

**BEHAVIORAL RISK FACTOR SURVEY
OF ISLAND COUNTY ADULTS - 2000**

Funded by:

**Island County Health Department
Island County Public Works Department
Whidbey General Hospital
Whidbey Island Hospital Foundation
Island County/Stanwood Public Health and Safety Network
United Way of Island County
Stanwood/Camano Community Foundation**

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INTRODUCTION AND PURPOSE

This survey is similar to a baseline study conducted among Island County residents in 1996 of various behaviors and characteristics that are known to affect health. This current study was commissioned by the Island County Health Department and Whidbey General Hospital in conjunction with other community health partners, including Island County Public Works Department, Whidbey Island Hospital Foundation, Island County/Stanwood Public Health and Safety Network, United Way of Island County, and Stanwood/Camano Community Foundation.

The survey was modeled after the Behavioral Risk Factor Surveillance System (BRFSS), a survey originally designed by the Centers for Disease Control and Prevention (CDC). The BRFSS, now conducted in every state, enables the CDC, state health departments and other health agencies to measure a variety of health risk behaviors and health-related characteristics of adults. This standardized assessment tool is used to measure health risks nationally, as well as state by state and other specific geographic regions. The Island County assessment addresses health risk behaviors, as well as safety practices and environmental health risk opinions among Island County residents.

This study of Island County residents is a primary part of an assessment in a community health process model that seeks to set goals and priorities that will help achieve a healthy Island County population.

SUMMARY OF METHOD

The methods for the BRFSS have been standardized over the past nineteen years by CDC. The survey itself consists of a core set of questions specified by CDC, together with questions added at the state level to address specific issues of importance to each state participating in the program. The Island County survey used some of the CDC core questions and included other question areas that addressed local needs. Respondent screening and wording of existing questions were done according to CDC specifications or the specifications of the agencies who had developed the questions. Some question modules were based on those developed by other states and/or other Washington counties. Wording on a few new questions was pretested by Gilmore Research Group in random telephone interviews in Island County. A copy of the questionnaire appears in Appendix B. A more detailed description of the methodology can be found in Appendix A.

The survey was conducted by telephone from the Gilmore Research Group central telephone facility in Seattle, Washington. A total of 1,037 randomly selected Island County adult residents were interviewed: 437 Whidbey residents in summer 2000 (August 18-September 30), 400 Whidbey residents in fall 2000 (November 2-December 13) and 200 Camano residents in winter 2001 (February 1-14). Because the Camano Island adult population was oversampled, their responses have been weighted when combined with the Whidbey responses to reflect Island County as a whole. The weighted total for Island County reported in this document is 952. In addition to the Camano weighting, all response data were weighted by age and gender to provide an accurate picture of the county adult population. The confidence limits of findings based on the county-wide sample of 952 are about ± 3.0 at the 95% confidence level. For estimates based on population subgroups of the total sample, the confidence limits of findings are greater than ± 3.0 and vary depending upon the size of the subgroup.

References are made to demographic subgroups throughout the report. These subgroups are based on gender, age, income and geographic living area. Where appropriate, other factors such as having health coverage are examined. Any differences noted between subgroups in this report are statistically significant.

SUMMARY OF FINDINGS

In this summary, significant changes between 2000 survey findings and 1996 survey findings are noted whenever questions on both surveys are the same.

General Health. Most respondents (61%) rated their health as excellent or very good, while 10% rated it poor or fair. About one in six respondents (19%) said they were kept from normal activities for at least one day in the past month due to poor physical or mental health. The average number of days lost was 1.8 per person, across all respondents. These findings are comparable to 1996.

Health Insurance Coverage. The vast majority of respondents (94%) said they currently have health care coverage. This has not changed, statistically, from 1996 when the coverage level was 92%. Among those not covered, more than half (57%) said they cannot afford to pay health insurance premiums.

Cost Barriers. Seven percent (7%) of the respondents said that in the past twelve months they were unable to fill a prescription because of the cost. This question was not asked in 1996.

Primary Care Provider Access. Most respondents (85%) said they have one particular doctor's office, health facility or clinic they go to when needing health care or advice, unchanged from 1996. In a new question for the current study, more than four out five respondents (86%) rated their overall satisfaction with the health care they receive good, very good or excellent.

Blood Pressure. Three-fourths of the respondents (77%) said they had their blood pressure checked in the past six months; another 16% said they had it checked in the past year. More than one in four of the respondents (29%) said they had been told by a health professional that their blood pressure is high. These findings are comparable to 1996.

Blood Cholesterol. Among all respondents, 57% said they had their cholesterol level examined in the past year; another 11% said it was examined one to two years ago, but 18% said they had never had this done. The proportion reporting a recent (past year) cholesterol exam (57%) is a significant increase over 1996

(48%). Over one quarter (26%) of all respondents said they had been advised that their cholesterol levels were high, a level comparable with 1996.

Colorectal Exams. About one-third (31%) of respondents age 40 and older said they had used a blood stool test in the past year. Fewer (13%) said they had a sigmoidoscopy or colonoscopy in the previous 12 months. This area of questioning was not asked in 1996.

Vaccinations. A majority of respondents did not receive a flu shot (62%) or a pneumonia shot (69%) during the previous year. Vaccinations was not asked in 1996.

Dental Visits. Most of the respondents (82%) said they had visited a dentist or dental clinic in the past year; up significantly over the 73% of 1996. Another 8% said they had visited a dentist in the past two years. Two-thirds (64%) said they had insurance coverage of some kind to pay for dental care.

Diabetes. Five percent (5%) of the respondents said they had been told by a doctor that they have diabetes. This is comparable with 1996.

Asthma. Eleven percent of respondents (11%) said they had been told by a doctor at one time that they had asthma and 7% said they still have asthma. This was a new question area in this study.

Cardiovascular Disease. A few respondents reported having had a heart attack or myocardial infarction (6%), angina or coronary heart disease (5%) or a stroke (3%). Many respondents said that to lower their risk of heart disease or stroke, they are eating fewer high-fat or high-cholesterol foods (67%) or exercising more (66%). Almost half (47%) are doing both, while 13% said they are doing neither. All of these findings are comparable to 1996.

Mammograms. About three-quarters (72%) of all female respondents 50 and older said they had a mammogram in the past year, and another 16% had one in the past two years for a total of 88%. This is a significant increase in

mammograms for this age group of women over 1996, when 64% reported a mammogram in the past year and 76% in the past two years.

Clinical Breast Exams. In a new question for the study, many of the female respondents (74%) said they had a clinical breast exam within the past year.

Self Breast Exams. Two out of three (65%) said they examine their own breasts for lumps at least once a month. This is consistent with 1996 findings.

Pap Smears. Over three-quarters (78%) of the female respondents who have not had hysterectomies said they last had a pap smear in the past year, and another 15% had one in the past three years, consistent with 1996.

Prostate Exams. Among men 50 and older, 80% said they have been tested for prostate cancer, and 74% said they have had the PSA blood test for prostate cancer. The prostate cancer data is comparable to 1996 and the PSA data is new in this study.

Children's Asthma. Fourteen percent (14%) of parents with children at home said that a doctor had informed them that one or more of their children had asthma, and 5% reported that they currently have a child or children with asthma. This was a new question area this year.

Daycare. More than half of parents with children under 5 (53%) said they had no children in daycare more than 10 hours per week. Most of those who said they do have children in daycare said they have just one child in daycare (32%). Of these children, 41% are cared for in a licensed home. This topic was new in this study.

Disabilities. Almost one in five respondents (17%) said they are limited in some activities because of impairment or health problems. Back and neck problems were the most frequent source of impairment (by 3% of all respondents), followed by arthritis or rheumatism (2%), bone or joint injuries (2%) and walking problems (1%). These data are comparable to 1996 findings.

Overweight. Using the reported weights and heights for all respondents, the proportion of adults calculated to be overweight in Island County is 34% a significant increase over 1996 (26%).

Tobacco. Consistent with 1996, about one in five respondents (19%) said they currently smoke cigarettes. Ten percent (10%) said they have smoked a cigar or cigarillo in the past 3 months. A few respondents (2%) said they currently use chewing tobacco or snuff. In a new question this year, almost half of all respondents (47%) believe that smoking should not be allowed at all in restaurants, and another 38% believe that it should be allowed only in rooms with separate ventilation.

Alcohol. Over two-thirds of the respondents (68%) said they consumed at least one drink of alcohol in the month prior to the survey. Among all respondents, 5% are calculated to be “chronic drinkers,” that is, they drank more than 60 drinks in the month prior to the survey. Fifteen percent (15%) of all respondents reported “binge” drinking (having five or more drinks on an occasion) at least once in the month prior to the survey. The level of having at least one drink is up significantly from the 1996 (63%), but “chronic” and “binge” drinking has not changed.

Car Restraints. The vast majority of respondents (88%) said they “always” wear seat belts when in a car. Virtually all (96%) of the respondents’ children under 16 “always” use seat belts or safety seats when riding in a car. These proportions have not changed since 1996.

Bicycle Helmets. Among the respondents’ children under 16 who ride a bicycle, 60% always wear a helmet, while 7% never do. These proportions are the same as 1996.

Smoke Detectors. Two-thirds of respondents (66%) have had their home smoke detectors tested within the past year. This question was not asked in 1996.

Neighborhood Safety. Nearly everyone (92%) said they considered their neighborhoods to be “extremely safe” or “quite safe”. Homeowners and renters agreed on this issue, but residents of the South and Central portions of the island are more likely to feel their neighborhoods are safer than North Whidbey residents. This was a new question area for this survey.

Safe and Affordable Housing. A majority of respondents (77%) said that safe and affordable housing was available in their residential areas. Homeowners and renters were in agreement on this issue as well. This question was not asked in 1996.

Firearms. Two of five respondents (38%) said they keep guns in or around their homes. Nine percent (9%) of gun owners said they have a loaded, unlocked firearm in or around their homes. These findings are comparable to 1996.

Boating Safety. In a new question this year, about one-third (37%) of all respondents said they had been in a small boat on the water in the previous 12 months; of these, half (50%) said they “always” wore a life vest.

Hunger. One in twenty (5%) of the respondents said they had been concerned in the past month about having enough food for themselves or their families. This is the same proportion as found in 1996.

Physical Activity. Nearly two-thirds (65%) of respondents who were employed, who were students or who were homemakers said they had performed moderate physical activity as part of their regular jobs during the previous week. One in five (19%) said they engaged in this level of activity 6 to 7 days a week. Just over half of all respondents (53%) said they did not engage in any activity to increase muscle strength or muscle tone during the previous seven days. This was a new question area this year.

Environmental Contributors to Poor Health. Out of ten environmental factors read to all respondents, only one was cited by more than 3% to 7% of residents as a problem in this area: 17% said drinking water quality is a problem. Drinking water was also cited most often as a problem in 1996.

Indoor Air Quality. Six percent (6%) of respondents reported having experienced physical discomfort from indoor air. This is comparable to 1996.

Home Heating. Electricity is the primary heating source for most of the respondents' homes' (46%), followed by natural gas (18%). This is a significant decrease over 1996 for electricity (52%). Wood is the most frequent secondary source (29%), although nearly half (44%) report that they have no secondary heat for their homes.

Sun Protection. More than one-quarter (27%) of respondents said they "always" or "nearly always" use sunscreen or sunblock on sunny days when they are out for more than one hour. One third (34%) say they never use sun protection. This question was new this year.

Pesticide Usage. Twenty-five percent (25%) of all respondents said that they or someone else had used chemicals to control insects inside their homes within the previous year. Half (50%) said pesticides were used on their lawns or on their home exteriors during the previous year. These questions were new this year.

Hazardous Material Disposing. There is some indication that disposal is more careless than in 1996. Some respondents said they improperly dispose of unused automotive products (9%) by pouring them on the ground or down the drain. Fewer than 1% of the population admitted to that in 1996. Twenty-two percent (22%) said they dispose of these products by mixing them in with other trash before they transfer them to the dump or landfill. About one in five respondents (19%) take automotive products and 36% take pesticide/herbicide/fertilizer products to the "haz-mat" facility or separate them for the landfill attendant.

Chemical Sensitivities. In a new question this year, the majority of respondents (94%) said they had never been told by a doctor that they have environmental illness or multiple chemical sensitivity. Most (87%) considered themselves not unusually sensitive to everyday chemicals.

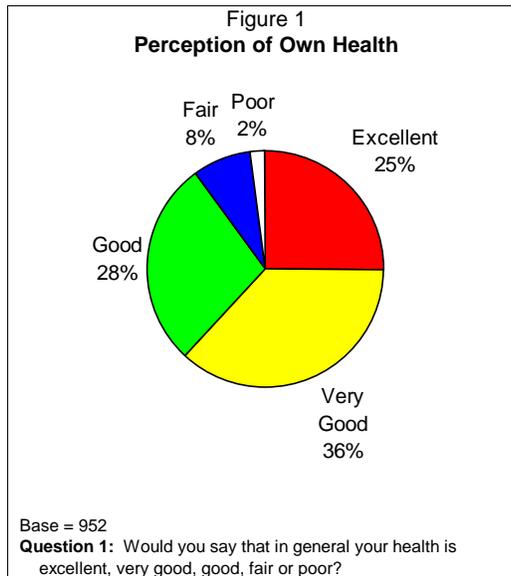
DETAILED FINDINGS

Health Status

As a general question to begin the interview, respondents were asked to rate their own health as excellent, very good, good, fair or poor. As shown in Figure 1, most respondents (61%) rated their health as excellent or very good, while 10% rated it poor or fair.

Subgroups more likely to rate their health as fair/poor included:

- Respondents age 75 or older (21%), compared to those age 18 to 64 (6%); and
- Respondents earning \$20,000 or less per year (25%), compared to those who earn more than \$20,000 (6%).



This question was also asked in the 1996 survey and these findings in 2000 are comparable to 1996.

Many respondents (36%) said there was at least one day in the past month when their *physical health* was not good, and 32% said there was at least one day when their *mental health* was not good. Nearly one in five respondents (19%) said they were kept from normal activities for at least one day in the past month due to poor physical or mental health. The average number of days lost was 1.8 per person, across all respondents.

Table 1 Days of Poor Health in Past Month			
	Days When Physical Health Was Not Good	Days When Mental Health Was Not Good	Total Days Kept From Normal Activities
No Days	63%	67%	79%
At Least One Day	36	32	19
1 Day	6	4	3
2 Days	7	7	4
3 to 5 Days	6	10	3
6 to 10 Days	7	4	4
11 to 29 Days	5	5	2
30 Days	5	2	3
<i>Mean</i>	<i>3.3 Days</i>	<i>2.5 Days</i>	<i>1.8 Days</i>
Don't Know	2%	2%	1%
Base = 952			
Questions 2-4: For how many days during the past 30 days was your physical health not good? For how many days during the past 30 days was your mental health not good? During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities?			

Respondents more likely to say their physical health was not good for eleven or more days per month included:

- Persons age 75 or older (16%), versus 18 to 24 year olds (1%), 35 to 54 year olds (5%) and 65 to 74 year olds (5%); and
- Those who have no children at home (7%), compared to those with children at home (3%).

Respondents more likely to say their mental health was not good for eleven or more days per month included:

- Females (7%), compared to males (3%); and
- Persons earning less than \$20,000 per year (22%), compared to those earning more (3%).

Respondents whose income was less than \$20,000 per year were more likely (12%), than those earning more than \$20,000 (1%) to be kept from normal activities for eleven or more days per month.

These results are comparable to 1996 findings.

Another series of questions asked respondents how many days in the past month they experienced pain, sadness, anxiety, and lack of sleep. As Table 2 shows for the group overall, health status is generally good.

About one respondent in ten (11%) said he/she did not get enough sleep at least one day; on average, the respondents said they did not get enough sleep on 1.6 days. Worry, tension and anxiety were felt by 11%, and averaged 1 day in the month. Sadness and depression were felt by 9%, and averaged 0.7 days in the month. Pain made it hard for 10% to do their normal activities at least one day, and averaged 1.7 days in the month.

Even those respondents who said they were limited in some way because of an impairment or health problem experienced, on average, 16.2 days of feeling very healthy and full of energy.

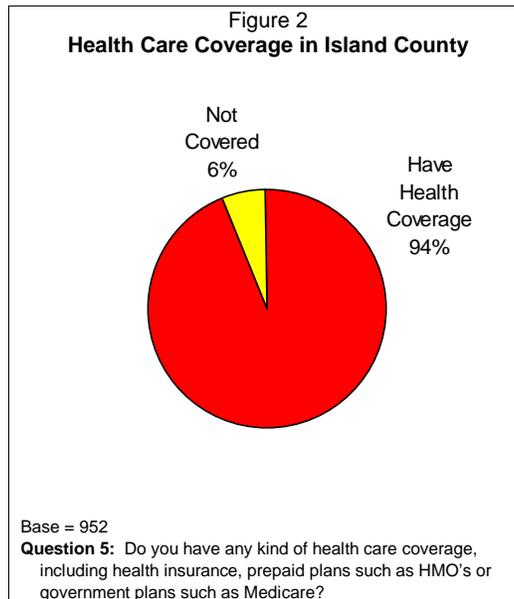
Table 2 Days of Health Problems in Past Month				
	Had Pain	Felt Sad, Blue or De- pressed	Felt Worried, Tense or Anxious	Did Not Get Enough Rest or Sleep
No Days / Not Asked *	90%	91%	89%	89%
At Least One Day	10	9	11	11
1 Day	<1	2	1	1
2 Days	1	1	1	1
3 to 5 Days	2	2	3	2
6 to 10 Days	1	1	2	2
11 to 29 Days	2	2	2	2
30 Days	4	1	2	3
<i>Mean</i>	<i>1.7 Days</i>	<i>0.7 Days</i>	<i>1.0 Days</i>	<i>1.6 Days</i>
Don't Know	<1%	<1%	<1%	<1%
Base = 952				
Questions 148-152: During the past 30 days, for how many days did pain make it hard for you to do your usual activities? How many days have you felt sad, blue or depressed? How many days have you felt worried, tense or anxious? How many days have you felt you did not get enough rest or sleep?				
* Anyone who said, in 2000, that they had no restrictions were not asked these questions.				

On a continued positive note, a large majority of respondents (87%) said they had three or more close friends or relatives who would help with emotional problems or feelings, if needed. Females were more likely than males (92% vs. 83%) to say they had three or more close friends for emotional support.

Health Care

Health Insurance Coverage

To understand the extent of health care insurance coverage in Island County, respondents were asked if they are covered, and if not, why they were without coverage.



In total, 94% said they currently have health care coverage, while 6% said they did not have any coverage. These proportions have not changed since 1996.

Among those not covered, more than half (57%) said they couldn't afford to pay the premiums, and about one-quarter (25%) said they lost coverage when they lost their job or changed jobs.

Subgroups more likely to lack health insurance coverage included:

- Respondents age 35 to 54 (9%), compared to those age 55 or older (1%);
- Persons earning between \$20,000 and \$35,000 per year (12%); compared to those earning more than \$35,000 (3%);

- Those who have children at home (9%), compared to those without children at home (4%); and
- Camano Island residents (14%), compared to North and Central Island residents combined (4%).

Table 3 Types of Health Care Coverage Used to Pay Most of Medical Care	
Own Employer's Plan	29%
Military / VA / Champus	24
Medicare	16
Individually Purchased Plan	10
Someone Else's Employer's Plan	11
Medicaid	3
Other	1
No Coverage	6
Base = 952	
Questions 6: What type of health coverage do you use to pay for most of your medical care?	

Among all respondents, over one-third said they are covered either through their employer's plan (29%) or someone else's employer (11%); 24% are covered through military plans, and 16% have Medicare.

