

Core Section 17.2: Physical Activity

- ✓ *Nine out of ten Buffalo County respondents reported engaging in moderate physical activity.*
- ✓ *Both genders were equally likely to report engaging in moderate physical activity.*
- ✓ *Younger adults were slightly more likely than older ones to report engaging in moderate physical activities.*
- ✓ *Across the board, there has been an increase in respondents engaging in moderate physical activity, compared to 2003. (No data are available for 2000.)*

2007

- Eighty-nine percent of Buffalo County respondents reported engaging in moderate physical activity (Graph C17Q02_A).
 - Among both men and women 89% of respondents in each group reported engaging in moderate physical activity (Graph C17Q02_B and _C).
 - A greater majority of young respondents from Buffalo County reported engaging in moderate activity. There is a negative correlation between age and reporting engaging in moderate activity; while 91% of 19-34 year-olds reported engaging in moderate activity, 69% of the 75+ year-olds reported so (Graph C17Q02_D).

TREND:

- The percentage of Buffalo County respondents who reported engaging in moderate physical activity rose from 84% in 2003 to 89% in 2007 (Graph C17Q02_A). No data were collected in 2000.
 - Among females there was an increase of 3% from the 86% in 2003 to 89% in 2007 of those who reported engaging in moderate physical activity (C16Q02_C).
 - Among males there was an increase of 7% from the 82% in 2003 to 89% in 2007 of those who reported engaging in moderate physical activity (C17Q02_B).
- Across all age groups, Buffalo County respondents who reported engaging in moderate physical activity rose in 2007 compared to 2003 (C17Q02_D). The greatest increase of 11% was among the 55-65 year-olds, from 76% to 87%. Among the 19-34 year-olds the increase was 2%, from 89% to 91%.

Core Section 17.3: Physical Activity

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

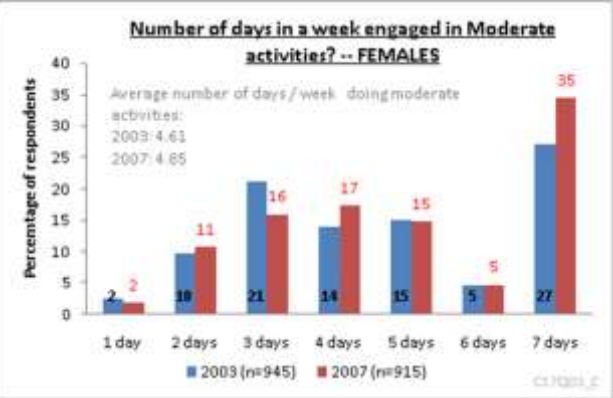
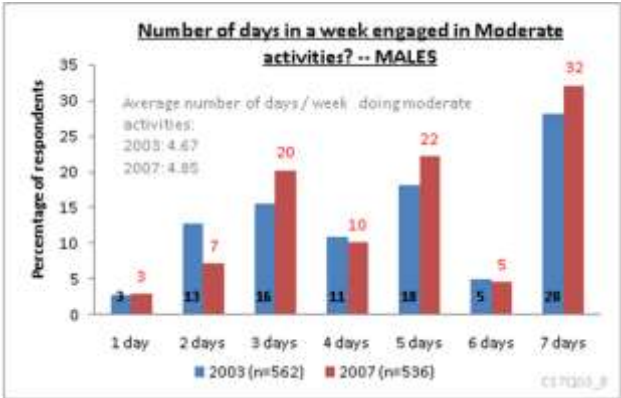
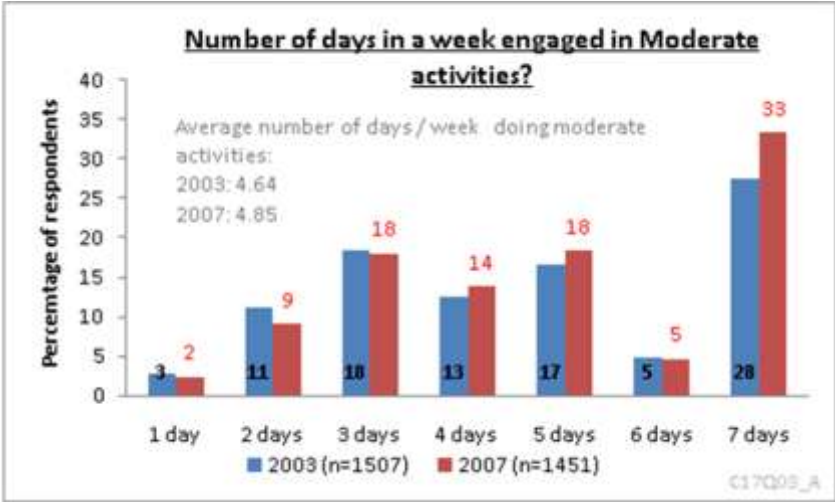


Table 17.3

Average number of days engaged in moderate physical activity – By Age		
	2003	2007
19-34 year-olds	4.56	4.88
35-54 year-olds	4.69	4.64
55-64 year-olds	4.64	4.87
65-74 year-olds	4.51	4.76
75+ year-olds	5.01	4.92

Core Section 17.3: Physical Activity

- ✓ *Among those who reported engaging in moderate physical activity, one-third of them said they did moderate physical activity every day of the week.*
- ✓ *Women were slightly more likely than men to report engaging in moderate physical activity every day of the week.*
- ✓ *On average the respondents of both genders reported engaging in moderate physical activity just short of 5 days a week.*
- ✓ *Across the board, there has been an increase in the number of days per week respondents reported moderate physical activity, compared to 2003, from 4½ days per week to almost 5 days a week. (No data are available for 2000.)*

2007

- Thirty-three percent of Buffalo County respondents who reported engaging in moderate physical activity also reported engaging in moderate physical activity every day of the week (Graph C17Q03_A). Eighty-nine reported engaging in moderate physical activity at least 3 days a week.
 - Among men thirty-two percent of Buffalo County respondents reported engaging in moderate physical activity every day of the week (Graph C17Q03_B). Ninety percent of these men reported engaging in moderate physical activity at least 3 days a week.
 - Thirty-five percent of Buffalo County female respondents reported engaging in moderate physical activity every day of the week (Graph C17Q03_C). Eighty-seven percent of these women reported engaging in moderate physical activity at least 3 days a week.
 - Among the various age groups, the 75+ year-olds reported engaging in moderate physical activity almost 5 days a week (Table 17.3), the most across all age groups. The 35-54 year-olds reported engaging in moderate physical activities only 4.64 day a week, the least among the age groups.

TREND:

- The percentage of Buffalo County respondents who reported engaging in moderate physical activity every day of the week rose by 5% from 28% in 2003 to 32% in 2007 (Graph C17Q03_A). On the average, the respondents reported engaging in moderate physical activity 4.85 days a week, compared to 4.64 days a week in 2003. No data were collected in 2000.
 - Females reporting engaging in moderate physical activity every day of the week rose by 8% from 27% in 2003 to 35% in 2007 (C17Q03_C). On the average females reported engaging in moderate physical activity 4.85 days a week compared to 4.61 days a week in 2003.
 - Among males there was an increase of 4% from 28% in 2003 to 32% in 2007 of those who reported engaging in moderate physical activity every day of the week (C17Q03_B). On the average they reported engaging in moderate physical activity 4.85 days a week in 2007, the same as females, compared to 4.67 days a week in 2003
- Across three of the five age groups, Buffalo County respondents, on the average, reported engaging in moderate physical activity on more days than in 2003. The greatest increase was among the 19-34 year-olds, by 0.32 days a week, from 4.56 days a week in 2003 to 4.88 days a week in 2007 (Table 17.3).

Core Section 17.4: Physical Activity

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

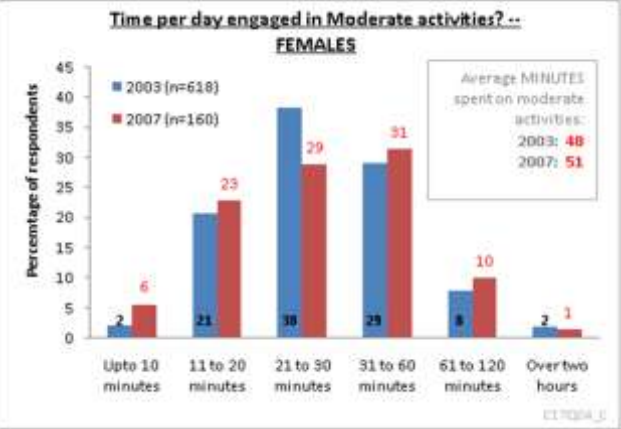
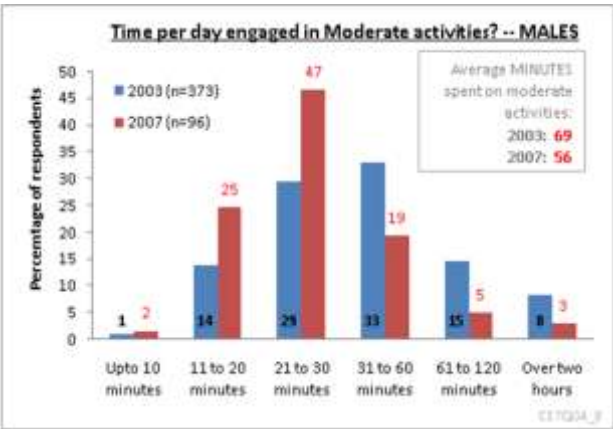
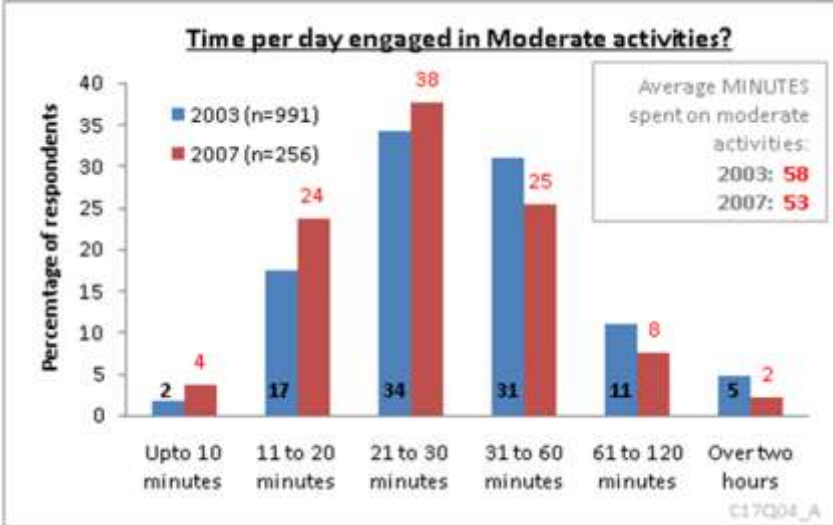


Table 17.4

Average minutes when engaged in moderate activities		
	2003	2007
19-34 year-olds	57	52
35-54 year-olds	60	51
55-64 year-olds	48	55
65-74 year-olds	56	60
75+ year-olds	47	46

Core Section 17.4: Physical Activity

- ✓ *Among those who reported engaging in moderate physical activity, the average time they spent when engaged in moderate physical activity was about an hour, the majority spending 30 minutes or less.*
- ✓ *On the average women spent a little less time in the moderate physical activity they were engaged in than did men.*
- ✓ *Overall, compared to 2003, there has been a decline, by a few minutes, in the time a respondent spent doing moderate activity. (No data were available for 2000.)*

2007

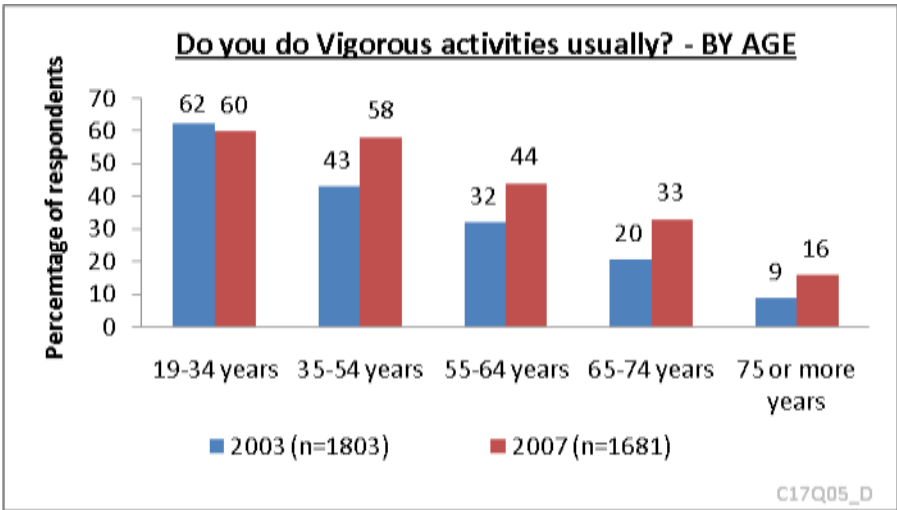
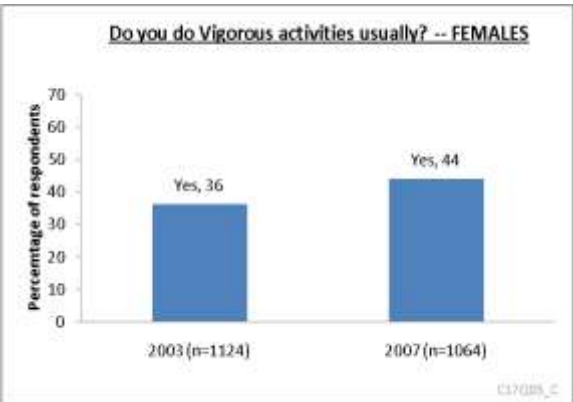
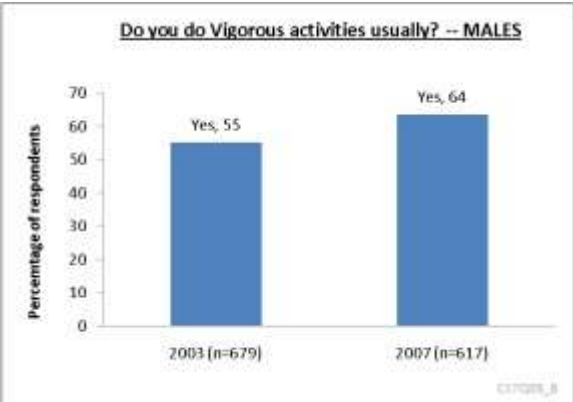
- Thirty-five percent of Buffalo County respondents who reported engaging in moderate physical activity also reported engaging in moderate physical activity for more than 30 minutes at a time (Graph C17Q04_A). Sixty-six percent reported spending 30 minutes or less at a time.
 - Females were more likely than men to engage in moderate physical activity over 30 minutes at a time (C17Q04_B and _C). While 42% of women engaged in moderate physical activity over 30 minutes at a time, only 27% of males did so.
 - Most females were likely to engage in moderate physical activity for 31 to 60 minutes at a time (31%) while most men were likely to do so for 21-30 minutes (Graph C17Q04_B and _C).
 - Among the various age groups, the 65-74 year-olds reported engaging in moderate physical activity the most at a time – an average of 60 minutes at a time (Table 17.4). The 75+ year-olds reported engaging in moderate physical activities for only 46 minutes, on the average, at a time, the least across all the age groups.

