



A Survey of Whatcom County Adults

Prepared for:

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EXECUTIVE SUMMARY

Introduction and Purpose

Since 1987, the Washington State Department of Health (DOH) has participated in the Behavioral Risk Factor Surveillance System (BRFSS) survey. Conducted as a partnership between the Centers for Disease Control and Prevention (CDC) and state public health departments, the BRFSS survey is the world's largest, on-going health tracking system.

The BRFSS survey is conducted in every state in the country as well as the District of Columbia, Puerto Rico, Guam, and the U.S. Virgin Islands. BRFSS provides the CDC, state and county health departments, and other health agencies, state-specific data from which to measure information on a wide range of behaviors and characteristics that are known to affect health. Survey questions address issues such as asthma, diabetes, health care access, obesity, cancer screening, nutrition, physical activity, tobacco use and much more. BRFSS data measures health risks nationally, by state and county and is used to drive public health policy.

In 2007, the Whatcom County Health Department partnered with the Washington State DOH commissioning interviews to be conducted with Whatcom County residents. The interviews conducted in 2007 follow earlier surveys in 2002 and 1996 that were commissioned by the Whatcom County Health Department. In each of those years, the survey was modeled after the BRFSS survey and specifically addressed attitudes and behaviors that affect the wellness of Whatcom County residents.

In addition to reporting on the results of the 2007 data, when the same question was asked in 1996 and/or 2002, the trends are reported. On a selected number of health indicators, the 2007 Whatcom County data has been compared to statewide and national data on the same health indicators.

Summary of Method

The methodology for conducting the BRFSS has been standardized over the past 25 years by the CDC and employs "best practices" of data collection. To make every effort to include the widest variety of people and lifestyles in the study data, telephone numbers were attempted up to fifteen times at different times of the day and days of the week.

In 2007, the Washington State DOH fielded two versions of the BRFSS questionnaire. Each version was composed of questions fielded by the CDC, referred to as “Core” questions and questions fielded solely by the Washington State DOH, referred to as “state-added” questions. The state-added questions in each questionnaire version were unique.

The household screening questions ensured that the person interviewed from each household was randomly selected based on the number of adults living in the household and the genders of these adults.

A total of 1,131 adult residents of Whatcom County were interviewed from the Gilmore Research Group telephone center in Bremerton, WA.

All respondents were asked the CDC Core questions. In addition to the CDC Core, 741 respondents were asked the state-added questions in the Version A BRFSS questionnaire and 390 were asked the state-added questions in Version B.

Version A state-added questions covered a wide array of health topics such as cardiovascular health, caregiving, family planning and reading to children. Version B state-added questions primarily focused on the use of tobacco products and attitudes and beliefs concerning tobacco. A listing of the questions unique to each version of the questionnaire can be found in the appendix. In 2007, the cancer screening questions were focused on senior health. In alternate years, state-added questions focusing on women’s and men’s health are fielded.

Response data were weighted by age and by gender proportionate to the population of Whatcom County excluding the student population residing at Western Washington University. **Response proportions shown throughout the report are weighted.** Those respondents who replied to questions with “don’t know,” or refused to answer a question have not been excluded from the proportions reported. **On some tables and figures, percentages may be slightly over or under 100% due to rounding. Additionally, each table and figure shows the “base” for that particular set of questions. Base or “n” refers to the number of respondents who were asked the question.**

The confidence limits of findings based on the total sample of 1131 are ± 2.91 percentage points at the 95% confidence level. For estimates based on population subgroups of the total sample confidence limits of findings are larger.

References are made to demographic subgroups throughout the report. These subgroups are based on gender, age, income and geographic living areas. Where appropriate, other factors such as perception of health status are also examined. **If differences in response proportions are statistically significant, they are reported in the text for the subgroup that is different from the other subgroups that lie within the same category.** For example, if the response proportions of 18 to 29 year olds are statistically different from those of 30 to 39 year olds and 40 to 49 year olds, the findings will only list the 18 to 29 year olds because the statistical difference lies in their responses.

Summary of Findings

This section of the report provides summary information on each series of questions asked in the survey. If the same question was asked in previous survey administrations, any significant changes are noted. For questions asked in 2007 only, summary data is provided.

A detailed analysis as well as subgroup significance can be found in the Detailed Findings section.

Health Status of Whatcom County Residents

Since 1996, there has been a significant decrease in the percentage of respondents who feel their health is excellent. In 2007, this percentage was 21% however in 2002 it was 26% and in 1996, 30%.

There has been a significant increase in the percentage of respondents who evaluate their health as *fair*. In 2007, 10% gave this response compared to 7% in 2002 and 5% in 1996.

Days of Poor Physical and Mental Health

Physical Health

The percentage of respondents who said they have had days of poor physical health *in the past month* has increased significantly from 1996. In 2007, 36% reported having days when their physical health was *not good* compared to 28% in 1996.

The average number of days of poor physical health in 2007 is 3.5 compared to 2.1 in 1996.

Mental Health

The proportion reporting having days when their mental health was *not good* has been relatively constant between 2007 and 1996, 36% and 35% respectively.

Unable to Carry out Usual Activities

Of all respondents who reported having days of poor physical or mental health, 50% had days when their health prevented them from carrying out their usual activities. This is a significant increase from 14% of respondents in 1996 who had days when they were unable to carry out their usual activities.

Whatcom County residents reported an average of 4.8 days in the prior month when their physical or mental health kept them from their normal activities compared to 1.2 days in 1996.

Health Care Coverage

The proportion of Whatcom County residents without health care coverage has remained constant at 14% over the three survey administrations.

Dental Insurance

In 2007, 37% reported not having some kind of dental insurance that pays for some or all of routine dental care.

Oral Screening

61% have not been checked by a doctor or dentist for oral cancer.

Personal Health Care Providers

More county residents reported having a personal doctor or health care provider, 84%. This is a significant increase from 2002 when 79% of all respondents said *yes* to this question.

Conversely, the percentage of respondents having no health care provider has decreased to 15% from 21% in 2002. Of the respondents interviewed in 2007 with no health care provider, 46% have no health care coverage. 1% were unsure or refused the question.

Cost as a Barrier to Health Care

16% of respondents had a time in the past year when they needed to see a doctor but could not because of the cost. This is a significant increase from 8% reporting this in 1996 and 9% in 2002.

Last Routine Checkup

59% reported having had a physical exam in the past year. While 41% reported not having had a physical exam in the past year, 10% responded that it had been over 5 years and 1% said they had never had a routine physical exam.

Diabetes

The percentage of county residents who have diabetes has doubled since 1996. In 2007, 6% reported having been diagnosed with diabetes. This is a significant increase from 3% in 1996.

There has been a significant increase in the percentage of respondents who have attended a class on diabetes self-management. In 2007, 73% said *yes* to having taken a class compared to 53% in 2002.

High Blood Pressure

28% of county residents have been diagnosed with high blood pressure. Of those with hypertension, 72% are taking medication.

Blood Cholesterol

22% have never had their cholesterol checked. Of those who have had their cholesterol checked, 35% have been diagnosed with high cholesterol.

Cardiovascular Disease

3% of all respondents have had a heart attack, 3% have angina or coronary heart disease, and 2% have had a stroke. These proportions are comparable to 1996.

Disabilities and Arthritis/ Chronic Pain

44% have experienced joint pain in the past month, 25% have experienced arthritis, gout, lupus or fibromyalgia and 22% are limited by some sort of physical, mental or emotional impairment with 7% requiring special equipment for their condition.

Asthma

14% of all respondents have been diagnosed with asthma, and 69% still have asthma.

Senior Cancer Screening

Of respondent's age 50 or older, 38% have not had a blood stool test to check for colon cancer; 34% have never had a sigmoidoscopy or colonoscopy.

Gastrointestinal Illness

18% reported having had diarrhea during the past thirty days.

Immunizations

Of all respondents, 66% have not had a flu shot in the past 12 months, 63% have not received a pneumonia shot while 33% were vaccinated for Hepatitis B with 6% indicating they engaged in activity that may have exposed them to Hepatitis B.

Children's Issues

17% of all children have no health care coverage. The same percentage of respondents, 17% have at least one child that has been diagnosed with asthma, 12% of whom still have asthma and 5% saying their child no longer seems to have asthma symptoms.

94% of respondents with children under age 5 read to them one or more times a week.

91% told their child a story at least once a week.

Fruit and Vegetable Consumption

Only 31% are eating "5 a Day" of fruit and vegetables. This is a decrease from 35% in 1996. More respondents, 23% are eating one to two servings a day. This is a significant increase from 17% in 1996.

Hunger

15% said they sometimes or often did not have enough food to eat along with 15% who sometimes or often did not have enough money to afford a balanced meal. 9% said there were times in the past year when they cut or skipped meals ate less than they would like or could not afford to eat when hungry.

Overweight/Obesity

In 2007, 26% of County residents have a BMI calculation of obese which is a significant increase from 17% in 2002.

Physical Activities or Exercises During the Past Month

15% have not participated in any form of physical exercise (away from their job) during the past month.

11% do not participate in some sort of moderate physical activity for at least ten minutes in a usual week.

43% reported not getting some form of vigorous physical activity for at least ten minutes in a usual week.

Physical Activity on the Job

59% spend most of their job time either sitting or standing.

Workers Compensation Coverage

8% of those employed or self-employed have been injured on the job in the past year with an injury requiring treatment. The mean number of work days lost due to the injury was 6.13 days.

Sexual Orientation

95% of respondents identified as heterosexual, 1% homosexual, 1% bisexual, <1% unsure, and 2% refused to answer the question.

Sexual Activity, Family Planning and Birth Control

6% of all respondents, both male and female, had more than one sexual partner in the past year.

61% under the age of 25 said they were 16 years of age or older the first time they had sexual intercourse. 11% were younger than 16 years old. 23% had never had sexual intercourse and 5% were unsure or refused the question.

Overall, 76% used some sort of birth control during their last sexual intercourse. The most common types of birth control used were vasectomy (28%), tubal ligation (15%), the pill (18%), and condoms (13%).

Among respondents under age 50, 9% had never heard of the morning after pill and 86% had never used it.

HIV/AIDS

41% of respondents under age 65 have been tested for HIV/AIDS.

Tobacco Use, Attitudes and Behaviors

55% reported they had never smoked. This is a significant increase from 49% in 2002 and 51% in 1996.

13% smoke cigarettes every day and another 5% smoke occasionally.

26% are former smokers.

26% have tried smokeless tobacco and 12% have used it in the past thirty days.

6% of current smokers have traveled outside Washington to save money on cigarettes.

16% agreed with a statement that read: *There are so many things that cause cancer; tobacco use is not going to make any difference.*

60% do not allow smoking in their home.

Smoking Cessation

36% have not been advised by a doctor and 80% by a dentist in the past 12 months to quit smoking.

42% of smokers have never heard of community services and support to help stop smoking.

76% are unsure or think their health plan will not help pay for a cessation program.

44% were unaware of the Washington State "Quit Line."

68% said they would definitely/probably not use telephone support services to help them quit.

46% said they do not want to quit.

Attitudes About Smoking

90% felt that breathing second hand smoke was annoying and 9% felt it was not. 1% was unsure or refused the question.

94% felt that secondhand smoke was harmful and 2% felt that it was not. 4% were unsure.

In a typical workweek, 5% are exposed to secondhand smoke for periods of an hour or less.

56% disagreed with the statement: *I go out to bars and restaurants more frequently now that smoking is not allowed.*

10% said in the past year they went to a bar/restaurant where people were smoking.

26% said they do not believe that smoking should be prohibited at outdoor public areas where children are present.

23% disagreed that authorities should prioritize the enforcement of laws that prohibit the possession of tobacco by minors.

87% who have children have told them they do not want them to use tobacco products.

53% recalled seeing anti-smoking ads on TV in the past thirty days, more than on radio or public billboards.

Alcohol Consumption

60% have had a drink of alcohol in the past month. This is a significant decrease from 68% in 2002.

2.13 is the mean number of drinks consumed on days respondent drank compared to 2.25 in 2002.

5% have engaged in chronic drinking compared to 6% in 2002. Chronic drinking is defined as having consumed 60 or more drinks in a 30-day period.

31% of males and 25% of females engaged in binge drinking by having had five (four for females) or more drinks on an occasion.

Care Giving

14% said that during the past month they have provided regular care or assistance to someone with a long term disability or illness.

The mean age of the person being cared for is 57 years old.

The greatest difficulties in providing care identified by caregivers included stress (33%) the financial burden (23%) and having no time for themselves (15%).

94% of caregivers are not paid for their time. Only 5% of the caregivers are paid for the care they provide. 1% refused the question.

58% have been providing care for more than one year.

Emotional Health

25% said they felt restless *all, most or some* of the time over the past 30 days.

22% felt tired *all, most or some* of the time.

21% were nervous *all most, or some* of the time, and 37% were nervous *a little* of the time over the past month.

10% felt hopeless *all most or some* of the time.

9% felt depressed *all most or some of* the time.

7% felt worthless *all most or some of* the time.

No respondents said their mental health condition or emotional issue kept them from doing their usual work in the past month.

4% of respondents disagreed that treatment can help people with mental illness lead normal lives.

44% disagreed that people care and have sympathy for the mentally ill.

Emotional Support and Life Satisfaction

6% of respondents said they rarely get social and emotional support when needed.

6% are dissatisfied with their lives.

Environmental Health

17% of county residents have a wood-burning stove, 5% have a fireplace insert, 11% have a wood-burning fireplace, and 1% has a wood pellet stove.

59% know their stove is certified.

48% use their wood burning stove everyday.

Demographic Profile

Most respondents were married (56%), and 61% said they have no children under the age of 18 who now live at home. Significantly fewer respondents, 50% reported being married in 2002. Although not significant, fewer respondents also reported being married in 1996 (52%).

There were no statistically significant differences in the number of children per household over the three survey administrations. The mean number of children in 2007 was .74.

The percent of male, 49%, and female, 51%, respondents has remained constant over all three administrations of the survey. 68% of respondents had at least some college, and 36% were college graduates. The education level of respondents has remained about the same for all three waves of the survey.

While 47% of respondents in 2007 said they were employed by someone else, 11% were self-employed and 17% were retired. The percentage of respondents employed by someone else has declined significantly since 2002 when it was at 53%. In 1996, 52% of respondents reported working for someone else. Although comparable to 2002 results, it is not significant compared to the data obtained in 2007. Additionally in 2007, 10% of respondents were homemakers, a significant increase from 6% in 2002 and close to the level of 9% in 1996. The proportion unable to work in 2007, 6%, is up significantly from 2% in 1996 and 3% in 2002.

30% said they have annual household incomes of less than \$35,000. This is down significantly from 45% in 2002 and 52% in 1996. 17% have incomes between \$35,000 and \$50,000 which is comparable to 16% in 2002 and 21% in 1996. 41% of 2007 respondents have a household income above \$50,000, which is significantly higher than 28% in 2002 and 18% in 1996. 11% of respondents did not answer the income question because they were either unsure of their income or did not want to divulge this information.

The average age of survey respondents was 45.4 years old. This was not a significant change from 1996 (44.2) and 2002 (44.5).

About 6% of all respondents are Hispanic or Latino and 9% of all respondents said they are ethnic minorities. The number of Hispanics is up significantly from 3% in 2002 and 2% in 1996. The racial composition of respondents has stayed about the same over all three years of the survey.

13% of the 2007 respondents have served in active military duty.

Table A Respondent Profile			
	2007 n=1131	2002 n=802	1996 n=400
Sex			
Male	49%	49%	49%
Female	51%	51%	51%
Age			
18-29	25%	25%	24%
30-39	16%	18%	22%
40-49	19%	21%	20%
50-64	24%	21%	17%
65+	16%	16%	17%
<i>Median</i>	<i>44</i>	<i>43</i>	<i>41</i>
<i>Mean</i>	<i>45.3</i>	<i>44.5</i>	<i>44.1</i>
Ethnicity			
White	92%	93%	94%
Native American/Alaska Native	2%	1%	3%
Black or African American	1%	1%	<1%
Asian, Pacific Islander	1%	3%	2%
Something Else	2%	2%	2%
Don't know/Not Sure/Refused	2%	1%	0%
Marital			
Married	56%	50%	52%
Divorced/Widowed/Separated	19%	24%	24%
Never been married	20%	24%	20%
Member of an unmarried couple	4%	3%	3%
Income			
Less than \$20,000	8%	14%	24%
\$20,000 up to \$35,000	22%	31%	28%
\$35,000 up to \$50,000	17%	16%	21%
\$50,000 and more	41%	28%	18%
Don't Know/Not Sure/Refused	11%	12%	9%

Percentages may not add up to 100% due to rounding.

Table A Respondent Profile - Continued			
	2007 (n=1131)	2002 (n=802)	1996 (n=400)
*Active Duty Armed Forces Service			
Yes	13%	NA	NA
No	87%	NA	NA
Children at Home			
Yes	39%	36%	36%
No	61%	64%	64%
Employment			
Employed for wages	47%	53%	52%
Self-employed	11%	11%	10%
Homemaker	10%	6%	9%
Student	6%	5%	5%
Retired	17%	17%	17%
Out of work/unable to work	9%	7%	7%
Education			
Some High School	5%	4%	4%
High School Grad / GED	26%	26%	30%
Some College / Technical School	32%	36%	33%
College Grad	36%	33%	32%
*Lacked Phone Service for 1 or More Weeks During Past 12 Months**			
Yes	4%	NA	NA
No	96%	NA	NA

***Not Asked in 2002 or 1996**

****This excludes lack of service caused by weather or natural disasters.**

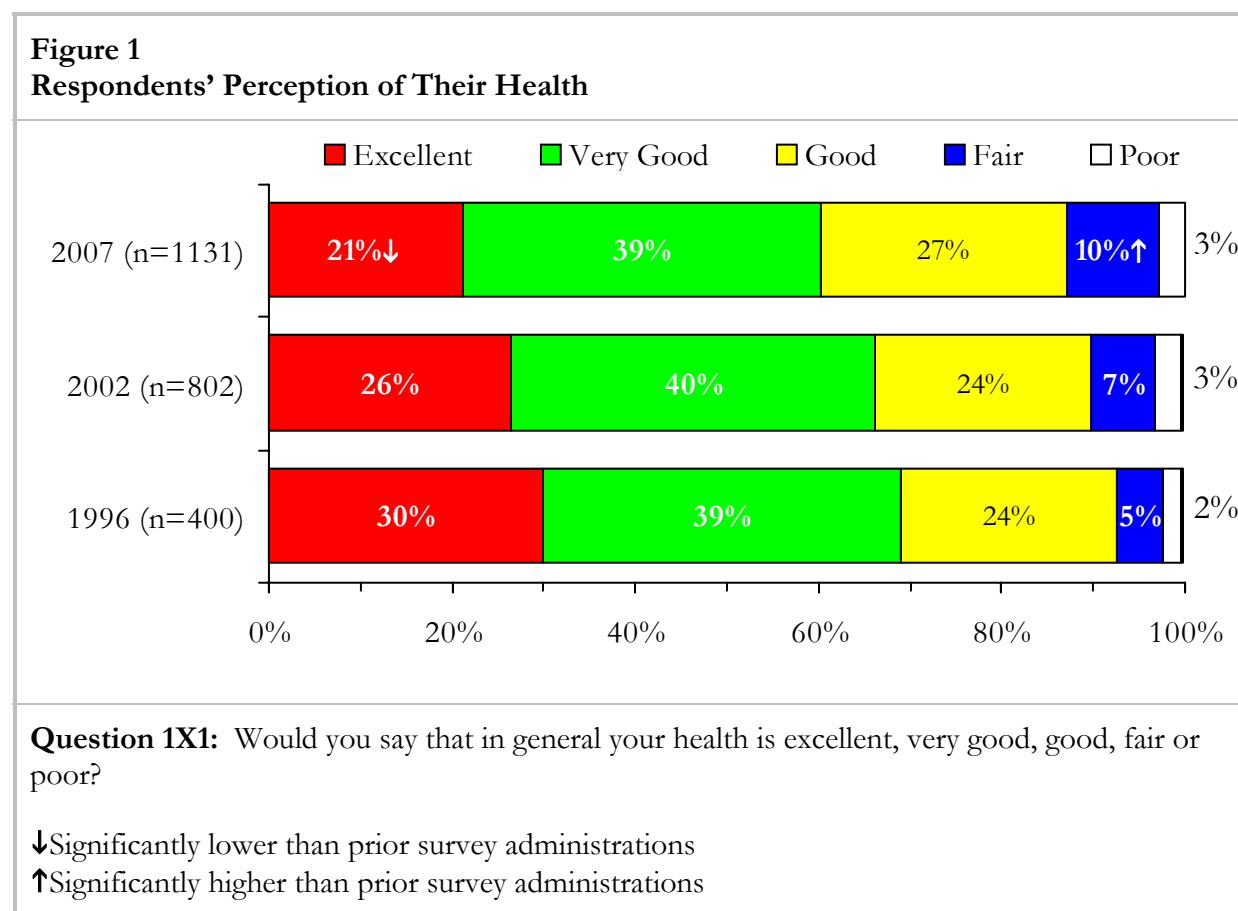
Percentages may not add up to 100% due to rounding.

DETAILED FINDINGS

Health Status Of Whatcom County Residents

Overall, Whatcom County residents consider themselves to be in good health. When asked if they thought “in general” their health was *excellent*, *very good*, *good*, *fair* or *poor*, in 2007, 87% gave a response in the *good to excellent* range. Although this is a decrease from the 90% who were in this range in 2002 and the 93% in 1996, the differences are not significant.

What is significant over the three survey administrations is the decrease in the proportion of respondents evaluating their health as *excellent* and an increase in those that characterize their health as *fair*. In 2007, 21% considered their health as *excellent*. This is down significantly from 2002 (26%) and 1999 (30%).



In 1996, 5% of respondents assessed their health as *fair*. In 2002 this had increased to 7% and in 2007, it was at 10%.

The proportion of respondents who consider their health as *poor* has remained relatively constant over the three survey administrations.

In 2007, the following types of respondents were more likely to rate their health as fair or poor:

- Income under \$20,000 (41%)
- Age 65 or older (22%)
- Not employed (20%) or retired (20%)
- High school education or less (17%)

Days of Poor Physical and Mental Health

When asked how many days, in the past thirty days, their physical health was *not good*, 63% of the respondents indicated there had been no days in the past month when their physical health was *not good*.

Physical Health

Since 1996, the last time this question was asked, there has been a significant decline in the proportion of respondents who reported “no days” when their physical health was *not good*.

In 1996, close to three-quarters of the respondents, 72% had no days when their physical health was not good compared to 63% in 2007.

The decrease in the proportion of respondents who have had no days of poor physical health should be taken in the context of the percentage of respondents who assessed their general health as *fair* or *poor* in the previous section.

Significantly, across all respondents, in 2007 respondents averaged 3.5 days when their physical health was not good compared to 2.1 in 1996.

In 2007, respondents who had at least one day in the prior month when their *physical health* was not good included those who:

- Rated their health status as *fair/poor* (69%)
- Earn less than \$20,000 per year (58%)
- Are not employed (47%)

Table 1
Days of Poor Physical Health in Past Month

	2007 Days When Physical Health Was Not Good (n=1131)	1996 Days When Physical Health Was Not Good (n=400)
No Days	63%↓	72%↑
At Least One Day	36%	28%
1 Day	6%	6%
2 Days	7%	6%
3 to 5 Days	8%	7%
6 to 10 Days	4%	2%
11 to 29 Days	5%	4%
30 Days	6%	3%
<i>Mean (including those who said no days)</i>	3.5↑	2.1↓
<i>Mean (excluding those who said no days)</i>	9.7	7.5
Don't Know	1%	< 1%

Question 2X1: 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?

↓Significantly lower than prior survey administrations

↑Significantly higher than prior survey administrations

Percentages may not add up to 100% due to rounding.

Mental Health

Asked the same question about their mental health, 64% reported having no days in the past month when their mental health was *not good*. This proportion was not significantly different from the data collected in 1996. In 2007, respondents averaged 3.3 days when their mental health was not good compared to 2.9 days in 1996.

Table 2		
Days of Poor Mental Health in Past Month		
	2007 Days When Mental Health Was Not Good (n=1131)	1996 Days When Mental Health Was Not Good (n=400)
No Days	64%	62%
At Least One Day	36%	36%
1 Day	4%	5%
2 Days	5%	8%
3 to 5 Days	11%	9%
6 to 10 Days	6%	5%
11 to 29 Days	5%	4%
30 Days	5%	4%
<i>Mean (including those who said no days)</i>	<i>3.3</i>	<i>2.9</i>
<i>Mean (excluding those who said no days)</i>	<i>9.4</i>	<i>7.6</i>
Don't Know	1%	2%
<p>Question 2X2: 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?</p> <p>Percentages may not add up to 100% due to rounding.</p>		

In 2007, types of respondents who had at least one day in the prior month when their mental health was not good included:

- Those who say their overall health is *fair/poor* (60%)
- Those who earn less than \$20,000 per year (51%)
- Those who are neither employed nor retired (48%)
- Those ages 30 to 39 (46%)
- Bellingham residents (37%)

Significant differences did appear in the proportion of respondents who reported having had days when poor physical or mental health prevented them from carrying out their usual activities.

In 2007, 47% reported that there were days when poor physical or mental health got in the way of performing their usual activities.

This is a sharp increase from 1996 when 13% reported having days when they were unable to do their usual activities because of poor physical or mental health.

The number of days respondents said their poor physical or mental health kept them from normal activities increased in 2007 to an average of 4.8 days from an average of 1.2 days in 1996.

In 2007, respondents who reported the most days in the prior month when their physical or mental health kept them from doing their usual activities included those:

- Those who said their overall health is *fair/poor* (12.5 days)
- Earning less than \$20K per year (7.9 days)
- Unemployed (7.8 days)
- 65+ (6.7 days)

Table 3

Days Poor Physical or Mental Health in Past Month Kept from Usual Activities

	2007 Total Days Kept From Usual Activities (n=607)	1996 Total Days Kept From Usual Activities (n=152)
No Days	50%↓	86%↑
At Least One Day	47%↑	13%↓
1 Day	8%	2%
2 Days	9%	2%
3 to 5 Days	9%	4%
6 to 10 Days	6%	1%
11 to 29 Days	8%	2%
30 Days	7%	2%
<i>Mean (including those who said no days)</i>	4.8↑	1.2↓
<i>Mean (excluding those who said no days)</i>	9.8	8.3*
Don't Know	1%	1%

Question 2X3: During the past 30 days, about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work or recreation?

↓Significantly lower than prior survey administrations

↑Significantly higher than prior survey administrations

*Cell size under 30 cases

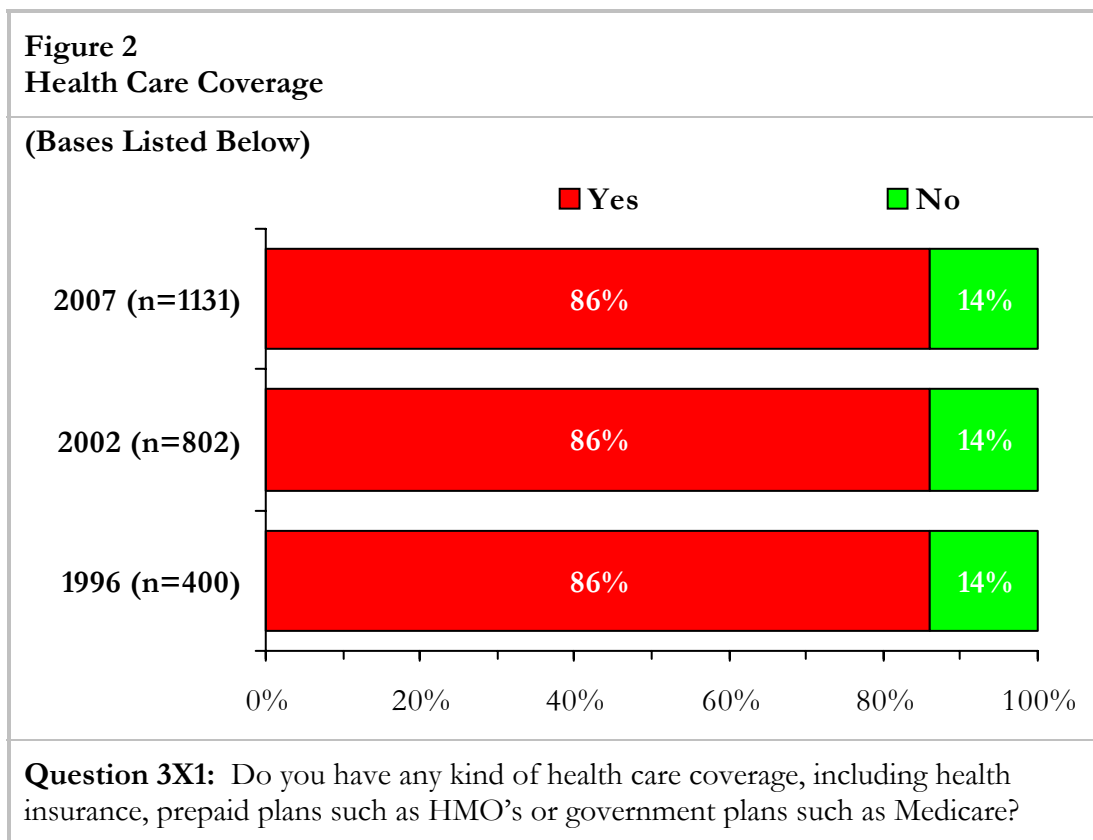
Percentages may not add up to 100% due to rounding.

Health Care Access

A series of survey questions explored different aspects of health care access including insurance coverage, personal health care providers, routine checkups and problems in obtaining health and dental care.

Health Care Coverage

To understand the extent of insurance coverage, respondents were asked if they are presently covered by a health insurance plan. As Figure 2 shows, the proportion of respondents with health care coverage has remained constant at 86% over the three survey administrations.



In 2007, respondents who currently lack health care coverage were more likely to:

- Earn less than \$35K per year (23%)
- Be unemployed (22%)
- Have a High school education or less (21%)
- Be under age 30 (21%)

Dental Insurance

In the Version B questionnaire, respondents were asked whether they had any kind of insurance coverage that paid for some or all of their routine dental care. Close to two-thirds (63%) said they had dental coverage, 37% did not.

Those less likely to have dental insurance were respondents with no health care coverage, those who are retired, and respondents earning less than \$35K a year.

