



# **BEHAVIORAL RISK FACTOR SURVEY OF ISLAND COUNTY ADULTS**

**Prepared by:**

**The Gilmore Research Group  
Seattle, Washington**

**Funded by:**

**Island County Health Department  
Whidbey Island Oral Health Coalition  
Island County/Stanwood Community Network  
Skagit Valley Hospital  
United Way of Island County  
Washington State Department of Health  
Whidbey General Hospital  
Whidbey Island Hospital Foundation**

**March 2007**

---

# TABLE OF CONTENTS

<b>INTRODUCTION AND PURPOSE .....</b>	<b>1</b>
<b>SUMMARY OF METHOD .....</b>	<b>2</b>
<b>SUMMARY OF FINDINGS .....</b>	<b>4</b>
<b>Health Status .....</b>	<b>12</b>
<b>Disabilities .....</b>	<b>14</b>
<b>Health Care .....</b>	<b>15</b>
Health Insurance Coverage .....	15
Cost Barriers .....	16
Primary Care Provider Access .....	17
Overall Satisfaction .....	19
<b>Preventative Health .....</b>	<b>20</b>
Colorectal Exams .....	20
Vaccinations .....	21
Dental Care .....	22
Women’s Health .....	24
Men’s Health .....	26
<b>Blood Pressure .....</b>	<b>27</b>
<b>Blood Cholesterol .....</b>	<b>28</b>
<b>Children’s Health .....</b>	<b>29</b>
Asthma .....	29
Child Care .....	30
Interactions With Children .....	31
<b>Chronic Diseases .....</b>	<b>31</b>
Diabetes .....	31
<b>Overweight and Physical Activity .....</b>	<b>34</b>
Overweight .....	34
Walking .....	35
Participation in Exercise or Recreation .....	36
<b>Injury Prevention .....</b>	<b>39</b>
Car Restraint Use .....	39
Bicycle Helmet Use .....	39
Injuries Resulting From Falls .....	41
Firearms .....	42
Boating Safety .....	43

---

<b>Basic Needs .....</b>	<b>44</b>
Neighborhoods .....	44
Safe and Affordable Housing .....	44
Hunger .....	44
<b>Substance Abuse .....</b>	<b>45</b>
Tobacco Use .....	45
Smokeless Tobacco .....	46
Alcohol Consumption.....	46
<b>Environmental Health.....</b>	<b>48</b>
Indoor Air Quality .....	48
Smoking in the Home .....	49
Sun Protection .....	49
<b>Emotional and Mental Health .....</b>	<b>50</b>
Anxiety Disorder .....	50
Depression .....	51
Schizophrenia.....	51
Emotional Support .....	51
Volunteerism.....	52
Overall Level of Preparedness.....	53
Main Method for Obtaining Information About a Large-Scale Emergency .	54
<b>APPENDIX A.....</b>	<b>55</b>
<b>Respondent Profile .....</b>	<b>55</b>
<b>APPENDIX B .....</b>	<b>58</b>
<b>DETAILED METHODOLOGY.....</b>	<b>58</b>
Sample .....	59
Questionnaire.....	59
Respondent Selection .....	60
Data Collection Process.....	60
Quality Control Procedures .....	61
Data Processing and Weighting .....	61
<b>QUESTIONNAIRE .....</b>	<b>63</b>

## INTRODUCTION AND PURPOSE

This survey was conducted among Island County residents to determine various behaviors and characteristics that are known to affect health. The survey follows baseline and benchmark measures conducted in 1996 and 2000/2001. This current study was commissioned by The Island County Health Department.

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 for other specific geographic regions. The Island County assessment addresses health risk behaviors and emotional well-being, as well as safety practices and environmental health risk factors among Island County residents.

This study of Island County residents is a key tool in assessing the health of county residents. Assessment is a critical component of a community health process model that seeks to set priorities and goals that will help achieve a healthy Island County population.

---

## SUMMARY OF METHOD

The methods for conducting the BRFSS have been standardized over many years by the CDC. The survey itself consists of a core set of CDC questions as well as questions added at the state level that 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 that developed the questions. Some question modules were based on BRFSS modules developed by other states or other Washington counties. A more detailed description of the methodology can be found in Appendix A. A copy of the questionnaire appears in Appendix B.

The survey was conducted by telephone from the Gilmore Research Group telephone facility in Bremerton, Washington. A total of 809 randomly selected Island County adult residents were interviewed: 204 located in South Whidbey (Clinton 98236, Freeland 98249 and Langley 98260), 200 in Central Whidbey (Coupeville 98239 and Greenbank 98253), 205 in North Whidbey (Oak Harbor 98277 and 98278) and 200 in Camano Island (98282). The survey was fielded from October 10, 2006 to December 10, 2006. It averaged 17.8 minutes in length.

Response data were weighted by age and gender proportionate to the age/gender representation within the population of Island County.<sup>1</sup> Base numbers of respondents and proportions shown in graphs and tables are weighted. Response proportions in figures and tables may not sum to 100% because of rounding.

Where questions are comparable, the current survey will provide reference to results obtained in 2000/2001. It is important to point out however, that a difference in weighting schemes between the two years prevents a statistical comparison of results. The 2000/2001 survey weighted data on the basis of age and gender distribution, and also on the basis of residential telephone numbers per adults in the household. This year's survey did not ask about the number of telephone numbers in the household.

References are made to demographic subgroups throughout the report. These subgroups are based on gender, age, income, and the number of children less than 18 years of age living at home, the geographic living area and perception of health status.

---

<sup>1</sup> Population numbers used in weighting were 2005 estimates for Island County provided by the Washington State Office of Financial Management. The populations for males and females who are age 18 to 24 and 25 to 29 were adjusted downward to account for those currently in residence at the Whidbey Naval Air Station.

Any differences noted between subgroups in this report are statistically significant. References to statistical variance sometimes include only major differences, when a particularly large number of differences occur. For a complete summary of statistical variance, please refer to the cross tabulations of response data presented under separate cover.

Confidence limits of findings based on the county wide sample of 809 are  $\pm 3.4$  at the 95% confidence level. For estimates based on population subgroups of the total sample, the confidence limits of findings are greater than  $\pm 3.4$  and vary depending upon the size of the subgroup.

---

## SUMMARY OF FINDINGS

This summary will provide mention of notable changes in results between 2006 findings and 2000/2001 findings where questions are comparable. Discussion of statistically significant changes between the years is not possible because of dissimilarities in the way the samples were weighted in each year.

### General Health

Most Island County respondents rated their overall health as *excellent* (22%) or *very good* (35%). An additional 31 % gave an overall health rating of *good*. Eight percent (8%) rated their health *fair* and 4% said their health was *poor*. Results this year are similar to results obtained in 2000/2001.

Among all respondents, 38% said they experienced at least one day during the past month when their physical health was not good, and 32% said there was at least one day during the preceding 30 days when their mental health was not good. The average number of days when *physical health* was not good was 3.89 across all respondents, and the average days when *mental health* was not good was 3.07 days.

### Health Insurance Coverage

Nine out of ten (90%) said they currently have health insurance, less than in 2000/2001 (94%). Among those not covered 49% said they couldn't afford to pay the premiums.

### Cost Barriers

Nearly one out of ten respondents (9%) said there was a time in the past twelve months when they were unable to fill a prescription because they couldn't afford it. This is about the same proportion as in 2000/2001.

### Primary Care Provider Access

Most respondents (86%) said they have one particular place that they go when they are sick or need health advice. Those who do not have a usual place (8% of all respondents) said they don't, mainly because they say they have not needed a physician. These findings compare closely to findings reported in 2000/2001.

In results comparable to 2000/2001 results, a large majority of respondents (85%) rated convenience of their health care providers' offices as *excellent* or *good*.

Respondents were not likely to have recently changed health care providers: about one third (34%) said they last changed doctors more than 5 years ago and 13% said they had *never* changed. One quarter (25%) said they last changed doctors within the last year.

---

Nearly three out of five (59%) rated their overall satisfaction with their health care providers *excellent* or *very good*. This is about the same as in 2000/2001.

### **Blood Pressure**

About three-fourths (74%) said they had their blood pressure checked in the past six months; another 14% said they had it checked in the past year. Four 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 similar to those obtained in the last survey.

About three out of ten respondents (29%) said they had been told by a health professional that their blood pressure is high.

### **Blood Cholesterol**

Eighty-one percent (81%) said they have had a blood cholesterol check. These results are similar to results obtained in 2000/2001. Among all respondents, 28% said they had been advised that their cholesterol levels were high. This is comparable to results of 2000/2001.

### **Colorectal Exams**

Among respondents 50 years old and older 59% said they have used a blood stool test kit at home. Nearly two thirds (64%) said they had undergone a sigmoidoscopy or colonoscopy sometime in their lives. A comparison of these results with 2000/2001 found more respondents in 2000/2001 who have used a blood stool test kit (67%) but fewer who have ever had a sigmoidoscopy or colonoscopy (50%).

### **Vaccinations**

A majority of respondents (65%) said they did not receive a flu shot during the previous year. These results are similar to those obtained in 2000/2001. Two thirds (65%) said they received their last tetanus shot within the past 10 years, fewer than in 2000/2001 (76%).

### **Dental Visits**

Respondents were asked when they last visited a dentist or dental clinic. Most (74%) said they visited in the past year; another 11% said they visited one in the past two years. The proportion reporting a visit in the past year is lower than in 2000/2001 (82%).

More than one third of respondents who said they had not visited a dentist during the past year gave cost barriers as reasons (*cost* – 23%; *no dental insurance* – 12%).



## Diabetes

This year 6% of all respondents said they were diagnosed with diabetes, about the same proportion as in 2000/2001 (5%). The average age of diagnosis was 53.4 years. Most respondents who have diabetes said they take oral medication to help control the illness (78%).

## Asthma

Results this year showed an increase in the proportion of respondents who said that a doctor had sometime told them they had asthma (16%, compared to 11% in 2000/2001). The proportion of those that currently have asthma is also up over the previous survey (11% this year, compared to 7% in 2000/2001).

## Cardiovascular Disease

Four percent of all respondents reported having had a heart attack or myocardial infarction. An equal proportion said they had angina or coronary heart disease. Two percent (2%) reported having had a stroke. Nearly two thirds (63%) are trying to lower their risk of heart disease by eating fewer high-fat or high-cholesterol foods and 66% are exercising more. Almost half (48%) are doing both and 16% are doing neither. All of these findings are comparable to 2000/2001 findings.

## Injuries Resulting From Falls

Two new questions asked of respondents age 45 and older determined that 22% had taken a fall in the past 3 months, and 38% said the falls created injuries that disrupted their regular physical activities.

## Mammograms

Two thirds (67%) of women age 50 and older said they had a mammogram in the past year and 15% said they had one in the past two years. These results are similar to 2000/2001 findings.

## Pap Tests

Over half of all female respondents (55%) said they last had a pap test in the past year, and another 17% had one in the past three years. The proportion of women having had a pap test in the past year is considerably lower than in 2000/2001, when 70% of all female respondents<sup>2</sup> had a test within that timeframe.

---

<sup>2</sup> Results reported in 2000/2001 were for women who said they had never had hysterectomies. The proportion of these women who said they had a pap test within the past year reported then was 78%. Because the question about hysterectomies was not asked in the current survey the results couldn't be directly compared. To correct for this difference the 2000/2001 data was re-based to include all female respondents. Results that are given above for 2000/2001 reflect the correction.

---

The proportion of women having pap tests 5 or more years ago was considerably higher this year than in 2000/2001 (13% compared to 8%).

### **Prostate Exams**

Among men age 50 and older, equal proportions have been tested for prostate cancer (78%) and have had a PSA blood test for prostate cancer (78%). These proportions are similar to 2000/2001 findings (80% - *tested*; 73% - *PSA blood test*).

### **Children's Asthma**

Seventeen percent (17%) of parents who have children living at home said that a doctor had informed them that one or more of their children had asthma. This is comparable to the 2000/2001 proportion of children diagnosed with asthma (14%).

### **Child Care**

Forty-two percent (42%) of respondents with children said their children were under age 5. Among parents with children less than 5 years old, one third (33%) said their children were in child care more than 10 hours per week. One quarter (23%) said they have infant children (less than a year old) in child care more than 10 hours per week.

Asked to describe the range of choices available in selecting child care providers respondents were more likely to say choices were limited (*a few choices* – 34%) than extensive (*a wide range* – 9%; *quite a few choices* – 16%).

Almost half (48%) said their children received care in a licensed home and 10% said they attended a preschool or child care center.

A large majority of respondents (95%) rated caregiver responsiveness as *very good*, and most (78%) described the safety of the environment as *very good*. Most (79%) also rated as *very good* the cleanliness of the facility.

### **Interactions With Children**

New questions asked parents about the frequency of their reading and storytelling to their children who are age 5 and younger. Results found reading to children to be more common than story telling (85% compared to 59%, respectively, *at least 3 times a week*).

## Disabilities

More than one in five respondents (22%) said they are limited in some activities because of impairments or health problems. This proportion is greater than the proportion reported in 2000/2001 (17%). Two thirds (66%) said they had at least one day in the past 30 days when pain made it hard for them to do their usual activities.

Back and neck problems and arthritis/rheumatism were the most frequent sources of impairment (4%, each), followed by bone or joint injuries and walking problems (3%). Two out of five (41%) of those with a disability said they have been impaired more than five years. Among all respondents about 16% have a disability that has lasted more than one year.

Almost one in ten (9%) of those disabled said they require the help of another person for their personal care needs. Nearly three out of ten (29%) said they need the help of other persons in handling routine needs such as household chores, necessary business, shopping or getting around.

## Overweight/Obesity

Using the reported weights and heights for respondents who provided information, results found 58% of Island County respondents overweight, including 22% considered obese. The rate of overweight in the current survey is well above the rate reported in 2000/2001 (34%). This increase is in part linked to a more stringent measure of overweight in place now than in 2000/2001. Currently overweight is defined as a BMI equal to or greater than 25. In 2000/2001 the definition was more relaxed (BMI  $\geq$  27.8 for men and  $\geq$  27.3 for women).

Analysis of the 2000/2001 data using the current standard of measure found the rate of overweight at that time (54%) to be about comparable to now (58%). However, the rate of obesity in 2000/2001 was significantly lower (16% in 2000/2001 versus 22% currently).

## Tobacco

Eighteen percent (18%) of respondents said they currently smoke cigarettes, about the same as in 2000/2001 (19%). One third (32%) are former smokers and 50% have never smoked. Among those who currently smoke 40% said they smoke at least a pack (20 cigarettes) a day. Three out of ten (31%) respondents who currently smoke said they do not smoke every day.

## Alcohol

Nearly two-thirds of respondents (64%) said they consumed at least one drink of alcohol in the month prior to the survey. This is about the same as in 2000/2001 (67%). Among all respondents 4% are calculated to be “chronic drinkers,” that is, they drank more than 60 drinks in the month prior to the survey. This is about the same as in 2000/2001 (5%). Ten percent (10%) reported “binge” drinking at least once a month in the month prior to the survey, down from 2000/2001 (15%).