TREND:

- The average time spent by Buffalo County respondents when engaged in moderate physical activity fell from 58 minutes in 2003 to 53 minutes in 2007 (C17Q04_A). No data were available for 2000.
 - Females reported engaging in moderate physical activity for a slightly longer time than in 2003; 51 minutes in 2007 compared to 48 minutes in 2003 (C17Q04_C). Also, more females reported engaging in moderate physical activity for 31 minutes or more at a time, 39% in 2003 to 42% in 2007.
 - Among males there was a decrease of 13 minutes in the time spent on moderate physical activity when engaged in it, from 69 minutes in 2003 to 56 minutes in 2007 (C17Q04_B). Also, a smaller percentage of respondents reported engaging in moderate physical activity for 31 minutes or more at a time, from 56% in 2003 to 27% in 2007.
- Across three of the five age groups, Buffalo County respondents reported engaging in fewer minutes of moderate physical activity at a time, compared to 2003 (Table 17.4). Only among the 55 to 74 year-olds, the time spent on moderate physical activity when engaged in it rose by 4 to 7 minutes compared to 2003 (Table 17.4).

Core Section 17.5: Physical Activity

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



Core Section 17.5: Physical Activity

- ✓ *More than five in ten Buffalo County respondents reported engaging in vigorous physical activity.*
- ✓ *Women were much less likely than men to report engaging in vigorous physical activity.*
- ✓ *Younger adults were more likely than older ones to report engaging in vigorous physical activity.*
- ✓ *Across the board, there has been an increase in respondents engaging in vigorous physical activity, compared to 2003, with the exception of the 19-34 year olds. (No data were available for 2000.)*

2007

- Fifty-four percent of Buffalo County respondents reported engaging in vigorous physical activity (Graph C17Q05_A).
 - Among men 64% of respondents reported engaging in vigorous physical activity (Graph C17Q05_B), while among women 44% reported so (C17Q05_C).
 - A majority of young respondents 19 to 54 year-olds from Buffalo County reported engaging in vigorous physical activity. There is a strong negative correlation between age and reporting engaging in vigorous physical activity; while 60% of 19-34 year-olds reported engaging in vigorous physical activity, 16% of the 75+ year-olds said so (Graph C17Q05_D).

TREND:

- The percentage of Buffalo County respondents who reported engaging in vigorous physical activity rose from 46% in 2003 to 54% in 2007, a 8% increase (Graph C17Q05_A). No data were collected in 2000.
 - Among females there was an increase of 8% from the 36% in 2003 to 44% in 2007 of those who reported engaging in vigorous physical activity (C16Q05_C).
 - Among males there was an increase of 9% from the 55% in 2003 to 64% in 2007 of those who reported engaging in vigorous physical activity (C17Q05_B).
- Across four of the five age groups, the percentage of Buffalo County respondents reporting to have engaged in vigorous physical activity rose in 2007 compared to 2003 (C17Q05_D). The greatest increase of 15% was among the 35-54 year-olds, from 43% to 58%. Among the 19-34 year olds the decrease was 2%, from 62% to 60%.

Core Section 17.6: Physical Activity

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

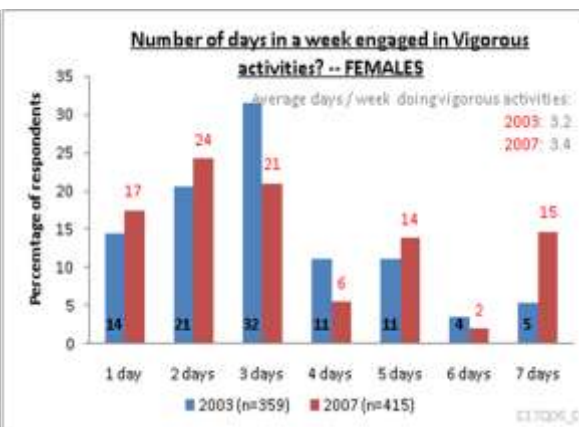
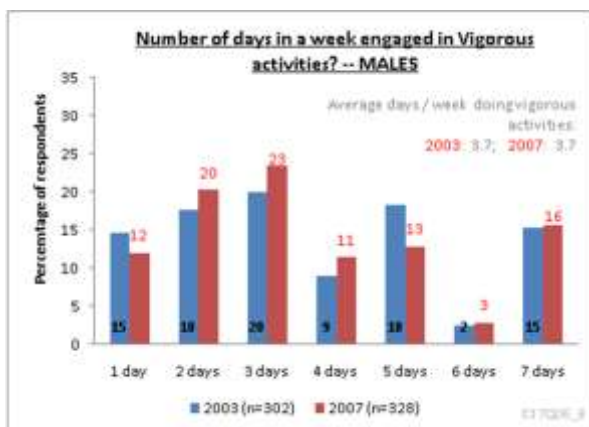
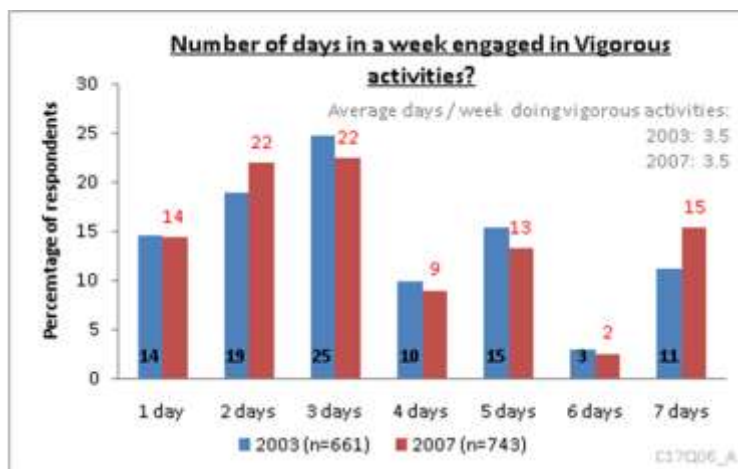


Table 17.6

Average number of days engaged in vigorous physical activity		
	2003	2007
19-34 year-olds	3.51	3.76
35-54 year-olds	3.38	3.07
55-64 year-olds	3.20	3.03
65-74 year-olds	3.49	3.52
75+ year-olds	3.27	3.50

Core Section 17.6: Physical Activity

- ✓ *Among those who reported engaging in vigorous physical activity, about one in seven reported they did vigorous physical activity every day of the week.*
- ✓ *Women were almost as likely as men to report engaging in vigorous physical activity every day of the week.*
- ✓ *On average the respondents reported engaging in vigorous physical activity 3.5 days a week, men reported 9% more days of vigorous physical activity than did women.*
- ✓ *Across the board, there has been no perceptible increase in the number of days per week respondents reported vigorous physical activity, compared to 2003, though there was an increase among women.*
- ✓ *The youngest and the oldest groups reported an increase in the number of days they engaged in vigorous physical activity. (No data were collected in 2000).*

2007

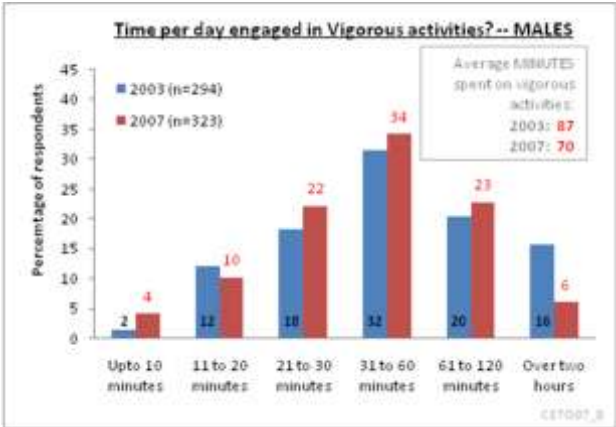
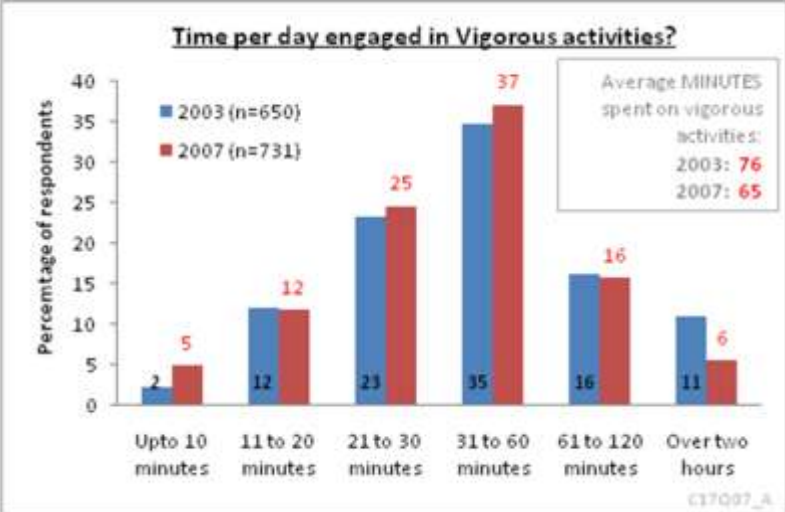
- Fifteen percent of Buffalo County respondents who reported engaging in vigorous physical activity also reported engaging in vigorous physical activity every day of the week (Graph C17Q06_A). Sixty-four percent reported engaging in vigorous physical activity at least 3 days a week
 - Fourteen percent of male Buffalo County respondents reported engaging in vigorous physical activity every day of the week (Graph C17Q06_B). Fifty-eight percent of these men reported engaging in vigorous physical activity at least 3 days a week.
 - Fifteen percent of female Buffalo County respondents reported engaging in vigorous physical activity every day of the week (Graph C17Q06_C). Forty-nine percent of these women reported engaging in vigorous physical activity at least 3 days a week.
 - Among the five age groups, respondents reported engaging in vigorous physical activity 3 to 3.5 days a week (Table 17.6). The 55-64 year-olds reported engaging in vigorous physical activities only 3 days a week, the least among the age groups.

TREND:

- The percentage of Buffalo County respondents who reported engaging in vigorous physical activity every day of the week rose by 4% from 11% in 2003 to 15% in 2007 (Graph C17Q06_A). On the average, the respondents reported engaging in vigorous physical activity 3.5 days a week, same as in 2003. No data were collected in 2000.
 - Females reporting engaging in vigorous physical activity every day of the week rose by 10% from 5% in 2003 to 15% in 2007 (C17Q06_C). On the average females reported engaging in vigorous physical activity 3.4 days a week compared to 3.2 days a week in 2003.
 - Among males there was an increase of 1% from 15% in 2003 to 16% in 2007 of those who reported engaging in vigorous physical activity every day of the week (C17Q06_B). On the average they reported engaging in vigorous physical activity 3.7 days a week in 2007, same as in 2003.
- Across three of the five age groups, there was an increase from 2003 in the average number of days that Buffalo County respondents reported to have been doing vigorous physical activity (Table 17.6). The greatest increase was among the 19-34 year-olds, by 0.25 days a week, from 5.51 days a week in 2003 to 3.76 days a week in 2007 (Table 17.6).

Core Section 17.7: Physical Activity

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



Average minutes engaged, at a time, in vigorous physical activities		
	2003	2007
19-34 year-olds	65	62
35-54 year-olds	85	57
55-64 year-olds	113	68
65-74 year-olds	72	81
75+ year-olds	98	110

Core Section 17.7: Physical Activity

- ✓ *Among those who reported doing vigorous physical activity, the average time they spent when engaged in vigorous physical activity is just over one hour, the majority claiming to spending 30 minutes or more, much less than in 2003.*
- ✓ *The highest percentage of respondents reported engaging in vigorous physical activity for 31 to 60 minutes, when they did vigorous physical activity.*
- ✓ *On the average women spent a little less time in the vigorous physical activity they were engaged in than did men.*
- ✓ *A greater percentage of men than women engaged in vigorous physical activity for more than 30 minutes at a time, though much less than in 2003.*
- ✓ *Overall, compared to 2003, there has been a decline in the time a respondent spent doing vigorous physical activity across almost all groups. No data were available for 2000.*

2007

- Fifty-nine percent of Buffalo County respondents who reported doing vigorous physical activity also reported engaging in vigorous physical activity for more than 30 minutes at a time (Graph C17Q07_A).
 - Females were less likely than men to engage in vigorous physical activity over 30 minutes at a time (C17Q07_B and _C). While 52% of women engaged in vigorous physical activity over 30 minutes at a time, 63% of males did so.
 - A greater percentage of females (41%) than males (34%) were likely to engage in vigorous physical activity for 31 to 60 minutes at a time (Graph C17Q07_B and _C).
 - Among the various age groups, the 75+ year-olds reported engaging in vigorous physical activity the most at a time – an average of 100 minutes at a time (Table 17.7). The 35-54 year-olds reported engaging in vigorous physical activities for only 57 minutes at a time, on the average, at a time, the least among the age groups.

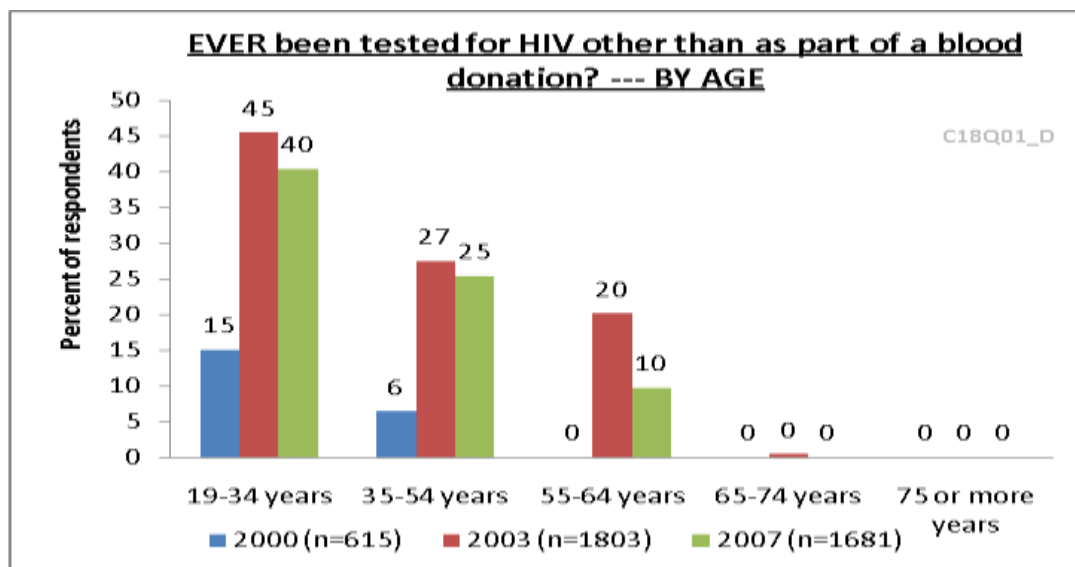
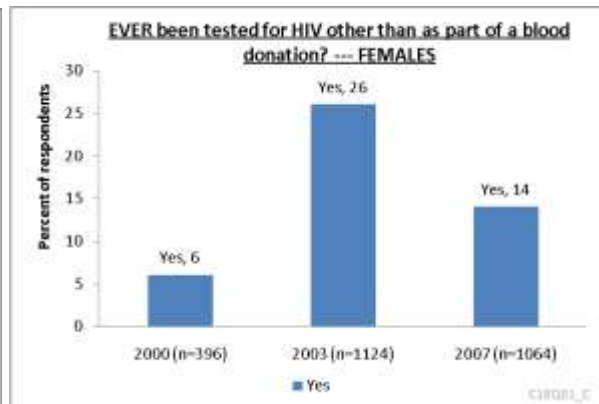
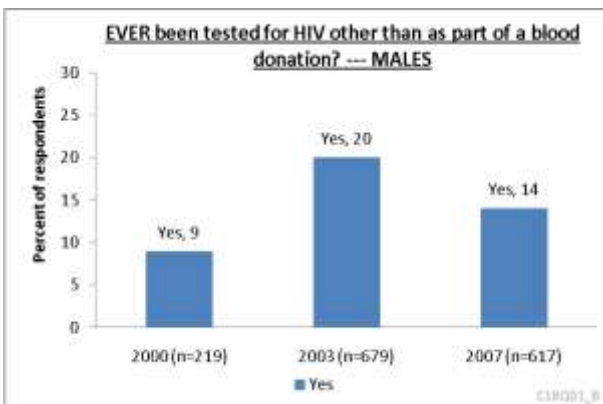
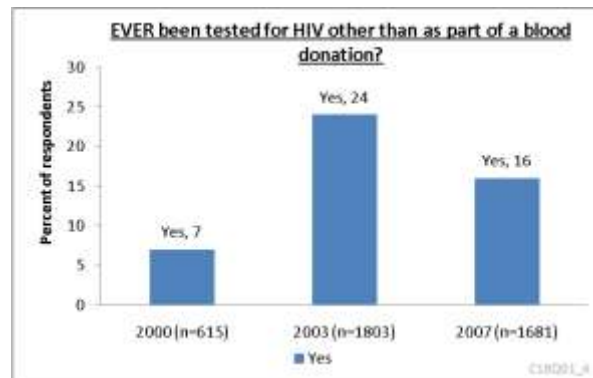
TREND:

- The average time spent by Buffalo County respondents when engaged in vigorous physical activity fell from 76 minutes in 2003 to 65 minutes in 2007 (C17Q07_A). No data were collected for 2000.
 - Females reported doing vigorous physical activity for a slightly shorter time than in 2003; 58 minutes in 2007 compared to 59 minutes in 2003 (C17Q07_C). Also, a slightly smaller percentage of females reported engaging in vigorous physical activity for 31 minutes or more at a time, 53% in 2003 to 42% in 2007.
 - Among males there was a decrease of 17 minutes in the time spent on vigorous physical activity when engaged in it, from 87 minutes in 2003 to 70 minutes in 2007 (C17Q07_B). Also, a smaller percentage of respondents reported doing vigorous physical activity for 31 minutes or more at a time, from 68% in 2003 to 53% in 2007.
- The youngest three age groups among the Buffalo County respondents reported doing less vigorous physical activity at a time, compared to 2003 (Table 17.6). Among the 65+ year-olds, the time spent on vigorous physical activity when engaged in it rose by 9 to 12 minutes compared to 2003 (Table 17.7); among the 35-54 year-olds and the 65-74 year-olds it fell by 28 minutes and 45 minutes respectively, compared to 2003 responses.

Core Section 18: HIV/AIDS

Core Section 18.1

Have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation. Include testing fluid from your mouth.



Core Section 18.1: HIV/AIDS

- ✓ *About one in six Buffalo County respondents reported having been tested for HIV, not counting tests they had as part of a blood donation.*
- ✓ *There was no difference between genders in testing for HIV in 2007.*
- ✓ *There has been a decline in respondents reporting having been tested for HIV, compared to 2003, but higher than in 2000.*
- ✓ *The likelihood of being tested for HIV is negatively correlated with the age group of the respondents in all the three years the data were collected.*

2007

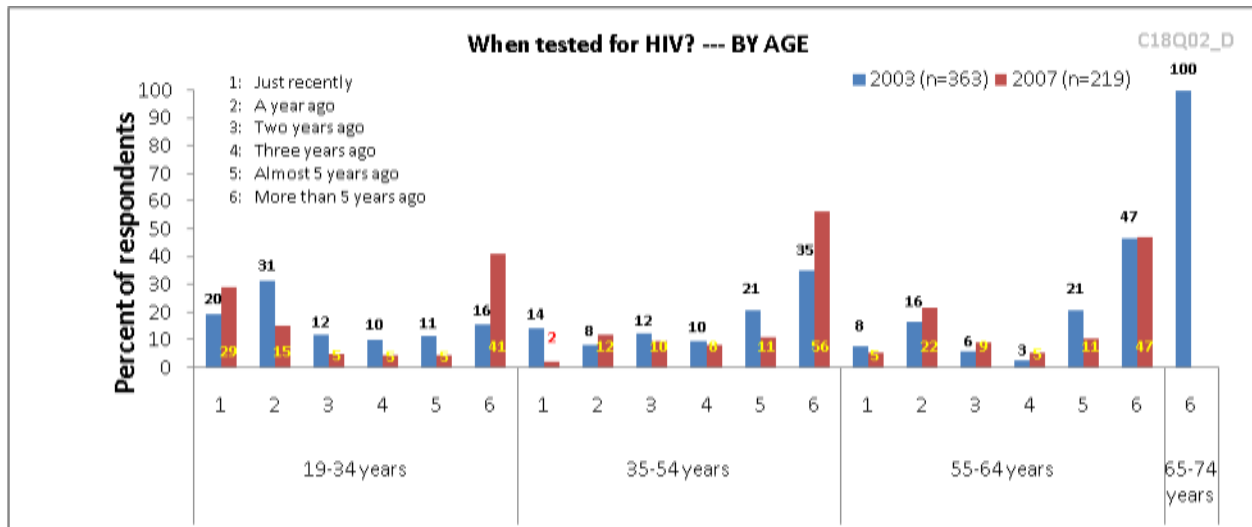
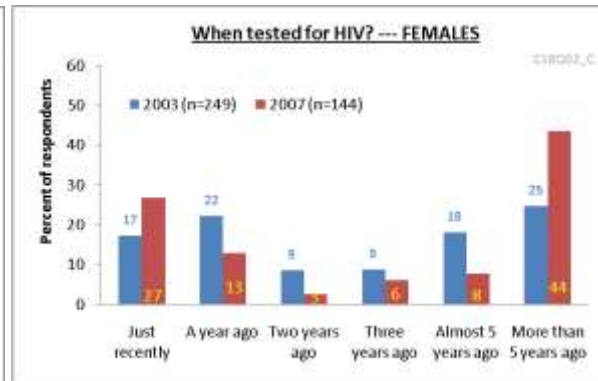
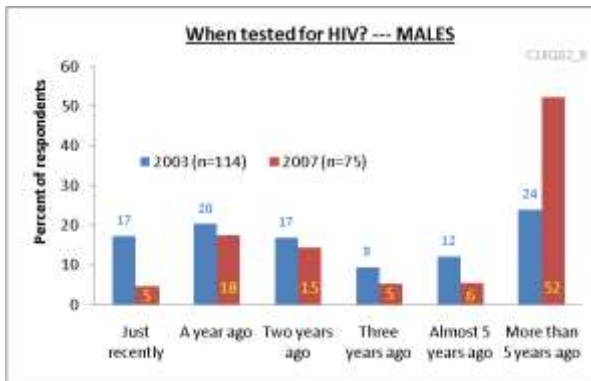
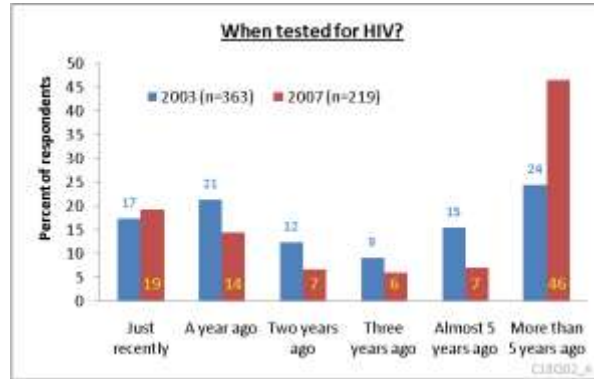
- Sixteen percent of Buffalo County respondents indicated having been tested for HIV, not counting tests they had as part of a blood donation (Graph C18Q01_A).
 - Among both men and women, 14% in each group reported having been tested for HIV (Graph C18Q01_B and _C).
 - Forty percent of the 19-34 year-olds reported having been tested for HIV, followed by 25% of the 35-54 year-olds and 10% of the 55-64 year-olds (Graph C18Q01_D).

TREND:

- The testing for HIV more than doubled compared to data from 2000, from 7% in 2000 to 16% in 2007, but eight percentage points lower than in 2003 (Graph C18Q01_A).
 - Among both men and women, and across all age groups, the trend in being tested for HIV is quite similar across seven years from 2000 to 2007 (C18Q01_B and _C & _D).
 - The greatest increase in being tested for HIV since 2000 was among the 19-34 year-olds, from 15% in 2000 to 40% in 2007 (C18Q01_D).

Core Section 18.2: HIV/AIDS

Not including blood donations, *when* was your last HIV test?



Core Section 18.2: HIV/AIDS

- ✓ *Among those who tested for HIV, four out of ten Buffalo County respondents reported having been tested for HIV within the past two years or less; almost half of the respondents reported having been tested for HIV more than 5 years ago.*
- ✓ *More women than men reported having been tested for HIV within the past two years or less.*
- ✓ *Almost half of the 19-34 year-olds reported having been tested for HIV within the past two years or less; 4 in 10 reported having been tested for HIV more than 5 years ago.*
- ✓ *The likelihood of being tested for HIV within the past two years is negatively correlated with the age.*

2007

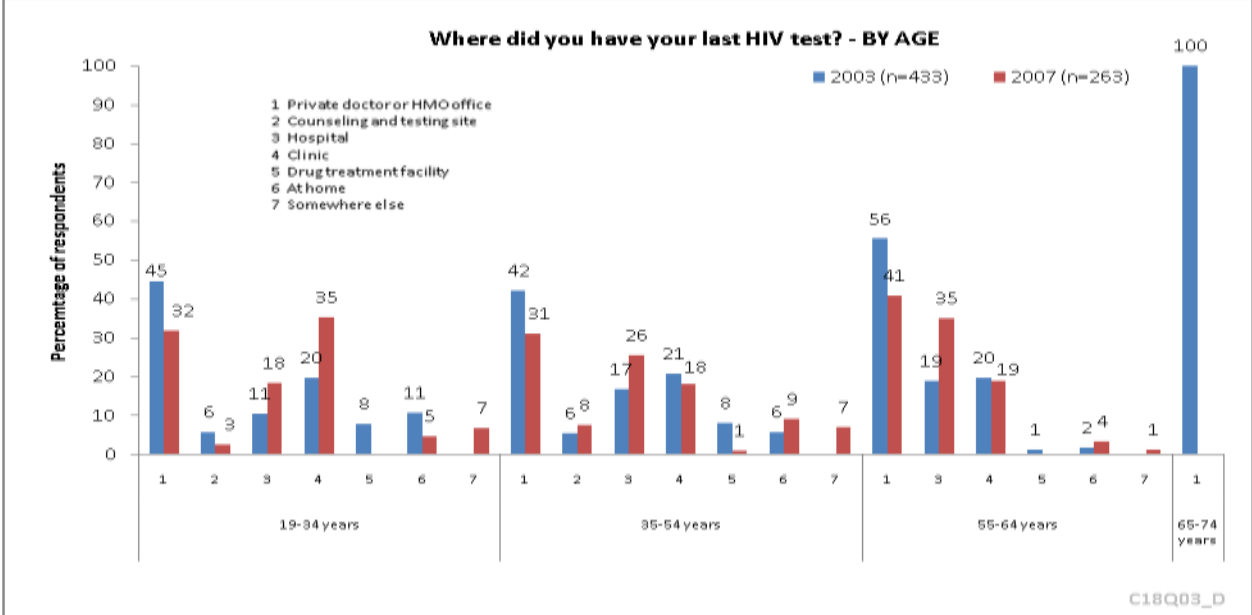
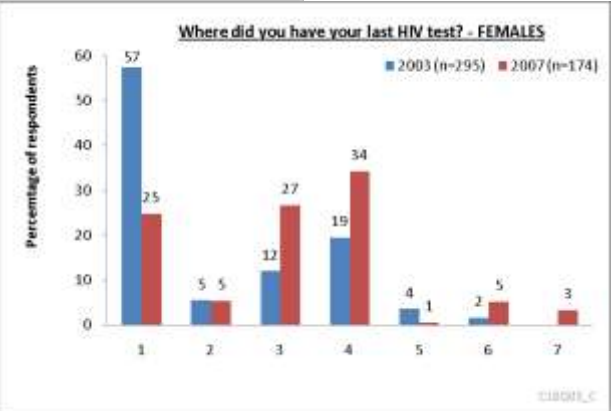
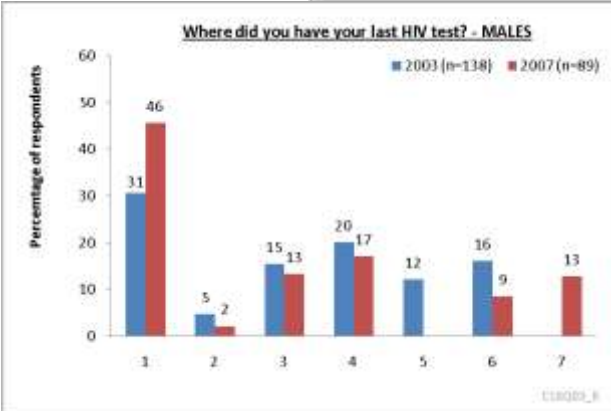
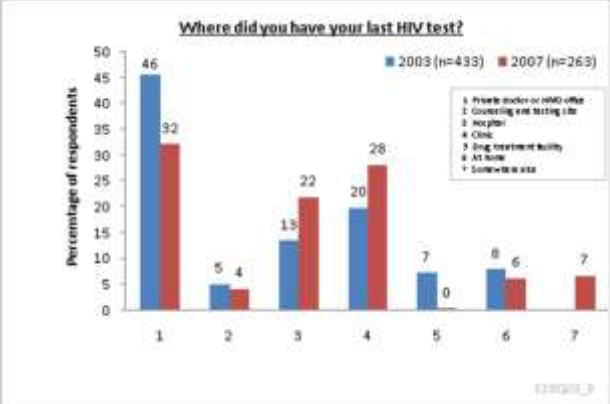
- Of those who reported having been tested for HIV, nineteen percent reported having been tested just recently, 14% a year ago, 7% two years ago, and 46% more than five years ago (C18Q02_A).
 - Females were more likely to report having been tested for HIV just recently (27%) compared to men (5%) (Graph C18Q02_B and _C); 52% of men reported having been tested for HIV more than 5 years ago compared to women (44%).
 - Twenty-nine percent of the 19-34 year-olds reported having been tested for HIV just recently, while 41% of them reported having been tested for HIV more than five years ago (Graph C18Q02_D). The older the respondent, the more likely is it they reported having been tested for HIV more than 5 years ago.

TREND:

- The overall trend suggests that among the youngest group and among women, a higher percentage of respondents than in 2003 reported having been tested for HIV recently.
 - Among all groups, a higher percentage of respondents also reported having been tested for HIV more than 5 years ago.

Core Section 18.3: HIV/AIDS

Where did you have your last HIV test — at a private doctor or HMO office, at counseling and testing site, at a hospital, at a clinic, in a jail or prison, at a drug treatment facility, at home, or somewhere else?



