6%	5.5%	0.7%	26.4%	14.0%
95% Confidence Intervals	(17.6-23.1)	(26.3-44.5)	(23-38.7)	(14.4-26.7)	(15.5-29.3)	(4.0-11.2)	(0.1-11.0)	(0.0-1.6)	(22.0-30.9)	(10.9-17.0)

	Race/Ethnicity			Region				
	White, Non-Hispanic	Hispanic	Other	NW	NE	Central	SW	SE
Heavy Drinker	7.2%	9.4%	10.0%	12.4%	6.1%	8.0%	6.6%	4.4%
95% Confidence Intervals	(5.5-9.0)	(1.4-17.3)	(0.0-23.1)	(7.7-17.1)	(0.0-14.4)	(2.0-14.0)	(4.2-8.9)	(1.3-7.4)
Binge Drinking	19.9%	21.8%	32.8%	27.3%	23.1%	14.5%	21.2%	11.7%
95% Confidence Intervals	(17.0-22.7)	(11.9-31.8)	(13.2-52.3)	(20.7-33.8)	(6.3-39.8)	(6.4-22.5)	(17.4-24.9)	(5.3-18.1)

Q21.1: During the past 30 days, how many days per week, or per month did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage, or liquor?

Q21.2: One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?

Q21.3: Considering all types of alcoholic beverages, how many times during the past 30 days did you have X (x=5 for men, x=4 for women) or more drinks on an occasion?

Alcohol Use by Demographics (Cont'd.)

	Income				
	< \$20,000	\$20,000 - \$34,999	\$35,000 - \$49,999	\$50,000 - \$74,999	>= \$75,000
Heavy Drinker	8.2%	7.1%	8.2%	7.2%	8.9%
95% Confidence Intervals	(2.7-13.8)	(3.1-11.1)	(3.8-12.5)	(3.0-11.3)	(5.1-12.7)
Binge Drinking	21.8%	17.6%	24.6%	20.6%	22.7%
95% Confidence Intervals	(13.1-30.4)	(11.4-23.8)	(17.4-31.8)	(14.1-27.1)	(16.8-28.5)

	Poverty		Education			
	Below	Above	<HS	HS	Some College	College Grad
Heavy Drinker	4.2%	8.3%	2.5%	8.1%	9.4%	6.0%
95% Confidence Intervals	(0.0-10.0)	(6.2-10.4)	(0.0-6.1)	(4.9-11.4)	(5.8-13)	(3.4-8.6)
Binge Drinking	22.2%	21.7%	15.6%	21.5%	22.9%	17.6%
95% Confidence Intervals	(11.5-33.0)	(18.5-24.9)	(3.5-27.7)	(16.6-26.4)	(17.7-28.1)	(13.0-22.1)

Q21.1: During the past 30 days, how many days per week, or per month did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage, or liquor?

Q21.2: One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?

Q21.3: Considering all types of alcoholic beverages, how many times during the past 30 days did you have X (x=5 for men, x=4 for women) or more drinks on an occasion?

Seatbelt Use by Demographics

	Total	Age							Gender	
		18-24	25-34	35-44	45-54	55-64	65-74	75+	Male	Female
Always Use Seatbelt	90.2%	81.1%	83.2%	94.0%	93.5%	93.7%	94.4%	97.2%	87.7%	92.9%
95% Confidence Intervals	(88.2-92.2)	(73.6-88.7)	(77.0-89.4)	(90.4-97.5)	(89.6-97.4)	(90.1-97.3)	(90.8-98.0)	(94.6-99.8)	(84.6-90.8)	(90.3-95.4)

	Race/Ethnicity			Region				
	White, Non-Hispanic	Hispanic	Other	NW	NE	Central	SW	SE
Always Use Seatbelt	91.1%	83.9%	82.4%	89.2%	88.9%	93.4%	89.5%	92.6%
95% Confidence Intervals	(89-93.1)	(74.8-92.9)	(66.8-98.1)	(84.6-93.7)	(77.5-100.0)	(88.0-98.8)	(86.5-92.5)	(88.4-96.8)

	Income				
	< \$20,000	\$20,000 - \$34,999	\$35,000 - \$49,999	\$50,000 - \$74,999	>= \$75,000
Always Use Seatbelt	88.9%	91.7%	89.9%	88.9%	91.5%
95% Confidence Intervals	(82.3-95.5)	(87.2-96.2)	(85.1-94.6)	(83.6-94.1)	(87.5-95.4)

	Poverty		Education			
	Below	Above	<HS	HS	Some College	College Grad
Always Use Seatbelt	86.5%	90.3%	95.5%	87.9%	89.9%	91.7%
95% Confidence Intervals	(77.6-95.4)	(88.0-92.6)	(89.9-100.0)	(83.8-92.1)	(86.1-93.7)	(88.7-94.8)

Q19.1: How often do you use seat belts when you drive or ride in a car? Would you say...

Fruit/Vegetable Consumption by Demographics

	Total	Age							Gender	
		18-24	25-34	35-44	45-54	55-64	65-74	75+	Male	Female
Inadequate Fruit/Vegetables	83.0%	92.3%	81.0%	82.5%	85.2%	79.7%	79.3%	71.4%	88.6%	77.1%
95% Confidence Intervals	(80.7-85.2)	(87.5-97.0)	(74.4-87.2)	(77.0-88.1)	(80.6-89.9)	(74.3-85.2)	(72.8-85.7)	(62.2-80.6)	(85.8-91.4)	(73.6-80.4)

	Race/Ethnicity			Region				
	White, Non-Hispanic	Hispanic	Other	NW	NE	Central	SW	SE
Inadequate Fruit/Vegetables	82.1%	77.9%	91.6%	81.2%	71.7%	80.7%	85.3%	81.3%
95% Confidence Intervals	(79.7-84.6)	(86.2-96.7)	(61.9-93.9)	(76.0-86.3)	(53.5-87.4)	(71.9-89.4)	(82.4-88.2)	(75.5-87.0)

	Income				
	< \$20,000	\$20,000 - \$34,999	\$35,000 - \$49,999	\$50,000 - \$74,999	>= \$75,000
Inadequate Fruit/Vegetables	89.9%	87.8%	83.4%	81.4%	77.6%
95% Confidence Intervals	(84.9-94.9)	(83.2-92.5)	(77.6-89.0)	(75.8-87.0)	(72.7-82.6)

	Poverty		Education			
	Below	Above	<HS	HS	Some College	College Grad
Inadequate Fruit/Vegetables	90.1%	81.3%	89.0%	85.8%	83.7%	78.8%
95% Confidence Intervals	(84.0-96.3)	(78.7-84.0)	(81.2-96.9)	(74.7-82.8)	(81.8-89.8)	(79.6-87.6)

Health Coverage, Medical Home and Problems Getting Care by Demographics

	Total	Age							Gender	
		18-24	25-34	35-44	45-54	55-64	65-74	75+	Male	Female
Has Coverage (18-64)	87.4%	80.6%	82.6%	88.6%	92.8%	92.4%	NA	NA	87.2%	87.6%
95% Confidence Intervals	(84.9-89.9)	(73.0-88.2)	(76.3-88.8)	(83.6-93.6)	(89.2-96.4)	(88.8-96.0)	--	--	(83.6-90.7)	(84.1-91.0)
Has Medical Home	88.0%	73.1%	80.5%	88.9%	93.4%	95.3%	96.3%	99.0%	84.3%	91.9%
95% Confidence Intervals	(85.8-90.3)	(64.3-81.8)	(73.8-87.1)	(84.1-93.7)	(89.8-97.0)	(92.5-98.2)	(93.1-99.5)	(97.6-100.0)	(80.7-88.0)	(89.4-94.5)
Had Problems Getting Care	4.9%	7.0%	5.3%	7.5%	5.3%	1.4%	2.3%	1.2%	4.1%	5.8%
95% Confidence Intervals	(3.4-6.5)	(2.0-12.0)	(1.7-8.9)	(2.9-12.0)	(1.7-9.0)	(0.0-2.9)	(0.1-4.6)	(0.0-2.9)	(2.0-6.2)	(3.6-8.0)

	Race/Ethnicity			Region				
	White, Non-Hispanic	Hispanic	Other	NW	NE	Central	SW	SE
Has Coverage (18-64)	88.9%	75.5%	83.3%	87.6%	83.5%	96.4%	85.7%	88.8%
95% Confidence Intervals	(86.4-91.4)	(65.2-85.9)	(68.1-98.5)	(82.5-92.8)	(69.8-97.2)	(92.7-100.0)	(82.2-89.3)	(82.1-95.5)
Has Medical Home	89.6%	72.0%	92.9%	91.5%	78.5%	92.6%	84.9%	92.8%
95% Confidence Intervals	(87.3-91.9)	(61.7-82.3)	(83.2-100.0)	(87.8-95.3)	(63.1-93.9)	(86.9-98.2)	(81.4-88.4)	(87.4-98.2)
Had Problems Getting Care	4.7%	8.6%	0.0%	5.5%	0.0%	2.8%	4.4%	7.6%
95% Confidence Intervals	(3.1-6.3)	(2.6-14.7)	--	(2.2-8.9)	--	(0.0-6.6)	(2.6-6.2)	(2.1-13.1)

Q3.1: Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare or Indian Health Services? [Age 18-64 Only]

Q3.3: Do you have one person you think of as your personal doctor or health care provider?

Q3.4: In the past 12 months, have you had problems getting needed health care?

Health Coverage, Medical Home and Problems Getting Care by Demographics (Cont'd.)

	Income				
	< \$20,000	\$20,000 - \$34,999	\$35,000 - \$49,999	\$50,000 - \$74,999	>= \$75,000
Has Coverage (18-64)	64.8%	77.3%	89.5%	96.1%	98.0%
95% Confidence Intervals	(53.9-75.6)	(69.4-85.2)	(84.1-94.9)	(92.8-99.6)	(95.9-100.0)
Has Medical Home	71.4%	79.6%	90.0%	94.4%	96.8%
95% Confidence Intervals	(61.8-80.9)	(72.9-86.3)	(85.1-94.9)	(90.8-98.0)	(94.5-99.1)
Had Problems Getting Care	17.9%	6.9%	2.2%	1.6%	1.9%
95% Confidence Intervals	(10.1-25.8)	(1.8-12.0)	(0.1-4.3)	(0.0-3.4)	(0.2-3.6)

	Poverty		Education			
	Below	Above	<HS	HS	Some College	College Grad
Has Coverage (18-64)	70.4%	93.2%	65.0%	81.1%	87.5%	95.8%
95% Confidence Intervals	(58.4-82.5)	(91.3-95.2)	(48.1-81.9)	(75.6-86.6)	(83.2-91.7)	(93.4-98.2)
Has Medical Home	67.5%	91.6%	70.4%	86.1%	88.7%	92.2%
95% Confidence Intervals	(55.3-79.7)	(89.5-93.6)	(57.1-83.8)	(81.7-90.4)	(84.5-92.9)	(89.1-95.2)
Had Problems Getting Care	23.8%	2.2%	11.1%	4.8%	6.7%	2.3%
95% Confidence Intervals	(12.6-35.0)	(1.2-3.1)	(0.2-22.0)	(2.4-7.3)	(3.4-10.1)	(0.8-3.9)

Q3.1: Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare or Indian Health Services? [Age 18-64 Only]

Q3.3: Do you have one person you think of as your personal doctor or health care provider?

