

2011
Behavioral Risk Factor Surveillance System
in Winnebago County
Questionnaire Frequencies

2011-2007-2003 Trend Comparisons

Behavioral Risk Factor Surveillance System 2011 Questionnaire*

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*Age weighted to 2010 Census

** 2007 and 2003 data from JKV Research, LLC

Interviewer's Script

Hello, My name is _____ and I'm calling from the St. Norbert College Survey Center. We are conducting a health risk behavior survey among the residents of Winnebago County. The purpose of the survey is to determine how people feel about various health issues. This survey will only take a short time and the responses are completely confidential.

{Reintroduction}

Hello, may I speak with <__NAME__>. My name is _____ and I'm calling back from the St. Norbert College Survey Center. We are conducting a health risk behavior survey among the residents of Winnebago County. This survey will only take a short time and the responses are completely confidential.

Do you reside within Winnebago County, outside the cities of Oshkosh, Neenah, Menasha or Appleton **If "no"**: Thank you very much, but we are only interviewing people who reside outside the cities of Oshkosh, Neenah, Menasha or Appleton. **Stop**

Now in order to determine whom to interview, could you tell me how many people who currently live in your household are 18 years old or older?

- 1
- 2
- 3
- 4
- 4 or >

Now how many of those _____ adults are females?

- 0
- 1
- 2
- 3
- 4
- 4 or >

To correct respondent: Okay. Thank you! Based on the information you provided, I need to interview the _____. May I speak with that person please?

{REINTRODUCTION OF SELF AND RANDOM SELECTION PROCEDURE}

Hello, My name is _____ and I'm calling from the St. Norbert College Survey Center. We are conducting a health risk behavior survey among the residents of Winnebago County. This survey will only take a short time.

{CONTINUE ON WITH}

Before we begin, I would like to assure you that this interview is completely voluntary, strictly confidential, and that we really appreciate your help.

Section 1: Health Status

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

	2011	Change	2007*	Change	2003*
1 Excellent	21%	-3%	24%	0%	24%
2 Very good	36	1	35	1	34
3 Good	32	1	31	2	29
4 Fair	9	2	7	-5	12
5 Poor	2	-1	3	1	2
8 Don't know/Not sure	<1	0	<1	<1	0
9 Refused	0	0	0	0	0

*2007 and 2001. "Generally speaking would you say that your own health is..."

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

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

	2011	Change	2007	Change	2003
1 0	69%	na	na	na	na
2 1-2	10	na	na	na	na
3 3-5	9	na	na	na	na
4 6-15	6	na	na	na	na
5 16-30	6	na	na	na	na
8 Don't know/Not sure	<1	na	na	na	na
9 Refused	0	na	na	na	na

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

	2011	Change	2007	Change	2003
1 0	65%	na	na	na	na
2 1-2	13	na	na	na	na
3 3-5	7	na	na	na	na
4 6-15	7	na	na	na	na
5 16-30	7	na	na	na	na
8 Don't know/Not sure	1	na	na	na	na

2.3 During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work or recreation? Asked only of respondents who reported 1 or more days when their mental health was not good.

	2011	Change	2007	Change	2003
1 0	63%	na	na	na	na
2 1-2	14	na	na	na	na
3 3-5	8	na	na	na	na
4 6-15	6	na	na	na	na
5 16-30	9	na	na	na	na
8 Don't know/Not sure	0	na	na	na	na
9 Refused	<1	na	na	na	na

Section 3: Health Care Access

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

	2011	Change	2007*	Change	2003*
1 Yes	92%	2%	90%	-4%	94%
2 No	8	-1	9	5	4
Don't know/Not Sure	<1	0	<1	<1	2

*2007 and 2003. "What is your primary type of health care coverage?"

3.2 During the past 12 months, was there any time that you did not have any health insurance or coverage?

	2011	Change	2007*	Change	2003*
1 Yes	8%	-13%	21%	8%	13%
2 No	92	13	79	-8	87
8 Don't know/Not sure	<1	<1	0	0	0

*2007 and 2003. "During the past 12 months, was there any time that you or someone in your household did not have any health care coverage or insurance?"

3.2.a About how long has it been since you had health care coverage?