Oral Screening

These same respondents were also asked whether they had ever been checked for oral cancer. If they had an exam they were asked to indicate the type of health care professional that performed the examination.

Almost four out of ten (39%) reported having had an oral cancer check at some point in their lifetime. Two-thirds had their oral cancer check performed by a dentist (67%), over a quarter by a doctor or physician (26%), three percent (3%) by a nurse/nurse practitioner, and three percent by a dental hygienist (3%). 1% was unsure.

In 2007, subgroups less likely to have had an oral exam include:

- Those with incomes under \$20K (78%)
- Those with a high school education or less (73%)
- Those aged 18-29 (73%)
- Those with incomes between \$20K and \$35K (71%)
- Those aged 30-39 (68%)

Table 4
Screening Exams for Oral Cancer

	Total
Ever Checked for Oral Cancer	(n=390)
Yes	39%
No	60%
Type of HCP That Gave the Exam	(n=159)
Doctor/Physician	26%
Nurse/Nurse Practitioner	3%
Dentist	67%
Dental Hygienist	3%
Don't know	1%

Questions:

38X1. Have you ever had a check-up or an exam in which the dentist or doctor pulls out your tongue, sometimes with gauze wrapped around it, and feels under the tongue and inside the cheeks, or feels your neck?

38X2. What type of medical provider examined you when you had your last check-up for oral cancer?

Percentages may not add up to 100% due to rounding.

Personal Health Care Providers

Eighty-five percent (85%), of those interviewed said they have a personal doctor or health care provider. Of these respondents, 79% have one personal health care provider and 5% reported having more than one provider. This is up significantly from 2002 when 80% reported having one or more health care providers.

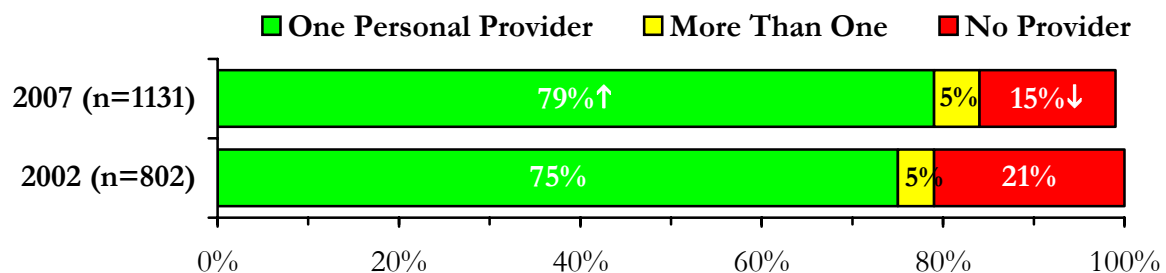
The proportion of respondents in 2007 who reported having no health care provider, 15%, is significantly lower than the 21% who reported having no health care provider in 2002.

In 2007, subgroups more likely to say they have no personal doctor or health care provider include:

- Those without health care coverage (46%)
- Those aged 18-29 (28%)
- Respondents with incomes of \$50K or less (22%)
- Those with a high school diploma or less (21%)
- Non-retirees: employed and unemployed (18% each)

Figure 3
Have A Personal Doctor or Health Care Provider

(Bases Listed Below)



Question 3X2: Do you have one person you think of as your personal doctor or health care provider?

↓Significantly lower than prior survey administrations

↑Significantly higher than prior survey administrations

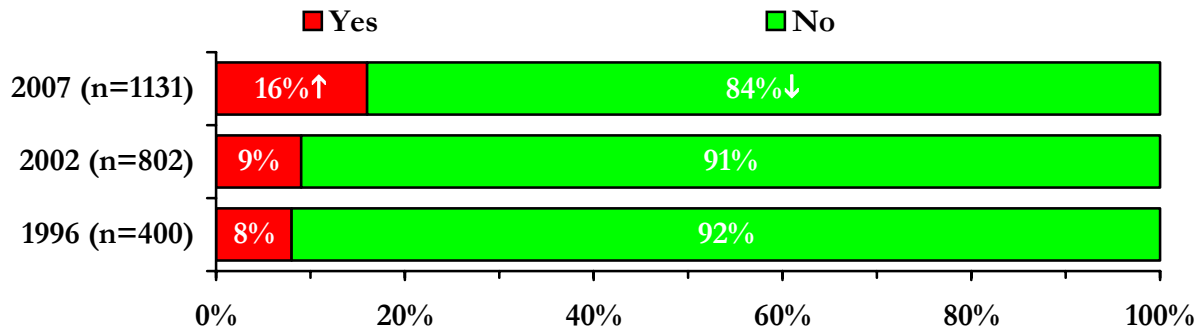
Percentages may not add up to 100% due to rounding.

Cost as a Barrier to Health Care

When asked if there was a time in the past 12 months when they needed to see a doctor but could not because of the cost, 16% said *yes*. This proportion has doubled since the survey administrations that took place in 1996 and 2002.

Figure 4
Unable to Get Medical Care Because of Cost

(Bases Listed Below)



Question 3X3: Was there a time during the past 12 months when you needed to see a doctor but could not because of cost?

↓Significantly lower than prior survey administrations

↑Significantly higher than prior survey administrations

2007 respondents who were more likely to be unable to afford to go to the doctor include:

- Those who have no health care coverage (48%)
- Those who earn less than \$20K per year (32%)
- Respondents who report their health status as *fair/poor* (28%)
- 18-29 year olds (23%)
- Those with a High school education or less (22%)
- The unemployed (20%)

Last Routine Checkup

The 59% of respondents in 2007 who reported having had a routine checkup within the past year was not significantly different from the 62% who reported having had a checkup in the past year in 1996.

Table 5 Last Routine Checkup		
	2007 (n=1131)	1996 (n=400)
Within the past year	59%	62%
Within the past 2 years (between 1 and 2 years ago)	17%	18%
Within the past 5 years (between 2 and 5 years ago)	10%	12%
More than 5 years ago/Never*	11%	8%
Don't know/Not Sure	2%	0%

Question 3X4: About how long has it been since you last visited a doctor for a routine checkup?
*Percentages for a response of “never” not available for 1996.
Percentages may not add up to 100% due to rounding.

In 2007, characteristics of respondents who were more likely to have had no checkup in the past 5 years include:

- Those without health care coverage (25%)
- 18-29 year olds (18%)
- Those with incomes of \$20K to under \$50K (16%)
- Males (13%)
- Non-retirees: employed (12%) and unemployed (11%)

Diabetes

A series of questions were asked to determine the incidence of diabetes and the level of personal and professional care received by those who have the disease.

Diagnosis

In 2007, 6% of all respondents had been told by a doctor that they have diabetes. This proportion is comparable to 2002 results at 5%, but has increased significantly from 1996 when the proportion of respondents having been diagnosed with diabetes was 3%. Across all three-survey years, 1% of female respondents were told that they had diabetes during a pregnancy.

Table 6 Ever Diagnosed With Diabetes			
	2007 (n=1131)	2002 (n=802)	1996 (n=400)
Yes	6%↑	5%	3%
No	93%↓	93%	96%
Yes, during pregnancy	1%	1%	1%
No, but pre-diabetes, borderline	1%	0%	0%

Question 5X1: Have you ever been told by a doctor that you have diabetes?
 ↓Significantly lower than 1996 level
 ↑Significantly higher than 1996 levels
Percentages may not add up to 100% due to rounding.

2007 respondents who are more likely than others to have been told that they have diabetes include:

- Health status *fair/poor* (17%)
- Over age 49 (9%); over age 64 (14%)
- Retirees (13%)
- Earn \$35K or less (10%)
- No children live in household (8%)
- Have health care coverage (7%)

Age at time of diabetes diagnosis:

- Average age at which a respondent was diagnosed with diabetes was 48 years old.
- 50 to 64 years of age (30%)
- Between 40 to 49 years old (21%)
- 65 years of age or older (18%)
- Between 30 to 39 years of age (13%)
- Between the ages of 18 to 29 (9%)
- Before age 18 years old (6%)

Personal Diabetes Care

Diabetic respondents were asked a number of questions to determine the level of self-care they provide for their diabetes.

Of those with diabetes, **28%** are currently taking insulin and another **60%** are taking diabetes pills.

Two-thirds (67%) said they check their blood sugar levels at least once a day.

Due to the relatively small number of diabetics in the sample, the amount of people taking insulin (28%), and diabetes pills (60%) did not vary significantly from 2002 levels.

	2007 (n=89)	2002 (n=49)
Currently Take Insulin		
Yes	28%	37%
No	73%	63%
Currently Take Diabetes Pills		
Yes	60%	51%
No	39%	49%
Testing Frequency for Blood Glucose		
Once per day	28%	19%
Twice per day	17%	22%
Three or more times per day	22%	12%
Total at least once a day:	67%	53%
One to six times per week	15%	17%
Once or twice per month	9%	0%
More often than one or twice per month	2%	2%
Less often than once or twice per month	0%	7%
Never	8%	8%
Don't know	1%	13%
Questions:		
5X3. Are you now taking insulin?		
5X4. Are you now taking diabetes pills?		
5X5. About how often do you check your blood for glucose or sugar?		
Percentages may not add up to 100% due to rounding.		

In 2007, 73% of respondents with diabetes reported having attended a class in how to manage their condition. This is a significant increase from 2002 when 53% reported having taken a diabetes management class.

Close to two-thirds (64%) said they check their feet daily for sores or irritations. 4% said they had sores or irritations on their feet that took more than four weeks to heal. This was not a significant change from 7% in 2002.

Table 8 Diabetes Self-Care		
	2007 (n=89)	2002 (n=49)
Attended class in diabetes self-management		
Yes	73%↑	53%
No	26%	47%
Don't Know	1%	0%
Testing Frequency for Foot Sores		
Daily	64%	56%
1 to 5 times per week	17%	16%
Less than weekly	6%	11%
Never	10%	11%
Don't know/Refused	2%	5%
No Feet	1%	0%
Had sores/irritations on feet that took more than 4 weeks to heal		
Yes	4%	7%
No	96%	93%
Questions:		
5X6. About how often do you check for feet for any sores or irritations?		
5X7. Have you ever taken a course or class in how to manage your diabetes yourself?		
5X13. Have you ever had any sore or irritations on your feet that took more than 4 weeks to heal?		
↑ Statistically significant change from 2002		
Percentages may not add up to 100% due to rounding.		

Professional Diabetes Care

Diabetic respondents were also asked about the professional care they receive for their illness.

Table 9 shows that 7% said they had not seen a health care professional for care of their diabetes during the previous 12 months.

Of the respondents with diabetes, 92% reported having seen a doctor at least once in the past year for their diabetes and 76% saw their physician to check their feet for sores or irritations.

Most respondents (85%) reported having at least one A1C test within the past year.

Percentages in Table 9 may not add up to 100% due to rounding.

Table 9
Diabetes Care Provided by Health Care Professionals

	2007 (89)	2002 (49)
Number of Doctor Visits in Past Year for Diabetes Care		
None	7%	5%
One	9%	13%
Two	26%	21%
Three	17%	11%
Four	21%	25%
Five or more	19%	22%
Don't know/not sure	2%	4%
Number of Doctor Visits in Past Year to Check Feet		
None	21%	31%
One	20%	25%
Two	19%	14%
Three	11%	6%
Four or more	26%	22%
Don't know/not sure	1%	2%
Number of A1C Tests in Past Year		
None	12%	6%
One	10%	16%
Two	33%	22%
Three	16%	12%
Four or more	26%	36%
Don't know	2%	8%
Never heard of this test	1%	0%

Questions:

5X8. About how many times in the past 12 months have you seen a doctor, nurse or other health care professional for your diabetes?

5X9. A test for A1C measures the average level of blood sugar over the past three months. About how many times in the past 12 months has a doctor, nurse or other health professional check you for A1C?

5X10. About how many times has a health care professional checked your feet for any sores or irritations?

Almost three-quarters, 74% said they had a complete eye exam, including dilation of pupils, within the last year.

The percentage of respondents who reported having had their eyes tested and dilated in the past month came in significantly lower at 24% compared to 48% who reported they had been tested in the past month in 2002.

Conversely, the proportion of respondents who said yes to having had their eyes tested and dilated in the past year significantly increased to 50% and almost doubled from the 26% who reported in 2002 that they had their eyes tested within the past year.

Thirteen percent (13%) reported they were told that diabetes had affected their eyes, or that they had retinopathy. This is not a significant increase from 9% in 2002.

Table 10
Diabetes Care Provided by Health Care Professionals

	2007 (n=89)	2002 (n=49)
Last Complete Eye Exam (Pupils Dilated)		
Within the past month	24%↓	48%
Up to 1 year ago	50%↑	26%
1 to 2 years ago	20%	19%
More than 2 years ago	5%	7%
Never	2%	0%
Doctor Has Diagnosed Retinopathy		
Yes	13%	9%
No	85%	91%
Don't know/not sure	2%	0%

Questions:

5X11. When was the last time you had an eye exam in which the pupils were dilated?

5X12. Has a doctor ever told you that diabetes has affected your eyes or that you had retinopathy?

↓Significantly lower than 2002 level

↑Significantly higher than 2002 levels

Percentages may not add up to 100% due to rounding.

Blood Pressure

More than one of four Whatcom County residents (26%) said a health care professional has told them they have high blood pressure. Nearly three of four (72%) from this group said that they are currently taking medication to control their hypertension.

Table 11 Blood Pressure	
	Total
Ever Diagnosed With High Blood Pressure	(n=1131)
Yes	26%
Yes, but only during pregnancy	1%
No	72%
Borderline high or pre-hypertensive	1%
Don't know	<1%
Currently Take Medicine	(n=370)
Yes	72%
No	28%
Questions:	
6X1. Have you ever been told by a doctor, nurse or other health professional that you have high blood pressure?	
6X2. Are you currently taking medicine for your high blood pressure?	

In 2007, the following subgroups were more likely than others to say they have high blood pressure:

- Those who are retired (55%)
- Those who gave a rating for their overall health *fair/poor* (47%)
- Those who are 50 years old and older (45%)
- Those with no children residing in their household (36%)
- Those with health care coverage (27%)

In 2007, of those reporting to have high blood pressure, the following groups were more likely to be taking medication for their high blood pressure:

- Those aged 65+ (92%)
- Retirees (87%)
- Those living in rural areas (87%)
- Those aged 50-64 (84%)
- Those with incomes over \$50K (81%)
- Those with some college education (81%)
- Women (79%)
- Those with health care coverage (76%)
- Those aged 40-49 (55%)

Actions to Lower Blood Pressure

Respondents with hypertension were asked a series of additional questions about actions they may have taken, or about medical advice they received to lower their blood pressure.

About three of four respondents (74%) who have been diagnosed with high blood pressure said they had been informed about their condition on two or more visits to a doctor or other health professional.

Figure 5 shows that a large proportion of respondents have been advised by health care professionals to take actions (dietary change, reduce salt intake, get more exercise) to help control their high blood pressure.

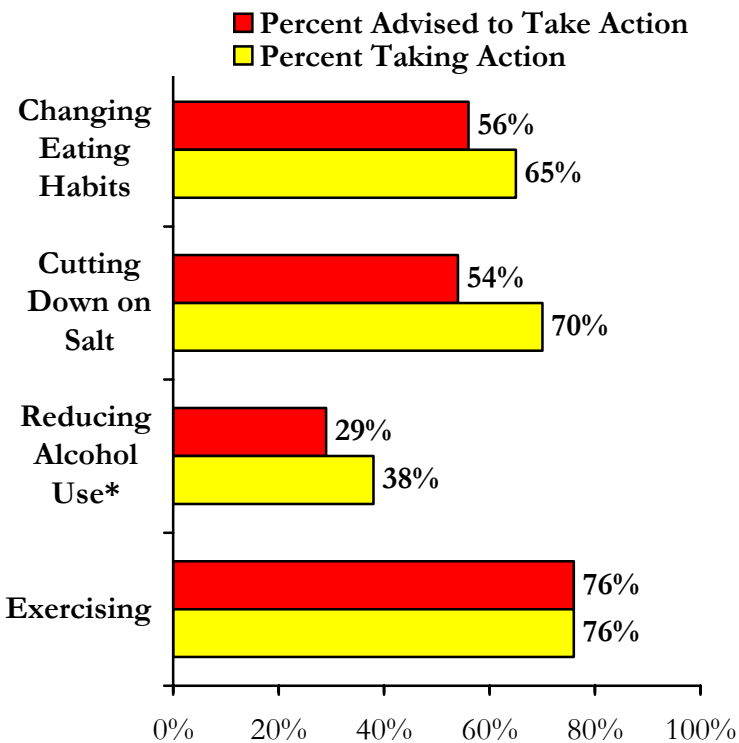
More than half have been advised by their healthcare

professional to get more exercise (76%), change eating habits (56%) cut down on salt intake (54%) or reduce their consumption of alcohol (29%).

Also reflected in Figure 5 is the even higher proportions of respondents with hypertension who are making lifestyle changes in order to control their blood pressure.

Figure 5
Actions to Lower Blood Pressure
Percent of Respondents Advised to Take Action Versus Percent Taking Action

(Base = 258)



Questions:

23X1 through 23X4. Are you now doing any of the following to help lower or control your high blood pressure?

23X5 through 23X9. Has a doctor or other health professional ever advised you to do any of the following to help lower or control your high blood pressure?

*31% said they do not drink alcohol. Rebasing the percentage to include only those respondents who do drink alcohol found 55% who said they are reducing their use of alcohol and 43% who said they are not.

This suggests that they are being educated about controlling high blood pressure through sources other than their healthcare provider. Among respondents with hypertension, 76% say they are exercising, 70% are reducing salt intake, 65% are changing their eating habits, and 38% are reducing alcohol use in an effort to control their blood pressure.

In 2007, the following types of respondents were less likely to take action to lower their blood pressure:

Less Likely Change Eating Habits

- Those aged 65 and older (55%)
- Respondent's ages 30-39 (11%)

Less Likely To Cut Down Salt

- College graduates (62%)
- Respondents aged 30-39 (11%)

Less Likely To Reduce Alcohol Use

- Retired (38%)
- Those employed/self employed (31%)
- Respondents ages 50-64 (27%)
- College graduates (27%)
- Respondent's ages 30-39 (11%)

Less Likely To Exercise

- Those who say their health is *fair/poor* (65%)

Blood Cholesterol

When asked, 22% of those interviewed reported that they had never had their blood cholesterol checked while 73% said their cholesterol had been checked at some time in their life. 4% were unsure.

In 2007, those more likely than others *not* to have ever had their blood cholesterol checked include:

- Those with no health care coverage (49%)
- Respondents 18-29 years old (48%)
- Those unemployed (34%)
- Respondents 30-39 years old (33%)
- Those with a high school education or less (32%)
- Households in which there are children (30%)
- Those with incomes between \$20K to under \$35K (28%)
- Those employed or self-employed (23%)
- Those with some college education (22%)

For those who have had their cholesterol checked at some time, when asked how long it had been since their last cholesterol check, 61% said they had their cholesterol checked within the past year, an additional 19% said it was last checked between 1 and 2 years ago, 12% said at least 2 to 5 years ago, and 7% said it has been more than five years since it had been checked.

Table 12	
Last Blood Cholesterol Check	
	Total (n=949)
Within the past year	61%
1 to 2 years ago	19%
2 to 5 years ago	12%
More than 5 years ago	7%
Don't know	1%
Questions:	
7X1. Have you ever had your blood cholesterol checked?	
7X2. How long has it been since you've had your cholesterol checked?	

In 2007, those more likely than others to have had their blood cholesterol checked in the *past year* include:

- Older respondents aged 65 and older (84%)
- Retired (83%)
- *Fair/poor* health rating (75%)
- Those with no children living in the household (67%)
- Those aged 50-64 (66%)
- Those with health care coverage (63%)

In 2007, those who have had their last cholesterol check *more than 5 years ago* include:

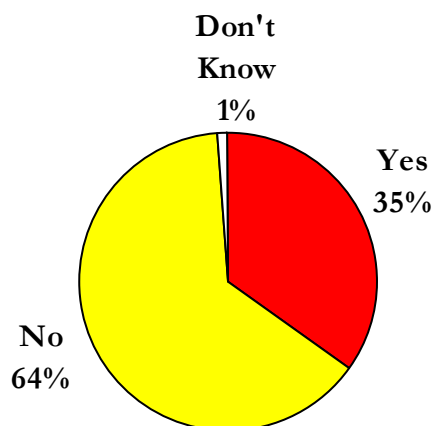
- Those with incomes of under \$35K (22%)
- Those with no health care coverage (20%)
- Respondents who are 40-49 years old (11%)
- Employed/self employed (10%)
- Have children in the household (10%)
- Respondents who are 30 to 39 years old (10%)
- Employed/self employed (10%)
- Have children in the household (10%)
- Males (9%)
- Assessed their health as *excellent, very good or good* (8%)

Thirty-five percent, (35%) have been told that their blood cholesterol is high. Those more likely to say they have high cholesterol levels in 2007 include:

- Those who are retired (53%)
- Those who gave a rating of their health as *fair/poor* (47%)
- Those who are 40 years old or older (43%)

Figure 6
Advised Blood Cholesterol is High

(Base = 949)



Question 7X3: Have you ever been told by your doctor, nurse or other health professional that your cholesterol is high?

Cardiovascular Disease

The percentage of respondents who have cardiovascular disease has not changed significantly since 1996.

In both 2007 and 1996, the last time this question was asked, 3% of all respondents said they have had a heart attack or myocardial infarction.

Although the proportion of respondents who have been diagnosed with angina or coronary heart disease, 3% is one percent higher than it was in 1996, the increase is not significant.

The proportion of strokes has remained constant in the two survey administrations with both years at 2%.

Of the respondents who had a heart attack, 40% said they had rehabilitation after they left the hospital, as did 20% of those who have had a stroke. Twenty-one percent (21%) of respondents said they take an aspirin everyday or every other day.

In 2007, respondents who were more likely to have had a *heart attack or myocardial infarction* include:

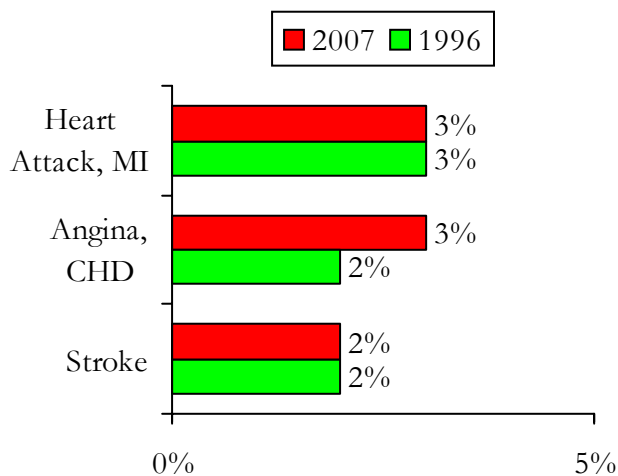
- Age 65 + (13%)
- Retired (11%)
- *Fair/Poor* health status (11%)
- No children in the household (5%)

In 2007, those more likely to say they have had *angina or coronary heart disease* include:

- *Fair/Poor* health status (15%)
- Age 65+ (12%)

Figure 7
Cardiovascular Disease

(Bases: 2007 = 1131; 1996 = 400)



Questions:

8X1. Has a doctor, nurse or other health care professional ever told you that you had a heart attack, also called myocardial infarction?

8X2. Angina or coronary heart disease?

8X3. A stroke?

- Retired (11%)
- Rural area residents of the county (6%)
- Have health care coverage (4%)

In 2007, those more likely to say they have had a *stroke* include:

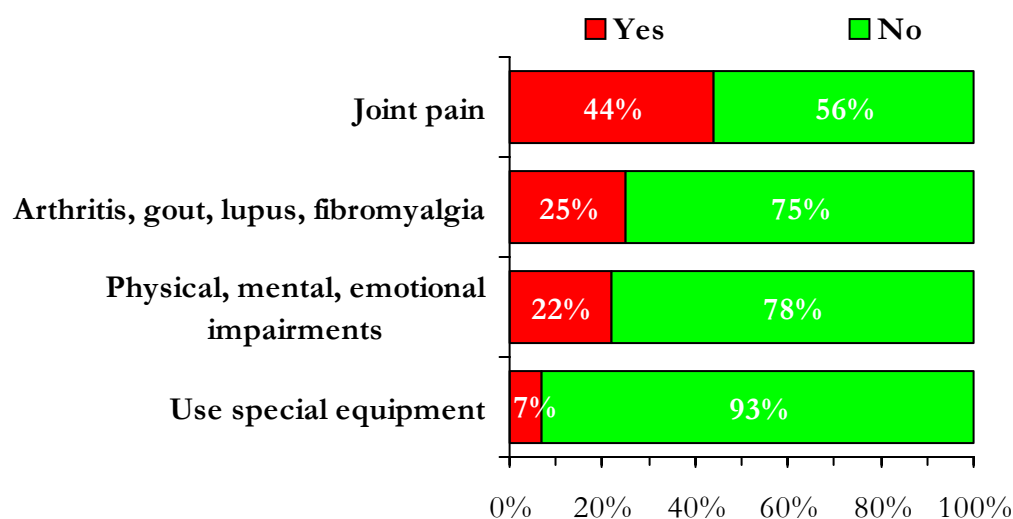
- Age 65+ (8%)
- Retired (8%)
- *Fair/Poor* health status (8%)
- No children in the household (4%)
- Ages 50-64 (4%)
- Have health care coverage (3%)

Disabilities and Arthritis/Chronic Pain

When asked whether they had any physical, mental or emotional impairments that limited their activities in anyway, 22% responded *yes*, with 7% indicating they needed special equipment, such as a cane, wheelchair, a special bed or special telephone.

Figure 8
Disabilities

(Base = 1131)



Questions:

14X1. Are you limited in any activities because of physical, mental or emotional problems?

14X2. 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?

15X1. During the past 30 days have you had symptoms of pain, aching or stiffness in or around a joint?

15X4. Have you ever been told by a doctor or other health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus or fibromyalgia?

Joint pain was the most prevalent condition that respondents mentioned, with 44% reporting they have had joint pain, aching or stiffness in the past 30 days. Of these respondents, 81% said their joint symptoms first began more than three months ago and 80% have seen a doctor or other healthcare professional for these joint symptoms.

Next in prevalence of joint conditions was arthritis, rheumatoid arthritis, gout, lupus or fibromyalgia. Twenty-five percent (25%) of those interviewed have been told by healthcare professional they have some form of arthritis. When asked, 35% indicated that chronic joint problems or arthritis has limited their usual activities.

In 2007, respondents who had been diagnosed by a doctor or other health professional with some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia included:

- *Fair/Poor* health status (49%)
- Retired (49%)
- Those aged 40 or older (35%)
- Those with incomes under \$35K (32%)
- No children in the household (32%)
- Females (28%)
- Health care coverage (26%)

In 2007, of the respondents with chronic joint problems and/or arthritis, those more likely to have their lifestyles affected by these conditions included:

- Those who are not employed (59%)
- Respondents who describe their current health as *Fair/Poor* (58%)
- Those with incomes under \$35K (47%)
- Those who are retired (38%)

In 2007, types of respondents who were more likely to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone were:

- *Fair/Poor* health status (26%)
- Retired (17%)
- Those age 50 or older (14%)
- Incomes of under \$35K (13%)
- No children in the household (9%)
- Have Health Care Coverage (8%)

In terms of other physical, mental or emotional problems, 22% indicated they had a condition that fell into this category.

In 2007, those more likely to be limited by physical, mental, or emotional problems include:

- *Fair/Poor* health status (64%)
- Incomes of under \$35K (35%)
- Respondents age 50 or older (33%)
- Not employed (34%)
- Retired (33%)
- Have no children in the household (26%)

Asthma

Fourteen percent (14%) of all Whatcom County respondents said they have been diagnosed with asthma, which matches the level from the 2002 survey. Among those who have been diagnosed with asthma, 69% said they still experience asthma symptoms. This is about the same as in 2002 (62%).

In 2007, types of respondents who are more likely to have been diagnosed with asthma include:

- Those who rate their overall health as less than fair or poor (27%)
- Unemployed (23%)
- Respondents who have annual incomes of less than \$35K (19%)
- Females (17%)
- Those with less than a college degree (16%)

Table 13 Asthma		
	2007	2002
Ever Diagnosed with Asthma	(n=1131)	(n=802)
Yes	14%	14%
No	86%	86%
Still Have Asthma	(n=158)	(n=114)
Yes	69%	62%
No	24%	34%
Don't know	7%	4%
Questions:		
9X1. Have you ever been told by a doctor, nurse or other health professional that you had asthma?		
9X2. Do you still have asthma?		

Senior Cancer Screening

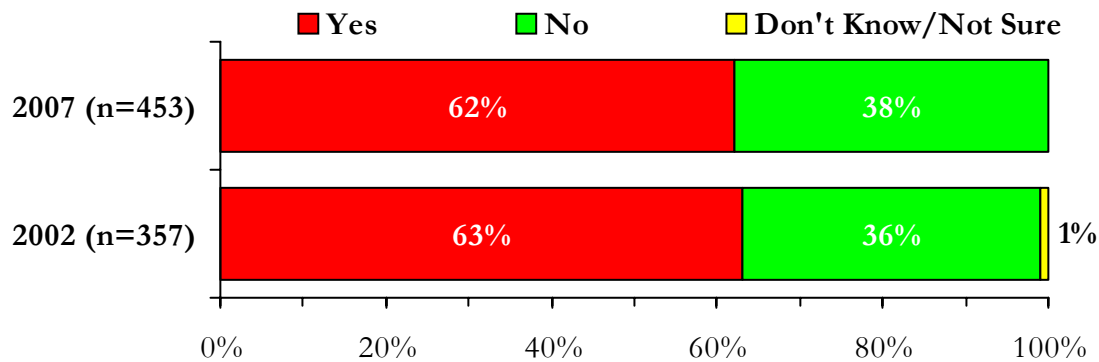
Respondents fifty years of age or older were asked if they have been screened for colon cancer.

Blood Stool Tests

Six of ten respondents (62%) age 50 or older said they have taken a blood stool test using a home kit at sometime in the past. This proportion of respondents is similar to the proportion saying they have taken this test in 2002 (63%).

Figure 9
Blood Stool Test

(Bases Listed Below)



Question 24X1: A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. Have you ever had this test using a home kit?