---

## Car Restraints

More respondents this year said they *always* wear seat belts than said this in 2000/2001 (92% compared to 88%). About the same proportion as in 2000/2001 said their children under 16 *always* wear seat belts (98% this year; 96% in 2000/2001).

## Bicycle Helmets

About half (51%) of respondents with children age 5 to 16 said their children *always* wear helmets when riding a bicycle and 20% said they *nearly always* do. Fifteen percent (15%) said their children *never* wear bicycle helmets. Results obtained this year cannot be compared with 2000/2001 results because of a difference in question wording. This year the question asked about the eldest child in the family. The 2000/2001 survey asked about the youngest.

## Safe and Affordable Housing

Although most homeowners and renters agreed that there was sufficient safe and affordable housing in their areas (79% and 66% agreed, respectively), renters were significantly more likely than homeowners to say that good housing was *not* sufficient (27% of renters said this compared to 14% of homeowners). Renters were also more likely than homeowners to have past problems accessing safe and affordable housing (19%, compared to 6%).

## Firearms

Two out of five respondents (38%) said they keep guns in or around their homes, the same proportion as in 2000/2001. Among gun owners, more than one fifth (23%) have a loaded gun in the house and half (50%) have an unlocked gun. Overall, 13% of the gun owners reported having a firearm that is both loaded and unlocked.

## Boating Safety

Among Island County residents who have boated in the past 12 months (39% of all respondents) more than half (56%) said *always* wore life vests, but 16% said they *never* did. Frequency of wearing life vests is up a little over 2000/2001 results (at that time 50% said *always* and 22% said *never*).

## Hunger

About one in twenty respondents (6%) said they had been concerned in the past month about having enough food for themselves or their families, approximately the same proportion as in 2000/2001.

## Walking

This year's survey asked a series of questions about walking. A comparison of responses showed that many Island County residents are not currently using the types of walking

surfaces that they most prefer for walks. Forty percent (40%) said they most often walked along a road or shoulder surface, but 11% said they preferred to walk on this type of surface. Seventeen percent (17%) said they most often walked on an unpaved path, but 34% said they most preferred to walk on an unpaved path.

Respondents often said they if they had *more sidewalks* (22%) and *improved lighting* (12%) they would be more likely to walk.

### **Participation in Exercise or Recreation**

Eighty-seven percent (87%) of respondents said that they participated in some sort of physical activity in the past month. Asked to name the type of activity they spent most time doing, 51% said *walking*. These questions were new this year.

### **Indoor Air Quality**

About one quarter of respondents (24%) reported having experienced physical discomfort from indoor air, a very notable increase over 2000/2001 results (6%).

This increase may be linked to several factors, including an increase in the proportion of respondents this year who report having ever been diagnosed with asthma (16%, compared to 11% in the previous survey) and an increase in the proportion of respondents who say they still have asthma (11% compared to 7%). Other factors may be an overall increase in the past few years in the number of local, regional and national campaigns to address indoor air quality issues, and an increase in news reports about the negative effects of indoor mold.

### **Smoking in the Home**

Nearly nine out ten respondents (88%) said there were no occasions of anyone smoking cigarettes, cigars or pipes in their homes during the previous 30 days. This proportion is about the same as in 2000/2001 (87%).

### **Sun Protection**

Most respondents do not often use sunscreen when they are outside for more than one hour: 32% said they *never* use sun protection, and 35% said they *sometimes* or *seldom* do. These proportions are about the same as in 2000/2001.

### **Anxiety Disorder**

Fourteen percent (14%) of Island County respondents said they were diagnosed with an anxiety disorder at some time in their lives. This question was not asked in the last survey.

---

## Depression

The survey asked all respondents whether a doctor had ever told them that they had a depressive disorder. More than one fifth (21%) said *yes*. The question was new this year.

## Schizophrenia

Among all respondents, less than 1% reported having ever been told that they have schizophrenia.

## Emotional Support

More than four out of five respondents (83%) said they had three or more close friends or relatives that would help them with emotional problems or feelings. This proportion is significantly lower than 2000/2001 results (87%).

## Voluntarism

More than three out of five respondents (62%) said they performed volunteer work for at least one hour during the past year. The mean number of hours engaged in volunteer work among all respondents was 9.08 hours.

## Overall Level of Emergency Preparedness

Most respondents do not feel well prepared to handle a major disaster: two thirds (65%) said their households were only *somewhat* prepared to safely ride out a large-scale disaster or emergency, and 13% said they were *not prepared at all* for such an event. This question was not asked in 2000/2001.

## Main Method for Obtaining Information About a Large-Scale Emergency

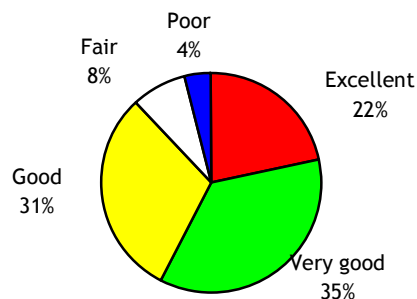
Respondents most often said they would listen to the radio to get information about an emergency (58%). Many would also make phone calls (13%) or watch television to obtain the information (13%).

## 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 (57%) rated their health as *excellent* or *very good*, while 12% rated it *poor* or *fair*. This question was also asked in the 2000/2001 survey. Results are similar from year to year.

Subgroups more likely to rate their health as *fair/poor* include respondents who earn \$20,000 or less per year (26%) compared to those who earn \$35,000 or more (8%) and those who have no children under age 18 living at home (13%) compared to those who have children at home (7%).

**Figure 1**  
Perception of Own Health



Base = 809

Question 1: Would you say that in general your health is excellent, very good, good, fair or poor?

Table 1: Many respondents (38%) said there was at least one day in the past month when their *physical health* was not good, and many (32%) said there was at least one day when their *mental health* was not good.<sup>3</sup>

The average number of days when *physical health* was not good was 3.89 across all respondents, and the average days of poor *mental health* was 3.07 days. Averages among respondents who said they experienced at least one day of poor physical or mental health were much higher: 10.24 days for those with poor *physical health* and 9.25 days for those with poor *mental health*.

	Days When Physical Health Was Not Good	Days When Mental Health Was Not Good	Had Pain*
	<b>(809)</b>	<b>(809)</b>	<b>(181)</b>
No Days	61%	66%	32%
At Least One Day	38	32	66
1 Day	4	5	2
2 Days	7	5	5
3 to 5 Days	9	9	11
6 to 10 Days	7	4	10
11 to 29 Days	4	5	17
30 Days	7	4	21
<i>Mean</i>	<i>3.89</i>	<i>3.07</i>	<i>11.23</i>
Don't Know	1	2	3

\*The base includes only those who report having some physical, emotional or mental health impairment that limits their everyday activities.

**Questions 2, 3, 109:** 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 pain make it hard for you to do your usual activities, such as self-care, work or recreation?

Table 1 also shows how often *impaired* respondents said they experienced pain over the last month.<sup>4</sup> Among these respondents 66% said they experienced at least one day of debilitating pain during the past month, including 21% who said they experienced pain every day. In 2000/2001 there were fewer respondents (60%) who said they experienced at least one day of pain, but slightly more (23%) who said they experienced pain every day. The average number of days of pain was higher for impaired respondents in 2000/2001 than in 2006 (16.83 in 2000/2001 versus 11.23 days in 2006).

<sup>3</sup> Eighty-seven percent (87%) of respondents said they had 7 or fewer days in the past 30 when their mental health was not good, 2% said they experienced poor mental health between 8 and 13 days and 9% said they had 14 or more days in the past 30 days when their mental health was not good. Number of days experiencing poor mental health is categorized in this way to compare with data obtained at the state level.

<sup>4</sup> When the question is re-based to include those *not* asked the question (because they said they had no impairments or health problems) the proportion experiencing at least one day of pain drops to 14%, and the average number of days of pain falls to 3.84. The 2000/2001 report gives the following results for all respondents (including those *not* asked the question): 19% experienced at least one day of pain, on an average of 1.8 days during the past month.



## Disabilities

More than one in five respondents (22%) said they are limited in some activities because of impairments or health problems. This proportion is greater than the proportion reported in 2000/2001 (17%). It is notable that this year's survey found 2% of all respondents impaired by an emotional condition. In 2000/2001 less than 1% said they had this limitation.

The subgroups most likely to report having a disability were respondents 55 and older (31%) compared to respondents under 45 (15%).

Back and neck problems and arthritis/rheumatism were the most frequent sources of impairment (4%, each), followed by bone or joint injuries and walking problems (3%). Two out of five (41%) of those with a disability said they have been impaired more than five years. Among all respondents about 16% have a disability lasting more than one year.

Almost one in ten of those disabled (9%) said they require the help of another person for their personal care needs. Nearly three out of ten (29%) said they need the help of other persons in handling routine needs such as household chores, necessary business, shopping or getting around.

	<b>(809)</b>
Any Disability	22%
Back or neck problems	4
Arthritis/rheumatism	4
Fractures, bone/joint injury	3
Walking problem	3
Emotional problems	2
Lung/breathing	1
Other	6
<b>Length of Impairment (among those with a disability)</b>	<b>(181)</b>
0-6 months	13%
7 months - 1 year	11
2-5 years	33
6-10 years	20
More than 10 years	21
Don't know	2
<b>Questions 104-105: What is the impairment that limits your activities. How long has it limited your activities?</b>	

## Health Care

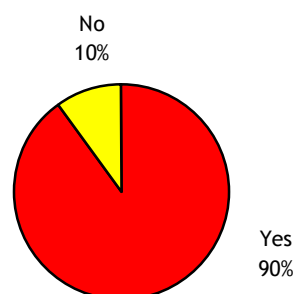
### Health Insurance Coverage

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

In total, 90% said they currently have health care coverage, while 10% said they did not have any coverage. In 2000/2001, the proportion of those with coverage was higher (94%) and the proportion of those without was lower (6%).

Among those not covered, nearly half (49%) said they couldn't afford to pay the premiums, and about one-fifth (20%) said they lost coverage when they lost their job or changed jobs.

**Figure 2**  
Health Care Coverage in Island County



Base = 809

Question 4: Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMO's or government plans such as Medicare?

Subgroups more likely to lack health insurance coverage include:

- Respondents age 25 to 44 (19%), compared to those age 45 or older (3%)
- Persons who earn less than \$35,000 per year (22%); compared to those who earn \$35,000 or more (5%)
- Those who rate their overall health *fair/poor* (18%) compared to those who rate their health *excellent/very good* (9%).

Among all respondents, most said they are covered through their employer's plan (38%) or someone else's employer (12%); 16% are covered through military plans, and 18% have Medicare.

Among respondents who have coverage, 62% have had their current plan for five or more years; 13% have had their plan for less than one year. Most (76%) of the respondents with health insurance coverage have only one type of coverage.

**Table 3**  
**Types of Health Care Coverage Used to Pay Most of Medical Care**

	<b>(809)</b>
Own Employer's Plan	38%
Medicare	18
Military / VA / Champus	16
Someone Else's Employer's Plan	12
Individually Purchased Plan	11
Medicaid	3
Other	1
No Coverage	10

**Question 6:** What type of health coverage do you use to pay for most of your medical care?

### ***Cost Barriers***

Nine percent (9%) of the respondents said that in the past twelve months they were unable to fill a prescription for a medication because of the cost. This is about the same proportion as in 2000/2001 (8%).

## Primary Care Provider Access

Respondents were asked whether they go to one particular doctor's office, health facility or clinic when needing health care or advice. Most (86%) said they have one particular place, while 8% 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 closely to findings reported in 2000/2001.

**Table 4**  
**Where Respondents Go for Health Care**

	(809)
One Particular Place	86%
No Particular Place	8%
Have not needed a doctor	3
Have more than one place	5
Don't Know	7

**Questions 10,11:** 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 who were more likely than others to say they have no usual place they go for health care include those age 45 to 54 (10%), those who reside on South Whidbey (16%) and those who rate their health *excellent/very good* (10%).

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 (85%) rated convenience *good* or better, including 30% that rated it *excellent*. These results are comparable to 2000/2001 results.

Respondents who live in the central portions of Whidbey Island and those who live north on the Island were more likely than Camano Island residents to give a convenience rating of *excellent* (42% North Whidbey; 31% - Central region; 20% - Camano Island). Those who live south on the Island (12%) and in the central regions (6%) were more likely than those who live north (1%) to give a convenience rating of *poor*.

All respondents were also asked when they last changed doctors, and if so, why they changed. This question is different than in 2000/2001 when only respondents who have a usual place for health care or who go to more than one place were asked.<sup>5</sup>

Results found most respondents rather unlikely to have recently changed health care providers.

Although 25% said they'd changed doctors within the last year, about one third (34%) said they last changed doctors more than 5 years ago and 13% said they had *never* changed doctors. Reasons for changing included a move by respondents from one residence to another (36%) and also a retirement or move by the provider (28%). Eleven percent (11%) said they were dissatisfied with the former provider or were happier with a different provider.

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

- Respondents age 18 to 24 (50%), compared to those 35 or older (19%)
- Those who have children at home (31%), compared to those without children at home (21%)
- North Whidbey Island residents (33%) compared to South Whidbey and Central Whidbey residents (20% and 17%, respectively).

**Table 5**  
**Last Time Changed Doctors**

	<b>(809)</b>
1-12 months ago	25%
1-2 years ago	11
2-3 years ago	6
3-5 years ago	7
More than 5 years ago	34
Don't know/not sure	5
Never	13

**Questions 13:** When did you last change doctors?

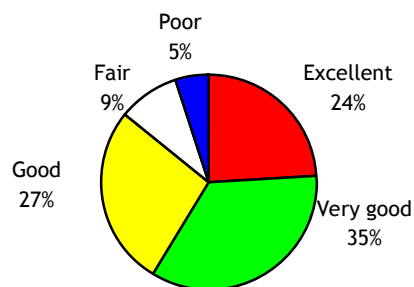
<sup>5</sup> When the 2006 question is re-based to make it comparable to the 2000/2001 question (to include only those who have at least one usual place to go for health care), the proportions remain about the same in each category of response as those shown in Table 5. These re-based results show several notable differences between the years: respondents in 2000/2001 were more likely than respondents this year to have changed doctors within the last year (31%) and less likely to have "never" changed doctors (5%).

## Overall Satisfaction

Respondents said they were generally pleased with the health care that they receive. Nearly three out of five (59%) rated their overall satisfaction *excellent/very good*. These results are comparable to survey results of 2000/2001.

- Respondents age 65 or older were more likely than those younger to rate their overall satisfaction as *excellent* (35% compared to 18%).

**Figure 3**  
**Overall Satisfaction with Health Care**



Base = 809

Question 9: Thinking about the health care you receive, how would you rate your satisfaction? Would you say ...

