

Characteristics of Adult Members in Kaiser Permanente's Northern California Region as estimated from the 2005 Kaiser Permanente Adult Member Health Survey

Report prepared June 2007
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Background

The Member Health Survey is a triennial mailed questionnaire survey conducted during the Spring-Summer of a survey year with a randomly selected sample of adults who are current members of the Kaiser Permanente Medical Care Program in Northern California. The primary purpose of the survey is to provide health service planners and researchers both in the Kaiser Permanente Medical Care Program and the community detailed information about the sociodemographic and health characteristics of the adult Health Plan membership in the Northern California region overall and in different medical center service areas and local service areas. This project is funded by Kaiser Permanente's Northern California Community Benefit (CB) Program. This report presents statistics estimated from the 2005 Survey. Similar member health surveys were conducted in 1990, 1993, 1996, 1999 and 2002.

From a strategic perspective, the process of identifying high priority health problems and health practices/lifestyle factors known to increase the risk of chronic or acute illness and targeting effective interventions at those persons in the population who are most at risk should lead to improved health status and more cost-effective use of health care dollars. The identification of age-specific prevalence rates for these health problems and lifestyle risks can also be used for forecasting the resources that will be required to provide health services in the future.

Similar to state and national health surveys, the Member Health Survey captures health risk and health status data on a relatively small proportion of the adult population for which information is desired. However, the survey results will provide administrators and program planners with a profile of the membership that can be used to identify areas for new or expanded health promotion/health maintenance interventions, social support services, and more efficient medical care delivery; study patterns and costs of care for particular types of patients by linking survey data to computerized and medical record information; and compare the health-related characteristics of their service population across medical center service populations and service areas, as well as with the general population.

2005 Survey Sample

In April 2005, questionnaires were mailed to a stratified random sample of 42,000 adult Health Plan members.¹ Only current members who had been continuously enrolled during the three months prior to the survey and had no indication that they required an interpreter to communicate in English were sampled. Two subsequent survey packet mailings were sent over the next several weeks to nonrespondents, with the final wave of questionnaires mailed in mid-July. Telephone interviews were completed with people who called in requiring help with the

¹ 2,140 adults were sampled from each of 14 medical center service populations and 2,440 members from 5 medical center service populations, with medical center service population assignment made based on outpatient facility where the member was most likely to receive primary care (PARFU assignment). Details about the sample selection and weighting methods are available on request.

survey. Participants were also offered the opportunity to answer the survey by logging into a secure website. Non-eligibles (deceaseds, non-current members, members living outside the main service area) and members for whom Kaiser Permanente nor the U.S. Postal Service had forwarding addresses were dropped from the initial sample and replaced with other randomly selected members of the same age, sex and medical service area population. The overall survey response rate for the Northern California Region was 45.2% (n= 18733 /41429). The age-sex specific response rates were as follows:

Final Response Rates for the 2005 DOR Member Health Survey by Age-Gender Group,
Members Aged 20 and Over in the Northern California Region Sample

	<u>20-44 years</u>	<u>45-64 years</u>	<u>65 years or over</u>	<u>Total</u>
Women	3488/9490 (36.4%)	3168/6254 (50.7%)	3701/4921 (75.2%)	10357/20765 (49.9%)
Men	2061/9479 (21.7%)	2639/6272 (42.1%)	3676/4913 (74.8%)	8376/20664 (40.5%)

All respondents were assigned a post-stratification weighting factor based on the age-gender distribution of the medical center service population from which they were selected as of the fourth quarter of 2004 (when the sample was pulled). The estimates of sociodemographic and health-related characteristics in this report are based on weighted survey data. However, since the questionnaire only went out in English and very limited English-speaking members were excluded from the sample, non-English speaking members and members with very poor reading ability are under-represented in this survey. Results of a study conducted by the Division of Research in conjunction with the 1993 Member Health Survey also suggest that African-Americans and Hispanics are less likely to have responded to the survey than Whites and Asian/Pacific Islanders, but since we have no accurate information about the race/ethnic composition of the membership, we cannot adjust for this. Finally, results of other surveys suggest that among older members, the very sickest and frailest, and those in skilled nursing facilities, are unlikely to have responded.

Description of the Contents of Tables in this Report

In the tables, a double dash -- signifies that men, women, or people in this age group were either not asked those questions or that the items were not considered relevant to the age group or gender.

Table 1 presents estimates of sociodemographic characteristics of adult Health Plan members, including access to a personal computer, the internet, and e-mail.

Table 2 presents estimates of the percentages of adult members who experienced selected chronic diseases and health problems during the previous 12 months, based on self-report unverified by medical record review or physician report. Also included in this table are estimated percentages of members who consider their overall, physical, and emotional/mental health to be excellent, good, fair, or poor, and the extent to which these components of health affect their activities.

Table 3 presents estimates of the percentages of adult members with selected health and lifestyle risks, including tobacco and alcohol use, exercise, diet, obesity, stress, hours of sleep, belief about the extent to which health habits/ lifestyle and stress/emotional troubles impact on health, and selected psycho-social stressors experienced during the previous year.

Table 4 presents estimates of the percentages of adult members who took various actions to try to improve their health.

Table 5 presents estimates of use of complementary and alternative therapies (CAM) by adult members during the previous 12 months.

Table 6 presents estimated use of different KP and non-KP health information sources during the previous 12 months.

Table 7 presents estimated percentages of adult members who indicated different preferences for receiving health information and learning about how to take care of their health..

Members aged 65 and over were asked to complete a supplemental page of questions to learn more about issues primarily relevant to the older age group. The following tables provide information collected only from seniors. In this Regional report, the large number of seniors respondents makes it possible to provide estimates not only for all aged 65 and over, but also for age groups 65-74, 75-79, and 80 and over.

Table S1 estimates the prevalence of selected health problems and potential health risks among seniors (this table should be used as a supplement to Tables 2 and 3 for the overall adult population).

Table S2 estimates the percentages of seniors who receive or need help with different activities of daily living because of a disability, health problem, or frailty due to age.

Table S3 estimates use of selected health care and home support services in the previous 12 months.

Table S4 presents statistics about medication-related issues.

Tables 1S, 2S, 3S, and 7S, present the same information that appears in Tables 1, 2, 3, and 7, but for the different senior age groups.

We hope that this report will be of use to service planners and researchers both within and outside of the Kaiser Permanente Medical Care Program.

Information about survey methodology, copies of survey questionnaires, and copies of 2005 adult service population profile reports and special topic reports produced for dissemination to the community can be found at our external website:

<http://www.dor.kaiser.org/dor/mhsnet/public/>.

For additional technical information about the survey or survey results, or information collected but not presented here, contact the survey director, Nancy P. Gordon, ScD, at the Division of Research, 2000 Broadway, Oakland, CA 94612. (phone: (510) 891-3587; fax: (510) 891-3606; internal KPMCP tie-line: 8-481; KP Lotus Notes: Nancy Gordon; internet: Nancy.Gordon@kp.org.

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Table 1. Selected Sociodemographic Characteristics of Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2005¹

Sociodemographic Characteristics	<u>Ages 20-44</u>			<u>Ages 45-64</u>			<u>Ages 65 and Over</u>			<u>Ages 20 and Over</u>		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
<u>Race/ethnicity</u>												
<u>Everyone assigned to only one race/ethnicity by algorithm used in previous MHS reports²</u>												
White, non-Hispanic	52.2	52.6	52.4	66.9	66.2	66.6	76.9	76.8	76.9	62.1	61.5	61.8
African-American/Black	8.2	4.7	6.5	7.0	5.7	6.4	5.6	5.4	5.5	7.3	5.2	6.3
Latino/Hispanic	16.0	17.4	16.7	9.4	9.3	9.4	6.8	6.3	6.6	11.9	12.6	12.3
Asian, non-Hispanic ³	20.7	21.4	21.0	13.7	15.6	14.6	9.0	9.6	9.2	16.0	17.4	16.7
Chinese	6.1	6.7	6.4	4.0	4.4	4.2	2.3	3.0	2.6	4.7	5.2	4.9
Japanese	1.5	1.6	1.5	1.7	1.7	1.7	2.6	1.7	2.2	1.8	1.7	1.7
Korean	0.8	0.3	0.5	0.2	0.2	0.2	0.1	0.1	0.1	0.5	0.3	0.4
Filipino	7.2	6.5	6.9	5.7	6.3	6.0	3.4	3.6	3.5	5.9	6.0	6.0
Southeast Asian	1.9	2.3	2.1	0.9	0.6	0.8	0.4	0.2	0.3	1.3	1.3	1.3
South Asian	2.6	3.6	3.1	0.9	2.2	1.5	0.1	0.6	0.3	1.6	2.6	2.0
Other Asian	0.6	0.5	0.5	0.2	0.3	0.2	0.1	0.2	0.2	0.4	0.4	0.4
Hawaiian or Pacific Islander, non-Hispanic	0.7	0.8	0.8	0.4	0.4	0.4	0.3	0.2	0.2	0.5	0.6	0.5
Native American/Alaskan native, non-Hispanic	1.3	1.1	1.2	1.8	1.5	1.7	1.0	1.1	1.0	1.4	1.3	1.4
Other, non-Hispanic	1.0	1.9	1.4	0.7	1.2	0.9	0.4	0.7	0.5	0.8	1.5	1.1

Table 1. Selected Sociodemographic Characteristics of Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2005¹

Sociodemographic Characteristics	<u>Ages 20-44</u>			<u>Ages 45-64</u>			<u>Ages 65 and Over</u>			<u>Ages 20 and Over</u>		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
<u>Race/Ethnicity - NIH</u>												
Hispanic/Latino ethnicity												
Yes	16.3	17.6	16.9	9.6	9.4	9.5	6.8	6.3	6.6	12.1	12.8	12.4
No	83.7	82.4	83.1	90.4	90.6	90.5	93.2	93.7	93.4	87.9	87.2	87.6
Native Amer./Alaska Native ⁴	1.9	1.3	1.6	2.6	1.8	2.2	1.0	1.3	1.1	2.0	1.5	1.7
Asian ⁴	21.3	22.0	21.7	13.9	16.1	15.0	9.1	9.6	9.3	16.4	17.9	17.1
Hawaiian/Pacific Islander ⁴	0.7	0.9	0.8	0.4	0.4	0.4	0.3	0.2	0.2	0.5	0.6	0.6
African-American/Black ⁴	8.2	4.7	6.5	7.0	5.7	6.4	5.6	5.4	5.5	7.3	5.2	6.3
White ⁴	55.2	55.4	55.3	68.1	67.3	67.8	77.9	77.5	77.7	64.1	63.3	63.7
Other race/ethnicity ⁴	12.7	15.6	14.1	7.9	8.7	8.3	6.1	6.1	6.1	9.7	11.6	10.6
Hispanic/Latino	11.8	14.0	12.9	7.4	7.7	7.5	5.8	5.5	5.7	9.1	10.3	9.7
Other	0.8	1.7	1.2	0.6	1.0	0.8	0.3	0.6	0.4	0.6	1.3	0.9
<u>Race/Ethnicity - Calif. Dept. of Finance</u>												
Hispanic/Latino	16.3	17.6	16.9	9.6	9.4	9.5	6.8	6.3	6.6	12.1	12.8	12.4
Native Amer./Alaska Native, non-Hispanic	1.3	1.1	1.2	1.8	1.5	1.7	1.0	1.1	1.0	1.4	1.3	1.4
Asian, non-Hispanic	20.7	21.4	21.0	13.7	15.6	14.6	9.0	9.6	9.2	16.0	17.4	16.7
Black, non-Hispanic	7.9	4.5	6.2	6.8	5.6	6.2	5.5	5.4	5.5	7.1	5.0	6.1
White, non-Hispanic	52.2	52.7	52.4	66.9	66.2	66.6	76.9	76.8	76.9	62.1	61.5	61.8
Other, non-Hispanic	1.7	2.7	2.2	1.1	1.6	1.3	0.7	0.9	0.8	1.3	2.0	1.6

Table 1. Selected Sociodemographic Characteristics of Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2005¹

