



**Northeastern Minnesota & Northwestern Wisconsin**

## **Regional Health Status Survey**

*Regional Summary*

*Data Tables*

**2010**

A Collaborative Effort Among  
Regional Health Organizations

First Edition  
May 2011  
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# Forward and Acknowledgements

Since it was first conducted in 1995, the *Bridge to Health Survey* data has become a trusted source of population-based health status information that numerous organizations and local coalitions have used to improve the health of people throughout this Northeastern Minnesota / Douglas County Wisconsin region. This is the fourth survey which has been conducted every 5 years.

As in the past, the survey process has been a collaborative effort. This year 60 sponsoring organizations were involved representing public health, hospitals, clinics, health systems, health plans, tribal health services, non-profit organizations, government agencies, and higher education (A complete listing is included in Appendix A).

A project of this magnitude involves many key people. We wish to acknowledge the work of those working directly on the survey research team:

- Mike Finch, PhD, and staff at Finch & King, Inc. who developed the survey methodology, conducted the telephone survey interviews, and provided data analysis. Mike again served as the facilitator of the survey process as he has done for all four *Bridge to Health Surveys*.
- Ann Kinney, PhD, Minnesota Health Department, Center for Health Care, assisted with the survey development process, data analysis, and provided a wealth of research expertise. Ann, too, has served as a consultant for all four surveys.
- Jake Peters, Generations Health Care Initiatives, served as the Data Manager responsible for aggregating the data and managing all aspects of survey reporting.
- Chelsey Doepner and Kayla Engebretson, student interns from University of Minnesota-Duluth, who assisted with several other aspects of the survey process.

In addition, we thank those who served on the Data Team and the Communication Team (A listing is included in Appendix B). These individuals provided invaluable assistance with development of the survey instrument, providing input on the survey process, informing regional residents that the survey was taking place, and planning the conference announcing the results.

Of course this survey would not be possible without financial sponsors. We thank Generations Health Care Initiatives, Inc. for stepping forward as the presenting sponsor and for providing staff to coordinate the survey. This year the Minnesota Statewide Health Improvement Program (SHIP) and local public health through the two Community Health Boards were key sponsors. St. Luke's/St. Luke's Foundation and the Essentia Health/Essentia Health's SMDC Foundation also provided major contributions. We wish to thank the many other organizations listed on the following page that are financial sponsors.

We are very proud of the collaborative spirit among health-related organizations in this region that support the Bridge to Health Survey. We are confident that these organizations together with local coalitions will use the survey information to help make this region's population one of the healthiest in the nation.

Julie Myhre  
2010 Bridge to Health Survey Co-chair  
Carlton-Cook-Lake- St. Louis Counties

Jenny Peterson  
2010 Bridge to Health Survey Co-chair  
Generations Health Care Initiatives, Inc.





# ***BRIDGE TO HEALTH SURVEY 2010***

## ***Financial Sponsors***

<b>Presenting Sponsor</b>	Generations Health Care Initiatives
<b>Platinum Sponsor</b>	Statewide Health Improvement Program - Minnesota Dept. of Health Carlton-Cook-Lake-St Louis Community Health Board Aitkin- Itasca- Koochiching Community Health Board
<b>Gold Sponsors</b>	St. Luke's /St. Luke's Foundation Essentia Health/Essentia Health's SMDC Foundation
<b>Silver Sponsors</b>	First Solutions Medica Foundation
<b>Bronze Sponsors</b>	College of St. Scholastica, Center for Healthcare Innovation Fairview Range Memorial Blood Centers
<b>Contributors</b>	Aitkin County Health and Human Services Carlton County Public Health and Human Services Community Memorial Hospital, Cloquet Ely- Bloomenson Community Hospital and Nursing Home Integrity Health Network Lake Superior Community Health Center Mercy Hospital & Health Care Center, Moose Lake Riverwood Healthcare Center, Aitkin UCare



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# INTRODUCTION

The *2010 Bridge to Health Survey* marks the fourth time this survey has been conducted in the Northeastern Minnesota/Douglas County WI region. It was first conducted in 1995 and has been completed every five years, 2000, 2005 and 2010.

The primary purpose of the *Bridge to Health Survey 2010* is to provide information that will 1) foster a greater understanding of the health of the region's population and 2) motivate organizations and community groups to address pressing health issues to improve the area's health status.

The major impetus for conducting the survey is the lack of local information on key health indicators. State and national health survey data often is not representative of local areas, especially rural areas. This northern region is more sparsely populated, demographically older, and has a lower median household income than either Minnesota or Wisconsin. The sample size of statewide surveys is too small to allow for county or community level analysis. The *Bridge to Health Survey* seeks to fill that gap in local data to provide a more complete picture of the region's current health status.

Similar to the past surveys, the *2010 Bridge to Health Survey* was designed to gather population-based health status data on adult residents on a variety of key health issues:

- Prevalence of medical and mental health conditions
- Health-related behavior (obesity, diet, exercise, smoking, alcohol use)
- Preventative health screenings
- Access to health and dental care

Each time the *Bridge to Health Survey* has been conducted a standard set of items has been included in the question set. However, each year there have been some modifications in which items have been added or deleted reflecting interest in current issues. The vast majority of questions are validated items from national and state surveys (i.e., Behavioral Risk Factor Surveillance System, National Health Interview Survey, etc.) to allow for comparison with state and national norms.

## Geographic Area

The geographic area for the *2010 Bride to Health Survey* includes eight Northeastern Minnesota counties and Douglas County, Wisconsin. The total population is estimated at 384,000; the adult population age 18+ is estimated at 306,000 (2010 US Census Estimates). The area includes:

Aitkin County	Pine County
Cook County	St. Louis County
Carlton County	St. Louis County without Duluth
Itasca County	City of Duluth
Koochiching County	Douglas County, WI
Lake County	

## Collaboration Among Health Organizations

A unique feature of the *Bridge to Health Survey 2010* is that nearly all of the health organizations located in the region support it. The organizations represent public health, hospitals, clinics, health systems, health plans, tribal health services, non-profit organizations, government agencies, and higher education. A complete listing of the 60 Supporting Sponsors is included in Appendix A.

Area health organizations collaborated in many ways. Several organizations had staff actively involved in various committees overseeing the survey process (Appendix B). Twenty organizations also contributed financially to the project. (A listing of all Financial Sponsors is on page iii).

## Utilization of Bridge to Health Data

The *Bridge to Health Survey* data is in the public domain. Regional and county level data reports are available through Generations Health Care Initiatives.

Bridge to Health data from past surveys has been widely utilized throughout the region. An evaluation of the first 1995 *Bridge to Health Survey* data demonstrated that the survey results were used extensively by sponsoring organizations (1). The data was most often used for program planning and seeking funding for programs and services in the region.

Primarily survey data has been used for:

- Developing programs and services to address identified health issues
- Program evaluation, such as developing baseline data in order to measure changes in health status over time
- Collaborating with other health organizations and community coalitions to address health issues that one organization cannot effectively do alone
- Using the data to advocate for policy, systems and environmental change
- Leveraging local, state, and national funding for programs

## REFERENCE

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

## METHODOLOGY AND DEMOGRAPHICS

The *Bridge to Health Survey 2010* 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 2010 survey is the fourth time the *Bridge to Health Survey* has been conducted. All four *Bridge to Health surveys* (1995, 2000, 2005 and 2010) were designed with three goals in mind:

- 1) To provide data specific to the nine county region as a whole 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.

A disproportionate stratified sampling method has been employed in all four administrations of the *Bridge to Health Survey*. However, starting with the 2005 survey, the design of the sample differed in several ways from the 1995 and 2000 surveys. The 2005 and 2010 surveys sampled only 10 geographic areas. The final sample size for each area was 450 respondents, resulting in 95% 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 and 2010 were: 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 listed telephone numbers. A random sample of these households from 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 about 34 minutes. The response rate to the survey is 69.5%.

### 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 multi-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).

In calculating weights for the *Bridge to Health* region as a whole, in the next step the data were also weighted by the actual size of the adult population in each of the 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 the stratum counted toward the population in the *Bridge to Health* region as a whole. Population data were obtained from the 2005-2009 American Community Survey 5-Year Estimates (1). (When calculating the weights for county level analysis, a similar procedure was used to calculate weights for St Louis County, as the data were collected separately for Duluth and the remainder of St Louis County.)

The next step was to post-stratify the data based on the American Community Survey Estimates of age and gender for adults within each of the 10 strata (1). This step adjusts 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 to force 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 respondents.

The *Bridge to Health* sample has traditionally utilized a sample of listed, landline telephone numbers. In recent years, an increasing number of U.S. adults have chosen to use wireless (cell) phones rather than landline phones: more than one quarter of U.S. households were estimated to be “cell-only” in 2010 (2).

The failure to include data from residents in the *Bridge to Health* region who do not have landline telephones is a potential source of bias because adults without landline phones may be different from adults who have landline phones. In fact, research usually shows that such adults are more likely to be younger and male, to live in metropolitan areas, and to have some different health habits than adults who have landline phones (2).

Best practices for conducting survey research that incorporates cell phone samples are not currently known. To try to reduce the chances of bias, the *Bridge to Health Survey* included a supplemental cell phone sample for the 2010 survey, but for a number of reasons these efforts were only successful in St. Louis County. Data from this supplemental sample will be examined in conjunction with the data collected via landline for St. Louis County, but these data were not included in this databook.

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 can occur 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 display 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 all tables, responses of “Don’t know” or “Refused” are *not* included in the calculated percentages, as these responses occur very infrequently for most questions.

### **REFERENCES**

1. U.S. Census Bureau, 2005-2009 American Community Survey. Available from:  
[http://factfinder.census.gov/servlet/ACSSAFFacts?\\_submenuId=factsheet\\_0&\\_sse=on](http://factfinder.census.gov/servlet/ACSSAFFacts?_submenuId=factsheet_0&_sse=on).
2. Blumberg, Stephen J., and Julian V. Luke, et al . Wireless Substitution: State-level Estimates From the National Health Interview Survey, January 2007–June 2010.  
<http://www.cdc.gov/nchs/data/nhsr/nhsr039.pdf>

**Table A.1**  
**Characteristics of the Sample**  
 Bridge to Health Survey 2010

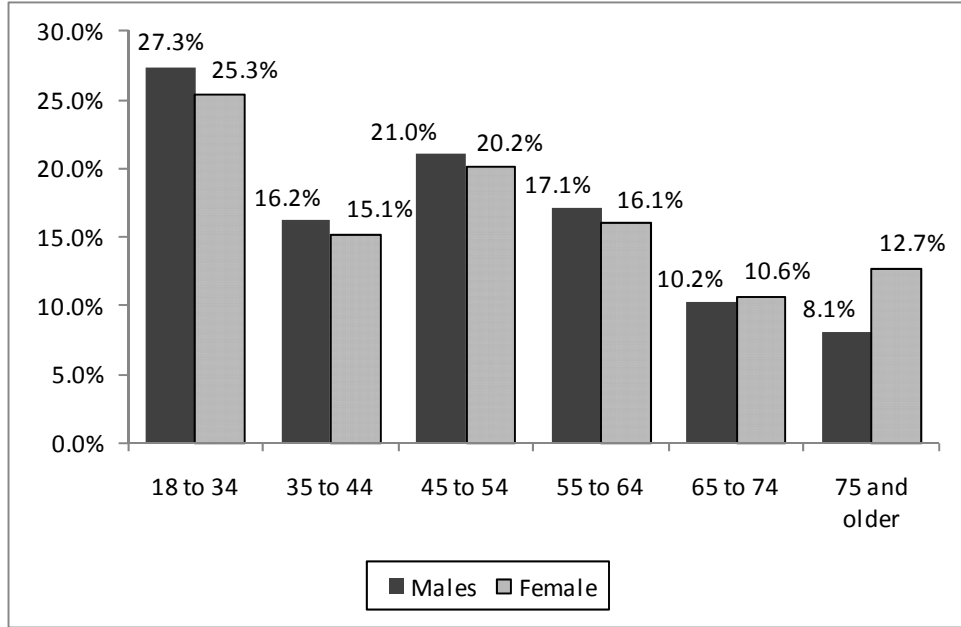
n=4500

Demographic Characteristics	Unweighted Sample		Weighted Sample	
	Frequency	Percent	Frequency	Percent
<b>Overall Results</b>	<b>4500</b>	<b>100.0%</b>	<b>4500</b>	<b>100.0%</b>
<b>Gender</b>				
Male	1926	42.8%	2213	49.2%
Female	2574	57.2%	2287	50.8%
<b>Males by Age</b>				
18 to 34	212	11.0%	601	27.3%
35 to 44	236	12.3%	356	16.2%
45 to 54	327	17.0%	462	21.0%
55 to 64	451	23.4%	377	17.1%
65 to 74	417	21.7%	225	10.2%
75 and older	283	14.7%	178	8.1%
<b>Females by Age</b>				
18 to 34	285	11.1%	574	25.3%
35 to 44	322	12.5%	343	15.1%
45 to 54	421	16.4%	457	20.2%
55 to 64	491	19.1%	364	16.1%
65 to 74	563	21.9%	241	10.6%
75 and older	492	19.1%	288	12.7%
<b>Education<sup>1</sup></b>				
Less than H.S.	353	7.9%	317	7.1%
H.S. Graduate	1404	31.3%	1163	26.0%
Some College	864	19.3%	1119	25.0%
Voc./Assoc. Degree	734	16.4%	762	17.0%
College Graduate	1132	25.2%	1120	25.0%
<b>Poverty Status<sup>2</sup></b>				
200% or Less	1261	31.8%	1157	29.2%
More than 200%	2699	68.2%	2800	70.8%

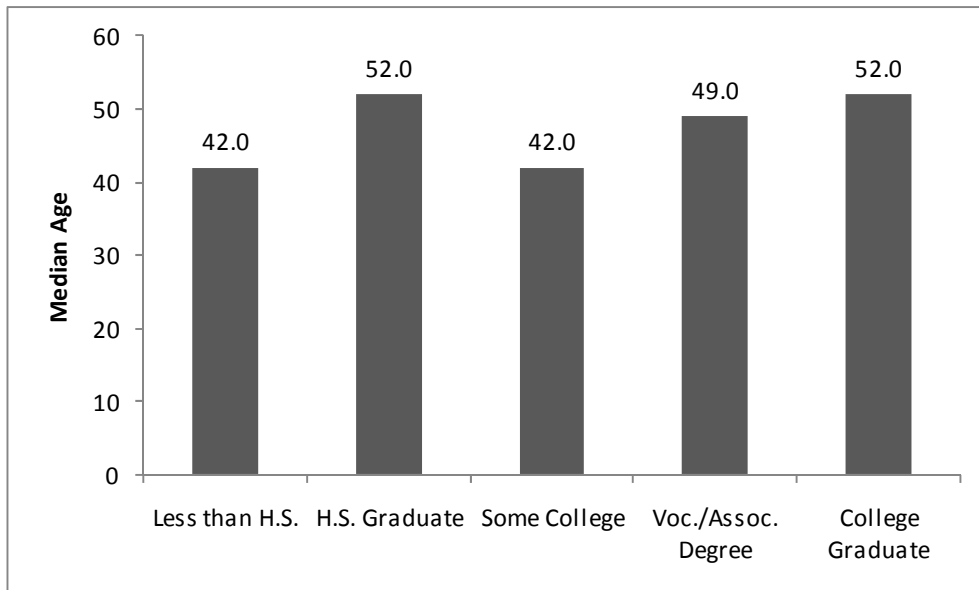
<sup>1</sup> 0.3% were missing education

<sup>2</sup> 12.0% were missing poverty status

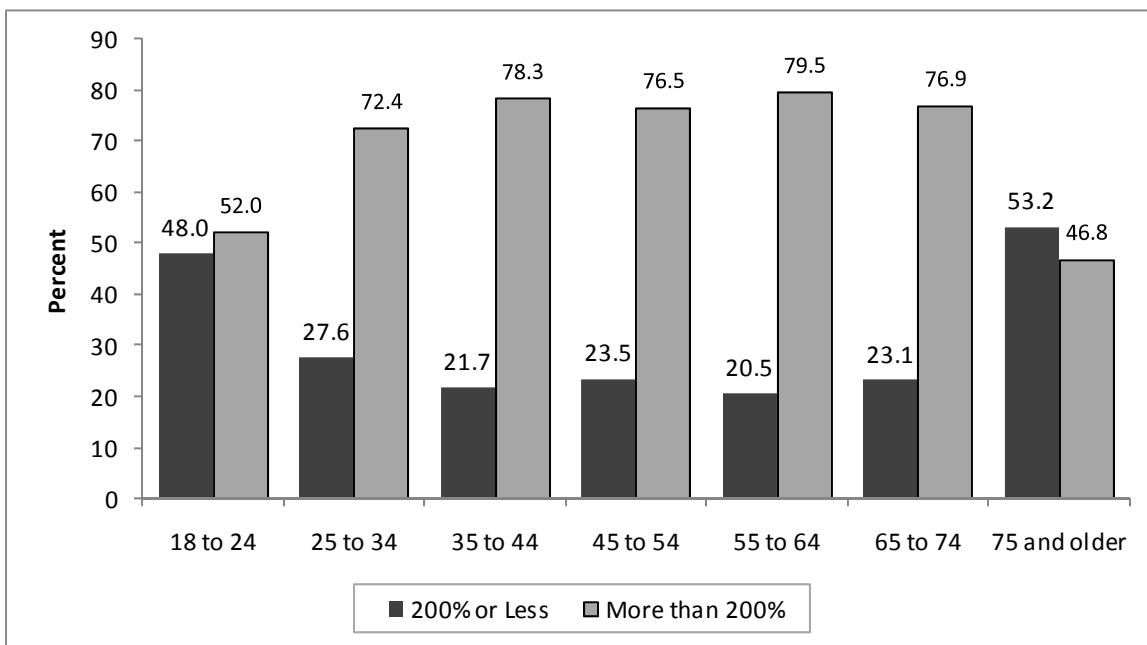
**Figure A.1: Age and Gender Distribution of Sample**



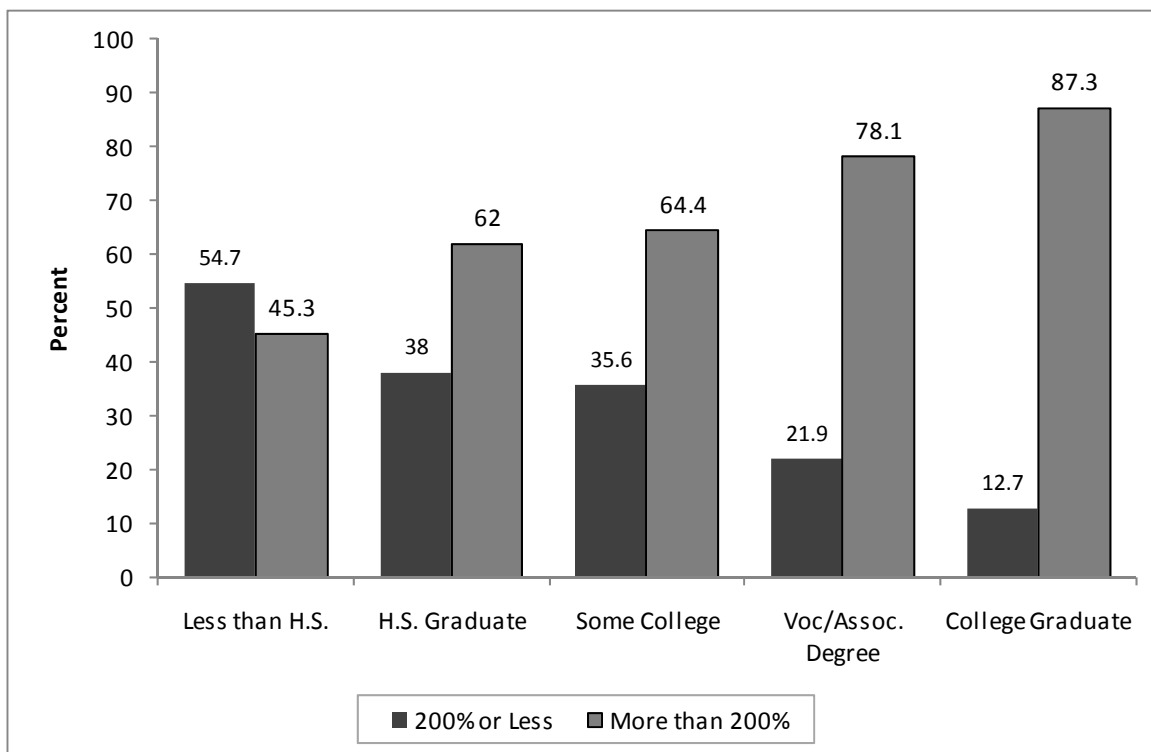
**Figure A.2: Median Age by Educational Attainment**



**Figure A.3: Poverty Status by Age**



**Figure A.4: Educational Attainment by Poverty Status**





# **Chapter 1**

## **HEALTH STATUS**



## Chapter 1: Perceived Health Status

One standard measurement for evaluating the health status of a population is how a person perceives his/her health. The *Bridge to Health Survey 2010* asked participants what they would rate their health on a scale of excellent through poor to measure their perceived health status.

The following table includes national and state data from the 2009 Behavioral Risk Factor Surveillance Prevalence and Trends (BRFSS) data compared to the *2010 Bridge to Health Survey*.

**Perceived Health Status**

Perceived Health Status	Bridge to Health 2010	BRFSS 2009 (1)		
		Minnesota	Wisconsin	National
Excellent	28.8%	21.9%	18.5%	21.0%
Very Good	37.3%	40.6%	39.6%	35.0%
Good	22.9%	27.4%	30.0%	29.9%
Fair/ Poor	11.0%	10.1%	11.8%	14.5%

### REFERENCES

1. Centers for Disease Control and Prevention. Prevalence and Trends Data. *Behavioral Risk Factor Surveillance System Survey Data*. Atlanta, Georgia: U.S. Department of Health and Human Services, 2009. Available from: <http://apps.nccd.cdc.gov/brfss/>. Accessed 2011 Mar 28.

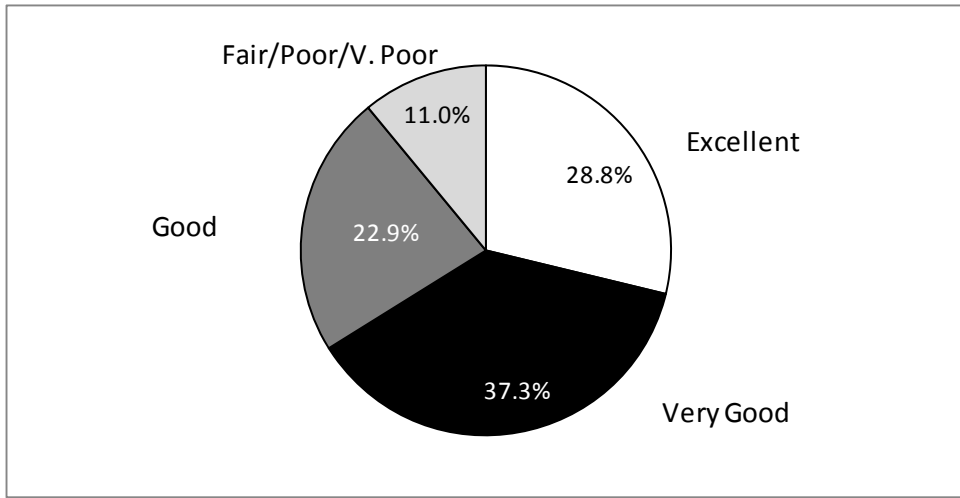
**Table 1.1**  
**Perceived Health Status**  
 Bridge to Health Survey 2010  
 n=4492

**Question:** In general, would you say that your health is: excellent, very good, good, fair, poor, or very poor?

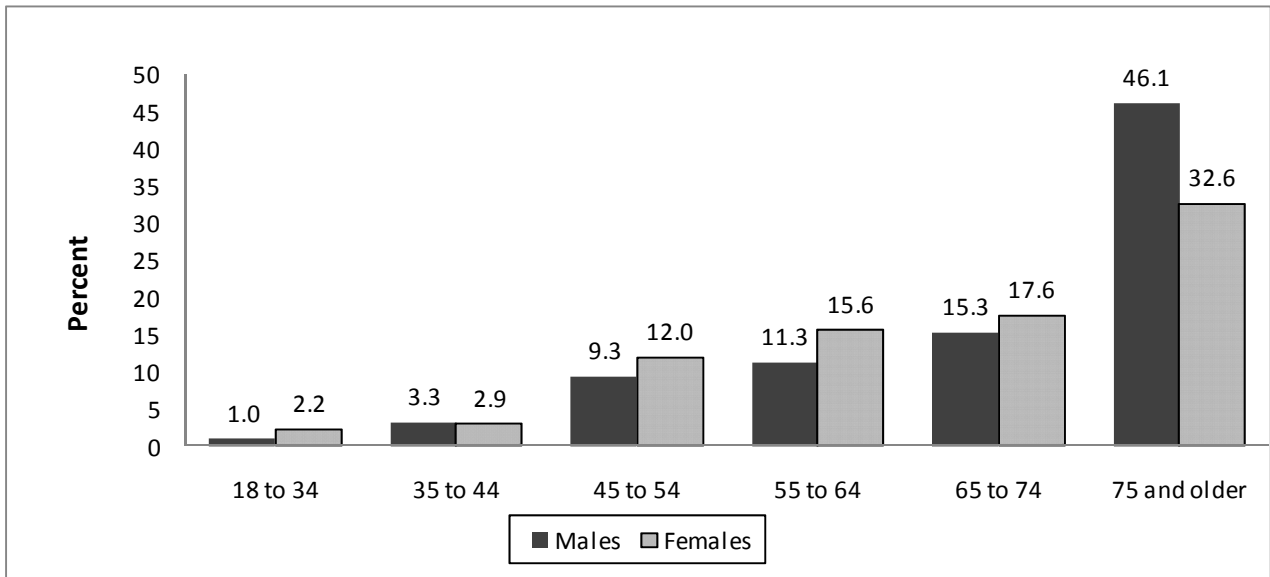
<b>Demographic Characteristics</b>		Excellent	Very Good	Good	Fair/ Poor / Very Poor <sup>1</sup>
<b>Overall Results</b>		<b>28.8%</b>	<b>37.3%</b>	<b>22.9%</b>	<b>11.0%</b>
<b>Gender</b>					
	Male	34.0	33.8	22.1	10.0
	Female	23.7	40.7	23.6	11.9
<b>Males by Age</b>					
	18 to 34	67.9	26.2	5.0	1.0
	35 to 44	42.8	37.7	16.2	3.3
	45 to 54	19.8	40.7	30.1	9.3
	55 to 64	14.9	38.4	35.3	11.3
	65 to 74	13.2	34.2	37.3	15.3
	75 and older	6.0	24.1	23.9	46.1
<b>Females by Age</b>					
	18 to 34	41.7	45.7	10.4	2.2
	35 to 44	30.0	45.5	21.6	2.9
	45 to 54	20.7	45.7	21.6	12.0
	55 to 64	15.3	34.9	34.2	15.6
	65 to 74	12.8	38.4	31.1	17.6
	75 and older	5.1	26.4	35.9	32.6
<b>Education</b>					
	Less than H.S.	11.0	40.8	26.6	21.7
	H.S. Graduate	17.6	37.7	28.9	15.9
	Some College	43.1	30.7	18.6	7.7
	Voc./Assoc. Degree	23.7	40.0	24.8	11.5
	College Graduate	34.7	41.2	18.4	5.7
<b>Poverty Status</b>					
	200% or Less	21.1	36.3	25.8	16.8
	More than 200%	33.6	38.1	21.4	6.9

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

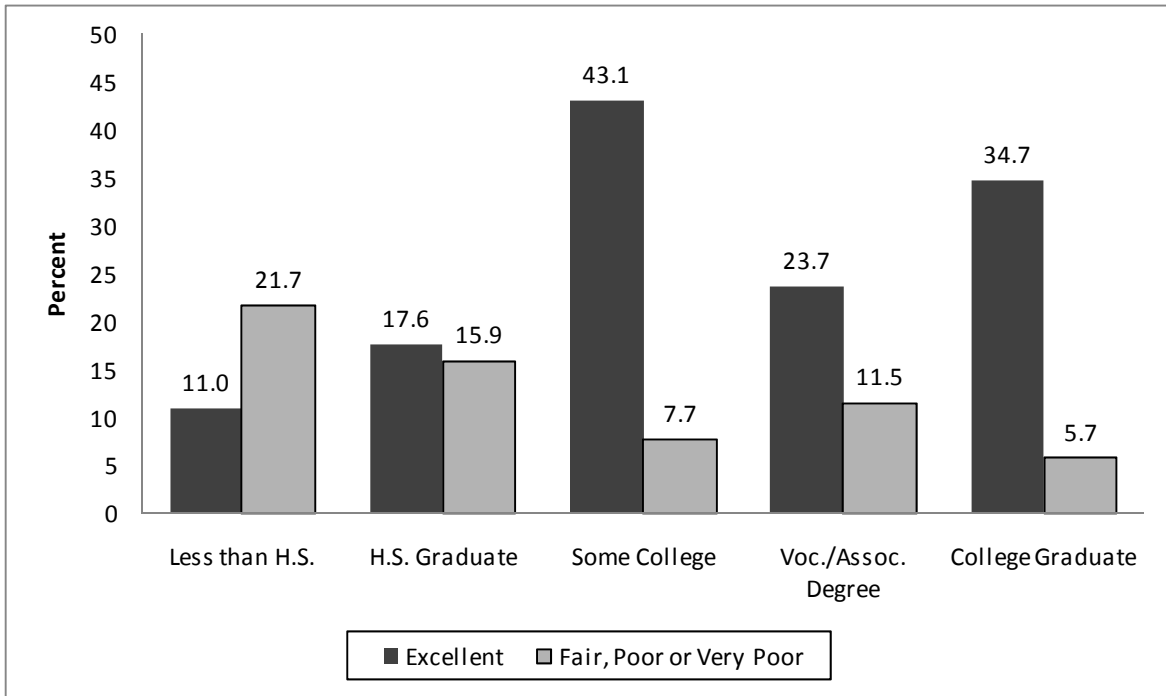
**Figure 1.1a: Perceived Health Status**



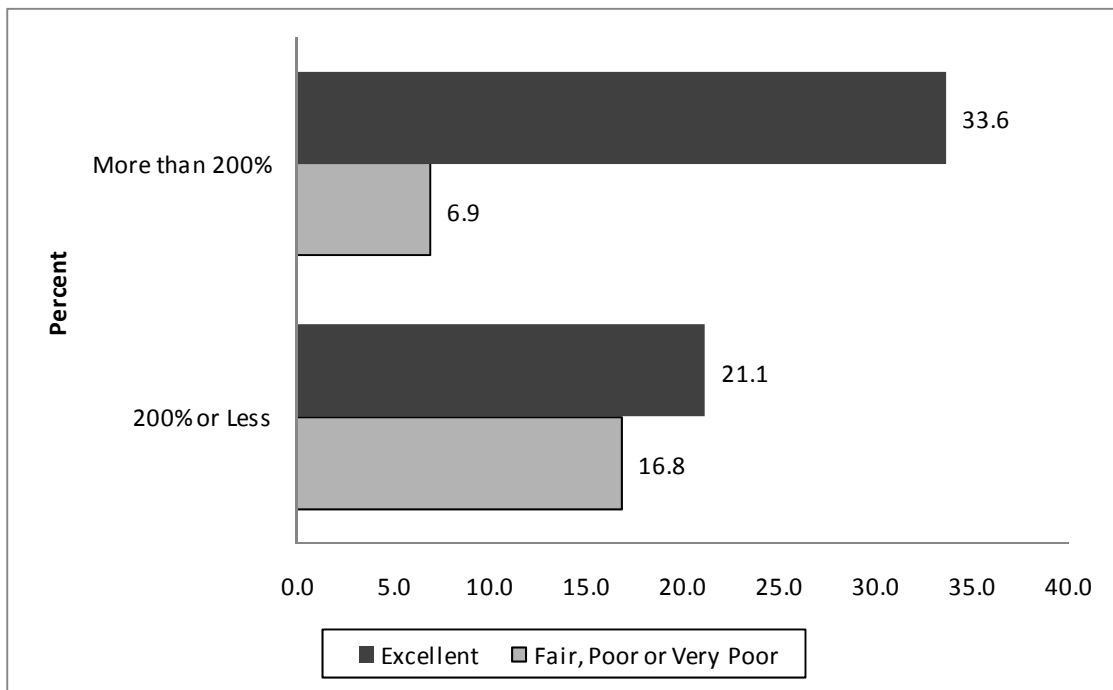
**Figure 1.1b: Fair, Poor or Very Poor Health Status  
By Age and Gender**



**Figure 1.1c: Perceived Health Status  
By Education Level**



**Figure 1.1d: Perceived Health Status  
By Poverty Status**



# **Chapter 2**

## **MEDICAL CONDITIONS**





## Chapter 2: Medical Conditions

The Centers for Disease Control and Prevention broadly defines chronic disease as “illnesses that are prolonged, do not resolve spontaneously, and are rarely cured completely” (1). Chronic conditions, both physical and mental, have an impact on the quality of life for individuals and their families. These conditions also consume the largest share of the U.S. health care expenditures which is estimated to be 75% of total health care spending (2).

*Bridge to Health Survey 2010* included information on the prevalence of fifteen chronic medical conditions that are primarily related to physical health. Conditions primarily related to mental health are described in Chapter 3. Prevalence is reported as the percentage of respondents who stated a physician had told them that they currently have a specific disease or medical condition.

