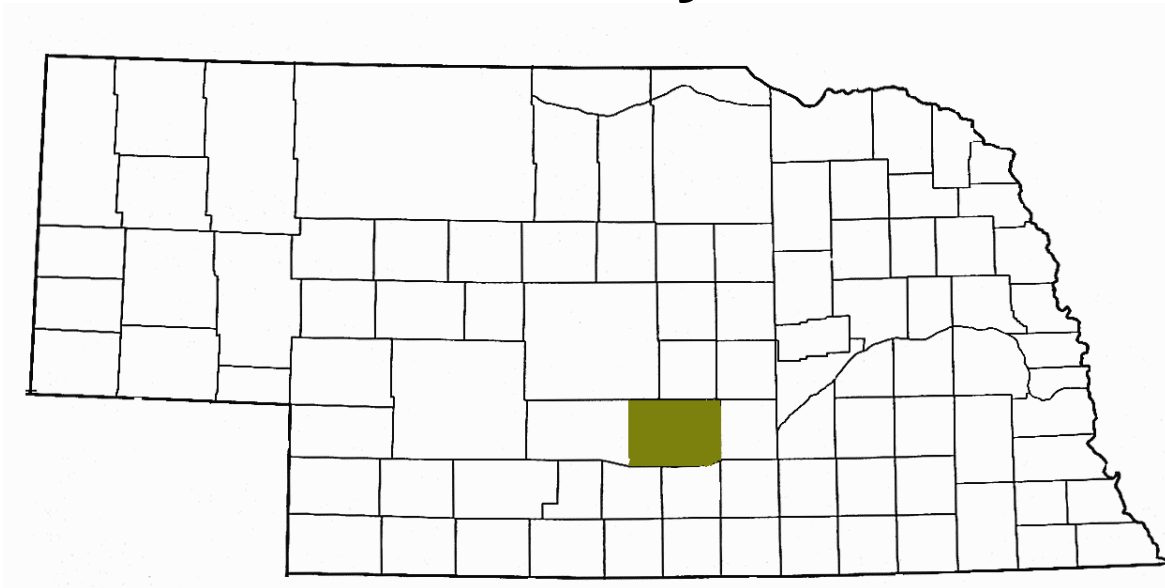


# 2009 Minority Behavioral Risk Factor Survey Results

## Hispanic Population in Buffalo County



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# **2009 Minority Behavioral Risk Factor Survey Results**

## **Hispanic Population in Buffalo County**

*Report Prepared by:  
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*September 2010*



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## EXECUTIVE SUMMARY

The first step in elimination of any health disparities experienced by various racial and ethnic groups, a key goal of Nebraska Healthy People 2010, is the assessment of their exposure to differential risk factors and their levels of access to health services. With this in mind, the Nebraska Health and Human Services (NHHS) conducted the Minority Behavioral Risk Factor Surveillance Surveys (MBRFSS) in Buffalo County in the months of January through May 2009.

Buffalo County has a rapidly growing minority population. The minority population in the county in 2009 according to the Census Bureau's estimate was 3,986 representing 8.7% of the county population compared to 2,946 in 2000 which then represented 7% of the county's 2000 population. In the past decade, the minority population increased dramatically, growing by just 35.3% compared to the 6.9% increase among the non-Hispanic white population. In 2009 Hispanics/Latinos accounted for over 67% of the county's minority population, making this assessment all the more critical.

The main purpose of this report is to summarize findings of the Minority Behavioral Risk Factor Surveillance Survey (MBRFSS) for Buffalo County. This report is based on the MBRFS Survey conducted in Buffalo County by the Nebraska Health and Human Services System during the winter and spring of 2009.

The data were collected for the Buffalo County Community Partners, to fulfill a county-wide health assessment process, from 319 Buffalo County residents age 19 and older in 2009 who identified with the minority population. The data were analyzed in 2010. The main findings are summarized in Table 1 (page viii) followed by detailed results in the following pages.



## BUFFALO COUNTY TARGETS AND ACHIEVEMENTS

TABLE 1: Buffalo County TARGETS AND ACHIEVEMENTS<sup>1</sup>

	Risk Factors/Good Health Habits	Buffalo County Community TARGET	Buffalo County Minority Behavioral Risk Factor Survey Results 2009
		%	%
(% with good or better)	Health Status	N.Est.	66
(% with good or better)	Health-Related Quality of Life - Physical	N.Est.	44
(% with good or better)	Health-Related Quality of Life - Mental	N.Est.	75
(% with)	Access to Healthcare	100	49
(% with ...)	Insufficient rest/sleep at least seven days	N.Est.	30
(% who)	Exercise	N.Est.	52
(% with)	Diabetes	N.Est.	18
(% with no teeth loss)	Oral Health	N.Est.	56
(% with )	Cardiovascular Disease Prevalence	N.Est.	3.5
(% with )	Asthma	N.Est.	12.5
(% with )	Disability	N.Est.	12
(% currently engaged in)	Tobacco Use	N.Est.	17
(% overweight or obese)	BMI	N.Est.	63
(% engaged in..)	Alcohol Consumption, almost daily	N.Est.	6
(% with)	Immunization - Pneumonia	N.Est.	16
(% resulting in injury)	Falls	N.Est.	2
(% usually wearing)	Seatbelt	N.Est.	85
(% engaged in)	Drinking and Driving	N.Est.	5
(% screening)	Breast Cancer Screening	N.Est.	74
(% screening)	Prostate Cancer Screening	N.Est.	48
(% screening)	Colorectal Cancer Screening	N.Est.	57
(% screening )	HIV/AIDS screening	N.Est.	35
(% receiving)	Emotional Support and Life Satisfaction	N.Est.	56
(% with)	Severe Visual Impairment (>among 45 years of age)	N.Est.	22
(% engaged in)	Binge Drinking	N.Est.	14
(% with perceptions)	Barrier to quality of Healthcare received due to race/ethnic origin	0	17
(% working in)	Smoke-Free Environments	N.Est.	93
(% with)	Dental Care Insurance	N.Est.	43
(% with positive belief in )	Effect of their own spirituality	N.Est.	95

<sup>1</sup> All percentages rounded to whole numbers  
N.Est.: Not Established



## DEMOGRAPHICS

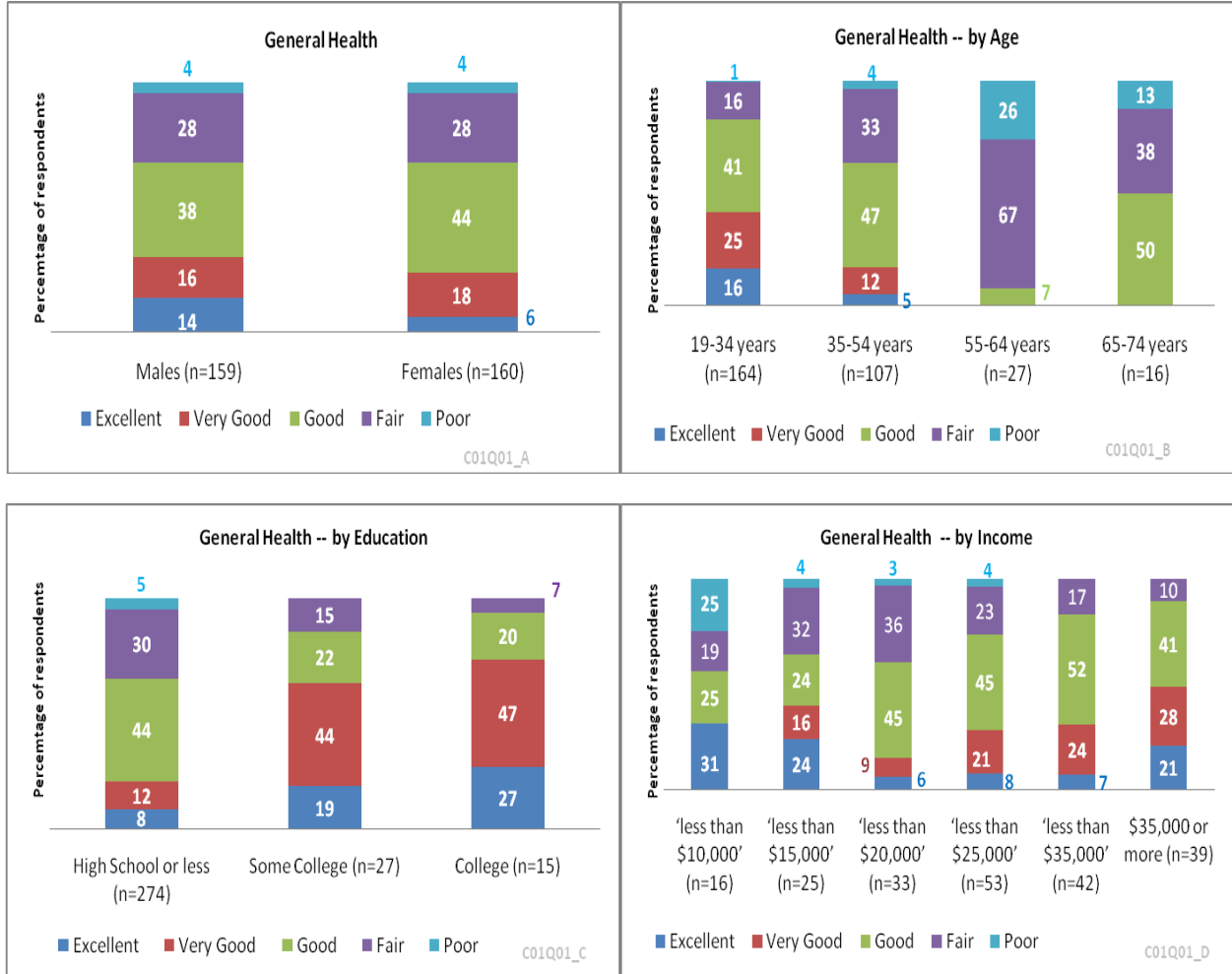
Summary of the demographic data collected on sex, age, race, zip codes, and pregnancy are reported in Table 2 below. Demographics on education and income appear in all the statistical tables in the rest of this document.

**Table 2: DEMOGRAPHICS 2009 Minority Behavioral Risk Factor Survey**

	Total (n=324)	Males	Females	19 to 34 yrs	35 to 54 yrs	55 to 64 yrs	55 to 74 yrs	75 plus yrs
<b>Section 12: Demographics</b>								
<b>12.1 Age (n=320)</b>								
Mean age	36.5 yrs n=320	36.7 yrs n=160	36.3 yrs n=160	25.8 yrs n=168	42.6 yrs n=108	58.9 yrs n=27	67.1 yrs n=16	84.0 yrs n=1
<b>12.2 Hispanic/Latino (n=323)</b>	n=318 98.5%	n=157 98.1%	n=161 98.8%	n=166 98.8%	n=106 98.1%	n=27 100%	n=16 100%	
<b>12.3 Race</b>	n=285	n=146	n=139	n=152	n=92	n=23	n=16	
White	n=50	n=22	n=28	n=35	n=10	n=1	n=4	
Native Hawaiian or Pacific Islander	n=2	n=1	n=1	n=2				
American Indian or Alaska Native	n=2	n=1	n=1		n=2			
Other	n=220	n=114	n=106	n=107	n=77	n=22	n=12	
No Additional Choices	n=11	n=8	n=3	n=8	n=3			
<b>12.16 Zip Code</b>	n=323	n=161	n=162	n=69	n=98	n=68	n=40	n=44
68836 - Elm Creek	1.5%	1.9%	1.2%		1.0%	1.5%	5.0%	2.3%
68840 - Gibbon	32.2%	31.1%	33.3%	20.3%	37.8%	35.3%	40.0%	25.0%
68845 - Kearney	26.6%	26.1%	27.2%	44.9%	26.5%	16.2%	25.0%	15.9%
68847 - Kearney	26.3%	29.2%	23.5%	20.3%	21.4%	35.3%	25.0%	34.1%
68861 - Odessa	0.6%	0.6%	0.6%	2.9%				
68866 - Pleasanton	0.9%	1.2%	0.6%		3.1%			
68869 - Ravenna	1.9%	3.1%	0.6%	1.4%	2.0%	1.5%	2.5%	2.3%
68876 - Shelton	9.9%	6.8%	13.0%	10.1%	8.2%	10.3%	2.5%	20.5%
<b>12.21 Pregnant</b>	10.4% n=135		100% n=14	28.6% n=14	64.3% n=14	7.1% n=14		

## Section 1: Health Status

Would you say that in general your health is:



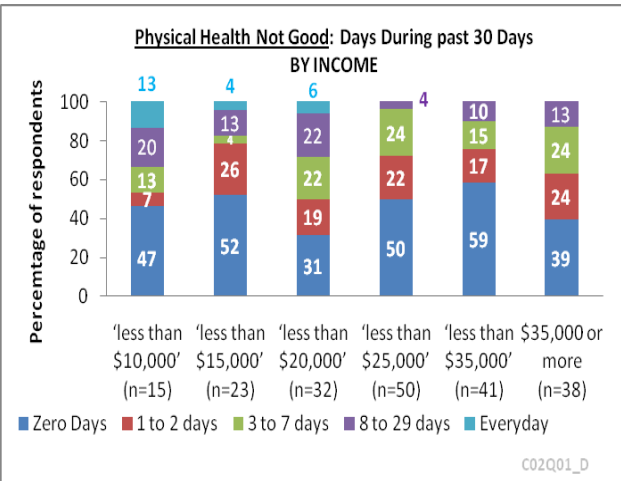
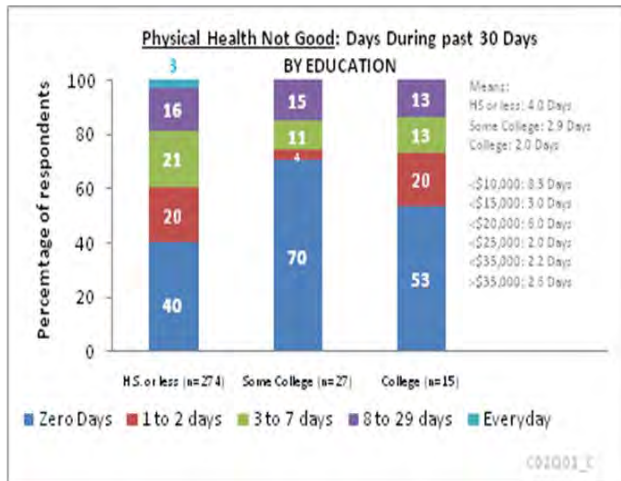
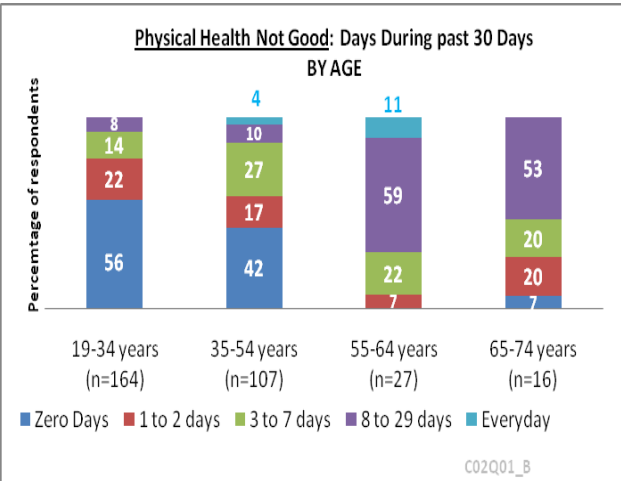
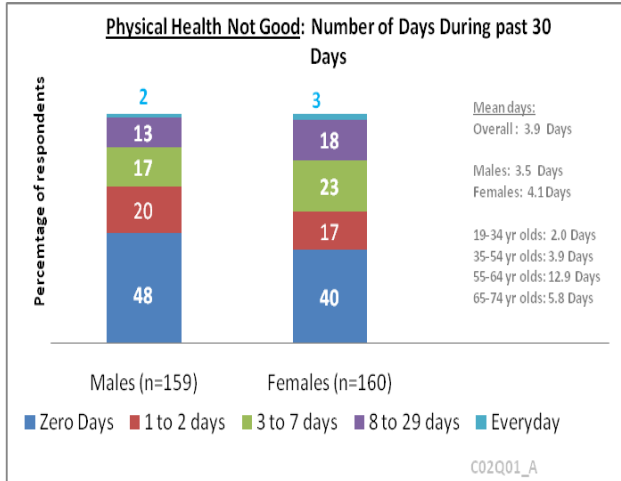
## Section 1: Health Status

- Two-thirds of the minority population views their health to be good or better; one third see their health as fair or worse; this is true for both genders.
- There is a noticeable negative change in perception of their health with age; among the 55-64 year olds, a fourth of them perceive their health to be poor, while 1/8<sup>th</sup> of the 64-74 year olds feel the same.
- The data also indicates that good health is correlated with higher education levels. Only 7 % of those who completed college see their health as fair or poor.
- Good health among the sampled minorities is also correlated to higher incomes; none of those who earned \$35,000 or more indicated that health was poor almost one-fourth of those who earned less than \$10,000 indicated their health to be poor.

