



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

***AITKIN COUNTY***  
***Data Tables***  
**2005**

A Collaborative Effort Among  
Regional Health Organizations

First Edition  
August 2006

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## ACKNOWLEDGEMENTS


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

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

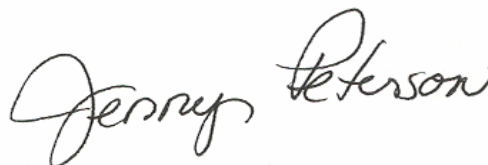
Jackie Vezina, Generations Health Care Initiatives, Inc., and Ann Kinney, PhD., Minnesota Department of Health, merit special recognition for their extensive work in compiling and analyzing the data. We appreciate their dedication to producing quality data for the project.

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

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



Julie Myhre  
Bridge to Health Survey, Co-Chair



Jenny Peterson  
Bridge to Health Survey, Co-Chair



# ***BRIDGE TO HEALTH SURVEY 2005***

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# **BRIDGE TO HEALTH SURVEY 2005**

## **AITKIN COUNTY SUMMARY**

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

Due to the smaller sample sizes on which the Aitkin County level analyses are based, this county summary report includes 95% confidence intervals for the results. These confidence intervals are calculated taking into account the complex sampling design of the survey. Confidence interval ranges appear to the right of each result within the tables. The sample sizes for Aitkin 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 AITKIN COUNTY**  
 BRIDGE TO HEALTH SURVEY 2005

Demographic Characteristics		<u>Unweighted Sample</u>		<u>Weighted Sample</u>	
		Frequency	Percent	Frequency	Percent
<b>Overall Results</b>		<b>445</b>	<b>100.0</b>	<b>439</b>	<b>100.0</b>
<b>Gender</b>	Male	170	38.2	204	46.5
	Female	275	61.8	235	53.5
<b>Age</b>	18 to 34	42	9.4	75	17.1
	35 to 44	47	10.6	68	15.5
	45 to 54	76	17.1	79	18.0
	55 to 64	90	20.2	79	18.0
	65 to 74	98	22.0	75	17.1
	75 and older	92	20.7	63	14.4
<b>Education<sup>1</sup></b>	Less than H.S.	32	7.2	24	5.5
	H.S. Graduate	190	42.8	177	40.5
	Some College	119	26.8	121	27.7
	Voc./Assoc. Degree	31	7.0	43	9.8
	College Graduate	72	16.2	72	16.4
<b>Poverty Status<sup>2</sup></b>	200% or Less	172	44.0	152	40.1
	More than 200%	219	56.0	228	59.9

<sup>1</sup> 0.2% were missing.

<sup>2</sup> 12.1% were missing.

# **BRIDGE TO HEALTH SURVEY 2005**

## **INTRODUCTION**

*It is the mark of a truly intelligent person to be moved by statistics.*

- George Bernard Shaw

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

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

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

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

### **Purpose of the Survey**

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

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

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

## Collaboration Among Health Organizations

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

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

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

## Utilization of Bridge to Health Data

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

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

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

## Reference

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

# METHODOLOGY

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

## Sample Design

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

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

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

## Data Collection

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

## Survey Response

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

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

## **Statistical Weighting of Data**

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

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

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

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

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

## **Limitations of Findings**

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

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

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

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

## Guide to Interpreting the Tables

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

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

## References

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

# **Chapter 1**

## **HEALTH STATUS**

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

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

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

Demographic Characteristics		Region (n=4,477)		Aitkin County <sup>1</sup> (n=435)	
		24.4%	(21.8-26.9)	27.1%	(22.1-32.2)
<b>Overall Results</b>		<b>24.4%</b>	<b>(21.8-26.9)</b>	<b>27.1%</b>	<b>(22.1-32.2)</b>
<b>Gender</b>	Male	26.6	(22.6-30.5)	28.8	(20.9-36.6)
	Female	22.2	(19.0-25.4)	25.7	(19.2-32.3)
<b>Age</b>	18 to 34	32.0	(24.4-39.7)	34.5	(17.3-51.7)
	35 to 44	27.3	(21.9-32.7)	44.4	(28.3-60.5)
	45 to 54	22.5	(18.7-26.3)	16.8	(7.9-25.7)
	55 to 64	22.4	(18.7-26.2)	28.4	(18.7-38.0)
	65 to 74	15.7	(12.1-19.3)	26.0	(16.9-35.2)
	75 and older	11.5	(8.1-14.9)	11.7	(4.5-18.9)
<b>Education</b>	Less than H.S.	14.5	(8.6-20.4)	NA <sup>1</sup>	
	H.S. Graduate	15.8	(11.9-19.7)	18.5	(12.2-24.8)
	Some College	31.9	(25.9-37.8)	38.6	(27.4-49.9)
	Voc./Assoc. Degree	25.0	(19.5-30.5)	12.0	(0.5-23.4)
	College Graduate	32.4	(27.5-37.2)	43.5	(30.5-56.5)
<b>Poverty Status</b>	200% or Less	14.8	(10.8-18.9)	14.9	(9.1-20.7)
	More than 200%	29.2	(25.9-32.4)	35.6	(28.1-43.2)

<sup>1</sup> 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<sup>1</sup>**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,477)		Aitkin County <sup>2</sup> (n=435)	
<b>Overall Results</b>		<b>13.1%</b>	<b>(11.5-14.7)</b>	<b>16.2%</b>	<b>(11.9-20.4)</b>
<b>Gender</b>	Male	11.7	(9.1-14.2)	16.4	(10.4-22.3)
	Female	14.5	(12.4-16.6)	16.0	(10.0-22.0)
<b>Age</b>	18 to 34	6.4	(3.1-9.8)	17.6	(2.2-32.9)
	35 to 44	11.6	(7.7-15.4)	11.0	(1.5-20.5)
	45 to 54	11.8	(8.9-14.7)	23.1	(12.5-33.7)
	55 to 64	19.8	(16.4-23.3)	13.1	(6.1-20.1)
	65 to 74	19.9	(15.9-23.8)	11.6	(4.5-18.6)
	75 and older	22.1	(17.8-26.5)	20.9	(11.9-29.9)
<b>Education</b>	Less than H.S.	21.0	(15.6-26.3)	NA <sup>2</sup>	
	H.S. Graduate	16.8	(13.3-20.4)	18.7	(12.6-24.8)
	Some College	12.0	(8.7-15.4)	10.7	(4.8-16.7)
	Voc./Assoc. Degree	11.4	(7.6-15.2)	25.6	(2.2-48.9)
	College Graduate	7.0	(4.5-9.6)	8.8	(0.7-16.9)
<b>Poverty Status</b>	200% or Less	19.9	(15.3-24.4)	23.0	(14.3-31.6)
	More than 200%	8.6	(7.2-10.1)	12.4	(7.3-17.5)

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

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,471)		Aitkin County <sup>1</sup> (n=433)	
		22.8%	(20.2-25.3)	20.0%	(15.4-24.6)
<b>Overall Results</b>		<b>22.8%</b>	<b>(20.2-25.3)</b>	<b>20.0%</b>	<b>(15.4-24.6)</b>
<b>Gender</b>	Male	24.9	(20.9-29.0)	21.2	(14.1-28.3)
	Female	20.8	(17.6-23.9)	19.0	(12.9-25.1)
<b>Age</b>	18 to 34	32.0	(24.2-39.7)	23.1	(6.8-39.5)
	35 to 44	25.0	(19.7-30.3)	29.1	(13.9-44.2)
	45 to 54	19.0	(15.4-22.6)	10.2	(3.7-16.7)
	55 to 64	20.1	(16.5-23.7)	25.1	(15.9-34.4)
	65 to 74	13.6	(10.2-17.0)	19.1	(10.8-27.4)
	75 and older	11.9	(8.4-15.3)	13.2	(5.4-21.0)
<b>Education</b>	Less than H.S.	10.6	(5.5-15.8)	NA <sup>1</sup>	
	H.S. Graduate	15.1	(11.3-19.0)	10.9	(6.5-15.4)
	Some College	31.4	(25.1-37.7)	30.8	(19.6-42.1)
	Voc./Assoc. Degree	20.9	(15.7-26.1)	5.1	(0.0-11.5)
	College Graduate	30.2	(25.4-35.0)	36.2	(23.3-49.1)
<b>Poverty Status</b>	200% or Less	14.9	(10.4-19.5)	12.4	(7.2-17.6)
	More than 200%	26.8	(23.6-30.1)	23.4	(16.3-30.4)

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

**TABLE 1.2.B**  
**PERCEIVED HEALTH STATUS**  
**COMPARED TO OTHERS OF THE SAME AGE: PERCENT FAIR/POOR<sup>1</sup>**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,471)		Aitkin County <sup>2</sup> (n=433)	
<b>Overall Results</b>		<b>11.4%</b>	<b>(9.9-13.0)</b>	<b>14.1%</b>	<b>(10.2-18.0)</b>
<b>Gender</b>	Male	11.1	(8.6-13.6)	13.5	(8.5-18.6)
	Female	11.7	(9.9-13.5)	14.5	(8.8-20.3)
<b>Age</b>	18 to 34	5.5	(2.4-8.6)	12.3	(0.0-27.2)
	35 to 44	9.4	(5.8-12.9)	5.9	(0.0-12.0)
	45 to 54	10.3	(7.7-12.9)	21.0	(11.5-30.6)
	55 to 64	17.0	(13.7-20.3)	14.1	(6.8-21.3)
	65 to 74	17.8	(13.7-22.0)	11.1	(4.2-17.9)
	75 and older	20.9	(16.8-25.1)	20.1	(11.3-28.8)
<b>Education</b>	Less than H.S.	21.1	(15.6-26.5)	NA <sup>2</sup>	
	H.S. Graduate	15.3	(12.0-18.5)	17.5	(11.8-23.1)
	Some College	9.7	(6.5-12.8)	8.5	(3.5-13.5)
	Voc./Assoc. Degree	10.1	(6.4-13.8)	21.7	(0.0-44.9)
	College Graduate	5.2	(2.8-7.7)	3.7	(0.0-7.5)
<b>Poverty Status</b>	200% or Less	19.5	(15.0-24.0)	22.0	(13.5-30.6)
	More than 200%	6.7	(5.4-8.0)	10.3	(6.1-14.4)

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

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,470)		Aitkin County <sup>1</sup> (n=436)	
<b>Overall Results</b>		<b>85.4%</b>	<b>(83.8-87.0)</b>	<b>85.0%</b>	<b>(81.2-88.7)</b>
<b>Gender</b>	Male	88.6	(86.6-90.7)	84.9	(79.1-90.7)
	Female	82.4	(79.9-84.8)	85.0	(80.2-89.8)
<b>Age</b>	18 to 34	93.9	(91.1-96.7)	87.3	(76.7-98.0)
	35 to 44	85.7	(81.8-89.6)	88.2	(78.5-98.0)
	45 to 54	85.0	(82.0-88.0)	79.3	(69.1-89.6)
	55 to 64	79.3	(75.8-82.9)	90.1	(83.7-96.6)
	65 to 74	80.7	(77.2-84.3)	81.5	(73.3-89.8)
	75 and older	73.8	(69.3-78.3)	83.0	(75.0-91.0)
<b>Education</b>	Less than H.S.	73.0	(66.4-79.6)	NA <sup>1</sup>	
	H.S. Graduate	84.5	(81.4-87.6)	82.4	(76.1-88.8)
	Some College	85.0	(81.5-88.5)	87.6	(81.4-93.8)
	Voc./Assoc. Degree	84.4	(79.8-89.1)	87.5	(74.0-100.0)
	College Graduate	91.3	(89.2-93.5)	87.7	(79.5-95.8)
<b>Poverty Status</b>	200% or Less	79.2	(74.8-83.6)	82.3	(75.4-89.1)
	More than 200%	88.3	(86.7-89.9)	86.3	(81.4-91.3)

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

**TABLE 1.3.B**  
**LIMITATIONS DUE TO PHYSICAL/MENTAL HEALTH**  
**SOCIAL ACTIVITIES LIMITED DUE TO PHYSICAL HEALTH OR EMOTIONAL PROBLEMS**  
**PERCENT QUITE A LOT/COULD NOT DO SOCIAL ACTIVITIES<sup>1</sup>**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,470)		Aitkin County <sup>2</sup> (n=436)	
<b>Overall Results</b>		<b>3.1%</b>	<b>(2.5-3.8)</b>	<b>4.5%</b>	<b>(2.3-6.7)</b>
<b>Gender</b>	Male	2.2	(1.4-3.1)	4.8	(1.1-8.4)
	Female	4.0	(3.0-4.9)	4.3	(1.7-7.0)
<b>Age</b>	18 to 34	1.1	(0.1-2.2)	5.5	(0.0-11.9)
	35 to 44	2.7	(1.2-4.2)	3.7	(0.0-8.8)
	45 to 54	3.4	(2.0-4.8)	9.3	(1.2-17.3)
	55 to 64	4.9	(3.0-6.9)	1.5	(0.0-3.6)
	65 to 74	3.8	(2.0-5.6)	4.0	(0.0-8.0)
	75 and older	5.8	(3.3-8.3)	2.9	(0.0-6.4)
<b>Education</b>	Less than H.S.	5.9	(3.1-8.6)	NA <sup>2</sup>	
	H.S. Graduate	3.8	(2.4-5.2)	2.5	(0.1-4.9)
	Some College	3.4	(2.1-4.7)	8.6	(3.2-14.0)
	Voc./Assoc. Degree	3.1	(1.4-4.8)	8.6	(0.0-20.9)
	College Graduate	1.1	(0.4-1.8)	0.0	(0.0-0.0)
<b>Poverty Status</b>	200% or Less	5.4	(3.7-7.1)	4.9	(0.6-9.3)
	More than 200%	1.7	(1.2-2.3)	4.9	(1.9-7.9)

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

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,476)		Aitkin County <sup>1</sup> (n=437)	
<b>Overall Results</b>		<b>76.0%</b>	<b>(73.6-78.3)</b>	<b>82.5%</b>	<b>(78.8-86.3)</b>
<b>Gender</b>	Male	80.4	(77.5-83.3)	81.9	(75.9-87.8)
	Female	71.8	(68.2-75.4)	83.1	(78.5-87.8)
<b>Age</b>	18 to 34	88.6	(82.9-94.2)	94.5	(88.1-100.0)
	35 to 44	84.0	(80.1-87.9)	90.5	(82.7-98.3)
	45 to 54	78.4	(74.8-81.9)	77.8	(67.2-88.4)
	55 to 64	67.4	(63.3-71.5)	85.0	(77.9-92.1)
	65 to 74	63.7	(59.2-68.3)	73.3	(63.8-82.8)
	75 and older	45.2	(40.0-50.4)	73.4	(63.4-83.3)
<b>Education</b>	Less than H.S.	57.1	(49.7-64.5)	NA <sup>1</sup>	
	H.S. Graduate	71.6	(66.1-77.2)	81.4	(75.6-87.2)
	Some College	78.4	(74.3-82.4)	82.0	(74.7-89.2)
	Voc./Assoc. Degree	79.8	(75.3-84.3)	92.8	(84.3-100.0)
	College Graduate	83.6	(80.5-86.6)	86.1	(76.8-95.4)
<b>Poverty Status</b>	200% or Less	67.2	(60.5-73.8)	78.7	(72.0-85.4)
	More than 200%	81.1	(79.0-83.2)	83.7	(78.5-89.0)

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

**TABLE 1.4.B**  
**LIMITATIONS DUE TO PHYSICAL/MENTAL HEALTH**  
**PHYSICAL ACTIVITIES LIMITED DUE TO PHYSICAL HEALTH PROBLEMS**  
**PERCENT QUITE A LOT/COULD NOT DO PHYSICAL ACTIVITIES<sup>1</sup>**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,476)		Aitkin County <sup>2</sup> (n=437)	
<b>Overall Results</b>		<b>7.1%</b>	<b>(6.1-8.2)</b>	<b>6.4%</b>	<b>(3.9-8.9)</b>
<b>Gender</b>	Male	4.9	(3.5-6.2)	7.5	(3.2-11.7)
	Female	9.3	(7.7-10.9)	5.4	(2.7-8.2)
<b>Age</b>	18 to 34	1.5	(0.4-2.6)	1.1	(0.0-3.3)
	35 to 44	5.1	(2.5-7.6)	5.1	(0.0-11.0)
	45 to 54	7.7	(5.4-10.0)	13.0	(3.9-22.1)
	55 to 64	10.8	(8.0-13.6)	3.2	(0.0-6.4)
	65 to 74	11.8	(8.8-14.8)	7.6	(1.7-13.5)
	75 and older	16.5	(12.4-20.5)	8.3	(2.2-14.3)
<b>Education</b>	Less than H.S.	14.3	(9.5-19.1)	NA <sup>2</sup>	
	H.S. Graduate	8.2	(6.1-10.3)	5.0	(1.6-8.3)
	Some College	7.2	(5.0-9.4)	10.6	(5.0-16.3)
	Voc./Assoc. Degree	5.8	(3.2-8.5)	0.0	(0.0-0.0)
	College Graduate	3.9	(2.5-5.4)	4.7	(0.0-11.9)
<b>Poverty Status</b>	200% or Less	10.5	(7.9-13.1)	5.4	(2.1-8.6)
	More than 200%	4.7	(3.7-5.7)	7.3	(3.4-11.2)

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

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,472)	Aitkin County <sup>1</sup> (n=435)		
<b>Overall Results</b>		<b>77.3%</b>	<b>(75.3-79.3)</b>	<b>79.8%</b>	<b>(75.9-83.7)</b>
<b>Gender</b>	Male	80.7	(78.0-83.5)	80.8	(74.8-86.7)
	Female	74.0	(71.1-76.9)	78.9	(73.8-84.1)
<b>Age</b>	18 to 34	92.3	(89.1-95.4)	92.4	(85.2-99.5)
	35 to 44	83.2	(79.2-87.2)	88.3	(79.5-97.1)
	45 to 54	80.0	(76.6-83.4)	77.9	(68.0-87.8)
	55 to 64	67.6	(63.5-71.7)	83.8	(76.1-91.4)
	65 to 74	63.0	(58.5-67.6)	71.9	(62.1-81.6)
	75 and older	45.6	(40.4-50.8)	61.6	(50.7-72.5)
<b>Education</b>	Less than H.S.	57.0	(49.7-64.3)	NA <sup>1</sup>	
	H.S. Graduate	73.8	(69.3-78.4)	76.5	(70.2-82.9)
	Some College	78.9	(75.0-82.9)	80.5	(73.0-88.0)
	Voc./Assoc. Degree	80.0	(75.5-84.6)	91.3	(81.5-100.0)
	College Graduate	85.2	(82.5-88.0)	85.5	(77.2-93.8)
<b>Poverty Status</b>	200% or Less	69.2	(63.5-74.9)	70.1	(62.3-77.9)
	More than 200%	82.1	(80.1-84.1)	84.7	(79.7-89.6)

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



**TABLE 1.5.B**  
**LIMITATIONS DUE TO PHYSICAL/MENTAL HEALTH**  
**DIFFICULTY OF DAILY WORK DUE TO PHYSICAL HEALTH**  
**PERCENT QUITE A LOT/COULD NOT DO DAILY WORK<sup>1</sup>**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,472)		Aitkin County <sup>2</sup> (n=435)	
		6.5%	(5.5-7.5)	7.1%	(4.7-9.5)
<b>Overall Results</b>		<b>6.5%</b>	<b>(5.5-7.5)</b>	<b>7.1%</b>	<b>(4.7-9.5)</b>
<b>Gender</b>	Male	4.4	(3.1-5.6)	4.8	(1.7-7.8)
	Female	8.5	(7.0-10.0)	9.0	(5.4-12.6)
<b>Age</b>	18 to 34	1.5	(0.4-2.5)	4.5	(0.0-9.8)
	35 to 44	4.8	(2.3-7.3)	5.1	(0.0-11.0)
	45 to 54	6.8	(4.7-9.0)	9.7	(2.8-16.6)
	55 to 64	9.3	(6.8-11.8)	6.1	(1.6-10.7)
	65 to 74	9.4	(6.6-12.1)	7.6	(1.9-13.4)
	75 and older	16.6	(12.6-20.6)	9.5	(3.3-15.7)
<b>Education</b>	Less than H.S.	15.3	(10.4-20.2)	NA <sup>2</sup>	
	H.S. Graduate	7.8	(5.8-9.8)	6.1	(2.6-9.5)
	Some College	6.0	(3.9-8.0)	10.3	(4.7-15.9)
	Voc./Assoc. Degree	5.4	(3.0-7.9)	5.8	(0.0-13.8)
	College Graduate	3.1	(1.9-4.2)	2.8	(0.0-6.1)
<b>Poverty Status</b>	200% or Less	10.0	(7.4-12.5)	8.9	(4.5-13.2)
	More than 200%	4.1	(3.2-5.0)	6.3	(3.0-9.5)

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

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



## **Chapter 2**

# **CHRONIC CONDITIONS – PHYSICAL HEALTH**

**TABLE 2.1.A**  
**CHRONIC AND OTHER MEDICAL CONDITIONS**  
**PERCENT ALLERGIES**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,468)		Aitkin County <sup>1</sup> (n=434)	
		25.7%	(22.7-28.8)	27.2%	(22.4-31.9)
<b>Overall Results</b>		<b>25.7%</b>	<b>(22.7-28.8)</b>	<b>27.2%</b>	<b>(22.4-31.9)</b>
<b>Gender</b>	Male	20.2	(15.4-25.0)	20.5	(13.5-27.4)
	Female	31.0	(27.1-34.9)	33.0	(26.4-39.7)
<b>Age</b>	18 to 34	26.3	(17.3-35.3)	22.9	(9.1-36.8)
	35 to 44	22.2	(17.8-26.6)	27.7	(12.7-42.8)
	45 to 54	27.6	(23.7-31.6)	32.0	(20.7-43.2)
	55 to 64	29.4	(25.4-33.4)	28.5	(19.0-38.1)
	65 to 74	21.4	(17.7-25.1)	23.3	(14.4-32.2)
	75 and older	25.4	(21.0-29.8)	28.6	(18.8-38.3)
<b>Education</b>	Less than H.S.	20.9	(14.3-27.5)	NA <sup>1</sup>	
	H.S. Graduate	26.1	(19.1-33.1)	30.3	(22.7-37.9)
	Some College	22.3	(17.3-27.2)	17.6	(10.2-25.0)
	Voc./Assoc. Degree	31.1	(25.0-37.3)	22.9	(6.9-39.0)
	College Graduate	27.0	(22.6-31.4)	38.4	(25.4-51.3)
<b>Poverty Status</b>	200% or Less	28.2	(21.5-34.9)	25.3	(17.6-33.0)
	More than 200%	25.0	(21.2-28.7)	29.6	(22.7-36.4)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region		Aitkin County <sup>1</sup>	
		(n=4,466)		(n=436)	
<b>Overall Results</b>		<b>26.5%</b>	<b>(24.2-28.9)</b>	<b>30.5%</b>	<b>(25.3-35.6)</b>
<b>Gender</b>	Male	25.9	(22.3-29.6)	30.2	(22.9-37.5)
	Female	27.2	(24.0-30.3)	30.7	(23.4-38.0)
<b>Age</b>	18 to 34	14.8	(9.7-20.0)	33.1	(14.8-51.5)
	35 to 44	21.8	(17.1-26.5)	14.7	(3.3-26.0)
	45 to 54	32.2	(28.0-36.4)	30.4	(19.5-41.3)
	55 to 64	34.2	(30.0-38.3)	32.6	(22.3-43.0)
	65 to 74	36.6	(31.7-41.4)	31.2	(21.0-41.3)
	75 and older	38.2	(33.1-43.2)	41.0	(29.8-52.3)
<b>Education</b>	Less than H.S.	35.4	(28.1-42.7)	NA <sup>1</sup>	
	H.S. Graduate	29.3	(24.0-34.6)	36.6	(28.6-44.6)
	Some College	22.6	(18.1-27.0)	18.3	(9.7-27.0)
	Voc./Assoc. Degree	25.8	(20.6-31.1)	35.0	(11.7-58.3)
	College Graduate	23.9	(20.1-27.7)	24.2	(13.7-34.7)
<b>Poverty Status</b>	200% or Less	28.2	(22.5-33.8)	38.8	(28.9-48.6)
	More than 200%	23.7	(21.2-26.1)	23.1	(17.0-29.1)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,469)		Aitkin County <sup>1</sup> (n=436)	
		6.7%	(5.7-7.6)	10.0%	(7.1-12.9)
<b>Overall Results</b>		<b>6.7%</b>	<b>(5.7-7.6)</b>	<b>10.0%</b>	<b>(7.1-12.9)</b>
<b>Gender</b>	Male	5.1	(3.9-6.4)	9.7	(4.9-14.4)
	Female	8.1	(6.7-9.5)	10.2	(6.6-13.8)
<b>Age</b>	18 to 34	0.8	(0.0-1.6)	0.0	(0.0-0.0)
	35 to 44	1.8	(0.6-2.9)	6.7	(0.0-14.7)
	45 to 54	5.0	(3.3-6.8)	5.9	(0.6-11.3)
	55 to 64	11.8	(8.9-14.7)	5.2	(0.6-9.8)
	65 to 74	13.6	(10.0-17.1)	21.3	(12.3-30.3)
	75 and older	21.3	(17.1-25.6)	23.4	(13.4-33.3)
<b>Education</b>	Less than H.S.	12.1	(8.0-16.2)	NA <sup>1</sup>	
	H.S. Graduate	7.3	(5.4-9.1)	12.7	(7.4-18.0)
	Some College	5.0	(3.5-6.6)	5.7	(1.6-9.8)
	Voc./Assoc. Degree	6.6	(4.0-9.3)	12.9	(2.0-23.8)
	College Graduate	5.8	(3.9-7.7)	4.4	(0.3-8.5)
<b>Poverty Status</b>	200% or Less	8.7	(6.4-10.9)	16.5	(10.1-22.9)
	More than 200%	5.3	(4.3-6.2)	6.4	(3.3-9.5)

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

**TABLE 2.1.D**  
**CHRONIC AND OTHER MEDICAL CONDITIONS**  
**PERCENT DIABETES**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,465)		Aitkin County <sup>1</sup> (n=436)	
		6.9%	(5.7-8.1)	8.3%	(5.7-10.8)
<b>Overall Results</b>		<b>6.9%</b>	<b>(5.7-8.1)</b>	<b>8.3%</b>	<b>(5.7-10.8)</b>
<b>Gender</b>	Male	5.3	(3.9-6.7)	9.7	(5.4-14.0)
	Female	8.5	(6.6-10.4)	7.0	(3.9-10.1)
<b>Age</b>	18 to 34	2.9	(0.4-5.5)	2.2	(0.0-6.6)
	35 to 44	1.8	(0.2-3.4)	1.5	(0.0-4.3)
	45 to 54	5.0	(2.9-7.1)	2.2	(0.0-5.1)
	55 to 64	9.5	(7.0-12.0)	9.6	(3.1-16.2)
	65 to 74	14.7	(10.9-18.5)	18.8	(10.0-27.5)
	75 and older	19.8	(15.6-23.9)	16.3	(8.3-24.4)
<b>Education</b>	Less than H.S.	20.4	(13.6-27.2)	NA <sup>1</sup>	
	H.S. Graduate	9.4	(6.7-12.2)	10.3	(5.8-14.8)
	Some College	4.9	(3.2-6.7)	7.4	(2.9-11.9)
	Voc./Assoc. Degree	3.8	(1.9-5.7)	3.4	(0.0-8.3)
	College Graduate	3.1	(1.9-4.2)	5.1	(0.0-11.0)
<b>Poverty Status</b>	200% or Less	9.9	(7.3-12.5)	11.0	(6.2-15.9)
	More than 200%	4.4	(3.5-5.4)	6.0	(3.0-9.1)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,465)		Aitkin County <sup>1</sup> (n=436)	
		5.2%	(3.6-6.9)	7.3%	(4.5-10.2)
<b>Overall Results</b>		5.2%	(3.6-6.9)	7.3%	(4.5-10.2)
<b>Gender</b>	Male	3.7	(2.3-5.0)	8.3	(3.7-12.8)
	Female	6.8	(3.8-9.7)	6.5	(3.0-10.0)
<b>Age</b>	18 to 34	3.9	(0.0-8.8)	8.1	(0.0-17.4)
	35 to 44	3.3	(0.8-5.7)	1.5	(0.0-4.3)
	45 to 54	4.6	(2.8-6.3)	12.2	(3.4-21.1)
	55 to 64	7.0	(4.7-9.4)	8.9	(2.7-15.1)
	65 to 74	8.5	(5.4-11.6)	4.3	(0.8-7.9)
	75 and older	8.2	(5.3-11.1)	8.4	(1.8-14.9)
<b>Education</b>	Less than H.S.	6.5	(3.2-9.8)	NA <sup>1</sup>	
	H.S. Graduate	7.2	(2.8-11.6)	6.8	(2.3-11.3)
	Some College	4.9	(3.3-6.6)	7.6	(2.8-12.3)
	Voc./Assoc. Degree	3.5	(1.7-5.4)	4.7	(0.0-11.5)
	College Graduate	3.0	(1.8-4.3)	9.2	(0.5-17.8)
<b>Poverty Status</b>	200% or Less	8.2	(3.1-13.3)	7.9	(2.9-13.0)
	More than 200%	3.9	(2.9-4.9)	8.1	(4.0-12.2)

