



**Northeastern Minnesota & Northwestern Wisconsin
Regional Health Status Survey**

*Regional Summary
Data Tables*

2005

A Collaborative Effort Among
Regional Health Organizations

First Edition
June 2006

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To order copies:

Generations Health Care Initiatives, Inc.
5 West First Street, Suite 200
Duluth, MN 55802
(218) 529-7999
www.generations-healthcare.org

ACKNOWLEDGEMENTS


Similar to the 1995 and 2000 surveys, *Bridge to Health Survey 2005* has been a collaborative effort involving representatives from a wide variety of health-related organizations, i.e. public health, hospitals, clinics, tribal health services, not-for-profit organizations, and educational institutions. This year, 56 organizations have signed on as supporting sponsors. Many individuals from these organizations have spent countless hours assisting with the process, i.e., selecting topic areas, reviewing the survey instrument, creating public awareness of the survey, and examining the results.

We wish to acknowledge the work of Finch & King consultants who conducted the 2005 survey. Mike Finch, PhD., has been a leader in all three survey efforts. He has brought research expertise, skills in facilitation, and a broad knowledge of health care to the process.

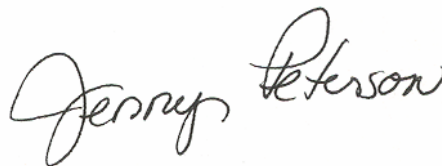
Jackie Vezina, Generations Health Care Initiatives, Inc., and Ann Kinney, PhD., Minnesota Department of Health, merit special recognition for their extensive work in compiling and analyzing the data. We appreciate their dedication to producing quality data for the project.

The survey would not have been possible without the generous financial support of the local health community. We thank Generations Health Care Initiatives, Inc. for stepping forward to be the presenting sponsor for the 2005 survey. St. Luke's Foundation and the SMDC Foundation also provided major contributions. We also recognize the many other organizations that made financial contributions; they are listed on the following page.

The *Bridge to Health Survey 2005* is a reflection of the collaborative spirit among local health organizations that understand the importance of working together to improve the region's health status. Using the Bridge to Health data from past surveys, organizations have joined efforts to impact smoking cessation, improve access to health care, reduce exposure to second hand smoke, and increase preventative health screenings. We applaud the work of the health community and their work on the *Bridge to Health Survey 2005*.



Julie Myhre
Bridge to Health Survey, Co-Chair



Jenny Peterson
Bridge to Health Survey, Co-Chair

BRIDGE TO HEALTH SURVEY 2005

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Healthcare
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INTRODUCTION

It is the mark of a truly intelligent person to be moved by statistics.
- George Bernard Shaw

2005 marks the third time that the *Bridge to Health Survey* has been conducted in the northeastern Minnesota and northwestern Wisconsin region. It was first conducted in 1995, then again in 2000.

Similar to the past surveys, *Bridge to Health Survey 2005* was designed to gather population-based health status data on adult residents in Northeastern Minnesota and Northwestern Wisconsin (total population approximately 395,000). The geographic area included Douglas County, Wisconsin and the following counties in Minnesota: Aitkin, Cook, Carlton, Itasca, Koochiching, Lake, Pine and St. Louis.

To the extent possible, the same questions were asked each year the *Bridge to Health Survey* was conducted. Validated questions from national and state surveys, (i.e., Behavioral Risk Factor Surveillance System, National Health Interview Survey) were incorporated to allow for comparison with state and national data.

With the results of 2005 survey, there is now sufficient data from the three *Bridge to Health Surveys* to conduct a trend analysis. A trend analysis will demonstrate whether there has been an increase or decrease in any of the health status indicators. A separate report will be published with this analysis.

Purpose of the Survey

As with past surveys, the major impetus for conducting the *Bridge to Health Survey 2005* was a gap in local information on health status. Existing state records demonstrate that heart disease, cancer, stroke, pulmonary disease and injuries are the primary causes of death in this region. However, there is an “information” gap concerning other critical indicators of health status for the local area.

For example, information regarding health risk behaviors (e.g., smoking, seat belt use, substance abuse, diet, preventative screenings, etc.) disease prevalence, and health care access is available at the state level from national surveys, but there is concern that state level data may not sufficiently represent rural areas such as Northeastern Minnesota and Northwestern Wisconsin.

This northern region is more sparsely populated and is demographically older than either state as a whole. Since the sample size of the statewide surveys is too small to allow for county or community level analysis, local survey data collection is needed. The *Bridge to Health Survey* seeks to fill that gap by augmenting existing data to provide a more complete picture of the region's current health status.

Collaboration Among Health Organizations

A unique feature of the *Bridge to Health Survey 2005* is that nearly all of the health organizations in the region supported the survey effort in some fashion. A complete listing of the 56 Supporting Sponsors is included in Appendix A. Through collaboration on the survey process, representatives of area health organizations have established a framework to accomplish the following vision:

Project Vision: *The information provided by the Bridge to Health Survey 2005 will motivate organizations and communities throughout the region to initiate and expand upon efforts to improve the health status of the population.*

Area health organizations collaborated in many ways. Several organizations had staff actively involved in various committees overseeing the survey process. (Appendix B) Sixteen organizations also contribute financially to the project. The presenting sponsor for the 2005 *Bridge to Health Survey* is Generations Health Care Initiatives, Inc. (A listing of all Financial Sponsors is on page iii).

Utilization of Bridge to Health Data

Bridge to Health Survey data is in the public domain. It is expected that health organizations will follow past practice and utilize the 2005 data in a number of ways:

- Direct resources to address identified health issues
- Target specific populations with prevention programs
- Develop baseline data in order to measure changes in health status over time
- Partner with other health organizations to address health issues that one organization cannot effectively do alone
- Use the data to leverage funding for programs and services

An evaluation of utilization of the 1995 *Bridge to Health Survey* data demonstrated that the survey results were used extensively by sponsoring organizations. The data was most often used for program planning and seeking funding for programs and services in the region. It is anticipated that the rich data from the *Bridge to Health 2005 Survey* will be equally useful in the region.

Reference

1. Block D. *Interorganizational collaborative health planning: Is the effort worth it?* Paper presented at the American Public Health Association 128th Annual Meeting. Boston: 2000 November 13.

METHODOLOGY AND DEMOGRAPHICS

The *Bridge to Health Survey 2005* data were collected through 4,500 telephone interviews conducted by the firm Finch & King, Inc. A press release was sent to the regional media to notify the general public about the project and of the possibility of being contacted as a respondent. In addition, survey sponsors designed local efforts (such as posters in health organizations and articles in local newspapers) to inform their communities of the importance of the project.

Sample Design

The 2005 survey is the third time the *Bridge to Health Survey* has been conducted. The 1995, 2000 and 2005 surveys were designed with three goals in mind: 1) to provide data specific to the nine county region as a whole, yet with sufficient sample size to detect small differences over time; 2) to allow for comparison of urban and rural respondents; and 3) to provide county level data with a sufficient level of statistical precision.

As in 1995 and 2000, a disproportionate stratified sampling method was employed. However, the design of the 2005 survey differed in several ways from the 1995 and 2000 surveys. The 2005 survey sampled only 10 geographic areas. The sample size for each area was increased to 450 resulting in statistical confidence intervals of not more than +/- 4.61% for each geographic area and approximately +/- 1.45% for the entire sample. The geographic areas sampled in 2005 are: Aitkin, Carlton, Cook, Itasca, Koochiching, Lake, St. Louis and Pine counties in Minnesota and Douglas County in Wisconsin. St. Louis County was split into two strata: the city of Duluth and the remainder of the county.

The sampling frame consisted of households in the region with telephones. A random sample of households with telephones within each of the 10 strata was purchased from Genesys Sampling Systems, a division of Marketing Systems Group of Fort Washington, PA.

Data Collection

One adult (age 18 and older) from each sampled household was selected to participate in the survey. To select the respondent, the person answering the telephone was asked to identify the adult in the household who most recently had a birthday. This individual became the designated respondent. The interviews lasted an average of 27 minutes.

Survey Response

In the *Bridge to Health Survey 2005*, 5,322 eligible households were contacted by phone between October 2005 and February 2006, with 4,500 interviews completed. The result was a response rate of 85.0%, a considerable improvement over the response rate obtained in the 2000 (74%) and 1995 survey (64%). There were 20 respondents who did not provide the number of adults living in the household. Since this information was needed to calculate the

weights, these respondents were dropped from the analyses used to produce this report, making the final sample size n=4,480.

Statistical Weighting of Data

Statistical weighting of the Bridge to Health data was necessary due to the design of the sample. The weights account for differences in household size, differences in the size of the population in each of the 10 strata, and differences in response rates between men and women and people of different ages.

A four-step procedure was used to calculate the weights. The first step involved weighting the data by the inverse of the selection probability within the household (i.e. the number of adults age 18 and older living in the household).

The next step was to weight the data by the actual size of the adult population in each of the 10 strata divided by the number of respondents from each stratum. This step ensured that the data from each stratum counted toward the results for the region as a whole in the same proportion as the population from that stratum counted toward the population in the Bridge to Health region as a whole. Population data were obtained from 2004 population estimates produced by the U.S. Census Bureau. (1).

The third step was to post-stratify the data based on the 2000 U.S. Census estimates of the age and gender distributions for adults within each of the 10 strata (2,3). This accounted for any under-representation or over-representation within the data set by gender and/or age.

The last step was to divide the weights by a numeric constant, which forced the weighted total sample size to be equal to the total number of respondents in the sample.

Limitations of Findings

There are several sources of bias that can affect data collected via survey. Some possible sources of bias include mode of administration (e.g. telephone), non-response, and factors related to the respondents.

The failure to include data from residents in the Bridge to Health region who did not have telephones is a potential source of bias because adults without phones may be different from adults who have phones. However, non-telephone bias was not expected to be large in the regional data overall, since according to 2000 U.S. Census data, 97.6% of all households in the Bridge to Health region had telephone service (4).

Non-response may be another source of bias. For instance, some sampled households were not contacted, and some selected respondents were not interviewed. Additionally, some respondents refused to answer specific questions on the survey. Bias occurs if those who did not respond are somehow different than those who did respond.

Other potential sources of bias relate to differences among respondents in their interpretations of questions, honesty in answering, accuracy of recall and willingness to disclose information.

Guide to Interpreting the Tables

Three different types of tables are included in this report:

1) The first type of table displays results for all of the response categories for a single question. In this case, the number of respondents who answered the question (n=) is listed within the table title. For an example of this type of table, see Table 1.1.

2) Most tables in this report reflect responses to multiple questions within a single table. Each column on this type of table presents the results for one question (e.g. the percentage of respondents who answered “yes” to a question). The number of respondents who answered the question (n=) in this case is listed in the column heading below the topic. Since each column represents a different question, the number of respondents answering each question may differ. For an example of this type of table, see Table 2.1.

3) The third type of table design is a combination of the first two types. Part of the table includes the results for one question with several response categories (e.g. respondents who currently smoke, who used to smoke but quit, and who never smoked). A second part of the table includes the results for questions asked of a subset of respondents (e.g. the percentage of current smokers who have tried to quit in the past year). For an example of this type of table, see Table 6.1.

On the majority of tables, responses of “Don’t know” or “Refused” are *not* included in the calculated percentages, as these responses occur very infrequently for most questions. Exceptions are questions presented on Tables 3.5, 9.1 and 9.2, where a response of “Don’t know” is genuinely of interest and is given by a substantial number of respondents.

References

1) Source of Estimates: CC-EST2004-alldata-[STFIPS]: County Population Estimates by Age, Sex, Race and Hispanic Origin: April 1, 2000 to July 1, 2004
File: 7/1/2004 County Characteristics Population Estimates File for Internet Display
Source: Population Estimates Program, Population Division, U.S. Census Bureau Release
Date: August 11, 2005 [HTTP://WWW.CENSUS.GOV/POPEST/DATASETS](http://www.census.gov/popest/datasets)

2) SUB-COUNTY 2004 ESTIMATE TOTALS FOR DULUTH WERE FOUND AT:
<http://www.census.gov/popest/cities/SUB-EST2004-states.html>

3) CENSUS 2000 AGE AND SEX DISTRIBUTIONS FOR DULUTH FOUND AT:
<http://www.lmic.state.mn.us/cgi-bin/datanetweb/dp2000?topic=P&mcd=17000>

4) U.S. Census Bureau, files: SF3-HO43

TABLE A.1
CHARACTERISTICS OF THE SAMPLE
 BRIDGE TO HEALTH SURVEY 2005
 (n=4,480)

Demographic Characteristics	Unweighted Sample		Weighted Sample	
	Frequency	Percent	Frequency	Percent
Overall Results	4,480	100.0	4,480	100.0
Gender				
Male	1,929	43.1	2,187	48.8
Female	2,551	56.9	2,293	51.2
Males by Age				
18 to 24	72	3.7	351	16.0
25 to 34	273	14.2	337	15.4
35 to 44	274	14.2	373	17.0
45 to 54	392	20.3	442	20.2
55 to 64	321	16.6	304	13.9
65 to 74	366	19.0	199	9.1
75 and older	231	12.0	182	8.3
Females by Age				
18 to 24	72	2.8	351	15.3
25 to 34	282	11.1	311	13.6
35 to 44	352	13.8	372	16.2
45 to 54	480	18.8	435	19.0
55 to 64	455	17.8	303	13.2
65 to 74	429	16.8	228	9.9
75 and older	481	18.9	293	12.8
Education¹				
Less than H.S.	405	9.1	284	6.3
H.S. Graduate	1,513	33.8	1,582	35.4
Some College	973	21.8	1,022	22.9
Voc./Assoc. Degree	541	12.1	539	12.1
College Graduate	1,039	23.2	1,046	23.4
Poverty Status²				
200% or Less	1,408	34.9	1,302	32.5
More than 200%	2,623	65.1	2,700	67.5
Region				
Duluth	448	10.0	979	21.9
NE Minnesota	3,582	80.0	3,008	67.2
Douglas County	450	10.0	492	11.0

¹ 0.2% were missing.

² 10.0% were missing.

Figure A.1: Age and Gender Distribution of Sample

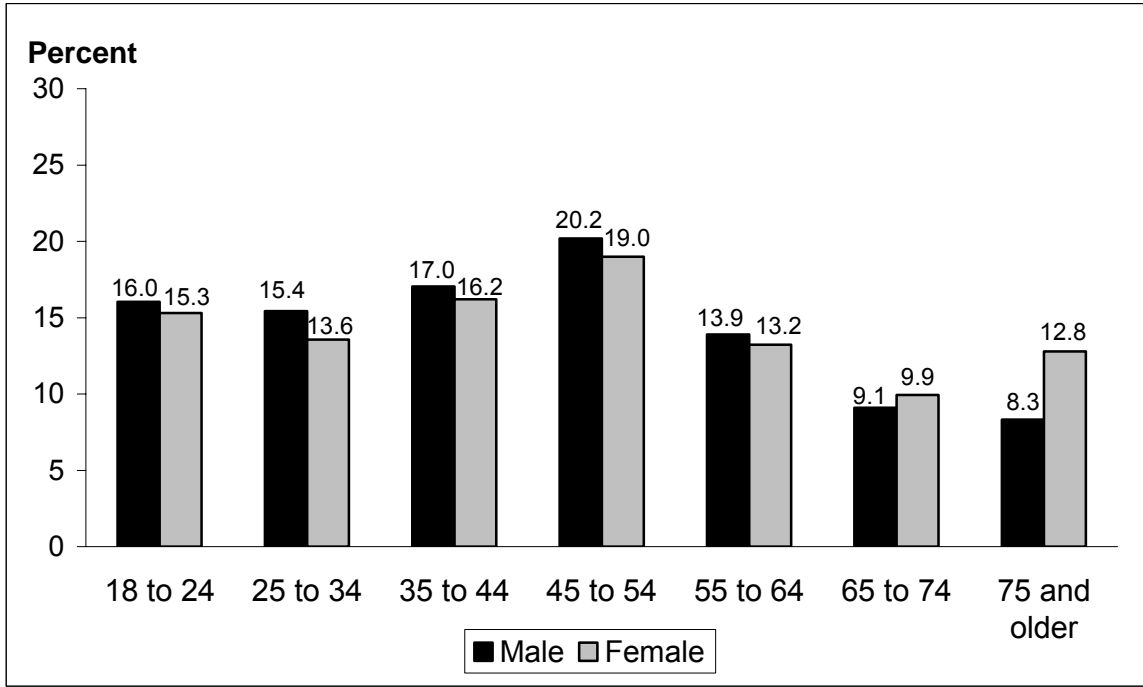


Figure A.2: Median Age by Educational Attainment

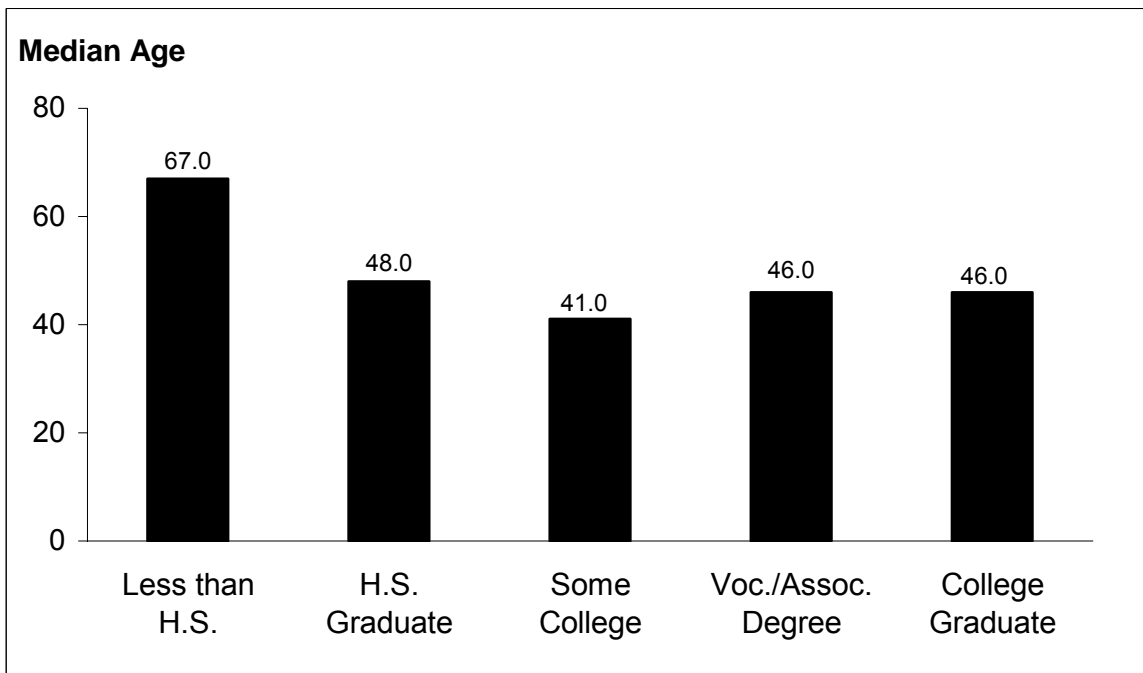


Figure A.3: Poverty Status by Age

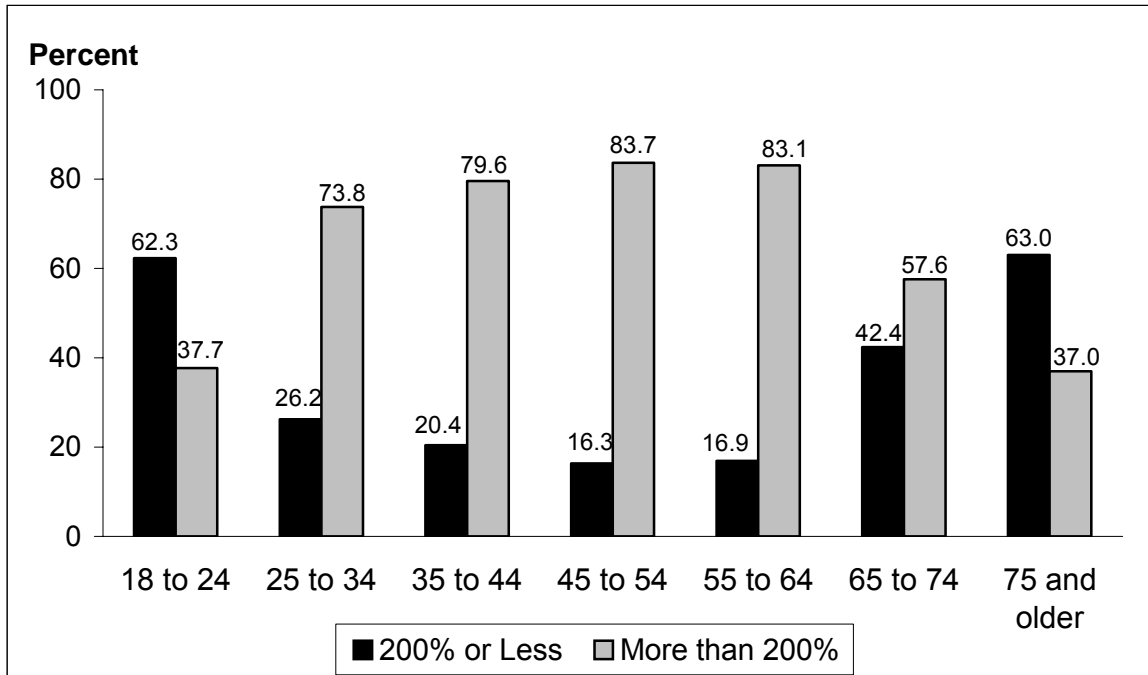
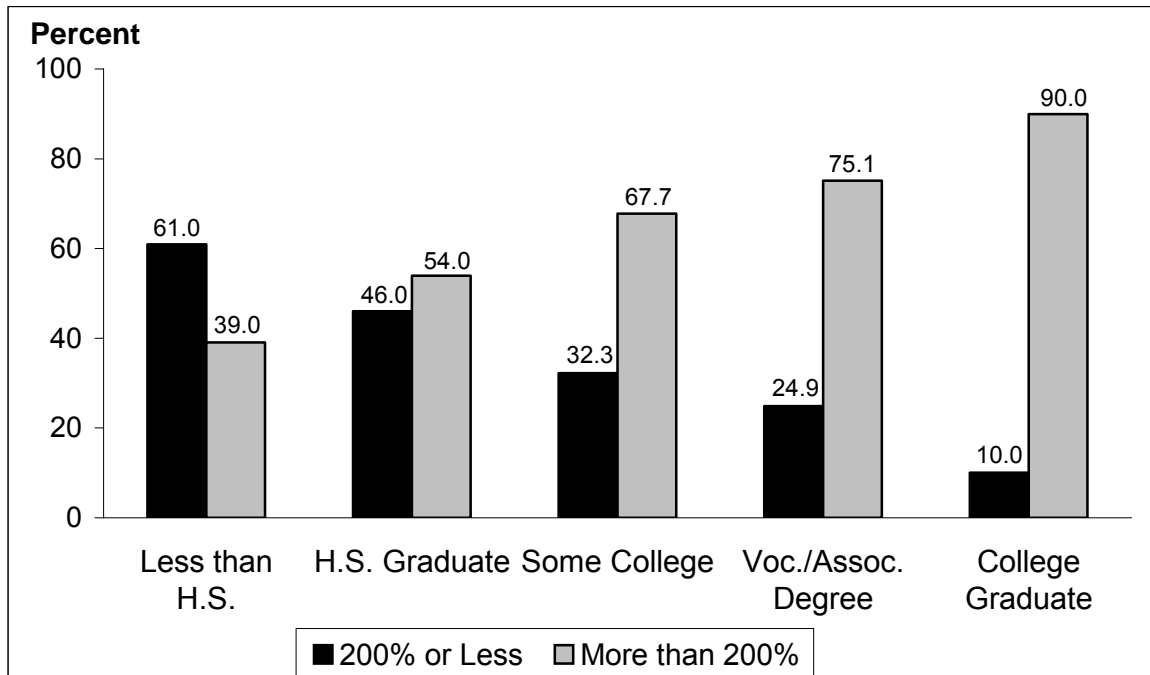


Figure A.4: Educational Attainment by Poverty Status



Chapter 1

HEALTH STATUS

- A. Perceived Health Status**
- B. Perceived Health Status Compared to Others of the Same Age**
- C. Limitations Due to Health**

TABLE 1.1
PERCEIVED HEALTH STATUS
 BRIDGE TO HEALTH SURVEY 2005
 (n=4,477)

Question: Overall, how would you rate your health during the past 4 weeks: excellent, very good, good, fair, poor or very poor?

Demographic Characteristics		Excellent	Very Good	Good	Fair/ Poor/V. Poor ¹
Overall Results		24.4%	36.5%	26.1%	13.1%
Gender					
	Male	26.6	33.1	28.7	11.7
	Female	22.2	39.7	23.6	14.5
Males by Age					
	18 to 24	26.8	35.8	27.1	10.3
	25 to 34	44.5	25.8	24.5	5.2
	35 to 44	29.7	36.9	25.2	8.3
	45 to 54	23.0	36.0	28.9	12.1
	55 to 64	21.2	35.2	27.9	15.6
	65 to 74	19.5	32.9	28.2	19.4
	75 and older	12.0	23.1	47.8	17.1
Females by Age					
	18 to 24	30.5	56.0	9.3	4.1
	25 to 34	26.2	44.3	23.5	6.0
	35 to 44	24.9	40.0	20.2	14.9
	45 to 54	22.0	40.7	25.7	11.6
	55 to 64	23.6	29.2	23.1	24.1
	65 to 74	12.4	33.6	33.7	20.3
	75 and older	11.2	28.9	34.7	25.2
Education					
	Less than H.S.	14.5	25.8	38.7	21.0
	H.S. Graduate	15.8	37.4	30.0	16.8
	Some College	31.9	33.6	22.5	12.0
	Voc./Assoc. Degree	25.0	38.7	24.9	11.4
	College Graduate	32.4	39.7	20.9	7.0
Poverty Status					
	200% or Less	14.8	32.7	32.6	19.9
	More than 200%	29.2	39.5	22.7	8.6
Region					
	Duluth	27.1	32.7	23.9	16.4
	NE Minnesota	22.8	37.1	27.4	12.7
	Douglas County	28.8	39.9	22.2	9.1

¹ Responses of 'fair', 'poor' and 'very poor' were collapsed into a single category.

Figure 1.1a: Perceived Health Status

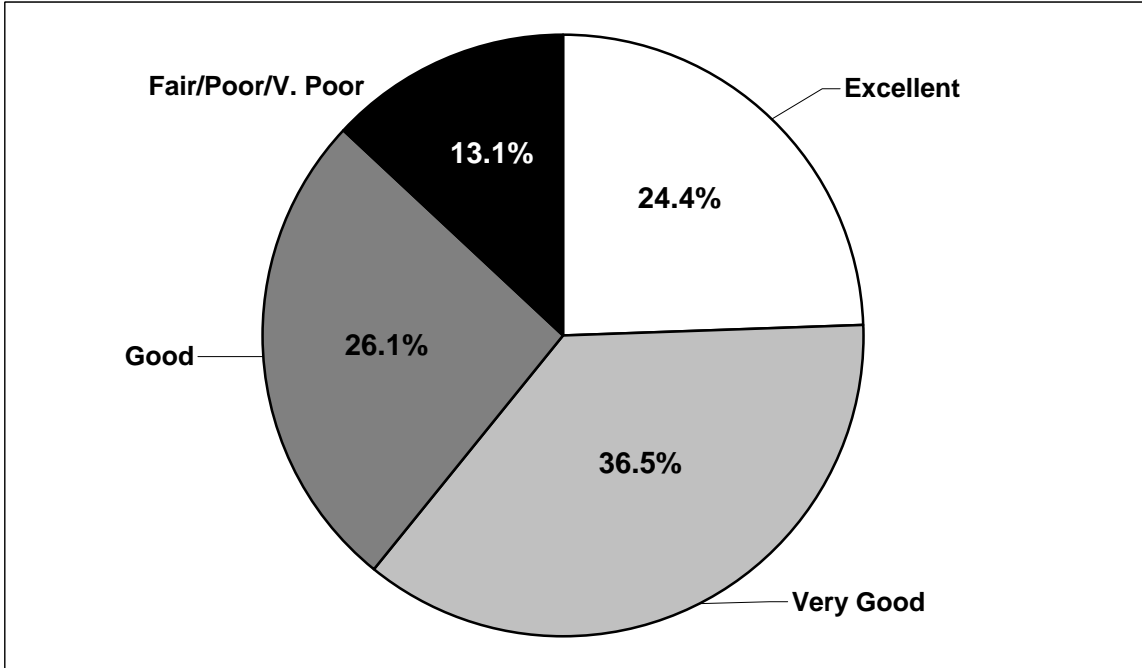


Figure 1.1b: Fair, Poor or Very Poor Health Status by Age and Gender

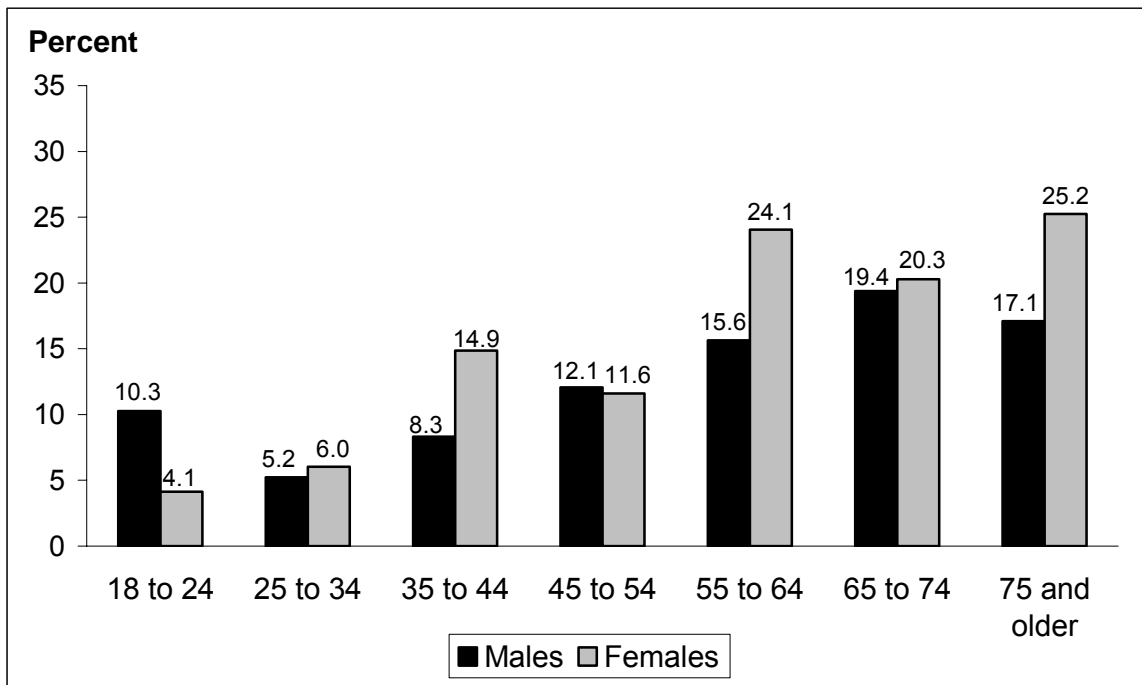


Figure 1.1c: Perceived Health Status by Education Level

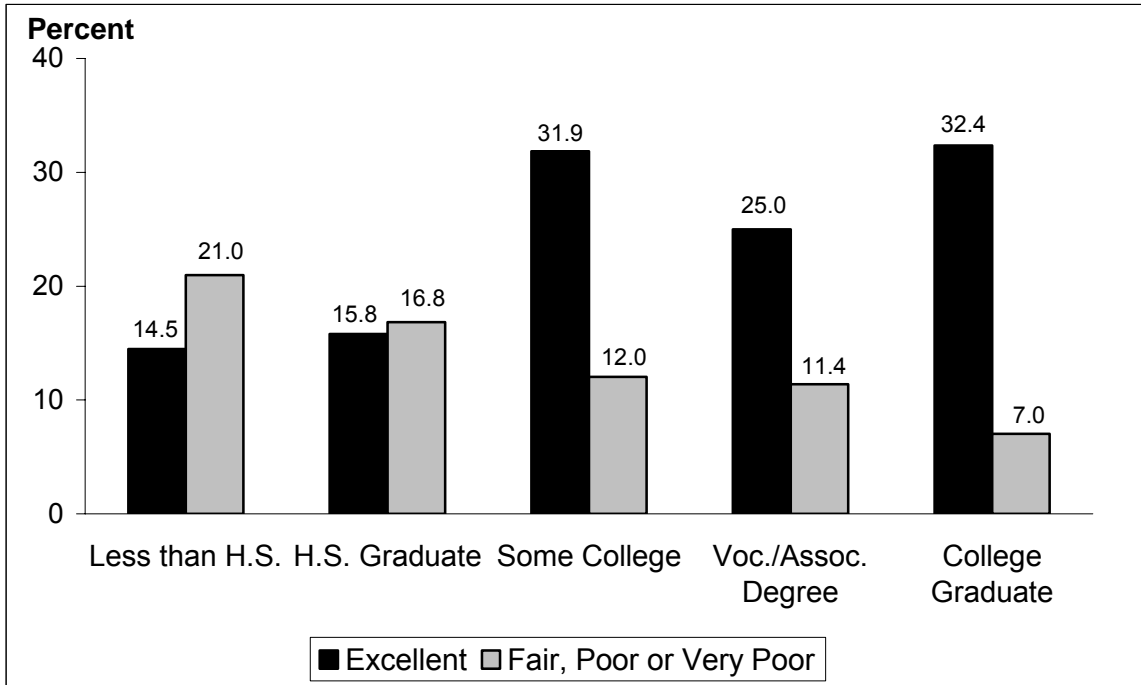


Figure 1.1d: Perceived Health Status by Poverty Status

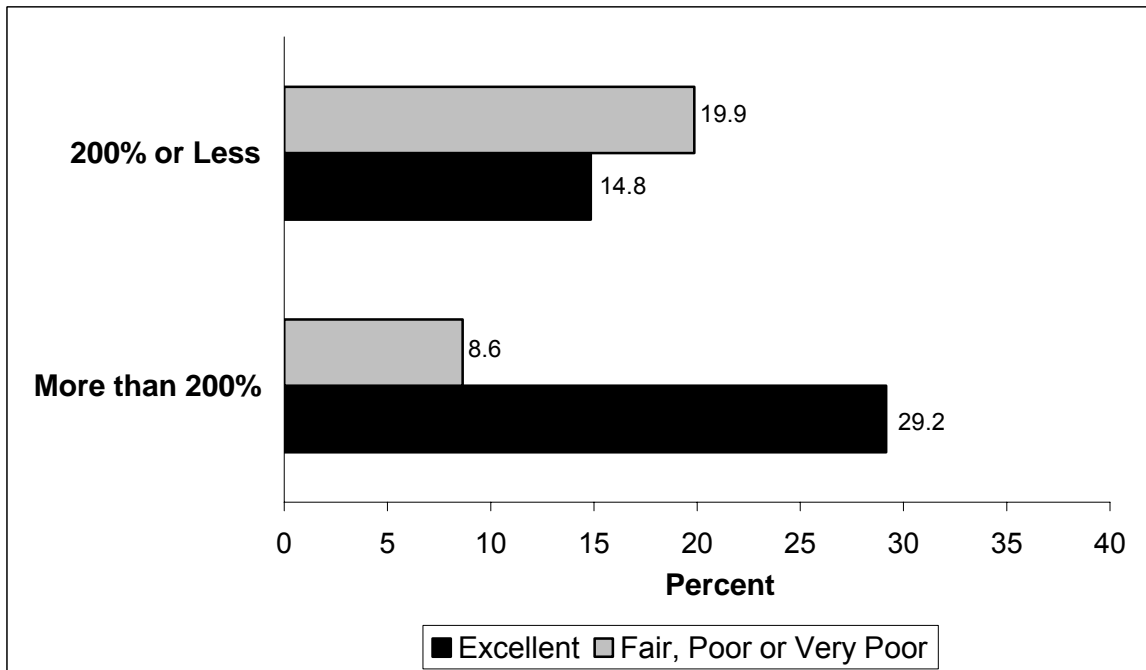


TABLE 1.2
PERCEIVED HEALTH STATUS
COMPARED TO OTHERS OF THE SAME AGE
 BRIDGE TO HEALTH SURVEY 2005
 (n=4,471)

Question: Compared to others your age, would you say that your health is excellent, very good, good, fair or poor?

