Ottawa County Behavioral Risk Factor Survey

Research Results from the 2011 Behavioral Risk Factor Survey
# Table of Contents

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

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

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

- The Carl Frost Center for Social Science Research was contracted by the Community Health Needs Assessment (CHNA) team of Ottawa County to conduct a Behavioral Risk Factor Survey (BRFS) as part of their larger community-wide health needs assessment in Ottawa County.

- The Patient Protection and Affordable Care Act (PPACA) passed by Congress in March of 2010 set forth additional requirements that hospitals must meet in order to maintain their status as a 501(c)(3) Charitable Hospital Organization. One of the main requirements states that a hospital must conduct a community health needs assessment (CHNA) and must adopt an implementation strategy to meet the community health needs identified through the assessment. The law further states that the assessment takes into account input from persons who represent the broad interests of the community including those with special knowledge or, or expertise in, public health.

- In response to the PPACA requirements, organizations serving both the health needs and broader needs of Ottawa County communities began meeting to discuss how the community could collectively meet the requirement of a CHNA. Currently these partners comprise a task force consisting of Ottawa County Health Department, Ottawa County Community Mental Health, Holland Community Hospital, North Ottawa Community Hospital, Spectrum Health Zeeland Community Hospital, and the Greater Ottawa County United Way.
Background and Objectives (Cont’d.)

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

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

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

- A Behavioral Risk Factor Survey was conducted among Ottawa County adults (age 18+) via telephone with 1,274 county residents. The response rate was 41%.

- Disproportionate stratified random sampling (DSS) was used to ensure results could be generalized to the population of Ottawa County. Characteristics of DSS are:
  - Landline telephone numbers are drawn from two strata (lists) that are based on the presumed density of known telephone household numbers
  - Numbers are classified into strata that are either high density (listed) or medium density (unlisted)
  - Telephone numbers in the high density strata are sampled at the highest rate, in this case the ratio was 1.5:1.0

- In addition to landline telephone numbers, the design also targeted cell phone-only Ottawa County residents. Of the 1,274 completed surveys:
  - 286 are cell-phone-only (22.4%)
  - 151 are landline only (11.9%)
  - 837 have both cell and landline numbers (65.7%)

- Households were selected to participate subsequent to determining the number dialed was a landline number to an Ottawa County residence. Vacation homes, group homes, institutions, and businesses were excluded.
Methodology

- Respondents were screened to ensure they were at least 18 years of age and resided in Ottawa County. If a household contained more than one adult, interviewers randomly selected one adult to participate based on who had the nearest birthday. In these cases, every attempt was made to speak with the randomly chosen adult and interviewers were instructed to not simply interview the person who answered the phone or wanted to complete the interview.

- A Spanish version of the BRFS instrument was utilized where necessary by trained, Spanish-speaking interviewers.

- The 1,274 households represent 1.4% of the 93,775 households in Ottawa County according to the 2010 U.S. Census.

- The margin of error for the entire sample of 1,274, at a 95% confidence level, is +/- 2.7%. This is based on a population of roughly 195,064 Ottawa County residents 18 years or older, according to the 2010 U.S. Census estimate.
Methodology (Cont’d.)

- Unless noted, consistent with the Michigan BRFS, respondents who refused to answer a question or did not know the answer to a specific question were excluded from analysis. Thus, the base sizes vary throughout the report.

- Data weighting is an important statistical process that was used to remove bias from the BRFS sample. The formula consists of both design and post-stratification weights. The purpose of weighting the data is to:
  - Correct for differences in the probability of selection due to non-response and non-coverage errors.
  - Adjusts variables of age and gender between the sample and the entire adult population in Ottawa County.
  - Allows the generalization of findings to the whole population, not just those who respond to the survey.

- The formula used for weighting the BRFS data is:

```
FINALWT = STRWT * 1 OVER IMPNPH * NUMADULT * POSTSTR
```
Methodology (Cont’d.)

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

- The following Geographic Information System (GIS) map shows the five regions in Ottawa County that were used to compare each key BRFS measure. These regions are formed by combining ZIP codes in Ottawa County and each survey respondent is assigned to one of the five regions according to their reported residential ZIP code.

- The population shown on the map within each region is the total population and includes all ages of individuals within Ottawa County. The Behavioral Risk Factor Survey is a survey of adult residents ages 18 and over.

- These five regions are the same as those utilized by the Greater Ottawa County United Way Community Assessment.
Ottawa County Map with Regions

2011 Ottawa BRFS Geographic Zones for Crosstab Tables

Community area description | Zone | Zips Included
--- | --- | ---
Grand Haven, Spring Lake & Ferrysburg | NW | 49409, 49415, 49417, 49456*, 49448*
Coopersville, Conklin, Harrisonburg, Wright | NE | 49404*, 49403, 49330
Allendale, West Olive, Marne | C | 49460, 49401, 49354, 49435
Holland, Zeeland | SW | 49422, 49423*, 49424, 49464
Hudsonville, Jamestown, Jenison | SE | 49323, 49315, 49426, 49427, 49428, 49429

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

Disparities in Health and Health Care

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

Examples include:

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

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

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

Health Status

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

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

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

Health Status (Cont’d.)

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

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

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

Health Care Access

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

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

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

Health Risk Behaviors

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

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

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

- Nine in ten (90.2%) adults always wear a seatbelt when driving or riding in a car.
Summary of Findings (Cont’d.)

Health Risk Behaviors (Cont’d.)

- Only 17.0% of adults consume an adequate amount (five or more servings) of fruits and vegetables per day.
  - Adults average fruit consumption (including 100% fruit juice) is 1.5 times per day, while their average vegetable consumption is 1.8 times per day.

- Consumption of sugar sweetened beverages (including soda) is extremely low among adults, averaging less than one (0.6) drink per day.

- Almost half (46.6%) say that calorie information at fast food and chain restaurants has never helped them decide what to order.
  - On the other hand, 47% say it has helped them decide at least sometimes which is promising for any educational campaign focused on healthy dietary consumption.
Summary of Findings (Cont’d.)

Clinical Preventive Practices

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

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

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

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

Clinical Preventive Practices (Cont’d.)

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

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

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

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

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

Chronic Conditions

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

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

Regarding the management of chronic conditions other than diabetes, the proportion of people who have received information about their chronic condition within the past 12 months varies:

- Angina/coronary heart disease (77.1%)
- Heart attack (73.9%)
- Skin cancer (64.9%)
- Stroke (57.9%)
- Arthritis (54.5%)
- Cancer (non-skin) (49.9%)
- Asthma (48.6%)
- COPD (33.4%)

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

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

- Ottawa County better than MI or US on most indicators measured
- Good or better general health status, physical health, and mental health
- Satisfaction with life
- Adequate social and emotional support
- Low prevalence of major depression
- Most have health care coverage and a primary care provider (PCP)
- Most have had no problems receiving needed medical care

- Most engage in leisure time physical activity
- Extremely low prevalence of smokeless tobacco use
- More than half of adults are light to moderate drinkers
- Almost nobody drives after drinking
- Most always wear a seatbelt while riding/driving
- Almost all pregnant women receive prenatal care and receive it in the first trimester

- Most adults aged 65+ immunized against pneumonia and flu
- Vast majority have routine physical checkups and health screening/tests, such as mammograms, Pap tests, PSA tests, and colonoscopies
- Lower prevalence than MI or US on chronic conditions such as asthma, heart attacks, angina/coronary heart disease, stroke, and diabetes
- Vast majority receiving information on how to manage arthritis, diabetes, heart attack, angina/CHD, stroke, and skin cancer

### Opportunities for Improvement

- One-fourth of adult population obese
- More than one-third overweight (but not obese), and this proportion is greater than MI or US
- One in five considered disabled
- Three in ten have hypertension, greater proportion than MI or US

- More than one-third have high cholesterol
- Almost one in six currently smoke cigarettes
- Larger proportions of “heavy” and “binge” drinkers than MI or US
- Inadequate consumption of fruits and vegetables, worse than MI or US

- One in five have not visited the dentist in the past year for any reason
- One-fourth of adults have arthritis
- Less than half are receiving information on how to manage their asthma, cancer (other than skin), and COPD
## Comparison of BRFS Measures Across Regions

**Health Status Indicators***

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

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

Sources: Preliminary Estimates for Risk Factor and Health Indicators, State of Michigan, Selected Tables, Michigan BRFS, 2010
## Risk Behavior Indicators*

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

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

## Clinical Preventive Practices*

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

= best measure among the comparable groups

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

Sources: Preliminary Estimates for Risk Factor and Health Indicators, State of Michigan, Selected Tables, Michigan BRFS, 2010
### Chronic Conditions*

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

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

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

Sources: Preliminary Estimates for Risk Factor and Health Indicators, State of Michigan, Selected Tables, Michigan BRFS, 2010
Implications

- This research has demonstrated that, overall, the vast majority of Ottawa County adults are healthy, lead healthy lifestyles, and have access to health care when needed. As a result, health care providers and practitioners in the county will want to continue to provide excellent programs and services to ensure that these qualities that embody the overall health landscape among Ottawa County adults continue to exist well into the future.

- Perhaps the single most key finding of this BRFS is the disparity between socioeconomic groups with respect to positive health outcomes. In particular, the fact that county residents with less education and less income (including those below the poverty level) are more inclined than others to experience negative health outcomes, such as having no health care coverage or primary care provider, eschewing clinical preventative practices, engaging in unhealthy lifestyle choices and experiencing poor physical and mental health.

- Clearly, access to quality and affordable health care is a challenge for Ottawa County’s low income and uninsured residents. Not only does this lead to unhealthy individuals and families, it results in an overuse of other services, such as the emergency room, to address needs that grow more severe with neglect.

- Since a minor, but significant, proportion of the population do not seek routine dental care or primary health care because of cost or lack of insurance coverage, consider implementing primary and dental care services to residents in need through new community avenues (e.g., hospital-based outpatient walk-in clinics, schools).
Implications (Cont’d.)

- Further, build upon existing safety net programs for dental health and primary care by increasing investment in existing providers of free or low-cost dental and primary care (such as free clinics) to enable them to better address the existing community need.

- When individual resources (financial or insurance) are absent, dental care is often the last health care service people will pursue. Therefore, policy efforts should be made to incorporate dental care into the community’s overall health care delivery system. For example, the task force or committee that will take the information from this report and move forward with it, needs to work with people at the state level to change definitions, determine ways to obtain funding, etc. Legislation has to occur at the state level to ensure dental care is accessible to all residents.

- Because Hispanics also experience certain negative health outcomes more often than other racial/ethnic groups, contemplate hiring more bi-lingual health care providers to both hear and address the needs of the county’s Hispanic residents. This may prove difficult, thus, alternatively hire more mid-level health care practitioners who speak Spanish and/or hire bilingual liaisons who can simply translate for ESL patients. These measures will address the “trust” barrier if it exists.
Implications (Cont’d.)

- Chronic disease care, especially in the case of diabetes, is linked directly to future health outcomes and care for residents. It is important that residents continue to receive information on how to properly manage diabetes and take steps toward active self care, receive consistent care, and be knowledgeable about their disease. This will prevent the condition from worsening, creating greater health problems and more strain on health care delivery.

- Create a system in which walk-in clinics are linked to primary care physicians for information and follow-up opportunities that will increase communication between providers and refer patients with chronic conditions to education and support services. This is especially important for the chronic conditions such as asthma, cancer, and COPD, where less than half of those who have these conditions receive the information needed to properly manage them.

- Obesity, and being overweight, are clearly recognized as a health problems that exist in the community, and are linked to many undesirable health outcomes. Therefore, the following recommendations are put forth:
  - Encourage healthy eating, diets, and exercise through a public awareness campaign in the community
  - Support fast food and chain restaurants that display calorie information
  - Increase access to fresh, healthy, and affordable food
  - Increase the availability of healthy foods and beverages in public venues
  - Provide insurance-based incentives to address self-management education needs and provide support that motivates residents to address issues concerning weight
Implications (Cont’d.)

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

- Finally, as stated earlier, there are groups within the general population that deserve specific focus in implementing any improvements to the health care service delivery and overall health outcomes in Ottawa County because they experience more negative health outcomes:
  - **Hispanic residents** are more likely to report their health as fair or poor than other residents, and also face language barriers in accessing services. Consideration of this population’s health needs and care is critical to improving community health.
  - **Low education and low income residents** – the majority of health care access and health outcomes identified in this needs assessment are directly or indirectly related to income as well as education. Considering these factors in any attempt to increase access or achieve desired health outcomes should improve the overall effectiveness of these efforts.
DETAILED FINDINGS
Health Status Indicators
At least nine in ten Ottawa County adults cite good or better general health and satisfaction with their lives. Nearly nine in ten say they usually or always receive the emotional support they need. One in ten report fair or poor health, and less than 5% report dissatisfaction with life and/or rarely or never receiving the emotional support they need.

### Perception of General Health, Life Satisfaction, and Social Support

#### Perception of General Health
- **Good/Very Good/Excellent**: 90.1%
- **Good**: 40.1%
- **Good/Very Good**: 23.7%
- **Good**: 26.3%
- **Fair/Poor**: 7.9%

#### Overall Satisfaction with Life
- **Very Satisfied/ Satisfied**: 52.6%
- **V. Satisfied/ Satisfied**: 95.5%

#### Frequency of Emotional Support
- **Always/Usually**: 86.2%
- **Always**: 54.6%
- **Rarely/ Never**: 31.6%

---

Q1: Would you say that in general your health is...
Q22.1: How often do you get the social and emotional support you need?
The proportion of adults who perceive their health as fair or poor is indirectly related to level of education and household income. People living below the poverty line are far more likely to report fair or poor health than people living above the poverty line. More Hispanics report fair or poor health than other racial/ethnic groups. Adults who live in central and southeast Ottawa County are less likely to report fair or poor health than residents in other regions.

**General Health Status**

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

**Health Fair or Poor by Demographics**

- **Age**
  - 18-24: 4.2%
  - 25-34: 8.0%
  - 35-44: 10.3%
  - 45-54: 9.9%
  - 55-64: 12.5%
  - 65-74: 8.9%
  - 75+: 21.3%

- **Gender**
  - Male: 9.6%
  - Female: 10.3%

- **Race/Ethnicity**
  - White, Non-Hispanic: 9.3%
  - Other, Non-Hispanic: 8.4%
  - Hispanic: 15.4%

- **Poverty Level**
  - Below Poverty Line: 18.9%
  - Above Poverty Line: 8.0%

- **Education**
  - < High School: 20.9%
  - High School Grad: 13.4%
  - Some College: 9.4%
  - College Grad: 5.4%

- **HH Income**
  - <$20,000: 22.1%
  - $20,000-$34,999: 12.8%
  - $35,000-$49,999: 11.1%
  - $50,000-$74,999: 6.9%
  - $75,000+: 4.3%

- **Region**
  - Northwest: 11.1%
  - Northeast: 14.4%
  - Central: 6.2%
  - Southwest: 10.5%
  - Southeast: 7.2%
Ottawa County adults in households with low incomes are least likely to be satisfied with their lives (20.7% for those below the poverty line). College graduates are more likely to be satisfied than those with less education and Hispanics are less likely to be satisfied than other racial/ethnic groups.

**Life Satisfaction**

**Dissatisfied or Very Dissatisfied With Life**

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

**Poverty Level**

- **Below Poverty Line**: 20.7%
- **Above Poverty Line**: 2.8%

**Race/Ethnicity**

- **White, Non-Hispanic**: 4.1%
- **Other, Non-Hispanic**: 4.1%
- **Hispanic**: 8.8%

**Gender**

- **Male**: 4.3%
- **Female**: 4.8%

**Education**

- **< High School**: 10.3%
- **High School Grad**: 5.1%
- **Some College**: 5.6%
- **College Grad**: 2.1%

**HH Income**

- **< $20,000**: 13.6%
- **$20,000-$34,999**: 7.9%
- **$35,000-$49,999**: 6.0%
- **$50,000-$74,999**: 2.0%
- **$75,000+**: 0.7%

**Region**

- **Northwest**: 6.3%
- **Northeast**: 4.2%
- **Central**: 2.0%
- **Southwest**: 4.2%
- **Southeast**: 4.4%

(n=1258)
Those who more often lack the social and emotional support they need tend to be Hispanic, have less than a high school education, and/or come from households with low incomes.

Social and Emotional Support

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

<table>
<thead>
<tr>
<th>Education</th>
<th>Below Poverty Line</th>
<th>Above Poverty Line</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below Poverty Line</td>
<td>10.5%</td>
<td>3.3%</td>
</tr>
<tr>
<td>Above Poverty Line</td>
<td>3.3%</td>
<td>3.3%</td>
</tr>
</tbody>
</table>

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

**Gender**
- Male: 4.9%
- Female: 3.9%

**Race/Ethnicity**
- White, Non-Hispanic: 3.7%
- Other, Non-Hispanic: 0.0%
- Hispanic: 12.8%

**Poverty Level**
- Below Poverty Line: 10.5%
- Above Poverty Line: 3.3%

**Education**
- < High School: 16.9%
- High School Grad: 7.2%
- Some College: 2.9%
- College Grad: 1.4%

**HH Income**
- <$20,000: 10.2%
- $20,000-$34,999: 9.4%
- $35,000-$49,999: 3.4%
- $50,000-$74,999: 2.2%
- $75,000+: 0.1%

**Region**
- Northwest: 3.5%
- Northeast: 0.0%
- Central: 4.6%
- Southwest: 5.8%
- Southeast: 2.2%
Approximately three in ten Ottawa County adults have experienced at least one day in the past month where their physical or mental health was not good. In fact, more then 8% are classified as having poor physical and/or mental health, and they average 9 days per month where their physical or mental health is not good.

**Physical and Mental Health During Past 30 Days**

**Number of Days Physical Health Was Not Good in Past 30 Days**

- None (0 Days): 72.8% (n=1260)
- 1 to 13 Days: 19.1% (n=1260)
- 14 or More Days: 8.1% (n=1260)

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

**Number of Days Mental Health Was Not Good in Past 30 Days**

- None (0 Days): 66.7% (n=1264)
- 1 to 13 Days: 24.7% (n=1264)
- 14 or More Days: 8.6% (n=1264)

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

Q2.1: Now thinking about your physical health, which includes physical illness and injury. For how many days during the past 30 days was your physical health not good?
Q2.2: Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?
Prevalence of poor physical health is highest among residents with the lowest household income (20.4%) and living below the poverty line (24.5%). Prevalence is lowest among college graduates (5.4%) and the highest income group (3.1%).

### Physical Health Status

#### Poor Physical Health* (Total Sample)

- 8.1%

*(n=1260)*

### Poor Physical Health by Demographics

#### Age
- 18-24: 6.2%
- 25-34: 6.3%
- 35-44: 6.9%
- 45-54: 6.9%
- 55-64: 14.0%
- 65-74: 5.8%
- 75+: 12.9%

#### Gender
- Male: 6.0%
- Female: 10.3%

#### Race/Ethnicity
- White, Non-Hispanic: 8.0%
- Other, Non-Hispanic: 0.0%
- Hispanic: 11.5%

#### Poverty Level
- Below Poverty Line: 24.5%
- Above Poverty Line: 6.0%

#### Education
- < High School: 11.9%
- High School Grad: 8.5%
- Some College: 10.0%
- College Grad: 5.4%
- HH Income
  - < $20,000: 20.4%
  - $20,000-$34,999: 8.9%
  - $35,000-$49,999: 6.7%
  - $50,000-$74,999: 8.3%
  - $75,000+: 3.1%

#### Region
- Northwest: 8.7%
- Northeast: 10.6%
- Central: 5.4%
- Southwest: 7.4%
- Southeast: 10.1%

*Among all adults, the proportion who reported 14 or more days of poor physical health, which includes physical illness and injury, during the past 30 days.
The prevalence of poor mental health is inversely related to age. It is highest among adults from households with low incomes and/or Hispanics. Poor mental health is less common in men than women and less common in college graduates compared to those with less education.

**Mental Health Status**

**Poor Mental Health* (Total Sample)**

- 8.6%

(n=1264)

**Poor Mental Health by Demographics**

- **Age**
  - 18-24: 10.7%
  - 25-34: 12.0%
  - 35-44: 9.4%
  - 45-54: 8.2%
  - 55-64: 6.6%
  - 65-74: 3.1%
  - 75+: 4.3%

- **Gender**
  - Male: 6.3%
  - Female: 11.0%

- **Race/Ethnicity**
  - White, Non-Hispanic: 7.9%
  - Other, Non-Hispanic: 2.6%
  - Hispanic: 17.1%

- **Poverty Level**
  - Below Poverty Line: 20.7%
  - Above Poverty Line: 6.6%

- **Education**
  - < High School: 10.7%
  - High School Grad: 10.2%
  - Some College: 10.4%
  - College Grad: 5.1%

- **HH Income**
  - <$20,000: 17.5%
  - $20,000-$49,999: 11.3%
  - $50,000-$74,999: 7.0%
  - $75,000+: 6.1%

- **Region**
  - Northwest: 9.3%
  - Northeast: 4.5%
  - Central: 9.6%
  - Southwest: 9.1%
  - Southeast: 6.4%

*Among all adults, the proportion who reported 14 or more days of poor mental health, which includes stress, depression, and problems with emotions, during the past 30 days.
One in twenty (5.1%) Ottawa County adults experience activity limitation due to poor physical or mental health. Additionally, 7.0% find it hard to conduct normal daily activities as a result of pain.

**Activity Limitation and Pain During Past 30 Days**

<table>
<thead>
<tr>
<th>Number of Days Physical or Mental Health Prevented Doing Usual Activities</th>
<th>Number of Days Pain Prevented Doing Usual Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>None (0 Days)</td>
<td>84.9% None (0 Days)</td>
</tr>
<tr>
<td>1 to 13 Days</td>
<td>10.1%</td>
</tr>
<tr>
<td>14 or More Days</td>
<td>5.1%</td>
</tr>
</tbody>
</table>

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

(n=1253)

(n=1265)

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

Q2.4 During the past 30 days, for about how many days did pain make it hard for you to do your usual activities, such as self-care, work, or recreation?
The prevalence of activity limitation is highest, by far, among people in households with low incomes; less than $20K (14%) and below the poverty line (17.1%).
Roughly one in seven (14.8%) adults have been told by a doctor or healthcare provider at one time that they have an anxiety disorder. Slightly more (18.8%) have been told they have a depressive disorder.

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

Q23.9: Has a doctor or other healthcare provider EVER told you that you have a depressive disorder (including depression, major depression, dysthymia, or minor depression)?
Less than one in twenty (4.6%) adults would be classified as clinically depressed (major depression). In examining the various symptoms of anxiety or depression, adults are more likely to have trouble sleeping and/or feeling tired or having little energy.

**Anxiety and Depression**

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

**Major Depression* = 4.6%**

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

Q23.1-Q23.7 Over the last 2 weeks, how many days have you….
Adults most likely to be diagnosed with major depression tend to be younger (< age 55), Hispanic, have less than a high school education, and/or have household incomes less than $35K. The most glaring difference is between those who live below the poverty line (18.5%) and those who live above it (2.4%).

### Current Major Depression

**Current Major Depression**

* (Total Sample) 4.6%

*(n=1262)*

---

### Major Depression by Demographics

**Age**

- 18-24: 8.3%
- 25-34: 7.1%
- 35-44: 5.4%
- 45-54: 4.5%
- 55-64: 0.9%
- 65-74: 0.8%
- 75+: 1.0%

**Gender**

- Male: 3.2%
- Female: 6.1%

**Race/Ethnicity**

- White, Non-Hispanic: 3.9%
- Other, Non-Hispanic: 4.8%
- Hispanic: 11.1%

**Poverty Level**

- Below Poverty Line: 18.5%
- Above Poverty Line: 2.4%

**Education**

- < High School: 12.4%
- High School Grad: 7.0%
- Some College: 3.7%
- College Grad: 2.1%

**HH Income**

- <$20,000: 13.0%
- $20,000-$49,999: 10.0%
- $50,000-$74,999: 3.3%
- $75,000+: 0.8%

**Region**

- Northwest: 4.9%
- Northeast: 0.0%
- Central: 3.9%
- Southwest: 4.7%
- Southeast: 5.4%

*Calculated from responses to Q. 23.1-23.7 where responses in number of days out of the past 14 were summed across all seven questions. A total of 48 points or greater, and either Q. 23.1 or Q. 23.2 greater than or equal to 7 days, is classified as Current Major Depression.*
One in five Ottawa County adults are limited in their activities due to physical, mental, or emotional problems, and 6.0% require the use of special equipment such as a cane or wheelchair. The prevalence of total disability – where someone experiences either one of these – is 22.2% among all adults.