Among respondents who have coverage, 56% have had their current plan for five or more years; 12% have had their plan for less than one year. Over half (59%) said there is a list of doctors associated with their plans, and 50% said their plans require that they select a certain doctor or clinic for all routine care (a 13% increase over 1996 in plans requiring provider pre-selection for routine visits). Most (73%) of the respondents with health insurance coverage have only one type of coverage.

Cost Barriers

Seven percent (7%) of the respondents said that in the past twelve months they were unable to fill a prescription for a medication because of the cost.

Primary Care Provider Access

The respondents were asked whether they go to one particular doctor's office, health facility or clinic when needing health care or advice. Most respondents (85%) said they have one particular place, while 14% said they do not have a place they usually go to for health care or advice. Mainly, these respondents said they have not needed a physician. These findings compare with 1996 findings.

One Particular Place	85%
No Particular Place	14%
Have not needed a doctor	4
Have more than one place	2
Previous doctor has moved	1
Other	3
Don't Know	1
Base = 952	
Questions 12-13: 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? (If no) What is the main reason you do not have a particular place to go?	

Respondents age 65 or older were more likely (94%) to have one particular place that they go to for health care or health care advice than were those age 18 to 34 (80%) or 45 to 64 (83%).

New to the 2001 survey, respondents who said they usually go to one place for health care or health advice and respondents who said they go to more than one place were all asked to rate the convenience of the place in terms of distance or travel time.

The vast majority (84%) rated convenience good or better and over one-third rated it excellent (34%). Respondents age 25 to 44 were more likely to rate convenience excellent than were respondents age 55 or older (41% versus 26%).

Respondents who have a usual place for health care or who go to more than one place were additionally asked when they last changed doctors, and if so, why they changed. This was also a new question area in 2001.

Almost one-third (31%) said they'd changed doctors within the last year and nearly as many (29%) said they'd changed more than 5 years ago. Five percent (5%) said they had never changed doctors. Reasons for changing included a move by respondents from one residence to another (37%), provider retired or moved (26%), and also, dissatisfaction with the former provider or greater satisfaction with another (12%).

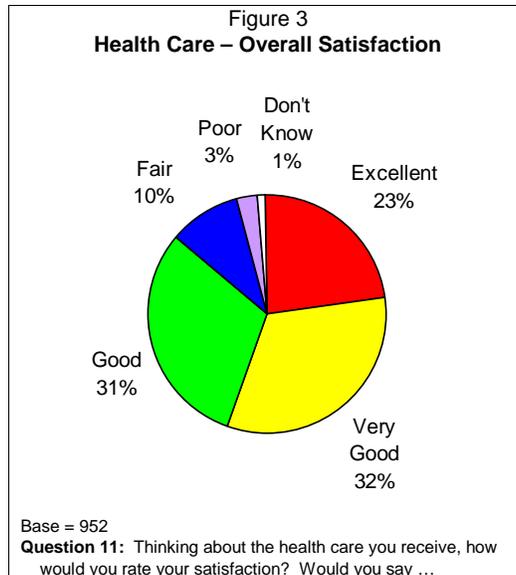
1-12 months ago	31%
1-2 years ago	11
2-3 years ago	9
3-5 years ago	11
More than 5 years ago	29
Don't know/not sure	4
Never	5
Base = 834 (Respondents who have a usual health care provider or multiple providers.)	
Questions 15: When did you last change doctors?	

Among those more likely to change doctors during the last year were:

- Respondents age 25 to 34 (45%), compared to those 45 or older (25%);
- Those who have children at home (38%), compared to those without children at home (26%); and
- North Island residents (35%) compared to Camano Island residents (23%).

Overall Satisfaction

Respondents said they were generally pleased with the health care that they receive. More than four out five (86%) rated their overall satisfaction good or better.



Subgroups more likely to rate their overall satisfaction as excellent included:

- Respondents age 65 or older (37%), compared to those younger than 65 (21%); and
- Those who have no children at home (27%), compared to those who have children at home (17%).

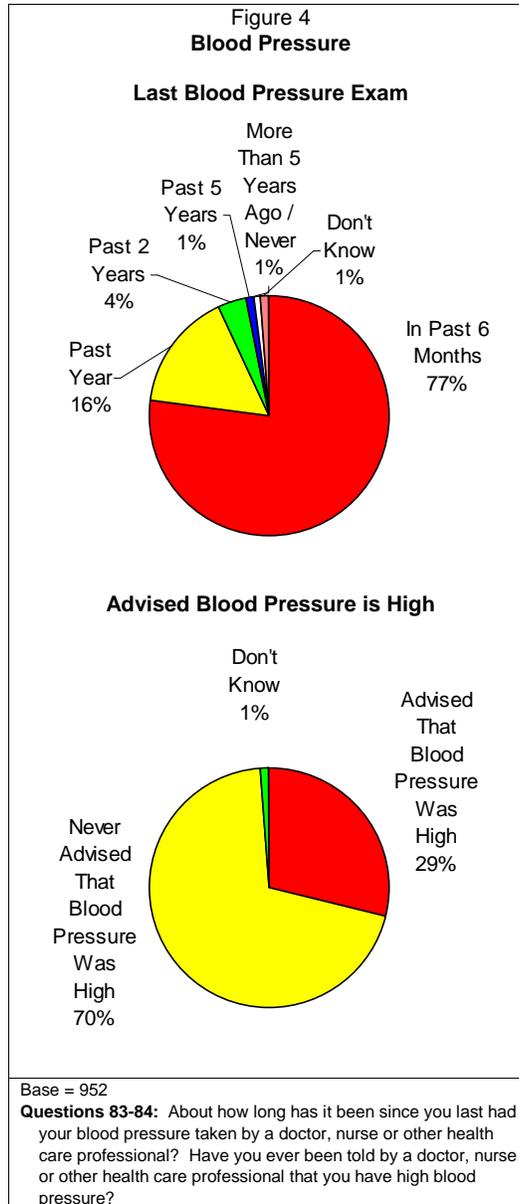
Blood Pressure

Respondents were asked when they last had a blood pressure exam and if they had ever been advised by a health professional that they had high blood pressure.

Three-fourths of the respondents (77%) said they had their blood pressure checked in the past six months; another 16% said they had it checked in the past year. Three percent are considered by the CDC to be “at risk” by not having had their blood pressure checked in the past two years. These proportions are unchanged since 1996.

More than one in four of the respondents (29%) said they had been told by a health professional that their blood pressure is high.

Subgroups more likely to say they had been told by a health professional that their blood pressure is high, included persons age 55 or older (51%), compared to those younger than 55 (19%), and respondents who have no children at home (35%), compared to those with children at home (21%).

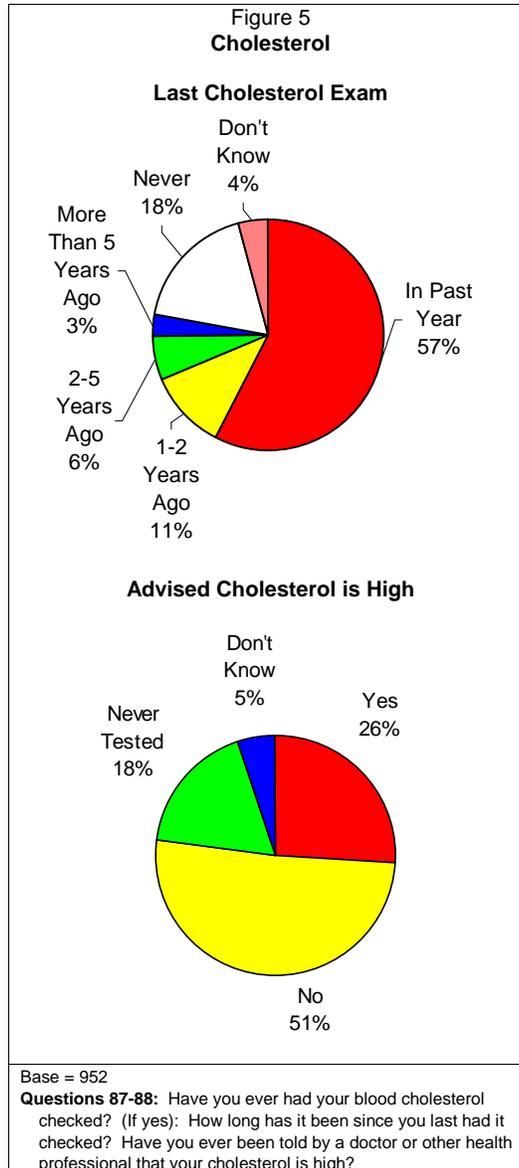


Blood Cholesterol

Respondents were asked if they ever had their blood cholesterol levels checked and whether they had ever been advised that their cholesterol levels are high.

Among all respondents, 57% said they had their cholesterol level examined in the past year; another 11% said it was examined one to two years ago. Eighteen percent (18%) said they had never had this done. The proportion of people who report having an exam in the last year is up significantly over the 1996 proportion (48%).

Among all respondents, 26% said they had been advised that their cholesterol levels were high. Respondents age 55 or older were more likely to have been advised that their cholesterol levels were high than were respondents age 18 to 44 years old (48% compared to 18%).

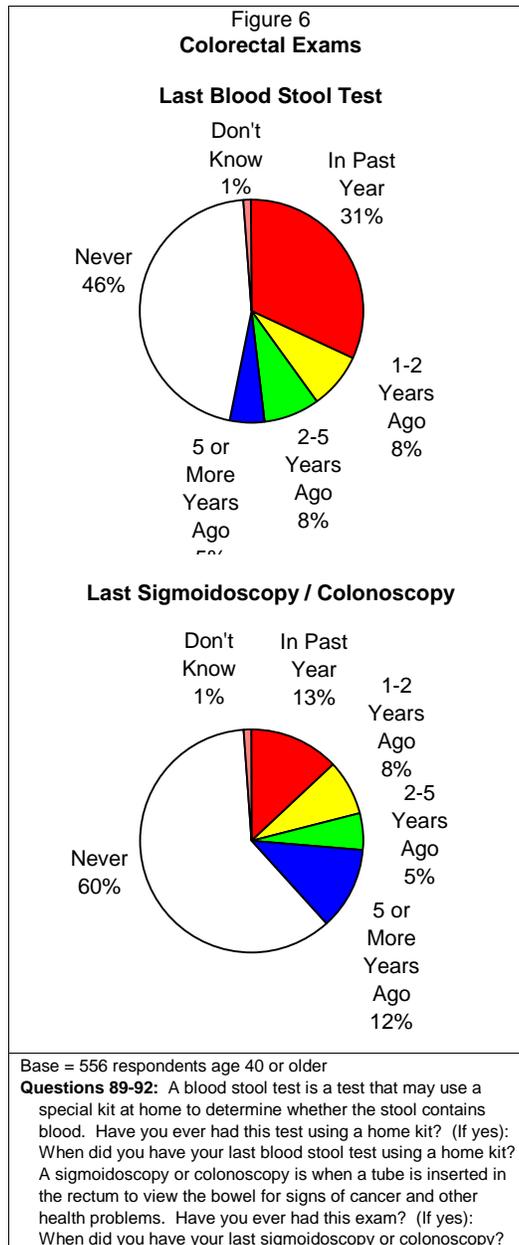


Colorectal Exams

While about one-third (31%) of respondents age 40 or older said they had used a blood stool test kit at home in the past year, almost half (46%) said they had never used the kit. Even more respondents in this age group said that they had never had a sigmoidoscopy or colonoscopy (60%).

Among those more likely to have used a blood stool test kit (at all) were:

- South county residents (60%) compared to other area residents (50%); and
- Those who have no children at home (61%), compared to those with children at home (30%).



Vaccinations

A majority of respondents did not receive a flu shot during the previous year (62%).

- Respondents age 65 or older were more likely than all younger age groups to have received a flu shot (67% said they had vs. 30% of those under age 65). Most said they received their flu shots at a doctor's office (8%) or a military or naval base (7%); and
- Camano Island residents were more likely to receive their flu shots at a doctor's office (48%) than all other residents (22%).

A majority of respondents (69%) did not receive a pneumonia vaccination, either. Again, those age 65 or older were more likely than all younger respondents to have received this vaccination (71% vs. 13%).

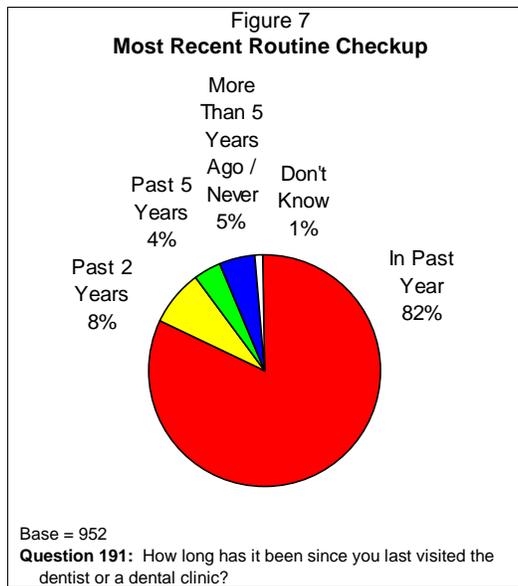
Table 6 Vaccinations	
Received flu shot:	
Yes	38%
No	62
Flu shot received at:	
Doctor's office	8
Hospital/emergency room	6
Military/naval base	7
Workplace	3
Health department	3
Senior/recreation/community center	2
Other type of health clinic	3
Some other place	<1
Received pneumonia vaccination:	
Yes	23%
No	69
Don't Know	8
Last tetanus shot received:	
Within the past 10 years	76%
10 – 20 years ago	8
More than 20 years ago	3
Don't know/not sure	13
Base = 952	
Questions 197-200: During the past 12 months, have you had a flu shot? (If yes): At what kind of place did you get your last flu shot? Have you ever had a pneumonia vaccination? How long ago did you have your last tetanus shot?	

Over three-quarters (76%) said they received their last tetanus shot within the past 10 years. Men were more likely to say they had received a tetanus shot within the past ten years (80%) than were women (72%).

Dental Visits

Respondents were asked when they last visited a dentist or dental clinic. Most (82%) said they had visited a dentist or dental clinic in the past year; another 8% said they had visited one in the past two years. The proportion reporting a visit in the past year is up significantly over 1996 (72%).

- Respondents whose income was more than \$35,000 per year were more likely than those earning less than \$35,000 per year to have visited a dentist or dental clinic during the past year (87% versus 74%).
- Respondents 75 years old or older were less likely than those younger to have visited so recently (66% versus 84%).



Among respondents who did not visit a dentist in the past year, 40% said they had no reason to go; 21% mentioned cost barriers.

Respondents who had visited a dentist at all were asked where they went, whether they had insurance coverage for some or all of their dental care and when they last had their teeth cleaned by either a dentist or dental hygienist.

No reason to go / No problems / No teeth	40%
Cost	21
Did not think of it	16
Fear / Apprehension	8
Other priorities	8
Can't get to office/clinic	5
Other	18
Base = 160 (Respondents who did not visit a dentist in the past year.)	
Question 192: What is the main reason you have not visited the dentist in the past year?	

Table 8 Dental Services and Insurance	
Last received dental services at:	
Private dentist's office	80%
Military naval base	14
Public health center/clinic	4
Some other place	2
Have insurance coverage of some kind to pay for dental care:	
Yes	64%
No	35
Don't Know	1
Last time teeth were cleaned:	
1-12 months	78%
1-2 years ago	10
2-5 years ago	5
More than 5 years ago	5
Don't know/not sure	1
Never	1
Base = 938 (Respondents who have visited a dentist.) Questions 193, 194 & 196: The last time you visited a health care provider for dental services, where did you go? 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 HMO's or government plans such as Medicaid? How long has it been since you had your teeth cleaned by a dentist or dental hygienist?	

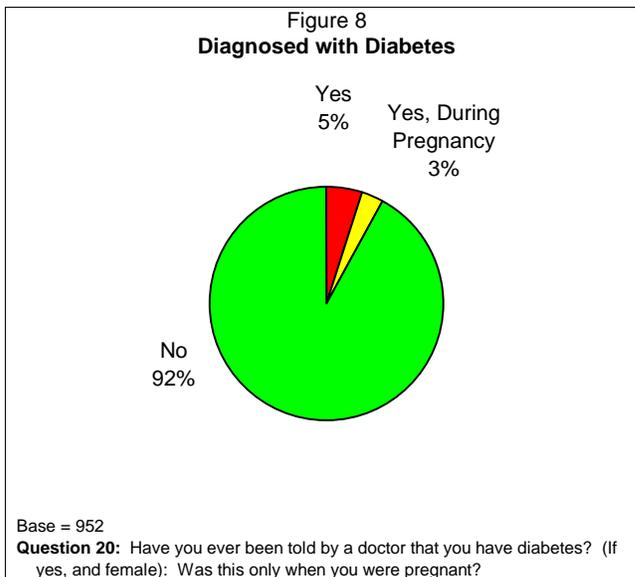
Four-fifths (80%) of respondents said they visited a private dentist. An additional 14% said they saw a dentist at a military or naval base. Most (78%) said their teeth had been cleaned in the last year. About two-thirds (64%) said they had some kind of insurance coverage to pay for their dental care.

Diabetes

Respondents were asked if they had ever been told by a doctor that they have diabetes. Five percent (5%) said they had been told by a doctor that they have diabetes. (Another 3% said they were told only during pregnancy that they had diabetes.)

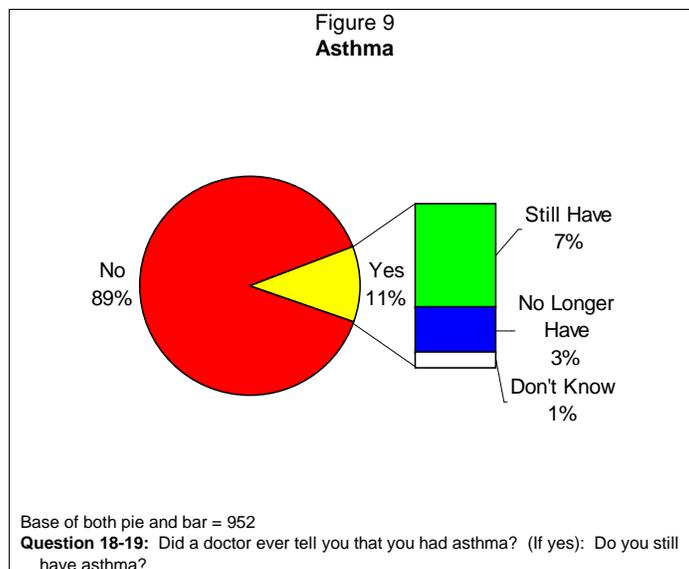
In 1996, 4% of respondents said they had been told they have diabetes, a proportion comparable to the current level.

Respondents age 55 to 74 were more likely to have been told by a doctor that they have diabetes than were those age 18 to 34 years old (10% compared to 1%).



Asthma

Of all 952 respondents asked whether a doctor had ever told them that they had asthma, 11% responded, “yes.” Seven percent (7%) of respondents reported that they still have asthma.



Subgroups more likely to say they had been told by a doctor that they had asthma included:

- Females (16%), compared to males (6%); and
- Those who have children at home (14%), compared to those without children at home (8%).

The only asthma difference noted by geography was that North Whidbey residents were more likely to *still have* asthma than were Central island residents (9% vs. 3%).

