Northeastern Minnesota & Northwestern Wisconsin

Regional Health Status Survey

CARLTON COUNTY
Data Tables
2010

A Collaborative Effort Among
Regional Health Organizations

First Edition
August 2011

Forward and Acknowledgements

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

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

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

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

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

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

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

Julie Myhre	Jenny Peterson
2010 Bridge to Health Survey Co-chair	2010 Bridge to Health Survey Co-chair
Carlton-Cook-Lake- St. Louis Counties	Generations Health Care Initiatives, Inc.

BRIDGE TO HEALTH SURVEY 2010
Financial Sponsors

Presenting Sponsor   Generations Health Care Initiatives

Platinum Sponsor   Statewide Health Improvement Program - Minnesota Dept. of Health
                 Carlton-Cook-Lake-St Louis Community Health Board
                 Aitkin- Itasca- Koochiching Community Health Board

Gold Sponsors   St. Luke's /St. Luke's Foundation
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Contributors   Aitkin County Health and Human Services
                 Carlton County Public Health and Human Services
                 Community Memorial Hospital, Cloquet
                 Ely- Bloomenson Community Hospital and Nursing Home
                 Integrity Health Network
                 Lake Superior Community Health Center
                 Mercy Hospital & Health Care Center, Moose Lake
                 Riverwood Healthcare Center, Aitkin
                 UCare

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CARLTON COUNTY SUMMARY

This summary report contains results from the Bridge to Health Survey 2010 specific to **Carlton 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 2010 was conducted from November 2010 to February 2011. The introductory pages of this document are replicated from the regional summary report.

Due to the smaller sample sizes on which the Carlton County level analyses are based, this county summary report includes 95% confidence intervals (CI) 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 Carlton 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 Carlton County Bridge to Health Survey 2010				
Demographic Characteristics	Unweighted Sample		Weighted Sample	
	Frequency	Percent	Frequency	Percent
Overall Results	**450**	**100.0%**	**450**	**100.0%**
Gender				
Male	191	42.4%	230	51.1%
Female	259	57.6%	220	48.9%
Age				
18 to 34	41	9.1%	110	24.4%
35 to 44	59	13.1%	86	19.1%
45 to 54	70	15.6%	97	21.6%
55 to 64	91	20.2%	69	15.3%
65 to 74	101	22.4%	44	9.8%
75 and older	88	19.6%	44	9.8%
Education[1]				
Less than H.S.	32	7.1%	23	5.1%
H.S. Graduate	146	32.5%	121	26.9%
Some College	85	18.9%	119	26.5%
Voc./Assoc. Degree	72	16.0%	78	17.4%
College Graduate	114	25.4%	108	24.1%
Poverty Status[2]				
200% or Less	125	32.6%	92	23.8%
More than 200%	259	67.4%	294	76.2%

[1] 0.2% were missing education

[2] 14.7% were missing poverty status

INTRODUCTION

Statistics may be defined as 'a body of methods for making wise decisions in the face of uncertainty.'
–W.A. Wallis

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

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

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

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

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

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

Collaboration Among Health Organizations

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

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

Utilization of Bridge to Health Data

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

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

Primarily survey data has been used for:

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

Reference

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

METHODOLOGY AND DEMOGRAPHICS

The *Bridge to Health Survey 2010* data were collected through 4,500 telephone interviews conducted by the firm Finch & King, Inc. A press release was sent to the regional media to notify the general public about the project and of the possibility of being contacted as a respondent. In addition, survey sponsors designed local efforts (such as posters in health organizations and articles in local newspapers) to inform their communities of the importance of the project.

Sample Design

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

1) To provide data specific to the nine county region as a whole with sufficient sample size to detect small differences over time;
2) To allow for comparison of urban and rural respondents; and
3) To provide county level data with a sufficient level of statistical precision.

A disproportionate stratified sampling method has been employed in all four administrations of the *Bridge to Health Survey*. However, starting with the 2005 survey, the design of the sample differed in several ways from the 1995 and 2000 surveys. The 2005 and 2010 surveys sampled only 10 geographic areas. The final sample size for each area was 450 respondents, resulting in 95% confidence intervals of not more than +/- 4.61% for each geographic area and approximately +/- 1.45% for the entire sample. The geographic areas sampled in 2005 and 2010 were: Aitkin, Carlton, Cook, Itasca, Koochiching, Lake, St. Louis and Pine counties in Minnesota and Douglas County in Wisconsin. St. Louis County was split into two strata: the city of Duluth and the remainder of the county.

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

Data Collection

One adult (age 18 and older) from each sampled household was selected to participate in the survey. To select the respondent, the person answering the telephone was asked to identify the adult in the household who most recently had a birthday. This individual became the designated respondent. The interviews lasted an average of about 34 minutes. The response rate to the survey is 69.5%.

Statistical Weighting of Data

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

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

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

The next step was to post-stratify the data based on the American Community Survey Estimates of age and gender for adults within each of the 10 strata (*1*). This step adjusts for any under-representation or over-representation within the data set by gender and/or age.

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

Limitations of Findings

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

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

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

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

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

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

Guide to Interpreting the Tables

 Three different types of tables are included in this report:

1) The first type of table display results for all of the response categories for a single question. In this case, the number of respondents who answered the question (n=) is listed within the table title. For an example of this type of table, see Table 1.1.
2) Most tables in this report reflect responses to multiple questions within a single table. Each column on this type of table presents the results for one question (e.g. the percentage of respondents who answered "yes" to a question). The number of respondents who answered the question (n=) in this case is listed in the column heading below the topic. Since each column represents a different question, the number of respondents answering each question may differ. For an example of this type of table, see Table 2.1.
3) The third type of table design is a combination of the first two types. Part of the table includes the results for one question with several response categories (e.g. respondents who currently smoke, who used to smoke but quit, and who never smoked). A second part of the table includes the results for questions asked of a subset of respondents (e.g. the percentage of current smokers who have tried to quit in the past year). For an example of this type of table, see Table 6.1.

On all tables, responses of "Don't know" or "Refused" are *not* included in the calculated percentages, as these responses occur very infrequently for most questions.

References

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

Chapter 1

HEALTH STATUS

Chapter 1:   Perceived Health Status

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

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

Perceived Health Status

Perceived Health Status	BTH Region Report 2010	Carlton County 2010 (CI)	BRFSS 2009 (*1*)		
			Minnesota	Wisconsin	National
Excellent	28.8%	29.6% (20.1-39.2)	21.9%	18.5%	21.0%
Very Good	37.3%	34.29% (27.6-41.0)	40.6%	39.6%	35.0%
Good	22.9%	24.5% (19.1-29.8)	27.4%	30.0%	29.9%
Fair/ Poor	11.0%	11.6% (8.3-15.0)	10.1%	11.8%	14.5%

References

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

TABLE 1.1.A
PERCEIVED HEALTH STATUS
PERCENT EXCELLENT[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4492)		Carlton County n=(449)	
		Percent	95% CI	Percent	95% CI
Overall Results		**28.8%**	**(25.3-32.3)**	**29.6%**	**(20.1-39.2)**
Gender	Male	34.0	(28.4-39.6)	33.3	(16.7-50.0)
	Female	23.7	(19.8-27.7)	25.8	(18.6-33.0)
Age	18 to 34	55.0	(45.6-64.5)	56.2	(31.4-81.0)
	35 to 44	36.5	(30.7-42.2)	33.0	(20.2-45.7)
	45 to 54	20.3	(16.1-24.4)	23.9	(12.8-34.9)
	55 to 64	15.1	(11.8-18.4)	15.8	(8.0-23.7)
	65 to 74	13.0	(10.2-15.8)	13.7	(6.9-20.6)
	75 and older	5.4	(3.4-7.4)	7.8	(1.5-14.1)
Education	Less than H.S.	11.0	(5.0-16.9)	N/A	N/A
	H.S. Graduate	17.6	(13.2-21.9)	20.1	(10.0-30.1)
	Some College	43.1	(33.6-52.5)	43.8	(17.6-70.1)
	Voc./Assoc. Degree	23.7	(19.1-28.2)	28.4	(15.0-41.8)
	College Graduate	34.7	(28.9-40.4)	28.6	(18.5-38.7)
Poverty Status	200% or Less	21.1	(11.5-30.8)	15.9	(8.0-23.9)
	More than 200%	33.6	(29.7-37.5)	34.5	(21.4-47.5)

[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 POOR[1,2]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4492)		Carlton County n=(449)	
		Percent	95% CI	Percent	95% CI
Overall Results		**11.0%**	**(9.7-12.3)**	**11.6%**	**(8.3-15.0)**
Gender	Male	10.0	(8.2-11.8)	9.9	(5.3-14.6)
	Female	11.9	(10.1-13.8)	13.4	(8.8-17.9)
Age	18 to 34	1.6	(0.5-2.7)	2.5	(0.0-7.4)
	35 to 44	3.1	(1.5-4.7)	2.0	(0.0-5.0)
	45 to 54	10.6	(7.3-14.0)	16.9	(7.8-26.1)
	55 to 64	13.4	(10.4-16.5)	9.6	(3.1-16.0)
	65 to 74	16.5	(13.2-19.8)	17.3	(9.5-25.0)
	75 and older	37.8	(32.9-42.7)	38.8	(27.5-50.1)
Education	Less than H.S.	21.7	(15.3-28.1)	N/A	N/A
	H.S. Graduate	15.9	(13.2-18.5)	15.5	(9.3-21.8)
	Some College	7.7	(5.4-10.0)	8.5	(1.6-15.5)
	Voc./Assoc. Degree	11.5	(8.1-15.0)	10.3	(3.6-17.0)
	College Graduate	5.7	(3.6-7.8)	5.6	(1.4-9.9)
Poverty Status	200% or Less	16.8	(13.4-20.2)	21.1	(13.3-28.9)
	More than 200%	6.9	(5.6-8.3)	7.6	(4.0-11.2)

[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.

Chapter 2

MEDICAL CONDITIONS

Chapter 2:   Medical Conditions

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

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

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

Prevalence of Medical Conditions

Condition	BTH Region Report 2010	Carlton County 2010 (CI)	BRFSS 2009 (*3*)			Healthy People 2020 goal
			Minnesota	Wisconsin	National	
High cholesterol	22.5%	24.9% (19.7-30.1)	33.9%	35.8%	37.5%	13.5%
Diabetes	8.0%	11.2% (7.6-14.8)	6.4%	8.2%	8.3%	N/A
Heart trouble or angina	9.4%	10.2% (7.0-13.3)	6.4%	7.7%	7.8%	N/A
Stroke problems	2.6%	2.6% (1.1-4.0)	2.3%	2.2%	2.4%	N/A
High blood pressure	26.6%	27.8% (22.3-33.2)	21.6%	27.7%	28.7%	26.9%

References

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

TABLE 2.1.A
CHRONIC AND OTHER MEDICAL CONDITIONS
PERCENT ALLERGIES[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4458)		Carlton County n=(450)	
		Percent	95% CI	Percent	95% CI
Overall Results		**19.5%**	**(17.6-21.5)**	**24.9%**	**(19.2-30.6)**
Gender	Male	14.3	(11.9-16.7)	20.1	(12.1-28.2)
	Female	24.6	(21.7-27.6)	29.9	(22.6-37.1)
Age	18 to 34	10.6	(6.3-14.9)	21.1	(5.5-36.6)
	35 to 44	22.7	(17.9-27.5)	35.2	(21.8-48.6)
	45 to 54	20.9	(16.8-25.1)	22.3	(11.7-32.9)
	55 to 64	26.8	(22.8-30.8)	28.5	(18.4-38.6)
	65 to 74	19.2	(15.9-22.5)	20.2	(11.5-28.9)
	75 and older	23.6	(19.4-27.7)	19.1	(10.3-28.0)
Education	Less than H.S.	18.3	(10.7-25.9)	N/A	N/A
	H.S. Graduate	19.2	(15.9-22.5)	24.0	(13.5-34.6)
	Some College	17.0	(12.3-21.7)	16.9	(5.9-27.9)
	Voc./Assoc. Degree	22.0	(17.5-26.5)	19.7	(9.5-29.9)
	College Graduate	21.2	(17.6-24.8)	37.2	(26.5-48.0)
Poverty Status	200% or Less	18.0	(14.1-21.8)	23.3	(13.6-32.9)
	More than 200%	19.7	(17.4-22.0)	27.3	(19.3-35.4)

[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 ASTHMA[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4459)		Carlton County n=(450)	
		Percent	95% CI	Percent	95% CI
Overall Results		**6.8%**	**(5.2-8.4)**	**7.7%**	**(4.6-10.9)**
Gender	Male	4.2	(2.5-5.9)	7.9	(3.0-12.7)
	Female	9.2	(6.6-11.9)	7.6	(3.7-11.5)
Age	18 to 34	6.9	(1.8-12.0)	5.9	(0.0-13.1)
	35 to 44	7.2	(4.3-10.1)	13.3	(3.7-22.9)
	45 to 54	7.1	(4.5-9.7)	7.7	(1.7-13.7)
	55 to 64	5.3	(3.1-7.4)	6.4	(1.1-11.8)
	65 to 74	5.2	(3.3-7.2)	7.7	(1.7-13.8)
	75 and older	8.9	(5.9-11.9)	3.8	(0.0-7.7)
Education	Less than H.S.	10.6	(4.6-16.5)	N/A	N/A
	H.S. Graduate	6.4	(4.5-8.3)	6.8	(1.7-11.9)
	Some College	7.8	(3.1-12.6)	4.5	(0.0-10.1)
	Voc./Assoc. Degree	8.1	(3.7-12.5)	6.1	(0.8-11.4)
	College Graduate	4.1	(2.7-5.5)	14.1	(5.9-22.4)
Poverty Status	200% or Less	6.6	(3.1-10.2)	6.6	(1.5-11.6)
	More than 200%	5.2	(4.0-6.4)	7.8	(3.8-11.8)

[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 BACK PROBLEMS[1]					
BRIDGE TO HEALTH SURVEY 2010					

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

Demographic Characteristics		Region n=(4464)		Carlton County n=(449)	
		Percent	95% CI	Percent	95% CI
Overall Results		**23.4%**	**(21.2-25.7)**	**24.0%**	**(18.6-29.3)**
Gender	Male	24.7	(21.3-28.1)	23.8	(15.4-32.1)
	Female	22.2	(19.3-25.1)	24.2	(17.6-30.7)
Age	18 to 34	9.8	(5.0-14.6)	11.8	(0.9-22.8)
	35 to 44	17.9	(13.9-22.0)	27.1	(14.5-39.7)
	45 to 54	28.3	(23.2-33.5)	21.8	(11.4-32.2)
	55 to 64	33.9	(29.5-38.2)	27.0	(17.4-36.6)
	65 to 74	30.2	(26.3-34.0)	36.2	(26.2-46.1)
	75 and older	33.2	(28.6-37.8)	36.0	(25.0-47.1)
Education	Less than H.S.	26.9	(18.7-35.0)	N/A	N/A
	H.S. Graduate	25.4	(21.0-29.7)	17.5	(10.9-24.0)
	Some College	20.2	(15.7-24.8)	25.7	(10.7-40.8)
	Voc./Assoc. Degree	27.2	(21.6-32.7)	24.8	(14.0-35.6)
	College Graduate	21.1	(17.3-25.0)	27.1	(17.5-36.6)
Poverty Status	200% or Less	28.1	(22.8-33.4)	34.8	(23.3-46.2)
	More than 200%	20.9	(18.4-23.5)	20.2	(14.0-26.4)

[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 CANCER[1] |
| |
| BRIDGE TO HEALTH SURVEY 2010 |

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

Demographic Characteristics		Region n=(4457)		Carlton County n=(448)	
		Percent	95% CI	Percent	95% CI
Overall Results		**9.5%**	**(8.2-10.8)**	**8.0%**	**(5.5-10.5)**
Gender	Male	7.1	(5.6-8.7)	4.8	(2.1-7.5)
	Female	11.8	(9.8-13.9)	11.2	(7.3-15.2)
Age	18 to 34	1.3	(0.0-3.5)	0.0	(0.0-0.0)
	35 to 44	3.9	(1.9-5.9)	4.3	(0.0-9.0)
	45 to 54	4.9	(2.2-7.6)	3.9	(0.0-8.3)
	55 to 64	10.8	(7.9-13.7)	10.3	(3.1-17.5)
	65 to 74	19.0	(15.7-22.2)	17.0	(9.1-24.8)
	75 and older	36.5	(31.5-41.4)	31.2	(20.5-41.9)
Education	Less than H.S.	18.9	(10.5-27.4)	N/A	N/A
	H.S. Graduate	11.5	(8.9-14.1)	11.9	(6.3-17.4)
	Some College	6.5	(4.4-8.6)	3.1	(0.0-6.6)
	Voc./Assoc. Degree	8.6	(6.0-11.1)	7.8	(2.0-13.7)
	College Graduate	8.6	(6.3-10.9)	6.0	(2.2-9.7)
Poverty Status	200% or Less	10.6	(7.8-13.4)	15.4	(8.6-22.1)
	More than 200%	8.2	(6.6-9.8)	4.4	(2.1-6.6)

[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 DIABETES[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4462)		Carlton County n=(449)	
		Percent	95% CI	Percent	95% CI
Overall Results		**8.0%**	**(6.9-9.1)**	**11.2%**	**(7.6-14.8)**
Gender	Male	7.7	(6.1-9.3)	10.2	(5.2-15.1)
	Female	8.3	(6.7-9.8)	12.3	(7.2-17.4)
Age	18 to 34	1.4	(0.3-2.4)	5.8	(0.0-14.2)
	35 to 44	3.7	(1.5-5.9)	10.0	(1.3-18.6)
	45 to 54	5.5	(3.0-7.9)	7.6	(0.6-14.5)
	55 to 64	11.4	(8.2-14.6)	10.4	(3.9-16.8)
	65 to 74	17.4	(14.2-20.7)	20.2	(12.0-28.5)
	75 and older	21.3	(17.2-25.4)	27.2	(17.0-37.4)
Education	Less than H.S.	10.0	(6.1-13.8)	N/A	N/A
	H.S. Graduate	9.9	(7.8-11.9)	12.0	(5.6-18.5)
	Some College	7.5	(5.1-9.9)	12.4	(2.8-22.0)
	Voc./Assoc. Degree	9.2	(5.8-12.6)	10.5	(4.3-16.7)
	College Graduate	5.3	(3.6-7.0)	6.0	(1.0-10.9)
Poverty Status	200% or Less	10.1	(7.6-12.6)	20.9	(10.8-31.0)
	More than 200%	6.7	(5.3-8.0)	7.4	(3.8-11.0)

[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 DIGESTIVE DISORDERS (CHRONIC)[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4459)		Carlton County n=(447)	
		Percent	95% CI	Percent	95% CI
Overall Results		**3.7%**	**(2.9-4.4)**	**3.0%**	**(1.2-4.7)**
Gender	Male	1.8	(1.2-2.4)	0.5	(0.0-1.2)
	Female	5.4	(4.1-6.8)	5.5	(2.2-8.8)
Age	18 to 34	0.8	(0.0-1.5)	0.0	(0.0-0.0)
	35 to 44	2.6	(1.1-4.1)	4.4	(0.0-9.3)
	45 to 54	4.3	(2.0-6.6)	3.8	(0.0-9.2)
	55 to 64	4.4	(2.3-6.5)	0.0	(0.0-0.0)
	65 to 74	7.0	(4.5-9.4)	4.8	(0.5-9.1)
	75 and older	6.9	(4.8-9.0)	8.6	(2.5-14.6)
Education	Less than H.S.	4.9	(2.3-7.5)	N/A	N/A
	H.S. Graduate	4.1	(2.7-5.4)	2.1	(0.2-3.9)
	Some College	2.9	(1.4-4.4)	0.7	(0.0-1.7)
	Voc./Assoc. Degree	5.0	(2.5-7.5)	4.0	(0.0-8.7)
	College Graduate	2.6	(1.3-3.9)	2.9	(0.0-6.1)
Poverty Status	200% or Less	4.1	(2.8-5.5)	4.5	(0.9-8.1)
	More than 200%	3.6	(2.5-4.6)	2.5	(0.2-4.7)

[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 HEADACHES (CHRONIC)[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4463)		Carlton County n=(450)	
		Percent	95% CI	Percent	95% CI
Overall Results		**5.8%**	**(4.7-6.9)**	**7.4%**	**(4.3-10.4)**
Gender	Male	2.1	(1.2-3.0)	3.7	(0.2-7.2)
	Female	9.4	(7.4-11.4)	11.2	(6.4-15.9)
Age	18 to 34	3.5	(1.1-5.9)	3.3	(0.0-8.3)
	35 to 44	6.9	(4.1-9.8)	9.6	(1.5-17.7)
	45 to 54	8.5	(5.5-11.6)	14.7	(5.7-23.6)
	55 to 64	5.6	(3.3-8.0)	1.7	(0.0-4.3)
	65 to 74	3.5	(1.9-5.1)	6.6	(0.7-12.4)
	75 and older	7.0	(4.6-9.4)	6.8	(1.6-12.0)
Education	Less than H.S.	10.7	(6.3-15.1)	N/A	N/A
	H.S. Graduate	6.0	(4.2-7.7)	4.2	(0.0-8.3)
	Some College	5.8	(2.9-8.6)	3.7	(0.0-7.7)
	Voc./Assoc. Degree	6.2	(2.9-9.4)	7.7	(0.5-14.9)
	College Graduate	3.8	(2.3-5.4)	10.3	(3.0-17.5)
Poverty Status	200% or Less	8.0	(5.5-10.4)	9.9	(3.2-16.5)
	More than 200%	5.0	(3.6-6.4)	7.5	(3.5-11.5)

[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 HEART TROUBLE OR ANGINA[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4462)		Carlton County n=(450)	
		Percent	95% CI	Percent	95% CI
Overall Results		**9.4%**	**(8.3-10.5)**	**10.2%**	**(7.0-13.3)**
Gender	Male	9.3	(7.7-10.8)	9.4	(5.3-13.5)
	Female	9.6	(8.0-11.1)	11.0	(6.3-15.7)
Age	18 to 34	0.5	(0.0-1.1)	3.4	(0.0-10.0)
	35 to 44	2.0	(0.7-3.3)	2.9	(0.0-6.4)
	45 to 54	4.2	(2.3-6.1)	9.2	(2.1-16.4)
	55 to 64	10.1	(7.2-13.0)	10.2	(3.9-16.4)
	65 to 74	20.5	(17.0-24.1)	21.4	(12.9-29.9)
	75 and older	41.1	(36.2-45.9)	32.2	(21.6-42.9)
Education	Less than H.S.	20.4	(14.5-26.4)	N/A	N/A
	H.S. Graduate	12.0	(9.8-14.3)	8.5	(4.5-12.6)
	Some College	6.9	(4.7-9.1)	8.7	(1.0-16.4)
	Voc./Assoc. Degree	6.9	(4.5-9.2)	6.5	(1.7-11.4)
	College Graduate	7.9	(5.9-9.9)	8.1	(3.2-13.1)
Poverty Status	200% or Less	12.7	(9.8-15.5)	21.9	(12.4-31.3)
	More than 200%	7.2	(5.9-8.4)	5.7	(2.8-8.7)

[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 BLOOD PRESSURE[1]

TABLE 2.1.I
CHRONIC AND OTHER MEDICAL CONDITIONS
PERCENT HIGH BLOOD PRESSURE[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4457)		Carlton County n=(450)	
		Percent	95% CI	Percent	95% CI
Overall Results		**26.6%**	**(24.4-28.7)**	**27.8%**	**(22.3-33.2)**
Gender	Male	27.1	(23.8-30.4)	28.5	(19.3-37.7)
	Female	26.1	(23.3-28.8)	27.0	(21.2-32.8)
Age	18 to 34	3.1	(0.8-5.5)	6.1	(0.0-13.5)
	35 to 44	10.1	(6.8-13.4)	15.7	(6.2-25.1)
	45 to 54	22.7	(18.2-27.3)	20.7	(10.7-30.7)
	55 to 64	39.0	(34.6-43.5)	41.0	(30.1-52.0)
	65 to 74	55.1	(50.9-59.4)	50.7	(40.4-61.0)
	75 and older	69.7	(65.1-74.4)	77.9	(68.4-87.4)
Education	Less than H.S.	33.8	(25.5-42.1)	N/A	N/A
	H.S. Graduate	35.4	(31.0-39.7)	38.2	(28.2-48.2)
	Some College	18.5	(14.4-22.5)	15.6	(6.4-24.9)
	Voc./Assoc. Degree	27.4	(22.5-32.3)	33.0	(20.5-45.5)
	College Graduate	23.3	(19.5-27.0)	21.5	(14.0-29.0)
Poverty Status	200% or Less	30.1	(24.8-35.4)	42.8	(31.6-54.0)
	More than 200%	22.3	(19.9-24.7)	21.4	(15.3-27.4)