Q17.1: Are you limited in any way in any activities because of physical, mental, or emotional problems?
Q17.2: Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?
In general, the proportion of adults who experience activity limitation due to physical, mental, or emotional problems increases with age. More than one-third of adults in households with incomes less than $20K, or live below the poverty line, experience this limitation, much higher than other socioeconomic groups.
The proportion of adults required to use special equipment also increases with age and with declining household incomes. Adults with less than a high school education are more likely to use equipment compared to adults with more education.

**Disability (Cont’d.)**

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

- 6.0%  

**Use Special Equipment by Demographics**

**Age**
- 18-24: 0.0%
- 25-34: 0.8%
- 35-44: 4.2%
- 45-54: 5.6%
- 55-64: 15.1%
- 65-74: 6.9%
- 75+: 18.5%

**Gender**
- Male: 4.8%
- Female: 7.2%

**Race/Ethnicity**
- White, Non-Hispanic: 5.7%
- Other, Non-Hispanic: 6.4%
- Hispanic: 8.6%

**Poverty Level**
- Below Poverty Line: 10.1%
- Above Poverty Line: 4.6%

**Education**
- < High School: 11.7%
- High School Grad: 6.2%
- Some College: 7.0%
- College Grad: 3.9%

**HH Income**
- <$20,000: 13.4%
- $20,000-$34,999: 10.0%
- $35,000-$49,999: 3.6%
- $50,000-$74,999: 2.6%
- $75,000+: 1.3%

**Region**
- Northwest: 7.9%
- Northeast: 0.0%
- Central: 6.5%
- Southwest: 5.6%
- Southeast: 5.3%

*Among all adults, the proportion who reported that they required use of special equipment (such as a cane, a wheelchair, a special bed, or a special telephone) due to a health problem.
One in five (22.2%) Ottawa County adults are considered disabled. This proportion increases with age and women are slightly more likely to be disabled than men. Disability decreases with education and income. For example, 39% of people in households with incomes less than $20,000 are disabled, compared to 11% of people in households with incomes over $75,000.

*Among all adults, the proportion who reported being limited in any activities because of physical, mental, or emotional problems, or reported that they required use of special equipment (such as a cane, a wheelchair, a special bed, or a special telephone) due to a health problem.
More than six in ten (62.5%) Ottawa County adults are considered to be either overweight or obese per their BMI. One-third are at a healthy weight.

**Weight Status**

- **Obese** *(Total Sample)*
  - 25.8%

- **Overweight** *(Total Sample)*
  - 36.7%

- **Not Overweight or Obese** *(Total Sample)*
  - 37.4%

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

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

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

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

(n=1234)

Healthy Weight = 36.3%
Underweight = 1.1%
Adults with less than a high school education are more likely to be obese than those with more education. Hispanics are more likely to be obese than other racial/ethnic groups. Adults living in central Ottawa County are less likely to be obese than those living elsewhere.

Weight Status

Obese* (Total Sample) 25.8%

(n=1234)

Obese by Demographics

Age
18-24 13.8%
25-34 23.9%
35-44 33.5%
45-54 26.1%
55-64 37.6%
65-74 25.3%
75+ 17.7%

Education
< High School 35.6%
High School Grad 28.0%
Some College 29.5%
College Grad 19.1%

HH Income
<$20,000 25.9%
$20,000-$34,999 35.0%
$35,000-$49,999 24.9%
$50,000-$74,999 30.7%
$75,000+ 20.5%

Region
Northwest 26.7%
Northeast 29.4%
Central 18.1%
Southwest 25.9%
Southeast 27.1%

Gender
Male 24.7%
Female 27.1%

Race/Ethnicity
White, Non-Hispanic 25.4%
Other, Non-Hispanic 12.6%
Hispanic 33.7%

Poverty Level
Below Poverty Line 30.6%
Above Poverty Line 25.0%

*Among all adults, the proportion of respondents whose BMI was greater than or equal to 30.0.
Men are far more likely to be considered overweight (but not obese) than women. Residents living in central or northeast Ottawa County are more likely to be overweight than residents living elsewhere.

**Weight Status (Cont’d.)**

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

- **Overweight by Demographics**
  - **Age**
    - 18-24: 26.5%
    - 25-34: 27.5%
    - 35-44: 35.9%
    - 45-54: 48.9%
    - 55-64: 35.2%
    - 65-74: 44.8%
    - 75+: 44.2%
  - **Gender**
    - Male: 43.3%
    - Female: 29.7%
  - **Race/Ethnicity**
    - White, Non-Hispanic: 37.4%
    - Other, Non-Hispanic: 34.3%
    - Hispanic: 29.6%
  - **Poverty Level**
    - Below Poverty Line: 39.0%
    - Above Poverty Line: 37.1%
  - **Education**
    - < High School: 35.6%
    - High School Grad: 35.7%
    - Some College: 32.7%
    - College Grad: 41.6%
  - **HH Income**
    - <$20,000: 42.1%
    - $20,000-$34,999: 32.6%
    - $35,000-$49,999: 35.7%
    - $50,000-$74,999: 37.6%
    - $75,000+: 40.3%
  - **Region**
    - Northwest: 38.6%
    - Northeast: 45.0%
    - Central: 45.5%
    - Southwest: 35.9%
    - Southeast: 31.5%
Women are more likely than men to be at a healthy weight, as are people under age 35 compared to those older.

### Healthy Weight* (Total Sample)

- **37.4%**

*(n=1234)*

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

#### Not Overweight/Obese by Demographics

<table>
<thead>
<tr>
<th>Category</th>
<th>18-24</th>
<th>25-34</th>
<th>35-44</th>
<th>45-54</th>
<th>55-64</th>
<th>65-74</th>
<th>75+</th>
<th>Below Poverty Line</th>
<th>Above Poverty Line</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Age</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Student</td>
<td>59.7%</td>
<td>48.7%</td>
<td>30.6%</td>
<td>25.1%</td>
<td>27.1%</td>
<td>29.8%</td>
<td>38.1%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Education</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HDH</td>
<td>28.8%</td>
<td>36.3%</td>
<td>37.9%</td>
<td>39.3%</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Income</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HH Income</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Below Poverty Line</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Above Poverty Line</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gender</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>32.0%</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female</td>
<td>43.2%</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Race/Ethnicity</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>White, Non-Hispanic</td>
<td>37.2%</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other, Non-Hispanic</td>
<td></td>
<td>53.1%</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hispanic</td>
<td>36.7%</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Poverty Level</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Below Poverty Line</td>
<td>30.4%</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Above Poverty Line</td>
<td>37.8%</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Percentages may not sum to 100% due to rounding.

**Notes:**
- **HDH** denotes the proportion of respondents whose BMI was less than 25.0.
- **HH Income** denotes household income levels.
Three in ten (31.4%) Ottawa County adults have been told by a health care professional they have high blood pressure (HBP).

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

- Yes, 31.4%
- No, 66.3%
- Yes, but only during pregnancy, 1.3%
- Borderline/Pre-Hypertensive, 1.0%

(n=1272)
As expected, HBP is more common in older adults (55+). It is also more common in men than women and significantly more common in adults who have less than a high school education. Further, there is an inverse relationship between the prevalence of HBP and household income.

**Hypertension Awareness**

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

<table>
<thead>
<tr>
<th>Age</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td>15.6%</td>
</tr>
<tr>
<td>25-34</td>
<td>11.7%</td>
</tr>
<tr>
<td>35-44</td>
<td>25.9%</td>
</tr>
<tr>
<td>45-54</td>
<td>30.7%</td>
</tr>
<tr>
<td>55-64</td>
<td>48.7%</td>
</tr>
<tr>
<td>65-74</td>
<td>53.8%</td>
</tr>
<tr>
<td>75+</td>
<td>66.2%</td>
</tr>
</tbody>
</table>

**Gender**

- **Male**: 35.1%
- **Female**: 27.6%

**Race/Ethnicity**

- **White, Non-Hispanic**: 32.1%
- **Other, Non-Hispanic**: 18.1%
- **Hispanic**: 27.4%

**Poverty Level**

- **Below Poverty Line**: 30.0%
- **Above Poverty Line**: 31.9%

*Among all adults, the proportion who reported that they were ever told by a health care professional that they have high blood pressure (HBP). Women who had high blood pressure only during pregnancy and adults who were borderline hypertensive were considered not to have been diagnosed.
Eight in ten (82.0%) Ottawa County adults have had their cholesterol checked, and the vast majority of them have had it done within the past year. More than one-third (37.2%) of them have been told by a health care professional that their cholesterol is high.

**Cholesterol Awareness**

<table>
<thead>
<tr>
<th>Ever Had Blood Cholesterol Checked</th>
<th>Last Time Had Blood Cholesterol Checked</th>
<th>Ever Told Blood Cholesterol is High</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes, 82.0%</td>
<td>Within Past Year: 72.6%</td>
<td>No, 62.8%</td>
</tr>
<tr>
<td>No, 18.0%</td>
<td>Within Past 2 Years: 13.5%</td>
<td>Yes, 37.2%</td>
</tr>
<tr>
<td></td>
<td>Within Past 5 Years: 10.2%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>5 or More Years Ago: 3.7%</td>
<td></td>
</tr>
</tbody>
</table>

Q5.1: Blood cholesterol is a fatty substance found in the blood. Have you EVER had your blood cholesterol checked?
Q5.2: (If yes) About how long has it been since you last had your blood cholesterol checked?
Q5.3: (If yes) Have you EVER been told by a doctor, nurse or other health care professional that your blood cholesterol is high?
Health Care Access
Nearly nine in ten (87.4%) adults under age 65 have health care coverage, and 12.7% of them have Medicaid and/or Medicare.

Q3.1: Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare or Indian Health Services?
Q3.1a: (If yes) Do you personally have Medicaid or Medicare Insurance?
Having health care coverage is directly related to education and income. Additionally, younger residents (aged 18-34) are more likely to lack coverage than older residents, and Hispanics report having no coverage more than other racial/ethnic groups.

### Health Care Coverage Among Adults Aged 18-64 Years

#### No Health Care Coverage*

| Total Sample | 12.6% |

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

#### No Coverage by Demographics

**Age**

- 18-24: 19.4%
- 25-34: 17.4%
- 35-44: 11.4%
- 45-54: 7.2%
- 55-64: 7.6%

**Gender**

- Male: 12.8%
- Female: 12.4%

**Race/Ethnicity**

- White, Non-Hispanic: 11.1%
- Other, Non-Hispanic: 16.7%
- Hispanic: 24.5%

**Poverty Level**

- Below Poverty Line: 29.6%
- Above Poverty Line: 6.7%

**Education**

- < High School: 35.0%
- High School Grad: 18.9%
- Some College: 12.5%
- College Grad: 4.2%

**HH Income**

- <$20,000: 35.2%
- $20,000-$34,999: 22.7%
- $35,000-$49,999: 10.5%
- $50,000-$74,999: 3.9%
- $75,000+: 2.0%

**Region**

- Northwest: 12.4%
- Northeast: 16.5%
- Central: 3.6%
- Southwest: 14.3%
- Southeast: 11.2%
For those without health care coverage, the greatest barrier is cost. Roughly one in four (26.4%) no longer have coverage due to their (or spouses’) loss of employment.

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

- **Cannot Pay for It**: 46.0%
- **Lost employment**: 26.4%
- **Employer does not offer coverage**: 7.6%
- **Dropped by insurance company**: 7.4%
- **No longer qualify for Medicaid**: 5.8%
- **Denied due to pre-existing condition**: 3.0%
- **Other**: 4.5%
- **Don’t know**: 12.6%

(n=111)

Q3.2: If you do not have health insurance is it because you (mark all that apply)…
Most Ottawa County adults (95.1%) have had no trouble receiving health care when they needed it in the past year. However, those who have had problems mention a variety of reasons, the most popular of which are the inability to pay for healthcare and lack of insurance.

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

Q3.5: (If yes) Please provide the reason(s) for the difficulty in getting healthcare. (Multiple response)
The vast majority (76.5%) of adults believe their experience in seeking healthcare over the past year is consistent with the experiences of other races. Roughly one in six (15.9%) believe their experience is better than other races.
Risk Behavior Indicators
Among adult workers, six in ten (59.6%) perform work-related activity other than sitting, such as standing, walking, or physically demanding work. More than half of all adults perform no physical activities to strengthen their muscles. On the other hand, nearly one-fourth (24.0%) perform muscle-strengthening activities more than 10 times per month.

**Exercise and Physical Activity**

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

- Mostly Sitting: 40.4%
- Mostly Standing: 18.1%
- Mostly Walking: 26.7%
- Mostly Heavy Labor or Physically Demanding Work: 14.9%

(n=668)

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

- None: 52.2%
- 1 to 10 Times: 23.8%
- More than 10 Times: 24.0%

(n=1271)

Mean = 6.0

Q16.1: When you are at work, which of the following best describes what you do?
Q16.5: During the past month, how many times per week, or per month, did you do physical activities or exercises to STRENGTHEN your muscles? DO NOT count aerobic activities like walking, running, or bicycling. Count activities using your body weight like yoga, sit-ups or push-ups and those using weight machines, free weights, or elastic bands.
Almost nine in ten (87.3%) adults participate in leisure time physical activity such as running, walking, or golf. More than four in ten (44.2%) participate between three and five times per week. More than six in ten (62.9%) participate for less than four hours per week, while 22.4% participate for six hours or more.

**Participation in Physical Activity**

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

- 1 to 2 Times: 29.1%
- 3 to 5 Times: 44.2%
- More Than 5 Times: 26.7%

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

- Less Than 2 Hours: 26.8%
- 2 to <4 Hours: 36.1%
- 4 to <6 Hours: 14.7%
- 6 or More Hours: 22.4%

Mean = 4.1

Mean = 4.4

Median = 3.0

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

Q16.3: (If yes) How many times per week or per month did you take part in physical activity during the past month?

Q16.4: And when you took part in physical activity, for how many minutes or hours did you usually keep at it?
Participation in leisure time physical activity is directly related to education and income. In fact, almost three in ten (29.4%) adults with less than a high school diploma and 30.3% of residents living below the poverty line do not participate in any leisure time physical activity.

**Leisure Time Physical Activity**

**No Leisure Time Physical Activity**

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

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Total Sample</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td>11.2%</td>
</tr>
<tr>
<td>25-34</td>
<td>9.7%</td>
</tr>
<tr>
<td>35-44</td>
<td>13.0%</td>
</tr>
<tr>
<td>45-54</td>
<td>10.7%</td>
</tr>
<tr>
<td>55-64</td>
<td>14.9%</td>
</tr>
<tr>
<td>65-74</td>
<td>14.3%</td>
</tr>
<tr>
<td>75+</td>
<td>20.0%</td>
</tr>
</tbody>
</table>

**No Leisure Time Activity by Demographics**

<table>
<thead>
<tr>
<th>Education</th>
<th>Total Sample</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; High School</td>
<td>29.4%</td>
</tr>
<tr>
<td>High School Grad</td>
<td>16.5%</td>
</tr>
<tr>
<td>Some College</td>
<td>13.4%</td>
</tr>
<tr>
<td>College Grad</td>
<td>5.8%</td>
</tr>
</tbody>
</table>

**HH Income**

<table>
<thead>
<tr>
<th>Income Range</th>
<th>Total Sample</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;$20,000</td>
<td>24.9%</td>
</tr>
<tr>
<td>$20,000-$34,999</td>
<td>20.1%</td>
</tr>
<tr>
<td>$35,000-$49,999</td>
<td>15.1%</td>
</tr>
<tr>
<td>$50,000-$74,999</td>
<td>4.9%</td>
</tr>
<tr>
<td>$75,000+</td>
<td>4.5%</td>
</tr>
</tbody>
</table>

**Race/Ethnicity**

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Total Sample</th>
</tr>
</thead>
<tbody>
<tr>
<td>White, Non-Hispanic</td>
<td>12.5%</td>
</tr>
<tr>
<td>Other, Non-Hispanic</td>
<td>4.9%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>16.7%</td>
</tr>
</tbody>
</table>

**Gender**

<table>
<thead>
<tr>
<th>Gender</th>
<th>Total Sample</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>12.1%</td>
</tr>
<tr>
<td>Female</td>
<td>13.3%</td>
</tr>
</tbody>
</table>

**Age**

<table>
<thead>
<tr>
<th>Poverty Level</th>
<th>Total Sample</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below Poverty Line</td>
<td>30.3%</td>
</tr>
<tr>
<td>Above Poverty Line</td>
<td>8.9%</td>
</tr>
</tbody>
</table>

**Region**

<table>
<thead>
<tr>
<th>Region</th>
<th>Total Sample</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northwest</td>
<td>14.5%</td>
</tr>
<tr>
<td>Northeast</td>
<td>14.0%</td>
</tr>
<tr>
<td>Central</td>
<td>5.1%</td>
</tr>
<tr>
<td>Southwest</td>
<td>11.6%</td>
</tr>
<tr>
<td>Southeast</td>
<td>16.7%</td>
</tr>
</tbody>
</table>
Four in ten (41.7%) Ottawa County adults have smoked at least 100 cigarettes in their lifetime. Among adults who have smoked at least 100 cigarettes in their lifetime, 62.8% currently do not smoke at all, while 24.6% currently smoke cigarettes every day and another 12.6% smoke on some days.
Nearly six in ten (58.3%) Ottawa County adults have never smoked (or are considered non-smokers). Current smokers make up 17.2% of Ottawa County adults, while another 24.5% are considered former smokers. Among current smokers, 61.0% attempted to quit smoking within the past 12 months.

**Smoking Status and Attempts to Quit**

**Smoking Status**

- **Never Smoked**, 58.3%
- **Current Smoker**
  - *Among all adults, the proportion who reported that they had ever smoked at least 100 cigarettes (5 packs) in their life and that they smoke cigarettes now, either every day or on some days.*
  - 17.2%
- **Former Smoker**
  - **Among all adults, the proportion who reported that they had ever smoked at least 100 cigarettes (5 packs) in their life but they do not smoke now.**
  - 24.5%

**(n=1273)**

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

- **Yes, 61.0%**
- **No, 39.0%**

**(n=198)**

Q12.1: Have you smoked at least 100 cigarettes in your entire life?
Q12.3: Do you now smoke cigarettes everyday, some days, or not at all?
Q12.4: During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?
Cigarette smoking is inversely related to education and income; 34.8% of residents with less than a high school diploma and 36.8% of those living below the poverty line currently smoke cigarettes.

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

**Cigarette Smoking**

*Among all adults, the proportion who reported that they had ever smoked at least 100 cigarettes (5 packs) in their life and that they smoke cigarettes now, either every day or on some days.*
Males are more likely than females to be former smokers. The northeast portion of the county has a lower proportion of former smokers than other portions.

### Former Cigarette Smoking* (Total Sample)

- **Gender**
  - Male: 29.4%
  - Female: 19.5%

- **Race/Ethnicity**
  - White, Non-Hispanic: 25.4%
  - Other, Non-Hispanic: 11.6%
  - Hispanic: 19.0%

- **Age**
  - 18-24: 11.1%
  - 25-34: 17.7%
  - 35-44: 25.6%
  - 45-54: 27.8%
  - 55-64: 34.0%
  - 65-74: 38.3%
  - 75+

- **Education**
  - < High School: 17.8%
  - High School Grad: 23.6%
  - Some College: 24.5%
  - College Grad: 26.6%

- **HH Income**
  - <$20,000: 18.9%
  - $20,000-$34,999: 24.3%
  - $35,000-$49,999: 26.7%
  - $50,000-$74,999: 30.0%
  - $75,000+: 27.1%

- **Region**
  - Northwest: 29.8%
  - Northeast: 7.8%
  - Central: 29.3%
  - Southwest: 24.4%
  - Southeast: 21.7%

- **Poverty Level**
  - Below Poverty Line: 16.3%
  - Above Poverty Line: 27.6%

*Among all adults, the proportion who reported that they had ever smoked at least 100 cigarettes (5 packs) in their life but they do not smoke now.
Younger smokers are more likely to attempt to quit than older smokers.

### Current Smokers Who Tried To Quit

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

<table>
<thead>
<tr>
<th>Age</th>
<th>Tried to Quit Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td>67.3%</td>
</tr>
<tr>
<td>25-34</td>
<td>57.2%</td>
</tr>
<tr>
<td>35-44</td>
<td>72.4%</td>
</tr>
<tr>
<td>45-54</td>
<td>59.2%</td>
</tr>
<tr>
<td>55-64</td>
<td>51.0%</td>
</tr>
<tr>
<td>65-74</td>
<td>47.8%</td>
</tr>
<tr>
<td>75+</td>
<td>15.7%</td>
</tr>
</tbody>
</table>

#### Tried to Quit by Demographics

<table>
<thead>
<tr>
<th>Education</th>
<th>Tried to Quit Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; High School</td>
<td>80.6%</td>
</tr>
<tr>
<td>High School Grad</td>
<td>56.5%</td>
</tr>
<tr>
<td>Some College</td>
<td>60.0%</td>
</tr>
<tr>
<td>College Grad</td>
<td>62.5%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>HH Income</th>
<th>Tried to Quit Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;$20,000</td>
<td>58.9%</td>
</tr>
<tr>
<td>$20,000-$34,999</td>
<td>57.4%</td>
</tr>
<tr>
<td>$35,000-$49,999</td>
<td>65.2%</td>
</tr>
<tr>
<td>$50,000-$74,999</td>
<td>75.6%</td>
</tr>
<tr>
<td>$75,000+</td>
<td>55.1%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Region</th>
<th>Tried to Quit Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northwest</td>
<td>60.8%</td>
</tr>
<tr>
<td>Northeast</td>
<td>51.9%</td>
</tr>
<tr>
<td>Central</td>
<td>83.8%</td>
</tr>
<tr>
<td>Southwest</td>
<td>57.6%</td>
</tr>
<tr>
<td>Southeast</td>
<td>69.5%</td>
</tr>
</tbody>
</table>

*Among current smokers, the proportion who reported that during the past 12 months, they had tried to quit smoking for one day or longer.
The prevalence of smokeless tobacco use is extremely low (2.7%) among Ottawa County adults.

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

Current Smokeless Tobacco Use

- Not At All, 97.3%
- Some Days, 1.3%
- Everyday, 1.4%

(n=1272)
Ottawa County residents most likely to use smokeless tobacco tend to be younger than 45 years of age and male.

*Among all adults, the proportion who reported that they currently use chewing tobacco, snuff or snus, either every day or on some days.
With regard to alcohol consumption, just over one-third of Ottawa County adults are non-drinkers and over half (56.2%) are considered light to moderate drinkers. Less than one in ten (7.5%) are classified as heavy drinkers, meaning they consume an average of more than one (if female) or two drinks (if male) per day.

### Alcohol Consumption in Past 30 Days

**Number of Days Drank Alcohol in Past 30 Days**

- None: 35.7%
- 1 to 2 days: 16.5%
- 3 to 5 days: 16.6%
- 6 to 10 days: 12.5%
- More than 10 days: 18.8%

**Average Number of Drinks When Drinking**

- 1 drink: 41.2%
- 2 drinks: 27.7%
- 3 to 5 drinks: 21.8%
- More than 5 drinks: 9.2%

**Drinking Status**

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

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

Q21.2: One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?
Younger Ottawa County residents (<35 years of age) are slightly more likely to engage in heavy drinking than older residents. The largest proportion of heavy drinkers is found in the northwest region of Ottawa County.

**Alcohol Consumption (Cont’d.)**

**Heavy Drinking**

**(Total Sample)**

- 7.5%

**(n=1251)**

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

**Heavy Drinking by Demographics**

- **Age**
  - 18-24: 8.6%
  - 25-34: 10.1%
  - 35-44: 5.9%
  - 45-54: 9.5%
  - 55-64: 7.0%
  - 65-74: 5.3%
  - 75+: 2.7%

- **Gender**
  - Male: 8.8%
  - Female: 6.2%

- **Race/Ethnicity**
  - White, Non-Hispanic: 7.1%
  - Other, Non-Hispanic: 10.0%
  - Hispanic: 9.4%

- **Poverty Level**
  - Below Poverty Line: 4.2%
  - Above Poverty Line: 8.3%

- **Education**
  - < High School: 2.5%
  - High School Grad: 8.1%
  - Some College: 9.4%
  - College Grad: 6.0%

- **HH Income**
  - <$20,000: 8.2%
  - $20,000-$34,999: 7.1%
  - $35,000-$49,999: 8.2%
  - $50,000-$74,999: 7.2%
  - $75,000+: 8.9%

- **Region**
  - Northwest: 12.4%
  - Northeast: 6.1%
  - Central: 8.0%
  - Southwest: 6.6%
  - Southeast: 4.4%
Among all adults, one in five (20.3%) have engaged in binge drinking in the past 30 days. Among those who drink, this proportion rises to one-third (32.3%).

