2010 Hunterdon County Behavioral Risk Factor Surveillance Survey

Sponsored by A Partnership for Health Hunterdon County’s ‘Healthy Communities’ Initiative

Healthy People...Living in Healthy Communities
To the residents of Hunterdon County,

Welcome to the 2010 Hunterdon County Behavioral Risk Factor Surveillance System Survey.

You are now holding in your hands an historic document, a “picture of health,” of this great county. Some of the news is good. Some of it, not so good. But all of it is authentic.

Before we jump to the facts and findings, I think it’s important to understand just how ambitious this survey actually is. Such an undertaking can only be accomplished through willing partnerships, exhaustive collaboration, and passionate groups that share a united will to improve the health of our community. Indeed, this joint force is the driving factor behind this fourth edition of the BRFSS Survey.

But what makes this survey project so important? Simply put, it is an actual picture of health of the Hunterdon County community, a picture slowly developed over 15 years. By studying this picture, we get a sense of how far we’ve come, how much there is yet to do and, most importantly, in what direction we’re headed.

Before you crack open these pages of the 2010 findings, let’s just take one example of that greater 15-year picture: Obesity. Where were we in 1995, the year of the very first survey? Back then 9% of county adult residents were obese. In 2010 that figure has more than doubled to 19%. This is clearly a growing public health challenge, both in our county and across the country. Over the same period of time, however, the cigarette smoking rate for residents dropped from 12% down to 5%. This is a remarkable and positive change in behavior.

These surveys cost money. I would like to acknowledge the generous financial support provided by Hunterdon Healthcare Partners LLC, Hunterdon Healthcare, Hunterdon United Way, and two County Health Department Public Health grants (Public Health Preparedness and HIV Counseling & Testing).

So, enjoy this report. It is about all of us. See what the pages reveal. You will begin to see that picture of health I mentioned above. It’s an intriguing one.

John Beckley
Health Officer/Director
Hunterdon County Department of Health

For more information about this survey or A Partnership for Health, contact the Hunterdon County Department of Health at 908-788-1351 or visit www.co.hunterdon.nj.us/health/partnership.htm.
Hunterdon County, New Jersey

Behavioral Risk Factor Surveillance System (BRFSS)

Presented by: Holleran
November 16, 2010
BACKGROUND & METHODOLOGY

Hunterdon County Department of Health, in collaboration with Hunterdon Healthcare and other various community partners, requested that Holleran conduct a Behavioral Risk Factor Surveillance System (BRFSS) study among its adult community using the Centers for Disease Control and Prevention (CDC) BRFSS tool. The BRFSS is a national initiative, headed by the CDC that assesses the health status and risk factors among U.S. citizens.

The Hunterdon County partners coordinated with representatives from Holleran and customized the BRFSS tool to assess the needs of area residents. The tool was developed by selecting various core sections and modules from the BRFSS tool and adding individualized questions. Additionally, the survey instrument utilized in previous assessments was utilized in the survey development process as well. Depending upon respondents’ answers to questions regarding exercise, asthma, diabetes, etc., interviews averaged 10 to 12 minutes in length.

A sampling strategy was developed by Holleran and approved by the Hunterdon County partners. The sampling strategy identified the number of completed surveys needed within each zip code across the service areas. The final sample (1,104) yields an overall error rate of +/-2.9% at a 95% confidence level. Data collection took place between August 23 and October 15, 2010.

The calculated response rate for the study is 26%. Holleran follows the guidelines for survey research quality established by the Council of American Survey Research Organizations (CASRO). Likewise, Holleran calculates response rates according to the definition established by CASRO as outlined in the document, “On the Definition of Response Rates.” The response rate is equal to the number of completed interviews divided by the number of eligible respondents. The number of eligible respondents is the total number of potential respondents minus wrong numbers, disconnects, ineligible respondents, and an estimate of disqualified respondents among those on the list who were not contacted. For a more detailed description of the
determination of response rates, refer to the CASRO article “On the Definition of Response Rates.”

RESEARCH OBJECTIVES

The research objectives of the assessment were as follows:

1. To gather statistically valid information on the health status of residents in Hunterdon County, New Jersey.
2. To develop and finalize sampling strategies relevant to target populations.
3. To accurately represent all populations within the target area.
4. To develop accurate comparisons to the state and national baseline of health and quality of life measures to provide trending information for the future.
5. To compare the results to previous studies, identifying historical trends.
6. To interpret the meaning of the data collected so that needs are accurately depicted for area residents.
7. To utilize results in community benefit endeavors and strategic planning efforts.
8. To conduct research in a fully confidential manner consistent with the Code of Standards and Ethics promulgated by the Council of American Survey Research Organizations (CASRO).
Reading the Results

All figures included within the report reflect the percentage of respondents. It should be noted that the Hunterdon County data (all years), 2009 New Jersey and 2009 National BRFSS data included in the report were calculated with a weighting variable. The state and national weighting variables correct for any demographic differences that may exist between the sample and the population it represents.

Holleran conducted tests of significance to identify differences among various subsets. For example, they identified significant differences between the New Jersey and National responses. Holleran conducted all tests of significance using the nonparametric test, “Chi-Square.” The cutoff used for significance was $p < 0.01$. This cutoff, rather than $p < 0.05$, was used to account for the inability to reliably calculate effect size. Analyses of effect size for nonparametric tests have limited validity as they are highly influenced by a large sample size.

Summary of Strengths & Opportunities

Areas of strength and opportunity are identified below. It is important to note that some questions on the survey did not have comparisons to New Jersey and/or National data. Those specific areas without any benchmark comparisons are not included in the summary below. Additionally, there are a few areas that are open to debate as to whether they are a strength or opportunity. These areas of difference are not listed, as it is not clear where they belong.
**Areas of Strength for Hunterdon County:**

<table>
<thead>
<tr>
<th>Areas</th>
<th>Healthier/ Better than the Nation</th>
<th>Healthier/ Better than New Jersey</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall rating of general health</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Days with positive physical health</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Days with positive mental health</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Health insurance coverage</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Time when needed to see a doctor, but could not because of cost</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Blood sugar tested for diabetes in past 3 yrs</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Percentage told they have diabetes</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Diabetics who check blood for glucose or sugar on daily basis</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Diabetics who check feet for sores or irritations</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Diabetics who have had “A one C” checked</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Diabetics who have had a health professional check feet for sores or irritations</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Proportion of adults of “normal” weight and “obese”</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Women who have had a clinical breast exam (ever and in past year)</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Ever had blood cholesterol checked</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Males 40+ who have had <strong>ever</strong> a digital rectal exam</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Males 40+ who have had a digital rectal exam <strong>in the past year</strong></td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Adults 50+ who have <strong>ever</strong> had a blood stool test</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Flu shot in past year</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Adults 65+ who have <strong>ever</strong> had a pneumonia vaccination</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>---------------------------------------------------------</td>
<td>---</td>
<td></td>
</tr>
<tr>
<td>Proportion who eat green salad</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Number of servings of vegetables consumed in a regular day/week/month</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Days where feel rested, had enough sleep</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Limitations because of arthritis or joint symptoms</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Engagement in moderate or vigorous activity for at least 10 minutes at a time</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Proportion “very satisfied” with their life</td>
<td>✓</td>
<td></td>
</tr>
</tbody>
</table>

**Areas of Opportunity for Hunterdon County:**

<table>
<thead>
<tr>
<th></th>
<th>Less Healthy/Worse than the Nation</th>
<th>Less Healthy/Worse than New Jersey</th>
</tr>
</thead>
<tbody>
<tr>
<td>Routine checkup with doctor in past year</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Smokers who have quit for one day or longer</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Percentage told have high blood pressure</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Alcohol consumption in past month</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Incidence of binge drinking</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Proportion who drink fruit juices</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Workers who primarily sit or stand while at their job (sedentary)</td>
<td></td>
<td>✓</td>
</tr>
</tbody>
</table>
### Areas of Change from 2005:

<table>
<thead>
<tr>
<th>Area</th>
<th>Positive Change</th>
<th>Negative Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall rating of general health</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Days with positive physical health</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Days with positive mental health</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Routine checkup with doctor in past year</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Number of teeth removed due to tooth decay or gum disease</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Dental insurance coverage</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Diabetics who check blood for glucose or sugar on daily basis</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Diabetics who check feet for sores or irritations</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Diabetics whose blood sugar levels are between 90-160 most of the time</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Diabetics who have had “A one C” checked</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Diabetics who have had a health professional check feet for sores or irritations</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Smokers who have quit for one day or longer</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Smoking permitted inside the home</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Proportion of adults of “normal” weight and “overweight”</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Women who have had a clinical breast exam</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Percentage told have high blood pressure</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Incidence of heart attack or myocardial infarction</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Incidence of angina or coronary heart disease</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Health Indicator</td>
<td>Relevant Data</td>
<td></td>
</tr>
<tr>
<td>-----------------</td>
<td>---------------</td>
<td></td>
</tr>
<tr>
<td>Blood cholesterol checked in past year</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Told blood cholesterol is high</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Males 40+ who have had a PSA test</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Males 40+ who have had a digital rectal exam</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Males 40+ who have had a digital rectal exam in the past year</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Adults 50+ who have ever had a blood stool test</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Adults 50+ who have had a blood stool test in past year</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Frequency of those 50+ getting a colonoscopy or sigmoidoscopy</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Flu shot in past year</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Adults 65+ who have ever had a pneumonia vaccination</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Alcohol consumption in past month</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Incidence of binge drinking</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Sunburns in past year</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Proportion who wear sunblock when outdoors on a sunny day</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>SPF factor when wear sunscreen</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Adults 65+ who experienced a fall, injured during the fall, and needed to visit a doctor, ER, or healthcare facility</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Proportion of those who had an HIV test who also received counseling or spoke with someone about the results</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Limited because of an impairment or health problem</td>
<td>✓</td>
<td></td>
</tr>
</tbody>
</table>
**Additional areas of difference (positive/negative finding unclear):**

- Diabetics who have seen a doctor at least once in the last year because of their diabetes.
- Percentage of women (all ages) who have ever had a mammogram.
- Percentage of women (40+) who have had a mammogram in the past 12 months.
- Proportion of individuals with high blood pressure who take medicine for their high blood pressure.
- Proportion who have ever had their blood tested for HIV.
<table>
<thead>
<tr>
<th>Slide Number</th>
<th>Topic</th>
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<td>Statistical Considerations</td>
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<td>Respondent Demographics</td>
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<td>Healthy Days – Health Related Quality of Life</td>
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<td>Oral Health</td>
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<td>Pre-Diabetes &amp; Diabetes</td>
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<td>70</td>
<td>Tobacco Use</td>
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<td>Weight Control</td>
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<td>85</td>
<td>Women’s Health</td>
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<tr>
<td>98</td>
<td>Hypertension Awareness</td>
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<td>102</td>
<td>Cardiovascular Disease</td>
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<tr>
<td>105</td>
<td>Cholesterol Awareness</td>
</tr>
<tr>
<td>111</td>
<td>Prostate Cancer Screening</td>
</tr>
<tr>
<td>119</td>
<td>Colorectal Cancer Screening</td>
</tr>
<tr>
<td>128</td>
<td>Immunization</td>
</tr>
<tr>
<td>137</td>
<td>Alcohol Consumption</td>
</tr>
<tr>
<td>147</td>
<td>Skin Cancer</td>
</tr>
<tr>
<td>152</td>
<td>Fruits &amp; Vegetables</td>
</tr>
<tr>
<td>159</td>
<td>Lyme Disease</td>
</tr>
<tr>
<td>161</td>
<td>Falls and Injuries</td>
</tr>
<tr>
<td>165</td>
<td>Preparedness</td>
</tr>
<tr>
<td>170</td>
<td>Suicide/Seeking Help</td>
</tr>
<tr>
<td>175</td>
<td>HIV/AIDS</td>
</tr>
<tr>
<td>180</td>
<td>Sleep</td>
</tr>
<tr>
<td>182</td>
<td>Asthma</td>
</tr>
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<td>186</td>
<td>Caregiver Status</td>
</tr>
<tr>
<td>188</td>
<td>Disability</td>
</tr>
<tr>
<td>195</td>
<td>Arthritis Burden</td>
</tr>
<tr>
<td>198</td>
<td>Physical Activity</td>
</tr>
<tr>
<td>206</td>
<td>Emotional Support &amp; Life Satisfaction</td>
</tr>
<tr>
<td>209</td>
<td>Hospice</td>
</tr>
</tbody>
</table>
Methodology

- A total of 1,104 individuals who reside in Hunterdon County were interviewed by telephone to assess their health practices and health status.

- The number of completed interviews yields a response rate of 26%* and an overall error rate of +/-2.9% at a 95% confidence level.

- Interviews were conducted between August 23 and October 15, 2010. Each interview lasted approximately 10-12 minutes depending upon what criteria were met by the respondents.

*Based upon the response rate calculation defined by Council of American Survey Research Organizations.
**Statistical Considerations**

- All data sets utilized in the current report are statistically weighted to counter for demographic imbalances (*e.g.* Over-representation of females compared to males).
  - Hunterdon County
  - New Jersey
  - United States

- All statistics are weighted with the exception of the demographic information.

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**Respondent Demographics**
## Zip Codes

<table>
<thead>
<tr>
<th>Zip</th>
<th>Percent</th>
<th>Zip</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>07830</td>
<td>5.2%</td>
<td>08826</td>
<td>4.9%</td>
</tr>
<tr>
<td>08530</td>
<td>5.9%</td>
<td>08827</td>
<td>3.5%</td>
</tr>
<tr>
<td>08551</td>
<td>4.1%</td>
<td>08829</td>
<td>3.1%</td>
</tr>
<tr>
<td>08559</td>
<td>4.2%</td>
<td>08833</td>
<td>6.7%</td>
</tr>
<tr>
<td>08801</td>
<td>6.6%</td>
<td>08848</td>
<td>7.0%</td>
</tr>
<tr>
<td>08802</td>
<td>3.2%</td>
<td>08858</td>
<td>0.2%</td>
</tr>
<tr>
<td>08804</td>
<td>1.5%</td>
<td>08867</td>
<td>3.5%</td>
</tr>
<tr>
<td>08809</td>
<td>5.3%</td>
<td>08877</td>
<td>0.8%</td>
</tr>
<tr>
<td>08822</td>
<td>23.0%</td>
<td>08889</td>
<td>7.7%</td>
</tr>
<tr>
<td>08825</td>
<td>3.7%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Gender

<table>
<thead>
<tr>
<th>Gender</th>
<th>Hunterdon County BRFSS 2010</th>
<th>Hunterdon County Census*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>44.1%</td>
<td>49.6%</td>
</tr>
<tr>
<td>Female</td>
<td>55.9%</td>
<td>50.4%</td>
</tr>
</tbody>
</table>

*Per the 2008 American Community Survey
Age Range

- 55-64 years: 26.3%
- 65+ years: 28.7%
- 45-54 years: 26.3%
- 35-44 years: 12.2%
- 25-34 years: 2.9%
- 18-24 years: 1.1%

N=1,097

Are you Hispanic or Latino?

- No: 98.5%
- Yes: 1.5%

N=1,101
### Race

<table>
<thead>
<tr>
<th>Race</th>
<th>Hunterdon County BRFSS 2010</th>
<th>Hunterdon County Census*</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>96.0%</td>
<td>91.1%</td>
</tr>
<tr>
<td>Black or African American</td>
<td>0.6%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Asian</td>
<td>1.9%</td>
<td>4.4%</td>
</tr>
<tr>
<td>American Indian or Alaska Native</td>
<td>0.1%</td>
<td>0.8%</td>
</tr>
<tr>
<td>Other</td>
<td>1.1%</td>
<td>5.8%</td>
</tr>
<tr>
<td>Hispanic or Latino**</td>
<td>1.5%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Native Hawaiian or other Pacific Islander</td>
<td>0.3%</td>
<td>0.0%</td>
</tr>
</tbody>
</table>

*Per the 2008 American Community Survey
**Note: Hispanic/Latino can be of any race.
"Other" races included: Indian, Italian, "mixture," Central American, etc.

