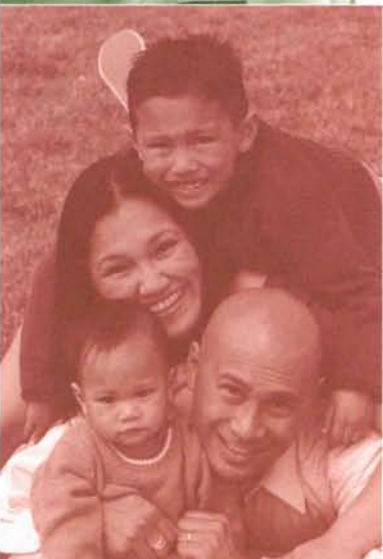# Pipestone County Data Book

2010 Southwest/South Central Adult Health Survey

DECEMBER 2010

Pipestone County Data Book

2010 Southwest/South Central Adult Health Survey

December 2010

Contents

Acknowledgments

We would like to thank the residents of Southwest and South Central Minnesota who completed the survey upon which this data book is based.

In addition, we would like to thank the public health staff who contributed to the completion of this study, including: BobbiJo Berg, Carol Biren, Michelle Breidenbach, Roxanne Erickson, Bonnie Frisk, Bonnie Frederickson, Craig Miller, Karen Moritz, Cindy Skulstad, and Becky Weber. We would also like to thank Ann Kinney, from the Minnesota Department of Health, for the technical assistance she provided.

The following Wilder Research staff worked on this study:

Natalie Alizaga
Mark Anton
Rena Cleveland
Marilyn Conrad
Phil Cooper
Diane Elwood
Janell Felker
Louann Graham
Nancy Hartzler

Muneer Karcher-Ramos
Margaree Levy
Bryan Lloyd
Dolores Martin
Nicole MartinRogers
Alicia Matos
Miguel Salazar
Dan Swanson
Lue Thao
Mary Ann Thoma

Introduction

In April through July 2010, nearly 9,000 adults who live in Southwest and South Central Minnesota were surveyed about their general health status, chronic health conditions, nutrition, physical activity, tobacco use, and related topics. This survey was initiated by eight public health agencies in the region that represent 19 counties: Blue Earth County; Brown-Nicollet Community Health Board; Cottonwood-Jackson Community Health Service; Countryside Public Health (Big Stone, Chippewa, Lac qui Parle, Swift, and Yellow Medicine Counties); Kandiyohi County Public Health; Le Sueur-Waseca Community Health Board; Lincoln, Lyon, Murray, Pipestone Public Health Services; and Redwood-Renville Community Health Services.

This study was funded by the Minnesota Department of Health's Statewide Health Improvement program (SHIP). Wilder Research was contracted to conduct the survey. Staff from the Minnesota Department of Health (MDH) provided technical assistance in design, administration, and analysis.

Methods

A total of 1,600 people in Pipestone County were invited to participate and 470 completed a survey, for a response rate of 29.4 percent, which results in a sampling error of less than +/-4.4 percent. The survey was conducted by mail; each potential respondent received up to two reminders following the initial mailing.

Survey respondents are representative of the adult population of Pipestone County. Post-stratification weighting was used, based on gender and age, to ensure representativeness. More detailed information about the study methods and the survey instrument are included in the Appendix.

How to use this data book

This data book provides the detailed survey results for the residents of Pipestone County. Each table includes the results for one survey question. In each table, the overall results for Pipestone County are reported, along with results for sub-groups in the population. The results are reported by gender, age, location, education, and income. For comparison purposes, the results for the Community Health Board (CHB) service area (Pipestone County is served by LLMP Public Health Services, along with Lincoln, Lyon, and Murray Counties) and the 19-county region are also reported. Cells that have fewer than 30 cases are suppressed and denoted with a "*."

Demographic characteristics of respondents

	Weighted Sample		Unweighted Sample	
	N	Percent	N	Percent
Total	470	100.0%	470	100.0%
Gender				
Females	248	52.9%	304	64.8%
Males	221	47.1%	165	35.2%
Age				
18-34	103	22.2%	50	10.8%
35-44	69	14.9%	51	11.1%
45-54	94	20.3%	93	20.2%
55-64	71	15.3%	98	21.3%
65-74	52	11.3%	80	17.4%
75+	74	16.0%	89	19.3%
Location				
A city (pop. 10,000+)	15	3.3%	18	3.9%
A town (pop. under 10,000)	309	66.9%	316	68.5%
A rural area	138	29.8%	127	27.5%
Education level				
Less than high school	56	12.1%	60	13.0%
High school diploma or GED	139	29.9%	142	30.7%
Some college, trade school, or associate's degree	168	36.2%	171	36.9%
Bachelor's degree or higher	101	21.8%	90	19.4%
Household income				
Less than $15,000	65	15.1%	77	17.9%
$15,000 to $35,000	132	30.8%	134	31.2%
$35,001 to $65,000	139	32.3%	136	31.6%
More than $65,000	94	21.8%	83	19.3%

Section A. General health

A1.   In general, would you say that your health is…

	Excellent	Very good	Good	Fair	Poor
Overall results	11.6%	33.1%	41.9%	11.8%	1.4%
Results by gender:					
Females	9.2%	31.8%	43.2%	15.4%	.4%
Males	14.3%	34.8%	40.4%	8.0%	2.5%
Results by age:					
18-34	21.9%	40.6%	28.9%	8.5%	.0%
35-44	18.8%	43.0%	32.5%	5.7%	.0%
45-54	7.5%	37.9%	47.3%	5.3%	2.0%
55-64	4.1%	33.8%	50.2%	10.4%	1.5%
65-74	13.9%	21.3%	45.5%	19.4%	.0%
75+	.0%	16.3%	50.9%	29.0%	3.9%
Results by location:					
A city (pop. 10,000+)	*	*	*	*	*
A town (pop. under 10,000)	10.4%	31.8%	44.0%	12.4%	1.4%
A rural area	16.4%	37.3%	36.6%	8.7%	1.0%
Results by respondent's education level:					
Less than high school	.0%	10.3%	70.6%	19.1%	.0%
High school diploma or GED	6.1%	26.2%	44.5%	21.3%	1.9%
Some college, trade school, or associate's degree	10.5%	43.3%	36.6%	8.2%	1.4%
Bachelor's degree or higher	28.0%	39.6%	31.2%	.6%	.6%
Results by household income:					
Less than $15,000	3.8%	31.2%	40.1%	24.4%	.5%
$15,000 to $35,000	11.8%	16.1%	54.4%	14.7%	3.0%
$35,001 to $65,000	14.4%	44.5%	32.8%	8.1%	.2%
More than $65,000	13.9%	43.7%	39.1%	2.2%	1.1%
Results for CHB service area	9.0%	39.4%	39.2%	10.8%	1.6%
Results for 19-county region	13.0%	38.3%	37.2%	9.7%	1.8%

A2a. Have you ever been told by a doctor, nurse, or other health professional that you have had any of the following? Hypertension, also called high blood pressure

	Yes	No	Yes, but only during pregnancy
Overall results	30.4%	69.2%	.4%
Results by gender:			
Females	33.4%	65.8%	.8%
Males	26.9%	73.1%	.0%
Results by age:			
18-34	2.4%	95.7%	1.9%
35-44	4.9%	95.1%	.0%
45-54	33.3%	66.7%	.0%
55-64	47.8%	52.2%	.0%
65-74	56.7%	43.3%	.0%
75+	58.7%	41.3%	.0%
Results by location:			
A city (pop. 10,000+)	*	*	*
A town (pop. under 10,000)	33.4%	66.3%	.3%
A rural area	24.1%	75.2%	.8%
Results by respondent's education level:			
Less than high school	38.9%	61.1%	.0%
High school diploma or GED	33.4%	66.6%	.0%
Some college, trade school, or associate's degree	30.8%	68.7%	.5%
Bachelor's degree or higher	22.0%	77.0%	1.1%
Results by household income:			
Less than $15,000	40.2%	59.8%	.0%
$15,000 to $35,000	25.3%	74.7%	.0%
$35,001 to $65,000	28.7%	70.5%	.8%
More than $65,000	26.5%	72.6%	1.0%
Results for CHB service area	31.2%	67.1%	1.7%
Results for 19-county region	30.4%	68.4%	1.2%

A2b. Have you ever been told by a doctor, nurse, or other health professional that you have had any of the following? Diabetes

	Yes	No	Yes, but only during pregnancy
Overall results	8.4%	90.2%	1.4%
Results by gender:			
Females	8.1%	89.3%	2.6%
Males	8.8%	91.2%	.0%
Results by age:			
18-34	.0%	98.1%	1.9%
35-44	1.5%	95.2%	3.3%
45-54	8.3%	89.7%	2.0%
55-64	12.5%	87.5%	.0%
65-74	19.6%	80.4%	.0%
75+	17.5%	82.5%	.0%
Results by location:			
A city (pop. 10,000+)	*	*	*
A town (pop. under 10,000)	10.2%	88.5%	1.3%
A rural area	4.6%	93.8%	1.7%
Results by respondent's education level:			
Less than high school	6.2%	93.8%	.0%
High school diploma or GED	11.3%	87.8%	.9%
Some college, trade school, or associate's degree	8.5%	89.9%	1.6%
Bachelor's degree or higher	5.4%	92.3%	2.3%
Results by household income:			
Less than $15,000	16.1%	83.9%	.0%
$15,000 to $35,000	10.5%	85.9%	3.5%
$35,001 to $65,000	7.3%	92.2%	.5%
More than $65,000	2.3%	97.7%	.0%
Results for CHB service area	8.2%	90.7%	1.1%
Results for 19-county region	8.1%	90.8%	1.0%

A2c. Have you <u>ever</u> been told by a doctor, nurse, or other health professional that you have had any of the following? Pre-diabetes or borderline diabetes

	Yes	No	Yes, but only during pregnancy
Overall results	8.1%	91.5%	.4%
Results by gender:			
Females	7.9%	91.4%	.7%
Males	8.3%	91.7%	.0%
Results by age:			
18-34	.0%	100.0%	.0%
35-44	3.4%	94.3%	2.3%
45-54	1.9%	98.1%	.0%
55-64	14.3%	85.7%	.0%
65-74	20.7%	79.3%	.0%
75+	20.7%	79.3%	.0%
Results by location:			
A city (pop. 10,000+)	*	*	*
A town (pop. under 10,000)	9.1%	90.4%	.5%
A rural area	5.8%	94.2%	.0%
Results by respondent's education level:			
Less than high school	10.0%	90.0%	.0%
High school diploma or GED	12.3%	87.7%	.0%
Some college, trade school, or associate's degree	5.2%	93.8%	1.0%
Bachelor's degree or higher	5.9%	94.1%	.0%
Results by household income:			
Less than $15,000	7.5%	92.5%	.0%
$15,000 to $35,000	6.7%	93.3%	.0%
$35,001 to $65,000	9.6%	90.4%	.0%
More than $65,000	3.9%	94.4%	1.7%
Results for CHB service area	6.4%	92.7%	.9%
Results for 19-county region	8.6%	90.3%	1.0%

A2d. Have you ever been told by a doctor, nurse, or other health professional that you have had any of the following? High blood cholesterol

	Yes	No	Yes, but only during pregnancy
Overall results	34.0%	65.5%	.5%
Results by gender:			
Females	30.7%	69.3%	.0%
Males	37.3%	61.7%	1.0%
Results by age:			
18-34	1.8%	98.2%	.0%
35-44	15.0%	85.0%	.0%
45-54	43.5%	54.1%	2.4%
55-64	51.5%	48.5%	.0%
65-74	56.9%	43.1%	.0%
75+	57.9%	42.1%	.0%
Results by location:			
A city (pop. 10,000+)	*	*	*
A town (pop. under 10,000)	35.9%	63.4%	.7%
A rural area	30.8%	69.2%	.0%
Results by respondent's education level:			
Less than high school	36.8%	63.2%	.0%
High school diploma or GED	33.5%	66.5%	.0%
Some college, trade school, or associate's degree	37.7%	60.9%	1.4%
Bachelor's degree or higher	27.6%	72.4%	.0%
Results by household income:			
Less than $15,000	28.3%	71.7%	.0%
$15,000 to $35,000	31.2%	67.1%	1.7%
$35,001 to $65,000	30.4%	69.6%	.0%
More than $65,000	33.0%	67.0%	.0%
Results for CHB service area	30.6%	69.2%	.1%
Results for 19-county region	30.0%	69.9%	.1%

A2e. Have you <u>ever</u> been told by a doctor, nurse, or other health professional that you have had any of the following? A heart attack, also called a myocardial infarction

	Yes	No
Overall results	6.2%	93.8%
Results by gender:		
Females	5.3%	94.7%
Males	7.3%	92.7%
Results by age:		
18-34	.0%	100.0%
35-44	.0%	100.0%
45-54	.7%	99.3%
55-64	3.8%	96.2%
65-74	12.8%	87.2%
75+	30.6%	69.4%
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	7.2%	92.8%
A rural area	2.6%	97.4%
Results by respondent's education level:		
Less than high school	21.0%	79.0%
High school diploma or GED	5.2%	94.8%
Some college, trade school, or associate's degree	4.8%	95.2%
Bachelor's degree or higher	2.7%	97.3%
Results by household income:		
Less than $15,000	14.6%	85.4%
$15,000 to $35,000	8.6%	91.4%
$35,001 to $65,000	3.3%	96.7%
More than $65,000	.9%	99.1%
Results for CHB service area	4.3%	95.7%
Results for 19-county region	4.3%	95.7%

A2f. Have you <u>ever</u> been told by a doctor, nurse, or other health professional that you have had any of the following? Angina, or coronary heart disease

	Yes	No
Overall results	5.5%	94.5%
Results by gender:		
Females	5.1%	94.9%
Males	5.8%	94.2%
Results by age:		
18-34	.0%	100.0%
35-44	1.8%	98.2%
45-54	1.7%	98.3%
55-64	6.0%	94.0%
65-74	7.4%	92.6%
75+	23.8%	76.2%
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	6.4%	93.6%
A rural area	3.7%	96.3%
Results by respondent's education level:		
Less than high school	13.5%	86.5%
High school diploma or GED	6.2%	93.8%
Some college, trade school, or associate's degree	5.8%	94.2%
Bachelor's degree or higher	.3%	99.7%
Results by household income:		
Less than $15,000	7.0%	93.0%
$15,000 to $35,000	8.1%	91.9%
$35,001 to $65,000	4.1%	95.9%
More than $65,000	2.3%	97.7%
Results for CHB service area	5.7%	94.3%
Results for 19-county region	5.2%	94.8%

A2g. Have you <u>ever</u> been told by a doctor, nurse, or other health professional that you have had any of the following? A stroke

	Yes	No
Overall results	3.0%	97.0%
Results by gender:		
Females	3.3%	96.7%
Males	2.7%	97.3%
Results by age:		
18-34	.0%	100.0%
35-44	.0%	100.0%
45-54	1.6%	98.4%
55-64	.0%	100.0%
65-74	2.7%	97.3%
75+	17.0%	83.0%
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	3.9%	96.1%
A rural area	.6%	99.4%
Results by respondent's education level:		
Less than high school	6.7%	93.3%
High school diploma or GED	3.9%	96.1%
Some college, trade school, or associate's degree	2.7%	97.3%
Bachelor's degree or higher	.6%	99.4%
Results by household income:		
Less than $15,000	10.4%	89.6%
$15,000 to $35,000	3.6%	96.4%
$35,001 to $65,000	1.6%	98.4%
More than $65,000	.0%	100.0%
Results for CHB service area	3.1%	96.9%
Results for 19-county region	2.8%	97.2%

A2h. Have you <u>ever</u> been told by a doctor, nurse, or other health professional that you have had any of the following? Asthma

	Yes	No
Overall results	9.5%	90.5%
Results by gender:		
Females	11.8%	88.2%
Males	7.1%	92.9%
Results by age:		
18-34	9.9%	90.1%
35-44	7.9%	92.1%
45-54	5.0%	95.0%
55-64	9.3%	90.7%
65-74	8.3%	91.7%
75+	18.3%	81.7%
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	9.4%	90.6%
A rural area	8.9%	91.1%
Results by respondent's education level:		
Less than high school	11.9%	88.1%
High school diploma or GED	11.2%	88.8%
Some college, trade school, or associate's degree	8.3%	91.7%
Bachelor's degree or higher	7.8%	92.2%
Results by household income:		
Less than $15,000	7.3%	92.7%
$15,000 to $35,000	8.7%	91.3%
$35,001 to $65,000	12.1%	87.9%
More than $65,000	6.2%	93.8%
Results for CHB service area	11.9%	88.1%
Results for 19-county region	11.3%	88.7%

A3. **(Of those who answered "yes" to question A2h) Do you still have asthma?**

	Yes	No
Overall results	59.2%	40.8%
Results by gender:		
Females	*	*
Males	*	*
Results by age:		
18-34	*	*
35-44	*	*
45-54	*	*
55-64	*	*
65-74	*	*
75+	*	*
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	*	*
A rural area	*	*
Results by respondent's education level:		
Less than high school	*	*
High school diploma or GED	*	*
Some college, trade school, or associate's degree	*	*
Bachelor's degree or higher	*	*
Results by household income:		
Less than $15,000	*	*
$15,000 to $35,000	*	*
$35,001 to $65,000	*	*
More than $65,000	*	*
Results for CHB service area	60.8%	39.2%
Results for 19-county region	64.9%	35.1%

A4.   Do you consider yourself…

	Overweight	About the right weight	Underweight
Overall results	42.8%	54.7%	2.5%
Results by gender:			
Females	45.0%	52.4%	2.5%
Males	40.4%	57.2%	2.4%
Results by age:			
18-34	32.5%	66.6%	.9%
35-44	38.6%	61.4%	.0%
45-54	46.6%	50.9%	2.5%
55-64	59.8%	39.4%	.8%
65-74	63.0%	36.0%	1.0%
75+	29.2%	61.0%	9.8%
Results by location:			
A city (pop. 10,000+)	*	*	*
A town (pop. under 10,000)	42.7%	54.7%	2.5%
A rural area	42.9%	54.3%	2.7%
Results by respondent's education level:			
Less than high school	43.6%	54.2%	2.1%
High school diploma or GED	41.7%	55.7%	2.5%
Some college, trade school, or associate's degree	44.1%	52.1%	3.7%
Bachelor's degree or higher	42.7%	56.6%	.7%
Results by household income:			
Less than $15,000	39.6%	56.4%	4.0%
$15,000 to $35,000	40.3%	55.3%	4.4%
$35,001 to $65,000	42.3%	55.4%	2.3%
More than $65,000	54.1%	45.9%	.0%
Results for CHB service area	42.5%	55.5%	2.1%
Results for 19-county region	44.1%	54.0%	1.9%

Section B. Eating habits

B1.   In a typical week, on how many days do you eat breakfast?

	0 days	1-2 days	3-4 days	5-6 days	7 days
Overall results	4.2%	11.3%	10.7%	16.2%	57.6%
Results by gender:					
Females	4.1%	8.5%	12.0%	15.9%	59.5%
Males	4.3%	14.4%	9.4%	16.5%	55.3%
Results by age:					
18-34	7.0%	17.1%	23.6%	13.4%	38.8%
35-44	5.7%	15.9%	5.9%	24.6%	47.9%
45-54	4.2%	14.3%	12.7%	27.7%	41.2%
55-64	5.5%	11.9%	7.6%	8.5%	66.6%
65-74	.0%	2.2%	5.2%	15.4%	77.2%
75+	.9%	1.9%	2.8%	5.7%	88.7%
Results by location:					
A city (pop. 10,000+)	*	*	*	*	*
A town (pop. under 10,000)	5.0%	10.8%	13.0%	14.3%	56.8%
A rural area	2.6%	11.0%	6.5%	20.7%	59.2%
Results by respondent's education level:					
Less than high school	2.8%	9.7%	20.2%	3.7%	63.5%
High school diploma or GED	3.8%	12.8%	7.0%	13.9%	62.6%
Some college, trade school, or associate's degree	5.5%	14.0%	11.4%	20.7%	48.5%
Bachelor's degree or higher	3.7%	5.1%	10.3%	19.7%	61.2%
Results by household income:					
Less than $15,000	9.9%	13.6%	4.7%	4.8%	66.9%
$15,000 to $35,000	3.1%	11.8%	14.5%	11.0%	59.6%
$35,001 to $65,000	2.8%	8.8%	13.1%	22.6%	52.6%
More than $65,000	4.9%	12.1%	8.1%	25.1%	49.9%
Results for CHB service area	5.6%	13.9%	12.0%	16.3%	52.3%
Results for 19-county region	5.7%	12.7%	13.6%	16.5%	51.5%

B2. **A serving of vegetables is a cup of salad greens, or a half cup of any other vegetables, not including french fries. <u>Yesterday</u>, how many servings of vegetables did you eat?**

	0 servings	1 serving	2 servings	3 or more servings
Overall results	10.8%	32.8%	38.7%	17.6%
Results by gender:				
Females	11.6%	23.6%	41.0%	23.8%
Males	10.0%	43.0%	36.3%	10.7%
Results by age:				
18-34	12.6%	26.1%	47.3%	14.0%
35-44	14.0%	36.7%	37.3%	12.1%
45-54	13.0%	39.4%	33.1%	14.5%
55-64	12.2%	29.2%	40.4%	18.2%
65-74	5.9%	35.6%	40.5%	17.9%
75+	4.5%	32.3%	33.7%	29.4%
Results by location:				
A city (pop. 10,000+)	*	*	*	*
A town (pop. under 10,000)	11.7%	34.1%	38.2%	16.1%
A rural area	7.3%	30.8%	42.5%	19.5%
Results by respondent's education level:				
Less than high school	9.7%	31.3%	40.2%	18.8%
High school diploma or GED	16.3%	32.7%	31.6%	19.4%
Some college, trade school, or associate's degree	9.2%	37.7%	34.9%	18.2%
Bachelor's degree or higher	5.4%	26.1%	55.3%	13.2%
Results by household income:				
Less than $15,000	22.4%	23.3%	27.6%	26.7%
$15,000 to $35,000	8.5%	31.0%	42.6%	17.9%
$35,001 to $65,000	10.9%	30.8%	43.6%	14.7%
More than $65,000	6.7%	43.6%	36.3%	13.4%
Results for CHB service area	12.5%	31.8%	33.4%	22.2%
Results for 19-county region	13.7%	28.6%	33.0%	24.8%

B3. A serving of fruit is one medium sized fruit, a half cup of chopped, cut, or canned fruit, or 6 ounces of 100% fruit juice. <u>Yesterday</u>, how many servings of fruit did you eat?