Core Section 18.3: HIV/AIDS

- ✓ *Among those who tested for HIV, three of ten Buffalo County respondents reported having been tested for HIV by their private doctor or HMO office; half of the respondents reported being tested at a clinic or hospital.*
- ✓ *Drug treatment facilities were rarely used, as were counseling and testing sites.*
- ✓ *Men were most likely to have been tested for HIV by their private doctor or HMO office; women at a clinic or hospital.*
- ✓ *Overall, eight out of 10 respondents reported being tested for HIV by their private doctor or HMO office or clinic or hospital; this was roughly identical to responses in 2003. (No data were available for 2000.)*

2007

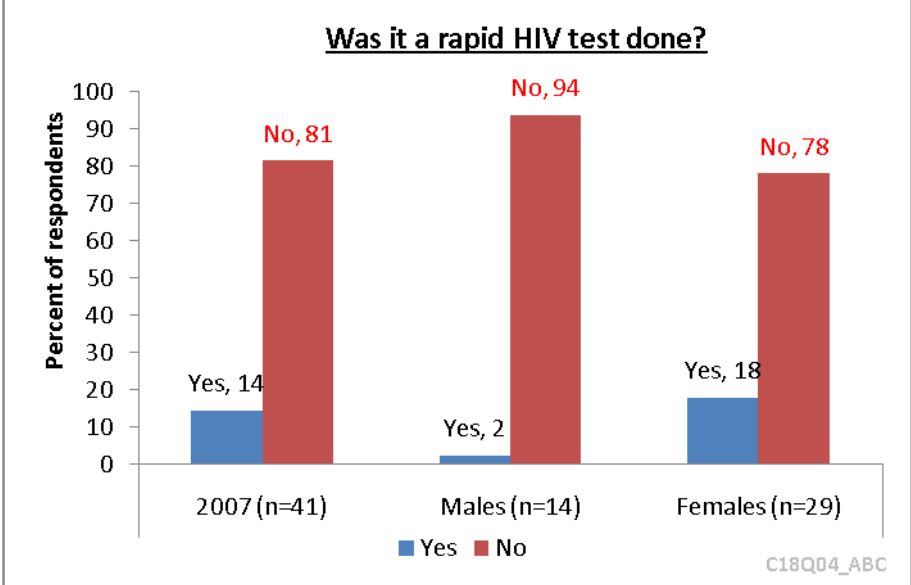
- Of those who reported having been tested for HIV, 32% reported having been tested by their private doctor or HMO office; 22% at a hospital and 38% at a clinic (Graph C18Q03_A).
 - Females were most likely to report having been tested for HIV at a hospital (34%). A quarter of them reported being tested at a clinic (27%) or hospital (25%) (Graph C18Q03_C).
 - Men were most likely to report having been tested for HIV by a private doctor or HMO office (46%). Seventeen percent reported being tested at a hospital while 13% reported being tested at a clinic (Graph C18Q03_B).
 - Amongst the youngest age group the highest percentage of respondents reported being tested at a hospital (35%) followed by 32% of them reporting being tested by their private doctor or HMO office (Graph C18Q03_D). Among the other age groups a majority reported being tested for HIV by their private doctor or HMO office.

TREND:

- The overall trend suggests that a higher percentage of respondents are getting tested for HIV at hospitals and clinics than in 2003 (Graph C18Q03_A). No data were available for 2000.
 - However, among men and the older age groups, there is a higher percentage of respondents, compared to 2003, who have been tested by their private doctor or HMO office.

Core Section 18.4: HIV/AIDS

Was it a rapid test where you could get your results within a couple of hours?



Core Section 18.4: HIV/AIDS

- ✓ *Among those who tested for HIV just recently, a vast majority of them did not use rapid HIV testing.*
- ✓ *Men were much less likely to have been tested for HIV by the rapid test.*
- ✓ *No data were collected in 2000 and 2003.*

2007

- Of those who reported having been tested for HIV just recently, only 14% reported having been tested by the rapid test (Graph C18Q04_ABC).
 - Females were much more likely (18%) than men (2%) to report having been tested for HIV by the rapid method (Graph C18Q04_ABC).

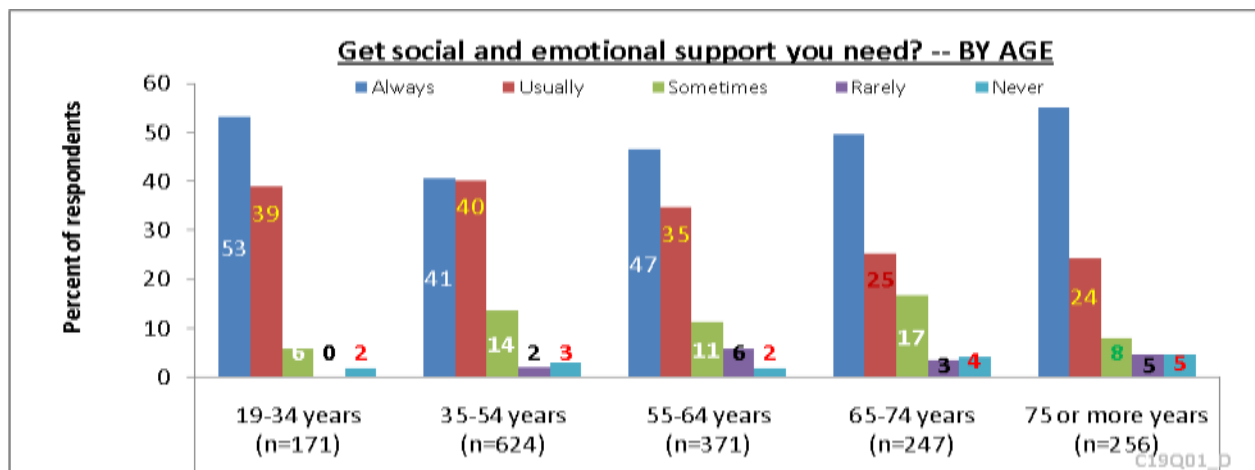
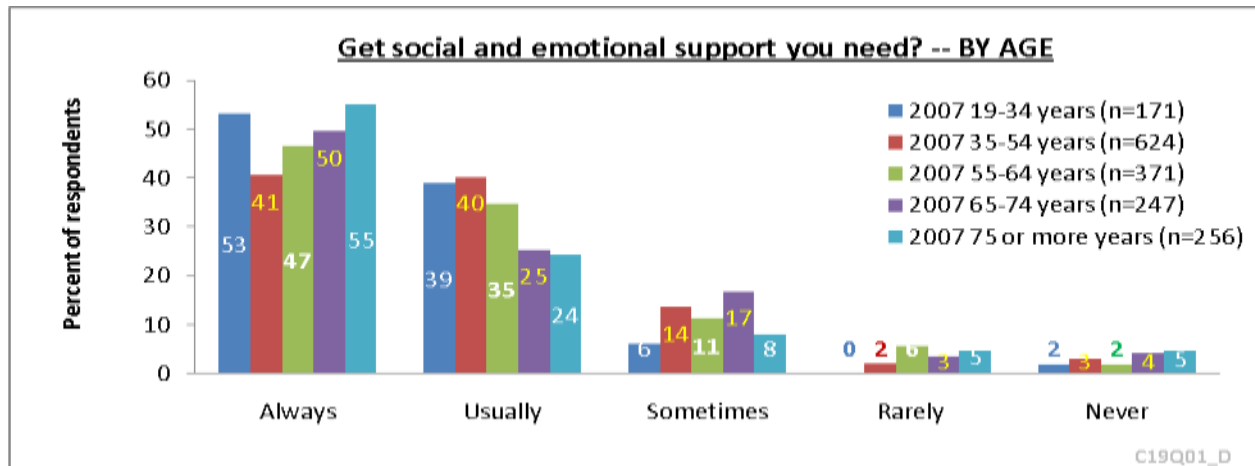
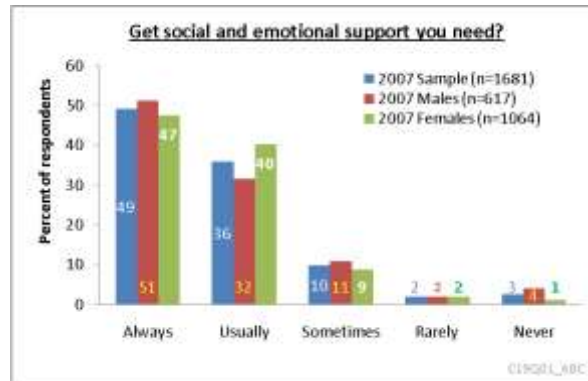
TREND:

- Since the data were gathered for the first time in 2007 trends, if any, cannot be determined.

Core Section 19: Emotional Support and Life Satisfaction

Core Section 19.1

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



Core Section 19.1: Emotional Support and Life Satisfaction

- ✓ *Almost one in two Buffalo County respondents reported getting social and emotional support always.*
- ✓ *Across both genders, more than eight in ten respondents reported receiving social and emotional support always or usually.*
- ✓ *The oldest are most likely to report that they rarely or never get social and emotional support.*
- ✓ *No data were collected in 2000 and 2003.*

2007

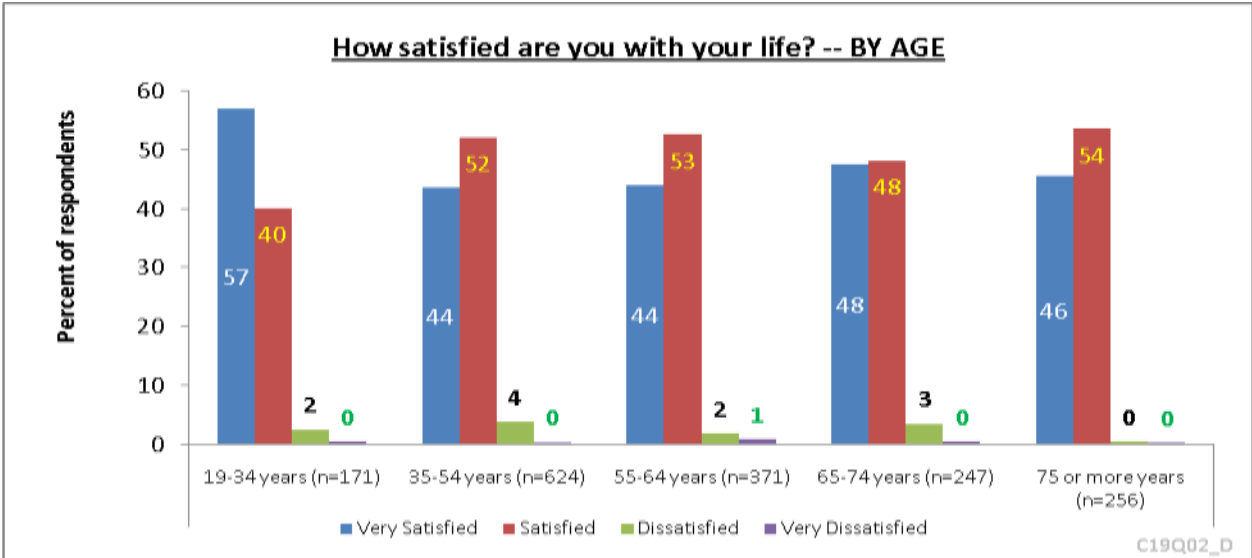
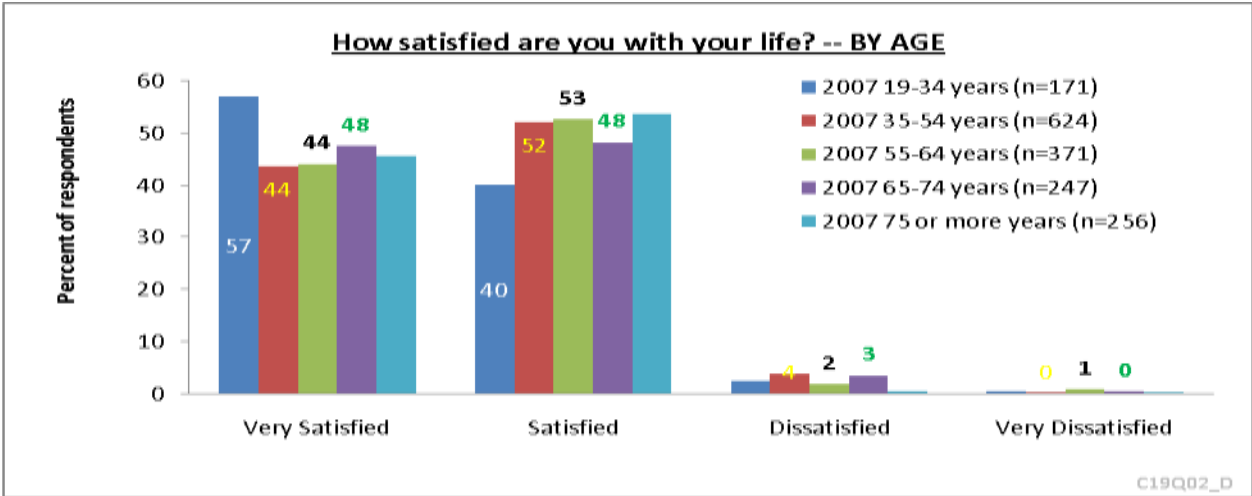
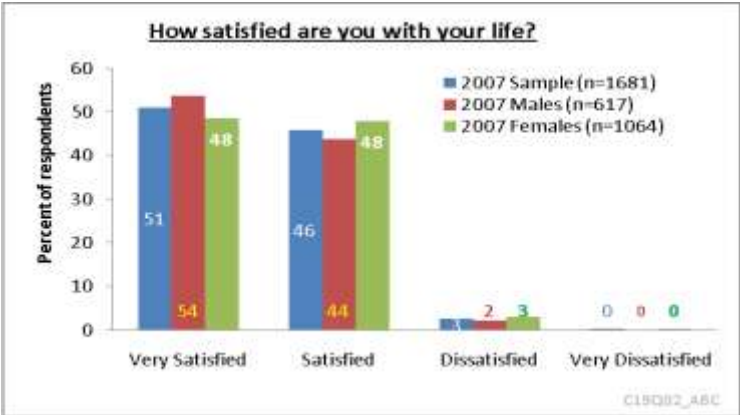
- Forty-nine percent reported getting social and emotional support always; 36% reported getting them usually (Graph C19Q01_ABC).
 - A greater percentage of men (51%) than women (47%) reported getting social and emotional support always (Graph C19Q01_ABC); however a greater percentage of women (40%) than men (32%) reported getting social and emotional support usually.
 - A greater percentage of the elderly, 55 years and above, reported rarely or never getting social and emotional support; while only 2% to 5% of those who were 54 years are less reported rarely or never receiving social and emotional support, 7% to 10% of the 55+ year-olds reported so.

TREND:

- Since these data were gathered for the first time in 2007 trends, if any, could not be ascertained.

Core Section 19.2: Emotional Support and Life Satisfaction

In general, how satisfied are you with your life?



Core Section 19.2: Emotional Support and Life Satisfaction

- ✓ *Almost one in two Buffalo County respondents reported being very satisfied with their lives.*
- ✓ *Across both genders, more than 9 in 10 respondents reported being either satisfied or very satisfied with their lives.*
- ✓ *The oldest are most likely to report being satisfied or very satisfied with their lives.*
- ✓ *No data were collected in 2000 and 2003.*

2007

- Fifty-one percent reported being very satisfied with their lives (Graph C19Q02_ABC). Only 3% reported being dissatisfied or very dissatisfied with their lives.
 - A greater percentage of men (54%) than women (48%) reported being very satisfied with their lives (Graph C19Q02_ABC); a greater percentage of women (48%) than men (44%) reported being satisfied with their lives. Taken together, 98% of men and 96% of women reported being either satisfied or very satisfied with their lives.
 - One hundred percent of the oldest, 75 years and above, reported being either satisfied or very satisfied with their lives; while only 2% to 5% of those who were 74 years are less reported being dissatisfied or very dissatisfied with their lives (Graph C19Q02_D).

