



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

KOOCHICHING COUNTY
Data Tables
2005

A Collaborative Effort Among
Regional Health Organizations

First Edition
August 2006

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

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

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

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

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



Julie Myhre
Bridge to Health Survey, Co-Chair



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Bridge to Health Survey, Co-Chair

BRIDGE TO HEALTH SURVEY 2005

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BRIDGE TO HEALTH SURVEY 2005

KOOCHICHING COUNTY SUMMARY

This summary report contains results from the Bridge to Health Survey 2005 specific to **Koochiching County**. The Bridge to Health Survey represents a unique, collaborative effort among health care organizations in nine Northeastern Minnesota and Northwestern Wisconsin counties to better understand the health status of the region's population. The Bridge to Health Survey 2005 was conducted from October 2005 to February 2006. The introductory pages of this document are replicated from the regional summary report.

Due to the smaller sample sizes on which the Koochiching County level analyses are based, this county summary report includes 95% confidence intervals for the results. These confidence intervals are calculated taking into account the complex sampling design of the survey. Confidence interval ranges appear to the right of each result within the tables. The sample sizes for Koochiching County are shown in Table A.1.1 on the next page of this report.

The interpretation of a 95% confidence interval is that there is a 95% probability that the true percentage for the population falls within the range of the confidence interval. In general, the smaller the sample size, the wider the confidence interval, which means the less precise the result. Because county level analyses are based on much smaller sample sizes, county level results are less precise than regional level results. When the level of analysis is the entire region, the 95% confidence intervals tend to have a range of the result plus or minus about 1.5 percentage points. When the level of analysis is the county, the 95% confidence intervals tend to be the result plus or minus about 4.6 percentage points. Thus, while results for the county and the Bridge to Health region may at times be similar, the county level results have considerably less precision due to smaller sample sizes.

An example illustrates the above point. Suppose that at both the region and county level, 45% of the respondents answered "yes" to a certain question. The 95% confidence interval range for the region level result would be around 43.5% - 46.5%, while the range for the county level result would be around 40.4% - 49.6%.

The Bridge to Health Survey team decided not to show any result based on data from fewer than 30 respondents, since results based on small numbers tend to be unstable. In the tables in this report, "NA" is displayed whenever this occurs, and at the bottom of the table a footnote appears that reads "Results by demographic factors for this geographic area are not shown when cell size is less than 30."

TABLE A.1.1
CHARACTERISTICS OF THE SAMPLE FOR KOOCHICHING COUNTY
 BRIDGE TO HEALTH SURVEY 2005

Demographic Characteristics		<u>Unweighted Sample</u>		<u>Weighted Sample</u>	
		Frequency	Percent	Frequency	Percent
Overall Results		450	100.0	400	100.0
Gender	Male	224	49.8	195	48.8
	Female	226	50.2	205	51.2
Age	18 to 34	102	22.7	88	22.1
	35 to 44	71	15.8	68	17.1
	45 to 54	68	15.1	86	21.4
	55 to 64	45	10.0	62	15.5
	65 to 74	80	17.8	48	11.9
	75 and older	84	18.7	48	12.0
Education¹	Less than H.S.	61	13.6	41	10.2
	H.S. Graduate	151	33.7	120	30.1
	Some College	118	26.3	126	31.8
	Voc./Assoc. Degree	70	15.6	61	15.3
	College Graduate	48	10.7	50	12.6
Poverty Status²	200% or Less	144	33.0	101	26.1
	More than 200%	293	67.0	287	73.9

¹ 0.4% were missing.

² 2.9% were missing.

BRIDGE TO HEALTH SURVEY 2005

INTRODUCTION

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

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

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

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

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

Purpose of the Survey

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

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

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

Collaboration Among Health Organizations

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

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

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

Utilization of Bridge to Health Data

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

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

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

Reference

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

METHODOLOGY

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

Sample Design

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

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

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

Data Collection

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

Survey Response

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

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

Statistical Weighting of Data

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

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

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

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

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

Limitations of Findings

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

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

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

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

Guide to Interpreting the Tables

The results for each question are spread across **multiple** tables. In other words, each table presents the results for **one** response option for a particular question. Each table contains the regional level results and the county level results for that response option. The number of respondents who responded (n=) is listed under the Region and County column headings. For an example of this type of table, see Table 1.1.A.

On the majority of tables, responses of “Don’t know” or “Refused” are *not* included in the calculated percentages, as these responses occur very infrequently for most questions. Exceptions are questions presented on Tables 3.4.G, 9.1.D and 9.2.D, where a response of “Don’t know” is genuinely of interest and is given by a substantial number of respondents.

References

- 1) Source of Estimates: CC-EST2004-alldata-[STFIPS]: County Population Estimates by Age, Sex, Race and Hispanic Origin: April 1, 2000 to July 1, 2004
File: 7/1/2004 County Characteristics Population Estimates File for Internet Display
Source: Population Estimates Program, Population Division, U.S. Census Bureau Release
Date: August 11, 2005 [HTTP://WWW.CENSUS.GOV/POPEST/DATASETS](http://www.census.gov/popest/datasets)
- 2) SUB-COUNTY 2004 ESTIMATE TOTALS FOR DULUTH WERE FOUND AT:
<http://www.census.gov/popest/cities/SUB-EST2004-states.html>
- 3) CENSUS 2000 AGE AND SEX DISTRIBUTIONS FOR DULUTH FOUND AT:
<http://www.lmic.state.mn.us/cgi-bin/datanetweb/dp2000?topic=P&mcd=17000>
- 4) U.S. Census Bureau, files: SF3-HO43

Chapter 1

HEALTH STATUS

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

TABLE 1.1.A
PERCEIVED HEALTH STATUS
PERCENT EXCELLENT
 BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,477)		Koochiching County ¹ (n=400)	
Overall Results		24.4%	(21.8-26.9)	27.7%	(22.5-32.9)
Gender	Male	26.6	(22.6-30.5)	33.1	(25.5-40.8)
	Female	22.2	(19.0-25.4)	22.5	(15.4-29.6)
Age	18 to 34	32.0	(24.4-39.7)	54.3	(42.4-66.2)
	35 to 44	27.3	(21.9-32.7)	31.3	(19.4-43.3)
	45 to 54	22.5	(18.7-26.3)	30.6	(18.5-42.7)
	55 to 64	22.4	(18.7-26.2)	8.0	(0.0-16.6)
	65 to 74	15.7	(12.1-19.3)	10.5	(2.9-18.1)
	75 and older	11.5	(8.1-14.9)	10.8	(3.6-17.9)
Education	Less than H.S.	14.5	(8.6-20.4)	12.5	(2.6-22.5)
	H.S. Graduate	15.8	(11.9-19.7)	20.1	(12.1-28.2)
	Some College	31.9	(25.9-37.8)	41.2	(30.3-52.1)
	Voc./Assoc. Degree	25.0	(19.5-30.5)	36.8	(23.6-50.0)
	College Graduate	32.4	(27.5-37.2)	10.0	(0.4-19.6)
Poverty Status	200% or Less	14.8	(10.8-18.9)	14.3	(7.3-21.3)
	More than 200%	29.2	(25.9-32.4)	33.0	(26.4-39.7)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

**TABLE 1.1.B
PERCEIVED HEALTH STATUS
PERCENT FAIR/POOR/VERY POOR¹**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,477)		Koochiching County ² (n=400)	
		13.1%	(11.5-14.7)	5.7%	(3.6-7.9)
Overall Results		13.1%	(11.5-14.7)	5.7%	(3.6-7.9)
Gender	Male	11.7	(9.1-14.2)	5.0	(2.1-7.9)
	Female	14.5	(12.4-16.6)	6.5	(3.2-9.7)
Age	18 to 34	6.4	(3.1-9.8)	1.2	(0.0-3.4)
	35 to 44	11.6	(7.7-15.4)	2.9	(0.0-7.3)
	45 to 54	11.8	(8.9-14.7)	2.0	(0.0-4.9)
	55 to 64	19.8	(16.4-23.3)	3.9	(0.0-9.5)
	65 to 74	19.9	(15.9-23.8)	19.7	(10.0-29.3)
	75 and older	22.1	(17.8-26.5)	13.6	(5.0-22.1)
Education	Less than H.S.	21.0	(15.6-26.3)	10.3	(2.6-18.0)
	H.S. Graduate	16.8	(13.3-20.4)	7.1	(3.1-11.2)
	Some College	12.0	(8.7-15.4)	2.5	(0.0-5.5)
	Voc./Assoc. Degree	11.4	(7.6-15.2)	3.7	(0.0-9.1)
	College Graduate	7.0	(4.5-9.6)	9.7	(1.4-17.9)
Poverty Status	200% or Less	19.9	(15.3-24.4)	12.7	(6.9-18.4)
	More than 200%	8.6	(7.2-10.1)	2.5	(0.7-4.3)

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

² Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 1.2.A
PERCEIVED HEALTH STATUS
COMPARED TO OTHERS OF THE SAME AGE: PERCENT EXCELLENT

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,471)		Koochiching County ¹ (n=400)	
Overall Results		22.8%	(20.2-25.3)	23.2%	(18.3-28.2)
Gender	Male	24.9	(20.9-29.0)	24.9	(17.6-32.2)
	Female	20.8	(17.6-23.9)	21.6	(14.9-28.4)
Age	18 to 34	32.0	(24.2-39.7)	57.0	(45.4-68.6)
	35 to 44	25.0	(19.7-30.3)	28.9	(16.9-40.8)
	45 to 54	19.0	(15.4-22.6)	13.2	(4.8-21.7)
	55 to 64	20.1	(16.5-23.7)	2.7	(0.0-7.9)
	65 to 74	13.6	(10.2-17.0)	9.6	(2.1-17.2)
	75 and older	11.9	(8.4-15.3)	10.7	(4.0-17.3)
Education	Less than H.S.	10.6	(5.5-15.8)	7.0	(1.3-12.6)
	H.S. Graduate	15.1	(11.3-19.0)	16.9	(9.3-24.5)
	Some College	31.4	(25.1-37.7)	34.6	(23.7-45.5)
	Voc./Assoc. Degree	20.9	(15.7-26.1)	25.8	(14.8-36.8)
	College Graduate	30.2	(25.4-35.0)	16.6	(4.9-28.2)
Poverty Status	200% or Less	14.9	(10.4-19.5)	15.4	(8.2-22.6)
	More than 200%	26.8	(23.6-30.1)	26.4	(20.1-32.7)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 1.2.B
PERCEIVED HEALTH STATUS
COMPARED TO OTHERS OF THE SAME AGE: PERCENT FAIR/POOR¹

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,471)		Koochiching County ² (n=400)	
Overall Results		11.4%	(9.9-13.0)	6.3%	(3.8-8.9)
Gender	Male	11.1	(8.6-13.6)	4.4	(1.6-7.1)
	Female	11.7	(9.9-13.5)	8.2	(4.0-12.4)
Age	18 to 34	5.5	(2.4-8.6)	1.2	(0.0-3.4)
	35 to 44	9.4	(5.8-12.9)	4.2	(0.0-9.3)
	45 to 54	10.3	(7.7-12.9)	7.5	(0.0-15.4)
	55 to 64	17.0	(13.7-20.3)	3.9	(0.0-9.5)
	65 to 74	17.8	(13.7-22.0)	13.9	(6.1-21.6)
	75 and older	20.9	(16.8-25.1)	12.4	(4.7-20.0)
Education	Less than H.S.	21.1	(15.6-26.5)	7.6	(1.5-13.6)
	H.S. Graduate	15.3	(12.0-18.5)	9.6	(4.6-14.6)
	Some College	9.7	(6.5-12.8)	2.8	(0.0-5.8)
	Voc./Assoc. Degree	10.1	(6.4-13.8)	7.3	(0.0-17.2)
	College Graduate	5.2	(2.8-7.7)	5.6	(0.0-11.8)
Poverty Status	200% or Less	19.5	(15.0-24.0)	10.6	(5.7-15.6)
	More than 200%	6.7	(5.4-8.0)	3.3	(0.8-5.9)

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

² Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 1.3.A
LIMITATIONS DUE TO PHYSICAL/MENTAL HEALTH
SOCIAL ACTIVITIES LIMITED DUE TO PHYSICAL HEALTH OR EMOTIONAL PROBLEMS
PERCENT NOT AT ALL LIMITED

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,470)		Koochiching County ¹ (n=399)	
Overall Results		85.4%	(83.8-87.0)	79.9%	(75.9-83.8)
Gender	Male	88.6	(86.6-90.7)	80.7	(75.1-86.2)
	Female	82.4	(79.9-84.8)	79.1	(73.5-84.8)
Age	18 to 34	93.9	(91.1-96.7)	90.4	(82.4-98.4)
	35 to 44	85.7	(81.8-89.6)	86.6	(78.0-95.1)
	45 to 54	85.0	(82.0-88.0)	94.7	(90.0-99.5)
	55 to 64	79.3	(75.8-82.9)	81.8	(70.0-93.5)
	65 to 74	80.7	(77.2-84.3)	52.8	(41.3-64.3)
	75 and older	73.8	(69.3-78.3)	48.3	(36.9-59.8)
Education	Less than H.S.	73.0	(66.4-79.6)	71.7	(60.2-83.1)
	H.S. Graduate	84.5	(81.4-87.6)	69.6	(61.8-77.5)
	Some College	85.0	(81.5-88.5)	84.0	(76.4-91.7)
	Voc./Assoc. Degree	84.4	(79.8-89.1)	88.5	(80.7-96.4)
	College Graduate	91.3	(89.2-93.5)	89.0	(80.6-97.5)
Poverty Status	200% or Less	79.2	(74.8-83.6)	65.2	(57.1-73.3)
	More than 200%	88.3	(86.7-89.9)	85.4	(80.9-89.9)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 1.3.B
LIMITATIONS DUE TO PHYSICAL/MENTAL HEALTH
SOCIAL ACTIVITIES LIMITED DUE TO PHYSICAL HEALTH OR EMOTIONAL PROBLEMS
PERCENT QUITE A LOT/COULD NOT DO SOCIAL ACTIVITIES¹

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,470)		Koochiching County ² (n=399)	
Overall Results		3.1%	(2.5-3.8)	1.4%	(0.5-2.3)
Gender	Male	2.2	(1.4-3.1)	1.3	(0.1-2.6)
	Female	4.0	(3.0-4.9)	1.4	(0.1-2.7)
Age	18 to 34	1.1	(0.1-2.2)	0.0	(0.0-0.0)
	35 to 44	2.7	(1.2-4.2)	0.7	(0.0-2.0)
	45 to 54	3.4	(2.0-4.8)	0.7	(0.0-2.0)
	55 to 64	4.9	(3.0-6.9)	1.4	(0.0-4.0)
	65 to 74	3.8	(2.0-5.6)	6.7	(1.4-12.1)
	75 and older	5.8	(3.3-8.3)	1.0	(0.0-2.8)
Education	Less than H.S.	5.9	(3.1-8.6)	3.8	(0.0-8.1)
	H.S. Graduate	3.8	(2.4-5.2)	2.1	(0.2-4.0)
	Some College	3.4	(2.1-4.7)	0.5	(0.0-1.5)
	Voc./Assoc. Degree	3.1	(1.4-4.8)	0.0	(0.0-0.0)
	College Graduate	1.1	(0.4-1.8)	1.7	(0.0-4.9)
Poverty Status	200% or Less	5.4	(3.7-7.1)	4.7	(1.6-7.7)
	More than 200%	1.7	(1.2-2.3)	0.3	(0.0-0.9)

¹ Results include those who responded 'quite a lot' and 'could not do social activities'.

² Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 1.4.A
LIMITATIONS DUE TO PHYSICAL/MENTAL HEALTH
PHYSICAL ACTIVITIES LIMITED DUE TO PHYSICAL HEALTH PROBLEMS
PERCENT NOT AT ALL LIMITED

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,476)	Koochiching County ¹ (n=400)		
Overall Results		76.0%	(73.6-78.3)	70.5%	(66.0-75.1)
Gender	Male	80.4	(77.5-83.3)	68.3	(61.5-75.2)
	Female	71.8	(68.2-75.4)	72.6	(66.6-78.6)
Age	18 to 34	88.6	(82.9-94.2)	92.5	(87.2-97.9)
	35 to 44	84.0	(80.1-87.9)	85.4	(77.0-93.8)
	45 to 54	78.4	(74.8-81.9)	85.9	(77.6-94.3)
	55 to 64	67.4	(63.3-71.5)	62.3	(47.6-77.1)
	65 to 74	63.7	(59.2-68.3)	32.2	(21.1-43.4)
	75 and older	45.2	(40.0-50.4)	29.5	(19.2-39.7)
Education	Less than H.S.	57.1	(49.7-64.5)	57.5	(43.9-71.1)
	H.S. Graduate	71.6	(66.1-77.2)	60.9	(52.5-69.4)
	Some College	78.4	(74.3-82.4)	81.2	(74.0-88.4)
	Voc./Assoc. Degree	79.8	(75.3-84.3)	74.8	(63.3-86.3)
	College Graduate	83.6	(80.5-86.6)	70.6	(56.2-84.9)
Poverty Status	200% or Less	67.2	(60.5-73.8)	53.6	(44.7-62.5)
	More than 200%	81.1	(79.0-83.2)	76.7	(71.5-82.0)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 1.4.B
LIMITATIONS DUE TO PHYSICAL/MENTAL HEALTH
PHYSICAL ACTIVITIES LIMITED DUE TO PHYSICAL HEALTH PROBLEMS
PERCENT QUITE A LOT/COULD NOT DO PHYSICAL ACTIVITIES¹

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,476)		Koochiching County ² (n=400)	
		7.1%	(6.1-8.2)	4.3%	(2.4-6.1)
Overall Results		7.1%	(6.1-8.2)	4.3%	(2.4-6.1)
Gender	Male	4.9	(3.5-6.2)	5.9	(2.6-9.2)
	Female	9.3	(7.7-10.9)	2.7	(1.0-4.5)
Age	18 to 34	1.5	(0.4-2.6)	0.0	(0.0-0.0)
	35 to 44	5.1	(2.5-7.6)	0.0	(0.0-0.0)
	45 to 54	7.7	(5.4-10.0)	2.0	(0.0-4.9)
	55 to 64	10.8	(8.0-13.6)	6.5	(0.0-13.9)
	65 to 74	11.8	(8.8-14.8)	14.2	(6.5-21.9)
	75 and older	16.5	(12.4-20.5)	9.7	(2.9-16.6)
Education	Less than H.S.	14.3	(9.5-19.1)	6.6	(0.8-12.3)
	H.S. Graduate	8.2	(6.1-10.3)	5.5	(1.7-9.4)
	Some College	7.2	(5.0-9.4)	2.3	(0.2-4.3)
	Voc./Assoc. Degree	5.8	(3.2-8.5)	3.7	(0.0-9.1)
	College Graduate	3.9	(2.5-5.4)	5.4	(0.0-11.5)
Poverty Status	200% or Less	10.5	(7.9-13.1)	6.5	(2.9-10.0)
	More than 200%	4.7	(3.7-5.7)	3.1	(1.2-5.1)

¹ Results include those who responded 'quite a lot' and 'could not do physical activities'.

² Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 1.5.A
LIMITATIONS DUE TO PHYSICAL/MENTAL HEALTH
DIFFICULTY OF DAILY WORK DUE TO PHYSICAL HEALTH
PERCENT NOT AT ALL

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,472)		Koochiching County ¹ (n=400)	
Overall Results		77.3%	(75.3-79.3)	70.3%	(65.7-74.8)
Gender	Male	80.7	(78.0-83.5)	68.6	(61.8-75.4)
	Female	74.0	(71.1-76.9)	71.9	(65.9-77.9)
Age	18 to 34	92.3	(89.1-95.4)	92.6	(87.6-97.7)
	35 to 44	83.2	(79.2-87.2)	86.1	(77.8-94.4)
	45 to 54	80.0	(76.6-83.4)	86.6	(78.3-94.9)
	55 to 64	67.6	(63.5-71.7)	64.9	(50.4-79.4)
	65 to 74	63.0	(58.5-67.6)	26.4	(15.9-37.0)
	75 and older	45.6	(40.4-50.8)	28.0	(18.0-38.0)
Education	Less than H.S.	57.0	(49.7-64.3)	56.6	(43.1-70.2)
	H.S. Graduate	73.8	(69.3-78.4)	60.8	(52.3-69.2)
	Some College	78.9	(75.0-82.9)	79.6	(72.1-87.1)
	Voc./Assoc. Degree	80.0	(75.5-84.6)	75.0	(63.7-86.4)
	College Graduate	85.2	(82.5-88.0)	73.7	(60.0-87.4)
Poverty Status	200% or Less	69.2	(63.5-74.9)	52.6	(43.7-61.6)
	More than 200%	82.1	(80.1-84.1)	76.5	(71.3-81.7)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 1.5.B
LIMITATIONS DUE TO PHYSICAL/MENTAL HEALTH
DIFFICULTY OF DAILY WORK DUE TO PHYSICAL HEALTH
PERCENT QUITE A LOT/COULD NOT DO DAILY WORK¹

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,472)		Koochiching County ² (n=400)	
		6.5%	(5.5-7.5)	4.9%	(2.9-6.8)
Overall Results		6.5%	(5.5-7.5)	4.9%	(2.9-6.8)
Gender	Male	4.4	(3.1-5.6)	5.9	(2.7-9.2)
	Female	8.5	(7.0-10.0)	3.9	(1.7-6.0)
Age	18 to 34	1.5	(0.4-2.5)	0.0	(0.0-0.0)
	35 to 44	4.8	(2.3-7.3)	0.7	(0.0-2.0)
	45 to 54	6.8	(4.7-9.0)	2.6	(0.0-5.8)
	55 to 64	9.3	(6.8-11.8)	6.5	(0.0-13.9)
	65 to 74	9.4	(6.6-12.1)	13.2	(5.8-20.7)
	75 and older	16.6	(12.6-20.6)	13.4	(5.5-21.2)
Education	Less than H.S.	15.3	(10.4-20.2)	12.9	(3.4-22.4)
	H.S. Graduate	7.8	(5.8-9.8)	5.5	(2.1-8.9)
	Some College	6.0	(3.9-8.0)	2.3	(0.2-4.3)
	Voc./Assoc. Degree	5.4	(3.0-7.9)	3.3	(0.0-8.5)
	College Graduate	3.1	(1.9-4.2)	5.4	(0.0-11.5)
Poverty Status	200% or Less	10.0	(7.4-12.5)	10.0	(5.3-14.8)
	More than 200%	4.1	(3.2-5.0)	2.7	(0.9-4.5)

¹ Results include those who responded 'quite a lot' and 'could not do daily work'.

² Results by demographic factors for this geographic area not shown when cell size is less than 30.

Chapter 2

CHRONIC CONDITIONS – PHYSICAL HEALTH

TABLE 2.1.A
CHRONIC AND OTHER MEDICAL CONDITIONS
PERCENT ALLERGIES

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,468)		Koochiching County ¹ (n=400)	
Overall Results		25.7%	(22.7-28.8)	17.7%	(13.7-21.8)
Gender	Male	20.2	(15.4-25.0)	11.4	(6.7-16.1)
	Female	31.0	(27.1-34.9)	23.7	(17.3-30.1)
Age	18 to 34	26.3	(17.3-35.3)	13.6	(6.5-20.7)
	35 to 44	22.2	(17.8-26.6)	12.3	(3.9-20.7)
	45 to 54	27.6	(23.7-31.6)	16.5	(6.5-26.6)
	55 to 64	29.4	(25.4-33.4)	22.6	(9.8-35.4)
	65 to 74	21.4	(17.7-25.1)	26.3	(15.4-37.2)
	75 and older	25.4	(21.0-29.8)	20.2	(10.8-29.6)
Education	Less than H.S.	20.9	(14.3-27.5)	19.9	(8.4-31.4)
	H.S. Graduate	26.1	(19.1-33.1)	15.3	(8.8-21.8)
	Some College	22.3	(17.3-27.2)	17.2	(9.7-24.6)
	Voc./Assoc. Degree	31.1	(25.0-37.3)	13.4	(4.2-22.6)
	College Graduate	27.0	(22.6-31.4)	29.1	(14.2-44.0)
Poverty Status	200% or Less	28.2	(21.5-34.9)	18.4	(11.6-25.2)
	More than 200%	25.0	(21.2-28.7)	17.8	(12.7-22.8)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 2.1.B
CHRONIC AND OTHER MEDICAL CONDITIONS
PERCENT BACK PROBLEMS

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,466)		Koochiching County ¹ (n=399)	
Overall Results		26.5%	(24.2-28.9)	20.5%	(16.2-24.9)
Gender	Male	25.9	(22.3-29.6)	23.0	(16.7-29.3)
	Female	27.2	(24.0-30.3)	18.2	(12.1-24.3)
Age	18 to 34	14.8	(9.7-20.0)	8.1	(2.9-13.2)
	35 to 44	21.8	(17.1-26.5)	21.9	(11.5-32.2)
	45 to 54	32.2	(28.0-36.4)	37.0	(24.4-49.5)
	55 to 64	34.2	(30.0-38.3)	16.9	(5.7-28.2)
	65 to 74	36.6	(31.7-41.4)	24.5	(14.3-34.6)
	75 and older	38.2	(33.1-43.2)	12.7	(5.2-20.2)
Education	Less than H.S.	35.4	(28.1-42.7)	18.8	(6.7-30.9)
	H.S. Graduate	29.3	(24.0-34.6)	19.5	(12.1-27.0)
	Some College	22.6	(18.1-27.0)	16.6	(9.5-23.7)
	Voc./Assoc. Degree	25.8	(20.6-31.1)	32.4	(19.6-45.1)
	College Graduate	23.9	(20.1-27.7)	20.7	(6.8-34.7)
Poverty Status	200% or Less	28.2	(22.5-33.8)	14.3	(8.3-20.2)
	More than 200%	23.7	(21.2-26.1)	22.0	(16.6-27.5)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

**TABLE 2.1.C
CHRONIC AND OTHER MEDICAL CONDITIONS
PERCENT CANCER**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,469)		Koochiching County ¹ (n=400)	
		6.7%	(5.7-7.6)	9.0%	(6.2-11.8)
Overall Results		6.7%	(5.7-7.6)	9.0%	(6.2-11.8)
Gender	Male	5.1	(3.9-6.4)	5.7	(2.7-8.8)
	Female	8.1	(6.7-9.5)	12.1	(7.5-16.7)
Age	18 to 34	0.8	(0.0-1.6)	0.4	(0.0-1.1)
	35 to 44	1.8	(0.6-2.9)	2.2	(0.0-6.4)
	45 to 54	5.0	(3.3-6.8)	8.8	(0.6-17.1)
	55 to 64	11.8	(8.9-14.7)	2.6	(0.0-7.5)
	65 to 74	13.6	(10.0-17.1)	19.2	(10.5-28.0)
	75 and older	21.3	(17.1-25.6)	32.8	(22.2-43.5)
Education	Less than H.S.	12.1	(8.0-16.2)	8.1	(1.3-15.0)
	H.S. Graduate	7.3	(5.4-9.1)	13.2	(7.5-18.8)
	Some College	5.0	(3.5-6.6)	8.1	(3.4-12.7)
	Voc./Assoc. Degree	6.6	(4.0-9.3)	6.3	(0.0-15.2)
	College Graduate	5.8	(3.9-7.7)	5.7	(0.4-11.0)
Poverty Status	200% or Less	8.7	(6.4-10.9)	14.0	(8.5-19.5)
	More than 200%	5.3	(4.3-6.2)	7.5	(4.1-10.8)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 2.1.D
CHRONIC AND OTHER MEDICAL CONDITIONS
PERCENT DIABETES