Sociodemographic Characteristics	<u>Ages 20-44</u>			<u>Ages 45-64</u>			<u>Ages 65 and Over</u>			<u>Ages 20 and Over</u>		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
<u>One race/ethnicity or multiple race/ethnicity</u>												
White, non-Hispanic only	52.2	52.7	52.4	66.9	66.2	66.6	76.9	76.8	76.9	62.1	61.5	61.8
African-American/Black only	6.7	3.9	5.3	6.2	5.4	5.8	5.4	5.3	5.4	6.3	4.7	5.5
Latino/Hispanic only	11.6	14.0	12.8	7.3	7.7	7.5	5.8	5.5	5.7	9.0	10.3	9.6
Asian only	19.0	19.7	19.3	13.0	14.8	13.9	8.6	9.3	8.9	14.9	16.2	15.5
Chinese only	5.2	5.8	5.5	3.6	4.3	3.9	2.2	2.9	2.5	4.1	4.8	4.4
Japanese only	1.0	0.7	0.9	1.5	1.3	1.4	2.4	1.7	2.1	1.5	1.1	1.3
Korean only	0.7	0.3	0.5	0.2	0.2	0.2	0.1	0.1	0.1	0.4	0.3	0.3
Filipino only	6.5	6.1	6.3	5.5	6.0	5.7	3.3	3.5	3.4	5.5	5.7	5.6
Southeast Asian only	1.8	2.2	2.0	0.9	0.5	0.7	0.4	0.2	0.3	1.2	1.3	1.2
South Asian only	2.6	3.5	3.0	0.9	2.0	1.4	0.1	0.6	0.3	1.5	2.5	2.0
Other Asian only	0.5	0.5	0.5	0.1	0.3	0.2	<0.1	0.1	0.1	0.3	0.3	0.3
Mixed Asian only	0.7	0.5	0.6	0.3	0.1	0.2	0.1	0.1	0.1	0.4	0.3	0.4
Hawaiian or Pacific Islander only	0.5	0.8	0.7	0.3	0.3	0.3	0.2	0.1	0.1	0.4	0.5	0.5
Nat. Amer./Alaska native only	0.1	0.4	0.3	0.2	0.3	0.3	0.1	0.2	0.2	0.2	0.3	0.2
Other only	0.8	1.7	1.2	0.6	1.0	0.8	0.3	0.6	0.4	0.6	1.3	0.9
Middle Eastern only	0.7	1.4	1.1	0.6	0.9	0.7	0.3	0.6	0.4	0.6	1.1	0.8
Two race/ethnicities	7.5	6.1	6.8	4.8	3.9	4.4	2.4	2.1	2.3	5.6	4.7	5.2
Three or more race/ethnicities	1.5	0.8	1.2	0.6	0.3	0.5	0.2	0.1	0.2	0.9	0.5	0.7

Table 1. Selected Sociodemographic Characteristics of Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2005¹

Sociodemographic Characteristics	<u>Ages 20-44</u>			<u>Ages 45-64</u>			<u>Ages 65 and Over</u>			<u>Ages 20 and Over</u>		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
<u>This race/ethnicity, alone or in combination with other race/ethnic categories</u>												
White	59.6	58.4	59.0	71.3	69.6	70.5	79.5	78.7	79.1	67.5	65.8	66.7
African-American/Black	8.2	4.7	6.5	7.0	5.7	6.4	5.6	5.4	5.5	7.3	5.2	6.3
Latino/Hispanic	16.3	17.6	16.9	9.6	9.4	9.5	6.8	6.3	6.6	12.1	12.8	12.4
Asian	21.6	22.1	21.8	14.0	16.1	15.0	9.1	9.6	9.3	16.5	17.9	17.2
Chinese	6.3	6.7	6.5	4.0	4.6	4.3	2.3	3.0	2.6	4.8	5.3	5.0
Japanese	1.8	1.8	1.8	1.9	1.8	1.9	2.6	1.8	2.2	2.0	1.8	1.9
Korean	0.9	0.4	0.7	0.2	0.2	0.2	0.1	0.1	0.1	0.5	0.3	0.4
Filipino	7.8	7.0	7.4	5.9	6.7	6.2	3.5	3.7	3.6	6.3	6.3	6.3
Southeast Asian	2.2	2.7	2.4	1.0	0.6	0.8	0.4	0.2	0.3	1.4	1.5	1.5
South Asian	2.8	3.6	3.2	1.0	2.2	1.5	0.1	0.6	0.3	1.7	2.6	2.1
Other Asian	0.7	0.5	0.6	0.3	0.3	0.3	0.2	0.2	0.2	0.5	0.4	0.4
Hawaiian or Pacific Islander	1.4	1.2	1.3	0.5	0.5	0.5	0.3	0.3	0.3	0.9	0.8	0.8
Nat. Amer./Alaska native	2.4	1.9	2.2	2.9	2.0	2.5	1.1	1.4	1.2	2.4	1.9	2.1
Other	1.2	2.0	1.6	0.8	1.2	1.0	0.4	0.7	0.5	0.9	1.5	1.2
Middle Eastern	0.7	1.4	1.1	0.6	0.9	0.7	0.3	0.6	0.4	0.6	1.1	0.8
<u>Education Level</u>												
11 years or less	2.0	3.0	2.5	2.7	2.9	2.8	11.8	11.1	11.5	4.0	4.2	4.1
12 years (H.S. graduate)	9.9	16.8	13.3	13.6	12.9	13.3	29.5	19.1	25.0	14.8	15.7	15.2
Some college/technical school	41.4	37.0	39.3	43.3	37.3	40.5	35.6	33.3	34.6	41.0	36.5	38.9
College graduate	46.8	43.2	45.0	40.4	46.9	43.5	23.0	36.6	29.0	40.1	43.5	41.7

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Sociodemographic Characteristics	<u>Ages 20-44</u>			<u>Ages 45-64</u>			<u>Ages 65 and Over</u>			<u>Ages 20 and Over</u>		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
<u>Household Income in 2004</u>												
\$15,000 or less	5.7	5.5	5.6	3.4	2.5	3.0	18.7	7.0	13.4	7.0	4.6	5.9
\$15,001-\$25,000	5.8	5.4	5.6	5.7	4.1	4.9	24.5	15.5	20.4	8.9	6.4	7.7
\$25,001-\$35,000	8.6	6.4	7.5	8.4	5.8	7.1	16.6	17.2	16.8	9.9	7.8	8.9
\$35,001-\$50,000	17.1	16.7	16.9	14.9	12.9	14.0	16.6	20.2	18.2	16.2	15.8	16.0
\$50,001-\$65,000	14.0	12.2	13.1	12.4	11.5	12.0	7.7	12.2	9.7	12.3	11.9	12.1
\$65,001-\$80,000	13.5	16.1	14.8	13.3	13.1	13.2	6.8	10.0	8.3	12.3	14.0	13.1
\$80,001-\$100,000	13.7	13.4	13.6	14.2	15.5	14.8	4.5	8.4	6.2	12.4	13.4	12.9
\$100,000-\$135,000	12.5	13.9	13.2	13.1	17.2	15.1	2.8	4.8	3.7	11.1	13.7	12.4
Over \$135,000	9.0	10.5	9.7	14.7	17.3	15.9	1.8	4.8	3.2	9.9	12.2	11.0
<u>Marital Status</u>												
Married/living as part of a couple	76.0	71.8	74.0	75.5	82.5	78.8	47.7	80.4	62.1	70.7	77.1	73.8
<u>Current Employment Status</u>												
Working for pay	77.5	88.5	82.8	70.8	78.9	74.6	10.8	14.5	12.4	63.1	73.2	67.9
Unemployed, laid off, or on strike	2.5	3.5	3.0	2.2	2.5	2.3	0.4	0.4	0.4	2.0	2.7	2.3
Full-time homemaker/parent/caregiver	12.5	0.6	6.7	8.2	0.4	4.5	11.7	0.3	6.7	10.8	0.5	5.9
Full-time or almost full-time student	5.6	5.0	5.3	0.5	0.4	0.5	--	--	--	2.7	2.5	2.6
Retired ⁵ or unable to work due to health/disability	1.7	2.2	2.0	17.8	17.6	17.7	72.9	82.1	77.0	20.4	20.5	20.5
Other (incl. volunteer)	0.2	0.1	0.2	0.5	0.3	0.4	4.2	2.7	3.5	1.1	0.6	0.8

Table 1. Selected Sociodemographic Characteristics of Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2005¹

Sociodemographic Characteristics	<u>Ages 20-44</u>			<u>Ages 45-64</u>			<u>Ages 65 and Over</u>			<u>Ages 20 and Over</u>		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
<u>Computer Access</u>												
PC at any location	95.6	94.0	94.8	89.4	89.8	89.6	53.0	64.2	58.0	85.8	87.8	86.8
PC at home	86.9	87.4	87.1	83.9	83.9	83.9	49.6	61.1	54.7	79.2	82.1	80.6
PC at other location	24.6	28.1	26.3	22.1	26.7	24.3	4.5	6.5	5.4	20.2	24.3	22.1
Has access to Internet ⁶	94.7	92.8	93.8	87.9	88.8	88.3	49.8	61.1	54.8	84.4	86.4	85.4
At home	84.1	85.2	84.7	81.7	82.7	82.2	46.7	58.5	52.0	76.7	80.2	78.4
At other location	26.3	29.2	27.7	22.7	26.6	24.5	4.5	5.9	5.1	21.2	24.7	22.8
Can receive e-mail ⁶	94.7	92.8	93.8	87.9	88.8	88.3	49.8	61.1	54.8	84.4	86.4	85.4
At home	84.0	85.2	84.5	81.6	82.6	82.0	46.6	58.4	51.8	76.5	80.1	78.2
At other location	22.8	24.6	23.7	19.2	23.8	21.4	2.8	4.2	3.4	18.0	21.2	19.5

¹ From the 2005 Division of Research Member Health Survey, a random sample survey of Health Plan members aged 20 and over conducted in Spring 2005. Estimates are based on data from 18733 respondents, weighted to the age-, gender-, and geographic distribution of the Health Plan membership in final quarter of 2004.

² Algorithm for assigning individuals to one race/ethnicity for purposes of estimation was as follows: White if only White/Euro-American indicated; African-American/Black if African-American or Other Black indicated alone or with any other race/ethnicity; Latino/Hispanic if that category indicated alone or in combination with any other race/ethnicity except for African-American/Black; Asian if one or more of Chinese, Japanese, Korean, Filipino, Southeast Asian, Indian/Pakistani, or Other Asian category indicated and African-American/Black and Latino/Hispanic not indicated; Hawaiian or Pacific Islander if ethnicities in this group were indicated but not African-American/Black, Latino/Hispanic, or Asian race/ethnic categories. Native American/Alaska Native if this category was the only one indicated; and Other if Middle Eastern or Other indicated, but not African-American/Black, Latino/Hispanic, or Asian race/ethnic categories. The sum across these broad categories should be approximately 100%. More detailed race/ethnicity information and estimated percentages of members of different race/ethnicities based on only one category indicated (all others put into "multi-racial/ethnic category") and based on people assigned to more than one category (sum of percentages exceeds 100%) follow. See "Latino/Hispanic alone or in combination with other race/ethnic categories" for overall percentage of members of Hispanic/Latino origin.

³ Asian race/ethnic category includes Chinese, Japanese, Korean, Filipino, Southeast Asian, South Asian (e.g., Indian/Pakistani), or other Asian subgroup.

⁴ Includes persons who consider themselves Hispanic/Latino.

⁵ People aged ≥ 65 who reported working less than 10 hours per week are also included in this category.

⁶ Makes no assumptions that person has computer access.