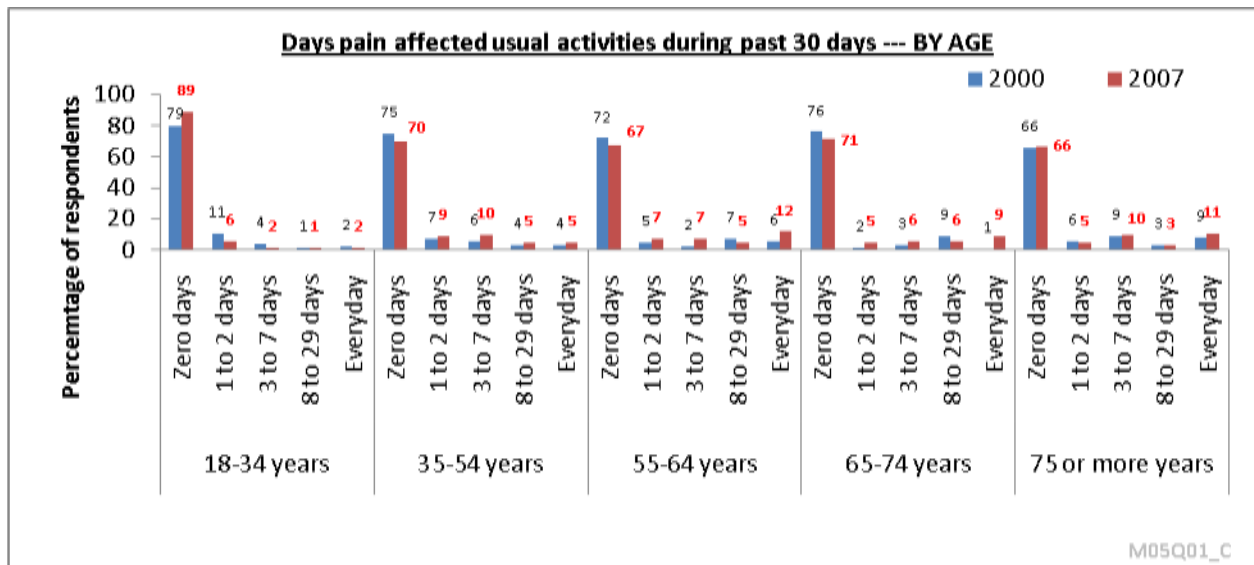
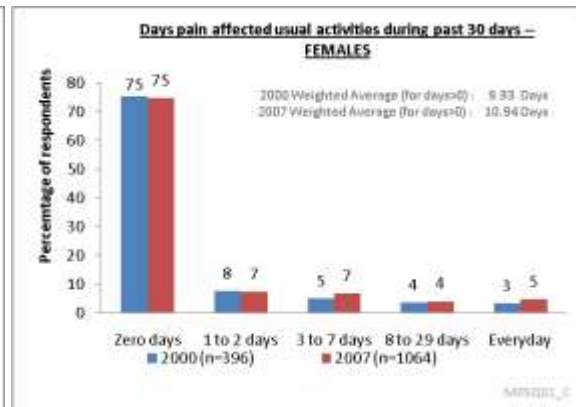
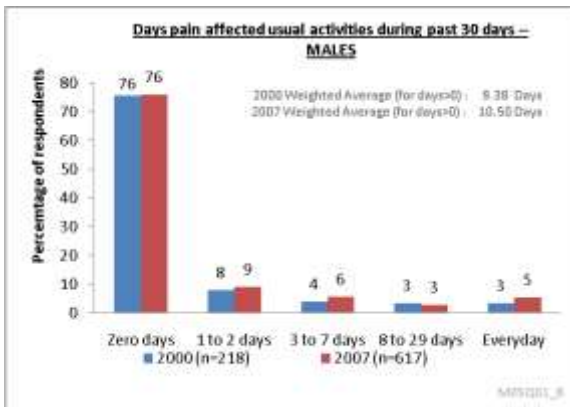
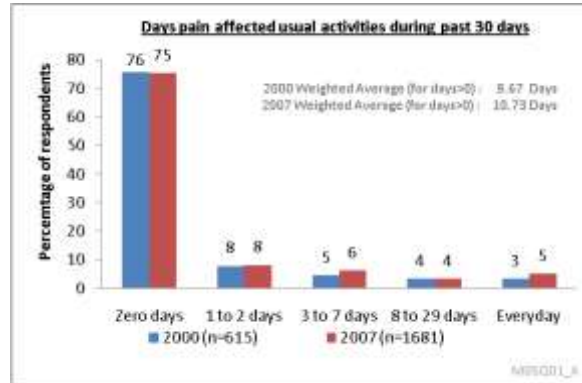
TREND:

- Since these data were gathered for the first time in 2007 trends, if any, cannot be determined.

Module 5: Healthy Days (Symptoms)

Module 5.1

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?



Module 5.1: Healthy Days (Symptoms)

- ✓ *Almost three-fourths of Buffalo County respondents reported that pain did not affect their usual activities any day during the past 30 days.*
- ✓ *One in twenty reported that that pain did affect their usual activities every day of the past 30 days.*
- ✓ *Reports by both men and women were strikingly similar.*
- ✓ *There is a correlation between age and the incidence of pain affecting usual activities at least one day of the past 30 days.*
- ✓ *Compared to 2003, the average number of days that pain affected usual activities grew by just over one day.*
- ✓ *No data were collected in 2003.*

2007

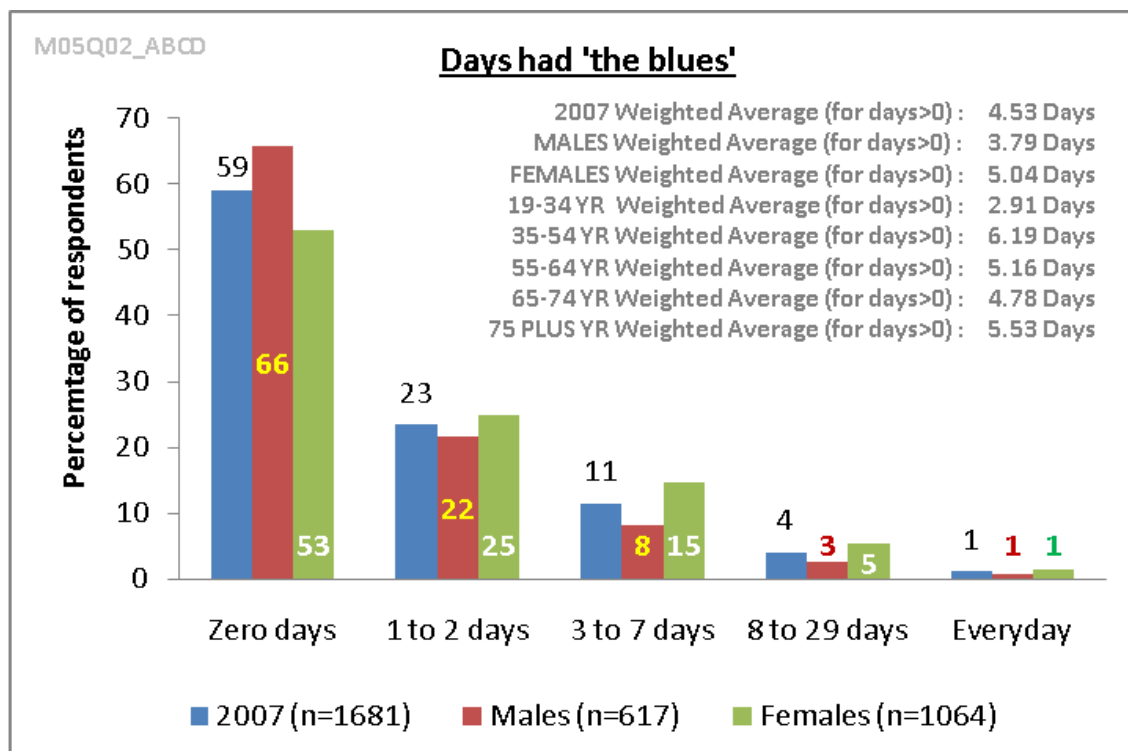
- Seventy-five percent of respondents reported that pain did not affect their usual activities any day of the past 30 days (Graph M05Q01_A). Only 5% reported pain affecting their usual activities every day of the past 30 days. On the average, across all respondents, pain affected usual activities for 10.73 days during the past 30 days.
 - Men and women were as likely (76% vs. 75%) to report that pain did not affect their usual activities any day of the past 30 days (Graph M05Q01_B and _C), and as likely to report (5%) pain affecting their usual activities every day of the past 30 days.
 - On the average, pain affected usual activities among women for 10.94 days during the past 30 days, compared to 10.50 days for men (Graph M05Q01_B and _C).
 - Eighty-nine percent of the 19-34 year-olds reported that pain did not affect their usual activities any day during the past 30 days (Graph M05Q01_D). At least two-thirds of every age group reported the same.
 - The elderly over the age of 54 years were more likely to report that they had pain at least one day during the past 30 days that affected their usual activities.

TREND:

- Overall there has been an increase in the number of days that a respondent is likely to have pain that affects their usual activities. It rose from 9.67 days in 2000 to 10.73 days in 2007 (Graph M05Q01_A). No data were available for 2003.
 - Among men this average grew from 9.38 days in 2000 to 10.50 days in 2007 (Graph M05Q01_B).
 - Among women the average number of days that pain affected usual activities during the past 30 days increased from 9.93 days in 2000 to 10.94 days in 2007 (Graph M05Q01_C).
 - Across both men and women those reporting that pain affected their usual activities every day of the past 30 days grew from 3% in 2000 to 5% in 2007 (Graph M05Q01_B and _C).
 - Across age groups, there has been a decline in the number of respondents reporting that they did not have pain affect their usual activities any day during the past 30 days, with the exception of the 19-34 year-olds (Graph M05Q01_D).

Module 5.2: Healthy Days (Symptoms)

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



Module 5.2: Healthy Days (Symptoms)

- ✓ *Almost six in ten Buffalo County respondents reported they did not feel blue, sad or depressed any day during the past 30 days.*
- ✓ *One in one hundred, however, reported feeling blue, sad or depressed every day during the past 30 days.*
- ✓ *Females were more likely than males to report feeling blue, sad or depressed at least one day during the past 30 days.*
- ✓ *Older adults appear to be more likely to report feeling blue, sad or depressed for more days than the youngest group during the past 30 days.*
- ✓ *No data were collected in 2000 and 2003.*

2007

- ✓ Fifty-nine percent reported they did not feel blue, sad or depressed any day during the past 30 days (M05Q02_ABCD). Only 1% reported feeling blue, sad or depressed every day during the past 30 days.
 - A greater percentage of women (46%) than men (34%) reported feeling blue, sad or depressed at least one day during the past 30 days (Graph M05Q02_ABCD)
 - Among females, the average number of days they reported feeling blue, sad, or depressed was 5.05 days compared with 3.79 days among men.
 - Among the 35 plus year-olds, the average number of days a respondent felt blue, sad, or depressed ranged from a high of 6.19 days among 35-54 year-olds to 4.78 days among 65-74 year-olds, compared to 2.19 days for the youngest group (Graph M05Q02_ABCD).

TREND:

- Since these data were gathered for the first time in 2007 trends, if any, could not be ascertained.

Module 5.3: Healthy Days (Symptoms)

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

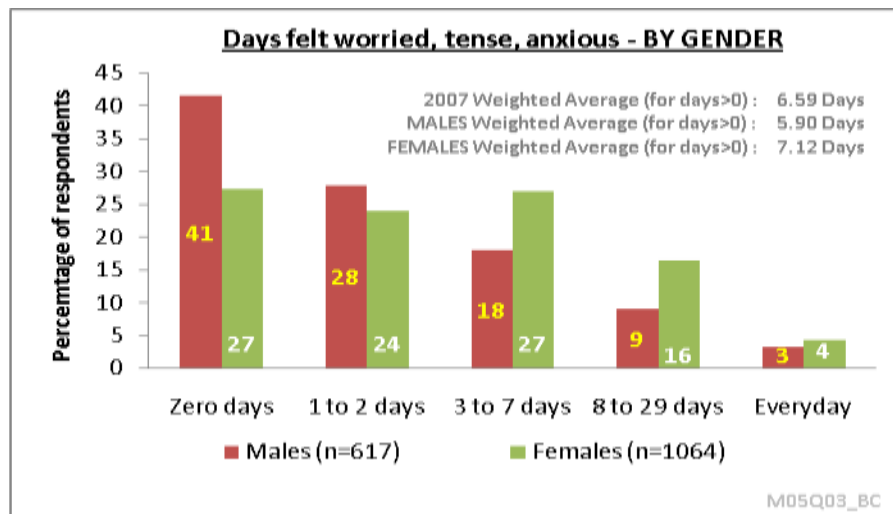
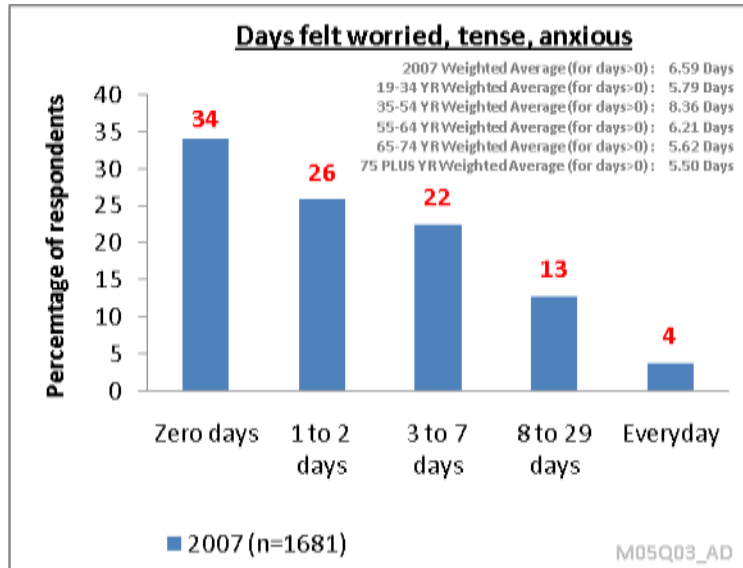


Table M05Q03

	19-34	35-54	55-64	65-74	75+
Zero days	25	32	42	53	60
1 to 2 days	29	24	24	19	17
3 to 7 days	30	22	20	16	10
8 to 29 days	14	14	9	8	5
Everyday	2	7	3	1	2
At least 1 day	75	68	57	45	33

Module 5.3: Healthy Days (Symptoms)

- ✓ *Almost two-thirds of Buffalo County respondents reported they felt worried, tense, or anxious at least one day during the past 30 days.*
- ✓ *One in twenty-five, however, reported feeling worried, tense, or anxious every day during the past 30 days.*
- ✓ *Females were more likely than males to report feeling worried, tense, or anxious at least one day during the past 30 days.*
- ✓ *Older respondent were less likely to report feeling worried, tense, or anxious for one or more days during the past 30 days.*
- ✓ *No data were collected in 2000 and 2003.*

2007

- ✓ Thirty-four percent of respondents reported they did not feel worried, tense, or anxious any day during the past 30 days (M05Q03_AD). Four percent reported feeling worried, tense, or anxious every day during the past 30 days.
 - A greater percentage of women (71%) than men (58%) reported feeling worried, tense, or anxious at least one day during the past 30 days (Graph M05Q03_BC)
 - Among females, the average number of days she felt worried, tense, or anxious was 7.12 days compared 5.90 days among men.
 - The average number of days a respondent felt worried, tense, or anxious ranged from a high of 8.36 days among 35-54 year-olds to a low of 5.50 days among the 75+ year-olds (Graph M05Q03_AD).
 - While 75% of the 19-34 year-olds reported having at least one day when they felt worried, tense, or anxious, only 33% of the 75+ year-olds reported so (Table M05Q03)

TREND:

- Since these data were gathered for the first time in 2007 trends, if any, could not be ascertained.

