



McLennan County

2010 Community Health Needs Assessment

Prepared by
Waco-McLennan County Public Health District



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I. INTRODUCTION

Goal:

To partner with community members to provide a comprehensive and unbiased profile of McLennan County, assess community health and risk factors, identify access to care issues, and begin planning for future health promotions and grant funding opportunities.

Participants:

The Waco-McLennan County Public Health District (WMCPHD) partnered with Providence Health Center and Hillcrest Baptist Medical Center. The WMCPHD contracted with the Survey Research Center (SRC) of the University of North Texas to conduct a survey of McLennan County residents and provide statistical analysis of the survey data.

Objectives:

- Identify local health needs
- Determine priority health needs for McLennan County
- Assist in developing a plan of action (health promotions and interventions)
- Identify sources of future funding

Survey Areas:

- Individual resources and perceptions of public health preparedness
- General, physical, mental and emotional health status
- Healthcare access issues
- Healthcare awareness of several health conditions
- Behaviors that affect health
- Women's health issues

Many of the questions in the survey were modeled after the Behavioral Risk Factor Surveillance system Questionnaire (BRFSS) and other questionnaire sources. The sample was designed to be generalizable to McLennan County as a whole while allowing for some comparison between communities.

During the months of August and September 2009, a needs assessment survey was administered to residents of the Waco-McLennan County Public Health District, Texas. The survey was the third citizen survey conducted by the University of North Texas Survey Research Center for the WMCPHD. Previous surveys were conducted in 2001 and 2006. For the first time, respondents with cell phones only were also interviewed.

This report presents the overall county findings for each question and the findings by demographic breakdowns that show statistically significant differences. Comparison data across years or for Texas or the United States can be found in Appendix B.

II. Methodology

Sample

The primary objective in drawing the sample was to get both a representation of the county's residents as a whole while allowing for comparison among communities in the county. A random sample, stratified by 24 geographic areas was chosen as the sampling method. Quotes were set for each of the 20 communities and unincorporated areas in four quadrants of the county. The number of interviews collected in each community is presented in Table A. Quadrants were based on geographic distinctions of north or south of Highway 84 and east or west of Interstate 35.

Table A
Interviews Completed in Each Community

Community	Interviews Conducted
Bellmead	79
Beverly Hills	28
Bruceville-Eddy	55
Crawford	26
Gholson	41
Golinda	16
Hallsburg	17
Hewitt	44
Lacy-Lakeview/Northcrest	62
Lorena	39
Mart	41
McGregor	41
Moody	46
Riesel	40
Robinson	43
Ross	7
Waco	332
West	45
Woodway	39
Unincorporated-Northeast	47
Unincorporated-Northwest	66
Unincorporated-Southeast	39
Unincorporated-Southwest	18

Once these areas were defined, a random digit dialing (RDD) methodology was employed to reach 1,000 respondents in each community who were 18 years of age or older and who resided in households with landline telephones. RDD was used as the method of sample generation because it offers the best coverage of active telephone numbers, and it reduces sample bias. The RDD method ensures that:

- the conceptual frame and sampling frame match;
- unlisted telephone numbers will be included, and
- the sampling frame will be as current as possible, thus maximizing the probability that new residents will be included.

Once quotas began to fill in each of the geographically defined areas, it was necessary to use some listed phone numbers to fulfill some of the remaining quota areas. Listed phone numbers comprised only 6.5 percent of the sample, however.

In addition, sample generated by Genesys was drawn to reach respondents who lived in the county and used only a cell phone. It is important to include cell-phone-only households in health-related surveys. Recent studies show that the cell-phone-only population has reached 20 percent nationally. These studies also show that cell-phone-only respondents exhibit differing health-related behaviors than similar respondents responding on a landline. In order to reach cell-phone-only households, a sample of telephone exchanges of phones purchased in McLennan County was purchased. Screening questions were used to determine that the person did not have a landline at home. Screening questions also determined that the person was not driving and was in a safe place to respond to the survey. Keeping with best practices advanced by the American Association of Public Opinion Research, numbers were dialed manually to comply with FCC regulations and an incentive was offered as a token appreciation of the cell-phone plan minutes the respondent used to respond to the survey. The incentive to participate was either an Amazon or a Walmart gift card. Some decided to participate but waive the receipt of a gift card (see Table B).

Table B
Incentive Chosen by Cell Phone Only Respondents
(n=199)

Incentive	Count	Percentage
Walmart gift card	158	79.4
Amazon gift card	32	16.1
Waived the gift card	9	4.5

A total of 1,211 interviews were conducted and analyzed—1,000 landline and 211 cell-phone-only. For comparisons between years, only the 1,000 landline interviews were used. This decision was made so that we had the most comparable sample between years as both were conducted using landlines. The landline only sample was used also for comparing McLennan County results to external studies which also use landline interviews. The cell-phone-only sample was blended into the full sample when representing the comprehensive, present-day picture of the health status of McLennan County residents. In a random sample, 1,211 interviews yield a margin of error of ± 2.8 percent. This means, for example, that if 40 percent of the respondents answered “yes” to a question, we can be 95 percent confident that the actual proportion of residents in the population who would answer “yes” to the same question is 2.8 percentage points higher or lower than 40 percent (37.2 percent to 42.8 percent).

Questionnaire

The survey instrument was based on several existing survey instruments including:

- Center for Disease Control and Prevention – 2009 Behavior Risk Factor Surveillance System
- Texas Department of Health (specific departmental concerns – physical activity questions)
- City of Waco-McLennan County Public Health District – Community Needs Assessment.

The survey instrument used in 2009 was similar to that used in 2006 with some exceptions. Questions about Novel H1N1 flu and related flu questions, car/booster seats for children, height and weight of the youngest child between the ages of 5 and 12, dental visits, visits to the emergency room, prostate exams, managing diabetes, and congestive heart failure were inserted.

Data Collection

Trained telephone interviewers who had previous experience in telephone surveys were used to conduct the survey. Each interviewer completed an intensive general training session. The purposes of general training were to ensure that interviewers understood and practiced all of the basic skills needed to conduct interviews and that they were knowledgeable about standard interviewing conventions. The interviewers also attended a specific training session for the project. The project training session provided information on the background and goals of the study. Interviewers practiced administering the questionnaire to become familiar with the questions.

All interviewing was conducted from a centralized telephone bank in Denton, Texas. An experienced telephone supervisor was on duty at all times to supervise the administration of the sample, monitor for quality control, and handle any other problems. Data for the survey were collected from August 8 to September 30, 2009.

Sample Weighting Method

By stratifying the sample geographically, each community is an independent random sample that provides a representative distribution of the population's characteristics within that community. However, when communities are combined to represent McLennan County as a whole, geographic stratification introduces sampling error. This occurs because the actual distribution of households among the communities in the county varies from the distribution of completed interviews in the sample.

In order to compensate for the effects of over representation in some areas and under-representation in others, a weighting method was employed to bring the relative number of interviews from each community in line with the number of respondents who would have been interviewed in the sample were drawn proportionally to the household population of each community. The weighting methods are based on the estimated number of households in each community (see Table C). The ratio of landline to cell phone interviews was similar to the proportion in the national population, so this ratio was not addressed by the weighting approach.

Table C
Weighting Methods

Community	2010 Population	% Pop. Dist.	Hypothetical Proportional Interview Counts	Actual interview Counts	Weights
Bellmead	9,367	4.14645	5	79	0.635614288
Beverly Hills	2,059	0.91145	11	28	0.394201741
Bruceville-Eddy	1,570	0.69499	8	55	0.153023167
Crawford	751	0.33244	4	26	0.154841301
Gholson	971	0.42983	5	41	0.126956691
Golinda	451	0.19964	2	16	0.151104285
Hallsburg	528	0.23373	3	17	0.166496544
Hewitt	13,634	6.03531	73	44	1.661081095
Lacy-Lakeview/Northcrest	6,104	2.70203	33	62	0.527768004
Lorena	1,621	0.71756	9	39	0.222812027
Mart	2,446	1.08276	13	41	0.319810574
McGregor	4,786	2.11860	26	41	0.625761817
Moody	1,441	0.63788	8	46	0.167929259
Riesel	1,003	0.44399	5	40	0.134419156
Robinson	10,570	4.67898	57	43	0.317730973
Ross	232	0.10270	1	7	0.177668390
Waco	120,577	53.37533	646	332	1.946913304
West	2,780	1.23061	15	45	0.331171156
Woodway	9,013	3.98975	48	39	1.238867860
Unincorporated-Northeast	6,000	2.65600	32	47	0.684342662
Unincorporated-Northwest	12,000	5.31199	64	66	0.974669852
Unincorporated-Southeast	6,000	2.65600	32	39	0.824720644
Unincorporated-Southwest	12,000	5.31199	64	18	3.573789456

Table D
Comparison Data Weighting Methods

Community	2010 Population	% Pop. Dist.	Hypothetical Proportional Interview Counts	Actual interview Counts Land Line	Landline only Weights
Bellmead	9,367	4.14645	42	76	0.548314
Beverly Hills	2,059	0.91145	9	28	0.327145
Bruceville-Eddy	1,570	0.69499	7	50	0.139692
Crawford	751	0.33244	3	24	0.139210
Gholson	971	0.42983	4	41	0.105360
Golinda	451	0.19964	2	16	0.125400
Hallsburg	528	0.23373	2	16	0.146810
Hewitt	13,634	6.03531	61	38	1.596180
Lacy-Lakeview/Northcrest	6,104	2.70203	27	57	0.476411
Lorena	1,621	0.71756	7	34	0.212103
Mart	2,446	1.08276	11	37	0.294101
McGregor	4,786	2.11860	21	35	0.608341
Moody	1,441	0.63788	6	39	0.164377
Riesel	1,003	0.44399	4	34	0.131239
Robinson	10,570	4.67898	47	37	1.270912
Ross	232	0.10270	1	6	0.172020

Community	2010 Population	% Pop. Dist.	Hypothetical Proportional Interview Counts	Actual interview Counts Land Line	Landline only Weights
Waco	120,577	53.37533	536	200	2.682110
West	2,780	1.23061	12	37	0.334261
Woodway	9,013	3.98975	40	37	1.083702
Unincorporated-Northeast	6,000	2.65600	27	44	0.606654
Unincorporated-Northwest	12,000	5.31199	53	63	0.847389
Unincorporated-Southeast	6,000	2.65600	27	38	0.702441
Unincorporated-Southwest	12,000	5.31199	53	18	2.965862

This weighting method reduces over representation when aggregating the data to the county level. After employing the weighting method, several demographic characteristics of the sample resembled data from the 2010 Population Estimates compiled by the Texas State Data Center, University of Texas at San Antonio. Whenever the data were aggregated to represent residents of Waco-McLennan County, this weighting method was used. When aggregate responses to questions were cross-tabulated by demographic characteristics of the respondents, the same weighting method was employed.

Analysis by Demographic Groups

Each question in the survey was cross-tabulated with the following 10 demographic categories:

- | | |
|--------------------------------------|-------------------------------------|
| Years of education | Employment status |
| Number of people living in household | Ethnicity |
| Age of respondent | Have children under 18 in household |
| Gender of respondent | Type of study |
| Marital status | |
| Household income | |

Whenever the responses to a single question are divided by demographic groups, the percentage distribution of responses within one group will rarely exactly match the percentage distribution of another group; there will often be some variation between groups.

The most important consideration in interpreting these differences is to determine if the differences in the sample are representative of differences between the same groups within the general population. This consideration can be fulfilled with a test of statistical significance. The Survey Research Center only reports those differences between groups that are found to be statistically significant.

Report Format

The remainder of the report is arranged in seven sections beginning with Section III. This section, “Sample Characteristics,” presents the findings for all respondents except where it is otherwise noted. Section IV, “Preparedness,” presents findings about preparations respondents have made in the event of a public health emergency as well as their perceptions about whether McLennan County is prepared to such an event. Findings about immunizations and use of car/booster seats for children are also presented. Section V, “Health Status,” presents findings regarding the state of the respondent’s health, and limitations due to health problems or impairment. Section VI, “Health Care Access”

presents findings regarding health insurance and usage of health care facilities. “Health Care Awareness and Behavior,” awareness of medical tests to discover health problems or illnesses, and types of illnesses or conditions present in the respondent’s household members is dealt with in Section VII. ”Communications” where citizens get their information about health care issues is dealt with in Section VIII. Section IX “Neighborhood” presents findings about problems in McLennan County neighborhoods. Section X is the report Conclusions.

III. Sample Characteristics

**Table 1
Demographics**

Demographics	Percentage (n=1,211)
Education	
Never attended school/attended kindergarten only	0.2
Elementary	2.7
Some high school	7.1
High school graduate/GED	30.7
Some college or technical school	30.6
College graduate or more	28.7
Marital status	
Married	55.3
Divorced	11.3
Widowed	14.2
Separated	3.0
Never been married	14.4
Member of unmarried couple	1.7
Gender of respondent	
Female	63.6
Male	36.4
Age of respondent	
18 to 24	9.0
25 to 34	12.5
35 to 39	5.3
40 to 44	7.7
45 to 49	7.2
50 to 54	11.1
55 to 64	15.3
65 to 74	17.1
75 or older	14.7

- As seen in Table 1, 59.3 percent of the sample had attended college (30.6 percent), had a Bachelor's degree or more (28.7 percent). The first four categories were combined (high school grad/GED or less) in cross-tabulations appearing later in this report.
- Fifty-seven percent of the sample was either married or a member of an unmarried couple.
- Sixty-four percent of the sample was female and 36.4 percent was male.
- Fifty-eight percent of the respondents in the sample were 50 years old or older.

Demographics	Percentage (n=1,211)
Ethnicity	
White	76.5
Black/African American	11.7
Hispanic/Latino	10.1
American Indian/Alaska Native	0.8
Asian/Pacific Islander	0.7
Other	0.1
Language spoken most often at home	
English	95.1
Spanish	4.2
Other	0.7
Income (n=1,071)	
Less than \$10,000	13.6
\$10,001 to \$25,000	21.6
\$25,001 to \$40,000	20.3
\$40,001 to \$55,000	12.2
\$55,001 to \$70,000	9.8
\$70,001 to \$85,000	6.1
More than \$85,000	16.4
Employment status	
Employed for wages	42.3
Self-employed	6.8
Out of work for more than 1 year	2.7
Out of work for less than 1 year	2.9
Homemaker	6.6
Student	3.7
Retired	27.1
Unable to work	8.0

- A large majority (76.5 percent) of the respondents was Caucasian. American Indian/Alaska Native, Asian/Pacific Islander, and Other were combined into an Other category to run cross-tabulations.
- English was the language spoken most often at home for 95.1 percent of respondents.
- Thirty-five percent of the respondents earned under \$25,000 per year. Thirty-three percent earned between \$25,001 and \$55,000 per year. Thirty-two percent earned over \$55,000 per year.
- Nearly half (49.1 percent) of respondents were either employed for wages (42.3 percent) or were self-employed (6.8 percent). Six percent was unemployed for either more than one year (2.9 percent) or less than one year (2.7 percent). Twenty-seven percent were retired. Several categories were combined to run cross-tabulations: employed for wages and self-employed became employed; out of work for more and less than 1 year became unemployed; and homemaker, student and unable to work were also combined.

Demographics	Percentage (n=1,211)
Number of people in household	
1-2	62.6
3-4	26.2
5 or more	11.2
Children under 18 living in household	
Yes	29.8
No	70.2
Type of transportation used most often	
Your car	89.5
Public bus	1.1
Taxi	0.2
Walk	1.0
Car pool	0.2
Friend, neighbor, family drives you	7.4
Other	0.7
Language of interview	
English	97.4
Spanish	2.6
Type of study (unweighted)	
Landline telephone	83.0
Cell phone only	17.0

- A majority (62.6 percent) of the respondent households had 1 or 2 occupants. One-quarter (26.2 percent) lived in households of 3 to 4 people.
- Thirty percent of the sample had children under age 18 living in their household.
- Ninety percent used their own car as their primary mode of transportation.
- Ninety-seven percent of survey interviews were conducted in English.
- Eighty-three percent of respondents were landline respondents and 17.0 percent were cell phone only respondents.

IV. Preparedness

Table 2
Source of Information in Public Health Emergency
(n=1,170)

Source	Percentage responding
Local television	38.8
Internet web sites	16.2
Doctor/hospital/clinic	11.7
National television	10.0
Community/neighborhood sources	6.1
Radio	5.6
Government agency	4.0
Newspaper	3.5
Employer	1.4
Family/friends	1.2
School/church	0.4
Fire Department	0.2
Pamphlets	0.2
Multiple media sources	0.2
Other	0.4

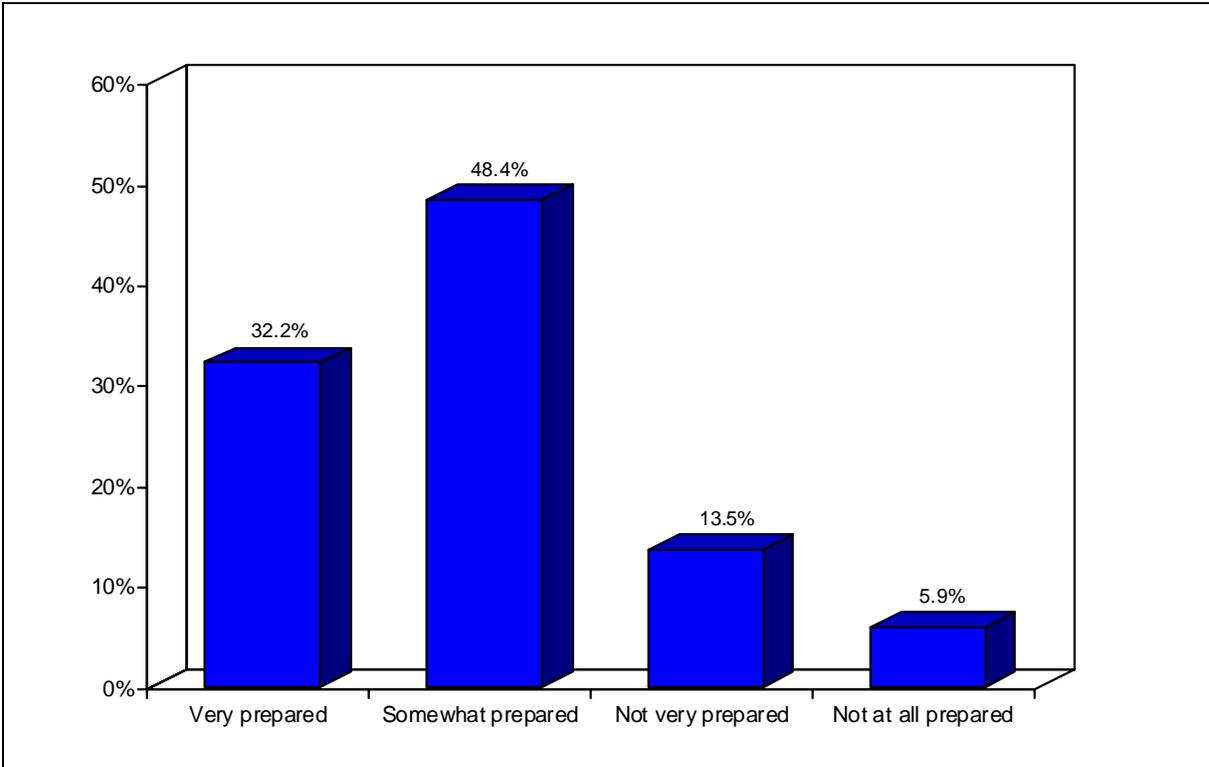
- In this set of questions, respondents were asked about their level of preparedness and the preparedness of their community in the event of a public health emergency. A public health emergency was said to include natural disasters, chemical, biological or nuclear terrorism, or outbreaks of illnesses such as the flu. Respondents were asked where they would go for the most up-to-date information if a public health emergency was announced in their area. As shown in Table 2, 38.8 percent of respondents indicated they would go to local television for information. Local television was followed by Internet web sites (16.2 percent), doctor/hospital/clinic (11.7 percent), and national television (10.0 percent).
- Comparison data across years or region can be found in Appendix B.

Table 3
Contact for Medical Treatment or Supplies in a Public Health Emergency
(n=1,181)

Source	Percentage responding
Personal doctor	51.5
Local hospital	25.9
Local health department	6.5
Local police	4.9
Family/friend/neighbor	3.5
Clinic	1.5
State health department	0.9
Employer	0.8
911	0.7
Local fire dept./EMS	0.7
Red Cross/Salvation Army	0.7
School	0.5
Pharmacy	0.3
Insurance company	0.3
Military	0.2
Local government	0.2
Keep supplies on hand	0.1
Other	0.9

- Respondents were asked whom they would contact for needed medical treatment or supplies if a public health emergency occurred. As shown in Table 3, over half (51.5 percent) would contact their personal doctor for medical treatment or supplies, while 25.9 percent would contact a local hospital. Less than 7 percent would contact any of the other sources.
- Other responses included: depends on the emergency, all of the above, the Internet, push Lifeline.

Figure 1
Preparedness of McLennan County to Face Public Health Emergency¹
(n=929)



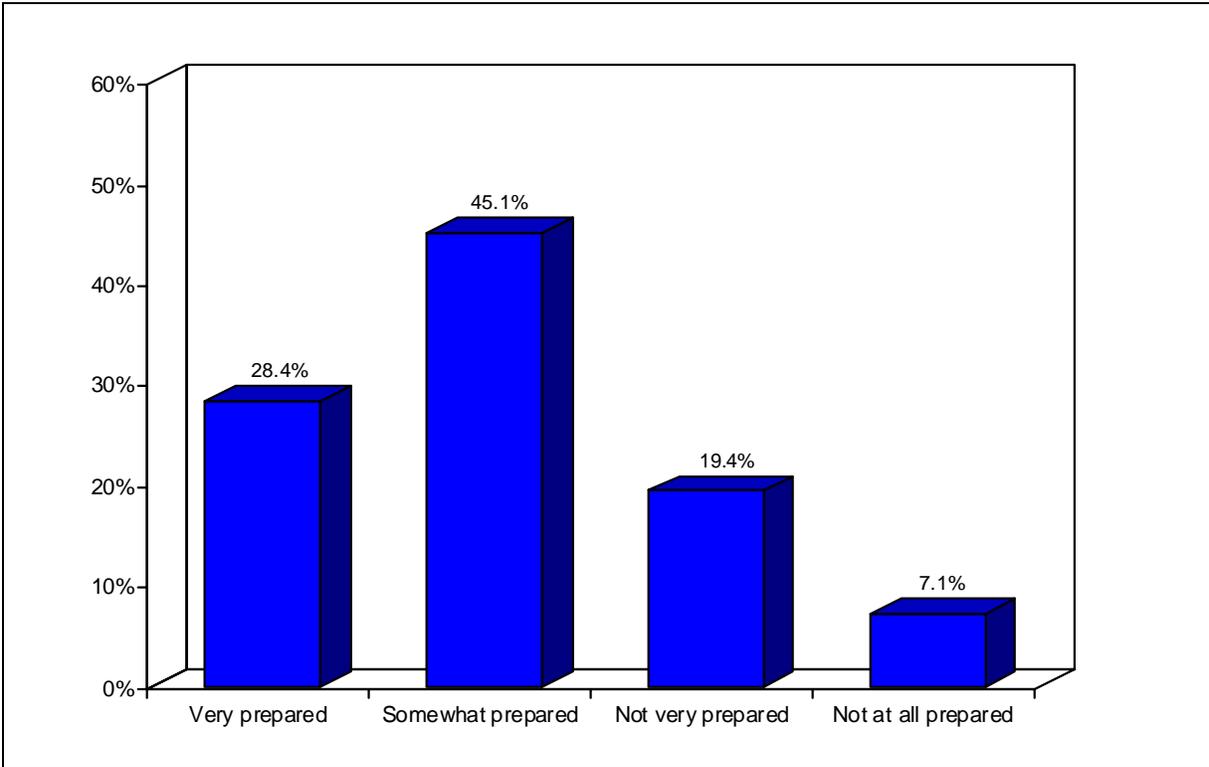
- Respondents were asked how prepared McLennan County is to face a public health emergency. As shown in Figure 1, 32.2 percent of the respondents indicated that McLennan County was very prepared, while 48.4 percent answered “somewhat prepared.” Nineteen percent reported that McLennan County was either not very prepared (13.5 percent) or not at all prepared (5.9 percent).
- Variations in perception among demographic groups are shown in Table 4. The percentages of the respondents who reported that McLennan County was either very prepared or somewhat prepared to face a public health emergency were greater among respondents with a college degree or more, married/member of unmarried couple respondents, Hispanic respondents, respondents earning more than \$85,000 per year, employed respondents, respondents living in households of 1-2 people, and respondents without children under 18 living in their household.

¹ Twenty-three percent, or 282 respondents, answered “don’t know” to this question.

Table 4
Preparedness of McLennan County to Face Public Health Emergency
by Selected Demographics

	Percentage responding			
	Very prepared	Somewhat prepared	Not very prepared	Not at all prepared
Education				
High school grad or less	35.3	43.6	13.4	7.7
Some college or technical school	33.3	47.0	12.3	7.4
College graduate or more	27.1	56.0	14.8	2.2
Marital status				
Married/member unmarried couple	32.0	51.4	11.9	4.6
Divorced	23.7	55.1	14.4	6.8
Widowed	40.0	33.0	21.7	5.2
Separated	42.9	32.1	10.7	14.3
Never been married	31.8	48.0	12.2	8.1
Age of respondent				
18 to 24	29.9	50.5	11.3	8.2
25 to 34	25.8	46.7	22.5	5.0
35 to 44	18.3	58.0	16.8	6.9
45 to 54	34.2	49.2	9.8	6.7
55 to 64	34.8	48.2	10.6	6.4
65 or older	38.7	44.0	12.8	4.5
Race/ethnicity				
White	28.9	52.0	14.2	4.9
African American	42.7	34.2	8.5	14.5
Hispanic	42.4	42.4	13.1	2.0
Other	29.4	35.3	23.5	11.8
Household income				
Less than \$10,000	27.7	39.5	20.2	12.6
\$10,001 to \$25,000	33.9	46.7	11.5	7.9
\$25,001 to \$40,000	28.2	56.9	12.6	2.3
\$40,001 to \$55,000	36.5	45.2	12.5	5.8
\$55,001 to \$70,000	35.6	47.1	16.1	1.1
\$70,001 to \$85,000	30.4	41.3	23.9	4.3
More than \$85,000	26.5	59.8	10.6	3.0
Employment status				
Employed/self-employed	30.9	52.9	12.5	3.7
Unemployed	41.1	42.9	8.9	7.1
Homemaker/study/unable to work	24.1	43.5	18.8	13.5
Retired	39.0	44.1	12.7	4.2
Number of people in household				
1-2	36.6	45.5	12.8	5.1
3-4	25.6	51.6	15.8	7.0
5 or more	25.9	54.6	12.0	7.4
Children under 18 in household				
Yes	25.0	52.4	13.9	8.8
No	35.5	46.6	13.3	4.6

Figure 2
Preparedness of Household to Face Public Health Emergency
(n=1,137)



- Respondents were asked how prepared McLennan County is to face a public health emergency. As shown in Figure 2, 73.5 percent of the respondents reported that they were either very prepared (28.4 percent) or somewhat prepared (45.1 percent). Twenty-seven percent were either not very prepared (19.4 percent) or not at all prepared (7.1 percent).
- Variations in perception among demographic groups are shown in Table 5. The percentages of the respondents who reported that their household was either very prepared or somewhat prepared to face a public health emergency increased as education increased, and varied with the age of the respondent and household income. Percentages were greater among White and Other ethnic group respondents, employed respondents, and respondents without children under 18 living in their household.

Table 5
Preparedness of Household to Face Public Health Emergency
by Selected Demographics

	Percentage responding			
	Very prepared	Somewhat prepared	Not very prepared	Not at all prepared
Education				
High school grad or less	28.7	40.8	20.3	10.2
Some college or technical school	28.0	43.4	21.1	7.4
College graduate or more	28.5	52.4	16.4	2.7
Gender				
Male	35.4	40.6	19.2	4.8
Female	24.3	47.8	19.4	8.5
Age of respondent				
18 to 24	33.7	42.3	15.4	8.7
25 to 34	19.6	42.6	26.4	11.5
35 to 44	16.6	41.7	32.5	9.3
45 to 54	32.9	46.0	16.0	5.2
55 to 64	30.5	51.1	12.6	5.7
65 or older	31.7	45.1	17.4	5.8
Race/ethnicity				
White	28.6	46.8	18.0	6.6
African American	23.7	45.9	18.5	11.9
Hispanic	32.4	29.7	31.5	6.3
Other	23.8	52.4	23.8	0.0
Household income				
Less than \$10,000	24.1	44.4	21.1	10.5
\$10,001 to \$25,000	27.3	40.3	21.8	10.6
\$25,001 to \$40,000	25.2	45.7	21.4	7.6
\$40,001 to \$55,000	35.2	44.0	17.6	3.2
\$55,001 to \$70,000	29.0	50.0	18.0	3.0
\$70,001 to \$85,000	16.7	43.9	30.3	9.1
More than \$85,000	26.5	58.4	11.4	3.6
Employment status				
Employed/self-employed	29.1	46.7	18.1	6.1
Unemployed	36.5	31.7	25.4	6.3
Homemaker/student/unable to work	19.7	45.7	22.6	12.0
Retired	31.6	44.2	18.7	5.4
Children under 18 in household				
Yes	24.5	42.7	22.2	10.5
No	30.2	46.2	18.1	5.6

Table 6
Emergency Preparations

	Percentage responding "Yes"
An emergency list of phone numbers and contacts (n=1,203)	77.5
A list of medical conditions and current medicines (n=1,200)	63.9
An Emergency Supply Kit ¹ (n=1,197)	49.0
An emergency plan for evacuation (n=1,186)	40.6
An emergency response plan (n=1,177)	39.5

- Respondents were asked if they had made any of the preparations useful in an emergency. Preparations are listed in descending order in Table 6.

Emergency list of phone numbers and contacts

- Over three-quarters (77.5 percent) had an emergency list of phone numbers and contacts.
- As shown in Table 7, divorced and widowed respondents were more likely than those of other marital status to report having an emergency list of phone numbers and contact. Percentages varied with the age of the respondent and were higher among respondents without children under 18 living in the household.

Table 7
Household Has Emergency List of Phone Numbers and Contacts by Selected Demographics

	Percentage responding	
	Yes	No
Marital status		
Married/member unmarried couple	78.6	21.4
Divorced	82.2	17.8
Widowed	80.2	19.8
Separated	72.2	27.8
Never been married	69.0	31.0
Age of respondent		
18 to 24	76.1	23.9
25 to 34	70.9	29.1
35 to 44	66.9	33.1
45 to 54	79.5	20.5
55 to 64	80.8	19.2
65 or older	81.8	18.2
Children under 18 in household		
Yes	73.3	26.7
No	79.3	20.7

List of medical conditions and current medicines

- Sixty-four percent reported having a list of medical conditions and current medicines.
- The percentage of respondents who reported having a list of medical conditions and current medicines varied with marital status, increased as the age of the respondent increased, and decreased as the number of people living in the household increased (see Table 8). Percentages

¹ "An Emergency Supply Kit" was added to this question in 2009.

were greater among female respondents, respondents of Other ethnic groups, retired respondents, respondents without children under 18 living in the household, and respondents without personal transportation.