In 2007, respondents who were more likely to have had a blood stool test using a home kit are:

- Retired (72%)
- Those 65 years of age or older (68%)
- Females (67%)
- No children in the household (65%)
- Health care coverage (63%)

Twenty-nine percent (29%) of respondents reported having a blood stool test within the past year. This percentage is significantly less than the 58% of respondents in 2002 who have had a blood stool test in the past year.

However, in 2007, there has been a significant increase in the proportion of respondents who have had a blood stool test in the past 2 to 5 years, 54%, compared to 33% in 2002.

Rural residents were more likely to have had a home blood stool test more than 5 years ago (21%).

Table 14		
Last Blood Stool Test		
	2007	2002
Totals	(n=286)	(n=228)
Within the past year	29%↓	58%
With the past 2 years	27%	22%
Within the past 5 years	27%	11%
Or 5 years or more	14%	8%
Don't Know/Not Sure	3%	2%

Question Q24x2: How long has it been since you had your last blood stool test using a home kit?

↓Significantly lower than 2002.

Percentages may not add up to 100% due to rounding.

Sigmoidoscopy and Colonoscopy

Respondent's aged 50 or older were asked if they had ever had a sigmoidoscopy or colonoscopy to view the bowel for signs of cancer and other health issues.

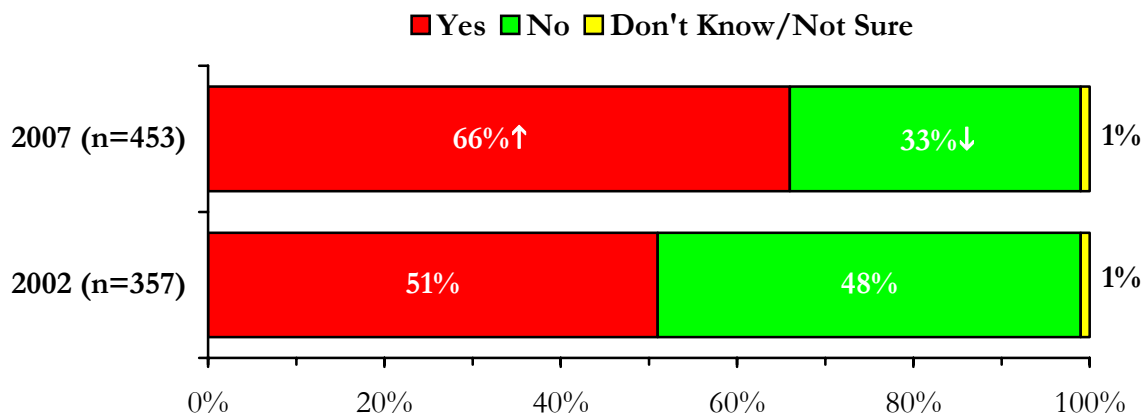
66% reported that they had undergone a sigmoidoscopy or colonoscopy. This is up significantly from 51% in 2002.

In 2007, subgroups more likely to have had a colonoscopy or sigmoidoscopy include:

- Retired (75%)
- Aged 65+ (74%)
- Health care coverage (69%)
- No children in household (68%)

Figure 10
Sigmoidoscopy / Colonoscopy

(Bases Listed Below)



Question 24X3: A sigmoidoscopy or colonoscopy is when a tube is inserted in the rectum to view the bowel for signs of cancer and other health problems. Have you ever had either of these exams?

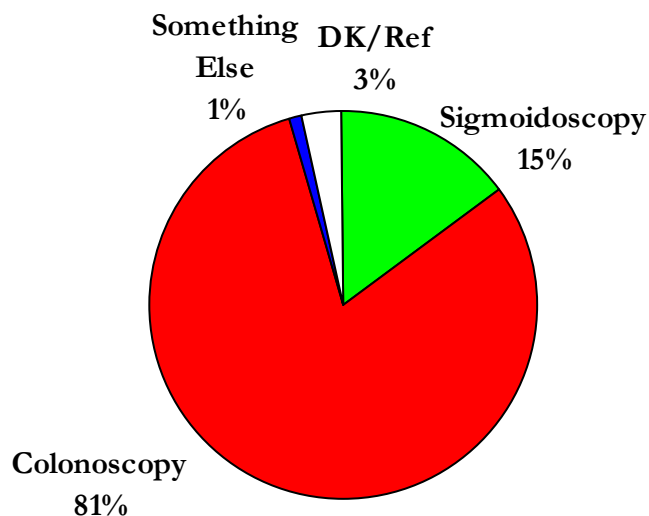
↑Significantly higher than prior survey administrations

↓Significantly lower than prior survey administrations

When asked if their most recent exam had been a sigmoidoscopy or a colonoscopy, most respondents, (81%) reported having had a colonoscopy compared to 15% who have had a sigmoidoscopy and 1% who said they had some other type of test and another 1% said they were unsure or refused to answer the question.

Figure 11
Sigmoidoscopy / Colonoscopy

(Base = 306)



Question 24X4: Was your most recent examination called a sigmoidoscopy or a colonoscopy?

About a third of all respondents (32%) have had either a sigmoidoscopy or colonoscopy within the past year. The time since their last sigmoidoscopy/colonoscopy has not changed significantly between 2002 and 2007.

Table 15
Last Sigmoidoscopy or Colonoscopy

	2007	2002
Totals	(n=306)	(n=184)
Within the past year	32%	36%
With the past 2 years	23%	25%
Within the past 5 years	30%	27%
Or 5 years or more	13%	12%
Don't Know/Not Sure	1%	0%

Question Q24X5: How long has it been since you had your last sigmoidoscopy or colonoscopy?

Percentages may not add up to 100% due to rounding.

Gastrointestinal Illness

Close to one of five Whatcom County respondents (18%) said they have had diarrhea during the past 30 days.

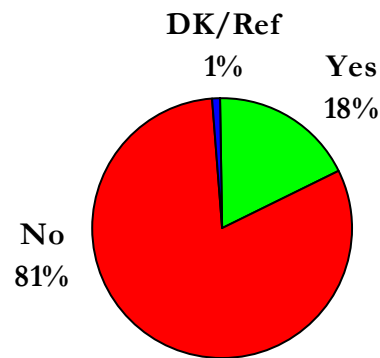
In 2007, subgroups more likely to experience this illness include respondents who are:

- Those who said their health is *fair/poor* (33%)
- Those who earn annual incomes of less than \$20K (28%)
- 18 to 29 years old (25%)
- Respondents who are not employed (24%)

Of those who suffered this type of gastrointestinal problem during the last month, 8% said they visited a health professional for help and 11 of the 17 respondents said they provided a stool sample during the visit for testing.

Figure 12
Diarreal Illness

(Base = 1131)



Question Q20X1: In the past 30 days, did you have diarrhea that began within the 30-day period?

Immunizations

All respondents were asked whether they had received immunizations to prevent influenza, pneumonia and Hepatitis B.

One of three respondents, 33%, has received a flu shot. The percentage of respondents who had received a flu shot within the past 12 months did not vary significantly between 2007 (33%) and 2002 (30%).

Less than 1% said they received a nasal flu vaccine, a newer and less well-known form of the flu vaccine.

In 2007, respondents less likely to have had a flu shot in the past 12 months are:

- Males
- Under age 65
- Non-retirees
- Those with children in the household
- Those with no health care coverage

When asked about the pneumonia shot, a significant increase took place in 2007 with 23% reporting they have received this shot compared to 18% in 2002.

In 2007, those less likely to have had a pneumonia shot include:

- Under age 65
- Incomes over \$50K
- College graduates
- Non-retirees
- Those with children in the household

Table 16
Influenza Vaccine During the Past 12 Months

	2007 (n=1131)	2002 (n=802)
Received a Flu Shot		
Yes	33%	30%
No	66%	69%
Don't know/Refused	1%	1%
Received a FluMist™/Flu Spray*		
Yes	1%	NA
No	99%	NA
Don't know/Refused	0%	NA
Received a Pneumonia Shot		
Yes	23%↑	18%
No	63%	77%
Don't know/Refused	14%	5%
Received Hepatitis B Vaccine*		
Yes	33%	NA
No	51%	NA
Don't know/Refused	16%	NA

Questions:

10X1. A flu shot is an influenza vaccine injected in your arm. During the past 12 months, have you had a flu shot?

10X2. During the past 12 months, have you had a flu vaccine that was sprayed in your nose? The flu vaccine that is sprayed in the nose is also called FluMist™.

10X3. Have you ever had a pneumonia shot.

10X4. Have you ever received the hepatitis B vaccine?

***Not asked in 2002**

↑Significant increase from 2002

When asked, 33% reported that they have received a Hepatitis B vaccine. In 2007, respondents less likely to have had a hepatitis B vaccine were:

- Aged 40 and over
- Incomes of \$20K to under \$35K
- Retired
- Have no children in the household
- Reported their health status as *Fair/Poor*

Hepatitis B Behaviors

All respondents were asked a series of questions to determine whether or not they were at risk of having or contracting Hepatitis B. Respondents were asked to listen to a series of statements that describe behaviors associated with contracting Hepatitis B and to respond affirmatively if any of the statements were true for them.

Six percent (6%) of all respondents answered affirmatively to at least one of the “risk behavior” statements.

In 2007, respondents who were more likely to have engaged in behavior putting them at risk for hepatitis B included:

- Incomes under \$20K (14%)
- Those ages 18 to 29 (12%)
- Not employed (11%)
- Those ages 40-49 (7%)
- Bellingham residents (6%)

Children's Issues

Respondents who have children under age 18 living in their households were asked to answer a few questions about the children. Respondents were asked about the children's health insurance, whether or not the children were ever diagnosed with asthma, and about the social interactions that occur with kindergarten and pre-school children under the age of five.

Health Insurance

In the Version A questionnaire, respondents were asked about the extent and type of health care insurance covering their children. The first questions asked about the types of coverage the respondents have for themselves.

In response to these questions, 60% said their insurance is provided through their employer or union. A smaller proportion of 10% purchased a plan on their own and 6% each have either a DSHS medical assistance plan or are with the Washington Basic Health Plan. Another 6% have other types of plans. 12% of the adults with children living in the household do not have health insurance. Additionally, 17% of the children are uninsured.

Although some form of health insurance covers 88% of the adults, the percentage of children covered by health insurance is 83%.

In 27% of the households interviewed, the insurance covering the children living in the household was not the same insurance carrier that covered the adult interviewed.

Table 17
Primary Type of Health Care Coverage (Adults)

	Total (n=228)
Employer/union provided	60%
Self-purchased plan	10%
DSHS medical assistance program	6%
WA State Basic Health Plan	6%
Indian Health Service	2%
Medicare	2%
Military health care	1%
Medicaid	1%
No insurance	12%

Question 29X1: What is you primary type of health care coverage? Would you say ...

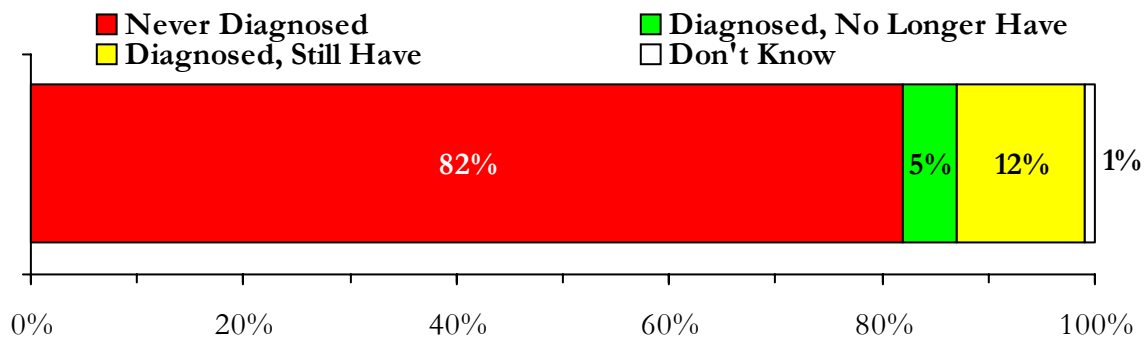
Children's Asthma

Each version of the questionnaire asked respondents with children age 17 or younger living at home, if a health professional ever said that their children had asthma. Twelve percent (12%) said that they have one or more children who have been diagnosed with asthma and 82% said they do not have any who have asthma. Respondents reported that 5% of the children that previously had asthma, no longer have this condition.

Among the 12% who have children with asthma, 10% have one child with the asthma, 2% have two children, and one respondent <1% reported having three children with asthma.

Figure 13
Children With Asthma

(Base = 344)



Questions:

21X1. Has that child/have those children ever been diagnosed with asthma?

21X2. How many of these children? Does this child/do these children still have asthma?

Interactions With Children

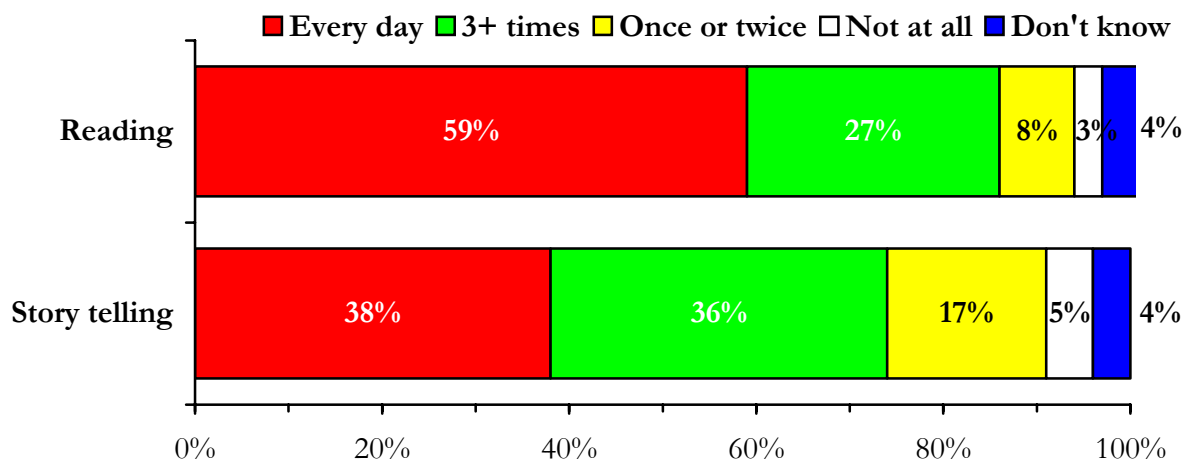
Version A respondents were asked about the frequency of their social interactions with small children living at home.

Those who have children who are 4 or 5 years old were asked how often someone reads to them. Those with children age 2 to 5 years old were asked how often someone tells the child a story.

Fifty-nine percent (59%) said they read to their child every day, and 27% read to them three or more times per week. Nearly four of ten (38%) tell their children a story every day and 36% do this at least three times per week.

Figure 14
Social Interactions with Children 5 Years Old and Younger

(Base = 70)



Questions:

30X2. How many times have you or someone in your family read to this child in the past week?

30X3. How many times have you or someone in your family told a story to this child in the past week?

Percentages may not add up to 100% due to rounding.

Fruit and Vegetable Consumption

All respondents were asked how frequently they consumed servings of fruit juice, fruit, green salads, potatoes (excluding fried potatoes), carrots and other vegetables besides carrots, potatoes and salad.

Table's 18a and 18b show the proportion and frequency respondents reported eating various types of fruit and vegetables over the three survey years.

Percentages may not add up to 100% due to rounding.

Over the three survey years, the consumption of *fruit juice* has steadily declined as can be seen from the mean servings of fruit juice a day.

2007 respondents who reported *never drinking fruit juice* included:

- A health status of *fair or poor* (21%)
- Women (19%)
- Retired (19%)
- Ages 65+ (18%)

Table 18a
Servings of Fruit and Vegetables

	2007 (n=1131)	2002 (n=802)	1996 (n=400)
How Often Drink Fruit Juice			
5+ times a day	<1%	1%	<1%
3 - 4 times a day	2%	1%	3%
1 - 2 times a day	27%↓	36%↑	41%↑
<1 time a day	56%↑	50%↓	48%↓
Never	12%↑	9%↓	6%↓
Don't Know/Not Sure	1%	2%	1%
Mean	0.53 ↓	0.66	0.71
How Often Eat Fruit			
5+ times a day	1%	1%	<1%
3 - 4 times a day	6%	4%	8%
1 - 2 times a day	44%↓	52%↑	48%
<1 time a day	46%↑	39%↓	43%
Never	1%↑	2%	<1%↓
Don't Know/Not Sure	1%	2%	<1%
Mean	0.98↓	0.98	1.04↑
How Often Eat Green Salad			
5+ times a day	<1%	<1%	<1%
3 - 4 times a day	<1%	<1%	<1%
1 - 2 times a day	24%	27%	26%
<1 time a day	70%	69%	69%
Never	3%	3%	4%
Don't Know/Not Sure	1%	1%	1%
Mean	0.55	0.58	0.57

Questions:

16X1. How often do you drink fruit juices?

16X2. How often do you eat fruit?

16X3. How often do you eat green salad?

↓Significantly lower than prior survey administrations.

↑Significantly higher than prior survey administrations.

- Ages 50 – 64 (17%)
- Those with health care coverage (15%)
- Those aged 30 – 39 (15%)

When asked how often they eat fruit, as with juice, there has been a decline in the mean number of servings a day since 1996, however, 2002 and 2007 means are the same.

In 2007, those respondents who reported *eating fruit less than once a day* included:

- Those aged 18 – 29 (59%)
- Males (55%)
- A high school education or less (53%)
- Those not employed (51%)
- Those aged 30-39 (50%),
- Those whose education includes some college (48%)
- Those employed or self-employed (48%)
- Those aged 40-49 (43%)
- Those aged 50-64 (41%)

The proportion and number of servings of green salad eaten a day has remained relatively constant over the three survey years.

Respondents in 2007 who reported *never eating green salad* included:

- Those having a high school education or less (6%)

Respondents in 2007 reporting eating *green salad less than once a day* included:

- Ages 30-39 (80%)
- Ages 40-49 (79%)
- Ages 18-29 (76%)
- Have children living in the household (76%)
- Employed or self-employed (76%)
- Males (75%)
- Not employed (70%)
- Ages -64 (66%)

When it came to the number of servings of potatoes each day, not including French fries or other fried potatoes, 90% of respondents reported eating less than one serving of potatoes a day compared to 86% who reported this in 2002.

Table 18b
Servings of Fruit and Vegetables

	2007 (n=1131)	2002 (n=802)	1996 (n=400)
Potatoes – not fried			
5+ times a day	<1%	<1%	<1%
3 - 4 times a day	<1%	<1%	<1%
1 – 2 times a day	4%	3%	5%
<1 time a day	90%↑	86%↓	93%
Never	4%	5%	2%
Don't Know/Not Sure	1%	4%	<1%
Mean	0.26↓	0.25	0.32↑
Carrots			
5+ times a day	<1%	<1%	<1%
3 - 4 times a day	<1%	<1%	<1%
1 – 2 times a day	11%	10%	9%
<1 time a day	79%	79%	83%
Never	6%	6%	5%
Don't Know/Not Sure	2%	5%	1%
Mean	0.32	0.32	0.34
Other Vegetables – other than carrots, potatoes, or salads			
5+ times a day	1%	1%	1%
3 - 4 times a day	10%	8%	4%
1 – 2 times a day	55%↓	59%	65%↑
<1 time a day	28%	26%	27%
Never	4%	1%	1%
Don't Know/Not Sure	1%	3%	<1%
Mean	1.28	1.31	1.22

Questions:

16X4. How often do you eat potatoes, not counting French fries, fried potatoes or potato chips?

16X5. How often do you eat carrots?

16X6. Not counting carrots, potatoes or salads, how many servings of vegetables do you usually eat?

↓Significantly lower than prior survey administrations.

↑Significantly higher than prior survey administrations.

In 2007, those respondents more likely to say they *never eat potatoes* included:

- Those 65+ years of age (9%)
- Retired (8%)

Those more likely to eat less than one serving of potatoes a day include:

- Those aged 18-29 (94%)
- Those aged 30-39 (94%)
- Incomes of over \$50K (93%)
- Not employed (93%)
- Have children living in the household (93%)
- Those aged 50-64 (92%)
- Employed or self-employed (91%)
- Consider their health status to be excellent, very good or good (91%)
- Employed or self-employed (91%)
- Consider their health status to be excellent, very good or good (91%)
- Those aged 40-49 (88%)

The mean number of daily servings of carrots has not changed significantly over the three survey administrations.

2007 respondents more likely to say they *never eat carrots* include:

- Those aged 18-29 (13%)
- Males (11%)
- Those with a high school education or less (11%)
- Those who are employed or self-employed (11%)
- Those aged 50-64 (9%)

Respondents were also asked to report how many servings a day of vegetables, other than carrots, potatoes, or salad, did they eat a day.

The proportion of respondents who eat one to two servings a day of vegetables other than carrots, potatoes and salad (55%) has declined significantly since 1996 when 65% reported eating additional vegetables.

In 2007, those respondents more likely to say they *never eat vegetables other than carrots, green salad or potatoes* include:

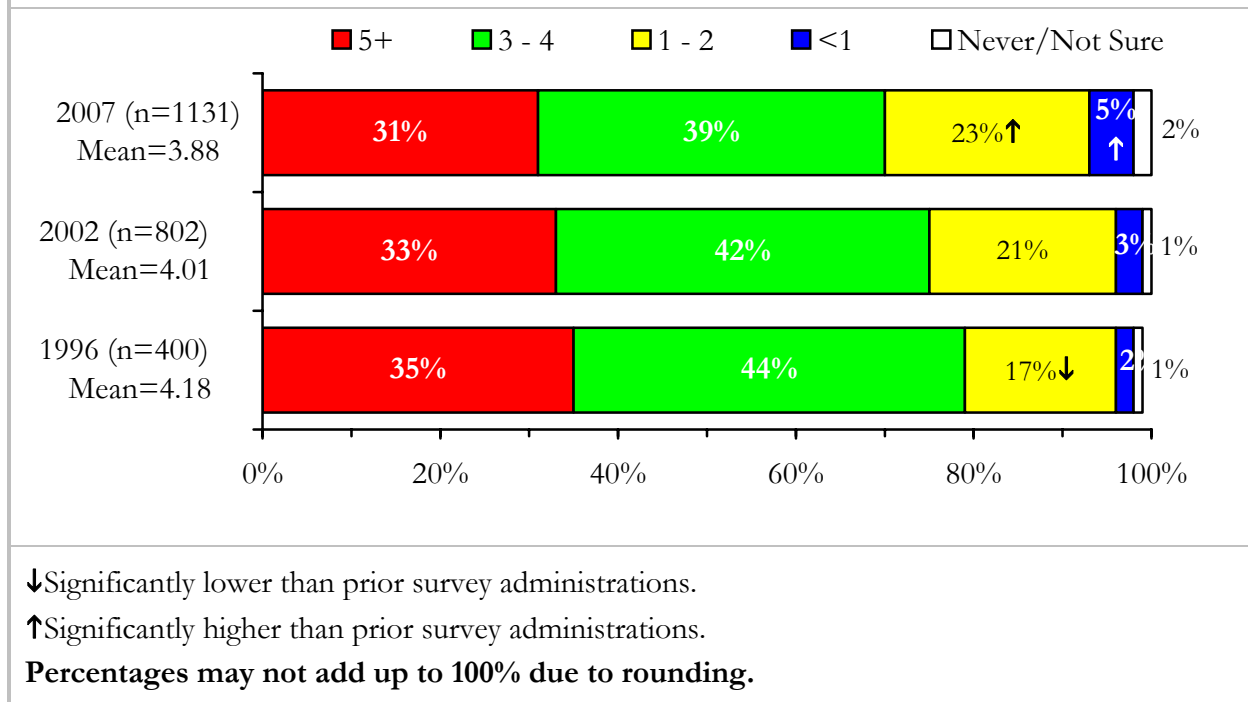
- Those whose health status is fair or poor (12%)
- Those with no children living in the household (7%)

2007 respondents reported eating *less than one serving a day of vegetables other than carrots, green salad or potatoes* include:

- Those aged 18-29 (37%)
- Have children living in the household (35%)
- Those with high school or less (35%)
- Males (32%)
- Those not employed (31%)
- Those aged 30-39 (31%)
- Those whose education included only some college (29%)
- Those employed or self-employed (29%)
- Those aged 50-64 (24%)

Although there has been a decline in the percentage of respondents who eat three or more servings of fruits and vegetables a day, there has been a significant increase in the proportion of respondents eating one to two servings a day. In 2007, 23% reported eating at least one to two servings compared to 17% in 1996.

Figure 15
Daily Servings of Fruit and Vegetables



In 2007, those respondents more likely to say they *eat less than one serving of fruit or vegetables a day* included:

- Those with a high school education or less (8%)

Those respondents in 2007 more likely to say they *eat one to two servings a day* include:

- Men (30%)
- Respondents with a high school education or less (29%)
- Respondents whose education only includes some college (26%)

In 2007, types of respondents who are more likely than others to say *they eat five or more servings a day* include:

- Those 65 years old or older (43%)
- Females (38%)

Hunger

All respondents were asked about their experience with hunger.

Questions included whether they had enough food, if their meals were balanced, and whether they had to cut meals because they were unable to afford to buy enough food.

Respondents who said they were affected by hunger were asked how often they were affected.

Food Sufficiency and Nutritional Balance

Fifteen percent (15%) of respondents said they (or their households) *sometimes* or *often* did not have enough food to eat during the past 12 months.

A similar proportion, 14%, said they *sometimes* or *often* could not afford to eat balanced meals.

Another 9% said that sometime during the past year they had to cut the size of their meals, or skip meals, because there wasn't enough to eat.

When asked how often this happened, 44% said *almost every month*, 26% said *some months*, but not every month and 26% said *1 or 2 months* during the past year.

Table 19a
Experience of Hunger During Past Year

	Total
Amount of Food is Not Enough	(n=1131)
Often true	5%
Sometimes true	10%
Never true	85%
Cannot Afford to Eat Balanced Meals	
Often true	5%
Sometimes true	10%
Never true	85%
Don't know/Refused	1%
Cut Meals/Skipped Meals	
Yes	9%
No	91%
How often Cut Meals/Skipped Meals	(n=81)
Almost every month	44%
Some months but not every month	26%
Only 1 or 2 months	26%
Don't Know/Not Sure/Refused	3%

Questions:

28X1. The first statement is: The food that we/I bought just didn't last, and we/I didn't have money to get more. Was that often, sometimes, or never true for your household in the last 12 months?

28X2. The next statement is: I/we couldn't afford to eat balanced meals. Was that often, sometimes, or never true for your household in the last 12 months?

28X3. In the last 12 months, since (date) did you/your household ever cut the size of your meals because there wasn't enough money for food?

28X4. How often did this happen?

Percentages may not add up to 100% due to rounding.

In 2007, those who were more likely to be affected by issues of hunger included respondents:

- Younger than 40
- Unemployed respondents
- With incomes less than \$35K
- Who said their health is *fair/poor*.
- With a high school education or less
- No health care coverage

A significantly higher proportion of respondents living in Bellingham, 8%, responded *yes* when asked if they had cut the size of their meals

or skipped meals because there wasn't enough money for food compared to 5% of respondents living in rural areas of Whatcom County.

Table 19b
Experience of Hunger During Past Year

	Total
Ate Less Than Would Like	(n=991)
Yes	9%
No	91%
Could Not Afford to Eat When Hungry	
Yes	9%
No	91%

Questions:

28x5. In the last 12 months did you ever eat less than you felt you should because there wasn't enough money to buy food?

28X6. In the last 12 months were you ever hungry but didn't eat because you couldn't afford enough food?

In the 1996 survey administration of the BRFSS questionnaire, respondents were asked questions about hunger, but because of different wording, a direct comparison cannot be made between the 1996 responses and those given in 2007 concerning hunger.

However, Table 20, from the 1996 report shows that in 1996, approximately 5% or less of those interviewed had concerns about having enough food to eat.

Table 20
1996 Concerns About Having Enough Food

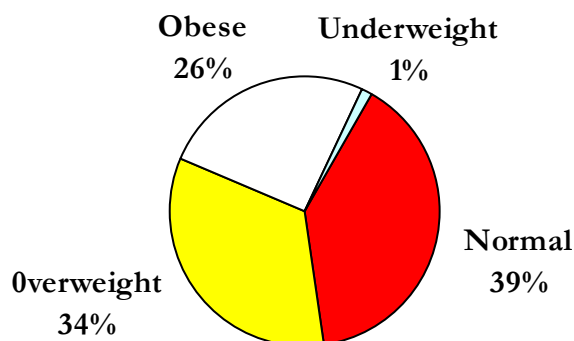
	Total
	(n=400)
Concerned in Past Month About Having Enough Food for Self or Family	
Yes	5%
No	95%
Skipped Meals in Past Month Because of a Lack of Food or Money	
Yes	4%
No	96%
Skipped Eating for Entire Day in Past Month Because of Lack of Food or Money	
Yes	1%
No	99%

Overweight/Obesity

Using the reported weights and heights for all respondents, the proportion of adults in Whatcom County calculated to be overweight¹ is 60%. This includes both those classified as overweight (34%) and those classified as obese (26%) with a BMI of 30 or greater.

Figure 16
2007 Proportion of Respondents Computed to be Overweight*

(Base = 1131)



Questions:

1212. About how much do you weigh without shoes?

1211. About how tall are you without shoes?

*National Institutes of Health body mass index calculation:

Underweight <18.5,

Normal 18.5-24.9,

Overweight 25-29.9,

Obese 30 or more.

Proportions shown in the graph are based on those who answered the question (45 respondents failed to answer).