### Service in United States Armed Forces

- No, never served: 86.2%
- Yes, now on active duty: 0.2%
  - Yes, on active duty in last yr, but not now: 0.2%
  - Yes, active duty in past, not past yr: 12.7%
- No, Reserves or Natl Guard: 0.7%

N=1,103
Marital Status

- Married: 71.8%
- Widowed: 10.0%
- Divorced: 8.5%
- Never married: 6.5%
- Member of unmarried couple: 1.5%
- Separated: 1.6%

N=1,100

Number of children in household who are less than 5 years old

- None: 92.5%
- 1 to 2: 7.1%
- 3 to 4: 0.4%
- 5 or more: 0.1%

N=1,017
Number of children in household who are 5 to 12 years old

- None: 81.6%
- 1 to 2: 16.9%
- 3 to 4: 1.5%

N=1,101

Number of children in household who are 13 to 17 years old

- None: 81.8%
- 1 to 2: 17.9%
- 3 to 4: 0.4%

N=1,101
**Highest grade or year of school completed**

- College 4 yrs or more: 55.8%
- College 1-3 yrs: 22.4%
- College 4 yrs or more: 20.5%
- Grades 1-8: 0.5%
- Grades 9-11: 0.8%
- Grade 12 or GED: 20.5%

N=1,100

---

**Employment Status**

- Retired: 25.6%
- Unable to work: 2.8%
- Employed for wages: 46.2%
- Self-employed: 12.0%
- Student: 0.7%
- Homemaker: 7.0%
- Out of work < 1yr: 2.0%
- Out of work > 1yr: 3.7%

N=1,102
Annual household income from all sources

- >$150K: 23.4%
- <$25K: 8.5%
- $25K-$49,999: 12.3%
- $50K-$74,999: 17.0%
- $75K-$99,999: 15.3%
- $100K-$124,999: 12.7%
- $125K-$150K: 10.9%
- $50K-$74,999: 17.0%
- <$25K: 8.5%

N=937

Health Status

Key: "HC" = Hunterdon County
Would you say in general that your health is…?

- Excellent*
  - HC ’95: 32.3%
  - HC ’01: 28.8%
  - HC ’05: 24.6%
  - HC ’10: 20.8%

- Very good*
  - HC ’95: 41.8%
  - HC ’01: 33.0%
  - HC ’05: 28.4%
  - HC ’10: 22.3%

- Good*
  - HC ’95: 32.3%
  - HC ’01: 33.0%
  - HC ’05: 28.4%
  - HC ’10: 28.4%

- Fair
  - HC ’95: 11.8%
  - HC ’01: 11.3%
  - HC ’05: 11.8%
  - HC ’10: 11.8%

- Poor
  - HC ’95: 4.3%
  - HC ’01: 4.3%
  - HC ’05: 4.3%
  - HC ’10: 4.3%

*Significantly different from 2005

Would you say in general that your health is…?

- Excellent*
  - National: 32.3%
  - New Jersey: 28.8%
  - HC ’10: 20.8%

- Very good*
  - National: 41.8%
  - New Jersey: 33.0%
  - HC ’10: 28.4%

- Good*
  - National: 32.3%
  - New Jersey: 33.0%
  - HC ’10: 28.4%

- Fair
  - National: 11.8%
  - New Jersey: 11.3%
  - HC ’10: 11.8%

- Poor
  - National: 4.3%
  - New Jersey: 4.3%
  - HC ’10: 4.3%

*Significantly different from NJ and National
Have you been diagnosed as having a chronic condition such as diabetes, high blood pressure, or heart disease?

Yes: 22.7%
No: 77.3%

When you feel better, do you sometimes stop taking your medicine?

Yes: 7.2%
No: 92.8%
Sometimes, if you feel worse when you take your medicine, do you stop taking it?

- **Yes**: 6.8%
- **No**: 93.2%

Do you know the long-term benefits of taking your medicine as told to you by your doctor or pharmacist?

- **Yes**: 94.3%
- **No**: 5.7%
Sometimes, do you forget to refill your prescription medicine on time?

*Individuals with a chronic condition*

- Yes: 19.6%
- No: 80.4%

No previous years, NJ, or National comparisons

---

Do you ever stop taking your medicine because of cost?

*Individuals with a chronic condition*

- Yes: 7.2%
- No: 92.8%

No previous years, NJ, or National comparisons
Healthy Days – Health Related Quality of Life

Now thinking about your physical health, for how many days during the past 30 days was your physical health not good?

Key: "HC" = Hunterdon County

*Significantly different from 2005
Now thinking about your physical health, for how many days during the past 30 days was your physical health not good?

<table>
<thead>
<tr>
<th>Days</th>
<th>National</th>
<th>New Jersey</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>None*</td>
<td>8.6%</td>
<td>9.9%</td>
<td>77.1%</td>
</tr>
<tr>
<td>1-2 days</td>
<td>10.9%</td>
<td>11.4%</td>
<td>66.9%</td>
</tr>
<tr>
<td>3-7 days</td>
<td>7.2%</td>
<td>10.3%</td>
<td>64.0%</td>
</tr>
<tr>
<td>8-14 days</td>
<td>2.1%</td>
<td>3.1%</td>
<td>11.1%</td>
</tr>
<tr>
<td>15-30 days*</td>
<td>5.0%</td>
<td>8.9%</td>
<td>10.9%</td>
</tr>
</tbody>
</table>

*Significantly different from NJ and National

Now thinking about your mental health, for how many days during the past 30 days was your mental health not good?

<table>
<thead>
<tr>
<th>Days</th>
<th>National</th>
<th>New Jersey</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
<td>7.4%</td>
<td>9.9%</td>
<td>77.0%</td>
</tr>
<tr>
<td>1-2 days</td>
<td>6.9%</td>
<td>9.1%</td>
<td>70.9%</td>
</tr>
<tr>
<td>3-7 days</td>
<td>8.3%</td>
<td>8.9%</td>
<td>11.4%</td>
</tr>
<tr>
<td>8-14 days</td>
<td>2.7%</td>
<td>5.5%</td>
<td>7.8%</td>
</tr>
<tr>
<td>15-30 days</td>
<td>5.5%</td>
<td>8.3%</td>
<td>1.1%</td>
</tr>
</tbody>
</table>

*Significantly different from HC '95, HC '01, HC '05, HC '10
Now thinking about your mental health, for how many days during the past 30 days was your mental health not good?

<table>
<thead>
<tr>
<th>Days</th>
<th>National</th>
<th>New Jersey</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
<td>73.3%</td>
<td>69.0%</td>
<td>68.1%</td>
</tr>
<tr>
<td>1-2 days</td>
<td>7.4%</td>
<td>8.2%</td>
<td>9.3%</td>
</tr>
<tr>
<td>3-7 days</td>
<td>8.3%</td>
<td>10.1%</td>
<td>10.8%</td>
</tr>
<tr>
<td>8-14 days</td>
<td>2.7%</td>
<td>3.2%</td>
<td>3.8%</td>
</tr>
<tr>
<td>15-30 days</td>
<td>8.3%</td>
<td>9.6%</td>
<td>10.1%</td>
</tr>
</tbody>
</table>

*Significantly different from NJ and National

During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities?

Respondents with at least 1 day of poor physical/mental health in the past month

<table>
<thead>
<tr>
<th>Days</th>
<th>HC '95</th>
<th>HC '01</th>
<th>HC '05</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
<td>64.5%</td>
<td>64.3%</td>
<td>71.1%</td>
<td>75.6%</td>
</tr>
<tr>
<td>1-2 days</td>
<td>13.1%</td>
<td>12.5%</td>
<td>10.4%</td>
<td></td>
</tr>
<tr>
<td>3-7 days</td>
<td>6.8%</td>
<td>10.3%</td>
<td>11.9%</td>
<td></td>
</tr>
<tr>
<td>8-14 days</td>
<td>3.7%</td>
<td>5.5%</td>
<td>3.4%</td>
<td>3.5%</td>
</tr>
<tr>
<td>15-30 days</td>
<td>9.7%</td>
<td>6.7%</td>
<td>6.7%</td>
<td>7.8%</td>
</tr>
</tbody>
</table>
During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities?

Respondents with at least 1 day of poor physical/mental health in the past month

<table>
<thead>
<tr>
<th>Days</th>
<th>National</th>
<th>New Jersey</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>None*</td>
<td>64.5%</td>
<td>62.3%</td>
<td></td>
</tr>
<tr>
<td>1-2 days</td>
<td>13.1%</td>
<td>12.4%</td>
<td></td>
</tr>
<tr>
<td>3-7 days</td>
<td>6.8%</td>
<td>10.3%</td>
<td></td>
</tr>
<tr>
<td>8-14 days</td>
<td>5.9%</td>
<td>4.3%</td>
<td></td>
</tr>
<tr>
<td>15-30 days</td>
<td>9.7%</td>
<td>10.8%</td>
<td></td>
</tr>
</tbody>
</table>

*Significantly different from National

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

Yes: 93.2%, 95.4%, 94.8%, 95.7%
No: 6.8%, 4.6%, 5.2%, 4.3%

National: 84.7%, 87.2%
New Jersey: 84.7%
Was there a time during the past 12 months when you needed to see a doctor, but could not because of the cost?

- Yes: 5.0% (HC '95), 6.2% (HC '01), 7.3% (HC '05), 6.8% (HC '10)
- No: 95.0% (HC '95), 93.8% (HC '01), 92.7% (HC '05), 93.2% (HC '10)

*Significantly different from NJ and National
About how long has it been since you last visited a doctor for a routine checkup?

- **Within the past year**: 69.7% (HC '05), 71.1% (HC '10)
- **Within the past 2 years**: 15.6% (HC '05), 13.9% (HC '10)
- **Within the past 5 years**: 7.1% (HC '05), 8.8% (HC '10)
- **5 or more years ago**: 4.3% (HC '05), 6.9% (HC '10)
- **Never visited a doctor for a routine checkup**: 0.6% (HC '05), 0.9% (HC '10)

Note: Categories differed in '95

*Significantly different from NJ"
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?

<table>
<thead>
<tr>
<th></th>
<th>HC '01</th>
<th>HC '05</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>92.3%</td>
<td>91.5%</td>
<td>89.9%</td>
</tr>
<tr>
<td>More than one place</td>
<td>4.3%</td>
<td>4.7%</td>
<td>5.4%</td>
</tr>
<tr>
<td>No</td>
<td>5.2%</td>
<td>4.6%</td>
<td>5.0%</td>
</tr>
</tbody>
</table>

How would you rate your healthcare overall from all doctors and other health providers across the past 12 months?

<table>
<thead>
<tr>
<th></th>
<th>HC '01</th>
<th>HC '05</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 (Best)</td>
<td>48.6%</td>
<td>48.7%</td>
<td>48.6%</td>
</tr>
<tr>
<td>4</td>
<td>41.2%</td>
<td>40.3%</td>
<td>41.3%</td>
</tr>
<tr>
<td>3</td>
<td>13.5%</td>
<td>8.5%</td>
<td>7.9%</td>
</tr>
<tr>
<td>2</td>
<td>1.5%</td>
<td>1.3%</td>
<td>1.5%</td>
</tr>
<tr>
<td>1 (Worst)</td>
<td>0.9%</td>
<td>0.7%</td>
<td>0.7%</td>
</tr>
</tbody>
</table>

Average rating = 4.36

No NJ or National comparisons
Oral Health

How long has it been since you last visited a dentist or dental clinic?

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>5 or more years ago</th>
<th>Within the past 5 years</th>
<th>Within the past 2 years</th>
<th>Within the past year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>0.9%</td>
<td>0.0%</td>
<td>0.0%</td>
<td>0.0%</td>
<td>0.0%</td>
</tr>
<tr>
<td>5 or more years ago</td>
<td>8.7%</td>
<td>9.2%</td>
<td>10.1%</td>
<td>4.1%</td>
<td>8.7%</td>
</tr>
<tr>
<td>Within the past 5 years</td>
<td>4.1%</td>
<td>5.8%</td>
<td>4.4%</td>
<td>4.4%</td>
<td>4.1%</td>
</tr>
<tr>
<td>Within the past 2 years</td>
<td>4.5%</td>
<td>4.7%</td>
<td>4.5%</td>
<td>4.5%</td>
<td>4.5%</td>
</tr>
<tr>
<td>Within the past year</td>
<td>8.7%</td>
<td>9.2%</td>
<td>10.1%</td>
<td>4.1%</td>
<td>8.7%</td>
</tr>
<tr>
<td>Total</td>
<td>82.7%</td>
<td>82.3%</td>
<td>80.9%</td>
<td>80.9%</td>
<td>82.7%</td>
</tr>
</tbody>
</table>

No NJ or National comparisons
How many of your permanent teeth have been removed because of tooth decay or gum disease?

**Crosstabulation by Age**

<table>
<thead>
<tr>
<th>Age</th>
<th>Percentage who have had at least one tooth removed due to tooth decay</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24 years</td>
<td>0%</td>
</tr>
<tr>
<td>25-34 years</td>
<td>20.4%</td>
</tr>
<tr>
<td>35-44 years</td>
<td>19.9%</td>
</tr>
<tr>
<td>45-54 years</td>
<td>32.7%</td>
</tr>
<tr>
<td>55-64 years</td>
<td>49.6%</td>
</tr>
<tr>
<td>65 and older</td>
<td>68.5%</td>
</tr>
</tbody>
</table>
How long has it been since you had your teeth cleaned by a dentist or dental hygienist?

- Within the past year: 82.4% (HC '01), 84.5% (HC '05), 81.7% (HC '10)
- Within the past 2 years: 5.6% (HC '01), 8.9% (HC '05), 9.5% (HC '10)
- Within the past 5 years: 4.9% (HC '01), 5.9% (HC '05), 3.8% (HC '10)
- 5 or more years ago: 3.5% (HC '01), 5.9% (HC '05), 4.3% (HC '10)
- Never: 0.4% (HC '01), 0.2% (HC '05), 0.1% (HC '10)

No NJ or National comparisons

What is the main reason for not visiting a dentist in the past year?

- Fear, apprehension, nervousness, pain, dislike going: 8.2% (HC '01), 11.8% (HC '05), 11.6% (HC '10)
- Cost: 10.5% (HC '01), 10.5% (HC '05), 10.5% (HC '10)
- Do not have/know a dentist: 8.5% (HC '01), 53% (HC '05), 6.5% (HC '10)
- Cannot get to the office/clinic: 1.2% (HC '01), 3.5% (HC '05), 1.2% (HC '10)
- No appointments available: 1.2% (HC '01), 1.2% (HC '05), 1.2% (HC '10)
- No reason to go (no teeth/no problems): 8.8% (HC '01), 11.8% (HC '05), 27.9% (HC '10)
- Other priorities: 3.3% (HC '01), 5.3% (HC '05), 2.8% (HC '10)
- Have not thought of it: 11.8% (HC '01), 8.9% (HC '05), 8.9% (HC '10)
- Other: 3.3% (HC '01), 3.3% (HC '05), 11.8% (HC '10)

No NJ or National comparisons
Do you have any kind of insurance coverage that pays for some or all of your routine dental care?

<table>
<thead>
<tr>
<th>Do you have dental insurance?</th>
<th>Percentage who have had their teeth cleaned in past year</th>
<th>Percentage who have visited a dentist/dental clinic in past year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>80.8%</td>
<td>80.1%</td>
</tr>
<tr>
<td>No</td>
<td>19.2%</td>
<td>19.9%</td>
</tr>
</tbody>
</table>

*Significantly different from 2005
Pre-Diabetes & Diabetes

Have you had a test for high blood sugar or diabetes within the past three years?

- Yes* 62.7%
  - National 55.6%
  - HC '10 62.7%

- No* 37.3%
  - National 44.4%
  - HC '10 37.3%

No previous years or NJ comparisons
*Significantly different from National
Have you ever been told by a doctor or health professional that you have pre-diabetes or borderline diabetes?

- Yes: 6.6% (6.0% in National)
- Yes, during pregnancy: 1.5% (1.3% in National)
- No: 91.9% (92.7% in National)

No previous years or NJ comparisons

Have you ever been told by a doctor that you have diabetes?

