

**2007  
Ottawa County  
Behavioral Risk Factor Survey**



**Public Health**  
Prevent. Promote. Protect.

**Ottawa County  
Health Department**



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## Ottawa County Behavioral Risk Factor Survey 2007

### **Introduction:**

In the summer of 2007, the Ottawa County Health Department (OCHD) contracted with Evaluation & Measurement Specialties, Inc. to conduct an adult Behavioral Risk Factor Survey (BRFS) among a random sample of county residents. The survey instrument was developed by OCHD staff in consultation with the Michigan and National BRFS. Question topics included general health, preventative behaviors, and health risk behaviors. A copy of the survey questions is included in this report. The information gathered in this study will be used by the health department and community partners to evaluate effectiveness of programs and to assess the needs of the community.

### **Methods:**

Surveys were conducted by telephone using lists purchased from a commercial vendor selected by the contractor. Cellular phones were not included in this telephone list. Telephone numbers were sorted by ZIP code using census tract information. Quotas were assigned to each ZIP code to assist in obtaining respondents representative of county demographic characteristics such as population, race, age, and gender. The final telephone numbers were selected from the lists using a systematic random sample. In order to control for sampling bias, calls were conducted Monday through Saturday at various times during the hours of 9 am to 9 pm. A total of 817 surveys were completed and provide a confidence level of 95%.

### **Limitations:**

The BRFS relies on self-reported data and has certain limitations. Many times, respondents have the tendency to under report some behaviors that may be considered socially unacceptable, unhealthy, or even illegal, such as drinking and driving. Conversely, respondents may over report behaviors that are considered desirable, such as exercising. Some information is also affected by the ability of the respondent to recall past behaviors and answer accordingly. The validity of the survey results depends on the accuracy of the responses.

In some cases, the distribution of the demographic characteristics of the sample was not consistent with the United States Census Bureau population estimates. While efforts were made to mirror the census estimates, some subgroups were over or under represented. Females as well as ages 45-54 were largely over represented in the sample distribution. Subgroups under represented included ages 18 to 24, ages 25 to 34, those with an education level less than high school, those of Hispanic ethnicity, and those of other races. These over and under representations may result in over and under estimating certain behaviors and risks associated more or less frequently with such subgroups.

Finally, it is noted that 40% of the total respondents selected “refused” when asked their income level.

**Interpretation of Results:**

Small sample sizes among subgroups may produce unstable estimates and mislead a reader into believing that a given finding is more precise than it actually is. This is especially true when the subgroup is small and the behavior is relatively rare. Following National BRFs recommendations, any sample with less than 50 respondents has been marked with an asterisk. Any conclusions drawn from such frequencies should be made with caution.

On the table entitled, “Ottawa County Trends”, confidence intervals at the 95% level are provided as a measure of validity. These intervals indicate the range of error that may be present in a given response. When comparing data from different survey years, a range that overlaps indicates no significant difference between the responses. Responses with large confidence intervals should be interpreted with caution. Where confidence intervals are not noted, caution should be taken in interpreting the results without acknowledging some variability in the percentages.

## Demographic Characteristics of the Sample

These tables represent the demographic characteristics of the residents who responded to the 2007 BRFSS. A total of 817 surveys were completed.

| Gender            |           |         |
|-------------------|-----------|---------|
|                   | Frequency | Percent |
| Male              | 339       | 41.5    |
| Female            | 478       | 58.5    |
| Age of Respondent |           |         |
| 18-24             | 39        | 4.8     |
| 25-34             | 102       | 12.6    |
| 35-44             | 194       | 24.0    |
| 45-54             | 215       | 26.6    |
| 55-64             | 117       | 14.5    |
| 65-74             | 73        | 9.0     |
| ≥75               | 69        | 8.5     |
| Race/Ethnicity    |           |         |
| White             | 770       | 94.3    |
| Hispanic          | 30        | 3.7     |
| Other             | 17        | 2.1     |

| Educational Attainment  |           |         |
|-------------------------|-----------|---------|
|                         | Frequency | Percent |
| <HS                     | 39        | 4.8     |
| HS Graduate             | 297       | 36.5    |
| Some College            | 223       | 27.4    |
| College Graduate        | 254       | 31.2    |
| Household Annual Income |           |         |
| <\$20,000               | 52        | 10.6    |
| \$20,000-\$34,999       | 74        | 15.0    |
| \$35,000-\$49,999       | 75        | 15.2    |
| \$50,000-\$74,999       | 111       | 22.5    |
| ≥\$75,000               | 181       | 36.7    |
| Employment Status       |           |         |
| Employed                | 549       | 67.6    |
| Out of work             | 41        | 5.1     |
| Homemaker               | 72        | 8.9     |
| Student                 | 14        | 1.7     |
| Retired                 | 109       | 13.4    |
| Cannot work             | 27        | 3.3     |

| Respondent ZIP Code |           |         |
|---------------------|-----------|---------|
|                     | Frequency | Percent |
| 49401               | 23        | 2.9     |
| 49403               | 13        | 1.6     |
| 49404               | 21        | 2.6     |
| 49417               | 117       | 14.7    |
| 49423               | 99        | 12.5    |
| 49424               | 121       | 15.2    |
| 49426               | 127       | 16.0    |
| 49428               | 76        | 9.6     |
| 49435               | 14        | 1.8     |
| 49448               | 9         | 1.1     |
| 49456               | 67        | 8.4     |
| 49460               | 37        | 4.7     |
| 49464               | 66        | 8.3     |
| Other               | 4         | .48     |

## Overall Health Status:

| Respondents Who Say Their General Health is... |           |         |
|--|-----------|---------|
|  | Frequency | Percent |
| Excellent, Very Good or Good                   | 743       | 90.9    |
| Fair or Poor                                   | 74        | 9.1     |

| Respondents Who Say Their General Health is... | Total   | Gender |        | Race  |          |       | Age   |       |       |       |       |       |      |
|--|---------|--------|--------|-------|----------|-------|-------|-------|-------|-------|-------|-------|------|
|  |         | Male   | Female | White | Hispanic | Other | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | ≥75  |
|  | Percent |        |        |       |          |       |       |       |       |       |       |       |      |
| Excellent, Very Good or Good                   | 90.9    | 92.0   | 89.7   | 91.4  | 80.8*    | 93.6* | 94.7* | 92.5  | 95.0  | 94.1  | 88.4  | 83.6  | 74.9 |
| Fair or Poor                                   | 9.1     | 8.0    | 10.3   | 8.6   | 19.2*    | 6.4*  | 5.3*  | 7.5   | 5.0   | 5.9   | 11.6  | 16.4  | 25.1 |

| Respondents Who Say Their General Health is... | Education |      |              |         | Income    |                   |                   |                   |           |
|--|-----------|------|--------------|---------|-----------|-------------------|-------------------|-------------------|-----------|
|  | <HS       | HS   | Some College | College | <\$20,000 | \$20,000-\$34,999 | \$35,000-\$49,999 | \$50,000-\$74,999 | ≥\$75,000 |
|  | Percent   |      |              |         |           |                   |                   |                   |           |
| Excellent, Very Good or Good                   | 61.9*     | 89.2 | 93.1         | 96.2    | 69.2      | 88.6              | 94.4              | 99.0              | 97.7      |
| Fair or Poor                                   | 38.1*     | 10.8 | 6.9          | 3.8     | 30.8      | 11.4              | 5.6               | 1.0               | 2.3       |

| Days in the Past Month Reporting Physical Health Was Not Good |           |         |
|---|-----------|---------|
|   | Frequency | Percent |
| None  | 655       | 81.5    |
| 1-9 Days  | 90        | 11.2    |
| ≥10 Days  | 59        | 7.3     |

\* Indicates a small sample size among this population, therefore certain behaviors or risks may be over or under estimated. Conclusions drawn from these estimates should be made with caution.

| Days in the Past Month Reporting Physical Health Was Not Good | Total   | Gender |        | Race  |          |       | Age   |       |       |       |       |       |      |
|---|---------|--------|--------|-------|----------|-------|-------|-------|-------|-------|-------|-------|------|
|   |         | Male   | Female | White | Hispanic | Other | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | ≥75  |
|   | Percent |        |        |       |          |       |       |       |       |       |       |       |      |
| None  | 81.5    | 81.1   | 81.1   | 82.0  | 68.2*    | 81.6* | 85.1* | 76.0  | 85.5  | 84.8  | 75.5  | 77.9  | 72.9 |
| 1-9 Days  | 11.2    | 11.1   | 11.1   | 11.2  | 13.5*    | 5.8*  | 13.0* | 16.0  | 11.2  | 9.7   | 13.6  | 9.6   | 4.2  |
| ≥10 Days  | 7.3     | 7.8    | 7.8    | 6.8   | 18.3*    | 12.6* | 1.9*  | 8.0   | 3.3   | 5.5   | 10.9  | 12.5  | 22.9 |

| Days in the Past Month Reporting Physical Health Was Not Good | Education |      |              |         | Income    |                   |                   |                   |           |
|---|-----------|------|--------------|---------|-----------|-------------------|-------------------|-------------------|-----------|
|   | <HS       | HS   | Some College | College | <\$20,000 | \$20,000-\$34,999 | \$35,000-\$49,999 | \$50,000-\$74,999 | ≥\$75,000 |
|   | Percent   |      |              |         |           |                   |                   |                   |           |
| None  | 60.2*     | 81.1 | 79.2         | 86.3    | 64.9      | 76.1              | 77.1              | 83.7              | 87.1      |
| 1-9 Days  | 13.6*     | 9.6  | 13.4         | 10.2    | 8.9       | 15.3              | 14.5              | 12.4              | 9.2       |
| ≥10 Days  | 26.2*     | 9.3  | 7.5          | 3.5     | 26.2      | 8.6               | 8.4               | 4.0               | 3.7       |

| Days in the Past Month Reporting Mental Health Was Not Good |           |         |
|---|-----------|---------|
|   | Frequency | Percent |
| None  | 717       | 88.6    |
| 1-9 Days  | 54        | 6.7     |
| ≥10 Days  | 38        | 4.7     |

| Days in the Past Month Reporting Mental Health Was Not Good | Total   | Gender |        | Race  |          |       | Age    |       |       |       |       |       |      |
|---|---------|--------|--------|-------|----------|-------|--------|-------|-------|-------|-------|-------|------|
|   |         | Male   | Female | White | Hispanic | Other | 18-24  | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | ≥75  |
|   | Percent |        |        |       |          |       |        |       |       |       |       |       |      |
| None  | 88.6    | 88.8   | 87.8   | 89.5  | 75.0*    | 80.5* | 73.2*  | 83.5  | 88.2  | 89.6  | 87.3  | 92.0  | 97.5 |
| 1-9 Days  | 6.7     | 6.3    | 7.5    | 6.1   | 15.0*    | 13.4* | 19. *1 | 9.7   | 8.1   | 5.1   | 7.5   | 2.8   | 1.3  |
| ≥10 Days  | 4.7     | 3.5    | 3.1    | 4.4   | 10.0*    | 6.1*  | 7.7*   | 6.8   | 3.7   | 5.3   | 5.2   | 5.2   | 1.3  |

\*Indicates a small sample size among this population, therefore certain behaviors or risks may be over or under estimated. Conclusions drawn from these estimates should be made with caution.

| Days in the Past Month Reporting Mental Health Was Not Good | Education |      |              |         | Income    |                   |                   |                   |           |
|---|-----------|------|--------------|---------|-----------|-------------------|-------------------|-------------------|-----------|
|   | <HS       | HS   | Some College | College | <\$20,000 | \$20,000-\$34,999 | \$35,000-\$49,999 | \$50,000-\$74,999 | ≥\$75,000 |
|   | Percent   |      |              |         |           |                   |                   |                   |           |
| None  | 90.2*     | 87.0 | 89.7         | 88.0    | 75.1      | 81.1              | 92.7              | 81.5              | 88.2      |
| 1-9 Days  | 4.9*      | 7.1  | 6.0          | 7.9     | 5.9       | 12.2              | 3.9               | 14.1              | 7.0       |
| ≥10 Days  | 4.9*      | 5.9  | 4.3          | 4.1     | 19.0      | 6.7               | 3.5               | 4.4               | 4.8       |

| Days in the Past Month Poor Mental or Physical Health Limited Daily Activities |           |         |
|--|-----------|---------|
|  | Frequency | Percent |
| None   | 733       | 90.1    |
| 1-9 Days   | 50        | 6.1     |
| ≥10 Days   | 31        | 3.8     |

| Get Emotional & Social Support Needed |           |         |
|---------------------------------------|-----------|---------|
|                                       | Frequency | Percent |
| Always/Usually                        | 685       | 88.5    |
| Sometimes                             | 59        | 7.6     |
| Rarely/Never                          | 30        | 3.9     |

| Get Emotional & Social Support Needed | Total   | Gender |        | Race  |          |       | Age   |       |       |       |       |       |      |
|---------------------------------------|---------|--------|--------|-------|----------|-------|-------|-------|-------|-------|-------|-------|------|
|                                       |         | Male   | Female | White | Hispanic | Other | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | ≥75  |
|                                       | Percent |        |        |       |          |       |       |       |       |       |       |       |      |
| Always/Usually                        | 88.5    | 84.9   | 90.0   | 89.1  | 70.3*    | 80.5* | 95.0* | 82.5  | 86.9  | 90.8  | 85.9  | 89.3  | 83.7 |
| Sometimes                             | 7.6     | 8.6    | 7.0    | 7.7   | 9.9*     | 6.1*  | 2.1*  | 9.2   | 10.0  | 4.5   | 8.2   | 9.4   | 9.6  |
| Rarely/Never                          | 3.9     | 6.5    | 3.0    | 3.2   | 19.8*    | 13.4* | 2.9*  | 8.3   | 3.2   | 4.7   | 5.9   | 1.3   | 6.7  |

