

# Characteristics of the Kaiser Permanente Northern California Older Adult Health Plan Membership ages 65-90 in 2020, as Estimated from the 2020 Member Health Survey

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## What is the Kaiser Permanente Northern California Member Health Survey?

The Member Health Survey is a self-administered (print and online) survey that has been conducted every 3 years since 1993 with stratified random samples of adults who are current members of the Kaiser Permanente Medical Care Program in Northern California (KPNC) and are able to answer an English-language questionnaire. The primary purposes of the survey are:

- To learn about the health-related needs and interests of the culturally diverse Kaiser Permanente Northern California adult membership, and by extension, members of the communities we serve.
- To provide information for health services planners to make evidence-based decisions about health information and health care service delivery.
- To educate healthcare professionals about factors that may be affecting their adult patients' health and well-being.
- To support research to improve the health of our members and the communities we serve.

The Member Health Survey project is conducted by the KPNC Division of Research (DOR) with funding from the KPNC Community Health Program. Reports and statistics based on previous surveys, survey questionnaires, and more information about survey methodology in prior cycles can be found at [www.memberhealthsurvey.kaiser.org](http://www.memberhealthsurvey.kaiser.org).

## 2020 Member Health Survey methodology and final sample

The 2020 Member Health Survey (MHS2020) was conducted with an age-sex stratified random sample of adults who were KPNC members during 4<sup>th</sup> quarter 2019 and during the month before the start of the survey and whose preferred spoken and written language in their electronic health record was English. Print copies of the survey and an email with link to the online version of the survey questionnaire were mailed in June 2020, with a follow-up mailing sent to nonrespondents at the end of August. Only two contacts are allowed by KPNC's IRB for this type of research. The survey was only conducted in English due to budget constraints. Members who received the survey mailings were told that they would automatically be entered into a drawing for one of 100 x \$100 Target or Amazon.com gift cards if they responded.

The starting MHS2020 sample included men and women randomly selected from 4 age groups (25-44, 45-64, 65-74, 75-90) and supplemental smaller random samples of pre-identified Black, Latino, and Asian American/Pacific Islander (AAPI) adults to enhance the opportunity to conduct racial/ethnic comparisons. Surveys were mailed to approximately 26,000 adults, yielding 7,947 respondents with usable data. This was a 31.5% response rate after exclusion of nonrespondents deemed ineligible from the denominator.<sup>1</sup> The response rate varied by both age group and sex (see Table A1). The numbers of men and women in the final respondent sample are shown in Table A2. Survey respondents were assigned post-stratification weighting factors to use for the analyses so that prevalence estimates would be based on a sample that closely approximated the underlying age x sex x racial/ethnic (White non-Hispanic, Black, Latino, AAPI, Other) composition of adults in the KPNC membership whose primary language was English in 2019.

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<sup>1</sup> Non-respondents excluded when calculating response rates included people who after the data collection period were identified as being deceased, not a current KP NCAL member, having a language barrier, in hospice or a skilled nursing facility, or whose mail was returned as non-deliverable.

**Table A1. 2020 Member Health Survey response rates**

|                 | <b>Men</b>   | <b>Women</b> | <b>All</b>   |
|-----------------|--------------|--------------|--------------|
| <b>25-44 yr</b> | 10.7%        | 19.7%        | 14.6%        |
| <b>45-64 yr</b> | 24.3%        | 30.1%        | 27.0%        |
| <b>65-90 yr</b> | <b>52.0%</b> | <b>54.9%</b> | <b>53.4%</b> |
| <b>65-74 yr</b> | 47.5%        | 51.3%        | 49.4%        |
| <b>75-90 yr</b> | 58.2%        | 59.5%        | 59.1%        |
| <b>25-90 yr</b> | 28.1%        | 35.8%        | 31.7%        |

**Table A2. Numbers of men and women in the final 2020 Member Health Survey sample, by race/ethnicity and age**

| <b>All</b>      | <b>Race/Ethnicity</b> |              |               |             |              |              |
|-----------------|-----------------------|--------------|---------------|-------------|--------------|--------------|
|                 | <b>WhiteNH</b>        | <b>Black</b> | <b>Latino</b> | <b>AAPI</b> | <b>Other</b> | <b>Total</b> |
| <b>25-44 yr</b> | 633                   | 75           | 224           | 273         | 23           | 1228         |
| <b>45-64 yr</b> | 1394                  | 143          | 268           | 383         | 23           | 2211         |
| <b>65-90 yr</b> | 3039                  | 320          | 361           | 750         | 38           | 4508         |
| <b>65-74 yr</b> | 1570                  | 195          | 208           | 430         | 23           | 2426         |
| <b>75-90 yr</b> | 1469                  | 125          | 153           | 320         | 15           | 2082         |
| <b>Total</b>    | 5066                  | 538          | 853           | 1406        | 84           | 7947         |
| <b>Men</b>      | <b>Race/Ethnicity</b> |              |               |             |              |              |
|                 | <b>WhiteNH</b>        | <b>Black</b> | <b>Latino</b> | <b>AAPI</b> | <b>Other</b> | <b>Total</b> |
| <b>25-44 yr</b> | 246                   | 30           | 92            | 123         | 11           | 502          |
| <b>45-64 yr</b> | 675                   | 64           | 122           | 188         | 11           | 1060         |
| <b>65-90 yr</b> | 1498                  | 138          | 167           | 348         | 25           | 2176         |
| <b>65-74 yr</b> | 766                   | 86           | 98            | 193         | 13           | 1156         |
| <b>75-90 yr</b> | 732                   | 52           | 69            | 155         | 12           | 1020         |
| <b>Total</b>    | 2419                  | 232          | 381           | 659         | 47           | 3738         |
| <b>Women</b>    | <b>Race/Ethnicity</b> |              |               |             |              |              |
|                 | <b>WhiteNH</b>        | <b>Black</b> | <b>Latina</b> | <b>AAPI</b> | <b>Other</b> | <b>Total</b> |
| <b>25-44 yr</b> | 387                   | 45           | 132           | 150         | 12           | 726          |
| <b>45-64 yr</b> | 719                   | 79           | 146           | 195         | 12           | 1151         |
| <b>65-90 yr</b> | 1541                  | 182          | 194           | 402         | 13           | 2332         |
| <b>65-74 yr</b> | 804                   | 109          | 110           | 237         | 10           | 1270         |
| <b>75-90 yr</b> | 737                   | 73           | 84            | 165         | 3            | 1062         |
| <b>Total</b>    | 2647                  | 306          | 472           | 747         | 37           | 4209         |

WhiteNH = White non-Hispanic; AAPI = Asian American/Pacific Islander; Other includes American Indian/Native Alaskan, Arab or Iranian American, or other ethnicity.

## Overview of Report Tables

In this report for adults aged 65-90, we provide prevalence estimates for three age groups (65-74, 75-79, and 65-90) by sex and for selected tables, by race/ethnicity (White, Black, Latino, AAPI) for these three age groups and by sex for ages 65-90. Information about the KPNC membership aged 25-90 is found in a separate report. Future special topic reports will provide information about statistically significant differences across age groups, sex, and race/ethnic groups for selected characteristics. To avoid information that may conflict with official KPNC membership reports, we have not included prevalence estimates for some health characteristics asked about in the survey when they can be obtained directly and probably more reliably from KPNC electronic health record (EHR) data (e.g., chronic health conditions, obesity). The prevalence estimate for smoking status in this report is derived from KPNC EHR data for members aged 65-89 who were members during all of 2019 and whose primary spoken

language was English. All variables in the survey questionnaire are available in the survey dataset for use in additional analyses, e.g., characterizing health-related behaviors or health information preferences of adults with cardiovascular health conditions.

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### **Additional information and suggested ways to cite data from this report:**

Information about survey methodology, copies of survey questionnaires, and downloadable copies of this and other Member Health Survey reports, presentations, and publications can be found at <http://www.memberhealthsurvey.kaiser.org>

Contact: For additional technical information about the survey or survey results, about how to obtain information collected but not contained in this report, or about use of Member Health Survey data for studies or publications/presentations, contact the survey director, Nancy P. Gordon, ScD, at the Division of Research, 2000 Broadway, Oakland, CA 94612. Phone: (510) 891-3587; internal tie-line: 8-481-3587; email: [Nancy.Gordon@kp.org](mailto:Nancy.Gordon@kp.org) .

### To cite in table footnotes or text references:

Data from the 2020 Kaiser Permanente Northern California Division of Research Member Health Survey.

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**Table 1. Demographic characteristics, ages 65-90, estimated from the 2020 Kaiser Permanente Northern California Member Health Survey**

| Demographic characteristics   | Ages 65-90 |       |       | Ages 65-74 |       |       | Ages 75-90 |       |       |
|---|------------|-------|-------|------------|-------|-------|------------|-------|-------|
|   | All        | Men   | Women | All        | Men   | Women | All        | Men   | Women |
| <b>Race/Ethnicity</b>   |            |       |       |            |       |       |            |       |       |
| White Non-Hispanic  | 66.9%      | 67.1% | 66.8% | 65.2%      | 65.6% | 65.0% | 69.8%      | 69.8% | 69.7% |
| Black   | 7.3%       | 6.7%  | 7.9%  | 7.5%       | 6.9%  | 8.0%  | 7.1%       | 6.3%  | 7.7%  |
| Hispanic  | 8.9%       | 8.7%  | 9.0%  | 9.0%       | 8.9%  | 9.2%  | 8.6%       | 8.4%  | 8.7%  |
| AAPI  | 15.4%      | 15.6% | 15.2% | 16.6%      | 16.8% | 16.4% | 13.4%      | 13.6% | 13.2% |
| Other   | 1.5%       | 1.8%  | 1.2%  | 1.6%       | 1.9%  | 1.4%  | 1.2%       | 1.8%  | 0.7%  |
| <b>Educational attainment</b>                                       |            |       |       |            |       |       |            |       |       |
| < High school graduate  | 3.3%       | 2.9%  | 3.6%  | 2.0%       | 2.1%  | 1.9%  | 5.5%       | 4.4%  | 6.4%  |
| High school graduate/GED  | 16.8%      | 15.3% | 18.1% | 15.7%      | 14.7% | 16.5% | 18.7%      | 16.4% | 20.6% |
| Some college/Associate degree                                       | 33.4%      | 30.8% | 35.6% | 34.5%      | 32.4% | 36.2% | 31.7%      | 28.1% | 34.6% |
| ≥ Bachelor's degree   | 46.4%      | 50.9% | 42.7% | 47.8%      | 50.8% | 45.3% | 44.0%      | 51.2% | 38.4% |
| <b>Relationship status</b>  |            |       |       |            |       |       |            |       |       |
| Married/Domestic partner  | 63.6%      | 76.4% | 53.1% | 66.9%      | 76.7% | 58.6% | 58.0%      | 75.8% | 44.0% |
| In a committed relationship   | 2.8%       | 3.1%  | 2.6%  | 3.0%       | 3.3%  | 2.7%  | 2.6%       | 2.8%  | 2.4%  |
| Single or separated   | 19.5%      | 14.3% | 23.7% | 21.3%      | 16.3% | 25.5% | 16.4%      | 10.8% | 20.8% |
| Widowed   | 14.1%      | 6.2%  | 20.6% | 8.9%       | 3.7%  | 13.3% | 23.0%      | 10.6% | 32.7% |
| <b>Living situation</b>   |            |       |       |            |       |       |            |       |       |
| Lives by self   | 23.3%      | 16.2% | 29.2% | 21.7%      | 16.4% | 26.1% | 26.1%      | 15.7% | 34.3% |
| Lives with others   | 74.4%      | 82.2% | 68.0% | 77.3%      | 82.4% | 72.9% | 69.7%      | 81.7% | 60.2% |
| In a residential facility/community                                 | 1.6%       | 1.0%  | 2.2%  | 0.5%       | 0.5%  | 0.5%  | 3.5%       | 1.8%  | 4.9%  |
| Temporarily staying with friend or relative                         | 0.6%       | 0.7%  | 0.5%  | 0.5%       | 0.6%  | 0.5%  | 0.7%       | 0.8%  | 0.7%  |
| <b>Currently employed at least part-time</b>                        | 18.3%      | 19.6% | 17.3% | 24.0%      | 25.0% | 23.2% | 8.7%       | 10.0% | 7.6%  |
| <b>Household income in 2019</b>                                     |            |       |       |            |       |       |            |       |       |
| Lower income (<\$35,000)  | 18.9%      | 15.2% | 22.1% | 15.7%      | 13.8% | 17.3% | 24.7%      | 17.8% | 30.4% |
| < \$25,000  | 11.4%      | 9.2%  | 13.3% | 9.4%       | 8.9%  | 9.8%  | 15.0%      | 9.7%  | 19.3% |
| \$25,000 - \$35,000   | 7.5%       | 6.0%  | 8.8%  | 6.3%       | 4.9%  | 7.5%  | 9.7%       | 8.0%  | 11.1% |
| \$35,001 - <\$50,000  | 13.3%      | 10.4% | 15.7% | 12.4%      | 9.4%  | 15.0% | 14.8%      | 12.4% | 16.7% |
| \$50,001 - \$80,000   | 21.9%      | 21.7% | 22.1% | 21.6%      | 20.6% | 22.4% | 22.4%      | 23.7% | 21.4% |
| \$80,001 - \$100,000  | 14.8%      | 15.6% | 14.2% | 15.1%      | 15.8% | 14.5% | 14.4%      | 15.1% | 13.8% |
| > \$100,000   | 31.1%      | 37.1% | 25.9% | 35.3%      | 40.4% | 30.8% | 23.7%      | 31.1% | 17.6% |
| <b>Insurance</b>  |            |       |       |            |       |       |            |       |       |
| Has insurance that pays for routine dental check-ups/teeth cleaning | 62.2%      | 63.1% | 61.4% | 65.8%      | 66.7% | 65.0% | 56.0%      | 56.9% | 55.4% |
| Has insurance that helps pay for costs of non-KP medical visits     | 17.9%      | 20.7% | 15.7% | 19.6%      | 22.7% | 17.0% | 15.1%      | 17.2% | 13.5% |

**Table 2. Psychosocial risks, ages 65-90, estimated from the 2020 Kaiser Permanente Northern California Member Health Survey**

| Psychosocial risks  | Ages 65-90 |       |       | Ages 65-74 |       |       | Ages 75-90 |       |       |
|---|------------|-------|-------|------------|-------|-------|------------|-------|-------|
|   | All        | Men   | Women | All        | Men   | Women | All        | Men   | Women |
| <b><u>Financial difficulties in past 12 mos.</u></b>  |            |       |       |            |       |       |            |       |       |
| Had difficulty "making ends meet"   | 3.8%       | 3.4%  | 4.2%  | 4.4%       | 4.0%  | 4.8%  | 2.8%       | 2.4%  | 3.2%  |
| Had worried food would run out before had money to buy more   | 1.4%       | 1.0%  | 1.8%  | 1.5%       | 1.1%  | 1.9%  | 1.2%       | 0.8%  | 1.5%  |
| Had worried might not be able to pay for medical needs  | 3.5%       | 3.0%  | 3.9%  | 3.5%       | 3.2%  | 3.9%  | 3.4%       | 2.8%  | 3.9%  |
| Delayed or didn't get needed medical care due to cost   | 2.1%       | 1.9%  | 2.3%  | 2.5%       | 2.1%  | 2.8%  | 1.5%       | 1.6%  | 1.4%  |
| Took less/didn't take prescription medication due to cost   | 2.6%       | 2.6%  | 2.6%  | 2.6%       | 2.6%  | 2.6%  | 2.6%       | 2.6%  | 2.6%  |
| Delayed or didn't get dental care due to cost   | 11.3%      | 10.8% | 11.7% | 12.2%      | 11.6% | 12.7% | 9.8%       | 9.3%  | 10.2% |
| Ate less fruits, vegetables and other healthy foods due to cost   | 2.4%       | 1.8%  | 2.9%  | 2.8%       | 2.1%  | 3.3%  | 1.8%       | 1.2%  | 2.3%  |
| Worried a great deal about personal/family financial security   | 10.4%      | 9.2%  | 11.3% | 12.0%      | 10.4% | 13.3% | 7.7%       | 7.2%  | 8.1%  |
| Experienced any of the above financial strains  | 21.0%      | 19.6% | 22.1% | 22.6%      | 21.1% | 23.9% | 18.2%      | 16.8% | 19.2% |
| <b><u>Other psychosocial stressors/risks</u></b>  |            |       |       |            |       |       |            |       |       |
| Not currently in a committed relationship   | 33.6%      | 20.5% | 44.4% | 30.2%      | 20.0% | 38.8% | 39.4%      | 21.4% | 53.5% |
| Lives alone   | 23.3%      | 16.2% | 29.2% | 21.7%      | 16.4% | 26.1% | 26.1%      | 15.7% | 34.3% |
| Feels very stressed much of the time  | 8.0%       | 5.5%  | 10.0% | 9.2%       | 6.6%  | 11.3% | 6.0%       | 3.5%  | 7.9%  |
| <u>Frequency feels lonely/socially isolated</u>   |            |       |       |            |       |       |            |       |       |
| Never/rarely  | 72.1%      | 78.3% | 67.0% | 70.9%      | 76.9% | 65.8% | 74.2%      | 80.8% | 69.1% |
| Sometimes   | 22.8%      | 17.4% | 27.2% | 23.8%      | 18.7% | 28.0% | 21.2%      | 15.3% | 25.9% |
| Often/always  | 5.1%       | 4.3%  | 5.8%  | 5.4%       | 4.4%  | 6.2%  | 4.6%       | 4.0%  | 5.0%  |
| Does not usually get the social/emotional support they need   | 37.5%      | 39.8% | 35.7% | 38.2%      | 41.1% | 35.7% | 36.4%      | 37.4% | 35.5% |
| Generally feels dissatisfied with their life  | 5.9%       | 6.0%  | 5.9%  | 6.2%       | 6.6%  | 6.8%  | 5.5%       | 5.9%  | 6.0%  |
| <u>During past 12 months:</u>   |            |       |       |            |       |       |            |       |       |
| Worried about personal/family safety due to neighborhood violence   | 4.9%       | 4.9%  | 4.9%  | 5.2%       | 4.8%  | 5.5%  | 4.4%       | 5.0%  | 3.9%  |
| Experienced harassment/discrimination   | 2.9%       | 3.2%  | 2.6%  | 3.6%       | 3.9%  | 3.4%  | 1.6%       | 2.0%  | 1.2%  |
| Was physically or emotionally hurt or felt threatened by a partner/ ex-partner, or someone else they knew           | 3.4%       | 3.8%  | 3.0%  | 3.6%       | 3.9%  | 3.3%  | 3.1%       | 3.8%  | 2.5%  |
| Experienced other major life stress such as loss of a job, separation/divorce, death of a loved one, disaster, etc. | 14.9%      | 10.5% | 18.5% | 17.0%      | 12.1% | 21.1% | 11.4%      | 7.7%  | 14.2% |