In 1996, 22% of respondents were classified with a BMI that indicated they were overweight. The Body Mass Index as defined in 1996 allowed for a higher BMI while classifying a person as not being overweight or obese.²

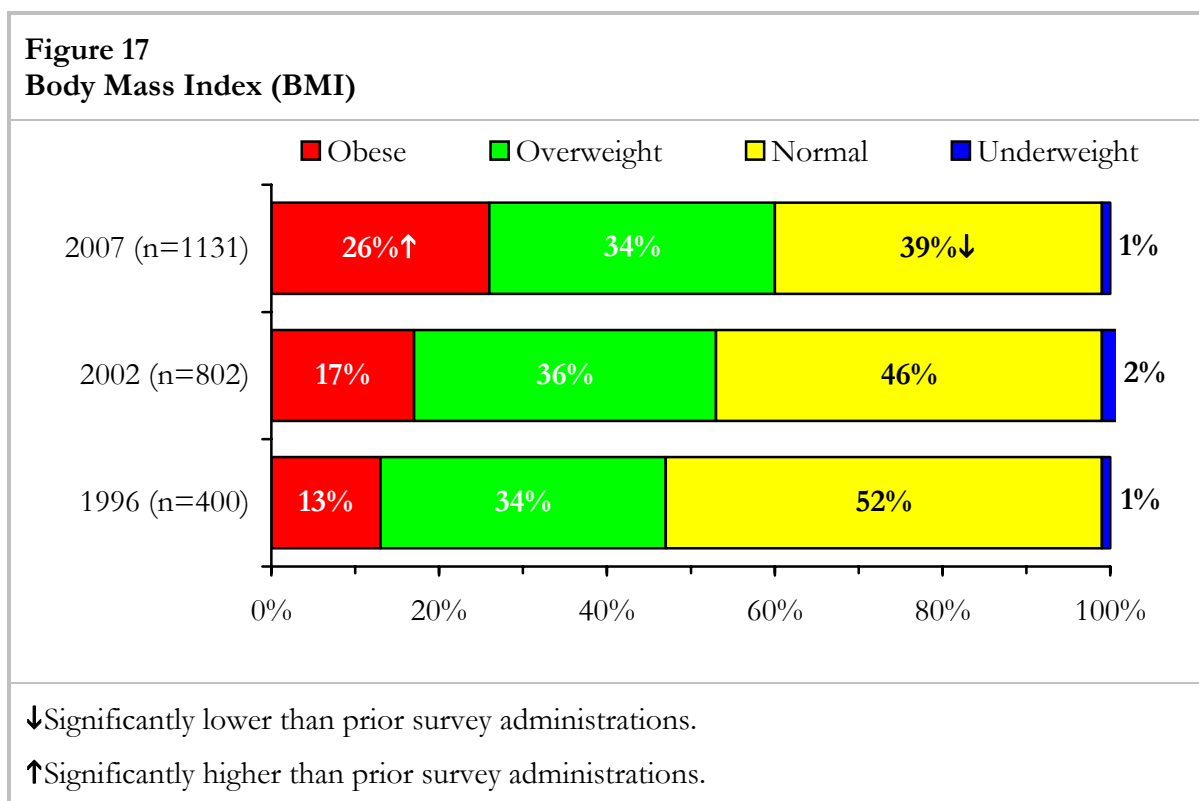
¹ Overweight is now defined as a body mass index (BMI) equal to or greater than 25 for men and women ages 19 to 69. BMI equals weight (in kg.) divided by the square of height (in meters).

Using weight and height data from the 1996, 2002 and 2007 surveys, the BMI has been recalculated using the current definition for BMI classifications. The figure below compares the differences in BMI between the three survey administrations using the same standard of measurement and classification.

In 2007, 60% of respondents had a BMI that classified them as overweight or obese, this is a significant increase from 2002 when 53% had a BMI in the overweight or obese range and 47% that were in this range in 1996.

Looking at those classified as obese, there has been a significant increase over the years. Currently 26% of all respondents have a BMI in the obese range compared to 17% in this range in 2002, and 13% in 1996.

Similarly, there has been a significant decline in the proportion of respondents having a BMI in the normal range.



In 2007, subgroups more likely to have an *overweight classification* include:

- Males (43%)
- Retired (42%)

² Overweight is defined as a body mass index (BMI) equal to or greater than 27.8 for men and 27.3 for women. BMI equals weight (in kg.) divided by the square of height (in meters).

-
- Those aged 50-64 (41%)
 - Incomes over \$50K (41%)
 - Those aged 65+ years of age (40%)
 - Employed or self-employed (37%)

In 2007, subgroups that are more likely to be in the *obese classification* include:

- *Fair/Poor* health status (43%)
- Those with incomes under \$20K (36%)
- Those whose education only includes some college (30%)
- High School or less (29%)
- Employed or self employed (28%)
- Reside in rural areas (28%)

Respondents were asked if their weight had changed over the past year, and if so, if the change was intentional. 55% reported that the weight change was not intentional.

2007 respondents more likely to have experienced an unintentional change in their weight included:

- Incomes between \$20K and under \$35K (68%)
- A high school education or less (68%)
- Those 18-29 years of age (65%)
- Live in Bellingham (58%)
- Employed or self-employed (57%)

Physical Activity

All respondents were asked about their participation in physical activities and exercises, including whether they engaged in both moderate and vigorous activities for at least 10 minutes at a time in a usual week.

They were also asked to specify the number of days they did this in a usual week and to give the number of minutes they spend in these activities. Respondents were also asked about their physical activity at work.

Physical Activities or Exercises in the Past Month

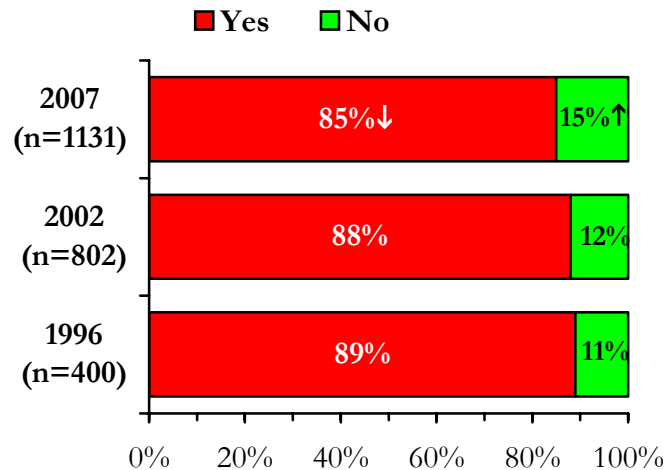
Over eight out of ten respondents (85%) said they participated in some sort of physical activity such as running, calisthenics, golf, gardening or walking for exercise, during the past month. The percentage of respondents who participated in physical activities during the past month did not differ significantly between 85% in 2007 and 88% in 2002.

In 2007, Respondents that were *less likely* to have participated in physical activities during the past month include:

- Those who rate their overall health as *fair/poor* (32%)
- Respondents aged 65 and older (19%)
- Those who have less than a college diploma (15%)
- Those who have annual incomes of less than \$20K (23%) or \$20K to under \$35K (13%)

Figure 18
Participation in Physical Activities, Exercises During the Past Month

(Bases Listed Below)



Question 4X1: 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?

↓ Significantly lower than prior survey administrations.

↑ Significantly higher than 1996 survey administration.

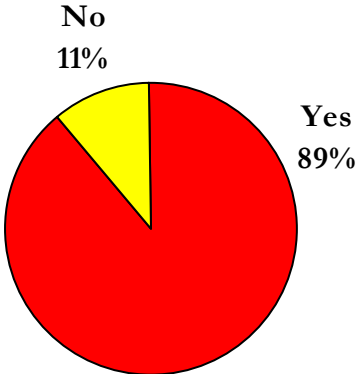
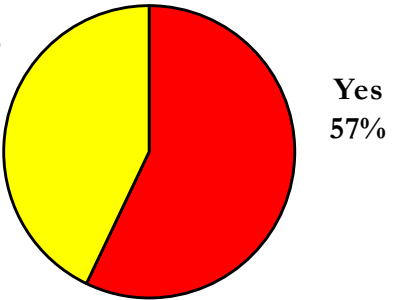
*The 1996 question did not ask respondents to exclude their job activities.

Perform Moderate and Vigorous Physical Activities

Everyone was asked whether they engaged in both moderate and vigorous physical activities for at least 10 minutes at a time during a usual week. Moderate activities include brisk walking, bicycling, vacuuming, gardening or anything else that causes small increases in breathing and heart rate.

Vigorous activities were defined as running, aerobics, heavy yard work or anything else that causes large increases in breathing or heart rate.

A larger proportion of respondents, 89% said they engaged in moderate activities for at least 10 minutes during a usual week compared to 57% who said they engaged in vigorous activities a comparable period of time.

<p>Figure 19A Perform Moderate Physical Activities for at Least 10 Minutes at a Time During a Usual Week</p>	<p>Figure 19B Perform Vigorous Physical Activities for at Least 10 Minutes at a Time During a Usual Week</p>												
<p>(Base = 1131)</p>  <table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Yes</td> <td>89%</td> </tr> <tr> <td>No</td> <td>11%</td> </tr> </tbody> </table>	Response	Percentage	Yes	89%	No	11%	<p>(Base = 1131)</p>  <table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Yes</td> <td>57%</td> </tr> <tr> <td>No</td> <td>43%</td> </tr> </tbody> </table>	Response	Percentage	Yes	57%	No	43%
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Yes	57%												
No	43%												
<p>Question 17X2: Thinking about the moderate activities you do in a usual week, do you do moderate activities for at least 10 minutes at a time?</p>	<p>Question 17X5: Thinking about the vigorous activities you do in a usual week, do you do vigorous activities for at least 10 minutes at a time?</p>												

In 2007, the following subgroups were more likely than others to say they *do not* engage in moderate activities:

- Rate the status of their health as *fair/poor* (32%)
- Have annual incomes of less than \$35,000 (22%)

- Respondents who are 65 years old and older (19%)
- Retired (15%)
- Have less education than a college diploma (13%)

The 2007 subgroups below were more likely than others to say they *do not* engage in vigorous activities:

- Those who rate their health status *fair/poor* (74%)
- Those who are retired (58%)
- Respondents who earn less than \$35,000 annually (54%)
- Females (48%)
- Those who are 50 years old and older (48%)
- Respondents who have less education than a college diploma (48%)
- Those who have no children at home (48%)

The frequency (number of days per week) that respondents participate in these two levels of activity varied distinctly. As might be expected, participation in moderate activities occurred more often than participation in vigorous activities. Well over half, 56% of respondents who engage in moderate activities do so 5 or more days per week, compared to 21% who engage in vigorous activities 5 or more days per week.

Table 21		
Days Per Week Engaged in Moderate, Vigorous Activities		
	Moderate	Vigorous
(Bases)	(n=1000)	(n=572)
One	4%	17%
Two	8%	20%
Three	18%	28%
Four	13%	14%
Five	16%	10%
Six	4%	3%
Seven	36%	8%
Don't know	1%	<1%
Mean	4.9	3.2
Questions:		
17X3, 17X6: How many days per week do you do these moderate/vigorous activities for at least 10 minutes at a time?		

There were significant differences between subgroups in the mean number of days in which respondents participate in both *moderate* and *vigorous* activities.

In 2007, respondents who reported participating in moderate activities include:

- Those who are not employed (5.22 days)
- Respondents who are college graduates (5.08 days)
- Females (5.04 days)
- Those who rate their health status as *excellent/very good* (4.92 days)

Those respondents in 2007 who participated in vigorous activities more often than others were differentiated on the basis of age and employment. They included:

- 18-29 years old (68%),
- College graduates (65%)
- Incomes over \$50K (65%)
- Have children living in the household (65%)
- Incomes between \$35K-\$50K (63%)
- 30 to 39 years old (63%)
- Males (62%)
- Health status of excellent, very good or good (61%)
- Employed or self-employed (61%)
- Those not employed (58%)
- 50 to 64 years old (52%)

Respondents who engage in moderate activities do so for an average of 88 minutes at a time and those who engage in vigorous activities do so for 89 minutes. Forty-four percent (44%) of respondents met the requirements recommended for moderate activities of at least 5 days per week with 30 or more minutes at a time.

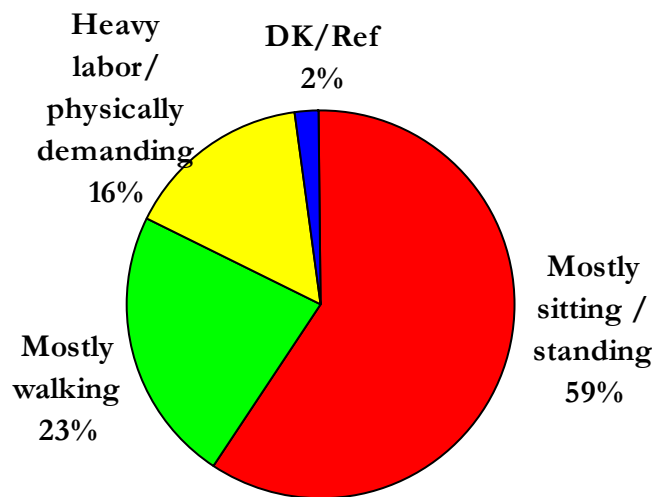
Fifty-eight percent (58%) of respondents met the requirements recommended for vigorous activities of at least 3 days per week with 20 or more minutes at a time.

Physical Activity at Work

All respondents who are employed were asked to identify the type of physical activity that describes what they do on the job. Figure 20 shows that about six of ten, 59%, said they most often sit or stand, 23% mostly walk, and 16% perform heavy labor or physically demanding work.

Figure 20
Types of Physical Activity Performed On The Job

(Base = 591 employed respondents)



Question 17X1: When you are at work, which of the following best describes what you do? Would you say ...

In 2007, types of respondents who are more likely than others to say that they mostly sit or stand while they work include:

- Those who are 65 years old and older (84%)
- Have a college education (75%)
- Females (68%)
- Those who earn \$35,000 (64%)
- Those with health care coverage (63%)

Workers' Compensation Coverage

In the Version A questionnaire, respondents who were employed in the last 12 months, were asked if they had been seriously injured while on the job with an injury that required treatment.

Eight percent (8%) said *yes*. Of those who had been injured, 44% missed one day or less from work, 35% missed 2 – 5 days, 16% missed 9 – 14 days, and 6% missed 40 or more days. The mean number of work days missed due to their work related injury was 6.13.

Most injured workers had the treatment for their injury paid for through workers compensation. Twenty-nine percent, (29%) were paid directly from workers compensation and 17% through a claim filed through their employer.

Other sources of payment used to cover treatment for their injuries came from private insurance 17%, an employer without a workers compensation claim with onsite medical treatment 12%, the Indian Health Service 10%, the employer without a workers compensation claim 7%, out of pocket 5%, and through the Federal Government 3%.

Table 22
Workers' Compensation Coverage

(Base =591)

	Total
Injured on Job Requiring Treatment	(460)
Yes	8%
No	92%
Mean number of days of work missed because of injury:	6.13
Who Paid for Treatment	
Workers Compensation	29%
Employer through Workers Compensation claim	17%
Private Insurance	17%
Employer with out WC Claim with onsite medical	12%
Indian Health Service	10%
Employer with out WC Claim	7%
You or family, out of pocket	5%
Government Program, OWCP	3%
Question 33X2: During the past 12 months, that is since MONTH, DAY, YEAR were you injured seriously enough while performing your job that you got medical advice or treatment?	

Sexual Orientation

All respondents were asked to indicate their sexual orientation from a list read by interviewers. The list included the following response categories: *heterosexual*, *homosexual*, *bisexual* or some *other* sexual orientation. Ninety-five percent of all respondents (95%) classified themselves as heterosexual, 1% said they were homosexual, 1% bisexual. An additional 2% said they didn't know or refused to answer the question.

Table 23
Sexual Orientation

	Total (n=1131)
Heterosexual	95%
Homosexual	1%
Bisexual	1%
Other	0%
Don't know/Refused	2%

Question 32X1: Now I'm going to ask about sexual orientation. Do you consider yourself to be? ...

Sexual Activity, Family Planning and Birth Control

Respondents in Version A were asked questions about sexual activity, birth control and the age at which they first became sexually active. Women under the age of 50 and all male respondents were asked these questions. **Percentages may not add up to 100% due to rounding.**

Sexual Partners

Table 24 summarizes the number of sexual partners respondents reported having during the past year. Most had one sexual partner and 6% had more than one partner in the past year.

2007 respondents *less likely* to be sexually active include:

- Adult males 65 years of age or older (51%)
- Retired (46%)
- Those with an income under \$20K (41%)
- Those with an income under \$35K(31%)
- No children living in the household (31%)
- Males (25%)

Table 24
Sexual Partners During Past 12 Months
Women under the age of 50 and Men 18 or older

(n = 476)		
	Men	Women
One person	67%	75%
More than one	6%	6%
None	25%	16%

Question 34X1: During the past 12 months, with how many people have you had sexual intercourse?

Currently Pregnant

In 2007, 4% of the female respondents reported that they were pregnant compared to 1% at the time of the survey in 2002.

Use of Birth Control

Several questions were asked to determine if respondents had used any method of birth control the last time they had sexual intercourse.

Respondents were given examples of birth control people use that included having sex at certain times, the pill, hormonal implants, shots or Depo-Provera, the patch, rings, condoms, diaphragms, IUD's, tubal ligations, and vasectomies.

Overall, 76% said they had used some form of birth control the last time they had sexual intercourse.

Of those who didn't use birth control, 6% were trying to become pregnant, 5% were sterile for reasons other than a vasectomy or tubal ligation, 4% refused to answer the questions, and 1% were part of a same sex couple.

Of the remaining 8%, when asked why they had not used birth control the last time they had sexual intercourse, 36% said they didn't need to because of their age or their partner was in menopause, 9% said they weren't concerned about becoming pregnant, 19% said they had no reason for not using birth control, 6% said they had no need for it, 19% refused to answer the question or said they didn't know, and 3% each said

Table 25
Birth Control

Use of Birth Control During Last Sexual Intercourse	(n=358)
Yes, including tubal ligation and vasectomy	75%
No – mostly age related reasons	9%
No - Trying to get pregnant	5%
No - Sterile other than tubal ligation or vasectomy	5%
No - Same sex partner	1%
Don't know/Refused	4%
Primary Method of Birth Control	(n=227)
Vasectomy	25%
Pill	21%
Condom	16%
Tubal ligation	14%
IUD	8%
Ring	3%
Rhythm method	2%
Foam, Jelly, Cream	2%
Patch	2%
Implants (Norplant)	2%
Shots (Depo-Provera)	1%
Diaphragm	1%
Other	2%
Don't know/Refused	1%

Questions: 34X2. The last time you had sexual intercourse did you or your partner use any method of birth control?

34X3. Have you or your partner had a vasectomy, tubal ligation, or are sterile for some other reason?

34x4. Are you or your partner trying to get pregnant?

34x5. You indicated that you or your partner did not use birth control the last time you had sexual intercourse. What is the main reason you did not use birth control the last time you had sexual intercourse?

34X6. What was the primary method you or your partner used?

they were currently pregnant, birth control wasn't available, or there were medical reasons why they couldn't use birth control.

Although the family planning and birth control questions asked in the 2002 administration of the survey were similar to those asked in 2007, *which* respondents were asked these questions differed in the two survey years.

In 2002, women under the age of 44 and men under the age of 59 were asked the family planning and birth control questions. In 2007, these questions were asked of women respondents fifty years of age or younger and men of any age. Additionally, both men and women had to be sexually active, not pregnant (women) and not a member of a same sex couple.

In 2007, those who *did not use birth control* the last time they had sexual intercourse include:

- Those 65+ years old (66%)
- Retired (61%)
- Those 50 to 64 years (42%)
- No children living in the household (35%)
- Males (35%)
- Those 18 to 29 years old (4%)

Those who *did use birth control*, the method used reflect age, education and incomes. In 2007, the following demographic characteristics emerged in the different forms of birth control used.

Condoms

- Those 30 – 39 years old (19%)

Vasectomy:

- Retired (63%)
- Those 65 years or older (56%)
- Those 50 – 64 years old (50%)
- Those 40 – 49 years old (41%)
- Incomes over \$50K (38%)
- College graduates (38%)
- Having health care coverage (29%)

The pill:

- Respondents 18 – 29 years old (37%)
- High School education or less (34%)
- Respondents 30 – 39 years old (22%)

Tubal Ligation:

- Those 50 – 64 years old (27%)
- Those 40 – 49 years old (24%)
- Incomes between \$35K to under \$50K (22%)
- Employed/Self Employed (18%)

IUD's

- Some College (14%)

Frequency of Birth Control Use

Respondents were also asked how frequently they used birth control over the past year.

Table 26 shows that 74% of the respondents were *always protected* while 3% unprotected *many times*. **Percentages may not add up to 100% due to rounding.**

Those who said they were unprotected all the time in the past 12 months included:

- Retired (23%)
- Those aged 50 – 64 (21%)
- Males (17%)
- College graduates (17%)

**Table 26
Birth Control**

Frequency of Using Birth Control In Past 12 Months	(n=328)
Always protected	74%
Unprotected all the time	12%
Unprotected once	3%
Unprotected several times	5%
Unprotected many times	3%
Don't know/Refused	2%

Question 34X7: How often during the past 12 months when having sex were you or your partner protected from getting pregnant?

Age of First Sexual Activity

Respondents under the age of 25 were asked at what age they first had sexual intercourse. The ages given for their first sexual encounter ranged from 13 years old to 20 years of age.

Sixty-one percent (61%) said they were 16 years old or older, 11% were younger than 16, and 23% said they have never had intercourse.

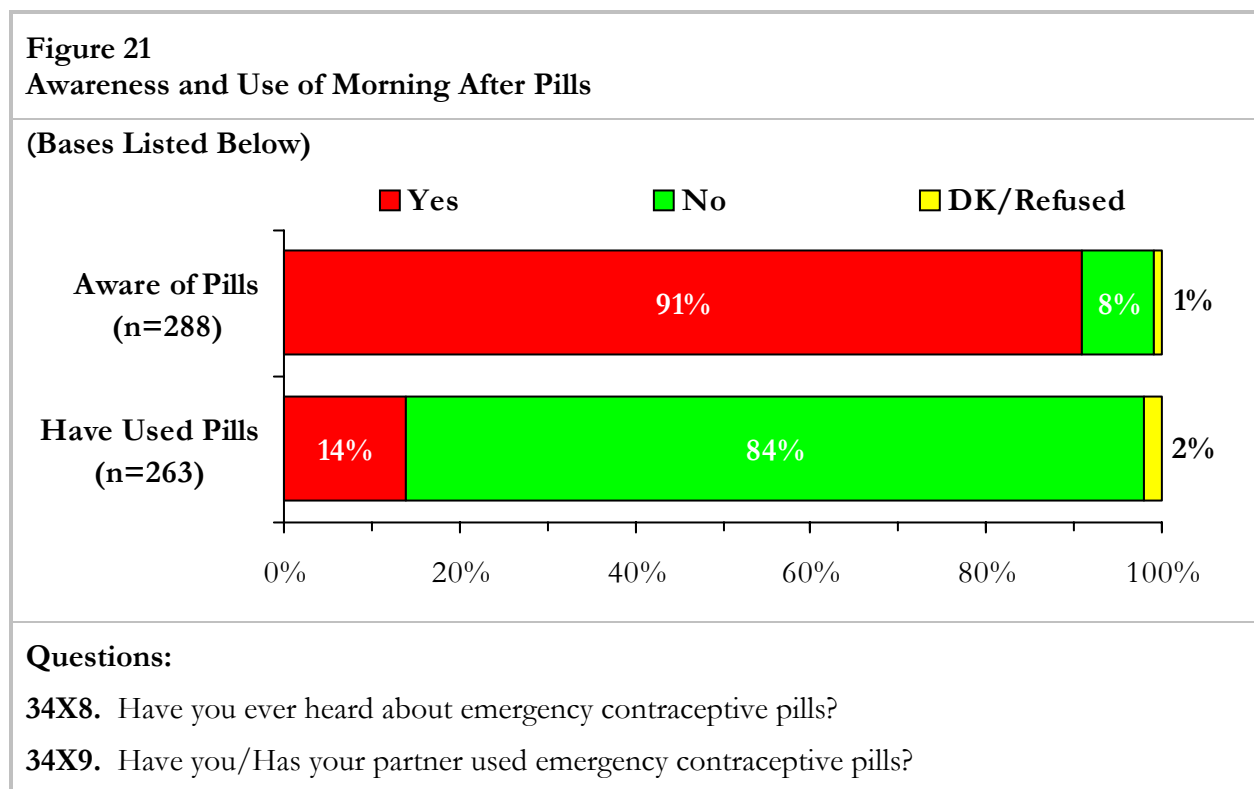
Of those who said they have had sexual intercourse, most, 66%, said they used a condom the first time.

Use of “Morning After” Pill

Awareness of the “morning after” pill was high. Among respondents under age 50, 91% said they had heard of the emergency contraceptive pill. Use of the pills was *not* widespread with 14% of respondents saying they had tried it. . Most respondents, 84%, said that they or their partners had never used them.

Respondents in 2007 more likely to have used morning after pills include:

- Those with incomes of under \$20K (35%)
- Those with incomes between \$35K and \$50K (28%)
- 18-29 year olds (22%)



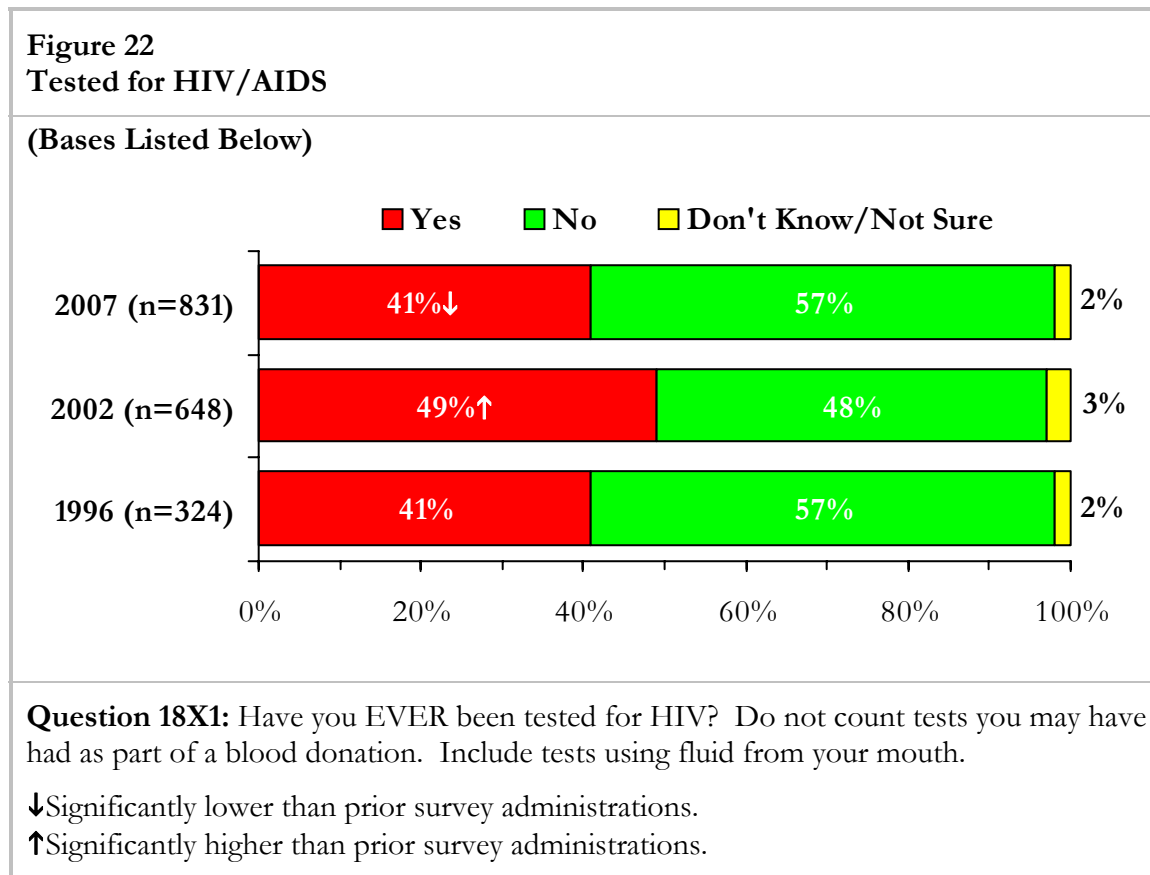
HIV/AIDS

All respondents under age 65 were asked a series of questions about HIV testing. Of these respondents, 41% had been tested for HIV, 2% were unsure and 57% had not been tested.

The percentage of respondents who said they had been tested for HIV in the 2007 survey administration, 41%, was significantly lower than the 48% of respondents who reported being tested in 2002. The 2007 results are the percentage of respondents who said they had been tested in 1996.

Most respondents, 48%, were tested at a private doctor's office or HMO however 24% were tested at a clinic, 12% at a hospital, 5% at home, 3% at a counseling/testing site, 1% in a jail or prison and 7% at some other type of place.

Of those respondents tested in the last 12 months, 4% responded *yes* when asked if their test was a rapid test where they could get the results in a couple of hours. Ninety-one percent (91%) said *no* and 5% percent were unsure.