Table 2. Prevalence of Selected Chronic Health Problems Among Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2005¹

History of Health Problems During the Past 12 Months	<u>Ages 20-44</u>			<u>Ages 45-64</u>			<u>Ages 65 and Over</u>			<u>Ages 20 and Over</u>		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
<u>Overall Rating of Health Now</u>												
Excellent	18.1	19.5	18.8	13.7	12.0	12.9	5.3	5.6	5.4	14.1	14.5	14.3
Very Good	43.5	44.1	43.8	38.3	38.5	38.4	26.8	29.3	27.9	38.6	39.7	39.1
Good	32.6	30.5	31.6	35.4	37.9	36.6	43.9	41.1	42.7	35.7	34.9	35.3
Fair	5.1	5.3	5.2	10.7	10.4	10.6	20.7	20.6	20.7	10.0	9.6	9.8
Poor	0.8	0.5	0.7	1.8	1.1	1.5	3.2	3.3	3.2	1.6	1.2	1.4
<u>Rating of Physical Health (including pain) Now</u>												
Excellent	18.1	18.7	18.4	13.3	12.1	12.7	5.6	6.2	5.8	14.1	14.3	14.2
Very Good	42.4	45.1	43.7	38.1	38.7	38.4	27.3	30.5	28.7	38.1	40.5	39.2
Good	31.7	29.5	30.6	34.7	36.7	35.6	42.2	39.8	41.1	34.7	33.8	34.2
Fair	6.8	5.5	6.2	11.8	11.1	11.5	21.6	20.1	21.0	11.3	9.9	10.6
Poor	1.0	1.2	1.1	2.2	1.4	1.8	3.3	3.4	3.4	1.9	1.6	1.7
<u>Rating of Emotional/Mental Health Now</u>												
Excellent	20.4	24.9	22.6	20.4	23.7	22.0	17.8	20.9	19.2	20.0	23.8	21.8
Very Good	38.3	39.5	38.9	36.6	39.4	38.0	34.8	36.8	35.7	37.1	39.1	38.0
Good	30.3	25.9	28.2	30.4	26.2	28.4	33.4	30.5	32.1	30.9	26.7	28.9
Fair	9.7	8.7	9.2	11.1	8.8	10.0	12.6	10.4	11.6	10.7	9.0	9.9
Poor	1.4	1.0	1.2	1.4	1.9	1.6	1.4	1.4	1.4	1.4	1.4	1.4

Table 2. Prevalence of Selected Chronic Health Problems Among Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2005¹

History of Health Problems During the Past 12 Months	<u>Ages 20-44</u>			<u>Ages 45-64</u>			<u>Ages 65 and Over</u>			<u>Ages 20 and Over</u>		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
<u>Health Conditions During Past 12 Months</u>												
Diabetes ³	2.5	3.4	2.9	8.6	12.5	10.4	14.3	20.8	17.2	6.9	9.5	8.1
Heart problems, incl. angina, MI ³	0.7	1.4	1.0	3.8	6.8	5.3	17.3	26.2	21.2	4.9	7.3	6.0
Stroke	0.2	0.5	0.3	0.7	0.9	0.8	3.8	3.5	3.7	1.0	1.1	1.1
Cancer												
Any type	0.8	0.3	0.6	3.0	2.4	2.7	5.6	7.2	6.3	2.5	2.2	2.3
Non-skin cancer	0.6	0.2	0.4	2.3	1.7	2.0	4.3	5.3	4.7	1.9	1.5	1.7
High blood pressure (MD dx) ³	5.1	7.4	6.2	29.0	32.7	30.7	60.8	57.4	59.3	24.0	24.7	24.3
High cholesterol (MD dx) ³	2.8	6.8	4.8	18.3	29.9	23.9	40.5	48.1	43.8	15.4	21.9	18.5
Asthma ³	12.4	10.4	11.4	13.8	7.0	10.5	10.7	8.7	9.8	12.6	8.9	10.8
Emphysema/COPD	<0.1	0.2	0.1	0.6	0.6	0.6	3.3	3.5	3.4	0.8	0.9	0.8
Chronic bronchitis	1.0	0.6	0.8	2.1	1.2	1.7	2.6	2.1	2.4	1.7	1.1	1.4
Environmental allergy	15.3	11.4	13.4	16.0	10.0	13.1	12.5	9.8	11.3	15.1	10.6	13.0
Enlarged prostate (men only)	--	0.2	--	--	2.6	--	--	17.1	--	--	3.8	--
Urinary incontinence	4.6	0.7	2.7	14.9	1.5	8.5	23.2	10.4	17.6	11.8	2.5	7.4
Osteoporosis	0.2	0.1	0.2	4.5	0.2	2.5	12.3	1.2	7.4	4.0	0.3	2.2
Arthritis/rheumatoid arthritis	2.8	1.9	2.4	15.5	8.5	12.2	27.7	21.0	24.8	12.0	7.3	9.8
Pain (back, head, other)	36.0	24.1	30.2	39.9	26.8	33.6	31.1	22.5	27.3	36.5	24.8	31.0
Severe back pain/sciatica	9.9	10.1	10.0	13.5	13.2	13.3	15.4	11.6	13.7	12.2	11.5	11.9
Severe neck/shoulder pain	10.1	6.9	8.5	14.1	9.6	11.9	10.0	7.9	9.1	11.6	8.0	9.9
Migraine headaches	17.7	7.7	12.8	13.3	3.9	8.8	3.0	1.7	2.5	13.4	5.3	9.6
Other severe headaches	8.9	3.9	6.4	6.3	3.3	4.9	3.3	1.3	2.4	6.9	3.2	5.2
Other frequent lasting pain	7.2	6.0	6.6	15.7	8.8	12.4	16.2	9.2	13.1	12.0	7.6	9.9
Vision problem (not correctable by glasses)	2.3	1.5	1.9	7.7	4.3	6.1	10.8	10.3	10.6	5.8	3.9	4.9

Table 2. Prevalence of Selected Chronic Health Problems Among Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2005¹

History of Health Problems During the Past 12 Months	<u>Ages 20-44</u>			<u>Ages 45-64</u>			<u>Ages 65 and Over</u>			<u>Ages 20 and Over</u>		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Hearing problem/deafness ⁴	1.6	1.8	1.7	4.4	5.2	4.8	26.0	39.4	31.9	7.0	8.9	7.9
Frequent sleep problems	10.1	5.3	7.8	18.6	9.1	14.1	17.6	12.1	15.2	14.6	7.8	11.4
Depression ⁵	14.9	8.5	11.8	18.3	10.4	14.6	11.3	7.4	9.5	15.5	9.0	12.4
Anxiety/panic ⁶	8.6	5.1	6.9	8.8	4.0	6.5	6.2	3.1	4.9	8.3	4.4	6.4
Problem with alcohol or drugs	0.9	1.4	1.1	0.7	1.3	1.0	0.1	0.9	0.4	0.6	1.3	1.0
<u>History of health conditions (within or longer than past 12 mos):</u>												
Heart problems or M.I. ³	1.7	2.4	2.1	5.4	9.1	7.2	21.3	33.0	26.4	6.6	9.7	8.1
Stroke	0.3	0.5	0.4	1.5	1.9	1.7	7.3	7.3	7.3	2.0	2.1	2.1
Cancer (other than skin cancer)	2.0	1.4	1.7	8.4	6.1	7.3	17.2	19.0	18.0	7.1	5.9	6.6
High blood pressure ³	7.5	9.8	8.6	31.4	35.5	33.3	62.8	59.9	61.5	26.4	27.2	26.8
Diabetes ³	2.5	3.4	2.9	8.6	12.5	10.4	14.3	20.8	17.2	6.9	9.5	8.1
Chronic pain	12.2	12.2	12.2	23.8	16.9	20.5	24.8	15.9	20.9	18.8	14.5	16.8
Adult depression ⁵	20.4	11.7	16.2	24.3	14.3	19.5	14.4	9.4	12.2	20.8	12.3	16.7
Alcohol or drug problem	3.2	4.8	3.9	3.3	5.0	4.2	1.4	3.0	2.1	2.9	4.6	3.7
Had a hysterectomy	2.1	--	--	22.6	--	--	42.5	--	--	16.9	--	--

Table 2. Prevalence of Selected Chronic Health Problems Among Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2005¹

History of Health Problems During the Past 12 Months	<u>Ages 20-44</u>			<u>Ages 45-64</u>			<u>Ages 65 and Over</u>			<u>Ages 20 and Over</u>		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
<u>How much health interferes with work or regular daily activities</u>												
Physical health (incl. pain)												
Not at all	55.0	53.0	54.0	43.5	43.8	43.7	32.8	34.7	33.6	46.8	46.7	46.7
A little	31.6	31.2	31.4	34.0	34.2	34.1	33.2	34.1	33.6	32.8	32.8	32.8
Moderately	9.6	8.9	9.2	13.4	14.2	13.8	20.5	18.9	19.8	12.9	12.4	12.7
Quite a bit	3.9	6.9	5.4	9.1	7.8	8.4	13.5	12.3	12.9	7.5	8.1	7.8
Emotional/mental health												
Not at all	55.1	59.1	57.1	58.6	60.8	59.7	61.8	64.1	62.8	57.6	60.5	59.0
A little	31.7	26.5	29.2	27.9	25.9	27.0	22.8	22.4	22.6	28.8	25.7	27.3
Moderately	8.9	9.1	9.0	9.8	9.3	9.6	11.9	10.9	11.5	9.7	9.5	9.6
Quite a bit	4.3	5.2	4.7	3.7	3.9	3.8	3.5	2.7	3.1	3.9	4.4	4.1

- ¹ From the 2005 Division of Research Member Health Survey, a random sample survey of Health Plan members aged 20 and over conducted in Spring 2005. Estimates are based on data from 18733 respondents, weighted to the age-, gender-, and geographic distribution of the Health Plan membership in final quarter of 2004.
- ² Based on self-report data not validated by medical record review or physician's report.
- ³ Estimate based on indication of the health condition or reported use of medication to control that health condition.
- ⁴ Estimates for members aged 65+ based on responses to a health condition checklist and a question about use of/need for a hearing aid asked only of seniors. Estimates for those aged 20-64 based only on response to health condition checklist.
- ⁵ Depression was estimated from indication of depression, sadness, or very low spirits lasting at least 2 weeks in a health condition checklist or indication of use of a prescription anti-depressant during the previous 12 months.
- ⁶ Anxiety/panic was estimated from indication of anxiety or panic for at least 2 weeks in a health condition checklist or indication of use of prescription anxiety medicine during the previous 12 months.

Table 3. Prevalence of Selected Behavioral and Psychosocial Risks Among Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2005¹

Behavioral/Psychosocial Risks During the Past 12 Months	<u>Ages 20-44</u>			<u>Ages 45-64</u>			<u>Ages 65 and Over</u>			<u>Ages 20 and Over</u>		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
<u>History of Tobacco Use</u>												
Current cigarette smoker	8.8	11.5	10.1	8.1	10.7	9.3	5.7	6.6	6.1	8.0	10.4	9.1
Former cigarette smoker	12.3	11.5	11.9	25.1	30.2	27.5	34.0	49.8	41.0	20.9	24.5	22.6
Never smoked regularly	78.9	77.0	78.0	66.8	59.1	63.1	60.3	43.6	52.9	71.1	65.1	68.2
<u>Weight</u>												
Overweight (BMI \geq 25)	45.1	63.0	54.0	59.1	73.0	65.8	54.1	64.1	58.6	52.1	67.0	59.3
Obese (BMI \geq 30)	21.9	20.5	21.2	30.3	28.4	29.4	22.5	19.2	21.0	25.2	23.3	24.3
<u>BMI range:</u>												
BMI < 18.5 (underwt)	2.5	0.5	1.5	1.2	0.2	0.7	3.4	1.1	2.4	2.2	0.5	1.4
BMI 18.5 to 25 (normal)	52.4	36.5	44.5	39.7	26.7	33.5	42.5	34.8	39.0	45.7	32.5	39.4
BMI 25 to 30 (overwt)	23.2	42.5	32.8	28.8	44.6	36.4	31.6	44.9	37.6	26.9	43.7	35.0
BMI 30 to < 35 (obese)	12.4	13.4	12.9	16.3	20.6	18.4	14.4	14.5	14.5	14.3	16.3	15.2
BMI 35 to <40 (very obese)	5.0	4.9	5.0	8.0	5.2	6.7	5.8	3.9	4.9	6.3	4.9	5.6
BMI \geq 40 (extremely obese)	4.5	2.1	3.3	6.0	2.6	4.3	2.3	0.8	1.6	4.7	2.1	3.4
<u>Exercise Frequency</u>												
5 or more times/week	16.5	25.9	21.1	24.8	31.2	27.9	29.8	39.9	34.3	21.9	30.1	25.8
3-4 times/week	33.2	31.0	32.2	33.3	32.3	32.8	31.5	31.0	31.3	33.0	31.5	32.3
1-2 times/week	30.2	25.6	27.9	23.8	23.4	23.6	19.5	17.0	18.4	25.9	23.4	24.7
Less than 1 time/week	20.0	17.5	18.8	18.1	13.1	15.7	19.2	12.0	16.0	19.2	15.0	17.2
<u>Reduced Fat Diet</u>												
Doesn't try to eat reduced fat foods most of time	67.0	71.2	69.0	55.7	57.7	56.7	43.4	47.7	45.3	58.6	62.4	60.4
<u>Fruit/Vegetable Consumption</u>												
Eats \geq 3 servings per day	47.1	29.9	38.8	55.0	33.8	45.0	56.0	36.3	47.3	51.6	32.4	42.6
Eats \geq 5 servings per day	11.4	6.8	9.2	16.7	9.1	13.1	16.3	10.0	13.5	14.3	8.1	11.4

Table 3. Prevalence of Selected Behavioral and Psychosocial Risks Among Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2005¹