[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 HIGH CHOLESTEROL[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4441)		Carlton County n=(450)	
		Percent	95% CI	Percent	95% CI
Overall Results		**22.5%**	**(20.4-24.5)**	**24.9%**	**(19.7-30.1)**
Gender	Male	20.9	(18.1-23.8)	26.1	(17.3-34.8)
	Female	24.0	(21.0-26.9)	23.7	(18.0-29.5)
Age	18 to 34	3.1	(0.0-6.3)	4.5	(0.0-11.0)
	35 to 44	10.2	(5.7-14.7)	11.8	(2.5-21.1)
	45 to 54	21.2	(16.8-25.6)	30.2	(18.7-41.6)
	55 to 64	33.4	(29.1-37.7)	33.5	(23.0-44.0)
	65 to 74	42.9	(38.7-47.1)	41.7	(31.6-51.9)
	75 and older	55.0	(50.1-59.9)	59.9	(48.8-71.0)
Education	Less than H.S.	26.9	(19.7-34.1)	N/A	N/A
	H.S. Graduate	27.7	(23.9-31.5)	24.9	(16.8-33.0)
	Some College	18.5	(13.7-23.3)	17.2	(6.8-27.5)
	Voc./Assoc. Degree	20.3	(15.4-25.1)	28.3	(16.5-40.0)
	College Graduate	21.6	(17.9-25.3)	23.8	(14.8-32.9)
Poverty Status	200% or Less	27.2	(21.7-32.6)	38.8	(27.8-49.9)
	More than 200%	19.4	(17.1-21.6)	20.5	(14.3-26.8)

[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 JOINT PROBLEMS[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4453)		Carlton County n=(450)	
		Percent	95% CI	Percent	95% CI
Overall Results		**23.9%**	**(21.9-26.0)**	**26.4%**	**(21.2-31.7)**
Gender	Male	20.5	(17.6-23.4)	23.2	(15.4-31.1)
	Female	27.2	(24.4-30.0)	29.7	(23.5-36.0)
Age	18 to 34	3.2	(0.5-5.9)	2.4	(0.0-7.3)
	35 to 44	8.4	(5.1-11.7)	6.1	(0.0-12.5)
	45 to 54	19.2	(14.9-23.5)	26.2	(15.2-37.2)
	55 to 64	37.2	(32.8-41.6)	38.9	(27.9-49.9)
	65 to 74	46.6	(42.4-50.9)	57.2	(47.0-67.3)
	75 and older	65.2	(60.3-70.0)	76.1	(66.8-85.3)
Education	Less than H.S.	35.4	(26.2-44.6)	N/A	N/A
	H.S. Graduate	30.6	(26.6-34.7)	29.8	(21.3-38.3)
	Some College	18.0	(14.0-21.9)	18.6	(7.9-29.2)
	Voc./Assoc. Degree	22.0	(17.7-26.4)	26.5	(15.1-37.8)
	College Graduate	21.0	(17.3-24.7)	24.9	(16.3-33.5)
Poverty Status	200% or Less	28.4	(23.4-33.4)	35.0	(25.0-45.1)
	More than 200%	19.5	(17.1-21.8)	22.8	(16.3-29.4)

[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 KIDNEY OR BLADDER PROBLEMS[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4458)		Carlton County n=(450)	
		Percent	95% CI	Percent	95% CI
Overall Results		**8.1%**	**(6.8-9.3)**	**9.2%**	**(6.2-12.1)**
Gender	Male	8.3	(6.5-10.1)	8.4	(4.2-12.5)
	Female	7.8	(6.0-9.7)	10.0	(5.8-14.2)
Age	18 to 34	2.3	(0.0-4.7)	1.4	(0.0-4.2)
	35 to 44	4.7	(1.8-7.7)	3.3	(0.0-8.5)
	45 to 54	6.3	(3.1-9.4)	11.5	(3.8-19.1)
	55 to 64	7.4	(5.2-9.6)	10.0	(3.0-16.9)
	65 to 74	13.5	(10.4-16.6)	9.5	(3.2-15.8)
	75 and older	26.6	(22.3-31.0)	33.2	(22.1-44.4)
Education	Less than H.S.	14.5	(6.3-22.7)	N/A	N/A
	H.S. Graduate	9.1	(7.2-11.0)	8.1	(3.8-12.3)
	Some College	5.9	(3.5-8.2)	9.8	(2.5-17.1)
	Voc./Assoc. Degree	8.3	(4.7-11.9)	8.5	(2.3-14.6)
	College Graduate	7.1	(5.0-9.3)	9.0	(3.6-14.4)
Poverty Status	200% or Less	11.0	(8.1-13.9)	16.9	(9.0-24.8)
	More than 200%	5.9	(4.4-7.4)	6.0	(2.8-9.2)

[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 LUNG PROBLEMS (CHRONIC)[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4463)		Carlton County n=(450)	
		Percent	95% CI	Percent	95% CI
Overall Results		**3.1%**	**(2.5-3.7)**	**3.9%**	**(2.2-5.5)**
Gender	Male	2.6	(1.9-3.3)	3.4	(1.3-5.6)
	Female	3.6	(2.6-4.6)	4.3	(1.7-6.9)
Age	18 to 34	0.1	(0.0-0.4)	0.0	(0.0-0.0)
	35 to 44	1.3	(0.0-2.9)	2.2	(0.0-6.5)
	45 to 54	2.2	(1.0-3.4)	2.6	(0.0-6.3)
	55 to 64	4.0	(2.0-5.9)	5.4	(1.0-9.9)
	65 to 74	7.9	(5.7-10.2)	14.3	(6.9-21.6)
	75 and older	8.9	(6.1-11.7)	6.5	(1.2-11.9)
Education	Less than H.S.	5.1	(2.3-7.9)	N/A	N/A
	H.S. Graduate	5.1	(3.6-6.6)	4.6	(0.9-8.2)
	Some College	1.7	(0.9-2.4)	2.7	(0.0-5.6)
	Voc./Assoc. Degree	3.5	(1.8-5.2)	2.5	(0.0-5.4)
	College Graduate	1.7	(0.5-2.8)	3.2	(0.1-6.4)
Poverty Status	200% or Less	5.2	(3.5-6.8)	5.0	(1.2-8.8)
	More than 200%	2.0	(1.4-2.7)	2.6	(0.8-4.4)

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

TABLE 2.1.N

CHRONIC AND OTHER MEDICAL CONDITIONS

PERCENT STROKE RELATED PROBLEMS[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4462)		Carlton County n=(449)	
		Percent	95% CI	Percent	95% CI
Overall Results		**2.6%**	**(2.0-3.1)**	**2.6%**	**(1.1-4.0)**
Gender	Male	2.1	(1.4-2.7)	2.6	(0.2-4.9)
	Female	3.1	(2.1-4.0)	2.6	(0.9-4.3)
Age	18 to 34	0.0	(0.0-0.0)	0.0	(0.0-0.0)
	35 to 44	0.7	(0.0-1.4)	2.6	(0.0-7.6)
	45 to 54	0.6	(0.0-1.3)	0.0	(0.0-0.0)
	55 to 64	2.2	(0.9-3.5)	2.3	(0.0-5.0)
	65 to 74	4.8	(3.0-6.7)	5.4	(0.7-10.1)
	75 and older	14.1	(10.3-18.0)	12.3	(4.6-20.1)
Education	Less than H.S.	7.8	(4.2-11.3)	N/A	N/A
	H.S. Graduate	4.4	(2.9-5.9)	2.9	(0.4-5.4)
	Some College	1.1	(0.3-1.9)	0.4	(0.0-1.3)
	Voc./Assoc. Degree	2.2	(0.9-3.5)	4.1	(0.0-9.8)
	College Graduate	1.0	(0.4-1.5)	0.3	(0.0-1.0)
Poverty Status	200% or Less	4.5	(2.9-6.2)	4.2	(1.3-7.1)
	More than 200%	1.5	(0.9-2.0)	0.9	(0.1-1.7)

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

TABLE 2.1.O

CHRONIC AND OTHER MEDICAL CONDITIONS

PERCENT SEXUALLY TRANSMITTED DISEASES[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4448)		Carlton County n=(450)	
		Percent	95% CI	Percent	95% CI
Overall Results		**1.5%**	**(0.2-2.8)**	**0.6%**	**(0.0-1.4)**
Gender	Male	0.5	(0.1-0.9)	0.5	(0.0-1.2)
	Female	2.4	(0.0-4.9)	0.7	(0.0-2.1)
Age	18 to 34	3.6	(0.0-8.3)	1.4	(0.0-4.2)
	35 to 44	1.5	(0.2-2.7)	0.0	(0.0-0.0)
	45 to 54	1.1	(0.0-2.6)	0.7	(0.0-2.0)
	55 to 64	0.4	(0.0-0.8)	0.0	(0.0-0.0)
	65 to 74	0.1	(0.0-0.3)	1.2	(0.0-3.5)
	75 and older	0.0	(0.0-0.0)	0.0	(0.0-0.0)
Education	Less than H.S.	0.4	(0.0-1.2)	N/A	N/A
	H.S. Graduate	0.3	(0.1-0.6)	0.0	(0.0-0.0)
	Some College	3.9	(0.0-9.0)	0.4	(0.0-1.3)
	Voc./Assoc. Degree	0.7	(0.0-1.4)	0.9	(0.0-2.5)
	College Graduate	1.0	(0.2-1.7)	0.0	(0.0-0.0)
Poverty Status	200% or Less	0.2	(0.0-0.4)	0.7	(0.0-2.2)
	More than 200%	2.2	(0.2-4.3)	0.7	(0.0-1.8)

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

Chapter 3
MENTAL HEALTH

A. Prevalence of Mental Health Conditions

B. Failure to Seek Mental Health Care

C. Suicide

Chapter 3: Mental Health

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

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

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

Mental Health Conditions

Condition	BTH Region Report 2010	Carlton County 2010 (CI)	CDC 2006 and 2008 (*4*)		
			Minnesota	Wisconsin	National
Any current depression	N/A	N/A	5.9%	6.7%	9.1%
Told by provider had depression at some point in life	13.0%	12.2% (8.0-16.4)	N/A	N/A	15.7%
Told by provider had anxiety at some point in life	8.2%	5% (2.3-7.7)	N/A	N/A	11.3%

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	TABLE 3.1.A **CHRONIC AND OTHER MEDICAL CONDITIONS** **PERCENT ANXIETY OR PANIC ATTACKS[1]** BRIDGE TO HEALTH SURVEY 2010				

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

Demographic Characteristics		Region n=(4461)		Carlton County n=(450)	
		Percent	95% CI	Percent	95% CI
Overall Results		**8.2%**	**(6.9-9.5)**	**5.0%**	**(2.3-7.7)**
Gender	Male	4.9	(3.4-6.4)	3.4	(0.2-6.7)
	Female	11.4	(9.3-13.4)	6.7	(2.3-11.0)
Age	18 to 34	4.6	(2.4-6.9)	7.2	(0.0-16.0)
	35 to 44	5.8	(3.3-8.2)	6.1	(0.0-12.5)
	45 to 54	11.2	(7.5-14.9)	3.1	(0.0-7.5)
	55 to 64	15.0	(11.5-18.6)	6.1	(1.2-11.0)
	65 to 74	6.9	(4.8-9.0)	1.8	(0.0-4.4)
	75 and older	5.5	(3.3-7.6)	3.0	(0.1-6.0)
Education	Less than H.S.	12.0	(5.8-18.2)	N/A	N/A
	H.S. Graduate	7.0	(5.2-8.7)	4.6	(0.5-8.7)
	Some College	7.5	(4.9-10.1)	9.7	(0.7-18.6)
	Voc./Assoc. Degree	11.8	(7.7-16.0)	0.9	(0.0-2.2)
	College Graduate	6.6	(4.4-8.7)	3.7	(0.0-8.2)
Poverty Status	200% or Less	11.6	(8.4-14.8)	10.1	(1.4-18.9)
	More than 200%	6.8	(5.3-8.2)	3.6	(1.1-6.1)

[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[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4461)		Carlton County n=(450)	
		Percent	95% CI	Percent	95% CI
Overall Results		**13.0%**	**(11.1-15.0)**	**12.2%**	**(8.0-16.4)**
Gender	Male	7.9	(5.8-10.1)	4.7	(1.3-8.1)
	Female	17.9	(14.8-21.0)	20.1	(13.2-27.0)
Age	18 to 34	11.2	(5.6-16.7)	15.7	(1.9-29.4)
	35 to 44	10.6	(6.9-14.3)	7.0	(1.0-13.0)
	45 to 54	16.4	(12.3-20.5)	16.5	(7.3-25.7)
	55 to 64	17.9	(14.2-21.5)	11.9	(4.9-18.8)
	65 to 74	9.0	(6.8-11.2)	6.6	(1.6-11.7)
	75 and older	11.4	(8.6-14.2)	10.6	(4.3-16.9)
Education	Less than H.S.	17.2	(8.8-25.7)	N/A	N/A
	H.S. Graduate	14.8	(10.3-19.2)	14.0	(5.2-22.9)
	Some College	11.9	(8.5-15.3)	12.4	(2.3-22.4)
	Voc./Assoc. Degree	14.0	(8.9-19.0)	11.6	(4.0-19.2)
	College Graduate	10.6	(7.7-13.4)	8.4	(2.3-14.5)
Poverty Status	200% or Less	21.1	(15.6-26.5)	21.8	(11.8-31.7)
	More than 200%	9.5	(7.8-11.3)	9.7	(4.7-14.7)

[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 CONDITIONS[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4461)		Carlton County n=(450)	
		Percent	95% CI	Percent	95% CI
Overall Results		**1.3%**	**(0.8-1.8)**	**1.5%**	**(0.0-3.0)**
Gender	Male	1.0	(0.3-1.6)	1.9	(0.0-4.5)
	Female	1.6	(0.8-2.3)	1.1	(0.0-2.6)
Age	18 to 34	1.6	(0.4-2.8)	3.6	(0.0-9.1)
	35 to 44	1.6	(0.0-3.3)	0.0	(0.0-0.0)
	45 to 54	1.3	(0.5-2.2)	2.5	(0.0-6.0)
	55 to 64	1.0	(0.1-2.0)	0.5	(0.0-1.6)
	65 to 74	0.8	(0.0-1.8)	0.0	(0.0-0.0)
	75 and older	0.7	(0.0-1.8)	0.0	(0.0-0.0)
Education	Less than H.S.	1.8	(0.1-3.5)	N/A	N/A
	H.S. Graduate	0.7	(0.2-1.2)	0.0	(0.0-0.0)
	Some College	2.6	(0.9-4.2)	4.3	(0.0-9.7)
	Voc./Assoc. Degree	1.0	(0.0-2.1)	0.0	(0.0-0.0)
	College Graduate	0.5	(0.1-0.9)	0.3	(0.0-1.0)
Poverty Status	200% or Less	2.8	(1.4-4.2)	3.2	(0.0-7.1)
	More than 200%	0.6	(0.2-1.0)	0.4	(0.0-1.2)

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

TABLE 3.2.A
FAILURE TO SEEK HELP FOR EMOTIONAL PROBLEMS
PERCENT WANTED HELP BUT DID NOT TALK OR DELAYED TALKING WITH SOMEONE[1]
BRIDGE TO HEALTH SURVEY 2010

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?

Demographic Characteristics		Region n=(4495)		Carlton County n=(450)	
		Percent	95% CI	Percent	95% CI
Overall Results		**4.4%**	**(3.4-5.4)**	**4.9%**	**(2.5-7.3)**
Gender	Male	2.0	(1.1-3.0)	1.9	(0.0-4.4)
	Female	6.7	(4.9-8.5)	8.0	(4.1-11.9)
Age	18 to 34	4.9	(2.3-7.6)	6.6	(0.0-13.8)
	35 to 44	5.5	(2.8-8.2)	4.4	(0.0-8.9)
	45 to 54	5.7	(3.3-8.2)	5.7	(0.7-10.8)
	55 to 64	4.2	(2.1-6.4)	5.6	(0.5-10.7)
	65 to 74	2.0	(0.8-3.2)	1.2	(0.0-2.9)
	75 and older	1.5	(0.4-2.6)	2.3	(0.0-5.6)
Education	Less than H.S.	12.9	(5.1-20.6)	N/A	N/A
	H.S. Graduate	3.1	(1.9-4.3)	4.2	(0.2-8.1)
	Some College	5.9	(3.4-8.3)	6.1	(0.0-12.4)
	Voc./Assoc. Degree	2.6	(0.6-4.7)	2.3	(0.0-5.1)
	College Graduate	2.7	(1.4-4.0)	3.2	(0.2-6.3)
Poverty Status	200% or Less	7.9	(4.8-11.0)	7.8	(2.3-13.3)
	More than 200%	3.0	(2.1-4.0)	3.7	(1.3-6.2)

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

TABLE 3.3.A

SUICIDE

PERCENT THOUGHT ABOUT KILLING SELF[1]

BRIDGE TO HEALTH SURVEY 2010

Question: In the past 12 months did you seriously think about killing yourself?

Demographic Characteristics		Region n=(4481)		Carlton County n=(448)	
		Percent	95% CI	Percent	95% CI
Overall Results		**2.1%**	**(1.4-2.9)**	**2.0%**	**(0.0-3.9)**
Gender	Male	1.5	(0.7-2.4)	1.3	(0.0-2.8)
	Female	2.7	(1.5-4.0)	2.7	(0.0-6.3)
Age	18 to 34	3.0	(0.9-5.2)	6.0	(0.0-13.9)
	35 to 44	2.4	(0.5-4.4)	1.3	(0.0-3.8)
	45 to 54	1.5	(0.2-2.7)	0.0	(0.0-0.0)
	55 to 64	2.0	(0.7-3.3)	0.0	(0.0-0.0)
	65 to 74	1.1	(0.3-1.9)	0.0	(0.0-0.0)
	75 and older	1.9	(0.0-4.2)	2.5	(0.0-6.0)
Education	Less than H.S.	7.1	(0.9-13.4)	N/A	N/A
	H.S. Graduate	1.5	(0.4-2.7)	1.3	(0.0-3.2)
	Some College	2.3	(0.7-4.0)	3.1	(0.0-9.2)
	Voc./Assoc. Degree	2.1	(0.7-3.6)	0.0	(0.0-0.0)
	College Graduate	1.1	(0.1-2.0)	0.0	(0.0-0.0)
Poverty Status	200% or Less	5.8	(3.1-8.4)	7.9	(0.0-16.3)
	More than 200%	0.8	(0.3-1.2)	0.5	(0.0-1.6)

[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. Nutrition

C. Physical Activity

Chapter 4:   Preventive Health Practices

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

A. WEIGHT STATUS

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

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

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

For assessing someone's likelihood of developing overweight- or obesity-related diseases, the National Heart, Lung, and Blood Institute guidelines recommend looking at two other predictors:

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

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

BMI Score Categories

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

B. PHYSICAL ACTIVITY

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

C. DIET AND NUTRITIONAL HEALTH

Diet and body weight are related to health status. Good nutrition is important to the growth and development of children. A healthful diet also helps Americans reduce the risks for many health conditions and increases the achievement and maintenance of a healthy body weight (*7*). In 2008, 15% of households in the U.S. were food insecure (*7*). The Healthy People 2020 goal is to reduce this to 6%.

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

Weight status, physical activity, and fruit and vegetable consumption

	BTH Region Report 2010	Carlton County 2010 (CI)	BRFSS 2009 (*7*)		
			Minnesota	Wisconsin	National
Overweight (BMI 25-29.9)	33.6%	35.4% (28.6-42.2)	37.9%	36.4%	36.2%
Obese (BMI 30-99.8)	17.6%	24% (18.6-29.5)	25.4%	29.2%	27.2%
20+ minutes of vigorous physical activity 3+ days per week	30.2%	29.9% (23.4-36.3)	29.4%	31.1%	29.2%
Consumption of fruits/vegetables 5+ times per day	16.2%	13.5% (9.2-17.9)	21.9%	22.7%	23.5%

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TABLE 4.1.A
PERCEPTION OF WEIGHT STATUS
PERCENT OBESE[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4453)		Carlton County n=(448)	
		Percent	95% CI	Percent	95% CI
Overall Results		**2.4%**	**(1.7-3.2)**	**2.4%**	**(0.7-4.0)**
Gender	Male	2.1	(1.1-3.1)	2.9	(0.5-5.2)
	Female	2.8	(1.7-3.8)	1.8	(0.0-4.2)
Age	18 to 34	1.1	(0.3-2.0)	1.2	(0.0-3.7)
	35 to 44	2.8	(1.2-4.4)	1.3	(0.0-3.9)
	45 to 54	3.7	(1.1-6.3)	3.9	(0.0-9.4)
	55 to 64	3.2	(1.7-4.6)	2.2	(0.0-5.3)
	65 to 74	2.2	(1.0-3.3)	2.4	(0.0-5.3)
	75 and older	1.9	(0.7-3.1)	4.1	(0.0-9.7)
Education	Less than H.S.	1.4	(0.0-2.9)	N/A	N/A
	H.S. Graduate	2.5	(1.4-3.6)	1.9	(0.0-4.3)
	Some College	2.6	(1.2-3.9)	2.5	(0.0-5.4)
	Voc./Assoc. Degree	2.0	(0.0-4.0)	0.9	(0.0-2.8)
	College Graduate	2.9	(1.1-4.6)	0.8	(0.0-2.4)
Poverty Status	200% or Less	3.4	(1.7-5.1)	3.9	(0.0-8.1)
	More than 200%	2.2	(1.4-3.1)	2.1	(0.0-4.2)

[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 OVERWEIGHT[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4453)		Carlton County n=(448)	
		Percent	95% CI	Percent	95% CI
Overall Results		**38.8%**	**(35.8-41.7)**	**43.6%**	**(36.2-50.9)**
Gender	Male	30.2	(26.5-33.8)	35.1	(24.3-46.0)
	Female	47.1	(43.0-51.2)	52.4	(44.6-60.2)
Age	18 to 34	26.8	(18.3-35.3)	21.3	(6.0-36.5)
	35 to 44	35.3	(29.6-40.9)	39.7	(26.3-53.0)
	45 to 54	47.4	(42.0-52.9)	53.2	(40.5-66.0)
	55 to 64	48.8	(44.2-53.3)	62.7	(52.1-73.3)
	65 to 74	46.0	(41.7-50.3)	47.7	(37.4-58.0)
	75 and older	33.9	(29.2-38.6)	51.7	(40.1-63.2)
Education	Less than H.S.	49.2	(38.2-60.2)	N/A	N/A
	H.S. Graduate	44.7	(39.5-49.8)	46.1	(35.2-56.9)
	Some College	34.7	(27.5-41.9)	39.9	(19.7-60.1)
	Voc./Assoc. Degree	36.6	(30.8-42.5)	43.8	(30.4-57.3)
	College Graduate	35.5	(30.2-40.7)	47.1	(36.2-58.0)
Poverty Status	200% or Less	44.2	(36.6-51.7)	56.9	(45.5-68.2)
	More than 200%	37.1	(33.7-40.4)	39.4	(29.9-48.8)

