

# 2019 Physical Health Adult Status Questionnaire

Buffalo County Community Partners

Prepared by  
Dr. Diane L. Duffin  
Dr. Satoshi Machida  
Dr. Charles Rowling  
Department of Political Science  
University of Nebraska at Kearney



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## Executive Summary

This survey finds that residents of Buffalo County generally enjoy good mental and physical health. However, the survey does find patterns indicating specific demographic segments of the community suffer more from physical maladies or risk factors leading to future health complications.

In the field of **general health**, the survey reveals that most of the respondents tend to enjoy well-being. As respondents' answers to various questions suggest, the majority of them said that their health is in a good condition, allowing them to engage in their regular activities most of the time. While the majority of the respondents mention they are healthy, a closer look at different demographic segments of the sample reveals some tendencies regarding respondents' general health. For instance, age seems to be one of the most important factors that determines respondents' general well-being. Although it is somewhat counter-intuitive, younger respondents to the survey are more likely to be affected by poor physical or mental health (Table 2.5, Table 2.6). Older people tend to be more active in their daily lives (Table 2.5) though older respondents sometimes find it difficult to engage in activities that require physical strength (Table 2.11). Age also affects respondents' behavior with respect to sun safety. The survey finds younger respondents more likely to experience sunburn (Table 2.21). When it comes to sun safety, income also seems to influence respondents' behavior. As income levels rise, respondents are less likely to have experienced sunburn, suggesting a possible relationship between economic status and awareness of healthy sun habits (Table 2.22). In a different field, the survey indicates a close relationship between income and hours of sleep among respondents. Those with lower income tend to get fewer hours of sleep (Table 2.17). Finally, there is a possibility that respondents' ethnic background may affect their well-being. The survey indicates that Hispanic respondents are more likely to suffer from mental health issues (Table 2.7).

Regarding **mental health**, the survey paints a complex picture. At a glance, a large portion of respondents seem to be free from mental health problems. However, a close look at the survey data shows some important tendencies. Age is an important factor influencing respondents' mental health. Generally speaking, the survey indicates that younger respondents, rather than older ones, tend to suffer from stress, depression, anxiety, or emotional problems (Table 3-2, Table 3.5, Table 3.8, Table 3.11, Table 3.13, Table 3.16). This pattern persists throughout the mental health section of the survey. In addition to age, respondents' educational attainments seem to correlate to their mental health. For example, respondents with lower educational attainment also seem less likely to suffer from mental health issues (Table 3.3, Table 3.6, Table 3.9, Table 3.17). Another important finding is that those respondents who make more than \$75,000 tend to express high levels of satisfaction with their lives (Table 3-19).

Questions pertaining to **access to care** indicate important dynamics regarding this matter. The survey indicates that close to 95% of the respondents have some kind of health coverage (Table 4.1). Yet, the data also indicate that access to care is closely related to various demographic and socio-economic statuses. The data show that age is an important attribute determining one's access to health care. The general tendency observed in the survey is that

the younger respondents are, the less access they tend to have to health care (Table 4.2, Table 4.7). In similar fashion, evidence shows that income is closely related to access to care. As expected, those with higher income are more likely to have access to health care, and this is consistent across different survey questions (Table 4.3, Table 4.8, Table 4.15). Also, the data indicate that education is closely related to access to care. The more educated respondents are, the more access they tend to have to health care (Table 4.4). Similarly, evidence shows that education makes it easier for respondents to understand the information that health professionals provide (Table 4.20). In addition to these variables, gender seems to influence access to care among respondents. Findings from the survey suggest that female respondents tend to see their health professionals more consistently (Table 4.9, Table 4.16). Finally, the survey reveals that one's racial and ethnic backgrounds are closely related to access to care. Those respondents who are non-white or Hispanic tend to have less access to health care (Table 4.5, Table 4.12, Table 4.13, Table 4.17).

Among the **diagnosed health conditions** queried on the survey, the data indicate that there are some major symptoms and diseases that residents in Buffalo County tend to suffer from as follows: Arthritis, rheumatoid arthritis, gout, lupus or fibromyalgia (15.1%), depressive disorder (19.2%), anxiety disorder (13.0%), Cancer (8.1%), asthma (15.0%), and diabetes (8.6%) (Table 5.1, Table 5.2, Table 5.4, Table 5.7). A closer look at the data reveals that some of the demographic factors are closely related to these symptoms and diseases. For instance, the data suggest that female respondents are more likely to suffer from asthma than male respondents (Table 5.5). Among those diagnosed with diabetes, a number of demographic variables appear relevant, as diabetes is more prevalent among older (Table 5.8), low-income (Table 5.9), and less-educated (Table 5.10) segments of the sample. These findings clearly indicate the importance of socioeconomic factors in accounting for respondents' health conditions. Key to improving well-being among residents in Buffalo County is to accurately understand the relationship between these socioeconomic factors and health conditions among respondents.

Regarding respondents' **dietary habits**, the survey reveals critical dynamics among a wide range of issues. One subject that stood out concerns sugary beverages. While approximately half of the respondents have not had any soda or pop during the past 30 days, the other half of the respondents tend to have soda or pop on a regular basis (Table 6.8). Demographic factors are closely related to this item. The survey indicates a relationship between age and respondents' habit to drink soda or pop. While younger respondents tend to drink soda or pop regularly, older respondents tend to stay away from this habit (Table 6.9). Gender is also closely related to this matter. Male respondents are more likely to drink soda or pop regularly than female respondents (Table 6.10). The same patterns hold for the issue regarding sugar-sweetened fruit drinks, sweet tea, and sport or energy drinks. Evidence shows that younger respondents are more likely to have these drinks (Table 6.13). Similarly, male respondents display the tendency to consume these products on a regular basis while female respondents stay away from them (Table 6.15). Finally, education affects respondents' habit to consume soda, pop or sugar-sweetened drinks. Those respondents with higher educational attainments are less likely to have these drinks in their lives (Table 6.14). This may be due to the fact that

education increases respondents' knowledge on dietary issues. These findings suggest that various demographic factors determine respondents' dietary habits.

Survey questions examining respondents' **physical activity** reveal important tendencies among respondents. Overall, the majority of the respondents actively engage in various physical activities (Table 7.4). A closer look at the data indicates that demographic variables critically matter in determining levels of physical activity among respondents. Evidence shows that those who are younger tend to go to local parks or recreation centers for exercise (Table 7.8). At the same time, the data also indicate that younger respondents spend longer hours on their computers (Table 7.12). Although these two findings seem to be contradictory, they capture the lifestyle that young respondents tend to have. In addition to age, the survey shows that gender relates to physical activity, with female respondents exercising more in local parks or recreation centers (Table 7.9). In addition, income affects levels of physical activity among respondents. As respondents' income levels rise, they are more likely to engage in various physical activities (Table 7.5). Finally, the data reveal that education is closely related to levels of physical activity. Those with higher educational attainments are more likely to engage in various physical activities beyond their regular jobs (Table 7.6).

Finally, the survey asks respondents about their **tobacco use**. The results reveal that the smoking habit is not very common among residents in Buffalo County, with a large majority (71.7%) of respondents never having smoked 100 cigarettes (Table 8.1). Of those who have smoked, evidence indicates that those respondents who have bachelor's degree or higher are less likely to smoke (Table 8.2). Also, gender clearly affects respondents' behavior on this matter, showing that male respondents are more likely to smoke than female respondents (Table 8.3).

# Methodology

## Survey Instrument

The survey instrument was developed by Buffalo County Community Partners, in consultation with the research team from UNK Political Science. Most questions were modeled on the Center for Disease Control and Prevention's Behavioral Risk Factor Surveillance System, and were consistent with questions asked on past iterations of the Buffalo County ABRFS.

The questionnaire was translated into Spanish by a native Spanish speaker, then evaluated and adjusted for dialectical differences by both native speakers and individuals who pursued formal Spanish-language study. Both the English- and Spanish-language versions were accessible through the same link.

The survey was constructed for online delivery in SurveyMonkey. Questionnaires in SurveyMonkey are optimized for use on portable devices, such as smartphones and tablets.

The full, English-language version of the questionnaire is reproduced in Appendix A.

## Data Collection Process

The survey opened with a soft launch on 5 March, 2019. At that time, volunteers and coalition members of Buffalo County Community Partners were sent the link, invited to complete the survey and to share it with friends. On 11 March, 2019, Buffalo County Community Partners launched its full communications campaign.

Communications consisted of news coverage, e-mail, social media and word-of-mouth. Over March and April, posters and postcards were developed (in English and Spanish) for distribution at supporting institutions.

Researchers from UNK conducted in-person survey collection at the Peterson Senior Activity Center, community dinners organized by the Jubilee Center, Brookdale Northridge Senior Assisted Living Center, Parker Hannefin, Kearney Public Schools' Migrant Families Group, BCCP's Diabetes Screening at St. James Catholic Church, and various student organization meetings.