Table 8
Household Has List of Medical Conditions and Current Medicines
by Selected Demographics

	Percentage responding	
	Yes	No
Marital status		
Married/member unmarried couple	61.7	38.3
Divorced	67.6	32.4
Widowed	84.5	15.5
Separated	55.6	44.4
Never been married	51.2	48.8
Gender		
Male	56.8	43.2
Female	67.8	32.2
Age of respondent		
18 to 24	57.0	43.0
25 to 34	38.4	61.6
35 to 44	39.9	60.1
45 to 54	62.3	37.7
55 to 64	75.5	24.5
65 or older	80.4	19.6
Race/ethnicity		
White	65.6	34.4
African American	65.7	34.3
Hispanic	47.5	52.5
Other	70.0	30.0
Employment status		
Employed/self-employed	50.4	49.6
Unemployed	61.2	38.8
Homemaker/student/unable to work	72.6	27.4
Retired	83.0	17.0
Number of people in household		
1-2	70.6	29.4
3-4	53.0	47.0
5 or more	51.9	48.1
Children under 18 in household		
Yes	53.2	46.8
No	68.4	31.6
Type of transportation		
Your car	62.4	37.6
Other	76.4	23.6

An Emergency Supply Kit

- Approximately half (49.0 percent) reported having an emergency supply kit.
- As shown in Table 9, the percentage of respondents who reported having an emergency supply kit increased as education increased, and varied with marital status, age of respondent and household income. Respondents without personal transportation were less likely to report having an emergency supply kit.

Table 9
Household Has an Emergency Supply Kit
by Selected Demographics

	Percentage responding	
	Yes	No
Education		
High school grad or less	44.2	55.8
Some college or technical school	48.6	51.4
College graduate or more	56.1	43.9
Marital status		
Married/member unmarried couple	51.1	48.9
Divorced	51.9	48.1
Widowed	37.1	62.9
Separated	38.9	61.1
Never been married	52.6	47.4
Age of respondent		
18 to 24	61.1	38.9
25 to 34	43.7	56.3
35 to 44	43.2	56.8
45 to 54	56.4	43.6
55 to 64	56.4	43.5
65 or older	41.8	58.2
Household income		
Less than \$10,000	42.4	57.6
\$10,001 to \$25,000	40.5	59.5
\$25,001 to \$40,000	53.2	46.8
\$40,001 to \$55,000	48.5	51.5
\$55,001 to \$70,000	51.9	48.1
\$70,001 to \$85,000	63.5	36.5
More than \$85,000	53.8	46.2
Type of transportation		
Your car	50.4	49.6
Other	36.8	63.2

Emergency plan for evacuation

- An emergency evacuation plan had been prepared by 40.6 percent of respondents.
- Reports of having an emergency evacuation plan were greater among respondents with a college degree or more, respondents age 45 to 54, respondents with children under 18 living in the household, landline respondents, and respondents with personal transportation (see Table 10). The percentage increased as the number of people living in the household increased.

Table 10
Household Has Emergency Evacuation Plan
by Selected Demographics

	Percentage responding	
	Yes	No
Education		
High school grad or less	34.6	65.4
Some college or technical school	43.2	56.8
College graduate or more	46.3	53.7
Age of respondent		
18 to 24	38.3	61.7
25 to 34	33.8	66.2
35 to 44	38.5	61.5
45 to 54	54.1	45.9
55 to 64	47.5	52.5
65 or older	33.4	66.6
Number of people in household		
1-2	36.1	63.9
3-4	44.9	55.1
5 or more	55.6	44.4
Children under 18 in household		
Yes	48.2	51.8
No	37.4	62.6
Type of study		
Landline telephone	44.5	55.5
Cell phone only	36.6	63.4
Type of transportation		
Your car	42.1	57.9
Other	28.9	71.1

Emergency response plan

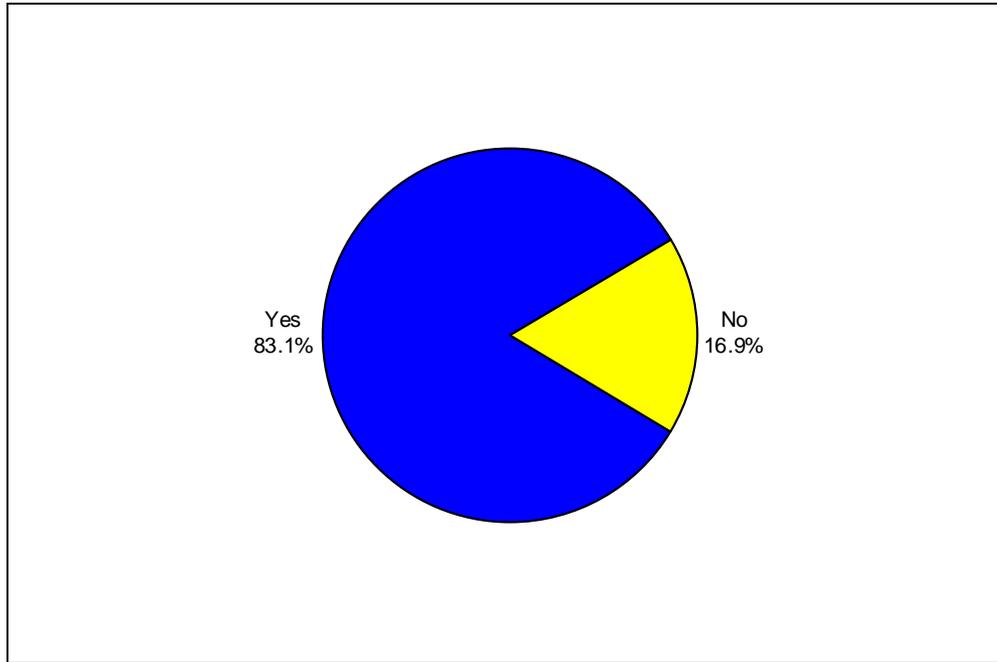
- Forty percent indicated they had an emergency response plan.
- As shown in Table 11, the percent of respondents with an emergency response plan increased as education and the number of people in the household increased, and was greater among female respondents, African American and Other ethnic group respondents, and respondents with children under 18 in their household.

Table 11
Household Has Emergency Response Plan
by Selected Demographics

	Percentage responding	
	Yes	No
Education		
High school grad or less	32.4	67.6
Some college or technical school	43.8	56.2
College graduate or more	44.2	55.8
Gender		
Male	35.6	64.4
Female	41.6	58.4
Age of respondent		
18 to 24	36.4	63.6
25 to 34	34.0	66.0
35 to 44	33.8	66.2
45 to 54	50.5	49.5
55 to 64	48.6	51.4
65 or older	32.8	67.2
Race/ethnicity		
White	40.0	60.0
African American	45.0	55.0
Hispanic	24.3	75.7
Other	45.0	55.0
Number of people in household		
1-2	36.8	63.2
3-4	39.7	60.3
5 or more	54.1	45.9
Children under 18 in household		
Yes	46.7	53.3
No	36.4	63.6

Car or Booster Seats

Figure 3
Usage of Child's Car Seat or Booster Seat When Riding in the Car
(n=191)



- Respondents with children were asked if any of their children use a car seat or booster seat when riding in the car. As shown in Figure 3, 83.1 percent of those respondents indicated their child used a car seat or booster seat when riding in the car.
- Usage of a child's car seat or booster seat when riding in the car was lower among respondents with a high school education or less (70.0 percent) compared to respondents with some college or technical school (91.1 percent) or college graduates (90.8 percent). Eighty-six percent of respondents with personal transportation and 56.2 percent of those without personal transportation reported usage of a child's car seat or booster seat.
- Eighty-two percent of children that used car seats or booster seats were age 5 or younger. Eighteen percent were ages 6 through 9.

Children under age 8 should use car/booster seat in car

- Eighty-three percent of all respondents agreed that children under age 8 should be in car seats or booster seats when riding in the car.
- Agreement that children under age 8 should be in car seats or booster seats when riding in the car was higher among respondents with a high school education or less, respondents of Other ethnic groups, respondents with children under 18 in their household, and those with no personal transportation (see Table 12). Agreement generally increased as the age of the respondent increased, generally decreased as household income increased, and decreased as the number of people in the household increased.

Table 12
Children under Age 8 Should Use Car/Booster Seat Riding in Car
by Selected Demographics

	Percentage responding	
	Agree	Disagree
Education		
High school grad or less	88.5	11.5
Some college or technical school	77.6	22.4
College graduate or more	82.2	17.8
Age of respondent		
18 to 24	72.8	27.2
25 to 34	77.2	22.8
35 to 44	83.0	17.0
45 to 54	87.2	12.8
55 to 64	82.8	17.2
65 or older	87.7	12.3
Race/ethnicity		
White	81.4	18.6
African American	82.6	17.4
Hispanic	96.6	3.4
Other	100.0	0.0
Household income		
Less than \$10,000	88.1	11.9
\$10,001 to \$25,000	81.4	18.6
\$25,001 to \$40,000	85.4	14.6
\$40,001 to \$55,000	83.1	16.9
\$55,001 to \$70,000	84.5	15.5
\$70,001 to \$85,000	84.4	15.6
More than \$85,000	73.1	26.9
Number of people in household		
1-2	86.0	14.0
3-4	83.0	17.0
5 or more	70.1	29.9
Children under 18 in household		
Yes	77.0	23.0
No	86.2	13.8
Type of transportation		
Your car	82.2	17.8
Other	93.3	6.7

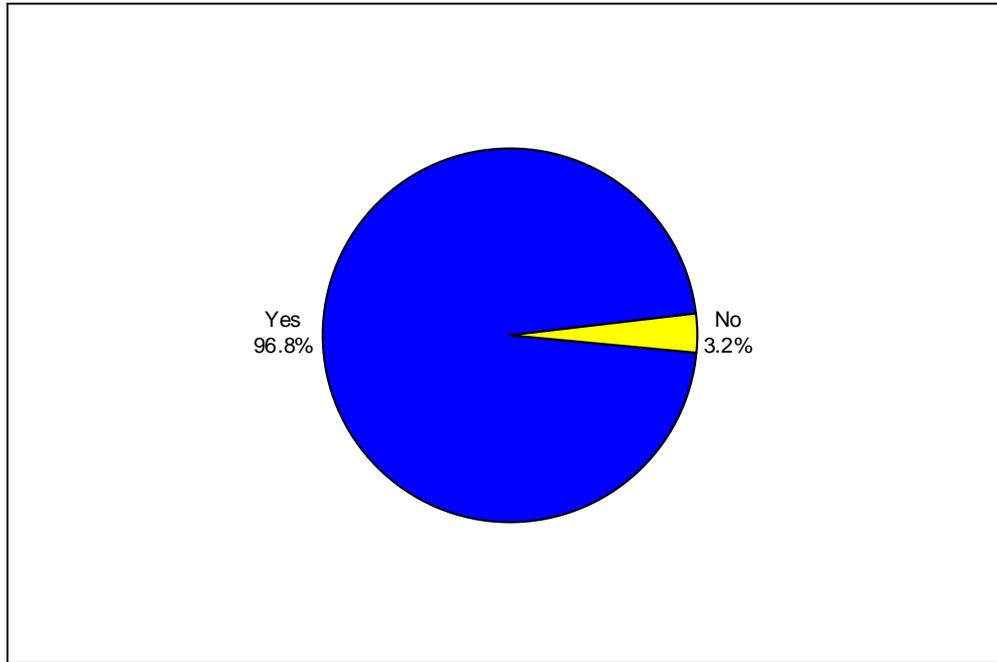
- Sixty-four percent of all respondents agreed that all children under 4 feet 9 inches should be in car seats or booster seats regardless of their age when riding in the car.
- As shown in Table 13, agreement that all children under 4 feet 9 inches in height should be in car seats or booster seats regardless of their age when riding in the car varied with education, age of the respondent, and ethnicity, and was higher among female respondents, and respondents without personal transportation. Agreement decreased as household income and the number of people living in the household increased.

Table 13
Children under 4 Feet 9 Inches Should Use Car/Boost Seat Regardless of Age
by Selected Demographics

	Percentage responding	
	Agree	Disagree
Education		
High school grad or less	72.6	27.4
Some college or technical school	53.6	46.4
College graduate or more	63.6	36.4
Gender		
Male	60.2	39.8
Female	66.5	33.5
Age of respondent		
18 to 24	61.3	38.7
25 to 34	61.5	38.5
35 to 44	61.1	38.9
45 to 54	63.0	37.0
55 to 64	58.1	41.9
65 or older	72.2	27.8
Race/ethnicity		
White	61.6	38.4
African American	67.4	32.6
Hispanic	77.6	22.4
Other	68.4	31.6
Household income		
Less than \$10,000	77.9	22.1
\$10,001 to \$25,000	66.4	33.6
\$25,001 to \$40,000	65.5	34.5
\$40,001 to \$55,000	66.1	33.9
\$55,001 to \$70,000	67.3	32.7
\$70,001 to \$85,000	49.2	50.8
More than \$85,000	48.5	51.5
Number of people in household		
1-2	66.5	33.5
3-4	65.6	34.4
5 or more	48.4	51.6
Type of transportation		
Your car	62.4	37.6
Other	79.7	20.3

Immunizations

Figure 4
Immunizations for Children under Five
(n=127)



- Respondents with children younger than age 5 were asked if their children were up-to-date with their shots (immunizations). Nearly all (96.8 percent) children were up-to-date with their shots.
- The main reason given for not being up-to-date was the child was allergic to the vaccine, the respondent was busy or the respondent had no insurance.
- Sixty-one percent of respondents whose children had been immunized reported their children got immunized at their personal doctor's office (see Table 14). Nineteen percent got their child(ren) immunized at the "Family Practice Center" and 10.6 percent went to a clinic or hospital.

Table 14
Where Children Received Their Last Immunizations
(n=119)

	Percentage responding
Your personal doctor	60.7
"Family Practice Center"	18.9
Clinic/hospital	10.6
Local Health Department	4.3
School health clinic	3.9
Military treatment facility	1.6

Table 15
Alternative Plans for Child Care

	Percentage responding "Yes"
Have alternate plan for childcare should your child's school/daycare be closed for an extended time period (n=220)	62.7
If you were unable to work for 7-10 days, either for illness or because of childcare, would you worry about losing your job (n=211)	35.7

- Nearly two-thirds of respondents with children had an alternate plan for child care if their child's school/daycare was closed for an extended time (see Table 15).
- The percentage of respondents with children who had an alternative plan for child care was higher among respondents with a college degree or more and respondents with personal transportation, and generally increased as household income increased (see Table 16).

Table 16
Alternative Plans for Child Care
by Selected Demographics

	Percentage responding	
	Yes	No
Education		
High school grad or less	56.3	43.7
Some college or technical school	53.2	46.8
College graduate or more	78.9	21.1
Household income		
Less than \$10,000	35.7	64.3
\$10,001 to \$25,000	65.0	35.0
\$25,001 to \$40,000	64.4	35.6
\$40,001 to \$55,000	71.4	28.6
\$55,001 to \$70,000	75.0	25.0
\$70,001 to \$85,000	57.1	42.9
More than \$85,000	88.9	11.1
Type of transportation		
Your car	65.2	34.8
Other	35.0	65.0

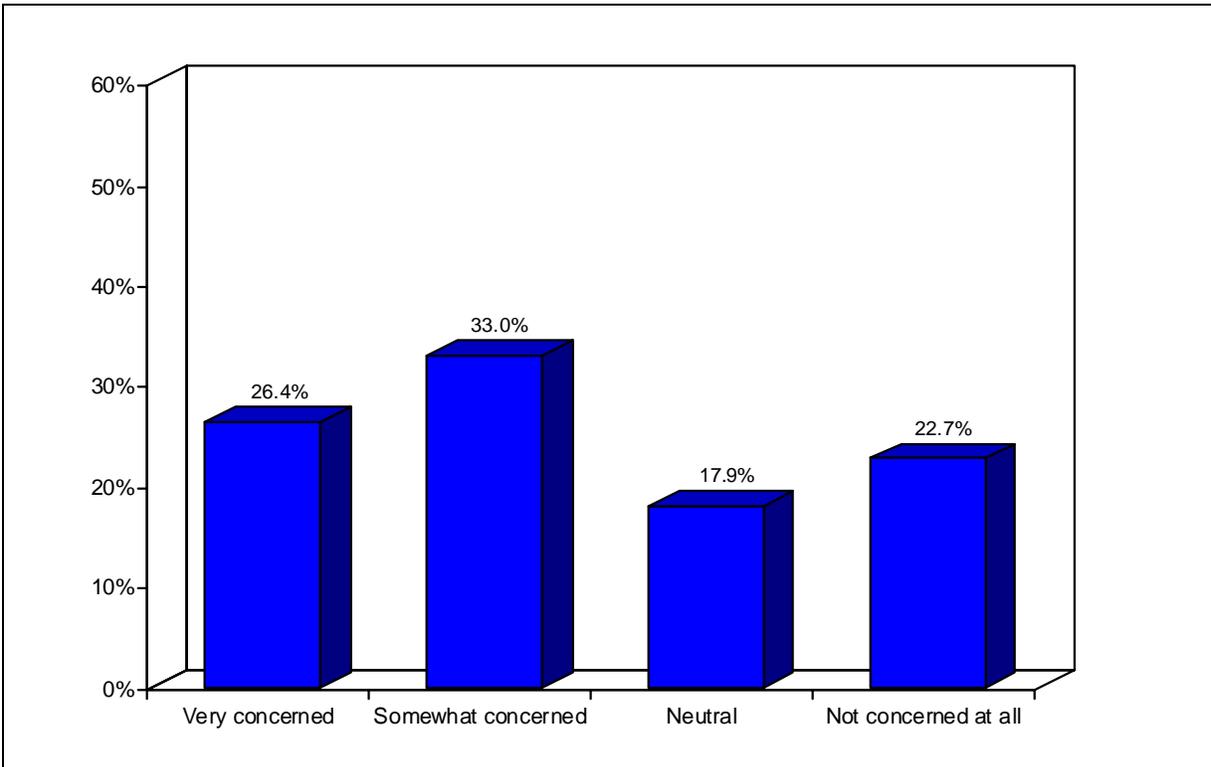
- Thirty-six percent of those respondents would worry about losing their job if they were unable to work for 7 to 10 days because of illness or child care problems.
- As shown in Table 17, the percentage of respondent with children who would worry about losing their job if they were unable to work for 7 to 10 days because of illness or child care problems decreased as education and the age of the respondent increased.

Table 17
Would Worry about Losing Job if Unable to Work for 7-10 Days
by Selected Demographics

	Percentage responding	
	Yes	No
Education		
High school grad or less	62.5	37.5
Some college or technical school	28.3	71.7
College graduate or more	11.3	88.7
Age of respondent		
18 to 24	46.2	53.8
25 to 34	43.0	57.0
35 to 44	36.8	63.2
45 to 54	14.8	85.2
55 to 64	12.5	87.5
65 or older	0.0	100.0

Flu

Figure 5
Concern about H1N1 Flu
(n=1,201)

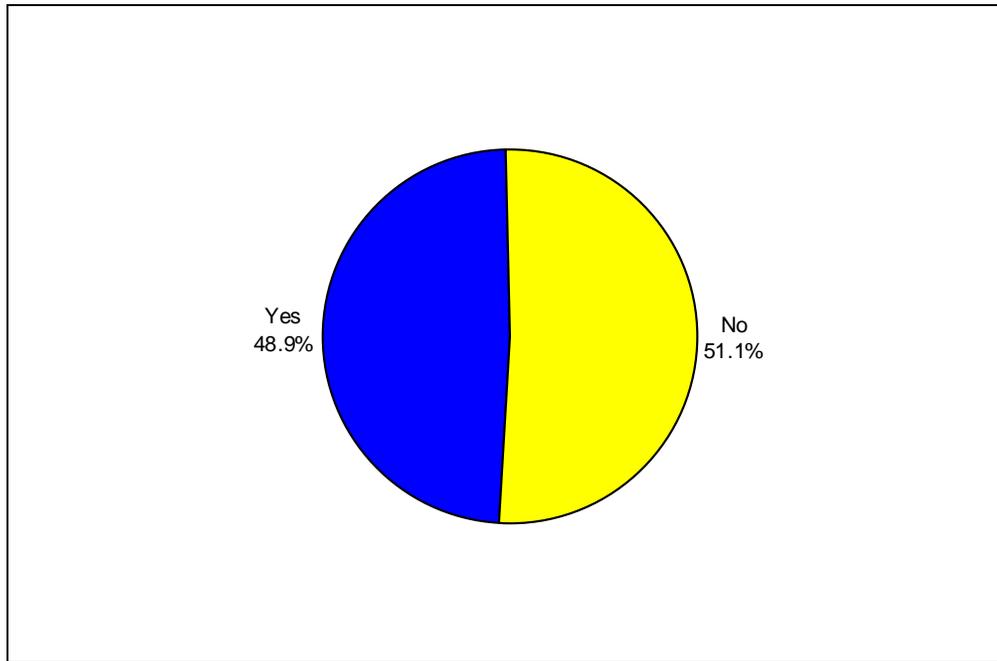


- Respondents were asked how concerned they were about swine flu/pandemic flu/Novel H1N1 flu. As shown in Figure 5, 59.4 percent of the respondents indicated that they were either very concerned (26.4 percent) or somewhat concerned (33.0 percent) about the Novel H1N1 flu.
- As concern about the Novel H1N1 flu decreased, willingness to get the H1N1 flu vaccine decreased (see Table 18). Concern decreased as education and household income increased, and increased as the age of the respondent increased. Concern was lower among male respondents, White respondents, and employed/self-employed respondents. Respondents with children under 18 living in the household were more likely to be very concerned compared to those without children under 18 living in the household.

Table 18
Level of Concern about Swine Flu/Pandemic Flu/Novel H1N1 Flu
by Selected Demographics

	Percentage responding			
	Very concerned	Somewhat concerned	Neutral	Not concerned at all
Willing to receive H1N1 flu shot if pandemic occurs				
Yes	32.3	34.7	15.2	17.8
No	9.8	24.0	27.2	39.0
Education				
High school grad or less	33.8	32.2	13.5	20.5
Some college or technical school	23.8	34.4	18.9	23.0
College graduate or more	18.7	32.5	23.1	25.7
Gender				
Male	18.8	27.7	19.5	34.1
Female	30.8	35.9	17.0	16.2
Age of respondent				
18 to 24	24.1	19.4	18.5	38.0
25 to 34	27.2	23.2	27.8	21.9
35 to 44	28.8	25.0	23.1	23.1
45 to 54	34.1	30.5	17.3	18.2
55 to 64	24.0	36.6	19.1	20.2
65 or older	21.5	44.3	11.4	22.8
Race/ethnicity				
White	21.5	35.4	18.5	24.6
African American	45.3	23.7	13.7	17.3
Hispanic	41.7	25.8	16.7	15.8
Other	25.0	40.0	20.0	15.0
Household income				
Less than \$10,000	43.1	27.1	12.5	17.4
\$10,001 to \$25,000	30.1	32.8	12.2	24.9
\$25,001 to \$40,000	24.7	34.4	20.0	20.9
\$40,001 to \$55,000	21.4	33.6	22.1	22.9
\$55,001 to \$70,000	15.4	31.7	32.7	20.2
\$70,001 to \$85,000	15.2	28.8	21.2	34.8
More than \$85,000	22.9	35.4	18.9	22.9
Employment status				
Employed/self-employed	25.2	29.8	22.8	22.2
Unemployed	30.3	36.4	13.6	19.7
Homemaker/student/unable to work	35.0	27.6	12.0	25.3
Retired	22.4	41.6	13.7	22.4
Children under 18 in household				
Yes	31.9	25.8	20.3	21.9
No	24.0	36.0	16.9	23.1

Figure 6
Had Flu Shot in Past 12 Months
(n=1,206)



- Respondents were asked if they had gotten a flu shot in the past 12 months. About half (48.9 percent) reported getting a flu shot during the past 12 months (see Figure 6).
- As shown in Table 19, the percentage of respondents who reported getting a flu shot in the past 12 months was higher among respondents with health insurance, female respondents, widowed respondents, White respondents, retired respondents, respondents in 1-2 person households, and respondents without children under 18 living in the household. Percentages increased as education and the age of the respondent increased.

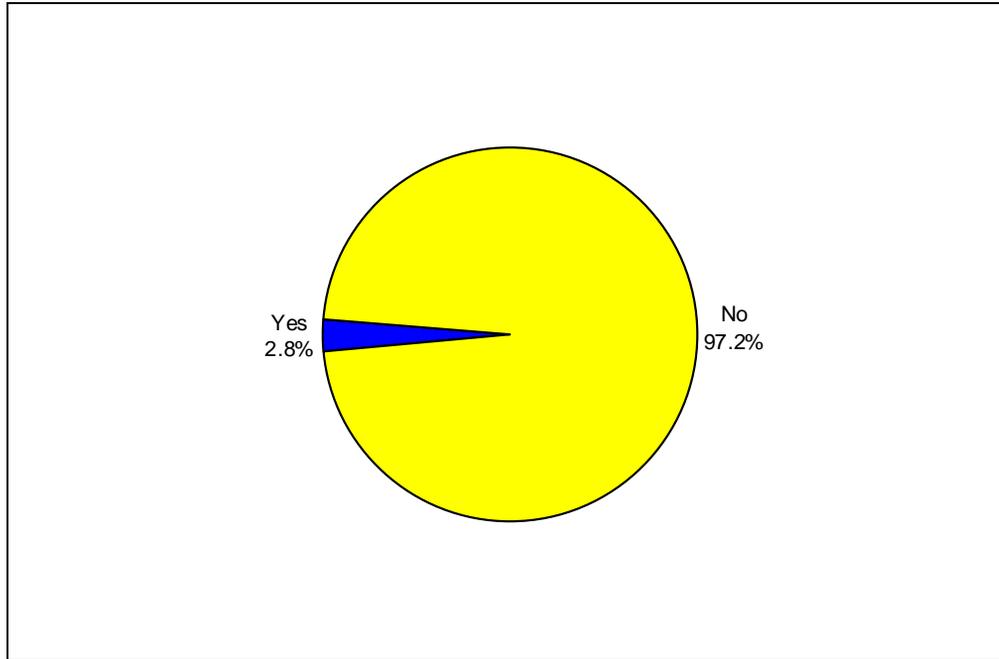
Table 19
Had Flu Shot in Past 12 Months
by Selected Demographics

	Percentage responding	
	Yes	No
Have health insurance		
Yes	55.9	44.1
No	16.3	83.7
Education		
High school grad or less	41.3	58.7
Some college or technical school	51.9	48.1
College graduate or more	55.7	44.3
Marital status		
Married/member unmarried couple	51.5	48.5
Divorced	36.3	63.7
Widowed	71.9	28.1
Separated	16.7	83.3
Never been married	32.2	67.8

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	Percentage responding	
	Yes	No
Gender		
Male	43.2	56.8
Female	52.2	47.8
Age of respondent		
18 to 24	34.9	65.1
25 to 34	23.0	77.0
35 to 44	25.6	74.4
45 to 54	44.7	55.3
55 to 64	49.5	50.5
65 or older	74.1	25.9
Race/ethnicity		
White	54.7	45.3
African American	33.6	66.4
Hispanic	27.3	72.7
Other	30.0	70.0
Employment status		
Employed/self-employed	41.3	58.7
Unemployed	16.4	83.6
Homemaker/student/unable to work	39.1	60.9
Retired	75.9	24.1
Number of people in household		
1-2	59.0	41.0
3-4	31.8	68.2
5 or more	33.3	66.7
Children under 18 in household		
Yes	29.9	70.1
No	57.0	43.0

Figure 7
Had Flu Vaccine Spray in Past 12 Months
 (n=1,211)



- Respondents were asked if they had gotten a flu vaccine that was sprayed in their nose. As shown in Figure 7, 2.8 percent had received the flu vaccine nasal spray.

Table 20
Month Received Flu Shot or Nasal Spray
 (n=521)

	Percentage responding
August 2008	2.5
September 2008	13.7
October 2008	52.7
November 2008	14.6
December 2008	1.1
January 2009	1.1
February 2009	1.2
March 2009	1.9
April 2009	1.5
May 2009	1.3
June 2009	1.1
July 2009	0.3
August 2009	0.7
September 2009	6.3

- When asked when they had received either a flu shot or the flu nasal spray, 52.7 percent of respondents answered “October 2008” (see Table 20).

Table 21
Reason for Not Receiving Flu Shot or Nasal Spray
(n=591)

	Percentage responding
Never got around to getting the flu shot	30.1
I never get the flu	18.1
Does not want a flu shot	15.2
Concerned that the flu shot/spray will make me sick	9.0
Cost	7.0
I got the flu shot once and still got the flu	4.3
I thought it should be saved for those who really needed it, I'm healthy	3.9
Vaccine not available/just became available	2.8
Not in high risk group	1.4
I've had the flu before and it wasn't that bad	1.2
Allergic/bad reaction to vaccine	1.2
No insurance	0.8
Does not like shots/needles	0.8
Did not know they could get one	0.7
Getting one soon	0.7
Concern about effectiveness of vaccine	0.7
No time to get it	0.6
Doctor advised against it/wanted to wait/did not offer it	0.6
Last shot is still good/effective	0.5
Lack of information	0.3
Pregnant	0.1

- As shown in Table 21, the most common reason for not receiving a flu shot or nasal spray was never getting around to it (30.1 percent). Other reasons included: I never get the flu (18.1 percent); do not want a flu shot (15.2 percent); concerned that the flu shot/spray will make me sick (9.0 percent); and the cost (7.0 percent). Less than 5 percent gave any of the other reasons.

Table 22
Willingness to Utilize Flu Prevention Strategies

	Percentage responding	
	Yes	No
Will get a flu shot or nasal spray this year (n=1,147)	66.6	33.4
Would utilize a drive-through shot clinic if available (n=1,146)	40.1	59.9
If there is a pandemic vaccine for the Novel H1N1 flu would you be willing to receive that vaccine (n=1,090)	76.4	23.6

Will get flu shot/spray this year

- Two-thirds of all respondents were willing to get a flu shot or nasal spray this year (see Table 22).
- The percentage of respondents who indicated they will get a flu shot or nasal spray vaccine this year was greater among respondents with health insurance, widowed respondents, female respondents, Hispanic respondents, retired respondents, respondents without children under 18 living in the household, and respondents who participated in the landline study (see Table 23). Willingness increased as education and age of the respondent increased, and decreased as the number of people living in the household increased.

Table 23
Will Get a Flu Shot or Nasal Spray This Year
by Selected Demographics

	Percentage responding	
	Yes	No
Have health insurance		
Yes	72.2	27.8
No	40.9	59.1
Education		
High school grad or less	62.1	37.9
Some college or technical school	65.6	34.4
College graduate or more	73.3	26.7
Marital status		
Married/member unmarried couple	68.3	31.7
Divorced	58.6	41.4
Widowed	85.5	14.5
Separated	54.5	45.5
Never been married	50.3	49.7
Gender		
Male	61.3	38.7
Female	69.6	30.4
Age of respondent		
18 to 24	53.8	46.2
25 to 34	54.4	45.6
35 to 44	44.9	55.1
45 to 54	63.8	36.2
55 to 64	66.1	33.9
65 or older	85.0	15.0
Race/ethnicity		
White	67.2	32.8
African American	61.2	38.8
Hispanic	73.0	27.0
Other	45.0	55.0

	Percentage responding	
	Yes	No
Employment status		
Employed/self-employed	62.9	37.1
Unemployed	31.3	68.7
Homemaker/student/unable to work	59.4	40.6
Retired	85.2	14.8
Number of people in household		
1-2	73.1	26.9
3-4	56.1	43.9
5 or more	53.6	46.4
Children under 18 in household		
Yes	56.5	43.5
No	70.8	29.2
Type of study		
Landline telephone	70.0	30.0
Cell phone only	57.2	42.8

Would utilize drive-through shot clinic

- Forty percent would utilize a drive-through shot clinic if one was available.
- As shown in Table 24, willingness to utilize a drive-through shot clinic if available was lower among respondents with health insurance, female respondents, White respondents, and those with personal transportation.