Q3.4: In the past 12 months, have you had problems getting needed health care?

Mammograms by Demographics

	Total	Age							Gender	
		18-24	25-34	35-44	45-54	55-64	65-74	75+	Male	Female
Ever had mammogram	94.1%	NA	NA	81.1%	93.5%	97.8%	95.8%	99.1%	NA	94.1%
95% Confidence Intervals	(91.8-96.5)	--	--	(71.5-91.2)	(88.7-98.4)	(94.7-100.0)	(89.8-100.0)	(97.4-100.0)	--	(91.8-96.5)
Within past year	70.1%	NA	NA	52.9%	72.0%	79.6%	73.2%	66.9%	NA	70.1%
95% Confidence Intervals	(66.0-74.3)	--	--	(40.3-64.0)	(63.9-79.6)	(72.3-87.3)	(63.7-82.1)	(56.3-77.4)	--	(66.0-74.3)

	Race/Ethnicity			Region				
	White, Non-Hispanic	Hispanic	Other	NW	NE	Central	SW	SE
Ever had mammogram	94.0%	97.5%	100.0%	92.7%	85.3%	95.9%	94.2%	95.9%
95% Confidence Intervals	(91.6-96.5)	(92.5-100.0)	--	(86.9-98.5)	(64.3-100.0)	(91.1-100.0)	(90.6-97.7)	(91.8-100.0)
Within past year	70.4%	67.9%	57.3%	66.7%	65.7%	72.0%	70.5%	71.6%
95% Confidence Intervals	(66.3-74.9)	(50.2-85.6)	(12.8-100.0)	(58.2-76.2)	(39.3-92.2)	(59.1-84.8)	(64.3-76.8)	(62.2-81.0)

Q6.1: Have you ever had a mammogram? [Females, 40+ Only]

Q6.2: [If yes] How long has it been since you had your last mammogram?

Mammograms by Demographics (Cont'd.)

	Income				
	< \$20,000	\$20,000 - \$34,999	\$35,000 - \$49,999	\$50,000 - \$74,999	>= \$75,000
Ever had mammogram	91.4%	95.8%	90.8%	93.5%	96.8%
95% Confidence Intervals	(83.6-99.3)	(91.8-99.9)	(82.1-99.5)	(86.7-100.0)	(93.3-100.0)
Within past year	59.2%	68.9%	59.1%	76.2%	79.2%
95% Confidence Intervals	(46.4-71.9)	(59.0-78.9)	(46.6-71.6)	(66.2-86.1)	(71.7-86.7)

	Poverty		Education			
	Below	Above	<HS	HS	Some College	College Grad
Ever had mammogram	82.8%	94.8%	90.1%	90.5%	97.2%	95.9%
95% Confidence Intervals	(66.4-99.2)	(92.2-97.4)	(78.9-100.0)	(85.2-95.9)	(94.6-99.9)	(92.6-99.1)
Within past year	65.4%	71.5%	68.2%	64.7%	72.3%	74.1%
95% Confidence Intervals	(44.8-86.1)	(66.9-76.1)	(51.2-85.1)	(56.9-72.5)	(65.2-80.2)	(67.3-80.9)

Q6.1: Have you ever had a mammogram? [Females Only]

Q6.2: [If yes] How long has it been since you had your last mammogram?

Cervical Cancer Screening by Demographics

	Total	Age							Gender	
		18-24	25-34	35-44	45-54	55-64	65-74	75+	Male	Female
Ever had Pap test	92.5%	69.1%	94.6%	95.9%	97.8%	100.0%	97.8%	96.4%	NA	92.5%
95% Confidence Intervals	(89.9-95.0)	(56.8-81.4)	(89.8-99.3)	(92.1-99.7)	(95.2-100.0)	--	(95.1-100.0)	(92.2-100.0)	--	(89.9-95.0)
Last test appropriately timed	78.8%	69.1%	92.2%	84.6%	89.0%	85.2%	64.5%	48.9%	NA	78.8%
95% Confidence Intervals	(75.3-82.2)	(56.8-81.4)	(86.5-98.0)	(76.7-92.6)	(83.4-94.6)	(77.8-91.0)	(55.0-74.7)	(37.5-61.4)	--	(75.3-82.2)

	Race/Ethnicity			Region				
	White, Non-Hispanic	Hispanic	Other	NW	NE	Central	SW	SE
Ever had Pap test	93.6%	90.7%	59.2%	93.0%	93.5%	99.4%	89.5%	97.0%
95% Confidence Intervals	(91.0-96.2)	(82.9-98.5)	(31.8-86.6)	(88.0-98.0)	(81.1-100.0)	(98.2-100.0)	(85.2-93.9)	(93.8-100.0)
Last test appropriately timed	78.5%	87.5%	55.2%	77.8%	69.8%	82.9%	77.8%	82.3%
95% Confidence Intervals	(74.8-82.2)	(78.9-96.1)	(27.9-82.5)	(70.4-85.1)	(46.8-92.8)	(72.5-93.3)	(72.7-82.8)	(74.6-90.0)

Q6.3: Have you ever had a Pap test? [Females only]

Q6.4: [If yes] How long has it been since you had your last Pap test?

Cervical Cancer Screening by Demographics (Cont'd.)

	Income				
	< \$20,000	\$20,000 - \$34,999	\$35,000 - \$49,999	\$50,000 - \$74,999	>= \$75,000
Ever had Pap test	89.3%	95.8%	96.5%	93.0%	94.4%
95% Confidence Intervals	(81.8-96.8)	(92.1-99.4)	(92.2-100.0)	(84.7-100.0)	(89.8-98.9)
Last test appropriately timed	68.8%	76.6%	78.5%	86.9%	90.6%
95% Confidence Intervals	(58.7-78.9)	(68.2-85.1)	(69.8-87.2)	(77.8-96.0)	(85.4-95.8)

	Poverty		Education			
	Below	Above	<HS	HS	Some College	College Grad
Ever had Pap test	91.6%	94.6%	82.0%	90.7%	92.2%	96.5%
95% Confidence Intervals	(83.5-99.7)	(91.9-97.3)	(68.5-95.4)	(85.9-95.5)	(87.3-97.2)	(93.6-99.3)
Last test appropriately timed	77.9%	81.7%	60.1%	69.5%	82.8%	87.4%
95% Confidence Intervals	(65.2-90.5)	(78.0-85.4)	(43.3-76.8)	(62.7-76.3)	(76.6-89.0)	(82.8-91.9)

Q6.3: Have you ever had a Pap test? [Females only]

Q6.4: [If yes] How long has it been since you had your last Pap test?

Prostate Cancer Screening by Demographics

	Total	Age							Gender	
		18-24	25-34	35-44	45-54	55-64	65-74	75+	Male	Female
Ever had PSA test	64.6%	NA	NA	30.0%	54.7%	81.0%	92.7%	87.4%	64.6%	NA
95% Confidence Intervals	(58.7-70.5)	--	--	(15.4-44.7)	(43.4-66.0)	(72.1-89.9)	(87.2-98.2)	(78.2-96.5)	(58.7-70.5)	--

	Race/Ethnicity			Region				
	White, Non-Hispanic	Hispanic	Other	NW	NE	Central	SW	SE
Ever had PSA test	63.4%	79.1%	100.0%	68.5%	83.2%	69.3%	59.2%	70.4%
95% Confidence Intervals	(57.3-69.5)	(58.1-100.0)	--	(56.5-80.4)	(60.5-100.0)	(46.0-92.7)	(51.0-67.4)	(55.6-85.1)

	Income				
	< \$20,000	\$20,000 - \$34,999	\$35,000 - \$49,999	\$50,000 - \$74,999	>= \$75,000
Ever had PSA test	61.5%	59.7%	61.4%	61.4%	70.4%
95% Confidence Intervals	(42.7-80.3)	(44.4-75.0)	(48.1-74.8)	(47.6-75.2)	(60.1-80.6)

	Poverty		Education			
	Below	Above	<HS	HS	Some College	College Grad
Ever had PSA test	68.1%	66.2%	66.3%	60.7%	62.8%	67.1%
95% Confidence Intervals	(42.2-94)	(59.9-72.5)	(45.4-87.2)	(49.3-72.1)	(51.1-74.6)	(58.2-76.1)

Q7.2: Have you EVER HAD a PSA test? [Males 35+ only]

Colorectal Screening by Demographics

	Total	Age							Gender	
		18-24	25-34	35-44	45-54	55-64	65-74	75+	Male	Female
Ever had sigmoidoscopy/colonoscopy	75.5%	NA	NA	NA	56.1%	81.5%	82.3%	82.8%	74.1%	76.9%
95% Confidence Intervals	(71.4-79.4)	--	--	--	(45.1-67.2)	(75.8-86.9)	(76.0-88.7)	(76.3-89.7)	(67.6-80.6)	(72.2-81.3)
Within past 5 years	62.6%	NA	NA	NA	51.4%	62.2%	69.3%	71.2%	62.6%	62.7%
95% Confidence Intervals	(58.9-67.6)	--	--	--	(41.0-63.3)	(55.4-69.0)	(63.0-77.9)	(64.2-80.4)	(56.3-70.1)	(58.2-68.6)

	Race/Ethnicity			Region				
	White, Non-Hispanic	Hispanic	Other	NW	NE	Central	SW	SE
Ever had sigmoidoscopy/colonoscopy	76.2%	60.3%	74.3%	75.7%	81.5%	78.5%	70.9%	86.1%
95% Confidence Intervals	(72.1-80.2)	(38.2-82.4)	(30.5-100.0)	(67.4-84.1)	(63.5-99.5)	(64.6-92.4)	(64.7-77.0)	(78.3-92.5)
Within past 5 years	63.3%	47.7%	74.3%	63.6%	61.6%	58.1%	60.0%	72.0%
95% Confidence Intervals	(59.4-68.3)	(25.0-73.0)	(30.5-100.0)	(55.1-72.7)	(39.5-83.6)	(44.3-77.1)	(54.0-66.9)	(63.2-81.4)

Q8.1: Have you ever had either of these exams? [50+ Only]

Q8.2: [If yes] How long has it been since you had your last sigmoidoscopy or colonoscopy?

Colorectal Screening by Demographics (Cont'd.)