\* Indicates a small sample size among this population, therefore certain behaviors or risks may be over or under estimated. Conclusions drawn from these estimates should be made with caution.



| Get Emotional & Social Support Needed | Education |      |              |         | Income    |                   |                   |                   |           |
|---------------------------------------|-----------|------|--------------|---------|-----------|-------------------|-------------------|-------------------|-----------|
|                                       | <HS       | HS   | Some College | College | <\$20,000 | \$20,000-\$34,999 | \$35,000-\$49,999 | \$50,000-\$74,999 | ≥\$75,000 |
|                                       | Percent   |      |              |         |           |                   |                   |                   |           |
| Always/Usually                        | 73.3*     | 86.3 | 86.4         | 92.8    | 68.0      | 77.7              | 83.8              | 92.5              | 91.4      |
| Sometimes                             | 11.2*     | 8.8  | 8.1          | 5.4     | 21.7      | 11.8              | 11.6              | 4.8               | 6.8       |
| Rarely/Never                          | 15.5*     | 4.8  | 5.5          | 1.8     | 10.3      | 10.6              | 4.6               | 2.7               | 1.7       |

| General Satisfaction With Life |           |         |
|--------------------------------|-----------|---------|
|                                | Frequency | Percent |
| Very Satisfied/Satisfied       | 757       | 98.0    |
| Very Dissatisfied/Dissatisfied | 16        | 2.1     |

| General Satisfaction With Life | Total   | Gender |        | Race  |          |       | Age   |       |       |       |       |       |      |
|--------------------------------|---------|--------|--------|-------|----------|-------|-------|-------|-------|-------|-------|-------|------|
|                                |         | Male   | Female | White | Hispanic | Other | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | ≥75  |
|                                | Percent |        |        |       |          |       |       |       |       |       |       |       |      |
| Very Satisfied/Satisfied       | 98.0    | 97.3   | 98.5   | 97.7  | 100*     | 100*  | 97.1* | 99.1  | 97.3  | 98.1  | 99.2  | 97.1  | 96.5 |
| Very Dissatisfied/Dissatisfied | 2.1     | 1.7    | 1.1    | 2.3   | 0*       | 0*    | 2.9*  | .9    | 2.7   | 1.9   | .8    | 2.9   | 3.5  |

| General Satisfaction With Life | Education |      |              |         | Income    |                   |                   |                   |           |
|--------------------------------|-----------|------|--------------|---------|-----------|-------------------|-------------------|-------------------|-----------|
|                                | <HS       | HS   | Some College | College | <\$20,000 | \$20,000-\$34,999 | \$35,000-\$49,999 | \$50,000-\$74,999 | ≥\$75,000 |
|                                | Percent   |      |              |         |           |                   |                   |                   |           |
| Very Satisfied/Satisfied       | 97.6*     | 97.1 | 98.7         | 98.8    | 90.2      | 97.2              | 98.8              | 97.6              | 99.4      |
| Very Dissatisfied/Dissatisfied | 2.4*      | 2.9  | 1.3          | 1.2     | 9.1       | 3.8               | 2.3               | 2.7               | 1.2       |

\*Indicates a small sample size among this population, therefore certain behaviors or risks may be over or under estimated. Conclusions drawn from these estimates should be made with caution.

## Access to Healthcare:

| Respondents Who Have Any Kind of Health Care Coverage |           |         |
|---|-----------|---------|
|   | Frequency | Percent |
| No  | 60        | 7.4     |
| Yes   | 756       | 92.7    |
| No (Among Adults Ages 18-64)                          | n/a       | 8.5     |

| Respondents Who Have Any Kind of Health Care Coverage | Total   | Gender |        | Race  |          |       | Age   |       |       |       |       |       |      |
|---|---------|--------|--------|-------|----------|-------|-------|-------|-------|-------|-------|-------|------|
|   |         | Male   | Female | White | Hispanic | Other | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | ≥75  |
|   | Percent |        |        |       |          |       |       |       |       |       |       |       |      |
| No  | 7.4     | 11.0   | 5.8    | 6.6   | 31.7*    | 10.8* | 35.1  | 10.1  | 7.2   | 6.9   | 9.5   | 1.2   | 2.9  |
| Yes   | 92.7    | 89.0   | 94.2   | 93.4  | 68.3*    | 89.2* | 64.9  | 89.9  | 92.8  | 93.1  | 90.5  | 98.8  | 97.1 |

| Respondents Who Have Any Kind of Health Care Coverage | Education |      |              |         | Income    |                   |                   |                   |           |
|---|-----------|------|--------------|---------|-----------|-------------------|-------------------|-------------------|-----------|
|   | <HS       | HS   | Some College | College | <\$20,000 | \$20,000-\$34,999 | \$35,000-\$49,999 | \$50,000-\$74,999 | ≥\$75,000 |
|   | Percent   |      |              |         |           |                   |                   |                   |           |
| No  | 25.1*     | 11.9 | 7.8          | 2.0     | 21.3      | 26.7              | 6.1               | 1.8               | 4.1       |
| Yes   | 74.9*     | 88.1 | 92.2         | 98      | 78.7      | 73.3              | 93.9              | 98.2              | 95.9      |

| Have Medicaid Insurance |           |         |
|-------------------------|-----------|---------|
|                         | Frequency | Percent |
| Yes                     | 63        | 8.3     |
| No                      | 691       | 91.4    |
| Unsure                  | 2         | .3      |

\* Indicates a small sample size among this population, therefore certain behaviors or risks may be over or under estimated. Conclusions drawn from these estimates should be made with caution.

| Have a Personal Health Care Provider |           |         |
|--------------------------------------|-----------|---------|
|                                      | Frequency | Percent |
| Yes, Only One                        | 688       | 84.2    |
| Yes, More than One                   | 85        | 10.4    |
| No                                   | 44        | 5.4     |

| Have a Personal Health Care Provider | Total | Gender |        | Race  |          |       | Age   |       |       |       |       |       |      |
|--------------------------------------|-------|--------|--------|-------|----------|-------|-------|-------|-------|-------|-------|-------|------|
|                                      |       | Male   | Female | White | Hispanic | Other | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | ≥75  |
| Percent                              |       |        |        |       |          |       |       |       |       |       |       |       |      |
| Yes, Only One                        | 84.2  | 79.2   | 87.1   | 84.3  | 68.3*    | 82.8* | 69.2* | 79.6  | 85.7  | 85.4  | 81.3  | 82.0  | 88.5 |
| Yes, More than One                   | 10.4  | 11.6   | 9.4    | 10.7  | 6.7*     | 11.8* | 6.4*  | 9.2   | 9.3   | 9.8   | 12.8  | 16.8  | 9.9  |
| No                                   | 5.4   | 9.1    | 3.5    | 5.0   | 25.0*    | 5.4*  | 24.4* | 11.2  | 5.0   | 4.8   | 5.9   | 1.2   | 1.7  |

| Have a Personal Health Care Provider | Education |      |              |         | Income    |                   |                   |                   |           |
|--------------------------------------|-----------|------|--------------|---------|-----------|-------------------|-------------------|-------------------|-----------|
|                                      | <HS       | HS   | Some College | College | <\$20,000 | \$20,000-\$34,999 | \$35,000-\$49,999 | \$50,000-\$74,999 | ≥\$75,000 |
| Percent                              |           |      |              |         |           |                   |                   |                   |           |
| Yes, Only One                        | 78.5*     | 80.0 | 83.0         | 87.9    | 76.5      | 72.3              | 91.4              | 78.9              | 88.4      |
| Yes, More than One                   | 5.8*      | 11.5 | 10.6         | 10.1    | 7.8       | 16.0              | 5.6               | 14.8              | 8.8       |
| No                                   | 15.7*     | 8.5  | 6.3          | 2.0     | 15.7      | 11.7              | 3.0               | 6.2               | 2.7       |

| Could Not See a Doctor in the Past Year Because of Cost |           |         |
|---|-----------|---------|
|   | Frequency | Percent |
| No  | 763       | 93.5    |
| Yes   | 53        | 6.5     |

\*Indicates a small sample size among this population, therefore certain behaviors or risks may be over or under estimated. Conclusions drawn from these estimates should be made with caution.

| Could Not See a Doctor in the Past Year Because of Cost | Total   | Gender |        | Race  |          |       | Age   |       |       |       |       |       |     |
|---|---------|--------|--------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-----|
|   |         | Male   | Female | White | Hispanic | Other | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | ≥75 |
|   | Percent |        |        |       |          |       |       |       |       |       |       |       |     |
| No  | 93.5    | 92.6   | 92.9   | 94.4  | 70.2*    | 93.2* | 79.9* | 90.7  | 91.9  | 93.1  | 91.4  | 100   | 100 |
| Yes   | 6.5     | 7.4    | 7.1    | 5.6   | 29.8*    | 6.8*  | 20.1* | 9.3   | 8.1   | 6.9   | 8.6   | 0     | 0   |

| Could Not See a Doctor in the Past Year Because of Cost | Education |      |              |         | Income    |                   |                   |                   |           |
|---|-----------|------|--------------|---------|-----------|-------------------|-------------------|-------------------|-----------|
|   | <HS       | HS   | Some College | College | <\$20,000 | \$20,000-\$34,999 | \$35,000-\$49,999 | \$50,000-\$74,999 | ≥\$75,000 |
|   | Percent   |      |              |         |           |                   |                   |                   |           |
| No  | 83.6*     | 90.6 | 92.0         | 97.9    | 82.1      | 79.0              | 90.0              | 95.9              | 98.3      |
| Yes   | 16.4*     | 9.4  | 8.0          | 2.1     | 17.9      | 21.0              | 10.0              | 4.1               | 1.7       |

| Time Since Last Routine Physical Exam |           |         |
|---------------------------------------|-----------|---------|
|                                       | Frequency | Percent |
| Within the Past Year                  | 690       | 84.8    |
| Within the Past 2 Years               | 79        | 9.7     |
| Greater than 2 Years Ago              | 45        | 5.5     |

| Time Since Last Routine Physical Exam | Total   | Gender |        | Race  |          |       | Age   |       |       |       |       |       |      |
|---------------------------------------|---------|--------|--------|-------|----------|-------|-------|-------|-------|-------|-------|-------|------|
|                                       |         | Male   | Female | White | Hispanic | Other | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | ≥75  |
|                                       | Percent |        |        |       |          |       |       |       |       |       |       |       |      |
| Within the Past Year                  | 84.8    | 79.8   | 87.8   | 84.8  | 75.0*    | 77.4* | 85.3* | 79.3  | 82.5  | 80.8  | 85.0  | 88.6  | 96.3 |
| Within the Past 2 Years               | 9.7     | 12.0   | 8.4    | 9.6   | 14.4*    | 17.2* | 9.0*  | 13.7  | 7.3   | 13.1  | 12.5  | 6.9   | 3.7  |
| Greater than 2 Years Ago              | 5.5     | 8.2    | 3.8    | 5.6   | 10.6*    | 5.4*  | 5.7*  | 7.0   | 10.1  | 6.1   | 2.5   | 4.5   | 0    |

\* Indicates a small sample size among this population, therefore certain behaviors or risks may be over or under estimated. Conclusions drawn from these estimates should be made with caution.