**Table 3: Overall health and functional health, ages 65-90, estimated from the 2020 Kaiser Permanente Northern California Member Health Survey**

| Health and functional health status   | Ages 65-90 |       |       | Ages 65-74 |       |       | Ages 75-90 |       |       |
|---|------------|-------|-------|------------|-------|-------|------------|-------|-------|
|   | All        | Men   | Women | All        | Men   | Women | All        | Men   | Women |
| <u>Overall health and functional health</u>                                     |            |       |       |            |       |       |            |       |       |
| Excellent/Very good   | 44.5%      | 43.7% | 45.1% | 48.1%      | 45.9% | 49.9% | 38.4%      | 39.8% | 37.3% |
| Good  | 39.3%      | 38.6% | 40.0% | 37.8%      | 37.8% | 37.7% | 42.0%      | 40.0% | 43.6% |
| Fair/Poor   | 16.2%      | 17.7% | 14.9% | 14.2%      | 16.3% | 12.4% | 19.6%      | 20.1% | 19.1% |
| <u>Physical health</u>  |            |       |       |            |       |       |            |       |       |
| Excellent/Very good   | 44.7%      | 44.2% | 45.0% | 47.2%      | 45.8% | 48.5% | 40.3%      | 41.6% | 39.3% |
| Good  | 38.1%      | 37.6% | 38.5% | 37.2%      | 37.4% | 37.1% | 39.5%      | 38.0% | 40.7% |
| Fair/Poor   | 17.3%      | 18.2% | 16.5% | 15.5%      | 16.9% | 14.4% | 20.2%      | 20.4% | 20.0% |
| <u>Overall emotional/mental health</u>  |            |       |       |            |       |       |            |       |       |
| Excellent/Very good   | 61.5%      | 64.6% | 58.9% | 62.0%      | 65.4% | 59.2% | 60.5%      | 63.0% | 58.5% |
| Good  | 28.4%      | 26.7% | 29.8% | 28.2%      | 26.1% | 29.9% | 28.8%      | 27.7% | 29.7% |
| Fair/Poor   | 10.1%      | 8.8%  | 11.2% | 9.8%       | 8.5%  | 10.9% | 10.7%      | 9.3%  | 11.8% |
| <u>Extent to which physical health interferes with daily activities</u>         |            |       |       |            |       |       |            |       |       |
| Not at all  | 35.9%      | 35.9% | 35.9% | 38.0%      | 37.5% | 38.4% | 32.4%      | 33.3% | 31.7% |
| A little  | 35.9%      | 34.9% | 36.8% | 36.6%      | 35.3% | 37.7% | 34.8%      | 34.2% | 35.2% |
| Moderately  | 18.9%      | 20.1% | 17.8% | 17.3%      | 19.5% | 15.4% | 21.6%      | 21.3% | 21.8% |
| Quite a bit   | 9.3%       | 9.0%  | 9.5%  | 8.1%       | 7.7%  | 8.5%  | 11.3%      | 11.2% | 11.3% |
| <u>Extent to which emotional/mental health interferes with daily activities</u> |            |       |       |            |       |       |            |       |       |
| Not at all  | 61.9%      | 64.2% | 60.1% | 61.9%      | 64.5% | 59.7% | 62.1%      | 63.7% | 60.8% |
| A little  | 26.4%      | 24.8% | 27.8% | 27.4%      | 25.4% | 29.1% | 24.7%      | 23.6% | 25.5% |
| Moderately  | 9.5%       | 8.9%  | 10.0% | 8.8%       | 8.0%  | 9.5%  | 10.7%      | 10.5% | 10.8% |
| Quite a bit   | 2.2%       | 2.1%  | 2.2%  | 1.9%       | 2.1%  | 1.8%  | 2.6%       | 2.1%  | 2.9%  |

**Table 4. Functional health issues, ages 65-90, estimated from the 2020 Kaiser Permanente Northern California Member Health Survey**

| Functional health issues   | 65-90 |       |       | 65-74 |       |       | 75-90 |       |       |
|--|-------|-------|-------|-------|-------|-------|-------|-------|-------|
|  | All   | Men   | Women | All   | Men   | Women | All   | Men   | Women |
| Physical health interferes with regular daily activities at least moderately         | 28.2% | 29.1% | 27.4% | 25.4% | 27.2% | 23.9% | 32.9% | 32.5% | 33.1% |
| Emotional/mental health interferes with regular daily activities at least moderately | 11.7% | 11.0% | 12.2% | 10.7% | 10.1% | 11.3% | 13.2% | 12.7% | 13.7% |
| Has a hearing problem or deafness  | 24.3% | 29.2% | 20.3% | 18.5% | 22.4% | 15.2% | 34.0% | 41.1% | 28.6% |
| Uses a hearing aid (if has hearing problem but is not deaf)                          | 57.6% | 63.0% | 51.6% | 50.3% | 57.0% | 42.7% | 64.1% | 68.4% | 59.3% |
| Has a vision problem   | 9.8%  | 9.1%  | 10.4% | 9.0%  | 8.5%  | 9.3%  | 11.3% | 10.2% | 12.2% |
| Has problems with teeth, gums, or mouth that make it difficult to eat or talk        | 8.3%  | 8.8%  | 7.9%  | 7.7%  | 8.3%  | 7.2%  | 9.4%  | 9.7%  | 9.1%  |
| Elevated risk for falls based on balance/walking problem or recent fall              | 26.8% | 22.8% | 30.2% | 23.5% | 18.7% | 27.5% | 32.4% | 29.8% | 34.5% |
| Frequent problems with balance/walking   | 11.0% | 10.2% | 11.7% | 7.6%  | 6.8%  | 8.3%  | 16.8% | 16.2% | 17.3% |
| Fell at least once in the past 12 mos.   | 22.2% | 18.6% | 25.1% | 20.3% | 16.0% | 23.8% | 25.5% | 23.1% | 27.3% |
| Urinary incontinence ≥ once/week   | 17.8% | 10.9% | 23.5% | 14.7% | 8.3%  | 20.0% | 23.2% | 15.4% | 29.2% |
| Frequent heartburn or acid reflux (GERD)   | 15.0% | 12.9% | 16.7% | 14.3% | 12.9% | 15.5% | 16.1% | 12.8% | 18.6% |
| Frequent constipation/hard stool   | 6.9%  | 6.0%  | 7.6%  | 5.5%  | 5.2%  | 5.8%  | 9.1%  | 7.5%  | 10.4% |
| Frequent insomnia  | 13.5% | 10.0% | 16.3% | 13.2% | 10.1% | 15.8% | 14.0% | 9.9%  | 17.2% |
| Fair or poor quality of sleep  | 41.9% | 40.5% | 43.0% | 43.0% | 42.0% | 43.9% | 40.0% | 38.0% | 41.4% |
| Frequent daytime fatigue   | 9.5%  | 10.4% | 8.8%  | 8.4%  | 10.1% | 6.9%  | 11.4% | 10.9% | 11.8% |
| Frequent problems with memory  | 6.6%  | 6.9%  | 6.4%  | 5.4%  | 5.3%  | 5.5%  | 8.7%  | 9.8%  | 7.8%  |
| Severe chronic pain  | 27.9% | 25.4% | 29.9% | 27.6% | 26.4% | 28.7% | 28.3% | 23.7% | 31.9% |
| Severe back, neck, shoulder, sciatic pain  | 19.5% | 19.2% | 19.8% | 19.5% | 20.4% | 18.7% | 19.6% | 17.0% | 21.6% |
| Migraines/severe headaches   | 4.8%  | 3.0%  | 6.3%  | 5.1%  | 3.3%  | 6.6%  | 4.3%  | 2.5%  | 5.7%  |
| Osteoarthritis   | 16.7% | 11.4% | 21.0% | 15.8% | 10.9% | 19.9% | 18.1% | 12.2% | 22.8% |
| <b>Mobility limitations</b>  |       |       |       |       |       |       |       |       |       |
| Not limited at all   | 80.5% | 81.8% | 79.4% | 85.8% | 85.2% | 86.3% | 71.3% | 75.7% | 67.9% |
| Somewhat limited, but no help needed   | 10.8% | 11.3% | 10.5% | 9.4%  | 10.6% | 8.4%  | 13.3% | 12.5% | 13.8% |
| Uses a cane, walker, or poles  | 7.1%  | 5.8%  | 8.2%  | 3.8%  | 3.3%  | 4.2%  | 12.9% | 10.4% | 14.9% |
| Uses motorized wheel chair or scooter  | 0.6%  | 0.6%  | 0.5%  | 0.5%  | 0.6%  | 0.3%  | 0.7%  | 0.6%  | 0.7%  |
| Needs help from another person to move around  | 1.0%  | 0.5%  | 1.4%  | 0.5%  | 0.3%  | 0.7%  | 1.8%  | 0.8%  | 2.5%  |
| <b>How well can take care of self:</b>   |       |       |       |       |       |       |       |       |       |
| Not at all / not well  | 1.4%  | 1.7%  | 1.2%  | 0.9%  | 1.4%  | 0.4%  | 2.4%  | 2.4%  | 2.4%  |
| Fairly well  | 10.0% | 10.0% | 9.9%  | 7.5%  | 7.9%  | 7.1%  | 14.2% | 13.7% | 14.5% |
| Very Well  | 19.2% | 20.0% | 18.5% | 16.0% | 17.4% | 14.7% | 24.7% | 24.6% | 24.7% |
| Completely able  | 69.4% | 68.2% | 70.4% | 75.7% | 73.3% | 77.7% | 58.7% | 59.3% | 58.3% |

**Table 4 (contd.). Functional health issues, ages 65-90, estimated from the 2020 Kaiser Permanente Northern California Member Health Survey**

| Functional health issues  | Ages 65-90 |       |       | Ages 65-74 |       |       | Ages 75-90 |       |       |
|---|------------|-------|-------|------------|-------|-------|------------|-------|-------|
|   | All        | Men   | Women | All        | Men   | Women | All        | Men   | Women |
| <b>Help needed with ADLs<sup>1</sup></b>  |            |       |       |            |       |       |            |       |       |
| Taking medicines  | 1.2%       | 1.2%  | 1.2%  | 0.8%       | 1.0%  | 0.6%  | 2.1%       | 1.7%  | 2.4%  |
| Getting in and out of bed/chairs  | 1.3%       | 1.1%  | 1.6%  | 0.7%       | 0.9%  | 0.5%  | 2.4%       | 1.5%  | 3.2%  |
| Bathing in a tub or shower  | 1.9%       | 1.2%  | 2.5%  | 1.1%       | 0.6%  | 1.5%  | 3.3%       | 2.2%  | 4.2%  |
| Dressing  | 0.9%       | 0.8%  | 1.0%  | 0.7%       | 0.6%  | 0.8%  | 1.2%       | 1.2%  | 1.3%  |
| Eating or drinking  | 0.2%       | 0.2%  | 0.2%  | 0.1%       | 0.2%  | 0.1%  | 0.3%       | 0.3%  | 0.4%  |
| Using the toilet  | 0.3%       | 0.4%  | 0.2%  | 0.2%       | 0.2%  | 0.1%  | 0.5%       | 0.7%  | 0.3%  |
| Cutting toenails  | 14.4%      | 13.7% | 15.0% | 9.5%       | 10.5% | 8.6%  | 22.8%      | 19.3% | 25.6% |
| <b>Total ADLs need help with</b>  |            |       |       |            |       |       |            |       |       |
| 0   | 84.2%      | 85.1% | 83.4% | 89.6%      | 88.5% | 90.5% | 75.0%      | 79.1% | 71.9% |
| 1   | 13.2%      | 12.7% | 13.7% | 9.0%       | 10.0% | 8.1%  | 20.4%      | 17.3% | 22.8% |
| 2   | 1.6%       | 1.5%  | 1.7%  | 0.9%       | 1.2%  | 0.7%  | 2.8%       | 2.1%  | 3.2%  |
| 3+  | 1.0%       | 0.7%  | 1.2%  | 0.5%       | 0.4%  | 0.7%  | 1.8%       | 1.4%  | 2.1%  |
| <b>Help needed with IADLs<sup>2</sup></b>   |            |       |       |            |       |       |            |       |       |
| Traveling to places beyond walking distance   | 6.4%       | 4.4%  | 8.1%  | 4.0%       | 3.4%  | 4.5%  | 10.5%      | 6.2%  | 13.8% |
| Shopping for groceries, etc.  | 6.0%       | 3.4%  | 8.1%  | 3.8%       | 2.5%  | 4.9%  | 9.8%       | 5.1%  | 13.4% |
| Doing household chores  | 6.1%       | 3.4%  | 8.3%  | 4.5%       | 2.9%  | 5.8%  | 8.8%       | 4.4%  | 12.3% |
| Preparing meals   | 3.4%       | 2.6%  | 4.1%  | 2.0%       | 1.6%  | 2.4%  | 5.7%       | 4.3%  | 6.9%  |
| Managing your finances/money  | 2.3%       | 1.9%  | 2.7%  | 1.4%       | 1.5%  | 1.2%  | 4.0%       | 2.4%  | 5.3%  |
| Using the phone   | 0.6%       | 0.5%  | 0.7%  | 0.3%       | 0.2%  | 0.4%  | 1.2%       | 1.2%  | 1.2%  |
| Communication with healthcare providers   | 1.6%       | 1.3%  | 1.8%  | 0.7%       | 1.0%  | 0.5%  | 3.0%       | 1.8%  | 3.9%  |
| <b>Total IADLs need help with:</b>  |            |       |       |            |       |       |            |       |       |
| 0   | 87.2%      | 90.4% | 84.5% | 91.3%      | 92.5% | 90.2% | 80.2%      | 86.7% | 75.2% |
| 1   | 6.6%       | 5.5%  | 7.6%  | 4.7%       | 4.6%  | 4.8%  | 9.9%       | 7.1%  | 12.1% |
| 2   | 2.4%       | 1.8%  | 2.9%  | 1.8%       | 1.3%  | 2.1%  | 3.5%       | 2.6%  | 4.1%  |
| 3+  | 3.8%       | 2.3%  | 5.0%  | 2.2%       | 1.5%  | 2.8%  | 6.4%       | 3.6%  | 8.6%  |
| <b>During the past 12 months, frequently used the following services for self:</b>  |            |       |       |            |       |       |            |       |       |
| Housekeeper or house cleaner  | 23.4%      | 22.4% | 24.2% | 20.6%      | 20.8% | 20.4% | 28.1%      | 25.1% | 30.4% |
| Home-delivered meals  | 6.3%       | 6.4%  | 6.1%  | 6.0%       | 6.0%  | 6.0%  | 6.7%       | 7.2%  | 6.3%  |
| Shopping/food delivery service  | 13.1%      | 11.4% | 14.5% | 12.8%      | 11.0% | 14.4% | 13.6%      | 12.2% | 14.6% |
| Transportation service (e.g., paratransit)  | 2.0%       | 1.6%  | 2.3%  | 1.6%       | 1.5%  | 1.6%  | 2.8%       | 1.9%  | 3.5%  |
| Paid caregiver  | 1.6%       | 1.3%  | 1.8%  | 0.8%       | 0.8%  | 0.9%  | 2.8%       | 2.1%  | 3.2%  |
| Unpaid caregiver  | 4.5%       | 2.7%  | 5.9%  | 3.1%       | 2.1%  | 3.9%  | 6.9%       | 3.9%  | 9.2%  |
| <b>If ever needs help with activities of daily living such as bathing, preparing meals, shopping, managing finances, etc., gets all the help needed</b> |            |       |       |            |       |       |            |       |       |
| Doesn't need any help   | 85.6%      | 89.1% | 82.8% | 90.4%      | 92.2% | 88.9% | 77.6%      | 83.5% | 73.0% |
| Gets enough help  | 11.2%      | 8.7%  | 13.2% | 7.4%       | 6.0%  | 8.6%  | 17.5%      | 13.4% | 20.7% |
| Needs a little more help  | 2.8%       | 1.9%  | 3.6%  | 1.9%       | 1.5%  | 2.2%  | 4.5%       | 2.7%  | 5.8%  |
| Needs a lot more help   | 0.4%       | 0.3%  | 0.4%  | 0.3%       | 0.3%  | 0.3%  | 0.4%       | 0.3%  | 0.6%  |