	Income				
	< \$20,000	\$20,000 - \$34,999	\$35,000 - \$49,999	\$50,000 - \$74,999	>= \$75,000
Ever had sigmoidoscopy/colonoscopy	65.7%	67.4%	74.6%	77.7%	81.8%
95% Confidence Intervals	(52.0-77.8)	(57.8-77.0)	(65.1-84.0)	(66.8-88.6)	(74.1-89.5)
Within past 5 years	48.1%	56.0%	61.9%	66.6%	70.7%
95% Confidence Intervals	(35.1-60.9)	(47.1-66.9)	(52.6-73.6)	(55.3-77.9)	(62.1-79.2)

	Poverty		Education			
	Below	Above	<HS	HS	Some College	College Grad
Ever had sigmoidoscopy/colonoscopy	56.0%	77.1%	57.7%	77.2%	75.1%	77.4%
95% Confidence Intervals	(31.2-80.7)	(72.8-81.4)	(40.7-74.7)	(70.3-84.1)	(66.9-82.6)	(70.8-84.1)
Within past 5 years	44.3%	65.5%	52.5%	63.6%	61.6%	64.4%
95% Confidence Intervals	(22.5-70.1)	(61.1-70.6)	(35.8-71.3)	(57.1-72.5)	(54.0-70.2)	(57.3-72.0)

Q8.1: Have you ever had either of these exams? [50+ Only]

Q8.2: [If yes] How long has it been since you had your last sigmoidoscopy or colonoscopy?

Oral Health by Demographics

	Total	Age							Gender	
		18-24	25-34	35-44	45-54	55-64	65-74	75+	Male	Female
No dental visit in past year	21.6%	19.4%	35.5%	21.4%	19.9%	13.2%	20.4%	17.9%	21.7%	21.4%
95% Confidence Intervals	(18.9-24.3)	(11.9-26.9)	(26.9-44.0)	(15.1-27.7)	(13.9-25.8)	(8.7-17.7)	(14.0-26.9)	(11.1-24.7)	(17.6-25.8)	(17.9-25)
No teeth cleaning in past year	22.0%	21.6%	39.5%	22.3%	17.9%	13.5%	18.2%	12.9%	21.5%	22.5%
95% Confidence Intervals	(19.2-24.8)	(13.8-29.4)	(30.8-48.2)	(15.6-28.8)	(12.0-23.3)	(9.5-18.9)	(11.5-24.7)	(6.8-18.7)	(17.4-25.6)	(18.7-26.2)
Six or more missing teeth	9.1%	0.0%	3.2%	5.2%	7.3%	13.7%	22.2%	32.1%	7.7%	10.6%
95% Confidence Intervals	(7.4-10.8)	--	(0.4-6.1)	(1-9.4)	(3.1-11.4)	(8.9-18.6)	(15.5-29)	(23.4-40.7)	(5.5-9.9)	(8.0-13.2)

	Race/Ethnicity			Region				
	White, Non-Hispanic	Hispanic	Other	NW	NE	Central	SW	SE
No dental visit in past year	20.8%	29.3%	23.6%	22.7%	37.3%	12.7%	23.3%	16.0%
95% Confidence Intervals	(17.9-23.6)	(19.4-39.2)	(7.8-39.4)	(16.8-28.6)	(19.0-55.5)	(5.6-19.7)	(19.6-27.0)	(8.9-23.1)
No teeth cleaning in past year	21.4%	25.8%	27.5%	22.2%	34.5%	14.1%	24.3%	15.1%
95% Confidence Intervals	(18.4-24.4)	(16.3-35.2)	(10.2-44.9)	(16.3-28.1)	(15.6-53.4)	(6.9-21.4)	(20.4-28.2)	(7.6-22.7)
Six or more missing teeth	9.7%	4.7%	3.6%	8.3%	9.7%	6.2%	8.3%	13.4%
95% Confidence Intervals	(7.9-11.6)	(0.7-8.7)	(0.0-8.8)	(4.9-11.7)	(0.8-18.5)	(1.8-10.6)	(6.1-10.5)	(8.0-18.8)

Q24.1 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 orthodontists.

Q24.3: How long has it been since you had your teeth cleaned by a dentist or dental hygienist?

Q24.2: How many of your permanent teeth have been removed because of tooth decay or gum disease? Include teeth lost to infection, but do not include teeth lost for other reasons, such as injury or orthodontics.

Oral Health by Demographics (Cont'd.)

	Income				
	< \$20,000	\$20,000 - \$34,999	\$35,000 - \$49,999	\$50,000 - \$74,999	>= \$75,000
No dental visit in past year	43.8%	34.1%	24.7%	13.2%	8.0%
95% Confidence Intervals	(34.2-53.3)	(26.3-42.0)	(18.0-31.4)	(8.2-18.2)	(3.6-12.3)
No teeth cleaning in past year	47.0%	37.1%	24.1%	13.8%	8.3%
95% Confidence Intervals	(37.0-57.0)	(28.7-45.4)	(17.2-31.0)	(8.7-18.9)	(3.9-12.7)
Six or more missing teeth	14.6%	17.0%	8.0%	5.0%	3.6%
95% Confidence Intervals	(9.2-20.1)	(10.7-23.3)	(4.1-11.8)	(1.5-8.5)	(1.8-5.4)

	Poverty		Education			
	Below	Above	<HS	HS	Some College	College Grad
No dental visit in past year	46.0%	16.6%	43.3%	30.4%	21.6%	10.2%
95% Confidence Intervals	(33.5-58.6)	(13.8-19.3)	(30.1-56.4)	(24.8-36.1)	(16.8-26.4)	(6.9-13.5)
No teeth cleaning in past year	53.2%	16.2%	40.3%	29.2%	24.6%	10.7%
95% Confidence Intervals	(40.3-66.2)	(13.5-19.0)	(25.9-54.7)	(23.5-35.0)	(19.4-29.8)	(7.3-14.2)
Six or more missing teeth	16.7%	7.4%	27.4%	11.1%	8.4%	4.9%
95% Confidence Intervals	(7.7-25.7)	(5.7-9.1)	(23.9-50.4)	(22.0-31.8)	(22.2-32.3)	(14.2-22.4)

Q24.1 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 orthodontists.

Q24.3: How long has it been since you had your teeth cleaned by a dentist or dental hygienist?

Q24.2: How many of your permanent teeth have been removed because of tooth decay or gum disease? Include teeth lost to infection, but do not include teeth lost for other reasons, such as injury or orthodontics.

Immunizations by Demographics

	Total	Age							Gender	
		18-24	25-34	35-44	45-54	55-64	65-74	75+	Male	Female
Flu shot in past year (65+)	67.9%	NA	NA	NA	NA	NA	61.4%	75.5%	68.5%	67.5%
95% Confidence Intervals	(62.2-73.7)	--	--	--	--	--	(53.3-69.6)	(67.3-83.0)	(59.2-77.8)	(60.2-74.8)
Pneumonia shot (65+)	70.9%	NA	NA	NA	NA	NA	62.7%	79.9%	70.8%	70.9%
95% Confidence Intervals	(65.3-76.6)	--	--	--	--	--	(54.6-70.8)	(71.9-87.1)	(61.9-79.7)	(63.7-78.3)

	Race/Ethnicity			Region				
	White, Non-Hispanic	Hispanic	Other	NW	NE	Central	SW	SE
Flu shot in past year (65+)	68.6%	44.4%	100.0%	73.0%	46.1%	41.3%	70.8%	69.0%
95% Confidence Intervals	(62.8-74.5)	(13.8-75.0)	--	(61.6-84.4)	(10.5-81.7)	(18.5-67.1)	(62.5-79.1)	(56.3-81.8)
Pneumonia shot (65+)	71.3%	55.8%	100.0%	77.6%	44.8%	63.3%	73.5%	68.0%
95% Confidence Intervals	(65.6-77.1)	(25.2-86.4)	--	(67.8-87.4)	(8.9-80.7)	(40.0-88.4)	(65.4-81.6)	(54.7-81.4)

Q20.1: During the past 12 months, have you had either a seasonal flu shot or a seasonal flu vaccine that was sprayed in your nose? [65+ only]

Q20.3: Have you ever had a pneumonia shot? [65+ only]

Immunizations by Demographics (Cont'd.)

	Income				
	< \$20,000	\$20,000 - \$34,999	\$35,000 - \$49,999	\$50,000 - \$74,999	>= \$75,000
Flu shot in past year (65+)	64.0%	67.1%	67.7%	74.9%	80.7%
95% Confidence Intervals	(49.2-78.9)	(55.7-78.6)	(52.8-82.6)	(59.7-90.0)	(65.3-96.1)
Pneumonia shot (65+)	63.3%	71.7%	63.7%	74.7%	75.1%
95% Confidence Intervals	(47.2-79.4)	(60.5-82.9)	(49.6-77.8)	(59.6-89.9)	(58.6-91.5)

	Poverty		Education			
	Below	Above	<HS	HS	Some College	College Grad
Flu shot in past year (65+)	67.2%	70.0%	74.3%	56.9%	72.3%	74.6%
95% Confidence Intervals	(38.7-95.7)	(63.5-76.5)	(57.0-91.6)	(46.5-67.3)	(62.5-82.4)	(63.5-85.6)
Pneumonia shot (65+)	51.6%	71.3%	58.0%	68.2%	76.2%	72.5%
95% Confidence Intervals	(19.3-83.9)	(65.0-77.5)	(37.5-78.5)	(57.8-78.5)	(67.0-85.7)	(62.4-82.6)

Q20.1: During the past 12 months, have you had either a seasonal flu shot or a seasonal flu vaccine that was sprayed in your nose? [65+ only]

Q20.3: Have you ever had a pneumonia shot? [65+ only]

Asthma and Diabetes by Demographics

	Total	Age							Gender	
		18-24	25-34	35-44	45-54	55-64	65-74	75+	Male	Female
Ever told had asthma	13.5%	20.1%	13.4%	11.8%	12.1%	13.6%	10.9%	9.8%	10.1%	16.9%
95% Confidence Intervals	(11.2-15.7)	(12.4-27.7)	(8.1-18.8)	(6.9-16.6)	(7.1-17.1)	(8.8-18.3)	(5.0-16.9)	(4.0-15.6)	(7.0-13.3)	(13.8-20.1)
Still have asthma	8.4%	7.5%	7.9%	7.2%	10.0%	11.1%	5.7%	9.1%	4.9%	11.9%
95% Confidence Intervals	(6.6-10.2)	(2.6-12.5)	(3.5-12.2)	(3.2-11.3)	(5.2-14.9)	(6.7-15.4)	(2.5-9.1)	(3.5-14.9)	(2.7-7.2)	(9.2-14.7)
Ever told had diabetes (non-gestational)	7.3%	0.7%	1.6%	6.4%	6.6%	12.2%	21.9%	11.5%	8.8%	5.7%
95% Confidence Intervals	(5.8-8.8)	(0.0-2.1)	(0.0-3.4)	(2.3-10.4)	(2.8-10.3)	(7.7-16.7)	(14.8-28.9)	(6.0-17.1)	(6.3-11.3)	(4.1-7.3)

	Race/Ethnicity			Region				
	White, Non-Hispanic	Hispanic	Other	NW	NE	Central	SW	SE
Ever told had asthma	13.5%	13.6%	10.9%	13.9%	4.7%	13.7%	13.5%	13.8%
95% Confidence Intervals	(11.1-15.8)	(5.5-21.7)	(0.0-22.7)	(9.3-18.5)	(0.0-13.5)	(6.4-21.0)	(10.4-16.6)	(7.6-20.0)
Still have asthma	8.6%	5.9%	7.8%	8.9%	0.0%	5.0%	8.7%	9.0%
95% Confidence Intervals	(6.7-10.6)	(1.7-10.1)	(0.0-18.4)	(5.3-12.6)	--	(0.5-9.5)	(6.2-11.3)	(4.2-14.0)
Ever told had diabetes (non-gestational)	7.1%	10.1%	1.1%	6.9%	5.5%	11.7%	6.6%	8.5%
95% Confidence Intervals	(5.5-8.7)	(4.6-15.6)	(0.0-3.3)	(3.6-10.2)	(0.0-13.2)	(5.0-18.3)	(4.7-8.4)	(4.1-12.9)

Q9.1: Ever told had asthma?