Demographic Characteristics		Excellent	Very Good	Good	Fair/Poor²
Overall Results		22.8%	39.2%	26.6%	11.4%
Gender					
	Male	24.9	34.8	29.1	11.1
	Female	20.8	43.3	24.2	11.7
Males by Age					
	18 to 24	24.7	36.2	28.8	10.3
	25 to 34	46.7	30.3	17.5	5.5
	35 to 44	27.6	38.2	26.3	8.0
	45 to 54	19.2	36.3	34.5	10.0
	55 to 64	18.5	36.4	29.5	15.6
	65 to 74	16.4	36.6	30.5	16.5
	75 and older	13.4	25.5	42.0	19.1
Females by Age					
	18 to 24	30.3	54.5	14.4	0.7
	25 to 34	26.0	49.5	19.1	5.3
	35 to 44	22.4	47.5	19.4	10.7
	45 to 54	18.8	46.7	23.8	10.6
	55 to 64	21.7	34.5	25.4	18.4
	65 to 74	11.1	35.5	34.3	19.0
	75 and older	10.9	28.1	38.8	22.1
Education					
	Less than H.S.	10.6	29.0	39.3	21.1
	H.S. Graduate	15.1	37.7	31.8	15.3
	Some College	31.4	36.5	22.5	9.7
	Voc./Assoc. Degree	20.9	45.7	23.3	10.1
	College Graduate	30.2	43.4	21.1	5.2
Poverty Status					
	200% or Less	14.9	34.5	31.0	19.5
	More than 200%	26.8	42.4	24.0	6.7
Region					
	Duluth	26.7	33.7	25.2	14.4
	NE Minnesota	20.9	40.6	27.5	11.0
	Douglas County	26.5	41.7	23.6	8.1

² Responses of 'fair' and 'poor' were collapsed into a single category.

TABLE 1.3
LIMITATIONS DUE TO PHYSICAL/MENTAL HEALTH
SOCIAL ACTIVITIES LIMITED DUE TO PHYSICAL HEALTH OR EMOTIONAL PROBLEMS
 BRIDGE TO HEALTH SURVEY 2005
 (n=4,470)

Question: During the past 4 weeks, how much did your physical health or emotional problems limit your usual social activities with family and friends?

Demographic Characteristics	Not at All	Very Little	Somewhat	Quite a Lot/ Could Not Do Social Activities ³
Overall Results	85.4%	6.0%	5.5%	3.1%
Gender				
Male	88.6	5.3	3.8	2.2
Female	82.4	6.6	7.0	4.0
Males by Age				
18 to 24	100.0	0.0	0.0	0.0
25 to 34	94.6	2.9	0.8	1.7
35 to 44	90.5	5.6	2.9	1.0
45 to 54	86.8	5.9	4.8	2.4
55 to 64	81.5	7.6	6.8	4.1
65 to 74	81.8	8.6	5.8	3.9
75 and older	75.5	10.5	9.5	4.5
Females by Age				
18 to 24	91.9	3.7	4.0	0.4
25 to 34	88.5	4.0	4.9	2.6
35 to 44	80.9	10.3	4.3	4.5
45 to 54	83.2	5.4	7.0	4.4
55 to 64	77.1	7.1	10.0	5.8
65 to 74	79.8	8.2	8.2	3.7
75 and older	72.7	8.2	12.5	6.5
Education				
Less than H.S.	73.0	11.6	9.5	5.9
H.S. Graduate	84.5	5.9	5.8	3.8
Some College	85.0	6.1	5.5	3.4
Voc./Assoc. Degree	84.4	6.5	6.0	3.1
College Graduate	91.3	4.0	3.6	1.1
Poverty Status				
200% or Less	79.2	7.9	7.5	5.4
More than 200%	88.3	5.5	4.4	1.7
Region				
Duluth	86.7	3.4	5.8	4.1
NE Minnesota	85.5	6.1	5.7	2.6
Douglas County	82.2	10.0	3.5	4.3

³ Responses of 'quite a lot' and 'could not do social activities' were collapsed into a single category.

TABLE 1.4
LIMITATIONS DUE TO PHYSICAL/MENTAL HEALTH
PHYSICAL ACTIVITIES LIMITED DUE TO PHYSICAL HEALTH PROBLEMS
 BRIDGE TO HEALTH SURVEY 2005
 (n=4,476)

Question: During the past 4 weeks, how much did your physical health problems limit your usual physical activities (such as walking or climbing stairs)?

Demographic Characteristics	Not at All	Very Little	Somewhat	Quite a Lot/ Could Not Do Physical Activities ⁴
Overall Results	76.0%	10.9%	6.0%	7.1%
Gender				
Male	80.4	9.6	5.2	4.9
Female	71.8	12.1	6.8	9.3
Males by Age				
18 to 24	93.4	6.6	0.0	0.0
25 to 34	92.9	2.5	3.0	1.6
35 to 44	92.5	3.2	2.1	2.3
45 to 54	79.8	7.6	4.8	7.9
55 to 64	66.7	16.3	9.2	7.8
65 to 74	68.6	15.3	7.6	8.5
75 and older	44.6	28.7	17.5	9.3
Females by Age				
18 to 24	85.8	13.6	0.1	0.4
25 to 34	81.6	11.6	2.5	4.3
35 to 44	75.5	9.9	6.7	7.9
45 to 54	76.9	8.9	6.7	7.5
55 to 64	68.0	10.2	8.0	13.8
65 to 74	59.5	14.6	11.2	14.7
75 and older	45.6	18.3	15.2	20.9
Education				
Less than H.S.	57.1	19.4	9.2	14.3
H.S. Graduate	71.6	12.4	7.8	8.2
Some College	78.4	9.2	5.2	7.2
Voc./Assoc. Degree	79.8	9.1	5.3	5.8
College Graduate	83.6	8.8	3.7	3.9
Poverty Status				
200% or Less	67.2	14.8	7.6	10.5
More than 200%	81.1	9.0	5.2	4.7
Region				
Duluth	75.9	9.2	6.0	8.8
NE Minnesota	76.6	11.3	5.5	6.6
Douglas County	72.5	11.5	9.3	6.7

⁴ Responses of 'quite a lot' and 'could not do physical activities' were collapsed into a single category.

TABLE 1.5
LIMITATIONS DUE TO PHYSICAL/MENTAL HEALTH
DIFFICULTY OF DAILY WORK DUE TO PHYSICAL HEALTH
 BRIDGE TO HEALTH SURVEY 2005
 (n=4,472)

Question: During the past 4 weeks, how much difficulty did you have doing your daily work, both at home and away from home, because of your physical health?

Demographic Characteristics		Not at All	A Little Bit	Some	Quite a Lot/ Could Not Do Daily Work ⁵
Overall Results		77.3%	10.0%	6.2%	6.5%
Gender					
	Male	80.7	9.7	5.2	4.4
	Female	74.0	10.2	7.3	8.5
Males by Age					
	18 to 24	96.8	3.2	0.0	0.0
	25 to 34	92.5	1.4	3.6	2.5
	35 to 44	91.2	5.1	1.7	2.0
	45 to 54	80.3	9.0	4.0	6.6
	55 to 64	67.0	18.3	8.2	6.5
	65 to 74	67.1	18.0	8.8	6.1
	75 and older	45.1	25.7	18.9	10.4
Females by Age					
	18 to 24	94.6	3.7	1.3	0.4
	25 to 34	84.2	8.6	3.9	3.2
	35 to 44	75.2	11.2	6.0	7.6
	45 to 54	79.6	6.7	6.7	7.0
	55 to 64	68.2	11.0	8.6	12.1
	65 to 74	59.5	16.2	12.1	12.2
	75 and older	45.8	18.2	15.5	20.5
Education					
	Less than H.S.	57.0	18.0	9.7	15.3
	H.S. Graduate	73.8	9.7	8.6	7.8
	Some College	78.9	10.4	4.7	6.0
	Voc./Assoc. Degree	80.0	9.3	5.2	5.4
	College Graduate	85.2	8.1	3.6	3.1
Poverty Status					
	200% or Less	69.2	12.1	8.7	10.0
	More than 200%	82.1	9.0	4.8	4.1
Region					
	Duluth	76.7	9.2	5.9	8.1
	NE Minnesota	78.4	9.7	6.0	5.9
	Douglas County	71.9	13.3	8.4	6.5

⁵ Responses of 'quite a lot' and 'could not do daily work' were collapsed into a single category.

Chapter 2

CHRONIC CONDITIONS – PHYSICAL HEALTH

TABLE 2.1
CHRONIC AND OTHER MEDICAL CONDITIONS
 BRIDGE TO HEALTH SURVEY 2005

Question: Have you ever been told by a physician, nurse, or health professional that you have or had any of the following health conditions?

Demographic Characteristics		Allergies (n=4,468)	Back Problems (n=4,466)	Cancer (n=4,469)	Diabetes (n=4,465)	Digestive Disorder (chronic) (n=4,465)
Overall Results		25.7%	26.5%	6.7%	6.9%	5.2%
Gender						
	Male	20.2	25.9	5.1	5.3	3.7
	Female	31.0	27.2	8.1	8.5	6.8
Males by Age						
	18 to 24	26.9	11.9	0.0	0.0	2.2
	25 to 34	22.2	20.1	1.6	0.4	0.7
	35 to 44	13.3	20.1	0.5	1.9	2.5
	45 to 54	19.4	33.9	2.6	4.9	2.9
	55 to 64	24.1	35.2	10.1	7.9	8.0
	65 to 74	15.0	33.7	11.5	12.5	6.3
	75 and older	18.5	32.2	22.2	20.5	6.0
Females by Age						
	18 to 24	29.5	12.2	0.0	8.1	9.9
	25 to 34	26.6	15.3	1.6	3.1	2.4
	35 to 44	31.1	23.6	3.1	1.7	4.0
	45 to 54	35.9	30.4	7.5	5.1	6.3
	55 to 64	34.6	33.2	13.5	11.2	6.1
	65 to 74	27.0	39.1	15.4	16.6	10.4
	75 and older	29.6	41.8	20.8	19.3	9.5
Education						
	Less than H.S.	20.9	35.4	12.1	20.4	6.5
	H.S. Graduate	26.1	29.3	7.3	9.4	7.2
	Some College	22.3	22.6	5.0	4.9	4.9
	Voc./Assoc. Degree	31.1	25.8	6.6	3.8	3.5
	College Graduate	27.0	23.9	5.8	3.1	3.0
Poverty Status						
	200% or Less	28.2	28.2	8.7	9.9	8.2
	More than 200%	25.0	23.7	5.3	4.4	3.9
Region						
	Duluth	29.2	25.7	5.0	5.1	3.1
	NE Minnesota	25.7	27.1	6.7	7.4	6.2
	Douglas County	19.2	25.1	9.5	7.7	3.9

Figure 2.1: Prevalence of Chronic and Other Medical Conditions

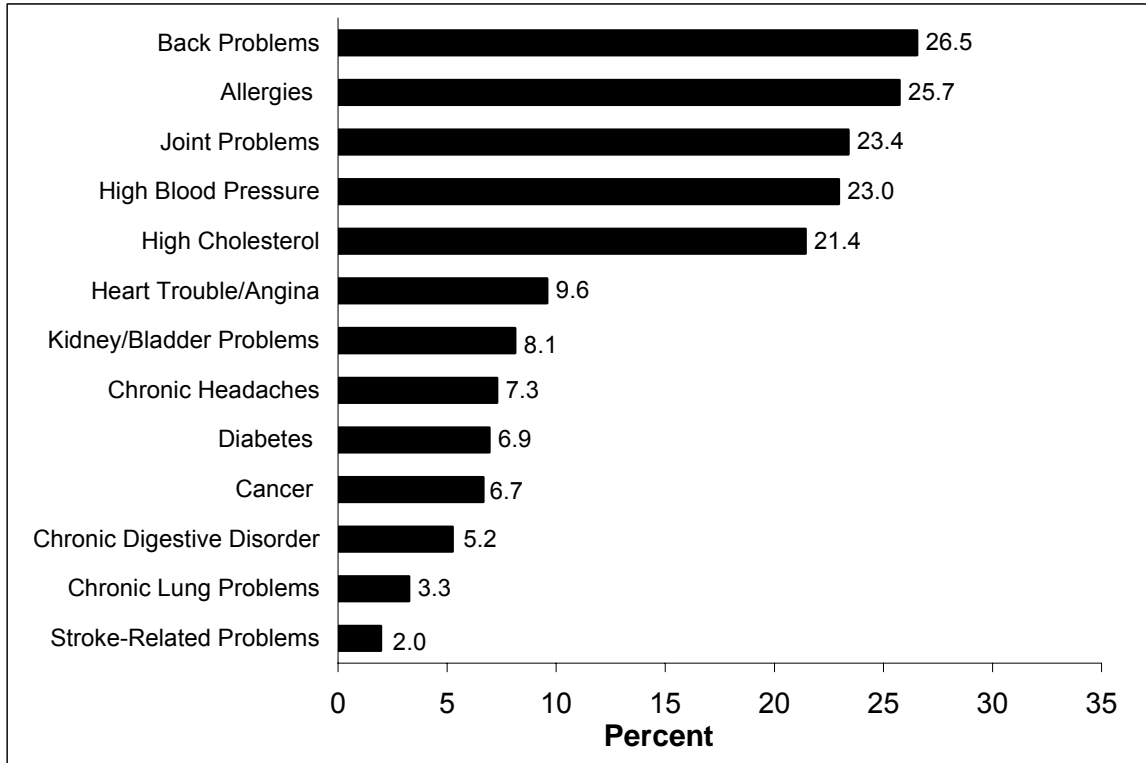


TABLE 2.2
CHRONIC AND OTHER MEDICAL CONDITIONS
 BRIDGE TO HEALTH SURVEY 2005

Question: Have you ever been told by a physician, nurse, or health professional that you have or had any of the following health conditions?

Demographic Characteristics		Headaches (chronic) (n=4,467)	Heart Trouble or Angina (n=4,462)	High Blood Pressure (n=4,463)	High Cholesterol (n=4,438)	Joint Problems (n=4,461)
Overall Results		7.3%	9.6%	23.0%	21.4%	23.4%
Gender						
	Male	4.5	11.1	23.2	20.2	18.5
	Female	10.0	8.1	22.7	22.6	28.1
Males by Age						
	18 to 24	4.3	3.2	9.6	2.2	3.2
	25 to 34	6.9	0.0	5.1	3.9	8.8
	35 to 44	2.6	2.7	12.4	7.6	5.6
	45 to 54	4.6	5.9	21.6	27.2	14.3
	55 to 64	4.5	18.5	41.6	40.3	29.0
	65 to 74	4.0	29.8	48.1	45.8	45.4
	75 and older	4.2	44.9	52.1	32.7	57.0
Females by Age						
	18 to 24	13.7	0.0	2.6	5.0	0.4
	25 to 34	13.6	3.0	3.7	6.1	6.2
	35 to 44	11.2	2.1	8.9	7.8	17.5
	45 to 54	8.0	3.7	20.3	24.4	24.8
	55 to 64	9.1	7.7	36.8	35.8	38.8
	65 to 74	5.3	16.5	46.8	47.5	55.3
	75 and older	7.4	31.7	54.5	45.8	70.6
Education						
	Less than H.S.	6.9	29.4	40.5	29.5	40.8
	H.S. Graduate	8.1	10.9	27.5	23.8	27.0
	Some College	7.4	7.0	18.4	15.2	24.0
	Voc./Assoc. Degree	5.1	9.0	20.3	24.1	16.2
	College Graduate	7.2	5.1	17.0	20.3	16.0
Poverty Status						
	200% or Less	11.7	13.5	26.2	23.1	32.8
	More than 200%	5.3	6.4	20.6	20.9	17.5
Region						
	Duluth	6.2	7.6	19.1	20.5	21.9
	NE Minnesota	8.0	10.5	24.0	22.4	24.8
	Douglas County	4.8	8.4	24.4	17.5	17.9

TABLE 2.3
CHRONIC AND OTHER MEDICAL CONDITIONS
 BRIDGE TO HEALTH SURVEY 2005

Question: Have you ever been told by a physician, nurse, or health professional that you have or had any of the following health conditions?

Demographic Characteristics	Kidney or Bladder Problems (n=4,463)	Lung Problems (chronic) (n=4,467)	Stroke Related Problems (n=4,467)
Overall Results	8.1%	3.3%	2.0%
Gender			
Male	7.4	2.8	1.8
Female	8.8	3.7	2.1
Males by Age			
18 to 24	3.2	0.0	0.0
25 to 34	0.0	2.4	0.0
35 to 44	1.9	0.7	0.0
45 to 54	5.7	1.7	0.8
55 to 64	7.9	4.9	1.7
65 to 74	20.4	8.2	7.1
75 and older	30.3	6.7	9.1
Females by Age			
18 to 24	3.0	0.0	0.0
25 to 34	4.9	1.1	0.2
35 to 44	6.6	0.7	1.0
45 to 54	7.9	4.0	0.0
55 to 64	6.4	6.7	2.4
65 to 74	18.6	7.2	6.7
75 and older	18.9	8.4	7.4
Education			
Less than H.S.	16.4	8.2	6.8
H.S. Graduate	8.9	3.7	2.3
Some College	10.6	2.2	1.1
Voc./Assoc. Degree	4.5	3.4	1.1
College Graduate	4.1	2.2	1.5
Poverty Status			
200% or Less	13.6	4.0	2.7
More than 200%	5.3	2.8	1.3
Region			
Duluth	8.3	3.3	2.1
NE Minnesota	8.3	3.3	1.9
Douglas County	6.9	3.0	2.4

Chapter 3

CHRONIC CONDITIONS – MENTAL HEALTH

- A. Anxiety or Panic Attacks and Depression**
- B. Self-Reported Mental Health Indicators**
- C. Mental Health Resources**

TABLE 3.1
ANXIETY AND DEPRESSION
 BRIDGE TO HEALTH SURVEY 2005

Question: Have you ever been told by a physician, nurse, or health professional that you have or had any of the following health conditions?

Demographic Characteristics		Anxiety or Panic Attacks (n=4,467)	Depression (n=4,467)	Other Mental Health Problems (n=4,467)
Overall Results		6.2%	11.7%	1.7%
Gender				
	Male	4.0	8.7	0.8
	Female	8.4	14.5	2.5
Males by Age				
	18 to 24	4.3	21.3	1.1
	25 to 34	4.6	4.6	1.1
	35 to 44	1.3	4.4	0.1
	45 to 54	5.3	8.2	1.6
	55 to 64	7.5	9.8	0.8
	65 to 74	2.0	4.8	0.0
	75 and older	0.5	4.8	0.0
Females by Age				
	18 to 24	1.9	11.8	7.5
	25 to 34	12.4	17.8	2.5
	35 to 44	10.7	15.5	2.0
	45 to 54	8.3	12.9	1.5
	55 to 64	11.4	18.9	2.5
	65 to 74	9.2	16.1	0.2
	75 and older	5.5	9.2	0.4
Education				
	Less than H.S.	9.9	17.5	7.5
	H.S. Graduate	4.7	12.5	0.8
	Some College	8.3	15.0	2.8
	Voc./Assoc. Degree	8.0	7.7	0.7
	College Graduate	4.4	7.4	0.8
Poverty Status				
	200% or Less	9.4	20.7	4.2
	More than 200%	4.5	7.6	0.6
Region				
	Duluth	7.4	13.2	3.0
	NE Minnesota	5.8	11.6	1.2
	Douglas County	6.6	9.2	1.8

Figure 3.1a: Prevalence of Anxiety or Panic Attacks by Education Level

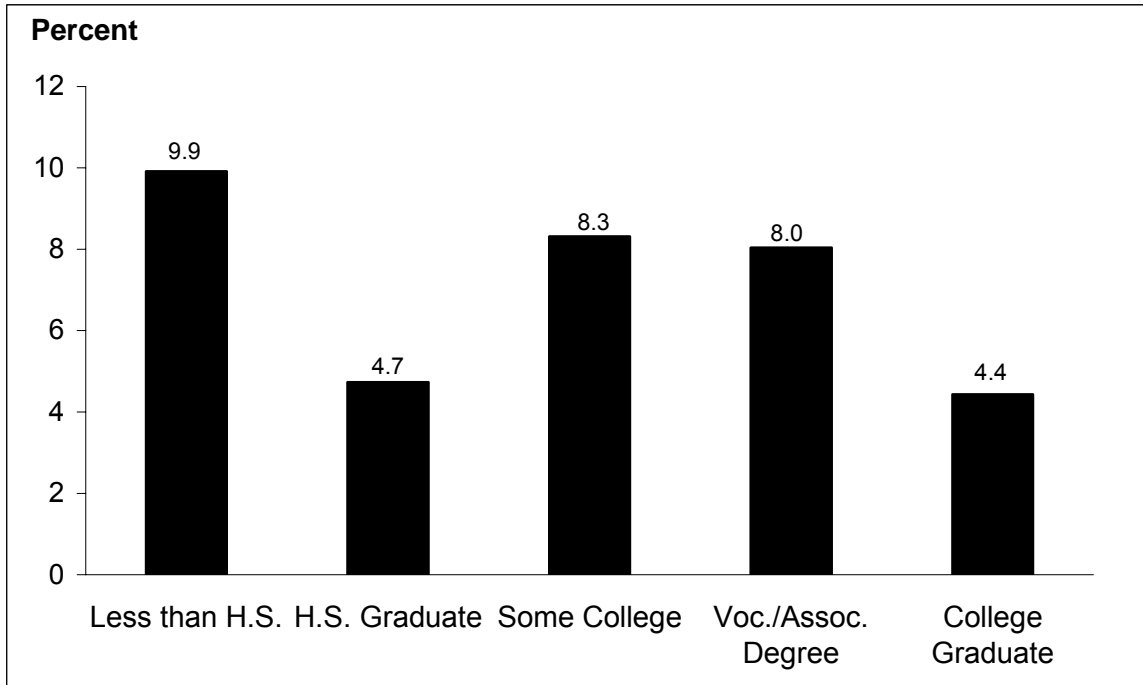


Figure 3.1b: Prevalence of Depression by Poverty Status

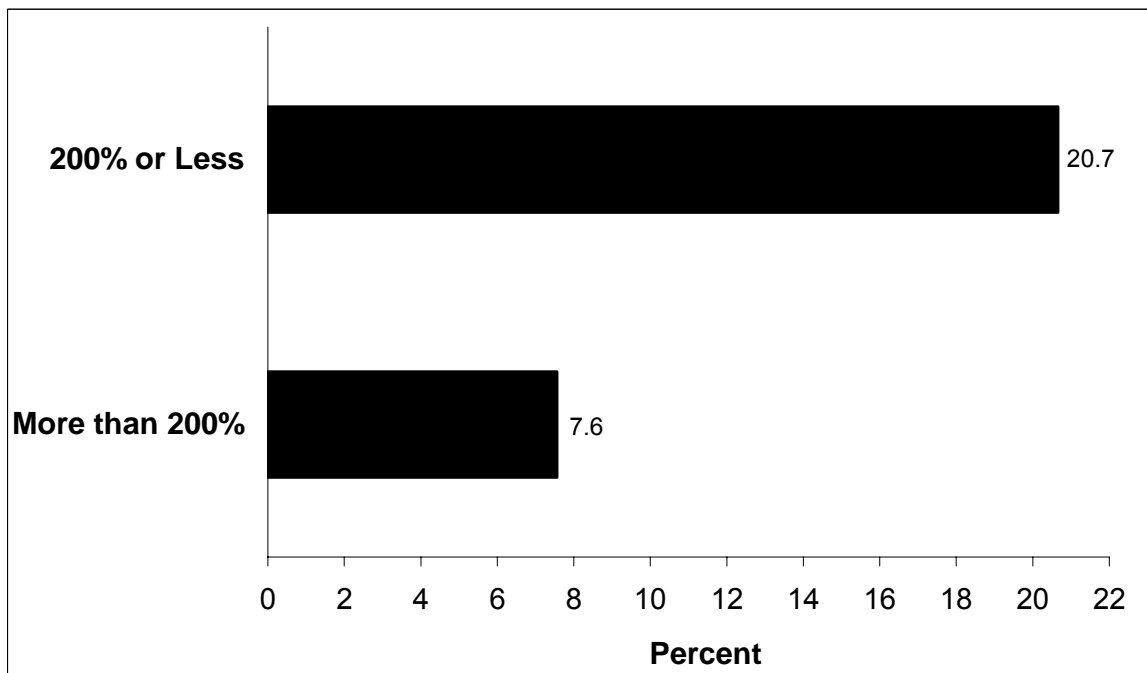


Figure 3.1c: Prevalence of Depression by Age and Gender

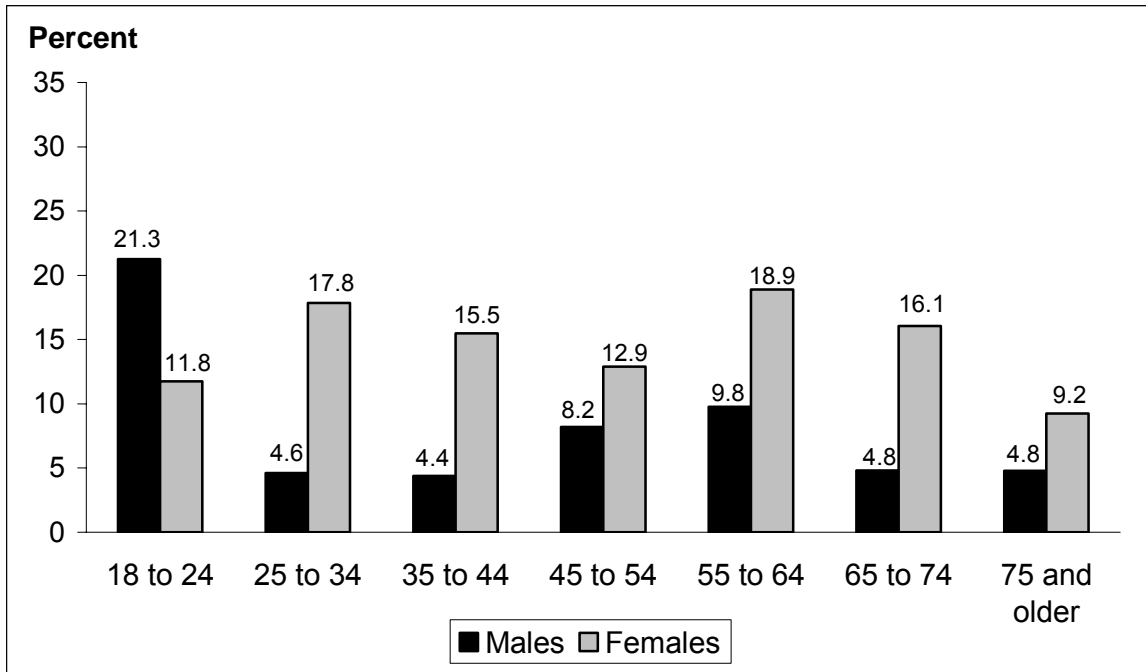


TABLE 3.2
SELF-REPORTED MENTAL HEALTH INDICATORS
EMOTIONAL PROBLEMS
 BRIDGE TO HEALTH SURVEY 2005
 (n=4,464)

Question: During the past 4 weeks, how much have you been bothered by emotional problems (such as feeling anxious, depressed, or irritable)?