<sup>1</sup> ADLs= Activities of daily living

<sup>2</sup> IADLs= Instrumental activities of daily living



**Table 4 (contd.). Functional health issues, ages 65-90, estimated from the 2020 Kaiser Permanente Northern California Member Health Survey**

| Functional health issues  | Ages 65-90 |            |              | Ages 65-74 |            |              | Ages 75-90 |            |              |
|---|------------|------------|--------------|------------|------------|--------------|------------|------------|--------------|
|   | <u>All</u> | <u>Men</u> | <u>Women</u> | <u>All</u> | <u>Men</u> | <u>Women</u> | <u>All</u> | <u>Men</u> | <u>Women</u> |
| <b>If could not take care of self, has someone living nearby who would help take care of them or could arrange for help</b> |            |            |              |            |            |              |            |            |              |
| No  | 5.2%       | 5.5%       | 5.0%         | 5.6%       | 6.2%       | 5.1%         | 4.5%       | 4.1%       | 4.7%         |
| Yes   | 94.8%      | 94.5%      | 95.0%        | 94.4%      | 93.8%      | 94.9%        | 95.5%      | 95.9%      | 95.3%        |
| If yes, who helps:  |            |            |              |            |            |              |            |            |              |
| Spouse/partner (only or with others)  | 63.6%      | 79.5%      | 50.7%        | 69.0%      | 82.4%      | 57.9%        | 54.7%      | 74.5%      | 39.0%        |
| Only spouse/partner   | 52.1%      | 68.6%      | 38.8%        | 57.1%      | 71.4%      | 45.3%        | 43.8%      | 63.7%      | 28.1%        |
| Relative  | 39.8%      | 25.1%      | 51.8%        | 35.0%      | 22.5%      | 45.3%        | 48.0%      | 29.7%      | 62.4%        |
| Friend  | 10.4%      | 8.6%       | 11.9%        | 11.2%      | 8.9%       | 13.1%        | 9.1%       | 7.9%       | 10.0%        |
| Other   | 2.6%       | 1.8%       | 3.2%         | 2.3%       | 1.7%       | 2.8%         | 3.1%       | 2.0%       | 3.9%         |
| Has an advanced directive for health care   | 66.7%      | 65.2%      | 68.0%        | 60.7%      | 59.4%      | 61.8%        | 77.1%      | 75.4%      | 78.4%        |

**Table 5: Health-related behaviors, ages 65-90, estimated from the 2020 Kaiser Permanente Northern California Member Health Survey**

| Health-related behaviors   | Ages 65-90 |       |       | Ages 65-74 |       |       | Ages 75-90 |       |       |
|--|------------|-------|-------|------------|-------|-------|------------|-------|-------|
|  | All        | Men   | Women | All        | Men   | Women | All        | Men   | Women |
| <b>Dietary behaviors</b>   |            |       |       |            |       |       |            |       |       |
| Eats ≥ 3 servings fruit/vegetables a day                             | 42.5%      | 33.2% | 50.0% | 43.6%      | 34.7% | 51.1% | 40.5%      | 30.6% | 48.1% |
| Eats ≥ 5 servings fruit/vegetables a day                             | 11.7%      | 7.3%  | 15.3% | 12.2%      | 7.9%  | 15.8% | 10.9%      | 6.3%  | 14.4% |
| Usually tries to avoid high sodium foods                             | 59.4%      | 56.1% | 62.1% | 60.6%      | 58.5% | 62.3% | 57.4%      | 51.7% | 61.9% |
| <b>Sugar-sweetened beverage (SSB) consumption</b>                    |            |       |       |            |       |       |            |       |       |
| Has SSBs ≥ 5 times/week  | 22.8%      | 26.3% | 19.9% | 20.9%      | 24.4% | 18.0% | 25.9%      | 29.7% | 23.0% |
| Has SSBs ≥ 2 times/week  | 34.1%      | 39.4% | 29.8% | 32.3%      | 37.0% | 28.2% | 37.3%      | 43.7% | 32.3% |
| Has SSBs < once/week or never  | 59.9%      | 54.1% | 64.7% | 61.7%      | 56.0% | 66.5% | 56.8%      | 50.6% | 61.7% |
| <b>Exercise</b>  |            |       |       |            |       |       |            |       |       |
| <b>Exercise frequency</b>  |            |       |       |            |       |       |            |       |       |
| Gets exercise ≥ 3 times/week   | 77.7%      | 80.4% | 75.5% | 79.8%      | 82.0% | 78.0% | 74.0%      | 77.5% | 71.3% |
| Gets exercise ≥ 5 times/week   | 51.1%      | 53.4% | 49.3% | 51.9%      | 53.4% | 50.7% | 49.8%      | 53.4% | 46.9% |
| Gets exercise < once/week  | 11.9%      | 11.0% | 12.7% | 9.9%       | 9.5%  | 10.2% | 15.4%      | 13.6% | 16.8% |
| <b>Usual exercise type (if exercises &gt; once/week)</b>             |            |       |       |            |       |       |            |       |       |
| Low intensity  | 45.5%      | 41.3% | 49.0% | 41.0%      | 37.0% | 44.4% | 53.7%      | 49.2% | 57.4% |
| Moderate/vigorous  | 54.5%      | 58.7% | 51.0% | 59.0%      | 63.0% | 55.6% | 46.3%      | 50.8% | 42.6% |
| <b>Usual number of hours of sleep in 24-hour day, including naps</b> |            |       |       |            |       |       |            |       |       |
| <6 hrs ("short sleep")   | 7.8%       | 7.2%  | 8.4%  | 7.4%       | 7.0%  | 7.8%  | 8.5%       | 7.6%  | 9.3%  |
| 6- <7 hrs  | 19.9%      | 18.9% | 20.7% | 21.4%      | 20.6% | 22.0% | 17.3%      | 15.9% | 18.4% |
| 7-9 hrs (recommended for most adults)                                | 67.1%      | 68.3% | 66.0% | 67.3%      | 68.5% | 66.3% | 66.7%      | 68.0% | 65.6% |
| >9 hrs (may indicate health issues)                                  | 5.2%       | 5.6%  | 4.9%  | 3.9%       | 3.9%  | 3.9%  | 7.5%       | 8.5%  | 6.6%  |
| <b>Behaviors engaging in to improve/maintain health</b>              |            |       |       |            |       |       |            |       |       |
| Gets exercise most days  | 65.0%      | 68.0% | 62.6% | 68.6%      | 71.8% | 65.9% | 59.0%      | 61.5% | 57.1% |
| Moderate/vigorous exercise most days                                 | 39.1%      | 43.3% | 35.6% | 41.0%      | 45.7% | 37.1% | 35.8%      | 39.2% | 33.1% |
| Walks ≥ 30 minutes most days   | 49.0%      | 49.7% | 48.5% | 52.9%      | 53.2% | 52.7% | 42.4%      | 43.4% | 41.5% |
| Trying to lose weight/maintain weight loss                           | 36.3%      | 34.2% | 38.1% | 41.9%      | 38.2% | 44.9% | 27.0%      | 27.2% | 26.9% |
| Trying to eat mostly healthy foods                                   | 75.5%      | 71.5% | 78.8% | 74.8%      | 71.6% | 77.5% | 76.7%      | 71.3% | 81.0% |
| Reads labels/recipes to learn about foods                            | 50.1%      | 43.4% | 55.7% | 52.4%      | 45.4% | 58.2% | 46.4%      | 39.8% | 51.5% |
| Trying to manage stress effectively                                  | 41.6%      | 35.5% | 46.6% | 44.9%      | 39.1% | 49.8% | 36.0%      | 29.0% | 41.5% |
| Trying to get enough sleep to feel rested                            | 76.9%      | 75.2% | 78.2% | 77.8%      | 76.1% | 79.2% | 75.2%      | 73.7% | 76.5% |
| Does enjoyable activities ≥ once a week                              | 64.3%      | 64.2% | 64.5% | 66.2%      | 65.9% | 66.4% | 61.2%      | 61.1% | 61.3% |
| Does activities to keep brain stimulated                             | 75.2%      | 70.8% | 78.4% | 77.7%      | 75.3% | 79.7% | 75.7%      | 75.0% | 76.3% |
| Visits with people at least once a week                              | 55.9%      | 50.6% | 78.8% | 75.3%      | 71.1% | 78.9% | 75.0%      | 70.3% | 78.6% |
| Takes all medicines as prescribed                                    | 82.6%      | 83.2% | 60.2% | 55.5%      | 51.1% | 59.3% | 56.4%      | 49.7% | 61.7% |
| Takes actions to reduce risk of falling                              | 44.1%      | 35.5% | 51.2% | 39.0%      | 31.1% | 45.7% | 52.8%      | 43.2% | 60.2% |
| If at elevated risk for falls  | 60.3%      | 52.4% | 65.1% | 53.9%      | 44.5% | 59.2% | 68.1%      | 61.0% | 72.9% |
| Gets annual dental checkup/teeth cleaning                            | 76.9%      | 75.2% | 65.1% | 53.9%      | 44.5% | 59.2% | 68.1%      | 61.0% | 72.9% |
| <b>Preventive health actions taken</b>                               |            |       |       |            |       |       |            |       |       |
| Had a flu shot in past 12 mos.                                       | 83.0%      | 84.2% | 82.1% | 81.1%      | 82.5% | 80.0% | 86.3%      | 87.2% | 85.5% |
| Had teeth cleaned/examined by a dental professional in past 12 mos.  | 79.0%      | 78.9% | 79.2% | 79.8%      | 79.1% | 80.4% | 77.7%      | 78.5% | 77.1% |
| Has an advance directive for healthcare                              | 66.7%      | 65.2% | 68.0% | 60.7%      | 59.4% | 61.8% | 77.1%      | 75.4% | 78.4% |

**Table 5: Health-related behaviors, ages 65-90, estimated from the 2020 Kaiser Permanente Northern California Member Health Survey**

| Health-related behaviors/beliefs  | Ages 65-90 |       |       | Ages 65-74 |       |       | Ages 75-90 |       |       |
|---|------------|-------|-------|------------|-------|-------|------------|-------|-------|
|   | All        | Men   | Women | All        | Men   | Women | All        | Men   | Women |
| <b>Health beliefs</b>   |            |       |       |            |       |       |            |       |       |
| How much can habits/lifestyle (e.g., exercise, diet, and weight) affect your health           |            |       |       |            |       |       |            |       |       |
| Not at all/only a little  | 4.8%       | 4.6%  | 5.0%  | 3.8%       | 3.5%  | 4.0%  | 6.5%       | 6.5%  | 6.5%  |
| Moderately  | 8.8%       | 9.7%  | 8.0%  | 7.8%       | 8.4%  | 7.3%  | 10.4%      | 12.1% | 9.1%  |
| Quite a bit   | 86.4%      | 85.7% | 87.1% | 88.4%      | 88.1% | 88.7% | 83.0%      | 81.3% | 84.4% |
| How much can stress and emotional troubles (such as depression or anxiety) affect your health |            |       |       |            |       |       |            |       |       |
| Not at all/only a little  | 13.0%      | 14.7% | 11.6% | 10.4%      | 12.3% | 8.8%  | 17.3%      | 18.7% | 16.2% |
| Moderately  | 10.7%      | 11.8% | 9.9%  | 9.9%       | 10.9% | 9.0%  | 12.2%      | 13.3% | 11.3% |
| Quite a bit   | 76.3%      | 73.6% | 78.5% | 79.7%      | 76.8% | 82.2% | 70.5%      | 68.0% | 72.5% |

| Smoking status <sup>1</sup> | Ages 65-74 |       |       | Ages 75-89 |       |       | Ages 65-89 |       |       |
|-----------------------------|------------|-------|-------|------------|-------|-------|------------|-------|-------|
|                             | All        | Men   | Women | All        | Men   | Women | All        | Men   | Women |
| Current smoker              | 5.7%       | 6.8%  | 4.7%  | 3.2%       | 3.6%  | 2.9%  | 4.7%       | 5.6%  | 4.0%  |
| Former smoker               | 33.9%      | 39.3% | 29.4% | 43.4%      | 52.4% | 36.5% | 37.5%      | 44.0% | 32.1% |
| Never smoker                | 60.4%      | 53.9% | 65.9% | 53.4%      | 44.0% | 60.6% | 57.8%      | 50.4% | 63.9% |

<sup>1</sup> Smoking status derived from EHR smoking status information recorded closest to December 2019 for adults aged 65-89 who were KPNC members for all of calendar year 2019 and whose primary language in the EHR was English.

**Table 6. Use of selected Rx/OTC medicines and dietary supplements, ages 65-90, estimated from the 2020 Kaiser Permanente Northern California Member Health Survey**

| Medicine/supplement used                                    | Ages 65-90 |       |       | Ages 65-74 |       |       | Ages 75-90 |       |       |
|---|------------|-------|-------|------------|-------|-------|------------|-------|-------|
|   | All        | Men   | Women | All        | Men   | Women | All        | Men   | Women |
| <b>Medications used <math>\geq</math> twice a week</b>      |            |       |       |            |       |       |            |       |       |
| Low dose aspirin to prevent stroke, heart attack, or cancer | 34.4%      | 43.3% | 27.1% | 33.3%      | 43.1% | 25.0% | 36.3%      | 43.5% | 30.7% |
| Heartburn/acid reflux medicine (Pepcid, etc.)               | 24.0%      | 22.0% | 25.7% | 22.5%      | 21.6% | 23.1% | 26.6%      | 22.5% | 29.8% |
| Laxatives/other products for constipation                   | 11.6%      | 10.5% | 12.5% | 9.3%       | 8.1%  | 10.4% | 15.5%      | 14.7% | 16.1% |
| Anti-inflammatory medicine (NSAIDs)                         | 28.4%      | 25.6% | 30.6% | 30.5%      | 28.0% | 32.7% | 24.7%      | 21.4% | 27.3% |
| Pain medication (Rx or OTC)                                 | 26.0%      | 24.2% | 27.5% | 25.3%      | 25.0% | 25.6% | 27.2%      | 22.9% | 30.6% |
| OTC pain medication   | 17.0%      | 15.4% | 18.4% | 16.2%      | 15.4% | 16.8% | 18.5%      | 15.4% | 20.9% |
| Rx pain medication  | 13.1%      | 12.3% | 13.7% | 12.8%      | 13.3% | 12.4% | 13.5%      | 10.5% | 15.8% |
| Rx or OTC sleep medicine                                    | 13.0%      | 10.6% | 15.0% | 12.7%      | 10.5% | 14.6% | 13.5%      | 10.8% | 15.7% |
| Rx medicine for depression                                  | 7.8%       | 4.7%  | 10.4% | 9.1%       | 5.8%  | 11.8% | 5.8%       | 2.9%  | 8.0%  |
| Rx medicine for anxiety                                     | 5.3%       | 3.7%  | 6.6%  | 5.9%       | 4.3%  | 7.3%  | 4.2%       | 2.5%  | 5.4%  |
| Rx or OTC weight loss medication                            | 0.6%       | 0.5%  | 0.7%  | 0.7%       | 0.3%  | 1.0%  | 0.5%       | 1.0%  | 0.2%  |
| <b>Dietary supplements used in past 12 mo.</b>              |            |       |       |            |       |       |            |       |       |
| Multivitamin  | 48.0%      | 44.6% | 50.8% | 48.0%      | 45.1% | 50.5% | 47.9%      | 43.6% | 51.3% |
| Calcium (with or without vitamin D)                         | 34.3%      | 16.7% | 48.8% | 31.8%      | 12.9% | 47.7% | 38.6%      | 23.3% | 50.5% |
| Vitamin D (not as part of multivitamin/calcium)             | 35.3%      | 28.2% | 41.1% | 33.5%      | 26.0% | 39.8% | 38.2%      | 32.0% | 43.1% |
| Fish oil, flaxseed oil, other omega-3 fatty acids           | 26.3%      | 25.5% | 27.0% | 26.3%      | 26.0% | 26.6% | 26.3%      | 24.6% | 27.7% |
| Probiotic   | 15.4%      | 11.3% | 18.8% | 17.1%      | 12.1% | 21.3% | 12.6%      | 9.8%  | 14.8% |
| Glucosamine   | 12.7%      | 11.6% | 13.7% | 12.7%      | 11.5% | 13.8% | 12.7%      | 11.7% | 13.6% |
| Any herbal medicine or supplement                           | 9.2%       | 7.7%  | 10.5% | 9.8%       | 8.2%  | 11.1% | 8.3%       | 6.9%  | 9.4%  |
| Melatonin (alone or in sleep medicine)                      | 12.8%      | 11.3% | 14.0% | 13.2%      | 12.0% | 14.1% | 12.2%      | 10.1% | 13.9% |

