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Characteristics of Members Aged 20 and Over

in the Northern California Region Kaiser Permanente Membership

as estimated from the 2002 Adult Member Health Survey

Report prepared by:

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February 2004

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Background

The Kaiser Permanente Adult Member Health Survey is a mailed survey that was conducted during Spring 2002. The primary purpose of the survey was to give health planners, administrators, and researchers in the Kaiser Permanente Medical Care Program (KPMCP) detailed information about the sociodemographic and health characteristics of the adult (ages 20 and over) Health Plan membership in the Northern California Region overall and in different medical center Service Areas. Statistics based on the survey data are also shared with external organizations and researchers. Similar surveys of the membership were conducted in 1990, 1993, 1996, and 1999.

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

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

Survey Sample

In April 2002, questionnaires were mailed to a stratified random sample of 40,000 adult Northern California Region Health Plan members.[1] Only current members who had been continuously enrolled during the three months prior to the survey were eligible for sampling. A reminder postcard and two subsequent survey packet mailings were sent over the next several weeks to nonrespondents, with the final wave of questionnaires mailed in mid-July. Telephone interviews were completed with people who called in requiring help with the survey. Non-eligibles (deceaseds, non-current members, out of area) and members for whom Kaiser Permanente nor the U.S. Postal Service had forwarding addresses were dropped from the initial sample and replaced with other randomly selected members of the same age, gender, and service population. The overall survey response rate was 47.3% (n=18,604 /39,307), after we excluded from the denominator people who were deceased, no longer members, or for whom no current address was available through Kaiser Permanente records nor the post office. The age-sex specific response rates (after exclusions) were as follows:

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[1] 2,140 adults were sampled from each of 14 medical center service populations and 2,510 members from 4 medical center service populations. Details about the sample selection are available on request.

<u>Final Response Rates to the 2002 DOR Member Health Survey by Age-Gender Group,</u>
<u>Members Aged 20 and Over Sampled from the Northern California Region Membership</u>

	<u>20-44 years</u>	<u>45-64 years</u>	<u>65 years or over</u>	<u>Total</u>
Women	3467/9092 (38.1%)	3159/5965 (53.0%)	3461/4655 (74.4%)	10087/19712 (51.2%)
Men	2350/8960 (26.2%)	2731/5965 (45.8%)	3436/4670 (73.6%)	8517/19595 (43.5%)

Respondent data have been weighted so that the final sample used to create the profiles of sociodemographic and health characteristics reported herein better reflects the actual age, gender, and geographic distribution of the adult Northern California Region Health Plan membership as of April 2002, rather than that of the respondent sample. However, since the questionnaire only went out in English, non-English speaking members and members with very poor reading ability are probably under-represented in this survey. Results of a study conducted by the Division of Research in conjunction with the 1993 Member Health Survey also suggest that African-Americans and Hispanics were less likely to respond to the survey than Whites and Asian/Pacific Islanders. Finally, results of other surveys suggest that among older people, the very sick and frail, and those in skilled nursing facilities, are unlikely to have responded.

<u>Description of Tables</u>

For the 2002 survey, men aged 20-64 were sent a slightly shorter questionnaire than women aged 20-64 and seniors. In the tables, a -- signifies that men, women, or people in this age group were either not asked those questions or that the items were not considered relevant to the age group or gender.

Table 1 presents data describing the sociodemographic characteristics of adult Health Plan members.

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

Table 3 presents estimated rates of selected health and lifestyle risks, including tobacco and alcohol use, exercise, diet, obesity, stress, adequacy of sleep, belief about the extent to which health habits/ lifestyle and emotional condition impact on health, and stressful life events during the previous year.

Table 4 presents estimates of use of complementary and alternative therapies by members during the previous 12 months and ever.

Table 5 presents estimated rates of use of different Kaiser Permanente and non-Kaiser Permanente health information sources during the previous 12 months.

Table 6 presents data on members' preferred methods of receiving health information and advice.

Members aged 65 and over were asked to complete a supplemental page of questions to learn more about issues primarily relevant to the older age group. The following tables provide information collected only from seniors.

Table S1 presents data about current living situations and health-related arrangements (e.g., having an Advance Health Care Directive, having an identified emergency caregiver, etc.) of seniors.

Table S2 estimates the prevalence of selected health problems and potential health risks among seniors (this table should be used as a supplement to Tables 2 and 3 for the overall adult population).

Table S3 estimates the proportion of seniors who receive or need help with different activities of daily living because of a disability, health problem, or frailty due to age.

Table S4 estimates use of selected health care and home support services in the previous 12 months.

Table S5 presents data about medication-related issues.

For additional technical information about the survey or survey results, information not presented here, or to use this information in a publication, contact the survey director, Nancy P. Gordon, ScD, at the Division of Research, 2000 Broadway, Oakland, CA 94612. (phone: (510) 891-3587; fax: (510) 891-3606; internal KP tieline: 8-481; KP Lotus Notes: Nancy Gordon; e-mail: nancy.gordon@dor.kaiser.org).

We suggest that data from this report be referenced as follows:

For table footnotes or text references:
Data from the 2002 Kaiser Permanente Member Health Survey conducted by the Division of Research.

In a reference list:
Gordon NP. Characteristics of Adult Kaiser Permanente Health Plan Members in the Northern California Region, as Estimated from the 2002 Member Health Survey. Internal report, Division of Research, Kaiser Permanente Medical Care Program, Oakland, CA, February 2004.

Table 1.   Selected Sociodemographic Characteristics of Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2002[1]