Behavioral/Psychosocial Risks During the Past 12 Months	<u>Ages 20-44</u>			<u>Ages 45-64</u>			<u>Ages 65 and Over</u>			<u>Ages 20 and Over</u>		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
<u>Alcohol Consumption</u>												
Never drinks	23.0	16.2	19.7	25.4	18.9	22.3	38.6	27.5	33.5	26.5	19.0	22.9
Drinks less than once/week	51.6	42.2	47.0	40.9	32.4	36.8	30.8	26.9	29.0	44.0	36.2	40.3
Drinks 1-2 days/week	13.4	19.0	16.1	11.4	14.9	13.1	7.1	9.7	8.3	11.6	16.0	13.7
Drinks 3-4 days/week	7.4	12.1	9.7	9.0	12.0	10.5	6.7	9.3	7.9	7.9	11.6	9.7
Drinks \geq 5 days/week	4.7	10.5	7.5	13.2	21.8	17.4	16.8	26.6	21.2	9.9	17.2	13.4
At-Risk drinker based on:												
Drinks per day ³	5.8	9.3	7.5	2.0	3.8	2.8	0.7	2.3	1.4	3.5	6.2	4.8
Drinks per week ⁴	1.7	3.9	2.8	2.8	3.2	3.0	2.0	3.4	2.7	2.2	3.6	2.8
Drinks per day or week ⁵	6.2	10.0	8.0	3.5	5.3	4.4	2.2	4.1	3.1	4.5	7.3	5.9
<u>Total hours of sleep per 24 hour day</u>												
< 6 hours	6.4	7.0	6.7	9.3	6.7	8.0	7.4	5.0	6.3	7.7	6.6	7.1
6-8 hours	79.5	82.2	80.8	81.1	82.8	81.9	72.1	69.4	70.9	78.8	80.4	79.5
> 8 hours	14.1	10.7	12.5	9.6	10.5	10.0	20.5	25.6	22.8	13.6	13.0	13.3
<u>Psychosocial Risks</u>												
Worried about personal/family safety for other reasons (neighborhood violence, robberies, gangs, etc.)	8.5	8.4	8.5	5.8	5.4	5.6	3.4	2.8	3.1	6.6	6.4	6.5
Feared for personal/family safety because of anger/threats from a current or former spouse, partner or boy/girlfriend	4.4	2.5	3.4	3.2	1.6	2.4	1.0	0.8	0.9	3.3	1.9	2.6
Worried about personal/family's financial security	38.1	29.7	34.0	27.2	21.1	24.3	12.1	8.7	10.6	29.4	23.2	26.4

Table 3. Prevalence of Selected Behavioral and Psychosocial Risks Among Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2005¹

Behavioral/Psychosocial Risks During the Past 12 Months	<u>Ages 20-44</u>			<u>Ages 45-64</u>			<u>Ages 65 and Over</u>			<u>Ages 20 and Over</u>		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Felt harassed/discriminated against	8.0	8.6	8.3	7.4	7.5	7.5	1.3	1.9	1.6	6.6	7.2	6.8
Felt very stressed, tense, or anxious most/all the time	27.6	15.5	21.7	20.2	11.0	15.8	5.9	3.4	4.8	21.0	11.9	16.7
General satisfaction with life												
Satisfied with life	88.0	86.6	87.3	86.9	86.9	86.9	85.6	86.9	86.2	87.2	86.8	87.0
Dissatisfied with life	12.0	13.4	12.7	13.1	13.1	13.1	14.4	13.1	13.8	12.8	13.2	13.0
<u>Belief about extent to which lifestyle/habits can affect health</u>												
Not at all/a little bit	5.4	8.7	7.0	4.2	5.1	4.7	9.8	11.1	10.4	5.8	7.8	6.7
Moderately	7.3	11.0	9.1	8.8	10.5	9.6	14.0	15.0	14.4	9.1	11.4	10.2
Quite a bit/extremely	87.3	80.3	83.9	87.0	84.4	85.7	76.2	73.9	75.2	85.2	80.8	83.1
<u>Belief about extent to which stress/emotional troubles (e.g. depression or anxiety) can affect health</u>												
Not at all/a little bit	7.8	10.7	9.2	6.5	9.1	7.7	16.4	20.4	18.2	8.8	11.6	10.2
Moderately	7.9	11.6	9.7	8.8	10.2	9.5	13.0	14.3	13.6	9.1	11.5	10.3
Quite a bit/extremely	84.4	77.7	81.1	84.7	80.7	82.8	70.6	65.3	68.2	82.0	76.9	79.6

¹ From the 2005 Division of Research Member Health Survey, a random sample survey of Health Plan members aged 20 and over conducted in Spring 2005. Estimates are based on data from 18733 respondents, weighted to the age-, gender-, and geographic distribution of the Health Plan membership in final quarter of 2004.

² Risk factors = heart disease, high blood pressure, diabetes, high cholesterol, current smoker, age (≥ 45 for male, ≥ 55 for female)

³ Drank ≥ 4 drinks per drinking day (women) or ≥ 5 drinks per drinking day (men).

⁴ Estimated ≥ 21 drinks per week.

⁵ Women: Drank ≥ 4 drinks per drinking day or estimated ≥ 14 drinks per week; Men: Drank ≥ 5 drinks per drinking day or estimated ≥ 21 drinks per week.

Table 4. Things Members Have Done in Past 12 Months to Try to Improve Their Health, Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2005¹

Actions Taken	<u>Ages 20-44</u>			<u>Ages 45-64</u>			<u>Ages 65 and Over</u>			<u>Ages 20 and Over</u>		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Quit/tried to quit smoking (People who smoked during past 12 months only)	55.6	56.1	55.9	57.9	53.3	55.4	50.5	50.6	50.6	55.8	54.5	55.1
Tried to lose/lost weight												
All	59.3	45.0	52.4	66.6	53.6	60.4	50.1	45.9	48.3	60.4	48.4	54.7
Overweight (BMI 25-<30) ²	77.7	51.2	60.6	79.6	56.2	65.9	62.1	54.4	58.0	75.2	53.6	62.2
Obese (BMI \geq 30) ²	84.5	74.1	79.5	82.3	76.2	79.5	77.2	71.2	74.7	82.3	74.7	78.8
Started to eat healthier foods	55.0	51.2	53.1	51.0	44.5	47.9	38.8	36.9	38.0	50.6	46.5	48.6
Started to exercise more	57.9	52.5	55.3	54.8	44.8	50.0	37.4	36.7	37.1	53.1	47.1	50.2
Started to get more sleep	22.8	22.1	22.5	17.8	16.1	17.0	13.9	13.0	13.5	19.4	18.4	18.9
Learned to manage stress/ emotions better	31.1	23.5	27.4	25.3	20.9	23.2	15.7	10.2	13.3	26.2	20.4	23.4
Cut down/ alcohol/drug use	8.1	14.5	11.2	5.2	10.9	7.9	2.7	8.6	5.3	6.1	12.2	9.0

¹ From the 2005 Division of Research Member Health Survey, a random sample survey of Health Plan members aged 20 and over conducted in Spring 2005. Estimates are based on data from 18733 respondents, weighted to the age-, gender-, and geographic distribution of the Health Plan membership in final quarter of 2004.

² Based on person's characteristic at the time of the survey.

Table 5. Use of Selected Complementary or Alternative Medicine, Modalities in Past 12 Months to Treat or Prevent Own Health Problems, Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2005¹

Selected Complementary or Alternative Medicine	<u>Ages 20-44</u>			<u>Ages 45-64</u>			<u>Ages 65 and Over</u>			<u>Ages 20 and Over</u>		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Chiropractic	12.2	8.9	10.6	14.2	11.2	12.8	6.6	7.0	6.7	11.9	9.5	10.8
Acupuncture	3.8	2.3	3.1	5.6	3.5	4.6	3.0	2.0	2.6	4.3	2.7	3.6
Acupressure	1.8	1.5	1.7	2.7	1.6	2.2	1.0	0.3	0.7	2.0	1.4	1.7
Massage Therapy	21.2	13.3	17.4	19.4	12.3	16.0	6.7	3.9	5.5	17.9	11.5	14.8
Deep breathing, mindfulness, or other relaxation/meditation technique	16.8	10.0	13.5	19.2	10.0	14.8	9.9	6.6	8.4	16.5	9.4	13.1
Guided imagery/visualization techniques	3.1	1.3	2.2	4.6	1.6	3.1	1.5	0.6	1.1	3.4	1.3	2.4
Hypnosis or self-hypnosis	0.8	0.5	0.7	1.2	0.6	0.9	0.6	0.6	0.6	0.9	0.6	0.7
Biofeedback	0.2	0.2	0.2	0.7	0.4	0.6	0.3	0.1	0.2	0.4	0.2	0.3
Yoga	13.9	5.5	9.8	10.6	3.6	7.2	3.3	1.8	2.6	10.8	4.2	7.6
Tai Chi, Chi Gong, other movement therapy	1.5	1.5	1.5	2.8	1.8	2.3	2.6	1.9	2.3	2.2	1.7	1.9
Body work (e.g., Feldenkreis)	1.4	0.9	1.1	1.6	1.1	1.4	1.0	0.6	0.8	1.4	0.9	1.2
Herbal medicine/herbal supplement, or medicinal tea	15.8	10.4	13.2	18.0	10.8	14.6	7.6	6.8	7.2	15.1	10.0	12.7
Megavitamin/high dose vitamin therapy	2.2	1.5	1.9	3.1	2.4	2.8	1.8	1.6	1.7	2.5	1.9	2.2
Homeopathic medicine	3.9	1.8	2.9	4.4	2.0	3.2	1.1	1.0	1.0	3.6	1.7	2.7
Very low fat diet (Ornish, Pritikin, etc.)	1.7	2.1	1.9	2.4	2.1	2.3	2.6	2.6	2.6	2.2	2.2	2.2
Prayer or spiritual practice	19.7	12.3	16.1	26.0	13.6	20.1	23.6	12.6	18.8	22.7	12.9	18.0
Religious/spiritual healing by others	2.8	2.4	2.6	4.2	2.4	3.4	2.8	2.4	2.6	3.3	2.4	2.9
Energy healing	2.4	0.9	1.6	3.4	1.4	2.4	1.5	1.3	1.4	2.6	1.1	1.9
Psychological counseling	8.9	4.6	6.8	7.5	4.1	5.9	2.2	1.2	1.8	7.2	3.9	5.6
12-Step/Self-help Program	1.8	1.7	1.8	2.7	2.0	2.4	0.8	0.7	0.8	1.9	1.7	1.8

Footnotes for Table 5:

- ¹ From the 2005 Division of Research Member Health Survey, a random sample survey of Health Plan members aged 20 and over conducted in Spring 2005. Estimates are based on data from 18733 respondents, weighted to the age-, gender-, and geographic distribution of the Health Plan membership in final quarter of 2004.

Table 6. Use of Selected Health Information Sources During the Past 12 Months, Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2005¹

Use of selected health information sources	<u>Ages 20-44</u>			<u>Ages 45-64</u>			<u>Ages 65 and Over</u>			<u>Ages 20 and Over</u>		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Participated in a KP group or individual Health Ed. program	10.8	6.9	8.9	12.4	10.0	11.2	10.1	11.0	10.5	11.3	8.7	10.1
Received one-on-one counseling from KP staff for behavior change or chronic health problem mgt.	2.7	3.3	3.0	5.4	5.9	5.6	6.3	7.1	6.6	4.3	4.9	4.6
Used KP health ed. materials	16.2	10.2	13.3	19.6	14.0	17.0	19.2	19.4	19.3	18.0	13.1	15.7
Read articles in <i>KP Partners in Health</i> newsletter	27.7	15.1	21.6	44.7	29.7	37.5	56.1	44.6	51.0	39.1	25.2	32.5
Used <i>KP Healthwise Handbook</i>	31.7	21.0	26.5	34.9	23.6	29.5	38.3	28.2	33.9	34.1	23.1	28.8
Used KP Health Phone	1.9	1.4	1.6	2.5	1.2	1.8	2.5	1.6	2.1	2.2	1.3	1.8
Obtained health or advice info from Internet websites (KP or non-KP)	23.7	18.6	21.2	22.6	19.5	21.1	9.2	10.0	9.5	20.7	17.6	19.2
Used KP or non-KP group, individual, or web-based smoking cessation services (Past year smokers only)	5.8	5.4	5.6	9.7	8.3	9.0	8.0	5.7	6.9	7.5	6.6	7.0
Used KP or non-KP group, individual, or web-based weight loss program (people who tried to lose weight only)	8.1	3.1	6.0	7.7	3.1	5.7	2.7	1.5	2.2	7.1	2.9	5.3
Used KP Member Website to get health info or participate in an online chatroom/Healthy Lifestyle Prog.	8.7	6.5	7.6	7.2	7.2	7.2	2.7	3.8	3.2	7.0	6.3	6.7
Used KP Member Website to make an appt., refill prescriptions, or communicate with KP medical staff	21.7	17.9	19.8	20.4	20.4	20.4	10.6	14.5	12.3	19.2	18.3	18.8

Footnotes for Table 6:

- ¹ From the 2005 Division of Research Member Health Survey, a random sample survey of Health Plan members aged 20 and over conducted in Spring 2005. Estimates are based on data from 18733 respondents, weighted to the age-, gender-, and geographic distribution of the Health Plan membership in final quarter of 2004.