**Binge Drinking**

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

- None: 79.7%
- 1 to 2 times: 11.6%
- 3 or more times: 8.7%

(\(n=1238\))

Mean = 0.6

**Binge Drinkers = 20.3%**

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

- None: 67.9%
- 1 to 2 times: 18.3%
- 3 or more times: 13.8%

(\(n=752\))

Mean = 1.1

Q21.3: Considering all types of alcoholic beverages, how many times during the past 30 days did you have X (x=5 for men, x=4 for women) or more drinks on an occasion?
The prevalence of binge drinking is higher among men than women and highest among younger people (<35 years of age).

**Alcohol Consumption**

**Binge Drinking**

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

**Binge Drinking by Demographics**

### Age
- 18-24: 35.6%
- 25-34: 30.9%
- 35-44: 20.7%
- 45-54: 22.4%
- 55-64: 7.7%
- 65-74: 5.5%
- 75+: 0.7%

### Gender
- Male: 26.7%
- Female: 13.9%

### Race/Ethnicity
- White, Non-Hispanic: 20.0%
- Other, Non-Hispanic: 31.2%
- Hispanic: 22.1%

### Poverty Level
- Below Poverty Line: 22.2%
- Above Poverty Line: 21.8%

### Education
- < High School: 15.6%
- High School Grad: 21.8%
- Some College: 22.9%
- College Grad: 17.6%

### HH Income
- <$20,000: 21.9%
- $20,000-$34,999: 17.8%
- $35,000-$49,999: 24.6%
- $50,000-$74,999: 20.7%
- $75,000+: 22.7%

### Region
- Northwest: 27.4%
- Northeast: 23.1%
- Central: 14.5%
- Southwest: 21.2%
- Southeast: 11.8%
Among Ottawa County adults who drink alcohol, almost half (47.8%) have at most consumed one to two drinks on any occasion in the past 30 days, while 22.0% have consumed six or more drinks. Very few adults report driving when they have had too much to drink.

Q21.4: During the past 30 days, what is the largest number of drinks you had on any occasion?
Q21.5: During the past 30 days, have you ever driven when you’ve had too much to drink?
Nine in ten (90.2%) Ottawa County adults always use seatbelts when driving or riding in a car and another 6.5% use them nearly always.

**Frequency of Seatbelt Use**

- **Always**: 90.2%
- **Nearly Always**: 6.5%
- **Sometimes**: 1.8%
- **Seldom**: 0.6%
- **Never**: 0.9%

(n=1268)

Q19.1: How often do you use seat belts when you drive or ride in a car? Would you say...
Seatbelt use is less common among younger (<35 years of age) adults.

*Among all adults, the proportion who reported always using a seatbelt when driving or riding in a car.
Ottawa County adults consume minor quantities of 100% fruit juice, averaging less than once (0.4) a day. They consume more solid fruit, although they still average modest amounts (just over once per day). Over half (53.5%) of all adults’ total fruit consumption (juice and/or solid) is between one and three times per day.

### Consumption of Fruit

**Number of Times 100% Fruit Juice Consumed Per Day**

- None: 31.3%
- Less Than 1: 47.4%
- 1 or More: 21.3%

**Number of Times Fruit (Excluding Juice) Consumed Per Day**

- None: 2.4%
- Less Than 1: 41.8%
- 1 to <2: 31.3%
- 2 or More: 24.5%

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

- None: 1.8%
- Less Than 1: 30.5%
- 1 to <3: 30.5%
- 3 or More: 14.2%

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

Q14.2: During the past month, not counting juice, how many times per day, week, or month did you eat fruit? Count fresh, frozen, or canned fruit.
On average, Ottawa County adults consume dark green vegetables less than once a day (0.6), while three in ten (29.0%) consume one or more times per day. Orange vegetables are consumed even less frequently. In fact, 14.6% consume no orange vegetables.

**Vegetable Consumption**

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

- None: 4.7%
- Less Than 1: 66.3%
- 1 or More: 29.0%

(n=1264)  
Mean = 0.6

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

- None: 14.6%
- Less Than 1: 77.0%
- 1 or More: 8.4%

(n=1264)  
Mean = 0.3

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

Q14.4: During the past month, how many times per day, week, or month did you eat orange colored vegetables such as sweet potatoes, pumpkin, winter squash, or carrots?
Ottawa County adults consume more quantities of vegetables other than dark green or orange. More than four in ten (43.8%) consume “other” vegetables one or more times per day. Considering all vegetables combined, one-third (33.0%) of adults consume two or more times per day.

**Vegetable Consumption (Cont’d.)**

<table>
<thead>
<tr>
<th>Number of Times Per Day Consumed Other Vegetables in Past Month</th>
<th>Number of Times per Day Consumed Any Vegetables in Past Month</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>2.3%</td>
<td>1.0%</td>
</tr>
<tr>
<td>Less Than 1</td>
<td>Less Than 1</td>
</tr>
<tr>
<td>53.9%</td>
<td>21.6%</td>
</tr>
<tr>
<td>1 or More</td>
<td>1 to &lt;2</td>
</tr>
<tr>
<td>43.8%</td>
<td>44.4%</td>
</tr>
<tr>
<td>(n=1262)</td>
<td>2 or More</td>
</tr>
<tr>
<td>Mean = 0.8</td>
<td>33.0%</td>
</tr>
<tr>
<td>(n=1252)</td>
<td>Mean = 1.8</td>
</tr>
</tbody>
</table>

Q14.5: Not counting what you just told me about, during the past month, about how many times per day, week, or month did you eat OTHER vegetables? Examples of other vegetables include tomatoes, tomato juice or V-8 juice, eggplant, peas, lettuce, cabbage, and with potatoes that are not fried such as baked or mashed potatoes.
Inadequate fruit and vegetable consumption is common in Ottawa County, where 83% consume fruits or vegetables less than five times per day. Adequate fruit and vegetable consumption is directly related to education and income, although the proportions of inadequate consumption are still high for all demographic subgroups. Fewer men than women consume adequate quantities of fruits and vegetables.

**Fruit and Vegetable Consumption**

*Inadequate Consumption by Demographics (Total Sample)*

83.0% among all adults, the proportion whose total frequency of consumption of fruits (including juice) and vegetables was less than five times per day.

**Age**

- 18-24: 92.3%
- 25-34: 81.0%
- 35-44: 82.5%
- 45-54: 85.2%
- 55-64: 79.7%
- 65-74: 79.3%
- 75+: 71.4%

**Education**

- < High School: 89.0%
- HS Grad: 85.8%
- Some College: 83.7%
- College Grad: 78.8%

**HH Income**

- <$20,000: 89.9%
- $20,000-$34,999: 87.8%
- $35,000-$49,999: 83.4%
- $50,000-$74,999: 81.4%
- $75,000+: 77.6%

**Region**

- Northwest: 81.2%
- Northeast: 71.7%
- Central: 80.7%
- Southwest: 85.3%
- Southeast: 81.3%

**Gender**

- Male: 88.6%
- Female: 77.1%

**Race/Ethnicity**

- White, Non-Hispanic: 82.1%
- Other, Non-Hispanic: 77.9%
- Hispanic: 91.6%

**Poverty Level**

- Below Poverty Line: 90.1%
- Above Poverty Line: 81.3%

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

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

**Number of Regular Sodas Consumed Per Day**
- None: 44.2%
- Less Than 1: 39.3%
- 1 or More: 16.5%

**Number of Sweetened Drinks (Non-Soda) Consumed Per Day**
- None: 46.5%
- Less Than 1: 42.9%
- 1 or More: 10.6%

**Total Number of Sweetened Drinks (Soda + Sweetened) Consumed Per Day**
- None: 29.2%
- Less Than 1: 45.5%
- 1 to <2: 15.6%
- 2 or More: 9.7%

Q15.1: About how often do you drink regular soda or pop that contains sugar? Do not include diet soda or diet pop.
Q15.2: About how often do you drink sweetened drinks, such as Kool-aid, cranberry, and lemonade? Include fruit drinks you made at home and added sugar to.
More than one-fourth (28.3%) of adults report that when eating in fast food/chain restaurants, calorie information made available impacts their decision on what to order. However, almost half (46.6%) say listed calorie information never has an impact.

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

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

- Always: 8.3%
- Most of the time: 11.9%
- About half the time: 8.1%
- Sometimes: 18.7%
- Never: 46.6%
- Never noticed/looked/can’t find: 1.9%
- Do not eat at fast food/chain restaurants: 4.4%

(n=1267)
Clinical Preventative Practices
Nearly nine in ten adults (88.0%) have a medical home (personal physician). Almost three-fourths (73.8%) have visited a physician for a routine checkup within the past year.

**Personal Physician and Routine Checkups**

<table>
<thead>
<tr>
<th>Currently Have Personal Doctor/Health Care Provider</th>
<th>Last Time Visited Doctor for Routine Checkup</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Yes, only one, 80.9%</strong></td>
<td><strong>Within the past year</strong></td>
</tr>
<tr>
<td><strong>More than one, 7.1%</strong></td>
<td><strong>Within past 2 years</strong></td>
</tr>
<tr>
<td><strong>No, 12.0%</strong></td>
<td><strong>Within past 5 years</strong></td>
</tr>
<tr>
<td></td>
<td><strong>5 or more years ago</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Never</strong></td>
</tr>
</tbody>
</table>

88.0% have medical home

(n=1269)  

(n=1264)  

Q3.3: Do you have one person you think of as your personal doctor or health care provider?  
Q3.6: About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition.
More than one in ten (12%) Ottawa County adults are without a medical home (no PCP). Those most likely to be without a medical home are younger (aged 18-34), male, Hispanic, have not graduated from high school, and/or live in households with low incomes.

**Personal Health Care Provider**

**No Personal Health Care Provider**

(Total Sample)

- **Age**
  - 18-24: 26.9%
  - 25-34: 19.5%
  - 35-44: 11.1%
  - 45-54: 6.6%
  - 55-64: 4.7%
  - 65-74: 3.7%
  - 75+: 1.0%

- **Gender**
  - Male: 15.7%
  - Female: 8.1%

- **Race/Ethnicity**
  - White, Non-Hispanic: 10.4%
  - Other, Non-Hispanic: 7.1%
  - Hispanic: 28.0%

- **Poverty Level**
  - Below Poverty Line: 32.5%
  - Above Poverty Line: 8.4%

**No Provider by Demographics**

- **Education**
  - < High School: 29.6%
  - High School Grad: 13.9%
  - Some College: 11.3%
  - College Grad: 7.8%

- **HH Income**
  - <$20,000: 28.6%
  - $20,000-$34,999: 20.4%
  - $35,000-$49,999: 10.0%
  - $50,000-$74,999: 5.6%
  - $75,000+: 3.2%

- **Region**
  - Northwest: 8.5%
  - Northeast: 21.5%
  - Central: 7.4%
  - Southwest: 15.1%
  - Southeast: 7.2%

*Among all adults, the proportion who reported that they did not have anyone that they thought of as their personal doctor or health care provider.
One-fourth (26%) of adults in Ottawa County have had no routine physical checkup in the past year. Having a timely routine physical checkup is directly related to age. Those below the poverty line are less likely to receive routine physical checkups than those above the poverty line. Also, women are significantly more likely to have routine checkups than men.

### Routine Physical Checkup in Past Year

#### No Routine Physical Checkup in Past Year*  
**No Checkup by Demographics**

<table>
<thead>
<tr>
<th>Age</th>
<th>No Checkup by Demographics</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td>&lt; High School</td>
</tr>
<tr>
<td>25-34</td>
<td>High School Grad</td>
</tr>
<tr>
<td>35-44</td>
<td>Some College</td>
</tr>
<tr>
<td>45-54</td>
<td>College Grad</td>
</tr>
<tr>
<td>55-64</td>
<td>HH Income</td>
</tr>
<tr>
<td>65-74</td>
<td>&lt;$20,000</td>
</tr>
<tr>
<td>75+</td>
<td>$20,000-$34,999</td>
</tr>
<tr>
<td></td>
<td>$35,000-$49,999</td>
</tr>
<tr>
<td></td>
<td>$50,000-$74,999</td>
</tr>
<tr>
<td></td>
<td>$75,000+</td>
</tr>
<tr>
<td>Race/Ethnicity</td>
<td>Region</td>
</tr>
<tr>
<td>White, Non-Hispanic</td>
<td>Northwest</td>
</tr>
<tr>
<td>Other, Non-Hispanic</td>
<td>Northeast</td>
</tr>
<tr>
<td>Hispanic</td>
<td>Central</td>
</tr>
<tr>
<td>Poverty Level</td>
<td>Southwest</td>
</tr>
<tr>
<td>Below Poverty Line</td>
<td>Southeast</td>
</tr>
<tr>
<td>Above Poverty Line</td>
<td></td>
</tr>
</tbody>
</table>

*Among all adults, the proportion who reported that they did not have a routine checkup in the past year.
Almost all (94.1%) Ottawa County women aged 40+ have had a mammogram to screen for breast cancer. Of those, most (74.6%) have had one within the past year. Of all women aged 40+, 70.1% have had a mammogram in the past year.

**Breast Cancer Screening Among Adult Females Aged 40+**

**Have Had a Mammogram**
- Yes, 94.1% (n=553)
- No, 5.9%

**Last Time Had Mammogram**
- Within the past year: 74.6%
- Within the past 2 years (but more than 1 year): 13.8%
- Within the past 3 years (but more than 2 years): 4.4%
- Within the past 5 years (but more than 3 years): 2.6%
- 5 or more years ago: 4.7%

Q6.1: A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?
Q6.2: (If yes) How long has it been since you had your last mammogram?
Since most women 40 years of age or older in Ottawa County have had a mammogram at some point, there is very little difference regardless of demographics.

**Mammography Indicators Among Women Aged 40 Years or Older**

**Ever Had Mammogram**

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

- **(Total Sample)**
  - 94.1% (n=553)

**Age**

- 40-44: 81.1%
- 45-54: 93.5%
- 55-64: 97.8%
- 65-74: 95.8%
- 75+: 99.1%

**Education**

- < High School: 90.1%
- High School Grad: 90.5%
- Some College: 97.2%
- College Grad: 95.9%

**HH Income**

- <$20,000: 91.4%
- $20,000-$34,999: 95.8%
- $35,000-$49,999: 90.8%
- $50,000-$74,999: 93.5%
- $75,000+: 96.8%

**Region**

- Northwest: 92.7%
- Northeast: 85.3%
- Central: 95.9%
- Southwest: 94.2%
- Southeast: 95.9%

**Race/Ethnicity**

- White, Non-Hispanic: 94.0%
- Other, Non-Hispanic: 100.0%
- Hispanic: 97.5%

**Poverty Level**

- Below Poverty Line: 82.8%
- Above Poverty Line: 94.8%
Women in households with incomes $50,000 or more are more likely to have had a timely (in past year) mammogram than women in households with lower incomes.

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

Had Mammogram in Past Year* (Total Sample)

*Among women aged 40 years and older, the proportion who reported having a mammogram in the past year.
Further, almost all (92.5%) Ottawa County adult women have had a Pap test to screen for cervical cancer. Of those, the majority (61.0%) have had one within the past year. Of all adult women, 78.8% have had a Pap test within the past three years.

**Cervical Cancer Screening Among Adult Females**

**Have Had a Pap Test**
- Yes, 92.5%
- No, 7.5%
(n=734)

**Last Time Had Pap Test**
- Within the past year: 61.0%
- Within the past 2 years (but more than 1 year): 17.3%
- Within the past 3 years (but more than 2 years): 6.9%
- Within the past 5 years (but more than 3 years): 4.3%
- 5 or more years ago: 10.5%
(n=686)

Q6.3: A Pap test is a test for cancer of the cervix. Have you ever had a Pap test?
Q6.4: (If yes) How long has it been since you had your last Pap test?
Pap test rates are lowest among women aged 18-24 and non-White/non-Hispanic women.

---

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

(n=734)

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

---

### Cervical Cancer Screening

#### Ever Had Pap Test by Demographics

**Age**

- 18-24: 69.1%
- 25-34: 94.6%
- 35-44: 95.9%
- 45-54: 97.8%
- 55-64: 100.0%
- 65-74: 97.8%
- 75+: 96.4%

**Race/Ethnicity**

- White, Non-Hispanic: 93.6%
- Other, Non-Hispanic: 59.2%
- Hispanic: 90.7%

**Poverty Level**

- Below Poverty Line: 91.6%
- Above Poverty Line: 94.6%

**Education**

- < High School: 82.0%
- High School Grad: 90.7%
- Some College: 92.2%
- College Grad: 96.5%

**HH Income**

- <$20,000: 89.3%
- $20,000-$34,999: 95.8%
- $35,000-$49,999: 96.5%
- $50,000-$74,999: 93.0%
- $75,000+: 94.4%

**Region**

- Northwest: 93.0%
- Northeast: 93.5%
- Central: 99.4%
- Southwest: 89.5%
- Southeast: 97.0%
Adult women least likely to have appropriately timed (past three years) Pap tests are in the youngest (18-24) and oldest (65+) ages groups and/or are non-White/non-Hispanic. Further, having an appropriately timed Pap test is directly related to education and income.

**Had Appropriately Timed Pap Test**

<table>
<thead>
<tr>
<th>Age</th>
<th>Appropriately Timed Pap Test</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td>69.1%</td>
</tr>
<tr>
<td>25-34</td>
<td>92.2%</td>
</tr>
<tr>
<td>35-44</td>
<td>84.6%</td>
</tr>
<tr>
<td>45-54</td>
<td>89.0%</td>
</tr>
<tr>
<td>55-64</td>
<td>85.2%</td>
</tr>
<tr>
<td>65-74</td>
<td>64.5%</td>
</tr>
<tr>
<td>75+</td>
<td>48.9%</td>
</tr>
</tbody>
</table>

**Race/Ethnicity**

- White, Non-Hispanic: 78.5%
- Other, Non-Hispanic: 55.2%
- Hispanic: 87.5%

**Poverty Level**

- Below Poverty Line: 77.9%
- Above Poverty Line: 81.7%

**Education**

- < High School: 60.1%
- High School Grad: 69.5%
- Some College: 82.8%
- College Grad: 87.4%

**HH Income**

- <$20,000: 68.8%
- $20,000-$34,999: 76.6%
- $35,000-$49,999: 78.5%
- $50,000-$74,999: 86.9%
- $75,000+: 90.6%

**Region**

- Northwest: 77.8%
- Northeast: 69.8%
- Central: 82.9%
- Southwest: 77.8%
- Southeast: 82.3%

*Among women aged 18 years and older, the proportion who reported having a pap test within the previous three years..
More than six in ten Ottawa County males aged 40 or more have not only been recommended to have a prostate screening test such as PSA but have actually received the test.

**Prostate Cancer Screening Among Adult Males Aged 40+**

**Ever Been Recommended to Have a PSA Test**

- **No**, 38.6%
- **Yes**, 61.4%

(n=346)

**Ever Had PSA Test**

- **No**, 35.4%
- **Yes**, 64.6%

(n=343)

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

Q7.2: Have you EVER had a PSA test?
Three-fourths (77.3%) of men in Ottawa County aged 50 years or older have had a PSA test screening for prostate cancer. The lowest rates are among men aged 50-54, and the highest rates are among non-White/non-Hispanic men and those living in the northeast or southeast regions of the county.

### Prostate Cancer Screening Among Men Aged 50 Years and Older

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

- **77.3%**

#### Had PSA Test by Demographics

**Age**
- 50-54: 60.8%
- 55-64: 81.0%
- 65-74: 92.7%
- 75+: 87.4%

**Race/Ethnicity**
- White, Non-Hispanic: 76.6%
- Other, Non-Hispanic: 100.0%
- Hispanic: 87.8%

**Poverty Level**
- Below Poverty Line: 86.8%
- Above Poverty Line: 78.7%

**Education**
- < High School Grad: 73.3%
- High School Grad: 70.5%
- Some College: 79.6%
- College Grad: 80.2%

**HH Income**
- < $20,000: 75.1%
- $20,000-$34,999: 63.7%
- $35,000-$49,999: 74.0%
- $50,000-$74,999: 83.0%
- $75,000+: 82.5%

**Region**
- Northwest: 74.3%
- Northeast: 93.2%
- Central: 71.6%
- Southwest: 72.7%
- Southeast: 95.4%

*Among men aged 50 years and older, the proportion who reported ever having a prostate-specific antigen (PSA) test.
Three-fourths (75.5%) of Ottawa County adults aged 50 or more have had an exam to screen for colon cancer. Six in ten (61.1%) of those who have had an exam have had one in the past three years, while 84.1% have had one within the past five.

Colorectal Cancer Screening Among Adults Aged 50+

Have Had Sigmoidoscopy or Colonoscopy Exam

- Yes, 75.5%
- No, 24.5%

(n=660)

Last Time Had Exam

- Within the past year: 26.6%
- Within the past 2 years (but more than 1 year): 19.6%
- Within the past 3 years (but more than 2 years): 14.9%
- Within the past 5 years (but more than 3 years): 23.0%
- Within the past 10 years (but more than 5 years): 13.2%
- 10 or more years ago: 2.8%

(n=502)

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

Q8.2: How long has it been since you had your last sigmoidoscopy or colonoscopy?
Demographic groups least likely to be screened for colorectal cancer are people aged 50-54, of Hispanic origin, with less than a high school degree, and/or living below the poverty line. Screening for colorectal cancer is directly related to income.
When looking at all adults aged 50 or older, six in ten (62.6%) have been screened for colorectal cancer in the past five years. Least likely to have been screened in the past five years are people aged 50-54, of Hispanic origin, with less than a high school degree, from households with annual incomes less than $20K, and living above the poverty line. Again, having been screened in a timely manner is directly related to income.
More than three-fourths of Ottawa County adults have visited the dentist in the past year for some reason. Two-thirds (66.2%) have had no permanent teeth removed, while 9.2% have had six or more of their teeth removed due to tooth decay or gum disease.

**Frequency of Dental Visits and Number of Teeth Removed**

**When Last Visited Dentist for Any Reason**

- Within the past year (anytime less than 12 months ago): 78.4%
- Within the past two years (1 year but less than 2 years ago): 7.7%
- Within the past 5 years (2 years but less than 5 years ago): 7.8%
- 5 or more years ago: 5.9%
- Never: 0.2%

**When Last Visited Dentist for Teeth Cleaning**

- Within the past year (anytime less than 12 months ago): 78.0%
- Within the past two years (1 year but less than 2 years ago): 8.8%
- Within the past 5 years (2 years but less than 5 years ago): 7.3%
- 5 or more years ago: 5.5%
- Never: 0.4%

**Number of Permanent Teeth Removed**

<table>
<thead>
<tr>
<th>None</th>
<th>66.2%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 to 5</td>
<td>24.7%</td>
</tr>
<tr>
<td>6 or more, but not all</td>
<td>6.8%</td>
</tr>
<tr>
<td>All</td>
<td>2.3%</td>
</tr>
</tbody>
</table>

(n=1249)

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

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

Q24.2: How many of your permanent teeth have been removed because of tooth decay or gum disease? Include teeth lost to infection, but do not include teeth lost for other reasons, such as orthodontics.
Visiting a dentist in a timely manner is directly related to education and income. In fact, more than four in ten people with less than a high school education and/or living in a household with income less than $20K have not visited a dentist in the past year. Further, 46.0% of adults living below the poverty line have not visited a dentist in comparison to 16.6% of those living above the poverty line.