Sociodemographic Characteristics	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Race/ethnicity												
Everyone assigned to only one race/ethnicity by algorithm used in previous MHS reports[2]												
White, non-Hispanic	54.9	52.2	53.6	70.5	75.8	73.0	78.8	80.8	79.7	64.5	64.9	64.7
African-American/Black	7.1	4.9	6.0	6.7	6.1	6.4	5.1	4.8	5.0	6.6	5.3	6.0
Latino/Hispanic	15.7	16.4	16.0	8.0	4.1	6.1	7.0	5.5	6.3	11.5	10.4	11.0
Asian, non-Hispanic[3]	19.4	22.8	21.1	13.2	10.5	11.9	7.9	6.8	7.4	15.2	16.0	15.6
Chinese	5.8	6.5	6.2	3.4	1.4	2.4	2.1	1.4	1.8	4.3	4.0	4.1
Japanese	1.6	1.4	1.5	1.4	1.5	1.4	2.2	1.4	1.9	1.7	1.5	1.6
Korean	0.9	0.6	0.7	0.3	0.3	0.3	0.3	0.1	0.2	0.6	0.4	0.5
Filipino	5.9	5.7	5.8	5.9	4.3	5.1	2.5	2.8	2.7	5.3	4.8	5.1
Southeast Asian	1.8	3.6	2.7	0.7	1.0	0.9	0.3	0.2	0.3	1.2	2.2	1.6
South Asian	2.7	4.2	3.4	1.2	1.6	1.4	0.3	0.6	0.5	1.7	2.7	2.2
Other Asian	0.7	0.7	0.7	0.2	0.4	0.3	0.1	0.1	0.1	0.5	0.5	0.5
Hawaiian or Pacific Islander, non-Hispanic	0.6	0.4	0.5	0.3	0.6	0.4	0.1	0.3	0.2	0.4	0.4	0.4
Native American/Alaskan native, non-Hispanic	1.3	1.4	1.4	0.8	1.7	1.3	0.8	1.4	1.0	1.1	1.5	1.3
Other, non-Hispanic	1.0	1.8	1.4	0.5	1.3	0.9	0.3	0.4	0.3	0.7	1.4	1.1

Table 1.   Selected Sociodemographic Characteristics of Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2002[1]

Sociodemographic Characteristics	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Race/Ethnicity - NIH												
Hispanic/Latino ethnicity												
Yes	15.9	16.5	16.2	8.0	4.2	6.2	7.1	5.5	6.4	11.6	10.5	11.1
No	84.1	83.5	83.8	92.0	95.8	93.8	92.9	94.5	93.6	88.4	89.5	88.9
Native Amer./Alaska Native[4]	1.8	1.6	1.7	1.0	1.8	1.4	0.9	1.6	1.2	1.3	1.7	1.5
Asian[4]	20.3	23.5	21.9	13.4	10.6	12.1	8.0	6.9	7.5	15.8	16.4	16.1
Hawaiian/Pacific Islander[4]	0.7	0.4	0.6	0.5	0.6	0.5	0.1	0.3	0.2	0.5	0.5	0.5
African-American/Black[4]	7.1	4.9	6.0	6.7	6.1	6.4	5.1	4.8	5.0	6.6	5.3	6.0
White[4]	57.2	54.3	55.8	71.9	76.7	74.2	79.6	81.4	80.4	66.2	66.3	66.3
Other race/ethnicity[4]	13.0	15.2	14.1	6.4	4.3	5.4	6.3	5.1	5.7	9.5	9.8	9.7
Hispanic/Latino	12.1	13.6	12.8	6.0	3.1	4.6	6.1	4.7	5.5	8.9	8.6	8.8
Other	1.0	1.6	1.3	0.4	1.1	0.7	0.2	0.4	0.3	0.6	1.2	0.9
Race/Ethnicity - Calif. Dept. of Finance												
Hispanic/Latino	15.9	16.5	16.2	8.0	4.2	6.2	7.1	5.5	6.4	11.6	10.5	11.1
Native Amer./Alaska Native, non-Hispanic	1.3	1.4	1.4	0.8	1.7	1.3	0.8	1.4	1.0	1.1	1.5	1.3
Asian, non-Hispanic	19.4	22.8	21.1	13.2	10.5	11.9	7.9	6.8	7.4	15.2	16.0	15.6
Black, non-Hispanic	6.9	4.8	5.9	6.7	6.0	6.4	5.0	4.8	4.9	6.5	5.2	5.9
White, non-Hispanic	54.9	52.2	53.6	70.5	75.8	73.0	78.8	80.8	79.7	64.5	64.9	64.7
Other, non-Hispanic	1.6	2.3	1.9	0.8	1.9	1.3	0.4	0.7	0.5	1.1	1.9	1.5

Table 1.	Selected Sociodemographic Characteristics of Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2002[1]

Sociodemographic Characteristics	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
One race/ethnicity or multiple race/ethnicity												
White, non-Hispanic only	54.9	52.2	53.6	70.5	75.8	73.0	78.8	80.8	79.7	64.5	64.9	64.7
African-American/Black only	6.2	4.2	5.2	6.2	5.7	5.9	4.6	4.7	4.7	5.9	4.8	5.4
Latino/Hispanic only	12.0	13.6	12.8	6.0	3.1	4.6	6.1	4.6	5.5	8.9	8.6	8.7
Asian only	17.6	21.4	19.5	12.5	9.2	10.9	7.4	6.7	7.1	14.0	14.9	14.4
Chinese only	5.3	5.8	5.5	3.1	1.3	2.2	1.8	1.4	1.7	3.9	3.5	3.7
Japanese only	1.0	1.0	1.0	1.2	1.1	1.2	2.2	1.4	1.9	1.3	1.1	1.2
Korean only	0.8	0.6	0.7	0.3	0.3	0.3	0.3	0.1	0.2	0.5	0.4	0.5
Filipino only	5.3	5.3	5.3	5.7	4.1	5.0	2.5	2.8	2.6	4.9	4.5	4.7
Southeast Asian only	1.7	3.3	2.4	0.7	0.5	0.6	0.3	0.2	0.2	1.1	1.8	1.4
South Asian only	2.6	4.2	3.4	1.1	1.5	1.3	0.3	0.6	0.4	1.7	2.7	2.2
Other Asian only	0.6	0.7	0.7	0.1	0.2	0.2	0.1	0.1	0.1	0.3	0.5	0.4
Mixed Asian only	0.4	0.6	0.5	0.2	0.1	0.2	<0.1	<0.1	<0.1	0.3	0.4	0.3
Hawaiian or Pacific Islander only	0.5	0.4	0.5	0.3	0.4	0.4	0.1	0.2	0.2	0.3	0.4	0.4
Nat. Amer./Alaska native only	0.3	0.6	0.5	0.2	0.5	0.3	0.3	0.2	0.2	0.3	0.5	0.4
Other only	1.0	1.6	1.3	0.4	1.1	0.7	0.2	0.4	0.3	0.6	1.2	0.9
Middle Eastern only	0.8	1.8	1.3	0.4	1.1	0.7	0.1	0.4	0.3	0.5	1.3	0.9
Two race/ethnicities	6.2	5.1	5.7	3.6	3.8	3.7	2.2	2.2	2.2	4.6	4.2	4.4
Three or more race/ethnicities	1.2	0.8	1.0	0.5	0.3	0.4	0.2	0.1	0.2	0.8	0.6	0.7