	2011	Change	2007	Change	2003
1 0-6 months	40%	na	na	na	na
2 6-12 months	0	na	na	na	na
3 1-2 years	33	na	na	na	na
4 2-5 years	9	na	na	na	na
5 5 or more years ago	12	na	na	na	na
6 Never	6	na	na	na	na
8 Don't know/Not sure	0	na	na	na	na

3.3 Do you have one person you think of as your personal doctor or health care provider? If no ask: is there more than one,

	2011	Change	2007	Change	2001
1 Yes, only one	77%	na	na	na	na
2 More than one	8	na	na	na	na
3 No	15	na	na	na	na
8 Don't know/Not sure	0	na	na	na	na

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

	2011	Change	2007	Change	2001
1 Yes	8%	na	na	na	na
2 No	92	na	na	na	na
8 Don't know/Not sure	<1	na	na	na	na

3.5 About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, nor an exam for a specific injury, illness, or condition.

	2011	Change	2007	Change	2003
1 Within past year (1-12 months)	70%	15%	55%	-9%	64%
2 Within past 2 years (1-2 years)	14	-9	23	1	22
3 Within past 5 years (2-5 years)	8	-2	10	7	3
4 5 or more years ago	7	-5	12	2	10
5 Never	<1	0	<1	0	<1
8 Don't know/Not sure	0	<1	<1	0	<1
9 Refused	<1	<1	0	0	0

3.6 Was there a time during the last 12 months when you or anyone in your household had not taken your prescribed medication due to prescription costs?

	2011	Change	2007	Change	2003
1 Yes	8%	na	na	na	na
2 No	83	na	na	na	na
3 No one in the household takes prescription medication	8	na	na	na	na
8 Don't know/Not sure	0	na	na	na	na

Section 4: Nutrition/Diet/Fruits and Vegetables

4.1 On an average day, how many servings of vegetables do you eat? (One serving is a 1/2 cup of cooked or raw vegetable) Would you say...

	2011	Change	2007*	Change	2003*
1 One	35%	5%	30%	-6%	36%
2 Two	30	-7	37	6	31
3 Three	15	-1	16	-7	23
4 Four	9	3	6	2	4
5 Five or more	7	2	5	3	2
6 Not at all	4	-2	6	2	4
8 Don't know/Not sure	1	<1	<1	0	<1

*2007 and 2003. Included 6 ounces of vegetable juice

4.2 On an average day, not counting juice, how many servings of fruit do you eat? (One serving is a 1/2 cup of canned or cooked fruit, or 1 medium piece of fruit).

	2011	Change	2007*	Change	2003*
1 One	39%	14%	25%	-2%	27%
2 Two	31	0	31	0	31
3 Three	13	-10	23	0	23
4 Four	6	-4	10	1	9
5 Five or more	3	-1	4	-1	5
6 Not at all	6	-1	7	3	4
8 Don't know/Not sure	2	1	<1	<1	1

*2007 and 2003. Included 6 ounces of fruit juice

Section 5: Exercise

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

	2011	Change	2007*	Change	2003
1 Yes	83%	na	na	na	76%
2 No	16	na	na	na	24

*2007 This key question is not asked

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.

5.2 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?

	2011	Change	2007	Change	2003
1 Yes	91%	6%	85%	6%	79%
2 No	9	-5	14	-7	21

5.3 How many days PER WEEK do you do these moderate activities for at least 10 minutes at a time?

	2011	Change	2007	Change	2003
1 1 day	3%	2%	1%	-4%	5%
2 2 days	10	-1	11	-7	18
3 3 days	22	-1	23	2	21
4 4 days	15	-3	18	4	14
5 5 or more days	48	1	47	5	42
6 Don't do any mod. physical act. for at least 10 mins.	<1	0	<1	<1	0

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

	2011	Change	2007	Change	2003
1 1-15 minutes	7%	1%	6%	-1%	7%
2 16-30 minutes	32	-3	35	-6	41
3 31-45 minutes	17	7	10	0	10
4 46 minutes to 1 hour	18	-8	26	2	24
5 1-2 hours	16	0	16	7	9
6 more than 2 hours	9	2	7	-3	10
8 Don't know/Not sure	1	<1	<1	0	<1

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

	2011	Change	2007	Change	2003
1 Yes	53%	4%	49%	na	na
2 No	46	-5	51	na	na
8 Don't know/Not sure	<1	0	<1	na	na

5.6 How many days PER WEEK do you do these vigorous activities for at least 10 minutes at a time?

	2011	Change	2007	Change	2003
1 1 day	17%	-2%	19%	na	na
2 2 days	20	-18	38	na	na
3 3 days	31	16	15	na	na
4 4 days	13	6	7	na	na
5 5 or more days	19	-1	20	na	na
8 Don't know/Not sure	<1	<1	1	na	na

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

	2011	Change	2007	Change	2003
1 1-15 minutes	11%	3%	8%	na	na
2 16-30 minutes	34	14	20	na	na
3 31-45 minutes	10	0	10	na	na
4 46 minutes to 1 hour	21	-10	31	na	na
5 1-2 hours	17	-1	18	na	na
6 more than 2 hours	6	-7	13	na	na
8 Don't know/Not sure	1	1	0	na	na

Section 6: Diabetes

6.1 Have you ever been told by a doctor that you have diabetes? If "Yes" and female, also ask "Was this only when you were pregnant?"