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,465)		Koochiching County ¹ (n=400)	
Overall Results		6.9%	(5.7-8.1)	6.7%	(4.1-9.3)
Gender	Male	5.3	(3.9-6.7)	5.1	(2.3-8.0)
	Female	8.5	(6.6-10.4)	8.2	(3.9-12.5)
Age	18 to 34	2.9	(0.4-5.5)	2.5	(0.0-7.5)
	35 to 44	1.8	(0.2-3.4)	2.0	(0.0-4.9)
	45 to 54	5.0	(2.9-7.1)	3.1	(0.0-6.7)
	55 to 64	9.5	(7.0-12.0)	13.4	(2.5-24.2)
	65 to 74	14.7	(10.9-18.5)	15.0	(6.2-23.8)
	75 and older	19.8	(15.6-23.9)	10.8	(4.1-17.4)
Education	Less than H.S.	20.4	(13.6-27.2)	5.2	(0.0-11.3)
	H.S. Graduate	9.4	(6.7-12.2)	10.9	(4.8-17.0)
	Some College	4.9	(3.2-6.7)	4.9	(0.7-9.1)
	Voc./Assoc. Degree	3.8	(1.9-5.7)	3.3	(0.0-8.5)
	College Graduate	3.1	(1.9-4.2)	6.8	(0.0-13.7)
Poverty Status	200% or Less	9.9	(7.3-12.5)	12.4	(6.1-18.8)
	More than 200%	4.4	(3.5-5.4)	3.9	(1.3-6.5)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 2.1.E
CHRONIC AND OTHER MEDICAL CONDITIONS
PERCENT DIGESTIVE DISORDER (CHRONIC)

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,465)		Koochiching County ¹ (n=400)	
Overall Results		5.2%	(3.6-6.9)	2.4%	(0.6-4.2)
Gender	Male	3.7	(2.3-5.0)	1.7	(0.0-3.5)
	Female	6.8	(3.8-9.7)	3.0	(0.0-6.1)
Age	18 to 34	3.9	(0.0-8.8)	0.0	(0.0-0.0)
	35 to 44	3.3	(0.8-5.7)	0.0	(0.0-0.0)
	45 to 54	4.6	(2.8-6.3)	6.0	(0.0-13.1)
	55 to 64	7.0	(4.7-9.4)	1.4	(0.0-4.0)
	65 to 74	8.5	(5.4-11.6)	4.7	(0.0-10.1)
	75 and older	8.2	(5.3-11.1)	2.9	(0.0-6.2)
Education	Less than H.S.	6.5	(3.2-9.8)	2.4	(0.0-5.7)
	H.S. Graduate	7.2	(2.8-11.6)	2.7	(0.0-5.6)
	Some College	4.9	(3.3-6.6)	0.0	(0.0-0.0)
	Voc./Assoc. Degree	3.5	(1.7-5.4)	0.8	(0.0-2.4)
	College Graduate	3.0	(1.8-4.3)	9.6	(0.0-21.2)
Poverty Status	200% or Less	8.2	(3.1-13.3)	3.6	(0.2-6.9)
	More than 200%	3.9	(2.9-4.9)	2.1	(0.0-4.3)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 2.1.F
CHRONIC AND OTHER MEDICAL CONDITIONS
PERCENT HEADACHES (CHRONIC)

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,467)		Koochiching County ¹ (n=399)	
		7.3%	(5.3-9.3)	6.6%	(4.0-9.2)
Overall Results					
Gender	Male	4.5	(2.3-6.6)	0.7	(0.0-1.6)
	Female	10.0	(6.7-13.2)	12.3	(7.4-17.1)
Age	18 to 34	9.5	(3.5-15.5)	2.9	(0.3-5.5)
	35 to 44	6.9	(4.1-9.6)	5.1	(0.0-11.1)
	45 to 54	6.3	(4.2-8.4)	6.7	(0.0-14.0)
	55 to 64	6.8	(4.6-9.0)	8.1	(0.0-16.2)
	65 to 74	4.7	(2.5-6.9)	10.9	(3.8-18.0)
	75 and older	6.2	(3.9-8.5)	9.4	(3.2-15.5)
Education	Less than H.S.	6.9	(3.3-10.5)	8.1	(2.1-14.0)
	H.S. Graduate	8.1	(3.4-12.8)	7.4	(3.0-11.8)
	Some College	7.4	(4.2-10.7)	4.7	(0.8-8.5)
	Voc./Assoc. Degree	5.1	(2.5-7.6)	4.4	(0.0-10.2)
	College Graduate	7.2	(4.4-10.1)	11.6	(0.0-23.7)
Poverty Status	200% or Less	11.7	(5.6-17.8)	10.4	(5.0-15.7)
	More than 200%	5.3	(4.1-6.5)	5.2	(2.2-8.3)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 2.1.G
CHRONIC AND OTHER MEDICAL CONDITIONS
PERCENT HEART TROUBLE OR ANGINA

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,462)		Koochiching County ¹ (n=400)	
		9.6%	(8.3-10.8)	7.0%	(4.6-9.4)
Overall Results					
Gender	Male	11.1	(9.0-13.2)	8.2	(4.3-12.1)
	Female	8.1	(6.7-9.5)	5.9	(3.2-8.6)
Age	18 to 34	1.5	(0.1-3.0)	0.0	(0.0-0.0)
	35 to 44	2.4	(0.2-4.6)	0.0	(0.0-0.0)
	45 to 54	4.8	(2.7-7.0)	0.7	(0.0-2.0)
	55 to 64	13.1	(10.2-16.0)	10.3	(0.7-19.8)
	65 to 74	22.6	(18.6-26.7)	21.9	(12.4-31.5)
	75 and older	36.7	(31.6-41.9)	22.3	(12.6-31.9)
Education	Less than H.S.	29.4	(22.0-36.9)	11.4	(3.6-19.2)
	H.S. Graduate	10.9	(8.4-13.4)	7.4	(3.6-11.2)
	Some College	7.0	(5.1-8.9)	6.6	(1.9-11.3)
	Voc./Assoc. Degree	9.0	(5.7-12.3)	1.3	(0.0-3.2)
	College Graduate	5.1	(3.4-6.7)	10.8	(1.5-20.1)
Poverty Status	200% or Less	13.5	(10.5-16.5)	12.8	(7.2-18.3)
	More than 200%	6.4	(5.2-7.7)	4.9	(2.4-7.5)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 2.1.H
CHRONIC AND OTHER MEDICAL CONDITIONS
PERCENT HIGH BLOOD PRESSURE

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,463)		Koochiching County ¹ (n=400)	
Overall Results		23.0%	(20.9-25.0)	22.1%	(17.9-26.4)
Gender	Male	23.2	(20.0-26.5)	25.0	(18.6-31.4)
	Female	22.7	(20.1-25.3)	19.4	(13.8-25.0)
Age	18 to 34	5.3	(2.5-8.1)	3.8	(0.7-6.9)
	35 to 44	10.6	(6.4-14.8)	14.0	(6.0-21.9)
	45 to 54	20.9	(17.3-24.6)	17.6	(8.1-27.1)
	55 to 64	39.2	(34.9-43.5)	39.5	(24.4-54.6)
	65 to 74	47.4	(42.5-52.3)	36.8	(25.6-48.0)
	75 and older	53.6	(48.4-58.8)	38.6	(27.6-49.7)
Education	Less than H.S.	40.5	(33.3-47.7)	37.6	(24.4-50.9)
	H.S. Graduate	27.5	(22.7-32.2)	23.2	(16.0-30.3)
	Some College	18.4	(14.6-22.2)	17.5	(9.8-25.2)
	Voc./Assoc. Degree	20.3	(15.5-25.1)	22.8	(11.0-34.7)
	College Graduate	17.0	(13.8-20.2)	18.8	(7.0-30.5)
Poverty Status	200% or Less	26.2	(21.1-31.2)	24.6	(17.4-31.7)
	More than 200%	20.6	(18.3-22.9)	21.0	(15.7-26.4)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 2.1.I
CHRONIC AND OTHER MEDICAL CONDITIONS
PERCENT HIGH CHOLESTEROL

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,438)		Koochiching County ¹ (n=395)	
Overall Results		21.4%	(19.4-23.4)	17.8%	(13.6-22.1)
Gender	Male	20.2	(17.3-23.0)	15.9	(10.3-21.5)
	Female	22.6	(19.9-25.4)	19.7	(13.3-26.0)
Age	18 to 34	4.2	(1.5-7.0)	4.9	(1.0-8.7)
	35 to 44	7.7	(4.6-10.8)	15.8	(5.7-26.0)
	45 to 54	25.8	(21.8-29.8)	20.0	(8.9-31.2)
	55 to 64	38.1	(33.8-42.4)	27.7	(13.3-42.1)
	65 to 74	46.7	(41.8-51.7)	22.1	(12.3-32.0)
	75 and older	40.7	(35.5-45.8)	24.2	(14.2-34.3)
Education	Less than H.S.	29.5	(23.3-35.6)	23.3	(10.8-35.8)
	H.S. Graduate	23.8	(19.4-28.3)	21.3	(13.4-29.2)
	Some College	15.2	(12.3-18.0)	13.4	(6.5-20.4)
	Voc./Assoc. Degree	24.1	(18.7-29.6)	11.2	(2.8-19.5)
	College Graduate	20.3	(16.8-23.8)	24.8	(9.6-40.0)
Poverty Status	200% or Less	23.1	(18.3-27.9)	12.1	(6.6-17.7)
	More than 200%	20.9	(18.6-23.1)	20.4	(14.9-26.0)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 2.1.J
CHRONIC AND OTHER MEDICAL CONDITIONS
PERCENT JOINT PROBLEMS

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,461)		Koochiching County ¹ (n=400)	
		23.4%	(21.3-25.5)	16.2%	(12.5-20.0)
Overall Results					
Gender	Male	18.5	(15.5-21.5)	11.8	(7.0-16.6)
	Female	28.1	(25.1-31.0)	20.5	(14.7-26.2)
Age	18 to 34	4.6	(1.2-8.0)	0.0	(0.0-0.0)
	35 to 44	11.6	(7.8-15.4)	2.2	(0.0-6.4)
	45 to 54	19.5	(16.1-22.9)	12.1	(2.9-21.3)
	55 to 64	33.9	(29.7-38.0)	25.1	(12.0-38.1)
	65 to 74	50.7	(45.8-55.7)	41.1	(29.5-52.6)
	75 and older	65.4	(60.4-70.4)	37.4	(26.4-48.3)
Education	Less than H.S.	40.8	(33.6-47.9)	13.6	(3.6-23.6)
	H.S. Graduate	27.0	(22.3-31.6)	23.8	(16.4-31.1)
	Some College	24.0	(19.2-28.8)	10.4	(5.1-15.7)
	Voc./Assoc. Degree	16.2	(12.5-20.0)	17.9	(7.1-28.7)
	College Graduate	16.0	(13.0-19.1)	13.6	(1.4-25.7)
Poverty Status	200% or Less	32.8	(26.7-38.9)	21.1	(14.2-28.1)
	More than 200%	17.5	(15.5-19.5)	14.1	(9.6-18.6)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

**TABLE 2.1.K
CHRONIC AND OTHER MEDICAL CONDITIONS
PERCENT KIDNEY OR BLADDER PROBLEMS**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,463)		Koochiching County ¹ (n=400)	
		8.1%	(6.9-9.4)	8.3%	(5.8-10.8)
Overall Results					
Gender	Male	7.4	(5.7-9.1)	7.5	(4.2-10.9)
	Female	8.8	(7.0-10.5)	9.0	(5.4-12.7)
Age	18 to 34	2.7	(0.3-5.1)	0.6	(0.0-1.7)
	35 to 44	4.2	(1.9-6.5)	8.8	(1.1-16.4)
	45 to 54	6.8	(4.4-9.2)	1.1	(0.0-3.3)
	55 to 64	7.2	(4.9-9.4)	2.6	(0.0-7.5)
	65 to 74	19.4	(15.4-23.5)	28.3	(18.2-38.4)
	75 and older	23.3	(19.0-27.5)	22.4	(12.9-31.8)
Education	Less than H.S.	16.4	(11.2-21.6)	8.6	(1.6-15.7)
	H.S. Graduate	8.9	(6.7-11.0)	12.1	(7.0-17.1)
	Some College	10.6	(7.0-14.2)	9.0	(3.7-14.3)
	Voc./Assoc. Degree	4.5	(2.2-6.8)	3.2	(0.0-6.4)
	College Graduate	4.1	(2.8-5.4)	3.9	(0.0-7.9)
Poverty Status	200% or Less	13.6	(10.0-17.3)	15.4	(9.2-21.6)
	More than 200%	5.3	(4.3-6.4)	5.8	(3.3-8.4)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 2.1.L
CHRONIC AND OTHER MEDICAL CONDITIONS
PERCENT LUNG PROBLEMS (CHRONIC)

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,467)		Koochiching County ¹ (n=399)	
		3.3%	(2.6-3.9)	2.7%	(1.1-4.3)
Overall Results		3.3%	(2.6-3.9)	2.7%	(1.1-4.3)
Gender	Male	2.8	(1.9-3.7)	1.2	(0.0-2.5)
	Female	3.7	(2.9-4.5)	4.1	(1.1-7.0)
Age	18 to 34	0.9	(0.0-1.7)	0.0	(0.0-0.0)
	35 to 44	0.7	(0.1-1.3)	2.9	(0.0-7.4)
	45 to 54	2.8	(1.5-4.1)	2.2	(0.0-6.5)
	55 to 64	5.8	(3.9-7.7)	2.7	(0.0-6.4)
	65 to 74	7.7	(5.1-10.2)	5.2	(0.2-10.2)
	75 and older	7.7	(5.2-10.3)	5.6	(0.0-11.3)
Education	Less than H.S.	8.2	(4.9-11.6)	5.0	(0.0-12.4)
	H.S. Graduate	3.7	(2.5-5.0)	3.3	(0.6-6.0)
	Some College	2.2	(1.2-3.2)	1.5	(0.0-3.3)
	Voc./Assoc. Degree	3.4	(1.9-4.9)	0.0	(0.0-0.0)
	College Graduate	2.2	(1.2-3.1)	5.6	(0.0-13.5)
Poverty Status	200% or Less	4.0	(2.8-5.3)	4.8	(1.4-8.3)
	More than 200%	2.8	(2.1-3.4)	2.0	(0.1-3.9)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 2.1.M
CHRONIC AND OTHER MEDICAL CONDITIONS
PERCENT STROKE RELATED PROBLEMS

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,467)		Koochiching County ¹ (n=399)	
		2.0%	(1.5-2.4)	1.1%	(0.3-1.8)
Overall Results					
Gender	Male	1.8	(1.1-2.5)	1.7	(0.3-3.2)
	Female	2.1	(1.5-2.7)	0.4	(0.0-1.1)
Age	18 to 34	0.0	(0.0-0.1)	0.0	(0.0-0.0)
	35 to 44	0.5	(0.0-1.1)	0.0	(0.0-0.0)
	45 to 54	0.4	(0.0-1.1)	0.0	(0.0-0.0)
	55 to 64	2.0	(1.1-3.0)	0.0	(0.0-0.0)
	65 to 74	6.9	(4.3-9.4)	6.1	(0.8-11.4)
	75 and older	8.0	(5.4-10.7)	2.9	(0.0-6.2)
Education	Less than H.S.	6.8	(3.5-10.1)	2.2	(0.0-5.3)
	H.S. Graduate	2.3	(1.4-3.1)	0.8	(0.0-2.0)
	Some College	1.1	(0.6-1.7)	1.0	(0.0-2.5)
	Voc./Assoc. Degree	1.1	(0.0-2.3)	1.1	(0.0-3.1)
	College Graduate	1.5	(0.7-2.2)	1.0	(0.0-3.0)
Poverty Status	200% or Less	2.7	(1.7-3.6)	2.0	(0.0-4.1)
	More than 200%	1.3	(0.9-1.8)	0.8	(0.0-1.6)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

Chapter 3

CHRONIC CONDITIONS – MENTAL HEALTH

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

TABLE 3.1.A
CHRONIC AND OTHER MEDICAL CONDITIONS
PERCENT ANXIETY OR PANIC ATTACKS

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,467)		Koochiching County ¹ (n=400)	
		6.2%	(5.1-7.3)	3.6%	(1.9-5.3)
Overall Results		6.2%	(5.1-7.3)	3.6%	(1.9-5.3)
Gender	Male	4.0	(2.4-5.5)	2.2	(0.1-4.3)
	Female	8.4	(6.8-10.0)	4.9	(2.2-7.6)
Age	18 to 34	5.6	(2.9-8.3)	2.3	(0.0-4.6)
	35 to 44	6.0	(3.8-8.2)	8.4	(1.9-14.9)
	45 to 54	6.8	(4.6-8.9)	0.0	(0.0-0.0)
	55 to 64	9.4	(6.6-12.2)	2.6	(0.0-7.5)
	65 to 74	5.9	(3.4-8.3)	6.7	(0.7-12.6)
	75 and older	3.6	(1.7-5.4)	3.8	(0.0-8.2)
Education	Less than H.S.	9.9	(5.0-14.8)	6.6	(0.8-12.4)
	H.S. Graduate	4.7	(3.2-6.3)	6.9	(2.7-11.0)
	Some College	8.3	(5.3-11.3)	1.2	(0.0-3.5)
	Voc./Assoc. Degree	8.0	(4.5-11.5)	0.0	(0.0-0.0)
	College Graduate	4.4	(2.8-6.1)	3.9	(0.0-9.3)
Poverty Status	200% or Less	9.4	(6.4-12.3)	6.7	(2.6-10.9)
	More than 200%	4.5	(3.5-5.5)	2.4	(0.6-4.3)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 3.1.B
CHRONIC AND OTHER MEDICAL CONDITIONS
PERCENT DEPRESSION

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,467)		Koochiching County ¹ (n=400)	
Overall Results		11.7%	(9.1-14.2)	5.6%	(3.4-7.9)
Gender	Male	8.7	(4.1-13.3)	2.6	(0.5-4.7)
	Female	14.5	(11.9-17.0)	8.5	(4.6-12.3)
Age	18 to 34	13.8	(6.1-21.6)	6.0	(1.1-11.0)
	35 to 44	9.9	(6.9-12.9)	6.8	(0.3-13.3)
	45 to 54	10.5	(7.9-13.1)	3.1	(0.0-6.2)
	55 to 64	14.3	(11.2-17.4)	3.9	(0.0-9.5)
	65 to 74	10.8	(7.1-14.6)	10.9	(2.8-19.0)
	75 and older	7.5	(5.0-10.0)	4.7	(0.0-9.5)
Education	Less than H.S.	17.5	(10.8-24.3)	15.8	(6.1-25.5)
	H.S. Graduate	12.5	(6.4-18.7)	7.1	(2.6-11.7)
	Some College	15.0	(10.5-19.5)	1.6	(0.0-4.1)
	Voc./Assoc. Degree	7.7	(4.4-11.0)	2.5	(0.0-7.2)
	College Graduate	7.4	(5.3-9.6)	7.9	(0.3-15.5)
Poverty Status	200% or Less	20.7	(13.0-28.3)	12.5	(6.7-18.4)
	More than 200%	7.6	(6.2-8.9)	3.1	(0.9-5.3)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 3.1.C
CHRONIC AND OTHER MEDICAL CONDITIONS
PERCENT OTHER MENTAL HEALTH PROBLEMS

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,467)		Koochiching County ¹ (n=400)	
		1.7%	(0.8-2.5)	1.1%	(0.3-2.0)
Overall Results		1.7%	(0.8-2.5)	1.1%	(0.3-2.0)
Gender	Male	0.8	(0.2-1.4)	0.5	(0.0-1.3)
	Female	2.5	(1.0-4.0)	1.7	(0.2-3.3)
Age	18 to 34	3.1	(0.5-5.7)	0.6	(0.0-1.7)
	35 to 44	1.1	(0.1-2.0)	1.8	(0.0-4.3)
	45 to 54	1.6	(0.4-2.7)	0.7	(0.0-2.0)
	55 to 64	1.6	(0.5-2.8)	1.4	(0.0-4.0)
	65 to 74	0.1	(0.0-0.2)	1.1	(0.0-3.3)
	75 and older	0.3	(0.0-0.5)	1.9	(0.0-5.5)
Education	Less than H.S.	7.5	(1.2-13.9)	1.4	(0.0-4.1)
	H.S. Graduate	0.8	(0.2-1.4)	2.1	(0.0-4.3)
	Some College	2.8	(0.0-5.7)	0.4	(0.0-1.2)
	Voc./Assoc. Degree	0.7	(0.0-1.4)	0.0	(0.0-0.0)
	College Graduate	0.8	(0.2-1.3)	1.8	(0.0-5.3)
Poverty Status	200% or Less	4.2	(1.4-6.9)	1.5	(0.0-3.3)
	More than 200%	0.6	(0.3-0.9)	1.0	(0.0-2.1)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 3.2.A
SELF-REPORTED MENTAL HEALTH PROBLEMS
EMOTIONAL PROBLEMS
PERCENT NOT AT ALL

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,464)		Koochiching County ¹ (n=399)	
Overall Results		78.7%	(76.6-80.9)	62.4%	(57.3-67.5)
Gender	Male	84.1	(81.4-86.8)	73.2	(66.8-79.7)
	Female	73.6	(70.4-76.9)	52.1	(44.6-59.7)
Age	18 to 34	81.4	(75.8-87.0)	69.2	(58.2-80.2)
	35 to 44	78.0	(73.6-82.4)	58.7	(46.6-70.9)
	45 to 54	76.5	(73.1-80.0)	76.4	(65.7-87.1)
	55 to 64	77.0	(73.6-80.5)	62.0	(47.1-77.0)
	65 to 74	81.3	(77.9-84.6)	43.4	(32.0-54.9)
	75 and older	76.4	(72.2-80.5)	49.4	(38.0-60.9)
Education	Less than H.S.	67.4	(60.2-74.6)	47.7	(33.8-61.6)
	H.S. Graduate	78.7	(74.4-82.9)	53.0	(44.0-61.9)
	Some College	75.6	(70.8-80.5)	64.7	(54.5-74.8)
	Voc./Assoc. Degree	77.5	(72.2-82.8)	70.8	(59.2-82.4)
	College Graduate	85.7	(83.0-88.5)	79.5	(66.7-92.3)
Poverty Status	200% or Less	70.8	(64.9-76.8)	36.4	(27.5-45.3)
	More than 200%	82.3	(80.3-84.3)	71.1	(65.2-77.0)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 3.2.B
SELF-REPORTED MENTAL HEALTH PROBLEMS
EMOTIONAL PROBLEMS
PERCENT QUITE A LOT/EXTREMELY¹

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,464)		Koochiching County ² (n=399)	
Overall Results		2.6%	(2.0-3.2)	1.4%	(0.3-2.6)
Gender	Male	1.8	(1.0-2.6)	2.2	(0.0-4.3)
	Female	3.3	(2.4-4.3)	0.8	(0.0-1.6)
Age	18 to 34	2.4	(0.8-3.9)	0.6	(0.0-1.7)
	35 to 44	2.1	(0.9-3.2)	1.3	(0.0-3.2)
	45 to 54	2.8	(1.7-4.0)	2.0	(0.0-4.9)
	55 to 64	3.8	(2.3-5.3)	2.6	(0.0-7.7)
	65 to 74	2.2	(0.5-3.9)	2.2	(0.0-5.3)
	75 and older	2.4	(0.7-4.1)	0.0	(0.0-0.0)
Education	Less than H.S.	5.1	(1.4-8.7)	4.0	(0.0-8.4)
	H.S. Graduate	2.4	(1.3-3.5)	2.5	(0.0-5.4)
	Some College	2.9	(1.6-4.2)	0.9	(0.0-2.7)
	Voc./Assoc. Degree	3.6	(1.3-5.8)	0.0	(0.0-0.0)
	College Graduate	1.4	(0.7-2.2)	0.0	(0.0-0.0)
Poverty Status	200% or Less	4.3	(2.8-5.9)	2.5	(0.3-4.8)
	More than 200%	1.7	(1.1-2.2)	1.1	(0.0-2.5)

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

² Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 3.3.A
SELF-REPORTED MENTAL HEALTH PROBLEMS
PERSONAL AND EMOTIONAL PROBLEMS
PERCENT NOT AT ALL

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,470)		Koochiching County ¹ (n=400)	
Overall Results		88.7%	(87.2-90.2)	78.7%	(74.7-82.8)
Gender	Male	91.0	(89.0-93.1)	84.7	(79.7-89.7)
	Female	86.5	(84.4-88.5)	73.0	(66.8-79.3)
Age	18 to 34	92.2	(89.0-95.3)	81.4	(71.9-90.9)
	35 to 44	88.9	(85.4-92.4)	84.3	(76.1-92.6)
	45 to 54	86.7	(83.9-89.5)	93.8	(88.0-99.7)
	55 to 64	87.0	(84.1-89.8)	80.3	(68.6-92.0)
	65 to 74	88.9	(86.0-91.8)	56.0	(44.5-67.5)
	75 and older	84.2	(80.3-88.1)	59.6	(48.4-70.7)
Education	Less than H.S.	77.1	(70.3-83.9)	60.4	(47.0-73.7)
	H.S. Graduate	87.4	(84.4-90.4)	67.0	(59.0-75.0)
	Some College	89.0	(86.4-91.7)	86.6	(79.4-93.7)
	Voc./Assoc. Degree	89.1	(85.1-93.1)	87.1	(78.7-95.4)
	College Graduate	93.4	(91.4-95.4)	90.9	(82.1-99.7)
Poverty Status	200% or Less	84.4	(80.6-88.2)	60.7	(52.2-69.2)
	More than 200%	90.3	(88.7-91.8)	85.3	(80.8-89.8)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 3.3.B
SELF-REPORTED MENTAL HEALTH PROBLEMS
PERSONAL AND EMOTIONAL PROBLEMS
PERCENT QUITE A LOT/COULD NOT DO DAILY ACTIVITIES¹

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,470)		Koochiching County ² (n=400)	
		1.6%	(1.1-2.1)	1.3%	(0.3-2.2)
Overall Results		1.6%	(1.1-2.1)	1.3%	(0.3-2.2)
Gender	Male	1.4	(0.7-2.1)	1.1	(0.0-2.4)
	Female	1.9	(1.2-2.5)	1.5	(0.1-2.8)
Age	18 to 34	1.3	(0.1-2.4)	0.6	(0.0-1.7)
	35 to 44	0.4	(0.0-0.8)	0.7	(0.0-2.0)
	45 to 54	1.5	(0.8-2.3)	2.0	(0.0-4.9)
	55 to 64	3.9	(2.2-5.6)	0.0	(0.0-0.0)
	65 to 74	0.8	(0.2-1.4)	3.3	(0.0-7.1)
	75 and older	2.5	(0.9-4.2)	1.9	(0.0-5.5)
Education	Less than H.S.	2.5	(0.7-4.2)	2.7	(0.0-6.4)
	H.S. Graduate	2.3	(1.2-3.4)	2.4	(0.2-4.7)
	Some College	1.4	(0.7-2.1)	0.9	(0.0-2.6)
	Voc./Assoc. Degree	2.0	(0.4-3.6)	0.0	(0.0-0.0)
	College Graduate	0.4	(0.0-0.7)	0.0	(0.0-0.0)
Poverty Status	200% or Less	2.6	(1.4-3.8)	3.5	(0.6-6.3)
	More than 200%	0.9	(0.6-1.3)	0.4	(0.0-1.2)

¹ Responses of 'quite a lot' and 'could not do daily activities' were collapsed into a single category.

² Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 3.4.A
MENTAL HEALTH RESOURCE SUGGESTIONS
PERCENT PHYSICIAN OR HEALTH CARE PROVIDER

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,476)		Koochiching County ¹ (n=400)	
		46.8%	(43.5-50.1)	53.2%	(47.8-58.6)
Overall Results		46.8%	(43.5-50.1)	53.2%	(47.8-58.6)
Gender	Male	42.2	(37.2-47.3)	49.0	(41.4-56.6)
	Female	51.1	(46.6-55.6)	57.2	(49.7-64.7)
Age	18 to 34	41.5	(32.2-50.8)	33.3	(22.8-43.9)
	35 to 44	46.7	(40.9-52.6)	43.1	(30.7-55.5)
	45 to 54	49.2	(44.7-53.7)	60.2	(47.5-72.8)
	55 to 64	50.8	(46.4-55.2)	65.8	(51.5-80.2)
	65 to 74	50.3	(45.3-55.2)	61.3	(50.0-72.6)
	75 and older	49.1	(43.9-54.3)	67.3	(56.6-78.1)
Education	Less than H.S.	52.1	(44.5-59.6)	39.0	(25.5-52.5)
	H.S. Graduate	40.1	(33.1-47.0)	60.6	(51.8-69.5)
	Some College	46.6	(40.6-52.6)	53.3	(42.5-64.1)
	Voc./Assoc. Degree	48.6	(42.2-55.1)	47.2	(33.8-60.5)
	College Graduate	54.6	(49.7-59.6)	51.9	(36.0-67.9)
Poverty Status	200% or Less	42.2	(34.2-50.2)	57.2	(48.4-66.1)
	More than 200%	49.8	(46.2-53.4)	52.3	(45.7-59.0)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 3.4.B
MENTAL HEALTH RESOURCE SUGGESTIONS
PERCENT MENTAL HEALTH SERVICES FROM PHONE BOOK

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,476)		Koochiching County ¹ (n=400)	
		18.8%	(15.2-22.4)	3.5%	(1.3-5.7)
Overall Results		18.8%	(15.2-22.4)	3.5%	(1.3-5.7)
Gender	Male	18.0	(13.0-23.1)	1.1	(0.0-2.3)
	Female	19.5	(14.3-24.6)	5.7	(1.6-9.9)
Age	18 to 34	21.3	(10.4-32.2)	1.5	(0.0-3.2)
	35 to 44	15.2	(11.1-19.2)	7.9	(0.4-15.4)
	45 to 54	23.5	(19.2-27.8)	5.5	(0.0-12.5)
	55 to 64	20.7	(16.9-24.4)	4.1	(0.0-9.9)
	65 to 74	11.1	(7.6-14.6)	0.0	(0.0-0.0)
	75 and older	12.8	(8.8-16.8)	0.0	(0.0-0.0)
Education	Less than H.S.	7.9	(4.0-11.8)	4.5	(0.0-11.6)
	H.S. Graduate	21.7	(12.8-30.6)	1.4	(0.0-4.1)
	Some College	17.9	(12.5-23.2)	0.0	(0.0-0.0)
	Voc./Assoc. Degree	19.8	(14.7-24.9)	7.1	(0.5-13.7)
	College Graduate	17.7	(14.1-21.4)	12.2	(0.0-24.6)
Poverty Status	200% or Less	16.7	(7.5-25.8)	0.0	(0.0-0.0)
	More than 200%	20.0	(16.0-23.9)	4.5	(1.5-7.6)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 3.4.C
MENTAL HEALTH RESOURCE SUGGESTIONS
PERCENT THEIR FAMILY OR FRIENDS

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,476)		Koochiching County ¹ (n=400)	
		12.3%	(10.7-13.8)	15.4%	(11.3-19.6)
Overall Results		12.3%	(10.7-13.8)	15.4%	(11.3-19.6)
Gender	Male	15.3	(12.6-18.1)	18.0	(11.6-24.4)
	Female	9.3	(7.7-10.9)	13.0	(7.7-18.2)
Age	18 to 34	11.2	(7.6-14.8)	22.8	(10.4-35.2)
	35 to 44	13.2	(9.0-17.4)	17.9	(8.6-27.2)
	45 to 54	11.5	(8.7-14.3)	9.0	(2.5-15.5)
	55 to 64	10.6	(7.8-13.4)	11.9	(2.4-21.4)
	65 to 74	12.8	(9.9-15.8)	20.1	(10.5-29.7)
	75 and older	16.7	(12.7-20.7)	9.8	(3.4-16.3)
Education	Less than H.S.	14.0	(9.1-18.9)	10.1	(2.4-17.9)
	H.S. Graduate	14.1	(10.7-17.4)	11.0	(5.9-16.2)
	Some College	11.8	(8.8-14.7)	20.6	(10.8-30.4)
	Voc./Assoc. Degree	12.3	(8.4-16.1)	17.7	(7.7-27.7)
	College Graduate	9.5	(6.8-12.2)	15.1	(5.0-25.2)
Poverty Status	200% or Less	14.2	(10.5-17.9)	12.6	(6.6-18.6)
	More than 200%	11.3	(9.6-13.1)	16.4	(11.1-21.6)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 3.4.D
MENTAL HEALTH RESOURCE SUGGESTIONS
PERCENT CHURCH OR FAITH COMMUNITY

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,476)		Koochiching County ¹ (n=400)	
		10.2%	(7.9-12.5)	7.7%	(4.8-10.6)
Overall Results		10.2%	(7.9-12.5)	7.7%	(4.8-10.6)
Gender	Male	10.9	(7.8-14.0)	5.6	(2.2-9.0)
	Female	9.6	(6.2-12.9)	9.7	(5.1-14.3)
Age	18 to 34	14.9	(7.9-21.8)	5.6	(1.1-10.2)
	35 to 44	10.5	(6.8-14.2)	14.8	(5.6-23.9)
	45 to 54	5.4	(3.7-7.0)	7.5	(0.2-14.8)
	55 to 64	6.4	(4.3-8.5)	7.8	(0.0-16.3)
	65 to 74	13.0	(9.5-16.5)	3.6	(0.0-7.6)
	75 and older	7.7	(5.3-10.2)	5.6	(0.5-10.7)
Education	Less than H.S.	9.0	(5.9-12.1)	5.5	(0.0-11.2)
	H.S. Graduate	12.6	(7.3-17.9)	7.7	(2.4-13.0)
	Some College	11.1	(6.8-15.5)	10.2	(4.0-16.4)
	Voc./Assoc. Degree	8.7	(4.5-12.9)	6.4	(0.0-12.8)
	College Graduate	6.8	(4.3-9.2)	5.0	(0.0-12.0)
Poverty Status	200% or Less	16.2	(9.5-22.8)	6.6	(2.3-10.9)
	More than 200%	7.2	(5.8-8.6)	8.4	(4.7-12.1)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 3.4.E
MENTAL HEALTH RESOURCE SUGGESTIONS
PERCENT COUNTY AGENCIES

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,476)		Koochiching County ¹ (n=400)	
		5.9%	(4.7-7.1)	8.1%	(5.2-11.0)
Overall Results		5.9%	(4.7-7.1)	8.1%	(5.2-11.0)
Gender	Male	5.7	(4.1-7.2)	9.3	(4.9-13.8)
	Female	6.1	(4.2-7.9)	6.9	(3.2-10.6)
Age	18 to 34	5.6	(2.6-8.6)	13.8	(6.1-21.6)
	35 to 44	8.6	(5.1-12.2)	8.4	(2.5-14.2)
	45 to 54	5.9	(3.9-7.9)	7.2	(0.5-14.0)
	55 to 64	6.5	(4.5-8.5)	9.0	(0.3-17.8)
	65 to 74	4.6	(3.1-6.1)	3.4	(0.0-8.1)
	75 and older	2.5	(1.4-3.7)	1.9	(0.0-5.5)
Education	Less than H.S.	6.8	(2.4-11.3)	25.4	(13.1-37.8)
	H.S. Graduate	5.0	(2.8-7.3)	11.9	(5.6-18.2)
	Some College	6.5	(3.9-9.1)	2.0	(0.0-5.5)
	Voc./Assoc. Degree	6.9	(3.8-9.9)	2.8	(0.0-8.1)
	College Graduate	5.7	(3.7-7.7)	6.8	(0.0-14.1)
Poverty Status	200% or Less	5.2	(3.3-7.1)	12.0	(6.2-17.8)
	More than 200%	5.6	(4.3-7.0)	7.0	(3.6-10.5)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 3.4.F
MENTAL HEALTH RESOURCE SUGGESTIONS
PERCENT INTERNET

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,476)		Koochiching County ¹ (n=400)	
		0.2%	(0.1-0.3)	0.4%	(0.0-1.3)
Overall Results		0.2%	(0.1-0.3)	0.4%	(0.0-1.3)
Gender	Male	0.1	(0.0-0.2)	0.9	(0.0-2.7)
	Female	0.2	(0.1-0.4)	0.0	(0.0-0.0)
Age	18 to 34	0.1	(0.0-0.2)	2.0	(0.0-5.9)
	35 to 44	0.0	(0.0-0.0)	0.0	(0.0-0.0)
	45 to 54	0.3	(0.1-0.6)	0.0	(0.0-0.0)
	55 to 64	0.1	(0.0-0.2)	0.0	(0.0-0.0)
	65 to 74	0.4	(0.0-0.9)	0.0	(0.0-0.0)
	75 and older	0.3	(0.0-0.8)	0.0	(0.0-0.0)
Education	Less than H.S.	0.0	(0.0-0.0)	0.0	(0.0-0.0)
	H.S. Graduate	0.1	(0.0-0.3)	0.0	(0.0-0.0)
	Some College	0.2	(0.0-0.5)	1.4	(0.0-4.1)
	Voc./Assoc. Degree	0.4	(0.1-0.8)	0.0	(0.0-0.0)
	College Graduate	0.2	(0.0-0.3)	0.0	(0.0-0.0)
Poverty Status	200% or Less	0.3	(0.0-0.5)	0.0	(0.0-0.0)
	More than 200%	0.2	(0.1-0.3)	0.6	(0.0-1.8)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 3.4.G
MENTAL HEALTH RESOURCE SUGGESTIONS
PERCENT DON'T KNOW

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,476)		Koochiching County ¹ (n=400)	
		6.0%	(4.9-7.0)	11.7%	(8.2-15.2)
Overall Results		6.0%	(4.9-7.0)	11.7%	(8.2-15.2)
Gender	Male	7.7	(5.9-9.5)	16.1	(10.1-22.0)
	Female	4.3	(3.1-5.4)	7.5	(4.2-10.9)
Age	18 to 34	5.4	(3.2-7.7)	21.0	(10.5-31.4)
	35 to 44	5.7	(2.4-9.1)	8.0	(1.8-14.2)
	45 to 54	4.2	(2.7-5.6)	10.6	(2.7-18.4)
	55 to 64	5.0	(2.9-7.0)	1.4	(0.0-4.0)
	65 to 74	7.8	(5.3-10.2)	11.6	(4.7-18.6)
	75 and older	10.8	(7.8-13.7)	15.4	(6.8-23.9)
Education	Less than H.S.	10.1	(5.9-14.3)	15.4	(5.9-24.8)
	H.S. Graduate	6.4	(4.2-8.6)	7.3	(3.4-11.2)
	Some College	6.0	(3.9-8.0)	12.5	(4.9-20.0)
	Voc./Assoc. Degree	3.3	(1.8-4.9)	18.9	(8.9-28.8)
	College Graduate	5.5	(3.7-7.3)	9.0	(0.0-19.0)
Poverty Status	200% or Less	5.4	(3.7-7.0)	11.5	(6.2-16.9)
	More than 200%	5.9	(4.5-7.2)	10.7	(6.5-14.9)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

Chapter 4

PREVENTIVE HEALTH PRACTICES

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

TABLE 4.1.A
PERCEPTION OF WEIGHT STATUS
PERCENT OVERWEIGHT

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,438)		Koochiching County ¹ (n=399)	
Overall Results		31.1%	(28.4-33.8)	41.1%	(35.8-46.4)
Gender	Male	25.2	(21.6-28.7)	40.8	(33.3-48.2)
	Female	36.8	(32.9-40.7)	41.4	(33.9-48.9)
Age	18 to 34	19.3	(13.1-25.4)	23.5	(14.4-32.5)
	35 to 44	26.5	(21.5-31.5)	43.0	(30.7-55.3)
	45 to 54	37.6	(33.1-42.0)	59.2	(46.5-72.0)
	55 to 64	44.5	(40.1-48.8)	53.5	(38.3-68.8)
	65 to 74	43.0	(38.1-47.9)	34.4	(23.1-45.8)
	75 and older	32.4	(27.6-37.2)	29.3	(18.8-39.7)
Education	Less than H.S.	34.3	(27.0-41.6)	47.7	(33.9-61.5)
	H.S. Graduate	30.7	(25.3-36.1)	35.8	(27.0-44.6)
	Some College	33.1	(27.6-38.7)	38.6	(28.5-48.7)
	Voc./Assoc. Degree	30.8	(25.0-36.5)	47.1	(33.7-60.5)
	College Graduate	28.9	(24.4-33.3)	46.6	(30.7-62.5)
Poverty Status	200% or Less	31.4	(25.4-37.4)	41.0	(32.2-49.8)
	More than 200%	30.2	(27.2-33.1)	41.3	(34.8-47.8)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

**TABLE 4.1.B
PERCEPTION OF WEIGHT STATUS
PERCENT UNDERWEIGHT**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,438)		Koochiching County ¹ (n=399)	
		2.2%	(1.7-2.7)	2.8%	(1.1-4.5)
Overall Results		2.2%	(1.7-2.7)	2.8%	(1.1-4.5)
Gender	Male	2.3	(1.4-3.2)	3.1	(0.0-6.1)
	Female	2.1	(1.5-2.7)	2.5	(0.8-4.2)
Age	18 to 34	1.9	(0.7-3.0)	3.6	(0.0-9.4)
	35 to 44	1.7	(0.6-2.8)	1.1	(0.0-3.2)
	45 to 54	1.5	(0.5-2.6)	1.8	(0.0-4.3)
	55 to 64	1.9	(0.8-2.9)	0.0	(0.0-0.0)
	65 to 74	2.5	(1.4-3.7)	4.9	(0.2-9.7)
	75 and older	5.4	(3.2-7.6)	6.8	(1.2-12.5)
Education	Less than H.S.	4.4	(1.9-7.0)	6.4	(0.8-11.9)
	H.S. Graduate	1.6	(1.0-2.2)	4.0	(1.0-7.1)
	Some College	2.6	(1.3-3.8)	2.5	(0.0-6.7)
	Voc./Assoc. Degree	3.5	(0.9-6.1)	0.7	(0.0-2.2)
	College Graduate	1.6	(0.9-2.3)	0.0	(0.0-0.0)
Poverty Status	200% or Less	2.8	(1.5-4.0)	3.8	(1.0-6.7)
	More than 200%	1.6	(1.1-2.0)	2.2	(0.1-4.3)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 4.1.C
PERCEPTION OF WEIGHT STATUS
PERCENT ABOUT AVERAGE

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,438)		Koochiching County ¹ (n=399)	
Overall Results		66.7%	(63.9-69.4)	56.1%	(50.8-61.5)
Gender	Male	72.5	(68.8-76.2)	56.2	(48.6-63.7)
	Female	61.1	(57.1-65.0)	56.1	(48.6-63.6)
Age	18 to 34	78.9	(72.6-85.2)	73.0	(62.8-83.1)
	35 to 44	71.8	(66.8-76.9)	55.9	(43.6-68.2)
	45 to 54	60.9	(56.4-65.4)	39.0	(26.3-51.7)
	55 to 64	53.7	(49.3-58.1)	46.5	(31.2-61.7)
	65 to 74	54.5	(49.6-59.4)	60.6	(49.1-72.1)
	75 and older	62.2	(57.2-67.1)	63.9	(52.9-74.9)
Education	Less than H.S.	61.3	(53.9-68.7)	45.9	(32.2-59.7)
	H.S. Graduate	67.7	(62.2-73.3)	60.2	(51.3-69.0)
	Some College	64.3	(58.7-69.9)	58.9	(48.5-69.2)
	Voc./Assoc. Degree	65.7	(59.7-71.8)	52.2	(38.8-65.6)
	College Graduate	69.6	(65.1-74.1)	53.4	(37.5-69.3)
Poverty Status	200% or Less	65.8	(59.5-72.2)	55.2	(46.2-64.1)
	More than 200%	68.3	(65.3-71.3)	56.5	(49.9-63.1)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

**TABLE 4.2.A
MEDICAL CONDITIONS
PERCENT OBESITY**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,463)		Koochiching County ¹ (n=400)	
		4.3%	(3.3-5.3)	2.5%	(0.9-4.2)
Overall Results		4.3%	(3.3-5.3)	2.5%	(0.9-4.2)
Gender	Male	2.1	(1.1-3.1)	3.0	(0.2-5.8)
	Female	6.3	(4.6-8.1)	2.0	(0.2-3.9)
Age	18 to 34	2.6	(0.2-5.0)	0.0	(0.0-0.0)
	35 to 44	5.7	(3.0-8.4)	1.8	(0.0-4.3)
	45 to 54	4.4	(2.5-6.3)	3.7	(0.0-7.9)
	55 to 64	6.6	(4.6-8.6)	5.1	(0.0-12.1)
	65 to 74	4.6	(1.9-7.3)	3.3	(0.0-8.1)
	75 and older	3.4	(1.6-5.2)	1.9	(0.0-5.5)
Education	Less than H.S.	3.6	(1.2-6.0)	0.0	(0.0-0.0)
	H.S. Graduate	4.2	(2.7-5.7)	3.7	(0.2-7.3)
	Some College	5.8	(2.5-9.0)	0.0	(0.0-0.0)
	Voc./Assoc. Degree	4.7	(2.2-7.2)	4.4	(0.0-10.6)
	College Graduate	2.9	(1.6-4.2)	5.8	(0.0-12.3)
Poverty Status	200% or Less	5.4	(2.7-8.1)	2.8	(0.0-5.6)
	More than 200%	3.8	(2.9-4.8)	1.7	(0.0-3.3)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

**TABLE 4.2.B
MEDICAL CONDITIONS
PERCENT OVERWEIGHT**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,468)		Koochiching County ¹ (n=400)	
Overall Results		22.3%	(20.1-24.6)	24.6%	(19.9-29.3)
Gender	Male	17.0	(14.2-19.8)	27.2	(20.4-34.0)
	Female	27.4	(24.1-30.8)	22.2	(15.7-28.7)
Age	18 to 34	13.8	(8.8-18.8)	12.1	(5.6-18.6)
	35 to 44	17.7	(13.2-22.2)	19.4	(9.6-29.2)
	45 to 54	27.9	(23.8-32.0)	42.0	(29.3-54.8)
	55 to 64	34.2	(30.1-38.3)	32.7	(18.3-47.1)
	65 to 74	29.0	(24.4-33.5)	21.7	(11.7-31.7)
	75 and older	22.6	(18.3-26.9)	16.6	(7.8-25.4)
Education	Less than H.S.	22.8	(17.3-28.3)	22.4	(11.2-33.5)
	H.S. Graduate	21.6	(17.4-25.9)	18.3	(11.2-25.3)
	Some College	22.0	(17.5-26.6)	26.1	(16.9-35.3)
	Voc./Assoc. Degree	24.6	(19.0-30.1)	28.8	(16.0-41.5)
	College Graduate	22.4	(18.2-26.7)	34.0	(18.8-49.3)
Poverty Status	200% or Less	23.1	(18.0-28.1)	21.8	(14.5-29.0)
	More than 200%	22.3	(19.8-24.8)	25.5	(19.6-31.4)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 4.3.A
WEIGHT STATUS-BODY MASS INDEX¹
PERCENT NOT OVERWEIGHT

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,297)		Koochiching County ² (n=397)	
Overall Results		46.6%	(43.0-50.2)	53.8%	(48.4-59.2)
Gender	Male	39.4	(33.9-45.0)	40.5	(32.9-48.1)
	Female	53.9	(49.4-58.4)	66.7	(59.4-74.1)
Age	18 to 34	66.9	(58.9-75.0)	72.9	(62.8-83.1)
	35 to 44	42.3	(36.4-48.1)	45.4	(32.9-58.0)
	45 to 54	37.0	(32.7-41.4)	42.4	(29.7-55.1)
	55 to 64	30.9	(26.8-34.9)	32.9	(18.5-47.3)
	65 to 74	34.2	(29.6-38.9)	57.1	(45.6-68.7)
	75 and older	42.8	(37.5-48.0)	74.1	(63.7-84.4)
Education	Less than H.S.	41.4	(33.7-49.2)	53.6	(39.6-67.6)
	H.S. Graduate	48.6	(40.5-56.6)	59.0	(50.0-68.0)
	Some College	48.0	(41.8-54.1)	56.5	(46.0-66.9)
	Voc./Assoc. Degree	43.4	(36.7-50.0)	42.4	(29.3-55.6)
	College Graduate	45.5	(40.3-50.7)	46.4	(30.3-62.5)
Poverty Status	200% or Less	52.8	(44.6-60.9)	63.7	(55.1-72.3)
	More than 200%	43.7	(39.9-47.5)	50.4	(43.7-57.1)

¹ Number of respondents who reported current weight and height. Calculations for weight status are based on the New Body Mass Index (BMI). BMI is defined as weight (kilograms) divided by height (meters) squared. Adults with a BMI less than 25 are considered *not overweight*.

² Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 4.3.B
WEIGHT STATUS-BODY MASS INDEX¹
PERCENT OVERWEIGHT OR OBESE

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,297)		Koochiching County ² (n=397)	
Overall Results		53.4%	(49.8-57.0)	46.2%	(40.8-51.6)
Gender	Male	60.6	(55.0-66.1)	59.5	(51.9-67.1)
	Female	46.1	(41.6-50.6)	33.3	(25.9-40.6)
Age	18 to 34	33.1	(25.0-41.1)	27.1	(16.9-37.2)
	35 to 44	57.7	(51.9-63.6)	54.6	(42.0-67.1)
	45 to 54	63.0	(58.6-67.3)	57.6	(44.9-70.3)
	55 to 64	69.1	(65.1-73.2)	67.1	(52.7-81.5)
	65 to 74	65.8	(61.1-70.4)	42.9	(31.3-54.4)
	75 and older	57.2	(52.0-62.5)	25.9	(15.6-36.3)
Education	Less than H.S.	58.6	(50.8-66.3)	46.4	(32.4-60.4)
	H.S. Graduate	51.4	(43.4-59.5)	41.0	(32.0-50.0)
	Some College	52.0	(45.9-58.2)	43.5	(33.1-54.0)
	Voc./Assoc. Degree	56.6	(50.0-63.3)	57.6	(44.4-70.7)
	College Graduate	54.5	(49.3-59.7)	53.6	(37.5-69.7)
Poverty Status	200% or Less	47.2	(39.1-55.4)	36.3	(27.7-44.9)
	More than 200%	56.3	(52.5-60.1)	49.6	(42.9-56.3)

¹ Number of respondents who reported current weight and height. Calculations for weight status are based on the New Body Mass Index (BMI). BMI is defined as weight (kilograms) divided by height (meters) squared. Adults with a BMI of 25 and over but less than 30 are considered *overweight*, and adults with a BMI of 30 and over are considered *obese*.

² Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 4.3.C
WEIGHT STATUS-BODY MASS INDEX¹
PERCENT OVERWEIGHT BUT NOT OBESE

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,297)		Koochiching County ² (n=397)	
Overall Results		34.7%	(31.8-37.6)	29.7%	(24.7-34.7)
Gender	Male	41.4	(36.8-46.1)	37.1	(29.8-44.5)
	Female	28.0	(24.6-31.3)	22.5	(15.7-29.3)
Age	18 to 34	20.8	(14.6-27.0)	19.9	(10.6-29.1)
	35 to 44	42.1	(36.0-48.2)	33.6	(22.2-44.9)
	45 to 54	40.5	(35.9-45.1)	40.3	(27.4-53.1)
	55 to 64	40.0	(35.5-44.4)	41.9	(26.5-57.3)
	65 to 74	42.5	(37.4-47.5)	23.0	(13.2-32.7)
	75 and older	39.9	(34.6-45.2)	14.9	(6.6-23.2)
Education	Less than H.S.	39.5	(31.8-47.3)	25.2	(12.7-37.7)
	H.S. Graduate	31.4	(25.8-37.1)	25.7	(17.6-33.8)
	Some College	32.2	(26.4-38.1)	33.1	(23.0-43.1)
	Voc./Assoc. Degree	39.5	(33.0-45.9)	33.8	(21.2-46.3)
	College Graduate	38.5	(33.6-43.4)	31.0	(15.6-46.4)
Poverty Status	200% or Less	28.1	(22.4-33.8)	19.4	(12.1-26.6)
	More than 200%	38.1	(34.7-41.4)	33.4	(27.1-39.7)

¹ Number of respondents who reported current weight and height. Calculations for weight status are based on the New Body Mass Index (BMI). BMI is defined as weight (kilograms) divided by height (meters) squared. Adults with a BMI of 25 and over but less than 30 are considered *overweight*.

² Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 4.3.D
WEIGHT STATUS-BODY MASS INDEX¹
PERCENT OBESE

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,297)		Koochiching County ² (n=397)	
Overall Results		18.6%	(16.5-20.8)	16.5%	(12.6-20.3)
Gender	Male	19.1	(15.9-22.3)	22.4	(16.2-28.5)
	Female	18.2	(15.1-21.2)	10.7	(6.2-15.3)
Age	18 to 34	12.3	(7.1-17.5)	7.2	(2.3-12.1)
	35 to 44	15.7	(11.4-20.0)	21.0	(11.1-30.9)
	45 to 54	22.5	(18.2-26.8)	17.3	(8.0-26.6)
	55 to 64	29.2	(25.0-33.3)	25.2	(12.1-38.3)
	65 to 74	23.3	(19.1-27.4)	19.9	(10.0-29.8)
	75 and older	17.3	(13.5-21.2)	11.0	(3.4-18.7)
Education	Less than H.S.	19.0	(13.9-24.1)	21.2	(9.0-33.3)
	H.S. Graduate	20.0	(15.8-24.2)	15.3	(8.8-21.8)
	Some College	19.8	(14.8-24.9)	10.5	(4.9-16.0)
	Voc./Assoc. Degree	17.1	(12.1-22.2)	23.8	(11.6-36.0)
	College Graduate	16.1	(12.0-20.1)	22.6	(10.0-35.2)
Poverty Status	200% or Less	19.1	(14.7-23.6)	16.9	(10.5-23.4)
	More than 200%	18.2	(15.7-20.8)	16.3	(11.5-21.0)

¹ Number of respondents who reported current weight and height. Calculations for weight status are based on the New Body Mass Index (BMI). BMI is defined as weight (kilograms) divided by height (meters) squared. Adults with a BMI of 30 and over are considered *obese*.

² Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 4.4.A
PHYSICAL ACTIVITY
PERCENT MODERATE ACTIVITY 3 OR MORE DAYS A WEEK
 BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,471)		Koochiching County ¹ (n=397)	
Overall Results		81.1%	(78.9-83.2)	63.8%	(58.7-68.8)
Gender	Male	82.3	(79.6-85.0)	57.1	(49.6-64.7)
	Female	79.9	(76.6-83.2)	70.2	(63.8-76.6)
Age	18 to 34	85.8	(80.2-91.5)	67.5	(55.8-79.3)
	35 to 44	79.6	(75.3-83.9)	59.8	(47.9-71.6)
	45 to 54	81.9	(78.7-85.2)	70.1	(58.7-81.4)
	55 to 64	84.0	(81.2-86.9)	69.3	(55.4-83.2)
	65 to 74	79.8	(76.2-83.4)	60.4	(49.3-71.5)
	75 and older	65.4	(60.6-70.2)	47.8	(36.4-59.2)
Education	Less than H.S.	69.4	(62.6-76.3)	47.7	(33.7-61.7)
	H.S. Graduate	79.9	(75.1-84.7)	59.0	(50.4-67.6)
	Some College	80.1	(76.0-84.2)	70.9	(61.4-80.4)
	Voc./Assoc. Degree	84.4	(79.8-88.9)	80.2	(70.3-90.1)
	College Graduate	85.2	(82.4-87.9)	50.7	(34.7-66.7)
Poverty Status	200% or Less	76.5	(70.7-82.4)	49.0	(39.9-58.0)
	More than 200%	83.0	(80.9-85.1)	68.1	(62.0-74.2)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 4.4.B
PHYSICAL ACTIVITY
PERCENT VIGOROUS ACTIVITY 3 OR MORE DAYS A WEEK
 BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,470)		Koochiching County ¹ (n=400)	
Overall Results		34.2%	(30.6-37.8)	22.5%	(17.4-27.5)
Gender	Male	41.3	(36.1-46.5)	24.7	(17.2-32.1)
	Female	27.4	(22.3-32.5)	20.4	(13.5-27.2)
Age	18 to 34	47.9	(38.1-57.8)	45.9	(33.2-58.6)
	35 to 44	36.5	(30.6-42.4)	15.2	(5.5-25.0)
	45 to 54	34.9	(30.5-39.2)	24.5	(13.1-35.9)
	55 to 64	28.3	(24.1-32.4)	17.2	(5.4-28.9)
	65 to 74	20.2	(15.9-24.5)	4.7	(0.0-10.1)
	75 and older	10.1	(6.9-13.3)	10.8	(4.1-17.4)
Education	Less than H.S.	17.8	(10.9-24.6)	11.4	(0.7-22.1)
	H.S. Graduate	30.9	(22.3-39.5)	15.8	(8.5-23.0)
	Some College	37.5	(31.2-43.9)	28.2	(17.3-39.2)
	Voc./Assoc. Degree	38.1	(31.8-44.5)	25.0	(12.9-37.1)
	College Graduate	38.4	(33.5-43.3)	28.9	(14.4-43.4)
Poverty Status	200% or Less	29.5	(19.3-39.8)	5.5	(1.7-9.3)
	More than 200%	37.4	(34.0-40.8)	28.4	(21.9-35.0)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 4.5.A
PHYSICAL ACTIVITY AT WORK
PERCENT MOSTLY SITTING OR STANDING¹

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=3,002)		Koochiching County ² (n=247)	
Overall Results		46.5%	(42.1-50.9)	68.7%	(62.5-75.0)
Gender	Male	36.8	(31.7-41.8)	64.9	(56.4-73.5)
	Female	57.3	(51.2-63.4)	73.1	(63.9-82.3)
Age	18 to 34	42.1	(31.2-53.0)	50.6	(38.2-63.0)
	35 to 44	46.1	(39.9-52.3)	66.4	(53.8-78.9)
	45 to 54	52.0	(47.1-56.9)	73.7	(62.1-85.3)
	55 to 64	48.7	(43.4-54.0)	87.8	(76.2-99.4)
	65 to 74	48.1	(35.2-60.9)	N/A ²	
	75 and older	36.5	(8.2-64.9)	N/A ²	
Education	Less than H.S.	27.3	(14.2-40.4)	N/A ²	
	H.S. Graduate	39.8	(28.6-51.0)	64.2	(51.3-77.2)
	Some College	51.5	(43.9-59.1)	73.1	(61.8-84.3)
	Voc./Assoc. Degree	42.4	(35.2-49.5)	56.3	(41.9-70.7)
	College Graduate	54.5	(48.3-60.8)	94.6	(88.1-100.0)
Poverty Status	200% or Less	44.9	(30.5-59.3)	48.5	(33.4-63.6)
	More than 200%	47.7	(43.4-52.0)	73.3	(66.5-80.0)

¹ Percentages exclude respondents who reported being retired, students or not employed.

² Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 4.5.B
PHYSICAL ACTIVITY AT WORK
PERCENT MOSTLY WALKING¹
 BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=3,002)		Koochiching County ² (n=247)	
Overall Results		31.3%	(27.1-35.5)	15.1%	(10.2-19.9)
Gender	Male	27.9	(21.3-34.4)	6.2	(2.4-10.0)
	Female	35.1	(29.5-40.7)	25.1	(16.1-34.1)
Age	18 to 34	34.2	(23.8-44.6)	24.4	(13.2-35.6)
	35 to 44	31.2	(25.3-37.2)	16.9	(6.7-27.0)
	45 to 54	27.3	(22.8-31.8)	9.6	(1.8-17.3)
	55 to 64	30.2	(25.3-35.1)	8.9	(0.0-18.9)
	65 to 74	30.5	(19.4-41.7)	N/A ²	
	75 and older	51.7	(19.0-84.5)	N/A ²	
Education	Less than H.S.	36.4	(21.5-51.3)	N/A ²	
	H.S. Graduate	36.0	(25.7-46.4)	20.5	(9.4-31.6)
	Some College	19.6	(15.0-24.2)	15.8	(6.5-25.2)
	Voc./Assoc. Degree	33.2	(25.6-40.8)	7.1	(0.0-14.6)
	College Graduate	33.9	(27.4-40.5)	2.7	(0.0-7.9)
Poverty Status	200% or Less	32.7	(22.0-43.4)	33.0	(18.8-47.1)
	More than 200%	29.4	(24.7-34.2)	10.6	(5.7-15.4)

¹ Percentages exclude respondents who reported being retired, students or not employed.

² Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 4.5.C
PHYSICAL ACTIVITY AT WORK
PERCENT MOSTLY HEAVY LABOR OR PHYSICALLY DEMANDING WORK¹

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=3,002)		Koochiching County ² (n=247)	
Overall Results		22.2%	(19.0-25.5)	16.2%	(11.4-21.0)
Gender	Male	35.4	(30.0-40.8)	28.9	(20.7-37.0)
	Female	7.6	(5.3-9.9)	1.9	(0.0-4.4)
Age	18 to 34	23.7	(16.0-31.4)	25.0	(14.8-35.1)
	35 to 44	22.7	(16.9-28.5)	16.7	(7.1-26.4)
	45 to 54	20.7	(16.8-24.7)	16.7	(7.0-26.5)
	55 to 64	21.1	(16.3-25.8)	3.4	(0.0-9.9)
	65 to 74	21.4	(9.7-33.2)	N/A ²	
	75 and older	11.7	(0.0-28.7)	N/A ²	
Education	Less than H.S.	36.3	(22.6-50.0)	N/A ²	
	H.S. Graduate	24.1	(17.2-31.1)	15.3	(5.8-24.7)
	Some College	28.9	(20.8-37.0)	11.1	(3.4-18.8)
	Voc./Assoc. Degree	24.5	(18.6-30.3)	36.6	(22.9-50.3)
	College Graduate	11.5	(7.8-15.3)	2.8	(0.0-6.7)
Poverty Status	200% or Less	22.4	(13.1-31.8)	18.5	(6.6-30.4)
	More than 200%	22.8	(19.3-26.4)	16.2	(10.8-21.6)

¹ Percentages exclude respondents who reported being retired, students or not employed.

² Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 4.6.A
SEAT BELT USE
PERCENT SOMETIMES, SELDOM OR NEVER¹

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,470)		Koochiching County ² (n=400)	
		6.2%	(4.6-7.8)	5.7%	(2.8-8.7)
Overall Results		6.2%	(4.6-7.8)	5.7%	(2.8-8.7)
Gender	Male	10.7	(7.6-13.8)	9.9	(4.4-15.4)
	Female	1.9	(1.2-2.6)	1.7	(0.0-3.7)
Age	18 to 34	9.1	(4.3-13.8)	9.2	(0.0-18.7)
	35 to 44	4.6	(2.4-6.7)	7.7	(0.8-14.7)
	45 to 54	4.2	(2.4-6.1)	5.3	(0.0-10.6)
	55 to 64	6.0	(3.9-8.0)	5.1	(0.0-12.1)
	65 to 74	7.4	(4.1-10.7)	2.7	(0.0-6.4)
	75 and older	3.1	(1.2-5.0)	0.9	(0.0-2.8)
Education	Less than H.S.	14.9	(9.1-20.6)	4.9	(0.0-10.6)
	H.S. Graduate	6.8	(4.0-9.6)	4.8	(0.9-8.6)
	Some College	8.0	(3.1-12.8)	7.2	(0.1-14.3)
	Voc./Assoc. Degree	4.4	(2.3-6.5)	6.7	(0.0-14.2)
	College Graduate	2.1	(1.0-3.2)	3.8	(0.0-10.0)
Poverty Status	200% or Less	6.2	(3.0-9.3)	4.1	(0.4-7.7)
	More than 200%	6.3	(4.2-8.3)	6.3	(2.4-10.2)

¹ Responses of 'sometimes', 'seldom', and 'never' were collapsed into a single category.

² Results by demographic factors for this geographic area not shown when cell size is less than 30.

Chapter 5

PREVENTIVE HEALTH SCREENINGS

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

**TABLE 5.1.A
PREVENTIVE SCREENING: MAMMOGRAM
(FEMALES AGE 40 AND OLDER)
PERCENT NEVER HAD A MAMMOGRAM¹**

BRIDGE TO HEALTH SURVEY 2005

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		Region (n=1,431)		Koochiching County ² (n=135)	
Overall Results		7.6%	(5.9-9.2)	10.9%	(4.4-17.4)
Age	40 to 49	15.4	(11.0-19.8)	N/A ²	
	50 to 59	4.5	(2.1-6.8)	13.1	(0.7-25.5)
	60 to 69	1.2	(0.0-2.3)	N/A ²	
	70 and older	6.3	(3.8-8.7)	3.3	(0.0-7.1)
Education	Less than H.S.	6.2	(1.8-10.6)	N/A ²	
	H.S. Graduate	5.8	(3.7-7.9)	7.1	(0.0-14.7)
	Some College	9.0	(5.4-12.7)	N/A ²	
	Voc./Assoc. Degree	10.4	(4.1-16.6)	N/A ²	
	College Graduate	8.0	(4.3-11.7)	N/A ²	
Poverty Status	200% or Less	7.8	(5.0-10.6)	3.0	(0.0-7.3)
	More than 200%	7.7	(5.4-9.9)	10.1	(2.1-18.0)

¹ Percentages exclude women who have had double mastectomies.

² Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 5.1.B
PREVENTIVE SCREENING: MAMMOGRAM
(FEMALES AGE 40 AND OLDER)
PERCENT MAMMOGRAM WITHIN PAST 2 YEARS¹

BRIDGE TO HEALTH SURVEY 2005

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		Region (n=1,431)		Koochiching County ² (n=135)	
Overall Results		76.5%	(74.1-79.0)	54.0%	(44.8-63.1)
Age	40 to 49	70.3	(64.8-75.9)	N/A ²	
	50 to 59	81.9	(77.9-86.0)	56.4	(38.8-74.1)
	60 to 69	85.8	(81.8-89.9)	N/A ²	
	70 and older	72.0	(67.5-76.5)	49.4	(37.7-61.1)
Education	Less than H.S.	57.4	(48.8-66.0)	N/A ²	
	H.S. Graduate	77.1	(73.3-80.8)	50.3	(37.2-63.5)
	Some College	73.5	(67.8-79.2)	N/A ²	
	Voc./Assoc. Degree	79.0	(71.4-86.6)	N/A ²	
	College Graduate	82.6	(77.7-87.5)	N/A ²	
Poverty Status	200% or Less	68.8	(64.0-73.6)	60.5	(47.9-73.1)
	More than 200%	79.7	(76.6-82.8)	53.9	(41.6-66.2)

¹ Percentages exclude women who have had double mastectomies.

² Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 5.2.A
PREVENTIVE SCREENING: BREAST SELF-EXAM
(FEMALES AGE 18 AND OLDER)
PERCENT NEVER PERFORMED BREAST SELF-EXAM¹

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=2,249)		Koochiching County ² (n=199)	
Overall Results		15.8%	(13.0-18.6)	21.4%	(15.4-27.5)
Age	18 to 29	26.3	(13.8-38.7)	56.0	(37.4-74.7)
	30 to 39	16.7	(11.2-22.1)	15.5	(2.8-28.1)
	40 to 49	4.8	(2.5-7.2)	N/A ²	
	50 to 59	9.6	(6.4-12.7)	5.4	(0.0-11.4)
	60 to 69	15.3	(10.9-19.7)	N/A ²	
	70 and older	20.5	(16.7-24.3)	34.0	(22.7-45.3)
Education	Less than H.S.	26.7	(17.1-36.4)	N/A ²	
	H.S. Graduate	16.9	(11.6-22.2)	24.5	(14.7-34.3)
	Some College	22.4	(15.1-29.7)	16.2	(1.8-30.7)
	Voc./Assoc. Degree	4.0	(1.5-6.5)	N/A ²	
	College Graduate	10.8	(7.3-14.4)	N/A ²	
Poverty Status	200% or Less	20.3	(13.7-26.9)	39.8	(28.6-51.0)
	More than 200%	11.6	(9.2-14.0)	12.1	(5.3-19.0)

¹ Percentages exclude women who have had double mastectomies.

² Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 5.2.B
PREVENTIVE SCREENING: BREAST SELF-EXAM
(FEMALES AGE 18 AND OLDER)
PERCENT PERFORMED BREAST SELF-EXAM WITHIN THE PAST YEAR¹

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=2,249)		Koochiching County ² (n=199)	
Overall Results		77.5%	(74.4-80.5)	64.8%	(57.8-71.9)
Age	18 to 29	71.3	(58.3-84.3)	35.9	(18.6-53.3)
	30 to 39	76.8	(70.5-83.1)	72.2	(56.6-87.9)
	40 to 49	88.8	(85.4-92.2)	N/A ²	
	50 to 59	82.7	(78.8-86.5)	84.2	(73.1-95.2)
	60 to 69	74.4	(69.0-79.8)	N/A ²	
	70 and older	70.1	(65.8-74.5)	46.2	(34.4-57.9)
Education	Less than H.S.	61.5	(51.6-71.5)	N/A ²	
	H.S. Graduate	76.4	(70.2-82.5)	55.8	(44.3-67.3)
	Some College	70.3	(63.0-77.5)	71.0	(55.0-87.0)
	Voc./Assoc. Degree	88.5	(83.1-93.8)	N/A ²	
	College Graduate	84.7	(80.7-88.7)	N/A ²	
Poverty Status	200% or Less	72.7	(65.2-80.3)	45.0	(33.8-56.3)
	More than 200%	81.3	(78.5-84.2)	74.3	(65.5-83.0)

¹ Percentages exclude women who have had double mastectomies.

² Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 5.3.A
PREVENTIVE SCREENING: PAP TEST
(FEMALES AGE 18 AND OLDER)
PERCENT NEVER HAD A PAP TEST¹

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=1,846)		Koochiching County ² (n=181)	
		6.5%	(3.4-9.5)	4.0%	(0.0-8.5)
Overall Results		6.5%	(3.4-9.5)	4.0%	(0.0-8.5)
Age	18 to 29	21.6	(9.5-33.7)	19.1	(0.0-39.0)
	30 to 39	1.5	(0.1-3.0)	N/A ²	
	40 to 49	0.6	(0.0-1.4)	N/A ²	
	50 to 59	1.2	(0.0-2.5)	0.0	(0.0-0.0)
	60 to 69	0.4	(0.0-0.9)	N/A ²	
	70 and older	1.4	(0.2-2.7)	1.3	(0.0-4.0)
Education	Less than H.S.	20.2	(3.8-36.5)	N/A ²	
	H.S. Graduate	8.0	(1.6-14.5)	3.4	(0.0-9.9)
	Some College	9.9	(2.3-17.6)	7.1	(0.0-20.4)
	Voc./Assoc. Degree	1.5	(0.1-2.9)	N/A ²	
	College Graduate	0.5	(0.0-1.2)	N/A ²	
Poverty Status	200% or Less	11.1	(3.4-18.8)	5.8	(0.0-14.0)
	More than 200%	3.0	(1.3-4.8)	2.9	(0.0-8.6)

¹ Percentages exclude women who have had hysterectomies.

² Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 5.3.B
PREVENTIVE SCREENING: PAP TEST
(FEMALES AGE 18 AND OLDER)
PERCENT HAD PAP TEST WITHIN PAST 2 YEARS¹

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=1,846)		Koochiching County ² (n=181)	
Overall Results		79.4%	(75.8-83.1)	74.5%	(67.6-81.4)
Age	18 to 29	76.7	(64.3-89.0)	69.0	(49.0-89.0)
	30 to 39	91.2	(86.9-95.4)	N/A ²	
	40 to 49	88.3	(83.9-92.6)	N/A ²	
	50 to 59	82.9	(78.1-87.8)	83.5	(70.5-96.6)
	60 to 69	77.8	(71.5-84.0)	N/A ²	
	70 and older	55.8	(49.7-62.0)	47.4	(34.6-60.2)
Education	Less than H.S.	54.9	(41.2-68.5)	N/A ²	
	H.S. Graduate	75.6	(67.5-83.7)	66.2	(54.4-78.0)
	Some College	74.5	(66.6-82.5)	75.8	(59.8-91.8)
	Voc./Assoc. Degree	84.9	(78.4-91.5)	N/A ²	
	College Graduate	92.0	(89.0-94.9)	N/A ²	
Poverty Status	200% or Less	72.5	(62.8-82.1)	60.1	(48.0-72.2)
	More than 200%	84.5	(81.5-87.4)	81.6	(73.3-90.0)

¹ Percentages exclude women who have had hysterectomies.

² Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 5.4.A
PREVENTIVE SCREENING: PROSTATE EXAM
(MALES AGE 50 AND OLDER)
PERCENT NEVER HAD PROSTATE EXAM

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=914)		Koochiching County ¹ (n=98)	
Overall Results		14.5%	(11.1-17.8)	22.0%	(12.8-31.3)
Age	50 to 59	22.3	(16.0-28.5)	41.4	(24.6-58.3)
	60 to 69	11.3	(6.4-16.2)	N/A ¹	
	70 and older	5.2	(1.9-8.5)	7.0	(0.0-15.1)
Education	Less than H.S.	12.2	(4.1-20.3)	N/A ¹	
	H.S. Graduate	19.8	(12.8-26.7)	N/A ¹	
	Some College	12.7	(5.6-19.8)	19.2	(3.7-34.7)
	Voc./Assoc. Degree	14.5	(6.9-22.0)	N/A ¹	
	College Graduate	8.9	(3.9-13.9)	N/A ¹	
Poverty Status	200% or Less	13.3	(7.8-18.9)	N/A ¹	
	More than 200%	13.6	(9.9-17.3)	23.1	(12.6-33.6)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 5.4.B
PREVENTIVE SCREENING: PROSTATE EXAM
(MALES AGE 50 AND OLDER)
PERCENT HAD PROSTATE EXAM IN PAST YEAR

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=914)		Koochiching County ¹ (n=98)	
Overall Results		52.9%	(48.7-57.0)	21.7%	(13.3-30.0)
Age	50 to 59	44.4	(37.6-51.3)	7.2	(0.0-15.2)
	60 to 69	60.5	(53.6-67.3)	N/A ¹	
	70 and older	58.8	(51.6-66.1)	30.2	(15.8-44.6)
Education	Less than H.S.	53.1	(40.8-65.5)	N/A ¹	
	H.S. Graduate	50.0	(42.6-57.3)	N/A ¹	
	Some College	48.7	(39.5-58.0)	16.0	(2.9-29.0)
	Voc./Assoc. Degree	55.8	(44.1-67.4)	N/A ¹	
	College Graduate	58.1	(49.6-66.5)	N/A ¹	
Poverty Status	200% or Less	48.2	(40.4-55.9)	N/A ¹	
	More than 200%	54.3	(49.2-59.3)	20.1	(11.1-29.1)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 5.5.A
PREVENTIVE SCREENING: COLON CANCER
(MALES AND FEMALES AGE 50 AND OLDER)
PERCENT NEVER HAD COLON CANCER SCREENING

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=1,934)		Koochiching County ¹ (n=207)	
Overall Results		36.5%	(33.9-39.1)	38.5%	(31.2-45.8)
Gender	Male	35.2	(31.0-39.4)	40.3	(29.6-51.0)
	Female	37.6	(34.4-40.8)	36.9	(26.9-46.9)
Age	50 to 59	47.8	(43.4-52.1)	64.0	(52.1-75.9)
	60 to 69	28.3	(23.6-33.0)	15.9	(2.6-29.1)
	70 and older	28.4	(24.4-32.4)	16.6	(9.6-23.7)
Education	Less than H.S.	35.5	(28.2-42.7)	N/A ¹	
	H.S. Graduate	37.2	(32.7-41.6)	30.0	(19.3-40.8)
	Some College	37.1	(31.4-42.8)	49.3	(34.2-64.5)
	Voc./Assoc. Degree	38.6	(30.6-46.6)	N/A ¹	
	College Graduate	34.1	(28.7-39.6)	N/A ¹	
Poverty Status	200% or Less	34.8	(30.4-39.3)	19.5	(10.2-28.9)
	More than 200%	35.6	(32.2-38.9)	43.9	(34.7-53.1)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 5.5.B
PREVENTIVE SCREENING: COLON CANCER
(MALES AND FEMALES AGE 50 AND OLDER)
PERCENT HAD COLON CANCER SCREENING WITHIN PAST 5 YEARS

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=1,934)		Koochiching County ¹ (n=207)	
Overall Results		55.9%	(53.3-58.6)	46.4%	(39.2-53.6)
Gender	Male	57.8	(53.6-62.1)	49.3	(38.7-59.8)
	Female	54.3	(51.0-57.5)	43.8	(33.9-53.7)
Age	50 to 59	47.9	(43.6-52.3)	35.1	(23.2-47.0)
	60 to 69	65.3	(60.5-70.0)	58.6	(42.8-74.3)
	70 and older	59.1	(54.9-63.4)	54.8	(45.5-64.1)
Education	Less than H.S.	55.2	(47.5-62.8)	N/A ¹	
	H.S. Graduate	54.8	(50.4-59.2)	46.9	(35.8-58.1)
	Some College	54.2	(48.4-59.9)	42.8	(28.3-57.3)
	Voc./Assoc. Degree	56.6	(48.5-64.8)	N/A ¹	
	College Graduate	59.5	(53.9-65.0)	N/A ¹	
Poverty Status	200% or Less	54.5	(50.0-59.0)	53.4	(42.0-64.9)
	More than 200%	58.1	(54.7-61.6)	44.3	(35.3-53.3)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 5.6.A
PREVENTIVE SCREENING
PERCENT NEVER HAD BLOOD PRESSURE CHECKED

BRIDGE TO HEALTH SURVEY 2005

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?

Demographic Characteristics		Region (n=4,464)		Koochiching County ¹ (n=400)	
		2.1%	(1.3-2.9)	0.2%	(0.0-0.7)
Overall Results		2.1%	(1.3-2.9)	0.2%	(0.0-0.7)
Gender	Male	3.1	(1.7-4.5)	0.5	(0.0-1.4)
	Female	1.2	(0.4-2.0)	0.0	(0.0-0.0)
Age	18 to 34	6.0	(3.3-8.7)	0.0	(0.0-0.0)
	35 to 44	1.2	(0.3-2.2)	1.3	(0.0-3.9)
	45 to 54	0.2	(0.0-0.4)	0.0	(0.0-0.0)
	55 to 64	0.2	(0.0-0.4)	0.0	(0.0-0.0)
	65 to 74	0.0	(0.0-0.0)	0.0	(0.0-0.0)
	75 and older	0.2	(0.0-0.7)	0.0	(0.0-0.0)
Education	Less than H.S.	0.4	(0.0-1.2)	0.0	(0.0-0.0)
	H.S. Graduate	1.8	(0.3-3.3)	0.8	(0.0-2.2)
	Some College	4.9	(2.7-7.2)	0.0	(0.0-0.0)
	Voc./Assoc. Degree	0.7	(0.0-1.4)	0.0	(0.0-0.0)
	College Graduate	1.0	(0.1-1.9)	0.0	(0.0-0.0)
Poverty Status	200% or Less	4.5	(2.1-7.0)	0.0	(0.0-0.0)
	More than 200%	0.9	(0.4-1.4)	0.3	(0.0-0.9)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 5.6.B
PREVENTIVE SCREENING
PERCENT HAD BLOOD PRESSURE CHECKED WITHIN PAST 2 YEARS

BRIDGE TO HEALTH SURVEY 2005

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?