[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 UNDERWEIGHT[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4453)		Carlton County n=(448)	
		Percent	95% CI	Percent	95% CI
Overall Results		**3.2%**	**(2.5-3.8)**	**1.2%**	**(0.5-2.0)**
Gender	Male	3.3	(2.3-4.2)	1.4	(0.2-2.7)
	Female	3.0	(2.0-4.0)	1.0	(0.1-1.9)
Age	18 to 34	1.8	(0.5-3.0)	0.0	(0.0-0.0)
	35 to 44	2.3	(0.3-4.2)	0.0	(0.0-0.0)
	45 to 54	1.4	(0.6-2.2)	0.0	(0.0-0.0)
	55 to 64	3.2	(1.6-4.9)	3.2	(0.0-6.5)
	65 to 74	4.2	(2.4-6.1)	4.2	(0.0-8.3)
	75 and older	10.5	(7.2-13.8)	3.4	(0.0-7.3)
Education	Less than H.S.	4.0	(1.8-6.1)	N/A	N/A
	H.S. Graduate	4.6	(2.9-6.3)	0.8	(0.0-2.0)
	Some College	1.9	(0.8-3.0)	0.3	(0.0-1.0)
	Voc./Assoc. Degree	2.5	(1.3-3.7)	1.4	(0.0-3.5)
	College Graduate	3.2	(1.6-4.7)	0.9	(0.0-2.2)
Poverty Status	200% or Less	4.4	(2.9-5.9)	1.9	(0.0-3.8)
	More than 200%	2.0	(1.3-2.8)	0.6	(0.0-1.4)

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

TABLE 4.1.D

PERCEPTION OF WEIGHT STATUS

PERCENT ABOUT THE RIGHT WEIGHT[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4453)		Carlton County n=(448)	
		Percent	95% CI	Percent	95% CI
Overall Results		**55.6%**	**(52.6-58.7)**	**52.8%**	**(45.1-60.5)**
Gender	Male	64.4	(60.4-68.4)	60.6	(48.9-72.2)
	Female	47.2	(43.1-51.2)	44.7	(36.9-52.6)
Age	18 to 34	70.3	(61.7-78.9)	77.5	(61.8-93.3)
	35 to 44	59.7	(53.9-65.6)	59.0	(45.6-72.4)
	45 to 54	47.5	(42.1-52.9)	42.9	(30.2-55.5)
	55 to 64	44.8	(40.3-49.4)	31.9	(21.7-42.0)
	65 to 74	47.6	(43.3-51.9)	45.7	(35.5-56.0)
	75 and older	53.7	(48.7-58.7)	40.8	(29.6-52.0)
Education	Less than H.S.	45.5	(34.7-56.4)	N/A	N/A
	H.S. Graduate	48.3	(43.2-53.4)	51.2	(40.2-62.3)
	Some College	60.8	(53.3-68.4)	57.3	(36.1-78.5)
	Voc./Assoc. Degree	58.9	(52.9-64.9)	53.8	(40.2-67.4)
	College Graduate	58.5	(53.1-63.9)	51.2	(40.3-62.2)
Poverty Status	200% or Less	48.1	(40.1-56.0)	37.3	(26.4-48.2)
	More than 200%	58.7	(55.3-62.1)	57.9	(48.1-67.8)

[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[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4457)		Carlton County n=(450)	
		Percent	95% CI	Percent	95% CI
Overall Results		**4.7%**	**(3.8-5.6)**	**7.5%**	**(4.6-10.4)**
Gender	Male	2.7	(1.8-3.5)	4.8	(1.6-8.0)
	Female	6.7	(5.2-8.2)	10.2	(5.6-14.9)
Age	18 to 34	1.8	(0.7-3.0)	1.4	(0.0-4.2)
	35 to 44	5.2	(2.8-7.5)	9.7	(2.2-17.3)
	45 to 54	4.6	(2.3-6.8)	12.8	(4.1-21.6)
	55 to 64	8.8	(6.1-11.5)	5.1	(0.3-9.8)
	65 to 74	5.3	(3.7-6.8)	10.7	(4.4-16.9)
	75 and older	4.6	(2.4-6.8)	7.1	(0.7-13.5)
Education	Less than H.S.	4.5	(1.7-7.3)	N/A	N/A
	H.S. Graduate	4.1	(2.8-5.4)	5.1	(1.3-9.0)
	Some College	4.9	(3.0-6.7)	4.5	(0.2-8.9)
	Voc./Assoc. Degree	6.4	(3.4-9.4)	4.4	(0.2-8.5)
	College Graduate	4.2	(2.7-5.7)	14.2	(6.3-22.1)
Poverty Status	200% or Less	6.5	(4.2-8.8)	8.3	(3.0-13.6)
	More than 200%	4.1	(3.2-5.1)	7.8	(3.9-11.8)

[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[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4419)		Carlton County n=(446)	
		Percent	95% CI	Percent	95% CI
Overall Results		**23.9%**	**(21.5-26.4)**	**34.7%**	**(28.1-41.3)**
Gender	Male	17.9	(15.2-20.6)	30.6	(20.6-40.7)
	Female	29.8	(26.0-33.5)	38.8	(31.3-46.3)
Age	18 to 34	17.0	(10.2-23.8)	16.6	(3.4-29.9)
	35 to 44	21.7	(17.0-26.4)	37.4	(24.1-50.7)
	45 to 54	25.7	(20.9-30.5)	52.7	(39.9-65.5)
	55 to 64	34.8	(30.4-39.3)	34.7	(23.8-45.5)
	65 to 74	27.5	(23.8-31.3)	36.3	(26.4-46.1)
	75 and older	20.8	(16.6-25.0)	32.2	(21.4-43.0)
Education	Less than H.S.	33.8	(23.9-43.8)	N/A	N/A
	H.S. Graduate	24.8	(20.0-29.6)	35.8	(26.0-45.7)
	Some College	19.7	(15.0-24.3)	26.5	(11.1-41.9)
	Voc./Assoc. Degree	25.4	(20.3-30.5)	42.4	(28.8-56.1)
	College Graduate	23.7	(18.7-28.7)	36.4	(25.7-47.0)
Poverty Status	200% or Less	33.1	(26.3-40.0)	49.4	(37.8-61.0)
	More than 200%	21.3	(18.8-23.8)	30.2	(22.2-38.3)

[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 INDEX[1]
(An approximation of body fat based on height and weight)
PERCENT NOT OVERWEIGHT[2]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4236)		Carlton County n=(438)	
		Percent	95% CI	Percent	95% CI
Overall Results		**48.8%**	**(45.5-52.2)**	**40.5%**	**(31.7-49.4)**
Gender	Male	43.2	(37.8-48.5)	37.4	(21.5-53.2)
	Female	54.5	(50.2-58.7)	44.0	(36.0-52.0)
Age	18 to 34	70.0	(61.6-78.4)	62.5	(40.2-84.7)
	35 to 44	48.8	(42.6-55.0)	38.5	(25.2-51.9)
	45 to 54	38.2	(32.8-43.7)	26.0	(14.4-37.7)
	55 to 64	35.1	(30.6-39.7)	29.1	(19.4-38.9)
	65 to 74	37.6	(33.3-42.0)	38.1	(27.9-48.2)
	75 and older	46.3	(41.1-51.6)	40.4	(29.1-51.8)
Education	Less than H.S.	53.7	(42.9-64.5)	N/A	N/A
	H.S. Graduate	42.3	(37.1-47.6)	34.1	(22.7-45.5)
	Some College	58.5	(50.5-66.4)	46.2	(20.6-71.8)
	Voc./Assoc. Degree	40.9	(34.3-47.4)	41.3	(27.4-55.2)
	College Graduate	49.8	(44.0-55.5)	40.3	(29.4-51.2)
Poverty Status	200% or Less	46.2	(37.8-54.7)	33.4	(22.9-43.9)
	More than 200%	50.4	(46.7-54.0)	43.1	(30.9-55.3)

[1] Number of respondents who reported current weight and height. Calculations for weight status are based on 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 INDEX[1]			
		(An approximation of body fat based on height and weight)			
		PERCENT OVERWEIGHT OR OBESE[2]			
		BRIDGE TO HEALTH SURVEY 2010			
Question:	How tall are you without shoes? Approximately how much do you weigh?				
Demographic Characteristics		Region n=(4236)		Carlton County n=(438)	
		Percent	95% CI	Percent	95% CI
Overall Results		**51.2%**	**(47.8-54.5)**	**59.5%**	**(50.6-68.3)**
Gender	Male	56.8	(51.5-62.2)	62.6	(46.8-78.5)
	Female	45.5	(41.3-49.8)	56.0	(48.0-64.0)
Age	18 to 34	30.0	(21.6-38.4)	37.5	(15.3-59.8)
	35 to 44	51.2	(45.0-57.4)	61.5	(48.1-74.8)
	45 to 54	61.8	(56.3-67.2)	74.0	(62.3-85.6)
	55 to 64	64.9	(60.3-69.4)	70.9	(61.1-80.6)
	65 to 74	62.4	(58.0-66.7)	61.9	(51.8-72.1)
	75 and older	53.7	(48.4-58.9)	59.6	(48.2-70.9)
Education	Less than H.S.	46.3	(35.5-57.1)	N/A	N/A
	H.S. Graduate	57.7	(52.4-62.9)	65.9	(54.5-77.3)
	Some College	41.5	(33.6-49.5)	53.8	(28.2-79.4)
	Voc./Assoc. Degree	59.1	(52.6-65.7)	58.7	(44.8-72.6)
	College Graduate	50.2	(44.5-56.0)	59.7	(48.8-70.6)
Poverty Status	200% or Less	53.8	(45.3-62.2)	66.6	(56.1-77.1)
	More than 200%	49.6	(46.0-53.3)	56.9	(44.7-69.1)

[1] Number of respondents who reported current weight and height. Calculations for weight status are based on 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*, & 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 INDEX[1]
(An approximation of body fat based on height and weight)
PERCENT OVERWEIGHT BUT NOT OBESE[2]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4236)		Carlton County n=(438)	
		Percent	95% CI	Percent	95% CI
Overall Results		**33.6%**	**(30.8-36.4)**	**35.4%**	**(28.6-42.2)**
Gender	Male	38.3	(34.0-42.7)	41.2	(29.1-53.4)
	Female	28.9	(25.1-32.6)	29.1	(22.4-35.8)
Age	18 to 34	22.3	(15.2-29.5)	25.0	(7.9-42.1)
	35 to 44	36.5	(30.6-42.4)	45.0	(31.3-58.6)
	45 to 54	38.9	(33.3-44.4)	39.1	(26.3-51.9)
	55 to 64	37.1	(32.5-41.7)	34.8	(23.9-45.8)
	65 to 74	41.2	(36.7-45.6)	39.9	(29.7-50.1)
	75 and older	35.7	(30.7-40.6)	31.8	(20.8-42.7)
Education	Less than H.S.	27.4	(18.6-36.2)	N/A	N/A
	H.S. Graduate	37.1	(32.1-42.1)	39.8	(28.9-50.7)
	Some College	27.2	(21.2-33.2)	30.0	(13.4-46.6)
	Voc./Assoc. Degree	37.5	(31.2-43.8)	42.9	(29.2-56.6)
	College Graduate	35.5	(30.1-40.9)	34.6	(24.1-45.1)
Poverty Status	200% or Less	28.6	(22.4-34.9)	30.0	(18.8-41.3)
	More than 200%	34.9	(31.7-38.2)	37.1	(27.7-46.5)

[1] Number of respondents who reported current weight and height. Calculations for weight status are based on 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 INDEX[1]

(An approximation of body fat based on height and weight)

PERCENT OBESE[2]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4236)		Carlton County n=(438)	
		Percent	95% CI	Percent	95% CI
Overall Results		**17.6%**	**(15.4-19.7)**	**24.0%**	**(18.6-29.5)**
Gender	Male	18.5	(15.6-21.4)	21.4	(13.7-29.2)
	Female	16.7	(13.4-19.9)	26.9	(19.8-34.0)
Age	18 to 34	7.7	(2.4-12.9)	12.6	(1.4-23.8)
	35 to 44	14.7	(10.6-18.7)	16.5	(6.3-26.7)
	45 to 54	22.9	(17.9-27.9)	34.9	(22.6-47.2)
	55 to 64	27.8	(23.6-32.0)	36.0	(25.0-47.1)
	65 to 74	21.2	(17.7-24.7)	22.0	(13.6-30.5)
	75 and older	18.0	(13.8-22.3)	27.8	(17.2-38.4)
Education	Less than H.S.	18.9	(12.3-25.5)	N/A	N/A
	H.S. Graduate	20.6	(15.8-25.3)	26.1	(17.4-34.9)
	Some College	14.3	(9.8-18.9)	23.8	(9.7-37.8)
	Voc./Assoc. Degree	21.6	(16.5-26.7)	15.8	(6.9-24.7)
	College Graduate	14.7	(11.4-18.1)	25.1	(15.2-34.9)
Poverty Status	200% or Less	25.1	(18.8-31.4)	36.6	(24.8-48.3)
	More than 200%	14.7	(12.6-16.7)	19.8	(13.4-26.2)

[1] Number of respondents who reported current weight and height. Calculations for weight status are based on 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

FOOD INSECURITY - FREQUENCY

PERCENT SOMETIMES OR OFTEN[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4480)		Carlton County n=(450)	
		Percent	95% CI	Percent	95% CI
Overall Results		**14.3%**	**(11.5-17.2)**	**8.6%**	**(5.3-11.9)**
Gender	Male	12.8	(8.6-16.9)	5.5	(1.6-9.3)
	Female	15.9	(12.0-19.8)	11.9	(6.8-17.0)
Age	18 to 34	25.5	(16.1-34.8)	10.5	(0.4-20.6)
	35 to 44	13.8	(9.4-18.2)	6.1	(0.0-12.2)
	45 to 54	11.7	(8.5-14.8)	10.9	(3.6-18.1)
	55 to 64	8.3	(6.1-10.6)	6.2	(0.7-11.7)
	65 to 74	8.6	(6.3-11.0)	7.2	(2.8-11.5)
	75 and older	7.7	(5.1-10.2)	9.1	(2.6-15.6)
Education	Less than H.S.	43.1	(31.8-54.4)	N/A	N/A
	H.S. Graduate	14.3	(9.7-18.8)	11.5	(4.7-18.3)
	Some College	16.0	(7.9-24.0)	6.3	(0.0-13.4)
	Voc./Assoc. Degree	9.8	(6.6-13.0)	4.0	(0.0-8.1)
	College Graduate	7.7	(3.3-12.1)	4.1	(0.4-7.9)
Poverty Status	200% or Less	38.3	(30.0-46.6)	22.2	(11.8-32.6)
	More than 200%	5.7	(4.5-7.0)	5.7	(2.4-8.9)

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

TABLE 4.5.A
USE OF FOOD SHELF PROGRAMS
PERCENT THAT USED A COMMUNITY FOOD SHELF PROGRAM[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4486)		Carlton County n=(450)	
		Percent	95% CI	Percent	95% CI
Overall Results		**7.6%**	**(5.9-9.3)**	**6.1%**	**(3.0-9.1)**
Gender	Male	5.3	(3.9-6.7)	6.2	(1.8-10.6)
	Female	9.8	(6.8-12.8)	5.9	(1.7-10.2)
Age	18 to 34	13.3	(7.4-19.1)	6.0	(0.0-13.7)
	35 to 44	7.6	(4.7-10.6)	14.6	(4.2-25.0)
	45 to 54	6.4	(4.3-8.4)	4.6	(0.0-9.1)
	55 to 64	5.3	(3.4-7.2)	1.7	(0.0-4.3)
	65 to 74	3.7	(2.1-5.3)	3.6	(0.7-6.5)
	75 and older	3.1	(1.5-4.8)	2.5	(0.0-5.4)
Education	Less than H.S.	37.9	(26.3-49.4)	N/A	N/A
	H.S. Graduate	6.5	(4.7-8.4)	4.1	(0.0-8.3)
	Some College	6.7	(4.3-9.2)	9.4	(0.6-18.3)
	Voc./Assoc. Degree	2.9	(1.6-4.2)	2.9	(0.0-6.4)
	College Graduate	4.0	(0.0-8.2)	1.7	(0.0-5.1)
Poverty Status	200% or Less	22.3	(16.3-28.3)	25.2	(13.8-36.6)
	More than 200%	2.4	(1.6-3.3)	1.5	(0.0-3.3)

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

TABLE 4.6.A

FRUIT AND VEGETABLE CONSUMPTION - NUMBER OF SERVINGS

PERCENT FIVE OR MORE SERVINGS[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4370)		Carlton County n=(444)	
		Percent	95% CI	Percent	95% CI
Overall Results		**16.2%**	**(13.7-18.7)**	**13.5%**	**(9.2-17.9)**
Gender	Male	11.2	(7.6-14.8)	7.3	(2.4-12.2)
	Female	21.1	(17.6-24.5)	19.9	(13.4-26.4)
Age	18 to 34	18.3	(10.6-26.1)	15.1	(2.1-28.2)
	35 to 44	18.1	(12.7-23.5)	8.6	(1.6-15.6)
	45 to 54	15.3	(11.5-19.2)	11.5	(2.6-20.5)
	55 to 64	12.9	(9.9-15.8)	12.4	(3.8-21.0)
	65 to 74	16.7	(13.4-20.0)	18.5	(10.3-26.7)
	75 and older	14.4	(10.7-18.1)	20.5	(11.4-29.6)
Education	Less than H.S.	6.9	(0.0-15.0)	N/A	N/A
	H.S. Graduate	12.4	(8.7-16.1)	16.2	(6.9-25.4)
	Some College	16.7	(11.8-21.7)	10.4	(2.3-18.6)
	Voc./Assoc. Degree	15.1	(9.0-21.2)	15.1	(4.0-26.2)
	College Graduate	22.8	(16.9-28.7)	14.3	(7.4-21.2)
Poverty Status	200% or Less	6.8	(4.1-9.4)	8.9	(3.6-14.2)
	More than 200%	21.2	(17.7-24.7)	14.6	(8.6-20.5)

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

TABLE 4.6.B

FRUIT AND VEGETABLE CONSUMPTION - NUMBER OF SERVINGS

PERCENT ONE-HALF SERVING OR LESS[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4370)		Carlton County n=(444)	
		Percent	95% CI	Percent	95% CI
Overall Results		**22.9%**	**(19.4-26.3)**	**16.7%**	**(6.4-27.0)**
Gender	Male	28.7	(23.3-34.1)	26.1	(8.2-44.0)
	Female	17.2	(13.0-21.4)	7.0	(3.6-10.5)
Age	18 to 34	41.1	(30.8-51.3)	31.3	(0.0-64.9)
	35 to 44	19.8	(15.2-24.3)	14.8	(6.0-23.5)
	45 to 54	15.7	(11.9-19.5)	9.6	(2.7-16.4)
	55 to 64	15.3	(12.1-18.4)	12.1	(4.3-19.8)
	65 to 74	13.7	(10.6-16.8)	8.6	(2.9-14.2)
	75 and older	15.3	(11.8-18.8)	14.3	(6.1-22.6)
Education	Less than H.S.	40.1	(28.6-51.6)	N/A	N/A
	H.S. Graduate	21.4	(17.4-25.5)	14.8	(7.8-21.9)
	Some College	33.6	(23.5-43.7)	30.4	(0.0-62.4)
	Voc./Assoc. Degree	17.9	(13.6-22.3)	14.0	(4.2-23.8)
	College Graduate	12.0	(7.4-16.6)	5.7	(0.9-10.4)
Poverty Status	200% or Less	39.1	(30.2-47.9)	16.4	(8.7-24.1)
	More than 200%	17.0	(13.8-20.1)	19.7	(4.6-34.7)

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

TABLE 4.7.A

FRESH FRUITS AND VEGETABLES IN HOME

PERCENT ALWAYS[1]

BRIDGE TO HEALTH SURVEY 2010

Question:	How often are there fresh fruits and vegetables in your home: always, often, sometimes, or never?

Demographic Characteristics		Region n=(4495)		Carlton County n=(450)	
		Percent	95% CI	Percent	95% CI
Overall Results		**51.1%**	**(47.9-54.2)**	**55.9%**	**(47.6-64.3)**
Gender	Male	45.5	(40.8-50.2)	50.3	(36.6-63.9)
	Female	56.4	(52.3-60.5)	61.8	(54.3-69.4)
Age	18 to 34	35.0	(26.1-43.8)	36.2	(14.7-57.7)
	35 to 44	54.6	(48.6-60.5)	50.2	(36.5-63.8)
	45 to 54	58.4	(53.0-63.7)	67.3	(55.8-78.7)
	55 to 64	60.2	(55.8-64.5)	78.2	(69.6-86.8)
	65 to 74	53.9	(49.7-58.2)	56.4	(46.3-66.6)
	75 and older	54.4	(49.6-59.3)	56.2	(44.9-67.4)
Education	Less than H.S.	28.2	(18.7-37.7)	N/A	N/A
	H.S. Graduate	50.3	(45.3-55.4)	59.8	(49.0-70.5)
	Some College	40.2	(32.6-47.8)	38.3	(18.9-57.8)
	Voc./Assoc. Degree	49.9	(43.7-56.2)	61.0	(47.5-74.5)
	College Graduate	69.7	(64.7-74.7)	73.0	(62.9-83.1)
Poverty Status	200% or Less	30.5	(24.9-36.2)	44.4	(33.1-55.8)
	More than 200%	59.5	(56.0-63.1)	60.1	(47.7-72.4)

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

TABLE 4.7.B

GREW FOOD AT HOME OR IN A COMMUNITY GARDEN

PERCENT THAT GREW FOOD[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4500)		Carlton County n=(450)	
		Percent	95% CI	Percent	95% CI
Overall Results		**40.1%**	**(37.2-43.0)**	**49.9%**	**(42.0-57.8)**
Gender	Male	38.8	(34.6-43.1)	44.5	(31.9-57.1)
	Female	41.3	(37.4-45.1)	55.5	(48.0-63.0)
Age	18 to 34	25.2	(18.1-32.3)	44.3	(19.5-69.1)
	35 to 44	45.8	(39.6-52.0)	44.1	(30.6-57.6)
	45 to 54	48.9	(43.4-54.3)	53.2	(40.4-66.0)
	55 to 64	53.4	(48.9-57.9)	69.4	(59.4-79.4)
	65 to 74	43.8	(39.6-48.1)	58.2	(48.2-68.2)
	75 and older	26.5	(22.1-30.8)	29.0	(18.3-39.6)
Education	Less than H.S.	31.4	(21.3-41.5)	N/A	N/A
	H.S. Graduate	39.6	(34.6-44.6)	53.8	(43.0-64.6)
	Some College	30.2	(24.1-36.4)	38.4	(18.8-58.0)
	Voc./Assoc. Degree	47.6	(41.3-53.9)	50.1	(36.3-63.9)
	College Graduate	47.9	(42.5-53.3)	61.8	(50.9-72.7)
Poverty Status	200% or Less	29.6	(24.2-35.1)	34.3	(22.9-45.7)
	More than 200%	44.4	(40.9-47.9)	52.9	(41.5-64.3)

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

TABLE 4.8.A
FAST FOOD MEALS - FREQUENCY PER WEEK
PERCENT THREE OR MORE TIMES PER WEEK[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4432)		Carlton County n=(450)	
		Percent	95% CI	Percent	95% CI
Overall Results		**13.3%**	**(9.8-16.8)**	**6.5%**	**(3.6-9.5)**
Gender	Male	20.3	(14.4-26.2)	10.2	(4.6-15.7)
	Female	6.6	(3.3-9.9)	2.7	(0.5-4.9)
Age	18 to 34	29.4	(18.4-40.3)	7.3	(0.0-15.3)
	35 to 44	10.7	(7.7-13.7)	5.4	(0.0-11.6)
	45 to 54	11.0	(7.4-14.5)	9.3	(1.9-16.6)
	55 to 64	7.0	(4.8-9.1)	7.5	(1.7-13.2)
	65 to 74	2.5	(1.3-3.8)	1.8	(0.0-4.3)
	75 and older	1.6	(0.4-2.9)	4.0	(0.0-9.5)
Education	Less than H.S.	9.1	(2.4-15.8)	N/A	N/A
	H.S. Graduate	6.9	(4.6-9.3)	4.5	(1.0-8.1)
	Some College	24.5	(13.8-35.2)	9.0	(1.0-16.9)
	Voc./Assoc. Degree	10.7	(6.1-15.2)	7.7	(0.0-15.6)
	College Graduate	11.8	(6.0-17.7)	4.8	(0.0-9.8)
Poverty Status	200% or Less	15.3	(5.4-25.2)	5.6	(0.8-10.5)
	More than 200%	12.8	(9.3-16.2)	7.0	(3.1-10.9)