Cardiovascular Disease

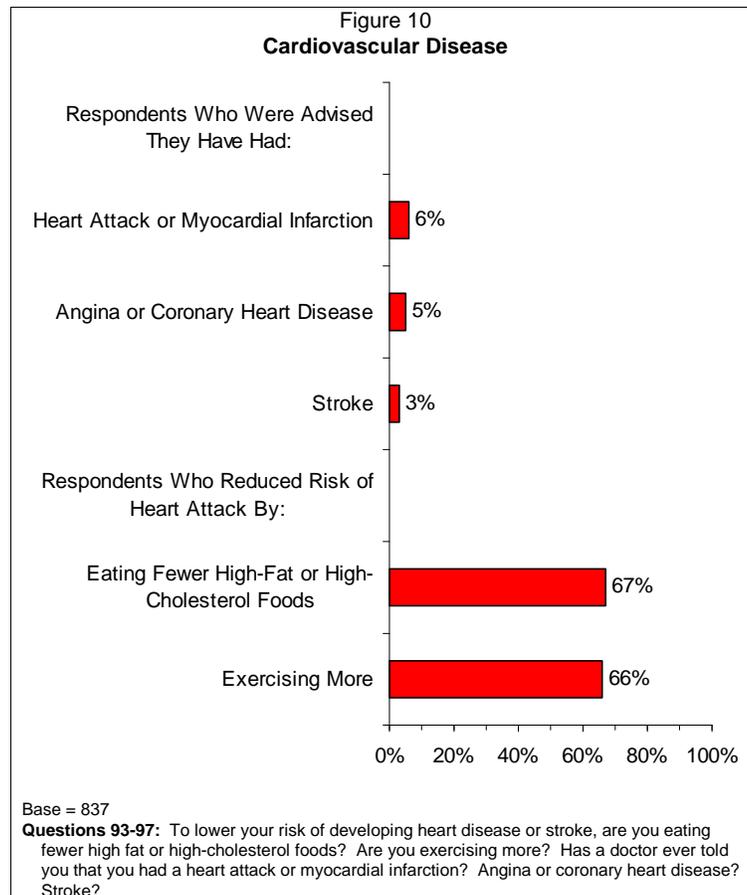
A total of 6% of all respondents reported having had a heart attack or myocardial infarction, 5% reported, angina or coronary heart disease, and 3% reported having had a stroke.

Many respondents said that to lower their risk of heart disease or stroke, they are eating

fewer high-fat or high-cholesterol foods (67%) or exercising more (66%). Almost half (47%) are doing both, while 13% said they are doing neither.

All of these cardiovascular findings are comparable to the 1996 findings.

Subgroups of respondents more likely to be lowering their risk of heart disease or stroke through lifestyle changes included:

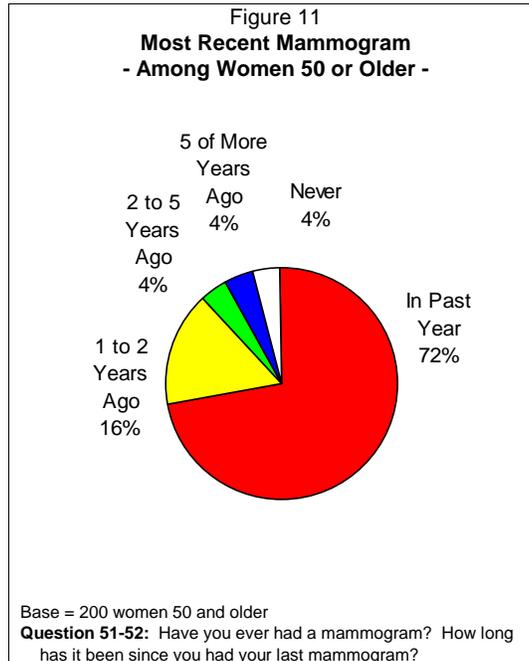


- Respondents age 45 to 74: these were more likely to say they were eating fewer high fat or high cholesterol foods than were respondents age 18 to 24 (76% versus 59%); and
- Respondents age 18 to 24: these were more likely to say they were exercising more than were respondents age 75 and older (73% versus 56%).

Women's Health

Mammograms

Women were told that a mammogram is an x-ray of the breast to look for breast cancer. The women were then asked when was the last time they had a mammogram. About three quarters (72%) of all female respondents 50 and older said they had a mammogram in the past year, and another 16% had one in the past two years, for a total of 88% of those women reporting a mammogram within the past two years. This is a significant increase over the 76% of women ages 50 and over in 1996 who reported mammograms of the same frequency.



Most of the women 50 and older who had a mammogram said the last one was part of a routine checkup (91%); 3% said it was because of breast cancer, and 5% said it was for a problem other than breast cancer. Those who had not had a recent mammogram said it was because they felt it wasn't needed or because they just put it off. These levels are comparable to those reported in 1996.

Table 9 Reasons for Not Having Mammograms			
	<u>Never Had a Mammogram</u>	<u>Not in the Last 12 Months</u>	<u>Not in the Last 2 Years</u>
	(n = 8) *	(n = 31)	(n = 15)
Not needed / Unnecessary	59%	20%	21%
Not recommended by Dr.	2	5	8
Lazy, Procrastinating	11	18	30
Cost	6	12	9
Too Busy	6	16	6
Don't believe in mammograms	2	3	18
Anxious / Afraid	-	4	-

Base = Women over 50 who have not had a mammogram in the last 12 months
Questions 204-206: What is the most important reason that you've...never had a mammogram in the past/not had a mammogram in the past year/past 2 years?
 * Interpret with caution; small cell size.

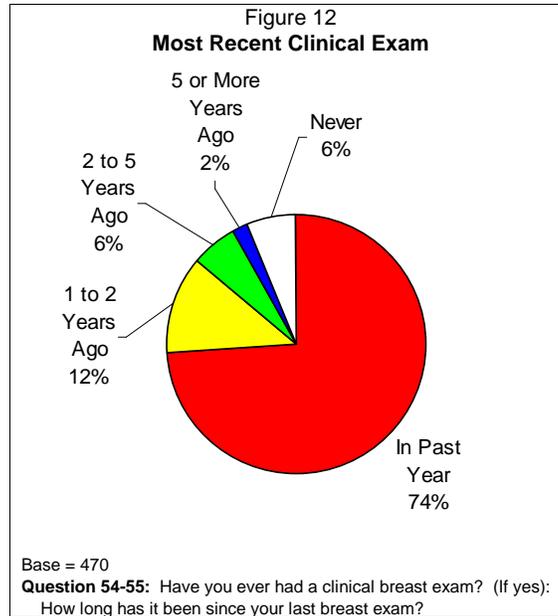
Clinical Breast Exams

Most of the women said they had a clinical breast exam within the past year (74%). Twelve percent (12%) said their last clinical breast exam occurred 1 to 2 years ago.

Most of the women who had a clinical breast exam said the last one was part of a routine checkup (95%); 1% said it was because of breast cancer, and 4% said it was for a problem other than breast cancer.

Subgroups most likely to say they had never had a clinical

breast exam were the youngest respondents (18 to 24 year olds – 20%) and the oldest (75 or older – 19%). Just 3% of respondents age 25 to 74 said they had never had a clinical breast exam.



Self Breast Exams

Two out of three women (65%) said they examine their own breasts for lumps at least once a month. However, 8% said they never do self exams. These findings represent no change since 1996.

- 18 to 24 year olds were more likely (19%) to say they never examined their own breasts for lumps, compared to respondents age 25 to 34 (6%).

Once a week or more	15%
One to Three Times a Month	50
Less Than Once a Month	23
Never	8
Don't know	3

Base = 470 women
Question 202: About how often do you examine your breasts for lumps?

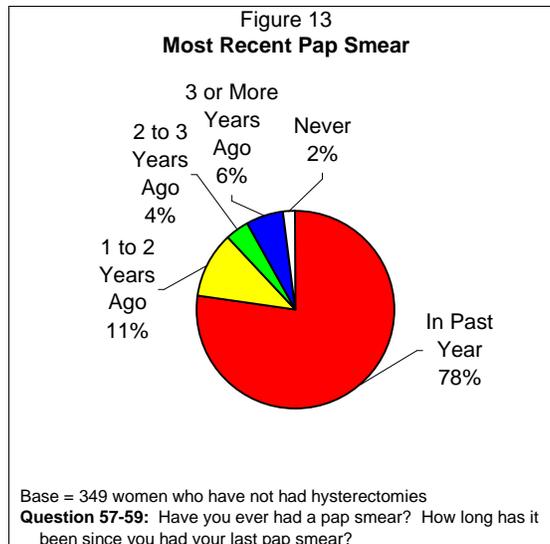
Pap Smears

Women were told that a pap smear is a test for cancer of the cervix, and were asked when they last received one. Over three-quarters (78%) of the female respondents who have not had hysterectomies¹ said they last had a pap smear in the past year, and another 15% had one in the past three years. These findings are comparable to 1996.

In virtually all of the cases (92%), the last pap smear was part of a routine exam; 6% said the pap smear was to check current or previous problems, and 2% reported another reason.

Subgroups that were more likely to have had a pap smear during the past year included:

- Respondents age 18 to 24 (95%), compared to those age 25 or older (72%); and
- Women earning more than \$50,000 per year (89%), compared to those earning less than \$50,000 (75%).

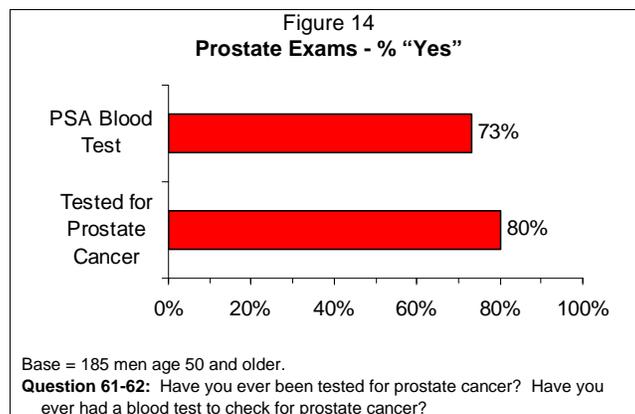


¹ 24% reported having had hysterectomies.

Men's Health

Prostate Exams

Among men 50 and older, 80% said they have been tested for prostate cancer, a level comparable with the 1996 study findings. Men age 45 to 64 were more likely to say they had not been tested for prostate cancer than were men age 65 to 74 (26% versus 5%). Asked whether they had heard of the PSA blood test to check for prostate cancer 84% said they had, but somewhat fewer (73%) said they had ever had the test. (Among those aware of the PSA test, 84% said they had ever had it.) Men age 45 to 64 were more likely to say they have never had the PSA blood test than were men age 65 to 74 (33% versus 4%).



Most of the men 50 and older who had a PSA test for prostate cancer said the last one was part of a routine check up (87%); 8% said it was because of prostate cancer, and 5% said it was for a problem other than prostate cancer.

Table 11 Last Blood Test for Prostate Cancer	
In the past year	61%
1 to 2 years ago	8
2 to 5 years ago	2
More than 5 years ago	3
Never	22
Don't know	5

Base = 185 men over 50
Question 64: When did you have your last test for prostate cancer?

Children's Health

Asthma

Fourteen percent (14%) of parents with children at home said that a doctor had informed them that one or more of their children had asthma, and 5% reported that they currently have a child or children with asthma.

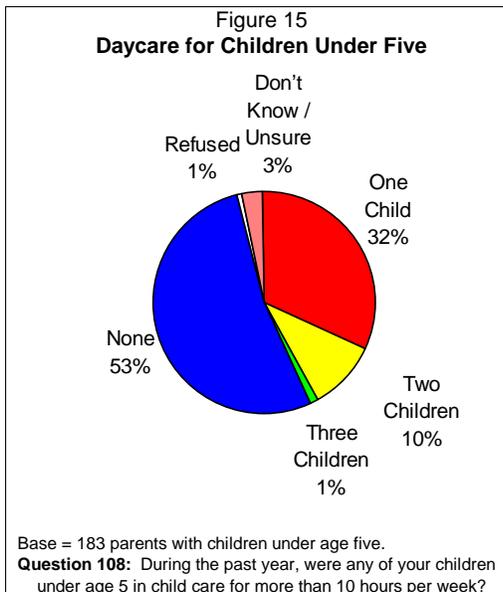
	Ever Had	Still Has
Yes	14%	5%
Under age 5	3	1
5 to 12	7	2
13 to 17	5	2
No	86%	95%

Base = 409 respondents who reported having children at home
Questions 98A-105: Has a doctor ever said that this child has / these children have asthma? Does this child / do these children still have asthma?

Childcare

Parents with children under age 5 were asked whether any of their children attended daycare more than 10 hours per week, and if so, how many of their children. Among this group, more than half (53%) said they had no children in daycare more than 10 hours per week. Most of those who said they do said they have one child in daycare (32%).

Parents were mixed in their assessments of availability of childcare for their children under age 5. Sixteen percent (16%) felt they had a wide range of choices in daycare the last time they looked. Twelve percent (12%) thought they had quite a few choices. Almost one-third (30%) said there were only a few choices and 8% said they were faced with only one choice for care.



Most children under age 5 who attend daycare do so in a licensed home (41%). Others receive care from a family relative, or attend preschool (15% and 13%, respectively), or they may attend a childcare center (18%) or receive care at an unlicensed home (8%).

Safety of the environment:	
Very good/good	85%
Fair	5
Poor/very poor	9

Parents assessed the quality of the care their children receive highly: well over 80% rated the overall quality of the care, the safety of the environment and the general cleanliness of facility good or very good.

Table 13	
Very good/good	84%
Type of care center:	6
Licensed home	41%
Other	15%
Childcare center	18%
Family relative	13%
Unlicensed home	8%
Quality of care received:	2
Very good/good	87%
Fair	3
Poor/very poor	9

Disabilities

Almost one in five respondents (17%) said they are limited in some activities because of impairments or health problems. The subgroups most likely to report having a disability were respondents 55 and older (25% did), compared to respondents under 35 (10%). North Whidbey Island residents were less likely to report having a disability (13%) than were South and Central Whidbey residents (23%). These findings are all consistent with 1996.

Back and neck problems were the most frequent sources of impairment (3%), followed by arthritis or rheumatism and bone or joint injuries (2%).

Two out of five of those with a disability (39%) said they have been impaired more than five years, suggesting that about 13% of all respondents have a disability lasting one year or more.

Almost one in ten of those disabled (8%) said they require the help of another person for their personal care needs. One quarter (24%) said they need the help of other persons in handling routine needs such as household chores, necessary business, shopping or getting around.

Those who require the help of another for personal care needs most often rely on a spouse/partner or other relative (64%). Asked about the quality of the assistance they are given, impaired respondents nearly always replied “usually adequate” (86%).

Any Disability	17%
Back or neck problems	3
Arthritis/rheumatism	2
Fractures, bone/joint injury	2
Walking problem	1
Eye/vision problem	<1
Other	7
Length of Impairment (among those with a disability)	
0-6 months	10%
6-12 months	4
1-2 years	16
3-5 years	20
6-10 years	17
More than 10 years	22
Don't know	7
Base = 952; 162 reporting a disability. Questions 144-145: What is the impairment that limits your activities. How long has it limited your activities?	

Respondents who need the help of another for routine care needs such as household chores, necessary business, shopping or getting around most often rely on a spouse/partner or other relative (54%). However, 22% rely on themselves (“no one helps me.”) Those who said they do receive help from some other person most often rated the quality of the assistance they are given “usually adequate” (85%).

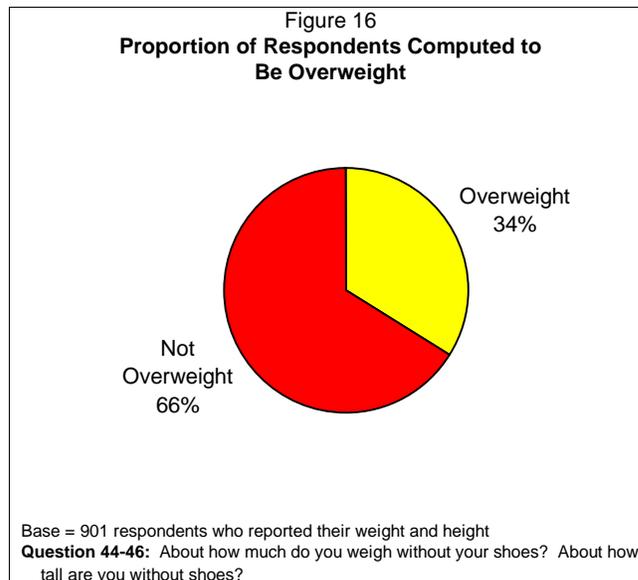
Overweight

Using the reported weights and heights for all respondents, the proportion of adults calculated to be overweight² in Island County is 34%. This is a significant increase over 1996 when 26% of respondents were found to be overweight.

Almost two-thirds (65%) of the overweight respondents said they

are trying to lose weight, and a majority (73%) of the overweight respondents who are *not* trying to lose weight said they are trying to maintain their current weight. When asked if they were using physical activity or exercise to either lose weight or keep from gaining weight, a majority (78%) of those calculated to be overweight said “yes.”

Eighty-five percent (85%) of all respondents who reported their weights said they had received no advice about their weight from a doctor, nurse or other professional in the previous 12 months. This is comparable with the 1996 study.



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

Tobacco Use

Cigarettes

Respondents were asked a series of questions about their use of tobacco. About one in five (19%) said they currently smoke cigarettes, not a significant change from 1996 (21%). Another 29% said they do not smoke now but did smoke at least 100 cigarettes in their lives, while 51% said they have not smoked 100 cigarettes in their lives.

- Respondents age 45 or older were more likely to have smoked at least 100 cigarettes during their lives than were respondents age 25 to 34 years old (55% compared to 37%).
- Respondents age 18 to 34 and 45 to 54 were more likely to say they smoke everyday (52%, each group) than were respondents age 55 or older (12%).

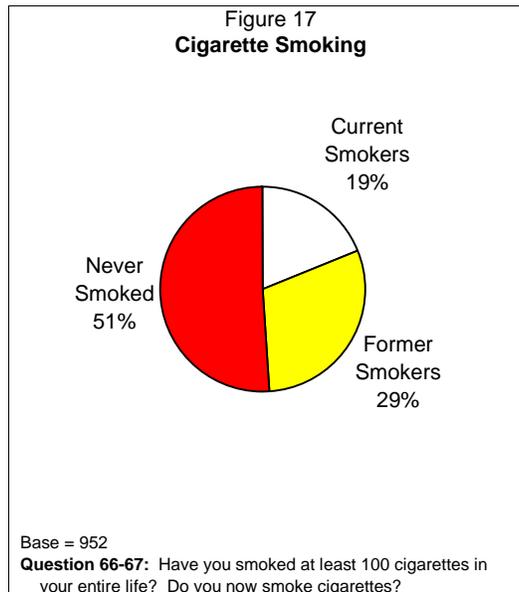


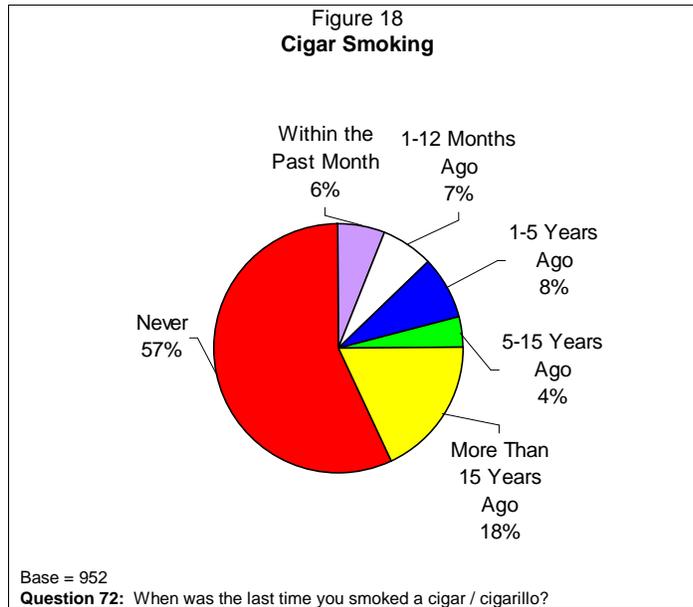
Table 15 Current Cigarette Consumption	
Daily Smokers	(n = 140)
Less than 10	15%
Between 10-19 a day	35%
20 a day	36%
More than 20	11%
Don't know	2%
Average (per day)	18.9
Non-daily Smokers	(n = 43)
Less than 10	73%
Between 10-19 a day	24%
More than 20	3%
Average (in past 30 days)	6.8
Questions 24-25A: On the average, about how many cigarettes a day/when you smoked during the past 30 days did you smoke?	