Table 24
Would Utilize a Drive-Through Shot Clinic if Available
by Selected Demographics

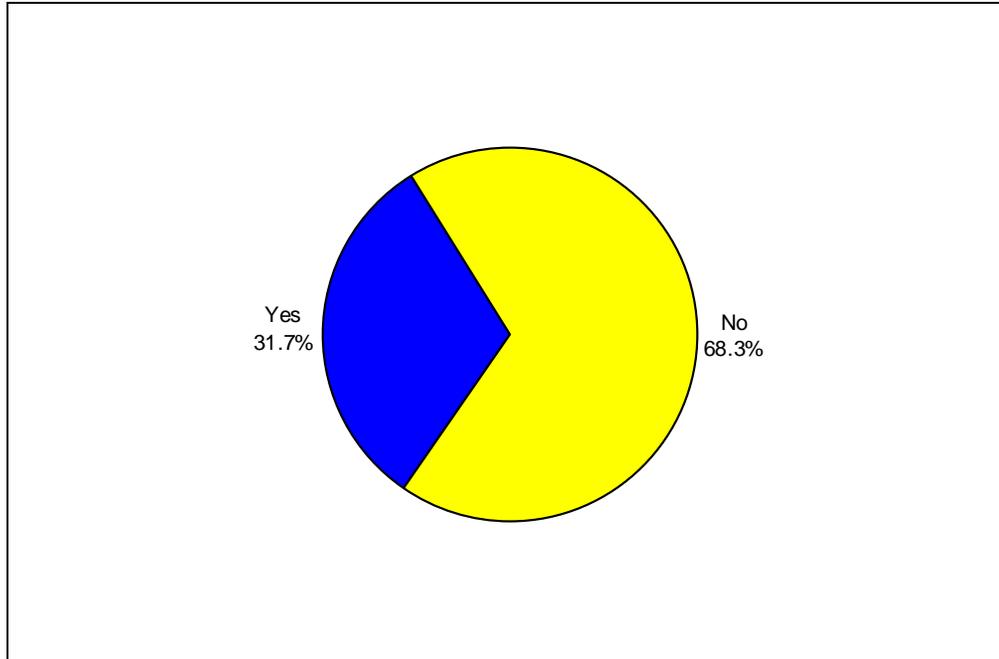
	Percentage responding	
	Yes	No
Have health insurance		
Yes	38.2	61.8
No	47.3	52.7
Gender		
Male	44.0	56.0
Female	37.7	62.3
Race/ethnicity		
White	34.8	65.2
African American	59.6	40.4
Hispanic	55.2	44.8
Other	57.1	42.9
Type of transportation		
Your car	38.9	61.1
Other	50.4	49.6

Willingness to receive H1N1 vaccine

- If there is a pandemic vaccine for the Novel H1N1 flu, 76.4 percent of respondents would be willing to receive that vaccine.
- White and Other ethnic group respondents were less likely to report they would be willing to receive Novel H1N1 vaccine than African American or Hispanic respondents: Hispanic (87.5 percent), African American (82.1 percent), Other (75.0 percent), and White (74.1 percent).

Pneumonia Vaccine

Figure 8
Had Pneumonia Vaccine
(n=1,175)



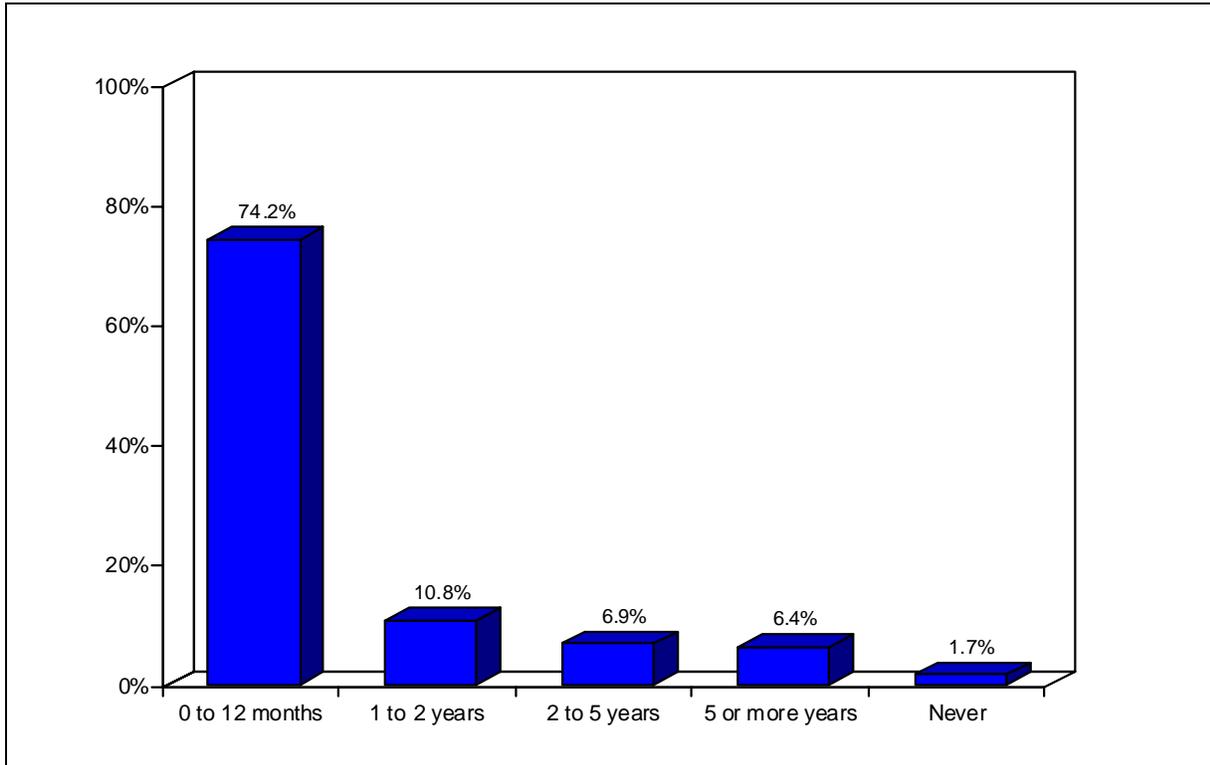
- Respondents were asked if they had gotten a pneumonia vaccine. As shown in Figure 8, 31.7 percent of respondents answered “yes.”
- The percentage of respondents who indicated they had gotten a pneumonia vaccine increased as the age of the respondent increased, and decreased as household income and the number of people living in the household increased (see Table 25). White respondents and respondents without children living in the household were more likely to report getting a pneumonia vaccine.

Table 25
Had Pneumonia Vaccine
by Selected Demographics

	Percentage responding	
	Yes	No
Age of respondent		
18 to 24	7.1	92.9
25 to 34	8.2	91.8
35 to 44	8.3	91.7
45 to 54	20.1	79.9
55 to 64	25.4	74.6
65 or older	65.8	34.2
Race/ethnicity		
White	35.0	65.0
African American	25.5	74.5
Hispanic	12.4	87.6
Other	15.0	85.0
Household income		
Less than \$10,000	35.5	64.5
\$10,001 to \$25,000	36.3	63.7
\$25,001 to \$40,000	31.8	68.2
\$40,001 to \$55,000	31.1	68.9
\$55,001 to \$70,000	30.8	69.2
\$70,001 to \$85,000	25.8	74.2
More than \$85,000	21.0	79.0
Number of people in household		
1-2	42.3	57.7
3-4	16.0	84.0
5 or more	7.5	92.5
Children under 18 in household		
Yes	10.7	89.3
No	40.4	59.6

V. Health Status

Figure 9
How Long Since Your Last Routine Checkup
(n=1,185)

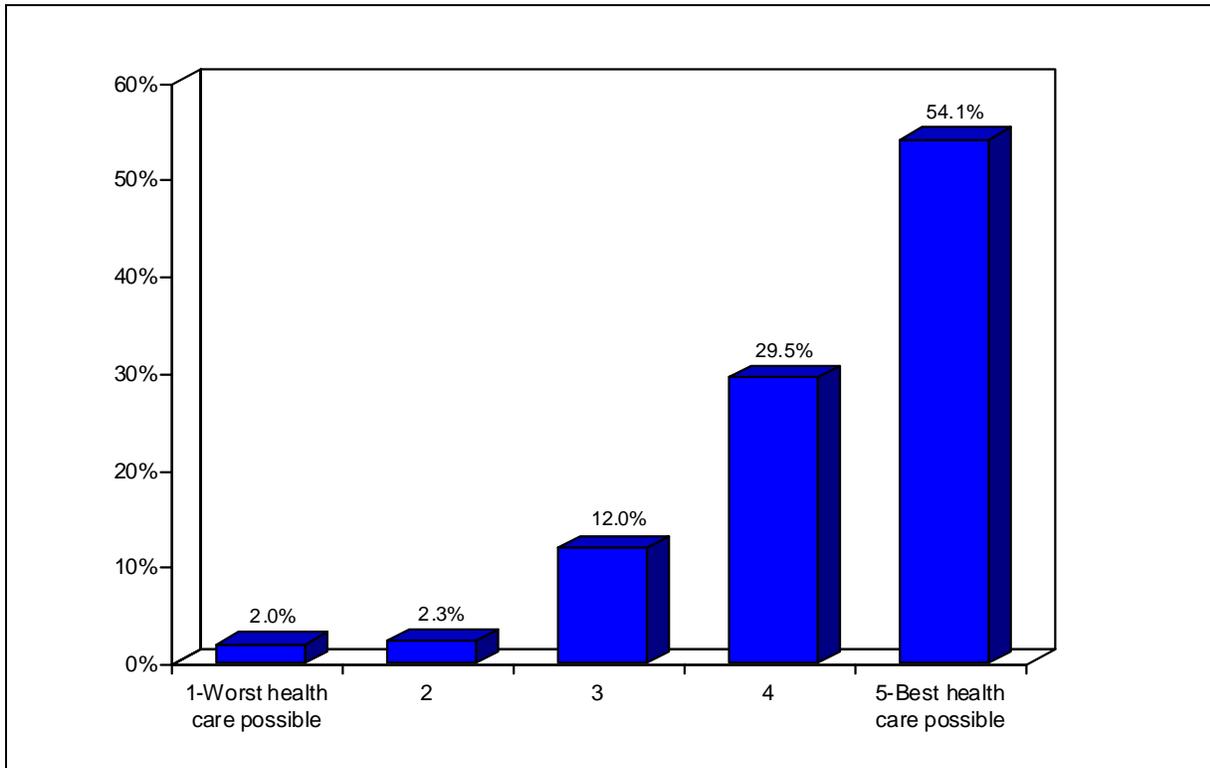


- This set of questions concerns health care. Respondents were asked how long it had been since they had visited a doctor for a routine checkup (defined as a general physical exam). Approximately three-quarters (74.2 percent) of respondents reported visiting a doctor for a routine checkup in the past 12 months (see Figure 9).
- Respondents with health insurance were more likely to report getting a routine checkup in the past 12 months than those without health insurance (see Table 26). Percentages of those getting a routine checkup in the past 12 months was greater among female respondents, retired respondents, and respondents without children under 18 living in the household. The percentage of getting a checkup in the past 12 months decreased as the number of people living in the household increased.

Table 26
How Long Since Last Visited Doctor for Routine Checkup
by Selected Demographics

	Percentage responding				
	0 to 12 months ago	1 to 2 years ago	2 to 5 years ago	5 or more years ago	Never
Have health insurance					
Yes	80.5	10.0	4.9	3.0	1.7
No	46.0	14.2	15.6	21.8	2.4
Gender					
Male	65.7	10.6	12.6	9.4	1.6
Female	79.1	10.9	3.6	4.5	1.9
Employment status					
Employed/self-employed	64.4	14.2	9.5	9.3	2.6
Unemployed	73.8	13.8	4.6	7.7	0.0
Homemaker/student/unable to work	79.0	5.0	7.3	5.9	2.7
Retired	88.4	8.1	2.5	0.9	0.0
Number of people in household					
1-2	80.3	8.2	5.0	5.2	1.3
3-4	66.1	13.0	11.4	7.2	2.3
5 or more	58.6	20.3	6.8	11.3	3.0
Children under 18 in household					
Yes	65.0	15.0	9.3	8.2	2.5
No	78.0	9.0	5.9	5.6	1.4

Figure 10
Ratings of Health Care Received in Past 12 Months
(n=1,169)

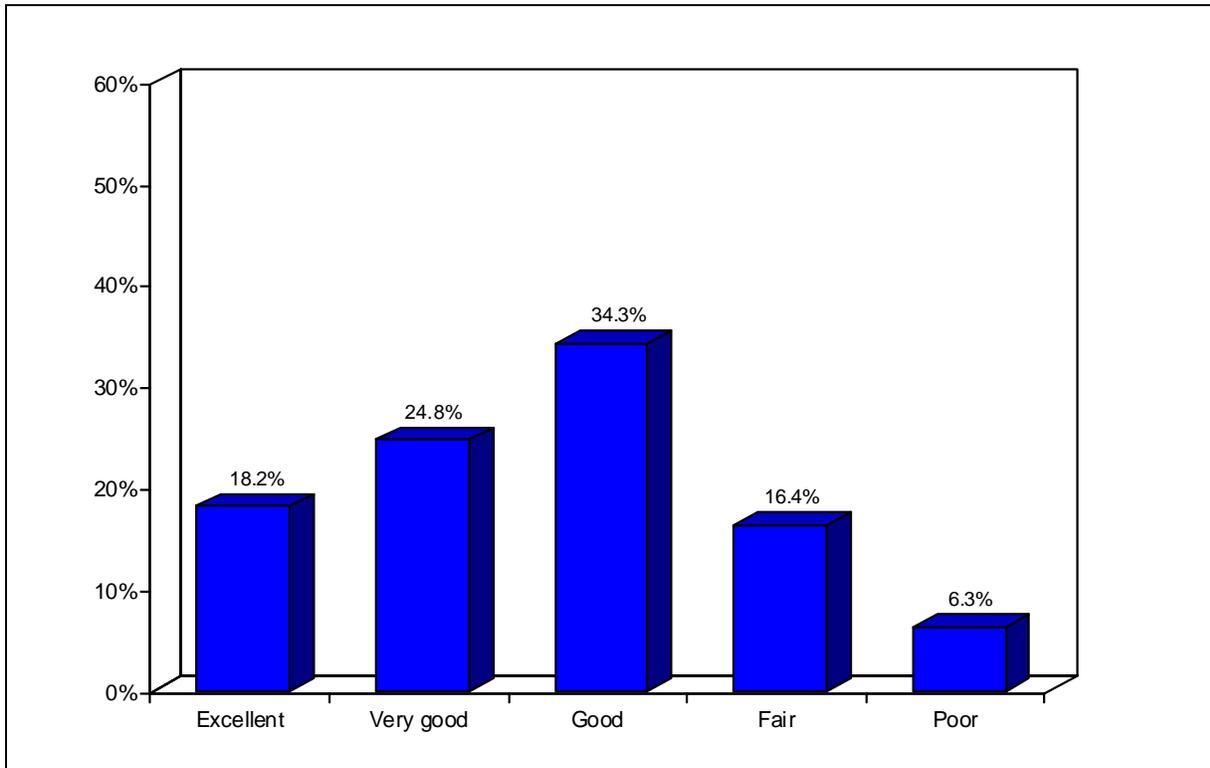


- Respondents who had received health care in the past 12 months were asked to rate care from all doctors and other health providers on a scale of 1 (worst) to 5 (best). Fifty-four percent rated their health care as the best health care possible (see Figure 10). The mean score was 4.31.
- As shown in Table 27, mean scores varied with demographics. Respondents with health insurance (4.40) had a higher mean score than those without health insurance (3.86). Scores were higher among college educated respondents, female respondents, White respondents, and respondents without children under 18 living in the household. Scores increased as the age of the respondent and household income increased.

Table 27
Rating of Health Care Received in Past 12 Months
by Selected Demographics

	Mean Score
Have health insurance	
Yes	4.40
No	3.86
Education	
High school grad or less	4.25
Some college or technical school	4.25
College graduate or more	4.46
Gender	
Male	4.23
Female	4.36
Age of respondent	
18 to 24	4.13
25 to 34	3.99
35 to 44	4.11
45 to 54	4.24
55 to 64	4.43
65 or older	4.55
Race/ethnicity	
White	4.38
African American	4.02
Hispanic	4.12
Other	4.08
Household income	
Less than \$10,000	4.05
\$10,001 to \$25,000	4.17
\$25,001 to \$40,000	4.25
\$40,001 to \$55,000	4.47
\$55,001 to \$70,000	4.38
\$70,001 to \$85,000	4.38
More than \$85,000	4.56
Children under 18 in household	
Yes	4.15
No	4.38

Figure 11
General Health Status
(n=1,206)

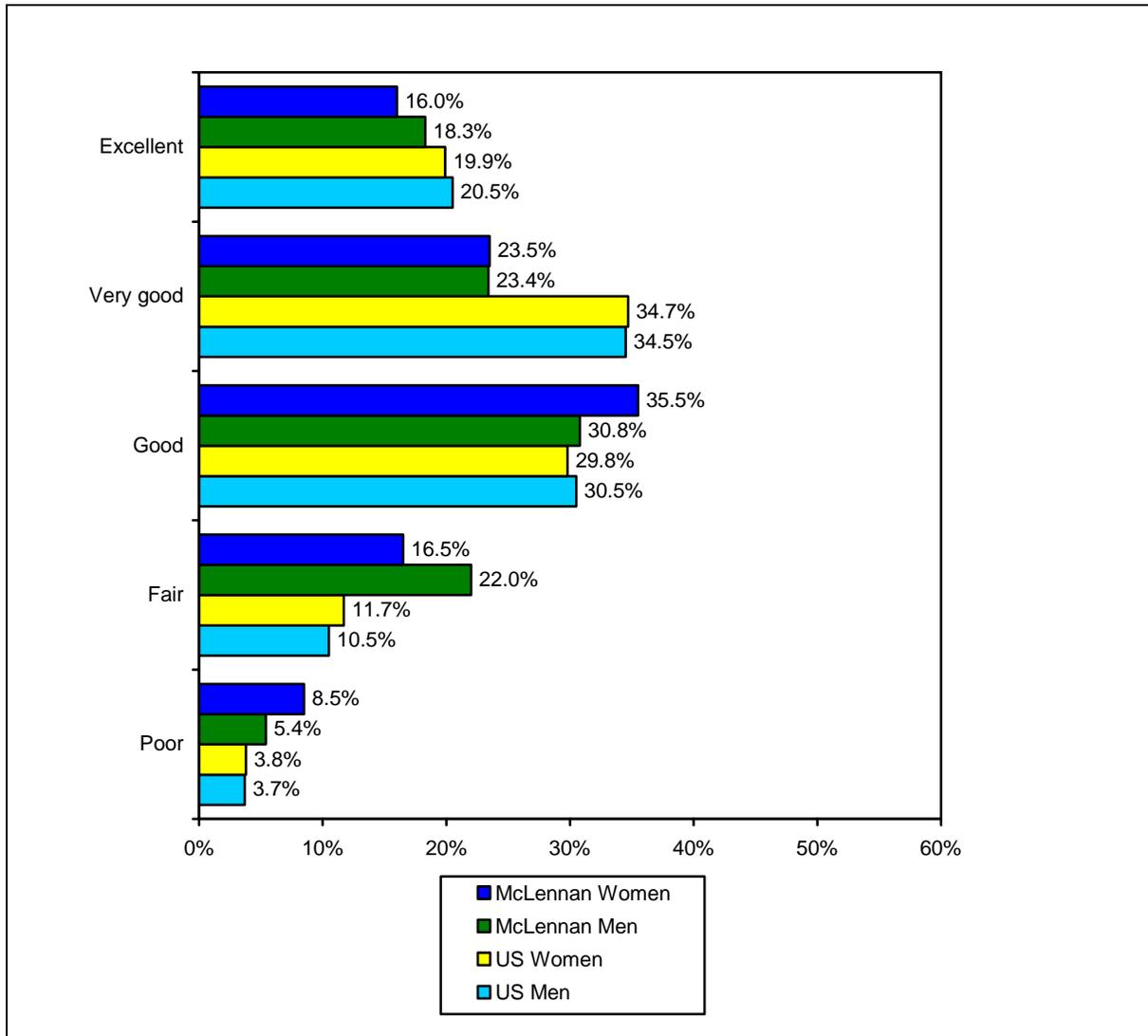


- Respondents were asked about the status of their health. As shown in Figure 11, 43.0 percent of respondents reported they were in excellent (18.2 percent) or very good (24.8 percent) health. Thirty-four percent were in good health. Twenty-three percent were in fair (16.4 percent) or poor (6.3 percent) health.
- The percentage of respondents reporting excellent or very good health increased as education, household income, and the number of people living in the household increased, and varied with the age of the respondent (see Table 28). Excellent or very good health reports were higher among male respondents, White respondents, and respondents with children under 18 living in the household.

Table 28
General Health Status
by Selected Demographics

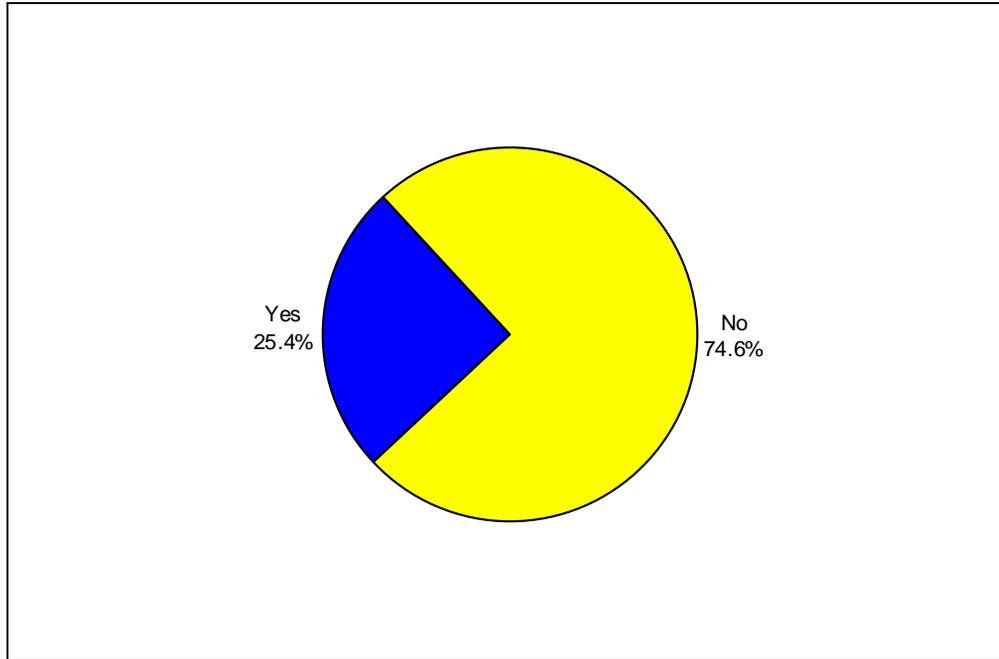
	Percentage responding				
	Excellent	Very good	Good	Fair	Poor
Education					
High school grad or less	11.3	20.0	36.6	23.9	8.2
Some college or technical school	16.8	29.3	33.6	14.6	5.7
College graduate or more	29.8	26.6	32.1	8.1	3.5
Gender					
Male	20.9	24.5	31.1	19.0	4.5
Female	16.7	25.0	36.1	14.9	7.3
Age of respondent					
18 to 24	21.1	32.1	35.8	9.2	1.8
25 to 34	21.9	25.8	43.0	9.3	0.0
35 to 44	25.5	28.7	24.2	19.1	2.5
45 to 54	21.4	25.0	31.4	15.9	6.4
55 to 64	15.2	19.6	32.6	20.1	12.5
65 or older	12.6	23.4	36.1	19.2	8.7
Race/ethnicity					
White	19.5	27.3	32.4	14.1	6.7
African American	12.1	13.6	42.1	27.1	5.0
Hispanic	17.6	16.0	37.0	24.4	5.0
Other	9.5	28.6	52.4	4.8	4.8
Household income					
Less than \$10,000	8.3	18.8	29.9	25.0	18.1
\$10,001 to \$25,000	10.5	17.5	36.7	27.5	7.9
\$25,001 to \$40,000	17.1	24.9	41.0	11.5	5.5
\$40,001 to \$55,000	22.3	24.6	36.2	15.4	1.5
\$55,001 to \$70,000	21.9	34.3	32.4	8.6	2.9
\$70,001 to \$85,000	16.7	31.8	34.8	13.6	3.0
More than \$85,000	35.2	30.7	26.7	7.4	0.0
Number of people in household					
1-2	15.8	23.3	34.5	17.6	8.8
3-4	19.9	29.3	36.0	12.3	2.5
5 or more	27.2	22.8	29.4	19.1	1.5
Children under 18 in household					
Yes	23.8	27.1	33.0	13.9	2.2
No	15.7	23.8	34.9	17.5	8.0

Figure 12
General Health Status by Gender



- Respondent health status was cross-tabulated by gender and compared with Center of Disease Control national data. Respondent health status is less likely to be excellent or very good compared to the national sample (see Figure 12). US Findings: <http://www.cdc.gov/Features/dsMenBRFSS/>.

Figure 13
Limited Activities Due to Impairment or Health Problem
(n=1,204)



- Respondents were asked if they were limited in any way in any activities because of any impairment or health problem. One-quarter (25.4 percent) of the respondents answered “yes” (see Figure 13).
- The percentage of respondents who reported they were limited in their activities due to impairment or health problem generally increased as the age of the respondent increased, and was higher among White respondents, homemaker/student/unable to work respondents, and respondents without children under 18 living in the household (see Table 29).

Table 29
Limited Activities Due to Impairment or Health Problem
by Selected Demographics

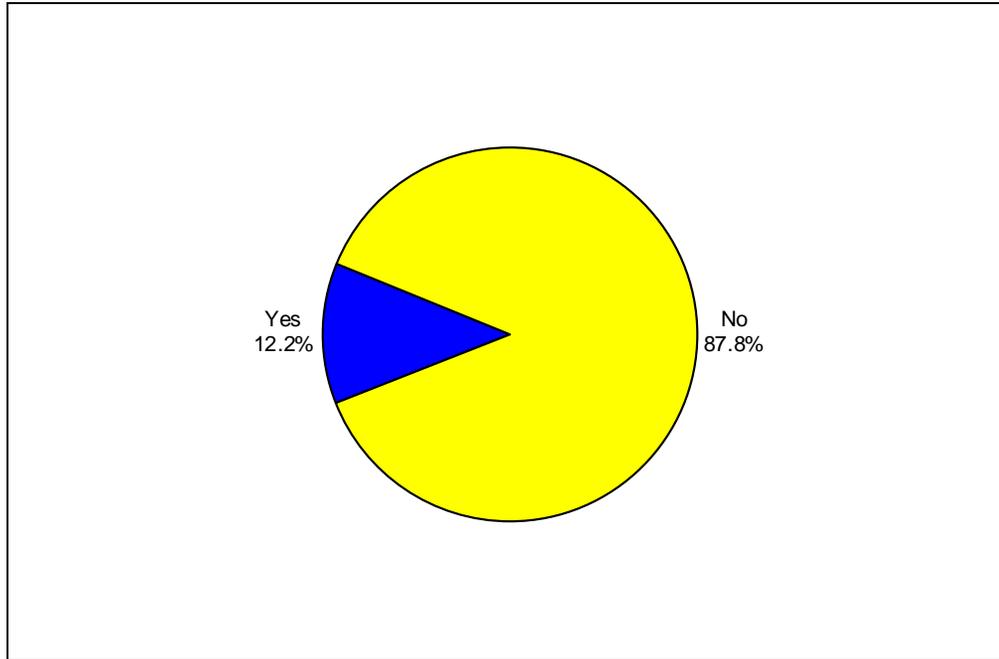
	Percentage responding	
	Yes	No
Age of respondent		
18 to 24	16.5	83.5
25 to 34	8.7	91.3
35 to 44	17.5	82.5
45 to 54	28.1	71.9
55 to 64	37.0	63.0
65 or older	30.7	69.3
Race/ethnicity		
White	27.2	72.8
African American	24.8	75.2
Hispanic	12.9	87.1
Other	14.3	85.7
Employment status		
Employed/self-employed	13.2	86.8
Unemployed	16.4	83.6
Homemaker/student/unable to work	50.2	49.8
Retired	32.4	67.6
Children under 18 in household		
Yes	16.5	83.5
No	29.1	70.9

Table 30
Major Impairment or Health Problem Limiting Mobility
(n=302)

	Percentage responding
Back or neck pain	13.3
Arthritis/rheumatism	12.6
Fractures, bone, joint injury	11.9
Lung/breathing problem	9.5
Heart problem	8.6
Walking problem	8.5
Eye/vision problem	5.4
Age	3.9
Muscular	3.2
Neurological	3.0
Cancer	2.9
Stroke problem	2.1
Depression/anxiety/emotional problem	1.9
Diabetes	1.7
Epilepsy/seizures	1.7
Overweight	1.3
Hypertension/high blood pressure	1.2
Tumors/cysts	0.9
Hepatitis	0.8
Pregnant	0.7
Birth defect	0.6
Digestive	0.6
Food allergies	0.6
Circulation	0.6
Gall bladder	0.1
Mental illness	0.1
Other	2.2

- Respondents who were limited in activities due to an impairment or health problem were asked how they were limited. As shown in Table 30, back or neck pain (13.3 percent), arthritis/rheumatism (12.6 percent), and fractures/bone/joint injury (11.9 percent) were the most common problems.

Figure 14
Need Help with Routine Chores Due to Impairment/Health Problem
(n=1,202)



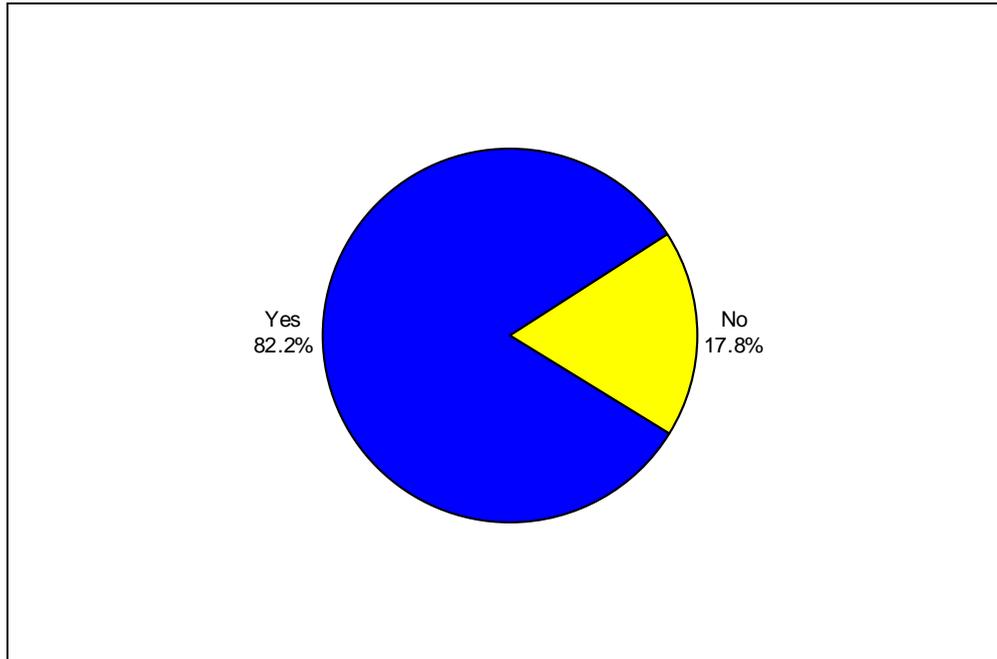
- Respondents with an impairment or health problem that limits their activities were asked if they needed help from other persons handling routine needs, such as everyday household chores, doing necessary business, shopping, or getting around for other purposes. Twelve percent of those respondents answered “yes” (see Figure 14).
- As shown in Table 31, the percentage of respondents with limitations was higher among female respondents, African American respondents, and respondents without children under 18 living in the household. The percentage decreased as household income and the number of people living in the household increased.