Table 7. Preferred methods for learning about health (such as how to take care of problems and how to improve your health), Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2005¹

Preferred Methods for Learning about Health ^{2,3}	<u>Ages 20-44</u>			<u>Ages 45-64</u>			<u>Ages 65 and Over</u>			<u>Ages 20 and Over</u>		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Small gp. appointments with a clinician or health educator	12.4	8.3	10.4	17.2	12.6	15.0	12.5	11.3	12.0	14.2	10.4	12.4
Individual counseling from a health educator	38.7	36.4	37.6	36.1	30.7	33.5	19.1	21.7	20.2	34.2	32.0	33.1
Brief telephone counseling sessions	21.3	16.0	18.7	22.5	18.5	20.6	12.8	10.4	11.8	20.2	16.1	18.2
Patient education classes												
One day workshop	7.1	5.3	6.2	11.0	6.7	9.0	5.6	4.8	5.3	8.3	5.7	7.1
Multi-session program	13.9	11.5	12.7	16.7	11.3	14.2	7.8	4.9	6.6	13.9	10.4	12.2
In-person group	7.4	4.9	6.2	11.1	5.7	8.5	5.7	2.9	4.5	8.4	4.9	6.7
Phone-based group	1.3	1.1	1.2	1.9	1.0	1.5	0.8	0.7	0.8	1.5	1.0	1.3
E-mail/Web-based	7.9	7.5	7.7	7.1	6.7	6.9	2.1	2.2	2.1	6.6	6.4	6.5
Watch health videos at home	15.7	17.0	16.4	19.1	18.4	18.8	10.6	12.2	11.3	16.0	16.8	16.4
Watch health programs on TV	18.0	17.5	17.7	22.7	18.0	20.5	22.1	16.0	19.4	20.5	17.4	19.0
Listen to taped health phone messages	3.4	3.0	3.2	5.2	4.1	4.7	3.4	2.8	3.2	4.1	3.4	3.7
Use a computer-based program	16.3	19.1	17.7	15.9	19.3	17.5	4.4	9.2	6.5	14.0	17.6	15.7
Get information from websites	34.5	31.8	33.2	26.4	28.4	27.4	7.8	12.5	9.8	26.7	27.6	27.1
Mailed health newsletters	36.4	23.8	30.3	40.4	28.3	34.6	46.0	38.2	42.6	39.6	27.7	34.0
Brochures, short articles, handouts	47.2	33.4	40.5	48.6	39.0	44.0	41.1	36.8	39.2	46.6	36.0	41.6

¹ From the 2005 Division of Research Member Health Survey, a random sample survey of Health Plan members aged 20 and over conducted in Spring 2005. Estimates are based on data from 18733 respondents, weighted to the age-, gender-, and geographic distribution of the Health Plan membership in final quarter of 2004.

² Respondents were instructed to check as many methods as they would use.

³ We have been told anecdotally that young and middle-aged adults who do most of their work on computer are not likely to respond to a paper and pencil survey. Therefore, these statistics probably underestimate the proportion of members wanting to access information by methods other than coming into the medical facility.

Table S1. Prevalence of Selected Health Problems and Potential Health Risks Among Members Aged 65 and Over in the Northern California Region Membership, Spring 2005¹ (See also Table 2 and 3 for full list of health conditions, functional limitations, and health risks among the adult membership)

Health Problems/ Health Risks ²	<u>Ages 65-74</u>			<u>Ages 75-79</u>			<u>Ages 80 and Over</u>			<u>Ages 65 and Over</u>		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
<u>Overall rating of health:</u>												
Excellent	7.2	7.4	7.3	3.5	4.3	3.8	2.7	2.2	2.5	5.3	5.6	5.4
Very Good	31.8	33.9	32.8	26.8	26.4	26.6	16.8	19.6	17.9	26.8	29.3	27.9
Good	43.4	40.4	42.0	43.3	42.2	42.8	45.6	42.1	44.3	43.9	41.1	42.7
Fair	15.0	16.1	15.5	22.6	23.1	22.8	30.8	30.9	30.8	20.7	20.6	20.7
Poor	2.6	2.3	2.5	3.8	4.0	3.9	4.0	5.2	4.5	3.2	3.3	3.2
<u>Falls in past 12 mos.</u>												
1 or more	25.9	16.1	21.7	30.7	21.3	27.0	35.1	32.4	34.2	29.4	20.4	25.8
2 or more	10.6	7.9	9.4	15.2	12.3	14.1	21.4	17.5	20.1	14.4	10.7	12.9
3 or more	5.2	3.7	4.5	8.3	6.1	7.5	10.9	8.4	10.1	7.3	5.1	6.5
Problems with teeth, gums or mouth that make eating or talking difficult	7.5	6.6	7.1	9.8	7.5	8.9	12.2	10.3	11.5	9.2	7.5	8.5
Vision problem (not correctable by glasses)	8.8	7.8	8.3	10.1	11.8	10.8	15.3	16.0	15.6	10.8	10.3	10.6
Can read newsprint with at least one eye	97.9	98.2	98.1	96.8	97.2	97.0	91.4	94.9	92.8	96.0	97.3	96.6
Hearing problem or deafness ³	15.1	30.6	22.2	26.6	44.7	34.5	47.6	58.5	51.8	26.0	39.4	31.9
Uses a hearing aid												
Yes (all)	3.7	8.1	5.7	9.8	16.9	12.9	24.4	27.4	25.6	10.2	13.9	11.9
Yes (restricted to those with hearing problem but not deafness)	28.4	28.8	28.6	40.9	40.8	40.8	59.7	49.2	54.8	45.7	38.0	41.4
Felt depressed or sad much or all of past 12 months	3.5	3.0	3.3	3.9	2.7	3.4	3.3	2.5	3.0	3.5	2.8	3.2

Table S1. Prevalence of Selected Health Problems and Potential Health Risks Among Members Aged 65 and Over in the Northern California Region Membership, Spring 2005¹ (See also Table 2 and 3 for full list of health conditions, functional limitations, and health risks among the adult membership)

Health Problems/ Health Risks ²	<u>Ages 65-74</u>			<u>Ages 75-79</u>			<u>Ages 80 and Over</u>			<u>Ages 65 and Over</u>		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
<u>Mobility Limitations</u>												
Must stay in house most of time	1.2	0.9	1.1	2.7	2.1	2.5	4.3	4.4	4.3	2.3	1.9	2.1
Needs help from another person in getting around	1.7	0.6	1.2	1.7	1.3	1.6	6.5	3.1	5.2	3.0	1.3	2.2
Needs help of cane, walker, wheelchair, etc., to get around	5.2	3.6	4.5	12.2	7.9	10.3	23.8	13.9	19.9	11.5	6.7	9.4
Doesn't need help from another person/special aid, but has trouble getting around freely	8.9	7.4	8.2	12.2	13.7	12.9	15.5	17.7	16.4	11.3	10.9	11.1
Not limited in any of these ways	82.9	87.5	85.0	71.2	74.9	72.8	49.8	61.0	54.2	71.8	79.3	75.1

¹ From the 2005 Division of Research Member Health Survey, a random sample survey of Health Plan members aged 20 and over conducted in Spring 2005. Estimates are based on data from 7377 respondents, weighted to the age-, gender-, and geographic distribution of the Health Plan membership in fourth quarter 2004.

² Based on self-report data not validated by medical record review or physician's report.

³ Based on self-report of hearing problem/deafness in health condition checklist or regular use of a hearing aid or non-use but severe hearing problem.

Table S2. Proportion of Members Aged 65 and Over in the Northern California Region Membership Who Receive/Need Help with Activities of Daily Living Because of A Disability, Health Problem, or Frailty Due to Age, Spring 2005¹

Activity for Which Help is Needed/Received	<u>Ages 65-74</u>			<u>Ages 75-79</u>			<u>Ages 80 and Over</u>			<u>Ages 65 and Over</u>		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Travel beyond walking distance	7.5	3.9	5.8	15.8	9.9	13.2	35.6	22.8	30.6	16.7	9.2	13.4
Shopping for groceries, etc.	6.0	2.1	4.2	12.3	7.4	10.1	30.5	14.5	24.3	13.8	5.8	10.3
Routine household chores	7.7	2.6	5.3	11.4	6.1	9.1	22.5	11.8	18.3	12.4	5.2	9.2
Laundry	3.0	1.9	2.5	5.6	4.7	5.2	14.1	9.8	12.4	6.5	4.1	5.5
Preparing meals	3.6	1.4	2.5	5.6	5.7	5.6	11.8	11.5	11.7	6.2	4.4	5.4
Eating food/drinking liquids	0.3	0.2	0.2	0.7	0.5	0.6	1.5	2.0	1.7	0.7	0.6	0.7
Managing money	1.8	0.9	1.4	3.1	4.0	3.5	11.3	7.7	9.9	4.6	3.0	3.9
Taking medicines	0.8	1.8	1.3	2.8	4.4	3.5	7.0	9.9	8.1	2.8	4.1	3.4
Using the telephone	0.6	0.7	0.7	1.2	3.0	2.0	3.1	7.7	4.9	1.4	2.6	2.0
Bathing in a tub/shower	2.4	1.3	1.9	4.9	3.3	4.2	10.0	8.7	9.5	4.9	3.3	4.2
Dressing	1.6	1.0	1.3	2.1	2.4	2.2	4.4	5.1	4.7	2.4	2.2	2.3
Using the toilet	0.6	0.3	0.4	1.1	1.3	1.1	2.0	3.3	2.5	1.0	1.1	1.1
Cutting toe nails	10.1	9.2	9.7	22.7	19.8	21.5	38.7	35.0	37.3	20.3	16.9	18.8
Getting in and out of bed/chairs	1.9	1.1	1.5	3.3	3.0	3.1	5.6	6.9	6.1	3.2	2.7	3.0
<u>How well can take care of self at present time</u>												
Completely able	69.2	68.2	68.7	56.8	53.7	55.5	38.8	36.6	37.9	58.7	58.6	58.6
Very well	18.4	18.9	18.6	22.3	24.9	23.4	28.2	27.7	28.0	21.8	22.0	21.9
Fairly well	10.2	11.1	10.6	16.5	16.4	16.5	22.9	26.6	24.3	14.8	15.4	15.1
Not very well	1.9	1.4	1.7	3.0	4.0	3.4	6.5	5.8	6.2	3.3	2.9	3.1
Not at all able	0.4	0.4	0.4	1.4	0.9	1.2	3.7	3.3	3.5	1.4	1.1	1.3

¹ From the 2005 Division of Research Member Health Survey, a random sample survey of Health Plan members aged 20 and over conducted in Spring 2005. Estimates are based on data from 7377 respondents, weighted to the age-, gender-, and geographic distribution of the Health Plan membership in fourth quarter 2004.

Table S3. Reported Use of Selected Health Care and Home Support Services During the Past 12 Months by Members Age 65 and Over in the Northern California Region Membership, Spring 2005¹

Health/Home Support Services	<u>Ages 65-74</u>			<u>Ages 75-79</u>			<u>Ages 80 and Over</u>			<u>Ages 65 and Over</u>		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Nursing/convalescent home	1.2	0.8	1.0	2.3	1.3	1.8	5.1	3.0	4.3	2.5	1.4	2.0
Adult day care/Adult day health care program	0.3	0.4	0.4	0.6	1.1	0.8	1.4	0.7	1.2	0.6	0.6	0.6
Visiting nurse	1.4	2.1	1.7	4.1	3.7	3.9	3.8	4.2	4.0	2.6	2.8	2.7
Home health aide, paid companion, or attendant	0.9	0.6	0.8	2.0	1.0	1.6	4.6	2.3	3.7	2.1	1.1	1.7
Social worker/case manager	1.1	1.0	1.0	1.7	1.6	1.7	3.9	1.9	3.1	2.0	1.3	1.7
Mental health/counseling services	4.0	2.0	3.1	2.5	1.7	2.1	1.8	1.3	1.6	3.1	1.8	2.5
Therapist (PT, speech, etc.)	8.1	4.4	6.4	10.3	6.8	8.8	8.5	7.4	8.1	8.7	5.5	7.3
Housekeeper or errand service	1.2	0.5	0.9	1.5	0.7	1.1	5.2	2.7	4.2	2.3	1.0	1.7
Home-delivered meals	0.6	0.4	0.5	1.3	0.5	1.0	2.2	2.4	2.3	1.2	0.8	1.0
Transportation service	0.7	0.7	0.7	2.2	1.6	1.9	3.6	2.0	3.0	1.8	1.2	1.5

¹ From the 2005 Division of Research Member Health Survey, a random sample survey of Health Plan members aged 20 and over conducted in Spring 2005. Estimates are based on data from 7377 respondents, weighted to the age-, gender-, and geographic distribution of the Health Plan membership in fourth quarter 2004.