	2011	Change	2007	Change	2003
1 Yes	9%	4%	5%	1%	4%
2 Yes, but female told only during pregnancy	2	2	0	0	0
3 No	85	-10	95	-1	96
4 No, pre-diabetes or borderline diabetes	4	4	0	0	0

Section 7: Oral Health

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

	2011	Change	2007	Change	2003
1 Within the past year (anytime less than 12 months ago)	81%	9%	72%	-9%	81%
2 Within the past 2 years (1 yr. but < 2 years ago)	8	-8	16	4	12
3 Within the past 5 years (2 yrs. but < 5 years ago)	3	-2	5	2	3
4 5 or more years ago	6	-1	7	4	3
5 Never	<1	<1	1	<1	<1
8 Don't know/Not sure	<1	0	<1	<1	0

7.2 Do you have any kind of insurance that pays for some or all of your routine dental care, including dental insurance, prepaid plans such as HMO's, or government plans such as Medicaid?

	2011	Change	2007	Change	2003
1 No	29%	na	na	na	na
2 Yes, Commercial insurance	65	na	na	na	na
3 Yes, Government plan such as Medicaid	5	na	na	na	na
8 Don't know/Not sure	1	na	na	na	na

Section 8: Hypertension awareness

8.1 About how long has it been since you last had your blood pressure taken by a doctor, nurse, or other health professional?

	2011	Change	2007	Change	2003
1 Within the past year (1 to 12 months ago)	86%	na	na	na	na
2 Within the past 2 years (1 to 2 years ago)	6	na	na	na	na
3 Within the past 5 years (2 to 5 years ago)	4	na	na	na	na
4 5 or more years ago	3	na	na	na	na
8 Don't know/Not sure	1	na	na	na	na

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

	2011	Change	2007	Change	2003
1 Yes	31%	5%	26%	6%	20%
2 No	69	-5	74	-6	80
8 Don't know/Not sure	0	0	0	<1	<1

8.3 Are you taking any actions to help control your blood pressure? (e.g. losing weight, increasing physical activity, reducing salt intake, or taking medication)

	2011	Change	2007	Change	2003
1 Yes	86%	na	na	na	na
2 No	14	na	na	na	na

Section 8a: Cholesterol awareness**8a.1 Blood cholesterol is a fatty substance found in the blood. About how long has it been since you last had your blood cholesterol checked?**

	2011	Change	2007	Change	2003
1 Within the past year (1 to 12 months ago)	63%	18%	45%	-6%	51%
2 Within the past 2 years (1 to 2 years ago)	11	-11	22	3	19
3 Within the past 5 years (2 to 5 years ago)	5	-2	7	3	4
4 5 or more years ago	4	-3	7	0	7
5 Never	12	-4	16	-2	18
8 Don't know/Not sure	4	1	3	2	1
9 Refused	0	0	0	0	0

8a.2 Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?

	2011	Change	2007	Change	2003
1 Yes	31%	12%	19%	-1%	20%
2 No	67	-12	79	0	79
8 Don't know/Not sure	2	-1	3	2	1

Section 9: Asthma

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

	2011	Change	2007	Change	2003
1 Yes	14%	na	na	na	9%
2 No	86	na	na	na	91
8 Don't know/Not sure	<1	na	na	na	<1

9.2 During the past 12 months, how many days were you unable to work or carry out your usual activities because of your asthma?

	2011	Change	2007	Change	2003
1 0	89%	na	na	na	na
2 1	2	na	na	na	na
3 2-5	6	na	na	na	na
4 5-10	2	na	na	na	na
5 10-15	0	na	na	na	na
6 More than 15 days	0	na	na	na	na
8 Don't know/Not sure	1	na	na	na	na

Section 11: Tobacco Use

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

	2011	Change	2007	Change	2003*
1 Everyday	8%	-8%	16%	na	na
2 Some days	5	2	3	na	na
3 Not at all	87	6	81	na	na

*2003. Asks only "during the past 30 days, on how many days did you smoke at least one cigarette?"