Table 31
Need Help with Routine Chores Due to Impairment/Health Problem
by Selected Demographics

	Percentage responding	
	Yes	No
Gender		
Male	7.8	92.2
Female	14.6	85.4
Age of respondent		
18 to 24	6.4	93.6
25 to 34	4.0	96.0
35 to 44	11.1	88.9
45 to 54	11.7	88.3
55 to 64	14.8	85.2
65 or older	16.8	83.2
Race/ethnicity		
White	10.7	89.3
African American	20.6	79.4
Hispanic	12.5	87.5
Other	5.0	95.0
Household income		
Less than \$10,000	37.7	62.3
\$10,001 to \$25,000	13.4	86.6
\$25,001 to \$40,000	6.9	93.1
\$40,001 to \$55,000	5.4	94.6
\$55,001 to \$70,000	5.8	94.2
\$70,001 to \$85,000	7.7	92.3
More than \$85,000	2.9	97.1
Number of people in household		
1-2	15.0	85.0
3-4	8.2	91.8
5 or more	5.3	94.7
Children under 18 in household		
Yes	7.6	92.4
No	14.2	85.8
Type of transportation		
Your car	7.6	92.4
Other	52.0	48.0

VI. Health Care Access

Figure 15
Have Health Insurance
(n=1,205)



- Respondents were asked if they had any type of health insurance, such as private insurance, Medicaid, or Medicare. Eighty-two percent of respondents answered “yes” (see Figure 15).
- As shown in Table 32, the percentage of respondents who had any type of health insurance increased as education, the age of the respondent, and household income increased, and decreased as the number of people living in the household increased. The percentage was higher among widowed respondents, female respondents, White respondents, retired respondents, respondents participating in the landline study, and respondents with personal transportation.
- Other survey questions were cross-tabulated by whether the respondent had health insurance (see Table 33). The percentage of respondents who had been tested for cholesterol, mammogram, and/or prostate exam was higher among those with health insurance than those without it. Being tested for HIV was the exception.

Table 32
Have Health Insurance
by Selected Demographics

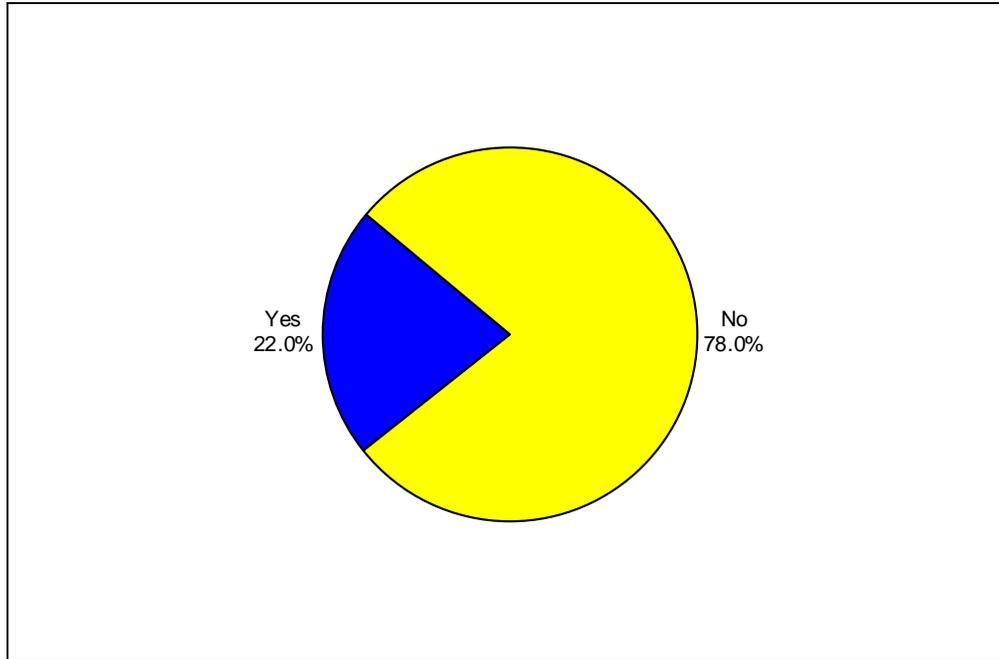
	Percentage responding	
	Yes	No
Education		
High school grad or less	74.5	25.5
Some college or technical school	80.5	19.5
College graduate or more	94.8	5.2
Marital status		
Married/member unmarried couple	87.8	12.2
Divorced	71.3	28.7
Widowed	96.5	3.5
Separated	41.7	58.3
Never been married	62.9	37.1
Gender		
Male	77.3	22.7
Female	85.0	15.0
Age of respondent		
18 to 24	66.7	33.3
25 to 34	61.6	38.4
35 to 44	71.0	29.0
45 to 54	81.5	18.5
55 to 64	85.9	14.1
65 or older	97.7	2.3
Race/ethnicity		
White	87.6	12.4
African American	73.0	27.0
Hispanic	51.2	48.8
Other	80.0	20.0
Household income		
Less than \$10,000	69.0	31.0
\$10,001 to \$25,000	71.9	28.1
\$25,001 to \$40,000	79.3	20.7
\$40,001 to \$55,000	82.3	17.7
\$55,001 to \$70,000	94.3	5.7
\$70,001 to \$85,000	89.4	10.6
More than \$85,000	97.1	2.9
Employment status		
Employed/self-employed	77.1	22.9
Unemployed	53.7	46.3
Homemaker/student/unable to work	81.3	18.7
Retired	97.8	2.2
Number of people in household		
1-2	87.8	12.2
3-4	78.2	21.8
5 or more	60.0	40.0
Children under 18 in household		
Yes	69.4	30.6
No	87.6	12.4
Type of study		
Landline telephone	86.8	13.2
Cell phone only	67.5	32.5

	Percentage responding	
	Yes	No
Type of transportation		
Your car	83.4	16.6
Other	72.1	27.9

Table 33
Have Health Insurance
by Other Questions

	Percentage responding	
	Yes	No
Ever had blood cholesterol checked		
Yes	88.5	11.5
No	52.9	47.1
Ever had a mammogram		
Yes	90.2	9.8
No	68.6	31.4
Had prostate exam in the past 12 months		
Yes	92.5	7.5
No	67.7	32.3
Ever been tested for HIV		
Yes	73.3	26.7
No	85.7	14.3

Figure 16
Someone in Household Did Not Have Health Insurance in Past 12 Months
(n=1,208)

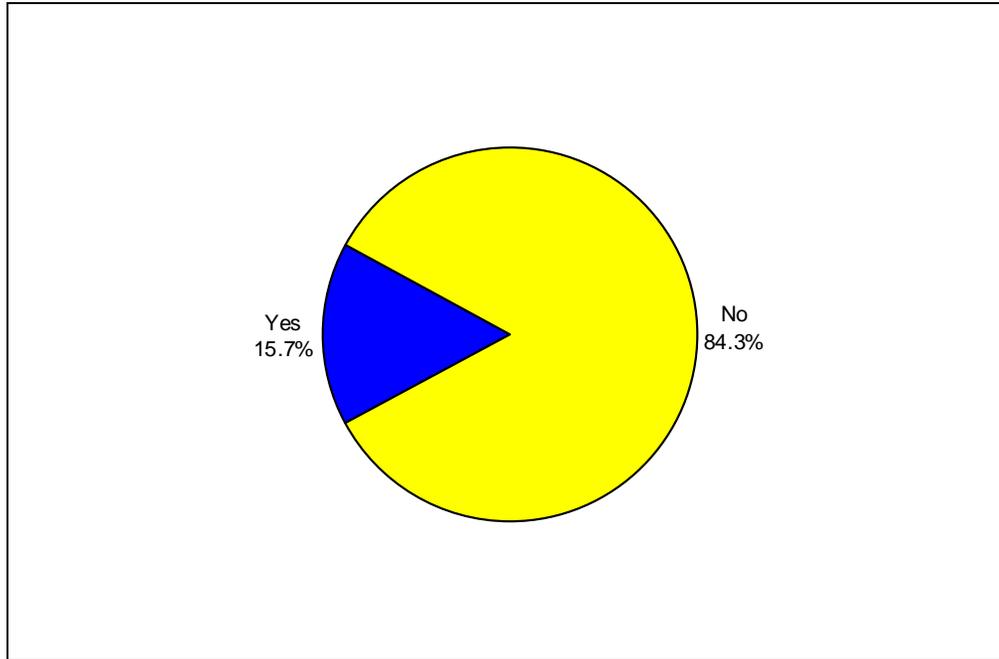


- Respondents were asked if, during the past 12 months, there was a time that someone in their household did not have any health insurance or coverage. Twenty-two percent answered “yes” (see Figure 16).
- As shown in Table 34, the percentage of respondents who reported someone in their household was without health insurance in the past 12 months generally decreased as the age of the respondent increased, increased as the number of people living in the household increased, and varied with marital status, ethnicity, and household income. The percentage was higher among unemployed respondents, respondents with children under 18 living in the household, and respondents participating in the cell phone only study.

Table 34
Someone in Household Did Not Have Health Insurance in Past 12 Months
by Selected Demographics

	Percentage responding	
	Yes	No
Marital status		
Married/member unmarried couple	17.0	83.0
Divorced	38.7	61.3
Widowed	11.7	88.3
Separated	38.9	61.1
Never been married	36.2	63.8
Age of respondent		
18 to 24	32.4	67.6
25 to 34	44.7	55.3
35 to 44	27.6	72.4
45 to 54	23.1	76.9
55 to 64	22.3	77.7
65 or older	7.6	92.4
Race/ethnicity		
White	17.8	82.2
African American	31.4	68.6
Hispanic	43.0	57.0
Other	20.0	80.0
Household income		
Less than \$10,000	32.4	67.6
\$10,001 to \$25,000	37.7	62.3
\$25,001 to \$40,000	28.1	71.9
\$40,001 to \$55,000	13.8	86.2
\$55,001 to \$70,000	8.7	91.3
\$70,001 to \$85,000	15.2	84.8
More than \$85,000	6.8	93.2
Employment status		
Employed/self-employed	25.6	74.4
Unemployed	37.3	62.7
Homemaker/student/unable to work	31.2	68.8
Retired	6.5	93.5
Number of people in household		
1-2	15.5	84.5
3-4	30.9	69.1
5 or more	37.8	62.2
Children under 18 in household		
Yes	35.1	64.9
No	16.5	83.5
Type of study		
Landline telephone	18.7	81.3
Cell phone only	35.4	64.6

Figure 17
Could Not See Doctor Due to Cost
(n=1,209)

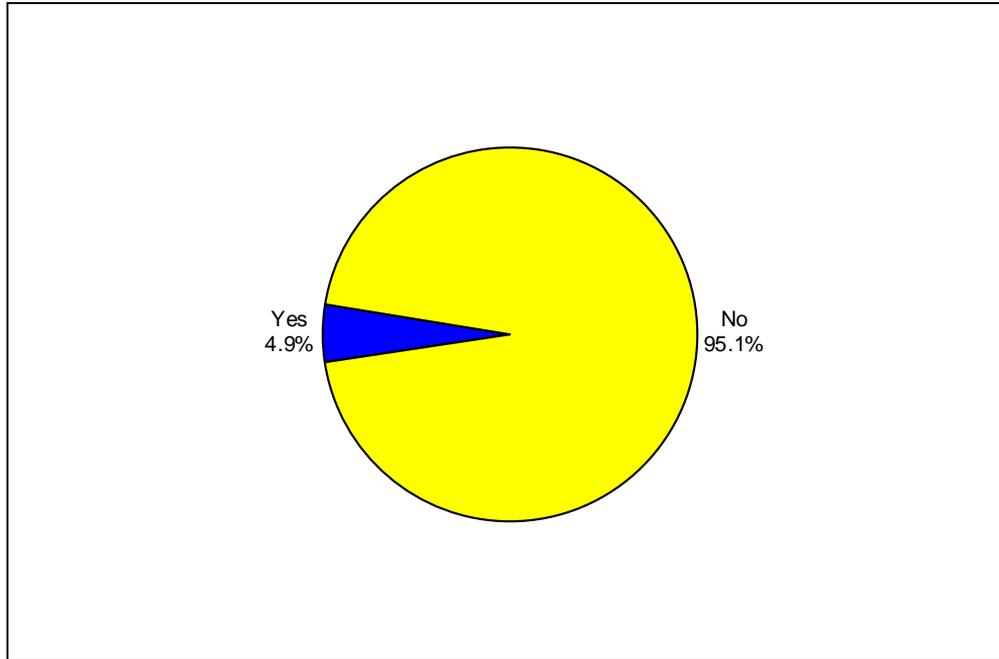


- Respondents were asked if there was a time during the past 12 months that they or anyone in their household needed to see a doctor but could not because of the cost. Sixteen percent of respondents answered “yes” (see Figure 17).
- The percentage of respondents reported someone needing to see a doctor could not because of the cost decreased as the age of the respondent and household income increased, increased as the number of people living in the household increased, and was greater among divorced respondents, African American respondents, unemployed respondents, and respondents with children under 18 living in the household (see Table 35).

Table 35
Could Not See Doctor Due to Cost
by Selected Demographics

	Percentage responding	
	Yes	No
Marital status		
Married/member unmarried couple	11.4	88.6
Divorced	30.7	69.3
Widowed	9.3	90.7
Separated	22.2	77.8
Never been married	26.4	73.6
Age of respondent		
18 to 24	25.0	75.0
25 to 34	29.1	70.9
35 to 44	23.1	76.9
45 to 54	17.6	82.4
55 to 64	16.4	83.6
65 or older	3.4	96.6
Race/ethnicity		
White	12.9	87.1
African American	27.5	72.5
Hispanic	24.8	75.2
Other	14.3	85.7
Household income		
Less than \$10,000	26.9	73.1
\$10,001 to \$25,000	29.0	71.0
\$25,001 to \$40,000	17.5	82.5
\$40,001 to \$55,000	13.1	86.9
\$55,001 to \$70,000	2.9	97.1
\$70,001 to \$85,000	4.6	95.4
More than \$85,000	4.0	96.0
Employment status		
Employed/self-employed	16.4	83.6
Unemployed	32.8	67.2
Homemaker/student/unable to work	28.2	71.8
Retired	2.8	97.2
Number of people in household		
1-2	10.3	89.7
3-4	24.0	76.0
5 or more	26.7	73.3
Children under 18 in household		
Yes	25.6	74.4
No	11.4	88.6

Figure 18
Problems Getting to Health Care Provider
(n=1,200)



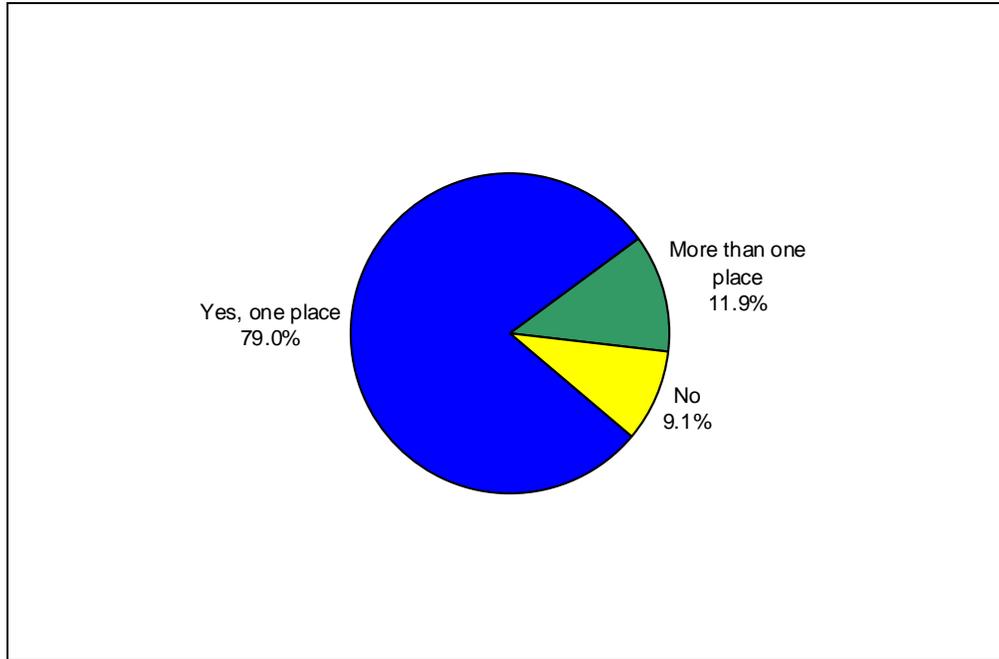
- When respondents were asked if they had a problem getting to their health care provider, 4.9 percent reported a problem (see Figure 18).
- African American (12.2 percent) respondents were more likely than Hispanic (8.4 percent), Other (4.8 percent) or White (3.5 percent) respondents to report problems getting to their health care provider. Respondents without personal transportation (27.2 percent) were more likely to report problems getting to their health care provider than those with a car (2.3 percent).

Table 36
Type of Problem Getting to Health Care Provider
(n=59)

	Percentage responding
Don't have a car	39.9
Injured/sick	10.8
Don't drive	9.7
Too far	7.8
Cost	5.4
Do not have health care provider	3.6
No public transportation	3.5
Car problems	2.7
Takes too long to get an appointment	1.3
No insurance	0.9
Other	14.4

- Respondents with a problem getting to a health care provider were asked to identify the problem. Forty percent of those respondents reported they did not have a car (see Table 36). Eleven percent was either injured or sick, while 9.7 percent did not drive. Less than 8 percent gave another answer. Fourteen percent indicated there was a problem but did not specify what it was.

Figure 19
One Place for Health Care
(n=1,205)

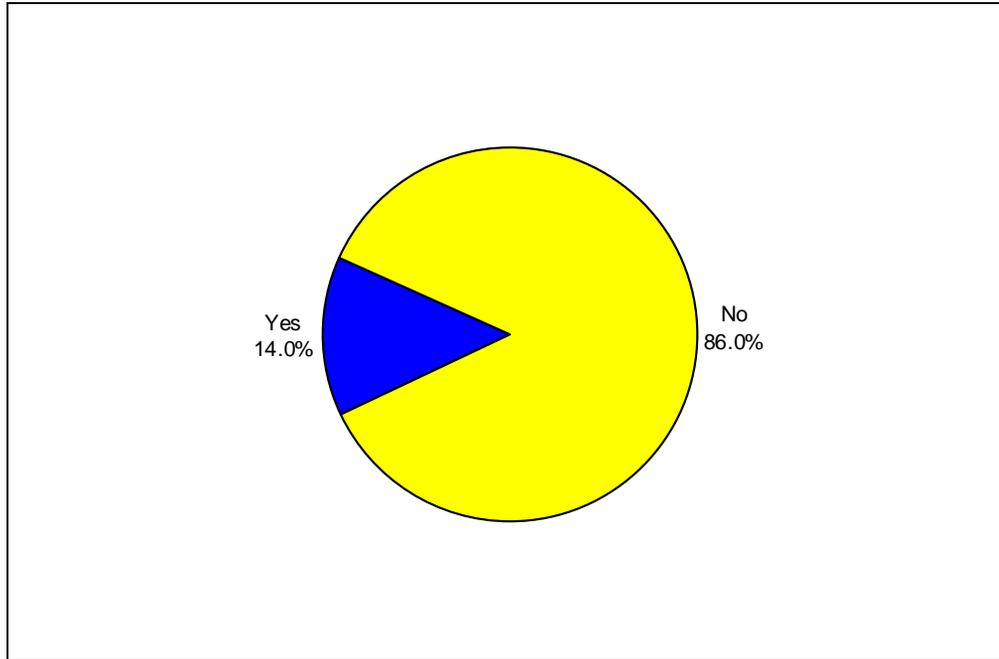


- Respondents were asked if there was one particular clinic, health center, doctor’s office, or other place they usually went to if they were sick or needed advice about their health. Seventy-nine percent reported there was one place they went (see Figure 19). Twelve percent indicated that they used more than once place. Nine percent answered “no.”
- As shown in Table 37, the percentage of respondents who answered “no” that there was not one place they went if they were sick or needed health advice was higher among those without health insurance, male respondents, Other ethnic group respondents, and respondents with children under 18 living in the household. The percentage decreased as the age of the respondent increased, and increased as the number of respondents living in the household increased.

Table 37
One Place for Health Care
by Selected Demographics

	Percentage Responding		
	Yes, one place	More than one place	No
Have health insurance			
Yes	83.3	12.1	4.6
No	59.0	10.5	30.5
Gender			
Male	77.3	9.5	13.2
Female	80.1	13.2	6.7
Age of respondent			
18 to 24	65.1	14.7	20.2
25 to 34	66.4	14.8	18.8
35 to 44	75.5	9.0	15.5
45 to 54	81.0	9.5	9.5
55 to 64	83.5	11.5	4.9
65 or older	85.7	13.0	1.3
Race/ethnicity			
White	82.2	10.9	6.9
African American	77.3	17.7	5.0
Hispanic	61.7	11.7	26.7
Other	47.6	19.0	33.3
Number of people in household			
1-2	81.2	11.8	7.0
3-4	76.4	11.5	12.1
5 or more	73.3	12.6	14.1
Children under 18 in household			
Yes	74.7	12.4	12.9
No	80.9	11.7	7.4

Figure 20
Usage of Hospital Emergency Department
(n=1,091)



- Respondents who used one or more particular places for health care were asked if one of those places was an emergency department of a hospital. Fourteen percent answered “yes” (see Figure 20).
- Respondents were asked how many times they had used a hospital emergency department to get care for themselves. Sixty percent of respondents who used an emergency department of a hospital went one time. Twenty percent went twice, and 10.1 percent went three times. Using a hospital emergency room once increased as the age of the respondent increased (see Table 38). However, using an emergency room 4 or more times was highest among respondents age 25 to 34.

Table 38
Trips to the Emergency Room (Respondent Only)
by Selected Demographics

	Percentage Responding		
	1 trip	2 to 3 trips	4 or more trips
Age of respondent			
18 to 24	46.9	34.7	18.4
25 to 34	45.2	26.2	28.6
35 to 44	60.0	35.0	5.0
45 to 54	63.9	34.4	1.6
55 to 64	54.0	30.0	16.0
65 or older	73.6	24.1	2.3

- Fifty-six percent of respondents who took their child or a family member to an emergency department of a hospital went one time. Twenty-two percent went twice, and 8.2 percent went three times. Usage of an emergency room 4 or more times was higher among respondents without health insurance, Hispanic respondents, and respondents with children under 18 living in the household (see Table 39). Usage 4 or more times generally decreased as the age of the respondent and household income increased, and increased as the number of people living in the household increased.

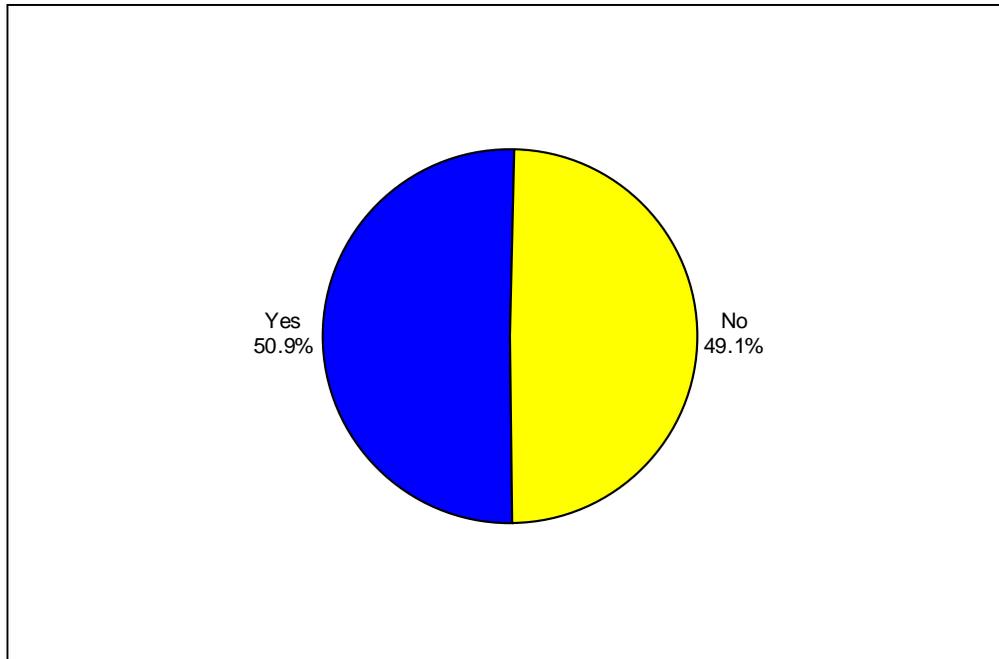
Table 39
Trips to Emergency Room (Family Excluding Respondent)
by Selected Demographics

	Percentage Responding		
	1 trip	2 to 3 trips	4 or more trips
Have health insurance			
Yes	62.6	25.1	12.3
No	32.8	45.9	21.3
Age of respondent			
18 to 24	44.1	17.6	38.2
25 to 34	41.7	41.7	16.7
35 to 44	47.9	39.6	12.5
45 to 54	50.9	34.0	15.1
55 to 64	67.4	30.2	2.3
65 or older	79.3	13.8	6.9
Race/ethnicity			
White	60.5	23.8	15.7
African American	55.0	42.5	2.5
Hispanic	37.8	44.4	17.8
Other	0.0	100.0	0.0
Household income			
Less than \$10,000	46.5	37.2	16.3
\$10,001 to \$25,000	49.1	28.3	22.6
\$25,001 to \$40,000	52.1	37.5	10.4
\$40,001 to \$55,000	58.6	13.8	27.6
\$55,001 to \$70,000	75.0	16.7	8.3
\$70,001 to \$85,000	64.3	28.6	7.1
More than \$85,000	75.6	22.2	2.2
Number of people in household			
1-2	65.0	26.7	8.3
3-4	54.8	30.6	14.5
5 or more	40.7	35.2	24.1
Children under 18 in household			
Yes	44.1	36.8	19.1
No	69.2	22.6	8.2

VII. Health Care Awareness and Behavior

Blood Pressure

Figure 21
Have High Blood Pressure
(n=1,210)



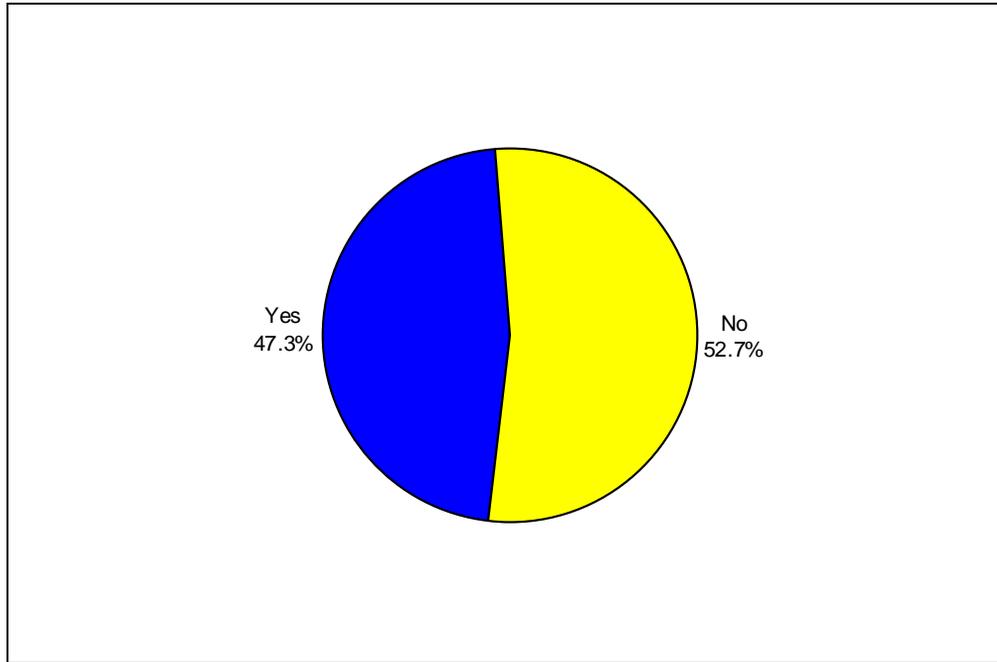
- Respondents were asked if they had ever been told by a health professional that their blood pressure was high. As shown in Figure 21, 50.9 percent of respondents indicated that they had been told they had high blood pressure.
- The percentage of respondents who had been told their blood pressure was high increased as the age of the respondent increased, decreased as the number of people living in the household increased, and was higher among African American respondents and respondents without children under 18 living in the household (see Table 40).

Table 40
Have High Blood Pressure
by Selected Demographics

	Percentage Responding	
	Yes	No
Age of respondent		
18 to 24	28.0	72.0
25 to 34	22.5	77.5
35 to 44	30.8	69.2
45 to 54	50.2	49.8
55 to 64	66.1	33.9
65 or older	69.0	31.0
Race/ethnicity		
White	52.6	47.4
African American	66.2	33.8
Hispanic	27.3	72.7
Other	14.3	85.7
Number of people in household		
1-2	59.6	40.4
3-4	39.1	60.9
5 or more	30.1	69.9
Children under 18 in household		
Yes	36.4	63.6
No	57.0	43.0

Blood Cholesterol

Figure 22
Been Told Have High Blood Cholesterol
(n=974)



Had blood cholesterol checked

- When respondents were asked if they had ever had their blood cholesterol checked, 82.3 percent answered “Yes”.
- The percentage of respondents who had ever had their blood cholesterol checked increased as education and household income increased, decreased as the number of people in the household increased, and was higher among widowed respondents, White respondents, and respondents without children under age 18 living in the household (see Table 41).

Table 41
Have Ever Had Their Blood Cholesterol Checked
by Selected Demographics

	Percentage Responding	
	Yes	No
Education		
High school grad or less	75.1	24.9
Some college or technical school	83.7	16.3
College graduate or more	91.2	8.8
Marital status		
Married/member unmarried couple	86.9	13.1
Divorced	82.4	17.6
Widowed	97.0	3.0
Separated	73.5	26.5
Never been married	51.1	48.9

	Percentage Responding	
	Yes	No
Race/ethnicity		
White	86.2	13.8
African American	74.5	25.5
Hispanic	61.2	38.8
Other	72.2	27.8
Household income		
Less than \$10,000	70.6	29.4
\$10,001 to \$25,000	78.1	21.9
\$25,001 to \$40,000	79.2	20.8
\$40,001 to \$55,000	80.6	19.4
\$55,001 to \$70,000	91.3	8.7
\$70,001 to \$85,000	95.4	4.6
More than \$85,000	94.3	5.7
Number of people in household		
1-2	87.4	12.6
3-4	76.5	23.5
5 or more	67.9	32.1
Children under 18 in household		
Yes	71.8	28.2
No	86.8	13.2

Told blood cholesterol was high

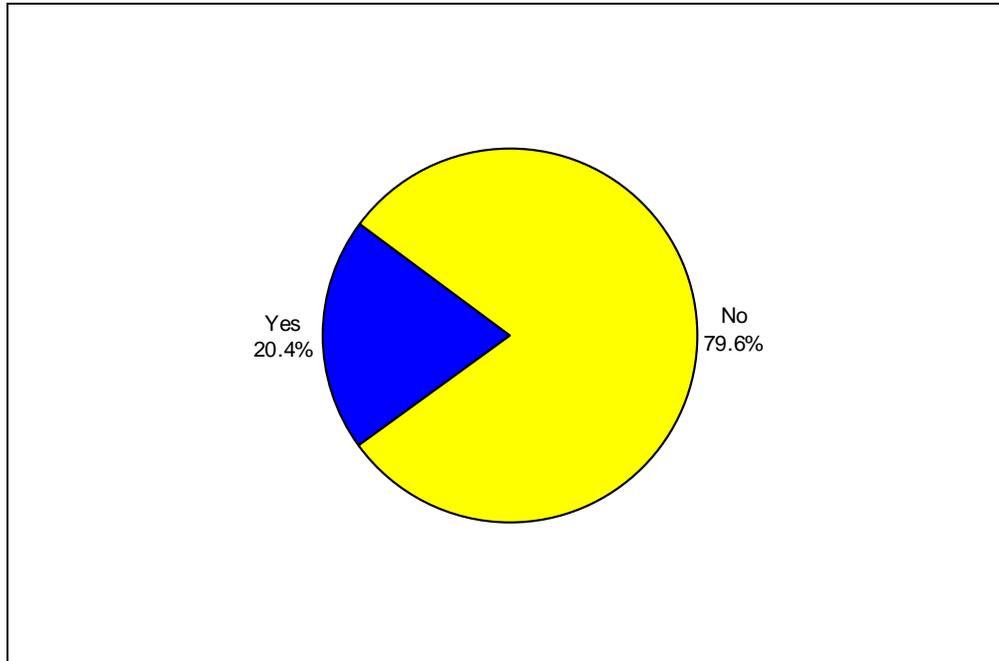
- Respondents who had been checked were asked if they had been told by a health professional that their blood cholesterol was high. As shown in Figure 22, 47.3 percent answered “Yes.”
- As shown in Table 42, the percentage of respondents who had been told that their blood cholesterol was high increased as the age of the respondent increased, and was higher among African American respondents, and respondents without children under 18 living in the household.