	0 servings	1 serving	2 servings	3 or more servings
Overall results	14.0%	33.6%	28.8%	23.6%
Results by gender:				
Females	11.5%	31.5%	29.7%	27.3%
Males	16.9%	35.8%	27.8%	19.5%
Results by age:				
18-34	14.7%	29.5%	31.1%	24.8%
35-44	23.4%	41.1%	13.5%	22.1%
45-54	17.9%	40.3%	24.7%	17.1%
55-64	12.3%	35.9%	29.1%	22.7%
65-74	12.3%	19.9%	41.6%	26.1%
75+	2.1%	31.7%	37.5%	28.8%
Results by location:				
A city (pop. 10,000+)	*	*	*	*
A town (pop. under 10,000)	13.5%	36.5%	29.8%	20.2%
A rural area	13.8%	29.2%	28.0%	29.0%
Results by respondent's education level:				
Less than high school	16.3%	36.4%	29.6%	17.7%
High school diploma or GED	18.1%	35.8%	27.5%	18.7%
Some college, trade school, or associate's degree	13.9%	32.4%	27.7%	26.1%
Bachelor's degree or higher	6.3%	32.5%	33.2%	28.0%
Results by household income:				
Less than $15,000	12.6%	37.4%	28.2%	21.7%
$15,000 to $35,000	17.7%	26.8%	27.6%	27.8%
$35,001 to $65,000	13.0%	37.3%	30.3%	19.5%
More than $65,000	11.1%	32.4%	30.4%	26.1%
Results for CHB service area	18.2%	29.5%	28.8%	23.5%
Results for 19-county region	17.6%	28.4%	28.7%	25.3%

Calc1. Total servings of fruit and vegetables yesterday (calculated variable based on responses to questions B2 and B3)

	0 servings	1-2 servings	3-4 servings	5 or more servings
Overall results	5.4%	27.8%	41.0%	25.8%
Results by gender:				
Females	3.8%	24.0%	40.2%	32.0%
Males	7.3%	31.8%	42.1%	18.8%
Results by age:				
18-34	7.8%	16.4%	51.3%	24.5%
35-44	8.7%	36.1%	32.0%	23.2%
45-54	4.2%	43.4%	32.5%	19.9%
55-64	5.5%	26.8%	42.8%	24.9%
65-74	5.3%	18.1%	46.8%	29.7%
75+	.0%	25.1%	40.3%	34.6%
Results by location:				
A city (pop. 10,000+)	*	*	*	*
A town (pop. under 10,000)	5.9%	29.3%	40.1%	24.7%
A rural area	2.9%	24.7%	47.0%	25.5%
Results by respondent's education level:				
Less than high school	7.2%	25.5%	43.9%	23.4%
High school diploma or GED	6.2%	37.7%	30.3%	25.8%
Some college, trade school, or associate's degree	4.2%	27.6%	43.1%	25.2%
Bachelor's degree or higher	3.7%	16.7%	52.2%	27.4%
Results by household income:				
Less than $15,000	9.6%	29.7%	31.3%	29.4%
$15,000 to $35,000	6.0%	24.3%	40.9%	28.8%
$35,001 to $65,000	4.5%	26.8%	46.5%	22.1%
More than $65,000	4.7%	25.9%	45.6%	23.8%
Results for CHB service area	6.7%	28.8%	36.5%	28.0%
Results for 19-county region	6.4%	28.4%	34.4%	30.8%

B4a. How many glasses of each of the following did you drink yesterday? Milk

	0	1-2	3-4	5-6	7 or more
Overall results	25.1%	58.8%	14.8%	1.1%	.1%
Results by gender:					
Females	31.9%	55.0%	12.3%	.5%	.3%
Males	17.5%	63.1%	17.5%	1.8%	.0%
Results by age:					
18-34	11.6%	65.6%	22.8%	.0%	.0%
35-44	16.9%	54.0%	29.1%	.0%	.0%
45-54	32.3%	60.2%	2.8%	4.7%	.0%
55-64	29.3%	59.5%	11.2%	.0%	.0%
65-74	37.6%	50.4%	10.0%	.7%	1.3%
75+	30.3%	56.1%	13.0%	.6%	.0%
Results by location:					
A city (pop. 10,000+)	*	*	*	*	*
A town (pop. under 10,000)	25.6%	60.8%	12.0%	1.3%	.2%
A rural area	22.9%	55.7%	20.5%	.8%	.0%
Results by respondent's education level:					
Less than high school	18.6%	70.9%	7.7%	1.5%	1.3%
High school diploma or GED	28.6%	57.0%	14.4%	.0%	.0%
Some college, trade school, or associate's degree	27.1%	62.3%	9.9%	.7%	.0%
Bachelor's degree or higher	18.7%	50.5%	27.5%	3.2%	.0%
Results by household income:					
Less than $15,000	24.7%	60.9%	13.8%	.6%	.0%
$15,000 to $35,000	27.5%	59.6%	11.2%	1.2%	.5%
$35,001 to $65,000	26.2%	55.0%	18.8%	.0%	.0%
More than $65,000	23.4%	57.7%	15.4%	3.5%	.0%
Results for CHB service area	31.8%	54.6%	11.5%	1.5%	.6%
Results for 19-county region	31.7%	54.9%	11.6%	1.3%	.5%

B4b. How many glasses of each of the following did you drink yesterday? Pop or soda (regular)

	0	1-2	3-4	5-6	7 or more
Overall results	62.7%	29.6%	6.7%	.9%	.1%
Results by gender:					
Females	71.3%	22.4%	6.0%	.3%	.1%
Males	53.8%	37.1%	7.6%	1.5%	.0%
Results by age:					
18-34	28.2%	63.4%	6.6%	1.8%	.0%
35-44	48.0%	34.5%	14.8%	2.7%	.0%
45-54	71.1%	18.2%	10.4%	.0%	.3%
55-64	82.2%	15.3%	2.6%	.0%	.0%
65-74	84.6%	13.9%	1.5%	.0%	.0%
75+	86.5%	12.1%	1.4%	.0%	.0%
Results by location:					
A city (pop. 10,000+)	*	*	*	*	*
A town (pop. under 10,000)	66.5%	26.4%	5.7%	1.3%	.1%
A rural area	54.1%	39.1%	6.8%	.0%	.0%
Results by respondent's education level:					
Less than high school	66.5%	32.8%	.7%	.0%	.0%
High school diploma or GED	64.5%	25.1%	9.4%	1.0%	.0%
Some college, trade school, or associate's degree	60.0%	29.9%	8.5%	1.6%	.0%
Bachelor's degree or higher	62.6%	34.6%	2.4%	.0%	.3%
Results by household income:					
Less than $15,000	76.3%	13.7%	9.5%	.0%	.5%
$15,000 to $35,000	54.2%	39.4%	3.4%	3.0%	.0%
$35,001 to $65,000	59.5%	34.1%	6.4%	.0%	.0%
More than $65,000	66.3%	27.7%	6.0%	.0%	.0%
Results for CHB service area	64.1%	26.7%	7.1%	1.1%	.9%
Results for 19-county region	66.2%	26.0%	5.9%	1.5%	.5%

B4c. How many glasses of each of the following did you drink yesterday? Pop or soda (diet)

	0	1-2	3-4	5-6	7 or more
Overall results	75.0%	20.2%	3.6%	1.2%	.0%
Results by gender:					
Females	72.2%	23.2%	2.5%	2.1%	.0%
Males	78.0%	16.8%	4.8%	.3%	.0%
Results by age:					
18-34	89.2%	10.8%	.0%	.0%	.0%
35-44	69.0%	25.4%	3.6%	2.0%	.0%
45-54	65.5%	25.0%	8.8%	.7%	.0%
55-64	62.6%	30.9%	4.9%	1.7%	.0%
65-74	72.4%	22.5%	3.7%	1.4%	.0%
75+	89.2%	8.5%	.0%	2.4%	.0%
Results by location:					
A city (pop. 10,000+)	*	*	*	*	*
A town (pop. under 10,000)	72.8%	22.0%	4.2%	1.1%	.0%
A rural area	77.6%	17.7%	2.9%	1.9%	.0%
Results by respondent's education level:					
Less than high school	89.0%	10.4%	.7%	.0%	.0%
High school diploma or GED	77.3%	19.1%	2.0%	1.6%	.0%
Some college, trade school, or associate's degree	67.8%	25.2%	4.7%	2.2%	.0%
Bachelor's degree or higher	75.3%	19.0%	5.7%	.0%	.0%
Results by household income:					
Less than $15,000	85.1%	8.8%	2.6%	3.5%	.0%
$15,000 to $35,000	78.7%	20.2%	.5%	.6%	.0%
$35,001 to $65,000	73.2%	23.2%	2.4%	1.2%	.0%
More than $65,000	66.9%	24.7%	8.4%	.0%	.0%
Results for CHB service area	69.4%	24.4%	4.3%	1.2%	.7%
Results for 19-county region	68.5%	24.5%	5.5%	1.2%	.4%

B4d. How many glasses of each of the following did you drink yesterday? Sports or energy drinks (Gatorade, Red Bull, Monster, etc.)

	0	1-2	3-4	5-6	7 or more
Overall results	92.0%	7.1%	.9%	.0%	.0%
Results by gender:					
Females	94.0%	6.0%	.0%	.0%	.0%
Males	90.0%	8.3%	1.8%	.0%	.0%
Results by age:					
18-34	82.5%	13.8%	3.7%	.0%	.0%
35-44	94.1%	5.9%	.0%	.0%	.0%
45-54	93.4%	6.6%	.0%	.0%	.0%
55-64	97.1%	2.9%	.0%	.0%	.0%
65-74	95.8%	4.2%	.0%	.0%	.0%
75+	95.1%	4.9%	.0%	.0%	.0%
Results by location:					
A city (pop. 10,000+)	*	*	*	*	*
A town (pop. under 10,000)	93.8%	6.2%	.0%	.0%	.0%
A rural area	89.5%	7.7%	2.9%	.0%	.0%
Results by respondent's education level:					
Less than high school	95.9%	4.1%	.0%	.0%	.0%
High school diploma or GED	91.9%	5.2%	2.8%	.0%	.0%
Some college, trade school, or associate's degree	88.4%	11.6%	.0%	.0%	.0%
Bachelor's degree or higher	95.9%	4.1%	.0%	.0%	.0%
Results by household income:					
Less than $15,000	96.0%	4.0%	.0%	.0%	.0%
$15,000 to $35,000	92.2%	4.8%	3.0%	.0%	.0%
$35,001 to $65,000	92.1%	7.9%	.0%	.0%	.0%
More than $65,000	86.3%	13.7%	.0%	.0%	.0%
Results for CHB service area	90.3%	8.7%	.9%	.1%	.1%
Results for 19-county region	89.8%	8.9%	1.2%	.1%	.0%

B5a. In an average week, how many times do you do the following? Eat out or order out a meal from a fast food place (McDonald's, KFC, Taco Bell, pizza places, etc.)

	0	1-2	3-4	5-6	7 or more
Overall results	40.5%	53.3%	5.5%	.5%	.1%
Results by gender:					
Females	42.2%	53.4%	3.7%	.7%	.0%
Males	38.7%	53.2%	7.6%	.2%	.3%
Results by age:					
18-34	32.5%	58.6%	8.9%	.0%	.0%
35-44	41.1%	52.0%	4.3%	2.6%	.0%
45-54	26.4%	64.9%	8.8%	.0%	.0%
55-64	46.4%	50.3%	2.5%	.0%	.8%
65-74	47.5%	49.4%	2.0%	1.1%	.0%
75+	59.9%	36.9%	3.2%	.0%	.0%
Results by location:					
A city (pop. 10,000+)	*	*	*	*	*
A town (pop. under 10,000)	40.3%	54.9%	4.8%	.0%	.0%
A rural area	43.2%	49.3%	7.1%	.4%	.0%
Results by respondent's education level:					
Less than high school	47.0%	48.7%	4.3%	.0%	.0%
High school diploma or GED	35.7%	56.5%	6.5%	1.3%	.0%
Some college, trade school, or associate's degree	37.0%	56.9%	5.8%	.0%	.4%
Bachelor's degree or higher	49.4%	45.4%	4.7%	.5%	.0%
Results by household income:					
Less than $15,000	42.5%	50.6%	6.1%	.9%	.0%
$15,000 to $35,000	37.3%	60.2%	2.5%	.0%	.0%
$35,001 to $65,000	42.5%	54.1%	2.0%	1.3%	.0%
More than $65,000	33.9%	50.9%	14.5%	.0%	.6%
Results for CHB service area	39.4%	48.7%	8.5%	1.9%	1.6%
Results for 19-county region	39.3%	51.4%	7.1%	1.8%	.4%

B5b. In an average week, how many times do you do the following? Eat a meal out at a restaurant that is not a fast food place

	0	1-2	3-4	5-6	7 or more
Overall results	45.2%	51.5%	3.0%	.2%	.0%
Results by gender:					
Females	47.3%	51.0%	1.7%	.0%	.0%
Males	43.0%	52.0%	4.4%	.5%	.0%
Results by age:					
18-34	50.6%	45.9%	3.4%	.0%	.0%
35-44	63.5%	34.7%	1.7%	.0%	.0%
45-54	41.7%	55.4%	1.7%	1.2%	.0%
55-64	39.3%	56.7%	4.0%	.0%	.0%
65-74	30.9%	62.9%	6.2%	.0%	.0%
75+	42.0%	55.6%	2.5%	.0%	.0%
Results by location:					
A city (pop. 10,000+)	*	*	*	*	*
A town (pop. under 10,000)	47.5%	48.8%	3.3%	.4%	.0%
A rural area	43.5%	53.7%	2.8%	.0%	.0%
Results by respondent's education level:					
Less than high school	56.8%	43.2%	.0%	.0%	.0%
High school diploma or GED	37.8%	60.1%	2.1%	.0%	.0%
Some college, trade school, or associate's degree	50.0%	47.0%	2.3%	.7%	.0%
Bachelor's degree or higher	41.9%	51.1%	7.0%	.0%	.0%
Results by household income:					
Less than $15,000	55.7%	44.3%	.0%	.0%	.0%
$15,000 to $35,000	48.1%	50.7%	1.2%	.0%	.0%
$35,001 to $65,000	47.5%	48.7%	2.9%	.8%	.0%
More than $65,000	34.3%	59.2%	6.5%	.0%	.0%
Results for CHB service area	43.0%	53.4%	2.6%	.9%	.1%
Results for 19-county region	43.7%	52.0%	3.2%	.9%	.2%

B5c. In an average week, how many times do you do the following? Watch television during meal time

	0	1-2	3-4	5-6	7 or more
Overall results	34.0%	20.6%	17.6%	13.3%	14.6%
Results by gender:					
Females	31.4%	24.5%	13.9%	14.6%	15.7%
Males	36.7%	16.4%	21.5%	11.9%	13.4%
Results by age:					
18-34	35.5%	22.8%	28.1%	4.4%	9.2%
35-44	33.4%	22.2%	10.4%	15.5%	18.5%
45-54	25.7%	16.5%	24.1%	14.8%	19.0%
55-64	24.0%	14.5%	12.2%	25.1%	24.2%
65-74	36.6%	25.4%	15.3%	9.8%	12.9%
75+	49.9%	24.4%	7.8%	13.2%	4.6%
Results by location:					
A city (pop. 10,000+)	*	*	*	*	*
A town (pop. under 10,000)	36.4%	17.6%	18.5%	12.0%	15.5%
A rural area	28.2%	26.0%	17.6%	14.5%	13.7%
Results by respondent's education level:					
Less than high school	49.0%	22.7%	19.2%	5.0%	4.1%
High school diploma or GED	33.0%	20.9%	13.5%	19.1%	13.5%
Some college, trade school, or associate's degree	26.6%	21.2%	23.0%	11.4%	17.9%
Bachelor's degree or higher	39.2%	18.8%	14.3%	11.1%	16.5%
Results by household income:					
Less than $15,000	45.1%	23.8%	14.3%	7.0%	9.7%
$15,000 to $35,000	23.8%	22.5%	22.9%	12.0%	18.8%
$35,001 to $65,000	38.6%	15.5%	17.1%	18.6%	10.2%
More than $65,000	26.7%	28.1%	14.4%	12.2%	18.7%
Results for CHB service area	29.9%	24.5%	15.9%	15.0%	14.6%
Results for 19-county region	28.6%	23.7%	17.5%	16.5%	13.8%

B5d. In an average week, how many times do you do the following? Eat a home-cooked meal

	0	1-2	3-4	5-6	7 or more
Overall results	1.1%	7.3%	16.4%	32.5%	42.7%
Results by gender:					
Females	1.1%	6.1%	16.7%	34.3%	41.8%
Males	1.1%	8.5%	16.0%	30.6%	43.8%
Results by age:					
18-34	.0%	3.5%	27.2%	28.2%	41.0%
35-44	.0%	8.2%	6.8%	30.8%	54.2%
45-54	2.0%	11.5%	19.1%	34.9%	32.5%
55-64	.8%	9.1%	10.7%	37.8%	41.6%
65-74	1.1%	4.2%	12.4%	32.4%	50.0%
75+	2.9%	7.0%	16.1%	31.5%	42.4%
Results by location:					
A city (pop. 10,000+)	*	*	*	*	*
A town (pop. under 10,000)	1.5%	10.1%	15.1%	32.3%	41.1%
A rural area	.4%	1.3%	19.8%	30.1%	48.4%
Results by respondent's education level:					
Less than high school	2.4%	10.2%	22.3%	23.1%	42.0%
High school diploma or GED	1.0%	6.9%	13.9%	43.6%	34.6%
Some college, trade school, or associate's degree	1.1%	9.7%	17.4%	28.9%	42.9%
Bachelor's degree or higher	.5%	2.4%	14.8%	27.9%	54.3%
Results by household income:					
Less than $15,000	3.8%	10.3%	13.8%	25.2%	46.9%
$15,000 to $35,000	1.4%	9.5%	23.3%	32.9%	32.9%
$35,001 to $65,000	.0%	6.7%	7.4%	34.1%	51.8%
More than $65,000	.8%	4.8%	21.5%	38.5%	34.4%
Results for CHB service area	1.5%	9.8%	16.8%	34.1%	37.8%
Results for 19-county region	1.1%	9.5%	19.4%	35.3%	34.6%

B6. How often are there fresh fruits and vegetables in your home?

	Always	Often	Sometimes	Never
Overall results	45.1%	35.4%	18.2%	1.3%
Results by gender:				
Females	46.3%	33.8%	19.8%	.1%
Males	43.5%	37.5%	16.3%	2.7%
Results by age:				
18-34	43.4%	37.0%	15.7%	3.9%
35-44	46.1%	27.2%	26.8%	.0%
45-54	40.3%	33.0%	25.2%	1.5%
55-64	49.4%	38.6%	12.0%	.0%
65-74	55.2%	29.2%	15.6%	.0%
75+	42.3%	44.8%	12.9%	.0%
Results by location:				
A city (pop. 10,000+)	*	*	*	*
A town (pop. under 10,000)	43.7%	33.4%	21.2%	1.7%
A rural area	47.9%	41.5%	10.6%	.0%
Results by respondent's education level:				
Less than high school	29.3%	46.5%	18.1%	6.1%
High school diploma or GED	44.2%	34.1%	21.8%	.0%
Some college, trade school, or associate's degree	43.8%	37.2%	18.2%	.8%
Bachelor's degree or higher	56.7%	29.4%	12.9%	.9%
Results by household income:				
Less than $15,000	36.6%	28.7%	30.4%	4.3%
$15,000 to $35,000	37.1%	38.3%	23.5%	1.1%
$35,001 to $65,000	55.0%	27.7%	16.7%	.7%
More than $65,000	41.0%	47.2%	10.6%	1.1%
Results for CHB service area	47.7%	30.9%	20.0%	1.4%
Results for 19-county region	47.6%	32.4%	19.1%	.8%

B7a. During the growing season, how often do you or others in your household get food from the following places? Farmer's market or fruit/vegetable stand

	Never or less than 1 time per month	About 1 time per month	About 2 or 3 times per month	About 1 time per week	2 or more times per week
Overall results	56.0%	18.5%	12.0%	11.8%	1.6%
Results by gender:					
Females	54.7%	18.8%	12.0%	12.8%	1.6%
Males	57.5%	18.1%	12.1%	10.7%	1.7%
Results by age:					
18-34	67.0%	14.6%	9.8%	8.6%	.0%
35-44	62.2%	18.9%	9.2%	7.5%	2.2%
45-54	51.7%	26.2%	14.0%	8.1%	.0%
55-64	48.7%	14.7%	17.1%	17.7%	1.9%
65-74	42.6%	19.2%	16.0%	16.1%	6.2%
75+	54.8%	18.1%	7.8%	17.0%	2.3%
Results by location:					
A city (pop. 10,000+)	*	*	*	*	*
A town (pop. under 10,000)	53.1%	17.8%	13.1%	14.3%	1.7%
A rural area	61.2%	21.2%	9.6%	6.1%	1.8%
Results by respondent's education level:					
Less than high school	68.2%	9.6%	5.8%	16.4%	.0%
High school diploma or GED	53.0%	14.7%	14.6%	14.3%	3.4%
Some college, trade school, or associate's degree	52.6%	24.7%	10.8%	10.6%	1.3%
Bachelor's degree or higher	57.5%	19.5%	14.4%	7.9%	.7%
Results by household income:					
Less than $15,000	57.7%	5.9%	8.7%	26.1%	1.6%
$15,000 to $35,000	55.1%	18.2%	14.8%	8.5%	3.4%
$35,001 to $65,000	48.5%	24.6%	15.9%	10.5%	.5%
More than $65,000	68.7%	17.7%	6.3%	5.7%	1.6%
Results for CHB service area	50.5%	19.9%	15.0%	11.6%	3.0%
Results for 19-county region	45.5%	22.3%	17.8%	10.8%	3.6%

B7b. During the growing season, how often do you/others in your household get food from the following places? Local farm or CSA (community supported agriculture)