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



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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,467)		Aitkin County <sup>1</sup> (n=436)	
		7.3%	(5.3-9.3)	7.8%	(5.1-10.4)
<b>Overall Results</b>		7.3%	(5.3-9.3)	7.8%	(5.1-10.4)
<b>Gender</b>	Male	4.5	(2.3-6.6)	3.9	(0.8-7.0)
	Female	10.0	(6.7-13.2)	11.1	(7.0-15.2)
<b>Age</b>	18 to 34	9.5	(3.5-15.5)	8.8	(0.8-16.8)
	35 to 44	6.9	(4.1-9.6)	6.6	(0.4-12.8)
	45 to 54	6.3	(4.2-8.4)	15.2	(6.7-23.7)
	55 to 64	6.8	(4.6-9.0)	5.4	(1.1-9.7)
	65 to 74	4.7	(2.5-6.9)	2.8	(0.0-6.0)
	75 and older	6.2	(3.9-8.5)	7.3	(1.3-13.4)
<b>Education</b>	Less than H.S.	6.9	(3.3-10.5)	NA <sup>1</sup>	
	H.S. Graduate	8.1	(3.4-12.8)	7.3	(3.3-11.2)
	Some College	7.4	(4.2-10.7)	11.2	(5.2-17.3)
	Voc./Assoc. Degree	5.1	(2.5-7.6)	4.6	(0.0-11.2)
	College Graduate	7.2	(4.4-10.1)	7.1	(0.9-13.3)
<b>Poverty Status</b>	200% or Less	11.7	(5.6-17.8)	7.6	(3.3-11.8)
	More than 200%	5.3	(4.1-6.5)	8.8	(4.8-12.7)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region		Aitkin County <sup>1</sup>	
		(n=4,462)		(n=436)	
<b>Overall Results</b>		<b>9.6%</b>	<b>(8.3-10.8)</b>	<b>10.5%</b>	<b>(7.6-13.5)</b>
<b>Gender</b>	Male	11.1	(9.0-13.2)	14.2	(9.0-19.5)
	Female	8.1	(6.7-9.5)	7.3	(4.3-10.4)
<b>Age</b>	18 to 34	1.5	(0.1-3.0)	2.2	(0.0-6.6)
	35 to 44	2.4	(0.2-4.6)	1.5	(0.0-4.3)
	45 to 54	4.8	(2.7-7.0)	3.0	(0.0-6.4)
	55 to 64	13.1	(10.2-16.0)	9.2	(2.0-16.3)
	65 to 74	22.6	(18.6-26.7)	22.2	(13.0-31.3)
	75 and older	36.7	(31.6-41.9)	27.9	(17.4-38.4)
<b>Education</b>	Less than H.S.	29.4	(22.0-36.9)	NA <sup>1</sup>	
	H.S. Graduate	10.9	(8.4-13.4)	10.8	(6.1-15.5)
	Some College	7.0	(5.1-8.9)	8.3	(3.2-13.4)
	Voc./Assoc. Degree	9.0	(5.7-12.3)	12.3	(1.3-23.3)
	College Graduate	5.1	(3.4-6.7)	5.6	(0.0-11.2)
<b>Poverty Status</b>	200% or Less	13.5	(10.5-16.5)	14.2	(8.4-20.0)
	More than 200%	6.4	(5.2-7.7)	7.8	(4.3-11.2)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,463)		Aitkin County <sup>1</sup> (n=430)	
		23.0%	(20.9-25.0)	31.2%	(26.4-35.9)
<b>Overall Results</b>		23.0%	(20.9-25.0)	31.2%	(26.4-35.9)
<b>Gender</b>	Male	23.2	(20.0-26.5)	34.3	(26.7-41.9)
	Female	22.7	(20.1-25.3)	28.4	(22.5-34.3)
<b>Age</b>	18 to 34	5.3	(2.5-8.1)	10.0	(0.0-20.3)
	35 to 44	10.6	(6.4-14.8)	11.0	(1.5-20.5)
	45 to 54	20.9	(17.3-24.6)	32.9	(21.7-44.2)
	55 to 64	39.2	(34.9-43.5)	38.6	(27.8-49.4)
	65 to 74	47.4	(42.5-52.3)	46.7	(36.0-57.4)
	75 and older	53.6	(48.4-58.8)	46.6	(35.3-57.9)
<b>Education</b>	Less than H.S.	40.5	(33.3-47.7)	NA <sup>1</sup>	
	H.S. Graduate	27.5	(22.7-32.2)	40.2	(32.2-48.1)
	Some College	18.4	(14.6-22.2)	24.3	(16.2-32.4)
	Voc./Assoc. Degree	20.3	(15.5-25.1)	26.3	(10.1-42.5)
	College Graduate	17.0	(13.8-20.2)	23.0	(12.9-33.2)
<b>Poverty Status</b>	200% or Less	26.2	(21.1-31.2)	34.9	(26.6-43.2)
	More than 200%	20.6	(18.3-22.9)	29.8	(23.3-36.4)

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

**TABLE 2.1.I**  
**CHRONIC AND OTHER MEDICAL CONDITIONS**  
**PERCENT HIGH CHOLESTEROL**  
 BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,438)		Aitkin County <sup>1</sup> (n=431)	
<b>Overall Results</b>		<b>21.4%</b>	<b>(19.4-23.4)</b>	<b>27.7%</b>	<b>(23.0-32.5)</b>
<b>Gender</b>	Male	20.2	(17.3-23.0)	26.8	(20.0-33.7)
	Female	22.6	(19.9-25.4)	28.5	(21.9-35.0)
<b>Age</b>	18 to 34	4.2	(1.5-7.0)	10.1	(0.0-25.0)
	35 to 44	7.7	(4.6-10.8)	7.6	(0.7-14.5)
	45 to 54	25.8	(21.8-29.8)	26.7	(16.2-37.1)
	55 to 64	38.1	(33.8-42.4)	37.5	(27.0-48.0)
	65 to 74	46.7	(41.8-51.7)	46.3	(35.7-57.0)
	75 and older	40.7	(35.5-45.8)	36.7	(25.8-47.5)
<b>Education</b>	Less than H.S.	29.5	(23.3-35.6)	NA <sup>1</sup>	
	H.S. Graduate	23.8	(19.4-28.3)	29.8	(22.8-36.8)
	Some College	15.2	(12.3-18.0)	24.0	(15.8-32.1)
	Voc./Assoc. Degree	24.1	(18.7-29.6)	30.2	(7.3-53.0)
	College Graduate	20.3	(16.8-23.8)	24.5	(13.9-35.0)
<b>Poverty Status</b>	200% or Less	23.1	(18.3-27.9)	30.0	(21.2-38.8)
	More than 200%	20.9	(18.6-23.1)	30.3	(23.8-36.8)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,461)		Aitkin County <sup>1</sup> (n=435)	
<b>Overall Results</b>		<b>23.4%</b>	<b>(21.3-25.5)</b>	<b>33.4%</b>	<b>(28.5-38.3)</b>
<b>Gender</b>	Male	18.5	(15.5-21.5)	33.0	(25.5-40.5)
	Female	28.1	(25.1-31.0)	33.7	(27.4-40.0)
<b>Age</b>	18 to 34	4.6	(1.2-8.0)	2.2	(0.0-6.6)
	35 to 44	11.6	(7.8-15.4)	16.9	(5.9-27.8)
	45 to 54	19.5	(16.1-22.9)	23.7	(12.8-34.6)
	55 to 64	33.9	(29.7-38.0)	29.8	(20.0-39.6)
	65 to 74	50.7	(45.8-55.7)	58.7	(48.2-69.2)
	75 and older	65.4	(60.4-70.4)	76.3	(66.9-85.7)
<b>Education</b>	Less than H.S.	40.8	(33.6-47.9)	NA <sup>1</sup>	
	H.S. Graduate	27.0	(22.3-31.6)	38.5	(30.8-46.2)
	Some College	24.0	(19.2-28.8)	30.4	(21.4-39.5)
	Voc./Assoc. Degree	16.2	(12.5-20.0)	34.4	(15.3-53.5)
	College Graduate	16.0	(13.0-19.1)	15.0	(7.0-23.1)
<b>Poverty Status</b>	200% or Less	32.8	(26.7-38.9)	50.3	(40.7-59.8)
	More than 200%	17.5	(15.5-19.5)	22.8	(16.9-28.7)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,463)		Aitkin County <sup>1</sup> (n=435)	
		8.1%	(6.9-9.4)	11.0%	(7.8-14.2)
<b>Overall Results</b>		<b>8.1%</b>	<b>(6.9-9.4)</b>	<b>11.0%</b>	<b>(7.8-14.2)</b>
<b>Gender</b>	Male	7.4	(5.7-9.1)	16.4	(10.8-22.0)
	Female	8.8	(7.0-10.5)	6.4	(3.1-9.7)
<b>Age</b>	18 to 34	2.7	(0.3-5.1)	0.0	(0.0-0.0)
	35 to 44	4.2	(1.9-6.5)	7.3	(0.0-15.8)
	45 to 54	6.8	(4.4-9.2)	6.0	(0.4-11.6)
	55 to 64	7.2	(4.9-9.4)	4.4	(0.1-8.8)
	65 to 74	19.4	(15.4-23.5)	26.5	(16.3-36.6)
	75 and older	23.3	(19.0-27.5)	24.9	(14.4-35.4)
<b>Education</b>	Less than H.S.	16.4	(11.2-21.6)	NA <sup>1</sup>	
	H.S. Graduate	8.9	(6.7-11.0)	13.3	(7.9-18.7)
	Some College	10.6	(7.0-14.2)	9.4	(4.0-14.9)
	Voc./Assoc. Degree	4.5	(2.2-6.8)	5.8	(0.0-16.8)
	College Graduate	4.1	(2.8-5.4)	8.1	(1.8-14.4)
<b>Poverty Status</b>	200% or Less	13.6	(10.0-17.3)	14.0	(8.0-20.1)
	More than 200%	5.3	(4.3-6.4)	8.0	(4.4-11.7)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,467)		Aitkin County <sup>1</sup> (n=436)	
		3.3%	(2.6-3.9)	5.7%	(3.5-7.9)
<b>Overall Results</b>		<b>3.3%</b>	<b>(2.6-3.9)</b>	<b>5.7%</b>	<b>(3.5-7.9)</b>
<b>Gender</b>	Male	2.8	(1.9-3.7)	4.3	(1.4-7.2)
	Female	3.7	(2.9-4.5)	6.9	(3.7-10.2)
<b>Age</b>	18 to 34	0.9	(0.0-1.7)	2.2	(0.0-6.6)
	35 to 44	0.7	(0.1-1.3)	4.4	(0.0-10.4)
	45 to 54	2.8	(1.5-4.1)	5.4	(0.5-10.3)
	55 to 64	5.8	(3.9-7.7)	8.4	(2.4-14.3)
	65 to 74	7.7	(5.1-10.2)	6.9	(1.3-12.6)
	75 and older	7.7	(5.2-10.3)	7.0	(1.7-12.2)
<b>Education</b>	Less than H.S.	8.2	(4.9-11.6)	NA <sup>1</sup>	
	H.S. Graduate	3.7	(2.5-5.0)	6.5	(2.8-10.2)
	Some College	2.2	(1.2-3.2)	4.4	(0.6-8.2)
	Voc./Assoc. Degree	3.4	(1.9-4.9)	6.6	(0.0-14.3)
	College Graduate	2.2	(1.2-3.1)	4.1	(0.0-9.3)
<b>Poverty Status</b>	200% or Less	4.0	(2.8-5.3)	4.7	(1.5-7.9)
	More than 200%	2.8	(2.1-3.4)	7.6	(4.0-11.2)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,467)		Aitkin County <sup>1</sup> (n=436)	
		2.0%	(1.5-2.4)	2.1%	(0.8-3.5)
<b>Overall Results</b>					
<b>Gender</b>	Male	1.8	(1.1-2.5)	3.0	(0.5-5.4)
	Female	2.1	(1.5-2.7)	1.4	(0.1-2.7)
<b>Age</b>	18 to 34	0.0	(0.0-0.1)	0.0	(0.0-0.0)
	35 to 44	0.5	(0.0-1.1)	1.5	(0.0-4.3)
	45 to 54	0.4	(0.0-1.1)	0.0	(0.0-0.0)
	55 to 64	2.0	(1.1-3.0)	3.0	(0.0-7.1)
	65 to 74	6.9	(4.3-9.4)	2.4	(0.0-5.9)
	75 and older	8.0	(5.4-10.7)	6.7	(1.1-12.4)
<b>Education</b>	Less than H.S.	6.8	(3.5-10.1)	NA <sup>1</sup>	
	H.S. Graduate	2.3	(1.4-3.1)	1.6	(0.0-3.3)
	Some College	1.1	(0.6-1.7)	2.8	(0.0-5.7)
	Voc./Assoc. Degree	1.1	(0.0-2.3)	2.7	(0.0-8.1)
	College Graduate	1.5	(0.7-2.2)	0.0	(0.0-0.0)
<b>Poverty Status</b>	200% or Less	2.7	(1.7-3.6)	4.6	(1.2-8.0)
	More than 200%	1.3	(0.9-1.8)	1.0	(0.0-2.1)

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



## **Chapter 3**

# **CHRONIC CONDITIONS – MENTAL HEALTH**

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,467)		Aitkin County <sup>1</sup> (n=436)	
		6.2%	(5.1-7.3)	7.2%	(4.6-9.8)
<b>Overall Results</b>					
<b>Gender</b>	Male	4.0	(2.4-5.5)	4.4	(0.7-8.2)
	Female	8.4	(6.8-10.0)	9.5	(5.9-13.2)
<b>Age</b>	18 to 34	5.6	(2.9-8.3)	3.2	(0.0-7.9)
	35 to 44	6.0	(3.8-8.2)	12.5	(2.6-22.3)
	45 to 54	6.8	(4.6-8.9)	6.7	(1.5-12.0)
	55 to 64	9.4	(6.6-12.2)	11.6	(4.3-18.8)
	65 to 74	5.9	(3.4-8.3)	4.7	(0.4-8.9)
	75 and older	3.6	(1.7-5.4)	4.0	(0.0-8.8)
<b>Education</b>	Less than H.S.	9.9	(5.0-14.8)	NA <sup>1</sup>	
	H.S. Graduate	4.7	(3.2-6.3)	7.3	(3.2-11.4)
	Some College	8.3	(5.3-11.3)	9.7	(3.7-15.8)
	Voc./Assoc. Degree	8.0	(4.5-11.5)	2.0	(0.0-5.8)
	College Graduate	4.4	(2.8-6.1)	3.9	(0.0-8.2)
<b>Poverty Status</b>	200% or Less	9.4	(6.4-12.3)	8.9	(4.2-13.5)
	More than 200%	4.5	(3.5-5.5)	7.1	(3.3-10.9)

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

**TABLE 3.1.B  
CHRONIC AND OTHER MEDICAL CONDITIONS  
PERCENT DEPRESSION**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,467)		Aitkin County <sup>1</sup> (n=436)	
<b>Overall Results</b>		<b>11.7%</b>	<b>(9.1-14.2)</b>	<b>11.9%</b>	<b>(8.4-15.5)</b>
<b>Gender</b>	Male	8.7	(4.1-13.3)	8.3	(4.1-12.4)
	Female	14.5	(11.9-17.0)	15.1	(9.7-20.6)
<b>Age</b>	18 to 34	13.8	(6.1-21.6)	14.0	(0.6-27.4)
	35 to 44	9.9	(6.9-12.9)	8.8	(1.5-16.0)
	45 to 54	10.5	(7.9-13.1)	9.5	(3.0-16.1)
	55 to 64	14.3	(11.2-17.4)	16.5	(8.8-24.2)
	65 to 74	10.8	(7.1-14.6)	12.9	(5.6-20.3)
	75 and older	7.5	(5.0-10.0)	9.0	(2.4-15.6)
<b>Education</b>	Less than H.S.	17.5	(10.8-24.3)	NA <sup>1</sup>	
	H.S. Graduate	12.5	(6.4-18.7)	12.8	(7.1-18.4)
	Some College	15.0	(10.5-19.5)	14.9	(6.6-23.2)
	Voc./Assoc. Degree	7.7	(4.4-11.0)	7.7	(0.0-15.7)
	College Graduate	7.4	(5.3-9.6)	4.4	(0.4-8.4)
<b>Poverty Status</b>	200% or Less	20.7	(13.0-28.3)	14.8	(7.8-21.8)
	More than 200%	7.6	(6.2-8.9)	9.9	(5.9-13.8)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,467)		Aitkin County <sup>1</sup> (n=436)	
		1.7%	(0.8-2.5)	1.0%	(0.0-2.0)
<b>Overall Results</b>		1.7%	(0.8-2.5)	1.0%	(0.0-2.0)
<b>Gender</b>	Male	0.8	(0.2-1.4)	1.4	(0.0-3.3)
	Female	2.5	(1.0-4.0)	0.7	(0.0-1.6)
<b>Age</b>	18 to 34	3.1	(0.5-5.7)	3.2	(0.0-7.9)
	35 to 44	1.1	(0.1-2.0)	0.0	(0.0-0.0)
	45 to 54	1.6	(0.4-2.7)	0.5	(0.0-1.6)
	55 to 64	1.6	(0.5-2.8)	1.5	(0.0-4.4)
	65 to 74	0.1	(0.0-0.2)	0.0	(0.0-0.0)
	75 and older	0.3	(0.0-0.5)	0.7	(0.0-2.0)
<b>Education</b>	Less than H.S.	7.5	(1.2-13.9)	NA <sup>1</sup>	
	H.S. Graduate	0.8	(0.2-1.4)	1.4	(0.0-3.4)
	Some College	2.8	(0.0-5.7)	1.3	(0.0-3.3)
	Voc./Assoc. Degree	0.7	(0.0-1.4)	0.0	(0.0-0.0)
	College Graduate	0.8	(0.2-1.3)	0.0	(0.0-0.0)
<b>Poverty Status</b>	200% or Less	4.2	(1.4-6.9)	1.6	(0.0-3.5)
	More than 200%	0.6	(0.3-0.9)	0.7	(0.0-2.1)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,464)		Aitkin County <sup>1</sup> (n=436)	
<b>Overall Results</b>		<b>78.7%</b>	<b>(76.6-80.9)</b>	<b>74.4%</b>	<b>(69.7-79.1)</b>
<b>Gender</b>	Male	84.1	(81.4-86.8)	84.5	(78.6-90.3)
	Female	73.6	(70.4-76.9)	65.7	(58.7-72.7)
<b>Age</b>	18 to 34	81.4	(75.8-87.0)	70.6	(54.0-87.3)
	35 to 44	78.0	(73.6-82.4)	79.5	(67.7-91.2)
	45 to 54	76.5	(73.1-80.0)	66.1	(54.5-77.6)
	55 to 64	77.0	(73.6-80.5)	78.8	(70.3-87.3)
	65 to 74	81.3	(77.9-84.6)	77.1	(68.7-85.6)
	75 and older	76.4	(72.2-80.5)	75.0	(65.6-84.5)
<b>Education</b>	Less than H.S.	67.4	(60.2-74.6)	NA <sup>1</sup>	
	H.S. Graduate	78.7	(74.4-82.9)	73.6	(66.2-81.0)
	Some College	75.6	(70.8-80.5)	72.7	(62.8-82.5)
	Voc./Assoc. Degree	77.5	(72.2-82.8)	80.1	(64.4-95.7)
	College Graduate	85.7	(83.0-88.5)	79.8	(70.5-89.0)
<b>Poverty Status</b>	200% or Less	70.8	(64.9-76.8)	64.7	(55.5-73.9)
	More than 200%	82.3	(80.3-84.3)	79.2	(73.5-84.9)

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

**TABLE 3.2.B**  
**SELF-REPORTED MENTAL HEALTH PROBLEMS**  
**EMOTIONAL PROBLEMS**  
**PERCENT QUITE A LOT/EXTREMELY<sup>1</sup>**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,464)		Aitkin County <sup>2</sup> (n=436)	
<b>Overall Results</b>		<b>2.6%</b>	<b>(2.0-3.2)</b>	<b>3.0%</b>	<b>(1.1-4.9)</b>
<b>Gender</b>	Male	1.8	(1.0-2.6)	1.7	(0.0-3.7)
	Female	3.3	(2.4-4.3)	4.1	(1.0-7.2)
<b>Age</b>	18 to 34	2.4	(0.8-3.9)	8.2	(0.0-17.1)
	35 to 44	2.1	(0.9-3.2)	2.2	(0.0-6.5)
	45 to 54	2.8	(1.7-4.0)	3.3	(0.0-7.2)
	55 to 64	3.8	(2.3-5.3)	1.5	(0.0-3.7)
	65 to 74	2.2	(0.5-3.9)	1.7	(0.0-4.0)
	75 and older	2.4	(0.7-4.1)	0.7	(0.0-1.9)
<b>Education</b>	Less than H.S.	5.1	(1.4-8.7)	NA <sup>1</sup>	
	H.S. Graduate	2.4	(1.3-3.5)	3.9	(0.0-7.8)
	Some College	2.9	(1.6-4.2)	4.0	(0.4-7.7)
	Voc./Assoc. Degree	3.6	(1.3-5.8)	0.0	(0.0-0.0)
	College Graduate	1.4	(0.7-2.2)	1.7	(0.0-4.3)
<b>Poverty Status</b>	200% or Less	4.3	(2.8-5.9)	4.2	(0.1-8.4)
	More than 200%	1.7	(1.1-2.2)	2.9	(0.5-5.3)

<sup>1</sup> Responses of 'quite a lot' and 'extremely' were collapsed into a single category.

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,470)		Aitkin County <sup>1</sup> (n=437)	
<b>Overall Results</b>		<b>88.7%</b>	<b>(87.2-90.2)</b>	<b>90.8%</b>	<b>(87.9-93.8)</b>
<b>Gender</b>	Male	91.0	(89.0-93.1)	91.1	(86.2-96.0)
	Female	86.5	(84.4-88.5)	90.6	(87.1-94.1)
<b>Age</b>	18 to 34	92.2	(89.0-95.3)	93.5	(86.9-100.0)
	35 to 44	88.9	(85.4-92.4)	89.7	(80.3-99.1)
	45 to 54	86.7	(83.9-89.5)	85.4	(76.4-94.4)
	55 to 64	87.0	(84.1-89.8)	90.8	(85.0-96.5)
	65 to 74	88.9	(86.0-91.8)	92.2	(87.1-97.3)
	75 and older	84.2	(80.3-88.1)	94.1	(88.9-99.2)
<b>Education</b>	Less than H.S.	77.1	(70.3-83.9)	NA <sup>1</sup>	
	H.S. Graduate	87.4	(84.4-90.4)	91.9	(87.8-96.1)
	Some College	89.0	(86.4-91.7)	87.8	(81.2-94.4)
	Voc./Assoc. Degree	89.1	(85.1-93.1)	88.0	(74.8-100.0)
	College Graduate	93.4	(91.4-95.4)	95.6	(91.7-99.6)
<b>Poverty Status</b>	200% or Less	84.4	(80.6-88.2)	89.7	(84.4-94.9)
	More than 200%	90.3	(88.7-91.8)	90.0	(85.7-94.3)

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

**TABLE 3.3.B**  
**SELF-REPORTED MENTAL HEALTH PROBLEMS**  
**PERSONAL AND EMOTIONAL PROBLEMS**  
**PERCENT QUITE A LOT/COULD NOT DO DAILY ACTIVITIES<sup>1</sup>**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,470)		Aitkin County <sup>2</sup> (n=437)	
<b>Overall Results</b>		<b>1.6%</b>	<b>(1.1-2.1)</b>	<b>2.3%</b>	<b>(0.6-4.0)</b>
<b>Gender</b>	Male	1.4	(0.7-2.1)	2.2	(0.0-5.0)
	Female	1.9	(1.2-2.5)	2.4	(0.5-4.3)
<b>Age</b>	18 to 34	1.3	(0.1-2.4)	1.1	(0.0-3.3)
	35 to 44	0.4	(0.0-0.8)	3.7	(0.0-8.8)
	45 to 54	1.5	(0.8-2.3)	5.4	(0.0-12.4)
	55 to 64	3.9	(2.2-5.6)	1.5	(0.0-3.7)
	65 to 74	0.8	(0.2-1.4)	0.9	(0.0-2.7)
	75 and older	2.5	(0.9-4.2)	1.0	(0.0-2.9)
<b>Education</b>	Less than H.S.	2.5	(0.7-4.2)	NA <sup>1</sup>	
	H.S. Graduate	2.3	(1.2-3.4)	0.9	(0.0-2.2)
	Some College	1.4	(0.7-2.1)	4.9	(0.9-8.9)
	Voc./Assoc. Degree	2.0	(0.4-3.6)	6.0	(0.0-17.3)
	College Graduate	0.4	(0.0-0.7)	0.0	(0.0-0.0)
<b>Poverty Status</b>	200% or Less	2.6	(1.4-3.8)	3.8	(0.0-7.5)
	More than 200%	0.9	(0.6-1.3)	1.9	(0.0-3.9)