The survey was closed on 21 June, 2019

## Responses

The gross number of responses totaled 833. Of those, 35 were considered invalid. A valid response was one in which the respondent answered one or more substantive questions. The net number of valid responses was 798. 13 of those were obtained from the Spanish-language version of the survey.

## Data Cleaning and Weighting

The raw data are recorded and stored at SurveyMonkey.com. In addition, they were downloaded in SPSS format, and are stored on computers in the Department of Political Science at the University of Nebraska at Kearney. A copy of the SPSS data file has also been shared with staff of Buffalo County Community Partners.

Responses from the English and Spanish-language versions were cleaned separately and then combined into one dataset. In addition to removing invalid responses, the data cleaning involved converting height and weight information into pounds and inches and calculating each respondent's Body Mass Index (BMI).

Data on the demographic variables for age, race, gender, income and education were weighted to reflect the distribution of those variables among Buffalo County residents as reported in the most recent US Census (2010).

## Contact Information

Any questions regarding this report or the data collected can be directed to the Department of Political Science at the University of Nebraska at Kearney by calling 308-865-8506 or by sending an e-mail to Diane Duffin at [duffind@unk.edu](mailto:duffind@unk.edu), Satoshi Machida at [machidas1@unk.edu](mailto:machidas1@unk.edu) or Charles Rowling at [rowlingc@unk.edu](mailto:rowlingc@unk.edu)

# Major Findings

## Section 1: General Demographics and Personal Characteristics

This chapter analyzes the demographic characteristics of the respondents from various perspectives. Each of the tables included in this series presents one demographic variable queried in the survey.

**Table 1.1. Communities Represented in the Sample**

Community	N	%
All Kearney Zip Codes	700	85.7%
Amherst	11	1.3%
Elm Creek	14	1.7%
Gibbon	17	2.1%
Miller	2	0.2%
Odessa	0	0%
Pleasanton	21	2.6%
Ravenna	16	2.0%
Total	764	97.7%

**Table 1.2. Respondents' Sex. Are you...**

All Respondents	N	%
Female	547	73.0%
Male	201	26.8%
Don't know/Prefer not to answer	1	0.1%
Total	833	100.0%

**Table 1.3. Of those identifying as female, To your knowledge, are you now pregnant?**

All Respondents	N	%
Yes	8	1.5%
No	536	98.0%
Don't know/prefer not to answer	3	0.5%
Total	547	100%



**Table 1.4. What is your age?**

All Respondents	N	%
19-24	63	8.4%
25-34	155	20.7%
35-44	158	21.2%
45-54	123	16.5%
55-64	130	17.4%
65 or above	115	15.4%
Don't know/Prefer not to answer	3	0.4%
Total	747	100.0%

**Table 1.5. What is the highest grade or year of school you completed?**

All Respondents	N	%
Grades 1-8	5	0.7%
Grades 9-11	8	1.1%
Grade 12 or GED (high school graduate)	82	11.0%
College 1-3 years (some college or technical school)	170	22.8%
College 4 years or more (college graduate)	478	64.0%
Don't know/Prefer not to answer	4	0.5%
Total	747	100.0%

**Table 1.6. Which one or more of the following would you say is your race?**

All Respondents	N	%
White	690	92.4%
Black or African American	3	0.4%
American Indian or Alaska Native	3	0.4%
Asian	17	2.3%
Other	22	1.6%
Don't know/Prefer not to answer	12	1.6%
Total	747	100.0%

**Table 1.7. Of those who identified as Asian, are you...**

All Respondents	N	%
Asian Indian	4	23.5%
Chinese	2	11.8%
Filipino	2	11.8%
Japanese	2	11.8%
Korean	4	23.5%
Other Asian	2	11.8%
Don't know/Prefer not to answer	1	5.9%
Total	17	100.0%

**Table 1.8. Are you Hispanic, Latino/a, or Spanish origin?**

All Respondents	N	%
Yes	44	5.9%
No	696	93.2%
Don't know/prefer not to answer	7	0.9%
Total	747	100%

**Table 1.9. Of those who identified as Hispanic, Latino/a or Spanish, Are you...**

All Respondents	N	%
Mexican, Mexican American, Chicano/a	29	65.9%
Puerto Rican	2	4.5%
Cuban	1	2.3%
Another Hispanic, Latino/a or Spanish Origin	10	22.7%
Don't know/Prefer not to answer	2	4.5%
Total	44	100.0%

**Table 1.10 Are you...**

All Respondents	N	%
Married	445	59.6%
Divorced	80	10.7%
Widowed	36	4.8%
Separated	8	1.1%
Never married	126	16.9%
A member of an unmarried couple	46	6.2%
Don't know/Prefer not to answer	6	0.8%
Total	747	100.0%

**Table 1.11. How many children less than 18 years of age live in your household?**

All Respondents	N	%
0	474	63.5%
1	97	13.0%
2	105	14.1%
3	39	5.2%
4	18	2.4%
5+	9	1.2%
Don't know/Prefer not to answer	5	0.7%
Total	747	100.0%

**Table 1.12. What is your housing status?**

All Respondents	N	%
Own	506	67.7%
Rent	210	28.1%
Staying with friends or family	11	1.5%
Homeless (shelter or transitional housing)	1	0.1%
Nursing home or assisted living facility	2	0.3%
Group home/halfway house	1	0.1%
Other	15	2.0%
Don't know/Prefer not to answer	1	0.1%
Total	747	100.0%

**Table 1.13. Have you ever served on active duty in the United States Armed Forces, either in the regular military or in a National Guard or military reserve unit?**

All Respondents	N	%
Yes	22	2.9%
No	723	96.8%
Don't know/prefer not to answer	2	0.3%
Total	747	100%

**Table 1.14. Are you currently...**

All Respondents	N	%
Employed for wages	588	78.7%
Self-employed	32	4.3%
Out of work for 1 year or more	5	0.7%
A homemaker	8	1.1%
A student	22	2.9%
Retired	79	10.6%
Unable to work	7	0.8%
Don't know/Prefer not to answer	6	0.8%
Total	747	100.0%

**Table 1.15. What is your annual household income from all sources?**

All Respondents	N	%
Less than \$25,000	83	11.1%
\$25,000-34,999	69	9.2%
\$35,000-49,999	87	11.6%
\$50,000-74,999	140	18.7%
\$75,000 or more	309	41.4%
Don't know/Prefer not to answer	59	7.9%
Total	747	100.0%

**Table 1.16. How did you hear about this survey? Please check all that apply.**

All Respondents	N	%
Facebook or other social media	82	9.8%
E-mail	365	43.8%
Newspaper/radio/television	18	2.2%
Flyer/postcard	27	3.2%
School	43	5.2%
Friend/family	86	20.3

## Section 2: General Health

**Table 2.1. Would you say that in general your health is..**

All Respondents	N	%
Excellent	83	10.7%
Very good	305	39.3%
Good	296	38.1%
Fair	77	9.9%
Poor	14	1.8%
Don't know/Prefer not to answer	2	0.3%
Total	777	100.0%

**Table 2.2. Regarding your physical health, which includes physical illness and injury, for how many days during the past 30 days was your *physical health not good*?**

All Respondents	N	%
0 days	429	55.2%
1-9 days	308	39.6%
10 or more days	31	4.0%
Don't know/prefer not to answer	9	1.2%
Total	777	100%

**Table 2.4. During the past 30 days, for how many days did poor *physical or mental health* keep you from doing your usual activities, such as self-care, work, or recreation?**

All Respondents	N	%
0 days	520	66.9%
1-9 days	215	27.7%
10 or more days	36	4.6%
Don't know/prefer not to answer	6	0.8%
Total	777	100%

**Table 2.5. During the past 30 days, for how many days did poor *physical or mental health* keep you from doing your usual activities, such as self-care, work, or recreation?**

By Age	19-24		25-34		35-44		45-54		55-64		65 and older	
	N	%	N	%	N	%	N	%	N	%	N	%
0 days	69	53.9%	77	54.6%	77	67.0%	84	75.0%	86	74.1%	99	75.0%
1-9 days	53	41.4%	55	39.0%	33	28.7%	23	20.5%	24	20.7%	25	18.9%
10 or more days	4	3.1%	8	5.7%	4	3.5%	5	4.5%	5	4.3%	7	5.3%
Don't know/prefer not to answer	2	1.6%	1	0.7%	1	0.9%	0	0%	1	0.9%	1	0.8%
Total	128		141		115		112		116		132	

**Table 2.6. Because of a physical, mental or emotional condition, do you have serious difficulty concentrating, remembering or making decisions?**

All Respondents	N	%
Yes	114	15.0%
No	629	82.9%
Don't know/prefer not to answer	16	2.1%
Total	759	100%