Table 1. Selected Sociodemographic Characteristics of Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2002[1]

Sociodemographic Characteristics	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
This race/ethnicity, alone or in combination with other race/ethnic categories												
White	61.0	57.0	59.1	73.6	79.5	76.4	80.8	82.8	81.7	68.9	68.8	68.9
African-American/Black	7.1	4.9	6.0	6.7	6.1	6.4	5.1	4.8	5.0	6.6	5.3	6.0
Latino/Hispanic	15.9	16.5	16.2	8.0	4.2	6.2	7.1	5.5	6.4	11.6	10.5	11.1
Asian	20.6	23.7	22.1	13.5	10.7	12.2	8.0	6.9	7.5	16.0	16.5	16.2
Chinese	6.1	6.7	6.4	3.5	1.5	2.5	2.1	1.4	1.8	4.5	4.0	4.3
Japanese	1.8	1.9	1.8	1.5	1.5	1.5	2.4	1.4	1.9	1.8	1.7	1.7
Korean	0.9	0.6	0.8	0.4	0.3	0.4	0.3	0.1	0.2	0.6	0.4	0.5
Filipino	6.8	6.4	6.6	6.2	4.5	5.4	2.6	3.0	2.7	5.8	5.2	5.5
Southeast Asian	1.9	3.9	2.8	0.8	1.1	1.0	0.3	0.2	0.3	1.2	2.4	1.8
South Asian	2.8	4.2	3.5	1.2	1.6	1.4	0.3	0.6	0.5	1.8	2.8	2.3
Other Asian	1.0	0.9	1.0	0.3	0.4	0.3	0.1	0.1	0.1	0.6	0.6	0.6
Hawaiian or Pacific Islander	1.0	0.9	0.9	0.6	0.7	0.7	0.1	0.3	0.2	0.7	0.7	0.7
Nat. Amer./Alaska native	2.2	2.1	2.2	1.5	2.1	1.8	1.2	1.7	1.4	1.8	2.1	1.9
Other	1.2	2.0	1.6	0.6	1.3	0.9	0.3	0.5	0.4	0.8	1.5	1.2
Middle Eastern	0.8	1.8	1.3	0.4	1.1	0.7	0.1	0.4	0.3	0.6	1.3	0.9
Education Level												
11 years or less	2.2	5.3	3.7	3.3	3.9	3.6	13.6	13.4	13.5	4.6	6.1	5.3
12 years (H.S. graduate)	11.8	16.0	13.9	13.7	11.6	12.7	31.1	17.7	25.2	15.8	14.7	15.3
Some college/technical school	42.4	38.4	40.5	43.1	38.4	40.9	34.2	34.5	34.3	41.2	37.8	39.6
College graduate	43.6	40.2	41.9	39.9	46.1	42.9	21.1	34.3	27.0	38.4	41.4	39.8

Table 1.   Selected Sociodemographic Characteristics of Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2002[1]

Sociodemographic Characteristics	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Household Income in 2001												
$15,000 or less	5.5	4.7	5.1	4.2	2.9	3.5	21.1	8.2	15.1	7.5	4.6	6.1
$15,001-$25,000	7.3	8.0	7.7	6.8	5.0	5.9	24.6	17.7	21.4	9.9	8.4	9.2
$25,001-$35,000	11.5	10.7	11.1	8.8	7.2	8.0	18.7	18.2	18.4	11.7	10.6	11.1
$35,001-$50,000	18.5	18.4	18.4	18.4	13.1	15.8	16.0	20.7	18.2	18.0	16.9	17.5
$50,001-$65,000	14.5	13.4	14.0	13.2	12.2	12.7	7.3	12.3	9.6	12.9	12.8	12.9
$65,001-$80,000	13.1	15.4	14.2	13.2	16.2	14.6	5.6	8.8	7.1	11.9	14.7	13.3
$80,001-$100,000	12.1	11.9	12.0	14.4	16.1	15.2	3.3	7.4	5.2	11.5	12.7	12.1
Over $100,000	17.6	17.5	17.6	21.1	27.4	24.1	3.5	6.6	4.9	16.6	19.3	17.9
Marital Status												
Married/living as part of a couple	76.2	69.7	73.0	73.2	82.1	77.4	47.6	79.2	61.6	70.1	75.5	72.7
Current Employment Status												
Working for pay	77.4	89.1	83.1	72.4	78.5	75.4	9.6	12.7	11.0	63.8	73.7	68.5
Unemployed, laid off, or on strike	3.5	3.5	3.5	2.4	3.8	3.1	<0.1	<0.1	<0.1	2.5	3.1	2.8
Full-time homemaker/parent/ caregiver	12.8	0.4	6.7	7.9	0.5	4.4	<0.1	<0.1	<0.1	8.9	0.4	4.8
Full-time or almost full-time student	4.3	4.3	4.3	0.6	0.2	0.4	<0.1	<0.1	<0.1	2.3	2.2	2.2
Retired[5] or unable to work due to health/disability	1.6	2.5	2.1	16.2	16.8	16.5	89.3	86.9	88.2	22.1	20.5	21.3
Other	0.5	0.1	0.3	0.3	0.2	0.3	1.1	0.4	0.8	0.5	0.2	0.4

Table 1.   Selected Sociodemographic Characteristics of Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2002[1]

Sociodemographic Characteristics	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Computer Access												
PC at any location	94.0	90.0	92.1	86.1	86.8	86.5	44.0	55.5	49.1	82.7	83.7	83.2
PC at home	83.7	80.1	81.9	78.6	80.7	79.6	39.7	52.1	45.2	74.2	76.0	75.1
PC at other location	28.8	29.5	29.1	27.9	29.4	28.6	5.0	5.4	5.2	24.3	25.8	25.0
Has access to Internet[6]	92.4	89.1	90.8	83.8	84.2	84.0	39.9	51.9	45.2	80.5	81.8	81.1
At home	79.4	76.8	78.1	74.5	76.3	75.4	35.0	47.9	40.7	70.0	72.2	71.0
At other location	30.1	30.4	30.3	27.5	28.4	27.9	4.8	5.5	5.1	24.8	25.9	25.3
Can receive e-mail[6]	87.6	83.2	85.5	80.1	80.6	80.3	38.0	49.9	43.3	76.5	77.3	76.9
At home	76.3	72.9	74.7	71.4	73.1	72.2	34.4	46.7	39.9	67.3	69.0	68.1
At other location	26.4	26.5	26.4	24.3	25.0	24.7	3.4	4.1	3.7	21.7	22.5	22.1

[1] From the 2002 Division of Research Member Health Survey, a random sample survey of Health Plan members aged 20 and over conducted in Spring 2002. Estimates are based on data from 18604 respondents, weighted to the age-, gender-, and geographic distribution of the Health Plan membership in April 2002.