Q9.2: [If yes] Do you still have asthma?

Q9.10 Has a doctor, nurse, or other health professional EVER told you that you had diabetes?

Asthma and Diabetes by Demographics (Cont'd.)

	Income				
	< \$20,000	\$20,000 - \$34,999	\$35,000 - \$49,999	\$50,000 - \$74,999	>= \$75,000
Ever told had asthma	17.9%	16.8%	10.0%	11.4%	11.9%
95% Confidence Intervals	(10.6-25.2)	(10.7-22.9)	(5.2-14.8)	(6.7-16.0)	(10.6-25.2)
Still have asthma	10.1%	10.0%	5.9%	8.4%	7.7%
95% Confidence Intervals	(5.2-15.3)	(4.9-15.2)	(2.5-9.4)	(4.2-12.5)	(4.3-11.1)
Ever told had diabetes (non-gestational)	6.9%	10.0%	9.7%	4.2%	7.2%
95% Confidence Intervals	(3.1-10.6)	(5.8-14.2)	(5.6-13.8)	(1.7-6.6)	(3.6-10.7)

	Poverty		Education			
	Below	Above	<HS	HS	Some College	College Grad
Ever told had asthma	22.8%	12.7%	17.4%	11.3%	14.2%	14.0%
95% Confidence Intervals	(12.5-33.1)	(10.3-15.2)	(5.5-29.2)	(7.8-14.9)	(10.1-18.4)	(10.1-17.9)
Still have asthma	12.1%	8.1%	7.9%	7.2%	8.6%	9.2%
95% Confidence Intervals	(4.4-20.1)	(6.2-10.1)	(1.6-14.1)	(4.3-10.3)	(5.4-11.9)	(5.9-12.6)
Ever told had diabetes (non-gestational)	5.4%	7.8%	12.0%	7.5%	7.2%	6.4%
95% Confidence Intervals	(1.0-9.8)	(6.0-9.5)	(4.6-19.4)	(5.0-10.0)	(4.3-10.0)	(3.9-9.0)

Q9.1: Ever told had asthma?

Q9.2: [If yes] Do you still have asthma?

Q9.10 Has a doctor, nurse, or other health professional EVER told you that you had diabetes?

Prevalence of Various Conditions by Demographics

<i>Ever told you had...</i>	Total	Age							Gender	
		18-24	25-34	35-44	45-54	55-64	65-74	75+	Male	Female
Heart Attack	2.1%	0.0%	0.0%	0.9%	0.8%	3.3%	7.4%	8.6%	2.7%	1.4%
95% Confidence Intervals	(1.3-2.8)	--	--	(0.0-2.3)	(0.0-2.2)	(1.0-5.6)	(3.0-11.8)	(3.7-13.6)	(1.5-3.8)	(0.6-2.3)
Angina/Coronary Heart Disease	3.0%	0.0%	0.0%	1.4%	1.8%	7.5%	9.0%	8.6%	3.8%	2.1%
95% Confidence Intervals	(2.1-3.9)	--	--	(0.0-3.1)	(0.0-3.8)	(4.0-10.9)	(4.0-14.0)	(2.9-14.3)	(2.3-5.3)	(1.0-3.2)
Stroke	1.2%	0.0%	0.0%	0.5%	0.7%	3.2%	2.5%	3.9%	1.5%	0.8%
95% Confidence Intervals	(0.6-1.7)	--	--	(0.0-1.3)	(0.0-2.0)	(0.6-5.9)	(0.3-4.7)	(1.0-6.8)	(0.6-2.4)	(0.2-1.5)
Skin Cancer	7.3%	0.7%	0.4%	3.0%	4.3%	13.1%	21.5%	27.4%	6.9%	7.6%
95% Confidence Intervals	(5.9-8.7)	(0.0-1.9)	(0.0-1.2)	(0.5-5.5)	(1.4-7.2)	(8.2-17.9)	(14.7-28.3)	(19.0-35.8)	(4.9-9.0)	(5.7-9.6)
Other Cancer	5.3%	0.0%	1.3%	0.9%	4.3%	9.2%	13.3%	22.9%	3.4%	7.3%
95% Confidence Intervals	(4.2-6.4)	--	(0.0-3.0)	(0.0-2.0)	(1.9-6.6)	(5.4-13.1)	(8.0-18.6)	(15.1-30.7)	(2.1-4.8)	(5.4-9.1)
COPD/Emphysema/Chronic Bronchitis	4.5%	4.5%	0.8%	4.4%	2.3%	8.3%	8.8%	7.1%	4.1%	4.9%
95% Confidence Intervals	(3.1-5.8)	(0.0-9.0)	(0.0-2.5)	(0.9-7.8)	(0.3-4.2)	(4.3-12.3)	(4.2-13.4)	(2.3-11.9)	(2.3-6.0)	(2.9-6.8)
Arthritis/Gout/Lupus/Fibromyalgia	23.2%	2.8%	6.7%	14.2%	26.0%	40.2%	47.8%	60.8%	21.4%	25.1%
95% Confidence Intervals	(20.7-25.7)	(0.1-5.6)	(2.6-10.8)	(8.8-19.6)	(19.2-32.8)	(33.2-47.1)	(39.4-56.1)	(51.8-69.8)	(17.7-25.1)	(21.7-28.5)

Q9.3 to 9.9: Has a doctor, nurse, or other health professional EVER told you that you had any of the following?

Prevalence of Various Conditions by Demographics (Cont'd.)

<i>Ever told you had...</i>	Race/Ethnicity			Region				
	White, Non-Hispanic	Hispanic	Other	NW	NE	Central	SW	SE
Heart Attack	2.0%	2.7%	1.1%	1.2%	4.7%	4.2%	2.0%	2.0%
95% Confidence Intervals	(1.3-2.8)	(0.0-5.4)	(0.0-3.3)	(0.0-2.4)	(0.0-11.5)	(0.0-8.8)	(1.1-2.9)	(0.3-3.7)
Angina/Coronary Heart Disease	3.1%	1.4%	4.1%	2.2%	9.4%	3.9%	2.8%	3.3%
95% Confidence Intervals	(2.1-4.1)	(0.0-3.3)	(0.0-11.9)	(0.3-4.0)	(0.0-20.4)	(0.0-8.2)	(1.6-3.9)	(1.2-5.4)
Stroke	1.2%	0.8%	3.4%	1.2%	0.0%	3.9%	1.1%	0.6%
95% Confidence Intervals	(0.6-1.8)	(0.0-2.2)	(0.0-9.9)	(0.1-2.2)	--	(0.0-8.2)	(0.4-1.8)	(0.0-1.4)
Skin Cancer	8.0%	0.0%	10.4%	12.7%	9.4%	7.2%	5.3%	6.5%
95% Confidence Intervals	(6.4-9.6)	--	(0.0-21.9)	(8.7-16.8)	(0.0-19.6)	(2.2-12.2)	(3.6-6.9)	(3.1-10.0)
Other Cancer	5.7%	2.8%	0.0%	7.3%	10.0%	5.7%	4.1%	5.6%
95% Confidence Intervals	(4.5-7.0)	(0.0-6.2)	--	(4.4-10.3)	(0.2-19.8)	(1.1-10.3)	(2.8-5.5)	(2.8-8.4)
COPD/Emphysema/Chronic Bronchitis	5.0%	0.8%	0.0%	4.7%	3.5%	6.7%	2.8%	8.7%
95% Confidence Intervals	(3.4-6.5)	(0.0-1.9)	--	(2.0-7.5)	(0.0-8.4)	(1.5-11.8)	(1.5-4.1)	(3.4-14.0)
Arthritis/Gout/Lupus/Fibromyalgia	23.8%	20.9%	6.8%	30.2%	36.8%	28.6%	20.4%	18.5%
95% Confidence Intervals	(21-26.5)	(12.5-29.2)	(0.0-14.5)	(24.1-36.4)	(19.4-54.3)	(18.5-38.6)	(17.1-23.6)	(12.8-24.2)

Q9.3 to 9.9: Has a doctor, nurse, or other health professional EVER told you that you had any of the following?

Prevalence of Various Conditions by Demographics (Cont'd.)

<i>Ever told you had...</i>	Income				
	< \$20,000	\$20,000 - \$34,999	\$35,000 - \$49,999	\$50,000 - \$74,999	>= \$75,000
Heart Attack	2.7%	3.5%	3.8%	1.1%	0.5%
95% Confidence Intervals	(0.7-4.7)	(1.1-5.9)	(1.2-6.3)	(0.0-2.4)	(0.0-1.2)
Angina/Coronary Heart Disease	4.7%	5.0%	3.7%	1.7%	2.0%
95% Confidence Intervals	(1.3-8.1)	(2.2-7.9)	(1.1-6.3)	(0.0-3.4)	(0.4-3.5)
Stroke	3.2%	1.6%	0.7%	0.3%	0.4%
95% Confidence Intervals	(0.5-5.9)	(0.0-3.5)	(0.0-1.5)	(0.0-0.9)	(0.0-1.0)
Skin Cancer	4.6%	5.3%	9.3%	7.5%	7.0%
95% Confidence Intervals	(1.8-7.4)	(2.5-8.2)	(4.8-13.7)	(4.1-10.9)	(4.3-9.7)
Other Cancer	4.1%	6.9%	4.2%	4.8%	5.3%
95% Confidence Intervals	(1.5-6.6)	(3.8-9.9)	(1.4-6.9)	(2.1-7.5)	(3.0-7.6)
COPD/Emphysema/Chronic Bronchitis	8.5%	8.3%	3.2%	1.6%	2.1%
95% Confidence Intervals	(3.1-13.8)	(3.5-13.1)	(0.9-5.5)	(0.0-3.5)	(0.5-3.6)
Arthritis/Gout/Lupus/Fibromyalgia	31.8%	27.9%	23.5%	22.1%	18.4%
95% Confidence Intervals	(23.6-40.1)	(21.2-34.6)	(17.1-29.9)	(16.1-28.2)	(13.6-23.1)

Q9.3 to 9.9: Has a doctor, nurse, or other health professional EVER told you that you had any of the following?