- Yes: 5.7% (6.8% in National)
- Yes, but female told only during pregnancy: 1.0% (2.2% in National)
- No: 93.4% (95.1% in National)

No previous years or NJ comparisons
Have you ever been told by a doctor that you have diabetes?

![Bar chart showing percentages of people told they have diabetes, categorized by BMI.]

*Significantly different from National

---

Have you ever been told by a doctor that you have diabetes?

**Crosstabulation by BMI Category**

<table>
<thead>
<tr>
<th>BMI</th>
<th>Yes, diabetes diagnosis (does not include gestational diabetes)</th>
<th>No diabetes diagnosis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obese</td>
<td>17.3%</td>
<td>81.6%</td>
</tr>
<tr>
<td>Overweight</td>
<td>8.1%</td>
<td>91.2%</td>
</tr>
<tr>
<td>Neither overweight or obese</td>
<td>3.9%</td>
<td>95.2%</td>
</tr>
</tbody>
</table>
How often do you check your blood for glucose or sugar?

Respondents with diabetes

<table>
<thead>
<tr>
<th>Frequency</th>
<th>NJ 2010</th>
<th>New Jersey 2010</th>
<th>National</th>
<th>Significantly different from NJ and National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily or more*</td>
<td>70.8%</td>
<td>63.3%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1-2 times a week</td>
<td>13.3%</td>
<td>10.9%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3-6 times a week</td>
<td>10.9%</td>
<td>8.7%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1-3 times a month</td>
<td>5.6%</td>
<td>4.7%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Less than once a month</td>
<td>0.6%</td>
<td>0.0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never</td>
<td>5.9%</td>
<td>11.1%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Significantly different from 2005
How often do you check your feet for sores or irritations?

Respondents with diabetes

<table>
<thead>
<tr>
<th>Frequency</th>
<th>HC '01</th>
<th>HC '05</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily or more</td>
<td>72.1%</td>
<td>70.4%</td>
<td></td>
</tr>
<tr>
<td>1-2 times per week</td>
<td>17.7%</td>
<td>11.8%</td>
<td>17.0%</td>
</tr>
<tr>
<td>3-6 times per week</td>
<td>6.2%</td>
<td>0.0%</td>
<td>0.3%</td>
</tr>
<tr>
<td>1-3 times per month</td>
<td>0.8%</td>
<td>1.0%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Less than once a month</td>
<td>0.0%</td>
<td>0.0%</td>
<td>0.0%</td>
</tr>
<tr>
<td>Never*</td>
<td>4.2%</td>
<td>10.4%</td>
<td>25.5%</td>
</tr>
</tbody>
</table>

*Significantly different from 2005

How often do you check your feet for sores or irritations?

Respondents with diabetes

<table>
<thead>
<tr>
<th>Frequency</th>
<th>National</th>
<th>New Jersey</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily or more*</td>
<td>72.1%</td>
<td>66.1%</td>
<td></td>
</tr>
<tr>
<td>1-2 times per week</td>
<td>17.7%</td>
<td>10.6%</td>
<td></td>
</tr>
<tr>
<td>3-6 times per week</td>
<td>5.2%</td>
<td>5.4%</td>
<td></td>
</tr>
<tr>
<td>1-3 times per month</td>
<td>0.8%</td>
<td>5.7%</td>
<td>4.5%</td>
</tr>
<tr>
<td>Less than once a month</td>
<td>3.0%</td>
<td>1.3%</td>
<td></td>
</tr>
<tr>
<td>Never*</td>
<td>4.2%</td>
<td>12.0%</td>
<td>21.7%</td>
</tr>
</tbody>
</table>

*Significantly different from NJ
Are your blood sugar levels between 90-160 most of the time?

<table>
<thead>
<tr>
<th>Yes*</th>
<th>No*</th>
</tr>
</thead>
<tbody>
<tr>
<td>86.3%</td>
<td>13.7%</td>
</tr>
<tr>
<td>93.7%</td>
<td>6.3%</td>
</tr>
</tbody>
</table>

*Respondents with diabetes

No NJ or National comparisons

*Significantly different from 2005

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

<table>
<thead>
<tr>
<th>Frequency</th>
<th>HC '95</th>
<th>HC '01</th>
<th>HC '05</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Once</td>
<td>10.5%</td>
<td>10.9%</td>
<td>14.3%</td>
<td>16.8%</td>
</tr>
<tr>
<td>2 times</td>
<td>11.1%</td>
<td>10.9%</td>
<td>14.3%</td>
<td>20.0%</td>
</tr>
<tr>
<td>3 times</td>
<td>14.9%</td>
<td>10.9%</td>
<td>14.9%</td>
<td>22.7%</td>
</tr>
<tr>
<td>4 times</td>
<td>16.7%</td>
<td>10.9%</td>
<td>14.9%</td>
<td>21.3%</td>
</tr>
<tr>
<td>5 or more times</td>
<td>34.3%</td>
<td>37.4%</td>
<td>34.3%</td>
<td>37.4%</td>
</tr>
<tr>
<td>Never</td>
<td>11.4%</td>
<td>14.9%</td>
<td>14.9%</td>
<td>20.5%</td>
</tr>
</tbody>
</table>

*Respondents with diabetes

No NJ or National comparisons
How many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?

**Respondents with diabetes**

<table>
<thead>
<tr>
<th>Frequency</th>
<th>National</th>
<th>New Jersey</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Once</td>
<td>13.9%</td>
<td>13.2%</td>
<td>16.8%</td>
</tr>
<tr>
<td>2 times</td>
<td>12.4%</td>
<td>17.1%</td>
<td>17.6%</td>
</tr>
<tr>
<td>3 times</td>
<td>12.7%</td>
<td>16.7%</td>
<td>13.3%</td>
</tr>
<tr>
<td>4 times</td>
<td>10.9%</td>
<td>20.6%</td>
<td>28.3%</td>
</tr>
<tr>
<td>5 or more times</td>
<td>3.7%</td>
<td>12.5%</td>
<td>13.7%</td>
</tr>
<tr>
<td>Never*</td>
<td>3.7%</td>
<td>10.9%</td>
<td>17.1%</td>
</tr>
</tbody>
</table>

*Significantly different from NJ

How many times in the past 12 months has a doctor, nurse, or other health professional checked you for hemoglobin “A one C”?

**Respondents with diabetes**

<table>
<thead>
<tr>
<th>Frequency</th>
<th>HC '01</th>
<th>HC '05</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Once</td>
<td>15.3%</td>
<td>18.8%</td>
<td>21.4%</td>
</tr>
<tr>
<td>2 times</td>
<td>20.6%</td>
<td>23.4%</td>
<td></td>
</tr>
<tr>
<td>3-4 times</td>
<td>14.3%</td>
<td></td>
<td>26.2%</td>
</tr>
<tr>
<td>5 or more times</td>
<td>3.1%</td>
<td>6.4%</td>
<td>7.1%</td>
</tr>
<tr>
<td>Never*</td>
<td>3.1%</td>
<td>6.4%</td>
<td>7.1%</td>
</tr>
</tbody>
</table>

*Significantly different from 2005
How many times in the past 12 months has a doctor, nurse, or other health professional checked you for hemoglobin “A one C”?

Respondents with diabetes

- Once: 15.3% National, 17.0% New Jersey, 15.5% HC '10
- 2 times: 20.6% National, 24.8% New Jersey, 21.5% HC '10
- 3-4 times: 39.8% National, 40.9% New Jersey, 38.7% HC '10
- 5 or more times: 3.1% National, 6.6% New Jersey, 3.0% HC '10
- Never*: 10.8% National, 14.3% New Jersey, 14.3% HC '10

*Significantly different from NJ

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

Respondents with diabetes and feet

- Once: 25.9% National, 19.2% New Jersey, 25.6% HC '10
- 2 times: 15.9% National, 12.5% New Jersey, 15.9% HC '10
- 3 times: 16.9% National, 13.4% New Jersey, 16.9% HC '10
- 4 times: 15.0% National, 15.0% New Jersey, 15.0% HC '10
- 5 or more times: 17.9% National, 17.9% New Jersey, 17.9% HC '10
- Never*: 23.9% National, 25.0% New Jersey, 25.0% HC '10

*Significantly different from 2005

Hunterdon County, NJ 2010 BRFSS
How many times in the past 12 months has a health professional checked your feet for sores or irritations?

Respondents with diabetes and feet

<table>
<thead>
<tr>
<th>Frequency</th>
<th>National</th>
<th>New Jersey</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Once</td>
<td>17.1%</td>
<td>20.1%</td>
<td>25.9%</td>
</tr>
<tr>
<td>2 times</td>
<td>11.4%</td>
<td>16.9%</td>
<td>18.9%</td>
</tr>
<tr>
<td>3 times</td>
<td>8.8%</td>
<td>8.8%</td>
<td>8.8%</td>
</tr>
<tr>
<td>4 times</td>
<td>17.4%</td>
<td>16.3%</td>
<td>24.1%</td>
</tr>
<tr>
<td>5 or more times</td>
<td>10.8%</td>
<td>17.9%</td>
<td>17.9%</td>
</tr>
<tr>
<td>Never*</td>
<td>6.7%</td>
<td>30.8%</td>
<td>30.8%</td>
</tr>
</tbody>
</table>

*Significantly different from NJ and National

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

Respondents with diabetes

<table>
<thead>
<tr>
<th>Frequency</th>
<th>HC '95</th>
<th>HC '01</th>
<th>HC '05</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Within the past month</td>
<td>22.2%</td>
<td>26.5%</td>
<td>35.9%</td>
<td>50.6%</td>
</tr>
<tr>
<td>1-12 months ago</td>
<td>19.8%</td>
<td>19.6%</td>
<td>34.8%</td>
<td>43.5%</td>
</tr>
<tr>
<td>1-2 years ago</td>
<td>11.2%</td>
<td>11.2%</td>
<td>19.8%</td>
<td>21.7%</td>
</tr>
<tr>
<td>2 or more years ago</td>
<td>6.0%</td>
<td>8.7%</td>
<td>6.0%</td>
<td>5.0%</td>
</tr>
<tr>
<td>Never*</td>
<td>8.5%</td>
<td>8.7%</td>
<td>8.5%</td>
<td>8.5%</td>
</tr>
</tbody>
</table>
When was the last time you had an eye exam in which the pupils were dilated?

Respondents with diabetes

<table>
<thead>
<tr>
<th>Time Period</th>
<th>National</th>
<th>New Jersey</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Within the past month</td>
<td>22.2%</td>
<td>19.3%</td>
<td>27.0%</td>
</tr>
<tr>
<td>1-12 months ago</td>
<td></td>
<td></td>
<td>50.4%</td>
</tr>
<tr>
<td>1-2 years ago</td>
<td>13.3%</td>
<td>12.7%</td>
<td>19.8%</td>
</tr>
<tr>
<td>2 or more years ago</td>
<td>6.0%</td>
<td>12.0%</td>
<td>12.6%</td>
</tr>
<tr>
<td>Never</td>
<td>1.4%</td>
<td>4.9%</td>
<td>4.2%</td>
</tr>
</tbody>
</table>

Tobacco Use

---

Hunterdon County, NJ 2010 BRFSS
Do you now smoke cigarettes everyday, some days, or not at all?

- **Everyday**: 4.5%, 9.0%, 11.7%
- **Some days**: 4.2%, 1.9%, 2.4%
- **Not at all**: 89.1%, 85.8%, 91.2%

36.9% of Hunterdon Co. residents stated they “never” smoked regularly.

Note: NJ and National data only represents individuals who have smoked at least 100 cigarettes in their lifetime.
During the past 12 months, have you quit smoking for one day or longer?

Respondents who smoke some days or everyday

<table>
<thead>
<tr>
<th>Year</th>
<th>Yes*</th>
<th>No*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1995</td>
<td>47.0%</td>
<td>43.1%</td>
</tr>
<tr>
<td>2001</td>
<td>47.8%</td>
<td>53.0%</td>
</tr>
<tr>
<td>2005</td>
<td>54.1%</td>
<td>52.2%</td>
</tr>
<tr>
<td>2010</td>
<td>56.9%</td>
<td>53.0%</td>
</tr>
</tbody>
</table>

*Significantly different from 2005

During the past 12 months, have you quit smoking for one day or longer?

Respondents who smoke some days or everyday

<table>
<thead>
<tr>
<th>Year</th>
<th>Yes*</th>
<th>No*</th>
</tr>
</thead>
<tbody>
<tr>
<td>National</td>
<td>60.7%</td>
<td>39.3%</td>
</tr>
<tr>
<td>New Jersey</td>
<td>59.7%</td>
<td>40.3%</td>
</tr>
<tr>
<td>2010</td>
<td>56.9%</td>
<td>43.1%</td>
</tr>
</tbody>
</table>

*Significantly different from NJ National
How long has it been since you last smoked cigarettes regularly?

Only respondents who have ever smoked regularly and have quit

<table>
<thead>
<tr>
<th>Duration</th>
<th>Hunterdon County</th>
<th>New Jersey</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Within past month</td>
<td>1.8%</td>
<td>1.5%</td>
<td>1.4%</td>
</tr>
<tr>
<td>Within past 3 mos</td>
<td>1.8%</td>
<td>1.5%</td>
<td>2.0%</td>
</tr>
<tr>
<td>Within past 6 mos</td>
<td>0.8%</td>
<td>2.1%</td>
<td>2.3%</td>
</tr>
<tr>
<td>Within past yr</td>
<td>2.4%</td>
<td>4.0%</td>
<td>3.7%</td>
</tr>
<tr>
<td>Within past 5 yrs</td>
<td>16.5%</td>
<td>14.5%</td>
<td>16.2%</td>
</tr>
<tr>
<td>Within past 10 yrs</td>
<td>10.5%</td>
<td>10.8%</td>
<td>12.7%</td>
</tr>
<tr>
<td>10 yrs or more</td>
<td>66.2%</td>
<td>65.5%</td>
<td></td>
</tr>
</tbody>
</table>

No previous years comparisons

*Significantly different from National

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

Respondents who smoke some days or everyday

<table>
<thead>
<tr>
<th>Advice</th>
<th>Hunterdon County</th>
<th>New Jersey</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>73.9%</td>
<td>61.8%</td>
<td></td>
</tr>
<tr>
<td>Yes, within past 12 mos</td>
<td>9.0%</td>
<td>9.5%</td>
<td>23.7%</td>
</tr>
<tr>
<td>Yes, within the past 3 years</td>
<td>4.5%</td>
<td>7.6%</td>
<td></td>
</tr>
<tr>
<td>Yes, 3 or more years ago</td>
<td>6.9%</td>
<td>13.6%</td>
<td></td>
</tr>
</tbody>
</table>

No NJ or National comparisons
In the past 30 days has anyone, including yourself, smoked cigarettes, cigars, or pipes anywhere inside your home?

Respondents who smoke some days or everyday

<table>
<thead>
<tr>
<th></th>
<th>HC '01</th>
<th>HC '05</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes*</td>
<td>3.4%</td>
<td>10.9%</td>
<td>15.5%</td>
</tr>
<tr>
<td>No*</td>
<td>89.1%</td>
<td>84.5%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>96.6%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

No NJ or National comparisons

*Significantly different from 2005

---

Weight Control
Body Mass Index (BMI)

- Obese: 18.8% (HC '95), 18.4% (HC '01), 17.0% (HC '05), 17.0% (HC '10)
- Overweight*: 36.5% (HC '95), 33.0% (HC '01), 33.2% (HC '05), 34.4% (HC '10)
- Neither overweight nor obese*: 48.6% (HC '95), 49.9% (HC '01), 55.5% (HC '05), 55.5% (HC '10)

*Significantly different from 2005

Body Mass Index (BMI)

- Obese*: 18.8% (HC '95), 23.9% (HC '01), 27.4% (HC '05), 38.1% (HC '10)
- Overweight: 36.5% (HC '95), 36.0% (HC '01), 36.3% (HC '05), 38.1% (HC '10)
- Neither overweight nor obese*: 36.4% (HC '95), 36.3% (HC '01), 36.4% (HC '05), 44.8% (HC '10)

*Significantly different from NJ and National
Current weight compared to one year ago

- Gained > 20 lbs: 1.4%
- Gained 10-20 lbs: 8.9%
- Gained < 10 lbs: 9.2%
- No weight change: 53.2%
- Lost < 10 lbs: 17.8%
- Lost 10-20 lbs: 4.9%
- Lost > 20 lbs: 4.7%

In the past 12 months, has a doctor, nurse or other health professional given you advice about your weight?