Table S4. Medication-Related Issues Among Members Aged 65 and Over in the Northern California Region Membership, Spring 2005¹

Medication-Related Issues	<u>Ages 65-74</u>			<u>Ages 75-79</u>			<u>Ages 80 and Over</u>			<u>Ages 65 and Over</u>		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Total number of Rx medicines regularly taken ²												
0	10.7	14.3	12.4	8.6	9.4	8.9	6.9	7.7	7.2	9.3	12.0	10.5
1	17.1	14.9	16.1	11.2	13.6	12.2	12.1	12.0	12.1	14.6	14.0	14.4
2	17.4	18.7	18.0	16.9	16.4	16.7	15.7	14.4	15.2	16.8	17.4	17.1
3	15.2	17.0	16.0	16.3	15.5	16.0	14.3	16.1	15.0	15.2	16.5	15.8
4	12.7	11.9	12.3	15.3	13.6	14.6	17.5	15.5	16.7	14.5	13.0	13.8
≥ 5	27.0	23.1	25.2	31.6	31.5	31.6	33.5	34.3	33.9	29.6	27.1	28.5
Selected medications/ supplements used in past 12 mos												
Aspirin to prevent stroke/heart attack	34.1	42.2	37.9	37.7	42.1	39.6	37.4	46.8	41.1	35.7	43.2	39.0
Rx or OTC sleep medicine	15.3	8.5	12.2	15.7	10.5	13.4	15.6	13.7	14.9	15.5	10.0	13.1
Rx or OTC pain medicine	41.0	30.4	36.1	42.8	29.9	37.2	38.6	29.8	35.2	40.7	30.2	36.1
OTC pain medicine	23.6	18.1	21.1	24.7	17.4	21.5	23.1	17.9	21.1	23.7	17.9	21.2
Anti-inflammatory medicine for joint/muscle/arthritis pain	36.6	24.6	31.0	32.1	22.6	28.0	32.2	19.7	27.3	34.5	23.2	29.5
Glucosamine	27.4	19.6	23.8	25.5	21.5	23.8	18.2	16.5	17.6	24.6	19.3	22.3
People with arthritis	40.8	35.1	38.6	37.4	35.6	36.7	31.8	26.2	29.7	37.6	32.7	35.8
Calcium (incl. Tums/Roloids)	58.0	22.6	41.5	56.9	23.9	42.5	47.8	21.7	37.7	55.1	22.7	40.8
Last complete Rx and OTC medication review with current personal MD or pharmacist												
Within the past 12 months	66.5	71.5	68.8	73.3	72.3	72.9	73.9	69.5	72.2	69.8	71.2	70.4
More than 12 months ago	15.5	13.2	14.4	13.9	13.4	13.7	13.1	14.6	13.7	14.5	13.6	14.1

¹ From the 2005 Division of Research Member Health Survey, a random sample survey of Health Plan members aged 20 and over conducted in Spring 2005. Estimates are based on data from 7377 respondents aged 65 and over, weighted to the age-, gender-, and geographic distribution of the Health Plan membership in fourth quarter 2004. (continued)

² Based on self-reported data, not validated by a medication review.

Table 1S. Selected Sociodemographic Characteristics of Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2005¹

Sociodemographic Characteristics	<u>Ages 65-74</u>			<u>Ages 75-79</u>			<u>Ages 80+</u>			<u>Ages 65 and Over</u>		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
<u>Race/ethnicity</u>												
<u>Everyone assigned to only one race/ethnicity by algorithm used in previous MHS reports²</u>												
White, non-Hispanic	73.7	73.3	73.5	77.6	79.2	78.3	83.0	84.0	83.4	76.9	76.8	76.9
African-American/Black	6.4	6.2	6.3	5.2	5.0	5.1	4.4	3.6	4.1	5.6	5.4	5.5
Latino/Hispanic	7.6	7.2	7.4	6.5	5.7	6.2	5.4	4.4	5.0	6.8	6.3	6.6
Asian, non-Hispanic ³	10.6	10.5	10.5	9.1	9.0	9.0	5.8	7.6	6.5	9.0	9.6	9.2
Hawaiian or Pacific Islander, non-Hispanic	0.4	0.2	0.3	0.1	0.2	0.1	0.3	0.1	0.2	0.3	0.2	0.2
Native American/Alaskan native, non-Hispanic	0.9	1.5	1.2	0.8	0.7	0.7	1.2	0.4	0.9	1.0	1.1	1.0
Other, non-Hispanic	0.4	1.1	0.7	0.8	0.2	0.6	--	--	--	0.4	0.7	0.5
<u>Race/Ethnicity - NIH</u>												
Hispanic/Latino ethnicity												
Yes	7.7	7.2	7.5	6.5	5.8	6.2	5.4	4.4	5.0	6.8	6.3	6.6
No	92.3	92.8	92.5	93.5	94.2	93.8	94.6	95.6	95.0	93.2	93.7	93.4
Native Amer./Alaska Native ⁴												
Asian ⁴	10.6	10.5	10.6	9.1	9.0	9.1	5.8	7.6	6.5	9.1	9.6	9.3
Hawaiian/Pacific Islander ⁴	0.4	0.2	0.3	0.1	0.3	0.2	0.3	0.1	0.2	0.3	0.2	0.2
African-American/Black ⁴	6.4	6.2	6.3	5.2	5.0	5.1	4.4	3.6	4.1	5.6	5.4	5.5
White ⁴	74.7	74.2	74.5	78.9	79.8	79.3	83.6	84.1	83.8	77.9	77.5	77.7
Other race/ethnicity ⁴												
Hispanic/Latino	6.5	6.1	6.3	5.4	5.2	5.3	4.8	4.2	4.5	5.8	5.5	5.7
Other	0.4	1.0	0.7	0.6	0.1	0.3	--	--	--	0.3	0.6	0.4

Table 1S. Selected Sociodemographic Characteristics of Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2005¹

Sociodemographic Characteristics	<u>Ages 65-74</u>			<u>Ages 75-79</u>			<u>Ages 80+</u>			<u>Ages 65 and Over</u>		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
<u>Race/Ethnicity - Calif. Dept. of Finance</u>												
Hispanic/Latino	7.7	7.2	7.5	6.5	5.8	6.2	5.4	4.4	5.0	6.8	6.3	6.6
Native Amer./Alaska Native, non-Hispanic	0.9	1.5	1.2	0.8	0.7	0.7	1.2	0.4	0.9	1.0	1.1	1.0
Asian, non-Hispanic	10.6	10.5	10.5	9.1	9.0	9.0	5.8	7.6	6.5	9.0	9.6	9.2
Black, non-Hispanic	6.3	6.2	6.2	5.2	4.9	5.1	4.4	3.6	4.1	5.5	5.4	5.5
White, non-Hispanic	73.7	73.3	73.5	77.6	79.2	78.3	83.0	84.0	83.4	76.9	76.8	76.9
Other, non-Hispanic	0.8	1.3	1.0	0.9	0.4	0.7	0.3	0.1	0.2	0.7	0.9	0.8
<u>One race/ethnicity or multiple race/ethnicity</u>												
White, non-Hispanic only	73.7	73.3	73.5	77.6	79.2	78.3	83.0	84.0	83.4	76.9	76.8	76.9
African-American/Black only	6.1	6.0	6.1	5.0	4.8	4.9	4.4	3.6	4.1	5.4	5.3	5.4
Latino/Hispanic only	6.5	6.1	6.3	5.4	5.2	5.3	4.8	4.2	4.5	5.8	5.5	5.7
Asian only	10.0	10.1	10.1	8.9	8.7	8.8	5.7	7.4	6.4	8.6	9.3	8.9
Hawaiian or Pacific Islander only	0.3	0.1	0.2	--	0.1	0.1	--	0.1	<0.1	0.2	0.1	0.1
Nat. Amer./Alaska native only	0.1	0.3	0.2	--	0.1	0.1	0.1	0.1	0.1	0.1	0.2	0.2
Other only	0.4	1.0	0.7	0.6	0.1	0.3	--	--	--	0.3	0.6	0.4
Middle Eastern only	0.3	1.0	0.6	0.7	0.1	0.5	--	--	--	0.3	0.6	0.4
Two race/ethnicities	2.6	2.9	2.7	2.4	1.5	2.0	2.1	0.4	1.5	2.4	2.1	2.3
Three or more race/ethnicities	0.3	0.1	0.2	0.2	0.2	0.2	--	0.1	0.1	0.2	0.1	0.2

Table 1S. Selected Sociodemographic Characteristics of Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2005¹

Sociodemographic Characteristics	<u>Ages 65-74</u>			<u>Ages 75-79</u>			<u>Ages 80+</u>			<u>Ages 65 and Over</u>		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
<u>This race/ethnicity, alone or in combination with other race/ethnic categories</u>												
White	76.4	75.9	76.2	79.9	80.8	80.3	85.1	84.5	84.9	79.5	78.7	79.1
African-American/Black	6.4	6.2	6.3	5.2	5.0	5.1	4.4	3.6	4.1	5.6	5.4	5.5
Latino/Hispanic	7.7	7.2	7.5	6.5	5.8	6.2	5.4	4.4	5.0	6.8	6.3	6.6
Asian	10.6	10.5	10.6	9.1	9.0	9.1	5.8	7.6	6.5	9.1	9.6	9.3
Hawaiian or Pacific Islander	0.4	0.3	0.3	0.1	0.3	0.2	0.3	0.2	0.3	0.3	0.3	0.3
Nat. Amer./Alaska native	1.1	1.9	1.5	1.0	0.8	0.9	1.2	0.4	0.9	1.1	1.4	1.2
Other	0.4	1.1	0.8	0.9	0.2	0.6	--	--	--	0.4	0.7	0.5
Middle Eastern	0.3	1.0	0.6	0.7	0.1	0.5	--	--	--	0.3	0.6	0.4
<u>Education Level</u>												
11 years or less	9.5	8.4	9.0	13.0	14.5	13.6	15.6	15.2	15.5	11.8	11.1	11.5
12 years (H.S. graduate)	25.9	15.9	21.3	31.1	19.7	26.2	35.5	27.3	32.3	29.5	19.1	25.0
Some college/technical school	37.5	36.9	37.2	31.7	28.8	30.4	35.0	27.5	32.1	35.6	33.3	34.6
College graduate	27.2	38.8	32.6	24.2	36.9	29.8	13.9	30.0	20.1	23.0	36.6	29.0
<u>Household Income in 2004</u>												
\$15,000 or less	12.2	5.7	9.1	17.3	7.9	13.1	32.3	10.0	23.7	18.7	7.0	13.4
\$15,001-\$25,000	20.8	12.6	16.9	25.9	17.5	22.1	30.7	21.7	27.2	24.5	15.5	20.4
\$25,001-\$35,000	16.9	14.8	15.9	19.4	19.8	19.6	14.0	21.3	16.8	16.6	17.2	16.8
\$35,001-\$50,000	19.1	19.8	19.4	17.4	22.8	19.8	11.2	18.9	14.2	16.6	20.2	18.2
\$50,001-\$65,000	9.9	13.3	11.5	7.7	10.7	9.0	3.3	10.4	6.1	7.7	12.2	9.7
\$65,001-\$80,000	8.7	12.1	10.3	6.1	8.3	7.1	3.8	5.4	4.4	6.8	10.0	8.3
Over \$80,001	12.4	21.6	16.8	6.3	13.0	9.3	4.7	12.3	7.6	9.1	17.9	13.1

Table 1S. Selected Sociodemographic Characteristics of Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2005¹