| Time Since Last Routine Physical Exam | Education |      |              |         | Income    |                   |                   |                   |           |
|---------------------------------------|-----------|------|--------------|---------|-----------|-------------------|-------------------|-------------------|-----------|
|                                       | <HS       | HS   | Some College | College | <\$20,000 | \$20,000-\$34,999 | \$35,000-\$49,999 | \$50,000-\$74,999 | ≥\$75,000 |
|                                       | Percent   |      |              |         |           |                   |                   |                   |           |
| Within the Past Year                  | 75.8*     | 83.8 | 84.0         | 85.0    | 79.8      | 78.7              | 75.2              | 85.0              | 85.3      |
| Within the Past 2 Years               | 14.9*     | 6.7  | 12.0         | 12.0    | 8.4       | 14.1              | 18.1              | 8.7               | 7.9       |
| Greater than 2 Years Ago              | 9.3*      | 9.5  | 3.9          | 3.0     | 11.8      | 7.1               | 6.7               | 6.2               | 6.8       |

| Could Not See a Dentist in the Past Year Because of Cost |           |         |
|--|-----------|---------|
|  | Frequency | Percent |
| No   | 726       | 92.5    |
| Yes  | 59        | 7.5     |

| Could Not See a Dentist in the Past Year Because of Cost | Total   | Gender |        | Race  |          |       | Age   |       |       |       |       |       |      |
|--|---------|--------|--------|-------|----------|-------|-------|-------|-------|-------|-------|-------|------|
|  |         | Male   | Female | White | Hispanic | Other | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | ≥75  |
|  | Percent |        |        |       |          |       |       |       |       |       |       |       |      |
| No   | 92.5    | 90.9   | 92.7   | 93.5  | 78.6*    | 75.8* | 70.0* | 89.6  | 92.6  | 92.0  | 93.9  | 97.4  | 95.9 |
| Yes  | 7.5     | 9.1    | 7.3    | 6.5   | 21.4*    | 24.2* | 30.0* | 10.4  | 7.4   | 8.0   | 6.1   | 2.6   | 4.1  |

| Could Not See a Dentist in the Past Year Because of Cost | Education |      |              |         | Income    |                   |                   |                   |           |
|--|-----------|------|--------------|---------|-----------|-------------------|-------------------|-------------------|-----------|
|  | <HS       | HS   | Some College | College | <\$20,000 | \$20,000-\$34,999 | \$35,000-\$49,999 | \$50,000-\$74,999 | ≥\$75,000 |
|  | Percent   |      |              |         |           |                   |                   |                   |           |
| No   | 87.2*     | 91.0 | 91.5         | 94.1    | 76.5      | 82.7              | 90.0              | 92.0              | 96.8      |
| Yes  | 12.8*     | 9.0  | 8.5          | 5.9     | 23.5      | 17.3              | 10.0              | 8.0               | 3.2       |

\*Indicates a small sample size among this population, therefore certain behaviors or risks may be over or under estimated. Conclusions drawn from these estimates should be made with caution.

| Time Since Last Teeth Cleaning |           |         |
|--------------------------------|-----------|---------|
|                                | Frequency | Percent |
| Within the Past Year           | 655       | 84.5    |
| Within the Past 2 Years        | 48        | 6.2     |
| Within the Past 5 Years        | 34        | 4.4     |
| Greater than 5 Years Ago       | 30        | 3.9     |
| Never                          | 8         | 1.0     |

| Time Since Last Teeth Cleaning | Total   | Gender |        | Race  |          |       | Age   |       |       |       |       |       |      |
|--------------------------------|---------|--------|--------|-------|----------|-------|-------|-------|-------|-------|-------|-------|------|
|                                |         | Male   | Female | White | Hispanic | Other | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | ≥75  |
|                                | Percent |        |        |       |          |       |       |       |       |       |       |       |      |
| Within the Past Year           | 84.5    | 81.5   | 86.5   | 85.1  | 66.3*    | 94.2* | 64.5* | 78.5  | 88.9  | 86.3  | 86.7  | 80.7  | 82.6 |
| Within the Past 2 Years        | 6.2     | 6.1    | 6.1    | 6.3   | 7.1*     | 0*    | 10.3* | 7.8   | 6.0   | 4.3   | 5.9   | 11.0  | 2.8  |
| Within the Past 5 Years        | 4.4     | 4.6    | 4.3    | 3.7   | 14.3*    | 5.8*  | 14.7* | 8.5   | 3.2   | 4.5   | 3.4   | 1.3   | 1.4  |
| Greater than 5 Years Ago       | 3.9     | 7.1    | 1.5    | 3.8   | 12.2*    | 0*    | 10.5* | 5.1   | 1.8   | 4.4   | 4.1   | 3.1   | 7.1  |
| Never                          | 1.0     | .6     | 1.3    | 1.1   | 0*       | 0*    | 0*    | 0     | 0     | .5    | 0     | 3.9   | 6.1  |

| Time Since Last Teeth Cleaning | Education |      |              |         | Income    |                   |                   |                   |           |
|--------------------------------|-----------|------|--------------|---------|-----------|-------------------|-------------------|-------------------|-----------|
|                                | <HS       | HS   | Some College | College | <\$20,000 | \$20,000-\$34,999 | \$35,000-\$49,999 | \$50,000-\$74,999 | ≥\$75,000 |
|                                | Percent   |      |              |         |           |                   |                   |                   |           |
| Within the Past Year           | 54.7*     | 81.7 | 83.6         | 91.3    | 74.1      | 64.3              | 74.8              | 91.2              | 92.0      |
| Within the Past 2 Years        | 2.8*      | 5.9  | 8.1          | 5.0     | 4.4       | 15.8              | 9.5               | 5.0               | 2.0       |
| Within the Past 5 Years        | 25.6*     | 3.9  | 3.6          | 3.3     | 10.1      | 10.6              | 6.9               | .8                | 3.5       |
| Greater than 5 Years Ago       | 10.3*     | 7.0  | 4.2          | .3      | 7.6       | 9.2               | 5.7               | 2.9               | 2.5       |
| Never                          | 6.5*      | 1.5  | .5           | 0       | 3.8       | 0                 | 3.1               | 0                 | 0         |

\* Indicates a small sample size among this population, therefore certain behaviors or risks may be over or under estimated. Conclusions drawn from these estimates should be made with caution.

## Chronic Disease Risk Behaviors & Screenings:

| <b>No Physical Activity for Exercise During Past Month<br/>(Excludes activity during work)</b> |                  |                |
|--|------------------|----------------|
|  | <b>Frequency</b> | <b>Percent</b> |
| <b>No Activity</b>   | 185              | 22.6           |
| <b>Some Activity</b>   | 632              | 77.4           |

| <b>Moderate Physical Activity<br/>for <math>\geq 30</math> min per day on <math>\geq 5</math> days per week</b> |                  |                |
|---|------------------|----------------|
|   | <b>Frequency</b> | <b>Percent</b> |
| <b>No</b>   | 477              | 67.6           |
| <b>Yes</b>  | 229              | 32.4           |

| <b>Vigorous Physical Activity<br/>for <math>\geq 20</math> min per day on <math>\geq 3</math> days per week</b> |                  |                |
|---|------------------|----------------|
|   | <b>Frequency</b> | <b>Percent</b> |
| <b>No</b>   | 239              | 64.4           |
| <b>Yes</b>  | 132              | 35.6           |

| <b>Adequate Physical Activity<br/>(Moderate Physical Activity for <math>\geq 30</math> min per day on <math>\geq 5</math> days per week) OR<br/>(Vigorous Physical Activity for <math>\geq 20</math> min per day on <math>\geq 3</math> days per week)</b> |                  |                |
|--|------------------|----------------|
|  | <b>Frequency</b> | <b>Percent</b> |
| <b>No</b>  | 224              | 44.4           |
| <b>Yes</b>   | 281              | 55.6           |

| Adequate Physical Activity | Total   | Gender |        | Race  |          |       | Age   |       |       |       |       |       |      |
|----------------------------|---------|--------|--------|-------|----------|-------|-------|-------|-------|-------|-------|-------|------|
|                            |         | Male   | Female | White | Hispanic | Other | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | ≥75  |
|                            | Percent |        |        |       |          |       |       |       |       |       |       |       |      |
| No                         | 31.3    | 32.7   | 32.3   | 29.7  | 48.7*    | 56.6* | 24.4* | 15.2  | 34.2  | 33.1  | 32.0  | 39.6  | 53.1 |
| Yes                        | 68.7    | 67.3   | 67.7   | 70.3  | 51.3*    | 43.4* | 75.6* | 84.8  | 65.8  | 66.9  | 68.0  | 60.4  | 46.9 |

| Adequate Physical Activity | Education |      |              |         | Income    |                   |                   |                   |           |  |
|----------------------------|-----------|------|--------------|---------|-----------|-------------------|-------------------|-------------------|-----------|--|
|                            | <HS       | HS   | Some College | College | <\$20,000 | \$20,000-\$34,999 | \$35,000-\$49,999 | \$50,000-\$74,999 | ≥\$75,000 |  |
|                            | Percent   |      |              |         |           |                   |                   |                   |           |  |
| No                         | 52.8*     | 38.3 | 33.2         | 23.2    | 40.2      | 42.0              | 39.2              | 26.6              | 19.6      |  |
| Yes                        | 47.2*     | 61.7 | 66.8         | 76.8    | 59.8      | 58.0              | 60.8              | 73.4              | 80.4      |  |

| Daily Fruit & Vegetable Servings |           |         |
|----------------------------------|-----------|---------|
|                                  | Frequency | Percent |
| <1 serving                       | 34        | 4.3     |
| 1-2 servings                     | 387       | 48.7    |
| 3-4 servings                     | 231       | 29.1    |
| ≥5 servings                      | 143       | 18.0    |

| Daily Fruit & Vegetable Servings | Total   | Gender |        | Race  |          |       | Age   |       |       |       |       |       |      |
|----------------------------------|---------|--------|--------|-------|----------|-------|-------|-------|-------|-------|-------|-------|------|
|                                  |         | Male   | Female | White | Hispanic | Other | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | ≥75  |
|                                  | Percent |        |        |       |          |       |       |       |       |       |       |       |      |
| <1 serving                       | 4.3     | 5.6    | 3.7    | 4.2   | 6.9*     | 12.6* | 15.1* | 5.6   | 4.2   | 5.9   | 2.2   | 0     | 3.4  |
| 1-2 servings                     | 48.7    | 53.9   | 45.6   | 48.8  | 56.4*    | 56.3* | 53.7* | 48.8  | 52.4  | 54.0  | 42.9  | 47.6  | 40.4 |
| 3-4 servings                     | 29.1    | 28.0   | 28.9   | 29.6  | 26.7*    | 5.8*  | 24.4* | 27.5  | 28.2  | 26.3  | 32.9  | 27.3  | 33.5 |
| ≥5 servings                      | 18.0    | 12.5   | 21.7   | 17.5  | 9.9*     | 25.3* | 6.8*  | 18.2  | 15.2  | 13.7  | 21.9  | 25.1  | 22.7 |

\*Indicates a small sample size among this population, therefore certain behaviors or risks may be over or under estimated. Conclusions drawn from these estimates should be made with caution.



| Daily Fruit & Vegetable Servings | Education |      |              |         | Income    |                   |                   |                   |           |
|----------------------------------|-----------|------|--------------|---------|-----------|-------------------|-------------------|-------------------|-----------|
|                                  | <HS       | HS   | Some College | College | <\$20,000 | \$20,000-\$34,999 | \$35,000-\$49,999 | \$50,000-\$74,999 | ≥\$75,000 |
|                                  | Percent   |      |              |         |           |                   |                   |                   |           |
| <1 serving                       | 5.9*      | 6.8  | 2.2          | 3.7     | 10.6      | 4.5               | 2.7               | 5.8               | 4.5       |
| 1-2 servings                     | 60.6*     | 52.4 | 48.6         | 45.6    | 37.5      | 40.6              | 48.6              | 47.2              | 52.3      |
| 3-4 servings                     | 23.9*     | 27.7 | 30.8         | 28.3    | 28.5      | 38.4              | 29.0              | 26.7              | 26.2      |
| ≥5 servings                      | 9.6*      | 13.1 | 18.4         | 22.4    | 23.4      | 16.5              | 19.7              | 20.3              | 16.9      |

| Body Mass Index (weight[kg]/height[m] <sup>2</sup> ) |           |         |
|--|-----------|---------|
|  | Frequency | Percent |
| Under Weight   | 10        | 1.6     |
| Normal Weight  | 251       | 40.4    |
| Overweight   | 238       | 38.3    |
| Obese  | 123       | 19.8    |

| Body Mass Index | Total   | Gender |        | Race  |          |       | Age   |       |       |       |       |       |      |
|-----------------|---------|--------|--------|-------|----------|-------|-------|-------|-------|-------|-------|-------|------|
|                 |         | Male   | Female | White | Hispanic | Other | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | ≥75  |
|                 | Percent |        |        |       |          |       |       |       |       |       |       |       |      |
| Under Weight    | 1.6     | .4     | 2.3    | 1.5   | 0*       | 0*    | 2.5*  | 3.7   | 1.7   | 0     | 0.9   | 0     | 3.1  |
| Normal Weight   | 40.4    | 31.9   | 45.3   | 40.1  | 27.8*    | 28.7* | 60.1* | 50.9  | 40.9  | 33.7  | 30.5  | 33.9  | 38.4 |
| Overweight      | 38.3    | 45.3   | 33.4   | 39.0  | 36.1*    | 42.6* | 29.6* | 27.7  | 39.4  | 39.7  | 44.8  | 46.5  | 40.4 |
| Obese           | 19.8    | 22.3   | 19.1   | 19.3  | 36.1*    | 28.7* | 7.8*  | 17.7  | 17.9  | 26.6  | 23.8  | 19.6  | 18.1 |