**Oral Health**

**No Dental Visit in Past Year**

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

**No Dental Visit in Past Year by Demographics**

- **Age**
  - 18-24: 19.4%
  - 25-34: 35.5%
  - 35-44: 21.4%
  - 45-54: 19.9%
  - 55-64: 13.2%
  - 65-74: 20.4%
  - 75+: 17.9%

- **Gender**
  - Male: 21.7%
  - Female: 21.4%

- **Race/Ethnicity**
  - White, Non-Hispanic: 20.8%
  - Other, Non-Hispanic: 23.6%
  - Hispanic: 29.3%

- **Poverty Level**
  - Below Poverty Line: 46.0%
  - Above Poverty Line: 16.6%

- **Education**
  - < High School: 43.3%
  - High School Grad: 30.4%
  - Some College: 21.6%
  - College Grad: 10.2%

- **HH Income**
  - <$20,000: 43.8%
  - $20,000-$34,999: 34.1%
  - $35,000-$49,999: 24.7%
  - $50,000-$74,999: 13.2%
  - $75,000+: 8.0%

- **Region**
  - Northwest: 22.7%
  - Northeast: 37.3%
  - Central: 12.7%
  - Southwest: 23.3%
  - Southeast: 16.0%
Similarly, having a recent teeth cleaning is directly related to education and income and those least likely to have had a cleaning have less than a high school education and/or are living in a household with income less than $20K. The greatest discrepancy can be seen in comparing those living below the poverty line (53.2% have had not teeth cleaning in the past year) vs. those above the poverty line (16.2%)

**No Teeth Cleaning in Past Year by Demographics**

**Age**
- 18-24: 21.6%
- 25-34: 39.5%
- 35-44: 22.3%
- 45-54: 17.9%
- 55-64: 13.5%
- 65-74: 18.2%
- 75+: 12.9%

**Education**
- < High School: 40.3%
- High School Grad: 29.2%
- Some College: 24.6%
- College Grad: 10.7%

**HH Income**
- <$20,000: 47.0%
- $20,000-$34,999: 37.1%
- $35,000-$49,999: 24.1%
- $50,000-$74,999: 13.8%
- $75,000+: 8.3%

**Region**
- Northwest: 22.2%
- Northeast: 34.5%
- Central: 14.1%
- Southwest: 24.3%
- Southeast: 15.1%

**Race/Ethnicity**
- White, Non-Hispanic: 21.4%
- Other, Non-Hispanic: 22.5%
- Hispanic: 25.8%

**Gender**
- Male: 21.5%
- Female: 22.5%

**Poverty Level**
- Below Poverty Line: 53.2%
- Above Poverty Line: 16.2%

*Among adults, the proportion who reported that they did not have their teeth cleaned by a dentist or dental hygienist in the previous year.
As stated earlier, almost one in ten (9.1%) Ottawa County adults have six or more missing teeth due to tooth decay or gum disease. Besides older adults (65+), those most likely to have six or more missing teeth have less than a high school education, come from households with incomes less than $35K and/or live below the poverty line.

Oral Health (Cont’d.)

6 or More Missing Teeth* (Total Sample)

9.1%

(n=1249)

6 or More Missing Teeth by Demographics

<table>
<thead>
<tr>
<th>Age</th>
<th>Below Poverty Line</th>
<th>Above Poverty Line</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td>0.0%</td>
<td>7.4%</td>
</tr>
<tr>
<td>25-34</td>
<td>3.2%</td>
<td>10.6%</td>
</tr>
<tr>
<td>35-44</td>
<td>5.2%</td>
<td>3.6%</td>
</tr>
<tr>
<td>45-54</td>
<td>7.3%</td>
<td>4.7%</td>
</tr>
<tr>
<td>55-64</td>
<td>13.7%</td>
<td>9.7%</td>
</tr>
<tr>
<td>65-74</td>
<td>22.2%</td>
<td>16.7%</td>
</tr>
<tr>
<td>75+</td>
<td>32.1%</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Education</th>
<th>Below Poverty Line</th>
<th>Above Poverty Line</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; High School</td>
<td>27.4%</td>
<td></td>
</tr>
<tr>
<td>High School Grad</td>
<td>11.1%</td>
<td></td>
</tr>
<tr>
<td>Some College</td>
<td>8.4%</td>
<td></td>
</tr>
<tr>
<td>College Grad</td>
<td>4.9%</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>HH Income</th>
<th>Below Poverty Line</th>
<th>Above Poverty Line</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;$20,000</td>
<td>14.6%</td>
<td></td>
</tr>
<tr>
<td>$20,000-$34,999</td>
<td>17.0%</td>
<td></td>
</tr>
<tr>
<td>$35,000-$49,999</td>
<td>8.0%</td>
<td></td>
</tr>
<tr>
<td>$50,000-$74,999</td>
<td>5.0%</td>
<td></td>
</tr>
<tr>
<td>$75,000+</td>
<td>3.6%</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Region</th>
<th>Below Poverty Line</th>
<th>Above Poverty Line</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northwest</td>
<td>8.3%</td>
<td></td>
</tr>
<tr>
<td>Northeast</td>
<td>9.7%</td>
<td></td>
</tr>
<tr>
<td>Central</td>
<td>6.2%</td>
<td></td>
</tr>
<tr>
<td>Southwest</td>
<td>8.3%</td>
<td></td>
</tr>
<tr>
<td>Southeast</td>
<td>13.4%</td>
<td></td>
</tr>
</tbody>
</table>

*Among adults, the proportion who reported that they were missing 6+ teeth due to tooth decay or gum disease. This excludes teeth lost for other reasons, such as injury or orthodontics.
Less than one in ten (8.6%) Ottawa County adults have experienced problems receiving needed dental care. Those who have had problems cite lack of insurance and the inability to pay for services as the top barriers to receiving dental care.

**Barriers to Dental Care**

<table>
<thead>
<tr>
<th>Problems Getting Needed Dental Care</th>
<th>Reasons for Difficulty in Getting Dental Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes, 8.6%</td>
<td>Lack of insurance</td>
</tr>
<tr>
<td></td>
<td>59.8%</td>
</tr>
<tr>
<td></td>
<td>Cannot afford to pay for dental care</td>
</tr>
<tr>
<td></td>
<td>44.6%</td>
</tr>
<tr>
<td></td>
<td>Insurance would not approve/pay for care</td>
</tr>
<tr>
<td></td>
<td>15.5%</td>
</tr>
<tr>
<td></td>
<td>Cannot afford co-pay/deductible</td>
</tr>
<tr>
<td></td>
<td>12.5%</td>
</tr>
<tr>
<td></td>
<td>Provider would not accept insurance</td>
</tr>
<tr>
<td></td>
<td>13.1%</td>
</tr>
<tr>
<td></td>
<td>Backlogged/couldn’t get in to see one</td>
</tr>
<tr>
<td></td>
<td>5.0%</td>
</tr>
<tr>
<td></td>
<td>Don’t know where to go</td>
</tr>
<tr>
<td></td>
<td>4.3%</td>
</tr>
<tr>
<td></td>
<td>Dentist/dental hygienist unavailable</td>
</tr>
<tr>
<td></td>
<td>1.6%</td>
</tr>
<tr>
<td></td>
<td>Lack of transportation</td>
</tr>
<tr>
<td></td>
<td>1.0%</td>
</tr>
<tr>
<td></td>
<td>Cannot understand my dentist</td>
</tr>
<tr>
<td></td>
<td>0.7%</td>
</tr>
<tr>
<td></td>
<td>Other</td>
</tr>
<tr>
<td></td>
<td>2.2%</td>
</tr>
</tbody>
</table>

(n=89) Base=had trouble getting needed dental care

Q24.4: In the past 12 months, have you had problems getting needed dental care?
Q24.5: Please provide the reason(s) for the difficulty in getting dental care. (Multiple responses allowed)
Among all Ottawa County adults, one-third (32.1%) have received a pneumonia shot at some point. More than four in ten (43.0%) have received a flu shot or vaccine in the past 12 months and over half of them (51.0%) got it at a physician’s office/HMO. Other common places to receive flu shots are at work or in a store.

**Flu and Pneumonia Immunization**

**Ever Had a Pneumonia Shot**

- Yes, 32.2%
- No, 67.8%
  
  (n=1130)

**Had Flu Shot/Vaccine in Past 12 Months**

- Yes, 43.0%
- No, 57.0%
  
  (n=1268)

**Place Where Received Flu Shot/Vaccine**

- Doctor’s Office/HMO: 51.0%
- Workplace: 19.5%
- A Store: 12.2%
- Other clinic/health center: 6.1%
- Health Department: 4.3%
- Hospital: 3.2%
- Senior/Recreation/Community Center: 1.7%
- A school: 1.0%
- Some other kind of place: 0.9%
  
  (n=587)

Q20.3: A pneumonia shot or pneumococcal vaccine is usually given only nonce or twice in a person’s lifetime and is different from the flu shot. Have you ever had a pneumonia shot?

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

Q20.2: At what kind of place did you get your last seasonal flu shot/vaccine?
Two thirds (67.9%) of adults aged 65 or older have received a flu vaccine in the past year. Adults aged 75+ are more likely to have received one in the past year than those aged 65-74. Senior Hispanics are least likely, by far, to have received a flu vaccine in the past year, as are senior adults living in the northeast or central regions of the county.

**Immunizations Among Adults 65 Years and Older**

Had Flu Vaccine in Past Year*  
(Total Sample)  

<table>
<thead>
<tr>
<th>Age</th>
<th>Had Flu Vaccine (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>65-74</td>
<td>61.4%</td>
</tr>
<tr>
<td>75+</td>
<td>75.5%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Gender</th>
<th>Had Flu Vaccine (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>68.5%</td>
</tr>
<tr>
<td>Female</td>
<td>67.5%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Had Flu Vaccine (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>White, Non-Hispanic</td>
<td>68.6%</td>
</tr>
<tr>
<td>Other, Non-Hispanic</td>
<td>100%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>44.4%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Poverty Level</th>
<th>Had Flu Vaccine (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below Poverty Line</td>
<td>67.2%</td>
</tr>
<tr>
<td>Above Poverty Line</td>
<td>70.0%</td>
</tr>
</tbody>
</table>

Education

<table>
<thead>
<tr>
<th>Education Level</th>
<th>Had Flu Vaccine (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; High School</td>
<td>74.3%</td>
</tr>
<tr>
<td>High School Grad</td>
<td>56.9%</td>
</tr>
<tr>
<td>Some College</td>
<td>72.3%</td>
</tr>
<tr>
<td>College Grad</td>
<td>74.6%</td>
</tr>
</tbody>
</table>

HH Income

<table>
<thead>
<tr>
<th>Income Level</th>
<th>Had Flu Vaccine (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;$20,000</td>
<td>64.0%</td>
</tr>
<tr>
<td>$20,000-$34,999</td>
<td>67.1%</td>
</tr>
<tr>
<td>$35,000-$49,999</td>
<td>67.7%</td>
</tr>
<tr>
<td>$50,000-$74,999</td>
<td>74.9%</td>
</tr>
<tr>
<td>$75,000+</td>
<td>80.7%</td>
</tr>
</tbody>
</table>

Region

<table>
<thead>
<tr>
<th>Region</th>
<th>Had Flu Vaccine (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northwest</td>
<td>73.0%</td>
</tr>
<tr>
<td>Northeast</td>
<td>46.1%</td>
</tr>
<tr>
<td>Central</td>
<td>41.3%</td>
</tr>
<tr>
<td>Southwest</td>
<td>70.8%</td>
</tr>
<tr>
<td>Southeast</td>
<td>69.0%</td>
</tr>
</tbody>
</table>

*Among adults aged 65 years and older, the proportion who reported that they had a flu vaccine, either by an injection in the arm or sprayed in the nose during the past 12 months.
Additionally, seven in ten (70.9%) adults aged 65 or older received a pneumonia vaccine at some point and this rate is higher for those aged 75 or older. The lowest rates are among adults who are Hispanic, have less than a high school degree, live below the poverty line, and/or live in the northeast region of the county.

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

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

- **Age**
  - 65-74: 62.7%
  - 75+: 79.9%
- **Gender**
  - Male: 70.8%
  - Female: 70.9%
- **Race/Ethnicity**
  - White, Non-Hispanic: 71.3%
  - Other, Non-Hispanic: 100%
  - Hispanic: 55.8%
- **Poverty Level**
  - Below Poverty Line: 51.6%
  - Above Poverty Line: 71.3%
- **Education**
  - < High School: 58.0%
  - High School Grad: 68.2%
  - Some College: 76.2%
  - College Grad: 72.5%
- **HH Income**
  - <$20,000: 63.3%
  - $20,000-$34,999: 71.7%
  - $35,000-$49,999: 63.7%
  - $50,000-$74,999: 74.7%
  - $75,000+: 75.1%
- **Region**
  - Northwest: 77.6%
  - Northeast: 44.8%
  - Central: 63.3%
  - Southwest: 73.5%
  - Southeast: 68.0%

*Among adults aged 65 years and older, the proportion who reported that they ever had a pneumococcal vaccine.
Among pregnant females, more than nine in ten take a vitamin or supplement that contains folic acid (94.0%) and receive prenatal care (91.3%) in the first trimester (100%).

**Pregnancy and Prenatal Care**

<table>
<thead>
<tr>
<th>Currently Pregnant (Among Females &lt;45 Years of Age)</th>
<th>Currently Receiving Prenatal Care</th>
<th>When Began Prenatal Care</th>
<th>Currently Taking Folic Acid</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes 4.9%</td>
<td>Yes 91.3%</td>
<td>1st Trimester = 100%</td>
<td>Yes 94.0%</td>
</tr>
<tr>
<td>No 95.1%</td>
<td>No 8.7%</td>
<td></td>
<td>No 6.0%</td>
</tr>
</tbody>
</table>

(n=260) (n=13) (n=12) (n=12)

Q13.15: To your knowledge, are you now pregnant?
Q25.3: (If yes) Are you currently taking a vitamin or supplement that contains folic acid?
Q25.1 (If yes) Are you currently receiving prenatal care?
Q25.2: (If yes) When did you start receiving prenatal care?
Chronic Conditions
Arthritis-related conditions are the most prevalent chronic conditions among Ottawa County adults, by far, followed by asthma and diabetes. Prevalence is low for heart conditions and stroke.

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

- **Arthritis (including rheumatoid, gout, lupus, fibromyalgia)**: 23.2%
- **Lifetime Asthma**: 13.5%
- **Current Asthma**: 8.4%
- **Diabetes**: 7.3%
- **Skin Cancer**: 7.3%
- **Cancer (Non-Skin)**: 5.3%
- **COPD (including emphysema, chronic bronchitis)**: 4.5%
- **Angina/Coronary Heart Disease**: 3.0%
- **Heart Attack**: 2.1%
- **Stroke**: 1.2%

Q9.1/Q9.3-Q9.10: Has a doctor, nurse, or other health professional EVER told you that you had....

Q9.2: Do you still have asthma?
Less than one in ten (7.3%) Ottawa County adults have ever been told they have diabetes. On average, those with diabetes see a health professional and are checked for A1c an average of three times a year.

**Prevalence of Diabetes**

<table>
<thead>
<tr>
<th>Ever Told Have Diabetes</th>
<th>Number of Times in Past 12 Months Seen Health Professional for Diabetes</th>
<th>Number of Times in Past 12 Months Checked for A1c</th>
</tr>
</thead>
<tbody>
<tr>
<td>No, 91.1%</td>
<td>None: 6.1% 1 to 2 Times: 48.9% 3 to 6 Times: 41.6% 7 to 12 Times: 3.4%</td>
<td>None: 8.1% 1 to 2 Times: 43.6% 3 to 6 Times: 46.0% 7 to 12 Times: 1.7% More Than 12 Times: 0.6%</td>
</tr>
<tr>
<td>Yes, Pre-Diabetes/Borderline: 1.0%</td>
<td>(n=1271)</td>
<td>Mean = 2.77 (n=112)</td>
</tr>
<tr>
<td>Yes, Only During Pregnancy: 0.7%</td>
<td></td>
<td>Mean = 2.94 (n=110)</td>
</tr>
</tbody>
</table>

Q9.10: Has a doctor, nurse, or other health professional EVER told you that you had diabetes?
Q10.1: About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?
Q10.2: A test for “A one C” measures the average level of blood sugar over the past three months. About how many times in the past 12 months have a doctor, nurse, or other health professional checked you for “A one C?”
The prevalence of diabetes is slightly higher for older adults (55+) and those with less than a high school degree.

*Among all adults, the proportion who reported that they were ever told by a doctor that they have diabetes. Adults who had been told they have prediabetes and women who had diabetes only during pregnancy were classified as not having been diagnosed.
Most (87.9%) Ottawa County adults who have diabetes have received information in the past 12 months on how to care for the condition. In addition to physicians and health care professionals, multiple information sources are used.

**Management of Diabetes**

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

- Yes, 87.9%
- No, 12.1%

(n=111)

**Information Sources**

- Doctor/Health Professional: 91.3%
- The Internet: 16.2%
- Book/Magazine/Publication: 15.9%
- Family/Friends: 6.0%
- A Group Class: 5.4%
- A TV Show/Radio Program: 3.3%
- Other: 4.8%

(n=95)

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

Q11.2: During the last 12 months, where did you get information about taking care of your [INSERT DISEASE]?
More than one in ten (13%) adults in Ottawa County have been diagnosed with asthma in their lifetime. This rate is slightly higher for females than males and higher for those living below the poverty compared to those living above it. Also, the rate is much lower for those residents living in northeast Ottawa County vs. residents in other regions.

### Lifetime Asthma Prevalence* (Total Sample)

<table>
<thead>
<tr>
<th>Age</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td>20.1%</td>
</tr>
<tr>
<td>25-34</td>
<td>13.4%</td>
</tr>
<tr>
<td>35-44</td>
<td>11.8%</td>
</tr>
<tr>
<td>45-54</td>
<td>12.1%</td>
</tr>
<tr>
<td>55-64</td>
<td>13.6%</td>
</tr>
<tr>
<td>65-74</td>
<td>10.9%</td>
</tr>
<tr>
<td>75+</td>
<td>9.8%</td>
</tr>
</tbody>
</table>

### Lifetime Asthma by Demographics

<table>
<thead>
<tr>
<th>Gender</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>10.1%</td>
</tr>
<tr>
<td>Female</td>
<td>16.9%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>White, Non-Hispanic</td>
<td>13.5%</td>
</tr>
<tr>
<td>Other, Non-Hispanic</td>
<td>10.9%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>13.6%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Poverty Level</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below Poverty Line</td>
<td>22.8%</td>
</tr>
<tr>
<td>Above Poverty Line</td>
<td>12.7%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Education</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; High School</td>
<td>17.4%</td>
</tr>
<tr>
<td>High School Grad</td>
<td>11.3%</td>
</tr>
<tr>
<td>Some College</td>
<td>14.2%</td>
</tr>
<tr>
<td>College Grad</td>
<td>14.0%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>HH Income</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;$20,000</td>
<td>17.9%</td>
</tr>
<tr>
<td>$20,000-$34,999</td>
<td>16.8%</td>
</tr>
<tr>
<td>$35,000-$49,999</td>
<td>10.0%</td>
</tr>
<tr>
<td>$50,000-$74,999</td>
<td>11.4%</td>
</tr>
<tr>
<td>$75,000+</td>
<td>11.9%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Region</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northwest</td>
<td>13.9%</td>
</tr>
<tr>
<td>Northeast</td>
<td>4.7%</td>
</tr>
<tr>
<td>Central</td>
<td>13.7%</td>
</tr>
<tr>
<td>Southwest</td>
<td>13.5%</td>
</tr>
<tr>
<td>Southeast</td>
<td>13.8%</td>
</tr>
</tbody>
</table>

*Among all adults, the proportion who reported that they were ever told by a doctor, nurse, or other health care professional that they had asthma.
Fewer (8.4%) adults in Ottawa County currently have asthma. Women are more likely to have asthma than men, and those living below the poverty line are more likely to have asthma than those living above. The prevalence of asthma in northeast Ottawa County is low to non-existent. Other demographic groups show little differences.

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

<table>
<thead>
<tr>
<th>Age</th>
<th>Current Asthma Prevalence*</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td>7.5%</td>
</tr>
<tr>
<td>25-34</td>
<td>7.9%</td>
</tr>
<tr>
<td>35-44</td>
<td>7.3%</td>
</tr>
<tr>
<td>45-54</td>
<td>10.1%</td>
</tr>
<tr>
<td>55-64</td>
<td>11.1%</td>
</tr>
<tr>
<td>65-74</td>
<td>5.8%</td>
</tr>
<tr>
<td>75+</td>
<td>9.2%</td>
</tr>
</tbody>
</table>

**Gender**

- Male: 5.0%
- Female: 12.0%

**Race/Ethnicity**

- White, Non-Hispanic: 8.6%
- Other, Non-Hispanic: 7.8%
- Hispanic: 5.9%

**Poverty Level**

- Below Poverty Line: 12.2%
- Above Poverty Line: 8.1%

**Education**

- < High School: 7.9%
- High School Grad: 7.3%
- Some College: 8.6%
- College Grad: 9.3%

**HH Income**

- <$20,000: 10.2%
- $20,000-$34,999: 10.0%
- $35,000-$49,999: 5.9%
- $50,000-$74,999: 8.4%
- $75,000+: 7.7%

**Region**

- Northwest: 9.0%
- Northeast: 0.0%
- Central: 5.0%
- Southwest: 8.7%
- Southeast: 9.1%

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

Management of Asthma

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

- Yes, 48.6%
- No, 51.4%

(n=170)

**Information Sources**

- Doctor/Health Professional: 91.0%
- Internet: 14.9%
- Book/Magazine/Publication: 5.7%
- Insurance Company: 3.5%
- Family or Friends: 3.2%
- TV Show/Radio Program: 2.0%
- Other: 5.3%

(n=88)

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

**Q11.2:** During the last 12 months, where did you get information about taking care of your [INSERT DISEASE]?
Very few Ottawa County adults have had a heart attack and this is true regardless of demographics. It is worth noting that the proportion of adults who have had a heart attack is highest among adults aged 65+.

**Cardiovascular Disease**

**Ever Told Had Heart Attack**

*Total Sample*

- (n=1273)

**2.1%**

**Told Had Heart Attack by Demographics**

**Age**
- 18-24: 0.0%
- 25-34: 0.0%
- 35-44: 0.9%
- 45-54: 0.8%
- 55-64: 3.3%
- 65-74: 7.4%
- 75+: 8.6%

**Gender**
- Male: 2.7%
- Female: 1.4%

**Race/Ethnicity**
- White, Non-Hispanic: 2.0%
- Other, Non-Hispanic: 1.1%
- Hispanic: 2.7%

**Poverty Level**
- Below Poverty Line: 1.1%
- Above Poverty Line: 2.1%

**Education**
- < High School: 3.3%
- High School Grad: 3.6%
- Some College: 1.7%
- College Grad: 0.8%

**HH Income**
- <$20,000: 2.7%
- $20,000-$34,999: 3.5%
- $35,000-$49,999: 3.8%
- $50,000-$74,999: 1.1%
- $75,000+: 0.5%

**Region**
- Northwest: 1.2%
- Northeast: 4.7%
- Central: 4.2%
- Southwest: 2.0%
- Southeast: 2.0%

*Among all adults, the proportion who had ever been told by a doctor that they had a heart attack or myocardial infarction.*
Three-fourths (73.9%) of Ottawa County adults who have had a heart attack have received information in the past 12 months on how to care for the condition. The greatest information source is the physician or health care professional. Other sources are books, magazines, or publications and family/friends.

**Management of Heart Attack**

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

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

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

**Cardiovascular Disease (Cont’d.)**

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

<table>
<thead>
<tr>
<th>Age Range</th>
<th>% Told</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td>0.0%</td>
</tr>
<tr>
<td>25-34</td>
<td>0.0%</td>
</tr>
<tr>
<td>35-44</td>
<td>1.4%</td>
</tr>
<tr>
<td>45-54</td>
<td>1.8%</td>
</tr>
<tr>
<td>55-64</td>
<td>7.5%</td>
</tr>
<tr>
<td>65-74</td>
<td>9.0%</td>
</tr>
<tr>
<td>75+</td>
<td>8.6%</td>
</tr>
</tbody>
</table>

**Gender**

- Male: 3.8%
- Female: 2.1%

**Race/Ethnicity**

- White, Non-Hispanic: 3.1%
- Other, Non-Hispanic: 4.1%
- Hispanic: 1.4%

**Poverty Level**

- Below Poverty Line: 3.4%
- Above Poverty Line: 3.0%

**Education**

- < High School: 2.0%
- High School Grad: 4.5%
- Some College: 3.5%
- College Grad: 1.4%

**HH Income**

- <$20,000: 4.7%
- $20,000-$34,999: 5.0%
- $35,000-$49,999: 3.7%
- $50,000-$74,999: 1.7%
- $75,000+: 2.0%

**Region**

- Northwest: 2.2%
- Northeast: 9.4%
- Central: 3.9%
- Southwest: 2.8%
- Southeast: 3.3%

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

**Management of Angina or Coronary Heart Disease**

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

- Yes, 77.1% (n=47)
- No, 22.9%

**Information Sources**

- Doctor/Health Professional: 96.0%
- Book/Magazine/Publication: 6.0%
- A Group Class: 5.0%
- The Internet: 4.6%
- Family or Friends: 2.7% (n=35)

*Caution: small base size*

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

Q11.2: During the last 12 months, where did you get information about taking care of your [INSERT DISEASE]?
Even fewer Ottawa County adults have had a stroke. The highest prevalence of stroke can be found in the highest age, lowest education, and lowest income groups.