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

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



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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,476)		Aitkin County <sup>1</sup> (n=438)	
		46.8%	(43.5-50.1)	51.9%	(46.3-57.4)
<b>Overall Results</b>		<b>46.8%</b>	<b>(43.5-50.1)</b>	<b>51.9%</b>	<b>(46.3-57.4)</b>
<b>Gender</b>	Male	42.2	(37.2-47.3)	46.0	(37.8-54.3)
	Female	51.1	(46.6-55.6)	56.9	(49.6-64.3)
<b>Age</b>	18 to 34	41.5	(32.2-50.8)	52.8	(34.5-71.2)
	35 to 44	46.7	(40.9-52.6)	64.2	(49.0-79.4)
	45 to 54	49.2	(44.7-53.7)	43.5	(31.7-55.3)
	55 to 64	50.8	(46.4-55.2)	54.8	(44.0-65.6)
	65 to 74	50.3	(45.3-55.2)	53.8	(43.1-64.4)
	75 and older	49.1	(43.9-54.3)	41.8	(30.7-52.9)
<b>Education</b>	Less than H.S.	52.1	(44.5-59.6)	NA <sup>1</sup>	
	H.S. Graduate	40.1	(33.1-47.0)	52.2	(44.0-60.3)
	Some College	46.6	(40.6-52.6)	53.5	(42.5-64.5)
	Voc./Assoc. Degree	48.6	(42.2-55.1)	54.0	(31.8-76.3)
	College Graduate	54.6	(49.7-59.6)	49.9	(36.9-63.0)
<b>Poverty Status</b>	200% or Less	42.2	(34.2-50.2)	48.5	(39.0-58.1)
	More than 200%	49.8	(46.2-53.4)	54.2	(46.6-61.8)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,476)		Aitkin County <sup>1</sup> (n=438)	
		18.8%	(15.2-22.4)	11.3%	(8.1-14.4)
<b>Overall Results</b>		<b>18.8%</b>	<b>(15.2-22.4)</b>	<b>11.3%</b>	<b>(8.1-14.4)</b>
<b>Gender</b>	Male	18.0	(13.0-23.1)	11.2	(6.1-16.3)
	Female	19.5	(14.3-24.6)	11.3	(7.5-15.2)
<b>Age</b>	18 to 34	21.3	(10.4-32.2)	5.3	(0.0-11.5)
	35 to 44	15.2	(11.1-19.2)	11.8	(2.3-21.2)
	45 to 54	23.5	(19.2-27.8)	15.1	(6.5-23.7)
	55 to 64	20.7	(16.9-24.4)	18.0	(9.7-26.4)
	65 to 74	11.1	(7.6-14.6)	9.1	(3.1-15.0)
	75 and older	12.8	(8.8-16.8)	7.1	(1.7-12.5)
<b>Education</b>	Less than H.S.	7.9	(4.0-11.8)	NA <sup>1</sup>	
	H.S. Graduate	21.7	(12.8-30.6)	12.6	(7.6-17.7)
	Some College	17.9	(12.5-23.2)	9.2	(3.3-15.1)
	Voc./Assoc. Degree	19.8	(14.7-24.9)	11.0	(1.0-21.1)
	College Graduate	17.7	(14.1-21.4)	12.4	(4.5-20.3)
<b>Poverty Status</b>	200% or Less	16.7	(7.5-25.8)	9.6	(4.9-14.4)
	More than 200%	20.0	(16.0-23.9)	13.3	(8.5-18.1)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,476)		Aitkin County <sup>1</sup> (n=438)	
		12.3%	(10.7-13.8)	11.7%	(8.2-15.3)
<b>Overall Results</b>		12.3%	(10.7-13.8)	11.7%	(8.2-15.3)
<b>Gender</b>	Male	15.3	(12.6-18.1)	10.6	(5.7-15.5)
	Female	9.3	(7.7-10.9)	12.7	(7.6-17.8)
<b>Age</b>	18 to 34	11.2	(7.6-14.8)	14.8	(1.0-28.5)
	35 to 44	13.2	(9.0-17.4)	3.7	(0.0-8.0)
	45 to 54	11.5	(8.7-14.3)	14.3	(5.5-23.2)
	55 to 64	10.6	(7.8-13.4)	12.1	(5.4-18.8)
	65 to 74	12.8	(9.9-15.8)	10.3	(4.0-16.6)
	75 and older	16.7	(12.7-20.7)	14.7	(7.2-22.2)
<b>Education</b>	Less than H.S.	14.0	(9.1-18.9)	NA <sup>1</sup>	
	H.S. Graduate	14.1	(10.7-17.4)	14.6	(8.9-20.4)
	Some College	11.8	(8.8-14.7)	7.8	(2.4-13.2)
	Voc./Assoc. Degree	12.3	(8.4-16.1)	20.0	(1.1-38.8)
	College Graduate	9.5	(6.8-12.2)	5.2	(0.3-10.1)
<b>Poverty Status</b>	200% or Less	14.2	(10.5-17.9)	17.0	(10.1-23.9)
	More than 200%	11.3	(9.6-13.1)	7.5	(3.8-11.2)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,476)	Aitkin County <sup>1</sup> (n=438)		
Overall Results		10.2%	(7.9-12.5)	7.0%	(4.3-9.8)
<b>Gender</b>	Male	10.9	(7.8-14.0)	8.7	(3.7-13.8)
	Female	9.6	(6.2-12.9)	5.5	(2.8-8.3)
<b>Age</b>	18 to 34	14.9	(7.9-21.8)	8.6	(0.3-16.9)
	35 to 44	10.5	(6.8-14.2)	5.2	(0.0-12.8)
	45 to 54	5.4	(3.7-7.0)	12.7	(4.0-21.4)
	55 to 64	6.4	(4.3-8.5)	2.9	(0.0-6.2)
	65 to 74	13.0	(9.5-16.5)	5.3	(0.5-10.2)
	75 and older	7.7	(5.3-10.2)	7.2	(1.5-12.9)
<b>Education</b>	Less than H.S.	9.0	(5.9-12.1)	NA <sup>1</sup>	
	H.S. Graduate	12.6	(7.3-17.9)	4.0	(1.1-6.9)
	Some College	11.1	(6.8-15.5)	9.5	(3.5-15.4)
	Voc./Assoc. Degree	8.7	(4.5-12.9)	9.0	(0.0-21.6)
	College Graduate	6.8	(4.3-9.2)	8.5	(0.7-16.4)
<b>Poverty Status</b>	200% or Less	16.2	(9.5-22.8)	7.4	(2.5-12.4)
	More than 200%	7.2	(5.8-8.6)	7.0	(3.1-10.8)

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

**TABLE 3.4.E**  
**MENTAL HEALTH RESOURCE SUGGESTIONS**  
**PERCENT COUNTY AGENCIES**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,476)		Aitkin County <sup>1</sup> (n=438)	
		5.9%	(4.7-7.1)	9.1%	(5.3-12.8)
<b>Overall Results</b>		<b>5.9%</b>	<b>(4.7-7.1)</b>	<b>9.1%</b>	<b>(5.3-12.8)</b>
<b>Gender</b>	Male	5.7	(4.1-7.2)	11.1	(5.8-16.4)
	Female	6.1	(4.2-7.9)	7.3	(2.0-12.6)
<b>Age</b>	18 to 34	5.6	(2.6-8.6)	12.0	(0.0-26.9)
	35 to 44	8.6	(5.1-12.2)	7.4	(0.0-16.0)
	45 to 54	5.9	(3.9-7.9)	7.6	(0.0-15.3)
	55 to 64	6.5	(4.5-8.5)	8.2	(2.0-14.3)
	65 to 74	4.6	(3.1-6.1)	11.3	(3.9-18.6)
	75 and older	2.5	(1.4-3.7)	7.9	(1.4-14.4)
<b>Education</b>	Less than H.S.	6.8	(2.4-11.3)	NA <sup>1</sup>	
	H.S. Graduate	5.0	(2.8-7.3)	5.9	(2.1-9.6)
	Some College	6.5	(3.9-9.1)	12.8	(3.0-22.6)
	Voc./Assoc. Degree	6.9	(3.8-9.9)	0.0	(0.0-0.0)
	College Graduate	5.7	(3.7-7.7)	14.6	(4.1-25.2)
<b>Poverty Status</b>	200% or Less	5.2	(3.3-7.1)	7.3	(2.7-11.9)
	More than 200%	5.6	(4.3-7.0)	10.0	(4.0-15.9)

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

**TABLE 3.4.F**  
**MENTAL HEALTH RESOURCE SUGGESTIONS**  
**PERCENT INTERNET**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,476)		Aitkin County <sup>1</sup> (n=438)	
		0.2%	(0.1-0.3)	0.1%	(0.0-0.4)
<b>Overall Results</b>		0.2%	(0.1-0.3)	0.1%	(0.0-0.4)
<b>Gender</b>	Male	0.1	(0.0-0.2)	0.3	(0.0-0.8)
	Female	0.2	(0.1-0.4)	0.0	(0.0-0.0)
<b>Age</b>	18 to 34	0.1	(0.0-0.2)	0.0	(0.0-0.0)
	35 to 44	0.0	(0.0-0.0)	0.0	(0.0-0.0)
	45 to 54	0.3	(0.1-0.6)	0.0	(0.0-0.0)
	55 to 64	0.1	(0.0-0.2)	0.0	(0.0-0.0)
	65 to 74	0.4	(0.0-0.9)	0.8	(0.0-2.2)
	75 and older	0.3	(0.0-0.8)	0.0	(0.0-0.0)
<b>Education</b>	Less than H.S.	0.0	(0.0-0.0)	NA <sup>1</sup>	
	H.S. Graduate	0.1	(0.0-0.3)	0.0	(0.0-0.0)
	Some College	0.2	(0.0-0.5)	0.5	(0.0-1.4)
	Voc./Assoc. Degree	0.4	(0.1-0.8)	0.0	(0.0-0.0)
	College Graduate	0.2	(0.0-0.3)	0.0	(0.0-0.0)
<b>Poverty Status</b>	200% or Less	0.3	(0.0-0.5)	0.0	(0.0-0.0)
	More than 200%	0.2	(0.1-0.3)	0.2	(0.0-0.7)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,476)		Aitkin County <sup>1</sup> (n=438)	
		6.0%	(4.9-7.0)	8.9%	(6.1-11.7)
<b>Overall Results</b>		<b>6.0%</b>	<b>(4.9-7.0)</b>	<b>8.9%</b>	<b>(6.1-11.7)</b>
<b>Gender</b>	Male	7.7	(5.9-9.5)	12.0	(7.2-16.9)
	Female	4.3	(3.1-5.4)	6.2	(3.2-9.2)
<b>Age</b>	18 to 34	5.4	(3.2-7.7)	6.5	(0.3-12.6)
	35 to 44	5.7	(2.4-9.1)	7.8	(0.0-16.7)
	45 to 54	4.2	(2.7-5.6)	6.7	(0.8-12.7)
	55 to 64	5.0	(2.9-7.0)	4.0	(0.0-8.0)
	65 to 74	7.8	(5.3-10.2)	9.5	(3.7-15.3)
	75 and older	10.8	(7.8-13.7)	21.3	(12.0-30.6)
<b>Education</b>	Less than H.S.	10.1	(5.9-14.3)	NA <sup>1</sup>	
	H.S. Graduate	6.4	(4.2-8.6)	10.7	(6.3-15.1)
	Some College	6.0	(3.9-8.0)	6.8	(1.9-11.7)
	Voc./Assoc. Degree	3.3	(1.8-4.9)	6.0	(0.0-13.3)
	College Graduate	5.5	(3.7-7.3)	9.4	(1.0-17.7)
<b>Poverty Status</b>	200% or Less	5.4	(3.7-7.0)	10.0	(5.5-14.6)
	More than 200%	5.9	(4.5-7.2)	7.9	(4.0-11.8)

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





## **Chapter 4**

# **PREVENTIVE HEALTH PRACTICES**

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

**TABLE 4.1.A**  
**PERCEPTION OF WEIGHT STATUS**  
**PERCENT CONSIDER SELF TO BE OVERWEIGHT**  
 BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,438)		Aitkin County <sup>1</sup> (n=437)	
<b>Overall Results</b>		<b>31.1%</b>	<b>(28.4-33.8)</b>	<b>39.2%</b>	<b>(33.9-44.5)</b>
<b>Gender</b>	Male	25.2	(21.6-28.7)	38.0	(30.1-45.9)
	Female	36.8	(32.9-40.7)	40.2	(33.0-47.4)
<b>Age</b>	18 to 34	19.3	(13.1-25.4)	27.0	(10.3-43.7)
	35 to 44	26.5	(21.5-31.5)	25.1	(11.3-38.9)
	45 to 54	37.6	(33.1-42.0)	42.0	(30.0-54.1)
	55 to 64	44.5	(40.1-48.8)	46.1	(35.3-57.0)
	65 to 74	43.0	(38.1-47.9)	56.0	(45.4-66.6)
	75 and older	32.4	(27.6-37.2)	37.0	(26.2-47.8)
<b>Education</b>	Less than H.S.	34.3	(27.0-41.6)	NA <sup>1</sup>	
	H.S. Graduate	30.7	(25.3-36.1)	44.5	(36.4-52.5)
	Some College	33.1	(27.6-38.7)	40.1	(29.6-50.6)
	Voc./Assoc. Degree	30.8	(25.0-36.5)	29.6	(9.7-49.6)
	College Graduate	28.9	(24.4-33.3)	32.4	(19.9-44.9)
<b>Poverty Status</b>	200% or Less	31.4	(25.4-37.4)	48.0	(38.4-57.6)
	More than 200%	30.2	(27.2-33.1)	36.5	(29.4-43.5)

<sup>1</sup> 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 CONSIDER SELF TO BE UNDERWEIGHT**  
 BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,438)		Aitkin County <sup>1</sup> (n=437)	
<b>Overall Results</b>		<b>2.2%</b>	<b>(1.7-2.7)</b>	<b>5.2%</b>	<b>(2.6-7.8)</b>
<b>Gender</b>	Male	2.3	(1.4-3.2)	7.1	(2.7-11.5)
	Female	2.1	(1.5-2.7)	3.6	(0.7-6.6)
<b>Age</b>	18 to 34	1.9	(0.7-3.0)	4.9	(0.0-12.6)
	35 to 44	1.7	(0.6-2.8)	6.7	(0.0-14.7)
	45 to 54	1.5	(0.5-2.6)	5.1	(0.0-11.8)
	55 to 64	1.9	(0.8-2.9)	3.2	(0.0-7.0)
	65 to 74	2.5	(1.4-3.7)	2.3	(0.0-5.6)
	75 and older	5.4	(3.2-7.6)	10.2	(2.9-17.5)
<b>Education</b>	Less than H.S.	4.4	(1.9-7.0)	NA <sup>1</sup>	
	H.S. Graduate	1.6	(1.0-2.2)	6.1	(1.8-10.4)
	Some College	2.6	(1.3-3.8)	5.7	(0.6-10.9)
	Voc./Assoc. Degree	3.5	(0.9-6.1)	7.3	(0.0-19.0)
	College Graduate	1.6	(0.9-2.3)	2.8	(0.0-6.1)
<b>Poverty Status</b>	200% or Less	2.8	(1.5-4.0)	6.8	(2.2-11.4)
	More than 200%	1.6	(1.1-2.0)	3.6	(0.6-6.6)

<sup>1</sup> 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 CONSIDER SELF TO BE ABOUT AVERAGE**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,438)		Aitkin County <sup>1</sup> (n=437)	
<b>Overall Results</b>		<b>66.7%</b>	<b>(63.9-69.4)</b>	<b>55.6%</b>	<b>(50.1-61.1)</b>
<b>Gender</b>	Male	72.5	(68.8-76.2)	54.9	(46.7-63.1)
	Female	61.1	(57.1-65.0)	56.2	(48.8-63.5)
<b>Age</b>	18 to 34	78.9	(72.6-85.2)	68.1	(50.7-85.4)
	35 to 44	71.8	(66.8-76.9)	68.3	(53.4-83.2)
	45 to 54	60.9	(56.4-65.4)	52.8	(40.6-65.0)
	55 to 64	53.7	(49.3-58.1)	50.6	(39.7-61.5)
	65 to 74	54.5	(49.6-59.4)	41.7	(31.2-52.3)
	75 and older	62.2	(57.2-67.1)	52.9	(41.6-64.1)
<b>Education</b>	Less than H.S.	61.3	(53.9-68.7)	NA <sup>1</sup>	
	H.S. Graduate	67.7	(62.2-73.3)	49.4	(41.3-57.6)
	Some College	64.3	(58.7-69.9)	54.2	(43.4-64.9)
	Voc./Assoc. Degree	65.7	(59.7-71.8)	63.0	(41.6-84.4)
	College Graduate	69.6	(65.1-74.1)	64.8	(52.2-77.4)
<b>Poverty Status</b>	200% or Less	65.8	(59.5-72.2)	45.2	(35.7-54.8)
	More than 200%	68.3	(65.3-71.3)	59.9	(52.7-67.2)

<sup>1</sup> 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 HEALTH CONDITION**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,463)		Aitkin County <sup>1</sup> (n=436)	
<b>Overall Results</b>		<b>4.3%</b>	<b>(3.3-5.3)</b>	<b>3.8%</b>	<b>(2.0-5.6)</b>
<b>Gender</b>	Male	2.1	(1.1-3.1)	1.9	(0.0-4.1)
	Female	6.3	(4.6-8.1)	5.4	(2.6-8.2)
<b>Age</b>	18 to 34	2.6	(0.2-5.0)	2.1	(0.0-6.3)
	35 to 44	5.7	(3.0-8.4)	2.2	(0.0-6.5)
	45 to 54	4.4	(2.5-6.3)	3.2	(0.0-7.1)
	55 to 64	6.6	(4.6-8.6)	8.8	(2.8-14.9)
	65 to 74	4.6	(1.9-7.3)	4.8	(0.4-9.1)
	75 and older	3.4	(1.6-5.2)	0.7	(0.0-2.0)
<b>Education</b>	Less than H.S.	3.6	(1.2-6.0)	NA <sup>1</sup>	
	H.S. Graduate	4.2	(2.7-5.7)	3.7	(1.1-6.3)
	Some College	5.8	(2.5-9.0)	6.3	(1.6-10.9)
	Voc./Assoc. Degree	4.7	(2.2-7.2)	1.8	(0.0-5.4)
	College Graduate	2.9	(1.6-4.2)	1.8	(0.0-5.2)
<b>Poverty Status</b>	200% or Less	5.4	(2.7-8.1)	3.9	(0.9-6.8)
	More than 200%	3.8	(2.9-4.8)	4.4	(1.6-7.2)

<sup>1</sup> 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 HEALTH CONDITION**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,468)		Aitkin County <sup>1</sup> (n=435)	
<b>Overall Results</b>		<b>22.3%</b>	<b>(20.1-24.6)</b>	<b>21.7%</b>	<b>(17.1-26.3)</b>
<b>Gender</b>	Male	17.0	(14.2-19.8)	21.7	(15.3-28.1)
	Female	27.4	(24.1-30.8)	21.7	(15.2-28.2)
<b>Age</b>	18 to 34	13.8	(8.8-18.8)	22.7	(6.3-39.1)
	35 to 44	17.7	(13.2-22.2)	2.2	(0.0-6.5)
	45 to 54	27.9	(23.8-32.0)	24.6	(14.4-34.7)
	55 to 64	34.2	(30.1-38.3)	28.0	(17.8-38.1)
	65 to 74	29.0	(24.4-33.5)	38.9	(28.3-49.6)
	75 and older	22.6	(18.3-26.9)	9.7	(3.6-15.7)
<b>Education</b>	Less than H.S.	22.8	(17.3-28.3)	NA <sup>1</sup>	
	H.S. Graduate	21.6	(17.4-25.9)	22.5	(15.8-29.2)
	Some College	22.0	(17.5-26.6)	23.2	(13.8-32.6)
	Voc./Assoc. Degree	24.6	(19.0-30.1)	26.8	(7.1-46.6)
	College Graduate	22.4	(18.2-26.7)	15.7	(6.4-24.9)
<b>Poverty Status</b>	200% or Less	23.1	(18.0-28.1)	25.4	(16.3-34.6)
	More than 200%	22.3	(19.8-24.8)	22.0	(16.2-27.7)

<sup>1</sup> 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<sup>1</sup>**  
**PERCENT NOT OVERWEIGHT**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,297)		Aitkin County <sup>2</sup> (n=423)	
<b>Overall Results</b>		<b>46.6%</b>	<b>(43.0-50.2)</b>	<b>40.5%</b>	<b>(34.9-46.2)</b>
<b>Gender</b>	Male	39.4	(33.9-45.0)	28.0	(20.5-35.4)
	Female	53.9	(49.4-58.4)	52.0	(44.3-59.7)
<b>Age</b>	18 to 34	66.9	(58.9-75.0)	57.8	(39.9-75.7)
	35 to 44	42.3	(36.4-48.1)	37.0	(21.9-52.0)
	45 to 54	37.0	(32.7-41.4)	37.7	(25.5-50.0)
	55 to 64	30.9	(26.8-34.9)	39.2	(28.5-49.9)
	65 to 74	34.2	(29.6-38.9)	27.3	(17.9-36.6)
	75 and older	42.8	(37.5-48.0)	43.6	(32.3-54.8)
<b>Education</b>	Less than H.S.	41.4	(33.7-49.2)	NA <sup>2</sup>	
	H.S. Graduate	48.6	(40.5-56.6)	30.9	(23.3-38.6)
	Some College	48.0	(41.8-54.1)	47.2	(35.9-58.5)
	Voc./Assoc. Degree	43.4	(36.7-50.0)	53.5	(30.5-76.5)
	College Graduate	45.5	(40.3-50.7)	46.9	(33.8-60.0)
<b>Poverty Status</b>	200% or Less	52.8	(44.6-60.9)	37.9	(28.3-47.5)
	More than 200%	43.7	(39.9-47.5)	41.1	(33.5-48.7)

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

<sup>2</sup> 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<sup>1</sup>**  
**PERCENT OVERWEIGHT OR OBESE**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,297)		Aitkin County <sup>2</sup> (n=423)	
<b>Overall Results</b>		<b>53.4%</b>	<b>(49.8-57.0)</b>	<b>59.5%</b>	<b>(53.8-65.1)</b>
<b>Gender</b>	Male	60.6	(55.0-66.1)	72.0	(64.6-79.5)
	Female	46.1	(41.6-50.6)	48.0	(40.3-55.7)
<b>Age</b>	18 to 34	33.1	(25.0-41.1)	42.2	(24.3-60.1)
	35 to 44	57.7	(51.9-63.6)	63.0	(48.0-78.1)
	45 to 54	63.0	(58.6-67.3)	62.3	(50.0-74.5)
	55 to 64	69.1	(65.1-73.2)	60.8	(50.1-71.5)
	65 to 74	65.8	(61.1-70.4)	72.7	(63.4-82.1)
	75 and older	57.2	(52.0-62.5)	56.4	(45.2-67.7)
<b>Education</b>	Less than H.S.	58.6	(50.8-66.3)	NA <sup>2</sup>	
	H.S. Graduate	51.4	(43.4-59.5)	69.1	(61.4-76.7)
	Some College	52.0	(45.9-58.2)	52.8	(41.5-64.1)
	Voc./Assoc. Degree	56.6	(50.0-63.3)	46.5	(23.5-69.5)
	College Graduate	54.5	(49.3-59.7)	53.1	(40.0-66.2)
<b>Poverty Status</b>	200% or Less	47.2	(39.1-55.4)	62.1	(52.5-71.7)
	More than 200%	56.3	(52.5-60.1)	58.9	(51.3-66.5)

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

<sup>2</sup> 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<sup>1</sup>**  
**PERCENT OVERWEIGHT BUT NOT OBESE**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,297)		Aitkin County <sup>2</sup> (n=423)	
<b>Overall Results</b>		<b>34.7%</b>	<b>(31.8-37.6)</b>	<b>37.8%</b>	<b>(32.4-43.2)</b>
<b>Gender</b>	Male	41.4	(36.8-46.1)	42.7	(34.4-51.0)
	Female	28.0	(24.6-31.3)	33.3	(26.4-40.3)
<b>Age</b>	18 to 34	20.8	(14.6-27.0)	23.1	(8.6-37.6)
	35 to 44	42.1	(36.0-48.2)	51.0	(34.8-67.3)
	45 to 54	40.5	(35.9-45.1)	31.1	(19.7-42.4)
	55 to 64	40.0	(35.5-44.4)	36.0	(25.2-46.8)
	65 to 74	42.5	(37.4-47.5)	42.1	(31.2-52.9)
	75 and older	39.9	(34.6-45.2)	46.4	(35.0-57.8)
<b>Education</b>	Less than H.S.	39.5	(31.8-47.3)	NA <sup>2</sup>	
	H.S. Graduate	31.4	(25.8-37.1)	44.6	(36.3-52.8)
	Some College	32.2	(26.4-38.1)	31.9	(21.4-42.3)
	Voc./Assoc. Degree	39.5	(33.0-45.9)	27.7	(9.9-45.5)
	College Graduate	38.5	(33.6-43.4)	37.2	(23.6-50.7)
<b>Poverty Status</b>	200% or Less	28.1	(22.4-33.8)	41.6	(32.1-51.1)
	More than 200%	38.1	(34.7-41.4)	35.0	(27.9-42.2)

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

<sup>2</sup> 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<sup>1</sup>**  
**PERCENT OBESE**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,297)		Aitkin County <sup>2</sup> (n=423)	
		18.6%	(16.5-20.8)	21.7%	(17.0-26.4)
<b>Overall Results</b>		<b>18.6%</b>	<b>(16.5-20.8)</b>	<b>21.7%</b>	<b>(17.0-26.4)</b>
<b>Gender</b>	Male	19.1	(15.9-22.3)	29.3	(21.9-36.8)
	Female	18.2	(15.1-21.2)	14.7	(8.9-20.4)
<b>Age</b>	18 to 34	12.3	(7.1-17.5)	19.1	(4.7-33.4)
	35 to 44	15.7	(11.4-20.0)	12.0	(0.7-23.4)
	45 to 54	22.5	(18.2-26.8)	31.2	(18.9-43.5)
	55 to 64	29.2	(25.0-33.3)	24.7	(14.8-34.7)
	65 to 74	23.3	(19.1-27.4)	30.7	(20.3-41.0)
	75 and older	17.3	(13.5-21.2)	10.0	(4.1-15.9)
<b>Education</b>	Less than H.S.	19.0	(13.9-24.1)	NA <sup>2</sup>	
	H.S. Graduate	20.0	(15.8-24.2)	24.5	(17.1-31.9)
	Some College	19.8	(14.8-24.9)	21.0	(12.4-29.6)
	Voc./Assoc. Degree	17.1	(12.1-22.2)	18.8	(0.0-38.4)
	College Graduate	16.1	(12.0-20.1)	15.9	(5.6-26.2)
<b>Poverty Status</b>	200% or Less	19.1	(14.7-23.6)	20.5	(12.3-28.7)
	More than 200%	18.2	(15.7-20.8)	23.9	(17.3-30.4)

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

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

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

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

Demographic Characteristics		Region (n=4,471)		Aitkin County <sup>1</sup> (n=437)	
<b>Overall Results</b>		<b>81.1%</b>	<b>(78.9-83.2)</b>	<b>67.8%</b>	<b>(62.4-73.1)</b>
<b>Gender</b>	Male	82.3	(79.6-85.0)	66.1	(58.2-74.1)
	Female	79.9	(76.6-83.2)	69.2	(62.1-76.4)
<b>Age</b>	18 to 34	85.8	(80.2-91.5)	70.7	(52.1-89.4)
	35 to 44	79.6	(75.3-83.9)	74.8	(60.1-89.5)
	45 to 54	81.9	(78.7-85.2)	59.4	(47.1-71.7)
	55 to 64	84.0	(81.2-86.9)	76.3	(67.3-85.3)
	65 to 74	79.8	(76.2-83.4)	72.8	(63.7-81.9)
	75 and older	65.4	(60.6-70.2)	50.4	(39.1-61.6)
<b>Education</b>	Less than H.S.	69.4	(62.6-76.3)	NA <sup>1</sup>	
	H.S. Graduate	79.9	(75.1-84.7)	68.6	(61.2-76.0)
	Some College	80.1	(76.0-84.2)	69.8	(59.2-80.5)
	Voc./Assoc. Degree	84.4	(79.8-88.9)	64.9	(41.6-88.2)
	College Graduate	85.2	(82.4-87.9)	69.4	(56.8-82.0)
<b>Poverty Status</b>	200% or Less	76.5	(70.7-82.4)	66.4	(57.4-75.4)
	More than 200%	83.0	(80.9-85.1)	66.9	(59.4-74.5)

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

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

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

Demographic Characteristics		Region (n=4,470)		Aitkin County <sup>1</sup> (n=437)	
<b>Overall Results</b>		<b>34.2%</b>	<b>(30.6-37.8)</b>	<b>19.5%</b>	<b>(14.9-24.2)</b>
<b>Gender</b>	Male	41.3	(36.1-46.5)	24.8	(17.5-32.0)
	Female	27.4	(22.3-32.5)	14.9	(9.0-20.9)
<b>Age</b>	18 to 34	47.9	(38.1-57.8)	20.5	(4.7-36.3)
	35 to 44	36.5	(30.6-42.4)	25.9	(11.1-40.8)
	45 to 54	34.9	(30.5-39.2)	21.3	(11.7-31.0)
	55 to 64	28.3	(24.1-32.4)	23.0	(13.6-32.4)
	65 to 74	20.2	(15.9-24.5)	15.7	(7.9-23.5)
	75 and older	10.1	(6.9-13.3)	9.2	(2.3-16.0)
<b>Education</b>	Less than H.S.	17.8	(10.9-24.6)	NA <sup>1</sup>	
	H.S. Graduate	30.9	(22.3-39.5)	12.8	(7.7-17.9)
	Some College	37.5	(31.2-43.9)	26.8	(15.8-37.9)
	Voc./Assoc. Degree	38.1	(31.8-44.5)	24.6	(7.3-41.8)
	College Graduate	38.4	(33.5-43.3)	20.1	(9.0-31.3)
<b>Poverty Status</b>	200% or Less	29.5	(19.3-39.8)	10.4	(5.3-15.5)
	More than 200%	37.4	(34.0-40.8)	25.8	(18.4-33.2)

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

**TABLE 4.5.A**  
**PHYSICAL ACTIVITY AT WORK<sup>1</sup>**  
**PERCENT MOSTLY SITTING OR STANDING**  
 BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=3,002)		Aitkin County <sup>2</sup> (n=247)	
<b>Overall Results</b>		<b>46.5%</b>	<b>(42.1-50.9)</b>	<b>47.7%</b>	<b>(39.8-55.6)</b>
<b>Gender</b>	Male	36.8	(31.7-41.8)	41.0	(29.9-52.0)
	Female	57.3	(51.2-63.4)	54.5	(43.5-65.5)
<b>Age</b>	18 to 34	42.1	(31.2-53.0)	47.6	(26.9-68.2)
	35 to 44	46.1	(39.9-52.3)	35.4	(19.2-51.5)
	45 to 54	52.0	(47.1-56.9)	56.7	(43.8-69.5)
	55 to 64	48.7	(43.4-54.0)	51.0	(36.3-65.6)
	65 to 74	48.1	(35.2-60.9)	NA <sup>2</sup>	
	75 and older	36.5	(8.2-64.9)	NA <sup>2</sup>	
<b>Education</b>	Less than H.S.	27.3	(14.2-40.4)	NA <sup>2</sup>	
	H.S. Graduate	39.8	(28.6-51.0)	30.8	(19.1-42.5)
	Some College	51.5	(43.9-59.1)	53.3	(39.3-67.3)
	Voc./Assoc. Degree	42.4	(35.2-49.5)	52.9	(24.7-81.1)
	College Graduate	54.5	(48.3-60.8)	68.3	(53.3-83.4)
<b>Poverty Status</b>	200% or Less	44.9	(30.5-59.3)	37.9	(18.1-57.7)
	More than 200%	47.7	(43.4-52.0)	52.8	(43.9-61.8)

<sup>1</sup> Percentages exclude respondents who reported being retired, students or not employed.