- No: 58.0%
- Yes, lose weight: 16.7%
- Yes, maintain current weight: 4.8%
- Yes, gain weight: 1.3%

No previous years, NJ, or National comparisons
In the past 12 months, has a doctor, nurse or other health professional given you advice about your weight?

*Crosstabulation by BMI Category*

<table>
<thead>
<tr>
<th>BMI</th>
<th>Yes, told to lose weight</th>
<th>No advice given</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obese</td>
<td>56.0%</td>
<td>43.5%</td>
</tr>
<tr>
<td>Overweight</td>
<td>15.3%</td>
<td>81.2%</td>
</tr>
<tr>
<td>Neither overweight or obese</td>
<td>1.7%</td>
<td>95.2%</td>
</tr>
</tbody>
</table>

Do you feel you have the resources available to help you lose weight?

- Yes: 91.9%
- No: 8.1%

*No previous years, or NJ, or National comparisons*
Women’s Health

Have you ever had a mammogram?

- Yes*
  - HC '95: 69.1%
  - HC '01: 75.6%
  - HC '05: 69.1%
  - HC '10: 71.8%
  - HC '05: 83.0%

- No*
  - HC '95: 28.2%
  - HC '01: 24.4%
  - HC '05: 30.9%
  - HC '10: 28.2%

*Significantly different from 2005
Have you ever had a mammogram?

Females 40 and over

- Yes: 94.3% (National) 91.1% (HC '10)
- No: 5.7% (National) 8.9% (HC '10)

No NJ comparisons

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

Females who have had a mammogram

- 1-12 months ago*: 69.3% (HC '95) 73.5% (HC '01) 63.7% (HC '05) 69.3% (HC '10)
- 1-2 years ago: 15.6% (HC '95) 13.3% (HC '01) 15.6% (HC '05) 24.7% (HC '10)
- 2-3 years: 10.0% (HC '95) 6.7% (HC '01) 6.7% (HC '05) 6.7% (HC '10)
- 3-5 years ago: 4.7% (HC '95) 4.7% (HC '01) 4.7% (HC '05) 4.7% (HC '10)
- 5 or more years ago: 3.2% (HC '95) 3.2% (HC '01) 3.2% (HC '05) 3.2% (HC '10)

*Significantly different from 2005
How long has it been since you had your last mammogram?

Females, 40 and over, who have had a mammogram

<table>
<thead>
<tr>
<th>Time Period</th>
<th>National</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-12 months ago</td>
<td>70.4%</td>
<td>69.9%</td>
</tr>
<tr>
<td>1-2 years ago</td>
<td>14.9%</td>
<td>15.2%</td>
</tr>
<tr>
<td>2-3 years</td>
<td>8.8%</td>
<td>5.6%</td>
</tr>
<tr>
<td>3-5 years</td>
<td>3.3%</td>
<td>3.5%</td>
</tr>
<tr>
<td>5 or more years ago</td>
<td>4.8%</td>
<td>5.8%</td>
</tr>
</tbody>
</table>

Have you ever had a clinical breast exam?

<table>
<thead>
<tr>
<th>-</th>
<th>HC '95</th>
<th>HC '01</th>
<th>HC '05</th>
<th>HC '10</th>
<th>Significantly different from 2005</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes*</td>
<td>98.2%</td>
<td>98.2%</td>
<td>98.2%</td>
<td>98.2%</td>
<td>93.6%</td>
</tr>
<tr>
<td>No*</td>
<td>1.8%</td>
<td>1.8%</td>
<td>1.8%</td>
<td>1.8%</td>
<td>6.4%</td>
</tr>
</tbody>
</table>

*Significantly different from 2005
Have you ever had a clinical breast exam?

- Yes*: 98.2%
- No*: 1.8%

*Significantly different from National

How long has it been since you had your last clinical breast exam?

- 1-12 months ago: NH '95: 81.9%, HC '01: 32.2%, HC '05: 50.8%, HC '10: 83.0%
- 1-2 years ago: NH '95: 10.8%, HC '01: 11.2%, HC '05: 10.2%
- 2-3 years ago: NH '95: 2.9%, HC '01: 3.6%, HC '05: 2.0%
- 3-5 years ago: NH '95: 1.5%, HC '01: 1.8%, HC '05: 1.8%
- 5 or more years ago: NH '95: 2.8%, HC '01: 3.2%, HC '05: 2.4%, HC '10: 3.0%
How long has it been since you had your last clinical breast exam?

Females who have had a clinical breast exam

<table>
<thead>
<tr>
<th>Time Period</th>
<th>National</th>
<th>Hunterdon County</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-12 months ago*</td>
<td>81.9%</td>
<td>74.4%</td>
</tr>
<tr>
<td>1-2 years ago</td>
<td>10.8%</td>
<td>13.8%</td>
</tr>
<tr>
<td>2-3 years</td>
<td>2.9%</td>
<td>4.3%</td>
</tr>
<tr>
<td>3-5 years ago</td>
<td>1.5%</td>
<td>2.9%</td>
</tr>
<tr>
<td>5 or more years ago</td>
<td>2.8%</td>
<td>4.6%</td>
</tr>
</tbody>
</table>

*Significantly different from National

No NJ comparisons

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

Respondents who have ever had their blood pressure taken

<table>
<thead>
<tr>
<th></th>
<th>HC '95</th>
<th>HC '01</th>
<th>HC '05</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Told borderline or prehypertensive</td>
<td>25.2%</td>
<td>23.1%</td>
<td>25.5%</td>
<td>23.4%</td>
</tr>
<tr>
<td>Yes, female during pregnancy</td>
<td>1.2%</td>
<td>0.0%</td>
<td>0.0%</td>
<td>0.0%</td>
</tr>
<tr>
<td>No*</td>
<td>73.6%</td>
<td>76.9%</td>
<td>79.5%</td>
<td>76.8%</td>
</tr>
<tr>
<td>Told borderline or prehypertensive</td>
<td>0.2%</td>
<td>0.0%</td>
<td>0.0%</td>
<td>0.0%</td>
</tr>
</tbody>
</table>

*Significantly different from 2005

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

Respondents who have ever had their blood pressure taken

<table>
<thead>
<tr>
<th></th>
<th>National</th>
<th>New Jersey</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Told borderline or prehypertensive</td>
<td>25.2%</td>
<td>28.1%</td>
<td>29.1%</td>
</tr>
<tr>
<td>Yes*</td>
<td>73.6%</td>
<td>59.8%</td>
<td>58.3%</td>
</tr>
<tr>
<td>Yes, female during pregnancy</td>
<td>1.0%</td>
<td>1.0%</td>
<td>1.4%</td>
</tr>
<tr>
<td>No*</td>
<td>0.2%</td>
<td>1.2%</td>
<td>1.4%</td>
</tr>
</tbody>
</table>

*Significantly different from NJ and National
Are you currently taking medicine for your high blood pressure?

*Respondents with high blood pressure*

<table>
<thead>
<tr>
<th></th>
<th>National</th>
<th>New Jersey</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>67.5%</td>
<td>78.1%</td>
<td>80.9%</td>
</tr>
<tr>
<td>No</td>
<td>32.5%</td>
<td>19.1%</td>
<td>19.1%</td>
</tr>
</tbody>
</table>

*Significantly different from NJ and National

Cardiovascular Disease
Has a doctor ever told you that you had...?

Frequency of Responses

- **Heart attack or myocardial infarction**: 1.8% (HC '01), 2.5% (HC '05), 6.0% (HC '10)
- **Angina or coronary heart disease**: 2.0% (HC '01), 4.8% (HC '05), 7.4% (HC '10)
- **Stroke**: 1.6% (HC '01), 2.3% (HC '05), 1.5% (HC '10)

*Significantly different from 2005*
Cholesterol Awareness

Have you ever had your blood cholesterol checked?

- Yes* 88.7% (National), 85.0% (New Jersey), 80.9% (HC '10)
- No* 11.3% (National), 15.0% (New Jersey), 19.1% (HC '10)

*Significantly different from NJ and National
About how long has it been since you last had your blood cholesterol checked?

Respondents who have had their blood cholesterol checked

*Significantly different from 2005

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

Respondents who have had their blood cholesterol checked

*Significantly different from NJ
Have you ever been told by a doctor or other health professional that your blood cholesterol is high?

Respondents who have ever had their blood cholesterol tested

*Significantly different from 2005
Prostate Cancer Screening

*Asked only of Males Age 40 and Over*

Have you had a Prostate-Specific Antigen (PSA) test?

<table>
<thead>
<tr>
<th></th>
<th>HC '05</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>24.6%</td>
<td>62.2%</td>
</tr>
<tr>
<td>No</td>
<td>75.4%</td>
<td>37.8%</td>
</tr>
</tbody>
</table>

*Significantly different from 2005*
Have you had a Prostate-Specific Antigen (PSA) test?

- Yes: 62.2% (64.8%)
- No: 37.8% (35.2%)

How long has it been since your last Prostate-Specific Antigen (PSA) test?

- Within the past yr: 70.7% (69.5%)
- Within the past 2 yrs: 15.2% (15.1%)
- Within the past 3 yrs: 7.1% (6.6%)
- Within the past 5 yrs: 3.6% (5.4%)
- Five or more yrs ago: 3.5% (3.4%)
Have you had a digital rectal exam?

Yes*

83.4%
79.7%

No*

16.6%
20.3%

*Significantly different from 2005

Have you had a digital rectal exam?

Yes

83.4%
71.5%

No

16.6%
28.5%

No NJ comparisons
How long has it been since your last digital rectal exam?

Males who have ever had a digital rectal exam

- Within the past year*: 55.9% (National: 49.2%)
- Within the past 2 years: 20.5% (National: 17.8%)
- Within the past 3 years: 8.6% (National: 9.6%)
- Within the past 5 years: 4.7% (National: 10.7%)
- 5 or more years ago: 10.4% (National: 12.7%)

*Significantly different from National

No NJ comparisons
Colorectal Cancer Screening

Only asked of respondents 50 years of age or older

Have you ever had a blood stool test using a home kit?

- Yes*: 42.9%, 49.6%, 57.1%
- No*: 48.3%, 50.4%, 51.7%

*Significantly different from 2005
Have you ever had a blood stool test using a home kit?

- Yes*: 42.9%
- No*: 57.1%

How long has it been since your last blood stool test using a home kit?

- Within the past year*: 31.8%
- Within the past 2 years: 16.4%
- Within the past 5 years: 11.9%
- 5 or more years ago*: 10.9%

*Significantly different from National
**How long has it been since you have your last blood stool test using a home kit?**

- **Within past yr**
  - National: 31.8%
  - HC '10: 29.3%
- **Within past 2 yrs**
  - National: 16.4%
  - HC '10: 15.4%
- **Within past 3 yrs**
  - National: 12.8%
  - HC '10: 10.2%
- **Within past 5 yrs**
  - National: 13.1%
  - HC '10: 13.7%
- **5 or more yrs ago**
  - National: 25.9%
  - HC '10: 31.5%

*Significantly different from National*

---

**Have you ever had a sigmoidoscopy or colonoscopy?**

- **Yes**
  - HC '01: 65.9%
  - HC '05: 52.7%
  - HC '10: 68.2%
- **No**
  - HC '01: 34.1%
  - HC '05: 47.3%
  - HC '10: 31.8%
Have you ever had a sigmoidoscopy or colonoscopy?

- Yes: 69.1% (National) 68.2% (HC '10)
- No: 30.9% (National) 31.8% (HC '10)

No NJ comparisons

How long has it been since your last sigmoidoscopy or colonoscopy?

- Within the past year*: 21.8% (HC '01) 25% (HC '05) 25.6% (HC '10)
- Within the past 2 years: 27.6% (HC '01) 25.8% (HC '05) 27.6% (HC '10)
- Within the past 5 years: 18.8% (HC '01) 25.3% (HC '05) 32.9% (HC '10)
- 5 or more years ago*: 9.5% (HC '01) 16.1% (HC '05) 19.8% (HC '10)

*Significantly different from 2005
How long has it been since your last sigmoidoscopy or colonoscopy?

Respondents who have ever had a sigmoidoscopy or colonoscopy

<table>
<thead>
<tr>
<th>Duration</th>
<th>National</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Within past yr</td>
<td>25.6%</td>
<td>29.6%</td>
</tr>
<tr>
<td>Within past 2 yrs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Within past 3 yrs</td>
<td>15.5%</td>
<td></td>
</tr>
<tr>
<td>Within past 5 yrs</td>
<td>14.6%</td>
<td></td>
</tr>
<tr>
<td>Within past 10 yrs</td>
<td>3.5%</td>
<td></td>
</tr>
<tr>
<td>10 or more yrs ago</td>
<td>5.1%</td>
<td></td>
</tr>
</tbody>
</table>

No NJ comparisons

Immunization
During the past 12 months, have you had a flu shot?

<table>
<thead>
<tr>
<th>Yes*</th>
<th>No*</th>
</tr>
</thead>
<tbody>
<tr>
<td>28.2%</td>
<td>71.8%</td>
</tr>
<tr>
<td>29.8%</td>
<td>70.2%</td>
</tr>
<tr>
<td>46.0%</td>
<td>79.0%</td>
</tr>
</tbody>
</table>

*Significantly different from 2005

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

<table>
<thead>
<tr>
<th>Yes*</th>
<th>No*</th>
</tr>
</thead>
<tbody>
<tr>
<td>35.7%</td>
<td>64.3%</td>
</tr>
<tr>
<td>37.9%</td>
<td>62.1%</td>
</tr>
<tr>
<td>46.0%</td>
<td>64.3%</td>
</tr>
</tbody>
</table>

*Significantly different from NJ and National
During the past 12 months, have you had a flu shot?

Respondents age 65 and over

<table>
<thead>
<tr>
<th>Year</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>HC '95</td>
<td>67.1%</td>
<td>32.9%</td>
</tr>
<tr>
<td>HC '01</td>
<td>67.2%</td>
<td>32.8%</td>
</tr>
<tr>
<td>HC '05</td>
<td>68.4%</td>
<td>31.6%</td>
</tr>
<tr>
<td>HC '10</td>
<td>69.2%</td>
<td>30.8%</td>
</tr>
</tbody>
</table>

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

Respondents age 65 and over

<table>
<thead>
<tr>
<th>Year</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>National</td>
<td>67.1%</td>
<td>32.9%</td>
</tr>
<tr>
<td>New Jersey</td>
<td>67.2%</td>
<td>32.8%</td>
</tr>
<tr>
<td>HC '10</td>
<td>68.4%</td>
<td>31.6%</td>
</tr>
</tbody>
</table>
Have you ever had a pneumonia vaccination?

<table>
<thead>
<tr>
<th>Year</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>1995</td>
<td>24.6%</td>
<td>75.4%</td>
</tr>
<tr>
<td>2001</td>
<td>22.8%</td>
<td>77.2%</td>
</tr>
<tr>
<td>2005</td>
<td>16.8%</td>
<td>84.2%</td>
</tr>
<tr>
<td>2010</td>
<td>13.6%</td>
<td>86.4%</td>
</tr>
</tbody>
</table>

National: 75.4% | New Jersey: 74.6% | HC '10: 76.3%
Have you ever had a pneumonia vaccination?

Respondents age 65 and over

<table>
<thead>
<tr>
<th>Year</th>
<th>Yes (%)</th>
<th>No (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>HC '95</td>
<td>29.2%</td>
<td>70.8%</td>
</tr>
<tr>
<td>HC '01</td>
<td>35.9%</td>
<td>64.1%</td>
</tr>
<tr>
<td>HC '05</td>
<td>37.7%</td>
<td>62.3%</td>
</tr>
<tr>
<td>HC '10</td>
<td>56.6%</td>
<td>43.4%</td>
</tr>
</tbody>
</table>

*Significantly different from 2005

Have you ever had a pneumonia vaccination?