The following table includes national and state data from the 2009 Behavioral Risk Factor Surveillance Prevalence and Trends (BRFSS) data and Healthy People 2020 compared to the *2010 Bridge to Health Survey*.

**Prevalence of Medical Conditions**

Condition	Bridge to Health 2010	BRFSS 2009 (3)			Healthy People 2020 goal
		Minnesota	Wisconsin	National	
High cholesterol	22.5%	33.9%	35.8%	37.5%	13.5%
Diabetes	8.0%	6.4%	8.2%	8.3%	N/A
Heart trouble or angina	9.4%	6.4%	7.7%	7.8%	N/A
Stroke problems	2.6%	2.3%	2.2%	2.4%	N/A
High blood pressure	26.6%	21.6%	27.7%	28.7%	26.9%

### REFERENCES

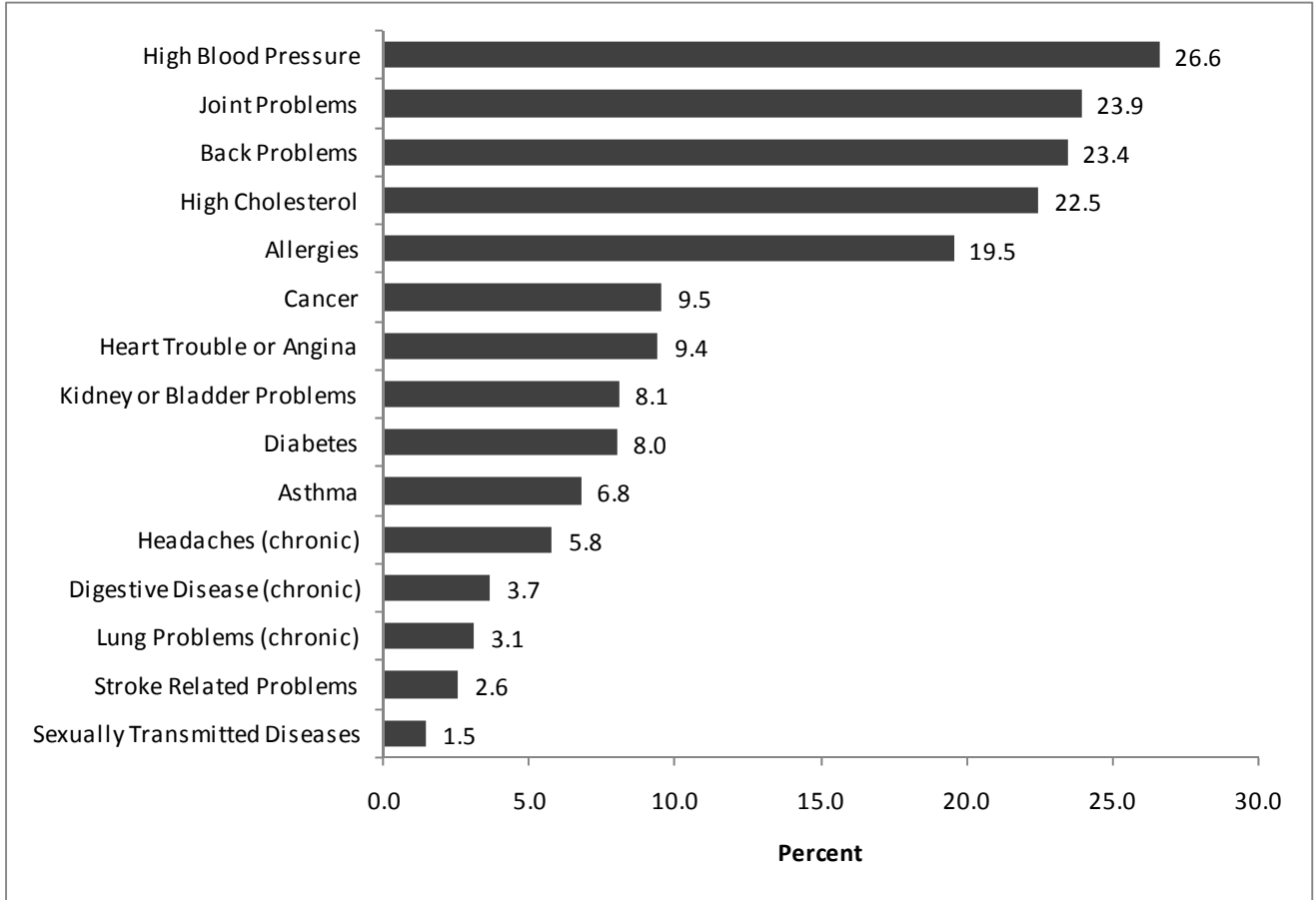
1. Centers for Disease Control, National Center for Chronic Disease Prevention and Health Promotion. About chronic disease. Atlanta: Centers for Disease Control; 1999. Available from: <http://www.cdc.gov/nccdphp/about.htm>. Accessed 2011 Mar 8.
2. Centers for Disease Control and Prevention. Chronic Disease Overview. KaiserEDU Health Policy Explained. Available from: <http://www.kaiseredu.org/Issue-Modules/US-Health-Care-Costs/Background-Brief.aspx>. Accessed 2011 Mar 8.
3. Centers for Disease Control and Prevention. Prevalence and Trends Data. *Behavioral Risk Factor Surveillance System Survey Data*. Atlanta, Georgia: U.S. Department of Health and Human Services, 2009. Available from: <http://apps.nccd.cdc.gov/brfss/>. Accessed 2011 Mar 28.

**Table 2.1**  
**Chronic and Other Medical Conditions**  
 Bridge to Health Survey 2010

**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	Asthma	Back Problems	Cancer	Diabetes
		n=4458	n=4459	n=4464	n=4457	n=4462
<b>Overall Results</b>		<b>19.5%</b>	<b>6.8%</b>	<b>23.4%</b>	<b>9.5%</b>	<b>8.0%</b>
<b>Gender</b>						
	Male	14.3	4.2	24.7	7.1	7.7
	Female	24.6	9.2	22.2	11.8	8.3
<b>Males by Age</b>						
	18 to 34	7.7	3.2	8.3	0.0	0.6
	35 to 44	23.5	4.5	20.5	1.2	3.6
	45 to 54	11.4	4.3	33.6	4.8	4.5
	55 to 64	20.1	4.3	35.9	7.4	9.3
	65 to 74	14.7	3.7	31.0	19.0	19.7
	75 and older	12.8	7.1	34.1	33.4	29.4
<b>Females by Age</b>						
	18 to 34	13.6	10.8	11.4	2.6	2.2
	35 to 44	21.8	9.9	15.2	6.7	3.7
	45 to 54	30.6	10.0	23.0	4.9	6.5
	55 to 64	33.7	6.3	31.8	14.3	13.5
	65 to 74	23.3	6.6	29.5	18.9	15.3
	75 and older	30.4	10.0	32.7	38.4	16.2
<b>Education</b>						
	Less than H.S.	18.3	10.6	26.9	18.9	10.0
	H.S. Graduate	19.2	6.4	25.4	11.5	9.9
	Some College	17.0	7.8	20.2	6.5	7.5
	Voc./Assoc. Degree	22.0	8.1	27.2	8.6	9.2
	College Graduate	21.2	4.1	21.1	8.6	5.3
<b>Poverty Status</b>						
	200% or Less	18.0	6.6	28.1	10.6	10.1
	More than 200%	19.7	5.2	20.9	8.2	6.7

**Figure 2.1: Prevalence of Chronic and Other Medical Conditions**



**Table 2.2**  
**Chronic and Other Medical Conditions**  
 Bridge to Health Survey 2010

**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	Digestive Disease (chronic)	Headaches (chronic)	Heart Trouble or Angina	High Blood Pressure	High Cholesterol
	n=4459	n=4463	n=4462	n=4457	n=4441
<b>Overall Results</b>	<b>3.7%</b>	<b>5.8%</b>	<b>9.4%</b>	<b>26.6%</b>	<b>22.5%</b>
<b>Gender</b>					
Male	1.8	2.1	9.3	27.1	20.9
Female	5.4	9.4	9.6	26.1	24.0
<b>Males by Age</b>					
18 to 34	0.7	0.2	0.2	4.5	1.4
35 to 44	0.6	3.9	2.6	12.3	9.6
45 to 54	1.0	2.4	3.5	26.2	21.6
55 to 64	2.5	3.9	11.1	38.7	31.3
65 to 74	4.2	0.3	23.8	58.2	46.3
75 and older	5.7	2.4	45.2	71.5	54.0
<b>Females by Age</b>					
18 to 34	0.8	6.9	0.8	1.7	4.8
35 to 44	4.7	10.0	1.4	7.9	10.7
45 to 54	7.6	14.7	4.9	19.2	20.8
55 to 64	6.3	7.5	9.1	39.4	35.5
65 to 74	9.5	6.4	17.6	52.3	39.8
75 and older	7.6	9.9	38.4	68.6	55.6
<b>Education</b>					
Less than H.S.	4.9	10.7	20.4	33.8	26.9
H.S. Graduate	4.1	6.0	12.0	35.4	27.7
Some College	2.9	5.8	6.9	18.5	18.5
Voc./Assoc. Degree	5.0	6.2	6.9	27.4	20.3
College Graduate	2.6	3.8	7.9	23.3	21.6
<b>Poverty Status</b>					
200% or Less	4.1	8.0	12.7	30.1	27.2
More than 200%	3.6	5.0	7.2	22.3	19.4

**Table 2.3**  
**Chronic and Other Medical Conditions**  
 Bridge to Health Survey 2010

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

<b>Demographic Characteristics</b>		Joint Problems n=4453	Kidney or Bladder Problems n=4458	Lung Problems (chronic) n=4463	Stroke Related Problems n=4462	Sexually Transmitted Diseases n=4448
<b>Overall Results</b>		<b>23.9%</b>	<b>8.1%</b>	<b>3.1%</b>	<b>2.6%</b>	<b>1.5%</b>
<b>Gender</b>						
	Male	20.5	8.3	2.6	2.1	0.5
	Female	27.2	7.8	3.6	3.1	2.4
<b>Males by Age</b>						
	18 to 34	4.7	0.6	0.0	0.0	1.0
	35 to 44	8.2	4.8	0.0	0.9	0.3
	45 to 54	15.0	5.6	1.6	0.2	0.4
	55 to 64	33.9	8.1	2.5	1.2	0.3
	65 to 74	38.6	16.4	9.9	5.3	0.3
	75 and older	61.7	38.0	10.4	13.8	0.0
<b>Females by Age</b>						
	18 to 34	1.6	4.1	0.2	0.0	6.2
	35 to 44	8.6	4.7	2.7	0.4	2.6
	45 to 54	23.4	7.0	2.8	1.0	1.7
	55 to 64	40.5	6.7	5.5	3.2	0.4
	65 to 74	53.9	10.8	6.2	4.5	0.0
	75 and older	67.3	19.5	8.0	14.4	0.0
<b>Education</b>						
	Less than H.S.	35.4	14.5	5.1	7.8	0.4
	H.S. Graduate	30.6	9.1	5.1	4.4	0.3
	Some College	18.0	5.9	1.7	1.1	3.9
	Voc./Assoc. Degree	22.0	8.3	3.5	2.2	0.7
	College Graduate	21.0	7.1	1.7	1.0	1.0
<b>Poverty Status</b>						
	200% or Less	28.4	11.0	5.2	4.5	0.2
	More than 200%	19.5	5.9	2.0	1.5	2.2



# **Chapter 3**

## **MENTAL HEALTH**

- A. Prevalence of Mental Health Conditions**
- B. Failure to Seek Mental Health Care**
- C. Suicide**





## Chapter 3: Mental Health

Mental disorders are among the most common causes of disability (1). The resulting disease burden of mental illness is among the highest of all diseases and is experienced by one in five Americans (2). A *Report of the Surgeon General* characterizes adulthood as a period when stress impacts a person’s resilience and increases the chance of developing a mental disorder.

For adults, the most prevalent of these problems are anxiety disorders and mood disorders (depression being most common). Anxiety disorders and many forms of depression affect twice as many women as men (3). Depression is associated with untold human suffering, lost work productivity, and premature death from suicide (1).

Most suicides are associated with diagnosable and treatable mental illness and/or alcohol and substance abuse (4). In 2008, it was estimated that 40% of Americans with a mental illness do not look for help through professional medical or mental health services (1). Increased public awareness of mental disorders and early treatment for at-risk individuals are important preventive strategies.

The following table includes national and state data from the Centers for Disease Control and Prevention and the National Vital Statistics System.

**Suicide Rate**

	<b>Minnesota 2007</b>	<b>Wisconsin 2007</b>	<b>National 2007</b>	<b>Healthy People 2020 goal</b>
Suicide Rate	13.9 per 100,000	13 per 100,000	11.3 per 100,000	10.2 per 100,000

The following table includes national and state data from the Centers for Disease Control and Prevention Morbidity and Mortality Weekly Report compared to the *2010 Bridge to Health Survey*.

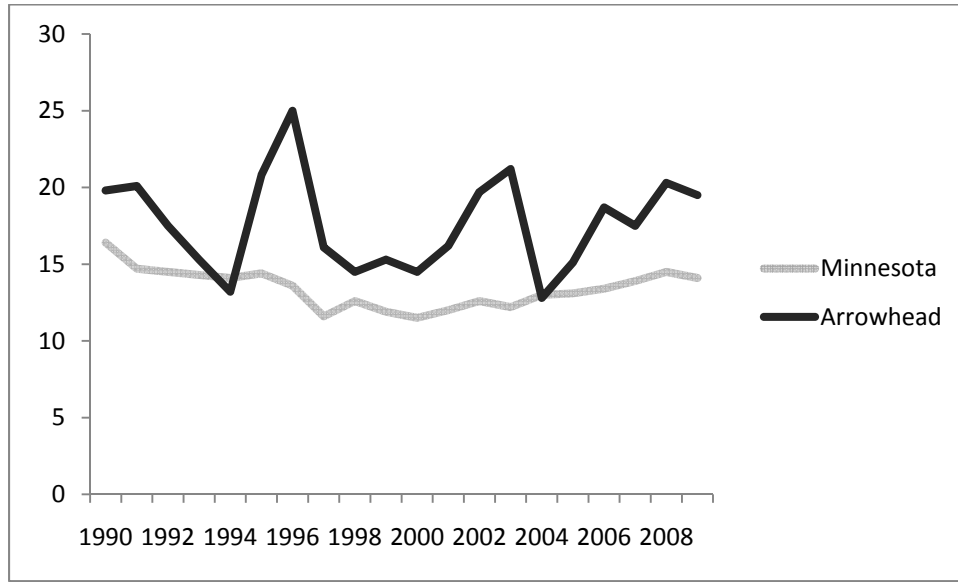
**Mental Health Conditions**

<b>Condition</b>	<b>Bridge to Health 2010</b>	<b>CDC 2006 and 2008 (5)</b>		
		<b>Minnesota</b>	<b>Wisconsin</b>	<b>National</b>
Any current depression	N/A	5.9%	6.7%	9.1%
Told by provider had depression at some point in life	13.0%	N/A	N/A	15.7%
Told by provider had anxiety at some point in life	8.2%	N/A	N/A	11.3%

The following table with the adult suicide rate for Minnesota and the seven county Arrowhead Region indicates that this region has consistently had a higher rate compared to the state rate.

**Adult Suicide Rate: Minnesota and Arrowhead Region\***

Crude Rate per 100,000 population age 18+  
1990-2009



\* Arrowhead Region includes Aitkin, Carlton, Cook, Itasca, Koochiching, Lake, and St. Louis Counties

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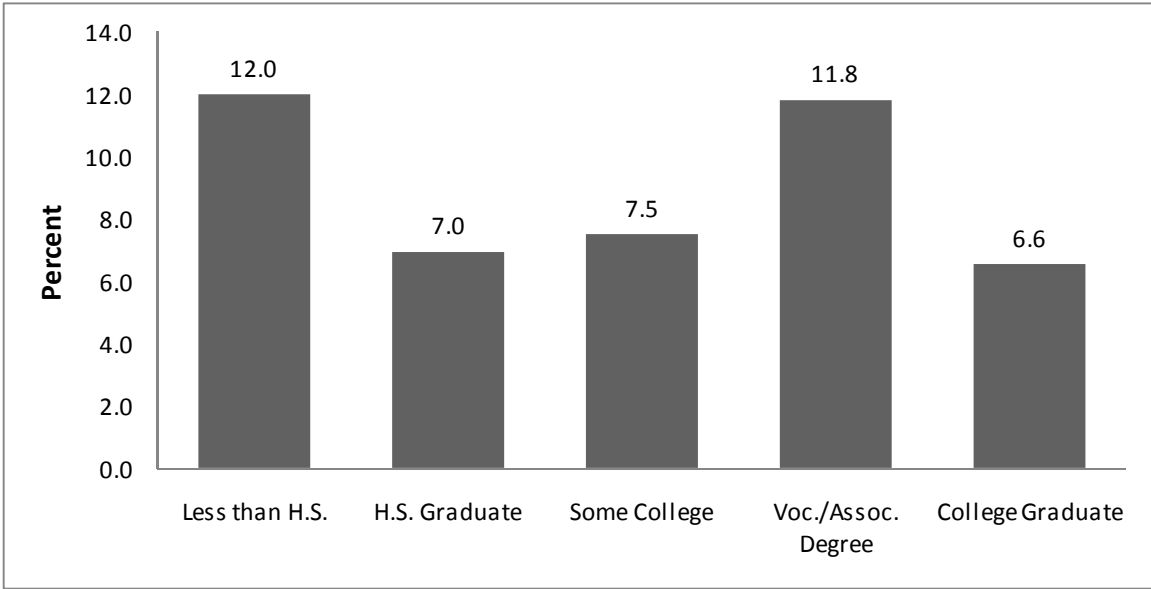
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**Table 3.1**  
**Anxiety and Depression**  
 Bridge to Health Survey 2010

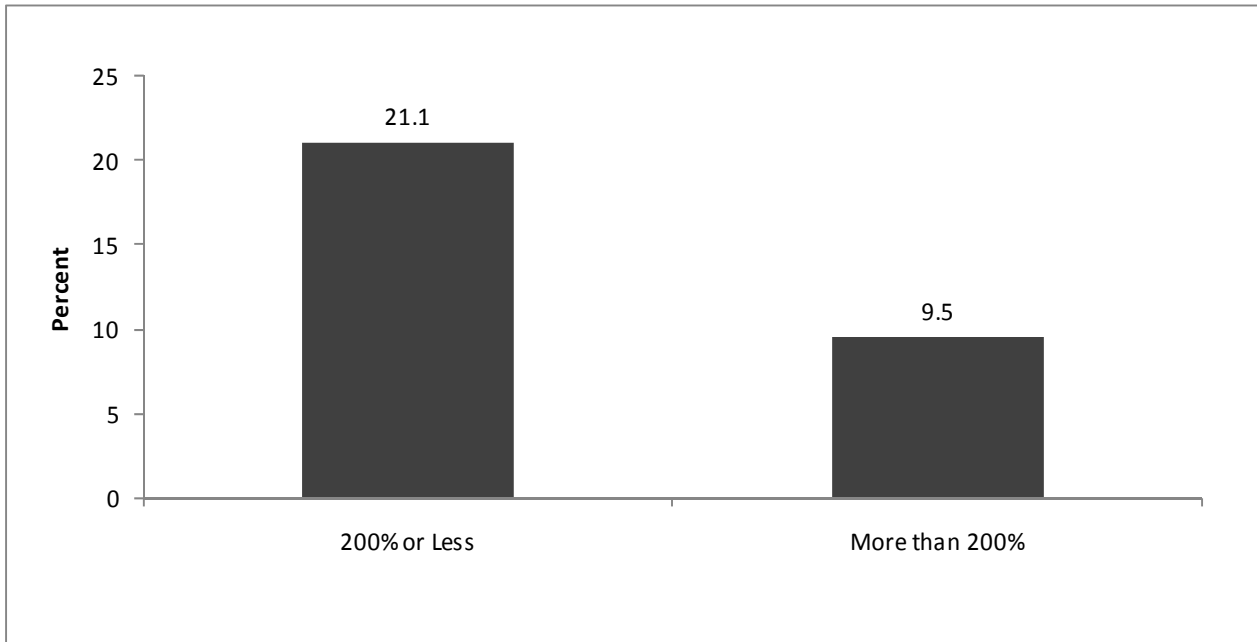
**Question:** Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions?

Demographic Characteristics		Anxiety or Panic Attacks	Depression	Other Mental Health Problems
		n=4461	n=4461	n=4461
<b>Overall Results</b>		<b>8.2%</b>	<b>13.0%</b>	<b>1.3%</b>
<b>Gender</b>				
	Male	4.9	7.9	1.0
	Female	11.4	17.9	1.6
<b>Males by Age</b>				
	18 to 34	0.7	5.4	1.5
	35 to 44	5.0	8.5	2.2
	45 to 54	7.7	7.9	0.6
	55 to 64	8.8	13.4	0.5
	65 to 74	4.5	4.5	0.1
	75 and older	4.0	8.7	0.2
<b>Females by Age</b>				
	18 to 34	8.7	17.2	1.7
	35 to 44	6.6	12.8	1.0
	45 to 54	14.9	24.9	2.1
	55 to 64	21.4	22.4	1.6
	65 to 74	9.0	13.0	1.5
	75 and older	6.4	13.1	1.0
<b>Education</b>				
	Less than H.S.	12.0	17.2	1.8
	H.S. Graduate	7.0	14.8	0.7
	Some College	7.5	11.9	2.6
	Voc./Assoc. Degree	11.8	14.0	1.0
	College Graduate	6.6	10.6	0.5
<b>Poverty Status</b>				
	200% or Less	11.6	21.1	2.8
	More than 200%	6.8	9.5	0.6

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



**Figure 3.1b: Prevalence of Depression by Poverty Status**



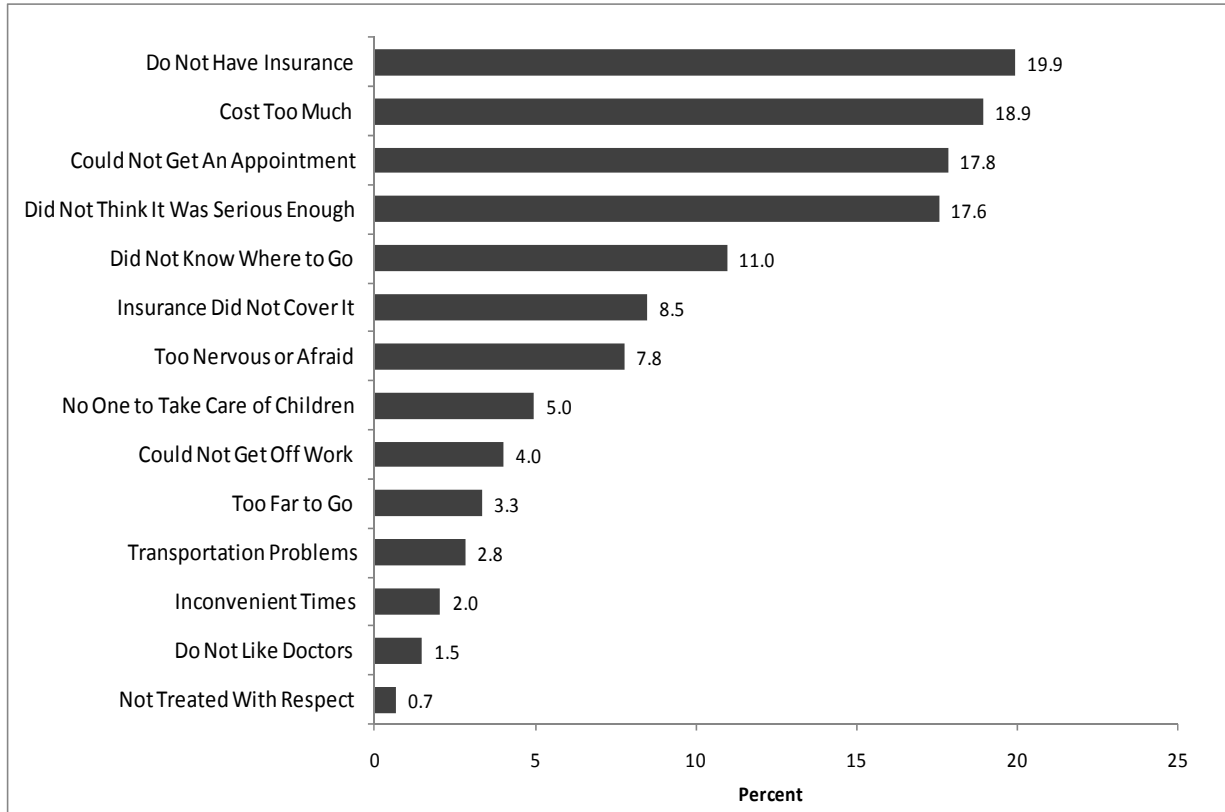
**Table 3.2**  
**Failure to Seek Help for Emotional Problems: Top Three Reasons**  
 Bridge to Health Survey 2010

**Question:** In 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? Why was that?

Demographic Characteristics	Wanted Help But Did Not Talk or Delayed Talking with Someone n=4495	Reasons:		
		Do Not Have Insurance n=196	Cost Too Much n=196	Could Not Get An Appointment n=196
<b>Overall Results</b>	<b>4.4%</b>	<b>19.9%</b>	<b>18.9%</b>	<b>17.8%</b>
<b>Gender</b>				
Male	2.0	21.8	33.5	8.4
Female	6.7	19.4	14.6	20.7
<b>Males by Age</b>				
18 to 34	2.0	N/A	N/A	N/A
35 to 44	2.7	N/A	N/A	N/A
45 to 54	2.9	N/A	N/A	N/A
55 to 64	1.6	N/A	N/A	N/A
65 to 74	1.1	N/A	N/A	N/A
75 and older	0.7	N/A	N/A	N/A
<b>Females by Age</b>				
18 to 34	8.0	26.6	7.6	20.8
35 to 44	8.3	N/A	N/A	N/A
45 to 54	8.7	26.4	17.3	20.1
55 to 64	6.8	N/A	N/A	N/A
65 to 74	2.9	N/A	N/A	N/A
75 and older	2.0	N/A	N/A	N/A
<b>Education</b>				
Less than H.S.	12.9	24.7	14.2	28.7
H.S. Graduate	3.1	22.5	27.3	6.3
Some College	5.9	29.5	21.2	24.5
Voc./Assoc. Degree	2.6	N/A	N/A	N/A
College Graduate	2.7	N/A	N/A	N/A
<b>Poverty Status</b>				
200% or Less	7.9	21.6	24.3	18.3
More than 200%	3.0	9.5	11.2	20.6

N/A = To preserve confidentiality results by demographic factors are not shown when cell size is less than 30.

**Figure 3.2a: Reasons For Not Seeking or Delaying Mental Health Care**



**Table 3.3**  
**Suicide**  
 Bridge to Health Survey 2010

**Question:** In the past 12 months did you seriously think about killing yourself?  
 During the past 12 months, did you try to kill yourself?

Demographic Characteristics	Thought About Killing Self n=4481	Tried To Kill Self n=4486
<b>Overall Results</b>	<b>2.1%</b>	<b>0.0%</b>
<b>Gender</b>		
Male	1.5	0.1
Female	2.7	0.0
<b>Males by Age</b>		
18 to 34	0.8	0.0
35 to 44	3.0	0.3
45 to 54	1.6	0.0
55 to 64	2.1	0.0
65 to 74	0.9	0.0
75 and older	0.5	0.3
<b>Females by Age</b>		
18 to 34	5.4	0.0
35 to 44	1.9	0.0
45 to 54	1.4	0.0
55 to 64	1.9	0.1
65 to 74	1.2	0.0
75 and older	2.9	0.0
<b>Education</b>		
Less than H.S.	7.1	0.0
H.S. Graduate	1.5	0.1
Some College	2.3	0.0
Voc./Assoc. Degree	2.1	0.0
College Graduate	1.1	0.0
<b>Poverty Status</b>		
200% or Less	5.8	0.2
More than 200%	0.8	0.0



# **Chapter 4**

## **PREVENTIVE HEALTH PRACTICES**

- A. Weight Status**
- B. Nutrition**
- C. Physical Activity**



## Chapter 4: Preventive Health Practices

This chapter examines the self-reported behaviors of adult respondents in the areas of weight status and physical activity and nutrition. There are many studies that show that there is a relationship between weight to diet/nutrition and physical activity showing that even modest weight loss can improve or prevent the problems associated with obesity (1). Consuming a healthy diet heavy in fruits and vegetables along with maintaining a healthy weight can reduce the risks for many health conditions, such as chronic diseases risk factors (i.e. hypertension) and chronic diseases (i.e. cardiovascular disease).

### A. WEIGHT STATUS

Being overweight is a recognized risk factor for many chronic conditions including hypertension, cardiovascular disease, some forms of cancer, non-insulin-dependent diabetes, osteoarthritis and gall bladder disease (2).

Self-reported height and weight data were used to calculate Body Mass Index (BMI). BMI is defined as weight (kilograms) divided by height (meters) squared. The correlation between the BMI number and body fatness is fairly strong; however the correlation varies by sex, race, and age (3,4). These variations include the following examples:

- At the same BMI, women tend to have more body fat than men.
- At the same BMI, older people, on average, tend to have more body fat than younger adults.
- Highly trained athletes may have a high BMI because of increased muscularity rather than increased body fatness.

It is also important to remember that BMI is only one factor related to risk for disease. For assessing someone's likelihood of developing overweight- or obesity-related diseases, the National Heart, Lung, and Blood Institute guidelines recommend looking at two other predictors:

- The individual's waist circumference (because abdominal fat is a predictor of risk for obesity-related diseases).
- Other risk factors the individual has for diseases and conditions associated with obesity (for example, high blood pressure or physical inactivity).

To put this into perspective, a 5-foot-4-inch woman is considered overweight if she weighs between 145 and 173 pounds and obese if she weighs 174 pounds or more. A 5-foot-10-inch man is considered overweight if he weighs between 174 and 206 pounds and obese if he weighs 207 pounds or more (5).

### BMI Score Categories

BMI	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 and higher	Obese

#### B. PHYSICAL ACTIVITY

Physical activity is widely recognized as an important preventive measure against chronic disease, death and disability. A regular exercise routine helps maintain normal range of motion and joint mobility prevents postural problems and decreases muscle soreness. Maintaining muscle mass through regular activity helps to keep older people feeling well and reduces their risk of falls and fractures (6).

According to the Centers for Disease Control and Prevention (7), adults need at least:

- 1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity (i.e., jogging or running) every week AND
  - muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms)
- OR
- 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week AND
  - muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms)

#### C. DIET AND NUTRITIONAL HEALTH

Diet and body weight are related to health status. Good nutrition is important to the growth and development of children. A healthful diet also helps Americans reduce the risks for many health conditions and increases the achievement and maintenance of a healthy body weight (8). In 2008, 15% of households in the U.S. were food insecure (8). The Healthy People 2020 goal is to reduce this percentage to 6%.

The following table includes national and state data from the 2009 Behavioral Risk Factor Surveillance Prevalence and Trends (BRFSS) data compared to the *2010 Bridge to Health Survey*.