## Section 2: Health-Related Quality of Life

### Section 2.1: Physical Health not good

How many days during the past 30 days was your physical health (including physical illness or injury) not good?



## Section 2.1: Health-Related Quality of Life – Physical health not good

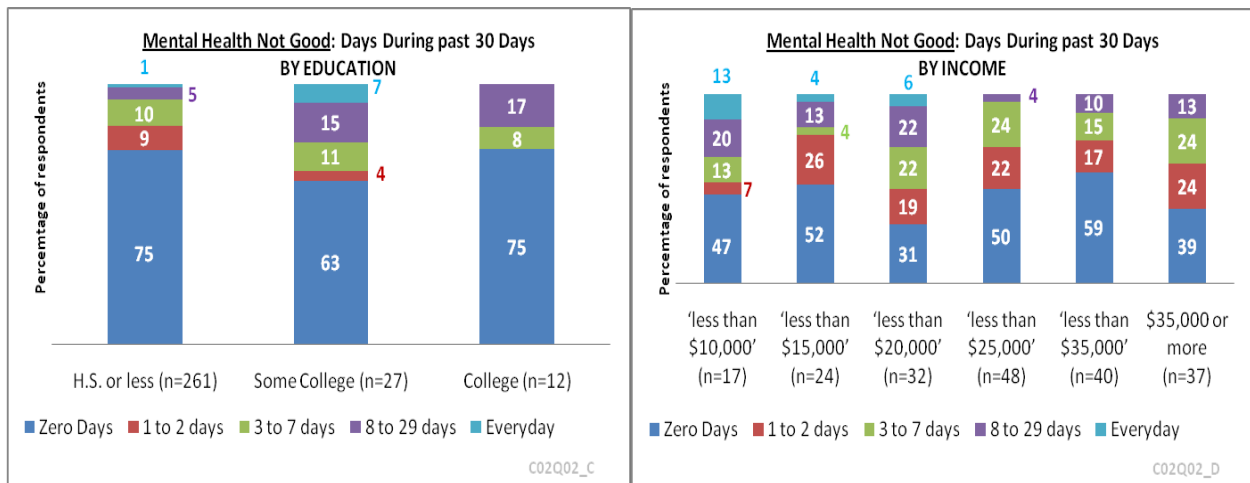
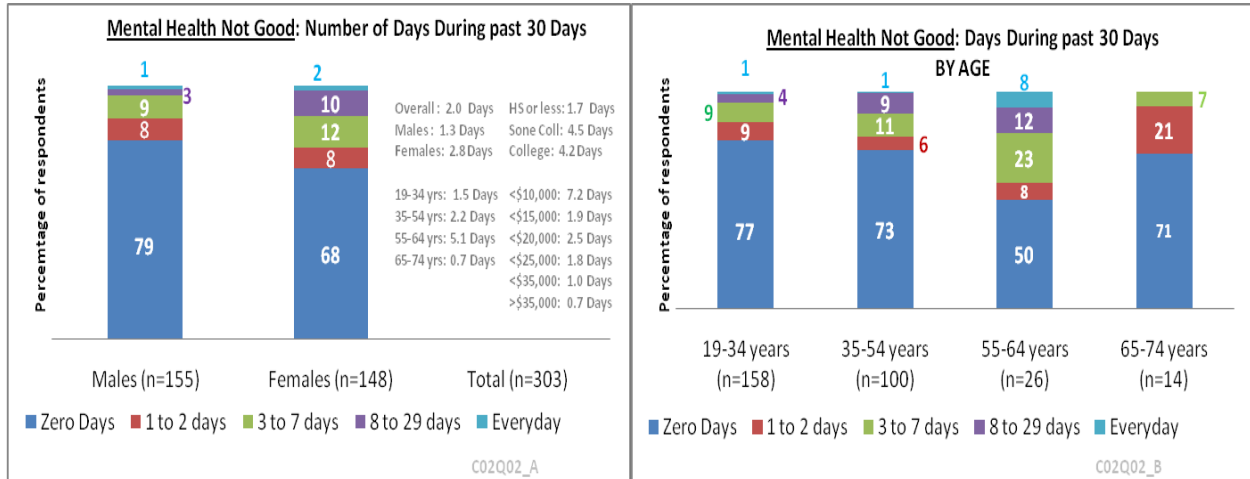
- Fifty-six percent of the sample reported having at least one day when their physical health was not good in the past 30 days
- A greater percentage of women reported so than men.

### *Among those reporting at least one day physical health not being good during the last 30 days*

- On an average, a person for the minority population reported having 4 days in a month when their physical health was not good; women reporting slightly higher than men.
- The older respondents reported more days when their physical health was not good; on an average the 19-34 year olds reported having only 2 days in the month when their physical health was not good compared to about 13 days for 55-64 year olds, about 6 days for the 65-74 year olds, and about 4 days for the 35-54 year olds.
- Those who had completed college reported fewer days of physical health not being good in the past 30 days compared to those with less than a college education.
- Income also is seen as being correlated negatively to the number of days physical health not good. Those earning less than \$20,000 reported more days of physical health not being good than those earning \$20,000 or more.

## Section 2.2: Health-Related Quality of Life - Mental health not good

How many days during the past 30 days was your mental health (including stress, depression, and problems with emotions) not good?



## Section 2.2: Health-Related Quality of Life - Mental health not good

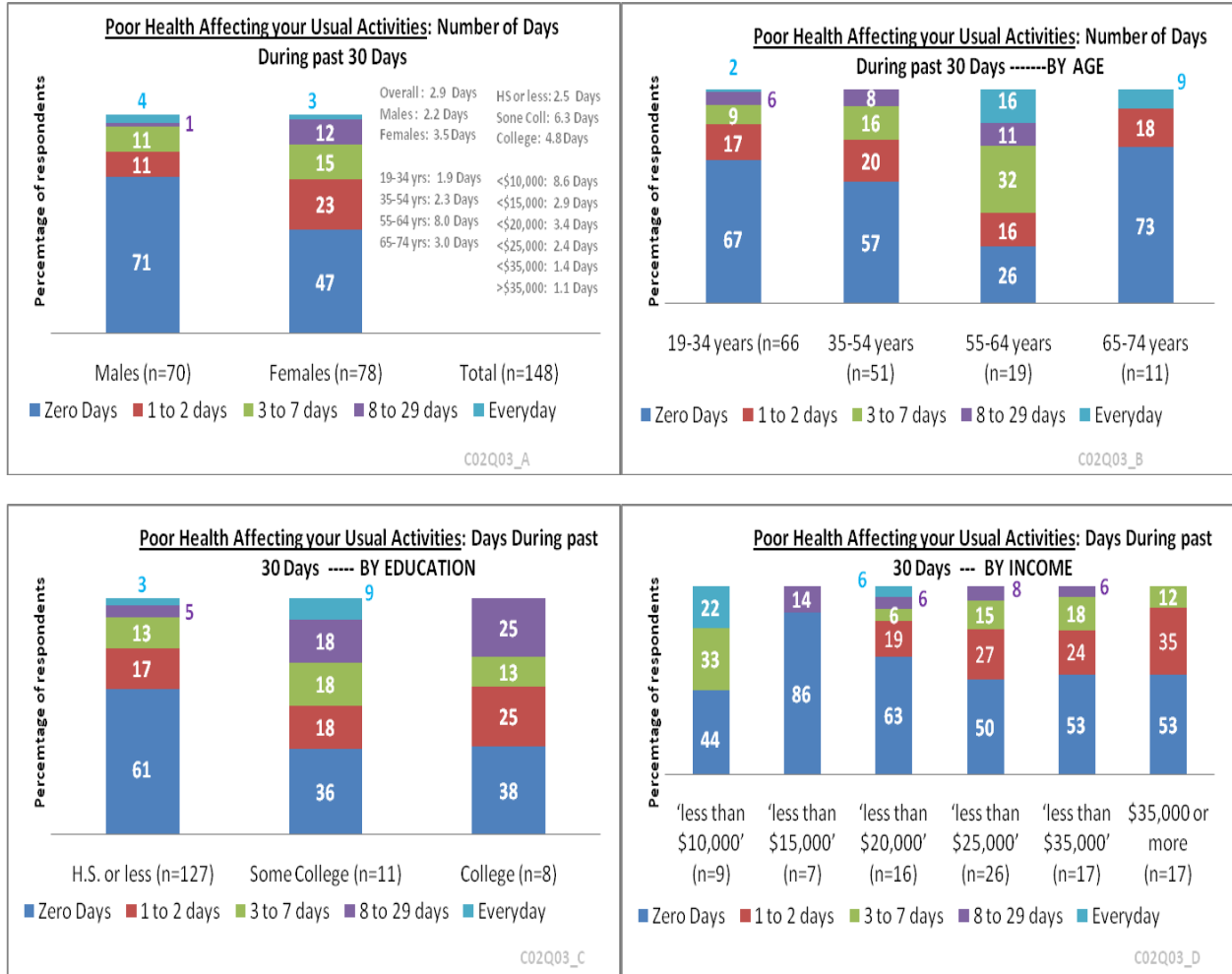
- About twenty-five percent of the sample reported having at least one day when their mental health was not good during the past 30 days.
- A greater percentage of women reported so than men.

### *Among those reporting at least one day mental health not being good during the last 30 days*

- On an average, a person for the minority population reported having 2 days in a month when their mental health was not good; women reporting higher (almost 3 days) than men (less the 1½ days).
- The older respondents generally reported more days when their mental health was not good in the past 30 days with the exception of the 65-74 year olds; on an average the 19-34 year olds reported having only 1½ days in the month when their mental health was not good compared to about 2¼ days among the 35-54 year olds, and just over 5 days among the 55-64 year olds. The oldest group had the least number of days they felt their mental health was not good, about ¾ day in the past 30 days.
- Those whose educational level was high school or less reported the fewest number of days their mental health was not good- about 1¾ days while those with a college degree reported the highest number of days of mental health not being good in the past 30 days, over 4 days.
- Income also is seen as being correlated negatively to the number of days mental health not good. Those earning less than \$20,000 reported two or more days of mental health not being good compared to those earning \$20,000 or more who reported less than 2 days of mental health not being good during the past 30 days.

### Section 2.3: Health-Related Quality of Life

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



## Section 2.3: Health-Related Quality of Life

- About 6 in 10 respondents stated that for at least one day during the past 30 days poor physical or mental health kept them from doing their usual activities, such as self-care, work, or recreation.
- Over half the women respondents, compared to only about 30% of men, reported so.
- Older the respondents, more of them reported poor physical or mental health affecting their usual activities for at least one day during the past 30 days.
- A greater percentage of those with education levels higher than high school reported poor physical or mental health affecting their usual activities for at least one day during the past 30 days.
- A smaller percentage of those earning over \$20,000 reported poor physical or mental health affecting their usual activities for at least one day during the past 30 days.

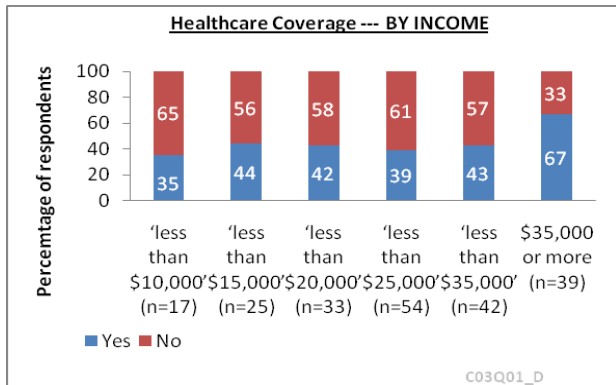
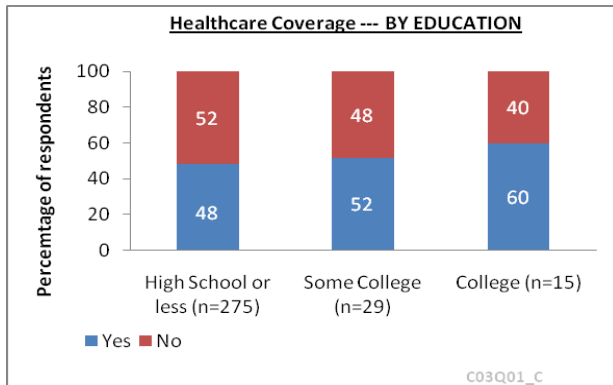
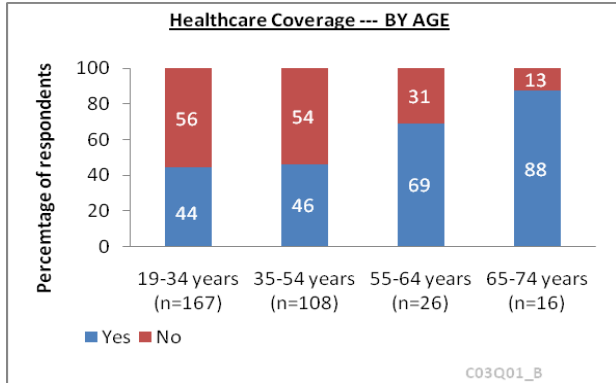
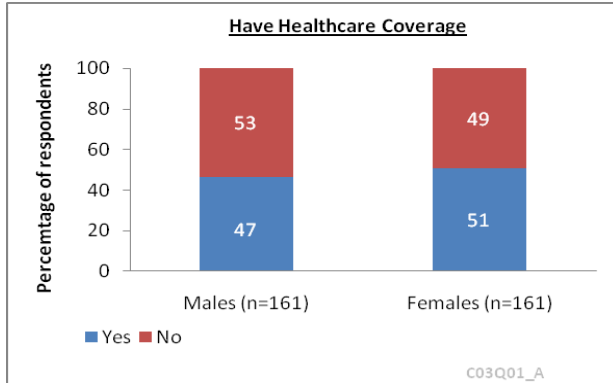
*Among those reporting at least one day during the past 30 days poor physical or mental health kept them from doing their usual activities, such as self-care, work, or recreation:*

- On an average, a person for the minority population reported having just short of 3 days in a month when their poor physical or mental health kept them from doing their usual activities, such as self-care, work, or recreation; women reporting higher (almost 3½ days) than men (less the 2½ days).
- The older respondents generally reported more days when poor physical or mental health kept them from doing their usual activities, such as self-care, work, or recreation; on an average the 19-34 year olds recorded the lowest number of days (less than 2 days), while the 55-64 year olds reported the highest number of days poor physical or mental health kept them from doing their usual activities, such as self-care, work, or recreation (8 days). The 35-54 year olds reported less than 2 ½ days while the 65-74 year olds reported 3 days when their poor physical or mental health kept them from doing their usual activities, such as self-care, work, or recreation.
- Those whose educational level was high school or less reported the fewest number of days their poor physical or mental health kept them from doing their usual activities, such as self-care, work, or recreation - about 2½ days, while those with some college degree reported the highest number of days (about 6½ days). Those with college education reported about 4¼ days when poor physical or mental health kept them from doing their usual activities, such as self-care, work, or recreation.
- Income also is seen as being correlated negatively to the number of days poor physical or mental health affecting the respondents usual activities for at least one day during the past 30 days. Those earning \$20,000 or more reported an average of 2 days when their poor physical or mental health affecting the respondents usual activities for at least one day during the past 30 days. This figure was highest for those earning less than \$10,000 at over 8½ days.