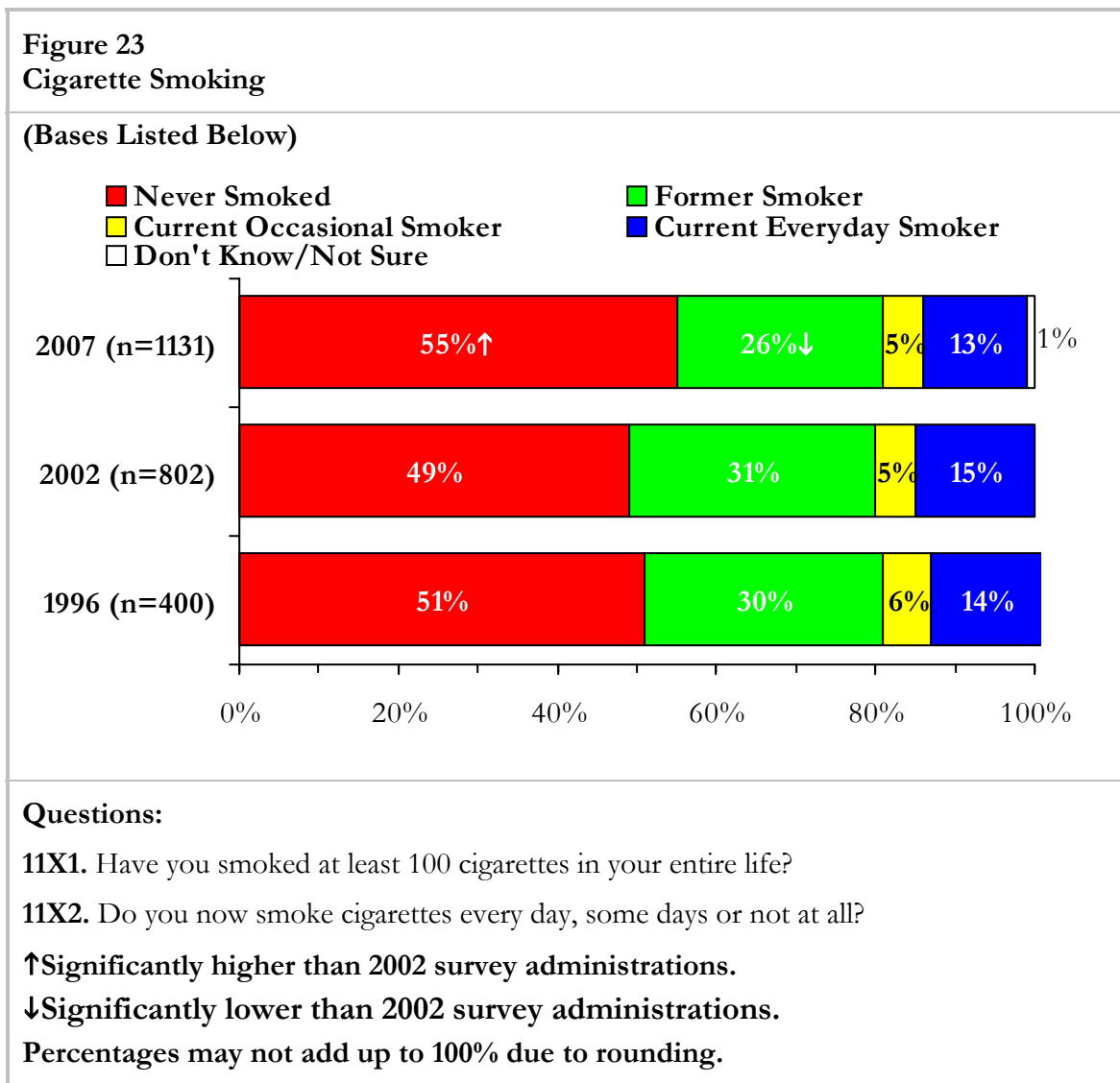


Subgroups more likely to have received an HIV test include: Those under the age of 50 (47%); Households with children (48%); Those who rated their health status as *fair/poor* (54%); and Non-retirees (41%).

Current Tobacco Use

All respondents were asked about their history of tobacco use. When asked if they had smoked 100 cigarettes in their entire life, 55% said no. This is a significant increase over the 49% who reported they had not smoked 100 cigarettes in their life in the 2002 survey.

Figure 23 shows the smoking habits of Whatcom County residents.



As age, income, and educational attainment increase, so does the percentage of respondents who have smoked previously, but have now quit.

Although the proportion of those that have quit smoking is significantly lower than it was in 2002 when 31% reported being former smokers, the 2007 percentage is balanced off by the increase in the 2007 percentage that have never smoked.

The 13% of Whatcom County residents who smoke cigarettes everyday has remained fairly constant over the three survey administrations, as have the occasional smokers at 5% over the years.

Respondents in 2007 more likely to be *current daily smokers* include:

- Incomes under \$20K (54%)
- 18-29 year olds (50%)
- Health status of fair or poor (42%)
- Not employed (41%)
- High school education or less (40%)
- Incomes \$20 to under \$35K (38%)
- 30-39 year olds (33%)
- Those whose education only includes some college (30%)
- Employed or self-employed (29%)
- 50-64 year olds (25%)

2007 respondents more likely to have be *occasional smokers* include:

- 18-29 year olds (26%)
- 40-49 year olds (14%)
- Not employed (14%)
- Employed or self-employed (13%)

2007 respondents more likely to have *never smoked* include:

- 18-29 year olds (72%)
- College graduates (63%)
- Have children living in the HH (61%)
- Females (60%)
- Incomes over \$50K (60%)
- Not employed (58%)
- Employed or self-employed (57%)
- Health status of excellent to good (57%)

2007 respondents who *have smoked 100 cigarettes but do not smoke* now include:

- 65+ years of age (83%)
- Retired (82%)

- College graduates (74%)
- Incomes over \$50K (71%)
- 50-64 year olds (68%)
- No children living in the HH (63%)
- Health status of excellent to good (63%)
- Incomes over \$35K to 50K (62%)
- 40-49 year olds (57%)
- Employed or self-employed (57%)
- 30-39 year olds (55%)

Beliefs and Behaviors Related to Tobacco Use

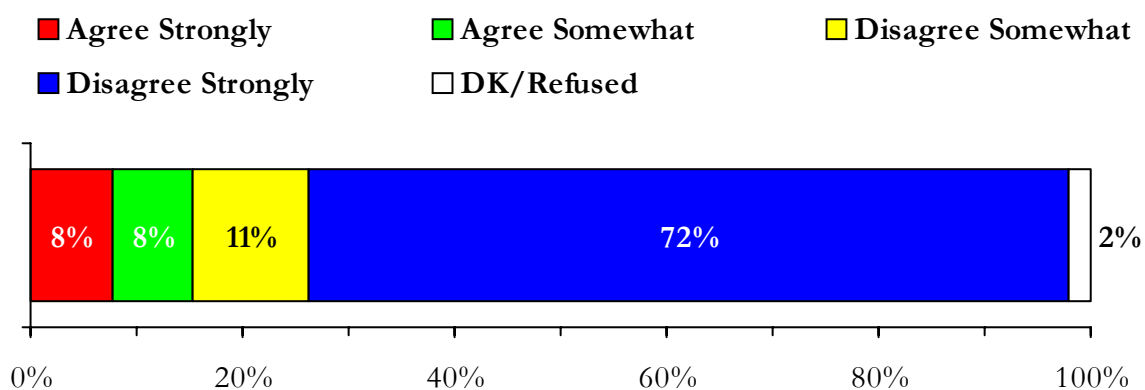
The state-added questions in Version B of the BRFSS questionnaire focused on beliefs and behaviors related to tobacco use.

One attitudinal question asked about the perceived harm of tobacco use. Figure 24 shows that 16% of respondents agreed with the statement, *...so many things cause cancer; tobacco use is not going to make any difference..*

Figure 24

Perception That Tobacco Use Makes No Difference in Development of Cancer

(Base = 390)



Question ATK3: There are so many things that cause cancer; tobacco use is not going to make any difference. Do you agree or disagree?

Percentages may not add up to 100% due to rounding.

Types of respondents in 2007 more likely than others to *strongly agree* that tobacco use would not lead to cancer include:

- Those aged 30-39 (16%)
- Those with a high school diploma or less (14%)
- Have children living in the household (14%)

Respondents in 2007 more likely than others to *somewhat agree* that tobacco use would not lead to cancer include:

- Incomes less than \$20K (25%)
- Those aged 18-29 (21%)
- Those with a high school diploma or less (13%)
- Those employed or self-employed (10%)

All respondents in Version B who had earlier reported having health care coverage were asked to describe the type of coverage they use to pay for most of their medical care.

As Table 27 indicates, a majority, 65%, said that they used insurance obtained through their own employer or someone else's employer to pay for most of their care. Another 10% said they pay for their own insurance while 14% are insured through Medicare.

Table 27	
Type of Insurance Coverage Used to Pay for Most Medical Care	
	Total
	(n=350)
Your employer	44%
Someone else's employer	21%
A plan you/someone else buys	10%
Medicare	14%
Basic Health Plan	4%
Military, TriCare or the VA	3%
Medicaid or Medical Assistance	3%
Indian Health Service	1%
Some other source	2%
Don't know/Refused	0%
Question ARM6: What type of health coverage do you use to pay for MOST of your medical care? Is it coverage through ... ?	
Percentages may not add up to 100% due to rounding.	

Frequency of Cigarette Smoking

Of the respondents in the Version B questionnaire who had smoked 100 cigarettes in their lives, 42% smoke everyday or some days and 57% reported that they no longer smoke cigarettes.

Of those who smoke cigarettes, 34% smoked 15 or more days out of the past thirty. When asked how many cigarettes they smoke a day, 26% reported smoking a pack (20 cigarettes) or more a day over the month. The average number of cigarettes smoked per day among all smokers was about 10 cigarettes.

Table 28	
Current Cigarette Usage	
Number of Days in Past 30 Having Smoked Cigarettes	(n=195)
None, did not smoke	57%
Fewer than 15 Days	8%
15 days or more	34%
Don't know	1%
Mean	9.68
Number of Cigarettes Smoked Per Day	
Daily Smokers	(n=70)
Less than 10	54%
Between 10-19 a day	18%
20 a day	25%
More than 20	1%
Don't Know/Refused	2%
Average (per day)	9.97
Questions: ACH2 and ACH3: On how many of the past 30 days did you smoke cigarettes? On the average, about how many cigarettes a day/when you smoked during the past 30 days did you smoke?	

When asked if they had stopped smoking for one day or longer because they were trying to quit, a significantly smaller proportion, 50%, said yes to this question compared to the 59% who responded yes in 2002.

In 2007, respondents reported the following length of time since they last smoked cigarettes regularly:

- Over 15 years ago (45%)
- 5 – 15 years ago (23%)
- 1 to 5 years ago (19%)
- Within the last year (9%)
- Never smoked regularly (4%)

Use of Other Tobacco Products

Smokeless Tobacco

In 2007, 26% of respondents said *yes* when asked if they have ever tried smokeless tobacco, like chew, dip or snuff compared to 20% who said *yes* in 2002. The percentage of respondents in 2007 who have used smokeless tobacco is a significant increase over 2002.

Of those who have tried smokeless tobacco products, 12% have used any of these products in the past month.

Table 29 shows the frequency of usage and the mean number of days smokeless tobacco was used which was 1.76 days.

Type of respondents in 2007 more likely to have tried smokeless tobacco products or cigars include:

- Males (45%)
- Aged 30-39 (38%)
- Aged 40-49 (37%)
- Employed or self-employed (32%)

Cigars and Bidis

Few respondents (5%) reported having smoked a cigar ‘even a puff’ in the past month. Bidis, (flavored cigarettes) are not well known with only 2% of respondents having smoked one in the past month.

2007 respondents more likely to have smoked a cigar in the past month include:

- Males (9%)
- Some college (8%)
- Those living in rural Whatcom County (8%)

The percentage of respondents who have tried using smokeless tobacco has not changed significantly between 2002 (21%) and 2007 (26%).

Table 29

Use of Other Tobacco Products

Ever Tried Smokeless Tobacco	(n=390)
Yes	26%
No	74%
Number of days in past 30, used smokeless tobacco	(n=74)
None	88%
Two	2%
Four	4%
Six	1%
Thirty	5%
Mean Days	1.76
Smoked Cigar(s) in Past Month	(n=390)
Yes	5%
No	95%

Questions:

ASH1. Have you ever tried using smokeless tobacco, like chew, dip or snuff?

ASH2. On how many days during the past 30 days did you use smokeless tobacco?

ATH3. In the past month, have you smoked a cigar, even just a puff?

Purchase of Tobacco Products

While a large majority of current smokers, 93%, said they *did not* purchase tobacco products outside the state to save money, 6% said they have done this with 1% refusing to answer the question.

Smoking Cessation

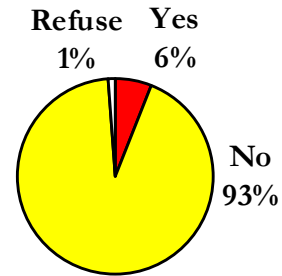
Respondents who currently smoke and those who smoke occasionally were asked when they were last advised by a doctor or dentist to quit using tobacco.

Within the past year, 53% have been advised by a doctor to quit with 12% having received this advice more than one year ago. However, 36% have never had a doctor tell them to quit smoking.

Of dentists, 13% of respondents reported their dentist recommended in the past year that they quit smoking, 4% received this advice more than one year ago and 80% have never had their dentist recommend that they quit smoking.

Figure 25
Purchased Tobacco Products Outside the State to Save Money

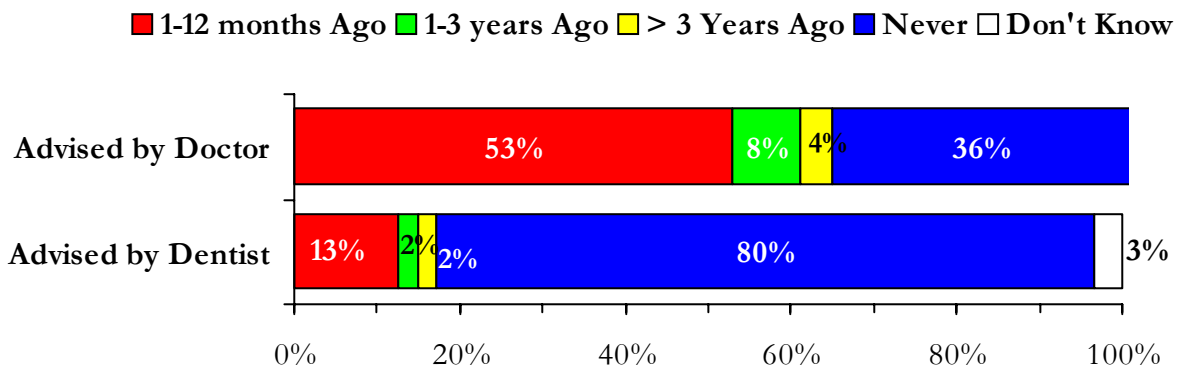
(Base = 72)



Question AST3: In the past month, did you buy tobacco outside the state to save money – not just because you were traveling?

Figure 26
Advised to Quit Using Tobacco

(Base = 85)



Questions:

APM3. When was the last time a doctor, or other health care professional advised you to quit, if ever?

APM4. When was the last time a dentist advised you to quit, if ever?

Percentages may not add up to 100% due to rounding.

Awareness and Use of Programs, Services and Products to Help Quit

Although 56% of current tobacco users and smokers said they had heard about programs and/or support in the community to help quit tobacco, 93% said they didn't make use of these programs and support services.

Seven percent (7%) reported participating in some sort of program to help them quit smoking in the past year.

Of those who have health insurance coverage, 47% said they were unsure whether their insurance paid for cessation programs/support services, 29% said their insurance *does not* pay for help and 24% said their health plan *does* help pay for cessation programs.

Additionally, 89% said they had not made use of patches, pills or medications during the past year to help them quit, while 11% said they had.

Table 30

Awareness and Use of Programs and Services to Quit Tobacco

	Total
Have Heard About Community Programs / Support Services	(n=78)
Yes	56%
No	42%
Don't Know/Refused	2%
Have Participated in Programs / Support Services Within Past Year	(n=82)
Yes	7%
No	93%
Have Used Patches, Pills, Meds During Past Year to Quit	(n=71)
Yes	11%
No	89%

Questions:

ARM2A. Within the past year have you heard about any programs in your community to help you quit using tobacco, such as classes, support groups or counseling services?

ARM2B. Within the past year did you participate in any kind of program, class or group to help you quit using tobacco?

ARM3A. During the past year did you use nicotine patches, pills or other medications to help you quit using tobacco?

Telephone Support Services

Although over half the current or recent tobacco users (56%) said they were aware of the Washington State “Quit Line,” when asked, 68% said that they *probably or definitely would not* call a telephone support service for tobacco cessation assistance. Just 17% of those who are aware of the “Quit Line” said they have used it.

Table 31
Use of Telephone Support Services to Quit Tobacco

	Total
Aware of Washington State “Quit Line”	(n=82)
Yes	56%
No	44%
Would Use Telephone Support Services to Help Quit	(n=82)
Definitely Yes	11%
Probably Yes	16%
Total Definitely/Probably Yes	27%
Definitely No	32%
Probably No	36%
Total Definitely/Probably No	68%
Don’t Know/Refused	5%
Have Called the Washington State “Quit Line”	(n=45)
Yes	17%
No	82%
Refused	1%

Questions:

QARM4: Have you heard about the Washington State ‘Quit-Line’ – a telephone support service to help people quit using tobacco?

QARM4B: Would you ever call a telephone support service for help to quit using tobacco? Probably or definitely?

QARM5: Have you called the Washington Tobacco Quit Line?

Interest in Quitting Tobacco Products

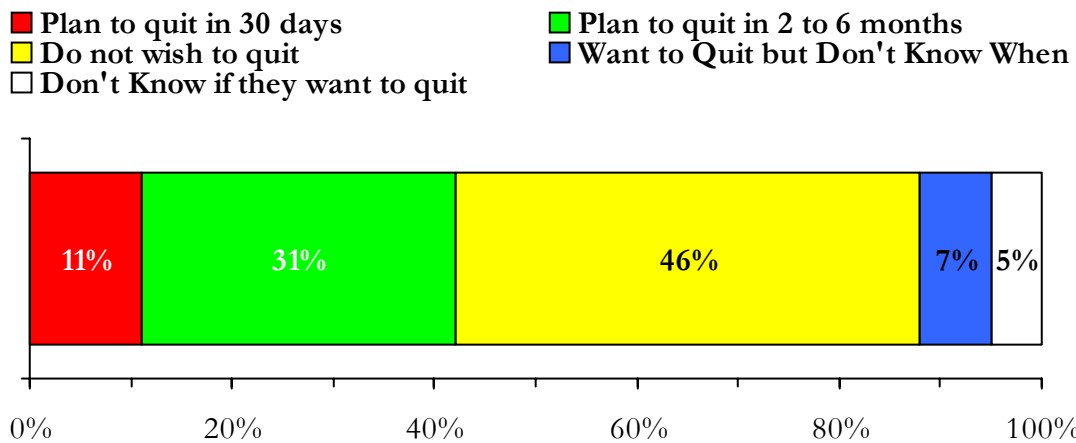
Daily and occasional tobacco users were asked if they would like to quit using tobacco, and if so, how likely they were to quit within the next 6 months.

Forty-two percent (42%) said they wanted to quit within the next six months. Of these respondents, 11% said they were planning to stop in the next 30 days with 31% responding that they were seriously considering quitting tobacco use within the next 2 to 6 months. While another 7% wanted to quit, they didn't want to specify a time frame for quitting.

Male smokers (60%) were more likely than female smokers (26%) to say they *do not wish to quit* using tobacco products.

Figure 27
Interest in Quitting Tobacco Products

(Base = 69)



Questions ACM1, ACM2 and ACM3: Would you like to quit using tobacco? (If yes or don't know): Are you seriously considering quitting tobacco use within the next 6 months? (If yes or don't know): Are you planning to stop within the next 30 days?

Smoking at Home

When asked about rules concerning smoking in their home's, 87% specified that *no one is allowed to smoke anywhere inside the home*, 4% said that *smoking is allowed at some places or at some times* in their home and 8% have no rules about smoking in their home. 1% said that they *permit smoking inside the home*.

Of those who smoke cigarettes every day, 60% do not allow smoking in their home, 17% allow smoking in some places, 4% allow smoking anywhere and 19% say they have no rules about smoking in their home.

Table 32
Rules Smokers/Former Smokers have About Smoking in their Homes

	Smoke Every Day (n=48)	Smoke Some Days (n=28)	No Longer Smoke (n=109)
Smoking not allowed in home	60%	79%	93%
Smoking allowed some places/times	17%	18%	1%
Smoking is allowed anywhere in home	4%	-	-
Have no rules	19%	4%	6%

Questions AB5/AHE1: Which of the following statements best describes the rules for smoking in your home?

Percentages may not add up to 100% due to rounding.

Of the respondents who smoke occasionally, 79% said they do not allow smoking in their home, 18% allow smoking in the home in some places or at some times, and 4% have no rules about smoking in their home.

Of respondents who no longer smoke, 93% said that no one is allowed to smoke in their home, 93%, while 1% allow smoking at some times and places and 6% reported having no rules about smoking in their home.

Asked how many days in the past 30 smoking occurred at home, 91% said *none*, 5% said one to 15 days and 4% said all 30 days.

Smoking and Public Health

Respondents were asked to give their opinions about a number of topics related to smoking and public health. Topics included workplace smoking, the effects of secondhand smoke, smoking in restaurants and bars, exposure of children to smoking, efforts to prevent tobacco use among children and advertising campaigns against smoking.

Effects of Secondhand Smoke

Most respondents, 90%, said they find breathing secondhand smoke annoying to some degree. Of those asked, 55% said it was *very annoying*, 22% *somewhat annoying* and 13% a *little annoying*. Nine percent (9%) were *not annoyed* by secondhand smoke.

When asked, 94% said that secondhand smoke was harmful. Of those, 65% felt it was *very harmful*, 24% *somewhat harmful*, and 5% a *little bit harmful*. Two percent (2%) thought that secondhand smoke was *not at all harmful*.

Smoking in the Workplace

Of those employed, 45% said that they spend most of their time working in an office, 13% work at home, 13% work outdoors and 6% have jobs in classrooms.

In a typical week, 94% are *never* exposed to secondhand smoke while 5% said they are exposed for periods of about one hour or less.

Smoking in Bars and Restaurants

Since smoking is now prohibited in Washington restaurants and bars, respondents were asked if they agreed with the following statement: *I go out to bars and restaurants more frequently now that smoking is not allowed*. While 56% said they disagreed with the statement, 32% said they agreed, 8% said they don't go to bars or restaurants and 4% were unable to answer the question.

Even though smoking is prohibited in Washington restaurants and bars, 10% said within the last year, the last time they visited a restaurant or bar someone present *was smoking cigarettes, cigars or other tobacco products*.

Table 33
Effects of Secondhand Smoke

	Total
	(n=390)
Not at all annoying	9%
A little annoying	13%
Somewhat annoying	22%
Very annoying	55%
Don't know/Refused	1%
Not at all harmful	2%
A little bit harmful	5%
Somewhat harmful	24%
Very harmful	65%
Don't know/Refused	4%
Questions AKE1 and AKE2: Would you say that breathing second hand smoke is ... ?	

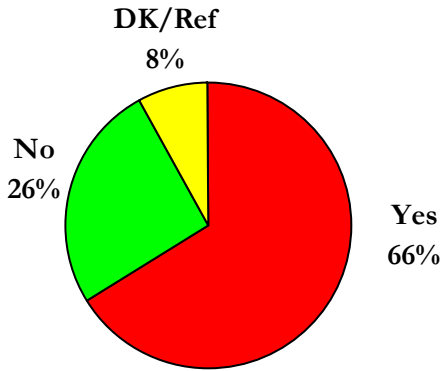
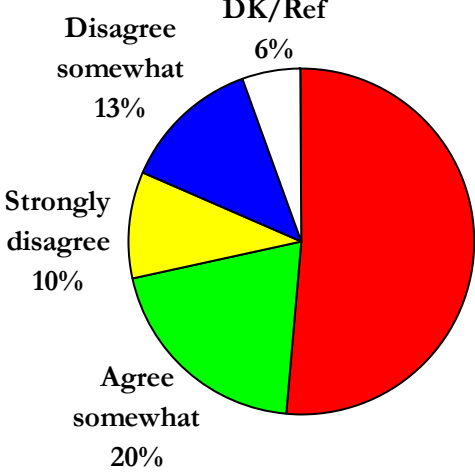
Smoking and Children

A majority of respondents indicated that they would like to see children protected from smoking.

Asked if smoking should be prohibited at outdoor public areas where children are present, 66% said yes, while 26% said no and 8% were not sure or refused to answer the question.

Those most likely to feel *smoking should not be prohibited at public places* where children are present include: Males (32%) and those with a health status of fair or poor, 43%.

Respondents, when asked if they felt the authorities should prioritize the enforcement of laws that prohibit possession of tobacco by minors, 71% either agreed strongly or somewhat that they should, 23% disagreed strongly or somewhat that the authorities shouldn't and 6% were unsure or refused to answer the question.

<p>Figure 28A Smoking Should Be Prohibited At Outdoor Public Areas Where Children Are Present</p>	<p>Figure 28B Authorities Should Prioritize Enforcement of Laws That Prohibit Possession of Tobacco by Minors</p>																				
<p>(Base = 390)</p>  <table border="1"> <caption>Data for Figure 28A</caption> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Yes</td> <td>66%</td> </tr> <tr> <td>No</td> <td>26%</td> </tr> <tr> <td>DK/Ref</td> <td>8%</td> </tr> </tbody> </table>	Response	Percentage	Yes	66%	No	26%	DK/Ref	8%	<p>(Base = 390)</p>  <table border="1"> <caption>Data for Figure 28B</caption> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Strongly agree</td> <td>51%</td> </tr> <tr> <td>Agree somewhat</td> <td>20%</td> </tr> <tr> <td>Disagree somewhat</td> <td>13%</td> </tr> <tr> <td>Strongly disagree</td> <td>10%</td> </tr> <tr> <td>DK/Ref</td> <td>6%</td> </tr> </tbody> </table>	Response	Percentage	Strongly agree	51%	Agree somewhat	20%	Disagree somewhat	13%	Strongly disagree	10%	DK/Ref	6%
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<p>Question AKE9: Do you think that smoking should not be allowed at all in outdoor public areas where children may be present?</p>	<p>Question ACA1B: Local law enforcement officials should place a high priority on enforcing laws that ban the possession of tobacco products by minors.</p>																				

Of the respondents who agreed that law enforcement officials should place a high priority on enforcing laws that ban the possession of tobacco products by children, 51% agreed strongly and 20% agreed somewhat.

In 2007, those most likely to *strongly disagree that the authorities should prioritize enforcement of laws that prohibit possession of tobacco by minors* include:

- Males (21%)
- Those aged 40-49 (19%)
- Some college (19%)
- Those aged 30-39 (18%)
- Employed or self-employed (15%)
- Have health care coverage (15%)

Those in 2007 most likely to *somewhat disagree that the authorities should prioritize enforcement of laws that prohibit possession of tobacco by minors* include:

- Those aged 40-49 (19%)
- Those aged 50-64 (16%)
- Income of \$20K to under \$35K (14%)
- No children living in the household (13%)
- Income of over \$50K (12%)

Eighty-seven percent (87%) reported that they have specifically told their preteen or teen that they do not want him or her to smoke or use tobacco.

Results found that 53% reported that they have not seen or heard any efforts or activities in their communities to prevent or reduce tobacco use among youth. However, 57% of the 30-39 year olds and 54% of those ages 40-49 have heard about anti-smoking efforts.

Respondents, who were either aware of or not sure if, there were community activities or events to prevent tobacco use among children, were asked if they knew of any local anti-tobacco or anti-smoking organizations working in their communities over the past few years. While 42% said they knew of some, 31% said they were unsure and 27% said they were sure there were no local anti-tobacco or anti-smoking organizations.

Anti-Tobacco Advertising

Respondents were asked if they remembered viewing television ads, hearing radio commercials or seeing outdoor advertising against tobacco use. A comparison of advertising media found respondents were more often exposed to anti-tobacco ads on television than on radio or outdoor ads. When asked, 37% of those who watch television reported seeing ads against the use of tobacco *every day or a couple times per week* compared to 18% who heard ads on the radio *daily or a couple times a week* and 16% who saw outdoor ads as often.

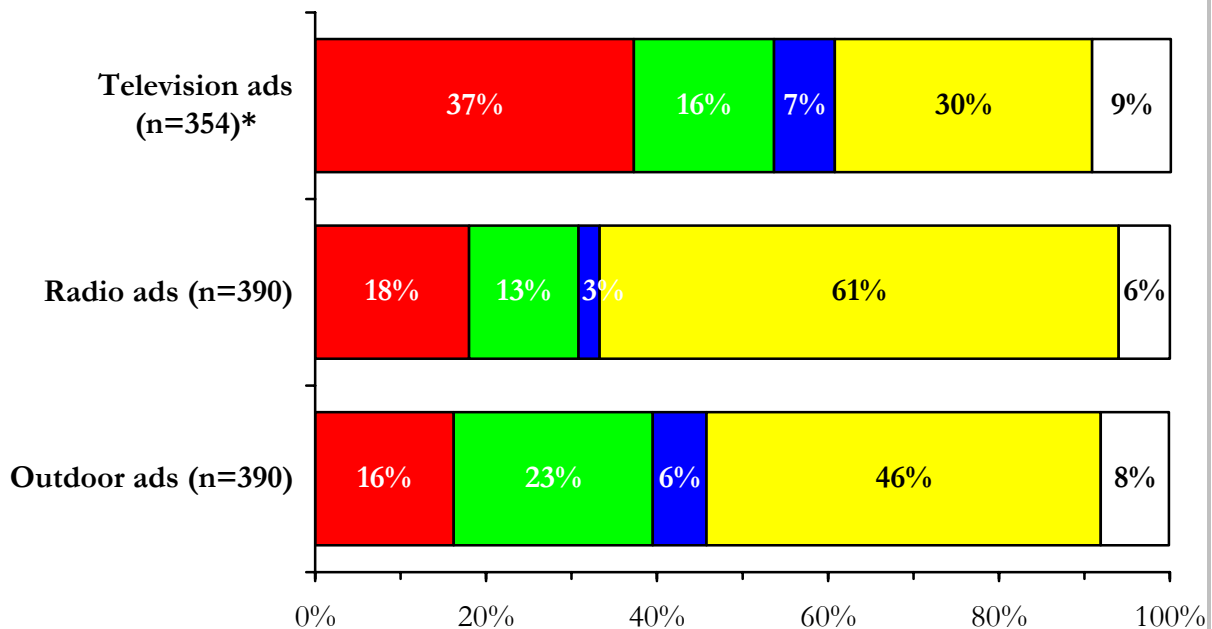
Of the respondents who had viewed television ads, 60% said *yes* when asked if they recalled the Washington State Department of Health's "cold turkey" ads..

Figure 29

Perceived Frequency of Exposure to Anti-Tobacco Advertising

(Bases Listed Below)

- Every day/ A Couple times per week
- Once per week/A Couple times per month
- Once
- Never
- DK/Refused



Questions ASA1, ASA2B and ASA3: During the past 30 days how often have you seen television ads/heard commercials on the radio/see ads on billboards, posters or buses about the dangers of tobacco use or not smoking?

*Base excludes respondents who said they do not watch TV at all (9% of respondents).