\* Indicates a small sample size among this population, therefore certain behaviors or risks may be over or under estimated. Conclusions drawn from these estimates should be made with caution.

| Body Mass Index | Education |      |              |         | Income    |                   |                   |                   |           |
|-----------------|-----------|------|--------------|---------|-----------|-------------------|-------------------|-------------------|-----------|
|                 | <HS       | HS   | Some College | College | <\$20,000 | \$20,000-\$34,999 | \$35,000-\$49,999 | \$50,000-\$74,999 | ≥\$75,000 |
|                 | Percent   |      |              |         |           |                   |                   |                   |           |
| Under Weight    | 0*        | 1.2  | 2.0          | 1.3     | 2.0       | 0                 | 2.8               | 1.0               | 1.8       |
| Normal Weight   | 43.8*     | 37.5 | 33.1         | 44.9    | 35.1      | 39.2              | 33.7              | 42.9              | 39.0      |
| Overweight      | 36.0*     | 39.0 | 40.4         | 38.0    | 30.5      | 36.8              | 46.0              | 38.4              | 40.6      |
| Obese           | 20.2*     | 22.2 | 24.5         | 15.8    | 32.5      | 24.0              | 17.6              | 17.8              | 18.6      |

| Change in Weight Over the Last Year |           |         |
|-------------------------------------|-----------|---------|
|                                     | Frequency | Percent |
| Gained Weight                       | 108       | 15.2    |
| No Change                           | 493       | 69.2    |
| Lost Weight                         | 111       | 15.6    |

| Change in Weight Over the Last Year | Total   | Gender |        | Race  |          |       | Age   |       |       |       |       |       |      |
|-------------------------------------|---------|--------|--------|-------|----------|-------|-------|-------|-------|-------|-------|-------|------|
|                                     |         | Male   | Female | White | Hispanic | Other | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | ≥75  |
|                                     | Percent |        |        |       |          |       |       |       |       |       |       |       |      |
| Gained Weight                       | 15.2    | 13.5   | 17.5   | 14.5  | 11.9*    | 43.4* | 28.1* | 13.8  | 16.4  | 16.5  | 14.7  | 8.6   | 9.0  |
| No Change                           | 69.2    | 71.4   | 65.6   | 70.7  | 57.4*    | 40.9* | 61.9* | 65.7  | 70.7  | 66.2  | 75.3  | 61.0  | 77.3 |
| Lost Weight                         | 15.6    | 15.1   | 16.8   | 14.8  | 30.6*    | 15.7* | 10.0* | 20.6  | 12.9  | 17.3  | 10.0  | 30.3  | 13.7 |

| Change in Weight Over the Last Year | Education |      |              |         | Income    |                   |                   |                   |           |
|-------------------------------------|-----------|------|--------------|---------|-----------|-------------------|-------------------|-------------------|-----------|
|                                     | <HS       | HS   | Some College | College | <\$20,000 | \$20,000-\$34,999 | \$35,000-\$49,999 | \$50,000-\$74,999 | ≥\$75,000 |
|                                     | Percent   |      |              |         |           |                   |                   |                   |           |
| Gained Weight                       | 18.3*     | 14.8 | 14.7         | 16.4    | 21.2      | 14.1              | 12.5              | 14.5              | 16.0      |
| No Change                           | 67.0*     | 69.2 | 70.2         | 67.2    | 58.1      | 67.4              | 67.9              | 69.3              | 68.4      |
| Lost Weight                         | 14.7*     | 16.0 | 15.1         | 16.4    | 20.7      | 18.5              | 19.6              | 16.3              | 15.5      |

\*Indicates a small sample size among this population, therefore certain behaviors or risks may be over or under estimated. Conclusions drawn from these estimates should be made with caution.

| Ever Been Told by a Doctor That They Had: Diabetes |           |         |
|--|-----------|---------|
|  | Frequency | Percent |
| Yes  | 72        | 8.8     |
| Yes, Only During Pregnancy                         | 13        | 1.6     |
| No   | 732       | 89.6    |

| Ever Been Told by a Doctor That They Had: Diabetes | Total   | Gender |        | Race  |          |       | Age   |       |       |       |       |       |      |
|--|---------|--------|--------|-------|----------|-------|-------|-------|-------|-------|-------|-------|------|
|  |         | Male   | Female | White | Hispanic | Other | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | ≥75  |
|  | Percent |        |        |       |          |       |       |       |       |       |       |       |      |
| Yes  | 8.8     | 10.2   | 7.8    | 8.9   | 12.5*    | 5.4*  | 0*    | 3.1   | 4.2   | 6.2   | 12.1  | 22.8  | 25.7 |
| No   | 89.6    | 89.2   | 89.8   | 89.6  | 84.6*    | 94.6* | 97.4* | 91.6  | 95.1  | 92.7  | 87.2  | 76.0  | 74.3 |

| Ever Been Told by a Doctor That They Had: Diabetes | Education |      |              |         | Income    |                   |                   |                   |           |
|--|-----------|------|--------------|---------|-----------|-------------------|-------------------|-------------------|-----------|
|  | <HS       | HS   | Some College | College | <\$20,000 | \$20,000-\$34,999 | \$35,000-\$49,999 | \$50,000-\$74,999 | ≥\$75,000 |
|  | Percent   |      |              |         |           |                   |                   |                   |           |
| Yes  | 14.3*     | 9.4  | 9.0          | 7.4     | 26.2      | 8.3               | 9.4               | 5.5               | 6.1       |
| No   | 85.7*     | 89.0 | 89.6         | 90.9    | 72.1      | 90.3              | 88.0              | 91.5              | 93.0      |

| Ever Been Told by a Doctor That They Had: High Blood Pressure |           |         |
|---|-----------|---------|
|   | Frequency | Percent |
| Yes   | 209       | 25.6    |
| Yes, Only During Pregnancy                                    | 17        | 2.1     |
| No  | 591       | 72.3    |

\* Indicates a small sample size among this population, therefore certain behaviors or risks may be over or under estimated. Conclusions drawn from these estimates should be made with caution.

| Ever Been Told by a Doctor That They Had:<br>High Blood Pressure | Total   | Gender |        | Race  |          |       | Age   |       |       |       |       |       |      |
|--|---------|--------|--------|-------|----------|-------|-------|-------|-------|-------|-------|-------|------|
|  |         | Male   | Female | White | Hispanic | Other | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | ≥75  |
|  | Percent |        |        |       |          |       |       |       |       |       |       |       |      |
| Yes  | 25.6    | 27.8   | 23.6   | 26.2  | 26.9*    | 11.8* | 4.5*  | 8.1   | 12.0  | 23.2  | 35.0  | 65.1  | 53.1 |
| No   | 72.3    | 70.8   | 73.9   | 71.8  | 70.2*    | 88.2* | 95.5* | 86.6  | 86.0  | 75.0  | 62.3  | 34.9  | 46.9 |

| Ever Been Told by a Doctor That They Had:<br>High Blood Pressure | Education |      |              |         | Income    |                   |                   |                   |           |
|--|-----------|------|--------------|---------|-----------|-------------------|-------------------|-------------------|-----------|
|  | <HS       | HS   | Some College | College | <\$20,000 | \$20,000-\$34,999 | \$35,000-\$49,999 | \$50,000-\$74,999 | ≥\$75,000 |
|  | Percent   |      |              |         |           |                   |                   |                   |           |
| Yes  | 37.3*     | 30.3 | 23.7         | 19.9    | 47.5      | 29.1              | 29.9              | 20.6              | 16.9      |
| No   | 62.7*     | 67.6 | 74.1         | 78.3    | 50.9      | 70.9              | 67.5              | 76.1              | 81.6      |

| Ever Been Told by a Doctor That They Had: High Cholesterol |           |         |
|--|-----------|---------|
|  | Frequency | Percent |
| Yes  | 201       | 24.8    |
| No   | 611       | 75.3    |

| Ever Been Told by a Doctor That They Had:<br>High Cholesterol | Total   | Gender |        | Race  |          |       | Age    |       |       |       |       |       |      |
|---|---------|--------|--------|-------|----------|-------|--------|-------|-------|-------|-------|-------|------|
|   |         | Male   | Female | White | Hispanic | Other | 18-24  | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | ≥75  |
|   | Percent |        |        |       |          |       |        |       |       |       |       |       |      |
| Yes   | 24.8    | 26.9   | 23.0   | 25.3  | 23.1*    | 18.2* | 0.0*   | 9.5   | 16.2  | 28.5  | 30.8  | 43.0  | 49.2 |
| No  | 75.3    | 73.1   | 77.0   | 74.7  | 76.9*    | 81.8* | 100.0* | 90.5  | 83.8  | 71.5  | 69.2  | 57.0  | 50.8 |

\*Indicates a small sample size among this population, therefore certain behaviors or risks may be over or under estimated. Conclusions drawn from these estimates should be made with caution.

| Ever Been Told by a Doctor That They Had:<br>High Cholesterol | Education |      |              |         | Income    |                   |                   |                   |           |
|---|-----------|------|--------------|---------|-----------|-------------------|-------------------|-------------------|-----------|
|   | <HS       | HS   | Some College | College | <\$20,000 | \$20,000-\$34,999 | \$35,000-\$49,999 | \$50,000-\$74,999 | ≥\$75,000 |
|   | Percent   |      |              |         |           |                   |                   |                   |           |
| Yes   | 29.4*     | 28.2 | 20.6         | 23.7    | 42.6      | 25.3              | 29.5              | 21.5              | 23.1      |
| No  | 70.6*     | 71.8 | 79.4         | 76.3    | 57.4      | 74.7              | 70.5              | 78.5              | 76.9      |

| Ever Been Told by a Doctor That They Had:<br>Asthma |           |         |
|---|-----------|---------|
|   | Frequency | Percent |
| No  | 742       | 90.8    |
| Yes   | 75        | 9.2     |

| Ever Been Told by a Doctor That They Had:<br>Asthma | Total   | Gender |        | Race  |          |       | Age   |       |       |       |       |       |      |
|---|---------|--------|--------|-------|----------|-------|-------|-------|-------|-------|-------|-------|------|
|   |         | Male   | Female | White | Hispanic | Other | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | ≥75  |
|   | Percent |        |        |       |          |       |       |       |       |       |       |       |      |
| No  | 90.8    | 91.2   | 89.8   | 91.5  | 77.9*    | 88.2* | 76.5* | 91.2  | 93.2  | 90.8  | 94.8  | 83.2  | 90.1 |
| Yes   | 9.2     | 8.8    | 10.2   | 8.5   | 22.1*    | 11.8* | 23.5* | 8.8   | 6.8   | 9.2   | 5.2   | 16.8  | 9.9  |

| Ever Been Told by a Doctor That They Had:<br>Asthma | Education |      |              |         | Income    |                   |                   |                   |           |
|---|-----------|------|--------------|---------|-----------|-------------------|-------------------|-------------------|-----------|
|   | <HS       | HS   | Some College | College | <\$20,000 | \$20,000-\$34,999 | \$35,000-\$49,999 | \$50,000-\$74,999 | ≥\$75,000 |
|   | Percent   |      |              |         |           |                   |                   |                   |           |
| No  | 83.7*     | 92.7 | 88.7         | 90.8    | 80.4      | 86.0              | 94.8              | 88.7              | 93.2      |
| Yes   | 16.3*     | 7.3  | 11.3         | 9.2     | 19.6      | 14.0              | 5.2               | 11.3              | 6.8       |

\* Indicates a small sample size among this population, therefore certain behaviors or risks may be over or under estimated. Conclusions drawn from these estimates should be made with caution.