Demographic Characteristics		Region (n=4,464)		Koochiching County ¹ (n=400)	
Overall Results		94.7%	(93.6-95.8)	93.7%	(91.2-96.2)
Gender	Male	92.0	(90.0-94.0)	89.9	(85.8-94.0)
	Female	97.2	(96.2-98.2)	97.4	(94.4-100.0)
Age	18 to 34	90.1	(86.7-93.5)	89.0	(83.0-95.1)
	35 to 44	95.2	(93.3-97.1)	87.2	(78.1-96.2)
	45 to 54	94.8	(92.8-96.7)	96.0	(92.0-100.0)
	55 to 64	97.7	(96.5-98.9)	94.7	(87.6-100.0)
	65 to 74	99.0	(98.2-99.8)	100.0	(100.0-100.0)
	75 and older	98.8	(97.8-99.7)	100.0	(100.0-100.0)
Education	Less than H.S.	97.4	(95.6-99.1)	97.8	(94.7-100.0)
	H.S. Graduate	95.1	(93.1-97.2)	96.4	(93.0-99.8)
	Some College	91.4	(88.6-94.3)	93.8	(89.4-98.3)
	Voc./Assoc. Degree	96.0	(94.0-97.9)	88.0	(80.5-95.5)
	College Graduate	95.7	(93.9-97.6)	92.3	(82.1-100.0)
Poverty Status	200% or Less	92.3	(89.4-95.3)	95.6	(91.6-99.7)
	More than 200%	95.5	(94.4-96.6)	92.8	(89.6-96.0)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 5.6.C
PREVENTIVE SCREENING
PERCENT NEVER HAD BLOOD CHOLESTEROL CHECKED

BRIDGE TO HEALTH SURVEY 2005

Question: 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		Region (n=4,174)		Koochiching County ¹ (n=356)	
		18.6%	(16.3-21.0)	20.7%	(15.9-25.5)
Overall Results		18.6%	(16.3-21.0)	20.7%	(15.9-25.5)
Gender	Male	23.0	(19.0-26.9)	25.6	(18.1-33.1)
	Female	14.3	(11.9-16.8)	16.2	(10.2-22.2)
Age	18 to 34	43.6	(35.5-51.6)	50.7	(37.0-64.4)
	35 to 44	21.9	(17.2-26.6)	25.6	(14.5-36.7)
	45 to 54	10.7	(7.7-13.7)	21.1	(10.8-31.5)
	55 to 64	3.2	(1.8-4.6)	5.7	(0.0-12.4)
	65 to 74	3.1	(1.0-5.3)	0.0	(0.0-0.0)
	75 and older	2.6	(0.8-4.4)	3.4	(0.0-8.2)
Education	Less than H.S.	17.5	(10.4-24.6)	27.8	(14.4-41.1)
	H.S. Graduate	16.1	(12.4-19.9)	18.6	(11.0-26.1)
	Some College	31.2	(24.8-37.6)	22.1	(11.7-32.4)
	Voc./Assoc. Degree	13.3	(8.9-17.8)	24.5	(12.4-36.5)
	College Graduate	12.9	(9.6-16.1)	12.3	(2.6-22.1)
Poverty Status	200% or Less	22.9	(17.6-28.1)	24.8	(16.4-33.2)
	More than 200%	17.3	(14.5-20.0)	19.3	(13.5-25.2)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 5.6.D
PREVENTIVE SCREENING
PERCENT HAD BLOOD CHOLESTEROL CHECKED WITHIN PAST 2 YEARS

BRIDGE TO HEALTH SURVEY 2005

Question: 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		Region (n=4,174)		Koochiching County ¹ (n=356)	
Overall Results		68.2%	(65.6-70.8)	41.5%	(35.9-47.1)
Gender	Male	64.0	(59.6-68.4)	36.8	(29.1-44.6)
	Female	72.4	(69.6-75.3)	45.8	(37.8-53.8)
Age	18 to 34	45.3	(36.5-54.1)	15.6	(7.0-24.2)
	35 to 44	60.4	(54.6-66.2)	32.3	(19.5-45.0)
	45 to 54	75.1	(71.2-79.0)	44.6	(30.8-58.4)
	55 to 64	83.1	(79.9-86.4)	53.0	(37.2-68.8)
	65 to 74	86.2	(82.9-89.5)	55.2	(43.3-67.1)
	75 and older	87.0	(83.4-90.6)	63.4	(51.7-75.0)
Education	Less than H.S.	70.0	(61.8-78.1)	55.5	(40.7-70.3)
	H.S. Graduate	71.9	(67.4-76.4)	46.7	(37.2-56.2)
	Some College	55.7	(49.5-62.0)	29.4	(19.7-39.2)
	Voc./Assoc. Degree	71.4	(65.7-77.1)	37.3	(23.1-51.6)
	College Graduate	73.3	(69.0-77.6)	53.3	(36.5-70.2)
Poverty Status	200% or Less	65.9	(60.5-71.4)	41.2	(31.7-50.6)
	More than 200%	68.2	(65.0-71.4)	40.3	(33.3-47.2)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 5.6.E
PREVENTIVE SCREENING
PERCENT HAD BLOOD CHOLESTEROL CHECKED WITHIN PAST 5 YEARS

BRIDGE TO HEALTH SURVEY 2005

Question: 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		Region (n=4,174)		Koochiching County ¹ (n=356)	
Overall Results		76.5%	(74.1-79.0)	57.0%	(51.3-62.7)
Gender	Male	72.2	(68.0-76.4)	55.9	(47.7-64.0)
	Female	80.8	(78.1-83.4)	58.1	(50.2-66.0)
Age	18 to 34	51.6	(43.2-60.0)	29.8	(17.3-42.2)
	35 to 44	71.0	(65.7-76.3)	47.6	(34.2-61.0)
	45 to 54	84.7	(81.4-88.0)	55.2	(41.8-68.6)
	55 to 64	92.3	(90.1-94.5)	74.3	(60.9-87.7)
	65 to 74	94.1	(91.7-96.5)	77.6	(68.0-87.3)
	75 and older	93.2	(90.4-96.0)	75.3	(65.2-85.5)
Education	Less than H.S.	76.6	(68.4-84.9)	65.7	(51.8-79.6)
	H.S. Graduate	79.5	(75.5-83.5)	61.3	(52.2-70.3)
	Some College	63.5	(57.1-69.9)	45.8	(34.6-57.1)
	Voc./Assoc. Degree	80.0	(74.8-85.1)	53.4	(39.3-67.5)
	College Graduate	83.3	(79.6-87.0)	72.4	(58.1-86.7)
Poverty Status	200% or Less	72.9	(67.6-78.3)	49.3	(39.7-58.9)
	More than 200%	77.2	(74.2-80.1)	58.9	(51.9-65.9)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

Chapter 6

TOBACCO USE

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

**TABLE 6.1.A
CIGARETTE SMOKING
PERCENT NEVER SMOKED**

BRIDGE TO HEALTH SURVEY 2005

Question: Have you smoked at least 100 cigarettes in your entire life?
(If yes, smoked at least 100 cigarettes) Are you currently a smoker?

Demographic Characteristics		Region (n=4,472)		Koochiching County ¹ (n=400)	
Overall Results		52.3%	(49.0-55.7)	65.0%	(59.8-70.1)
Gender	Male	46.8	(41.7-51.9)	63.7	(56.3-71.0)
	Female	57.7	(53.1-62.2)	66.2	(58.9-73.5)
Age	18 to 34	58.5	(48.5-68.5)	55.6	(43.3-68.0)
	35 to 44	51.9	(46.0-57.8)	69.1	(57.8-80.4)
	45 to 54	49.1	(44.6-53.6)	63.7	(51.6-75.8)
	55 to 64	46.3	(42.0-50.7)	69.7	(55.4-84.0)
	65 to 74	47.6	(42.7-52.5)	64.8	(53.7-75.8)
	75 and older	53.5	(48.3-58.8)	72.7	(62.4-83.0)
Education	Less than H.S.	40.7	(33.0-48.4)	51.1	(37.3-65.0)
	H.S. Graduate	42.6	(35.3-50.0)	60.1	(51.3-69.0)
	Some College	56.7	(50.9-62.6)	69.6	(59.3-79.8)
	Voc./Assoc. Degree	48.3	(41.9-54.7)	59.1	(46.1-72.0)
	College Graduate	68.0	(63.5-72.5)	84.2	(72.2-96.2)
Poverty Status	200% or Less	47.9	(39.6-56.2)	61.1	(52.5-69.8)
	More than 200%	54.3	(50.7-58.0)	67.3	(61.0-73.6)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 6.1.B
CIGARETTE SMOKING
PERCENT FORMER SMOKER
 BRIDGE TO HEALTH SURVEY 2005

Question: Have you smoked at least 100 cigarettes in your entire life?
 (If yes, smoked at least 100 cigarettes) Are you currently a smoker?

Demographic Characteristics		Region (n=4,472)		Koochiching County ¹ (n=400)	
Overall Results		27.9%	(25.1-30.7)	21.8%	(17.2-26.3)
Gender	Male	33.7	(28.8-38.5)	22.2	(15.6-28.8)
	Female	22.4	(19.7-25.0)	21.4	(15.1-27.7)
Age	18 to 34	17.3	(9.6-25.0)	30.9	(18.7-43.2)
	35 to 44	21.5	(17.1-25.9)	13.2	(4.6-21.8)
	45 to 54	29.7	(25.4-34.0)	12.8	(4.6-20.9)
	55 to 64	37.6	(33.3-41.8)	19.5	(6.9-32.1)
	65 to 74	40.7	(35.9-45.6)	32.5	(21.7-43.4)
	75 and older	40.5	(35.3-45.7)	25.3	(15.2-35.5)
Education	Less than H.S.	34.5	(27.6-41.5)	25.3	(12.8-37.8)
	H.S. Graduate	30.4	(24.0-36.9)	24.9	(17.1-32.7)
	Some College	25.4	(20.6-30.1)	22.9	(13.1-32.7)
	Voc./Assoc. Degree	29.4	(23.6-35.2)	24.3	(13.3-35.3)
	College Graduate	23.7	(20.0-27.5)	6.4	(0.0-13.6)
Poverty Status	200% or Less	23.6	(18.9-28.3)	23.2	(15.9-30.6)
	More than 200%	29.8	(26.1-33.5)	21.0	(15.3-26.7)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 6.1.C
CIGARETTE SMOKING
PERCENT CURRENT SMOKER
 BRIDGE TO HEALTH SURVEY 2005

Question: Have you smoked at least 100 cigarettes in your entire life?
 (If yes, smoked at least 100 cigarettes) Are you currently a smoker?

Demographic Characteristics		Region (n=4,472)		Koochiching County ¹ (n=400)	
Overall Results		19.8%	(16.5-23.0)	13.3%	(9.7-16.8)
Gender	Male	19.6	(15.8-23.3)	14.2	(9.3-19.0)
	Female	20.0	(14.7-25.2)	12.4	(7.3-17.5)
Age	18 to 34	24.2	(14.8-33.7)	13.4	(6.6-20.2)
	35 to 44	26.6	(20.9-32.3)	17.7	(8.8-26.6)
	45 to 54	21.2	(17.7-24.7)	23.5	(13.0-34.1)
	55 to 64	15.9	(12.7-19.2)	10.8	(1.4-20.2)
	65 to 74	11.7	(7.9-15.5)	2.7	(0.0-6.4)
	75 and older	5.9	(3.1-8.8)	2.0	(0.0-4.7)
Education	Less than H.S.	24.6	(18.1-31.1)	23.6	(11.5-35.7)
	H.S. Graduate	26.9	(19.2-34.6)	15.0	(8.5-21.5)
	Some College	17.9	(13.4-22.3)	7.5	(2.3-12.7)
	Voc./Assoc. Degree	22.2	(16.7-27.8)	16.7	(6.8-26.5)
	College Graduate	8.2	(5.2-11.3)	9.4	(0.0-19.7)
Poverty Status	200% or Less	28.5	(19.6-37.4)	15.6	(9.0-22.2)
	More than 200%	15.9	(13.4-18.3)	11.7	(7.7-15.7)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 6.1.D
CIGARETTE SMOKING
PERCENT TRIED TO QUIT IN PAST YEAR

BRIDGE TO HEALTH SURVEY 2005

Question: Have you smoked at least 100 cigarettes in your entire life?
 (If yes, smoked at least 100 cigarettes) 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?

Demographic Characteristics		Region (n=884)	Koochiching County ¹ (n=53)		
Overall Results		54.9%	(44.7-65.1)	47.8%	(33.1-62.5)
Gender	Male	59.4	(49.9-68.9)	N/A ¹	
	Female	50.7	(34.4-67.1)	N/A ¹	
Age	18 to 34	53.0	(28.3-77.7)	N/A ¹	
	35 to 44	53.0	(40.0-66.1)	N/A ¹	
	45 to 54	52.9	(43.7-62.1)	N/A ¹	
	55 to 64	61.2	(49.9-72.6)	N/A ¹	
	65 to 74	66.4	(51.3-81.6)	N/A ¹	
	75 and older	62.2	(38.5-85.8)	N/A ¹	
Education	Less than H.S.	55.1	(40.3-69.9)	N/A ¹	
	H.S. Graduate	50.1	(31.7-68.4)	N/A ¹	
	Some College	62.8	(50.9-74.7)	N/A ¹	
	Voc./Assoc. Degree	47.1	(32.3-61.8)	N/A ¹	
	College Graduate	72.2	(56.2-88.2)	N/A ¹	
Poverty Status	200% or Less	47.9	(28.3-67.6)	N/A ¹	
	More than 200%	58.6	(50.5-66.7)	53.2	(34.7-71.7)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 6.1.E
CIGARETTE SMOKING
PERCENT SERIOUSLY THINKING OF QUITTING IN THE NEXT 30 DAYS

BRIDGE TO HEALTH SURVEY 2005

Question: Have you smoked at least 100 cigarettes in your entire life?
 (If yes, smoked at least 100 cigarettes) 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?

Demographic Characteristics		Region (n=884)	Koochiching County ¹ (n=53)		
Overall Results		20.5%	(14.6-26.4)	20.3%	(7.8-32.9)
Gender	Male	21.8	(13.2-30.5)	N/A ¹	
	Female	19.3	(11.6-27.0)	N/A ¹	
Age	18 to 34	14.7	(3.5-26.0)	N/A ¹	
	35 to 44	26.4	(14.8-37.9)	N/A ¹	
	45 to 54	19.9	(12.1-27.8)	N/A ¹	
	55 to 64	29.0	(18.8-39.1)	N/A ¹	
	65 to 74	17.0	(4.8-29.1)	N/A ¹	
	75 and older	31.5	(9.7-53.4)	N/A ¹	
Education	Less than H.S.	16.6	(7.1-26.1)	N/A ¹	
	H.S. Graduate	20.4	(10.3-30.5)	N/A ¹	
	Some College	24.1	(12.6-35.7)	N/A ¹	
	Voc./Assoc. Degree	19.2	(7.6-30.7)	N/A ¹	
	College Graduate	18.0	(6.2-29.9)	N/A ¹	
Poverty Status	200% or Less	18.9	(7.9-29.8)	N/A ¹	
	More than 200%	23.2	(16.5-29.9)	26.3	(8.7-43.9)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 6.2.A
SMOKING IN THE HOME: RULES AT HOME
PERCENT SMOKING ALLOWED ANYWHERE AND AT ANY TIME

BRIDGE TO HEALTH SURVEY 2005

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

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

Demographic Characteristics		Region (n=4,472)		Koochiching County ¹ (n=399)	
		11.0%	(9.3-12.8)	7.2%	(4.5-10.0)
Overall Results					
Gender	Male	12.3	(9.4-15.3)	5.4	(2.7-8.2)
	Female	9.8	(8.0-11.6)	8.9	(4.3-13.6)
Age	18 to 34	9.2	(4.9-13.4)	4.1	(0.1-8.1)
	35 to 44	13.2	(8.7-17.6)	6.0	(0.0-12.9)
	45 to 54	10.9	(8.4-13.5)	10.8	(3.3-18.3)
	55 to 64	12.8	(10.0-15.6)	6.8	(0.0-14.4)
	65 to 74	12.6	(8.9-16.3)	9.6	(2.1-17.2)
	75 and older	9.6	(6.1-13.1)	6.7	(1.3-12.2)
Education	Less than H.S.	23.4	(17.0-29.8)	14.4	(5.0-23.9)
	H.S. Graduate	14.3	(10.8-17.8)	11.7	(5.4-17.9)
	Some College	9.8	(5.9-13.7)	0.9	(0.0-2.1)
	Voc./Assoc. Degree	9.2	(5.4-12.9)	4.4	(0.0-10.5)
	College Graduate	5.0	(2.5-7.6)	10.6	(0.2-21.1)
Poverty Status	200% or Less	14.0	(10.0-17.9)	8.3	(3.3-13.4)
	More than 200%	9.5	(7.5-11.5)	6.1	(2.9-9.2)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 6.2.B
SMOKING IN THE HOME: RULES AT HOME
PERCENT SMOKING ALLOWED IN SOME PLACES, AT SOME TIMES

BRIDGE TO HEALTH SURVEY 2005

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

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

Demographic Characteristics		Region		Koochiching County ¹	
		(n=4,472)		(n=399)	
Overall Results		10.8%	(7.8-13.7)	15.9%	(12.1-19.7)
Gender	Male	9.6	(7.7-11.5)	18.5	(12.9-24.1)
	Female	11.9	(6.6-17.2)	13.5	(8.4-18.6)
Age	18 to 34	12.9	(3.9-21.9)	25.1	(15.7-34.5)
	35 to 44	12.8	(9.0-16.6)	23.7	(13.6-33.8)
	45 to 54	12.0	(9.3-14.8)	19.6	(9.4-29.8)
	55 to 64	7.9	(5.9-9.9)	5.3	(0.0-12.4)
	65 to 74	9.0	(6.5-11.6)	8.5	(1.2-15.8)
	75 and older	4.5	(2.5-6.4)	2.8	(0.0-6.0)
Education	Less than H.S.	12.4	(7.8-16.9)	27.6	(15.4-39.9)
	H.S. Graduate	14.0	(6.4-21.5)	13.0	(7.1-18.9)
	Some College	11.7	(8.7-14.7)	13.6	(6.4-20.7)
	Voc./Assoc. Degree	10.5	(6.6-14.4)	22.8	(11.8-33.7)
	College Graduate	4.6	(2.9-6.4)	7.4	(0.0-15.8)
Poverty Status	200% or Less	14.6	(5.5-23.7)	21.1	(13.6-28.6)
	More than 200%	9.4	(7.9-10.8)	14.8	(10.2-19.3)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 6.2.C
SMOKING IN THE HOME: RULES AT HOME
PERCENT SMOKING NOT ALLOWED IN ANY PLACE AT ANY TIME

BRIDGE TO HEALTH SURVEY 2005

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

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

Demographic Characteristics		Region (n=4,472)		Koochiching County ¹ (n=399)	
		78.2%	(75.1-81.3)	76.8%	(72.4-81.3)
Overall Results					
Gender	Male	78.1	(74.6-81.6)	76.1	(70.0-82.2)
	Female	78.3	(73.2-83.4)	77.6	(71.2-84.0)
Age	18 to 34	77.9	(68.7-87.2)	70.8	(60.7-80.9)
	35 to 44	74.0	(68.7-79.4)	70.4	(59.1-81.7)
	45 to 54	77.0	(73.5-80.6)	69.6	(58.0-81.3)
	55 to 64	79.3	(76.0-82.6)	88.0	(77.9-98.1)
	65 to 74	78.3	(74.1-82.5)	81.9	(72.1-91.7)
	75 and older	85.9	(82.1-89.8)	90.4	(84.2-96.7)
Education	Less than H.S.	64.3	(57.1-71.4)	57.9	(44.3-71.5)
	H.S. Graduate	71.8	(64.3-79.2)	75.3	(67.3-83.2)
	Some College	78.5	(73.8-83.1)	85.5	(78.3-92.7)
	Voc./Assoc. Degree	80.3	(75.2-85.4)	72.9	(61.0-84.7)
	College Graduate	90.3	(87.3-93.3)	82.0	(69.3-94.7)
Poverty Status	200% or Less	71.4	(62.8-80.1)	70.6	(62.2-78.9)
	More than 200%	81.1	(78.7-83.6)	79.2	(73.9-84.4)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 6.3.A
SMOKELESS TOBACCO USE
PERCENT USE SMOKELESS TOBACCO

BRIDGE TO HEALTH SURVEY 2005

Question: Do you use smokeless tobacco, such as snuff or chewing tobacco?

Demographic Characteristics		Region (n=4,479)		Koochiching County ¹ (n=400)	
		3.8%	(2.5-5.2)	3.8%	(2.0-5.6)
Overall Results		3.8%	(2.5-5.2)	3.8%	(2.0-5.6)
Gender	Male	7.4	(4.7-10.1)	7.4	(3.8-11.0)
	Female	0.4	(0.0-0.7)	0.4	(0.0-1.1)
Age	18 to 34	6.2	(2.2-10.2)	6.3	(2.0-10.6)
	35 to 44	3.0	(0.5-5.5)	5.1	(0.5-9.7)
	45 to 54	2.7	(1.2-4.2)	5.3	(0.0-11.2)
	55 to 64	3.4	(1.6-5.2)	0.0	(0.0-0.0)
	65 to 74	1.7	(0.5-3.0)	1.4	(0.0-4.0)
	75 and older	2.7	(0.1-5.2)	2.1	(0.0-4.9)
Education	Less than H.S.	6.5	(1.6-11.5)	2.0	(0.0-4.8)
	H.S. Graduate	4.4	(1.8-6.9)	2.6	(0.2-5.0)
	Some College	5.3	(1.3-9.2)	5.2	(0.9-9.5)
	Voc./Assoc. Degree	2.4	(1.0-3.8)	6.9	(1.0-12.8)
	College Graduate	1.5	(0.4-2.7)	1.0	(0.0-2.9)
Poverty Status	200% or Less	3.7	(0.8-6.6)	3.7	(0.3-7.0)
	More than 200%	3.8	(2.2-5.4)	4.0	(1.7-6.3)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 6.4.A
ATTITUDES TOWARD SMOKING REGULATIONS IN INDOOR WORK AREAS
PERCENT ALLOWED IN ALL AREAS

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,367)		Koochiching County ¹ (n=378)	
		2.4%	(1.5-3.3)	1.0%	(0.0-2.2)
Overall Results					
Gender	Male	3.7	(2.0-5.4)	2.2	(0.0-4.5)
	Female	1.2	(0.6-1.7)	0.0	(0.0-0.0)
Age	18 to 34	0.9	(0.0-2.0)	0.0	(0.0-0.0)
	35 to 44	4.7	(0.7-8.8)	0.0	(0.0-0.0)
	45 to 54	3.0	(1.4-4.6)	3.4	(0.0-8.2)
	55 to 64	2.5	(1.2-3.8)	0.0	(0.0-0.0)
	65 to 74	2.5	(0.8-4.1)	1.5	(0.0-4.3)
	75 and older	1.7	(0.4-3.0)	1.1	(0.0-3.4)
Education	Less than H.S.	4.8	(2.1-7.5)	0.0	(0.0-0.0)
	H.S. Graduate	3.8	(1.6-6.0)	1.6	(0.0-3.8)
	Some College	1.6	(0.6-2.6)	1.4	(0.0-4.2)
	Voc./Assoc. Degree	1.3	(0.3-2.3)	0.0	(0.0-0.0)
	College Graduate	1.1	(0.0-2.2)	1.0	(0.0-2.9)
Poverty Status	200% or Less	2.1	(1.1-3.1)	1.9	(0.0-4.5)
	More than 200%	2.3	(1.1-3.6)	0.8	(0.0-2.1)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 6.4.B
ATTITUDES TOWARD SMOKING REGULATIONS IN INDOOR WORK AREAS
PERCENT ALLOWED IN SOME AREAS

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,367)		Koochiching County ¹ (n=378)	
Overall Results		13.1%	(9.9-16.3)	18.2%	(14.1-22.3)
Gender	Male	15.8	(12.5-19.2)	24.2	(17.6-30.8)
	Female	10.5	(5.0-16.0)	12.6	(7.8-17.4)
Age	18 to 34	16.4	(6.7-26.1)	23.8	(13.4-34.2)
	35 to 44	14.8	(10.2-19.4)	20.8	(11.1-30.4)
	45 to 54	12.0	(9.0-15.0)	10.5	(3.5-17.6)
	55 to 64	12.2	(9.2-15.1)	17.3	(5.2-29.4)
	65 to 74	7.7	(5.2-10.1)	21.6	(11.5-31.7)
	75 and older	8.9	(5.7-12.1)	15.4	(6.4-24.3)
Education	Less than H.S.	16.0	(10.5-21.4)	25.9	(13.3-38.5)
	H.S. Graduate	16.3	(8.4-24.2)	15.7	(9.3-22.0)
	Some College	15.4	(10.0-20.8)	21.7	(12.8-30.5)
	Voc./Assoc. Degree	10.5	(6.3-14.6)	16.7	(7.4-26.1)
	College Graduate	6.7	(4.4-8.9)	10.2	(1.6-18.9)
Poverty Status	200% or Less	19.4	(10.1-28.7)	23.0	(15.5-30.6)
	More than 200%	10.1	(8.0-12.1)	16.5	(11.6-21.4)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 6.4.C
ATTITUDES TOWARD SMOKING REGULATIONS IN INDOOR WORK AREAS
PERCENT NOT ALLOWED AT ALL

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,367)		Koochiching County ¹ (n=378)	
		84.5%	(81.3-87.8)	80.8%	(76.6-85.0)
Overall Results		84.5%	(81.3-87.8)	80.8%	(76.6-85.0)
Gender	Male	80.4	(76.8-84.1)	73.7	(66.9-80.5)
	Female	88.3	(82.8-93.8)	87.4	(82.6-92.2)
Age	18 to 34	82.7	(73.0-92.4)	76.2	(65.8-86.6)
	35 to 44	80.5	(74.9-86.1)	79.2	(69.6-88.9)
	45 to 54	85.0	(81.7-88.3)	86.0	(77.7-94.3)
	55 to 64	85.3	(82.2-88.5)	82.7	(70.6-94.8)
	65 to 74	89.9	(87.0-92.8)	77.0	(66.7-87.2)
	75 and older	89.4	(86.0-92.8)	83.5	(74.4-92.6)
Education	Less than H.S.	79.3	(73.4-85.1)	74.1	(61.5-86.7)
	H.S. Graduate	79.9	(72.0-87.8)	82.7	(76.1-89.4)
	Some College	83.0	(77.6-88.5)	76.9	(67.8-86.0)
	Voc./Assoc. Degree	88.3	(84.0-92.5)	83.3	(73.9-92.6)
	College Graduate	92.2	(89.7-94.7)	88.8	(79.9-97.7)
Poverty Status	200% or Less	78.5	(69.3-87.7)	75.1	(67.3-82.9)
	More than 200%	87.6	(85.3-89.9)	82.7	(77.7-87.7)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 6.5.A
ATTITUDES TOWARD SMOKING REGULATIONS IN RESTAURANTS
PERCENT ALLOWED IN ALL AREAS

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,397)		Koochiching County ¹ (n=385)	
		4.3%	(3.2-5.4)	1.6%	(0.0-3.3)
Overall Results		4.3%	(3.2-5.4)	1.6%	(0.0-3.3)
Gender	Male	5.6	(3.7-7.5)	3.3	(0.0-6.8)
	Female	3.1	(2.1-4.0)	0.0	(0.0-0.0)
Age	18 to 34	2.3	(0.7-3.8)	3.0	(0.0-8.9)
	35 to 44	7.6	(3.3-11.8)	0.0	(0.0-0.0)
	45 to 54	6.8	(4.2-9.3)	1.4	(0.0-4.2)
	55 to 64	3.2	(1.8-4.6)	2.9	(0.0-8.4)
	65 to 74	3.7	(1.8-5.6)	1.4	(0.0-4.1)
	75 and older	2.2	(0.6-3.7)	0.0	(0.0-0.0)
Education	Less than H.S.	7.7	(4.3-11.1)	0.0	(0.0-0.0)
	H.S. Graduate	6.5	(3.9-9.1)	2.9	(0.0-6.3)
	Some College	2.9	(1.4-4.4)	2.2	(0.0-6.4)
	Voc./Assoc. Degree	4.1	(1.5-6.7)	0.0	(0.0-0.0)
	College Graduate	1.5	(0.3-2.7)	0.0	(0.0-0.0)
Poverty Status	200% or Less	4.6	(2.9-6.3)	1.8	(0.0-4.3)
	More than 200%	3.8	(2.3-5.2)	1.6	(0.0-3.7)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 6.5.B
ATTITUDES TOWARD SMOKING REGULATIONS IN RESTAURANTS
PERCENT ALLOWED IN SOME AREAS