11.3 Has a doctor or other health professional ever advised you to quit smoking?

	2011	Change	2007*	Change	2003*
1 Yes, 0 to 12 months ago	63%	na%	65%*	na%	47%*
2 Yes, 1 to 3 years ago	12	na		na	
3 Yes, 3 or more years ago	4	na		na	
4 No	21	-14	35	-18	53
8 Don't know/Not sure	0	0	0	0	0

*2007 and 2003. Asks only if a doctor, nurse or health professional advised to quit smoking, not time wise

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

	2011	Change	2007	Change	2003
1 Yes	50%	2%	48%	0%	48%
2 No	46	-6	52	0	52

11.5 Do you currently use chewing tobacco, snuff, or snus every day, some days, or not at all? Snus (rhymes with 'goose') . NOTE: Snus (Swedish for snuff) is a moist smokeless tobacco, usually sold in small pouches that are placed under the lip against the gum.

	2011	Change	2007	Change	2003*
1 Every day	2%	na	na	na	2%
2 Some days	2	na	na	na	
3 Not at all	96	na	na	na	99

*2003. Do you currently use snuff or chewing tobacco?

11.6 Does anyone, including yourself, smoke cigarettes, cigars, or pipes anywhere inside your home or vehicle?

	2011	Change	2007*	Change	2003*
1 Yes	11%	-3%	14%	-1%	15%
2 No	89	3	86	0	86

*2007 and 2003. "Do any smokers who live in your household smoke indoors at home or in their vehicle when others are present?"

Section 12: Demographics

12.1 What is your age?

	2011	Change	2007*	Change	2003*
18-24	10%	na%	24%*	na%	22%*
25-34	16				
35-44	17	-8	25	1	24
45-54	22	1	21	-3	24
55-64	17	3	14	-2	16
65+	18	2	16	3	13

*2007 and 2003. Age 18-24 and 25-34 were combined into 18-34

12.2a What best describes your ethnic heritage?

	2011	Change	2007	Change	2003
1 White	97%	-1%	98%	0%	98%
2 Black	<1	0	<1	0	<1
3 Asian, Pacific Islander	1	<1	<1	0	<1
4 American Indian, Alaska Native	2	1	1	<1	<1
6 Other	0	<1	<1	0	<1

12.2b Are you Hispanic or Latino?

	2011	Change	2007	Change	2003
1 Yes	2%	2%	<1%	0%	<1%
2 No	98	-1	99	-1	100
8 Don't know/Not sure	<1	<1	0	<1	<1
9 Refused	0	0	0	0	0

12.3 Are you: [Please Read]

	2011	Change	2007	Change	2003
1 Married	64%	3%	61%	-2%	63%
2 Divorced	8	-3	11	3	8
3 Widowed	9	4	5	0	5
4 Separated	1	-4	5	5	<1
5 Never been married	16	-1	17	-7	24
6 A member of an unmarried couple	2	1	1	<1	<1

12.4 What is the highest grade or year of school you completed? [Read Only If Necessary]

	2011	Change	2007	Change	2003
2 Grades 1 through 8 (Elementary)	1%	0%	1%	0%	1%
3 Grades 9 through 11 (Some high school)	2	-4	6	-3	9
4 Grade 12 or GED (High school graduate)	31	2	29	-9	38
5 College 1 year to 3 years (Some college or tech. school)	33	-3	36	9	27
6 College 4 years or more (College graduate)	33	4	29	4	25

12.5 Are you currently: [Please Read]

	2011	Change	2007	Change	2003
01 Employed for wages	55%	na	na	na	na
02 Self-employed	7	na	na	na	na
03 Farmer	3	na	na	na	na
04 Out of work for more than 1 year	1	na	na	na	na
05 Out of work for less than 1 year	2	na	na	na	na
06 Homemaker	5	na	na	na	na
07 Student	5	na	na	na	na
08 Retired	20	na	na	na	na
09 Unable to work	3	na	na	na	na
88 Don't know/Not sure	<1	na	na	na	na

12.6 Weight. 12.7 Height. Used to calculate Body Mass Index (BMI)

	2011	Change	2007*	Change	2003*
Underweight (Below 18.5)	1%	-2%	35%*	-6	41%*
Normal (18.5-24.9)	32				
Overweight (25.0-29.9)	35	3	32	-7	39
Obese (30.0+)	32	-2	34	14	20