Demographic Characteristics		Not at All	Slightly	Moderately	Quite a Lot/ Extremely ¹
Overall Results		78.7%	11.4%	7.3%	2.6%
Gender					
	Male	84.1	9.2	4.9	1.8
	Female	73.6	13.5	9.5	3.3
Males by Age					
	18 to 24	88.3	6.3	4.3	1.1
	25 to 34	87.9	7.2	2.8	2.1
	35 to 44	83.4	8.7	6.3	1.7
	45 to 54	80.7	11.4	6.0	1.8
	55 to 64	83.0	10.3	4.3	2.3
	65 to 74	85.7	10.1	3.0	1.2
	75 and older	78.5	11.9	7.1	2.4
Females by Age					
	18 to 24	72.6	8.9	17.2	1.3
	25 to 34	76.5	11.9	6.2	5.3
	35 to 44	72.5	15.1	9.9	2.5
	45 to 54	72.2	15.6	8.3	3.9
	55 to 64	71.1	12.9	10.8	5.2
	65 to 74	77.3	13.5	6.1	3.1
	75 and older	75.0	16.1	6.6	2.4
Education					
	Less than H.S.	67.4	14.6	13.0	5.1
	H.S. Graduate	78.7	11.5	7.4	2.4
	Some College	75.6	11.9	9.6	2.9
	Voc./Assoc. Degree	77.5	11.2	7.8	3.6
	College Graduate	85.7	9.9	3.0	1.4
Poverty Status					
	200% or Less	70.8	13.8	11.0	4.3
	More than 200%	82.3	10.6	5.5	1.7
Region					
	Duluth	82.6	6.1	8.1	3.2
	NE Minnesota	79.0	12.2	6.4	2.4
	Douglas County	69.8	16.8	10.6	2.8

¹ Responses of 'quite a lot' and 'extremely' were collapsed into a single category.

TABLE 3.3
SELF-REPORTED MENTAL HEALTH INDICATORS
PERSONAL AND EMOTIONAL PROBLEMS
 BRIDGE TO HEALTH SURVEY 2005
 (n=4,470)

Question: During the past 4 weeks, how much did personal or emotional problems keep you from doing your usual work, school, or other daily activities?

Demographic Characteristics		Not at All	Very Little	Somewhat	Quite a Lot/ Could Not Do Daily Activities ²
Overall Results		88.7%	5.7%	4.0%	1.6%
Gender					
	Male	91.0	4.7	2.9	1.4
	Female	86.5	6.5	5.1	1.9
Males by Age					
	18 to 24	94.5	5.0	0.6	0.0
	25 to 34	92.8	3.1	2.1	1.9
	35 to 44	92.5	5.3	2.2	0.1
	45 to 54	89.1	5.4	4.2	1.3
	55 to 64	90.7	3.4	2.8	3.1
	65 to 74	90.8	4.9	3.3	0.9
	75 and older	83.6	6.5	6.5	3.4
Females by Age					
	18 to 24	93.1	2.2	3.7	0.9
	25 to 34	87.8	6.5	3.3	2.4
	35 to 44	85.3	8.0	6.1	0.7
	45 to 54	84.2	8.1	5.9	1.8
	55 to 64	83.2	5.1	7.0	4.7
	65 to 74	87.3	7.7	4.4	0.7
	75 and older	84.6	8.2	5.2	2.0
Education					
	Less than H.S.	77.1	8.1	12.4	2.5
	H.S. Graduate	87.4	6.9	3.4	2.3
	Some College	89.0	5.1	4.5	1.4
	Voc./Assoc. Degree	89.1	4.9	3.9	2.0
	College Graduate	93.4	4.0	2.2	0.4
Poverty Status					
	200% or Less	84.4	6.5	6.5	2.6
	More than 200%	90.3	5.6	3.2	0.9
Region					
	Duluth	87.9	4.9	4.9	2.3
	NE Minnesota	89.4	5.5	3.6	1.5
	Douglas County	85.8	8.1	5.1	1.0

² Responses of 'quite a lot' and 'could not do daily activities' were collapsed into a single category.

TABLE 3.4
MENTAL HEALTH RESOURCE SUGGESTIONS
 BRIDGE TO HEALTH SURVEY 2005
 (n=4,476)

Question: If a neighbor or friend appeared to be suffering from a mental health problem such as serious depression or problems with emotions and asked for your assistance, which one of the following would you suggest they contact?

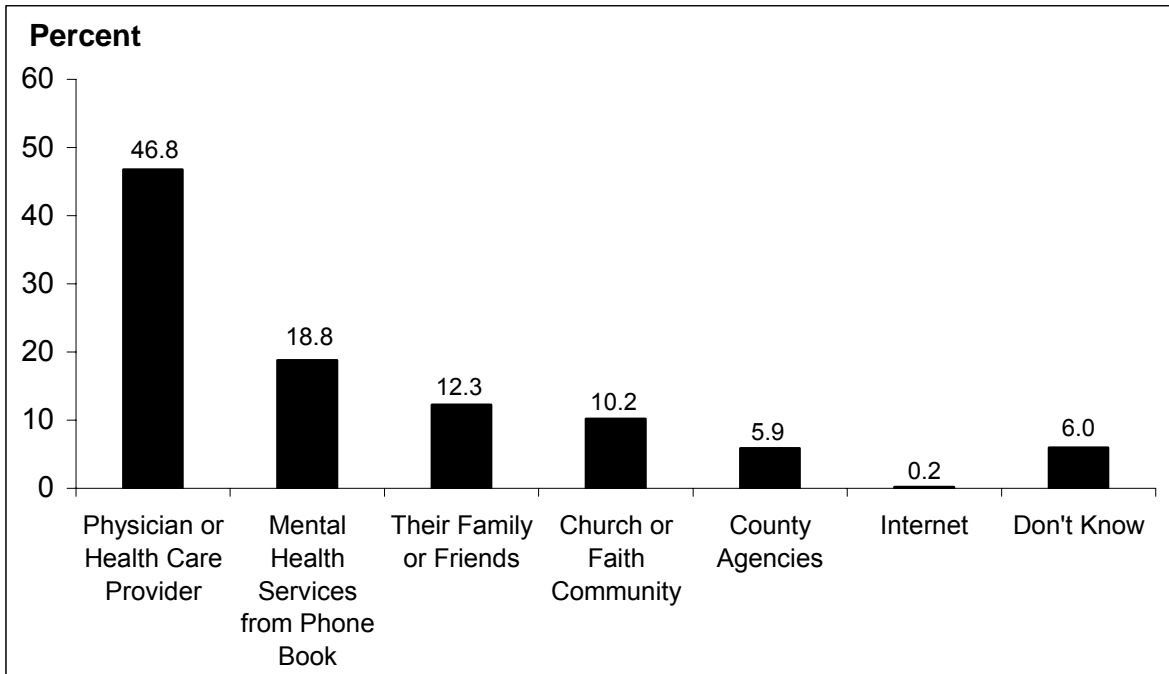
Demographic Characteristics		Mental Health			
		Physician or Health Care Provider	Services from Phone Book	Their Family or Friends	Church or Faith Community
Overall Results		46.8%	18.8%	12.3%	10.2%
Gender					
	Male	42.2	18.0	15.3	10.9
	Female	51.1	19.5	9.3	9.6
Males by Age					
	18 to 24	46.6	20.9	13.4	9.9
	25 to 34	31.7	19.4	14.2	22.5
	35 to 44	42.6	10.9	16.3	12.0
	45 to 54	41.6	26.0	16.2	4.9
	55 to 64	43.8	19.6	13.1	7.0
	65 to 74	46.8	8.8	14.6	14.8
	75 and older	46.6	12.7	21.5	5.5
Females by Age					
	18 to 24	34.4	23.9	4.5	21.2
	25 to 34	54.2	21.0	13.0	5.0
	35 to 44	50.9	19.5	10.1	9.0
	45 to 54	57.0	21.0	6.7	5.8
	55 to 64	57.9	21.7	8.1	5.8
	65 to 74	53.2	13.2	11.3	11.4
	75 and older	50.6	12.9	13.8	9.1
Education					
	Less than H.S.	52.1	7.9	14.0	9.0
	H.S. Graduate	40.1	21.7	14.1	12.6
	Some College	46.6	17.9	11.8	11.1
	Voc./Assoc. Degree	48.6	19.8	12.3	8.7
	College Graduate	54.6	17.7	9.5	6.8
Poverty Status					
	200% or Less	42.2	16.7	14.2	16.2
	More than 200%	49.8	20.0	11.3	7.2
Region					
	Duluth	53.4	19.6	10.2	9.6
	NE Minnesota	44.9	21.1	11.5	9.5
	Douglas County	45.3	3.1	21.1	16.0

TABLE 3.5
MENTAL HEALTH RESOURCE SUGGESTIONS
 BRIDGE TO HEALTH SURVEY 2005
 (n=4,476)

Question: If a neighbor or friend appeared to be suffering from a mental health problem such as serious depression or problems with emotions and asked for your assistance, which one of the following would you suggest they contact?

Demographic Characteristics	County Agencies	Internet	Don't Know
Overall Results	5.9%	0.2%	6.0%
Gender			
Male	5.7	0.1	7.7
Female	6.1	0.2	4.3
Males by Age			
18 to 24	0.2	0.2	8.7
25 to 34	4.4	0.2	7.6
35 to 44	10.3	0.0	7.9
45 to 54	6.9	0.2	4.2
55 to 64	8.9	0.2	7.5
65 to 74	3.7	0.1	11.1
75 and older	2.6	0.0	11.0
Females by Age			
18 to 24	13.8	0.0	2.2
25 to 34	3.7	0.1	3.0
35 to 44	7.0	0.0	3.5
45 to 54	4.8	0.5	4.1
55 to 64	4.1	0.0	2.3
65 to 74	5.4	0.6	4.8
75 and older	2.5	0.5	10.6
Education			
Less than H.S.	6.8	0.0	10.1
H.S. Graduate	5.0	0.1	6.4
Some College	6.5	0.2	6.0
Voc./Assoc. Degree	6.9	0.4	3.3
College Graduate	5.7	0.2	5.5
Poverty Status			
200% or Less	5.2	0.3	5.4
More than 200%	5.6	0.2	5.9
Region			
Duluth	2.4	0.0	4.9
NE Minnesota	6.7	0.2	6.2
Douglas County	7.4	0.3	6.7

Figure 3.4: Mental Health Resource Suggestions



Chapter 4

PREVENTIVE HEALTH PRACTICES

- A. Weight Status**
- B. Physical Activity**
- C. Seat Belt Use**

TABLE 4.1
PERCEPTION OF WEIGHT STATUS
 BRIDGE TO HEALTH SURVEY 2005
 (n=4,438)

Question: Do you consider yourself: overweight, underweight, or about average?

Demographic Characteristics		Overweight	Underweight	About Average
Overall Results		31.1%	2.2%	66.7%
Gender				
	Male	25.2	2.3	72.5
	Female	36.8	2.1	61.1
Males by Age				
	18 to 24	3.2	2.7	94.1
	25 to 34	17.9	2.4	79.8
	35 to 44	20.1	0.7	79.1
	45 to 54	32.8	2.6	64.6
	55 to 64	41.5	1.6	56.9
	65 to 74	38.0	2.1	59.9
	75 and older	31.6	5.6	62.8
Females by Age				
	18 to 24	30.0	0.5	69.4
	25 to 34	26.8	1.9	71.3
	35 to 44	32.9	2.6	64.4
	45 to 54	42.4	0.5	57.2
	55 to 64	47.5	2.1	50.5
	65 to 74	47.4	2.9	49.7
	75 and older	32.9	5.3	61.8
Education				
	Less than H.S.	34.3	4.4	61.3
	H.S. Graduate	30.7	1.6	67.7
	Some College	33.1	2.6	64.3
	Voc./Assoc. Degree	30.8	3.5	65.7
	College Graduate	28.9	1.6	69.6
Poverty Status				
	200% or Less	31.4	2.8	65.8
	More than 200%	30.2	1.6	68.3
Region				
	Duluth	28.3	1.7	70.0
	NE Minnesota	32.6	2.4	64.9
	Douglas County	27.3	2.0	70.6

TABLE 4.2
MEDICAL CONDITIONS
BRIDGE TO HEALTH SURVEY 2005

Question: Have you ever been told by a physician, nurse, or health professional that you have or had any of the following health conditions?

Demographic Characteristics	Obesity (n=4,463)	Overweight (n=4,468)
Overall Results	4.3%	22.3%
Gender		
Male	2.1	17.0
Female	6.3	27.4
Males by Age		
18 to 24	0.0	3.2
25 to 34	2.1	9.3
35 to 44	3.1	15.0
45 to 54	3.6	23.0
55 to 64	2.5	29.3
65 to 74	1.0	25.6
75 and older	1.5	17.9
Females by Age		
18 to 24	4.2	20.8
25 to 34	4.3	22.7
35 to 44	8.4	20.4
45 to 54	5.2	32.9
55 to 64	10.7	39.2
65 to 74	7.7	31.9
75 and older	4.6	25.5
Education		
Less than H.S.	3.6	22.8
H.S. Graduate	4.2	21.6
Some College	5.8	22.0
Voc./Assoc. Degree	4.7	24.6
College Graduate	2.9	22.4
Poverty Status		
200% or Less	5.4	23.1
More than 200%	3.8	22.3
Region		
Duluth	4.1	23.5
NE Minnesota	4.5	22.6
Douglas County	3.2	18.7

TABLE 4.3
WEIGHT STATUS-BODY MASS INDEX
 BRIDGE TO HEALTH SURVEY 2005
 (n=4,297)¹

Question: How tall are you without shoes?
 Approximately how much do you weigh?

Demographic Characteristics	Not Overweight	Overweight or Obese	Overweight or Obese:	
			Overweight but not Obese	Obese
Overall Results	46.6%	53.4%	34.7%	18.6%
Gender				
Male	39.4	60.6	41.4	19.1
Female	53.9	46.1	28.0	18.2
Males by Age				
18 to 24	86.0	14.0	11.7	2.2
25 to 34	47.1	52.9	36.6	16.3
35 to 44	27.8	72.2	54.4	17.8
45 to 54	26.1	73.9	47.6	26.3
55 to 64	20.4	79.6	46.4	33.2
65 to 74	28.4	71.6	47.7	23.9
75 and older	34.7	65.3	51.8	13.6
Females by Age				
18 to 24	70.0	30.0	14.8	15.2
25 to 34	63.2	36.8	20.5	16.2
35 to 44	57.8	42.2	28.8	13.4
45 to 54	49.4	50.6	32.3	18.2
55 to 64	42.3	57.7	33.0	24.7
65 to 74	39.6	60.4	37.7	22.7
75 and older	47.8	52.2	32.5	19.7
Education				
Less than H.S.	41.4	58.6	39.5	19.0
H.S. Graduate	48.6	51.4	31.4	20.0
Some College	48.0	52.0	32.2	19.8
Voc./Assoc. Degree	43.4	56.6	39.5	17.1
College Graduate	45.5	54.5	38.5	16.1
Poverty Status				
200% or Less	52.8	47.2	28.1	19.1
More than 200%	43.7	56.3	38.1	18.2
Region				
Duluth	47.6	52.4	35.6	16.8
NE Minnesota	45.7	54.3	33.8	20.5
Douglas County	50.2	49.8	38.7	11.1

¹ Number of respondents who reported current weight and height. Calculations for weight status are based on the New Body Mass Index (BMI).

Figure 4.3a: Prevalence of Overweight or Obese by Age and Gender

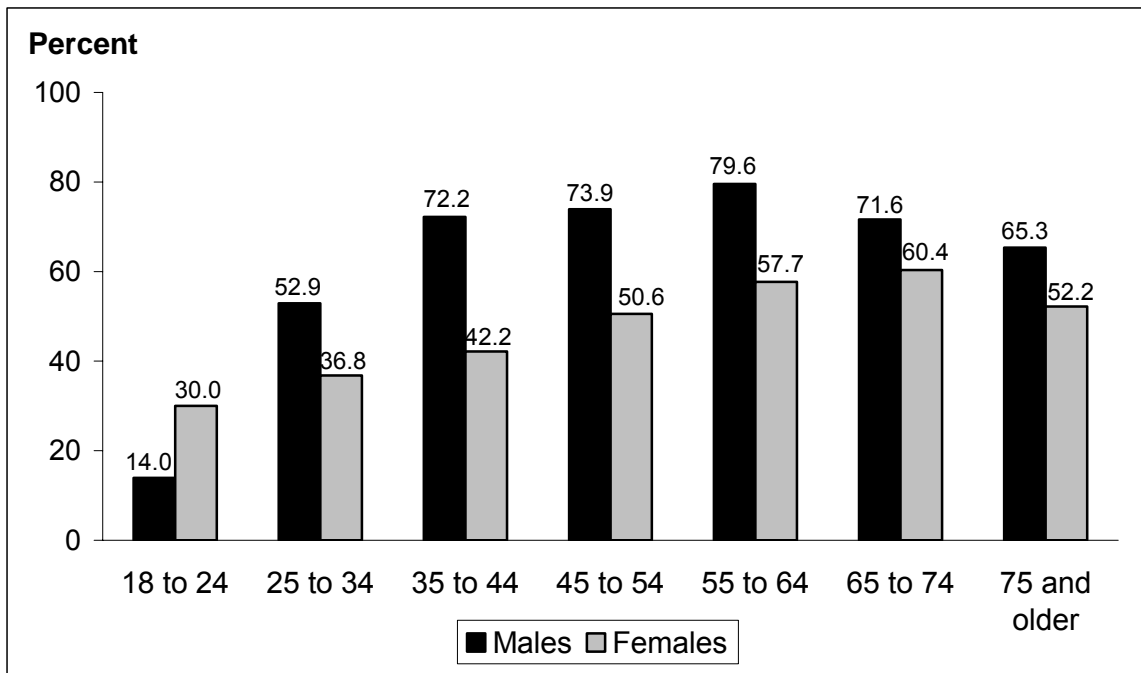


TABLE 4.4
PHYSICAL ACTIVITY
 BRIDGE TO HEALTH SURVEY 2005

Question: In an average week how many days do you get at least 30 minutes of moderate physical activity like walking, cycling, and vacuuming?
 In an average week how many days do you participate in vigorous physical activity that lasts at least 20 minutes like stair-master, lap-swimming, heavy yard work, or skiing and jogging?
 (For those who do NOT engage in moderate and/or vigorous exercise totaling 3 or more times per week) What prevents you from exercising 3 or more times per week?

Demographic Characteristics	Moderate or Vigorous Activity 3 or More Days a Week (n=4,473)	Barriers to Physical Activity:		
		Not Enough Time (n=720)	Disabled or too Sick (n=720)	Don't Want to Exercise (n=720)
Overall Results	83.9%	38.4%	26.0%	24.7%
Gender				
Male	86.1	39.6	23.7	31.6
Female	81.8	37.5	27.8	19.7
Males by Age				
18 to 24	97.5	0.0	0.0	100.0
25 to 34	90.7	83.9	3.2	12.9
35 to 44	83.9	61.7	15.0	25.0
45 to 54	84.1	52.9	21.4	28.6
55 to 64	85.1	37.8	26.1	26.7
65 to 74	83.3	6.1	51.5	36.4
75 and older	69.9	1.8	32.7	41.8
Females by Age				
18 to 24	82.8	93.4	3.3	4.9
25 to 34	87.8	60.5	15.8	28.9
35 to 44	84.4	40.4	12.1	22.8
45 to 54	84.6	50.7	19.4	25.4
55 to 64	84.3	29.8	37.5	17.0
65 to 74	79.2	4.3	39.6	31.3
75 and older	66.1	3.1	53.1	15.3
Education				
Less than H.S.	71.9	26.3	46.3	16.3
H.S. Graduate	81.6	26.8	31.4	28.2
Some College	84.5	47.5	20.3	19.0
Voc./Assoc. Degree	86.4	54.1	14.9	33.8
College Graduate	88.8	53.0	13.6	24.8
Poverty Status				
200% or Less	78.9	28.8	34.3	23.7
More than 200%	86.3	48.1	15.2	27.4
Region				
Duluth	90.5	25.5	48.4	12.9
NE Minnesota	82.6	37.9	24.7	25.5
Douglas County	78.7	52.9	13.3	31.7

**Figure 4.4a: Moderate or Vigorous Physical Activity 3 or More Days a Week
By Age and Gender**

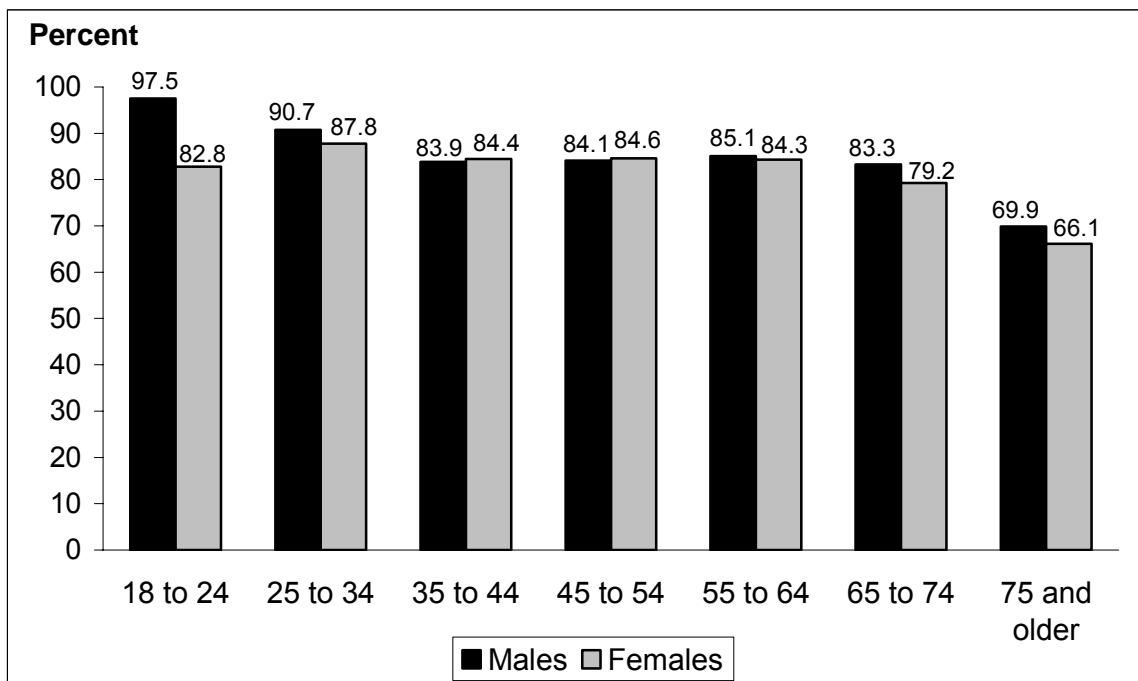


TABLE 4.5
PHYSICAL ACTIVITY AT WORK
 BRIDGE TO HEALTH SURVEY 2005
 (n=3,002)²

Question: When you are at work, which of the following best describes you?

Demographic Characteristics	Mostly Sitting or Standing	Mostly Walking	Mostly Heavy Labor or Physically Demanding Work
Overall Results	46.5%	31.3%	22.2%
Gender			
Male	36.8	27.9	35.4
Female	57.3	35.1	7.6
Males by Age			
18 to 24	19.7	56.0	24.2
25 to 34	30.9	14.6	54.4
35 to 44	39.9	27.9	32.2
45 to 54	44.4	23.6	32.0
55 to 64	44.0	24.8	31.2
65 to 74	48.5	14.4	37.1
75 and older	20.1	59.4	20.5
Females by Age			
18 to 24	57.2	37.6	5.2
25 to 34	61.7	34.8	3.6
35 to 44	53.4	35.2	11.4
45 to 54	60.5	31.5	8.0
55 to 64	53.8	36.0	10.2
65 to 74	47.5	48.7	3.8
75 and older	57.0	42.2	0.8
Education			
Less than H.S.	27.3	36.4	36.3
H.S. Graduate	39.8	36.0	24.1
Some College	51.5	19.6	28.9
Voc./Assoc. Degree	42.4	33.2	24.5
College Graduate	54.5	33.9	11.5
Poverty Status			
200% or Less	44.9	32.7	22.4
More than 200%	47.7	29.4	22.8
Region			
Duluth	37.7	44.4	17.8
NE Minnesota	47.6	28.7	23.6
Douglas County	55.9	21.6	22.5

² Percentages exclude respondents who reported being retired, students or not employed.

TABLE 4.6
SEAT BELT USE
BRIDGE TO HEALTH SURVEY 2005
(n=4,470)

Question: How often do you use seat belts when you drive or ride in a car?

Demographic Characteristics	Always	Almost Always	Sometimes, Seldom or Never ³
Overall Results	82.7%	11.1%	6.2%
Gender			
Male	72.0	17.3	10.7
Female	92.8	5.3	1.9
Males by Age			
18 to 24	62.6	29.1	8.4
25 to 34	53.5	21.5	25.0
35 to 44	74.1	18.4	7.5
45 to 54	79.9	13.0	7.2
55 to 64	76.9	13.6	9.5
65 to 74	77.0	11.5	11.5
75 and older	88.0	7.3	4.8
Females by Age			
18 to 24	92.7	6.2	1.0
25 to 34	93.1	5.2	1.7
35 to 44	93.2	5.1	1.7
45 to 54	93.6	5.1	1.3
55 to 64	91.4	6.1	2.5
65 to 74	92.2	4.0	3.8
75 and older	93.1	4.9	2.1
Education			
Less than H.S.	77.5	7.6	14.9
H.S. Graduate	80.7	12.5	6.8
Some College	77.5	14.5	8.0
Voc./Assoc. Degree	84.7	10.9	4.4
College Graduate	91.0	6.9	2.1
Poverty Status			
200% or Less	80.7	13.2	6.2
More than 200%	82.8	10.9	6.3
Region			
Duluth	94.0	3.2	2.8
NE Minnesota	80.7	11.8	7.5
Douglas County	72.2	22.7	5.1

³ Responses of 'sometimes', 'seldom' and 'never' were collapsed into a single category.

Figure 4.6a: Prevalence of Seat Belt Use

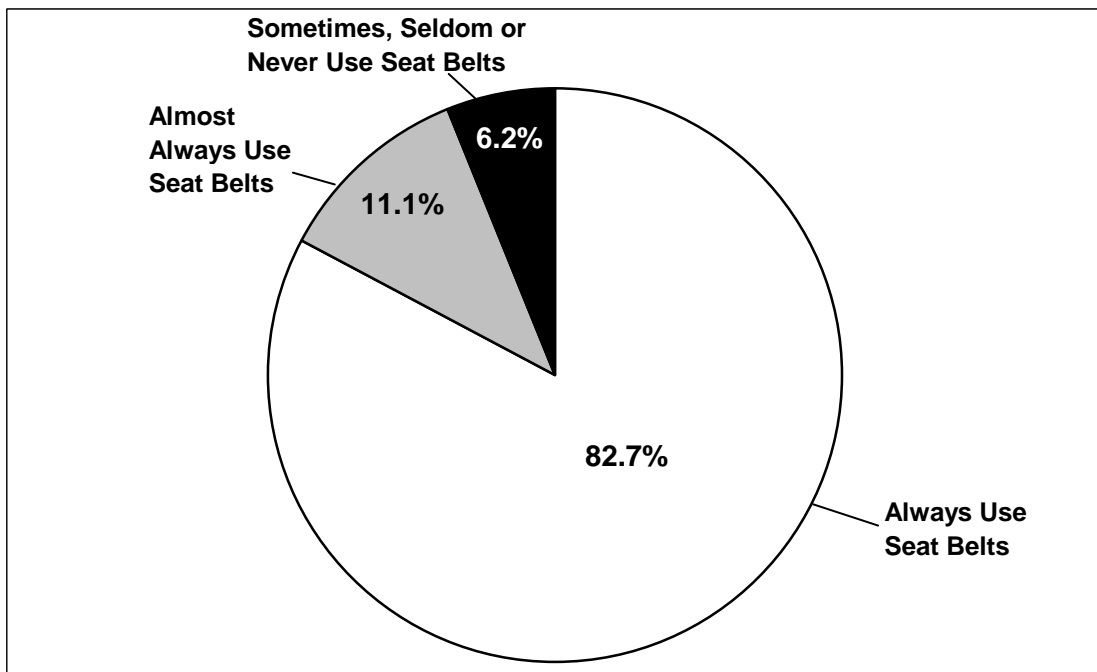
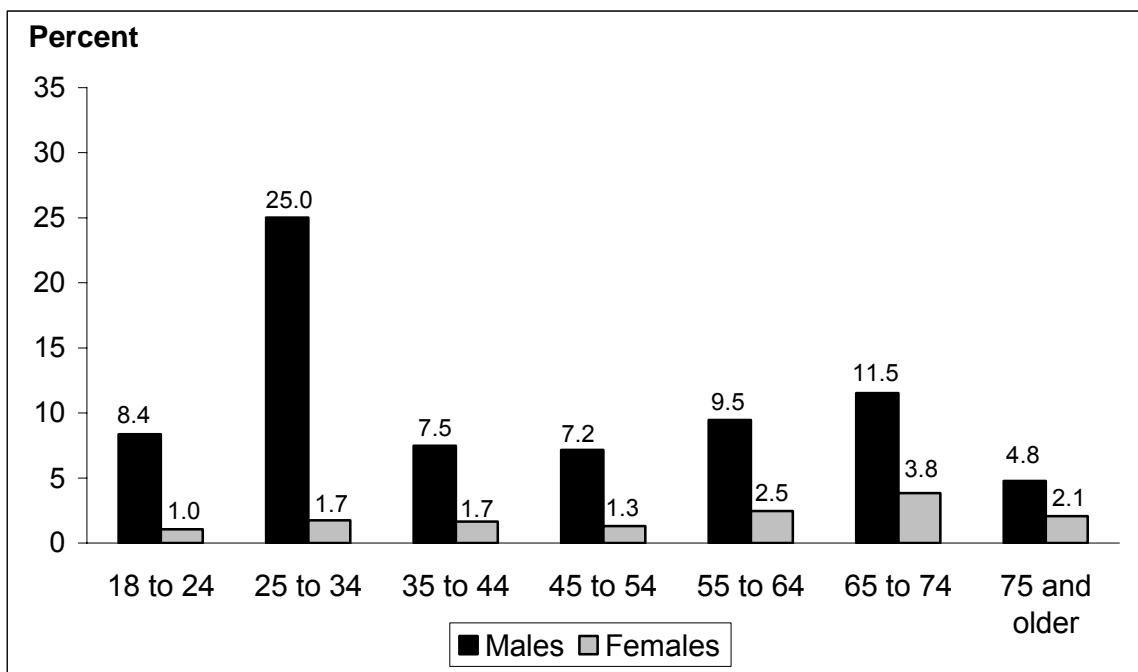
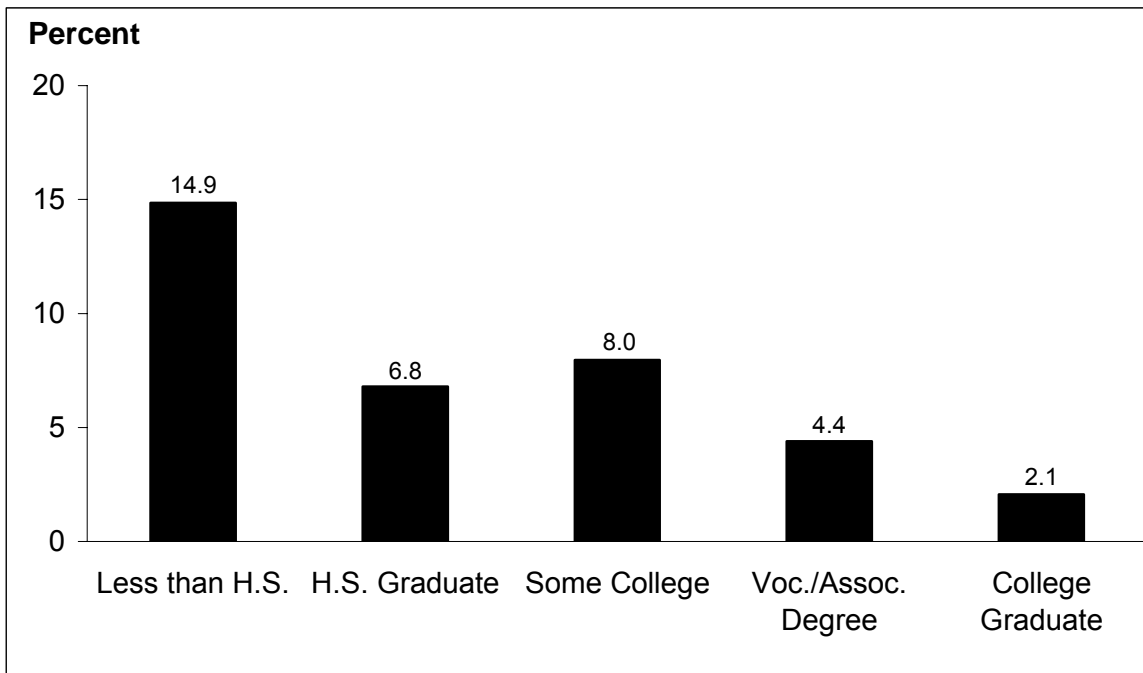


Figure 4.6b: Seat Belt Non-Use⁴ By Age and Gender



⁴ Non-use is defined as responses of 'sometimes', 'seldom', or 'never' using seat belts.