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

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

[4] Includes persons who consider themselves Hispanic/Latino.

[5] People aged $\geq$ 65 who reported working less than 10 hours per week are also included in this category.

[6] Makes no assumptions that person has computer access.

Table 2.   Prevalence of Selected Chronic Health Problems Among Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2002[1]

History of Health Problems During the Past 12 Months	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Overall Rating of Health Now												
Excellent	20.0	23.3	21.6	14.3	15.7	15.0	7.3	7.4	7.3	15.8	18.3	17.0
Very Good	40.4	40.9	40.6	38.8	37.8	38.3	27.8	30.2	28.9	37.6	38.3	37.9
Good	31.7	30.8	31.3	34.5	34.7	34.6	41.6	42.4	41.9	34.4	33.9	34.1
Fair	7.3	4.6	6.0	10.9	10.4	10.7	20.1	17.3	18.9	10.8	8.5	9.7
Poor	0.6	0.5	0.5	1.6	1.4	1.5	3.1	2.7	3.0	1.4	1.1	1.3
Rating of Physical Health (including pain)												
Excellent	17.4	23.8	20.5	14.4	16.6	15.5	9.5	10.1	9.8	15.0	19.3	17.0
Very Good	39.9	41.2	40.5	37.6	37.0	37.3	28.3	30.7	29.3	37.1	38.2	37.6
Good	31.6	29.3	30.5	32.6	34.4	33.5	40.0	40.3	40.1	33.4	32.7	33.1
Fair	10.0	5.1	7.6	13.1	10.4	11.8	18.9	16.0	17.6	12.6	8.5	10.7
Poor	1.2	0.6	0.9	2.3	1.6	1.9	3.3	2.9	3.2	1.9	1.3	1.6
Rating of Emotional/Mental Health												
Excellent	20.1	27.4	23.7	20.4	24.5	22.3	17.2	21.0	18.9	19.7	25.5	22.5
Very Good	34.3	37.6	35.9	35.8	39.7	37.7	32.7	36.8	34.5	34.6	38.2	36.3
Good	30.3	25.6	28.0	29.4	25.6	27.6	33.7	30.3	32.2	30.6	26.3	28.5
Fair	13.3	8.4	10.9	12.2	9.2	10.8	14.4	10.6	12.8	13.1	9.0	11.2
Poor	2.0	1.1	1.5	2.1	1.1	1.6	1.9	1.2	1.6	2.0	1.1	1.6

Table 2.   Prevalence of Selected Chronic Health Problems Among Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2002[1]

History of Health Problems During the Past 12 Months	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
<u>Health Conditions During Past 12 Months</u>												
Diabetes[3]	2.2	2.3	2.2	6.7	10.3	8.4	12.5	17.0	14.5	5.6	7.3	6.4
Heart problems, incl. angina, MI[3]	0.8	0.9	0.8	3.7	8.0	5.8	17.5	26.9	21.7	4.7	7.3	6.0
Stroke	0.1	0.1	0.1	0.7	0.9	0.8	3.8	4.4	4.0	1.0	1.1	1.0
Cancer	0.3	0.3	0.3	2.3	1.7	2.0	4.7	6.9	5.7	1.8	1.8	1.8
High blood pressure (MD dx)[3]	3.7	3.9	3.7	23.9	26.2	25.0	53.3	49.8	51.7	19.4	18.7	19.1
High cholesterol (MD dx)[3]	2.1	3.9	3.0	11.8	21.1	16.2	29.2	37.0	32.6	10.2	14.9	12.5
Asthma[3]	12.6	9.0	10.8	14.1	8.5	11.4	13.2	8.0	10.9	13.2	8.7	11.0
Emphysema/COPD	0.2	0.1	0.2	1.1	0.6	0.8	3.8	3.2	3.5	1.1	0.8	1.0
Chronic bronchitis	0.8	0.6	0.7	2.4	0.7	1.6	3.6	2.6	3.2	1.8	0.9	1.4
Environmental allergy	14.3	11.5	12.9	16.3	9.8	13.2	10.4	7.6	9.2	14.3	10.3	12.4
Enlarged prostate (men only)	--	0.4	--	--	3.6	--	--	15.2	--	--	3.7	--
Urinary incontinence	2.9	0.3	1.6	9.4	1.0	5.4	18.6	8.0	13.9	7.9	1.7	4.9
Premenstrual syndrome (women ages 20-49 only)	13.6	--	--	9.9	--	--	--	--	--	12.9	--	--
Parkinson's disease	0.1	<0.1	0.1	0.1	0.1	0.1	0.7	1.2	0.9	0.2	0.2	0.2
Osteoporosis	0.1	0.2	0.2	3.6	0.2	2.0	10.5	0.9	6.3	3.2	0.3	1.8
Arthritis/rheumatoid arthritis	2.0	1.0	1.5	13.1	7.3	10.3	28.9	17.6	23.9	10.6	5.7	8.3
Pain (back, head, other)	28.9	16.9	23.1	32.8	21.1	27.2	26.3	17.6	22.4	29.8	18.5	24.4
Severe back pain/sciatica	8.3	6.4	7.3	12.0	9.4	10.8	14.9	9.4	12.5	10.7	7.9	9.4
Severe neck/shoulder pain	7.8	4.8	6.3	10.5	6.6	8.6	9.3	7.7	8.6	9.0	5.8	7.5
Migraine headaches	14.2	3.6	9.0	9.6	3.7	6.8	2.9	0.9	2.0	10.6	3.2	7.1
Other severe headaches	6.8	2.6	4.8	6.2	2.1	4.2	2.7	1.3	2.1	5.9	2.2	4.1
Other frequent lasting pain	4.8	3.9	4.4	12.1	6.9	9.6	7.6	5.0	6.4	7.9	5.1	6.6

Table 2.   Prevalence of Selected Chronic Health Problems Among Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2002[1]