**Table 7. Use of complementary and integrative health (CIH) modalities, ages 65-90, estimated from the 2020 Kaiser Permanente Northern California Member Health Survey**

| CIH modality used in past 12 mos.  | Ages 65-90 |       |       | Ages 65-74 |       |       | Ages 75-90 |       |       |
|--|------------|-------|-------|------------|-------|-------|------------|-------|-------|
|  | All        | Men   | Women | All        | Men   | Women | All        | Men   | Women |
| Vegetarian or vegan diet   | 4.9%       | 4.4%  | 5.3%  | 5.4%       | 4.6%  | 6.1%  | 3.9%       | 4.0%  | 3.8%  |
| Deep breathing, mindfulness meditation, or other mind-body stress management technique | 17.5%      | 13.0% | 21.2% | 19.8%      | 15.2% | 23.7% | 13.6%      | 9.0%  | 17.1% |
| Massage therapy  | 9.2%       | 7.2%  | 10.9% | 10.7%      | 8.4%  | 12.6% | 6.7%       | 4.9%  | 8.1%  |
| Yoga or Pilates  | 9.4%       | 5.1%  | 12.9% | 11.2%      | 5.6%  | 15.9% | 6.4%       | 4.2%  | 8.0%  |
| Tai Chi or Chi Gong  | 2.6%       | 2.0%  | 3.1%  | 2.7%       | 2.0%  | 3.3%  | 2.5%       | 2.1%  | 2.8%  |
| Religion/prayer/spiritual practice   | 24.6%      | 17.3% | 30.5% | 24.9%      | 17.8% | 30.8% | 24.1%      | 16.5% | 30.0% |
| Prayer or spiritual practice done by self  | 24.2%      | 17.1% | 30.1% | 24.7%      | 17.5% | 30.6% | 23.5%      | 16.3% | 29.1% |
| Religious or spiritual healing by others   | 2.1%       | 1.1%  | 3.0%  | 1.9%       | 1.1%  | 2.6%  | 2.5%       | 1.0%  | 3.7%  |
| Psychological counseling or therapy  | 8.4%       | 6.2%  | 10.2% | 12.7%      | 9.5%  | 15.4% | 7.5%       | 5.4%  | 9.4%  |
| 12-Step program or other self-help/support group                                       | 1.5%       | 1.4%  | 1.5%  | 1.8%       | 1.6%  | 2.0%  | 0.8%       | 1.2%  | 0.6%  |
| Chiropractic   | 7.6%       | 7.1%  | 8.1%  | 8.4%       | 7.6%  | 9.1%  | 6.4%       | 6.2%  | 6.5%  |
| Acupuncture  | 4.2%       | 2.9%  | 5.2%  | 4.6%       | 3.5%  | 5.4%  | 3.6%       | 1.9%  | 4.9%  |

**Table 8. Use of digital information technologies, ages 65-90, estimated from the 2020 Kaiser Permanente Northern California Member Health Survey**

| Use of digital information technology  | Ages 65-90 |       |       | Ages 65-74 |       |       | Ages 75-90 |       |       |
|--|------------|-------|-------|------------|-------|-------|------------|-------|-------|
|  | All        | Men   | Women | All        | Men   | Women | All        | Men   | Women |
| <b>Access to digital devices</b>   |            |       |       |            |       |       |            |       |       |
| Has wi-fi enabled desktop, laptop, or tablet laptop                                  | 90.8%      | 91.6% | 90.0% | 93.8%      | 93.4% | 94.1% | 85.6%      | 88.5% | 83.3% |
| Has smartphone or wi-fi enabled tablet   | 71.8%      | 72.3% | 71.3% | 80.2%      | 79.5% | 80.9% | 57.4%      | 59.7% | 55.6% |
| Has wi-fi enabled tablet   | 39.4%      | 37.8% | 40.8% | 44.3%      | 42.1% | 46.2% | 31.2%      | 30.3% | 31.9% |
| Has mobile phone   | 95.7%      | 95.6% | 95.7% | 97.8%      | 97.3% | 98.2% | 92.1%      | 92.6% | 91.7% |
| Has smartphone   | 65.1%      | 66.4% | 64.0% | 74.5%      | 74.5% | 74.5% | 49.1%      | 52.1% | 46.7% |
| Has smartphone (if has mobile phone)   | 68.0%      | 69.4% | 66.8% | 76.2%      | 76.6% | 75.8% | 53.3%      | 56.2% | 51.0% |
| Has device that can use to go online   | 93.2%      | 93.8% | 92.6% | 96.3%      | 96.0% | 96.5% | 87.9%      | 89.8% | 86.3% |
| Can easily print information/forms from the internet (all, incl. non-internet users) | 77.4%      | 80.2% | 75.2% | 82.7%      | 83.5% | 82.1% | 68.8%      | 74.4% | 64.6% |
| Can easily print (if uses internet)  | 89.2%      | 91.3% | 87.3% | 90.0%      | 91.7% | 88.7% | 87.5%      | 90.7% | 84.9% |
| Can print at home (if uses internet)   | 82.7%      | 86.2% | 79.8% | 82.9%      | 85.6% | 80.7% | 82.3%      | 87.5% | 78.1% |
| <b>Internet and email use</b>  |            |       |       |            |       |       |            |       |       |
| Uses internet (by self or with help)   | 90.2%      | 90.9% | 89.6% | 94.1%      | 93.4% | 94.6% | 83.6%      | 86.5% | 81.3% |
| Uses internet by self  | 81.9%      | 82.5% | 81.4% | 88.7%      | 87.6% | 89.5% | 70.3%      | 73.4% | 67.7% |
| Uses internet by self (if uses internet)   | 90.8%      | 90.7% | 90.8% | 94.2%      | 93.7% | 94.7% | 84.1%      | 84.9% | 83.4% |
| Uses internet at home (if uses internet)   | 98.9%      | 99.1% | 98.8% | 98.7%      | 99.2% | 98.4% | 99.3%      | 98.8% | 99.8% |
| Uses internet at work (if uses internet)   | 11.9%      | 13.7% | 10.3% | 16.1%      | 18.5% | 14.0% | 3.6%       | 4.4%  | 3.0%  |
| <b>Email use</b>   |            |       |       |            |       |       |            |       |       |
| Uses email (by self or with help)  | 91.6%      | 91.4% | 91.8% | 95.6%      | 94.3% | 96.7% | 84.7%      | 86.2% | 83.5% |
| Uses email by self   | 84.6%      | 84.4% | 84.7% | 91.2%      | 89.4% | 92.8% | 73.1%      | 75.7% | 71.0% |
| Uses email by self (if uses email)   | 92.4%      | 92.4% | 92.3% | 95.5%      | 94.8% | 96.0% | 86.4%      | 87.8% | 85.2% |
| <b>Use of text messaging and apps</b>  |            |       |       |            |       |       |            |       |       |
| Able to send and receive text messages   | 95.2%      | 94.4% | 95.8% | 97.5%      | 96.7% | 98.2% | 90.5%      | 89.8% | 91.0% |
| Able to text (if has mobile device)  | 98.3%      | 97.6% | 98.8% | 99.0%      | 98.6% | 99.3% | 96.7%      | 95.4% | 97.8% |
| Able to use apps   | 53.3%      | 54.9% | 52.0% | 58.6%      | 59.8% | 57.7% | 42.6%      | 45.0% | 40.6% |
| Able to use apps (if has mobile device)  | 55.4%      | 57.0% | 54.0% | 59.7%      | 61.1% | 58.5% | 46.1%      | 48.2% | 44.4% |
| <b>Willing to complete forms/questionnaires on kp.org</b>                            |            |       |       |            |       |       |            |       |       |
| Yes  | 58.8%      | 60.9% | 57.1% | 64.8%      | 64.6% | 64.9% | 48.4%      | 54.3% | 43.6% |
| No   | 18.3%      | 16.7% | 19.7% | 13.4%      | 12.9% | 13.8% | 26.9%      | 23.4% | 29.8% |
| Not Sure   | 22.9%      | 22.4% | 23.2% | 21.8%      | 22.5% | 21.3% | 24.7%      | 22.3% | 26.6% |

**Table 8. Use of digital information technologies, ages 65-90, estimated from the 2020 Kaiser Permanente Northern California Member Health Survey**

| <b>Devices used to access internet and email</b> | <b>Ages 65-90</b> |            |              | <b>Ages 65-74</b> |            |              | <b>Ages 75-90</b> |            |              |
|--|-------------------|------------|--------------|-------------------|------------|--------------|-------------------|------------|--------------|
|  | <b>All</b>        | <b>Men</b> | <b>Women</b> | <b>All</b>        | <b>Men</b> | <b>Women</b> | <b>All</b>        | <b>Men</b> | <b>Women</b> |
| <b>Devices used to access the internet</b>       |                   |            |              |                   |            |              |                   |            |              |
| Desktop or laptop computer                       | 83.6%             | 88.5%      | 79.5%        | 82.8%             | 87.6%      | 78.9%        | 85.0%             | 90.3%      | 80.8%        |
| Tablet   | 38.7%             | 37.3%      | 39.9%        | 41.4%             | 40.8%      | 41.8%        | 33.6%             | 30.4%      | 36.1%        |
| Mobile phone                                     | 67.7%             | 66.5%      | 68.8%        | 73.2%             | 71.0%      | 75.1%        | 57.1%             | 57.6%      | 56.7%        |
| Smartphone                                       | 54.2%             | 55.3%      | 53.3%        | 60.9%             | 62.1%      | 59.8%        | 41.3%             | 42.0%      | 40.6%        |
| Cell phone                                       | 20.6%             | 19.5%      | 21.5%        | 19.8%             | 18.6%      | 20.9%        | 22.1%             | 21.3%      | 22.7%        |
| Mobile phone only                                | 6.6%              | 4.9%       | 8.1%         | 7.4%              | 5.0%       | 9.3%         | 5.2%              | 4.6%       | 5.7%         |
| <b>Devices used to access email</b>              |                   |            |              |                   |            |              |                   |            |              |
| Desktop or laptop computer                       | 79.3%             | 85.1%      | 74.6%        | 78.1%             | 83.5%      | 73.6%        | 81.7%             | 88.1%      | 76.5%        |
| Tablet   | 34.0%             | 32.3%      | 35.3%        | 36.4%             | 35.3%      | 37.4%        | 29.2%             | 26.6%      | 31.3%        |
| Mobile phone                                     | 68.1%             | 67.2%      | 68.8%        | 74.7%             | 72.7%      | 76.4%        | 55.3%             | 56.5%      | 54.3%        |
| Smartphone                                       | 54.2%             | 55.4%      | 53.2%        | 61.0%             | 62.4%      | 59.9%        | 40.9%             | 41.8%      | 40.2%        |
| Cell phone                                       | 20.2%             | 19.2%      | 21.0%        | 20.8%             | 18.9%      | 22.4%        | 19.1%             | 19.8%      | 18.4%        |
| Mobile phone only                                | 10.6%             | 7.9%       | 12.8%        | 11.4%             | 8.3%       | 13.9%        | 9.1%              | 6.9%       | 10.8%        |

**Table 9. Health information resources used in past 12 months, ages 65-90, estimated from the 2020 Kaiser Permanente Northern California Member Health Survey**

| Health information resource used   | Ages 65-90 |       |       | Ages 65-74 |       |       | Ages 75-90 |       |       |
|--|------------|-------|-------|------------|-------|-------|------------|-------|-------|
|  | All        | Men   | Women | All        | Men   | Women | All        | Men   | Women |
| Used any of 11 health information resources  | 76.3%      | 75.0% | 77.5% | 79.5%      | 76.8% | 81.6% | 71.0%      | 71.6% | 70.6% |
| Used any KP health information / education resource  | 50.0%      | 50.1% | 49.9% | 51.1%      | 49.3% | 52.6% | 48.1%      | 51.4% | 45.5% |
| Used a KP interactive health education program/service (health coach, class, web-based program, etc.)      | 24.3%      | 24.3% | 24.3% | 25.3%      | 24.7% | 25.7% | 22.6%      | 23.5% | 21.9% |
| Got help from a KP health / wellness coach   | 7.1%       | 7.8%  | 6.5%  | 7.3%       | 8.0%  | 6.6%  | 6.8%       | 7.3%  | 6.4%  |
| Used KP print health education materials   | 14.2%      | 13.5% | 14.7% | 14.1%      | 13.2% | 14.9% | 14.2%      | 14.0% | 14.5% |
| Got health information from the kp.org website   | 27.9%      | 28.4% | 27.4% | 29.1%      | 28.6% | 29.6% | 25.7%      | 28.2% | 23.8% |
| Got health information from kp.org MD home page  | 20.8%      | 22.2% | 19.7% | 20.6%      | 20.9% | 20.4% | 21.2%      | 24.6% | 18.4% |
| Got health information from a non-KP website   | 17.6%      | 16.8% | 18.2% | 19.5%      | 18.9% | 20.0% | 14.3%      | 13.2% | 15.2% |
| Got health information from kp.org and/or other websites   | 41.1%      | 41.3% | 41.0% | 42.7%      | 41.3% | 44.0% | 38.4%      | 41.3% | 36.2% |
| Listened to a kp.org podcast   | 1.7%       | 1.5%  | 1.9%  | 2.2%       | 1.9%  | 2.5%  | 0.9%       | 0.9%  | 1.0%  |
| Used health education video programs on kp.org (prepare for surgery, manage pain, healthy lifestyle, etc.) | 11.5%      | 11.0% | 11.8% | 12.1%      | 10.9% | 13.2% | 10.3%      | 11.3% | 9.6%  |
| Used a health app to help with diet, exercise, sleep, monitoring a health condition, etc.                  | 8.3%       | 7.5%  | 8.9%  | 10.4%      | 9.4%  | 11.2% | 4.8%       | 4.2%  | 5.2%  |
| Used kp.org secure features (email, etc.)  | 64.8%      | 63.2% | 66.1% | 69.4%      | 65.6% | 72.7% | 56.9%      | 59.1% | 55.1% |
| Used a KP app to access kp.org secure features   | 28.6%      | 27.4% | 29.6% | 31.8%      | 30.2% | 33.2% | 23.3%      | 22.5% | 23.8% |



**Table 10. Preferred methods for obtaining health information and advice, ages 65-90, estimated from the 2020 Kaiser Permanente Northern California Member Health Survey**

| Health information modality preference   | Ages 65-90 |       |       | Ages 65-74 |       |       | Ages 75-90 |       |       |
|--|------------|-------|-------|------------|-------|-------|------------|-------|-------|
|  | All        | Men   | Women | All        | Men   | Women | All        | Men   | Women |
| Indicated interest in using any health information modality                    | 90.8%      | 90.3% | 91.3% | 91.3%      | 90.8% | 91.8% | 90.0%      | 89.5% | 90.4% |
| <b>Of those who indicated in ≥ 1 modality:</b>                                 |            |       |       |            |       |       |            |       |       |
| Individual in-person or virtual (phone, video) session with a patient educator | 37.7%      | 38.1% | 37.5% | 37.2%      | 37.3% | 37.1% | 38.6%      | 39.4% | 38.0% |
| Telephone session with a wellness coach  | 21.0%      | 20.8% | 21.1% | 20.6%      | 20.6% | 20.7% | 21.6%      | 21.1% | 22.0% |
| In-person session with a patient educator                                      | 26.9%      | 28.0% | 26.0% | 27.2%      | 27.7% | 26.7% | 26.5%      | 28.6% | 24.8% |
| Video visit with a patient educator  | 16.1%      | 18.1% | 14.6% | 19.2%      | 21.5% | 17.2% | 10.9%      | 12.0% | 10.1% |
| Video visit with a doctor  | 32.9%      | 36.8% | 29.7% | 36.4%      | 40.3% | 33.2% | 26.8%      | 30.5% | 23.9% |
| Video visit with doctor/patient educator                                       | 35.3%      | 38.9% | 32.4% | 39.2%      | 42.8% | 36.2% | 28.7%      | 32.0% | 26.1% |
| Group program/class  | 19.6%      | 15.0% | 23.3% | 20.9%      | 15.1% | 25.8% | 17.3%      | 15.0% | 19.0% |
| One-session group program  | 16.5%      | 12.6% | 19.6% | 17.7%      | 12.7% | 22.0% | 14.3%      | 12.6% | 15.6% |
| Multi-session class or group program   | 12.7%      | 9.5%  | 15.3% | 13.6%      | 10.0% | 16.6% | 11.1%      | 8.6%  | 13.1% |
| Text messages  | 28.5%      | 29.0% | 28.1% | 31.4%      | 31.1% | 31.6% | 23.5%      | 25.3% | 22.1% |
| Secure messages  | 45.2%      | 45.3% | 45.1% | 48.9%      | 47.1% | 50.5% | 38.7%      | 42.0% | 36.1% |
| Any web-based modality   | 51.9%      | 54.3% | 49.9% | 55.4%      | 56.1% | 54.8% | 45.8%      | 51.0% | 41.8% |
| Information from any website (incl. kp.org MD Home Page)                       | 42.3%      | 45.4% | 39.8% | 44.1%      | 46.2% | 42.3% | 39.2%      | 43.9% | 35.6% |
| Information from a website (not incl. KP MD Home Page)                         | 24.8%      | 27.2% | 22.9% | 27.9%      | 29.8% | 26.3% | 19.6%      | 22.4% | 17.4% |
| Information from KP MD home page   | 29.2%      | 31.6% | 27.3% | 29.6%      | 31.1% | 28.5% | 28.5%      | 32.6% | 25.4% |
| Online health videos   | 22.8%      | 22.7% | 22.9% | 26.6%      | 25.6% | 27.5% | 16.1%      | 17.3% | 15.2% |
| Live webinars or talks   | 10.0%      | 9.4%  | 10.5% | 12.0%      | 11.2% | 12.7% | 6.5%       | 6.1%  | 6.9%  |
| Online interactive program   | 7.4%       | 8.2%  | 6.8%  | 9.2%       | 10.2% | 8.3%  | 4.4%       | 4.7%  | 4.1%  |
| Health app on tablet or smartphone   | 15.7%      | 16.2% | 15.3% | 19.3%      | 18.9% | 19.5% | 9.6%       | 11.3% | 8.3%  |
| Podcast or online audio program  | 8.0%       | 7.1%  | 8.7%  | 10.0%      | 8.9%  | 10.9% | 4.5%       | 3.9%  | 5.1%  |
| Online chat room/online community  | 2.9%       | 2.5%  | 3.3%  | 3.3%       | 2.9%  | 3.7%  | 2.2%       | 1.8%  | 2.6%  |
| Emailed or mailed newsletter/information                                       | 53.3%      | 49.8% | 56.2% | 52.5%      | 48.4% | 55.9% | 54.7%      | 52.4% | 56.5% |
| Emailed information/newsletters  | 37.7%      | 37.4% | 38.0% | 40.6%      | 38.2% | 42.6% | 32.8%      | 36.0% | 30.3% |
| Mailed information/newsletters   | 27.2%      | 24.4% | 29.4% | 23.3%      | 21.5% | 24.8% | 33.9%      | 29.6% | 37.2% |
| Print health education materials   | 31.4%      | 28.7% | 33.6% | 29.4%      | 26.6% | 31.7% | 34.9%      | 32.5% | 36.7% |
| DVD  | 7.2%       | 7.2%  | 7.3%  | 8.0%       | 7.3%  | 8.5%  | 6.0%       | 7.1%  | 5.1%  |