Figure 4.6c: Seat Belt Non-Use⁴ By Education Level



⁴ Non-use is defined as responses of 'sometimes', 'seldom', or 'never' using seat belts.

Chapter 5

PREVENTIVE HEALTH SCREENINGS

- A. Cancer Screening**
- B. Cardiovascular Risk Screenings**

TABLE 5.1
PREVENTIVE SCREENING: MAMMOGRAM
(FEMALES AGE 40 AND OLDER)
 BRIDGE TO HEALTH SURVEY 2005
 (n=1,431)¹

Question: Have you had a mammogram within the past year, within the past 2 years, within the past 5 years, 5 or more years ago, never or not applicable?

Demographic Characteristics	Never Had Mammogram	Mammogram Within Past 2 Years
Overall Results	7.6%	76.5%
Females by Age		
40 to 49	15.4	70.3
50 to 59	4.5	81.9
60 to 69	1.2	85.8
70 and older	6.3	72.0
Education		
Less than H.S.	6.2	57.4
H.S. Graduate	5.8	77.1
Some College	9.0	73.5
Voc./Assoc. Degree	10.4	79.0
College Graduate	8.0	82.6
Poverty Status		
200% or Less	7.8	68.8
More than 200%	7.7	79.7
Region		
Duluth	7.0	79.7
NE Minnesota	6.9	79.3
Douglas County	12.8	53.8

¹ Percentages exclude women who have had double mastectomies.

**Figure 5.1a: Mammogram Screenings by Age Group
(Females Age 40 and Older Only)**

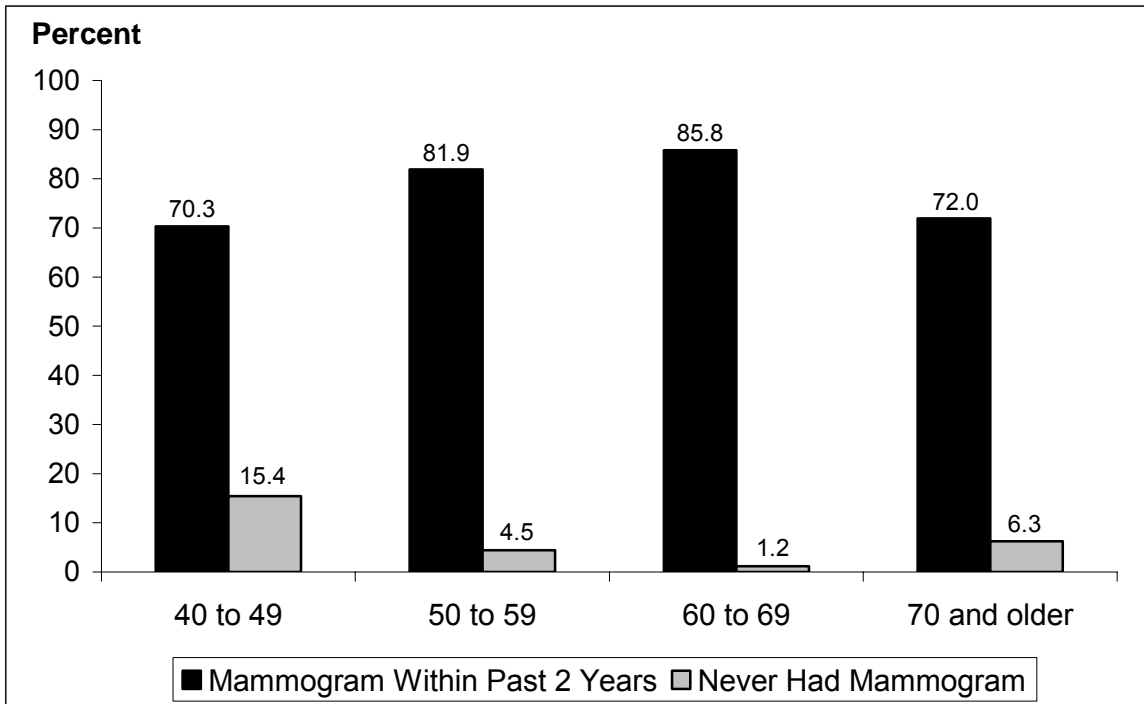


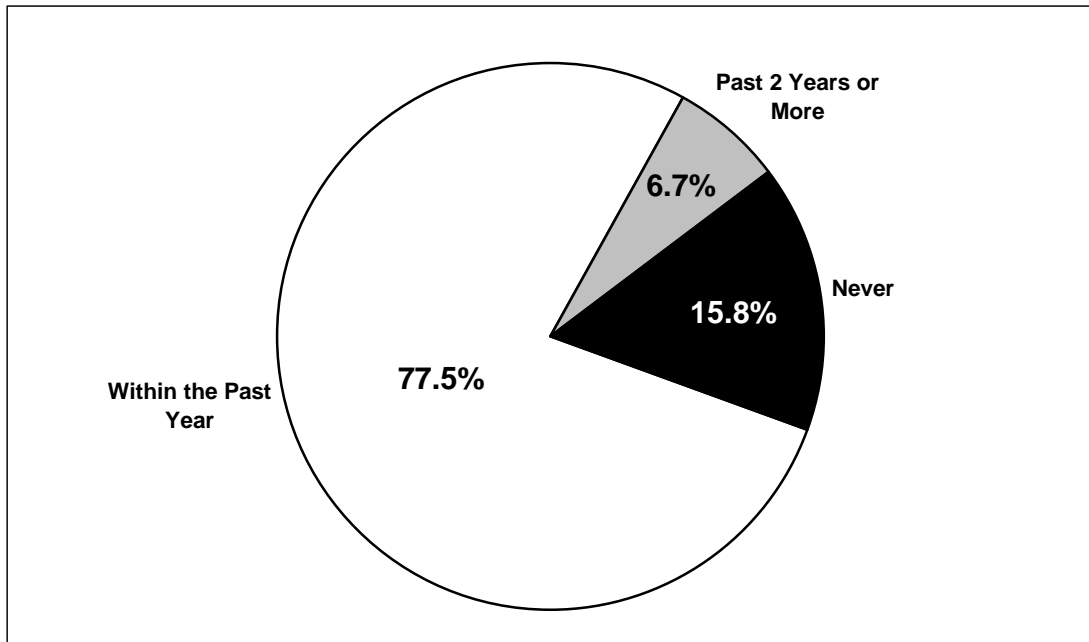
TABLE 5.2
PREVENTIVE SCREENING: BREAST SELF-EXAM
(FEMALES AGE 18 AND OLDER)
 BRIDGE TO HEALTH SURVEY 2005
 (n=2,249)²

Question: Have you performed a breast self-exam within the past year, within the past 2 years, within the past 5 years, 5 or more years ago, never or not applicable?

Demographic Characteristics	Never Performed Breast Self-Exam	Performed Breast Self-Exam:	
		Within the Past Year	Within the Past 2 Years
Overall Results	15.8%	77.5%	81.2%
Females by Age			
18 to 29	26.3	71.3	73.6
30 to 39	16.7	76.8	82.5
40 to 49	4.8	88.8	91.8
50 to 59	9.6	82.7	86.8
60 to 69	15.3	74.4	79.4
70 and older	20.5	70.1	73.7
Education			
Less than H.S.	26.7	61.5	66.2
H.S. Graduate	16.9	76.4	79.6
Some College	22.4	70.3	75.2
Voc./Assoc. Degree	4.0	88.5	93.9
College Graduate	10.8	84.7	87.1
Poverty Status			
200% or Less	20.3	72.7	75.9
More than 200%	11.6	81.3	86.2
Region			
Duluth	18.6	80.0	80.9
NE Minnesota	15.0	77.7	81.2
Douglas County	14.6	71.4	82.3

² Percentages exclude women who have had double mastectomies.

**Figure 5.2a: Frequency of Breast Self-Exam³
(Females Age 18 and Older)**



³ The percentage of respondents who reported they performed a breast self-exam in the past two years or more included 3.8% of all respondents who answered 'within the past two years', 1.8% 'within the past five years' and 1.2% 'five or more years ago'.

TABLE 5.3
PREVENTIVE SCREENING: PAP TEST
(FEMALES AGE 18 AND OLDER)
 BRIDGE TO HEALTH SURVEY 2005
 (n=1,846)⁴

Question: Have you had a Pap Test within the past year, within the past 2 years, within the past 5 years, 5 or more years ago, never or not applicable?

Demographic Characteristics	Never Had Pap Test	Pap Test Within Past 2 Years
Overall Results	6.5%	79.4%
Females by Age		
18 to 29	21.6	76.7
30 to 39	1.5	91.2
40 to 49	0.6	88.3
50 to 59	1.2	82.9
60 to 69	0.4	77.8
70 and older	1.4	55.8
Education		
Less than H.S.	20.2	54.9
H.S. Graduate	8.0	75.6
Some College	9.9	74.5
Voc./Assoc. Degree	1.5	84.9
College Graduate	0.5	92.0
Poverty Status		
200% or Less	11.1	72.5
More than 200%	3.0	84.5
Region		
Duluth	15.0	74.2
NE Minnesota	1.9	85.2
Douglas County	14.7	58.3

⁴ Percentages exclude women who have had hysterectomies.

**Figure 5.3a: Pap Test Screenings By Age Group
(Females Age 18 and Older Only)**

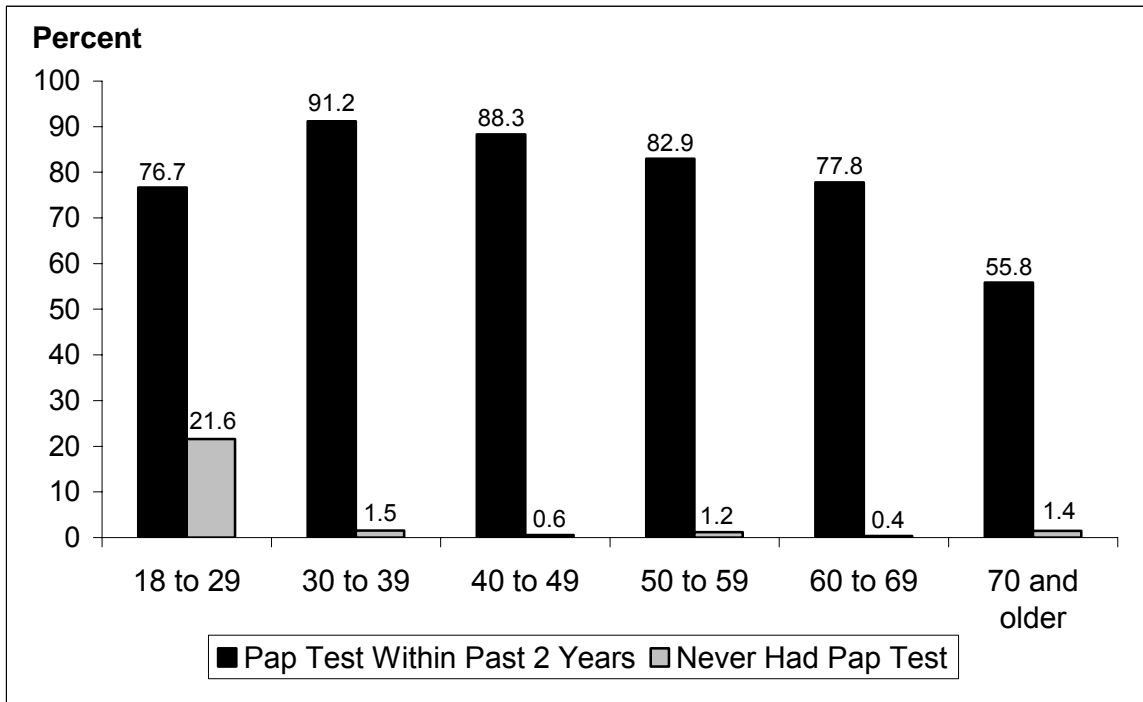


TABLE 5.4
PREVENTIVE SCREENING: PROSTATE EXAM
(MALES AGE 50 AND OLDER)
 BRIDGE TO HEALTH SURVEY 2005
 (n=914)

Question: Have you had a prostate exam within the past year, within the past 2 years, within the past 5 years, 5 or more years ago or never?

Demographic Characteristics	Never Had Prostate Exam	Prostate Exam in Past Year
Overall Results	14.5%	52.9%
Males by Age		
50 to 59	22.3	44.4
60 to 69	11.3	60.5
70 and older	5.2	58.8
Education		
Less than H.S.	12.2	53.1
H.S. Graduate	19.8	50.0
Some College	12.7	48.7
Voc./Assoc. Degree	14.5	55.8
College Graduate	8.9	58.1
Poverty Status		
200% or Less	13.3	48.2
More than 200%	13.6	54.3
Region		
Duluth	13.5	60.9
NE Minnesota	15.5	53.4
Douglas County	9.1	37.5

TABLE 5.5
PREVENTIVE SCREENING: COLON CANCER
(MALES AND FEMALES AGE 50 AND OLDER)
 BRIDGE TO HEALTH SURVEY 2005
 (n=1,934)

Question: Have you had any screening for colon cancer within the past year, within the past 2 years, within the past 5 years, 5 or more years ago or never?

Demographic Characteristics	Never Had Colon Cancer Screening	Had Colon Cancer Screening:		
		Within Past Year	Within Past 2 Years	Within Past 5 Years
Overall Results	36.5%	21.3%	37.5%	55.9%
Gender				
Males	35.2	24.1	41.3	57.8
Females	37.6	18.9	34.2	54.3
Males by Age				
50 to 59	47.4	22.6	37.5	48.5
60 to 69	30.8	24.5	44.5	64.3
70 and older	19.9	26.0	44.2	66.6
Females by Age				
50 to 59	48.1	18.0	34.4	47.4
60 to 69	25.6	20.2	37.4	66.3
70 and older	33.8	19.2	32.0	54.4
Education				
Less than H.S.	35.5	22.1	37.4	55.2
H.S. Graduate	37.2	20.4	36.5	54.8
Some College	37.1	20.2	36.8	54.2
Voc./Assoc. Degree	38.6	26.9	41.6	56.6
College Graduate	34.1	21.1	38.1	59.5
Poverty Status				
200% or Less	34.8	18.1	32.9	54.5
More than 200%	35.6	22.7	39.9	58.1
Region				
Duluth	33.2	19.2	38.3	57.6
NE Minnesota	38.7	22.6	38.1	55.3
Douglas County	27.6	16.7	31.9	57.1

**Figure 5.5a: Never had Colon Cancer Screening By Age and Gender
(Males and Females Age 50 and Older)**

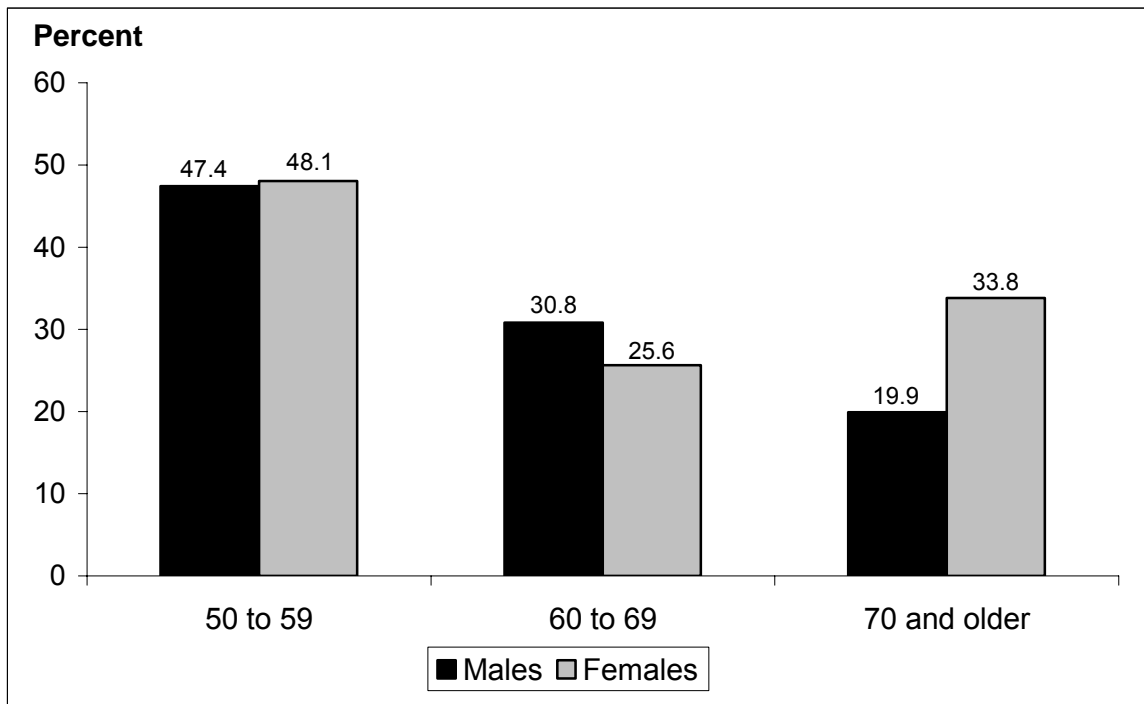


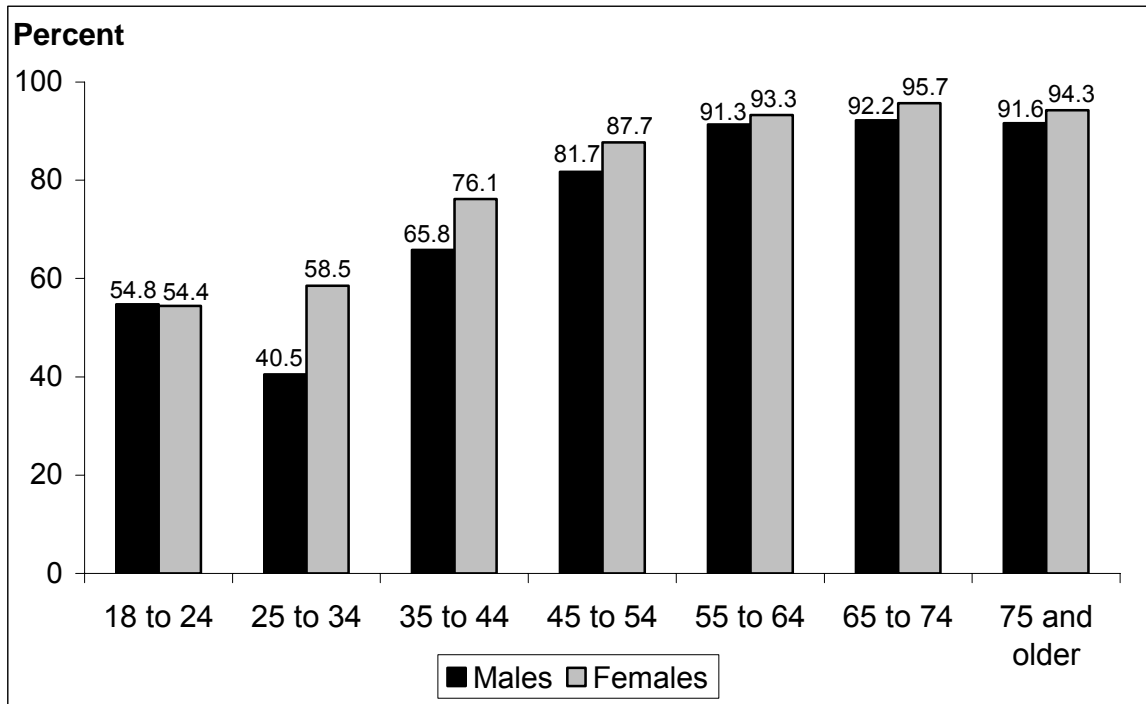
TABLE 5.6
PREVENTIVE SCREENING: BLOOD PRESSURE & BLOOD CHOLESTEROL
(MALES AND FEMALES)

BRIDGE TO HEALTH SURVEY 2005

Questions: Have you had your blood pressure checked within the past year, within the past 2 years, within the past 5 years, 5 or more years ago or never?
 Have you had your blood cholesterol checked within the past year, within the past 2 years, within the past 5 years, 5 or more years ago or never?

		Blood Pressure:		Blood Cholesterol:		
		Never Had Blood Pressure Checked (n=4,464)	Checked Within Past 2 Years (n=4,464)	Never Had Cholesterol Checked (n=4,174)	Checked Within Past 2 Years (n=4,174)	Checked Within Past 5 Years (n=4,174)
Overall Results		2.1%	94.7%	18.6%	68.2%	76.5%
Gender						
	Males	3.1	92.0	23.0	64.0	72.2
	Females	1.2	97.2	14.3	72.4	80.8
Males by Age						
	18 to 24	9.6	85.2	39.4	47.1	54.8
	25 to 34	7.5	85.6	56.9	36.7	40.5
	35 to 44	1.8	92.7	26.9	53.0	65.8
	45 to 54	0.3	92.5	13.7	73.5	81.7
	55 to 64	0.3	96.4	3.8	82.4	91.3
	65 to 74	0.0	98.6	4.7	82.0	92.2
	75 and older	0.0	100.0	3.1	87.0	91.6
Females by Age						
	18 to 24	4.2	95.8	37.8	51.5	54.4
	25 to 34	2.5	94.1	37.4	48.2	58.5
	35 to 44	0.7	97.7	16.9	67.8	76.1
	45 to 54	0.0	97.0	7.6	76.6	87.7
	55 to 64	0.0	99.1	2.6	83.9	93.3
	65 to 74	0.0	99.4	1.7	89.9	95.7
	75 and older	0.4	98.0	2.2	87.0	94.3
Education						
	Less than H.S.	0.4	97.4	17.5	70.0	76.6
	H.S. Graduate	1.8	95.1	16.1	71.9	79.5
	Some College	4.9	91.4	31.2	55.7	63.5
	Voc./Assoc. Degree	0.7	96.0	13.3	71.4	80.0
	College Graduate	1.0	95.7	12.9	73.3	83.3
Poverty Status						
	200% or Less	4.5	92.3	22.9	65.9	72.9
	More than 200%	0.9	95.5	17.3	68.2	77.2
Region						
	Duluth	3.0	94.5	16.6	70.3	78.9
	NE Minnesota	2.1	94.9	17.8	71.6	78.8
	Douglas County	0.0	93.4	27.7	44.0	58.2

**Figure 5.6a: Blood Cholesterol Checked Within the Past 5 Years
By Age and Gender**



Chapter 6

TOBACCO USE

- A. Cigarette Smoking**
- B. Smoking in the Home**
- C. Other Tobacco Use**
- D. Attitudes on Environmental Tobacco Smoke**

**TABLE 6.1
CIGARETTE SMOKING**

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

Are you currently a smoker?

(For current smokers) In the last year, how many times have you quit smoking for at least one day or longer?

(For current smokers) Are you seriously thinking of quitting smoking?

				Current Smokers:		
				Tried to Quit in Past Year	Seriously Thinking of Quitting in the Next 30 Days	
Demographic Characteristics		Never Smoked (n=4,472)	Former Smoker (n=4,472)	Current Smoker (n=4,472)	(n=884)	(n=884)
Overall Results		52.3%	27.9%	19.8%	54.9%	20.5%
Gender						
	Male	46.8	33.7	19.6	59.4	21.8
	Female	57.7	22.4	20.0	50.7	19.3
Males by Age						
	18 to 24	61.9	20.9	17.2	64.5	35.9
	25 to 34	54.9	21.8	23.2	69.3	4.8
	35 to 44	48.3	20.4	31.3	56.3	27.4
	45 to 54	44.5	35.0	20.5	47.9	18.5
	55 to 64	36.6	48.2	15.0	57.7	26.6
	65 to 74	37.5	51.2	11.2	71.7	10.8
	75 and older	31.7	60.2	8.1	64.5	33.2
Females by Age						
	18 to 24	56.8	8.2	35.0	25.8	8.8
	25 to 34	60.3	18.5	21.2	73.2	17.2
	35 to 44	55.5	22.5	22.0	48.6	25.0
	45 to 54	53.7	24.4	21.9	57.6	21.3
	55 to 64	56.0	26.9	16.9	64.4	31.2
	65 to 74	56.4	31.5	12.1	62.0	22.1
	75 and older	67.1	28.3	4.6	59.5	30.3
Education						
	Less than H.S.	40.7	34.5	24.6	55.1	16.6
	H.S. Graduate	42.6	30.4	26.9	50.1	20.4
	Some College	56.7	25.4	17.9	62.8	24.1
	Voc./Assoc. Degree	48.3	29.4	22.2	47.1	19.2
	College Graduate	68.0	23.7	8.2	72.2	18.0
Poverty Status						
	200% or Less	47.9	23.6	28.5	47.9	18.9
	More than 200%	54.3	29.8	15.9	58.6	23.2
Region						
	Duluth	59.1	25.3	15.5	73.3	22.9
	NE Minnesota	49.0	28.7	22.3	51.8	19.9
	Douglas County	59.1	28.1	12.8	44.4	21.1

Figure 6.1a: Prevalence of Cigarette Smoking

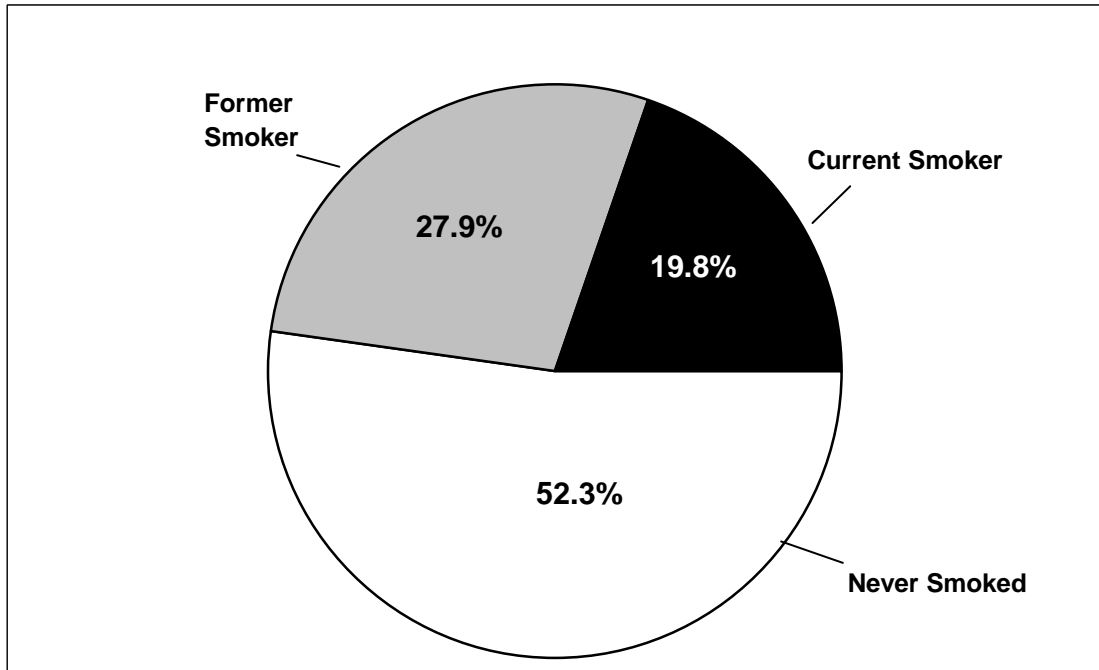


Figure 6.1b: Cigarette Smoking Prevalence By Age and Gender

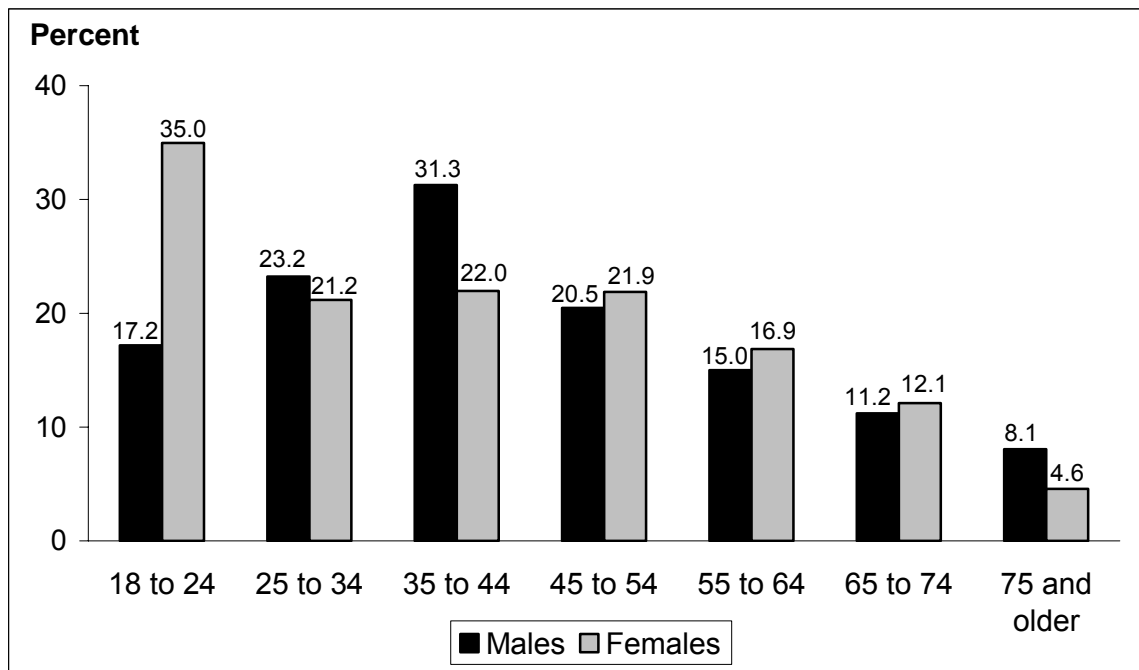


Figure 6.1c: Cigarette Smoking Prevalence By Education Level

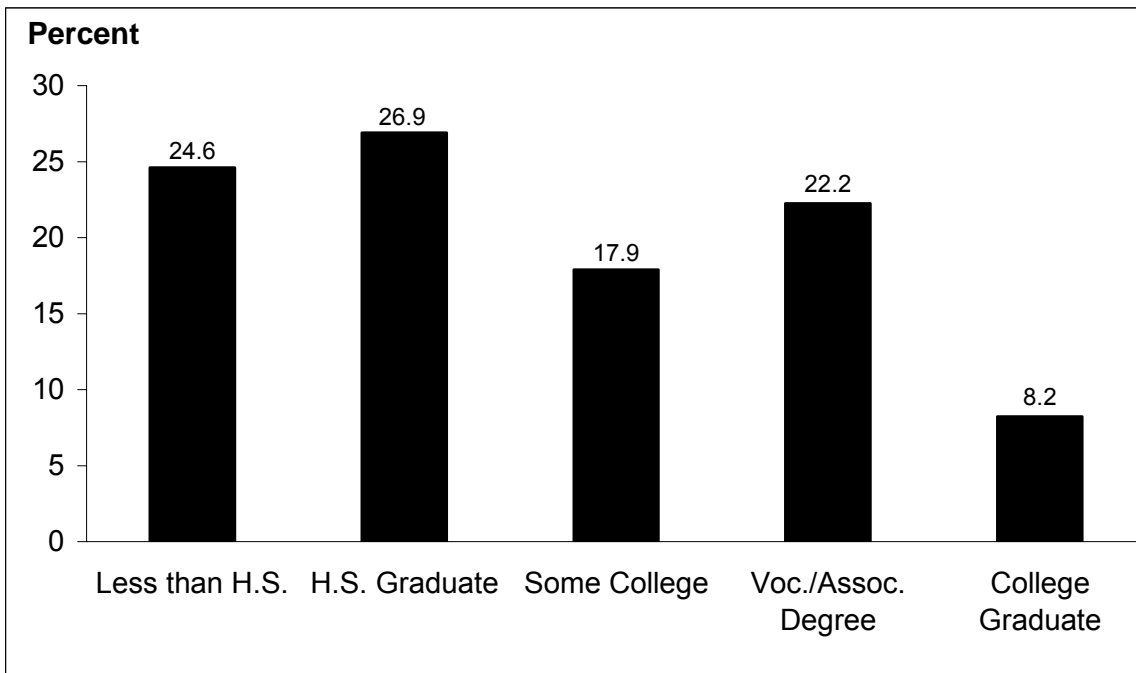


TABLE 6.2
SMOKING IN THE HOME: RULES AT HOME
 BRIDGE TO HEALTH SURVEY 2005
 (n=4,472)

Question: Which of the following statements best describes the rules about smoking inside your home (not including decks, garages or porches)?