	Never or less than 1 time per month	About 1 time per month	About 2 or 3 times per month	About 1 time per week	2 or more times per week
Overall results	86.8%	5.2%	2.0%	4.3%	1.6%
Results by gender:					
Females	86.1%	6.2%	2.0%	4.0%	1.6%
Males	87.6%	4.1%	2.1%	4.6%	1.7%
Results by age:					
18-34	94.7%	2.3%	.5%	2.5%	.0%
35-44	88.9%	6.7%	4.4%	.0%	.0%
45-54	81.4%	6.7%	.9%	7.7%	3.4%
55-64	81.3%	5.6%	2.3%	7.7%	3.1%
65-74	84.9%	5.9%	3.5%	3.5%	2.2%
75+	88.0%	5.3%	2.5%	2.8%	1.5%
Results by location:					
A city (pop. 10,000+)	*	*	*	*	*
A town (pop. under 10,000)	88.0%	5.4%	1.3%	3.9%	1.4%
A rural area	85.6%	3.4%	3.8%	4.9%	2.4%
Results by respondent's education level:					
Less than high school	81.6%	9.5%	2.9%	5.3%	.7%
High school diploma or GED	92.9%	3.6%	.0%	1.7%	1.9%
Some college, trade school, or associate's degree	82.0%	6.4%	3.9%	5.1%	2.5%
Bachelor's degree or higher	89.0%	3.7%	1.5%	5.5%	.4%
Results by household income:					
Less than $15,000	87.8%	5.7%	.9%	5.0%	.6%
$15,000 to $35,000	89.8%	5.8%	1.5%	.0%	3.0%
$35,001 to $65,000	88.9%	5.0%	1.6%	3.4%	1.2%
More than $65,000	84.4%	5.8%	3.5%	5.9%	.4%
Results for CHB service area	83.1%	8.0%	4.0%	2.6%	2.4%
Results for 19-county region	83.5%	8.6%	3.2%	3.0%	1.8%

B7c. During the growing season, how often do you/others in your household get food from the following places? Food grown at home or in a community garden

	Never or less than 1 time per month	About 1 time per month	About 2 or 3 times per month	About 1 time per week	2 or more times per week
Overall results	32.5%	8.7%	12.2%	10.8%	35.8%
Results by gender:					
Females	36.0%	7.5%	12.2%	10.8%	33.4%
Males	28.7%	10.0%	12.2%	10.8%	38.3%
Results by age:					
18-34	23.7%	5.1%	19.0%	10.6%	41.6%
35-44	35.7%	14.4%	7.4%	4.6%	37.9%
45-54	31.7%	8.3%	14.6%	13.1%	32.2%
55-64	34.3%	12.3%	8.6%	15.1%	29.6%
65-74	24.8%	7.8%	9.4%	11.2%	46.7%
75+	49.4%	6.4%	7.5%	9.0%	27.6%
Results by location:					
A city (pop. 10,000+)	*	*	*	*	*
A town (pop. under 10,000)	39.0%	8.8%	10.8%	12.6%	28.8%
A rural area	17.6%	8.4%	14.8%	6.8%	52.3%
Results by respondent's education level:					
Less than high school	34.1%	9.5%	27.3%	9.2%	20.0%
High school diploma or GED	35.1%	6.6%	9.5%	12.2%	36.6%
Some college, trade school, or associate's degree	28.1%	13.2%	11.5%	9.7%	37.5%
Bachelor's degree or higher	34.7%	4.2%	9.3%	11.6%	40.3%
Results by household income:					
Less than $15,000	58.9%	4.9%	9.7%	4.8%	21.8%
$15,000 to $35,000	30.5%	12.8%	15.7%	8.3%	32.8%
$35,001 to $65,000	21.4%	9.9%	7.3%	15.9%	45.4%
More than $65,000	32.7%	6.6%	12.2%	14.4%	34.1%
Results for CHB service area	33.6%	10.3%	10.0%	10.5%	35.5%
Results for 19-county region	38.2%	9.6%	10.9%	10.1%	31.2%

Section C. Physical activity

C1a. How much of a problem are the following factors for you in terms of preventing you from being more physically active? Lack of time

	Not a problem	A small problem	A big problem
Overall results	39.5%	43.5%	17.1%
Results by gender:			
Females	40.3%	39.8%	19.9%
Males	38.6%	47.5%	13.9%
Results by age:			
18-34	18.4%	59.1%	22.5%
35-44	31.3%	36.2%	32.5%
45-54	25.7%	48.0%	26.4%
55-64	48.0%	43.6%	8.4%
65-74	61.1%	38.9%	.0%
75+	75.4%	22.3%	2.2%
Results by location:			
A city (pop. 10,000+)	*	*	*
A town (pop. under 10,000)	43.6%	42.6%	13.8%
A rural area	29.3%	45.0%	25.7%
Results by respondent's education level:			
Less than high school	56.8%	39.5%	3.7%
High school diploma or GED	49.5%	37.3%	13.2%
Some college, trade school, or associate's degree	33.4%	48.4%	18.2%
Bachelor's degree or higher	27.3%	45.1%	27.6%
Results by household income:			
Less than $15,000	54.3%	39.1%	6.6%
$15,000 to $35,000	38.2%	45.1%	16.7%
$35,001 to $65,000	40.8%	48.2%	11.0%
More than $65,000	22.2%	41.4%	36.3%
Results for CHB service area	35.8%	39.2%	25.0%
Results for 19-county region	39.1%	37.5%	23.4%

C1b. How much of a problem are the following factors for you in terms of preventing you from being more physically active? Lack of programs, leaders, or facilities

	Not a problem	A small problem	A big problem
Overall results	60.8%	29.6%	9.6%
Results by gender:			
Females	56.9%	30.2%	12.9%
Males	65.1%	28.9%	6.0%
Results by age:			
18-34	58.4%	30.9%	10.6%
35-44	70.3%	23.4%	6.3%
45-54	54.2%	33.7%	12.1%
55-64	52.9%	39.5%	7.6%
65-74	67.5%	21.8%	10.6%
75+	68.6%	24.6%	6.9%
Results by location:			
A city (pop. 10,000+)	*	*	*
A town (pop. under 10,000)	62.9%	27.7%	9.5%
A rural area	57.0%	33.3%	9.7%
Results by respondent's education level:			
Less than high school	69.4%	25.3%	5.3%
High school diploma or GED	61.5%	25.1%	13.4%
Some college, trade school, or associate's degree	55.7%	35.9%	8.4%
Bachelor's degree or higher	64.6%	28.8%	6.6%
Results by household income:			
Less than $15,000	67.0%	25.8%	7.2%
$15,000 to $35,000	58.8%	30.4%	10.8%
$35,001 to $65,000	64.4%	24.6%	11.0%
More than $65,000	56.2%	34.4%	9.5%
Results for CHB service area	63.6%	27.0%	9.5%
Results for 19-county region	67.1%	24.3%	8.6%

C1c. How much of a problem are the following factors for you in terms of preventing you from being more physically active? No one to exercise with

	Not a problem	A small problem	A big problem
Overall results	57.7%	30.5%	11.8%
Results by gender:			
Females	56.3%	31.3%	12.4%
Males	59.2%	29.7%	11.1%
Results by age:			
18-34	50.8%	42.6%	6.7%
35-44	67.4%	23.3%	9.3%
45-54	62.9%	20.5%	16.5%
55-64	54.8%	30.3%	14.9%
65-74	60.5%	26.5%	13.0%
75+	51.4%	39.2%	9.4%
Results by location:			
A city (pop. 10,000+)	*	*	*
A town (pop. under 10,000)	59.2%	30.4%	10.4%
A rural area	54.2%	30.7%	15.0%
Results by respondent's education level:			
Less than high school	65.1%	26.0%	8.9%
High school diploma or GED	51.5%	36.4%	12.1%
Some college, trade school, or associate's degree	54.1%	32.2%	13.8%
Bachelor's degree or higher	68.5%	23.5%	8.0%
Results by household income:			
Less than $15,000	53.7%	35.7%	10.6%
$15,000 to $35,000	51.6%	37.2%	11.2%
$35,001 to $65,000	62.1%	23.4%	14.5%
More than $65,000	59.8%	30.1%	10.1%
Results for CHB service area	60.3%	29.1%	10.6%
Results for 19-county region	58.9%	29.1%	12.0%

C1d. How much of a problem are the following factors for you in terms of preventing you from being more physically active? The cost of fitness programs, gym memberships, or admission fees

	Not a problem	A small problem	A big problem
Overall results	39.3%	25.2%	35.5%
Results by gender:			
Females	36.0%	23.4%	40.6%
Males	42.9%	27.2%	29.9%
Results by age:			
18-34	26.2%	35.2%	38.5%
35-44	49.3%	16.8%	33.9%
45-54	40.7%	24.0%	35.3%
55-64	34.7%	27.8%	37.5%
65-74	50.5%	16.8%	32.6%
75+	43.1%	25.4%	31.5%
Results by location:			
A city (pop. 10,000+)	*	*	*
A town (pop. under 10,000)	37.9%	25.5%	36.6%
A rural area	42.7%	27.5%	29.8%
Results by respondent's education level:			
Less than high school	31.5%	21.3%	47.2%
High school diploma or GED	41.9%	16.2%	41.8%
Some college, trade school, or associate's degree	26.5%	35.0%	38.5%
Bachelor's degree or higher	59.9%	24.6%	15.5%
Results by household income:			
Less than $15,000	33.1%	15.7%	51.2%
$15,000 to $35,000	34.2%	20.1%	45.7%
$35,001 to $65,000	40.9%	26.4%	32.7%
More than $65,000	54.3%	29.0%	16.7%
Results for CHB service area	44.6%	25.3%	30.0%
Results for 19-county region	41.2%	25.3%	33.6%

C1e. How much of a problem are the following factors for you in terms of preventing you from being more physically active? Public facilities (schools, sports fields, etc.) are not open or available at the times I want to use them

	Not a problem	A small problem	A big problem
Overall results	56.9%	26.7%	16.4%
Results by gender:			
Females	61.0%	22.8%	16.3%
Males	52.5%	31.0%	16.5%
Results by age:			
18-34	44.3%	36.3%	19.4%
35-44	61.4%	17.3%	21.4%
45-54	52.2%	31.2%	16.6%
55-64	61.0%	26.6%	12.4%
65-74	69.0%	20.1%	11.0%
75+	65.9%	21.4%	12.7%
Results by location:			
A city (pop. 10,000+)	*	*	*
A town (pop. under 10,000)	59.2%	23.6%	17.2%
A rural area	53.0%	32.7%	14.3%
Results by respondent's education level:			
Less than high school	50.6%	37.8%	11.6%
High school diploma or GED	63.9%	17.5%	18.6%
Some college, trade school, or associate's degree	52.7%	27.0%	20.3%
Bachelor's degree or higher	57.6%	34.5%	7.9%
Results by household income:			
Less than $15,000	64.9%	21.9%	13.2%
$15,000 to $35,000	52.9%	26.2%	20.9%
$35,001 to $65,000	64.7%	25.4%	9.9%
More than $65,000	52.4%	31.8%	15.8%
Results for CHB service area	66.3%	21.4%	12.2%
Results for 19-county region	65.0%	22.3%	12.7%

C1f. How much of a problem are the following factors for you in terms of preventing you from being more physically active? Long-term illness, injury, or disability

	Not a problem	A small problem	A big problem
Overall results	73.4%	15.1%	11.5%
Results by gender:			
Females	72.0%	17.5%	10.5%
Males	74.8%	12.5%	12.7%
Results by age:			
18-34	94.6%	5.4%	.0%
35-44	84.1%	13.3%	2.6%
45-54	71.3%	15.0%	13.7%
55-64	63.2%	17.1%	19.6%
65-74	59.4%	24.2%	16.3%
75+	50.5%	23.5%	26.0%
Results by location:			
A city (pop. 10,000+)	*	*	*
A town (pop. under 10,000)	71.4%	15.5%	13.1%
A rural area	78.7%	12.9%	8.4%
Results by respondent's education level:			
Less than high school	72.0%	17.9%	10.1%
High school diploma or GED	63.9%	20.9%	15.2%
Some college, trade school, or associate's degree	73.1%	11.2%	15.7%
Bachelor's degree or higher	86.7%	12.1%	1.2%
Results by household income:			
Less than $15,000	69.7%	15.0%	15.3%
$15,000 to $35,000	68.3%	19.1%	12.7%
$35,001 to $65,000	71.0%	16.0%	13.0%
More than $65,000	84.9%	10.1%	5.1%
Results for CHB service area	73.1%	15.2%	11.7%
Results for 19-county region	74.2%	15.4%	10.3%

C1g. How much of a problem are the following factors for you in terms of preventing you from being more physically active? Distance I have to travel to a place where I can be physically active

	Not a problem	A small problem	A big problem
Overall results	70.7%	21.9%	7.4%
Results by gender:			
Females	67.8%	22.1%	10.0%
Males	73.8%	21.6%	4.6%
Results by age:			
18-34	71.7%	22.1%	6.2%
35-44	70.1%	18.3%	11.6%
45-54	69.7%	25.7%	4.6%
55-64	65.9%	27.6%	6.4%
65-74	72.0%	16.7%	11.3%
75+	75.2%	19.1%	5.8%
Results by location:			
A city (pop. 10,000+)	*	*	*
A town (pop. under 10,000)	79.4%	15.0%	5.6%
A rural area	51.1%	38.1%	10.8%
Results by respondent's education level:			
Less than high school	73.7%	23.6%	2.7%
High school diploma or GED	66.1%	21.3%	12.6%
Some college, trade school, or associate's degree	65.1%	28.3%	6.6%
Bachelor's degree or higher	85.3%	12.6%	2.1%
Results by household income:			
Less than $15,000	75.3%	13.5%	11.2%
$15,000 to $35,000	71.1%	21.4%	7.5%
$35,001 to $65,000	69.0%	23.1%	7.9%
More than $65,000	75.6%	19.5%	4.9%
Results for CHB service area	72.6%	16.6%	10.8%
Results for 19-county region	74.1%	17.6%	8.3%

C1h. How much of a problem are the following factors for you in terms of preventing you from being more physically active? No safe place to exercise

	Not a problem	A small problem	A big problem
Overall results	85.2%	12.3%	2.5%
Results by gender:			
Females	84.8%	12.7%	2.5%
Males	85.6%	11.9%	2.6%
Results by age:			
18-34	82.7%	17.3%	.0%
35-44	83.3%	12.7%	4.0%
45-54	89.7%	10.3%	.0%
55-64	84.4%	11.3%	4.3%
65-74	91.0%	5.3%	3.7%
75+	81.3%	13.8%	4.9%
Results by location:			
A city (pop. 10,000+)	*	*	*
A town (pop. under 10,000)	88.9%	9.1%	2.0%
A rural area	76.8%	20.7%	2.5%
Results by respondent's education level:			
Less than high school	82.5%	12.1%	5.5%
High school diploma or GED	84.3%	12.6%	3.1%
Some college, trade school, or associate's degree	81.5%	17.4%	1.0%
Bachelor's degree or higher	94.8%	4.3%	.9%
Results by household income:			
Less than $15,000	85.4%	11.4%	3.2%
$15,000 to $35,000	82.5%	15.8%	1.7%
$35,001 to $65,000	86.7%	10.4%	2.9%
More than $65,000	88.3%	10.3%	1.5%
Results for CHB service area	90.2%	8.3%	1.5%
Results for 19-county region	89.7%	8.3%	1.9%

C1i. How much of a problem are the following factors for you in terms of preventing you from being more physically active? Lack of self-discipline or willpower

	Not a problem	A small problem	A big problem
Overall results	26.3%	43.2%	30.5%
Results by gender:			
Females	27.3%	39.1%	33.5%
Males	25.2%	47.5%	27.3%
Results by age:			
18-34	22.4%	42.1%	35.6%
35-44	20.6%	44.7%	34.7%
45-54	24.2%	53.0%	22.9%
55-64	19.7%	36.7%	43.6%
65-74	30.0%	47.8%	22.3%
75+	43.9%	32.2%	23.9%
Results by location:			
A city (pop. 10,000+)	*	*	*
A town (pop. under 10,000)	28.9%	41.7%	29.4%
A rural area	20.0%	43.9%	36.1%
Results by respondent's education level:			
Less than high school	34.3%	44.6%	21.1%
High school diploma or GED	33.1%	39.3%	27.6%
Some college, trade school, or associate's degree	20.8%	46.8%	32.4%
Bachelor's degree or higher	20.7%	41.8%	37.5%
Results by household income:			
Less than $15,000	46.9%	32.0%	21.2%
$15,000 to $35,000	25.7%	54.3%	20.0%
$35,001 to $65,000	26.2%	32.4%	41.4%
More than $65,000	14.8%	43.7%	41.5%
Results for CHB service area	25.8%	46.2%	28.1%
Results for 19-county region	27.1%	42.6%	30.3%

C1j. How much of a problem are the following factors for you in terms of preventing you from being more physically active? Other reasons

	Not a problem	A small problem	A big problem
Overall results	70.8%	19.5%	9.7%
Results by gender:			
Females	67.4%	20.9%	11.7%
Males	74.3%	18.1%	7.6%
Results by age:			
18-34	88.0%	3.7%	8.2%
35-44	77.0%	14.9%	8.1%
45-54	66.0%	25.3%	8.7%
55-64	58.1%	32.6%	9.3%
65-74	65.3%	27.1%	7.5%
75+	59.9%	23.1%	17.0%
Results by location:			
A city (pop. 10,000+)	*	*	*
A town (pop. under 10,000)	72.8%	19.6%	7.6%
A rural area	67.1%	18.1%	14.8%
Results by respondent's education level:			
Less than high school	74.5%	21.0%	4.5%
High school diploma or GED	61.8%	22.3%	15.9%
Some college, trade school, or associate's degree	66.7%	22.2%	11.1%
Bachelor's degree or higher	85.0%	12.3%	2.7%
Results by household income:			
Less than $15,000	68.1%	16.1%	15.9%
$15,000 to $35,000	69.4%	15.7%	14.9%
$35,001 to $65,000	72.9%	19.9%	7.2%
More than $65,000	80.2%	14.3%	5.5%
Results for CHB service area	72.7%	20.7%	6.6%
Results for 19-county region	71.8%	20.0%	8.2%

C2. On average, how many hours or minutes <u>per day</u> do you use your TV to watch programs or movies, or play video games?

	1 hour or less	Over 1 hour to 2 hours	Over 2 hours to 3 hours	Over 3 hours to 4 hours	More than 4 hours
Overall results	21.3%	22.0%	23.6%	13.8%	19.4%
Results by gender:					
Females	17.3%	25.7%	20.2%	15.2%	21.6%
Males	25.8%	17.8%	27.4%	12.2%	16.8%
Results by age:					
18-34	24.1%	26.5%	24.6%	14.9%	9.9%
35-44	39.5%	22.5%	14.3%	7.7%	16.0%
45-54	21.2%	27.8%	29.0%	6.6%	15.3%
55-64	15.2%	21.9%	28.8%	17.4%	16.7%
65-74	18.0%	16.0%	21.5%	19.4%	25.1%
75+	7.1%	11.2%	19.6%	20.9%	41.2%
Results by location:					
A city (pop. 10,000+)	*	*	*	*	*
A town (pop. under 10,000)	16.8%	22.1%	20.7%	17.5%	22.9%
A rural area	33.8%	21.9%	28.6%	7.1%	8.7%
Results by respondent's education level:					
Less than high school	14.8%	14.0%	15.3%	34.2%	21.7%
High school diploma or GED	19.4%	15.1%	26.3%	16.9%	22.2%
Some college, trade school, or associate's degree	17.8%	24.1%	25.9%	11.6%	20.7%
Bachelor's degree or higher	32.4%	32.2%	20.7%	3.8%	10.9%
Results by household income:					
Less than $15,000	10.4%	8.1%	23.6%	25.6%	32.3%
$15,000 to $35,000	19.9%	18.9%	23.6%	17.4%	20.3%
$35,001 to $65,000	31.1%	23.6%	18.7%	10.6%	16.0%
More than $65,000	19.9%	33.5%	27.3%	5.0%	14.3%
Results for CHB service area	22.9%	27.9%	20.1%	13.7%	15.5%
Results for 19-county region	22.5%	29.4%	20.0%	13.2%	14.9%

C3. On average, how many hours or minutes <u>per day</u> do you use a computer for reading, playing games, surfing the Internet, or watching programs or movies while <u>not</u> at work or school?