**Table 11. Health advice received from KP healthcare professionals in past 12 months, ages 65-90, estimated from the 2020 Kaiser Permanente Northern California Member Health Survey**

| Health advice received <sup>1</sup>  | Ages 65-90 |       |       | Ages 65-74 |       |       | Ages 75-90 |       |       |
|--|------------|-------|-------|------------|-------|-------|------------|-------|-------|
|  | All        | Men   | Women | All        | Men   | Women | All        | Men   | Women |
| Your diet (salt, fats, fiber, etc.)  | 19.3%      | 21.9% | 17.1% | 20.1%      | 22.6% | 18.0% | 17.9%      | 20.6% | 15.7% |
| Getting enough exercise  | 25.8%      | 28.2% | 23.9% | 25.8%      | 27.8% | 24.1% | 25.8%      | 28.8% | 23.5% |
| Losing weight  | 14.0%      | 15.2% | 13.0% | 15.5%      | 16.5% | 14.8% | 11.4%      | 13.1% | 10.1% |
| Getting enough sleep   | 10.7%      | 11.6% | 10.0% | 11.0%      | 12.4% | 9.9%  | 10.2%      | 10.2% | 10.3% |
| Stress or emotional problems like depression or anxiety  | 7.9%       | 5.9%  | 9.5%  | 7.9%       | 5.9%  | 9.6%  | 7.9%       | 5.9%  | 9.4%  |
| Health screening tests and shots recommended for you   | 35.7%      | 33.2% | 37.8% | 37.5%      | 33.5% | 40.8% | 32.8%      | 32.7% | 32.9% |
| Getting routine dental/mouth exams and teeth cleaning  | 9.1%       | 9.3%  | 8.9%  | 7.9%       | 8.2%  | 7.7%  | 11.1%      | 11.3% | 10.9% |
| Preventing falls   | 6.1%       | 4.7%  | 7.2%  | 3.9%       | 2.6%  | 5.1%  | 9.6%       | 8.5%  | 10.5% |
| If at elevated risk for falls (frequent balance/walking problem or fall history)                             | 14.0%      | 12.6% | 14.8% | 10.9%      | 8.3%  | 12.4% | 17.9%      | 17.6% | 18.1% |
| A review of all the medicines and supplements you take   | 33.3%      | 32.2% | 34.1% | 32.7%      | 31.3% | 34.0% | 34.2%      | 33.8% | 34.4% |
| <b>Rating of the information and advice received from KP about how to improve your health and well-being</b> |            |       |       |            |       |       |            |       |       |
| Excellent/very good  | 73.3%      | 74.6% | 72.1% | 73.0%      | 74.1% | 72.0% | 73.8%      | 75.5% | 72.4% |
| Good   | 20.2%      | 19.9% | 20.5% | 20.4%      | 20.2% | 20.5% | 20.0%      | 19.3% | 20.5% |
| Fair/Poor  | 6.5%       | 5.5%  | 7.4%  | 6.7%       | 5.7%  | 7.5%  | 6.3%       | 5.2%  | 7.2%  |

<sup>1</sup> In the past 12 months, have you talked with or received recommendations from a Kaiser Permanente doctor, nurse, health educator, health coach, or other KP health care professional about:

**Table 12. Demographic characteristics, ages 65-90, by race, estimated from the 2020 Kaiser Permanente Northern California Member Health Survey**

| Demographic characteristics   | All Ages 65-90 |       |        |                   | All Ages 65-74 |       |        |                   | All Ages 75-90 |       |        |                   |
|---|----------------|-------|--------|-------------------|----------------|-------|--------|-------------------|----------------|-------|--------|-------------------|
|   | White          | Black | Latino | AAPI <sup>1</sup> | White          | Black | Latino | AAPI <sup>1</sup> | White          | Black | Latino | AAPI <sup>1</sup> |
| <b>Educational attainment</b>                                       |                |       |        |                   |                |       |        |                   |                |       |        |                   |
| < High school graduate  | 2.0%           | 4.6%  | 11.6%  | 3.9%              | 1.1%           | 1.5%  | 7.3%   | 3.2%              | 3.5%           | 10.2% | 19.1%  | 5.4%              |
| High school graduate/GED  | 16.0%          | 20.0% | 30.8%  | 10.6%             | 14.9%          | 18.8% | 30.1%  | 9.5%              | 17.7%          | 22.2% | 32.0%  | 12.9%             |
| Some college/Associate degree                                       | 33.5%          | 43.8% | 34.2%  | 28.8%             | 34.1%          | 44.9% | 39.1%  | 28.8%             | 32.5%          | 41.6% | 25.4%  | 29.0%             |
| ≥ Bachelor's degree   | 48.6%          | 31.6% | 23.5%  | 56.7%             | 50.0%          | 34.7% | 23.5%  | 58.5%             | 46.3%          | 25.9% | 23.5%  | 52.7%             |
| <b>Relationship status</b>  |                |       |        |                   |                |       |        |                   |                |       |        |                   |
| Married/Domestic partner  | 64.9%          | 46.0% | 60.2%  | 69.1%             | 68.5%          | 47.8% | 60.5%  | 74.7%             | 59.2%          | 42.6% | 59.7%  | 57.3%             |
| In a committed relationship   | 3.0%           | 4.5%  | 1.5%   | 1.8%              | 3.3%           | 4.7%  | 2.0%   | 1.2%              | 2.6%           | 4.2%  | 0.4%   | 3.1%              |
| Single or separated   | 18.4%          | 33.3% | 25.6%  | 12.7%             | 19.9%          | 37.7% | 27.4%  | 13.6%             | 16.1%          | 25.0% | 22.3%  | 10.7%             |
| Widowed   | 13.7%          | 16.2% | 12.8%  | 16.4%             | 8.3%           | 9.8%  | 10.1%  | 10.4%             | 22.1%          | 28.2% | 17.6%  | 28.8%             |
| <b>Living situation</b>   |                |       |        |                   |                |       |        |                   |                |       |        |                   |
| Lives by self   | 24.8%          | 29.9% | 21.6%  | 14.3%             | 22.5%          | 31.1% | 21.8%  | 13.6%             | 28.6%          | 27.8% | 21.3%  | 15.8%             |
| Lives with others   | 73.3%          | 64.9% | 75.7%  | 83.2%             | 76.8%          | 66.7% | 76.6%  | 85.1%             | 67.9%          | 61.6% | 74.2%  | 79.2%             |
| In a residential facility/community                                 | 1.6%           | 3.1%  | 0.7%   | 1.8%              | 0.5%           | 1.1%  | 0.0%   | 0.6%              | 3.3%           | 6.9%  | 2.0%   | 4.4%              |
| Temporarily staying with a friend or relative                       | 0.2%           | 2.0%  | 2.0%   | 0.7%              | 0.2%           | 1.1%  | 1.7%   | 0.7%              | 0.3%           | 3.7%  | 2.5%   | 0.6%              |
| <b>Currently employed at least part-time</b>                        | 18.3%          | 21.0% | 14.2%  | 19.3%             | 24.1%          | 26.2% | 18.3%  | 25.4%             | 9.0%           | 11.2% | 6.9%   | 6.4%              |
| <b>Household income in 2019</b>                                     |                |       |        |                   |                |       |        |                   |                |       |        |                   |
| Lower income (<\$35,000)  | 15.2%          | 27.1% | 28.1%  | 23.5%             | 12.1%          | 19.9% | 24.7%  | 19.3%             | 20.3%          | 40.9% | 34.4%  | 33.0%             |
| < \$25,000  | 8.4%           | 17.6% | 16.8%  | 17.0%             | 6.5%           | 12.7% | 14.9%  | 13.6%             | 11.4%          | 27.1% | 20.4%  | 24.6%             |
| \$25,000 - \$35,000   | 6.8%           | 9.5%  | 11.3%  | 6.6%              | 5.6%           | 7.2%  | 9.9%   | 5.7%              | 8.9%           | 13.8% | 14.0%  | 8.4%              |
| \$35,001 - <\$50,000  | 13.0%          | 15.0% | 18.0%  | 11.4%             | 12.0%          | 16.8% | 15.8%  | 10.4%             | 14.6%          | 11.4% | 22.0%  | 13.6%             |
| \$50,001 - \$80,000   | 22.5%          | 21.2% | 22.5%  | 19.6%             | 21.6%          | 21.7% | 24.4%  | 20.2%             | 24.0%          | 20.4% | 19.0%  | 18.1%             |
| \$80,001 - \$100,000  | 15.5%          | 14.6% | 10.9%  | 14.7%             | 15.4%          | 15.7% | 12.0%  | 16.0%             | 15.7%          | 12.3% | 8.9%   | 11.7%             |
| > \$100,000   | 33.8%          | 22.2% | 20.5%  | 30.9%             | 38.9%          | 25.9% | 23.0%  | 34.1%             | 25.4%          | 15.0% | 15.8%  | 23.6%             |
| <b>Insurance</b>  |                |       |        |                   |                |       |        |                   |                |       |        |                   |
| Has insurance that pays for routine dental check-ups/teeth cleaning | 59.0%          | 75.4% | 65.9%  | 68.8%             | 63.0%          | 78.3% | 67.8%  | 71.4%             | 52.8%          | 70.0% | 62.4%  | 63.3%             |
| Has insurance that helps pay for costs of non-KP medical visits     | 17.2%          | 25.5% | 20.5%  | 17.4%             | 19.5%          | 26.3% | 22.7%  | 16.9%             | 13.4%          | 23.9% | 16.7%  | 18.6%             |

<sup>1</sup> AAPI = Asian American/Pacific Islander

**Table 12. Demographic characteristics, ages 65-90, by race, estimated from the 2020 Kaiser Permanente Northern California Member Health Survey**

| Demographic characteristics   | Men Ages 65-90 |       |        |                   | Women Ages 65-90 |       |        |                   |
|---|----------------|-------|--------|-------------------|------------------|-------|--------|-------------------|
|   | White          | Black | Latino | AAPI <sup>1</sup> | White            | Black | Latina | AAPI <sup>1</sup> |
| <b>Educational attainment</b>                                       |                |       |        |                   |                  |       |        |                   |
| < High school graduate  | 2.0%           | 4.5%  | 10.4%  | 2.2%              | 2.0%             | 4.6%  | 12.5%  | 5.3%              |
| High school graduate/GED  | 13.7%          | 21.8% | 29.8%  | 11.0%             | 17.8%            | 18.7% | 31.5%  | 10.3%             |
| Some college/Associate degree                                       | 30.7%          | 35.9% | 34.9%  | 27.5%             | 35.7%            | 49.3% | 33.6%  | 29.9%             |
| ≥ Bachelor's degree   | 53.6%          | 37.7% | 25.0%  | 59.3%             | 44.4%            | 27.4% | 22.3%  | 54.5%             |
| <b>Relationship status</b>  |                |       |        |                   |                  |       |        |                   |
| Married/Domestic partner  | 76.7%          | 68.9% | 69.4%  | 84.1%             | 55.2%            | 28.9% | 53.0%  | 56.6%             |
| In a committed relationship   | 3.6%           | 5.5%  | 0.9%   | 1.2%              | 2.6%             | 3.8%  | 1.9%   | 2.4%              |
| Single or separated   | 13.7%          | 22.3% | 19.9%  | 8.4%              | 22.2%            | 41.4% | 30.0%  | 16.3%             |
| Widowed   | 6.0%           | 3.3%  | 9.8%   | 6.4%              | 20.0%            | 25.9% | 15.1%  | 24.7%             |
| <b>Living situation</b>   |                |       |        |                   |                  |       |        |                   |
| Lives by self   | 16.6%          | 23.3% | 18.4%  | 9.2%              | 31.7%            | 34.7% | 24.2%  | 18.6%             |
| Lives with others   | 81.9%          | 75.0% | 79.1%  | 89.2%             | 66.2%            | 57.6% | 73.0%  | 78.1%             |
| In a residential facility/community                                 | 1.2%           | 0.0%  | 0.9%   | 0.6%              | 1.9%             | 5.4%  | 0.5%   | 2.8%              |
| Temporarily staying with a friend or relative                       | 0.3%           | 1.7%  | 1.6%   | 1.0%              | 0.2%             | 2.3%  | 2.3%   | 0.4%              |
| <b>Currently employed at least part-time</b>                        | 18.8%          | 29.2% | 14.9%  | 20.7%             | 17.9%            | 15.2% | 13.5%  | 18.1%             |
| <b>Household income in 2019</b>                                     |                |       |        |                   |                  |       |        |                   |
| Lower income (<\$35,000)  | 11.8%          | 16.7% | 24.7%  | 21.5%             | 18.2%            | 34.9% | 31.1%  | 25.2%             |
| < \$25,000  | 6.1%           | 10.1% | 13.3%  | 17.6%             | 10.4%            | 23.2% | 19.9%  | 16.4%             |
| \$25,000 - \$35,000   | 5.7%           | 6.6%  | 11.4%  | 3.9%              | 7.9%             | 11.7% | 11.3%  | 8.8%              |
| \$35,001 - <\$50,000  | 10.3%          | 9.8%  | 13.6%  | 9.8%              | 15.2%            | 18.9% | 21.8%  | 12.7%             |
| \$50,001 - \$80,000   | 22.2%          | 23.5% | 24.6%  | 16.8%             | 22.7%            | 19.5% | 20.7%  | 21.9%             |
| \$80,001 - \$100,000  | 16.0%          | 20.0% | 9.9%   | 14.8%             | 15.2%            | 10.4% | 11.7%  | 14.6%             |
| > \$100,000   | 39.7%          | 29.9% | 27.2%  | 37.0%             | 28.7%            | 16.3% | 14.6%  | 25.6%             |
| <b>Insurance</b>  |                |       |        |                   |                  |       |        |                   |
| Has insurance that pays for routine dental check-ups/teeth cleaning | 59.8%          | 75.5% | 73.0%  | 68.0%             | 58.4%            | 75.3% | 60.1%  | 69.5%             |
| Has insurance that helps pay for costs of non-KP medical visits     | 19.7%          | 28.2% | 24.2%  | 21.7%             | 15.1%            | 23.4% | 17.4%  | 13.8%             |