Cardiovascular Disease (Cont’d.)

Ever Told Had a Stroke* (Total Sample)

1.2% (n=1274)

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

Told Had Stroke by Demographics

<table>
<thead>
<tr>
<th>Education</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; High School</td>
<td>3.4%</td>
</tr>
<tr>
<td>High School Grad</td>
<td>2.0%</td>
</tr>
<tr>
<td>Some College</td>
<td>0.7%</td>
</tr>
<tr>
<td>College Grad</td>
<td>0.5%</td>
</tr>
<tr>
<td>HH Income</td>
<td></td>
</tr>
<tr>
<td>&lt;$20,000</td>
<td>3.2%</td>
</tr>
<tr>
<td>$20,000-$34,999</td>
<td>1.6%</td>
</tr>
<tr>
<td>$35,000-$49,999</td>
<td>0.7%</td>
</tr>
<tr>
<td>$50,000-$74,999</td>
<td>0.3%</td>
</tr>
<tr>
<td>$75,000+</td>
<td>0.4%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Region</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Northwest</td>
<td>1.2%</td>
</tr>
<tr>
<td>Northeast</td>
<td>0.0%</td>
</tr>
<tr>
<td>Central</td>
<td>3.9%</td>
</tr>
<tr>
<td>Southwest</td>
<td>1.1%</td>
</tr>
<tr>
<td>Southeast</td>
<td>0.6%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Age</th>
<th>0.0%</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td></td>
</tr>
<tr>
<td>25-34</td>
<td>0.0%</td>
</tr>
<tr>
<td>35-44</td>
<td>0.5%</td>
</tr>
<tr>
<td>45-54</td>
<td>0.7%</td>
</tr>
<tr>
<td>55-64</td>
<td>3.2%</td>
</tr>
<tr>
<td>65-74</td>
<td>2.5%</td>
</tr>
<tr>
<td>75+</td>
<td>3.9%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Gender</th>
<th>1.5%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td></td>
</tr>
<tr>
<td>Female</td>
<td>0.8%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>1.2%</th>
</tr>
</thead>
<tbody>
<tr>
<td>White, Non-Hispanic</td>
<td></td>
</tr>
<tr>
<td>Other, Non-Hispanic</td>
<td>3.4%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>0.8%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Poverty Level</th>
<th>0.0%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below Poverty Line</td>
<td></td>
</tr>
<tr>
<td>Above Poverty Line</td>
<td>1.1%</td>
</tr>
</tbody>
</table>
More than half (57.9%) of Ottawa County adults who have had a stroke have received information in the past 12 months on how to care for the condition. Health care professionals top the list of information sources.

Q11.1: You said that a medical professional has told you that you have or have had [INSERT DISEASE NAME]. During the last 12 months, have you gotten information about how to take care of your [INSERT DISEASE NAME]?  
Q11.2: During the last 12 months, where did you get information about taking care of your [INSERT DISEASE]?  

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

### Skin Cancer

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

- **7.3%**

*(n=1269)*

#### Told Have Skin Cancer by Demographics

| Age       | %
|-----------|---
| 18-24     | 0.7% |
| 25-34     | 0.4% |
| 35-44     | 3.0% |
| 45-54     | 4.3% |
| 55-64     | 13.1% |
| 65-74     | 21.5% |
| 75+       | 27.4% |

| Education | %
|-----------|---
| < High School | 10.5% |
| High School Grad | 5.4% |
| Some College | 6.6% |
| College Grad | 9.1% |
| HH Income |
| <$20,000 | 4.6% |
| $20,000-$34,999 | 5.3% |
| $35,000-$49,999 | 9.3% |
| $50,000-$74,999 | 7.5% |
| $75,000+ | 7.0% |

<table>
<thead>
<tr>
<th>Region</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northwest</td>
</tr>
<tr>
<td>Northeast</td>
</tr>
<tr>
<td>Central</td>
</tr>
<tr>
<td>Southwest</td>
</tr>
<tr>
<td>Southeast</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Gender</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
</tr>
<tr>
<td>Female</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
</tr>
</thead>
<tbody>
<tr>
<td>White, Non-Hispanic</td>
</tr>
<tr>
<td>Other, Non-Hispanic</td>
</tr>
<tr>
<td>Hispanic</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Poverty Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below Poverty Line</td>
</tr>
<tr>
<td>Above Poverty Line</td>
</tr>
</tbody>
</table>

*Among all adults, the proportion who reported that they were ever told by a doctor that they have skin cancer.
Almost two-thirds (64.9%) of Ottawa County adults who have skin cancer have received information in the past 12 months on how to care for the condition. In addition to physicians and health care professionals, other sources of information are publications, the Internet, television/radio and family/friends.

**Management of Skin Cancer**

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

- **Yes, 64.9%** (n=117)
- **No, 35.1%**

**Information Sources**

- **Doctor/Health Professional**: 95.0%
- **Book/Magazine/Publication**: 10.8%
- **The Internet**: 10.3%
- **A TV Show/Radio Program**: 6.6%
- **Family or Friends**: 6.0%
- **Other**: 0.5% (n=74)

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

Q11.2: During the last 12 months, where did you get information about taking care of your [INSERT DISEASE]?
One in twenty (5.3%) Ottawa County residents have been told by a doctor they have cancer other than skin. This proportion also rises dramatically with age; 22.9% of residents aged 75 or older have been diagnosed with some form of cancer other than skin. Residents in northeast Ottawa County are more likely to have cancer than residents in other regions of the county.

**Cancer (Other Than Skin)**

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

- **Age**
  - 18-24: 0.0%
  - 25-34: 1.3%
  - 35-44: 0.9%
  - 45-54: 4.3%
  - 55-64: 9.2%
  - 65-74: 13.3%
  - 75+: 22.9%

- **Gender**
  - Male: 3.4%
  - Female: 7.3%

- **Race/Ethnicity**
  - White, Non-Hispanic: 5.7%
  - Other, Non-Hispanic: 0.0%
  - Hispanic: 2.8%

- **Poverty Level**
  - Below Poverty Line: 3.2%
  - Above Poverty Line: 5.5%

- **Education**
  - < High School: 2.5%
  - High School Grad: 5.0%
  - Some College: 3.9%
  - College Grad: 7.4%

- **HH Income**
  - <$20,000: 4.1%
  - $20,000-$34,999: 6.9%
  - $35,000-$49,999: 4.2%
  - $50,000-$74,999: 4.8%
  - $75,000+: 5.3%

- **Region**
  - Northwest: 7.3%
  - Northeast: 10.0%
  - Central: 5.7%
  - Southwest: 4.1%
  - Southeast: 5.6%

*Among all adults, the proportion who reported that they were ever told by a doctor that they have cancer (other than skin).
Half (49.9%) of Ottawa County adults who have cancer (other than skin) have received information in the past 12 months on how to care for the condition. Although physicians and health care professionals top the list, other sources of information are the Internet, publications, family/friends, and television/radio.

**Management of Cancer (Other Than Skin)**

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

**Q11.2:** During the last 12 months, where did you get information about taking care of your [INSERT DISEASE]?
A small proportion (4.5%) of Ottawa County residents have been told they have chronic obstructive pulmonary disease (COPD). The disease is more common among residents who are older (55+), have lower annual household incomes (<$35,000), live below the poverty line, and those with less education (high school graduate or less).

**COPD**

**Told Have COPD by Demographics**

**Age**
- 18-24: 4.5%
- 25-34: 0.8%
- 35-44: 4.4%
- 45-54: 2.3%
- 55-64: 8.3%
- 65-74: 8.8%
- 75+: 7.1%

**Gender**
- Male: 4.1%
- Female: 4.9%

**Race/Ethnicity**
- White, Non-Hispanic: 5.0%
- Other, Non-Hispanic: 0.0%
- Hispanic: 0.8%

**Poverty Level**
- Below Poverty Line: 10.5%
- Above Poverty Line: 3.4%

**Education**
- < High School: 9.0%
- High School Grad: 6.3%
- Some College: 3.2%
- College Grad: 3.3%

**HH Income**
- <$20,000: 8.5%
- $20,000-$34,999: 8.3%
- $35,000-$49,999: 3.2%
- $50,000-$74,999: 1.6%
- $75,000+: 2.1%

**Region**
- Northwest: 4.7%
- Northeast: 3.5%
- Central: 6.7%
- Southwest: 2.8%
- Southeast: 8.7%

*Among all adults, the proportion who reported that they were ever told by a doctor that they have chronic obstructive pulmonary disease (COPD), emphysema, or chronic bronchitis.
One-third (33.4%) of Ottawa County adults who have COPD have received information in the past 12 months on how to care for the condition. Information sources include health care professionals, the Internet, publications, family/friends, and television/radio.

**Management of COPD/Emphysema/Chronic Bronchitis**

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

<table>
<thead>
<tr>
<th>Information Sources</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doctor/Health Professional</td>
<td>100%</td>
</tr>
<tr>
<td>The Internet</td>
<td>8.7%</td>
</tr>
<tr>
<td>Book/Magazine/Publication</td>
<td>6.1%</td>
</tr>
<tr>
<td>Family/Friends</td>
<td>1.5%</td>
</tr>
<tr>
<td>A TV Show/Radio Program</td>
<td>1.5%</td>
</tr>
</tbody>
</table>

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

Q11.2: During the last 12 months, where did you get information about taking care of your [INSERT DISEASE]?
Nearly one-fourth (23.2%) of Ottawa County adults have ever been told by a physician they have arthritis. This rate, not surprisingly, rises dramatically with age. Non-Hispanic minority adults are least likely to have received this diagnosis. Having arthritis is indirectly related to income.

**Arthritis**

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

![Graph showing the percentage of adults ever told they have arthritis](graph)

- **Age**
  - 18-24: 2.8%
  - 25-34: 6.7%
  - 35-44: 14.2%
  - 45-54: 26.0%
  - 55-64: 40.2%
  - 65-74: 47.8%
  - 75+: 60.8%

- **Education**
  - < High School: 33.6%
  - High School Grad: 21.3%
  - Some College: 24.0%
  - College Grad: 22.4%

- **HH Income**
  - <$20,000: 31.8%
  - $20,000-$34,999: 27.9%
  - $35,000-$49,999: 23.5%
  - $50,000-$74,999: 22.1%
  - $75,000+: 18.4%

- **Region**
  - Northwest: 30.2%
  - Northeast: 36.8%
  - Central: 28.6%
  - Southwest: 20.4%
  - Southeast: 18.5%

- **Race/Ethnicity**
  - White, Non-Hispanic: 23.8%
  - Other, Non-Hispanic: 6.8%
  - Hispanic: 20.9%

- **Gender**
  - Male: 21.4%
  - Female: 25.1%

- **Poverty Level**
  - Below Poverty Line: 28.1%
  - Above Poverty Line: 24.1%

*Among all adults, the proportion who reported ever being told by a health care professional that they had some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia.
Half (54.5%) of Ottawa County adults who have arthritis have received information in the past 12 months on how to care for the condition. In addition to physicians and health care professionals, multiple information sources are used.

Management of Arthritis

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

- Yes, 54.5%
- No, 45.5%

(n=352)

Information Sources

- Doctor/Health Professional: 95.0%
- The Internet: 16.3%
- Book/Magazine/Publication: 8.4%
- Family/Friends: 7.0%
- A TV Show/Radio Program: 3.0%
- A Group Class: 1.2%
- Other: 0.5%

(n=200)

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

Q11.2: During the last 12 months, where did you get information about taking care of your [INSERT DISEASE]?
Among adults who have some form of arthritis, four in ten (41.7%) are limited in their usual activities because of arthritis or joint symptoms.

Q18.1: Are you now limited in any way in any of your usual activities because of arthritis or joint symptoms?
Nearly all (94.1%) Ottawa County adults are confident, 75.3% very confident, that they can do all things necessary to manage their chronic condition on a regular basis.

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

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

- Very Confident: 75.3%
- Moderately Confident: 18.8%
- A Little Confident: 4.0%
- Not At All Confident: 1.9%

(n=630)
Respondent Demographics
## Gender, Age, Race/Ethnicity and Home Ownership

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

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

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

<table>
<thead>
<tr>
<th></th>
<th>TOTAL</th>
<th>A. Northwest</th>
<th>B. Northeast</th>
<th>C. Central</th>
<th>D. Southwest</th>
<th>D. Southeast</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Household Income</strong></td>
<td>(n=1101)</td>
<td>(n=252)</td>
<td>(n=27)</td>
<td>(n=77)</td>
<td>(n=571)</td>
<td>(n=170)</td>
</tr>
<tr>
<td>Less than $20,0000</td>
<td>15%</td>
<td>18%</td>
<td>28%</td>
<td>11%</td>
<td>14%</td>
<td>13%</td>
</tr>
<tr>
<td>$20,000 to less than $35,000</td>
<td>18%</td>
<td>15%</td>
<td>18%</td>
<td>21%</td>
<td>18%</td>
<td>18%</td>
</tr>
<tr>
<td>$35,000 to less than $50,000</td>
<td>18%</td>
<td>17%</td>
<td>32%</td>
<td>15%</td>
<td>19%</td>
<td>13%</td>
</tr>
<tr>
<td>$50,000 to less than $75,000</td>
<td>21%</td>
<td>19%</td>
<td>6%</td>
<td>16%</td>
<td>23%</td>
<td>19%</td>
</tr>
<tr>
<td>$75,000 or more</td>
<td>30%</td>
<td>31%</td>
<td>15%</td>
<td>38%</td>
<td>26%</td>
<td>37%</td>
</tr>
<tr>
<td><strong>Poverty Status</strong></td>
<td>(n=1078)</td>
<td>(n=243)</td>
<td>(n=25)</td>
<td>(n=79)</td>
<td>(n=555)</td>
<td>(n=172)</td>
</tr>
<tr>
<td>Income under poverty line</td>
<td>11%</td>
<td>10%</td>
<td>25%</td>
<td>1%</td>
<td>11%</td>
<td>16%</td>
</tr>
<tr>
<td>Income over poverty line</td>
<td>89%</td>
<td>90%</td>
<td>75%</td>
<td>99%</td>
<td>89%</td>
<td>84%</td>
</tr>
<tr>
<td><strong>Region</strong></td>
<td>(n=1267)</td>
<td>(n=285)</td>
<td>(n=35)</td>
<td>(N=95)</td>
<td>(n=651)</td>
<td>(n=201)</td>
</tr>
<tr>
<td>Northwest</td>
<td>21%</td>
<td>100%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Northeast</td>
<td>3%</td>
<td></td>
<td>100%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Central</td>
<td>7%</td>
<td></td>
<td></td>
<td>100%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Southwest</td>
<td>52%</td>
<td></td>
<td></td>
<td></td>
<td>100%</td>
<td></td>
</tr>
<tr>
<td>Southeast</td>
<td>17%</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>100%</td>
</tr>
</tbody>
</table>
Tables with Demographics
## Health Status by Demographics

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Age</th>
<th>Gender</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>18-24</td>
<td>25-34</td>
</tr>
<tr>
<td>Fair/Poor General Health Status</td>
<td>9.9%</td>
<td>4.2%</td>
<td>8.0%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(8.1-11.7)</td>
<td>(0.9-7.6)</td>
<td>(3.5-12.5)</td>
</tr>
<tr>
<td>Poor Physical Health (14 days+)</td>
<td>8.1%</td>
<td>6.2%</td>
<td>6.3%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(6.4-9.8)</td>
<td>(1.4-11.0)</td>
<td>(2.4-10.2)</td>
</tr>
<tr>
<td>Poor Mental Health (14 days+)</td>
<td>8.6%</td>
<td>10.7%</td>
<td>12.0%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(6.8-10.4)</td>
<td>(5.2-16.2)</td>
<td>(6.7-17.4)</td>
</tr>
<tr>
<td>Activity Limitation (14 days+)</td>
<td>5.1%</td>
<td>1.6%</td>
<td>4.3%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(3.8-6.4)</td>
<td>(0.0-3.8)</td>
<td>(0.8-7.7)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Race/Ethnicity</th>
<th>Region</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>White, Non-Hispanic</td>
<td>Hispanic</td>
</tr>
<tr>
<td>Fair/Poor General Health Status</td>
<td>9.3%</td>
<td>15.4%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(7.4-11.2)</td>
<td>(7.9-22.8)</td>
</tr>
<tr>
<td>Poor Physical Health (14 days+)</td>
<td>8.0%</td>
<td>11.5%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(6.1-9.8)</td>
<td>(5.5-17.5)</td>
</tr>
<tr>
<td>Poor Mental Health (14 days+)</td>
<td>7.9%</td>
<td>17.1%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(6.1-9.7)</td>
<td>(9.0-25.3)</td>
</tr>
<tr>
<td>Activity Limitation (14 days+)</td>
<td>4.9%</td>
<td>8.6%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(3.4-6.3)</td>
<td>(3.0-14.2)</td>
</tr>
</tbody>
</table>

Q1: Would you say that in general your health is...?
Q2.1: Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?
Q2.2: Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?
Q2.3: During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?
### Health Status by Demographics (Cont’d.)

<table>
<thead>
<tr>
<th></th>
<th>Income</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>&lt; $20,000</td>
</tr>
<tr>
<td>Fair/Poor General Health Status</td>
<td>22.1%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(14.9-29.2)</td>
</tr>
<tr>
<td>Poor Physical Health (14 days+)</td>
<td>20.4%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(12.8-27.9)</td>
</tr>
<tr>
<td>Poor Mental Health (14 days+)</td>
<td>17.5%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(10.8-24.2)</td>
</tr>
<tr>
<td>Activity Limitation (14 days+)</td>
<td>14.0%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(7.8-20.2)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Poverty</th>
<th>Education</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Below</td>
<td>Above</td>
</tr>
<tr>
<td>Fair/Poor General Health Status</td>
<td>18.9%</td>
<td>8.0%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(9.7-28.0)</td>
<td>(6.1-9.9)</td>
</tr>
<tr>
<td>Poor Physical Health (14 days+)</td>
<td>24.5%</td>
<td>6.0%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(13.7-33.3)</td>
<td>(4.5-7.6)</td>
</tr>
<tr>
<td>Poor Mental Health (14 days+)</td>
<td>20.7%</td>
<td>6.6%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(11.2-30.2)</td>
<td>(4.9-8.3)</td>
</tr>
<tr>
<td>Activity Limitation (14 days+)</td>
<td>17.1%</td>
<td>3.8%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(8.7-25.5)</td>
<td>(2.5-5.0)</td>
</tr>
</tbody>
</table>

Q1: Would you say that in general your health is...?
Q2.1: Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?
Q2.2: Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?
Q2.3: During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?
## Satisfaction With Life, and Social/Emotional Support by Demographics

### Overall Satisfaction

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

### Support by Race/Ethnicity and Region

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

Q22.2: In general, how satisfied are you with your life?  
Q22.1: How often do you get the social and emotional support you need?
### Satisfaction With Life, and Social/Emotional Support by Demographics (Contd.)

<table>
<thead>
<tr>
<th>Income</th>
<th>Very Dissatisfied/Dissatisfied with Life</th>
<th>Rarely/Never Receive Support</th>
<th>95% Confidence Intervals</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; $20,000</td>
<td>13.6%</td>
<td>10.2%</td>
<td>(7.3-19.9)</td>
</tr>
<tr>
<td>$20,000 - $34,999</td>
<td>7.9%</td>
<td>9.4%</td>
<td>(3.0-12.8)</td>
</tr>
<tr>
<td>$35,000 - $49,999</td>
<td>6.0%</td>
<td>3.4%</td>
<td>(2.5-9.5)</td>
</tr>
<tr>
<td>$50,000 - $74,999</td>
<td>2.0%</td>
<td>2.2%</td>
<td>(0.2-3.8)</td>
</tr>
<tr>
<td>&gt;= $75,000</td>
<td>0.7%</td>
<td>0.1%</td>
<td>(0.0-1.5)</td>
</tr>
</tbody>
</table>

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

Q22.2: In general, how satisfied are you with your life?
Q22.1: How often do you get the social and emotional support you need?
## Activity Limitation and Special Equipment Required by Demographics

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Age</th>
<th>Gender</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>18-24</td>
<td>25-34</td>
</tr>
<tr>
<td><strong>Any Activity Limitation</strong></td>
<td>21.0%</td>
<td>10.4%</td>
<td>13.8%</td>
</tr>
<tr>
<td><strong>95% Confidence Intervals</strong></td>
<td>(18.5-23.6)</td>
<td>(4.5-16.3)</td>
<td>(8.2-19.5)</td>
</tr>
<tr>
<td><strong>Requires Special Equipment</strong></td>
<td>6.0%</td>
<td>0.0%</td>
<td>0.8%</td>
</tr>
<tr>
<td><strong>95% Confidence Intervals</strong></td>
<td>(4.6-7.3)</td>
<td>--</td>
<td>(0.0-2.3)</td>
</tr>
<tr>
<td><strong>Total Disability (Either of Above)</strong></td>
<td>22.2%</td>
<td>10.4%</td>
<td>13.8%</td>
</tr>
<tr>
<td><strong>95% Confidence Intervals</strong></td>
<td>(19.6-24.8)</td>
<td>(4.5-16.3)</td>
<td>(8.2-19.5)</td>
</tr>
</tbody>
</table>

### Race/Ethnicity

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

Q17.1: Are you limited in any way in any activities because of physical, mental, or emotional problems?
Q17.2: Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone? [Includes occasional use]
## Activity Limitation and Special Equipment Required by Demographics (Cont’d.)

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

<table>
<thead>
<tr>
<th></th>
<th>Poverty</th>
<th>Education</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Below</td>
<td>Above</td>
</tr>
<tr>
<td>Any Activity Limitation</td>
<td>38.9%</td>
<td>18.7%</td>
</tr>
<tr>
<td></td>
<td>95% Confidence Intervals</td>
<td>(26.7-51.0)</td>
</tr>
<tr>
<td>Requires Special Equipment</td>
<td>10.1%</td>
<td>4.6%</td>
</tr>
<tr>
<td></td>
<td>95% Confidence Intervals</td>
<td>(3.0-17.1)</td>
</tr>
<tr>
<td>Total Disability (Either of Above)</td>
<td>38.9%</td>
<td>19.7%</td>
</tr>
<tr>
<td></td>
<td>95% Confidence Intervals</td>
<td>(26.7-51.0)</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>BMI Category</th>
<th>Total</th>
<th>Age</th>
<th>Gender</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>18-24</td>
<td>25-34</td>
<td>35-44</td>
</tr>
<tr>
<td>Obese (BMI&gt;=30)</td>
<td>25.8%</td>
<td>13.8%</td>
<td>23.9%</td>
</tr>
<tr>
<td>Overweight (BMI&gt;=25, &lt;30)</td>
<td>36.7%</td>
<td>26.5%</td>
<td>27.5%</td>
</tr>
<tr>
<td>Healthy/Underweight (BMI&lt;25)</td>
<td>37.4%</td>
<td>59.7%</td>
<td>48.7%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>45-54</th>
<th>55-64</th>
<th>65-74</th>
<th>75+</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obese (BMI&gt;=30)</td>
<td>33.5%</td>
<td>26.1%</td>
<td>37.6%</td>
<td>25.3%</td>
<td>17.7%</td>
<td>24.7%</td>
</tr>
<tr>
<td>Overweight (BMI&gt;=25, &lt;30)</td>
<td>48.9%</td>
<td>48.9%</td>
<td>48.9%</td>
<td>48.9%</td>
<td>48.9%</td>
<td>48.9%</td>
</tr>
<tr>
<td>Healthy/Underweight (BMI&lt;25)</td>
<td>30.6%</td>
<td>25.1%</td>
<td>27.1%</td>
<td>29.8%</td>
<td>38.1%</td>
<td>32.0%</td>
</tr>
</tbody>
</table>

95% Confidence Intervals:

<table>
<thead>
<tr>
<th>BMI Category</th>
<th>Total</th>
<th>Age</th>
<th>Gender</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>18-24</td>
<td>25-34</td>
</tr>
<tr>
<td>Obese (BMI&gt;=30)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Overweight (BMI&gt;=25, &lt;30)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Healthy/Underweight (BMI&lt;25)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>35-44</th>
<th>45-54</th>
<th>55-64</th>
<th>65-74</th>
<th>75+</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obese (BMI&gt;=30)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Overweight (BMI&gt;=25, &lt;30)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Healthy/Underweight (BMI&lt;25)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

95% Confidence Intervals:

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

Q13.10: About how much do you weigh without shoes?
Q13.11: About how tall are you without shoes?
### BMI Categories by Demographics (Cont’d.)