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

TABLE 4.9.A
MEALS AND TELEVISION
PERCENT THAT WATCH TV SEVEN OR MORE TIMES PER WEEK DURING MEAL TIME[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4403)		Carlton County n=(449)	
		Percent	95% CI	Percent	95% CI
Overall Results		**27.7%**	**(25.3-30.1)**	**27.1%**	**(21.6-32.6)**
Gender	Male	26.4	(23.2-29.7)	24.5	(16.1-32.9)
	Female	28.9	(25.5-32.3)	29.7	(23.2-36.3)
Age	18 to 34	11.4	(5.9-16.9)	10.6	(1.2-20.0)
	35 to 44	18.8	(14.3-23.2)	17.2	(7.1-27.4)
	45 to 54	30.0	(25.1-34.9)	35.1	(23.1-47.2)
	55 to 64	37.5	(33.1-41.8)	39.1	(28.4-49.9)
	65 to 74	41.4	(37.2-45.7)	32.2	(22.5-41.8)
	75 and older	49.2	(44.2-54.2)	45.8	(34.6-57.1)
Education	Less than H.S.	36.4	(26.9-45.9)	N/A	N/A
	H.S. Graduate	34.9	(30.7-39.1)	35.5	(25.5-45.4)
	Some College	22.6	(16.5-28.6)	13.3	(5.0-21.6)
	Voc./Assoc. Degree	27.0	(22.0-31.9)	22.4	(12.9-31.9)
	College Graduate	23.1	(19.2-27.0)	31.8	(21.7-41.9)
Poverty Status	200% or Less	36.5	(30.1-42.8)	30.1	(20.8-39.4)
	More than 200%	23.0	(20.1-25.8)	26.1	(18.7-33.5)

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

| | | | **TABLE 4.10.A** | | | |

TABLE 4.10.A

PHYSICAL ACTIVITY

PERCENT MODERATE ACTIVITY FIVE OR MORE DAYS PER WEEK[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4482)		Carlton County n=(449)	
		Percent	95% CI	Percent	95% CI
Overall Results		**42.8%**	**(39.7-45.9)**	**49.8%**	**(41.9-57.8)**
Gender	Male	46.1	(41.3-51.0)	50.7	(36.9-64.5)
	Female	39.6	(35.8-43.5)	48.9	(41.2-56.7)
Age	18 to 34	41.1	(31.5-50.7)	41.1	(17.4-64.9)
	35 to 44	45.7	(39.6-51.8)	61.7	(48.6-74.8)
	45 to 54	46.7	(41.3-52.1)	55.4	(42.7-68.1)
	55 to 64	45.3	(40.8-49.9)	55.0	(43.8-66.2)
	65 to 74	41.1	(36.9-45.3)	48.0	(37.6-58.4)
	75 and older	33.1	(28.4-37.7)	30.2	(19.8-40.7)
Education	Less than H.S.	33.4	(24.5-42.4)	N/A	N/A
	H.S. Graduate	42.7	(37.8-47.6)	62.6	(52.7-72.5)
	Some College	46.7	(38.2-55.2)	43.0	(21.7-64.4)
	Voc./Assoc. Degree	46.3	(40.1-52.6)	51.1	(37.3-64.9)
	College Graduate	39.9	(34.3-45.5)	47.0	(36.1-57.9)
Poverty Status	200% or Less	40.1	(32.6-47.7)	43.8	(32.1-55.5)
	More than 200%	43.4	(39.9-46.9)	51.5	(40.2-62.7)

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

TABLE 4.10.B
PHYSICAL ACTIVITY
PERCENT VIGOROUS ACTIVITY THREE OR MORE DAYS PER WEEK[1]
BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4484)		Carlton County n=(441)	
		Percent	95% CI	Percent	95% CI
Overall Results		**30.2%**	**(26.9-33.5)**	**29.9%**	**(23.4-36.3)**
Gender	Male	39.7	(34.5-44.9)	31.3	(20.7-41.9)
	Female	21.0	(17.7-24.3)	28.4	(20.9-35.9)
Age	18 to 34	40.4	(30.1-50.7)	39.4	(15.7-63.0)
	35 to 44	30.8	(25.3-36.2)	29.0	(16.2-41.8)
	45 to 54	31.5	(26.6-36.4)	31.5	(19.5-43.5)
	55 to 64	32.5	(28.3-36.6)	36.1	(25.2-47.1)
	65 to 74	18.1	(14.8-21.4)	15.4	(7.9-23.0)
	75 and older	9.8	(6.7-12.9)	9.5	(2.8-16.2)
Education	Less than H.S.	13.4	(6.8-20.0)	N/A	N/A
	H.S. Graduate	24.2	(19.8-28.7)	37.6	(26.2-49.0)
	Some College	34.3	(24.6-44.0)	16.8	(5.3-28.3)
	Voc./Assoc. Degree	36.5	(30.8-42.1)	37.0	(23.2-50.7)
	College Graduate	33.0	(27.3-38.7)	34.4	(23.6-45.2)
Poverty Status	200% or Less	27.8	(18.7-36.9)	21.2	(10.4-32.0)
	More than 200%	32.7	(29.1-36.2)	33.8	(24.9-42.8)

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

Bridge to Health 2010

TABLE 4.11.A
PHYSICAL ACTIVITY AT WORK
PERCENT MOSTLY SITTING OR STANDING[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(2613)		Carlton County n=(270)	
		Percent	95% CI	Percent	95% CI
Overall Results		**60.5%**	**(57.1-63.9)**	**53.2%**	**(45.4-61.0)**
Gender	Male	55.0	(49.8-60.1)	40.4	(29.8-51.1)
	Female	67.0	(62.5-71.5)	67.8	(57.3-78.4)
Age	18 to 34	58.3	(49.5-67.0)	44.9	(26.0-63.7)
	35 to 44	62.0	(55.9-68.1)	57.7	(43.0-72.4)
	45 to 54	60.5	(54.5-66.5)	47.0	(32.8-61.3)
	55 to 64	61.5	(55.9-67.1)	70.8	(58.9-82.7)
	65 to 74	62.4	(50.5-74.3)	N/A	N/A
	75 and older	N/A	N/A	N/A	N/A
Education	Less than H.S.	46.3	(27.1-65.5)	N/A	N/A
	H.S. Graduate	56.0	(49.4-62.6)	41.2	(24.6-57.8)
	Some College	56.0	(48.2-63.8)	54.9	(38.5-71.3)
	Voc./Assoc. Degree	45.7	(37.9-53.4)	56.4	(39.0-73.8)
	College Graduate	79.3	(74.9-83.8)	61.5	(48.8-74.2)
Poverty Status	200% or Less	44.9	(36.5-53.4)	38.5	(18.3-58.7)
	More than 200%	66.1	(62.3-69.8)	57.5	(48.8-66.2)

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

TABLE 4.11.B
PHYSICAL ACTIVITY AT WORK
PERCENT MOSTLY WALKING[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(2613)		Carlton County n=(270)	
		Percent	95% CI	Percent	95% CI
Overall Results		**23.3%**	**(20.4-26.1)**	**27.6%**	**(20.5-34.8)**
Gender	Male	20.0	(16.3-23.8)	30.8	(20.7-40.9)
	Female	27.1	(22.8-31.3)	24.0	(13.9-34.1)
Age	18 to 34	23.6	(16.8-30.3)	31.4	(12.7-50.0)
	35 to 44	22.6	(17.3-28.0)	24.5	(11.8-37.2)
	45 to 54	23.1	(17.7-28.5)	30.5	(17.2-43.8)
	55 to 64	23.5	(18.4-28.6)	20.7	(10.1-31.4)
	65 to 74	26.7	(15.5-37.9)	N/A	N/A
	75 and older	N/A	N/A	N/A	N/A
Education	Less than H.S.	35.1	(18.5-51.8)	N/A	N/A
	H.S. Graduate	27.3	(21.4-33.2)	23.8	(8.0-39.7)
	Some College	25.9	(18.8-33.0)	31.1	(15.7-46.4)
	Voc./Assoc. Degree	24.6	(18.0-31.2)	19.7	(5.8-33.5)
	College Graduate	15.8	(12.0-19.7)	34.0	(21.4-46.6)
Poverty Status	200% or Less	31.7	(24.0-39.4)	43.7	(22.7-64.8)
	More than 200%	20.9	(17.8-24.1)	25.8	(18.1-33.5)

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

TABLE 4.11.C

PHYSICAL ACTIVITY AT WORK

PERCENT MOSTLY HEAVY LABOR OR PHYSICALLY DEMANDING WORK[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(2613)		Carlton County n=(270)	
		Percent	95% CI	Percent	95% CI
Overall Results		**16.2%**	**(13.8-18.7)**	**19.2%**	**(12.7-25.6)**
Gender	Male	25.0	(20.8-29.1)	28.7	(18.3-39.2)
	Female	5.9	(3.9-8.0)	8.2	(2.9-13.6)
Age	18 to 34	18.1	(11.9-24.4)	23.8	(7.5-40.0)
	35 to 44	15.4	(11.0-19.8)	17.8	(5.8-29.9)
	45 to 54	16.4	(12.0-20.8)	22.5	(9.8-35.2)
	55 to 64	15.0	(11.1-18.9)	8.5	(1.7-15.2)
	65 to 74	10.9	(4.3-17.6)	N/A	N/A
	75 and older	N/A	N/A	N/A	N/A
Education	Less than H.S.	18.6	(5.9-31.3)	N/A	N/A
	H.S. Graduate	16.7	(12.3-21.1)	34.9	(18.2-51.7)
	Some College	18.1	(12.6-23.6)	14.0	(1.6-26.4)
	Voc./Assoc. Degree	29.7	(22.4-37.1)	24.0	(8.3-39.6)
	College Graduate	4.9	(2.6-7.1)	4.5	(0.3-8.7)
Poverty Status	200% or Less	23.4	(16.8-30.0)	17.7	(1.6-33.9)
	More than 200%	13.0	(10.6-15.4)	16.7	(9.9-23.6)

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

TABLE 4.12.A
EXERCISE OPPORTUNITIES NEAR HOME
PERCENT WITH WALKING TRAILS NEAR HOME[1]
BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4236)		Carlton County n=(440)	
		Percent	95% CI	Percent	95% CI
Overall Results		**72.6%**	**(69.8-75.5)**	**73.9%**	**(64.2-83.7)**
Gender	Male	73.3	(69.4-77.3)	66.6	(50.0-83.2)
	Female	72.0	(67.9-76.0)	81.8	(76.3-87.2)
Age	18 to 34	72.4	(63.9-80.9)	56.4	(27.2-85.5)
	35 to 44	73.1	(67.1-79.2)	77.0	(65.4-88.7)
	45 to 54	74.5	(69.4-79.7)	87.5	(79.4-95.5)
	55 to 64	77.5	(73.5-81.5)	85.8	(78.1-93.5)
	65 to 74	65.9	(61.6-70.3)	67.7	(57.9-77.4)
	75 and older	67.1	(62.2-72.0)	68.9	(57.8-80.1)
Education	Less than H.S.	69.3	(60.3-78.3)	N/A	N/A
	H.S. Graduate	69.5	(64.3-74.7)	81.4	(74.5-88.3)
	Some College	69.8	(61.9-77.7)	57.1	(30.3-83.9)
	Voc./Assoc. Degree	70.8	(64.6-76.9)	78.5	(66.9-90.0)
	College Graduate	80.4	(76.4-84.4)	89.7	(83.1-96.4)
Poverty Status	200% or Less	69.1	(62.4-75.8)	77.7	(68.8-86.5)
	More than 200%	75.1	(71.7-78.5)	73.2	(59.2-87.3)

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

TABLE 4.12.B

EXERCISE OPPORTUNITIES NEAR HOME

PERCENT THAT USE THE WALKING TRAILS NEAR HOME[1]

BRIDGE TO HEALTH SURVEY 2010

Question: Do you use the: walking trails, bicycle paths/lanes?

Demographic Characteristics		Region n=(3067)		Carlton County n=(325)	
		Percent	95% CI	Percent	95% CI
Overall Results		**46.7%**	**(42.8-50.6)**	**48.0%**	**(41.2-54.8)**
Gender	Male	45.3	(38.9-51.6)	39.4	(29.5-49.2)
	Female	48.1	(43.3-52.8)	55.5	(46.7-64.3)
Age	18 to 34	47.2	(34.9-59.5)	78.7	(62.6-94.7)
	35 to 44	49.5	(42.6-56.4)	46.1	(30.4-61.7)
	45 to 54	55.6	(49.4-61.8)	37.6	(24.5-50.8)
	55 to 64	46.8	(41.4-52.2)	46.8	(34.7-59.0)
	65 to 74	40.9	(35.5-46.3)	N/A	N/A
	75 and older	23.3	(17.3-29.2)	N/A	N/A
Education	Less than H.S.	29.4	(15.1-43.6)	N/A	N/A
	H.S. Graduate	40.6	(34.5-46.7)	48.3	(35.0-61.6)
	Some College	48.7	(37.5-59.9)	40.5	(25.7-55.4)
	Voc./Assoc. Degree	47.3	(39.5-55.2)	43.9	(27.9-59.9)
	College Graduate	53.7	(46.9-60.4)	57.5	(45.9-69.1)
Poverty Status	200% or Less	40.3	(29.3-51.3)	42.1	(27.5-56.8)
	More than 200%	48.9	(44.8-53.0)	51.0	(42.8-59.2)

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

TABLE 4.12.C				
EXERCISE OPPORTUNITIES NEAR HOME				
PERCENT WITH BICYCLE PATHS, SHARED USE PATHS OR BIKE LANES NEAR HOME[1]				
BRIDGE TO HEALTH SURVEY 2010				

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

Demographic Characteristics		Region n=(4109)		Carlton County n=(432)	
		Percent	95% CI	Percent	95% CI
Overall Results		**63.8%**	**(60.6-66.9)**	**70.8%**	**(61.2-80.5)**
Gender	Male	65.9	(61.4-70.3)	63.6	(47.3-79.9)
	Female	61.7	(57.4-66.1)	78.7	(72.8-84.5)
Age	18 to 34	65.2	(56.0-74.4)	55.7	(26.5-85.0)
	35 to 44	64.4	(58.0-70.7)	75.0	(63.2-86.8)
	45 to 54	65.4	(59.9-70.9)	84.7	(76.0-93.4)
	55 to 64	67.4	(62.9-71.9)	82.5	(74.0-91.1)
	65 to 74	53.9	(49.3-58.4)	60.1	(49.6-70.5)
	75 and older	58.7	(53.3-64.2)	59.0	(46.2-71.8)
Education	Less than H.S.	61.7	(51.2-72.2)	N/A	N/A
	H.S. Graduate	58.9	(53.3-64.6)	78.2	(70.6-85.8)
	Some College	61.9	(53.4-70.4)	49.5	(24.7-74.2)
	Voc./Assoc. Degree	63.3	(56.8-69.7)	78.9	(67.5-90.3)
	College Graduate	70.9	(66.2-75.6)	86.0	(78.4-93.5)
Poverty Status	200% or Less	60.3	(52.5-68.0)	75.6	(66.5-84.6)
	More than 200%	66.4	(62.8-70.0)	69.4	(55.8-83.1)

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

TABLE 4.12.D
EXERCISE OPPORTUNITIES NEAR HOME
PERCENT THAT USE BICYCLE PATHS, SHARED USE PATHS OR BIKE LANES NEAR HOME[1]

BRIDGE TO HEALTH SURVEY 2010

Question: Do you use the: walking trails, bicycle paths/lanes?

Demographic Characteristics		Region n=(2610)		Carlton County n=(306)	
		Percent	95% CI	Percent	95% CI
Overall Results		**35.9%**	**(31.0-40.8)**	**29.3%**	**(23.0-35.6)**
Gender	Male	40.0	(32.1-48.0)	24.6	(15.5-33.8)
	Female	31.6	(26.5-36.7)	33.4	(24.7-42.0)
Age	18 to 34	52.9	(39.8-66.0)	36.8	(17.8-55.9)
	35 to 44	39.0	(31.7-46.4)	34.0	(18.8-49.2)
	45 to 54	34.3	(27.7-40.9)	29.9	(17.5-42.3)
	55 to 64	30.6	(25.2-36.0)	29.1	(18.2-40.0)
	65 to 74	16.2	(11.9-20.5)	N/A	N/A
	75 and older	7.2	(3.4-11.0)	N/A	N/A
Education	Less than H.S.	18.1	(2.6-33.6)	N/A	N/A
	H.S. Graduate	27.7	(20.8-34.5)	25.7	(14.2-37.3)
	Some College	45.5	(32.0-59.1)	28.8	(14.0-43.5)
	Voc./Assoc. Degree	29.2	(21.5-36.8)	31.1	(15.8-46.4)
	College Graduate	42.4	(34.9-50.0)	35.0	(23.7-46.2)
Poverty Status	200% or Less	30.2	(14.8-45.5)	19.6	(7.4-31.9)
	More than 200%	38.2	(33.4-43.0)	34.6	(26.6-42.7)

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

TABLE 4.13.A

BARRIERS TO EXERCISE NEAR HOME

PERCENT SAFETY ISSUES NOT HAVING TO DO WITH TRAFFIC[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4441)		Carlton County n=(449)	
		Percent	95% CI	Percent	95% CI
Overall Results		**8.8%**	**(6.5-11.1)**	**6.5%**	**(3.7-9.4)**
Gender	Male	2.8	(1.6-4.0)	3.1	(0.0-6.5)
	Female	14.6	(10.5-18.7)	10.1	(5.7-14.5)
Age	18 to 34	16.4	(8.7-24.2)	2.4	(0.0-7.3)
	35 to 44	7.8	(4.7-10.9)	5.1	(0.0-10.6)
	45 to 54	6.0	(3.6-8.5)	10.4	(2.2-18.5)
	55 to 64	5.3	(3.3-7.4)	12.0	(3.9-20.0)
	65 to 74	5.4	(3.5-7.4)	3.6	(0.0-7.3)
	75 and older	5.1	(2.9-7.3)	5.4	(0.9-9.9)
Education	Less than H.S.	19.8	(9.5-30.2)	N/A	N/A
	H.S. Graduate	8.3	(4.4-12.2)	5.8	(0.2-11.3)
	Some College	11.8	(5.4-18.3)	8.6	(1.5-15.7)
	Voc./Assoc. Degree	5.3	(0.6-10.1)	2.4	(0.0-5.7)
	College Graduate	5.6	(3.5-7.7)	8.9	(2.5-15.3)
Poverty Status	200% or Less	8.2	(5.0-11.5)	8.0	(2.5-13.5)
	More than 200%	9.3	(6.2-12.5)	6.7	(2.8-10.7)

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

TABLE 4.13.B
BARRIERS TO EXERCISE NEAR HOME
PERCENT NOT HAVING SIDEWALKS[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4485)		Carlton County n=(450)	
		Percent	95% CI	Percent	95% CI
Overall Results		**6.9%**	**(5.4-8.5)**	**8.5%**	**(5.0-11.9)**
Gender	Male	5.3	(3.9-6.7)	6.7	(2.0-11.3)
	Female	8.5	(5.8-11.3)	10.4	(5.4-15.4)
Age	18 to 34	5.8	(1.0-10.5)	4.6	(0.0-11.7)
	35 to 44	7.8	(4.6-10.9)	13.5	(4.0-23.0)
	45 to 54	5.5	(3.3-7.8)	13.7	(4.7-22.7)
	55 to 64	11.0	(7.7-14.2)	5.7	(0.6-10.9)
	65 to 74	7.4	(5.1-9.6)	7.8	(2.4-13.3)
	75 and older	4.6	(2.3-7.0)	2.3	(0.0-5.6)
Education	Less than H.S.	8.0	(4.1-11.9)	N/A	N/A
	H.S. Graduate	5.8	(3.9-7.6)	9.9	(3.0-16.7)
	Some College	8.4	(3.3-13.6)	9.3	(1.1-17.4)
	Voc./Assoc. Degree	5.2	(3.0-7.5)	3.8	(0.0-8.0)
	College Graduate	7.6	(5.2-10.1)	8.6	(1.9-15.3)
Poverty Status	200% or Less	5.2	(3.2-7.2)	12.3	(2.8-21.8)
	More than 200%	7.9	(5.6-10.2)	9.0	(4.7-13.3)

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

TABLE 4.13.C
BARRIERS TO EXERCISE NEAR HOME
PERCENT TRAFFIC PROBLEMS[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4461)		Carlton County n=(450)	
		Percent	95% CI	Percent	95% CI
Overall Results		**6.1%**	**(4.6-7.6)**	**6.6%**	**(3.8-9.3)**
Gender	Male	4.3	(3.1-5.5)	6.5	(2.2-10.8)
	Female	7.8	(5.1-10.4)	6.6	(3.4-9.8)
Age	18 to 34	6.1	(1.3-10.9)	6.3	(0.0-13.2)
	35 to 44	7.3	(4.3-10.3)	4.2	(0.0-8.5)
	45 to 54	4.0	(2.3-5.7)	11.2	(3.5-19.0)
	55 to 64	8.6	(5.8-11.4)	7.3	(1.9-12.7)
	65 to 74	7.0	(4.7-9.2)	4.8	(0.5-9.0)
	75 and older	3.0	(1.4-4.5)	2.3	(0.0-4.8)
Education	Less than H.S.	6.7	(3.1-10.3)	N/A	N/A
	H.S. Graduate	4.9	(3.3-6.4)	8.3	(2.3-14.3)
	Some College	7.0	(2.0-11.9)	7.8	(1.1-14.5)
	Voc./Assoc. Degree	5.7	(3.2-8.2)	4.7	(0.2-9.2)
	College Graduate	6.5	(4.4-8.7)	6.1	(1.6-10.6)
Poverty Status	200% or Less	3.6	(2.4-4.9)	6.6	(1.4-11.8)
	More than 200%	7.1	(4.8-9.3)	7.5	(3.7-11.3)

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

Chapter 5

PREVENTIVE SCREENINGS

A. Cancer Screenings

B. Cardiovascular Risk Screenings

C. Blood Donation

Chapter 5:   Preventive Screenings

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

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

For many screenings, there are differences among noted organizations about the age, frequency, effectiveness, and cost/benefit of particular screenings. Credible sources for information on recommended screenings are:
- US Preventive Services Task Force http://www.uspreventiveservicestaskforce.org/
- Institute for Clinical Systems Improvement http://www.icsi.org
- American Cancer Society http://www.cancer.org/Healthy/FindCancerEarly/CancerScreeningGuidelines/index

Cancer Screenings

Screening	BTH Region Report 2010	Carlton County 2010 (CI)	BRFSS 2008 (*3,4*)			Healthy People 2020 goal
			Minnesota	Wisconsin	National	
Breast cancer screening mammography (Female 40+ yrs) Past two years	73.2%	71.2% (63.9-78.5)	79.1%	76.2%	76.0%	81.1% (50-74 yrs)
Cervical cancer screening (Female 18+ years) Within 3 years	75.3% (Within 2 years)	71.2% (62.2-80.1) (Within 2 years)	85.5%	82.6%	82.8%	93.0%
Prostate cancer screening (Male 50+ years) Past year	37.8%	37.8% (28.7-47.0)	48.9%	51.1%	55.9%	N/A
Colorectal cancer* screening (Male & Female 50+ yrs) Past 10 years	55.0% (Past 5 years)	58.1% (51.7-64.5)	69.1%	66.6%	63.1%	70.5%

*combined fecal occult blood test and endoscopy

Cardiovascular Screenings

Screening / Condition	BTH Region Report 2010	Carlton County 2010 (CI)	BRFSS 2009 (6)			Healthy People 2020 goal
			Minnesota	Wisconsin	National	
Blood pressure screening (last 2 years) (5)	93.2%	95.6% (92.9-98.4)	N/A	N/A	92.9%	94.9%
High blood pressure	26.6%	27.8% (22.3-33.2)	21.6%	27.7%	28.7%	26.9%
Cholesterol screening (last 5 years) (5)	78.3%	80.0% (69.7-90.3)	77.0%	76.9%	76.9%	82.1%
High cholesterol	22.5%	24.9% (19.7-30.1)	33.9%	35.8%	37.5%	13.5%

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TABLE 5.1.A

PREVENTATIVE SCREENING: MAMMOGRAM

(FEMALES AGE 40 AND OLDER)

PERCENT NEVER HAD A MAMMOGRAM[1,2]

BRIDGE TO HEALTH SURVEY 2010

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=(1502)		Carlton County n=(153)	
		Percent	95% CI	Percent	95% CI
Overall Results		**10.0%**	**(7.8-12.2)**	**11.1%**	**(6.1-16.1)**
Females by Age	40 to 49	25.9	(19.0-32.9)	30.8	(14.2-47.3)
	50 to 59	3.8	(1.6-6.0)	3.3	(0.0-7.2)
	60 to 69	3.7	(1.6-5.7)	N/A	N/A
	70 and older	5.2	(3.0-7.4)	4.1	(0.0-8.9)
Education	Less than H.S.	9.4	(3.7-15.2)	N/A	N/A
	H.S. Graduate	8.6	(5.1-12.0)	9.1	(2.8-15.4)
	Some College	16.8	(10.3-23.3)	21.5	(5.2-37.8)
	Voc./Assoc. Degree	7.2	(3.4-11.1)	N/A	N/A
	College Graduate	7.7	(3.7-11.6)	11.5	(1.7-21.3)
Poverty Status	200% or Less	11.9	(7.8-16.0)	16.5	(5.5-27.6)
	More than 200%	9.5	(6.5-12.5)	9.7	(3.1-16.3)

[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.