## Weight status, physical activity, and fruit and vegetable consumption

	Bridge to Health 2010	BRFSS 2009 (8)		
		Minnesota	Wisconsin	National
Overweight (BMI 25-29.9)	33.6%	37.9%	36.4%	36.2%
Obese (BMI 30-99.8)	17.6%	25.4%	29.2%	27.2%
20+ minutes of vigorous physical activity 3+ days per week	30.2%	29.4%	31.1%	29.2%
Consumption of fruits/vegetables 5+ times per day	16.2%	21.9%	22.7%	23.5%

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**Table 4.1**  
**Perception of Weight Status**  
 Bridge to Health Survey 2010  
 n=4453

**Question:** Do you consider yourself: overweight, underweight, about the right weight or obese ?

Demographic Characteristics		Obese	Overweight	Underweight	About the Right Weight
<b>Overall Results</b>		<b>2.4%</b>	<b>38.8%</b>	<b>3.2%</b>	<b>55.6%</b>
<b>Gender</b>					
	Male	2.1	30.2	3.3	64.4
	Female	2.8	47.1	3.0	47.2
<b>Males by Age</b>					
	18 to 34	1.2	7.1	3.4	88.3
	35 to 44	2.0	31.1	2.1	64.8
	45 to 54	2.5	44.2	1.1	52.2
	55 to 64	2.9	39.1	2.6	55.4
	65 to 74	1.7	45.1	4.6	48.6
	75 and older	3.4	31.5	11.2	53.9
<b>Females by Age</b>					
	18 to 34	1.1	47.2	0.1	51.7
	35 to 44	3.6	39.5	2.5	54.4
	45 to 54	5.0	50.7	1.7	42.7
	55 to 64	3.4	58.6	3.9	34.1
	65 to 74	2.6	46.9	3.9	46.7
	75 and older	1.0	35.4	10.1	53.6
<b>Education</b>					
	Less than H.S.	1.4	49.2	4.0	45.5
	H.S. Graduate	2.5	44.7	4.6	48.3
	Some College	2.6	34.7	1.9	60.8
	Voc./Assoc. Degree	2.0	36.6	2.5	58.9
	College Graduate	2.9	35.5	3.2	58.5
<b>Poverty Status</b>					
	200% or Less	3.4	44.2	4.4	48.1
	More than 200%	2.2	37.1	2.0	58.7

**Table 4.2**  
**Overweight and Obese**  
 Bridge to Health Survey 2010

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

<b>Demographic Characteristics</b>		Obesity n=4457	Overweight n=4419
<b>Overall Results</b>		<b>4.7%</b>	<b>23.9%</b>
<b>Gender</b>			
	Male	2.7	17.9
	Female	6.7	29.8
<b>Males by Age</b>			
	18 to 34	1.1	4.6
	35 to 44	4.5	22.4
	45 to 54	1.4	22.5
	55 to 64	4.3	24.1
	65 to 74	3.9	26.3
	75 and older	2.3	18.3
<b>Females by Age</b>			
	18 to 34	2.6	29.9
	35 to 44	5.8	21.0
	45 to 54	7.7	28.8
	55 to 64	13.4	45.9
	65 to 74	6.5	28.7
	75 and older	6.0	22.4
<b>Education</b>			
	Less than H.S.	4.5	33.8
	H.S. Graduate	4.1	24.8
	Some College	4.9	19.7
	Voc./Assoc. Degree	6.4	25.4
	College Graduate	4.2	23.7
<b>Poverty Status</b>			
	200% or Less	6.5	33.1
	More than 200%	4.1	21.3

**Table 4.3**  
**Weight Status - Body Mass Index: an Approximation of Body Fat Based on Weight and Height**  
 Bridge to Health Survey 2010  
 n=4236<sup>1</sup>

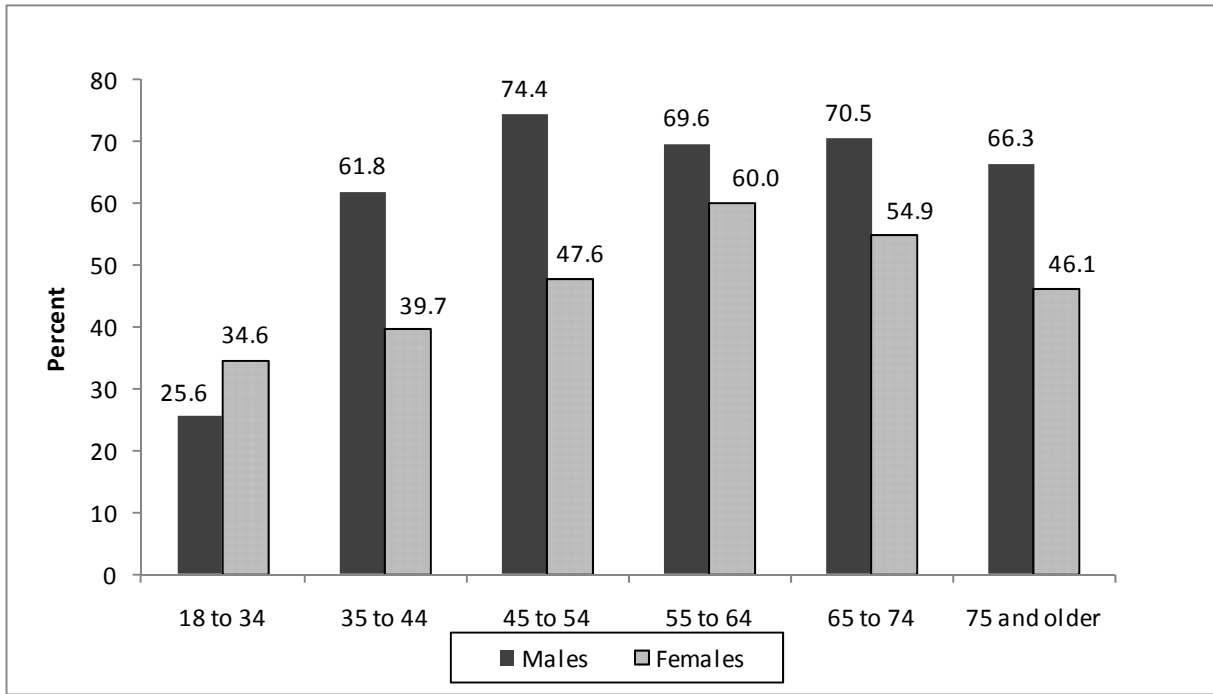
**Question:** How tall are you without shoes?  
 Approximately how much do you weigh?

Demographic Characteristics	Not Overweight	Overweight or Obese	Overweight or Obese:	
			Overweight But Not Obese	Obese
<b>Overall Results</b>	<b>48.8%</b>	<b>51.2%</b>	<b>33.6%</b>	<b>17.6%</b>
<b>Gender</b>				
Male	43.2	56.8	38.3	18.5
Female	54.5	45.5	28.9	16.7
<b>Males by Age</b>				
18 to 34	74.4	25.6	22.3	3.3
35 to 44	38.2	61.8	43.0	18.9
45 to 54	25.6	74.4	49.4	25.0
55 to 64	30.4	69.6	39.4	30.2
65 to 74	29.5	70.5	42.9	27.6
75 and older	33.7	66.3	48.5	17.9
<b>Females by Age</b>				
18 to 34	65.4	34.6	22.3	12.3
35 to 44	60.3	39.7	29.5	10.1
45 to 54	52.4	47.6	27.1	20.5
55 to 64	40.0	60.0	34.7	25.3
65 to 74	45.1	54.9	39.6	15.4
75 and older	53.9	46.1	28.0	18.1
<b>Education</b>				
Less than H.S.	53.7	46.3	27.4	18.9
H.S. Graduate	42.3	57.7	37.1	20.6
Some College	58.5	41.5	27.2	14.3
Voc./Assoc. Degree	40.9	59.1	37.5	21.6
College Graduate	49.8	50.2	35.5	14.7
<b>Poverty Status</b>				
200% or Less	46.2	53.8	28.6	25.1
More than 200%	50.4	49.6	34.9	14.7

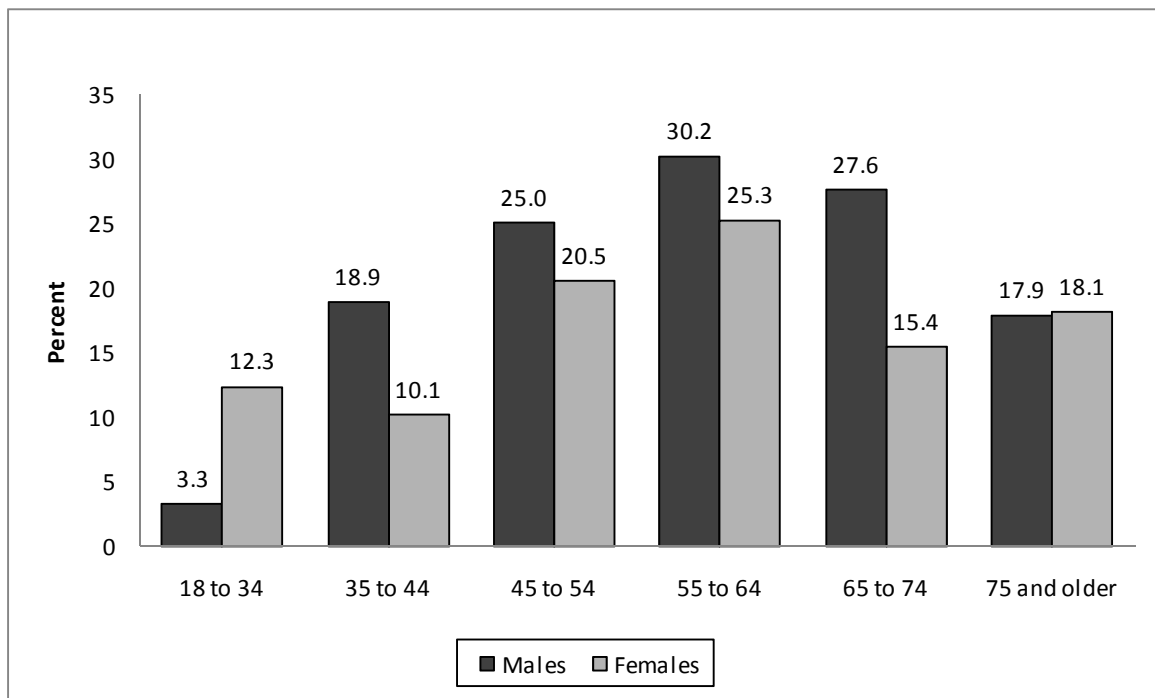
<sup>1</sup> Number of respondents who reported current weight and height. Calculations of weight status are based on the New Body Mass Index (BMI).



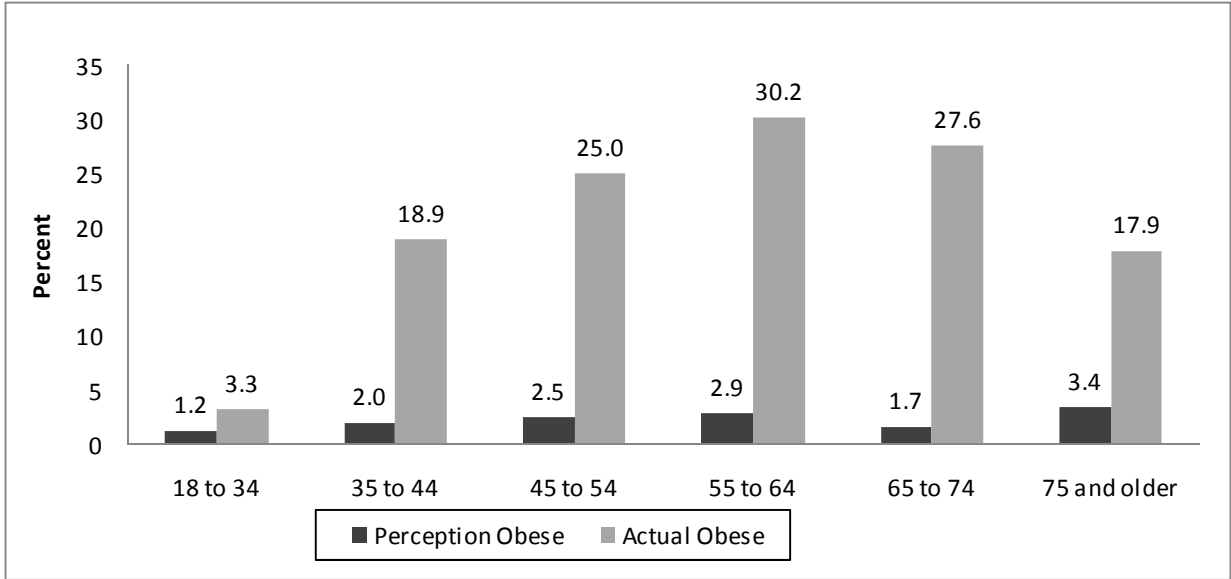
**Figure 4.3a: Prevalence of Overweight or Obese  
By Age and Gender**



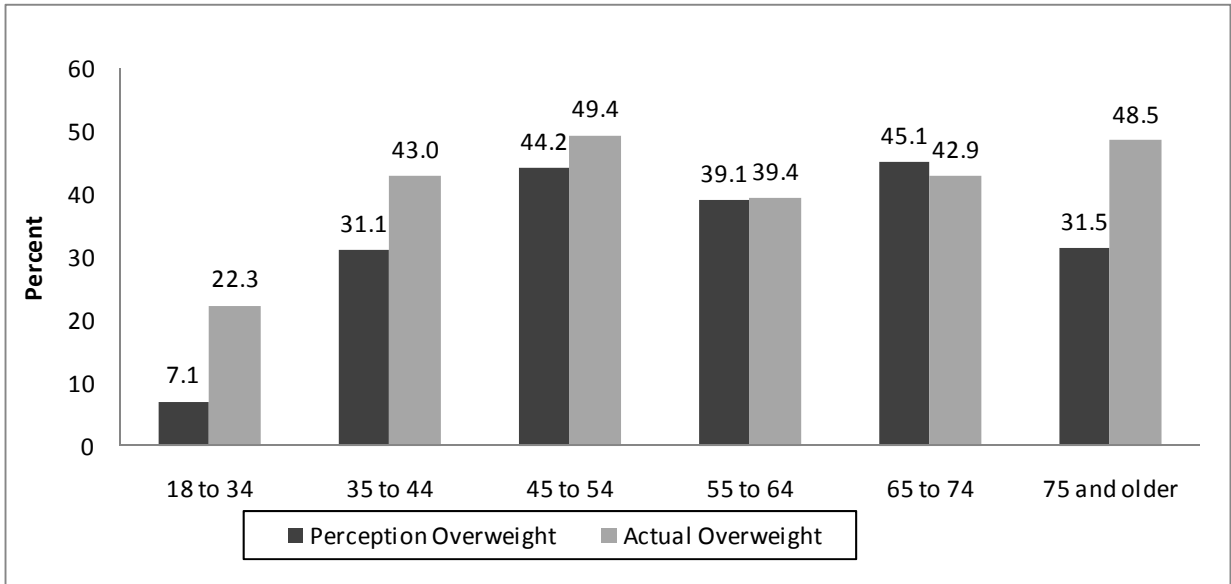
**Figure 4.3b: Prevalence of Obese  
By Age and Gender**



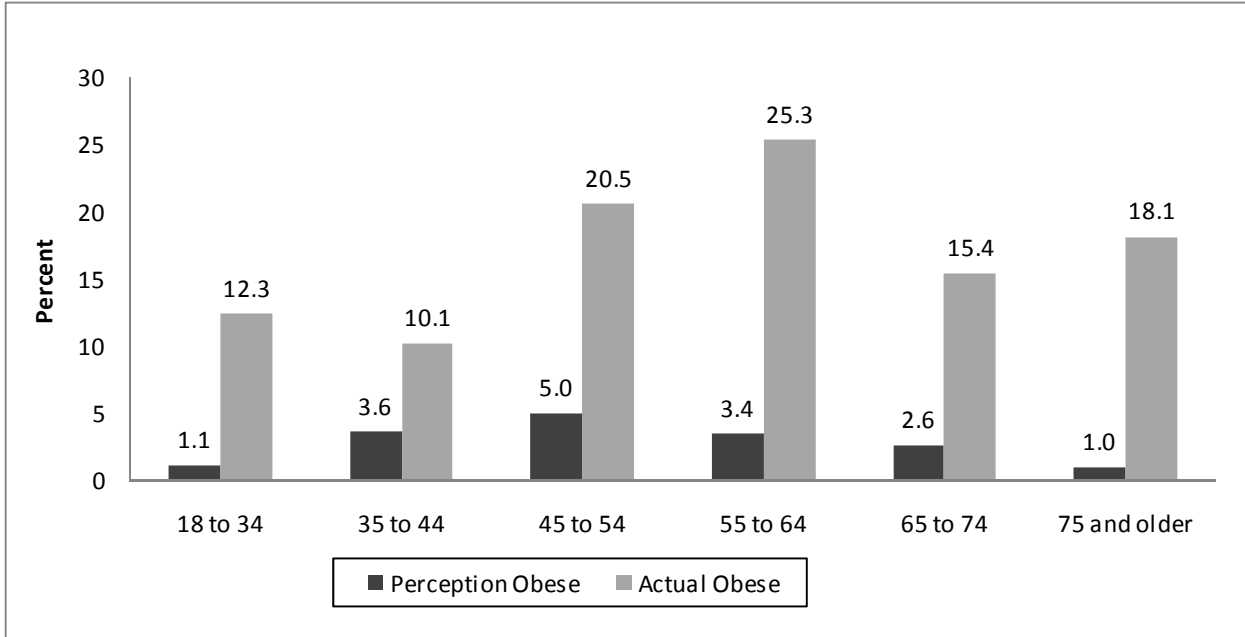
**Figure 4.3c: Male Perception and Actual Weight Status – Obesity**



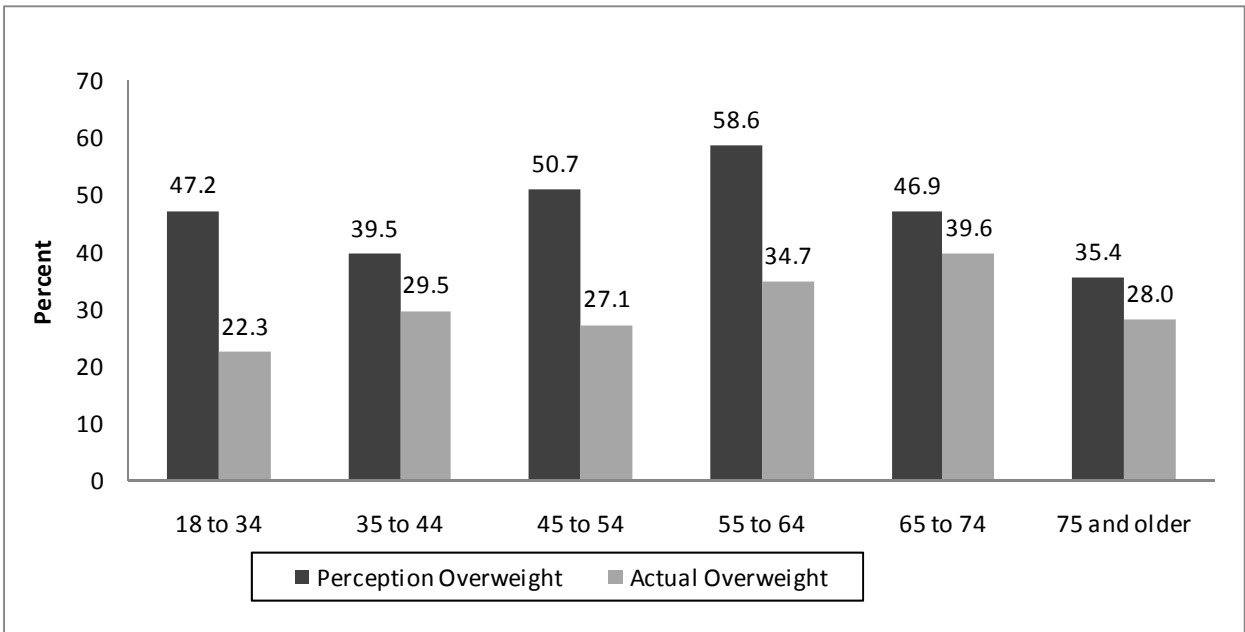
**Figure 4.3d: Male Perception and Actual Weight Status - Overweight**



**Figure 4.3e: Female Perception and Actual Weight Status - Obesity**



**Figure 4.3f: Female Perception and Actual Weight Status - Overweight**



**Table 4.4**  
**Food Insecurity - Frequency**  
 Bridge to Health Survey 2010  
 n=4480

**Question:** During the past 12 months, how often did you worry that your food would run out before you had money to buy more? Would you say: often, sometimes, rarely, or never?

Demographic Characteristics	Rarely or Never	Sometimes	Often
<b>Overall Results</b>	<b>85.7%</b>	<b>9.3%</b>	<b>5.0%</b>
<b>Gender</b>			
Male	87.2	9.9	2.9
Female	84.1	8.8	7.1
<b>Males by Age</b>			
18 to 34	82.1	14.8	3.1
35 to 44	82.5	14.1	3.4
45 to 54	89.9	5.9	4.2
55 to 64	92.5	4.7	2.9
65 to 74	91.7	7.2	1.1
75 and older	90.6	9.4	0.0
<b>Females by Age</b>			
18 to 34	66.6	16.9	16.5
35 to 44	90.1	4.8	5.1
45 to 54	86.7	6.9	6.3
55 to 64	90.8	6.4	2.8
65 to 74	91.1	5.8	3.1
75 and older	93.4	5.6	0.9
<b>Education</b>			
Less than H.S.	56.9	17.7	25.4
H.S. Graduate	85.7	9.9	4.4
Some College	84.0	12.3	3.7
Voc./Assoc. Degree	90.2	6.8	3.1
College Graduate	92.3	5.0	2.7
<b>Poverty Status</b>			
200% or Less	61.7	22.8	15.5
More than 200%	94.3	4.6	1.1

**Table 4.5**  
**Food Insecurity and Use of Food Shelf Programs**  
 Bridge to Health Survey 2010

**Question:** In the past year, have you used a community food shelf program?

Demographic Characteristics	Used a Food Shelf			
	All Respondents n=4486	Respondents that Often Worried About Food Running Out n=225	Respondents that Sometimes Worried About Food Running Out n=417	Respondents that Rarely or Never Worried About Food Running Out n=3829
<b>Overall Results</b>	<b>7.6%</b>	<b>76.4%</b>	<b>24.5%</b>	<b>1.7%</b>
<b>Gender</b>				
Male	5.3	64.6	21.1	1.6
Female	9.8	81.0	28.1	1.9
<b>Males by Age</b>				
18 to 34	6.0	N/A	17.8	0.6
35 to 44	7.6	N/A	21.3	3.5
45 to 54	5.6	N/A	N/A	1.3
55 to 64	4.9	N/A	N/A	2.2
65 to 74	2.5	N/A	N/A	1.3
75 and older	1.9	0.0	N/A	0.7
<b>Females by Age</b>				
18 to 34	20.9	92.3	26.1	2.0
35 to 44	7.7	N/A	N/A	1.5
45 to 54	7.1	N/A	23.9	2.3
55 to 64	5.6	N/A	N/A	1.2
65 to 74	4.8	N/A	N/A	1.9
75 and older	3.9	N/A	N/A	2.6
<b>Education</b>				
Less than H.S.	37.9	97.7	57.2	5.4
H.S. Graduate	6.5	65.7	18.0	2.3
Some College	6.7	59.3	21.9	2.2
Voc./Assoc. Degree	2.9	N/A	15.6	1.0
College Graduate	4.0	N/A	18.0	0.7
<b>Poverty Status</b>				
200% or Less	22.3	83.2	23.6	6.4
More than 200%	2.4	56.5	28.9	0.5

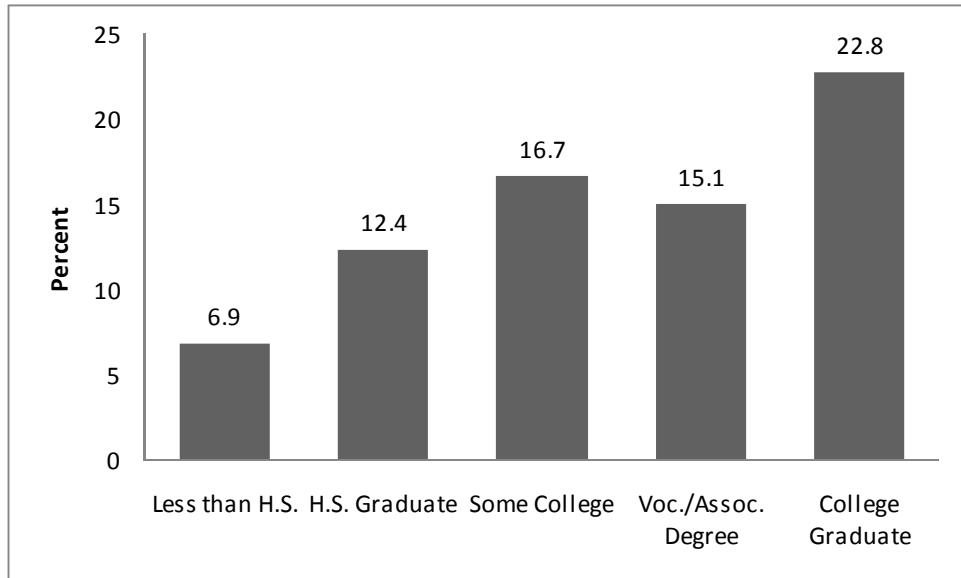
N/A = To preserve confidentiality results by demographic factors are not shown when cell size is less than 30.

**Table 4.6**  
**Fruit and Vegetable Consumption - Number of Servings**  
 Bridge to Health Survey 2010  
 n=4370

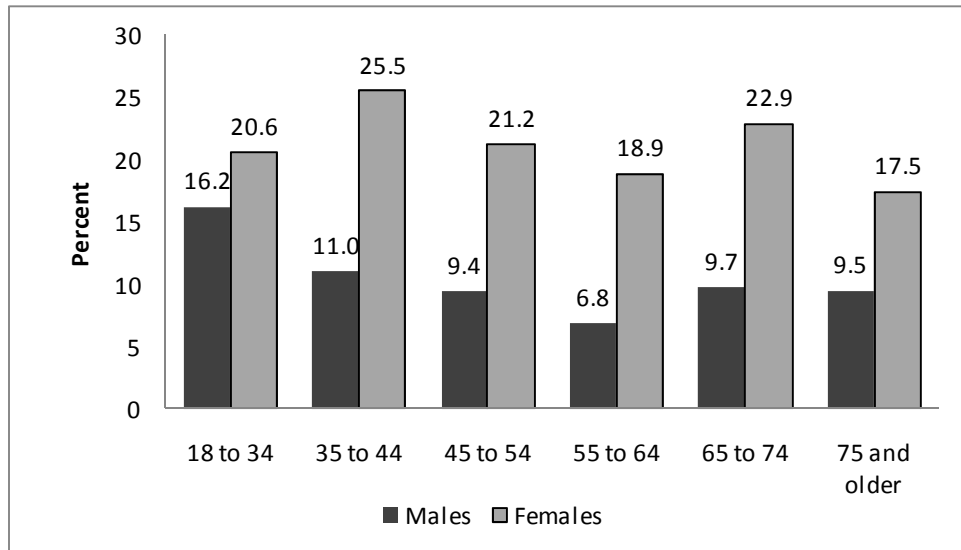
**Question:** Yesterday, how many servings of fruits and vegetables did you eat?

Demographic Characteristics	5 or More Servings	3 to 4 Servings	1 to 2 Servings	One-half Serving or Less
<b>Overall Results</b>	<b>16.2%</b>	<b>30.1%</b>	<b>30.8%</b>	<b>22.9%</b>
<b>Gender</b>				
Male	11.2	26.1	34.0	28.7
Female	21.1	34.1	27.7	17.2
<b>Males by Age</b>				
18 to 34	16.2	23.1	14.3	46.4
35 to 44	11.0	24.5	37.3	27.2
45 to 54	9.4	29.5	40.7	20.4
55 to 64	6.8	24.2	46.8	22.2
65 to 74	9.7	32.5	41.2	16.6
75 and older	9.5	26.9	43.7	19.9
<b>Females by Age</b>				
18 to 34	20.6	25.5	18.5	35.5
35 to 44	25.5	35.0	27.4	12.0
45 to 54	21.2	37.0	30.8	11.0
55 to 64	18.9	39.9	32.8	8.3
65 to 74	22.9	39.3	26.7	11.1
75 and older	17.5	33.5	36.6	12.5
<b>Education</b>				
Less than H.S.	6.9	19.8	33.2	40.1
H.S. Graduate	12.4	30.3	35.8	21.4
Some College	16.7	24.8	24.8	33.6
Voc./Assoc. Degree	15.1	26.8	40.2	17.9
College Graduate	22.8	40.4	24.8	12.0
<b>Poverty Status</b>				
200% or Less	6.8	21.1	33.1	39.1
More than 200%	21.2	33.2	28.6	17.0

**Figure 4.6a: Consumption of 5 or More Fruit or Vegetable Servings  
By Education**



**Figure 4.6b: Consumption of 5 or More Fruit or Vegetable Servings  
By Age and Gender**



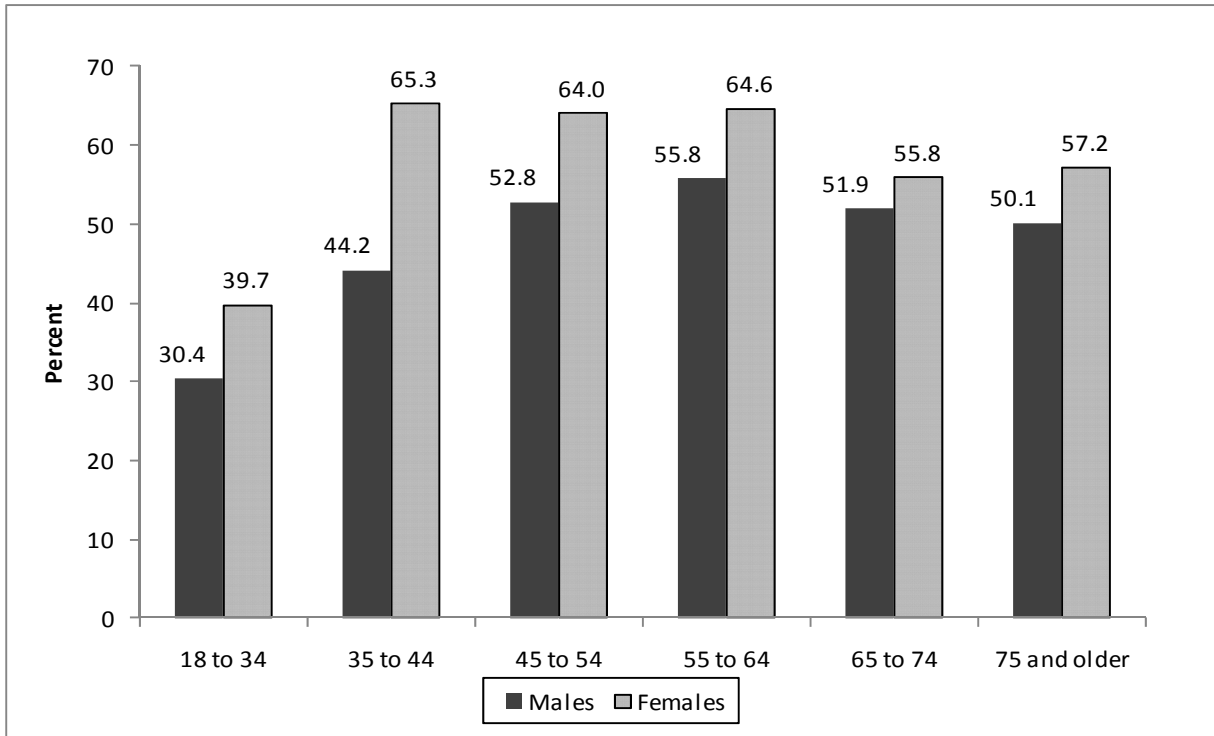
**Table 4.7**  
**Fresh Fruits and Vegetables in Home**  
 Bridge to Health Survey 2010

**Question:** How often are there fresh fruits and vegetables in your home: always, often, sometimes, or never?  
 In the past year, did you or people in your household grow any food yourselves, at home or in a community garden?