Among respondents who smoke daily, 47% said they smoke at least a pack a day. Twenty-three percent (23%) of smokers said they do not smoke every day. Among those who quit smoking, 74% said they quit smoking regularly five or more years ago. Among those who currently smoke daily, 69% said they have quit smoking for 1 day or longer during the past 12 months.

Seventy-eight percent (78%) of all current smokers said they had been advised by a doctor or other health professional to quit smoking; 52% were advised in the past 12 months. Almost half (52%) said they were planning to quit using tobacco in the next 6 months. While many of the smokers who had health insurance said their insurance covered smoking cessation programs, nicotine patches, gum or pills (30%), many others (56%) were unsure of whether they had this coverage.

Cigars

More than half of respondents (57%) said they had never smoked a large or small cigar or a cigarillo. Of those who have smoked a cigar, most (18%) did so 15 or more years ago. Six percent (6%) of respondents said they had smoked a cigar in the past month. Of these, most (61%) said that they smoked a cigar less frequently than once a week.



Subgroups that were more likely to have had smoked a cigar during the past month included:

- Males (9%), compared to females (3%);
- Those earning less than \$35,000 per year (9%), compared to those earning more than \$35,000 (4%), and
- Residents of Whidbey Island (6%) vs. Camano Island (1%).

Smokeless Tobacco

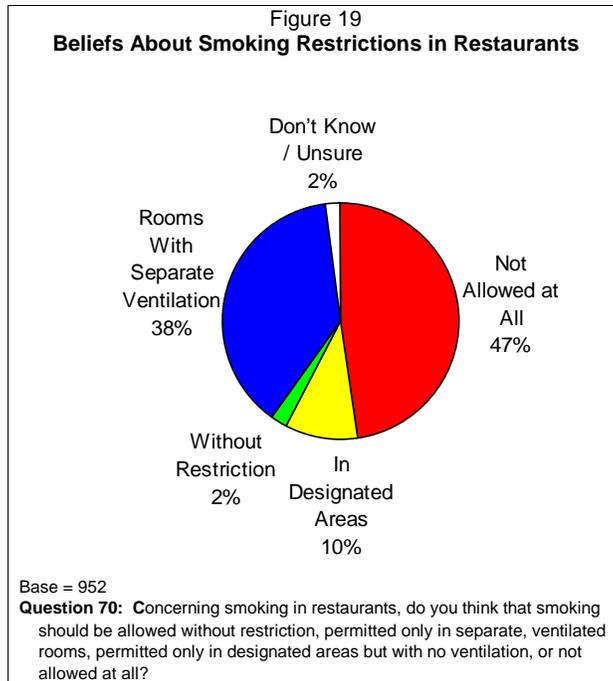
Seven percent (7%) of the respondents said have tried chewing tobacco or snuff, and almost 2% said they currently use one or both products. All of the 17 respondents who currently use them are male.

Table 16 Smokeless Tobacco Use		
	Ever Used	Now Use
Chewing Tobacco	4%	<1%
Snuff	3	<1
Neither	92	98

Base = 952
Question 66-67: Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff? Do you currently use them?

General Tobacco Behaviors and Attitudes

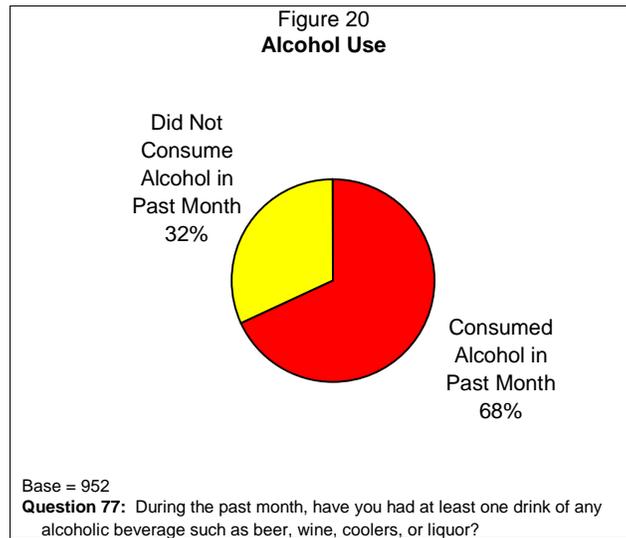
Respondents were asked their opinions about smoking in restaurants. Almost half of all respondents (47%) said they believe that smoking should not be allowed at all in restaurants and 38% said that smoking should only be permitted in rooms with separate ventilation. Respondents age 18-24 were more likely than all other age groups to say smoking should be allowed in rooms with separate ventilation (57% compared to 34%).



Smoking in respondents' homes during the previous 30 days occurred infrequently: nearly nine out of ten respondents (87%) said smoking did not occur at all. Across all county households, smoking has been allowed an average of 2.6 days in the previous 30 days.

Table 17 Frequency of Smoking in the Home	
During the past month, smoking occurred:	
0 days	87%
1 to 15 days	5
16 to 30 days	8
<i>Average number of days</i>	2.6
Base = 952	
Question 69: On how many of the past 30 days has someone, including yourself, smoked cigarettes, cigars or pipes anywhere in your home?	

Alcohol Consumption



Over two-thirds of the respondents (68%) said they consumed at least one drink of alcohol in the month prior to the survey. This is up significantly over 1996 (63%). The subgroups most likely to have consumed alcohol in the past month were:

- Respondents with household incomes of \$50,000 or more (of whom 73% had a drink in the past month), compared to those with incomes less \$35,000 (58%) and below \$20,000 (56%);
- Respondents who have no children at home (72%), compared to those who have children at home (59%).

Among all respondents, 5% are calculated to be “chronic drinkers,” that is, they drank more than 60 drinks in the month prior to the survey. The level is the same as 1996.

Fifteen percent (15%) of all respondents reported “binge” drinking at least once in the month prior to the survey. “Binge” drinking is having five or more drinks on an occasion, and has not changed since 1996.

Subgroups more likely to have engaged in binge drinking on one occasion during the previous month included:

- Respondents age 18 to 34 (20%), compared to those 35 or older (3%);
- North Whidbey residents (13%), compared to Central and South Whidbey residents (4%); and
- Those who have children at home (14%), compared to those without children at home (6%).

Less than 1% (seven respondents) said there was a time in the past month when they drove after perhaps having had too much to drink.

Injury Prevention

Car Restraint Use

Base = 952.

Question 165: How often do you use seatbelts when you drive or ride in your car?

Base = 297 respondents with children under 16.

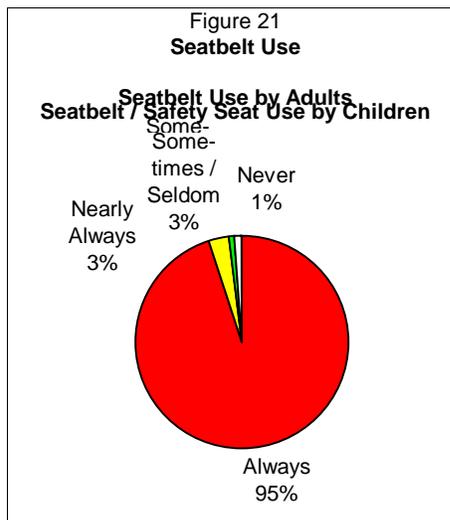
Questions 167: How often does the oldest child in your household use a car safety seat / seatbelt when they ride in a car?

The vast majority of respondents (88%) said they “always” wear seat belts when in a car. Those 12% who do not always wear seat belts are considered by the CDC to be “at risk.”

Respondents with children in the household were more likely to say they “never” use seat belts than were respondents without children at home (3% vs. <1%).

A total of 96% of the respondents’ children under 16 use seat belts or safety seats when riding in a car.³

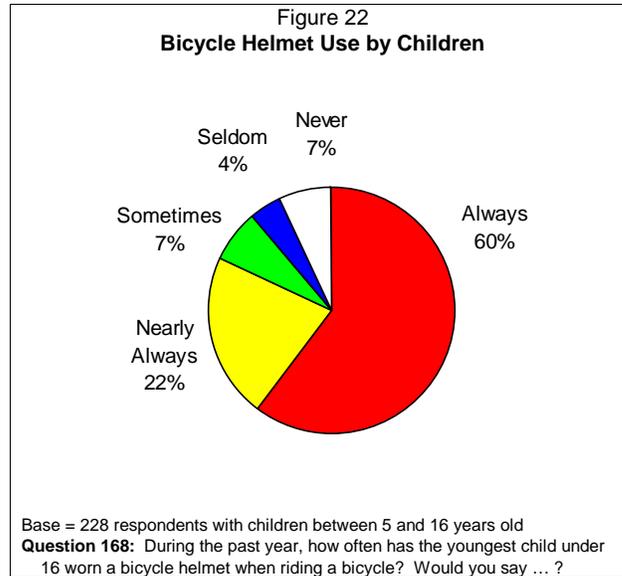
These proportions are comparable to 1996 findings.



³ The question asked about the oldest child in the household under 16.

Bicycle Helmet Use

Respondents with children between 5 and 16 were asked how often their youngest child in this age group wears a helmet while bicycling. Among the children who ride a bicycle, 60% “always” wear a helmet, while 7% “never” do, consistent with 1996 findings.



Subgroups that were

more likely to say their child “always” wears a bike helmet included:

- Respondents age 25 to 34 (67%) compared to respondents age 35 to 44 (45%), and
- Persons earning \$50,000 or more per year (67%) vs. those earning \$20,000-\$50,000 per year (47%).

Smoke Detectors

Two-thirds of respondents (66%) said their home smoke detectors had been tested within the past six months; 30% said they had been tested within the previous month.

**Table 18
Smoke Detectors**

Within the Past Month	30%
1-6 Months Ago	36
6-12 Months Ago	14
1 or More Years Ago	7
Never	7
No Smoke Detectors in Home	1
Don't Know/Unsure	5

Base: 952
Question 169: When was the last time you or someone else deliberately tested all of the smoke detectors in your home?

Neighborhoods

Safety from Crime

Two thirds of respondents (68%) said they owned their homes and 30% said they rented. The majority of homeowners (85%) said they had lived in their neighborhoods for at least two years. Many fewer renters (33%) reported living at their present addresses for so long.

Asked to consider how safe from crime their neighborhoods might be, owners and renters agreed that neighborhood safety was good: 95% of homeowners and 87% of renters rated their neighborhoods “quite safe,” or “extremely safe.”

	Total	Home Owners	Renters
	(n = 952)	(n = 647)	(n = 286)
Extremely safe	34%	36%	32%
Quite safe	58	59	55
Slightly safe	7	5	10
Not at all safe	<1	0	1
Don't know/not sure	1	0	1

Questions 207-208: How safe from crime do you consider your neighborhood to be? Would you say...? Do you own or rent your home?

Central and South Whidbey residents were significantly more likely to say their neighborhoods are “extremely safe” (41%) than were residents of North Whidbey Island (30%).

Safe and Affordable Housing

While a majority of homeowners and renters (79% and 73%, respectively) said that safe and affordable housing was available in their residential areas, renters were more likely than homeowners (24% versus 11%) to say safe and affordable housing was insufficient. Renters were also more likely than homeowners (13% versus 6%) to say that they had been unable to get safe and affordable housing.

Table 20 Housing Availability			
	Total (n = 952)	Home Owners (n = 647)	Renters (n = 286)
Sufficient safe & affordable housing:			
Yes	77%	79%	73%
No	15	11	24
Don't know	8	10	3
Has been unable to get safe & affordable housing in area:			
Yes	9%	6%	13%
No	87	88	83
Don't know	4	5	3
Questions 209a, 209b: In your opinion is there enough safe and affordable housing available in your area? By safe we mean structurally sound such as stable foundation, adequate plumbing, adequate heat and ventilation. Have you ever been unable to get safe and affordable housing?			

Firearms

Two out of five respondents (38%) said they keep guns in or around their homes, no different than in 1996.

Among gun owners, more than one fifth (22%) have a loaded gun in the house and almost half (47%) have an unlocked gun. Overall, 9% of the gun owners reported having a firearm that is both loaded and unlocked.

Table 21 Firearms in the Home	
Have Firearms in or Around Home:	
Yes	38%
No Firearms in Home	56
Don't Know	1
Refused	5
Firearm Storage (among all gun owners):	
Loaded	22%
Unlocked	47
Both unlocked and loaded	9
Base = 952; 366 gun owners.	
Questions 183, 186-187: Are any firearms now kept in or around your home? Is there a firearm in or around your home that is now loaded? Is there a firearm in or around your home that is now unlocked? Is there a firearm in or around your home that is now both loaded and unlocked?	

Subgroups that were more likely to keep firearms in or around their homes included:

- Persons age 55 to 64 (49%), versus 18 to 54 year olds (33%) and 65 to 74 year olds (31%);
- Those who have no children at home (41%), compared to those with children at home (35%);
- Persons earning more than \$50,000 per year (48%), compared to those earning less than \$20,000 to \$50,000 (33%).

Boating Safety

More than one third of the respondents (37%) said they were on water in a small boat (under 20 feet in length) in the previous 12 months. Asked how frequently they wore a life vest when they were in a watercraft of this size, half said “always.” Twenty-two percent (22%) said “never.”

Boating in the Past 12 Months:	
Yes	37%
No	63
Life Vest Usage (Among Boaters):	
Always	50%
More than half the time	6
About half the time	7
Less than half the time	14
Never	22
Base = 952; 353 boaters	
Questions 161-162: Thinking back over the past 12 months, have you been on any water in a small boat under 20 feet in length, such as a raft, canoe, kayak, or small motor boat? When you're in a boat less than 20 feet long, how often do you wear a life vest?	

Among those more likely to say they never wore their life vest were respondents earning \$50,000 or more per year (26%), compared to respondents earning between \$20,000 and \$35,000 per year (11%), and those age 25 to 34 (28%) compared to those age 18 to 24 (9%).

Two percent (2%) of the boaters said that they had boarded a small watercraft in the previous year when they'd had too much to drink.

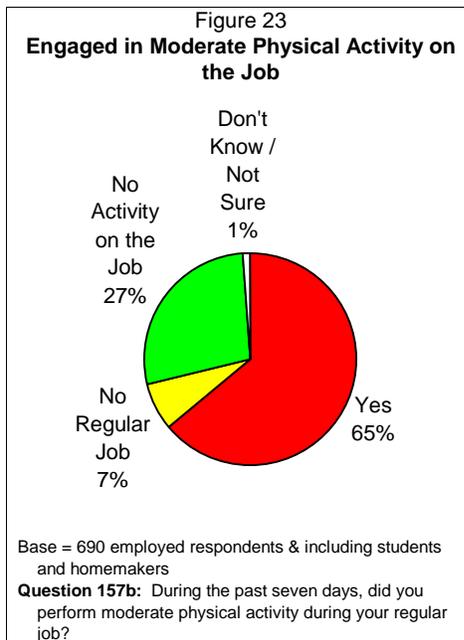
Hunger

One in twenty (5%) of the respondents said they had been concerned in the past month about having enough food for themselves or their families, the same level as found in 1996. The subgroups most likely to report this were:

- Respondents with household incomes below \$35,000 (12%) compared to respondents with incomes of \$35,000 or more (2%);
- Respondents with children at home (8%), compared to those without children at home (2%);
- Respondents age 25 to 44 (8%) compared to respondents age 55 and older (1%); and
- North and South Whidbey residents and Camano Island residents (7%), compared to Central Island residents (1%).

Physical Activity

Respondents who were employed, or who were students or homemakers were asked whether they performed any moderate physical activity as part of their regular jobs during the previous seven days. As Figure 23 indicates, about two-thirds (65%) said they had. Males were more likely than females (70% versus 60%) to say they had performed moderate physical activity during the previous week.



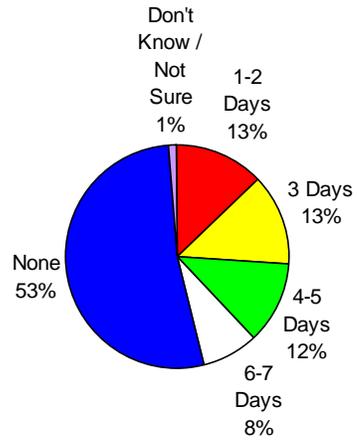
Most of those who said they were active on the job said they were active on a number of days: 31% said they engaged in moderate physical on-the-job activity for several days a week, and one fifth (19%) said they did so 6 to 7 days a week.

Three out of five respondents (61%) said they engaged in moderate physical activity at work for 2 to 8 hours on an average day. The duration of on-the-job activity averaged 3.9 hours.

Table 23 Frequency and Duration of Moderate Physical Activity on the Job	
Days during past week active on the job:	
1 – 2 days	17%
3 – 4 days	31
5 days	29
6 – 7 days	19
Don't know /unsure	2
Time spent doing moderate physical activity on the job:	
1 hour or less	29%
2 – 4 hours	32
5 – 8 hours	29
More than 8 hours	7
Don't know / Unsure	3
Base = 450 respondents who performed moderate physical activity on job in previous 7 days	
Questions 158-159a: How many days did you take part in moderate physical activity during your job? During the past seven days, on an average day that you were active on your job, how much total time did you spend doing moderate physical activities?	

Over half of all respondents (53%) said they did not engage in any activities to increase muscle strength or muscle tone during the previous seven days.

Figure 24
Engaged in Activity to Increase Muscle Strength



Base = 952

Question 160: Whether on your job or in your spare time, on how many days over the last seven, did you do any activity to specifically increase muscle strength or muscle tone, such as weight lifting, squats, pull-ups or sit ups?

Environmental Health

Contributors to Poor Health

Respondents were read a list of environmental factors and were asked if any of these may be affecting their health. Drinking water quality was the most cited (by 17%) as it was in 1996 when 20% said drinking water was a problem. Table 24 lists the proportions that perceive other environmental factors as affecting their health.

Drinking water quality	17%
Recreational water quality	6
Pest control	6
Outdoor air quality	5
Sewage disposal	5
Solid waste disposal	4
Food safety	3
Hazardous material handling	3
Roadside spraying	7
Worker safety and health	3
Base=952	
Questions 122, 124-129, 131-133: In your opinion are any of these factors a problem where you live?	

As in 1996, Central Whidbey residents were more likely to have concerns with drinking water quality (31% vs. 15% of North, 17% of Camano Island and 16% of South residents). In 1996 these percentages were 30% of the Central island residents vs. 18% of both the North and South residents. Respondents with children at home were more likely to have concerns about drinking water quality than those without children (23% vs. 13%).

Roadside spraying, a new issue this year, was more of a concern in the South (13%) and Central areas (9%) than in the North (3%).

Indoor Air Quality

Six percent (6%) of respondents reported having experienced physical discomfort from indoor air, comparable with 1996. These symptoms most often occurred in the home (48% of those experiencing discomfort). Respondents also said symptoms occurred at work (19%), and 17% said they experienced discomfort in public places.

Home Heating

Electricity is the primary source of heating in 46% of the respondents' homes, followed by natural gas (18%) and propane (15%). Fifteen percent (15%) say they used wood as a primary heating source and more than one-quarter (29%) said they use this as a secondary source.

This is a significant decrease in use of electricity as a primary energy source over 1996 (52%).

Table 25 Source of Home Heating		
	Primary	Secondary
Electricity	46%	18%
Natural gas	18	2
Propane	15	5
Wood	15	29
Oil	5	1
Other	--	2
None	--	44

Base = 952
Questions 136-137: What is the primary source of heat for your home? What other sources of heat do you use in your home?