Bridge to Health 2010

TABLE 5.1.B

PREVENTATIVE SCREENING: MAMMOGRAM

(FEMALES AGE 40 AND OLDER)

PERCENT MAMMOGRAM WITHIN PAST 2 YEARS[1,2]

BRIDGE TO HEALTH SURVEY 2010

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=(1502)		Carlton County n=(153)	
		Percent	95% CI	Percent	95% CI
Overall Results		**73.2%**	**(70.1-76.2)**	**71.2%**	**(63.9-78.5)**
Females by Age	40 to 49	61.2	(53.6-68.8)	49.7	(31.2-68.1)
	50 to 59	80.2	(74.8-85.5)	76.0	(62.2-89.7)
	60 to 69	79.0	(73.7-84.4)	N/A	N/A
	70 and older	73.2	(68.3-78.1)	79.1	(70.5-87.7)
Education	Less than H.S.	63.8	(53.6-74.0)	N/A	N/A
	H.S. Graduate	72.6	(67.5-77.8)	74.3	(64.3-84.3)
	Some College	68.4	(61.1-75.8)	60.5	(42.0-78.9)
	Voc./Assoc. Degree	71.8	(63.5-80.0)	N/A	N/A
	College Graduate	81.3	(75.8-86.8)	69.9	(54.7-85.1)
Poverty Status	200% or Less	64.0	(57.9-70.0)	56.2	(42.5-69.9)
	More than 200%	76.5	(72.6-80.5)	76.5	(66.6-86.4)

[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
PREVENTATIVE SCREENING: BREAST SELF-EXAM
(FEMALES AGE 18 AND OLDER)
PERCENT NEVER PERFORMED BREAST SELF-EXAM[1,2]

BRIDGE TO HEALTH SURVEY 2010

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=(2251)		Carlton County n=(218)	
		Percent	95% CI	Percent	95% CI
Overall Results		**29.9%**	**(25.7-34.0)**	**21.0%**	**(13.7-28.2)**
Females by Age	18 to 29	54.3	(37.8-70.7)	42.2	(14.6-69.7)
	30 to 39	35.3	(27.3-43.4)	N/A	N/A
	40 to 49	25.6	(18.0-33.1)	19.5	(4.9-34.0)
	50 to 59	17.5	(11.5-23.6)	11.1	(2.0-20.3)
	60 to 69	17.8	(12.6-23.1)	N/A	N/A
	70 and older	26.7	(21.6-31.7)	20.6	(11.9-29.2)
Education	Less than H.S.	52.0	(36.8-67.1)	N/A	N/A
	H.S. Graduate	29.9	(23.1-36.6)	29.2	(13.1-45.2)
	Some College	35.1	(24.3-46.0)	21.8	(7.1-36.5)
	Voc./Assoc. Degree	27.2	(17.9-36.4)	6.0	(0.0-13.2)
	College Graduate	16.9	(11.8-22.0)	14.5	(4.8-24.1)
Poverty Status	200% or Less	31.2	(23.5-39.0)	14.6	(6.8-22.4)
	More than 200%	29.3	(23.7-34.8)	23.4	(13.7-33.1)

[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
PREVENTATIVE SCREENING: BREAST SELF-EXAM
(FEMALES AGE 18 AND OLDER)
PERCENT PERFORMED BREAST SELF-EXAM WITHIN THE PAST YEAR[1,2]

BRIDGE TO HEALTH SURVEY 2010

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=(2251)		Carlton County n=(218)	
		Percent	95% CI	Percent	95% CI
Overall Results		**57.0%**	**(52.8-61.3)**	**71.2%**	**(63.7-78.7)**
Females by Age	18 to 29	30.6	(15.9-45.4)	57.9	(30.3-85.4)
	30 to 39	56.3	(47.9-64.7)	N/A	N/A
	40 to 49	63.7	(55.9-71.5)	75.8	(60.3-91.3)
	50 to 59	71.5	(64.9-78.1)	78.1	(64.6-91.6)
	60 to 69	67.5	(61.3-73.6)	N/A	N/A
	70 and older	54.6	(49.3-60.0)	56.9	(46.2-67.5)
Education	Less than H.S.	29.1	(18.7-39.5)	N/A	N/A
	H.S. Graduate	58.9	(52.0-65.8)	64.2	(48.8-79.7)
	Some College	53.9	(43.9-64.0)	70.3	(54.5-86.0)
	Voc./Assoc. Degree	58.4	(47.9-68.9)	89.1	(78.6-99.6)
	College Graduate	67.8	(59.2-76.4)	80.4	(69.8-90.9)
Poverty Status	200% or Less	51.2	(42.1-60.4)	75.1	(65.5-84.8)
	More than 200%	59.1	(53.8-64.5)	69.2	(59.1-79.3)

[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

PREVENTATIVE SCREENING: PAP SMEAR

(FEMALES AGE 18 AND OLDER)

PERCENT NEVER HAD A PAP SMEAR[1,2]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(1815)		Carlton County n=(168)	
		Percent	95% CI	Percent	95% CI
Overall Results		**6.4%**	**(3.2-9.6)**	**7.7%**	**(0.0-15.7)**
Females by Age	18 to 29	18.4	(6.0-30.9)	25.7	(0.0-54.3)
	30 to 39	7.9	(2.6-13.1)	N/A	N/A
	40 to 49	0.0	(0.0-0.0)	0.0	(0.0-0.0)
	50 to 59	1.2	(0.0-2.4)	N/A	N/A
	60 to 69	2.1	(0.0-4.9)	N/A	N/A
	70 and older	3.7	(1.2-6.2)	N/A	N/A
Education	Less than H.S.	20.5	(5.7-35.3)	N/A	N/A
	H.S. Graduate	8.6	(1.8-15.3)	21.2	(0.0-44.4)
	Some College	6.2	(0.0-14.0)	0.0	(0.0-0.0)
	Voc./Assoc. Degree	0.1	(0.0-0.3)	N/A	N/A
	College Graduate	2.0	(0.0-4.0)	5.8	(0.0-13.7)
Poverty Status	200% or Less	8.0	(2.5-13.5)	0.8	(0.0-2.4)
	More than 200%	1.7	(0.4-3.0)	6.5	(0.0-16.2)

[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 5.3.B

PREVENTATIVE SCREENING: PAP SMEAR

(FEMALES AGE 18 AND OLDER)

PERCENT HAD A PAP TEST WITHIN THE PAST TWO YEARS[1,2]

BRIDGE TO HEALTH SURVEY 2010

Question:	Have you had a PAP smear within the past year, within the past 2 years, within the past 5 years, 5 or more years ago, never, or not applicable?				
Demographic Characteristics		Region n=(1815)		Carlton County n=(168)	
		Percent	95% CI	Percent	95% CI
Overall Results		**75.3%**	**(71.6-79.1)**	**71.2%**	**(62.2-80.1)**
Females by Age	18 to 29	79.5	(66.9-92.1)	67.9	(39.3-96.5)
	30 to 39	81.6	(74.5-88.7)	N/A	N/A
	40 to 49	91.2	(87.4-95.1)	85.1	(70.8-99.4)
	50 to 59	84.7	(79.0-90.5)	N/A	N/A
	60 to 69	64.2	(56.8-71.6)	N/A	N/A
	70 and older	32.7	(26.7-38.6)	N/A	N/A
Education	Less than H.S.	56.9	(39.9-73.9)	N/A	N/A
	H.S. Graduate	65.9	(58.3-73.5)	50.3	(31.0-69.5)
	Some College	80.5	(72.1-88.8)	86.4	(77.0-95.7)
	Voc./Assoc. Degree	84.2	(77.0-91.3)	N/A	N/A
	College Graduate	83.9	(79.2-88.6)	71.3	(56.1-86.5)
Poverty Status	200% or Less	70.9	(63.2-78.6)	64.6	(50.0-79.1)
	More than 200%	83.1	(79.8-86.4)	79.5	(68.4-90.5)

[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 5.4.A

PREVENTATIVE SCREENING: PROSTATE EXAM

(MALES AGE 50 AND OLDER)

PERCENT NEVER HAD A PROSTATE EXAM[1]

BRIDGE TO HEALTH SURVEY 2010

Question:	Have you had a prostate exam within the past year, within the past 2 years, within the past 5 years, 5 or more years ago, never, or not applicable?				
Demographic Characteristics		Region n=(975)		Carlton County n=(96)	
		Percent	95% CI	Percent	95% CI
Overall Results		**14.0%**	**(10.9-17.1)**	**10.0%**	**(3.4-16.7)**
Males by Age	50 to 59	24.2	(17.9-30.4)	18.4	(5.4-31.3)
	60 to 69	8.0	(4.5-11.6)	N/A	N/A
	70 and older	3.3	(1.5-5.2)	N/A	N/A
Education	Less than H.S.	19.9	(1.9-37.9)	N/A	N/A
	H.S. Graduate	14.9	(9.5-20.3)	N/A	N/A
	Some College	17.0	(9.3-24.8)	N/A	N/A
	Voc./Assoc. Degree	20.5	(11.8-29.1)	N/A	N/A
	College Graduate	7.1	(3.1-11.1)	N/A	N/A
Poverty Status	200% or Less	20.7	(12.1-29.3)	N/A	N/A
	More than 200%	11.4	(8.0-14.8)	9.1	(1.1-17.1)

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

		Region		Carlton County	

TABLE 5.4.B
PREVENTATIVE SCREENING: PROSTATE EXAM
(MALES AGE 50 AND OLDER)
PERCENT HAD A PROSTATE EXAM WITHIN PAST YEAR[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(975)		Carlton County n=(96)	
		Percent	95% CI	Percent	95% CI
Overall Results		**37.8%**	**(33.9-41.6)**	**37.8%**	**(28.7-47.0)**
Males by Age	50 to 59	26.4	(20.2-32.5)	24.0	(11.5-36.5)
	60 to 69	44.9	(38.5-51.3)	N/A	N/A
	70 and older	49.1	(42.9-55.2)	N/A	N/A
Education	Less than H.S.	37.5	(23.2-51.9)	N/A	N/A
	H.S. Graduate	40.1	(32.8-47.4)	N/A	N/A
	Some College	32.5	(23.9-41.1)	N/A	N/A
	Voc./Assoc. Degree	35.4	(26.4-44.3)	N/A	N/A
	College Graduate	40.5	(33.3-47.7)	N/A	N/A
Poverty Status	200% or Less	32.2	(24.8-39.6)	N/A	N/A
	More than 200%	40.9	(36.0-45.8)	36.0	(25.1-46.9)

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

TABLE 5.5.A

PREVENTATIVE SCREENING: COLON CANCER
(MALES AND FEMALES AGE 50 AND OLDER)
PERCENT NEVER HAD A COLON CANCER SCREENING[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(2090)		Carlton County n=(210)	
		Percent	95% CI	Percent	95% CI
Overall Results		**32.0%**	**(29.3-34.7)**	**26.4%**	**(20.7-32.1)**
Gender	Male	30.5	(26.6-34.4)	22.0	(26.6-34.4)
	Female	33.4	(29.7-37.0)	30.2	(29.7-37.0)
Age	50 to 59	44.7	(39.8-49.7)	28.2	(39.8-49.7)
	60 to 69	24.4	(20.4-28.4)	21.8	(20.4-28.4)
	70 and older	20.9	(17.8-24.1)	27.5	(17.8-24.1)
Education	Less than H.S.	35.5	(26.2-44.8)	N/A	N/A
	H.S. Graduate	32.8	(28.3-37.4)	32.7	(28.3-37.4)
	Some College	34.9	(28.7-41.1)	21.0	(28.7-41.1)
	Voc./Assoc. Degree	34.2	(26.9-41.5)	22.9	(26.9-41.5)
	College Graduate	27.0	(22.1-32.0)	18.0	(22.1-32.0)
Poverty Status	200% or Less	39.5	(33.9-45.0)	37.9	(33.9-45.0)
	More than 200%	27.7	(24.4-31.0)	22.3	(24.4-31.0)

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

TABLE 5.5.B

PREVENTATIVE SCREENING: COLON CANCER

(MALES AND FEMALES AGE 50 AND OLDER)

PERCENT HAD A COLON CANCER SCREENING WITHIN PAST 5 YEARS[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(2090)		Carlton County n=(210)	
		Percent	95% CI	Percent	95% CI
Overall Results		**55.0%**	**(52.3-57.7)**	**58.1%**	**(51.7-64.5)**
Gender	Male	58.0	(54.0-62.1)	59.6	(54.0-62.1)
	Female	52.3	(48.6-56.0)	56.8	(48.6-56.0)
Age	50 to 59	48.8	(43.8-53.8)	60.8	(43.8-53.8)
	60 to 69	60.9	(56.4-65.3)	64.2	(56.4-65.3)
	70 and older	58.5	(54.6-62.5)	49.1	(54.6-62.5)
Education	Less than H.S.	49.9	(40.5-59.3)	N/A	N/A
	H.S. Graduate	52.2	(47.6-56.9)	47.0	(47.6-56.9)
	Some College	51.7	(45.4-58.0)	68.5	(45.4-58.0)
	Voc./Assoc. Degree	58.0	(50.8-65.3)	71.8	(50.8-65.3)
	College Graduate	59.5	(54.2-64.8)	60.4	(54.2-64.8)
Poverty Status	200% or Less	48.4	(43.0-53.9)	48.6	(43.0-53.9)
	More than 200%	60.3	(56.8-63.7)	61.6	(56.8-63.7)

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

TABLE 5.6.A

PREVENTATIVE SCREENING: BLOOD PRESSURE

(MALES AND FEMALES)

PERCENT NEVER HAD BLOOD PRESSURE CHECKED[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4472)		Carlton County n=(446)	
		Percent	95% CI	Percent	95% CI
Overall Results		**2.9%**	**(0.7-5.2)**	**0.9%**	**(0.0-2.2)**
Gender	Male	3.9	(0.0-8.0)	1.8	(0.0-4.4)
	Female	2.0	(0.3-3.8)	0.0	(0.0-0.0)
Age	18 to 34	10.7	(2.7-18.8)	3.6	(0.0-9.1)
	35 to 44	0.4	(0.0-0.7)	0.0	(0.0-0.0)
	45 to 54	0.2	(0.0-0.5)	0.0	(0.0-0.0)
	55 to 64	0.3	(0.0-0.7)	0.0	(0.0-0.0)
	65 to 74	0.0	(0.0-0.1)	0.0	(0.0-0.0)
	75 and older	0.0	(0.0-0.0)	0.0	(0.0-0.0)
Education	Less than H.S.	0.0	(0.0-0.0)	N/A	N/A
	H.S. Graduate	3.1	(0.7-5.5)	0.0	(0.0-0.0)
	Some College	7.9	(0.0-16.2)	0.0	(0.0-0.0)
	Voc./Assoc. Degree	0.7	(0.0-1.5)	3.5	(0.0-10.3)
	College Graduate	0.1	(0.0-0.4)	0.0	(0.0-0.0)
Poverty Status	200% or Less	6.7	(0.0-14.2)	1.5	(0.0-4.4)
	More than 200%	0.6	(0.1-1.0)	0.9	(0.0-2.7)

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

TABLE 5.6.B

PREVENTATIVE SCREENING: BLOOD PRESSURE

(MALES AND FEMALES)

PERCENT HAD BLOOD PRESSURE CHECKED WITHIN PAST TWO YEARS[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4472)		Carlton County n=(446)	
		Percent	95% CI	Percent	95% CI
Overall Results		**93.2%**	**(90.8-95.5)**	**95.6%**	**(92.9-98.4)**
Gender	Male	90.0	(85.7-94.2)	95.5	(91.3-99.7)
	Female	96.2	(94.3-98.1)	95.8	(92.3-99.2)
Age	18 to 34	83.5	(75.4-91.6)	92.7	(84.8-100.0)
	35 to 44	95.5	(93.7-97.3)	94.8	(89.0-100.0)
	45 to 54	95.8	(93.5-98.1)	93.9	(86.6-100.0)
	55 to 64	95.4	(92.9-97.8)	99.5	(98.4-100.0)
	65 to 74	98.9	(97.9-99.8)	99.4	(98.2-100.0)
	75 and older	99.0	(98.4-99.6)	98.5	(95.5-100.0)
Education	Less than H.S.	92.4	(87.0-97.9)	N/A	N/A
	H.S. Graduate	93.2	(90.6-95.9)	96.3	(92.7-99.8)
	Some College	88.7	(80.5-96.9)	99.7	(99.1-100.0)
	Voc./Assoc. Degree	94.1	(90.8-97.3)	90.3	(79.5-100.0)
	College Graduate	97.1	(95.6-98.5)	94.6	(88.5-100.0)
Poverty Status	200% or Less	87.8	(80.3-95.3)	93.6	(87.8-99.4)
	More than 200%	96.0	(94.8-97.2)	97.3	(94.8-99.8)

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

TABLE 5.6.C

PREVENTATIVE SCREENING: BLOOD CHOLESTEROL

(MALES AND FEMALES)

PERCENT NEVER HAD BLOOD CHOLESTEROL CHECKED[1]

BRIDGE TO HEALTH SURVEY 2010

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=(4321)		Carlton County n=(442)	
		Percent	95% CI	Percent	95% CI
Overall Results		**13.8%**	**(10.6-16.9)**	**14.4%**	**(3.8-25.1)**
Gender	Male	17.5	(12.0-23.0)	18.2	(0.0-37.5)
	Female	10.1	(7.0-13.2)	10.5	(4.8-16.2)
Age	18 to 34	36.1	(25.8-46.5)	39.3	(7.6-71.0)
	35 to 44	15.9	(11.5-20.3)	18.5	(8.1-28.8)
	45 to 54	7.3	(4.6-10.0)	3.4	(0.0-6.9)
	55 to 64	2.2	(1.1-3.2)	3.2	(0.0-7.1)
	65 to 74	1.2	(0.3-2.1)	1.2	(0.0-3.6)
	75 and older	0.5	(0.1-0.8)	0.8	(0.0-2.3)
Education	Less than H.S.	15.3	(5.9-24.7)	N/A	N/A
	H.S. Graduate	15.0	(9.7-20.2)	7.3	(0.0-15.7)
	Some College	19.4	(10.7-28.1)	30.6	(0.0-62.3)
	Voc./Assoc. Degree	9.9	(5.2-14.6)	12.4	(1.9-22.9)
	College Graduate	9.2	(3.3-15.2)	7.6	(1.9-13.3)
Poverty Status	200% or Less	17.9	(9.4-26.4)	6.9	(1.1-12.7)
	More than 200%	11.3	(8.1-14.6)	19.1	(3.8-34.3)

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

TABLE 5.6.D
PREVENTATIVE SCREENING: BLOOD CHOLESTEROL
(MALES AND FEMALES)
PERCENT HAD BLOOD CHOLESTEROL CHECKED WITHIN PAST FIVE YEARS[1]

BRIDGE TO HEALTH SURVEY 2010

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=(4321)		Carlton County n=(442)	
		Percent	95% CI	Percent	95% CI
Overall Results		**78.3%**	**(74.9-81.7)**	**80.0%**	**(69.7-90.3)**
Gender	Male	72.3	(66.8-77.8)	73.9	(55.8-91.9)
	Female	84.2	(80.4-88.0)	86.4	(80.2-92.6)
Age	18 to 34	49.0	(38.7-59.2)	53.2	(24.4-82.0)
	35 to 44	72.6	(67.1-78.1)	74.8	(63.1-86.5)
	45 to 54	85.2	(81.0-89.4)	89.0	(80.3-97.6)
	55 to 64	94.5	(92.6-96.3)	93.6	(88.7-98.6)
	65 to 74	97.9	(96.8-99.1)	98.8	(96.4-100.0)
	75 and older	98.3	(97.3-99.2)	96.1	(91.6-100.0)
Education	Less than H.S.	69.7	(58.9-80.4)	N/A	N/A
	H.S. Graduate	79.9	(74.6-85.1)	86.4	(77.1-95.6)
	Some College	71.5	(62.5-80.5)	64.5	(34.6-94.3)
	Voc./Assoc. Degree	84.3	(79.0-89.5)	80.7	(68.0-93.4)
	College Graduate	81.4	(74.6-88.3)	89.5	(82.3-96.8)
Poverty Status	200% or Less	73.7	(64.9-82.5)	89.4	(82.8-96.1)
	More than 200%	79.8	(76.1-83.4)	74.8	(60.3-89.3)

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

TABLE 5.7.A

BLOOD DONATION

PERCENT THAT PLAN TO DONATE BLOOD AT LEAST ONCE IN THE NEXT 12 MONTHS[1]

BRIDGE TO HEALTH SURVEY 2010

Question:	Do you plan to donate blood at least once in the next 12 months?

Demographic Characteristics		Region n=(4277)		Carlton County n=(409)	
		Percent	95% CI	Percent	95% CI
Overall Results		**20.9%**	**(17.8-24.0)**	**20.4%**	**(15.7-25.0)**
Gender	Male	19.2	(14.6-23.9)	17.0	(10.8-23.2)
	Female	22.5	(18.5-26.6)	23.6	(16.8-30.4)
Age	18 to 34	30.2	(20.0-40.4)	22.7	(9.3-36.1)
	35 to 44	29.7	(23.8-35.6)	21.5	(10.1-33.0)
	45 to 54	22.2	(17.9-26.5)	23.3	(12.7-33.9)
	55 to 64	14.3	(11.1-17.5)	22.9	(13.6-32.2)
	65 to 74	11.1	(8.5-13.8)	16.2	(8.8-23.5)
	75 and older	3.7	(2.0-5.3)	7.7	(1.2-14.1)
Education	Less than H.S.	6.4	(2.8-10.0)	N/A	N/A
	H.S. Graduate	12.9	(10.0-15.8)	12.0	(5.5-18.5)
	Some College	28.7	(19.1-38.2)	23.8	(12.7-34.9)
	Voc./Assoc. Degree	23.7	(17.4-30.0)	21.7	(10.3-33.1)
	College Graduate	23.9	(19.0-28.8)	29.3	(19.1-39.5)
Poverty Status	200% or Less	18.7	(10.3-27.1)	13.6	(3.5-23.8)
	More than 200%	24.4	(20.9-27.9)	23.2	(17.2-29.2)

[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. Other Tobacco Use

C. Attitudes on Environmental Tobacco Use

Chapter 6:   Tobacco Use

The effects of cigarette smoking and other tobacco use on health are well documented. Smoking is a significant contributor to coronary heart disease, cancers (especially lung), and pulmonary diseases (bronchitis and emphysema). The Centers for Disease Control and Prevention (CDC) estimates that smoking is responsible for one in five deaths annually in the US (*1*) and reduces life expectancy by 13.2 years for men and 14.5 years for women (*2*). It is estimated that nationally cigarette smoking is more common among men (24%) than women (18%) (*1*). As many Minnesotans die from lung and bronchus cancer as from breast, prostate, colon and rectum, and pancreas cancer combined and approximately 90 percent of lung cancers are caused by cigarette smoking (*3*).