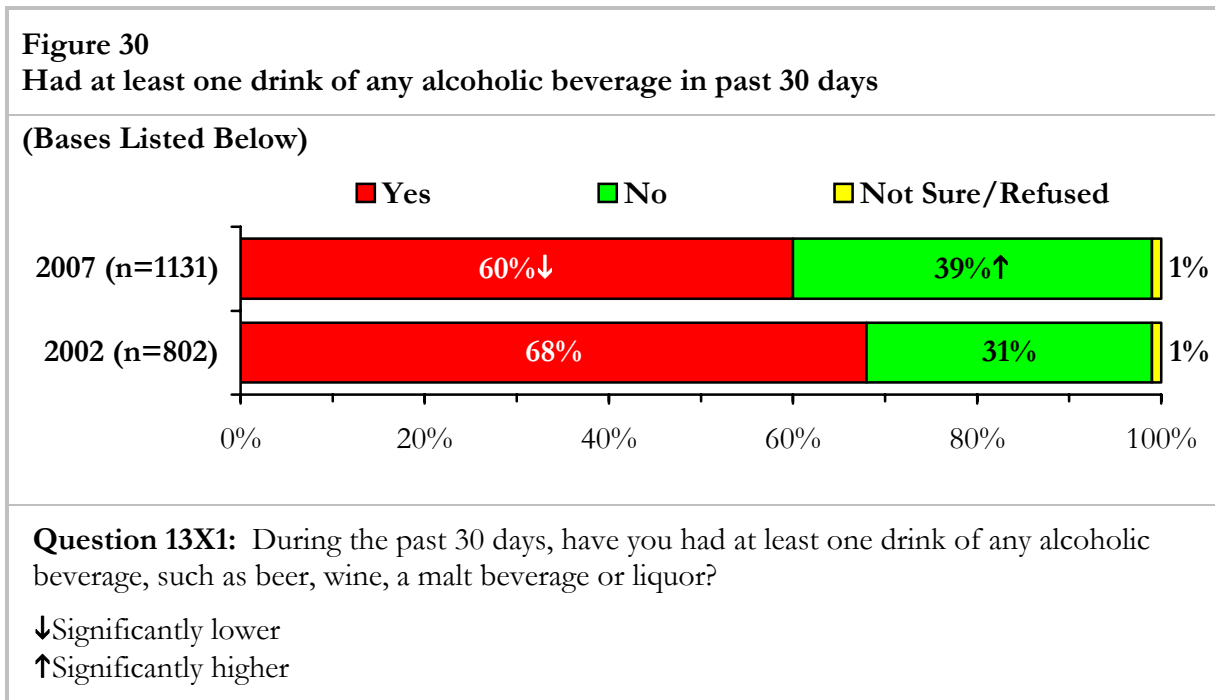
Tobacco Promotions

A majority of respondents, 84%, said they would not personally promote tobacco company logos or advertising. Most, 90%, said they **have not** received coupons or samples of free tobacco products and 95% **have not** attended events where tobacco companies promoted their products.

Table 34	
Attitudes about Tobacco Promotions	
	Total (n=390)
Would Use / Would Wear Promotional Items With Tobacco Logo / Picture	
Definitely no	71%
Probably no	13%
Probably yes	11%
Definitely yes	5%
Don't Know/Refused	1%
Have Received Samples, Coupons for Free Tobacco Products in Past Year	
Yes	9%
No	90%
Don't Know/Refused	1%
Have Attended Events That Feature Tobacco Company Promotions	
Yes	4%
No	95%
Don't Know/Refused	1%
<p>Questions APL1, APL3 and APL4: Would you ever use or wear something that has a tobacco company logo or picture on it? During the past year, have you received a free sample or coupon for a free sample of cigarettes or other tobacco products? During the past year have you been somewhere, such as a concert or special event, where tobacco companies were having a promotion?</p> <p>Percentages may not add up to 100% due to rounding.</p>	

Alcohol Consumption

When asked, 60% of those interviewed said they had consumed at least one drink of alcohol in the past month. This is significantly lower than the 68% who reported in 2002 that they had had at least one drink of alcohol in the past month.



Respondents in 2007 who were more likely to have consumed an alcoholic beverage in the past 30 days include:

- Incomes of \$35K to \$50K (70%)
- Incomes over \$50K (70%)
- Those aged 30-39 (69%)
- College graduates (68%)
- Those aged 40-49 (67%)
- Those Employed or Self-Employed (66%)
- Those aged 50-64 (64%)
- Health status of Excellent/Very Good/Good health status (64%)
- Bellingham residents (64%)

Asked how many drinks they consumed on average, on the days that they drank, 46% said *one* and 28% said *two*.

The mean number of drinks consumed by respondents who had at least one drink in the past 30 days was 2.13 drinks³. This average did not change significantly from 2002 (2.25 drinks).

Those respondents in 2007 whose daily alcoholic drink consumption exceeded the mean (2.13 drinks) were more likely to include:

- Those with incomes of \$20K to \$35K (2.70)
- Males (2.48)
- Aged 18-29 (2.47)
- Aged 30-39 (2.31)
- Non-retirees including not employed (2.31)
- Non-retirees including those employed (2.18)

Of respondents who drank during the past month, 5% in 2007 and 6% in 2002 are calculated to have engaged in ‘binge’ drinking in that they had five or more drinks on an occasion.⁴

When asked specifically how many times in the past month they had had five or more drinks (four for females), 31% of the males and 25% of the females said there were one or more occasions when they had consumed five or more alcoholic drinks.

Looking at the total number of drinks consumed over the month, 7% of the respondents who drink are calculated to be “chronic drinkers,” that is, they drank more than 60 drinks.

Subgroups in 2007 more likely to be chronic drinkers include:

- Those with no health care coverage (18%)
- Males (11%)

³The mean number of days excludes those who said “none.”

⁴ Five drinks on an occasion for men and four drinks on an occasion for women.

Table 35

Average Number of Alcoholic Drinks Consumed When Respondent Drank

	2007 (n=679*)	2002 (n=545*)
One	46%	45%
Two	28%	32%
Three	12%	10%
Four	7%	5%
Five or More	5%	6%
Don't know/not sure	2%	2%
Mean	2.13	2.25
Mean # Drinks of on Days Drank		
Average	2.13	
Men	2.48	
Women	1.78	

Question 13X3: On the days you drank, about how many drinks did you drink on the average?
*Respondents who said they consumed at least one drink during the past 30 days

In a separate question, respondents were asked to specify the greatest number of drinks they consumed on any single occasion during the past thirty days. The mean was 3.1 drinks per occasion.

Those groups in 2007 more likely to be above the mean (3.1 drinks) in number of drinks consumed per occasion varied significantly and included:

- Males (3.6)
- Respondents 18 to 29 years old (4.1)
- Those who earn \$20K to less than \$35K (4.1)
- Those who have some college education (3.6) and those who have a high school education or less (3.1)
- Respondents who have no health care coverage (3.9)
- Non-retirees both employed (3.2 drinks) and not employed (3.6)

Care Giving

Respondents were asked about their experience providing regular care or assistance to two types of people: those with a long-term illness or disability and children under 19 years old whose parents are unable to care for them.

Figure 31 shows that 14% said they provided care for others during the past month. Of these caregivers, 37% said they were the primary caregiver and 61% said they were not the primary caregiver while 2% were unsure or refused to answer the question.

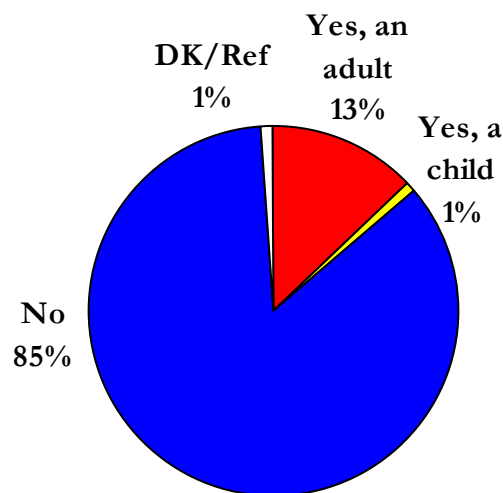
Asked about how far away they live from the person they provide care for, 39% said less than 20 minutes, 24% live in the same house as the person they care for, 19% live between 20 and 60 minutes away, 4% between 1 and 2 hours away, 12% more than 2 hours away and 1% refused.

Characteristics of respondents in 2007 who were more likely to be providing care for others include:

- Those aged 40-49 (22%)
- No children living at home. (17%)

Figure 31
Care Giving

(Base = 741)



Questions 31X1 and 31X2: During the past month, did you provide any regular care or assistance to someone who has a long-term illness or disability? Have you been raising a child under age 19 whose parents are unable to take care of them? This does not refer to your own biological or adopted children.

Characteristics of Those Cared For

Ages of those cared for ranged from 1 year to 96 years old, with a mean age of 57 years. About three out of ten (30%) were said to have a problem with memory loss such as Alzheimer's or dementia. Most respondents identified the gender of their charge as female (58%).

When asked to specify their relationship with the person they care for, of those responses that were five percent or more, 23% said a *friend*, 16% *mother*, 7% *partner*, 7% *brother*, 5% *father* and 5% *sister*.

The most prominently mentioned health problems affecting the person they care for were, 13% cancer, 9% heart disease, 6% arthritis, 4% Alzheimer's, 3% depression, 3% attention deficit disorder, 2% Parkinson's, 2% anxiety disorder, 2% vision problems, 2% diabetes, 2% hearing problems and 2% chromosomal anomalies.

In 2007, the assistance caregivers provide include:

- Helping disabled person move (28%)
- Coping with feelings of anxiousness or depression (25%)
- Basic living skills - eating, dressing, bathing (24%)
- Learning and remembering (20%)
- Interfacing and interpersonal relationships (11%)
- Communicating with others (8%)
- Seeing/hearing (4%)
- Disabled minor child care (3%)

Respondents were allowed to give multiple responses.

Respondents in 2007 were asked whether those cared for had additional health problems that required assistance. Conditions named more often than others included:

- Muscular dystrophy (64%)
- Down's syndrome (29%)
- AIDS/HIV (23%)
- ADD/ADHD (19%)
- Arthritis (18%)
- Osteoporosis (12%)
- Cancer (9%)
- Cerebral palsy (8%)
- Dementia (8%)
- Asthma (6%)
- Anxiety/ other emotional (5%)

Length of Time as Caregiver and Frequency of Care Giving

Although 32% of caregivers have been providing care for three months or less, 58% said they have been providing care for one year or more, 8% have been providing care for ten years or more and 3% have been providing care for twenty years or more.

About half, 47%, spend less than twenty hours a week providing care for long-term illness or disability, while 21% spend twenty to forty-eight hours a week, 7% spend forty to forty-eight hours a week and 18% providing care twenty-four hours a day. Twelve percent (12%) were unsure or refused to answer the question.

While 30% of caregivers reported that they spent *none* of their time providing assistance in carrying out basic life skills or administering medication, 58% indicated that they did provide this type of assistance.

Table 36
Length of Time as Caregiver and Frequency of Care Giving

	Total (n=109)
Length of Time Providing Care	
3 months or less	32%
4 months to 1 year	8%
More than 1 year	58%
Don't Know/Refused	2%
Hours Per Week Providing Care for Long-Term Illness/ Disability	
<20 hours	47%
20-39 hours	14%
40-48 hours	7%
More than 48 hours	2%
24/7	18%
Refused	12%
Hours Per Week Providing Help with Basic Life Skills and Medication	
None	30%
<20 hours	45%
20-39 hours	3%
40-48 hours	2%
24/7	8%
Don't Know/Refused	13%
Questions 3111, N3112 and N3113: For how long have you provided care for ... In an average week, how many hours do you provide care for ... because of ... long-term illness or disability?	
Percentages may not add up to 100% due to rounding.	

Areas of Assistance Needed by Care Providers

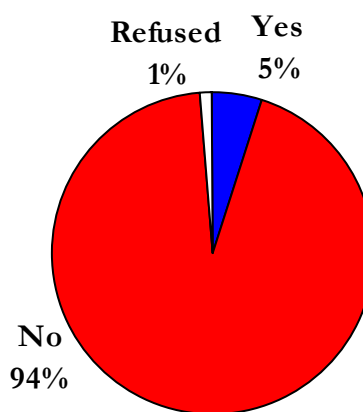
When respondents were asked to indicate from a list, the two areas in which they face the greatest difficulty in providing care for others, 33% identified the *stress* generated by providing care, 23% specified the *financial burden* and 15% said they had *no time left for* themselves because of their obligations.

Respondents were read a list and asked to identify two services that could be of most help to them. The top three responses given by respondents were, 28% having money to pay for additional resources, 21% time breaks from care giving and 21% having information about local programs and services.

A large majority, 94% of caregiving respondents said they were not paid for their assistance while 5% said they were paid for their time and 1% refused to answer the question.

Figure 32
Payment Received for Providing Care to Others

(Base = 109)



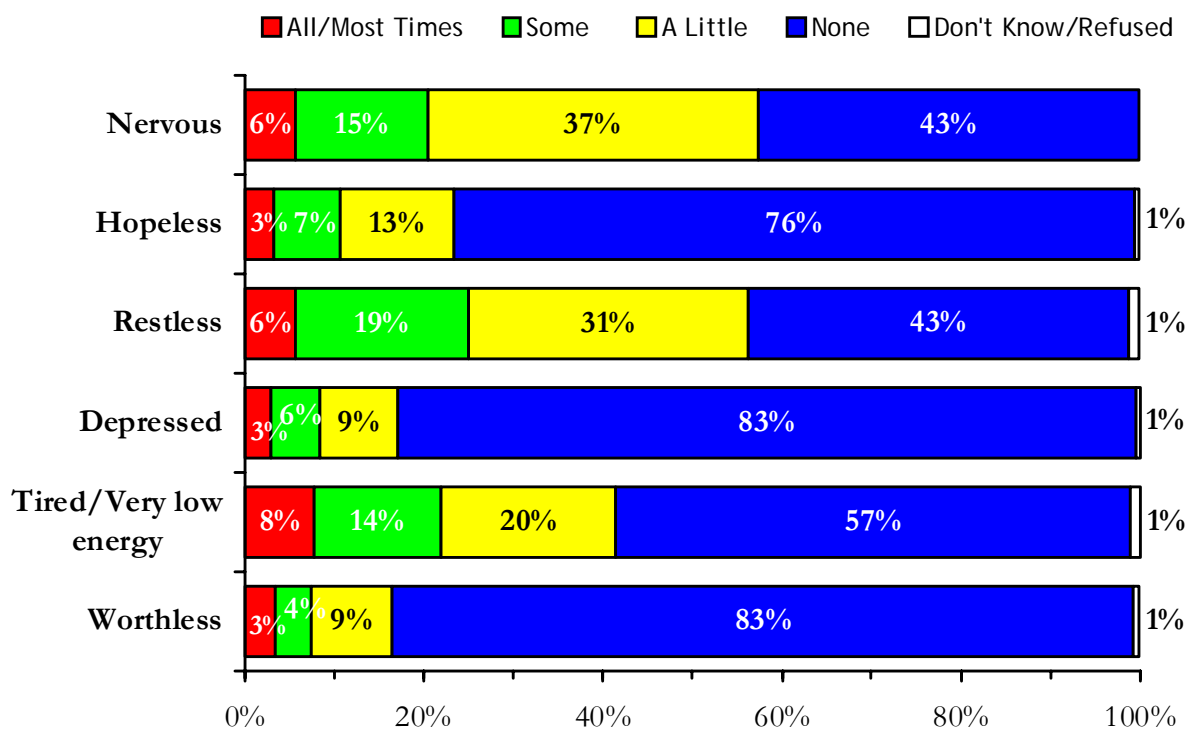
Question 3118: Are/were you paid for the care you provide/provided? (Do not include financial assistance payments from programs such as TANF, SSI, SSDI or foster parents payments.)

Emotional Health

Respondents were asked to evaluate any feelings of anxiety and depression experienced over the previous 30 days. They were instructed to specify about how often they felt each of the following mental and emotional symptoms; nervousness, hopelessness, restlessness, depression, being tired/very low energy and worthlessness.

Figure 33
Emotional and Mental Health Indicators: Experience of Symptoms

(Base = 741)



Questions 25X1 through 25X6: About how often during the past 30 days did you feel ... would you say all of the time, most of the time, some of the time, a little of the time or none of the time?

Percentages may not add up to 100% due to rounding.

The percentage of respondents who answered *none of the time* for emotional and mental health indicators ranged from 43% for nervousness and restlessness to 83% for depression and worthlessness.

The most common types of mental health issues respondents experience are feeling tired with low energy 8%, feeling restless 6%, and feeling nervous 6%. One in four respondents, 25%, said they feel restless *all/most/some of the time*, compared to 22% who feel tired this

often and 21% who feel nervous this often. Nine percent (9%) said they feel depressed *all/most* or *some of the time* with 10% feeling hopeless that often.

Older respondents and those with higher incomes were less likely to say they feel restless at times. Lower income respondents and those in fair/poor health were more likely to have had times when they felt hopeless. Lower income respondents and those in fair/poor health were also more likely to feel tired and that everything they do requires an effort.

Limitations Imposed by Emotional and Mental Conditions

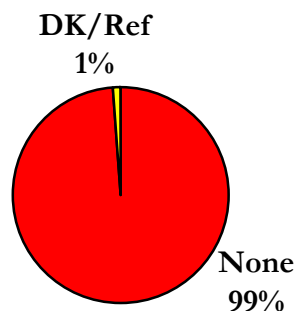
Nearly all respondents, 99% said they experienced *no days* during the past 30 in which they were unable to go about their work or usual activities because of a mental health condition or emotional problem.

Overall, in 2007, 13% said they were currently taking medication for a mental health condition or emotional problem. The proportion was higher among those who:

- Rate their physical health as *fair/poor* (33%)
- Earn less than \$35,000 annually (22%)
- Are unemployed (20%)

Figure 34
Days in Past Month Lost Because of Emotional or Mental Problems

(Base = 741)



Question 25X7: During the past 30 days, for about how many days did a mental health condition or emotional problem keep you from doing your work or other usual activities?

Perceptions of Mental Illness and Treatment

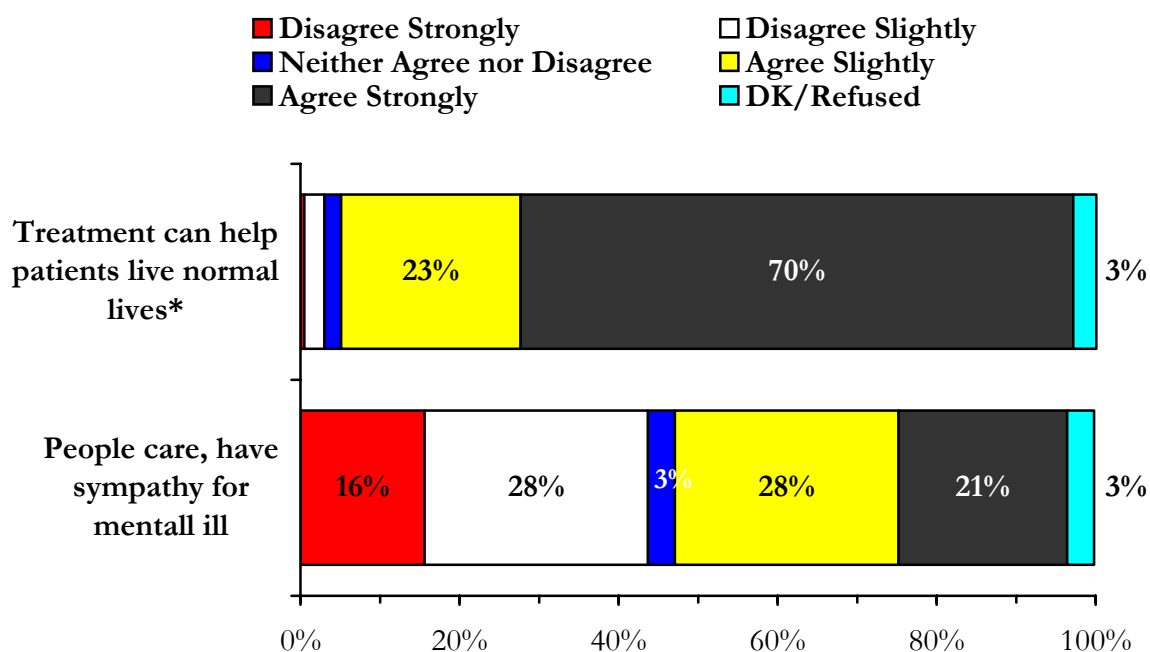
Respondents were asked two questions about their perceptions of mental illness and treatment.

Seven in ten respondents, 70%, agreed strongly that treatment for mental illness can help people live a normal life.

When asked about the care and sympathy people with mental illness receive from society, 21% strongly agreed that most people are caring and sympathetic to people who have mental illness. Older respondents and females were somewhat more likely to disagree with this premise.

Figure 35
Perceptions of Mental Illness and Treatment

(Base = 741)



Questions 25X9 and 2510: How much do you agree or disagree with these statements?

*Disagree Strongly = 1%, Disagree Slightly = 3%, Neither Agree nor Disagree = 2%

Emotional Support and Life Satisfaction

Life satisfaction is widely considered to be a central aspect of human welfare. Many have identified happiness with it, and some maintain that well-being consists largely or wholly in being satisfied with one's life.⁵

Because emotional health is so intertwined with physical health, the survey asked respondents how they feel about the emotional support they receive from others, and the satisfaction they derive from their lives.

Overall, 46% said they *always* receive the social and emotional support that they need, and the same amount, 46%, said they were generally *very satisfied* with their lives.

In 2007, respondents more likely to say they *rarely* or *never* receive needed support include respondents who are:

- Incomes of less than \$20K (12%)
- Retired (9%)
- Unemployed (8%)
- High school diplomas or less education (8%)

Those more likely to say they are *dissatisfied* or *very dissatisfied* with their lives include those who:

- Rate their overall health as *fair/poor* (15%)
- Earn less than \$35K (12%)

Table 37
Emotional Support and Life Satisfaction

Receive social and emotional support when needed	Total (n=1131)
Always	46%
Usually	36%
Sometimes	12%
Rarely/Never	6%
Don't know/Refused	1%
General satisfaction with life	
Very satisfied	46%
Satisfied	48%
Dissatisfied/Very Dissatisfied	6%
Don't know/Refused	1%
Questions 19X1, 19X2: How often do you get the social and emotional support you need? In general, how satisfied are you with your life?	
Percentages may not add up to 100% due to rounding.	

⁵ Daniel M. Haybron, University of Arizona, November 20, 2001.

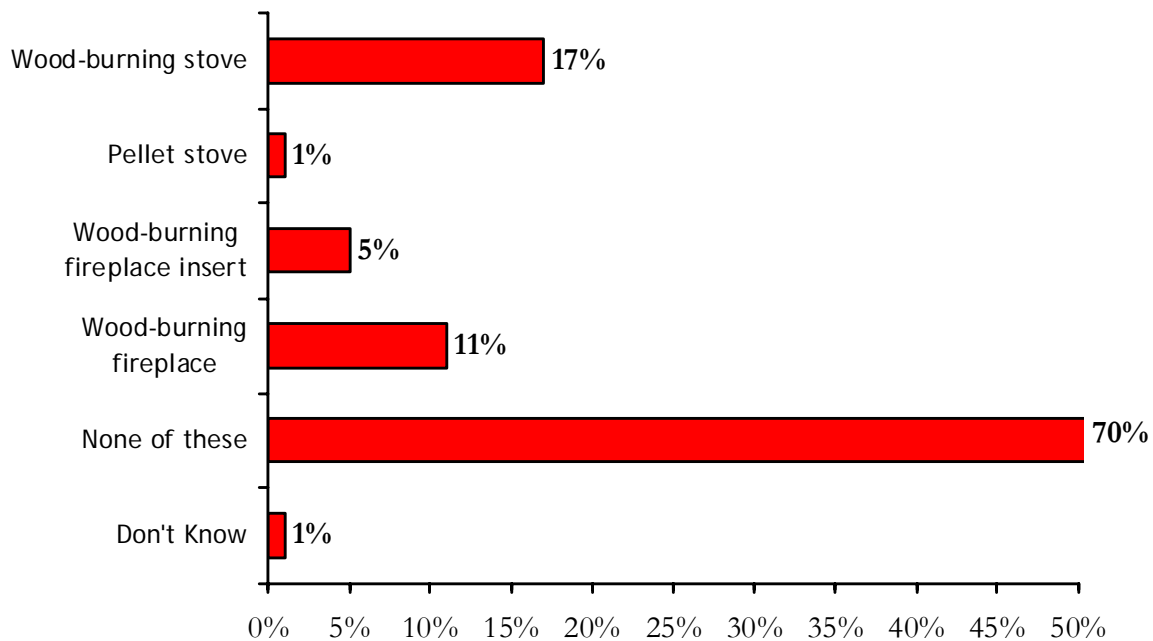
Environmental Health

Respondents were asked about their use of wood-burning fireplaces, wood-burning inserts and wood-burning or pellet fireplaces.

Of the 17% of county residents who have wood-burning stoves, 59% said they know that their stove is certified. An additional 13% said they don't know if it is certified but said that it is new since 1992. Another 17% said their stoves were either not certified or new since 1992, 11% were not sure about their stoves certification or how old it was.

Figure 36
Prevalence of Wood and Pellet Burning Stoves and Wood-Burning Fireplaces

(Base = 390)



Questions 40X1 and 40X4: Do you currently have a stove that you use for heating or for pleasure in your home, such as a wood-burning stove, a pellet stove or a wood-burning insert in a fireplace? Do you currently have a wood-burning fireplace that you use in your home?

Those with wood-burning stoves, fireplaces and/or wood-burning fireplace inserts use them frequently.

Nearly half (48%) with wood stoves or with pellet stoves, use their stoves daily compared to 16% who use their fireplace insert daily.

Table 38
Use of Wood-Burning Stoves, Fireplaces and Wood Burning Inserts

	Wood Stoves (n=70)	Pellet Stoves (n=4)	Fireplace Inserts (n=23)
Every day	48%	50%	16%
Every other day	13%	50%	16%
1-2 times per week	16%	0%	26%
<1 per week; >1 per month	3%	0%	5%
1 time per month or less	13%	0%	32%
Never	9%	0%	0%

Questions 40X2 and 40X5: How often do you use your ... during the winter, that is from November to March

Percentages may not add up to 100% due to rounding.

APPENDIX

Comparison of Key Health Indicators to County, State and U.S. BRFSS

Data from the statewide surveys and BRFSS data nationally has been gathered to provide a comparison with the current Whatcom County data in areas of key interest. Data was drawn from the 2007 state and national BRFSS survey that had the same questions included in the Whatcom County survey. **Because of rounding to whole numbers, some of the percentages may not add up to 100%.** All percentages are based on data that has been weighted to their respective populations.

Response proportions were tested for statistical significance. Because base numbers for each question were accessible, Whatcom County survey responses and response proportions for the State of Washington and national data were comparable.

Health Status

87% of county residents rated their health as *excellent, very good, or good*, compared to 86% in the state and 82% nationally.

Days of Poor Physical and Mental Health

A larger proportion of county respondents, 50% reported they had a day or more in the past month when they were unable to do their usual activities due to poor physical or mental health compared to 43% of statewide respondents and 40% nationally.

Health Care Coverage

There were no significant differences between county, state or national respondents in healthcare coverage. Eighty-six percent (86%) of those interviewed in the county and state had coverage compared to 84% nationally.

Influenza Protection

33% of county residents have had a flu shot compared to 37% statewide and 36% nationally.

99%, received the vaccine through a shot injected in their arm. Across all three groups, only 1% of respondents had received the flu vaccine sprayed in the nose.

Nutrition – Fruit and Vegetable Consumption

31% of county residents eat five or more servings of fruit and vegetables a day compared to 26% statewide and 24% nationally.

Engages in Moderate Physical Activity

89% of county residents engage in moderate physical activity, which is the same percentage as the state and higher than nationally at 84%.

44% of county residents meet the recommendations for moderate physical activity, compared to 39% of the state respondents and 34% of the respondents nationally.

Engages in Vigorous Physical Activity

57% engage in vigorous physical activity compared to 55% statewide and 49% nationally.

58% of Whatcom County respondents meet the recommendations for vigorous physical activity compared to 30% for the state and 26% nationally.

Overweight

34% of county respondents have a BMI in overweight range compared to 35% statewide and 35% nationally.

26% of county residents have a BMI putting them in the obese range compared to 25% statewide and the same percentage nationally.

Diabetes

6% of county respondents have been diagnosed with diabetes compared to 7% statewide and 9% nationally.

Asthma

14% of county residents have been diagnosed with asthma compared to 15% statewide and 13% nationally.

Tobacco Use

13% of county respondents smoke everyday compared to 28% statewide and 32% nationally. 5% are occasional smokers compared to 11% statewide and 12% nationally.

Blood Stool Test

62% of county residents fifty years of age or older have had a blood stool test compared to 54% statewide and 44% nationally.

Sigmoidoscopy and Colonoscopy

66% of county respondents have had a sigmoidoscopy or colonoscopy compared to 67% statewide and 60% nationally.