*2007 and 2003. Normal and Underweight combined

12.8 What city town or village do you live in?

	2011	Change	2007	Change	2003
10 Algoma (town)	3%	na%	na%	na%	na%
11 Allenville	<1	na	na	na	na
12 Black Wolf	5	na	na	na	na
13 Butte des Morts	1	na	na	na	na
14 Clayton	6	-2	8	0	8
16 Fisk	<1	na	na	na	na
18 Larsen	5	na	na	na	na
19 Menasha (town)	5	-25	30	0	30
22 Neenah (town)	5	na	na	na	17
23 Nekimi	2	na	na	na	na
24 Nepeuskum	1	na	na	na	na
25 Omro (city)	12	-3	15	9	6
26 Omro (town)	7	-5	12	na	na
28 Oshkosh (town)	4	na	na	na	na
29 Pickett	2	na	na	na	na
30 Poygan	3	na	na	na	na
33 Rushford	3	-5	8	na	na
34 Utica	3	na	na	na	na
35 Vinland	4	na	na	na	na
36 Waukau	<1	na	na	na	na
37 Winchester	5	na	na	na	4
38 Winneconne (village)	12	3	9	2	7
39 Winneconne (town)	7	-4	11	3	8
40 Winnebago	<1	na	na	na	na
41 Wolf River	2	na	na	na	na
88 Not Sure	1	1	0	0	0
99 Refused / NA	<1	<1	0	0	0
Others			8	-4	20

12.9 Indicate sex of respondent. Asked only if necessary.

	2011	Change	2007*	Change	2003*
1 Male	45%	-6%	51%	2%	49%
2 Female	55	5	50	-1	51

*2007 and 2003. Gender is derived and not asked

Section 13: Alcohol Consumption/Drinking and Driving

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

	2011	Change	2007*	Change	2003*
1 Yes	69%	3%	66%	6%	60%
2 No	31	-2	33	-5	38
8 Don't know/Not sure	<1	0	<1	<1	1

*2007 and 2003. No key question, combined with "during the past 30 days, how many days per month did you drink any alcoholic beverages?"

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

	2011	Change	2007	Change	2003
1 1 or less days	15%	-1%	16%	4%	12%
2 2 days	11	-6	17	3	14
3 3 days	9	1	8	-5	13
4 4 days	13	1	12	-1	13
5 5 to 9 days	18	-6	24	3	21
6 10 to 14 days	12	6	6	0	6
7 15 or more days	22	5	17	-2	19
8 Don't know/Not sure	<1	0	<1	-1	2

13.3 One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with 1 shot liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?

	2011	Change	2007	Change	2003
1 1 drink	33%	7%	26%	-2%	28%
2 2 drinks	29	-12	41	7	34
3 3 drinks	19	8	11	-4	15
4 4 drinks	9	2	7	-3	10
5 5 or more drinks	10	-5	15	4	11

13.4 Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on an occasion?

	2011	Change	2007	Change	2003*
1 1 time	10%	-3%	13%	-8%	21%
2 2 to 4 times	16	-1	17	1	16
3 5 or more times	9	4	5	-9	14
4 0 times	65	0	65	17	48

*2003. Males 5 times, Females 4 or more times

13.5 During the past 30 days, how many times have you driven when you've had perhaps too much to drink?

	2011	Change	2007*	Change	2003*
1 1 time	3%	5%	1%*	-2%	3%*
2 2 times	2				
3 3 times	0				
4 4 times	<1				
5 5 or more times	1				
6 No times	94	-5	99	2	97

*2007 and 2003. Yes or No "drive or ride in a car"

13.6 During the past year, has anyone in your family, including yourself, experienced any kind of problem such as legal, personal, physical, or medical in connection with drinking?

	2011	Change	2007	Change	2003
1 Yes	4%	2%	2%	-1%	4%
2 No	96	-2	98	2	96
8 Don't know/Not sure	<1	<1	0	<1	<1

Section 14: Immunization

14.1 Now I will ask you questions about seasonal flu. A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have you had a flu shot?

	2011	Change	2007*	Change	2003
1 Yes	43%	na	na	na	37%
2 No	57	na	na	na	62

*In 2007, respondents were asked a single question about influenza vaccine injected into the arm or sprayed in the nose. Overall, 38% reported receiving the flu vaccine in the past 12 months.

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

	2011	Change	2007*	Change	2003
1 Yes	3%	na	na	na	na
2 No	97	na	na	na	na
8 Don't know/Not sure	<1	na	na	na	na

*In 2007, respondents were asked a single question about influenza vaccine injected into the arm or sprayed in the nose. Overall, 38% reported receiving the flu vaccine in the past 12 months. Not asked in 2003

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

ONLY AGE 65+	2011	Change	2007	Change	2003
1 Yes	71%	3%	68%	22%	46%
2 No	26	-4	30	-19	49
8 Don't know/Not sure	3	1	2	-3	5

Section 18: Women's Health

Asked only of female respondents.