Table 42
Been Told Blood Cholesterol Was High
by Selected Demographics

	Percentage Responding	
	Yes	No
Age of respondent		
18 to 24	14.0	86.0
25 to 34	18.4	81.6
35 to 44	33.1	66.9
45 to 54	44.4	55.6
55 to 64	60.1	39.9
65 or older	58.1	41.9
Race/ethnicity		
White	48.6	51.4
African American	55.3	44.7
Hispanic	23.9	76.1
Other	46.2	53.8
Children under 18 in household		
Yes	29.6	70.4
No	53.5	46.5

Diabetes

Figure 23
Someone in Household Has Diabetes
(n=1,208)



- Respondents were asked if anyone in their household had diabetes. Twenty percent answered “Yes” (see Figure 23).
- The percentage of respondents who reported someone in their household with diabetes was higher among African American respondents (29.1 percent) compared to White (20.5 percent), Hispanic (13.9 percent) and Other respondents (0.0 percent). A greater percentage of respondents without children under 18 living in the household (23.0 percent) than those with children under 18 living in the household (14.2 percent) reported someone in household with diabetes.
- The average age of diagnosis of diabetes was 51.7 years. See Table 43 for age categories and percentages.

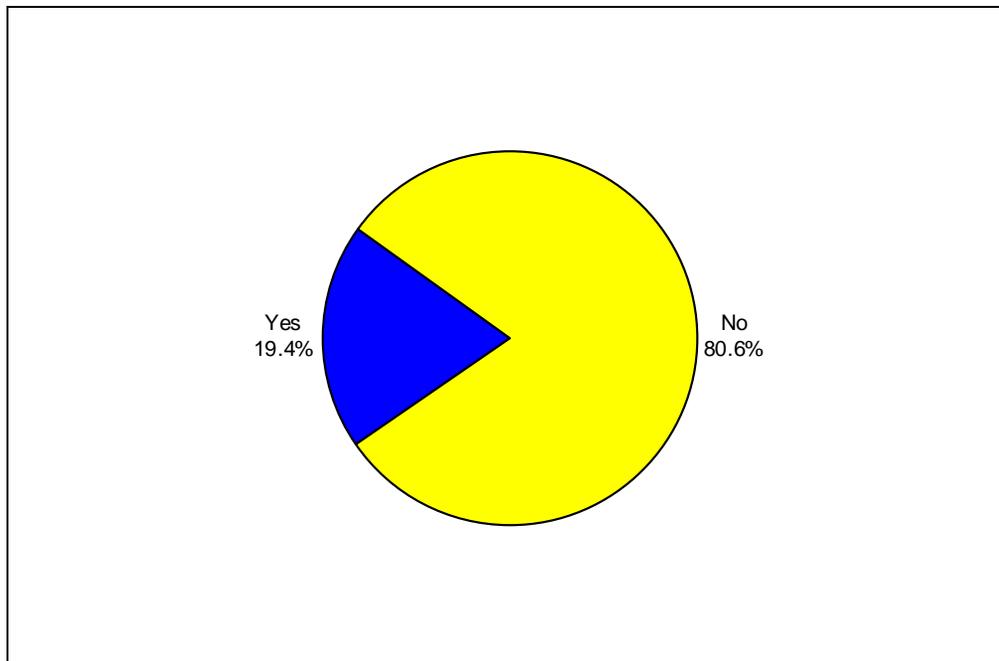
Table 43
Age Person Was Diagnosed with Diabetes
(n=236)

	Percentage responding
Under 18	4.4
18 to 24	3.7
25 to 34	7.1
35 to 44	13.5
45 to 54	23.0
55 to 64	20.8
65 to 74	23.7
75 or older	3.7

- When respondents who reported someone in the household had diabetes were asked if they had diabetes, 61.8 percent answered “Yes.”
- Ninety-six percent indicated that the person with diabetes was effectively managing their illness.
- Forty percent were managing their diabetes with diabetes pills, while 32.3 percent used Insulin, and 27.3 percent used diet.
- Thirty percent had seen a health care professional four times in the past 12 months for their diabetes.

Heart Problems

Figure 24
Someone in Household Has Heart Problems
(n=1,206)



- Respondents were asked if anyone in their household had heart problems. As shown in Figure 24, 19.4 percent answered “Yes”.
- The average age of the person with heart problems was 62.3 years. See Table 44 for age categories and percentages.

Table 44
Age of Person with Heart Problems
(n=222)

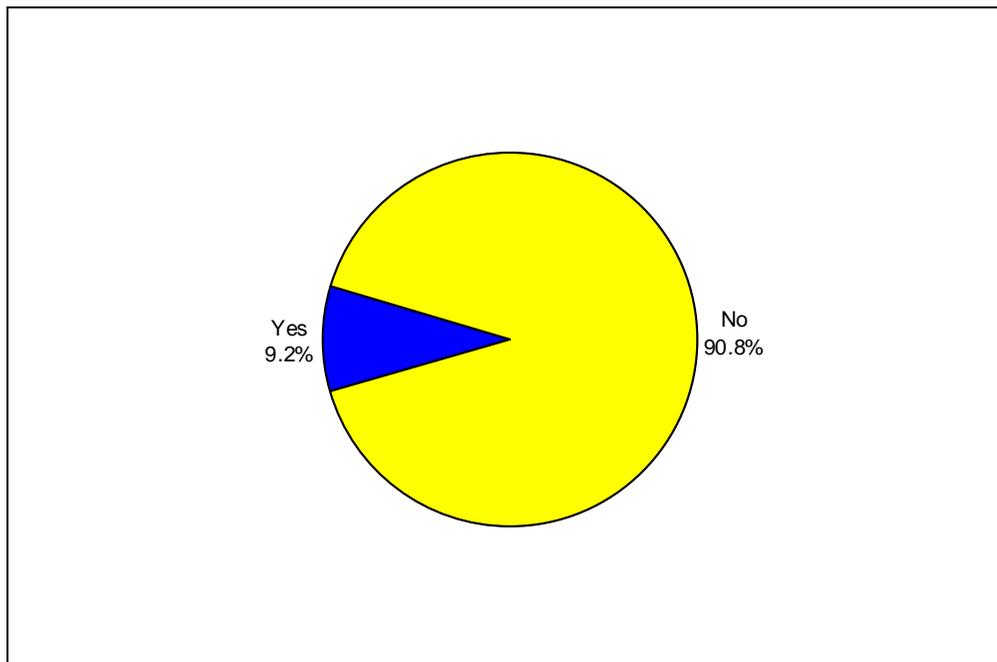
	Percentage responding
Under 18	1.8
18 to 24	3.7
25 to 34	1.1
35 to 44	7.6
45 to 54	10.0

55 to 64	26.7
65 to 74	24.9
75 or older	24.1

- Twenty-six percent of the respondents reporting someone in the household had heart problems indicated that the person had congestive heart failure.
- Twenty-seven respondents reported that the person with congestive heart failure had a heart attack.
- Twenty-one percent of respondents reporting someone in the household had heart problems indicated that the person had been hospitalized within the past 12 months for this condition.

Behavior/Emotional Problems

Figure 25
Someone in Household Has Difficulties with a Behavioral/Emotional Problem
(n=1,201)



- Respondents were asked if anyone in their household had difficulties with a behavioral or emotional problem. Nine percent answered “Yes” (see Figure 25).
- The percentage of respondents with someone in the household who had difficulties with a behavioral or emotional problem was higher among respondents without health insurance (14.6 percent) than those with insurance (8.0 percent), and increased as the number of people living in the household increased: 1 to 2 (5.5 percent), 3 to 4 (13.9 percent), and 5 or more people (19.3 percent).
- Seventy-eight percent of those respondents indicated the difficulties were being addressed at the present time. Respondents who had health insurance (83.3 percent) were more likely than those without health insurance (64.5 percent) to report that the behavioral or emotional problem was being addressed.

- Nine respondents or 8.4 percent indicated that the family member with a behavioral or emotional problem had been hospitalized in the last year for that problem.

Other Health Problems

Table 45
Illnesses or Health Problems Reported

	Percentage responding
Allergies (n=1,206)	59.9
Overweight (n=1,194)	44.3
Arthritis (n=1,203)	42.1
Anxiety (n=1,202)	25.8
Dental problems (n=1,206)	23.8
Depression (n=1,206)	22.1
Asthma (n=1,202)	20.8
Cancer (n=1,204)	5.3
Stroke (n=1,207)	5.0
Kidney/Renal Failure (n=1,201)	2.7
Staphylococcal infection (n=1,199)	2.6
Alcoholism (n=1,207)	2.2
Drug abuse (n=1,209)	0.8
TB Tuberculosis (n=1,205)	0.6
Sexually Transmitted Disease (n=1,203)	0.6
Other (n=1,207)	22.6

- Respondents were asked if they or anyone in their household has any of the illnesses or health problems in Table 45 at the time of the interview. Heart problems and diabetes were removed from this table and given separate figures with the appropriate follow-up questions underneath. Follow-up or related questions are included below.
- Allergies (59.9 percent) were the most common illness or health problem reported. Allergies were followed by being overweight (44.3 percent), arthritis (42.1 percent), anxiety (25.8 percent), dental problems (23.8 percent), depression (22.1 percent), and asthma (20.8 percent). Less than 6 percent reported other problems.

Allergies

- As shown in Table 46, the percentage of respondents who reported someone in their household with allergies was higher among Other and White respondents, and respondents with children under 18 living in the household. The percentage increased as the number of people living in the household increased.

Table 46
Someone in Household Has Allergies
by Selected Demographics

	Percentage Responding	
	Yes	No
Race/ethnicity		
White	64.0	36.0
African American	42.6	57.4
Hispanic	48.8	51.2

	Percentage Responding	
	Yes	No
Other	65.0	35.0

	Percentage Responding	
	Yes	No
Number of people in household		
1-2	56.6	43.4
3-4	64.1	35.9
5 or more	67.6	32.4
Children under 18 in household		
Yes	68.7	31.3
No	56.1	43.9

Overweight

- All respondents were asked their height and weight so that their Body Mass Index could be calculated.
 - The Body Mass Index was calculated using the Centers for Disease Control formula which included their height and weight. Also using CDC information, categories were determined. As shown in Table 47, 62.6 percent of respondents were either overweight (37.3 percent) or obese (25.3 percent). One third (33.5 percent) were of normal weight.
 - When asked how much they would like to weigh, 24.0 percent wanted to weigh the same as their current weight. The average amount the balance of the respondents wanted to weigh was 25 pounds less than their current weight.

Table 47
Body Mass Index of Respondents
(n=1,183)

	Percentage responding
Underweight	3.9
Normal	33.5
Overweight	37.3
Obese	25.3

- Respondents of African American ethnicity were more likely to be overweight or obese compared to White or Hispanic respondents (see Table 48).

Table 48
Body Mass Index
by Ethnicity

	Percentage responding			
	Underweight	Normal	Overweight	Obese
White	4.6	35.0	37.2	23.2
African American	0.7	23.0	41.0	35.3
Hispanic	2.7	32.1	34.8	30.4

- The Body Mass Index was calculated for respondent's youngest child between the ages of 5 to 12 using the CDC formula which included their height and weight. The Body Mass Index for children was calculated using an Excel workbook downloaded from the

Center from Disease Control Web site. It was designed for use by schools. Respondents provided the child’s height, weight and age. The calculator also required the child’s birth date and the gender.

- The SRC survey questionnaire did not include questions about the child’s birth date or gender. In order to calculate the birth date, the date January 1 and the appropriate year that would compute the right age was used. As for the child’s sex, with the data file sorted by the child’s age, the first child was coded female, the next child as a male and so on. This would mean half were girls and half boys. After calculating the index, the gender category was reversed. The average index remained the same. However, the percentiles changed slightly. Both sets of percentiles are reported.
- Approximately half of the children were normal weight. However, about 37 to 40 percent were either overweight or obese (see Table 49).

Table 49
Body Mass Index for Respondent’s Child
(n=133)

Percentile	Percentage	
	Start with female	Start with male
Underweight (<5%)	13.0	13.1
Normal (5-85%)	47.0	49.4
Overweight (85-95%)	16.9	13.8
Obese (≥95%)	23.0	23.7

Dental problems

- When respondents were asked if, in the past 12 months, they had gotten a dental exam or teeth cleaning, 58.5 percent of respondents answered “Yes.”
- The percentage of respondents who reported having a dental exam or their teeth cleaned in the past 12 months was greater among those with health insurance, female respondents, and White respondents (see Table 50). The percentage increased as education and household income increased.

Table 50
Had Dental Exam or Teeth Cleaning Done in Past 12 Months
by Selected Demographics

	Percentage responding	
	Yes	No
Have health insurance		
Yes	63.5	36.5
No	36.3	63.7
Education		
High school grad or less	42.2	57.8
Some college or technical school	63.1	36.9
College graduate or more	76.6	23.4
Gender		
Male	53.3	46.7
Female	61.5	38.5

	Percentage responding	
	Yes	No
Race/ethnicity		
White	63.3	36.7
African American	39.7	60.3
Hispanic	43.4	56.6
Other	55.0	45.0
Household income		
Less than \$10,000	24.7	75.3
\$10,001 to \$25,000	38.8	61.2
\$25,001 to \$40,000	59.0	41.0
\$40,001 to \$55,000	66.2	33.8
\$55,001 to \$70,000	73.1	26.9
\$70,001 to \$85,000	86.2	13.8
More than \$85,000	90.3	9.7

Asthma

- The percentage of respondents reporting someone in their household with asthma increased as the number of people living in the household increased: 1 to 2 (16.1 percent), 3 to 4 (22.8 percent), and 5 or more people (42.2 percent).

Stroke

- Twenty-one respondents or 34.9 percent of respondents reporting stroke indicated that that person had been hospitalized within the past 12 months for stroke.

Sexually Transmitted Disease

- Three percent of the respondents indicated they had been treated for STD/venereal disease in the past year.
- A greater percentage of respondents who reported being treated for STD/venereal disease in the past year had never been married (11.6 percent) when compared to respondents who were separated (8.3 percent), divorced (5.2 percent), married/member of an unmarried couple (1.0 percent), and widowed (0.0 percent).

Other

- Other illnesses or health problems were mentioned by 22.6 percent of respondents. The most commonly mentioned problem was high blood pressure (see Table 51).

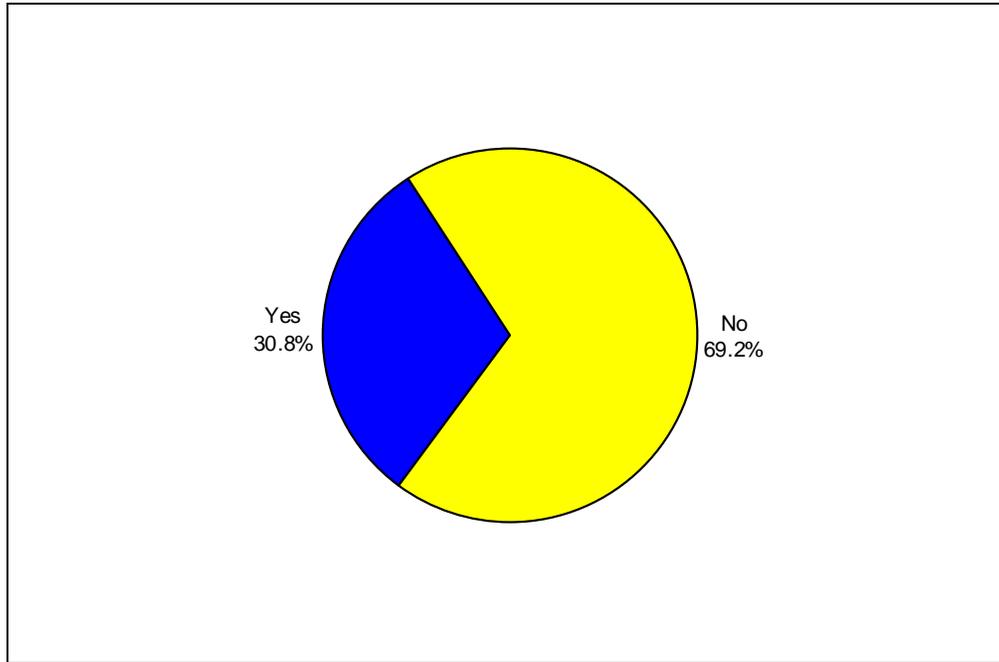
Table 51
Other Illnesses or Health Problems Not Mentioned
(n=265)

	Percentage responding
High blood pressure	19.3
Vision	9.0
Neurological	6.7
Brain infection	4.8
COPD	4.5
Attention Deficit/ADHD	4.4
Thyroid	4.3
Circulatory	4.1
Convulsions	4.0

	Percentage responding
Cholesterol	3.3
Muscular	3.0
Acid reflux	2.3
Ear/hearing	2.3
Parkinson's disease	2.3
Back problems	2.2
Liver disease	2.2
Other breathing problems	2.1
Digestive/gastro	1.9
Joints	1.8
Sleep apnea	1.8
Alzheimer's	1.7
Skin diseases	1.5
Hepatitis	1.1
Lupus	0.9
Bipolar	0.8
Bladder	0.7
Chronic pelvic pain	0.7
Eczema	0.7
Feet/hands	0.7
Kidney defect/failure	0.7
Osteoporosis	0.7
Sexual dysfunction	0.7
Sickle cell	0.7
Gall bladder	0.6
Infection	0.5
Burns	0.3
Limb disorder	0.3
Scoliosis	0.3
Ulcers	0.1

HIV

Figure 26
Ever Been Tested for HIV
(n=1,179)



- Respondents were asked if they had ever been tested for HIV, except as part of blood donations. Thirty-one percent indicated they had been tested for HIV (see Figure 26).
- As shown in Table 52, the percentage of respondents who had ever been tested for HIV was higher among divorced and separated respondents, respondents age 35 to 44, African American respondents, unemployed respondents, respondents with children under 18 living in the household, and participants in the cell phone only survey. The percentage increased as the number of people living in the household increased.

Table 52
Ever Been Tested for HIV
by Selected Demographics

	Percentage Responding	
	Yes	No
Marital status		
Married/member unmarried couple	28.4	71.6
Divorced	48.5	51.5
Widowed	13.5	86.5
Separated	47.2	52.8
Never been married	40.1	59.9
Age of respondent		
18 to 24	25.5	74.5
25 to 34	55.0	45.0
35 to 44	58.0	42.0
45 to 54	37.6	62.4
55 to 64	28.7	71.3
65 or older	8.5	91.5
Race/ethnicity		
White	28.4	71.6
African American	40.3	59.7
Hispanic	38.8	61.2
Other	30.0	70.0
Employment status		
Employed/self-employed	36.1	63.9
Unemployed	50.0	50.0
Homemaker/student/unable to work	36.7	63.3
Retired	12.9	87.1
Number of people in household		
1-2	25.0	75.0
3-4	37.6	62.4
5 or more	47.0	53.0
Children under 18 in household		
Yes	48.5	51.5
No	23.1	76.9
Type of study		
Landline telephone	28.7	71.3
Cell phone only	40.7	59.3

Table 53
Facility Where Last Tested for HIV
(n=350)

	Percentage responding
Private doctor or HMO	30.8
Hospital, emergency room, outpatient clinic	18.3
Health department	14.5
Family planning clinic	6.0
Clinic run by employer	5.1
Military induction or military induction site	4.5
Blood bank	4.0
Other public clinic	3.3
Insurance company clinic	2.4
Community health center	1.9
In jail or prison	1.7
VA	1.3
Prenatal clinic, obstetrician's office	1.2
Gave specific city	1.1
AIDS clinic, counseling, testing site	0.9
College campus	0.7
Drug treatment facility	0.6
At home, home visit by nurse or health worker	0.6
Paramedic training	0.6
STD clinic	0.3
At home using self-testing kit	0.1
Tuberculosis clinic	0.0

- Respondents who had been tested for HIV were asked where they had their last blood test. Thirty-one percent of those respondents were tested at a private doctor or HMO office (see Table 53).
- Ninety-two percent of those who had been tested had received the results of their last test.
- Thirty-eight percent of those who had been tested received counseling or talked with a health care professional about the results of their test.
- One respondent had tested positive for having HIV, the virus that causes AIDS.

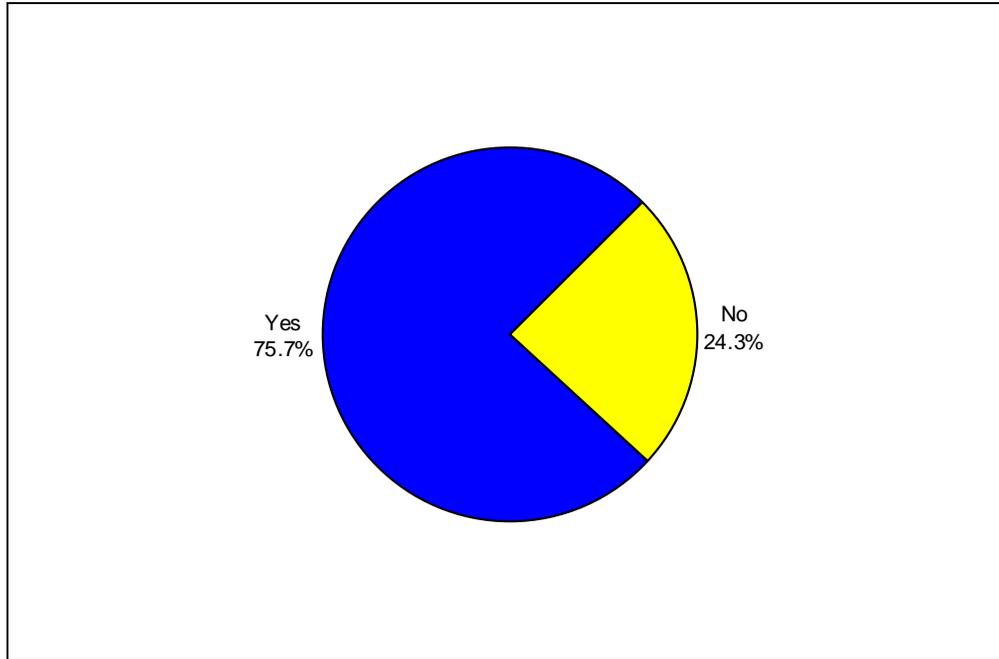
Women's Health

Table 54
Source of Female Health Services
(n=726)

	Percentage responding
A private gynecologist	33.3
A general or family physician	33.1
Family Practice Center, Family Health Center or Heart of Texas Community Health Center	10.4
A community clinic	6.2
Family planning clinic	6.0
A health department clinic	3.9
Some other kind of place	7.1

- Female respondents were asked for their usual source for services for female health concerns, such as family planning, annual exams, breast exams, tests for sexually transmitted diseases, etc. Two-thirds of the female respondents reported getting services from a private gynecologist (33.3 percent) or a general/family physician (see Table 54).

Figure 27
Ever Had a Mammogram
(n=770)



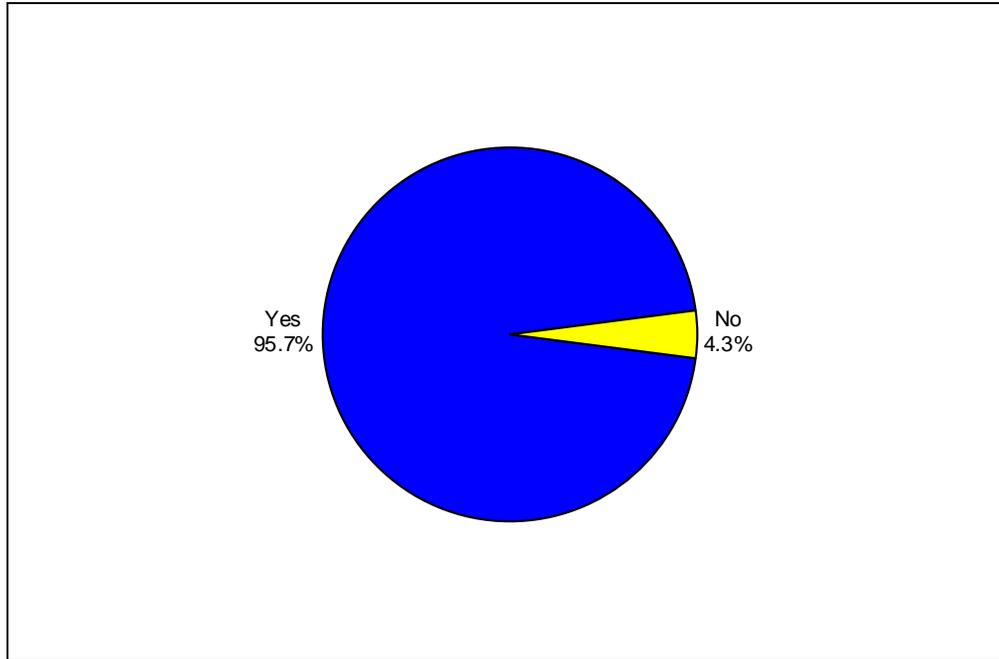
- Female respondents were asked if they had ever had a mammogram, an x-ray of each breast to look for breast cancer. Three-quarters (75.7 percent) indicated they had gotten a mammogram (see Figure 27).
- Eighty-eight percent of women over 35 have had a mammogram.
- Ninety percent of women over the age of 35 who had health insurance had received a mammogram compared to 72.3 percent of those who did not have health insurance.
- When asked how long has it had been since their last mammogram, 67.3 percent answered “0 to 12 months ago” (see Table 55).

Table 55
Time Since Last Mammogram
(n=575)

	Percentage responding
0 to 12 months ago	67.3
1 to 2 years ago	15.4
2 to 3 years ago	6.7
3 to 5 years ago	2.7
5 or more years ago	7.9

- When asked if the results were normal, 97.6 percent of those respondents answered “Yes.”
- Forty-four percent of all female respondents indicated they performed a self-breast examination once per month (or more frequently).

Figure 28
Ever Had a Pap Smear
 (n=767)



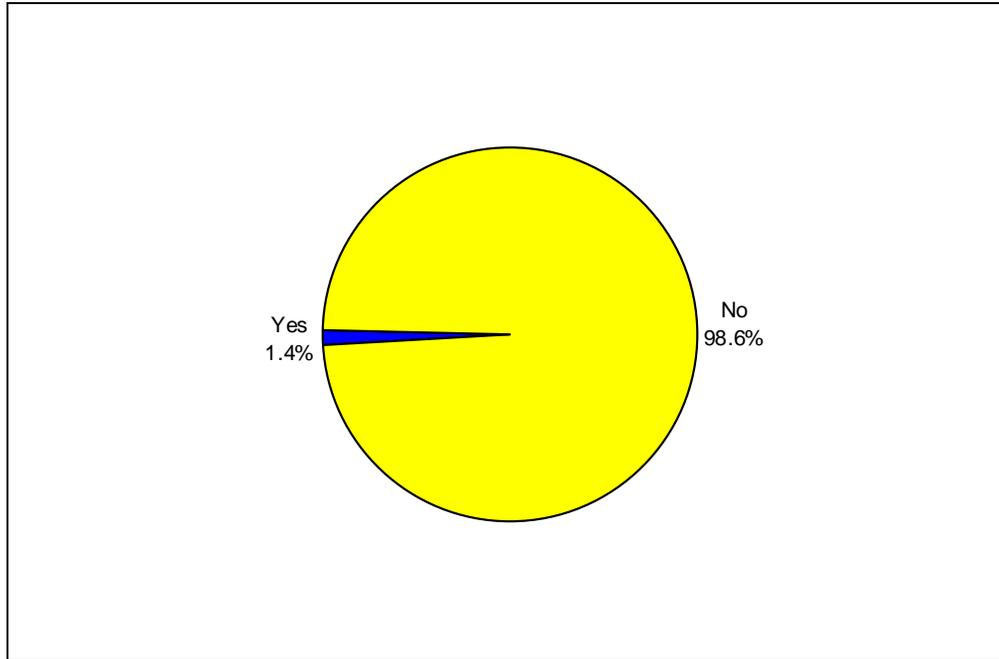
- Female respondents were asked if they had ever had a Pap smear. As shown in Figure 28, 95.7 percent of female respondents had gotten a Pap smear.
- Respondents who had ever had a Pap smear were asked how long has it had been since their last Pap smear. As shown in Table 56, 69.0 percent had gotten a Pap smear within the past 2 years.

Table 56
Time Since Last Pap Smear
 (n=702)

	Percentage responding
1 to 12 months ago	53.3
1 to 2 years ago	15.7
2 to 3 years ago	8.8
3 to 5 years ago	6.1
5 or more years ago	16.1

- When asked if the results were normal, 96.7 percent answered “Yes.”

Figure 29
Current Pregnancy
(n=771)



- Female respondents were asked if they were currently pregnant. One percent answered “Yes” (see Figure 29).
- When asked if anyone in their household had been pregnant in the past year, 4.7 percent answered “Yes.”
- As shown in Table 57, the respondent was the woman in the household who was pregnant (37.2 percent), followed by spouse (23.0 percent), and daughter (10.4 percent).

Table 57
Relationship to Pregnant Woman in Household
(n=57)

	Percentage responding
Self	37.2
Spouse	23.0
Daughter	10.4
Sister	8.6
Non-married partner	6.8
Brother’s wife	6.8
Aunt	3.4
Roommate	2.2
Granddaughter	0.7
Nephew’s girlfriend	0.6
Mother	0.3

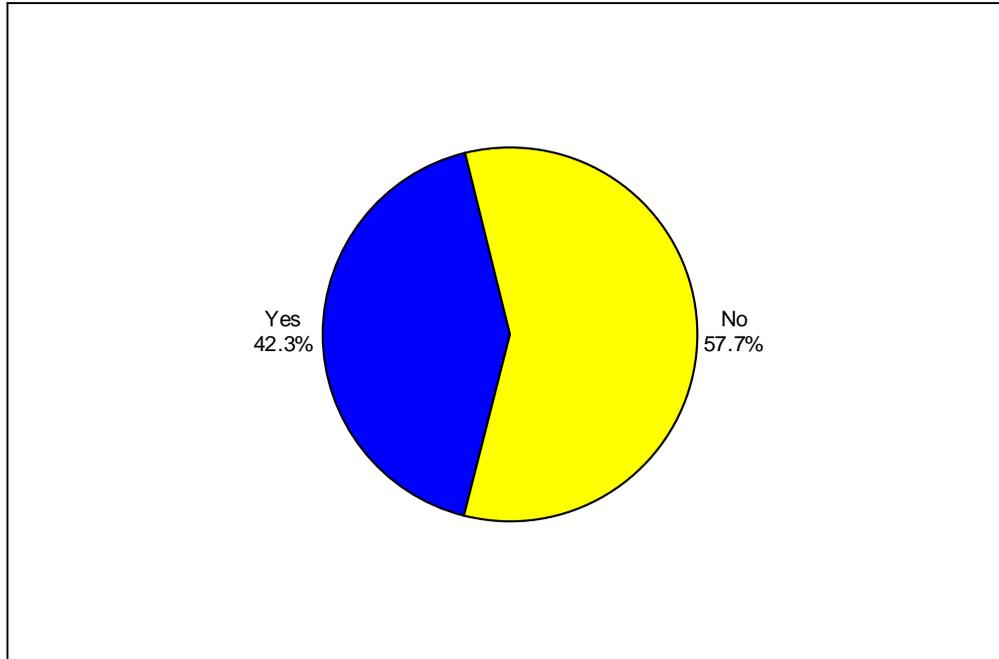
- Most of the women who were pregnant were between the ages of 25 to 34 (see Table 58).