Health Status			
	Whatcom (2007)	WA (2007)	US (2007)
	(1131)	(25,881)	(430,912)
Would you say that in general your health is ...			
Excellent	21%	21%	20%
Very Good	39%	35%	32%
Good	27%	30%	30%
Fair	10%	10%	12%
Poor	3%	3%	4%
Days of Poor Physical and Mental Health			
	Whatcom (2007)	WA (2007)	US (2007)
	(1131)	(25,881)	(430,912)
During the past 30 days, for how many days did poor physical or mental health keep you from doing your usual activities?			
None	50%	55%	58%
1 – 30 Days	50%	43%	40%
Health Care Coverage			
	Whatcom (2007)	WA (2007)	US (2007)
	(1131)	(25,881)	(430,912)
Do you have any kind of health care coverage?			
Yes	86%	86%	84%
No	14%	14%	15%
Influenza Protection – Flu Vaccine Injected in Arm			
	Whatcom (2007)	WA (2007)	US (2007)
	(1131)	(25,881)	(430,912)
A flu shot is an influenza vaccine injected in your arm. In the past 12 months have you had a flu shot?			
Yes	33%	37%	36%
No	66%	63%	63%
Influenza Protection – Flu Vaccine Sprayed in Nose			
	Whatcom (2007)	WA (2007)	US (2007)
	(1131)	(25,881)	(430,912)
During the past 12 months have you had a flu vaccine that was sprayed in your nose? The flu vaccine that is sprayed in your nose is also called FluMist™.			
Yes	1%	1%	1%
No	99%	99%	99%

Nutrition – Fruit and Vegetable Consumption			
	Whatcom (2007)	WA (2007)	US (2007)
	(1131)	(25,881)	(430,912)
Proportion of respondents who consume five or more servings of fruits and vegetables a day.			
5 or more servings a day	31%	26%	24%
Less than 5 servings a day	69%	73%	73%
Nutrition – Fruit and Vegetable Consumption – Servings Breakout			
	Whatcom (2007)	WA (2007)	US (2007)
	(1131)	(25,881)	(430,912)
Daily servings of fruit and vegetables			
0/<1 serving a day	5%	5%	5%
1 – 2 servings a day	23%	33%	34%
3 – 4 servings a day	39%	36%	34%
5 or more servings a day	31%	26%	24%
Engages in Moderate Physical Activity for at Least 10 Minutes at a Time.			
	Whatcom (2007)	WA (2007)	US (2007)
	(1131)	(25,881)	(430,912)
Do you do moderate physical activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate?			
Yes	89%	89%	84%
No	11%	11%	16%
Meets Recommendations for Moderate Physical Activity			
	Whatcom (2007)	WA (2007)	US (2007)
	(1131)	(25,881)	(430,912)
Of those engaging in moderate physical activities, proportion of respondents who meet standard of 5 days a week and at least 30 minutes a day.			
	44%	39%	34%
Engages in Vigorous Physical Activity for at Least 10 Minutes at a Time.			
	Whatcom (2007)	WA (2007)	US (2007)
	(1131)	(25,881)	(430,912)
Do you do vigorous physical activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?			
Yes	57%	55%	49%
No	43%	44%	50%

Meets Recommendations for Vigorous Physical Activity			
	Whatcom	WA	US

	(2007)	(2007)	(2007)
	(1131)	(25,881)	(430,912)
Of those engaging in vigorous physical activities, proportion of respondents who meet standard of 3 days a week and at least 20 minutes a day.	58%	30%	26%
Overweight			
	Whatcom (2007)	WA (2007)	US (2007)
	(1131)	(25,881)	(430,912)
Proportion of respondents computed to be overweight or obese			
Obese	26%	25%	25%
Overweight	34%	35%	35%
Neither Obese nor overweight	40%	36%	36%
Diabetes			
	Whatcom (2007)	WA (2007)	US (2007)
	(1131)	(25,881)	(430,912)
Have you ever been told by a doctor that you have diabetes?			
Yes	6%	7%	9%
Yes, but told during pregnancy	1%	1%	1%
No	93%	91%	89%
No, pre-diabetes or borderline diabetes	1%	1%	1%
Asthma			
	Whatcom (2007)	WA (2007)	US (2007)
	(1131)	(25,881)	(430,912)
Have you ever been told by a doctor, nurse, or other health professional that you had asthma?			
Yes	14%	15%	13%
No	86%	85%	87%
Do you still have asthma?			
Yes	69%	63%	63%
No	24%	33%	34%
Tobacco Use			
	Whatcom (2007)	WA (2007)	US (2007)
	(1131)	(25,881)	(430,912)
Have you smoked at least 100 cigarettes in your entire life?			
Yes	44%	43%	43%
No	55%	57%	56%
Do you now smoke cigarettes everyday, some days or not at all?			
Everyday	13%	28%	32%
Some days	5%	11%	12%
Not at all	59%	61%	55%
Blood Stool Test			
	Whatcom (2007)	WA (2007)	US (2007)

	(1131)	(25,881)	(430,912)
A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. Have you ever had this test using a home kit?			
Yes	62%	54%	44%
No	38%	45%	55%
Length of Time Since Last Blood Stool Test			
	Whatcom (2007)	WA (2007)	US (2007)
	(1131)	(25,881)	(430,912)
How long has it been since you've had your last blood stool test using a home kit?			
Within the past year	29%	33%	37%
Within the past two years	27%	21%	18%
Within the past five years	27%	24%	21%
Five or more years ago	14%	20%	22%
Sigmoidoscopy and Colonoscopy			
	Whatcom (2007)	WA (2007)	US (2007)
	(1131)	(25,881)	(430,912)
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?			
Yes	66%	67%	60%
No	33%	33%	39%
Sigmoidoscopy or Colonoscopy			
	Whatcom (2007)	WA (2007)	US (2007)
	(1131)	(25,881)	(430,912)
Was your most recent examination called a sigmoidoscopy or a colonoscopy??			
Sigmoidoscopy	15%	18%	11%
Colonoscopy	81%	79%	85%
Or something else?	1%	<1%	1%
Length of Time Since Last Sigmoidoscopy or Colonoscopy			
	Whatcom (2007)	WA (2007)	US (2007)
	(1131)	(25,881)	(430,912)
How long has it been since you've had your last sigmoidoscopy or colonoscopy?			
Within the past year	32%	28%	30%
Within the past two years	23%	20%	22%
Within the past five years	30%	34%	33%
Within the past ten years	7%	11%	9%
Ten or more years ago	6%	5%	6%

Health Topic by Questionnaire Version

Washington State
Behavioral Risk Factor Surveillance System
2007 Questionnaire – Form A and Form B

Questions Asked on Both Questionnaire Versions

n=1131

Health Status

Healthy Days – Health Related Quality of Life

Health Care Access

Exercise

Diabetes

Hypertension Awareness

Cholesterol Awareness

Cardiovascular Disease Prevalence

Asthma

Immunization

Tobacco Use

Demographics

Alcohol Consumption

Disability

Arthritis Burden

Fruits and Vegetables

Physical Activity

HIV/AIDS

Emotional Support and Life Satisfaction

Gastrointestinal Illness

Childhood Asthma

Sexual Orientation

Food Security

Questions Only Asked On Version A

n=741

Cardiovascular Health
Actions to control High Blood Pressure
Colorectal Cancer Screening
Mental Illness and Stigma
Children's Health Insurance
Reading to Children
Family Caregiver
Family Planning
Youth Sexual Behavior
Worker's Compensation Coverage

Questions Only Asked On Version B

n=390

Adult Cigarette History
Adult Smokeless History
Adult Past Cigarette Smoking
Adult Past Motivations to Quit
Adult Source for Tobacco
Adult Recent Motivations to Quit
Adult Current Motivations to Quit
Adult Home ETS
Adult Workplace ETS
Adult Knowledge ETS
Adult Perception of Community Activities
Adult Tobacco Knowledge
Adult Recognition of State DOH Campaign Activities
Adult Pro-Tobacco Influences
Adult Child Interactions
Oral and Pharyngeal Cancer Screening
Dental Insurance Coverage
Home Heating

Questionnaire

INT02:

Hello, I'm _____ calling for the Washington State Department of Health and the Centers for Disease Control and Prevention. We're gathering information on the health practices of Washington residents to guide state health policies. Your phone number has been chosen scientifically, and I'd like to ask some questions about health and safety practices that may affect your health.

INT04:

Is this. . .<numb>?

IF NO, SAY: Thank you very much, but I seem to have dialed the wrong number. It is possible that your number may be called at a later time.

Is this a private residence in Washington State?

IF YES, CONTINUE

IF NO, SAY: Thank you very much, but we are only interviewing private residences. Is this a CELLULAR TELEPHONE?

IF NEEDED: By cellular telephone we mean a telephone that is mobile and usable outside of your neighborhood.

IF YES, SAY: Thank you very much, but we are only interviewing land line telephones and private residents.

Continue	91
Cell phone.....	43
Business - not private residence	54

QB:

We need to scientifically select one adult who lives in your household to be interviewed. In order to make this selection, can you please tell me how many members of your household, including yourself, are 18 years of age or older?

IF NEEDED, SAY: For this study, households are first scientifically selected in the state, and then one adult is selected in each household to be interviewed. It is important to the accuracy of the study that those selected for the study participate, because this is what ensures that the results will represent the state as a whole.

One	01
Refused	99

Q1X1:

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

Excellent	1
Very good	2
Good	3
Fair.....	4
Or poor	5
Don't know/Not sure - DO NOT READ.....	7
Refused - DO NOT READ	9

Q2X1:

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?

None	88
Don't know/Not sure.....	77
Refused.....	99

Q2X2:

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?

None	88
Don't know/Not sure.....	77
Refused.....	99

Q2X3:

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?

None	88
Don't know/Not sure.....	77
Refused.....	99

Q3X1:

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

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

Q3X2:

Do you have one person you think of as your personal doctor or health care provider?
IF NO, ASK: Is there MORE THAN ONE or is there NO person who you think of as your personal doctor or health care provider?

Yes, only one	1
More than one.....	2
No	3
Don't know/Not sure.....	7
Refused.....	9

Q3X2A:

When you are sick or need advice about your health, to which of the following places do you usually go? Would you say...

- A doctor's office or HMO..... 1
 - A public health clinic or community health center..... 2
 - A hospital outpatient department..... 3
 - A hospital emergency room..... 4
 - An urgent care center..... 5
 - Some other kind of place (SPECIFY:) 6
 - Or no usual place 8
 - Don't know/Not sure - DO NOT READ..... 7
 - Refused - DO NOT READ..... 9
-
-

Q3X3:

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

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q3X4:

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

- Within past year (anytime less than 12 months ago) 1
 - Within past 2 years (1 year but less than 2 years ago)..... 2
 - Within past 5 years (2 years but less than 5 years ago) 3
 - 5 or more years ago 4
 - Don't know/Not sure..... 7
 - Never 8
 - Refused..... 9
-
-

Q4X1:

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

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q5X1:

Have you ever been told by a doctor that you have diabetes?
IF YES, AND FEMALE, ASK: Was this only when you were pregnant?

- 4.
Yes..... 1
 - Yes, but female told only during pregnancy..... 2
 - No 3
 - No, pre-diabetes or borderline diabetes 4
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q5X2:

How old were you when you were told you have diabetes?	
1 year or less.....	01
97 or older.....	97
Don't know/Not sure.....	98
Refused.....	99

Q5X3:

Are you now taking insulin?	
Yes.....	1
No.....	2
Refused.....	9

Q5X4:

Are you now taking diabetes pills?	
Yes.....	1
No.....	2
Don't know/Not sure.....	7
Refused.....	9

Q5X5:

About how often do you check your blood for glucose or sugar?	
Times per day.....	1
Times per week.....	2
Times per month.....	3
Times per year.....	4
Never.....	8
Don't know/Not sure.....	7
Refused.....	9

Q5X6:

About how often do you check your feet for any sores or irritations?	
Times per day.....	1
Times per week.....	2
Times per month.....	3
Times per year.....	4
No feet.....	5
Never.....	8
Don't know/Not sure.....	7
Refused.....	9

Q5X7:

Have you EVER had any sores or irritations on your feet that took more than four weeks to heal?	
IF NO FEET: Have you EVER had any sores or irritations on your feet that took more than four weeks to heal?	
Yes.....	1
No.....	2
Don't know/Not sure.....	7
Refused.....	9

Q5X8:

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

76 or more.....	76
Don't know/Not sure.....	77
None	88
Refused.....	99

Q5X9:

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 has a doctor, nurse, or other health professional checked you for "A one C"?

76 or more times.....	76
Don't know/Not sure.....	77
None	88
Never heard of hemoglobin "A one C" test	98
Refused.....	99

Q5X10:

About how many times in the past 12 months has a health professional checked your feet for any sores or irritations?

76 times or more.....	76
Don't know/Not sure.....	77
None	88
Refused.....	99

Q5X11:

When was the last time you had an eye exam in which the pupils were dilated? This would have made you temporarily sensitive to bright light.

Within the past month (anytime less than 1 month ago).....	1
Within the past year (1 month but less than 12 months ago).....	2
Within the past 2 years (1 year but less than 2 years ago).....	3
2 or more years ago	4
Never - DO NOT READ	8
Don't know/Not sure - DO NOT READ.....	7
Refused - DO NOT READ	9

Q5X12:

Has a doctor ever told you that diabetes has affected your eyes or that you had retinopathy (ret-in-OP-athy)?

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

Q5X13:

Have you EVER taken a course or class in how to manage your diabetes yourself?

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q6X1:

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

IF "YES" AND RESPONDENT IS FEMALE, ASK: Was this only when you were pregnant?

- Yes..... 1
 - Yes, but female told only during pregnancy..... 2
 - No 3
 - Told borderline high or pre-hypertensive 4
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q6X2:

Are you currently taking medicine for your high blood pressure?

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q7X1:

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

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q7X2:

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

- Within the past year (any time less than 12 months ago) 1
 - Within the past 2 years (1 but less than 2 years ago)..... 2
 - Within the past 5 years (2 but less than 5 years ago)..... 3
 - Or 5 or more years ago 4
 - Don't know/Not sure - DO NOT READ..... 7
 - Refused - DO NOT READ..... 9
-
-

Q7X3:

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

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q8X1:

Now I would like to ask you some questions about cardiovascular disease. Please tell me "yes", "no" or you're "not sure". Has a doctor, nurse, or other health professional EVER told you that you had any of the following...

- A heart attack, also called a myocardial infarction?
- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q8X2:

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

- Angina or coronary heart disease?
- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q8X3:

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

- A stroke?
- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q9X1:

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

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q9X2:

Do you still have asthma?

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q10X1:

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

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q10X2:

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

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q10X3:

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..... 1
 - No 2
 - Don't know/Not sure - DO NOT PROBE..... 7
 - Refused..... 9
-
-

Q10X4:

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

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q10X5:

The next question is about behaviors related to Hepatitis B. Please tell me if ANY of these statements are true for YOU. Do NOT tell me WHICH statement or statements are true for you, just if ANY of them are... READ A-G

- A. You have hemophilia and have received clotting factor concentrate.
- B. You have had sex with a man who has had sex with other men, even just one time.
- C. You have taken street drugs by needle, even just one time.
- D. You traded sex for money or drugs, even just one time.
- E. You have tested positive for HIV.
- F. You have had sex (even just one time) with someone who would answer "yes" to any of these statements.
- G. You had more than two sex partners in the past year.

- Are any of these statements true for you?
- Yes, at least one statement is true..... 1
 - No, none of these statements are true 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q11X1:

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

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q11X2:

Do you now smoke cigarettes every day, some days, or not at all?

Every day.....	1
Some days.....	2
Not at all.....	3
Don't know/Not sure.....	7
Refused.....	9

Q11X3:

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

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

LANG:

THIS INTERVIEW WAS DONE...

English.....	1
Spanish.....	2

Q121A:

What is your age?

99 or older.....	99
Don't know/Not sure.....	07
Refused.....	09

Q12X2:

Are you Hispanic or Latino?

IF RESPONDENT IS FEMALE, ASK: "Are you Hispanic or Latina?"

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

Q12X3: Up to six responses

Which one - OR MORE - of the following would you say is your race...White, Black or African American, Asian, Native Hawaiian or Other Pacific Islander, American Indian, Alaska Native, or something else?

FIRST ANSWER:

White.....	1
Black or African American.....	2
Asian.....	3
Native Hawaiian or Other Pacific Islander.....	4
American Indian, Alaska Native.....	5
Or something else (SPECIFY:).....	6
Don't know/Not sure.....	7
Refused.....	9

Q1231:

Which one or more of the following best describes your Asian or Pacific Islander heritage?
Note: If the respondent cuts you off, please finish reading the choices by saying, "So you're not..."

Native Hawaiian (NH/PI)	01
Chinese	02
Japanese	03
Korean	04
Filipino (NH/PI)	05
Vietnamese	06
Laotian	07
Cambodian	08
Asian Indian	09
Samoaan (NH/PI)	10
Guamanian or Chamorro (NH/PI)	11
Or something else (SPECIFY:)	88
Don't know/Not sure	77
Refused	99

Q12X4:

Which ONE of these groups would you say BEST represents your race. . .

READ <q12x3> <q123a> <q123b> <q123c> <q123d> <q123e>

White	1
Black or African American	2
Asian	3
Native Hawaiian or Other Pacific Islander	4
American Indian, Alaska Native	5
Or something else (SPECIFY:)	6
Don't know/Not sure	7
Refused	9

Q12X5:

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? Active duty does not include training for the Reserves or National Guard, but DOES include activation, for example, for the Persian Gulf War.

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

Q12X6:

Are you. . .

Married	1
Divorced	2
Widowed	3
Separated	4
Never been married	5
Or a member of an unmarried couple	6
Refused - DO NOT READ	9

Q12X7:

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

None 88
Refused 99

AGE1: Up to ten children

(What is that child's age?/ What are their ages?/ No children)

FIRST CHILD'S AGE: Number of children <q12x7>

Q12X8:

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

Never attended school or only attended kindergarten..... 1
Grades 1 through 8 (Elementary)..... 2
Grades 9 through 11 (Some high school) 3
Grades 12 or GED (High school graduate)..... 4
College 1 year to 3 years (Some college or technical school) 5
College 4 years or more (College graduate) 6
Refused - DO NOT READ 9

Q12X9:

Are you currently. . .

Employed for wages 1
Self-employed..... 2
Out of work for more than 1 year 3
Out of work for less than 1 year 4
Homemaker 5
Student..... 6
Retired 7
Or unable to work 8
Refused - DO NOT READ 9

Q129A:

What kind of business or industry do you work in?

Q129B:

What is your job title?

RECORD COMMENTS 01 O
Owner/Proprietor/Self-Employed 88
Refused 99

Q1210:

Is your annual household income from all sources less than \$25,000?

*Is it \$20,000 to less than \$25,000 PAUSE FOR YES OR NO	04
\$15,000 to less than \$20,000 PAUSE FOR YES OR NO	03
\$10,000 to less than \$15,000 PAUSE FOR YES OR NO	02
or less than \$10,000 PAUSE FOR YES OR NO	01
*Is it \$25,000 to less than \$35,000 PAUSE FOR YES OR NO	05
\$35,000 to less than \$50,000 PAUSE FOR YES OR NO	06
\$50,000 to less than \$75,000 PAUSE FOR YES OR NO	07
Or is it \$75,000 or more PAUSE FOR YES OR NO.....	08
Don't know/Not sure - DO NOT READ.....	77
Refused - DO NOT READ	99

Q1212:

About how much do you weigh without shoes?

Q1211:

About how tall are you without shoes?

Q1213:

How much did you weigh a year ago?

Q1214:

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

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

Q1215:

What county do you live in?

Q1216:

What is your zip code where you live?

Q1217:

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

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

Q1218:

How many of these telephone numbers are residential numbers?

One	1
Two.....	2
Three.....	3
Four	4
Five.....	5
Six or more	6
Don't know/Not sure.....	7
Refused.....	9

Q1219:

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

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

A1219:

In the past 12 months, about how many months in total were you without a working home telephone?

Less than one month.....	66
None	88
Don't know/Not sure.....	77
Refused.....	99

Q1220:

COMBINED GENDER
FOR DATA FILES

Male.....	1
Female	2

Q1221:

To your knowledge, are you now pregnant?

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

Q13X1:

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

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

Q13X2:

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

Days per week	1
Days per month.....	2
Never	8
Don't know/Not sure.....	7
Refused.....	9

Q13X3:

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?

76 or more.....	76
Don't know/Not sure.....	77
Refused.....	99

Q13X4:

Considering all types of alcoholic beverages, how many times during the past 30 days did you have <4/5> or more drinks on an occasion?

None	88
Don't know/Not sure.....	77
Refused.....	99

Q134A:

Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on one occasion?

None	88
Don't know/Not sure.....	77
Refused.....	99

Q13X5:

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

Don't know/Not sure.....	77
Refused.....	99

Q14X1:

The following questions are about health problems or impairments you may have. Are you limited in any way in any activities because of physical, mental, or emotional problems?

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

Q14X2:

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?

IF NEEDED: Include occasional use or use in certain circumstances.

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q15X1:

The next questions refer to the joints in your body. Please do NOT include the back or neck. During the past 30 days, have you had symptoms of pain, aching, or stiffness in or around a joint?

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q15X2:

Did your joint symptoms FIRST begin more than 3 months ago?

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q15X3:

Have you EVER seen a doctor or other health professional for these joint symptoms?

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q15X4:

Have you EVER been told by a doctor or other health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q15X5:

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

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q16X1:

How often do you drink fruit juices such as orange, grapefruit, or tomato? COMBINED

Q16X2:

Not counting juice, how often do you eat fruit?

Q16X3:

How often do you eat green salad?

Q16X4:

How often do you eat potatoes, not including French fries, fried potatoes, or potato chips?

Q16X5:

How often do you eat carrots?

Q16X6:

Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat?

Q17X1:

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

- ...
- Mostly sitting or standing 1
 - Mostly walking 2
 - Or mostly heavy labor or physically demanding work 3
 - Don't know/Not sure - DO NOT READ 7
 - Refused - DO NOT READ 9
-
-

Q17X2:

We are interested in two types of physical activity - vigorous and moderate. VIGOROUS activities cause large increases in breathing or heart rate while MODERATE activities cause small increases in breathing or heart rate. Now, thinking about the MODERATE activities you do < when you are not working > in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate?

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused 9
-
-

Q17X3:

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

- Don't know/Not sure..... 77
 - Do not do any moderate physical activity
for at least 10 minutes at a time 88
 - Refused 99
-
-

Q17X4:

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

10 hours or more..... 959
Don't know/not sure..... 777
Refused..... 999

Q17X5:

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

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

Q17X6:

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

Don't know/Not sure..... 77
Do not do any vigorous physical activity
for at least 10 minutes at a time 88
Refused..... 99

Q17X7:

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

Don't know/Not sure..... 777
Refused..... 999

A18X1:

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

Q18X1:

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

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

Q182A:

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

Q18X3:

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

Private doctor or HMO office.....	01
Counseling and testing site	02
Hospital	03
Clinic	04
In a jail or prison (or other correctional facility)	05
Drug Treatment Facility	06
At home	07
Somewhere else (SPECIFY:)	08
Don't know/Not sure.....	77
Refused.....	99

Q18X4:

Was it a rapid test where you could get your results within a couple of hours?

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

Q19X1:

The next two questions are about emotional support and your satisfaction with life. How often do you get the social and emotional support you need?

Always.....	1
Usually.....	2
Sometimes	3
Rarely	4
Or never.....	5
Don't know/Not sure - DO NOT READ.....	7
Refused - DO NOT READ.....	9

Q19X2:

In general, how satisfied are you with your life?

Very satisfied.....	1
Satisfied.....	2
Dissatisfied	3
Or very dissatisfied.....	4
Don't know/Not sure - DO NOT READ.....	7
Refused - DO NOT READ.....	9

Q20X1:

Now I would like to ask you some questions about diarrhea that you may have experienced and about medical care you sought for your diarrheal illness. In the past 30 days, did you have diarrhea that began within the 30-day period? Diarrhea is defined as three or more loose stools in a 24-hour period.

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

Q20X2:

Did you visit a doctor, nurse or other health professional for this diarrheal illness?

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

Q20X3:

When you visited your health professional, did you provide a stool sample for testing?

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

Q21X1:

Earlier you said there <(was 1 child age 17 or younger living in your household. Has that child ever been diagnosed with asthma?/ were <q12x7> children age 17 or younger living in your household. How many of these children have ever been diagnosed with asthma?)>

None 88
Don't know/Not sure..... 77
Refused..... 99

Q21X2:

<(Does this child/ How many of these children)> still have asthma?

None 88
Don't know/Not sure..... 77
Refused..... 99

Q22X1:

After you left the hospital following your heart attack did you go to any kind of outpatient rehabilitation? This is sometimes called "rehab."

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

Q22X2:

After you left the hospital following your stroke did you go to any kind of outpatient rehabilitation? This sometimes called "rehab."

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

Q22X3:

Do you take aspirin daily or every other day?

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q22X4:

Do you have a health problem or condition that makes taking aspirin unsafe for you?

IF YES, ASK: Is this a stomach condition?

- Yes, not stomach related..... 1
 - Yes, stomach related..... 2
 - No 3
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q23X1:

Are you now doing any of the following to help lower or control your high blood pressure?

(Are you) changing your eating habits (to help lower or control your high blood pressure?)

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q23X2:

(Are you) cutting down on salt (to help lower or control your high blood pressure)?

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q23X3:

(Are you) reducing alcohol use (to help lower or control your high blood pressure)?

- Yes..... 1
 - No 2
 - Do not drink (alcohol) 3
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q23X4:

(Are you) exercising (to help lower or control your high blood pressure)?

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q23X5:

Has a doctor or other health professional ever advised you to do any of the following to help lower or control your high blood pressure?

(Ever advised you to) change your eating habits (to help lower or control your high blood pressure)?

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q23X6:

(Ever advised you to) cut down on salt (to help lower or control your high blood pressure)?

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q23X7:

(Ever advised you to) reduce alcohol use (to help lower or control your high blood pressure)?

- Yes..... 1
 - No 2
 - Do not drink (alcohol) 3
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q23X8:

(Ever advised you to) exercise (to help lower or control your high blood pressure)?

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q23X9:

(Has a doctor or other health professional ever advised you to do any of the following to help lower or control your high blood pressure?)

(Ever advised you to) take medication (to help lower or control your high blood pressure)?

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q2310:

Were you told on two or more different visits to a doctor or other health professional that you had high blood pressure?

IF "YES" AND RESPONDENT IS FEMALE, ASK: Was this only when you were pregnant?

- Yes..... 1
 - Yes, but female told only during pregnancy..... 2
 - No 3
 - Told borderline high or pre-hypertensive 4
 - Don't know/Not sure..... 7
 - Refused..... 9
-

Q24X1:

A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. Have you ever had this test using a home kit?

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-

Q24X2:

How long has it been since you had your last blood stool test using a home kit?

- Within the past year (anytime less than 12 months ago) 1
 - Within the past 2 years (1 year but less than 2 years ago)..... 2
 - Within the past 5 years (2 years but less than 5 years ago) 3
 - Or 5 or more years ago 4
 - Don't know/Not sure - DO NOT READ..... 7
 - Refused - DO NOT READ..... 9
-

Q24X3:

Sigmoidoscopy (sig-moid-os-k'py) and colonoscopy (co-lon-os-k'py) 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?

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-

Q24X4:

For a sigmoidoscopy, a flexible tube is inserted into the rectum to look for problems. A colonoscopy is similar, but uses a longer tube, and you are usually given medication through a needle in your arm to make you sleepy and told to have someone else drive you home after the test. Was your MOST RECENT examination called a sigmoidoscopy or a colonoscopy?

- Sigmoidoscopy 1
 - Colonoscopy 2
 - Something else..... 3
 - Don't know/Not sure..... 7
 - Refused..... 9
-

Q24X5:

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

- Within the past year (anytime less than 12 months ago) 1
 - Within the past 2 years (1 year but less than 2 years ago) 2
 - Within the past 5 years (2 years but less than 5 years ago) 3
 - Within the past 10 years (5 years but less than 10 years ago)..... 4
 - Or 10 or more years ago 5
 - Don't know/Not sure - DO NOT READ 7
 - Refused - DO NOT READ 9
-
-

Q25X1:

Now, I am going to ask you some questions about how you have been feeling during the past 30 days. About how often during the past 30 days did you feel nervous - would you say all of the time, most of the time, some of the time, a little of the time, or none of the time?

- All 1
 - Most 2
 - Some 3
 - A little 4
 - None 5
 - Don't know/Not sure 7
 - Refused 9
-
-

Q25X2:

During the past 30 days, about how often did you feel hopeless - all of the time, most of the time, some of the time, a little of the time, or none of the time?

- All 1
 - Most 2
 - Some 3
 - A little 4
 - None 5
 - Don't know/Not sure 7
 - Refused 9
-
-

Q25X3:

During the past 30 days, about how often did you feel restless or fidgety?

- All 1
 - Most 2
 - Some 3
 - A little 4
 - None 5
 - Don't know/Not sure 7
 - Refused 9
-
-

Q25X4:

During the past 30 days, about how often did you feel so depressed that nothing could cheer you up?

All.....	1
Most.....	2
Some.....	3
A little.....	4
None.....	5
Don't know/Not sure.....	7
Refused.....	9

Q25X5:

During the past 30 days, about how often did you feel that everything was an effort?

All.....	1
Most.....	2
Some.....	3
A little.....	4
None.....	5
Don't know/Not sure.....	7
Refused.....	9

Q25X6:

During the past 30 days, about how often did you feel worthless?

All.....	1
Most.....	2
Some.....	3
A little.....	4
None.....	5
Don't know/Not sure.....	7
Refused.....	9

Q25X7:

The next question asks if any type of mental health condition or emotional problem has recently kept you from doing your work or other usual activities. During the past 30 days, for about how many days did a mental health condition or emotional problem keep you from doing your work or other usual activities?

None.....	88
Don't Know/Not Sure.....	77
Refused.....	99

Q25X8:

Are you now taking medicine or receiving treatment from a doctor or other health professional for any type of mental health condition or emotional problem?

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

Q25X9:

These next questions ask about peoples' attitudes toward mental illness and its treatment. How much do you agree or disagree with these statements about people with mental

illness...Treatment can help people with mental illness lead normal lives. Do you agree or disagree? Slightly or strongly?

- Agree strongly 1
 - Agree slightly 2
 - Neither agree nor disagree 3
 - Disagree slightly 4
 - Or disagree strongly..... 5
 - Don't know/Not sure - DO NOT READ 7
 - Refused - DO NOT READ 9
-

Q2510:

People are generally caring and sympathetic to people with mental illness. Do you agree or disagree? Slightly or strongly?

- Agree strongly 1
 - Agree slightly 2
 - Neither agree nor disagree 3
 - Disagree slightly 4
 - Or disagree strongly..... 5
 - Don't know/Not sure - DO NOT READ 7
 - Refused - DO NOT READ 9
-

Q28X1:

The next few questions ask about having enough food. Please tell me if the statement is often true, sometimes true or never true for your household. The first statement is: The food that <I/we> bought just didn't last, and <I/we> didn't have money to get more. Was that often, sometimes, or never true for your household in the last 12 months?

- Often true 1
 - Sometimes true 2
 - Never true 3
 - Don't know/Not sure 7
 - Refused 9
-

Q28X2:

The next statement is: <I/We> couldn't afford to eat balanced meals. Was that often, sometimes, or never true for your household in the last 12 months?

- Often true 1
 - Sometimes true 2
 - Never true 3
 - Don't know/Not sure 7
 - Refused 9
-

Q28X3:

In the last 12 months, since <month> <2005/2006> did <you/you or other adults in your household> ever cut the size of your meals or skip meals because there wasn't enough money for food?

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

Q28X4:

How often did this happen - almost every month, some months but not every month, or only 1 or 2 months?

Almost every month	1
Some months but not every month	2
Only 1 or 2 months	3
Don't know/Not sure	4
Refused	5

Q28X5:

In the last 12 months, did you ever eat less than you felt you should because there wasn't enough money to buy food?

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

Q28X6:

In the last 12 months, were you ever hungry but didn't eat because you couldn't afford enough food?