<sup>1</sup> AAPI = Asian American/Pacific Islander

**Table 13. Psychosocial risks, ages 65-90, by race, estimated from the 2020 Kaiser Permanente Northern California Member Health Survey**

| Psychosocial risks  | All Ages 65-90 |       |        |                   | All Ages 65-74 |       |        |                   | All Ages 75-90 |       |        |                   |
|---|----------------|-------|--------|-------------------|----------------|-------|--------|-------------------|----------------|-------|--------|-------------------|
|   | White          | Black | Latino | AAPI <sup>1</sup> | White          | Black | Latino | AAPI <sup>1</sup> | White          | Black | Latino | AAPI <sup>1</sup> |
| <b><u>Financial difficulties in past 12 mos.</u></b>  |                |       |        |                   |                |       |        |                   |                |       |        |                   |
| Had difficulty "making ends meet"   | 3.2%           | 10.4% | 4.8%   | 2.8%              | 3.7%           | 11.4% | 6.2%   | 2.9%              | 2.4%           | 8.7%  | 2.4%   | 2.5%              |
| Had worried food would run out before had money to buy more   | 0.6%           | 6.1%  | 2.7%   | 1.7%              | 0.9%           | 4.6%  | 3.3%   | 1.6%              | 0.3%           | 8.7%  | 1.5%   | 1.8%              |
| Had worried might not be able to pay for medical needs  | 2.5%           | 9.0%  | 4.3%   | 4.2%              | 2.6%           | 9.1%  | 3.1%   | 4.3%              | 2.3%           | 8.7%  | 6.3%   | 4.1%              |
| Delayed or didn't get needed medical care due to cost   | 1.9%           | 5.0%  | 1.6%   | 1.6%              | 2.4%           | 5.6%  | 1.0%   | 1.8%              | 1.0%           | 4.0%  | 2.5%   | 1.1%              |
| Took less/didn't take prescription medication due to cost   | 2.0%           | 3.9%  | 4.2%   | 3.1%              | 1.9%           | 5.1%  | 5.2%   | 2.0%              | 2.0%           | 1.8%  | 2.5%   | 5.5%              |
| Delayed or didn't get dental care due to cost   | 10.3%          | 16.7% | 12.5%  | 12.0%             | 10.7%          | 18.9% | 13.2%  | 13.5%             | 9.5%           | 12.8% | 11.3%  | 8.6%              |
| Ate less fruits, vegetables and other healthy foods due to cost   | 1.7%           | 5.3%  | 3.9%   | 3.1%              | 2.0%           | 4.7%  | 5.7%   | 2.9%              | 1.2%           | 6.2%  | 0.9%   | 3.5%              |
| Worried a great deal about personal/family financial security   | 9.4%           | 16.7% | 12.9%  | 9.4%              | 10.6%          | 18.9% | 15.3%  | 11.1%             | 7.4%           | 12.8% | 8.8%   | 5.9%              |
| Experienced any of the above financial strains  | 18.9%          | 31.2% | 25.7%  | 21.4%             | 20.5%          | 32.5% | 28.0%  | 22.1%             | 16.3%          | 28.7% | 21.7%  | 19.9%             |
| <b><u>Other psychosocial stressors/risks</u></b>  |                |       |        |                   |                |       |        |                   |                |       |        |                   |
| Not currently in a committed relationship   | 24.8%          | 29.9% | 21.6%  | 14.3%             | 22.5%          | 31.1% | 21.8%  | 13.6%             | 28.6%          | 27.8% | 21.3%  | 15.8%             |
| Lives alone   | 32.1%          | 49.5% | 38.3%  | 29.0%             | 28.2%          | 47.5% | 37.5%  | 24.0%             | 38.2%          | 53.2% | 39.9%  | 39.6%             |
| Feels very stressed much of the time  | 8.4%           | 7.6%  | 11.4%  | 4.4%              | 9.5%           | 8.9%  | 14.7%  | 4.7%              | 6.7%           | 5.2%  | 5.5%   | 3.7%              |
| <u>Frequency feels lonely/socially isolated</u>   |                |       |        |                   |                |       |        |                   |                |       |        |                   |
| Never/rarely  | 71.4%          | 70.8% | 70.2%  | 76.0%             | 69.4%          | 70.7% | 70.1%  | 76.1%             | 74.6%          | 71.0% | 70.5%  | 76.0%             |
| Sometimes   | 23.3%          | 24.9% | 22.0%  | 21.0%             | 25.0%          | 24.2% | 21.5%  | 21.3%             | 20.8%          | 26.2% | 22.9%  | 20.4%             |
| Often/always  | 5.2%           | 4.3%  | 7.8%   | 2.9%              | 5.6%           | 5.1%  | 8.4%   | 2.6%              | 4.6%           | 2.8%  | 6.6%   | 3.6%              |
| Does not usually get the social/emotional support they need   | 32.1%          | 39.9% | 40.9%  | 57.2%             | 32.6%          | 41.0% | 41.0%  | 57.3%             | 31.2%          | 37.9% | 40.8%  | 57.1%             |
| Generally feels dissatisfied with their life  | 6.8%           | 4.9%  | 4.9%   | 3.3%              | 7.1%           | 4.1%  | 6.2%   | 3.7%              | 6.3%           | 6.4%  | 2.5%   | 2.2%              |
| <u>During past 12 months:</u>   |                |       |        |                   |                |       |        |                   |                |       |        |                   |
| Worried about personal/family safety due to neighborhood violence   | 3.9%           | 10.1% | 6.3%   | 6.1%              | 4.3%           | 9.5%  | 6.4%   | 6.1%              | 3.1%           | 11.3% | 6.3%   | 6.2%              |
| Experienced harassment/discrimination   | 2.0%           | 10.2% | 3.3%   | 2.8%              | 2.5%           | 13.5% | 3.1%   | 3.7%              | 1.2%           | 4.4%  | 3.5%   | 0.8%              |
| Was physically or emotionally hurt or felt threatened by a partner/ex-partner, or someone else they knew            | 3.0%           | 2.9%  | 3.3%   | 4.6%              | 3.0%           | 2.7%  | 3.0%   | 5.9%              | 3.0%           | 3.3%  | 4.0%   | 2.0%              |
| Experienced other major life stress such as loss of a job, separation/divorce, death of a loved one, disaster, etc. | 15.7%          | 14.3% | 16.8%  | 10.1%             | 18.2%          | 15.3% | 18.5%  | 11.4%             | 11.8%          | 12.4% | 13.7%  | 7.6%              |

<sup>1</sup> AAPI = Asian American/Pacific Islander

**Table 13. Psychosocial risks, ages 65-90, by race, estimated from the 2020 Kaiser Permanente Northern California Member Health Survey**

| Psychosocial risks  | Men Ages 65-90 |       |        |                   | Women Ages 65-90 |       |        |                   |
|---|----------------|-------|--------|-------------------|------------------|-------|--------|-------------------|
|   | White          | Black | Latino | AAPI <sup>1</sup> | White            | Black | Latina | AAPI <sup>1</sup> |
| <b>Financial difficulties in past 12 mos.</b>   |                |       |        |                   |                  |       |        |                   |
| Had difficulty "making ends meet"   | 2.6%           | 7.3%  | 6.6%   | 3.4%              | 3.7%             | 12.6% | 3.4%   | 2.3%              |
| Had worried food would run out before had money to buy more   | 0.4%           | 3.0%  | 2.7%   | 1.3%              | 0.8%             | 8.2%  | 2.6%   | 2.0%              |
| Had worried might not be able to pay for medical needs  | 2.4%           | 4.1%  | 4.3%   | 2.9%              | 2.6%             | 12.3% | 4.3%   | 5.3%              |
| Delayed or didn't get needed medical care due to cost   | 1.5%           | 1.5%  | 2.8%   | 2.2%              | 2.2%             | 7.5%  | 0.6%   | 1.1%              |
| Took less/didn't take prescription medication due to cost   | 2.0%           | 1.7%  | 5.0%   | 2.9%              | 2.0%             | 5.4%  | 3.6%   | 3.2%              |
| Delayed or didn't get dental care due to cost   | 10.0%          | 12.1% | 12.4%  | 11.4%             | 10.5%            | 20.0% | 12.6%  | 12.5%             |
| Ate less fruits, vegetables and other healthy foods due to cost   | 1.1%           | 1.9%  | 3.4%   | 2.6%              | 2.1%             | 7.7%  | 4.3%   | 3.5%              |
| Worried a great deal about personal/family financial security   | 7.8%           | 16.7% | 9.9%   | 10.0%             | 10.7%            | 16.7% | 15.4%  | 8.9%              |
| Experienced any of the above financial strains  | 17.9%          | 24.5% | 23.5%  | 20.4%             | 19.8%            | 35.7% | 27.6%  | 22.3%             |
| <b>Other psychosocial stressors/risks</b>   |                |       |        |                   |                  |       |        |                   |
| Not currently in a committed relationship   | 16.6%          | 23.3% | 18.4%  | 9.2%              | 31.7%            | 34.7% | 24.2%  | 18.6%             |
| Lives alone   | 19.8%          | 25.6% | 29.7%  | 14.7%             | 42.2%            | 67.3% | 45.1%  | 41.0%             |
| Feels very stressed much of the time  | 5.5%           | 4.9%  | 7.2%   | 3.7%              | 5.9%             | 5.9%  | 9.1%   | 3.5%              |
| <u>Frequency feels lonely/socially isolated</u>   |                |       |        |                   |                  |       |        |                   |
| Never/rarely  | 78.4%          | 76.6% | 80.0%  | 78.4%             | 65.7%            | 66.7% | 62.6%  | 74.1%             |
| Sometimes   | 17.2%          | 21.3% | 14.0%  | 19.3%             | 28.4%            | 27.4% | 28.3%  | 22.4%             |
| Often/always  | 4.4%           | 2.0%  | 6.0%   | 2.3%              | 5.9%             | 5.9%  | 9.1%   | 3.5%              |
| Does not usually get the social/emotional support they need   | 35.3%          | 37.0% | 40.9%  | 57.6%             | 29.5%            | 41.9% | 41.0%  | 57.0%             |
| Generally feels dissatisfied with their life  | 6.8%           | 4.9%  | 4.1%   | 3.7%              | 6.8%             | 4.9%  | 5.6%   | 2.9%              |
| <u>During past 12 months:</u>   |                |       |        |                   |                  |       |        |                   |
| Worried about personal/family safety due to neighborhood violence   | 4.0%           | 2.8%  | 7.7%   | 7.7%              | 3.8%             | 15.1% | 5.3%   | 4.8%              |
| Experienced harassment/discrimination   | 2.0%           | 10.5% | 5.6%   | 3.8%              | 2.1%             | 10.0% | 1.4%   | 1.9%              |
| Was physically or emotionally hurt or felt threatened by a partner/ex-partner, or someone else they knew            | 3.3%           | 2.1%  | 4.3%   | 4.8%              | 2.7%             | 3.5%  | 2.6%   | 4.5%              |
| Experienced other major life stress such as loss of a job, separation/divorce, death of a loved one, disaster, etc. | 10.3%          | 8.4%  | 10.4%  | 10.1%             | 20.1%            | 18.3% | 21.9%  | 10.2%             |

<sup>1</sup> AAPI = Asian American/Pacific Islander

**Table 14. Use of Digital Information Technologies, ages 65-90, by race, estimated from the 2020 Kaiser Permanente Northern California Member Health Survey**

| Access to digital devices  | All Ages 65-90 |       |        |                   | All Ages 65-74 |       |        |                   | All Ages 75-90 |       |        |                   |
|--|----------------|-------|--------|-------------------|----------------|-------|--------|-------------------|----------------|-------|--------|-------------------|
|  | White          | Black | Latino | AAPI <sup>1</sup> | White          | Black | Latino | AAPI <sup>1</sup> | White          | Black | Latino | AAPI <sup>1</sup> |
| Has wi-fi enabled desktop, laptop, or tablet laptop                                  | 93.0%          | 87.7% | 84.1%  | 87.9%             | 95.6%          | 93.9% | 87.0%  | 92.4%             | 88.8%          | 76.4% | 79.0%  | 78.0%             |
| Has smartphone or wi-fi enabled tablet   | 74.8%          | 64.5% | 63.0%  | 65.8%             | 83.9%          | 72.3% | 72.0%  | 72.9%             | 60.3%          | 50.6% | 47.2%  | 50.9%             |
| Has wi-fi enabled tablet   | 42.3%          | 32.9% | 28.9%  | 35.5%             | 47.9%          | 37.0% | 33.7%  | 39.2%             | 33.4%          | 25.7% | 20.3%  | 27.8%             |
| Has mobile phone   | 95.6%          | 96.3% | 94.8%  | 96.2%             | 97.7%          | 99.0% | 94.9%  | 99.3%             | 92.3%          | 91.4% | 94.6%  | 89.6%             |
| Has smartphone   | 67.8%          | 57.9% | 58.7%  | 58.6%             | 78.0%          | 65.9% | 67.9%  | 66.7%             | 51.6%          | 43.6% | 42.6%  | 41.6%             |
| Has smartphone (if has mobile phone)   | 70.9%          | 60.2% | 62.0%  | 61.0%             | 79.9%          | 66.6% | 71.5%  | 67.2%             | 55.9%          | 47.7% | 45.0%  | 46.4%             |
| Has device that can be used to go online   | 94.7%          | 89.3% | 89.8%  | 90.7%             | 97.4%          | 95.2% | 93.7%  | 94.8%             | 90.6%          | 78.7% | 83.1%  | 81.8%             |
| Can easily print information/forms from the internet (all, incl. non-internet users) | 80.8%          | 66.1% | 68.7%  | 75.1%             | 86.2%          | 75.1% | 75.8%  | 79.0%             | 72.8%          | 50.4% | 54.9%  | 67.2%             |
| Can easily print (if uses internet)  | 90.4%          | 84.5% | 86.9%  | 87.8%             | 91.5%          | 85.2% | 90.5%  | 86.5%             | 88.4%          | 82.7% | 78.8%  | 91.1%             |
| Can print at home (if uses internet)   | 86.0%          | 71.6% | 76.2%  | 76.6%             | 86.3%          | 74.4% | 79.3%  | 75.6%             | 85.6%          | 64.5% | 69.0%  | 79.2%             |
| <b>Internet and email use</b>  |                |       |        |                   |                |       |        |                   |                |       |        |                   |
| Uses internet (by self or with help)   | 92.1%          | 83.2% | 83.9%  | 89.6%             | 95.7%          | 90.9% | 87.3%  | 93.9%             | 86.5%          | 69.0% | 77.6%  | 80.2%             |
| Uses internet by self  | 85.3%          | 72.7% | 71.4%  | 77.8%             | 91.7%          | 83.5% | 77.5%  | 86.3%             | 75.1%          | 52.3% | 60.2%  | 59.1%             |
| Uses internet by self (if uses internet)   | 92.6%          | 86.8% | 85.5%  | 86.8%             | 95.8%          | 91.6% | 89.0%  | 91.8%             | 87.0%          | 74.8% | 78.0%  | 74.0%             |
| Uses internet at home (if uses internet)   | 99.4%          | 97.9% | 97.7%  | 98.3%             | 99.2%          | 97.0% | 97.9%  | 98.2%             | 99.6%          | 99.0% | 97.2%  | 98.6%             |
| Uses internet at work (if uses internet)   | 11.8%          | 14.8% | 8.1%   | 12.3%             | 16.6%          | 18.0% | 10.4%  | 15.5%             | 3.3%           | 6.4%  | 3.3%   | 3.9%              |
| <b>Email use</b>   |                |       |        |                   |                |       |        |                   |                |       |        |                   |
| Uses email (by self or with help)  | 93.0%          | 85.1% | 86.5%  | 91.9%             | 96.6%          | 92.0% | 92.0%  | 95.7%             | 87.1%          | 72.8% | 76.6%  | 83.6%             |
| Uses email by self   | 87.6%          | 74.6% | 75.0%  | 81.4%             | 93.5%          | 87.2% | 82.2%  | 89.3%             | 78.2%          | 51.6% | 61.8%  | 63.8%             |
| Uses email by self (if uses email)   | 94.3%          | 87.7% | 86.8%  | 88.6%             | 96.8%          | 94.8% | 89.5%  | 93.4%             | 89.8%          | 71.3% | 80.9%  | 76.5%             |
| <b>Use of text messaging and apps</b>  |                |       |        |                   |                |       |        |                   |                |       |        |                   |
| Able to send and receive text messages   | 94.9%          | 96.8% | 93.8%  | 95.9%             | 97.2%          | 98.9% | 96.2%  | 98.4%             | 90.8%          | 91.9% | 88.0%  | 89.4%             |
| Able to text (if has mobile device)  | 98.0%          | 99.8% | 98.3%  | 98.7%             | 98.8%          | 99.0% | 99.6%  | 99.2%             | 96.5%          | 99.1% | 95.2%  | 97.2%             |
| Able to use apps   | 60.1%          | 46.7% | 38.7%  | 36.3%             | 67.0%          | 54.6% | 39.9%  | 39.6%             | 47.3%          | 28.5% | 35.8%  | 27.8%             |
| Able to use apps (if has mobile device)  | 62.4%          | 48.4% | 40.8%  | 37.5%             | 68.2%          | 55.2% | 41.6%  | 39.9%             | 51.0%          | 31.5% | 38.7%  | 30.6%             |
| <b>Willing to complete forms/questionnaires on kp.org</b>                            |                |       |        |                   |                |       |        |                   |                |       |        |                   |
| Yes  | 61.8%          | 51.8% | 45.4%  | 57.4%             | 67.9%          | 59.9% | 51.1%  | 63.4%             | 51.9%          | 36.1% | 34.3%  | 43.9%             |
| No   | 16.6%          | 24.5% | 27.5%  | 17.9%             | 11.4%          | 16.1% | 25.4%  | 12.9%             | 24.8%          | 40.8% | 31.5%  | 29.2%             |
| Not Sure   | 21.7%          | 23.7% | 27.1%  | 24.7%             | 20.7%          | 24.0% | 23.5%  | 23.7%             | 23.2%          | 23.1% | 34.2%  | 26.9%             |