Prevalence of Various Conditions by Demographics (Cont'd.)

<i>Ever told you had...</i>	Poverty		Education			
	Below	Above	<HS	HS	Some College	College Grad
Heart Attack	1.1%	2.1%	3.3%	3.6%	1.7%	0.8%
95% Confidence Intervals	(0.0-2.8)	(1.2-2.9)	(0.0-6.6)	(1.8-5.4)	(0.5-3.0)	(0.1-1.4)
Angina/Coronary Heart Disease	3.4%	3.0%	2.0%	4.5%	3.5%	1.4%
95% Confidence Intervals	(0.0-7.3)	(2.0-4.1)	(0.0-4.7)	(2.4-6.6)	(1.7-5.4)	(0.4-2.3)
Stroke	0.0%	1.1%	3.4%	2.0%	0.7%	0.5%
95% Confidence Intervals	--	(0.5-1.7)	(0.0-7.2)	(0.6-3.4)	(0.1-1.4)	(0.0-1.1)
Skin Cancer	0.5%	8.2%	10.5%	5.4%	6.6%	9.1%
95% Confidence Intervals	(0.0-1.5)	(6.4-9.9)	(4.0-17.1)	(3.1-7.6)	(4.2-9.1)	(6.3-11.8)
Other Cancer	3.2%	5.5%	2.5%	5.0%	3.9%	7.4%
95% Confidence Intervals	(0.3-6.2)	(4.2-6.8)	(0.0-5.3)	(3.1-7.0)	(2.3-5.6)	(5.0-9.8)
COPD/Emphysema/Chronic Bronchitis	10.5%	3.4%	9.0%	6.3%	3.2%	3.3%
95% Confidence Intervals	(2.1-18.9)	(2.2-4.5)	(0.0-19.1)	(3.6-9.0)	(1.1-5.3)	(1.5-5.1)
Arthritis/Gout/Lupus/Fibromyalgia	28.1%	24.1%	33.6%	21.3%	24.0%	22.4%
95% Confidence Intervals	(17.6-38.7)	(21.1-27.0)	(22.1-45.1)	(17.1-25.6)	(19.2-28.8)	(18.0-26.8)

Q9.3 to 9.9: Has a doctor, nurse, or other health professional EVER told you that you had any of the following?

Depression by Demographics

	Total	Age							Gender	
		18-24	25-34	35-44	45-54	55-64	65-74	75+	Male	Female
Current Major Depression	4.6%	8.3%	7.1%	5.4%	4.5%	0.9%	0.8%	1.0%	3.2%	6.1%
95% Confidence Intervals	(3.2-6.1)	(2.7-13.8)	(2.9-11.4)	(1.6-9.1)	(2.0-7.0)	(0.0-2.2)	(0.0-2.0)	(0.0-2.9)	(1.4-5.0)	(3.8-8.4)

	Race/Ethnicity			Region				
	White, Non-Hispanic	Hispanic	Other	NW	NE	Central	SW	SE
Current Major Depression	3.9%	11.1%	4.8%	4.9%	0.0%	3.9%	4.7%	5.4%
95% Confidence Intervals	(2.4-5.4)	(4.6-17.7)	(0.0-14)	(1.9-7.8)	--	(0.0-8.1)	(2.8-6.5)	(0.5-10.3)

	Income				
	< \$20,000	\$20,000 - \$34,999	\$35,000 - \$49,999	\$50,000 - \$74,999	>= \$75,000
Current Major Depression	13.0%	10.0%	3.3%	0.6%	0.8%
95% Confidence Intervals	(6.4-19.6)	(4.7-15.2)	(0.5-6.0)	(0.0-1.7)	(0.0-2.0)

	Poverty		Education			
	Below	Above	<HS	HS	Some College	College Grad
Current Major Depression	18.5%	2.4%	12.4%	7.0%	3.7%	2.1%
95% Confidence Intervals	(8.4-28.5)	(1.4-3.5)	(1.7-23.1)	(3.9-10.0)	(1.2-6.2)	(0.6-3.6)

2011 Ottawa County Behavioral Risk Factor Survey - Questionnaire

Interviewer's Script

Hello, This is _____ from the Frost Research Center at Hope College on behalf of the Ottawa County Health Department. We are gathering information on the health of Ottawa County residents. Your household has been chosen randomly to be interviewed, and I would like to ask some questions about health and health practices

Is this (phone number) ?

If "no," Thank you very much, but I seem to have dialed the wrong number. It's possible that your number may be called at a later time. **STOP**

Is this a private residence in Ottawa County?

If "no," Thank you very much, but we are only interviewing private residences in Ottawa County. **STOP**

NOT PRIVATE RESIDENCE - Group Homes (halfway houses, shelters, sororities, fraternities,), institutions (nursing homes, assisted living facilities, college dormitories, etc.) or vacation homes not occupied for more than 30 days per year.)

I need to randomly select one adult who lives in your household to be interviewed. How many current members of your household, including yourself, are 18 years of age or older? (e.g. does not include college students living away from home)

___ Number of adults

If "1,"

Are you the adult?

If "yes,"

Then you are the person I need to speak with. Enter 1 man or 1 woman below (Ask gender if necessary). **Go to "everybody" introduction.**

If "no,"

Is the adult a man or a woman? Enter 1 man or 1 woman below. May I speak with **[him/her]**? **Go to "different person" introduction.**

(If more than "1") How many of these adults are men and how many are women?

___ Number of men

___ Number of women

IF there are five or more adults, ask, Is this a private residence or a group home?

If it is a group home, Thank you for your time, but we are only interviewing private residences. **STOP**

If two to four adults, or a private residence with 5 or more adults,

I would like to speak to the adult with the closest birthday. Is that person available?

If person doesn't know the birthdays, continue survey with him or her.

If no, When would be a good time to call to reach that person, and may I ask that person's first name? Thank you for your time.

Enter name and call back information on calling sheet. STOP

Survey Introduction – If a different person :

Hello, This is _____ from the Frost Research Center at Hope College on behalf of the Ottawa County Health Department. We are gathering information on the health of Ottawa County residents. You have been chosen randomly to be interviewed, and I would like to ask some questions about health and health practices.

Survey Introduction for everybody:

I won't ask for your last name, address, or other personal information that can identify you. You do not have to answer any question you do not want to, and you can end the interview at any time. The interview takes about 20 to 25 minutes and any information you provide will be confidential. If you have any questions about this survey, I will provide a telephone number for you to call to get more information. Are you an Ottawa County resident?

Yes

No (I'm sorry, this survey is only for Ottawa County Residents. Thank you for your time) **STOP**

Do you have a cell phone, land line phone, or both?

Cell phone only

Land line phone only

Both

Refused

IF they have a landline:

How many residential landline telephone numbers do you have in your household? (Not number of phones. Not cell phones. Not business numbers. Different Residential landline numbers.)

1

2

3

4

5 or more

Don't know
Refused

What is your zip code?

49401 - Allendale
49403 - Conklin
49404 - Coopersville
49409 - Ferrysburg
49417 - Grand Haven
49423 - Holland (southside)
49424 - Holland (northside)
49426 - Hudsonville
49427 - Jamestown
49428 - Jenison
49430 - Lamont
49434 - Macatawa
49435 - Marne
49448 - Nunica
49456 - Spring Lake
49460 - West Olive
49464 - Zeeland
other (please specify)
don't know
refused

Caller: Indicate gender of respondent. Ask only if necessary

Male
Female

May I ask your age?

Caller: Enter age. Enter 999 for refused, and ask follow-up question.

—

Caller: Choose correct range from previous question. If respondent refused age, say: May I ask what range your age falls in?
A few of our questions are age dependent. Are you...

18-29
30-39
40-44
45-49
50-59
60-69
70 or older

Section 1: Health Status

1.1 Would you say that in general your health is...

Please read:

1 Excellent

2 Very good

3 Good

4 Fair

Or

5 Poor

98 Don't know / Not sure **(Do not read)**

99 Refused **(Do not read)**

Section 2: Healthy Days — Health-Related Quality of Life

2.1 Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

(Caller: use 0 (zero) for “none”, 98 for “don't know/not sure”, 99 for refused)

__ Number of days

2.2 Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

(Caller: use 0 (zero) for “none”, 98 for “don’t know/not sure”, 99 for refused)

__ Number of days [If Q2.1 and Q2.2 = 0 (None), go to Section 3]

2.3 During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

(Caller: use 0 (zero) for “none”, 98 for “don’t know/not sure”, 99 for refused)

__ Number of days

2.4. During the past 30 days, for about how many days did **pain** make it hard for you to do your usual activities, such as self-care, work, or recreation?

(Caller: use 0 (zero) for “none”, 98 for “don’t know/not sure”, 99 for refused)

__ Number of days

Section 3: Health Care Access

3.1 Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare or Indian Health Services?

1 Yes

2 No [Go to Q3.2]

98 Don't know / Not sure [Go to Q3.2]

99 Refused [Go to Q3.2]

3.1a Do you personally have Medicaid or Medicare Insurance?

(Caller: If initial response is “Yes”, probe for which type or both.)

1 Yes, Medicaid only

2 Yes, Medicare only

3 Yes, both Medicaid and Medicare

4 No

98 Don't know / Not sure

99 Refused

[Go to Q3.3]

3.2 If you do not have health insurance is it because you (mark all that apply):

1 Were dropped by insurance company

- 2 Lost employment
- 3 No longer qualify for Medicaid
- 4 Cannot pay for it
- 5 Were denied due to pre-existing condition
- 8 8 Other _____
- 98 Don't know / Not sure
- 9 9 Refused

3.3 Do you have one person you think of as your personal doctor or health care provider?

Caller: If initial response is "No," ask: "Is there more than one, or is there no person who you think of as your personal doctor or health care provider?"

- 1 Yes, only one
- 2 More than one
- 3 No
- 98 Don't know / Not sure
- 99 Refused

3.4 In the past 12 months , have you had problems getting needed health care?

- 1 Yes **[Go to Q3.5]**
- 2 No **[Go to Q3.6]**
- 98 Don't know / Not sure
- 99 Refused

3.5 Please provide the reason(s) for the difficulty in getting healthcare. *(mark all that apply)*

- 1 Health care provider not available
- 2 Lack of insurance
- 3 Health care provider would not accept your insurance
- 4 Insurance would not approve/pay for care
- 5 Cannot afford co-pay or deductible
- 6 Lack of transportation
- 7 Language barriers
- 8 Cannot afford to pay for health care
- 9 Cannot understand my doctor
- 88 Other _____
- 98 Don't know / Not sure
- 99 Refused

3.6 About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition.

- 1 Within past year (anytime less than 12 months ago)
- 2 Within past 2 years (1 year but less than 2 years ago)
- 3 Within past 5 years (2 years but less than 5 years ago)
- 4 5 or more years ago
- 97 Never
- 98 Don't know/ Not sure
- 99 Refused

3.7 Within the past 12 months, when seeking health care, do you feel your experiences were worse than, the same as, or better than for people of other races?