| Currently Have Asthma |           |         |
|-----------------------|-----------|---------|
|                       | Frequency | Percent |
| No                    | 760       | 93.0    |
| Yes                   | 57        | 7.0     |

| Currently Have Asthma | Total   | Gender |        | Race  |          |       | Age   |       |       |       |       |       |      |
|-----------------------|---------|--------|--------|-------|----------|-------|-------|-------|-------|-------|-------|-------|------|
|                       |         | Male   | Female | White | Hispanic | Other | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | ≥75  |
|                       | Percent |        |        |       |          |       |       |       |       |       |       |       |      |
| No                    | 93.0    | 94.3   | 91.5   | 93.7  | 83.6*    | 88.2* | 79.0* | 94.3  | 95.3  | 93.7  | 96.8  | 86.4  | 90.1 |
| Yes                   | 7.0     | 5.7    | 8.5    | 6.3   | 16.4*    | 11.8* | 21.0* | 5.7   | 4.7   | 6.3   | 3.2   | 13.6  | 9.9  |

| Currently Have Asthma | Education |      |              |         | Income    |                   |                   |                   |           |
|-----------------------|-----------|------|--------------|---------|-----------|-------------------|-------------------|-------------------|-----------|
|                       | <HS       | HS   | Some College | College | <\$20,000 | \$20,000-\$34,999 | \$35,000-\$49,999 | \$50,000-\$74,999 | ≥\$75,000 |
|                       | Percent   |      |              |         |           |                   |                   |                   |           |
| No                    | 83.7*     | 94.0 | 92.4         | 93.8    | 82.7      | 90.1              | 96.3              | 91.8              | 95.9      |
| Yes                   | 16.3*     | 6.0  | 7.6          | 6.2     | 17.3      | 9.9               | 3.7               | 8.2               | 4.1       |

| Received a Flu Shot in Last 12 Months |           |         |
|---------------------------------------|-----------|---------|
|                                       | Frequency | Percent |
| No                                    | 511       | 62.6    |
| Yes                                   | 305       | 37.4    |

\*Indicates a small sample size among this population, therefore certain behaviors or risks may be over or under estimated. Conclusions drawn from these estimates should be made with caution.

| Received a Flu Shot in Last 12 Months | Total   | Gender |        | Race  |          |       | Age   |       |       |       |       |       |      |
|---------------------------------------|---------|--------|--------|-------|----------|-------|-------|-------|-------|-------|-------|-------|------|
|                                       |         | Male   | Female | White | Hispanic | Other | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | ≥75  |
|                                       | Percent |        |        |       |          |       |       |       |       |       |       |       |      |
| No                                    | 62.6    | 60.4   | 63.8   | 62.3  | 70.2*    | 46.3* | 68.1* | 71.9  | 73.5  | 70.1  | 49.4  | 42.9  | 28.0 |
| Yes                                   | 37.4    | 39.6   | 36.2   | 37.7  | 29.8*    | 53.7* | 31.9* | 28.1  | 26.5  | 29.9  | 50.6  | 57.1  | 72.0 |

| Received a Flu Shot in Last 12 Months | Education |      |              |         | Income    |                   |                   |                   |           |
|---------------------------------------|-----------|------|--------------|---------|-----------|-------------------|-------------------|-------------------|-----------|
|                                       | <HS       | HS   | Some College | College | <\$20,000 | \$20,000-\$34,999 | \$35,000-\$49,999 | \$50,000-\$74,999 | ≥\$75,000 |
|                                       | Percent   |      |              |         |           |                   |                   |                   |           |
| No                                    | 50.4*     | 66.5 | 63.4         | 58.6    | 57.6      | 62.3              | 69.0              | 55.4              | 61.8      |
| Yes                                   | 49.6*     | 33.5 | 36.6         | 41.4    | 42.4      | 37.7              | 31.0              | 44.6              | 38.0      |

| Ever Received Hepatitis B Vaccine |           |         |
|-----------------------------------|-----------|---------|
|                                   | Frequency | Percent |
| Yes                               | 264       | 32.3    |
| No                                | 444       | 54.4    |
| Unsure                            | 109       | 13.3    |

| Ever Received Hepatitis B Vaccine | Total   | Gender |        | Race  |          |       | Age   |       |       |       |       |       |      |
|-----------------------------------|---------|--------|--------|-------|----------|-------|-------|-------|-------|-------|-------|-------|------|
|                                   |         | Male   | Female | White | Hispanic | Other | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | ≥75  |
|                                   | Percent |        |        |       |          |       |       |       |       |       |       |       |      |
| Yes                               | 32.31   | 31.4   | 33.3   | 31.9  | 36.5*    | 35.5* | 62.7* | 44.7  | 35.0  | 28.1  | 31.6  | 23.9  | 8.0  |
| No                                | 54.35   | 54.1   | 54.2   | 54.5  | 50.9*    | 52.7* | 22.4* | 32.6  | 45.5  | 66.5  | 56.4  | 68.5  | 74.5 |
| Unsure                            | 13.34   | 14.5   | 12.5   | 13.6  | 12.5*    | 11.8* | 14.9* | 22.7  | 19.5  | 5.4   | 12.0  | 7.6   | 17.5 |

\* Indicates a small sample size among this population, therefore certain behaviors or risks may be over or under estimated. Conclusions drawn from these estimates should be made with caution.

| Ever Received Hepatitis B Vaccine | Education |      |              |         | Income    |                   |                   |                   |           |
|-----------------------------------|-----------|------|--------------|---------|-----------|-------------------|-------------------|-------------------|-----------|
|                                   | <HS       | HS   | Some College | College | <\$20,000 | \$20,000-\$34,999 | \$35,000-\$49,999 | \$50,000-\$74,999 | ≥\$75,000 |
|                                   | Percent   |      |              |         |           |                   |                   |                   |           |
| Yes                               | 16.3*     | 29.3 | 31.3         | 39.3    | 29.6      | 36.5              | 26.9              | 43.4              | 37.6      |
| No                                | 79.8*     | 59.8 | 49.7         | 47.7    | 55.9      | 52.7              | 50.5              | 46.4              | 50.2      |
| Unsure                            | 3.9*      | 10.9 | 19.0         | 13.0    | 14.5      | 10.8              | 22.7              | 10.2              | 12.2      |

| Ever Been Tested for HIV (Among Adults Ages 18-64) |           |         |
|--|-----------|---------|
|  | Frequency | Percent |
| Never Tested                                       | 423       | 67.9    |
| Tested   | 200       | 32.1    |

| Ever Been Tested for HIV (Among Adults Ages 18-64) | Total   | Gender |        | Race  |          |       | Age   |       |       |       |       |
|--|---------|--------|--------|-------|----------|-------|-------|-------|-------|-------|-------|
|  |         | Male   | Female | White | Hispanic | Other | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 |
|  | Percent |        |        |       |          |       |       |       |       |       |       |
| Never Tested                                       | 67.9    | 68.0   | 66.3   | 69.3  | 50.0*    | 50.0* | 63.8* | 45.8  | 58.6  | 76.0  | 84.0  |
| Tested   | 32.1    | 32.0   | 33.7   | 30.7  | 50.0*    | 50.0* | 36.2* | 54.2  | 41.4  | 24.0  | 16.0  |

| Ever Been Tested for HIV (Among Adults Ages 18-64) | Education |      |              |         | Income    |                   |                   |                   |           |
|--|-----------|------|--------------|---------|-----------|-------------------|-------------------|-------------------|-----------|
|  | <HS       | HS   | Some College | College | <\$20,000 | \$20,000-\$34,999 | \$35,000-\$49,999 | \$50,000-\$74,999 | ≥\$75,000 |
|  | Percent   |      |              |         |           |                   |                   |                   |           |
| Never Tested                                       | 63.6*     | 70.0 | 68.1         | 64.3    | 57.4      | 51.3              | 60.0              | 73.9              | 61.8      |
| Tested   | 36.4*     | 30.0 | 31.9         | 35.7    | 42.6      | 48.7              | 40.0              | 26.1              | 38.2      |

\*Indicates a small sample size among this population, therefore certain behaviors or risks may be over or under estimated. Conclusions drawn from these estimates should be made with caution.



## Substance Use, Exposure & Attitudes:

| Drank Alcohol in the Past 30 Days |           |         |
|-----------------------------------|-----------|---------|
|                                   | Frequency | Percent |
| No                                | 501       | 62.1    |
| Yes                               | 306       | 37.9    |

| Drank Alcohol in the Past 30 Days | Total | Gender |        | Race  |          |       | Age   |       |       |       |       |       |      |
|-----------------------------------|-------|--------|--------|-------|----------|-------|-------|-------|-------|-------|-------|-------|------|
|                                   |       | Male   | Female | White | Hispanic | Other | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | ≥75  |
| Percent                           |       |        |        |       |          |       |       |       |       |       |       |       |      |
| No                                | 62.1  | 56.3   | 66.1   | 61.6  | 59.6*    | 57.4* | 68.1* | 58.1  | 49.3  | 62.5  | 59.0  | 72.9  | 85.9 |
| Yes                               | 37.9  | 43.7   | 33.9   | 38.4  | 40.4*    | 42.6* | 31.9* | 41.9  | 50.7  | 37.5  | 41.0  | 27.1  | 14.1 |

| Drank Alcohol in the Past 30 Days | Education |      |              |         | Income    |                   |                   |                   |           |
|-----------------------------------|-----------|------|--------------|---------|-----------|-------------------|-------------------|-------------------|-----------|
|                                   | <HS       | HS   | Some College | College | <\$20,000 | \$20,000-\$34,999 | \$35,000-\$49,999 | \$50,000-\$74,999 | ≥\$75,000 |
| Percent                           |           |      |              |         |           |                   |                   |                   |           |
| No                                | 72.4*     | 71.0 | 58.5         | 50.5    | 77.6      | 62.7              | 68.3              | 53.8              | 45.5      |
| Yes                               | 27.6*     | 29.0 | 41.5         | 49.5    | 22.4      | 37.3              | 31.7              | 46.2              | 54.2      |

| Had 4 (female) or 5 (male) Drinks at One Setting ≥1 Time(s) in the Last 30 Days (Binge Drinking) |           |         |
|--|-----------|---------|
|  | Frequency | Percent |
| No   | 726       | 90.0    |
| Yes  | 81        | 10.0    |

\* Indicates a small sample size among this population, therefore certain behaviors or risks may be over or under estimated. Conclusions drawn from these estimates should be made with caution.

| Had 4 or 5 Drinks at One Setting<br>≥1 Time(s) in the Last 30 Days | Total   | Gender |        | Race  |          |       | Age   |       |       |       |       |       |      |
|--|---------|--------|--------|-------|----------|-------|-------|-------|-------|-------|-------|-------|------|
|  |         | Male   | Female | White | Hispanic | Other | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | ≥75  |
|  | Percent |        |        |       |          |       |       |       |       |       |       |       |      |
| No   | 90.0    | 86.7   | 92.2   | 89.8  | 90.4*    | 82.7* | 79.2* | 87.2  | 84.0  | 91.3  | 93.8  | 94.4  | 98.3 |
| Yes  | 10.0    | 13.3   | 7.8    | 10.2  | 9.6*     | 17.3* | 20.8* | 12.8  | 16.0  | 8.7   | 6.2   | 5.6   | 1.7  |

| Had 4 or 5 Drinks at One Setting<br>≥1 Time(s) in the Last 30 Days | Education |      |              |         | Income    |                   |                   |                   |           |
|--|-----------|------|--------------|---------|-----------|-------------------|-------------------|-------------------|-----------|
|  | <HS       | HS   | Some College | College | <\$20,000 | \$20,000-\$34,999 | \$35,000-\$49,999 | \$50,000-\$74,999 | ≥\$75,000 |
|  | Percent   |      |              |         |           |                   |                   |                   |           |
| No   | 94.2*     | 90.7 | 91.0         | 86.1    | 91.1      | 87.3              | 92.2              | 86.9              | 84.0      |
| Yes  | 5.8*      | 9.3  | 9.0          | 13.9    | 8.6       | 12.7              | 7.8               | 13.1              | 16.0      |

| Drove After Having Too Much to Drink ≥1 Time(s) in Last 30 Days |           |         |
|---|-----------|---------|
|   | Frequency | Percent |
| No  | 797       | 98.8    |
| Yes   | 10        | 1.2     |

| Smoking Status |           |         |
|----------------|-----------|---------|
|                | Frequency | Percent |
| Current Smoker | 98        | 12.0    |
| Former Smoker  | 131       | 16.1    |
| Never Smoked   | 586       | 71.9    |

\*Indicates a small sample size among this population, therefore certain behaviors or risks may be over or under estimated. Conclusions drawn from these estimates should be made with caution.