## Preventative Health

### Colorectal Exams

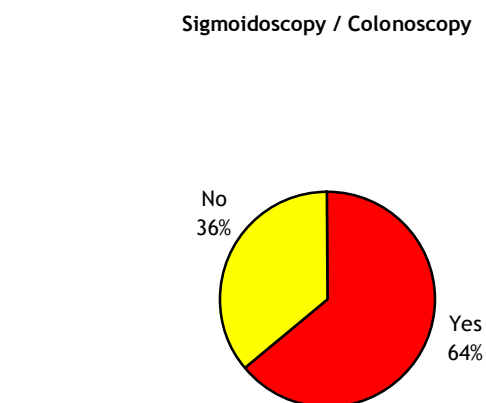
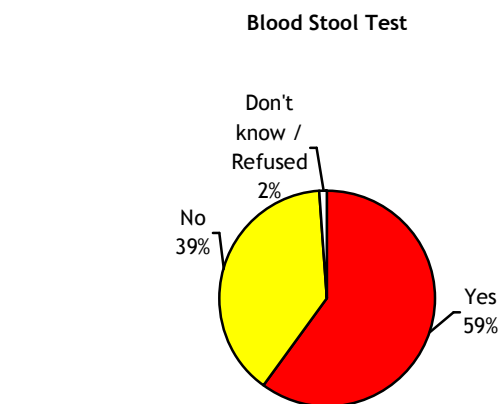
Nearly three out of five respondents (59%) age 50 or older said they had used a blood stool test kit at home, sometime in the past.

Even more respondents in this age group (64%) said that they had undergone a sigmoidoscopy or colonoscopy sometime in their lives.

In 2000/2001 the survey focused these questions on respondents age 40 and older. When data from 2000/2001 is re-based to make it comparable to this year (that is, to include only those respondents age 50 years old and older) results found more respondents in the 50 and older age group in 2000/2001 who had used a blood stool test in the past (67%), but fewer who had ever experienced a sigmoidoscopy or colonoscopy (50%).

Respondents who live in the central portions of Whidbey Island were more likely than those who live on Camano Island to have ever used a blood stool kit (66% compared to 52%).

**Figure 4**  
**Colorectal Exams**



**Base = 369 respondents age 50 and older**

**Questions 81, 82:** 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? 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?

## Vaccinations

A majority of respondents said they did not receive a flu shot during the previous year (65%, Table 6).

These results are similar to those obtained in 2000/2001. A majority also said they did not plan to get a flu shot in the fall (52%).

The following subgroups were more likely than others to say they received a flu shot during the past year:

- Respondents age 65 or older versus those in all younger age groups (63% compared to 27%)
- Those who earn \$35,000 or more annually (39%) compared to those who earn \$20,000 to \$35,000 (24%)
- Respondents who have no children at home (38%), compared to those with children at home (27%)

Two thirds (65%) said they received their last tetanus shot within the past 10 years. This proportion is lower than in 2000/2001 (76%).

Among those more likely to have received a tetanus shot within the past year were men (69%) compared to women (60%), those who earn \$50,000 or more annually (69%) compared to those who earn between \$20,000 and \$35,000 (57%) and respondents who are 55 to 64 years old (73%) compared to those age 65 to 74 (62%) and those 75 years old and older (58%).

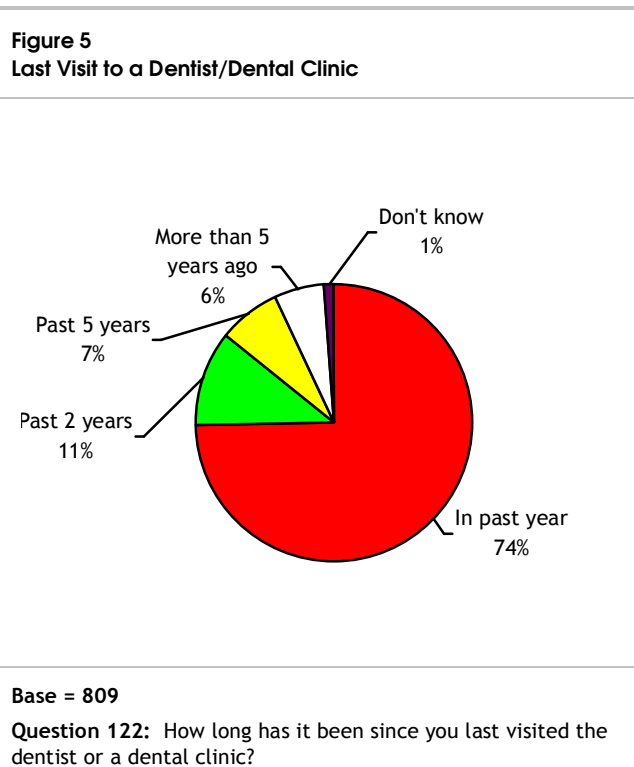
	<b>(809)</b>
<b>Received flu shot:</b>	
Yes	34%
No	65
Don't know	1
<b>Plan to get a flu shot this year:</b>	
Yes	43%
No	52
Don't know	6
<b>Last tetanus shot received:</b>	
Within the past 10 years	65%
10 - 20 years ago	12
More than 20 years ago / Never	4
Don't know/not sure	20
<b>Questions 126, 126A, 127:</b> Have you had a flu shot in the past year? Do you plan on getting a flu shot this fall? Have you ever had a pneumonia vaccination? How long ago did you have your last tetanus shot?	



## Dental Care

Respondents were asked when they last visited a dentist or dental clinic. Most (74%) said they visited in the past year; another 11% said they visited one in the past two years. The proportion reporting a visit in the past year is lower than in 2000/2001 (82%).

- Respondents who earn \$50,000 or more annually were more likely than were those who earn less than \$35,000 to have had a dental visit in the last year (83% versus 61%).
- Those who earn between \$20,000 and \$35,000 were more likely than those who earn \$50,000 or more to have had their last dental visit 5 or more years ago (12% compared to 3%).
- Respondents who rate their overall health status *excellent/very good* were more likely than those who gave a lower health status rating to say they visited within the last year (81% compared to 64%).



Among respondents who did not visit a dentist in the past year, 26% said they had no reason to go and more than one third mentioned cost barriers, including 23% that said *cost* and 12% that said *no dental insurance*.

**Table 7**  
Reasons for Not Visiting Dentist During the Past Year

	(212)
No reason to go / No problems / No teeth	26%
Cost	23
Other priorities	19
No dental insurance	12
Fear / Apprehension	6
Do not have/know a dentist	6
Have not thought of it	4
Can't get to office/clinic	2
Don't know/Refused	2

Question 123: What is the main reason you have not visited the dentist in the past year?

Respondents were also asked whether they had insurance coverage for some or all of their dental care<sup>6</sup> and when they last had their teeth cleaned by either a dentist or dental hygienist.

Similar to results obtained in 2000/2001, about two-thirds (65%) said they had some kind of insurance coverage to pay for their dental care.

Seventy percent (70%) said their teeth had been cleaned in the last year.

This proportion is lower than in the previous survey (78%).

**Table 8**  
**Dental Services and Insurance**

<b>Have insurance coverage of some kind to pay for dental care:</b>	<b>(784)</b>
Yes	65%
No	35
<b>Last time teeth were cleaned:</b>	<b>(809)</b>
1-12 months	70%
1-2 years ago	12
2-5 years ago	8
More than 5 years ago	8
Don't know/not sure	1
Never	1

**Questions 124,125:** 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?

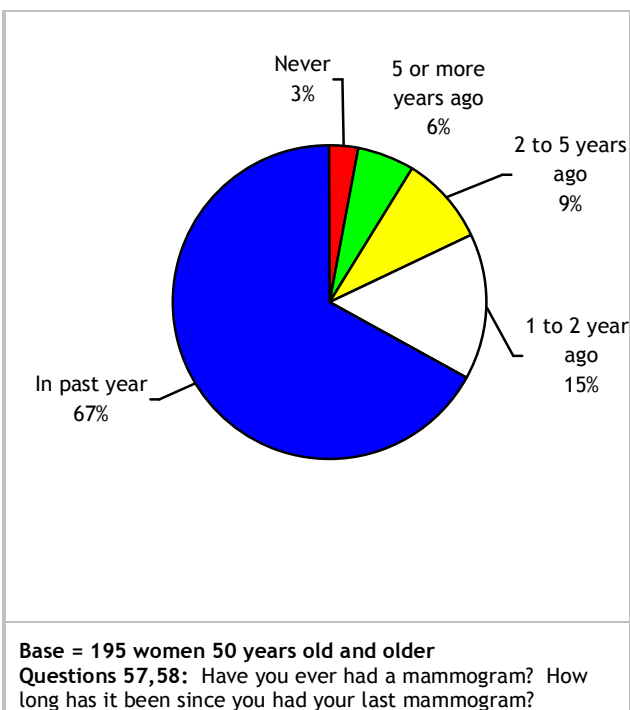
<sup>6</sup>Excluded from this question were respondents who attributed lack of dental insurance as a reason for not having visited a dentist within the past year.

## 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 they last had a mammogram.

Two-thirds (67%) of all female respondents 50 and older said they had a mammogram in the past year, and another 15% had one in the past two years, for a total of 82% of those women reporting a mammogram within the past two years. These results are similar to those reported in 2000/2001 when 88% of women ages 50 and older reported having mammograms at the same frequency.



Women who said they have never had a mammogram or who said they have not had one in the past 5 years (9% of all in the 50 and older age group) were asked to give the most important reason for putting it off.

Of the seven women age 50 and older that have never had a mammogram, two said they believed the test was unnecessary. The remaining women mentioned each of the reasons that are shown in Table 9, which displays all the explanations for not having a mammogram given by women who have not had one in the past five years, or women who have not had one at all.

**Table 9**  
**Reasons for Not Having A Mammogram in the Past Year**

	(57)
Lazy, Procrastinating	29
Not needed / Unnecessary	22
Cost	13
Too Busy	9
Not recommended by Dr.	7
Don't believe in mammograms	4
Anxious / Afraid	3

Questions 59,60: What is the most important reason that you have not had a mammogram in the past year?

## Pap Tests

Women were told that a pap test is a test for cancer of the cervix, and were asked when they last received one.

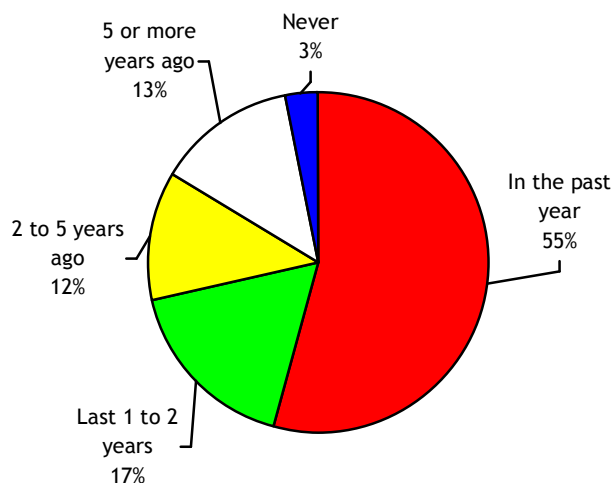
Over half (55%) said they last had a pap test in the past year, and another 17% had one in the past three years. The proportion of women having had a pap test in the past year is considerably lower than in 2000/2001, when 70% of all female respondents<sup>7</sup> had a test within that timeframe. The proportion of women having pap tests 5 or more years ago was considerably higher this year than in 2000/2001 (13% compared to 8%).

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

- Respondents age 18 to 34 (77%) compared to those age 45 or older (46%)
- Those who have children living at home (70%) compared to those who have no children at home (47%)
- Residents of central and north Whidbey Island (61% and 64%, respectively) compared to residents of Camano Island (43%)
- Those who gave an *excellent/very good* or *good* rating for their overall health status (57% and 58%, respectively), compared to those who rated their overall health status *fair/poor* (40%).

Women age 75 and older were more likely than those younger to have had a pap test 5 or more years ago (45%)

**Figure 7**  
**Most Recent Pap Test**



Base = 415

Questions 61,62: Have you ever had a pap test? How long has it been since you had your last pap test?

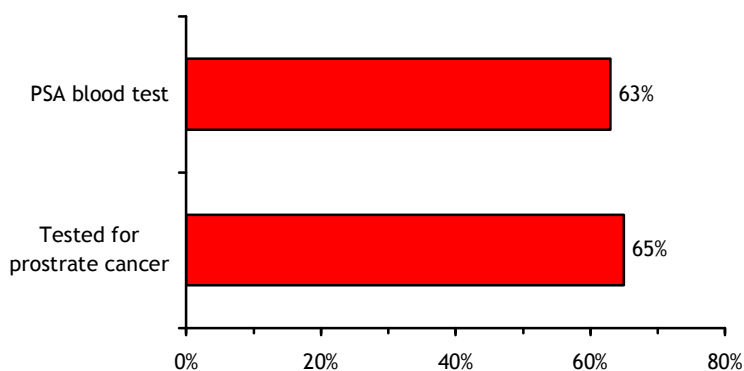
<sup>7</sup> Results reported in 2000/2001 were for women who said they had never had hysterectomies. The proportion of these women who said they had a pap test within the past year reported then was 78%. Because the question about hysterectomies was not asked in the current survey the results couldn't be directly compared. To correct for this the 2000/2001 data was re-based to include all female respondents. Results given above for 2000/2001 reflect the correction.

## Men's Health

### Prostate Exams

Findings on prostate exams are reported for 2 base groups of men: those age 40 and older and those age 50 and older. Results are given this way for 2 reasons: (1) to parallel survey findings of 2000/2001, which presented findings for *only* those age 50 and older, and (2) to provide current results, which asked a younger total group of men (those age 40 and older) the questions about prostate exams.

**Figure 8**  
Prostate Exams - % "Yes"



Base = 249 men age 40 and older  
Question 63,64: Have you ever been tested for prostate cancer? Have you ever had a blood test to check for prostate cancer?

The current survey found that among men 40 and older, 65% said they have been tested for prostate cancer and 63% have had a PSA blood test (Figure 8).

Among men 50 and older, equal proportions have been tested and have had blood tests for prostate cancer (78%). These proportions are comparable to 2000/2001 results reported for men age 50 and older (80% said they were tested for prostate cancer and 73% said they had received a PSA blood test).

Among men 40 years old and older *who have had a PSA blood test*, 72% said they had the test within the past year (Table 10). Among all male respondents, 40 years old and older 45% have had a PSA test within the past year.

Among men 50 years old and older *who have had a PSA blood test*, 75% said they had the test within the past year. Among all male respondents, 50 years old and older, 59% have had a PSA test within the past year. The proportion of men 50 years old and older who have had a PSA test within the past year (59%) is about the same as in 2000/2001 (61%).

**Table 10**  
Last Blood Test for Prostrate Cancer

	(156)
In the past year	72%
1 to 2 years ago	13
2 to 5 years ago	8
More than 5 years ago	5
Don't know	3

Question 65: When did you have your last test for prostate cancer?