Caller: If the respondent indicates that they do not know about other people's experiences when seeking health care, say:

"This question is asking about your perceptions when seeking health care. It does not require specific knowledge about other people's experiences."

- 1 Worse than other races
- 2 The same as other races
- 3 Better than other races
- 4 Worse than some races, better than others (**Do not read**)
- 5 Only encountered people of the same race (**Do not read**)
- 6 No health care in past 12 months (**Do not read**)
- 98 Don't know / Not sure (**Do not read**)
- 99 Refused (**Do not read**)

Section 4: Hypertension Awareness

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

Caller: If "Yes" and respondent is female, ask: "Was this only during a pregnancy?"

Read only if necessary: By "other health professional" we mean a nurse practitioner, a physician's assistant, social worker, or some other licensed professional.

- 1 Yes
- 2 Yes, but female told only during pregnancy
- 3 No

- 4 Told borderline high or pre-hypertensive
- 98 Don't know / Not sure
- 99 Refused

Section 5: Cholesterol Awareness

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

- 1 Yes
- 2 No **[Go to next appropriate section - gender/age]**
- 77 Don't know / Not sure **[Go to next appropriate section - gender/age]**
- 99 Refused **[Go to next appropriate section - gender/age]**

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

(Caller: Read only if necessary)

- 1 Within the past year (anytime less than 12 months ago)
- 2 Within the past 2 years (1 year but less than 2 years ago)
- 3 Within the past 5 years (2 years but less than 5 years ago)
- 4 5 or more years ago
- 98 Don't know / Not sure **(Do not read)**
- 99 Refused **(Do not read)**

5.3 Have you EVER been told by a doctor, nurse or other health professional that your blood cholesterol is high?

- 1 Yes
- 2 No
- 98 Don't know / Not sure
- 99 Refused

Section 6: Breast/Cervical Cancer Screening

(Females only)

The next questions are about breast and cervical cancer screening.

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

1 Yes

2 No

[Go to Q6.3]

98 Don't know / Not sure

[Go to Q6.3]

99 Refused

[Go to Q6.3]

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

Caller: read answers only if necessary

1 Within the past year (anytime less than 12 months ago)

2 Within the past 2 years (1 year but less than 2 years ago)

3 Within the past 3 years (2 years but less than 3 years ago)

4 Within the past 5 years (3 years but less than 5 years ago)

5 5 or more years ago

98 Don't know / Not sure (**Do not read**)

99 Refused (**Do not read**)

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

1 Yes

2 No

77 Don't know / Not sure

99 Refused

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

Caller: read answers only if necessary

1 Within the past year (anytime less than 12 months ago)

2 Within the past 2 years (1 year but less than 2 years ago)

3 Within the past 3 years (2 years but less than 3 years ago)

4 Within the past 5 years (3 years but less than 5 years ago)

5 5 or more years ago

98 Don't know / Not sure (**Do not read**)

99 Refused (**Do not read**)

Section 7: Prostate Cancer Screening

CATI NOTE: If respondent is <39 years of age, or is female, go to next module.

Now, I will ask you some questions about prostate cancer screening.

7.1 A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. Has a doctor EVER recommended that you have a PSA test?

- 1 Yes
- 2 No
- 98 Don't Know / Not sure
- 99 Refused

7.2 Have you EVER HAD a PSA test?

- 1 Yes
- 2 No
- 98 Don't Know / Not sure
- 99 Refused

Section 8: Colorectal Cancer Screening

CATI NOTE: If respondent is < 49 years of age, go to next module.

8.1 Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the colon for signs of cancer or other health problems. Have you ever had either of these exams?

- 1 Yes
- 2 No **[Go to next section]**
- 98 Don't know / Not sure **[Go to next section]**
- 99 Refused **[Go to next section]**

8.2 How long has it been since you had your last sigmoidoscopy or colonoscopy?

caller: read answers only if necessary

- 1 Within the past year (anytime less than 12 months ago)

- 2 Within the past 2 years (1 year but less than 2 years ago)
- 3 Within the past 3 years (2 years but less than 3 years ago)
- 4 Within the past 5 years (3 years but less than 5 years ago)
- 5 Within the past 10 years (5 years but less than 10 years ago)
- 6 10 or more years ago
- 98 Don't know / Not sure (**Do not read**)
- 99 Refused (**Do not read**)

Section 9: Chronic Health Conditions

Now I would like to ask you some questions about general health conditions. Has a doctor, nurse, or other health professional EVER told you that you had any of the following? For each, tell me “Yes,” “No,” or you’re “Not sure.”

9.1 Ever told you had asthma?

- 1 Yes
- 2 No **[Go to Q9.10]**
- 98 Don't know / Not sure **[Go to Q9.10]**
- 99 Refused **[Go to Q9.10]**

9.2 Do you still have asthma?

- 1 Yes **[Go to Section 11: Chronic Disease Management Module]**
- 2 No
- 98 Don't know / Not sure
- 99 Refused

9.10 Has a doctor, nurse, or other health professional EVER told you that you had diabetes?

Caller: If “Yes” and respondent is female, ask: “Was this only during a pregnancy?”

If respondent says pre-diabetes or borderline diabetes, use response code “No, pre-diabetes or borderline diabetes”

- 1 Yes **[Go to Section 10: Diabetes Module]**
- 2 Yes, but female told only during pregnancy
- 3 No

4 No, pre-diabetes or borderline diabetes
 98 Don't know / Not sure
 99 Refused

Section 10: Diabetes:

10.1 About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?
(Caller: use 0 for “never”, 888 for “don’t know/ not sure”, and 999 for “refused”)
 _____ (textbox)

10.2 A test for “A one C measures the average level of blood sugar over the past three months. About how many times in the past 12 months have a doctor, nurse, or other health professional checked you for “A one C”?
(caller: use 0 for “never”, 777 for “never heard of ‘A one C’ test”, 888 for “don’t know/ not sure”, and 999 for “refused”)
 _____ (textbox)

Has a doctor, nurse, or other health professional EVER told you that you had any of the following?

		Yes	No	Don't know/ Not sure	Refused
9.3	A heart attack also called a myocardial infarction				
9.4	Angina or coronary heart disease				
9.5	A stroke				
9.6	Skin cancer				
9.7	Any other types of cancer				
9.8	COPD (chronic obstructive pulmonary disease), emphysema or chronic bronchitis				

9.9 (Ever told) you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?

Caller: Arthritis diagnoses include:

- rheumatism, polymyalgia rheumatica
- osteoarthritis (not osteoporosis)
- tendonitis, bursitis, bunion, tennis elbow
- carpal tunnel syndrome, tarsal tunnel syndrome

- joint infection, Reiter's syndrome
- ankylosing spondylitis; spondylosis
- rotator cuff syndrome
- connective tissue disease, scleroderma, polymyositis, Raynaud's syndrome
- vasculitis (giant cell arteritis, Henoch-Schonlein purpura, Wegener's granulomatosis, polyarteritis nodosa)

If yes to any of 9.1-9.9, go to Section 11: Chronic Disease Management Module]

Section 11: Chronic Disease Management:

11.1 You said that a medical professional has told you that you have or have had **[INSERT DISEASE NAME]** During the last 12 months, have you gotten information about how to take care of your **[INSERT DISEASE NAME]**?

- 1 Yes
- 2 No **[skip to question 11.3]**
- 98 Don't know/not sure **[skip to question 11.3]**
- 99 Refused **[skip to question 11.3]**

[CATI note: If respondent reported more than one illness to core/rotating core questions____, repeat question with fill for next illness. Repeat for each illness reported.]

11.2 During the last 12 months, where did you get information about taking care of your **[CATI NOTE: fill in first illness from previous question – heart attack, diabetes, asthma, heart disease, stroke...]**? From...

(Check all that apply)

- 1 A doctor or health professional?
- 2 Family or friends?
- 3 A TV show or radio program?
- 4 The Internet?
- 5 A book, magazine, or other publication?
- 6 A group class?
- 7 Some other source _____ **(Do not read)**
- 99 Refused

[CATI note: For each illness reported in Question 11.1, repeat question with fill for next illness. Repeat for each illness reported.]

11.3 Having an illness often means doing different tasks and activities to manage your condition. How confident are you that you can do all the things necessary to manage your condition(s) on a regular basis?

(Read answer options)

- 1 Not at all confident
- 2 A little confident
- 3 Moderately confident
- 4 Very confident
- 98 Don't know / Not sure (**Do not read**)
- 99 Refused (**Do not read**)

Section 12: Tobacco Use

12.1 Have you smoked at least 100 cigarettes in your entire life?

Caller: 5 packs = 100 cigarettes

- 1 Yes
- 2 No
- 3 Never smoked at all
- 98 Don't know / Not sure
- 99 Refused

12.2 Do you currently use chewing tobacco, snuff, or snus every day, some days, or not at all?

Caller: snus (rhymes with 'goose', Swedish for snuff) is a moist smokeless tobacco, usually sold in small pouches that is placed under the lip against the gum.

- 1 Every day
- 2 Some days
- 3 Not at all
- 98 Don't know/ Not sure
- 99 Refused

12.3 Do you now smoke cigarettes everyday, some days, or not at all?

- 1 Everyday

- 2 Some days
- 3 Not at all
- 98 Don't know / Not sure
- 99 Refused

12.4 During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?

- 1 Yes
- 2 No
- 98 Don't know / Not sure
- 99 Refused

Section 13: Demographics

13.2a Are you Hispanic or Latino?

- 1 Yes
- 2 No
- 98 Don't know / Not sure
- 99 Refused

13.2b Are you of Arab or Chaldean origin?

- 1 Yes
- 2 No
- 98 Don't know / Not sure
- 99 Refused

13.3 Which one or more of the following would you say is your race?

(Mark all that apply. Please read)

- 1 White
- 2 Black or African American
- 3 Asian
- 4 Native Hawaiian or Other Pacific Islander
- 5 American Indian or Alaska Native
- 6 Other [please specify]_____ **(Do not read)**

- 88 No additional choices (**Do not read**)
- 98 Don't know / Not sure (**Do not read**)
- 99 Refused (**Do not read**)

Caller: If more than one response was given to Race question, ask this question:

13.4 Which one of these groups would you say best represents your race?

Caller: If only one was chosen above, enter it here too.