## Section 3: Health Care Access

### Section 3.1

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



### **Section 3.1: Health Care Access**

- Just over half the respondents reported having healthcare coverage.
- A greater percentage of women, compared to men, reported having healthcare coverage. (51% vs. 47% respectively)
- Older the respondents, more of them reported having healthcare coverage, rising from 44% for the youngest group to 88% among the highest group.
- Similarly, a greater percentage of those with education levels higher than high school reported having healthcare coverage; 48% among those whose education level was high school or lower, 52% among those with some college education, and 60% among those with a college education.
- Across income groups, the percentage of those who reported having healthcare coverage, with the exception of the highest earning group, ranged from 35% to 43%. Sixty-seven percent of those in the \$35,000 or more reported having healthcare coverage.

**Section 3.1a****What type of health care coverage do you use to pay for most of your medical care?****Type of health care coverage**

	Male	Female	'19 thru 34 years'	'35 thru 54 years'	'55 thru 64 years'	'65 thru 74 years'
Your employer	47 (64%)	31 (38%)	43 (59%)	31(63%)	1 (5%)	2 (15%)
Someone else's employer	7 (9%)	24 (30%)	18 (25%)	7(14%)	6 (32%)	0 (0%)
A plan that you or someone else buys on your own	2 (3%)	2 (2%)	3 (4%)	1(2%)	0 (0%)	0 (0%)
Medicare	5 (7%)	4 (5%)	1 (1%)	0(0%)	3 (16%)	5 (39%)
Medicaid	10 (14%)	18 (22%)	6 (8%)	8(16%)	8 (42%)	6 (46%)
Military, CHAMPUS, TriCare, or VA	2 (3%)	0 (0%)	1 (1%)	0(0%)	1 (5%)	0 (0%)
Indian health service	0 (0%)	1 (1%)	0 (0%)	1(2%)	0 (0%)	0 (0%)
Some other source	1 (1%)	1 (1%)	1 (1%)	1(2%)	0 (0%)	0 (0%)

	High School	Some College	College
Your employer	63 (48%)	9 (64%)	6 (67%)
Someone else's employer	27 (21%)	3 (21%)	1 (11%)
A plan that you or someone else buys on your own	2 (2%)	0 (0%)	2 (22%)
Medicare	9 (7%)	0 (0%)	0 (0%)
Medicaid	27 (21%)	1 (7%)	0 (0%)
Military, CHAMPUS, TriCare, or VA	1 (1%)	1 (7%)	0 (0%)
Indian health service	1 (1%)	0 (0%)	0 (0%)
Some other source	2 (2%)	0 (0%)	0 (0%)

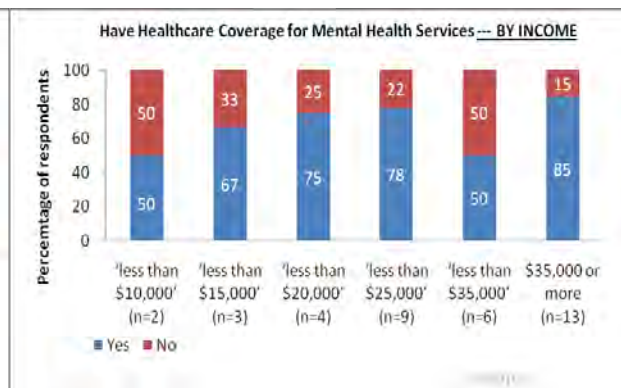
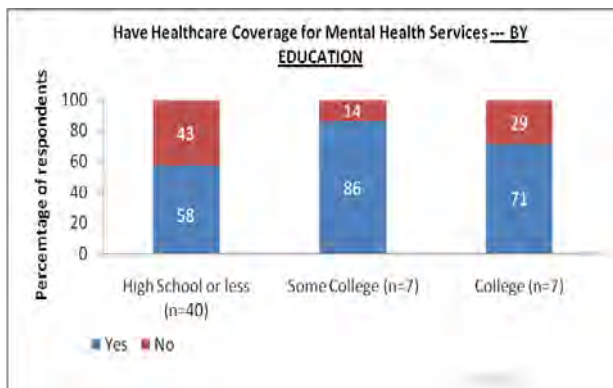
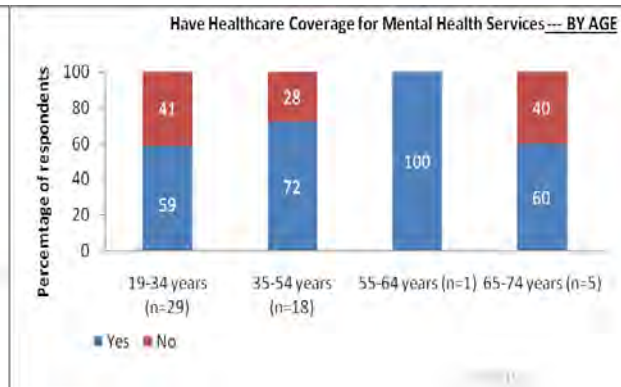
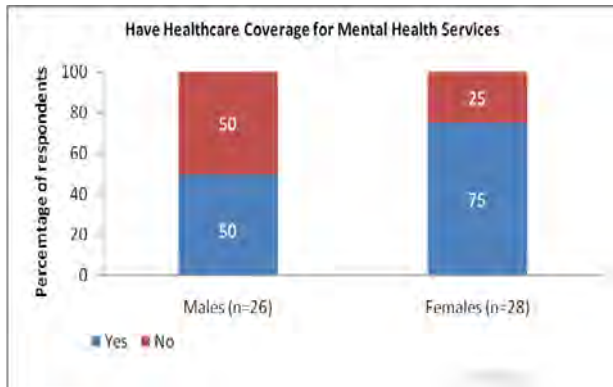
	'less than \$10,000'	'less than \$15,000'	'less than \$20,000'	'less than \$25,000'	'less than \$35,000'	\$35,000 or more
Your employer	2 (33%)	6 (55%)	7 (54%)	14 (70%)	14 (78%)	17 (65%)
Someone else's employer	0 (0%)	3 (27%)	3 (21%)	4 (20%)	2 (11%)	5 (19%)
A plan that you or someone else buys on your own	0 (0%)	0 (0%)	1 (7%)	0 (0%)	0 (0%)	1 (4%)
Medicare	0 (0%)	0 (0%)	0 (0%)	2 (10%)	0 (0%)	0 (0%)
Medicaid	4 (67%)	2 (18%)	1 (7%)	0 (0%)	1 (6%)	3 (12%)
Military, CHAMPUS, TriCare, or VA	0 (0%)	0 (0%)	1 (7%)	0 (0%)	0 (0%)	0 (0%)
Indian health service	0 (0%)	0 (0%)	1 (7%)	0 (0%)	0 (0%)	0 (0%)
Some other source	0 (0%)	0 (0%)	0 (0%)	0 (0%)	1 (6%)	0 (0%)

### Section 3.1a: Health Care Access

- A majority of those who reported having healthcare coverage also stated that they were covered by their employer or the employer of their spouse, about 70%.
  - Sixty-five percent of females were covered by their employer or the employer of their spouse.
  - Fifty-four percent of men were covered by their employer or the employer of their spouse.
  - A greater percentage of those with higher levels of education report being covered by their employer or the employer of their spouse compared to those with less education.
  - With the exception of those earning \$10,000 or less, most employed respondents are covered by their employer or the employer of their spouse (about 80%).
  
- The next significant healthcare coverage provider is Medicaid, especially covering those 55 years old and above.

### Section 3.1b: Health Care Access

Does your health care coverage pay for mental health services?



### ***Section 3.1b: Health Care Access***

- Just over 6 in 10 respondents reported that their health care coverage paid for mental health services.
- A greater percentage of women (75%) than men (50%) stated that their health care coverage paid for mental health services.
- A greater percentage of the 35-54 year olds informed that their health care coverage paid for mental health services (72%) than the 19-34 year olds (59%) and the 65-74 year olds (60%).
- A smaller percentage of those with high school or less education reported that their health care coverage paid for mental health services (58%) compared to those with some college education (86%) and those with college education (71%).
- There is a positive correlation between the percentages of those who reported that their health care coverage paid for mental health services and their incomes. Those who earned more were more likely to report that their health care coverage paid for mental health services.

**Section 3.1c: Health Care Access**

What percent of your medical bill does your insurance cover?

	Male	Female	'19 thru 34 years'	'35 thru 54 years'	'55 thru 64 years'	'65 thru 74 years'
100% paid by insurance	3 (6.5%)	8 (15%)	5 (9%)	3 (9%)	2 (33%)	1 (17%)
90% paid by insurance	6 (13%)	4 (7%5%)	2 (3%)	4 (12%)	2 (33%)	1 (17%)
80% paid by insurance	24 (52%)	38 (72%)	37 (69%)	20 (63%)	2 (33%)	3 (50%)
70 or 60% paid by insurance	12 (26%)	3 (6%)	9 (17%)	5 (16%)		1 (17%)
50% or less paid by insurance	1 (2%)		1 (2%)			

	High School	Some College	College
100% paid by insurance	8 (9.5%)	2 (25%)	1 (14%)
90% paid by insurance	9 (11%)	0	1 (14%)
80% paid by insurance	53 (63%)	5 (62.5%)	4 (57%)
70 or 60% paid by insurance	13 (15.5%)	1 (12.5%)	1 (14%)
50% or less paid by insurance	1 (1%)		

	'less than \$10,000'	'less than \$15,000'	'less than \$20,000'	'less than \$25,000'	'less than \$35,000'	\$35,000 or more
100% paid by insurance		1 (17%)	2 (15%)	2 (10%)	2 (25%)	
90% paid by insurance	2 (67%)		1 (8%)	1 (5%)	1 (12.5%)	1 (5%)
80% paid by insurance	1 (33%)	4 (67%)	8 (62%)	14 (70%)	4 (50%)	13 (65%)
70 or 60% paid by insurance		1 (17%)	2 (15%)	3 (15%)	1 (12.5%)	5 (25%)
50% or less paid by insurance						1 (5%)

### **Section 3.1c: Health Care Access**

Among those who had health care insurance:

- About 1 in 8 respondents reported that their health care coverage plan paid for 100% of their medical bill.
  - This is true across all groups in age, income and education, though the percentages vary a little.
- A majority of the respondents (62%) stated that their health insurance paid for 80% of their medical bill.
  - This is true across all groups in age, income and education, though the percentages vary a little.
- About a quarter of the respondents (25%) stated that their health insurance paid for 60%-70% of their medical bill.
  - This is true across all groups in age, income and education, though the percentages vary a little.

**Section 3.1d: Health Care Access**

**What is your current health insurance coverage deductible?**

Dollars	Male	Female	'19 thru 34 years'	'35 thru 54 years'	'55 thru 64 years'	'65 thru 74 years'
\$0 to \$249	6 (13%)	14 (28%)	10 (19%)	7 (21%)	2 (100%)	1 (17%)
\$250 to \$749	29 (64%)	30 (60%)	34(65%)	19 (56%)		5 (83%)
\$750 to \$1000	8 (18%)	5 (10%)	8 (15%)	5 (15%)		
greater than \$1000	2 (4%)	1 (2%)		6 (13%)		

Dollars	High School	Some College	College
\$0 to \$249	14 (18%)	5 (50%)	1 (14%)
\$250 to \$749	53 (68%)	3 (30%)	3 (43%)
\$750 to \$1000	9 (12%)	2 (20%)	2 (29%)
greater than \$1000	2 (3%)		1 (14%)

Dollars	'less than \$10,000'	'less than \$15,000'	'less than \$20,000'	'less than \$25,000'	'less than \$35,000'	\$35,000 or more
\$0 to \$249	3 (75%)	2 (40%)	1 (25%)	4 (20%)	1 (12.5%)	1 (5%)
\$250 to \$749	1 (25%)	3 (60%)	3 (75%)	15 (75%)	2 (25%)	10 (53%)
\$750 to \$1000				1 (5%)	3 (37.5%)	8 (42%)
greater than \$1000					2 (25%)	

### **Section 3.1d: Health Care Access**

Among those who had health care insurance:

- About 1 in 5 respondents reported that their current health insurance coverage deductible was less than \$250.
- A majority of the respondents (62%) stated that their current health insurance coverage deductible was between \$250 & \$749.
- A small percentage of respondents (3%) stated that their current health insurance coverage deductible was over \$1000.
- This pattern was true across gender, ages, education and income.