## Blood Pressure

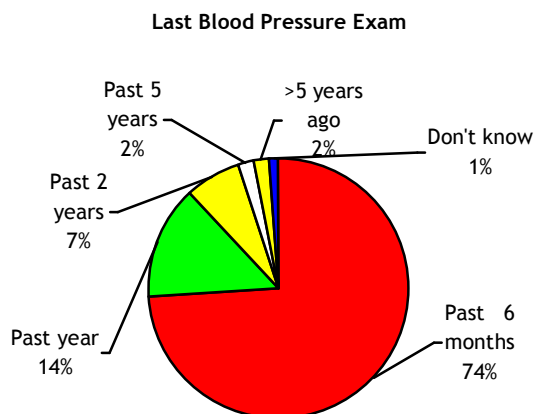
Respondents were asked when they last had a blood pressure exam and if they had ever been advised by a health professional that they had high blood pressure.

About three-fourths (74%) said they had their blood pressure checked in the past six months, another 14% said they had it checked in the past year and 7% have had it checked within the last two years (1 to 2 years ago). Four 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 similar to those obtained in the last survey.

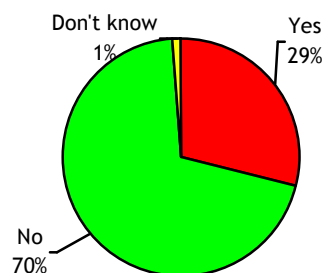
More than one in four of the respondents (29%) said they had been told by a health professional that their blood pressure is high.

Subgroups more likely to say they had been told by a health professional that their blood pressure is high include persons age 55 or older (48%) compared to those younger than 55 (19%), respondents who have no children at home (35%) compared to those with children at home (19%), residents of Central Whidbey Island (35%) compared to residents of South Whidbey (23%) and those who earn \$35,000 to \$50,000 annually (40%) compared to both those who earn \$20,000 to \$35,000 and those who earn more than \$50,000 (25%, each group).

**Figure 9**  
**Blood Pressure**



**Advised Blood Pressure is High**



**Base = 809**

**Questions 77,78:** About how long has it been since you last had your blood pressure taken by a doctor, nurse or other health care professional? Have you ever been told by a doctor, nurse or other health care professional that you have high blood pressure?

## 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.

Eight out of ten (81%) said they have had a blood cholesterol check. These results are similar to results obtained in 2000/2001.

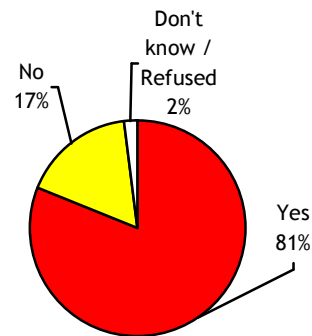
Among all respondents, 28% said they had been advised that their cholesterol levels were high. This is comparable to results of 2000/2001.

These subgroups were more likely than others to have been advised they have high cholesterol:

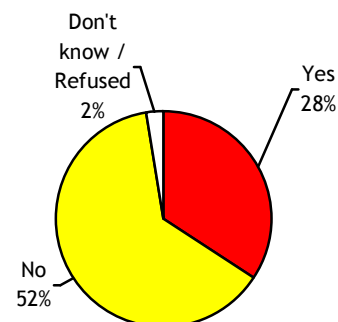
- Respondents age 45 or older versus those age 18 to 44 years old (45% compared to 16%)
- Those who have no children at home (40%) compared to those with children at home (25%)
- Residents of Camano Island (43%) compared to residents of North Whidbey Island (28%).

**Figure 10**  
**Cholesterol**

### Ever Had Cholesterol Checked



### Advised Cholesterol is High



Base = 809

Questions 87, 88: Have you ever had your blood cholesterol checked? Have you ever been told by a doctor or other health professional that your cholesterol is high?

## Children's Health

### *Asthma*

Seventeen percent (17%) of parents with children at home said that a doctor had informed them that one or more of their children had asthma. This is comparable to the 2000/2001 proportion of 14%.

**Table 11**  
**Children with Asthma**

	(288)
Yes	17%
Under age 5	3
5 to 12	7
13 to 17	7
No	83%

**Questions 88-90:** Has a doctor ever said that this child has / these children have asthma? Does this child / do these children still have asthma?



## Child Care

Forty-two percent (42%) of respondents with children said their children were under age 5. Of these parents with children less than 5 years old, one third (33%) said their children were in child care more than 10 hours per week. One quarter (23%) said they have infant children (less than a year old) in child care more than 10 hours per week.

Asked to describe the range of choices available in selecting child care providers respondents were more likely to say choices were limited (*a few choices* – 34%) than extensive (*a wide range* – 9%; *quite a few choices* – 16%).

Additional questions asked child care parents about the type and quality of the child care. (Table 12)

Nearly half (48%) said their children received care in a *licensed home* and 10% said they attended a *preschool or child care center*. Nearly two out of five said their children received care in less regulated environments (*family relative* – 20%; *unlicensed home* – 19%).

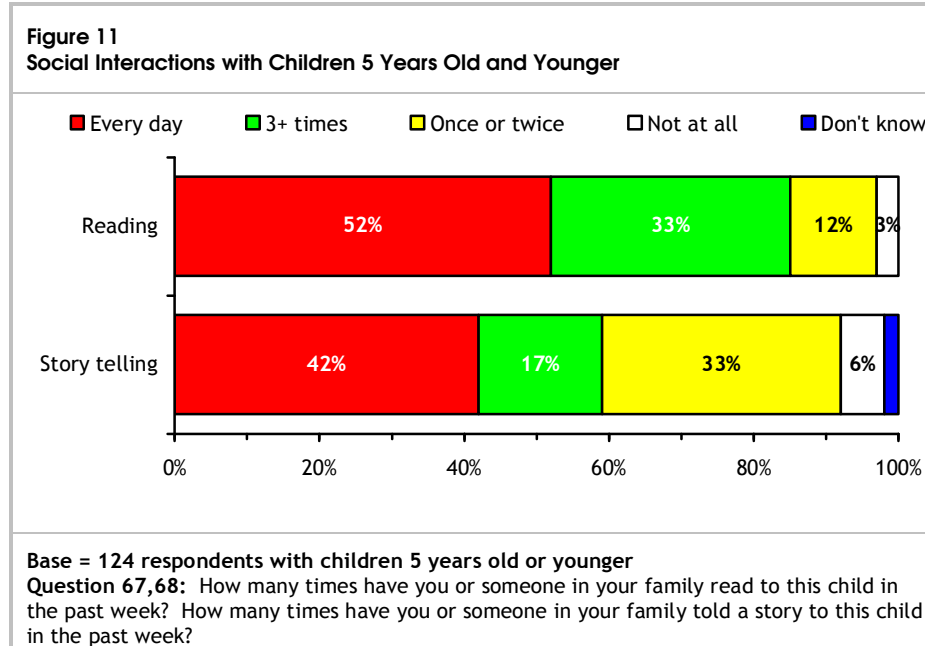
A large majority of respondents (95%) rated caregiver responsiveness as *very good*, and most (78%) described the safety of the environment as *very good*. Most also rated as *very good* the cleanliness of the facility (79%).

	<b>(41)</b>
<b>Type of care center:</b>	
Licensed home	48%
Family relative	20
Unlicensed home	19
Preschool/child care center	10
Other	4
<b>Caregiver responsiveness to child's needs:</b>	
Very good	95%
Poor	5
<b>Safety of the environment:</b>	
Very good	78%
Good	22
<b>Cleanliness:</b>	
Very good	79%
Good	21
<p><b>Questions 96, 100-102:</b> Is this a child care center, a licensed child care home, an unlicensed child care home, a preschool or something else? How would you rate...the care / the safety of the physical environment / the general cleanliness?</p>	

## Interactions With Children

New questions asked parents about the frequency of their social interactions with their children who are 5 years old and younger. (Figure 11)

Results found reading to children to be more common than story telling (85% compared to 59%, *at least 3 times a week*).



## Chronic Diseases

### Diabetes

Respondents were asked whether a doctor had ever told them that they have diabetes. Six percent (6%) responded *yes*, and 2% said they were told they were borderline or pre-diabetes. (Table 13)

In the 2000/2001 survey, 5% of respondents said they had been told they have diabetes, a proportion comparable to the current level.

Respondents age 65 and older were more likely than those younger to have been told by a doctor that they have diabetes (19% compared to 3%).

New questions were asked of respondents who said they had been diagnosed with diabetes. These included the age at which they were diagnosed and the types of medication that they currently use for treatment (pills, insulin).

Results found the average age at which diabetes was diagnosed was 53.4 years. Most of those who said they have diabetes said they control the disease with oral medication (78%).

**Table 13**  
**Diagnosed With Diabetes**

	<b>(809)</b>
Yes	6%
Yes, during pregnancy	1
No	91
No, but pre-diabetes, borderline	2
<b>(Base)</b>	<b>(50)</b>
Take insulin	21%
Take diabetes pills	78
Mean age at diagnosis	53.4 years
<b>Questions 18,19,20,21:</b> Have you ever been told by a doctor that you have diabetes? How old were you when you were told you had diabetes? Are you now taking insulin? Are you now taking diabetes pills?	

## Cardiovascular Disease

Four percent of all respondents reported having had a heart attack or myocardial infarction. An equal proportion said they had angina or coronary heart disease. Two percent (2%) reported having had a stroke. (Table 14)

Many respondents said that they are trying to lower their risk of heart disease or stroke by eating fewer high-fat or high-cholesterol foods (63%) or exercising more (66%). Almost half (48%) are doing both, while 16% said they are doing neither.

All of these cardiovascular findings are comparable to the 2000/2001 findings.

**Table 14**  
**Cardiovascular Disease: Prevalence and Prevention**

(809)	
<b>Percent diagnosed with:</b>	
Heart attack/myocardial infarction	4%
Angina/coronary heart disease	4
Stroke	2
<b>Percent that are reducing risk of heart disease/stroke by:</b>	
Eating fewer high-fat, high-cholesterol foods	63%
Exercising more	66

**Questions 83,84,85,86,87:** To lower your risk of developing heart disease or stroke, are you eating fewer high fat or high-cholesterol foods? Are you exercising more? Has a doctor ever told you that you had a heart attack or myocardial infarction? Angina or coronary heart disease? Stroke?

Subgroups of respondents more likely to be lowering their risk of heart disease or stroke by eating fewer high-fat or high-cholesterol foods include:

- Those who are 45 to 54: these respondents were more likely to say they were eating fewer high fat or high cholesterol foods (75%) than were respondents who are 18 to 44 years old (54%) and those who are 75 years old and older (63%).
- Females (70%), compared to males (55%)
- Respondents who rate their overall health status *excellent/very good* (68%), compared to those who rate their health status *good* (57%) or *fair/poor* (51%).

Subgroups more likely to be exercising more to reduce the risk of heart disease and stroke include:

- Females (70%), compared to males (62%)
- Respondents who are 35 to 64 years old (71%) compared to respondents who are 75 years old and older (54%)
- Those who rate overall health status *excellent/very good* (72%) or *good* (64%) compared to those who rate their overall health status *fair/poor* (45%).

## Asthma

When all 809 respondents were asked whether a doctor had ever told them that they had asthma, 16% responded, *yes*. Eleven percent (11%) of all respondents reported that they still have asthma. (Table 15)

The proportion of those who said they were ever diagnosed with asthma is higher than in the previous survey (11%). The proportion of those who said they still have asthma is also higher (11% this year compared to 7% in 2000/2001).

	<b>(809)</b>
<b>Ever diagnosed with asthma</b>	
Yes	16%
No	84
<b>Still have asthma</b>	
Yes	11%
No	4
Don't know	1
<b>Questions 16, 17: Has a doctor ever told you that you had asthma? Do you still have asthma?</b>	

Subgroups more likely to say that a doctor told them they had asthma include:

- Females (19%) compared to males (12%)
- Those who rate their overall health status *good* (20%) compared to those who give a rating of *excellent/very good* (12%)
- Respondents younger than 25 years old (39%) compared to those older than 25 (13%).

Subgroups more likely to say that they *still have* asthma include females (15%), compared to males (6%), and respondents who have children under 18 living at home (14%) compared to those who have no children at home (9%).

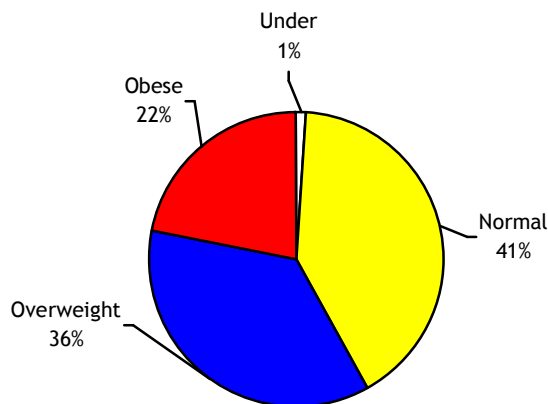
## Overweight and Physical Activity

### Overweight

Using the reported weights and heights for respondents who provided complete information, the proportion of adults calculated to be overweight<sup>8</sup> in Island County is 58%, including 22% who are considered obese.

This proportion is not significantly different than the proportion of overweight respondents in 2000/2001 (54%). However, the proportion of respondents considered obese is significantly greater than in 2000/2001 (22% compared to 16%).

**Figure 12**  
Proportion of Respondents Computed to Be Overweight



Base = 765  
Question 36,37: About how much do you weigh without your shoes? About how tall are you without shoes?

In 2000/2001 the proportion of overweight respondents was reported as 34%. It is important to note that this proportion was calculated using a more relaxed measure of BMI.

Fifty-eight percent (58%) of the overweight respondents said they are trying to lose weight, and a majority (74%) 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 (75%) of those calculated to be overweight said *yes*.

Eighty-four percent (84%) 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 2000/2001 results.

<sup>8</sup> Overweight is defined as a body mass index (BMI) equal to or greater than 25 for men and women. Obese is defined as a BMI greater than or equal to 30. BMI is calculated as weight (in kg.) divided by the square of height (in meters). This definition is more stringent than the 2000 BMI calculation that defined overweight as BMI equal to or greater than 27.8 for men and 27.3 for women.

## Walking

This year's survey featured three new questions about taking walks. The first question asked about the type of surface or pavement respondents most often walked on when they went for a walk during the past 30 days. This question was followed by the second, which asked respondents what they preferred to walk on if they were given a choice. Finally, interviewers asked respondents to choose from a list, the single most important thing in their neighborhood that should be changed in order to make them more likely to walk.

Results found a sizeable proportion of respondents that said they most often walked along a *road*, or on a *shoulder* surface (40%), but a considerably reduced proportion that said they most preferred walking on this type of surface (11%). It is notable that although 34% said they most preferred walking on an *unpaved path*, half that proportion (17%) most often did so in the past month. It is also notable that 23% said that they most prefer walking on a *sidewalk*, but only 15% said they currently use a sidewalk.