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

**TABLE 4.5.B**  
**PHYSICAL ACTIVITY AT WORK**  
**PERCENT MOSTLY WALKING<sup>1</sup>**  
 BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region		Aitkin County <sup>2</sup>	
		(n=3,002)		(n=247)	
<b>Overall Results</b>		<b>31.3%</b>	<b>(27.1-35.5)</b>	<b>34.5%</b>	<b>(26.9-42.1)</b>
<b>Gender</b>	Male	27.9	(21.3-34.4)	29.0	(18.4-39.7)
	Female	35.1	(29.5-40.7)	40.0	(29.1-50.8)
<b>Age</b>	18 to 34	34.2	(23.8-44.6)	26.6	(7.8-45.3)
	35 to 44	31.2	(25.3-37.2)	54.3	(37.2-71.4)
	45 to 54	27.3	(22.8-31.8)	22.6	(12.7-32.5)
	55 to 64	30.2	(25.3-35.1)	34.7	(20.5-48.9)
	65 to 74	30.5	(19.4-41.7)	NA <sup>2</sup>	
	75 and older	51.7	(19.0-84.5)	NA <sup>2</sup>	
<b>Education</b>	Less than H.S.	36.4	(21.5-51.3)	NA <sup>2</sup>	
	H.S. Graduate	36.0	(25.7-46.4)	46.5	(33.4-59.5)
	Some College	19.6	(15.0-24.2)	33.4	(19.4-47.5)
	Voc./Assoc. Degree	33.2	(25.6-40.8)	31.1	(6.6-55.6)
	College Graduate	33.9	(27.4-40.5)	21.1	(8.0-34.1)
<b>Poverty Status</b>	200% or Less	32.7	(22.0-43.4)	32.7	(15.0-50.4)
	More than 200%	29.4	(24.7-34.2)	33.8	(25.1-42.5)

<sup>1</sup> Percentages exclude respondents who reported being retired, students or not employed.

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

**TABLE 4.5.C**  
**PHYSICAL ACTIVITY AT WORK**  
**PERCENT MOSTLY HEAVY LABOR OR PHYSICALLY DEMANDING WORK<sup>1</sup>**  
 BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=3,002)		Aitkin County <sup>2</sup> (n=247)	
<b>Overall Results</b>		<b>22.2%</b>	<b>(19.0-25.5)</b>	<b>17.9%</b>	<b>(12.2-23.6)</b>
<b>Gender</b>	Male	35.4	(30.0-40.8)	30.0	(20.1-39.9)
	Female	7.6	(5.3-9.9)	5.6	(1.3-9.8)
<b>Age</b>	18 to 34	23.7	(16.0-31.4)	25.9	(11.0-40.8)
	35 to 44	22.7	(16.9-28.5)	10.3	(0.0-20.6)
	45 to 54	20.7	(16.8-24.7)	20.7	(9.4-32.0)
	55 to 64	21.1	(16.3-25.8)	14.4	(3.5-25.2)
	65 to 74	21.4	(9.7-33.2)	NA <sup>2</sup>	
	75 and older	11.7	(0.0-28.7)	NA <sup>2</sup>	
<b>Education</b>	Less than H.S.	36.3	(22.6-50.0)	NA <sup>2</sup>	
	H.S. Graduate	24.1	(17.2-31.1)	22.8	(12.4-33.1)
	Some College	28.9	(20.8-37.0)	13.3	(4.6-21.9)
	Voc./Assoc. Degree	24.5	(18.6-30.3)	16.0	(0.0-34.4)
	College Graduate	11.5	(7.8-15.3)	10.6	(0.1-21.1)
<b>Poverty Status</b>	200% or Less	22.4	(13.1-31.8)	29.4	(14.0-44.9)
	More than 200%	22.8	(19.3-26.4)	13.4	(7.4-19.3)

<sup>1</sup> Percentages exclude respondents who reported being retired, students or not employed.

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

**TABLE 4.6.A  
SEAT BELT USE  
PERCENT SOMETIMES, SELDOM OR NEVER<sup>1</sup>**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,470)		Aitkin County <sup>2</sup> (n=439)	
		6.2%	(4.6-7.8)	7.6%	(3.9-11.3)
<b>Overall Results</b>		<b>6.2%</b>	<b>(4.6-7.8)</b>	<b>7.6%</b>	<b>(3.9-11.3)</b>
<b>Gender</b>	Male	10.7	(7.6-13.8)	9.3	(4.5-14.2)
	Female	1.9	(1.2-2.6)	6.0	(0.5-11.6)
<b>Age</b>	18 to 34	9.1	(4.3-13.8)	19.1	(2.9-35.3)
	35 to 44	4.6	(2.4-6.7)	12.6	(1.5-23.7)
	45 to 54	4.2	(2.4-6.1)	4.1	(0.0-8.8)
	55 to 64	6.0	(3.9-8.0)	1.5	(0.0-3.6)
	65 to 74	7.4	(4.1-10.7)	7.2	(1.6-12.7)
	75 and older	3.1	(1.2-5.0)	1.0	(0.0-2.9)
<b>Education</b>	Less than H.S.	14.9	(9.1-20.6)	NA <sup>2</sup>	
	H.S. Graduate	6.8	(4.0-9.6)	10.4	(4.8-16.1)
	Some College	8.0	(3.1-12.8)	4.1	(0.0-8.8)
	Voc./Assoc. Degree	4.4	(2.3-6.5)	16.0	(0.0-39.3)
	College Graduate	2.1	(1.0-3.2)	1.7	(0.0-4.1)
<b>Poverty Status</b>	200% or Less	6.2	(3.0-9.3)	9.0	(1.0-17.1)
	More than 200%	6.3	(4.2-8.3)	7.1	(3.1-11.1)

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

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



## **Chapter 5**

# **PREVENTIVE HEALTH SCREENINGS**

**A. Cancer Screening**

**B. Cardiovascular Risk Screenings**

**TABLE 5.1.A**  
**PREVENTIVE SCREENING: MAMMOGRAM**  
**(FEMALES AGE 40 AND OLDER)**  
**PERCENT NEVER HAD A MAMMOGRAM<sup>1</sup>**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=1,431)		Aitkin County <sup>2</sup> (n=173)	
<b>Overall Results</b>		<b>7.6%</b>	<b>(5.9-9.2)</b>	<b>7.5%</b>	<b>(3.6-11.4)</b>
<b>Age</b>	40 to 49	15.4	(11.0-19.8)	10.2	(0.0-21.5)
	50 to 59	4.5	(2.1-6.8)	8.8	(0.4-17.3)
	60 to 69	1.2	(0.0-2.3)	5.3	(0.0-11.2)
	70 and older	6.3	(3.8-8.7)	6.2	(0.7-11.6)
<b>Education</b>	Less than H.S.	6.2	(1.8-10.6)	NA <sup>2</sup>	
	H.S. Graduate	5.8	(3.7-7.9)	10.6	(3.3-17.8)
	Some College	9.0	(5.4-12.7)	8.3	(0.9-15.8)
	Voc./Assoc. Degree	10.4	(4.1-16.6)	NA <sup>2</sup>	
	College Graduate	8.0	(4.3-11.7)	NA <sup>2</sup>	
<b>Poverty Status</b>	200% or Less	7.8	(5.0-10.6)	9.2	(1.5-16.8)
	More than 200%	7.7	(5.4-9.9)	4.8	(0.4-9.1)

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

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

**TABLE 5.1.B**  
**PREVENTIVE SCREENING: MAMMOGRAM**  
**(FEMALES AGE 40 AND OLDER)**  
**PERCENT MAMMOGRAM WITHIN PAST 2 YEARS<sup>1</sup>**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=1,431)		Aitkin County <sup>2</sup> (n=173)	
<b>Overall Results</b>		<b>76.5%</b>	<b>(74.1-79.0)</b>	<b>80.6%</b>	<b>(74.9-86.3)</b>
<b>Age</b>	40 to 49	70.3	(64.8-75.9)	70.9	(55.0-86.8)
	50 to 59	81.9	(77.9-86.0)	79.5	(67.1-91.8)
	60 to 69	85.8	(81.8-89.9)	91.3	(83.8-98.7)
	70 and older	72.0	(67.5-76.5)	79.8	(70.4-89.2)
<b>Education</b>	Less than H.S.	57.4	(48.8-66.0)	NA <sup>2</sup>	
	H.S. Graduate	77.1	(73.3-80.8)	76.4	(66.9-86.0)
	Some College	73.5	(67.8-79.2)	83.8	(73.4-94.2)
	Voc./Assoc. Degree	79.0	(71.4-86.6)	NA <sup>2</sup>	
	College Graduate	82.6	(77.7-87.5)	NA <sup>2</sup>	
<b>Poverty Status</b>	200% or Less	68.8	(64.0-73.6)	75.1	(65.1-85.1)
	More than 200%	79.7	(76.6-82.8)	86.9	(79.8-94.0)

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

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

**TABLE 5.2.A**  
**PREVENTIVE SCREENING: BREAST SELF-EXAM**  
**(FEMALES AGE 18 AND OLDER)**  
**PERCENT NEVER PERFORMED BREAST SELF-EXAM<sup>1</sup>**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=2,249)		Aitkin County <sup>2</sup> (n=232)	
<b>Overall Results</b>		<b>15.8%</b>	<b>(13.0-18.6)</b>	<b>19.8%</b>	<b>(12.9-26.6)</b>
<b>Age</b>	18 to 29	26.3	(13.8-38.7)	47.5	(10.7-84.3)
	30 to 39	16.7	(11.2-22.1)	35.7	(16.0-55.4)
	40 to 49	4.8	(2.5-7.2)	6.2	(0.0-14.9)
	50 to 59	9.6	(6.4-12.7)	5.8	(0.0-12.2)
	60 to 69	15.3	(10.9-19.7)	13.6	(4.6-22.7)
	70 and older	20.5	(16.7-24.3)	20.0	(11.5-28.4)
<b>Education</b>	Less than H.S.	26.7	(17.1-36.4)	NA <sup>2</sup>	
	H.S. Graduate	16.9	(11.6-22.2)	25.5	(14.7-36.3)
	Some College	22.4	(15.1-29.7)	28.8	(13.3-44.2)
	Voc./Assoc. Degree	4.0	(1.5-6.5)	NA <sup>2</sup>	
	College Graduate	10.8	(7.3-14.4)	1.2	(0.0-3.5)
<b>Poverty Status</b>	200% or Less	20.3	(13.7-26.9)	25.1	(14.6-35.5)
	More than 200%	11.6	(9.2-14.0)	11.5	(1.2-21.9)

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

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

**TABLE 5.2.B**  
**PREVENTIVE SCREENING: BREAST SELF-EXAM**  
**(FEMALES AGE 18 AND OLDER)**  
**PERCENT PERFORMED BREAST SELF-EXAM WITHIN THE PAST YEAR<sup>1</sup>**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=2,249)		Aitkin County <sup>2</sup> (n=232)	
<b>Overall Results</b>		<b>77.5%</b>	<b>(74.4-80.5)</b>	<b>71.4%</b>	<b>(64.4-78.5)</b>
<b>Age</b>	18 to 29	71.3	(58.3-84.3)	49.8	(12.8-86.7)
	30 to 39	76.8	(70.5-83.1)	64.3	(44.6-84.0)
	40 to 49	88.8	(85.4-92.2)	90.2	(80.3-100.0)
	50 to 59	82.7	(78.8-86.5)	90.3	(82.1-98.5)
	60 to 69	74.4	(69.0-79.8)	67.6	(55.3-79.8)
	70 and older	70.1	(65.8-74.5)	62.7	(52.2-73.3)
<b>Education</b>	Less than H.S.	61.5	(51.6-71.5)	NA <sup>2</sup>	
	H.S. Graduate	76.4	(70.2-82.5)	63.0	(52.1-73.8)
	Some College	70.3	(63.0-77.5)	61.0	(46.0-76.1)
	Voc./Assoc. Degree	88.5	(83.1-93.8)	NA <sup>2</sup>	
	College Graduate	84.7	(80.7-88.7)	96.6	(91.6-100.0)
<b>Poverty Status</b>	200% or Less	72.7	(65.2-80.3)	60.0	(48.2-71.7)
	More than 200%	81.3	(78.5-84.2)	84.4	(74.0-94.8)

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

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

**TABLE 5.3.A**  
**PREVENTIVE SCREENING: PAP TEST**  
**(FEMALES AGE 18 AND OLDER)**  
**PERCENT NEVER HAD A PAP TEST<sup>1</sup>**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=1,846)		Aitkin County <sup>2</sup> (n=172)	
<b>Overall Results</b>		<b>6.5%</b>	<b>(3.4-9.5)</b>	<b>2.3%</b>	<b>(0.0-4.6)</b>
<b>Age</b>	18 to 29	21.6	(9.5-33.7)	NA <sup>2</sup>	
	30 to 39	1.5	(0.1-3.0)	NA <sup>2</sup>	
	40 to 49	0.6	(0.0-1.4)	NA <sup>2</sup>	
	50 to 59	1.2	(0.0-2.5)	0.0	(0.0-0.0)
	60 to 69	0.4	(0.0-0.9)	NA <sup>2</sup>	
	70 and older	1.4	(0.2-2.7)	0.0	(0.0-0.0)
<b>Education</b>	Less than H.S.	20.2	(3.8-36.5)	NA <sup>2</sup>	
	H.S. Graduate	8.0	(1.6-14.5)	3.7	(0.0-9.0)
	Some College	9.9	(2.3-17.6)	0.0	(0.0-0.0)
	Voc./Assoc. Degree	1.5	(0.1-2.9)	NA <sup>2</sup>	
	College Graduate	0.5	(0.0-1.2)	NA <sup>2</sup>	
<b>Poverty Status</b>	200% or Less	11.1	(3.4-18.8)	4.3	(0.0-9.5)
	More than 200%	3.0	(1.3-4.8)	1.1	(0.0-3.1)

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

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

**TABLE 5.3.B**  
**PREVENTIVE SCREENING: PAP TEST**  
**(FEMALES AGE 18 AND OLDER)**  
**PERCENT HAD PAP TEST WITHIN PAST 2 YEARS<sup>1</sup>**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=1,846)		Aitkin County <sup>2</sup> (n=172)	
<b>Overall Results</b>		<b>79.4%</b>	<b>(75.8-83.1)</b>	<b>83.3%</b>	<b>(77.9-88.7)</b>
<b>Age</b>	18 to 29	76.7	(64.3-89.0)	NA <sup>2</sup>	
	30 to 39	91.2	(86.9-95.4)	NA <sup>2</sup>	
	40 to 49	88.3	(83.9-92.6)	NA <sup>2</sup>	
	50 to 59	82.9	(78.1-87.8)	92.2	(83.7-100.0)
	60 to 69	77.8	(71.5-84.0)	NA <sup>2</sup>	
	70 and older	55.8	(49.7-62.0)	58.1	(44.6-71.6)
<b>Education</b>	Less than H.S.	54.9	(41.2-68.5)	NA <sup>2</sup>	
	H.S. Graduate	75.6	(67.5-83.7)	76.1	(66.3-85.9)
	Some College	74.5	(66.6-82.5)	90.5	(83.3-97.7)
	Voc./Assoc. Degree	84.9	(78.4-91.5)	NA <sup>2</sup>	
	College Graduate	92.0	(89.0-94.9)	NA <sup>2</sup>	
<b>Poverty Status</b>	200% or Less	72.5	(62.8-82.1)	75.0	(64.3-85.6)
	More than 200%	84.5	(81.5-87.4)	92.1	(86.7-97.5)

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

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=914)		Aitkin County <sup>1</sup> (n=126)	
<b>Overall Results</b>		<b>14.5%</b>	<b>(11.1-17.8)</b>	<b>11.6%</b>	<b>(5.8-17.3)</b>
<b>Age</b>	50 to 59	22.3	(16.0-28.5)	21.5	(7.4-35.6)
	60 to 69	11.3	(6.4-16.2)	11.9	(2.0-21.9)
	70 and older	5.2	(1.9-8.5)	2.8	(0.0-6.8)
<b>Education</b>	Less than H.S.	12.2	(4.1-20.3)	NA <sup>1</sup>	
	H.S. Graduate	19.8	(12.8-26.7)	16.1	(5.6-26.7)
	Some College	12.7	(5.6-19.8)	NA <sup>1</sup>	
	Voc./Assoc. Degree	14.5	(6.9-22.0)	NA <sup>1</sup>	
	College Graduate	8.9	(3.9-13.9)	NA <sup>1</sup>	
<b>Poverty Status</b>	200% or Less	13.3	(7.8-18.9)	8.1	(0.7-15.5)
	More than 200%	13.6	(9.9-17.3)	12.2	(4.1-20.3)

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



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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=914)		Aitkin County <sup>1</sup> (n=126)	
<b>Overall Results</b>		<b>52.9%</b>	<b>(48.7-57.0)</b>	<b>58.7%</b>	<b>(49.3-68.1)</b>
<b>Age</b>	50 to 59	44.4	(37.6-51.3)	49.5	(30.1-68.8)
	60 to 69	60.5	(53.6-67.3)	58.6	(43.8-73.5)
	70 and older	58.8	(51.6-66.1)	66.6	(51.8-81.3)
<b>Education</b>	Less than H.S.	53.1	(40.8-65.5)	NA <sup>1</sup>	
	H.S. Graduate	50.0	(42.6-57.3)	60.9	(47.0-74.8)
	Some College	48.7	(39.5-58.0)	NA <sup>1</sup>	
	Voc./Assoc. Degree	55.8	(44.1-67.4)	NA <sup>1</sup>	
	College Graduate	58.1	(49.6-66.5)	NA <sup>1</sup>	
<b>Poverty Status</b>	200% or Less	48.2	(40.4-55.9)	51.4	(34.8-67.9)
	More than 200%	54.3	(49.2-59.3)	65.2	(52.9-77.5)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=1,934)		Aitkin County <sup>1</sup> (n=257)	
<b>Overall Results</b>		<b>36.5%</b>	<b>(33.9-39.1)</b>	<b>27.6%</b>	<b>(22.2-33.0)</b>
<b>Gender</b>	Male	35.2	(31.0-39.4)	27.8	(19.2-36.4)
	Female	37.6	(34.4-40.8)	27.4	(20.6-34.1)
<b>Age</b>	50 to 59	47.8	(43.4-52.1)	49.6	(37.8-61.4)
	60 to 69	28.3	(23.6-33.0)	22.4	(14.2-30.6)
	70 and older	28.4	(24.4-32.4)	14.3	(7.9-20.6)
<b>Education</b>	Less than H.S.	35.5	(28.2-42.7)	NA <sup>1</sup>	
	H.S. Graduate	37.2	(32.7-41.6)	26.5	(18.5-34.5)
	Some College	37.1	(31.4-42.8)	19.8	(10.4-29.2)
	Voc./Assoc. Degree	38.6	(30.6-46.6)	NA <sup>1</sup>	
	College Graduate	34.1	(28.7-39.6)	31.2	(17.7-44.8)
<b>Poverty Status</b>	200% or Less	34.8	(30.4-39.3)	25.9	(17.1-34.6)
	More than 200%	35.6	(32.2-38.9)	29.8	(21.9-37.8)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=1,934)		Aitkin County <sup>1</sup> (n=257)	
<b>Overall Results</b>		<b>55.9%</b>	<b>(53.3-58.6)</b>	<b>61.9%</b>	<b>(56.1-67.7)</b>
<b>Gender</b>	Male	57.8	(53.6-62.1)	59.7	(50.3-69.0)
	Female	54.3	(51.0-57.5)	63.9	(56.8-70.9)
<b>Age</b>	50 to 59	47.9	(43.6-52.3)	46.1	(34.4-57.9)
	60 to 69	65.3	(60.5-70.0)	70.7	(61.7-79.7)
	70 and older	59.1	(54.9-63.4)	66.1	(57.2-75.0)
<b>Education</b>	Less than H.S.	55.2	(47.5-62.8)	NA <sup>1</sup>	
	H.S. Graduate	54.8	(50.4-59.2)	59.3	(50.4-68.2)
	Some College	54.2	(48.4-59.9)	68.5	(57.5-79.4)
	Voc./Assoc. Degree	56.6	(48.5-64.8)	NA <sup>1</sup>	
	College Graduate	59.5	(53.9-65.0)	66.9	(53.1-80.7)
<b>Poverty Status</b>	200% or Less	54.5	(50.0-59.0)	54.4	(44.8-64.0)
	More than 200%	58.1	(54.7-61.6)	66.4	(58.3-74.6)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,464)		Aitkin County <sup>1</sup> (n=432)	
		2.1%	(1.3-2.9)	5.5%	(2.2-8.9)
<b>Overall Results</b>		<b>2.1%</b>	<b>(1.3-2.9)</b>	<b>5.5%</b>	<b>(2.2-8.9)</b>
<b>Gender</b>	Male	3.1	(1.7-4.5)	7.4	(3.0-11.9)
	Female	1.2	(0.4-2.0)	3.9	(0.0-8.9)
<b>Age</b>	18 to 34	6.0	(3.3-8.7)	24.1	(7.9-40.4)
	35 to 44	1.2	(0.3-2.2)	7.9	(0.0-17.1)
	45 to 54	0.2	(0.0-0.4)	0.8	(0.0-2.4)
	55 to 64	0.2	(0.0-0.4)	0.7	(0.0-2.2)
	65 to 74	0.0	(0.0-0.0)	0.0	(0.0-0.0)
	75 and older	0.2	(0.0-0.7)	0.0	(0.0-0.0)
<b>Education</b>	Less than H.S.	0.4	(0.0-1.2)	NA <sup>1</sup>	
	H.S. Graduate	1.8	(0.3-3.3)	5.3	(1.5-9.2)
	Some College	4.9	(2.7-7.2)	11.8	(1.5-22.0)
	Voc./Assoc. Degree	0.7	(0.0-1.4)	0.0	(0.0-0.0)
	College Graduate	1.0	(0.1-1.9)	0.9	(0.0-2.8)
<b>Poverty Status</b>	200% or Less	4.5	(2.1-7.0)	7.7	(2.9-12.5)
	More than 200%	0.9	(0.4-1.4)	4.0	(0.0-9.2)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,464)		Aitkin County <sup>1</sup> (n=432)	
<b>Overall Results</b>		<b>94.7%</b>	<b>(93.6-95.8)</b>	<b>90.0%</b>	<b>(86.1-94.0)</b>
<b>Gender</b>	Male	92.0	(90.0-94.0)	86.9	(81.0-92.8)
	Female	97.2	(96.2-98.2)	92.7	(87.3-98.1)
<b>Age</b>	18 to 34	90.1	(86.7-93.5)	75.9	(59.6-92.1)
	35 to 44	95.2	(93.3-97.1)	83.4	(70.9-95.9)
	45 to 54	94.8	(92.8-96.7)	87.8	(78.8-96.9)
	55 to 64	97.7	(96.5-98.9)	94.6	(90.1-99.0)
	65 to 74	99.0	(98.2-99.8)	99.3	(97.8-100.0)
	75 and older	98.8	(97.8-99.7)	99.4	(98.1-100.0)
<b>Education</b>	Less than H.S.	97.4	(95.6-99.1)	NA <sup>1</sup>	
	H.S. Graduate	95.1	(93.1-97.2)	91.2	(86.5-95.8)
	Some College	91.4	(88.6-94.3)	85.7	(75.2-96.2)
	Voc./Assoc. Degree	96.0	(94.0-97.9)	94.0	(82.7-100.0)
	College Graduate	95.7	(93.9-97.6)	91.9	(83.7-100.0)
<b>Poverty Status</b>	200% or Less	92.3	(89.4-95.3)	87.1	(81.0-93.3)
	More than 200%	95.5	(94.4-96.6)	92.5	(86.6-98.4)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,174)		Aitkin County <sup>1</sup> (n=421)	
<b>Overall Results</b>		<b>18.6%</b>	<b>(16.3-21.0)</b>	<b>17.8%</b>	<b>(12.7-23.0)</b>
<b>Gender</b>	Male	23.0	(19.0-26.9)	21.8	(14.2-29.3)
	Female	14.3	(11.9-16.8)	14.4	(7.2-21.5)
<b>Age</b>	18 to 34	43.6	(35.5-51.6)	59.0	(39.1-78.9)
	35 to 44	21.9	(17.2-26.6)	34.3	(18.3-50.4)
	45 to 54	10.7	(7.7-13.7)	12.5	(3.6-21.4)
	55 to 64	3.2	(1.8-4.6)	5.0	(0.3-9.6)
	65 to 74	3.1	(1.0-5.3)	0.0	(0.0-0.0)
	75 and older	2.6	(0.8-4.4)	1.7	(0.0-4.1)
<b>Education</b>	Less than H.S.	17.5	(10.4-24.6)	NA <sup>1</sup>	
	H.S. Graduate	16.1	(12.4-19.9)	14.5	(8.1-20.9)
	Some College	31.2	(24.8-37.6)	31.9	(19.8-44.0)
	Voc./Assoc. Degree	13.3	(8.9-17.8)	6.0	(0.0-17.3)
	College Graduate	12.9	(9.6-16.1)	10.7	(0.7-20.7)
<b>Poverty Status</b>	200% or Less	22.9	(17.6-28.1)	23.6	(14.4-32.8)
	More than 200%	17.3	(14.5-20.0)	14.3	(7.3-21.3)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,174)		Aitkin County <sup>1</sup> (n=421)	
<b>Overall Results</b>		<b>68.2%</b>	<b>(65.6-70.8)</b>	<b>74.5%</b>	<b>(69.0-80.0)</b>
<b>Gender</b>	Male	64.0	(59.6-68.4)	69.8	(61.6-78.0)
	Female	72.4	(69.6-75.3)	78.6	(71.2-86.0)
<b>Age</b>	18 to 34	45.3	(36.5-54.1)	39.7	(19.8-59.6)
	35 to 44	60.4	(54.6-66.2)	43.2	(27.1-59.3)
	45 to 54	75.1	(71.2-79.0)	78.6	(68.0-89.3)
	55 to 64	83.1	(79.9-86.4)	86.4	(79.0-93.7)
	65 to 74	86.2	(82.9-89.5)	98.3	(96.0-100.0)
	75 and older	87.0	(83.4-90.6)	95.3	(91.4-99.1)
<b>Education</b>	Less than H.S.	70.0	(61.8-78.1)	NA <sup>1</sup>	
	H.S. Graduate	71.9	(67.4-76.4)	74.3	(66.3-82.2)
	Some College	55.7	(49.5-62.0)	66.1	(54.0-78.1)
	Voc./Assoc. Degree	71.4	(65.7-77.1)	91.1	(78.5-100.0)
	College Graduate	73.3	(69.0-77.6)	78.7	(67.2-90.2)
<b>Poverty Status</b>	200% or Less	65.9	(60.5-71.4)	70.1	(60.7-79.5)
	More than 200%	68.2	(65.0-71.4)	77.2	(69.6-84.8)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,174)		Aitkin County <sup>1</sup> (n=421)	
<b>Overall Results</b>		<b>76.5%</b>	<b>(74.1-79.0)</b>	<b>79.5%</b>	<b>(74.2-84.8)</b>
<b>Gender</b>	Male	72.2	(68.0-76.4)	75.4	(67.6-83.2)
	Female	80.8	(78.1-83.4)	83.2	(76.0-90.5)
<b>Age</b>	18 to 34	51.6	(43.2-60.0)	41.0	(21.1-60.9)
	35 to 44	71.0	(65.7-76.3)	56.1	(39.7-72.6)
	45 to 54	84.7	(81.4-88.0)	84.2	(74.5-93.8)
	55 to 64	92.3	(90.1-94.5)	92.8	(87.3-98.4)
	65 to 74	94.1	(91.7-96.5)	100.0	(100.0-100.0)
	75 and older	93.2	(90.4-96.0)	97.6	(94.9-100.0)
<b>Education</b>	Less than H.S.	76.6	(68.4-84.9)	NA <sup>1</sup>	
	H.S. Graduate	79.5	(75.5-83.5)	81.3	(74.2-88.5)
	Some College	63.5	(57.1-69.9)	68.1	(56.0-80.2)
	Voc./Assoc. Degree	80.0	(74.8-85.1)	91.1	(78.5-100.0)
	College Graduate	83.3	(79.6-87.0)	87.5	(77.1-97.9)
<b>Poverty Status</b>	200% or Less	72.9	(67.6-78.3)	72.3	(62.9-81.7)
	More than 200%	77.2	(74.2-80.1)	83.4	(76.1-90.7)