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

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

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

<table>
<thead>
<tr>
<th>Total</th>
<th>Age</th>
<th>Gender</th>
<th>18-24</th>
<th>25-34</th>
<th>35-44</th>
<th>45-54</th>
<th>55-64</th>
<th>65-74</th>
<th>75+</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Told Have HBP</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>31.4%</td>
<td>15.6%</td>
<td>11.7%</td>
<td>25.9%</td>
<td>30.7%</td>
<td>48.7%</td>
<td>53.8%</td>
<td>66.2%</td>
<td>35.1%</td>
<td>27.6%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(28.5-34.3)</td>
<td>(6.3-23.0)</td>
<td>(6.4-17.1)</td>
<td>(19.0-32.8)</td>
<td>(23.8-37.7)</td>
<td>(41.7-55.8)</td>
<td>(45.5-62.2)</td>
<td>(57.5-74.8)</td>
<td>(30.6-39.5)</td>
<td>(23.9-31.2)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Region</th>
<th>White, Non-Hispanic</th>
<th>Hispanic</th>
<th>Other</th>
<th>NW</th>
<th>NE</th>
<th>Central</th>
<th>SW</th>
<th>SE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Told Have HBP</strong></td>
<td></td>
<td>32.1%</td>
<td>27.4%</td>
<td>18.1%</td>
<td>36.2%</td>
<td>34.2%</td>
<td>36.4%</td>
<td>28.7%</td>
<td>29.6%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(29.0-35.2)</td>
<td>(17.4-37.4)</td>
<td>(4.5-31.7)</td>
<td>(28.8-42.7)</td>
<td>(16.8-51.5)</td>
<td>(25.8-46.9)</td>
<td>(24.8-32.6)</td>
<td>(22.1-37.0)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Income</th>
<th>Poverty</th>
<th>Education</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Told Have HBP</strong></td>
<td>Below</td>
<td>Above</td>
</tr>
<tr>
<td>40.1%</td>
<td>37.1%</td>
<td>31.1%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(30.8-49.4)</td>
<td>(29.7-44.6)</td>
</tr>
</tbody>
</table>

Q4.1: Have you EVER been told by a doctor, nurse or other health professional that you have high blood pressure? (If Yes, and respondent female, asked “Was this only during a pregnancy?”)
### Time Since Last Routine Checkup by Demographics

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Age</th>
<th>Gender</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>18-24</td>
<td>25-34</td>
<td>35-44</td>
</tr>
<tr>
<td><strong>Within the Past Year</strong></td>
<td>73.8%</td>
<td>61.1%</td>
<td>63.1%</td>
<td>67.6%</td>
</tr>
<tr>
<td><strong>95% Confidence Intervals</strong></td>
<td>(70.8-76.8)</td>
<td>(51.7-70.6)</td>
<td>(54.5-71.7)</td>
<td>(60.5-74.6)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Race/Ethnicity</th>
<th>Region</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>White, Non-Hispanic</td>
<td>Hispanic</td>
<td>Other</td>
</tr>
<tr>
<td><strong>Within the Past Year</strong></td>
<td>74.3%</td>
<td>70.1%</td>
<td>71.4%</td>
</tr>
<tr>
<td><strong>95% Confidence Intervals</strong></td>
<td>(71.2-77.5)</td>
<td>(59.1-81.1)</td>
<td>(53.8-89.1)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Income</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>&lt; $20,000</td>
<td>$20,000 - $34,999</td>
</tr>
<tr>
<td><strong>Within the Past Year</strong></td>
<td>65.9%</td>
<td>73.7%</td>
</tr>
<tr>
<td><strong>95% Confidence Intervals</strong></td>
<td>(56.2-75.6)</td>
<td>(66.1-81.3)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Poverty</th>
<th>Education</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Below</td>
<td>Above</td>
<td>&lt;HS</td>
</tr>
<tr>
<td><strong>Within the Past Year</strong></td>
<td>56.3%</td>
<td>75.6%</td>
<td>64.1%</td>
</tr>
<tr>
<td><strong>95% Confidence Intervals</strong></td>
<td>(43.8-68.9)</td>
<td>(72.4-78.9)</td>
<td>(50.4-77.8)</td>
</tr>
</tbody>
</table>

Q3.6: About how long has it been since you last visited a doctor for a routine checkup?
### Leisure Time Physical Activity by Demographics

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

<table>
<thead>
<tr>
<th></th>
<th>Race/Ethnicity</th>
<th>Region</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>White, Non-Hispanic</td>
<td>Hispanic</td>
</tr>
<tr>
<td>No Leisure Time Physical Activity</td>
<td>12.5%</td>
<td>16.7%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(10.2-14.8)</td>
<td>(8.6-24.7)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Income</th>
<th>&lt; $20,000</th>
<th>$20,000 - $34,999</th>
<th>$35,000 - $49,999</th>
<th>$50,000 - $74,999</th>
<th>&gt;= $75,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Leisure Time Physical Activity</td>
<td>24.9%</td>
<td>20.1%</td>
<td>15.1%</td>
<td>4.9%</td>
<td>4.5%</td>
<td></td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(16.0-33.9)</td>
<td>(13.6-26.6)</td>
<td>(9.1-21.1)</td>
<td>(2.0-7.8)</td>
<td>(2.1-6.8)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Poverty</th>
<th>Education</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Below</td>
<td>Above</td>
</tr>
<tr>
<td>No Leisure Time Physical Activity</td>
<td>30.3%</td>
<td>8.9%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(18.1-42.5)</td>
<td>(7.0-10.8)</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Age</th>
<th>Gender</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>18-24</td>
<td>25-34</td>
<td>35-44</td>
</tr>
<tr>
<td>Current Smoker</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17.2%</td>
<td>21.5%</td>
<td>30.7%</td>
<td>16.6%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(14.8-19.6)</td>
<td>(14.0-29.0)</td>
<td>(23.0-38.4)</td>
</tr>
<tr>
<td>Former Smoker</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24.5%</td>
<td>11.1%</td>
<td>17.7%</td>
<td>25.6%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(21.9-27.2)</td>
<td>(5.6-16.7)</td>
<td>(11.5-23.9)</td>
</tr>
<tr>
<td>Tried to Quit (current smokers)</td>
<td>61.0%</td>
<td>67.3%</td>
<td>57.2%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(53.4-68.5)</td>
<td>(49.9-84.6)</td>
<td>(42.8-71.7)</td>
</tr>
<tr>
<td>Smokeless Tobacco Use</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.7%</td>
<td>4.5%</td>
<td>4.9%</td>
<td>3.6%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(1.5-3.8)</td>
<td>(0.3-8.8)</td>
<td>(1.2-8.7)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Race/Ethnicity</th>
<th>Region</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>White, Non-Hispanic</td>
<td>NW</td>
<td>NE</td>
</tr>
<tr>
<td>Current Smoker</td>
<td>16.8%</td>
<td>21.6%</td>
<td>16.5%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(14.3-19.4)</td>
<td>(15.8-27.3)</td>
<td>(3.1-30.0)</td>
</tr>
<tr>
<td>Former Smoker</td>
<td>25.4%</td>
<td>28.3%</td>
<td>7.8%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(22.5-28.2)</td>
<td>(22.6-34.1)</td>
<td>(0.8-14.8)</td>
</tr>
<tr>
<td>Tried to Quit (current smokers)</td>
<td>59.1%</td>
<td>60.8%</td>
<td>51.9%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(50.9-67.4)</td>
<td>(45.7-75.9)</td>
<td>(7.6-96.3)</td>
</tr>
<tr>
<td>Smokeless Tobacco Use</td>
<td>2.7%</td>
<td>3.6%</td>
<td>5.2%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(1.6-3.8)</td>
<td>(1.1-6.0)</td>
<td>(0.0-13.3)</td>
</tr>
</tbody>
</table>

Q12.1: Have you smoked at least 100 cigarettes in your entire life?
Q12.2: Do you currently use chewing tobacco, snuff, or snus every day, some days, or not at all?
Q12.3: Do you now smoke cigarettes everyday, some days, or not at all?
Q12.4: During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking? [Current smokers only]
### Tobacco Use by Demographics (Cont’d.)

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

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

Q12.1: Have you smoked at least 100 cigarettes in your entire life?
Q12.2: Do you currently use chewing tobacco, snuff, or snus every day, some days, or not at all?
Q12.3: Do you now smoke cigarettes everyday, some days, or not at all?
Q12.4: During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking? [Current smokers only]
## Alcohol Use by Demographics

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

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

Q21.1: During the past 30 days, how many days per week, or per month did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage, or liquor?  
Q21.2: One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?  
Q21.3: Considering all types of alcoholic beverages, how many times during the past 30 days did you have X (x=5 for men, x=4 for women) or more drinks on an occasion?
### Alcohol Use by Demographics (Cont’d.)

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

<table>
<thead>
<tr>
<th>Poverty</th>
<th>Education</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below</td>
<td>Above</td>
</tr>
<tr>
<td><strong>Heavy Drinker</strong></td>
<td>4.2%</td>
</tr>
<tr>
<td><strong>95% Confidence Intervals</strong></td>
<td>(0.0-10.0)</td>
</tr>
<tr>
<td><strong>Binge Drinking</strong></td>
<td>22.2%</td>
</tr>
<tr>
<td><strong>95% Confidence Intervals</strong></td>
<td>(11.5-33.0)</td>
</tr>
</tbody>
</table>

Q21.1: During the past 30 days, how many days per week, or per month did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage, or liquor?
Q21.2: One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?
Q21.3: Considering all types of alcoholic beverages, how many times during the past 30 days did you have X (x=5 for men, x=4 for women) or more drinks on an occasion?
## Seatbelt Use by Demographics

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

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

<table>
<thead>
<tr>
<th>Income</th>
<th>&lt; $20,000</th>
<th>$20,000 - $34,999</th>
<th>$35,000 - $49,999</th>
<th>$50,000 - $74,999</th>
<th>&gt;= $75,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Always Use Seatbelt</td>
<td>88.9%</td>
<td>91.7%</td>
<td>89.9%</td>
<td>88.9%</td>
<td>91.5%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(82.3-95.5)</td>
<td>(87.2-96.2)</td>
<td>(85.1-94.6)</td>
<td>(83.6-94.1)</td>
<td>(87.5-95.4)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Poverty</th>
<th>Education</th>
<th>Below</th>
<th>Above</th>
<th>&lt;HS</th>
<th>HS</th>
<th>Some College</th>
<th>College Grad</th>
</tr>
</thead>
<tbody>
<tr>
<td>Always Use Seatbelt</td>
<td>86.5%</td>
<td>90.3%</td>
<td>95.5%</td>
<td>87.9%</td>
<td>89.9%</td>
<td>91.7%</td>
<td></td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(77.6-95.4)</td>
<td>(88.0-92.6)</td>
<td>(89.9-100.0)</td>
<td>(83.8-92.1)</td>
<td>(86.1-93.7)</td>
<td>(88.7-94.8)</td>
<td></td>
</tr>
</tbody>
</table>

Q19.1: How often do you use seat belts when you drive or ride in a car? Would you say…
# Fruit/Vegetable Consumption by Demographics

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

## Race/Ethnicity

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

## Region

<table>
<thead>
<tr>
<th></th>
<th>NW</th>
<th>NE</th>
<th>Central</th>
<th>SW</th>
<th>SE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inadequate Fruit/Vegetables</td>
<td>83.4%</td>
<td>81.4%</td>
<td>77.6%</td>
<td>78.8%</td>
<td>83.7%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(77.6-89.0)</td>
<td>(75.8-87.0)</td>
<td>(72.7-82.6)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Income

<table>
<thead>
<tr>
<th></th>
<th>&lt; $20,000</th>
<th>$20,000 - $34,999</th>
<th>$35,000 - $49,999</th>
<th>$50,000 - $74,999</th>
<th>&gt;= $75,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inadequate Fruit/Vegetables</td>
<td>89.9%</td>
<td>87.8%</td>
<td>83.4%</td>
<td>81.4%</td>
<td>77.6%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(84.9-94.9)</td>
<td>(83.2-92.5)</td>
<td>(77.6-89.0)</td>
<td>(75.8-87.0)</td>
<td>(72.7-82.6)</td>
</tr>
</tbody>
</table>

## Poverty

<table>
<thead>
<tr>
<th></th>
<th>Below</th>
<th>Above</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inadequate Fruit/Vegetables</td>
<td>90.1%</td>
<td>81.3%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(84.0-96.3)</td>
<td>(78.7-84.0)</td>
</tr>
</tbody>
</table>

## Education

<table>
<thead>
<tr>
<th></th>
<th>&lt;HS</th>
<th>HS</th>
<th>Some College</th>
<th>College Grad</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inadequate Fruit/Vegetables</td>
<td>89.0%</td>
<td>85.8%</td>
<td>83.7%</td>
<td>78.8%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(81.2-96.9)</td>
<td>(74.7-82.8)</td>
<td>(81.8-89.8)</td>
<td>(79.6-87.6)</td>
</tr>
</tbody>
</table>

Summation of diet questions Q14.1 to Q14.5
### Health Coverage, Medical Home and Problems Getting Care by Demographics

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>18-24</th>
<th>25-34</th>
<th>35-44</th>
<th>45-54</th>
<th>55-64</th>
<th>65-74</th>
<th>75+</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Has Coverage (18-64)</td>
<td>87.4%</td>
<td>80.6%</td>
<td>82.6%</td>
<td>88.6%</td>
<td>92.8%</td>
<td>92.4%</td>
<td>NA</td>
<td>NA</td>
<td>87.2%</td>
<td>87.6%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(84.9-89.9)</td>
<td>(73.0-88.2)</td>
<td>(76.3-88.8)</td>
<td>(83.6-93.6)</td>
<td>(89.2-96.4)</td>
<td>(88.8-96.0)</td>
<td>--</td>
<td>--</td>
<td>(83.6-90.7)</td>
<td>(84.1-91.0)</td>
</tr>
<tr>
<td>Has Medical Home</td>
<td>88.0%</td>
<td>73.1%</td>
<td>80.5%</td>
<td>88.9%</td>
<td>93.4%</td>
<td>95.3%</td>
<td>96.3%</td>
<td>99.0%</td>
<td>84.3%</td>
<td>81.9%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(85.8-90.3)</td>
<td>(64.3-81.8)</td>
<td>(73.8-87.1)</td>
<td>(84.1-93.7)</td>
<td>(89.8-97.0)</td>
<td>(92.5-98.2)</td>
<td>(93.1-99.5)</td>
<td>(97.6-100.0)</td>
<td>(80.7-88.0)</td>
<td>(89.4-94.5)</td>
</tr>
<tr>
<td>Had Problems Getting Care</td>
<td>4.9%</td>
<td>7.0%</td>
<td>5.3%</td>
<td>7.5%</td>
<td>5.3%</td>
<td>1.4%</td>
<td>2.3%</td>
<td>1.2%</td>
<td>4.1%</td>
<td>5.8%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(3.4-6.5)</td>
<td>(2.0-12.0)</td>
<td>(1.7-8.9)</td>
<td>(2.9-12.0)</td>
<td>(1.7-9.0)</td>
<td>(0.0-2.9)</td>
<td>(0.1-4.6)</td>
<td>(0.0-2.9)</td>
<td>(2.0-6.2)</td>
<td>(3.6-8.0)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Race/Ethnicity</th>
<th>Region</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>White, Non-Hispanic</td>
<td>Hispanic</td>
</tr>
<tr>
<td>Has Coverage (18-64)</td>
<td>88.9%</td>
<td>75.5%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(86.4-91.4)</td>
<td>(65.2-85.9)</td>
</tr>
<tr>
<td>Has Medical Home</td>
<td>89.6%</td>
<td>72.0%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(87.3-91.9)</td>
<td>(61.7-82.3)</td>
</tr>
<tr>
<td>Had Problems Getting Care</td>
<td>4.7%</td>
<td>8.6%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(3.1-6.3)</td>
<td>(2.6-14.7)</td>
</tr>
</tbody>
</table>
### Health Coverage, Medical Home and Problems Getting Care by Demographics (Cont’d.)

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

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

Q3.1: Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare or Indian Health Services? [Age 18-64 Only]
Q3.3: Do you have one person you think of as your personal doctor or health care provider?
Q3.4: In the past 12 months, have you had problems getting needed health care?
# Mammograms by Demographics

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Age</th>
<th>Gender</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Ever had mammogram</td>
<td>18-24</td>
<td>25-34</td>
</tr>
<tr>
<td></td>
<td>94.1%</td>
<td>NA</td>
<td>NA</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(91.8-96.5)</td>
<td>--</td>
<td>--</td>
</tr>
<tr>
<td>Within past year</td>
<td>70.1%</td>
<td>NA</td>
<td>NA</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(66.0-74.3)</td>
<td>--</td>
<td>--</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Race/Ethnicity</th>
<th>Region</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>White, Non-Hispanic</td>
<td>Hispanic</td>
</tr>
<tr>
<td>Ever had mammogram</td>
<td>94.0%</td>
<td>97.5%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(91.6-96.5)</td>
<td>(92.5-100.0)</td>
</tr>
<tr>
<td>Within past year</td>
<td>70.4%</td>
<td>67.9%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(66.3-74.9)</td>
<td>(50.2-85.6)</td>
</tr>
</tbody>
</table>
### Mammograms by Demographics (Cont’d.)

<table>
<thead>
<tr>
<th></th>
<th>Income</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>&lt; $20,000</td>
</tr>
<tr>
<td><strong>Ever had mammogram</strong></td>
<td>91.4%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(83.6-99.3)</td>
</tr>
<tr>
<td><strong>Within past year</strong></td>
<td>59.2%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(46.4-71.9)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Poverty</th>
<th>Education</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Below</td>
<td>Above</td>
</tr>
<tr>
<td><strong>Ever had mammogram</strong></td>
<td>82.8%</td>
<td>94.8%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(66.4-99.2)</td>
<td>(92.2-97.4)</td>
</tr>
<tr>
<td><strong>Within past year</strong></td>
<td>65.4%</td>
<td>71.5%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(44.8-86.1)</td>
<td>(66.9-76.1)</td>
</tr>
</tbody>
</table>

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

Q6.2: [If yes] How long has it been since you had your last mammogram?
### Cervical Cancer Screening by Demographics

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>18-24</th>
<th>25-34</th>
<th>35-44</th>
<th>45-54</th>
<th>55-64</th>
<th>65-74</th>
<th>75+</th>
<th>Gender</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ever had Pap test</strong></td>
<td>92.5%</td>
<td>69.1%</td>
<td>94.6%</td>
<td>95.9%</td>
<td>97.8%</td>
<td>100.0%</td>
<td>97.8%</td>
<td>96.4%</td>
<td>NA</td>
</tr>
<tr>
<td><strong>Last test appropriately timed</strong></td>
<td>78.8%</td>
<td>69.1%</td>
<td>92.2%</td>
<td>84.6%</td>
<td>89.0%</td>
<td>85.2%</td>
<td>64.5%</td>
<td>48.9%</td>
<td>NA</td>
</tr>
</tbody>
</table>

#### Race/Ethnicity

<table>
<thead>
<tr>
<th></th>
<th>White, Non-Hispanic</th>
<th>Hispanic</th>
<th>Other</th>
<th>NW</th>
<th>NE</th>
<th>Central</th>
<th>SW</th>
<th>SE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ever had Pap test</strong></td>
<td>93.6%</td>
<td>90.7%</td>
<td>59.2%</td>
<td>93.0%</td>
<td>93.5%</td>
<td>99.4%</td>
<td>89.5%</td>
<td>97.0%</td>
</tr>
<tr>
<td><strong>Last test appropriately timed</strong></td>
<td>78.5%</td>
<td>87.5%</td>
<td>55.2%</td>
<td>77.8%</td>
<td>69.8%</td>
<td>82.9%</td>
<td>77.8%</td>
<td>82.3%</td>
</tr>
</tbody>
</table>

#### 95% Confidence Intervals

- Ever had Pap test: (89.9-95.0) (56.8-81.4) (92.1-99.7) (95.2-100.0) -- (95.1-100.0) (92.2-100.0) -- (89.9-95.0)
- Last test appropriately timed: (75.3-82.2) (56.8-81.4) (86.5-98.0) (83.4-94.6) (77.8-91.0) (55.0-74.7) (37.5-61.4) -- (75.3-82.2)
## Cervical Cancer Screening by Demographics (Cont’d.)

<table>
<thead>
<tr>
<th></th>
<th>Income</th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>&lt; $20,000</td>
<td>$20,000 - $34,999</td>
<td>$35,000 - $49,999</td>
<td>$50,000 - $74,999</td>
<td>&gt;= $75,000</td>
</tr>
<tr>
<td>Ever had Pap test</td>
<td>89.3%</td>
<td>95.8%</td>
<td>96.5%</td>
<td>93.0%</td>
<td>94.4%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(81.8-96.8)</td>
<td>(92.1-99.4)</td>
<td>(92.2-100.0)</td>
<td>(84.7-100.0)</td>
<td>(89.8-98.9)</td>
</tr>
<tr>
<td>Last test appropriately timed</td>
<td>68.8%</td>
<td>76.6%</td>
<td>78.5%</td>
<td>86.9%</td>
<td>90.6%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(58.7-78.9)</td>
<td>(68.2-85.1)</td>
<td>(69.8-76.2)</td>
<td>(77.8-96.0)</td>
<td>(85.4-95.8)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Poverty Below</th>
<th>Poverty Above</th>
<th></th>
<th>&lt;HS</th>
<th></th>
<th>HS</th>
<th></th>
<th>Some College</th>
<th></th>
<th>College Grad</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever had Pap test</td>
<td>91.6%</td>
<td>94.6%</td>
<td></td>
<td>82.0%</td>
<td>90.7%</td>
<td>92.2%</td>
<td>96.5%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(83.5-99.7)</td>
<td>(91.9-97.3)</td>
<td></td>
<td>(68.5-95.4)</td>
<td>85.9-95.5</td>
<td>(87.3-97.2)</td>
<td>(93.6-99.3)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Last test appropriately timed</td>
<td>77.9%</td>
<td>81.7%</td>
<td></td>
<td>60.1%</td>
<td>69.5%</td>
<td>82.8%</td>
<td>87.4%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(65.2-90.5)</td>
<td>(78.0-85.4)</td>
<td></td>
<td>(43.3-76.8)</td>
<td>(62.7-76.3)</td>
<td>(76.6-89.0)</td>
<td>(82.8-91.9)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# Prostate Cancer Screening by Demographics

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>18-24</th>
<th>25-34</th>
<th>35-44</th>
<th>45-54</th>
<th>55-64</th>
<th>65-74</th>
<th>75+</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever had PSA test</td>
<td>64.6%</td>
<td>NA</td>
<td>NA</td>
<td>30.0%</td>
<td>54.7%</td>
<td>81.0%</td>
<td>92.7%</td>
<td>87.4%</td>
<td>64.6%</td>
<td>NA</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(58.7-70.5)</td>
<td>--</td>
<td>--</td>
<td>(15.4-44.7)</td>
<td>(43.4-66.0)</td>
<td>(72.1-89.9)</td>
<td>(67.2-99.2)</td>
<td>(78.2-96.5)</td>
<td>(58.7-70.5)</td>
<td>--</td>
</tr>
</tbody>
</table>

<p>| | | | | | | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Race/Ethnicity</td>
<td>White, Non-Hispanic</td>
<td>Hispanic</td>
<td>Other</td>
<td>NW</td>
<td>NE</td>
<td>Central</td>
<td>SW</td>
<td>SE</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ever had PSA test</td>
<td>63.4%</td>
<td>79.1%</td>
<td>100.0%</td>
<td>68.5%</td>
<td>83.2%</td>
<td>69.3%</td>
<td>59.2%</td>
<td>70.4%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(57.3-69.5)</td>
<td>(58.1-100.0)</td>
<td>--</td>
<td>(56.5-60.4)</td>
<td>(60.5-100.0)</td>
<td>(46.0-92.7)</td>
<td>(51.0-67.4)</td>
<td>(55.6-85.1)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<p>| | | | | | | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Region</td>
<td>NW</td>
<td>NE</td>
<td>Central</td>
<td>SW</td>
<td>SE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ever had PSA test</td>
<td></td>
<td></td>
<td>61.4%</td>
<td></td>
<td>61.4%</td>
<td>70.4%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td></td>
<td></td>
<td>(42.7-80.3)</td>
<td>(44.4-75.0)</td>
<td>(48.1-74.8)</td>
<td>(47.6-75.2)</td>
<td>(60.1-80.6)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<p>| | | | | | | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Income</td>
<td>&lt; $20,000</td>
<td>$20,000 - $34,999</td>
<td>$35,000 - $49,999</td>
<td>$50,000 - $74,999</td>
<td>&gt;= $75,000</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ever had PSA test</td>
<td>61.5%</td>
<td>59.7%</td>
<td>61.4%</td>
<td>61.4%</td>
<td>70.4%</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(42.7-80.3)</td>
<td>(44.4-75.0)</td>
<td>(48.1-74.8)</td>
<td>(47.6-75.2)</td>
<td>(60.1-80.6)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<p>| | | | | | | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Poverty</td>
<td>Below</td>
<td>Above</td>
<td>&lt;HS</td>
<td>HS</td>
<td>Some College</td>
<td>College Grad</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ever had PSA test</td>
<td>68.1%</td>
<td>66.2%</td>
<td>66.3%</td>
<td>60.7%</td>
<td>62.8%</td>
<td>67.1%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(42.2-94)</td>
<td>(59.9-72.5)</td>
<td>(45.4-87.2)</td>
<td>(49.3-72.1)</td>
<td>(51.1-74.6)</td>
<td>(58.2-76.1)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Q7.2: Have you EVER HAD a PSA test? [Males 35+ only]
## Colorectal Screening by Demographics

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

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

Q8.1: Have you ever had either of these exams? [50+ Only]
Q8.2: [If yes] How long has it been since you had your last sigmoidoscopy or colonoscopy?
## Colorectal Screening by Demographics (Cont’d.)