- Smoking is allowed anywhere and at any time
- Smoking is allowed in some places or at some times
- Smoking is not allowed in any place or at any time

Demographic Characteristics	Smoking Allowed Anywhere and Any Time	Smoking Allowed in Some Places, at Some Times	Smoking Not Allowed in Any Place at Any Time
Overall Results	11.0%	10.8%	78.2%
Gender			
Male	12.3	9.6	78.1
Female	9.8	11.9	78.3
Males by Age			
18 to 24	12.2	8.2	79.6
25 to 34	12.0	5.5	82.4
35 to 44	16.1	15.1	68.7
45 to 54	11.3	12.5	76.2
55 to 64	12.5	8.6	78.9
65 to 74	10.5	9.3	80.2
75 and older	9.6	2.9	87.6
Females by Age			
18 to 24	3.0	30.7	66.3
25 to 34	9.6	6.0	84.4
35 to 44	10.2	10.4	79.3
45 to 54	10.5	11.5	78.0
55 to 64	13.1	7.1	79.8
65 to 74	14.5	8.8	76.7
75 and older	9.6	5.5	84.9
Education			
Less than H.S.	23.4	12.4	64.3
H.S. Graduate	14.3	14.0	71.8
Some College	9.8	11.7	78.5
Voc./Assoc. Degree	9.2	10.5	80.3
College Graduate	5.0	4.6	90.3
Poverty Status			
200% or Less	14.0	14.6	71.4
More than 200%	9.5	9.4	81.1
Region			
Duluth	10.1	2.5	87.4
NE Minnesota	11.9	10.4	77.7
Douglas County	7.6	29.3	63.1

TABLE 6.3
SMOKELESS TOBACCO USE
 BRIDGE TO HEALTH SURVEY 2005
 (n=4,479)

Question: Do you use smokeless tobacco, such as snuff or chewing tobacco?
 How many times in the past month did you use smokeless tobacco?

Demographic Characteristics	Use Smokeless Tobacco (n=4,479)	Times Used in Past Month ¹ :	
		Used Smokeless Tobacco Everyday (n=171)	Used Smokeless Tobacco One to Several Times/Week (n=171)
Overall Results	3.8%	90.5%	6.5%
Gender			
Male	7.4	91.6	5.4
Female	0.4	68.5	27.6
Males by Age			
18 to 24	4.3	100.0	0.0
25 to 34	18.9	91.5	5.7
35 to 44	6.0	95.6	4.4
45 to 54	5.2	92.6	7.4
55 to 64	6.3	82.0	4.1
65 to 74	3.4	79.9	20.1
75 and older	6.9	94.2	2.7
Females by Age			
18 to 24	0.3	0.0	100.0
25 to 34	1.2	100.0	0.0
35 to 44	0.1	0.0	100.0
45 to 54	0.2	0.0	100.0
55 to 64	0.5	100.0	0.0
65 to 74	0.3	48.3	0.0
75 and older	0.0	--	--
Education			
Less than H.S.	6.5	93.2	0.0
H.S. Graduate	4.4	85.9	11.8
Some College	5.3	95.7	1.0
Voc./Assoc. Degree	2.4	97.5	0.0
College Graduate	1.5	83.5	15.3
Poverty Status			
200% or Less	3.7	82.6	8.1
More than 200%	3.8	92.7	6.7
Region			
Duluth	3.7	95.1	4.9
NE Minnesota	4.0	90.0	6.7
Douglas County	2.8	82.8	9.3

¹ Percentages reflect only those respondents who use smokeless tobacco.

TABLE 6.4
ATTITUDES TOWARD SMOKING REGULATIONS IN INDOOR WORK AREAS
 BRIDGE TO HEALTH SURVEY 2005
 (n=4,367)

Question: For indoor work areas, please indicate your opinion of whether smoking should be allowed in all areas, in some areas or not allowed at all?

Demographic Characteristics	Allowed in All Areas	Allowed in Some Areas	Not Allowed At All
Overall Results	2.4%	13.1%	84.5%
Gender			
Male	3.7	15.8	80.4
Female	1.2	10.5	88.3
Males by Age			
18 to 24	0.0	10.4	89.6
25 to 34	1.9	21.1	77.0
35 to 44	8.4	19.5	72.1
45 to 54	5.3	16.1	78.6
55 to 64	3.2	17.5	79.3
65 to 74	3.9	9.3	86.8
75 and older	1.7	13.2	85.1
Females by Age			
18 to 24	0.0	27.7	72.3
25 to 34	2.1	5.4	92.5
35 to 44	1.1	10.2	88.7
45 to 54	0.7	7.9	91.4
55 to 64	1.8	6.8	91.4
65 to 74	1.3	6.3	92.5
75 and older	1.7	6.4	92.0
Education			
Less than H.S.	4.8	16.0	79.3
H.S. Graduate	3.8	16.3	79.9
Some College	1.6	15.4	83.0
Voc./Assoc. Degree	1.3	10.5	88.3
College Graduate	1.1	6.7	92.2
Poverty Status			
200% or Less	2.1	19.4	78.5
More than 200%	2.3	10.1	87.6
Region			
Duluth	2.1	6.4	91.5
NE Minnesota	2.8	15.9	81.4
Douglas County	1.0	9.4	89.6

TABLE 6.5
ATTITUDES TOWARD SMOKING REGULATIONS IN RESTAURANTS
 BRIDGE TO HEALTH SURVEY 2005
 (n=4,397)

Question: For restaurants, please indicate your opinion of whether smoking should be allowed in all areas, in some areas or not allowed at all?

Demographic Characteristics	Allowed in All Areas	Allowed in Some Areas	Not Allowed At All
Overall Results	4.3%	31.5%	64.2%
Gender			
Male	5.6	33.2	61.2
Female	3.1	29.9	67.1
Males by Age			
18 to 24	1.8	28.1	70.1
25 to 34	3.4	45.1	51.5
35 to 44	10.1	40.6	49.3
45 to 54	9.1	32.4	58.4
55 to 64	4.3	31.3	64.5
65 to 74	5.3	24.0	70.8
75 and older	1.6	20.7	77.7
Females by Age			
18 to 24	0.0	49.6	50.4
25 to 34	4.2	31.8	64.0
35 to 44	5.1	28.9	66.0
45 to 54	4.4	27.9	67.8
55 to 64	2.2	27.6	70.3
65 to 74	2.4	19.5	78.2
75 and older	2.5	18.4	79.1
Education			
Less than H.S.	7.7	37.0	55.3
H.S. Graduate	6.5	33.3	60.2
Some College	2.9	39.4	57.7
Voc./Assoc. Degree	4.1	32.8	63.1
College Graduate	1.5	19.0	79.5
Poverty Status			
200% or Less	4.6	37.9	57.5
More than 200%	3.8	29.1	67.1
Region			
Duluth	3.6	24.9	71.5
NE Minnesota	4.7	33.2	62.1
Douglas County	3.0	34.5	62.5

TABLE 6.6
ATTITUDES TOWARD SMOKING REGULATIONS IN BARS
 BRIDGE TO HEALTH SURVEY 2005
 (n=4,287)

Question: For bars, please indicate your opinion of whether smoking should be allowed in all areas, in some areas or not allowed at all?

Demographic Characteristics	Allowed in All Areas	Allowed in Some Areas	Not Allowed At All
Overall Results	34.5%	29.7%	35.7%
Gender			
Male	36.0	30.1	33.9
Female	33.1	29.4	37.5
Males by Age			
18 to 24	37.4	28.5	34.0
25 to 34	43.8	31.7	24.5
35 to 44	44.6	32.1	23.3
45 to 54	36.4	29.0	34.6
55 to 64	27.2	30.9	41.9
65 to 74	32.0	26.7	41.3
75 and older	16.2	30.7	53.1
Females by Age			
18 to 24	50.2	27.8	22.0
25 to 34	34.5	32.8	32.7
35 to 44	37.8	33.4	28.8
45 to 54	32.8	28.9	38.3
55 to 64	26.6	32.8	40.6
65 to 74	20.2	25.2	54.5
75 and older	19.9	22.2	58.0
Education			
Less than H.S.	32.6	33.0	34.3
H.S. Graduate	40.2	27.2	32.7
Some College	36.4	34.2	29.4
Voc./Assoc. Degree	35.0	31.3	33.7
College Graduate	24.7	27.6	47.7
Poverty Status			
200% or Less	40.0	29.2	30.8
More than 200%	32.5	30.2	37.3
Region			
Duluth	40.9	16.7	42.4
NE Minnesota	34.3	31.4	34.3
Douglas County	23.5	44.9	31.6

TABLE 6.7
ATTITUDES TOWARD SMOKING REGULATIONS IN OUTDOOR EVENTS
 BRIDGE TO HEALTH SURVEY 2005
 (n=4,336)

Question: For outdoor events, please indicate your opinion of whether smoking should be allowed in all areas, in some areas or not allowed at all?

Demographic Characteristics		Allowed in All Areas	Allowed in Some Areas	Not Allowed At All
Overall Results		29.7%	24.2%	46.1%
Gender				
	Male	31.6	26.9	41.4
	Female	27.8	21.6	50.6
Males by Age				
	18 to 24	21.2	34.2	44.6
	25 to 34	38.4	30.7	30.9
	35 to 44	40.3	30.4	29.3
	45 to 54	32.4	22.2	45.5
	55 to 64	31.2	26.9	42.0
	65 to 74	30.7	20.3	49.0
	75 and older	20.6	15.9	63.5
Females by Age				
	18 to 24	36.3	17.3	46.4
	25 to 34	22.5	27.4	50.1
	35 to 44	30.7	27.4	41.9
	45 to 54	29.0	19.9	51.0
	55 to 64	21.5	26.8	51.6
	65 to 74	18.4	17.7	63.9
	75 and older	31.4	12.7	55.9
Education				
	Less than H.S.	34.4	21.3	44.3
	H.S. Graduate	33.2	24.5	42.4
	Some College	30.7	26.9	42.4
	Voc./Assoc. Degree	29.9	28.5	41.6
	College Graduate	22.1	19.8	58.1
Poverty Status				
	200% or Less	37.3	19.0	43.7
	More than 200%	26.9	26.7	46.4
Region				
	Duluth	28.9	9.9	61.1
	NE Minnesota	29.9	26.9	43.2
	Douglas County	29.9	36.2	33.9

Chapter 7

ALCOHOL USE

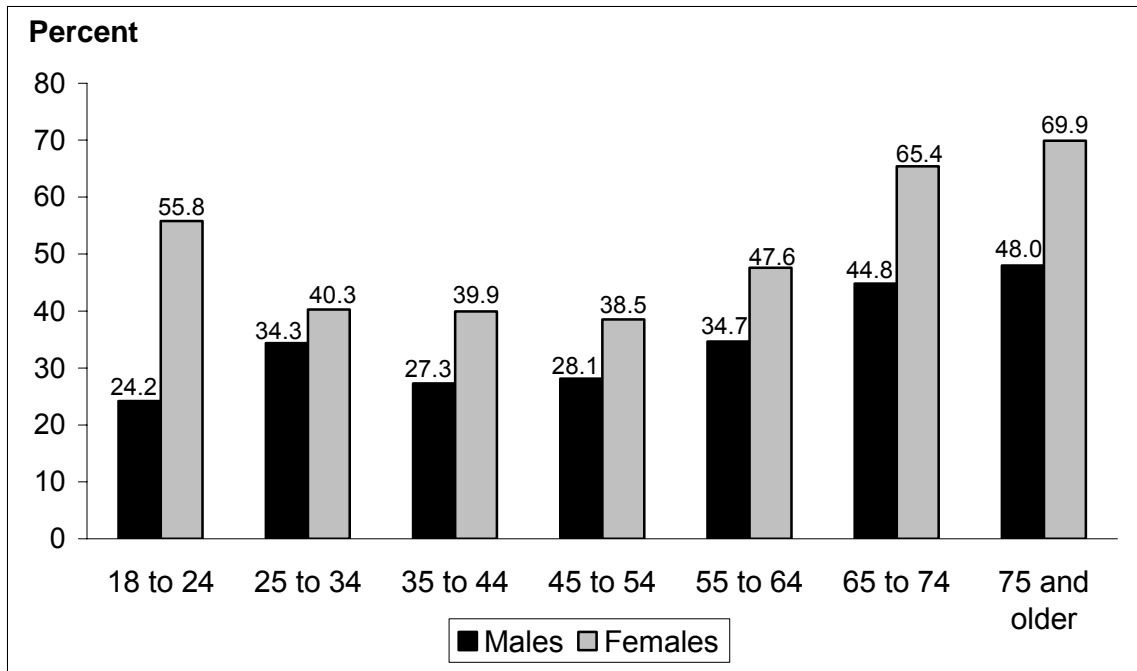
- A. Alcohol Consumption Patterns Among All Respondents**
- B. Alcohol Consumption Among Respondents Who Drink**

TABLE 7.1
ALCOHOL CONSUMPTION AMONG ALL RESPONDENTS
 BRIDGE TO HEALTH SURVEY 2005

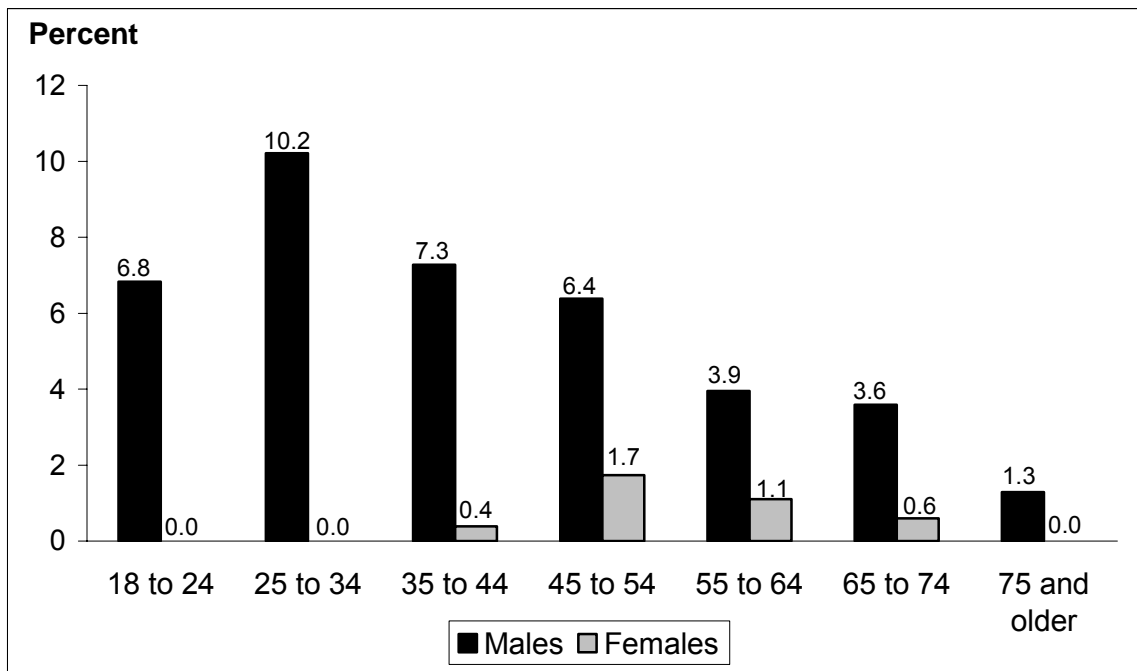
Question: During the past month, have you had at least one drink of any alcoholic beverage?
 (For those who had at least one drink) How many days per week or per month did you drink any alcoholic beverages on the average? And On the days that you drink, about how many drinks do you have on average?
 (For those who had at least one drink) How many times in the past month did you have 5 or more drinks on one occasion?
 In the past year did you drive or ride in a car or truck when you thought that the driver had too much to drink?

Demographic Characteristics	Abstaining from Alcohol (n=4,475)	Chronic Drinking (n=4,475)	Binge Drinking (n=4,461)	Drinking & Driving (Driver or Passenger) (n=4,471)
Overall Results	41.2%	3.3%	16.1%	5.1%
Gender				
Male	32.4	6.2	25.5	6.9
Female	49.5	0.6	7.3	3.4
Males by Age				
18 to 24	24.2	6.8	44.6	24.1
25 to 34	34.3	10.2	32.0	5.8
35 to 44	27.3	7.3	30.4	5.5
45 to 54	28.1	6.4	25.2	3.8
55 to 64	34.7	3.9	13.8	2.7
65 to 74	44.8	3.6	8.9	0.4
75 and older	48.0	1.3	4.0	0.0
Females by Age				
18 to 24	55.8	0.0	7.6	8.2
25 to 34	40.3	0.0	10.9	1.2
35 to 44	39.9	0.4	13.6	3.6
45 to 54	38.5	1.7	6.9	5.3
55 to 64	47.6	1.1	3.9	1.8
65 to 74	65.4	0.6	1.3	0.2
75 and older	69.9	0.0	3.8	1.0
Education				
Less than H.S.	61.6	5.3	13.0	7.2
H.S. Graduate	49.2	2.9	16.6	5.2
Some College	37.8	4.7	20.7	6.9
Voc./Assoc. Degree	36.7	2.4	19.2	3.6
College Graduate	28.8	2.5	10.3	3.3
Poverty Status				
200% or Less	54.4	1.7	15.5	4.8
More than 200%	33.2	4.2	17.9	5.8
Region				
Duluth	32.1	4.4	13.7	3.5
NE Minnesota	42.8	3.3	16.1	5.0
Douglas County	49.1	1.6	21.2	8.8

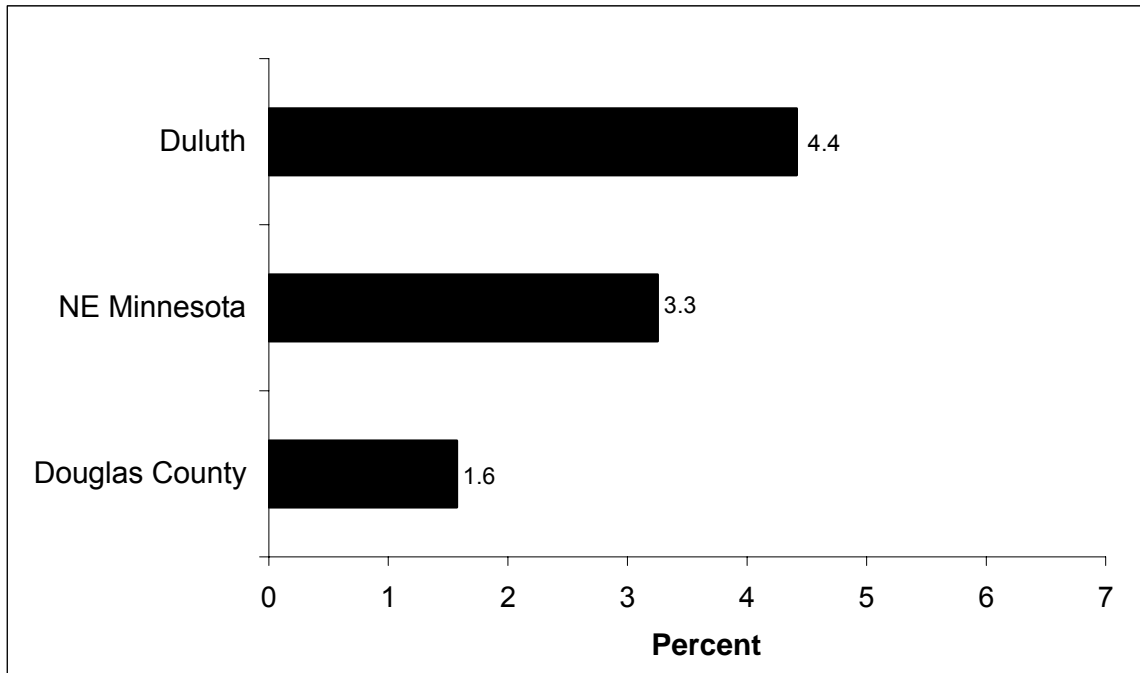
**Figure 7.1a: Abstaining from Alcohol Use During the Past Month
By Age and Gender**



**Figure 7.1b: Chronic Drinking Among All Respondents
By Age and Gender**



**Figure 7.1c: Chronic Drinking Among All Respondents
By Geographic Area**



**Figure 7.1d: Binge Drinking Among All Respondents
By Age and Gender**

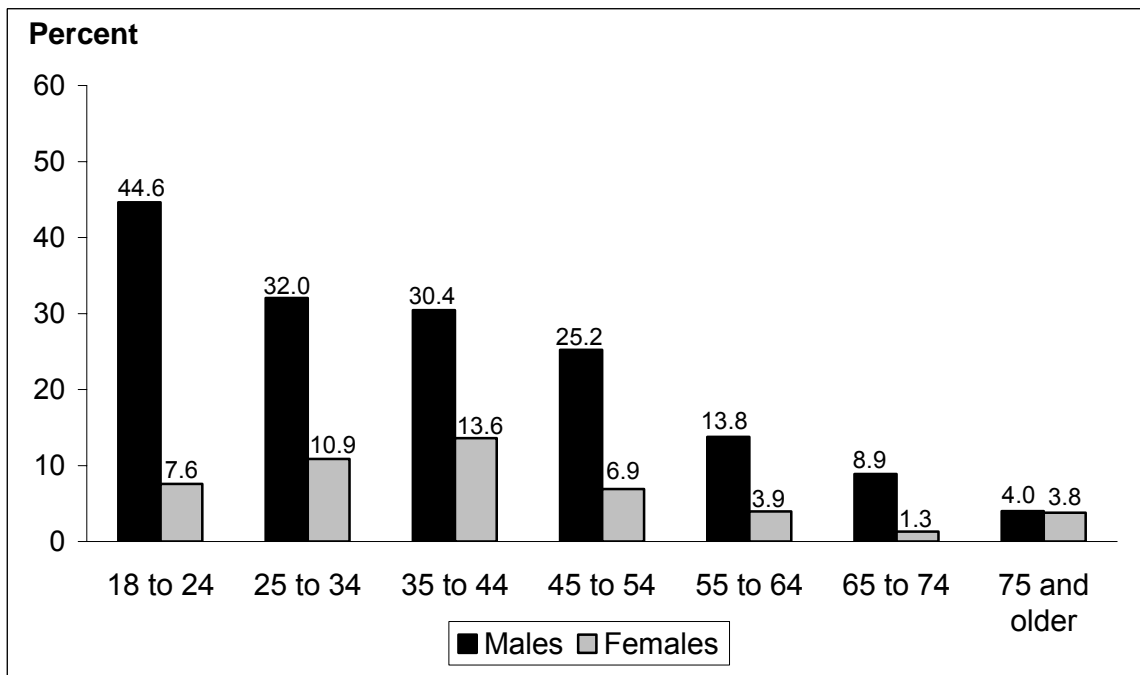


Figure 7.1e: Driving or Riding in a Car or Truck when the Driver Had Too Much To Drink Among All Respondents By Age and Gender

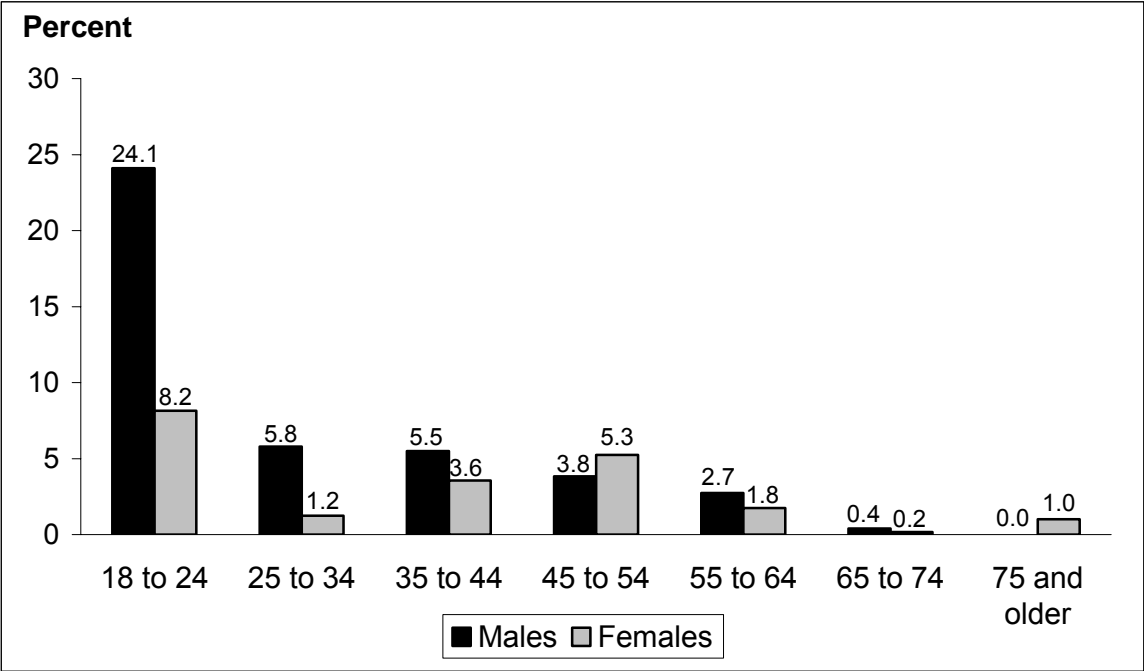


TABLE 7.2
ALCOHOL CONSUMPTION AMONG RESPONDENTS WHO DRINK¹
 BRIDGE TO HEALTH SURVEY 2005

Question: *(For those who had at least one drink)* How many days per week or per month did you drink any alcoholic beverages on the average? And On the days that you drink, about how many drinks do you have on average?
(For those who had at least one drink) How many times in the past month did you have 5 or more drinks on one occasion?
 In the past year did you drive or ride in a car or truck when you thought that the driver had too much to drink?

Demographic Characteristics		Chronic Drinking (n=2,633)	Binge Drinking (n=2,620)	Drinking & Driving (Driver or Passenger) (n=2,630)
Overall Results		5.6%	27.5%	8.2%
Gender				
	Male	9.1	37.8	9.9
	Female	1.2	14.4	5.9
Males by Age				
	18 to 24	9.0	58.9	31.8
	25 to 34	15.6	48.8	8.8
	35 to 44	10.0	41.9	7.0
	45 to 54	8.9	35.2	5.4
	55 to 64	6.0	21.3	3.0
	65 to 74	6.5	16.2	0.7
	75 and older	2.5	7.8	0.0
Females by Age				
	18 to 24	0.0	17.2	16.9
	25 to 34	0.0	18.2	2.1
	35 to 44	0.6	22.7	5.2
	45 to 54	2.8	11.2	7.3
	55 to 64	2.1	7.5	3.3
	65 to 74	1.7	3.8	0.5
	75 and older	0.0	12.6	1.4
Education				
	Less than H.S.	13.7	33.9	15.4
	H.S. Graduate	5.8	32.8	10.2
	Some College	7.6	33.4	11.0
	Voc./Assoc. Degree	3.9	30.3	4.3
	College Graduate	3.5	14.5	4.2
Poverty Status				
	200% or Less	3.8	34.2	9.9
	More than 200%	6.3	26.9	8.2
Region				
	Duluth	6.5	20.2	5.1
	NE Minnesota	5.7	28.3	8.1
	Douglas County	3.1	41.6	16.7

¹ Percentages reflect only those respondents who consumed at least one drink of alcohol during the past month.

Chapter 8

HEALTH CARE ACCESS

- A. Medical Home**
- B. Health Insurance Coverage**
- C. Failure to Receive Medical/Mental Health Care**
- D. Failure to Fill a Prescription**
- E. Postponement of Dental Work**

TABLE 8.1
MEDICAL HOME
BRIDGE TO HEALTH SURVEY 2005

Question: Is there a place that you usually go to when you are sick or need advice about your health? *(If yes)* What kind of place is it?
(If more than one place) What kind of place do you go to most often?

Demographic Characteristics	Yes ¹ (n=4,479)	Kind of Place ² :	
		A Doctor's Office (n=4,313)	A Hospital Outpatient Clinic (n=4,313)
Overall Results	96.3%	52.1%	41.0%
Gender			
Male	93.6	50.5	41.5
Female	98.8	53.5	40.5
Males by Age			
18 to 24	89.9	39.2	49.8
25 to 34	87.2	44.3	43.8
35 to 44	95.0	58.0	33.6
45 to 54	94.3	48.0	46.1
55 to 64	97.0	56.2	36.1
65 to 74	96.2	56.0	39.5
75 and older	100.0	56.5	39.8
Females by Age			
18 to 24	96.9	42.8	50.3
25 to 34	99.1	51.6	45.3
35 to 44	100.0	49.9	43.5
45 to 54	99.1	57.5	34.4
55 to 64	98.5	56.5	35.7
65 to 74	99.5	58.3	38.0
75 and older	98.5	59.9	36.1
Education			
Less than H.S.	94.7	53.1	36.9
H.S. Graduate	94.2	52.9	42.8
Some College	96.3	49.4	43.0
Voc./Assoc. Degree	98.8	50.0	38.7
College Graduate	98.5	54.1	39.0
Poverty Status			
200% or Less	94.5	51.7	39.9
More than 200%	97.3	51.9	41.4
Region			
Duluth	95.9	42.3	47.2
NE Minnesota	96.2	56.7	37.4
Douglas County	97.4	43.5	50.9

¹ Percentage includes respondents who answered 'Yes' or 'No, more than one place'.

² Percentages for other kinds of places include 'Some other health center': 3.5%, 'An emergency room': 1.3%, 'Some other place': 1.2%, and 'An HMO': 0.9%.

TABLE 8.2
INSURANCE TYPES
BRIDGE TO HEALTH SURVEY 2005

Question: Please answer yes or no to whether you have any of the following types of health insurance? (15 different types of public and private insurance were probed, including none or other.)³
Some health insurance only covers hospitalization. Is this the kind you have?