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

Tobacco Use

	BTH Region Report 2010	Carlton County 2010 (CI)	BRFSS 2009 (*6*)			Healthy People 2020 goal
			Minnesota	Wisconsin	National	
Current smokers	14.6%	11% (7.3-14.8)	16.8%	18.8%	17.9%	12.0%
Smoke everyday	N/A	N/A	11.3%	12.6%	12.7%	N/A
Former smoker	21.8%	25.6% (20.2-31.1)	26.4%	26.9%	25.5%	N/A
Never smoked	63.6%	63.4% (56.7-70.1)	56.8%	54.3%	55.5%	N/A
Smokeless tobacco use (2006-07)*	4.4%	4.1% (1.7-6.6)	2.4%*	2.1%*	2.3%*	0.3%
Attempted to quit in last year (2008)*	41.0%	42.2% (23.3-60.5)	52.0%*	N/A	48.3%*	80.0%

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

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		TABLE 6.1.A CIGARETTE SMOKING PERCENT NEVER SMOKED[1] BRIDGE TO HEALTH SURVEY 2010			

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

Demographic Characteristics		Region n=(4491)		Carlton County n=(449)	
		Percent	95% CI	Percent	95% CI
Overall Results		**63.6%**	**(60.9-66.3)**	**63.4%**	**(56.7-70.1)**
Gender	Male	62.7	(58.7-66.7)	57.6	(45.4-69.9)
	Female	64.4	(60.8-68.0)	69.3	(62.4-76.2)
Age	18 to 34	79.8	(73.7-85.9)	81.4	(67.3-95.4)
	35 to 44	68.0	(62.4-73.5)	61.6	(48.3-74.9)
	45 to 54	59.0	(53.7-64.3)	58.6	(45.9-71.2)
	55 to 64	49.7	(45.2-54.2)	48.4	(37.2-59.7)
	65 to 74	52.3	(48.0-56.6)	48.3	(38.0-58.6)
	75 and older	58.7	(53.8-63.5)	70.8	(60.5-81.1)
Education	Less than H.S.	54.7	(44.2-65.3)	N/A	N/A
	H.S. Graduate	58.0	(53.3-62.7)	57.5	(46.8-68.2)
	Some College	67.1	(60.6-73.7)	69.1	(52.4-85.9)
	Voc./Assoc. Degree	56.1	(49.9-62.3)	57.2	(43.8-70.5)
	College Graduate	73.6	(69.6-77.6)	73.6	(64.6-82.7)
Poverty Status	200% or Less	58.8	(51.9-65.7)	58.1	(46.6-69.7)
	More than 200%	66.1	(63.0-69.2)	63.8	(54.8-72.9)

[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[1]

BRIDGE TO HEALTH SURVEY 2010

Question: Have you smoked at least 100 cigarettes in your life?
Are you currently a smoker?

Demographic Characteristics		Region n=(4491)		Carlton County n=(449)	
		Percent	95% CI	Percent	95% CI
Overall Results		**21.8%**	**(19.8-23.8)**	**25.6%**	**(20.2-31.1)**
Gender	Male	24.0	(21.0-27.0)	29.4	(19.7-39.1)
	Female	19.6	(17.0-22.3)	21.7	(15.9-27.4)
Age	18 to 34	7.4	(3.7-11.1)	7.6	(0.0-15.9)
	35 to 44	15.4	(11.1-19.6)	21.0	(9.8-32.3)
	45 to 54	19.3	(15.3-23.3)	34.7	(22.4-47.0)
	55 to 64	33.4	(29.2-37.7)	35.1	(24.4-45.8)
	65 to 74	39.4	(35.2-43.5)	46.4	(36.1-56.6)
	75 and older	36.3	(31.6-41.0)	24.2	(14.5-33.9)
Education	Less than H.S.	18.8	(12.7-24.9)	N/A	N/A
	H.S. Graduate	23.6	(20.2-27.0)	28.8	(19.3-38.3)
	Some College	18.8	(13.9-23.7)	19.7	(7.8-31.7)
	Voc./Assoc. Degree	25.5	(20.8-30.1)	30.9	(18.7-43.1)
	College Graduate	21.3	(17.8-24.8)	24.0	(15.2-32.7)
Poverty Status	200% or Less	19.4	(15.0-23.9)	18.3	(10.1-26.4)
	More than 200%	22.1	(19.7-24.5)	27.4	(19.7-35.0)

[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[1]

BRIDGE TO HEALTH SURVEY 2010

Question: Have you smoked at least 100 cigarettes in your life?
Are you currently a smoker?

Demographic Characteristics		Region n=(4491)		Carlton County n=(449)	
		Percent	95% CI	Percent	95% CI
Overall Results		**14.6%**	**(12.8-16.5)**	**11.0%**	**(7.3-14.8)**
Gender	Male	13.2	(10.9-15.6)	12.9	(7.0-18.9)
	Female	16.0	(13.1-18.8)	9.0	(4.2-13.8)
Age	18 to 34	12.9	(8.1-17.6)	11.0	(0.6-21.4)
	35 to 44	16.7	(12.2-21.1)	17.4	(7.2-27.6)
	45 to 54	21.7	(17.1-26.2)	6.7	(1.2-12.2)
	55 to 64	16.9	(13.3-20.4)	16.5	(8.1-24.9)
	65 to 74	8.4	(6.2-10.5)	5.4	(0.7-10.1)
	75 and older	5.0	(3.2-6.9)	5.0	(0.0-10.1)
Education	Less than H.S.	26.5	(17.1-35.9)	N/A	N/A
	H.S. Graduate	18.4	(14.9-21.8)	13.7	(6.5-20.9)
	Some College	14.0	(10.2-17.8)	11.1	(1.9-20.3)
	Voc./Assoc. Degree	18.4	(12.6-24.2)	11.9	(3.9-20.0)
	College Graduate	5.1	(3.2-7.0)	2.4	(0.0-5.3)
Poverty Status	200% or Less	21.8	(17.0-26.6)	23.6	(12.6-34.6)
	More than 200%	11.8	(9.6-14.0)	8.8	(4.7-12.9)

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

TABLE 6.2.A

CIGARETTE SMOKING

PERCENT TRIED TO QUIT IN PAST YEAR[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(634)		Carlton County n=(43)	
		Percent	95% CI	Percent	95% CI
Overall Results		**41.0%**	**(34.5-47.6)**	**42.2%**	**(23.9-60.5)**
Gender	Male	41.1	(32.2-50.1)	N/A	N/A
	Female	41.0	(31.7-50.2)	N/A	N/A
Age	18 to 34	12.3	(3.9-20.7)	N/A	N/A
	35 to 44	51.1	(36.4-65.8)	N/A	N/A
	45 to 54	48.3	(35.9-60.6)	N/A	N/A
	55 to 64	53.6	(41.9-65.3)	N/A	N/A
	65 to 74	46.9	(33.0-60.7)	N/A	N/A
	75 and older	N/A	N/A	N/A	N/A
Education	Less than H.S.	25.2	(11.1-39.3)	N/A	N/A
	H.S. Graduate	44.5	(34.5-54.5)	N/A	N/A
	Some College	41.8	(29.0-54.6)	N/A	N/A
	Voc./Assoc. Degree	37.0	(20.4-53.7)	N/A	N/A
	College Graduate	62.0	(45.1-78.9)	N/A	N/A
Poverty Status	200% or Less	39.4	(29.3-49.5)	N/A	N/A
	More than 200%	46.6	(36.8-56.3)	N/A	N/A

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

TABLE 6.3.A
CIGARETTE SMOKING
PERCENT SERIOUSLY THINKING OF QUITTING IN THE NEXT 30 DAYS[1]

BRIDGE TO HEALTH SURVEY 2010

Question:	(For current smokers) Are you seriously thinking of quitting smoking? Would you say: Within the next 30 days?

Demographic Characteristics		Region n=(629)		Carlton County n=(49)	
		Percent	95% CI	Percent	95% CI
Overall Results		**19.8%**	**(14.2-25.3)**	**14.6%**	**(4.2-25.0)**
Gender	Male	18.1	(10.2-26.0)	N/A	N/A
	Female	21.1	(13.3-28.9)	N/A	N/A
Age	18 to 34	3.9	(0.0-8.1)	N/A	N/A
	35 to 44	23.3	(8.4-38.2)	N/A	N/A
	45 to 54	26.5	(15.0-38.1)	N/A	N/A
	55 to 64	27.9	(15.0-40.7)	N/A	N/A
	65 to 74	21.6	(10.5-32.7)	N/A	N/A
	75 and older	N/A	N/A	N/A	N/A
Education	Less than H.S.	7.8	(0.9-14.7)	N/A	N/A
	H.S. Graduate	17.9	(9.6-26.1)	N/A	N/A
	Some College	24.4	(12.1-36.7)	N/A	N/A
	Voc./Assoc. Degree	23.1	(8.1-38.1)	N/A	N/A
	College Graduate	26.3	(6.3-46.3)	N/A	N/A
Poverty Status	200% or Less	16.2	(8.5-23.9)	N/A	N/A
	More than 200%	24.6	(15.9-33.4)	N/A	N/A

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

Bridge to Health 2010

TABLE 6.4.A

SMOKELESS TOBACCO USE

PERCENT USERS OF SMOKELESS TOBACCO[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4492)		Carlton County n=(449)	
		Percent	95% CI	Percent	95% CI
Overall Results		**4.4%**	**(2.3-6.6)**	**4.1%**	**(1.7-6.6)**
Gender	Male	8.8	(4.6-13.0)	7.4	(2.7-12.2)
	Female	0.2	(0.0-0.5)	0.7	(0.0-2.1)
Age	18 to 34	9.3	(1.7-16.8)	7.5	(0.0-15.6)
	35 to 44	3.3	(1.8-4.7)	1.3	(0.0-3.8)
	45 to 54	3.9	(1.5-6.2)	6.3	(0.5-12.1)
	55 to 64	1.8	(0.8-2.8)	4.2	(0.0-9.4)
	65 to 74	2.2	(1.0-3.5)	0.6	(0.0-1.7)
	75 and older	1.5	(0.3-2.7)	0.0	(0.0-0.0)
Education	Less than H.S.	2.5	(0.8-4.3)	N/A	N/A
	H.S. Graduate	4.9	(3.1-6.7)	6.8	(0.2-13.4)
	Some College	7.2	(0.0-14.8)	3.4	(0.0-7.1)
	Voc./Assoc. Degree	5.1	(1.1-9.2)	4.0	(0.0-9.6)
	College Graduate	1.4	(0.5-2.2)	2.6	(0.0-6.2)
Poverty Status	200% or Less	6.1	(0.0-13.4)	0.0	(0.0-0.0)
	More than 200%	3.7	(2.6-4.8)	6.3	(2.5-10.1)

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

TABLE 6.5.A
ATTITUDE TOWARD SMOKING
PERCENT THAT THINK SMOKING IN CARS WHEN CHILDREN UNDER 16 ARE PRESENT SHOULD NOT BE ALLOWED[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4279)		Carlton County n=(431)	
		Percent	95% CI	Percent	95% CI
Overall Results		**79.2%**	**(76.2-82.2)**	**89.8%**	**(86.2-93.4)**
Gender	Male	77.0	(72.4-81.6)	87.2	(81.2-93.3)
	Female	81.3	(77.5-85.1)	92.3	(88.0-96.6)
Age	18 to 34	69.7	(60.2-79.2)	86.1	(74.6-97.7)
	35 to 44	78.5	(73.1-84.0)	88.6	(80.5-96.6)
	45 to 54	79.1	(74.4-83.9)	90.0	(82.9-97.2)
	55 to 64	85.0	(81.8-88.1)	93.7	(87.9-99.6)
	65 to 74	85.3	(82.0-88.6)	92.5	(87.2-97.8)
	75 and older	89.6	(86.7-92.4)	91.8	(85.3-98.4)
Education	Less than H.S.	57.8	(45.0-70.6)	N/A	N/A
	H.S. Graduate	83.0	(79.2-86.8)	93.9	(89.6-98.2)
	Some College	75.7	(67.6-83.8)	91.7	(84.9-98.4)
	Voc./Assoc. Degree	76.8	(70.6-83.0)	87.3	(78.4-96.2)
	College Graduate	86.1	(81.4-90.8)	87.5	(79.1-96.0)
Poverty Status	200% or Less	70.8	(62.3-79.4)	89.6	(83.4-95.8)
	More than 200%	82.7	(80.0-85.5)	89.4	(84.7-94.2)

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

TABLE 6.5.B
ATTITUDE TOWARD SMOKING
PERCENT THAT THINK SMOKING IN HOTEL/MOTEL ROOMS SHOULD NOT BE ALLOWED[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4379)		Carlton County n=(444)	
		Percent	95% CI	Percent	95% CI
Overall Results		**62.9%**	**(59.8-65.9)**	**69.8%**	**(63.6-76.0)**
Gender	Male	58.9	(54.1-63.7)	60.9	(49.1-72.7)
	Female	66.7	(63.0-70.4)	79.0	(72.6-85.3)
Age	18 to 34	57.5	(47.8-67.2)	68.1	(48.5-87.7)
	35 to 44	63.2	(57.5-69.0)	65.8	(52.7-78.9)
	45 to 54	61.7	(56.4-66.9)	72.1	(60.9-83.3)
	55 to 64	66.3	(62.0-70.6)	73.0	(62.9-83.0)
	65 to 74	65.6	(61.4-69.7)	69.0	(59.5-78.6)
	75 and older	70.6	(66.1-75.0)	72.7	(62.3-83.1)
Education	Less than H.S.	44.0	(33.1-54.8)	N/A	N/A
	H.S. Graduate	59.0	(54.1-63.9)	69.5	(59.7-79.3)
	Some College	62.9	(54.6-71.3)	68.7	(51.9-85.6)
	Voc./Assoc. Degree	60.6	(54.2-67.0)	69.2	(56.2-82.3)
	College Graduate	73.8	(69.8-77.9)	74.2	(63.8-84.5)
Poverty Status	200% or Less	56.5	(48.6-64.3)	76.8	(68.4-85.2)
	More than 200%	66.9	(63.6-70.2)	69.4	(61.0-77.8)

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

TABLE 6.5.C

ATTITUDE TOWARD SMOKING

PERCENT THAT THINK SMOKING IN ENTRANCES TO BUILDINGS SHOULD NOT BE ALLOWED[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4405)		Carlton County n=(448)	
		Percent	95% CI	Percent	95% CI
Overall Results		**69.4%**	**(66.6-72.2)**	**78.5%**	**(68.7-88.4)**
Gender	Male	64.6	(60.2-69.1)	66.5	(50.1-83.0)
	Female	74.0	(70.4-77.6)	91.0	(87.1-94.9)
Age	18 to 34	60.2	(51.0-69.4)	62.6	(31.2-94.0)
	35 to 44	69.1	(63.2-74.9)	86.3	(77.2-95.3)
	45 to 54	70.2	(65.3-75.2)	87.1	(79.4-94.9)
	55 to 64	73.3	(69.3-77.3)	79.6	(70.7-88.6)
	65 to 74	73.1	(69.2-77.1)	79.5	(71.2-87.8)
	75 and older	81.9	(78.3-85.5)	81.9	(72.7-91.1)
Education	Less than H.S.	44.3	(33.6-54.9)	N/A	N/A
	H.S. Graduate	66.8	(62.1-71.5)	86.4	(80.3-92.5)
	Some College	68.4	(61.1-75.7)	59.5	(31.8-87.3)
	Voc./Assoc. Degree	68.6	(61.8-75.3)	84.0	(74.1-93.9)
	College Graduate	80.5	(76.9-84.1)	88.4	(81.0-95.8)
Poverty Status	200% or Less	64.5	(57.6-71.3)	87.4	(81.2-93.5)
	More than 200%	70.6	(67.2-74.0)	73.1	(59.1-87.1)

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

<table>
<tr><td colspan="5">TABLE 6.5.D
ATTITUDE TOWARD SMOKING
PERCENT THAT THINK SMOKING ON COLLEGE CAMPUS GROUNDS SHOULD NOT BE ALLOWED[1]
BRIDGE TO HEALTH SURVEY 2010</td></tr>
</table>

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

Demographic Characteristics		Region n=(4312)		Carlton County n=(440)	
		Percent	95% CI	Percent	95% CI
Overall Results		**48.8%**	**(45.6-52.0)**	**59.1%**	**(50.3-67.9)**
Gender	Male	44.7	(39.8-49.7)	48.0	(34.4-61.6)
	Female	52.7	(48.5-56.9)	70.6	(62.9-78.2)
Age	18 to 34	36.4	(26.5-46.4)	34.7	(13.9-55.5)
	35 to 44	48.8	(42.7-54.9)	70.0	(57.9-82.1)
	45 to 54	50.8	(45.3-56.4)	60.0	(47.7-72.3)
	55 to 64	53.4	(48.8-58.1)	67.4	(56.6-78.2)
	65 to 74	56.5	(52.1-60.9)	71.3	(62.1-80.6)
	75 and older	62.7	(57.7-67.6)	74.2	(63.5-85.0)
Education	Less than H.S.	33.3	(23.6-43.0)	N/A	N/A
	H.S. Graduate	50.5	(45.2-55.8)	62.0	(50.8-73.2)
	Some College	42.7	(34.1-51.3)	44.9	(22.5-67.4)
	Voc./Assoc. Degree	47.4	(41.3-53.4)	70.8	(58.3-83.4)
	College Graduate	59.0	(53.5-64.4)	65.3	(54.5-76.1)
Poverty Status	200% or Less	43.6	(35.5-51.6)	71.1	(60.3-81.8)
	More than 200%	50.9	(47.2-54.5)	53.1	(41.5-64.6)

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

TABLE 6.5.E
ATTITUDE TOWARD SMOKING
PERCENT THAT THINK SMOKING IN PARKS/OUTDOOR SPACES SHOULD NOT BE ALLOWED[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4384)		Carlton County n=(441)	
		Percent	95% CI	Percent	95% CI
Overall Results		**31.2%**	**(28.4-34.1)**	**38.0%**	**(31.1-45.0)**
Gender	Male	27.0	(22.5-31.4)	23.9	(15.1-32.6)
	Female	35.4	(31.6-39.1)	52.7	(44.9-60.5)
Age	18 to 34	20.8	(12.2-29.4)	27.7	(9.7-45.7)
	35 to 44	33.9	(28.1-39.7)	43.9	(30.1-57.7)
	45 to 54	34.1	(28.7-39.4)	40.0	(27.5-52.5)
	55 to 64	32.9	(28.7-37.2)	44.0	(32.8-55.2)
	65 to 74	36.2	(32.0-40.3)	40.0	(29.7-50.3)
	75 and older	41.3	(36.3-46.3)	37.3	(26.5-48.1)
Education	Less than H.S.	19.0	(12.5-25.6)	N/A	N/A
	H.S. Graduate	31.9	(26.8-37.1)	40.9	(30.0-51.7)
	Some College	27.3	(19.4-35.3)	24.1	(10.2-38.0)
	Voc./Assoc. Degree	29.0	(23.9-34.2)	42.3	(28.7-55.9)
	College Graduate	39.3	(34.2-44.3)	48.4	(37.5-59.4)
Poverty Status	200% or Less	28.7	(20.9-36.5)	43.3	(31.8-54.8)
	More than 200%	32.2	(29.2-35.3)	36.6	(27.4-45.8)

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

Bridge to Health 2010

Chapter 7

ALCOHOL USE

A. Alcohol Consumption Among All Respondents

B. Alcohol Consumption Among Respondents Who Drink

Chapter 7:   Alcohol Use

According to the Centers for Disease Control and Prevention, excessive alcohol use is the third leading lifestyle-related cause of death for people in the US each year (*1*). Alcohol misuse and abuse is closely associated with several leading causes of death including cirrhosis of the liver, motor vehicle and other accidents, suicide and homicide (*2*). Heavy consumption of alcohol is associated with an increased risk of cancer, cardiovascular conditions, depression, aggression and domestic and other abuse (*2*). The *Bridge to Health Survey 2010* included questions related to the following indicators of alcohol use:

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

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

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

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

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

Alcohol Use

	BTH Region Report 2010	Carlton County 2010 (CI)	BRFSS 2009 (*4*)		
			Minnesota	Wisconsin	National
At least one alcoholic drink in the last 30 days	55.8%	53.3% (45.1-61.4)	61.5%	66.8%	53.9%
Binge drinkers (Men: 5+ drinks one occasion Women: 4+ drinks one occasion)	18.8%	15.1% (10.7-19.6)	20.2%	23.9%	15.5%

References
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TABLE 7.1.A

ALCOHOL CONSUMPTION AMONG ALL RESPONDENTS

PERCENT RESPONDENTS WHO DO NOT USE ALCOHOL[1]

BRIDGE TO HEALTH SURVEY 2010

Question: During the past month, have you had at least one drink of any alcoholic beverage such as beer, wine, wine coolers, or liquor?

Demographic Characteristics		Region n=(4493)		Carlton County n=(450)	
		Percent	95% CI	Percent	95% CI
Overall Results		**44.2%**	**(41.2-47.2)**	**46.7%**	**(38.6-54.9)**
Gender	Male	36.6	(32.3-40.8)	42.6	(27.7-57.4)
	Female	51.6	(47.5-55.6)	51.1	(43.4-58.8)
Age	18 to 34	40.8	(31.6-50.0)	53.5	(28.0-79.0)
	35 to 44	38.8	(32.8-44.8)	38.7	(25.6-51.8)
	45 to 54	40.8	(35.4-46.2)	45.7	(33.0-58.4)
	55 to 64	39.5	(35.0-43.9)	34.8	(23.8-45.7)
	65 to 74	53.4	(49.1-57.7)	51.3	(41.0-61.6)
	75 and older	66.0	(61.4-70.7)	62.0	(50.6-73.3)
Education	Less than H.S.	59.6	(48.9-70.2)	N/A	N/A
	H.S. Graduate	50.3	(45.3-55.4)	54.2	(43.4-65.1)
	Some College	40.1	(32.4-47.7)	61.0	(41.1-80.8)
	Voc./Assoc. Degree	40.2	(33.9-46.6)	28.0	(16.6-39.4)
	College Graduate	40.6	(35.3-46.0)	36.3	(25.9-46.7)
Poverty Status	200% or Less	47.8	(40.1-55.4)	48.6	(37.1-60.1)
	More than 200%	42.5	(38.9-46.0)	47.9	(36.5-59.2)

[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 (OLD METHOD)[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4493)		Carlton County n=(450)	
		Percent	95% CI	Percent	95% CI
Overall Results		**2.6%**	**(1.9-3.3)**	**2.7%**	**(0.9-4.4)**
Gender	Male	4.6	(3.2-6.0)	4.3	(1.0-7.6)
	Female	0.7	(0.2-1.2)	1.0	(0.0-1.9)
Age	18 to 34	2.4	(0.7-4.2)	3.6	(0.0-9.1)
	35 to 44	2.4	(1.0-3.8)	2.6	(0.0-6.2)
	45 to 54	3.9	(1.8-6.0)	0.7	(0.0-2.0)
	55 to 64	3.3	(1.9-4.7)	4.8	(0.3-9.2)
	65 to 74	1.5	(0.6-2.5)	2.4	(0.0-5.7)
	75 and older	0.9	(0.2-1.5)	1.5	(0.0-4.5)
Education	Less than H.S.	1.2	(0.1-2.3)	N/A	N/A
	H.S. Graduate	2.2	(1.1-3.3)	2.0	(0.0-4.3)
	Some College	3.8	(1.8-5.7)	2.1	(0.0-4.6)
	Voc./Assoc. Degree	4.2	(1.8-6.7)	4.9	(0.0-11.9)
	College Graduate	1.1	(0.4-1.8)	0.5	(0.0-1.5)
Poverty Status	200% or Less	3.7	(2.0-5.4)	8.9	(1.8-16.1)
	More than 200%	2.0	(1.2-2.7)	1.1	(0.0-2.2)

[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 CHRONIC DRINKING (NEW METHOD)[1,2]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4493)		Carlton County n=(450)	
		Percent	95% CI	Percent	95% CI
Overall Results		**4.3%**	**(3.4-5.2)**	**4.1%**	**(2.0-6.2)**
Gender	Male	4.6	(3.2-6.0)	4.3	(1.0-7.6)
	Female	4.1	(3.0-5.2)	4.0	(1.4-6.6)
Age	18 to 34	4.3	(2.0-6.6)	6.4	(0.0-13.5)
	35 to 44	3.7	(2.0-5.5)	2.6	(0.0-6.2)
	45 to 54	5.3	(3.1-7.5)	0.7	(0.0-2.0)
	55 to 64	6.2	(4.3-8.2)	6.5	(1.0-12.0)
	65 to 74	3.4	(2.1-4.7)	7.9	(2.0-13.7)
	75 and older	1.4	(0.5-2.3)	1.5	(0.0-4.5)
Education	Less than H.S.	4.7	(0.6-8.7)	N/A	N/A
	H.S. Graduate	4.3	(2.8-5.9)	3.7	(0.2-7.2)
	Some College	5.4	(3.2-7.6)	2.1	(0.0-4.6)
	Voc./Assoc. Degree	4.8	(2.3-7.3)	7.4	(0.0-15.2)
	College Graduate	2.9	(1.7-4.0)	1.0	(0.0-2.2)
Poverty Status	200% or Less	6.1	(3.8-8.4)	10.6	(2.9-18.4)
	More than 200%	3.4	(2.6-4.3)	2.2	(0.4-4.0)

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

[2] See Chapter 7 Introduction for definitions for old and new methods of determining chronic drinking.