**Table 16**  
Types of Surface Most Often Used and Most Preferred for Walking

	Most Often Used (809)	Most Preferred (794)*
Road or shoulder	40%	11%
Unpaved path	17	34
Sidewalk	15	23
Paved path	14	18
Beach	3	4
Treadmill	3	2
Outdoor school track	1	4
Some other surface	2	1
Did not go for a walk	6	-
Unable to walk	1	-
Don't know/refused	<1	4

\*Base excludes those respondents who said they were unable to walk and those who said they did not go for a walk.  
Questions 21A, 21B: In the past 30 days, when you went for a walk, what did you most often walk on? Was it ...? If you had a choice, what would you prefer to walk on?

Respondents often said that if their neighborhoods had *more sidewalks* (22%) and *improved lighting* (12%) they would be more likely to walk. They also said they would be more likely to walk if there were *less traffic* (6%), better control of *loose dogs* (5%) and *lower speed limits* (5%).

## Participation in Exercise or Recreation

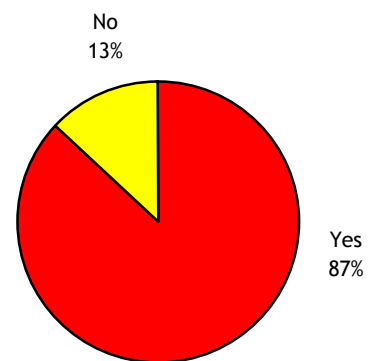
The current survey dropped several questions that were asked in 2000/2001 about moderate physical activity at work and activities to increase muscle strength. In place of these questions this year's survey asked all respondents whether they participated in recreational activities or exercise during the past month, and if so, the kinds of activities and the frequency and duration.

Nearly nine out of ten (87%) said they participated in some sort of physical activity such as running, golf, gardening or walking for exercise, during the past month. (Figure 13)

These subgroups were more likely than others to say they did *not*:

- Respondents who are 55 years old and older (16%) compared to those who are 45 to 54 years old (7%)
- Residents of North Whidbey Island (17%) compared to residents of South Whidbey (8%)
- Those who rate their overall health *fair/poor* (31%) compared to those who rate their health *good* (16%) and those who rate their health *excellent/very good* (8%).

**Figure 13**  
Participation in Physical Activities, Exercises During the Past Month



**Question 134:** During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening or walking for exercise?

Table 17 shows that by far, walking was the most popular activity among those who engaged in exercise. *Walking* was named by just over half (51%) of respondents.

Asked how many days they take part in the activity during a usual week, 10% of respondents said 1 day or less often, 18% said 2 days, 26% said 3 days and 45% said 4 or more days.

**Table 17**  
**Physical Activities and Exercise Performed Most Often**  
**During the Past Month**

	<b>(703)</b>
Walking	51%
Gardening / lawn maintenance	11
Running / jogging	7
Golf	6
Gym	3
Biking	3
Exercising	3
Weight lifting	2
Team sports	2
Swimming	2
Other	10
Don't know	<1

**Question 135:** What type of physical activity or exercise did you spend the most time doing during the past month?



Table 18 shows the frequency and duration of exercise for respondents who said they exercise at least one day a week. Results found that for those who engage in exercise *more than one day a week* between 65% and 75% of do so for one hour or less.

For respondents who engage in exercise just one day a week 45% do so for an hour or less, but 25% exercise for 2 to 2.5 hours at a stretch. Analysis found that 5 of these 16 respondents said they play *golf*, 4 said they *garden* or *work on their lawns*, 2 said they *walk* and 2 said they play *team sports*.

Of the 6% of respondents who said they exercise 7 days a week, for 7 or 8 hours at a stretch, all said they *walk*.

	<b>1 day (68)</b>	<b>2 days (128)</b>	<b>3 days (179)</b>	<b>4 days (90)</b>	<b>5 days (93)</b>	<b>6 days (38)</b>	<b>7 days (101)</b>
Less than 1 hour	25%	36%	52%	51%	45%	42%	40%
1 hour	20	37	23	24	24	23	26
1.5 hours	5	12	3	8	8	23	5
2 to 2.5 hours	25	3	8	12	14	8	8
3 to 3.5 hours	5	4	2	2	0	0	3
4 to 4.5 hours	12	3	11	2	4	3	3
5 hours	5	2	<1	0	3	0	5
6 hours	2	1	<1	0	1	0	1
7 to 8 hours	0	1	<1	0	2	0	6
Don't know	1	0	0	0	0	0	2

**Base = Respondents who exercise at least one day a week**  
**Questions 136, 137:** How many days on average did you take part in this activity? When you took part in this activity, for how many minutes or hours did you usually keep at it?

## Injury Prevention

### Car Restraint Use

The vast majority of respondents (92%) said they *always* wear seat belts when in a car. This proportion is higher than in 2000/2001 (88%). Those 8% who do not always wear seat belts are considered by the CDC to be “at risk.”

A total of 98% of the respondents’ children under 16 use seat belts or safety seats when riding in a car.<sup>9</sup> This is about the same proportion as in 2000/2001 (96%).

**Table 19**  
**Seatbelt Use**

	Adults (809)	Children (267)
Always	92%	98%
Nearly always	5	2
Sometimes	1	-
Seldom	1	-
Never	1	-

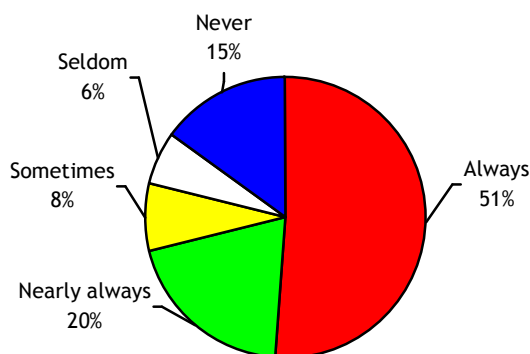
**Questions 118, 120:** How often do you use seatbelts when you drive or ride in your car? How often does the oldest child in your household use a seatbelt when they ride in a car?

### Bicycle Helmet Use

Respondents with children age 5 to 16 years old were asked how often their eldest child in this age group wears a helmet while bicycling. Among the children who ride a bicycle, 51% *always* wear a helmet, while 15% *never* do.

The proportion that says their child *never* wears a helmet is considerably higher than in 2000/2001, when 8% gave this response. This disparity could be linked to a difference in how the question was asked this year, as compared to the previous survey. The current question asked about the eldest child in the family, while the 2000/2001 survey asked about the youngest.

**Figure 14**  
**Bicycle Helmet Use by Children**



Base = 213

**Question 121:** During the past year, how often has the youngest child under 16 worn a bicycle helmet when riding a bicycle? Would you say ... ?

<sup>9</sup> The question asked about the oldest child in the household under 16.

Residents of Camano Island were more likely than residents of North Whidbey Island to say their eldest child “always” wears a bike helmet (52%, compared to 29%).

Respondents who were more likely to say their eldest child *never* wears a helmet include:

- Those age 18 to 24 (32%) compared to respondents age 35 to 44 (5%)
- Those who earn between \$20,000 and \$35,000 annually and those who earn \$50,000 or more (19% and 12%, respectively), both groups compared to those who earn between \$35,000 and \$50,000 (2%).

## Injuries Resulting From Falls

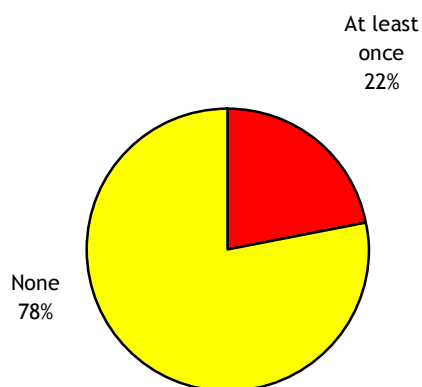
This year's survey asked respondents who are 45 years old and older, whether they had experienced falls during the previous 3 months and if so, whether the falls resulted in physical injuries that limited their regular activities.

One fifth of respondents (22%) reported having experienced at least one fall, including 15% that said they had taken 1 fall, 4% that said they had 2 and 3% who said they had more than 2 falls. A large majority of respondents (78%) said they had not taken any falls in the past 3 months.

Respondents who rate their overall health *excellent/very good* were more likely to say *no* than were those who rate their health *fair/poor* (81% compared to 70%).

Among those who had experienced recent falls 38% said the falls created injuries that disrupted their regular physical activities.

**Figure 15**  
Have Had Recent Falls



Base = 448 respondents age 45 years old and older  
Question 49: In the past 3 months, how many times have you fallen?

## Firearms

Two out of five respondents (38%) said they keep guns in or around their homes, the same proportion as in 2000/2001. Among gun owners, more than one fifth (23%) have a loaded gun in the house and half (50%) have an unlocked gun. Overall, 13% of the gun owners reported having a firearm that is both loaded and unlocked.

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

- Males (44%) as compared to females (33%)
- Respondents who are age 35 to 44 (45%) or 65 to 74 (44%), both groups compared to 18 to 24 year olds (25%)
- Those who earn more than \$50,000 per year (48%) compared to those who earn less than \$50,000 (30%).
- Residents of Central Whidbey Island and North Whidbey Island (37% and 46%, respectively) and also residents of Camano Island (43%) all three groups compared to residents of South Whidbey Island (26%).

**Table 20**  
**Firearms in the Home**

	Total
<b>Have Firearms in or Around Home:</b>	<b>(809)</b>
Yes	38%
No Firearms in Home	57
Don't Know	1
Refused	4
<b>Firearm Storage (among all gun owners):</b>	<b>(310)</b>
Loaded	23%
Unlocked	50
Both unlocked and loaded	13

**Questions 110-113:** 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 you home that is now unlocked? Is there a firearm in or around your home that is now both loaded and unlocked?

## Boating Safety

Thirty-nine percent of respondents said they were on water in a small boat (under 20 feet in length) in the previous 12 months, about the same proportion as in 2000/2001 (37%). Asked how frequently they wore a life vest when they were in a watercraft of this size, more than half (56%) said *always*, but 16% said *never*. Frequency of wearing life vests is up a little over 2000/2001 results (at that time 50% said *always* and 22% said *never*). Among those more likely to say they *never* wore their life vest were the following subgroups:

- Respondents who earn between \$20,000 and \$35,000 annually and those who earn \$50,000 or more (24% and 16%, respectively) both groups compared to those who earn between \$35,000 and \$50,000 (5%)
- Respondents who rate their overall health *fair/poor* (37%), compared to those who rate their health *excellent/very good* (11%).

Three percent (3%) of the boaters said that they had boarded a small watercraft in the previous year when they'd had too much to drink. In 2000/2001 2% answered *yes* to this question.

**Table 21**  
**Boating Safety**

	<b>(809)</b>
<b>Boating in the Past 12 Months:</b>	
Yes	39%
No	61
<b>Life Vest Usage (Among Boaters):</b>	
Always	56%
More than half the time	9
About half the time	10
Less than half the time	9
Never	16

**Questions 114-115:** 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?

## Basic Needs

### Neighborhoods

Nearly three-quarters of respondents (76%) said they owned their homes and 20% said they rented. The majority of homeowners (85%) said they had lived in their neighborhoods for at least two years. Many fewer renters (44%) reported living at their present addresses for so long.

### Safe and Affordable Housing

Although most homeowners and renters agreed that there was sufficient safe and affordable housing in their areas (79% and 66% agreed, respectively), renters were significantly more likely than homeowners to say that good housing was insufficient (27% said *no*, compared to 14% of homeowners).

Renters were also more likely than homeowners to have experience with being unable to get safe and affordable housing (19%, compared to 6%).

**Table 22**  
**Housing Availability**

	Total	Home Owners	Renters
	<b>(809)</b>	<b>(614)</b>	<b>(164)</b>
<b>Sufficient safe &amp; affordable housing:</b>			
Yes	77%	79%	66%
No	17	14	27
Don't know	6	6	7
<b>Has been unable to get safe &amp; affordable housing in area:</b>			
Yes	9%	6%	19%
No	86	88	79
Don't know	5	5	2

**Questions 130, 131:** 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 in your area?

### Hunger

About one in twenty (6%) of the respondents said they had been concerned in the past month about having enough food for themselves or their families, approximately the same proportion as in 2000/2001. Subgroups more likely to have this concern include:

- Respondents with household incomes below \$35,000 (15%) compared to respondents with incomes of \$35,000 or more (2%)
- Those who rate their overall health fair/poor (17%) compared to those who rate their health *excellent/very good* (4%) or *good* (5%)
- Respondents who are 25 to 34 years old (12%) compared to those who are 65 to 74 years old (2%)

## Substance Abuse

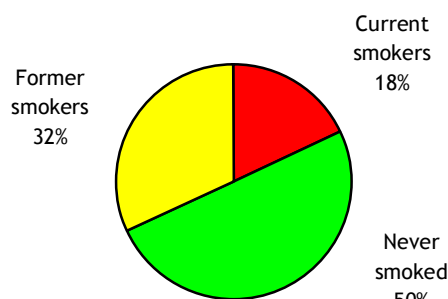
### Tobacco Use

#### Cigarettes

Respondents were asked a series of questions about their use of tobacco. Nearly one in five (18%) said they currently smoke cigarettes, about the same as in 2000/2001 (19%). Another 32% said they do not smoke now but did smoke at least 100 cigarettes in their lives, while 50% said they have not smoked 100 cigarettes in their lives.

- Respondents age 65 to 74 were more likely than all other age groups (except 45 to 54 year olds) to have smoked at least 100 cigarettes during their lives (64%).

**Figure 16**  
Cigarette Smoking



Base = 809

Questions 23,24: Have you smoked at least 100 cigarettes in your entire life? Do you now smoke cigarettes?

- Respondents who rate their overall health status *fair/poor* were more likely to have smoked (69%) than respondents who gave other ratings (*excellent/very good* rating – 45%; *good* rating – 52%).

Among respondents who smoke daily, 40% said they smoke at least a pack a day. (Table 23) Thirty-one percent (31%) of smokers said they do not smoke every day.

Among those who quit smoking, 73% said they quit smoking regularly five or more years ago. Among those who currently smoke daily, 56% said they have quit smoking for 1 day or longer during the past 12 months.

**Table 23**  
Current Cigarette Consumption

<b>Daily Smokers</b>	<b>(98)</b>
Less than 10	13%
Between 10-19 a day	47%
20 a day	25%
More than 20	15%
Average (per day)	16.9
<b>Non-daily Smokers</b>	<b>(45)</b>
Less than 5	60%
Between 5 - 9 a day	16%
10	20%
Don't know	4
Average (in past 30 days)	4.6

Questions 25,26: On the average, about how many cigarettes a day/when you smoked during the past 30 days did you smoke?



## Smokeless Tobacco

Although most respondents have never used smokeless tobacco products, less than 1% (or 4 respondents) currently uses chewing tobacco, 2% (14 respondents) uses snuff and 1% (5 respondents) uses both products. All of the 23 respondents who currently use these products are male. The remainder of respondents who have ever used smokeless tobacco products (n=89) do not currently use them.