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

ONLY AGE 40+	2011	Change	2007*	Change	2003*
1 Yes	93%	1%	92%	0	92%
2 No	7	-1	8	1	7

*2007 and 2003. Did not have this key question, this was computed from 18.2 results which included "never"

18.2 How long has it been since you had your last mammogram? [Read only if necessary]

ONLY AGE 40+	2011	Change	2007	Change	2003
1 Within the past year (anytime less than 12 months ago)	66%	-4%	70%	0%	70%
2 Within the past 2 years (1 yr. but < 2 years ago)	17	2	15	-7	22
3 Within the past 3 years (2 yrs. but < 3 years ago)	6	1	5	0	5
4 Within the past 5 years (3 yrs. but < 5 years ago)	6	3	3	2	1
5 5 or more years ago	5	-1	6	4	2
8 Don't know/Not sure	0	0	0	<1	<1

18.3 A clinical breast exam is when a doctor, nurse, or other health professional feels the breasts for lumps. Have you ever had a clinical breast exam?

AGE 18+	2011	Change	2007	Change	2003
1 Yes	92%	na	na	na	na
2 No	7	na	na	na	na
8 Don't know/Not sure	1	na	na	na	na

18.4 How long has it been since your last breast exam? [Read Only If Necessary]

AGE 18+	2011	Change	2007	Change	2003
1 Within the past year (anytime less than 12 months ago)	72%	na	na	na	na
2 Within the past 2 years (1 yr. but < 2 years ago)	12	na	na	na	na
3 Within the past 3 years (2 yrs. but < 3 years ago)	8	na	na	na	na
4 Within the past 5 years (3 yrs. but < 5 years ago)	5	na	na	na	na
5 5 or more years ago	3	na	na	na	na
8 Don't know/Not sure	<1	na	na	na	na

18.5 A pap test is a test for cancer of the cervix. Have you ever had a pap test?

AGE 18+	2011	Change	2007*	Change	2003
1 Yes	93%	na	na	na	93%
2 No	6	na	na	na	5
8 Don't know/Not sure	1	na	na	na	2

*2007. Did not have this key question

18.6 How long has it been since you had your last Pap test? [Read only if necessary]

AGE 18+	2011	Change	2007	Change	2003
1 Within the past year (anytime less than 12 months ago)	49%	-9%	58%	-10%	68%
2 Within the past 2 years (1 yr. but < 2 years ago)	15	1	14	-3	17
3 Within the past 3 years (2 yrs. but < 3 years ago)	11	2	9	5	4
4 Within the past 5 years (3 yrs. but < 5 years ago)	9	6	3	0	3
5 5 or more years ago	15	0	15	9	6
8 Don't know/Not sure	1	1	0	-2	2

Section 19: Men's Health

Asked only of male respondents.

19.1 A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. How long has it been since you had your last PSA test?

ONLY AGE 40+	2011	Change	2007	Change	2003
1 Never had one	32%	-3%	35%	na	na
2 0 to 12 months ago	38	5	33	na	na
3 1 to 2 years ago	10	-6	16	na	na
4 2 to 3 years ago	5	1	4	na	na
5 3 to 5 years ago	4	3	1	na	na
6 5 or more years ago	2	-3	5	na	na
8 Don't know/Not sure	9	3	6	na	na

19.2 A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. How long has it been since your last digital rectal exam?

ONLY AGE 40+	2011	Change	2007	Change	2003*
1 Never had one	23%	-9%	32%	10	22%
2 0 to 12 months ago	43	12	31	-14	45
3 1 to 2 years ago	9	-9	18	-6	24
4 2 to 3 years ago	4	-3	7	11	2*
5 3 to 5 years ago	13	7	6		
6 5 or more years ago	8	3	5	-3	8
8 Don't know/Not sure	1	0	1	1	0

*2003. Categories combined 2-5 years

Section 20: Colorectal Cancer Screening

20.1.1 A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. How long has it been since you had your last blood stool test using a home kit?