**Section 3.1e: Health Care Access****What is the primary reason you are without health care coverage?**

	Male	Female	'19 thru 34 years'	'35 thru 54 years'	'55 thru 64 years'	'65 thru 74 years'
Lost job or changed employers	8 (11%)	10 (16%)	7 (10%)	10 (20%)		
Spouse or parent lost job or changed employers	1 (1%)	3 (5%)		3 (6%)		
Became divorced or separated	1 (1%)	2 (3%)	2 (3%)	1 (2%)		
Spouse or parent died		3 (5%)		3 (6%)		
Became ineligible because of age or left school	3 (4%)	1 (2%)	2 (3%)			2 (40%)
Employer doesn't offer or stopped offering coverage	12 (16%)	2 (3%)	10 (14%)	4 (8%)		
Cut back to part time or became temporary employee	2 (3%)		1 (1%)	1 (2%)		
Employer benefits were exhausted or used up		1 (2%)	1 (1%)			
Benefits offered by employer but cost too much	5 (7%)	2 (3%)	3 (4%)	3 (6%)		
Couldn't afford to pay the premiums	15 (20%)	8 (13%)	12 (17%)	10 (20%)	1 (17%)	
Insurance company refused coverage	4 (5%)	3 (5%)	5 (7%)	2 (4%)		
Lost Medicaid or medical assistance eligibility	1 (1%)	2 (3%)			2 (33%)	1 (20%)
Other	23 (31%)	25 (40%)	29 (40%)	14 (27%)	3 (50%)	2 (40%)

**Section 3.1e: Health Care Access**

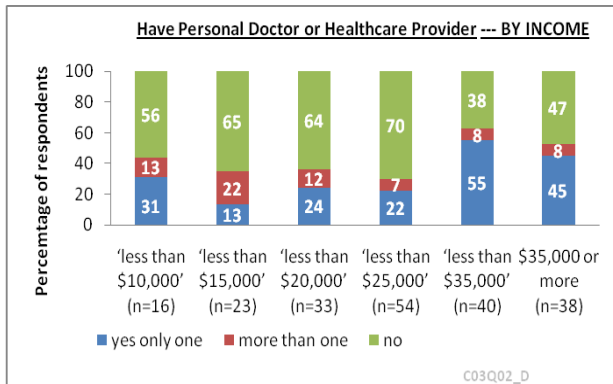
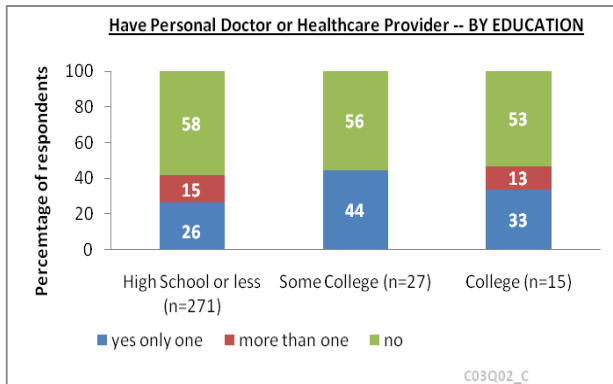
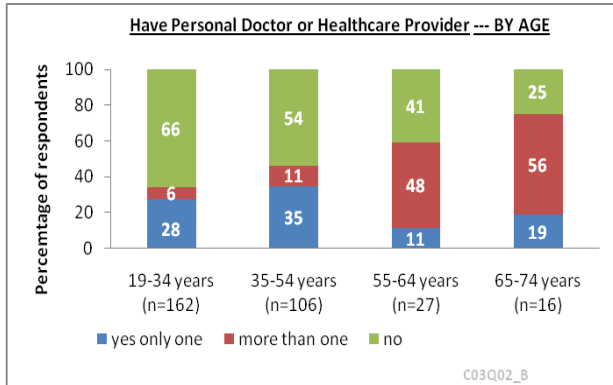
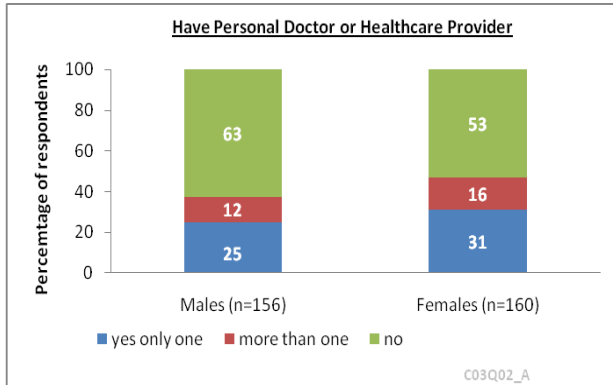
	High School	Some College	College	'less than \$10,000'	'less than \$15,000'	'less than \$20,000'	'less than \$25,000'
Lost job or changed employers	17 (14%)	1 (8%)		8 (11%)	10 (16%)	7 (10%)	10 (20%)
Spouse or parent lost job or changed employers	4 (3%)			1 (1%)	3 (5%)		3 (6%)
Became divorced or separated	3 (2.5%)			1 (1%)	2 (3%)	2 (3%)	1 (2%)
Spouse or parent died	3 (2.5%)				3 (5%)		3 (6%)
Became ineligible because of age or left school	3 (2.5%)	1 (8%)		3 (4%)	1 (2%)	2 (3%)	
Employer doesn't offer or stopped offering coverage	13 (11%)	1 (8%)		12 (16%)	2 (3%)	10 (14%)	4 (8%)
Cut back to part time or became temporary employee	2 (2%)			2 (3%)		1 (1%)	1 (2%)
Employer benefits were exhausted or used up			1 (25%)		1 (2%)	1 (1%)	
Benefits offered by employer but cost too much	5 (4%)	2 (17%)		5 (7%)	2 (3%)	3 (4%)	3 (6%)
Couldn't afford to pay the premiums	19 (16%)	3 (25%)	1 (25%)	15 (20%)	8 (13%)	12 (17%)	10 (20%)
Insurance company refused coverage	7 (6%)			4 (5%)	3 (5%)	5 (7%)	2 (4%)
Lost Medicaid or medical assistance eligibility	2 (2%)		1 (25%)	1 (1%)	2 (3%)		
Other	42 (35%)	4 (33%)	1 (25%)	23 (31%)	25 (40%)	29 (40%)	14 (27%)

Among those who DID NOT HAVE health care insurance:

- Most of the respondents declared 'other' as the reason for not having health insurance (about 35%)
- About 17% of them stated that they could afford to pay the premiums.
- Thirteen percent stated that they had lost job or changed employers and hence did not have health insurance coverage.
- One in ten reported that their employer either does not offer the benefit or have stopped offering coverage.

### Section 3.2: Health Care Access

Do you have one person you think of as your personal doctor or health care provider?

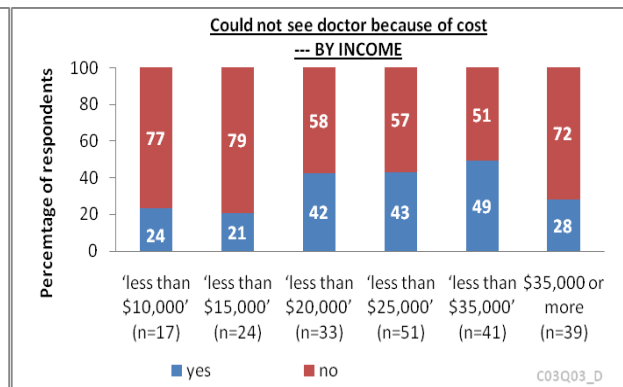
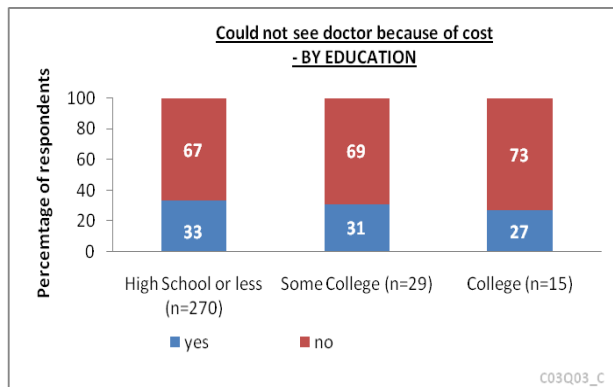
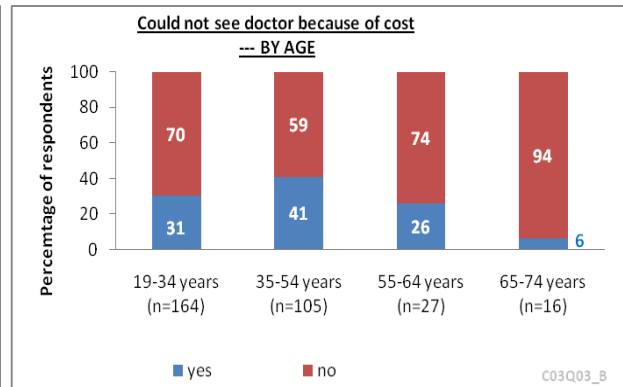
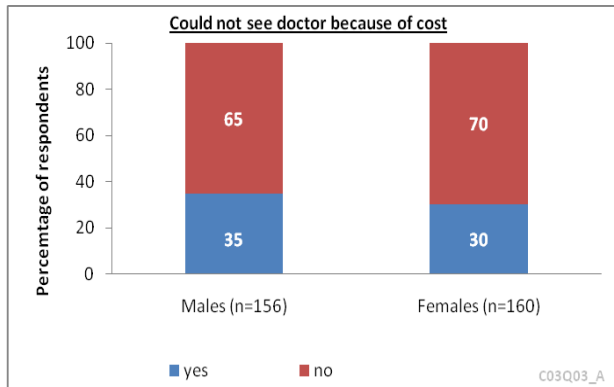


## Section 3.2: Health Care Access

- A majority of the respondents (58%) reported that they did not have a personal doctor or health care provider.
- A greater percentage of men (63%) stated so, compared to women (53%)
- One in six women reported having more than one personal doctor or health care provider, compared to 1 in 8 among men.
- Older respondents were more likely to report that they had at least one personal doctor or health care provider; 75% among the 65-74 year olds, 59% among the 55-64 year olds, 46% among the 35-54 year olds, and 34% among the 19-34 year olds.
- Education level had a slightly perceivable correlation to having at least one personal doctor or health care provider; the higher the education level, marginally more likely one is likely to have at least one personal doctor or health care provider.
- No clear pattern emerges as to the relationship between income and having a personal doctor or health care provider.

### Section 3.3: Health Care Access

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

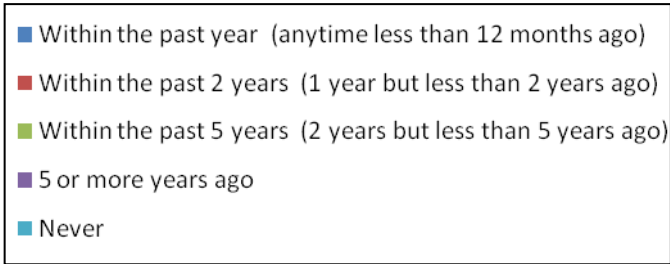
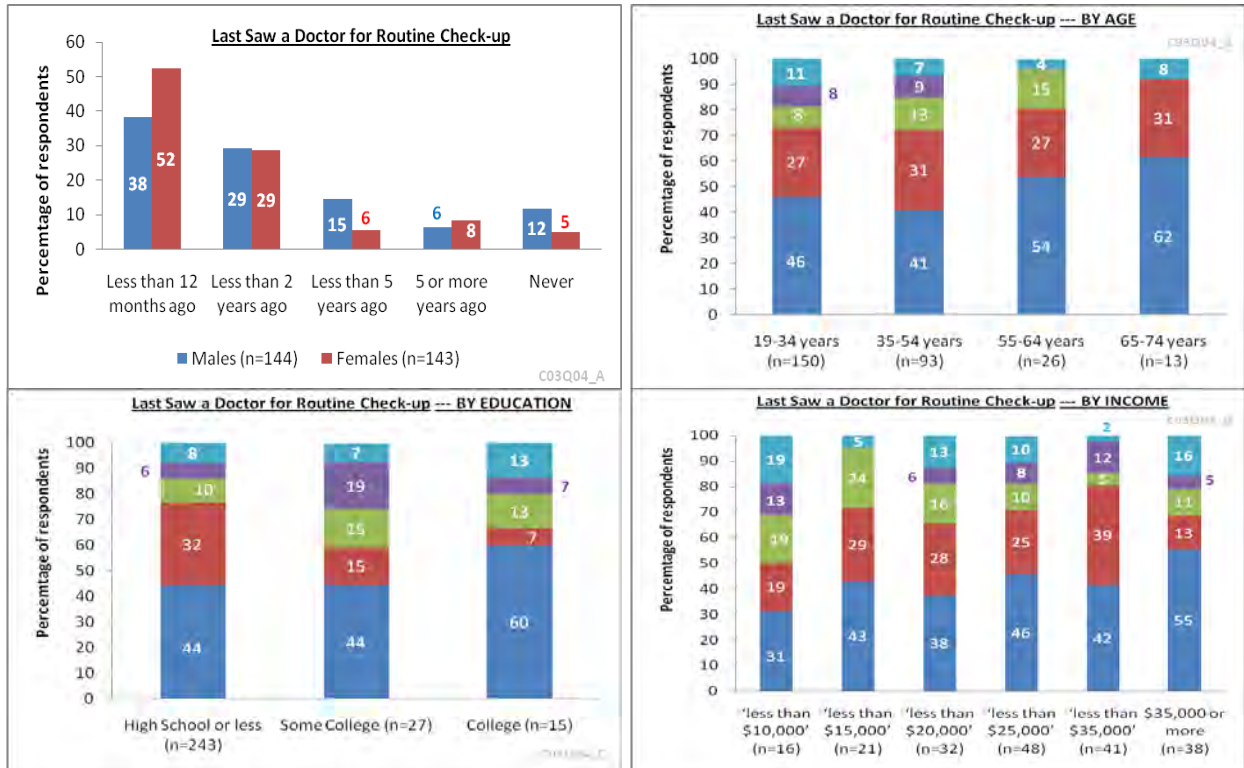


### Section 3.3: Health Care Access

- One-third of the respondents (32%) informed that there was a time in the past 12 months when they needed to see a doctor but could not because of cost.
- A greater percentage of men (35%) said so, compared to 30% among women.
- The oldest respondents were *least* likely to report that there was a time in the past 12 months when they needed to see a doctor but could not because of cost (6%); the 35-54 year olds (41% of them) were *most* likely to state the same.
- Education level had a slightly perceivable correlation to not being able to see a doctor because of cost; the higher the education level, marginally *less* likely is for the respondent to report not being able to see a doctor because of cost.
- Those earning between \$15,000 to \$35,000 were *most* likely to report that there was a time in the past 12 months when they needed to see a doctor but could not because of cost, ranging from 42% among the \$15k to \$20K earners to a high of 49% among the \$25K-\$35K earners.