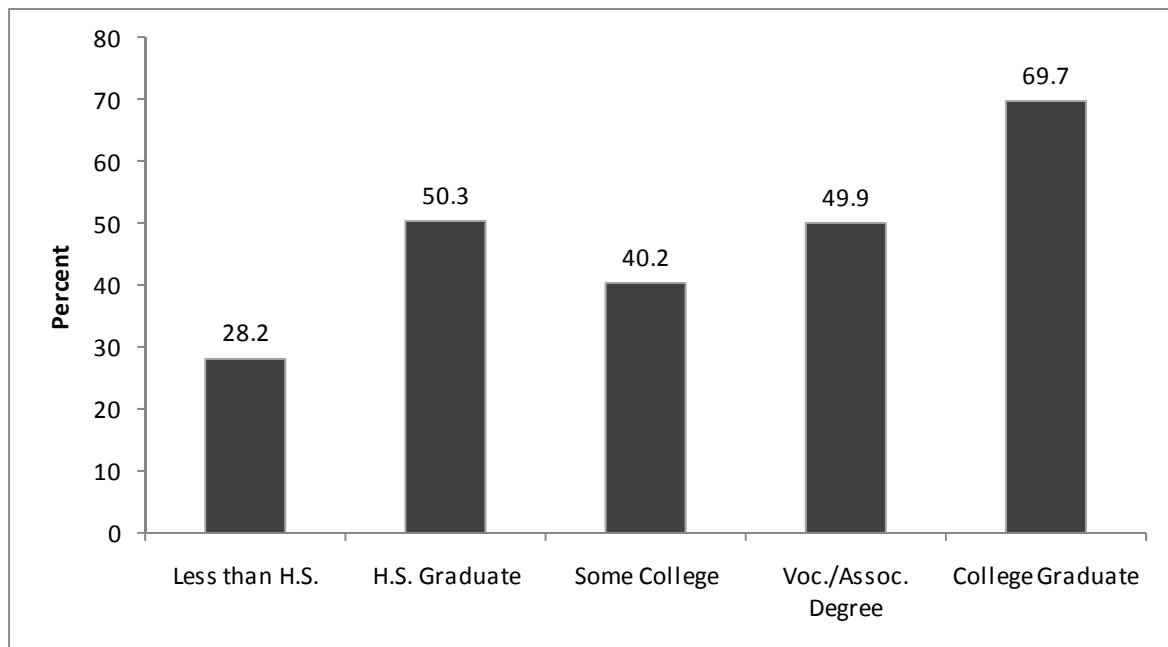
Demographic Characteristics		Fresh Fruits and Vegetables in the Home				Grew Food
		Always n=4495	Often n=4495	Sometimes n=4495	Never n=4495	Yes n=4500
<b>Overall Results</b>		<b>51.1%</b>	<b>26.5%</b>	<b>21.7%</b>	<b>0.7%</b>	<b>40.1%</b>
<b>Gender</b>						
	Male	45.5	29.2	24.5	0.8	38.8
	Female	56.4	23.9	19.1	0.6	41.3
<b>Males by Age</b>						
	18 to 34	30.4	33.3	35.0	1.3	23.4
	35 to 44	44.2	31.0	24.5	0.3	41.4
	45 to 54	52.8	26.7	19.8	0.6	48.8
	55 to 64	55.8	24.3	18.5	1.4	52.1
	65 to 74	51.9	31.4	16.3	0.4	42.6
	75 and older	50.1	25.9	23.6	0.4	27.3
<b>Females by Age</b>						
	18 to 34	39.7	24.3	35.8	0.3	27.1
	35 to 44	65.3	24.7	9.9	0.1	50.3
	45 to 54	64.0	21.1	14.3	0.6	48.9
	55 to 64	64.6	21.7	11.7	2.0	54.7
	65 to 74	55.8	30.3	13.5	0.3	45.0
	75 and older	57.2	24.0	18.7	0.1	25.9
<b>Education</b>						
	Less than H.S.	28.2	24.7	45.7	1.5	31.4
	H.S. Graduate	50.3	27.0	21.9	0.8	39.6
	Some College	40.2	29.2	29.9	0.8	30.2
	Voc./Assoc. Degree	49.9	30.8	18.7	0.5	47.6
	College Graduate	69.7	21.0	8.8	0.5	47.9
<b>Poverty Status</b>						
	200% or Less	30.5	21.6	46.7	1.2	29.6
	More than 200%	59.5	28.4	11.6	0.5	44.4



**Figure 4.7a: Percent of Respondents Who Always had Fresh Fruit in Their Home  
By Age and Gender**



**Figure 4.7b: Percent of Respondents who Always had Fresh Fruit in Their Home  
By Education**

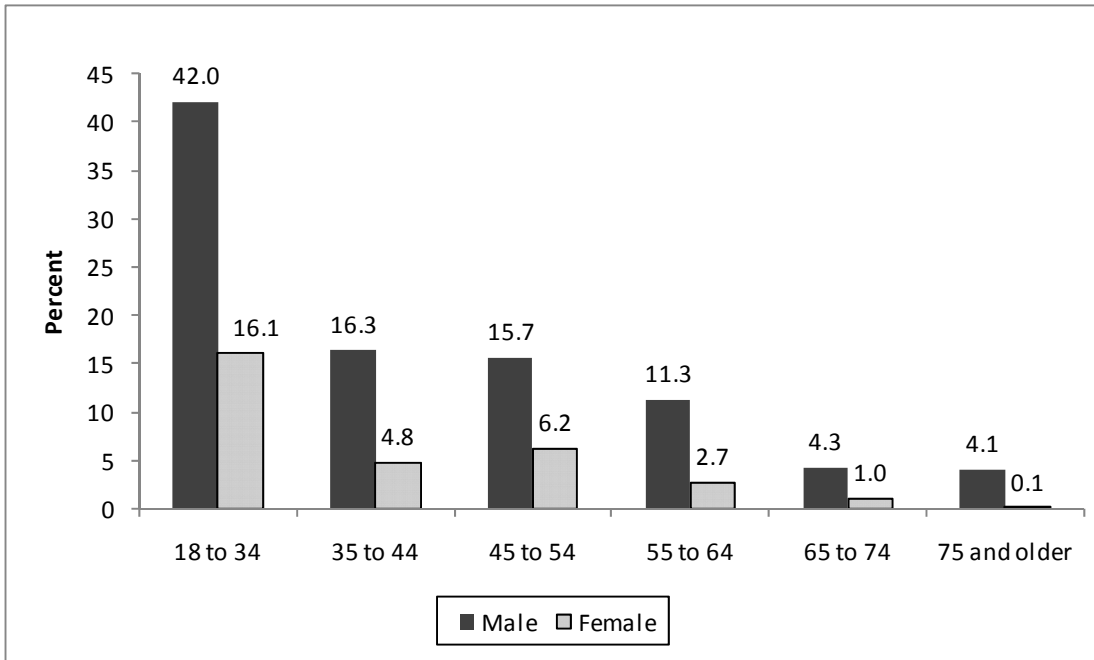


**Table 4.8**  
**Fast Food Meals - Frequency Per Week**  
 Bridge to Health Survey 2010  
 n=4432

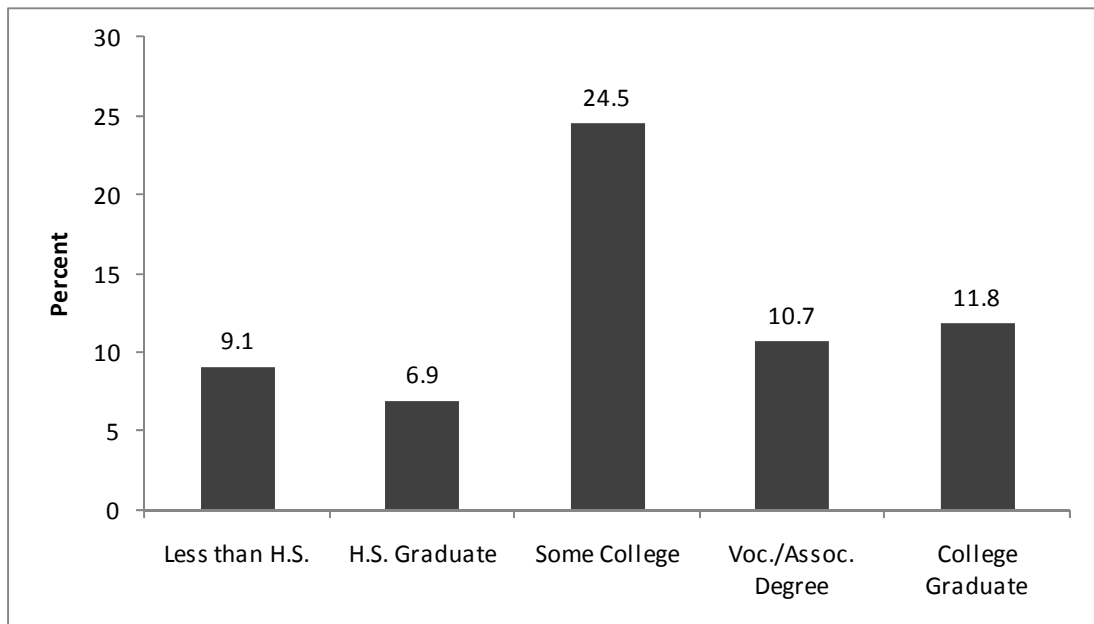
**Question:** Fast food meals include those that are eaten at a fast food restaurant, take-out, drive-thru or pizza delivery. In an average week, how many times do you eat a fast food meal?

Demographic Characteristics	Less than Once	1 to 2 Times	3 to 4 Times	5 or More
<b>Overall Results</b>	<b>56.1%</b>	<b>30.6%</b>	<b>10.3%</b>	<b>3.0%</b>
<b>Gender</b>				
Male	45.8	33.8	14.4	5.9
Female	65.9	27.5	6.3	0.3
<b>Males by Age</b>				
18 to 34	29.8	28.2	27.1	15.0
35 to 44	34.7	48.9	12.2	4.2
45 to 54	49.7	34.6	13.0	2.7
55 to 64	51.1	37.6	8.9	2.5
65 to 74	66.0	29.8	3.7	0.6
75 and older	78.2	17.7	3.6	0.5
<b>Females by Age</b>				
18 to 34	58.1	25.9	15.9	0.2
35 to 44	54.2	41.1	4.1	0.6
45 to 54	59.1	34.7	6.0	0.3
55 to 64	71.2	26.2	2.4	0.3
65 to 74	81.4	17.5	0.7	0.3
75 and older	86.6	13.3	0.0	0.1
<b>Education</b>				
Less than H.S.	73.4	17.5	7.4	1.7
H.S. Graduate	63.2	29.8	5.4	1.6
Some College	47.9	27.7	21.4	3.1
Voc./Assoc. Degree	52.0	37.4	6.8	3.8
College Graduate	54.3	33.9	7.4	4.5
<b>Poverty Status</b>				
200% or Less	63.2	21.5	13.7	1.6
More than 200%	50.9	36.4	9.3	3.5

**Figure 4.8a: Percentage of Respondents Who Ate Three or More Fast Food Meals per Week  
By Age and Gender**



**Figure 4.8b: Percentage of Respondents Who Ate Three or More Fast Food Meals per Week  
By Education**



**Table 4.9**  
**Meals and Television**  
 Bridge to Health Survey 2010  
 N=4403

**Question:** In an average week, how many times do you watch television during meal time?

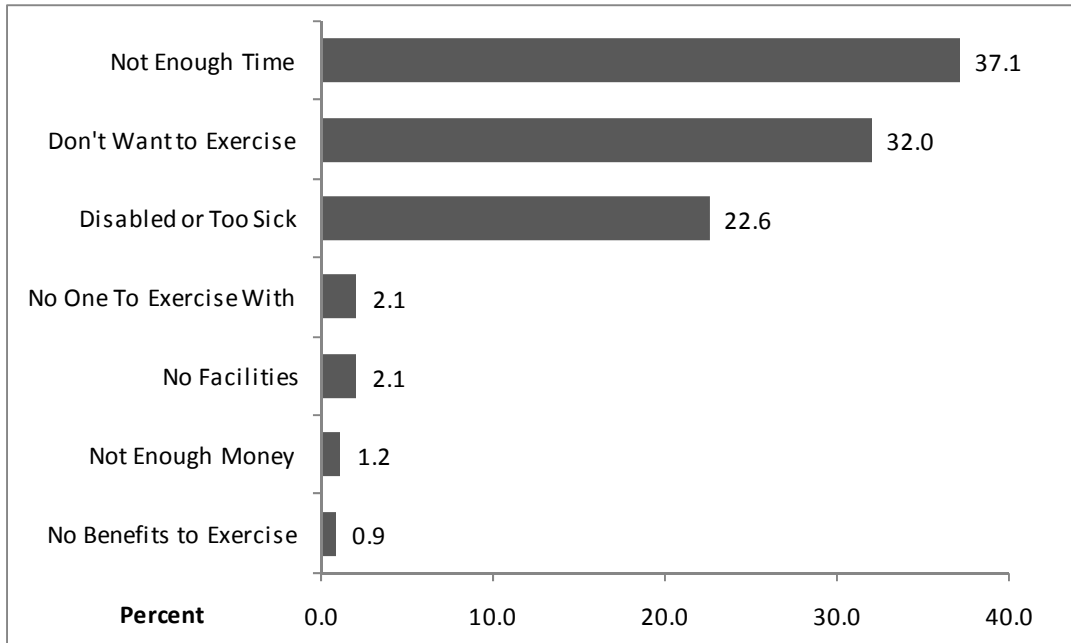
<b>Demographic Characteristics</b>	<b>None</b>	<b>1 to 5 Times</b>	<b>6 to 10 Times</b>	<b>11 to 15 Times</b>	<b>16 - 20 Times</b>	<b>More than 20 Times</b>
<b>Overall Results</b>	<b>36.3%</b>	<b>33.5%</b>	<b>19.4%</b>	<b>3.6%</b>	<b>0.2%</b>	<b>6.9%</b>
<b>Gender</b>						
Male	35.3	35.1	20.2	3.1	0.3	6.0
Female	37.2	32.0	18.7	4.2	0.2	7.8
<b>Males by Age</b>						
18 to 34	45.4	45.1	8.2	0.4	0.0	0.9
35 to 44	33.0	42.6	20.5	0.7	0.0	3.2
45 to 54	34.1	32.5	27.4	3.2	0.0	2.8
55 to 64	27.9	32.0	23.5	7.0	0.2	9.4
65 to 74	30.6	21.7	29.7	7.5	1.0	9.6
75 and older	30.1	16.2	22.7	3.2	1.4	26.4
<b>Females by Age</b>						
18 to 34	38.8	43.1	11.5	3.9	0.0	2.6
35 to 44	45.8	36.8	12.8	0.6	1.1	2.9
45 to 54	37.3	30.7	23.7	2.4	0.0	5.9
55 to 64	31.4	29.7	23.3	4.3	0.1	11.2
65 to 74	31.9	26.8	23.8	7.1	0.0	10.4
75 and older	35.5	12.3	21.7	9.1	0.2	21.1
<b>Education</b>						
Less than H.S.	30.6	32.3	17.6	8.5	0.0	11.0
H.S. Graduate	31.2	32.4	21.2	3.8	0.2	11.2
Some College	42.1	32.8	17.0	2.8	0.1	5.2
Voc./Assoc. Degree	32.2	35.4	24.0	4.6	0.1	3.7
College Graduate	40.0	34.7	17.4	2.3	0.6	5.0
<b>Poverty Status</b>						
200% or Less	37.2	23.6	20.4	6.3	0.2	12.3
More than 200%	36.2	38.8	18.9	2.3	0.2	3.7

**Table 4.10**  
**Physical Activity**  
 Bridge to Health Survey 2010

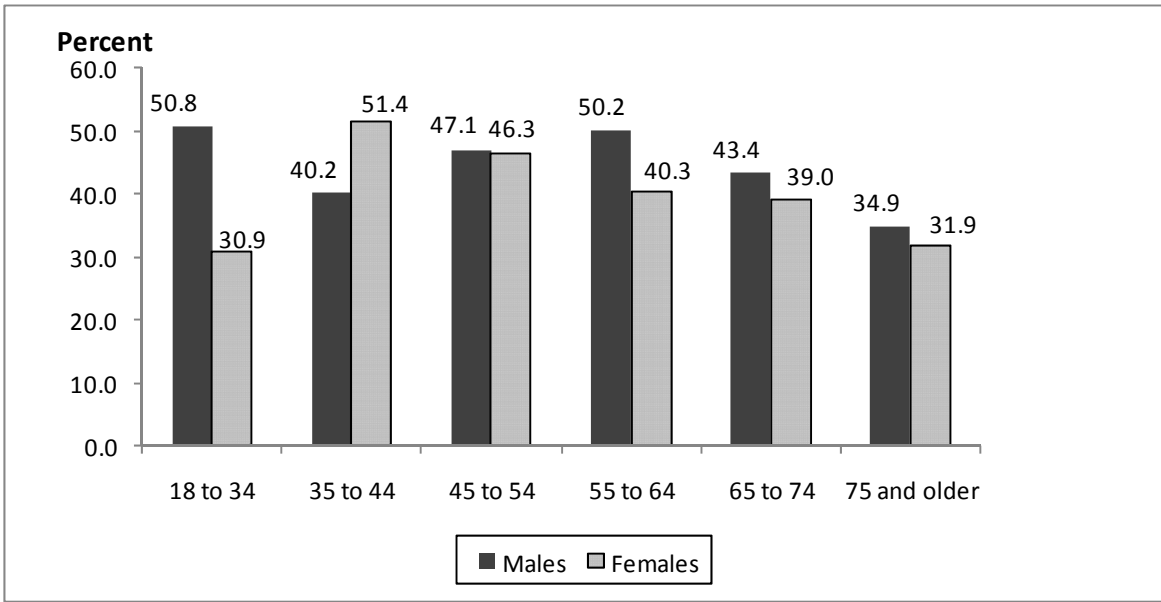
**Question:** In an average week how many days do you get at least 30 minutes of moderate physical activity like walking, cycling and vacuuming.  
 In an average week how many days do you participate in vigorous physical activity that lasts at least 20 minute like stair-master, lap-swimming, heavy yard 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 Per Week n=4483	Moderate Activity 5 or More Days Per Week n=4482	Vigorous Activity 3 or More Days Per Week n=4484	Barriers to Physical Activity:		
				Not Enough Time n=1111	Don't Want to Exercise n=1111	Disabled or Too Sick n=1111
<b>Overall Results</b>	<b>75.0%</b>	<b>42.8%</b>	<b>30.2%</b>	<b>37.1%</b>	<b>32.0%</b>	<b>22.6%</b>
<b>Gender</b>						
Male	79.0	46.1	39.7	33.0	41.0	26.4
Female	71.2	39.6	21.0	40.0	25.6	19.8
<b>Males by Age</b>						
18 to 34	86.5	50.8	60.4	50.4	46.5	0.0
35 to 44	76.4	40.2	37.2	56.5	41.8	13.2
45 to 54	78.9	47.1	32.5	37.8	34.9	17.4
55 to 64	84.4	50.2	40.8	38.8	40.1	23.9
65 to 74	72.6	43.4	21.6	6.1	56.5	37.1
75 and older	56.3	34.9	14.4	0.5	30.9	72.1
<b>Females by Age</b>						
18 to 34	64.0	30.9	19.3	66.1	17.5	0.7
35 to 44	84.3	51.4	24.1	58.1	28.6	6.2
45 to 54	78.0	46.3	30.4	48.4	33.1	12.2
55 to 64	75.9	40.3	23.9	35.6	33.4	24.8
65 to 74	71.3	39.0	14.9	14.3	44.1	25.7
75 and older	52.3	31.9	6.8	2.4	17.1	54.5
<b>Education</b>						
Less than H.S.	54.4	33.4	13.4	25.2	48.4	26.8
H.S. Graduate	69.4	42.7	24.2	28.1	27.7	28.9
Some College	79.0	46.7	34.3	49.3	35.9	17.5
Voc./Assoc. Degree	85.9	46.3	36.5	14.8	33.4	28.4
College Graduate	75.3	39.9	33.0	52.8	25.2	14.2
<b>Poverty Status</b>						
200% or Less	67.7	40.1	27.8	28.4	30.4	31.5
More than 200%	77.5	43.4	32.7	46.3	34.3	13.1

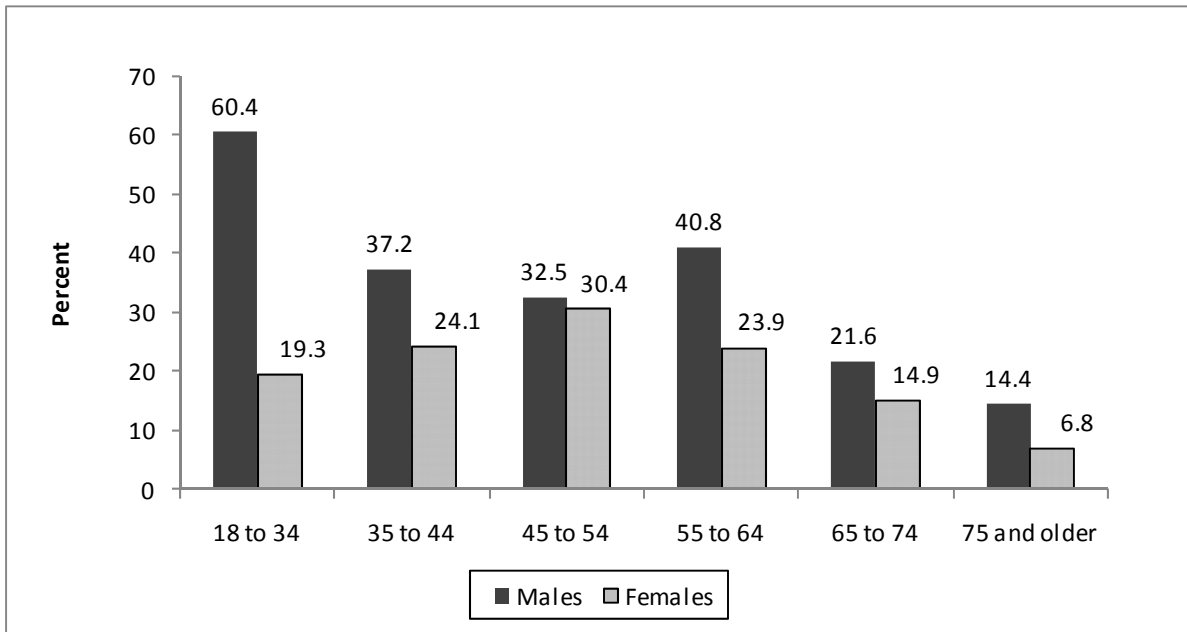
**Figure 4.10a: Reasons for Not Exercising  
For Those That Do Not Engage In Moderate or Vigorous Exercise**



**Figure 4.10b: Moderate Physical Activity 5 or More Days a Week  
By Age and Gender**



**Figure 4.10c: Vigorous Physical Activity 3 or More Days a Week  
By Age and Gender**



**Table 4.11**  
**Physical Activity At Work**  
 Bridge to Health Survey 2010  
 n=2613 <sup>2</sup>

**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
		60.5%	23.3%	16.2%
<b>Overall Results</b>		<b>60.5%</b>	<b>23.3%</b>	<b>16.2%</b>
<b>Gender</b>				
	Male	55.0	20.0	25.0
	Female	67.0	27.1	5.9
<b>Males by Age</b>				
	18 to 34	55.5	14.4	30.1
	35 to 44	55.5	19.3	25.1
	45 to 54	52.9	24.6	22.5
	55 to 64	56.4	22.4	21.2
	65 to 74	N/A	N/A	N/A
	75 and older	N/A	N/A	N/A
<b>Females by Age</b>				
	18 to 34	62.0	36.0	2.0
	35 to 44	68.8	26.1	5.1
	45 to 54	69.5	21.3	9.1
	55 to 64	67.2	24.8	8.0
	65 to 74	N/A	N/A	N/A
	75 and older	N/A	N/A	N/A
<b>Education</b>				
	Less than H.S.	46.3	35.1	18.6
	H.S. Graduate	56.0	27.3	16.7
	Some College	56.0	25.9	18.1
	Voc./Assoc. Degree	45.7	24.6	29.7
	College Graduate	79.3	15.8	4.9
<b>Poverty Status</b>				
	200% or Less	44.9	31.7	23.4
	More than 200%	66.1	20.9	13.0

N/A = To preserve confidentiality results by demographic factors are not shown when cell size is less than 30.

<sup>2</sup> Percentages exclude respondents who reported being retired, students, or not employed.



**Table 4.12**  
**Exercise Opportunities Near Home**  
 Bridge to Health Survey 2010

**Question:** Are any of the following within 10 miles or a 15 to 20 minute drive from your home?  
 (walking trails, bicycle paths, shared use paths, or bike lanes)  
 Do you use the: walking trails, bicycle paths/lanes?

Demographic Characteristics	Availability of:		Do you use the	
	Walking Trails n=4236	Bike Paths / Lanes n=4245	walking trails n=3067	bike paths / lanes n=2610
<b>Overall Results</b>	<b>72.6%</b>	<b>63.8%</b>	<b>46.7%</b>	<b>35.9%</b>
<b>Gender</b>				
Male	73.3	65.9	45.3	40.0
Female	72.0	61.7	48.1	31.6
<b>Males by Age</b>				
18 to 34	75.1	69.6	47.0	66.2
35 to 44	73.9	67.9	36.6	27.1
45 to 54	75.0	67.6	55.4	33.8
55 to 64	77.6	69.4	46.3	34.8
65 to 74	63.6	55.2	42.4	16.9
75 and older	63.8	57.5	26.6	11.4
<b>Females by Age</b>				
18 to 34	69.6	61.5	47.4	36.7
35 to 44	72.3	62.1	63.0	53.0
45 to 54	74.0	65.0	55.8	34.8
55 to 64	77.4	67.1	47.3	26.5
65 to 74	67.9	56.3	39.7	15.6
75 and older	69.3	62.6	21.3	4.8
<b>Education</b>				
Less than H.S.	69.3	61.7	29.4	18.1
H.S. Graduate	69.5	58.9	40.6	27.6
Some College	69.8	61.9	48.7	45.5
Voc./Assoc. Degree	70.8	63.3	47.3	29.2
College Graduate	80.4	70.9	53.7	42.4
<b>Poverty Status</b>				
200% or Less	69.1	60.3	40.3	30.2
More than 200%	75.1	66.4	48.9	38.2

**Table 4.13**  
**Barriers To Exercise Near Home**  
 Bridge to Health Survey 2010

**Question:** In the area where you live, do any of the following prevent you from walking outside your home during the non-winter months?

Demographic Characteristics	Safety Issues Not Having to Do With Traffic	Not Having Sidewalks	Traffic Problems
	n=4441	n=4485	n=4461
<b>Overall Results</b>	<b>8.8%</b>	<b>6.9%</b>	<b>6.1%</b>
<b>Gender</b>			
Male	2.8	5.3	4.3
Female	14.6	8.5	7.8
<b>Males by Age</b>			
18 to 34	2.8	2.9	3.9
35 to 44	5.3	3.9	3.2
45 to 54	2.0	4.1	2.5
55 to 64	1.2	10.1	7.5
65 to 74	3.5	6.9	7.0
75 and older	2.2	7.1	2.3
<b>Females by Age</b>			
18 to 34	30.6	8.8	8.5
35 to 44	10.4	11.8	11.5
45 to 54	10.0	7.0	5.5
55 to 64	9.5	11.8	9.7
65 to 74	7.2	7.8	6.9
75 and older	7.0	3.1	3.4
<b>Education</b>			
Less than H.S.	19.8	8.0	6.7
H.S. Graduate	8.3	5.8	4.9
Some College	11.8	8.4	7.0
Voc./Assoc. Degree	5.3	5.2	5.7
College Graduate	5.6	7.6	6.5
<b>Poverty Status</b>			
200% or Less	8.2	5.2	3.6
More than 200%	9.3	7.9	7.1

# **Chapter 5**

## **PREVENTIVE SCREENINGS**

- A. Cancer Screenings**
- B. Cardiovascular Risk Screenings**
- C. Blood Donation**



## Chapter 5: Preventive Screenings

The top two leading causes of death nationally and in this region are cardiovascular disease and cancer (1,2). Based on current statistics for the state, about half of Minnesotans will be diagnosed with a potentially serious cancer during their lifetime, and about 25 percent will die from one of these diseases (3). Risk factor reduction and early detection are key strategies in the prevention of premature deaths from these health problems.

The *Bridge to Health Survey 2010* asked respondents to report their recent health screenings to detect signs and symptoms related to cancer and cardiovascular disease. Screening tests are used to check for a disease or condition in people who have not previously had the disease or condition and who do not have symptoms to suggest that condition or disease. Appropriate screening tests can detect a disease or condition early and improve the chance of successful treatment and health.

For many screenings, there are differences among noted organizations about the age, frequency, effectiveness, and cost/benefit of particular screenings. Credible sources for information on recommended screenings are:

- US Preventive Services Task Force <http://www.uspreventiveservicestaskforce.org/>
- Institute for Clinical Systems Improvement <http://www.icsi.org>
- American Cancer Society  
<http://www.cancer.org/Healthy/FindCancerEarly/CancerScreeningGuidelines/index>

### Cancer Screenings

Screening	Bridge to Health 2010	BRFSS 2008 (3,+4)			Healthy People 2020 goal
		Minnesota	Wisconsin	National	
Breast cancer screening (Female 40+ yrs) Past two years	73.2%	79.1%	76.2%	76.0%	81.1% (50-74 yrs)
Cervical cancer screening (Female 18+ yrs) Within 3 years	75.3% (Within 2 yrs)	85.5%	82.6%	82.8%	93.0%
Prostate cancer screening (Male 50+ yrs) Past year	37.8%	48.9%	51.1%	55.9%	N/A
Colorectal cancer* screening (Male & Female 50+ yrs) Past 10 years	55.0% (Past 5 Years)	69.1%	66.6%	63.1%	70.5%

\*combined fecal occult blood test and endoscopy

## Cardiovascular Screenings

Screening / Condition	Bridge to Health 2010	BRFSS 2009 (6)			Healthy People 2020 goal
		Minnesota	Wisconsin	National	
Blood pressure screening (last 2 years) (5)	93.2%	N/A	N/A	92.9%	94.9%
High blood pressure	26.6%	21.6%	27.7%	28.7%	26.9%
Cholesterol screening (last 5 years) (5)	78.3%	77.0%	76.9%	76.9%	82.1%
High cholesterol	22.5%	33.9%	35.8%	37.5%	13.5%

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**Table 5.1**  
**Preventive Screening: Mammogram**  
**(Females Age 40 and Older)**

Bridge to Health Survey 2010

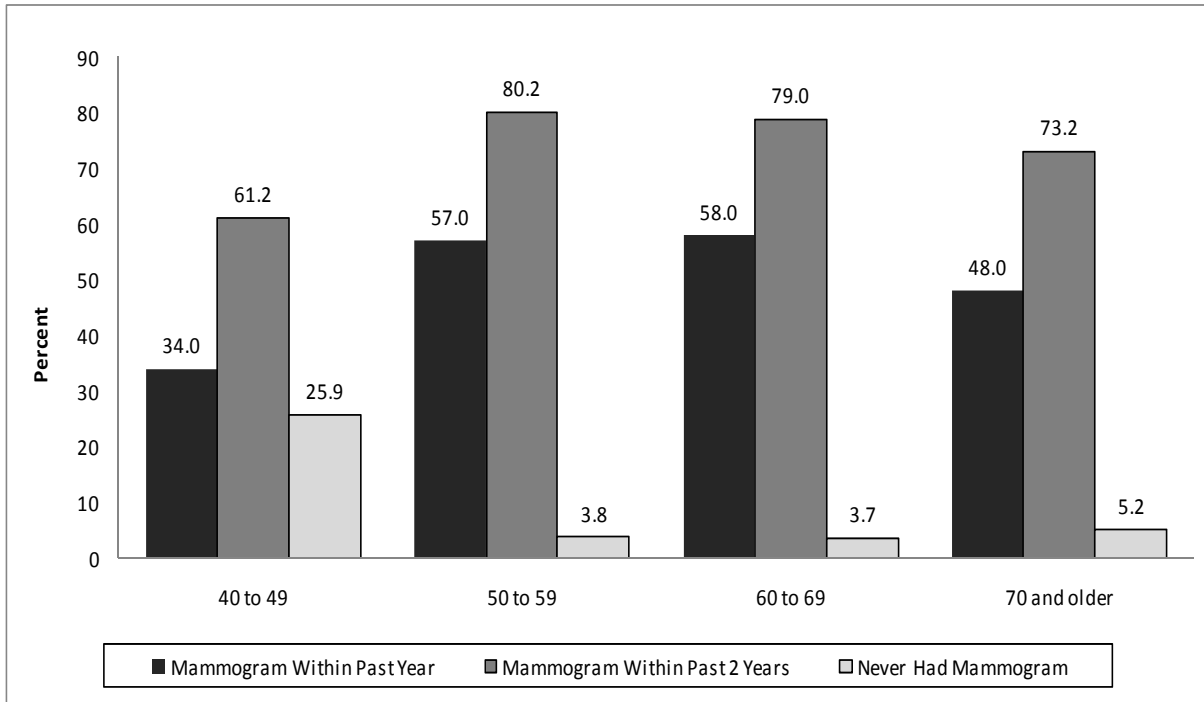
n=1502 <sup>1</sup>

**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?

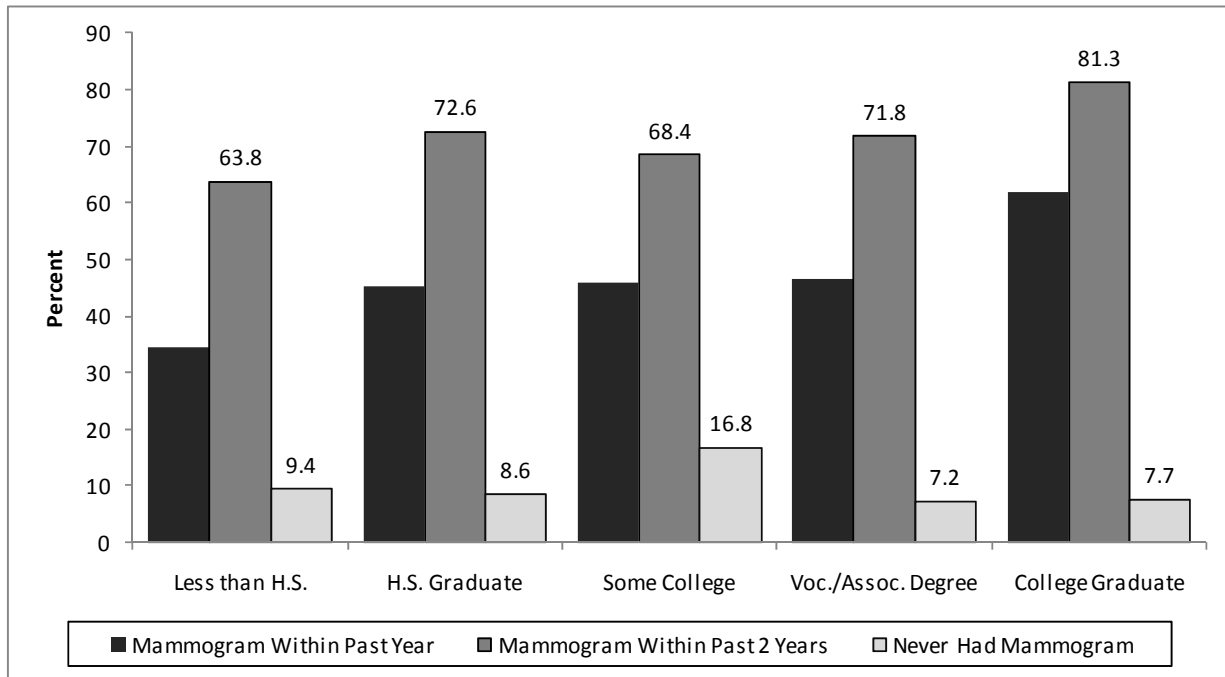
Demographic Characteristics	Never Had a Mammogram	Had Mammogram in Past Year	Had Mammogram in Past 2 Years
	<b>Overall Results</b>	<b>10.0%</b>	<b>48.7%</b>
<b>Females by Age</b>			
40 to 49	25.9	34.0	61.2
50 to 59	3.8	57.0	80.2
60 to 69	3.7	58.0	79.0
70 and older	5.2	48.0	73.2
<b>Education</b>			
Less than H.S.	9.4	34.6	63.8
H.S. Graduate	8.6	45.2	72.6
Some College	16.8	45.8	68.4
Voc./Assoc. Degree	7.2	46.4	71.8
College Graduate	7.7	61.9	81.3
<b>Poverty Status</b>			
200% or Less	11.9	39.9	64.0
More than 200%	9.5	52.7	76.5

<sup>1</sup> Percentages exclude women who have had double mastectomies.