Module 5.4: Healthy Days (Symptoms)

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

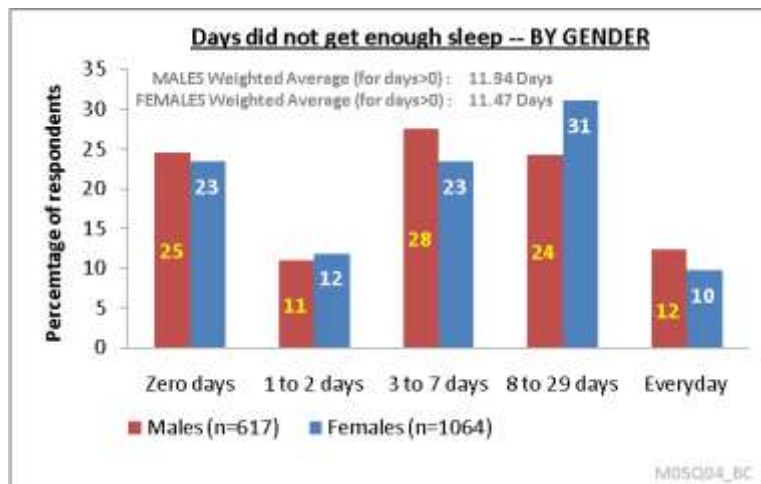


Table M05Q04

Number of days NOT getting enough rest or sleep

2007 Weighted Average (for days>0):	11.69 Days
19-34 yr Weighted Average (for days>0) :	12.87 Days
35-54 yr Weighted Average (for days>0) :	11.75 Days
55-64 yr Weighted Average (for days>0) :	8.96 Days
65-74 yr Weighted Average (for days>0) :	10.93 Days
75 + yr Weighted Average (for days>0) :	12.06 Days

Module 5.4: Healthy Days (Symptoms)

- ✓ *Three-fourths of Buffalo County respondents reported feeling they did not get enough rest or sleep in the past 30 days.*
- ✓ *More than one in ten reported feeling they did not get enough rest or sleep every day during the past 30 days.*
- ✓ *Both genders were equally likely to report feeling they did not get enough rest or sleep at least one day during the past 30 days.*
- ✓ *The oldest and the youngest are more likely than other age groups to report feeling they did not get enough rest or sleep for one or more days during the past 30 days.*
- ✓ *No data were collected in 2000 and 2003.*

2007

- ✓ Seventy-five percent of respondents reported they felt they did not get enough rest or sleep at least one day during the past 30 days (M05Q04_A). Eleven percent reported feeling they did not get enough rest or sleep every day during the past 30 days.
 - Women (76%) were as likely as men (75%) to reported feeling they did not get enough rest or sleep at least one day during the past 30 days (Graph M05Q04_BC)
 - Among females, the average number of days one felt she did not get enough rest or sleep was 11.47 days compared 11.94 days among men.
 - The average number of days a respondent felt they did not get enough rest or sleep ranged from a high of 12.87 days among the 19-34 year-olds to a low of 8.96 days among the 55-64 year-olds (Table M05Q04)
 - The relationship between age and number of days not getting enough rest or sleep is V-shaped.

TREND:

- Since these data were gathered for the first time in 2007 trends, if any, cannot be determined.

Module 5.5: Healthy Days (Symptoms)

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

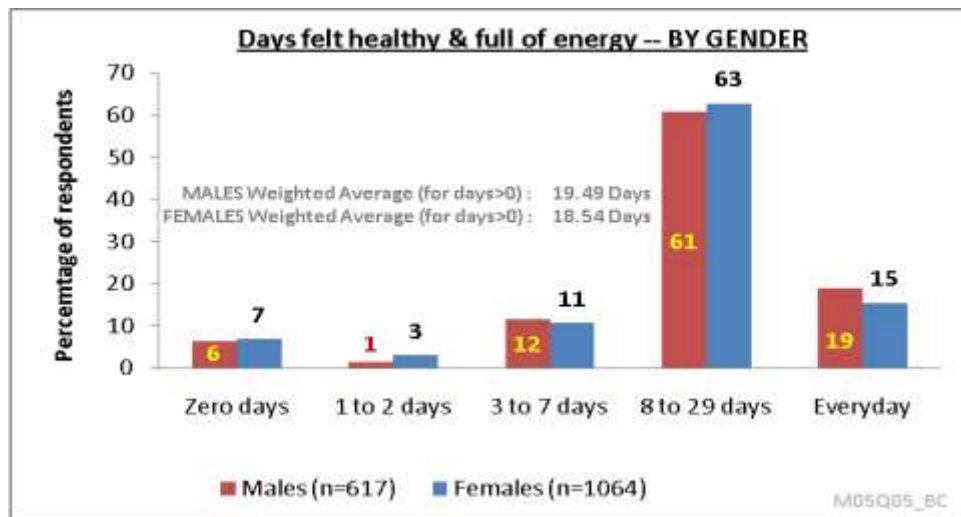
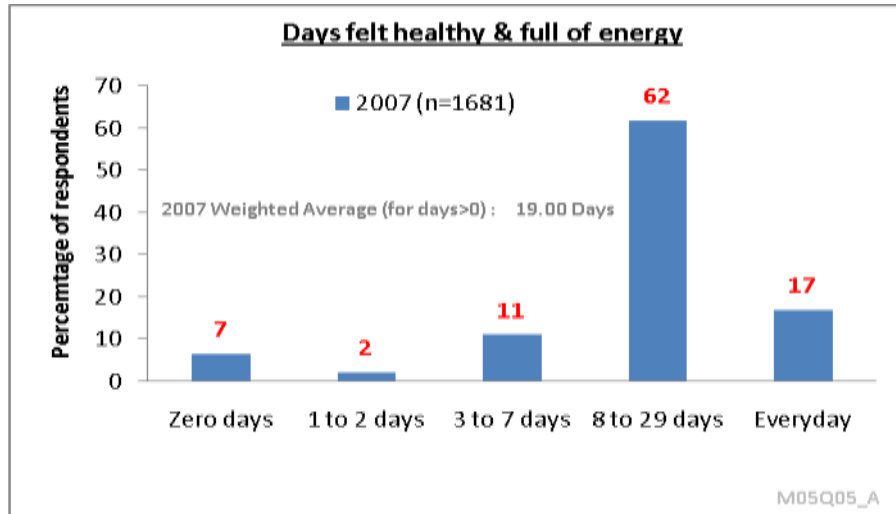


Table M05Q05

Number of days feeling healthy and full of life

2007 Weighted Average (for days>0)	19 Days
19-34 yr. Weighted Average (for days>0)	17 Days
35-54 yr. Weighted Average (for days>0)	19 Days
55-64 yr. Weighted Average (for days>0)	21 Days
65-74 yr. Weighted Average (for days>0)	22 Days
75 + yr. Weighted Average (for days>0)	22 Days

Module 5.5: Healthy Days (Symptoms)

- ✓ *More than nine in ten Buffalo County respondents reported feeling healthy and full of energy at least one day during the past 30 days; about one in fifteen did not feel healthy and energetic even for one day during the past 30 days while slightly more than one in six felt healthy and energetic every day during the past 30 days.*
- ✓ *Males were as likely as females to report feeling healthy and full of energy at least one day during the past 30 days, and as likely to report not feeling healthy and full of energy for even one day.*
- ✓ *The oldest and the youngest are more likely than other age groups to report feeling healthy and full of energy for one or more days during the past 30 days.*
- ✓ *No data were collected in 2000 and 2003.*

2007

- ✓ Ninety-two percent of respondents reported not feeling healthy and full of energy at least one day during the past 30 days (Graph M05Q05_A). Seven percent reported not feeling healthy and full of energy every day during the past 30 days while seventeen percent of respondents reported feeling healthy and full of energy every day during the past 30 days.
 - Women (92%) were as likely as men (93%) to report feeling healthy and full of energy at least one day during the past 30 days (Graph M05Q05_BC).
 - Men (19%) were more likely than women (15%) to feel healthy and full of energy every day of the past 30 days (Graph M05Q05_BC).
 - Both men (6%) and women (7%) were equally likely to report not feeling healthy and full of energy every day during the past 30 days (Graph M05Q05_BC).
 - Among females, the average number of days they reported feeling healthy and full of energy was 18.54 days in the past 30 days compared to 19.49 days for men.
 - The average number of days a respondent felt healthy and full of life ranged from a high of 22 days among the 65+ year-olds to a low of 17 days among the 19.34 year-olds (Table M05Q05)
 - The relationship between age and number of days feeling healthy and full of life is positive; the older the respondent the more number of days, during the past 30 days, they felt healthy and full of life.

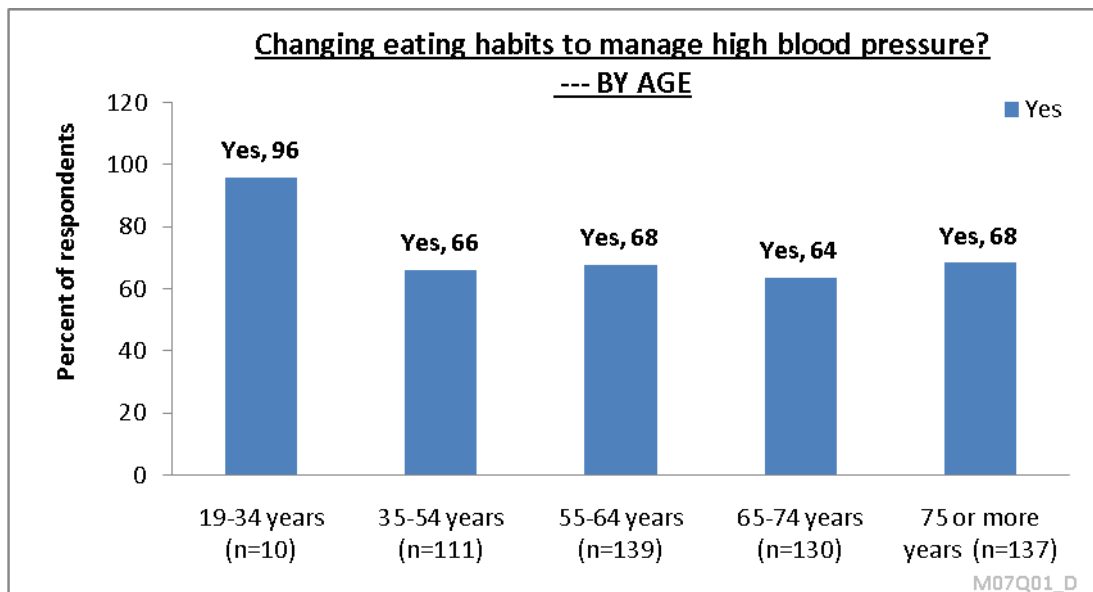
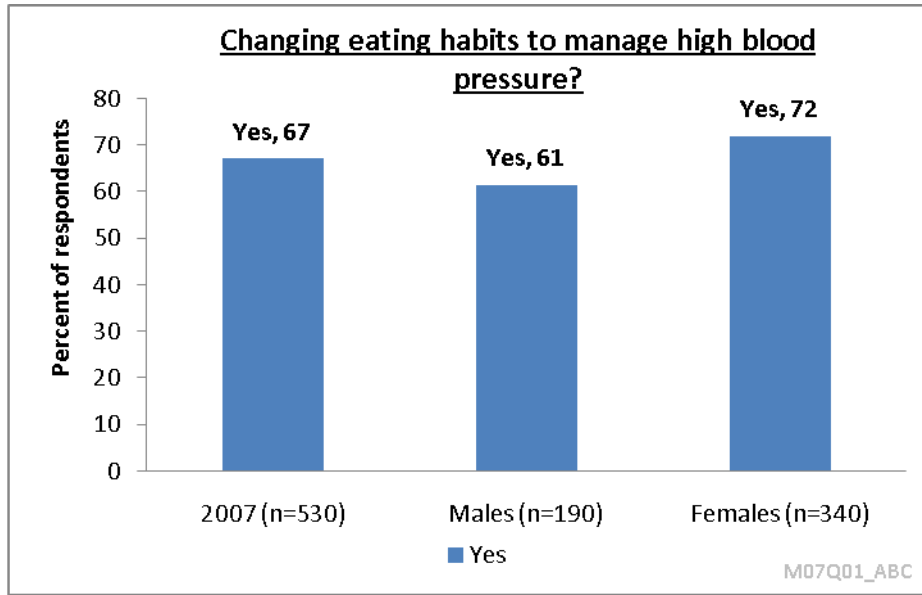
TREND:

- Since these data were gathered for the first time in 2007 trends, if any, cannot be determined.

Module 7: Actions to Control High Blood Pressure

Module 7.1

(Are you) changing your eating habits (to help lower or control your high blood pressure)?



Module 7.1: Actions to Control High Blood Pressure

- ✓ *Of those who reported earlier that they were told by a doctor, nurse, or other health professional that they had high blood pressure two-thirds of them reported changing their eating habits to manage it; conversely a third of the respondents who had high blood pressure did not change their eating habits to counter it.*
- ✓ *Males were less likely to report changing their eating habits to control high blood pressure than females.*
- ✓ *The youngest group was most likely to change their eating habits to control their blood pressure, while only two-thirds in all other age groups did so.*
- ✓ *No data were collected in 2000 and 2003.*