| Smoking Status | Total | Gender |        | Race  |          |       | Age   |       |       |       |       |       |      |
|----------------|-------|--------|--------|-------|----------|-------|-------|-------|-------|-------|-------|-------|------|
|                |       | Male   | Female | White | Hispanic | Other | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | ≥75  |
| Percent        |       |        |        |       |          |       |       |       |       |       |       |       |      |
| Current Smoker | 12.0  | 15.2   | 10.7   | 11.7  | 29.8*    | 11.8* | 27.9* | 16.7  | 12.9  | 14.1  | 12.3  | 3.2   | 4.5  |
| Former Smoker  | 16.1  | 21.0   | 12.1   | 16.8  | 10.6*    | 16.2* | 2.0*  | 14.1  | 16.3  | 17.2  | 18.3  | 22.9  | 14.8 |
| Never Smoked   | 71.9  | 63.9   | 77.2   | 71.5  | 59.6*    | 71.9* | 70.2* | 69.2  | 70.9  | 68.8  | 69.4  | 73.9  | 80.6 |

| Smoking Status | Education |      |              |         | Income    |                   |                   |                   |           |
|----------------|-----------|------|--------------|---------|-----------|-------------------|-------------------|-------------------|-----------|
|                | <HS       | HS   | Some College | College | <\$20,000 | \$20,000-\$34,999 | \$35,000-\$49,999 | \$50,000-\$74,999 | ≥\$75,000 |
| Percent        |           |      |              |         |           |                   |                   |                   |           |
| Current Smoker | 35.5*     | 17.3 | 11.7         | 5.0     | 23.5      | 14.1              | 10.8              | 10.2              | 11.1      |
| Former Smoker  | 9.3*      | 17.4 | 17.2         | 15.2    | 15.6      | 22.8              | 20.3              | 18.2              | 14.7      |
| Never Smoked   | 55.2*     | 65.2 | 71.1         | 79.8    | 60.8      | 63.1              | 68.9              | 71.6              | 74.2      |

| Smokers Who Would Like to Quit Smoking |           |         |
|--|-----------|---------|
|  | Frequency | Percent |
| Would Like to Quit                     | 36        | 41.9    |
| Would Not Like to Quit                 | 50        | 58.1    |

| Smokers Aware of Local Programs to Quit Smoking |           |         |
|---|-----------|---------|
|   | Frequency | Percent |
| Not Aware                                       | 22        | 25.0    |
| Aware   | 66        | 75.0    |

\* Indicates a small sample size among this population, therefore certain behaviors or risks may be over or under estimated. Conclusions drawn from these estimates should be made with caution.

| <b>Smokers Who Tried Quitting in the Past 12 Months</b> |                  |                |
|---|------------------|----------------|
|   | <b>Frequency</b> | <b>Percent</b> |
| <b>Did Not Try to Quit</b>                              | 47               | 48.0           |
| <b>Tried to Quit</b>                                    | 51               | 52.0           |

| <b>Smokers Advised by Their Doctors in the Past 12 Months to Quit Smoking</b> |                  |                |
|---|------------------|----------------|
|   | <b>Frequency</b> | <b>Percent</b> |
| <b>Not Advised to Quit</b>  | 19               | 25.7           |
| <b>Advised to Quit</b>  | 55               | 74.3           |

| <b>Number of Days Someone Smoked Inside Home in the Past Week</b> |                  |                |
|---|------------------|----------------|
|   | <b>Frequency</b> | <b>Percent</b> |
| <b>0 Days</b>   | 679              | 88.9           |
| <b>1 or More Days</b>   | 85               | 11.1           |

| <b>Rules About Smoking in Your Home</b> |                  |                |
|---|------------------|----------------|
|   | <b>Frequency</b> | <b>Percent</b> |
| <b>Not Allowed</b>                      | 701              | 90.5           |
| <b>Allowed in Some Places</b>           | 38               | 4.9            |
| <b>Allowed Anywhere</b>                 | 36               | 4.7            |

| Rules About Smoking in Your Home | Total | Gender |        | Race  |          |       | Age   |       |       |       |       |       |      |
|----------------------------------|-------|--------|--------|-------|----------|-------|-------|-------|-------|-------|-------|-------|------|
|                                  |       | Male   | Female | White | Hispanic | Other | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | ≥75  |
| Percent                          |       |        |        |       |          |       |       |       |       |       |       |       |      |
| Not Allowed                      | 90.5  | 80.9   | 87.1   | 85.4  | 63.4*    | 87.4* | 64.8* | 82.0  | 83.1  | 84.5  | 85.6  | 89.6  | 93.1 |
| Allowed in Some Places           | 4.9   | 9.9    | 7.7    | 7.9   | 21.8*    | 6.9*  | 17.6* | 12.9  | 8.8   | 9.1   | 6.3   | 6.5   | 3.2  |
| Allowed Anywhere                 | 4.7   | 9.2    | 5.2    | 6.6   | 14.8*    | 5.8*  | 17.6* | 5.2   | 8.1   | 6.5   | 8.1   | 3.9   | 3.7  |

| Rules About Smoking in Your Home | Education |      |              |         | Income    |                   |                   |                   |           |
|----------------------------------|-----------|------|--------------|---------|-----------|-------------------|-------------------|-------------------|-----------|
|                                  | <HS       | HS   | Some College | College | <\$20,000 | \$20,000-\$34,999 | \$35,000-\$49,999 | \$50,000-\$74,999 | ≥\$75,000 |
| Percent                          |           |      |              |         |           |                   |                   |                   |           |
| Not Allowed                      | 71.0*     | 78.7 | 85.2         | 91.1    | 78.4      | 78.2              | 81.1              | 85.7              | 86.2      |
| Allowed in Some Places           | 12.5*     | 11.0 | 8.6          | 5.9     | 17.1      | 7.0               | 9.1               | 5.9               | 6.7       |
| Allowed Anywhere                 | 16.4*     | 10.3 | 6.2          | 3.0     | 4.6       | 14.8              | 9.8               | 8.5               | 7.1       |

| Been in the Same Room as Someone Smoking in the Last 7 Days |           |         |
|---|-----------|---------|
|   | Frequency | Percent |
| No  | 529       | 68.2    |
| Yes   | 247       | 31.8    |

| Been in the Same Room as Someone Smoking in the Last 7 Days | Total | Gender |        | Race  |          |       | Age   |       |       |       |       |       |      |
|---|-------|--------|--------|-------|----------|-------|-------|-------|-------|-------|-------|-------|------|
|   |       | Male   | Female | White | Hispanic | Other | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | ≥75  |
| Percent   |       |        |        |       |          |       |       |       |       |       |       |       |      |
| No  | 68.2  | 58.5   | 74.0   | 68.1  | 53.5*    | 51.6* | 40.3* | 64.3  | 65.1  | 66.8  | 68.6  | 72.7  | 79.2 |
| Yes   | 31.8  | 41.5   | 26.0   | 31.9  | 46.5*    | 48.4* | 59.7* | 35.7  | 34.9  | 33.2  | 31.4  | 27.3  | 20.8 |

\*Indicates a small sample size among this population, therefore certain behaviors or risks may be over or under estimated. Conclusions drawn from these estimates should be made with caution.

| Been in the Same Room as Someone Smoking in the Last 7 Days | Education |      |              |         | Income    |                   |                   |                   |           |
|---|-----------|------|--------------|---------|-----------|-------------------|-------------------|-------------------|-----------|
|   | <HS       | HS   | Some College | College | <\$20,000 | \$20,000-\$34,999 | \$35,000-\$49,999 | \$50,000-\$74,999 | ≥\$75,000 |
|   | Percent   |      |              |         |           |                   |                   |                   |           |
| No  | 63.7*     | 62.5 | 63.1         | 74.0    | 64.3      | 66.2              | 63.2              | 64.2              | 63.9      |
| Yes   | 36.3*     | 37.5 | 36.9         | 26.0    | 35.7      | 33.8              | 36.8              | 35.8              | 36.1      |

| Been in a Car With Someone Smoking in the Last 7 Days |           |         |
|---|-----------|---------|
|   | Frequency | Percent |
| No  | 647       | 82.9    |
| Yes   | 133       | 17.1    |

| Been in the Same Car as Someone Smoking in the Last 7 Days | Total   | Gender |        | Race  |          |       | Age   |       |       |       |       |       |      |
|--|---------|--------|--------|-------|----------|-------|-------|-------|-------|-------|-------|-------|------|
|  |         | Male   | Female | White | Hispanic | Other | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | ≥75  |
|  | Percent |        |        |       |          |       |       |       |       |       |       |       |      |
| No   | 82.9    | 80.1   | 84.1   | 83.5  | 64.4*    | 81.6* | 74.7* | 74.8  | 84.1  | 82.3  | 82.0  | 85.1  | 89.0 |
| Yes  | 17.1    | 19.9   | 15.9   | 16.5  | 35.6*    | 18.4* | 25.3* | 25.2  | 15.9  | 17.7  | 18.0  | 14.9  | 11.0 |

| Been in the Same Car as Someone Smoking in the Last 7 Days | Education |      |              |         | Income    |                   |                   |                   |           |
|--|-----------|------|--------------|---------|-----------|-------------------|-------------------|-------------------|-----------|
|  | <HS       | HS   | Some College | College | <\$20,000 | \$20,000-\$34,999 | \$35,000-\$49,999 | \$50,000-\$74,999 | ≥\$75,000 |
|  | Percent   |      |              |         |           |                   |                   |                   |           |
| No   | 68.4*     | 76.1 | 84.2         | 89.7    | 73.6      | 73.2              | 81.1              | 86.7              | 84.1      |
| Yes  | 31.6*     | 23.9 | 15.8         | 10.3    | 26.4      | 26.8              | 18.9              | 13.3              | 15.9      |

\* Indicates a small sample size among this population, therefore certain behaviors or risks may be over or under estimated. Conclusions drawn from these estimates should be made with caution.

| Rules About Smoking Inside Car (among car owners) |           |         |
|---|-----------|---------|
|   | Frequency | Percent |
| Not Allowed                                       | 660       | 85.1    |
| Allowed Sometimes                                 | 64        | 8.3     |
| Always Allowed                                    | 52        | 6.70    |

| Perception of the Health Consequences of Secondhand Smoke |           |         |
|---|-----------|---------|
|   | Frequency | Percent |
| Very Harmful  | 537       | 69.6    |
| Somewhat Harmful  | 191       | 24.7    |
| Not Very Harmful at All                                   | 44        | 5.7     |

| Perception of the Health Consequences of Secondhand Smoke | Total   | Gender |        | Race  |          |       | Age   |       |       |       |       |       |      |
|---|---------|--------|--------|-------|----------|-------|-------|-------|-------|-------|-------|-------|------|
|   |         | Male   | Female | White | Hispanic | Other | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | ≥75  |
|   | Percent |        |        |       |          |       |       |       |       |       |       |       |      |
| Very Harmful  | 69.6    | 58.2   | 77.5   | 67.6  | 74.3*    | 73.7* | 67.3* | 74.7  | 75.5  | 61.9  | 64.7  | 67.5  | 66.2 |
| Somewhat Harmful  | 24.7    | 32.4   | 19.4   | 26.1  | 18.8*    | 26.3* | 27.1* | 19.9  | 18.9  | 33.1  | 26.4  | 26.8  | 27.1 |
| Not Very Harmful at All                                   | 5.7     | 9.3    | 3.1    | 6.3   | 6.9*     | 0*    | 5.6*  | 5.5   | 5.7   | 5.0   | 8.8   | 5.7   | 6.7  |

| Perception of the Health Consequences of Secondhand Smoke | Education |      |              |         | Income    |                   |                   |                   |           |
|---|-----------|------|--------------|---------|-----------|-------------------|-------------------|-------------------|-----------|
|   | <HS       | HS   | Some College | College | <\$20,000 | \$20,000-\$34,999 | \$35,000-\$49,999 | \$50,000-\$74,999 | ≥\$75,000 |
|   | Percent   |      |              |         |           |                   |                   |                   |           |
| Very Harmful  | 63.0*     | 62.9 | 68.5         | 74.8    | 66.9      | 69.7              | 64.7              | 66.9              | 68.4      |
| Somewhat Harmful  | 24.2*     | 30.1 | 25.3         | 21.2    | 26.4      | 26.7              | 26.1              | 28.5              | 27.4      |
| Not Very Harmful at All                                   | 12.8*     | 7.0  | 6.2          | 4.0     | 6.8       | 3.6               | 6.2               | 4.7               | 4.3       |

\*Indicates a small sample size among this population, therefore certain behaviors or risks may be over or under estimated. Conclusions drawn from these estimates should be made with caution.