	No computer time	1 to 30 minutes	Over 30 minutes to 1 hour	Over 1 hour to 2 hours	More than 2 hours
Overall results	27.2%	24.8%	22.3%	17.0%	8.6%
Results by gender:					
Females	24.1%	22.1%	29.6%	14.4%	9.7%
Males	30.6%	27.7%	14.6%	19.8%	7.3%
Results by age:					
18-34	13.5%	22.8%	30.9%	25.0%	7.8%
35-44	20.1%	35.2%	12.7%	23.0%	9.0%
45-54	19.1%	35.6%	22.7%	12.1%	10.4%
55-64	28.1%	22.1%	24.7%	18.1%	7.0%
65-74	37.7%	14.4%	30.0%	14.5%	3.4%
75+	63.3%	10.2%	8.7%	4.9%	12.9%
Results by location:					
A city (pop. 10,000+)	*	*	*	*	*
A town (pop. under 10,000)	29.1%	23.0%	22.2%	15.5%	10.2%
A rural area	23.1%	29.0%	23.5%	18.1%	6.3%
Results by respondent's education level:					
Less than high school	57.1%	8.2%	22.6%	8.3%	3.8%
High school diploma or GED	37.2%	17.6%	23.7%	14.9%	6.6%
Some college, trade school, or associate's degree	21.2%	26.5%	25.4%	16.0%	10.8%
Bachelor's degree or higher	11.3%	38.7%	15.7%	24.5%	9.8%
Results by household income:					
Less than $15,000	58.6%	9.1%	11.2%	8.6%	12.6%
$15,000 to $35,000	34.0%	20.2%	23.7%	17.0%	5.0%
$35,001 to $65,000	15.9%	30.4%	20.8%	22.7%	10.2%
More than $65,000	12.3%	34.0%	30.9%	14.5%	8.4%
Results for CHB service area	27.3%	26.8%	22.4%	14.7%	8.9%
Results for 19-county region	24.7%	27.9%	23.2%	14.2%	10.0%

Calc2. "Screen time" calculated as total minutes of TV (question C2) and computer time (question C3) per day combined

	No screen time	1 hour or less	Over 1 hour to 2 hours	Over 2 hours to 3 hours	Over 3 hours to 4 hours	Over 4 hours to 5 hours	Over 5 hours to 6 hours	Over 6 hours to 10 hours	More than 10 hours
Overall results	2.3%	7.9%	17.1%	18.9%	18.0%	13.8%	9.2%	11.2%	1.5%
Results by gender:									
Females	1.0%	7.5%	15.7%	17.8%	21.2%	10.9%	10.6%	13.4%	1.8%
Males	3.6%	8.4%	18.5%	20.1%	14.4%	17.1%	7.7%	8.9%	1.3%
Results by age:									
18-34	2.6%	2.8%	25.9%	24.8%	11.1%	17.7%	6.4%	8.7%	.0%
35-44	5.1%	19.4%	16.6%	10.2%	17.4%	6.6%	7.5%	14.7%	2.5%
45-54	.0%	9.0%	20.6%	21.1%	17.7%	10.1%	9.6%	10.9%	1.0%
55-64	.9%	5.9%	14.3%	16.9%	28.4%	12.0%	8.6%	11.5%	1.4%
65-74	1.0%	9.6%	12.5%	19.7%	19.9%	11.6%	13.9%	11.9%	.0%
75+	4.4%	3.9%	5.6%	17.1%	16.7%	24.8%	11.0%	11.7%	4.8%
Results by location:									
A city (pop. 10,000+)	*	*	*	*	*	*	*	*	*
A town (pop. under 10,000)	2.7%	5.4%	14.9%	17.9%	17.9%	14.9%	11.4%	13.0%	1.9%
A rural area	1.7%	14.6%	23.7%	20.1%	17.7%	12.0%	4.7%	5.4%	.0%
Results by respondent's education level:									
Less than high school	9.2%	9.5%	9.1%	12.4%	14.3%	25.0%	10.9%	9.5%	.0%
High school diploma or GED	2.9%	7.0%	15.8%	16.0%	19.9%	14.9%	7.5%	13.3%	2.6%
Some college, trade school, or associate's degree	.9%	8.4%	10.2%	24.4%	16.2%	15.6%	10.9%	11.3%	2.1%
Bachelor's degree or higher	.0%	7.7%	33.9%	18.1%	20.0%	4.2%	7.4%	8.7%	.0%

Calc2. "Screen time" calculated as total minutes of TV (question C2) and computer time (question C3) per day combined (continued)

	No screen time	1 hour or less	Over 1 hour to 2 hours	Over 2 hours to 3 hours	Over 3 hours to 4 hours	Over 4 hours to 5 hours	Over 5 hours to 6 hours	Over 6 hours to 10 hours	More than 10 hours
Results by household income:									
Less than $15,000	6.6%	5.0%	5.3%	21.2%	12.9%	16.3%	10.4%	20.3%	2.1%
$15,000 to $35,000	1.3%	8.1%	18.3%	15.4%	18.6%	18.0%	7.4%	10.0%	2.9%
$35,001 to $65,000	.7%	11.0%	24.2%	15.7%	16.0%	8.5%	11.0%	12.1%	.7%
More than $65,000	3.8%	5.7%	15.7%	25.2%	20.4%	11.8%	11.6%	5.5%	.3%
Results for CHB service area	2.2%	7.3%	17.7%	23.7%	18.8%	13.0%	7.5%	7.5%	2.2%
Results for 19-county region	1.2%	7.4%	18.4%	24.8%	18.3%	11.2%	7.3%	8.7%	2.7%

C4. **During the past 30 days, other than your regular job, did you participate in any physical activities such as running, aerobics, golf, gardening, or walking for exercise?**

	Yes	No
Overall results	74.9%	25.1%
Results by gender:		
Females	75.1%	24.9%
Males	74.8%	25.2%
Results by age:		
18-34	82.2%	17.8%
35-44	75.3%	24.7%
45-54	75.4%	24.6%
55-64	76.2%	23.8%
65-74	78.3%	21.7%
75+	60.3%	39.7%
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	76.2%	23.8%
A rural area	70.6%	29.4%
Results by respondent's education level:		
Less than high school	68.7%	31.3%
High school diploma or GED	70.1%	29.9%
Some college, trade school, or associate's degree	72.5%	27.5%
Bachelor's degree or higher	88.7%	11.3%
Results by household income:		
Less than $15,000	49.8%	50.2%
$15,000 to $35,000	77.3%	22.7%
$35,001 to $65,000	76.8%	23.2%
More than $65,000	88.3%	11.7%
Results for CHB service area	77.6%	22.4%
Results for 19-county region	80.4%	19.6%

C5. In a usual week, do you do <u>moderate activities</u> for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate?

	Yes	No
Overall results	81.8%	18.2%
Results by gender:		
Females	83.1%	16.9%
Males	80.4%	19.6%
Results by age:		
18-34	88.9%	11.1%
35-44	77.0%	23.0%
45-54	84.0%	16.0%
55-64	86.4%	13.6%
65-74	85.9%	14.1%
75+	67.3%	32.7%
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	81.7%	18.3%
A rural area	84.0%	16.0%
Results by respondent's education level:		
Less than high school	75.5%	24.5%
High school diploma or GED	74.2%	25.8%
Some college, trade school, or associate's degree	84.2%	15.8%
Bachelor's degree or higher	92.1%	7.9%
Results by household income:		
Less than $15,000	65.7%	34.3%
$15,000 to $35,000	82.2%	17.8%
$35,001 to $65,000	85.0%	15.0%
More than $65,000	89.0%	11.0%
Results for CHB service area	85.4%	14.6%
Results for 19-county region	87.5%	12.5%

C6. **(Of those who answered "yes" to question C5) How many days per week do you do these <u>moderate activities</u> for at least 10 minutes at a time?**

	1	2	3	4	5	6	7
Overall results	2.8%	11.2%	19.9%	17.3%	18.6%	11.3%	18.8%
Results by gender:							
Females	3.4%	7.8%	20.6%	17.2%	14.5%	9.9%	26.5%
Males	2.1%	15.2%	19.1%	17.4%	23.4%	12.9%	9.9%
Results by age:							
18-34	3.8%	5.6%	20.1%	25.9%	24.3%	6.9%	13.4%
35-44	.0%	23.6%	12.6%	10.2%	17.2%	14.7%	21.7%
45-54	3.1%	15.9%	21.6%	20.2%	13.8%	12.2%	13.2%
55-64	4.8%	5.5%	19.2%	15.4%	17.1%	8.8%	29.3%
65-74	.0%	15.1%	25.0%	9.7%	10.7%	16.9%	22.5%
75+	3.7%	5.6%	22.1%	14.0%	26.2%	12.3%	16.1%
Results by location:							
A city (pop. 10,000+)	*	*	*	*	*	*	*
A town (pop. under 10,000)	3.2%	10.3%	21.6%	16.5%	20.8%	10.5%	17.0%
A rural area	2.2%	14.3%	15.1%	19.3%	14.7%	12.2%	22.0%
Results by respondent's education level:							
Less than high school	2.6%	3.9%	21.5%	5.5%	33.6%	9.3%	23.5%
High school diploma or GED	1.9%	15.6%	19.8%	18.6%	15.9%	9.6%	18.6%
Some college, trade school, or associate's degree	1.7%	10.5%	24.6%	24.4%	12.8%	8.8%	17.2%
Bachelor's degree or higher	5.7%	11.0%	13.3%	9.7%	23.6%	18.1%	18.5%
Results by household income:							
Less than $15,000	4.4%	.8%	24.1%	26.1%	9.5%	6.2%	28.9%
$15,000 to $35,000	3.0%	12.5%	24.9%	15.7%	20.1%	11.8%	12.0%
$35,001 to $65,000	4.1%	10.5%	19.8%	10.9%	22.3%	11.4%	21.1%
More than $65,000	1.1%	20.1%	8.6%	20.4%	16.7%	12.8%	20.3%
Results for CHB service area	3.6%	10.5%	17.9%	17.7%	19.5%	9.1%	21.6%
Results for 19-county region	2.7%	9.0%	18.5%	17.1%	20.0%	10.0%	22.5%

C7. **(Of those who answered "yes" to question C5) On days when you do <u>moderate activities</u> for at least 10 minutes at a time, how much total time (minutes) per day do you spend doing these activities?**

	10-29 minutes	30-59 minutes	60-119 minutes	120 or more minutes
Overall results	12.2%	32.2%	31.7%	24.0%
Results by gender:				
Females	12.4%	37.8%	28.5%	21.4%
Males	11.9%	25.7%	35.4%	26.9%
Results by age:				
18-34	10.0%	28.4%	38.9%	22.7%
35-44	9.4%	34.5%	31.3%	24.8%
45-54	10.6%	30.5%	34.3%	24.6%
55-64	14.2%	34.2%	28.1%	23.5%
65-74	12.5%	31.7%	34.4%	21.4%
75+	19.9%	38.8%	13.4%	28.0%
Results by location:				
A city (pop. 10,000+)	*	*	*	*
A town (pop. under 10,000)	13.0%	35.7%	30.5%	20.8%
A rural area	11.5%	25.6%	31.4%	31.5%
Results by respondent's education level:				
Less than high school	14.9%	18.2%	37.5%	29.4%
High school diploma or GED	12.8%	28.7%	32.2%	26.3%
Some college, trade school, or associate's degree	9.1%	30.8%	35.2%	25.0%
Bachelor's degree or higher	15.4%	43.1%	22.9%	18.6%
Results by household income:				
Less than $15,000	13.3%	25.4%	22.7%	38.6%
$15,000 to $35,000	16.8%	28.4%	39.7%	15.1%
$35,001 to $65,000	12.6%	36.4%	23.9%	27.2%
More than $65,000	4.4%	37.3%	41.5%	16.8%
Results for CHB service area	12.4%	33.6%	31.1%	22.9%
Results for 19-county region	13.7%	33.2%	30.5%	22.6%

Calc3. Calculated variable based on responses to questions C5-C7: Does respondent meet CDC recommendations for a minimum of 30 or more minutes of moderate activity per day five or more days per week?

	Meets recommendations (30 or more minutes per day and five or more days per week)	Insufficient activity (Less than 30 minutes per day or less than five days per week)	No moderate physical activity
Overall results	36.3%	45.4%	18.4%
Results by gender:			
Females	39.3%	43.5%	17.2%
Males	32.9%	47.5%	19.7%
Results by age:			
18-34	37.4%	51.5%	11.1%
35-44	40.2%	36.4%	23.4%
45-54	30.1%	53.9%	16.0%
55-64	41.9%	44.2%	13.9%
65-74	38.4%	47.3%	14.3%
75+	30.7%	35.9%	33.4%
Results by location:			
A city (pop. 10,000+)	*	*	*
A town (pop. under 10,000)	36.1%	45.5%	18.4%
A rural area	36.5%	47.0%	16.5%
Results by respondent's education level:			
Less than high school	44.5%	30.4%	25.2%
High school diploma or GED	28.6%	45.2%	26.2%
Some college, trade school, or associate's degree	31.2%	52.9%	15.9%
Bachelor's degree or higher	49.9%	42.1%	8.0%
Results by household income:			
Less than $15,000	27.6%	37.9%	34.5%
$15,000 to $35,000	30.9%	51.1%	18.1%
$35,001 to $65,000	44.0%	40.8%	15.2%
More than $65,000	42.1%	46.8%	11.1%
Results for CHB service area	38.3%	46.9%	14.9%
Results for 19-county region	41.0%	46.2%	12.8%

C8. **In a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?**

	Yes	No
Overall results	50.0%	50.0%
Results by gender:		
Females	48.3%	51.7%
Males	52.0%	48.0%
Results by age:		
18-34	70.1%	29.9%
35-44	50.9%	49.1%
45-54	51.7%	48.3%
55-64	45.2%	54.8%
65-74	45.1%	54.9%
75+	25.5%	74.5%
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	48.4%	51.6%
A rural area	52.9%	47.1%
Results by respondent's education level:		
Less than high school	42.4%	57.6%
High school diploma or GED	38.2%	61.8%
Some college, trade school, or associate's degree	52.2%	47.8%
Bachelor's degree or higher	66.1%	33.9%
Results by household income:		
Less than $15,000	21.6%	78.4%
$15,000 to $35,000	58.7%	41.3%
$35,001 to $65,000	53.1%	46.9%
More than $65,000	56.0%	44.0%
Results for CHB service area	50.5%	49.5%
Results for 19-county region	54.4%	45.6%

C9. **(Of those who said "yes" to question C8) How many days per week do you do these vigorous activities for at least 10 minutes at a time?**

	1	2	3	4	5	6	7
Overall results	25.1%	28.6%	15.0%	9.5%	12.2%	4.4%	5.2%
Results by gender:							
Females	16.7%	31.3%	21.5%	10.9%	8.1%	4.0%	7.5%
Males	33.8%	25.8%	8.1%	8.0%	16.6%	4.8%	2.9%
Results by age:							
18-34	33.1%	40.2%	9.1%	7.3%	10.2%	.0%	.0%
35-44	34.3%	20.1%	9.4%	7.3%	18.4%	3.7%	6.9%
45-54	27.3%	26.9%	16.2%	10.0%	10.8%	6.4%	2.4%
55-64	14.5%	20.7%	21.8%	4.2%	17.9%	7.1%	13.7%
65-74	*	*	*	*	*	*	*
75+	*	*	*	*	*	*	*
Results by location:							
A city (pop. 10,000+)	*	*	*	*	*	*	*
A town (pop. under 10,000)	30.2%	31.7%	13.8%	6.7%	9.5%	4.2%	3.9%
A rural area	16.8%	22.0%	16.2%	13.8%	17.6%	5.6%	8.0%
Results by respondent's education level:							
Less than high school	*	*	*	*	*	*	*
High school diploma or GED	17.6%	13.6%	23.2%	25.0%	6.3%	7.1%	7.2%
Some college, trade school, or associate's degree	25.8%	38.6%	16.5%	4.4%	9.5%	3.8%	1.3%
Bachelor's degree or higher	33.8%	19.7%	8.3%	5.6%	22.3%	3.6%	6.9%
Results by household income:							
Less than $15,000	*	*	*	*	*	*	*
$15,000 to $35,000	23.6%	31.4%	11.2%	10.5%	12.7%	5.1%	5.5%
$35,001 to $65,000	26.3%	25.7%	20.0%	12.1%	6.9%	2.3%	6.7%
More than $65,000	30.7%	39.2%	9.3%	3.5%	13.8%	2.3%	1.3%
Results for CHB service area	18.2%	25.4%	25.0%	11.2%	9.9%	5.0%	5.4%
Results for 19-county region	18.0%	24.0%	23.0%	12.5%	11.0%	4.5%	7.0%

C10. **(Of those who said "yes" to question C8) On days when you do vigorous activities for at least 10 minutes at a time, how much total time (minutes) per day do you spend doing these activities?**

	10-19 minutes	20-30 minutes	31 minutes to 1 hour	More than 1 hour
Overall results	38.3%	45.7%	15.9%	.0%
Results by gender:				
Females	34.8%	47.6%	17.6%	.0%
Males	42.2%	43.7%	14.1%	.0%
Results by age:				
18-34	37.5%	57.8%	4.8%	.0%
35-44	26.5%	54.2%	19.3%	.0%
45-54	48.1%	31.4%	20.5%	.0%
55-64	41.9%	36.6%	21.4%	.0%
65-74	*	*	*	*
75+	*	*	*	*
Results by location:				
A city (pop. 10,000+)	*	*	*	*
A town (pop. under 10,000)	41.1%	47.7%	11.2%	.0%
A rural area	37.0%	39.9%	23.1%	.0%
Results by respondent's education level:				
Less than high school	*	*	*	*
High school diploma or GED	22.4%	46.6%	31.0%	.0%
Some college, trade school, or associate's degree	36.6%	51.2%	12.2%	.0%
Bachelor's degree or higher	63.1%	28.0%	8.8%	.0%
Results by household income:				
Less than $15,000	*	*	*	*
$15,000 to $35,000	35.2%	51.9%	12.9%	.0%
$35,001 to $65,000	36.1%	45.6%	18.3%	.0%
More than $65,000	51.2%	39.8%	9.0%	.0%
Results for CHB service area	39.3%	37.5%	23.2%	.0%
Results for 19-county region	40.0%	36.8%	23.2%	.0%

Calc4. Calculated variable based on responses to questions C8-C10: Does respondent meet CDC recommendations for a minimum of 20 or more minutes of vigorous activity per day three or more days per week?

	Meets recommendations (20 or more minutes per day and 3 or more days per week)	Insufficient activity (Less than 20 minutes per day or less than 3 days per week)	No vigorous physical activity
Overall results	20.4%	28.6%	51.0%
Results by gender:			
Females	21.7%	25.3%	53.0%
Males	18.9%	32.3%	48.8%
Results by age:			
18-34	18.2%	51.8%	29.9%
35-44	17.8%	30.7%	51.5%
45-54	21.0%	29.0%	50.0%
55-64	28.0%	16.3%	55.7%
65-74	23.3%	20.7%	55.9%
75+	14.9%	9.2%	75.9%
Results by location:			
A city (pop. 10,000+)	*	*	*
A town (pop. under 10,000)	16.7%	31.0%	52.3%
A rural area	28.7%	23.1%	48.2%
Results by respondent's education level:			
Less than high school	13.7%	27.9%	58.4%
High school diploma or GED	22.9%	13.3%	63.8%
Some college, trade school, or associate's degree	15.2%	35.8%	49.0%
Bachelor's degree or higher	28.6%	37.3%	34.1%
Results by household income:			
Less than $15,000	12.7%	8.9%	78.4%
$15,000 to $35,000	23.8%	34.6%	41.6%
$35,001 to $65,000	22.3%	29.4%	48.4%
More than $65,000	16.2%	39.8%	44.0%
Results for CHB service area	26.1%	23.3%	50.6%
Results for 19-county region	29.7%	24.1%	46.2%

Section D. Your local area

D1.   Overall, how would you rate the area around your home as a place to walk?

	Very pleasant	Somewhat pleasant	Not very pleasant	Not at all pleasant
Overall results	57.1%	39.2%	3.0%	.7%
Results by gender:				
Females	53.2%	40.9%	4.7%	1.3%
Males	61.3%	37.5%	1.2%	.0%
Results by age:				
18-34	42.7%	49.1%	5.8%	2.5%
35-44	50.1%	47.5%	2.4%	.0%
45-54	60.0%	38.3%	1.7%	.0%
55-64	62.0%	34.6%	3.4%	.0%
65-74	65.6%	30.2%	3.2%	1.0%
75+	69.5%	30.5%	.0%	.0%
Results by location:				
A city (pop. 10,000+)	*	*	*	*
A town (pop. under 10,000)	59.0%	37.9%	2.3%	.8%
A rural area	50.9%	44.0%	4.8%	.4%
Results by respondent's education level:				
Less than high school	63.9%	34.6%	1.6%	.0%
High school diploma or GED	59.0%	33.7%	5.1%	2.2%
Some college, trade school, or associate's degree	52.2%	44.3%	3.5%	.0%
Bachelor's degree or higher	59.0%	40.7%	.3%	.0%
Results by household income:				
Less than $15,000	54.7%	32.3%	8.1%	4.9%
$15,000 to $35,000	57.6%	41.1%	1.3%	.0%
$35,001 to $65,000	64.7%	32.1%	3.2%	.0%
More than $65,000	48.0%	49.8%	2.2%	.0%
Results for CHB service area	58.8%	37.2%	3.5%	.6%
Results for 19-county region	60.0%	34.1%	4.7%	1.1%

D2. For walking in the area around your home, would you say your sidewalks are…

	Very well maintained	Somewhat maintained	Not very well maintained	Not at all maintained	There are no sidewalks in the area around my home
Overall results	26.6%	31.9%	5.5%	1.1%	34.8%
Results by gender:					
Females	22.3%	34.3%	8.0%	.9%	34.5%
Males	31.2%	29.4%	2.7%	1.4%	35.2%
Results by age:					
18-34	27.4%	31.9%	6.9%	.0%	33.8%
35-44	13.9%	23.6%	8.4%	1.7%	52.3%
45-54	22.3%	35.1%	3.7%	.8%	38.1%
55-64	22.0%	29.2%	6.8%	3.2%	38.8%
65-74	33.0%	28.2%	7.5%	2.0%	29.3%
75+	42.3%	40.9%	.8%	.0%	15.9%
Results by location:					
A city (pop. 10,000+)	*	*	*	*	*
A town (pop. under 10,000)	36.7%	41.6%	7.6%	1.0%	13.1%
A rural area	4.8%	7.1%	.5%	.9%	86.7%
Results by respondent's education level:					
Less than high school	32.7%	44.2%	4.7%	4.4%	13.9%
High school diploma or GED	27.3%	28.2%	5.0%	1.9%	37.5%
Some college, trade school, or associate's degree	23.3%	31.3%	6.1%	.2%	39.1%
Bachelor's degree or higher	27.8%	32.1%	4.8%	.0%	35.3%
Results by household income:					
Less than $15,000	40.3%	38.6%	3.2%	1.7%	16.2%
$15,000 to $35,000	19.3%	39.6%	10.0%	.0%	31.0%
$35,001 to $65,000	34.6%	24.2%	5.0%	2.5%	33.6%
More than $65,000	16.7%	34.3%	2.0%	.7%	46.2%
Results for CHB service area	21.5%	27.8%	6.8%	1.0%	42.8%
Results for 19-county region	22.1%	26.6%	6.8%	1.4%	43.1%

D3. For walking in the area around your home, would you say the trails or walking paths are…

	Very well maintained	Somewhat maintained	Not very well maintained	Not at all maintained	There are no trails or walking paths in the area around my home	I don't know if there are trails or walking paths in the area around my home
Overall results	23.0%	22.1%	2.4%	1.0%	44.4%	7.1%
Results by gender:						
Females	21.2%	19.8%	4.5%	1.6%	45.8%	7.2%
Males	24.9%	24.7%	.0%	.4%	43.1%	7.0%
Results by age:						
18-34	23.2%	26.9%	3.3%	.0%	36.4%	10.1%
35-44	16.6%	14.9%	.7%	2.3%	62.0%	3.5%
45-54	21.2%	23.1%	1.0%	.0%	49.6%	5.1%
55-64	25.0%	25.3%	2.5%	2.5%	38.2%	6.5%
65-74	31.0%	14.7%	4.4%	.0%	41.8%	8.1%
75+	22.4%	20.8%	2.9%	2.0%	42.8%	9.2%
Results by location:						
A city (pop. 10,000+)	*	*	*	*	*	*
A town (pop. under 10,000)	28.6%	27.5%	3.4%	.3%	32.2%	8.1%
A rural area	7.6%	8.6%	.0%	2.4%	76.5%	5.0%
Results by respondent's education level:						
Less than high school	27.6%	33.7%	2.6%	2.0%	27.4%	6.7%
High school diploma or GED	24.7%	8.8%	5.1%	1.2%	48.5%	11.7%
Some college, trade school, or associate's degree	21.9%	24.6%	1.1%	.0%	46.9%	5.5%
Bachelor's degree or higher	19.7%	29.6%	.6%	2.1%	44.3%	3.8%

D3. **For walking in the area around your home, would you say the trails or walking paths are… (continued)**

	Very well maintained	Somewhat maintained	Not very well maintained	Not at all maintained	There are no trails or walking paths in the area around my home	I don't know if there are trails or walking paths in the area around my home
Results by household income:						
Less than $15,000	31.2%	14.3%	7.7%	.0%	33.1%	13.7%
$15,000 to $35,000	20.2%	22.7%	2.5%	.4%	47.4%	6.7%
$35,001 to $65,000	24.5%	28.9%	.9%	1.2%	38.7%	5.8%
More than $65,000	24.0%	17.3%	.7%	1.8%	50.6%	5.7%
Results for CHB service area	19.7%	20.7%	3.9%	.7%	46.7%	8.4%
Results for 19-county region	28.2%	20.2%	2.2%	.8%	42.6%	6.1%

D4. **In general, would you say the traffic in the area around your home is…**

	Heavy	Moderate	Light
Overall results	8.4%	42.0%	49.6%
Results by gender:			
Females	9.4%	42.6%	47.9%
Males	7.3%	41.0%	51.6%
Results by age:			
18-34	7.9%	46.8%	45.4%
35-44	8.7%	38.6%	52.7%
45-54	8.5%	42.5%	49.0%
55-64	11.1%	40.8%	48.0%
65-74	5.2%	34.2%	60.5%
75+	9.3%	43.8%	47.0%
Results by location:			
A city (pop. 10,000+)	*	*	*
A town (pop. under 10,000)	9.3%	43.3%	47.4%
A rural area	6.8%	37.6%	55.6%
Results by respondent's education level:			
Less than high school	6.7%	58.0%	35.3%
High school diploma or GED	7.9%	45.0%	47.1%
Some college, trade school, or associate's degree	9.5%	43.9%	46.6%
Bachelor's degree or higher	8.7%	26.0%	65.3%
Results by household income:			
Less than $15,000	15.3%	47.0%	37.7%
$15,000 to $35,000	5.8%	42.7%	51.5%
$35,001 to $65,000	7.9%	36.6%	55.5%
More than $65,000	9.9%	35.2%	54.9%
Results for CHB service area	6.3%	43.6%	50.1%
Results for 19-county region	7.6%	43.0%	49.4%

D5.   In general, is the speed of the vehicles traveling on the streets or roads in the area around your home so fast that makes it difficult or unsafe to walk?