**Table 2.7. Because of a physical, mental or emotional condition, do you have serious difficulty concentrating, remembering or making decisions?**

Hispanic or Latino/a Respondents	N	%
Yes	22	34.4%
No	41	64.1%
Don't know/prefer not to answer	1	1.6%
Total	64	100%

**Table 2.8. Because of a physical, mental or emotional condition, do you have serious difficulty concentrating, remembering or making decisions?**

By Age	19-24		25-34		35-44		45-54		55-64		65 and older	
	N	%	N	%	N	%	N	%	N	%	N	%
Yes	26	20.5%	37	26.2%	22	19.1%	14	12.6%	7	6.0%	6	4.5%
No	99	78.0%	102	72.3%	92	80.0%	92	82.9%	109	93.2%	123	93.2%
Don't know/prefer not to answer	2	1.6%	2	1.4%	1	0.9%	5	4.5%	1	0.9%	3	2.3%
Total	127		141		115		111		117		132	

**Table 2.9. Because of a physical, mental or emotional condition, do you have serious difficulty concentrating, remembering or making decisions?**

By Education	Less than High School		High School Graduate or GED		Some College		Bachelors Degree or Higher	
	N	%	N	%	N	%	N	%
Yes	0	0%	51	26.8%	50	18.4%	28	12.0%
No	47	100.0%	125	65.8%	219	80.5%	203	86.8%
Don't know/prefer not to answer	0	0%	14	7.4%	3	1.1%	3	1.3%
Total	47		190		272		234	

**Table 2.10. Do you have serious difficulty walking or climbing stairs?**

All Respondents	N	%
Yes	69	9.1%
No	688	90.6%
Don't know/prefer not to answer	2	0.3%
Total	759	100%

**Table 2.11. Do you have serious difficulty walking or climbing stairs?**

By Age	19-24		25-34		35-44		45-54		55-64		65 and older	
	N	%	N	%	N	%	N	%	N	%	N	%
Yes	4	3.1%	6	4.3%	7	6.3%	7	6.3%	12	10.3%	31	23.5%
No	123	96.9%	135	95.7%	108	93.9%	103	92.8%	105	89.7%	100	75.8%
Don't know/prefer not to answer	0	0%	0	0%	0	0%	0	0%	0	0%	1	0.8%
Total	127		141		115		111		117		132	

**Table 2.12. Do you have difficulty dressing or bathing?**

All Respondents	N	%
Yes	12	1.6%
No	746	98.3%
Don't know/prefer not to answer	1	0.1%
Total	759	100%

**Table 2.13. Because of a physical, mental, or emotional condition, do you have difficulty doing errands alone such as visiting a doctor's office or shopping?**

All Respondents	N	%
Yes	35	4.6%
No	716	94.3%
Don't know/prefer not to answer	8	1.1%
Total	759	100%



**Table 2.14. For the past 30 days, for about how many days have you felt very healthy and full of energy?**

All Respondents	N	%
0 days	49	6.5%
1-9 days	149	19.7%
10 or more days	553	73.0%
Don't know/prefer not to answer	7	0.9%
Total	758	100%

**Table 2.15. 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?**

All Respondents	N	%
0 days	488	64.4%
1-9 days	219	28.9%
10 or more days	46	6.1%
Don't know/prefer not to answer	5	0.7%
Total	758	100%

**Table 2.16. On average how many hours of sleep do you get in a 24-hour period?**

All Respondents	N	%
Less than 5	57	7.5%
6-8	644	85.3%
9-11	51	6.8%
12 or more	2	0.3%
Don't know/prefer not to answer	1	0.1%
Total	755	100%

**Table 2.17. On average how many hours of sleep do you get in a 24-hour period?**

By Income	Less than \$25,000		\$25,000-34,999		\$35,000-49,999		\$50,000-74,999		\$75,000 and above	
	N	%	N	%	N	%	N	%	N	%
Less than 5	21	14.6%	10	14.1%	5	4.9%	6	4.4%	16	6.8%
6-8	111	77.1%	59	83.1%	84	82.4%	123	89.8%	209	88.2%
9-11	12	8.3%	2	2.8%	12	11.8%	8	5.8%	12	5.1%
12 or more	0	0%	0	0%	1	1.0%	1	1.0%	0	0%
Don't know/prefer not to answer	0	0%	0	0%	0	0%	0	0%	0	0%
Total	144		71		102		102		237	

**Table 2.18. In the past 12 months, how many times have you fallen?**

All Respondents	N	%
0	471	62.9%
1-2	224	29.9%
3-4	36	4.8%
5 or more	13	1.7%
Don't know/prefer not to answer	5	0.7%
Total	749	100%

**Table 2.19. Of those who have fallen in the past 12 months, Did your fall(s) cause an injury that limited your regular activities for at least a day or caused you to go see a doctor?**

All Respondents	N	%
Yes	76	27.7%
No	198	72.3%
Total	274	100%

**Table 2.20. During the past 12 months, how many times have you had a sunburn?**

All Respondents	N	%
0	304	40.6%
1-2	331	44.2%
3-4	85	11.3%
5 or more	24	3.2%
Don't know/prefer not to answer	5	0.7%
Total	749	100%

**Table 2.21. During the past 12 months, how many times have you had a sunburn?**

By Age	19-24		25-34		35-44		45-54		55-64		65 and older	
	N	%	N	%	N	%	N	%	N	%	N	%
0	38	30.2%	35	24.8%	36	31.0%	37	33.3%	59	50.4%	102	77.3%
1-2	46	36.5%	76	53.9%	59	50.9%	59	53.2%	50	42.7%	23	17.4%
3-4	28	22.2%	23	16.3%	15	12.9%	13	11.7%	7	6.0%	5	3.8%
5 or more	12	9.5%	5	3.5%	5	4.3%	2	1.8%	1	0.9%	2	1.5%
Don't know/prefer not to answer	2	1.6%	2	1.4%	1	0.9%	0	0%	0	0%	0	0%
Total	126		141		116		111		117		132	

**Table 2.22. During the past 12 months, how many times have you had a sunburn?**

By Income	Less than \$25,000		\$25,000-34,999		\$35,000-49,999		\$50,000-74,999		\$75,000 and above	
	N	%	N	%	N	%	N	%	N	%
0	69	47.9%	36	50.7%	48	47.5%	45	32.6%	84	35.1%
1-2	42	29.2%	26	36.6%	35	34.7%	67	48.6%	126	52.7%
3-4	21	14.6%	9	12.7%	17	16.8%	19	13.8%	22	9.2%
5 or more	7	4.9%	0	0%	1	1.0%	7	5.1%	7	2.9%
Don't know/prefer not to answer	5	3.5%	0	0%	0	0%	0	0%	0	0%
Total	144		71		101		138		239	

**Table 2.23. During the past 12 months, how many times have you had a sunburn?**

Hispanic or Latino/a Respondents	N	%
0	35	54.7%
1-2	24	37.5%
3-4	4	6.3%
5 or more	0	0%
Don't know/prefer not to answer	1	1.6%
Total	64	100%

**Table 2.24. When you go outside on a warm sunny day for more than an hour, how often do you protect yourself from the sun?**

All Respondents	N	%
Always	125	16.7%
Most of the time	298	39.8%
Sometimes	187	25.0%
Rarely	95	12.7%
Never	40	5.3%
Don't know/prefer not to answer	4	0.5%
Total	749	100%

**Table 2.25. Body Mass Index**

All Respondents	N	%
Underweight (BMI less than 18.5)	5	0.7%
Normal weight (BMI 18.5-24.5)	199	27.8%
Overweight (BMI 25-29.9)	244	34.1%
Obese (BMI 30 or more)	267	37.3%
Total	715	100%

## Section 3: Mental Health

**Table 3.1. Regarding 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*?**

All Respondents	N	%
0 days	346	44.5%
1-9 days	336	43.2%
10 or more days	88	11.3%
Don't know/prefer not to answer	7	0.9%
Total	777	100%

**Table 3.2. Regarding 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*?**

By Age	19-24		25-34		35-44		45-54		55-64		65 and older	
	N	%	N	%	N	%	N	%	N	%	N	%
0 days	36	28.3%	42	29.6%	49	42.6%	51	45.9%	58	49.2%	92	69.7%
1-9 days	67	52.8%	76	53.5%	55	47.8%	46	41.4%	46	39.0%	33	25.0%
10 or more days	22	17.3%	23	16.2%	10	8.1%	14	12.6%	12	10.2%	7	5.3%
Don't know/prefer not to answer	2	1.6%	1	0.7%	1	0.9%	0	0%	2	1.7%	0	0%
Total	127		142		115		111		118		132	