History of Health Problems During the Past 12 Months	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Vision problem (not correctable by glasses)	1.3	1.5	1.4	4.4	2.6	3.5	10.5	8.2	9.4	4.0	2.9	3.5
Hearing problem/deafness[4]	0.8	1.1	1.0	2.4	3.7	3.0	49.0	61.3	54.5	9.7	11.1	10.4
Frequent sleep problems	5.6	3.8	4.7	10.2	6.0	8.2	12.5	7.8	10.4	8.4	5.2	6.9
Depression[5]	13.0	5.9	9.6	17.4	8.3	13.1	12.4	6.5	9.8	14.5	6.8	10.8
Anxiety/panic[6]	6.9	2.9	5.0	8.2	3.8	6.1	5.9	2.5	4.4	7.2	3.2	5.3
Problem with alcohol or drugs	0.6	0.9	0.8	0.6	1.0	0.8	0.1	0.6	0.3	0.5	0.9	0.7
History of health conditions (within or longer than past 12 mos):												
Heart problems or M.I.[3]	1.6	1.5	1.6	5.4	11.3	8.2	21.6	33.4	26.8	6.4	9.8	8.0
Stroke	0.2	0.2	0.2	1.3	1.4	1.3	7.0	7.6	7.3	1.8	1.7	1.8
Cancer	1.5	0.9	1.2	8.4	5.7	7.1	18.0	17.9	17.9	6.8	5.1	6.0
High blood pressure[3]	6.1	6.1	6.1	26.8	29.7	28.2	55.8	53.4	54.7	22.0	21.6	21.8
Diabetes[3]	2.2	2.3	2.2	6.7	10.3	8.4	12.5	17.0	14.5	5.6	7.3	6.4
Chronic pain	8.1	6.5	7.3	19.3	11.8	15.7	17.0	9.8	13.8	13.6	8.9	11.3
Adult depression[5]	19.0	9.4	14.3	23.8	11.5	17.9	14.9	7.8	11.7	20.0	9.9	15.2
Alcohol or drug problem	2.5	4.5	3.5	2.6	4.7	3.6	1.0	2.8	1.8	2.3	4.3	3.3
Women Only												
Had a hysterectomy	2.8	--	--	25.5	--	--	42.5	--	--	17.7	--	--
Past menopause	1.3	--	--	59.7	--	--	--	--	--	--	--	--
How much health interferes with work or regular daily activities												
Physical health (incl. pain)												
Not at all	54.6	--	--	47.0	--	--	34.5	39.6	36.8	48.5	--	--
A little	31.2	--	--	31.4	--	--	31.6	31.6	31.6	31.3	--	--
Moderately	9.6	--	--	13.0	--	--	19.5	18.4	19.0	12.5	--	--
Quite a bit	4.7	--	--	8.7	--	--	14.4	10.4	12.6	7.7	--	--

Table 2. Prevalence of Selected Chronic Health Problems Among Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2002[1]

History of Health Problems During the Past 12 Months	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Emotional/mental health												
Not at all	57.2	--	--	62.0	--	--	62.2	67.8	64.7	59.7	--	--
A little	30.2	--	--	26.6	--	--	22.9	20.0	21.6	27.8	--	--
Moderately	8.3	--	--	7.7	--	--	11.5	9.2	--	8.6	--	--
Quite a bit	4.2	--	--	3.6	--	--	3.4	2.9	3.2	3.9	--	--

[1] From the 2002 Division of Research Member Health Survey, a random sample survey of Health Plan members aged 20 and over conducted in Spring 2002. Estimates are based on data from 18604 respondents, weighted to the age-, gender-, and geographic distribution of the Health Plan membership in April 2002.

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

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

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

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

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

Table 3. Prevalence of Selected Behavioral and Psychosocial Risks Among Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2002[1]

Behavioral/Psychosocial Risks During the Past 12 Months	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
History of Tobacco Use												
Current cigarette smoker	10.9	15.9	13.4	11.4	13.8	12.6	7.6	8.3	7.9	10.5	14.0	12.2
Former cigarette smoker	11.3	10.4	10.9	26.3	31.5	28.8	32.3	47.6	39.1	20.2	23.5	21.7
Never smoked regularly	77.7	73.6	75.7	62.3	54.7	58.6	60.2	44.0	53.0	69.3	62.5	66.0
Weight												
BMI < 18.5 (underweight)	3.4	1.0	2.2	1.1	0.7	0.9	3.3	1.0	2.3	2.6	0.9	1.8
BMI 18.5 to 25 (normal weight)	54.2	39.1	46.7	42.5	26.6	34.8	43.3	33.1	38.7	48.1	33.8	41.2
BMI 25 to 30, < 2 risk factors (overweight)[2]	21.9	39.7	30.8	19.9	23.4	21.6	9.1	12.8	10.7	19.0	29.9	24.3
BMI 25 to 30, $\geq$ 2 risk factors (overweight, high risk)[2]	0.6	1.2	0.9	7.8	22.0	14.6	22.7	34.1	27.8	7.0	13.5	10.1
BMI 30 to < 35 (obese)	11.1	12.7	11.9	16.1	19.8	17.9	14.7	15.5	15.0	13.5	15.7	14.5
BMI $\geq$ 35 (very obese)	8.7	6.1	7.5	12.6	7.5	10.2	7.1	3.6	5.5	9.8	6.2	8.1
Exercise Frequency												
5 or more times/week	15.1	23.2	19.0	22.1	30.5	26.1	27.7	34.9	30.9	19.7	27.5	23.4
3-4 times/week	31.9	29.8	30.9	30.4	30.4	30.4	29.3	34.3	31.6	30.9	30.7	30.8
1-2 times/week	31.6	28.7	30.2	28.2	23.5	25.9	23.4	18.4	21.2	29.0	25.3	27.2
Less than 1 time/week	19.2	15.7	17.5	17.2	13.3	15.3	12.4	8.7	10.8	17.3	13.8	15.7
Never	2.2	2.5	2.3	2.3	2.2	2.2	7.3	3.6	5.6	3.1	2.6	2.8
Diet												
Doesn't try to eat lowfat/nonfat foods most of time	60.2	69.6	64.8	48.0	55.8	51.7	42.2	45.1	43.5	52.8	61.0	56.7
Eats less than 5 servings of fruit/vegetables per day	88.5	94.0	91.2	84.2	90.6	87.2	80.8	88.6	84.3	85.7	92.0	88.7

Table 3. Prevalence of Selected Behavioral and Psychosocial Risks Among Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2002[1]