	Yes	No
Overall results	18.7%	81.3%
Results by gender:		
Females	21.3%	78.7%
Males	15.6%	84.4%
Results by age:		
18-34	18.3%	81.7%
35-44	30.7%	69.3%
45-54	12.4%	87.6%
55-64	26.7%	73.3%
65-74	14.3%	85.7%
75+	10.3%	89.7%
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	11.1%	88.9%
A rural area	36.8%	63.2%
Results by respondent's education level:		
Less than high school	9.5%	90.5%
High school diploma or GED	18.4%	81.6%
Some college, trade school, or associate's degree	23.9%	76.1%
Bachelor's degree or higher	15.8%	84.2%
Results by household income:		
Less than $15,000	15.2%	84.8%
$15,000 to $35,000	16.3%	83.7%
$35,001 to $65,000	19.6%	80.4%
More than $65,000	19.1%	80.9%
Results for CHB service area	18.2%	81.8%
Results for 19-county region	17.8%	82.2%

D6. In general, how easy is it to safely cross the streets or roads in the area around your home?

	Very easy to cross safely	Somewhat easy to cross safely	Not very easy to cross safely	Not at all easy to cross safely
Overall results	65.3%	30.2%	3.9%	.6%
Results by gender:				
Females	60.7%	33.6%	5.2%	.5%
Males	70.5%	26.3%	2.5%	.7%
Results by age:				
18-34	67.5%	26.3%	6.2%	.0%
35-44	59.6%	37.1%	3.3%	.0%
45-54	65.7%	32.3%	.3%	1.7%
55-64	61.3%	33.0%	4.7%	1.0%
65-74	77.4%	17.4%	5.2%	.0%
75+	61.7%	32.8%	4.7%	.8%
Results by location:				
A city (pop. 10,000+)	*	*	*	*
A town (pop. under 10,000)	66.7%	28.0%	5.3%	.0%
A rural area	64.8%	32.7%	.4%	2.1%
Results by respondent's education level:				
Less than high school	65.6%	30.4%	4.0%	.0%
High school diploma or GED	65.5%	26.9%	6.7%	.9%
Some college, trade school, or associate's degree	62.2%	34.1%	2.8%	.9%
Bachelor's degree or higher	69.8%	27.9%	2.3%	.0%
Results by household income:				
Less than $15,000	58.3%	30.8%	10.9%	.0%
$15,000 to $35,000	67.7%	29.7%	2.6%	.0%
$35,001 to $65,000	65.8%	30.4%	2.7%	1.1%
More than $65,000	68.3%	26.8%	3.5%	1.3%
Results for CHB service area	66.3%	29.7%	3.3%	.7%
Results for 19-county region	64.7%	30.6%	4.1%	.7%

D7a. There is a large selection of fresh fruits and vegetables where I usually shop.

	Strongly agree	Agree	Disagree	Strongly disagree
Overall results	33.9%	59.9%	5.2%	1.0%
Results by gender:				
Females	34.0%	59.8%	4.8%	1.4%
Males	33.7%	60.0%	5.7%	.6%
Results by age:				
18-34	16.4%	77.0%	4.2%	2.3%
35-44	29.5%	60.0%	8.8%	1.7%
45-54	42.2%	48.7%	8.5%	.6%
55-64	39.6%	58.2%	2.2%	.0%
65-74	48.1%	45.1%	6.2%	.6%
75+	37.7%	60.9%	1.4%	.0%
Results by location:				
A city (pop. 10,000+)	*	*	*	*
A town (pop. under 10,000)	35.0%	58.5%	5.6%	1.0%
A rural area	32.0%	62.6%	4.3%	1.1%
Results by respondent's education level:				
Less than high school	26.9%	71.2%	1.9%	.0%
High school diploma or GED	39.9%	53.9%	4.9%	1.3%
Some college, trade school, or associate's degree	36.8%	56.3%	6.7%	.2%
Bachelor's degree or higher	25.4%	68.2%	4.0%	2.4%
Results by household income:				
Less than $15,000	42.7%	49.5%	7.3%	.5%
$15,000 to $35,000	29.2%	64.9%	5.5%	.5%
$35,001 to $65,000	32.1%	60.6%	5.7%	1.6%
More than $65,000	36.7%	58.4%	3.4%	1.5%
Results for CHB service area	41.9%	51.6%	5.3%	1.2%
Results for 19-county region	46.8%	47.1%	5.4%	.7%

D7b. The fresh fruits and vegetables available where I usually shop are of high quality.

	Strongly agree	Agree	Disagree	Strongly disagree
Overall results	26.5%	60.0%	12.2%	1.3%
Results by gender:				
Females	25.8%	60.2%	12.9%	1.1%
Males	27.4%	59.8%	11.4%	1.4%
Results by age:				
18-34	14.9%	62.5%	22.5%	.0%
35-44	22.4%	64.2%	9.1%	4.3%
45-54	28.0%	57.3%	14.0%	.6%
55-64	27.9%	62.0%	8.3%	1.8%
65-74	40.8%	49.7%	7.6%	1.9%
75+	34.6%	60.7%	4.7%	.0%
Results by location:				
A city (pop. 10,000+)	*	*	*	*
A town (pop. under 10,000)	24.5%	60.6%	14.3%	.6%
A rural area	30.1%	58.5%	9.5%	1.9%
Results by respondent's education level:				
Less than high school	21.5%	75.1%	3.5%	.0%
High school diploma or GED	30.0%	53.1%	15.6%	1.3%
Some college, trade school, or associate's degree	28.1%	60.0%	10.6%	1.3%
Bachelor's degree or higher	22.7%	61.6%	15.1%	.6%
Results by household income:				
Less than $15,000	28.1%	51.8%	18.7%	1.4%
$15,000 to $35,000	20.7%	67.0%	10.5%	1.8%
$35,001 to $65,000	22.3%	63.4%	12.4%	1.8%
More than $65,000	35.9%	54.4%	9.7%	.0%
Results for CHB service area	27.2%	58.8%	13.0%	1.0%
Results for 19-county region	27.8%	58.8%	12.1%	1.2%

D7c. The fresh fruits and vegetables where I usually shop are too expensive.

	Strongly agree	Agree	Disagree	Strongly disagree
Overall results	15.9%	47.5%	34.2%	2.4%
Results by gender:				
Females	15.2%	47.7%	35.0%	2.2%
Males	16.6%	47.3%	33.5%	2.6%
Results by age:				
18-34	14.5%	50.5%	32.8%	2.1%
35-44	35.8%	38.1%	24.4%	1.7%
45-54	9.4%	43.8%	44.1%	2.7%
55-64	15.9%	53.0%	29.7%	1.4%
65-74	6.4%	54.4%	35.6%	3.6%
75+	14.6%	46.7%	35.6%	3.2%
Results by location:				
A city (pop. 10,000+)	*	*	*	*
A town (pop. under 10,000)	16.8%	48.5%	32.2%	2.5%
A rural area	11.5%	46.8%	39.4%	2.4%
Results by respondent's education level:				
Less than high school	25.9%	46.3%	26.7%	1.1%
High school diploma or GED	17.9%	54.0%	27.7%	.4%
Some college, trade school, or associate's degree	14.6%	48.9%	32.3%	4.2%
Bachelor's degree or higher	9.2%	38.4%	49.6%	2.8%
Results by household income:				
Less than $15,000	33.2%	41.8%	23.3%	1.8%
$15,000 to $35,000	12.0%	57.7%	27.5%	2.8%
$35,001 to $65,000	22.1%	42.2%	32.8%	2.9%
More than $65,000	7.3%	43.4%	47.9%	1.4%
Results for CHB service area	16.2%	45.3%	37.2%	1.3%
Results for 19-county region	13.8%	46.1%	38.3%	1.8%

D8a. Does your community have this? Walking trails

	My community does not have this	My community has this	Missing, but responded 'I do not use this' to follow-up
Overall results	18.1%	78.4%	3.6%
Results by gender:			
Females	16.2%	80.4%	3.4%
Males	20.1%	76.2%	3.7%
Results by age:			
18-34	11.4%	88.6%	.0%
35-44	13.7%	82.8%	3.5%
45-54	16.7%	80.0%	3.3%
55-64	20.7%	77.2%	2.1%
65-74	27.1%	71.6%	1.3%
75+	22.0%	65.2%	12.8%
Results by location:			
A city (pop. 10,000+)	*	*	*
A town (pop. under 10,000)	17.9%	79.9%	2.2%
A rural area	19.1%	75.8%	5.1%
Results by respondent's education level:			
Less than high school	22.2%	63.0%	14.8%
High school diploma or GED	17.8%	77.2%	5.0%
Some college, trade school, or associate's degree	14.2%	84.5%	1.3%
Bachelor's degree or higher	20.3%	79.7%	.0%
Results by household income:			
Less than $15,000	14.2%	70.3%	15.5%
$15,000 to $35,000	19.6%	76.2%	4.2%
$35,001 to $65,000	18.5%	80.2%	1.3%
More than $65,000	11.0%	89.0%	.0%
Results for CHB service area	24.6%	72.5%	2.9%
Results for 19-county region	19.7%	77.9%	2.3%

D8a. (Of those who said "My community has this" to question D8a) Do you use it? Walking trails

	I use this	I do not use this
Overall results	30.9%	69.1%
Results by gender:		
Females	34.4%	65.6%
Males	26.8%	73.2%
Results by age:		
18-34	36.8%	63.2%
35-44	36.2%	63.8%
45-54	31.4%	68.6%
55-64	22.0%	78.0%
65-74	32.4%	67.6%
75+	21.5%	78.5%
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	33.1%	66.9%
A rural area	20.2%	79.8%
Results by respondent's education level:		
Less than high school	46.9%	53.1%
High school diploma or GED	20.4%	79.6%
Some college, trade school, or associate's degree	32.1%	67.9%
Bachelor's degree or higher	34.7%	65.3%
Results by household income:		
Less than $15,000	12.6%	87.4%
$15,000 to $35,000	34.8%	65.2%
$35,001 to $65,000	40.5%	59.5%
More than $65,000	24.6%	75.4%
Results for CHB service area	32.6%	67.4%
Results for 19-county region	45.7%	54.3%

D8b. Does your community have this? Bicycle paths, shared use paths, or bike lanes

	My community does not have this	My community has this	Missing, but responded 'I do not use this' to follow-up
Overall results	23.2%	74.2%	2.7%
Results by gender:			
Females	22.0%	75.6%	2.4%
Males	24.5%	72.4%	3.0%
Results by age:			
18-34	14.9%	85.1%	.0%
35-44	24.2%	71.6%	4.2%
45-54	25.4%	73.3%	1.3%
55-64	25.8%	74.2%	.0%
65-74	26.4%	73.6%	.0%
75+	25.2%	62.6%	12.2%
Results by location:			
A city (pop. 10,000+)	*	*	*
A town (pop. under 10,000)	23.2%	75.2%	1.7%
A rural area	22.9%	72.7%	4.4%
Results by respondent's education level:			
Less than high school	34.5%	55.7%	9.8%
High school diploma or GED	25.1%	71.0%	3.9%
Some college, trade school, or associate's degree	19.0%	79.5%	1.5%
Bachelor's degree or higher	21.1%	78.9%	.0%
Results by household income:			
Less than $15,000	23.1%	65.2%	11.7%
$15,000 to $35,000	28.0%	68.7%	3.3%
$35,001 to $65,000	24.3%	75.1%	.6%
More than $65,000	10.1%	89.9%	.0%
Results for CHB service area	28.6%	69.4%	2.0%
Results for 19-county region	23.8%	74.3%	1.9%

D8b. (Of those who said "My community has this" to question D8b) Do you use it? Bicycle paths, shared use paths, or bike lanes

	I use this	I do not use this
Overall results	27.8%	72.2%
Results by gender:		
Females	23.6%	76.4%
Males	32.9%	67.1%
Results by age:		
18-34	42.1%	57.9%
35-44	28.2%	71.8%
45-54	29.4%	70.6%
55-64	23.4%	76.6%
65-74	23.6%	76.4%
75+	6.8%	93.2%
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	31.5%	68.5%
A rural area	16.6%	83.4%
Results by respondent's education level:		
Less than high school	*	*
High school diploma or GED	13.3%	86.7%
Some college, trade school, or associate's degree	26.3%	73.7%
Bachelor's degree or higher	42.4%	57.6%
Results by household income:		
Less than $15,000	5.3%	94.7%
$15,000 to $35,000	26.2%	73.8%
$35,001 to $65,000	42.6%	57.4%
More than $65,000	23.4%	76.6%
Results for CHB service area	31.2%	68.8%
Results for 19-county region	39.4%	60.6%

D8c. Does your community have this? Public swimming pools or water parks

	My community does not have this	My community has this	Missing, but responded 'I do not use this' to follow-up
Overall results	4.6%	91.5%	3.9%
Results by gender:			
Females	4.6%	92.1%	3.3%
Males	4.6%	90.8%	4.7%
Results by age:			
18-34	.0%	98.1%	1.9%
35-44	9.7%	86.2%	4.1%
45-54	.8%	95.7%	3.5%
55-64	4.7%	94.8%	.5%
65-74	10.8%	88.6%	.6%
75+	6.7%	79.6%	13.7%
Results by location:			
A city (pop. 10,000+)	*	*	*
A town (pop. under 10,000)	4.3%	92.7%	3.0%
A rural area	5.1%	90.8%	4.1%
Results by respondent's education level:			
Less than high school	8.8%	81.6%	9.6%
High school diploma or GED	5.5%	90.7%	3.8%
Some college, trade school, or associate's degree	3.9%	91.3%	4.8%
Bachelor's degree or higher	2.8%	97.2%	.0%
Results by household income:			
Less than $15,000	7.7%	79.9%	12.4%
$15,000 to $35,000	4.9%	90.9%	4.2%
$35,001 to $65,000	5.4%	91.2%	3.4%
More than $65,000	.7%	99.3%	.0%
Results for CHB service area	11.8%	86.2%	2.0%
Results for 19-county region	12.2%	85.6%	2.2%

D8c. (Of those who said "My community has this" to question D8c) Do you use it? Public swimming pools or water parks

	I use this	I do not use this
Overall results	24.0%	76.0%
Results by gender:		
Females	27.0%	73.0%
Males	20.7%	79.3%
Results by age:		
18-34	37.8%	62.2%
35-44	40.9%	59.1%
45-54	19.5%	80.5%
55-64	17.8%	82.2%
65-74	10.5%	89.5%
75+	7.5%	92.5%
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	24.6%	75.4%
A rural area	20.8%	79.2%
Results by respondent's education level:		
Less than high school	9.9%	90.1%
High school diploma or GED	18.2%	81.8%
Some college, trade school, or associate's degree	30.8%	69.2%
Bachelor's degree or higher	27.1%	72.9%
Results by household income:		
Less than $15,000	23.8%	76.2%
$15,000 to $35,000	21.4%	78.6%
$35,001 to $65,000	22.2%	77.8%
More than $65,000	36.6%	63.4%
Results for CHB service area	24.7%	75.3%
Results for 19-county region	23.4%	76.6%

D8d. Does your community have this? Public recreation centers

	My community does not have this	My community has this	Missing, but responded 'I do not use this' to follow-up
Overall results	14.4%	82.3%	3.3%
Results by gender:			
Females	13.3%	83.3%	3.5%
Males	15.6%	81.1%	3.2%
Results by age:			
18-34	5.1%	94.9%	.0%
35-44	19.5%	76.2%	4.4%
45-54	16.6%	81.3%	2.1%
55-64	11.8%	87.7%	.5%
65-74	25.9%	73.5%	.6%
75+	11.9%	73.6%	14.5%
Results by location:			
A city (pop. 10,000+)	*	*	*
A town (pop. under 10,000)	13.7%	83.6%	2.7%
A rural area	14.2%	81.5%	4.3%
Results by respondent's education level:			
Less than high school	10.5%	80.6%	8.8%
High school diploma or GED	17.4%	78.5%	4.1%
Some college, trade school, or associate's degree	11.8%	84.9%	3.3%
Bachelor's degree or higher	15.2%	84.8%	.0%
Results by household income:			
Less than $15,000	10.9%	71.4%	17.8%
$15,000 to $35,000	12.7%	84.4%	2.9%
$35,001 to $65,000	15.8%	83.3%	.9%
More than $65,000	8.9%	91.1%	.0%
Results for CHB service area	28.8%	69.2%	2.0%
Results for 19-county region	30.7%	67.2%	2.2%

D8d. (Of those who said "My community has this" to question D8d) Do you use it? Public recreation centers

	I use this	I do not use this
Overall results	29.2%	70.8%
Results by gender:		
Females	25.7%	74.3%
Males	33.2%	66.8%
Results by age:		
18-34	47.5%	52.5%
35-44	31.0%	69.0%
45-54	27.1%	72.9%
55-64	21.0%	79.0%
65-74	18.4%	81.6%
75+	16.0%	84.0%
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	30.1%	69.9%
A rural area	23.4%	76.6%
Results by respondent's education level:		
Less than high school	35.7%	64.3%
High school diploma or GED	23.7%	76.3%
Some college, trade school, or associate's degree	24.9%	75.1%
Bachelor's degree or higher	39.9%	60.1%
Results by household income:		
Less than $15,000	12.3%	87.7%
$15,000 to $35,000	30.9%	69.1%
$35,001 to $65,000	34.4%	65.6%
More than $65,000	35.2%	64.8%
Results for CHB service area	36.5%	63.5%
Results for 19-county region	30.3%	69.7%

D8e. Does your community have this? Parks or sports fields

	My community does not have this	My community has this	Missing, but responded 'I do not use this' to follow-up
Overall results	3.0%	93.3%	3.7%
Results by gender:			
Females	3.0%	93.8%	3.2%
Males	3.0%	92.8%	4.2%
Results by age:			
18-34	.0%	100.0%	.0%
35-44	.0%	96.5%	3.5%
45-54	2.5%	93.1%	4.4%
55-64	4.8%	95.2%	.0%
65-74	6.0%	93.4%	.6%
75+	6.9%	79.0%	14.1%
Results by location:			
A city (pop. 10,000+)	*	*	*
A town (pop. under 10,000)	2.4%	95.0%	2.6%
A rural area	3.3%	92.6%	4.1%
Results by respondent's education level:			
Less than high school	4.8%	85.9%	9.3%
High school diploma or GED	4.9%	91.6%	3.5%
Some college, trade school, or associate's degree	2.3%	93.3%	4.4%
Bachelor's degree or higher	.8%	99.2%	.0%
Results by household income:			
Less than $15,000	6.1%	77.5%	16.4%
$15,000 to $35,000	1.7%	95.6%	2.8%
$35,001 to $65,000	4.1%	93.8%	2.2%
More than $65,000	.0%	100.0%	.0%
Results for CHB service area	4.7%	93.1%	2.2%
Results for 19-county region	3.7%	94.5%	1.8%

D8e. **(Of those who said "My community has this" to question D8e) Do you use it? Parks or sports fields**

	I use this	I do not use this
Overall results	39.4%	60.6%
Results by gender:		
Females	37.9%	62.1%
Males	41.1%	58.9%
Results by age:		
18-34	43.9%	56.1%
35-44	60.2%	39.8%
45-54	42.2%	57.8%
55-64	26.0%	74.0%
65-74	39.7%	60.3%
75+	18.3%	81.7%
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	39.2%	60.8%
A rural area	39.7%	60.3%
Results by respondent's education level:		
Less than high school	14.6%	85.4%
High school diploma or GED	31.7%	68.3%
Some college, trade school, or associate's degree	45.4%	54.6%
Bachelor's degree or higher	51.1%	48.9%
Results by household income:		
Less than $15,000	18.2%	81.8%
$15,000 to $35,000	35.3%	64.7%
$35,001 to $65,000	50.8%	49.2%
More than $65,000	43.9%	56.1%
Results for CHB service area	44.7%	55.3%
Results for 19-county region	48.8%	51.2%

D8f. Does your community have this? Schools, colleges, or universities that are open for public use for exercise or physical activity