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



# **Chapter 6**

## **TOBACCO USE**

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,472)		Aitkin County <sup>1</sup> (n=437)	
<b>Overall Results</b>		<b>52.3%</b>	<b>(49.0-55.7)</b>	<b>48.3%</b>	<b>(42.7-53.8)</b>
<b>Gender</b>	Male	46.8	(41.7-51.9)	38.6	(30.5-46.8)
	Female	57.7	(53.1-62.2)	56.7	(49.2-64.1)
<b>Age</b>	18 to 34	58.5	(48.5-68.5)	56.3	(38.1-74.4)
	35 to 44	51.9	(46.0-57.8)	47.3	(31.2-63.4)
	45 to 54	49.1	(44.6-53.6)	39.9	(27.9-51.9)
	55 to 64	46.3	(42.0-50.7)	40.9	(30.3-51.4)
	65 to 74	47.6	(42.7-52.5)	50.6	(39.9-61.3)
	75 and older	53.5	(48.3-58.8)	56.7	(45.6-67.9)
<b>Education</b>	Less than H.S.	40.7	(33.0-48.4)	NA <sup>1</sup>	
	H.S. Graduate	42.6	(35.3-50.0)	42.1	(34.1-50.0)
	Some College	56.7	(50.9-62.6)	55.4	(44.7-66.0)
	Voc./Assoc. Degree	48.3	(41.9-54.7)	32.3	(11.6-53.1)
	College Graduate	68.0	(63.5-72.5)	68.6	(57.1-80.1)
<b>Poverty Status</b>	200% or Less	47.9	(39.6-56.2)	49.5	(40.0-59.1)
	More than 200%	54.3	(50.7-58.0)	46.1	(38.5-53.7)

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

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

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

Demographic Characteristics		Region (n=4,472)		Aitkin County <sup>1</sup> (n=437)	
<b>Overall Results</b>		<b>27.9%</b>	<b>(25.1-30.7)</b>	<b>30.3%</b>	<b>(25.5-35.1)</b>
<b>Gender</b>	Male	33.7	(28.8-38.5)	39.8	(31.8-47.7)
	Female	22.4	(19.7-25.0)	22.1	(16.8-27.3)
<b>Age</b>	18 to 34	17.3	(9.6-25.0)	10.8	(1.5-20.1)
	35 to 44	21.5	(17.1-25.9)	25.1	(11.4-38.7)
	45 to 54	29.7	(25.4-34.0)	23.0	(13.1-32.9)
	55 to 64	37.6	(33.3-41.8)	41.1	(30.2-52.1)
	65 to 74	40.7	(35.9-45.6)	41.8	(31.0-52.5)
	75 and older	40.5	(35.3-45.7)	41.0	(29.9-52.1)
<b>Education</b>	Less than H.S.	34.5	(27.6-41.5)	NA <sup>1</sup>	
	H.S. Graduate	30.4	(24.0-36.9)	34.0	(26.2-41.8)
	Some College	25.4	(20.6-30.1)	27.9	(19.0-36.9)
	Voc./Assoc. Degree	29.4	(23.6-35.2)	23.1	(8.1-38.2)
	College Graduate	23.7	(20.0-27.5)	23.2	(13.0-33.4)
<b>Poverty Status</b>	200% or Less	23.6	(18.9-28.3)	28.6	(20.8-36.5)
	More than 200%	29.8	(26.1-33.5)	30.6	(23.9-37.3)

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

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

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

Demographic Characteristics		Region (n=4,472)		Aitkin County <sup>1</sup> (n=437)	
<b>Overall Results</b>		<b>19.8%</b>	<b>(16.5-23.0)</b>	<b>21.2%</b>	<b>(16.2-26.1)</b>
<b>Gender</b>	Male	19.6	(15.8-23.3)	21.0	(14.2-27.8)
	Female	20.0	(14.7-25.2)	21.3	(14.2-28.3)
<b>Age</b>	18 to 34	24.2	(14.8-33.7)	32.9	(15.3-50.6)
	35 to 44	26.6	(20.9-32.3)	27.7	(13.1-42.3)
	45 to 54	21.2	(17.7-24.7)	37.1	(25.1-49.0)
	55 to 64	15.9	(12.7-19.2)	16.5	(8.5-24.6)
	65 to 74	11.7	(7.9-15.5)	7.6	(2.2-13.0)
	75 and older	5.9	(3.1-8.8)	2.3	(0.0-5.5)
<b>Education</b>	Less than H.S.	24.6	(18.1-31.1)	NA <sup>1</sup>	
	H.S. Graduate	26.9	(19.2-34.6)	24.0	(16.6-31.3)
	Some College	17.9	(13.4-22.3)	16.7	(8.5-24.9)
	Voc./Assoc. Degree	22.2	(16.7-27.8)	44.5	(21.3-67.7)
	College Graduate	8.2	(5.2-11.3)	8.2	(1.7-14.8)
<b>Poverty Status</b>	200% or Less	28.5	(19.6-37.4)	21.8	(12.7-31.0)
	More than 200%	15.9	(13.4-18.3)	22.8	(16.4-29.3)

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

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

BRIDGE TO HEALTH SURVEY 2005

**Question:** Have you smoked at least 100 cigarettes in your entire life?  
 (If yes, smoked at least 100 cigarettes) Are you currently a smoker?  
 (For current smokers) In the last year, how many times have you quit smoking for at least one day or longer?

Demographic Characteristics		Region (n=884)	Aitkin County <sup>1</sup> (n=93)		
<b>Overall Results</b>		<b>54.9%</b>	<b>(44.7-65.1)</b>	<b>50.4%</b>	<b>(37.1-63.7)</b>
<b>Gender</b>	Male	59.4	(49.9-68.9)	49.3	(30.6-68.0)
	Female	50.7	(34.4-67.1)	51.5	(32.6-70.4)
<b>Age</b>	18 to 34	53.0	(28.3-77.7)	NA <sup>1</sup>	
	35 to 44	53.0	(40.0-66.1)	NA <sup>1</sup>	
	45 to 54	52.9	(43.7-62.1)	NA <sup>1</sup>	
	55 to 64	61.2	(49.9-72.6)	NA <sup>1</sup>	
	65 to 74	66.4	(51.3-81.6)	NA <sup>1</sup>	
	75 and older	62.2	(38.5-85.8)	NA <sup>1</sup>	
<b>Education</b>	Less than H.S.	55.1	(40.3-69.9)	NA <sup>1</sup>	
	H.S. Graduate	50.1	(31.7-68.4)	54.5	(36.3-72.8)
	Some College	62.8	(50.9-74.7)	NA <sup>1</sup>	
	Voc./Assoc. Degree	47.1	(32.3-61.8)	NA <sup>1</sup>	
	College Graduate	72.2	(56.2-88.2)	NA <sup>1</sup>	
<b>Poverty Status</b>	200% or Less	47.9	(28.3-67.6)	NA <sup>1</sup>	
	More than 200%	58.6	(50.5-66.7)	45.6	(28.6-62.5)

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

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

BRIDGE TO HEALTH SURVEY 2005

**Question:** Have you smoked at least 100 cigarettes in your entire life?  
 (If yes, smoked at least 100 cigarettes) Are you currently a smoker?  
 (For current smokers) In the last year, how many times have you quit smoking for at least one day or longer?  
 (For current smokers) Are you seriously thinking of quitting smoking?

Demographic Characteristics		Region		Aitkin County <sup>1</sup>	
		(n=884)		(n=93)	
<b>Overall Results</b>		<b>20.5%</b>	<b>(14.6-26.4)</b>	<b>14.5%</b>	<b>(3.8-25.2)</b>
<b>Gender</b>	Male	21.8	(13.2-30.5)	2.8	(0.0-6.8)
	Female	19.3	(11.6-27.0)	25.0	(6.2-43.8)
<b>Age</b>	18 to 34	14.7	(3.5-26.0)	NA <sup>1</sup>	
	35 to 44	26.4	(14.8-37.9)	NA <sup>1</sup>	
	45 to 54	19.9	(12.1-27.8)	NA <sup>1</sup>	
	55 to 64	29.0	(18.8-39.1)	NA <sup>1</sup>	
	65 to 74	17.0	(4.8-29.1)	NA <sup>1</sup>	
	75 and older	31.5	(9.7-53.4)	NA <sup>1</sup>	
<b>Education</b>	Less than H.S.	16.6	(7.1-26.1)	NA <sup>1</sup>	
	H.S. Graduate	20.4	(10.3-30.5)	17.0	(0.0-35.3)
	Some College	24.1	(12.6-35.7)	NA <sup>1</sup>	
	Voc./Assoc. Degree	19.2	(7.6-30.7)	NA <sup>1</sup>	
	College Graduate	18.0	(6.2-29.9)	NA <sup>1</sup>	
<b>Poverty Status</b>	200% or Less	18.9	(7.9-29.8)	18.8	(0.0-39.0)
	More than 200%	23.2	(16.5-29.9)	7.0	(0.0-14.4)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

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

Demographic Characteristics		Region (n=4,472)		Aitkin County <sup>1</sup> (n=438)	
<b>Overall Results</b>		<b>11.0%</b>	<b>(9.3-12.8)</b>	<b>12.9%</b>	<b>(9.3-16.5)</b>
<b>Gender</b>	Male	12.3	(9.4-15.3)	16.0	(9.9-22.1)
	Female	9.8	(8.0-11.6)	10.3	(6.1-14.4)
<b>Age</b>	18 to 34	9.2	(4.9-13.4)	12.3	(1.9-22.8)
	35 to 44	13.2	(8.7-17.6)	10.4	(0.0-20.8)
	45 to 54	10.9	(8.4-13.5)	16.3	(6.8-25.8)
	55 to 64	12.8	(10.0-15.6)	23.1	(13.9-32.4)
	65 to 74	12.6	(8.9-16.3)	8.1	(2.8-13.4)
	75 and older	9.6	(6.1-13.1)	5.2	(0.9-9.5)
<b>Education</b>	Less than H.S.	23.4	(17.0-29.8)	NA <sup>1</sup>	
	H.S. Graduate	14.3	(10.8-17.8)	16.1	(10.0-22.3)
	Some College	9.8	(5.9-13.7)	10.4	(4.1-16.7)
	Voc./Assoc. Degree	9.2	(5.4-12.9)	10.5	(0.0-23.4)
	College Graduate	5.0	(2.5-7.6)	5.6	(0.1-11.1)
<b>Poverty Status</b>	200% or Less	14.0	(10.0-17.9)	17.5	(10.5-24.4)
	More than 200%	9.5	(7.5-11.5)	12.2	(7.2-17.3)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

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

Demographic Characteristics		Region (n=4,472)		Aitkin County <sup>1</sup> (n=438)	
<b>Overall Results</b>		<b>10.8%</b>	<b>(7.8-13.7)</b>	<b>13.3%</b>	<b>(8.9-17.7)</b>
<b>Gender</b>	Male	9.6	(7.7-11.5)	8.5	(4.0-13.0)
	Female	11.9	(6.6-17.2)	17.5	(10.5-24.5)
<b>Age</b>	18 to 34	12.9	(3.9-21.9)	20.7	(2.9-38.4)
	35 to 44	12.8	(9.0-16.6)	22.0	(9.1-34.8)
	45 to 54	12.0	(9.3-14.8)	17.7	(8.4-27.0)
	55 to 64	7.9	(5.9-9.9)	6.7	(1.5-11.9)
	65 to 74	9.0	(6.5-11.6)	7.3	(1.8-12.7)
	75 and older	4.5	(2.5-6.4)	5.2	(0.8-9.5)
<b>Education</b>	Less than H.S.	12.4	(7.8-16.9)	NA <sup>1</sup>	
	H.S. Graduate	14.0	(6.4-21.5)	12.9	(7.2-18.5)
	Some College	11.7	(8.7-14.7)	16.9	(7.9-25.9)
	Voc./Assoc. Degree	10.5	(6.6-14.4)	26.1	(2.3-49.9)
	College Graduate	4.6	(2.9-6.4)	5.1	(0.0-10.7)
<b>Poverty Status</b>	200% or Less	14.6	(5.5-23.7)	13.3	(4.2-22.4)
	More than 200%	9.4	(7.9-10.8)	12.7	(7.8-17.5)

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



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

BRIDGE TO HEALTH SURVEY 2005

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

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

Demographic Characteristics		Region (n=4,472)		Aitkin County <sup>1</sup> (n=438)	
<b>Overall Results</b>		<b>78.2%</b>	<b>(75.1-81.3)</b>	<b>73.8%</b>	<b>(68.6-78.9)</b>
<b>Gender</b>	Male	78.1	(74.6-81.6)	75.5	(68.4-82.6)
	Female	78.3	(73.2-83.4)	72.3	(64.9-79.6)
<b>Age</b>	18 to 34	77.9	(68.7-87.2)	67.0	(48.7-85.4)
	35 to 44	74.0	(68.7-79.4)	67.6	(52.6-82.6)
	45 to 54	77.0	(73.5-80.6)	66.0	(54.2-77.7)
	55 to 64	79.3	(76.0-82.6)	70.2	(60.2-80.2)
	65 to 74	78.3	(74.1-82.5)	84.7	(77.4-92.0)
	75 and older	85.9	(82.1-89.8)	89.6	(83.6-95.6)
<b>Education</b>	Less than H.S.	64.3	(57.1-71.4)	NA <sup>1</sup>	
	H.S. Graduate	71.8	(64.3-79.2)	71.0	(63.4-78.5)
	Some College	78.5	(73.8-83.1)	72.7	(62.6-82.8)
	Voc./Assoc. Degree	80.3	(75.2-85.4)	63.4	(39.7-87.0)
	College Graduate	90.3	(87.3-93.3)	89.3	(81.6-97.0)
<b>Poverty Status</b>	200% or Less	71.4	(62.8-80.1)	69.2	(59.4-79.0)
	More than 200%	81.1	(78.7-83.6)	75.1	(68.6-81.6)

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

**TABLE 6.3.A**  
**SMOKELESS TOBACCO USE**  
**PERCENT USE SMOKELESS TOBACCO**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,479)		Aitkin County <sup>1</sup> (n=439)	
		3.8%	(2.5-5.2)	3.8%	(1.3-6.3)
<b>Overall Results</b>		<b>3.8%</b>	<b>(2.5-5.2)</b>	<b>3.8%</b>	<b>(1.3-6.3)</b>
<b>Gender</b>	Male	7.4	(4.7-10.1)	6.5	(2.0-10.9)
	Female	0.4	(0.0-0.7)	1.5	(0.0-4.0)
<b>Age</b>	18 to 34	6.2	(2.2-10.2)	4.9	(0.0-12.6)
	35 to 44	3.0	(0.5-5.5)	3.7	(0.0-10.9)
	45 to 54	2.7	(1.2-4.2)	7.3	(0.0-15.5)
	55 to 64	3.4	(1.6-5.2)	3.7	(0.0-8.0)
	65 to 74	1.7	(0.5-3.0)	2.4	(0.0-5.8)
	75 and older	2.7	(0.1-5.2)	0.0	(0.0-0.0)
<b>Education</b>	Less than H.S.	6.5	(1.6-11.5)	NA <sup>1</sup>	
	H.S. Graduate	4.4	(1.8-6.9)	5.2	(0.9-9.5)
	Some College	5.3	(1.3-9.2)	3.1	(0.0-7.5)
	Voc./Assoc. Degree	2.4	(1.0-3.8)	0.0	(0.0-0.0)
	College Graduate	1.5	(0.4-2.7)	5.4	(0.0-13.0)
<b>Poverty Status</b>	200% or Less	3.7	(0.8-6.6)	3.9	(0.0-8.2)
	More than 200%	3.8	(2.2-5.4)	4.4	(0.7-8.2)

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

**TABLE 6.3.B**  
**SMOKELESS TOBACCO USE**  
**PERCENT USED SMOKELESS TOBACCO EVERYDAY<sup>1</sup>**  
 BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region		Aitkin County <sup>2</sup>
		(n=171)		(n=17)
<b>Overall Results</b>		<b>90.5%</b>	<b>(84.9-96.0)</b>	<b>NA<sup>2</sup></b>
<b>Gender</b>	Male	91.6	(86.2-96.9)	NA <sup>2</sup>
	Female	68.5	(28.4-100.0)	NA <sup>2</sup>
<b>Age</b>	18 to 34	92.0	(83.5-100.0)	NA <sup>2</sup>
	35 to 44	94.3	(85.5-100.0)	NA <sup>2</sup>
	45 to 54	89.7	(78.6-100.0)	NA <sup>2</sup>
	55 to 64	83.3	(64.9-100.0)	NA <sup>2</sup>
	65 to 74	77.3	(53.9-100.0)	NA <sup>2</sup>
	75 and older	94.2	(85.5-100.0)	NA <sup>2</sup>
<b>Education</b>	Less than H.S.	93.2	(81.2-100.0)	NA <sup>2</sup>
	H.S. Graduate	85.9	(74.8-97.0)	NA <sup>2</sup>
	Some College	95.7	(88.2-100.0)	NA <sup>2</sup>
	Voc./Assoc. Degree	97.5	(92.5-100.0)	NA <sup>2</sup>
	College Graduate	83.5	(61.0-100.0)	NA <sup>2</sup>
<b>Poverty Status</b>	200% or Less	82.6	(64.9-100.0)	NA <sup>2</sup>
	More than 200%	92.7	(86.9-98.4)	NA <sup>2</sup>

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

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

**TABLE 6.3.C**  
**SMOKELESS TOBACCO USE**  
**PERCENT USED SMOKELESS TOBACCO ONE TO SEVERAL TIMES/WEEK<sup>1</sup>**  
 BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region		Aitkin County <sup>2</sup>
		(n=171)		(n=17)
<b>Overall Results</b>		<b>6.5%</b>	<b>(2.3-10.7)</b>	<b>NA<sup>2</sup></b>
<b>Gender</b>	Male	5.4	(1.6-9.3)	NA <sup>2</sup>
	Female	27.6	(0.0-65.4)	NA <sup>2</sup>
<b>Age</b>	18 to 34	5.8	(0.0-12.6)	NA <sup>2</sup>
	35 to 44	5.7	(0.0-14.5)	NA <sup>2</sup>
	45 to 54	10.3	(0.0-21.4)	NA <sup>2</sup>
	55 to 64	3.8	(0.0-9.6)	NA <sup>2</sup>
	65 to 74	18.4	(0.0-39.8)	NA <sup>2</sup>
	75 and older	2.7	(0.0-8.7)	NA <sup>2</sup>
<b>Education</b>	Less than H.S.	0.0	(0.0-0.0)	NA <sup>2</sup>
	H.S. Graduate	11.8	(2.3-21.2)	NA <sup>2</sup>
	Some College	1.0	(0.0-3.1)	NA <sup>2</sup>
	Voc./Assoc. Degree	0.0	(0.0-0.0)	NA <sup>2</sup>
	College Graduate	15.3	(0.0-37.5)	NA <sup>2</sup>
<b>Poverty Status</b>	200% or Less	8.1	(0.0-17.3)	NA <sup>2</sup>
	More than 200%	6.7	(1.1-12.2)	NA <sup>2</sup>

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

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,367)		Aitkin County <sup>1</sup> (n=420)	
<b>Overall Results</b>		<b>2.4%</b>	<b>(1.5-3.3)</b>	<b>3.2%</b>	<b>(1.5-5.0)</b>
<b>Gender</b>	Male	3.7	(2.0-5.4)	5.1	(1.7-8.5)
	Female	1.2	(0.6-1.7)	1.6	(0.2-3.0)
<b>Age</b>	18 to 34	0.9	(0.0-2.0)	2.2	(0.0-6.5)
	35 to 44	4.7	(0.7-8.8)	0.0	(0.0-0.0)
	45 to 54	3.0	(1.4-4.6)	4.0	(0.0-8.6)
	55 to 64	2.5	(1.2-3.8)	8.5	(2.2-14.8)
	65 to 74	2.5	(0.8-4.1)	1.0	(0.0-2.9)
	75 and older	1.7	(0.4-3.0)	2.8	(0.0-7.1)
<b>Education</b>	Less than H.S.	4.8	(2.1-7.5)	NA <sup>1</sup>	
	H.S. Graduate	3.8	(1.6-6.0)	2.4	(0.4-4.4)
	Some College	1.6	(0.6-2.6)	4.2	(0.1-8.2)
	Voc./Assoc. Degree	1.3	(0.3-2.3)	2.9	(0.0-8.6)
	College Graduate	1.1	(0.0-2.2)	0.0	(0.0-0.0)
<b>Poverty Status</b>	200% or Less	2.1	(1.1-3.1)	4.8	(1.4-8.2)
	More than 200%	2.3	(1.1-3.6)	2.8	(0.3-5.2)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,367)		Aitkin County <sup>1</sup> (n=420)	
		13.1%	(9.9-16.3)	11.2%	(7.8-14.5)
<b>Overall Results</b>		<b>13.1%</b>	<b>(9.9-16.3)</b>	<b>11.2%</b>	<b>(7.8-14.5)</b>
<b>Gender</b>	Male	15.8	(12.5-19.2)	13.3	(7.8-18.9)
	Female	10.5	(5.0-16.0)	9.2	(5.3-13.2)
<b>Age</b>	18 to 34	16.4	(6.7-26.1)	15.7	(5.0-26.4)
	35 to 44	14.8	(10.2-19.4)	8.9	(1.1-16.7)
	45 to 54	12.0	(9.0-15.0)	18.8	(8.2-29.4)
	55 to 64	12.2	(9.2-15.1)	6.3	(0.4-12.1)
	65 to 74	7.7	(5.2-10.1)	10.7	(4.4-17.1)
	75 and older	8.9	(5.7-12.1)	5.5	(0.9-10.2)
<b>Education</b>	Less than H.S.	16.0	(10.5-21.4)	NA <sup>1</sup>	
	H.S. Graduate	16.3	(8.4-24.2)	14.4	(8.7-20.2)
	Some College	15.4	(10.0-20.8)	10.1	(4.2-16.1)
	Voc./Assoc. Degree	10.5	(6.3-14.6)	13.7	(0.0-28.1)
	College Graduate	6.7	(4.4-8.9)	4.2	(0.0-9.1)
<b>Poverty Status</b>	200% or Less	19.4	(10.1-28.7)	11.6	(5.8-17.4)
	More than 200%	10.1	(8.0-12.1)	12.1	(7.4-16.9)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region		Aitkin County <sup>1</sup>	
		(n=4,367)		(n=420)	
<b>Overall Results</b>		<b>84.5%</b>	<b>(81.3-87.8)</b>	<b>85.6%</b>	<b>(81.9-89.3)</b>
<b>Gender</b>	Male	80.4	(76.8-84.1)	81.5	(75.2-87.8)
	Female	88.3	(82.8-93.8)	89.2	(85.0-93.3)
<b>Age</b>	18 to 34	82.7	(73.0-92.4)	82.1	(70.6-93.6)
	35 to 44	80.5	(74.9-86.1)	91.1	(83.3-98.9)
	45 to 54	85.0	(81.7-88.3)	77.2	(66.1-88.3)
	55 to 64	85.3	(82.2-88.5)	85.2	(77.0-93.4)
	65 to 74	89.9	(87.0-92.8)	88.3	(81.8-94.9)
	75 and older	89.4	(86.0-92.8)	91.7	(85.5-97.8)
<b>Education</b>	Less than H.S.	79.3	(73.4-85.1)	NA <sup>1</sup>	
	H.S. Graduate	79.9	(72.0-87.8)	83.2	(77.2-89.2)
	Some College	83.0	(77.6-88.5)	85.7	(78.6-92.7)
	Voc./Assoc. Degree	88.3	(84.0-92.5)	83.4	(68.1-98.8)
	College Graduate	92.2	(89.7-94.7)	95.8	(90.9-100.0)
<b>Poverty Status</b>	200% or Less	78.5	(69.3-87.7)	83.6	(77.0-90.1)
	More than 200%	87.6	(85.3-89.9)	85.1	(79.9-90.4)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,397)		Aitkin County <sup>1</sup> (n=423)	
<b>Overall Results</b>		<b>4.3%</b>	<b>(3.2-5.4)</b>	<b>4.7%</b>	<b>(1.9-7.5)</b>
<b>Gender</b>	Male	5.6	(3.7-7.5)	5.8	(1.8-9.7)
	Female	3.1	(2.1-4.0)	3.8	(0.0-7.6)
<b>Age</b>	18 to 34	2.3	(0.7-3.8)	8.0	(0.0-19.6)
	35 to 44	7.6	(3.3-11.8)	3.8	(0.0-11.1)
	45 to 54	6.8	(4.2-9.3)	5.6	(0.1-11.1)
	55 to 64	3.2	(1.8-4.6)	5.6	(0.6-10.6)
	65 to 74	3.7	(1.8-5.6)	1.9	(0.0-4.6)
	75 and older	2.2	(0.6-3.7)	2.8	(0.0-7.0)
<b>Education</b>	Less than H.S.	7.7	(4.3-11.1)	NA <sup>1</sup>	
	H.S. Graduate	6.5	(3.9-9.1)	5.0	(1.2-8.9)
	Some College	2.9	(1.4-4.4)	3.2	(0.0-6.7)
	Voc./Assoc. Degree	4.1	(1.5-6.7)	9.7	(0.0-27.4)
	College Graduate	1.5	(0.3-2.7)	0.0	(0.0-0.0)
<b>Poverty Status</b>	200% or Less	4.6	(2.9-6.3)	6.5	(0.5-12.4)
	More than 200%	3.8	(2.3-5.2)	4.5	(1.0-7.9)