### Section 3.4: Health Care Access

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



## Section 3.4: Health Care Access

### Seen a doctor within the past two years for routine check-up

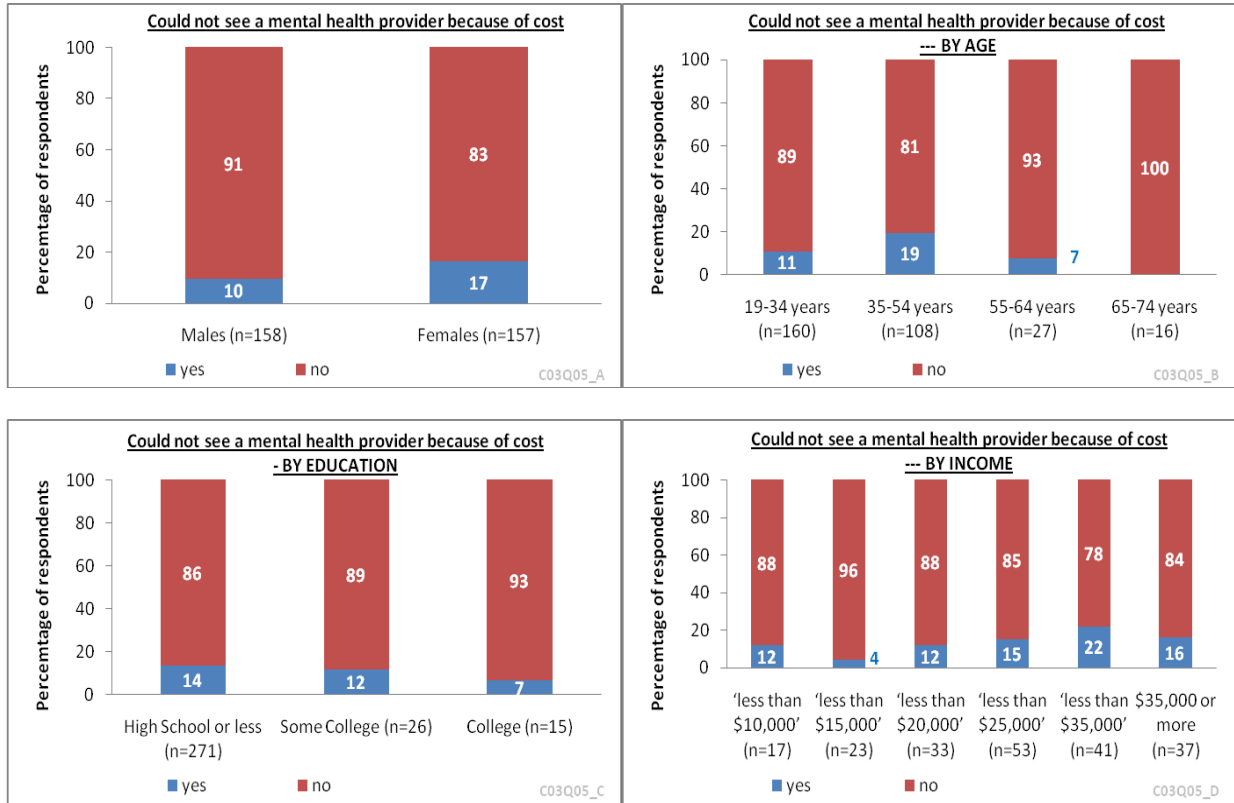
- Almost three-fourths of the respondents (74%) stated that they had seen a doctor for routine check-up less than 2 years ago.
- While 81% of women had seen a doctor for routine check-up within the past 2 years while only 67% of men reported so.
- The data indicates that the older the respondent, the more likely is it that they had seen a doctor for routine check-up within the past 2 years.
- Those with education of high school or less were more likely to have seen a doctor for routine check-up within the past 2 years compared to their more educated compatriots.
- Generally, the higher income respondents were more likely to have seen a doctor for routine check-up within the past 2 years.

### Never seen a doctor for routine check-up

- Twice as many men (12%) as women (5%) have never seen a doctor for routine check-up.
- The youngest group, 19-34 year olds, was most likely to have never seen a doctor for routine check-up (11% of them); the 55-64 year olds were least likely to have never seen a doctor for routine check-up (4%).
- A greater percentage of college educated respondents never saw a doctor for routine check-up (13%) compared to their less educated compatriots (7-8%).
- No clear pattern emerged across the 'income' groups.

**Section 3.5: Health Care Access**

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

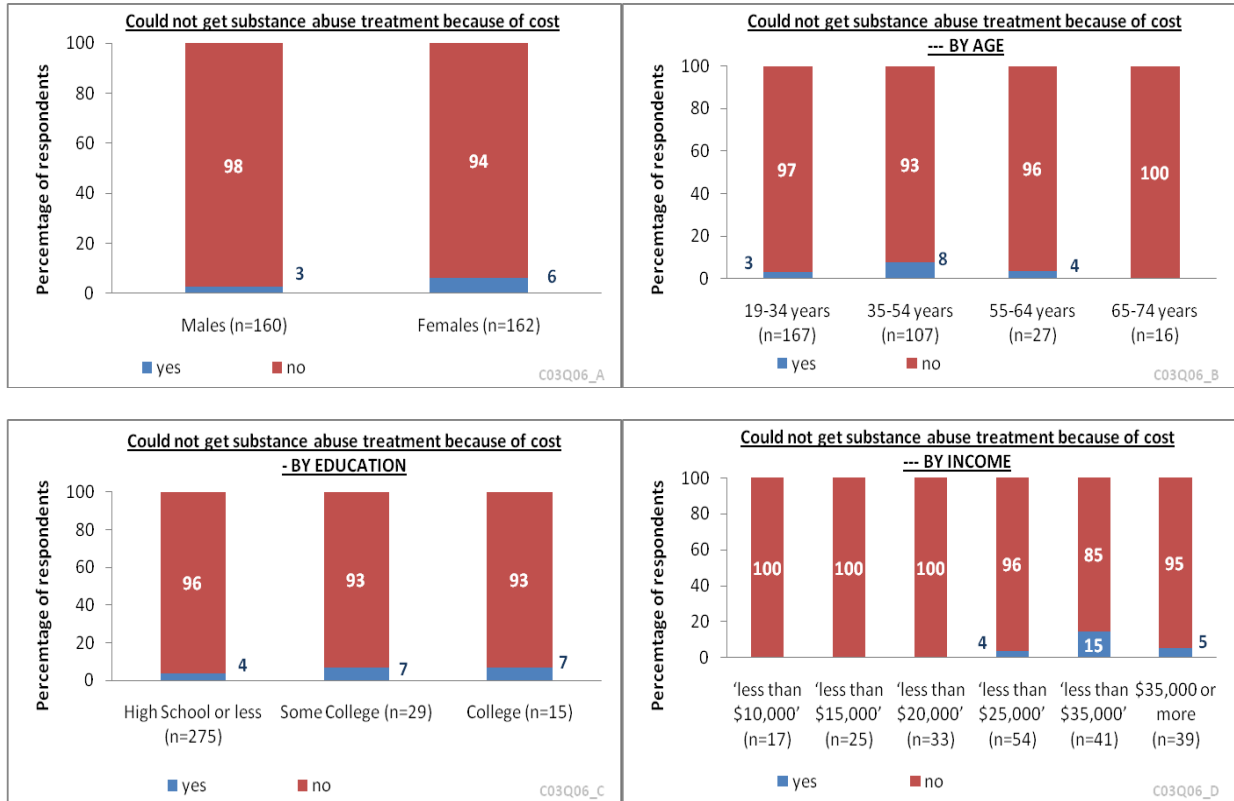


### Section 3.5: Health Care Access

- One in eight respondents informed that there was a time in the past 12 months when they needed to see a mental health provider but could not because of cost.
- A greater percentage of women (17%) said so, compared to men (10%).
- The oldest respondents were *least* likely to report that there was a time in the past 12 months when they needed to see a mental health provider but could not because of cost (0%); the 35-54 year olds (19% of them) were *most* likely to state the same.
- Education level had a noticeable correlation to not being able to see a mental health provider because of cost; the higher the education level, the *less* likely is for the respondent to report not being able to see a mental health provider because of cost – 7% among the college educated vs. 14% among the H.S. or less educated.
- Those earning between \$25,000 to \$35,000 were *most* likely to report that there was a time in the past 12 months when they needed to see a mental health provider but could not because of cost (22%), while the \$10K-\$15K earners were least likely to report so.

**Section 3.6: Health Care Access**

Was there a time in the past 12 months when you needed substance abuse treatment but could not because of cost?

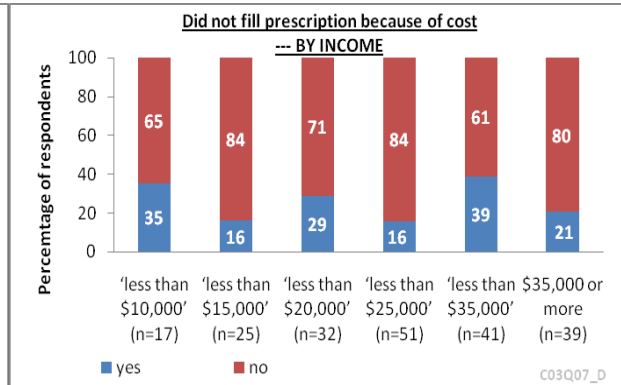
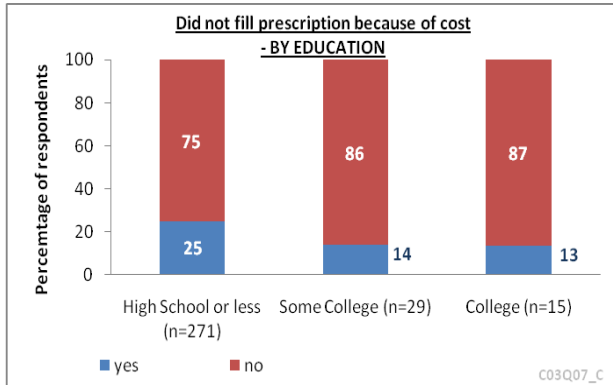
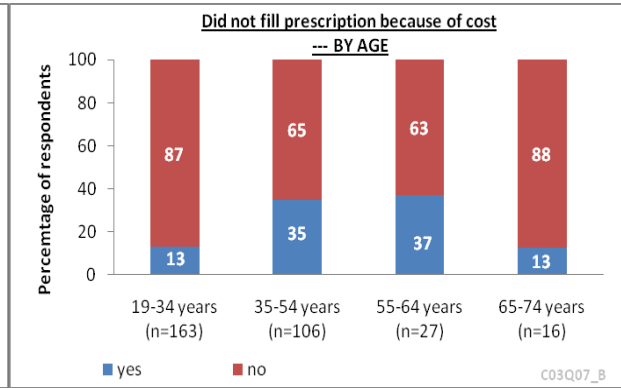
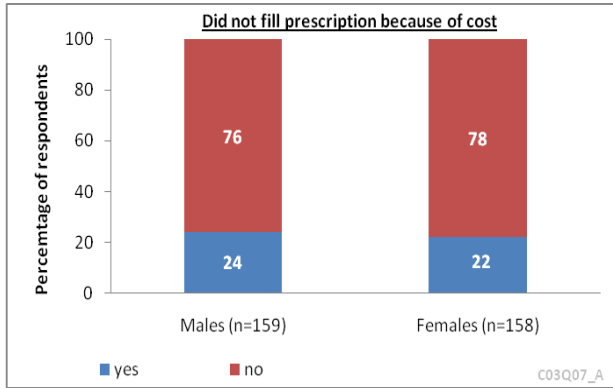


### Section 3.6: Health Care Access

- Just over one in twenty-five respondents informed that there was a time in the past 12 months when they needed to see a substance abuse treatment but could not because of cost.
- A greater percentage of women (6%) said so, compared to men (3%).
- The oldest respondents were *least* likely to report that there was a time in the past 12 months when they needed to see a substance abuse treatment but could not because of cost (0%); the 35-54 year olds (8% of them) were *most* likely to state the same.
- Education level had a noticeable correlation to not being able to see a substance abuse treatment because of cost; the higher the education level, the *more* likely is for the respondent to report not being able to see a substance abuse treatment because of cost – 7% among the college educated vs. 4% among the H.S. or less educated.
- Those earning between \$25,000 to \$35,000 were *most* likely to report that there was a time in the past 12 months when they needed to see a substance abuse treatment but could not because of cost (15%), while the below \$25K earners were *least* likely to report so (0%).

### Section 3.7: Health Care Access

Was there a time in the past 12 months when you did not fill your prescriptions because of cost?

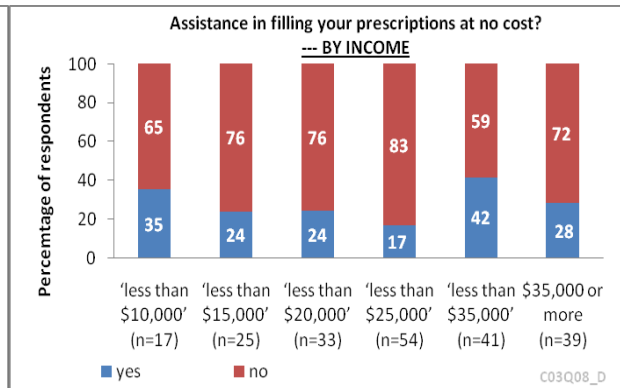
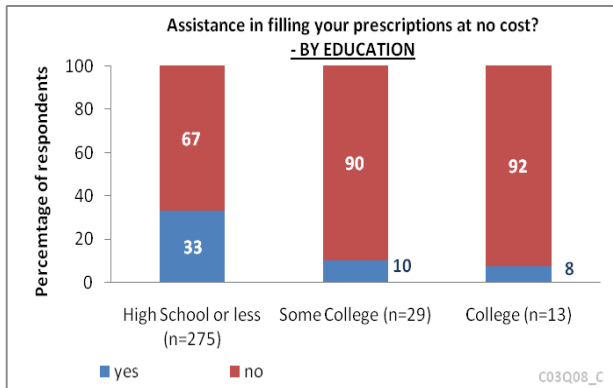
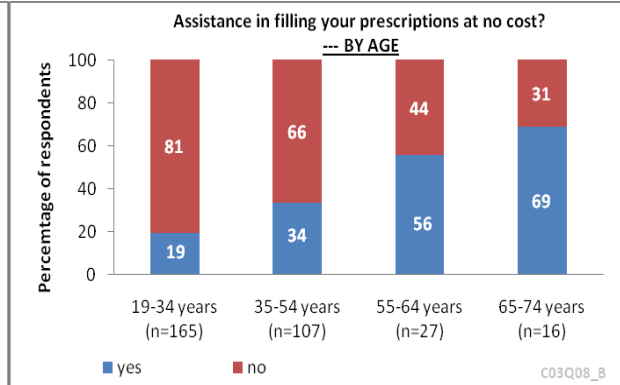
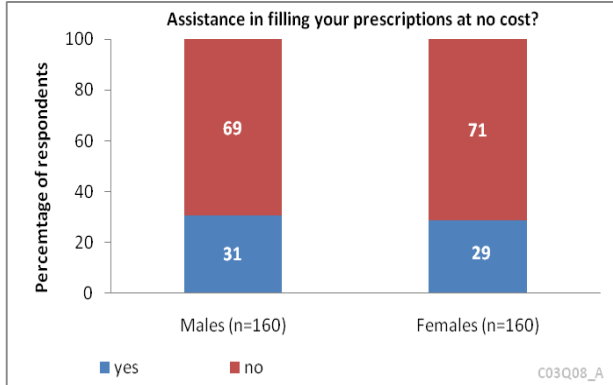


### Section 3.7: Health Care Access

- About one in four respondents informed that there was a time in the past 12 months when they did not fill prescriptions because of cost.
- A slightly greater percentage of men (24%) said so, compared to women (22%).
- The oldest and the youngest respondents were *least* likely to report that there was a time in the past 12 months when they did not fill prescriptions because of cost (13%); the 55-64 year olds (37% of them) and the 35-54 year olds (35% of them) were three times as likely to state the same.
- Education level had a noticeable correlation to not being able to fill prescriptions because of cost; the higher the education level, the *less* likely is for the respondent to report not being able to fill prescriptions because of cost – 13% among the college educated vs. 25% among the H.S. or less educated.
- No clear pattern emerges across income groups.