<sup>1</sup> AAPI = Asian American/Pacific Islander

**Table 13. Psychosocial risks, ages 65-90, by race, estimated from the 2020 Kaiser Permanente Northern California Member Health Survey**

| Psychosocial risks  | Men Ages 65-90 |       |        |                   | Women Ages 65-90 |       |        |                   |
|---|----------------|-------|--------|-------------------|------------------|-------|--------|-------------------|
|   | White          | Black | Latino | AAPI <sup>1</sup> | White            | Black | Latina | AAPI <sup>1</sup> |
| <b>Financial difficulties in past 12 mos.</b>   |                |       |        |                   |                  |       |        |                   |
| Had difficulty "making ends meet"   | 2.6%           | 7.3%  | 6.6%   | 3.4%              | 3.7%             | 12.6% | 3.4%   | 2.3%              |
| Had worried food would run out before had money to buy more   | 0.4%           | 3.0%  | 2.7%   | 1.3%              | 0.8%             | 8.2%  | 2.6%   | 2.0%              |
| Had worried might not be able to pay for medical needs  | 2.4%           | 4.1%  | 4.3%   | 2.9%              | 2.6%             | 12.3% | 4.3%   | 5.3%              |
| Delayed or didn't get needed medical care due to cost   | 1.5%           | 1.5%  | 2.8%   | 2.2%              | 2.2%             | 7.5%  | 0.6%   | 1.1%              |
| Took less/didn't take prescription medication due to cost   | 2.0%           | 1.7%  | 5.0%   | 2.9%              | 2.0%             | 5.4%  | 3.6%   | 3.2%              |
| Delayed or didn't get dental care due to cost   | 10.0%          | 12.1% | 12.4%  | 11.4%             | 10.5%            | 20.0% | 12.6%  | 12.5%             |
| Ate less fruits, vegetables and other healthy foods due to cost   | 1.1%           | 1.9%  | 3.4%   | 2.6%              | 2.1%             | 7.7%  | 4.3%   | 3.5%              |
| Worried a great deal about personal/family financial security   | 7.8%           | 16.7% | 9.9%   | 10.0%             | 10.7%            | 16.7% | 15.4%  | 8.9%              |
| Experienced any of the above financial strains  | 17.9%          | 24.5% | 23.5%  | 20.4%             | 19.8%            | 35.7% | 27.6%  | 22.3%             |
| <b>Other psychosocial stressors/risks</b>   |                |       |        |                   |                  |       |        |                   |
| Not currently in a committed relationship   | 16.6%          | 23.3% | 18.4%  | 9.2%              | 31.7%            | 34.7% | 24.2%  | 18.6%             |
| Lives alone   | 19.8%          | 25.6% | 29.7%  | 14.7%             | 42.2%            | 67.3% | 45.1%  | 41.0%             |
| Feels very stressed much of the time  | 5.5%           | 4.9%  | 7.2%   | 3.7%              | 5.9%             | 5.9%  | 9.1%   | 3.5%              |
| <u>Frequency feels lonely/socially isolated</u>   |                |       |        |                   |                  |       |        |                   |
| Never/rarely  | 78.4%          | 76.6% | 80.0%  | 78.4%             | 65.7%            | 66.7% | 62.6%  | 74.1%             |
| Sometimes   | 17.2%          | 21.3% | 14.0%  | 19.3%             | 28.4%            | 27.4% | 28.3%  | 22.4%             |
| Often/always  | 4.4%           | 2.0%  | 6.0%   | 2.3%              | 5.9%             | 5.9%  | 9.1%   | 3.5%              |
| Does not usually get the social/emotional support they need   | 35.3%          | 37.0% | 40.9%  | 57.6%             | 29.5%            | 41.9% | 41.0%  | 57.0%             |
| Generally feels dissatisfied with their life  | 6.8%           | 4.9%  | 4.1%   | 3.7%              | 6.8%             | 4.9%  | 5.6%   | 2.9%              |
| <u>During past 12 months:</u>   |                |       |        |                   |                  |       |        |                   |
| Worried about personal/family safety due to neighborhood violence   | 4.0%           | 2.8%  | 7.7%   | 7.7%              | 3.8%             | 15.1% | 5.3%   | 4.8%              |
| Experienced harassment/discrimination   | 2.0%           | 10.5% | 5.6%   | 3.8%              | 2.1%             | 10.0% | 1.4%   | 1.9%              |
| Was physically or emotionally hurt or felt threatened by a partner/ex-partner, or someone else they knew            | 3.3%           | 2.1%  | 4.3%   | 4.8%              | 2.7%             | 3.5%  | 2.6%   | 4.5%              |
| Experienced other major life stress such as loss of a job, separation/divorce, death of a loved one, disaster, etc. | 10.3%          | 8.4%  | 10.4%  | 10.1%             | 20.1%            | 18.3% | 21.9%  | 10.2%             |

<sup>1</sup> AAPI = Asian American/Pacific Islander



**Table 14. Use of Digital Information Technologies, ages 65-90, by race, estimated from the 2020 Kaiser Permanente Northern California Member Health Survey**

|  | All Ages 65-90 |              |               |                         | All Ages 65-74 |              |               |                         | All Ages 75-90 |              |               |                         |
|--|----------------|--------------|---------------|-------------------------|----------------|--------------|---------------|-------------------------|----------------|--------------|---------------|-------------------------|
|  | <u>White</u>   | <u>Black</u> | <u>Latino</u> | <u>AAPI<sup>1</sup></u> | <u>White</u>   | <u>Black</u> | <u>Latino</u> | <u>AAPI<sup>1</sup></u> | <u>White</u>   | <u>Black</u> | <u>Latino</u> | <u>AAPI<sup>1</sup></u> |
| <b>Devices used to access the internet</b> |                |              |               |                         |                |              |               |                         |                |              |               |                         |
| Desktop or laptop computer                 | 85.5%          | 83.9%        | 80.3%         | 77.7%                   | 84.5%          | 83.3%        | 81.8%         | 77.9%                   | 87.4%          | 85.3%        | 77.3%         | 77.3%                   |
| Tablet                                     | 39.7%          | 36.2%        | 33.1%         | 36.8%                   | 42.8%          | 40.8%        | 36.3%         | 36.5%                   | 34.2%          | 25.4%        | 26.6%         | 37.5%                   |
| Mobile phone                               | 66.9%          | 70.0%        | 68.0%         | 69.2%                   | 73.7%          | 75.1%        | 72.9%         | 70.5%                   | 54.9%          | 58.1%        | 58.1%         | 65.8%                   |
| Smartphone                                 | 55.8%          | 50.7%        | 50.8%         | 48.9%                   | 63.7%          | 54.6%        | 57.3%         | 52.7%                   | 41.6%          | 41.3%        | 37.7%         | 39.0%                   |
| Cell phone                                 | 17.4%          | 28.4%        | 26.8%         | 27.7%                   | 16.4%          | 28.8%        | 25.9%         | 26.5%                   | 19.2%          | 27.5%        | 28.7%         | 30.7%                   |
| Mobile phone only                          | 5.0%           | 7.7%         | 9.4%          | 11.6%                   | 6.0%           | 8.1%         | 7.2%          | 11.8%                   | 3.2%           | 6.9%         | 13.8%         | 11.1%                   |
| <b>Devices used to access email</b>        |                |              |               |                         |                |              |               |                         |                |              |               |                         |
| Desktop or laptop computer                 | 82.1%          | 77.2%        | 74.1%         | 71.5%                   | 80.7%          | 77.2%        | 72.1%         | 72.2%                   | 84.6%          | 77.3%        | 78.5%         | 69.6%                   |
| Tablet                                     | 34.9%          | 33.7%        | 26.4%         | 32.8%                   | 37.6%          | 38.4%        | 30.9%         | 32.5%                   | 30.2%          | 22.1%        | 16.5%         | 33.7%                   |
| Mobile phone                               | 65.8%          | 73.2%        | 70.0%         | 73.2%                   | 73.1%          | 77.3%        | 78.1%         | 76.5%                   | 52.8%          | 63.1%        | 52.6%         | 64.8%                   |
| Smartphone                                 | 54.9%          | 50.3%        | 52.7%         | 50.9%                   | 62.3%          | 57.8%        | 60.1%         | 55.3%                   | 41.9%          | 32.0%        | 36.6%         | 39.6%                   |
| Cell phone                                 | 16.5%          | 30.9%        | 24.6%         | 28.6%                   | 16.9%          | 29.1%        | 26.0%         | 28.7%                   | 15.6%          | 35.3%        | 21.7%         | 28.3%                   |
| Mobile phone only                          | 8.3%           | 11.8%        | 15.8%         | 17.3%                   | 9.1%           | 11.9%        | 16.2%         | 16.9%                   | 6.8%           | 11.5%        | 15.0%         | 18.2%                   |

<sup>1</sup> AAPI = Asian American/Pacific Islander

**Table 14. Use of Digital Information Technologies, ages 65-90, by race, estimated from the 2020 Kaiser Permanente Northern California Member Health Survey**

| Access to digital devices  | Men Ages 65-90 |       |        |                   | Women Ages 65-90 |       |        |                   |
|--|----------------|-------|--------|-------------------|------------------|-------|--------|-------------------|
|  | White          | Black | Latino | AAPI <sup>1</sup> | White            | Black | Latino | AAPI <sup>1</sup> |
| Has wi-fi enabled desktop, laptop, or tablet laptop                                  | 93.9%          | 93.8% | 84.5%  | 87.4%             | 92.2%            | 83.3% | 83.7%  | 88.3%             |
| Has smartphone or wi-fi enabled tablet   | 74.4%          | 72.1% | 64.1%  | 66.8%             | 75.1%            | 59.2% | 62.2%  | 64.9%             |
| Has wi-fi enabled tablet   | 39.6%          | 34.9% | 28.4%  | 37.2%             | 44.4%            | 31.6% | 29.2%  | 34.1%             |
| Has mobile phone   | 95.2%          | 96.7% | 96.9%  | 95.9%             | 95.9%            | 95.9% | 93.1%  | 96.4%             |
| Has smartphone   | 67.8%          | 66.6% | 60.9%  | 61.9%             | 67.9%            | 51.8% | 57.0%  | 55.8%             |
| Has smartphone (if has mobile phone)   | 71.2%          | 68.8% | 62.9%  | 64.6%             | 70.7%            | 54.0% | 61.2%  | 57.9%             |
| Has device that can be used to go online   | 95.1%          | 94.9% | 89.9%  | 90.5%             | 94.4%            | 85.3% | 89.8%  | 90.9%             |
| Can easily print information/forms from the internet (all, incl. non-internet users) | 83.4%          | 74.4% | 67.2%  | 77.0%             | 78.7%            | 59.9% | 69.8%  | 73.6%             |
| Can easily print (if uses internet)  | 92.3%          | 90.8% | 87.2%  | 89.6%             | 88.7%            | 79.4% | 86.8%  | 86.4%             |
| Can print at home (if uses internet)   | 88.9%          | 81.1% | 79.0%  | 80.2%             | 83.6%            | 63.8% | 74.3%  | 73.8%             |
| <b>Internet and email use</b>  |                |       |        |                   |                  |       |        |                   |
| Uses internet (by self or with help)   | 92.8%          | 85.7% | 83.5%  | 90.2%             | 91.6%            | 81.5% | 84.1%  | 89.1%             |
| Uses internet by self  | 85.9%          | 74.0% | 69.2%  | 80.4%             | 84.9%            | 71.8% | 73.3%  | 75.6%             |
| Uses internet by self (if uses internet)   | 92.5%          | 86.0% | 82.9%  | 88.9%             | 92.7%            | 87.4% | 87.6%  | 85.0%             |
| Uses internet at home (if uses internet)   | 99.5%          | 99.5% | 97.4%  | 98.2%             | 99.3%            | 96.2% | 97.9%  | 98.5%             |
| Uses internet at work (if uses internet)   | 13.5%          | 17.2% | 8.9%   | 15.6%             | 10.4%            | 13.0% | 7.5%   | 9.6%              |
| <b>Email use</b>   |                |       |        |                   |                  |       |        |                   |
| Uses email (by self or with help)  | 92.4%          | 89.4% | 85.3%  | 91.7%             | 93.4%            | 82.1% | 87.5%  | 92.1%             |
| Uses email by self   | 87.0%          | 78.1% | 73.5%  | 82.7%             | 88.1%            | 72.0% | 76.3%  | 80.2%             |
| Uses email by self (if uses email)   | 94.2%          | 87.4% | 86.2%  | 90.3%             | 94.4%            | 87.9% | 87.3%  | 87.2%             |
| <b>Use of text messaging and apps</b>  |                |       |        |                   |                  |       |        |                   |
| Able to send and receive text messages   | 94.0%          | 96.3% | 94.2%  | 95.1%             | 95.7%            | 97.1% | 93.4%  | 96.7%             |
| Able to text (if has mobile device)  | 97.4%          | 99.5% | 96.7%  | 97.7%             | 98.5%            | 99.6% | 99.7%  | 99.4%             |
| Able to use apps   | 61.1%          | 50.6% | 41.1%  | 39.6%             | 59.2%            | 43.7% | 36.7%  | 33.6%             |
| Able to use apps (if has mobile device)  | 63.6%          | 52.6% | 42.2%  | 40.9%             | 61.4%            | 45.3% | 39.6%  | 34.6%             |
| <b>Willing to complete forms/questionnaires on kp.org</b>                            |                |       |        |                   |                  |       |        |                   |
| Yes  | 63.2%          | 59.4% | 45.5%  | 60.7%             | 60.6%            | 46.2% | 45.2%  | 54.7%             |
| No   | 14.6%          | 18.0% | 29.6%  | 17.0%             | 18.2%            | 29.3% | 25.7%  | 18.7%             |
| Not Sure   | 22.1%          | 22.6% | 24.8%  | 22.3%             | 21.2%            | 24.5% | 29.1%  | 26.6%             |

<sup>1</sup> AAPI = Asian American/Pacific Islander

**Table 14. Use of Digital Information Technologies, ages 65-90, by race, estimated from the 2020 Kaiser Permanente Northern California Member Health Survey**

| <b>Devices used to access the internet</b> | <b>Men Ages 65-90</b> |                     |                      |                                | <b>Women Ages 65-90</b> |                     |                      |                                |
|--|-----------------------|---------------------|----------------------|--------------------------------|-------------------------|---------------------|----------------------|--------------------------------|
|  | <b><u>White</u></b>   | <b><u>Black</u></b> | <b><u>Latino</u></b> | <b><u>AAPI<sup>1</sup></u></b> | <b><u>White</u></b>     | <b><u>Black</u></b> | <b><u>Latino</u></b> | <b><u>AAPI<sup>1</sup></u></b> |
| Desktop or laptop computer                 | 90.4%                 | 92.9%               | 81.4%                | 83.7%                          | 81.4%                   | 77.2%               | 79.5%                | 73.0%                          |
| Tablet                                     | 37.3%                 | 37.2%               | 34.6%                | 38.1%                          | 41.7%                   | 35.4%               | 32.0%                | 35.8%                          |
| Mobile phone                               | 64.7%                 | 66.1%               | 72.2%                | 70.6%                          | 68.8%                   | 72.9%               | 64.8%                | 68.1%                          |
| Smartphone                                 | 55.3%                 | 55.5%               | 56.2%                | 54.4%                          | 56.2%                   | 47.0%               | 46.8%                | 44.5%                          |
| Cell phone                                 | 16.5%                 | 21.2%               | 31.6%                | 25.4%                          | 18.2%                   | 33.9%               | 23.3%                | 29.5%                          |
| Mobile phone only                          | 3.4%                  | 3.7%                | 9.5%                 | 9.0%                           | 6.3%                    | 10.8%               | 9.3%                 | 13.7%                          |
| <b>Devices used to access email</b>        |                       |                     |                      |                                |                         |                     |                      |                                |
| Desktop or laptop computer                 | 88.1%                 | 83.2%               | 74.7%                | 79.6%                          | 77.2%                   | 72.5%               | 73.7%                | 64.7%                          |
| Tablet                                     | 32.5%                 | 34.9%               | 26.4%                | 34.1%                          | 36.9%                   | 32.7%               | 26.3%                | 31.8%                          |
| Mobile phone                               | 63.7%                 | 71.2%               | 74.9%                | 73.7%                          | 67.5%                   | 74.7%               | 66.3%                | 72.8%                          |
| Smartphone                                 | 55.2%                 | 52.4%               | 56.1%                | 54.2%                          | 54.7%                   | 48.6%               | 50.0%                | 48.2%                          |
| Cell phone                                 | 14.9%                 | 27.4%               | 30.3%                | 27.3%                          | 17.7%                   | 33.8%               | 20.4%                | 29.6%                          |
| Mobile phone only                          | 5.7%                  | 9.3%                | 16.2%                | 12.1%                          | 10.4%                   | 13.8%               | 15.5%                | 21.6%                          |

<sup>1</sup> AAPI = Asian American/Pacific Islander

**Table 15. Health information resources used in past 12 months, ages 65-90, by race, estimated from the 2020 Kaiser Permanente Northern California Member Health Survey**

| Health information resource used   | All Ages 65-90 |              |               |                         | All Ages 65-74 |              |               |                         | All Ages 75-90 |              |               |                         |
|--|----------------|--------------|---------------|-------------------------|----------------|--------------|---------------|-------------------------|----------------|--------------|---------------|-------------------------|
|  | <u>White</u>   | <u>Black</u> | <u>Latino</u> | <u>AAPI<sup>1</sup></u> | <u>White</u>   | <u>Black</u> | <u>Latino</u> | <u>AAPI<sup>1</sup></u> | <u>White</u>   | <u>Black</u> | <u>Latino</u> | <u>AAPI<sup>1</sup></u> |
| Used any of 11 health information resources  | 78.2%          | 68.5%        | 74.5%         | 74.1%                   | 81.6%          | 74.9%        | 77.2%         | 76.9%                   | 73.0%          | 56.9%        | 69.8%         | 68.1%                   |
| Used any KP health information/education resource  | 50.4%          | 51.1%        | 54.4%         | 46.5%                   | 51.5%          | 54.7%        | 58.2%         | 46.5%                   | 48.6%          | 44.6%        | 47.6%         | 46.4%                   |
| Used a KP interactive health education program/service (health coach, class, web-based program, etc.)      | 24.8%          | 27.6%        | 25.9%         | 20.1%                   | 25.3%          | 28.5%        | 30.9%         | 22.2%                   | 23.9%          | 26.0%        | 17.0%         | 15.7%                   |
| Got help from a KP health/wellness coach   | 6.7%           | 12.4%        | 9.0%          | 5.6%                    | 7.0%           | 10.8%        | 10.5%         | 5.4%                    | 6.3%           | 15.2%        | 6.3%          | 6.0%                    |
| Used KP print health education materials   | 14.0%          | 16.5%        | 14.6%         | 13.4%                   | 13.9%          | 19.3%        | 15.5%         | 12.1%                   | 14.2%          | 11.4%        | 12.9%         | 16.2%                   |
| Got health information from the kp.org website   | 28.9%          | 23.5%        | 29.6%         | 25.3%                   | 30.2%          | 27.9%        | 32.7%         | 24.8%                   | 26.7%          | 15.4%        | 23.8%         | 26.4%                   |
| Got health information from kp.org MD home page  | 19.0%          | 23.5%        | 28.1%         | 23.7%                   | 18.3%          | 25.2%        | 29.3%         | 23.9%                   | 20.2%          | 20.2%        | 26.1%         | 23.2%                   |
| Got health information from a non-KP website   | 19.8%          | 13.8%        | 15.2%         | 11.6%                   | 22.3%          | 16.6%        | 16.8%         | 12.4%                   | 15.9%          | 8.7%         | 12.2%         | 9.7%                    |
| Got health information from kp.org and/or other websites   | 45.2%          | 39.3%        | 43.5%         | 38.8%                   | 47.2%          | 44.0%        | 44.4%         | 39.4%                   | 41.8%          | 30.7%        | 41.9%         | 37.4%                   |
| Listened to a kp.org podcast   | 1.5%           | 3.0%         | 3.1%          | 1.3%                    | 1.9%           | 4.7%         | 3.5%          | 1.8%                    | 0.9%           | 0.0%         | 2.5%          | 0.4%                    |
| Used health education video programs on kp.org (prepare for surgery, manage pain, healthy lifestyle, etc.) | 12.1%          | 8.9%         | 10.5%         | 10.5%                   | 12.7%          | 11.3%        | 10.5%         | 11.9%                   | 11.1%          | 4.3%         | 10.4%         | 7.6%                    |
| Used a health app to help with diet, exercise, sleep, monitoring a health condition, etc.                  | 8.8%           | 6.3%         | 10.1%         | 6.9%                    | 11.1%          | 9.2%         | 11.8%         | 8.4%                    | 5.1%           | 1.1%         | 7.0%          | 3.7%                    |
| Used kp.org secure features (email, etc.)  | 67.4%          | 52.4%        | 59.0%         | 63.8%                   | 71.9%          | 61.4%        | 65.0%         | 68.8%                   | 60.3%          | 36.3%        | 48.2%         | 53.1%                   |
| Used a KP app to access kp.org secure features   | 29.3%          | 23.6%        | 31.0%         | 26.4%                   | 32.5%          | 30.6%        | 35.7%         | 28.3%                   | 24.2%          | 10.9%        | 22.3%         | 22.4%                   |