TABLE 7.1.D

ALCOHOL CONSUMPTION AMONG ALL RESPONDENTS

PERCENT BINGE DRINKING (OLD METHOD)[1]

BRIDGE TO HEALTH SURVEY 2010

Question: During the past month, have you had at least one drink of any alcoholic beverage such as beer, wine, wine coolers, or liquor?
(For those who had at least one drink) How many times in the past month did you have 5 or more drinks on one occasion?

Demographic Characteristics		Region n=(4408)		Carlton County n=(445)	
		Percent	95% CI	Percent	95% CI
Overall Results		**15.6%**	**(12.4-18.8)**	**12.0%**	**(8.1-16.0)**
Gender	Male	24.2	(18.9-29.6)	19.3	(11.4-27.1)
	Female	7.4	(4.2-10.7)	4.6	(1.8-7.5)
Age	18 to 34	27.7	(17.3-38.0)	12.5	(1.7-23.3)
	35 to 44	15.2	(11.3-19.2)	21.7	(10.0-33.3)
	45 to 54	17.7	(13.4-22.1)	6.8	(0.7-12.8)
	55 to 64	10.5	(8.0-13.0)	11.9	(5.0-18.9)
	65 to 74	3.4	(2.2-4.6)	8.9	(2.9-14.9)
	75 and older	1.9	(0.7-3.0)	7.5	(0.8-14.2)
Education	Less than H.S.	23.1	(12.6-33.6)	N/A	N/A
	H.S. Graduate	12.5	(9.3-15.7)	13.1	(5.9-20.3)
	Some College	24.7	(14.2-35.3)	3.7	(0.0-7.4)
	Voc./Assoc. Degree	17.1	(12.9-21.4)	13.8	(2.9-24.7)
	College Graduate	6.7	(4.9-8.5)	15.7	(7.2-24.2)
Poverty Status	200% or Less	25.0	(15.4-34.6)	10.1	(2.8-17.4)
	More than 200%	13.3	(10.6-16.0)	14.2	(8.6-19.8)

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

TABLE 7.1.E
ALCOHOL CONSUMPTION AMONG ALL RESPONDENTS
PERCENT BINGE DRINKING (NEW METHOD)[1,2]

BRIDGE TO HEALTH SURVEY 2010

Question: During the past month, have you had at least one drink of any alcoholic beverage such as beer, wine, wine coolers, or liquor?
(For those who had at least one drink) How many times in the past month did you have 5 or more drinks on one occasion?

Demographic Characteristics		Region n=(4410)		Carlton County n=(445)	
		Percent	95% CI	Percent	95% CI
Overall Results		**18.8%**	**(15.6-22.1)**	**15.1%**	**(10.7-19.6)**
Gender	Male	24.2	(18.9-29.6)	19.3	(11.4-27.1)
	Female	13.8	(10.1-17.4)	10.9	(6.2-15.7)
Age	18 to 34	32.9	(22.6-43.2)	18.5	(5.0-32.0)
	35 to 44	18.3	(14.0-22.6)	23.9	(12.0-35.8)
	45 to 54	21.5	(16.9-26.1)	11.8	(3.9-19.7)
	55 to 64	13.3	(10.5-16.1)	12.5	(5.5-19.6)
	65 to 74	4.4	(2.9-5.9)	8.9	(2.9-14.9)
	75 and older	2.3	(1.0-3.6)	7.5	(0.8-14.2)
Education	Less than H.S.	23.3	(12.8-33.8)	N/A	N/A
	H.S. Graduate	16.1	(12.7-19.6)	16.4	(8.4-24.4)
	Some College	29.2	(18.9-39.6)	6.6	(0.9-12.4)
	Voc./Assoc. Degree	20.7	(15.9-25.5)	16.8	(5.0-28.7)
	College Graduate	9.0	(6.9-11.1)	19.4	(10.4-28.5)
Poverty Status	200% or Less	28.5	(19.2-37.9)	16.9	(7.9-25.9)
	More than 200%	16.3	(13.4-19.3)	16.8	(10.6-22.9)

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

[2] See Chapter 7 Introduction for definitions for old and new methods of determining binge drinking.

TABLE 7.2.A

ALCOHOL AND MOTORIZED VEHICLES

PERCENT THAT DROVE OR RODE IN A CAR OR TRUCK WHEN THOUGHT THE DRIVER HAD TOO MUCH TO DRINK[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4405)		Carlton County n=(447)	
		Percent	95% CI	Percent	95% CI
Overall Results		**7.9%**	**(4.8-11)**	**3.4%**	**(1.2-5.6)**
Gender	Male	9.1	(4.2-14)	2.7	(0-5.6)
	Female	6.8	(3.1-10.5)	4.2	(0.9-7.5)
Age	18 to 34	23.2	(12.7-33.6)	6.1	(0-13.6)
	35 to 44	3.7	(1.6-5.7)	1.5	(0-3.5)
	45 to 54	4.4	(3-5.9)	5.2	(0-10.4)
	55 to 64	2.3	(1.3-3.3)	3.2	(0-7)
	65 to 74	0.7	(0.1-1.4)	0.6	(0-1.8)
	75 and older	0.2	(0-0.5)	0.0	(0-0)
Education	Less than H.S.	14.4	(5-23.7)	N/A	N/A
	H.S. Graduate	3.3	(2-4.7)	1.8	(0-4.5)
	Some College	13.6	(4.3-23)	1.5	(0-4.6)
	Voc./Assoc. Degree	5.3	(3.1-7.5)	6.9	(0-14.6)
	College Graduate	7.2	(0.3-14.1)	4.7	(0-9.9)
Poverty Status	200% or Less	12.7	(4.5-21)	8.5	(0.7-16.2)
	More than 200%	7.0	(3.6-10.4)	1.8	(0.2-3.4)

[1] 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 Care

D. Failure to Fill a Prescription

E. Dental Care

Chapter 8:   Health Care Access

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

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

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

Health Care Access

	BTH Region Report 2010	Carlton County 2010 (CI)	BRFSS 2009 (*3*)			Healthy People 2020 goal
			Minnesota	Wisconsin	National	
Any kind of health care coverage/Insurance	91.2%	94.6% (91.6-97.6)	92.0%	89.7%	85.3%	95.0%
Uninsured (2008)*	8.8%	5.4% (2.4-8.4)	9.0%	10.0%	16.8%*	0.0%
Usual place for medical care/Medical home (2007)*	91.2%	93.2% (89.9-96.8)	N/A	N/A	73.6%*	83.9%
Unable to obtain or delayed medical care (2007)*	15.5%	14% (9.7-18.2)	N/A	N/A	4.7%*	4.2%
Unable to obtain or delayed dental care (2007)*	24.6%	23.1% (17.4-28.8)	N/A	N/A	5.5%*	5.0%

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

References

1. National Healthcare Disparities Report, 2003. Agency for Healthcare Research and Quality. Available from: http://www.ahrq.gov/qual/nhdr03/nhdrsum03.htm. Accessed 2011 April 1.
2. US Health and Human Services. Access to Health Services. In: Healthy people 2020. Washington D.C.: U.S. Department of Health and Human Services; 2010. Available from: http://www.healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicid=1. Accessed 2011 Mar 28.
3. Centers for Disease Control and Prevention. Prevalence and Trends Data. *Behavioral Risk Factor Surveillance System Survey Data*. Atlanta, Georgia: U.S. Department of Health and Human Services, 2009. Available from: http://apps.nccd.cdc.gov/brfss/. Accessed 2011 Mar 28.

TABLE 8.1.A

MEDICAL HOME

PERCENT WITH MEDICAL HOME[1,2]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4496)		Carlton County n=(448)	
		Percent	95% CI	Percent	95% CI
Overall Results		**91.2%**	**(88.7-93.6)**	**93.4%**	**(89.9-96.8)**
Gender	Male	87.5	(83.1-91.9)	91.4	(86.3-96.4)
	Female	94.7	(92.7-96.7)	95.5	(90.6-100.0)
Age	18 to 34	81.7	(73.4-89.9)	87.1	(74.3-99.8)
	35 to 44	94.9	(92.6-97.1)	94.8	(88.7-100.0)
	45 to 54	92.5	(89.1-96.0)	96.6	(92.2-100.0)
	55 to 64	94.7	(92.9-96.5)	94.2	(89.1-99.2)
	65 to 74	96.3	(94.8-97.9)	96.4	(92.8-100.0)
	75 and older	95.9	(93.6-98.1)	94.7	(89.3-100.0)
Education	Less than H.S.	85.0	(74.3-95.7)	N/A	N/A
	H.S. Graduate	91.5	(88.6-94.4)	93.1	(85.1-100.0)
	Some College	86.4	(78.6-94.1)	89.2	(80.4-97.9)
	Voc./Assoc. Degree	91.7	(87.0-96.4)	97.1	(93.6-100.0)
	College Graduate	97.1	(95.6-98.5)	95.3	(89.4-100.0)
Poverty Status	200% or Less	87.1	(79.3-94.9)	92.1	(87.0-97.1)
	More than 200%	93.5	(91.8-95.2)	93.6	(89.0-98.3)

[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 WITH MEDICAL HOME: A HOSPITAL OUTPATIENT CLINIC[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4090)		Carlton County n=(419)	
		Percent	95% CI	Percent	95% CI
Overall Results		**46.3%**	**(43.2-49.4)**	**66.0%**	**(59.2-72.7)**
Gender	Male	42.8	(38.1-47.4)	64.9	(53.1-76.6)
	Female	49.5	(45.3-53.6)	67.1	(60.2-74.0)
Age	18 to 34	42.3	(31.9-52.8)	78.1	(61.5-94.7)
	35 to 44	43.1	(36.7-49.4)	51.7	(37.8-65.7)
	45 to 54	45.4	(39.9-50.9)	62.0	(49.0-75.1)
	55 to 64	52.8	(48.1-57.5)	77.0	(67.6-86.4)
	65 to 74	49.3	(44.9-53.6)	63.0	(53.0-73.1)
	75 and older	48.2	(43.2-53.2)	60.9	(49.4-72.4)
Education	Less than H.S.	43.5	(33.1-53.9)	N/A	N/A
	H.S. Graduate	53.9	(48.7-59.1)	69.9	(60.2-79.6)
	Some College	38.6	(30.9-46.4)	64.2	(43.5-84.9)
	Voc./Assoc. Degree	48.8	(42.6-55.1)	65.3	(51.7-78.8)
	College Graduate	44.7	(38.8-50.6)	67.4	(57.7-77.2)
Poverty Status	200% or Less	50.5	(43.1-58.0)	68.9	(58.1-79.7)
	More than 200%	43.9	(40.2-47.6)	66.4	(57.3-75.4)

[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 WITH MEDICAL HOME: A DOCTOR'S OFFICE[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4090)		Carlton County n=(419)	
		Percent	95% CI	Percent	95% CI
Overall Results		**38.2%**	**(35.3-41.1)**	**29.2%**	**(23.0-35.5)**
Gender	Male	38.6	(34.3-42.9)	28.6	(18.2-39.0)
	Female	37.8	(33.9-41.7)	29.9	(23.2-36.6)
Age	18 to 34	34.3	(25.0-43.6)	19.1	(4.2-34.0)
	35 to 44	40.1	(34.1-46.2)	40.9	(27.3-54.5)
	45 to 54	40.2	(34.7-45.6)	32.5	(19.7-45.2)
	55 to 64	36.2	(31.7-40.8)	22.4	(13.0-31.8)
	65 to 74	39.8	(35.5-44.1)	32.1	(22.5-41.7)
	75 and older	41.3	(36.4-46.3)	30.1	(19.2-41.0)
Education	Less than H.S.	39.4	(28.9-49.8)	N/A	N/A
	H.S. Graduate	32.5	(27.7-37.2)	22.5	(13.9-31.2)
	Some College	38.9	(31.1-46.7)	29.5	(11.6-47.5)
	Voc./Assoc. Degree	36.9	(30.7-43.0)	29.0	(15.6-42.3)
	College Graduate	43.6	(38.3-49.0)	32.0	(22.3-41.7)
Poverty Status	200% or Less	28.7	(23.5-33.9)	24.9	(14.8-35.0)
	More than 200%	41.6	(38.0-45.2)	29.8	(21.5-38.2)

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

TABLE 8.1.D

MEDICAL HOME

PERCENT WITH MEDICAL HOME: SOME OTHER HEALTH CENTER[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4090)		Carlton County n=(419)	
		Percent	95% CI	Percent	95% CI
Overall Results		**13.1%**	**(10.2-15.9)**	**1.9%**	**(0.2-3.5)**
Gender	Male	14.6	(10.0-19.3)	2.8	(0.0-5.8)
	Female	11.7	(8.3-15.1)	0.9	(0.0-2.1)
Age	18 to 34	21.6	(11.2-32.0)	2.8	(0.0-8.5)
	35 to 44	15.3	(11.1-19.4)	2.7	(0.0-6.5)
	45 to 54	11.1	(7.5-14.8)	1.3	(0.0-3.9)
	55 to 64	8.6	(6.0-11.2)	0.0	(0.0-0.0)
	65 to 74	8.5	(6.0-11.1)	2.4	(0.0-5.8)
	75 and older	6.7	(3.7-9.7)	1.6	(0.0-3.8)
Education	Less than H.S.	11.1	(3.9-18.3)	N/A	N/A
	H.S. Graduate	10.3	(7.0-13.6)	2.4	(0.0-5.3)
	Some College	20.6	(10.6-30.6)	3.0	(0.0-8.3)
	Voc./Assoc. Degree	11.9	(8.5-15.4)	2.6	(0.0-5.9)
	College Graduate	10.3	(7.6-13.1)	0.0	(0.0-0.0)
Poverty Status	200% or Less	16.3	(7.7-25.0)	1.7	(0.0-4.5)
	More than 200%	12.9	(10.0-15.7)	2.3	(0.0-4.6)

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

TABLE 8.2.A

HOW LONG SINCE LAST VISIT TO DOCTOR OR HEALTH CARE PROFESSIONAL
PERCENT WITHIN THE PAST YEAR[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4488)		Carlton County n=(450)	
		Percent	95% CI	Percent	95% CI
Overall Results		**77.2%**	**(73.6-80.7)**	**85.5%**	**(80.9-90.2)**
Gender	Male	67.3	(61.8-72.7)	80.8	(73.1-88.5)
	Female	86.7	(82.8-90.6)	90.5	(84.8-96.2)
Age	18 to 34	56.8	(46.5-67.0)	84.6	(71.2-98.0)
	35 to 44	75.6	(70.3-80.9)	83.8	(73.9-93.6)
	45 to 54	78.0	(73.4-82.6)	81.1	(70.7-91.5)
	55 to 64	86.4	(83.2-89.6)	83.4	(74.9-91.8)
	65 to 74	94.5	(92.6-96.4)	95.3	(90.6-100.0)
	75 and older	97.0	(95.5-98.4)	94.7	(90.0-99.4)
Education	Less than H.S.	74.6	(65.0-84.2)	N/A	N/A
	H.S. Graduate	83.1	(79.5-86.7)	83.1	(73.4-92.9)
	Some College	70.2	(60.2-80.2)	89.8	(82.0-97.6)
	Voc./Assoc. Degree	77.7	(71.3-84.1)	78.2	(65.8-90.6)
	College Graduate	78.2	(71.5-84.9)	90.3	(83.4-97.1)
Poverty Status	200% or Less	69.2	(60.0-78.4)	86.7	(79.5-93.9)
	More than 200%	79.3	(75.6-83.0)	84.6	(78.4-90.8)

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

Demographic Characteristics		Region n=(4484)		Carlton County n=(449)	
		Percent	95% CI	Percent	95% CI
Overall Results		**80.3%**	**(77.9-82.7)**	**82.2%**	**(77.4-87.0)**
Gender	Male	82.5	(79.8-85.3)	85.1	(78.8-91.4)
	Female	78.1	(74.3-82.0)	79.2	(72.4-86.0)
Age	18 to 34	73.3	(65.4-81.3)	87.1	(74.3-100.0)
	35 to 44	84.6	(80.6-88.7)	79.2	(68.6-89.8)
	45 to 54	80.9	(76.9-84.8)	80.4	(70.3-90.5)
	55 to 64	86.3	(83.5-89.1)	89.6	(83.6-95.6)
	65 to 74	84.7	(81.7-87.6)	70.9	(61.4-80.3)
	75 and older	75.9	(71.7-80.1)	79.4	(70.4-88.4)
Education	Less than H.S.	55.6	(44.3-66.8)	N/A	N/A
	H.S. Graduate	73.6	(68.7-78.5)	80.2	(71.0-89.4)
	Some College	78.9	(73.4-84.3)	82.6	(71.2-93.9)
	Voc./Assoc. Degree	87.2	(83.6-90.7)	82.0	(71.5-92.6)
	College Graduate	90.6	(86.4-94.9)	93.0	(88.1-97.8)
Poverty Status	200% or Less	50.7	(43.0-58.5)	49.4	(37.9-61.0)
	More than 200%	93.7	(92.5-94.9)	93.3	(90.0-96.6)

TABLE 8.3.A
INSURANCE TYPES
PERCENT PRIVATE[1,2]

BRIDGE TO HEALTH SURVEY 2010

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

[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 8.3.B
INSURANCE TYPES
PERCENT MEDICARE[1,2]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4493)		Carlton County n=(450)	
		Percent	95% CI	Percent	95% CI
Overall Results		**22.1%**	**(20.3-23.8)**	**22.3%**	**(17.8-26.7)**
Gender	Male	19.5	(17.1-21.9)	18.4	(12.0-24.7)
	Female	24.5	(22.0-27.1)	26.3	(20.9-31.8)
Age	18 to 34	0.3	(0.0-0.8)	0.0	(0.0-0.0)
	35 to 44	1.8	(0.6-3.0)	3.5	(0.0-7.6)
	45 to 54	4.3	(2.6-6.0)	6.6	(0.1-13.2)
	55 to 64	10.2	(7.6-12.8)	13.4	(5.4-21.5)
	65 to 74	89.2	(86.5-91.9)	91.1	(85.0-97.1)
	75 and older	93.0	(90.7-95.3)	94.0	(88.4-99.5)
Education	Less than H.S.	36.3	(27.6-45.0)	N/A	N/A
	H.S. Graduate	31.9	(28.1-35.8)	35.6	(26.5-44.6)
	Some College	15.3	(12.0-18.7)	12.2	(4.9-19.6)
	Voc./Assoc. Degree	17.2	(13.8-20.6)	20.9	(11.2-30.6)
	College Graduate	17.8	(14.9-20.7)	13.7	(8.5-19.0)
Poverty Status	200% or Less	26.9	(22.2-31.5)	41.4	(30.8-52.0)
	More than 200%	16.7	(14.9-18.4)	13.5	(9.3-17.7)

[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 8.3.C
INSURANCE TYPES
PERCENT MEDICAL ASSISTANCE[1,2]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4485)		Carlton County n=(450)	
		Percent	95% CI	Percent	95% CI
Overall Results		**3.5%**	**(2.4-4.7)**	**2.6%**	**(0.6-4.5)**
Gender	Male	1.5	(0.8-2.2)	1.4	(0.0-2.7)
	Female	5.5	(3.4-7.7)	3.8	(0.2-7.4)
Age	18 to 34	5.0	(1.2-8.9)	3.4	(0.0-10.0)
	35 to 44	3.7	(1.5-6.0)	2.0	(0.0-5.0)
	45 to 54	2.6	(1.3-3.8)	2.5	(0.0-5.5)
	55 to 64	2.4	(0.8-3.9)	0.0	(0.0-0.0)
	65 to 74	2.5	(1.3-3.8)	6.6	(1.1-12.0)
	75 and older	4.3	(2.4-6.3)	1.8	(0.0-4.2)
Education	Less than H.S.	9.6	(3.2-16.0)	N/A	N/A
	H.S. Graduate	4.4	(2.5-6.4)	1.7	(0.0-3.4)
	Some College	4.8	(1.2-8.4)	4.1	(0.0-10.6)
	Voc./Assoc. Degree	1.3	(0.5-2.2)	2.5	(0.0-5.9)
	College Graduate	0.9	(0.3-1.6)	0.6	(0.0-1.7)
Poverty Status	200% or Less	10.6	(6.4-14.8)	10.0	(1.6-18.5)
	More than 200%	0.5	(0.2-0.9)	0.2	(0.0-0.5)

[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.