Sociodemographic Characteristics	<u>Ages 65-74</u>			<u>Ages 75-79</u>			<u>Ages 80+</u>			<u>Ages 65 and Over</u>		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
<u>Marital Status</u>												
Married/living as part of a couple	58.1	83.4	69.8	46.9	80.8	61.6	27.4	71.8	44.7	47.7	80.4	62.1
<u>Current Employment Status</u>												
Working for pay	16.8	20.4	18.5	6.7	8.9	7.7	1.7	3.3	2.4	10.8	14.5	12.4
Part-time or full-time volunteer	3.7	2.4	3.1	3.7	2.1	3.0	4.2	2.1	3.4	3.8	2.3	3.1
Retired ⁵ or unable to work due to health/disability	67.7	75.9	71.5	76.6	88.6	81.9	80.4	93.2	85.4	72.9	82.1	77.0
<u>Computer Access</u>												
PC at any location	66.1	72.8	69.3	47.1	59.5	52.5	31.1	44.4	36.2	53.0	64.2	58.0
PC at home	61.9	69.2	65.3	44.2	56.8	49.7	28.7	42.4	34.0	49.6	61.1	54.7
PC at other location	6.2	8.9	7.5	3.3	3.6	3.4	2.0	2.7	2.2	4.5	6.5	5.4
Has access to Internet ⁶	62.8	69.8	66.1	43.7	56.0	49.1	27.8	41.3	33.1	49.8	61.1	54.8
At home	58.7	66.7	62.5	41.2	53.8	46.8	26.3	39.9	31.6	46.7	58.5	52.0
At other location	6.2	8.0	7.0	3.0	3.3	3.1	2.1	2.3	2.2	4.5	5.9	5.1
Can receive e-mail ⁶	62.8	69.8	66.1	43.7	56.0	49.1	27.8	41.3	33.1	49.8	61.1	54.8
At home	58.6	66.7	62.3	41.2	53.7	46.6	26.3	39.6	31.5	46.6	58.4	51.8
At other location	3.7	5.8	4.7	2.1	2.0	2.0	1.6	1.8	1.7	2.8	4.2	3.4

¹ From the 2005 Division of Research Member Health Survey, a random sample survey of Health Plan members aged 20 and over conducted in Spring 2005. Estimates are based on data from 7377 respondents, weighted to the age-, gender-, and geographic distribution of the Health Plan membership in final quarter of 2004.

² Algorithm for assigning individuals to one race/ethnicity for purposes of estimation was as follows: White if only White/Euro-American indicated; African-American/Black if African-American or Other Black indicated alone or with any other race/ethnicity; Latino/Hispanic if that category indicated alone or in combination with any other race/ethnicity except for African-American/Black; Asian if one or more of Chinese, Japanese, Korean, Filipino, Southeast Asian, Indian/Pakistani, or Other Asian category indicated and African-American/Black and Latino/Hispanic not indicated; Hawaiian or Pacific Islander if ethnicities in this group were indicated but not African-American/Black, Latino/Hispanic, or Asian race/ethnic categories. Native American/Alaska Native if this category was the only one indicated; and Other if Middle Eastern or Other indicated, but not African-American/Black,

Latino/Hispanic, or Asian race/ethnic categories. The sum across these broad categories should be approximately 100%. More detailed race/ethnicity information and estimated percentages of members of different race/ethnicities based on only one category indicated (all others put into "multi-racial/ethnic category") and based on people assigned to more than one category (sum of percentages exceeds 100%) follow. See "Latino/Hispanic alone or in combination with other race/ethnic categories" for overall percentage of members of Hispanic/Latino origin.

3 Asian race/ethnic category includes Chinese, Japanese, Korean, Filipino, Southeast Asian, South Asian (e.g., Indian/Pakistani), or other Asian subgroup.

4 Includes persons who consider themselves Hispanic/Latino.

5 People aged ≥ 65 who reported working less than 10 hours per week are also included in this category.

6 Makes no assumptions that person has computer access.

Table 2S. Prevalence of Selected Chronic Health Problems Among Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2005¹

History of Health Problems During the Past 12 Months	<u>Ages 65-74</u>			<u>Ages 75-79</u>			<u>Ages 80+</u>			<u>Ages 65 and Over</u>		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
<u>Overall Rating of Health Now</u>												
Excellent	7.2	7.4	7.3	3.5	4.3	3.8	2.7	2.2	2.5	5.3	5.6	5.4
Very Good	31.8	33.9	32.8	26.8	26.4	26.6	16.8	19.6	17.9	26.8	29.3	27.9
Good	43.4	40.4	42.0	43.3	42.2	42.8	45.6	42.1	44.3	43.9	41.1	42.7
Fair	15.0	16.1	15.5	22.6	23.1	22.8	30.8	30.9	30.8	20.7	20.6	20.7
Poor	2.6	2.3	2.5	3.8	4.0	3.9	4.0	5.2	4.5	3.2	3.3	3.2
<u>Rating of Physical Health (including pain) Now</u>												
Excellent	7.7	7.7	7.7	4.0	5.1	4.5	2.6	2.9	2.7	5.6	6.2	5.8
Very Good	31.6	35.2	33.3	27.4	26.8	27.1	18.7	21.0	19.6	27.3	30.5	28.7
Good	41.7	38.7	40.3	41.5	41.2	41.4	43.6	41.3	42.7	42.2	39.8	41.1
Fair	16.4	16.1	16.2	23.1	22.7	22.9	30.8	29.0	30.1	21.6	20.1	21.0
Poor	2.7	2.3	2.5	3.9	4.2	4.0	4.3	5.8	4.8	3.3	3.4	3.4
<u>Rating of Emotional/Mental Health Now</u>												
Excellent	21.9	25.3	23.5	16.6	20.2	18.2	10.5	9.1	9.9	17.8	20.9	19.2
Very Good	36.6	39.1	37.8	34.7	34.4	34.6	31.3	32.7	31.8	34.8	36.8	35.7
Good	31.6	26.7	29.3	34.0	32.2	33.2	36.7	39.7	37.9	33.4	30.5	32.1
Fair	9.0	8.1	8.6	13.2	11.7	12.5	19.6	15.7	18.0	12.6	10.4	11.6
Poor	1.0	0.8	0.9	1.4	1.6	1.5	2.0	2.8	2.3	1.4	1.4	1.4

Table 2S. Prevalence of Selected Chronic Health Problems Among Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2005¹

History of Health Problems During the Past 12 Months	<u>Ages 65-74</u>			<u>Ages 75-79</u>			<u>Ages 80+</u>			<u>Ages 65 and Over</u>		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
<u>Health Conditions During Past 12 Months</u>												
Diabetes ³	15.1	21.8	18.2	15.7	20.4	17.8	11.6	18.3	14.2	14.3	20.8	17.2
Heart problems, incl. angina, MI ³	12.0	21.0	16.2	18.8	29.7	23.6	26.6	37.2	30.7	17.3	26.2	21.2
Stroke	2.6	2.2	2.4	4.3	4.7	4.5	5.9	5.8	5.9	3.8	3.5	3.7
Cancer												
Any type	5.2	5.7	5.4	6.5	7.8	7.1	5.9	10.5	7.7	5.6	7.2	6.3
Non-skin cancer	4.0	4.3	4.1	4.5	6.3	5.3	4.7	7.3	5.7	4.3	5.3	4.7
High blood pressure (MD dx) ³	55.9	56.3	56.1	64.5	59.9	62.5	67.9	58.1	64.1	60.8	57.4	59.3
High cholesterol (MD dx) ³	41.0	49.3	44.9	42.7	50.6	46.1	37.8	42.2	39.5	40.5	48.1	43.8
Asthma ³	12.4	9.1	10.9	11.7	8.5	10.3	6.7	7.7	7.1	10.7	8.7	9.8
Emphysema/COPD	2.9	3.2	3.0	4.4	4.3	4.3	3.1	3.7	3.3	3.3	3.5	3.4
Chronic bronchitis	2.6	1.9	2.3	2.8	2.8	2.8	2.6	1.9	2.3	2.6	2.1	2.4
Environmental allergy	12.9	10.5	11.8	13.8	8.5	11.5	10.7	9.0	10.0	12.5	9.8	11.3
Enlarged prostate (men only)	--	14.3	--	--	19.5	--	--	22.7	--	--	17.1	--
Urinary incontinence	20.8	6.8	14.3	25.2	14.1	20.4	26.3	17.1	22.8	23.2	10.4	17.6
Osteoporosis	10.3	1.0	6.0	15.9	2.0	9.8	13.5	0.9	8.6	12.3	1.2	7.4
Arthritis/rheumatoid arthritis	26.2	18.4	22.6	31.1	22.3	27.3	28.3	26.6	27.6	27.7	21.0	24.8

Table 2S. Prevalence of Selected Chronic Health Problems Among Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2005¹

History of Health Problems During the Past 12 Months	<u>Ages 65-74</u>			<u>Ages 75-79</u>			<u>Ages 80+</u>			<u>Ages 65 and Over</u>		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Pain (back, head, other)	31.3	21.7	26.9	32.0	23.6	28.3	29.9	23.9	27.6	31.1	22.5	27.3
Severe back pain/sciatica	14.8	10.1	12.6	17.6	13.3	15.7	14.9	14.3	14.7	15.4	11.6	13.7
Severe neck/shoulder pain	9.2	7.3	8.3	11.7	7.9	10.1	10.2	9.3	9.9	10.0	7.9	9.1
Migraine headaches	3.7	2.0	2.9	2.6	1.4	2.1	2.0	1.4	1.8	3.0	1.7	2.5
Other severe headaches	3.6	1.6	2.7	2.4	1.4	2.0	3.3	0.6	2.2	3.3	1.3	2.4
Other frequent lasting pain	16.8	9.2	13.3	15.3	9.0	12.6	15.6	9.3	13.1	16.2	9.2	13.1
Vision problem (not correctable by glasses)	8.8	7.8	8.3	10.1	11.8	10.8	15.3	16.0	15.6	10.8	10.3	10.6
Hearing problem/deafness ⁴	15.1	30.6	22.2	26.6	44.7	34.5	47.6	58.5	51.8	26.0	39.4	31.9
Frequent sleep problems	16.8	10.5	13.8	17.5	12.0	15.1	19.3	16.4	18.2	17.6	12.1	15.2
Depression ⁵	11.9	7.4	9.8	10.8	6.7	9.0	10.5	7.9	9.5	11.3	7.4	9.5
Anxiety/panic ⁶	6.7	2.6	4.8	5.4	3.3	4.5	6.0	4.5	5.4	6.2	3.1	4.9
Problem with alcohol or drugs	0.1	1.4	0.7	--	0.5	0.2	--	--	--	0.1	0.9	0.4
<u>History of health conditions (within or longer than past 12 mos):</u>												
Heart problems or M.I. ³	15.4	27.0	20.8	22.9	37.6	29.3	31.8	45.2	37.0	21.3	33.0	26.4
Stroke	5.3	4.2	4.7	7.4	9.9	8.5	11.2	13.3	12.0	7.3	7.3	7.3
Cancer (other than skin cancer)	15.5	16.7	16.1	20.7	21.6	21.1	17.9	23.0	19.8	17.2	19.0	18.0
High blood pressure ³	58.2	58.8	58.5	66.3	62.5	64.7	69.2	60.4	65.8	62.8	59.9	61.5
Diabetes ³	15.1	21.8	18.2	15.7	20.4	17.8	11.6	18.3	14.2	14.3	20.8	17.2
Chronic pain	26.2	15.4	21.2	24.2	16.0	20.6	22.5	17.4	20.5	24.8	15.9	20.9
Adult depression ⁵	15.9	9.5	12.9	13.5	8.9	11.5	12.1	9.6	11.1	14.4	9.4	12.2
Alcohol or drug problem	1.8	3.9	2.8	1.1	2.8	1.8	0.8	0.7	0.7	1.4	3.0	2.1
Had a hysterectomy	42.9	--	--	41.5	--	--	42.7	--	--	42.5	--	--

Table 2S. Prevalence of Selected Chronic Health Problems Among Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2005¹

History of Health Problems During the Past 12 Months	<u>Ages 65-74</u>			<u>Ages 75-79</u>			<u>Ages 80+</u>			<u>Ages 65 and Over</u>		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
<u>How much health interferes with work or regular daily activities</u>												
Physical health (incl. pain)												
Not at all	37.8	41.4	39.5	28.7	30.2	29.4	25.8	20.3	23.6	32.8	34.7	33.6
A little	34.8	34.7	34.8	36.2	35.0	35.7	27.8	31.8	29.3	33.2	34.1	33.6
Moderately	16.5	15.0	15.8	21.9	21.4	21.7	27.6	27.3	27.5	20.5	18.9	19.8
Quite a bit	10.9	8.9	10.0	13.2	13.4	13.2	18.9	20.6	19.5	13.5	12.3	12.9
Emotional/mental health												
Not at all	66.0	69.9	67.8	60.0	61.3	60.6	54.4	50.0	52.7	61.8	64.1	62.8
A little	22.9	20.5	21.7	25.6	22.9	24.4	20.7	27.3	23.3	22.8	22.4	22.6
Moderately	9.2	7.6	8.4	10.9	12.9	11.8	18.4	18.2	18.3	11.9	10.9	11.5
Quite a bit	1.9	2.0	2.0	3.6	2.8	3.3	6.6	4.5	5.7	3.5	2.7	3.1

¹ From the 2005 Division of Research Member Health Survey, a random sample survey of Health Plan members aged 20 and over conducted in Spring 2005. Estimates are based on data from 7377 respondents, weighted to the age-, gender-, and geographic distribution of the Health Plan membership in final quarter of 2004.