**Table 3.3. Regarding 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*?**

By Education	Less than High School		High School Graduate or GED		Some College		Bachelors Degree or Higher	
	N	%	N	%	N	%	N	%
0 days	29	61.7%	85	45.0%	125	46.0%	101	43.2%
1-9 days	18	38.3%	74	39.2%	109	40.1%	107	45.7%
10 or more days	0	0%	25	13.2%	35	12.9%	25	10.7%
Don't know/prefer not to answer	0	0%	5	2.6%	3	1.1%	1	0.4%
Total	47		189		272		234	

**Table 3.4. During the past 30 days, for how many days did poor *physical or mental health* keep you from doing your usual activities, such as self-care, work, or recreation?**

All Respondents	N	%
0 days	520	66.9%
1-9 days	215	27.7%
10 or more days	36	4.6%
Don't know/prefer not to answer	6	0.8%
Total	777	100%

**Table 3.5. During the past 30 days, for how many days did poor *physical or mental health* keep you from doing your usual activities, such as self-care, work, or recreation?**

By Age	19-24		25-34		35-44		45-54		55-64		65 and older	
	N	%	N	%	N	%	N	%	N	%	N	%
0 days	69	53.9%	77	54.6%	77	67.0%	84	75.0%	86	74.1%	99	75.0%
1-9 days	53	41.4%	55	39.0%	33	28.7%	23	20.5%	24	20.7%	25	18.9%
10 or more days	4	3.1%	8	5.7%	4	3.5%	5	4.5%	5	4.3%	7	5.3%
Don't know/prefer not to answer	2	1.6%	1	0.7%	1	0.9%	0	0%	1	0.9%	1	0.8%
Total	128		141		115		112		116		132	

**Table 3.6. During the past 30 days, for how many days did poor *physical or mental health* keep you from doing your usual activities, such as self-care, work, or recreation?**

By Education	Less than High School		High School Graduate or GED		Some College		Bachelors Degree or Higher	
	N	%	N	%	N	%	N	%
0 days	40	83.3%	125	65.8%	171	63.1%	160	68.4%
1-9 days	4	8.3%	55	28.9%	78	28.8%	64	27.4%
10 or more days	4	8.3%	5	2.6%	19	7.0%	9	3.8%
Don't know/prefer not to answer	0	0%	5	2.6%	3	1.1%	1	0.4%
Total	48		190		271		234	

**Table 3.7. Because of a physical, mental or emotional condition, do you have serious difficulty concentrating, remembering or making decisions?**

All Respondents	N	%
Yes	114	15.0%
No	629	82.9%
Don't know/prefer not to answer	16	2.1%
Total	759	100%

**Table 3.8. Because of a physical, mental or emotional condition, do you have serious difficulty concentrating, remembering or making decisions?**

By Age	19-24		25-34		35-44		45-54		55-64		65 and older	
	N	%	N	%	N	%	N	%	N	%	N	%
Yes	26	20.5%	37	26.2%	22	19.1%	14	12.6%	7	6.0%	6	4.5%
No	99	78.0%	102	72.3%	92	80.0%	92	82.9%	109	93.2%	123	93.2%
Don't know/prefer not to answer	2	1.5%	2	1.4%	1	0.9%	5	4.5%	1	0.9%	3	2.3%
Total	127		141		115		111		117		132	

**Table 3.9. Because of a physical, mental or emotional condition, do you have serious difficulty concentrating, remembering or making decisions?**

By Education	Less than High School		High School Graduate or GED		Some College		Bachelors Degree or Higher	
	N	%	N	%	N	%	N	%
Yes	0	0%	51	26.8%	50	18.4%	28	12.0%
No	47	100.0%	125	65.8%	219	80.5%	203	86.8%
Don't know/prefer not to answer	0	0%	14	7.4%	3	1.1%	3	1.3%
Total	47		190		272		234	

**Table 3.10. Because of a physical, mental, or emotional condition, do you have difficulty doing errands alone such as visiting a doctor's office or shopping?**

All Respondents	N	%
Yes	35	4.6%
No	716	94.3%
Don't know/prefer not to answer	8	1.1%
Total	759	100%

**Table 3.11. Because of a physical, mental, or emotional condition, do you have difficulty doing errands alone such as visiting a doctor's office or shopping?**

By Age	19-24		25-34		35-44		45-54		55-64		65 and older	
	N	%	N	%	N	%	N	%	N	%	N	%
Yes	12	9.4%	11	7.8%	2	1.7%	3	2.7%	2	1.7%	10	7.6%
No	113	89.0%	129	91.5%	112	97.4%	107	96.4%	115	98.3%	118	90.1%
Don't know/prefer not to answer	2	1.6%	1	0.7%	1	0.9%	1	0.9%	0	0%	3	2.3%
Total	127		141		115		111		117		131	



**Table 3.12. During the past 30 days, for about how many days have you felt sad, blue or depressed?**

All Respondents	N	%
0 days	340	44.9%
1-9 days	321	42.3%
10 or more days	87	11.5%
Don't know/prefer not to answer	10	1.3%
Total	758	100%

**Table 3.13. During the past 30 days, for about how many days have you felt sad, blue or depressed?**

By Age	19-24		25-34		35-44		45-54		55-64		65 and older	
	N	%	N	%	N	%	N	%	N	%	N	%
0 days	38	29.9%	48	34.0%	50	43.5%	50	45.5%	56	47.5%	85	64.4%
1-9 days	69	54.3%	71	50.4%	50	43.5%	43	39.1%	47	39.8%	40	30.3%
10 or more days	20	15.7%	19	13.5%	14	12.2%	16	14.5%	13	11.0%	6	4.5%
Don't know/prefer not to answer	0	0%	3	2.1%	1	0.9%	1	0.9%	2	1.7%	1	0.8%
Total	127		141		115		110		118		132	

**Table 3.14. During the past 30 days, for about how many days have you felt sad, blue or depressed?**

By Education	Less than High School		High School Graduate or GED		Some College		Bachelors Degree or Higher	
	N	%	N	%	N	%	N	%
0 days	37	77.1%	88	46.6%	120	44.0%	103	44.0%
1-9 days	4	8.3%	60	31.7%	106	38.8%	108	46.2%
10 or more days	7	14.6%	32	16.9%	45	16.5%	21	9.0%
Don't know/prefer not to answer	0	0%	9	4.8%	2	0.7%	2	0.9%
Total	48		18		273		234	

**Table 3.15. During the past 30 days, for about how many days have you felt worried, tense, or anxious?**

All Respondents	N	%
0 days	222	29.3%
1-9 days	407	53.7%
10 or more days	122	16.1%
Don't know/prefer not to answer	7	0.9%
Total	758	100%

**Table 3.16. During the past 30 days, for about how many days have you felt worried, tense, or anxious?**

By Age	19-24		25-34		35-44		45-54		55-64		65 and older	
	N	%	N	%	N	%	N	%	N	%	N	%
0 days	18	14.2%	25	17.6%	28	24.1%	26	23.6%	45	38.1%	74	55.6%
1-9 days	77	60.6%	76	53.5%	71	61.2%	69	62.7%	57	48.3%	47	35.3%
10 or more days	32	25.2%	38	26.8%	16	13.8%	15	13.6%	13	11.0%	12	9.0%
Don't know/prefer not to answer	0	0%	3	2.1%	1	0.9%	0	0%	3	2.5%	0	0%
Total	127		141		116		110		118		133	

**Table 3.17. During the past 30 days, for about how many days have you felt worried, tense, or anxious?**

By Education	Less than High School		High School Graduate or GED		Some College		Bachelors Degree or Higher	
	N	%	N	%	N	%	N	%
0 days	29	60.4%	74	38.9%	80	29.4%	62	26.5%
1-9 days	15	31.5%	81	42.6%	133	48.9%	136	58.1%
10 or more days	4	8.3%	28	14.7%	56	20.6%	35	15.0%
Don't know/prefer not to answer	0	0%	7	3.7%	3	1.1%	1	0.4%
Total	48		190		272		234	

**Table 3.18. In general, how satisfied are you with your life?**

All Respondents	N	%
Very satisfied	239	31.5%
Satisfied	439	57.9%
Dissatisfied	64	8.4%
Very dissatisfied	9	1.2%
Don't know/prefer not to answer	7	0.9%
Total	758	100%

**Table 3.19. In general, how satisfied are you with your life?**

By Income	Less than \$25,000		\$25,000-34,999		\$35,000-49,999		\$50,000-74,999		\$75,000 and above	
	N	%	N	%	N	%	N	%	N	%
Very satisfied	38	26.8%	10	14.1%	24	24.0%	38	27.7%	92	38.5%
Satisfied	69	48.6%	46	64.8%	67	67.0%	85	62.0%	134	56.1%
Dissatisfied	29	20.4%	11	15.5%	6	6.0%	13	9.5%	11	4.6%
Very dissatisfied	3	2.1%	1	1.4%	3	3.0%	1	0.7%	1	0.4%
Don't know/prefer not to answer	2	2.1%	3	4.2%	0	0%	0	0%	1	0.4%
Total	142		71		100		137		239	