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

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

Q8.1: Have you ever had either of these exams? [50+ Only]
Q8.2: [If yes] How long has it been since you had your last sigmoidoscopy or colonoscopy?
# Oral Health by Demographics

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

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

Q24.1 How long has it been since you last visited a dentist or a dental clinic for any reason? Include visits to dental specialists, such as orthodontists.
Q24.3: How long has it been since you had your teeth cleaned by a dentist or dental hygienist?
Q24.2: How many of your permanent teeth have been removed because of tooth decay or gum disease? Include teeth lost to infection, but do not include teeth lost for other reasons, such as injury or orthodontics.
### Oral Health by Demographics (Cont’d.)

<table>
<thead>
<tr>
<th>No dental visit in past year</th>
<th>&lt; $20,000</th>
<th>$20,000 - $34,999</th>
<th>$35,000 - $49,999</th>
<th>$50,000 - $74,999</th>
<th>$75,000+</th>
</tr>
</thead>
<tbody>
<tr>
<td>95% Confidence Intervals</td>
<td>34.2-53.3</td>
<td>26.3-42.0</td>
<td>18.0-31.4</td>
<td>8.2-18.2</td>
<td>3.6-12.3</td>
</tr>
<tr>
<td>No teeth cleaning in past year</td>
<td>47.0%</td>
<td>37.1%</td>
<td>24.1%</td>
<td>13.8%</td>
<td>8.3%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>37.0-57.0</td>
<td>28.7-45.4</td>
<td>17.2-31.0</td>
<td>8.7-18.9</td>
<td>3.9-12.7</td>
</tr>
<tr>
<td>Six or more missing teeth</td>
<td>14.6%</td>
<td>17.0%</td>
<td>8.0%</td>
<td>5.0%</td>
<td>3.6%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>9.2-20.1</td>
<td>10.7-23.3</td>
<td>4.1-11.8</td>
<td>1.5-8.5</td>
<td>1.8-5.4</td>
</tr>
</tbody>
</table>

### Poverty

<table>
<thead>
<tr>
<th>No dental visit in past year</th>
<th>Below</th>
<th>Above</th>
<th>&lt;HS</th>
<th>HS</th>
<th>Some College</th>
<th>College Grad</th>
</tr>
</thead>
<tbody>
<tr>
<td>95% Confidence Intervals</td>
<td>33.5-58.6</td>
<td>13.8-19.3</td>
<td>30.1-56.4</td>
<td>24.8-36.1</td>
<td>16.8-26.4</td>
<td>6.9-13.5</td>
</tr>
<tr>
<td>No teeth cleaning in past year</td>
<td>53.2%</td>
<td>16.2%</td>
<td>40.3%</td>
<td>29.2%</td>
<td>24.6%</td>
<td>10.7%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>40.3-66.2</td>
<td>13.5-19.0</td>
<td>25.9-54.7</td>
<td>23.5-35.0</td>
<td>19.4-29.8</td>
<td>7.3-14.2</td>
</tr>
<tr>
<td>Six or more missing teeth</td>
<td>16.7%</td>
<td>7.4%</td>
<td>27.4%</td>
<td>11.1%</td>
<td>8.4%</td>
<td>4.9%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>7.7-25.7</td>
<td>5.7-9.1</td>
<td>23.9-50.4</td>
<td>22.0-31.8</td>
<td>22.2-32.3</td>
<td>14.2-22.4</td>
</tr>
</tbody>
</table>

### Education

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

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

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

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Age</th>
<th>Gender</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>18-24</td>
<td>25-34</td>
</tr>
<tr>
<td>Flu shot in past year (65+)</td>
<td>67.9%</td>
<td>NA</td>
<td>NA</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(62.2-73.7)</td>
<td>--</td>
<td>--</td>
</tr>
<tr>
<td>Pneumonia shot (65+)</td>
<td>70.9%</td>
<td>NA</td>
<td>NA</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(65.3-76.6)</td>
<td>--</td>
<td>--</td>
</tr>
</tbody>
</table>

### Race/Ethnicity

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

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

Q20.3: Have you ever had a pneumonia shot? [65+ only]
### Immunizations by Demographics (Cont’d.)

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

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

Q20.1: During the past 12 months, have you had either a seasonal flu shot or a seasonal flu vaccine that was sprayed in your nose? [65+ only]
Q20.3: Have you ever had a pneumonia shot? [65+ only]
## Asthma and Diabetes by Demographics

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Age</th>
<th>Gender</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>18-24</td>
<td>25-34</td>
<td>35-44</td>
</tr>
<tr>
<td>Ever told had asthma</td>
<td>13.5%</td>
<td>20.1%</td>
<td>13.4%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(11.2-15.7)</td>
<td>(12.4-27.7)</td>
<td>(8.1-18.8)</td>
</tr>
<tr>
<td>Still have asthma</td>
<td>8.4%</td>
<td>7.5%</td>
<td>7.9%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(6.6-10.2)</td>
<td>(2.6-12.5)</td>
<td>(3.5-12.2)</td>
</tr>
<tr>
<td>Ever told had diabetes (non-gestational)</td>
<td>7.3%</td>
<td>0.7%</td>
<td>1.6%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(5.8-8.8)</td>
<td>(0.0-2.1)</td>
<td>(0.0-3.4)</td>
</tr>
</tbody>
</table>

### Race/Ethnicity

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

Q9.1: Ever told had asthma?
Q9.2: [If yes] Do you still have asthma?
Q9.10 Has a doctor, nurse, or other health professional EVER told you that you had diabetes?
### Asthma and Diabetes by Demographics (Cont’d.)

#### Income

<table>
<thead>
<tr>
<th>Ever told had asthma</th>
<th>&lt; $20,000</th>
<th>$20,000 - $34,999</th>
<th>$35,000 - $49,999</th>
<th>$50,000 - $74,999</th>
<th>&gt;= $75,000</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>17.9%</td>
<td>16.8%</td>
<td>10.0%</td>
<td>11.4%</td>
<td>11.9%</td>
</tr>
</tbody>
</table>

95% Confidence Intervals: (10.6-25.2) (10.7-22.9) (5.2-14.8) (6.7-16.0) (10.6-25.2)

<table>
<thead>
<tr>
<th>Still have asthma</th>
<th>&lt; $20,000</th>
<th>$20,000 - $34,999</th>
<th>$35,000 - $49,999</th>
<th>$50,000 - $74,999</th>
<th>&gt;= $75,000</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>10.1%</td>
<td>10.0%</td>
<td>5.9%</td>
<td>8.4%</td>
<td>7.7%</td>
</tr>
</tbody>
</table>

95% Confidence Intervals: (5.2-15.3) (4.9-15.2) (2.5-9.4) (4.2-12.5) (4.3-11.1)

<table>
<thead>
<tr>
<th>Ever told had diabetes (non-gestational)</th>
<th>&lt; $20,000</th>
<th>$20,000 - $34,999</th>
<th>$35,000 - $49,999</th>
<th>$50,000 - $74,999</th>
<th>&gt;= $75,000</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>6.9%</td>
<td>10.0%</td>
<td>9.7%</td>
<td>4.2%</td>
<td>7.2%</td>
</tr>
</tbody>
</table>

95% Confidence Intervals: (3.1-10.6) (5.8-14.2) (5.6-13.8) (1.7-6.6) (3.6-10.7)

---

#### Poverty

<table>
<thead>
<tr>
<th>Ever told had asthma</th>
<th>Below</th>
<th>Above</th>
<th>&lt;HS</th>
<th>HS</th>
<th>Some College</th>
<th>College Grad</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>22.8%</td>
<td>12.7%</td>
<td>17.4%</td>
<td>11.3%</td>
<td>14.2%</td>
<td>14.0%</td>
</tr>
</tbody>
</table>

95% Confidence Intervals: (12.5-33.1) (10.3-15.2) (5.5-29.2) (7.8-14.9) (10.1-18.4) (10.1-17.9)

<table>
<thead>
<tr>
<th>Still have asthma</th>
<th>Below</th>
<th>Above</th>
<th>&lt;HS</th>
<th>HS</th>
<th>Some College</th>
<th>College Grad</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>12.1%</td>
<td>8.1%</td>
<td>7.9%</td>
<td>7.2%</td>
<td>8.6%</td>
<td>9.2%</td>
</tr>
</tbody>
</table>

95% Confidence Intervals: (4.4-20.1) (6.2-10.1) (1.6-14.1) (4.3-10.3) (5.4-11.9) (5.9-12.6)

<table>
<thead>
<tr>
<th>Ever told had diabetes (non-gestational)</th>
<th>Below</th>
<th>Above</th>
<th>&lt;HS</th>
<th>HS</th>
<th>Some College</th>
<th>College Grad</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>5.4%</td>
<td>7.8%</td>
<td>12.0%</td>
<td>7.5%</td>
<td>7.2%</td>
<td>6.4%</td>
</tr>
</tbody>
</table>

95% Confidence Intervals: (1.0-9.8) (6.0-9.5) (4.6-19.4) (5.0-10.0) (4.3-10.0) (3.9-9.0)
### Prevalence of Various Conditions by Demographics

<table>
<thead>
<tr>
<th>Ever told you had...</th>
<th>Total</th>
<th>18-24</th>
<th>25-34</th>
<th>35-44</th>
<th>45-54</th>
<th>55-64</th>
<th>65-74</th>
<th>75+</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Heart Attack</strong></td>
<td>2.1%</td>
<td>0.0%</td>
<td>0.0%</td>
<td>0.9%</td>
<td>0.8%</td>
<td>3.3%</td>
<td>7.4%</td>
<td>8.6%</td>
<td>2.7%</td>
<td>1.4%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(1.3-2.8)</td>
<td>--</td>
<td>--</td>
<td>(0.0-2.3)</td>
<td>(0.0-2.2)</td>
<td>(1.0-5.6)</td>
<td>(3.0-11.8)</td>
<td>(3.7-13.6)</td>
<td>(1.5-3.8)</td>
<td>(0.6-2.3)</td>
</tr>
<tr>
<td><strong>Angina/Coronary Heart Disease</strong></td>
<td>3.0%</td>
<td>0.0%</td>
<td>0.0%</td>
<td>1.4%</td>
<td>1.8%</td>
<td>7.5%</td>
<td>9.0%</td>
<td>8.6%</td>
<td>3.8%</td>
<td>2.1%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(2.1-3.9)</td>
<td>--</td>
<td>--</td>
<td>(0.0-3.1)</td>
<td>(0.0-3.8)</td>
<td>(4.0-10.9)</td>
<td>(4.0-14.0)</td>
<td>(2.9-14.3)</td>
<td>(2.3-5.3)</td>
<td>(1.0-3.2)</td>
</tr>
<tr>
<td><strong>Stroke</strong></td>
<td>1.2%</td>
<td>0.0%</td>
<td>0.0%</td>
<td>0.5%</td>
<td>0.7%</td>
<td>3.2%</td>
<td>2.5%</td>
<td>3.9%</td>
<td>1.5%</td>
<td>0.8%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(0.6-1.7)</td>
<td>--</td>
<td>--</td>
<td>(0.0-1.3)</td>
<td>(0.0-2.0)</td>
<td>(0.6-5.9)</td>
<td>(0.3-4.7)</td>
<td>(1.0-6.8)</td>
<td>(0.6-2.4)</td>
<td>(0.2-1.5)</td>
</tr>
<tr>
<td><strong>Skin Cancer</strong></td>
<td>7.3%</td>
<td>0.7%</td>
<td>0.4%</td>
<td>3.0%</td>
<td>4.3%</td>
<td>13.1%</td>
<td>21.5%</td>
<td>27.4%</td>
<td>6.9%</td>
<td>7.6%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(5.9-8.7)</td>
<td>(0.0-1.9)</td>
<td>(0.0-1.2)</td>
<td>(0.5-5.5)</td>
<td>(1.4-7.2)</td>
<td>(8.2-17.9)</td>
<td>(14.7-28.3)</td>
<td>(19.0-35.8)</td>
<td>(4.9-9.0)</td>
<td>(5.7-9.6)</td>
</tr>
<tr>
<td><strong>Other Cancer</strong></td>
<td>5.3%</td>
<td>0.0%</td>
<td>1.3%</td>
<td>0.9%</td>
<td>4.3%</td>
<td>9.2%</td>
<td>13.3%</td>
<td>22.9%</td>
<td>3.4%</td>
<td>7.3%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(4.2-6.4)</td>
<td>--</td>
<td>(0.0-3.0)</td>
<td>(0.0-2.0)</td>
<td>(1.9-6.6)</td>
<td>(5.4-13.1)</td>
<td>(8.0-18.6)</td>
<td>(15.1-30.7)</td>
<td>(2.1-4.8)</td>
<td>(5.4-9.1)</td>
</tr>
<tr>
<td><strong>COPD/Emphysema/Chronic Bronchitis</strong></td>
<td>4.5%</td>
<td>4.5%</td>
<td>0.8%</td>
<td>4.4%</td>
<td>2.3%</td>
<td>8.3%</td>
<td>8.8%</td>
<td>7.1%</td>
<td>4.1%</td>
<td>4.9%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(3.1-5.8)</td>
<td>(0.0-9.0)</td>
<td>(0.0-2.5)</td>
<td>(0.9-7.8)</td>
<td>(0.3-4.2)</td>
<td>(4.3-12.3)</td>
<td>(4.2-13.4)</td>
<td>(2.3-13.9)</td>
<td>(2.3-6.0)</td>
<td>(2.9-6.8)</td>
</tr>
<tr>
<td><strong>Arthritis/Gout/Lupus/Fibromyalgia</strong></td>
<td>23.2%</td>
<td>2.8%</td>
<td>6.7%</td>
<td>14.2%</td>
<td>26.0%</td>
<td>40.2%</td>
<td>47.8%</td>
<td>60.8%</td>
<td>21.4%</td>
<td>25.1%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(20.7-25.7)</td>
<td>(0.1-5.6)</td>
<td>(2.6-10.8)</td>
<td>(8.8-19.6)</td>
<td>(19.2-32.8)</td>
<td>(33.2-47.1)</td>
<td>(39.4-56.1)</td>
<td>(51.8-69.8)</td>
<td>(17.7-25.1)</td>
<td>(21.7-28.5)</td>
</tr>
</tbody>
</table>

Q9.3 to 9.9: Has a doctor, nurse, or other health professional EVER told you that you had any of the following?
<table>
<thead>
<tr>
<th>Ever told you had...</th>
<th>Race/Ethnicity</th>
<th>Region</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>White, Non-Hispanic</td>
<td>Hispanic</td>
</tr>
<tr>
<td>Heart Attack</td>
<td>2.0%</td>
<td>2.7%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(1.3-2.8)</td>
<td>(0.0-5.4)</td>
</tr>
<tr>
<td>Angina/Coronary Heart Disease</td>
<td>3.1%</td>
<td>1.4%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(2.1-4.1)</td>
<td>(0.0-3.3)</td>
</tr>
<tr>
<td>Stroke</td>
<td>1.2%</td>
<td>0.8%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(0.6-1.8)</td>
<td>(0.0-2.2)</td>
</tr>
<tr>
<td>Skin Cancer</td>
<td>8.0%</td>
<td>0.0%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(6.4-9.6)</td>
<td>--</td>
</tr>
<tr>
<td>Other Cancer</td>
<td>5.7%</td>
<td>2.8%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(4.5-7.0)</td>
<td>(0.0-6.2)</td>
</tr>
<tr>
<td>COPD/Emphysema/Chronic Bronchitis</td>
<td>5.0%</td>
<td>0.8%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(3.4-6.5)</td>
<td>(0.0-1.9)</td>
</tr>
<tr>
<td>Arthritis/Gout/Lupus/Fibromyalgia</td>
<td>23.8%</td>
<td>20.9%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(21-26.5)</td>
<td>(12.5-29.2)</td>
</tr>
</tbody>
</table>

Q9.3 to 9.9: Has a doctor, nurse, or other health professional EVER told you that you had any of the following?
### Prevalence of Various Conditions by Demographics (Cont’d.)

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

Q9.3 to 9.9: Has a doctor, nurse, or other health professional EVER told you that you had any of the following?
## Prevalence of Various Conditions by Demographics (Cont’d.)

<table>
<thead>
<tr>
<th>Ever told you had...</th>
<th>Poverty</th>
<th>Education</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Below</td>
<td>Above</td>
</tr>
<tr>
<td>Heart Attack</td>
<td>1.1%</td>
<td>2.1%</td>
</tr>
<tr>
<td></td>
<td>(0.0-2.8)</td>
<td>(1.2-2.9)</td>
</tr>
<tr>
<td>Angina/Coronary Heart Disease</td>
<td>3.4%</td>
<td>3.0%</td>
</tr>
<tr>
<td></td>
<td>(0.0-7.3)</td>
<td>(2.0-4.1)</td>
</tr>
<tr>
<td>Stroke</td>
<td>0.0%</td>
<td>1.1%</td>
</tr>
<tr>
<td></td>
<td>(0.0-0.5)</td>
<td>(0.5-1.7)</td>
</tr>
<tr>
<td>Skin Cancer</td>
<td>0.5%</td>
<td>8.2%</td>
</tr>
<tr>
<td></td>
<td>(0.0-1.5)</td>
<td>(6.4-9.9)</td>
</tr>
<tr>
<td>Other Cancer</td>
<td>3.2%</td>
<td>5.5%</td>
</tr>
<tr>
<td></td>
<td>(0.3-6.2)</td>
<td>(4.2-6.8)</td>
</tr>
<tr>
<td>COPD/Emphysema/Chronic Bronchitis</td>
<td>10.5%</td>
<td>3.4%</td>
</tr>
<tr>
<td></td>
<td>(2.1-18.9)</td>
<td>(2.2-4.5)</td>
</tr>
<tr>
<td>Arthritis/Gout/Lupus/Fibromyalgia</td>
<td>28.1%</td>
<td>24.1%</td>
</tr>
<tr>
<td></td>
<td>(17.6-38.7)</td>
<td>(21.1-27.0)</td>
</tr>
</tbody>
</table>
# Depression by Demographics

<table>
<thead>
<tr>
<th>Total</th>
<th>18-24</th>
<th>25-34</th>
<th>35-44</th>
<th>45-54</th>
<th>55-64</th>
<th>65-74</th>
<th>75+</th>
<th>Gender</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current Major Depression</td>
<td>4.6%</td>
<td>8.3%</td>
<td>7.1%</td>
<td>5.4%</td>
<td>4.5%</td>
<td>0.9%</td>
<td>0.8%</td>
<td>1.0%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(3.2-6.1)</td>
<td>(2.7-13.8)</td>
<td>(2.9-11.4)</td>
<td>(1.6-9.1)</td>
<td>(2.0-7.0)</td>
<td>(0.0-2.2)</td>
<td>(0.0-2.0)</td>
<td>(0.0-2.9)</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Income</th>
<th>&lt; $20,000</th>
<th>$20,000 - $34,999</th>
<th>$35,000 - $49,999</th>
<th>$50,000 - $74,999</th>
<th>&gt;= $75,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current Major Depression</td>
<td>13.0%</td>
<td>10.0%</td>
<td>3.3%</td>
<td>0.6%</td>
<td>0.8%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(6.4-19.6)</td>
<td>(4.7-15.2)</td>
<td>(0.5-6.0)</td>
<td>(0.0-1.7)</td>
<td>(0.0-2.0)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Poverty</th>
<th>Education</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below</td>
<td>Above</td>
</tr>
<tr>
<td>Current Major Depression</td>
<td>18.5%</td>
</tr>
<tr>
<td>95% Confidence Intervals</td>
<td>(8.4-28.5)</td>
</tr>
</tbody>
</table>

Calculated from responses to Q23.1-23.7
2011 Ottawa County Behavioral Risk Factor Survey - Questionnaire

Interviewer’s Script

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

Is this (phone number)?

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

Is this a private residence in Ottawa County?

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

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

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

__ Number of adults

If "1,"
Are you the adult?
If "yes,"
Then you are the person I need to speak with. Enter 1 man or 1 woman below (Ask gender if necessary). Go to “everybody” introduction.
If "no,"
Is the adult a man or a woman? Enter 1 man or 1 woman below. May I speak with [him/her]? Go to "different person" introduction.

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

__ Number of men
__ Number of women

IF there are five or more adults, ask, Is this a private residence or a group home?
If it is a group home, Thank you for your time, but we are only interviewing private residences. STOP
If two to four adults, or a private residence with 5 or more adults, I would like to speak to the adult with the closest birthday. Is that person available? If person doesn’t know the birthdays, continue survey with him or her.

If no, When would be a good time to call to reach that person, and may I ask that person’s first name? Thank you for your time. Enter name and call back information on calling sheet. STOP

Survey Introduction – If a different person:

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

Survey Introduction for everybody:

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

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

Do you have a cell phone, land line phone, or both?
Cell phone only
Land line phone only
Both
Refused

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

1
2
3
4
5 or more
Don’t know
Refused

What is your zip code?

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

Caller: Indicate gender of respondent. Ask only if necessary
Male
Female

May I ask your age?
Caller: Enter age. Enter 999 for refused, and ask follow-up question.