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



**Figure 5.1b: Mammogram Screenings by Education Level  
(Females Age 40 and Older Only)**





**Table 5.2**  
**Preventive Screening: Breast Self-Exam**  
**(Females Age 18 and Older)**

Bridge to Health Survey 2010

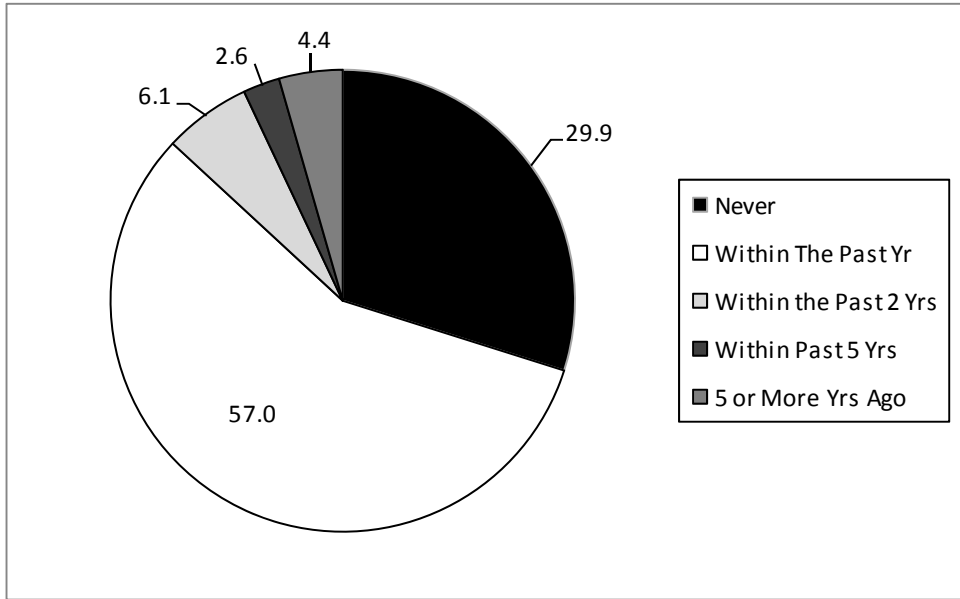
n=2251<sup>2</sup>

**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?

<b>Demographic Characteristics</b>	<b>Never Performed Breast Exam</b>	<b>Performed Breast Exam within the Past Year</b>
<b>Overall Results</b>	<b>29.9%</b>	<b>57.0%</b>
<b>Females by Age</b>		
18 to 29	54.3	30.6
30 to 39	35.3	56.3
40 to 49	25.6	63.7
50 to 59	17.5	71.5
60 to 69	17.8	67.5
70 and older	26.7	54.6
<b>Education</b>		
Less than H.S.	52.0	29.1
H.S. Graduate	29.9	58.9
Some College	35.1	53.9
Voc./Assoc. Degree	27.2	58.4
College Graduate	16.9	67.8
<b>Poverty Status</b>		
200% or Less	31.2	51.2
More than 200%	29.3	59.1

<sup>2</sup> Percentages exclude women who have had double mastectomies.

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



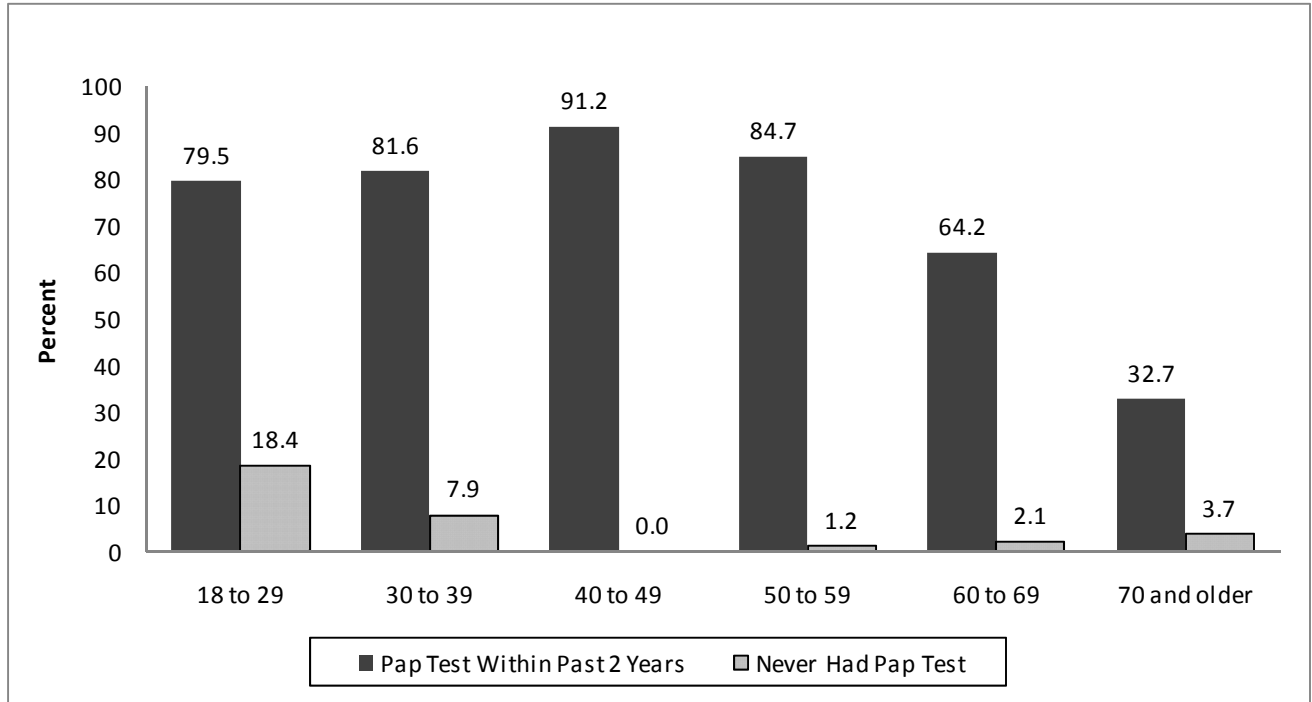
**Table 5.3**  
**Preventive Screening: PAP Smear**  
**(Females Age 18 and Older)**  
 Bridge to Health Survey 2010  
 n=1815<sup>4</sup>

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

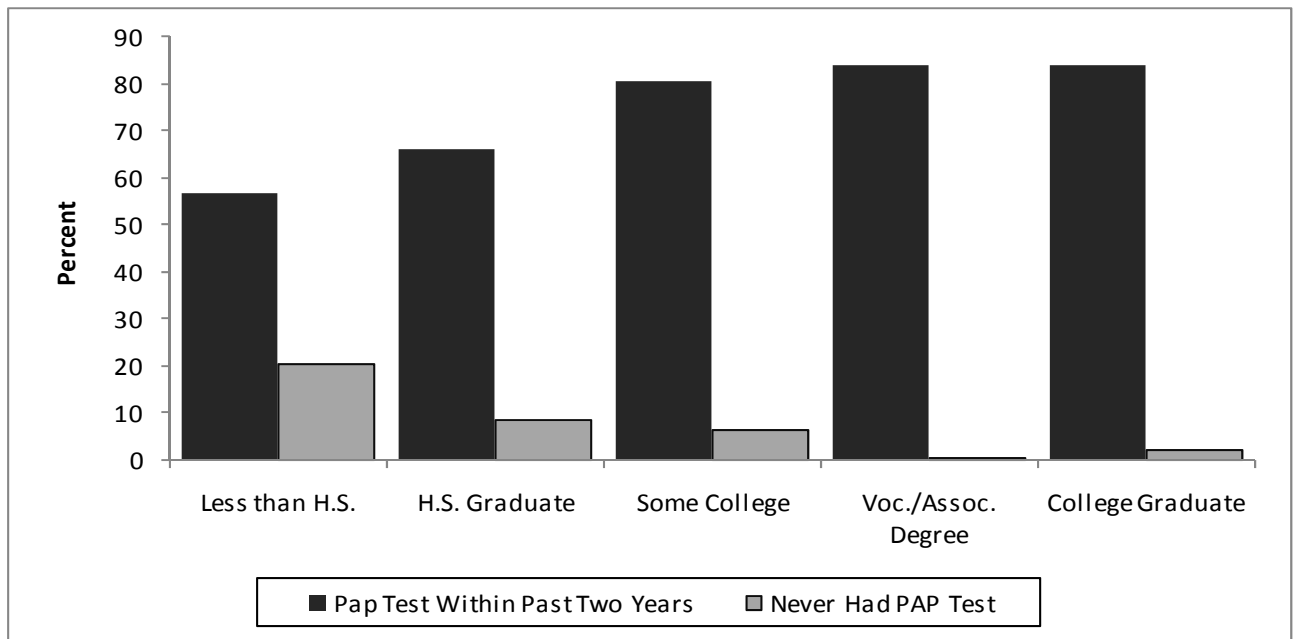
<b>Demographic Characteristics</b>	Never Had a PAP Test	Had a PAP Test Within the Past Two Years
<b>Overall Results</b>	<b>6.4%</b>	<b>75.3%</b>
<b>Females by Age</b>		
18 to 29	18.4	79.5
30 to 39	7.9	81.6
40 to 49	0.0	91.2
50 to 59	1.2	84.7
60 to 69	2.1	64.2
70 and older	3.7	32.7
<b>Education</b>		
Less than H.S.	20.5	56.9
H.S. Graduate	8.6	65.9
Some College	6.2	80.5
Voc./Assoc. Degree	0.1	84.2
College Graduate	2.0	83.9
<b>Poverty Status</b>		
200% or Less	8.0	70.9
More than 200%	1.7	83.1

<sup>4</sup> Percentages exclude women who have had hysterectomies.

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



**Figure 5.3b: Pap Test Screenings By Education Level  
(Females Age 18 and Older Only)**



**Table 5.4**  
**Preventive Screening: Prostate Exam**  
**(Males Age 50 and Older)**  
 Bridge to Health Survey 2010  
 n=975

**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, never, or not applicable?

Demographic Characteristics	Never Had A Prostate Exam	Had a Prostate Exam in Past Year
<b>Overall Results</b>	<b>14.0%</b>	<b>37.8%</b>
<b>Males by Age</b>		
50 to 59	24.2	26.4
60 to 69	8.0	44.9
70 and older	3.3	49.1
<b>Education</b>		
Less than H.S.	19.9	37.5
H.S. Graduate	14.9	40.1
Some College	17.0	32.5
Voc./Assoc. Degree	20.5	35.4
College Graduate	7.1	40.5
<b>Poverty Status</b>		
200% or Less	20.7	32.2
More than 200%	11.4	40.9

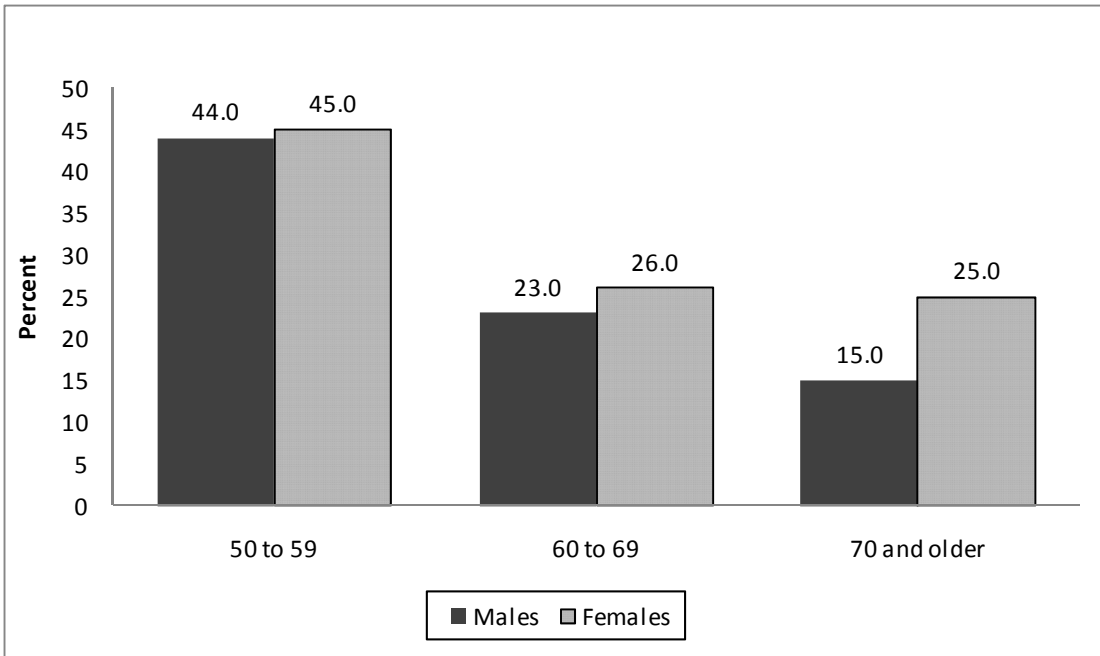
**Table 5.5**  
**Preventive Screening: Colon Cancer**  
**(Males and Females Age 50 and Older)**

Bridge to Health Survey 2010  
n=2090

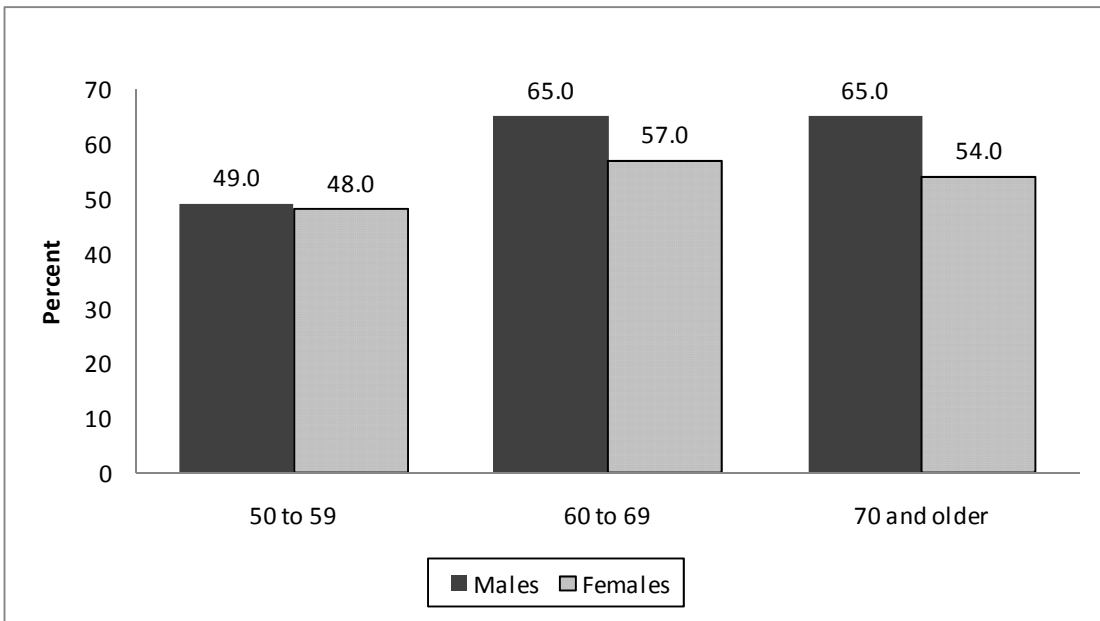
**Question:** Have you had any screening for colon cancer within the past year, within the past 2 years, within the past 5 years, 5 or more years ago, never, or not applicable?

Demographic Characteristics	Never Had Colon Cancer Screening	Had Colon Cancer Screening:		
		Cancer Screening in Past One Year	Cancer Screening in Past Two Years	Cancer Screening in Past Five Years
<b>Overall Results</b>	<b>32.0%</b>	<b>14.2%</b>	<b>33.8%</b>	<b>55.0%</b>
<b>Gender</b>				
Male	30.5	17.0	38.1	58.0
Female	33.4	11.8	30.1	52.3
<b>Males by Age</b>				
50 to 59	44.0	13.0	34.0	49.0
60 to 69	23.0	22.0	43.0	65.0
70 and older	15.0	19.0	39.0	65.0
<b>Females by Age</b>				
50 to 59	45.0	13.0	31.0	48.0
60 to 69	26.0	10.0	24.0	57.0
70 and older	25.0	12.0	33.0	54.0
<b>Education</b>				
Less than H.S.	35.5	16.0	32.9	49.9
H.S. Graduate	32.8	13.9	31.6	52.2
Some College	34.9	14.4	30.7	51.7
Voc./Assoc. Degree	34.2	13.1	36.7	58.0
College Graduate	27.0	14.8	37.0	59.5
<b>Poverty Status</b>				
200% or Less	39.5	11.8	26.3	48.4
More than 200%	27.7	15.5	38.4	60.3

**Figure 5.5a: Never had Colon Cancer Screening  
By Age and Gender**



**Figure 5.5b: Colon Cancer Screening Within Past Five Years  
By Age and Gender**



**Table 5.6**  
**Preventive Screening: Blood Pressure and Blood Cholesterol**  
**(Males and Females)**

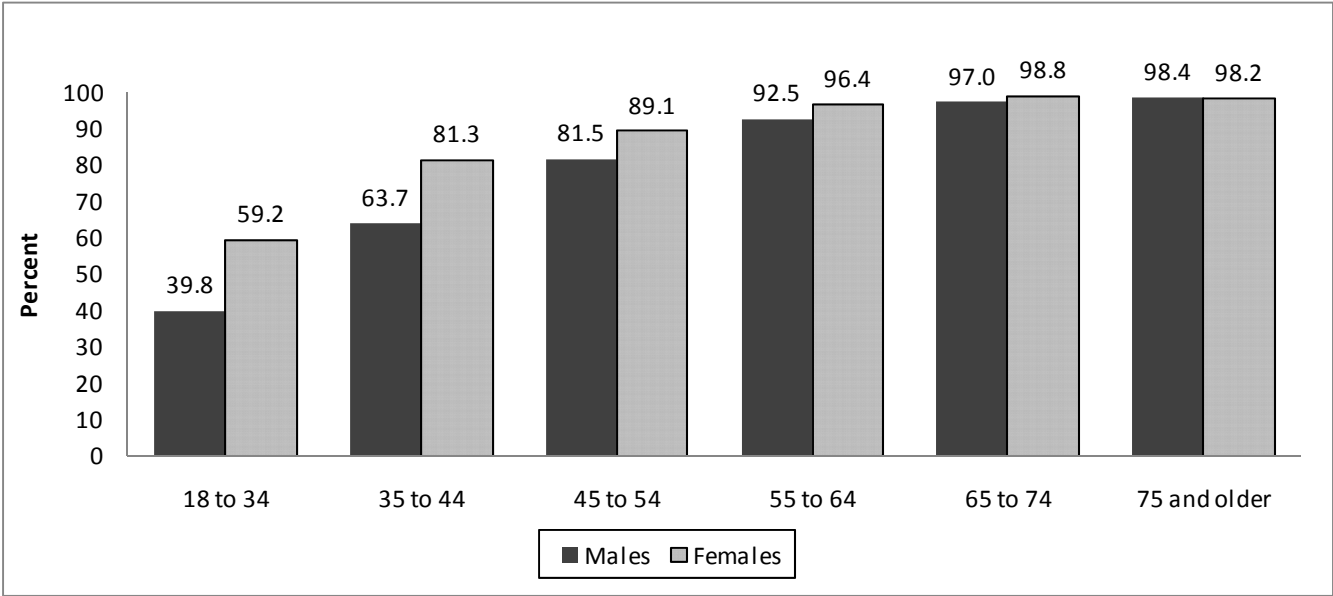
Bridge to Health Survey 2010

**Question:** 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?

Demographic Characteristics	Blood Pressure:		Blood Cholesterol:		
	Never Had Blood Pressure Checked n=4472	Had Blood Pressure Checked in Past Two Years n=4472	Never Had Cholesterol Checked n=4321	Had Cholesterol Checked in Past Two Years n=4321	Had Cholesterol Checked in Past Five Years n=4321
<b>Overall Results</b>	<b>2.9%</b>	<b>93.2%</b>	<b>13.8%</b>	<b>65.8%</b>	<b>78.3%</b>
<b>Gender</b>					
Male	3.9	90.0	17.5	59.8	72.3
Female	2.0	96.2	10.1	71.6	84.2
<b>Males by Age</b>					
18 to 34	13.7	76.5	45.1	17.9	39.8
35 to 44	0.7	92.2	17.3	54.5	63.7
45 to 54	0.4	94.1	8.4	66.8	81.5
55 to 64	0.2	94.2	3.1	83.1	92.5
65 to 74	0.0	99.0	1.7	93.9	97.0
75 and older	0.0	98.4	0.5	97.7	98.4
<b>Females by Age</b>					
18 to 34	7.8	90.7	26.0	34.4	59.2
35 to 44	0.0	98.8	14.5	69.2	81.3
45 to 54	0.0	97.6	6.2	76.9	89.1
55 to 64	0.4	96.5	1.3	87.2	96.4
65 to 74	0.0	98.8	0.8	94.8	98.8
75 and older	0.0	99.4	0.4	95.4	98.2
<b>Education</b>					
Less than H.S.	0.0	92.4	15.3	54.2	69.7
H.S. Graduate	3.1	93.2	15.0	71.5	79.9
Some College	7.9	88.7	19.4	51.4	71.5
Voc./Assoc. Degree	0.7	94.1	9.9	74.5	84.3
College Graduate	0.1	97.1	9.2	70.7	81.4
<b>Poverty Status</b>					
200% or Less	6.7	87.8	17.9	59.1	73.7
More than 200%	0.6	96.0	11.3	66.1	79.8



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



**Table 5.7**  
**Blood Donation**  
 Bridge to Health Survey 2010

<b>Question:</b>		Do you plan to donate blood at least once in the next 12 months?
<b>Demographic Characteristics</b>		Yes n=4277
<b>Overall Results</b>		<b>20.9%</b>
<b>Gender</b>		
	Male	19.2
	Female	22.5
<b>Males by Age</b>		
	18 to 34	29.1
	35 to 44	23.4
	45 to 54	18.6
	55 to 64	12.0
	65 to 74	12.1
	75 and older	5.5
<b>Females by Age</b>		
	18 to 34	31.3
	35 to 44	36.4
	45 to 54	25.7
	55 to 64	16.7
	65 to 74	10.3
	75 and older	2.5
<b>Education</b>		
	Less than H.S.	6.4
	H.S. Graduate	12.9
	Some College	28.7
	Voc./Assoc. Degree	23.7
	College Graduate	23.9
<b>Poverty Status</b>		
	200% or Less	18.7
	More than 200%	24.4

# **Chapter 6**

## **TOBACCO USE**

- A. Cigarette Smoking**
- B. Other Tobacco Use**
- C. Attitudes on Environmental Tobacco Use**



## Chapter 6: Tobacco Use

The effects of cigarette smoking and other tobacco use on health are well documented. Smoking is a significant contributor to coronary heart disease, cancers (especially lung cancer), and pulmonary diseases (bronchitis and emphysema). Smoking during pregnancy is associated with low birth weight, spontaneous abortion, fetal death and neonatal death. Second hand smoke also poses health risks for children and non-smokers. The Centers for Disease Control and Prevention estimates that smoking is responsible for one in five deaths annually in the U.S. (1) and on average, smokers die 13 to 14 years earlier than nonsmokers (2). It is estimated that nationally cigarette smoking is more common among men (24%) than women (18%) (1).

As many Minnesotans die from lung and bronchus cancer as from breast, prostate, colon and rectum, and pancreas cancer combined and approximately 90 percent of lung cancers are caused by cigarette smoking (3). When heart disease and other types of lung disease caused by tobacco are considered the Centers for Disease Control and Prevention estimates that smoking reduces life expectancy by 13.2 years for men and 14.5 years for women.

The following table represents information from the 2009 Behavioral Risk Factor Surveillance System Prevalence and Trends (BRFSS) data compared to the 2010 *Bridge to Health Survey*.

### Tobacco Use

	Bridge to Health 2010	BRFSS 2009 (6)			Healthy People 2020 goal
		Minnesota	Wisconsin	National	
Current smokers	14.6%	16.8%	18.8%	17.9%	12.0%
Smoke everyday	N/A	11.3%	12.6%	12.7%	N/A
Former smoker	21.8%	26.4%	26.9%	25.5%	N/A
Never smoked	63.6%	56.8%	54.3%	55.5%	N/A
Smokeless tobacco use (2006-07)*	4.4%	2.4%*	2.1%*	2.3%*	0.3%
Attempted to quit in last year (2008)*	41.0%	52.0%*	N/A	48.3%*	80.0%

\*data refers to the year indicated next to the asterisk for the corresponding row rather than the year indicated under the bolded column heading (4, 5)

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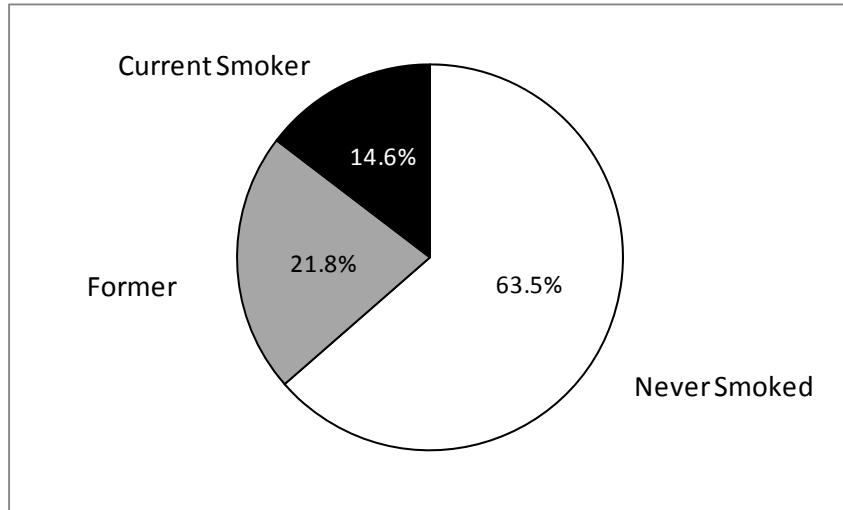
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**Table 6.1**  
**Cigarette Smoking**  
 Bridge to Health Survey 2010

**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? Would you say: Within the next 30 days, Within the next 6 months, More than 6 months from now, Not thinking of quitting .

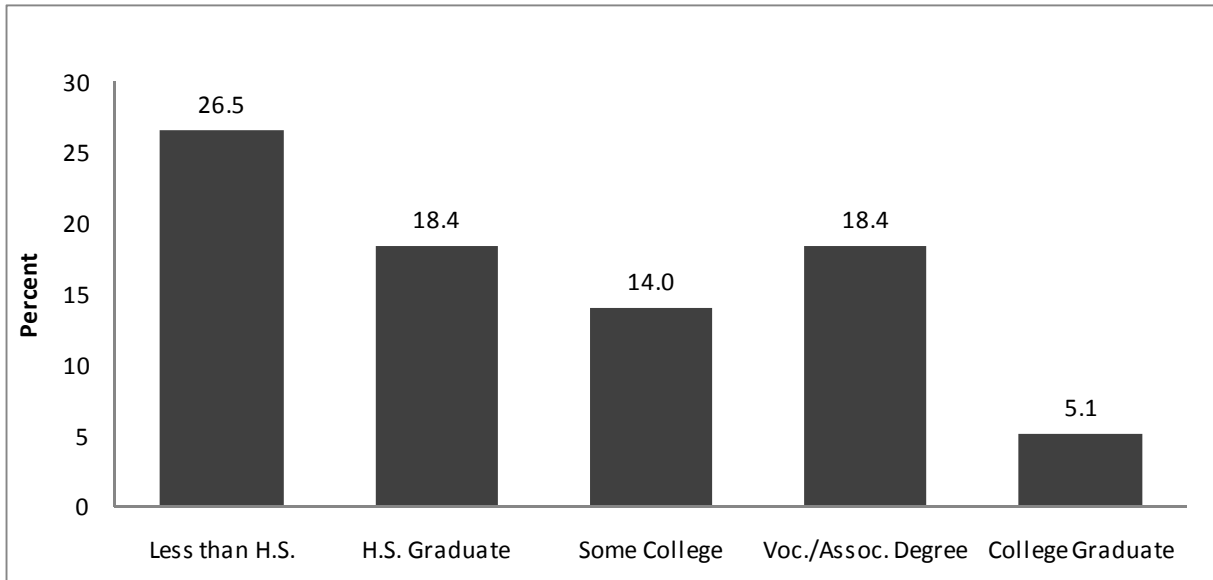
Demographic Characteristics	Never Smoked n=4491	Former Smoker n=4491	Current Smoker n=4491	Current Smokers:	
				Tried to Quit in Past Year n=634	Seriously Thinking of Quitting in the Next 30 Days n=629
<b>Overall Results</b>	<b>63.6%</b>	<b>21.8%</b>	<b>14.6%</b>	<b>41.0%</b>	<b>19.8%</b>
<b>Gender</b>					
Male	62.7	24.0	13.2	41.1	18.1
Female	64.4	19.6	16.0	41.0	21.1
<b>Males by Age</b>					
18 to 34	86.9	7.2	5.9	7.0	11.7
35 to 44	69.5	14.3	16.3	42.8	27.2
45 to 54	58.5	19.5	22.0	48.6	21.3
55 to 64	44.8	38.2	17.0	45.1	11.1
65 to 74	43.6	45.9	10.5	N/A	N/A
75 and older	40.8	54.0	5.2	N/A	N/A
<b>Females by Age</b>					
18 to 34	72.3	7.5	20.1	13.8	1.6
35 to 44	66.4	16.5	17.1	59.1	19.4
45 to 54	59.6	19.1	21.3	47.9	31.9
55 to 64	54.7	28.6	16.7	61.8	44.5
65 to 74	60.2	33.4	6.4	N/A	N/A
75 and older	70.0	25.1	4.9	N/A	N/A
<b>Education</b>					
Less than H.S.	54.7	18.8	26.5	25.2	7.8
H.S. Graduate	58.0	23.6	18.4	44.5	17.9
Some College	67.1	18.8	14.0	41.8	24.4
Voc./Assoc. Degree	56.1	25.5	18.4	37.0	23.1
College Graduate	73.6	21.3	5.1	62.0	26.3
<b>Poverty Status</b>					
200% or Less	58.8	19.4	21.8	39.4	16.2
More than 200%	66.1	22.1	11.8	46.6	24.6

**Figure 6.1a: Prevalence of Cigarette Smoking**

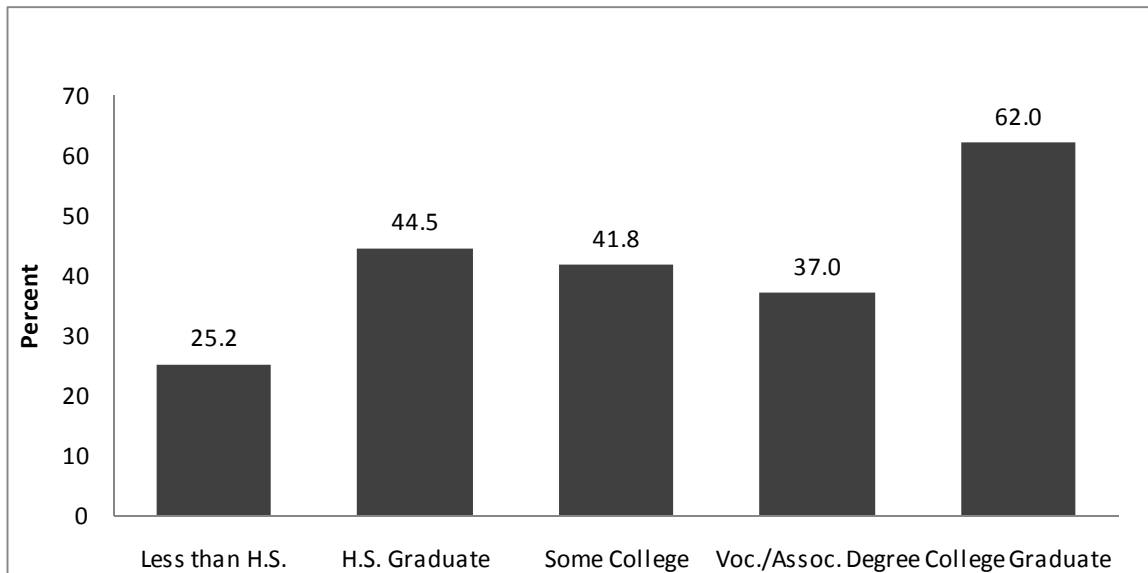




**Figure 6.1b: Cigarette Smoking Prevalence  
By Education Level**



**Figure 6.1c: Percent Who Tried To Quit In The Last Year  
By Education Level**



**Table 6.2**  
**Cigarette Smoking - Number Smoked Per Day**  
 Bridge to Health Survey 2010  
 n=645

**Question:** (For current smokers) On the average about how many cigarettes a day do you now smoke?

<b>Demographic Characteristics</b>		1 to 5 Cigarettes	6 to 10 Cigarettes	11 to 19 Cigarettes	21 to 30 One Pack Cigarettes	More than 30 Cigarettes
<b>Overall Results</b>		<b>13.5%</b>	<b>27.2%</b>	<b>13.8%</b>	<b>32.7%</b>	<b>9.9%</b>
<b>Gender</b>						
	Male	12.1	11.7	12.5	43.0	15.7
	Female	14.6	39.4	14.8	24.5	5.3
<b>Males by Age</b>						
	18 to 34	26.5	7.9	10.5	27.0	17.7
	35 to 44	10.9	8.6	19.8	37.5	18.3
	45 to 54	10.1	7.8	6.7	57.3	15.6
	55 to 64	10.9	10.7	10.0	46.1	14.8
	65 to 74	N/A	N/A	N/A	N/A	N/A
	75 and older	N/A	N/A	N/A	N/A	N/A
<b>Females by Age</b>						
	18 to 34	11.7	51.0	20.2	17.1	0.0
	35 to 44	20.6	46.6	10.1	22.6	0.0
	45 to 54	9.7	29.6	15.2	35.8	7.4
	55 to 64	19.9	27.0	9.5	25.5	14.9
	65 to 74	N/A	N/A	N/A	N/A	N/A
	75 and older	N/A	N/A	N/A	N/A	N/A
<b>Education</b>						
	Less than H.S.	5.3	45.4	17.4	23.7	7.3
	H.S. Graduate	13.6	26.2	18.0	28.8	11.1
	Some College	16.0	19.7	4.6	43.2	12.9
	Voc./Assoc. Degree	18.0	25.9	12.0	34.2	5.4
	College Graduate	8.9	28.8	20.6	27.9	12.4
<b>Poverty Status</b>						
	200% or Less	7.0	29.3	14.9	31.8	13.3
	More than 200%	16.7	27.9	13.9	30.4	8.1

N/A = To preserve confidentiality results by demographic factors are not shown when cell size is less than 30.