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



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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,397)		Aitkin County <sup>1</sup> (n=423)	
<b>Overall Results</b>		<b>31.5%</b>	<b>(28.1-34.9)</b>	<b>30.4%</b>	<b>(25.2-35.7)</b>
<b>Gender</b>	Male	33.2	(28.7-37.8)	26.4	(19.1-33.6)
	Female	29.9	(24.8-35.0)	34.0	(26.6-41.4)
<b>Age</b>	18 to 34	38.8	(29.0-48.5)	39.6	(21.4-57.8)
	35 to 44	34.7	(29.0-40.5)	33.4	(18.5-48.3)
	45 to 54	30.2	(26.1-34.3)	36.2	(24.0-48.4)
	55 to 64	29.4	(25.3-33.5)	32.3	(22.0-42.7)
	65 to 74	21.5	(17.8-25.3)	21.7	(13.1-30.3)
	75 and older	19.3	(15.1-23.5)	16.7	(9.1-24.4)
<b>Education</b>	Less than H.S.	37.0	(29.1-45.0)	NA <sup>1</sup>	
	H.S. Graduate	33.3	(25.8-40.8)	37.4	(29.2-45.5)
	Some College	39.4	(32.9-45.9)	22.2	(13.6-30.7)
	Voc./Assoc. Degree	32.8	(26.5-39.1)	43.6	(20.5-66.8)
	College Graduate	19.0	(15.0-23.0)	19.1	(9.4-28.8)
<b>Poverty Status</b>	200% or Less	37.9	(29.2-46.6)	33.2	(23.5-42.9)
	More than 200%	29.1	(25.9-32.3)	31.1	(24.1-38.0)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region		Aitkin County <sup>1</sup>	
		(n=4,397)		(n=423)	
<b>Overall Results</b>		<b>64.2%</b>	<b>(60.8-67.6)</b>	<b>64.9%</b>	<b>(59.4-70.4)</b>
<b>Gender</b>	Male	61.2	(56.4-66.0)	67.9	(60.1-75.6)
	Female	67.1	(62.1-72.1)	62.2	(54.6-69.9)
<b>Age</b>	18 to 34	58.9	(49.2-68.7)	52.4	(33.7-71.1)
	35 to 44	57.7	(51.7-63.7)	62.8	(47.2-78.3)
	45 to 54	63.1	(58.7-67.5)	58.2	(45.8-70.6)
	55 to 64	67.4	(63.2-71.6)	62.1	(51.4-72.7)
	65 to 74	74.8	(70.7-78.8)	76.4	(67.6-85.3)
	75 and older	78.5	(74.2-82.9)	80.5	(72.1-88.9)
<b>Education</b>	Less than H.S.	55.3	(47.4-63.2)	NA <sup>1</sup>	
	H.S. Graduate	60.2	(52.7-67.8)	57.6	(49.3-65.8)
	Some College	57.7	(51.3-64.1)	74.7	(65.7-83.7)
	Voc./Assoc. Degree	63.1	(56.7-69.5)	46.7	(24.7-68.6)
	College Graduate	79.5	(75.4-83.6)	80.9	(71.2-90.6)
<b>Poverty Status</b>	200% or Less	57.5	(49.0-66.1)	60.4	(50.4-70.3)
	More than 200%	67.1	(63.8-70.5)	64.5	(57.2-71.7)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,287)		Aitkin County <sup>1</sup> (n=407)	
		34.5%	(30.7-38.3)	32.8%	(27.3-38.3)
<b>Overall Results</b>		<b>34.5%</b>	<b>(30.7-38.3)</b>	<b>32.8%</b>	<b>(27.3-38.3)</b>
<b>Gender</b>	Male	36.0	(30.7-41.4)	35.1	(26.7-43.4)
	Female	33.1	(27.7-38.6)	30.8	(23.4-38.1)
<b>Age</b>	18 to 34	41.7	(31.3-52.0)	35.7	(18.2-53.2)
	35 to 44	41.2	(35.2-47.3)	52.4	(35.9-68.9)
	45 to 54	34.6	(30.2-39.0)	32.7	(20.3-45.0)
	55 to 64	26.9	(22.8-31.0)	38.2	(27.4-49.1)
	65 to 74	25.8	(21.1-30.4)	17.4	(9.1-25.8)
	75 and older	18.5	(14.1-22.8)	16.8	(7.6-25.9)
<b>Education</b>	Less than H.S.	32.6	(25.3-40.0)	NA <sup>1</sup>	
	H.S. Graduate	40.2	(31.7-48.7)	39.6	(31.0-48.2)
	Some College	36.4	(29.9-42.9)	26.9	(17.2-36.5)
	Voc./Assoc. Degree	35.0	(28.4-41.6)	47.7	(24.7-70.7)
	College Graduate	24.7	(20.1-29.3)	18.8	(8.1-29.6)
<b>Poverty Status</b>	200% or Less	40.0	(30.9-49.1)	32.1	(22.4-41.7)
	More than 200%	32.5	(28.4-36.6)	37.9	(30.3-45.6)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region		Aitkin County <sup>1</sup>	
		(n=4,287)		(n=407)	
<b>Overall Results</b>		<b>29.7%</b>	<b>(27.0-32.4)</b>	<b>30.0%</b>	<b>(24.7-35.3)</b>
<b>Gender</b>	Male	30.1	(25.9-34.2)	26.3	(18.9-33.7)
	Female	29.4	(25.9-32.8)	33.3	(25.8-40.9)
<b>Age</b>	18 to 34	30.1	(22.9-37.3)	40.3	(21.5-59.0)
	35 to 44	32.7	(27.3-38.2)	24.4	(11.3-37.5)
	45 to 54	28.9	(24.9-32.9)	34.6	(23.0-46.1)
	55 to 64	31.9	(27.7-36.1)	31.9	(21.4-42.5)
	65 to 74	25.9	(21.7-30.2)	22.0	(13.0-31.0)
	75 and older	25.4	(20.8-30.0)	24.1	(14.6-33.6)
<b>Education</b>	Less than H.S.	33.0	(24.5-41.5)	NA <sup>1</sup>	
	H.S. Graduate	27.2	(22.2-32.1)	27.9	(20.8-35.1)
	Some College	34.2	(28.2-40.2)	29.4	(18.9-39.9)
	Voc./Assoc. Degree	31.3	(25.3-37.3)	35.9	(12.7-59.1)
	College Graduate	27.6	(23.3-31.9)	34.7	(21.4-47.9)
<b>Poverty Status</b>	200% or Less	29.2	(23.0-35.3)	29.1	(19.3-38.9)
	More than 200%	30.2	(27.2-33.2)	25.5	(19.2-31.9)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,287)		Aitkin County <sup>1</sup> (n=407)	
<b>Overall Results</b>		<b>35.7%</b>	<b>(32.6-38.9)</b>	<b>37.2%</b>	<b>(31.7-42.7)</b>
<b>Gender</b>	Male	33.9	(28.8-39.0)	38.6	(30.4-46.9)
	Female	37.5	(33.6-41.4)	35.9	(28.6-43.1)
<b>Age</b>	18 to 34	28.2	(19.7-36.8)	24.0	(7.4-40.7)
	35 to 44	26.0	(21.2-30.8)	23.1	(8.1-38.1)
	45 to 54	36.4	(31.9-41.0)	32.8	(21.4-44.1)
	55 to 64	41.2	(36.8-45.7)	29.8	(20.0-39.7)
	65 to 74	48.3	(43.3-53.3)	60.5	(49.6-71.4)
	75 and older	56.1	(50.7-61.5)	59.1	(47.5-70.7)
<b>Education</b>	Less than H.S.	34.3	(27.7-41.0)	NA <sup>1</sup>	
	H.S. Graduate	32.7	(25.7-39.7)	32.5	(24.7-40.3)
	Some College	29.4	(24.8-34.0)	43.7	(32.3-55.1)
	Voc./Assoc. Degree	33.7	(27.9-39.5)	16.4	(4.1-28.8)
	College Graduate	47.7	(42.5-53.0)	46.5	(32.9-60.1)
<b>Poverty Status</b>	200% or Less	30.8	(23.1-38.5)	38.8	(29.7-47.9)
	More than 200%	37.3	(34.0-40.6)	36.5	(28.8-44.2)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region		Aitkin County <sup>1</sup>	
		(n=4,336)		(n=412)	
<b>Overall Results</b>		<b>29.7%</b>	<b>(26.3-33.1)</b>	<b>33.0%</b>	<b>(27.5-38.5)</b>
<b>Gender</b>	Male	31.6	(27.2-36.1)	38.3	(29.9-46.7)
	Female	27.8	(22.6-33.0)	28.2	(20.9-35.4)
<b>Age</b>	18 to 34	29.7	(20.0-39.4)	37.7	(19.2-56.1)
	35 to 44	35.5	(29.4-41.5)	37.9	(21.5-54.3)
	45 to 54	30.7	(26.5-35.0)	43.9	(31.2-56.5)
	55 to 64	26.3	(22.2-30.5)	34.9	(24.3-45.6)
	65 to 74	24.2	(19.8-28.5)	20.4	(11.6-29.2)
	75 and older	27.4	(22.5-32.4)	20.8	(11.2-30.5)
<b>Education</b>	Less than H.S.	34.4	(27.1-41.7)	NA <sup>1</sup>	
	H.S. Graduate	33.2	(25.4-40.9)	39.2	(30.8-47.6)
	Some College	30.7	(24.6-36.8)	23.8	(14.8-32.7)
	Voc./Assoc. Degree	29.9	(23.7-36.1)	52.4	(29.8-75.1)
	College Graduate	22.1	(17.8-26.5)	17.8	(6.8-28.8)
<b>Poverty Status</b>	200% or Less	37.3	(28.3-46.4)	35.6	(25.6-45.6)
	More than 200%	26.9	(23.8-30.0)	34.6	(27.2-41.9)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region		Aitkin County <sup>1</sup>	
		(n=4,336)		(n=412)	
<b>Overall Results</b>		<b>24.2%</b>	<b>(21.3-27.1)</b>	<b>19.8%</b>	<b>(15.4-24.1)</b>
<b>Gender</b>	Male	26.9	(21.9-32.0)	12.7	(7.6-17.9)
	Female	21.6	(18.7-24.5)	26.2	(19.4-32.9)
<b>Age</b>	18 to 34	27.4	(18.9-35.8)	29.8	(13.2-46.5)
	35 to 44	28.9	(23.7-34.1)	20.6	(8.9-32.2)
	45 to 54	21.1	(17.6-24.5)	16.1	(7.2-24.9)
	55 to 64	26.9	(23.0-30.7)	16.4	(8.5-24.2)
	65 to 74	18.9	(15.5-22.3)	20.4	(11.8-28.9)
	75 and older	13.9	(10.8-17.0)	15.5	(7.6-23.4)
<b>Education</b>	Less than H.S.	21.3	(13.8-28.8)	NA <sup>1</sup>	
	H.S. Graduate	24.5	(17.9-31.0)	21.0	(14.5-27.6)
	Some College	26.9	(21.5-32.4)	22.2	(12.5-31.9)
	Voc./Assoc. Degree	28.5	(22.5-34.5)	19.7	(3.3-36.1)
	College Graduate	19.8	(16.1-23.4)	16.6	(8.0-25.2)
<b>Poverty Status</b>	200% or Less	19.0	(14.3-23.7)	21.8	(13.4-30.2)
	More than 200%	26.7	(22.9-30.5)	18.3	(13.1-23.5)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,336)		Aitkin County <sup>1</sup> (n=412)	
<b>Overall Results</b>		<b>46.1%</b>	<b>(42.7-49.5)</b>	<b>47.2%</b>	<b>(41.6-52.9)</b>
<b>Gender</b>	Male	41.4	(36.3-46.6)	49.0	(40.5-57.4)
	Female	50.6	(46.0-55.2)	45.6	(38.1-53.2)
<b>Age</b>	18 to 34	42.9	(33.3-52.5)	32.5	(14.5-50.5)
	35 to 44	35.6	(30.3-41.0)	41.5	(25.5-57.6)
	45 to 54	48.2	(43.6-52.8)	40.1	(28.0-52.2)
	55 to 64	46.8	(42.4-51.3)	48.7	(37.6-59.8)
	65 to 74	56.9	(52.0-61.8)	59.2	(48.5-70.0)
	75 and older	58.7	(53.4-63.9)	63.7	(52.5-74.9)
<b>Education</b>	Less than H.S.	44.3	(36.6-52.0)	NA <sup>1</sup>	
	H.S. Graduate	42.4	(34.8-49.9)	39.8	(31.8-47.7)
	Some College	42.4	(36.5-48.2)	54.1	(42.9-65.3)
	Voc./Assoc. Degree	41.6	(35.2-48.0)	27.9	(10.8-45.0)
	College Graduate	58.1	(53.0-63.1)	65.6	(53.0-78.3)
<b>Poverty Status</b>	200% or Less	43.7	(35.1-52.2)	42.6	(33.4-51.7)
	More than 200%	46.4	(42.8-50.0)	47.1	(39.5-54.8)

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



## **Chapter 7**

### **ALCOHOL USE**

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,475)		Aitkin County <sup>1</sup> (n=436)	
<b>Overall Results</b>		<b>41.2%</b>	<b>(37.8-44.5)</b>	<b>38.8%</b>	<b>(33.6-44.1)</b>
<b>Gender</b>	Male	32.4	(28.1-36.7)	28.5	(21.2-35.8)
	Female	49.5	(45.1-54.0)	47.7	(40.3-55.1)
<b>Age</b>	18 to 34	38.7	(28.8-48.5)	23.5	(8.2-38.7)
	35 to 44	33.6	(28.2-39.0)	35.3	(20.2-50.4)
	45 to 54	33.3	(29.2-37.3)	25.5	(15.3-35.7)
	55 to 64	41.1	(36.9-45.4)	34.2	(24.1-44.3)
	65 to 74	55.8	(50.9-60.7)	54.0	(43.4-64.7)
	75 and older	61.5	(56.3-66.7)	65.0	(54.1-75.8)
<b>Education</b>	Less than H.S.	61.6	(54.3-68.9)	NA <sup>1</sup>	
	H.S. Graduate	49.2	(41.7-56.8)	44.5	(36.5-52.6)
	Some College	37.8	(32.1-43.6)	39.2	(28.8-49.7)
	Voc./Assoc. Degree	36.7	(30.6-42.7)	28.3	(10.6-46.1)
	College Graduate	28.8	(24.8-32.7)	28.6	(17.1-40.1)
<b>Poverty Status</b>	200% or Less	54.4	(46.2-62.6)	54.1	(44.4-63.8)
	More than 200%	33.2	(30.2-36.2)	26.3	(20.1-32.5)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,475)		Aitkin County <sup>1</sup> (n=436)	
<b>Overall Results</b>		<b>3.3%</b>	<b>(2.2-4.4)</b>	<b>4.9%</b>	<b>(2.1-7.6)</b>
<b>Gender</b>	Male	6.2	(4.0-8.4)	10.5	(4.8-16.2)
	Female	0.6	(0.2-1.0)	0.0	(0.0-0.0)
<b>Age</b>	18 to 34	4.3	(1.2-7.4)	4.3	(0.0-8.7)
	35 to 44	3.8	(1.3-6.4)	7.5	(0.0-17.3)
	45 to 54	4.1	(2.2-5.9)	10.7	(0.7-20.7)
	55 to 64	2.5	(1.1-4.0)	3.0	(0.0-6.5)
	65 to 74	2.0	(0.5-3.5)	3.0	(0.0-7.1)
	75 and older	0.5	(0.0-1.2)	0.0	(0.0-0.0)
<b>Education</b>	Less than H.S.	5.3	(1.2-9.4)	NA <sup>1</sup>	
	H.S. Graduate	2.9	(1.4-4.5)	5.2	(0.6-9.8)
	Some College	4.7	(1.2-8.3)	3.2	(0.0-6.4)
	Voc./Assoc. Degree	2.4	(0.1-4.8)	6.0	(0.0-17.3)
	College Graduate	2.5	(1.0-4.0)	6.3	(0.0-14.0)
<b>Poverty Status</b>	200% or Less	1.7	(0.6-2.9)	4.4	(0.4-8.5)
	More than 200%	4.2	(2.5-5.9)	5.3	(1.3-9.2)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,461)		Aitkin County <sup>1</sup> (n=433)	
<b>Overall Results</b>		<b>16.1%</b>	<b>(13.3-19.0)</b>	<b>15.8%</b>	<b>(11.1-20.6)</b>
<b>Gender</b>	Male	25.5	(20.4-30.6)	25.3	(17.6-33.0)
	Female	7.3	(5.7-8.9)	7.7	(2.1-13.4)
<b>Age</b>	18 to 34	24.1	(15.8-32.3)	33.5	(16.0-51.1)
	35 to 44	22.0	(16.6-27.5)	22.0	(7.4-36.6)
	45 to 54	16.1	(12.7-19.5)	19.9	(8.9-30.9)
	55 to 64	8.8	(6.1-11.5)	12.1	(4.8-19.5)
	65 to 74	4.8	(2.6-7.1)	4.4	(0.3-8.5)
	75 and older	3.9	(1.5-6.2)	1.3	(0.0-3.8)
<b>Education</b>	Less than H.S.	13.0	(7.8-18.2)	NA <sup>1</sup>	
	H.S. Graduate	16.6	(10.2-22.9)	14.5	(7.9-21.0)
	Some College	20.7	(15.3-26.2)	15.3	(7.2-23.4)
	Voc./Assoc. Degree	19.2	(13.2-25.2)	32.6	(8.5-56.7)
	College Graduate	10.3	(6.9-13.7)	15.1	(5.1-25.1)
<b>Poverty Status</b>	200% or Less	15.5	(7.9-23.2)	14.2	(5.4-23.0)
	More than 200%	17.9	(15.1-20.7)	17.8	(11.5-24.1)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,471)		Aitkin County <sup>1</sup> (n=438)	
<b>Overall Results</b>		<b>5.1%</b>	<b>(2.7-7.5)</b>	<b>3.9%</b>	<b>(1.9-6.0)</b>
<b>Gender</b>	Male	6.9	(2.4-11.4)	6.0	(2.1-9.9)
	Female	3.4	(1.9-4.9)	2.1	(0.4-3.8)
<b>Age</b>	18 to 34	10.1	(2.7-17.6)	6.3	(0.0-12.9)
	35 to 44	4.5	(2.6-6.5)	1.5	(0.0-4.3)
	45 to 54	4.5	(2.7-6.4)	8.7	(1.0-16.4)
	55 to 64	2.2	(0.9-3.5)	4.0	(0.0-8.0)
	65 to 74	0.3	(0.0-0.6)	0.9	(0.0-2.7)
	75 and older	0.6	(0.0-1.3)	1.3	(0.0-3.8)
<b>Education</b>	Less than H.S.	7.2	(3.0-11.4)	NA <sup>1</sup>	
	H.S. Graduate	5.2	(0.0-11.4)	1.8	(0.0-3.7)
	Some College	6.9	(3.5-10.2)	4.2	(0.6-7.8)
	Voc./Assoc. Degree	3.6	(1.3-5.8)	10.3	(0.0-23.2)
	College Graduate	3.3	(1.8-4.8)	5.1	(0.0-10.9)
<b>Poverty Status</b>	200% or Less	4.8	(2.2-7.4)	3.8	(0.0-7.6)
	More than 200%	5.8	(2.1-9.5)	4.2	(1.4-6.9)

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

**TABLE 7.2.A**  
**ALCOHOL CONSUMPTION AMONG RESPONDENTS WHO DRINK<sup>1</sup>**  
**PERCENT CHRONIC DRINKING: CONSUMING 60 OR MORE ALCOHOLIC**  
**BEVERAGES IN PAST MONTH**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=2,633)		Aitkin County <sup>2</sup> (n=267)	
		5.6%	(3.8-7.5)	7.9%	(3.6-12.3)
<b>Overall Results</b>		5.6%	(3.8-7.5)	7.9%	(3.6-12.3)
<b>Gender</b>	Male	9.1	(5.9-12.4)	14.7	(7.0-22.4)
	Female	1.2	(0.4-2.0)	0.0	(0.0-0.0)
<b>Age</b>	18 to 34	7.0	(2.1-12.0)	5.6	(0.0-11.4)
	35 to 44	5.8	(1.9-9.6)	11.5	(0.0-26.4)
	45 to 54	6.1	(3.3-8.9)	14.3	(1.3-27.4)
	55 to 64	4.3	(1.9-6.7)	4.5	(0.0-9.9)
	65 to 74	4.5	(1.1-7.9)	6.5	(0.0-15.3)
	75 and older	1.3	(0.0-3.1)	NA <sup>2</sup>	
<b>Education</b>	Less than H.S.	13.7	(3.8-23.7)	NA <sup>2</sup>	
	H.S. Graduate	5.8	(2.8-8.8)	9.4	(1.3-17.4)
	Some College	7.6	(2.0-13.2)	5.3	(0.0-10.5)
	Voc./Assoc. Degree	3.9	(0.1-7.6)	8.3	(0.0-24.1)
	College Graduate	3.5	(1.4-5.6)	8.8	(0.0-19.5)
<b>Poverty Status</b>	200% or Less	3.8	(1.3-6.3)	9.6	(0.9-18.3)
	More than 200%	6.3	(3.8-8.8)	7.2	(1.9-12.5)

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

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

**TABLE 7.2.B**  
**ALCOHOL CONSUMPTION AMONG RESPONDENTS WHO DRINK<sup>1</sup>**  
**PERCENT BINGE DRINKING: CONSUMING 5 OR MORE ALCOHOLIC BEVERAGES**  
**ON AT LEAST ONE OCCASION IN PAST MONTH**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=2,620)		Aitkin County <sup>2</sup> (n=264)	
<b>Overall Results</b>		<b>27.5%</b>	<b>(23.2-31.8)</b>	<b>26.0%</b>	<b>(18.7-33.2)</b>
<b>Gender</b>	Male	37.8	(30.9-44.6)	35.6	(25.6-45.7)
	Female	14.4	(11.4-17.5)	14.8	(4.6-25.0)
<b>Age</b>	18 to 34	39.3	(27.7-50.8)	43.8	(22.4-65.3)
	35 to 44	33.2	(25.8-40.7)	33.9	(13.5-54.4)
	45 to 54	24.2	(19.2-29.1)	26.8	(12.7-40.8)
	55 to 64	15.1	(10.6-19.5)	18.8	(7.8-29.8)
	65 to 74	11.0	(6.0-16.0)	9.6	(0.9-18.3)
	75 and older	10.1	(4.2-16.0)	NA <sup>2</sup>	
<b>Education</b>	Less than H.S.	33.9	(22.5-45.3)	NA <sup>2</sup>	
	H.S. Graduate	32.8	(22.0-43.5)	26.3	(15.2-37.3)
	Some College	33.4	(25.5-41.3)	25.3	(12.6-38.0)
	Voc./Assoc. Degree	30.3	(21.7-38.9)	45.5	(15.9-75.0)
	College Graduate	14.5	(9.8-19.2)	21.1	(7.6-34.6)
<b>Poverty Status</b>	200% or Less	34.2	(20.9-47.4)	31.4	(14.6-48.3)
	More than 200%	26.9	(22.8-30.9)	24.1	(15.9-32.3)

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

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

**TABLE 7.2.C**  
**ALCOHOL CONSUMPTION AMONG RESPONDENTS WHO DRINK<sup>1</sup>**  
**PERCENT DRIVING OR RIDING IN CAR OR TRUCK IN PAST YEAR**  
**WHEN DRIVER HAD TOO MUCH TO DRINK**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=2,630)		Aitkin County <sup>2</sup> (n=267)	
<b>Overall Results</b>		<b>8.2%</b>	<b>(4.2-12.1)</b>	<b>6.5%</b>	<b>(3.1-9.8)</b>
<b>Gender</b>	Male	9.9	(3.4-16.5)	8.5	(3.0-14.0)
	Female	5.9	(3.0-8.7)	4.1	(0.8-7.3)
<b>Age</b>	18 to 34	16.2	(4.8-27.6)	8.5	(0.0-17.3)
	35 to 44	6.2	(3.3-9.1)	2.3	(0.0-6.7)
	45 to 54	6.2	(3.7-8.8)	11.7	(1.5-21.9)
	55 to 64	3.2	(1.4-4.9)	6.0	(0.0-12.1)
	65 to 74	0.6	(0.0-1.3)	2.0	(0.0-6.0)
	75 and older	0.7	(0.0-1.6)	NA <sup>2</sup>	
<b>Education</b>	Less than H.S.	15.4	(5.8-25.0)	NA <sup>2</sup>	
	H.S. Graduate	10.2	(0.0-21.8)	3.3	(0.0-6.6)
	Some College	11.0	(5.7-16.2)	6.9	(1.0-12.9)
	Voc./Assoc. Degree	4.3	(1.3-7.3)	14.4	(0.0-32.3)
	College Graduate	4.2	(2.2-6.2)	7.1	(0.0-15.2)
<b>Poverty Status</b>	200% or Less	9.9	(4.3-15.5)	8.2	(0.0-16.5)
	More than 200%	8.2	(2.8-13.5)	5.7	(2.0-9.5)

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

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



# **Chapter 8**

## **HEALTH CARE ACCESS**

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

**TABLE 8.1.A  
MEDICAL HOME  
PERCENT WITH MEDICAL HOME<sup>1</sup>**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,479)		Aitkin County <sup>2</sup> (n=439)	
Overall Results		96.3%	(95.0-97.6)	96.3%	(94.2-98.4)
<b>Gender</b>	Male	93.6	(91.2-96.1)	94.0	(89.8-98.2)
	Female	98.8	(98.1-99.6)	98.3	(96.8-99.9)
<b>Age</b>	18 to 34	93.2	(89.4-96.9)	92.5	(86.1-98.9)
	35 to 44	97.5	(95.6-99.4)	96.3	(89.1-100.0)
	45 to 54	96.7	(94.4-99.0)	95.9	(89.5-100.0)
	55 to 64	97.7	(96.4-99.0)	94.3	(89.3-99.3)
	65 to 74	98.0	(96.1-99.9)	100.0	(100.0-100.0)
	75 and older	99.1	(97.9-100.0)	99.4	(98.1-100.0)
<b>Education</b>	Less than H.S.	94.7	(91.1-98.3)	NA <sup>2</sup>	
	H.S. Graduate	94.2	(91.1-97.3)	94.9	(91.0-98.8)
	Some College	96.3	(94.4-98.2)	99.3	(98.1-100.0)
	Voc./Assoc. Degree	98.8	(97.7-99.8)	94.0	(82.7-100.0)
	College Graduate	98.5	(96.7-100.0)	96.9	(93.3-100.0)
<b>Poverty Status</b>	200% or Less	94.5	(91.1-97.9)	93.9	(89.5-98.2)
	More than 200%	97.3	(96.1-98.4)	98.4	(96.6-100.0)