### Section 3.8: Health Care Access

Have you ever received assistance, from a clinic or prescription drug company, in filling your prescriptions at no cost?

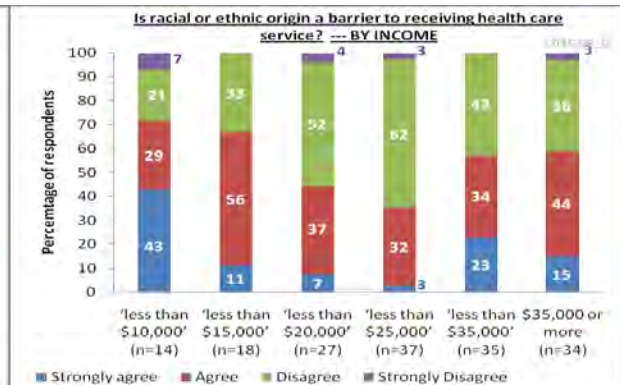
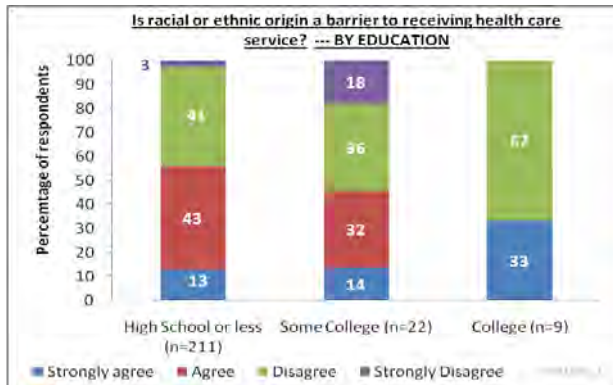
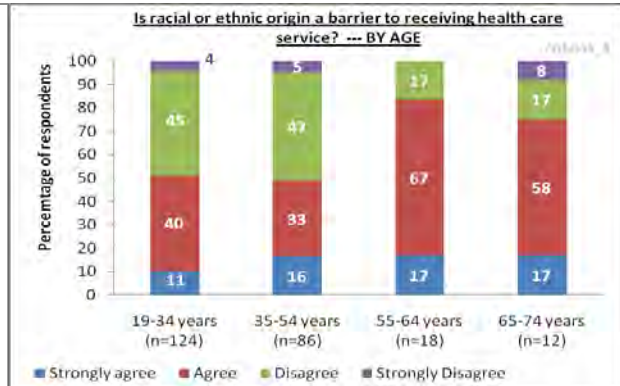
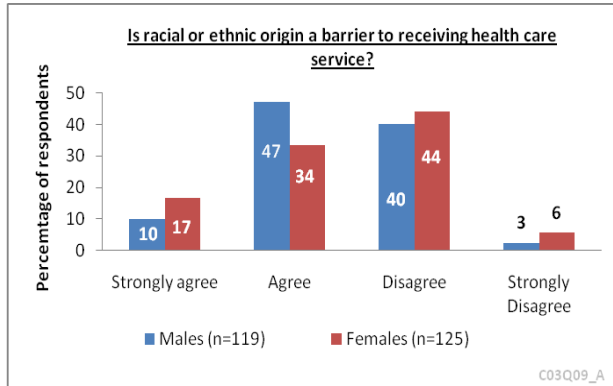


### Section 3.8: Health Care Access

- About one in three respondents reported having received assistance, from a clinic or prescription drug company, in filling your prescriptions at no cost.
- A slightly greater percentage of men (31%) said so, compared to women (29%).
- The oldest were *most* likely to report having received assistance, from a clinic or prescription drug company, in filling their prescriptions at no cost (69%); the 19-34 year olds (19% of them) were three and a half times less likely to state the same. There is clear positive correlation between age of the respondent and their likelihood of reporting having received assistance, from a clinic or prescription drug company, in filling their prescriptions at no cost.
- Education level had a noticeable negative correlation with respondent's likelihood of reporting having received assistance, from a clinic or prescription drug company, in filling their prescriptions at no cost, those with higher levels of education less likely to receive such a benefit – 33% among those with H.S. or less education and 8 % among those with college level education.
- With the exception of the two highest categories of incomes, income level had a somewhat of negative correlation with respondent's likelihood of reporting having received assistance, from a clinic or prescription drug company, in filling their prescriptions at no cost, those with higher levels of income less likely to report receiving assistance, from a clinic or prescription drug company – 35% among those earning less than \$10K to 17% among those earning between \$20K to \$25K. However, breaking the pattern, 42% of the \$25K to \$35K earners and 28% of those earning more than \$35K stated they received such a benefit.

### Section 3.9: Health Care Access

Do you believe racial or ethnic origin is a barrier to receiving health care services in your community?

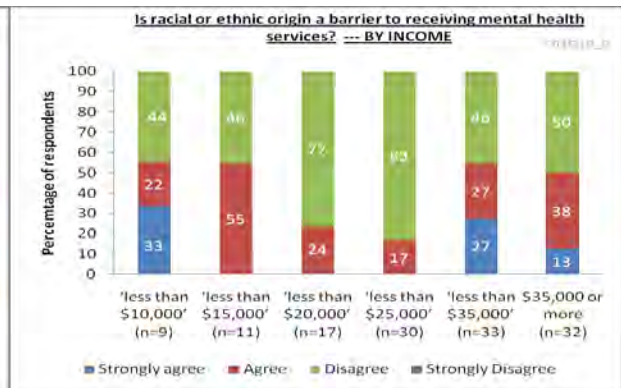
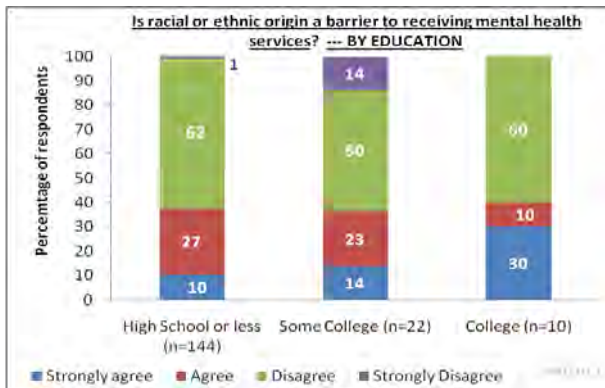
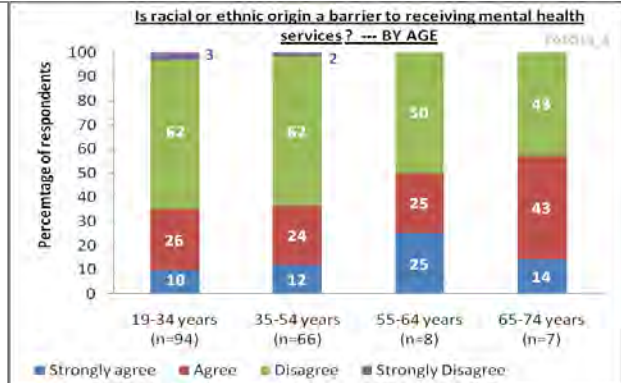
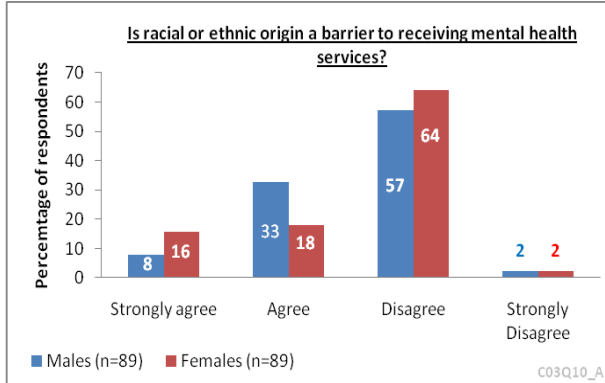


### Section 3.9: Health Care Access

- More than one in two respondents (54%) stated that they believe racial or ethnic origin is a barrier to receiving health care services in their community.
- A greater percentage of men (57%) than women (51%) felt so.
- Respondents over the age of 54 years were more likely than their younger compatriots to believe so; 84% of the 55-64 year olds and 75% of the 65-74 year olds felt racial or ethnic origin a barrier to receiving health care services in their community.
- Education level had a noticeable negative correlation with respondent's likelihood of reporting that they believe racial or ethnic origin is a barrier to receiving health care services in their community; the lower the education level the more likely is the belief that racial or ethnic origin is a barrier to receiving health care services in their community. Fifty-six percent of those with H.S or less education felt this way compared to 46% of those with some college education and 0% of those with a college education.
- With the exception of the two highest categories of incomes, income level had a negative correlation with respondent's likelihood of reporting that they believe racial or ethnic origin is a barrier to receiving health care services in their community; with those in higher levels of income less likely to report so – 72% among those earning less than \$10K to 35% among those earning between \$20K to \$25K. However, breaking the pattern, 57% of the \$25K to \$35K earners and 59% of those earning more than \$35K stated that they believe racial or ethnic origin is a barrier to receiving health care services in their community.

### Section 3.10: Health Care Access

Do you believe racial or ethnic origin is a barrier to receiving mental health services in your community?



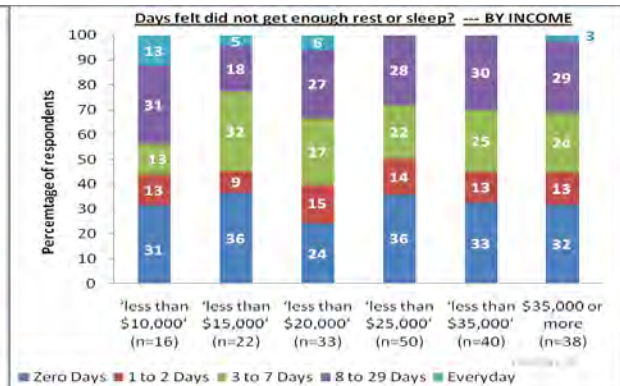
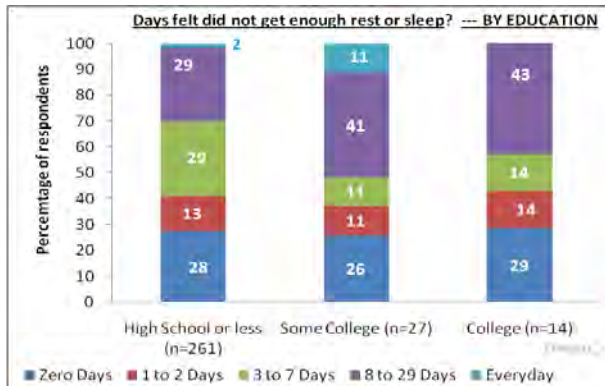
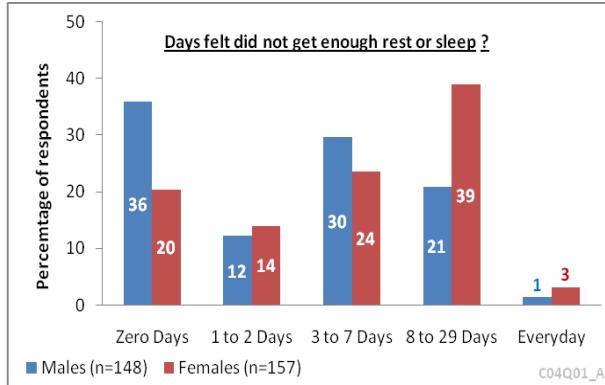
### Section 3.10: Health Care Access

- Just over six in 10 respondents (63%) stated that they do not believe racial or ethnic origin is a barrier to receiving mental health services in their community.
- A greater percentage of men (41%) than women (34%) however believed that racial or ethnic origin is a barrier to receiving mental health services in their community.
- Respondents over the age of 54 years were more likely than their younger compatriots to believe that racial or ethnic origin is a barrier to receiving mental health services in their community; 50% of the 55-64 year olds and 57% of the 65-74 year olds compared to only 36% of the 19-54 year olds.
- Education level had a marginal correlation with respondent's likelihood of reporting racial or ethnic origin as a barrier to receiving mental health services in their community. While 37% of those with some college education or less felt this way, 40% of those with college education felt the same.
- With the exception of the two highest categories of incomes, income level had a negative correlation with respondent's likelihood of reporting that they believe racial or ethnic origin is a barrier to receiving mental health services in their community; with those in higher levels of income less likely to report so – 55% among those earning less than \$15K to 17% among those earning between \$20K to \$25K. However, breaking the pattern, 54% of the \$25K to \$35K earners and 51% of those earning more than \$35K saw racial or ethnic origin as a barrier to receiving mental health services in their community.

## Section 4: Sleep

### Section 4.1

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



Average number of days lack of rest or sleep (Among those reporting lack of rest or sleep)		Average number of days lack of rest or sleep (Among those reporting lack of rest or sleep)	
Overall	9	H.S. or less	8
Men	8	Some College	14
Women	10	College	9
19-34 year olds	8	<\$10,000	16
35-54 year olds	9	<\$15,000	9
55-64 year olds	11	<\$20,000	10
65-74 year olds	8	<\$25,000	8
		<\$35,000	6
		>= \$35,000	9

## Section 4.1: Sleep

- About 7 in 10 (68%) of the respondents stated that they felt they did not get enough rest or sleep for at least one day during the past 30 days.
- Two-thirds of the men, compared to over three-fourths of the women (80%), reported not getting enough rest or sleep for at least one day during the past 30 days.
- Older the respondents, a greater percentage of them reported not getting enough rest or sleep for at least one day during the past 30 days. All respondents among the 55-64 year olds (100%) report so.
- Just over three-fourths of the respondents in each educational-level group stated that they felt they did not get enough rest or sleep for at least one day during the past 30 days.
- No clear such pattern emerged across the 'income' groups.