<sup>1</sup> AAPI = Asian American/Pacific Islander

**Table 15. Health information resources used in past 12 months, ages 65-90, by race, estimated from the 2020 Kaiser Permanente Northern California Member Health Survey**

| Health information resource used   | Men Ages 65-90 |              |               |                         | Women Ages 65-90 |              |               |                         |
|--|----------------|--------------|---------------|-------------------------|------------------|--------------|---------------|-------------------------|
|  | <u>White</u>   | <u>Black</u> | <u>Latino</u> | <u>AAPI<sup>1</sup></u> | <u>White</u>     | <u>Black</u> | <u>Latino</u> | <u>AAPI<sup>1</sup></u> |
| Used any of 11 health information resources  | 75.7%          | 66.0%        | 78.4%         | 73.8%                   | 80.3%            | 70.2%        | 71.5%         | 74.4%                   |
| Used any KP health information/education resource  | 50.2%          | 48.6%        | 54.9%         | 48.3%                   | 50.6%            | 52.9%        | 54.0%         | 45.0%                   |
| Used a KP interactive health education program/service (health coach, class, web-based program, etc.)      | 24.7%          | 23.7%        | 26.1%         | 21.7%                   | 24.8%            | 30.4%        | 25.8%         | 18.8%                   |
| Got help from a KP health/wellness coach   | 7.5%           | 10.8%        | 12.1%         | 5.9%                    | 6.1%             | 13.5%        | 6.6%          | 5.3%                    |
| Used KP print health education materials   | 13.4%          | 14.1%        | 13.2%         | 14.2%                   | 14.5%            | 18.2%        | 15.7%         | 12.8%                   |
| Got health information from the kp.org website   | 28.7%          | 22.1%        | 29.8%         | 29.2%                   | 29.0%            | 24.4%        | 29.4%         | 22.1%                   |
| Got health information from kp.org MD home page  | 21.0%          | 19.8%        | 31.1%         | 23.4%                   | 17.5%            | 26.1%        | 25.8%         | 23.9%                   |
| Got health information from a non-KP website   | 18.3%          | 10.0%        | 15.8%         | 15.4%                   | 21.1%            | 16.5%        | 14.7%         | 8.3%                    |
| Got health information from kp.org and/or other websites   | 44.2%          | 38.5%        | 46.8%         | 42.0%                   | 46.0%            | 39.8%        | 41.0%         | 36.1%                   |
| Listened to a kp.org podcast   | 1.1%           | 3.1%         | 3.9%          | 1.5%                    | 1.9%             | 3.0%         | 2.5%          | 1.2%                    |
| Used health education video programs on kp.org (prepare for surgery, manage pain, healthy lifestyle, etc.) | 11.5%          | 7.9%         | 11.0%         | 9.7%                    | 12.6%            | 9.5%         | 10.0%         | 11.1%                   |
| Used a health app to help with diet, exercise, sleep, monitoring a health condition, etc.                  | 7.3%           | 7.4%         | 11.2%         | 7.3%                    | 10.0%            | 5.6%         | 9.2%          | 6.5%                    |
| Used kp.org secure features (email, etc.)  | 64.3%          | 54.4%        | 60.1%         | 64.5%                   | 70.0%            | 51.0%        | 58.2%         | 63.2%                   |
| Used a KP app to access kp.org secure features   | 26.9%          | 25.6%        | 32.5%         | 27.9%                   | 31.3%            | 22.2%        | 29.8%         | 25.2%                   |

<sup>1</sup> AAPI = Asian American/Pacific Islander

**Table 16. Preferred methods for obtaining health information and advice, ages 65-90, by race, estimated from the 2020 Kaiser Permanente Northern California Member Health Survey**

| Health information modality preference   | All Ages 65-90 |       |        |                   | All Ages 65-74 |       |        |                   | All Ages 75-90 |       |        |                   |
|--|----------------|-------|--------|-------------------|----------------|-------|--------|-------------------|----------------|-------|--------|-------------------|
|  | White          | Black | Latino | AAPI <sup>1</sup> | White          | Black | Latino | AAPI <sup>1</sup> | White          | Black | Latino | AAPI <sup>1</sup> |
| Indicated interest in using any health information modality                    | 90.0%          | 94.1% | 91.8%  | 92.7%             | 90.5%          | 93.9% | 92.9%  | 93.0%             | 89.3%          | 94.4% | 89.8%  | 92.1%             |
| <b>Of those who indicated in ≥ 1 modality:</b>                                 |                |       |        |                   |                |       |        |                   |                |       |        |                   |
| Individual in-person or virtual (phone, video) session with a patient educator | 37.0%          | 46.0% | 44.7%  | 33.1%             | 36.3%          | 45.4% | 45.0%  | 33.0%             | 38.2%          | 47.0% | 44.2%  | 33.4%             |
| Telephone session with a wellness coach  | 20.7%          | 26.7% | 22.3%  | 18.3%             | 20.6%          | 24.2% | 21.3%  | 18.7%             | 20.9%          | 31.4% | 24.1%  | 17.4%             |
| In-person session with a patient educator                                      | 26.5%          | 32.2% | 33.2%  | 23.2%             | 26.3%          | 35.6% | 34.0%  | 23.5%             | 26.9%          | 26.1% | 31.8%  | 22.6%             |
| Video visit with a patient educator  | 16.6%          | 14.1% | 16.8%  | 15.0%             | 19.7%          | 17.2% | 20.8%  | 16.8%             | 11.5%          | 8.6%  | 9.3%   | 10.9%             |
| Video visit with a doctor  | 33.6%          | 30.7% | 30.7%  | 33.0%             | 37.1%          | 34.9% | 37.7%  | 34.5%             | 27.9%          | 23.2% | 17.4%  | 29.8%             |
| Video visit with doctor/patient educator                                       | 36.0%          | 33.1% | 34.8%  | 35.2%             | 39.7%          | 38.0% | 42.7%  | 37.0%             | 29.9%          | 24.4% | 20.1%  | 31.2%             |
| Group program/class  | 20.8%          | 22.9% | 17.3%  | 14.7%             | 21.4%          | 26.1% | 21.4%  | 17.2%             | 19.7%          | 17.2% | 9.7%   | 9.5%              |
| One-session group program  | 17.3%          | 19.3% | 14.9%  | 13.1%             | 17.9%          | 21.5% | 18.4%  | 15.9%             | 16.3%          | 15.4% | 8.4%   | 7.0%              |
| Multi-session class or group program   | 13.8%          | 13.3% | 10.1%  | 9.0%              | 14.4%          | 16.1% | 12.8%  | 9.9%              | 12.9%          | 8.3%  | 5.0%   | 7.0%              |
| Text messages  | 26.7%          | 30.6% | 33.0%  | 32.5%             | 28.5%          | 37.0% | 36.5%  | 36.6%             | 23.8%          | 19.1% | 26.5%  | 23.8%             |
| Secure messages  | 47.1%          | 39.6% | 36.2%  | 44.3%             | 51.0%          | 44.1% | 42.7%  | 46.9%             | 41.0%          | 31.5% | 24.2%  | 38.7%             |
| Any web-based modality   | 52.2%          | 46.8% | 49.9%  | 55.8%             | 55.4%          | 53.3% | 54.3%  | 59.2%             | 47.0%          | 35.2% | 41.5%  | 48.5%             |
| Information from any website (incl. kp.org MD Home Page)                       | 41.9%          | 39.2% | 40.8%  | 47.7%             | 43.2%          | 44.6% | 43.0%  | 49.5%             | 39.8%          | 29.6% | 36.5%  | 44.0%             |
| Information from a website (not incl. KP MD Home Page)                         | 25.9%          | 17.1% | 18.2%  | 28.6%             | 29.5%          | 22.5% | 20.2%  | 29.6%             | 20.2%          | 7.4%  | 14.6%  | 26.4%             |
| Information from KP MD home page   | 27.6%          | 31.0% | 33.2%  | 33.9%             | 26.9%          | 34.2% | 35.5%  | 35.7%             | 28.7%          | 25.2% | 28.9%  | 29.8%             |
| Online health videos   | 22.4%          | 20.4% | 24.2%  | 25.2%             | 26.1%          | 25.8% | 28.7%  | 29.1%             | 16.5%          | 10.8% | 15.7%  | 16.8%             |
| Live webinars or talks   | 10.1%          | 10.5% | 9.2%   | 9.9%              | 11.7%          | 14.1% | 11.2%  | 12.6%             | 7.5%           | 4.1%  | 5.5%   | 4.0%              |
| Online interactive program   | 7.5%           | 6.8%  | 6.4%   | 8.2%              | 9.0%           | 9.6%  | 8.6%   | 9.9%              | 4.9%           | 1.7%  | 2.3%   | 4.7%              |
| Health app on tablet or smartphone   | 16.5%          | 14.1% | 16.2%  | 13.8%             | 20.5%          | 18.3% | 20.3%  | 16.0%             | 10.1%          | 6.8%  | 8.6%   | 9.0%              |
| Podcast or online audio program  | 8.7%           | 8.0%  | 8.2%   | 5.7%              | 10.7%          | 11.5% | 10.8%  | 7.2%              | 5.5%           | 1.8%  | 3.3%   | 2.4%              |
| Online chat room/online community  | 2.9%           | 4.2%  | 2.6%   | 2.6%              | 3.1%           | 5.8%  | 2.8%   | 3.1%              | 2.5%           | 1.2%  | 2.3%   | 1.6%              |
| Emailed or mailed newsletter/information                                       | 52.6%          | 50.6% | 54.9%  | 55.4%             | 51.3%          | 53.2% | 54.2%  | 54.3%             | 54.6%          | 46.0% | 56.2%  | 57.7%             |
| Emailed information/newsletters  | 38.4%          | 31.2% | 34.0%  | 38.4%             | 41.7%          | 34.0% | 35.7%  | 41.2%             | 33.2%          | 26.1% | 30.8%  | 32.5%             |
| Mailed information/newsletters   | 23.9%          | 34.0% | 35.1%  | 33.0%             | 19.5%          | 33.1% | 33.0%  | 27.3%             | 31.0%          | 35.5% | 39.2%  | 45.2%             |
| Print health education materials   | 30.5%          | 34.2% | 29.3%  | 35.4%             | 28.4%          | 33.4% | 27.5%  | 31.8%             | 33.8%          | 35.4% | 32.5%  | 43.3%             |
| DVD  | 6.8%           | 9.5%  | 8.4%   | 6.6%              | 6.9%           | 10.8% | 9.9%   | 8.3%              | 6.6%           | 7.1%  | 5.6%   | 2.8%              |

<sup>1</sup> AAPI = Asian American/Pacific Islander

**Table 16. Preferred methods for obtaining health information and advice, ages 65-90, by race, estimated from the 2020 Kaiser Permanente Northern California Member Health Survey**

| Health information modality preference   | Men Ages 65-90 |       |        |                   | Women Ages 65-90 |       |        |                   |
|--|----------------|-------|--------|-------------------|------------------|-------|--------|-------------------|
|  | White          | Black | Latino | AAPI <sup>1</sup> | White            | Black | Latino | AAPI <sup>1</sup> |
| Indicated interest in using any health information modality                    | 89.8%          | 93.5% | 91.2%  | 91.6%             | 90.2%            | 94.5% | 92.3%  | 93.6%             |
| <b>Of those who indicated in ≥ 1 modality:</b>                                 |                |       |        |                   |                  |       |        |                   |
| Individual in-person or virtual (phone, video) session with a patient educator | 36.9%          | 44.6% | 45.5%  | 35.5%             | 37.1%            | 46.9% | 44.1%  | 31.2%             |
| Telephone session with a wellness coach  | 20.3%          | 23.9% | 20.7%  | 20.1%             | 21.0%            | 28.7% | 23.5%  | 16.8%             |
| In-person session with a patient educator                                      | 26.8%          | 33.1% | 37.0%  | 26.7%             | 26.3%            | 31.6% | 30.3%  | 20.3%             |
| Video visit with a patient educator  | 18.7%          | 16.1% | 18.1%  | 16.4%             | 14.8%            | 12.7% | 15.8%  | 13.8%             |
| Video visit with a doctor  | 38.4%          | 34.5% | 33.7%  | 33.3%             | 29.6%            | 28.0% | 28.3%  | 32.8%             |
| Video visit with doctor/patient educator                                       | 40.4%          | 36.1% | 38.8%  | 35.0%             | 32.3%            | 31.0% | 31.7%  | 35.3%             |
| Group program/class  | 15.6%          | 19.5% | 10.0%  | 14.2%             | 25.0%            | 25.3% | 23.0%  | 15.2%             |
| One-session group program  | 13.3%          | 16.2% | 8.4%   | 12.1%             | 20.6%            | 21.5% | 20.0%  | 13.9%             |
| Multi-session class or group program   | 10.2%          | 12.6% | 5.7%   | 7.1%              | 16.7%            | 13.7% | 13.5%  | 10.5%             |
| Text messages  | 25.4%          | 33.0% | 43.4%  | 34.4%             | 27.7%            | 28.9% | 25.0%  | 31.0%             |
| Secure messages  | 47.3%          | 41.7% | 35.1%  | 43.2%             | 47.0%            | 38.1% | 37.1%  | 45.2%             |
| Any web-based modality   | 54.5%          | 49.7% | 51.0%  | 58.9%             | 50.2%            | 44.8% | 49.0%  | 53.3%             |
| Information from any website (incl. kp.org MD Home Page)                       | 45.4%          | 39.8% | 41.7%  | 51.6%             | 39.1%            | 38.8% | 40.1%  | 44.6%             |
| Information from a website (not incl. KP MD Home Page)                         | 28.1%          | 15.2% | 19.8%  | 33.9%             | 24.1%            | 18.4% | 17.0%  | 24.3%             |
| Information from KP MD home page   | 30.2%          | 30.7% | 35.8%  | 37.1%             | 25.5%            | 31.2% | 31.2%  | 31.2%             |
| Online health videos   | 22.1%          | 19.2% | 20.7%  | 28.4%             | 22.6%            | 21.3% | 26.8%  | 22.6%             |
| Live webinars or talks   | 9.2%           | 8.3%  | 8.2%   | 10.9%             | 10.8%            | 12.1% | 10.0%  | 9.1%              |
| Online interactive program   | 7.6%           | 8.7%  | 9.3%   | 10.2%             | 7.3%             | 5.4%  | 4.2%   | 6.6%              |
| Health app on tablet or smartphone   | 16.4%          | 15.2% | 20.2%  | 15.0%             | 16.5%            | 13.4% | 13.2%  | 12.7%             |
| Podcast or online audio program  | 7.1%           | 8.3%  | 6.9%   | 7.5%              | 9.9%             | 7.8%  | 9.1%   | 4.2%              |
| Online chat room/online community  | 2.5%           | 0.0%  | 3.5%   | 2.7%              | 3.2%             | 7.1%  | 1.9%   | 2.6%              |
| Emailed or mailed newsletter/information                                       | 49.7%          | 46.6% | 47.8%  | 53.1%             | 54.9%            | 53.5% | 60.4%  | 57.3%             |
| Emailed information/newsletters  | 38.5%          | 30.4% | 33.6%  | 37.7%             | 38.3%            | 31.8% | 34.2%  | 38.9%             |
| Mailed information/newsletters   | 22.0%          | 27.7% | 29.7%  | 30.8%             | 25.4%            | 38.4% | 39.3%  | 34.8%             |
| Print health education materials   | 28.8%          | 25.8% | 23.3%  | 33.0%             | 31.8%            | 40.0% | 33.9%  | 37.3%             |
| DVD  | 7.4%           | 9.7%  | 4.2%   | 7.1%              | 6.3%             | 9.3%  | 11.6%  | 6.2%              |

<sup>1</sup> AAPI = Asian American/Pacific Islander