	My community does not have this	My community has this	Missing, but responded 'I do not use this' to follow-up
Overall results	41.1%	55.3%	3.6%
Results by gender:			
Females	35.7%	59.8%	4.5%
Males	47.3%	50.2%	2.5%
Results by age:			
18-34	53.1%	46.9%	.0%
35-44	51.7%	48.3%	.0%
45-54	38.7%	59.0%	2.4%
55-64	42.4%	57.0%	.6%
65-74	35.8%	63.4%	.8%
75+	21.3%	58.8%	19.9%
Results by location:			
A city (pop. 10,000+)	*	*	*
A town (pop. under 10,000)	40.9%	55.6%	3.5%
A rural area	43.5%	53.3%	3.2%
Results by respondent's education level:			
Less than high school	25.1%	64.2%	10.7%
High school diploma or GED	39.6%	56.5%	3.9%
Some college, trade school, or associate's degree	43.6%	52.9%	3.5%
Bachelor's degree or higher	48.0%	52.0%	.0%
Results by household income:			
Less than $15,000	27.5%	56.4%	16.1%
$15,000 to $35,000	35.1%	60.5%	4.4%
$35,001 to $65,000	49.7%	49.4%	1.0%
More than $65,000	43.2%	56.8%	.0%
Results for CHB service area	28.4%	69.2%	2.4%
Results for 19-county region	29.8%	67.9%	2.3%

D8f. **(Of those who said "My community has this" to question D8f) Do you use it? Schools, colleges, or universities that are open for public use for exercise or physical activity**

	I use this	I do not use this
Overall results	18.9%	81.1%
Results by gender:		
Females	17.7%	82.3%
Males	20.6%	79.4%
Results by age:		
18-34	12.1%	87.9%
35-44	*	*
45-54	29.5%	70.5%
55-64	17.1%	82.9%
65-74	*	*
75+	23.1%	76.9%
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	16.1%	83.9%
A rural area	23.7%	76.3%
Results by respondent's education level:		
Less than high school	*	*
High school diploma or GED	8.9%	91.1%
Some college, trade school, or associate's degree	26.0%	74.0%
Bachelor's degree or higher	19.5%	80.5%
Results by household income:		
Less than $15,000	*	*
$15,000 to $35,000	20.0%	80.0%
$35,001 to $65,000	21.6%	78.4%
More than $65,000	13.9%	86.1%
Results for CHB service area	17.3%	82.7%
Results for 19-county region	18.7%	81.3%

D8g. Does your community have this? A shopping mall or store for physical activity or walking

	My community does not have this	My community has this	Missing, but responded 'I do not use this' to follow-up
Overall results	85.0%	13.3%	1.7%
Results by gender:			
Females	81.1%	16.7%	2.2%
Males	89.4%	9.4%	1.2%
Results by age:			
18-34	89.7%	10.3%	.0%
35-44	91.9%	8.1%	.0%
45-54	87.7%	12.3%	.0%
55-64	88.1%	11.9%	.0%
65-74	84.9%	14.4%	.7%
75+	63.9%	24.6%	11.6%
Results by location:			
A city (pop. 10,000+)	*	*	*
A town (pop. under 10,000)	83.0%	15.7%	1.3%
A rural area	90.2%	7.9%	1.9%
Results by respondent's education level:			
Less than high school	74.1%	15.2%	10.8%
High school diploma or GED	81.8%	16.3%	1.9%
Some college, trade school, or associate's degree	86.5%	13.3%	.2%
Bachelor's degree or higher	92.0%	8.0%	.0%
Results by household income:			
Less than $15,000	68.4%	25.5%	6.1%
$15,000 to $35,000	78.2%	19.8%	2.0%
$35,001 to $65,000	88.6%	10.8%	.6%
More than $65,000	95.3%	4.7%	.0%
Results for CHB service area	53.9%	44.6%	1.5%
Results for 19-county region	47.0%	51.5%	1.6%

D8g. (Of those who said "My community has this" to question D8g) Do you use it? A shopping mall or store for physical activity or walking

	I use this	I do not use this
Overall results	34.5%	65.5%
Results by gender:		
Females	27.1%	72.9%
Males	*	*
Results by age:		
18-34	*	*
35-44	*	*
45-54	*	*
55-64	*	*
65-74	*	*
75+	*	*
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	42.9%	57.1%
A rural area	*	*
Results by respondent's education level:		
Less than high school	*	*
High school diploma or GED	*	*
Some college, trade school, or associate's degree	*	*
Bachelor's degree or higher	*	*
Results by household income:		
Less than $15,000	*	*
$15,000 to $35,000	*	*
$35,001 to $65,000	*	*
More than $65,000	*	*
Results for CHB service area	17.8%	82.2%
Results for 19-county region	29.9%	70.1%

D8h. Does your community have this? Health club, fitness/wellness center, or gym

	My community does not have this	My community has this	Missing, but responded 'I do not use this' to follow-up
Overall results	9.7%	87.4%	2.9%
Results by gender:			
Females	7.2%	90.1%	2.7%
Males	12.7%	84.2%	3.1%
Results by age:			
18-34	3.2%	96.8%	.0%
35-44	15.4%	84.6%	.0%
45-54	9.2%	86.4%	4.4%
55-64	3.4%	96.1%	.5%
65-74	15.2%	84.8%	.0%
75+	15.8%	71.4%	12.8%
Results by location:			
A city (pop. 10,000+)	*	*	*
A town (pop. under 10,000)	8.5%	89.2%	2.3%
A rural area	12.4%	85.6%	2.1%
Results by respondent's education level:			
Less than high school	16.9%	74.4%	8.7%
High school diploma or GED	16.5%	81.4%	2.0%
Some college, trade school, or associate's degree	6.0%	90.2%	3.7%
Bachelor's degree or higher	3.2%	96.8%	.0%
Results by household income:			
Less than $15,000	25.1%	64.4%	10.5%
$15,000 to $35,000	6.7%	91.3%	2.0%
$35,001 to $65,000	8.4%	88.6%	3.0%
More than $65,000	2.8%	97.2%	.0%
Results for CHB service area	15.3%	82.9%	1.8%
Results for 19-county region	12.2%	86.0%	1.9%

D8h. (Of those who said "My community has this" to question D8h) Do you use it? Health club, fitness/wellness center, or gym

	I use this	I do not use this
Overall results	19.1%	80.9%
Results by gender:		
Females	20.1%	79.9%
Males	17.8%	82.2%
Results by age:		
18-34	20.3%	79.7%
35-44	12.0%	88.0%
45-54	25.2%	74.8%
55-64	17.6%	82.4%
65-74	20.5%	79.5%
75+	15.1%	84.9%
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	20.0%	80.0%
A rural area	17.0%	83.0%
Results by respondent's education level:		
Less than high school	13.5%	86.5%
High school diploma or GED	13.5%	86.5%
Some college, trade school, or associate's degree	20.2%	79.8%
Bachelor's degree or higher	25.2%	74.8%
Results by household income:		
Less than $15,000	6.4%	93.6%
$15,000 to $35,000	11.2%	88.8%
$35,001 to $65,000	23.7%	76.3%
More than $65,000	27.5%	72.5%
Results for CHB service area	29.4%	70.6%
Results for 19-county region	23.5%	76.5%

D8i. **Does your community have this? Nearby waterways, such as creeks, rivers, and lakes for water-related activities**

	My community does not have this	My community has this	Missing, but responded 'I do not use this' to follow-up
Overall results	44.5%	53.4%	2.2%
Results by gender:			
Females	44.2%	53.6%	2.2%
Males	44.8%	53.1%	2.1%
Results by age:			
18-34	42.1%	57.9%	.0%
35-44	24.1%	75.9%	.0%
45-54	50.0%	47.9%	2.1%
55-64	47.7%	52.3%	.0%
65-74	51.4%	47.9%	.7%
75+	51.7%	37.2%	11.1%
Results by location:			
A city (pop. 10,000+)	*	*	*
A town (pop. under 10,000)	44.4%	53.6%	2.0%
A rural area	45.3%	52.9%	1.8%
Results by respondent's education level:			
Less than high school	34.6%	55.0%	10.4%
High school diploma or GED	46.0%	52.2%	1.9%
Some college, trade school, or associate's degree	44.8%	53.9%	1.4%
Bachelor's degree or higher	46.0%	54.0%	.0%
Results by household income:			
Less than $15,000	43.5%	49.2%	7.3%
$15,000 to $35,000	39.5%	57.7%	2.8%
$35,001 to $65,000	41.8%	57.0%	1.1%
More than $65,000	50.1%	49.9%	.0%
Results for CHB service area	29.2%	68.6%	2.2%
Results for 19-county region	18.4%	79.9%	1.7%

D8i. **(Of those who said "My community has this" to question D8i) Do you use it? Nearby waterways, such as creeks, rivers, and lakes for water-related activities**

	I use this	I do not use this
Overall results	38.7%	61.3%
Results by gender:		
Females	40.2%	59.8%
Males	37.0%	63.0%
Results by age:		
18-34	52.7%	47.3%
35-44	56.2%	43.8%
45-54	41.0%	59.0%
55-64	31.2%	68.8%
65-74	*	*
75+	10.0%	90.0%
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	32.8%	67.2%
A rural area	51.3%	48.7%
Results by respondent's education level:		
Less than high school	*	*
High school diploma or GED	35.5%	64.5%
Some college, trade school, or associate's degree	42.3%	57.7%
Bachelor's degree or higher	32.5%	67.5%
Results by household income:		
Less than $15,000	*	*
$15,000 to $35,000	50.5%	49.5%
$35,001 to $65,000	37.4%	62.6%
More than $65,000	31.0%	69.0%
Results for CHB service area	38.2%	61.8%
Results for 19-county region	37.4%	62.6%

Section E. Tobacco use

E1. Have you smoked at least 100 cigarettes in your entire life?

	Yes	No
Overall results	42.5%	57.5%
Results by gender:		
Females	33.1%	66.9%
Males	53.0%	47.0%
Results by age:		
18-34	46.4%	53.6%
35-44	49.3%	50.7%
45-54	44.9%	55.1%
55-64	46.9%	53.1%
65-74	36.1%	63.9%
75+	28.9%	71.1%
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	46.4%	53.6%
A rural area	32.0%	68.0%
Results by respondent's education level:		
Less than high school	24.4%	75.6%
High school diploma or GED	49.5%	50.5%
Some college, trade school, or associate's degree	52.1%	47.9%
Bachelor's degree or higher	26.2%	73.8%
Results by household income:		
Less than $15,000	51.5%	48.5%
$15,000 to $35,000	38.2%	61.8%
$35,001 to $65,000	43.5%	56.5%
More than $65,000	41.8%	58.2%
Results for CHB service area	42.3%	57.7%
Results for 19-county region	43.5%	56.5%

E2. **(Of those who answered "yes" to question E1) Do you now smoke cigarettes every day, some days, or not at all?**

	Every day	Some days	Not at all	Missing, but responded to follow-up
Overall results	28.0%	6.8%	63.9%	1.3%
Results by gender:				
Females	32.5%	6.7%	57.7%	3.1%
Males	24.8%	6.9%	68.3%	.0%
Results by age:				
18-34	47.3%	13.9%	33.5%	5.3%
35-44	30.4%	1.5%	68.1%	.0%
45-54	43.0%	3.7%	53.3%	.0%
55-64	6.1%	9.9%	84.0%	.0%
65-74	*	*	*	*
75+	*	*	*	*
Results by location:				
A city (pop. 10,000+)	*	*	*	*
A town (pop. under 10,000)	23.3%	8.4%	66.5%	1.8%
A rural area	31.2%	2.4%	66.4%	.0%
Results by respondent's education level:				
Less than high school	*	*	*	*
High school diploma or GED	26.5%	13.7%	56.0%	3.8%
Some college, trade school, or associate's degree	37.1%	.0%	62.9%	.0%
Bachelor's degree or higher	*	*	*	*
Results by household income:				
Less than $15,000	27.2%	14.7%	58.1%	.0%
$15,000 to $35,000	36.1%	2.8%	61.1%	.0%
$35,001 to $65,000	21.6%	7.8%	66.4%	4.2%
More than $65,000	28.6%	4.0%	67.4%	.0%
Results for CHB service area	24.3%	8.0%	67.4%	.3%
Results for 19-county region	26.8%	7.9%	65.1%	.1%

Calc5. Calculated smoking status based on response to questions E1 and E2

	Current smoker	Former smoker	Never smoked
Overall results	14.8%	27.3%	57.9%
Results by gender:			
Females	13.1%	19.3%	67.6%
Males	16.8%	36.1%	47.1%
Results by age:			
18-34	29.1%	15.9%	55.0%
35-44	15.7%	33.6%	50.7%
45-54	21.0%	23.9%	55.1%
55-64	7.4%	39.0%	53.6%
65-74	5.9%	30.1%	63.9%
75+	.0%	28.9%	71.1%
Results by location:			
A city (pop. 10,000+)	*	*	*
A town (pop. under 10,000)	14.8%	31.0%	54.2%
A rural area	10.8%	21.2%	68.0%
Results by respondent's education level:			
Less than high school	2.9%	21.4%	75.6%
High school diploma or GED	20.2%	28.1%	51.7%
Some college, trade school, or associate's degree	19.4%	32.8%	47.9%
Bachelor's degree or higher	5.8%	20.5%	73.8%
Results by household income:			
Less than $15,000	21.5%	29.9%	48.5%
$15,000 to $35,000	14.9%	23.3%	61.8%
$35,001 to $65,000	13.0%	29.4%	57.5%
More than $65,000	13.6%	28.1%	58.2%
Results for CHB service area	13.7%	28.5%	57.8%
Results for 19-county region	15.1%	28.3%	56.6%

E3. **(Of those who answered "some days" or "every day" to question E2) During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit?**

	Yes	No
Overall results	66.1%	33.9%
Results by gender:		
Females	67.7%	32.3%
Males	64.4%	35.6%
Results by age:		
18-34	*	*
35-44	*	*
45-54	*	*
55-64	*	*
65-74	*	*
75+	*	*
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	64.7%	35.3%
A rural area	*	*
Results by respondent's education level:		
Less than high school	*	*
High school diploma or GED	70.2%	29.8%
Some college, trade school, or associate's degree	*	*
Bachelor's degree or higher	*	*
Results by household income:		
Less than $15,000	*	*
$15,000 to $35,000	*	*
$35,001 to $65,000	*	*
More than $65,000	*	*
Results for CHB service area	56.5%	43.5%
Results for 19-county region	51.8%	48.2%

E4a. **(Of those who answered "yes" to question E3 plus all "former smokers")**
The last time you tried to quit smoking, did you use: Any nicotine
replacement product, such as gum, a patch, a nasal spray, an inhaler, or
lozenges

	Yes	No
Overall results	15.3%	84.7%
Results by gender:		
Females	15.5%	84.5%
Males	15.2%	84.8%
Results by age:		
18-34	*	*
35-44	*	*
45-54	*	*
55-64	*	*
65-74	*	*
75+	*	*
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	17.1%	82.9%
A rural area	*	*
Results by respondent's education level:		
Less than high school	*	*
High school diploma or GED	15.2%	84.8%
Some college, trade school, or associate's degree	20.0%	80.0%
Bachelor's degree or higher	*	*
Results by household income:		
Less than $15,000	*	*
$15,000 to $35,000	11.6%	88.4%
$35,001 to $65,000	5.7%	94.3%
More than $65,000	*	*
Results for CHB service area	20.7%	79.3%
Results for 19-county region	17.4%	82.6%

**E4b. (Of those who answered "yes" to question E3 plus all "former smokers")
The last time you tried to quit smoking, did you use: A prescription
medication like Zyban, Wellbutrin, or Chantix to help you quit smoking**

	Yes	No
Overall results	18.2%	81.8%
Results by gender:		
Females	33.4%	66.6%
Males	7.9%	92.1%
Results by age:		
18-34	*	*
35-44	*	*
45-54	*	*
55-64	*	*
65-74	*	*
75+	*	*
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	21.7%	78.3%
A rural area	*	*
Results by respondent's education level:		
Less than high school	*	*
High school diploma or GED	14.9%	85.1%
Some college, trade school, or associate's degree	24.5%	75.5%
Bachelor's degree or higher	*	*
Results by household income:		
Less than $15,000	*	*
$15,000 to $35,000	17.4%	82.6%
$35,001 to $65,000	30.1%	69.9%
More than $65,000	*	*
Results for CHB service area	15.6%	84.4%
Results for 19-county region	14.7%	85.3%

E4c. **(Of those who answered "yes" to question E3 plus all "former smokers")**
The last time you tried to quit smoking, did you use: A quit-smoking
clinic or class

	Yes	No
Overall results	1.0%	99.0%
Results by gender:		
Females	1.1%	98.9%
Males	.9%	99.1%
Results by age:		
18-34	*	*
35-44	*	*
45-54	*	*
55-64	*	*
65-74	*	*
75+	*	*
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	1.4%	98.6%
A rural area	*	*
Results by respondent's education level:		
Less than high school	*	*
High school diploma or GED	.0%	100.0%
Some college, trade school, or associate's degree	1.1%	98.9%
Bachelor's degree or higher	*	*
Results by household income:		
Less than $15,000	*	*
$15,000 to $35,000	1.8%	98.2%
$35,001 to $65,000	1.6%	98.4%
More than $65,000	*	*
Results for CHB service area	3.7%	96.3%
Results for 19-county region	2.2%	97.8%

E4d. (Of those who answered "yes" to question E3 plus all "former smokers") The last time you tried to quit smoking, did you use: A quit-smoking telephone help line

	Yes	No
Overall results	3.5%	96.5%
Results by gender:		
Females	8.7%	91.3%
Males	.0%	100.0%
Results by age:		
18-34	*	*
35-44	*	*
45-54	*	*
55-64	*	*
65-74	*	*
75+	*	*
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	3.2%	96.8%
A rural area	.0%	100.0%
Results by respondent's education level:		
Less than high school	*	*
High school diploma or GED	7.8%	92.2%
Some college, trade school, or associate's degree	.0%	100.0%
Bachelor's degree or higher	*	*
Results by household income:		
Less than $15,000	*	*
$15,000 to $35,000	.0%	100.0%
$35,001 to $65,000	10.4%	89.6%
More than $65,000	*	*
Results for CHB service area	3.9%	96.1%
Results for 19-county region	2.3%	97.7%

E4e. **(Of those who answered "yes" to question E3 plus all "former smokers")**
The last time you tried to quit smoking, did you use: An on-line or web-based counseling service

	Yes	No
Overall results	1.8%	98.2%
Results by gender:		
Females	4.3%	95.7%
Males	.0%	100.0%
Results by age:		
18-34	*	*
35-44	*	*
45-54	*	*
55-64	*	*
65-74	*	*
75+	*	*
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	1.3%	98.7%
A rural area	*	*
Results by respondent's education level:		
Less than high school	*	*
High school diploma or GED	.0%	100.0%
Some college, trade school, or associate's degree	1.9%	98.1%
Bachelor's degree or higher	*	*
Results by household income:		
Less than $15,000	*	*
$15,000 to $35,000	.0%	100.0%
$35,001 to $65,000	5.9%	94.1%
More than $65,000	*	*
Results for CHB service area	2.0%	98.0%
Results for 19-county region	1.4%	98.6%

**E4f. (Of those who answered "yes" to question E3 plus all "former smokers")
The last time you tried to quit smoking, did you use: Face-to-face
counseling**

	Yes	No
Overall results	1.3%	98.7%
Results by gender:		
Females	1.1%	98.9%
Males	1.4%	98.6%
Results by age:		
18-34	*	*
35-44	*	*
45-54	*	*
55-64	*	*
65-74	*	*
75+	*	*
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	1.4%	98.6%
A rural area	*	*
Results by respondent's education level:		
Less than high school	*	*
High school diploma or GED	.0%	100.0%
Some college, trade school, or associate's degree	1.1%	98.9%
Bachelor's degree or higher	*	*
Results by household income:		
Less than $15,000	*	*
$15,000 to $35,000	1.8%	98.2%
$35,001 to $65,000	1.6%	98.4%
More than $65,000	*	*
Results for CHB service area	2.2%	97.8%
Results for 19-county region	1.6%	98.4%

E4g. (Of those who answered "yes" to question E3 plus all "former smokers") The last time you tried to quit smoking, did you use: Some other program or service

	Yes	No
Overall results	3.3%	96.7%
Results by gender:		
Females	4.1%	95.9%
Males	2.8%	97.2%
Results by age:		
18-34	*	*
35-44	*	*
45-54	*	*
55-64	*	*
65-74	*	*
75+	*	*
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	4.0%	96.0%
A rural area	*	*
Results by respondent's education level:		
Less than high school	*	*
High school diploma or GED	.0%	100.0%
Some college, trade school, or associate's degree	4.6%	95.4%
Bachelor's degree or higher	*	*
Results by household income:		
Less than $15,000	*	*
$15,000 to $35,000	5.7%	94.3%
$35,001 to $65,000	3.0%	97.0%
More than $65,000	*	*
Results for CHB service area	2.3%	97.7%
Results for 19-county region	2.4%	97.6%

**E4h. (Of those who answered "yes" to question E3 plus all "former smokers")
The last time you tried to quit smoking, did you use: I quit without any
help from any of these**

	Yes	No
Overall results	62.7%	37.3%
Results by gender:		
Females	44.6%	55.4%
Males	75.3%	24.7%
Results by age:		
18-34	*	*
35-44	*	*
45-54	*	*
55-64	*	*
65-74	*	*
75+	*	*
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	61.0%	39.0%
A rural area	*	*
Results by respondent's education level:		
Less than high school	*	*
High school diploma or GED	66.9%	33.1%
Some college, trade school, or associate's degree	53.9%	46.1%
Bachelor's degree or higher	*	*
Results by household income:		
Less than $15,000	*	*
$15,000 to $35,000	71.0%	29.0%
$35,001 to $65,000	57.8%	42.2%
More than $65,000	*	*
Results for CHB service area	64.1%	35.9%
Results for 19-county region	68.6%	31.4%

E5. During the past 12 months have you used other tobacco products such as snuff, chewing tobacco, cigars, pipes, or any other type of tobacco product?

	Yes	No
Overall results	10.2%	89.8%
Results by gender:		
Females	2.9%	97.1%
Males	18.4%	81.6%
Results by age:		
18-34	20.5%	79.5%
35-44	5.6%	94.4%
45-54	14.5%	85.5%
55-64	5.2%	94.8%
65-74	5.1%	94.9%
75+	2.9%	97.1%
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	11.4%	88.6%
A rural area	5.6%	94.4%
Results by respondent's education level:		
Less than high school	4.7%	95.3%
High school diploma or GED	12.7%	87.3%
Some college, trade school, or associate's degree	13.5%	86.5%
Bachelor's degree or higher	3.9%	96.1%
Results by household income:		
Less than $15,000	14.5%	85.5%
$15,000 to $35,000	8.0%	92.0%
$35,001 to $65,000	6.8%	93.2%
More than $65,000	12.8%	87.2%
Results for CHB service area	9.8%	90.2%
Results for 19-county region	10.3%	89.7%

E6.   Does anyone, including yourself, smoke regularly inside your home?