² Based on self-report data not validated by medical record review or physician's report.

³ Estimate based on indication of the health condition or reported use of medication to control that health condition.

⁴ Estimates for members aged 65+ based on responses to a health condition checklist and a question about use of/need for a hearing aid asked only of seniors. Estimates for those aged 20-64 based only on response to health condition checklist.

⁵ Depression was estimated from indication of depression, sadness, or very low spirits lasting at least 2 weeks in a health condition checklist or indication of use of a prescription anti-depressant during the previous 12 months.

⁶ Anxiety/panic was estimated from indication of anxiety or panic for at least 2 weeks in a health condition checklist or indication of use of prescription anxiety medicine during the previous 12 months.

Table 3S. Prevalence of Selected Behavioral and Psychosocial Risks Among Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2005¹

Behavioral/Psychosocial Risks During the Past 12 Months	<u>Ages 65-74</u>			<u>Ages 75-79</u>			<u>Ages 80+</u>			<u>Ages 65 and Over</u>		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
<u>History of Tobacco Use</u>												
Current cigarette smoker	7.6	8.3	7.9	5.0	5.7	5.3	2.5	2.7	2.6	5.7	6.6	6.1
Former cigarette smoker	36.2	47.7	41.5	33.0	52.4	41.5	30.4	53.3	39.3	34.0	49.8	41.0
Never smoked regularly	56.2	44.0	50.5	62.0	41.8	53.2	67.1	44.0	58.1	60.3	43.6	52.9
<u>Weight</u>												
Overweight (BMI \geq 25)	60.0	70.0	64.7	54.6	60.9	57.4	41.4	50.5	45.0	54.1	64.1	58.6
Obese (BMI \geq 30)	27.1	24.2	25.7	21.4	16.0	19.0	13.6	8.1	11.4	22.5	19.2	21.0
<u>BMI range:</u>												
BMI < 18.5 (underwt)	1.9	0.8	1.4	3.3	1.1	2.3	6.6	1.8	4.7	3.4	1.1	2.4
BMI 18.5 to 25 (normal)	38.1	29.1	33.9	42.2	37.9	40.3	52.0	47.8	50.3	42.5	34.8	39.0
BMI 25 to 30 (overwt)	32.9	45.8	39.0	33.2	44.9	38.4	27.8	42.4	33.5	31.6	44.9	37.6
BMI 30 to < 35 (obese)	16.6	17.6	17.1	15.3	12.9	14.2	9.2	7.0	8.3	14.4	14.5	14.5
BMI 35 to <40 (very obese)	7.5	5.3	6.5	4.5	2.6	3.6	3.2	1.1	2.4	5.8	3.9	4.9
BMI \geq 40 (extremely obese)	3.0	1.2	2.2	1.6	0.5	1.1	1.3	--	0.8	2.3	0.8	1.6
<u>Exercise Frequency</u>												
5 or more times/week	32.0	37.5	34.6	28.8	44.4	35.6	26.1	42.7	32.7	29.8	39.9	34.3
3-4 times/week	31.8	33.6	32.6	33.7	28.9	31.6	29.1	25.9	27.8	31.5	31.0	31.3
1-2 times/week	19.4	18.0	18.7	18.2	13.7	16.2	20.8	17.3	19.4	19.5	17.0	18.4
Less than 1 time/week	16.8	11.0	14.1	19.3	13.0	16.6	24.0	14.2	20.1	19.2	12.0	16.0
<u>Reduced Fat Diet</u>												
Doesn't try to eat reduced fat foods most of time	41.3	47.1	44.0	45.7	47.8	46.7	45.7	49.2	47.1	43.4	47.7	45.3
<u>Fruit/Vegetable Consumption</u>												
Eats \geq 3 servings per day	56.7	35.2	46.8	57.0	38.5	48.9	53.8	37.2	47.3	56.0	36.3	47.3
Eats \geq 5 servings per day	16.9	9.6	13.6	15.8	10.5	13.5	15.3	10.6	13.4	16.3	10.0	13.5

Table 3S. Prevalence of Selected Behavioral and Psychosocial Risks Among Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2005¹

Behavioral/Psychosocial Risks During the Past 12 Months	<u>Ages 65-74</u>			<u>Ages 75-79</u>			<u>Ages 80+</u>			<u>Ages 65 and Over</u>		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
<u>Alcohol Consumption</u>												
Never drinks	33.3	24.5	29.1	40.8	28.9	35.5	48.3	34.6	42.6	38.6	27.5	33.5
Drinks less than once/week	35.3	27.1	31.4	28.8	25.9	27.5	22.4	27.4	24.5	30.8	26.9	29.0
Drinks 1-2 days/week	7.7	10.6	9.1	6.8	9.1	7.8	6.2	7.8	6.9	7.1	9.7	8.3
Drinks 3-4 days/week	7.7	10.2	8.9	5.1	8.4	6.6	5.9	7.5	6.5	6.7	9.3	7.9
Drinks \geq 5 days/week	16.0	27.6	21.5	18.4	27.7	22.6	17.2	22.7	19.5	16.8	26.6	21.2
At-Risk drinker based on:												
Drinks per day ³	0.7	3.4	2.0	0.7	0.8	0.7	0.7	0.6	0.7	0.7	2.3	1.4
Drinks per week ⁴	2.3	4.7	3.5	1.7	2.5	2.1	1.4	0.9	1.2	2.0	3.4	2.7
Drinks per day or week ⁵	2.7	5.6	4.1	2.0	2.7	2.3	1.4	1.0	1.2	2.2	4.1	3.1
<u>Total hours of sleep per 24 hour day</u>												
< 6 hours	7.4	5.0	6.3	8.1	4.6	6.5	6.9	5.4	6.3	7.4	5.0	6.3
6-8 hours	73.9	75.0	74.4	72.1	69.1	70.8	68.3	54.4	62.8	72.1	69.4	70.9
> 8 hours	18.7	20.0	19.3	19.9	26.3	22.7	24.8	40.3	30.9	20.5	25.6	22.8
<u>Psychosocial Risks</u>												
Worried about personal/family's financial security	13.3	9.5	11.5	13.0	8.9	11.2	9.0	6.3	8.0	12.1	8.7	10.6
Felt very stressed, tense, or anxious most/all the time	6.6	3.6	5.2	6.1	2.9	4.7	4.3	3.5	4.0	5.9	3.4	4.8
General satisfaction with life												
Satisfied with life	86.8	87.4	87.1	85.8	87.5	86.6	83.1	84.9	83.8	85.6	86.9	86.2
Dissatisfied with life	13.2	12.6	12.9	14.2	12.5	13.4	16.9	15.1	16.2	14.4	13.1	13.8
Felt dissatisfied with own health	20.9	17.4	19.3	23.3	22.7	23.0	26.8	28.0	27.3	22.9	20.7	21.9

Table 3S. Prevalence of Selected Behavioral and Psychosocial Risks Among Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2005¹

Behavioral/Psychosocial Risks During the Past 12 Months	<u>Ages 65-74</u>			<u>Ages 75-79</u>			<u>Ages 80+</u>			<u>Ages 65 and Over</u>		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
<u>Belief about extent to which lifestyle/habits can affect health</u>												
Not at all/a little bit	7.2	9.8	8.4	10.7	11.2	10.9	14.5	14.7	14.6	9.8	11.1	10.4
Moderately	12.3	13.6	12.9	15.3	16.7	15.9	16.6	17.2	16.8	14.0	15.0	14.4
Quite a bit/extremely	80.5	76.6	78.7	74.0	72.1	73.2	69.0	68.1	68.6	76.2	73.9	75.2
<u>Belief about extent to which stress/emotional troubles (e.g. depression or anxiety) can affect health</u>												
Not at all/a little bit	13.2	16.7	14.8	18.3	23.7	20.6	21.6	27.7	24.0	16.4	20.4	18.2
Moderately	11.3	13.1	12.2	12.3	15.6	13.7	17.1	16.5	16.9	13.0	14.3	13.6
Quite a bit/extremely	75.5	70.2	73.0	69.5	60.7	65.6	61.4	55.8	59.2	70.6	65.3	68.2

¹ From the 2005 Division of Research Member Health Survey, a random sample survey of Health Plan members aged 20 and over conducted in Spring 2005. Estimates are based on data from 7377 respondents, weighted to the age-, gender-, and geographic distribution of the Health Plan membership in final quarter of 2004.

² Risk factors = heart disease, high blood pressure, diabetes, high cholesterol, current smoker, age (≥ 45 for male, ≥ 55 for female)

³ Drank ≥ 4 drinks per drinking day (women) or ≥ 5 drinks per drinking day (men).

⁴ Estimated ≥ 21 drinks per week.

⁵ Women: Drank ≥ 4 drinks per drinking day or estimated ≥ 14 drinks per week; Men: Drank ≥ 5 drinks per drinking day or estimated ≥ 21 drinks per week.

Table 7S. Preferred methods for learning about health (such as how to take care of problems and how to improve your health), Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2005¹

Preferred Methods for Learning about Health ^{2,3}	<u>Ages 65-74</u>			<u>Ages 75-79</u>			<u>Ages 80+</u>			<u>Ages 65 and Over</u>		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Small gp. appointments with a clinician or health educator	16.7	12.8	14.9	9.9	9.6	9.8	6.2	8.9	7.2	12.5	11.3	12.0
Individual counseling from a health educator	20.2	23.8	21.8	18.8	18.3	18.6	17.1	19.4	18.0	19.1	21.7	20.2
Brief telephone counseling sessions	14.4	11.6	13.1	12.6	10.1	11.5	9.9	7.3	8.9	12.8	10.4	11.8
Patient education classes												
One day workshop	7.1	6.2	6.7	4.8	3.4	4.2	3.4	2.2	2.9	5.6	4.8	5.3
Multi-session program	9.7	6.5	8.2	6.1	3.1	4.8	5.4	2.5	4.2	7.8	4.9	6.6
In-person group	6.9	3.6	5.4	4.7	2.3	3.7	4.0	1.4	3.0	5.7	2.9	4.5
Phone-based group	1.0	0.7	0.8	0.9	0.7	0.8	0.5	0.6	0.5	0.8	0.7	0.8
E-mail/Web-based	2.7	3.3	3.0	1.4	0.8	1.2	1.1	0.6	0.9	2.1	2.2	2.1
Watch health videos at home	12.2	13.7	12.9	10.0	10.1	10.1	7.9	10.0	8.7	10.6	12.2	11.3
Watch health programs on TV	23.7	16.2	20.2	21.3	16.3	19.1	19.6	15.1	17.8	22.1	16.0	19.4
Listen to taped health phone messages	4.4	3.0	3.8	2.8	2.8	2.8	2.0	2.1	2.0	3.4	2.8	3.2
Use a computer-based program	6.2	12.0	8.9	3.4	6.4	4.7	1.8	4.1	2.7	4.4	9.2	6.5
Get information from websites	10.5	15.9	13.0	5.8	10.0	7.6	3.8	5.5	4.5	7.8	12.5	9.8
Mailed health newsletters	46.9	36.8	42.2	44.4	38.3	41.8	45.3	42.0	44.0	46.0	38.2	42.6
Brochures, short articles, handouts	43.3	37.0	40.4	40.1	36.8	38.7	37.2	36.2	36.8	41.1	36.8	39.2

¹ From the 2005 Division of Research Member Health Survey, a random sample survey of Health Plan members aged 20 and over conducted in Spring 2005. Estimates are based on data from 7377 respondents, weighted to the age-, gender-, and geographic distribution of the Health Plan membership in final quarter of 2004.

² Respondents were instructed to check as many methods as they would use.

³ We have been told anecdotally that young and middle-aged adults who do most of their work on computer are not likely to respond to a paper and pencil survey. Therefore, these statistics probably underestimate the proportion of members wanting to access information by methods other than coming into the medical facility.