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,397)		Koochiching County ¹ (n=385)	
Overall Results		31.5%	(28.1-34.9)	42.3%	(36.9-47.7)
Gender	Male	33.2	(28.7-37.8)	48.9	(41.1-56.6)
	Female	29.9	(24.8-35.0)	36.2	(28.8-43.6)
Age	18 to 34	38.8	(29.0-48.5)	55.5	(43.1-68.0)
	35 to 44	34.7	(29.0-40.5)	47.1	(34.7-59.5)
	45 to 54	30.2	(26.1-34.3)	37.8	(25.2-50.4)
	55 to 64	29.4	(25.3-33.5)	33.8	(18.4-49.3)
	65 to 74	21.5	(17.8-25.3)	37.6	(26.4-48.9)
	75 and older	19.3	(15.1-23.5)	32.8	(21.6-43.9)
Education	Less than H.S.	37.0	(29.1-45.0)	43.0	(28.7-57.3)
	H.S. Graduate	33.3	(25.8-40.8)	39.3	(30.5-48.1)
	Some College	39.4	(32.9-45.9)	43.0	(32.2-53.7)
	Voc./Assoc. Degree	32.8	(26.5-39.1)	57.1	(43.4-70.7)
	College Graduate	19.0	(15.0-23.0)	27.1	(13.8-40.3)
Poverty Status	200% or Less	37.9	(29.2-46.6)	45.8	(36.8-54.8)
	More than 200%	29.1	(25.9-32.3)	41.5	(34.8-48.2)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 6.5.C
ATTITUDES TOWARD SMOKING REGULATIONS IN RESTAURANTS
PERCENT NOT ALLOWED AT ALL

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,397)		Koochiching County ¹ (n=385)	
Overall Results		64.2%	(60.8-67.6)	56.1%	(50.7-61.6)
Gender	Male	61.2	(56.4-66.0)	47.9	(40.1-55.7)
	Female	67.1	(62.1-72.1)	63.8	(56.4-71.2)
Age	18 to 34	58.9	(49.2-68.7)	41.4	(29.1-53.7)
	35 to 44	57.7	(51.7-63.7)	52.9	(40.5-65.3)
	45 to 54	63.1	(58.7-67.5)	60.8	(48.1-73.5)
	55 to 64	67.4	(63.2-71.6)	63.3	(47.6-79.0)
	65 to 74	74.8	(70.7-78.8)	61.0	(49.7-72.3)
	75 and older	78.5	(74.2-82.9)	67.2	(56.1-78.4)
Education	Less than H.S.	55.3	(47.4-63.2)	57.0	(42.7-71.3)
	H.S. Graduate	60.2	(52.7-67.8)	57.8	(48.9-66.8)
	Some College	57.7	(51.3-64.1)	54.9	(44.1-65.7)
	Voc./Assoc. Degree	63.1	(56.7-69.5)	42.9	(29.3-56.6)
	College Graduate	79.5	(75.4-83.6)	72.9	(59.7-86.2)
Poverty Status	200% or Less	57.5	(49.0-66.1)	52.4	(43.3-61.5)
	More than 200%	67.1	(63.8-70.5)	56.9	(50.2-63.7)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 6.6.A
ATTITUDES TOWARD SMOKING REGULATIONS IN BARS
PERCENT ALLOWED IN ALL AREAS

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,287)		Koochiching County ¹ (n=391)	
Overall Results		34.5%	(30.7-38.3)	21.5%	(16.7-26.3)
Gender	Male	36.0	(30.7-41.4)	25.0	(17.6-32.4)
	Female	33.1	(27.7-38.6)	18.2	(12.2-24.1)
Age	18 to 34	41.7	(31.3-52.0)	36.0	(23.4-48.6)
	35 to 44	41.2	(35.2-47.3)	22.9	(12.0-33.8)
	45 to 54	34.6	(30.2-39.0)	10.3	(3.0-17.6)
	55 to 64	26.9	(22.8-31.0)	27.5	(12.9-42.0)
	65 to 74	25.8	(21.1-30.4)	16.5	(7.3-25.6)
	75 and older	18.5	(14.1-22.8)	9.9	(3.5-16.4)
Education	Less than H.S.	32.6	(25.3-40.0)	13.0	(3.3-22.7)
	H.S. Graduate	40.2	(31.7-48.7)	21.4	(13.4-29.3)
	Some College	36.4	(29.9-42.9)	27.4	(16.9-37.9)
	Voc./Assoc. Degree	35.0	(28.4-41.6)	18.0	(8.4-27.5)
	College Graduate	24.7	(20.1-29.3)	18.8	(7.3-30.4)
Poverty Status	200% or Less	40.0	(30.9-49.1)	17.6	(10.6-24.7)
	More than 200%	32.5	(28.4-36.6)	23.3	(17.2-29.4)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 6.6.B
ATTITUDES TOWARD SMOKING REGULATIONS IN BARS
PERCENT ALLOWED IN SOME AREAS

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,287)		Koochiching County ¹ (n=391)	
Overall Results		29.7%	(27.0-32.4)	44.3%	(38.9-49.6)
Gender	Male	30.1	(25.9-34.2)	50.1	(42.4-57.8)
	Female	29.4	(25.9-32.8)	38.7	(31.2-46.1)
Age	18 to 34	30.1	(22.9-37.3)	45.3	(33.1-57.6)
	35 to 44	32.7	(27.3-38.2)	54.2	(41.6-66.7)
	45 to 54	28.9	(24.9-32.9)	43.5	(30.9-56.2)
	55 to 64	31.9	(27.7-36.1)	38.2	(23.1-53.3)
	65 to 74	25.9	(21.7-30.2)	41.5	(30.0-53.1)
	75 and older	25.4	(20.8-30.0)	39.4	(27.8-51.0)
Education	Less than H.S.	33.0	(24.5-41.5)	41.1	(27.0-55.1)
	H.S. Graduate	27.2	(22.2-32.1)	40.8	(32.0-49.5)
	Some College	34.2	(28.2-40.2)	44.0	(33.5-54.6)
	Voc./Assoc. Degree	31.3	(25.3-37.3)	58.6	(45.3-71.9)
	College Graduate	27.6	(23.3-31.9)	35.9	(20.9-50.9)
Poverty Status	200% or Less	29.2	(23.0-35.3)	52.4	(43.3-61.6)
	More than 200%	30.2	(27.2-33.2)	41.4	(34.9-48.0)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 6.6.C
ATTITUDES TOWARD SMOKING REGULATIONS IN BARS
PERCENT NOT ALLOWED AT ALL

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,287)		Koochiching County ¹ (n=391)	
Overall Results		35.7%	(32.6-38.9)	34.2%	(29.1-39.4)
Gender	Male	33.9	(28.8-39.0)	24.9	(18.4-31.4)
	Female	37.5	(33.6-41.4)	43.2	(35.5-50.9)
Age	18 to 34	28.2	(19.7-36.8)	18.7	(9.2-28.2)
	35 to 44	26.0	(21.2-30.8)	22.9	(12.0-33.8)
	45 to 54	36.4	(31.9-41.0)	46.1	(33.0-59.2)
	55 to 64	41.2	(36.8-45.7)	34.3	(19.7-48.9)
	65 to 74	48.3	(43.3-53.3)	42.0	(30.4-53.6)
	75 and older	56.1	(50.7-61.5)	50.6	(39.0-62.3)
Education	Less than H.S.	34.3	(27.7-41.0)	46.0	(31.5-60.4)
	H.S. Graduate	32.7	(25.7-39.7)	37.9	(28.9-46.9)
	Some College	29.4	(24.8-34.0)	28.6	(19.3-37.9)
	Voc./Assoc. Degree	33.7	(27.9-39.5)	23.4	(11.2-35.6)
	College Graduate	47.7	(42.5-53.0)	45.3	(29.2-61.4)
Poverty Status	200% or Less	30.8	(23.1-38.5)	29.9	(21.6-38.3)
	More than 200%	37.3	(34.0-40.6)	35.3	(28.8-41.7)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 6.7.A
ATTITUDES TOWARD SMOKING REGULATIONS IN OUTDOOR EVENTS
PERCENT ALLOWED IN ALL AREAS

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,336)		Koochiching County ¹ (n=379)	
Overall Results		29.7%	(26.3-33.1)	27.1%	(21.9-32.3)
Gender	Male	31.6	(27.2-36.1)	28.6	(21.1-36.1)
	Female	27.8	(22.6-33.0)	25.6	(18.3-32.8)
Age	18 to 34	29.7	(20.0-39.4)	34.7	(21.8-47.7)
	35 to 44	35.5	(29.4-41.5)	34.4	(22.1-46.7)
	45 to 54	30.7	(26.5-35.0)	17.7	(7.7-27.6)
	55 to 64	26.3	(22.2-30.5)	31.5	(16.8-46.3)
	65 to 74	24.2	(19.8-28.5)	26.9	(15.5-38.3)
	75 and older	27.4	(22.5-32.4)	12.8	(5.3-20.3)
Education	Less than H.S.	34.4	(27.1-41.7)	36.5	(21.7-51.3)
	H.S. Graduate	33.2	(25.4-40.9)	27.9	(19.1-36.7)
	Some College	30.7	(24.6-36.8)	28.3	(17.6-38.9)
	Voc./Assoc. Degree	29.9	(23.7-36.1)	20.7	(9.1-32.3)
	College Graduate	22.1	(17.8-26.5)	19.3	(6.4-32.3)
Poverty Status	200% or Less	37.3	(28.3-46.4)	24.3	(16.2-32.4)
	More than 200%	26.9	(23.8-30.0)	27.4	(21.0-33.9)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 6.7.B
ATTITUDES TOWARD SMOKING REGULATIONS IN OUTDOOR EVENTS
PERCENT ALLOWED IN SOME AREAS

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,336)		Koochiching County ¹ (n=379)	
Overall Results		24.2%	(21.3-27.1)	45.8%	(40.3-51.3)
Gender	Male	26.9	(21.9-32.0)	54.5	(46.7-62.3)
	Female	21.6	(18.7-24.5)	37.1	(29.7-44.6)
Age	18 to 34	27.4	(18.9-35.8)	50.6	(37.9-63.2)
	35 to 44	28.9	(23.7-34.1)	48.0	(35.3-60.8)
	45 to 54	21.1	(17.6-24.5)	47.0	(34.0-59.9)
	55 to 64	26.9	(23.0-30.7)	39.3	(24.0-54.6)
	65 to 74	18.9	(15.5-22.3)	44.4	(32.2-56.7)
	75 and older	13.9	(10.8-17.0)	41.0	(29.0-53.0)
Education	Less than H.S.	21.3	(13.8-28.8)	33.4	(19.5-47.4)
	H.S. Graduate	24.5	(17.9-31.0)	37.7	(29.1-46.4)
	Some College	26.9	(21.5-32.4)	56.2	(45.2-67.2)
	Voc./Assoc. Degree	28.5	(22.5-34.5)	50.7	(36.6-64.7)
	College Graduate	19.8	(16.1-23.4)	44.0	(28.2-59.7)
Poverty Status	200% or Less	19.0	(14.3-23.7)	48.2	(38.8-57.6)
	More than 200%	26.7	(22.9-30.5)	46.4	(39.6-53.1)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 6.7.C
ATTITUDES TOWARD SMOKING REGULATIONS IN OUTDOOR EVENTS
PERCENT NOT ALLOWED AT ALL

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,336)		Koochiching County ¹ (n=379)	
Overall Results		46.1%	(42.7-49.5)	27.1%	(22.2-32.1)
Gender	Male	41.4	(36.3-46.6)	16.9	(11.4-22.4)
	Female	50.6	(46.0-55.2)	37.3	(29.5-45.1)
Age	18 to 34	42.9	(33.3-52.5)	14.7	(5.8-23.6)
	35 to 44	35.6	(30.3-41.0)	17.5	(8.2-26.8)
	45 to 54	48.2	(43.6-52.8)	35.4	(22.3-48.5)
	55 to 64	46.8	(42.4-51.3)	29.2	(15.3-43.1)
	65 to 74	56.9	(52.0-61.8)	28.6	(17.7-39.5)
	75 and older	58.7	(53.4-63.9)	46.2	(34.1-58.3)
Education	Less than H.S.	44.3	(36.6-52.0)	30.0	(17.1-43.0)
	H.S. Graduate	42.4	(34.8-49.9)	34.3	(25.3-43.4)
	Some College	42.4	(36.5-48.2)	15.5	(7.9-23.1)
	Voc./Assoc. Degree	41.6	(35.2-48.0)	28.6	(15.2-42.1)
	College Graduate	58.1	(53.0-63.1)	36.7	(20.9-52.4)
Poverty Status	200% or Less	43.7	(35.1-52.2)	27.5	(19.0-36.0)
	More than 200%	46.4	(42.8-50.0)	26.2	(20.2-32.3)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

Chapter 7

ALCOHOL USE

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

TABLE 7.1.A
ALCOHOL CONSUMPTION AMONG ALL RESPONDENTS
PERCENT RESPONDENTS WHO DO NOT USE ALCOHOL

BRIDGE TO HEALTH SURVEY 2005

Question: During the past month, have you had at least one drink of any alcoholic beverage?

Demographic Characteristics		Region (n=4,475)		Koochiching County ¹ (n=400)	
Overall Results		41.2%	(37.8-44.5)	49.6%	(44.2-55.0)
Gender	Male	32.4	(28.1-36.7)	38.6	(31.4-45.8)
	Female	49.5	(45.1-54.0)	60.1	(52.5-67.6)
Age	18 to 34	38.7	(28.8-48.5)	19.9	(11.2-28.6)
	35 to 44	33.6	(28.2-39.0)	40.5	(28.0-52.9)
	45 to 54	33.3	(29.2-37.3)	38.6	(26.1-51.1)
	55 to 64	41.1	(36.9-45.4)	67.3	(53.0-81.5)
	65 to 74	55.8	(50.9-60.7)	77.9	(67.8-88.1)
	75 and older	61.5	(56.3-66.7)	86.2	(77.7-94.6)
Education	Less than H.S.	61.6	(54.3-68.9)	58.9	(45.2-72.5)
	H.S. Graduate	49.2	(41.7-56.8)	63.6	(55.0-72.2)
	Some College	37.8	(32.1-43.6)	46.2	(35.7-56.7)
	Voc./Assoc. Degree	36.7	(30.6-42.7)	26.4	(15.7-37.2)
	College Graduate	28.8	(24.8-32.7)	47.3	(31.4-63.2)
Poverty Status	200% or Less	54.4	(46.2-62.6)	61.1	(52.2-69.9)
	More than 200%	33.2	(30.2-36.2)	45.0	(38.5-51.6)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 7.1.B
ALCOHOL CONSUMPTION AMONG ALL RESPONDENTS
PERCENT CHRONIC DRINKING: CONSUMING 60 OR MORE ALCOHOLIC
BEVERAGES IN PAST MONTH

BRIDGE TO HEALTH SURVEY 2005

Question: During the past month, have you had at least one drink of any alcoholic beverage?
(For those who had at least one drink) How many days per week or month did you drink any alcoholic beverages on the average? And On the days that you drink, about how many drinks do you have on average?

Demographic Characteristics		Region (n=4,475)		Koochiching County ¹ (n=400)	
Overall Results		3.3%	(2.2-4.4)	0.9%	(0.0-1.8)
Gender	Male	6.2	(4.0-8.4)	1.0	(0.0-2.2)
	Female	0.6	(0.2-1.0)	0.7	(0.0-2.2)
Age	18 to 34	4.3	(1.2-7.4)	0.4	(0.0-1.1)
	35 to 44	3.8	(1.3-6.4)	2.9	(0.0-7.3)
	45 to 54	4.1	(2.2-5.9)	1.3	(0.0-3.9)
	55 to 64	2.5	(1.1-4.0)	0.0	(0.0-0.0)
	65 to 74	2.0	(0.5-3.5)	0.0	(0.0-0.0)
	75 and older	0.5	(0.0-1.2)	0.0	(0.0-0.0)
Education	Less than H.S.	5.3	(1.2-9.4)	0.0	(0.0-0.0)
	H.S. Graduate	2.9	(1.4-4.5)	0.4	(0.0-1.1)
	Some College	4.7	(1.2-8.3)	1.2	(0.0-3.0)
	Voc./Assoc. Degree	2.4	(0.1-4.8)	2.5	(0.0-7.2)
	College Graduate	2.5	(1.0-4.0)	0.0	(0.0-0.0)
Poverty Status	200% or Less	1.7	(0.6-2.9)	0.4	(0.0-1.3)
	More than 200%	4.2	(2.5-5.9)	1.0	(0.0-2.3)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 7.1.C
ALCOHOL CONSUMPTION AMONG ALL RESPONDENTS
PERCENT BINGE DRINKING: CONSUMING 5 OR MORE ALCOHOLIC BEVERAGES
ON AT LEAST ONE OCCASION IN PAST MONTH

BRIDGE TO HEALTH SURVEY 2005

Question: During the past month, have you had at least one drink of any alcoholic beverage?
(For those who had at least one drink) How many days per week or month did you drink any alcoholic beverages on the average? And On the days that you drink, about how many drinks do you have on average?
(For those who had at least one drink) How many times in the past month did you have 5 or more drinks on one occasion?

Demographic Characteristics		Region (n=4,461)		Koochiching County ¹ (n=400)	
Overall Results		16.1%	(13.3-19.0)	18.2%	(13.6-22.8)
Gender	Male	25.5	(20.4-30.6)	24.7	(17.4-32.0)
	Female	7.3	(5.7-8.9)	12.0	(6.4-17.6)
Age	18 to 34	24.1	(15.8-32.3)	48.3	(35.8-60.7)
	35 to 44	22.0	(16.6-27.5)	23.5	(13.4-33.5)
	45 to 54	16.1	(12.7-19.5)	12.3	(4.0-20.6)
	55 to 64	8.8	(6.1-11.5)	3.8	(0.0-9.4)
	65 to 74	4.8	(2.6-7.1)	2.5	(0.0-5.9)
	75 and older	3.9	(1.5-6.2)	0.0	(0.0-0.0)
Education	Less than H.S.	13.0	(7.8-18.2)	29.0	(16.1-41.8)
	H.S. Graduate	16.6	(10.2-22.9)	11.5	(5.9-17.1)
	Some College	20.7	(15.3-26.2)	25.3	(14.5-36.2)
	Voc./Assoc. Degree	19.2	(13.2-25.2)	13.6	(5.2-22.1)
	College Graduate	10.3	(6.9-13.7)	9.8	(0.0-19.8)
Poverty Status	200% or Less	15.5	(7.9-23.2)	17.4	(10.7-24.2)
	More than 200%	17.9	(15.1-20.7)	18.6	(12.7-24.5)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 7.1.D
ALCOHOL CONSUMPTION AMONG ALL RESPONDENTS
PERCENT DRIVING OR RIDING IN CAR OR TRUCK IN PAST YEAR
WHEN DRIVER HAD TOO MUCH TO DRINK

BRIDGE TO HEALTH SURVEY 2005

Question: In the past year did you drive or ride in a car or truck when you thought that the driver had too much to drink?

Demographic Characteristics		Region (n=4,471)		Koochiching County ¹ (n=400)	
		5.1%	(2.7-7.5)	12.1%	(8.0-16.2)
Overall Results		5.1%	(2.7-7.5)	12.1%	(8.0-16.2)
Gender	Male	6.9	(2.4-11.4)	15.2	(8.5-21.8)
	Female	3.4	(1.9-4.9)	9.2	(4.3-14.0)
Age	18 to 34	10.1	(2.7-17.6)	39.1	(26.1-52.1)
	35 to 44	4.5	(2.6-6.5)	13.5	(5.8-21.2)
	45 to 54	4.5	(2.7-6.4)	2.0	(0.0-4.9)
	55 to 64	2.2	(0.9-3.5)	3.9	(0.0-9.5)
	65 to 74	0.3	(0.0-0.6)	0.0	(0.0-0.0)
	75 and older	0.6	(0.0-1.3)	0.9	(0.0-2.8)
Education	Less than H.S.	7.2	(3.0-11.4)	25.5	(13.2-37.7)
	H.S. Graduate	5.2	(0.0-11.4)	6.5	(2.3-10.7)
	Some College	6.9	(3.5-10.2)	20.1	(9.7-30.5)
	Voc./Assoc. Degree	3.6	(1.3-5.8)	4.6	(0.0-10.4)
	College Graduate	3.3	(1.8-4.8)	0.0	(0.0-0.0)
Poverty Status	200% or Less	4.8	(2.2-7.4)	15.0	(8.4-21.5)
	More than 200%	5.8	(2.1-9.5)	11.0	(5.9-16.2)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 7.2.A
ALCOHOL CONSUMPTION AMONG RESPONDENTS WHO DRINK¹
PERCENT CHRONIC DRINKING: CONSUMING 60 OR MORE ALCOHOLIC
BEVERAGES IN PAST MONTH

BRIDGE TO HEALTH SURVEY 2005

Question: During the past month, have you had at least one drink of any alcoholic beverage?
(For those who had at least one drink) How many days per week or month did you drink any alcoholic beverages on the average? And On the days that you drink, about how many drinks do you have on average?

Demographic Characteristics		Region (n=2,633)		Koochiching County ² (n=202)	
Overall Results		5.6%	(3.8-7.5)	1.7%	(0.0-3.6)
Gender	Male	9.1	(5.9-12.4)	1.6	(0.0-3.7)
	Female	1.2	(0.4-2.0)	1.8	(0.0-5.4)
Age	18 to 34	7.0	(2.1-12.0)	0.5	(0.0-1.4)
	35 to 44	5.8	(1.9-9.6)	4.8	(0.0-12.2)
	45 to 54	6.1	(3.3-8.9)	2.1	(0.0-6.4)
	55 to 64	4.3	(1.9-6.7)	N/A ²	
	65 to 74	4.5	(1.1-7.9)	N/A ²	
	75 and older	1.3	(0.0-3.1)	N/A ²	
Education	Less than H.S.	13.7	(3.8-23.7)	N/A ²	
	H.S. Graduate	5.8	(2.8-8.8)	1.0	(0.0-3.1)
	Some College	7.6	(2.0-13.2)	2.1	(0.0-5.5)
	Voc./Assoc. Degree	3.9	(0.1-7.6)	3.3	(0.0-9.8)
	College Graduate	3.5	(1.4-5.6)	N/A ²	
Poverty Status	200% or Less	3.8	(1.3-6.3)	1.2	(0.0-3.4)
	More than 200%	6.3	(3.8-8.8)	1.9	(0.0-4.2)

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

² Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 7.2.B
ALCOHOL CONSUMPTION AMONG RESPONDENTS WHO DRINK¹
PERCENT BINGE DRINKING: CONSUMING 5 OR MORE ALCOHOLIC BEVERAGES
ON AT LEAST ONE OCCASION IN PAST MONTH

BRIDGE TO HEALTH SURVEY 2005

Question: During the past month, have you had at least one drink of any alcoholic beverage?
(For those who had at least one drink) How many days per week or month did you drink any alcoholic beverages on the average? And On the days that you drink, about how many drinks do you have on average?
(For those who had at least one drink) How many times in the past month did you have 5 or more drinks on one occasion?

Demographic Characteristics		Region (n=2,620)		Koochiching County ² (n=202)	
Overall Results		27.5%	(23.2-31.8)	36.1%	(28.1-44.1)
Gender	Male	37.8	(30.9-44.6)	40.2	(29.9-50.6)
	Female	14.4	(11.4-17.5)	30.1	(17.8-42.3)
Age	18 to 34	39.3	(27.7-50.8)	60.2	(47.2-73.2)
	35 to 44	33.2	(25.8-40.7)	39.4	(24.4-54.5)
	45 to 54	24.2	(19.2-29.1)	20.1	(7.1-33.0)
	55 to 64	15.1	(10.6-19.5)	N/A ²	
	65 to 74	11.0	(6.0-16.0)	N/A ²	
	75 and older	10.1	(4.2-16.0)	N/A ²	
Education	Less than H.S.	33.9	(22.5-45.3)	N/A ²	
	H.S. Graduate	32.8	(22.0-43.5)	31.6	(17.9-45.3)
	Some College	33.4	(25.5-41.3)	47.1	(31.3-62.9)
	Voc./Assoc. Degree	30.3	(21.7-38.9)	18.5	(7.1-29.9)
	College Graduate	14.5	(9.8-19.2)	N/A ²	
Poverty Status	200% or Less	34.2	(20.9-47.4)	44.8	(30.0-59.6)
	More than 200%	26.9	(22.8-30.9)	33.8	(24.4-43.2)

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

² Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 7.2.C
ALCOHOL CONSUMPTION AMONG RESPONDENTS WHO DRINK¹
PERCENT DRIVING OR RIDING IN CAR OR TRUCK IN PAST YEAR
WHEN DRIVER HAD TOO MUCH TO DRINK

BRIDGE TO HEALTH SURVEY 2005

Question: In the past year did you drive or ride in a car or truck when you thought that the driver had too much to drink?

Demographic Characteristics		Region (n=2,630)		Koochiching County ² (n=202)	
		8.2%	(4.2-12.1)	22.3%	(14.9-29.7)
Overall Results		8.2%	(4.2-12.1)	22.3%	(14.9-29.7)
Gender	Male	9.9	(3.4-16.5)	24.7	(14.7-34.7)
	Female	5.9	(3.0-8.7)	18.7	(8.0-29.5)
Age	18 to 34	16.2	(4.8-27.6)	45.6	(30.9-60.3)
	35 to 44	6.2	(3.3-9.1)	20.9	(8.9-32.9)
	45 to 54	6.2	(3.7-8.8)	3.2	(0.0-7.9)
	55 to 64	3.2	(1.4-4.9)	N/A ²	
	65 to 74	0.6	(0.0-1.3)	N/A ²	
	75 and older	0.7	(0.0-1.6)	N/A ²	
Education	Less than H.S.	15.4	(5.8-25.0)	N/A ²	
	H.S. Graduate	10.2	(0.0-21.8)	16.1	(5.6-26.7)
	Some College	11.0	(5.7-16.2)	37.4	(21.1-53.7)
	Voc./Assoc. Degree	4.3	(1.3-7.3)	6.2	(0.0-14.1)
	College Graduate	4.2	(2.2-6.2)	N/A ²	
Poverty Status	200% or Less	9.9	(4.3-15.5)	29.6	(16.1-43.2)
	More than 200%	8.2	(2.8-13.5)	20.1	(11.3-28.9)

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

² Results by demographic factors for this geographic area not shown when cell size is less than 30.