Table 58
Age of Pregnant Woman in Household
(n=57)

	Percentage responding
Under 18	1.1
18 to 24	27.5
25 to 34	55.6
35 or older	15.8

- When asked if this pregnancy resulted in a live birth, 63.3 percent said “Yes”, 12.9 percent said “No”, and 23.9 percent reported the woman was still pregnant.

Figure 30
Breast-Feeding the Baby
 (n=36)

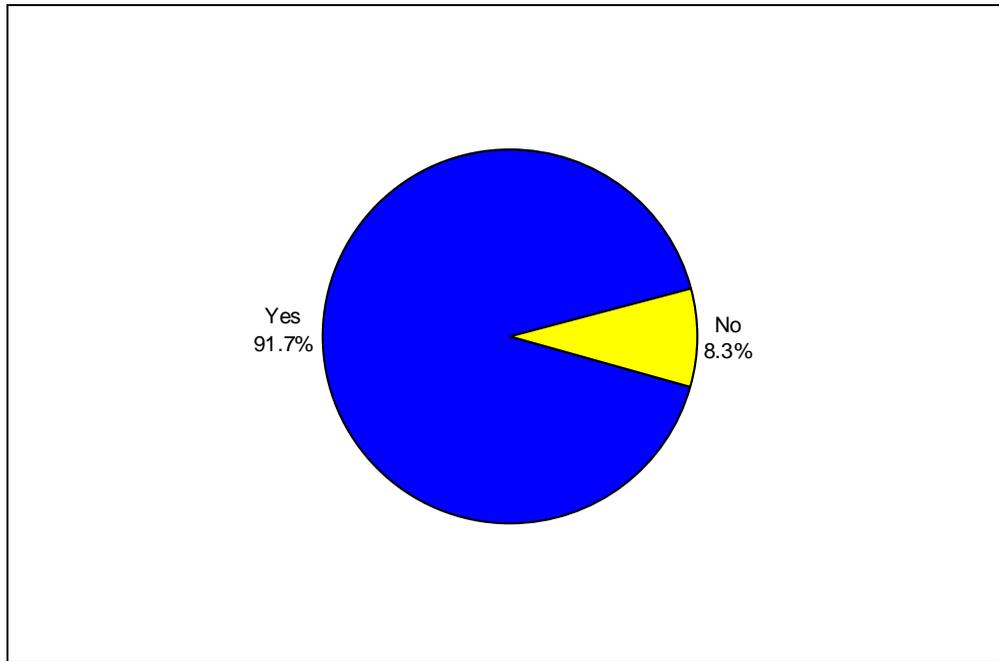


- Respondents with someone in the household who had a baby or was currently pregnant were asked if the woman breast-fed the baby or was planning to do that. Forty-two percent of the 36 respondents answered “yes” (see Figure 30).
- When those respondents were asked how long the woman breast-fed or if she was still breast-feeding, how long she planned to breast-feed, 9 respondents answered “nine months or longer” (see Table 59).

Table 59
Time Spent Breast-Feeding
 (n=15)

	Count responding
Less than one month	0
One to two months	2
Three to four months	3
Five to six months	1
Six to nine months	0
Nine months or longer	9

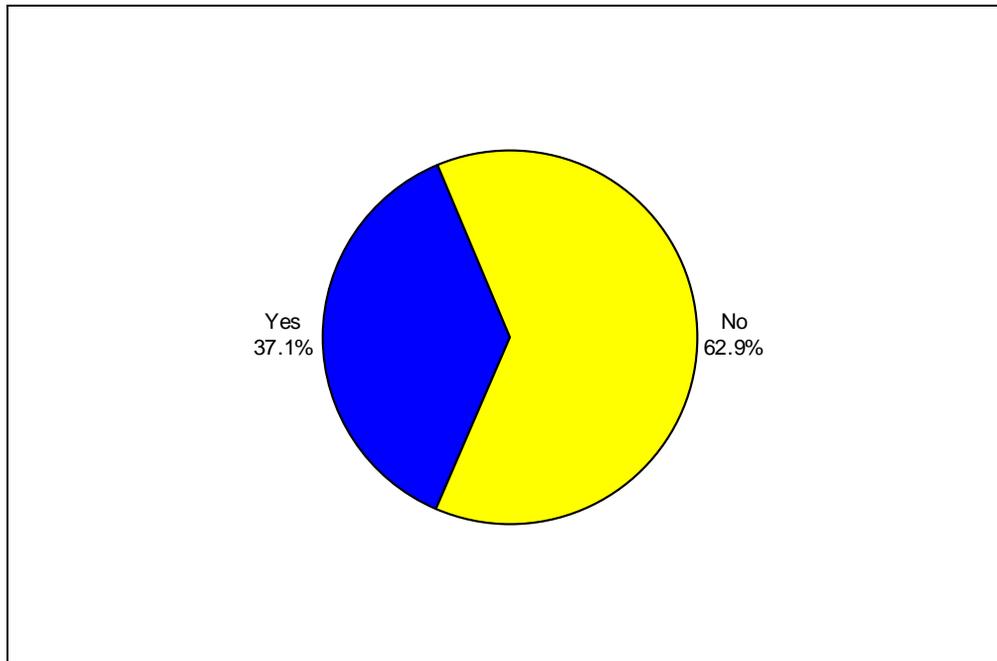
Figure 31
Pregnant Woman Received Prenatal Care
(n=57)



- Female respondents were asked if the pregnant woman received prenatal care. Ninety-two percent reported the woman did receive prenatal care (see Figure 31).
- Sixty-six percent started receiving prenatal care in the first month and 22.5 percent started in the second month.
- No respondents reported problems with receiving prenatal care.

Men's Health

Figure 32
Had Prostate Exam in Past 12 Months
(n=434)



- Male respondents were asked if they had gotten a prostate exam in the past 12 months (may include a manual/digital prostate exam or a Prostate Surface Antigen (or PSA) test, which is a blood test for prostate cancer). Thirty-seven percent answered “Yes” (see Figure 32).
- Ninety-one percent of those tested reported the results were normal.

Physical Activity

Table 60
Weekly Physical Activity

Activities	Percentage responding by number of days/week						
	1	2	3	4	5	6	7
Moderate (n=969)	2.9	8.4	21.9	15.0	16.5	6.4	28.9
Vigorous (n=523)	12.8	21.1	25.0	13.2	13.4	3.1	11.5

Moderate activities

- Respondents were asked if they did moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate. Eighty-one percent answered “Yes.”
- The number of days per week respondents spent doing moderate activities varied (see Table 60).
- Forty-seven percent spent 30 minutes or less doing moderate activities per day (see Table 61).

Vigorous activities

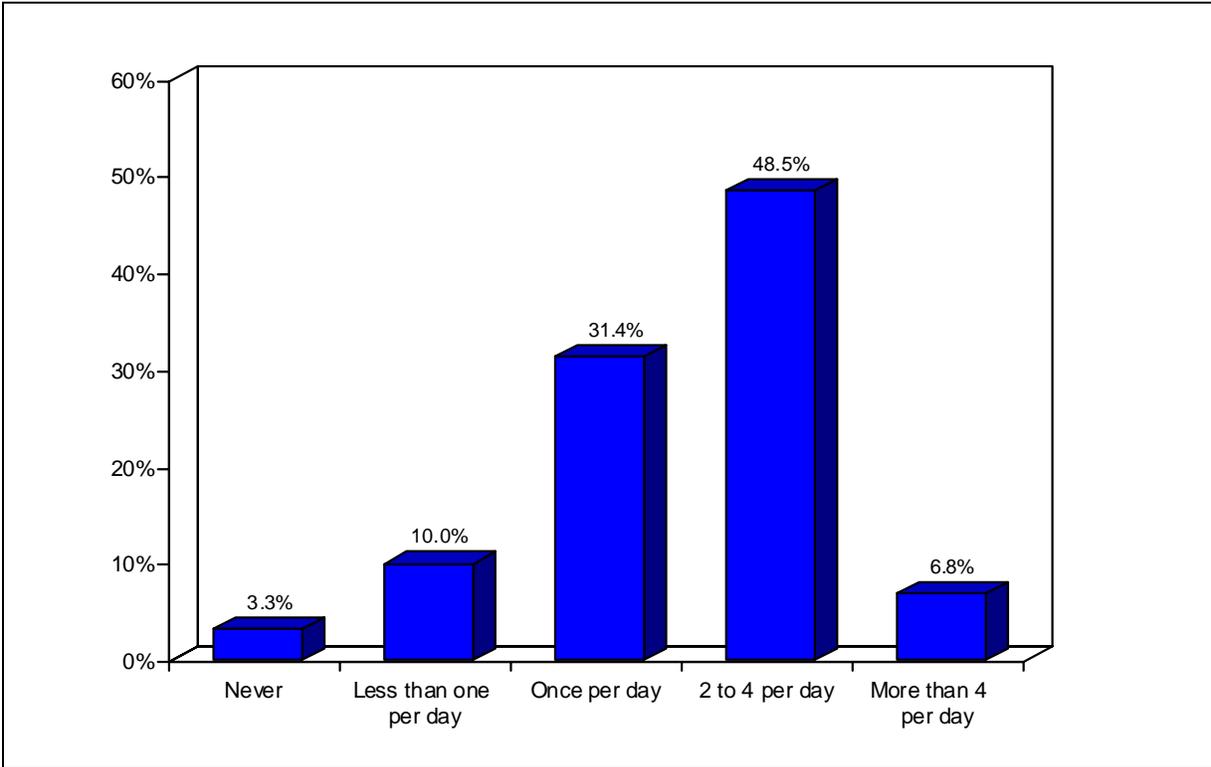
- Respondents were asked if they did vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate. Forty-four percent answered “Yes.”
- The number of days per week spent doing vigorous activities varied (see Table 60).
- Thirty-eight percent spent 31 to 60 minutes doing vigorous activities per day (see Table 61).

Table 61
Time Spent in Physical Activity

Activities	Percentage responding					
	20 min or less	20 to 30 minutes	31 to 60 minutes	1 to 1.5 hours	1.5 to 2 hours	More than 2 hours
Moderate (n=939)	20.9	26.5	30.3	2.8	6.5	13.0
Vigorous (n=521)	14.8	22.1	38.2	6.6	7.5	10.7

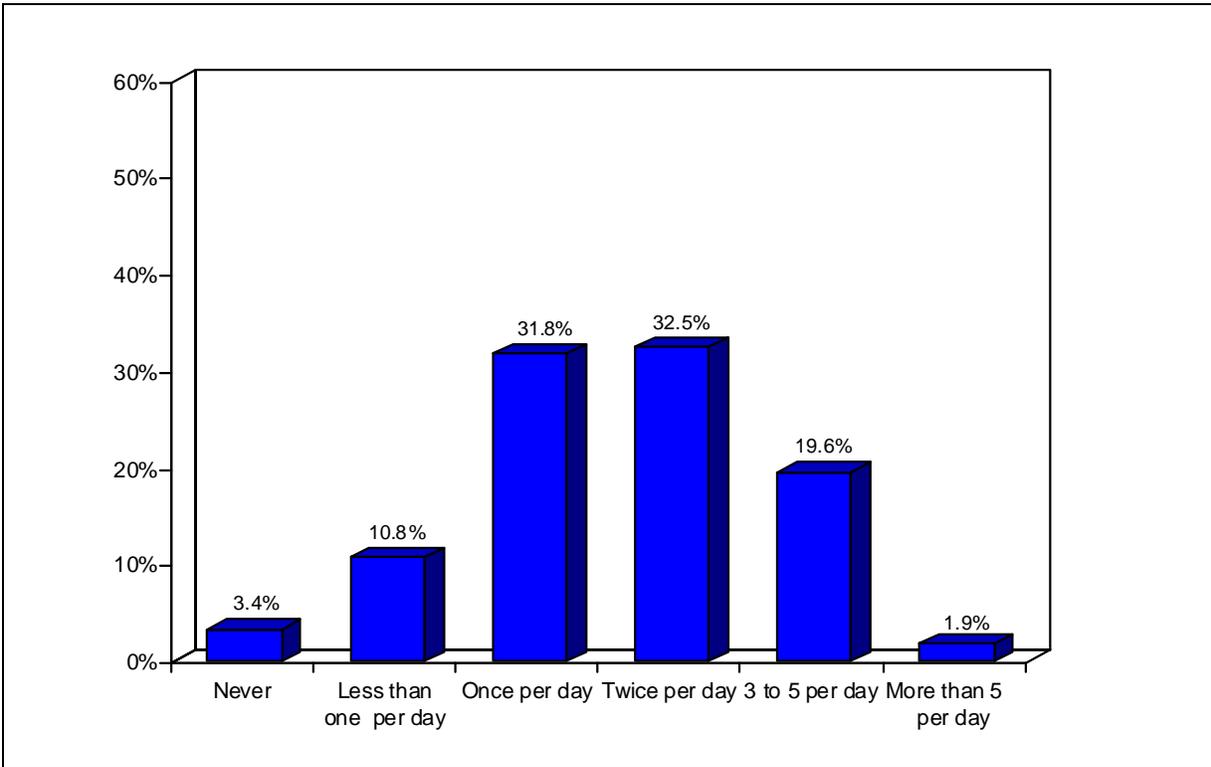
Diet

Figure 33
Servings of Fruit per Day
(n=1,197)



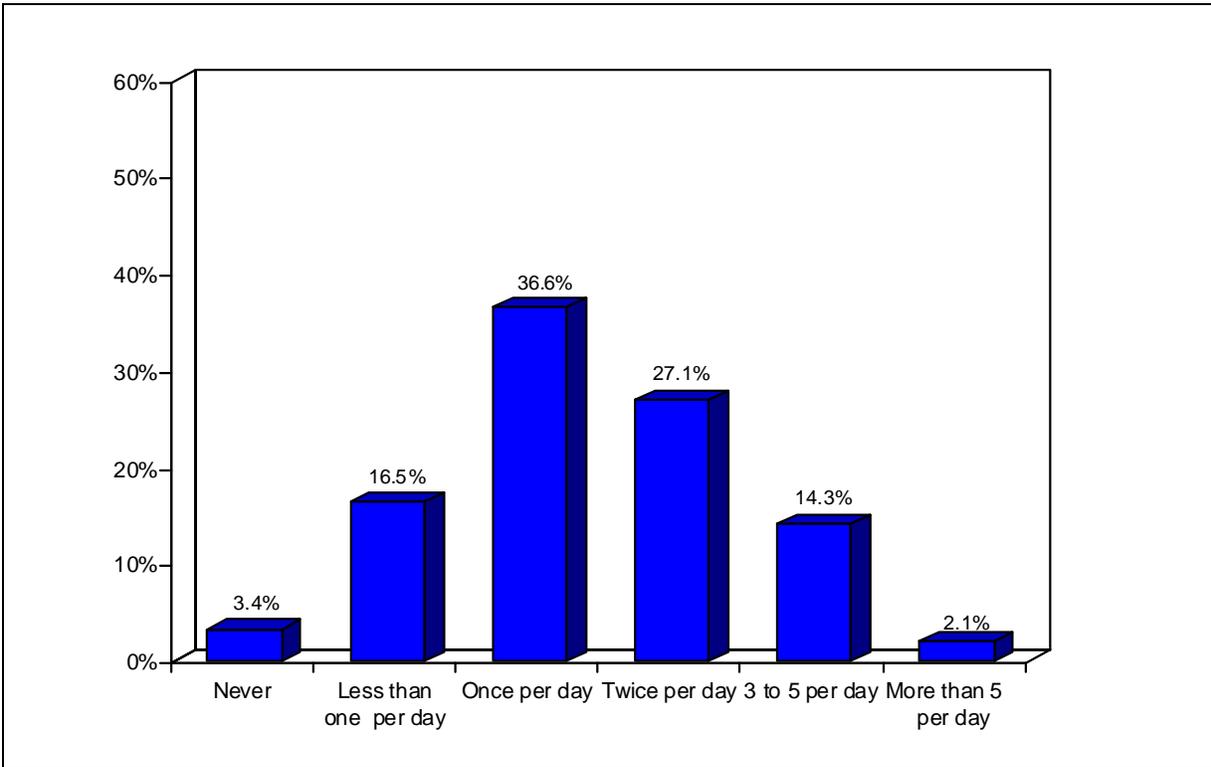
- The next set of questions was about the foods the respondents usually ate or drank. Respondents were asked how many times per day they ate or drank each one, including all foods, both at home and away from home. As shown in Figure 33, 55.3 percent reported eating or drinking 2 to 4 servings of fruit per day (48.5 percent) or more than 4 servings per day (6.8 percent).

Figure 34
Servings of Fresh Vegetables per Day
(n=1,198)



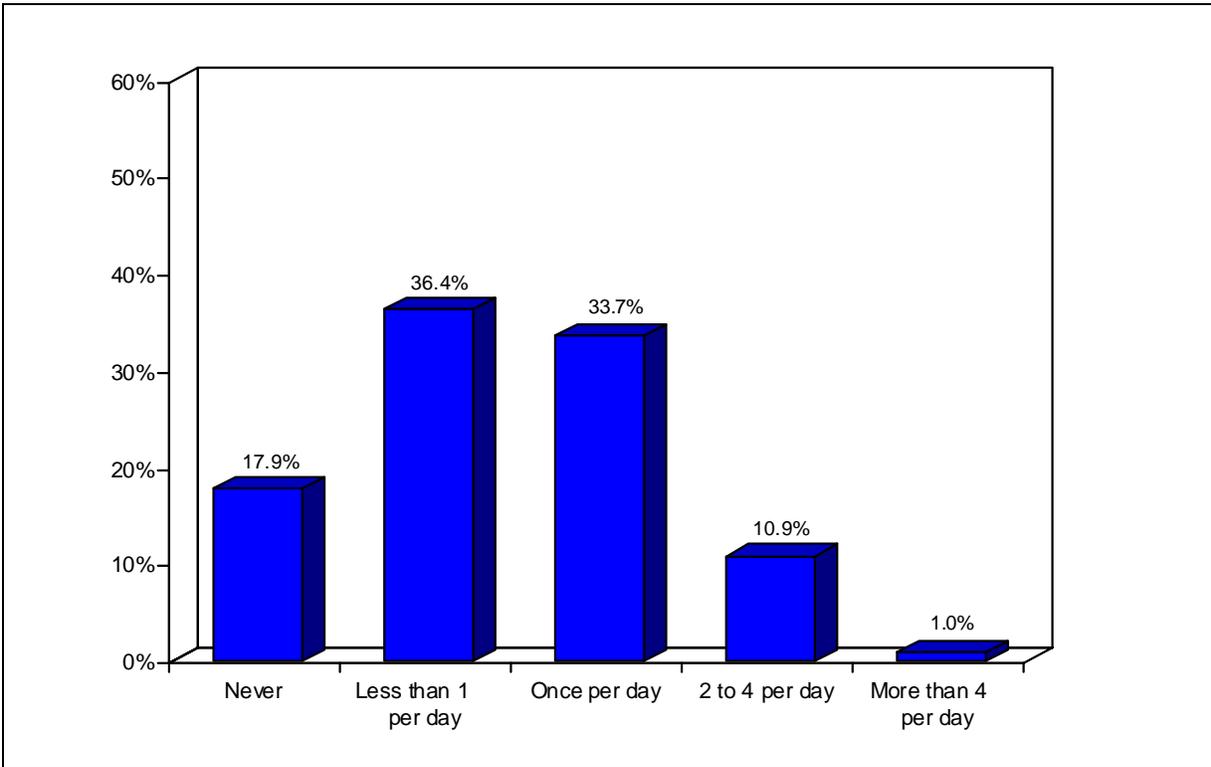
- Respondents were asked how many servings of fresh vegetables, not including any that are fried, they ate each day. Twenty-two percent reported eating 3 or more servings of fresh vegetables per day (see Figure 34). Sixty-four percent reported eating fresh vegetables either once (31.8 percent) or twice (32.5 percent) per day.

Figure 35
Servings of Red Meats, Cheese, Fried Foods, Eggs or Tortillas per Day
(n=1,190)



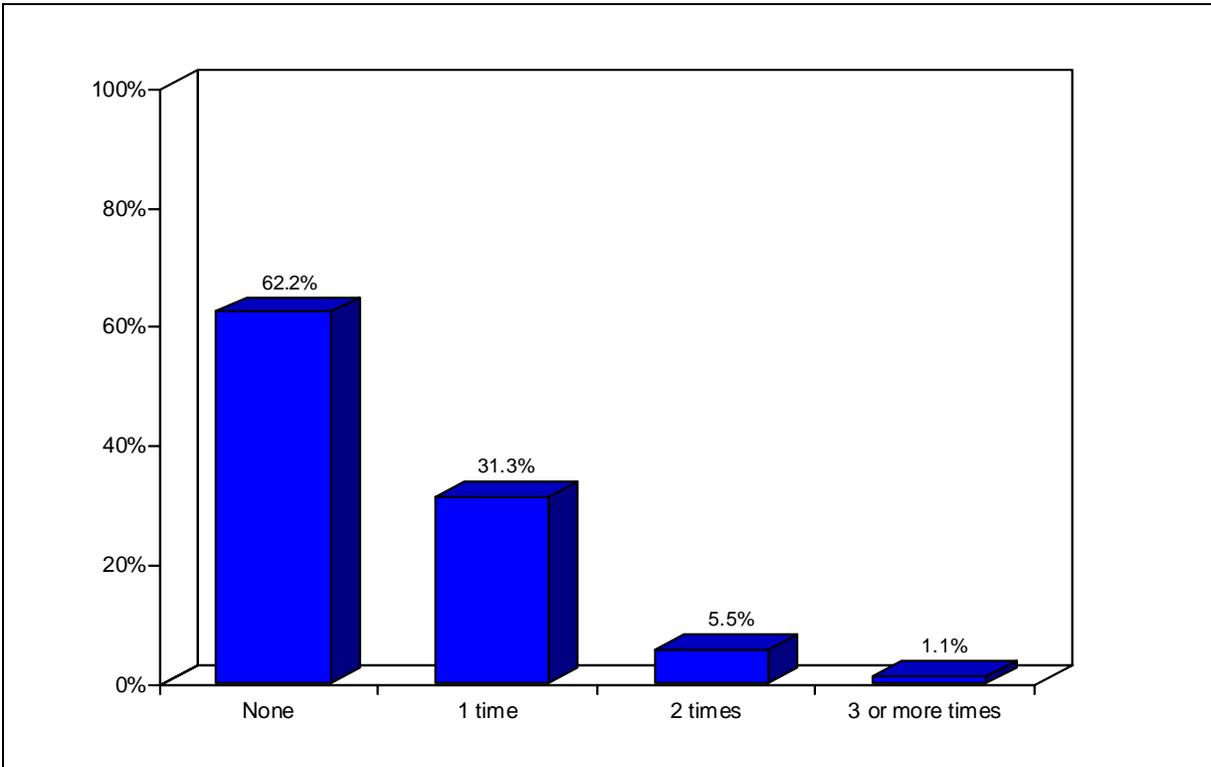
- Respondents were asked how many servings of foods such as red meat, cheese, fried foods, eggs or tortillas they eat each day. As shown in Figure 35, 63.7 percent of respondents reported eating these foods either once (36.6 percent) or twice (27.1 percent) per day. Sixteen percent reported eating 3 or more servings per day.

Figure 36
Servings of Pies, Cakes, Cookies and Sweetened Cereals per Day
(n=1,205)



- Respondents were asked how many times per day they eat pie, cake, cookies and sweetened cereals. As shown in Figure 36, 54.3 percent of respondents reported never eating these foods (17.9 percent) or eating less than one serving per day (36.4 percent). Twelve percent reported eating two or more servings per day.

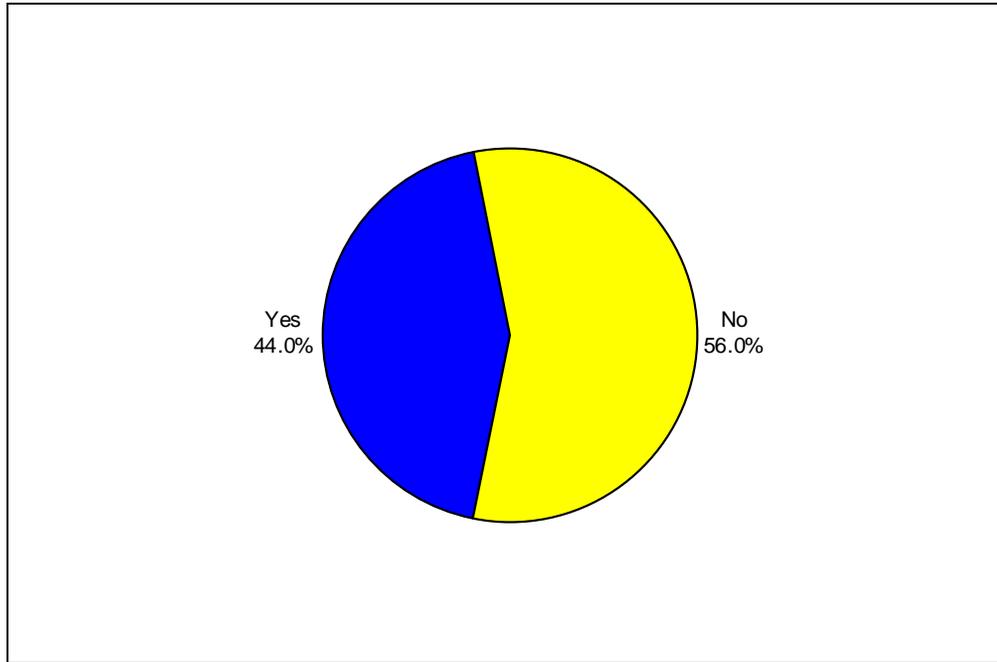
Figure 37
Number of Times Ate at Restaurant
(n=1,209)



- Respondents were asked how many times they had food from any type of restaurant (includes fast food, sit down restaurants, pizza places, and cafeterias) the day before the interview. As shown in Figure 37, 37.9 percent of respondents reported eating restaurant food one time (31.3 percent), two times (5.5 percent), or 3 or more times (1.1 percent) on the day before the interview. No restaurant food was eaten by 62.2 percent of respondents.

Smoking

Figure 38
Smoked at Least 100 Cigarettes in Lifetime
(n=1,209)



- Respondents were asked if they had smoked at least 100 cigarettes in their entire life. As shown in Figure 38, 44.0 percent answered “yes.”
- Of those respondents who had smoked at least 100 cigarettes in their entire life, 46.6 percent were current smokers: every day (32.3 percent) or some days (14.3 percent). Fifty-three percent said they did not smoke at all.
- Respondents who had smoked at least 100 cigarettes in their lives were asked, on average, about how many cigarettes a day they smoke now. As shown in Table 62, 33.3 percent reported smoking 1 to 5 cigarettes per day, and 28.2 percent smoked 6 to 10 per day. Nearly one-third (31.6 percent) smoked 11 to 20 cigarettes per day.

Table 62
Cigarettes Smoked Daily
(n=240)

	Percentage responding
1 to 5 cigarettes	33.3
6 to 10 cigarettes	28.2
11 to 20 cigarettes	31.6
More than 20 cigarettes	6.9

- Seventy-three percent of respondents reported quitting smoking for one day or longer during the past 12 months.

- When asked how long it had been since they last smoked cigarettes regularly, that is, daily, 69.6 percent said they were a current smoker (see Table 63). Thirty percent indicated they had stopped for any length of time.

Table 63
How Long Since Last Smoked Cigarettes Daily
(n=242)

	Percentage responding
Current smoker	69.6
0 to 1 month ago	6.8
1 to 3 months ago	6.7
3 to 6 months ago	4.8
6 to 12 months ago	2.9
1 to 5 years ago	6.0
5 to 15 years ago	3.3

VIII. Communications

Table 64
Best Way to Receive Health Information
(n=1,178)

	Percentage responding
Health care providers	31.4
Internet	24.1
Television	17.7
Pamphlets	10.3
Mail	8.9
Other publications	2.0
Newspapers	1.3
Radio	1.2
Family members	0.9
Classes	0.8
At work	0.8
E-mail	0.2
No specific way	0.2
Retired military service organization	0.2
All of the above	0.1

- Respondents were asked the best way for them to receive health information. As shown in Figure 64, 31.4 percent of the respondents reported getting their information from health care providers was the best way. Following health care providers were the Internet (24.1 percent), television (17.7 percent), pamphlets (10.3 percent), and mail (8.9 percent). Two percent or less mentioned any of the other methods.

IX. Neighborhood

Table 65
Biggest Problem in Your Neighborhood
(n=751)

Source	Percentage responding
No problems	12.7
Crime	12.6
Traffic/speeding	10.6
Drugs	8.2
Roads	6.8
Pest control (rats, mosquitoes, stray animals, etc.)	6.7
Appearance of homes and yards/low income housing/empty houses	4.4
Trash	3.9
Children/teenagers	3.8
Violence	3.4
Noise	3.0
Animals	2.6
Public transportation	2.4
Water systems	2.3
Streets/lack of parking	2.0
Neighbors	2.0
Poverty/homelessness	1.9
Lack of community	1.7
Drought	1.1
Unemployment/lack of jobs/economy	0.7
No sidewalks/not enough parks and recreation	0.7
Oak wilt disease/trees	0.7
Age of community/need younger people	0.6
No Internet access	0.5
Government/services/taxes	0.5
Heat	0.4
Pollution	0.4
Health care services	0.4
Education	0.3
High utility rates/bills	0.3
Police	0.2
Sewage disposal systems	0.0
Other	2.7

- When asked to name the biggest problem in their neighborhood, 12.7 percent mentioned there were no problems (see Table 65). This was followed by crime (12.6 percent), traffic/speeding (10.6 percent), drugs (8.2 percent), roads (6.8 percent), and pest control (6.7 percent). Less than 6 percent named some other problem. Thirty-eight percent or 460 respondents answered “don’t know” to this question.

x. Conclusions

The 2009 Needs Assessment for McLennan County reveals that the majority of respondents (77.3 percent) are in good or better health. Respondent health status was less likely to be excellent or very good compared to the CDC national data.

Preparedness: Fifty-five percent of respondents would look either to local television (38.8 percent) or Internet Web sites (16.2 percent) for information about a public health emergency such as natural disasters, chemical, biological or nuclear terrorism, or outbreaks of illnesses such as the flu. Over half (51.5 percent) would contact their personal doctor for medical treatment or supplies in such an emergency. One-third (32.2 percent) of the respondents indicated that McLennan County was very prepared for a public health emergency, while 48.4 percent reported the County was “somewhat prepared.” Seventy-four percent of the respondents reported that their household was either very prepared (28.4 percent) or somewhat prepared (45.1 percent) for a public health emergency. Respondents were more likely to have prepared an emergency list of phone numbers and contacts (77.5 percent) and a list of medical conditions and current medicines (63.9 percent) than to have an emergency supply kit (49.0 percent), an emergency plan for evacuation (40.6 percent), or an emergency response plan (39.5 percent).

In other areas of preparedness, 83.1 percent of respondents with children reported usage of a car seat or booster seat when their child was riding in the car. Sixty-four percent of all respondents agreed that all children under 4 feet 9 inches should be in car seats or booster seats regardless of their age when riding in the car. Ninety-seven percent of respondents with children under age 5 reported their child was up-to-date with immunizations. Fifty-nine percent of the respondents indicated that they were either very concerned (26.4 percent) or somewhat concerned (33.0 percent) about the Novel H1N1 flu. As concern about the Novel H1N1 flu decreased, willingness to get the H1N1 flu vaccine decreased. However, 76.4 percent of respondents indicated they would be willing to receive the H1N1 vaccine if there is a pandemic vaccine available. Approximately half reported getting a flu shot within the past 12 months. The most common reason (30.1 percent) for not getting a flu shot or nasal spray was not getting around to it. Nearly one-third (31.7 percent) indicated they had gotten a pneumonia vaccine.