**Table 3.20. How many jobs and or businesses have you held at one time within the past year?**

All Respondents	N	%
Did not have a job within the past year	84	11.1%
One	486	64.1%
Two	144	19.0%
Three or more	42	5.5%
Don't know/prefer not to answer	2	0.3%
Total	758	100%

**Table 3.21. About how many hours do you work per week at all of your jobs and businesses combined?**

All Respondents	N	%
I don't work	87	11.5%
1-19	37	4.9%
20-34	55	7.3%
35-44	298	39.3%
45 or more	275	36.3%
Don't know/prefer not to answer	6	0.8%
Total	758	100%

## Section 4: Access to Care

**Table 4.1. Do you have any kind of health coverage, including health insurance, prepaid plans such as HMOs, government plans such as Medicare, or Indian Health Services?**

All Respondents	N	%
Yes, only one	599	78.4%
More than one	126	16.5%
None	29	3.8%
Don't know/prefer not to answer	10	1.3%
Total	764	100%

**Table 4.2. Do you have any kind of health coverage, including health insurance, prepaid plans such as HMOs, government plans such as Medicare, or Indian Health Services?**

By Age	19-24		25-34		35-44		45-54		55-64		65 and older	
	N	%	N	%	N	%	N	%	N	%	N	%
Yes, only one	95	74.8%	118	83.7%	102	87.9%	103	92.8%	104	88.1%	43	32.2%
More than one	10	7.9%	13	9.2%	7	6.0%	8	7.2%	8	6.8%	89	66.9%
None	12	9.4%	8	5.7%	7	6.0%	0	0%	5	4.2%	0	0%
Don't know/prefer not to answer	10	7.9%	2	1.4%	0	0%	0	0%	1	0.8%	1	0.8%
Total	127		141		116		111		118		133	

**Table 4.3. Do you have any kind of health coverage, including health insurance, prepaid plans such as HMOs, government plans such as Medicare, or Indian Health Services?**

By Income	Less than \$25,000		\$25,000-34,999		\$35,000-49,999		\$50,000-74,999		\$75,000 and above	
	N	%	N	%	N	%	N	%	N	%
Yes, only one	90	62.9%	54	76.1%	81	80.2%	110	79.7%	198	83.2%
More than one	24	16.8%	12	16.9%	13	12.9%	25	18.1%	36	15.1%
None	22	15.4%	5	7.0%	5	5.0%	2	1.4%	4	1.7%
Don't know/prefer not to answer	7	4.9%	0	0%	2	2.0%	1	0.7%	0	0%
Total	143		71		101		138		238	

**Table 4.4. Do you have any kind of health coverage, including health insurance, prepaid plans such as HMOs, government plans such as Medicare, or Indian Health Services?**

By Education	Less than High School		High School Graduate or GED		Some College		Bachelors Degree or Higher	
	N	%	N	%	N	%	N	%
Yes, only one	22	45.8%	141	74.2%	216	79.4%	187	79.6%
More than one	7	14.6%	21	11.1%	40	14.7%	43	18.3%
None	15	31.3%	21	11.1%	8	2.9%	5	2.1%
Don't know/prefer not to answer	4	8.3%	7	3.7%	8	2.9%	0	0%
Total	48		190		272		235	

**Table 4.5. Do you have any kind of health coverage, including health insurance, prepaid plans such as HMOs, government plans such as Medicare, or Indian Health Services?**

Hispanic or Latino/a Respondents	N	%
Yes, only one	47	72.3%
More than one	3	4.6%
None	12	18.5%
Don't know/prefer not to answer	3	4.6%
Total	65	100%

**Table 4.6. A routine checkup is a general exam, not an exam for a specific injury, illness or condition. About how long has it been since you last visited a doctor for a routine checkup (including recommended medical screenings)?**

All Respondents	N	%
Within the past year	520	68.1%
Within the past 2 years	123	16.1%
Within the past 5 years	59	7.7%
5 or more years ago	49	6.4%
Don't know/prefer not to answer	13	1.7%
Total	764	100%

**Table 4.7. A routine checkup is a general exam, not an exam for a specific injury, illness or condition. About how long has it been since you last visited a doctor for a routine checkup (including recommended medical screenings)?**

By Age	19-24		25-34		35-44		45-54		55-64		65 and older	
	N	%	N	%	N	%	N	%	N	%	N	%
Within the past year	59	46.5%	70	50.0%	72	62.6%	87	78.4%	88	75.2%	122	92.4%
Within the past 2 years	26	20.5%	26	18.6%	27	23.5%	12	10.8%	19	16.2%	8	6.1%
Within the past 5 years	28	22.0%	18	12.9%	7	6.1%	5	4.5%	6	5.1%	1	0.8%
5 or more years ago	6	4.7%	21	15.0%	9	7.8%	4	3.6%	4	3.4%	1	0.8%
Don't know/prefer not to answer	8	6.3%	5	3.6%	0	0%	3	2.7%	0	0%	0	0%
Total	127		140		115		111		117		132	

**Table 4.8. A routine checkup is a general exam, not an exam for a specific injury, illness or condition. About how long has it been since you last visited a doctor for a routine checkup (including recommended medical screenings)?**

By Income	Less than \$25,000		\$25,000-34,999		\$35,000-49,999		\$50,000-74,999		\$75,000 and above	
	N	%	N	%	N	%	N	%	N	%
Within the past year	92	63.9%	36	50.7%	74	74.0%	89	64.5%	167	69.9%
Within the past 2 years	16	11.1%	21	29.6%	9	9.0%	25	18.1%	42	17.6%
Within the past 5 years	19	13.2%	6	8.5%	5	5.0%	16	11.6%	13	5.4%
5 or more years ago	10	6.9%	6	8.5%	9	9.0%	6	4.3%	15	6.3%
Don't know/prefer not to answer	7	4.9%	2	2.8%	3	3.0%	2	1.4%	2	0.8%
Total	144		71		100		138		239	

**Table 4.9. A routine checkup is a general exam, not an exam for a specific injury, illness or condition. About how long has it been since you last visited a doctor for a routine checkup (including recommended medical screenings)?**

By Sex	Male		Female	
	N	%	N	%
Within the past year	211	56.6%	272	72.0%
Within the past 2 years	72	19.3%	56	14.8%
Within the past 5 years	41	11.0%	25	6.6%
5 or more years ago	43	11.5%	18	4.8%
Don't know/Prefer not to answer	6	1.6%	7	1.9%
Total	373		378	

**Table 4.10. Was there a time in the past 12 months you needed to see a doctor but couldn't because of cost?**

All Respondents	N	%
Yes	135	17.7%
No	622	81.4%
Don't know/prefer not to answer	7	0.9%
Total	764	100%

**Table 4.11. Was there a time in the past 12 months you needed to see a doctor but couldn't because of cost?**

By Age	19-24		25-34		35-44		45-54		55-64		65 and older	
	N	%	N	%	N	%	N	%	N	%	N	%
Yes	34	26.8%	39	27.7%	21	18.3%	23	20.7%	12	10.3%	5	3.8%
No	93	73.2%	101	71.6%	93	89.9%	86	77.5%	104	88.9%	125	94.7%
Don't know/prefer not to answer	0	0%	1	0.7%	1	0.9%	2	1.8%	1	0.9%	2	1.5%
Total	127		141		115		111		117		132	



**Table 4.12. Was there a time in the past 12 months you needed to see a doctor but couldn't because of cost?**

Hispanic or Latino/a Respondents	N	%
Yes	31	47.7%
No	31	47.4%
Don't know/prefer not to answer	3	4.6%
Total	65	100%

**Table 4.13. Was there a time in the past 12 months you needed to see a doctor but couldn't because of cost?**

By Race	White		All Other Races	
	N	%	N	%
Yes	124	16.0%	10	32.3%
No	641	82.9%	21	67.7%
Don't know/prefer not to answer	8	1.0%	0	0%
Total	773		31	

**Table 4.14. Do you have one person you think of as your personal doctor or health care provider?**

All Respondents	N	%
Yes	586	76.7%
No	170	22.3%
Don't know/prefer not to answer	8	1.0%
Total	764	100%

**Table 4.15. Do you have one person you think of as your personal doctor or health care provider?**

By Income	Less than \$25,000		\$25,000-34,999		\$35,000-49,999		\$50,000-74,999		\$75,000 and above	
	N	%	N	%	N	%	N	%	N	%
Yes	104	72.7%	43	59.7%	78	77.2%	103	75.2%	193	81.1%
No	36	25.2%	29	40.3%	21	20.8%	33	24.1%	44	18.5%
Don't know/prefer not to answer	3	2.1%	0	0%	2	2.0%	1	0.7%	1	0.4%
Total	143		72		101		137		238	