Chapter 8

HEALTH CARE ACCESS

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

TABLE 8.1.A
MEDICAL HOME
PERCENT WITH MEDICAL HOME¹

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,479)		Koochiching County ² (n=398)	
Overall Results		96.3%	(95.0-97.6)	98.3%	(96.9-99.7)
Gender	Male	93.6	(91.2-96.1)	96.6	(93.7-99.4)
	Female	98.8	(98.1-99.6)	100.0	(100.0-100.0)
Age	18 to 34	93.2	(89.4-96.9)	93.5	(87.6-99.5)
	35 to 44	97.5	(95.6-99.4)	98.7	(96.8-100.0)
	45 to 54	96.7	(94.4-99.0)	100.0	(100.0-100.0)
	55 to 64	97.7	(96.4-99.0)	100.0	(100.0-100.0)
	65 to 74	98.0	(96.1-99.9)	100.0	(100.0-100.0)
	75 and older	99.1	(97.9-100.0)	100.0	(100.0-100.0)
Education	Less than H.S.	94.7	(91.1-98.3)	100.0	(100.0-100.0)
	H.S. Graduate	94.2	(91.1-97.3)	99.2	(98.2-100.0)
	Some College	96.3	(94.4-98.2)	96.2	(92.2-100.0)
	Voc./Assoc. Degree	98.8	(97.7-99.8)	98.6	(95.7-100.0)
	College Graduate	98.5	(96.7-100.0)	100.0	(100.0-100.0)
Poverty Status	200% or Less	94.5	(91.1-97.9)	97.4	(93.8-100.0)
	More than 200%	97.3	(96.1-98.4)	98.6	(97.1-100.0)

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

² Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 8.1.B
MEDICAL HOME
PERCENT MEDICAL HOME: A DOCTOR'S OFFICE

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,313)		Koochiching County ¹ (n=391)	
		52.1%	(48.7-55.5)	74.2%	(69.1-79.3)
Overall Results		52.1%	(48.7-55.5)	74.2%	(69.1-79.3)
Gender	Male	50.5	(45.3-55.8)	70.1	(62.6-77.6)
	Female	53.5	(49.1-57.9)	78.0	(71.2-84.7)
Age	18 to 34	44.4	(34.0-54.8)	53.4	(40.4-66.3)
	35 to 44	53.9	(48.0-59.8)	78.7	(69.1-88.3)
	45 to 54	52.9	(48.3-57.4)	74.4	(62.6-86.2)
	55 to 64	56.3	(51.9-60.7)	75.1	(61.9-88.3)
	65 to 74	57.3	(52.3-62.2)	89.3	(82.0-96.5)
	75 and older	58.5	(53.3-63.8)	87.4	(80.3-94.4)
Education	Less than H.S.	53.1	(45.3-60.9)	65.5	(52.3-78.8)
	H.S. Graduate	52.9	(45.2-60.7)	89.6	(84.5-94.8)
	Some College	49.4	(43.2-55.5)	66.6	(55.8-77.5)
	Voc./Assoc. Degree	50.0	(43.5-56.5)	70.1	(57.2-83.0)
	College Graduate	54.1	(48.9-59.2)	67.4	(51.8-83.1)
Poverty Status	200% or Less	51.7	(43.2-60.2)	75.0	(67.0-83.0)
	More than 200%	51.9	(48.2-55.6)	73.7	(67.4-80.1)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 8.1.C
MEDICAL HOME
PERCENT MEDICAL HOME: A HOSPITAL OUTPATIENT CLINIC

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,313)		Koochiching County ¹ (n=391)	
		41.0%	(37.6-44.4)	7.8%	(4.7-10.9)
Overall Results		41.0%	(37.6-44.4)	7.8%	(4.7-10.9)
Gender	Male	41.5	(36.2-46.9)	6.2	(2.7-9.7)
	Female	40.5	(36.2-44.8)	9.2	(4.3-14.1)
Age	18 to 34	47.4	(37.2-57.7)	9.9	(3.5-16.4)
	35 to 44	38.6	(32.9-44.4)	6.0	(0.8-11.3)
	45 to 54	40.1	(35.6-44.6)	11.9	(2.4-21.5)
	55 to 64	35.9	(31.6-40.2)	9.2	(0.3-18.0)
	65 to 74	38.7	(33.8-43.6)	2.2	(0.0-6.5)
	75 and older	37.5	(32.3-42.7)	3.0	(0.0-7.3)
Education	Less than H.S.	36.9	(29.5-44.3)	13.3	(3.6-22.9)
	H.S. Graduate	42.8	(35.1-50.5)	6.0	(1.7-10.4)
	Some College	43.0	(36.6-49.3)	3.5	(0.0-7.1)
	Voc./Assoc. Degree	38.7	(32.5-45.0)	14.9	(3.7-26.1)
	College Graduate	39.0	(33.7-44.4)	9.6	(0.0-21.2)
Poverty Status	200% or Less	39.9	(31.9-47.8)	11.5	(5.5-17.5)
	More than 200%	41.4	(37.5-45.3)	5.9	(2.4-9.4)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

**TABLE 8.2.A
INSURANCE TYPES
PERCENT PRIVATE¹**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,478)		Koochiching County ² (n=400)	
		76.4%	(72.3-80.5)	80.7%	(76.7-84.6)
Overall Results		76.4%	(72.3-80.5)	80.7%	(76.7-84.6)
Gender	Male	75.7	(69.7-81.8)	83.1	(77.7-88.5)
	Female	77.0	(71.4-82.5)	78.4	(72.7-84.1)
Age	18 to 34	58.9	(48.2-69.6)	74.8	(64.9-84.6)
	35 to 44	83.6	(79.6-87.6)	84.8	(76.7-92.8)
	45 to 54	87.1	(83.8-90.3)	91.4	(84.8-98.0)
	55 to 64	87.6	(84.9-90.3)	88.3	(77.5-99.2)
	65 to 74	80.8	(77.2-84.5)	69.2	(58.4-80.0)
	75 and older	76.4	(72.4-80.5)	68.1	(57.5-78.7)
Education	Less than H.S.	63.5	(56.2-70.8)	49.6	(35.8-63.5)
	H.S. Graduate	65.0	(55.8-74.1)	75.3	(67.7-82.9)
	Some College	79.6	(74.0-85.3)	88.7	(82.3-95.0)
	Voc./Assoc. Degree	83.9	(78.2-89.6)	87.8	(80.1-95.5)
	College Graduate	90.1	(86.8-93.5)	91.3	(82.2-100.0)
Poverty Status	200% or Less	49.8	(41.5-58.2)	61.4	(52.7-70.1)
	More than 200%	88.6	(84.7-92.4)	88.0	(84.0-92.0)

¹ Respondents could indicate more than one type of insurance.

² Results by demographic factors for this geographic area not shown when cell size is less than 30.

**TABLE 8.2.B
INSURANCE TYPES
PERCENT MEDICARE¹**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,478)	Koochiching County ² (n=400)		
Overall Results		19.8%	(18.0-21.5)	24.6%	(20.7-28.5)
Gender	Male	17.6	(15.1-20.0)	23.0	(17.4-28.5)
	Female	21.9	(19.4-24.3)	26.2	(20.6-31.7)
Age	18 to 34	0.0	(0.0-0.0)	0.0	(0.0-0.0)
	35 to 44	2.1	(0.4-3.9)	0.0	(0.0-0.0)
	45 to 54	2.5	(1.3-3.8)	3.5	(0.0-8.2)
	55 to 64	9.8	(7.1-12.5)	5.1	(0.0-12.1)
	65 to 74	81.8	(77.9-85.7)	93.5	(86.5-100.0)
	75 and older	92.6	(90.2-94.9)	99.1	(97.2-100.0)
Education	Less than H.S.	49.1	(41.5-56.7)	46.7	(33.1-60.3)
	H.S. Graduate	26.1	(21.7-30.4)	38.4	(30.2-46.6)
	Some College	14.9	(12.0-17.8)	15.6	(9.6-21.6)
	Voc./Assoc. Degree	10.8	(7.5-14.2)	13.9	(5.8-22.0)
	College Graduate	11.7	(9.3-14.0)	10.3	(3.1-17.6)
Poverty Status	200% or Less	30.9	(25.4-36.4)	45.4	(36.6-54.2)
	More than 200%	12.2	(10.6-13.7)	15.7	(12.0-19.4)

¹ Respondents could indicate more than one type of insurance.

² Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 8.2.C
INSURANCE TYPES
PERCENT MEDICAL ASSISTANCE¹

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,478)		Koochiching County ² (n=399)	
		2.2%	(1.4-3.0)	5.2%	(3.1-7.3)
Overall Results		2.2%	(1.4-3.0)	5.2%	(3.1-7.3)
Gender	Male	1.2	(0.5-2.0)	4.6	(1.9-7.4)
	Female	3.1	(1.7-4.5)	5.8	(2.6-8.9)
Age	18 to 34	2.3	(0.0-4.6)	8.1	(2.3-13.9)
	35 to 44	2.2	(0.4-3.9)	2.0	(0.0-4.3)
	45 to 54	0.9	(0.3-1.5)	2.0	(0.0-4.2)
	55 to 64	2.9	(1.4-4.4)	5.3	(0.0-12.4)
	65 to 74	2.2	(0.8-3.5)	5.4	(0.6-10.1)
	75 and older	3.3	(1.7-5.0)	10.1	(2.6-17.6)
Education	Less than H.S.	4.1	(2.2-6.0)	13.4	(4.6-22.1)
	H.S. Graduate	2.3	(1.3-3.3)	8.4	(3.6-13.2)
	Some College	3.4	(0.4-6.4)	0.4	(0.0-1.3)
	Voc./Assoc. Degree	1.7	(0.2-3.3)	4.4	(0.0-10.5)
	College Graduate	0.5	(0.1-0.9)	2.0	(0.0-5.8)
Poverty Status	200% or Less	5.4	(2.8-8.0)	13.2	(7.4-19.1)
	More than 200%	0.5	(0.2-0.8)	1.7	(0.1-3.3)

¹ Respondents could indicate more than one type of insurance.

² Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 8.2.D
INSURANCE TYPES
PERCENT OTHER PUBLIC^{1,2}

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,479)		Koochiching County ³ (n=400)	
		11.0%	(7.2-14.9)	8.5%	(5.5-11.6)
Overall Results		11.0%	(7.2-14.9)	8.5%	(5.5-11.6)
Gender	Male	9.5	(4.7-14.3)	7.4	(2.9-11.9)
	Female	12.5	(6.6-18.5)	9.6	(5.4-13.8)
Age	18 to 34	20.8	(9.3-32.2)	10.0	(3.4-16.5)
	35 to 44	8.0	(5.2-10.8)	11.7	(4.2-19.2)
	45 to 54	4.2	(2.6-5.7)	7.2	(0.7-13.7)
	55 to 64	8.0	(5.8-10.2)	13.0	(2.0-24.1)
	65 to 74	7.3	(4.5-10.0)	5.6	(0.0-11.9)
	75 and older	8.4	(5.5-11.2)	0.9	(0.0-2.8)
Education	Less than H.S.	15.3	(9.0-21.6)	26.6	(13.5-39.7)
	H.S. Graduate	18.9	(9.3-28.5)	10.3	(4.1-16.4)
	Some College	6.7	(3.1-10.3)	3.1	(0.0-7.2)
	Voc./Assoc. Degree	6.8	(3.3-10.2)	3.7	(0.0-8.7)
	College Graduate	4.4	(1.9-7.0)	9.7	(0.5-18.9)
Poverty Status	200% or Less	27.3	(16.6-38.0)	17.1	(10.0-24.1)
	More than 200%	3.3	(2.4-4.3)	5.9	(2.5-9.3)

¹ Respondents could indicate more than one type of insurance.

² 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.

³ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 8.2.E
INSURANCE TYPES
PERCENT HOSPITALIZATION ONLY
 BRIDGE TO HEALTH SURVEY 2005

Question: Some health insurance only covers hospitalization. Is this the kind you have?

Demographic Characteristics		Region (n=4,453)		Koochiching County ¹ (n=394)	
Overall Results		3.2%	(2.4-3.9)	3.3%	(1.6-4.9)
Gender	Male	3.7	(2.4-4.9)	2.9	(0.6-5.1)
	Female	2.7	(1.9-3.6)	3.6	(1.3-6.0)
Age	18 to 34	2.1	(0.9-3.2)	6.6	(2.4-10.8)
	35 to 44	2.8	(0.3-5.3)	4.4	(0.0-9.6)
	45 to 54	5.4	(3.4-7.4)	2.7	(0.0-7.0)
	55 to 64	5.2	(3.3-7.2)	0.0	(0.0-0.0)
	65 to 74	1.5	(0.4-2.7)	0.0	(0.0-0.0)
	75 and older	1.9	(0.7-3.1)	3.8	(0.1-7.5)
Education	Less than H.S.	5.4	(2.1-8.8)	5.5	(0.1-11.0)
	H.S. Graduate	2.7	(1.6-3.8)	4.8	(1.1-8.6)
	Some College	2.2	(1.1-3.4)	2.5	(0.0-5.4)
	Voc./Assoc. Degree	4.7	(1.5-7.8)	2.1	(0.0-4.7)
	College Graduate	3.5	(1.8-5.2)	1.3	(0.0-3.9)
Poverty Status	200% or Less	3.4	(1.7-5.0)	7.4	(3.3-11.5)
	More than 200%	3.3	(2.3-4.2)	1.9	(0.2-3.6)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

**TABLE 8.3.A
LACK OF INSURANCE
PERCENT CURRENTLY UNINSURED**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,478)		Koochiching County ¹ (n=400)	
		8.7%	(6.1-11.3)	4.7%	(2.5-6.8)
Overall Results		8.7%	(6.1-11.3)	4.7%	(2.5-6.8)
Gender	Male	12.3	(7.4-17.2)	7.4	(3.8-10.9)
	Female	5.4	(3.9-6.8)	2.1	(0.0-4.5)
Age	18 to 34	17.9	(10.0-25.8)	12.8	(5.3-20.4)
	35 to 44	7.0	(4.2-9.8)	5.3	(0.5-10.2)
	45 to 54	8.0	(5.1-10.9)	2.4	(0.0-5.3)
	55 to 64	4.1	(2.5-5.7)	2.6	(0.0-7.5)
	65 to 74	0.2	(0.0-0.5)	0.0	(0.0-0.0)
	75 and older	0.5	(0.0-1.2)	0.0	(0.0-0.0)
Education	Less than H.S.	8.8	(4.7-12.9)	7.0	(0.6-13.3)
	H.S. Graduate	12.0	(5.6-18.5)	4.9	(1.0-8.9)
	Some College	9.9	(5.7-14.0)	5.4	(0.7-10.1)
	Voc./Assoc. Degree	6.5	(3.3-9.6)	5.0	(0.5-9.5)
	College Graduate	3.9	(1.7-6.0)	0.0	(0.0-0.0)
Poverty Status	200% or Less	12.5	(8.7-16.2)	5.8	(1.0-10.5)
	More than 200%	7.5	(3.6-11.4)	4.5	(2.0-6.9)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 8.4.A
FAILURE TO RECEIVE MEDICAL CARE
PERCENT NEEDED BUT DID NOT GET OR DELAYED GETTING MEDICAL CARE
 BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,475)		Koochiching County ¹ (n=398)	
		13.7%	(10.7-16.7)	16.4%	(12.3-20.4)
Overall Results					
Gender	Male	10.8	(8.5-13.2)	12.8	(8.0-17.6)
	Female	16.5	(11.2-21.7)	19.7	(13.4-26.0)
Age	18 to 34	16.0	(6.8-25.1)	24.3	(13.6-35.0)
	35 to 44	16.5	(12.5-20.5)	17.9	(8.8-27.0)
	45 to 54	13.9	(10.7-17.1)	12.8	(4.8-20.8)
	55 to 64	12.8	(9.8-15.7)	15.9	(4.3-27.6)
	65 to 74	6.3	(4.1-8.5)	12.8	(4.7-21.0)
	75 and older	10.4	(6.9-13.9)	10.0	(3.4-16.6)
Education	Less than H.S.	18.4	(12.1-24.8)	21.8	(9.6-33.9)
	H.S. Graduate	16.3	(8.6-24.0)	17.0	(10.2-23.9)
	Some College	12.5	(9.5-15.5)	15.3	(7.4-23.3)
	Voc./Assoc. Degree	14.6	(10.3-18.9)	14.9	(5.6-24.2)
	College Graduate	9.3	(6.5-12.0)	15.5	(4.5-26.6)
Poverty Status	200% or Less	18.9	(9.8-27.9)	16.8	(10.5-23.2)
	More than 200%	11.5	(9.6-13.3)	15.6	(10.7-20.6)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 8.4.B
FAILURE TO RECEIVE MEDICAL CARE
PERCENT BECAUSE IT COST TOO MUCH
 BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region		Koochiching County ¹	
		(n=613)		(n=65)	
Overall Results		37.2%	(22.4-52.0)	15.9%	(6.3-25.5)
Gender	Male	32.4	(21.7-43.1)	N/A ¹	
	Female	40.1	(18.0-62.2)	17.9	(4.5-31.4)
Age	18 to 34	54.0	(23.1-84.9)	N/A ¹	
	35 to 44	34.3	(21.4-47.1)	N/A ¹	
	45 to 54	32.1	(20.7-43.5)	N/A ¹	
	55 to 64	23.2	(13.3-33.1)	N/A ¹	
	65 to 74	34.2	(14.3-54.2)	N/A ¹	
	75 and older	3.5	(0.0-8.7)	N/A ¹	
Education	Less than H.S.	24.4	(8.9-39.9)	N/A ¹	
	H.S. Graduate	48.6	(20.5-76.8)	N/A ¹	
	Some College	23.7	(12.7-34.7)	N/A ¹	
	Voc./Assoc. Degree	41.7	(25.6-57.9)	N/A ¹	
	College Graduate	28.0	(10.6-45.3)	N/A ¹	
Poverty Status	200% or Less	50.7	(22.2-79.2)	N/A ¹	
	More than 200%	28.7	(20.6-36.7)	8.4	(0.0-16.8)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 8.4.C
FAILURE TO RECEIVE MEDICAL CARE
PERCENT BECAUSE I DON'T HAVE INSURANCE

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region		Koochiching County ¹	
		(n=613)		(n=65)	
Overall Results		23.8%	(6.6-41.1)	12.2%	(3.2-21.2)
Gender	Male	19.7	(10.1-29.3)	N/A ¹	
	Female	26.4	(0.0-52.8)	13.1	(0.0-26.2)
Age	18 to 34	45.3	(9.7-80.8)	N/A ¹	
	35 to 44	16.9	(7.7-26.1)	N/A ¹	
	45 to 54	12.9	(4.1-21.7)	N/A ¹	
	55 to 64	13.8	(5.4-22.1)	N/A ¹	
	65 to 74	0.0	(0.0-0.0)	N/A ¹	
	75 and older	0.0	(0.0-0.0)	N/A ¹	
Education	Less than H.S.	17.2	(4.2-30.2)	N/A ¹	
	H.S. Graduate	37.6	(4.4-70.8)	N/A ¹	
	Some College	16.6	(6.6-26.5)	N/A ¹	
	Voc./Assoc. Degree	15.7	(3.7-27.7)	N/A ¹	
	College Graduate	6.3	(0.0-13.0)	N/A ¹	
Poverty Status	200% or Less	43.8	(12.0-75.6)	N/A ¹	
	More than 200%	9.4	(4.3-14.4)	10.5	(0.0-21.8)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 8.4.D
FAILURE TO RECEIVE MEDICAL CARE
PERCENT BECAUSE INSURANCE DID NOT COVER IT

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=613)		Koochiching County ¹ (n=65)	
Overall Results		15.6%	(9.9-21.3)	7.8%	(2.0-13.6)
Gender	Male	19.8	(10.3-29.3)	N/A ¹	
	Female	13.0	(6.7-19.3)	2.6	(0.0-6.2)
Age	18 to 34	7.8	(0.4-15.1)	N/A ¹	
	35 to 44	17.4	(7.1-27.7)	N/A ¹	
	45 to 54	27.1	(13.6-40.5)	N/A ¹	
	55 to 64	20.5	(8.9-32.1)	N/A ¹	
	65 to 74	26.6	(8.7-44.6)	N/A ¹	
	75 and older	2.5	(0.0-7.4)	N/A ¹	
Education	Less than H.S.	17.3	(4.1-30.6)	N/A ¹	
	H.S. Graduate	14.0	(3.5-24.5)	N/A ¹	
	Some College	12.1	(4.8-19.4)	N/A ¹	
	Voc./Assoc. Degree	15.7	(5.6-25.8)	N/A ¹	
	College Graduate	23.5	(9.6-37.4)	N/A ¹	
Poverty Status	200% or Less	11.9	(3.6-20.2)	N/A ¹	
	More than 200%	18.0	(11.7-24.2)	8.5	(1.0-15.9)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 8.5.A
FAILURE TO SEEK HELP FOR EMOTIONAL PROBLEMS
PERCENT WANTED HELP BUT DID NOT TALK OR DELAYED
TALKING WITH SOMEONE

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,476)		Koochiching County ¹ (n=400)	
Overall Results		5.2%	(4.2-6.3)	9.4%	(6.3-12.5)
Gender	Male	4.1	(2.6-5.7)	4.1	(1.6-6.7)
	Female	6.3	(4.9-7.7)	14.4	(9.0-19.9)
Age	18 to 34	5.5	(2.8-8.2)	13.1	(4.2-22.0)
	35 to 44	7.1	(4.5-9.7)	16.1	(7.4-24.8)
	45 to 54	5.8	(3.8-7.8)	3.5	(0.0-8.5)
	55 to 64	4.9	(3.0-6.9)	8.1	(0.8-15.4)
	65 to 74	2.5	(1.4-3.6)	7.1	(1.6-12.7)
	75 and older	3.5	(1.7-5.3)	7.5	(2.4-12.6)
Education	Less than H.S.	11.4	(5.8-17.0)	19.9	(9.0-30.7)
	H.S. Graduate	4.7	(3.2-6.2)	10.3	(5.2-15.4)
	Some College	7.1	(4.2-10.0)	8.2	(1.5-14.8)
	Voc./Assoc. Degree	5.5	(2.6-8.4)	6.1	(0.6-11.5)
	College Graduate	2.5	(1.2-3.8)	6.3	(0.0-13.8)
Poverty Status	200% or Less	8.1	(5.3-10.9)	13.4	(7.6-19.2)
	More than 200%	4.2	(3.1-5.2)	8.0	(4.3-11.7)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 8.5.B
FAILURE TO SEEK HELP FOR EMOTIONAL PROBLEMS
PERCENT BECAUSE IT COST TOO MUCH

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=235)	Koochiching County ¹ (n=38)		
Overall Results		33.9%	(22.5-45.2)	17.5%	(4.7-30.3)
Gender	Male	42.8	(21.4-64.2)	N/A ¹	
	Female	28.2	(17.0-39.5)	N/A ¹	
Age	18 to 34	42.7	(16.8-68.7)	N/A ¹	
	35 to 44	37.4	(17.7-57.1)	N/A ¹	
	45 to 54	30.7	(11.3-50.1)	N/A ¹	
	55 to 64	28.5	(9.7-47.3)	N/A ¹	
	65 to 74	29.8	(5.8-53.8)	N/A ¹	
	75 and older	1.2	(0.0-3.6)	N/A ¹	
Education	Less than H.S.	33.2	(2.0-64.4)	N/A ¹	
	H.S. Graduate	35.5	(19.5-51.5)	N/A ¹	
	Some College	42.0	(17.0-67.1)	N/A ¹	
	Voc./Assoc. Degree	36.2	(10.6-61.9)	N/A ¹	
	College Graduate	2.7	(0.0-6.7)	N/A ¹	
Poverty Status	200% or Less	34.4	(15.4-53.4)	N/A ¹	
	More than 200%	32.4	(18.7-46.1)	N/A ¹	

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 8.5.C
FAILURE TO SEEK HELP FOR EMOTIONAL PROBLEMS
PERCENT BECAUSE INSURANCE DID NOT COVER IT

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=235)		Koochiching County ¹ (n=38)	
Overall Results		18.2%	(8.3-28.1)	9.9%	(0.0-19.7)
Gender	Male	20.0	(0.0-42.3)	N/A ¹	
	Female	17.1	(9.5-24.6)	N/A ¹	
Age	18 to 34	25.4	(0.0-51.9)	N/A ¹	
	35 to 44	13.9	(3.4-24.4)	N/A ¹	
	45 to 54	13.8	(2.8-24.8)	N/A ¹	
	55 to 64	13.1	(2.7-23.5)	N/A ¹	
	65 to 74	36.5	(10.1-62.9)	N/A ¹	
	75 and older	11.3	(0.0-31.3)	N/A ¹	
Education	Less than H.S.	21.8	(4.0-39.6)	N/A ¹	
	H.S. Graduate	7.3	(2.1-12.5)	N/A ¹	
	Some College	27.6	(0.7-54.5)	N/A ¹	
	Voc./Assoc. Degree	25.1	(1.9-48.3)	N/A ¹	
	College Graduate	12.6	(0.0-27.1)	N/A ¹	
Poverty Status	200% or Less	25.5	(7.0-44.1)	N/A ¹	
	More than 200%	13.5	(6.4-20.6)	N/A ¹	

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 8.5.D
FAILURE TO SEEK HELP FOR EMOTIONAL PROBLEMS
PERCENT BECAUSE I DID NOT THINK IT WAS SERIOUS ENOUGH

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=235)	Koochiching County ¹ (n=38)		
Overall Results		15.3%	(8.9-21.7)	17.8%	(5.7-29.9)
Gender	Male	14.8	(4.0-25.6)	N/A ¹	
	Female	15.6	(7.7-23.5)	N/A ¹	
Age	18 to 34	12.7	(0.0-25.7)	N/A ¹	
	35 to 44	16.5	(4.9-28.2)	N/A ¹	
	45 to 54	20.8	(4.3-37.4)	N/A ¹	
	55 to 64	2.5	(0.0-5.8)	N/A ¹	
	65 to 74	25.6	(6.4-44.8)	N/A ¹	
	75 and older	24.6	(4.6-44.6)	N/A ¹	
Education	Less than H.S.	15.8	(0.0-39.6)	N/A ¹	
	H.S. Graduate	21.3	(11.0-31.6)	N/A ¹	
	Some College	15.8	(2.2-29.5)	N/A ¹	
	Voc./Assoc. Degree	2.4	(0.0-5.4)	N/A ¹	
	College Graduate	10.6	(0.0-23.3)	N/A ¹	
Poverty Status	200% or Less	11.3	(2.8-19.9)	N/A ¹	
	More than 200%	20.8	(10.5-31.1)	N/A ¹	

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 8.6.A
FAILURE TO FILL A MEDICATION PRESCRIPTION
PERCENT FAILED TO FILL PRESCRIPTION

BRIDGE TO HEALTH SURVEY 2005

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

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

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

Demographic Characteristics		Region (n=4,476)		Koochiching County ¹ (n=400)	
		4.7%	(3.7-5.7)	5.8%	(3.7-7.9)
Overall Results					
Gender	Male	3.2	(1.7-4.6)	4.8	(2.1-7.6)
	Female	6.1	(4.8-7.4)	6.7	(3.6-9.8)
Age	18 to 34	2.9	(0.8-5.0)	4.1	(0.3-7.8)
	35 to 44	4.5	(1.8-7.2)	5.8	(0.0-11.5)
	45 to 54	4.8	(3.0-6.5)	3.3	(0.0-7.1)
	55 to 64	8.1	(5.5-10.7)	0.0	(0.0-0.0)
	65 to 74	5.5	(3.5-7.6)	13.2	(5.1-21.3)
	75 and older	4.8	(2.9-6.6)	13.4	(5.9-20.9)
Education	Less than H.S.	6.5	(3.7-9.2)	14.0	(5.3-22.7)
	H.S. Graduate	3.9	(2.4-5.3)	7.3	(3.0-11.7)
	Some College	3.7	(2.4-5.0)	4.7	(1.3-8.1)
	Voc./Assoc. Degree	4.7	(2.5-6.9)	2.0	(0.0-5.1)
	College Graduate	6.2	(3.3-9.1)	2.9	(0.0-7.5)
Poverty Status	200% or Less	5.9	(3.6-8.2)	10.8	(5.8-15.8)
	More than 200%	4.3	(3.2-5.5)	4.3	(2.0-6.5)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 8.6.B
FAILURE TO FILL A MEDICATION PRESCRIPTION
PERCENT BECAUSE INSURANCE DID NOT COVER IT

BRIDGE TO HEALTH SURVEY 2005

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

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

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

Demographic Characteristics		Region (n=210)	Koochiching County ¹ (n=23)	
Overall Results		39.5%	(27.9-51.1)	N/A¹
Gender	Male	47.6	(21.9-73.3)	N/A ¹
	Female	35.5	(24.7-46.3)	N/A ¹
Age	18 to 34	59.9	(27.4-92.4)	N/A ¹
	35 to 44	46.6	(14.5-78.6)	N/A ¹
	45 to 54	28.7	(10.1-47.3)	N/A ¹
	55 to 64	42.0	(24.4-59.6)	N/A ¹
	65 to 74	23.2	(7.9-38.6)	N/A ¹
	75 and older	19.0	(0.0-41.4)	N/A ¹
Education	Less than H.S.	30.1	(8.4-51.8)	N/A ¹
	H.S. Graduate	38.5	(18.6-58.3)	N/A ¹
	Some College	23.2	(7.3-39.1)	N/A ¹
	Voc./Assoc. Degree	44.4	(18.9-69.8)	N/A ¹
	College Graduate	50.9	(25.0-76.9)	N/A ¹
Poverty Status	200% or Less	43.2	(21.7-64.8)	N/A ¹
	More than 200%	36.7	(22.7-50.8)	N/A ¹

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 8.6.C
FAILURE TO FILL A MEDICATION PRESCRIPTION
PERCENT BECAUSE THE MEDICINE WAS TOO EXPENSIVE

BRIDGE TO HEALTH SURVEY 2005

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

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

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

Demographic Characteristics		Region (n=210)	Koochiching County ¹ (n=23)	
Overall Results		37.0%	(25.8-48.3)	N/A¹
Gender	Male	33.3	(6.2-60.4)	N/A ¹
	Female	38.9	(28.4-49.4)	N/A ¹
Age	18 to 34	67.1	(36.9-97.4)	N/A ¹
	35 to 44	24.4	(3.6-45.1)	N/A ¹
	45 to 54	27.9	(11.4-44.5)	N/A ¹
	55 to 64	33.9	(16.8-50.9)	N/A ¹
	65 to 74	32.8	(15.8-49.8)	N/A ¹
	75 and older	27.1	(9.2-44.9)	N/A ¹
Education	Less than H.S.	46.6	(24.8-68.4)	N/A ¹
	H.S. Graduate	35.8	(18.4-53.3)	N/A ¹
	Some College	35.7	(17.9-53.4)	N/A ¹
	Voc./Assoc. Degree	32.8	(10.0-55.6)	N/A ¹
	College Graduate	37.8	(10.0-65.6)	N/A ¹
Poverty Status	200% or Less	52.3	(32.7-71.9)	N/A ¹
	More than 200%	28.6	(17.0-40.2)	N/A ¹

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 8.7.A
POSTPONEMENT OF DENTAL WORK
PERCENT POSTPONED DENTAL WORK IN PAST YEAR
 BRIDGE TO HEALTH SURVEY 2005

Question: In the past year, have you postponed dental work? If so, why was that?