Demographic Characteristics	Private (n=4,478)	Medicare (n=4,478)	Medical Assistance (n=4,478)	Other Public ⁴ (n=4,479)	Hospitalization Only (n=4,453)
Overall Results	76.4%	19.8%	2.2%	11.0%	3.2%
Gender					
Male	75.7	17.6	1.2	9.5	3.7
Female	77.0	21.9	3.1	12.5	2.7
Males by Age					
18 to 24	42.6	0.0	0.0	20.2	0.4
25 to 34	71.4	0.0	2.1	7.5	2.8
35 to 44	85.3	1.6	1.7	5.0	4.6
45 to 54	86.6	2.2	0.3	4.6	6.2
55 to 64	89.8	11.1	1.4	9.0	6.0
65 to 74	77.3	80.0	1.9	11.1	1.8
75 and older	76.3	96.7	2.4	12.7	1.5
Females by Age					
18 to 24	44.1	0.0	5.5	43.3	2.3
25 to 34	80.6	0.0	1.5	10.3	2.9
35 to 44	81.9	2.7	2.7	10.9	1.0
45 to 54	87.5	2.8	1.5	3.7	4.5
55 to 64	85.4	8.5	4.5	6.9	4.5
65 to 74	83.9	83.3	2.4	3.9	1.3
75 and older	76.5	90.0	3.9	5.7	2.1
Education					
Less than H.S.	63.5	49.1	4.1	15.3	5.4
H.S. Graduate	65.0	26.1	2.3	18.9	2.7
Some College	79.6	14.9	3.4	6.7	2.2
Voc./Assoc. Degree	83.9	10.8	1.7	6.8	4.7
College Graduate	90.1	11.7	0.5	4.4	3.5
Poverty Status					
200% or Less	49.8	30.9	5.4	27.3	3.4
More than 200%	88.6	12.2	0.5	3.3	3.3
Region					
Duluth	77.4	16.8	2.9	6.6	3.3
NE Minnesota	75.2	21.1	2.1	13.5	2.8
Douglas County	81.3	17.8	1.4	5.1	5.6

³ Respondents could indicate more than one type of insurance.

⁴ Other public insurance includes Indian or Tribal Health Service, Health Insurance Risk Sharing Plan (HIRSP) (WI), BadgerCare, MinnesotaCare, Minnesota Comprehensive Health Association (MCHA), Healthy Start, General Assistance Medical Care (GAMC), and Champus, TriCare or Veterans' benefits.

TABLE 8.3
LACK OF INSURANCE
 BRIDGE TO HEALTH SURVEY 2005
 (n=4,478)

Question: Please answer yes or no to whether you have any of the following types of health insurance? (Respondents categorized as currently uninsured answered *no* to 14 different types of public and private insurance, including 'Other'.)

Demographic Characteristics	Currently Uninsured
Overall Results	8.7%
Gender	
Male	12.3
Female	5.4
Males by Age	
18 to 24	34.0
25 to 34	19.0
35 to 44	8.6
45 to 54	9.2
55 to 64	4.1
65 to 74	0.3
75 and older	0.0
Females by Age	
18 to 24	9.3
25 to 34	8.3
35 to 44	5.4
45 to 54	6.7
55 to 64	4.1
65 to 74	0.1
75 and older	0.8
Education	
Less than H.S.	8.8
H.S. Graduate	12.0
Some College	9.9
Voc./Assoc. Degree	6.5
College Graduate	3.9
Poverty Status	
200% or Less	12.5
More than 200%	7.5
Region	
Duluth	9.3
NE Minnesota	8.4
Douglas County	9.7

Figure 8.3a: Currently Uninsured

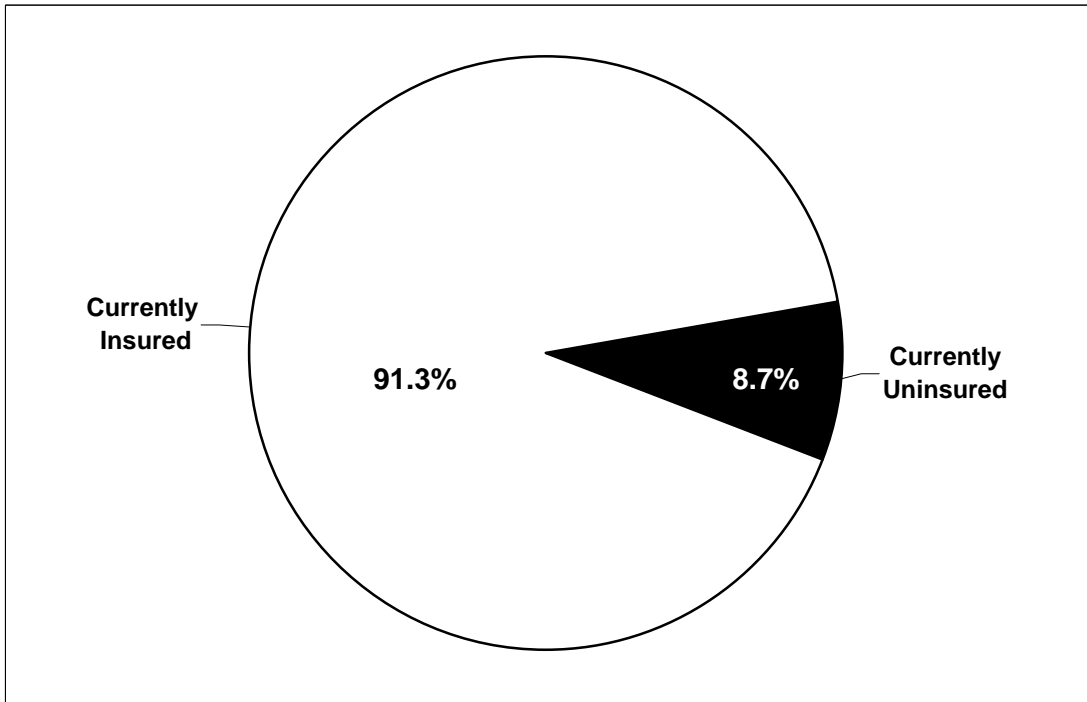


Figure 8.3b: Currently Uninsured By Age and Gender

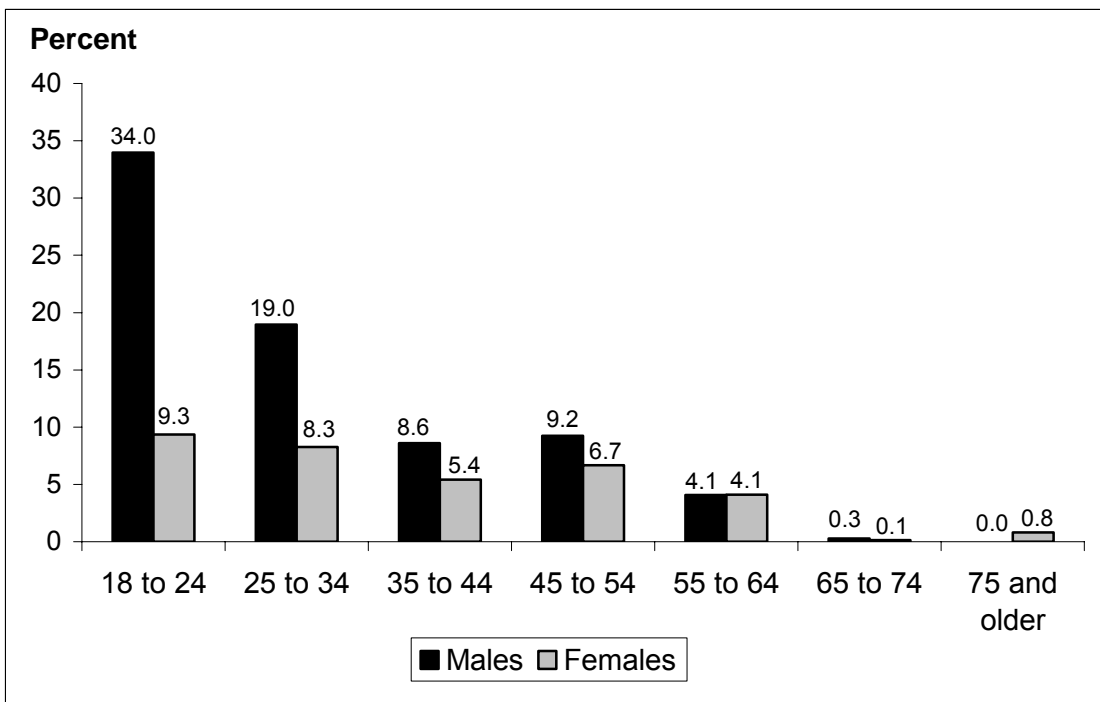
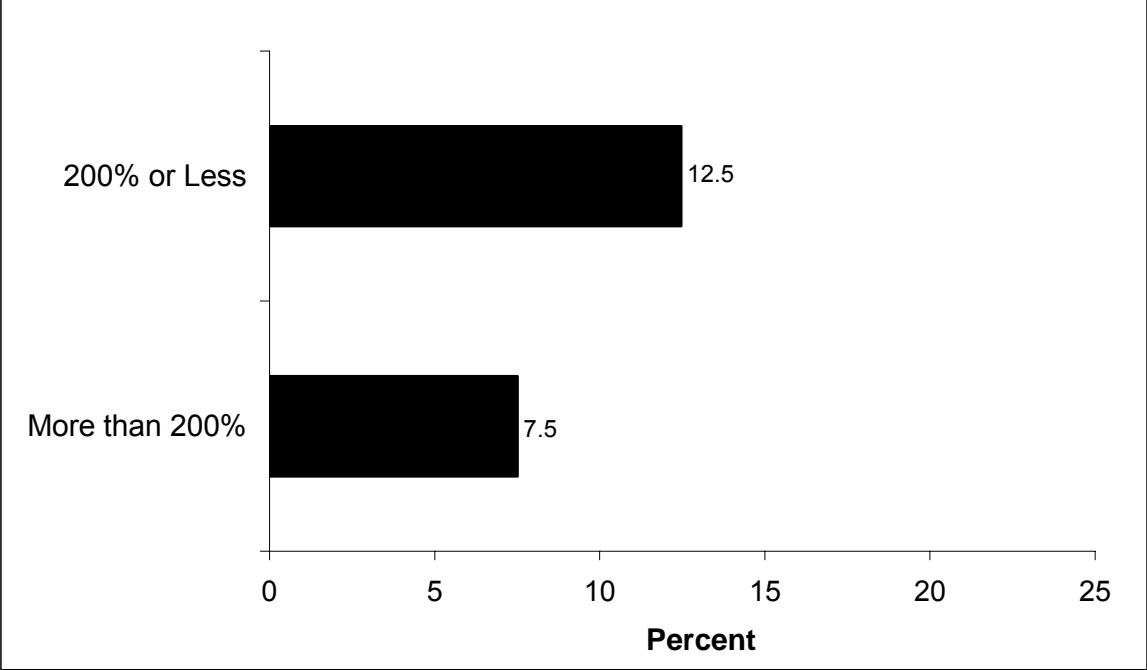


Figure 8.3c: Currently Uninsured By Poverty Status



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TABLE 8.4
HEALTH INSURANCE AFFORDABILITY - INDIVIDUAL
 BRIDGE TO HEALTH SURVEY 2005
 (n=382)⁵

Question: How much a month could you afford to pay for individual health insurance that covered visits to the physician, hospitalization, and prescription drugs? Assuming that each physician visit would require a \$5 co-pay, each prescription would cost you \$5, and going to the hospital would require a \$100 co-pay?

Demographic Characteristics	Between \$0 and \$50 Per Month	Between \$51 and \$100 Per Month	Between \$101 and \$200 Per Month	Between \$201 and \$400 Per Month	Don't Know
Overall Results	40.6%	15.1%	16.7%	3.3%	24.3%
Gender					
Male	37.1	11.4	18.6	2.8	30.1
Female	48.7	23.3	12.5	4.3	11.2
Males by Age					
18 to 24	28.4	11.0	12.6	0.0	48.0
25 to 34	48.5	9.0	31.6	5.4	5.4
35 to 44	44.8	18.8	13.0	0.0	23.4
45 to 54	37.6	7.3	20.2	8.6	26.3
55 to 64	37.1	27.1	18.2	5.1	12.6
65 to 74	100.0	0.0	0.0	0.0	0.0
75 and older	--	--	--	--	--
Females by Age					
18 to 24	78.3	18.7	3.0	0.0	0.0
25 to 34	54.3	25.6	12.1	3.2	4.8
35 to 44	25.3	14.8	25.8	15.9	18.2
45 to 54	38.3	37.3	6.0	1.2	17.2
55 to 64	19.1	15.7	32.5	5.6	27.1
65 to 74	100.0	0.0	0.0	0.0	0.0
75 and older	100.0	0.0	0.0	0.0	0.0
Education					
Less than H.S.	51.2	14.8	18.0	0.0	15.9
H.S. Graduate	36.4	10.9	10.6	3.2	39.0
Some College	43.3	19.0	30.3	0.0	7.4
Voc./Assoc. Degree	26.7	25.5	8.4	15.0	24.4
College Graduate	57.7	17.9	15.9	5.9	2.6
Poverty Status					
200% or Less	65.8	15.5	9.6	1.2	7.9
More than 200%	20.5	15.2	24.4	5.3	34.7
Region					
Duluth	73.8	4.8	6.7	4.1	10.5
NE Minnesota	30.3	14.2	20.6	2.8	32.1
Douglas County	36.2	37.8	14.1	4.0	8.0

⁵ Percentages reflect only those respondents who answered yes to: Please answer yes or no to whether you have any of the following types of health insurance: 'None'. No male respondents aged 75 and older answered yes to this question.

**Figure 8.4a: Health Insurance Affordability for Individual Coverage
Per Month**

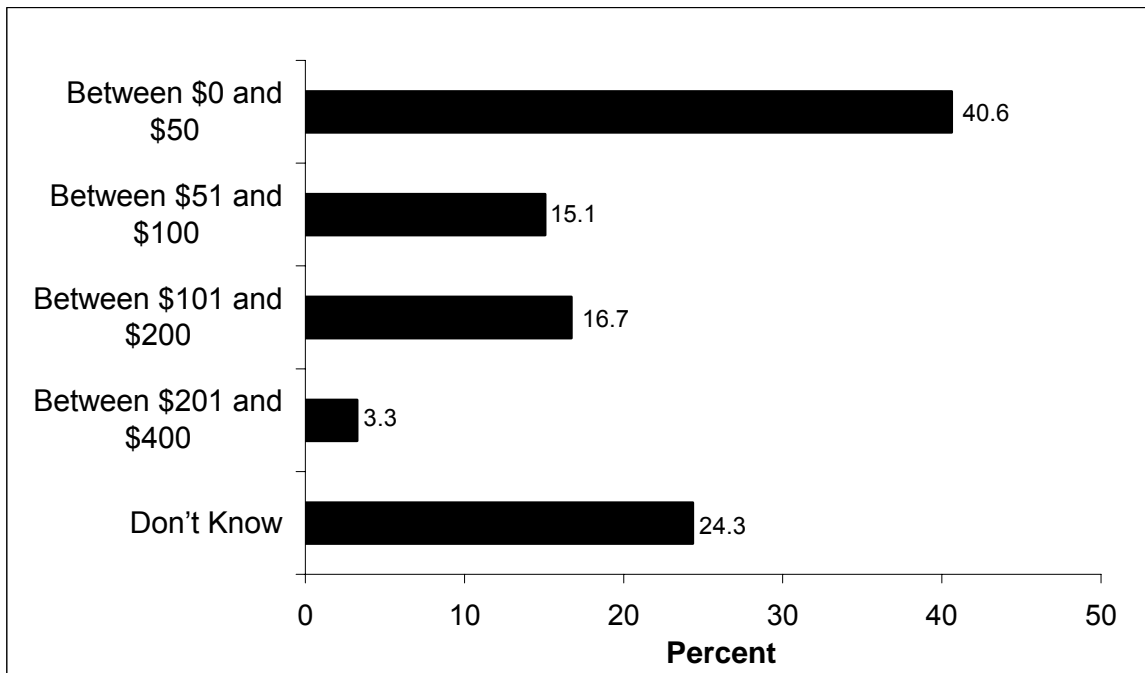


TABLE 8.5
HEALTH INSURANCE AFFORDABILITY - FAMILY
 BRIDGE TO HEALTH SURVEY 2005
 (n=327)⁶

Question: How much a month could you afford to pay for family health insurance that covered visits to the physician, hospitalization, and prescription drugs? Assuming that each physician visit would require a \$5 co-pay, each prescription would cost you \$5, and going to the hospital would require a \$100 co-pay?

Demographic Characteristics		Between \$0 and \$100 Per Month	Between \$101 and \$200 Per Month	Between \$201 and \$300 Per Month	Between \$301 and \$600 Per Month	Don't Know
Overall Results		27.7%	14.8%	15.3%	4.1%	38.0%
Gender						
	Male	28.6	12.2	14.7	2.0	42.5
	Female	25.6	21.3	16.8	9.2	27.1
Males by Age						
	18 to 24	25.8	9.4	7.1	0.0	57.6
	25 to 34	37.7	12.8	33.3	6.7	9.6
	35 to 44	7.6	18.8	15.2	0.0	58.4
	45 to 54	35.1	15.4	5.7	0.6	43.2
	55 to 64	43.5	0.0	19.1	7.6	29.9
	65 to 74	100.0	0.0	0.0	0.0	0.0
	75 and older	--	--	--	--	--
Females by Age						
	18 to 24	51.7	0.0	23.1	0.0	25.1
	25 to 34	14.2	46.9	14.1	12.6	12.1
	35 to 44	17.5	15.3	27.5	21.5	18.2
	45 to 54	25.2	31.1	9.4	0.7	33.6
	55 to 64	13.1	0.0	11.7	16.6	58.6
	65 to 74	100.0	0.0	0.0	0.0	0.0
	75 and older	100.0	0.0	0.0	0.0	0.0
Education						
	Less than H.S.	20.8	27.2	20.9	0.9	30.3
	H.S. Graduate	29.7	7.9	5.5	2.4	54.6
	Some College	14.3	23.3	42.4	2.5	17.5
	Voc./Assoc. Degree	20.7	18.5	7.4	15.5	37.8
	College Graduate	58.8	19.5	6.8	9.1	5.8
Poverty Status						
	200% or Less	46.9	15.0	9.3	2.3	26.5
	More than 200%	15.1	15.5	21.2	5.7	42.5
Region						
	Duluth	52.7	20.2	7.5	4.6	15.0
	NE Minnesota	17.5	11.6	15.0	3.8	52.0
	Douglas County	32.5	20.4	29.5	4.1	13.4

⁶Percentages reflect those respondents who answered yes to: Please answer yes or no to whether you have any of the following types of health insurance: 'None'. No male respondents aged 75 and older answered yes to this question. Percentages exclude respondents who reported being "single adults" (i.e. family health insurance not applicable).

**Figure 8.5a: Health Insurance Affordability for Family Coverage
Per Month**

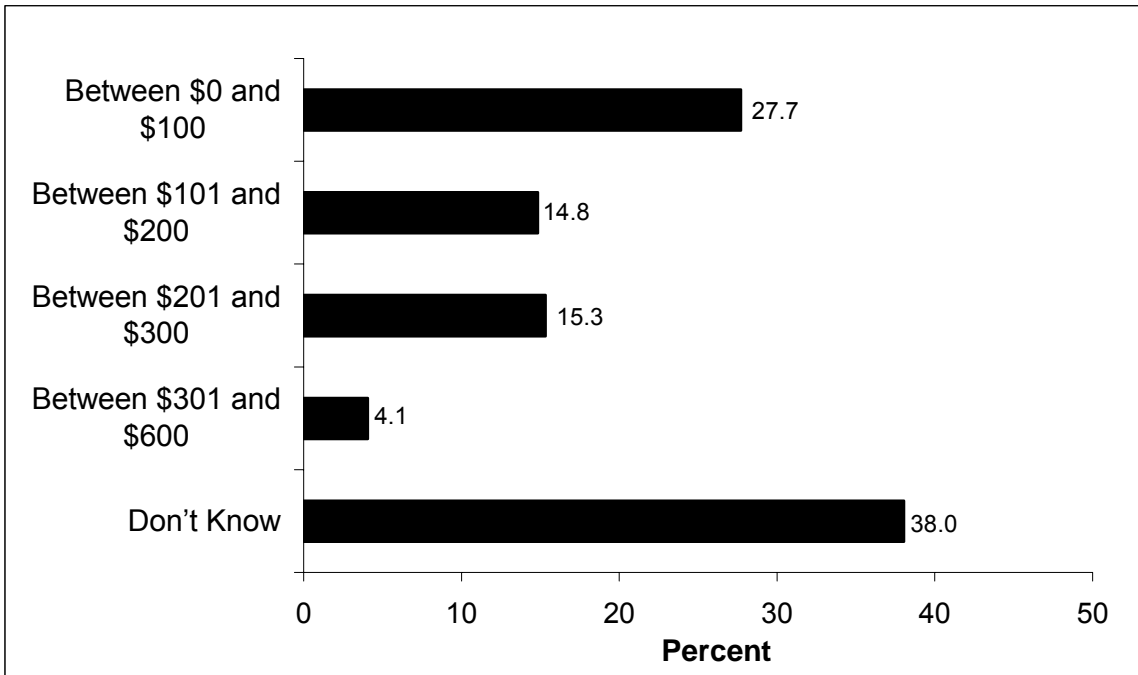


TABLE 8.6
FAILURE TO RECEIVE MEDICAL CARE: TOP THREE REASONS
 BRIDGE TO HEALTH SURVEY 2005

Question: In the past year was there a time when you thought you needed medical care but did not get it or delayed getting it?

Demographic Characteristics	Needed But Did Not Get or Delayed Getting Medical Care (n=4,475)	Reasons:		
		Cost Too Much (n=613)	No Insurance (n=613)	Insurance Did Not Cover It (n=613)
Overall Results	13.7%	37.2%	23.8%	15.6%
Gender				
Male	10.8	32.4	19.7	19.8
Female	16.5	40.1	26.4	13.0
Males by Age				
18 to 24	7.5	17.5	56.3	11.2
25 to 34	13.6	53.7	23.6	10.8
35 to 44	15.2	39.1	18.7	15.9
45 to 54	12.4	29.2	11.1	37.3
55 to 64	8.6	15.9	13.7	28.5
65 to 74	5.1	33.6	0.0	13.6
75 and older	9.2	0.0	0.0	0.0
Females by Age				
18 to 24	32.1	66.3	60.2	4.1
25 to 34	9.8	39.7	11.9	14.1
35 to 44	17.8	30.1	15.4	18.7
45 to 54	15.5	34.6	14.4	18.6
55 to 64	17.0	26.8	13.8	16.6
65 to 74	7.3	34.7	0.0	35.8
75 and older	11.1	4.8	0.0	3.5
Education				
Less than H.S.	18.4	24.4	17.2	17.3
H.S. Graduate	16.3	48.6	37.6	14.0
Some College	12.5	23.7	16.6	12.1
Voc./Assoc. Degree	14.6	41.7	15.7	15.7
College Graduate	9.3	28.0	6.3	23.5
Poverty Status				
200% or Less	18.9	50.7	43.8	11.9
More than 200%	11.5	28.7	9.4	18.0
Region				
Duluth	11.3	38.9	28.7	14.2
NE Minnesota	12.9	39.3	27.3	13.1
Douglas County	23.7	28.6	7.9	25.1

Figure 8.6a: Did Not Get or Delayed Getting Medical Care

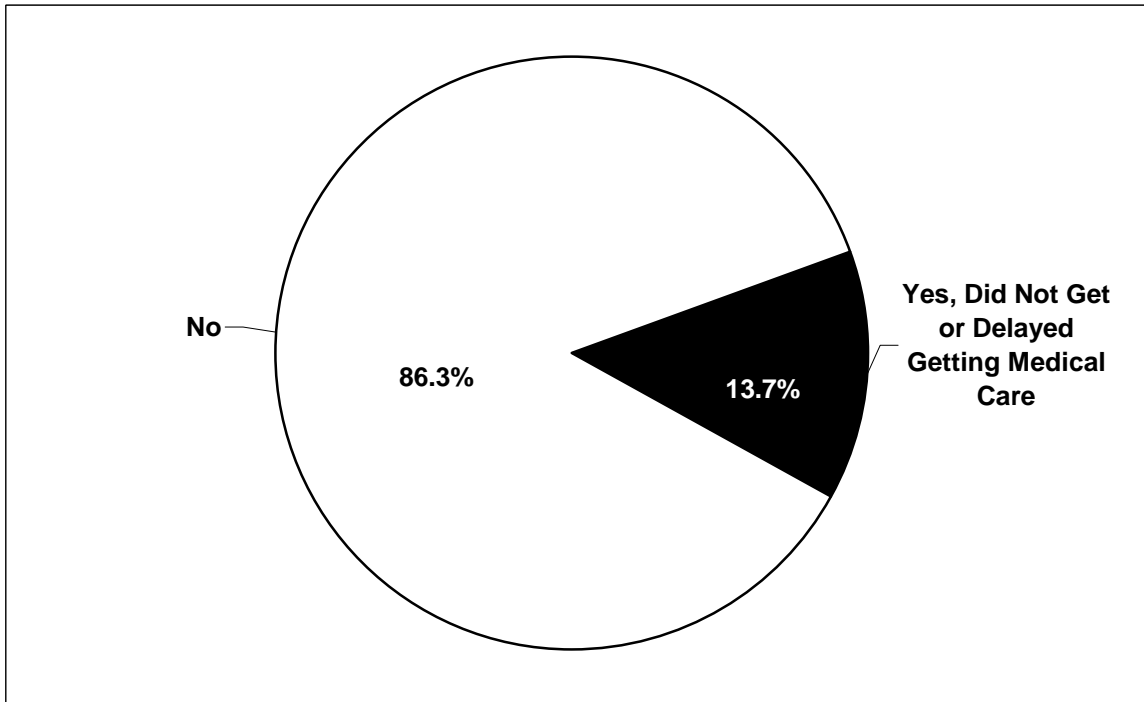
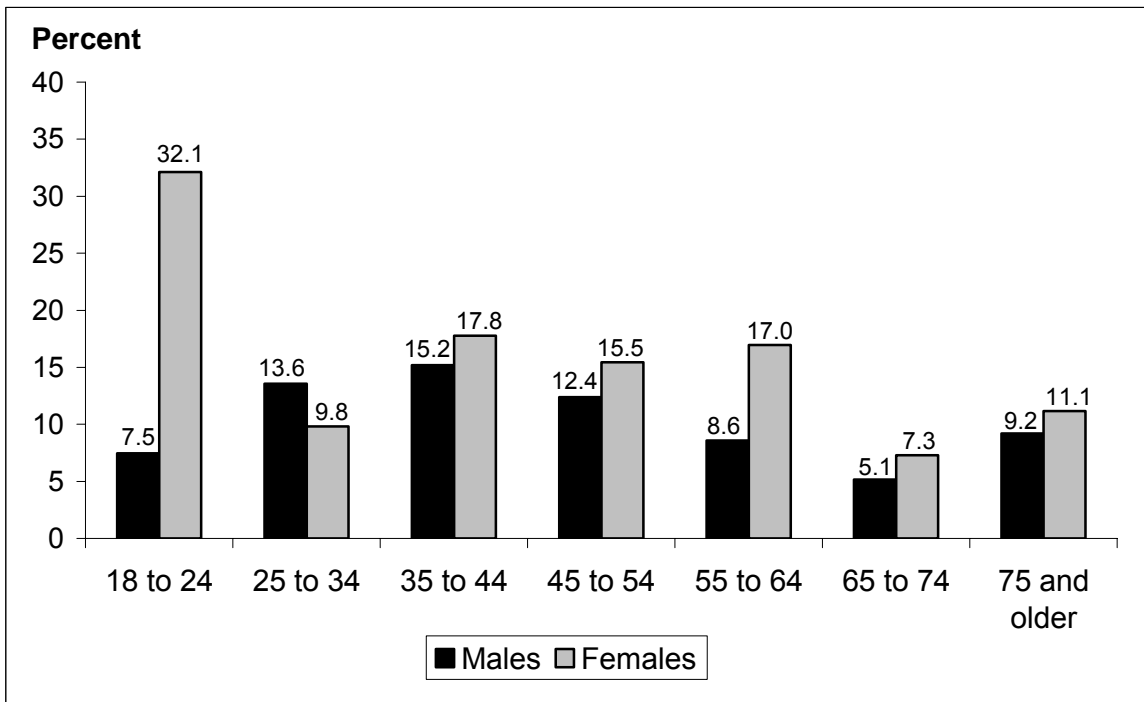
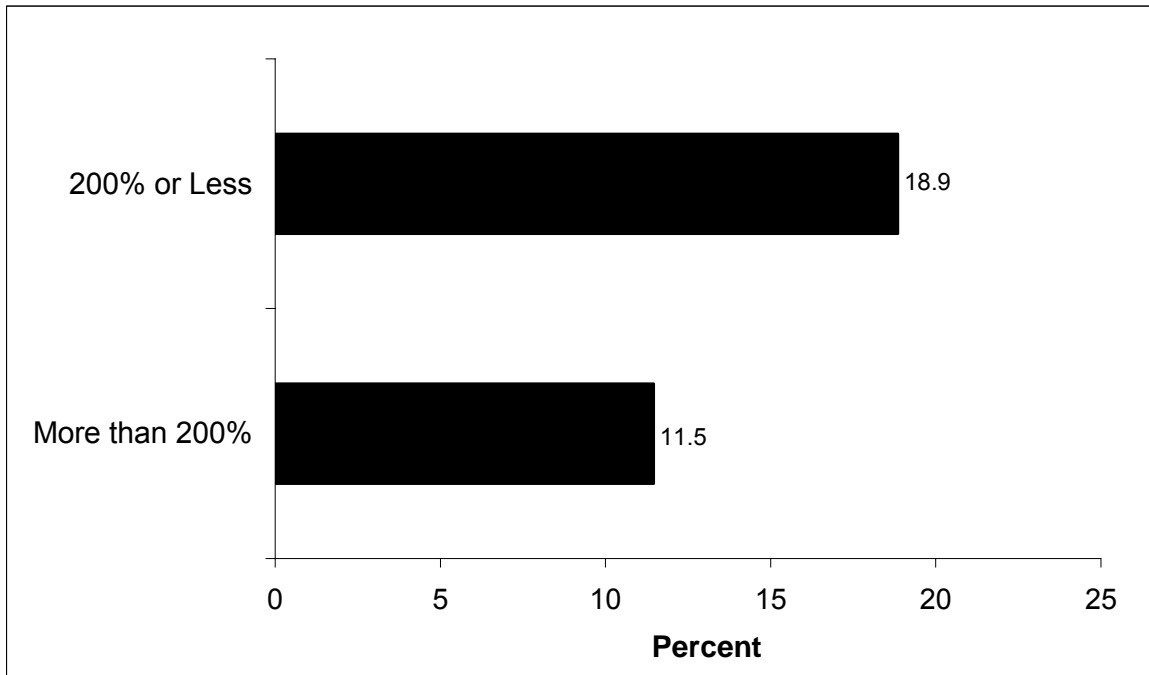


Figure 8.6b: Did Not Get or Delayed Getting Medical Care By Age and Gender



**Figure 8.6c: Did Not Get or Delayed Getting Medical Care
By Poverty Status**



**Figure 8.6d: Reasons for Not Getting or Delaying Medical Care
By Poverty Status**

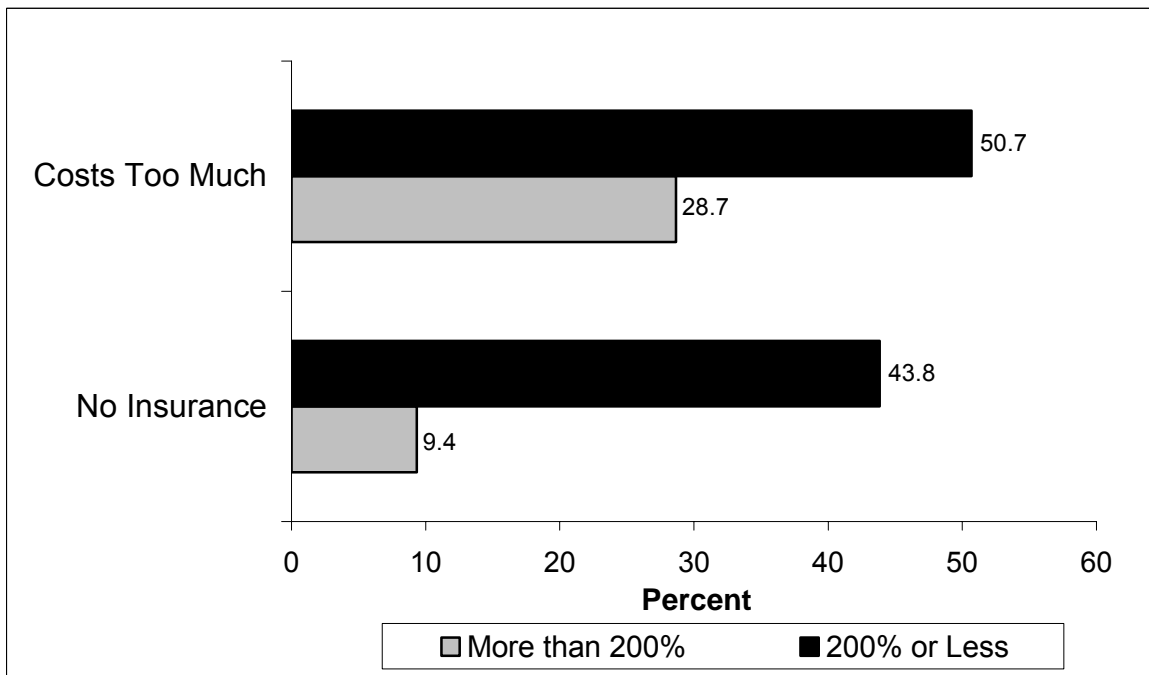


TABLE 8.7
FAILURE TO SEEK HELP FOR EMOTIONAL PROBLEMS : TOP THREE REASONS
 BRIDGE TO HEALTH SURVEY 2005

Question: In the past year was there a time when you wanted to talk with or seek help from a health professional about emotional problems such as stress, depression, excess worrying, troubling thoughts or emotional problems, but did not or delayed talking with someone?