Behavioral/Psychosocial Risks During the Past 12 Months	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Alcohol Consumption												
Never drinks	25.0	19.3	22.2	25.7	20.1	23.0	39.1	28.3	34.2	27.6	20.9	24.4
Drinks less than once/week	49.7	40.7	45.3	41.0	32.9	37.1	32.0	25.5	29.1	43.7	35.7	39.9
Drinks 1-2 days/week	13.5	19.4	16.3	11.6	15.1	13.2	8.2	10.6	9.3	11.9	16.5	14.1
Drinks 3-4 days/week	6.5	10.9	8.6	8.2	11.5	9.8	5.6	8.6	6.9	7.0	10.7	8.8
Drinks > 5 days/week	5.3	9.7	7.4	13.5	20.4	16.8	15.1	27.1	20.5	9.8	16.1	12.8
At-Risk drinker based on:												
Drinks per day[3]	12.8	9.7	11.3	6.7	3.8	5.3	3.0	2.2	2.6	9.1	6.5	7.8
Drinks per week[4]	0.8	4.2	2.5	0.7	4.2	2.4	0.4	4.2	2.1	0.7	4.2	2.4
Drinks per day or week[5]	12.8	10.7	11.8	6.7	6.2	6.5	3.0	4.5	3.7	9.1	8.2	8.7
Total hours of sleep per 24 hour day												
< 6 hours	6.6	5.8	6.2	7.8	6.4	7.1	7.8	4.4	6.3	7.2	5.8	6.5
6-8 hours	80.3	84.1	82.2	81.9	86.2	84.0	71.2	72.0	71.5	79.3	83.0	81.1
> 8 hours	13.2	10.1	11.7	10.3	7.4	8.9	21.0	23.6	22.2	13.5	11.2	12.4
Psychosocial Risks in Past 12 months												
Job loss, layoff, other work-related change[6]	15.5	--	--	11.1	--	--	1.5	1.1	1.3	11.5	--	--
Fear of job loss or change in job hours[6]	16.3	--	--	10.1	--	--	0.6	0.5	0.6	11.4	--	--
Other problems related to work or school[6]	31.9	--	--	21.1	--	--	1.5	1.9	1.7	22.8	--	--
Harassment or discrimination[6]	5.6	--	--	4.3	--	--	1.5	1.2	1.4	4.4	--	--
Trouble with personal or family relationships[6]	38.4	--	--	30.9	--	--	17.0	11.0	14.4	32.1	--	--

Table 3.   Prevalence of Selected Behavioral and Psychosocial Risks Among Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2002[1]

Behavioral/Psychosocial Risks During the Past 12 Months	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
New or worsening health problem[6]	14.5	--	--	19.0	--	--	20.6	17.2	19.1	17.1	--	--
New or worsening health problems of family member[6]	16.1	--	--	23.0	--	--	18.6	11.5	15.4	18.9	--	--
Major illness/death of close family/friend[6]	16.7	--	--	21.7	--	--	19.0	10.0	15.0	18.8	--	--
Worry about personal/family safety due to threats of terrorism[6]	11.2	--	--	8.6	--	--	6.0	2.5	4.5	9.4	--	--
Worry about personal/family safety for other reasons (neighborhood violence, robberies, gangs, etc.)[6]	7.1	--	--	5.7	--	--	3.4	2.5	3.0	6.0	--	--
Fear for personal/family safety because of anger/threats from a current or former spouse, partner or boy/girlfriend[6]	4.3	--	--	1.9	--	--	0.8	0.6	0.7	2.8	--	--
Worry about finances/financial security[6]	40.6	--	--	31.4	--	--	15.2	11.9	13.7	33.0	--	--
Felt very stressed, tense, or anxious most/all the time	29.6	21.0	25.4	20.3	14.6	17.6	9.8	4.1	7.3	22.9	16.2	19.7
Felt dissatisfied with life in general	16.6	--	--	17.6	--	--	16.9	12.8	15.1	17.0	--	--
Felt dissatisfied with own health	15.2	--	--	20.2	--	--	21.6	17.2	19.7	18.1	--	--

Table 3.   Prevalence of Selected Behavioral and Psychosocial Risks Among Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2002[1]

Behavioral/Psychosocial Risks During the Past 12 Months	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Belief about extent to which lifestyle/habits can affect health												
Not at all	4.1	5.6	4.8	3.8	3.4	3.6	12.2	13.1	12.6	5.4	6.0	5.7
A little	10.4	12.0	11.2	9.2	8.5	8.8	18.3	18.6	18.5	11.3	11.8	11.5
Moderately	16.8	20.5	18.6	15.7	17.9	16.8	21.8	22.5	22.1	17.3	19.9	18.5
Quite a bit/extremely	68.7	61.9	65.4	71.3	70.3	70.8	47.6	45.8	46.8	66.0	62.4	64.3
Belief about extent to which stress/emotional troubles (e.g. depression or anxiety) can affect health												
Not at all	5.1	8.5	6.7	5.3	6.9	6.1	14.7	21.8	17.9	6.8	10.0	8.3
A little	16.3	21.4	18.8	15.2	16.5	15.8	26.2	25.8	26.1	17.6	20.4	18.9
Moderately	16.9	18.9	17.9	15.4	17.0	16.2	18.8	17.7	18.3	16.7	18.1	17.4
Quite a bit/extremely	61.8	51.2	56.6	64.0	59.5	61.8	40.3	34.7	37.8	58.9	51.6	55.4

[1] From the 2002 Division of Research Member Health Survey, a random sample survey of Health Plan members aged 20 and over conducted in Spring 2002. Estimates are based on data from 18604 respondents, weighted to the age-, gender-, and geographic distribution of the Health Plan membership in April 2002.

[2] Risk factors = heart disease, high blood pressure, diabetes, high cholesterol, current smoker, age ($\geq$ 45 for male, $\geq$ 55 for female)

[3] Drank $\geq$ 3 drinks per drinking day (women) or $\geq$ 5 drinks per drinking day (men).

[4] Estimated $\geq$ 21 drinks per week.

[5] Drank $\geq$ 3 drinks per drinking day (women) or $\geq$ 5 drinks per drinking day (men), or an estimated $\geq$ 21 drinks per week.

[6] Situations/problems that caused individual a great deal of stress or turmoil in their life.