Sun Protection

Respondents were divided in the frequency with which they use sunscreen or sunblock: about one-quarter (27%) said they always or nearly always use it. Forty percent (40%) said they sometimes or seldom use it. One-third (33%) said they never use sunscreen or sunblock.

Subgroups that were more likely to say they always wore sunscreen or sunblock included:

- Respondents age 75 or older (29%) compared to those younger than 75 (12%);
- Respondents with no children at home (16%) vs. those with children (11%), and
- Women (20%) compared to men (8%).

Table 26 Frequency of Using Sunscreen or Sunblock	
Always	14%
Nearly always	13
Sometimes	21
Seldom	19
Never	33
Don't stay out more than one hour	1
Base = 952	
Question 82: When you go outside on a sunny day for more than one hour, how often do you use sunscreen or sunblock?	

Pesticide Usage

Twenty-five percent (25%) of all respondents said that they or someone else had used chemicals to control insects inside their homes within the previous year. Residents of mobile homes or trailers were somewhat more likely (29%) than apartment dwellers (15%) or residents of single-family homes (25%) to use pesticides indoors.

Table 27 Indoor Pesticide Usage During the Previous Year			
	Single Family Home	Apt.	Mobile Home
	(n = 744)	(n = 120)	(n = 81)
Yes	25%	15%	29%
No	72	83	69
Don't know / unsure	1	2	2
Times used per year:			
Once	36%	56%	30%
Twice	27	11	45
Three or four times	18	17	10
More frequently than three or four times	19	16	5
Questions 117-119: Please tell me which of the following best describes your home. In the past year, has anyone used any chemicals to control fleas, roaches, ants or other insects inside your house? This does not include insect traps, moth balls, or treatments used directly on your pets. (If so): How many times were these chemicals used?			

Respondents were about evenly divided between those who used chemicals outdoors to control insects or weeds on their lawns or exteriors of their homes (50%), and those who didn't (45%). Those who used pesticides outdoors most often said that they used them once or twice a year (58%).

Table 28 Pesticides Used on Lawns and Building Exteriors	
	(n = 952)
Yes	50%
No	45
Don't know / Unsure	5
Times used per year:	(n = 472)
1 –2 times	58%
3 – 4 times	23
More than 4 times	15
Don't know / Unsure	4
Questions 120-121: In the past year, has anyone used any chemicals to control insects or weeds on the lawn or yard, or on the exterior of your home? (If so): How many times were these chemicals used?	

Hazardous Waste

Two questions addressed how respondents dispose of unused pesticides, herbicides, fertilizers and automotive products. While many respondents who have such wastes take them to hazardous waste sites, recycling facilities or take them separately to a dump or landfill, there is a higher reporting of improper disposal this year than in 1996.

For example, 22% said they got rid of automotive products by taking them to the dump, mixed with other trash. Nine percent (9%) commented that they pour these products on the ground. In 1996, these comments were 2% and less than 1%, respectively.

	Pesticides Herbicides Fertilizers (n = 952)	Oil Gasoline Antifreeze (n = 952)
Take to hazardous waste facility	19%	13%
Take it to dump or landfill, separated and given to attendant	17	6
Put it in trash	6	1
Take it to dump or landfill mixed with other trash	3	22
Recycle	<1	8
Pour down drain, on ground	<1	9
Take to auto store, Gas station	-	9
Garage/mechanic disposes of it	-	16
Don't use it / Use it all up	41	11
Other	3	5
Don't know	10	7
Questions 138-139: How do you generally dispose of unused portions of pesticides, herbicides or fertilizers? Automotive products such as oil, gasoline or antifreeze?		

Six percent (6%) said they discarded pesticides, herbicides or fertilizers by putting them in the trash, no different than in 1996. More respondents today, however, are separating these materials for the landfill (17% vs. 10% in 1996), while the proportion taking them to the "haz-mat" has stayed the same.

Most respondents (73%) said there is a location for the disposal of hazardous or toxic waste in their area.

Chemical Sensitivities

The majority of respondents (94%) said they had never been told by a doctor that they have environmental illness or multiple chemical sensitivity. Most (87%) considered themselves not unusually sensitive to everyday chemicals.

RESPONDENT PROFILE

All respondents were asked questions that aid in the analysis of various behaviors, attitudes and access to and use of services. These questions covered the standard demographic categories or individual respondents, such as age, ethnicity, marital status, education and employment, as well as several important household characteristics, such as number of children and income. All these data are presented in Table 26. (Some totals may not equal 100% because of rounding and because a small percentage of respondents said they did not know or refused to provide the information.)

Table 30 Respondent Profile				
	Wtd. Total County-Wide	Whidbey - August	Whidbey - November	Camano Oversample February
	(n = 952)	(n = 438)	(n = 400)	(n = 200)
Gender:				
Female	51%	50%	51%	51%
Male	49	50	49	49
Age:				
18-24	12%	12%	12%	12%
25-34	20	20	20	20
35-44	20	20	19	20
45-54	16	16	16	16
55-64	13	13	13	13
65 and older	20	20	20	19
Ethnicity:				
White	92%	92%	92%	92%
Asian, Pacific Islander	3	2	4	2
Black	2	2	2	0
Am. Indian, Alaskan Native	<1	1	<1	3
Hispanic/Latino (included above)	5	6	4	2
Marital Status:				
Married	69%	70%	70%	66%
Never Married	12	12	11	17
Divorced	9	7	10	7
Widowed	6	6	6	5
Member of Unmarried Couple	2	3	1	5
Separated	2	2	2	1
Education:				
Some High School or Less	4%	5%	3%	6%
High School Grad or GED	31	30	32	31
Some College or Tech. School	33	31	36	34
College Grad	32	34	29	29

Table 30 (Cont'd.)				
Respondent Profile				
	Wtd. Total County- Wide (n = 952)	Whidbey - August (n = 438)	Whidbey - November (n = 400)	Camano Oversample February (n = 200)
Employment Status:				
Employed for Wages	51%	52%	50%	51%
Retired	22	23	21	22
Homemaker	10	11	8	16
Self Employed	10	7	13	6
Unemployed <1 Year	3	4	2	3
Student	2	1	3	1
Disabled	2	2	2	1
Unemployed >1 Year	1	<1	1	1
Household Income:				
Less than \$10,000	1%	1%	2%	2%
\$10,000-\$14,999	2	2	2	1
\$15,000-\$19,999	4	5	4	3
\$20,000-\$24,999	11	10	12	9
\$25,000-\$34,999	17	15	18	20
\$35,000-\$49,999	25	28	22	17
\$50,000-\$74,999	15	17	12	22
\$75,000 or more	12	11	14	14
Don't Know	5	5	5	1
Refused	9	7	10	11
Children:				
Yes	42%	42%	39%	48%
No	57	57	60	51
Refused	1	<1	1	1
Year Round Resident:				
Yes	96%	95%	96%	97%
Active Duty Military:				
Yes	17%	17%	18%	0%
Residence:				
Oak Harbor	52%	58%	61%	0%
Coupeville	10	11	12	0
Greenbank	2	2	2	0
Freeland	6	7	6	0
Langley	9	9	10	0
Clinton	9	13	8	0
Camano Island	12	0	0	100

APPENDIX A
DETAILED METHODOLOGY

Detailed Methodology

This study was conducted as a random sample of telephone households in Island County during the summer and fall of 2000, a repeat of a baseline study done in 1996.

Interviewing was done in two waves on Whidbey Island in order to capture full-year residents—437 in August-September and 400 in November, 2000. An additional wave of 200 interviews was completed on Camano Island in February of 2001. Whidbey Island was sampled proportionate to population so that the 837 interviews there reflect the North, Central (Coupeville) and South portions of the island. The Camano sample was established to allow stand-alone analysis and was downweighted when added into the total county findings. Thus, this report shows a weighted total of 952 respondents to reflect Island County as a whole, even though 1,037 interviews were completed. The weighted totals by county areas reported herein are: 496 in North Whidbey, 111 in Central Whidbey, 224 in South Whidbey and 113 in Camano. (Eight respondents refused information about their living area.)

Within each household one adult, age 18 or over, was randomly selected for the interview.

All procedures followed the specifications set by the Centers for Disease Control and Prevention (CDC) for the statewide Behavioral Risk Factor Surveillance System surveys (BRFSS) which are done each month in all states of the union. In the State of Washington, the BRFSS survey is under the direction of the Center for Health Statistics, Department of Health, Olympia.

Sample

A sample of random digit telephone numbers for Island County was purchased from Genesys Sampling Systems of Fort Washington, PA. This is a well-established sampling house which maintains a database of telephone area codes, exchanges (prefixes) and banks (a set of 100 contiguous numbers identified by the first two digits of the telephone number suffix) from across the U.S. Numbers were drawn from both Zero Bank (no listed household telephone

numbers in a series of 100 numbers) and One-Plus Banks (at least one listed household telephone number in a 100-series). This is called a stratified, disproportionate random-digit-dial sample of all possible residential telephone numbers in the county. It is the sample draw method used for the 1996 study.

A total of 6,316 telephone numbers were used to complete the 837 interviews. A disposition of those sample pieces is shown in Appendix Table 1.

Questionnaire

The 1996 Island County BRFSS questionnaire was used as a base for this questionnaire, with modifications added by the Island County Health Department to represent the state BRFSS and topics asked by other state and local areas.

Average administration length of the questionnaire was 23.7 minutes.

Respondent Selection

Respondents within the household were selected based on a random choice among all people in the household age 18 and over. The selection process is shown in the questionnaire, Appendix B.

Every attempt was made to successfully interview the selected respondent. If that person was unable, unavailable or unwilling to go through the interview, there were no substitutions made from that household. The rigorous random selection process does often result in certain over- and under-sampling. (See the Data Processing and Weighting section to follow.)

Data Collection Process

The questionnaire was programmed to a computer assisted telephone interviewing system. This provided automatic skipping and branching of questions, allowing the interviewers to concentrate on question delivery and accurate recording of responses.

Interviewing dates were from August 14 to September 20, November 2 to December 13, 2000 and February 1 to 14, 2001. Calling was done from 4:00 to

8:00 PM on weekdays, 10:00 AM to 6:00 PM on Saturdays, and 4:00 PM to 8:00 PM on Sundays. All specific requests for call-back appointments were kept regardless of the time of day or day of week.

Each shift of interviewing was supervised by the Site Supervisor and assistants who conducted random monitoring of the interviews. Our policy is to monitor each interviewer for one full interview at least once each shift. The monitoring system allows a silent entry to the line so that neither interviewer nor respondent hears any disturbance. In this way, the interviewer does not know when he or she is being monitored. A monitoring form is filled out to provide feedback to the interviewer and supervisor on the quality of the work.

In addition to the supervisor and assistants, the Project Director and Project Manager also did periodic monitoring.

Quality Control Procedures

In addition to the monitoring described above, the following quality control procedures were done:

- All "ring-no-answers" (NA) were recalled multiple times on different days and at different times of day over the interviewing period. All NAs had at least ten such attempts.
- "Soft" refusals were recalled by a different interviewer on a different day and at a different time. These refusals are ones where a respondent hangs up immediately before the introduction is complete, or where a respondent indicates he or she is "too busy." Firm, outright refusals to do the interview were not recalled.
- Visual checks of data dumps were done after the first day of interviewing to confirm that the questionnaire had been correctly programmed. "Other" responses being typed in were dumped and checked for accuracy and sense. If any data was determined to be missing, follow-up calls were made to collect that data.

Quality control indicators, as established by CDC and set by Washington State, were calculated for this study. Results are shown in Appendix Table 2.

Data Processing and Weighting

At the end of the interviewing process, all the data was checked. As is often the case with random sampling, some population segments were slightly over or undersampled.

The final data were weighted to reflect the actual distribution of gender and age among adults across the survey area, using updates from the 1990 Census. (Source: Washington State Office of Financial Management.) Weighting was also done to account for varying numbers of adults and telephone numbers within households. These processes resulted in a specific weight that was calculated for each respondent based on age, gender, number of adults and telephone numbers in the household. These weights were included in the data file provided to the Health Department.

It should be noted that the telephone sample did not include persons living in groups housing at the Oak Harbor Naval Air Base, while the census figures do. Using information supplied by the Health Department, the number of persons (presumed to be predominantly males) in barracks were deleted from the updated Census numbers before weights were calculated.

Weighted data was processed through Gilmore's cross-tabulation program to produce a full set of numbers and frequencies for each question, by all respondents in aggregate, and by selected demographic subgroups. This printout appears under separate cover.

Deliverables

In addition to the cross-tabulation of weighted data that is projectable (within an error rate of $\pm 3.5\%$) to the total adult population of Island County, the Health Department received a data file of the unweighted data, along with the weights, for the purpose of further analysis.

This report presents the major findings within each topic and covers nearly all the questions asked in the survey. Statistical testing was done on the data to determine significance among responses. If no mention is made of subgroup response, it can be assumed that it is not significantly different from the total response or from the same question asked in 1996.

Appendix Table 1
Sample Disposition

<u>Result of Final Attempt</u>	Number	Percent of All Numbers (6316)	Percent of Qualified or Unknown* (3293)
Completed interview	1037	16%	32%
Refused interview	756	12%	23%
Disconnected/Non-working **	2328	37%	
No answer/multiple tries **	1147	18%	35%
Business number	393	6%	
No eligible respondent at this number (outside county, teen phone or temporary or vacation renter)	76	1%	
Selected respondent not reached in time period	274	4%	8%
Language barrier	9	<1%	
Interview terminated/not able to complete	79	1%	2%
Line busy/multiple tries **	171	3%	
Selected respondent unable to respond physical/mental impairment	46	1%	
Total sample used	6,316	100%	100%

* Base includes only those numbers where it could be determined that they were residences within Island County, that respondent could be communicated with, or where no answer could be obtained (and therefore, disposition unknown).

** In rural counties, many of these numbers are ones which are "opened" by the telephone company, but have never been assigned to a household or business.

Appendix Table 2
Quality Control Indicators *

	<u>WA</u>	<u>1999 WA</u>	<u>Island County</u>	
	<u>Objective</u>	<u>BRFSS</u>	<u>Survey</u>	<u>Actual</u>
			<u>1996</u>	<u>2000</u>
CASRO Response Rate **	61%	50%	49%	39%
Upper Bound **	71%	61%	59%	55%
Refusals ***	15%	12%	9%	11%
Ring-no-Answer ***	7%	8%	16%	16%
Selected Respondent Not Available ***	5%	3%	4%	4%
Line Busy ***	<1%	1%	<1%	3%

* Quality control indicators, as set by Washington State for the statewide BRFSS

** Objective is to be equal to or greater than

*** Objective is to be equal to or less than

"CASRO Response Rate" refers to a conservative calculation of response based on a formula developed by the Council of American Survey Research Organizations (CASRO). It apportions dispositions with unknown status (such as "no answer") to dispositions representing eligible respondents in the same proportion as exists among calls of known status. The resulting estimate reflects both the sampling efficiency and the degree of cooperation among the eligible households, and is a very stringent measurement.

APPENDIX B:
QUESTIONNAIRE

1:**WAVE**

Sample

(1/ 45)

Initial sample01
WAVE II02
WAVE III03
WAVE IV04
WAVE V05
WAVE VI06
WAVE VII07

2:**SAMPL**

Type of sample

(1/ 47)

1+	1
0 bank	2
Business	5

3:**INT02*****IF NOT AVAILABLE, ARRANGE CALL-BACK***

Hello, I'm _____ calling for the Island County Health Department. We're gathering information on the health practices of county residents to develop health programs.

<xc1 >

(1/ 48)

Continue51
02 ARRANGE CALL-BACK - NOT SCREENED02
03 RESPONDENT NOT AVAILABLE/TOO BUSY03
04 NO ANSWER04
05 ANSWERING MACHINE05
06 BUSY06
10 INITIAL REFUSAL - SOFT10
12 INITIAL REFUSAL-HARD MULTIPLE TRIES - STILL CALLABLE12
13 INITIAL REFUSAL - HARD13
20 DISCONNECT20
21 BUSINESS NUMBER21
22 FAX- MODEM LINE22
23 LANGUAGE BARRIER23
24 HEARING PROBLEM/OTHER PROBLEM WITH RESPONDENT24
25 RESPONDENT GONE FOR REMAINDER OF SURVEY25
34 DUPLICATED NUMBER34
35 SPANISH LANGUAGE35
40 BLOCKED CALLS40
41 BLOCKED CALL MULTIPLE TRIES - STILL CALLABLE41
50 NQ - MISCELLANEOUS50

Your phone number has been chosen scientifically, and we'd like to ask some questions about day-to-day living habits that may affect health.

Is this. . .(READ PHONE NUMBER FROM BOTTOM OF SCREEN)?

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

Is this a private residence in Island County? IF YES, CONTINUE
 IF NO, SAY: Thank you very much, but we are only interviewing private residences.

51 Continue PRESS CODE
 21 Business Number

@INT04

PRESS F7 TO SEE ALL IF NEEDED STATE

4: INT04
 screen (1/ 50)

Continue.....51
 Business number.....21

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

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

IF 1, SAY: Are you the adult? IF YES: Then you are the person I need to speak with. IF NO, SAY: May I speak with him or her? IF NOT AVAILABLE, ARRANGE CALL-BACK.

(98 = CALL-BACK, 99 = REFUSED)
 IF REFUSED, THANK & TERMINATE

Number of household members: PRESS CODE @qb

5: QB
 screen (1/ 52)

Call-Back.....98
 Refused.....99

6: INT05
 THANK & TERMINATE <qb > (1/ 54)

ARRANGE CALL-BACK.....02
 REFUSED NUMBER OF HOUSEHOLD MEMBERS38

How many of these adults are men and how many are women? (9 = REFUSED)

Men PRESS CODE @qc

Women PRESS CODE @qd

MUST EQUAL <qb >

7: **QC**
(1/ 56)
Refused.....9

8: **QD**
screen (1/ 57)
Refused.....9

9: **ADD1**
addition only (1/ 58)

10: **QD1**
TOTAL NUMBER OF HOUSEHOLD MEMBERS <qb > DOES NOT AGREE
WITH TOTAL <add1> OF MEN <qc> WOMEN <qd> PRESS 1 TO GO BACK
TO HOUSEHOLD MEMBER SCREEN AND RECONFIRM NUMBERS. (1/ 60)
TO GO BACK TO HOUSEHOLD QUESTION.....1

11: **SET1**
set only (1/ 61)

12: **SET2**
set only (1/ 62)

13: **SET3**
(1/ 63)

14: **SEL**
The person I need to speak with is. . . <> RECORD PERSON PICKED FIRST,
THEN OTHER CODE (1/ 64)
RECORD PERSON PICKED.....1

```

PERSON PICKED <sel
>

WHEN ON LINE, SAY: Hello I'm _____ calling for the Island County Health
Department. We're gathering information on the health practices of Island
County residents to guide health policies. You have been chosen
scientifically
to be interviewed, and we'd like to ask some quesitons about day-to-day living
habits that may affect health.
PRESS F7 FOR IF NEEDED STATEMENTS

51 Continue PRESS CODE @int08
02 Arrange call-back
10 Soft Refusal
13 Hard Refusal
23 Language barrier
24 Hearing barrier
25 Gone for remainder of survey
26 Qualified Refusal/Terminate by respondent
35 Spanish Language

```

15: **INT08**
 SCREEN

(1/ 65)

Continue	51
Arrange call-back	02
soft refusal	10
Hard Refusal	13
Language barrier	23
Hearing barrier	24
Gone for remainder of survey	25
Spanish language	35

The interview may be monitored for quality assurance purposes, but all information obtained in this study will be confidential. Participating is voluntary but we hope you will take part.

The interview usually takes about 20 minutes. You don't have to answer any question you don't want to, and you are free to end the interview at any time. If you don't want to answer a specific question, just let me know and we can skip over it.