**Table 24**  
**Smokeless Tobacco Use**

	Ever Used (809)	Now Use (112)
Chewing Tobacco	7%	4%
Snuff	3	12
Both	3	4
Neither	86	80

**Questions 29,30:** Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff? Do you currently use them?

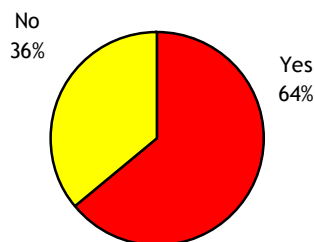
A majority of those who ever used smokeless tobacco products said they quit using them 15 years ago (58%) or more (30%). More than a quarter (28%) said they never used them *regularly* at all.

## Alcohol Consumption

Nearly two-thirds of the respondents (64%) said they consumed at least one drink of alcohol in the month prior to the survey. This is about the same as in 2000/2001 (67%). The subgroups most likely to have consumed alcohol in the past month were:

- Respondents with household incomes of \$50,000 or more (of whom 72% had a drink in the past month) compared to those with incomes of \$35,000 to \$50,000 (57%)
- Respondents who rate their overall health status *excellent/very good* (69%) compared to those who rate their health *fair/poor* (49%).

**Figure 17**  
**Alcohol Use**



**Base = 809**

**Question 70:** During the past month, have you had at least one drink of any alcoholic beverage such as beer, wine, coolers, or liquor?

---

Among all respondents, 4% 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 2000/2001 (5%).

Ten percent (10%) 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. The rate of binge drinking is down this year from 2000/2001 (15%). Characteristics of binge drinkers (defined as significantly higher mean frequencies of binge drinking during the past month include):

- **Gender:** Male respondents (mean-1.21 occasions), compared to females (mean-0.28)
- **Age:** 18 to 24 year olds (mean-0.87) or 35 to 44 year olds (mean-0.37), compared to those age 75 and older (mean-0.01)
- **Residence:** North Whidbey Island residents (mean-1.33), compared to those who reside in the central portions of Whidbey Island (mean-0.15)
- **Health Rating:** Those who rate their overall health *good* (mean-1.39), compared to those who rate their health *excellent/very good* (mean-0.44)

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

---

## Environmental Health

### *Indoor Air Quality*

About one quarter of respondents (24%) reported having experienced physical discomfort from indoor air, a very notable increase over 2000/2001 results (6%). This increase may be linked to several factors, including an increase in the proportion of respondents this year who report having ever been diagnosed with asthma (16%, compared to 11% in the previous survey) and an increase in the proportion who say they still have asthma (11% this year versus 7% in 2000/2001). Other factors may be an overall increase in the past few years in the number of local, regional and national campaigns to address indoor air quality issues, and an increase in news reports about the negative effects of indoor mold.<sup>10</sup>

Respondents who have no children living at home were more likely to report having physical discomfort than those who have children at home (28% compared to 17%)

Although more respondents said they have experienced physical discomfort this year than in 2000/2001, about the same proportions in both surveys described where the symptoms most often occurred: in the home (45% this year; 48% last survey), at work (24% and 19%) and public places (22% and 17%).

---

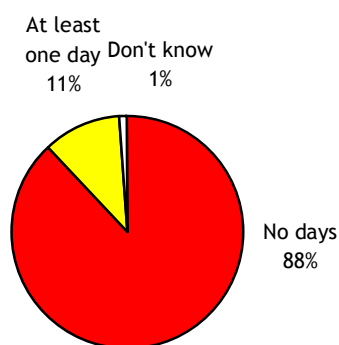
<sup>10</sup> Mr. Keith Higman, Island County Health Department Environmental Health Director commented that his organization has distributed a significant number of DVDs entitled, *Mold in Your Home*, produced by the Northwest Clean Air Agency in October of 2005. Mr. Higman added, “the public testimony at all of the SBOH meetings regarding revisions to the Health and Safety Regulations for K-12 schools has also been dominated by concerns of indoor air quality and mold.”

## Smoking in the Home

Nearly nine out ten respondents (88%) said there were no occasions of anyone smoking cigarettes, cigars or pipes in their homes during the past 30 days. (Figure 18) This proportion is about the same as in 2000/2001 (87%). Eight percent (8%) said that smoking occurred every day during the past 30.

Smoking occurred more often in the homes of 18 to 24 year olds, 35 to 44 year olds and 45 to 54 year olds than in the homes of those age 55 years old and older. Smoking in the home was also more common among respondents who have no children living at home and among residents of Camano Island.

**Figure 18**  
Smoking in the Home



Base = 809

Question 69: On how many of the past 30 days has someone, including yourself, smoked cigarettes, cigars or pipes anywhere in your home?

## Sun Protection

Most respondents do not often use sunscreen when they are outside for more than one hour: 32% said they *never* use sun protection, and 35% said they *sometimes* or *seldom* do. These proportions are about the same as in 2000/2001.

Subgroups that were more likely to say they *always* wear sunscreen or sunblock include:

- Respondents who are age 55 or older (19%) and those who are age 35 to 44 (18%) compared to those age 18 to 24 (5%)
- Women (24%) compared to men (7%).

**Table 25**  
Frequency of Using Sunscreen or Sunblock

	(809)
Always	15%
Nearly always	16
Sometimes	18
Seldom	17
Never	32
Don't stay out more than one hour	1

Question 76: When you go outside on a sunny day for more than one hour, how often do you use sunscreen or sunblock?

## Emotional and Mental Health

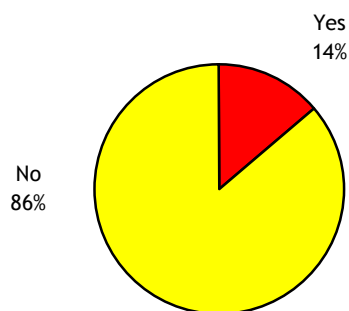
New questions this year asked respondents about their experience with anxiety, depression and schizophrenia. This year's survey also asked respondents about the emotional support that they are able to obtain from others.

### **Anxiety Disorder**

The current study found 14% of Island County respondents that said they were diagnosed with an anxiety disorder at some time in their lives. (Figure 19)

Sub-groups more likely to have received this diagnosis include females (17%) compared to males (11%), respondents who are 25 to 54 years old, compared to those who are 75 years old and older (17%, versus 5%) and those who have annual incomes of less than \$20,000 (34%) compared to those who have incomes of \$20,000 or more (12%).

**Figure 19**  
Ever Diagnosed With An Anxiety Disorder



Base = 809

**Question 51:** Has a doctor or other healthcare provider EVER told you that you had an anxiety disorder including acute stress disorder, anxiety, generalized anxiety disorder, obsessive-compulsive disorder, panic disorder, phobia, post-traumatic stress disorder or social anxiety disorder?

## Depression

The survey asked everyone whether a doctor had ever told them that they had a depressive disorder. More than one fifth (21%) said *yes*. (Figure 20)

Included among those more likely to be diagnosed with this illness are females (30%) compared to males (13%), respondents who are 25 to 74 years old, compared to those who are 75 years old and older (23%, compared to 9%) and respondents who rate their overall health *fair/poor* (43%), compared to those who give a rating of *excellent/very good* (15%) or *good* (25%).

## Schizophrenia

Among all respondents less than 1% reported having ever been told that they have schizophrenia.

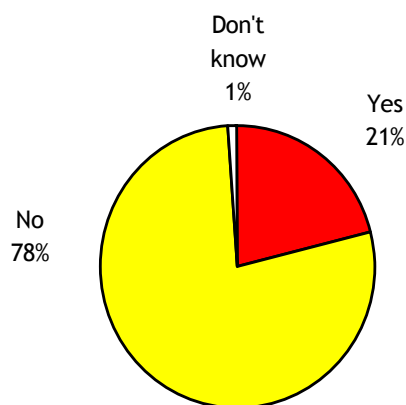
## Emotional Support

The survey again asked respondents how many close friends or relatives would help them with emotional problems or feelings. More than four out of five respondents (83%) said three or more. (Table 26) This proportion showed a significant decrease from 2000/2001 results (87%).

Among those more likely to say they had *no* friends or relatives to help out were:

- Respondents who rate their overall health status *fair/poor* (13%) compared to those who rate their health *excellent/very good* or *good* (3%, each group)
- Those who have annual incomes of \$20,000 to \$35,000 per year (6%) compared to those who have incomes of \$35,000 to \$50,000 (1%).

**Figure 20**  
Ever Diagnosed With A Depressive Disorder



Base = 809

**Question 52:** Has a doctor or other healthcare provider EVER told you that you have a depressive disorder including depression, major depression, dysthymia or minor depression?

**Table 26**  
Emotional Support

	(809)
None	4%
One	3
Two	7
Three or more	83
Don't know/Refused	3

**Question 132:** How many close friends or relatives would help you with your emotional problems or feelings if you needed it?

## Volunteerism

At least three out of five respondents (62%) said they performed volunteer work for at least one hour during the past year. The mean number of hours engaged in volunteer work across all respondents was 9.08 hours.

Subgroups that were more likely to say they did *no* volunteer work in the past include those who are 75 years old and older (49%) and those who rate their overall health fair/poor (44%).

**Table 27**  
**Volunteer Work During the Past Year**

	<b>(809)</b>
None	34%
At least one hour	62%
1 to 10 hours	34
11 to 30 hours	11
More than 30 hours	17
Don't know	4%
<i>Mean</i>	<i>9.08 hours</i>
<b>Question 22:</b> How many times, if any, did you do volunteer work in the past year?	

## Emergency Preparedness

The final questions of the survey asked respondents how prepared they would be to handle a community emergency or disaster, and what their primary information source would be to gather news about an emergency. Both questions were new this year.

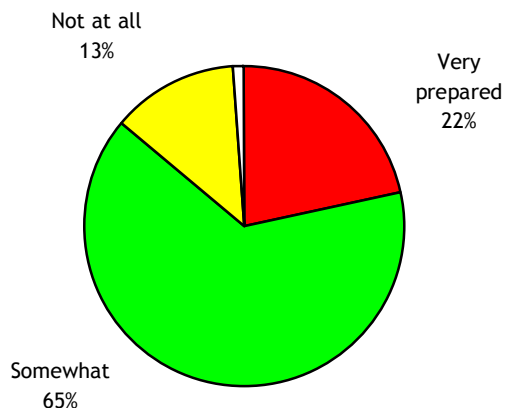
### Overall Level of Preparedness

Most respondents do not feel well prepared to handle a major disaster: two thirds (65%) said their households were only *somewhat* prepared to safely ride out a large-scale disaster or emergency, and 13% said they were *not prepared at all* for such an event. (Figure 21)

Respondents who are 18 to 24 years old were more likely than those who are 45 years old and older to say *not at all prepared* (26% compared to 8%).

Those who live on South Whidbey Island were more likely than those who live on Camano Island to say *not at all prepared* (17% compared to 9%).

**Figure 21**  
Overall Level of Preparedness for a Large-Scale Emergency



Base = 809

Question 138: How well prepared do you feel your household is to handle a community emergency or disaster?



## ***Main Method for Obtaining Information About a Large-Scale Emergency***

Respondents most often said they would listen to the radio to get information about an emergency (58%). (Table 28)

Many would also make phone calls (13%) or watch television to obtain the information (13%).

**Table 28**  
**Main Source of Information About a Large-Scale Disaster**

	<b>Total (809)</b>
Radio	58%
Telephone	13
Television	13
Internet	4
Other	6
Don't know	6

**Question 139:** What would be your primary method of getting information from authorities?

# APPENDIX A

## 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 28.

(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.)

<b>Table 28</b>	
<b>Respondent Profile</b>	
	<b>Total</b>
	<b>(809)</b>
<b>Gender:</b>	
Female	51%
Male	49
<b>Age:</b>	
18-24	11%
25-34	15
35-44	18
45-54	19
55-64	17
65 and older	19
<b>Ethnicity:</b>	
White	95%
Asian, Pacific Islander	4
Black	1
Am. Indian, Alaskan Native	2
Hispanic/Latino (included above)	3
<b>Marital Status:</b>	
Married	62%
Never Married	13
Divorced	13
Widowed	7
Member of Unmarried Couple	4
Separated	1
<b>Education:</b>	
Some High School or Less	3%
High School Grad or GED	28
Some College or Tech. School	36
College Grad	33

<b>Table 28 (Cont'd.)</b>	
Respondent Profile	
	<i>Total</i>
	<b>(809)</b>
<b>Employment Status:</b>	
Employed for Wages	49%
Retired	22
Homemaker	8
Self Employed	11
Unemployed <1 Year	2
Student	1
Disabled	4
Unemployed >1 Year	3
<b>Household Income:</b>	
Less than \$10,000	2%
\$10,000-\$14,999	1
\$15,000-\$19,999	5
\$20,000-\$24,999	10
\$25,000-\$34,999	12
\$35,000-\$49,999	18
\$50,000-\$74,999	21
\$75,000 or more	19
Don't Know	5
Refused	9
<b>Children:</b>	
Yes	36%
No	64
<b>Year Round Resident:</b>	
Yes	98% (very different from last time—timing?)
<b>Active Duty Military:</b>	
Yes	7%
<b>Residence:</b>	
Oak Harbor	28%
Coupeville	17
Greenbank	5
Freeland	7
Langley	7
Clinton	10
Camano Island	25

## APPENDIX B

### DETAILED METHODOLOGY

The CDC has standardized the methods for the BRFSS over many years. The survey itself consists of a core set of questions specified by the CDC. These questions are combined 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 questions that addressed local needs. Respondent screening and wording of existing questions were done according to CDC specifications and the specifications of the agencies that developed the questions. Some question modules were based on BRFSS modules developed by other states or other Washington counties. A copy of the questionnaire appears in Appendix B. A more detailed description of the methodology can be found below.

The survey was conducted by telephone from the Gilmore Research Group telephone facility in Bremerton, Washington. A total of 809 randomly selected Island County adult residents were interviewed: 204 located in South Whidbey (Clinton 98236, Freeland 98249 and Langley 98260), 200 in Central Whidbey (Coupeville 98239 and Greenbank 98253), 205 in North Whidbey (Oak Harbor 98277) and 200 in Camano Island (98282). The survey was fielded from October 10, 2006 to December 10, 2006. It averaged 17.8 minutes in length.

Response data were weighted by age and gender proportionate to the age/gender representation within the population of Island County.<sup>11</sup> Base numbers of respondents and proportions shown in graphs and tables are weighted. Response proportions in figures and tables may not sum to 100% because of rounding.

Where questions are comparable, the current survey will provide reference to results obtained in 2000/2001. It is important to point out however, that a difference in weighting schemes between the two years prevents a statistical comparison of results. The 2000/2001 survey weighted data on the basis of age and gender distribution, and also on the basis of residential telephone numbers per adults in the household.

---

<sup>11</sup> Population numbers used in weighting were 2005 estimates for Island County provided by the Washington State Office of Financial Management. The populations for males and females who are age 18 to 24 and 25 to 29 were adjusted downward to account for those currently in residence at the Whidbey Naval Air Station.