Respondents age 65 and over

<table>
<thead>
<tr>
<th>Year</th>
<th>Yes (%)</th>
<th>No (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>National</td>
<td>33.6%</td>
<td>66.4%</td>
</tr>
<tr>
<td>New Jersey</td>
<td>29.2%</td>
<td>70.8%</td>
</tr>
<tr>
<td>HC '10</td>
<td>37.6%</td>
<td>62.4%</td>
</tr>
</tbody>
</table>

*Significantly different from NJ
Alcohol Consumption

During the past 30 days, have you had at least one drink of any alcoholic beverage?

<table>
<thead>
<tr>
<th>Year</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>1995</td>
<td>34.3%</td>
<td>65.7%</td>
</tr>
<tr>
<td>2001</td>
<td>34.1%</td>
<td>65.9%</td>
</tr>
<tr>
<td>2005</td>
<td>49.1%</td>
<td>50.9%</td>
</tr>
<tr>
<td>2010</td>
<td>78.3%</td>
<td>21.7%</td>
</tr>
</tbody>
</table>

*Significantly different from 2005
During the past 30 days, have you had at least one drink of any alcoholic beverage?

<table>
<thead>
<tr>
<th></th>
<th>National</th>
<th>New Jersey</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes*</td>
<td>57.6%</td>
<td>51.9%</td>
<td>78.3%</td>
</tr>
<tr>
<td>No*</td>
<td>42.4%</td>
<td>48.1%</td>
<td>21.7%</td>
</tr>
</tbody>
</table>

*Significantly different from NJ and National

During the past month, how often did you drink any alcoholic beverages?

<table>
<thead>
<tr>
<th>Frequency</th>
<th>HC '95</th>
<th>HC '01</th>
<th>HC '05</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily*</td>
<td>14.1%</td>
<td>14.2%</td>
<td>21.4%</td>
<td>21.8%</td>
</tr>
<tr>
<td>3-6 times week</td>
<td>20.4%</td>
<td>21.4%</td>
<td>40.7%</td>
<td>40.2%</td>
</tr>
<tr>
<td>1-2 times week</td>
<td>37.8%</td>
<td>42.2%</td>
<td>40.2%</td>
<td>35.7%</td>
</tr>
<tr>
<td>1-3 times month</td>
<td>27.9%</td>
<td>25.2%</td>
<td>20.4%</td>
<td>14.2%</td>
</tr>
</tbody>
</table>

*Significantly different from 2005
During the past month, how often did you drink any alcoholic beverages?

- 1-3 times per month: 31.2% (National), 34.8% (New Jersey), 36.1% (HC '10)
- 1-2 times per week: 40.2% (National), 41.6% (New Jersey), 38.0% (HC '10)
- 3-6 times per week*: 21.8% (National), 16.4% (New Jersey), 18.6% (HC '10)
- Daily: 6.8% (National), 7.2% (New Jersey), 7.3% (HC '10)

*Significantly different from NJ

On the days you drank, about how many drinks did you have?

- 1 drink: 39.1% (National), 42.7% (New Jersey), 53.2% (HC '10)
- 2-3 drinks*: 46.2% (National), 49.7% (New Jersey), 48.5% (HC '10)
- 4-5 drinks: 5.6% (National), 6.0% (New Jersey), 3.4% (HC '10)
- 6 or more drinks: 2.9% (National), 1.6% (New Jersey), 1.6% (HC '10)

*Significantly different from 2005
On the days you drank, about how many drinks did you have?

**Respondents who drank an alcoholic beverage**

<table>
<thead>
<tr>
<th></th>
<th>National</th>
<th>New Jersey</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 drink</td>
<td>39.1%</td>
<td>40.8%</td>
<td>39.9%</td>
</tr>
<tr>
<td>2-3 drinks*</td>
<td>43.3%</td>
<td>45.4%</td>
<td>43.3%</td>
</tr>
<tr>
<td>4-5 drinks</td>
<td>5.5%</td>
<td>9.3%</td>
<td>5.6%</td>
</tr>
<tr>
<td>6 or more drinks</td>
<td>5.5%</td>
<td>7.5%</td>
<td>5.5%</td>
</tr>
</tbody>
</table>

*Significantly different from NJ and National

During the past month, how many times did you have four/five or more drinks on one occasion?

**Respondents who drank an alcoholic beverage**

<table>
<thead>
<tr>
<th></th>
<th>National</th>
<th>New Jersey</th>
<th>HC '95</th>
<th>HC '01</th>
<th>HC '05</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>None*</td>
<td>70.7%</td>
<td>85.3%</td>
<td>89.7%</td>
<td>82.5%</td>
<td>89.7%</td>
<td>89.7%</td>
</tr>
<tr>
<td>Once*</td>
<td>15.6%</td>
<td>15.6%</td>
<td>15.6%</td>
<td>15.6%</td>
<td>15.6%</td>
<td>15.6%</td>
</tr>
<tr>
<td>Twice</td>
<td>2.8%</td>
<td>2.8%</td>
<td>2.8%</td>
<td>2.8%</td>
<td>2.8%</td>
<td>2.8%</td>
</tr>
<tr>
<td>3-4 times</td>
<td>3.8%</td>
<td>3.8%</td>
<td>3.8%</td>
<td>3.8%</td>
<td>3.8%</td>
<td>3.8%</td>
</tr>
<tr>
<td>5 or more times</td>
<td>1.2%</td>
<td>1.2%</td>
<td>1.2%</td>
<td>1.2%</td>
<td>1.2%</td>
<td>1.2%</td>
</tr>
</tbody>
</table>

*Significantly different from 2005

Note: “4” drinks for females; “5” drinks for males
During the past month, how many times did you have four/five or more drinks on one occasion?

**Respondents who drank an alcoholic beverage**

<table>
<thead>
<tr>
<th>Frequency</th>
<th>National</th>
<th>New Jersey</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>None*</td>
<td>70.7%</td>
<td>74.5%</td>
<td>70.4%</td>
</tr>
<tr>
<td>Once</td>
<td>15.6%</td>
<td>10.7%</td>
<td>10.8%</td>
</tr>
<tr>
<td>Twice</td>
<td>5.5%</td>
<td>5.0%</td>
<td>6.2%</td>
</tr>
<tr>
<td>3-4 times</td>
<td>4.0%</td>
<td>4.9%</td>
<td>5.6%</td>
</tr>
<tr>
<td>5 or more times</td>
<td>4.2%</td>
<td>5.0%</td>
<td>7.0%</td>
</tr>
</tbody>
</table>

*Significantly different from NJ

Note: “4” drinks for females; “5” drinks for males

During the past month, what is the largest number of drinks you had on any occasion?

**Respondents who drank an alcoholic beverage**

<table>
<thead>
<tr>
<th>Number of Drinks</th>
<th>National</th>
<th>New Jersey</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 drink</td>
<td>20.9%</td>
<td>24.9%</td>
<td>24.0%</td>
</tr>
<tr>
<td>2-3 drinks</td>
<td>47.0%</td>
<td>45.9%</td>
<td>42.8%</td>
</tr>
<tr>
<td>4-5 drinks</td>
<td>17.1%</td>
<td>16.3%</td>
<td>15.5%</td>
</tr>
<tr>
<td>6-10 drinks</td>
<td>13.9%</td>
<td>9.9%</td>
<td>13.4%</td>
</tr>
<tr>
<td>More than 10 drinks</td>
<td>1.1%</td>
<td>2.9%</td>
<td>4.4%</td>
</tr>
</tbody>
</table>

No previous years comparisons
Have you had a sunburn within the past 12 months?

<table>
<thead>
<tr>
<th></th>
<th>HC '05</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>23.0%</td>
<td>39.0%</td>
</tr>
<tr>
<td>No</td>
<td>77.0%</td>
<td>61.0%</td>
</tr>
</tbody>
</table>

No NJ or National comparisons

*Significantly different from 2005
How many sunburns have you had within the past 12 months?

Respondents indicating they had a sunburn within the past 12 months

- One*: 37.5%
- Two: 25.4%
- Three: 17.6%
- Four: 10.6%
- Five: 7.8%
- Six or more: 3.7%

No NJ or National comparisons
*Significantly different from 2005

When you go outside on a sunny summer day for more than one hour, how often do you use sunscreen or sunblock?

- Always*: 17.1%
- Nearly always: 14.3%
- Sometimes: 17.2%
- Seldom*: 11.1%
- Never*: 17.2%

No NJ or National comparisons
*Significantly different from 2005

Note: Additional 1.1% stated don't go outside for more than one hour
What is the Sun Protection Factor (SPF) of the sunscreen you use most often?

Respondents who use sunscreen

- 8 SPF or less: 3.1% (2010), 4.4% (2005), 6.3% (2001)
- 9-15 SPF: 16.0% (2010), 31.0% (2005), 48.9% (2001)
- 16-30 SPF: 31.0% (2010), 32.4% (2005), 36.1% (2001)
- 31-45 SPF: 17.2% (2010), 7.6% (2005), 8.9% (2001)
- More than 45 SPF*: 3.6% (2010), 1.1% (2005), 3.1% (2001)

No NJ or National comparisons

*Significantly different from 2005

Fruits & Vegetables
### How often do you drink fruit juices, such as orange, grapefruit, or tomato?

<table>
<thead>
<tr>
<th>Frequency</th>
<th>National</th>
<th>New Jersey</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>&gt; Once a day</td>
<td>5.5%</td>
<td>9.1%</td>
<td>6.2%</td>
</tr>
<tr>
<td>Once a day</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1-2 times a week</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3-6 times a month</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1-3 times a month</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>&lt; Once a month</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never*</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Significantly different from NJ and National

### Not counting juice, how often do you eat fruit?

<table>
<thead>
<tr>
<th>Frequency</th>
<th>National</th>
<th>New Jersey</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>&gt; Once a day</td>
<td>19.8%</td>
<td>20.7%</td>
<td>16.6%</td>
</tr>
<tr>
<td>Once a day</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1-2 times a week</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3-6 times a month</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1-3 times a month</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>&lt; Once a month</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Significantly different from National

No previous years comparisons
How often do you eat green salad?

- Never: 4.6%, 5.2%, 4.9%
- < Once a month: 0.8%, 1.4%, 0.6%
- 1-3 times a month*: 9.6%, 7.0%, 9.6%
- 1-2 times a week*: 24.0%, 27.2%, 30.7%
- 3-6 times a month*: 34.4%, 34.4%, 34.4%
- 1-3 times a month*: 5.2%, 7.0%, 9.6%
- Once a day*: 23.4%, 24.5%, 27.2%
- > Once a day: 4.6%, 4.1%, 3.3%

*Significantly different from National

No previous years comparisons

How often do you eat potatoes, not including French fries, fried potatoes, or potato chips?

- Never: 1.0%, 1.1%, 1.1%
- < Once a month: 17.6%, 14.0%, 14.0%
- 1-3 times a month*: 20.6%, 20.6%, 20.6%
- 1-2 times a week: 48.2%, 47.0%, 48.2%
- 3-6 times a month: 17.6%, 19.9%, 19.9%
- Once a day: 3.8%, 3.8%, 3.8%
- > Once a day: 1.7%, 3.3%, 3.3%

*Significantly different from National

No previous years comparisons
How often do you eat carrots?

Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat?
During the past year, were you newly diagnosed by a physician as having Lyme disease?

- No: 96.6% (HC '01), 97.6% (HC '05), 95.0% (HC '10)
- Yes: 3.4% (HC '01), 2.4% (HC '05), 5.0% (HC '10)

No NJ or National comparisons
Falls and Injuries
Respondents older than 65 years of age

In the past six months, have you experienced a fall?

Yes*: 22.0%
No*: 78.0%

HC '01  HC '05  HC '10

No NJ or National comparisons
*Significantly different from 2005
Did the fall result in a visit to a doctor’s office, an emergency department, or other healthcare facility?

Respondents who experienced a fall in the past six months

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<tr>
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<th>HC '01</th>
<th>HC '05</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes*</td>
<td>38.6%</td>
<td>24.3%</td>
<td>25.8%</td>
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<tr>
<td>No*</td>
<td>61.4%</td>
<td>75.7%</td>
<td>74.2%</td>
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</table>

*Significantly different from 2005

No NJ or National comparisons

Did the fall result in any fractures, such as a broken wrist, arm, hip, or break to other areas of your body?

Respondents who experienced a fall in the past six months

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<tr>
<th></th>
<th>HC '01</th>
<th>HC '05</th>
<th>HC '10</th>
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<tbody>
<tr>
<td>Yes*</td>
<td>5.5%</td>
<td>8.7%</td>
<td>12.1%</td>
</tr>
<tr>
<td>No*</td>
<td>94.5%</td>
<td>91.3%</td>
<td>87.9%</td>
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</tbody>
</table>

*Significantly different from 2005

No NJ or National comparisons
To what degree do you feel able to get to a designated location within the county to receive emergency vaccine or medicine?

- Ready: 77.0%
- Somewhat Ready: 12.4%
- Not Ready: 10.6%

No previous years, NJ, or National comparisons
To what degree do you feel able to get to remain sheltered in your home for three days?

- Ready: 83.9%
- Somewhat Ready: 9.6%
- Not Ready: 6.5%

No previous years, NJ, or National comparisons

To what degree do you feel able to evacuate yourself and family members to a safe location outside the county?

- Ready: 73.0%
- Somewhat Ready: 17.5%
- Not Ready: 9.5%

No previous years, NJ, or National comparisons
What would be your main method or way of getting local information from authorities in a large-scale disaster or emergency?

- Local newspapers: 2.4%
- Local radio: 25.8%
- Internet: 24.0%
- Local cable tv: 35.2%
- Neighbors: 1.9%
- Other way: 10.7%

No previous years, NJ, or National comparisons

Note: Print media was #1 ranking in 2005 (23.9%)
During the past 30 days, how many days have you felt sad, blue, or depressed?

- None: 56.7% (HC '01), 68.3% (HC '05), 68.3% (HC '10)
- 1-2 days: 18.1% (HC '01), 14.0% (HC '05), 10.0% (HC '10)
- 3-5 days: 12.4% (HC '01), 12.4% (HC '05), 10.0% (HC '10)
- 6-10 days: 10.0% (HC '01), 12.4% (HC '05), 14.0% (HC '10)
- 11-15 days: 4.1% (HC '01), 3.1% (HC '05), 3.2% (HC '10)
- More than 15 days: 68.3% (HC '01), 66.7% (HC '05), 68.3% (HC '10)

No NJ or National comparisons

Have you sought any help such as counseling to address concerns you had regarding feeling sad, blue or depressed?

- Yes: 20.6%
- No: 79.4%

Respondents who experienced feeling sad, blue or depressed in past month

No previous years, NJ, or National comparisons
Were you able to get the help you were seeking?

Respondents who sought help for emotional problems

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<th>Yes (%)</th>
<th>No (%)</th>
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<tbody>
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<td>82.6%</td>
<td>17.4%</td>
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No previous years, NJ, or National comparisons

What was the main reason you were not able to get the help?

Respondents who were not able to seek help for emotional problems

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<tr>
<th>Reason</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Cost</td>
<td>4.8%</td>
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<tr>
<td>Couldn’t get timely apt</td>
<td>2.5%</td>
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<tr>
<td>Didn’t know where to go</td>
<td>56.9%</td>
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<tr>
<td>Other reason</td>
<td>35.9%</td>
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No previous years, NJ, or National comparisons

Note: Keep in mind small n for this question
HIV/AIDS

Asked of all ages in 2010
Asked only of those < 65 old in previous years, NJ and National

What are your chances of getting infected with HIV?

No NJ or National comparisons
Except for blood tests you may have had as part of blood donations, have you ever been tested for HIV?

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<th>2005</th>
<th>2001</th>
<th>2005</th>
<th>2010</th>
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<tr>
<td>Yes</td>
<td>34.3%</td>
<td>35.2%</td>
<td>33.8%</td>
<td>40.6%</td>
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<tr>
<td>No</td>
<td>65.7%</td>
<td>64.8%</td>
<td>66.2%</td>
<td>59.4%</td>
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*Significantly different from 2005

Except for blood tests you may have had as part of blood donations, have you ever been tested for HIV?