Demographic Characteristics		Region (n=4,478)		Koochiching County ¹ (n=398)	
Overall Results		25.6%	(22.2-29.0)	23.1%	(18.7-27.6)
Gender	Male	24.1	(20.1-28.1)	21.7	(15.4-27.9)
	Female	27.0	(21.6-32.4)	24.5	(18.3-30.8)
Age	18 to 34	34.5	(24.6-44.3)	24.2	(14.4-34.0)
	35 to 44	31.3	(25.6-37.0)	24.2	(13.8-34.6)
	45 to 54	24.4	(20.4-28.4)	30.2	(18.3-42.1)
	55 to 64	19.0	(15.6-22.4)	11.7	(1.8-21.7)
	65 to 74	14.4	(11.3-17.6)	28.8	(18.5-39.1)
	75 and older	11.9	(8.3-15.6)	16.2	(8.2-24.2)
Education	Less than H.S.	24.7	(18.0-31.3)	43.4	(29.6-57.2)
	H.S. Graduate	30.2	(22.2-38.2)	26.6	(18.7-34.4)
	Some College	26.6	(20.7-32.4)	17.3	(9.5-25.1)
	Voc./Assoc. Degree	30.3	(24.2-36.4)	15.0	(4.2-25.9)
	College Graduate	15.6	(11.9-19.4)	24.2	(10.8-37.6)
Poverty Status	200% or Less	37.3	(28.3-46.2)	31.5	(23.3-39.7)
	More than 200%	19.8	(17.2-22.4)	19.5	(14.3-24.7)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 8.7.B
POSTPONEMENT OF DENTAL WORK
PERCENT BECAUSE I DON'T HAVE INSURANCE

BRIDGE TO HEALTH SURVEY 2005

Question: In the past year, have you postponed dental work? If so, why was that?

Demographic Characteristics		Region (n=1,145)		Koochiching County ¹ (n=92)	
Overall Results		42.8%	(34.8-50.7)	35.3%	(25.1-45.5)
Gender	Male	48.2	(39.0-57.4)	48.6	(32.3-65.0)
	Female	38.2	(26.2-50.1)	23.9	(12.1-35.8)
Age	18 to 34	49.2	(30.4-68.0)	N/A ¹	
	35 to 44	39.0	(27.8-50.3)	N/A ¹	
	45 to 54	39.5	(29.9-49.2)	N/A ¹	
	55 to 64	41.2	(31.3-51.2)	N/A ¹	
	65 to 74	36.1	(24.6-47.7)	N/A ¹	
	75 and older	27.3	(13.7-40.9)	N/A ¹	
Education	Less than H.S.	38.6	(23.7-53.4)	N/A ¹	
	H.S. Graduate	42.7	(26.6-58.9)	27.6	(13.1-42.1)
	Some College	35.5	(23.5-47.5)	N/A ¹	
	Voc./Assoc. Degree	50.5	(38.0-63.0)	N/A ¹	
	College Graduate	49.1	(35.5-62.6)	N/A ¹	
Poverty Status	200% or Less	46.7	(29.7-63.7)	32.0	(17.3-46.6)
	More than 200%	41.8	(34.7-48.9)	40.2	(25.9-54.6)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 8.7.C
POSTPONEMENT OF DENTAL WORK
PERCENT BECAUSE IT COST TOO MUCH

BRIDGE TO HEALTH SURVEY 2005

Question: In the past year, have you postponed dental work? If so, why was that?

Demographic Characteristics		Region (n=1,145)		Koochiching County ¹ (n=92)	
Overall Results		33.9%	(27.4-40.4)	44.9%	(34.1-55.8)
Gender	Male	39.2	(30.5-47.8)	35.3	(19.8-50.8)
	Female	29.4	(20.9-38.0)	53.2	(38.6-67.8)
Age	18 to 34	24.4	(12.6-36.1)	N/A ¹	
	35 to 44	34.3	(24.0-44.6)	N/A ¹	
	45 to 54	42.8	(33.6-51.9)	N/A ¹	
	55 to 64	41.8	(32.3-51.3)	N/A ¹	
	65 to 74	47.4	(35.6-59.3)	N/A ¹	
	75 and older	47.0	(30.2-63.8)	N/A ¹	
Education	Less than H.S.	45.6	(30.0-61.2)	N/A ¹	
	H.S. Graduate	26.9	(16.6-37.2)	51.2	(34.1-68.3)
	Some College	39.7	(27.4-52.0)	N/A ¹	
	Voc./Assoc. Degree	33.1	(22.1-44.0)	N/A ¹	
	College Graduate	41.0	(26.7-55.2)	N/A ¹	
Poverty Status	200% or Less	34.0	(20.9-47.1)	47.2	(31.5-62.9)
	More than 200%	36.2	(29.7-42.7)	44.1	(29.4-58.7)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 8.7.D
POSTPONEMENT OF DENTAL WORK
PERCENT BECAUSE I COULD NOT GET AN APPOINTMENT

BRIDGE TO HEALTH SURVEY 2005

Question: In the past year, have you postponed dental work? If so, why was that?

Demographic Characteristics		Region (n=1,145)		Koochiching County ¹ (n=92)	
Overall Results		13.7%	(8.4-19.0)	17.5%	(9.4-25.6)
Gender	Male	15.7	(6.8-24.6)	19.0	(5.3-32.7)
	Female	12.1	(6.1-18.0)	16.2	(7.0-25.4)
Age	18 to 34	17.2	(5.0-29.4)	N/A ¹	
	35 to 44	12.5	(5.0-20.0)	N/A ¹	
	45 to 54	10.9	(5.9-16.0)	N/A ¹	
	55 to 64	8.3	(3.5-13.0)	N/A ¹	
	65 to 74	10.8	(4.7-16.9)	N/A ¹	
	75 and older	15.1	(2.5-27.8)	N/A ¹	
Education	Less than H.S.	13.5	(3.2-23.8)	N/A ¹	
	H.S. Graduate	5.6	(2.1-9.0)	14.2	(4.4-24.0)
	Some College	25.0	(8.5-41.5)	N/A ¹	
	Voc./Assoc. Degree	19.8	(9.5-30.2)	N/A ¹	
	College Graduate	13.2	(5.8-20.6)	N/A ¹	
Poverty Status	200% or Less	13.6	(4.0-23.3)	29.6	(15.5-43.7)
	More than 200%	16.1	(9.1-23.0)	12.1	(1.8-22.4)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

Chapter 9

EMERGENCY PREPAREDNESS

TABLE 9.1.A
EMERGENCY PREPAREDNESS - INFECTIOUS DISEASE OUTBREAK
PERCENT WHO WOULD CONTACT LOCAL DOCTOR'S OFFICE

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,480)		Koochiching County ¹ (n=400)	
Overall Results		50.2%	(46.9-53.6)	29.2%	(24.4-34.0)
Gender	Male	42.0	(37.3-46.8)	19.5	(13.7-25.3)
	Female	58.1	(53.9-62.3)	38.5	(31.1-45.8)
Age	18 to 34	40.3	(30.7-49.9)	11.1	(4.3-18.0)
	35 to 44	49.2	(43.3-55.1)	25.5	(14.3-36.8)
	45 to 54	51.6	(47.1-56.1)	25.2	(13.7-36.6)
	55 to 64	54.6	(50.2-58.9)	42.2	(27.1-57.3)
	65 to 74	61.1	(56.4-65.9)	46.3	(34.7-57.8)
	75 and older	62.3	(57.1-67.4)	41.2	(30.0-52.3)
Education	Less than H.S.	48.7	(41.1-56.3)	33.6	(20.3-47.0)
	H.S. Graduate	48.1	(40.6-55.6)	37.8	(28.8-46.7)
	Some College	49.8	(43.7-55.8)	28.2	(18.9-37.6)
	Voc./Assoc. Degree	52.2	(45.7-58.6)	17.0	(7.2-26.7)
	College Graduate	53.3	(48.3-58.4)	23.8	(11.4-36.2)
Poverty Status	200% or Less	48.1	(39.8-56.4)	29.5	(21.3-37.7)
	More than 200%	51.3	(47.7-54.9)	28.3	(22.4-34.3)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 9.1.B
EMERGENCY PREPAREDNESS - INFECTIOUS DISEASE OUTBREAK
PERCENT WHO WOULD CONTACT LOCAL HOSPITAL

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,480)		Koochiching County ¹ (n=400)	
Overall Results		24.8%	(21.8-27.8)	21.3%	(17.0-25.7)
Gender	Male	27.1	(21.9-32.2)	21.3	(15.3-27.3)
	Female	22.6	(19.6-25.7)	21.4	(15.1-27.7)
Age	18 to 34	26.8	(17.9-35.6)	13.9	(6.2-21.6)
	35 to 44	27.9	(22.6-33.2)	28.1	(17.2-38.9)
	45 to 54	24.0	(20.0-28.0)	19.2	(8.8-29.5)
	55 to 64	25.9	(22.0-29.8)	30.1	(16.0-44.2)
	65 to 74	17.9	(14.3-21.4)	19.9	(10.5-29.3)
	75 and older	20.7	(16.4-25.0)	19.5	(10.4-28.6)
Education	Less than H.S.	20.4	(14.9-26.0)	12.2	(2.8-21.5)
	H.S. Graduate	23.4	(17.0-29.8)	27.7	(19.4-36.1)
	Some College	25.5	(19.8-31.2)	14.9	(8.3-21.5)
	Voc./Assoc. Degree	28.2	(22.0-34.5)	17.5	(7.5-27.5)
	College Graduate	25.6	(20.4-30.8)	35.3	(19.6-50.9)
Poverty Status	200% or Less	23.1	(15.4-30.9)	18.1	(10.7-25.4)
	More than 200%	25.8	(22.6-28.9)	22.8	(17.4-28.2)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 9.1.C
EMERGENCY PREPAREDNESS - INFECTIOUS DISEASE OUTBREAK
PERCENT WHO WOULD CONTACT LOCAL HEALTH DEPARTMENT

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,480)		Koochiching County ¹ (n=400)	
		9.9%	(8.1-11.8)	8.7%	(5.7-11.7)
Overall Results		9.9%	(8.1-11.8)	8.7%	(5.7-11.7)
Gender	Male	6.9	(5.3-8.6)	10.5	(5.7-15.3)
	Female	12.8	(9.6-16.0)	7.0	(3.3-10.8)
Age	18 to 34	8.3	(3.0-13.5)	11.3	(3.8-18.7)
	35 to 44	8.2	(5.7-10.8)	9.5	(2.0-17.0)
	45 to 54	13.7	(10.6-16.8)	12.7	(4.7-20.8)
	55 to 64	14.2	(11.0-17.4)	5.4	(0.0-12.7)
	65 to 74	9.5	(6.6-12.4)	1.8	(0.0-4.3)
	75 and older	5.2	(2.4-8.1)	6.8	(1.2-12.5)
Education	Less than H.S.	6.0	(0.8-11.2)	4.7	(0.0-10.2)
	H.S. Graduate	8.3	(4.0-12.7)	4.6	(0.8-8.4)
	Some College	8.3	(6.1-10.5)	10.2	(3.8-16.5)
	Voc./Assoc. Degree	11.3	(7.9-14.8)	17.6	(7.0-28.2)
	College Graduate	14.4	(11.2-17.5)	7.6	(0.7-14.5)
Poverty Status	200% or Less	7.3	(2.2-12.5)	5.4	(1.5-9.3)
	More than 200%	11.2	(9.5-12.8)	10.2	(6.3-14.2)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 9.1.D
EMERGENCY PREPAREDNESS - INFECTIOUS DISEASE OUTBREAK
PERCENT WHO DON'T KNOW

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,480)		Koochiching County ¹ (n=400)	
		8.4%	(6.9-9.8)	21.4%	(17.1-25.7)
Overall Results					
Gender	Male	10.5	(8.0-13.1)	21.9	(15.9-27.9)
	Female	6.3	(4.9-7.8)	20.9	(14.8-27.1)
Age	18 to 34	9.9	(5.9-13.8)	33.7	(22.2-45.2)
	35 to 44	7.9	(4.7-11.1)	21.6	(11.2-32.1)
	45 to 54	7.2	(5.0-9.4)	13.2	(4.8-21.6)
	55 to 64	6.5	(4.2-8.9)	11.7	(2.4-21.0)
	65 to 74	10.4	(7.2-13.6)	22.6	(13.1-32.1)
	75 and older	7.7	(5.4-10.1)	24.6	(14.4-34.7)
Education	Less than H.S.	15.2	(10.5-19.9)	41.6	(28.0-55.1)
	H.S. Graduate	8.2	(6.0-10.4)	19.8	(13.2-26.3)
	Some College	9.8	(5.6-13.9)	19.6	(10.9-28.3)
	Voc./Assoc. Degree	6.4	(2.9-9.9)	13.4	(5.2-21.5)
	College Graduate	6.5	(3.9-9.0)	22.0	(8.0-36.0)
Poverty Status	200% or Less	10.3	(6.7-14.0)	35.5	(26.9-44.1)
	More than 200%	6.8	(5.3-8.2)	17.0	(12.0-22.0)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 9.2.A
EMERGENCY PREPAREDNESS - BIO-TERRORISM ATTACK
PERCENT WHO WOULD CONTACT LOCAL DOCTOR'S OFFICE

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,480)		Koochiching County ¹ (n=400)	
Overall Results		25.4%	(23.0-27.7)	8.6%	(5.8-11.3)
Gender	Male	20.4	(17.2-23.7)	6.1	(2.9-9.3)
	Female	30.1	(26.7-33.4)	10.9	(6.5-15.3)
Age	18 to 34	17.2	(11.7-22.7)	1.7	(0.0-3.7)
	35 to 44	26.9	(21.8-32.1)	1.3	(0.0-3.9)
	45 to 54	23.6	(19.9-27.2)	7.3	(0.0-14.6)
	55 to 64	27.4	(23.7-31.2)	9.2	(0.3-18.0)
	65 to 74	35.5	(30.9-40.1)	20.3	(11.1-29.6)
	75 and older	37.7	(32.8-42.6)	21.2	(12.0-30.5)
Education	Less than H.S.	32.6	(25.6-39.6)	15.7	(5.5-25.8)
	H.S. Graduate	23.0	(18.5-27.4)	9.2	(4.4-14.1)
	Some College	26.4	(21.2-31.6)	7.5	(2.3-12.6)
	Voc./Assoc. Degree	23.4	(18.6-28.2)	6.6	(0.0-13.1)
	College Graduate	27.0	(23.1-31.0)	6.8	(0.0-13.8)
Poverty Status	200% or Less	21.8	(17.4-26.2)	10.2	(5.2-15.2)
	More than 200%	25.9	(23.1-28.8)	8.0	(4.6-11.4)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 9.2.B
EMERGENCY PREPAREDNESS - BIO-TERRORISM ATTACK
PERCENT WHO WOULD CONTACT LAW ENFORCEMENT

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,480)		Koochiching County ¹ (n=400)	
Overall Results		19.3%	(16.4-22.1)	21.2%	(16.8-25.5)
Gender	Male	22.6	(17.5-27.7)	21.3	(15.2-27.5)
	Female	16.1	(13.5-18.6)	21.0	(14.8-27.1)
Age	18 to 34	23.7	(15.2-32.2)	22.4	(12.3-32.5)
	35 to 44	24.2	(18.7-29.7)	27.6	(16.6-38.6)
	45 to 54	14.9	(11.8-17.9)	18.7	(9.0-28.4)
	55 to 64	16.6	(13.4-19.9)	21.3	(8.6-33.9)
	65 to 74	16.5	(12.9-20.2)	12.8	(5.5-20.0)
	75 and older	12.8	(9.5-16.2)	22.3	(13.0-31.5)
Education	Less than H.S.	12.3	(7.8-16.9)	23.1	(11.6-34.6)
	H.S. Graduate	20.2	(13.8-26.6)	25.7	(17.3-34.0)
	Some College	20.4	(15.4-25.5)	20.1	(11.8-28.4)
	Voc./Assoc. Degree	18.8	(12.8-24.8)	13.1	(5.5-20.7)
	College Graduate	18.9	(14.1-23.7)	20.2	(7.8-32.6)
Poverty Status	200% or Less	19.5	(11.8-27.3)	24.8	(16.6-33.0)
	More than 200%	20.6	(17.7-23.5)	20.4	(15.2-25.7)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 9.2.C
EMERGENCY PREPAREDNESS - BIO-TERRORISM ATTACK
PERCENT WHO WOULD CONTACT LOCAL HOSPITAL

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,480)		Koochiching County ¹ (n=400)	
Overall Results		16.7%	(14.4-19.0)	16.4%	(12.3-20.6)
Gender	Male	14.7	(12.0-17.5)	17.0	(10.8-23.2)
	Female	18.6	(15.0-22.2)	15.9	(10.4-21.4)
Age	18 to 34	18.0	(11.5-24.6)	20.0	(9.8-30.2)
	35 to 44	19.4	(14.5-24.2)	19.4	(9.9-29.0)
	45 to 54	15.4	(12.1-18.7)	11.0	(2.9-19.1)
	55 to 64	15.9	(12.8-19.0)	22.2	(8.7-35.7)
	65 to 74	15.4	(12.1-18.8)	12.5	(4.0-20.9)
	75 and older	13.6	(10.1-17.0)	11.7	(4.4-19.0)
Education	Less than H.S.	14.1	(8.3-19.9)	8.8	(0.4-17.1)
	H.S. Graduate	17.8	(12.7-22.9)	20.6	(12.9-28.3)
	Some College	14.9	(11.5-18.4)	17.9	(9.5-26.4)
	Voc./Assoc. Degree	20.0	(14.3-25.8)	10.0	(2.0-18.1)
	College Graduate	15.7	(11.8-19.6)	17.2	(5.0-29.4)
Poverty Status	200% or Less	16.7	(10.7-22.6)	14.5	(7.6-21.4)
	More than 200%	17.0	(14.7-19.4)	16.9	(11.7-22.0)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 9.2.D
EMERGENCY PREPAREDNESS - BIO-TERRORISM ATTACK
PERCENT WHO DON'T KNOW

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,480)		Koochiching County ¹ (n=400)	
Overall Results		20.0%	(16.4-23.5)	19.6%	(15.6-23.6)
Gender	Male	20.6	(15.7-25.5)	18.4	(13.1-23.6)
	Female	19.4	(14.2-24.5)	20.8	(14.8-26.9)
Age	18 to 34	25.6	(15.0-36.2)	21.5	(12.8-30.2)
	35 to 44	14.9	(11.0-18.7)	22.3	(11.6-33.0)
	45 to 54	18.4	(14.7-22.0)	16.7	(7.0-26.5)
	55 to 64	14.7	(11.6-17.7)	8.1	(0.8-15.4)
	65 to 74	21.6	(17.1-26.1)	22.6	(12.6-32.7)
	75 and older	20.3	(16.0-24.6)	29.3	(18.5-40.0)
Education	Less than H.S.	31.7	(24.1-39.3)	33.6	(20.8-46.5)
	H.S. Graduate	24.0	(15.3-32.7)	19.5	(12.8-26.2)
	Some College	18.7	(13.9-23.6)	11.8	(5.9-17.7)
	Voc./Assoc. Degree	15.9	(11.1-20.6)	20.2	(10.1-30.4)
	College Graduate	14.1	(10.5-17.7)	26.1	(10.8-41.3)
Poverty Status	200% or Less	25.6	(16.6-34.5)	25.8	(17.9-33.6)
	More than 200%	16.6	(12.9-20.3)	16.8	(12.1-21.4)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

Chapter 10

PHYSICAL AND MENTAL HEALTH COMPONENT SUMMARY MEASURES

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

TABLE 10.1.A
PHYSICAL AND MENTAL HEALTH SUMMARY SCORES
PHYSICAL HEALTH SUMMARY MEASURE (MEAN SCORE)

BRIDGE TO HEALTH SURVEY 2005

Demographic Characteristics		Region (n=4,437)		Koochiching County ¹ (n=397)	
		Mean Score	95% CI	Mean Score	95% CI
Overall Results		52.3	(51.9-52.7)	52.5	(51.7-53.3)
Gender	Male	53.0	(52.5-53.5)	52.0	(50.8-53.2)
	Female	51.6	(51.0-52.2)	53.0	(52.0-54.0)
Age	18 to 34	55.5	(55.0-56.1)	57.1	(56.3-57.9)
	35 to 44	53.5	(52.6-54.4)	55.2	(53.9-56.5)
	45 to 54	52.1	(51.4-52.8)	54.1	(52.8-55.4)
	55 to 64	50.3	(49.5-51.2)	50.8	(48.2-53.3)
	65 to 74	49.1	(48.2-50.0)	46.1	(44.1-48.0)
	75 and older	46.5	(45.4-47.5)	45.7	(43.8-47.6)
Education	Less than H.S.	48.2	(46.7-49.7)	50.1	(47.6-52.7)
	H.S. Graduate	51.1	(50.3-52.0)	51.1	(49.8-52.3)
	Some College	52.9	(52.1-53.7)	54.7	(53.4-56.0)
	Voc./Assoc. Degree	52.8	(52.0-53.7)	52.7	(50.8-54.7)
	College Graduate	54.2	(53.7-54.7)	51.8	(49.6-54.1)
Poverty Status	200% or Less	50.4	(49.4-51.4)	50.2	(48.8-51.6)
	More than 200%	53.4	(53.0-53.8)	53.4	(52.6-54.3)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

TABLE 10.1.B
PHYSICAL AND MENTAL HEALTH SUMMARY SCORES
MENTAL HEALTH SUMMARY MEASURE (MEAN SCORE)

BRIDGE TO HEALTH SURVEY 2005

Demographic Characteristics		Region (n=4,437)		Koochiching County ¹ (n=397)	
		Mean Score	95% CI	Mean Score	95% CI
Overall Results		55.4	(55.1-55.7)	54.3	(53.7-54.9)
Gender	Male	56.2	(55.8-56.6)	55.8	(54.9-56.6)
	Female	54.6	(54.1-55.1)	52.9	(52.0-53.7)
Age	18 to 34	55.7	(54.9-56.6)	55.1	(53.6-56.6)
	35 to 44	55.6	(55.0-56.2)	54.2	(52.9-55.5)
	45 to 54	55.0	(54.5-55.6)	55.7	(54.4-56.9)
	55 to 64	54.9	(54.3-55.5)	54.5	(52.7-56.3)
	65 to 74	55.9	(55.3-56.4)	51.6	(49.9-53.4)
	75 and older	54.9	(54.2-55.7)	52.6	(51.3-54.0)
Education	Less than H.S.	53.2	(51.9-54.6)	51.3	(49.2-53.4)
	H.S. Graduate	55.2	(54.6-55.9)	52.6	(51.4-53.9)
	Some College	55.0	(54.3-55.7)	55.1	(53.9-56.3)
	Voc./Assoc. Degree	55.0	(54.1-55.9)	56.0	(55.0-57.0)
	College Graduate	56.8	(56.4-57.1)	56.2	(54.9-57.5)
Poverty Status	200% or Less	53.9	(53.1-54.8)	50.9	(49.6-52.1)
	More than 200%	56.1	(55.8-56.4)	55.5	(54.8-56.2)

¹ Results by demographic factors for this geographic area not shown when cell size is less than 30.

APPENDIX

Appendix A

Bridge to Health Survey 2005 Supporting Sponsors

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

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

* Indicates Financial Sponsor

Appendix B

Bridge to Health Survey 2005 Leadership Team

Project Co-Chairs:

Julie Myhre
Jenny Peterson

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

Steering Committee

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

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

Bridge to Health Survey 2005 Leadership Team

Data Team

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

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

Appendix C

**Bridge to Health Survey 2005
SURVEY INSTRUMENT**

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

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

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

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

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

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

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

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

7. In the past year was there a time when you wanted to talk with or seek help from a health professional about emotional problems such as stress, depression, excess worrying, troubling thoughts or emotional problems, but did not or delayed talking with someone?
1 Yes 2 No (**Skip to Q9**) 7 Don't Know (**Skip to Q 9**) 9 Refused (**Skip to Q9**)

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

____ _ Most important reason	____ _ Second most important
------------------------------	------------------------------

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

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

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

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

____ _ Most important reason	____ _ Second most important
------------------------------	------------------------------

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

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

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

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

____ _ Most important reason	____ _ Second most important
------------------------------	------------------------------

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

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

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

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

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

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

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

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

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

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

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

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

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

(SKIP TO Q 21 IF INSURED)

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

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

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

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

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

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

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

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

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

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

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

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

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

(MEN SKIP TO Q 31)

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

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

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

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

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

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

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

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

(WOMEN SKIP TO Q32)

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

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

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

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

33. Do you consider yourself:

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

50. Are you currently a smoker?

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Last two questions:

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

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

WRITE NUMBER IN BOX