Bridge to Health 2010

TABLE 8.3.D
INSURANCE TYPES
PERCENT OTHER PUBLIC[1,2,3]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4475)		Carlton County n=(450)	
		Percent	95% CI	Percent	95% CI
Overall Results		**6.9%**	**(5.9-8.0)**	**9.5%**	**(6.0-12.9)**
Gender	Male	7.2	(5.8-8.7)	9.2	(4.3-14.1)
	Female	6.6	(5.1-8.2)	9.7	(4.8-14.5)
Age	18 to 34	5.9	(3.4-8.5)	8.9	(0.0-18.8)
	35 to 44	4.5	(2.5-6.6)	7.0	(0.0-14.1)
	45 to 54	6.2	(3.8-8.7)	9.6	(2.9-16.4)
	55 to 64	8.1	(5.8-10.4)	8.8	(3.1-14.6)
	65 to 74	8.5	(6.2-10.8)	12.4	(5.2-19.6)
	75 and older	10.9	(8.1-13.8)	13.3	(4.9-21.8)
Education	Less than H.S.	8.0	(3.5-12.5)	N/A	N/A
	H.S. Graduate	9.3	(6.9-11.7)	7.2	(2.8-11.5)
	Some College	6.6	(4.4-8.8)	13.1	(2.7-23.4)
	Voc./Assoc. Degree	7.9	(5.0-10.8)	10.0	(1.9-18.2)
	College Graduate	3.8	(2.6-5.1)	7.0	(1.8-12.2)
Poverty Status	200% or Less	15.1	(11.5-18.7)	25.0	(13.7-36.3)
	More than 200%	3.7	(2.8-4.6)	4.9	(2.0-7.8)

[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 8.4.A
LACK OF INSURANCE
PERCENT CURRENTLY UNINSURED[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4493)		Carlton County n=(450)	
		Percent	95% CI	Percent	95% CI
Overall Results		**8.8%**	**(6.8-10.9)**	**5.4%**	**(2.4-8.4)**
Gender	Male	9.0	(6.8-11.3)	5.2	(1.7-8.7)
	Female	8.6	(5.2-12.0)	5.7	(0.7-10.6)
Age	18 to 34	17.8	(10.8-24.9)	7.1	(0.0-16.7)
	35 to 44	8.0	(4.9-11.1)	9.7	(2.0-17.5)
	45 to 54	9.0	(6.2-11.9)	4.1	(0.0-8.6)
	55 to 64	5.7	(3.9-7.6)	5.8	(1.2-10.5)
	65 to 74	0.8	(0.1-1.4)	0.6	(0.0-1.7)
	75 and older	0.2	(0.0-0.6)	0.0	(0.0-0.0)
Education	Less than H.S.	20.1	(9.0-31.2)	N/A	N/A
	H.S. Graduate	11.8	(7.1-16.5)	8.0	(0.0-16.6)
	Some College	10.5	(7.0-14.0)	4.6	(0.4-8.9)
	Voc./Assoc. Degree	4.3	(2.1-6.5)	3.1	(0.0-6.8)
	College Graduate	4.0	(0.0-8.2)	0.9	(0.0-2.2)
Poverty Status	200% or Less	20.7	(13.9-27.4)	9.1	(2.4-15.8)
	More than 200%	3.3	(2.4-4.2)	2.8	(0.6-5.1)

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

TABLE 8.5.A
FAILURE TO RECEIVE MEDICAL CARE
PERCENT NEEDED BUT DID NOT GET OR DELAYED GETTING MEDICAL CARE[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4490)		Carlton County n=(450)	
		Percent	95% CI	Percent	95% CI
Overall Results		**15.5%**	**(13.4-17.6)**	**14.0%**	**(9.7-18.2)**
Gender	Male	13.1	(10.6-15.6)	9.0	(3.9-14.0)
	Female	17.8	(14.5-21.0)	19.2	(12.9-25.5)
Age	18 to 34	15.9	(9.9-22.0)	13.1	(1.3-24.9)
	35 to 44	16.9	(12.4-21.4)	10.6	(2.9-18.4)
	45 to 54	19.4	(14.9-23.9)	19.9	(10.0-29.8)
	55 to 64	14.8	(11.5-18.0)	13.5	(5.4-21.5)
	65 to 74	11.0	(8.3-13.8)	9.5	(3.1-15.9)
	75 and older	10.1	(7.1-13.1)	14.9	(6.6-23.2)
Education	Less than H.S.	30.1	(18.5-41.7)	N/A	N/A
	H.S. Graduate	16.8	(12.2-21.3)	9.3	(3.6-15.1)
	Some College	13.8	(10.0-17.6)	15.9	(4.6-27.3)
	Voc./Assoc. Degree	14.6	(10.3-18.9)	5.7	(1.1-10.4)
	College Graduate	11.9	(8.9-15.0)	16.9	(8.7-25.2)
Poverty Status	200% or Less	25.5	(19.3-31.7)	17.6	(7.9-27.3)
	More than 200%	11.5	(9.6-13.4)	12.2	(7.3-17.0)

[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[1]

BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4493)		Carlton County n=(449)	
		Percent	95% CI	Percent	95% CI
Overall Results		**5.9%**	**(4.2-7.5)**	**6.2%**	**(3.4-8.9)**
Gender	Male	3.4	(2.3-4.4)	4.6	(1.1-8.0)
	Female	8.3	(5.3-11.4)	7.8	(3.7-12.0)
Age	18 to 34	7.7	(2.1-13.3)	3.6	(0.0-9.1)
	35 to 44	4.3	(2.1-6.6)	6.4	(0.1-12.7)
	45 to 54	6.3	(3.6-9.0)	9.4	(2.1-16.8)
	55 to 64	6.4	(4.4-8.4)	7.6	(1.5-13.7)
	65 to 74	3.3	(1.8-4.9)	1.8	(0.0-4.5)
	75 and older	4.5	(2.5-6.4)	7.1	(0.4-13.7)
Education	Less than H.S.	14.5	(2.1-26.8)	N/A	N/A
	H.S. Graduate	8.9	(4.5-13.4)	7.1	(1.8-12.4)
	Some College	3.0	(1.5-4.5)	1.1	(0.0-3.2)
	Voc./Assoc. Degree	5.4	(2.6-8.2)	10.0	(1.5-18.5)
	College Graduate	3.5	(2.3-4.8)	6.6	(1.7-11.4)
Poverty Status	200% or Less	10.3	(5.0-15.6)	4.8	(0.0-10.9)
	More than 200%	4.2	(2.8-5.6)	7.0	(3.4-10.6)

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

TABLE 8.7.A

POSTPONEMENT OF DENTAL WORK

PERCENT POSTPONED DENTAL WORK IN THE PAST YEAR[1]

BRIDGE TO HEALTH SURVEY 2010

Question: Why was that?

Demographic Characteristics		Region n=(4487)		Carlton County n=(450)	
		Percent	95% CI	Percent	95% CI
Overall Results		**24.6%**	**(22.0-27.2)**	**23.1%**	**(17.4-28.8)**
Gender	Male	22.4	(19.1-25.7)	19.8	(11.7-28.0)
	Female	26.7	(22.8-30.6)	26.6	(19.1-34.0)
Age	18 to 34	26.9	(19.0-34.9)	23.8	(6.8-40.8)
	35 to 44	21.6	(16.6-26.5)	13.6	(3.9-23.4)
	45 to 54	31.9	(26.7-37.1)	41.2	(28.5-53.9)
	55 to 64	27.9	(23.8-31.9)	20.5	(11.1-30.0)
	65 to 74	17.0	(13.8-20.1)	16.1	(8.0-24.2)
	75 and older	11.1	(8.1-14.2)	11.3	(4.0-18.7)
Education	Less than H.S.	46.0	(34.7-57.2)	N/A	N/A
	H.S. Graduate	26.9	(21.7-32.0)	21.5	(10.8-32.1)
	Some College	20.1	(15.3-24.8)	25.1	(10.2-39.9)
	Voc./Assoc. Degree	21.2	(16.4-26.1)	18.8	(8.8-28.9)
	College Graduate	23.0	(17.9-28.2)	22.8	(13.0-32.6)
Poverty Status	200% or Less	38.2	(30.9-45.5)	29.4	(17.7-41.1)
	More than 200%	20.0	(17.4-22.7)	21.7	(14.3-29.0)

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

TABLE 8.8.A
HOW LONG WAS LAST VISIT TO DENTIST OR DENTAL CLINIC
PERCENT WITHIN THE PAST YEAR[1]
BRIDGE TO HEALTH SURVEY 2010

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

Demographic Characteristics		Region n=(4486)		Carlton County n=(449)	
		Percent	95% CI	Percent	95% CI
Overall Results		**65.7%**	**(62.9-68.5)**	**73.7%**	**(68.1-79.2)**
Gender	Male	64.0	(59.9-68.1)	72.5	(63.1-81.8)
	Female	67.4	(63.5-71.3)	75.0	(68.9-81.0)
Age	18 to 34	63.4	(54.8-72.1)	82.8	(69.7-96.0)
	35 to 44	69.0	(63.3-74.7)	79.8	(69.1-90.5)
	45 to 54	71.8	(66.9-76.6)	75.3	(64.2-86.4)
	55 to 64	67.9	(63.7-72.1)	76.5	(67.0-86.0)
	65 to 74	61.0	(56.8-65.2)	61.6	(51.5-71.7)
	75 and older	55.7	(50.8-60.5)	42.6	(31.3-53.9)
Education	Less than H.S.	37.6	(27.1-48.0)	N/A	N/A
	H.S. Graduate	56.8	(51.7-62.0)	64.5	(54.4-74.5)
	Some College	71.4	(65.5-77.3)	80.9	(69.3-92.5)
	Voc./Assoc. Degree	69.1	(63.7-74.5)	77.3	(66.4-88.1)
	College Graduate	74.9	(69.9-80.0)	81.1	(72.1-90.0)
Poverty Status	200% or Less	50.4	(42.6-58.2)	66.7	(57.2-76.3)
	More than 200%	73.6	(70.7-76.5)	76.5	(69.4-83.7)

[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 2010
Sponsors

Financial Sponsors

Generations Health Care Initiatives

Minnesota Department of Health: Statewide Health Improvement Program

> Carlton-Cook-Lake-St. Louis Community Health Board

> Aitkin-Itasca-Koochiching Community Health Board

St. Luke's

St. Luke's Foundation

Essentia Health

Essentia Health's SMDC Foundation

First Solutions

Medica Foundation

College of St. Scholastica, Center for Healthcare Innovation

Fairview Range

Memorial Blood Centers

Aitkin County Health and Human Services

Carlton County Public Health & Human Services

Community Memorial Hospital, Cloquet

Ely- Bloomenson Community Hospital and Nursing Home

Integrity Health Network

Lake Superior Community Health Center

Mercy Hospital & Health Care Center, Moose Lake

Riverwood Healthcare Center, Aitkin

UCare

Supporting Sponsors

* Indicates Financial Sponsor

Aitkin County Health and Human Services*

Aitkin-Itasca-Koochiching Community Health Board*

American Cancer Society, Midwest Division

American Lung Association in Minnesota

Arrowhead Area Agency on Aging

Arrowhead Parish Nurse Peer Group

Carlton-Cook-Lake-St. Louis County Community Health Board*

Carlton County Public Health & Human Services*

College of St. Scholastica, Center for Healthcare Innovation*

Community Memorial Hospital, Cloquet*

Cook County North Shore Hospital and Care Center

Cook County Public Health and Human Services

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

Appendix B:
Bridge to Health Survey 2010
Leadership Team

Project Co-Chairs

Julie Myhre   Carlton-Cook-Lake-St. Louis County Community Health Board

Jenny Peterson   Generations Health Care Initiatives, Inc.

Consultants

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Ann Kinney   PhD, Minnesota Department of Health Center for Health Statistics

Project Manager

Jenny Peterson   Generations Health Care Initiatives, Inc.

Data Manager

Jake Peters   Generations Health Care Initiatives, Inc.

Data Assistants

Kayla Engebretson   University of Minnesota Duluth, Student

Bridge to Health Survey 2010
Leadership Team

Data Team

Catherine Carter Huber	St. Luke's Foundation
Maude Dornfeld	Whiteside Institute for Clinical Research
Jane Gilley	St. Louis County
Donita Korpela	Mercy Hospital and Health Care Center
Marie Margitan	Minnesota Department of Health
Pat McKone	American Lung Association
Kathy McNamara	First Solutions
Julie Myhre	Carlton-Cook-Lake-St. Louis County Community Health Board
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Kami Norland	National Rural Health Resource Center
Bruce Penner	Integrity Health Network
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Jenny Peterson	Generations Health Care Initiatives, Inc.
Ruth Pierce Versaw	Itasca County Health & Human Services
Jennifer Schultz	University of Minnesota Duluth
Jim Skoog	St. Louis County Dept. of Public Health & Human Services

Communications Team/Conference Planning Team

Mary Greene	St. Luke's Hospital & Clinics
Patty Langlee	Generations Health Care Initiatives, Inc.
Kathy McNamara	First Solutions
Mary Morehouse	Fit City Duluth
Julie Myhre	Carlton-Cook-Lake-St. Louis County Community Health Board
Jenny Peterson	Generations Health Care Initiatives, Inc.

Appendix C:
Survey Instrument

1. Our records indicate you are a permanent resident of _____ county is that correct?
  1 Yes
  2 No → What county do you live in? _____

2. Is there a place that you usually go to when you are sick or need advice about your health?
  1 Yes **(Go to Q4)**
  2 No, **(Skip to Q6)**
  3 No, more than one place **(Skip to Q5)**
  8 (Do not know) **(Skip to Q6)**
  9 (Refused) **(Skip to Q6)**

3. What kind of place is it? **[READ]**
  1 A doctor's office
  2 A hospital outpatient clinic
  3 Some other health center
  4 An emergency room
  5 Some other place (Specify)_____
  8 (Do not know)
  9 (Refused)

(SKIP TO Q 6)

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

5. How long has it been since you last visited a doctor or other health care professional for any reason?
  1 Within the past year 2 Within the past 2 years
  3 Within the past 5 years 4 Five or more years ago
  5 Never 8 (Do not know) 9 (Refused)

6. In the <u>past year</u> was there a time when you thought you needed medical care but did not get it or delayed getting it?
  1 Yes
  2 No **(Skip to Q9)**
  8 (DK) **(Skip to Q 9)**

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

___ ___ Most important reason __ __ Second most important

01 Could not get an appointment   02 Did not 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 Did not think it was serious enough
11 Too nervous or afraid   12 It cost too much
13 Insurance did not cover it   14 Do not have insurance
15 Other (specify)_____
98 (Do not know)   99 (Refused)

8. In the past year was there a time when you wanted to talk with or seek help from a health professional about emotional problems such as stress, depression, excess worrying, troubling thoughts or emotional problems, but did not or delayed talking with someone?
1 Yes
2 No **(Skip to Q11)**
8 (Do not know) **(Skip to Q 11)**
9 (Refused) **(Skip to Q11)**

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

___ ___ Most important reason __ __ Second most important

01 Could not get an appointment   02 Did not 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 Did not think it was serious enough
11 Too nervous or afraid   12 It cost too much
13 Insurance did not cover it   14 Do not have insurance
15 Other (specify)   98 (Do not know)
99 (Refused)

10. In the past 6 months which statement best describes mediations prescribed for you? **[READ]**
1 I had no prescriptions written for me **(Skip to Q 13)**
2 I had prescriptions written for me and filled them all **(Skip to Q 13)**
3 I had prescriptions written for me and did not fill at least one of them
8 (Do not know)   9 (Refused)

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

___ Most important reason __ Second most important

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

12. In the <u>past year</u>, have you postponed dental work?
     <u>1</u> Yes
     <u>2</u> No **(Skip toQ15)**
     <u>8</u> (Do not know) **(Skip to Q15**)
     <u>9</u> (Refused) (**Skip to Q15**)

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

___ Most important reason __ Second most important

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

14. How long has it been since you last visited a dentist or a dental clinic for any reason?
     <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>8</u> (Do not know)   <u>9</u> (Refused)

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

	Yes	**No**	**DK**	**RF**
a. Health insurance or an HMO through your work or union	1	2	7	9
b. Health insurance or an HMO through someone else's work or union	1	2	7	9
c. Health insurance or an HMO bought directly by yourself or your family	1	2	7	9
d. Indian or Tribal Health Service	1	2	7	9
e. Health Insurance Risk Sharing Plan (HIRSP) **(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	1	2	7	9
m. Champus, TriCare or Veterns' benefits	1	2	7	9
n. None**[DO NOT READ]**	1	2	7	9

o. Other (Specify)_____

16. For the <u>past year</u> would you say your insurance status was: **[READ]**
    <u>1</u> You were insured for the entire year
    <u>2</u> You were insured for part of the year, and uninsured for part of the year
    <u>3</u> You were uninsured for the entire year
    <u>8</u> (Do not know)
    <u>9</u> (Refused)

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

<u>1</u> Excellent	<u>2</u> Very Good	<u>3</u> Good
<u>4</u> Fair	<u>5</u> Poor	<u>6</u> Very Poor
<u>8</u> (Do not know)	<u>9</u> (Refused)	

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

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

19. During the past 12 months, how often did you worry that your food would run out before you had money to buy more? Would you say:
    <u>1</u> Often
    <u>2</u> Sometimes
    <u>3</u> Rarely
    <u>4</u> Never
    <u>8</u> (Do not know)
    <u>9 </u>(Refused)

20. In the past year, have you used a community food shelf program?
    1 Yes
    2 No
    8 (Do not know)
    9 (Refused)

21. Yesterday, how many servings of fruits and vegetables did you eat?
    [*A serving size is ½ cup cooked or 1 cup raw*]
    write number _____
    0   0 servings
    .5 Less than 1 serving
    98 (Do not know)
    99 (Refused)

22. How often are there fresh fruits and vegetables in your home?
    1 Always
    2 Often
    3 Sometimes
    4 Never
    8 (Do not know)
    9 (Refused)

23. In the past year, did you or people in your household grow any food yourselves, at home or in a community garden?
    1 Yes
    2 No
    8 (Do not know)
    9 (Refused)

24. Fast food meals include those that are eaten at a fast food restaurant, take-out, drive-thru or pizza delivery. In an average week, how many <u>times</u> do you eat a fast food meal?
    (Note: if none enter zero for the number of times.)
    __ Number of times   98 (Do not know)   99 ((Refused)

25. In an average week, how many times do you watch television during meal time?
    (Note: if none enter zero for the number of times.)
    __ Number of times   98 (Do not know)   99 ((Refused)

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

26. Have you had your blood pressure checked? **[READ]**
    1 Within the past year   2 Within the past 2 years
    3 Within the past 5 years   4 Five or more years ago
    5 Never   8 (Do not know)
    9 (Refused)

27. Have you had your blood cholesterol checked? [READ]
    [PROBE: Blood cholesterol is a fatty substance found in the blood.]
    1 Within the past year   2 Within the past 2 years
    3 Within the past 5 years   4 Five or more years ago
    5 Never   8 (Do not know)

9 (Refused)

28. Are you male or female? (If not obvious)
    __ Male **SKIP TO Q 35**
    __ Female

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

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

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

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

31. Have you had a hysterectomy? **[READ]**
    (PROBE: A hysterectomy is an operation to remove the uterus or womb.)
    1 Yes
    2 No
    8 (Do not know)
    9 (Refused)

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

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

    (WOMEN SKIP TO Q35)

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

1 Within the past year	2 Within the past 2 years
3 Within the past 5 years	4 Five or more years ago
5 Never	8 (Do not know)
9 (Refused)	

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

1 Within the past year	2 Within the past 2 years
3 Within the past 5 years	4 Five or more years ago
5 Never	8 (Do not know)

9 ((Refused)

35. Do you consider yourself:
    1 Overweight
    2 Underweight
    3 About the right weight
    4 Obese
    8 Don't Know
    9 (Refused)

36. Do you plan to donate blood at least once in the next 12 months?
    1 Yes
    2 No
    8 Don't Know
    9 (Refused)

37. When you are at work, which of the following best describes you? **[READ]**
    1 Mostly sitting or standing
    2 Mostly walking
    3 Mostly heavy labor or physically demanding work
    4 Retired/Not employed/Student
    8 (Do not know)
    9 (Refused)

38. In an average week how many days do you get at least 30 minutes of moderate physical activity like walking, cycling and vacuuming.
    __ # of days per week   8 (Do not know)   9 (Refused)

39. In an average week how many days do you participate in vigorous physical activity that lasts at least 20 minutes like stair-master, lap-swimming, heavy yard work, or skiing and jogging?
    __ # of days per week   8 (Do not know)   9 (Refused)

40. *(For those who do NOT engage in moderate and/or vigorous exercise totaling 3 or more times per week)*
What prevents you from exercising 3 or more times per week? Is there anything else that prevents you from exercising 3 or more times per week? Any other reasons?
    [Do not read response options. Mark all that apply]
    01 Do not 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 _____
    98 (Do not know)   99 (Refused)

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

	YES	NO	DK	RF
a. Walking trails	1	2	8	9
b. Bicycle paths, shared use paths, or bike lanes	1	2	8	9

YES NO DK RF

42. If YES to walking trails: Do you use the walking trails?　　　1　2　8　9

　　　　　　　　　　　　　　　　　　　　　　　YES　NO　DK　RF

43. If YES to bicycle paths, shared use paths, or bike lanes:
　　　Do you use bicycle paths, shared use paths, or bike lanes?　1　2　8　9

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

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

45. During the non-winter months, on how many days in an average week do you walk outside your home (for exercise, to go somewhere or for any other reason)?
　　　___ Days　　　97 (Do not Know)　99 (Refused)

46. Do you use smokeless tobacco, such as snuff or chewing tobacco? **[READ]**
　　　1 Never Have (**Skip to Q48)**
　　　2 I used to but quit (**Skip to Q48)**
　　　3 Yes
　　　8 (Do not know)
　　　9 (Refused)

47. How many times in the past month did you use smokeless tobacco? **[READ]**
　　　1 Everyday　　　2 Several times per week　3 Once a week　　　4 Less than once per week
　　　5 Not at all　　　8 (Do not know)　　　　　9 (Refused)

48. Have you smoked at least 100 cigarettes in your entire life?
　　　1 Yes
　　　2 No (**Skip to 54)**
　　　7 (Do not know)
　　　9 (Refused)

49. How old were you when you first started smoking cigarettes on a regular basis?
　　　__ __ Years　　　98 Never smoked regularly　　　97 (Do not know)　99 (Refused)

50. Are you currently a smoker?
　　　1 Yes
　　　2 No　　(**Skip to 55)**
　　　8 (Do not know)
　　　9 (Refused)

51. On the average about how many cigarettes a day do you now smoke?
　　　__ # cigarettes (1 pack = 20 cigarettes)　　　7 (Do not know)　　　　9 (Refused)

52. In the last year, how many times have you quit smoking for at least one day or longer?
　　 __ # times　　　 98 (Do not know)　　　 99 (Refused)

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

54. As I read a list places please indicate your opinion of whether smoking should be allowed.
　　 (The following places are not covered by our state smoke-free law).

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

55. During the past month, have you had at least one drink of any alcoholic beverage such as beer, wine, wine coolers, or liquor?
　　 1 Yes
　　 2 No　　 (**Skip to Q 60)**
　　 8 (Do not know)
　　 9 (Refused)

56. How many days per week or per month did you drink any alcoholic beverages on the average?
　　 __ Days per week **OR**
　　 __ Days per month
　　 98 (Do not know)
　　 99 (Refused)

57. A drink is one can of beer, 1 glass of wine, 1 bottle of wine cooler, 1 cocktail, or 1 shot of liquor. On the days that you drink, about how many drinks do you have on average?
　　 __ Number of drinks　　　 98 (Do not know)　　　 99 (Refused)

58. Considering all types of alcoholic beverages, that is beer, wine, wine coolers, cocktails, and liquor as drinks, how many times in the past month did you have **5 or more** drinks on one occasion? *(Note: if none enter zero for the number of times.)*

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

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

59. Considering all types of alcoholic beverages, that is beer, wine, wine coolers, cocktails, and liquor as drinks, how many times in the past month did you have **4 or more** drinks on one occasion? (***Note: if none enter zero for the number of times.)*

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

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

	Yes	No	DK	RF
Car or truck	1	2	8	9
Boat	1	2	8	9
Snowmobile/ATV/Jet Ski	1	2	8	9

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

61. In what year were you born?
          __ __ __ __ Year   9998 (Do not know)   _9999_ (Refused)

62. What is the highest grade you completed in school? [READ]
          01 8th grade or less
          02 Some high school
          03 High School Graduate/GED
          04 Some college or other schooling after high school such as vocational/technical
          05 Graduate of a vocational or trade school
          06 Associate degree
          07 Bachelors degree
          98 Post graduate or professional degree
          99 (Refused)

63. Are you currently employed: **[READ]**
          1 Full time employed   2 Part time employed
          3 Self-employed   4 Not in labor force
          8 (Do not know)   9 (Refused)

64. Is your home located in:
          1 A city with population 10,000 or more
          2 A town with population between 5,000 and 10,000
          3 A town with population 5,000 or under, or
          4 A rural area that is not inside a city or town
          8 Don't Know
          9 (Refused)

65. Are you of Hispanic or Latino origin?
          1 Yes
          2 No
          8 (Do not know)
          9 (Refused)

66. What is your primary race? Would you say you are *(pause after each one)*
          1 American Indian   2 Asian or Pacific Islander
          3 Black or African American   4 White
          5 Other, Please specify: _____
          8 (Do not know)   9 (Refused)

67. How tall are you without shoes?

    ___ feet ___ inches   8 (Do not know)   9 (Refused)

68. Approximately how much do you weigh?

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

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

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

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

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

71. Including yourself, how many adults and how many children live in your household?

    __ Number of adults
    __ Number of children under 5 years old
    __ Number of children 5 to 17 years old
    98 (Do not know)
    98 (Refused)

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

    1 Below
    2 Above
    8 (Do not know)
    9 (Refused)

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

    1 Landline
    2 Cell phone
    8 (Do not know)
    9 (Refused)