		Wanted Help But Did Not Talk or Delayed Talking with with Someone (n=4,476)	Reasons:		
			Cost Too Much (n=235)	Insurance Did Not Cover It (n=235)	Did Not Think It Was Serious Enough (n=235)
Overall Results		5.2%	33.9%	18.2%	15.3%
Gender					
	Male	4.1	42.8	20.0	14.8
	Female	6.3	28.2	17.1	15.6
Males by Age					
	18 to 24	4.8	66.9	66.9	11.7
	25 to 34	3.7	28.2	12.1	8.6
	35 to 44	4.8	58.3	17.3	5.6
	45 to 54	5.2	44.4	5.4	26.4
	55 to 64	2.7	22.5	0.0	0.0
	65 to 74	1.1	15.9	0.0	52.8
	75 and older	5.2	0.0	0.0	30.4
Females by Age					
	18 to 24	6.1	50.6	18.1	0.0
	25 to 34	7.6	26.4	7.6	25.9
	35 to 44	9.4	26.6	12.2	22.1
	45 to 54	6.3	19.3	20.8	16.1
	55 to 64	7.2	30.9	18.4	3.5
	65 to 74	3.7	32.6	43.9	20.1
	75 and older	2.4	2.5	23.9	18.1
Education					
	Less than H.S.	11.4	33.2	21.8	15.8
	H.S. Graduate	4.7	35.5	7.3	21.3
	Some College	7.1	42.0	27.6	15.8
	Voc./Assoc. Degree	5.5	36.2	25.1	2.4
	College Graduate	2.5	2.7	12.6	10.6
Poverty Status					
	200% or Less	8.1	34.4	25.5	11.3
	More than 200%	4.2	32.4	13.5	20.8
Region					
	Duluth	6.1	69.7	27.9	1.4
	NE Minnesota	4.1	19.7	13.4	21.4
	Douglas County	10.6	24.7	17.9	17.5

**Figure 8.7a: Reasons for Failing to Seek Help for Emotional Problems
By Gender**

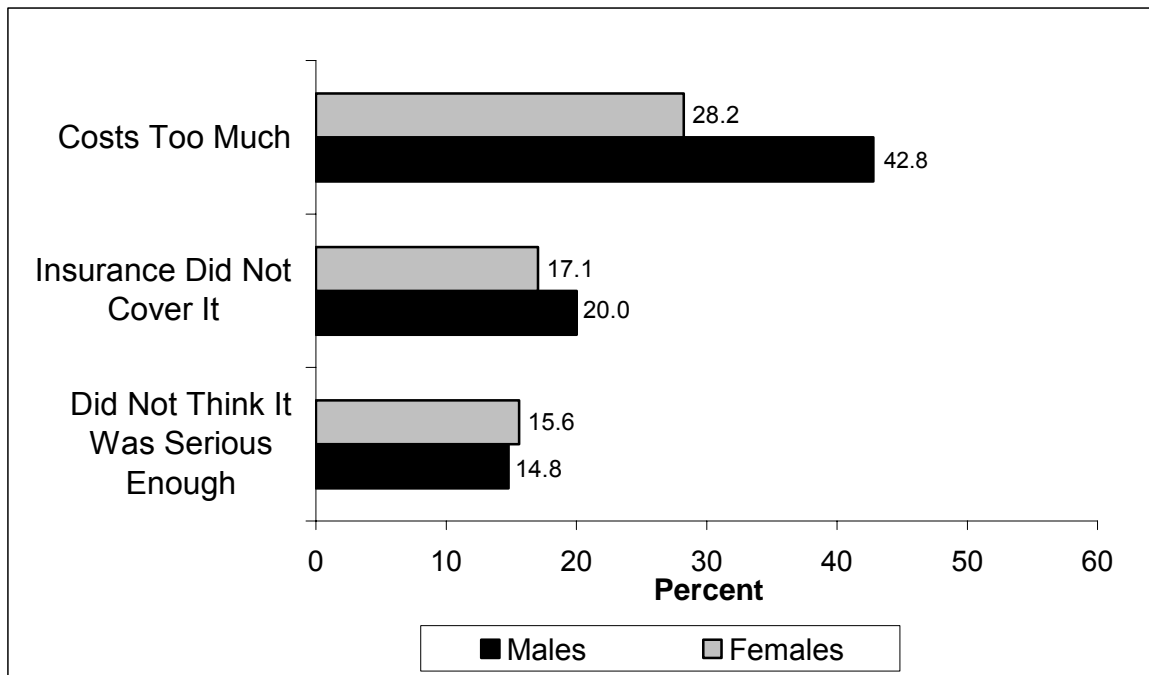


TABLE 8.8
FAILURE TO FILL A MEDICATION PRESCRIPTION: TOP TWO REASONS
 BRIDGE TO HEALTH SURVEY 2005

Question: In the past 6 months which statement best describes medications prescribed for you:

- I had no prescriptions written for me
- I had prescriptions written for me and filled them all
- I had prescriptions written for me and did not fill at least one of them

If you did not fill a prescription, why was that?

Demographic Characteristics	Failed to Fill Prescription (n=4,476)	Reasons:	
		Insurance Did Not Cover It (n=210)	Medicine Was Too Expensive (n=210)
Overall Results	4.7%	39.5%	37.0%
Gender			
Male	3.2	47.6	33.3
Female	6.1	35.5	38.9
Males by Age			
18 to 24	3.3	100.0	96.5
25 to 34	0.0	--	--
35 to 44	4.0	37.8	3.2
45 to 54	2.1	31.0	4.8
55 to 64	6.6	57.3	48.5
65 to 74	4.9	6.3	9.2
75 and older	1.9	0.0	0.0
Females by Age			
18 to 24	2.2	60.0	40.0
25 to 34	6.4	36.4	60.4
35 to 44	5.0	54.1	42.5
45 to 54	7.4	28.0	35.2
55 to 64	9.6	32.5	24.7
65 to 74	6.1	35.1	49.4
75 and older	6.5	22.1	31.4
Education			
Less than H.S.	6.5	30.1	46.6
H.S. Graduate	3.9	38.5	35.8
Some College	3.7	23.2	35.7
Voc./Assoc. Degree	4.7	44.4	32.8
College Graduate	6.2	50.9	37.8
Poverty Status			
200% or Less	5.9	43.2	52.3
More than 200%	4.3	36.7	28.6
Region			
Duluth	8.4	52.7	42.4
NE Minnesota	3.5	29.1	33.7
Douglas County	4.7	37.3	32.2

TABLE 8.9
POSTPONEMENT OF DENTAL WORK : TOP THREE REASONS
 BRIDGE TO HEALTH SURVEY 2005

Question: In the past year, have you postponed dental work?

		Postponed Dental Work in Past Year (n=4,478)	Reasons:		
			No Insurance (n=1,145)	Cost Too Much (n=1,145)	Could Not Get An Appointment (n=1,145)
Overall Results		25.6%	42.8%	33.9%	13.7%
Gender					
	Male	24.1	48.2	39.2	15.7
	Female	27.0	38.2	29.4	12.1
Males by Age					
	18 to 24	21.5	82.4	40.2	1.4
	25 to 34	32.0	48.1	42.0	39.0
	35 to 44	36.0	38.0	31.6	15.1
	45 to 54	23.9	47.5	41.7	8.0
	55 to 64	16.1	43.6	38.9	9.0
	65 to 74	11.4	29.7	36.4	11.6
	75 and older	17.6	32.1	52.9	12.8
Females by Age					
	18 to 24	55.4	39.1	8.0	11.0
	25 to 34	28.2	44.4	25.5	18.2
	35 to 44	26.5	40.5	38.0	8.9
	45 to 54	24.9	31.9	43.8	13.7
	55 to 64	21.9	39.5	44.0	7.7
	65 to 74	17.1	40.0	54.0	10.3
	75 and older	8.4	21.3	39.7	18.0
Education					
	Less than H.S.	24.7	38.6	45.6	13.5
	H.S. Graduate	30.2	42.7	26.9	5.6
	Some College	26.6	35.5	39.7	25.0
	Voc./Assoc. Degree	30.3	50.5	33.1	19.8
	College Graduate	15.6	49.1	41.0	13.2
Poverty Status					
	200% or Less	37.3	46.7	34.0	13.6
	More than 200%	19.8	41.8	36.2	16.1
Region					
	Duluth	18.4	69.3	61.0	21.3
	NE Minnesota	27.1	36.3	27.6	12.4
	Douglas County	30.4	46.4	35.8	12.1

Figure 8.9a: Postponed Dental Work in the Past Year

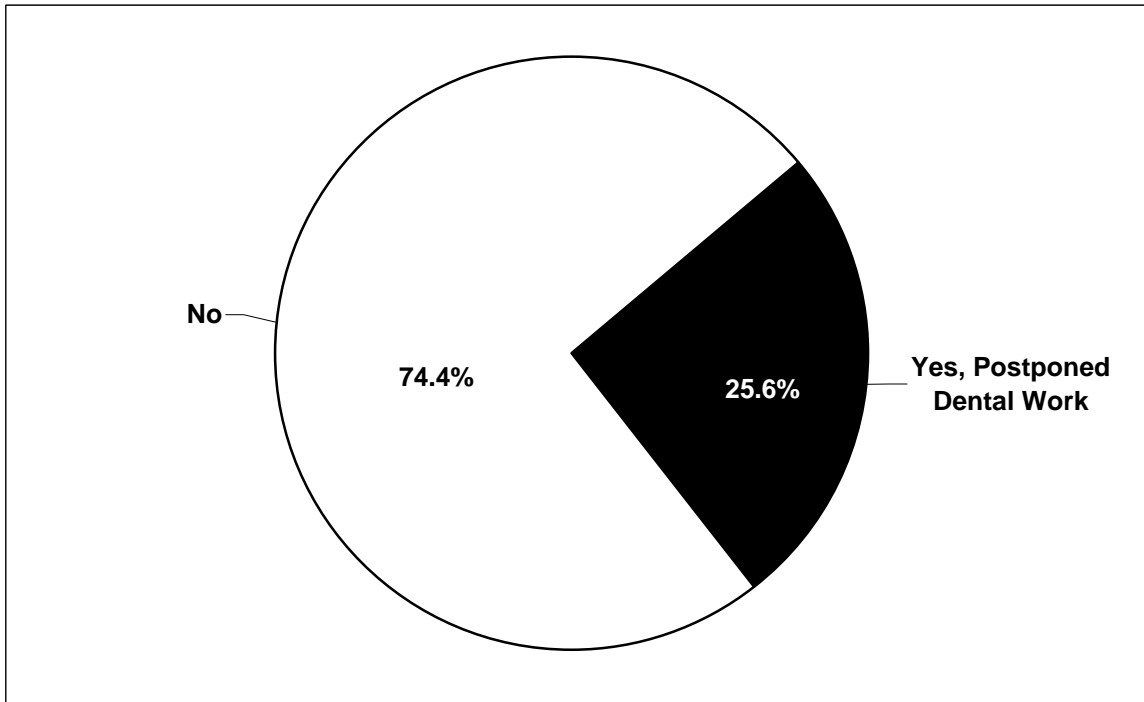
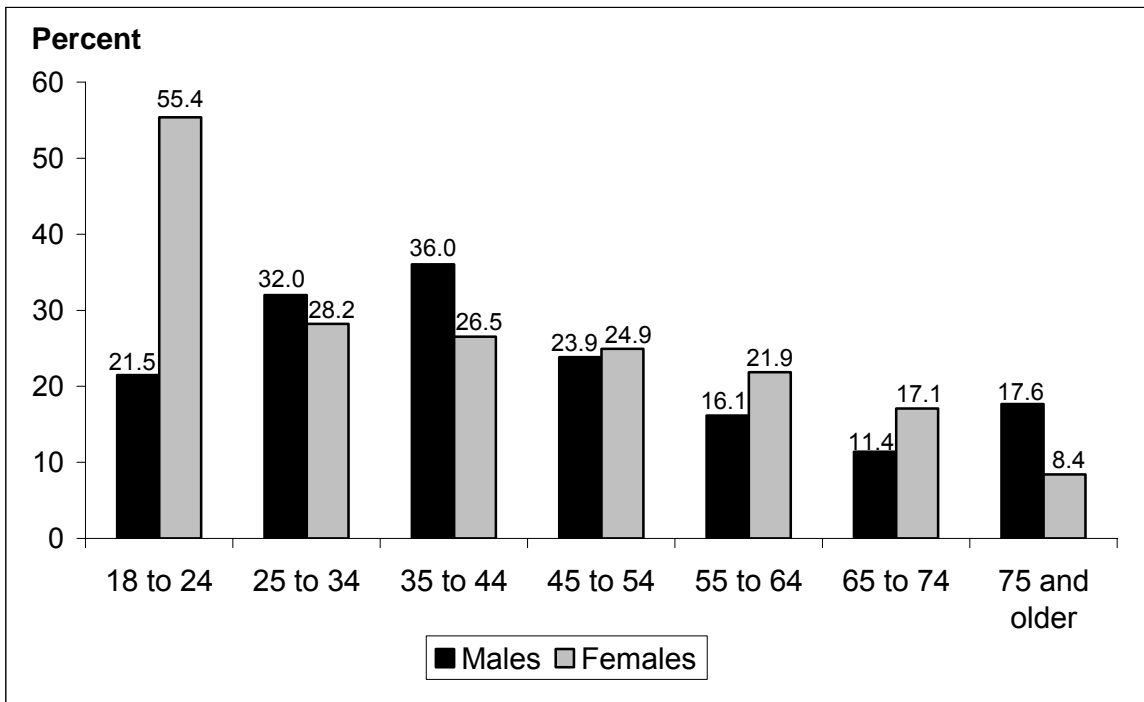
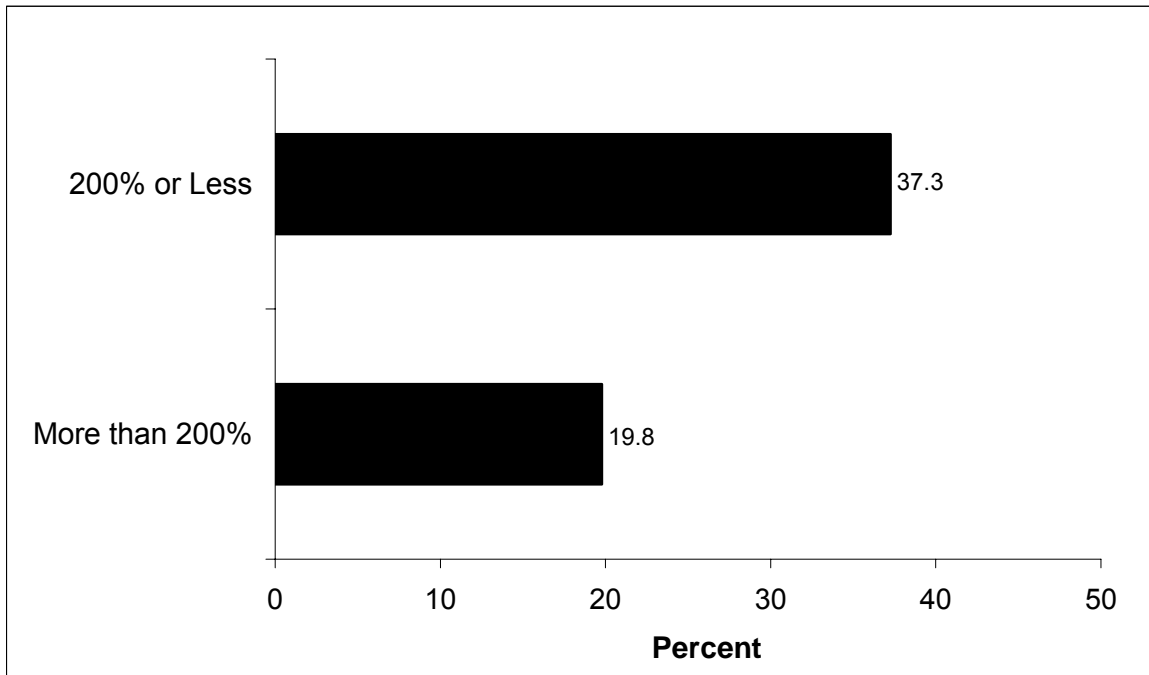


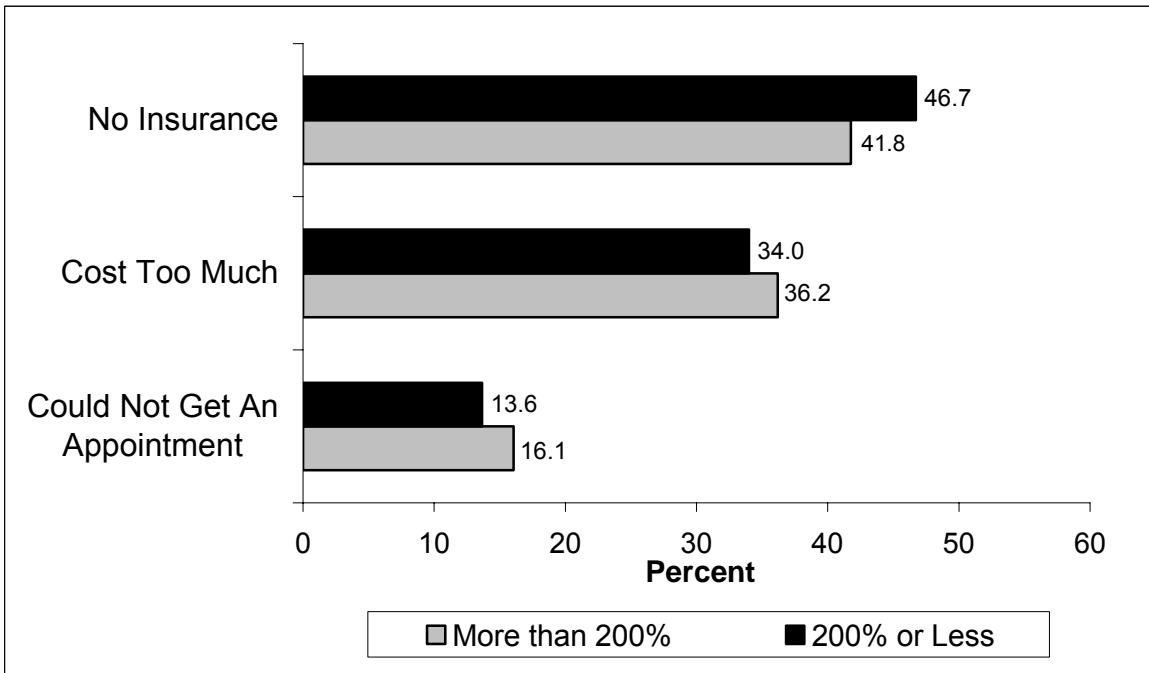
Figure 8.9b: Postponed Dental Work in the Past Year By Age and Gender



**Figure 8.9c: Postponed Dental Work in the Past Year
By Poverty Status**



**Figure 8.9d: Reasons for Postponing Dental Work
By Poverty Status**



Chapter 9

EMERGENCY PREPAREDNESS

TABLE 9.1
EMERGENCY PREPAREDNESS - INFECTIOUS DISEASE OUTBREAK
 BRIDGE TO HEALTH SURVEY 2005
 (n=4,480)¹

Question: Who would you contact for help or information during a local outbreak of an infectious disease such as SARS or meningitis?

Demographic Characteristics	Local Doctor's Office	Local Hospital	Local Health Department	Don't Know
Overall Results	50.2%	24.8%	9.9%	8.4%
Gender				
Male	42.0	27.1	6.9	10.5
Female	58.1	22.6	12.8	6.3
Males by Age				
18 to 24	22.4	34.5	2.5	8.0
25 to 34	39.6	26.9	5.0	17.5
35 to 44	40.8	28.5	1.8	9.6
45 to 54	46.7	24.2	12.5	8.6
55 to 64	47.5	26.6	11.9	8.9
65 to 74	50.7	20.5	7.9	15.6
75 and older	56.9	24.8	6.5	6.4
Females by Age				
18 to 24	48.4	20.8	12.2	8.5
25 to 34	52.2	24.6	14.0	5.2
35 to 44	57.6	27.2	14.7	6.2
45 to 54	56.7	23.8	14.9	5.8
55 to 64	61.6	25.2	16.5	4.1
65 to 74	70.3	15.5	10.8	5.9
75 and older	65.6	18.1	4.4	8.6
Education				
Less than H.S.	48.7	20.4	6.0	15.2
H.S. Graduate	48.1	23.4	8.3	8.2
Some College	49.8	25.5	8.3	9.8
Voc./Assoc. Degree	52.2	28.2	11.3	6.4
College Graduate	53.3	25.6	14.4	6.5
Poverty Status				
200% or Less	48.1	23.1	7.3	10.3
More than 200%	51.3	25.8	11.2	6.8
Region				
Duluth	50.9	25.0	10.5	7.0
NE Minnesota	53.0	24.2	10.2	8.7
Douglas County	32.2	27.9	7.1	9.4

¹ Other responses mentioned, with overall percentages, include 'Law Enforcement': 5.5%, 'Call 911': 4.9%, 'Red Cross': 4.0%, 'Internet': 2.7% and 'Fire Department': 1.5%.

**Figure 9.1a: Emergency Preparedness - Infectious Disease Outbreak
Top 6 Contacts Mentioned**

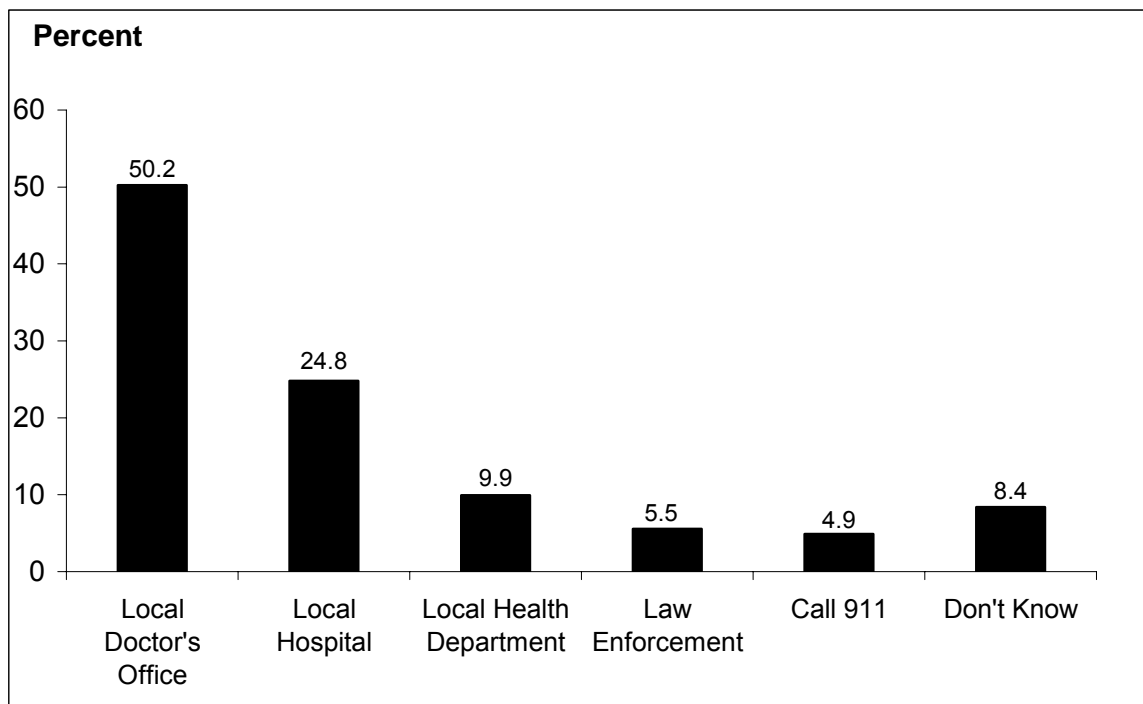


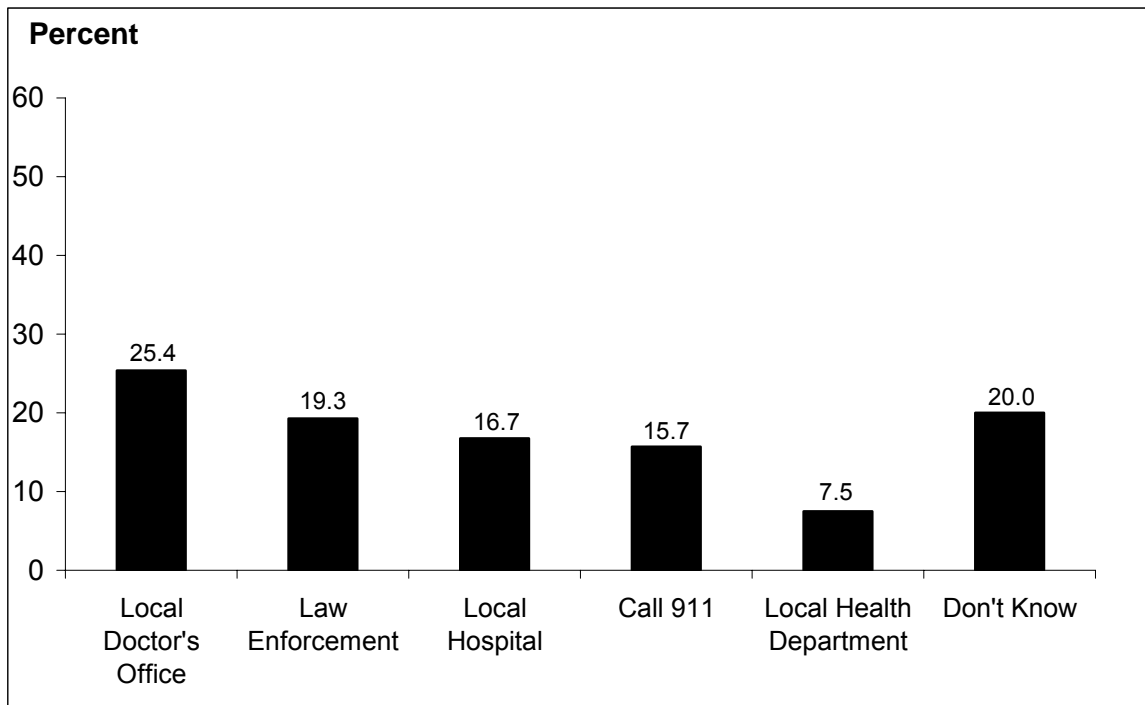
TABLE 9.2
EMERGENCY PREPAREDNESS - BIO-TERRORISM ATTACK
 BRIDGE TO HEALTH SURVEY 2005
 (n=4,480)²

Question: Who would you contact for help or information during a bio-terrorism attack in your area such as anthrax or smallpox?

Demographic Characteristics	Local Doctor's Office	Law Enforcement	Local Hospital	Don't Know
Overall Results	25.4%	19.3%	16.7%	20.0%
Gender				
Male	20.4	22.6	14.7	20.6
Female	30.1	16.1	18.6	19.4
Males by Age				
18 to 24	8.8	33.6	11.5	33.4
25 to 34	15.8	27.4	9.2	22.2
35 to 44	23.1	28.7	20.9	12.8
45 to 54	19.9	15.0	15.0	21.3
55 to 64	23.5	14.9	15.2	15.8
65 to 74	29.5	17.6	17.4	21.4
75 and older	32.6	16.8	14.0	14.8
Females by Age				
18 to 24	18.1	14.3	29.1	30.0
25 to 34	27.3	19.2	22.5	15.5
35 to 44	30.8	19.7	17.8	16.9
45 to 54	27.4	14.7	15.8	15.4
55 to 64	31.4	18.3	16.5	13.5
65 to 74	40.7	15.6	13.7	21.8
75 and older	40.9	10.4	13.3	23.7
Education				
Less than H.S.	32.6	12.3	14.1	31.7
H.S. Graduate	23.0	20.2	17.8	24.0
Some College	26.4	20.4	14.9	18.7
Voc./Assoc. Degree	23.4	18.8	20.0	15.9
College Graduate	27.0	18.9	15.7	14.1
Poverty Status				
200% or Less	21.8	19.5	16.7	25.6
More than 200%	25.9	20.6	17.0	16.6
Region				
Duluth	14.7	22.5	12.4	23.0
NE Minnesota	29.5	17.3	17.6	21.0
Douglas County	21.1	24.8	19.9	7.6

² Other responses mentioned, with overall percentages, include 'Call 911': 15.7%, 'Local Health Department': 7.5%, 'TV': 3.4%, 'Fire Department': 3.3%, 'Internet': 2.8% and 'Red Cross': 2.1%.