IF NEEDED: We do not ask for your name, address, or other personal information that identifies you. The phone number is erased once we finish all the interviews at the end of the year.

1 Continue PRESS CODE @qh

16: **QH**

\$B
 screen

(1/ 67)

Continue	1
----------------	---

17: **Q1**
READ 1-5
 Would you say that in general your health is. . . (1/ 68)

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

18: **Q2**
 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? (1/ 69)

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

19: **Q3**
 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? (1/ 71)

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

20: **Q4**
 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? (1/ 73)

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

21: **Q5**
 Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare? (1/ 75)

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

22:

Q5A

READ 1-87 ONLY IF NECESSARY

What is the main reason you are without health care coverage? *NOTE: INCLUDES ANY PERSON WHO HAD BEEN PROVIDING INSURANCE PRIOR TO JOB LOSS OR CHANGE

(1/ 76)

- Lost job or changed employers.....01
- *Spouse or parent lost job or changed employers.....02
- Became divorced or separated.....03
- Spouse or parent died.....04
- Became ineligible because of age or because left school.....05
- Employer doesn't offer or stopped offering coverage.....06
- Cut back to part time or became temporary employee.....07
- Benefits from employer or former employer ran out.....08
- Couldn't afford to pay the premiums.....09
- Insurance company refused coverage.....10
- Lost Medicaid or Medical Assistance eligibility.....11
- Or some other reason (SPECIFY:).....87
-
- Don't know/Not sure.....77
- Refused.....99

23:

Q6

READ 1-8. DO NOT READ PROGRAMS IN PARENTHESES

What type of health care coverage do you use to pay for MOST of your medical care? Is it coverage through. . .

(1/ 78)

- Your employer.....01
- Someone else's employer.....02
- A plan that you or someone else buys on your own.....03
- Medicare.....04
- Medicaid or Medical Assistance.....05
- The military, CHAMPUS, or the VA (or CHAMP-VA).....06
- The Indian Health Service.....07
- Or some other source (SPECIFY:).....08
-
- Don't know/Not sure.....77
- Refused.....99

24:

Q7

READ 1-5 ONLY IF NECESSARY

About how long have you had this particular health care coverage?

(1/ 80)

- For less than 12 months (1 to 12 months).....1
- For less than 2 years (1 to 2 years)2
- For less than 3 years (2 to 3 years)3
- For less than 5 years (3 to 5 years)4
- Or 5 or more years ago5
-
- Don't know/Not sure.....7
- Never8
- Refused.....9

25:

Q8

Is there a book or list of doctors associated with your healthcare plan? IF NEEDED: The coverage you use currently to pay for most of your medical care.

(1/ 81)

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

26:

Q9

Does your healthcare plan require you to select certain doctor or clinic for all of your routine care? IF NEEDED: The coverage you use currently to pay for most of your medical care.

(1/ 82)

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

27:

Q10

Other than the coverage we've just been discussing, do you have any other type of health care coverage?

(1/ 83)

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

28:

Q11

READ 1-5

Thinking about the health care you receive, how would you rate your satisfaction with your overall health care? Would you say. . . NOTE: THIS IS OVERALL HEALTH CARE, WHETHER RESPONDENT HAS COVERAGE, OR A PLAN, OR NOT.

(1/ 84)

- Excellent.....1
- Very good.....2
- Good.....3
- Fair.....4
- Or poor.....5
-
- Don't know/Not sure.....7
- Not applicable/Don't use health services.....8
- Refused.....9

29:

Q12

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/ 85)

- Yes, one place.....1
- More than one place (IF VOLUNTEERED).....2
- No.....3
- Don't know/Not sure.....7
- Refused.....9

30:

Q13

DO NOT READ PROBE TO FIT

What is the main reason you do not have a usual source of medical care?

(1/ 86)

- Two or more places.....01
- Have not needed a doctor.....02
- Do not like/trust/believe in doctors.....03
- Do not know where to go.....04
- Previous doctor is not available/moved.....05
- No insurance/Cannot afford.....06
- Speak a different language.....07
- No place is available/Close enough/Convenient.....08
- Other (SPECIFY:).....09
- Don't know/Not sure.....77
- Refused.....99

31:

Q14

READ 1-5

Thinking of the distance or time you travel to get to the place you usually go to, how would you rate the convenience of that place? would you say. . .

(1/ 88)

- Excellent.....1
- Very good.....2
- Good.....3
- Fair.....4
- Or poor.....5
-
- Don't know/Not sure.....7
- Don't have usual place.....8
- Refused.....9

32:

Q15

READ 1-5 ONLY IF NECESSARY

When did you last change doctors?

(1/ 89)

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

33:

Q16

DO NOT READ PROBE TO FIT UP TO 8 RESPONSES PRESS ENTER TO CONTINUE

Why did you change doctors that last time?

(1/ 90 - 92 - 94 - 96 - 98 - 100 - 102 - 104)

- Changed residence or moved.....01
- Changed jobs.....02
- Provider moved or retired.....03
- Dissatisfied with former provider or liked new provider better.....04
- Former provider no longer reimbursed by my health care coverage.....05
- Owed money to former provider.....06
- Medical care needs changed.....07
- Other (SPECIFY):.....88
-09
-10

34:

Q17

Was there a time during the past 12 months when your health care provider prescribed a medication, but you did not fill the prescription because of the cost of the medication?

(1/ 106)

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

35:

Q18

Did a doctor ever tell you that you had asthma?

(1/ 107)

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

36:

Q19

Do you still have asthma?

(1/ 108)

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

37:

Q20

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/ 109)

- Yes.....1
- Yes, only during pregnancy.....2
- No.....3
- Don't know/Not sure.....7
- Refused.....9

38:

Q22

Have you smoked at least 100 cigarettes in your entire life? NOTE: 5 PACKS = 100 CIGARETTES

(1/ 110)

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

39:**Q23**

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

(1/ 111)

Everyday.....	1
Some days.....	2
Not at all.....	3
Refused.....	9

40:**Q24***NOTE: 1 PACK = 20 CIGARETTES*

On the average, about how many cigarettes a day do you now smoke?

(1/ 112)

76 or more	76
Don't know/Not sure.....	77
Refused.....	99

41:**Q25***NOTE: 1 PACK = 20 CIGARETTES*

On the average, when you smoked during the past 30 days, about how many cigarettes did you smoke a day? NOTE: 1 PACK = 20 CIGARETTES

(1/ 114)

76 or more	76
Don't know/Not sure.....	77
Refused.....	99

42:**Q26**

During the past 12 months, have you quit smoking for 1 day or longer?

(1/ 116)

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

43:

Q27

READ 1-7 ONLY IF NECESSARY

About how long has it been since you last smoked cigarettes regularly, that is, daily?

(1/ 117)

- Within the past month (0 to 1 month ago).....01
- Within the past 3 months (1 to 3 months ago).....02
- Within the past 6 months (3 to 6 months ago).....03
- Within the past year (6 to 12 months ago).....04
- Within the past 5 years (1 to 5 years)05
- Within the past 15 years (5 to 15 years ago)06
- Or 15 years or more ago07
-
- Don't know/Not sure.....77
- Never smoked regularly88
- Refused.....99

44:

Q66

***PROBE FOR CHEWING TOBACCO, SNUFF, OR BOTH**

Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?

(1/ 119)

- *Yes, chewing tobacco1
- *Yes, snuff2
- *Yes, both.....3
- No, neither.....4
- Don't know/Not sure.....7
- Refused.....9

45:

Q67

***PROBE FOR CHEWING TOBACCO, SNUFF, OR BOTH**

Do you currently use any smokeless tobacco products such as chewing tobacco or snuff? NOTE: YES INCLUDES OCCASIONAL USE

(1/ 120)

- *Yes, chewing tobacco1
- *Yes, snuff2
- *Yes, both.....3
- No, neither.....4
- Don't know/Not sure.....7
- Refused.....9

46:

Q68

READ 1-7 IF NECESSARY

About how long has it been since you last used smokeless tobacco regularly, that is, daily?

(1/ 121)

- Within the past month (0 to 1 mont ago).....01
- Within the past 3 months (1 to 3 months ago).....02
- Within the past 6 months (3 to 6 months ago).....03
- Within the past year.....04
- Within the past 5 years (1 to 5 years ago)05
- Within the past 15 years (5 to 15 years ago)06
- Or 15 years or more years ago.....07
-
- Don't know/Not sure.....77
- Never used smokeless tobacco regularly88
- Refused.....99

47:

Q28

Now on a different topic, are you now trying to lose weight?

(1/ 123)

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

48:

Q29

Are you now trying to maintain your current weight, that is to keep from gaining weight?

(1/ 124)

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

49:

WORD

wording only

(1/ 125)

- lose weight?.....1
- keep from gaining weight?2

50:

Q31

Are you using physical activity or exercise to <word >

(1/ 126)

- Yes.....1
- No.....4
- Don't know/Not sure.....7
- Refused.....9

51:

Q32

In the past 12 months, has a doctor, nurse, or other health professional given you advice about your weight? IF NEEDED: Was that to lose weight, gain weight, or maintain your present weight?

(1/ 127)

- Yes, lose weight.....1
- Yes, gain weight.....2
- Yes, maintain current weight.....3
- No.....4
- Don't know/Not sure.....7
- Refused.....9

52:

Q33

What is your age?

(1/ 128)

- Don't know/Not sure.....07
- Refused.....09

53:

Q33A

READ 1-8

In which of these age categories do you belong?

(1/ 130)

- 18 to 24 (21).....1
- 25 to 34 (30).....2
- 35 to 44 (40).....3
- 45 to 54 (50).....4
- 55 to 64 (60).....5
- 65 to 74 (70).....6
- Or 75 or older (80)7
-
- Refused.....9

54:

Q35

READ 1-5

What is your race? Would you say. . . IF "HISPANIC" PROBE: "Are you White-Hispanic, Black-Hispanic, Asian Hispanic, Pacific Islander and Hispanic, American Indian and Hispanic, or some other race and Hispanic?"

(1/ 131)

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

55:

Q36

IF "HISPANIC" TO LAST QUESTION, CODE "YES" WITHOUT ASKING.

Are you of Spanish or Hispanic origin?

(1/ 132)

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

56:

Q37

READ 1-6

Are you. . .

(1/ 133)

- Married.....1
- Divorced.....2
- Widowed.....3
- Separated.....4
- Never been married.....5
- Or a member of an unmarried couple.....6
-
- Refused.....9

57:

Q37A

How many children live in your household who are less than 5 years old?

(1/ 134)

- One.....1
- Two.....2
- Three.....3
- Four.....4
- Five.....5
- Six.....6
- Seven or more.....7
- None.....8
- Refused.....9

58:

Q37B

How many children live in your household who are 5 through 12 years old?

(1/ 135)

- One.....1
- Two.....2
- Three.....3
- Four.....4
- Five.....5
- Six.....6
- Seven or more.....7
- None.....8
- Refused.....9

59:

Q37C

How many children live in your household who are 13 through 17 years old?

(1/ 136)

- One1
- Two2
- Three.....3
- Four4
- Five.....5
- Six6
- Seven or more.....7
- None8
- Refused.....9

60:

Q39

READ 1-6 ONLY IF NECESSARY

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

(1/ 137)

- Never attended school or kindergarten only1
- Grades 1 through 8 (Elementary)2
- Grades 9 through 11 (Some high school)3
- Grades 12 or GED (High school graduate).....4
- College 1 year to 3 years (Some college or technical school)5
- College 4 years or more (College graduate).....6
-
- Refused.....9

61:

Q40

READ 1-8

Are you currently. . .

(1/ 138)

- Employed for wages1
- Self-employed.....2
- Out of work for more than 1 year.....3
- Out of work for less than 1 year4
- Homemaker5
- Student.....6
- Retired7
- Or unable to work.....8
-
- Refused.....9

62:

Q41

What kind of business or industry do you work in?

(1/ 139)

- RECORD COMMENTS01
- Refused.....99

63:	Q42
What is your job title? IF NO JOB TITLE, SAY: What type of work do you do?	(1/ 141)
RECORD COMMENTS01
Owner/Proprietor/Self-Employed.....	.88
Refused.....	.99

64:	Q43
<i>IF YES, READ 4-1, IF NO, READ 5-8</i>	
Is your annual household income from all sources less than \$25,000? IF NEEDED: Annual household income before taxes.	(1/ 143)
*Is it \$20,000 to less than \$25,000.....	.04
\$15,000 to less than \$20,000.....	.03
\$10,000 to less than \$15,000.....	.02
or less than \$10,000.....	.01
*Is it \$25,000 to less than \$35,000.....	.05
\$35,000 to less than \$50,000.....	.06
\$50,000 to less than \$75,000.....	.07
Or is it \$75,000 or more.....	.08
.....	
Don't know/Not sure.....	.77
Refused.....	.99

65:	Q44
<i>ROUND FRACTIONS UP</i>	
About how much do you weigh without shoes?	(1/ 145)
Don't know/Not sure.....	.777
Refused.....	.999

66:	Q46
<i>ROUND FRACTIONS DOWN</i>	
About how tall are you without shoes? EXAMPLE: 5'2" = 502, 6'11" = 611	(1/ 148)
Don't know/Not sure.....	.777
Refused.....	.999

67:	Q47
set in FPS code	(1/ 151)
Island County029

68: **Q48**
 What is your zip code? IF NEEDED SAY: I mean the zip code of your residence,
 that is where you live. (1/ 154)
 Refused.....99999

69: **Q49**
 Do you have more than one telephone number in your household? (1/ 159)
 Yes.....1
 No.....2
 Refused.....9

70: **Q49A**
 How many residential telephone numbers do you have excluding dedicated fax and
 computer lines? (1/ 160)
 One1
 Two2
 Three.....3
 Four4
 Five.....5
 Six6
 Seven7
 Eight or more.....8
 Refused.....9

71: **Q49B**
 Are you currently on active duty military service? (1/ 161)
 Yes.....1
 No.....2
 Don't know/Not sure.....7
 Refused.....9

72: **Q49C**
 Do you live on the island year-round? (1/ 162)
 Yes.....1
 No.....2
 Don't know/Not sure.....7
 Refused.....9

73:**Q50***ASK ONLY IF NECESSARY*

RECORD GENDER

(1/ 163)

Male.....1
 Female2

74:**Q51**

Now I have some questions about other health services you may have received. A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?

(1/ 164)

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

75:**Q52***READ 1-5 ONLY IF NECESSARY*

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

(1/ 165)

Within the past year (1 to 12 months ago).....1
 Within the past 2 years (1 to 2 years ago)2
 Within the past 3 years (2 to 3 years ago)3
 Within the past 5 years (3 to 5 years ago)4
 Or 5 or more years ago5
 Don't know/Not sure.....7
 Refused.....9

76:**Q53**

Was your last mammogram done as part of a routine checkup, because of a breast problem other than cancer, or because you've already had breast cancer?

(1/ 166)

Routine checkup.....1
 Breast problem other than cancer2
 Had breast cancer3
 Don't know/Not sure.....7
 Refused.....9

77:**Q54**

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

(1/ 167)

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

78:

Q55

READ 1-5 ONLY IF NECESSARY

How long has it been since your last breast exam?

(1/ 168)

- Within the past year (1 to 12 months ago).....1
- Within the past 2 years (1 to 2 years ago)2
- Within the past 3 years (2 to 3 years ago)3
- Within the past 5 years (3 to 5 years ago)4
- Or 5 or more years ago5
-
- Don't know/Not sure.....7
- Refused.....9

79:

Q56

Was your last breast exam done as part of a routine checkup, because of a breast problem other than cancer, or because you've already had breast cancer?

(1/ 169)

- Routine checkup1
- Breast problem other than cancer2
- Had breast cancer3
- Don't know/Not sure.....7
- Refused.....9

80:

Q201

Have you ever examined your own breasts for lumps?

(1/ 170)

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

About how often do you examine your breasts for lumps?

NUMBER:	888 Less than once a year	TYPE NUMBER @q202
	777 Don't know/Not sure	
	999 Refused	
CODE:	1 Per day	PRESS CODE @q202a
	2 Per week	
	3 Per month	
	4 Per year	

81:

Q202

screen

(1/ 171)

- Less than once a year888
- Don't know/Not sure.....777
- Refused.....999

82:	Q202A
screen	(1/ 174)
Per day.....	1
Per week.....	2
Per month.....	3
Per year.....	4

83:	Q203
<i>READ 1-5 ONLY IF NECESSARY</i>	
When did you last do such a breast self-examination?	(1/ 175)
Within the last month (today to 1 month ago).....	1
Within the last two months (more than 1 month to 2 months ago).....	2
Within the last six months (more than 2 months to 6 months ago).....	3
More than 6 months ago.....	4
Or never.....	5
.....
Don't know/Not sure.....	7
Refused.....	9

84:	Q204
<i>DO NOT READ PROBE TO FIT</i>	
You said that you've not had a mammogram. What is the MOST IMPORTANT reason that you never had a mammogram?	(1/ 176)
Not recommended by doctor01
Not needed/Not necessary02
Never hear of a mammogram03
Cost/Not covered by insurance/Have no insurance04
Lazy, procrastinating - just didn't get around to it.....	.05
Too busy, don't have time, no time.....	.06
I'm anxious/afraid to get one07
Go to a doctor only when I'm sick/Never go to doctors.....	.08
Don't believe in mammograms09
Age related comments (SPECIFY):.....	.87
Other (SPECIFY):.....	.88
Don't know/Not sure.....	.77
Refused.....	.99

85:

Q205

DO NOT READ PROBE TO FIT

You said you've not had a mammogram in the past year. What is the MOST IMPORTANT REASON that you did not have a mammogram in the past year?

(1/ 178)

- Not recommended by doctor01
- Not needed/Not necessary02
- Never hear of a mammogram03
- Cost/Not covered by insurance/Have no insurance04
- Lazy, procrastinating - just didn't get around to it.....05
- Too busy, don't have time, no time.....06
- I'm anxious/afraid to get one07
- Go to a doctor only when I'm sick/Never go to doctors.....08
- Don't believe in mammograms09
- Age related comments (SPECIFY:):.....87
- Other (SPECIFY:):88
- Don't know/Not sure.....77
- Refused.....99

86:

Q206

DO NOT READ PROBE TO FIT

You said you've not had a mammogram in the past 2 years. What is the MOST IMPORTANT REASON that you did not have a mammogram in the past 2 years?

(1/ 180)

- Not recommended by doctor01
- Not needed/Not necessary02
- Never hear of a mammogram03
- Cost/Not covered by insurance/Have no insurance04
- Lazy, procrastinating - just didn't get around to it.....05
- Too busy, don't have time, no time.....06
- I'm anxious/afraid to get one07
- Go to a doctor only when I'm sick/Never go to doctors.....08
- Don't believe in mammograms09
- Age related comments (SPECIFY:):.....87
- Other (SPECIFY:):88
- Don't know/Not sure.....77
- Refused.....99

87:

Q57

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

(1/ 182)

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

88:

Q58

READ 1-5 ONLY IF NECESSARY

How long has it been since you had your last Pap smear?

(1/ 183)

- Within the past year (1 to 12 months ago).....1
- Within the past 2 years (1 to 2 years ago)2
- Within the past 3 years (2 to 3 years ago)3
- Within the past 5 years (3 to 5 years ago)4
- Or 5 or more years ago5
-
- Don't know/Not sure.....7
- Refused.....9

89:

Q59

Was your last Pap smear done as part of a routine exam, or to check a current or previous problem?

(1/ 184)

- Routine exam.....1
- Check current or previous problem2
- Other.....3
- Don't know/Not sure.....7
- Refused.....9

90:

Q60

Have you had a hysterectomy? IF NEEDED: A hysterectomy is an operation to remove the uterus (womb).

(1/ 185)

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

91:

Q61

Now I have some questions about other health services you may have received, have you even been tested for prostate cancer?