| Would Support a Law to Eliminate Tobacco Smoke from Restaurants |           |         |
|---|-----------|---------|
|   | Frequency | Percent |
| No  | 167       | 22.5    |
| Yes   | 576       | 77.5    |

| Would Support a Law to Eliminate Tobacco Smoke from Restaurants | Total   | Gender |        | Race  |          |       | Age   |       |       |       |       |       |      |
|---|---------|--------|--------|-------|----------|-------|-------|-------|-------|-------|-------|-------|------|
|   |         | Male   | Female | White | Hispanic | Other | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | ≥75  |
|   | Percent |        |        |       |          |       |       |       |       |       |       |       |      |
| No  | 22.5    | 32.5   | 14.8   | 24.3  | 25.5*    | 0*    | 47.3* | 23.0  | 19.1  | 24.9  | 23.4  | 26.8  | 14.2 |
| Yes   | 77.5    | 67.5   | 85.2   | 75.7  | 74.5*    | 100*  | 52.7* | 77.0  | 80.9  | 75.1  | 76.6  | 73.2  | 85.8 |

| Would Support a Law to Eliminate Tobacco Smoke from Restaurants | Education |      |              |         | Income    |                   |                   |                   |           |
|---|-----------|------|--------------|---------|-----------|-------------------|-------------------|-------------------|-----------|
|   | <HS       | HS   | Some College | College | <\$20,000 | \$20,000-\$34,999 | \$35,000-\$49,999 | \$50,000-\$74,999 | ≥\$75,000 |
|   | Percent   |      |              |         |           |                   |                   |                   |           |
| No  | 25.5*     | 28.2 | 24.0         | 17.4    | 27.0      | 23.5              | 31.6              | 11.7              | 20.0      |
| Yes   | 74.5*     | 71.8 | 76.0         | 82.6    | 73.0      | 76.5              | 68.4              | 88.3              | 80.0      |

| Storeowners Should Have a License to Sell Tobacco Products Enabling Better Enforcement of Laws Prohibiting Tobacco Sales to Minors |           |         |
|--|-----------|---------|
|  | Frequency | Percent |
| Strongly or Moderately Agree   | 629       | 81.7    |
| Strongly or Moderately Disagree  | 91        | 11.8    |
| No Opinion   | 50        | 6.5     |

\* Indicates a small sample size among this population, therefore certain behaviors or risks may be over or under estimated. Conclusions drawn from these estimates should be made with caution.



| Storeowners Should Have a License to Sell Tobacco Products | Total   | Gender |        | Race  |          |       | Age   |       |       |       |       |       |      |
|--|---------|--------|--------|-------|----------|-------|-------|-------|-------|-------|-------|-------|------|
|  |         | Male   | Female | White | Hispanic | Other | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | ≥75  |
|  | Percent |        |        |       |          |       |       |       |       |       |       |       |      |
| Strongly or Moderately Agree                               | 81.7    | 74.1   | 87.8   | 80.1  | 88.1*    | 94.2* | 81.5* | 93.9  | 83.1  | 78.0  | 80.8  | 75.4  | 73.1 |
| Strongly or Moderately Disagree                            | 11.8    | 16.8   | 7.6    | 13.1  | 4.0*     | 0*    | 11.1* | 6.1   | 8.2   | 13.9  | 15.9  | 15.6  | 17.7 |
| No Opinion   | 6.5     | 9.1    | 4.6    | 6.7   | 7.9*     | 5.8*  | 7.4*  | 0     | 8.7   | 8.2   | 3.3   | 9.1   | 9.2  |

| Storeowners Should Have a License to Sell Tobacco Products | Education |      |              |         | Income    |                   |                   |                   |           |
|--|-----------|------|--------------|---------|-----------|-------------------|-------------------|-------------------|-----------|
|  | <HS       | HS   | Some College | College | <\$20,000 | \$20,000-\$34,999 | \$35,000-\$49,999 | \$50,000-\$74,999 | ≥\$75,000 |
|  | Percent   |      |              |         |           |                   |                   |                   |           |
| Strongly or Moderately Agree                               | 83.4*     | 78.7 | 83.6         | 81.7    | 75.6      | 86.7              | 72.5              | 87.1              | 84.7      |
| Strongly or Moderately Disagree                            | 4.9*      | 13.1 | 11.9         | 11.9    | 20.6      | 8.4               | 21.0              | 7.4               | 10.4      |
| No Opinion   | 11.6*     | 8.2  | 4.6          | 6.4     | 3.7       | 4.9               | 6.5               | 5.5               | 4.9       |

\* Indicates a small sample size among this population, therefore certain behaviors or risks may be over or under estimated. Conclusions drawn from these estimates should be made with caution.

| <b>Ottawa County Trends</b>                                     |  |                         |                         |                         |
|---|--|-------------------------|-------------------------|-------------------------|
|   | <b>1994</b>  | <b>1999</b>             | <b>2004</b>             | <b>2007</b>             |
|   | <b>Percent ± Confidence Interval where available (95%)</b> |                         |                         |                         |
| <b>General Health Fair or Poor</b>                              | 5.0 ± 1.5  | 7.1 ± 1.8               | 11.6 ± 2.2              | 9.1 ± 2.0               |
| <b>Zero Days in the Past Month Mental Health Was Not Good*</b>  | 67.6 ± 3.2*  | 69.1 ± 3.2*             | n/a                     | 88.6 ± 2.2              |
| <b>No Health Care Coverage (Adults Ages 18-64)</b>              | 7.3 ± 2.0  | 6.1 ± 1.8               | 9.8 ± 2.3               | 8.5 ± 2.1               |
| <b>No Routine Checkup in Past Year</b>                          | n/a  | 24.3 ± 3.0              | n/a                     | 15.2 ± 2.5              |
| <b>No Dental Visit in Past Year</b>                             | n/a  | 16.2 ± 2.5              | 17.4 ± 2.6              | 14.8 ± 2.4              |
| <b>Body Mass Index: Overweight<sup>†</sup></b>                  | n/a  | 37.4 ± 3.4 <sup>†</sup> | 36.0 ± 3.5 <sup>†</sup> | 38.3 ± 3.8 <sup>†</sup> |
| <b>Body Mass Index: Obese<sup>†</sup></b>                       | n/a  | 17.3 ± 2.7 <sup>†</sup> | 21.5 ± 3.0 <sup>†</sup> | 19.8 ± 3.1 <sup>†</sup> |
| <b>Body Mass Index: Obese and Overweight<sup>†</sup></b>        | n/a  | 54.7 ± 3.5 <sup>†</sup> | 57.5 ± 3.5 <sup>†</sup> | 58.1 ± 3.9 <sup>†</sup> |
| <b>No Physical Activity for Exercise in the Past Month**</b>    | 19.5 ± 2.8**   | 20.2 ± 2.8**            | n/a                     | 22.6 ± 2.9**            |
| <b>Inadequate Daily Fruit and Vegetable Servings</b>            | n/a  | n/a                     | 93.5 ± 1.7              | 82.0 ± 2.7              |
| <b>Ever Told by a Doctor That They Had Diabetes</b>             | n/a  | 4.9 ± 1.5               | 8.1 ± 1.9               | 8.8 ± 1.9               |
| <b>Ever Told by a Doctor That They Had High Blood Pressure</b>  | 20.8 ± 2.8   | 21.8 ± 2.9              | 22.4 ± 2.9              | 25.6 ± 3.0              |
| <b>Ever Told by a Doctor That They Had High Cholesterol</b>     | 18.0 ± 2.7   | 19.0 ± 2.7              | 26.3 ± 3.1              | 24.8 ± 3.0              |
| <b>Ever Told by a Doctor That They Had Asthma</b>               | n/a  | 11.9 ± 2.3              | 11.3 ± 2.2              | 9.2 ± 2.0               |
| <b>Received a Flu Shot in Last 12 Months</b>                    | n/a  | n/a                     | 38.6 ± 3.4              | 37.4 ± 3.3              |
| <b>Ever Been Tested for HIV (Adults Ages 18-64)<sup>‡</sup></b> | n/a  | 45.3 ± 3.7 <sup>‡</sup> | 52.6 ± 3.8 <sup>‡</sup> | 32.1 ± 3.6 <sup>‡</sup> |
| <b>Current Smoker</b>   | 14.4 ± 2.4   | 16.6 ± 2.6              | 15.0 ± 2.5              | 12.0 ± 2.2              |
| <b>Smoking Not Allowed in Home</b>                              | n/a  | n/a                     | 85.3 ± 2.5              | 90.5 ± 2.1              |
| <b>Binge Drinking in the Past 30 Days</b>                       | 12.1 ± 2.3   | 16.4 ± 2.6              | n/a                     | 10.0 ± 2.1              |
| <b>Drove After Having Too Much to Drink in the Past 30 Days</b> | 3.3 ± 1.2  | 3.1 ± 1.2               | 2.5 ± 1.1               | 1.2 ± .8                |

\* Asked, "Do you feel stress, depression, or problems with emotions were a problem for you in the past month?"

<sup>†</sup>Overweight=BMI 25.0-29.9; Obese=BMI ≥ 30. The printed final report of the 1999 BRFSS used alternative scales for defining overweight and obese based on the national definitions of the time. The raw data was reexamined to produce comparable results to the 2004 and 2007 surveys, and aligned with current national standards. During 1994, "Overweight" was a single category defined by a BMI ≥ 27.3 for females and ≥ 27.8 for males. At that time using the 1994 definition, 20.5% of the BRFSS respondents were "Overweight." Raw data from 1994 was not available for alignment with current standards.

\*\*The 2007 survey excluded physical activity during work while the 1994 and 1999 surveys did not exclude physical activities at work.

<sup>‡</sup>Survey respondents in 2004 specifically included "blood donations" as a method of being tested for HIV, whereas 1999 and 2007 specifically excluded them.

| <b>Ottawa, Region and State Comparisons</b>  |                        |   |                          |
|--|------------------------|---|--------------------------|
|  | <b>Ottawa<br/>2007</b> | <b>Region<sup>a</sup><br/>2005-2007</b> | <b>Michigan<br/>2007</b> |
|  | <b>Percent</b>         |   |                          |
| <b>General Health is Fair or Poor</b>  | 9.1                    | 11.7                                    | 14.8                     |
| <b>Physical Health Was Not Good ≥ 14 Days in the Past Month</b>                      | 7.3 <sup>b</sup>       | 9.2                                     | 11.1                     |
| <b>Mental Health Was Not Good ≥ 14 Days in the Past Month</b>                        | 4.7 <sup>b</sup>       | 9.8                                     | 11.0                     |
| <b>Poor Mental or Physical Health Limited Activities ≥ 14 Days in the Past Month</b> | 3.8 <sup>b</sup>       | 6.1                                     | 7.1                      |
| <b>General Satisfaction with Life Very Dissatisfied/Dissatisfied</b>                 | 2.1                    | 4.6                                     | 6.2                      |
| <b>Rarely or Never Receive Emotional Support Needed</b>                              | 3.9                    | 5.5                                     | 6.9                      |
| <b>No Health Care Coverage (Adults Ages 18-64)</b>                                   | 8.5                    | 12.1                                    | 14.4                     |
| <b>Have No Personal Health Care Provider</b>   | 5.4                    | 11.4                                    | 15.0                     |
| <b>Could Not See a Doctor in Past Year Due to Cost</b>                               | 6.5                    | 10.3                                    | 11.7                     |
| <b>No Routine Checkup in Past Year</b>   | 15.2                   | 31.1                                    | 30.5                     |
| <b>No Dental Visit in Past Year</b>  | 19.8                   | n/a                                     | 25.4 <sup>c</sup>        |
| <b>Weight Status: Obese</b>  | 19.8                   | 26.0                                    | 28.4                     |
| <b>Weight Status: Overweight</b>   | 38.3                   | 36.6                                    | 36.2                     |
| <b>Weight Status: Obese or Overweight</b>  | 58.1                   | 62.6                                    | 64.6                     |
| <b>No Leisure-Time Physical Activity</b>   | 22.6                   | 19.0                                    | 20.9                     |
| <b>Inadequate Physical Activity</b>  | 31.3                   | 49.7                                    | 49.4                     |
| <b>Inadequate Fruit and Vegetable Servings</b>                                       | 82.0                   | 78.7                                    | 78.7                     |
| <b>Ever Told by a Doctor That They Had High Blood Pressure</b>                       | 25.6                   | 25.7                                    | 29.0                     |
| <b>Ever Told by a Doctor That They Had High Cholesterol</b>                          | 24.8                   | 36.3                                    | 39.9                     |
| <b>Ever Told by a Doctor That They Had Diabetes</b>                                  | 8.8                    | 7.8                                     | 9.0                      |
| <b>Ever Told by a Doctor That They Have Asthma</b>                                   | 9.2                    | 12.6                                    | 14.7                     |
| <b>Currently Have Asthma</b>   | 7.0                    | 7.0                                     | 9.5                      |

| <b>Ottawa, Region and State Comparisons</b>    |                        |   |                          |
|--|------------------------|---|--------------------------|
|  | <b>Ottawa<br/>2007</b> | <b>Region<sup>a</sup><br/>2005-2007</b> | <b>Michigan<br/>2007</b> |
| <b>Ever Tested for HIV (Adults Ages 18-64)</b> | 32.1                   | 35.1                                    | 38.5                     |
| <b>Current Smoker</b>                          | 12.0                   | 19.6                                    | 21.1                     |
| <b>Binge Drinking in the Past 30 Days</b>      | 10.0                   | 17.1                                    | 18.4                     |

<sup>a</sup> Ottawa, Allegan, Kent, Montcalm, and Ionia Counties combined.