Health Status: Eighty-five percent of respondents reported getting a routine checkup within the past two years. On a scale of 1 (worst health care) to 5 (best health care), respondents rated their care over the past 12 months an average score of 4.31. Respondents with health insurance (4.40) had a higher mean score than those without health insurance (3.86). Twenty-five percent of respondents were limited in activities due to an impairment or health problem. Back or neck pain (13.3 percent) and arthritis/rheumatism (12.6 percent) were the most common problems mentioned. Twelve percent needed help with routine chores as a result.

Health Care Access: Eighty-two percent of all respondents had some type of health insurance. Twenty-two percent reported that someone in their household did not have health insurance during the past 12 months. Sixteen percent did not see a doctor when needed because of the cost. The percentage of respondents who had been tested for cholesterol, mammogram, and/or prostate exam was higher among those with health insurance than those without it. Being tested for HIV was the exception. Fourteen percent of respondents who used one or more particular place for health care had used a hospital emergency department.

Health Care Awareness and Behavior: Varying percentages of respondents had been told they or someone in the household had: high blood pressure (50.9 percent), high blood cholesterol (47.3 percent), diabetes (20.4 percent), heart problems (19.4 percent), or behavioral or emotional problems (9.2 percent). Among other illnesses reported, allergies (59.9 percent) and being overweight (44.3 percent) were the most common. Thirty-one percent reported being tested for HIV.

A calculation of each respondent’s individual body mass index revealed that 62.6 percent of respondents were either overweight (37.3 percent) or obese (25.3 percent). One third (33.5 percent) were

of normal weight. The Body Mass Index was also calculated for the youngest of the respondent's children. Approximately half of the children were of normal weight. However, about 37 to 40 percent were either overweight or obese. Eighty-one percent of respondents reported doing moderate activities for at least 10 minutes at a time. Forty-four percent did vigorous activities. Respondents were queried about their dietary habits. Fifty-five percent reported eating or drinking 2 to 4 servings of fruit per day (48.5 percent) or more than 4 servings per day (6.8 percent). Twenty-two percent reported eating 3 or more servings of fresh vegetables per day. Sixty-four percent of respondents reported eating red meat, cheese, fried foods, eggs or tortillas either once (36.6 percent) or twice (27.1 percent) per day. Fifty-four percent of respondents reported never eating pie, cake, cookies or sweetened cereals (17.9 percent) or eating less than one serving per day (36.4 percent). Thirty-eight percent of respondents reported eating restaurant food one time (31.3 percent), two times (5.5 percent), or 3 or more times (1.1 percent) on the day before the interview.

Among female respondents, two-thirds sought women's health services from either a private gynecologist (33.3 percent) or a general or family physician (33.1 percent). Seventy-six percent had gotten a mammogram, and 67.3 percent of those respondents had gotten one within the past 12 months. Ninety percent of women over the age of 35 who had health insurance had received a mammogram compared to 72.3 percent of those who did not have health insurance. Ninety-six percent had ever had a Pap smear, and 69.0 percent of those respondents had been tested within the past two years. Five percent reported that someone in the household is pregnant or was pregnant within the past year. Most of the pregnant women were between the ages of 25 and 34. Forty-two percent of these women were either planning to breast-feed the baby or had done so. Ninety-two percent of the pregnant women received prenatal care.

Among male respondents, 37.1 percent had gotten a prostate exam in the past 12 months. Ninety-one percent indicated that the test results were normal.

Of the respondents who had smoked at least 100 cigarettes in their entire life, 46.6 percent were current smokers: every day (32.3 percent) or some days (14.3 percent). Fifty-three percent said they did not smoke at all. One-third (33.3 percent) of current smokers reported smoking 1 to 5 cigarettes per day, and 28.2 percent smoked 6 to 10 per day. Nearly one-third (31.6 percent) smoked 11 to 20 cigarettes per day.

Communications: Respondents indicated that the best way for them to receive health insurance was through their health care providers (31.4 percent). This was followed other methods: the Internet (24.1 percent) and television (17.7 percent).

Neighborhood: When asked to identify the biggest problem in their neighborhood, 12.7 percent reported no problems and 12.6 percent mentioned crime. Traffic and speeding was reported by 10.6 percent of respondents. Thirty-eight percent answered "don't know" to this question.

Appendix A: Survey Instrument

- A - Behavior Risk Factor Surveillance System Questionnaire
 - B - Centers for Disease Control and Prevention
 - C - COMMUNITY NEEDS ASSESSMENT
 - D - For Children 5 or Younger
 - E - Physical Activity
 - F - Social Context
 - G – Preparedness
 - H - SPAN
- Behavior Risk Factor Surveillance System Questionnaire

Hello, my name is . I'm calling on behalf of the Waco-McLennan County Public Health District from the Survey Research Center at the University of North Texas. We would like to speak with anyone in the household over the age of 18, would that be you?

<< INTERVIEWER: IF NO, GET CORRECT RESPONDENT AND RE-READ ENTIRE INTRO STATEMENT

(TO RESPONDENT) We are gathering information on the health practices of McLennan County residents to guide state and local health policies. Your phone number was chosen randomly, and we'd like to ask some questions about day-to-day living habits that may affect health. Your participation is voluntary. The questions that I want to ask you will take about 15-20 minutes and your answers will be kept confidential. This project has been reviewed and approved by the UNT Institutional Review Board. If you have any questions, please call 1-800-687-7055.

1. First, what zip code do you live in? _____
2. And what is the name of the city or community you live in?

Bellmead	Beverly Hills	Bruceville-Eddy	Crawford
Gholson	Golinda	Hallsburg	Hewitt
Lacy-Lakeview/Northcrest	Leroy	Lorena	Mart
McGregor	Moody	Riesel	Robinson
Ross	Waco	West	Woodway

Unincorporated in Northeast, Northwest, Southeast, or Southwest McLennan county

A 3. Would you say that in general your health is:

1. Excellent
2. Very good
3. Good
4. Fair
5. Poor
9. Don't know/Not Sure/Refused

C 4. Do you have any type of health insurance, such as Private insurance, Medicaid, or Medicare?

1. Yes
2. No

9. DK/NR
- A 5. During the past 12 months, was there any time that you or anyone in your household did not have any health insurance or coverage?
1. Yes
 2. No
 9. Don't know/ Not sure/Refused
- A 6. Was there a time during the last 12 months when you or anyone in your household needed to see a doctor, but could not because of the cost?
1. Yes
 2. No
 9. Don't know/Not sure/Refused
- C 7. Do you have a problem getting to your health care provider?
1. Yes
 2. No (SKIP TO Q8)
 9. DK/NR (SKIP TO Q8)
- C7a. What is the nature of the problem?
1. Don't have a car
 2. No public transportation
 3. Don't drive
 4. Too far
 5. Too long of a wait in the office to see someone
 6. Takes too long to get an appointment
 7. Other _____
 9. DK/NR
- A 8. 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 for a specific injury, illness, or condition)
1. 0 to 12 months ago
 2. 1 to 2 years ago
 3. 2 to 5 years ago
 4. 5 or more years ago
 5. Don't know/Not sure
 6. Never
 9. Refused
- A 9. Is there one particular clinic, health center, doctor's office, or other place that you usually go to if you are sick or need advice about your health?
1. Yes, one place
 2. More than one place
 3. No
 9. Don't know/not sure/refused
- A9a. [Is that place/Are one of those places] an Emergency Department at a hospital?
1. Yes
 2. No
 9. DK/NR

- A 10. In the last 12 months, how many times did you go to an emergency room to get care for yourself?
1. Number of times (TOTAL TIMES FOR RESPONDENT __)
 2. None
 9. Don't know/not sure/refused

A11. How many people, including yourself, live in your home? _____

- A 12. How many are under age 18? _____
If answer is greater than 0, ask: otherwise skip to Q13.
A12a. What are their ages? _____
IF(ANS < 5) CHILDLT5 = 1
IF(ANS < 9) CHILDLT9 = 1
IF ((ANS > 4) & (ANS > 13)) CHILDLT9 = 1

A13. In the last 12 months, how many times did you go to an emergency room to get care for your children or a family member?

1. Number of times (TOTAL, ALL FAMILY MEMBERS EXCEPT RESP. ____)
2. None
9. Don't know/not sure/refused

A 14. We want to know your rating of all your health care in the last 12 months from all doctors and other health providers. Choose a number from 1 to 5 where 1 is the worst health care possible and 5 is the best health care possible. How would you rate all your health care?

1. 1-Worst health care possible
2. 2
3. 3
4. 4
5. 5-Best health care possible
6. Did not receive healthcare in the last 12 months
9. Don't know/not sure/refused

A 15a. During the past 12 months, have you had a flu shot?

1. Yes
2. No
9. Don't know/not sure/refused

A15b. During the past 12 months, have you had a flu vaccine that was sprayed in your nose?

1. Yes
2. No
3. Don't know/not sure/refused

IF Q15a AND Q15b = "NO" SKIP TO Q15d

A15c. What month did you receive your flu shot or nasal spray?

1. August 2008
2. September 2008
3. October 2008
4. November 2008
5. December 2008
6. January 2009
7. February 2009
8. March 2009
9. April 2009
10. May 2009
11. June 2009
12. July 2009
13. August 2009
14. September 2009
99. NR/DK

IF (ANS = 99) SKP Q16

A 15d. What was the reason you did not receive the flu shot or nasal spray?

1. Never got around to getting the flu shot
2. I never get the flu
3. I've had the flu before and it wasn't that bad
4. I thought it should be saved for those who really needed it, I'm healthy
5. I got the flu shot once and still got the flu
6. Concerned that the flu shot/spray will make me sick
7. Other: _____
9. DK/NR

A16. Will you get a flu shot or nasal spray this year?

1. Yes
2. No
3. DK/NR

A17. Would you utilize a drive-through shot clinic if available (This is a flu shot clinic in which you stay in your vehicle and receive a flu shot)

1. Yes
2. No
3. DK/NR

A18. If there is a pandemic vaccine for the Novel H1N1 flu (Swine flu), would you be willing to receive that vaccine?

1. Yes
2. No
3. DK/NR

A19. Have you had a pneumonia vaccine?

1. Yes
2. No
9. Don't know/ not sure/refused

IF (CHILDLT5 = 0) SKP Q21

C 20. Are your children younger than 5 years of age up-to-date with their shots (immunizations)?

1. Yes (SKIP TO Q20b)
2. No
9. DK/NR (SKP TO Q20B)

C 20a. What is the main reason the child(ren) are not up to date with immunizations

1. Can't afford
2. Language barrier
3. Lack of transportation
4. Don't know where to get them
5. Don't feel the child(ren) need them
6. Other (specify) _____
9. DK/NR

(SKIP TO Q21)

C 20b. Where did your child(ren) receive their last immunizations?

1. Your personal doctor
2. Local Health Department
3. "Family Practice Center"
4. School health clinic
5. Health Fair or Community Event (for example "Hooray for Health")
6. Other (specify) _____
9. DK/NR

C21. IF (CHILDLT9 = 0) SKP Q22

Do any of your children use a car seat or booster seat when riding in the car?

1. Yes
2. No (ASK Q22)
9. DK/NR (SKIP TO Q22)

C21a. What are the ages of your children that use car seats or booster seats? _____

C21b. Do you agree or disagree that all children under the age of 8 should be in car seats or booster seats when riding in the car?

1. Agree
2. Disagree
9. DK/NR

C21c. Do you agree or disagree that all children under 4 feet 9 inches should be in car seats or booster seats regardless of their age when riding in the car?

1. Agree
2. Disagree
9. DK/NR

A22. Are you limited in any way in any activities because of any impairment or health problem?

1. Yes
2. No
9. DK/NR

IF (ANS > 1 SKP Q23)

A22a. What is the major impairment or health problem that limits your activities? (CHECK ONE)

1. Arthritis/rheumatism
2. Back or neck pain
3. Fractures, bone, joint injury
4. Walking problem
5. Lung/breathing problem
6. Hearing problem
7. Eye/vision problem
8. Heart problem
9. Stroke problem
10. Hypertension/high blood pressure
11. Diabetes
12. Cancer
13. Depression/anxiety/emotional problem
14. Other impairment/problem (specify?)
99. Don't know/not sure/refused

A23. Because of any impairment OR health problem, do you need the help of other persons in handling your ROUTINE needs, such as everyday household chores, doing necessary business, shopping, or getting around for other purposes?

1. Yes
2. No
9. Don't know/not sure/refused

A24. Have you been told by a doctor, nurse or other health professional that your blood pressure was high?

1. Yes
2. No
9. Don't know/not sure/refused

A25. Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked?

1. Yes
2. No (SKIP TO Q27)
9. Don't know/not sure/refused(SKIP TO Q27)

A26. Have you ever been told by a doctor or other health professional that your blood cholesterol was high?

1. Yes
2. No
9. Don't know/not sure/refused

The next few questions are about exercise, recreation, or physical activities other than your regular job duties.

SRC27. Thinking about the moderate activities you do 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 small increases in breathing or heart rate?

1. Yes

2. No (SKIP TO Q28)
9. Don't know/not sure/refused (SKIP TO Q28)

SRC27a. How many DAYS PER WEEK do you do these moderate activities for at least 10 minutes at a time? _____

SRC27b. 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? _____

SRC28. Now, thinking about the vigorous activities you do, 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?

1. Yes
2. No (SKIP TO Q29)
9. Don't know/not sure/refused (SKIP TO Q29)

SRC 28a. How many DAYS PER WEEK do you do these vigorous activities for at least 10 minutes at a time? _____

SRC 28b. 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? _____

C 29. What is the best way for you to receive health information?

1. Television
2. Classes
3. Pamphlets
4. Radio
5. Health care providers
6. Internet
7. Others _____
9. DK/NR

The next questions are about the foods you usually eat or drink. Please tell me how many times per day you eat or drink each one. Include all foods you eat, both at home and away from home.

A30. How many servings of fruit, including juices, would you say you eat each day?

1. Less than one per day
2. Once per day
3. 2 to 4 per day
4. More than 4 per day
5. Never
9. DK/NR

A 31. How many servings of fresh vegetables, not including any that are fried, would you say you eat each day?

1. Less than one per day
2. Once per day
3. Twice per day
4. 3 to 5 per day
5. More than 5 per day
6. Never
9. DK/NR

- A 32. How many servings of foods such as red meat, cheese, fried foods, eggs or tortillas would you say you eat each day?
1. Less than one per day
 2. Once per day
 3. Twice per day
 4. 3 to 5 per day
 5. More than 5 per day
 6. Never
 9. DK/NR
- A 33. How many servings of foods such as pies, cakes, cookies, and sweetened cereals would you say you eat each day?
1. Less than one per day
 2. Once per day
 3. 2 to 3 per day
 4. 4 or more per day
 5. Never
 9. DK/NR
- H 34. Yesterday, how many times did you eat food from any type of restaurant? (Restaurants include fast food, sit down restaurants, pizza places, and cafeterias.)
1. None
 2. 1 time
 3. 2 times
 4. 3 or more times
 9. DK/NR
- A 35. About how much do you weigh without shoes?
1. Weight _____ lbs.
 9. Don't know/not sure/refused
- A 36. How much would you like to weigh?
1. Weight _____ lbs.
 2. Same as current weight
 9. Don't know/not sure/refused
- A 37. About how tall are you without shoes?
1. Height ___/___ ft/inches
 9. Don't know/not sure/refused

IF (CHILD512 = 0) SKP TO Q41

These next few questions pertain to the health of your child between ages 5- 12 years. (INTERVIEWER:
IF MORE THAN ONE CHILD IN THE AGE GROUP, SELECT THE YOUNGEST CHILD)

- A38. What is that child's age?
Enter age _____ months/years
- A39. About how much does that child weigh without shoes?
1. Weight _____ lbs
 9. Don't know/not sure/ refused

A40. About how tall is that child without shoes?

1. Height ____/ ____ ____ ft/inches
9. Don't know/ not sure/ refused

C41. Do you or anyone in your household have any of the following illnesses or health problems at this time?

- 41a. Cancer
- 41b. Heart problems (ASK Q42a)
- 41c. TB – Tuberculosis
- 41d. Stroke (ASK Q43)
- 41e. Arthritis
- 41f. Asthma
- 41g. STD – Sexually Transmitted Disease
- 41h. Diabetes (ASK Q44a)
- 41i. Allergies
- 41j. Alcoholism
- 41k. Drug Abuse
- 41l. Overweight
- 41m. Dental problems
- 41n. Depression
- 41o. Anxiety
- 41p. Kidney/Renal Failure
- 41q. Staphylococcal infection (often referred to as “staph” or “MRSA”)
- 41r. Any other health problems not previously mentioned _____

IF (Q41b ≠ YES, SKIP TO Q43)

H42a. How old is the person in your household with heart problems?

1. Code age in years
9. DK/Nr

H42b. Did that person have a heart attack?

1. Yes
2. No
9. DK/NR

H42c. Did that person have congestive heart failure?

1. Yes
2. No
9. DK/NR

H42d. Has that person been hospitalized within the past 12 months for this heart condition?

1. Yes
2. No
9. DK/NR

SKP Q45

IF (Q41d ≠ YES, SKIP TO Q44a)

H43. Has that person been hospitalized within the past 12 months because of the stroke?

1. Yes
2. No

9. DK./NR

SKP Q45

IF (Q41h ≠ YES, SKIP TO Q46)

A44a. How old was the person in your household with diabetes when they were told they have diabetes?

1. Code age in years ____
9. Don't know/not sure/refused

A44b. Do you currently have diabetes?

1. Yes
2. No

IF (Q44B = 1) SHOW "ARE YOU"; IF (Q44B = 2) SHOW "Is that person"

A44c. [Is that person/Are you] now effectively managing their diabetes?

1. Yes
2. No (SKIP TO Q45)
9. Don't know/not sure/refused (SKIP TO Q45)

IF (Q44B = 1) SHOW "ARE YOU"; IF (Q44B = 2) SHOW "Is that person"

A44d. How [is that person/are you] effectively managing their diabetes?

1. Insulin
2. Diabetes pills
3. Diet
9. Don't know/ not sure/ refused

A45. About how many times in the past 12 months has that person seen a doctor, nurse, or other health care professional for their diabetes?

1. Number of times
2. None
9. Don't know/not sure/refused

C46. Does anyone in your household have difficulties with a behavioral or emotional problem?

1. Yes
2. No (SKIP TO Q47)
9. DK/NR (SKIP TO Q47)

C46a. Is it being addressed at the present time?

1. Yes
2. No
9. DK/NR

C46b. Have you or a member of your family been hospitalized in the last year for behavioral or emotional problems?

1. Yes
2. No
9. DK/NR

H47. In the past 12 months, have you had a dental exam or teeth cleaning?

1. Yes

- 2. No
 - 9. DK/NR

 - A48. Indicate sex of respondent
 - 1. Male
 - 2. Female

 - A49. Have you smoked at least 100 cigarettes in your entire life?
(5 packs = 100 cigarettes)
 - 1. Yes
 - 2. No
 - 9. Don't know/Not sure/RefusedIF (ANS > 1) SKP Q54

 - A50. Do you smoke cigarettes everyday, some days, or not at all?
 - 1. Everyday
 - 2. Some days
 - 3. Not at all (SKIP TO Q54)
 - 9. Refused (SKIP TO Q54)

 - A51. On the average, about how many cigarettes a day do you now smoke?
(1 pack = 20 cigarettes)
 - 1. Number of cigarettes
 - 9. Don't know/Not sure/Refused

 - A52. During the past 12 months, have you quit smoking for 1 day or longer?
 - 1. Yes
 - 2. No
 - 9. Don't know/Not sure/Refused

 - A53. About how long has it been since you last smoked cigarettes regularly, that is, daily?
 - 1. Current smoker
 - 2. 0 to 1 month ago
 - 3. 1 to 3 months ago
 - 4. 3 to 6 months ago
 - 5. 6 to 12 months ago
 - 6. 1 to 5 years ago
 - 7. 5 to 15 years
 - 8. 15 years or more ago
 - 9. Don't know/Not sure
 - 10. Never smoked regularly
 - 99. Refused

 - C54. What transportation do you most often use?
 - 1. Your car
 - 2. Public bus
 - 3. Taxi
 - 4. Walk
 - 5. Car pool
 - 6. A friend, neighbor, or family member drives you.
 - 7. Other specify _____
 - 9. DK/NR
-

Q55. I'm going to read you some age ranges, please stop me when I reach the range that best describes your age?

1. 18-24
2. 25-34
3. 35-39
4. 40-44
5. 45-49
6. 50-54
7. 55-64
8. 65-74
9. 75+
10. Don't know/not sure/refused

A/SRC 56. What would you consider to be your race or ethnicity? Would you say:

1. White
2. Black, African American
3. Hispanic, Latino
4. Asian, Pacific Islander
5. American Indian, Alaska Native
6. Other: (specify) _____
9. Don't know/not sure/refused

C57. What is the language spoken MOST often in your home?

1. English
2. Spanish
3. Other (Specify)
9. DK/NR

A58. Are you:

1. Married
2. Divorced
3. Widowed
4. Separated
5. Never been married
6. A member of an unmarried couple
9. DK/NR

A59. What is the highest grade or year in school you completed?

1. Never attended school or only attended kindergarten
2. Grades 1 through 8 (Elementary)
3. Grades 9 through 11 (Some high school)
4. Grade 12 or GED (High school graduate)
5. College 1 year to 3 years (Some college or technical school)
6. College 4 years or more (College graduate)
9. Refused

A60. Are you currently:

1. Employed for wages
2. Self-employed
3. Out of work for more than 1 year
4. Out of work for less than 1 year

5. Homemaker
6. Student
7. Retired
8. Unable to work
9. Refused

B61. Is your annual household income from all sources:

1. Less than \$10,000
2. \$10,001-\$25,000
3. \$25,001-\$40,000
4. \$40,001-\$55,000
5. \$55,001-\$70,000
6. \$70,001-\$85,000
7. More than \$85,000
9. Don't know/not sure/refused

C62. What would you say is the biggest problem in your neighborhood.
(INTERVIEWER: DO NOT READ RESPONSES)

1. Crime
2. Drugs
3. Violence
4. Trash
5. Pest control (rats, mosquitoes, stray animals, etc.)
6. Water systems
7. Sewage disposal systems
8. Roads
9. Public transportation
10. Healthcare services
11. Other (specify) _____
99. DK/NR

If (Q48 = MALE) SKIP TO Q68a.

A63. Where is your usual source for services for female health concerns, such as family planning, annual exams, breast exams, tests for sexually transmitted diseases, and other female health concerns?

Would you say:

1. Family planning clinic
2. A health department clinic
3. A community clinic
4. School health clinic
5. Family Practice Center, Family Health Center/ Heart of Texas Community Health Center
6. A private gynecologist
7. A general or family physician
8. Some other kind of place
99. Don't know/not sure/refused

A64. A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?

1. Yes
2. No (SKIP TO Q65)
9. Don't know/not sure/refused (SKIP TO Q65)

A64a. How long has it been since you had your last mammogram?

1. 0 to 12 months ago
2. 1 to 2 years ago
3. 2 to 3 years ago
4. 3 to 5 years ago
5. 5 or more years ago
9. Don't know/not sure/refused

A64b. Were the results normal?

1. yes
2. no
9. DK/NR

SRC65. How often would you say you perform self -breast examinations, would you say:

1. Once per month (or more frequently)
2. 9 to 11 times per year
3. 5 to 8 times per year
4. 1 to 4 times per year
5. Yearly
6. Less than yearly
7. Never
8. Don't know how to perform the exam
9. DK/NR

A66. A Pap smear is a test for cancer of the cervix. Have you ever had a Pap smear?

1. Yes
2. No (SKIP TO Q67)
9. Don't know/not sure/refused (SKIP TO Q67)

A66a. How long has it been since your last Pap smear?

1. 1 to 12 months ago

2. 1 to 2 years ago
3. 2 to 3 years ago
4. 3 to 5 years ago
5. 5 or more years ago
9. Don't know/not sure/refused

A66b. Were the results normal?

1. Yes
2. No
9. DK/NR

A67. To your knowledge, are you now pregnant?

1. Yes
2. No
9. Don't know/not sure/refused

If (Q48= FEMALE) SKIP TO Q69.

H68. Have you had a prostate exam in the past 12 months? A prostate exam may include a manual/digital Prostate exam or a Prostate Surface Antigen (or PSA) test, which is a blood test for Prostate Cancer?"

1. Yes
2. No (SKIP TO Q69)
9. DK/NR (SKIP TO Q69)

H68a. Were the results normal?

1. Yes
2. No
9. DK/NR

C69. In the past year has anyone in your household been pregnant?

1. Yes
2. No (SKIP TO Q71)

C 69a. Who is this person?

1. Self
2. Spouse
3. Non married partner
4. Daughter
5. Roommate
6. Other (specify)
9. NR/DK

C 69b. What is her age?

C 69c. Did this pregnancy result in a live birth?

1. Yes
2. No (SKIP TO Q70)
3. Currently pregnant (SKIP TO Q70)
9. DK/NR (SKIP TO Q70)

C69d. Did she or is she breast-feeding the baby?

1. Yes

- 2. No (SKIP TO Q70)
- 9. DK/NR (SKIP TO Q70)

C69e. How long did she breastfeed or if she is still breastfeeding, how long does she plan to breastfeed?

- 1. Less than one month
- 2. One to two months
- 3. Three to four months
- 4. Five to six months
- 5. Six to nine months
- 6. Nine months or more
- 9. DK/NR

C70. Did this person receive prenatal care?

- 1. Yes
- 2. No (SKIP TO Q71)
- 9. DK/NR (SKIP TO Q71)

SRC70a. How many months pregnant was she when she started receiving care?
_____ months

D70b. What was the problem in her receiving prenatal care?

- 1. Financial (no insurance, no money)
- 2. Transportation
- 3. Did not take Medicaid
- 4. Did not have room for her
- 5. Long wait to get appointment
- 6. Other _____
- 9. DK/NR

The next questions are about how prepared you are as an individual and the preparedness of your community in the event of a public health emergency. A public health emergency can include natural disasters, chemical, biological or nuclear terrorism, or outbreaks of illnesses such as the flu.

G71. If a public health emergency was announced in your area. Where would you go for the most up-to-date information?

- 1. Newspaper
- 2. National television
- 3. Local television
- 4. Radio
- 5. Internet web sites
- 6. Community or neighborhood sources
- 7. Government agency
- 8. Other (specify)

- G72. If a public health emergency occurred and you needed medical treatment or supplies, whom would you contact?
1. Local hospital
 2. Your personal doctor
 3. Local health department
 4. State health department
 5. Local police department
 6. Other (specify)
 9. DK/not sure
- G73. How prepared do you think McLennan County is to face a public health emergency?
1. Very prepared
 2. Somewhat prepared
 3. Not very prepared
 4. Not at all prepared
 5. Don't know/not sure
- G74. How prepared do you think you and your family are to face a public health emergency?
1. Very prepared
 2. Somewhat prepared
 3. Not very prepared
 4. Not at all prepared
 9. Don't know/not sure
- G75. In thinking of an emergency situation, do you or your family have an emergency response plan?
1. Yes
 2. No
 9. Don't know/not sure
- G76. Do you or your family have any of the following?
1. An emergency plan for evacuation
 2. An emergency list of phone numbers and contacts
 3. A list of medical conditions and current medicines
 4. An Emergency Supply Kit

The next couple of questions are specific to pandemic influenza.

- G77. How concerned are you about swine flu/ pandemic flu/ Novel H1N1 flu?
1. Very concerned
 2. Somewhat concerned
 3. Neutral
 4. Not concerned at all
 5. DK/NR

IF (CHILDLT5 = 0) SKP Q80

- G78. Do you have an alternate plan for childcare should your child's school or daycare be closed for an extended time period?
1. Yes
 2. No
 3. DK/NR

- G79. If you were unable to work for 7-10 days, either for illness or because of childcare, would you worry about losing your job?
1. Yes
 2. No
 3. DK/NR

The final few questions are about the health issue of HIV in Texas and your community.

- A80. Have you have been treated for a sexually transmitted or venereal disease in the past year?
1. Yes
 2. No
 9. Don't know/not sure/refused

- A81. Except for tests you may have had as a part of blood donations, have you ever been tested for HIV?
1. Yes
 2. No
 9. Don't know/not sure/refused

IF (ANS > 1) SKP THANK

- A82. Where did you have your last blood test for HIV?
1. Private doctor or HMO
 2. Blood bank
 3. Health department
 4. AIDS clinic, counseling, testing site
 5. Hospital, emergency room, outpatient clinic
 6. Family planning clinic
 7. Prenatal clinic, obstetrician's office
 8. Tuberculosis clinic
 9. STD clinic
 10. Community health center
 11. Clinic run by employer
 12. Insurance company clinic
 13. Other public clinic
 14. Drug treatment facility
 15. Military induction or military service site
 16. Immigration site
 17. At home, home visit by nurse or health worker
 18. At home using self-testing kit
 19. In jail or prison
 20. Other
 99. Don't know/not sure/refused

- A83. Did you receive the results of your LAST test?
1. Yes
 2. No
 9. Don't know/not sure/refused

- A84. Did you receive counseling or talk with a health care professional about the results of your test?
1. Yes
 2. No
 9. Don't know/not sure/refused

- A85. Have you tested positive for having HIV, the virus that causes AIDS.
1. Yes
 2. No
 9. Don't know/not sure/refused

THANK YOU VERY MUCH FOR YOUR TIME AND COOPERATION. WE BELIEVE THAT THIS PROJECT WILL HELP HEALTH OFFICIALS PROVIDE BETTER SERVICE TO THIS COMMUNITY.

Appendix B: Comparison Data

Data in this section were produced using landline phones only. This procedure allows for a more direct comparison to other surveys using landline data including the 2006 McLennan County Needs Assessment and 2001 McLennan County Needs Assessment surveys.

Table B-1
Source of Information in Public Health Emergency
by Year

Source	2009 (n=1,005)	2006 (n=1,020)
Local television	43.3	44.1
Doctor/hospital/clinic	12.5	9.1
Internet web sites	11.2	10.6
National television	10.5	10.5
Community/neighborhood sources	5.9	5.6
Radio	5.5	6.4
Newspaper	4.1	3.0
Government agency	3.6	3.5
Family/friends	1.2	0.8
Employer	0.8	0.5
Other	0.7	1.4
Multiple media sources	0.4	0.7
Local emergency services (police/fire/911)	0.2	1.9
Local government	-	0.8
Health Department	-	0.7
Local and national television	-	0.4

Table B-2
Contact for Medical Treatment or Supplies in a Public Health Emergency
by Year

Source	2009 (n=1,013)	2006 (n=1,032)
Personal doctor	57.2	52.1
Local hospital	21.3	27.3
Local health department	6.2	6.0
Local police	4.9	6.0
Clinic	3.3	0.4
Local fire dept./EMS	1.1	1.3
State health department	1.0	0.3
Red Cross/Salvation Army	0.9	0.7
911	0.8	1.3
Family/friend/neighbor	0.6	2.3
Work	0.6	-
Insurance company	0.4	0.4
Pharmacy	0.3	-
Local government	0.2	0.1
Keep supplies on hand	0.1	-
Environmental Protection Agency	0.0	0.1
Veteran's Administration	0.0	0.8

Source	2009 (n=1,013)	2006 (n=1,032)
Other	1.1	-

Table B-3
Preparedness of McLennan County to Face Public Health Emergency
by Year

	2009 (n=766)	2006 (n=885)
Very prepared	33.9	14.3
Somewhat prepared	46.3	53.2
Not very prepared	12.5	22.7
Not at all prepared	7.3	9.8

Table B-4
Preparedness of Household to Face Public Health Emergency
by Year

	2009 (n=964)	2006 (n=1,016)
Very prepared	28.9	17.3
Somewhat prepared	45.6	50.8
Not very prepared	18.7	23.5
Not at all prepared	6.7	8.4

Table B-5
Emergency Preparations
by Year

	2009	2006
An emergency response plan (n=1,007; 1,048)	42.2	41.6
An emergency plan for evacuation (n=1,018; 1,046)	43.1	43.4
An emergency list of phone numbers and contacts (n=1,029; 1,061)	79.3	77.8
A list of medical conditions and current medicines (n=1,028; 1,056)	68.7	61.3
An Emergency Supply Kit ¹ (n=1,027)	49.3	-

Table B-6
Usage of Child's Car Seat or Booster Seat when Riding in the Car
by Year

	2009 (n=145)	2001 (n=543)
Yes	81.3	92.3
No	18.7	1.0
<i>Sometimes</i>	-	6.7

US Finding: 2007 NHTSA: 85 percent of children age 4 to 7 used a child safety seat.