(1/ 186)

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

92:**Q62**

The next questions are about a blood test for prostate cancer. This test may be called PSA or Prostate Specific Antigen. Have you ever HEARD of a blood test to check for prostate cancer?

(1/ 187)

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

93:**Q63**

Have you ever HAD a blood test to check for prostate cancer?

(1/ 188)

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

94:**Q64**

READ 1-5 ONLY IF NECESSARY

When did you have your last blood test for prostate cancer?

(1/ 189)

Within the past year (0 to 12 months ago).....1
 Within the past 2 years (more than 1 year to 2 years)2
 Within the past 5 years (more than 2 years to 5 years ago)3
 Or 5 or more years ago4
 Don't know/Not sure.....7
 Refused.....9

95:**Q65**

Was your last blood test for prostate cancer done as part of a routine checkup, because of a prostate problem, or because you've already had cancer?

(1/ 190)

Routine checkup.....1
 Prostate problem other than cancer2
 Had Prostate cancer.....3
 Don't know/Not sure.....7
 Refused.....9

96:**Q69**

Next I have some questions about general smoking. On how many of the past 30 days has someone, including yourself, smoked cigarettes, cigars, or pipes anywhere in your home?

(1/ 191)

None88
 Don't know/Not sure.....77
 Refused.....99

97:

Q70

Concerning smoking in restaurants, do you think that smoking should be allowed without restriction, permitted only in separately ventilated rooms, permitted only in designated areas but with no separate ventilation, or not allowed at all?

(1/ 193)

- Without restriction.....1
- Rooms with separate ventilation.....2
- Designated areas.....3
- Not allowed at all.....4
- Don't know/Not sure.....7
- Refused.....9

98:

Q72

READ 1-7 ONLY IF NECESSARY

These next questions are about cigar smoking. Cigars include large cigars, cigarillos, and small cigars. When was the last time you smoked a cigar?

(1/ 194)

- Within the past month (0-1 month ago).....01
- Within the past 3 months (1-3 months ago)02
- Within the past 6 months (3-6 months ago)03
- Within the past year (6-12 months ago)04
- Within the past 5 years (1-5 years ago)05
- Within the past 15 years (5-15 years ago)06
- Or 15 or more years ago07
-
- Don't know/Not sure.....77
- Have never smoked a cigar.....88
- Refused.....99

99:

Q73

READ 1-4

In the past month did you smoke cigars. . .

(1/ 196)

- Every day.....1
- Several times per week2
- Once a week3
- Or less than once a week4
-
- Don't know/Not sure.....7
- Refused.....9

100:

Q74

The next questions ask about your health insurance and programs to help people quit using tobacco. Does your health insurance coverage pay for nicotine patches, gum, or pills, or tobacco cessation support program to help people quit using cigarettes or snuff or chewing tobacco?

(1/ 197)

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

101:

Q75

PROBE TO FIT

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

(1/ 198)

- Yes, within the past 12 months.....1
- Yes, within the past 3 years.....2
- Yes, 3 or more years ago3
- No.....4
- Don't know/Not sure.....7
- Refused.....9

102:

Q76

Are you planning to quit using tobacco in the next 6 months?

(1/ 199)

- Yes.....1
- No.....2
- Don't know/Not sure.....7
- Refused.....4

103:

Q77

During the past month, have you had at least one drink of any alcoholic beverage such as beer, wine, wine coolers, or liquor?

(1/ 200)

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

During the past month, how many days per week or per month did you drink any alcoholic beverages, on the average?

(777 = DON'T KNOW/NOT SURE, 999 = REFUSED)

NUMBER: TYPE NUMBER @q78a

CODES: 1 Days per week PRESS CODE @q78b
2 Days per month

104: **Q78A**
screen (1/ 201)
Don't know/Not sure.....777
Refused.....999

105: **Q78B**
times (1/ 204)
Days per week1
Days per month2

106: **Q79**
A drink is 1 can or bottle of beer, 1 glass of wine, 1 can or bottle of wine cooler, 1 cocktail, or 1 shot of liquor. On the days when you drank, about how many drinks did you drink on the average? (1/ 205)
Don't know/Not sure.....77
Refused.....99

107: **Q80**
Considering all types of alcoholic beverages, how many times during the past month did you have 5 or more drinks on an occasion? (1/ 207)
Don't know/Not sure.....77
None88
Refused.....99

108: **Q81**
During the past month, how many times have you driven when you've had perhaps too much to drink? (1/ 209)
Don't know/Not sure.....77
None88
Refused.....99

109:

Q82

READ 1-5

Next a question about exposure to the sun. When you go outside on a sunny day for more than one hour, how often do you use sunscreen or sunblock? Would you say. . .

(1/ 211)

- Always.....1
- Nearly always2
- Sometimes3
- Seldom.....4
- Or never.....5
-
- Don't know/Not sure.....7
- Don't stay out more than an hour.....8
- Refused.....9

110:

Q83

READ 1-5 ONLY IF NECESSARY

On a different topic, about how long has it been since you last had your blood pressure taken by a doctor, nurse or other health professional?

(1/ 212)

- Within the past 6 months (1 to 6 months)1
- Within the past year (6 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
- Or 5 or more years ago5
-
- Don't know/Not sure.....7
- Never8
- Refused.....9

111:

Q84

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

(1/ 213)

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

112:

Q86

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

(1/ 214)

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

113:

Q87

READ 1-4 ONLY IF NECESSARY

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

(1/ 215)

- Within the past year (1 to 12 months ago).....1
- Within the past 2 years (1 to 2 years ago)2
- Within the past 5 years (2 to 5 years ago)3
- Or 5 or more years ago4
-
- Don't know/Not sure.....7
- Refused.....9

114:

Q88

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

(1/ 216)

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

115:

Q89

READ 1-4 ONLY IF NECESSARY

The next questions are about tests afro colon cancer. 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/ 217)

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

116:

Q90

READ 1-5 ONLY IF NECESSARY

When did you have your last blood stool test using a home kit?

(1/ 218)

- Within the past year (1 to 12 months ago).....1
- Within the past 2 years (1 to 2 years ago)2
- Within the past 5 years (2 to 5 years ago)3
- Or 5 or more years ago4
-
- Don't know/Not sure.....7
- Refused.....9

117:**Q91**

A sigmoidoscopy or colonoscopy is when a tube is inserted in the rectum to view the bowel for signs of cancer and other health problems. Have you ever had this exam?

(1/ 219)

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

118:**Q92***READ 1-4 ONLY IF NECESSARY*

When did you have your last sigmoidoscopy or colonoscopy?

(1/ 220)

Within the past year (1 to 12 months ago).....1
 Within the past 2 years (1 to 2 years ago)2
 Within the past 5 years (2 to 5 years ago)3
 Or 5 or more years ago4
 Don't know/Not sure.....7
 Refused.....9

119:**Q93**

These next questions are about cardiovascular health. To lower your risk of developing heart disease or stroke, are you eating fewer high fat or high cholesterol foods?

(1/ 221)

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

120:**Q94**

To lower your risk of developing heart disease or stroke, are you exercising more?

(1/ 222)

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

121:**Q95**

Has a doctor ever told you that you had any of the following. . .
 Heart attack or myocardial infarction?

(1/ 223)

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

122: **Q96**
 (Has a doctor ever told you that you had any of the following. . .)
 Angina or coronary heart disease?
(1/ 224)

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

123: **Q97**
 Stroke?
(1/ 225)

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

124: **Q98XX**
 Next I have some questions about children's asthma.
(1/ 226)

Continue1

125: **Q98A**
 Earlier you said there is a child under age 5 in your household. Has a doctor ever said that the child under the age of 5 had asthma?
(1/ 227)

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

126: **Q98B**
 Earlier you said there are children under age 5 in your household. Has a doctor ever said that any of the children under the age of 5 had asthma? IF YES, ASK: How many ever had asthma? TOTAL NUMBER OF CHILDREN: <q37a >
(1/ 228)

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

127: **Q98X1**
 setin values for both (1/ 230)
 One01
 None88
 Don't know/Not sure.....77
 Refused.....99

128: **SKIPY**
 skipout (1/ 232)

129: **Q99**
 (Thinking of the child under the age of 5 in your household . . .) Does this child
 still have asthma? <q98x1 > (1/ 233)
 Yes.....1
 No.....2
 Don't know/Not sure.....7
 Refused.....9

130: **Q100**
 Of the <q98x1 > children under age five in your household who ever had asthma,
 how many still have asthma? NOTE: NUMBER OF CHILDREN CANNOT BE
 MORE THAN TOTAL NUMBER OF CHILDREN. (1/ 234)
 None88
 Don't know/Not sure.....77
 Refused.....99

131: **Q98X2**
 Set values for all childrens (1/ 236)
 One01
 None88
 Don't know/Not sure.....77
 Refused.....99

132: **Q101X**
 Skip (1/ 238)
 Continue1

133: **Q101A**
 Earlier you said there is a child age 5-12 in your household. Has a doctor ever said that the child 5 to 12 years old had asthma?
(1/ 239)

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

134: **Q101B**
 Earlier you said there are children age 5-12 in your household. Has a doctor ever said that any of the children 5 to 12 years old had asthma? IF YES, ASK: How many ever had asthma? TOTAL NUMBER OF CHILDREN: <q37b >
(1/ 240)

None88
Don't know/Not sure.....	.77
Refused.....	.99

135: **Q98X3**
 Set values for all children
(1/ 242)

One01
None88
Don't know/Not sure.....	.77
Refused.....	.99

136: **S01**
 skipout
(1/ 244)

137: **Q102**
 (Thinking of the child 5 to 12 years old . . .) Does this child still have asthma?
(1/ 245)

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

138: **Q103**
 Of the <q98x3 > children age 5 through 12 in your household who ever had asthma, how many still have asthma? NOTE: NUMBER OF CHILDREN CANNOT BE MORE THAN TOTAL NUMBER OF CHILDREN.
(1/ 246)

None88
Don't know/Not sure.....	.77
Refused.....	.99

139: **Q98X4**
 Set values for all children (1/ 248)
 One01
 None88
 Don't know/Not sure.....77
 Refused.....99

140: **Q104X**
 Skip (1/ 250)
 Continue1

141: **Q104A**
 Earlier you said there is a child age 13-17 in your household. Has a doctor ever said that the child 13 to 17 years old had asthma? (1/ 251)
 Yes.....1
 No.....2
 Don't know/Not sure.....7
 Refused.....9

142: **Q104B**
 Earlier you said there are children age 13-17 in your household. Has a doctor ever said that any of the children 13 to 17 years old had asthma? IF YES, ASK: How many ever had asthma? TOTAL NUMBER OF CHILDREN: <q37c > (1/ 252)
 None88
 Don't know/Not sure.....77
 Refused.....99

143: **Q98X5**
 Set values for all children (1/ 254)
 One01
 None88
 Don't know/Not sure.....77
 Refused.....99

144: **SO4**
 skipout (1/ 256)

145:**Q105**

Does this child still have asthma?

(1/ 257)

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

146:**Q106**

Of the <q98x5 > children aged 13 through 17 in your household who ever had asthma, how many still have asthma? NOTE: NUMBER OF CHILDREN CANNOT BE MORE THAN TOTAL NUMBER OF CHILDREN.

(1/ 258)

None88
 Don't know/Not sure.....77
 Refused.....99

147:**Q98X6**

Set values for all children

(1/ 260)

One01
 None88
 Don't know/Not sure.....77
 Refused.....99

148:**Q107X**

The next few questions are about child care for young children. "Child care" is care by someone other than a parent or guardian. Child care might include care by a relative, a child care center, a child care home, or a preschool.

(1/ 262)

Continue.....1

149:**Q107**

During the past year was your child under age 5 in child care for more than 10 hours a week? IF NEEDED: "Child care," is care by someone other than a parent or guardian. Child care might include care by a relative, a child care center, a child care home, or a preschool.

(1/ 263)

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

During the past year, were any of your children under age 5 in child care for more than ten hours per week?

IF YES, ASK: How many (of your children under age 5) were in child care for more than 10 hours a week during the past year?

IF NEEDED: "Child care," is care by someone other than a parent or guardian. Child care might include care by a relative, a child care center, a child care home, or a preschool.

NUMBER:	TYPE NUMBER @q108
88 No/No in childcare more than 10 hours per week	
77 Don't know/Refused	
99 Refused	

150: Q108

screen (1/ 264)

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

151: Q25X1

combined question (1/ 266)

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

152: Q109

READ 1-5

Think about the last time you looked for child care for children under age 5 in Washington State. How much choice did you feel that you had in choosing a child care provider? Would you say you had. . . IF NEEDED: "Child care," is care by someone other than a parent or guardian. Child care might include care by a relative, a child care center, a child care home, or a preschool.

(1/ 268)

A wide range of choices	1
Quite a few choices	2
Some choices	3
Few choices	4
Only one choice.....	5
Or no child care was available.....	6
.....	
Don't know/Not sure.....	7
Refused.....	9

153: WORDJ

wording only (1/ 269)

child.....	1
children.....	2

154:

Q110

Now think about the place where your <wordj > under age 5 received the most child care in the last 12 months. Would you say that this is a child care center, a licensed child care home, an unlicensed child care home, a preschool or something else? IF NEEDED: The main source of care is the one where they received the most care in the past year.

(1/ 270)

- Child care center.....1
- Licensed child care home2
- Unlicensed child care home.....3
- Child care home, don't know if licensed.....4
- Preschool5
- Relative (for example, grandparents, aunt, uncle)6
- Other (SPECIFY:).....8
- Don't know/Not sure.....7
- Refused.....9

155:

WORDK

wording only

(1/ 271)

- the age of your child.....1
- the ages of your children2

Can you tell me the <wordk > in child care?

IF NEEDED: Your child under age 5 who were in child care more than 10 hours a week during the past year.

(00 = LESS THAN ONE YEAR, 77 = DON'T KNOW/NOT SURE, 99 = REFUSED)

ASK FOR EACH: Is that a boy or girl?

FIRST CHILD	TYPE	AGE:	@q111a	1 Boy	2 Girl	3 Refused	@q111b
SECOND CHILD	TYPE	AGE:	@q111c	1 Boy	2 Girl	3 Refused	@q111d
THIRD CHILD	TYPE	AGE:	@q111e	1 Boy	2 Girl	3 Refused	@q111f
FOURTH CHILD	TYPE	AGE:	@q111g	1 Boy	2 Girl	3 Refused	@q111h
FIFTH CHILD	TYPE	AGE:	@q111i	1 Boy	2 Girl	3 Refused	@q111j
SIXTH CHILD	TYPE	AGE:	@q111k	1 Boy	2 Girl	3 Refused	@q111l

156:

Q111A

screen

(1/ 272)

- Less than one year old0
- Don't know/Not refused.....7
- Refused.....9

157:

Q111B

(1/ 273)

- Boy1
- Girl2
- Refused.....3

158: **Q111C**
(1/ 274)
 Less than one year old0

159: **Q111D**
(1/ 275)
 Boy1
 Girl2
 Refused.....3

160: **Q111E**
(1/ 276)
 Less than one year old0

161: **Q111F**
(1/ 277)
 Boy1
 Girl2
 Refused.....3

162: **Q111G**
(1/ 278)
 Less than one year old0

163: **Q111H**
(1/ 279)
 Boy1
 Girl2
 Refused.....3

164: **Q111I**
(1/ 280)
 Less than one year old0

165: **Q111J**
(1/ 281)
 Boy1
 Girl2
 Refused.....3

166: **Q111K**
(1/ 282)
 Less than one year old0

167: **Q111L**
(1/ 283)

Boy1
 Girl2
 Refused.....3

168: **A1**
(1/ 284)

169: **A2**
(1/ 286)

170: **A3**
(1/ 288)

171: **A4**
(1/ 290)

172: **A5**
(1/ 292)

173: **A6**
(1/ 294)

174: **ADDAA**
 addition only (1/ 296)

175: **SKIPX**
 skip out if no children (1/ 297)

176: **W1**
(1/ 298)

177: **W2**
(1/ 299)

178: **W3**
(1/ 300)

179: **W4**
(1/ 301)

180: **W5**
(1/ 302)

181: **W6**
(1/ 303)

182: **SEL1**
(1/ 304)

selection of child

First child.....1
 Second child.....2
 Third child.....3
 Fourth child.....4
 Fifth child.....5
 Sixth child.....6

183: **PICK1**
(1/ 305)

selection

Less than one.....0
 one.....1
 two.....2
 three.....3
 four.....4

184: **PICK2**
(1/ 306)

gender of child

boy.....1
 girl.....2

CHILD PICKED: <sel1 >

Now I'd like to ask you about how you would rate the child care your <pick1> year old <pick2> is receiving. Overall, how would you rate the way your child's caregiver responds to your child's emotional needs? Would you say...

IF NEEDED: The caregiver that spends the most time with your child. "Emotional needs" are the child's feelings and needs for closeness and security.

1 Very poor PRESS CODE @q114
 2 Poor
 3 Fair
 4 Good
 5 Or very good

 7 Don't know/Not sure
 9 Refused

185: **Q114**

READ 1-5

screen (1/ 307)

Very poor.....1
 Poor2
 Fair3
 Good4
 Very good5
 Don't know/Not sure.....7
 Refused.....9

186: **Q115**

How would you rate the safety of the physical environment at your <pick1> year old child's childcare? Consider both the indoor and outdoor areas. Would you say... (1/ 308)

Very poor.....1
 Poor2
 Fair3
 Good4
 Or very good.....5

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

187:

Q116

How would you rate how clean it is at your <pick1> year old child's childcare? For example, consider the general cleanliness, handwashing, and food handling. Would you say...

(1/ 309)

- Very poor.....1
- Poor2
- Fair3
- Good.....4
- Or very good.....5
-
- Don't know/Not sure.....7
- Refused.....9

188:

Q143

These next questions are about physical, mental, or emotional problems or limitations you may have in your daily life. Are you LIMITED IN ANY WAY in any activities because of any impairment or health problem?

(1/ 310)

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

189:

Q144

PROBE TO FIT

What is the MAJOR impairment or health problem that limits your activities?

(1/ 311)

- Arthritis/rheumatism01
- Back or neck problem.....02
- Fractures, bone/joint injury03
- Walking problem04
- Lung/breathing problem05
- Hearing problem.....06
- Eye/Vision problem.....07
- Heart problem.....08
- Stroke problem09
- Hypertension/High blood pressure10
- Diabetes.....11
- Cancer.....12
- Depression/anxiety/emotional problem13
- Other impairment/problem (SPECIFY:)14
- Don't know/Not sure.....77
- Refused.....99

For how long have your activities been limited because of your major impairment or health problem?

NUMBER:	777 Don't Know/Not sure	TYPE NUMBER @Q145A
	999 Refused	
CODE:	1 Days	PRESS CODE @q145b
	2 Weeks	
	3 Months	
	4 Years	

190: **Q145A**
 screen (1/ 313)
 Don't know/Not sure.....777
 Refused.....999

191: **Q145B**
 screen (1/ 316)
 Days.....1
 Weeks.....2
 Months.....3
 Years.....4

192: **Q146**
 Because of any impairment or health problem, do you need the help of other persons with your PERSONAL CARE needs, such as eating, bathing, dressing, or getting around the house?
(1/ 317)
 Yes.....1
 No.....2
 Don't know/Not sure.....7
 Refused.....9

193: **Q147**
 Because of any impairment or health problem, do you need the help of other persons with your ROUTINE CARE needs, such as everyday household chores, doing necessary business, shopping, or getting around for other purposes?
(1/ 318)
 Yes.....1
 No.....2
 Don't know/Not sure.....7
 Refused.....9

194:

Q148

During the past 30 days, for about how many days did pain make it hard for you to do your usual activities, such as self-care, work, or recreation?