---

This year's survey did not ask about the number of telephone numbers in the household.

References are made to demographic subgroups throughout the report. These subgroups are based on gender, age, income, the number of children under 18 years of age living at home, geographic living area and perception of health status.

Any differences noted between subgroups in this report are statistically significant. References to statistical variance sometimes include only major differences, when a particularly large number of differences occur.

Confidence limits of findings based on the county wide sample of 809 are  $\pm 3.4$  at the 95% confidence level. For estimates based on population subgroups of the total sample, the confidence limits of findings are greater than  $\pm 3.4$  and vary depending upon the size of the subgroup.

### ***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 One-Plus Banks of telephone numbers (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.

### ***Questionnaire***

The 1996 and 2000/2001 Island County BRFSS questionnaire were used as a base for the 2006 questionnaire, with modifications added by the Island County Health Department to represent the state BRFSS topics and topics asked by other states and local areas.

---

## ***Respondent Selection***

Respondents within the household were selected based on a random choice among all males and female household residents age 18 years of age and over.

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 can 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 (CATI). The CATI system provided automatic skipping and branching of questions, allowing the interviewers to concentrate on question delivery and accurate recording of responses.

Interviewing dates were from October 10, 2006 to December 10, 2006. Calling was done from 9:30 AM to 9:00 PM on weekdays, 10:00 AM to 3:30 PM on Saturdays, and 1:00 PM to 7:00 PM on Sundays. All specific requests for call-back appointments were kept regardless of the time of day or day of week.

The Site Supervisor and their assistants supervised each shift of interviewing and 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 monitored periodically.

## **Quality Control Procedures**

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

- All non-response telephone numbers were recalled multiple times on different days and at different times of day over the interviewing period. All non-response sample 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 not interested. Firm, outright refusals to do the interview were not recalled.
- After the first day in the field, a frequency questionnaire was generated and every base and range was checked to confirm that the questionnaire had been correctly programmed. "Other specify" responses, those typed in, were reviewed for accuracy. 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.

## **Data Processing and Weighting**

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

Population numbers used in weighting were 2005 estimates for Island County provided by the Washington State Office of Financial Management.. The populations for males and females who are age 18 to 24 and 25 to 29 were adjusted downward to account for those currently in residence at the Whidbey Naval Air Station.

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 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 2000/2001.



# APPENDIX B

## QUESTIONNAIRE

### INT02:

*IF NOT AVAILABLE, ARRANGE CALL-BACK*

Hello, I'm \_\_\_\_\_ calling for the Island County Health Department. We're doing a survey on the health practices of Island County residents to guide funding and help develop policies. We do this survey once every 4 to 6 years. Your phone number has been chosen scientifically, and I'd like to ask some questions about day-to-day living habits that may affect health.

### Q48:

What is your zip code?

TYPE NUMBER:

IF NEEDED, SAY: I mean the zip code of your residence, that is, where you live?

98236.....	98236
98260.....	98260
98249.....	98249
98239.....	98239
98253.....	98253
98277.....	98277
98282.....	98282
Don't know/Not sure.....	77777
Refused.....	99999

### WHERE:

REGION

South Whidbey.....	1
Central Whidbey.....	2
North Whidbey.....	3
Camano Island.....	4

### QH:

The interview may be monitored for quality assurance, but all information obtained in this study will be confidential. Participating is voluntary but we hope you will take part. The interview usually takes between 15 to 20 minutes, you don't have to answer any questions 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 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.

Continue .....	1
RESPONDENT REFUSED TO CONTINUE FURTHER .....	2

**Q1:****READ 1-5**

Would you say that in general your health is. . .	
Excellent.....	1
Very good.....	2
Good.....	3
Fair.....	4
Or poor.....	5
Don't know/Not sure - DO NOT READ.....	7
Refused - DO NOT READ.....	9
RESPONDENT REFUSED TO CONTINUE THE SURVEY.....	8

**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?

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

**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?

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

**Q4:**

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

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

**Q5:****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 if NOT Q4=2

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:) .....	97
Don't know/Not sure - DO NOT READ .....	77
Refused - DO NOT READ .....	99

**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...

=> Q9 if NOT Q4=1

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 or the VA (or CHAMP-VA).....	06
The Indian Health Service .....	07
Or some other source (SPECIFY:) .....	08
Don't know/Not sure - DO NOT READ .....	77
Refused - DO NOT READ .....	99

**Q7:****READ 1-5 ONLY IF NECESSARY**

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

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 ago .....	5
Don't know/Not sure - DO NOT READ .....	7
Refused - DO NOT READ .....	9

**Q8:**

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

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

**Q9:**

**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.

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

**Q10:**

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" ask is there more than one or is there no place you usually go to?

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

**Q11:**

**DO NOT READ. PROBE TO FIT**

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

=> +1 if NOT Q10=3

- 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

**Q12:****READ 1-5**

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

=> +1 if NOT Q10=1,2

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

**Q13:****READ 1-5 ONLY IF NECESSARY**

When did you last change doctors?

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 - DO NOT READ .....	7
Never - DO NOT READ .....	8
Refused - DO NOT READ .....	9

**Q14:****DO NOT READ PROBE TO FIT UP TO 8 RESPONSES**

Why did you change doctors that last time?

=> +1 if Q13=7-9

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
Convenience/closer to home/distance to travel .....	08
Doctor's rotate .....	09
Other (SPECIFY) .....	88
Don't know/Not sure .....	77
Refused .....	99

**Q15:**

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?

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

**Q16:**

Did a doctor ever tell you that you had asthma?

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

**Q17:**

Do you still have asthma?

=> +1 if NOT Q16=1

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

**Q18:**

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

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

IF RESPONDENT SAYS PRE-DIABETES OR BORDERLINE DIABETES, USE CODE

4.

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

**Q19:**

How old were you when you were told you had diabetes?

=> Q21A if NOT Q18=1

- 1 year or less ..... 01
- 97 or older..... 97
- Don't know/Not sure..... 98
- Refused..... 99

**Q20:**

Are you now taking insulin?

- Yes ..... 1
- No..... 2
- Refused..... 9

**Q21:**

Are you now taking diabetes pills?

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

**Q21A:**

**READ 1-7**

These next questions are about taking walks. Examples of walks are strolling through a park, a short walk to the store, or a walk for exercise. In the past 30 days, when you went for a walk, what did you most often walk on? Was it . . .

IF RESPONDENT SAYS "STREET", RECORD AS CODE 02 - ROAD OR SHOULDER  
 INTERVIEWER NOTE: If Respondent says things like "trail, grass, field, golf course, and familiar responses, ASK: "Would this be an unpaved or paved path?"

The sidewalk.....	01
A road or shoulder.....	02
Around an outdoor school track.....	03
CODE DELETED.....	04
An unpaved path.....	05
A paved path.....	06
Or some other type of surface (SPECIFY: ).....	07
The Beach - DO NOT READ, CODE ONLY IF VOLUNTEERS.....	10
I did not go for a walk - DO NOT READ.....	08
I am unable to walk - DO NOT READ.....	09
Treadmill.....	00
Don't know/Not sure - DO NOT READ.....	77
Refused - DO NOT READ.....	99

**Q21B:**

**READ 1-7 IF NECESSARY**

If you had a choice, what would you prefer to walk on?

IF RESPONDENT SAYS "PATH," PROBE: Would be a paved path or an unpaved path?

INTERVIEWER NOTE: If Respondent says things like "trail, grass, field, golf course, and familiar responses, ASK: "Would this be an unpaved or paved path?"

=> Q22 if Q21A=09
-------------------

The sidewalk.....	01
A road or shoulder.....	02
Around an outdoor school track.....	03
CODE DELETED 04.....	04
An unpaved path.....	05
A paved path.....	06
Or some other type of surface (SPECIFY: ).....	07
The Beach - DO NOT READ, CODE ONLY IF VOLUNTEERS.....	10
I did not go for a walk - DO NOT READ.....	08
I am unable to walk - DO NOT READ.....	09
Treadmill.....	00
Don't know/Not sure - DO NOT READ.....	77
Refused - DO NOT READ.....	99

**Q21C:****READ 1-9**

What is the ONE most important thing that should be changed in your neighborhood that would make you more likely to walk? Would you say...

IF RESPONDENT CHOOSE MORE THAN 1, ASK: Which one would be the most important?

More sidewalks .....	01
Better scenery, flowers and trees.....	02
Lower speed limits .....	03
Better traffic signals or marked crosswalks .....	04
Improved lighting.....	05
Policies to keep dogs from running loose .....	06
Less Traffic.....	07
Other changes related to safety or comfort .....	08
Or something else (SPECIFY:).....	09
More trails/paths.....	10
Wider sidewalk shoulders.....	00
No changes needed - DO NOT READ .....	88
Don't know/Not sure - DO NOT READ.....	77
Refused - DO NOT READ .....	99

**Q22:**

How many times, if any, did you do volunteer work in the past year? This could include helping at your child's school, with a religious group, or being on a community board.

More than 98 hours a year .....	98
Never.....	55
Don't know/Not sure.....	77
Refused.....	99

**Q23:**

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

NOTE: 5 PACKS = 100 CIGARETTES

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

**Q24:**

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

=> Q29 if NOT Q23=1

Everyday.....	1
Some days.....	2
Not at all .....	3
Refused.....	4



**Q25:**

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

NOTE: 1 PACK = 20 CIGARETTES

=> +1 if NOT Q24=1

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

**Q26:**

On the average, when you smoked during the past 30 days, about how many cigarettes did you smoke a day?

NOTE: 1 PACKS = 20 CIGARETTES

=> +1 if NOT Q24=2

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

**Q27:**

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

=> +1 if NOT Q24=1,2

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

**Q28:**

**READ 1-7 ONLY IF NECESSARY**

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

=> +1 if NOT Q24=3

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 ago .....	07
Don't know/Not sure - DO NOT READ .....	77
Never smoked regularly - DO NOT READ .....	88
Refused - DO NOT READ .....	99

**Q29:****PROBE FOR WHICH**

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

Yes, chewing tobacco.....	1
Yes, snuff.....	2
Yes, both.....	3
No, neither .....	4
Don't know/Not sure.....	7
Refused.....	9

**Q30:****PROBE FOR WHICH**

Do you currently use any smokeless tobacco products such as chewing tobacco or snuff?

NOTE: YES INCLUDES OCCASIONAL USE

=> Q32 if Q29=4-9

Yes, chewing tobacco.....	1
Yes, snuff.....	2
Yes, both.....	3
No, neither .....	4
Don't know/Not sure.....	7
Refused.....	9

**Q31:****READ 1-7 ONLY IF NECESSARY**

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

=> +1 if NOT Q30=4

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 ago .....	07
Don't know/Not sure - DO NOT READ .....	77
Never smoked regularly - DO NOT READ .....	88
Refused - DO NOT READ .....	99

**Q32:**

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

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

**Q33:**

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

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

**Q34:**

Are you using physical activity or exercise to (lose weight?/ keep from gaining weight?)

=> +1 if NOT Q32=1 AND NOT Q33=1

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

**Q35:**

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?

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

**Q36:****ROUND FRACTIONS UP**

About how much do you weigh without shoes?

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

**Q37:****ROUND FRACTIONS DOWN**

About how tall are you without shoes?

EXAMPLE: 5'2" = 502, 6'11" = 611

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

**Q38:**

What is your age?

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

**Q38A:**

*READ 21-80*

In which of these age categories do you belong?

=> +1 if NOT Q38=07, 09

18 to 24.....	21
25 to 34.....	30
35 to 44.....	40
45 to 54.....	50
55 to 64.....	60
65 to 74.....	70
Or 75 or older.....	80
Refused - DO NOT READ .....	09

**COMB:**

Combined ages

Refused.....	09
--------------	----

**Q39:**

*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?"

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

**Q40:**

Are you Hispanic or Latino?

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

IF RESPONDENT ANSWERED HISPANIC IN RACE QUESTIONS, CODE 1, YES WITHOUT ASKING.

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

**Q41:****READ 1-6**

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

**Q42A:**

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

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

**Q42B:**

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

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

**Q42C:**

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

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

**Q43:**

**READ 1-6 ONLY IF NECESSARY**

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

INTERVIEWER NOTE: An AA= Code 5, Bachelors Degree (BA) = Code 6 Masters Degree (MA) = Code 6 PhD = Code 6

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

**Q44:**

**READ 1-8**

Are you currently ...

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

**Q45:**

What kind of business or industry do you work in?

=> +1 if NOT Q44=1,2
----------------------

RECORD COMMENTS .....	01
Refused.....	99
AGRICULTURAL/ CONSTRUCTION/MANUFACTURING .....	03
TRANSPORTATION/ COMMUNICATIONS .....	04
TRADE (WHOLESALE/RETAIL).....	05
FINANCE, INSURANCE REAL ESTATE .....	06
HEALTH SERVICE .....	07
OTHER SERVICES (PERSONAL, BUSINESS, HOSPITALITY) .....	08
EDUCATION/PUBLIC ADMINISTRATION/ GOVERNMENT .....	09
OTHER.....	10
ARMED SERVICES.....	11

**Q46:****IF YES, READ 4-1, IF NO, READ 5-8**

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

IF NEEDED: Annual household income before taxes.

INTERVIEWER NOTE: Pause briefly after each income choice to allow respondent to say "Yes" or "No." Stop reading when they pick one

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

**Q47:**

What county do you live in?

Island.....	029
Don't know/Not sure.....	777
Refused.....	999

**Q49:**

The next questions ask about recent falls. By a fall, we mean when a person unintentionally comes to rest on the ground or another lower level. In the past 3 months, how many times have you fallen?

=&gt; Q51 if COMB&lt;45

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

**Q50:**

(Did this fall/ Did any of these falls) cause an injury? By an injury, we mean the fall caused you to limit your regular activities for at least a day or to go see a doctor.

**IF YES, RECORD THE NUMBER OF FALLS THAT CAUSED AN INJURY**

=&gt; +1 if Q49=88-99

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

**Q51:**

Has a doctor or other healthcare provider EVER told you that you had an anxiety disorder including acute stress disorder, anxiety, generalized anxiety disorder, obsessive-compulsive disorder, panic disorder, phobia, post-traumatic stress disorder, or social anxiety disorder?

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

**Q52:**

Has a doctor or other healthcare provider EVER told you that you have a depressive disorder including depression, major depression, a bipolar disorder, dysthymia (dis-thy-meh), or minor depression?

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

**Q53:**

Has a doctor or other healthcare provider EVER told you that you may have schizophrenia?

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

**Q54:**

Are you currently on active duty military service?

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

**Q55:**

Do you live on the island year-round?

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

**Q56A:**

*ASK ONLY IF NECESSARY*

RECORD GENDER

- Male ..... 1
- Female ..... 2



**Q57:**

The next questions are about breast and cervical cancer. A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?