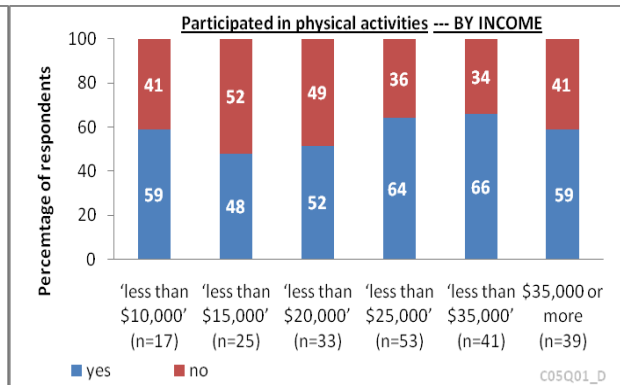
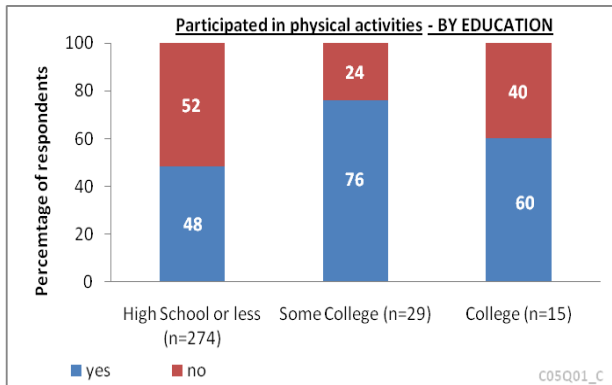
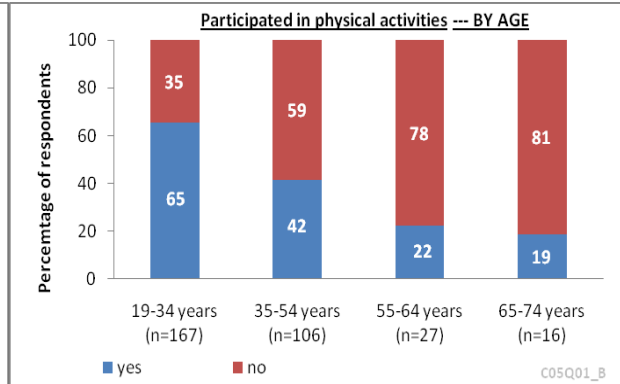
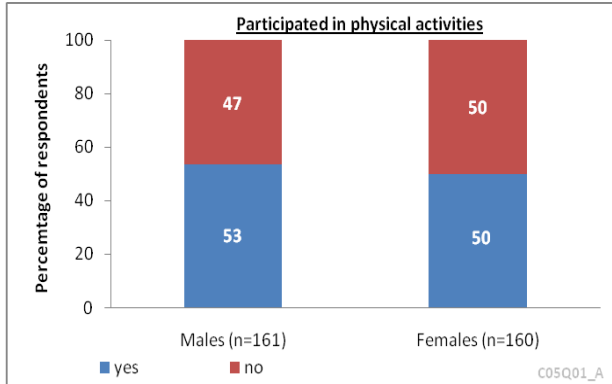
*Among those who felt they did not get enough rest or sleep for at least one day during the past 30 days:*

- On an average, a person for the minority population reported not getting enough rest or sleep for 9 days during the past 30 days; women reporting higher number of day (10 days) than men (less the 8 days).
- With exception of the 55-64 year olds, the average number of days the 19-54 year olds and the 65-74 year olds reported as having not had enough rest or sleep for at least one day during the past 30 days was 8 to 9 days; the 55-64 year olds averaged 11 days of not getting enough rest or sleep.
- With exception of those with some college education, the average number of days the college graduates and those with high school or less education reported was 8 to 9 days; those with some college education averaged 14 days of not getting enough rest or sleep.
- Across income groups, those with income less than \$10,000 reported not getting enough rest or sleep for 16 days, the highest of any group. The \$25K to \$35K earners reported the least number of days of not getting enough rest or sleep - 6 days, the lowest across all groups.

## Section 5: Exercise

### Section 5.1

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?



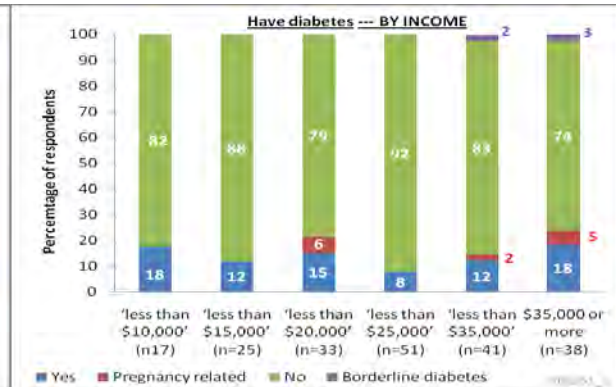
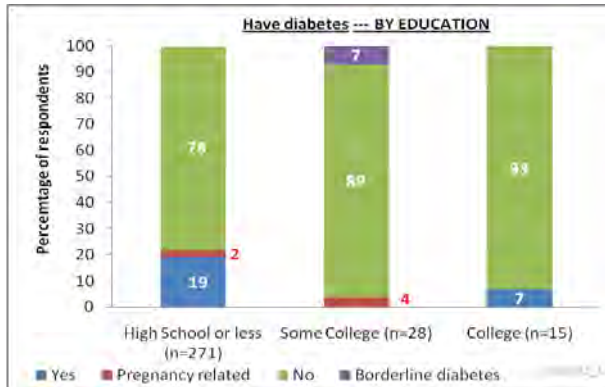
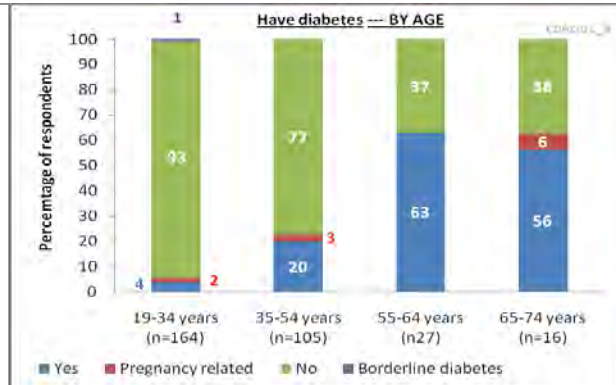
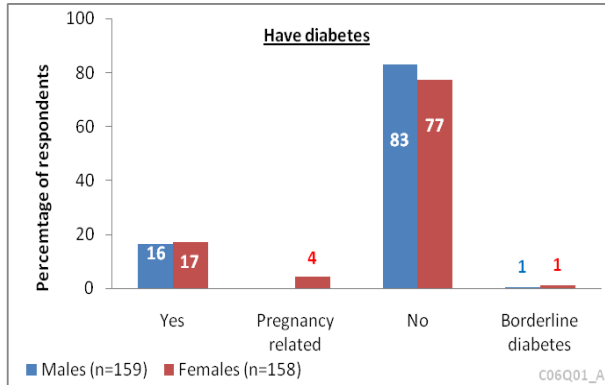
## Section 5.1: Exercise

- Just over one in two respondents (52%) reported participating in physical activities or exercises such as running, calisthenics, golf, gardening or walking for exercise during the past month.
- A slightly greater percentage of men (53%) said so, compared to women (50%).
- The older the respondents, the *less* likely are they to have participated in physical activities or exercises during the past month. While almost two-thirds of the 19-34 year olds (65% of them) reported participating in physical activities or exercises during the past month, less than half of the 35-54 year olds (42%), less than a quarter of the 55-64 year olds (22%), just about one in five among the 64-74 year olds said so.
- Education level had a small correlation with respondent's likelihood of reporting having participated in physical activities or exercises during the past month; those with higher level of education appear to be more likely to engage in physical activities or exercises.
- While no clear pattern emerges across income groups, the \$10K to \$20K groups appear to engage in physical activities or exercises the least.

## Section 6: Diabetes

### Section 6.1

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



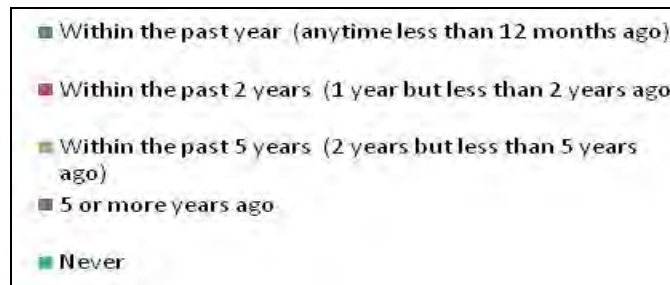
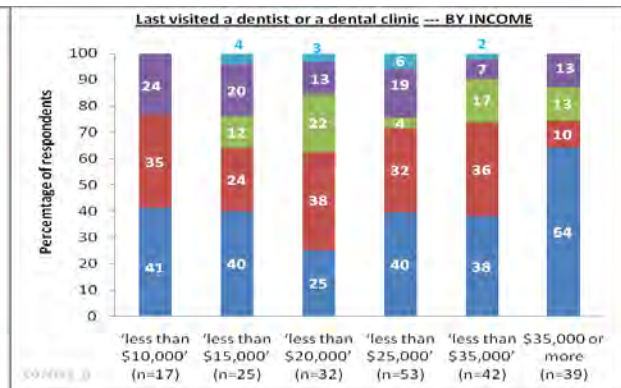
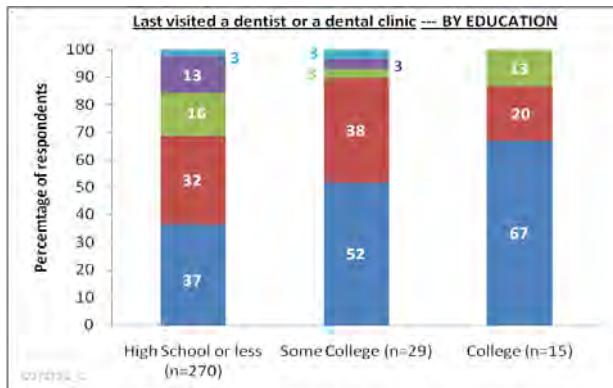
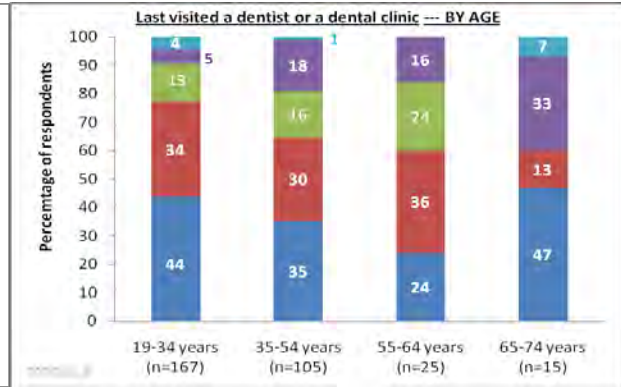
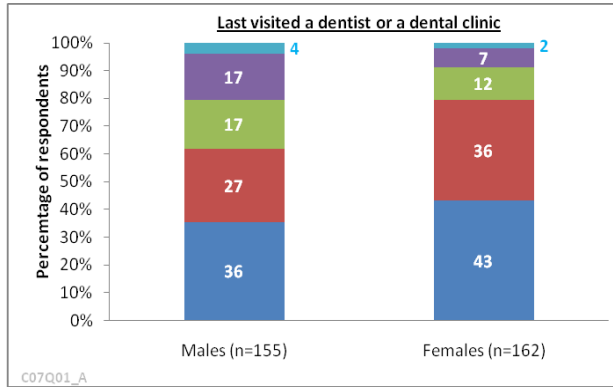
## Section 6.1: Diabetes

- Eighty percent of the respondents reported not having been told by a doctor that they have diabetes; one percent of the respondents reported having been told by a doctor that they have *border-line* diabetes.
- This was true for both genders; however, four percent of women reported having been told by a doctor that their diabetes was pregnancy-related.
- The older the respondents, the *more* likely are they to have been told by a doctor that they have diabetes; while almost 6 in 10 of the 55-74 year olds have be told so, only 1 in 5 of the 35-54 year olds, and 1 in 25 of the 19-34 year olds have be told they had diabetes.
- Education level appears to have a small correlation with respondent's likelihood of being told they have diabetes; those with higher level of education appear to be *less* likely to report having diabetes or border-line diabetes (7%) compared 19% among those with high school or less education .
- No clear pattern emerges across income groups.

## Section 7: Oral Health

### Section 7.1

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



## Section 7.1: Oral Health

### Seen a dentist or visited a dental clinic for any reason within the past two years

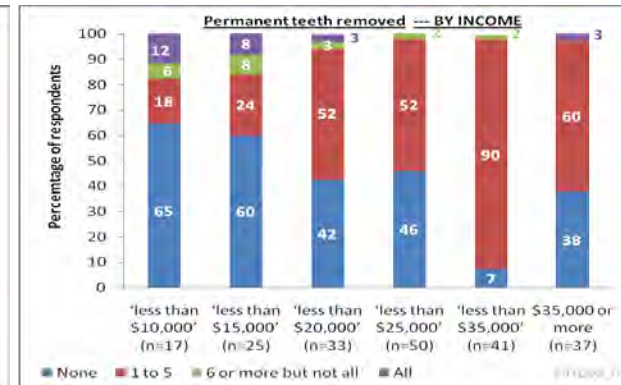
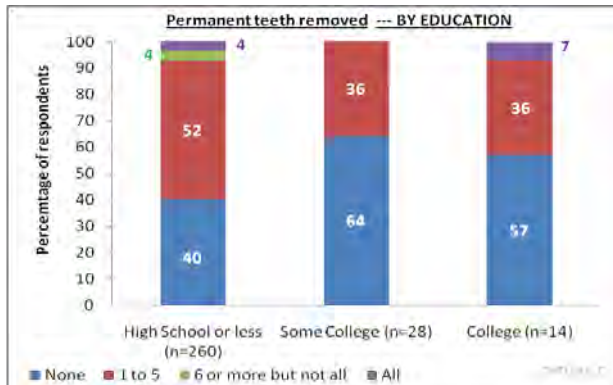
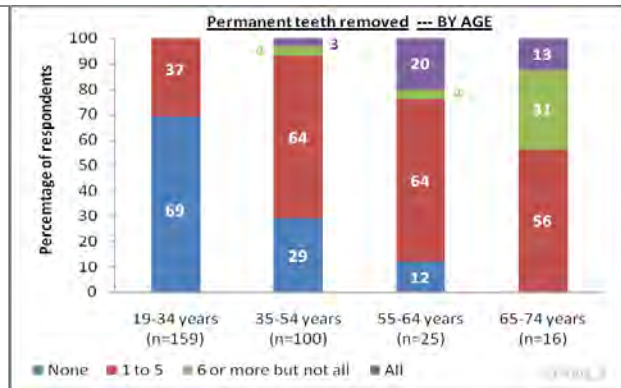
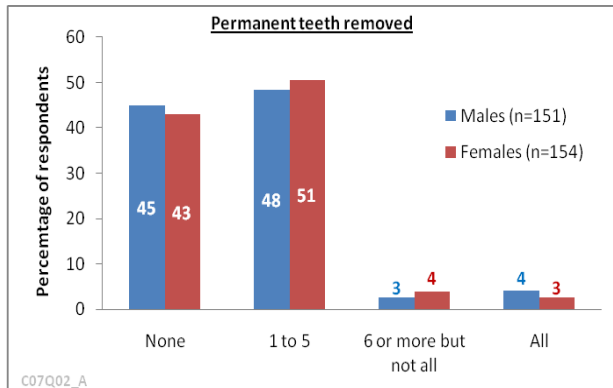
- More than 7 in 10 respondents (71%) stated that they had seen a dentist or a dental clinic for any reason within the last 2 years.
- While 79% of women had seen a dentist or visited a dental clinic for any reason within the past two years within the past 2 years while only 63% of men reported so.
- The data indicates that the older the respondent, the less likely is it that they had seen a dentist or a dental clinic for any reason within the past 2 years.
- Those with education of high school or less were less likely (69%) to have seen a dentist or a dental clinic for any reason within the past 2 years compared to their more educated compatriots. Almost 9 in 10 of those with at least some college level education did so.
- While almost three-fourths of those earning less than \$10,000, and of those earning over \$20,000, had seen a dentist or a dental clinic for any reason within the past 2 years, only about 6 in 10 respondents earning over \$10,000 but less than \$20,000 reported so.