(1/ 319)

Don't know/Not sure.....	.77
None88
Refused.....	.99

195:

Q149

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

(1/ 321)

Don't know/Not sure.....	.77
None88
Refused.....	.99

196:

Q150

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

(1/ 323)

Don't know/Not sure.....	.77
None88
Refused.....	.99

197:

Q151

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

(1/ 325)

Don't know/Not sure.....	.77
None88
Refused.....	.99

198:

Q152

During the past 30 days, for about how many days have you felt very healthy and full of energy?

(1/ 327)

Don't know/Not sure.....	.77
None88
Refused.....	.99

199:

Q153

PROBE TO FIT

Earlier you reported that due to your impairment you need some assistance from another person with your PERSONAL CARE needs. Who usually helps you with your personal care needs, such as eating, bathing, dressing, or getting around the house?

(1/ 329)

- Husband/wife/partner01
- Parent/Son/Son-in-law/Daughter/Daughter-in-law02
- Other relative03
- Unpaid volunteer04
- Paid employee or home health service.....05
- Friend or neighbor06
- Combination of family and/or friends07
- Other (SPECIFY:).....86
- Don't know/Not sure.....77
- No one helps me88
- Refused.....99

200:

Q154

READ 1-3

Is the assistance you receive to meet your personal care needs. . .

(1/ 331)

- Usually adequate1
- Sometime adequate.....2
- Or rarely adequate3
-
- Don't know/Not sure.....7
- Refused.....9

201:

Q155

Earlier you reported that due to your impairment you need some assistance from another person with your ROUTINE CARE needs. Who usually helps you with your routine care needs, such as eating, bathing, dressing, or getting around the house?

(1/ 332)

- Husband/wife/partner01
- Parent/Son/Son-in-law/Daughter/Daughter-in-law02
- Other relative03
- Unpaid volunteer04
- Paid employee or home health service.....05
- Friend or neighbor06
- Combination of family and/or friends07
- Other (SPECIFY:).....86
- Don't know/Not sure.....77
- No one helps me88
- Refused.....99

202:

Q156

READ 1-3

Is the assistance you receive to meet your personal care needs. . .

(1/ 334)

- Usually adequate1
- Sometime adequate.....2
- Or rarely adequate3
-
- Don't know/Not sure.....7
- Refused.....9

203:

Q157A

Thinking now about things you do outside of your job, During the past month, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise outside of your regular job duties?

(1/ 335)

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

204:

Q157B

During the past seven days did you perform any moderate physical activity DURING YOUR REGULAR JOB? IF NEEDED: "Moderate activity is any activity which makes your heart beat fast and makes you breathe harder or sweat. Some examples are brisk walking, moving heavy boxes or climbing stairs.

(1/ 336)

- Yes.....1
- No, did no activity on the job2
- No, don't have a regular job.....3
- No, didn't go to regular job in past 7 days4
- Don't know/Not sure.....7
- Refused.....9

205:

Q158

During the past seven days how many days did you take part in moderate physical activity during your job? IF NEEDED: IF EVERYDAY, PROBE: How many days would that be?

(1/ 337)

- No work in past 7 days88
- Don't know/Not sure.....77
- Refused.....99

During the past seven days, on an average day that you were active on your job, how much total time did you spend doing moderate physical activities?

TIME: 777 Don't know/Not sure TYPE NUMBER @q159a
 999 Refused

CODES: 1 Minutes PRESS CODE @q159b
 2 Hours

206: **Q159A**
 screen (1/ 339)
 Don't know/Not sure.....777
 Refused.....999

207: **Q159B**
 screen (1/ 342)
 Minutes.....1
 Hours.....2

208: **Q160**
 Thinking back over the past 7 days, whether on your job or in your spare time, on how many days did you do any activity to specifically increase muscle strength or muscle tone, such as weight lifting, squats, pull ups, or sit ups? (1/ 343)
 No work in past 7 days87
 None88
 Don't know/Not sure.....77
 Refused.....99

209: **Q183**
 The next questions are about safety and firearms. Firearms include weapons such as pistols, shotguns, and rifles. In answering the questions, do not include BB guns, starter pistols, or guns that cannot fire. Are any firearms now kept in or around your home? Include those kept in a garage, outdoor storage area, car, truck, or other motor vehicle. IF NEEDED: Sometimes the use of firearms can lead to injury. Gun shot injuries are a major health problem. (1/ 345)
 Yes.....1
 No.....2
 Don't know/Not sure.....7
 Refused.....9

210:

Q186

The next questions are about firearm storage. Is there a firearm in or around your home that is now loaded?

(1/ 346)

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

211:

Q187

Is there a firearm in or around your home that is now unlocked? IF RESPONDENT ASKS WHAT THE TERMS LOCKED OR UNLOCKED MEANS, SAY: A "locked" firearm means a gun with a trigger lock kept in a locked position or a gun kept in a box, cabinet or other area accessible only by a key or combination.

(1/ 347)

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

212:

Q23X6

You've indicated that you have an unlocked gun and a loaded gun, my next question is: Is there a firearm in or around your home that is now both loaded and unlocked?

(1/ 348)

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

213:

Q161

Now a different topic, thinking back over the past 12 months, have you been on any water in a small boat under 20 feet in length, such as a raft, canoe, kayak, or small motor boat? IF NEEDED: Small motor boats less than 20 feet long can usually hold 4 to 6 people in good weather. Use your best estimate; if you THINK you've been in a 20-foot boat, that's fine.

(1/ 349)

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

214:

Q162

READ 1-5

When you're in a boat less than 20 feet long, how often do you wear a life vest?
Would you say. . .

(1/ 350)

- Always.....1
- More than half the time2
- About half the time.....3
- Less than half the time.....4
- Or never.....5
-
- Don't know/Not sure.....7
- Refused.....9

215:

Q163

During the last 12 months, have you ever gone out in a small boat when you have had perhaps too much to drink?

(1/ 351)

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

216:

Q164

How many times did this happen? IF NEEDED: In the last 12 months when you went out in a boat and had perhaps too much to drink?

(1/ 352)

- Don't know/Not sure.....77
- Refused.....99

217:

Q165

READ 1-5

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

(1/ 354)

- Always.....1
- Nearly always2
- Sometimes3
- Seldom.....4
- Or never.....5
-
- Don't know/Not sure.....7
- Refused.....9

218:

Q166

What is the age of the oldest child in your household under the age of 16?

(1/ 355)

One year or less	01
No children under age 16	88
Don't know/Not sure	77
Refused	99

219:

WORD1

wording only

(1/ 357)

car safety seat	1
seatbelt	2

220:

Q167

How often does <q166 >-year-old child in your household use a <word1 > when they ride in a car? Would you say. . .

(1/ 358)

Always	1
Nearly always	2
Sometimes	3
Seldom	4
Or never	5

Don't know/Not sure	7
Refused	9

221:

Q168

READ 1-5

During the past year, how often has the <q166 >-year-old child worn a bicycle helmet when riding a bicycle? Would you say. . .

(1/ 359)

Always	1
Nearly always	2
Sometimes	3
Seldom	4
Or never	5

Don't know/Not sure	7
Never rides a bicycle	8
Refused	9

222:

Q169

READ 1-5 ONLY IF NECESSARY

When was the last time you or someone else deliberately tested all of the smoke detectors in your home?

(1/ 360)

- Within the past month (0 to 1 month ago).....1
- Within the past 6 months (1 to 6 months ago).....2
- Within the past year (6 to 12 months ago).....3
- One or more years ago.....4
- Or never.....5
-
- No smoke detectors in home.....6
- Don't know/Not sure.....7
- Refused.....9

223:

Q191

READ 1-4 ONLY IF NECESSARY

Now on a different topic, how long has it been since you last visited a dentist or dental clinic for any reason? Include visits to dental specialists, such as orthodontists.

(1/ 361)

- Within the past year (1 to 12 months ago).....1
- Within the past 2 years (1 to 2 years ago)2
- Within the past 5 years (2 to 5 years ago)3
- Or 5 or more years ago4
-
- Don't know/Not sure.....7
- Never8
- Refused.....9

224:

Q192

READ 1-88 ONLY IF NECESSARY

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

(1/ 362)

- Fear, apprehension, nervousness, pain, dislike going01
- Cost.....02
- Do not have/know a dentist03
- Cannot get to the office/clinic (too far away, no transportation, no appointments available) 04
- No reason to go (no problems, no teeth)05
- Other priorities06
- Have thought of it.....07
- No dental insurance.....08
- Or some other reason (SPECIFY:)88
-
- Don't know/Not sure.....77
- Refused.....99

225:

Q193

READ 1-4

The last time you visited a health care provider for dental services, where did you go?

(1/ 364)

- Private dentist.....1
- Public Health Center Clinic.....2
- Community or Migrant Clinic.....3
- Or some other place (SPECIFY).....4
-
- Don't know/Not sure.....7
- Refused.....9

226:

Q194

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/ 365)

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

227:

Q196

READ 1-4 ONLY IF NECESSARY

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

(1/ 366)

- Within the past year (1 to 12 months ago).....1
- Within the past 2 years (1 to 2 years ago)2
- Within the past 5 years (2 to 5 years ago)3
- Or 5 or more years ago4
-
- Don't know/Not sure.....7
- Never8
- Refused.....9

228:

Q197

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

(1/ 367)

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

229:

Q198

READ 1-88 ONLY IF NECESSARY

At what kind of place did you get your last flu shot?

(1/ 368)

- A doctor's office or health maintenance organization01
- A health department02
- Another type of clinic or health center IF NEEDED: A community health center.03
- A senior, recreation or community center.....04
- A store IF NEEDED: A supermarket or drug store.....05
- A hospital or emergency room.....06
- Workplace07
- Or some other place (SPECIFY:)88
-
- Don't know/Not sure.....77
- Refused.....99

230:

Q199

Have you ever had a pneumonia vaccination?

(1/ 370)

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

231:

Q200

READ 1-3 ONLY IF NECESSARY

How long ago did you have your last tetanus shot?

(1/ 371)

- Within the past 10 years1
- Between 10 and 20 years ago2
- Or more than 20 years ago.....3
-
- Don't know/Not sure.....7
- Refused.....9

232:

Q207

READ 1-4

These next questions are about your daily life. How safe from crime do you consider your neighborhood to be? Would you say. . .

(1/ 372)

- Extremely safe.....1
- Quite safe.....2
- Slightly safe.....3
- Or not at all safe4
-
- Don't know/Not sure.....7
- Refused.....9

233: **Q208**
 Do you own or rent your home? (1/ 373)

Own1
 Rent2
 Refused9

234: **Q209**
READ 1-4 ONLY IF NECESSARY
 How long have lived in your neighborhood? (1/ 374)

Less than six months (1 to 6 months)1
 Less than one year (6 to 12 months)2
 Less than two years (1 to 2 years)3
 Or 2 or more years4

 Don't know/Not sure7
 Refused9

235: **Q209A**
 Thinking about your community, in your opinion is there enough safe and affordable housing available in your area? By safe we mean structurally sound such as stable foundation, adequate plumbing, adequate heat and ventilation. (1/ 375)

Yes1
 No2
 Don't know/Not sure7
 Refused9

236: **Q209B**
 Have you ever been unable to get safe and affordable housing in your area? (1/ 376)

Yes1
 No2
 Don't know/Not sure7
 Refused9

237: **Q210**
 How many close friends or relatives would help you with your emotional problems or feelings if you needed it? (1/ 377)

3 or more1
 22
 13
 None4
 Don't know/Not sure7
 Refused9

238:

Q211

In the past 30 days, have you been concerned about having enough food for you or your family?

(1/ 378)

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

These next questions ask about the use of pesticides in your home and yard. I'm going to read a list of types of homes. Please tell me which one best describes your home. Would you say it is a one family house that stands alone;
a multi-unit complex, such a duplex, apartment, or condominium; a mobile home trailer; or something else.

*IF MOBILE HOME, ASK: Is it on private property or in a mobile home or trailer park? **IF MULTI-UNIT COMPLEX, ASK: Does it have more than four units?

1	One-family house that stands alone	PRESS CODE@q117
2	Multi-unit - one to four units	
3	A multi-unit - five or more units	
4	Mobile home on private property	
5	Mobile home or trailer in a mobile home or trailer park	
6	Something else (SPECIFY:)	
7	Don't know/Not sure	
9	Refused	

239:

Q117

screen

(1/ 379)

- One family house that stands alone1
- Multi-unit complex - one to four units2
- Multi-unit complex - five or more units3
- Mobile home or trailer on private property.....4
- Mobile home or trailer in a mobile home or trailer part5
- Or something else (SPECIFY:)6
- Don't know/Not sure.....7
- Refused.....9

240:

Q118

In the past year, has anyone used any chemicals to control fleas, roaches, ants or other insects INSIDE your house or apartment? This does not include insect traps, moth balls, or treatments used DIRECTLY on your pets. IF NEEDED: This does not include flea collars or carpet cleaners that kill dust mites. IF R HAS MOVED IN THE PAST 12 MONTHS: Think about all the places you have lived in the past year.

(1/ 380)

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

In the past year, how many times were these chemicals used?

NUMBER:	888 Never	TYPE NUMBER @q119
	777 Don't know/Not sure	
	998 RECORD RANGE GIVEN	
	999 Refused	
CODE:	1 Per week	PRESS CODE @q119a
	2 Per month	
	3 Per year	

241: **Q119**
 screen (1/ 381)

Never888
 Don't know/Not sure.....777
 Refused.....999

242: **Q119A**
(1/ 384)

Per week1
 Per month2
 Per year.....3

In the past year, has anyone used any chemicals to control insects or weeds on the lawn or yard, or on the EXTERIOR of your home?

IF NEEDED:

- * The exterior includes the crawl space under a home and anything applied to the outside walls or through the outside walls of the home (i.e., through holes drilled in the outside walls).
- * IF RESPONDENT HAS MOVED IN LAST 12 MONTHS, SAY: Think about all of the places you have lived in the past year.
- * "Chemicals" also includes treatments to control moss on roofs or lawns.

1 Yes	PRESS CODE @q120
2 No	
7 Don't know/Not sure	
9 Refused	

243: **Q120**
 screen (1/ 385)

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

In the past year, how many times were these chemicals used?

NUMBER:	888 Never	TYPE NUMBER @q121
	777 Don't know/Not sure	
	999 Refused	
CODE:	1 Per week	PRESS CODE @q121a
	2 Per month	
	3 Per year	

244: **Q121**
 screen (1/ 386)

Never	888
Don't know/Not sure.....	777
Refused.....	999

245: **Q121A**
 screen (1/ 389)

Per week	1
Per month	2
Per year.....	3

246: **Q122**
 I would like to ask you about various environmental factors that might influence your health. For each item please tell me if, in your opinion, any of the factors are a problem for you where you live. First. . .
 Outdoor air quality? (1/ 390)

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

247: **Q124**
 (I would like to ask you about various environmental factors that might influence your health. For each item please tell me if, in your opinion, any of the factors are a problem for you where you live.)
 Recreational water quality? (1/ 391)

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

248: **Q125**
 Drinking water quality? (1/ 392)

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

249: **Q126**
 Sewage disposal? (1/ 393)

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

250: **Q127**
 Solid waste disposal, meaning garbage or trash? (1/ 394)

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

251: **Q128**
 Hazardous material handling? (1/ 395)

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

252: **Q129**
 Food safety (1/ 396)

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

253: **Q131**
 Worker safety and health? (1/ 397)

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

254: **Q132**
 Pest control? (1/ 398)
 Yes.....1
 No.....2
 Don't know/Not sure.....7
 Refused.....9

255: **Q133**
 Roadside spraying? (1/ 399)
 Yes.....1
 No.....2
 Don't know/Not sure.....7
 Refused.....9

256: **Q134**
 Have you experienced physical discomfort from indoor air? IF NEEDED: Such as
 at home or at your work place, discomforts such as headaches, breathing troubles,
 or cough? (1/ 400)
 Yes.....1
 No.....2
 Don't know/Not sure.....7
 Refused.....`

257: **Q135**
*DO NOT READ PROBE TO FIT UP TO 4 RESPONSES PRESS ENTER TO
 CONTINUE*
 Where did these symptoms occur? (1/ 401)
 Home01
 Workplace02
 Public building (restaurant, recreational facility)03
 Other (SPECIFY:).....88
 Don't know/Not sure.....77
 Refused.....99

258:

Q136

DO NOT READ PROBE TO FIT

What is the primary source of heat for your home, that is, the one you use most often?

(1/ 403)

Electricity01
Natural gas.....	.02
Oil.....	.03
Propane/Propane powered heat04
Wood burning stove.....	.05
Fireplace/Fireplace insert/Pellets.....	.06
Other (SPECIFY:)	.87
Don't know/Not sure.....	.77
Refused.....	.99

259:

Q137

DO NOT READ UP TO 6 RESPONSES PRESS ENTER TO CONTINUE

What other sources of heat do you use for your home?

Elimination => 6 (Q136)

(1/ 405 - 407 - 409 - 411 - 413 - 415)

Electricity01
Natural gas.....	.02
Oil.....	.03
Propane/Propane powered heat04
Wood burning stove/Fireplace insert/Pellets05
Fireplace06
Other (SPECIFY:)	.87
None88
Don't know/Not sure.....	.77
Refused.....	.99

260:

Q138

DO NOT READ PROBE TO FIT

How do you generally dispose of unused portions of pesticides, herbicides or fertilizers?

(1/ 417)

Put it in regular trash for pickup01
Pour down the drain02
Pour on the ground03
Take it to hazardous waste facility04
Take it to dump/landfill mixed with other trash05
Take it to dump/landfill - separated and given to attendant06
Other (SPECIFY:)	.87
Don't know/Not sure.....	.77
Don't use/Don't throw out/Use it all up88
Refused.....	.99

261:

Q139

DO NOT READ PROBE TO FIT

How do you generally dispose of unused portions of automotive products such as oil, gasoline or antifreeze?

(1/ 419)

- Take it to automtive garage01
- Put it in regular trash for pickup02
- Pour down the drain03
- Pour on the ground04
- Take it to hazardous waste facility05
- Take it to dump/landfill mixed with other trash06
- Take it to dump/landfill - separated and given to attendant07
- Don't do it myself; take car to professional/other08
- Other (SPECIFY:)87
- Don't know/Not sure.....77
- Don't use/Don't throw out/Use it all up88
- Refused.....99

262:

Q140

Is there a location for the disposal of hazardous or toxic waste in your area?

(1/ 421)

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

263:

Q141

And finally, some people have allergies or unusual sensitivities to chemicals such as those in paints, perfumes, solvents and pesticides. Have you ever been told by a doctor that you had environmental illness or multiple chemical sensitivity?

(1/ 422)

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

264:

Q142

Do you consider yourself allergic or unusually sensitive to everyday chemicals like those in household cleaning supplies, paints, perfumes, soaps, garden sprays, weed killers or things like that?

(1/ 423)

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

265:

S30

(1/ 424)

266:
time for all sections

TIME
(1/ 425)

267:
\$E
That's my last question. Everyone's answers will be combined to give us information about the health and safety practices of people in our county. I would like to thank you very much for your time and cooperation.

INT01

(1/ 429)

Completed interview.....01

READ IF NEEDED:
* I work for Gilmore Research Group, a research firm in Seattle. Our company has been retained by the Island County Health Department to conduct this study.

* If you would like to call my supervisor to verify this information, you can call (206) 726-5582 collect. If you would like to speak with someone at the Island County Health Department to verify that our company is doing this study, you can speak with Deborah Jaccard at (360) 678-5111.

* If you or anyone you know is ever in immediate danger they can call 911 or the local police. There is a confidential multilingual hotline to help anyone who is being hurt or threatened by an intimate partner. The hotline number - if you'd like to write it down - is 1-800-562-6025. You can also find the number in the telephone book in the state government section under Abuse/Assault, Domestic Violence hotline.

PRESS ENTER TO GO BACK TO THE OTHER SCREEN @F7

277:
screen

F7
(1/ 463)

Continue1