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<th>National</th>
<th>New Jersey</th>
<th>HC 10</th>
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<tbody>
<tr>
<td>Yes</td>
<td>42.3%</td>
<td>44.4%</td>
<td>59.4%</td>
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<tr>
<td>No</td>
<td>57.7%</td>
<td>55.6%</td>
<td>40.6%</td>
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*Significantly different from NJ
Did you receive counseling or talk with a health care professional about the results of your test?

Respondents who have had an HIV test

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<th>HC '95</th>
<th>HC '01</th>
<th>HC '05</th>
<th>HC '10</th>
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<td>Yes*</td>
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<td>28.1%</td>
<td>32.1%</td>
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<td>10.6%</td>
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<tr>
<td>No*</td>
<td>64.5%</td>
<td>71.9%</td>
<td>67.9%</td>
<td>89.4%</td>
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</table>

No NJ or National comparisons

*Significantly different from 2005

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Sleep
During the past 30 days, for about how many days have you felt you did not get enough rest or sleep?

None*

1-2 days

3-7 days

8-14 days

15-30 days

No previous years comparisons

*Significantly different from NJ and National

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

No previous years comparisons

Do you still have asthma?

Respondents who have had an asthma diagnosis

No previous years comparisons
Have you **ever** been told by a doctor, nurse, or other health professional that you had asthma?

*Crosstabulation by Smoking*

<table>
<thead>
<tr>
<th>Have ever been told have asthma?</th>
<th>Smoke some days or every day</th>
<th>Do not smoke at all</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>16.3%</td>
<td>13.4%</td>
</tr>
<tr>
<td>No</td>
<td>83.7%</td>
<td>86.6%</td>
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</tbody>
</table>

Caregiver Status
During the past month, did you provide regular care or assistance to a friend or family member who has a health problem long-term illness or disability?

- **Yes:**
  - National: 22.6%
  - New Jersey: 24.8%
  - HC '10: 24.7%

- **No:**
  - National: 77.4%
  - New Jersey: 75.2%
  - HC '10: 75.3%

No previous years comparisons
Are you limited in any way in any activities because of any impairment or health problem?

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<thead>
<tr>
<th></th>
<th>HC '01</th>
<th>HC '05</th>
<th>HC '10</th>
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<tbody>
<tr>
<td><strong>No</strong></td>
<td>80.1%</td>
<td>80.6%</td>
<td></td>
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<tr>
<td><strong>Yes</strong></td>
<td>19.4%</td>
<td>19.9%</td>
<td>15.6%</td>
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</table>

*Significantly different from 2005*
What is the major impairment or health problem that limits your activities?

Respondents with an impairment or health problem

<table>
<thead>
<tr>
<th>Health Problem</th>
<th>HC '01</th>
<th>HC '05</th>
<th>HC '10</th>
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</thead>
<tbody>
<tr>
<td>Eye/vision problem</td>
<td>1.9%</td>
<td>1.7%</td>
<td>3.7%</td>
</tr>
<tr>
<td>Hearing problem</td>
<td>1.5%</td>
<td>1.5%</td>
<td>1.5%</td>
</tr>
<tr>
<td>Lung/breathing problem</td>
<td>1.6%</td>
<td>5.7%</td>
<td>8.5%</td>
</tr>
<tr>
<td>Walking problem</td>
<td>5.7%</td>
<td>5.7%</td>
<td>17.9%</td>
</tr>
<tr>
<td>Fractures, bone/joint injury</td>
<td>5.9%</td>
<td>9.8%</td>
<td>13.8%</td>
</tr>
<tr>
<td>Back or neck problem</td>
<td>11.4%</td>
<td>13.8%</td>
<td>16.5%</td>
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<tr>
<td>Arthritis/rheumatism</td>
<td>23.3%</td>
<td>23.3%</td>
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<tr>
<td>Heart problem</td>
<td>37.1%</td>
<td>37.1%</td>
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<tr>
<td>Stroke problem</td>
<td>2.1%</td>
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<tr>
<td>Hypertension/high blood pressure</td>
<td>0.0%</td>
<td>0.7%</td>
<td>0.0%</td>
</tr>
<tr>
<td>Depression/anxiety/emotional problem</td>
<td>2.5%</td>
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<tr>
<td>Other impairment/problem</td>
<td>12.8%</td>
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Respondents with an impairment or health problem (cont’d)

<table>
<thead>
<tr>
<th>Health Problem</th>
<th>HC '01</th>
<th>HC '05</th>
<th>HC '10</th>
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<tbody>
<tr>
<td>Cancer</td>
<td>1.6%</td>
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<tr>
<td>Diabetes</td>
<td>2.2%</td>
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<td>2.5%</td>
<td>2.5%</td>
<td>2.5%</td>
</tr>
<tr>
<td>Cancer</td>
<td>1.6%</td>
<td>1.6%</td>
<td>1.6%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>2.5%</td>
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</tr>
<tr>
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<td>1.6%</td>
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<td>1.6%</td>
</tr>
<tr>
<td>Diabetes</td>
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<td>2.5%</td>
</tr>
<tr>
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<td>1.6%</td>
</tr>
<tr>
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<td>2.5%</td>
</tr>
<tr>
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<td>1.6%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>2.5%</td>
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<td>2.5%</td>
</tr>
<tr>
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<td>1.6%</td>
<td>1.6%</td>
</tr>
<tr>
<td>Diabetes</td>
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<td>2.5%</td>
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<tr>
<td>Cancer</td>
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</tr>
<tr>
<td>Diabetes</td>
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</tr>
<tr>
<td>Cancer</td>
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<tr>
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<tr>
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<td>2.5%</td>
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<tr>
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<tr>
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<td>1.6%</td>
</tr>
<tr>
<td>Diabetes</td>
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</tr>
<tr>
<td>Cancer</td>
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</tr>
<tr>
<td>Diabetes</td>
<td>2.5%</td>
<td>2.5%</td>
<td>2.5%</td>
</tr>
<tr>
<td>Cancer</td>
<td>1.6%</td>
<td>1.6%</td>
<td>1.6%</td>
</tr>
</tbody>
</table>
Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?

- Yes: 4.1% National, 5.8% New Jersey, 7.3% HC '10
- No: 95.9% National, 94.2% New Jersey, 92.7% HC '10

No previous years comparisons

Have you, or has anyone in your household, experienced problems with memory that has caused concern or affected your ability to perform usual activities?

- Yes: 5.4% HC '10
- No: 94.6% HC '10

No NJ or National comparisons
Have you ever been told by a doctor or health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?

- Yes: 22.3% (National), 22.7% (New Jersey), 77.7% (HC '10)
- No: 25.9% (National), 77.3% (New Jersey), 74.1% (HC '10)

No previous years comparisons
Are you now limited in any way in any of your usual activities because of arthritis or joint symptoms?

*Respondents with arthritis or joint symptoms*

- **Yes**: National (45.9%) vs New Jersey (41.9%), HC '10 (36.0%)
- **No**: National (58.1%) vs New Jersey (54.1%), HC '10 (64.0%)

No previous years comparisons

*Significantly different from NJ and National*

---

**Physical Activity**
When you are at work, which of the following best describes what you do?

Respondents who are employed

![Bar chart showing percentages for different types of work activities.]

<table>
<thead>
<tr>
<th>Activity Description</th>
<th>National</th>
<th>New Jersey</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mostly sitting or standing*</td>
<td>73.6%</td>
<td>72.0%</td>
<td>65.3%</td>
</tr>
<tr>
<td>Mostly walking</td>
<td>16.1%</td>
<td>18.5%</td>
<td>21.7%</td>
</tr>
<tr>
<td>Mostly heavy labor or physically demanding work</td>
<td>10.3%</td>
<td>9.5%</td>
<td>13.0%</td>
</tr>
</tbody>
</table>

No previous years comparisons

*Significantly different from National

---

Thinking about moderate activities you do in a usual week, do you engage in moderate activities for at least 10 minutes at a time?

![Bar chart showing percentages for engaging in moderate activities.]

<table>
<thead>
<tr>
<th>Activity</th>
<th>National</th>
<th>New Jersey</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes*</td>
<td>91.9%</td>
<td>82.5%</td>
<td>85.1%</td>
</tr>
<tr>
<td>No*</td>
<td>8.1%</td>
<td>17.5%</td>
<td>14.9%</td>
</tr>
</tbody>
</table>

No previous years comparisons

*Significantly different from NJ and National

Note: In '05, 78.3% reported engaging in physical activity, but moderate/vigorous unspecified
How many days per week do you do these moderate activities for at least 10 minutes at a time?
Respondents who engage in moderate activities for at least 10 mins

<table>
<thead>
<tr>
<th>Days Per Week</th>
<th>National</th>
<th>New Jersey</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-2 days*</td>
<td>10.5%</td>
<td>16.3%</td>
<td></td>
</tr>
<tr>
<td>3-4 days</td>
<td>32.0%</td>
<td>31.9%</td>
<td>31.6%</td>
</tr>
<tr>
<td>5-7 days*</td>
<td>57.5%</td>
<td>51.8%</td>
<td>53.8%</td>
</tr>
</tbody>
</table>

No previous years comparisons
*Significantly different from NJ

On days when you do moderate activities, how much total time per day do you spend doing these activities?
Respondents who engage in moderate activities for at least 10 mins

<table>
<thead>
<tr>
<th>Time Per Day</th>
<th>National</th>
<th>New Jersey</th>
<th>HC '10</th>
</tr>
</thead>
<tbody>
<tr>
<td>&gt; 2 hours</td>
<td>24.3%</td>
<td>22.5%</td>
<td>24.3%</td>
</tr>
<tr>
<td>91-120 mins</td>
<td>9.3%</td>
<td>9.8%</td>
<td>14.3%</td>
</tr>
<tr>
<td>46-90 mins</td>
<td>0.5%</td>
<td>0.4%</td>
<td>0.5%</td>
</tr>
<tr>
<td>31-45 mins</td>
<td>8.7%</td>
<td>8.6%</td>
<td>8.7%</td>
</tr>
<tr>
<td>20-30 mins</td>
<td>8.4%</td>
<td>10.0%</td>
<td>8.4%</td>
</tr>
<tr>
<td>10-19 mins</td>
<td>4.5%</td>
<td>9.2%</td>
<td>4.5%</td>
</tr>
</tbody>
</table>

No previous years comparisons
Thinking about vigorous activities you do in a usual week, do you engage in moderate activities for at least 10 minutes at a time?

- Yes*: 58.4%
- No*: 41.6%

No previous years comparisons

*Significantly different from NJ and National

Note: In '05, 79.3% reported engaging in physical activity, but moderate/vigorous unspecified

How many days per week do you do these vigorous activities for at least 10 minutes at a time?

- 1-2 days: 36.7%
- 3-4 days: 37.4%
- 5-7 days: 25.9%

No previous years comparisons
On days when you do vigorous activities, how much total time per day do you spend doing these activities?

Respondents who engage in moderate activities for at least 10 mins

<table>
<thead>
<tr>
<th>Time Interval</th>
<th>National</th>
<th>New Jersey</th>
<th>HC'10</th>
</tr>
</thead>
<tbody>
<tr>
<td>10-19 mins</td>
<td>4.8%</td>
<td>6.2%</td>
<td>17.7%</td>
</tr>
<tr>
<td>20-30 mins</td>
<td></td>
<td>27.5%</td>
<td>33.2%</td>
</tr>
<tr>
<td>31-45 mins</td>
<td></td>
<td>10.4%</td>
<td></td>
</tr>
<tr>
<td>46-90 mins</td>
<td>0.7%</td>
<td>0.6%</td>
<td></td>
</tr>
<tr>
<td>91-120 mins</td>
<td>8.5%</td>
<td>28.1%</td>
<td></td>
</tr>
<tr>
<td>&gt; 2 hours</td>
<td>9.8%</td>
<td>26.9%</td>
<td></td>
</tr>
</tbody>
</table>

No previous years comparisons

---

Emotional Support & Life Satisfaction
How often do you get the social and emotional support you need?

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often*</th>
<th>Always*</th>
</tr>
</thead>
<tbody>
<tr>
<td>National</td>
<td>2.1%</td>
<td>2.1%</td>
<td>11.4%</td>
<td>26.7%</td>
<td>41.7%</td>
</tr>
<tr>
<td>New Jersey</td>
<td>3.7%</td>
<td>3.7%</td>
<td>12.6%</td>
<td>30.2%</td>
<td>48.2%</td>
</tr>
<tr>
<td>HC '10</td>
<td>13.2%</td>
<td>13.2%</td>
<td>30.2%</td>
<td>48.2%</td>
<td>51.7%</td>
</tr>
</tbody>
</table>

No previous years comparisons

*Significantly different from NJ and National

In general, how satisfied are you with your life?

<table>
<thead>
<tr>
<th></th>
<th>Very satisfied*</th>
<th>Satisfied*</th>
<th>Dissatisfied</th>
<th>Very dissatisfied</th>
</tr>
</thead>
<tbody>
<tr>
<td>National</td>
<td>50.6%</td>
<td>44.6%</td>
<td>4.1%</td>
<td>1.0%</td>
</tr>
<tr>
<td>New Jersey</td>
<td>46.6%</td>
<td>44.6%</td>
<td>4.1%</td>
<td>1.0%</td>
</tr>
<tr>
<td>HC '10</td>
<td>49.6%</td>
<td>48.3%</td>
<td>4.8%</td>
<td>1.1%</td>
</tr>
</tbody>
</table>

No previous years comparisons

*Significantly different from National
It is generally accepted that hospice care helps to improve quality of life during the end of life, reduces healthcare costs and actually increases life expectancy. Knowing this, how likely would you be to choose hospice for yourself or a loved one if needed?

- Would choose hospice: 40.1%
- Likely to choose hospice: 30.1%
- May choose hospice: 20.6%
- Not very likely to choose hospice: 5.0%
- Would not choose hospice: 4.2%

No previous years, NJ or National comparisons
Most physician offices in the country are switching over to electronic health records. To what degree do you feel this will improve the quality and coordination of care you receive?

- Likely to improve: 72.8%
- Not likely to improve: 17.6%
- Not sure: 9.6%

No previous years, NJ or National comparisons
Hunterdon County (NJ)
2010

Behavioral Risk Factor Surveillance System
(BRFSS) Questionnaire
Interviewer’s Script
Hunterdon County Department of Health

HELLO, my name is _________ and I am calling on behalf of Hunterdon Healthcare and Hunterdon County Department of Health. You may have read about the study in the Hunterdon County Democrat, Courier News or the Express Times or heard about it on WDVR Radio. We are gathering information about the health of local residents using questions developed by the U.S. Center for Disease Control. Based on the findings, Hunterdon Healthcare/Hunterdon County Department of Health and other community based organizations will explore how well the community’s health needs are being met. Your household has been chosen at random to be included in the research and, if you are over the age of 18, we’d like to ask you some questions about your health and health practices. The study will take about 10 - 12 minutes to complete. Is this a convenient time for you?

**Script for leaving a message on 1st and 6th attempts**

If leaving a message:  
Hello, my name is ____________ and I am calling from Holleran on behalf of Hunterdon Healthcare and Hunterdon County Department of Health. You may have read about the study in the Hunterdon County Democrat, Courier News or the Express Times or heard about it on WDVR Radio. We are gathering information about the health and health practices of residents within your county. If you wish to participate, please call Holleran at 1-800-218-6468 and reference the number ######. Thank you very much and we look forward to speaking with you.

For call-ins: Verify if there was a message left and reference number given.

*Is this (phone number)?*  
If "no,” Thank you very much, but I seem to have dialed the wrong number. It’s possible that your number may be called at a later time. **STOP**
Is this a cellular telephone?

Read only if necessary: “By cellular telephone we mean a telephone that is mobile and usable outside of your neighborhood.”

If “yes,”
Thank you very much, but we are only interviewing land line telephones.
STOP

Is this a private residence?

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

Before we begin, I’d like to assure you that all answers you provide are held in strict confidence. I am employed by Holleran, an independent research firm in Pennsylvania. The phone numbers called are destroyed once we finish the interviews so your responses remain completely anonymous and confidential. If you do not wish to answer a particular question, you are free to skip that item. If you have any questions about the study, you may call Hunterdon County Department of Health at 908-788-1351 and ask for John Beckley or Rose Puelle.