Caller: Choose correct range from previous question. If respondent refused age, say: May I ask what range your age falls in? A few of our questions are age dependent. Are you...
Section 1: Health Status

1.1 Would you say that in general your health is…

Please read:
1 Excellent
2 Very good
3 Good
4 Fair
Or
5 Poor
98 Don’t know / Not sure (Do not read)
99 Refused (Do not read)

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

2.1 Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?
(Caller: use 0 (zero) for “none”, 98 for “don’t know/not sure”, 99 for refused)
_ _ Number of days

2.2 Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?
2.3 During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?  
(Caller: use 0 (zero) for “none”, 98 for “don’t know/not sure”, 99 for refused)  
_ _ Number of days  
[If Q2.1 and Q2.2 = 0 (None), go to Section 3]

2.4. During the past 30 days, for about how many days did pain make it hard for you to do your usual activities, such as self-care, work, or recreation?  
(Caller: use 0 (zero) for “none”, 98 for “don’t know/not sure”, 99 for refused)  
_ _ Number of days

Section 3: Health Care Access

3.1 Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare or Indian Health Services?  
1 Yes  
2 No  
98 Don’t know / Not sure  
99 Refused  
[Go to Q3.2]

3.1a Do you personally have Medicaid or Medicare Insurance?  
(Caller: If initial response is “Yes”, probe for which type or both.)  
1 Yes, Medicaid only  
2 Yes, Medicare only  
3 Yes, both Medicaid and Medicare  
4 No  
98 Don’t know / Not sure  
99 Refused  
[Go to Q3.3]

3.2 If you do not have health insurance is it because you (mark all that apply):  
1 Were dropped by insurance company
2 Lost employment
3 No longer qualify for Medicaid
4 Cannot pay for it
5 Were denied due to pre-existing condition
8 8 Other ___________________  98  Don’t know / Not sure
9 9 Refused

3.3 Do you have one person you think of as your personal doctor or health care provider?
Caller: If initial response is “No,” ask: “Is there more than one, or is there no person who you think of as your personal
doctor or health care provider?”
   1 Yes, only one
   2 More than one
   3 No
   98 Don’t know / Not sure
   99 Refused

3.4 In the past 12 months, have you had problems getting needed health care?
   1 Yes  [Go to Q3.5]
   2 No  [Go to Q3.6]
   98 Don’t know / Not sure
   99 Refused

3.5 Please provide the reason(s) for the difficulty in getting healthcare. (mark all that apply)
   1 Health care provider not available
   2 Lack of insurance
   3 Health care provider would not accept your insurance
   4 Insurance would not approve/pay for care
   5 Cannot afford co-pay or deductible
   6 Lack of transportation
   7 Language barriers
   8 Cannot afford to pay for health care
   9 Cannot understand my doctor
   88 Other __________
   98 Don’t know / Not sure
   99 Refused
3.6 About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition.
   1 Within past year (anytime less than 12 months ago)
   2 Within past 2 years (1 year but less than 2 years ago)
   3 Within past 5 years (2 years but less than 5 years ago)
   4 5 or more years ago
   97 Never
   98 Don't know / Not sure
   99 Refused

3.7 Within the past 12 months, when seeking health care, do you feel your experiences were worse than, the same as, or better than for people of other races?
   **Caller:** If the respondent indicates that they do not know about other people’s experiences when seeking health care, say:
   “This question is asking about your perceptions when seeking health care. It does not require specific knowledge about other people’s experiences.”
   1 Worse than other races
   2 The same as other races
   3 Better than other races
   4 Worse than some races, better than others (Do not read)
   5 Only encountered people of the same race (Do not read)
   6 No health care in past 12 months (Do not read)
   98 Don’t know / Not sure (Do not read)
   99 Refused (Do not read)

Section 4: Hypertension Awareness

4.1 Have you EVER been told by a doctor, nurse, or other health professional that you have high blood pressure?
   **Caller:** If “Yes” and respondent is female, ask: “Was this only during a pregnancy?”
   **Read only if necessary:** By “other health professional” we mean a nurse practitioner, a physician’s assistant, social worker, or some other licensed professional.
   1 Yes
   2 Yes, but female told only during pregnancy
   3 No
Section 5: Cholesterol Awareness

5.1 Blood cholesterol is a fatty substance found in the blood. Have you EVER had your blood cholesterol checked?
   1 Yes
   2 No [Go to next appropriate section - gender/age]
   77 Don’t know / Not sure [Go to next appropriate section - gender/age]
   99 Refused [Go to next appropriate section - gender/age]

5.2 About how long has it been since you last had your blood cholesterol checked?
   (Caller: Read only if necessary)
   1 Within the past year (anytime less than 12 months ago)
   2 Within the past 2 years (1 year but less than 2 years ago)
   3 Within the past 5 years (2 years but less than 5 years ago)
   4 5 or more years ago
   98 Don’t know / Not sure (Do not read)
   99 Refused (Do not read)

5.3 Have you EVER been told by a doctor, nurse or other health professional that your blood cholesterol is high?
   1 Yes
   2 No
   98 Don’t know / Not sure
   99 Refused

Section 6: Breast/Cervical Cancer Screening

(Females only)

The next questions are about breast and cervical cancer screening.
6.1 A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?

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

[Go to Q6.3]

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

**Caller: read answers only if necessary**

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

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

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

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

**Caller: read answers only if necessary**

1 Within the past year (anytime less than 12 months ago)
2 Within the past 2 years (1 year but less than 2 years ago)
3 Within the past 3 years (2 years but less than 3 years ago)
4 Within the past 5 years (3 years but less than 5 years ago)
5 5 or more years ago
98 Don't know / Not sure (Do not read)
99 Refused (Do not read)
**Section 7: Prostate Cancer Screening**

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

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

7.1 A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. Has a doctor EVER recommended that you have a PSA test?
   1 Yes
   2 No
   98 Don't Know / Not sure
   99 Refused

7.2 Have you EVER HAD a PSA test?
   1 Yes
   2 No
   98 Don't Know / Not sure
   99 Refused

**Section 8: Colorectal Cancer Screening**

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

8.1 Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the colon for signs of cancer or other health problems. Have you ever had either of these exams?
   1 Yes
   2 No
   98 Don't know / Not sure
   99 Refused

8.2 How long has it been since you had your last sigmoidoscopy or colonoscopy?
   caller: read answers only if necessary
   1 Within the past year (anytime less than 12 months ago)
Section 9: Chronic Health Conditions

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

9.1 Ever told you had asthma?
   1 Yes [Go to Q9.10]
   2 No [Go to Q9.10]
   98 Don’t know / Not sure [Go to Q9.10]
   99 Refused [Go to Q9.10]

9.2 Do you still have asthma?
   1 Yes [Go to Section 11: Chronic Disease Management Module]
   2 No
   98 Don’t know / Not sure
   99 Refused

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

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

   If respondent says pre-diabetes or borderline diabetes, use response code “No, pre-diabetes or borderline diabetes”
   1 Yes [Go to Section 10: Diabetes Module]
   2 Yes, but female told only during pregnancy
   3 No
4 No, pre-diabetes or borderline diabetes
98 Don’t know / Not sure
99 Refused

Section 10: Diabetes:

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

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

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

<table>
<thead>
<tr>
<th>No.</th>
<th>Condition</th>
<th>Yes</th>
<th>No</th>
<th>Don’t know/ Not sure</th>
<th>Refused</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.3</td>
<td>A heart attack also called a myocardial infarction</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9.4</td>
<td>Angina or coronary heart disease</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9.5</td>
<td>A stroke</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9.6</td>
<td>Skin cancer</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9.7</td>
<td>Any other types of cancer</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9.8</td>
<td>COPD (chronic obstructive pulmonary disease), emphysema or chronic bronchitis</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

   Caller: Arthritis diagnoses include:
   • rheumatism, polymyalgia rheumatica
   • osteoarthritis (not osteoporosis)
   • tendonitis, bursitis, bunion, tennis elbow
   • carpal tunnel syndrome, tarsal tunnel syndrome
• joint infection, Reiter’s syndrome
• ankylosing spondylitis; spondylosis
• rotator cuff syndrome
• connective tissue disease, scleroderma, polymyositis, Raynaud’s syndrome
• vasculitis (giant cell arteritis, Henoch-Schonlein purpura, Wegener’s granulomatosis, polyarteritis nodosa)

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

Section 11: Chronic Disease Management:

11.1 You said that a medical professional has told you that you have or have had [INSERT DISEASE NAME]. During the last 12 months, have you gotten information about how to take care of your [INSERT DISEASE NAME]?
   1 Yes
   2 No [skip to question 11.3]
   98 Don’t know/not sure [skip to question 11.3]
   99 Refused [skip to question 11.3]

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

11.2 During the last 12 months, where did you get information about taking care of your [CATI NOTE: fill in first illness from previous question – heart attack, diabetes, asthma, heart disease, stroke...]?
   (Check all that apply)
   1 A doctor or health professional?
   2 Family or friends?
   3 A TV show or radio program?
   4 The Internet?
   5 A book, magazine, or other publication?
   6 A group class?
   7 Some other source ____________________ (Do not read)
   99 Refused
11.3 Having an illness often means doing different tasks and activities to manage your condition. How confident are you that you can do all the things necessary to manage your condition(s) on a regular basis?

(Read answer options)
1. Not at all confident
2. A little confident
3. Moderately confident
4. Very confident
98 Don’t know / Not sure (Do not read)
99 Refused (Do not read)

Section 12: Tobacco Use

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

Caller: 5 packs = 100 cigarettes
1. Yes
2. No
3. Never smoked at all
98 Don’t know / Not sure
99 Refused

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

Caller: snus (rhymes with ‘goose’, Swedish for snuff) is a moist smokeless tobacco, usually sold in small pouches that is placed under the lip against the gum.
1. Every day
2. Some days
3. Not at all
98 Don’t know/ Not sure
99 Refused

12.3 Do you now smoke cigarettes everyday, some days, or not at all?
1. Everyday
2 Some days
3 Not at all
98 Don’t know / Not sure
99 Refused

12.4 During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?
   1 Yes
   2 No
   98 Don’t know / Not sure
   99 Refused

Section 13: Demographics

13.2a Are you Hispanic or Latino?
   1 Yes
   2 No
   98 Don’t know / Not sure
   99 Refused

13.2b Are you of Arab or Chaldean origin?
   1 Yes
   2 No
   98 Don’t know / Not sure
   99 Refused

13.3 Which one or more of the following would you say is your race?
   (Mark all that apply. Please read)
   1 White
   2 Black or African American
   3 Asian
   4 Native Hawaiian or Other Pacific Islander
   5 American Indian or Alaska Native
   6 Other [please specify]______________ (Do not read)
88 No additional choices (Do not read)
98 Don’t know / Not sure (Do not read)
99 Refused (Do not read)

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

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

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

1. White
2. Black or African American
3. Asian
4. Native Hawaiian or Other Pacific Islander
5. American Indian or Alaska Native
6. Other [specify] __________________

98 Don’t know / Not sure (Do not read)
99 Refused (Do not read)

13.5 What is your marital status? Are you…?

Please read:

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

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

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

________ (textbox)

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

Read only if necessary:

1. Never attended school or only attended kindergarten
2. Grades 1 through 8 (Elementary)
3. Grades 9 through 11 (Some high school)
4. Grade 12 or GED (High school graduate)
5. College 1 year to 3 years (Some college or technical school)
6. College 4 years or more (College graduate)
99 Refused (Do not read)

13.8 Are you currently…?
Caller: If the respondent states they are retired, but still working, please code them as being employed. Only code retired, if they are not working at all.
Please read:
1 Employed for wages
2 Self-employed
3 Out of work for more than 1 year
4 Out of work for less than 1 year
5 A Homemaker
6 A Student
7 Retired
8 Unable to work
99 Refused (Do not read)

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

1 Yes
2 No
98 Don’t know
99 Refused

IF YES,
--Is it less than $20,000? ($15,000 to less than $20,000)
1 Yes – ask next question
2 No
98 Don’t know
99 Refused

--Is it less than $15,000? ($10,000 to less than $15,000)
1 Yes – ask next question
2 No
97 Answered “no”, “don’t know”, or “refused” above
98 Don’t know
99 Refused

--Is it less than $10,000? (Less than $10,000)
1 Yes
2 No
3 Answered “no”, “don’t know”, or “refused” above
98 Don’t know
99 Refused

**IF NO to first income question**
--Is it more than $35,000? ($25,000 to less than $35,000)
  1 Yes
  2 No – ask next question
  98 Don’t know
  99 Refused

--Is it less than $50,000? ($35,000 to less than $50,000)
  1 Yes
  2 No – ask next question
  3 Answered “yes”, “don’t know”, or “refused” above
  98 Don’t know
  99 Refused

--Is it less than $75,000? ($50,000 to less than $75,000)
  1 Yes
  2 No – ask next question
  3 Answered “yes”, “don’t know”, or “refused” above
  98 Don’t know
  99 Refused

--Is it $75,000 or more?
  1 Yes
  2 No
  3 Answered “yes”, “don’t know”, or “refused” above
  98 Don’t know
  99 Refused

**13.10 About how much do you weigh without shoes?**

**Caller:** Enter whole number only – round fractions UP.
IF answer is in metric (kilograms) check box below
Use 8888 for Don’t know/ Not sure, 9999 for Refused
(If refused or hesitant, try to talk them into giving an answer – anonymous and confidential, necessary to get accurate information on health of county.)

________ (textbox)

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

13.11 About how tall are you without shoes?

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

Feet ___
Inches ___

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

13.13 Do you own or rent your home?

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

1 Own
2 Rent
3 Other arrangement
98 Don’t know / Not sure
99 Refused

13.15 To your knowledge, are you now pregnant?  
(Only asked of females < 45 years old)

1 Yes [Go to Q25.1]
2 No [Go to next section]
98 Don’t know / Not sure [Go to next section]
99 Refused [Go to next section]
Section 25: Pregnancy

25.1 Are you currently receiving prenatal care?
   1 Yes
   2 No (Go to 25.3)
   98 Don’t know / Not sure
   99 Refused

25.2 When did you start receiving prenatal care?
   1 In your 1st trimester
   2 In your 2nd trimester
   3 In your 3rd trimester
   97 Never
   98 Don’t know / Not sure
   99 Refused

25.3 Are you currently taking a vitamin pill or supplement that contains folic acid?
   1 Yes
   2 No
   98 Don’t know / Not sure
   99 Refused

Section 14: Fruits and Vegetables

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

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

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

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

Do not include vegetable juices such as tomato and V8.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Do not include iceberg (head) lettuce.

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

1 _ _ Per day  
2 _ _ Per week  
3 _ _ Per month  
4 _ _ Per year  
97 Never  
98 Don’t know / Not sure  
99 Refused
14.4 During the past month, how many times per day, week, or month did you eat orange colored vegetables such as sweet potatoes, pumpkin, winter squash, or carrots?

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

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

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

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

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

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

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

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

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

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

Read only if needed: “Do not count vegetables you have already counted and do not include fried potatoes.”
Include corn, peas, tomatoes, okra, beets, cauliflower, bean sprouts, avocado, cucumber, onions, peppers (red, green, yellow, orange); all cabbage including American-style coleslaw; mushrooms, snap peas, snow peas, broad beans, string, wax-, or pole-beans.

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

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

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

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

Do not include rice or other grains.

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

**Section 15: Sugar Sweetened Beverages and Menu Labeling**

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

1 __ Times per day
2 __ Times per week
3 __ Times per month
97 Never
98 Don't know / Not sure
99 Refused
15.2 About how often do you drink sweetened drinks, such as Kool-aid, cranberry, and lemonade? Include fruit drinks you made at home and added sugar to.
   1 _ _ Times per day
   2 _ _ Times per week
   3 _ _ Times per month
   97 Never
   98 Don't know / Not sure
   99 Refused

15.3 The next question is about eating out at fast food and chain restaurants. When calorie information is available in the restaurant, how often does this information help you decide what to order?
   Please read:
   1 Always
   2 Most of the time
   3 About half the time
   4 Sometimes
   5 Never
   6 Never noticed or never looked for calorie information (Do not read)
   8 Usually cannot find calorie information (Do not read)
   55 Do not eat at fast food or chain restaurants (Do not read)
   98 Don't know / Not sure (Do not read)
   99 Refused (Do not read)

Section 16: Exercise (Physical Activity)

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

16.1 When you are at work, which of the following best describes what you do? Would you say ...
   1 Mostly sitting
   4 Mostly standing
   2 Mostly walking
   3 Mostly heavy labor or physically demanding work
   98 Don’t know/ Not sure (Do not read)
   99 Refused (Do not read)

The next few questions are about exercise, recreation, or physical activities other than your regular job duties.
Caller: If respondent does not have a “regular job duty” or is retired, they may count the physical activity or exercise they spend the most time doing in a regular month.

16.2 During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?
   1 Yes
   2 No [Go to Q16.5]
   98 Don’t know / Not sure [Go to Q16.5]
   99 Refused [Go to Q16.5]

16.3 How many times per week or per month did you take part in physical activity during the past month?
   1 __ Times per week
   2 __ Times per month
   98 Don’t know / Not sure
   99 Refused

16.4 And when you took part in physical activity, for how many minutes or hours did you usually keep at it?
   1 __ Hours
   2 __ Minutes
   98 Don’t know / Not sure
   99 Refused

16.5 During the past month, how many times per week or per month did you do physical activities or exercises to STRENGTHEN your muscles? Do NOT count aerobic activities like walking, running, or bicycling. Count activities using your own body weight like yoga, sit-ups or push-ups and those using weight machines, free weights, or elastic bands.
   1 __ Times per week
   2 __ Times per month
   97 Never
   98 Don’t know / Not sure
   99 Refused
Section 17: Disability

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

17.1 Are you limited in any way in any activities because of physical, mental, or emotional problems?
   1 Yes
   2 No
   98 Don’t know / Not Sure
   99 Refused

17.2 Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?
   **Caller: Include occasional use or use in certain circumstances.**
   1 Yes
   2 No
   98 Don’t know / Not Sure
   99 Refused

Section 18: Arthritis Burden

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

18.1 Are you now limited in any way in any of your usual activities because of arthritis or joint symptoms?
   **Caller: If a question arises about medications or treatment, then the interviewer should say: “Please answer the question based on your current experience, regardless of whether you are taking any medication or treatment.”**
   1 Yes
   2 No
   98 Don’t know / Not sure
   99 Refused
Section 19: Seatbelt Use

19.1 How often do you use seat belts when you drive or ride in a car? Would you say—
   1 Always
   2 Nearly always
   3 Sometimes
   4 Seldom
   5 Never
   88 Don’t know / Not sure (Do not read)
   98 Never drive or ride in a car (Do not read)
   99 Refused (Do not read)

Section 20: Immunization

20.1 Now I will ask you questions about the seasonal flu. There are two ways to get the season flu vaccine, one is a shot the arm and the other is a spray, mist, or drop in the nose called Flumist. During the past 12 months, have you had either a seasonal flu shot or a seasonal flu vaccine that was sprayed in your nose?
   1 Yes
   2 No [Go to Q20.3]
   88 Don’t know / Not sure [Go to Q20.3]
   99 Refused [Go to Q20.3]

20.2 At what kind of place did you get your last seasonal flu shot/vaccine?
   (Caller: If they say “work” and “hospital” or “doctor’s office” because they work there, choose “work” as answer.)
   1 A doctor’s office or health maintenance organization (HMO)
   2 A health department
   3 Another type of clinic or health center (Example: a community health center)
   4 A senior, recreation, or community center
   5 A store (Examples: supermarket, drug store)
   6 A hospital (Example: inpatient)
   7 An emergency room
   8 Workplace
   9 Some other kind of place
   10 Received vaccination in Canada/Mexico (Do not read)
   11 A school
29

Don’t know / Not sure (Probe: “How would you describe the place where you went to get your most recent flu vaccine?”)

Refused (Do not read)

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

Yes

No

Don’t know / Not sure

Refused

Section 21: Alcohol Consumption

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

Days per week

Days in past 30 days

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

Don’t know / Not sure [Go to next section]

Refused [Go to next section]

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

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

Number of drinks

Don’t know / Not sure

Refused

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

Number of times

None

Don’t know / Not sure

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

   ___ Number of drinks

   98 Don’t know / Not sure
   99 Refused

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

   1 Yes
   2 No

   98 Don’t know / Not sure
   99 Refused

Section 22: Emotional Support and Life Satisfaction

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

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

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

   Please read:

   1 Always
   2 Usually
   3 Sometimes
   4 Rarely
   5 Never

   98 Don’t know / Not sure (Do not read)
   99 Refused (Do not read)

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

   Please read:

   1 Very satisfied
   2 Satisfied
   3 Dissatisfied
   4 Very dissatisfied

   98 Don’t know / Not sure (Do not read)
Section 23: Anxiety/Depression

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

23.1 Over the last 2 weeks, how many days have you had little interest or pleasure in doing things?
   _ _ 01–14 days (specify)
   97 None
   98 Don’t know / Not sure
   99 Refused

23.2 Over the last 2 weeks, how many days have you felt down, depressed or hopeless?
   _ _ 01–14 days (specify)
   97 None
   98 Don’t know / Not sure
   99 Refused

23.3 Over the last 2 weeks, how many days have you had trouble falling asleep or staying asleep or sleeping too much?
   _ _ 01–14 days (specify)
   97 None
   98 Don’t know / Not sure
   99 Refused

23.4 Over the last 2 weeks, how many days have you felt tired or had little energy?
   _ _ 01–14 days (specify)
   97 None
   98 Don’t know / Not sure
   99 Refused

23.5 Over the last 2 weeks, how many days have you had a poor appetite or eaten too much?
   _ _ 01–14 days (specify)
   97 None
23.6 Over the last 2 weeks, how many days have you felt bad about yourself or that you were a failure or had let yourself or your family down?
   ___ 01–14 days (specify)
   97 None
   98 Don’t know / Not sure
   99 Refused

23.7 Over the last 2 weeks, how many days have you had trouble concentrating on things, such as reading the newspaper or watching the TV?
   ___ 01–14 days (specify)
   97 None
   98 Don’t know / Not sure
   99 Refused

23.8 Has a doctor or other healthcare provider EVER told you that you have an anxiety disorder (including acute stress disorder, anxiety, generalized anxiety disorder, obsessive-compulsive disorder, panic disorder, phobia, posttraumatic stress disorder, or social anxiety disorder)?
   1 Yes
   2 No
   98 Don’t know / Not sure
   99 Refused

23.9 Has a doctor or other healthcare provider EVER told you that you have a depressive disorder (including depression, major depression, dysthymia, or minor depression)?
   1 Yes
   2 No
   98 Don’t know / Not sure
   99 Refused
Section 24: Oral Health

24.1 How long has it been since you last visited a dentist or a dental clinic for any reason? Include visits to dental specialists, such as orthodontists. Read answers only if necessary:
1 Within the past year (anytime less than 12 months ago)
2 Within the past 2 years (1 year but less than 2 years ago)
3 Within the past 5 years (2 years but less than 5 years ago)
4 5 or more years ago
97 Never (Do not read)
98 Don't know / Not sure (Do not read)
99 Refused (Do not read)

24.2 How many of your permanent teeth have been removed because of tooth decay or gum disease? Include teeth lost to infection, but do not include teeth lost for other reasons, such as injury or orthodontics.
Caller: If wisdom teeth are removed because of tooth decay or gum disease, they should be included in the count for lost teeth.
Caps and Crowns do not count as being removed.
1 1 to 5
2 6 or more but not all
3 All
97 None
98 Don’t know / Not sure
99 Refused

24.3 How long has it been since you had your teeth cleaned by a dentist or dental hygienist? Read answers only if necessary:
1 Within the past year (anytime less than 12 months ago)
2 Within the past 2 years (1 year but less than 2 years ago)
3 Within the past 5 years (2 years but less than 5 years ago)
4 5 or more years ago
97 Never (Do not read)
98 Don’t know / Not sure (Do not read)
99 Refused (Do not read)
24.4 In the past 12 months, have you had problems getting needed dental care?
   1 Yes [Go to Q24.5]
   2 No [Go to closing]
   98 Don't know / Not sure
   99 Refused

24.5 Please provide the reason(s) for the difficulty in getting dental care. (Mark all that apply)
   1 Dentist or dental hygienist not available
   2 Lack of insurance
   3 Dental care provider would not accept your insurance
   4 Insurance would not approve/pay for care
   5 Cannot afford co-pay or deductible
   6 Lack of transportation
   7 Language barriers
   8 Cannot afford to pay for dental care
   9 Cannot understand my dentist
   97 None
   10 Other _____
   98 Don’t know / Not sure
   99 Refused

Closing Statement: That is my last question. Everyone’s answers will be combined to give us information about the health practices of people in this county. Would you like to have the telephone number at the Ottawa County Health Department to get more information about this survey?

If yes: It is 616-494-5598.
Thank you very much for your time and cooperation.