	Yes	No
Overall results	9.6%	90.4%
Results by gender:		
Females	10.7%	89.3%
Males	8.4%	91.6%
Results by age:		
18-34	25.0%	75.0%
35-44	11.5%	88.5%
45-54	6.4%	93.6%
55-64	4.3%	95.7%
65-74	3.2%	96.8%
75+	.0%	100.0%
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	8.4%	91.6%
A rural area	10.6%	89.4%
Results by respondent's education level:		
Less than high school	4.0%	96.0%
High school diploma or GED	16.0%	84.0%
Some college, trade school, or associate's degree	8.4%	91.6%
Bachelor's degree or higher	4.5%	95.5%
Results by household income:		
Less than $15,000	19.9%	80.1%
$15,000 to $35,000	11.7%	88.3%
$35,001 to $65,000	7.2%	92.8%
More than $65,000	6.3%	93.7%
Results for CHB service area	8.2%	91.8%
Results for 19-county region	9.1%	90.9%

E7. **In the past 7 days, have you been in a car or other vehicle with someone who was smoking?**

	Yes	No
Overall results	21.2%	78.8%
Results by gender:		
Females	23.7%	76.3%
Males	18.5%	81.5%
Results by age:		
18-34	42.6%	57.4%
35-44	26.1%	73.9%
45-54	23.6%	76.4%
55-64	9.9%	90.1%
65-74	8.9%	91.1%
75+	2.5%	97.5%
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	20.2%	79.8%
A rural area	21.6%	78.4%
Results by respondent's education level:		
Less than high school	9.8%	90.2%
High school diploma or GED	31.8%	68.2%
Some college, trade school, or associate's degree	23.8%	76.2%
Bachelor's degree or higher	6.7%	93.3%
Results by household income:		
Less than $15,000	32.9%	67.1%
$15,000 to $35,000	24.8%	75.2%
$35,001 to $65,000	20.6%	79.4%
More than $65,000	12.3%	87.7%
Results for CHB service area	19.1%	80.9%
Results for 19-county region	18.5%	81.5%

E8. In Minnesota, in the past 7 days, has anyone smoked near you at any place besides your home, workplace, or car?

	Yes	No
Overall results	32.8%	67.2%
Results by gender:		
Females	31.3%	68.7%
Males	34.4%	65.6%
Results by age:		
18-34	41.8%	58.2%
35-44	32.9%	67.1%
45-54	29.1%	70.9%
55-64	43.0%	57.0%
65-74	31.5%	68.5%
75+	15.7%	84.3%
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	33.9%	66.1%
A rural area	28.4%	71.6%
Results by respondent's education level:		
Less than high school	41.3%	58.7%
High school diploma or GED	33.8%	66.2%
Some college, trade school, or associate's degree	36.9%	63.1%
Bachelor's degree or higher	20.1%	79.9%
Results by household income:		
Less than $15,000	33.3%	66.7%
$15,000 to $35,000	33.7%	66.3%
$35,001 to $65,000	31.0%	69.0%
More than $65,000	32.3%	67.7%
Results for CHB service area	32.0%	68.0%
Results for 19-county region	35.9%	64.1%

E9. **(Of those who answered "yes" to question E8) The last time this happened in Minnesota, where were you?**

	A restaurant's or bar's outdoor area	A park or outdoor recreation area	An outdoor community sports event	A sidewalk or building entrance	Some other place	Multiple responses checked
Overall results	12.1%	5.9%	.7%	20.5%	33.6%	27.3%
Results by gender:						
Females	9.2%	8.8%	1.4%	24.2%	32.0%	24.4%
Males	14.9%	2.9%	.0%	16.7%	35.2%	30.2%
Results by age:						
18-34	7.8%	4.6%	1.1%	6.0%	30.2%	50.3%
35-44	*	*	*	*	*	*
45-54	*	*	*	*	*	*
55-64	*	*	*	*	*	*
65-74	*	*	*	*	*	*
75+	*	*	*	*	*	*
Results by location:						
A city (pop. 10,000+)	*	*	*	*	*	*
A town (pop. under 10,000)	12.0%	6.0%	.0%	16.9%	38.3%	26.8%
A rural area	14.7%	4.1%	2.7%	29.9%	22.2%	26.4%
Results by respondent's education level:						
Less than high school	*	*	*	*	*	*
High school diploma or GED	12.0%	.0%	.0%	20.4%	30.8%	36.8%
Some college, trade school, or associate's degree	13.2%	11.6%	.7%	23.7%	23.5%	27.3%
Bachelor's degree or higher	*	*	*	*	*	*
Results by household income:						
Less than $15,000	*	*	*	*	*	*
$15,000 to $35,000	8.2%	9.3%	2.4%	21.2%	37.2%	21.8%
$35,001 to $65,000	12.2%	1.2%	.0%	30.9%	26.1%	29.6%
More than $65,000	*	*	*	*	*	*
Results for CHB service area	10.7%	3.9%	.3%	28.4%	34.3%	22.5%
Results for 19-county region	11.9%	3.4%	1.4%	26.5%	31.2%	25.5%

Section F. Health concerns

F1.   Are you now trying to lose weight?

	Yes	No
Overall results	51.3%	48.7%
Results by gender:		
Females	59.5%	40.5%
Males	42.1%	57.9%
Results by age:		
18-34	45.3%	54.7%
35-44	44.7%	55.3%
45-54	52.4%	47.6%
55-64	71.2%	28.8%
65-74	69.6%	30.4%
75+	31.3%	68.7%
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	51.3%	48.7%
A rural area	50.0%	50.0%
Results by respondent's education level:		
Less than high school	38.3%	61.7%
High school diploma or GED	45.0%	55.0%
Some college, trade school, or associate's degree	55.8%	44.2%
Bachelor's degree or higher	59.1%	40.9%
Results by household income:		
Less than $15,000	49.3%	50.7%
$15,000 to $35,000	48.0%	52.0%
$35,001 to $65,000	42.9%	57.1%
More than $65,000	70.2%	29.8%
Results for CHB service area	55.9%	44.1%
Results for 19-county region	55.5%	44.5%

F2. During the <u>past 12 months</u>, have you seen a doctor, nurse, or other health professional about your own health?

	Yes	No
Overall results	71.9%	28.1%
Results by gender:		
Females	71.2%	28.8%
Males	72.7%	27.3%
Results by age:		
18-34	55.1%	44.9%
35-44	50.4%	49.6%
45-54	69.4%	30.6%
55-64	82.7%	17.3%
65-74	91.3%	8.7%
75+	93.5%	6.5%
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	70.9%	29.1%
A rural area	75.3%	24.7%
Results by respondent's education level:		
Less than high school	82.5%	17.5%
High school diploma or GED	68.5%	31.5%
Some college, trade school, or associate's degree	70.7%	29.3%
Bachelor's degree or higher	73.4%	26.6%
Results by household income:		
Less than $15,000	62.8%	37.2%
$15,000 to $35,000	71.1%	28.9%
$35,001 to $65,000	69.2%	30.8%
More than $65,000	76.6%	23.4%
Results for CHB service area	70.0%	30.0%
Results for 19-county region	70.6%	29.4%

F3a. **(Of those who answered "yes" to question F2) Did the doctor, nurse, or other health professional discuss or ask you about your: Physical activity**

	Yes	No
Overall results	61.7%	38.3%
Results by gender:		
Females	55.4%	44.6%
Males	68.9%	31.1%
Results by age:		
18-34	67.3%	32.7%
35-44	55.9%	44.1%
45-54	61.6%	38.4%
55-64	59.0%	41.0%
65-74	64.0%	36.0%
75+	61.3%	38.7%
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	60.4%	39.6%
A rural area	62.8%	37.2%
Results by respondent's education level:		
Less than high school	56.2%	43.8%
High school diploma or GED	55.3%	44.7%
Some college, trade school, or associate's degree	64.2%	35.8%
Bachelor's degree or higher	69.5%	30.5%
Results by household income:		
Less than $15,000	67.1%	32.9%
$15,000 to $35,000	60.1%	39.9%
$35,001 to $65,000	64.3%	35.7%
More than $65,000	60.5%	39.5%
Results for CHB service area	53.8%	46.2%
Results for 19-county region	61.0%	39.0%

F3b. (Of those who answered "yes" to question F2) Did the doctor, nurse, or other health professional discuss or ask you about your: Diet or nutrition

	Yes	No
Overall results	53.8%	46.2%
Results by gender:		
Females	51.2%	48.8%
Males	56.9%	43.1%
Results by age:		
18-34	57.8%	42.2%
35-44	54.4%	45.6%
45-54	51.5%	48.5%
55-64	63.2%	36.8%
65-74	46.4%	53.6%
75+	49.0%	51.0%
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	52.7%	47.3%
A rural area	55.6%	44.4%
Results by respondent's education level:		
Less than high school	40.5%	59.5%
High school diploma or GED	41.2%	58.8%
Some college, trade school, or associate's degree	62.5%	37.5%
Bachelor's degree or higher	63.6%	36.4%
Results by household income:		
Less than $15,000	52.1%	47.9%
$15,000 to $35,000	51.9%	48.1%
$35,001 to $65,000	61.7%	38.3%
More than $65,000	46.9%	53.1%
Results for CHB service area	45.2%	54.8%
Results for 19-county region	52.6%	47.4%

F3c. (Of those who answered "yes" to question F2) Did the doctor, nurse, or other health professional discuss or ask you about your: Weight

	Yes	No
Overall results	49.7%	50.3%
Results by gender:		
Females	53.1%	46.9%
Males	45.7%	54.3%
Results by age:		
18-34	28.4%	71.6%
35-44	63.3%	36.7%
45-54	56.6%	43.4%
55-64	60.0%	40.0%
65-74	46.3%	53.7%
75+	47.3%	52.7%
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	52.7%	47.3%
A rural area	43.1%	56.9%
Results by respondent's education level:		
Less than high school	44.9%	55.1%
High school diploma or GED	46.9%	53.1%
Some college, trade school, or associate's degree	58.0%	42.0%
Bachelor's degree or higher	42.3%	57.7%
Results by household income:		
Less than $15,000	55.7%	44.3%
$15,000 to $35,000	44.8%	55.2%
$35,001 to $65,000	50.5%	49.5%
More than $65,000	50.8%	49.2%
Results for CHB service area	40.8%	59.2%
Results for 19-county region	49.1%	50.9%

F3d. (Of those who answered "yes" to question F2) Did the doctor, nurse, or other health professional discuss or ask you about your: Smoking or other tobacco use

	Yes	No
Overall results	39.8%	60.2%
Results by gender:		
Females	25.4%	74.6%
Males	55.6%	44.4%
Results by age:		
18-34	72.1%	27.9%
35-44	51.6%	48.4%
45-54	45.1%	54.9%
55-64	28.9%	71.1%
65-74	17.5%	82.5%
75+	24.3%	75.7%
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	41.3%	58.7%
A rural area	38.1%	61.9%
Results by respondent's education level:		
Less than high school	34.3%	65.7%
High school diploma or GED	29.7%	70.3%
Some college, trade school, or associate's degree	44.6%	55.4%
Bachelor's degree or higher	48.0%	52.0%
Results by household income:		
Less than $15,000	27.5%	72.5%
$15,000 to $35,000	43.9%	56.1%
$35,001 to $65,000	41.9%	58.1%
More than $65,000	45.2%	54.8%
Results for CHB service area	37.2%	62.8%
Results for 19-county region	45.5%	54.5%

Section G. About you

Calc6. Weight status according to Body Mass Index (BMI), calculated based on questions G3 (respondent's weight) and G4 (respondent's height)

	Not overweight	Overweight but not obese	Obese
Overall results	31.5%	38.4%	30.1%
Results by gender:			
Females	38.5%	31.6%	29.9%
Males	23.5%	46.0%	30.5%
Results by age:			
18-34	46.2%	39.6%	14.2%
35-44	29.3%	40.6%	30.2%
45-54	31.7%	35.7%	32.6%
55-64	19.3%	30.6%	50.1%
65-74	13.1%	41.9%	45.0%
75+	36.4%	43.3%	20.3%
Results by location:			
A city (pop. 10,000+)	*	*	*
A town (pop. under 10,000)	33.1%	35.4%	31.5%
A rural area	29.1%	47.7%	23.2%
Results by respondent's education level:			
Less than high school	32.3%	38.9%	28.9%
High school diploma or GED	35.0%	38.0%	27.0%
Some college, trade school, or associate's degree	28.4%	42.3%	29.3%
Bachelor's degree or higher	31.7%	32.6%	35.6%
Results by household income:			
Less than $15,000	43.4%	29.0%	27.5%
$15,000 to $35,000	37.5%	34.8%	27.7%
$35,001 to $65,000	29.7%	37.8%	32.6%
More than $65,000	16.7%	49.5%	33.8%
Results for CHB service area	32.4%	36.7%	31.0%
Results for 19-county region	33.7%	35.7%	30.5%

Respondent's race/ethnicity, based on their response to questions G5 (Hispanic/Latino ethnicity) and G6 (race)

	White, non-Hispanic	All others
Overall results	97.3%	2.7%
Results by gender:		
Females	97.2%	2.8%
Males	97.5%	2.5%
Results by age:		
18-34	99.1%	.9%
35-44	94.9%	5.1%
45-54	97.8%	2.2%
55-64	96.8%	3.2%
65-74	94.5%	5.5%
75+	99.1%	.9%
Results by location:		
A city (pop. 10,000+)	*	*
A town (pop. under 10,000)	96.3%	3.7%
A rural area	99.7%	.3%
Results by respondent's education level:		
Less than high school	96.7%	3.3%
High school diploma or GED	97.4%	2.6%
Some college, trade school, or associate's degree	97.8%	2.2%
Bachelor's degree or higher	96.9%	3.1%
Results by household income:		
Less than $15,000	94.7%	5.3%
$15,000 to $35,000	98.8%	1.2%
$35,001 to $65,000	96.3%	3.7%
More than $65,000	100.0%	.0%
Results for CHB service area	95.9%	4.1%
Results for 19-county region	96.5%	3.5%

G10. Respondent's current employment status*

	Employed	Self-employed or farmer	Unemployed or out of work	A homemaker or stay at home parent	A student	Retired	Unable to work because of a disability
Overall results	54.9%	14.6%	4.3%	6.6%	4.3%	25.5%	5.3%
Results by gender:							
Females	51.3%	9.2%	5.1%	12.1%	4.5%	29.3%	5.5%
Males	59.1%	20.7%	3.5%	.5%	4.0%	21.2%	5.0%
Results by age:							
18-34	72.2%	14.1%	9.8%	10.8%	16.8%	.0%	.0%
35-44	68.6%	21.5%	4.9%	4.6%	2.4%	.9%	3.3%
45-54	80.7%	18.4%	2.8%	2.4%	1.2%	.0%	6.1%
55-64	60.6%	20.0%	1.6%	4.6%	.0%	14.3%	5.1%
65-74	26.9%	10.7%	.6%	3.1%	.0%	68.0%	11.9%
75+	3.2%	1.1%	2.5%	12.8%	.0%	92.5%	9.2%
Results by location:							
A city (pop. 10,000+)	*	*	*	*	*	*	*
A town (pop. under 10,000)	54.2%	8.0%	5.0%	6.1%	4.1%	29.3%	7.2%
A rural area	58.9%	30.9%	1.3%	8.1%	4.3%	13.4%	.6%
Results by respondent's education level:							
Less than high school	34.5%	4.6%	.0%	9.3%	14.3%	56.2%	7.0%
High school diploma or GED	43.8%	11.1%	7.6%	9.2%	3.7%	32.5%	6.7%
Some college, trade school, or associate's degree	63.1%	23.6%	3.6%	5.7%	2.7%	13.5%	5.1%
Bachelor's degree or higher	70.9%	9.5%	1.6%	3.4%	1.2%	16.2%	3.0%
Results by household income:							
Less than $15,000	19.7%	6.1%	13.1%	12.5%	1.5%	49.6%	14.3%
$15,000 to $35,000	54.3%	11.2%	5.2%	6.8%	12.1%	28.2%	7.8%
$35,001 to $65,000	63.8%	16.4%	2.3%	4.9%	2.2%	19.5%	3.1%
More than $65,000	72.6%	24.3%	1.1%	3.5%	.0%	9.6%	.3%
Results for CHB service area	57.0%	13.9%	2.5%	6.0%	4.7%	24.0%	5.2%
Results for 19-county region	57.5%	13.4%	4.5%	5.7%	6.1%	21.8%	4.1%

*   *Respondents were allowed to provide multiple responses so totals do not add up to 100%.*

G11. (Of those who answered "employed" or "self-employed or farmer" on question G10) When you are at work, which of the following best describes what you do?

	Mostly sitting or standing	Mostly walking	Mostly heavy labor or physically demanding work	Marked multiple boxes
Overall results	48.3%	25.7%	17.4%	8.6%
Results by gender:				
Females	56.8%	24.9%	9.1%	9.1%
Males	41.1%	26.3%	24.3%	8.2%
Results by age:				
18-34	47.5%	23.5%	17.8%	11.3%
35-44	31.6%	33.9%	25.8%	8.7%
45-54	53.1%	22.2%	19.2%	5.5%
55-64	56.7%	23.7%	9.6%	10.0%
65-74	*	*	*	*
75+	*	*	*	*
Results by location:				
A city (pop. 10,000+)	*	*	*	*
A town (pop. under 10,000)	54.9%	25.7%	13.8%	5.6%
A rural area	39.3%	24.0%	23.0%	13.7%
Results by respondent's education level:				
Less than high school	*	*	*	*
High school diploma or GED	45.8%	20.6%	28.5%	5.0%
Some college, trade school, or associate's degree	42.2%	26.8%	17.2%	13.8%
Bachelor's degree or higher	68.3%	17.6%	11.1%	3.0%
Results by household income:				
Less than $15,000	*	*	*	*
$15,000 to $35,000	45.0%	26.6%	22.5%	5.9%
$35,001 to $65,000	49.6%	25.2%	15.2%	10.1%
More than $65,000	61.0%	26.6%	3.2%	9.3%
Results for CHB service area	53.2%	23.0%	16.2%	7.6%
Results for 19-county region	57.2%	22.8%	15.0%	5.1%

G12. **(Of those who answered "employed" or "self-employed or farmer" on question G10) While working at your job, are you indoors most of the time?**

	Yes	No	Marked both yes and no
Overall results	72.7%	27.3%	.0%
Results by gender:			
Females	92.8%	7.2%	.0%
Males	55.7%	44.3%	.0%
Results by age:			
18-34	69.2%	30.8%	.0%
35-44	79.1%	20.9%	.0%
45-54	69.1%	30.9%	.0%
55-64	75.5%	24.5%	.0%
65-74	*	*	*
75+	*	*	*
Results by location:			
A city (pop. 10,000+)	*	*	*
A town (pop. under 10,000)	83.1%	16.9%	.0%
A rural area	55.0%	45.0%	.0%
Results by respondent's education level:			
Less than high school	*	*	*
High school diploma or GED	69.1%	30.9%	.0%
Some college, trade school, or associate's degree	64.7%	35.3%	.0%
Bachelor's degree or higher	87.3%	12.7%	.0%
Results by household income:			
Less than $15,000	*	*	*
$15,000 to $35,000	73.1%	26.9%	.0%
$35,001 to $65,000	77.3%	22.7%	.0%
More than $65,000	70.9%	29.1%	.0%
Results for CHB service area	76.2%	22.8%	1.0%
Results for 19-county region	79.2%	20.3%	.4%

G13.1. (Of those who answered "employed" or "self-employed or farmer" on question G10) At your workplace, does anyone smoke in any of the following areas?

	In outdoor smoking areas at least 20 feet from doors	Just outside the door(s)	In designated indoor smoking areas	In company vehicles	In your indoor work area	None of the above – No one smokes anywhere at my worksite
Overall results	26.0%	15.2%	2.5%	3.1%	1.7%	53.8%
Results by gender:						
Females	22.5%	20.3%	1.1%	.4%	.4%	55.8%
Males	29.0%	10.8%	3.6%	5.4%	2.8%	52.0%
Results by age:						
18-34	26.8%	10.3%	.0%	.0%	2.3%	61.3%
35-44	24.4%	14.2%	.0%	6.8%	.8%	49.5%
45-54	30.8%	15.5%	6.9%	2.5%	2.5%	50.5%
55-64	18.3%	23.4%	1.2%	5.7%	1.2%	53.9%
65-74	*	*	*	*	*	*
75+	*	*	*	*	*	*
Results by location:						
A city (pop. 10,000+)	*	*	*	*	*	*
A town (pop. under 10,000)	30.6%	17.4%	2.7%	3.1%	2.8%	46.9%
A rural area	16.3%	8.1%	2.3%	3.3%	.0%	70.5%
Results by respondent's education level:						
Less than high school	*	*	*	*	*	*
High school diploma or GED	25.8%	28.3%	3.5%	1.6%	.0%	38.0%
Some college, trade school, or associate's degree	17.7%	10.0%	3.8%	5.8%	3.6%	66.3%
Bachelor's degree or higher	34.6%	11.4%	.0%	.7%	.6%	54.4%
Results by household income:						
Less than $15,000	*	*	*	*	*	*
$15,000 to $35,000	48.1%	20.4%	3.8%	5.5%	4.9%	30.7%
$35,001 to $65,000	14.8%	17.6%	4.3%	2.4%	1.1%	61.0%
More than $65,000	24.7%	7.9%	.0%	2.9%	.0%	57.9%
Results for CHB service area	28.4%	24.4%	3.4%	6.4%	3.1%	47.9%
Results for 19-county region	30.1%	27.3%	2.9%	4.2%	2.4%	43.6%

G15. How many children under age 18 live in your household?