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

Q29X1: Version A Only

What is your primary type of health care coverage? Would you say...

Employer or union provided plan	01
Medicare	02
Medicaid	03
Plan bought on your own	04
A DSHS medical assistance program, such as GAU, Healthy Options, Children's Health, ADATSA, or Alien Emergency Medical	05
Military health care such as CHAMPUS, CHAMP-VA, TRICARE, or VA	06
Indian Health Service	07
Washington State Basic Health Plan	08
Plan of someone outside the household	09
Any other kind of coverage	10
Or no health insurance	11
Don't know/Not sure - DO NOT READ	77
Refused - DO NOT READ	99

Q29X2: Version A Only

Do all of the children in your household currently have the exact same health plan as you? That is, the <the child/the children> aged: <age1> <age2> <age3> <age4> <age5> <age6> <age7> <age8> <age9> <age10>. Do all of the children in your household also have this plan?

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q29X3: Version A Only

Do all of the children in your household currently have some health care plan?

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q293A: Version A Only

What is your relationship to <the child/the children> in the household? Are you the...

- Parent or guardian of <the child/the children> 1
 - Parent or guardian of some of the children..... 2
 - Or not a parent or guardian of <the child/the children> 3
 - Don't know/Not sure - DO NOT READ..... 7
 - Refused - DO NOT READ..... 9
-
-

Q29X4: Version A Only

Which children in your household do not currently have any health care plan?

- Child aged <age1>..... 01
 - Child aged <age2>..... 02
 - Child aged <age3>..... 03
 - Child aged <age4>..... 04
 - Child aged <age5>..... 05
 - Child aged <age6>..... 06
 - Child aged <age7>..... 07
 - Child aged <age8>..... 08
 - Child aged <age9>..... 09
 - Child aged <age10>..... 10
 - None of the children have health insurance..... 88
 - Don't know/Not sure..... 77
 - Refused..... 99
-
-

Q295A: Version A Only

I've recorded that the <age1> -year old child is not covered by a health plan. Is this correct? (Record ages up to ten children)

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q30X1: Version A Only

(Now I'd like to ask about the <oldest/youngest> <insert age> year old child. Is this child/ Now I'd like to ask about the <insert age> year old child. Is this child/ Is your <insert age> year old child) enrolled in kindergarten?

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q30X2: Version A Only

Now I'd like to talk with you about the < insert age >-year-old child's activities with family members in the past week. How many times have you or someone in your family read to this child in the past week? Would you say...

- Not at all 1
 - Once or twice..... 2
 - 3 or more times, but not every day 3
 - Or every day 4
 - Don't know/Not sure - DO NOT READ..... 7
 - Refused - - DO NOT READ..... 9
-
-

Q30X3: Version A Only

How many times have you or someone in your family told a story to this child in the past week? Would you say...

- Not at all 1
 - Once or twice..... 2
 - 3 or more times, but not every day 3
 - Or every day 4
 - Don't know/Not sure - DO NOT READ..... 7
 - Refused - - DO NOT READ..... 9
-
-

Q31X1: Version A Only

People may provide regular care or assistance to someone who has a long-term illness or disability. During the past month, did you provide any such care or assistance to a family member or friend?

- Yes..... 1
 - Yes, but family member or friend died in past 30 days 3
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q31X2: Version A Only

During the past month, have you been raising a child under age 19 whose parents are unable to take care of them? This does not refer to your own biological or adopted children.

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-
-

Q31X3: Version A Only

What age is the person to whom you (are)/(were) giving care?
Under 1 year old 000
Don't know/Not sure 777
Refused 999

Q31X4: Version A Only

Does/(Did) that person have a problem with memory loss or have a disorder like
Alzheimer's disease or a related dementia?
Yes 1
No 2
Don't know/Not sure 7
Refused 9

Q31X5: Version A Only

What is the gender of the person you (are)/(were) caring for?
Male 1
Female 2
Don't know/Not sure 7
Refused 9

Q31X6: Version A Only

What is <his/her/that person's> relationship to you? <(For example is he your father or son?/ For example is she your mother or daughter?/

PROBE FOR RELATIONSHIP)>

IF MORE THAN ONE, ASK: Which is the person you take care of the most often?

Aunt	01
Brother	02
Daughter	03
Daughter-in-law	04
Father	05
Father-in-law	06
Friend	07
Granddaughter	08
Grandfather	09
Grandmother	10
Grandparent-in-law	11
Grandson	12
Husband	13
Mother	14
Mother-in-law	15
Neighbor	16
Nephew	17
Niece	18
Other relative (SPECIFY:)	19
Client or patient	20
Partner	21
Sister	22
Son	23
Son-in-law	24
Uncle	25
Wife	26
Other non-relative (SPECIFY:)	27
Don't know/Not sure	77
Refused	99

Q31X7: Version A Only

(Are)/(Were) you the primary person caring for this person?

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

Q31X8: Version A Only

The following questions will relate to <your relative...>.What do you think or what has a doctor said is the major health problem that <insert relatives relationship to you...aunt etc. > has?

Attention deficit disorder (ADD) or attention deficit hyperactivity disorder (ADHD).....	01
AIDS/HIV.....	02
Arthritis/rheumatism.....	03
Asthma.....	04
Cancer.....	05
Cerebral Palsy.....	06
Chromosomal anomaly.....	07
Dementia.....	08
Depression.....	09
Down's syndrome.....	10
Anxiety other emotional.....	11
Developmental delays.....	12
Diabetes.....	13
Eye/vision problem (blindness).....	14
Hearing problems (deafness).....	15
Heart disease.....	16
Hypertension/high blood pressure.....	17
Lung disease/emphysema.....	18
Multiple Sclerosis.....	19
Muscular Dystrophy.....	20
Osteoporosis.....	21
Parkinson's.....	22
Spinal Cord Injury (SCI).....	23
Stroke.....	24
Traumatic Brain Injury (TBI).....	25
Other (SPECIFY:).....	26
Alzheimer's Disease.....	27
Obesity.....	28
Don't know/Not sure.....	77
No (other) problem or condition.....	88
Refused.....	99

Q31X9: Version A Only

Given this condition, with which TWO of the following areas (does)/(did) < insert relatives relationship to you...aunt etc. > most need your help?

IF RESPONDENT SAYS PERSON WHO WAS RECEIVING CARE MOVED WAY, USE PAST TENSE.

Learning, remembering, & confusion.....	01
Seeing or hearing.....	02
Taking care of oneself, such as eating, dressing, bathing, or toileting..	03
Communicating with others.....	04
Moving around.....	05
Getting along with people.....	06
Or feeling anxious or depressed.....	07
Minor child who needs care - DO NOT READ.....	87
Other (SPECIFY:) - DO NOT READ.....	08
Don't know/Not sure - DO NOT READ.....	77
No (other) problem or condition - DO NOT READ.....	88
Refused - DO NOT READ.....	99

Q3110: Version A Only

In addition to < the major health problem >, does <he/she/that person> have any other health conditions that (require)/(required) your care, including those that may have resulted from <his/her/that persons> <insert illness>?

ADD/ADHD.....	01
AIDS/HIV.....	02
Arthritis/rheumatism.....	03
Asthma.....	04
Cancer.....	05
Cerebral Palsy.....	06
Chromosomal anomaly.....	07
Dementia.....	08
Depression.....	09
Down's syndrome.....	10
Anxiety other emotional.....	11
Developmental delays.....	12
Diabetes.....	13
Eye/vision problem (blindness).....	14
Hearing problems (deafness).....	15
Heart disease.....	16
Hypertension/high blood pressure.....	17
Lung disease/emphysema.....	18
Multiple Sclerosis.....	19
Muscular Dystrophy.....	20
Osteoporosis.....	21
Parkinson's.....	22
Spinal Cord Injury (SCI).....	23
Stroke.....	24
Traumatic Brain Injury (TBI).....	25
Other (SPECIFY:).....	26
Alzheimer's disease.....	27
Obesity.....	28
Don't know/Not sure.....	77
No (other) problem or condition.....	88
Refused.....	99

Q3111: Version A Only

For how long have you provided care for <insert person cared for>?

N3112: Version A Only

In an average week, how many hours (do)/(did) you provide care for < insert person cared for > because of < insert illness > long-term illness or disability?

N3113: Version A Only

Approximately how many of the hours that you just mentioned in an average week were for helping <insert person cared for> with activities such as eating, dressing, bathing, toileting or helping with their medication?

Q3114: Version A Only

I am going to read a list of difficulties you may have faced as a caregiver. Please indicate which TWO of the following is the greatest difficulty you have faced in your caregiving

Caregiving creates a financial burden.....	01
Caregiving doesn't leave enough time for yourself.....	02
Caregiving doesn't leave enough time for your family	03
Caregiving interferes with your work.....	04
Caregiving creates or aggravates health problems.....	05
Caregiving affects your family relationships.....	06
Caregiving creates stress	07
Or some other difficulty (SPECIFY:)	08
Don't know/Not sure - DO NOT READ.....	77
No (other) difficulties - DO NOT READ	88
Refused - DO NOT READ	99

Q3115: Version A Only

In the past 12 months have you sustained an injury while helping <insert person cared for>?

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

Q3116: Version A Only

How far away (do)/(did) you live from <insert person cared for>?

In the same house	1
Less than 20 minutes away.....	2
Between 20 and 60 minutes away	3
Between 1 and 2 hours away	4
Or more than two hours away.....	5
Don't know/Not sure - DO NOT READ.....	7
Refused - DO NOT READ	9

Q3117: Version A Only

If you need help with the caregiving you (provide)/(provided), which TWO of the following services could help you most?

Education about caregiving skills or health conditions	1
Family Consultation or counseling to address stress or family dynamics.....	2
Breaks from caregiving (e.g. Respite Care).....	3
Money to pay for additional resources (i.e. supplies, equipment, etc.)... ..	4
Information about local programs or services	5
Or some other service (SPECIFY:)	6
Don't know/Not sure - DO NOT READ.....	7
Refused - DO NOT READ	9

Q3118: Version A Only

(Are)/(Were) you paid for the care you (provide)/(provided)?

IF NEEDED DO NOT INCLUDE FINANCIAL ASSISTANCE PAYMENTS FROM PROGRAMS SUCH AS TANF, SSI, SSDI, OR FOSTER PARENT PAYMENTS.

Yes (SPECIFY SOURCE:)	1
No	2
Don't know/Not sure.....	7
Refused.....	9

Q32X1:

Now I'm going to ask you a question about sexual orientation. Do you consider yourself to be..

A. Heterosexual or straight

IF NEEDED: A person who has sex with and/or is primarily attracted to people of the opposite sex.

B. Homosexual, gay, or lesbian

IF NEEDED: A person who has sex with and/or is primarily attracted to people of the same sex.

C. Bisexual

IF NEEDED: A person who has sex with and/or is attracted to people of either sex.

D. Or something else? Remember, your answers are confidential.

IF NEEDED: Research has shown that some sexual minority community members have important health risk factors, such as smoking. We are collecting information about sexual orientation to learn whether this is true in Washington. You don't have to answer any question if you don't want.

IF NEEDED: If you would like to talk with someone about these issues, you may call <hotl>.

A. Heterosexual, that is, straight.....	1
B. Homosexual, that is gay or lesbian	2
C. Bisexual	3
D. Other (Specify:)	4
Don't know/Not sure -DO NOT READ.....	7
Refused - DO NOT READ	9

Q34X1: Version A Only

The next few questions have to do with birth control. Your answers are confidential and you don't have to answer all the questions if you don't want to. During the past 12 months, with how many people have you had sexual intercourse?

IF NEEDED: You don't have to answer any question if you don't want to.

76 or more.....	76
None	88
Don't know/Not sure.....	77
Refused.....	99

Q34X2: Version A Only

The last time you had sexual intercourse, did you or your partner use any method of birth control to keep <you/her> from getting pregnant? Some methods of birth control people use to keep from getting pregnant include not having sex at certain times, the pill, hormonal implants, shots or Depo-Provera, patch, ring, condoms, diaphragm, IUD, having a tubal ligation (tubes tied), or having a vasectomy.

IF NEEDED: "Partner" means the person you had sex with the last time in the past 12 months

Yes.....	1
No	2
Same sex partner.....	3
Don't know/Not sure.....	7
Refused.....	9

Q34X3: Version A Only

Have you or your partner had a vasectomy, tubal ligation (tubes tied), or are sterile for some other reason? Other reasons include menopause (too old), infertility, or any health condition that would keep you or your partner from getting pregnant.

No	1
Vasectomy	2
Tubal ligation (tubes tied).....	3
Sterile for other reason	4
Don't know/Not sure.....	7
Refused.....	9

Q34X4: Version A Only

< Is your partner currently pregnant or / Are you currently > trying to get pregnant?

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

Q34X5: Version A Only

You indicated previously that you or your partner did not use a method of birth control the last time you had sexual intercourse. What was the main reason you did not use birth control the last time you had sexual intercourse?

RECORD COMMENTS	1
Don't know/Not sure.....	7
Refused.....	9

Q34X6: Version A Only

What was the primary method you or your partner used to keep <you/her> from getting pregnant?

Tubal ligation/tubes tied (sterilization).....	01
Vasectomy (sterilization).....	02
Pill	03
Condom	04
Foam, jelly, cream	05
Diaphragm	06
Implants (Norplant)	07
IUD.....	08
Shots (Depo-Provera)	09
Withdrawal	10
Not having sex at certain times (rhythm).....	11
Patch	12
Ring	13
Other method (SPECIFY:)	14
Don't know/Not sure - DO NOT READ.....	77
Refused - DO NOT READ.....	99

Q34X7: Version A Only

How often during the past 12 months, when having sex, were you or your partner protected from getting pregnant either through using any method of birth control, or from you or your partner being sterile? Would you say...

IF NEEDED: Sterilization includes vasectomy, tubal ligation, hysterectomy, infertility, or any health condition that would keep a partner from getting pregnant.

- Always protected when having sex, last 12 months 1
 - Unprotected only one time..... 2
 - Unprotected several times..... 3
 - Unprotected many times 4
 - Or unprotected all the times when having sex, last 12 months 5
 - Don't know/Not sure - DO NOT READ 7
 - Refused - DO NOT READ 9
-

Q34X8: Version A Only

Now I have a couple questions about emergency contraceptive pills. Have you ever heard about emergency contraceptive pills? These used to be called the "morning after pill." If taken by a female according to directions within 3 days after unprotected sex, they can prevent a pregnancy.

- Yes..... 1
 - No 2
 - Don't know/Not sure 7
 - Refused..... 9
-

Q34X9: Version A Only

<Have any of your partners ever used/have you used> emergency contraceptive pills?

- Yes..... 1
 - No 2
 - Don't know/Not sure 7
 - Refused..... 9
-

Q35X1: Version A Only

How old were you when you had sexual intercourse for the first time?

- Have never had sexual intercourse 88
 - Don't know/Not sure 77
 - Refused 99
-

Q35X2: Version A Only

Was a condom used the first time you had sexual intercourse?

- Yes..... 1
 - No 2
 - Don't know/Not sure 7
 - Refused..... 9
-

Q33X1: Version A Only

We would like to know if you have worked in the last year. During the past twelve months, have you been employed for any period of time, either part time, full time or self-employed?

IF NEEDED: For this question employment refers to paid work not volunteer work.

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

Q33X2: Version A Only

The next question is about whether you have had a work-related injury. As a reminder, all your answers are strictly confidential. During the past 12 months, that is since <month> <day>, <year> were you injured seriously enough while performing your job that you got medical advice or treatment?

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

Q33X3: Version A Only

During the past 12 months, how many days of work did you miss because of your work-related injury or injuries?

COMBINED QUESTION

Q33X4: Version A Only

For your most recent work-related injury, who paid for your treatment?

Workers' compensation.....	01
Private Insurance	02
Medicare, Medicaid.....	03
Indian Health Service/Alaska Native Health Service	04
The military, Veterans Administration or Champus.....	05
Federal government (OWCP program).....	06
You or your family; out of pocket	07
Your employer through a workers' compensation claim	08
Your employer without a workers' compensation claim.....	09
Your employer without a workers' compensation claim and through on-site medical treatment.....	10
The union.....	11
Some other source (SPECIFY:).....	12
Or Workers' compensation claim filed, still in process or not resolved	13
No one paid; no treatment - DO NOT READ.....	88
Don't know/Not sure - DO NOT READ.....	77
Refused - DO NOT READ.....	99

Q33X5: Version A Only

For your most recent work-related injury, why was the treatment not paid for by workers' compensation?

You didn't know you could file a claim.....	01
Your doctor did not want a claim to be filed	02
You didn't want to file a claim because you were worried about retaliation	03
The workers compensation claim was rejected	04
Your employer paid for treatment	05
No claim was filed because you were not covered by workers compensation	06
Some other reason (SPECIFY:).....	07
No reason given - DO NOT READ	88
Don't know/Not sure - DO NOT READ	77
Refused - DO NOT READ	99

ACH2: Version B Only

Now I would like to ask you some more questions about your personal history of cigarette use. On how many of the past 30 days did you smoke cigarettes?

None, I did not smoke in the past 30 days	88
Don't know/Not sure	77
Refused	99

ACH3: Version B Only

On average, about how many cigarettes per day do you smoke, on the days that you do smoke?

NOTE: 1 pack =20 cigarettes

Don't know/Not sure	77
Refused	99

AHE2: Version B Only

On how many of the past 30 days has anyone, including you, smoked anywhere inside your home?

None	88
Don't know/Not sure	77
Refused	99

ASH1: Version B Only

The next question asks about smokeless tobacco. Have you ever tried using smokeless tobacco, like chew, dip or snuff?

IF NEEDED: Such as Copenhagen, Kodiak, Redman or Beechnut

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

ASH2: Version B Only

On how many of the past 30 days did you use smokeless tobacco products?

None	88
Don't know/Not sure.....	77
Refused.....	99

AWE2: Version B Only

Next we are interested in smoking policies at your workplace. When you are at work, do you spend most of your time in an...

Office.....	01
Store.....	02
Restaurant	03
Warehouse or factory.....	04
Home	05
Outdoors	06
Car or truck.....	07
Classroom.....	08
Hospital	09
Bar	10
Or somewhere else (Specify).....	88
Don't know/Not sure.....	77
Refused.....	99

ATH2: Version B Only

In the past month, have you smoked a cigar, even just a puff?

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

AWE7: Version B Only

In a typical week, how many hours would you say that you are in a room or car with smoke from someone else's cigarette, cigars, or pipe while you are at work?

One hour or less.....	01
Seventy hours or more.....	70
None	88
Don't know/Not sure.....	77
Refused.....	99

ATH3: Version B Only

In the past month, have you smoked bidis (BEEDIES)?

IF NEEDED: A bidi is a type of flavored tobacco cigarette.

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

APC1: Version B Only

About how long has it been since you last smoked cigarettes regularly, that is, daily?

Within the pst month (less than 1 month ago).....	01
Within the past 3 monhtes (1-3 months ago).....	02
Within the past 6 months (3-6 months ago).....	03
Within the past year (6-12 months ago).....	04
Within the past 5 years (1-5 years ago).....	05
Within the past 15 years (5-15 years ago).....	06
Or more than 15 years ago.....	07
Don't know.....	77
Never used regularly.....	88
Refused.....	99

APM3: Version B Only

The next questions ask about things that might make a person want to quit using tobacco. When was the last time a DOCTOR or other healthcare professional advised you to quit, if ever?

Within the past year (1-12 months).....	1
Within the past three years (1 - 3) years.....	2
Or more than 3 years ago.....	3
They never advised me to quit.....	4
Don't know/Not sure.....	7
Refused.....	9

APM4: Version B Only

When was the last time a DENTIST advised you to quit, if ever?

Within the past year (1-12 months).....	1
Within the past three years (1 - 3) years.....	2
Or more than 3 years ago.....	3
They never advised me to quit.....	4
Don't know/Not sure.....	7
Refused.....	9

APM7: Version B Only

Did the health care professional who advised you to quit offer you any help or refer you to a source of help to quit tobacco use?

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

AST3: Version B Only

The next questions ask about where you buy your tobacco. In the past month, did you buy tobacco outside the state to save money - not just because you were traveling?

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

ARM6: Version B Only

What type of health coverage do you use to pay for MOST of your medical care? Is it coverage through...

Your employer.....	01
Someone else's employer.....	02
A plan that you or someone buys on your own	03
Medicare	04
Medicaid or Medical Assistance.....	05
Basic Health Plan	09
The military, TriCare, or the VA (If needed: TriCare used to be CHAMPUS).....	06
The Indian Health Service	07
Or some other source.....	08
Don't know/Not Sure	77
Refused.....	99

ARM2A: Version B Only

Within the past year, have you heard about any programs in your community to help you quit using tobacco, such as classes, support groups or counseling services?

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

ARM2B: Version B Only

Within the past year, did you participate in any kind of program, class or group to help you quit using tobacco?

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

ARM3: Version B Only

Does your health insurance coverage pay for the cost of any help to quit using tobacco, such as stop-smoking program or nicotine patches, pills or other medications?

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

ARM3A: Version B Only

During the past year, did you use nicotine patches, pills or other medication to help you quit using tobacco?

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

ARM4B: Version B Only

Would you ever call a telephone support service for help in quitting tobacco? PROBE:
Definitely or Probably?

Definitely yes.....	1
Probably yes	2
Probably no.....	3
Definitely no.....	4
Don't know/Not sure.....	7
Refused.....	9

ARM5: Version B Only

Have you called the Washington Tobacco Quit Line?

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

ACM1: Version B Only

Would you like to quit using tobacco?

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

ACM2: Version B Only

Are you seriously considering quitting tobacco use within the next 6 months?

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

ACM3: Version B Only

Are you planning to stop within the next 30 days?

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

AB5: Version B Only

Now I have some questions about smoking in your home. Which one of the following statements best describes the rules about smoking in your home?

No one is allowed to smoke anywhere inside your home.....	1
Smoking is allowed at some places or at some times	2
Smoking is permitted anywhere inside your home.....	3
Or there are no rules about smoking in your home.....	4
Don't know/Not sure - DO NOT READ.....	7
Refused - DO NOT READ.....	9

AHE1: Version B Only

How many people, including you, who live in your household currently smoke cigarettes, cigars, or pipes?

No current smokers in household	88
Don't know/Not sure.....	77
Refused.....	99

AHE3: Version B Only

If it were just up to you, would you let people smoke inside your home?

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

AKE1: Version B Only

The next questions are about secondhand smoke. Secondhand smoke is the smoke from someone else's cigarettes, cigar or pipe. In general would you say that breathing secondhand smoke is...

Not at all annoying to you	1
A little bit annoying.....	2
Somewhat annoying	3
Or very annoying to you	4
Don't know/Not sure.....	7
Refused.....	9

AKE2: Version B Only

Would you say that breathing secondhand smoke is...

Not at all harmful.....	1
A little bit harmful	2
Somewhat harmful.....	3
Or very harmful	4
Don't know/Not sure.....	7
Refused.....	9

AKE9: Version B Only

Do you think that smoking should not be allowed at all in outdoor public areas where children may be present?

Yes (smoking should NOT be allowed at all).....	1
No (smoking should be allowed).....	2
Don't know/Not sure.....	7
Refused.....	9

AKE11: Version B Only

In the past 12 months, the last time you went to a restaurant or bar in Washington State, was anyone smoking cigarettes, cigars, or other tobacco products inside?

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

AKE12: Version B Only

Do you agree or disagree with the following statement: I go out to bars or restaurants more frequently now that smoking is not allowed. So you agree or disagree? Somewhat or strongly?

- Strongly agree..... 1
 - Agree 2
 - Disagree..... 3
 - Or strongly disagree..... 4
 - Don't go to bars or restaurants 5
 - Don't know/Not sure..... 7
 - Refused..... 9
-

ACA1B: Version B Only

The next questions ask for your opinion about things that happen in your community. Local law enforcement officials should place a high priority on enforcing laws that ban the possession of tobacco products by minors (children under 18).

- Strongly agree..... 1
 - Somewhat agree..... 2
 - Somewhat disagree 3
 - Strongly disagree 4
 - Don't know/Not sure - DO NOT READ..... 7
 - Refused - DO NOT READ 9
-

ACA5: Version B Only

Have you seen or heard about any efforts or activities in your community or in schools to prevent or reduce tobacco use among youth?

IF NEEDED: This could include part of your job.

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-

ACA7: Version B Only

Some communities have organizations that specifically work on tobacco prevention activities. To your knowledge, has there been a local anti-tobacco or anti-smoking organization working in your community over the past few years?

- Yes..... 1
 - No 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-

ATK3: Version B Only

The next question asks for your opinion on a statement about the harm from tobacco use. There are so many things that cause cancer, tobacco use is not going to make any difference. Do you agree or disagree? Somewhat or strongly?

- Strongly agree..... 1
 - Somewhat agree..... 2
 - Somewhat disagree 3
 - Strongly disagree 4
 - Don't know/Not sure - DO NOT READ..... 7
 - Refused - DO NOT READ 9
-

ASA: Version B Only

Some organizations are conducting campaigns to convince youth not to start using tobacco, and motivate adults to quit. On an average weekday, how many hours do you watch TV?

Less than 1 hour per day	6
1 hour per day	1
2 hours per day	2
3 hours per day	3
4 hours per day	4
5 or more hours per day	5
Do not watch TV on an average weekday	8
Do not watch TV at All	0
Don't know	7
Refused	9

ASA1: Version B Only

During the past 30 days, how often have you seen commercials on TV about the dangers of tobacco use, second hand smoke, or about not smoking?

Every day	1
Couple times a week	2
Once per week	3
Couple times per month	4
May once	5
Never	6
Don't know	7
Refused	9

ASA1C: Version B Only

Have you recently seen an anti-tobacco commercial on TV where a turkey is smoking a cigarette and they say "You can't rely on cold turkey alone."?

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

ASA2B: Version B Only

During the past 30 days, how often did you hear commercials on the radio about the dangers of tobacco use or about not smoking?

Every day	1
Couple times a week	2
Once per week	3
Couple times per month	4
Maybe once	5
Never	6
Don't know	7
Refused	9

ASA3: Version B Only

During the past 30 days, how often have you seen advertisements about the dangers of tobacco use or about not smoking on billboards, posters, or buses?

- Every day..... 1
 - Couple times a week..... 2
 - Once per week..... 3
 - Couple times per month..... 4
 - Maybe once..... 5
 - Never..... 6
 - Don't know..... 7
 - Refused..... 9
-

APL1: Version B Only

Some tobacco companies make promotional items like clothing, hats, bags or other things with their brand on it. Would you ever use or wear something that has a tobacco company logo or picture on it?

IF NEEDED: Would you say yes or no? Definitely or probably?

- Definitely No..... 1
 - Probably No..... 2
 - Probably Yes..... 3
 - Definitely Yes..... 4
 - Don't know..... 7
 - Refused..... 9
-

APL3: Version B Only

During the past year, have you received a free sample or coupon for a free sample of cigarettes or other tobacco products?

- Yes..... 1
 - No..... 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-

APL4: Version B Only

During the past year have you been somewhere, such as a concert or special event, where tobacco companies were having a promotion - for example, giving away free samples or having a special give-away?

IF YES, ASK: Where was that?

- Yes (Specify)..... 1
 - No..... 3
 - Don't know/Not sure..... 7
 - Refused..... 9
-

AD14A: Version B Only

Are you the parent or guardian (of the child 10 to 17 years old/of any of the young people in the household between 10 and 17)?

- Yes..... 1
 - No..... 2
 - Don't know/Not sure..... 7
 - Refused..... 9
-

ACL: Version B Only

Now I have a question about the expectations you have for your children around tobacco use. As you answer this question, I want you to think of the <who1> child.

Continue 1

ACL2: Version B Only

Have you told your child specifically that you do not want him or her to smoke or use tobacco? IF NEEDED: <who1 >

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

Q38X1: Version B Only

Have you ever had a check-up or an exam in which the dentist or doctor pulls out your tongue, sometimes with gauze wrapped around it, and feels under the tongue and inside the cheeks, or feels your neck.

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

Q38X2: Version B Only

What type of medical provider examined you when you had your last check-up for oral cancer?

Doctor/Physician 1
Nurse/Nurse Practitioner 2
Dentist 3
Dental Hygienist..... 4
Don't know 7
Refused..... 9

Q39X1: Version B Only

Do you have any kind of insurance coverage that pays for some or all of your routine dental care, including dental insurance, prepaid plans such as HMOs, or government plans such as Medicaid?

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

Q40X1: Version B Only

Do you currently have a stove that you use for heating or pleasure in your home, such as a wood-burning stove, a pellet stove or a wood-burning insert in a fireplace?

IF YES, ASK: What kind of stove is that?

IF RESPONDENT INDICATES THEY HAVE MORE THAN ONE STOVE, SAY: Think about the stove that is used most

- Yes, wood burning stove 1
- Yes, pellet stove..... 2
- Yes, wood-burning fireplace insert..... 3
- No, no wood or pellet stove or Wood-burning fireplace inserts 4
- Don't know 7
- Refused 9

Q40X2: Version B Only

How often do you use your (wood burning stove/pellet stove/wood burning fireplace insert) during the winter, that is, from November to March?

IF NEEDED: Please consider your use during the last year.

- Every day 1
- Every other day (about 3 times a week) 2
- Once or twice a week..... 3
- Less than once a week, more than once a month..... 4
- Once a month or less 5
- Never 6
- Don't know/Not sure..... 7
- Refused 9

Q40X3: Version B Only

Is the stove certified?

IF RESPONDENT DOESN'T KNOW/NOT SURE, ASK: Was it purchased new in 1992 or later?

- Yes, know that it's certified 1
- Do't know if certified, but it is new since 1992 2
- No, not certified/not new since 1992..... 3
- Don't know/Not sure..... 7
- Refused 9

Q40X4: Version B Only

Do you currently have a wood-burning fireplace that you use in your home?

- Yes..... 1
- Only the one with insert (covered in previous question) 2
- No fireplace, fireplace not useable 3
- Don't know/Not sure..... 7
- Refused 9

Q40X5: Version B Only

How often do you use your wood-burning fireplace during the winter, that is, from November to March?

IF NEEDED: Please consider your use during the last year.

- Everyday (6 or 7 times a week) 1
 - Every other day (3-5 times a week)..... 2
 - Once or twice a week..... 3
 - Less than once a week, more than once a month..... 4
 - Once a month or less 5
 - Never 6
 - Don't know/not sure..... 7
 - Refused..... 8
-
-