**Table 4.16. Do you have one person you think of as your personal doctor or health care provider?**

By Sex	Male		Female	
	N	%	N	%
Yes	248	66.7%	302	80.1%
No	118	31.7%	72	19.1%
Don't know/Prefer not to answer	6	1.6%	3	0.8%
Total	372		377	

**Table 4.17. Do you have one person you think of as your personal doctor or health care provider?**

Hispanic or Latino/a Respondents	N	%
Yes	35	54.7%
No	28	43.8%
Don't know/prefer not to answer	1	1.6%
Total	64	100%

**Table 4.18 How difficult is it for you to get advice or information about health or medical topics if you need it?**

All Respondents	N	%
Not at all	486	63.6%
A little	155	20.3%
Somewhat	89	11.6%
Very difficult	15	2.0%
Never tried to get information or advice	13	1.7%
Don't know/prefer not to answer	6	0.8%
Total	764	100%

**Table 4.19. How difficult is it for you to understand information that doctors, nurses, and other health professionals tell you?**

All Respondents	N	%
Not at all	470	61.5%
A little	213	27.9%
Somewhat	57	7.5%
Very difficult	16	2.1%
Never tried to get information or advice	7	0.9%
Don't know/prefer not to answer	1	0.1%
Total	764	100%

**Table 4.20. How difficult is it for you to understand information that doctors, nurses, and other health professionals tell you?**

By Education	Less than High School		High School Graduate or GED		Some College		Bachelors Degree or Higher	
	N	%	N	%	N	%	N	%
Not at all	22	45.8%	85	45.0%	168	62.0%	152	65.0%
A little	15	31.3%	69	36.5%	78	28.8%	63	26.9%
Somewhat	7	14.6%	21	11.1%	22	8.1%	14	6.0%
Very difficult	4	8.3%	12	6.3%	3	1.1%	3	1.3%
Never tried to get information or advice	0	0%	0	0%	0	0%	2	0.9%
Don't know/prefer not to answer	0	0%	2	1.1%	0	0%	0	0%
Total	48		189		271		234	

## Section 5: Diagnosed Health Conditions

**Table 5.1. Has a doctor, nurse, or other health professional ever told you that you had any of the following? Please check all that apply:**

All Respondents	N	%
Heart attack or myocardial infarction	15	1.8%
Angina or coronary heart disease	16	1.9%
Stroke	7	0.8%
COPD, emphysema chronic bronchitis	8	1.0%
Arthritis, rheumatoid arthritis, gout, lupus or fibromyalgia	126	15.1%
Depressive disorder	160	19.2%
Anxiety disorder	108	13.0%
Bipolar disorder	6	0.7%
Kidney failure	5	0.6%

**Table 5.2. Has a doctor, nurse or other health professional ever told you that you had cancer?**

All Respondents	N	%
Yes	62	8.1%
No	697	91.6%
Don't know/Prefer not to answer	2	0.3%
Total	761	100.0%

**Table 5.3. Of those with a cancer diagnosis, What kind of cancer have you had? Please check all that apply:**

All Respondents	N	%
Breast cancer	11	1.3%
Female reproductive (cervical, endometrial, ovarian)	5	0.6%
Head/neck (oral, throat, thyroid, larynx)	6	0.7%
Gastrointestinal (colon, esophageal, liver, pancreatic, rectal, stomach)	5	0.6%
Leukemia/lymphoma	4	0.5%
Male reproductive (prostate, testicular)	6	0.7%
Skin (melanoma, other skin cancer)	22	13.0%
Urinary (bladder, kidney)	3	0.4%
Other (bone, brain, neuroblastoma, other)	2	0.2%

**Table 5.4. Has a doctor, nurse, or other health professional ever told you that you have asthma?**

All Respondents	N	%
Yes	114	15.0%
No	644	84.6%
Don't know/Prefer not to answer	3	0.4%
Total	761	100.0%

**Table 5.5. Has a doctor, nurse, or other health professional ever told you that you have asthma?**

By Sex	Male		Female	
	N	%	N	%
Yes	19	40.4%	39	65.0%
No	26	55.3%	18	30.0%
Don't know/Prefer not to answer	2	4.3%	3	5.0%
Total	47		60	

**Table 5.6. Of those with an asthma diagnosis, Do you still have asthma?**

All Respondents	N	%
Yes	69	60.5%
No	40	35.1%
Don't know/Prefer not to answer	5	4.4%
Total	114	100.0%

**Table 5.7. Has a doctor, nurse, or other health professional ever told you that you have diabetes?**

All Respondents	N	%
Yes	65	8.6%
Yes, but only during pregnancy	20	2.6%
No	622	81.8%
No, but told you have prediabetes or borderline diabetes	52	6.8%
Don't know/Prefer not to answer	1	0.1%
Total	760	100.0%

**Table 5.8. Has a doctor, nurse, or other health professional ever told you that you have diabetes?**

By Age	19-24		25-34		35-44		45-54		55-64		65 and older	
	N	%	N	%	N	%	N	%	N	%	N	%
Yes	4	3.1%	1	0.7%	4	3.5%	8	7.2%	17	14.5%	31	23.3%
Yes, but only during pregnancy	0	0%	5	3.6%	7	6.1%	2	1.8%	0	0%	0	0%
No	121	95.3%	128	91.4%	101	87.8%	88	79.3%	86	73.5%	90	67.7%
No, but told you have prediabetes or borderline diabetes	2	1.6%	6	4.3%	3	2.6%	13	11.7%	13	11.1%	12	9.0%
Don't know/prefer not to answer	0	0%	0	0%	0	0%	0	0%	1	0.9%	0	0%
Total	127		140		115		111		117		133	

**Table 5.9. Has a doctor, nurse, or other health professional ever told you that you have diabetes?**

By Income	Less than \$25,000		\$25,000-34,999		\$35,000-49,999		\$50,000-74,999		\$75,000 and above	
	N	%	N	%	N	%	N	%	N	%
Yes	31	21.5%	8	11.3%	17	16.8%	9	6.5%	7	2.9%%
Yes, but only during pregnancy	5	3.5%	1	1.4%	2	2.0%	2	1.4%	8	3.3%
No	99	69.8%	56	78.9%	77	76.2%	116	84.1%	206	86.2%
No, but told you have prediabetes or borderline diabetes	9	6.3%	6	8.5%	5	5.0%	11	8.0%	17	7.1%
Don't know/prefer not to answer	0	0%	0	0%	0	0%	0	0%	1	0.4%
Total	144		71		101		138		239	

**Table 5.10. Has a doctor, nurse, or other health professional ever told you that you have diabetes?**

By Education	Less than High School		High School Graduate or GED		Some College		Bachelors Degree or Higher	
	N	%	N	%	N	%	N	%
Yes	15	31.3%	37	19.5%	29	10.7%	13	5.6%
Yes, but only during pregnancy	0	0%	7	3.7%	6	2.2%	5	2.1%
No	33	68.8%	139	73.2%	222	81.6%	197	84.2%
No, but told you have prediabetes or borderline diabetes	0	0%	7	3.7%	13	4.9%	19	8.1%
Don't know/prefer not to answer	0	0%	0	0%	2	0.7%	0	0%
Total	48		190		272		234	

**Table 5.11. Of those with a diabetes diagnosis, Was your diagnosis...**

All Respondents	N	%
Type 1	10	15.4%
Type 2	51	78.5%
Don't know/Prefer not to answer	4	6.2%
Total	65	100.0%

**Table 5.12. Of those with a diabetes diagnosis, How old were you when you were told you have diabetes?**

All Respondents	N	%
0-18	5	7.7%
26-40	13	20.0%
41-64	36	55.4%
65 or older	10	15.4%
Don't know/Prefer not to answer	1	1.5%
Total	65	100.0%

**Table 5.13. Of those with a diabetes diagnosis, What resources are you currently using to manage or treat your diabetes? Please check all that apply:**

All Respondents	N	%
YMCA Diabetes Prevention Program (DPP)	2	0.2%
Diabetes Self-Management Education (DSME)	8	1.0%
Living Well Program	3	0.4%
Living Well with Diabetes Program	3	0.6%
Prescription medication or insulin	55	6.6%
Other	12	1.4%

**Table 5.14. Have you had a test for high blood sugar or diabetes within the past 3 years?**

All Respondents	N	%
Yes	334	48.1%
No	337	48.5%
Don't know/Prefer not to answer	24	3.5%
Total	695	100.0%



## Section 6: Dietary Habits

**Table 6.1. During the past month, on how many days did you eat beef or pork?**

All Respondents	N	%
0	25	3.3%
1-9	205	27.2%
10-19	266	35.3%
20-29	191	25.3%
Every day	63	8.4%
Don't know/Prefer not to answer	4	0.5%
Total	754	100.0%

**Table 6.2. Of those who ate no beef or pork, or did not answer, Do you follow a vegan or vegetarian diet?**

All Respondents	N	%
Yes	16	55.2%
No	13	44.8%
Don't know/Prefer not to answer	0	0.0%
Total	29	100.0%