12.16 May I confirm that the zip code where you live is …

(135-139)

77777 ZIP Code
77777 Don’t know / Not sure
99999 Refused

This may seem obvious but I have to ask you
What is your gender?
1 Male
2 Female
Core Sections

I will not ask for your last name, address, or other personal information that can identify you. You do not have to answer any question you do not want to, and you can end the interview at any time. Any information you give me will be confidential. If you have any questions about the survey, please call (give appropriate state telephone number).

Section 1: Health Status

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

   Please read:
   1. Excellent
   2. Very good
   3. Good
   4. Fair

   Or
   5. Poor

   Do not read:
   7. Don’t know / Not sure
   9. Refused

2. Have you been diagnosed as having a chronic health condition such as diabetes, high blood pressure, or heart disease?

   1. Yes
   2. No [Go to Q8]
   7. Don’t know / Not sure [Go to Q8]
   9. Refused [Go to Q8]

3. When you feel better do you sometimes stop taking your medicine?

   1. Yes
4. Sometimes, if you feel worse when you take your medicine, do you stop taking it?

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

5. Do you know the long-term benefits of taking your medicine as told to you by your doctor or pharmacist?

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

6. Sometimes, do you forget to refill your prescription medicine on time?

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

7. Do you ever stop taking your medicine because of cost?

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

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

8. 2.1 Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

_ _ Number of days
8 8 None
7 7 Don’t know / Not sure
9 9 Refused
9.2.2 Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

<table>
<thead>
<tr>
<th>Number of days</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 8</td>
<td>None</td>
</tr>
<tr>
<td>7 7</td>
<td>Don’t know / Not sure</td>
</tr>
<tr>
<td>9 9</td>
<td>Refused</td>
</tr>
</tbody>
</table>

[If Q8 and Q9 = 88 (None), go to Q11]

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

<table>
<thead>
<tr>
<th>Number of days</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 8</td>
<td>None</td>
</tr>
<tr>
<td>7 7</td>
<td>Don’t know / Not sure</td>
</tr>
<tr>
<td>9 9</td>
<td>Refused</td>
</tr>
</tbody>
</table>

Section 3: Health Care Access

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

<table>
<thead>
<tr>
<th>Yes/No</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Yes</td>
</tr>
<tr>
<td>2</td>
<td>No</td>
</tr>
<tr>
<td>7</td>
<td>Don’t know / Not sure</td>
</tr>
<tr>
<td>9</td>
<td>Refused</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Yes/No</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Yes</td>
</tr>
<tr>
<td>2</td>
<td>No</td>
</tr>
<tr>
<td>7</td>
<td>Don’t know / Not sure</td>
</tr>
<tr>
<td>9</td>
<td>Refused</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Time Period</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Within past year (anytime less than 12 months ago)</td>
</tr>
<tr>
<td>2</td>
<td>Within past 2 years (1 year but less than 2 years ago)</td>
</tr>
<tr>
<td>3</td>
<td>Within past 5 years (2 years but less than 5 years ago)</td>
</tr>
</tbody>
</table>
14. 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
   2. More than one place (Ask, “Is there one place you go most frequently?”)
   3. No
   4. Five or more years ago
   5. Never
   6. Don't know / Not sure
   7. Refused

If “no,” ask “Is there more than one or is there no place you usually go to?”

15. We want to know an overall rating of all your health care for the last 12 months from all doctors and other health providers. Use any number from 1 to 5 where 1 is the worst health care possible, and 5 the best health care possible. How would you rate your health care overall?
   1. 1 Worst health care possible
   2. 2
   3. 3
   4. 4
   5. 5 Best health care possible
   6. Don't know / Not sure
   7. Refused

Module 6: Oral Health

16. How long has it been since you last visited a dentist or a dental clinic for any reason?
   Read only if necessary
   Include visits to a dental specialist, such as orthodontist.
   1. Within the past year (1 to 12 months ago)
   2. Within the past 2 years (1 to 2 years ago)
   3. Within the past 5 years (2 to 5 years ago)
   4. 5 or more years ago
   5. Don’t know / Not sure
   6. Never
   7. Refused
17. How many of your permanent teeth have been removed because of tooth decay or gum disease? Do not include teeth lost for other reasons, such as injury or orthodontics. Include teeth lost due to “infection.”

1  1 to 5
2  6 or more but not all
3  All
7  Don’t know/Not sure
8  None
9  Refused

If “never” to Q 16 or “all” to Q 17 go to Q 19

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

Read only if necessary
1  Within the past year (1 to 12 months ago)
2  Within the past 2 years (1 to 2 years ago)
3  Within the past 5 years (2 to 5 years ago)
4  5 or more years ago
7  Don’t know/Not sure
8  Never
9  Refused

If “within the past year” to Q 16 or Q 18 go to Q 20

19. What is the main reason you have not visited the dentist in the last year?

Read Only if Necessary
1  Fear, apprehension, nervousness, pain, dislike going
2  Cost
3  Do not have/know a dentist
4  Cannot get to the office/clinic (too far away, no transportation)
5  No appointments available
6  No reason to go (no problems)
7  No reason to go (no teeth)
8  Other priorities
9  Have not thought of it
10  Other
11  Don't know/Not sure
12  Refused
20. Do you have any kind of insurance coverage that pays for some or all of your routine dental care, including dental insurance, prepaid plans such as HMOs, or government plans such as Medicaid?
   1   Yes
   2   No
   7   Don't know/Not sure
   9   Refused

Module 1: Pre-Diabetes

21. Have you had a test for high blood sugar or diabetes within the past three years?
   1   Yes
   2   No
   7   Don’t know / Not sure
   9   Refused

22. Have you ever been told by a doctor or other health professional that you have pre-diabetes or borderline diabetes?

   If “Yes” and respondent is female, ask: “Was this only when you were pregnant?”

   1   Yes
   2   Yes, during pregnancy
   3   No
   7   Don’t know / Not sure
   9   Refused
Section 4: Diabetes

23. Have you ever been told by a doctor that you have diabetes?

If "Yes" and female, ask, “Was this only when you were pregnant?”

1. Yes
2. Yes, but female told only during pregnancy Go to Q31
3. No Go to Q31

7. Don't know/Not sure Go to Q31
8. 
9. Refused Go to Q31

Module 1: Diabetes

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

1. __ Times per day
2. __ Times per week
3. __ Times per month
4. __ Times per year
888 Never
999 Refused

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

1. __ Times per day
2. __ Times per week
3. __ Times per month
4. __ Times per year
555 No Feet
888 Never
777 Don’t know/Not sure
999 Refused
26. Are your blood sugar levels between 90 – 160 most of the time?
   1  Yes
   2  No
   3
   7  Don't know/Not sure
   8
   9  Refused

27. About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?
   __ Number of times XX  76 = 76 or more
   88  None
   77  Don't know/Not sure
   99  Refused

28. A test for hemoglobin "A one C" measures the average level of blood sugar over the past three months. About how many times in the past 12 months has a doctor, nurse, or other health professional checked you for hemoglobin "A one C"?
   __ Number of times  76 = 76 or more
   88  None
   98  Never heard of hemoglobin "A one C" test
   77  Don't know/Not sure
   99  Refused

If “no feet” to Q25 Go to Q30

29. About how many times in the past 12 months has a health professional checked your feet for any sores or irritations?
   __ Number of times  76 = 76 or more
   88  None
   77  Don't know/Not sure
   99  Refused

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

   Read Only if Necessary
   1  Within the past month (0 to 1 month ago)
   2  Within the past year (1 to 12 months ago)
   3  Within the past 2 years (1 to 2 years ago)
Section 11: Tobacco Use

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

1. Every day
2. Some days
3. Not at all [Go to Q33]
7. Don't know / Not sure [Go to Q35]
9. Refused [Go to Q35]

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

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

CATI note: If Q31 = 3 (Not at all); continue. Otherwise, go to Q35

33. How long has it been since you last smoked cigarettes regularly?

0 1 Within the past month (less than 1 month ago)
0 2 Within the past 3 months (1 month but less than 3 months ago)
0 3 Within the past 6 months (3 months but less than 6 months ago)
0 4 Within the past year (6 months but less than 1 year ago)
0 5 Within the past 5 years (1 year but less than 5 years ago)
0 6 Within the past 10 years (5 years but less than 10 years ago)
0 7 10 years or more
0 8 Never smoked regularly
7 7 Don’t know / Not sure [Go to Q35]
88 Not at all [Go to Q35]
9 9 Refused [Go to Q35]
34. Has a doctor or other health professional ever advised you to quit smoking?

If yes, ask “About how long ago was it?”

1. Yes, within the past 12 months (1 to 12 months ago)
2. Yes, within the past 3 years (1 to 3 years ago)
3. Yes, 3 or more years ago
4. No
5. Don't know/Not sure
6. Refused

35. In the past 30 days has anyone, including yourself, smoked cigarettes, cigars, or pipes anywhere inside your home?

1. Yes
2. No
3. Don't know/Not sure
4. Refused

Weight Control

36. In the past 12 months, has a doctor, nurse, or other health professional given you advice about your weight?

Probe for which

1. Yes, lose weight [Go to Q38]
2. Yes, gain weight [Go to Q38]
3. Yes, maintain current weight [Go to Q38]
4. No [Go to Q38]
5. Don't know/Not sure [Go to Q38]
6. Refused [Go to Q38]

37. Do you feel you have resources available to help you lose weight?

1. Yes
2. No
3. Don’t know/Not sure
4. Refused
Section 12: Demographics

38.  
12.1 What is your age?  
(104-105)  

___ Code age in years  
0 7 Don’t know / Not sure  
0 9 Refused

39.  
12.2 Are you Hispanic or Latino?  
(106)  

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

40.  
12.5 Have you ever served on active duty in the United States Armed Forces, either in the regular military or in a National Guard or military reserve unit? Active duty does not include training for the Reserves or National Guard, but DOES include activation, for example, for the Persian Gulf War.  
(114)  

1 Yes, now on active duty  
2 Yes, on active duty during the last 12 months, but not now  
3 Yes, on active duty in the past, but not during the last 12 months  
4 No, training for Reserves or National Guard only  
5 No, never served in the military  
7 Don’t know / Not sure  
9 Refused

41.  
12.6 Are you…?  
(115)  

Please read:  

1 Married  
2 Divorced  
3 Widowed  
4 Separated  
5 Never married

Or  

6 A member of an unmarried couple
Do not read:
9  Refused

42.
47. How many children live in your household who are…
1. Less than 5 years old
2. 5 through 12 years old
3. 13 through 17 years old

43.
12.8 What is the highest grade or year of school you completed? (118)

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

Do not read:
9  Refused

44.
12.9 Are you currently…? (119)

Please read:
1  Employed for wages
2  Self-employed
3  Out of work for more than 1 year
4  Out of work for less than 1 year
5  A Homemaker
6  A Student
7  Retired

Or
8  Unable to work

Do not read:
9  Refused

45.
12.11 About how much do you weigh without shoes? (122-125)

Note: If respondent answers in metrics, put “9” in column 122.
Round fractions up

_ _ _ _
Weight
(pounds/kilograms)
7 7 7 7 Don’t know / Not sure
9 9 9 9 Refused

CATI note: If Q45 = 7777 (Don’t Know/Not sure) or 9999 (Refused), skip Q47.

46.
12.12 About how tall are you without shoes? (126-129)

Note: If respondent answers in metrics, put “9” in column 126.

Round fractions down

_ _ / _ _
Height
(f t / inches/meters/centimeters)
7 7/ 7 7 Don’t know / Not sure
9 9/ 9 9 Refused

47.
12.13 How much did you weigh a year ago? [If you were pregnant a year ago, how much did you weigh before your pregnancy?] CATI: If female respondent and age <46. (130-133)

Note: If respondent answers in metrics, put “9” in column 130.

Round fractions up

_ _ _ _
Weight
(pounds/kilograms)
7 7 7 7 Don’t know / Not sure
9 9 9 9 Refused

48.
50. Is your annual household income from all sources:

Read as Appropriate

01 less than $25,000
02 $25,000 - $49,999
03 $50,000 - $74,999
04 $75,000 - $99,999
05 $100,000 - $124,999
06 $125,000 - $150,000
07 More than $150,000
Do not read these responses
77 Don't know/Not sure
99 Refused

Module 9: Women’s Health

CATI note: If respondent is male, go to the next module.
The next questions are about breast and cervical cancer.

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

1 Yes
2 No [Go to Q51]
7 Don't know / Not sure [Go to Q51]
9 Refused [Go to Q51]

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

Read only if necessary:
1 Within the past year (anytime less than 12 months ago)
2 Within the past 2 years (1 year but less than 2 years ago)
3 Within the past 3 years (2 years but less than 3 years ago)
4 Within the past 5 years (3 years but less than 5 years ago)
5 Five or more years ago

Do not read:
7 Don’t know / Not sure
9 Refused

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

1 Yes
2 No [Go to Q53]
7 Don't know / Not sure [Go to Q53]
9 Refused [Go to Q53]

52. 4. How long has it been since your last breast exam?
Read only if necessary:

1. Within the past year (anytime less than 12 months ago)
2. Within the past 2 years (1 year but less than 2 years ago)
3. Within the past 3 years (2 years but less than 3 years ago)
4. Within the past 5 years (3 years but less than 5 years ago)
5. Five or more years ago

Do not read:

7. Don’t know / Not sure
9. Refused

Section 7: Hypertension Awareness

53.
7.1 Have you EVER been told by a doctor, nurse, or other health professional that you have high blood pressure?

If “Yes” and respondent is female, ask: “Was this only when you were pregnant?”

1. Yes
2. Yes, but female told only during pregnancy [Go to Q55]
3. No [Go to Q55]
4. Told borderline high or pre-hypertensive [Go to Q55]
7. Don’t know / Not sure [Go to Q55]
9. Refused [Go to Q55]

54.
7.2 Are you currently taking medicine for your high blood pressure?

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

Section 9: Cardiovascular Disease Prevalence

Now I would like to ask you some questions about cardiovascular disease.

Has a doctor, nurse, or other health professional EVER told you that you had any of the following? For each, tell me “Yes,” “No,” or you’re “Not sure.”

55.
9.1 (Ever told) you had a heart attack, also called a myocardial infarction?
56.
9.2 (Ever told) you had angina or coronary heart disease?

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

57.
9.3 (Ever told) you had a stroke?

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

Section 8: Cholesterol Awareness

58.
8.1 Blood cholesterol is a fatty substance found in the blood. Have you EVER had your blood cholesterol checked?

1   Yes
2   No     [Go to Q61]
7   Don’t know / Not sure  [Go to Q61]
9   Refused  [Go to Q61]

59.
8.2 About how long has it been since you last had your blood cholesterol checked?

Read only if necessary:

1   Within the past year (anytime less than 12 months ago)
2   Within the past 2 years (1 year but less than 2 years ago)
3   Within the past 5 years (2 years but less than 5 years ago)
4   Five or more years ago

Do not read:

7   Don’t know / Not sure
9   Refused
60. 8.3 Have you EVER been told by a doctor, nurse or other health professional that your blood cholesterol is high?

(92)

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

Module 10: Prostate Cancer Screening

CATI note: If respondent is ≤39 years of age, or is female, go to Q65.

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

61. 1. A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. Have you ever had a PSA test?

(325)

1  Yes
2  No [Go to Q63]
7  Don’t Know / Not sure [Go to Q63]
9  Refused [Go to Q63]

62. 2. How long has it been since you had your last PSA test?

(326)

Read only if necessary:

1  Within the past year (anytime less than 12 months ago)
2  Within the past 2 years (1 year but less than 2 years)
3  Within the past 3 years (2 years but less than 3 years)
4  Within the past 5 years (3 years but less than 5 years)
5  Five or more years ago

Do not read:

7  Don’t know / Not sure
9  Refused

63. 3. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. Have you ever had a digital rectal exam?

(327)

1  Yes
2  No [Go to Q65]
7  Don’t know / Not sure [Go to Q65]
64. How long has it been since your last digital rectal exam?