**Table 6.3**  
**Cigarette Smoking - Quitting Attempts**  
 Bridge to Health Survey 2010

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

<b>Demographic Characteristics</b>		None n=634	One to Two Times n=634	Three to Four Times n=634	Five or More Times n=634
<b>Overall Results</b>		<b>59.0%</b>	<b>22.2%</b>	<b>9.3%</b>	<b>6.3%</b>
<b>Gender</b>					
	Male	58.9	20.9	10.9	5.3
	Female	59.0	23.2	8.1	7.0
<b>Males by Age</b>					
	18 to 34	93.0	0.8	0.0	0.0
	35 to 44	57.2	15.4	22.7	4.6
	45 to 54	51.4	26.7	7.5	8.1
	55 to 64	54.9	31.8	9.2	1.9
	65 to 74	N/A	N/A	N/A	N/A
	75 and older	N/A	N/A	N/A	N/A
<b>Females by Age</b>					
	18 to 34	86.2	9.9	3.2	0.7
	35 to 44	40.9	18.0	13.2	16.7
	45 to 54	52.1	31.4	8.6	7.6
	55 to 64	38.2	37.7	9.9	10.4
	65 to 74	N/A	N/A	N/A	N/A
	75 and older	N/A	N/A	N/A	N/A
<b>Education</b>					
	Less than H.S.	74.8	16.1	3.9	4.9
	H.S. Graduate	55.5	26.1	9.1	4.8
	Some College	58.2	21.8	12.9	4.2
	Voc./Assoc. Degree	63.0	19.6	4.1	8.6
	College Graduate	38.0	26.1	21.6	13.8
<b>Poverty Status</b>					
	200% or Less	60.6	21.8	8.6	6.1
	More than 200%	53.4	25.3	10.4	6.5

N/A = To preserve confidentiality results by demographic factors are not shown when cell size is less than 30.

**Table 6.4**  
**Cigarette Smoking - Intent to Quit**  
 Bridge to Health Survey 2010

**Question:** (For current smokers) Are you seriously thinking of quitting smoking? Would you say: Within the next 30 days, Within the next 6 months, More than 6 months from now, Not thinking of quitting .

<b>Demographic Characteristics</b>		No n=629	Within 30 Days n=629	Within 6 Months n=629	More than 6 Months n=629
<b>Overall Results</b>		<b>44.7%</b>	<b>19.8%</b>	<b>22.5%</b>	<b>13.0%</b>
<b>Gender</b>					
	Male	50.8	18.1	19.5	11.6
	Female	39.9	21.1	24.8	14.2
<b>Males by Age</b>					
	18 to 34	78.9	11.7	1.5	7.9
	35 to 44	58.9	27.2	7.8	6.2
	45 to 54	38.2	21.3	32.1	8.4
	55 to 64	44.6	11.1	18.5	25.8
	65 to 74	N/A	N/A	N/A	N/A
	75 and older	N/A	N/A	N/A	N/A
<b>Females by Age</b>					
	18 to 34	60.2	1.6	17.0	21.2
	35 to 44	17.9	19.4	52.0	10.7
	45 to 54	31.9	31.9	21.6	14.6
	55 to 64	25.6	44.5	21.9	8.0
	65 to 74	N/A	N/A	N/A	N/A
	75 and older	N/A	N/A	N/A	N/A
<b>Education</b>					
	Less than H.S.	71.3	7.8	12.5	8.4
	H.S. Graduate	36.6	17.9	30.2	15.3
	Some College	48.6	24.4	21.1	6.0
	Voc./Assoc. Degree	38.5	23.1	16.3	22.1
	College Graduate	35.1	26.3	30.7	7.9
<b>Poverty Status</b>					
	200% or Less	51.1	16.2	24.2	8.5
	More than 200%	35.6	24.6	22.3	17.4

N/A = To preserve confidentiality results by demographic factors are not shown when cell size is less than 30.

**Table 6.5**  
**Smokeless Tobacco Use**  
 Bridge to Health Survey 2010

**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	Uses Smokeless Tobacco n=4492	Times Used in Past Month: <sup>1</sup>	
		Uses Smokeless Tobacco Everyday n=199	Uses Smokeless Tobacco One to Several Times Per Week n=199
<b>Overall Results</b>	<b>4.4%</b>	<b>85.7%</b>	<b>11.2%</b>
<b>Gender</b>			
Male	8.8	87.2	10.7
Female	0.2	N/A	N/A
<b>Males by Age</b>			
18 to 34	18.0	91.8	7.8
35 to 44	6.1	N/A	N/A
45 to 54	7.3	84.2	11.9
55 to 64	3.5	N/A	N/A
65 to 74	4.7	N/A	N/A
75 and older	3.8	N/A	N/A
<b>Females by Age</b>			
18 to 34	0.2	N/A	N/A
35 to 44	0.3	N/A	N/A
45 to 54	0.5	N/A	N/A
55 to 64	0.1	N/A	N/A
65 to 74	0.0	0.0	0.0
75 and older	0.0	0.0	0.0
<b>Education</b>			
Less than H.S.	2.5	N/A	N/A
H.S. Graduate	4.9	77.4	17.4
Some College	7.2	88.8	8.8
Voc./Assoc. Degree	5.1	87.0	9.8
College Graduate	1.4	N/A	N/A
<b>Poverty Status</b>			
200% or Less	6.1	91.7	3.3
More than 200%	3.7	83.9	14.0

N/A = To preserve confidentiality results by demographic factors are not shown when cell size is less than 30.

<sup>1</sup> Percentages reflect only those respondents who use smokeless tobacco.

**Table 6.6**  
**Attitude Toward Smoking by Location**  
**Percent that Believe Smoking Should Not Be Allowed**  
 Bridge to Health Survey 2010

**Question:** Please indicate your opinion of whether smoking should be allowed in:

Demographic Characteristics	Percent Responding "Not Allowed At All"				
	Cars When Children Under 16 Are Present n=4279	Hotel / Motel Rooms n=4379	Entrances to Buildings n=4405	College Campus Grounds n=4312	Parks / Outdoor Spaces n=4384
<b>Overall Results</b>	<b>79.2%</b>	<b>62.9%</b>	<b>69.4%</b>	<b>48.8%</b>	<b>31.2%</b>
<b>Gender</b>					
Male	77.0	58.9	64.6	44.7	27.0
Female	81.3	66.7	74.0	52.7	35.4
<b>Males by Age</b>					
18 to 34	69.9	53.0	56.9	34.1	19.7
35 to 44	77.4	61.5	65.4	45.8	27.7
45 to 54	76.2	57.2	64.4	46.6	29.6
55 to 64	82.8	63.3	70.7	49.9	29.6
65 to 74	83.1	62.9	68.8	52.1	32.8
75 and older	82.1	63.5	71.4	53.7	31.3
<b>Females by Age</b>					
18 to 34	69.5	62.0	63.6	38.8	22.0
35 to 44	79.7	65.0	72.8	51.8	40.4
45 to 54	82.0	66.1	76.1	55.1	38.7
55 to 64	87.2	69.3	76.0	57.1	36.3
65 to 74	87.3	68.0	77.0	60.6	39.2
75 and older	94.6	75.2	88.6	68.4	47.6
<b>Education</b>					
Less than H.S.	57.8	44.0	44.3	33.3	19.0
H.S. Graduate	83.0	59.0	66.8	50.5	31.9
Some College	75.7	62.9	68.4	42.7	27.3
Voc./Assoc. Degree	76.8	60.6	68.6	47.4	29.0
College Graduate	86.1	73.8	80.5	59.0	39.3
<b>Poverty Status</b>					
200% or Less	70.8	56.5	64.5	43.6	28.7
More than 200%	82.7	66.9	70.6	50.9	32.2

# **Chapter 7**

## **ALCOHOL USE**

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





## Chapter 7: Alcohol Use

According to the Centers for Disease Control and Prevention, excessive alcohol use is the third leading lifestyle-related cause of death for people in the United States each year (1). Alcohol misuse and abuse is closely associated with several leading causes of death including cirrhosis of the liver, motor vehicle and other accidents, suicide and homicide (2). Heavy consumption of alcohol is associated with an increased risk of cancer, cardiovascular conditions, depression, aggression and domestic and other abuse (2). During pregnancy, heavy use of alcohol contributes to adverse birth outcomes such as low birth weight, fetal death and fetal alcohol syndrome (2).

The *Bridge to Health Survey 2010* included questions related to the following indicators of alcohol use:

**Abstaining from alcohol use:** No alcoholic beverages in the past month.

**Chronic drinking:** For men, consuming sixty or more alcoholic drinks in the past month and for women, consuming thirty or more alcoholic drinks in the past month (3). Previously chronic drinking was defined as sixty or more drinks in the past month for both men and women. **The results are evaluated based on both definitions.**

**Binge drinking:** For men, consuming five or more drinks on a single occasion at least once in the past month and for women, consuming four or more drinks on a single occasion at least once in the past month (3). Previously, binge drinking was defined as five or more drinks on a single occasion for both men and women. **The results are evaluated based on both definitions.**

**Drinking and driving or riding in a car or truck:** In the past year, driving or being a passenger in a car or truck when the respondent thought the driver had too much to drink.

The following table includes national and state data from the 2009 Behavioral Risk Factor Surveillance Prevalence and Trends (BRFSS) data compared to the *2010 Bridge to Health Survey*.

<b>Alcohol Use</b>				
	<b>Bridge to Health 2010</b>	<b>BRFSS 2009 (4)</b>		
		<b>Minnesota</b>	<b>Wisconsin</b>	<b>National</b>
At least one alcoholic drink in the last 30 days	55.8%	61.5%	66.8%	53.9%
Binge drinkers (Men: 5+ drinks one occasion Women: 4+ drinks one occasion)	18.8%	20.2%	23.9%	15.5%

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1. Centers for Disease Control and Prevention. Alcohol and Public Health. Available from: <http://www.cdc.gov/alcohol/index.htm>.
2. National Institute on Alcohol Abuse and Alcoholism. Tenth special report to the U.S. Congress on alcohol and health from the Secretary of Health and Human Services. NIH Pub. No. 00-1583. Rockville (MD): National Institute of Health; 2000. Available from: <http://pubs.niaaa.nih.gov/publications/arh24-1/05-11.pdf>. Accessed 2011 Mar 23.
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4. Centers for Disease Control and Prevention. Prevalence and Trends Data. *Behavioral Risk Factor Surveillance System Survey Data*. Atlanta, Georgia: U.S. Department of Health and Human Services, 2009. Available from: <http://apps.nccd.cdc.gov/brfss/>. Accessed 2011 Mar 28.

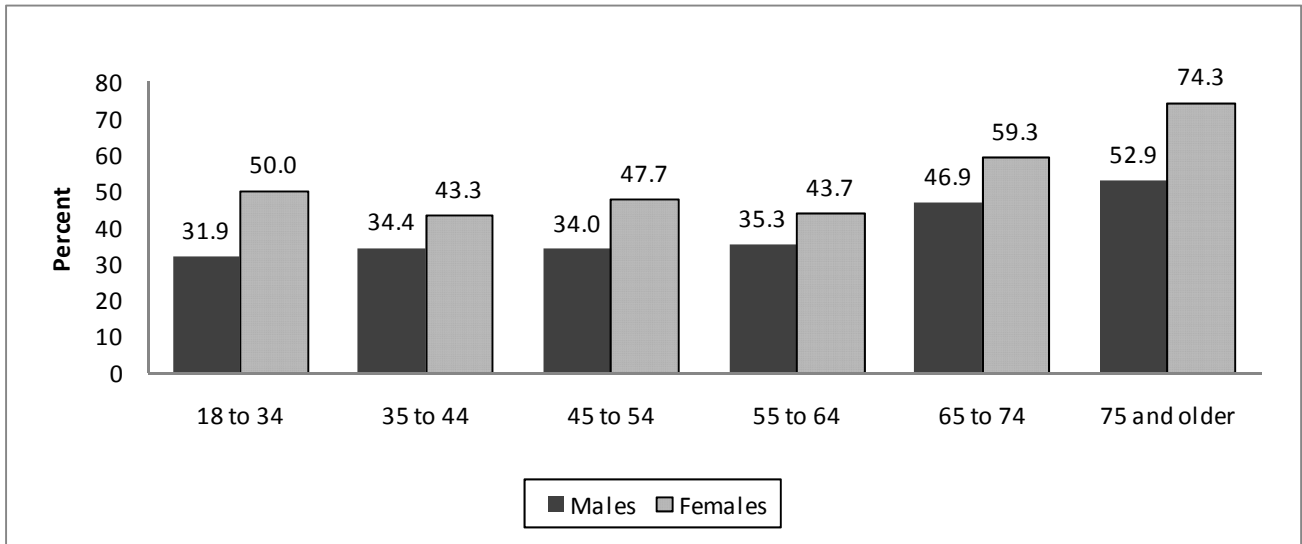
**Table 7.1**  
**Alcohol Consumption Among All Respondents**  
 Bridge to Health Survey 2010

**Question:** During the past month, have you had at least one drink of any alcoholic beverage such as beer, wine, wine coolers, or liquor?  
*(For those who had at least one drink) How many days per week or per month did you drink any alcoholic beverages on 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 4) or more drinks on one occasion?*

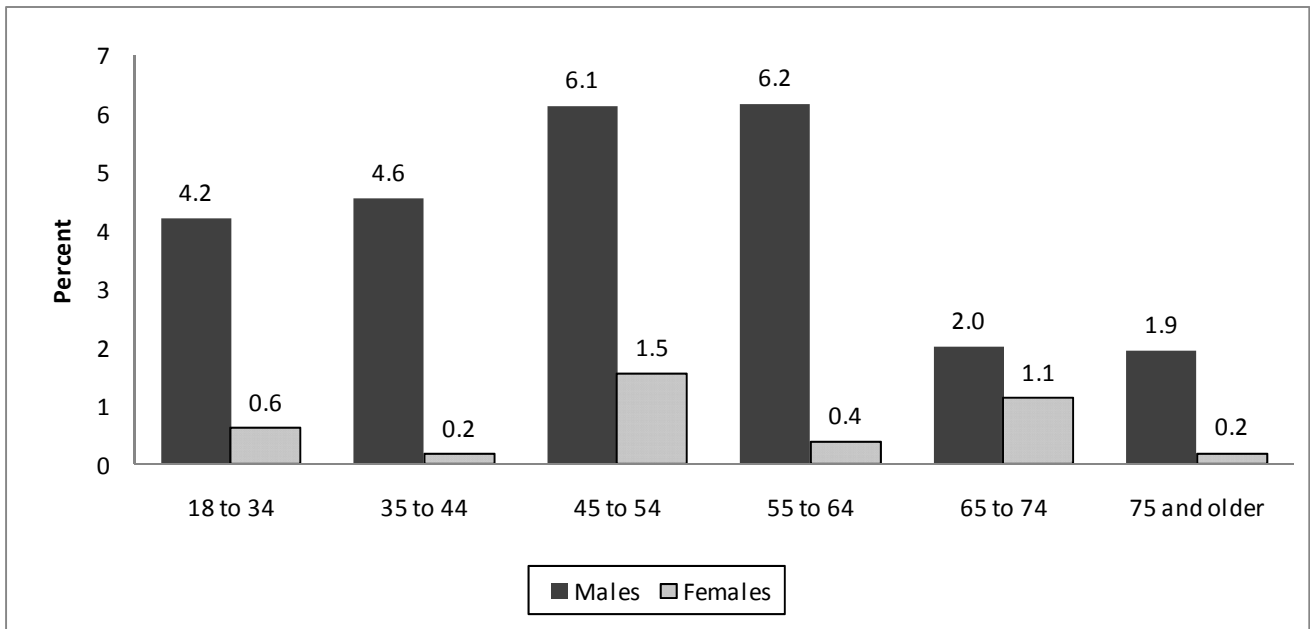
Demographic Characteristics		Abstaining	Chronic	Chronic	Binge	Binge
		from Alcohol n=4493	Drinking (Old Method) n=4493	Drinking (New Method) n=4493	Drinking (Old Method) n=4408	Drinking (New Method) n=4410
<b>Overall Results</b>		<b>44.2%</b>	<b>2.6%</b>	<b>4.3%</b>	<b>15.6%</b>	<b>18.8%</b>
<b>Gender</b>						
	Male	36.6	4.6	4.6	24.2	24.2
	Female	51.6	0.7	4.1	7.4	13.8
<b>Males by Age</b>						
	18 to 34	31.9	4.2	4.2	37.8	37.8
	35 to 44	34.4	4.6	4.6	23.7	23.7
	45 to 54	34.0	6.1	6.1	29.4	29.4
	55 to 64	35.3	6.2	6.2	17.4	17.4
	65 to 74	46.9	2.0	2.0	5.9	5.9
	75 and older	52.9	1.9	1.9	3.8	3.8
<b>Females by Age</b>						
	18 to 34	50.0	0.6	4.4	17.4	28.0
	35 to 44	43.3	0.2	2.9	6.5	12.7
	45 to 54	47.7	1.5	4.5	6.1	13.7
	55 to 64	43.7	0.4	6.3	3.7	9.2
	65 to 74	59.3	1.1	4.6	1.2	3.1
	75 and older	74.3	0.2	1.0	0.7	1.4
<b>Education</b>						
	Less than H.S.	59.6	1.2	4.7	23.1	23.3
	H.S. Graduate	50.3	2.2	4.3	12.5	16.1
	Some College	40.1	3.8	5.4	24.7	29.2
	Voc./Assoc. Degree	40.2	4.2	4.8	17.1	20.7
	College Graduate	40.6	1.1	2.9	6.7	9.0
<b>Poverty Status</b>						
	200% or Less	47.8	3.7	6.1	25.0	28.5
	More than 200%	42.5	2.0	3.4	13.3	16.3

\* See Chapter 7 Introduction for definitions for old and new methods for determining chronic and binge drinking.

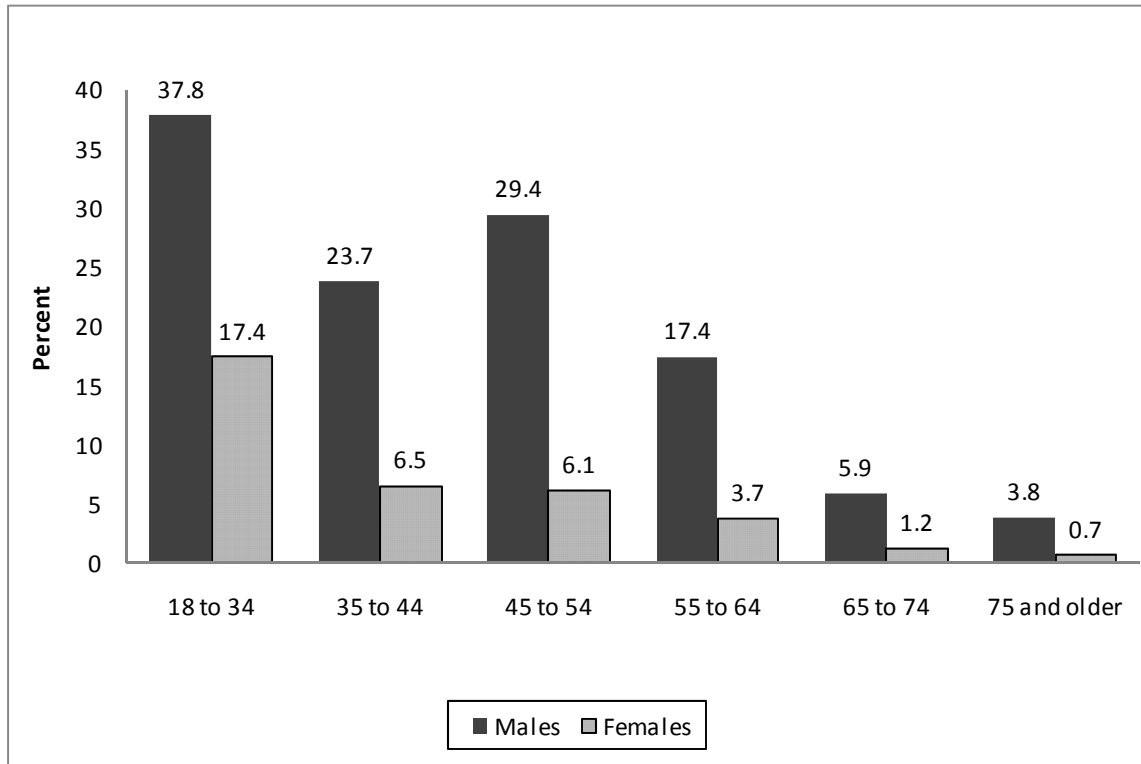
**Figure 7.1a: Abstaining from Alcohol Use During the Past Month  
By Age and Gender**



**Figure 7.1b: Chronic Drinking Among All Respondents (Old Method)  
By Age and Gender**



**Figure 7.1c: Binge Drinking Among All Respondents (Old Method)  
By Age and Gender**

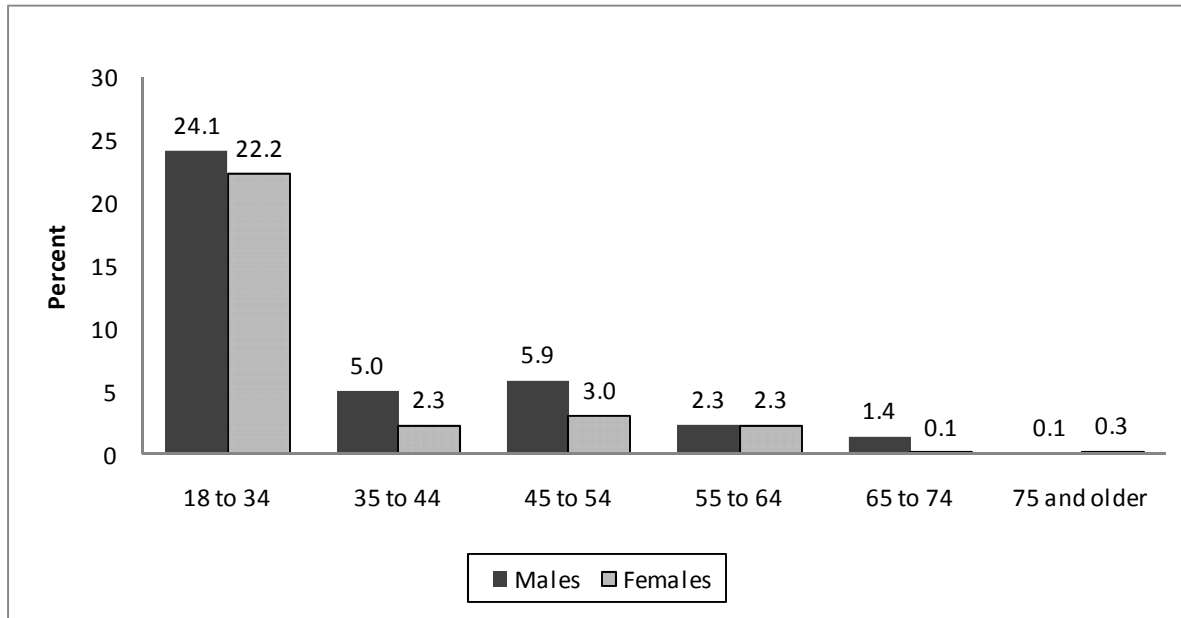


**Table 7.2**  
**Alcohol and Motorized Vehicles**  
 Bridge to Health Survey 2010

**Question:** 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?

Demographic Characteristics	Drinking and Driving as Driver or Passenger in a:		
	Car or Truck n=4405	Snowmobile, ATV or Jet Ski n=4473	Boat n=4473
<b>Overall Results</b>	<b>7.9%</b>	<b>1.3%</b>	<b>2.1%</b>
<b>Gender</b>			
Male	9.1	2.2	3.9
Female	6.8	0.4	0.3
<b>Males by Age</b>			
18 to 34	24.1	4.9	11.1
35 to 44	5.0	0.7	1.6
45 to 54	5.9	3.1	2.6
55 to 64	2.3	0.8	0.6
65 to 74	1.4	0.0	0.0
75 and older	0.1	0.0	0.0
<b>Females by Age</b>			
18 to 34	22.2	1.1	0.6
35 to 44	2.3	0.9	0.2
45 to 54	3.0	0.0	0.0
55 to 64	2.3	0.0	0.4
65 to 74	0.1	0.0	0.0
75 and older	0.3	0.0	0.4
<b>Education</b>			
Less than H.S.	14.4	1.6	0.5
H.S. Graduate	3.3	0.9	0.8
Some College	13.6	2.5	5.6
Voc./Assoc. Degree	5.3	1.8	1.9
College Graduate	7.2	0.1	0.5
<b>Poverty Status</b>			
200% or Less	12.7	1.0	6.0
More than 200%	7.0	1.7	0.8

**Figure 7.2a: Driving or Riding in a Car or Truck when the Driver Had Too Much To Drink  
Among All Respondents By Age and Gender**







# **Chapter 8**

## **HEALTH CARE ACCESS**

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



## Chapter 8: Health Care Access

Lack of access to health care services can have a significant effect on an individual's overall health status. Individuals who lack access to health care generally do not receive preventive screenings, early intervention, or routine care (1). They also tend to delay receiving care for a variety of reasons, most commonly due to lack of insurance and cost. When a person who has delayed care eventually seeks medical attention, his/her condition may have progressed, opportunities for treatment may be reduced and additional health care resources may be required. Costs to the health care system might have been reduced if earlier treatment had been sought. In 2008, 83% of persons in the U.S. had medical insurance and 10% of all persons were unable to obtain or delayed in obtaining necessary medical care, dental care, or prescription medicines (2).

Health care access is generally measured by current health insurance coverage, gaps in insurance coverage, distance and transportation issues that limit access, availability of health care professionals, and cost. Indicators addressing limited health care access in the *Bridge to Health Survey 2010* included items such as failure to receive medical care, failure to fill a prescription and postponement of dental work.

The following table includes national and state data from the 2009 Behavioral Risk Factor Surveillance Prevalence and Trends (BRFSS) data unless otherwise noted compared to the *2010 Bridge to Health Survey*.

**Health Care Access**

	Bridge to Health 2010	BRFSS 2009 (3)			Healthy People 2020 goal
		Minnesota	Wisconsin	National	
Any kind of health care coverage/Insurance	91.2%	92.0%	89.7%	85.3%	95.0%
Uninsured (2008)*	8.8%	9.0%	10.0%	16.8%*	0.0%
Usual place for medical care/Medical home (2007)*	91.2%	N/A	N/A	73.6%*	83.9%
Unable to obtain or delayed medical care (2007)*	15.5%	N/A	N/A	4.7%*	4.2%
Unable to obtain or delayed dental care (2007)*	24.6%	N/A	N/A	5.5%*	5.0%

\*refers to the year indicated next to the asterisk for the corresponding row rather than the BRFSS 2009 (2)

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**Table 8.1**

**Is there a place that you usually go to when you are sick or need advice about your health?**

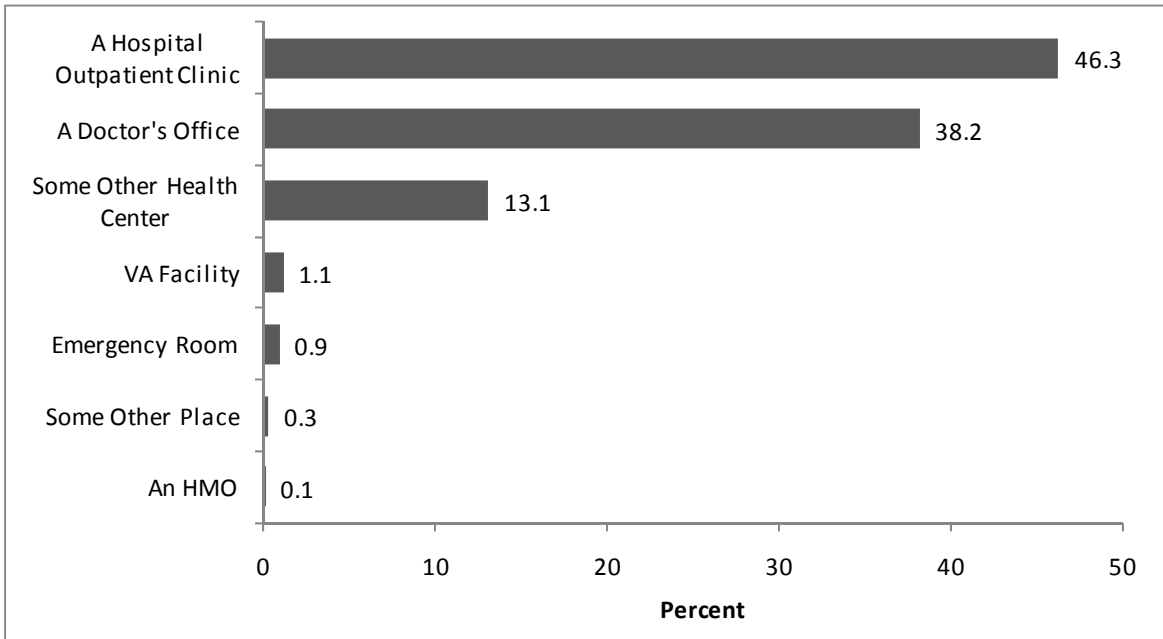
Bridge to Health Survey 2010

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

Demographic Characteristics	Yes n=4496	Kind of Place:		
		A Hospital Outpatient Clinic n=4090	A Doctor's Office n=4090	Some Other Health Center n=4090
<b>Overall Results</b>	<b>91.2%</b>	<b>46.3%</b>	<b>38.2%</b>	<b>13.1%</b>
<b>Gender</b>				
Male	87.5	42.8	38.6	14.6
Female	94.7	49.5	37.8	11.7
<b>Males by Age</b>				
18 to 34	75.1	41.9	33.2	22.6
35 to 44	91.6	34.3	43.5	19.9
45 to 54	90.8	37.8	45.4	12.1
55 to 64	91.8	53.2	33.9	8.3
65 to 74	94.8	45.7	38.9	10.4
75 and older	94.0	48.6	35.8	7.6
<b>Females by Age</b>				
18 to 34	88.6	42.7	35.3	20.8
35 to 44	98.3	51.5	36.9	10.7
45 to 54	94.3	52.8	35.0	10.2
55 to 64	97.6	52.4	38.5	8.8
65 to 74	97.7	52.4	40.6	6.8
75 and older	97.0	47.9	44.7	6.2
<b>Education</b>				
Less than H.S.	85.0	43.5	39.4	11.1
H.S. Graduate	91.5	53.9	32.5	10.3
Some College	86.4	38.6	38.9	20.6
Voc./Assoc. Degree	91.7	48.8	36.9	11.9
College Graduate	97.1	44.7	43.6	10.3
<b>Poverty Status</b>				
200% or Less	87.1	50.5	28.7	16.3
More than 200%	93.5	43.9	41.6	12.9

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

**Figure 8.1a: Medical Home:  
Places Respondents Usually Go When Sick or Need Advice About Health**



**Table 8.2**  
**How Long Since Last Visit to Doctor or Health Care Professional**  
 Bridge to Health Survey 2010  
 n=4488

**Question:** How long has it been since you last visited a doctor or other health care professional for any reason?

Demographic Characteristics	Within the Past Year	Within the Past Two Years	Five or More Years Ago	Never
<b>Overall Results</b>	<b>77.2%</b>	<b>92.1%</b>	<b>1.8%</b>	<b>6.1%</b>
<b>Gender</b>				
Male	67.3	86.4	3.3	10.2
Female	86.7	97.5	0.3	2.1
<b>Males by Age</b>				
18 to 34	42.0	72.6	5.2	22.2
35 to 44	59.8	86.7	3.5	9.8
45 to 54	70.1	88.9	2.0	9.1
55 to 64	82.1	92.8	3.7	3.5
65 to 74	93.5	97.5	1.7	0.8
75 and older	95.0	98.5	1.4	0.1
<b>Females by Age</b>				
18 to 34	72.1	97.2	0.2	2.6
35 to 44	91.7	98.2	0.0	1.8
45 to 54	86.1	97.2	0.5	2.3
55 to 64	90.9	95.8	0.6	3.6
65 to 74	95.4	98.5	0.2	1.3
75 and older	98.2	99.4	0.5	0.1
<b>Education</b>				
Less than H.S.	74.6	88.6	1.6	9.7
H.S. Graduate	83.1	92.8	2.6	4.5
Some College	70.2	92.4	2.3	5.3
Voc./Assoc. Degree	77.7	91.2	1.3	7.4
College Graduate	78.2	92.7	0.7	6.6
<b>Poverty Status</b>				
200% or Less	69.2	90.6	2.5	6.9
More than 200%	79.3	92.7	1.4	5.9

**Table 8.3**  
**Insurance Types**  
 Bridge to Health Survey 2010

**Question:** Please answer yes or no to whether you have any of the following types of health insurance: <sup>1</sup>

Demographic Characteristics		Private	Private - No Medicare Supplemental	Medicare	Medical Assistance	Other Public <sup>2</sup>
		n=4484	n=4484	n=4493	n=4485	n=4475
<b>Overall Results</b>		<b>80.3%</b>	<b>62.9%</b>	<b>22.1%</b>	<b>3.5%</b>	<b>6.9%</b>
<b>Gender</b>						
	Male	82.5	67.3	19.5	1.5	7.2
	Female	78.1	58.6	24.5	5.5	6.6
<b>Males by Age</b>						
	18 to 34	82.7	82.7	0.3	0.0	2.5
	35 to 44	83.0	82.3	1.8	3.0	5.0
	45 to 54	81.4	80.8	2.8	0.4	4.8
	55 to 64	87.7	78.8	11.8	1.9	10.7
	65 to 74	82.6	8.5	87.1	2.1	12.1
	75 and older	72.9	1.7	92.0	4.3	20.0
<b>Females by Age</b>						
	18 to 34	63.6	63.5	0.4	10.2	9.5
	35 to 44	86.3	85.8	1.7	4.5	4.1
	45 to 54	80.3	76.3	5.9	4.8	7.7
	55 to 64	84.9	78.4	8.6	2.9	5.5
	65 to 74	86.6	7.2	91.1	2.9	5.2
	75 and older	77.9	4.5	93.6	4.3	5.1
<b>Education</b>						
	Less than H.S.	55.6	31.7	36.3	9.6	8.0
	H.S. Graduate	73.6	48.6	31.9	4.4	9.3
	Some College	78.9	66.5	15.3	4.8	6.6
	Voc./Assoc. Degree	87.2	73.7	17.2	1.3	7.9
	College Graduate	90.6	75.3	17.8	0.9	3.8
<b>Poverty Status</b>						
	200% or Less	50.7	33.8	26.9	10.6	15.1
	More than 200%	93.7	78.5	16.7	0.5	3.7

<sup>1</sup> Respondents could indicate more than one type of insurance.