### Never seen a dentist or visited a dental clinic for any reason

- Twice as many men (4%) as women (2%) have never seen a dentist or visited a dental clinic for any reason.
- The youngest group, 19-34 year olds, and the oldest group of 65-74 year olds were least likely to have seen a dentist or visited a dental clinic for any reason.
- A greater percentage of those with some college education or less were more likely to have never seen a dentist or visited a dental clinic for any reason.
- Those earning more than \$10,000 but less than \$35,000 were more likely to have never seen a dentist or visited a dental clinic for any reason.

## Section 7.2: Oral Health

**How many of your permanent teeth have been removed because of tooth decay or gum disease? Include teeth lost to infection, but do not include teeth lost for other reasons, such as injury or orthodontics.**



## Section 7.2: Oral Health

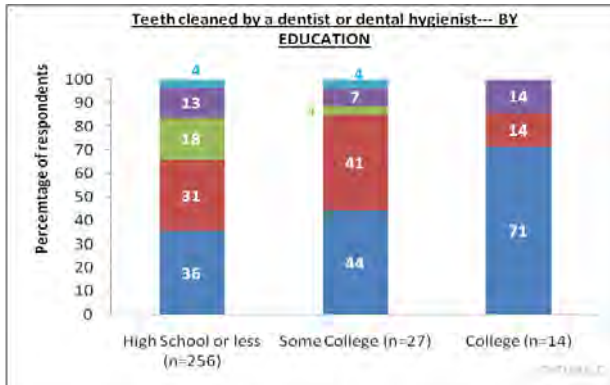
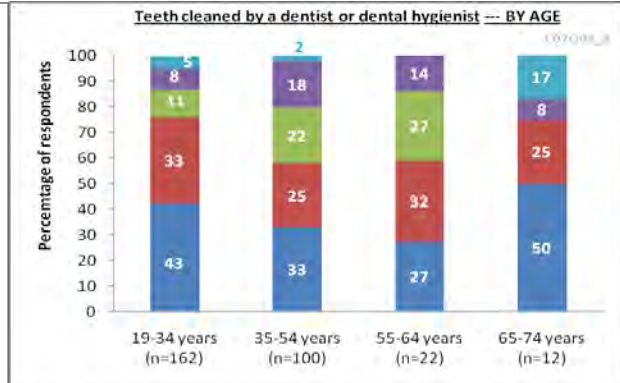
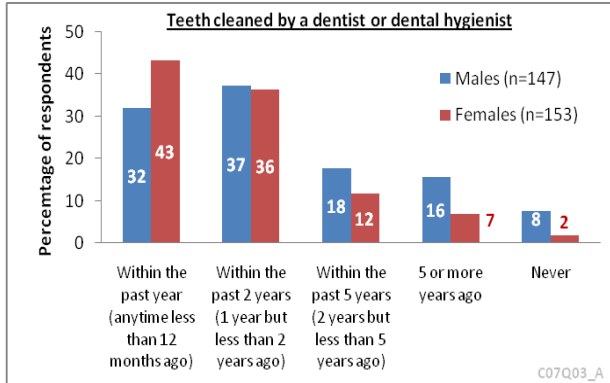
- More than 4 in 10 respondents (44%) stated that none of their permanent teeth had been removed because of tooth decay or gum disease.
- Forty-five percent of women and 43% of men reported that none of their permanent teeth had been removed because of tooth decay or gum disease.
- The data indicates that the older the respondent, the more likely is it that they had at least one permanent tooth removed because of tooth decay or gum disease. Only 37% of the 19-34 year olds reported having at least one permanent tooth removed because of tooth decay or gum disease, compared to 71% among the 35-54 year olds, 88% among the 55-64 year olds, and 100% of the 65-74 year olds.
- Those with education of high school or less were more likely (60%) to have had at least one permanent tooth removed because of tooth decay or gum disease. In comparison among those with some college, 36% informed so and among those with a college education, 43% reported so.
- Those in the higher incomes groups were more likely to report that they had at least one permanent tooth removed because of tooth decay or gum disease.

### All teeth removed

- Just over 3 in 100 respondents reported that they had had all their permanent teeth removed because of tooth decay or gum disease.
- The greatest incidence of this was among the 55-64 year olds (20%) followed by the 65-74 year olds.
- Seven percent of those with college degree reported so, compared to 4% among those with high school or less education, and 0% among those with some college education.
- Among those earning \$15,000 or less the incidence of having all permanent teeth removed because of tooth decay or gum disease was also quite high (about 10%).

### Section 7.3: Oral Health

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



## Section 7.3: Oral Health

### Teeth cleaned by a dentist or dental hygienist within the past two years

- More than 7 in 10 respondents (74%) stated that they had their teeth cleaned by a dentist or dental hygienist within the last 2 years.
- While 79% of women had their teeth cleaned by a dentist or dental hygienist within the past two years while only 69% of men reported so.
- The data indicates that three out of four in each of the oldest and the youngest groups were more likely to have had their teeth cleaned by a dentist or dental hygienist within the past 2 years, compared to about one in two among the 35-64 year olds.
- Those with education of high school or less were less likely (67%) to have their teeth cleaned by a dentist or dental hygienist within the past 2 years compared to their more educated compatriots. More than 8 in 10 of those with at least some college level education did so.
- While 8 in 10 of those earning less than \$10,000, and 3 in 4 of those earning over \$35,000, had their teeth cleaned by a dentist or dental hygienist within the past 2 years, only about 6 in 10 respondents earning over \$15,000 but less than \$20,000 reported so.

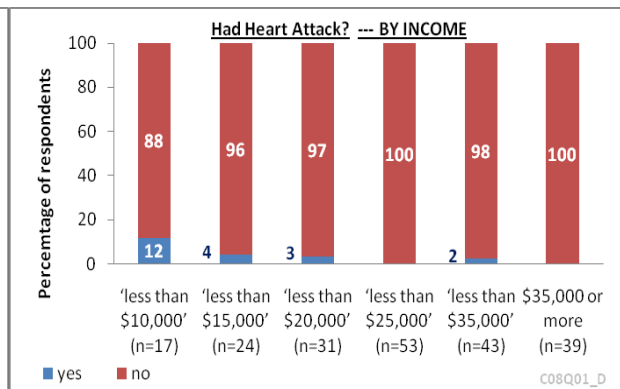
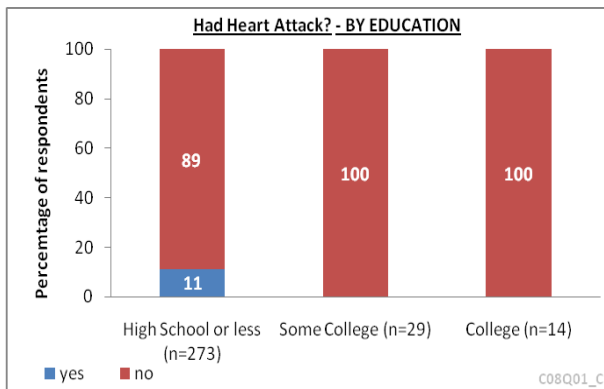
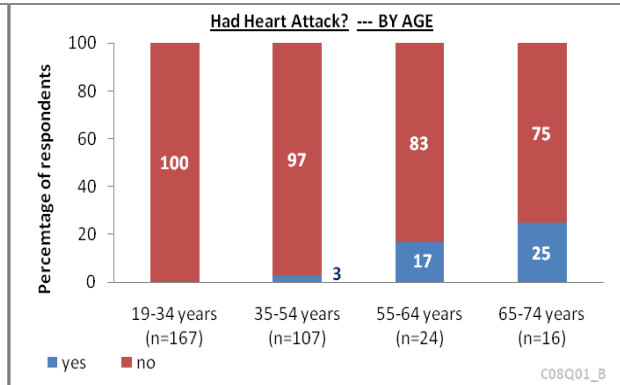
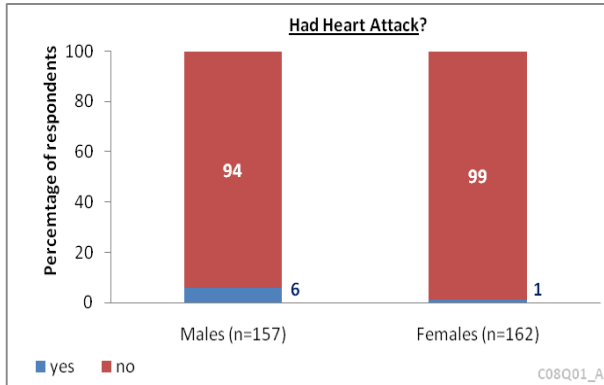
### Never ever had their teeth cleaned by a dentist or dental hygienist

- Four times as many men (8%) as women (2%) have never had their teeth cleaned by a dentist or dental hygienist.
- The oldest group of 65-74 year olds was most likely to have never had their teeth cleaned by a dentist or dental hygienist (17%), followed by the 19-34 year olds (5%).
- A greater percentage of those with some college education or less were more likely to have never had their teeth cleaned by a dentist or dental hygienist (4%).
- Those earning less than \$25,000 were more likely to have never ever had their teeth cleaned by a dentist or dental hygienist than their higher earning compatriots.

## Section 8: Cardiovascular Disease Prevalence

### Section 8.1

**Has a doctor, nurse, or other health professional EVER told you that you had a heart attack, also called a myocardial infarction?**

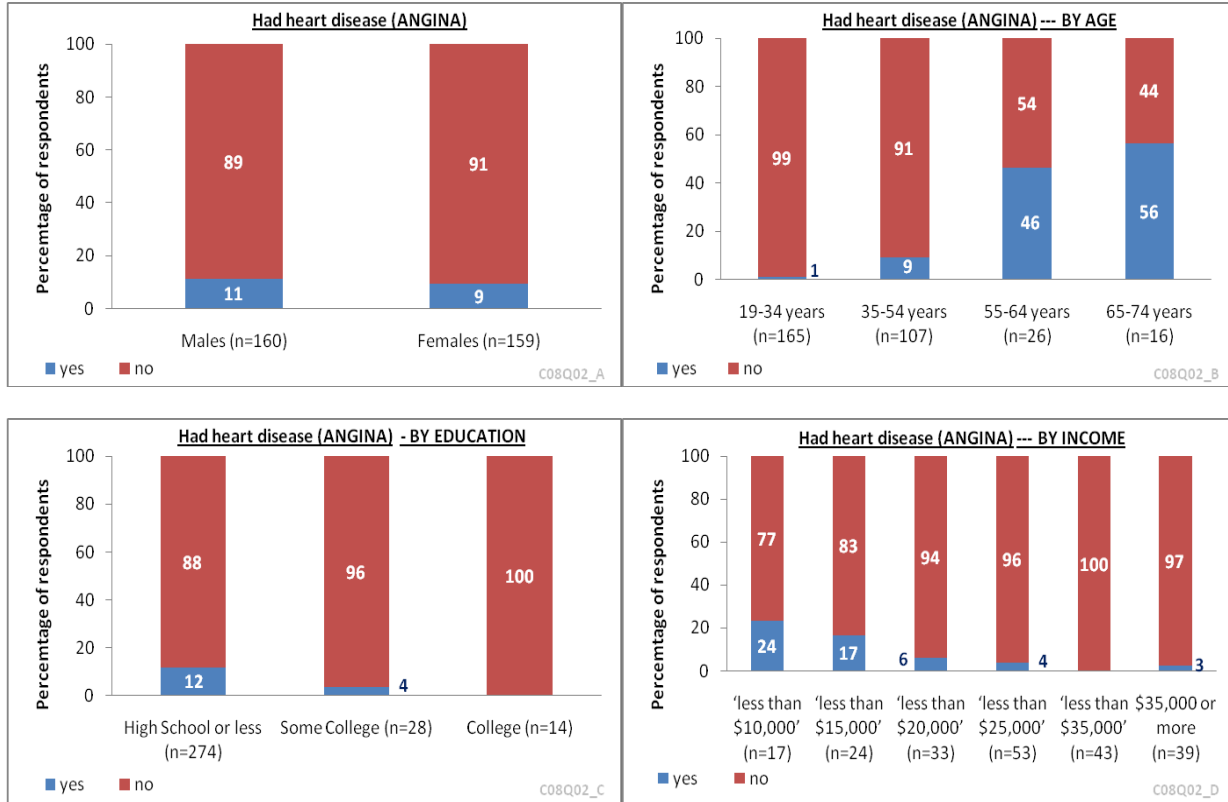


## Section 8.1: Cardiovascular Disease Prevalence

- Just over 1 in 33 respondents (3.5%) stated that a health professional told them they had had a heart attack, also called a myocardial infarction.
- While 1% of women had had a heart attack, 6% of men reported the same.
- The data indicates that the incidence rises sharply with age; one in four among the 64-74 year olds reported having had a heart attack and one in six among the 55-64 year olds reported the same, while only 1 in 33 among 35-54 year olds said they had had a heart attack.
- Those with education of high school or less were more likely to have had a heart attack (11%) compared to their more educated compatriots (0%).
- One in eight among those earning \$10,000 or less had had a heart attack, the highest among all groups of wage earners in the data set.

## Section 8.2: Cardiovascular Disease Prevalence

**Has a doctor, nurse, or other health professional EVER told you that you had angina or coronary heart disease?**



## Section 8.2: Cardiovascular Disease Prevalence

- One in ten respondents (3.5%) reported that a health professional told them they had angina or coronary heart disease.
- While 9% of women had angina or coronary heart disease, 11% of men reported the same.
- The incidence of angina or coronary heart disease rises sharply with age; more than one in two (56%) among the 64-74 year olds reported having had angina or coronary heart disease and almost one in two (46%) among the 55-64 year olds reported the same, while only 1 in 11 among 35-54 year olds said they had angina or coronary heart disease. One percent of the 19-34 year olds reported the same.
- Those with education of high school or less were more likely to have had angina or coronary heart disease (12%) compared to those with some college education (4%), and those with college education (0%).
- Almost 1 in 4 among those earning \$10,000 or less had angina or coronary heart disease, the highest among all groups of wage earners in the data set. The incidence sharply comes down with rise in earnings as per the data.

**Section 8.3: Cardiovascular Disease Prevalence**

**Has a doctor, nurse, or other health professional EVER told you that you had a stroke?**