- 1 White
- 2 Black or African American
- 3 Asian
- 4 Native Hawaiian or Other Pacific Islander
- 5 American Indian or Alaska Native
- 6 Other [specify] _____
- 98 Don't know / Not sure (**Do not read**)
- 99 Refused (**Do not read**)

13.5 What is your marital status? Are you...? **Please read:**

- 1 Married
- 2 Divorced
- 3 Widowed
- 4 Separated
- 5 Never married
- 6 A member of an unmarried couple
- 99 Refused

13.6 How many children less than 18 years of age live in your household?

Caller: please use 0 (zero) for "none" and 99 for "refused"

_____ (textbox)

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

Read only if necessary:

- 1 Never attended school or only attended kindergarten
- 2 Grades 1 through 8 (Elementary)
- 3 Grades 9 through 11 (Some high school)
- 4 Grade 12 or GED (High school graduate)
- 5 College 1 year to 3 years (Some college or technical school)
- 6 College 4 years or more (College graduate)

99 Refused (**Do not read**)

13.8 Are you currently...?

Caller: If the respondent states they are retired, but still working, please code them as being employed. Only code retired, if they are not working at all.

Please read:

- 1 Employed for wages
- 2 Self-employed
- 3 Out of work for more than 1 year
- 4 Out of work for less than 1 year
- 5 A Homemaker
- 6 A Student
- 7 Retired
- 8 Unable to work
- 99 Refused (**Do not read**)

13.9 Keeping in mind that your answers are completely confidential, is your annual household income from all sources less than \$25,000?

- 1 Yes
- 2 No
- 98 Don't know
- 99 Refused

IF YES,

--Is it less than \$20,000? (\$15,000 to less than \$20,000)

- 1 Yes – ask next question
- 2 No
- 98 Don't know
- 99 Refused

--Is it less than \$15,000? (\$10,000 to less than \$15,000)

- 1 Yes – ask next question
- 2 No
- 97 Answered “no”, “don't know”, or “refused” above
- 98 Don't know
- 99 Refused

--Is it less than \$10,000? (Less than \$10,000)

- 1 Yes

2 No
3 Answered "no", "don't know", or "refused" above
98 Don't know
99 Refused

IF NO to first income question

--Is it more than \$35,000? (\$25,000 to less than \$35,000)

1 Yes
2 No – ask next question
98 Don't know
99 Refused

--Is it less than \$50,000? (\$35,000 to less than \$50,000)

1 Yes
2 No – ask next question
3 Answered "yes", "don't know", or "refused" above
98 Don't know
99 Refused

--Is it less than \$75,000? (\$50,000 to less than \$75,000)

1 Yes
2 No – ask next question
3 Answered "yes", "don't know", or "refused" above
98 Don't know
99 Refused

--Is it \$75,000 or more?

1 Yes
2 No
3 Answered "yes", "don't know", or "refused" above
98 Don't know
99 Refused

13.10 About how much do you weigh without shoes?

**Caller: Enter whole number only – round fractions UP.
IF answer is in metric (kilograms) check box below
Use 8888 for Don't know/ Not sure, 9999 for Refused**

(If refused or hesitant, try to talk them into giving an answer – anonymous and confidential, necessary to get accurate information on health of county.)

_____ (textbox)

Check box if weight was given in kilograms – otherwise DO NOT CHECK
__ weight in kilograms

13.11 About how tall are you without shoes?

**Caller: Use whole numbers only, round fractions DOWN
IF given in meters/centimeters, check box below
Use 88/88 for Don't know/ Not sure, 99/99 for Refused**

Feet ____

Inches ____

Check box if height was given in meters/centimeters – otherwise DO NOT CHECK
__ height in meters

13.13 Do you own or rent your home?

Caller: "Other arrangement" may include group home or staying with friends or family without paying rent. Home is defined as the place where you live most of the time/ the majority of the year.

1 Own

2 Rent

3 Other arrangement

98 Don't know / Not sure

99 Refused

13.15 To your knowledge, are you now pregnant?

(Only asked of females < 45 years old)

1 Yes

[Go to Q25.1]

2 No

[Go to next section]

98 Don't know / Not sure

[Go to next section]

99 Refused

[Go to next section]

Section 25: Pregnancy

25.1 Are you currently receiving prenatal care?

- 1 Yes
- 2 No (Go to 25.3)
- 98 Don't know / Not sure
- 99 Refused

25.2 When did you start receiving prenatal care?

- 1 In your 1st trimester
- 2 In your 2nd trimester
- 3 In your 3rd trimester
- 97 Never
- 98 Don't know / Not sure
- 99 Refused

25.3 Are you currently taking a vitamin pill or supplement that contains folic acid?

- 1 Yes
- 2 No
- 98 Don't know / Not sure
- 99 Refused

Section 14: Fruits and Vegetables

These next questions are about the fruits and vegetables **you** ate or drank in the past 30 days. Please think about all forms of fruits and vegetables including cooked or raw, fresh, frozen or canned. Please think about all meals, snacks, and food consumed at home and away from home. I will be asking how often **you** ate or drank each one: for example, once a day, twice a week, three times a month, and so forth.

14.1 During the past month, how many times per day, week or month did you drink 100% PURE fruit juices? Do not include fruit-flavored drinks with added sugar or fruit juice you made at home and added sugar to. Only include 100% juice.
(caller: pick 1 time frame and enter the number of times)

Caller: If respondent only says daily or weekly, probe with “How many times daily/weekly?”

Do not include fruit drinks with added sugar or other added sweeteners like Kool-aid, Hi-C, lemonade, cranberry cocktail, Tampico, Sunny Delight, Snapple, Fruitopia, Gatorade, Power-Ade, or yogurt drinks.

Do not include fruit juice drinks that provide 100% daily vitamin C but include added sugar.

Do not include vegetable juices such as tomato and V8.

Do include 100% pure juices including orange, mango, papaya, pineapple, apple, grape (white or red), or grapefruit. Only count cranberry juice if it is 100% juice with no sugar or artificial sweetener added. 100% juice blends such as orange-pineapple, orange-tangerine, cranberry-grape are also acceptable as are fruit-vegetable 100% blends. 100% pure juice from concentrate (i.e., reconstituted) is counted.

- 1 __ Per day
- 2 __ Per week
- 3 __ Per month
- 4 __ Per year
- 97 Never
- 98 Don't know / Not sure
- 99 Refused

14.2 During the past month, not counting juice, how many times per day, week, or month did you eat fruit? Count fresh, frozen, or canned fruit.

Caller: If respondent only says daily or weekly, probe with “How many times daily/weekly?”

Read only if necessary: “Your best guess is fine. Include apples, bananas, applesauce, oranges, grape fruit, fruit salad, watermelon, cantaloupe or musk melon, papaya, lychees, star fruit, pomegranates, mangos, grapes, and berries such as blueberries and strawberries.”

Do not count fruit jam, jelly, or fruit preserves.

Do not include dried fruit in ready-to-eat cereals.

Do include dried raisins, cran-raisins or craisins.

Do include cut up fresh, frozen, or canned fruit added to yogurt, cereal, jello, and other meal items.

Include culturally and geographically appropriate fruits that are not mentioned (e.g. genip, soursop, sugar apple, figs, tamarind, bread fruit, sea grapes, carambola, longans, akee, rambutan, etc.).

- 1 __ Per day
- 2 __ Per week
- 3 __ Per month
- 4 __ Per year
- 97 Never
- 98 Don't know / Not sure
- 99 Refused

14.3 During the past month, how many times per day, week, or month did you eat dark green vegetables for example broccoli or dark leafy greens including romaine, chard, collard greens or spinach?

Caller: If respondent only says daily or weekly, probe with “How many times daily/weekly?”

Each time a vegetable is eaten it counts as one time.

Include all raw leafy green salads including spinach, mesclun, romaine lettuce, arugula, bok choy, dark green leafy lettuce, dandelions, komatsuna, and watercress.

Do not include iceberg (head) lettuce.

Include all cooked greens including kale, collard greens, choys, turnip greens, mustard greens.

- 1 __ Per day
- 2 __ Per week
- 3 __ Per month
- 4 __ Per year
- 97 Never
- 98 Don't know / Not sure
- 99 Refused

14.4 During the past month, how many times per day, week, or month did you eat orange colored vegetables such as sweet potatoes, pumpkin, winter squash, or carrots?

Caller: If respondent only says daily or weekly, probe with “How many times daily/weekly?”

Read only if needed: “Winter squash have hard, thick skins and deep yellow to orange flesh. They include acorn, buttercup, and spaghetti squash.”

Include all forms of carrots including long or baby-cut.

Include carrot-slaw (e.g. shredded carrots with or without other vegetables or fruit).

Include all forms of sweet potatoes including baked, mashed, casserole, pie, or sweet potatoes fries.

Include all hard-winter squash varieties including acorn, autumn cup, banana, butternut, buttercup, delicate, hubbard, kabocha (Also known as an Ebisu, Delica, Hoka, Hokkaido, or Japanese Pumpkin; blue kuri), and spaghetti squash. Include all forms including soup.

Include pumpkin, including pumpkin soup and pie. Do not include pumpkin bars, cake, bread or other grain-based desert-type food containing pumpkin (i.e. similar to banana bars, zucchini bars we do not include).

- 1 __ Per day
- 2 __ Per week
- 3 __ Per month
- 4 __ Per year
- 97 Never
- 98 Don't know / Not sure
- 99 Refused

14.5 Not counting what you just told me about, during the past month, about how many times per day, week, or month did you eat OTHER vegetables? Examples of other vegetables include tomatoes, tomato juice or V-8 juice, corn, eggplant, peas, lettuce, cabbage, and with potatoes that are not fried such as baked or mashed potatoes.

Caller: If respondent only says daily or weekly, probe with “How manytimes daily/weekly?”

Read only if needed: “Do not count vegetables you have already counted and do not include fried potatoes.”

Include corn, peas, tomatoes, okra, beets, cauliflower, bean sprouts, avocado, cucumber, onions, peppers (red, green, yellow, orange); all cabbage including American-style coleslaw; mushrooms, snow peas, snap peas, broad beans, string, wax-, or pole-beans.

Include any form of the vegetable (raw, cooked, canned, or frozen).

Do not include products consumed usually as condiments including ketchup, catsup, salsa, chutney, relish.

Do include tomato juice if you did not count in fruit juice.

Include culturally and geographically appropriate vegetables that are not mentioned (e.g. daikon, jicama, oriental cucumber, etc.).

Do not include rice or other grains.

- 1 __ Per day
- 2 __ Per week
- 3 __ Per month
- 4 __ Per year
- 97 Never
- 98 Don't know / Not sure
- 99 Refused

Section 15: Sugar Sweetened Beverages and Menu Labeling

15.1 About how often do you drink regular soda or pop that contains sugar? Do not include diet soda or diet pop.

- 1 __ Times per day
- 2 __ Times per week
- 3 __ Times per month
- 97 Never
- 98 Don't know / Not sure
- 99 Refused

15.2 About how often do you drink sweetened drinks, such as Kool-aid, cranberry, and lemonade? Include fruit drinks you made at home and added sugar to.