	Number of adults in household			Number of children in household			
	1	2	3 or more	0	1	2	3 or more
Overall results	24.3%	58.2%	17.5%	70.3%	8.1%	10.2%	11.4%
Results by gender:							
Females	26.0%	57.5%	16.4%	69.1%	9.6%	12.8%	8.5%
Males	22.3%	59.1%	18.7%	71.6%	6.4%	7.5%	14.6%
Results by age:							
18-34	12.2%	66.4%	21.4%	50.8%	9.5%	22.8%	17.0%
35-44	20.7%	62.4%	17.0%	28.0%	8.2%	15.3%	48.5%
45-54	14.1%	47.0%	38.9%	66.8%	20.9%	12.3%	.0%
55-64	19.6%	70.9%	9.5%	95.4%	1.4%	1.7%	1.4%
65-74	25.8%	72.2%	2.0%	100.0%	.0%	.0%	.0%
75+	60.3%	35.0%	4.6%	98.3%	1.7%	.0%	.0%
Results by location:							
A city (pop. 10,000+)	*	*	*	*	*	*	*
A town (pop. under 10,000)	27.5%	57.7%	14.8%	69.4%	7.9%	12.3%	10.4%
A rural area	15.4%	59.7%	24.9%	70.8%	7.3%	6.5%	15.4%
Results by respondent's education level:							
Less than high school	44.1%	35.4%	20.6%	76.3%	5.8%	.0%	17.9%
High school diploma or GED	26.4%	60.5%	13.1%	76.5%	5.7%	10.8%	7.0%
Some college, trade school, or associate's degree	23.0%	53.8%	23.2%	65.4%	12.2%	9.6%	12.8%
Bachelor's degree or higher	13.1%	73.7%	13.2%	65.6%	6.0%	16.0%	12.4%
Results by household income:							
Less than $15,000	54.7%	36.2%	9.2%	81.4%	3.4%	15.1%	.0%
$15,000 to $35,000	28.4%	50.5%	21.1%	74.5%	10.4%	3.4%	11.7%
$35,001 to $65,000	14.9%	70.0%	15.1%	65.4%	9.1%	14.6%	10.9%
More than $65,000	12.8%	67.6%	19.6%	58.8%	8.6%	11.3%	21.3%
Results for CHB service area	24.1%	58.9%	17.0%	69.2%	11.9%	8.9%	9.9%
Results for 19-county region	22.0%	59.6%	18.3%	68.2%	13.1%	10.9%	7.9%

Appendix

Detailed study methodology

Survey instrument

Detailed study methodology

Southwest/South Central Adult Health Survey Methodology

Study design

Wilder Research conducted self-administered and telephone surveys with a random sample of adult residents in Big Stone, Blue Earth, Brown, Chippewa, Cottonwood, Jackson, Kandiyohi, Lac qui Parle, Le Sueur, Lincoln, Lyon, Murray, Nicollet, Pipestone, Redwood, Renville, Swift, Waseca, and Yellow Medicine Counties. This study was designed to obtain data on health risk behaviors and the health status of adults in the study area to: help participating agencies set priorities for new initiatives; assess the needs of specific populations; provide evidence to support policies, legislative actions, and environmental and systems changes; provide county-level data to support future grant applications; and increase public awareness of health issues.

Sample

An address-based sample of 38,000 residents (2,000 per county) was purchased from Marketing Systems Group, a national sampling vendor. An address-based sample was chosen so that all households have an equal chance of being sampled for the study regardless of their cell phone or landline phone status. Marketing Systems Group obtained the list of addresses from the U.S. Postal Service. The "most recent birthday" method of within-household respondent selection was used to ensure that every adult in sampled households had an equal chance of being surveyed.

Survey instrument

Representatives of the participating public health agencies developed a survey instrument that addressed the research questions. Technical assistance was provided by a research scientist from the Minnesota Department of Health Center for Health Statistics. Existing items from the Behavior Risk Factor Surveillance System (BRFSS) and other Minnesota statewide surveys were used to design some of the items on this new survey. The survey was formatted as a self-administered questionnaire. The survey was not translated into any other languages. It was only conducted in English.

Data collection protocol

An initial survey packet was sent to all sampled households that included a cover letter, survey instrument, and a postage-paid return envelope. Respondents who were mailed a survey were also given the option to call Wilder Research and complete the survey over

the phone. The first 30,400 (1,600 per county) survey packets were mailed on April 19, 2010. We received 4,032 completes within the first two weeks.

Two weeks after the first survey packets went out a reminder postcard was sent to those who had not completed and returned a survey. The reminder postcards were sent to 26,368 households on May 3, 2010. We received 1,706 completes in the following two weeks.

Two weeks after the reminder postcard (and one month after the initial mailing) another full survey packet was sent to all respondents who had not completed and returned the survey. We sent 24,662 full survey packets to households who had still not completed the survey on May 17, 2010. The remaining 3,085 completes were received over the next six weeks with the final cut off date for surveys being June 30, 2010.

Incentives

Respondents who completed the survey were entered into a drawing for a $25 grocery gift card. Four winners from each county were randomly selected to receive a gift card. Information for the winners was provided to the client and they distributed the gift cards.

Completed surveys and other final dispositions

We received completed surveys from 8,823 households. The overall response rate was 29 percent. See Figure 1 for response rate by county.

Data cleaning and analysis

Surveys were coded and scanned electronically by Adapt, Inc., in Minnetonka, Minnesota. The scanned data was transferred to the data analysis staff at Wilder Research for further verification and cleaning. Completed surveys were coded and checked for completion and accuracy. Only project coordinators, research assistants, and interviewers trained by the project manager worked on the proofing and coding for this study.

To ensure that the survey data are representative of the population of adults living in the participating counties, the data were adjusted using post-stratification weighting based on age and gender (i.e., the survey data were corrected so that the gender and age of the survey respondents mirrors the gender and age of the adult population). The data were weighted against U.S. census bureau 3-year estimates (2006-2008) for each county. The number of adults in the household and the total number of households in each county were also accounted for using "design weighting" (i.e., to reflect each individual adult's chances of being sampled for the survey).

1.   Final number of completed surveys and response rates by county

County	Surveys Mailed	Undeliverable	Surveys Returned	Duplicates/ Incomplete	Completes	Not Returned	Response Rate
Big Stone	1,600	3	518	14	504	1,079	31.6%
Blue Earth	1,600	1	421	9	412	1,178	25.8%
Brown	1,600	5	526	5	521	1,069	32.7%
Chippewa	1,600	6	444	2	442	1,150	27.7%
Cottonwood	1,600	0	508	5	503	1,092	31.4%
Jackson	1,600	0	481	7	474	1,119	29.6%
Kandiyohi	1,600	1	436	10	426	1,163	26.6%
Lac qui Parle	1,600	0	536	6	530	1,064	33.1%
Le Sueur	1,600	0	404	4	400	1,196	25.0%
Lincoln	1,600	0	501	8	493	1,099	30.8%
Lyon	1,600	0	409	3	406	1,191	25.4%
Murray	1,600	1	512	6	506	1,087	31.6%
Nicollet	1,600	0	466	3	463	1,134	28.9%
Pipestone	1,600	0	472	2	470	1,128	29.4%
Redwood	1,600	0	493	5	488	1,107	30.5%
Renville	1,600	0	475	7	468	1,125	29.3%
Swift	1,600	1	465	6	459	1,134	28.7%
Waseca	1,600	0	410	2	408	1,190	25.5%
Yellow Medicine	1,600	0	455	5	450	1,145	28.1%
Total	30,400	18	8,932	109	8,823	21,450	29.0%

Survey instrument

SOUTHWEST / SOUTH CENTRAL ADULT HEALTH SURVEY

INSTRUCTIONS: Please give the survey to the adult (age 18 or over) in your household who most recently had a birthday. Mark an "X" in the box that matches your answer.

SECTION A. GENERAL HEALTH

A1.   In general, would you say that your health is:

☐ Excellent   ☐ Very good   ☐ Good   ☐ Fair   ☐ Poor

A2.   Have you <u>ever</u> been told by a doctor, nurse, or other health professional that you had any of the following?

		No	Yes	Yes, but only during pregnancy
a.	Hypertension, also called high blood pressure	☐	☐	☐
b.	Diabetes	☐	☐	☐
c.	Pre-diabetes or borderline diabetes	☐	☐	☐
d.	High blood cholesterol	☐	☐	☐
e.	A heart attack, also called a myocardial infarction	☐	☐	
f.	Angina or coronary heart disease	☐	☐	
g.	A stroke	☐	☐	
h.	Asthma	☐	☐	

A3. Do you <u>still</u> have asthma?
☐ Yes   ☐ No

A4.   Do you consider yourself:

☐ Overweight   ☐ About the right weight   ☐ Underweight

SECTION B. EATING HABITS

B1.   In a typical week, on how many <u>days</u> do you eat breakfast?

☐   ☐   ☐   ☐   ☐   ☐   ☐   ☐

0   1   2   3   4   5   6   7 days

B2.   A serving of vegetables is a cup of salad greens, or a half cup of any other vegetables, not including french fries. <u>Yesterday</u>, how many servings of vegetables did you eat?

☐ Number of servings

B3.   A serving of fruit is one medium sized fruit, a half cup of chopped, cut, or canned fruit, or 6 ounces of 100% fruit juice. <u>Yesterday</u>, how many servings of fruit did you eat?

☐ Number of servings

Wilder form # _____

B4. **How many glasses of each of the following did you drink yesterday? Think of a "glass" as a 12-oz. serving.**

	0	1-2	3-4	5-6	7 or more
a. Milk	☐	☐	☐	☐	☐
b. Pop or soda (regular)	☐	☐	☐	☐	☐
c. Pop or soda (diet)	☐	☐	☐	☐	☐
d. Sports or energy drinks (Gatorade, Red Bull, Monster, etc.)	☐	☐	☐	☐	☐

B5. **In an average week, how many <u>times</u> do you do the following?**

	0	1-2	3-4	5-6	7 or more
a. Eat out or order out a meal from a <u>fast food</u> place (McDonald's, KFC, Taco Bell, pizza places, etc.)	☐	☐	☐	☐	☐
b. Eat a meal out at a <u>restaurant</u> that is <u>not</u> a fast food place	☐	☐	☐	☐	☐
c. Watch television during meal time	☐	☐	☐	☐	☐
d. Eat a home-cooked meal	☐	☐	☐	☐	☐

B6. **How often are there <u>fresh</u> fruits and vegetables in your home?**
☐ Always   ☐ Often   ☐ Sometimes   ☐ Never

B7. **During the <u>growing season</u>, how often do you or others in your household get food from the following places?**

	Never or less than one time per month	About one time per month	About two or three times per month	About one time per week	Two or more times per week
a. Farmer's market or fruit/vegetable stand	☐	☐	☐	☐	☐
b. Local farm or CSA (community supported agriculture)	☐	☐	☐	☐	☐
c. Food grown at home or in a community garden	☐	☐	☐	☐	☐

SECTION C. PHYSICAL ACTIVITY

C1. **How much of a problem are the following factors for <u>you</u> in terms of preventing you from being more physically active?**

	Not a problem	A small problem	A big problem
a. Lack of time	☐	☐	☐
b. Lack of programs, leaders, or facilities	☐	☐	☐
c. No one to exercise with	☐	☐	☐
d. The cost of fitness programs, gym memberships, or admission fees	☐	☐	☐
e. Public facilities (schools, sports fields, etc.) are not open or available at the times I want to use them	☐	☐	☐
f. Long-term illness, injury, or disability	☐	☐	☐
g. Distance I have to travel to a place where I can be physically active	☐	☐	☐
h. No safe place to exercise	☐	☐	☐
i. Lack of self-discipline or willpower	☐	☐	☐
j. Other reasons	☐	☐	☐

Now we have a couple of questions about how you spend your time. One question is about <u>TV</u> use and the next is about <u>computer</u> use.

C2. **On average, how many hours or minutes <u>per day</u> do you use your TV to watch programs or movies, or play video games?**

☐ Hours per day   OR   ☐ Minutes per day

C3. **On average, how many hours or minutes <u>per day</u> do you use a computer for reading, playing games, surfing the Internet, or watching programs or movies while <u>not</u> at work or school?**

☐ Hours per day   OR   ☐ Minutes per day

C4. **During the past <u>30 days</u>, other than your regular job, did you participate in any physical activities or exercises such as running, aerobics, golf, gardening, or walking for exercise?**

☐ Yes   ☐ No

We are interested in two types of physical activity - vigorous and moderate. <u>Vigorous activities</u> cause large increases in breathing or heart rate while <u>moderate activities</u> cause small increases in breathing or heart rate.

C5. **Now, think about the <u>moderate activities</u> you do when you are not working. In a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate?**

☐ Yes   ☐ No ➡ **IF NO, GO TO QUESTION C8**

⬇

> **C6.** **How many days per week do you do these <u>moderate activities</u> for at least 10 minutes at a time?**
>
> ☐ ☐ ☐ ☐ ☐ ☐ ☐
> 1   2   3   4   5   6   7 days
>
> **C7.** **On days when you do <u>moderate activities</u> for at least 10 minutes at a time, how much total time per day do you spend doing these activities?**
>
> ☐ Hours per day   OR   ☐ Minutes per day

C8. **Now, think about the <u>vigorous activities</u> you do when you are not working. In a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?**

☐ Yes   ☐ No ➡ **IF NO, GO TO SECTION D, NEXT PAGE**

⬇

> **C9.** **How many days per week do you do these <u>vigorous activities</u> for at least 10 minutes at a time?**
>
> ☐ ☐ ☐ ☐ ☐ ☐ ☐
> 1   2   3   4   5   6   7 days
>
> **C10.** **On days when you do <u>vigorous activities</u> for at least 10 minutes at a time, how much total time per day do you spend doing these activities?**
>
> ☐ Hours per day   OR   ☐ Minutes per day

SECTION D. YOUR LOCAL AREA

D1. **Overall, how would you rate the area around your home as a place to walk?**
☐ Very pleasant
☐ Somewhat pleasant
☐ Not very pleasant
☐ Not at all pleasant

D2. **For walking in the area around your home, would you say your sidewalks are:**
☐ Very well maintained
☐ Somewhat maintained
☐ Not very well maintained
☐ Not at all maintained
☐ There are no sidewalks in the area around my home

D3. **For walking in the area around your home, would you say the trails or walking paths are:**
☐ Very well maintained
☐ Somewhat maintained
☐ Not very well maintained
☐ Not at all maintained
☐ There are no trails or walking paths in the area around my home
☐ I don't know if there are trails or walking paths in the area around my home

D4. **In general, would you say the traffic in the area around your home is:**
☐ Heavy   ☐ Moderate   ☐ Light

D5. **In general, is the speed of the vehicles traveling on the streets or roads in the area around your home so fast that it makes it difficult or unsafe to walk?**
☐ Yes   ☐ No

D6. **In general, how easy is it to safely cross the streets or roads in the area around your home?**
☐ Very easy to cross safely
☐ Somewhat easy to cross safely
☐ Not very easy to cross safely
☐ Not at all easy to cross safely

D7. **Please mark the extent to which you agree or disagree with each of the following statements.**

		Strongly agree	Agree	Disagree	Strongly disagree
a.	There is a large selection of fresh fruits and vegetables where I usually shop.	☐	☐	☐	☐
b.	The fresh fruits and vegetables available where I usually shop are of high quality.	☐	☐	☐	☐
c.	The fresh fruits and vegetables where I usually shop are too expensive.	☐	☐	☐	☐

D8. Think of your community as the area within 10 miles or a 15 to 20 minute drive from your home. Please indicate if you <u>have</u> the following resources and facilities in your community, and if so, whether or not you <u>use</u> that resource or facility.

	Does your community have this?			If yes, do you use it?	
	Don't know	**My community does not have this**	**My community has this**	**I use this**	**I do not use this**
a. Walking trails	☐	☐	☐ ➡	☐	☐
b. Bicycle paths, shared use paths, or bike lanes	☐	☐	☐ ➡	☐	☐
c. Public swimming pools or water parks	☐	☐	☐ ➡	☐	☐
d. Public recreation centers	☐	☐	☐ ➡	☐	☐
e. Parks or sports fields	☐	☐	☐ ➡	☐	☐
f. Schools, colleges, or universities that are open for public use for exercise or physical activity	☐	☐	☐ ➡	☐	☐
g. A shopping mall or store for physical activity or walking	☐	☐	☐ ➡	☐	☐
h. Health club, fitness/wellness center, or gym (YMCA, Curves, Snap Fitness, Anytime Fitness, etc.)	☐	☐	☐ ➡	☐	☐
i. Nearby waterways, such as creeks, rivers, and lakes for water-related activities (canoeing, swimming, kayaking, etc.)	☐	☐	☐ ➡	☐	☐

SECTION E. TOBACCO USE

E1. Have you smoked at least 100 cigarettes in your entire life? (100 cigarettes = 5 packs)

☐ Yes   ☐ No ➡ **IF NO, GO TO QUESTION E5, NEXT PAGE**

> **E2.** Do you now smoke cigarettes every day, some days, or not at all?
>
> ☐ Every day   ☐ Some days   ☐ Not at all ➡ **GO TO QUESTION E4**

E3. During the <u>past 12 months</u>, have you stopped smoking for one day or longer because you were trying to quit?

☐ Yes   ☐ No ➡ **IF NO, GO TO QUESTION E5, NEXT PAGE**

> **E4.** The last time you tried to quit smoking (or when you quit for good), did you use:
>
> | | Yes | No |
> |---|---|---|
> | a. Any nicotine replacement product, such as gum, a patch, a nasal spray, an inhaler, or lozenges | ☐ | ☐ |
> | b. A prescription medication like Zyban, Wellbutrin, or Chantix to help you quit smoking | ☐ | ☐ |
> | c. A quit-smoking clinic or class | ☐ | ☐ |
> | d. A quit-smoking telephone help line | ☐ | ☐ |
> | e. An on-line or web-based counseling service | ☐ | ☐ |
> | f. Face-to-face counseling | ☐ | ☐ |
> | g. Some other program or service | ☐ | ☐ |
> | h. I quit without any help from any of these | ☐ | ☐ |

E5. During the past <u>12 months</u> have you used other tobacco products such as snuff, chewing tobacco, cigars, pipes, or any other type of tobacco product?
☐ Yes ☐ No

E6. Does anyone, including yourself, smoke regularly <u>inside</u> your home?
☐ Yes ☐ No

E7. In the <u>past 7 days</u>, have you been in a car or other vehicle with someone who was smoking?
☐ Yes ☐ No

E8. In Minnesota, in the <u>past 7 days</u>, has anyone smoked near you at any place <u>besides</u> your home, workplace, or car?
☐ Yes ☐ No ➡ **IF NO, GO TO SECTION F**

⬇

E9. The last time this happened in Minnesota, where were you? Check <u>one</u> box.
☐ A restaurant's or bar's outdoor area
☐ A park or outdoor recreation area
☐ An outdoor community sports event
☐ A sidewalk or building entrance
☐ Some other place

SECTION F. HEALTH CONCERNS

F1. Are you now trying to lose weight?
☐ Yes ☐ No

F2. During the <u>past 12 months</u>, have you seen a doctor, nurse, or other health professional about your own health?
☐ Yes ☐ No ➡ **IF NO, GO TO SECTION G**

⬇

F3. Did the doctor, nurse, or other health professional discuss or ask you about your:	**Yes**	**No**
a. Physical activity	☐	☐
b. Diet or nutrition	☐	☐
c. Weight	☐	☐
d. Smoking or other tobacco use	☐	☐

SECTION G. ABOUT YOU

Finally, we have a few questions to help us to compare your answers with others in your community. Remember, your answers are confidential.

G1. Are you:
☐ Male ☐ Female

G2. **What is your age?**

☐ years

G3. **About how much do you weigh (without shoes)?**

☐ pounds OR ☐ kilograms

G4. **About how tall are you (without shoes)?**

☐ feet and ☐ inches OR ☐ meters and ☐ centimeters

G5. **Are you Hispanic or Latino?**

☐ Yes ☐ No

G6. **Which of the following best describes you? Check all that apply.**

☐ White

☐ Black or African American or African

☐ Asian

☐ Native Hawaiian or other Pacific Islander

☐ American Indian or Native American ➡ Tribe: _____

☐ Other (specify) _____

G7. **What county do you live in?**

☐ Big Stone	☐ Jackson	☐ Lyon	☐ Renville
☐ Blue Earth	☐ Kandiyohi	☐ Murray	☐ Swift
☐ Brown	☐ Lac qui Parle	☐ Nicollet	☐ Waseca
☐ Chippewa	☐ Le Sueur	☐ Pipestone	☐ Le Sueur/Waseca
☐ Cottonwood	☐ Lincoln	☐ Redwood	☐ Other (specify): _____

G8. **Is your home located in:**

☐ A city (population 10,000+)

☐ A town (population under 10,000)

☐ A rural area, not inside a city or town

G9. **What is the <u>highest</u> grade or year of school you have completed? Check <u>one</u> box.**

☐ 8th grade or less

☐ Some high school

☐ High school graduate or GED

☐ Trade school (Vocational, Technical, or Business School)

☐ Some college or Associate's degree (including Community College)

☐ Bachelor's degree

☐ Graduate or professional degree

☐ Other

G10. Are you currently…
Check all that apply.

☐ Employed ➡ ➡ ➡ ➡
☐ Self-employed or farmer ➡ ➡
☐ Unemployed or out of work
☐ A homemaker or stay at home parent
☐ A student
☐ Retired
☐ Unable to work because of a disability

G11. When you are at work, which of the following best describes what you do?
☐ Mostly sitting or standing
☐ Mostly walking
☐ Mostly heavy labor or physically demanding work

G12. While working at your job, are you indoors most of the time?
☐ Yes   ☐ No

G13. At your workplace, does anyone smoke in any of the following areas? Check all that apply.
☐ In <u>outdoor</u> smoking areas that are at least 20 feet from doors
☐ Just outside the door(s)
☐ In designated <u>indoor</u> smoking areas
☐ In company vehicles
☐ In your <u>indoor</u> work area
☐ None of the above – no one smokes anywhere at my worksite

G14. How many adults age 18 or older, including yourself, live in your household?

☐ Number of adults

G15. How many children under age 18 live in your household?

☐ Number of children

G16. Which of the following best describes the telephone service in your home? Check <u>one</u> box.
☐ Land-line telephone only (traditional phone line)   ☐ Both land-line and cell phone
☐ Cell phone only   ☐ No phone service (land-line or cell)

G17. Income data is used to group survey respondents. We would like to know your total (gross) household income from all sources in 2009. Was it…

☐ Less than $15,000   ☐ $35,001 - $45,000   ☐ $100,001 - $150,000
☐ $15,001 - $20,000   ☐ $45,001 - $65,000   ☐ $150,001 - $200,000
☐ $20,001 - $25,000   ☐ $65,001 - $85,000   ☐ Over $200,000
☐ $25,001 - $35,000   ☐ $85,001 - $100,000

Please complete the following information to be entered into a drawing for one of four $25 grocery gift cards that will be given away in each county. Your contact information is voluntary and you will not be entered in the drawing if you do not fill out this form. Your contact information will not be linked with your survey responses and will never be used for any purpose other than this drawing.

Name:

Address:

City: State: Zip:

Telephone:

THANK YOU FOR YOUR TIME!