**Table 6.3. During the past month, how many days 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.**

All Respondents	N	%
0	417	55.6%
1-9	246	32.8%
10-19	43	5.7%
20-29	7	3.1%
Every day	23	3.1%
Don't know/Prefer not to answer	14	1.9%
Total	750	100.0%

**Table 6.4. During the past month, not counting juice, how many days did you eat fruit? Count fresh, frozen, canned fruit.**

All Respondents	N	%
0	35	4.7%
1-9	233	31.1%
10-19	199	26.5%
20-29	146	19.5%
Every day	134	17.9%
Don't know/Prefer not to answer	3	0.4%
Total	750	100.0%

**Table 6.5. During the past month, how many days did you eat cooked or canned beans, such as refried, baked, black, garbanzo beans, beans in soup, soybeans, edamame, tofu, or lentils? Do NOT include long green beans?**

All Respondents	N	%
0	125	17.1%
1-9	445	59.3%
10-19	137	18.3%
20-29	28	3.7%
Every day	6	0.8%
Don't know/Prefer not to answer	6	0.8%
Total	750	100.0%

**Table 6.6. During the past month, how many days did you eat dark green vegetables, for example, broccoli or dark leafy greens including romaine, chard, collard greens or spinach?**

All Respondents	N	%
0	53	7.1%
1-9	316	42.1%
10-19	226	30.1%
20-29	116	15.5%
Every day	36	4.8%
Don't know/Prefer not to answer	3	0.4%
Total	750	100.0%

**Table 6.7. During the past month, how many times did you eat other vegetables? Examples include tomatoes, tomato juice or V-8 juice, corn, eggplant, peas, lettuce, cabbage, and white potatoes that are not fried, such as baked or mashed potatoes.**

All Respondents	N	%
0	19	2.5%
1-9	223	29.7%
10-19	245	32.7%
20-29	172	22.9%
Every day	87	11.6%
Don't know/Prefer not to answer	4	0.5%
Total	750	100.0%

**Table 6.8. During the past 30 days, how often did you drink regular soda or pop that contained sugar? Do not include diet soda or pop.**

All Respondents	N	%
0	255	47.3%
1-9	242	32.3%
10-19	58	7.7%
20-29	35	4.7%
Every day	58	7.7%
Don't know/Prefer not to answer	2	0.3%
Total	750	100.0%

**Table 6.9. During the past 30 days, how often did you drink regular soda or pop that contained sugar? Do not include diet soda or pop.**

By Age	19-24		25-34		35-44		45-54		55-64		65 and older	
	N	%	N	%	N	%	N	%	N	%	N	%
0 days	26	20.5%	50	35.7%	45	39.1%	58	52.7%	67	56.3%	94	71.2%
1-9	59	46.5%	47	33.6%	47	40.9%	26	23.6%	38	31.9%	30	22.7%
10-19	18	14.2%	18	12.9%	7	6.1%	7	6.4%	4	3.4%	7	5.3%
20-29	12	9.4%	9	6.4%	6	5.2%	5	4.5%	5	4.2%	0	0%
Every day	12	9.4%	15	10.7%	9	7.8%	14	12.7%	5	4.2%	1	0.8%
Don't know/prefer not to answer	0	0%	1	0.7%	1	0.9%	0	0%	0	0%	0	0%
Total	127		140		115		110		119		132	

**Table 6.10. During the past 30 days, how often did you drink regular soda or pop that contained sugar? Do not include diet soda or pop.**

By Sex	Male		Female	
	N	%	N	%
0	141	37.8%	191	50.5%
1-9	135	36.2%	117	31.0%
10-19	46	12.3%	23	6.1%
20-29	19	5.1%	17	4.5%
Every day	30	8.0%	29	7.7%
Don't know/Prefer not to answer	2	0.5%	1	0.3%
Total	373		378	

**Table 6.11. During the past month, how many days did you eat orange-colored vegetables such as sweet potatoes, pumpkin, winter squash or carrots?**

All Respondents	N	%
0	124	16.5%
1-9	469	62.5%
10-19	104	13.9%
20-29	43	5.7%
Every day	5	0.7%
Don't know/Prefer not to answer	5	0.7%
Total	750	100.0%

**Table 6.12. During the past 30 days, how often did you drink sugar-sweetened fruit drinks (such as Kool-Aid and lemonade), sweet tea, and sports or energy drinks (such as Gatorade and Red Bull)? Do not include 100% fruit juice, diet drinks or artificially sweetened drinks.**

All Respondents	N	%
0	413	55.1%
1-9	254	33.9%
10-19	58	7.7%
20-29	9	1.2%
Every day	13	1.7%
Don't know/Prefer not to answer	3	0.4%
Total	750	100.0%

**Table 6.13. During the past 30 days, how often did you drink sugar-sweetened fruit drinks (such as Kool-Aid and lemonade), sweet tea, and sports or energy drinks (such as Gatorade and Red Bull)? Do not include 100% fruit juice, diet drinks or artificially sweetened drinks.**

By Age	19-24		25-34		35-44		45-54		55-64		65 and older	
	N	%	N	%	N	%	N	%	N	%	N	%
0 days	18	14.2%	60	42.6%	58	50.9%	69	62.2%	81	68.6%	99	75.0%
1-9	77	60.6%	61	43.3%	42	36.8%	31	27.9%	30	25.4%	26	19.7%
10-19	28	22.0%	15	10.6%	8	7.0%	7	6.3%	3	2.5%	6	4.5%
20-29	0	0%	3	2.1%	2	1.8%	1	0.9%	1	0.8%	1	0.8%
Every day	2	1.6%	1	0.7%	4	3.5%	3	12.7%	2	1.7%	0	0%
Don't know/prefer not to answer	2	1.6%	1	0.7%	0	0%	0	0%	1	0.8%	0	0%
Total	127		141		114		111		118		132	

**Table 6.14. During the past 30 days, how often did you drink sugar-sweetened fruit drinks (such as Kool-Aid and lemonade), sweet tea, and sports or energy drinks (such as Gatorade and Red Bull)? Do not include 100% fruit juice, diet drinks or artificially sweetened drinks.**

By Education	Less than High School		High School Graduate or GED		Some College		Bachelors Degree or Higher	
	N	%	N	%	N	%	N	%
0	18	38.3%	74	38.9%	154	56.6%	135	57.7%
1-9	18	38.3%	79	41.6%	83	30.5%	79	33.8%
10-19	11	23.4%	18	9.5%	24	8.8%	15	6.4%
20-29	0	0%	2	1.1%	6	2.2%	2	0.9%
Every day	0	0%	12	6.3%	3	1.1%	3	1.3%
Don't know/prefer not to answer	0	0%	5	2.6%	2	0.7%	0	0%
Total	47		190		272		234	

**Table 6.15. During the past 30 days, how often did you drink sugar-sweetened fruit drinks (such as Kool-Aid and lemonade), sweet tea, and sports or energy drinks (such as Gatorade and Red Bull)? Do not include 100% fruit juice, diet drinks or artificially sweetened drinks.**

By Sex	Male		Female	
	N	%	N	%
0	152	40.9%	227	60.1%
1-9	144	38.7%	121	32.0%
10-19	59	15.9%	18	4.8%
20-29	2	0.5%	6	1.6%
Every day	11	3.0%	5	1.3%
Don't know/Prefer not to answer	4	1.1%	1	0.3%
Total	372		378	

**Table 6.16. When calorie information is available at a restaurant, how often does this information help you decide what to order?**

All Respondents	N	%
Always	65	8.7%
Most of the time	151	20.1%
About half of the time	98	13.1%
Sometimes	236	31.5%
Never	194	25.9%
Don't know/Prefer not to answer	6	0.8%
Total	750	100.0%

**Table 6.17. How often in the past 12 months would you say you were worried or stressed about having enough money to buy nutritious meals?**

All Respondents	N	%
Always	46	6.1%
Usually	66	8.8%
Sometimes	140	18.7%
Rarely	169	22.5%
Never	325	43.3%
Don't know/Prefer not to answer	4	0.5%
Total	750	100.0%

**Table 6.18. How often in the past 12 months would you say you were worried or stressed about having enough money to buy nutritious meals?**

By Income	Less than \$25,000		\$25,000-34,999		\$35,000-49,999		\$50,000-74,999		\$75,000 and above	
	N	%	N	%	N	%	N	%	N	%
Always	26	18.1%	10	13.9%	7	6.9%	5	3.6%	5	2.1%
Usually	25	18.1%	15	20.8%	15	14.9%	4	2.9%	12	5.0%
Sometimes	33	22.9%	20	27.8%	28	27.7%	30	21.9%	31	13.0%
Rarely	35	24.3%	14	19.4%	22	21.8%	37	27.0%	54	22.6%
Never	22	15.3%	12	16.7%	29	28.7%	61	44.5	136	56.9%
Don't know/prefer not to answer	2	1.4%	1	1.4%	0	0%	0	0%	1	0.4%
Total	144		72		101		137		239	