¹ "An Emergency Supply Kit" was added to this question in 2009.

**Table B-7
Immunizations for Children under Five
by Year**

	2009 (n=95)	2006 (n=163)	2001 (n=234)
Yes	97.0	92.5	97.2
No	3.0	7.5	2.8

**Table B-8
Where Children Received Their Last Immunizations
by Year**

	2009 (n=90)	2006 (n=12)
Your personal doctor	65.1	33.9
“Family Practice Center”	21.4	16.6
Clinic/hospital	7.5	35.2
School health clinic	3.4	-
Local Health Department	2.7	14.3
Health Fair or Community Event (such as “Hooray for Health”)	0.0	-

**Table B-9
Had Flu Shot in Past 12 Months
by Year**

	2009 (n=1,034)	2006 (n=1,096)	2001 (n=1,347)
Yes	56.1	47.6	33.6
No	43.9	52.4	66.4

**Table B-10
Had Flu Vaccine Spray in Past 12 Months
by Year**

	2009 (n=1,039)	2006 (n=1,096)
Yes	2.4	1.3
No	97.6	98.7

**Table B-11
Willingness to Utilize Flu Prevention Strategies
by Region**

	Percentage responding	
	2009	US
Willing to get flu shot or nasal spray this year (n=987)	69.9	49.6

2009 RAND Corporation

Table B-12
Had Pneumonia Vaccine
by Region

	2009 (n=427)	US
Yes	66.1	61.0
No	33.9	39.0

2009 NHIS

Table B-13
How Long Since Your Last Routine Checkup
by Year

	2009 (n=1,019)	2006 (n=1,096)	2001 (n=1,355)
0 to 12 months	79.4	73.8	74.5
1 to 2 years	9.5	15.2	13.2
2 to 5 years	3.8	5.3	7.4
5 or more years	5.5	4.4	3.3
Never	1.7	1.3	1.3

Table B-14
Ratings of Health Care Received in Past 12 Months
by Year

	2009 (n=991)	2006 (n=1,054)	2001 (n=1,339)
1 Worst health care possible	1.6	0.7	2.6
2	2.6	2.4	2.2
3	9.5	10.1	14.5
4	27.0	31.9	33.5
5 Best health care possible	59.3	55.0	47.1
<i>Mean</i>	<i>4.40</i>	<i>4.38</i>	<i>4.20</i>

Table B-15
General Health Status
by Year and Region

	2009 (n=1,033)	2006 (n=1,095)	2001 (n=1,352)	US	Texas
Excellent	15.4	15.9	18.8	20.2	18.9
Very good	23.9	28.4	29.9	34.9	28.9
Good	33.8	33.6	30.5	30.1	33.1
Fair	19.1	14.4	14.7	10.6	14.1
Poor	7.9	7.6	6.1	3.8	5.0

US and Texas Findings: 2008 BRFSS

Table B-16
Limited Mobility Due to Impairment or Health Problem
by Year and Region

	2009 (n=1033)	2006 (n=1,095)	2001 (n=1,355)	US	Texas
Yes	30.6	24.7	23.9	20.6	19.2
No	69.4	75.3	76.1	79.4	80.8

2007 BRFSS

Table B-17
Limited Mobility Due to Impairment or Health Problem
by Year

	2009 (n=314)	2006 (n=267)	2001 (n=319)
Arthritis/rheumatism	14.2	16.6	15.1
Fractures, bone, joint injury	11.8	13.1	12.6
Back or neck pain	11.7	16.4	11.5
Heart problem	8.6	11.1	9.2
Lung/breathing problem	8.5	7.8	10.0
Eye/vision problem	7.7	2.2	1.2
Walking problem	7.1	6.0	6.6
Age	5.0	0.3	-
Neurological	4.2	3.6	-
Cancer	3.4	4.0	2.5
Epilepsy/seizures	2.8	-	-
Stroke problem	2.7	0.3	1.1
Depression/anxiety/emotional problem	1.8	1.7	2.9
Muscular	1.8	2.1	-
Diabetes	1.5	3.0	3.2
Hypertension/high blood pressure	1.3	1.0	1.5
Tumors/cysts	1.1	-	-
Overweight	0.9	1.6	-
Pregnant	0.9	-	-
Circulation	0.5	1.3	-
Hepatitis	0.1	-	-
Hearing problem	-	1.9	1.5
Liver disease	-	0.3	-
Allergies	-	-	2.4
Carpal tunnel	-	-	0.5
Amputee	-	-	0.4
Hernia	-	-	0.4
Other	2.5	5.7	17.5

Table B-18
Need Help with Routine Chores Due to Limited Mobility
by Year

	2009 (n=1,032)	2006 (n=1,090)	2001 (n=1,354)
Yes	15.7	10.1	10.2
No	84.3	89.9	89.8

Table B-19
Have Health Insurance
by Year and Region

	2009 (n=1,036)	2006 (n=1,092)	2001 (n=1,347)	US	Texas
Yes	86.6	85.5	84.4	84.5	74.4
No	13.4	14.5	15.6	15.5	25.6

US and Texas Findings: 2008 BRFSS

Table B-20
Have Health Insurance by Race/Ethnicity
by Year and Region

	2009 (n=1,027)	2006 (n=1,087)	2001 (n=1,347)	US	Texas
White	91.2	88.8	89.4	89.5	87.0
Black	78.2	82.6	73.5	80.2	72.6
Hispanic	50.7	66.0	56.5	65.8	54.6
Other	78.9	52.2	89.6	83.5	84.3

US and Texas Findings: 2008 BRFSS

Figure B-21
Respondents under Age 65 Have Health Insurance
by Race/Ethnicity and Region

	2009	US
Non-Hispanic White	81.5	81.2
Non-Hispanic Black	66.4	59.0
Hispanic	48.2	48.2

US Finding: Medical Expenditure Panel Survey 2002, Racial and Ethnic Differences in Health Insurance Coverage and Usual Source of Health Care, 2002 (Published 3/2006)

(http://www.meps.ahrq.gov/mepsweb/data_files/publications/cb14/cb14.shtml)

Table B-22
Someone in Household Did Not Have Health Insurance in Past 12 Months
by Year

	2009 (n=1,037)	2006 (n=1,093)	2001 (n=1,225)
Yes	18.5	17.8	16.6
No	81.5	82.2	83.4

Table B-23

**Could Not See Doctor Due to Cost
by Year**

	2009 (n=1,037)	2006 (n=1,091)	2001 (n=1,349)
Yes	13.4	15.7	12.6
No	86.6	84.3	87.4

**Table B-24
Problems Getting to Health Care Provider
by Year**

	2009 (n=1,033)	2006 (n=1,084)	2001 (n=1,350)
Yes	4.8	7.4	6.7
No	95.2	92.6	93.3

**Table B-25
Type of Problems Getting to Health Care Provider
by Year**

	2009 (n=50)	2006 (n=76)	2001 (n=91)
Don't have a car	30.2	32.4	31.1
Health problems	12.6	17.8	4.5
Don't drive	11.4	27.4	15.1
Too far	9.2	1.4	--
Cost	7.3	4.3	1.3
No public transportation	5.7	0.8	7.9
Car out of gas/not working	2.0		6.1
Takes too long to get an appointment	1.4	4.1	19.1
Insurance	1.0	7.7	4.7
Too long of a wait in the office to see someone	0.0	0.0	3.9
New to area	-	-	2.9
Doctor's hours are not accommodating	-	-	2.6
Can't miss work	-	4.0	-
Other	19.2	0.0	0.8

**Table B-26
One Place for Health Care
by Year**

	2009 (n=1,033)	2006 (n=1,082)	2001 (n=1,338)
Yes, one place	82.1	70.2	70.9
More than one place	11.3	20.7	18.7
No	6.6	9.2	10.4

Table B-27
Usage of Emergency Department of a Hospital
by Year

	2009 (n=963)	2006 (n=1,094)	2001 (n=1,349)
Yes	10.9	21.6	21.0
No	89.1	78.4	79.0

Table B-28
Usage of Emergency Department of a Hospital by Respondent
by Year

Respondent only	2009 (n=247)	2006 (n=236)	2001 (n=283)
1 trip	61.1	62.8	70.6
2 trips	17.4	17.5	16.6
3 trips	9.8	10.2	9.9
4 trips	4.1	5.3	1.1
5 or more	7.6	4.3	1.8

Table B-29
Have High Blood Pressure
by Year and Region

	2009 (n=1,039)	2006 (n=1,093)	2001 (n=1,355)	US	Texas
Yes	57.8	42.8	31.2	27.8	27.8
No	42.2	57.2	68.8	72.2	72.2

US and Texas Findings: 2007 BRFSS

Table B-30
Have High Blood Pressure by Age
by Year and Region

Age Adjusted Rates for High Blood Pressure	Percentage responding				
	2009 (n=1,035)	2006 (n=1,095)	2001 (n=1,351)	US	Texas
18 to 24	48.5	6.3	4.7	6.0	6.0
25 to 34	33.3	23.1	15.0	9.4	10.1
35 to 44	27.3	26.7	21.0	16.0	18.7
45 to 54	50.7	41.8	34.4	28.6	32.0
55 to 64	66.7	51.2	41.7	44.3	48.7
65 or older	69.7	61.0	53.0	57.9	58.0

US and Texas Findings: 2007 BRFSS

Table B-31
Ever Had Blood Cholesterol Checked
by Year

	2009 (n=1,032)	2006 (n=1,086)	2001 (n=1,333)
Yes	87.4	82.8	76.8
No	12.6	17.2	23.2

Table B-32
Have High Blood Cholesterol
by Year and Region

	2009 (n=887)	2006 (n=890)	2001 (n=1,013)	US	Texas
Yes	49.5	43.5	39.7	37.6	38.5
No	50.5	56.5	60.3	62.4	61.5

US and Texas Findings: 2007 BRFSS

Table B-33
Household Member has Diabetes
by Year and Region

	2009 (n=1,036)	2006 (n=1,094)	2001 (n=1,354)	US	Texas
Yes	22.4	20.0	13.9	8.3	9.7
No	77.6	80.0	86.1	91.7	90.3

US and Texas Findings: 2007 BRFSS

Table B-34
Age at which Household Member Was Diagnosed with Diabetes
by Year

	2009 (n=224)	2006 (n=206)	2001 (n=175)
Under 18	3.2	4.4	6.9
18 to 24	3.4	1.4	2.7
25 to 34	5.8	10.3	7.3
35 to 44	14.3	18.5	21.5
45 to 54	19.1	27.0	29.9
55 to 64	20.8	20.2	22.1
65 to 74	29.2	16.3	9.0
75 or older	4.3	1.9	0.6

Table B-35
Person Effectively Managing Their Diabetes
by Year

	2009 (n=229)	2006 (n=219)	2001 (n=188)
Yes	96.2	95.1	94.1
No	3.8	4.9	5.9

Table B-36
Times Person with Diabetes Saw Health Care Professional in Past 12 Months
by Year

	2009 (n=200)	2006 (n=192)	2001 (n=175)
None	0.0	0.0	7.8
1 time	18.0	11.3	18.2
2 times	25.1	15.5	17.9
3 times	9.2	16.8	10.9
4 times	28.8	33.8	18.6
5 or more times	18.9	22.6	26.7

Table B-37
Someone in Household Has Heart Problems
by Year

	2009 (n=1,033)	2006 (n=1,092)	2001 (n=1,351)
Yes	21.8	20.2	17.0
No	78.2	79.8	83.0

Table B-38
Someone in Household Has Difficulties with Behavioral/Emotional Problems
by Year

	2009 (n=1,029)	2006 (n=1,092)	2001 (n=1,352)
Yes	9.1	9.9	9.4
No	90.9	90.1	90.6

Table B-39
Behavioral/Emotional Problem Is Being Addressed at Present Time
by Year

	2009 (n=29)	2006 (n=106)	2001 (n=126)
Yes	77.0	82.0	86.2
No	23.0	18.0	13.8

Table B-40
Illnesses or Health Problems Reported
by Year

	2009 (n=911)	2006 (n=1,094)	2001 (n=1,355)
Allergies	58.8	66.2	63.1
Arthritis	47.4	43.3	36.8
Overweight	47.1	53.8	46.9
Anxiety	26.6	23.5	22.9
Dental problems	22.9	24.2	24.7
Depression	22.2	21.7	22.3
Asthma	18.9	21.8	20.2
Cancer	6.9	6.0	5.2
Stroke	5.3	3.9	2.6
Kidney/Renal Failure	3.2	-	-
Staphylococcal infection	2.1	-	-
Alcoholism	2.0	3.2	2.6
Drug Abuse	0.8	1.1	1.0
STD Sexually Transmitted Disease	0.7	1.6	1.3
TB Tuberculosis	0.6	0.6	0.7
Other	23.3	22.3	16.2

Table B-41
Someone in Household Has Arthritis
by Year and Region

	2009 (n=1,027)	2006 (n=1,090)	2001 (n=1,353)	US	Texas
Yes	47.4	43.3	36.8	27.5	23.7
No	52.6	56.7	63.2	72.5	76.3

US and Texas Findings: 2007 BRFSS

Table B-42
Body Mass Index
by Year and Region

Respondent only	2009 (n=1,018)	2006 (n=1,043)	2001 (n=1,306)	US	Texas
Underweight	3.5	1.8	2.3		
Normal	33.7	33.3	39.2	36.6	33.8
Overweight	37.3	34.6	31.4	36.5	37.3
Obese	25.5	30.2	27.2	26.7	28.9

US and Texas Findings: 2008 BRFSS

Table B-43
Had Dental Exam or Teeth Cleaning in Past 12 Months
by Year and Region

	2009 (n=1,036)	2001 (n=1,335)	US	Texas
Yes	60.8	46.5	71.3	62.3
No	39.2	53.5	28.7	37.7

US and Texas Findings: 2008 BRFSS – Visited dentist for any reason in the past year

Table B-44
Been Treated for Sexually Transmitted Diseases
by Year

	2009 (n=1,031)	2006 (n=1,091)	2001 (n=1,337)
Yes	2.2	1.6	1.2
No	97.8	98.4	98.8

Table B-45
Ever Been Tested for HIV
by Year

	2009 (n=1,005)	2006 (n=1,082)	2001 (n=1,308)
Yes	27.9	30.3	35.7
No	72.1	69.7	64.3

Table B-46
Facility Where Last Tested for HIV
by Year

	2009 (n=273)	2006 (n=316)	2001 (n=462)
Private doctor or HMO	32.2	31.4	34.7
Blood bank	5.2	3.6	1.8
Health department	9.8	9.3	7.1
AIDS clinic, counseling, testing site	0.4	1.5	1.0
Hospital, emergency room, outpatient clinic	18.9	22.4	21.5
Family planning clinic	4.2	7.5	9.2
Prenatal clinic, obstetrician's office	1.6	4.5	3.0
Tuberculosis clinic	0.0	0.0	-
STD clinic	0.4	0.6	-
Community health center	2.5	3.0	6.6
Clinic run by employer	4.1	1.5	1.7
Insurance company clinic	2.6	2.9	1.6
Other public clinic	3.7	2.6	2.3
Drug treatment facility	0.0	-	-
Military induction or military induction site	6.0	6.1	3.1
Immigration site	0.0	-	1.2
At home, home visit by nurse or health worker	1.0	-	-
At home using self-testing kit	0.1	-	1.6
In jail or prison	3.0	0.7	-

	2009 (n=273)	2006 (n=316)	2001 (n=462)
Paramedic training	0.1	-	-
VA	1.8	-	-
Gave specific city	2.5	-	0.1
Other	0.0	2.6	

Table B-47
Received Results of Last HIV Test
by Year

	2009 (n=274)	2006 (n=324)	2001 (n=461)
Yes	89.9	89.1	89.6
No	10.1	10.9	10.4

Table B-48
Received Counseling/Talked with Health Care Professional about Test Results
by Year

	2009 (n=276)	2006 (n=322)
Yes	39.5	33.8
No	60.5	66.2

Table B-49
Tested Positive for HIV
by Year

	2009 (n=279)	2006 (n=324)	2001 (n=465)
Yes	0.4	0.6	1.2
No	99.6	99.4	98.8

Table B-50
Source of Female Health Services
by Year

	2009 (n=671)	2006 (n=673)	2001 (n=874)
Family planning clinic	3.7	9.8	10.2
A health department clinic	3.7	2.5	2.6
A community clinic	5.5	4.7	5.6
School health clinic	0.0	0.0	0.3
Family Practice Center, Family Health Center or Heart of Texas Community Health Center	8.9	7.7	6.7
A private gynecologist	33.7	37.7	34.5
A general or family physician	37.8	32.0	37.2
Some other kind of place	6.7	5.6	2.9

Table B-51
Ever Had a Mammogram
by Year

	2009 (n=716)	2006 (n=722)	2001 (n=910)
Yes	82.8	78.2	67.7
No	17.2	21.8	32.3

Table B-52
Women over Age 35 Have Had a Mammogram
by Year

	2009 (n=649)	2006 (n=493)	2001 (n=712)
Yes	88.4	95.2	79.4
No	11.6	4.8	20.6

Table B-53
Women Over Age 35 with Health Insurance Have Had a Mammogram
by Year

Have insurance	Percentage who had a mammogram		
	2009 (n=648)	2006 (n=493)	2001 (n=541)
Yes	89.9	95.4	90.5
No	75.0	91.4	69.6

Table B-54
How Long Since Last Mammogram
by Year

	2009 (n=583)	2006 (n=556)	2001 (n=615)
0 to 12 months	65.7	57.2	59.8
1 to 2 years	14.9	22.8	22.4
2 to 3 years	7.4	7.1	6.1
3 to 5 years	2.1	4.4	4.2
5 or more years ago	9.9	8.5	7.6

Table B-55
Women Age 40/50 or Older Had Mammogram in Past 2 Years
by Year

	2009	US	Texas
Age 40 or older	75.0	76.0	72.6
Age 50 or older	77.5	79.5	75.4

US and Texas Findings: 2008 BRFSS

Table B-56
Frequency of Performing Breast Self-Examination
by Year

	2009 (n=701)	2006 (n=716)	2001 (n=898)
Once or more per month	44.9	43.2	48.9
9 to 11 times per year	10.0	5.9	7.8
5 to 8 times per year	7.3	10.5	9.6
1 to 4 times per year	9.0	14.2	10.2
Yearly	3.3	5.1	4.7
Less than yearly	3.9	2.8	2.3
Never	20.7	17.0	15.4
Do not know how to perform the exam	0.9	1.4	1.1

Table B-57
Ever Had a Pap Smear
by Year

	2009 (n=711)	2006 (n=723)	2001 (n=909)
Yes	95.8	97.0	95.5
No	4.2	3.0	4.5

Table B-58
How Long Since Last Pap Smear
by Year

	2009 (n=646)	2006 (n=690)	2001 (n=856)
1 to 12 months ago	50.5	53.7	58.6
1 to 2 years	15.5	21.0	20.3
2 to 3 years	9.1	7.2	4.5
3 to 5 years	7.0	4.7	3.4
5 or more years ago	18.0	13.4	13.1

Table B-59
Women 18 or Older Had Pap Smear in Past 3 Years
by Year and Region

	Percentage
2009	75.1
2006	81.9
2001	83.4
US	82.9

2008 BRFSS

Table B-60
Respondent is Currently Pregnant
by Year

	2009 (n=717)	2006 (n=724)	2001 (n=905)
Yes	1.5	1.4	3.2
No	98.5	98.6	96.8

Table B-61
Someone in Household Pregnant in Past Year
by Year

	2009 (n=1,033)	2006 (n=724)	2001 (n=1,342)
Yes	2.7	5.3	7.3
No	97.3	94.7	92.7

Table B-62
Relationship to Woman who Is/Was Pregnant
by Year

	2009 (n=28)	2006 (n=38)	2001 (n=98)
Self	46.4	65.5	51.6
Daughter	16.1	17.4	10.1
Spouse	13.7	-	20.2
Sister	7.7	-	-
Roommate	3.9	-	-
Granddaughter	1.2	-	-
Aunt	1.0	-	-
Nephew's girlfriend	1.0	-	-
Mother	0.5	-	-
Non-married partner	-	-	1.5
Other	-	17.1	16.6

Table B-63
Age of Woman who Is/Was Pregnant
by Year

	2009 (n=28)	2006 (n=35)	2001 (n=98)
Under 18	1.9	7.8	1.8
18 to 24	26.3	32.7	50.6
25 to 34	68.4	50.8	39.7
35 or older	3.3	8.7	7.9

Table B-64
Pregnancy Resulted in Live Birth
by Year

	2009 (n=28)	2006 (n=38)	2001 (n=98)
Yes	50.4	93.9	67.4
No	14.5	3.8	9.2
Currently pregnant	35.1	2.3	23.4

Table B-65
Breast-Feeding the Baby
by Year

	2009 (n=14)	2006 (n=36)	2001 (n=65)
Yes	32.1	39.7	50.5
No	37.9	60.3	49.5

Table B-66
Months Breast-Fed the Baby
by Year

	2009 (n=5)	2006 (n=14)	2001 (n=32)
Actual or plans to breast-feed			
Less than one month	0.0	2.0	3.1
One to two months	0.0	0.5	27.9
Three to four months	20.0	16.1	7.4
Five to six months	20.0	14.2	0.6
Six to nine months	0.0	27.6	15.9
Nine months or more	60.0	39.6	45.1

Table B-67
Pregnant Woman Received Prenatal Care
by Year

	2009 (n=28)	2006 (n=38)	2001 (n=98)
Yes	87.7	96.0	95.9
No	12.3	4.0	4.1

Table B-68
Number of Months Pregnant when Woman Started Receiving Prenatal Care
by Year

	2009 (n=24)	2006 (n=34)	2001 (n=92)
1 month	73.1	22.7	47.0
2 months	14.9	30.6	35.3
3 months	7.9	11.7	8.4
4 months	4.1	22.9	4.9
5 months or more	0.0	12.1	4.4

Table B-69
Had Prostate Exam in Past 12 Months
by Year

	2009 (n=317)	2001 (n=438)
Yes	48.2	38.9
No	51.8	61.1

Table B-70
Do Moderate/Vigorous Activities
by Year

	2009	2006	2001
Moderate (n=1,034; 1,096; 1,351)	80.3	78.4	79.0
Vigorous (n=1,032; 1,092; 1,351)	38.3	39.9	42.3

Table B-71
Weekly Physical Activity
by Year

Activities	Percentage responding by number of days per week						
	1	2	3	4	5	6	7
Moderate							
2009 (n=822)	3.7	9.4	21.1	15.2	16.0	6.7	28.0
2006 (n=849)	2.2	10.9	21.6	12.3	19.1	7.3	26.6
2001 (n=1,055)	2.8	9.5	21.2	17.9	15.3	4.3	29.1
Vigorous							
2009 (n=391)	17.1	19.7	24.1	11.6	13.2	3.1	11.3
2006 (n=425)	16.3	20.9	26.9	11.5	11.0	3.2	10.2
2001 (n=569)	18.5	22.3	22.9	10.5	8.3	5.0	12.5

Table B-72
Time Spent Daily Doing Physical Activity
by Year

Activities	Percentage responding by time per day					
	20 min or less	20 to 30 min	31 to 60 min	1 hr to 1 hr-29 min	1.5 to 2 hrs	Over 2 hrs
Moderate						
2009 (n=793)	23.5	26.7	26.3	3.6	6.6	13.3
2006 (n=825)	20.5	29.8	26.9	3.4	8.2	11.3
2001 (n=1,011)	18.6	28.3	30.7	4.5	7.2	10.8
Vigorous						
2009 (n=386)	15.2	25.2	36.8	4.8	7.4	10.6
2006 (n=412)	16.0	26.7	31.6	4.5	9.8	11.4
2001 (n=561)	13.0	21.9	34.0	7.3	11.1	12.8

Table B-73
Servings of Fruit per Day
by Year

	2009 (n=1,027)	2006 (n=1,091)	2001 (n=1,348)
Never	2.4	5.1	3.4
Less than one per day	9.9	11.5	10.5
Once per day	31.3	29.8	28.2
2 to 4 per day	48.7	48.1	50.1
More than 4 per day	7.7	5.5	7.8

Table B-74
Eat Recommended Servings of Fruit per Day
by Year and Region

	2009 (n=1,027)	2006 (n=1,091)	2001 (n=1,348)	US	Texas
2 or more servings per day	56.4	53.6	57.9	32.8	29.1
Less than recommended	43.6	46.4	42.1	67.2	70.1

US and Texas Findings: 2009 CDC

Table B-75
Servings of Fresh Vegetables per Day
by Year

	2009 (n=1,028)	2006 (n=1,087)	2001 (n=1,347)
Never	3.2	3.1	3.1
Less than one per day	9.6	10.5	10.3
Once per day	30.1	27.5	31.4
Twice per day	34.8	32.7	-
3 to 5 per day	20.5	23.6	-
More than 5 per day	1.9	2.6	-
2-3 (2001 category)	-	-	45.7
4+ (2001 category)	-	-	9.6

Table B-76
Eat Recommended Servings of Fresh Vegetables per Day
by Year and Region

	2009 (n=1,027)	2006 (n=1,087)	US	Texas
3 or more servings per day	22.4	26.2	27.4	30.0
Less than recommended	77.6	73.8	72.6	70.0

US and Texas Findings: 2009 CDC

Table B-77
Servings of Red Meat, Cheese, Fried Foods, Eggs, Tortillas Eaten per Day
by Year

	2009 (n=1,018)	2006 (n=1,081)	2001 (n=1,340)
Never	2.9	3.1	2.1
Less than one per day	20.0	14.5	21.3
Once per day	38.3	33.5	29.8
Twice per day	24.8	26.5	27.1
3 to 5 per day	12.3	20.2	17.6
More than 5 per day	1.7	2.2	2.1

Table B-78
Servings of Pies, Cakes, Cookies, and Sweetened Cereals Eaten per Day
by Year

	2009 (n=1,032)	2006 (n=1,091)	2001 (n=1,347)
Never	16.7	21.2	14.7
Less than one per day	37.4	30.8	35.4
Once per day	34.8	32.5	35.1
2 to 4 per day	9.6	13.4	12.6
More than 4 per day	1.4	2.2	2.2

Table B-79
Times Ate Restaurant Food Previous Day per Day
by Year

	2009 (n=1,036)	2006 (n=1,096)
None	65.8	66.4
1 time	29.3	26.9
2 times	4.0	5.3
3 or more times	0.9	1.3

Table B-80
Smoked at Least 100 Cigarettes in Lifetime
by Year

	2009 (n=1,036)	2006 (n=1,094)	2001 (n=1,350)
Yes	46.6	44.1	42.9
No	53.4	55.9	57.1

**Table B-81
Smoking Status
by Year and Region**

	2009 (n=911)	2006 (n=1,096)	2001 (n=1,355)	US	Texas
Every day	14.7	15.8	19.0	13.4	11.7
Some days	5.1	5.1	4.2	4.9	6.8
Not at all	26.0	23.2	19.5	25.2	21.5
Never smoked	54.2	56.0	57.3	55.4	60.0

US and Texas Findings: 2008 BRFSS

**Table B-82
Currently Smoking by Age
by Year and Region**

	2009 (n=1,037)	2006 (n=1,096)	2001 (n=1,348)	US	Texas
18 to 24	42.4	34.4	10.0	22.3	20.3
25 to 34	23.3	25.4	16.7	23.7	21.5
35 to 44	27.9	19.9	20.6	20.0	20.3
45 to 54	23.6	32.4	22.8	21.0	20.5
55 to 64	18.5	21.0	16.7	16.8	17.5
65 or older	14.0	9.5	13.2	8.2	8.3

US and Texas Findings: 2008 BRFSS

**Table B-83
Currently Smoking by Race/Ethnicity
by Year and Region**

	2009 (n=1,012)	2006 (n=1,091)	2001 (n=1,345)	US	Texas
White	18.0	20.7	22.7	17.9	19.4
African American	28.3	22.4	35.3	21.2	22.2
Hispanic	23.6	16.7	4.8	15.7	16.7
Other	0.0	39.1	35.4	16.0	15.0
Multiracial	-	-	-	22.8	-

US and Texas Findings: 2008 BRFSS

**Table B-84
Cigarettes Smoked per Day
by Year**

	2009 (n=202)	2006 (n=219)	2001 (n=316)
1 to 5	25.2	25.6	17.4
6 to 10	30.9	20.4	22.2
11 to 20	39.0	36.6	43.5
More than 20	4.9	17.5	16.9

Table B-85
Quit Smoking for One Day or Longer in Past 12 Months
by Year

	2009 (n=204)	2006 (n=229)	2001 (n=326)
Yes	70.2	65.6	55.0
No	29.8	34.4	45.0

Table B-86
How Long Since Last Smoked Cigarettes Daily
by Year

	2009 (n=197)	2006 (n=223)	2001 (n=322)
Current smoker	79.9	83.5	87.6
0 to 1 month ago	5.1	6.5	4.5
1 to 3 months ago	5.3	0.9	1.0
3 to 6 months ago	4.3	2.4	1.5
6 to 12 months ago	0.8	1.8	1.9
1 to 5 years ago	3.5	1.9	2.1
5 to 15 years ago	1.2	3.1	1.4

Table B-87
Best Way to Receive Health Information
by Year

Source	2009 (n=1,004)	2006 (n=1,058)	2001 (n=1,325)
Health care providers	35.9	32.2	23.5
Internet	19.7	16.8	13.1
Television	19.0	22.3	14.8
Pamphlets	10.2	9.1	8.0
Mail	7.5	7.2	-
Other publications	2.6	4.8	-
Radio	1.2	2.2	0.7
Word of mouth (friends/family)	1.0	1.4	-
Classes	0.6	0.6	0.7
Employer	0.1	0.8	-
Multiple sources	0.0	0.7	-
Telephone	0.0	0.6	-
Other	2.2	1.3	39.3

Table B-88
Biggest Problem in Your Neighborhood
by Year

Source	2009 (n=614)	2006 (n=648)
No problems	12.9	12.9
Traffic/speeding	11.5	9.5
Crime	9.3	12.0
Pest control (rats, mosquitoes, stray animals, etc.)	8.0	13.9
Roads	7.8	8.5
Drugs	7.2	8.2
Appearance of homes-yards/low income housing/empty houses	5.9	2.4
Violence	3.2	1.6
Animals	3.2	-
Trash	3.1	3.6
Children/teenagers	2.9	3.1
Noise	2.6	4.9
Streets/lack of parking	2.1	-
Public transportation	1.8	1.5
Neighbors	1.8	3.1
Lack of community	1.8	5.0
Water systems	1.4	1.9
Unemployment/lack of jobs/economy	1.3	-
No sidewalks/not enough parks and recreation	1.1	-
No Internet access	1.0	-
Heat	1.0	-
Pollution	0.9	-
Drought	0.9	1.2
Government/services/taxes	0.7	-
Education	0.7	-
Poverty/homelessness	0.5	-
Age of community/need younger people	0.5	-
High utility rates/bills/problems	0.5	0.9
Health care services	0.4	0.3
Oak wilt disease/trees	0.3	-
Police	0.2	-
Sewage disposal systems	0.0	0.2
Construction/development		1.1
Loitering		0.3
Lack of retail business		0.2
Other	3.4	3.7