Table 4. Use of Selected Complementary or Alternative Medicine, Modalities in Past 12 Months to Treat or Prevent Own Health Problems, Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2002[1]

Selected Complementary or Alternative Medicine	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Chiropractic	13.2	8.8	11.0	13.1	11.7	12.4	6.7	6.7	6.7	12.0	9.5	10.8
Acupuncture	4.0	1.9	3.0	5.1	2.6	3.9	3.1	1.9	2.6	4.2	2.2	3.2
Acupressure	1.6	1.0	1.3	2.7	1.1	1.9	0.7	0.6	0.7	1.8	1.0	1.4
Massage Therapy	21.1	10.9	16.1	18.7	11.1	15.1	5.4	4.2	4.8	17.5	9.9	13.9
Deep breathing, mindfulness, or other relaxation/meditation technique	17.8	9.2	13.6	19.4	10.8	15.3	9.7	6.0	8.0	17.0	9.3	13.3
Guided imagery/visualization techniques	3.4	1.2	2.3	4.3	2.0	3.2	1.5	0.6	1.1	3.4	1.4	2.4
Hypnosis or self-hypnosis	0.9	0.3	0.6	1.9	0.9	1.4	0.5	0.5	0.5	1.2	0.6	0.9
Biofeedback	0.5	0.2	0.4	0.4	0.3	0.3	0.3	0.3	0.3	0.4	0.2	0.3
Yoga	13.0	3.7	8.4	8.8	4.0	6.5	2.5	1.2	1.9	9.7	3.4	6.7
Tai Chi, Chi Gong, other movement therapy	2.1	1.6	1.8	3.1	1.8	2.4	3.1	1.4	2.3	2.6	1.6	2.1
Body work (e.g., Feldenkreis)	1.5	0.8	1.2	2.1	1.0	1.6	1.0	0.8	0.9	1.6	0.9	1.3
Herbal medicine/herbal supplement	17.9	11.3	14.7	20.3	15.8	18.2	10.2	9.6	9.9	17.4	12.6	15.1
Megavitamin/high dose vitamin therapy	2.5	1.9	2.2	4.3	3.2	3.8	2.9	2.6	2.7	3.2	2.5	2.9
Homeopathic medicine	4.1	1.9	3.1	4.1	2.2	3.2	1.4	0.6	1.0	3.6	1.8	2.8
Very low fat diet	2.1	0.9	1.5	3.2	2.5	2.9	3.1	3.2	3.2	2.7	1.8	2.3
Prayer or spiritual practice	21.4	13.0	17.3	26.5	12.0	19.6	24.2	12.9	19.2	23.7	12.6	18.4
Religious/spiritual healing by others	3.9	2.2	3.1	3.9	1.9	2.9	3.0	2.1	2.6	3.7	2.1	3.0
Energy healing	2.1	1.2	1.7	3.5	1.8	2.7	2.4	1.6	2.0	2.6	1.5	2.1
Psychological counseling	8.9	3.1	6.1	8.3	4.3	6.4	3.2	1.5	2.4	7.7	3.3	5.6
12-Step/Self-help Program	1.8	1.5	1.7	2.5	2.2	2.4	0.8	0.9	0.9	1.9	1.7	1.8

[1] From the 2002 Division of Research Member Health Survey, a random sample survey of Health Plan members aged 20 and over conducted in Spring 2002. Estimates are based on data from 18604 respondents, weighted to the age-, gender-, and geographic distribution of the Health Plan members.

Table 5. Use of Selected Health Information Sources During the Past 12 Months, Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2002[1]

Use of selected health information sources	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Attended a KP health educ. program	9.1	7.4	8.3	13.3	11.7	12.6	10.3	11.6	10.9	10.8	9.7	10.3
Received one-on-one counseling from KP staff for behavior change or chronic health problem management	4.3	4.1	4.2	7.6	10.2	8.7	8.3	9.3	8.8	6.1	7.1	6.6
Used KP health ed. materials	15.7	11.3	13.8	22.5	18.7	20.9	21.7	21.8	21.7	19.1	15.8	17.7
Read articles in *KP Partners in Health* newsletter	38.0	23.5	31.7	60.7	46.9	54.7	70.3	61.2	66.2	51.6	38.4	45.8
Used *KP Healthwise Handbook*	41.0	30.7	36.5	43.3	31.4	38.1	43.9	35.3	40.1	42.3	31.7	37.7
Used KP Health Phone	2.4	1.4	2.0	3.2	2.3	2.8	3.6	2.0	2.9	2.9	1.8	2.4
Obtained health or advice info from Internet website (KP or non-KP)	16.3	16.2	16.3	19.9	20.7	20.3	8.1	8.3	8.2	16.1	16.4	16.2
Used KP Online to get health info or participate in an online chatroom/group	3.3	3.8	3.5	2.6	4.4	3.4	1.5	1.8	1.6	2.7	3.7	3.2
Used KP Online to make an appt. or communicate with KP medical staff	6.4	5.4	6.0	7.1	5.1	6.2	3.0	4.0	3.4	6.0	5.1	5.6

[1] From the 2002 Division of Research Member Health Survey, a random sample survey of Health Plan members aged 20 and over conducted in Spring 2002. Estimates are based on data from 18604 respondents, weighted to the age-, gender-, and geographic distribution of the Health Plan membership in April 2002.

Table 6.   Preferred methods for learning about health (such as how to take care of problems and how to improve your health), Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2002[1]

Preferred Methods for Learning about Health[2,3]	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Small gp. appointments with a clinician for chronic disease mgt	7.5	8.1	7.8	15.0	14.7	14.9	12.4	12.1	12.3	11.0	11.1	11.0
Individual counseling from a health educator	30.2	29.5	29.9	30.0	32.2	30.9	16.3	16.2	16.2	27.7	28.0	27.8
Brief telephone counseling sessions	21.5	17.6	19.8	24.2	22.1	23.3	13.2	11.3	12.4	21.0	18.0	19.7
Patient education classes												
One half to one day workshop	6.8	5.0	6.0	9.5	6.5	8.2	5.6	4.6	5.2	7.5	5.5	6.6
One session program	7.0	5.8	6.5	10.0	8.3	9.3	4.9	4.3	4.6	7.7	6.4	7.1
Multi-session program	8.2	6.9	7.6	10.7	7.0	9.1	5.1	2.8	4.0	8.5	6.2	7.5
Watch health videos at home	14.7	15.8	15.2	17.7	15.5	16.7	9.3	11.5	10.3	14.8	14.9	14.9
Listen to taped health phone messages	4.5	3.0	3.9	6.8	4.2	5.7	4.9	3.3	4.2	5.4	3.4	4.5
Access information by computer[3]	22.3	32.9	26.9	23.4	33.7	27.9	6.7	11.7	8.9	20.0	29.4	24.1
from home/work/other	21.4	32.3	26.1	22.0	32.5	26.5	5.8	11.1	8.2	18.9	28.5	23.1
at Kaiser	2.6	3.6	3.0	3.7	3.3	3.5	1.4	2.0	1.7	2.8	3.2	2.9
Access information from the Internet	35.8	41.3	38.2	29.8	37.8	33.3	7.3	12.1	9.4	28.7	34.9	31.4
Mailed health newsletters	34.4	35.0	34.7	41.2	38.7	40.1	44.0	38.4	41.5	38.5	36.9	37.8
Brochure/short articles	40.9	38.6	39.9	44.7	40.9	43.1	37.1	31.4	34.6	41.6	38.1	40.1
Self-care tip sheets	36.1	32.0	34.3	37.8	35.3	36.7	27.9	25.2	26.7	35.3	31.9	33.8

[1] From the 2002 Division of Research Member Health Survey, a random sample survey of Health Plan members aged 20 and over conducted in Spring 2002. Estimates are based on data from 18604 respondents, weighted to the age-, gender-, and geographic distribution of the Health Plan membership in April 2002.