## Section 7: Physical Activity

**Table 7.1 Do you have a child(ren) that lives with you currently enrolled in school?**

All Respondents	N	%
Yes	238	31.4%
No	516	68.2%
Don't know/Prefer not to answer	3	0.4%
Total	757	100.0%

**Table 7.2. Of those with school-age children in the home, On MOST days, how does this child(ren) get to school?**

All Respondents	N	%
Walk	23	9.7%
Ride a bicycle	1	0.4%
Take a school bus or van	22	9.3%
Use public transportation	2	0.8%
A parent or other adult drives them	133	56.1%
Child(ren) drives self to school	54	22.8%
Don't know/Prefer not to answer	2	0.8%
Total	237	100.0%

**Table 7.3. Of those with school-age children in the home, What is the main reason this child(ren) does not walk or ride a bike to school?**

All Respondents	N	%
Too far	92	43.6%
Too much traffic/No safe route	37	17.5%
Speed of traffic	4	1.9%
Crime in neighborhood	1	0.5%
Not convenient	11	5.2%
Just as easy to drop them off	22	10.4%
Child does not want to walk/bike	10	14.7%
Other	31	14.7%
Don't know/Prefer not to answer	3	1.4%
Total	211	100.0%



**Table 7.4. 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?**

All Respondents	N	%
Yes	570	75.5%
No	182	24.1%
Don't know/Prefer not to answer	3	0.4%
Total	755	100.0%

**Table 7.5. 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?**

By Income	Less than \$25,000		\$25,000-34,999		\$35,000-49,999		\$50,000-74,999		\$75,000 and above	
	N	%	N	%	N	%	N	%	N	%
Yes	87	60.4%	48	66.7%	72	71.3%	106	77.4%	197	82.8%
No	57	39.6%	24	33.3%	28	27.7%	31	22.6%	40	16.8%
Don't know/prefer not to answer	0	0%	0	0%	1	1.0%	0	0%	1	0.4%
Total	144		72		101		137		238	

**Table 7.6. 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?**

By Education	Less than High School		High School Graduate or GED		Some College		Bachelors Degree or Higher	
	N	%	N	%	N	%	N	%
Yes	29	61.7%	113	59.8%	197	72.2%	188	80.3%
No	18	38.3%	76	40.2%	74	27.1%	46	19.7%
Don't know/prefer not to answer	0	0%	0	0%	2	0.7%	0	0%
Total	47		189		273		234	

**Table 7.7. In an average week, on how many days do you go to local parks or recreation centers for exercise?**

All Respondents	N	%
0	355	47.0%
1-2	231	30.6%
3-4	110	14.6%
5 or more	55	7.3%
Don't know/Prefer not to answer	4	0.5%
Total	755	100.0%

**Table 7.8. In an average week, on how many days do you go to local parks or recreation centers for exercise?**

By Age	19-24		25-34		35-44		45-54		55-64		65 and older	
	N	%	N	%	N	%	N	%	N	%	N	%
0 days	48	38.1%	53	37.3%	48	41.4%	62	56.4%	67	57.3%	69	52.3%
1-2	38	30.2%	56	39.4%	45	38.8%	27	24.5%	29	24.8%	26	19.7%
3-4	26	20.6%	19	13.4%	13	11.2%	16	14.5%	15	12.8%	24	18.2%
5 or more	10	7.9%	13	9.2%	9	7.8%	5	4.5%	6	5.1%	13	9.8%
Don't know/prefer not to answer	4	3.2%	1	0.7%	1	0.9%	0	0%	0	0%	0	0%
Total	126		142		116		110		117		132	

**Table 7.9. In an average week, on how many days do you go to local parks or recreation centers for exercise?**

By Sex	Male		Female	
	N	%	N	%
0 days	124	33.3%	197	52.1%
1-2	124	33.3%	111	29.4%
3-4	74	19.9%	48	12.7%
5 or more	48	12.7%	20	5.3%
Don't know/Prefer not to answer	2	0.5%	2	0.5%
Total	372		378	

**Table 7.10. In good weather, how frequently do you use local paved or dirt trails for walking, hiking or biking?**

All Respondents	N	%
Daily	96	12.7%
At least weekly	263	34.8%
At least monthly	127	16.8%
Less than monthly	116	15.4%
Never	150	19.9%
Don't know/Prefer not to answer	3	0.4%
Total	755	100.0%

**Table 7.11. On an average day, how many hours do you play video or computer games or use a computer for something that is not school or work? (Count time spent on things such as Xbox, PlayStation, an iPod, and iPad or other tablet, a smartphone, YouTube, Facebook, or other social networking tools, and the internet.)**

All Respondents	N	%
I do not play video or computer games or use a computer for something that is not school or work	109	14.4%
Less than one hour per day	131	17.4%
1 hour per day	159	21.1%
2 hours per day	180	23.8%
3 hours per day	93	12.3%
4 hours per day	38	5.0%
5 or more hours per day	40	5.3%
Don't know/Prefer not to answer	5	0.7%
Total	755	100.0%

**Table 7.12. On an average day, how many hours do you play video or computer games or use a computer for something that is not school or work? (Count time spent on things such as Xbox, PlayStation, an iPod, and iPad or other tablet, a smartphone, YouTube, Facebook, or other social networking tools, and the internet.)**

By Age	19-24		25-34		35-44		45-54		55-64		65 and older	
	N	%	N	%	N	%	N	%	N	%	N	%
I do not play video or computer games or use a computer for something that is not work or school	8	6.3%	10	7.2%	16	14.0%	14	12.5%	19	16.1%	37	28.0%
Less than one hour per day	12	9.5%	15	10.8%	15	13.2%	21	18.8%	32	27.1%	30	22.7%
1 hour per day	18	14.3%	16	11.5%	29	25.4%	32	28.6%	28	23.7%	29	22.0%
2 hours per day	36	28.6%	35	25.2%	32	28.1%	30	26.8%	25	21.2%	17	12.9%
3 hours per day	26	20.6%	27	19.4%	14	12.3%	10	8.9%	10	8.5%	10	7.6%
4 hours per day	12	9.5%	15	10.8%	4	3.5%	2	1.8%	3	2.5%	5	3.8%
5 or more hours per day	10	7.9%	21	15.1%	4	3.5%	1	0.9%	1	0.8%	3	2.3%
Don't know/prefer not to answer	4	3.2%	0	0%	0	0%	2	1.8%	0	0%	1	0.8%
Total	126		139		114		112		118		132	

## Section 8: Tobacco Use

**Table 8.1. Have you smoked at least 100 cigarettes in your life?**

All Respondents	N	%
Yes	208	27.8%
No	537	71.7%
Don't know/Prefer not to answer	4	0.5%
Total	749	100.0%

**Table 8.2. Have you smoked at least 100 cigarettes in your life?**

By Education	Less than High School		High School Graduate or GED		Some College		Bachelors Degree or Higher	
	N	%	N	%	N	%	N	%
Yes	18	38.3%	69	36.5%	106	38.8%	52	22.2%
No	29	61.7%	118	62.4%	165	60.4%	182	77.8%
Don't know/prefer not to answer	0	0%	2	1.1%	2	0.7%	0	0%
Total	47		189		273		234	

**Table 8.3. Have you smoked at least 100 cigarettes in your life?**

By Sex	Male		Female	
	N	%	N	%
Yes	142	38.2%	90	23.9%
No	224	60.2%	287	76.1%
Don't know/Prefer not to answer	6	1.6%	0	0%
Total	372		377	

**Table 8.4. Of those who have smoked at least 100 cigarettes, Do you now smoke cigarettes...**

All Respondents	N	%
Every day	30	14.2%
Some days	20	9.4%
Not at all	161	75.9%
Don't know/Prefer not to answer	1	0.5%
Total	212	100.0%

**Table 8.5. Which statement best describes the rules about smoking inside your home? Do not include decks, garages, or porches.**

All Respondents	N	%
Smoking is not allowed anywhere inside your home	713	95.2%
Smoking is allowed in some places or at some times	11	1.5%
Smoking is allowed anywhere inside the home	17	2.3%
Don't know/Prefer not to answer	8	1.1%
Total	749	100.0%

**Table 8.6. Which statement best describes the rules about smoking inside your family vehicle?**

All Respondents	N	%
Smoking is not allowed at any time in family vehicle	691	92.3%
Smoking is allowed only when children 17 and younger are not present	26	3.5%
Smoking is allowed at all times in family car	11	1.5%
Do not have a car	11	1.5%
Don't know/Prefer not to answer	10	1.3%
Total	749	100.0%

## Appendix