=> Q63 if NOT Q56=2

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

**Q58:**

*READ 1-5 IF NECESSARY*

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

=> +1 if NOT Q57=1

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

**Q59:**

*DO NOT READ. PROBE TO FIT*

You said that you've not had a mammogram. What is the MOST IMPORTANT reason that you never had a mammogram?

=> +1 if NOT Q57=2

- Not recommended by doctor..... 01
- Not needed/Not necessary..... 02
- Never hear of a mammogram..... 03
- Cost/Not covered by insurance/Have no insurance ..... 04
- 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 one..... 07
- Go to a doctor only when I'm sick/Never go to doctors..... 08
- Don't believe in mammograms..... 09
- Age related comments (SPECIFY)..... 87
- Other (SPECIFY)..... 88
- Don't know/Not sure..... 77
- Refused..... 99

**Q60:**

**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 if NOT Q58=2-5 OR NOT Q57=1

- Not recommended by doctor..... 01
- Not needed/Not necessary..... 02
- Never hear of a mammogram..... 03
- Cost/Not covered by insurance/Have no insurance ..... 04
- 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 one..... 07
- Go to a doctor only when I'm sick /Never go to doctors..... 08
- Don't believe in mammograms..... 09
- Age related comments (SPECIFY):..... 87
- Other (SPECIFY):..... 88
- Don't know/Not sure..... 77
- Refused..... 99

**Q61:**

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

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

**Q62:**

**READ 1-5 IF NECESSARY**

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

=> +1 if NOT Q61=1

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

**Q63:**

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

=> SETA if COMB<40 OR Q56=2

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

**Q64:**

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

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

**Q65:**

*READ 1-4 IF NECESSARY*

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

=> +1 if NOT Q64=1

Within the past year (0 to 12 months ago) .....	1
Within the past 2 years (More than 1 year to 2 years ago).....	2
Within the past 5 years (More than 2 years to 5 years ago) .....	3
Or 5 or more years ago .....	4
Don't know/Not sure - DO NOT READ .....	7
Refused - DO NOT READ .....	9

**Q66A:**

You said there are children under the age of 13 in your household. What are the ages of the children who are 5 years old or younger?

RECORD AGE OF FIRST CHILD: Up to Seven Children

=> Q69if SETA<1

1 year old or younger.....	01
2 .....	02
3 .....	03
4 .....	04
5 .....	05
No children age 5 or younger.....	88
Refused.....	99

**Q67:**

*READ 1-4*

Now I'd like to talk with you about the (X year old) child's activities with family members in the past week. How many times have you or someone in your family read to this child in the past week? Would you say...

Not at all .....	1
Once or twice.....	2
3 or more times, but not every day .....	3
Or every day.....	4
Don't know/Not sure - DO NOT READ .....	5
Refused - DO NOT READ .....	6

**Q68:**

**READ 1-4**

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

- IF NEEDED: (X year old child)
- Not at all ..... 1
  - Once or twice ..... 2
  - 3 or more times, but not every day ..... 3
  - Or every day..... 4
  - Don't know/Not sure - DO NOT READ ..... 5
  - Refused - DO NOT READ ..... 6

**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?

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

**Q70:**

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

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

**Q72A:**

**RECORD NUMBER**

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

**RECORD NUMBER, ON NEXT SCREEN, RECORD DAYS PER WEEK OR MONTH**

=> Q76 if NOT Q70=1

- No drinks in past 30 days..... 88
- Don't know/Not sure..... 77
- Refused..... 99

**Q72B:**

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

ENTER CODE

- Days per week..... 1
- Days per month..... 2

**Q73:**

One drink is 1 can or bottle of beer, one glass of wine, 1 can or bottle of wine cooler, 1 cocktail or one shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?

=> Q76 if Q72A=88
-------------------

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

**Q74:**

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

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

**Q75:**

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

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

**Q76:****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 sun block? Would you say...

Always.....	1
Nearly always.....	2
Sometimes .....	3
Seldom.....	4
Or never.....	5
Don't know/Not sure - DO NOT READ .....	7
Don't stay out more than an hour - DO NOT READ .....	8
Refused - DO NOT READ .....	9

**Q77:****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?

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 ago .....	5
Don't know/Not sure - DO NOT READ .....	7
Never - DO NOT READ .....	8
Refused - DO NOT READ .....	9

**Q78:**

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

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

**Q79:**

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

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

**Q80:**

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

=> +1 if NOT Q79=1

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

**Q81:**

The next questions are about tests for 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?

=> Q83 if COMB<50

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

**Q82:**

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?

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

**Q83:**

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?

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

**Q84:**

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

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

**Q85:**

Has a doctor ever told you that you had any of the following. . .

Heart attack or myocardial infarction?

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

**Q86:**

Angina or coronary heart disease?

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

**Q87:**

Stroke?

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

**Q88A:**

Next I have some questions about children's asthma.

**Q88:**

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: <total number of children>

=> +1 if Q42A=8-9
-------------------

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

**Q89:**

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: <total number of children>

=> +1if Q42B=8-9
------------------

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

**Q90:**

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: <total number of children>

=> +1 if Q42C=8-9
-------------------

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

**Q91:**

Now I would like to ask you about indoor air quality. Have you ever 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?

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



**Q92:****PROBE TO FIT**

Where did these symptoms occur?

=&gt; +1 if NOT Q91=1

Home .....	01
Workplace.....	02
Public buildings (restaurant, recreational facility).....	03
Other (SPECIFY):.....	88
Don't know/Not sure.....	77
Refused.....	99

**Q93:**

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.

**Q94:****NUMBER OF CHILDREN:** <total number of children>

During the past year, (was your child/ were any of your children/ No children under 5) under age 5 in child care for more than ten hours per 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.

No/None .....	88
Don't know/Not sure.....	77
Refused.....	99

**Q95:****READ 1-6**

Think about the last time you looked for child care for children under age 5 in Island County. 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.

=&gt; Q103 if Q94=88-99

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 - DO NOT READ.....	7
Refused - DO NOT READ .....	9

**Q96:**

Now think about the place where your <child/children> 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 somewhere else?

IF NEEDED: The main source of care is the one where they received the most care in the past year.

- Child care center ..... 1
- Licensed child care home ..... 2
- Unlicensed child care home ..... 3
- Child care home, don't know if licensed ..... 4
- Preschool ..... 5
- Relative (for example, grandparents, aunt, uncle) ..... 6
- Other (SPECIFY:) ..... 8
- Don't know/Not sure ..... 7
- Refused ..... 9

**Q97A:**

Can you tell the <age of your child/ages of your children> 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.

FIRST CHILD'S AGE: Can record up to six children's ages

- Less than one year ..... 0
- 1 ..... 1
- 2 ..... 2
- 3 ..... 3
- 4 ..... 4
- Refused ..... 9

**Q98A:**

Is that a boy or girl?

=> Q103 if Q97A=9

- Boy ..... 1
- Girl ..... 2
- Refused ..... 3

**Q100:**

*READ 1-5*

Now I'd like to ask you about how you would rate the child care your <X year old> <boy/girl> 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

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

**Q101:**

**READ 1-5**

How would you rate the safety of the physical environment at your <X year old> child's child care? Consider both the indoor and outdoor areas. Would you say...

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

**Q102:**

**READ 1-5**

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

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

**Q103:**

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?

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

**Q104:****PROBE TO FIT**

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

=> Q110 if NOT Q103=1

Arthritis/rheumatism.....	01
Back or neck problem.....	02
Fractures, bone/joint injury.....	03
Walking problem.....	04
Lung/breathing problem.....	05
Hearing problem.....	06
Eye/Vision problem.....	07
Heart problem.....	08
Stroke problem.....	09
Hypertension/High blood pressure.....	10
Diabetes.....	11
Cancer.....	12
Depression/anxiety/emotional problem.....	13
Other impairment/problem (SPECIFY):.....	14
Don't know/Not sure.....	77
Refused.....	99

**Q105:**

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

RECORD NUMBER, ON NEXT SCREEN RECORD IF DAYS, WEEKS, MONTHS OR YEARS

Don't know.....	777
Refused.....	999

**Q106:**

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

RECORD CODE

Days.....	1
Weeks.....	2
Months.....	3
Years.....	4

**Q107:**

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?

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

**Q108:**

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?

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

**Q109:**

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?

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

**Q110:**

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.

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

**Q111:**

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

=> Q114 if NOT Q110=1
-----------------------

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

**Q112:**

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.

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

**Q113:**

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 if NOT Q111=1 OR NOT Q112=1

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

**Q114:**

Now a different topic, thinking back over the past 12 months, have you been on 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

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

**Q115:**

*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

=> Q118 if NOT Q114=1

- Always..... 1
- More than half the time..... 2
- About half the time..... 3
- Less than half the time..... 4
- Or never..... 5
- Don't know/Not sure - DO NOT READ..... 7
- Refused - DO NOT READ ..... 8

**Q116:**

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

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

**Q117:**

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 if NOT Q116=1

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

**Q118:****READ 1-5**

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

Always.....	1
Nearly always.....	2
Sometimes .....	3
Seldom.....	4
Or never.....	5
Don't know/Not sure - DO NOT READ.....	7
Never ride in car - DO NOT READ.....	8
Refused - DO NOT READ .....	9

**Q119:**

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

=> Q122 if ADD2<1

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

**Q120:****READ 1-5**

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

IF NEEDED: Depending on the age, weight and height of the child, this might be a booster seat or infant car seat.

=> Q122 if Q119=88-99

Always.....	1
Nearly always.....	2
Sometimes .....	3
Seldom.....	4
Or never.....	5
Don't know/Not sure - DO NOT READ.....	7
Never rides in car - DO NOT READ.....	8
Refused - DO NOT READ .....	9

**Q121:****READ 1-5**

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

Always.....	1
Nearly always.....	2
Sometimes .....	3
Seldom.....	4
Or never.....	5
Don't know/Not sure - DO NOT READ.....	7
Never rides a bicycle - DO NOT READ.....	8
Refused - DO NOT READ .....	9

**Q122:****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.

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 ago.....	4
Never - DO NOT READ - ONLY IF VOLUNTEERED.....	5
Don't know/Not sure - DO NOT READ.....	7
Refused - DO NOT READ.....	9

**Q123:****READ 1-88 ONLY IF NECESSARY**

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

=> +1 if Q122=1

Fear, apprehension, nervousness, pain, dislike going.....	01
Cost.....	02
Do not have/know a dentist.....	03
Cannot get to the office/clinic (too far away, no transportation, no appointments available).....	04
No reason to go (no problems, no teeth).....	05
Dentist won't accept my medical plan/Medicaid.....	06
Other priorities.....	07
Have not thought of it.....	08
No dental insurance.....	09
Or some other reason (SPECIFY:).....	88
Don't know/Not sure - DO NOT READ.....	77
Refused - DO NOT READ.....	99

**Q124:**

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 if Q123=09

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

**Q125:****READ 1-4 ONLY IF NECESSARY**

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

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 ago.....	4
Never - DO NOT READ - ONLY IF VOLUNTEERED.....	5
Don't know/Not sure - DO NOT READ.....	7
Refused - DO NOT READ.....	9



**Q126:**

Have you had a flu shot in the past year?

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

**Q126A:**

Do you plan on getting a flu shot this fall?

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

**Q127:***READ 1-3 ONLY IF NECESSARY*

How long ago did you have your last tetanus shot?

IF NEEDED: Please give me your best guess.

Within the past 10 years .....	1
Between 10 and 20 years ago.....	2
Or more than 20 years ago.....	3
Never - DO NOT READ .....	6
Don't know/Not sure - DO NOT READ .....	4
Refused - DO NOT READ .....	5

**Q128:**

Do you own or rent your home?

INTERVIEWER NOTE: If buying a home and making payments = own home

Own .....	1
Rent .....	2
Living Rent Free with Friends or Family - DO NOT READ, ONLY IF VOLUNTEERED.....	4
Living Rent Free in Military provided housing - DO NOT READ, ONLY IF VOLUNTEERED .....	5
Refused.....	3

**Q129:***READ 1-4 ONLY IF NECESSARY*

How long have you lived in your neighborhood?

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 years.....	4
Don't know/Not sure - DO NOT READ .....	7
Refused - DO NOT READ .....	9

**Q130:**

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 a stable foundation, adequate plumbing, heat and ventilation.

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

**Q131:**

Have you ever been unable to get safe and affordable housing in your area?

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

**Q132:**

How many close friends or relatives would help you with your emotional problems or feelings if you needed it?

- Three or more..... 3
- 2 ..... 2
- 1 ..... 1
- None ..... 4
- Don't know/Not sure..... 7
- Refused..... 9

**Q133:**

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

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

**Q134:**

The next few questions are about exercise, recreation, or physical activities other than regular job duties. During the past month, did you participate in any physical activities or exercises such as running, golf, gardening, or walking for exercise?

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

**Q135:**

What type of physical activity or exercise did you spend the most time doing during the past month?

=> Q138 if NOT Q134=1

Record Comments.....	88
Don't Know/Not sure.....	77
Walking only.....	01
Biking only.....	02
Running/Jogging only.....	03
Golf only.....	04
Gardening/lawn maintenance only.....	05
Gym.....	06
Yoga.....	07
Gardening and Walking.....	08
Exercising.....	09
Hiking.....	10
Swimming.....	11
House Keeping.....	12
Weight Lifting.....	13
Physical Therapy.....	14
Team Sports (i.e. basketball, soccer, tennis, and volleyball).....	15
Refused.....	99

**Q136:**

How many days on average per week did you take part in this activity?

Less than one day a week.....	98
Don't know/Not sure.....	77
Refused.....	99

**Q137:**

When you took part in this activity, for how many minutes or hours did you usually keep at it?

EXAMPLE: 1 HOUR AND 10 MINUTES = 110, 20 MINUTES = 020

IF NEEDED: Please give your best guess.

If Needed: if answer seems high: "Just to clarify, this answer does not include exercise you might get as part of your job duties. Is that correct?"

**Q138:****READ 1-3**

A community emergency can take many forms. Earthquakes, volcanic eruptions, winter storms, disease outbreaks, and chemical spills are some of the unexpected events that could impact a community. How prepared do you feel your household is to handle a community emergency or disaster? Would you say

Very prepared.....	1
Somewhat prepared.....	2
Or not prepared at all.....	3
Don't know/Not sure - DO NOT READ.....	7
Refused - DO NOT READ.....	9

**Q139:**

***PROBE TO FIT***

In a community emergency or disaster, what would be your primary method of getting information from local authorities?

INTERVIEWER NOTE: Code battery powered radio as radio.

Internet .....	1
Newspaper .....	2
Radio .....	3
Telephone .....	4
Television .....	5
Cell Phone.....	8
Word of Mouth/Neighbors.....	0
Other (SPECIFY: ).....	6
Don't know/Not sure.....	7
Refused.....	9

**INT01:**

That is all the questions I have. Thank you very much for your time. Your answers and everyone else's will be combined to give us information that is important for improving public health in Island County. Thank you very much for your time and cooperation.

Completed interview .....	01
---------------------------	----