2007

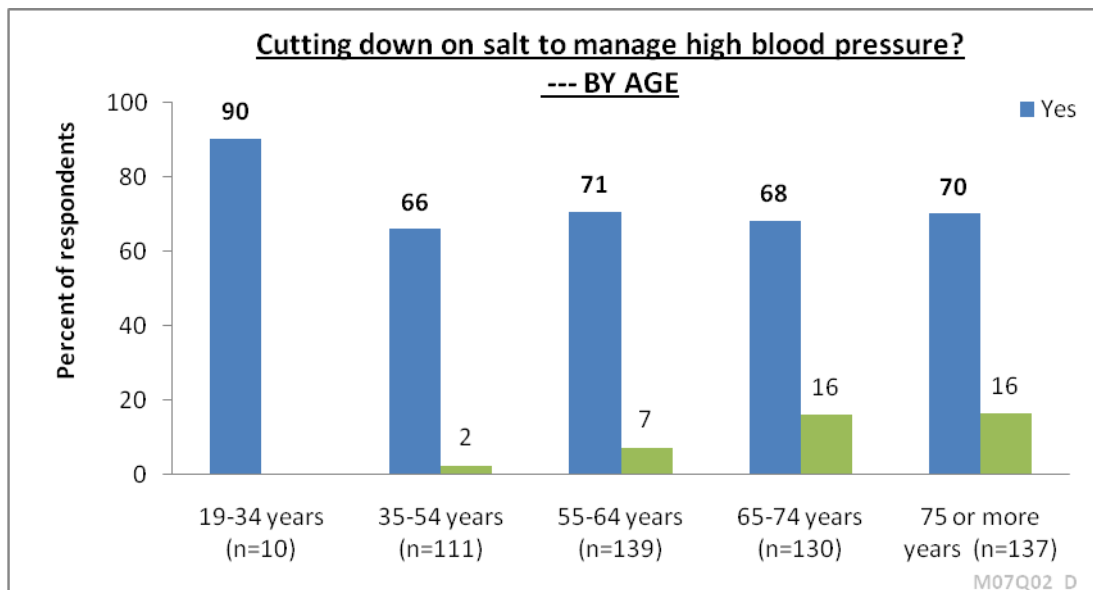
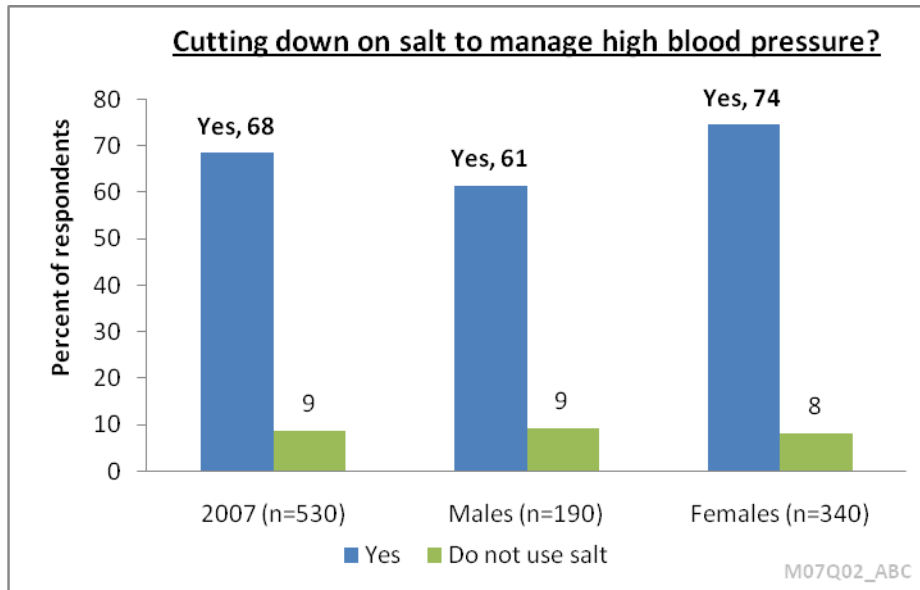
- ✓ Sixty-seven percent of respondents who reported earlier that they were told by a doctor, nurse, or other health professional that they had high blood pressure also reported changing their eating habits to manage it (Graph M07Q01_ABC).
 - Women (72%) were more likely than men (61%) to report changing their eating habits to manage high blood pressure (Graph M07Q01_ABC).
 - Ninety-six percent of the youngest adults, 19-34 year-olds, reported changing their eating habits to control high blood pressure; 64% to 68% of all other age groups reported the same (Graph M07Q01_D).

TREND:

- Since these data were gathered for the first time in 2007 trends, if any, could not be ascertained.

Module 7.2: Actions to Control High Blood Pressure

(Are you) cutting down on salt (to help lower or control your high blood pressure)?



Module 7.2: Actions to Control High Blood Pressure

- ✓ *Of those who reported earlier that they were told by a doctor, nurse, or other health professional that they had high blood pressure just over two-thirds of them reported cutting down on salt to manage it while one in ten reported not using salt at all; conversely about a quarter of the respondents who had high blood pressure did not reduce their salt intake to counter it.*
- ✓ *Males were less likely to report cutting down on salt to control high blood pressure than females.*
- ✓ *The youngest group was most likely to cut down on salt to control their blood pressure, while just over two-thirds in all other age groups did so.*
- ✓ *No data were collected in 2000 and 2003.*

2007

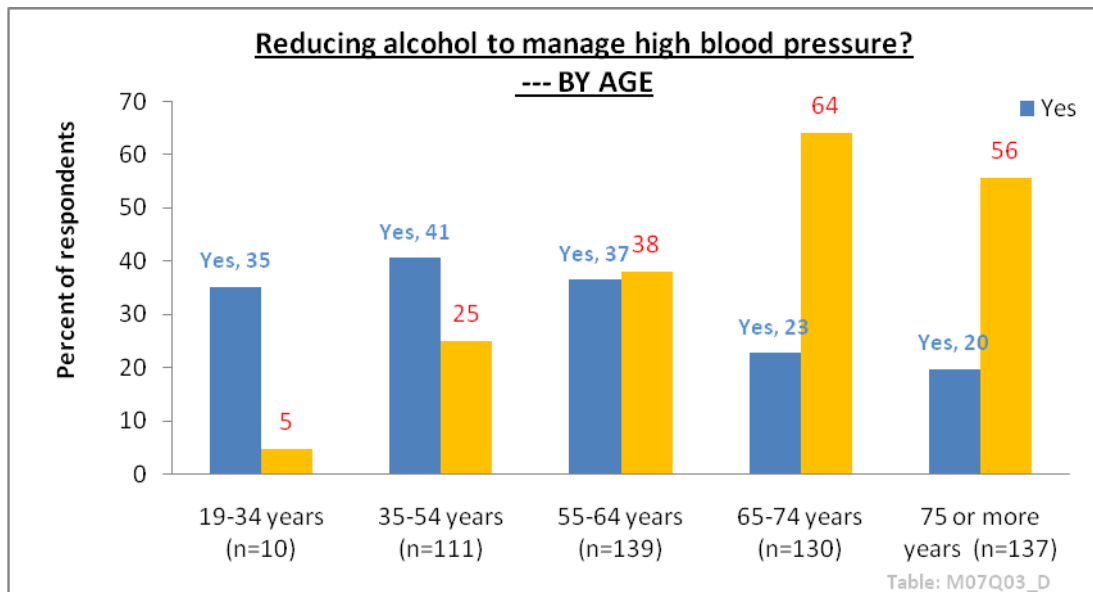
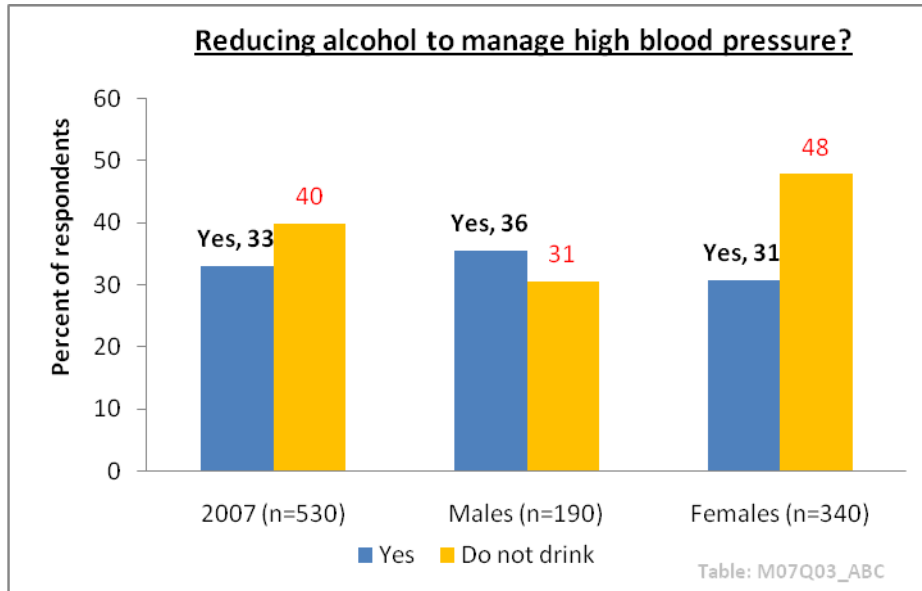
- ✓ Sixty-eight percent of respondents who reported earlier that they were told by a doctor, nurse, or other health professional that they had high blood pressure also reported cutting down on salt to manage it (Graph M07Q02_ABC).
 - Women (74%) were more likely than men (61%) to report cutting down on salt to manage their high blood pressure (Graph M07Q02_ABC).
 - Ninety percent of the youngest adults, 19-34 year-olds, reported cutting down on salt to control high blood pressure; 66% to 71% of all other age groups reported the same (Graph M07Q02_D).

TREND:

- Since these data were gathered for the first time in 2007 trends, if any, could not be ascertained.

Module 7.3: Actions to Control High Blood Pressure

(Are you) reducing alcohol use (to help lower or control your high blood pressure)?



Module 7.3: Actions to Control High Blood Pressure

- ✓ *Of those who reported earlier that they were told by a doctor, nurse, or other health professional that they had high blood pressure one-third of them reported cutting down on alcohol to manage it; conversely about a quarter of the respondents who had high blood pressure and drank alcohol did not reduce their alcohol intake to counter high blood pressure.*
- ✓ *Males were slightly more likely to report cutting down on alcohol to control high blood pressure than females.*
- ✓ *There appears to be a negative correlation between age and likelihood of cutting down on alcohol to control their blood pressure; the 65+ year-olds were half as likely as 19-64 year-olds to do so.*
- ✓ *No data were collected in 2000 and 2003.*

2007

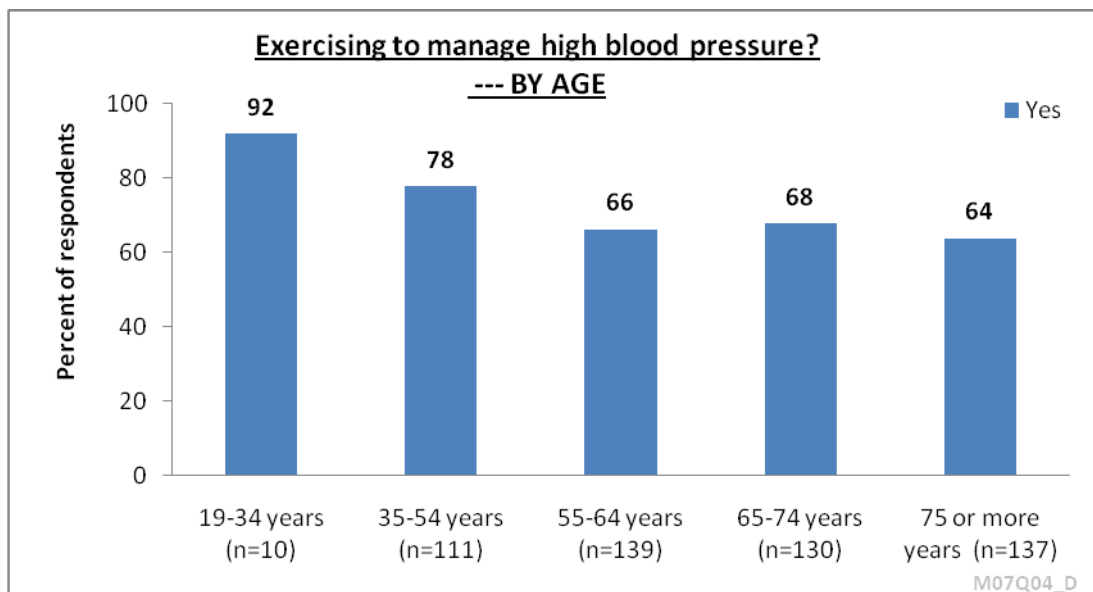
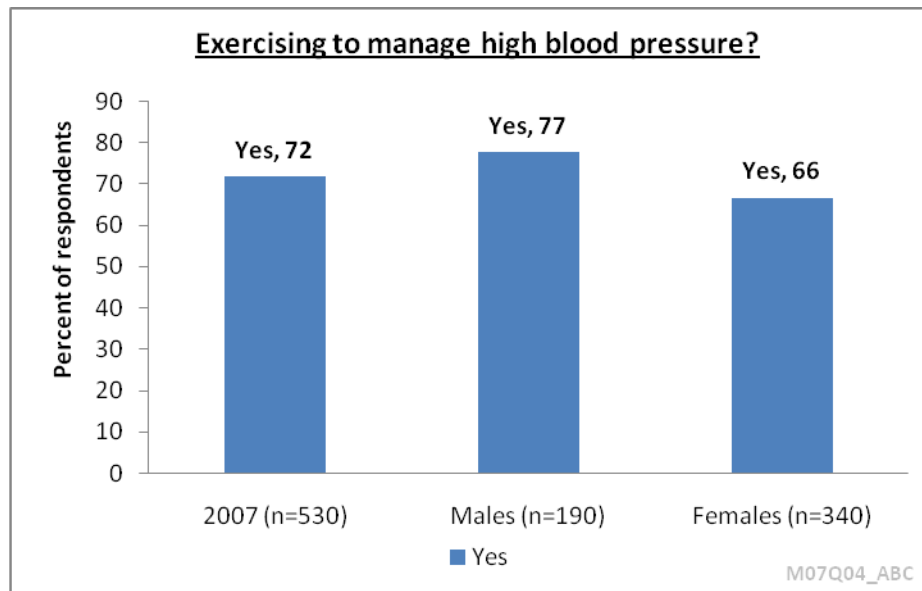
- ✓ Thirty-three percent of respondents who reported earlier that they were told by a doctor, nurse, or other health professional that they had high blood pressure also reported cutting down on alcohol to manage it (Graph M07Q03_ABC).
 - Women (31%) were less likely than men (37%) to report cutting down on alcohol to manage their high blood pressure (Graph M07Q03_ABC).
 - While only 20% to 23% of the 65+ year-olds reported cutting down on alcohol to control high blood pressure, 35 to 41% of the 19-64 year-olds reported the same (Graph M07Q03_D).

TREND:

- Since these data were gathered for the first time in 2007 trends, if any, could not be established.

Module 7.4: Actions to Control High Blood Pressure

(Are you) exercising (to help lower or control your high blood pressure)?