<sup>2</sup> 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.



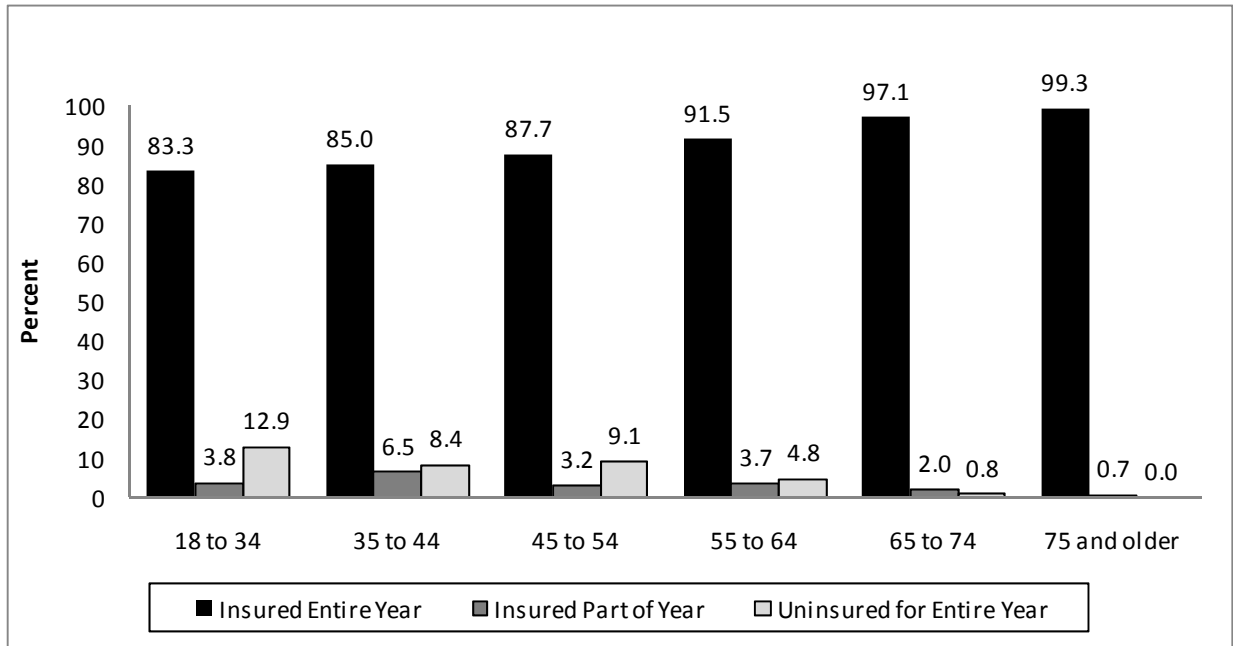
**Table 8.4**  
**Insurance / Lack of Insurance**  
 Bridge to Health Survey 2010

**Question:** For the past year would you say your insurance status was: you were insured for the entire year, you were insured for part of the year and uninsured for part of the year, or you were uninsured for the entire year.  
 Please answer yes or no to whether you have any of the following types of health insurance:<sup>5</sup>

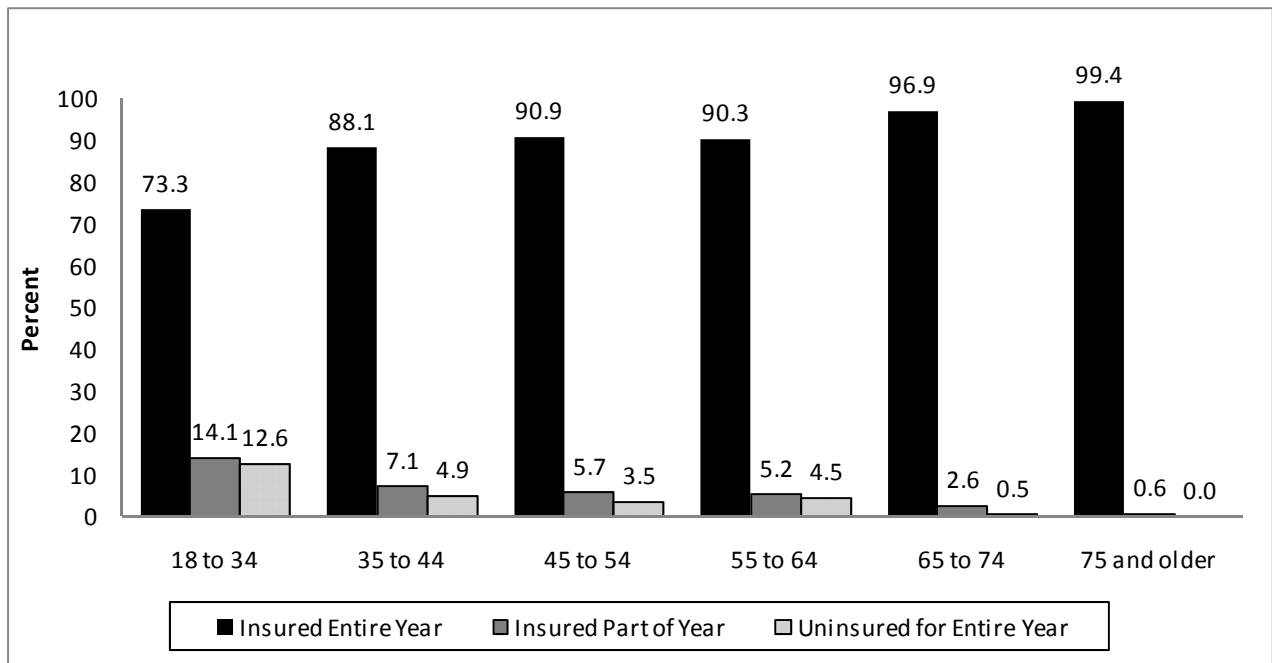
Demographic Characteristics		Insured Entire Year n=4499	Insured for Part of Year n=4499	Uninsured for the Entire Year n=4499	Currently Uninsured n=4493
<b>Overall Results</b>		<b>88.1%</b>	<b>5.3%</b>	<b>6.5%</b>	<b>8.8%</b>
<b>Gender</b>					
	Male	88.7	3.6	7.7	9.0
	Female	87.6	7.0	5.4	8.6
<b>Males by Age</b>					
	18 to 34	83.3	3.8	12.9	15.1
	35 to 44	85.0	6.5	8.4	10.1
	45 to 54	87.7	3.2	9.1	11.1
	55 to 64	91.5	3.7	4.8	5.0
	65 to 74	97.1	2.0	0.8	1.1
	75 and older	99.3	0.7	0.0	0.0
<b>Females by Age</b>					
	18 to 34	73.3	14.1	12.6	20.7
	35 to 44	88.1	7.1	4.9	5.9
	45 to 54	90.9	5.7	3.5	6.9
	55 to 64	90.3	5.2	4.5	6.4
	65 to 74	96.9	2.6	0.5	0.5
	75 and older	99.4	0.6	0.0	0.3
<b>Education</b>					
	Less than H.S.	77.4	9.0	13.7	20.1
	H.S. Graduate	84.5	7.2	8.3	11.8
	Some College	86.8	4.8	8.4	10.5
	Voc./Assoc. Degree	92.9	4.3	2.8	4.3
	College Graduate	93.2	3.4	3.4	4.0
<b>Poverty Status</b>					
	200% or Less	74.6	11.0	14.4	20.7
	More than 200%	94.0	3.2	2.7	3.3

<sup>5</sup> Respondents categorized as currently uninsured answered *no* to: Please answer *yes* or *no* as to whether you personally have each type of insurance right now. (15 different types of public and private insurance were probed, including none or other.)

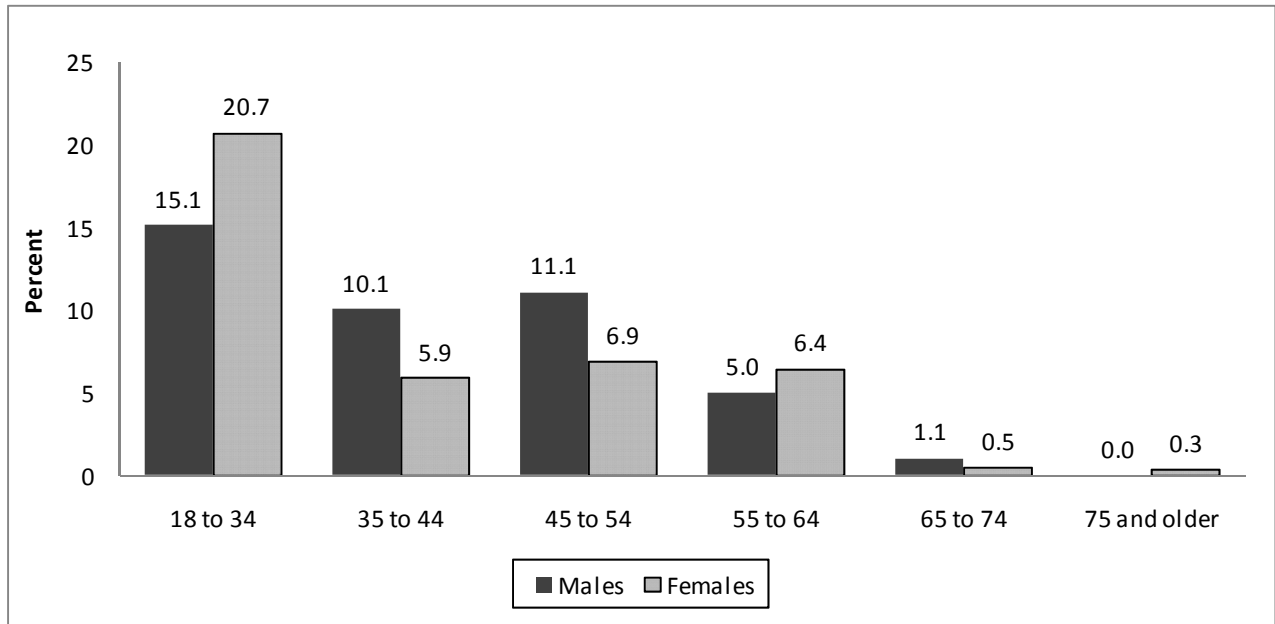
**Figure 8.4a: Insurance Status  
By Age and Gender (Males)**



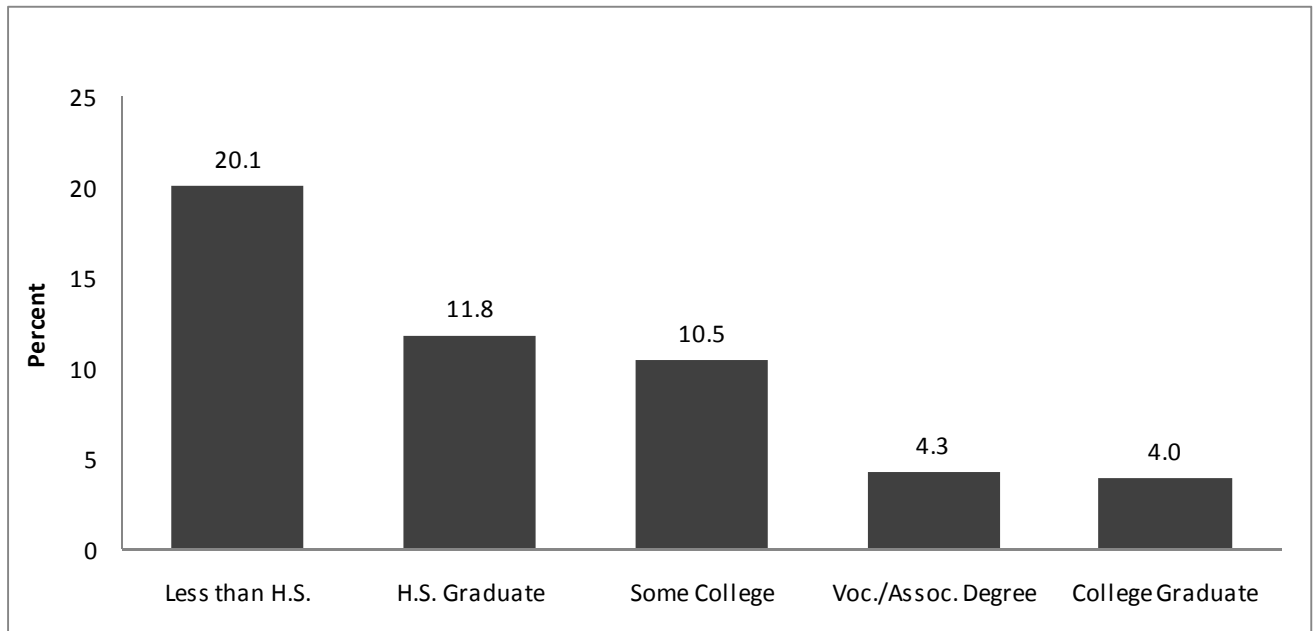
**Figure 8.4b: Insurance Status  
By Age and Gender (Females)**



**Figure 8.4c: Currently Uninsured  
By Age and Gender**



**Figure 8.4d: Currently Uninsured  
By Education**

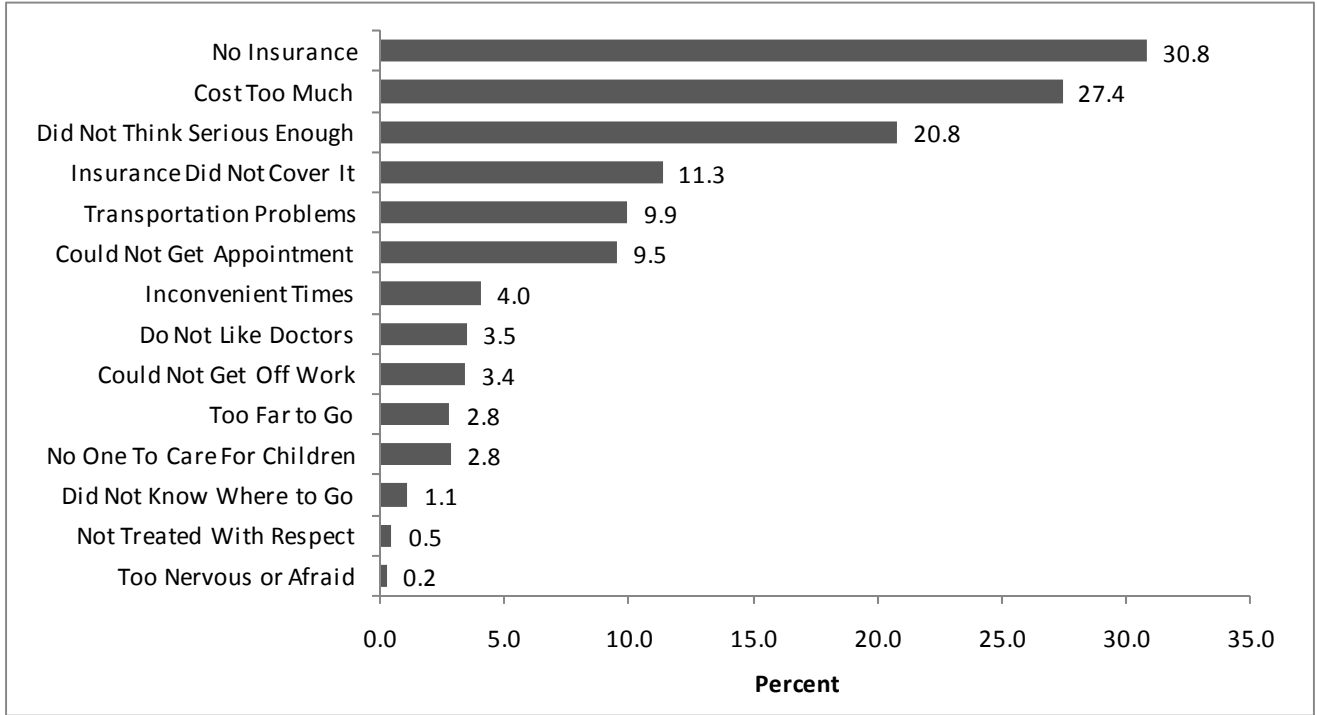


**Table 8.5**  
**Failure to Receive Medical Care: Top Three Reasons**  
 Bridge to Health Survey 2010

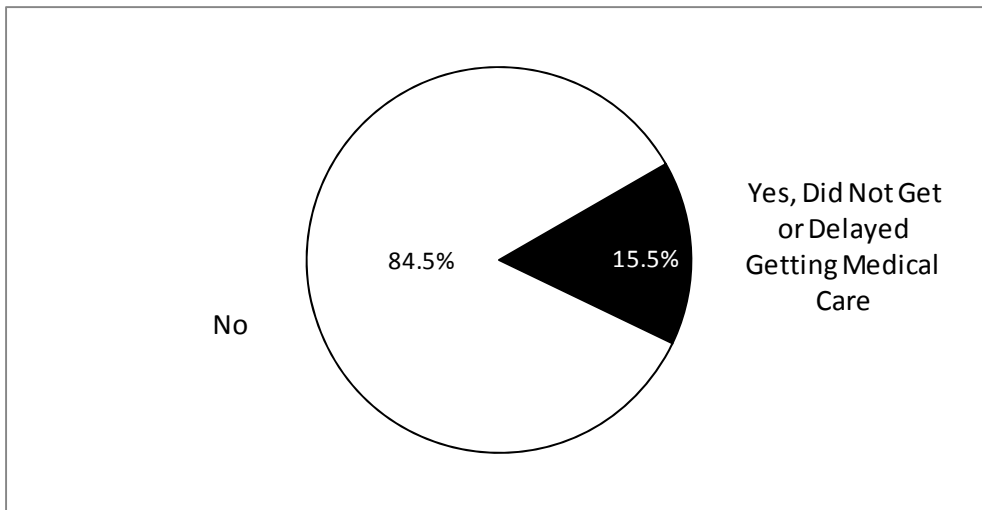
**Question:** In the past year was there a time when you thought you needed medical care but did not get it or delayed getting it?  
 Why was that?

Demographic Characteristics	Needed But Did Not Get Or Delayed Getting Medical Care n=4490	Reasons Of Those Who Delayed:		
		No Insurance n=692	Cost Too Much n=692	Did Not Think Serious Enough n=692
<b>Overall Results</b>	<b>15.5%</b>	<b>30.8%</b>	<b>27.4%</b>	<b>20.9%</b>
<b>Gender</b>				
Male	13.1	30.6	30.0	30.2
Female	17.8	31.0	25.6	14.2
<b>Males by Age</b>				
18 to 34	10.1	58.1	31.3	39.2
35 to 44	17.3	24.2	34.2	20.1
45 to 54	20.7	26.9	26.5	40.9
55 to 64	10.7	28.1	40.4	10.7
65 to 74	9.0	N/A	N/A	N/A
75 and older	5.6	N/A	N/A	N/A
<b>Females by Age</b>				
18 to 34	22.1	59.4	36.1	6.7
35 to 44	16.4	26.9	25.7	28.7
45 to 54	18.1	24.8	24.9	9.6
55 to 64	19.0	19.4	26.4	19.0
65 to 74	12.9	2.5	8.9	20.8
75 and older	12.9	0.0	3.7	12.5
<b>Education</b>				
Less than H.S.	30.1	55.1	40.1	1.2
H.S. Graduate	16.8	36.1	24.0	18.4
Some College	13.8	38.9	19.3	29.8
Voc./Assoc. Degree	14.6	16.7	28.6	25.2
College Graduate	11.9	10.3	33.4	20.9
<b>Poverty Status</b>				
200% or Less	25.5	46.2	28.2	14.2
More than 200%	11.5	15.4	27.1	23.1

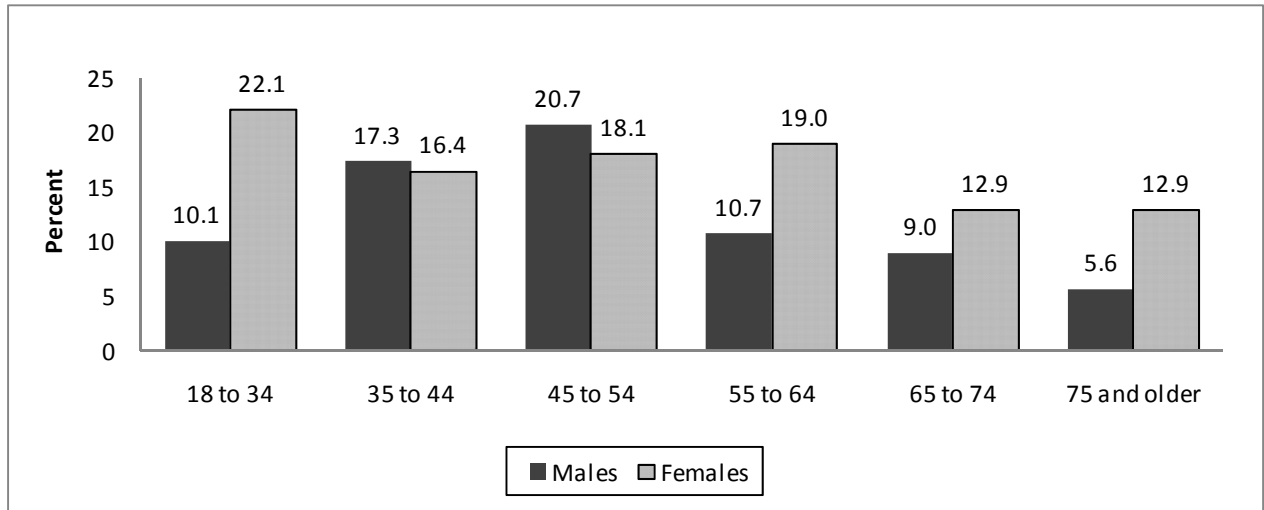
**Figure 8.5a: Reasons For Not Getting or Delaying Medical Care**



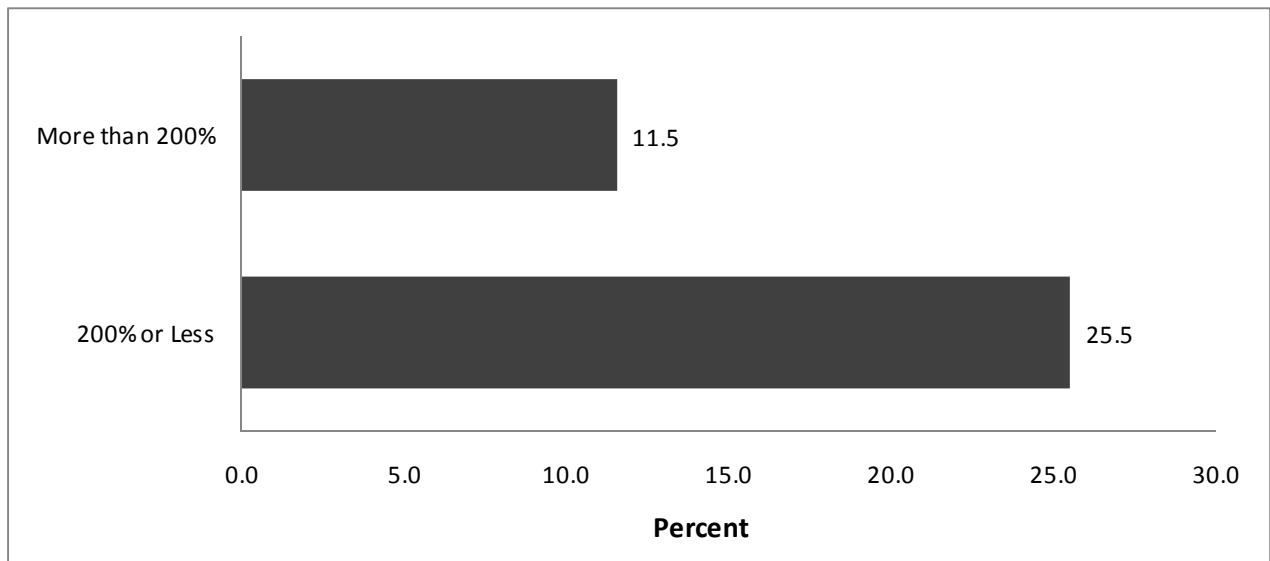
**Figure 8.5b: Did Not Get or Delayed Getting Medical Care**



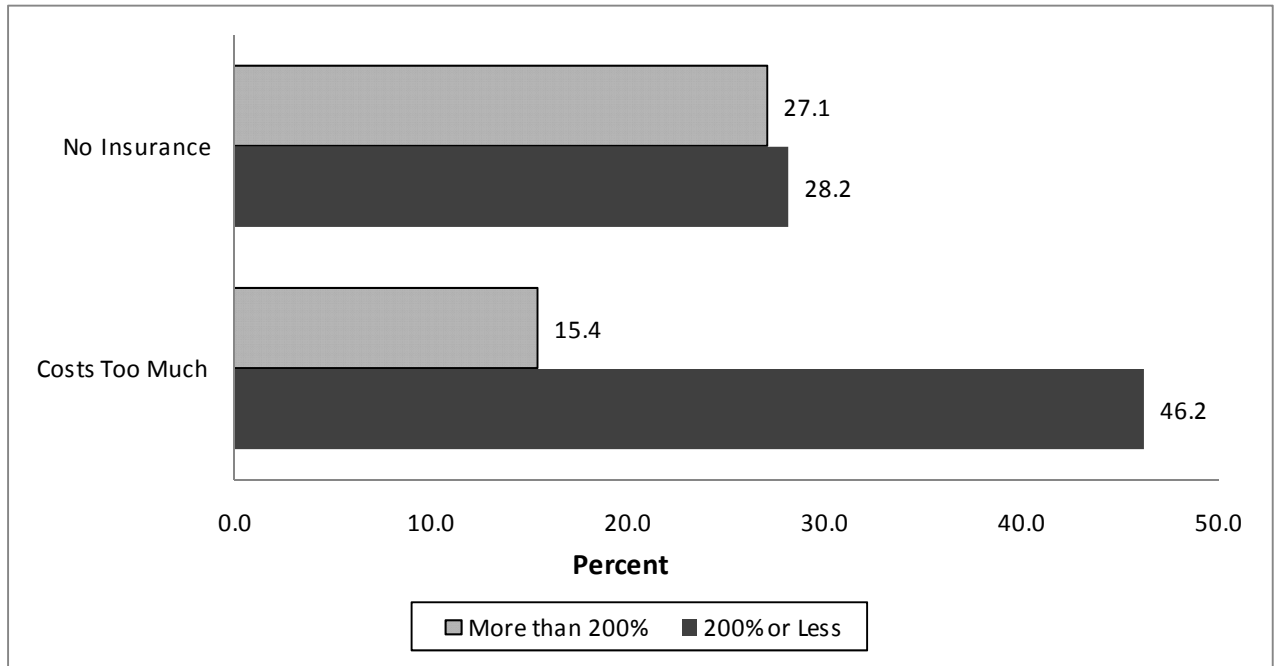
**Figure 8.5c: Did Not Get or Delayed Getting Medical Care  
By Age and Gender**



**Figure 8.5d: Did Not Get or Delayed Getting Medical Care  
By Poverty Status**



**Figure 8.5e: Reasons for Not Getting or Delaying Medical Care  
By Poverty Status**



**Table 8.6**  
**Failure to Fill a Medication Prescription: Top Two Reasons**  
 Bridge to Health Survey 2010

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

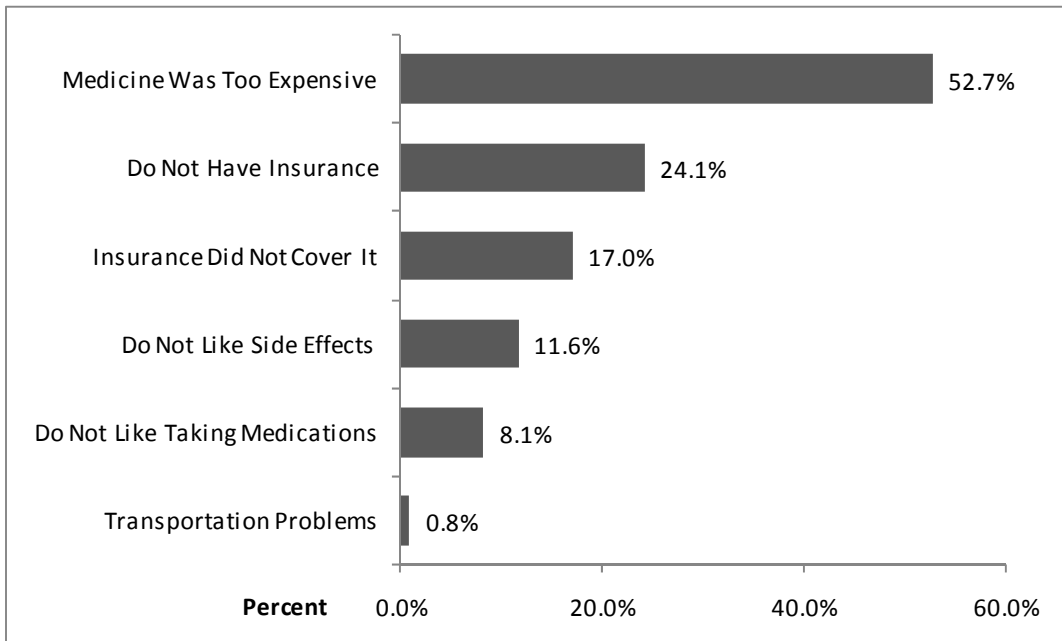
- I had no prescriptions written for me.
- I had prescriptions written for me and filled them all.
- I had prescriptions written for me and did not fill at least one of them.

Demographic Characteristics	Failed To Fill Prescription n=4493	Reasons Of Those Who Failed To Fill:	
		Medicine Was Too Expensive n=263	Do Not Have Insurance n=264
<b>Overall Results</b>	<b>5.9%</b>	<b>52.7%</b>	<b>24.2%</b>
<b>Gender</b>			
Male	3.4	47.3	4.6
Female	8.3	54.8	32.0
<b>Males by Age</b>			
18 to 34	0.9	N/A	N/A
35 to 44	1.8	N/A	N/A
45 to 54	5.0	N/A	N/A
55 to 64	7.1	N/A	N/A
65 to 74	1.9	N/A	N/A
75 and older	4.7	N/A	N/A
<b>Females by Age</b>			
18 to 34	14.8	54.1	56.1
35 to 44	6.9	N/A	N/A
45 to 54	7.6	79.3	17.4
55 to 64	5.7	N/A	N/A
65 to 74	4.6	N/A	N/A
75 and older	4.3	N/A	N/A
<b>Education</b>			
Less than H.S.	14.5	80.8	42.0
H.S. Graduate	8.9	38.2	28.5
Some College	3.0	48.0	34.9
Voc./Assoc. Degree	5.4	63.9	1.6
College Graduate	3.5	50.1	7.3
<b>Poverty Status</b>			
200% or Less	10.3	57.8	45.1
More than 200%	4.2	50.4	1.8

N/A = To preserve confidentiality results by demographic factors are not shown when cell size is less than 30.