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

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,313)		Aitkin County <sup>1</sup> (n=423)	
		52.1%	(48.7-55.5)	30.7%	(25.5-36.0)
<b>Overall Results</b>		<b>52.1%</b>	<b>(48.7-55.5)</b>	<b>30.7%</b>	<b>(25.5-36.0)</b>
<b>Gender</b>	Male	50.5	(45.3-55.8)	29.6	(21.6-37.6)
	Female	53.5	(49.1-57.9)	31.7	(24.7-38.6)
<b>Age</b>	18 to 34	44.4	(34.0-54.8)	36.0	(17.2-54.7)
	35 to 44	53.9	(48.0-59.8)	35.4	(19.4-51.4)
	45 to 54	52.9	(48.3-57.4)	15.4	(7.2-23.7)
	55 to 64	56.3	(51.9-60.7)	26.4	(16.7-36.2)
	65 to 74	57.3	(52.3-62.2)	30.4	(20.9-39.9)
	75 and older	58.5	(53.3-63.8)	44.1	(32.9-55.3)
<b>Education</b>	Less than H.S.	53.1	(45.3-60.9)	NA <sup>1</sup>	
	H.S. Graduate	52.9	(45.2-60.7)	27.7	(20.4-35.0)
	Some College	49.4	(43.2-55.5)	39.7	(28.7-50.7)
	Voc./Assoc. Degree	50.0	(43.5-56.5)	9.7	(0.0-22.4)
	College Graduate	54.1	(48.9-59.2)	30.7	(17.9-43.5)
<b>Poverty Status</b>	200% or Less	51.7	(43.2-60.2)	30.0	(21.8-38.3)
	More than 200%	51.9	(48.2-55.6)	27.9	(20.5-35.2)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,313)		Aitkin County <sup>1</sup> (n=423)	
<b>Overall Results</b>		<b>41.0%</b>	<b>(37.6-44.4)</b>	<b>58.2%</b>	<b>(52.6-63.7)</b>
<b>Gender</b>	Male	41.5	(36.2-46.9)	57.2	(48.8-65.6)
	Female	40.5	(36.2-44.8)	59.0	(51.7-66.3)
<b>Age</b>	18 to 34	47.4	(37.2-57.7)	58.3	(39.2-77.4)
	35 to 44	38.6	(32.9-44.4)	57.4	(41.2-73.6)
	45 to 54	40.1	(35.6-44.6)	64.6	(53.0-76.3)
	55 to 64	35.9	(31.6-40.2)	57.3	(46.2-68.4)
	65 to 74	38.7	(33.8-43.6)	61.8	(51.7-71.9)
	75 and older	37.5	(32.3-42.7)	47.7	(36.4-58.9)
<b>Education</b>	Less than H.S.	36.9	(29.5-44.3)	NA <sup>1</sup>	
	H.S. Graduate	42.8	(35.1-50.5)	59.4	(51.4-67.5)
	Some College	43.0	(36.6-49.3)	52.5	(41.5-63.5)
	Voc./Assoc. Degree	38.7	(32.5-45.0)	76.0	(59.0-93.1)
	College Graduate	39.0	(33.7-44.4)	55.4	(42.0-68.7)
<b>Poverty Status</b>	200% or Less	39.9	(31.9-47.8)	59.8	(50.6-69.0)
	More than 200%	41.4	(37.5-45.3)	59.8	(52.2-67.5)

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

**TABLE 8.2.A  
INSURANCE TYPES  
PERCENT PRIVATE<sup>1</sup>**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,478)	Aitkin County <sup>2</sup> (n=439)		
Overall Results		76.4%	(72.3-80.5)	77.7%	(72.8-82.5)
<b>Gender</b>	Male	75.7	(69.7-81.8)	79.1	(72.5-85.7)
	Female	77.0	(71.4-82.5)	76.4	(69.5-83.4)
<b>Age</b>	18 to 34	58.9	(48.2-69.6)	63.3	(45.2-81.4)
	35 to 44	83.6	(79.6-87.6)	78.7	(66.1-91.2)
	45 to 54	87.1	(83.8-90.3)	83.5	(74.3-92.8)
	55 to 64	87.6	(84.9-90.3)	84.2	(76.4-92.0)
	65 to 74	80.8	(77.2-84.5)	77.0	(68.0-85.9)
	75 and older	76.4	(72.4-80.5)	79.1	(70.2-88.0)
<b>Education</b>	Less than H.S.	63.5	(56.2-70.8)	NA <sup>2</sup>	
	H.S. Graduate	65.0	(55.8-74.1)	71.5	(64.1-79.0)
	Some College	79.6	(74.0-85.3)	85.7	(77.2-94.2)
	Voc./Assoc. Degree	83.9	(78.2-89.6)	69.3	(45.7-92.8)
	College Graduate	90.1	(86.8-93.5)	90.6	(84.1-97.1)
<b>Poverty Status</b>	200% or Less	49.8	(41.5-58.2)	55.9	(46.2-65.6)
	More than 200%	88.6	(84.7-92.4)	90.1	(85.8-94.4)

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

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

**TABLE 8.2.B  
INSURANCE TYPES  
PERCENT MEDICARE<sup>1</sup>**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,478)	Aitkin County <sup>2</sup> (n=439)		
Overall Results		19.8%	(18.0-21.5)	30.6%	(26.1-35.1)
<b>Gender</b>	Male	17.6	(15.1-20.0)	30.5	(23.5-37.6)
	Female	21.9	(19.4-24.3)	30.6	(24.8-36.4)
<b>Age</b>	18 to 34	0.0	(0.0-0.0)	0.0	(0.0-0.0)
	35 to 44	2.1	(0.4-3.9)	0.0	(0.0-0.0)
	45 to 54	2.5	(1.3-3.8)	3.8	(0.0-7.8)
	55 to 64	9.8	(7.1-12.5)	6.4	(1.2-11.7)
	65 to 74	81.8	(77.9-85.7)	85.8	(78.3-93.3)
	75 and older	92.6	(90.2-94.9)	98.1	(95.2-100.0)
<b>Education</b>	Less than H.S.	49.1	(41.5-56.7)	NA <sup>2</sup>	
	H.S. Graduate	26.1	(21.7-30.4)	37.1	(29.7-44.5)
	Some College	14.9	(12.0-17.8)	28.5	(20.0-37.0)
	Voc./Assoc. Degree	10.8	(7.5-14.2)	22.6	(8.0-37.1)
	College Graduate	11.7	(9.3-14.0)	13.2	(5.6-20.7)
<b>Poverty Status</b>	200% or Less	30.9	(25.4-36.4)	47.0	(37.8-56.3)
	More than 200%	12.2	(10.6-13.7)	19.3	(14.2-24.4)

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

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

**TABLE 8.2.C**  
**INSURANCE TYPES**  
**PERCENT MEDICAL ASSISTANCE<sup>1</sup>**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,478)		Aitkin County <sup>2</sup> (n=439)	
		2.2%	(1.4-3.0)	3.5%	(1.2-5.8)
<b>Overall Results</b>		2.2%	(1.4-3.0)	3.5%	(1.2-5.8)
<b>Gender</b>	Male	1.2	(0.5-2.0)	2.1	(0.0-4.1)
	Female	3.1	(1.7-4.5)	4.8	(0.9-8.7)
<b>Age</b>	18 to 34	2.3	(0.0-4.6)	9.9	(0.0-20.9)
	35 to 44	2.2	(0.4-3.9)	4.4	(0.0-9.7)
	45 to 54	0.9	(0.3-1.5)	2.2	(0.0-5.5)
	55 to 64	2.9	(1.4-4.4)	1.5	(0.0-4.4)
	65 to 74	2.2	(0.8-3.5)	1.5	(0.0-4.4)
	75 and older	3.3	(1.7-5.0)	1.6	(0.0-4.0)
<b>Education</b>	Less than H.S.	4.1	(2.2-6.0)	NA <sup>2</sup>	
	H.S. Graduate	2.3	(1.3-3.3)	6.5	(1.3-11.8)
	Some College	3.4	(0.4-6.4)	0.8	(0.0-1.8)
	Voc./Assoc. Degree	1.7	(0.2-3.3)	2.7	(0.0-8.1)
	College Graduate	0.5	(0.1-0.9)	0.0	(0.0-0.0)
<b>Poverty Status</b>	200% or Less	5.4	(2.8-8.0)	5.6	(0.9-10.2)
	More than 200%	0.5	(0.2-0.8)	1.8	(0.0-3.8)

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

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

**TABLE 8.2.D**  
**INSURANCE TYPES**  
**PERCENT OTHER PUBLIC<sup>1,2</sup>**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,479)		Aitkin County <sup>3</sup> (n=439)	
		11.0%	(7.2-14.9)	6.8%	(4.3-9.4)
<b>Overall Results</b>		<b>11.0%</b>	<b>(7.2-14.9)</b>	<b>6.8%</b>	<b>(4.3-9.4)</b>
<b>Gender</b>	Male	9.5	(4.7-14.3)	8.0	(3.7-12.3)
	Female	12.5	(6.6-18.5)	5.8	(2.9-8.7)
<b>Age</b>	18 to 34	20.8	(9.3-32.2)	5.5	(0.0-11.3)
	35 to 44	8.0	(5.2-10.8)	8.1	(0.0-16.4)
	45 to 54	4.2	(2.6-5.7)	5.9	(0.5-11.3)
	55 to 64	8.0	(5.8-10.2)	8.2	(2.2-14.2)
	65 to 74	7.3	(4.5-10.0)	6.9	(1.0-12.8)
	75 and older	8.4	(5.5-11.2)	6.2	(0.4-12.1)
<b>Education</b>	Less than H.S.	15.3	(9.0-21.6)	NA <sup>3</sup>	
	H.S. Graduate	18.9	(9.3-28.5)	7.4	(3.0-11.9)
	Some College	6.7	(3.1-10.3)	5.8	(1.6-10.0)
	Voc./Assoc. Degree	6.8	(3.3-10.2)	4.0	(0.0-9.9)
	College Graduate	4.4	(1.9-7.0)	5.9	(0.6-11.3)
<b>Poverty Status</b>	200% or Less	27.3	(16.6-38.0)	11.6	(5.9-17.3)
	More than 200%	3.3	(2.4-4.3)	4.4	(1.6-7.1)

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

<sup>2</sup> Other public insurance includes Indian or Tribal Health Service, Health Insurance Risk Sharing Plan (HIRSP) (WI), BadgerCare, MinnesotaCare, Minnesota Comprehensive Health Association (MCHA), Healthy Start, General Assistance Medical Care (GAMC), and Champus, TriCare or Veterans' benefits.

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



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

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

Demographic Characteristics		Region (n=4,453)		Aitkin County <sup>1</sup> (n=436)	
		3.2%	(2.4-3.9)	1.0%	(0.0-2.1)
<b>Overall Results</b>		<b>3.2%</b>	<b>(2.4-3.9)</b>	<b>1.0%</b>	<b>(0.0-2.1)</b>
<b>Gender</b>	Male	3.7	(2.4-4.9)	0.9	(0.0-2.3)
	Female	2.7	(1.9-3.6)	1.1	(0.0-2.8)
<b>Age</b>	18 to 34	2.1	(0.9-3.2)	2.2	(0.0-6.6)
	35 to 44	2.8	(0.3-5.3)	1.5	(0.0-4.4)
	45 to 54	5.4	(3.4-7.4)	1.7	(0.0-4.9)
	55 to 64	5.2	(3.3-7.2)	0.7	(0.0-2.2)
	65 to 74	1.5	(0.4-2.7)	0.0	(0.0-0.0)
	75 and older	1.9	(0.7-3.1)	0.0	(0.0-0.0)
<b>Education</b>	Less than H.S.	5.4	(2.1-8.8)	NA <sup>1</sup>	
	H.S. Graduate	2.7	(1.6-3.8)	0.6	(0.0-1.7)
	Some College	2.2	(1.1-3.4)	1.1	(0.0-3.1)
	Voc./Assoc. Degree	4.7	(1.5-7.8)	3.9	(0.0-11.4)
	College Graduate	3.5	(1.8-5.2)	0.8	(0.0-2.5)
<b>Poverty Status</b>	200% or Less	3.4	(1.7-5.0)	0.0	(0.0-0.0)
	More than 200%	3.3	(2.3-4.2)	2.0	(0.0-4.1)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,478)		Aitkin County <sup>1</sup> (n=439)	
		8.7%	(6.1-11.3)	8.8%	(4.8-12.8)
<b>Overall Results</b>		<b>8.7%</b>	<b>(6.1-11.3)</b>	<b>8.8%</b>	<b>(4.8-12.8)</b>
<b>Gender</b>	Male	12.3	(7.4-17.2)	9.5	(4.5-14.4)
	Female	5.4	(3.9-6.8)	8.2	(2.0-14.3)
<b>Age</b>	18 to 34	17.9	(10.0-25.8)	25.1	(7.7-42.6)
	35 to 44	7.0	(4.2-9.8)	8.8	(0.0-17.9)
	45 to 54	8.0	(5.1-10.9)	9.4	(1.7-17.2)
	55 to 64	4.1	(2.5-5.7)	6.9	(1.7-12.2)
	65 to 74	0.2	(0.0-0.5)	0.9	(0.0-2.7)
	75 and older	0.5	(0.0-1.2)	0.0	(0.0-0.0)
<b>Education</b>	Less than H.S.	8.8	(4.7-12.9)	NA <sup>1</sup>	
	H.S. Graduate	12.0	(5.6-18.5)	8.8	(4.1-13.4)
	Some College	9.9	(5.7-14.0)	7.3	(0.0-15.0)
	Voc./Assoc. Degree	6.5	(3.3-9.6)	21.2	(0.0-45.3)
	College Graduate	3.9	(1.7-6.0)	3.8	(0.0-8.3)
<b>Poverty Status</b>	200% or Less	12.5	(8.7-16.2)	17.9	(8.4-27.3)
	More than 200%	7.5	(3.6-11.4)	3.9	(0.8-6.9)

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

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

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

Demographic Characteristics		Region (n=4,475)		Aitkin County <sup>1</sup> (n=438)	
<b>Overall Results</b>		<b>13.7%</b>	<b>(10.7-16.7)</b>	<b>9.3%</b>	<b>(6.4-12.2)</b>
<b>Gender</b>	Male	10.8	(8.5-13.2)	8.2	(3.7-12.7)
	Female	16.5	(11.2-21.7)	10.3	(6.4-14.1)
<b>Age</b>	18 to 34	16.0	(6.8-25.1)	2.1	(0.0-6.3)
	35 to 44	16.5	(12.5-20.5)	11.0	(2.7-19.3)
	45 to 54	13.9	(10.7-17.1)	23.2	(12.7-33.7)
	55 to 64	12.8	(9.8-15.7)	8.7	(2.9-14.5)
	65 to 74	6.3	(4.1-8.5)	8.0	(2.5-13.4)
	75 and older	10.4	(6.9-13.9)	1.0	(0.0-2.9)
<b>Education</b>	Less than H.S.	18.4	(12.1-24.8)	NA <sup>1</sup>	
	H.S. Graduate	16.3	(8.6-24.0)	8.3	(4.3-12.4)
	Some College	12.5	(9.5-15.5)	11.5	(5.3-17.6)
	Voc./Assoc. Degree	14.6	(10.3-18.9)	10.9	(0.0-23.9)
	College Graduate	9.3	(6.5-12.0)	3.6	(0.0-7.2)
<b>Poverty Status</b>	200% or Less	18.9	(9.8-27.9)	9.9	(4.5-15.3)
	More than 200%	11.5	(9.6-13.3)	11.1	(6.9-15.4)

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

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

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

Demographic Characteristics		Region		Aitkin County <sup>1</sup>	
		(n=613)		(n=41)	
<b>Overall Results</b>		<b>37.2%</b>	<b>(22.4-52.0)</b>	<b>26.1%</b>	<b>(9.6-42.7)</b>
<b>Gender</b>	Male	32.4	(21.7-43.1)	NA <sup>1</sup>	
	Female	40.1	(18.0-62.2)	NA <sup>1</sup>	
<b>Age</b>	18 to 34	54.0	(23.1-84.9)	NA <sup>1</sup>	
	35 to 44	34.3	(21.4-47.1)	NA <sup>1</sup>	
	45 to 54	32.1	(20.7-43.5)	NA <sup>1</sup>	
	55 to 64	23.2	(13.3-33.1)	NA <sup>1</sup>	
	65 to 74	34.2	(14.3-54.2)	NA <sup>1</sup>	
	75 and older	3.5	(0.0-8.7)	NA <sup>1</sup>	
<b>Education</b>	Less than H.S.	24.4	(8.9-39.9)	NA <sup>1</sup>	
	H.S. Graduate	48.6	(20.5-76.8)	NA <sup>1</sup>	
	Some College	23.7	(12.7-34.7)	NA <sup>1</sup>	
	Voc./Assoc. Degree	41.7	(25.6-57.9)	NA <sup>1</sup>	
	College Graduate	28.0	(10.6-45.3)	NA <sup>1</sup>	
<b>Poverty Status</b>	200% or Less	50.7	(22.2-79.2)	NA <sup>1</sup>	
	More than 200%	28.7	(20.6-36.7)	NA <sup>1</sup>	

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region		Aitkin County <sup>1</sup>	
		(n=613)		(n=41)	
<b>Overall Results</b>		<b>23.8%</b>	<b>(6.6-41.1)</b>	<b>8.3%</b>	<b>(0.0-16.8)</b>
<b>Gender</b>	Male	19.7	(10.1-29.3)	NA <sup>1</sup>	
	Female	26.4	(0.0-52.8)	NA <sup>1</sup>	
<b>Age</b>	18 to 34	45.3	(9.7-80.8)	NA <sup>1</sup>	
	35 to 44	16.9	(7.7-26.1)	NA <sup>1</sup>	
	45 to 54	12.9	(4.1-21.7)	NA <sup>1</sup>	
	55 to 64	13.8	(5.4-22.1)	NA <sup>1</sup>	
	65 to 74	0.0	(0.0-0.0)	NA <sup>1</sup>	
	75 and older	0.0	(0.0-0.0)	NA <sup>1</sup>	
<b>Education</b>	Less than H.S.	17.2	(4.2-30.2)	NA <sup>1</sup>	
	H.S. Graduate	37.6	(4.4-70.8)	NA <sup>1</sup>	
	Some College	16.6	(6.6-26.5)	NA <sup>1</sup>	
	Voc./Assoc. Degree	15.7	(3.7-27.7)	NA <sup>1</sup>	
	College Graduate	6.3	(0.0-13.0)	NA <sup>1</sup>	
<b>Poverty Status</b>	200% or Less	43.8	(12.0-75.6)	NA <sup>1</sup>	
	More than 200%	9.4	(4.3-14.4)	NA <sup>1</sup>	

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region		Aitkin County <sup>1</sup>	
		(n=613)		(n=41)	
<b>Overall Results</b>		<b>15.6%</b>	<b>(9.9-21.3)</b>	<b>16.8%</b>	<b>(1.5-32.1)</b>
<b>Gender</b>	Male	19.8	(10.3-29.3)	NA <sup>1</sup>	
	Female	13.0	(6.7-19.3)	NA <sup>1</sup>	
<b>Age</b>	18 to 34	7.8	(0.4-15.1)	NA <sup>1</sup>	
	35 to 44	17.4	(7.1-27.7)	NA <sup>1</sup>	
	45 to 54	27.1	(13.6-40.5)	NA <sup>1</sup>	
	55 to 64	20.5	(8.9-32.1)	NA <sup>1</sup>	
	65 to 74	26.6	(8.7-44.6)	NA <sup>1</sup>	
	75 and older	2.5	(0.0-7.4)	NA <sup>1</sup>	
<b>Education</b>	Less than H.S.	17.3	(4.1-30.6)	NA <sup>1</sup>	
	H.S. Graduate	14.0	(3.5-24.5)	NA <sup>1</sup>	
	Some College	12.1	(4.8-19.4)	NA <sup>1</sup>	
	Voc./Assoc. Degree	15.7	(5.6-25.8)	NA <sup>1</sup>	
	College Graduate	23.5	(9.6-37.4)	NA <sup>1</sup>	
<b>Poverty Status</b>	200% or Less	11.9	(3.6-20.2)	NA <sup>1</sup>	
	More than 200%	18.0	(11.7-24.2)	NA <sup>1</sup>	

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,476)		Aitkin County <sup>1</sup> (n=439)	
<b>Overall Results</b>		<b>5.2%</b>	<b>(4.2-6.3)</b>	<b>4.2%</b>	<b>(2.1-6.3)</b>
<b>Gender</b>	Male	4.1	(2.6-5.7)	2.8	(0.0-5.8)
	Female	6.3	(4.9-7.7)	5.5	(2.6-8.3)
<b>Age</b>	18 to 34	5.5	(2.8-8.2)	1.1	(0.0-3.3)
	35 to 44	7.1	(4.5-9.7)	8.8	(1.5-16.0)
	45 to 54	5.8	(3.8-7.8)	7.6	(0.0-15.3)
	55 to 64	4.9	(3.0-6.9)	2.9	(0.0-6.2)
	65 to 74	2.5	(1.4-3.6)	4.0	(0.0-8.0)
	75 and older	3.5	(1.7-5.3)	0.6	(0.0-1.9)
<b>Education</b>	Less than H.S.	11.4	(5.8-17.0)	NA <sup>1</sup>	
	H.S. Graduate	4.7	(3.2-6.2)	4.6	(1.5-7.8)
	Some College	7.1	(4.2-10.0)	5.1	(1.2-9.0)
	Voc./Assoc. Degree	5.5	(2.6-8.4)	6.0	(0.0-17.3)
	College Graduate	2.5	(1.2-3.8)	1.1	(0.0-3.2)
<b>Poverty Status</b>	200% or Less	8.1	(5.3-10.9)	7.5	(2.6-12.4)
	More than 200%	4.2	(3.1-5.2)	3.1	(0.9-5.3)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=235)	Aitkin County <sup>1</sup> (n=19)
<b>Overall Results</b>		<b>33.9%</b>	<b>(22.5-45.2)</b>
<b>Gender</b>	Male	42.8	(21.4-64.2)
	Female	28.2	(17.0-39.5)
<b>Age</b>	18 to 34	42.7	(16.8-68.7)
	35 to 44	37.4	(17.7-57.1)
	45 to 54	30.7	(11.3-50.1)
	55 to 64	28.5	(9.7-47.3)
	65 to 74	29.8	(5.8-53.8)
	75 and older	1.2	(0.0-3.6)
<b>Education</b>	Less than H.S.	33.2	(2.0-64.4)
	H.S. Graduate	35.5	(19.5-51.5)
	Some College	42.0	(17.0-67.1)
	Voc./Assoc. Degree	36.2	(10.6-61.9)
	College Graduate	2.7	(0.0-6.7)
<b>Poverty Status</b>	200% or Less	34.4	(15.4-53.4)
	More than 200%	32.4	(18.7-46.1)

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



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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region	Aitkin County <sup>1</sup>	
		(n=235)	(n=19)	
<b>Overall Results</b>		<b>18.2%</b>	<b>(8.3-28.1)</b>	<b>NA<sup>1</sup> (5.5-63.4)</b>
<b>Gender</b>	Male	20.0	(0.0-42.3)	NA <sup>1</sup>
	Female	17.1	(9.5-24.6)	NA <sup>1</sup>
<b>Age</b>	18 to 34	25.4	(0.0-51.9)	NA <sup>1</sup>
	35 to 44	13.9	(3.4-24.4)	NA <sup>1</sup>
	45 to 54	13.8	(2.8-24.8)	NA <sup>1</sup>
	55 to 64	13.1	(2.7-23.5)	NA <sup>1</sup>
	65 to 74	36.5	(10.1-62.9)	NA <sup>1</sup>
	75 and older	11.3	(0.0-31.3)	NA <sup>1</sup>
<b>Education</b>	Less than H.S.	21.8	(4.0-39.6)	NA <sup>1</sup>
	H.S. Graduate	7.3	(2.1-12.5)	NA <sup>1</sup>
	Some College	27.6	(0.7-54.5)	NA <sup>1</sup>
	Voc./Assoc. Degree	25.1	(1.9-48.3)	NA <sup>1</sup>
	College Graduate	12.6	(0.0-27.1)	NA <sup>1</sup>
<b>Poverty Status</b>	200% or Less	25.5	(7.0-44.1)	NA <sup>1</sup>
	More than 200%	13.5	(6.4-20.6)	NA <sup>1</sup>

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=235)	Aitkin County <sup>1</sup> (n=19)	
<b>Overall Results</b>		<b>15.3%</b>	<b>(8.9-21.7)</b>	<b>NA<sup>1</sup></b>
<b>Gender</b>	Male	14.8	(4.0-25.6)	NA <sup>1</sup>
	Female	15.6	(7.7-23.5)	NA <sup>1</sup>
<b>Age</b>	18 to 34	12.7	(0.0-25.7)	NA <sup>1</sup>
	35 to 44	16.5	(4.9-28.2)	NA <sup>1</sup>
	45 to 54	20.8	(4.3-37.4)	NA <sup>1</sup>
	55 to 64	2.5	(0.0-5.8)	NA <sup>1</sup>
	65 to 74	25.6	(6.4-44.8)	NA <sup>1</sup>
	75 and older	24.6	(4.6-44.6)	NA <sup>1</sup>
<b>Education</b>	Less than H.S.	15.8	(0.0-39.6)	NA <sup>1</sup>
	H.S. Graduate	21.3	(11.0-31.6)	NA <sup>1</sup>
	Some College	15.8	(2.2-29.5)	NA <sup>1</sup>
	Voc./Assoc. Degree	2.4	(0.0-5.4)	NA <sup>1</sup>
	College Graduate	10.6	(0.0-23.3)	NA <sup>1</sup>
<b>Poverty Status</b>	200% or Less	11.3	(2.8-19.9)	NA <sup>1</sup>
	More than 200%	20.8	(10.5-31.1)	NA <sup>1</sup>

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

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

BRIDGE TO HEALTH SURVEY 2005

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

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

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

Demographic Characteristics		Region		Aitkin County <sup>1</sup>	
		(n=4,476)		(n=437)	
<b>Overall Results</b>		<b>4.7%</b>	<b>(3.7-5.7)</b>	<b>3.9%</b>	<b>(2.1-5.6)</b>
<b>Gender</b>	Male	3.2	(1.7-4.6)	2.5	(0.2-4.7)
	Female	6.1	(4.8-7.4)	5.1	(2.4-7.8)
<b>Age</b>	18 to 34	2.9	(0.8-5.0)	4.5	(0.0-9.8)
	35 to 44	4.5	(1.8-7.2)	0.7	(0.0-2.2)
	45 to 54	4.8	(3.0-6.5)	4.9	(0.0-9.9)
	55 to 64	8.1	(5.5-10.7)	2.9	(0.0-6.2)
	65 to 74	5.5	(3.5-7.6)	4.0	(0.4-7.6)
	75 and older	4.8	(2.9-6.6)	6.3	(0.6-11.9)
<b>Education</b>	Less than H.S.	6.5	(3.7-9.2)	NA <sup>1</sup>	
	H.S. Graduate	3.9	(2.4-5.3)	3.7	(1.1-6.2)
	Some College	3.7	(2.4-5.0)	6.7	(2.0-11.3)
	Voc./Assoc. Degree	4.7	(2.5-6.9)	1.9	(0.0-5.7)
	College Graduate	6.2	(3.3-9.1)	1.2	(0.0-3.4)
<b>Poverty Status</b>	200% or Less	5.9	(3.6-8.2)	6.2	(2.5-10.0)
	More than 200%	4.3	(3.2-5.5)	3.3	(1.0-5.6)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