- 1 __ Times per day
- 2 __ Times per week
- 3 __ Times per month
- 97 Never
- 98 Don't know / Not sure
- 99 Refused

15.3 The next question is about eating out at fast food and chain restaurants. When calorie information is available in the restaurant, how often does this information help you decide what to order?

Please read:

- 1 Always
- 2 Most of the time
- 3 About half the time
- 4 Sometimes
- 5 Never
- 6 Never noticed or never looked for calorie information **(Do not read)**
- 8 Usually cannot find calorie information **(Do not read)**
- 55 Do not eat at fast food or chain restaurants **(Do not read)**
- 98 Don't know / Not sure **(Do not read)**
- 99 Refused **(Do not read)**

Section 16: Exercise (Physical Activity)

CATI note: If employed for wages or self-employed, continue. Otherwise go to 16.2

16.1 When you are at work, which of the following best describes what you do? Would you say ...

- 1 Mostly sitting
- 4 Mostly standing
- 2 Mostly walking
- 3 Mostly heavy labor or physically demanding work
- 98 Don't know/ Not sure **(Do not read)**
- 99 Refused **(Do not read)**

The next few questions are about exercise, recreation, or physical activities other than your regular job duties.

Caller: If respondent does not have a “regular job duty” or is retired, they may count the physical activity or exercise they spend the most time doing in a regular month.

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

- 1 Yes
- 2 No **[Go to Q16.5]**
- 98 Don't know / Not sure **[Go to Q16.5]**
- 99 Refused **[Go to Q16.5]**

16.3 How many times per week or per month did you take part in physical activity during the past month?

- 1 __ Times per week
- 2 __ Times per month
- 98 Don't know / Not sure
- 99 Refused

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

- 1 __ Hours
- 2 __ Minutes
- 98 Don't know / Not sure
- 99 Refused

16.5 During the past month, how many times per week or per month did you do physical activities or exercises to STRENGTHEN your muscles? Do NOT count aerobic activities like walking, running, or bicycling. Count activities using your own body weight like yoga, sit-ups or push-ups and those using weight machines, free weights, or elastic bands.

- 1 __ Times per week
- 2 __ Times per month
- 97 Never
- 98 Don't know / Not sure
- 99 Refused

Section 17: Disability

The following questions are about health problems or impairments you may have.

17.1 Are you limited in any way in any activities because of physical, mental, or emotional problems?

- 1 Yes
- 2 No
- 98 Don't know / Not Sure
- 99 Refused

17.2 Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?

Caller: Include occasional use or use in certain circumstances.

- 1 Yes
- 2 No
- 98 Don't know / Not Sure
- 99 Refused

Section 18: Arthritis Burden

You mentioned previously that you have arthritis in some form. Arthritis can cause symptoms like pain, aching, or stiffness in or around a joint.

18.1 Are you now limited in any way in any of your usual activities because of arthritis or joint symptoms?

Caller: If a question arises about medications or treatment, then the interviewer should say: "Please answer the question based on your current experience, regardless of whether you are taking any medication or treatment."

- 1 Yes
- 2 No
- 98 Don't know / Not sure
- 99 Refused

Section 19: Seatbelt Use

19.1 How often do you use seat belts when you drive or ride in a car? Would you say—

- 1 Always
- 2 Nearly always
- 3 Sometimes
- 4 Seldom
- 5 Never
- 88 Don't know / Not sure **(Do not read)**
- 98 Never drive or ride in a car **(Do not read)**
- 99 Refused **(Do not read)**

Section 20: Immunization

20.1 Now I will ask you questions about the seasonal flu. There are two ways to get the season flu vaccine, one is a shot the arm and the other is a spray, mist, or drop in the nose called Flumist. During the past 12 months, have you had either a seasonal flu shot or a seasonal flu vaccine that was sprayed in your nose?

- 1 Yes
- 2 No **[Go to Q20.3]**
- 98 Don't know / Not sure **[Go to Q20.3]**
- 99 Refused **[Go to Q20.3]**

20.2 At what kind of place did you get your last seasonal flu shot/vaccine?

(Caller: If they say “work” and “hospital” or “doctor’s office” because they work there, choose “work” as answer.)

- 1 A doctor’s office or health maintenance organization (HMO)
- 2 A health department
- 3 Another type of clinic or health center (Example: a community health center)
- 4 A senior, recreation, or community center
- 5 A store (Examples: supermarket, drug store)
- 6 A hospital (Example: inpatient)
- 7 An emergency room
- 8 Workplace
- 9 Some other kind of place
- 10 Received vaccination in Canada/Mexico **(Do not read)**
- 11 A school

98 Don't know / Not sure (**Probe: "How would you describe the place where you went to get your most recent flu vaccine?"**)

99 Refused (**Do not read**)

20.3 A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia shot?

1 Yes

2 No

98 Don't know / Not sure

99 Refused

Section 21: Alcohol Consumption

21.1 During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?

1 __ Days per week

2 __ Days in past 30 days

97 No drinks in past 30 days **[Go to next section]**

98 Don't know / Not sure **[Go to next section]**

99 Refused **[Go to next section]**

21.2 One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?

Caller: A 40 ounce beer would count as 3 drinks, or a cocktail drink with 2 shots would count as 2 drinks.

__ Number of drinks

98 Don't know / Not sure

99 Refused

21.3 Considering all types of alcoholic beverages, how many times during the past 30 days did you have **X (X = 5 for men, X = 4 for women)** or more drinks on an occasion?

__ Number of times

97 None

98 Don't know / Not sure

99 Refused

21.4 During the past 30 days, what is the largest number of drinks you had on any occasion?

- _ _ Number of drinks
- 98 Don't know / Not sure
- 99 Refused

21.5 During the past 30 days, have you ever driven when you've had too much to drink?

- 1 Yes
- 2 No
- 98 Don't know / Not sure
- 99 Refused

Section 22: Emotional Support and Life Satisfaction

The next two questions are about emotional support and your satisfaction with life.

22.1 How often do you get the social and emotional support you need?

Caller: If asked, say "please include support from any source."

Please read:

- 1 Always
- 2 Usually
- 3 Sometimes
- 4 Rarely
- 5 Never
- 98 Don't know / Not sure **(Do not read)**
- 99 Refused **(Do not read)**

22.2 In general, how satisfied are you with your life?

Please read:

- 1 Very satisfied
- 2 Satisfied
- 3 Dissatisfied
- 4 Very dissatisfied
- 98 Don't know / Not sure **(Do not read)**

99 Refused (**Do not read**)

Section 23: Anxiety/Depression

Now, I am going to ask you some questions about your mood. When answering these questions, please think about how many days each of the following has occurred in the past 2 weeks.

23.1 Over the last 2 weeks, how many days have you had little interest or pleasure in doing things?

__ 01–14 days (specify)

97 None

98 Don't know / Not sure

99 Refused

23.2 Over the last 2 weeks, how many days have you felt down, depressed or hopeless?

__ 01–14 days (specify)

97 None

98 Don't know / Not sure

99 Refused

23.3 Over the last 2 weeks, how many days have you had trouble falling asleep or staying asleep or sleeping too much?

__ 01–14 days (specify)

97 None

98 Don't know / Not sure

99 Refused

23.4 Over the last 2 weeks, how many days have you felt tired or had little energy?

__ 01–14 days (specify)

97 None

98 Don't know / Not sure

99 Refused

23.5 Over the last 2 weeks, how many days have you had a poor appetite or eaten too much?

__ 01–14 days (specify)

97 None

98 Don't know / Not sure
99 Refused

23.6 Over the last 2 weeks, how many days have you felt bad about yourself or that you were a failure or had let yourself or your family down?

__ 01–14 days (specify)
97 None
98 Don't know / Not sure
99 Refused

23.7 Over the last 2 weeks, how many days have you had trouble concentrating on things, such as reading the newspaper or watching the TV?

__ 01–14 days (specify)
97 None
98 Don't know / Not sure
99 Refused

23.8 Has a doctor or other healthcare provider EVER told you that you have an anxiety disorder (including acute stress disorder, anxiety, generalized anxiety disorder, obsessive-compulsive disorder, panic disorder, phobia, posttraumatic stress disorder, or social anxiety disorder)?

1 Yes
2 No
98 Don't know / Not sure
99 Refused

23.9 Has a doctor or other healthcare provider EVER told you that you have a depressive disorder (including depression, major depression, dysthymia, or minor depression)?

1 Yes
2 No
98 Don't know / Not sure
99 Refused

Section 24: Oral Health

24.1 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 orthodontists.

Read answers only if necessary:

- 1 Within the past year (anytime less than 12 months ago)
- 2 Within the past 2 years (1 year but less than 2 years ago)
- 3 Within the past 5 years (2 years but less than 5 years ago)
- 4 5 or more years ago
- 97 Never **(Do not read)**
- 98 Don't know / Not sure **(Do not read)**
- 99 Refused **(Do not read)**

24.2 How many of your permanent teeth have been removed because of tooth decay or gum disease? Include teeth lost to infection, but do not include teeth lost for other reasons, such as injury or orthodontics.

Caller: If wisdom teeth are removed because of tooth decay or gum disease, they should be included in the count for lost teeth.

Caps and Crowns do not count as being removed.

- 1 1 to 5
- 2 6 or more but not all
- 3 All
- 97 None
- 98 Don't know / Not sure
- 99 Refused

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

Read answers only if necessary:

- 1 Within the past year (anytime less than 12 months ago)
- 2 Within the past 2 years (1 year but less than 2 years ago)
- 3 Within the past 5 years (2 years but less than 5 years ago)
- 4 5 or more years ago
- 97 Never **(Do not read)**
- 98 Don't know / Not sure **(Do not read)**
- 99 Refused **(Do not read)**

24.4 In the past 12 months , have you had problems getting needed dental care?

- 1 Yes **[Go to Q24.5]**
- 2 No **[Go to closing]**
- 98 Don't know / Not sure
- 99 Refused

24.5 Please provide the reason(s) for the difficulty in getting dental care. (Mark all that apply)

- 1 Dentist or dental hygienist not available
- 2 Lack of insurance
- 3 Dental care provider would not accept your insurance
- 4 Insurance would not approve/pay for care
- 5 Cannot afford co-pay or deductible
- 6 Lack of transportation
- 7 Language barriers
- 8 Cannot afford to pay for dental care
- 9 Cannot understand my dentist
- 97 None
- 10 Other _____
- 98 Don't know / Not sure
- 99 Refused

Closing Statement: That is my last question. Everyone's answers will be combined to give us information about the health practices of people in this county. Would you like to have the telephone number at the Ottawa County Health Department to get more information about this survey?

If yes: It is 616-494-5598.

Thank you very much for your time and cooperation.