<sup>b</sup> Those Reporting Health Was Not Good or Limited  $\geq$  10 Days in the Past Month

<sup>c</sup> 2006 Michigan BRFSS

## Questionnaire:

Hello, I am calling for the Ottawa County Health Department. My name is \_\_\_\_\_. 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.

I won't ask for your 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 (End Interview: I'm sorry, this survey is only for Ottawa County Residents. Thank you for your time)

### Section 1: Health Status

1.1 Would you say that in general your health is—

Excellent

Very good

Good

Fair

Poor

### 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?

\_ \_ 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?

\_ \_ Number of days

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?

\_ \_ 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?

Yes

No

3.1a Do you personally have Medicaid insurance?

Yes

No

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

- Yes, only one
- More than one
- No

Note: 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?”

3.3 Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?

- Yes
- No

3.4 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.

- Within past year (anytime less than 12 months ago)
- Within past 2 years (1 year but less than 2 years ago)
- Within past 5 years (2 years but less than 5 years ago)
- 5 or more years ago
- Never

#### Section 4: Exercise

4.1 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?

- Yes
- No

#### Section 5: Diabetes

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

- Yes
- Yes, but female told only during pregnancy
- No
- No, pre-diabetes or borderline diabetes

Note: If “Yes” and respondent is female, ask: “Was this only when you were pregnant?”

#### Section 6: Hypertension Awareness

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

- Yes
- Yes, but female told only during pregnancy
- No

Told borderline high or pre-hypertensive

Note: If “Yes” and respondent is female, ask: “Was this only when you were pregnant?”

#### Section 7: Cholesterol Awareness

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

Yes

No

#### Section 8: Asthma

8.1 Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

Yes

No (Go to next section)

8.2 Do you still have asthma?

Yes

No

#### Section 9: Immunization

9.1 A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have you had a flu shot?

Yes

No

9.2 During the past 12 months, have you had a flu vaccine that was sprayed in your nose? The flu vaccine sprayed in the nose is also called FluMist™.

Yes

No

9.3 Have you EVER received the hepatitis B vaccine? The hepatitis B vaccine is completed after the third shot is given.

Yes

No

#### Section 10: Tobacco Use

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

Yes

No (Go to next section)

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

Everyday

Some days  
Not at all (Go to next section)

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

Yes  
No

#### Section 11: Demographics

11.1 What is your age?

\_ \_ Code age in years

11.2 Are you Hispanic or Latino?

Yes  
No

11.3 Which one or more of the following would you say is your race? (Accept multiple responses)

White  
Black or African American  
Asian  
Native Hawaiian or Other Pacific Islander  
American Indian or Alaska Native, or  
Other (specify)

(If more than one response to Question 11.3, continue to 11.4. Otherwise, go to 11.5.)

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

White  
Black or African American  
Asian  
Native Hawaiian or Other Pacific Islander  
American Indian or Alaska Native,  
Other (specify)

11.5 Are you...?

Married  
Divorced  
Widowed  
Separated  
Never married, or  
A member of an unmarried couple



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

\_ \_ Number of children

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

Never attended school or only attended kindergarten

Grades 1 through 8 (Elementary)

Grades 9 through 11 (Some high school)

Grade 12 or GED (High school graduate)

College 1 year to 3 years (Some college or technical school)

College 4 years or more (College graduate)

11.8 Are you currently...?

Employed for wages (Go to 11.9c-1)

Self-employed (Go to 11.9c-1)

Out of work for more than 1 year (Go to 11.10)

Out of work for less than 1 year (Go to 11.9c-2)

A Homemaker (Go to 11.9b)

A Student (Go to 11.9a)

Retired, or (Go to 11.9b)

Unable to work (Go to 11.9b)

11.9a In addition to being a student, are you also currently employed for wages, either part-time or full-time?

Yes (Go to 11.9c-2)

No

11.9b At any time during the past 12 months, were you employed for wages either part-time or full-time, or self-employed?

Yes, employed for wages part-time or full-time (Go to 11.9c-2)

Yes, self-employed (Go to 11.9c-2)

No (Go to 11.10)

11.9c 1- In what type of industry or business are you currently employed? or

2-In what type of industry or business were you employed most recently?

Manufacturing

Construction

Wholesale or retail sales

Finance, insurance, or real estate

Food service

Other service industry (for example car repair, hair cutting)

Health care

Government (local, state, or federal)

Education, or

Some other industry (specify)

11.10 Is your annual household income from all sources...

- Less than \$25,000
- Less than \$20,000
- Less than \$15,000
- Less than \$10,000
- Less than \$35,000
- Less than \$50,000
- Less than \$75,000
- \$75,000 or more

11.11 About how much do you weigh without shoes?

\_\_ \_\_ \_\_ \_\_ Weight

11.12 About how tall are you without shoes?

\_\_ / \_\_ Height

11.13 How much did you weigh a year ago?

\_\_ \_\_ \_\_ \_\_ Weight

(If weight is same, skip 11.14)

11.14 Was the change between your current weight and your weight a year ago intentional?

- Yes
- No

11.15 What is your ZIP Code where you live?

\_\_ \_\_ \_\_ \_\_ \_\_ ZIP Code

11.16 Do you have more than one telephone number in your household? Do not include cell phones or numbers that are only used by a computer or fax machine.

- Yes
- No (Go to 11.18)

11.17 How many of these telephone numbers are residential numbers?

\_\_ Residential telephone numbers

11.18 During the past 12 months, has your household been without telephone service for 1 week or more? Do not include interruptions of telephone service because of weather or natural disasters.

- Yes
- No

11.19 Indicate sex of respondent. Ask only if necessary.

Male (Go to next section)

Female

11.20 Females Only: To your knowledge, are you now pregnant?

Yes

No

### Section 12: Alcohol Consumption

12.1 During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?

Yes

No (Go to next section)

12.2 During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage?

\_\_ Days per week

\_\_ Days in past 30 days

12.3 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?

\_\_ Number of drinks

12.4 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

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

\_\_ Number of drinks

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

Yes

No

### Section 13: Fruits and Vegetables

These next questions are about the foods you usually eat or drink. Please tell me how often you eat or drink each one, for example, twice a week, three times a month, and so forth. Remember, I am only interested in the foods **you** eat. Include all foods you eat, both at home and away from home.

13.1 How often do you eat fruit? Fruit servings may include juice.

\_\_ Per day

\_\_ Per week

- \_\_ Per month
- \_\_ Per year

13.2 How often do you eat vegetables? (A serving of vegetables at both lunch and dinner would be two servings.)

- \_\_ Per day
- \_\_ Per week
- \_\_ Per month
- \_\_ Per year

#### Section 14: Physical Activity

If employed for wages or self-employed, continue. Otherwise go to 14.2

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

- Mostly sitting or standing
- Mostly walking
- Mostly heavy labor or physically demanding work

14.2 We are interested in two types of physical activity - vigorous and moderate. Vigorous activities cause large increases in breathing or heart rate while moderate activities cause small increases in breathing or heart rate.

Now, thinking about the moderate activities you do when you are not working in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate?

- Yes
- No (Go to 14.5)

14.3 How many days per week do you do these moderate activities for at least 10 minutes at a time?

- \_\_ Days per week
- Do not do any moderate physical activity for at least 10 minutes at a time (Go to 14.5)

14.4 On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

- \_:\_\_ Hours and minutes per day

14.5 Now, thinking about the vigorous activities you do when you are not working in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?

- Yes
- No (Go to next section)

14.6 How many days per week do you do these vigorous activities for at least 10 minutes at a time?

- \_\_ Days per week
- Do not do any vigorous physical activity for at least 10 minutes (Go to next section)

14.7 On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

\_:\_\_ Hours and minutes per day

#### Section 15: HIV/AIDS

(If respondent is 65 years or older, skip to next section.)

The next few questions are about the national health problem of HIV, the virus that causes AIDS. Please remember that your answers are strictly confidential and that you don't have to answer every question if you do not want to. Although we will ask you about testing, we will not ask you about the results of any test you may have had.

15.1 Have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation. Include testing fluid from your mouth.

Yes

No

15.2 Not including blood donations, in what month and year was your last HIV test?

\_\_/\_\_\_\_ Code month and year

15.3 Where did you have your last HIV test — at a private doctor or HMO office, at a counseling and testing site, at a hospital, at a clinic, in a jail or prison, at a drug treatment facility, at home, or somewhere else?

Private doctor or HMO office

Counseling and testing site

Hospital

Clinic

Jail or prison (or other correctional facility)

Drug treatment facility

At home

Somewhere else

#### Section 16: Emotional Support and Life Satisfaction

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

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

Always

Usually

Sometimes

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

Very satisfied

Satisfied

Dissatisfied, or  
Very dissatisfied

Section 17: Oral Health

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

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

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

Within the past 5 years (2 years but less than 5 years ago)

5 or more years ago

17.2 Was there a time in the past 12 months when you needed to see a dentist or dental hygienist but could not because of cost?

Yes

No

Section 18: Smoking Cessation

(Ask if current smoker) You previously indicated that you currently smoke cigarettes.

18.1 Would you like to quit smoking?

Yes

No

18.2 Are you aware of any local programs or services that are available to help you quit smoking, such as telephone quit lines, local health clinic services, and cessation classes?

Yes

No

Section 19: Tobacco Related Health Care

19.1 In the past 12 months, have you seen a doctor, nurse, or other health professional to get any kind of care for yourself?

Yes

No

19.2 During the past 12 months, did any doctor, nurse, or other health professional ask if you smoke?

Yes

No

(Question 19.3 ask of smokers only. Otherwise go to 20.1)

19.3 During the past 12 months, did any doctor, nurse, or other health professional advise you not to smoke?

Yes

Yes  
No

Section 20: Second-Hand Smoke

20.1 If not current smoker:

During the past 7 days, that is since [DATEFILL], on how many days did anyone smoke cigarettes, cigars, or pipes anywhere inside your home?

—

If current smoker:

During the past 7 days, that is since [DATEFILL], on how many days did anyone, including yourself, smoke cigarettes, cigars, or pipes anywhere inside your home?

—

20.2 Next, I'm going to read you three statements concerning the rules about smoking inside your home, excluding decks, garages, and porches. Please tell me which statement best describes the rules inside your home.

- Smoking is not allowed anywhere,
- Smoking is allowed in some places or at some times, or
- Smoking is allowed anywhere inside your home.

20.3 In the past seven days, have you been in the same room with someone who was smoking a cigarette, cigar, or pipe?

Yes  
No

20.4 In the past seven days, have you been in a car with someone who was smoking a cigarette, cigar, or pipe?

Yes  
No

20.5 Which of the following three statements best describes the rules about smoking inside your car?

- Smoking is not allowed at any time,
- Smoking is allowed some times, or
- Smoking is allowed at any time inside your car.

20.6 Next, I am going to ask you about smoke from other people's cigarettes. Do you think that breathing smoke from other people's cigarettes is .....

- Very harmful to one's health
- Somewhat harmful
- Not very harmful, or
- Not harmful at all to one's health

Section 21: Tobacco Policies

21.1 Some communities in other states have or are considering implementing laws that would make all restaurants smoke free, that is eliminate all tobacco smoke from restaurants. Would you support such a law in your community?

Yes  
No

21.2 Currently in Michigan, storeowners are not required to have a license to sell tobacco products.

Please tell me how strongly you agree or disagree with the following statement: Storeowners should be required to have a license to sell tobacco products so that laws prohibiting tobacco sales to minors can be better enforced. Do you ....

Strongly agree  
Moderately agree  
Moderately disagree  
Strongly disagree, or  
Do you have no opinion?

No

#### Section 22: Pregnancy

(Skip section if male or not pregnant and go to closing statement.)

22.1 If pregnant: Are you currently receiving prenatal care?

Yes  
No (Go to 27.3)

22.2 When did you start receiving prenatal care?

In your 1st trimester  
In your 2nd trimester  
In your 3rd trimester

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

Yes  
No (Go to closing statement)

22.4 How often do you take a vitamin pill or supplement that contains folic acid?

\_\_ Times per day  
\_\_ Times per week  
\_\_ Times per month

**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 616-393-5757. Thank you very much for your time and cooperation.**