ONLY AGE 50+	2011	Change	2007	Change	2003
1 Never	55%	17%	38%	16%	22%
2 0 to 12 months ago	8	-16	24	-18	42
3 1 to 2 years ago	9	-7	16	-5	21
4 2 to 5 years ago	9	-3	12	5	7
5 5 or more years ago	14	7	7	4	3
8 Don't know/Not sure	5	2	3	-2	5

20.2 Colonoscopy and sigmoidoscopy 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?

ONLY AGE 50+	2011	Change	2007	Change	2003
1 Yes	76%	3%	73%	10%	63%
2 No	24	-3	27	-10	37

Section 21: Emotional Support and Life Satisfaction

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

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

	2011	Change	2007	Change	2003
1 Always	52%	na	na	na	na
2 Usually	32	na	na	na	na
3 Sometimes	9	na	na	na	na
4 Rarely	2	na	na	na	na
5 Never	3	na	na	na	na
8 Don't know/Not sure	1	na	na	na	na

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

	2011	Change	2007	Change	2003
1 Very satisfied	54%	na	na	na	na
2 Satisfied	42	na	na	na	na
3 Dissatisfied	3	na	na	na	na
4 Very dissatisfied	1	na	na	na	na
8 Don't know/Not sure	<1	na	na	na	na

Section 22: Injury Control

22.1 How often do you use a seat belt when you drive or ride in a car? Would you say...

	2011	Change	2007	Change	2003
1 Always	78%	-7%	85%	2%	83%
2 Nearly always	11	3	8	2	6
3 Sometimes	5	1	4	0	4
4 Seldom	1	0	1	-2	3
5 Never	5	3	2	-2	4

Section 24: Disaster/Emergency

The next series of questions asks about how well prepared you are for a large-scale disaster or emergency. By large-scale disaster or emergency we mean any event that leaves you isolated in your home or displaces you from your home for at least 3 days. This might include natural disasters such as hurricanes, tornados, floods and ice storms or man-made disasters such as explosions, terrorist events or blackouts.

24.1 How well prepared do you feel your household is to handle a large-scale disaster or emergency? Would you say...

	2011	Change	2007	Change	2003
1 Well-prepared	33%	na	na	na	na
2 Somewhat prepared	52	na	na	na	na
3 Not prepared at all	14	na	na	na	na
8 Don't know/Not sure	1	na	na	na	na

24.2 What would be your main method or way of getting information from authorities in a large scale disaster or emergency?

	2011	Change	2007	Change	2003
1 Television	39%	na	na	na	na
2 Radio	30	na	na	na	na
3 Internet	15	na	na	na	na
4 Print media	<1	na	na	na	na
5 Neighbors	5	na	na	na	na
6 Other	10	na	na	na	na
8 Don't know/Not sure	1	na	na	na	na

Household income

40. Is your annual household income before taxes from all sources: [Read As Appropriate]

	2011	Change	2007*	Change	2003*
01 Less than \$10,000	3%	na	na	na	na
02 \$10,001 to 15,000	3	na	na	na	na
03 \$15,001 to 20,000	3	na	na	na	na
04 \$20,001 to 25,000	5	na	na	na	na
05 \$25,001 to 35,000	7	na	na	na	na
06 \$35,001 to 50,000	15	na	na	na	na
07 \$50,001 to 75,000	23	na	na	na	na
08 \$75,001 to \$100,000	13	na	na	na	na
09 More than 100,000	15	na	na	na	na
88 Don't know/Not sure	5	na	na	na	na
99 Refused	8	na	na	na	na

*2007 and 2003. Different categories used

Optional Module 1: Diabetes

M1.1 How old were you when you were told you have diabetes? (age groups)

(n=34)	2011	Change	2007	Change	2003
10-17	0%	na	na	na	na
18-24	0	na	na	na	na
25-34	3	na	na	na	na
35-44	12	na	na	na	na
45-54	24	na	na	na	na
55-64	32	na	na	na	na
65+	17	na	na	na	na
Don't know/Not sure	11	na	na	na	na

M1.2 Are you now taking insulin?

	2011	Change	2007	Change	2003
1 Yes	18%	na	na	na	na
2 No	82	na	na	na	na

M1.3 About how often do you check your blood for glucose or sugar? Include times when checked by a family member or friend, but do NOT include times when checked by a health professional.

	2011	Change	2007	Change	2003
1 Daily	62%	na	na	na	na
2 Weekly	17	na	na	na	na
3 Monthly	9	na	na	na	na
4 Yearly	3	na	na	na	na
5 Never	4	na	na	na	na
8 Don't know/Not sure	5	na	na	na	na

M1.3 a How many times per DAY do you check your blood for glucose or sugar? Asked of respondents reporting checking daily.