Module 7.4: Actions to Control High Blood Pressure

- ✓ *Of those who reported earlier that they were told by a doctor, nurse, or other health professional that they had high blood pressure about three-fourths of them reported exercising to manage it; conversely about one-fourth of the respondents who had high blood pressure did not exercise to counter it.*
- ✓ *Males were slightly more likely to exercise for controlling high blood pressure than females.*
- ✓ *There is a negative correlation between age and likelihood of exercising to control their blood pressure.*
- ✓ *No data were collected in 2000 and 2003.*

2007

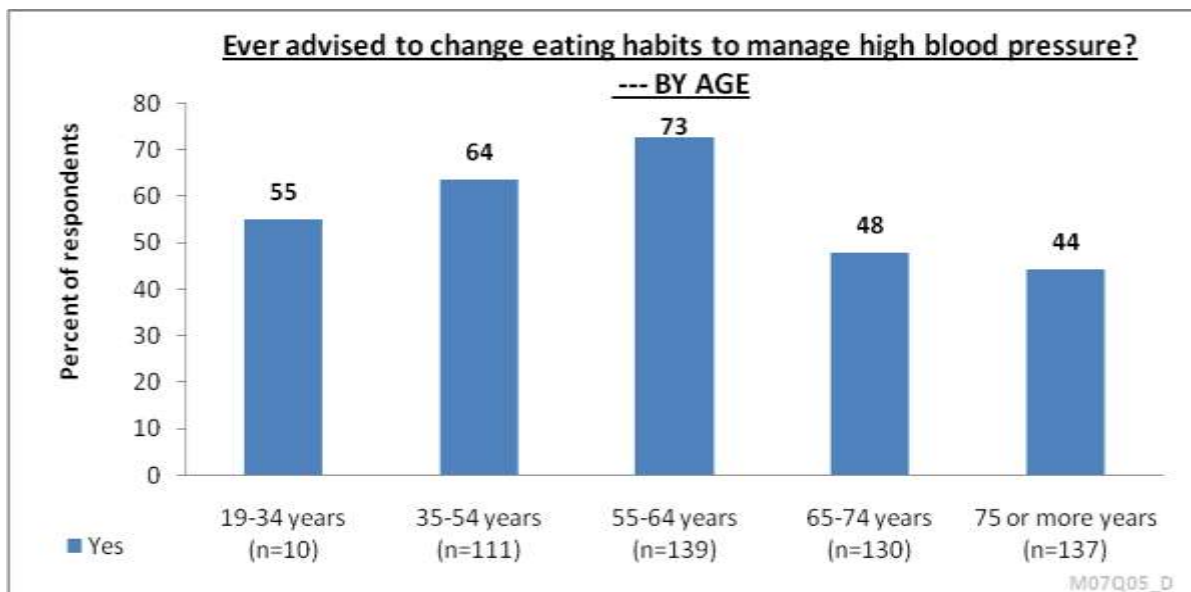
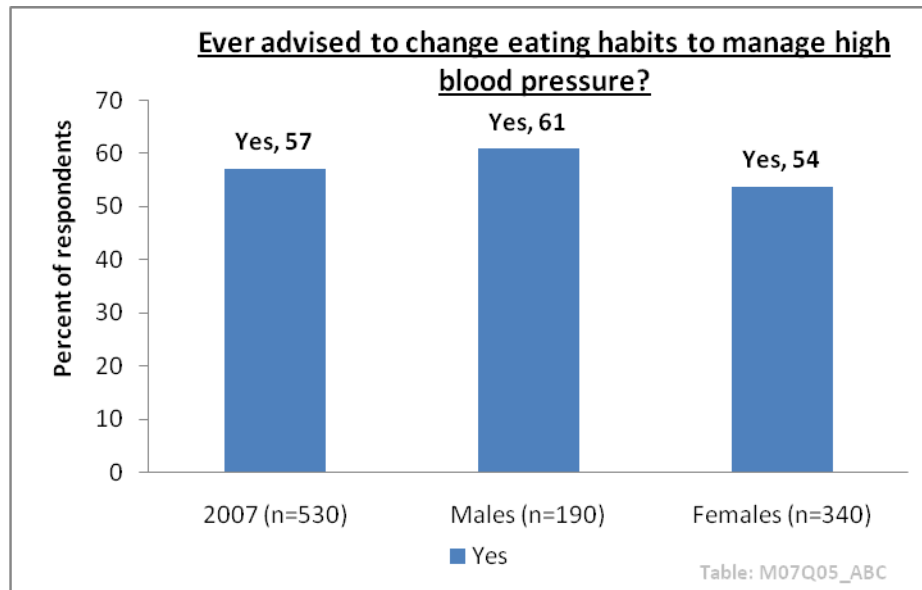
- ✓ Seventy-two percent of respondents who reported earlier that they were told by a doctor, nurse, or other health professional that they had high blood pressure also reported exercising to manage it (Graph M07Q04_ABC).
 - Women (66%) were less likely than men (77%) to report exercising to manage their high blood pressure (Graph M07Q04_ABC).
 - While 92% of the 19-34 year-olds reported exercising to control their high blood pressure, only 64% of the 75+ year-olds reported so (Graph M07Q04_D).
 - As age increases, there is a decline in the percentage of respondents who report exercising to manage their high blood pressure (Graph M07Q04_D).

TREND:

- Since these data were gathered for the first time in 2007 trends, if any, could not be determined.

Module 7.5: Actions to Control High Blood Pressure

(Has a doctor or other health professional Ever advised you to) change your eating habits (to help lower or control your high blood pressure)?



Module 7.5: Actions to Control High Blood Pressure

- ✓ *Of those who reported earlier that they were told by a doctor, nurse, or other health professional that they had high blood pressure more than half of them reported being told to change their eating habits to manage it.*
- ✓ *Males were more likely to have been told to change their eating habits for controlling high blood pressure than females.*
- ✓ *The 55-64 year-olds were most likely to have been advised to change their eating habits to manage their high blood pressure, followed by the 35-54 year-olds and 19-34 year-olds.*
- ✓ *No data were collected in 2000 and 2003.*

2007

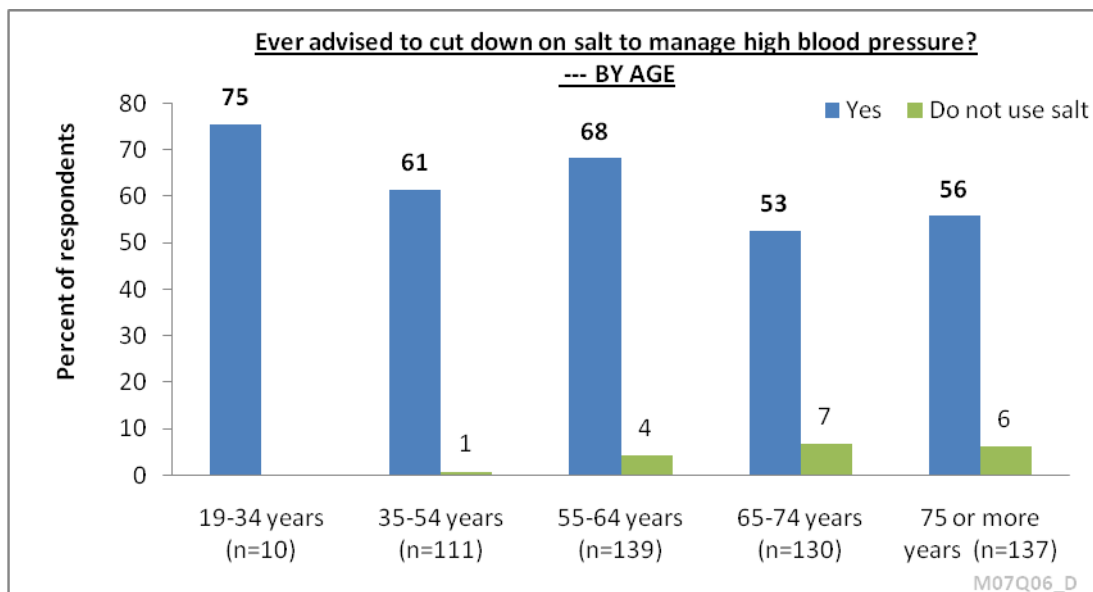
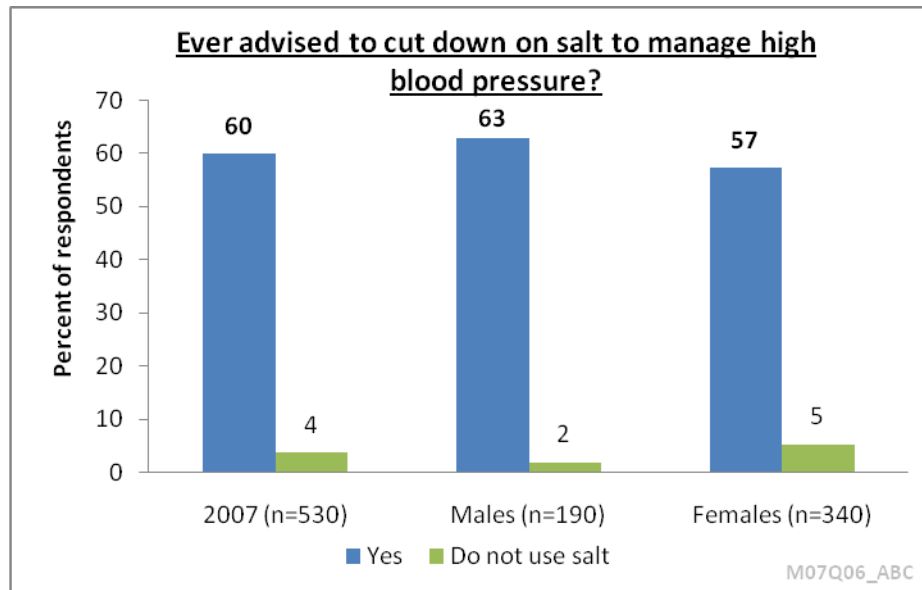
- ✓ Fifty-seven percent of respondents who reported earlier that they were told by a doctor, nurse, or other health professional that they had high blood pressure also reported being advised to change their eating habits to manage it (Graph M07Q05_ABC).
 - Men (61%) were more likely than women (54%) to report being advised to change their eating habits to manage their high blood pressure (Graph M07Q05_ABC).
 - While 73% of the 55-64 year-olds reported being advised to change their eating habits to control their high blood pressure, 64% of the 35-54 year-olds and 55% of the 19-34 year-olds were told by a doctor or a health professional. Among the 65-74 year-olds only 48% were advised so while among the 75+ year-olds 44% were given that advice (Graph M07Q05_D).

TREND:

- Since these data were gathered for the first time in 2007 trends, if any, could not be ascertained.

Module 7.6: Actions to Control High Blood Pressure

(Has a doctor or other health professional Ever advised you to) cut down on salt (to help lower or control your high blood pressure)?



Module 7.6: Actions to Control High Blood Pressure

- ✓ *Of those who reported earlier that they were told by a doctor, nurse, or other health professional that they had high blood pressure six in ten reported being told to cut down on salt to manage high blood pressure.*
- ✓ *Males were slightly more likely to have been told to reduce their salt intake for controlling high blood pressure than females.*
- ✓ *There appears to be a negative correlation between age and likelihood of being told to reduce salt to control their blood pressure; the 65+ year-olds were much less likely to be told to reduce salt intake compared to all other age groups.*
- ✓ *No data were collected in 2000 and 2003.*

2007

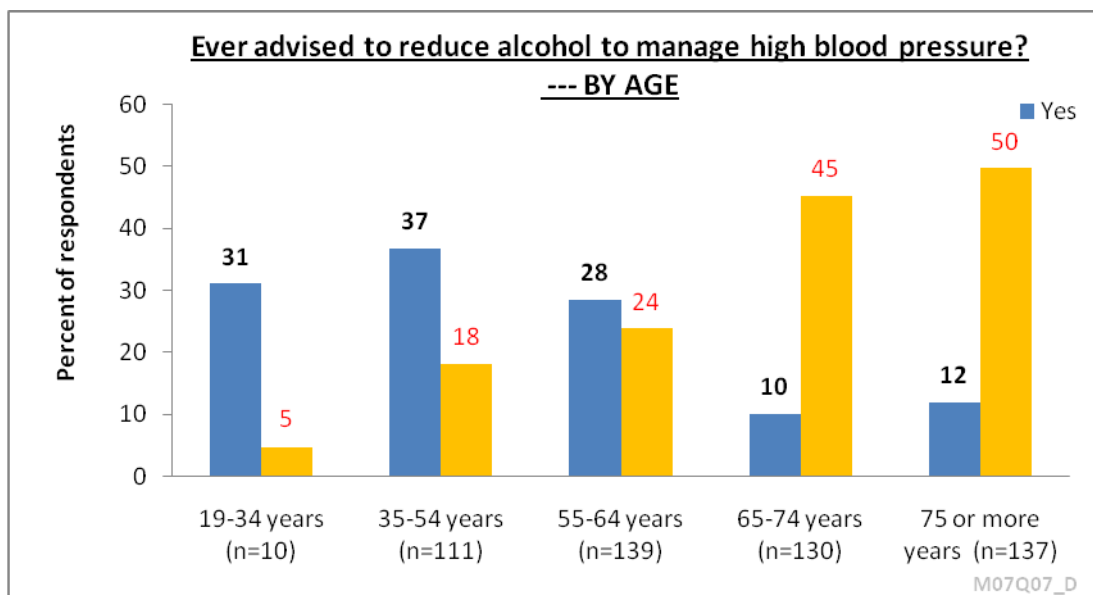
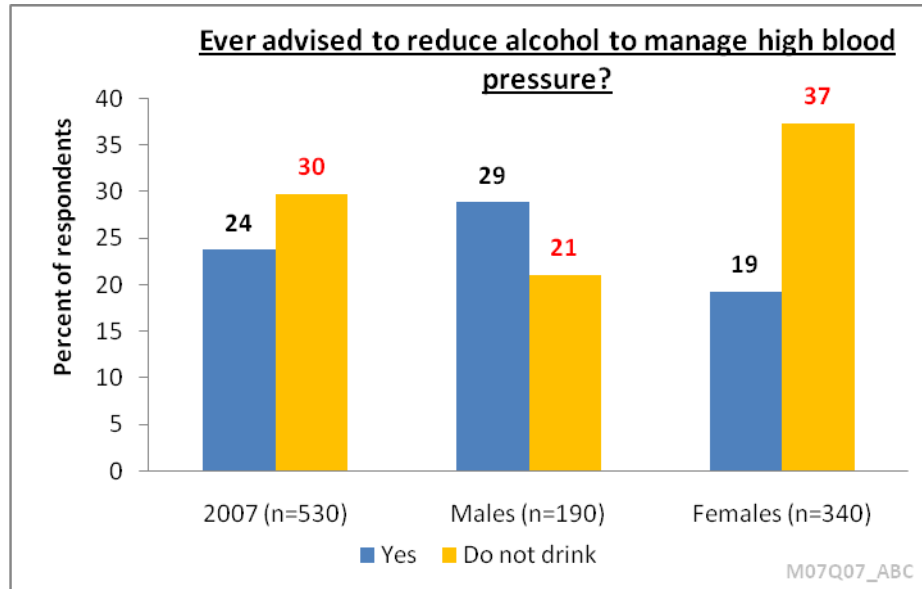
- ✓ Sixty percent of respondents who reported earlier that they were told by a doctor, nurse, or other health professional that they had high blood pressure also reported being advised to reduce their salt intake to manage it (Graph M07Q06_ABC).
 - Women (57%) were less likely than men (63%) to report being advised to cut down on salt to manage their high blood pressure (Graph M07Q06_ABC).
 - While 75% of the 19-34 year-olds reported being advised to cut down on salt consumption to control their high blood pressure, 61% of the 35-54 year-olds and 68% of the 55-64 year-olds were told by a doctor or a health professional. Among the 65-74 year-olds only 53% were advised so while among the 75+ year-olds 56% were given that advice (Graph M07Q06_D).

TREND:

- Since these data were gathered for the first time in 2007 trends, if any, could not be ascertained.

Module 7.7: Actions to Control High Blood Pressure

(Has a doctor or other health professional Ever advised you to) reduce alcohol use (to help lower or control your high blood pressure)?



Module 7.7: Actions to Control High Blood Pressure

- ✓ *Of those who reported earlier that they were told by a doctor, nurse, or other health professional that they had high blood pressure just over a quarter of them reported being told to reduce alcohol consumption to manage high blood pressure.*
- ✓ *Males were slightly more likely to have been told to reduce alcohol consumption for controlling high blood pressure than females.*
- ✓ *There appears to be a negative correlation between age and likelihood of being told to reduce alcohol consumption to control their blood pressure; the 65+ year-olds were much less likely to be told to reduce alcohol consumption compared to all other age groups.*
- ✓ *No data were collected in 2000 and 2003.*

2007

- ✓ Twenty-four of respondents who reported earlier that they were told by a doctor, nurse, or other health professional that they had high blood pressure also reported being advised to reduce their alcohol consumption to manage high blood pressure (Graph M07Q07_ABC).
 - Women (19%) were less likely than men (29%) to report being advised to cut down on salt to manage their high blood pressure (Graph M07Q07_ABC).
 - While 31% of the 19-34 year-olds reported being advised to cut down on alcohol consumption to control their high blood pressure, 37% of the 35-54 year-olds and 68% of the 55-64 year-olds were told so by a doctor or a health professional. Among the 65-74 year-olds only 10% were advised so while among the 75+ year-olds 12% were given that advice (Graph M07Q07_D).

TREND:

- Since these data were gathered for the first time in 2007 trends, if any, could not be determined.