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

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

Demographic Characteristics		Region (n=210)	Aitkin County <sup>1</sup> (n=17)
<b>Overall Results</b>		<b>39.5%</b>	<b>(27.9-51.1)</b>
<b>Gender</b>	Male	47.6	(21.9-73.3)
	Female	35.5	(24.7-46.3)
<b>Age</b>	18 to 34	59.9	(27.4-92.4)
	35 to 44	46.6	(14.5-78.6)
	45 to 54	28.7	(10.1-47.3)
	55 to 64	42.0	(24.4-59.6)
	65 to 74	23.2	(7.9-38.6)
	75 and older	19.0	(0.0-41.4)
<b>Education</b>	Less than H.S.	30.1	(8.4-51.8)
	H.S. Graduate	38.5	(18.6-58.3)
	Some College	23.2	(7.3-39.1)
	Voc./Assoc. Degree	44.4	(18.9-69.8)
	College Graduate	50.9	(25.0-76.9)
<b>Poverty Status</b>	200% or Less	43.2	(21.7-64.8)
	More than 200%	36.7	(22.7-50.8)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

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

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

Demographic Characteristics		Region (n=210)	Aitkin County <sup>1</sup> (n=17)
<b>Overall Results</b>		<b>37.0%</b>	<b>(25.8-48.3)</b>
<b>Gender</b>	Male	33.3	(6.2-60.4)
	Female	38.9	(28.4-49.4)
<b>Age</b>	18 to 34	67.1	(36.9-97.4)
	35 to 44	24.4	(3.6-45.1)
	45 to 54	27.9	(11.4-44.5)
	55 to 64	33.9	(16.8-50.9)
	65 to 74	32.8	(15.8-49.8)
	75 and older	27.1	(9.2-44.9)
<b>Education</b>	Less than H.S.	46.6	(24.8-68.4)
	H.S. Graduate	35.8	(18.4-53.3)
	Some College	35.7	(17.9-53.4)
	Voc./Assoc. Degree	32.8	(10.0-55.6)
	College Graduate	37.8	(10.0-65.6)
<b>Poverty Status</b>	200% or Less	52.3	(32.7-71.9)
	More than 200%	28.6	(17.0-40.2)

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

**TABLE 8.7.A**  
**POSTPONEMENT OF DENTAL WORK**  
**PERCENT POSTPONED DENTAL WORK IN PAST YEAR**

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,478)		Aitkin County <sup>1</sup> (n=439)	
<b>Overall Results</b>		<b>25.6%</b>	<b>(22.2-29.0)</b>	<b>23.7%</b>	<b>(18.6-28.8)</b>
<b>Gender</b>	Male	24.1	(20.1-28.1)	21.8	(14.8-28.7)
	Female	27.0	(21.6-32.4)	25.4	(18.1-32.7)
<b>Age</b>	18 to 34	34.5	(24.6-44.3)	40.0	(21.8-58.1)
	35 to 44	31.3	(25.6-37.0)	29.4	(14.7-44.2)
	45 to 54	24.4	(20.4-28.4)	31.5	(19.9-43.1)
	55 to 64	19.0	(15.6-22.4)	20.0	(11.6-28.4)
	65 to 74	14.4	(11.3-17.6)	11.9	(5.4-18.4)
	75 and older	11.9	(8.3-15.6)	7.2	(1.0-13.4)
<b>Education</b>	Less than H.S.	24.7	(18.0-31.3)	NA <sup>1</sup>	
	H.S. Graduate	30.2	(22.2-38.2)	19.0	(12.5-25.5)
	Some College	26.6	(20.7-32.4)	33.3	(22.8-43.9)
	Voc./Assoc. Degree	30.3	(24.2-36.4)	30.8	(6.6-55.1)
	College Graduate	15.6	(11.9-19.4)	18.1	(8.1-28.0)
<b>Poverty Status</b>	200% or Less	37.3	(28.3-46.2)	28.6	(18.7-38.5)
	More than 200%	19.8	(17.2-22.4)	22.5	(16.1-28.8)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=1,145)		Aitkin County <sup>1</sup> (n=104)	
<b>Overall Results</b>		<b>42.8%</b>	<b>(34.8-50.7)</b>	<b>46.3%</b>	<b>(33.3-59.2)</b>
<b>Gender</b>	Male	48.2	(39.0-57.4)	39.0	(21.3-56.7)
	Female	38.2	(26.2-50.1)	51.7	(34.1-69.2)
<b>Age</b>	18 to 34	49.2	(30.4-68.0)	NA <sup>1</sup>	
	35 to 44	39.0	(27.8-50.3)	NA <sup>1</sup>	
	45 to 54	39.5	(29.9-49.2)	NA <sup>1</sup>	
	55 to 64	41.2	(31.3-51.2)	NA <sup>1</sup>	
	65 to 74	36.1	(24.6-47.7)	NA <sup>1</sup>	
	75 and older	27.3	(13.7-40.9)	NA <sup>1</sup>	
<b>Education</b>	Less than H.S.	38.6	(23.7-53.4)	NA <sup>1</sup>	
	H.S. Graduate	42.7	(26.6-58.9)	58.5	(39.1-77.8)
	Some College	35.5	(23.5-47.5)	27.9	(8.3-47.6)
	Voc./Assoc. Degree	50.5	(38.0-63.0)	NA <sup>1</sup>	
	College Graduate	49.1	(35.5-62.6)	NA <sup>1</sup>	
<b>Poverty Status</b>	200% or Less	46.7	(29.7-63.7)	61.8	(41.5-82.1)
	More than 200%	41.8	(34.7-48.9)	37.7	(22.1-53.2)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=1,145)		Aitkin County <sup>1</sup> (n=104)	
<b>Overall Results</b>		<b>33.9%</b>	<b>(27.4-40.4)</b>	<b>44.9%</b>	<b>(32.2-57.7)</b>
<b>Gender</b>	Male	39.2	(30.5-47.8)	42.2	(23.8-60.5)
	Female	29.4	(20.9-38.0)	47.0	(29.4-64.6)
<b>Age</b>	18 to 34	24.4	(12.6-36.1)	NA <sup>1</sup>	
	35 to 44	34.3	(24.0-44.6)	NA <sup>1</sup>	
	45 to 54	42.8	(33.6-51.9)	NA <sup>1</sup>	
	55 to 64	41.8	(32.3-51.3)	NA <sup>1</sup>	
	65 to 74	47.4	(35.6-59.3)	NA <sup>1</sup>	
	75 and older	47.0	(30.2-63.8)	NA <sup>1</sup>	
<b>Education</b>	Less than H.S.	45.6	(30.0-61.2)	NA <sup>1</sup>	
	H.S. Graduate	26.9	(16.6-37.2)	52.5	(33.1-71.9)
	Some College	39.7	(27.4-52.0)	41.2	(20.4-61.9)
	Voc./Assoc. Degree	33.1	(22.1-44.0)	NA <sup>1</sup>	
	College Graduate	41.0	(26.7-55.2)	NA <sup>1</sup>	
<b>Poverty Status</b>	200% or Less	34.0	(20.9-47.1)	50.2	(27.8-72.6)
	More than 200%	36.2	(29.7-42.7)	39.2	(23.1-55.3)

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



**TABLE 8.7.D**  
**POSTPONEMENT OF DENTAL WORK**  
**PERCENT BECAUSE I COULD NOT GET AN APPOINTMENT**  
 BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=1,145)		Aitkin County <sup>1</sup> (n=104)	
		13.7%	(8.4-19.0)	7.9%	(2.2-13.6)
<b>Overall Results</b>		<b>13.7%</b>	<b>(8.4-19.0)</b>	<b>7.9%</b>	<b>(2.2-13.6)</b>
<b>Gender</b>	Male	15.7	(6.8-24.6)	15.0	(3.0-27.0)
	Female	12.1	(6.1-18.0)	2.6	(0.0-6.3)
<b>Age</b>	18 to 34	17.2	(5.0-29.4)	NA <sup>1</sup>	
	35 to 44	12.5	(5.0-20.0)	NA <sup>1</sup>	
	45 to 54	10.9	(5.9-16.0)	NA <sup>1</sup>	
	55 to 64	8.3	(3.5-13.0)	NA <sup>1</sup>	
	65 to 74	10.8	(4.7-16.9)	NA <sup>1</sup>	
	75 and older	15.1	(2.5-27.8)	NA <sup>1</sup>	
<b>Education</b>	Less than H.S.	13.5	(3.2-23.8)	NA <sup>1</sup>	
	H.S. Graduate	5.6	(2.1-9.0)	5.4	(0.0-13.0)
	Some College	25.0	(8.5-41.5)	14.3	(1.7-26.9)
	Voc./Assoc. Degree	19.8	(9.5-30.2)	NA <sup>1</sup>	
	College Graduate	13.2	(5.8-20.6)	NA <sup>1</sup>	
<b>Poverty Status</b>	200% or Less	13.6	(4.0-23.3)	3.4	(0.0-8.3)
	More than 200%	16.1	(9.1-23.0)	10.9	(1.2-20.7)

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



## **Chapter 9**

# **EMERGENCY PREPAREDNESS**

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,480)		Aitkin County <sup>1</sup> (n=439)	
		50.2%	(46.9-53.6)	42.4%	(37.0-47.8)
<b>Overall Results</b>		<b>50.2%</b>	<b>(46.9-53.6)</b>	<b>42.4%</b>	<b>(37.0-47.8)</b>
<b>Gender</b>	Male	42.0	(37.3-46.8)	34.2	(26.4-41.9)
	Female	58.1	(53.9-62.3)	49.5	(42.1-57.0)
<b>Age</b>	18 to 34	40.3	(30.7-49.9)	31.0	(14.4-47.6)
	35 to 44	49.2	(43.3-55.1)	43.3	(27.6-59.0)
	45 to 54	51.6	(47.1-56.1)	36.1	(24.3-48.0)
	55 to 64	54.6	(50.2-58.9)	38.5	(28.0-48.9)
	65 to 74	61.1	(56.4-65.9)	54.0	(43.4-64.6)
	75 and older	62.3	(57.1-67.4)	53.9	(42.7-65.1)
<b>Education</b>	Less than H.S.	48.7	(41.1-56.3)	NA <sup>1</sup>	
	H.S. Graduate	48.1	(40.6-55.6)	46.5	(38.4-54.7)
	Some College	49.8	(43.7-55.8)	44.1	(33.4-54.7)
	Voc./Assoc. Degree	52.2	(45.7-58.6)	27.0	(8.9-45.1)
	College Graduate	53.3	(48.3-58.4)	36.8	(24.7-49.0)
<b>Poverty Status</b>	200% or Less	48.1	(39.8-56.4)	47.0	(37.6-56.5)
	More than 200%	51.3	(47.7-54.9)	42.4	(35.1-49.8)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,480)		Aitkin County <sup>1</sup> (n=439)	
<b>Overall Results</b>		<b>24.8%</b>	<b>(21.8-27.8)</b>	<b>34.5%</b>	<b>(29.2-39.8)</b>
<b>Gender</b>	Male	27.1	(21.9-32.2)	37.5	(29.6-45.4)
	Female	22.6	(19.6-25.7)	31.8	(24.7-39.0)
<b>Age</b>	18 to 34	26.8	(17.9-35.6)	27.4	(9.9-45.0)
	35 to 44	27.9	(22.6-33.2)	36.5	(21.0-52.0)
	45 to 54	24.0	(20.0-28.0)	38.8	(27.2-50.4)
	55 to 64	25.9	(22.0-29.8)	38.8	(28.2-49.4)
	65 to 74	17.9	(14.3-21.4)	36.9	(26.3-47.5)
	75 and older	20.7	(16.4-25.0)	26.8	(16.5-37.1)
<b>Education</b>	Less than H.S.	20.4	(14.9-26.0)	NA <sup>1</sup>	
	H.S. Graduate	23.4	(17.0-29.8)	34.5	(26.9-42.0)
	Some College	25.5	(19.8-31.2)	31.0	(21.3-40.7)
	Voc./Assoc. Degree	28.2	(22.0-34.5)	62.5	(42.3-82.7)
	College Graduate	25.6	(20.4-30.8)	27.5	(16.6-38.4)
<b>Poverty Status</b>	200% or Less	23.1	(15.4-30.9)	34.9	(25.2-44.6)
	More than 200%	25.8	(22.6-28.9)	34.2	(27.3-41.2)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,480)		Aitkin County <sup>1</sup> (n=439)	
		9.9%	(8.1-11.8)	3.6%	(1.4-5.8)
<b>Overall Results</b>		<b>9.9%</b>	<b>(8.1-11.8)</b>	<b>3.6%</b>	<b>(1.4-5.8)</b>
<b>Gender</b>	Male	6.9	(5.3-8.6)	4.2	(0.3-8.1)
	Female	12.8	(9.6-16.0)	3.0	(0.8-5.2)
<b>Age</b>	18 to 34	8.3	(3.0-13.5)	0.0	(0.0-0.0)
	35 to 44	8.2	(5.7-10.8)	8.8	(0.0-17.9)
	45 to 54	13.7	(10.6-16.8)	7.0	(0.0-14.1)
	55 to 64	14.2	(11.0-17.4)	4.5	(0.0-9.4)
	65 to 74	9.5	(6.6-12.4)	0.9	(0.0-2.7)
	75 and older	5.2	(2.4-8.1)	0.0	(0.0-0.0)
<b>Education</b>	Less than H.S.	6.0	(0.8-11.2)	NA <sup>1</sup>	
	H.S. Graduate	8.3	(4.0-12.7)	4.2	(0.5-7.9)
	Some College	8.3	(6.1-10.5)	1.3	(0.0-3.0)
	Voc./Assoc. Degree	11.3	(7.9-14.8)	0.0	(0.0-0.0)
	College Graduate	14.4	(11.2-17.5)	9.4	(0.8-18.0)
<b>Poverty Status</b>	200% or Less	7.3	(2.2-12.5)	1.4	(0.0-3.5)
	More than 200%	11.2	(9.5-12.8)	5.8	(1.9-9.6)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,480)		Aitkin County <sup>1</sup> (n=439)	
		8.4%	(6.9-9.8)	10.5%	(7.1-13.9)
<b>Overall Results</b>					
<b>Gender</b>	Male	10.5	(8.0-13.1)	13.8	(7.6-19.9)
	Female	6.3	(4.9-7.8)	7.6	(4.4-10.9)
<b>Age</b>	18 to 34	9.9	(5.9-13.8)	11.7	(2.3-21.1)
	35 to 44	7.9	(4.7-11.1)	17.8	(4.3-31.3)
	45 to 54	7.2	(5.0-9.4)	11.6	(3.7-19.5)
	55 to 64	6.5	(4.2-8.9)	3.7	(0.1-7.3)
	65 to 74	10.4	(7.2-13.6)	6.8	(2.1-11.5)
	75 and older	7.7	(5.4-10.1)	12.7	(5.3-20.1)
<b>Education</b>	Less than H.S.	15.2	(10.5-19.9)	NA <sup>1</sup>	
	H.S. Graduate	8.2	(6.0-10.4)	9.8	(4.7-14.9)
	Some College	9.8	(5.6-13.9)	9.2	(3.0-15.4)
	Voc./Assoc. Degree	6.4	(2.9-9.9)	2.0	(0.0-5.8)
	College Graduate	6.5	(3.9-9.0)	13.6	(3.1-24.1)
<b>Poverty Status</b>	200% or Less	10.3	(6.7-14.0)	7.7	(3.8-11.6)
	More than 200%	6.8	(5.3-8.2)	11.0	(5.8-16.3)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,480)		Aitkin County <sup>1</sup> (n=439)	
<b>Overall Results</b>		<b>25.4%</b>	<b>(23.0-27.7)</b>	<b>27.2%</b>	<b>(22.4-31.9)</b>
<b>Gender</b>	Male	20.4	(17.2-23.7)	21.4	(14.6-28.2)
	Female	30.1	(26.7-33.4)	32.2	(25.6-38.8)
<b>Age</b>	18 to 34	17.2	(11.7-22.7)	20.8	(7.2-34.4)
	35 to 44	26.9	(21.8-32.1)	28.7	(14.2-43.2)
	45 to 54	23.6	(19.9-27.2)	21.2	(11.2-31.3)
	55 to 64	27.4	(23.7-31.2)	19.5	(10.7-28.3)
	65 to 74	35.5	(30.9-40.1)	35.3	(25.2-45.4)
	75 and older	37.7	(32.8-42.6)	40.4	(29.6-51.3)
<b>Education</b>	Less than H.S.	32.6	(25.6-39.6)	NA <sup>1</sup>	
	H.S. Graduate	23.0	(18.5-27.4)	30.1	(22.4-37.9)
	Some College	26.4	(21.2-31.6)	28.8	(19.7-37.9)
	Voc./Assoc. Degree	23.4	(18.6-28.2)	17.6	(3.2-32.0)
	College Graduate	27.0	(23.1-31.0)	19.2	(9.7-28.7)
<b>Poverty Status</b>	200% or Less	21.8	(17.4-26.2)	30.3	(22.0-38.6)
	More than 200%	25.9	(23.1-28.8)	25.5	(19.0-32.0)

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



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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region (n=4,480)		Aitkin County <sup>1</sup> (n=439)	
<b>Overall Results</b>		<b>19.3%</b>	<b>(16.4-22.1)</b>	<b>10.6%</b>	<b>(7.4-13.8)</b>
<b>Gender</b>	Male	22.6	(17.5-27.7)	12.8	(7.3-18.3)
	Female	16.1	(13.5-18.6)	8.7	(5.1-12.2)
<b>Age</b>	18 to 34	23.7	(15.2-32.2)	5.5	(0.0-12.0)
	35 to 44	24.2	(18.7-29.7)	10.3	(1.3-19.3)
	45 to 54	14.9	(11.8-17.9)	11.9	(3.4-20.4)
	55 to 64	16.6	(13.4-19.9)	18.8	(10.0-27.6)
	65 to 74	16.5	(12.9-20.2)	7.7	(2.2-13.2)
	75 and older	12.8	(9.5-16.2)	8.5	(1.5-15.6)
<b>Education</b>	Less than H.S.	12.3	(7.8-16.9)	NA <sup>1</sup>	
	H.S. Graduate	20.2	(13.8-26.6)	12.5	(7.2-17.9)
	Some College	20.4	(15.4-25.5)	7.9	(2.8-13.0)
	Voc./Assoc. Degree	18.8	(12.8-24.8)	11.3	(0.0-24.6)
	College Graduate	18.9	(14.1-23.7)	13.0	(5.0-21.1)
<b>Poverty Status</b>	200% or Less	19.5	(11.8-27.3)	10.9	(5.2-16.6)
	More than 200%	20.6	(17.7-23.5)	10.1	(6.1-14.2)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region		Aitkin County <sup>1</sup>	
		(n=4,480)		(n=439)	
<b>Overall Results</b>		<b>16.7%</b>	<b>(14.4-19.0)</b>	<b>23.4%</b>	<b>(18.9-27.9)</b>
<b>Gender</b>	Male	14.7	(12.0-17.5)	22.2	(15.5-28.8)
	Female	18.6	(15.0-22.2)	24.5	(18.3-30.7)
<b>Age</b>	18 to 34	18.0	(11.5-24.6)	15.4	(2.6-28.2)
	35 to 44	19.4	(14.5-24.2)	20.6	(7.6-33.6)
	45 to 54	15.4	(12.1-18.7)	29.9	(19.0-40.7)
	55 to 64	15.9	(12.8-19.0)	24.9	(15.7-34.1)
	65 to 74	15.4	(12.1-18.8)	26.9	(17.1-36.7)
	75 and older	13.6	(10.1-17.0)	21.9	(12.1-31.7)
<b>Education</b>	Less than H.S.	14.1	(8.3-19.9)	NA <sup>1</sup>	
	H.S. Graduate	17.8	(12.7-22.9)	20.6	(14.3-27.0)
	Some College	14.9	(11.5-18.4)	20.8	(12.7-28.9)
	Voc./Assoc. Degree	20.0	(14.3-25.8)	39.2	(17.4-61.1)
	College Graduate	15.7	(11.8-19.6)	25.9	(15.5-36.3)
<b>Poverty Status</b>	200% or Less	16.7	(10.7-22.6)	19.6	(11.8-27.4)
	More than 200%	17.0	(14.7-19.4)	24.9	(18.8-31.1)

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

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

BRIDGE TO HEALTH SURVEY 2005

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

Demographic Characteristics		Region		Aitkin County <sup>1</sup>	
		(n=4,480)		(n=439)	
<b>Overall Results</b>		<b>20.0%</b>	<b>(16.4-23.5)</b>	<b>26.7%</b>	<b>(21.7-31.6)</b>
<b>Gender</b>	Male	20.6	(15.7-25.5)	28.4	(21.1-35.8)
	Female	19.4	(14.2-24.5)	25.1	(18.3-31.9)
<b>Age</b>	18 to 34	25.6	(15.0-36.2)	28.3	(10.7-46.0)
	35 to 44	14.9	(11.0-18.7)	29.8	(15.5-44.2)
	45 to 54	18.4	(14.7-22.0)	27.9	(17.2-38.6)
	55 to 64	14.7	(11.6-17.7)	24.4	(15.4-33.4)
	65 to 74	21.6	(17.1-26.1)	26.7	(17.1-36.2)
	75 and older	20.3	(16.0-24.6)	22.6	(13.5-31.6)
<b>Education</b>	Less than H.S.	31.7	(24.1-39.3)	NA <sup>1</sup>	
	H.S. Graduate	24.0	(15.3-32.7)	29.6	(22.5-36.7)
	Some College	18.7	(13.9-23.6)	23.6	(14.0-33.2)
	Voc./Assoc. Degree	15.9	(11.1-20.6)	25.5	(2.5-48.6)
	College Graduate	14.1	(10.5-17.7)	21.9	(10.4-33.4)
<b>Poverty Status</b>	200% or Less	25.6	(16.6-34.5)	29.5	(20.0-38.9)
	More than 200%	16.6	(12.9-20.3)	27.2	(20.7-33.7)

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



## **Chapter 10**

# **PHYSICAL AND MENTAL HEALTH COMPONENT SUMMARY MEASURES**

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

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

BRIDGE TO HEALTH SURVEY 2005

Demographic Characteristics		Region (n=4,437)		Aitkin County <sup>1</sup> (n=423)	
		Mean Score	95% CI	Mean Score	95% CI
<b>Overall Results</b>		<b>52.3</b>	<b>(51.9-52.7)</b>	<b>52.2</b>	<b>(51.4-53.0)</b>
<b>Gender</b>	Male	53.0	(52.5-53.5)	52.2	(51.0-53.3)
	Female	51.6	(51.0-52.2)	52.3	(51.2-53.4)
<b>Age</b>	18 to 34	55.5	(55.0-56.1)	54.5	(52.6-56.4)
	35 to 44	53.5	(52.6-54.4)	53.8	(51.8-55.9)
	45 to 54	52.1	(51.4-52.8)	51.0	(48.9-53.1)
	55 to 64	50.3	(49.5-51.2)	52.9	(51.5-54.2)
	65 to 74	49.1	(48.2-50.0)	51.3	(49.5-53.1)
	75 and older	46.5	(45.4-47.5)	49.3	(47.4-51.3)
<b>Education</b>	Less than H.S.	48.2	(46.7-49.7)	NA <sup>1</sup>	
	H.S. Graduate	51.1	(50.3-52.0)	51.6	(50.4-52.8)
	Some College	52.9	(52.1-53.7)	52.8	(51.0-54.6)
	Voc./Assoc. Degree	52.8	(52.0-53.7)	51.6	(49.1-54.1)
	College Graduate	54.2	(53.7-54.7)	54.1	(52.8-55.5)
<b>Poverty Status</b>	200% or Less	50.4	(49.4-51.4)	50.9	(49.6-52.3)
	More than 200%	53.4	(53.0-53.8)	53.0	(51.9-54.1)

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

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

BRIDGE TO HEALTH SURVEY 2005

Demographic Characteristics		Region (n=4,437)		Aitkin County <sup>1</sup> (n=423)	
		Mean Score	95% CI	Mean Score	95% CI
<b>Overall Results</b>		<b>55.4</b>	<b>(55.1-55.7)</b>	<b>54.5</b>	<b>(53.8-55.3)</b>
<b>Gender</b>	Male	56.2	(55.8-56.6)	55.4	(54.2-56.5)
	Female	54.6	(54.1-55.1)	53.8	(52.8-54.8)
<b>Age</b>	18 to 34	55.7	(54.9-56.6)	53.8	(51.2-56.3)
	35 to 44	55.6	(55.0-56.2)	54.9	(53.0-56.8)
	45 to 54	55.0	(54.5-55.6)	53.0	(50.8-55.3)
	55 to 64	54.9	(54.3-55.5)	55.3	(54.3-56.4)
	65 to 74	55.9	(55.3-56.4)	55.6	(54.2-56.9)
	75 and older	54.9	(54.2-55.7)	54.7	(53.6-55.8)
<b>Education</b>	Less than H.S.	53.2	(51.9-54.6)	NA <sup>1</sup>	
	H.S. Graduate	55.2	(54.6-55.9)	54.1	(52.9-55.3)
	Some College	55.0	(54.3-55.7)	54.4	(52.8-56.0)
	Voc./Assoc. Degree	55.0	(54.1-55.9)	54.2	(50.8-57.6)
	College Graduate	56.8	(56.4-57.1)	55.9	(54.9-56.9)
<b>Poverty Status</b>	200% or Less	53.9	(53.1-54.8)	53.2	(51.7-54.7)
	More than 200%	56.1	(55.8-56.4)	54.9	(53.9-55.9)

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





# APPENDIX

## Appendix A

# Bridge to Health Survey 2005 Supporting Sponsors

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

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

\* Indicates Financial Sponsor

## Appendix B

# Bridge to Health Survey 2005 Leadership Team

### **Project Co-Chairs:**

Julie Myhre  
Jenny Peterson

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

### **Steering Committee**

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

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

# Bridge to Health Survey 2005 Leadership Team

## **Data Team**

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

## **Communications Team**

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



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

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

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

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

9. In the past 6 months which statement best describes medications prescribed for you? **[READ]**  
1 I had no prescriptions written for me (**Skip to Q 11**)  
2 I had prescriptions written for me and filled them all (**Skip to Q 11**)  
3 I had prescriptions written for me and did not fill at least one of them  
7 (Don't know) 9 (Refused)

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

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

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

11. In the past year, have you postponed dental work?  
1 Yes 2 No (**Skip to Q13**)  
7 Don't know (**Skip to Q13**) 9 Refused (**Skip to Q 13**)

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

**(SKIP TO Q 21 IF INSURED)**

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

\$ \_\_\_\_\_. Per month 7777 (Don't know) 9999 (Refused)

B. How much could you afford for the same insurance for family coverage?

\$ \_\_\_\_\_. Per month 7777 (Don't know) 9999 (Refused)

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

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

22. Compared to others your age, would you say that your health is: **[READ]**

1 Excellent                      2 Very good  
3 Good                              4 Fair                              5 Poor  
7 (Don't know)                  9 (Refused)

23. Overall, how would you rate your health during the past 4 weeks? **[READ]**

1 Excellent                      2 Very Good                      3 Good  
4 Fair                              5 Poor                              6 Very Poor  
7 (Don't know)                  9 (Refused)

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

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

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

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

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

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

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

**(MEN SKIP TO Q 31)**

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

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

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

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

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

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

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

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

**(WOMEN SKIP TO Q32)**

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

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

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

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

33. Do you consider yourself:

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

50. Are you currently a smoker?

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Last two questions:

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

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

WRITE NUMBER IN BOX