(n=21)	2011	Change	2007	Change	2003
1	42%	na	na	na	na
2	25	na	na	na	na
3	6	na	na	na	na
4	17	na	na	na	na
5	10	na	na	na	na

M1.3 b How many times per WEEK do you check your blood for glucose or sugar? Asked of respondents reporting checking weekly.

(n=6)	2011	Change	2007	Change	2003
1	21%	na	na	na	na
2	46	na	na	na	na
3	13	na	na	na	na
4	10	na	na	na	na
Not sure	10	na	na	na	na

M1.3 c How many times per MONTH do you check your blood for glucose or sugar? Asked of respondents reporting checking monthly.

(n=3)	2011	Change	2007	Change	2003
1	20%	na	na	na	na
2	46	na	na	na	na
3	34	na	na	na	na

M1.3 d How many times per YEAR do you check your blood for glucose or sugar? Asked of respondents reporting checking monthly.

(n=1)	2011	Change	2007	Change	2003
Not sure	100%	na	na	na	na

M1.4 About how often do you check your feet for any sores or irritations? Include times when checked by a family member or friend, but do NOT include times when checked by a health professional.

	2011	Change	2007	Change	2003
1 Daily	46%	na	na	na	na
2 Weekly	21	na	na	na	na
3 Monthly	5	na	na	na	na
4 Yearly	8	na	na	na	na
5 No Feet	6	na	na	na	na
6 Never	11	na	na	na	na
8 Not Sure	3	na	na	na	na

M1.4 a How many times per DAY do you check your feet for any sores or irritations? Asked of respondents reporting checking daily.

(n=16)	2011	Change	2007	Change	2003
1	81%	na	na	na	na
2+ (7 = 4%)	19	na	na	na	na

M1.4 b How many times per WEEK do you check your feet for any sores or irritations? Asked of respondents reporting checking weekly.

(n=7)	2011	Change	2007	Change	2003
1	55%	na	na	na	na
2	35	na	na	na	na
3	10	na	na	na	na

M1.4 c How many times per MONTH do you check your feet for any sores or irritations? Asked of respondents reporting checking monthly.

(n=2)	2011	Change	2007	Change	2003
1	63%	na	na	na	na
Not sure	37	na	na	na	na

M1.4 d How many times per YEAR do you check your feet for any sores or irritations? Asked of respondents reporting checking yearly.

(n=3)	2011	Change	2007	Change	2003
2	62%	na	na	na	na
Not sure	38	na	na	na	na

M1.5 About how many times in the past 12 months have you seen a doctor, nurse or other health professional for your diabetes?

	2011	Change	2007	Change	2003
0	2%	na	na	na	na
1	19	na	na	na	na
2	29	na	na	na	na
3	10	na	na	na	na
4	30	na	na	na	na
8	2	na	na	na	na
10	1	na	na	na	na
Don't know	1	na	na	na	na
Refused	6	na	na	na	na

M1.6 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"?

	2011	Change	2007	Change	2003
1 0	3%	na	na	na	na
2 1	24%	na	na	na	na
3 2	25	na	na	na	na
4 3	10	na	na	na	na
5 4	20	na	na	na	na
6 5 or more times	3	na	na	na	na
7 Never heard of A one C	5	na	na	na	na
8 Don't know/Not sure	10	na	na	na	na

M1.7 About how many times in the past 12 months has a health professional checked your feet for any sores or irritations?

	2011	Change	2007	Change	2003
0	19%	na	na	na	na
1	30	na	na	na	na
2	14	na	na	na	na
3	9	na	na	na	na
4	14	na	na	na	na
6	2	na	na	na	na
12	2	na	na	na	na
Not Sure	10	na	na	na	na

M1.8 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.

	2011	Change	2007	Change	2003
1 Within the past month (anytime less than 1 month ago)	27%	na	na	na	na
2 Within the past year (1 month but less than 12 months ago)	46	na	na	na	na
3 Within the past 2 years (1 year but less than 2 years ago)	21	na	na	na	na
4 2 or more years ago	4	na	na	na	na
5 Never	0	na	na	na	na
8 Not sure	2	na	na	na	na

M1.9 Has a doctor ever told you that diabetes has affected your eyes or that you had retinopathy?

	2011	Change	2007	Change	2003
1 Yes	6%	na	na	na	na
2 No	92	na	na	na	na
8 Not sure	2	na	na	na	na

M1.10 Have you ever taken a course or class in how to manage your diabetes yourself?

	2011	Change	2007	Change	2003
1 Yes	59%	na	na	na	na
2 No	39	na	na	na	na
8 Not sure	2	na	na	na	na