**Figure 9.2a: Emergency Preparedness - Bio-Terrorism Attack
Top 6 Contacts Mentioned**



Chapter 10

PHYSICAL AND MENTAL HEALTH COMPONENT SUMMARY MEASURES

- A. Physical Health Status**
- B. Mental Health Status**

TABLE 10.1
PHYSICAL AND MENTAL HEALTH SUMMARY SCORES
 BRIDGE TO HEALTH SURVEY 2005
 (n=4,437)

Demographic Characteristics	Physical Health Summary Measure (mean score)	Mental Health Summary Measure (mean score)
Overall Results	52.3	55.4
Gender		
Male	53.0	56.2
Female	51.6	54.6
Males by Age		
18 to 24	55.8	57.0
25 to 34	55.4	56.7
35 to 44	55.1	56.4
45 to 54	52.0	55.7
55 to 64	50.9	55.9
65 to 74	50.2	56.3
75 and older	47.6	54.6
Females by Age		
18 to 24	56.2	54.5
25 to 34	54.6	54.5
35 to 44	51.9	54.8
45 to 54	52.2	54.4
55 to 64	49.8	53.9
65 to 74	48.2	55.5
75 and older	45.7	55.1
Education		
Less than H.S.	48.2	53.2
H.S. Graduate	51.1	55.2
Some College	52.9	55.0
Voc./Assoc. Degree	52.8	55.0
College Graduate	54.2	56.8
Poverty Status		
200% or Less	50.4	53.9
More than 200%	53.4	56.1
Region		
Duluth	52.6	55.9
NE Minnesota	52.2	55.4
Douglas County	52.3	54.5

Figure 10.1: Physical Health Summary Scores By Age for Bridge to Health Adult Residents and the U.S. Adult Population¹

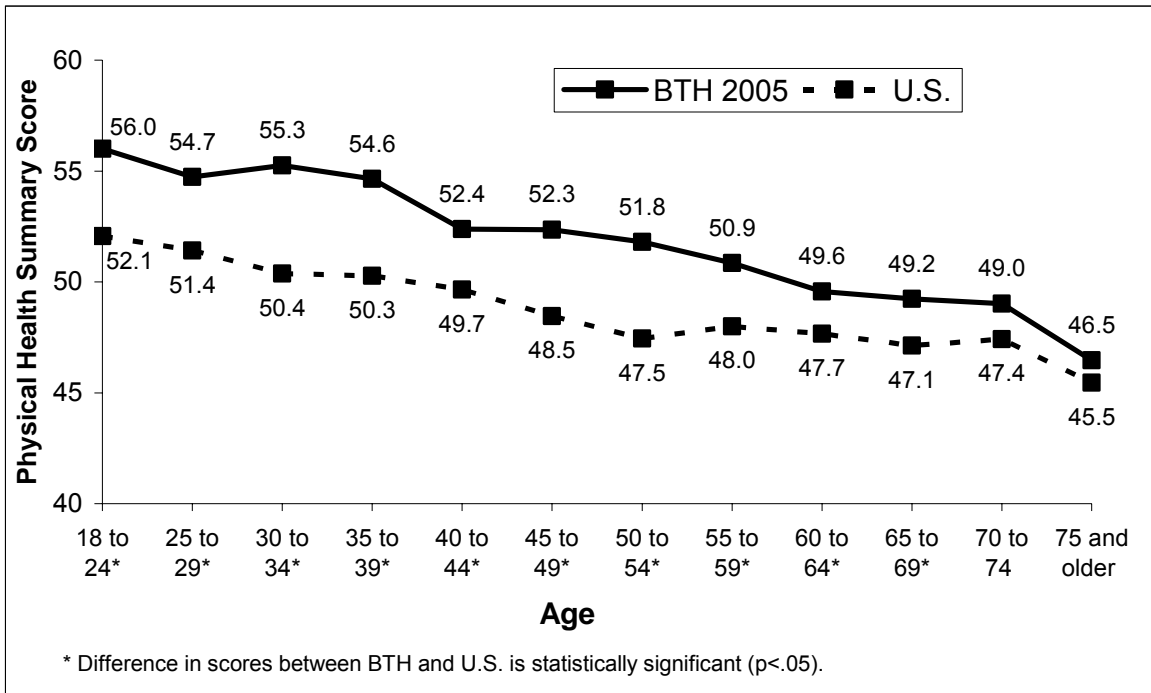
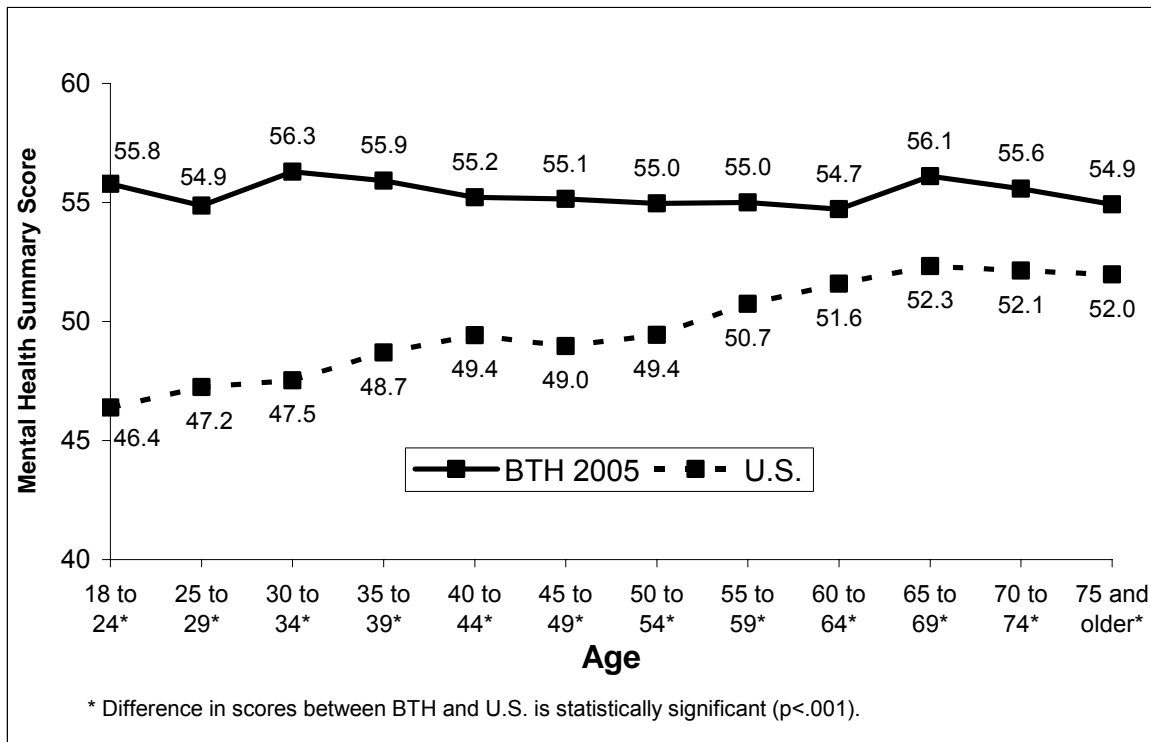


Figure 10.2: Mental Health Summary Scores By Age for Bridge to Health Adult Residents and the U.S. Adult Population¹



¹ Source: Ware JE, Kosinski M, Dewey JE and Gandek B. How to Score and Interpret Single-Item Health Status Measures: A Manual for Users of the SF-8™ Health Survey. Lincoln, RI: QualityMetric Incorporated, 2001.

APPENDIX

Appendix A

Bridge to Health Survey 2005 Supporting Sponsors

Aitkin County Health & Human Services*
American Cancer Society, Midwest Division
American Lung Association of Minnesota
Arrowhead Area Agency on Aging
Benedictine Health System
Carlton-Cook-Lake-St. Louis County Community Health Board
Carlton County Public Health and Human Services*
College of St. Scholastica, Center for Leadership and Innovation in Healthcare*
Community Memorial Hospital & Sunnyside Health Care Center
Community Health Information Collaborative
Cook County Public Health and Human Services *
Cook County North Shore Hospital
Cook Hospital & Nursing Home
Douglas County Department of Health & Human Services *
Duluth Clinic:
*Adams Clinic-Chisholm, Adams Clinic-Hibbing, Aurora, Babbitt, Deer River, Duluth, Ely,
Hermantown, International Falls, Lakeside, Remer, Superior, Virginia, West Duluth*
Duluth Family Practice Center
Ely-Bloomenson Community Hospital
Fairview Range Regional Health Services
University Medical Center-Mesabi, Mesaba Clinics, Health Line
Falls Memorial Hospital*
First Plan of Minnesota *
Fond du Lac Human Services
Generations Health Care Initiatives, Inc.*
Grand Itasca Clinic and Hospital
Grand Portage Health Service
Human Development Center
Itasca County Health & Human Services*
Koochiching County Health Department *
Lake County Human Services.*
Lake Superior Community Health Center*
Lake View Memorial Hospital & Home
Medica*
Mercy Hospital & Health Care Center
Miller-Dwan Medical Center
Minnesota Department of Health
North Woods Community Health Center
Northstar Physicians

Northeast Minnesota Area Health Education Center
Northland Foundation
Polinsky Medical Rehabilitation Center
Range Mental Health Center, Inc.
Riverwood Healthcare Center *
P.S. Rudie MD & Associates Ltd.
Rural Health Resource Center – Minnesota Center for Rural Health
Sawtooth Mountain Clinic, Inc.
St. Louis County Dept. of Public Health and Human Services
St. Luke's Foundation *
St. Luke's Hospital & Clinics
 Bay Area Health Center, Silver Bay
 Denfeld Medical Center, Duluth
 Hibbing Family Medical Center, Hibbing
 Laurentian Medical Clinic, Virginia
 Mariner Medical Clinic, Superior, WI
 Miller Creek Medical Clinic, Hermantown
 Mount Royal Medical Center, Duluth
 St. Luke's Internal Medicine Associates, Duluth
 Duluth Internal Medicine Associates, Duluth
St. Mary's Hospital of Superior
St. Mary's Medical Center
SMDC Foundation *
SuperiorHealth Medical Group
 Piedmont, Proctor, Two Harbors
UCare Minnesota *
UMD Health Services
University of Minnesota Medical School Duluth, Dept. of Family Medicine
Women's Health Center

* Indicates Financial Sponsor

Appendix B

Bridge to Health Survey 2005 Leadership Team

Project Co-Chairs:

Julie Myhre
Jenny Peterson

Carlton-Cook-Lake-St. Louis County Community Health Board
Generations Health Care Initiatives, Inc.

Steering Committee

Catherine Carter Huber
Rocklon Chapin
Deb Clasen
Susan Congrave
Joanne Erspamer
Joseph Grant
Cindy Hafferty
Jo Ann Hoag
Ann Kinney
Kathy Latour
Jean Larson
Sara Mannerter
Sue McClernon
Pat McKone
Wende Nelson
Buzz Palmer
Bruce Penner
Ruth Pierce
Stacy Ruschmeier
Jim Skoog
Dan Svendsen
Jeff Tucker
Jackie Vezina
Chuck Walt
Amy Westbrook

St. Luke's Foundation
Miller-Dwan Medical Center
Douglas County Dept of Health & Human Services
Koochiching County Health Department
Carlton County Public Health & Human Services
SMDC Foundation
Duluth Family Practice Center
St. Luke's Hospital & Clinics
Minnesota Department of Health
College of St. Scholastica
St. Louis County Dept. of Public Health & Human Services
American Cancer Society
SMDC
American Lung Association
Lake Superior Community Health Center
Generations Health Care Initiatives, Inc.
CareNorth Health System
Itasca County Health & Human Services
Aitkin County Health & Human Services
St. Louis County Dept. of Health & Human Services
Generations Health Care Initiatives, Inc.
CareNorth Health System
Generations Health Care Initiatives, Inc.
Center for American Indian Resources
Minnesota Department of Health

Bridge to Health Survey 2005 Leadership Team

Data Team

Rocklon Chapin	Miller-Dwan Medical Center
Deb Clasen	Douglas County Dept of Health & Human Services
Joanne Erspamer	Carlton County Public Health & Human Services
Joseph Grant	SMDC Foundation
Ann Kinney	Minnesota Department of Health
Jean Larson	St. Louis County Dept. of Public Health & Human Services
Sara Mannetter	American Cancer Society
Pat McKone	American Lung Association
Julie Myhre	Carlton-Cook-Lake-St. Louis County Community Health Board
Wende Nelson	Lake Superior Community Health Center
Bruce Penner	CareNorth Health System
Jenny Peterson	Generations Health Care Initiatives, Inc.
Ruth Pierce	Itasca County Health & Human Services
Jim Skoog	St. Louis County Dept. of Public Health & Human Services
Jeff Tucker	CareNorth Health System
Jackie Vezina	Generations Health Care Initiatives, Inc.
Amy Westbrook	Minnesota Department of Health

Communications Team

JoAnne Axtell	SMDC
Dana Bergstrom	Lake Superior Community Health Center
Catherine Carter Huber	St. Luke's Foundation
Joseph Grant	SMDC Foundation
Mary Greene	St. Luke's Hospital & Clinics
Julie Myhre	Carlton-Cook-Lake-St. Louis County Community Health Board
Cathy Nevanen	First Plan of Minnesota
Jenny Peterson	Generations Health Care Initiatives, Inc.
Stacy Ruschmeier	Aitkin County Health & Human Services
Jim Skoog	St. Louis County Dept. of Public Health & Human Services

Appendix C

**Bridge to Health Survey 2005
SURVEY INSTRUMENT**

1. Our records indicate you live in _____ county is that correct?
1 Yes 2 No >> What county do you live in? _____

2. Is there a place that you usually go to when you are sick or need advice about your health?
1 Yes (**Go to Q3**) 2 No, (**Skip to Q5**)
3 No, more than one place (**Skip to Q4**)
7 (Don't Know) (**Skip to Q5**) 9(Refused) (**Skip to Q5**)

3. What kind of place is it? **[READ]**
1 A doctors office 2 An HMO 3 A hospital outpatient clinic
4 Some other health center 5 An emergency room
6 Some other place (Specify) _____
7 (Don't know) 9 (Refused)
(SKIP TO Q 5)

4. What kind of place do you go to most often? **[READ]**
1 A doctors office 2 An HMO 3 A hospital outpatient
4 Some other health center 5 An emergency room
6 Some other place (Specify) _____
7(Don't know) 9 (Refused)

5. In the past year was there a time when you thought you needed medical care but did not get it or delayed getting it?
1 Yes 2 No (**Skip to Q7**) 7 (DK) (**Skip to Q 7**) 9 (Refused) (**Skip to Q7**)

6. Why was that? (Do not read responses probe for WHAT WAS THE MOST IMPORTANT REASON AND WRITE THAT NUMBER IN THE BOX)

_____ Most important reason _____	_____ Second most important
-----------------------------------	-----------------------------

<u>01</u> Could not get an appointment	<u>02</u> Didn't know where to go
<u>03</u> Do not like doctors	<u>04</u> Inconvenient times
<u>05</u> Could not get off work	<u>06</u> Had no one to take care of children
<u>07</u> Transportation problems	<u>08</u> Not treated with respect
<u>09</u> It was too far to go	<u>10</u> Didn't think it was serious enough
<u>11</u> Too nervous or afraid	<u>12</u> It cost too much
<u>13</u> Insurance didn't cover it	<u>14</u> Other (specify) _____
<u>97</u> (Don't Know)	<u>99</u> (Refused)

7. In the past year was there a time when you wanted to talk with or seek help from a health professional about emotional problems such as stress, depression, excess worrying, troubling thoughts or emotional problems, but did not or delayed talking with someone?

1 Yes 2 No (**Skip to Q9**) 7 Don't Know (**Skip to Q 9**) 9 Refused (**Skip to Q9**)

8. Why was that? (Do not read responses probe for WHAT WAS THE MOST IMPORTANT REASON AND WRITE THAT NUMBER IN THE BOX)

____	____
Most important reason	Second most important

- | | |
|--|---|
| <u>01</u> Could not get an appointment | <u>02</u> Didn't know where to go |
| <u>03</u> Do not like doctors | <u>04</u> Inconvenient times |
| <u>05</u> Could not get off work | <u>06</u> Had no one to take care of children |
| <u>07</u> Transportation problems | <u>08</u> Not treated with respect |
| <u>09</u> It was too far to go | <u>10</u> Didn't think it was serious enough |
| <u>11</u> Too nervous or afraid | <u>12</u> It cost too much |
| <u>13</u> Insurance didn't cover it | <u>14</u> Other (specify)_____ |
| <u>97</u> (Don't Know) | <u>99</u> (Refused) |

9. In the past 6 months which statement best describes medications prescribed for you? [READ]

- 1 I had no prescriptions written for me (**Skip to Q 11**)
2 I had prescriptions written for me and filled them all (**Skip to Q 11**)
3 I had prescriptions written for me and did not fill at least one of them
7 (Don't know) 9 (Refused)

10. Why was that? [READ] (If more than one prescription code for the last prescription not filled.) (PROBE FOR MOST IMPORTANT WRITE THAT NUMBER IN THE BOX)

____	____
Most important reason	Second most important

- | | |
|---|--|
| <u>1</u> The medicine was too expensive | <u>2</u> I don't like taking medications |
| <u>3</u> I didn't like the side effects | <u>4</u> Transportation problems |
| <u>5</u> My insurance didn't cover it | <u>6</u> Other (specify)_____ |
| <u>7</u> (Don't Know) | <u>9</u> (Refused) |

11. In the past year, have you postponed dental work?

- 1 Yes 2 No (**Skip to Q13**)
7 Don't know (**Skip to Q13**) 9 Refused (**Skip to Q 13**)

12. Why was that? (PROBE MOST IMPORTANT AND WRITE IN BOX)

____	____
Most important reason	Second most important

- | | |
|----------------------------------|---------------------------------------|
| <u>1</u> It cost too much | <u>2</u> Could not get an appointment |
| <u>3</u> Transportation problems | <u>4</u> Too nervous or afraid |
| <u>5</u> I don't have insurance | <u>6</u> Other (specify)_____ |
| <u>7</u> (Don't Know) | <u>9</u> (Refused) |

13. Who would you contact for help or information during a local outbreak of an infectious disease such as SARs or Meningitis? **(Circle all that apply)**

- 1 Red Cross 2 Law enforcement 3 Fire department
4 Local doctor's office 5 Local Hospital 6 Local health department
7 Call 911 8 Other (Specify)_____ 7 (DK) 9 (Refused)

14. Who would you contact for help or information during a bio-terrorism attack in your area such as Anthrax or Small Pox? **(Circle all that apply)**

- 1 Red Cross 2 Law enforcement 3 Fire department
4 Local doctor's office 5 Local Hospital 6 Local health department
7 Call 911 8 Other (Specify)_____ 7(DK) 9 (Refused)

15. If a neighbor or friend appeared to be suffering from a mental health problem such as serious depression or problems with emotions and asked for your assistance, which one of the following would you suggest they contact? **[READ]**

- 1 Physician or health care provider 2 Church or faith community
3 Their family or friends 4 County agencies
5 Mental health services from phone book 6 Internet
7 (Don't know) 9 (Refused)

16. As I read a list places please indicate your opinion of whether smoking should be allowed.

	<u>Allowed in</u> <u>All areas</u>	<u>Allowed in</u> <u>some areas</u>	<u>Not</u> <u>allowed</u>	<u>DK</u>	<u>REFUSED</u>
a. Restaurants	1	2	3	7	9
b. Bars and cocktail lounges	1	2	3	7	9
c. Indoor work areas	1	2	3	7	9
d. Outdoor sporting events and concerts	1	2	3	7	9

17. Please answer yes or no to whether you have any of the following types of health insurance?

	<u>Yes</u>	<u>No</u>	<u>DK</u>	<u>RF</u>
a. Health insurance or an HMO through your work or union	1	2	7	9
b. Health insurance or an HMO through someone else's work or union	1	2	7	9
c. Health insurance or an HMO bought directly by yourself or your family	1	2	7	9
d. Indian or Tribal Health Service	1	2	7	9
e. Health Insurance Risk Sharing Plan (HIRSP) (WI)	1	2	7	9
f. Healthy Start (WI)	1	2	7	9
g. Medicare	1	2	7	9
h. BadgerCare (WI)	1	2	7	9
i. Medicaid, Medical Assistance, PMAP	1	2	7	9
j. Minnesota Comprehensive Health Association (MCHA)	1	2	7	9
k. General Assistance Medical Care (GAMC)	1	2	7	9
l. MinnesotaCare (MN)	1	2	7	9
m. Champus, TriCare or Veterans benefits	1	2	7	9
n. None [DO NOT READ] (SKIP TO 20)	1	2	7	9
o. Other (Specify)_____	1	2	7	9

18. Some health insurance only covers hospitalization. Is this the kind you have?
1 Yes 2 No 7(Don't know) 9 (Refused)

19. For the past year would you say your insurance status was: **[READ]**
1 You were insured for the entire year
2 You were insured for part of the year, and uninsured for part of the year
3 You were uninsured for the entire year 7(Don't know) 9 (Refused)

(SKIP TO Q 21 IF INSURED)

20. How much a month could you afford to pay for **individual** health insurance that covered visits to the physician, hospitalization, and prescription drugs? Assuming that each physician visit would require a \$5 co-pay, each prescription would cost you \$5, and going to the hospital would require a \$100 co-pay?
 \$ _____. Per month 7777 (Don't know) 9999 (Refused)

B. How much could you afford for the same insurance for family coverage?
 \$ _____. Per month 7777 (Don't know) 9999 (Refused)

21. In the past year, has the increase in health care expenses caused you to:

	Yes	No	DK	RF
a. Look for cheaper insurance	1	2	7	9
b. Delay going to the doctor	1	2	7	9
c. Go to the doctor only for more serious conditions or symptoms	1	2	7	9
d. Talk to the doctor more carefully about treatment options & cost	1	2	7	9
e. Look for less expensive healthcare providers	1	2	7	9
f. Choose generic drugs when available	1	2	7	9
g. Switch to over the counter medications	1	2	7	9
h. Save additional money in a flexible savings account	1	2	7	9

22. Compared to others your age, would you say that your health is: **[READ]**
1 Excellent 2 Very good
3 Good 4 Fair 5 Poor
7 (Don't know) 9 (Refused)

23. Overall, how would you rate your health during the past 4 weeks? **[READ]**
1 Excellent 2 Very Good 3 Good
4 Fair 5 Poor 6 Very Poor
7 (Don't know) 9 (Refused)

24. Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? **[Read and mark Yes or No for each item]**

	<u>Yes</u>	<u>No</u>	<u>DK</u>	<u>RF</u>
Allergies (not including allergies to medication)	1	2	7	9
Overweight	1	2	7	9
Back problems	1	2	7	9
Cancer	1	2	7	9
Chronic lung disease (including chronic bronchitis or emphysema)	1	2	7	9
Diabetes	1	2	7	9
Chronic digestive disease (such as ulcers, colitis, etc.)	1	2	7	9
Chronic Headaches	1	2	7	9
Heart trouble or angina	1	2	7	9
Stroke related health problems	1	2	7	9
High blood pressure or hypertension	1	2	7	9
High cholesterol or triglycerides	1	2	7	9
Joint problems (such as arthritis, rheumatism or gout)	1	2	7	9
Kidney or bladder problems (including prostate problems)	1	2	7	9
Depression	1	2	7	9
Anxiety or panic attacks	1	2	7	9
Other mental health problems	1	2	7	9
Obesity	1	2	7	9
Other (please specify)	1	2	7	9

In order to better understand the health needs of the community I am going to read a list of health tests you might have had.

25. Have you had your blood pressure checked? **[READ]**

- | | | |
|----------------------------------|----------------------------------|--------------------|
| <u>1</u> Within the past year | <u>2</u> Within the past 2 years | |
| <u>3</u> Within the past 5 years | <u>4</u> Five or more years ago | |
| <u>5</u> Never | <u>7</u> (Don't know) | <u>9</u> (Refused) |

26. Have you had your blood cholesterol checked? **[READ]** *[PROBE:Blood cholesterol is a fatty substance found in the blood.]*

- | | | |
|----------------------------------|----------------------------------|--------------------|
| <u>1</u> Within the past year | <u>2</u> Within the past 2 years | |
| <u>3</u> Within the past 5 years | <u>4</u> Five or more years ago | |
| <u>5</u> Never | <u>7</u> (Don't know) | <u>9</u> (Refused) |

(MEN SKIP TO Q 31)

27. Have you had a mammogram.? **[READ]** *[PROBE:A mammogram is an x-ray of each breast to look for breast cancer.]*

- 1 Within the past year 2 Within the past 2 years
3 Within the past 5 years 4 Five or more years ago
5 Never 7 (Don't know) 9 (Refused)
8 (Not applicable, have had a double mastectomy)

28. Have you performed a breast self-exam? **[READ]**

- 1 Within the past year 2 Within the past 2 years
3 Within the past 5 years 4 Five or more years ago
5 Never 7 (Don't know) 9 (Refused)
8 (Not applicable, have had a double mastectomy)

29. Have you had a hysterectomy? **[READ]** *(PROBE:A hysterectomy is an operation to remove the uterus or womb.)*

- 1 Yes (**Skip to Q32**) 2 No 7(Don't know/Not sure) 9 (Refused)

30. Have you had a Pap smear? **[READ]** *[PROBE: A Pap smear is a test for cancer of the cervix.]*

- 1 Within the past year 2 Within the past 2 years
3 Within the past 5 years 4 Five or more years ago
5 Never 7 (Don't know) 9 (Refused)
8 (Not applicable, have had a complete hysterectomy)

(WOMEN SKIP TO Q32)

31. Have you had a prostate exam? **[READ]** *[PROBE: This is commonly called a digital rectal exam. IF FURTHER EXPLANATION NEEDED: A prostate exam is when a doctor or other health professional inserts a finger in the rectum to check the prostate for problems.]*

- 1 Within the past year 2 Within the past 2 years
3 Within the past 5 years 4 Five or more years ago
5 Never 7 (Don't know) 9 (Refused)

32. Have you had any screening for colon cancer? **[READ]** *{PROBE: Examples are proctoscopic exam and sigmoidoscopy. NOTE, THIS ALSO INCLUDES FECAL OCCULT BLOOD AND BARIUM ENEMA.}*

- 1 Within the past year 2 Within the past 2 years
3 Within the past 5 years 4 Five or more years ago
5 Never 7 (Don't know) 9 (Refused)

33. Do you consider yourself:

- 1 Overweight 7 (Don't know)
2 Underweight
3 About average 9 (Refused)

34. In an average week how many days do you get at least 30 minutes of moderate physical activity like walking, cycling and vacuuming.

___ # of days per week 8 (Don't know) 9 (Refused)

35. In an average week how many days do you participate in vigorous physical activity that lasts at least 20 minute like stair-master, lap-swimming, heavy yard work, or skiing and jogging?

___ # of days per week 8 (Don't know) 9 (Refused)

36. When you are at work, which of the following best describes you? **[READ]**

1 Mostly sitting or standing 2 Mostly walking or
3 Mostly heavy labor or physically demanding work
4 Retired/Not employed/Student 7 (Don't know) 9 (Refused)

37. *(For those who do NOT engage in moderate and/or vigorous exercise totaling 3 or more times per week)*

What prevents you from exercising 3 or more times per week? Is there anything else that prevents you from exercising 3 or more times per week? **[Do not read response options. Mark all that apply]** Any other reasons?

01 Don't want to exercise 02 No benefits to exercise
03 Not enough time 04 Disabled or too sick
05 No facilities for exercising 06 No one to exercise with
07 Not enough money 08 Other, Specify
97(Don't know) 99 (Refused)

38. During **the past 4 weeks** how much did your physical health problems limit your usual physical activities (such as walking or climbing stairs)? **[READ]**

1 Not at all 2 Very little 3 Somewhat 4 Quite a lot
5 Could not do physical activities 7 (Don't know) 9 (Refused)

39. During the **past 4 weeks** how much difficulty did you have doing your daily work, both at home and away from home, because of your physical health? **[READ]**

1 Not at all 2 A little bit 3 Some 4 Quite a lot
5 Could not do daily work 7 (Don't know) 9 (Refused)

40. How much bodily pain have you had during the **past 4 weeks**? **[READ]**

1 None 2 Very mild 3 Moderate 4 Severe
5 Very severe 7 (Don't know) 9 (Refused)

41. During the **past 4 weeks** how much energy did you have? **[READ]**

1 Very much 2 Quite a lot 3 Some 4 A little
5 None 7 (Don't know) 9 (Refused)

42. During **the past 4 weeks** how much did your physical health or emotional problems limit your usual social activities with family and friends? **[READ]**

- 1 Not at all 2 Very Little 3 Somewhat 4 Quite a lot
5 Could not do social activities 7 (Don't know) 9 (Refused)

43. During **the past 4 weeks** how much have you been bothered by emotional problems (such as feeling anxious, depressed, or irritable)? **[READ]**

- 1 Not at all 2 Slightly 3 Moderately 4 Quite a lot
5 Extremely 7 (Don't know) 9 (Refused)

44. During **the past 4 weeks** how much did personal or emotional problems keep you from doing your usual work, school, or other daily activities? **[READ]**

- 1 Not at all 2 Very little 3 Somewhat 4 Quite a lot
5 Could not do daily activities 7 (Don't know) 9 (Refused)

45. How often do you use seatbelts when you drive or ride in a car? **[READ]**

- 1 Always 2 Almost always 3 Sometimes
4 Seldom 5 Never 6 (Never ride or drive in car)
7 (Don't know) 9 (Refused)

46. Do you use smokeless tobacco, such as snuff or chewing tobacco? **[READ]**

- 1 Never Have (**Skip to Q 48**) 2 I used to but quit (**Skip to Q 48**)
3 Yes 7 (Don't know) 9 (Refused)

47. How many times in the past month did you use smokeless tobacco? **[READ]**

- 1 Everyday 2 Several times per week 3 Once a week
4 Less than once per week 5 Not at all
7 (Don't know) 9 (Refused)

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

- 1 Yes 2 No (**Skip to 54**) 7 (Don't know) 9 (Refused)

49. How old were you when you first started smoking cigarettes on a regular basis?

- ___ ___ Years 98 Never smoked regularly 97 (Don't know) 99 (Refused)

50. Are you currently a smoker?

- 1 Yes 2 No (**Skip to 54**) 7 (Don't know) 9 (Refused)

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

- ___ # cigarettes (1 pack = 20 cigarettes) 7 (Don't know) 9 (Refused)

52. In the last year, how many times have you quit smoking for at least one day or longer?

- ___ # times 77 (Don't know) 99 (Refused)

53. Are you seriously thinking of quitting smoking? Would you say:
1 Yes, within the next 30 days 2 Yes, within the next 6 months
3 Yes, more than 6 months from now 4 No, not thinking of quitting
7 (Don't know) 9 (Refused)

54. Which of the following statements best describes the rules about smoking inside your home? Do not include decks, garages, or porches. **[READ]**
1 Smoking is allowed anywhere and at any time
2 Smoking is allowed in some places or at some times
3 Smoking is not allowed in any place or at any time
7 (Don't know) 9 (Refused)

55. During the past month, have you had at least one drink of any alcoholic beverage such as beer, wine, wine coolers, or liquor?
1 Yes 2 No **(Skip to Q 59)** 7 (Don't know) 9 (Refused)

56. How many days per week or per month did you drink any alcoholic beverages on the average?
 Days per week **OR** Days per month 77 (Don't know) 99 (Refused)

57. A drink is one can of beer, 1 glass of wine, 1 bottle of wine cooler, 1 cocktail, or 1 shot of liquor. On the days that you drink, about how many drinks do you have on average?
 Number of drinks 7 (Don't know) 9 (Refused)

58. Considering all types of alcoholic beverages, that is beer, wine, wine coolers, cocktails, and liquor as drinks, how many times in the past month did you have 5 or more drinks on one occasion? *(Note: if none enter zero for the number of times.)*
 Number of times 7 (Don't know) 9 (Refused)

59. In the past year did you drive or ride in any of the following types of vehicles when you thought that the driver had too much to drink?

	<u>Yes</u>	<u>No</u>	<u>DK</u>	<u>RF</u>
Car or truck	1	2	7	9
Boat	1	2	7	9
Snowmobile/ATV/Jet Ski	1	2	7	9
Motor cycle	1	2	7	9

Finally, a few questions that will help us compare your answers with others in your community.

60. In what year were you born?
 Year 9999 (Refused)

61. What is the highest grade you completed in school? [READ]
1 8th grade or less 2 Some high school 3 High School Graduate/GED
4 Some college or other schooling after high school such as vocational/technical
5 Graduate of a vocational or trade school 6 Associate degree
7 Bachelors degree 8 Post graduate or professional degree 9 (Refused)

62. Are you currently employed: [READ]
1 Full time employed (**SKIP TO Q64**) 2 Part time employed (**SKIP TO Q64**)
3 Self-employed (**SKIP TO Q64**) 4 Not in labor force
7 (Don't know) (**SKIP TO Q64**) 9(Refused) (**SKIP TO Q64**)

63. Is that because you are: [READ]
1 Disabled 2 Retired 3 Homemaker 4 Student
5 Looking, but haven't found work 6 Not looking for work
7 (Don't know) 9 (Refused)

64. Are you of Hispanic or Latino origin?
1 Yes 2No 7 (Don't know) 9(Refused)

65. What is your race? Would you say you are (*pause after each one*)
1 American Indian 2 Asian or Pacific Islander
3 Black or African American 4 White
5 Other, Please specify: _____ 7 (Don't Know) 9 (Refused)

66. How tall are you without shoes?
___ feet ___ inches 7 (Don't Know) 9 (Refused)

67. Approximately how much do you weight?
___ ___ pounds 7 (Don't Know) 9 (Refused)

68. Are you male or female? (If not obvious)
___ Male
___ Female

Last two questions:

69. Including yourself, how many adults and how many children live in your household?
___ Number of adults ___ Number of children under 5 years old
___ Number of children 5 to 17 years old
___ (Refused)

70. I'm going to read you some categories for your household income from all sources for last year before taxes. Please stop me when I get to the correct category for you/your family.

WRITE NUMBER IN BOX