**Figure 8.6a: Reasons for Not Filling Prescriptions**



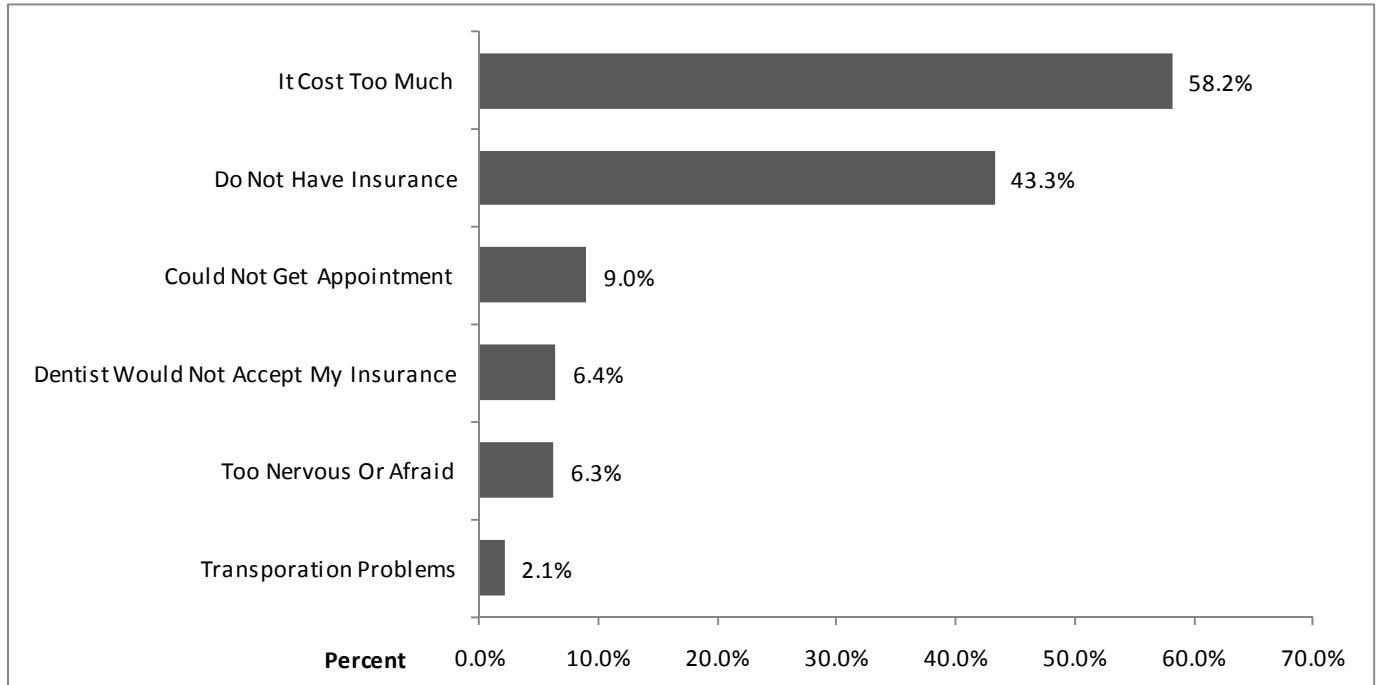
**Table 8.7**  
**Postponement of Dental Work: Top Three Reasons**  
 Bridge to Health Survey 2010

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

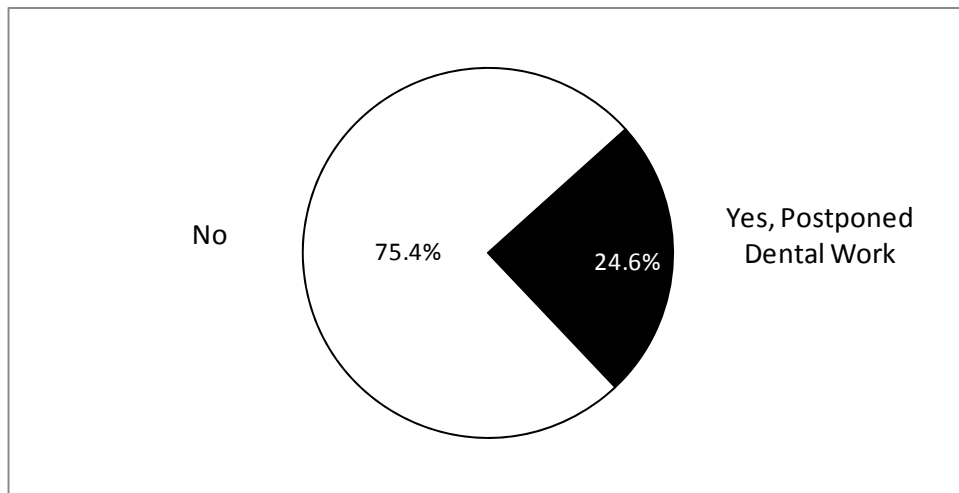
Demographic Characteristics	Yes n=4487	Reasons of Those Who Postponed:		
		It Cost Too Much n=1096	Do Not Have Insurance n=1096	Could Not Get Appointment n=1096
<b>Overall Results</b>	<b>24.6%</b>	<b>58.2%</b>	<b>43.3%</b>	<b>9.0%</b>
<b>Gender</b>				
Male	22.4	61.8	42.0	8.3
Female	26.7	55.4	44.4	9.7
<b>Males by Age</b>				
18 to 34	19.5	59.8	52.1	14.7
35 to 44	24.3	61.0	47.0	2.9
45 to 54	29.9	66.3	35.9	5.1
55 to 64	26.7	61.1	39.6	10.7
65 to 74	16.0	50.3	21.6	8.1
75 and older	7.7	N/A	N/A	N/A
<b>Females by Age</b>				
18 to 34	34.7	58.7	62.9	14.1
35 to 44	18.7	52.3	47.5	8.8
45 to 54	33.9	56.2	34.0	7.0
55 to 64	29.0	46.6	31.7	6.7
65 to 74	17.8	61.8	36.2	9.6
75 and older	13.3	56.7	27.9	6.9
<b>Education</b>				
Less than H.S.	46.0	71.7	52.0	5.1
H.S. Graduate	26.9	50.3	46.9	12.4
Some College	20.1	54.9	44.6	12.6
Voc./Assoc. Degree	21.2	61.7	32.7	5.2
College Graduate	23.0	60.5	39.7	6.7
<b>Poverty Status</b>				
200% or Less	38.2	62.8	58.4	6.3
More than 200%	20.0	52.5	29.7	11.6

N/A = To preserve confidentiality results by demographic factors are not shown when cell size is less than 30.

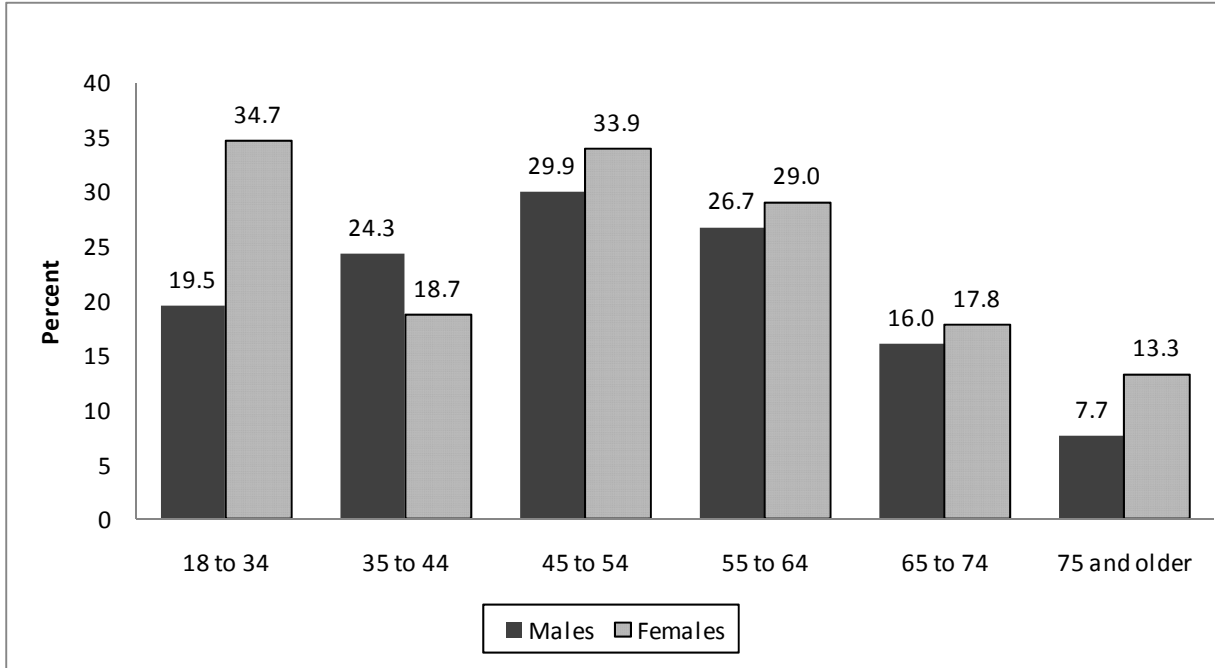
**Figure 8.7a: Reasons for Postponing Dental Care**



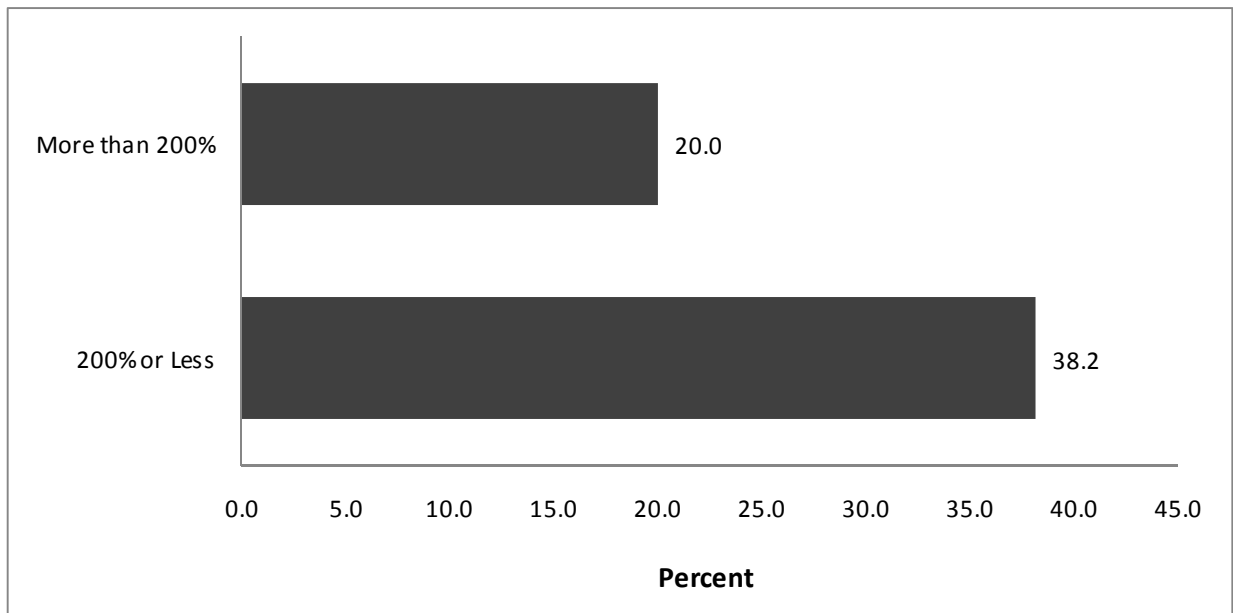
**Figure 8.7b: Postponed Dental Work in the Past Year**



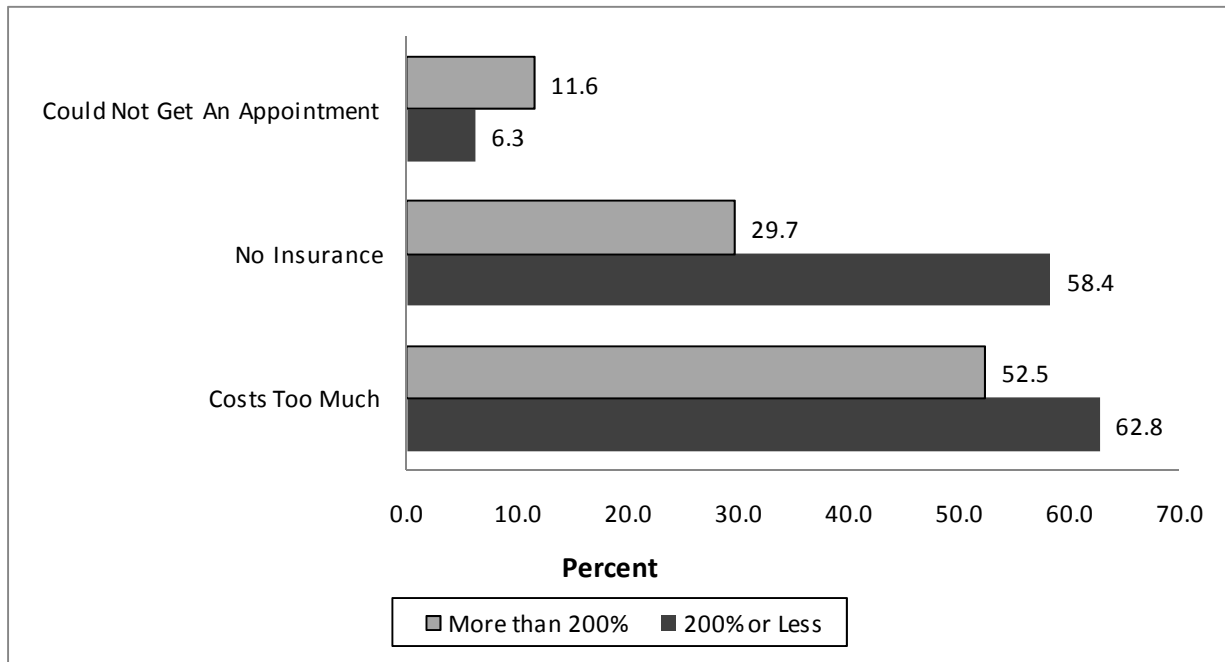
**Figure 8.7c: Postponed Dental Work in the Past Year  
By Age and Gender**



**Figure 8.7d: Postponed Dental Work in the Past Year  
By Poverty Status**



**Figure 8.7e: Reasons for Postponing Dental Work  
By Poverty Status**



**Table 8.8**  
**How Long Was Last Visit to Dentist or Dental Clinic**  
 Bridge to Health Survey 2010  
 n=4486

**Question:** How long has it been since you last visited a dentist or a dental clinic for any reason?

Demographic Characteristics	Within the Past Year	Within the Past Two Years	Five or More Years Ago	Never
	<b>Overall Results</b>	<b>65.7%</b>	<b>85.3%</b>	<b>6.5%</b>
<b>Gender</b>				
Male	64.0	83.5	7.0	9.5
Female	67.4	87.0	6.1	6.9
<b>Males by Age</b>				
18 to 34	67.2	87.4	4.7	7.9
35 to 44	59.5	81.6	5.3	13.0
45 to 54	68.7	85.4	6.5	8.0
55 to 64	64.5	82.8	6.5	10.7
65 to 74	59.7	82.1	10.4	7.5
75 and older	54.0	72.1	16.4	11.5
<b>Females by Age</b>				
18 to 34	59.5	92.4	2.6	5.1
35 to 44	78.8	91.2	5.7	3.1
45 to 54	74.9	87.4	3.6	9.0
55 to 64	71.3	88.3	6.4	5.3
65 to 74	62.1	83.5	7.6	8.9
75 and older	56.7	71.3	16.2	12.6
<b>Education</b>				
Less than H.S.	37.6	66.2	18.8	15.0
H.S. Graduate	56.8	80.1	8.9	11.0
Some College	71.4	88.7	5.3	6.0
Voc./Assoc. Degree	69.1	86.1	4.6	9.3
College Graduate	74.9	92.2	3.0	4.9
<b>Poverty Status</b>				
200% or Less	50.4	75.1	14.1	10.8
More than 200%	73.6	90.9	2.9	6.1

# APPENDIX





## **Appendix A: Bridge to Health Survey 2010 Sponsors**

### **Financial Sponsors**

Generations Health Care Initiatives  
Minnesota Department of Health: Statewide Health Improvement Program  
    Carlton-Cook-Lake-St. Louis Community Health Board  
    Aitkin-Itasca-Koochiching Community Health Board  
St. Luke's  
St. Luke's Foundation  
Essentia Health  
Essentia Health's SMDC Foundation  
First Solutions  
Medica Foundation  
College of St. Scholastica, Center for Healthcare Innovation  
Fairview Range  
Memorial Blood Centers  
Aitkin County Health and Human Services  
Carlton County Public Health & Human Services  
Community Memorial Hospital, Cloquet  
Ely- Bloomenson Community Hospital and Nursing Home  
Integrity Health Network  
Lake Superior Community Health Center  
Mercy Hospital & Health Care Center, Moose Lake  
Riverwood Healthcare Center, Aitkin  
UCare

### **Supporting Sponsors**

\* Indicates Financial Sponsor  
Aitkin County Health and Human Services\*  
Aitkin-Itasca-Koochiching Community Health Board\*  
American Cancer Society, Midwest Division  
American Lung Association in Minnesota  
Arrowhead Area Agency on Aging  
Arrowhead Parish Nurse Peer Group  
Carlton-Cook-Lake-St. Louis County Community Health Board\*  
Carlton County Public Health & Human Services\*  
College of St. Scholastica, Center for Healthcare Innovation\*  
Community Memorial Hospital, Cloquet\*  
Cook County North Shore Hospital and Care Center  
Cook County Public Health and Human Services  
Deer River HealthCare Center  
Douglas County Health and Human Services (WI)

Duluth Family Practice Center  
Duluth School Health Coalition  
Ely- Bloomenson Community Hospital and Nursing Home\*  
Essentia Health  
Essentia Health's SMDC Foundation\*  
Fairview Range\*  
First Solutions\*  
Fit City Aitkin  
Fit City Duluth  
Fond du Lac Public Health Nursing  
Generations Health Care Initiatives \*  
Get Fit Itasca  
Grand Itasca Clinic & Hospital  
Hibbing Healthy Lifestyles Coalition  
Human Development Center  
Integrity Health Network\*  
Itasca County Health and Human Services  
Koochiching County Health Department  
Lake County Public Health  
Lake Superior Community Health Center\*  
Lake View Clinic  
Lake View Memorial Hospital, Two Harbors  
Local Initiatives Support Corporation (LISC)  
Medica Foundation\*  
Memorial Blood Centers\*  
Mercy Hospital & Health Care Center, Moose Lake\*  
Moose Lake Active Living Coalition  
Moose Lake School Wellness Committee  
Minnesota Department of Employment and Economic Development  
Minnesota Department of Health – Statewide Health Improvement Program\*  
National Rural Health Resource Center  
Northern Waters Parish Nurse Ministry  
Riverwood Healthcare Center\*  
Sawtooth Mountain Clinic  
Scenic Rivers Health Services  
St. Louis County Public Health & Human Services  
St. Luke's Foundation\*  
St. Luke's Hospital and Clinics\*  
Superior Health Center – Duluth, Proctor  
United Way of Greater Duluth  
United Way of Superior-Douglas County  
University of Minnesota Medical School Duluth  
Virginia Regional Medical Center  
UCare \*  
Whiteside Institute for Clinical Research  
Women's Health Center

**Appendix B:**  
**Bridge to Health Survey 2010**  
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University of Minnesota Duluth, Student

# Bridge to Health Survey 2010

## Leadership Team

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## Appendix C: Survey Instrument

1. Our records indicate you are a permanent resident of \_\_\_\_\_ 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 Q4**)

2 No, (**Skip to Q6**)

3 No, more than one place (**Skip to Q5**)

8 (Do not know) (**Skip to Q6**)

9 (Refused) (**Skip to Q6**)

3. What kind of place is it? **[READ]**

1 A doctor's office

2 A hospital outpatient clinic

3 Some other health center

4 An emergency room

5 Some other place (Specify) \_\_\_\_\_

8 (Do not know)

9 (Refused)

**(SKIP TO Q 6)**

4. What kind of place do you go to most often? **[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) \_\_\_\_\_

8(Do not know)

9 (Refused)

5. How long has it been since you last visited a doctor or other health care professional for any reason?

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

8 (Do not know)

9 (Refused)

6. 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 Q9**)

8 (DK) (**Skip to Q 9**)

9(Refused) (**Skip to Q9**)

7. 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
-------------------------------	-------------------------------

- |                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                       |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><u>01</u> Could not get an appointment</p> <p><u>03</u> Do not like doctors</p> <p><u>05</u> Could not get off work</p> <p><u>07</u> Transportation problems</p> <p><u>09</u> It was too far to go</p> <p><u>11</u> Too nervous or afraid</p> <p><u>13</u> Insurance did not cover it</p> <p><u>15</u> Other (specify) _____</p> <p><u>98</u> (Do not know)</p> | <p><u>02</u> Did not know where to go</p> <p><u>04</u> Inconvenient times</p> <p><u>06</u> Had no one to take care of children</p> <p><u>08</u> Not treated with respect</p> <p><u>10</u> Did not think it was serious enough</p> <p><u>12</u> It cost too much</p> <p><u>14</u> Do not have insurance</p> <p><u>99</u> (Refused)</p> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

8. 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 Q11)**
- 8 (Do not know) **(Skip to Q 11)**
- 9 (Refused) **(Skip to Q11)**

9. 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
-------------------------------	-------------------------------

- |                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                           |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><u>01</u> Could not get an appointment</p> <p><u>03</u> Do not like doctors</p> <p><u>05</u> Could not get off work</p> <p><u>07</u> Transportation problems</p> <p><u>09</u> It was too far to go</p> <p><u>11</u> Too nervous or afraid</p> <p><u>13</u> Insurance did not cover it</p> <p><u>15</u> Other (specify)</p> <p><u>99</u> (Refused)</p> | <p><u>02</u> Did not know where to go</p> <p><u>04</u> Inconvenient times</p> <p><u>06</u> Had no one to take care of children</p> <p><u>08</u> Not treated with respect</p> <p><u>10</u> Did not think it was serious enough</p> <p><u>12</u> It cost too much</p> <p><u>14</u> Do not have insurance</p> <p><u>98</u> (Do not know)</p> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

10. 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 13)**
- 2 I had prescriptions written for me and filled them all **(Skip to Q 13)**
- 3 I had prescriptions written for me and did not fill at least one of them
- 8 (Do not know)
- 9 (Refused)

11. 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

- 1 The medicine was too expensive      2 I do not like taking medications
- 3 I did not like the side effects      4 Transportation problems
- 5 My insurance did not cover it      6 Other (specify) \_\_\_\_\_
- 7 I don't have insurance
- 8 (Do not know)                              9 (Refused)

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

- 1 Yes
- 2 No (**Skip to Q15**)
- 8 (Do not know) (**Skip to Q15**)
- 9 (Refused) (**Skip to Q15**)

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

\_\_\_ Most important reason \_\_\_ Second most important

- 1 It cost too much                              2 Could not get an appointment
- 3 Transportation problems                  4 Too nervous or afraid
- 5 I Do not have insurance                  6 Dentist would not accept my insurance
- 7 Other (specify) \_\_\_\_\_
- 8 (Do not know)                              9 (Refused)

14. How long has it been since you last visited a dentist or a dental clinic for any reason?

- 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                                              8 (Do not know)                              9 (Refused)

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

	Yes	No	DK	RF
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) ( <b>WI</b> )	1	2	7	9
f. Healthy Start ( <b>WI</b> )	1	2	7	9
g. Medicare	1	2	7	9
h. BadgerCare ( <b>WI</b> )	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	1	2	7	9
m. Champus, TriCare or Veterans' benefits	1	2	7	9
n. None [ <b>DO NOT READ</b> ]	1	2	7	9
o. Other (Specify) _____				

16. 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
- 8 (Do not know)
- 9 (Refused)

17. In general, would you say that your health is: **[READ]**

- 1 Excellent                      2 Very Good                      3 Good
- 4 Fair                              5 Poor                              6 Very Poor
- 8 (Do not know) 9 (Refused)

18. 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
Asthma	1	2	7	9
Sexually transmitted diseases	1	2	7	9
Other (please specify) _____				

19. During the past 12 months, how often did you worry that your food would run out before you had money to buy more? Would you say:

- 1 Often
- 2 Sometimes
- 3 Rarely
- 4 Never
- 8 (Do not know)
- 9 (Refused)

20. In the past year, have you used a community food shelf program?

- 1 Yes
- 2 No
- 8 (Do not know)
- 9 (Refused)



21. Yesterday, how many servings of fruits and vegetables did you eat?

**[A serving size is ½ cup cooked or 1 cup raw]**

write number \_\_\_\_\_

0 0 servings

.5 Less than 1 serving

98 (Do not know)

99 (Refused)

22. How often are there fresh fruits and vegetables in your home?

1 Always

2 Often

3 Sometimes

4 Never

8 (Do not know)

9 (Refused)

23. In the past year, did you or people in your household grow any food yourselves, at home or in a community garden?

1 Yes

2 No

8 (Do not know)

9 (Refused)

24. Fast food meals include those that are eaten at a fast food restaurant, take-out, drive-thru or pizza delivery. In an average week, how many times do you eat a fast food meal? In an average week, how many times do you eat a fast food meal?

**(Note: if none enter zero for the number of times.)**

\_\_\_ Number of times

98 (Do not know)

99 ((Refused)

25. In an average week, how many times do you watch television during meal time?

**(Note: if none enter zero for the number of times.)**

\_\_\_ Number of times

98 (Do not know)

99 ((Refused)

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.

26. Have you had your blood pressure checked? **[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

8 (Do not know)

9 (Refused)

27. Have you had your blood cholesterol checked? **[READ]**

**[PROBE: Blood cholesterol is a fatty substance found in the blood.]**

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

8 (Do not know)

9 (Refused)

28. Are you male or female? (If not obvious)

\_\_\_ Male **SKIP TO Q 35**

\_\_\_ Female

29. 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 (Not applicable, have had a double mastectomy)
- 8 (Do not know)
- 9 (Refused)

30. 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 (Not applicable, have had a double mastectomy)
- 8 (Do not know)
- 9 (Refused)

31. Have you had a hysterectomy? **[READ]**

**(PROBE: A hysterectomy is an operation to remove the uterus or womb.)**

- 1 Yes
- 2 No
- 8 (Do not know)
- 9 (Refused)

32. 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 (Not applicable, have had a complete hysterectomy)
- 8 (Do not know)
- 9 (Refused)

**(WOMEN SKIP TO Q35)**

33. 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
- 8 (Do not know)
- 9 (Refused)

34. Have you had any screening for colon cancer? **[READ]**

**{PROBE: Examples are colonoscopy, 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
- 8 (Do not know)
- 9 (Refused)

35. Do you consider yourself:

- 1 Overweight
- 2 Underweight
- 3 About the right weight
- 4 Obese
- 8 Don't Know
- 9 (Refused)

36. Do you plan to donate blood at least once in the next 12 months?

- 1 Yes
- 2 No
- 8 Don't Know
- 9 (Refused)

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

- 1 Mostly sitting or standing
- 2 Mostly walking
- 3 Mostly heavy labor or physically demanding work
- 4 Retired/Not employed/Student
- 8 (Do not know)
- 9 (Refused)

38. 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 (Do not know)                      9 (Refused)

39. 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?

- # of days per week                      8 (Do not know)                      9 (Refused)

40. **(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? Any other reasons?

**[Do not read response options. Mark all that apply]**

- |                                        |                                   |
|----------------------------------------|-----------------------------------|
| <u>01</u> Do not want to exercise      | <u>02</u> No benefits to exercise |
| <u>03</u> Not enough time              | <u>04</u> Disabled or too sick    |
| <u>05</u> No facilities for exercising | <u>06</u> No one to exercise with |
| <u>07</u> Not enough money             | <u>08</u> Other, Specify _____    |
| <u>98</u> (Do not know)                | <u>99</u> (Refused)               |

41. Are any of the following within 10 miles or a 15 to 20 minute drive from your home?

- |                                                   | YES      | NO       | DK       | RF       |
|---------------------------------------------------|----------|----------|----------|----------|
| a. Walking trails                                 | <u>1</u> | <u>2</u> | <u>8</u> | <u>9</u> |
| b. Bicycle paths, shared use paths, or bike lanes | <u>1</u> | <u>2</u> | <u>8</u> | <u>9</u> |

42. If YES to walking trails: Do you use the walking trails?

- | YES      | NO       | DK       | RF       |
|----------|----------|----------|----------|
| <u>1</u> | <u>2</u> | <u>8</u> | <u>9</u> |

43. If YES to bicycle paths, shared use paths, or bike lanes:

Do you use bicycle paths, shared use paths, or bike lanes? 1 2 8 9

44. In the area where you live, do any of the following prevent you from walking outside your home during the non-winter months? (yes or no for each)

- 1 Not having sidewalks
- 2 Traffic problems (excessive speed, too much traffic)
- 3 Safety issues not having to do with traffic
- 4 Other reasons \_\_\_\_\_
- 8 (Do not know)
- 9 (Refused)

45. During the non-winter months, on how many days in an average week do you walk outside your home (for exercise, to go somewhere or for any other reason)?

\_\_\_ Days      97 (Do not Know)    99 (Refused)

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

1 Never Have (**Skip to Q48**)

2 I used to but quit (**Skip to Q48**)

3 Yes

8 (Do not 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      8 (Do not know)      9 (Refused)

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

1 Yes

2 No (**Skip to 54**)

7 (Do not know)

9 (Refused)

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

\_\_\_ Years      98 Never smoked regularly      97 (Do not know)    99 (Refused)

50. Are you currently a smoker?

1 Yes

2 No (**Skip to 55**)

8 (Do not know)

9 (Refused)

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

\_\_\_ # cigarettes (1 pack = 20 cigarettes)      7 (Do not know)      9 (Refused)

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

\_\_\_ # times      98 (Do not 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

8 (Do not know)      9 (Refused)

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

(The following places are not covered by our state smoke-free law).

	<u>Allowed in</u> <u>All areas</u>	<u>Allowed in</u> <u>some areas</u>	<u>Not</u> <u>allowed</u>	DK	(REFUSED)
a. In cars when children under 16 are present	1	2	3	8	9
b. Hotel/Motel rooms	1	2	3	8	9
c. Entrances to Buildings	1	2	3	8	9
d. College Campus	1	2	3	8	9
e. Parks/Outdoor	1	2	3	8	9

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 60)
- 8 (Do not 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
- 98 (Do not 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
- 98 (Do not know)
- 99 (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
- 98 (Do not know)
- 99 ((Refused)

**ASK Question #59 only of women who said 0 to Question #58**

59. 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 **4 or more** drinks on one occasion? (**Note: if none enter zero for the number of times.**)

- Number of times
- 98 (Do not know)
- 99 ((Refused)

60. 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	8	9
Boat	1	2	8	9
Snowmobile/ATV/Jet Ski	1	2	8	9

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

61. In what year were you born?

- Year
- 9998 (Do not know)
- 9999 (Refused)

62. What is the highest grade you completed in school? [READ]

- 01 8<sup>th</sup> grade or less
- 02 Some high school
- 03 High School Graduate/GED
- 04 Some college or other schooling after high school such as vocational/technical
- 05 Graduate of a vocational or trade school
- 06 Associate degree
- 07 Bachelors degree
- 98 Post graduate or professional degree
- 99 (Refused)

63. Are you currently employed: **[READ]**

- 1 Full time employed                      2 Part time employed
- 3 Self-employed                              4 Not in labor force
- 8 (Do not know)                              9 (Refused)

64. Is your home located in:

- 1 A city with population 10,000 or more
- 2 A town with population between 5,000 and 10,000
- 3 A town with population 5,000 or under, or
- 4 A rural area that is not inside a city or town
- 8 Don't Know
- 9 (Refused)

65. Are you of Hispanic or Latino origin?

- 1 Yes
- 2 No
- 8 (Do not know)
- 9 (Refused)

66. What is your primary 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: \_\_\_\_\_
- 8 (Do not know)                              9 (Refused)

67. How tall are you without shoes?

- \_\_\_ feet \_\_\_ inches                      8 (Do not know)                      9 (Refused)

68. Approximately how much do you weigh?

- \_\_\_ \_\_\_ \_\_\_ pounds                      8 (Do not know)                      9 (Refused)

69. In the past 12 months did you seriously think about killing yourself?

- 1 No
- 2 Yes, during the last year
- 3 Yes, more than a year ago
- 8 (Do not know)
- 9 (Refused)

70. During the past 12 months, did you try to kill yourself?

- 1 No
- 2 Yes, during the last year
- 3 Yes, more than a year ago
- 8 (Do not know)
- 9 (Refused)

71. 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
- 98 (Do not know)
- 98 (Refused)

72. What was your household income from all sources for last year before taxes? [Total the number of people living in the household from the previous question, find that number in your handheld chart. Enter if below poverty level or above poverty level.]

1 Below

2 Above

8 (Do not know)

9 (Refused)

73. Did I reach you on a cell phone or a landline?

1 Landline

2 Cell phone

8 (Do not know)

9 (Refused)