Read only if necessary:

1. Within the past year (anytime less than 12 months ago)
2. Within the past 2 years (1 year but less than 2 years)
3. Within the past 3 years (2 years but less than 3 years)
4. Within the past 5 years (3 years but less than 5 years)
5. Five or more years ago

Do not read:

7. Don’t know / Not sure
9. Refused

Module 11: Colorectal Cancer Screening

CATI note: If respondent is ≤ 49 years of age, go to Q69.

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

1. Yes
2. No [Go to Q67]
7. Don't know / Not sure [Go to Q67]
9. Refused [Go to Q67]

66. How long has it been since you had your last blood stool test using a home kit?

Read only if necessary:

1. Within the past year (anytime less than 12 months ago)
2. Within the past 2 years (1 year but less than 2 years)
3. Within the past 3 years (2 years but less than 3 years ago)
4. Within the past 5 years (2 years but less than 5 years ago)
5. Five or more years ago

Do not read:

7. Don’t know / Not sure
9. Refused

67.
3. Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the colon for signs of cancer or other health problems. Have you ever had either of these exams?

1. Yes
2. No [Go to Q69]
7. Don't know / Not sure [Go to Q69]
9. Refused [Go to Q69]

68. How long has it been since you had your last sigmoidoscopy or colonoscopy?

Read only if necessary:

1. Within the past year (anytime less than 12 months ago)
2. Within the past 2 years (1 year but less than 2 years ago)
3. Within the past 3 years (2 years but less than 3 years ago)
4. Within the past 5 years (2 years but less than 5 years ago)
5. Within the past 10 years (5 years but less than 10 years ago)
6. 10 or more years ago

Do not read:

7. Don't know / Not sure
9. Refused

Module 10: Immunization

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

1. Yes
2. No
3
7. Don't know/Not sure
9. Refused

70. Have you ever had a pneumonia vaccination?

1. Yes
2. No
3
4
5
6
7. Don't know/Not sure
8
Section 15: Alcohol Consumption

71. 15.1 During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?

1 Yes  
2 No  [Go to Q76]
7 Don’t know / Not sure [Go to Q76]
9 Refused [Go to Q76]

72. 15.2 During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage?

1 _ _ Days per week
2 _ _ Days in past 30 days
8 8 8 No drinks in past 30 days [Go to Q76]
7 7 7 Don’t know / Not sure
9 9 9 Refused

73. 15.3 One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?

(155-156)

Note: A 40 ounce beer would count as 3 drinks, or a cocktail drink with 2 shots would count as 2 drinks.

1 _ _ Number of drinks
7 7 Don’t know / Not sure
9 9 Refused

74. 15.4 Considering all types of alcoholic beverages, how many times during the past 30 days did you have $X$ [CATI $X = 5$ for men, $X = 4$ for women] or more drinks on an occasion?

(157-158)

1 _ _ Number of times
8 8 None
7 7 Don’t know / Not sure
9 9 Refused
75.  15.5 During the past 30 days, what is the largest number of drinks you had on any occasion?  
(159-160)

<table>
<thead>
<tr>
<th>Number of drinks</th>
<th>76 = 76 or more</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 7</td>
<td>Don’t know / Not sure</td>
</tr>
<tr>
<td>9 9</td>
<td>Refused</td>
</tr>
</tbody>
</table>

**Module 17: Skin Cancer**

The next questions are about what you do to protect your skin when you go outside.

76.  89. When you go outside on a sunny summer day for more than one hour, how often do you use sunscreen or sunblock?  
Would you say: **Please Read**

Summer means June, July, and August. Sunny is what respondent considers sunny.

1  Always  
2  Nearly always  
3  Sometimes  
4  Seldom  

or  
5  Never  

**Do not read these responses**

6  Don't stay out more than an hour  
7  Don’t know/Not sure  
8  
9  Refused  

77.  90. What is the Sun Protection Factor or SPF of the sunscreen you use most often?  
1  Number XXX  
888  Don’t use  
88  
89  
90  
91  
777  Don’t know/Not sure  
77  
999  Refused
The next two questions are about sunburns, including any time that even a small part of your skin was red for more than 12 hours.

**78.** Have you had a sunburn within the past 12 months?
1. Yes
2. No [Go to Q80]
3. 
4. 
5. 
6. 
7. Don’t know/Not sure [Go to Q80]
8. 
9. Refused [Go to Q80]

**79.** Including times when even a small part of your skin was red for more than 12 hours. How many sunburns have you had within the past 12 months?
1. One
2. Two
3. Three
4. Four
5. Five
6. Six or more
7. Don’t know/Not sure
8. 
9. Refused

---

**Section 18: Fruits and Vegetables**

These next questions are about the foods you usually eat or drink. Please tell me how often you eat or drink each one, for example, twice a week, three times a month, and so forth. Remember, I am only interested in the foods you eat. Include all foods you eat, both at home and away from home.

**80.**

**18.1** How often do you drink fruit juices such as orange, grapefruit, or tomato?

1. _ _ Per day
2. _ _ Per week
3. _ _ Per month
4. _ _ Per year
5. 5 5 Never
6. 7 7 7 Don’t know / Not sure
7. 9 9 9 Refused
81. 18.2 Not counting juice, how often do you eat fruit? (185-187)

1 _ _ Per day
2 _ _ Per week
3 _ _ Per month
4 _ _ Per year
5 5 5 Never
7 7 7 Don’t know / Not sure
9 9 9 Refused

82. 18.3 How often do you eat green salad? (188-190)

1 _ _ Per day
2 _ _ Per week
3 _ _ Per month
4 _ _ Per year
5 5 5 Never
7 7 7 Don’t know / Not sure
9 9 9 Refused

83. 18.4 How often do you eat potatoes not including French fries, fried potatoes, or potato chips? (191-193)

1 _ _ Per day
2 _ _ Per week
3 _ _ Per month
4 _ _ Per year
5 5 5 Never
7 7 7 Don’t know / Not sure
9 9 9 Refused

84. 18.5 How often do you eat carrots? (194-196)

1 _ _ Per day
2 _ _ Per week
3 _ _ Per month
4 _ _ Per year
5 5 5 Never
7 7 7 Don’t know / Not sure
9 9 9 Refused

85. 18.6 Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat? (Example: A serving of vegetables at both lunch and dinner would be two servings.) (197-199)

1 _ _ Per day
2 _ _ Per week
3 _ _ Per month
LYME DISEASE QUESTION

86. During 2009, were you newly diagnosed by a physician as having Lyme disease?
1 Yes
2 No
3
4
5
6
7 Don’t know/Not sure
8
9 Refused

FALLS & INJURIES

If respondent is over the age of 65:

87. In the past 6 months, have you experienced a fall?
1 Yes
2 No Go to Q90
3
4
5
6
7 Don’t know/Not sure Go to Q90
8
9 Refused Go to Q90
88.
99. If yes, did the fall result in a visit to a doctor’s office, an emergency department or other healthcare facility?
   1. Yes
   2. No
   3
   4
   5
   6
   7. Don’t know/Not sure
   8
   9. Refused

89.
100. If yes to Q87, did the fall result in any fractures, such as a broken wrist, arm, hip, or break to other area of your body?
   1. Yes
   2. No
   3
   4
   5
   6
   7. Don’t know/Not sure
   8
   9. Refused

**Preparedness**

1. To what degree do you feel able and ready to take each of the following emergency measures if instructed to do so by health authorities?

90.
Get to a designated location within the county to receive emergency vaccine or medicine?
   1. Ready
   2. Somewhat Ready
   3. Not Ready

91.
Remain Sheltered in your home for 3 days?
   1. Ready
   2. Somewhat Ready
   3. Not Ready
92. Evacuate yourself and family members to a safe location outside the county?
   1. Ready
   2. Somewhat Ready
   3. Not Ready

93. 3. What would be your main method or way of getting LOCAL information from authorities in a large-scale disaster or emergency?
   1. Local newspapers (Democrat, Courier, Express Times, Star ledger, etc.)
   2. Local radio (WDVR, WPST, WNJO, etc.)
   3. Internet (including county and local websites)
   4. Local cable TV (Comcast, high school stations, etc.)
   5. Neighbors
   6. Other

SUICIDE/SEEKING HELP

Sometimes people feel so depressed and hopeless about the future that they may consider suicide, that is, taking some action to end their own life. The next questions ask about this area.

94. 102. During the past 30 days, for about how many days have you felt sad, blue, or depressed?
   1. Number of days__________________________
   2
   3
   4
   5
   6
   77 Don't know/Not sure [Go to Q98]
   88 None [Go to Q98]
   99 Refused [Go to Q98]

95. 106. Have you sought any help (emotional support), such as counseling to help address concerns you had regarding feeling sad, blue or depressed?
   1 Yes [Go to Q96]
   2 No [Go to Q98]
   3
   4
   5
   6
   7 Don’t know/Not sure [Go to Q98]
   8
96.
106.B Were you able to get the help you were seeking?
   1. Yes [Go to Q98]
   2. No

97.
106.C What was the reason you were not able to get the help?
   1. Cost
   2. Couldn’t get timely appointment
   3. Didn’t know where to go
   4. Other

Section 12: HIV/AIDS

Note: Initially, we will ask the following questions of all respondents. However, if we encounter resistance from those 65 years or older, we will eliminate for that age group.

The next few questions are about the national health problem of HIV, the virus that causes AIDS. Please remember that your answers are strictly confidential and that you don't have to answer every question if you don't want to.

98.
108. What are your chances of getting infected with HIV, the virus that causes AIDS?
Would you say: Please Read
   1 High
   2 Medium
   3 Low
   4 None

Do not read these responses.
   5 Not applicable [Go to Q101]
   6
   7 Don't know/Not sure
   8
   9 Refused

99.
109. Except for tests you may have had as part of blood donations, have you ever been tested for HIV?
Include saliva tests
   1 Yes
100.
112. Did you receive counseling or talk with a health care professional about the results of your test?

1. Yes
2. No
3.
4.
5.
6.
7. Don't know / Not sure
8.
9. Refused

Section 4: Sleep

The next question is about getting enough rest or sleep.

101.
4.1 During the past 30 days, for about how many days have you felt you did not get enough rest or sleep?

<table>
<thead>
<tr>
<th>Number of days</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 8 None</td>
</tr>
<tr>
<td>7 7 Don't know / Not sure</td>
</tr>
<tr>
<td>9 9 Refused</td>
</tr>
</tbody>
</table>

Section 10: Asthma

102.
10.1 Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

<p>| |</p>
<table>
<thead>
<tr>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Yes</td>
</tr>
<tr>
<td>2 No [Go to Q104]</td>
</tr>
<tr>
<td>7 Don't know / Not sure [Go to Q104]</td>
</tr>
<tr>
<td>9 Refused [Go to Q104]</td>
</tr>
</tbody>
</table>
103.
10.2 Do you still have asthma?

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

Section 13: Caregiver Status

People may provide regular care or assistance to a friend or family member who has a health problem, long-term illness, or disability.

104.
13.1 During the past month, did you provide any such care or assistance to a friend or family member?

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

Section 14: Disability

The following questions are about health problems or impairments you may have.

105.
14.1 Are you limited in any way in any activities because of physical, mental, or emotional problems?

1  Yes
2  No [Go to Q107]
7  Don’t know / Not Sure [Go to Q107]
9  Refused [Go to Q107]

106.
6.A. What is the major impairment or health problem that limits your activities?

Read Only if Necessary
01 Arthritis/rheumatism
02 Back or neck problem
03 Fractures, bone/joint injury
04 Walking problem
05 Lung/breathing problem
06 Hearing problem
07 Eye/vision problem
08 Heart problem
09 Stroke problem
10 Hypertension/high blood pressure
11 Diabetes
12 Cancer
13 Depression/anxiety/emotional problem
14 Other impairment/problem
15 Don't know/Not sure
16 Refused

107. 14.2 Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?

Include occasional use or use in certain circumstances.

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

108. 6.B. Have you, or has anyone in your household, experienced problems with memory that has caused concern or affected your ability to perform usual activities?

1 Yes
2 No
3
4
5
6
7 Don’t know/Not sure
8
9 Refused
Section 17: Arthritis Burden

Next I will ask you about arthritis.

109.  
17.1 Have you EVER been told by a doctor or other health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?  

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<td>7</td>
<td>Don’t know / Not sure</td>
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INTERVIEWER NOTE: Arthritis diagnoses include:
- rheumatism, polymyalgia rheumatica
- osteoarthritis (not osteoporosis)
- tendonitis, bursitis, bunion, tennis elbow
- carpal tunnel syndrome, tarsal tunnel syndrome
- joint infection, Reiter's syndrome
- ankylosing spondylitis; spondylosis
- rotator cuff syndrome
- connective tissue disease, scleroderma, polymyositis, Raynaud's syndrome
- vasculitis (giant cell arteritis, Henoch-Schonlein purpura, Wegener’s granulomatosis, polyarteritis nodosa)

Arthritis can cause symptoms like pain, aching, or stiffness in or around the joint.

110.  
17.2 Are you now limited in any way in any of your usual activities because of arthritis or joint symptoms?  

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INTERVIEWER INSTRUCTION: If a question arises about medications or treatment, then the interviewer should say: “Please answer the question based on your current experience, regardless of whether you are taking any medication or treatment.”

Section 19: Physical Activity

CATI note: If Core Q44 = 1 (Employed for wages) or 2 (Self-employed); continue. Otherwise, go to Q112.
111. 19.1 When you are at work, which of the following best describes what you do? Would you say—

If respondent has multiple jobs, include all jobs.

Please read:

1 Mostly sitting or standing
2 Mostly walking
3 Mostly heavy labor or physically demanding work

Do not read:

7 Don’t know / Not sure
9 Refused

Please read:

We are interested in two types of physical activity - vigorous and moderate. Vigorous activities cause large increases in breathing or heart rate while moderate activities cause small increases in breathing or heart rate.

112. 19.2 Now, thinking about the moderate activities you do [fill in “when you are not working" if “employed" or self-employed"] in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate?

1 Yes
2 No [Go to Q115]
7 Don’t know / Not sure [Go to Q115]
9 Refused [Go to Q115]

113. 19.3 How many days per week do you do these moderate activities for at least 10 minutes at a time?

 Days per week

8 8 Do not do any moderate physical activity for at least 10 minutes at a time? [Go to Q115]
7 7 Don’t know / Not sure [Go to Q115]
9 9 Refused [Go to Q115]

114. 19.4 On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

 Hours and minutes per day

7 7 7 Don’t know / Not sure
9 9 9 Refused
115. 19.5 Now, thinking about the vigorous activities you do [fill in “when you are not working” if “employed” or “self-employed”] 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 [Go to Q118]
7 Don’t know / Not sure [Go to Q118]
9 Refused [Go to Q118]

116. 19.6 How many days per week do you do these vigorous activities for at least 10 minutes at a time?

_ _ Days per week
8 8 Do not do any vigorous physical activity for at least 10 minutes at a time [Go to Q118]
7 7 Don’t know / Not sure [Go to Q118]
9 9 Refused [Go to Q118]

117. 19.7 On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

_:_ _ Hours and minutes per day
7 7 7 Don’t know / Not sure
9 9 9 Refused

Section 21: Emotional Support and Life Satisfaction

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

118. 1.1 How often do you get the social and emotional support you need?

INTERVIEWER NOTE: If asked, say “please include support from any source.”

Please read:

1 Always
2 Usually
3 Sometimes
4 Rarely
5 Never
Do not read:
7  Don't know / Not sure
9  Refused

119.
21.2  In general, how satisfied are you with your life?

Please read:
1  Very satisfied
2  Satisfied
3  Dissatisfied
4  Very dissatisfied

Do not read:
7  Don't know / Not sure
9  Refused

Hospice
120.
1. It is generally accepted that hospice care helps improve the quality of life during the end of life, reduces health care costs and actually increases life expectancy. Knowing this, how likely would you be to choose hospice for yourself or a loved one if you were diagnosed with an illness that made your life expectancy 6 months or less?

1. Would choose hospice
2. Likely to choose hospice
3. May choose hospice
4. Not very likely to choose hospice
5. Would not choose hospice
6. Don't Know

121.
Most physician offices in the county are switching over to an electronic medical records system. To what degree do you feel this will improve the quality and coordination of care that you receive?

1. Likely
2. Not likely
3. Don’t know