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

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

Table S1.   Current Living and Health Care Arrangements of Members Aged 65 and Over in the Northern California Region Membership, Spring 2002[1]

Living/Care Arrangements	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Type of Dwelling												
House, condo, apt., or mobile home	93.3	96.9	95.0	89.3	95.0	91.8	78.4	90.5	83.1	88.9	95.3	91.8
Someone else's home	4.3	2.0	3.2	4.8	1.9	3.5	8.9	2.0	6.2	5.5	2.0	3.9
Senior citizen housing	1.8	0.8	1.3	5.4	1.7	3.8	8.2	5.5	7.1	4.1	1.9	3.1
Nursing home	0.3	0.1	0.2	0.3	0.8	0.5	4.2	1.6	3.2	1.2	0.5	0.9
Usual mode of transportation												
Drive self	79.9	93.0	86.0	70.7	86.4	77.5	48.1	75.5	58.8	70.4	88.3	78.4
Spouse/housemate drives	16.9	4.2	11.0	18.6	9.0	14.4	10.8	10.4	10.6	15.8	6.4	11.6
Family/friend drives	9.8	2.3	6.3	16.1	4.2	10.9	40.0	12.7	29.3	18.2	4.7	12.2
Takes bus/BART	7.7	5.3	6.6	7.8	5.6	6.8	8.7	7.5	8.2	7.9	5.8	7.0
Takes a taxi or paratransit	1.4	0.8	1.1	2.0	0.7	1.4	2.6	2.0	2.4	1.8	1.0	1.5
Has someone could count on to help/arrange for help if suddenly became too sick to care for self												
Yes, spouse	52.8	79.1	65.1	38.2	73.4	53.6	18.6	54.1	32.5	41.8	73.3	55.8
Yes, relative	0.4	0.1	0.3	--	0.1	0.0	0.4	0.3	0.4	0.3	0.1	0.2
Yes, friend	9.7	7.4	8.6	11.3	6.8	9.3	11.5	12.0	11.7	10.4	8.1	9.4
Yes, other	1.1	0.1	0.7	1.0	0.8	0.9	2.4	1.9	2.2	1.4	0.6	1.0
More than one source	15.9	13.1	14.6	12.3	13.6	12.9	11.6	10.0	11.0	14.1	12.6	13.5
No one	5.3	4.0	4.7	6.4	4.2	5.5	6.4	2.6	4.9	5.8	3.8	4.9
Has Advance Health Care Directive	44.0	41.4	42.7	54.6	52.6	53.7	63.4	60.9	62.4	50.8	47.3	49.2
Has AHCD on file at KP	19.7	15.2	17.6	28.8	27.2	28.1	40.1	30.6	36.5	26.2	20.3	23.6
Has discussed end-of-life care preferences with a Kaiser doctor or nurse	16.6	13.6	15.2	22.3	21.9	22.1	31.7	27.1	29.9	21.3	17.8	19.7

Footnotes for Table S1:

[1] From the 2002 Division of Research Member Health Survey, a random sample survey of members aged 20 and over conducted in Spring 2002. Estimates are based on data from 6897 respondents, weighted to the age-, gender-, and geographic distribution of the membership in fourth quarter 2001.

Table S2. Prevalence of Selected Health Problems and Potential Health Risks Among Members Aged 65 and Over in the Northern California Region Membership, Spring 2002[1] *(See also Table 2 and 3 for full list of health conditions, functional limitations, and health risks among the adult membership)*

Health Problems/ Health Risks[2]	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Overall rating of health:												
Excellent	8.7	9.0	8.9	5.9	4.8	5.4	5.1	4.8	5.0	7.3	7.4	7.3
Very Good	31.3	34.1	32.6	24.0	24.3	24.2	22.9	23.8	23.2	27.8	30.2	28.9
Good	41.8	41.5	41.6	43.5	44.8	44.0	39.6	42.9	40.8	41.6	42.4	42.0
Fair	16.0	13.7	14.9	22.9	22.9	22.9	27.4	22.9	25.7	20.1	17.3	18.9
Poor	2.2	1.7	2.0	3.6	3.1	3.4	5.0	5.6	5.2	3.1	2.7	3.0
Falls in past 12 mos.												
1 or more	24.4	19.7	22.2	31.0	22.8	27.4	40.8	35.2	38.6	29.7	23.2	26.8
2 or more	9.8	9.1	9.5	15.5	12.1	14.0	20.2	19.0	19.7	13.4	11.6	12.6
3 or more	4.8	4.2	4.5	7.9	6.5	7.2	10.4	10.2	10.3	6.8	5.8	6.3
Problems with teeth, gums or mouth that make eating or talking difficult	6.5	6.6	6.5	8.8	6.9	8.0	12.8	8.7	11.2	8.4	7.1	7.8
Vision problem (not correctable by glasses	7.2	5.7	6.5	12.3	11.0	11.7	16.4	13.0	15.1	10.5	8.2	9.4
Can read newsprint with at least one eye	97.6	98.1	97.8	96.1	97.1	96.5	91.5	94.4	92.7	95.8	97.2	96.4
Hearing problem or deafness[3]	42.8	56.9	49.4	50.8	66.6	57.7	61.8	69.6	64.9	49.0	61.3	54.5
Uses a hearing aid												
Yes (all)	3.8	9.0	6.2	10.8	19.8	14.8	22.8	25.3	23.8	9.7	14.3	11.8
Yes (restricted to those with hearing problem but not deafness)	8.9	16.0	12.7	21.4	29.9	25.7	37.2	36.4	36.9	20.1	23.5	21.8
Felt depressed much or all of past 12 months	4.7	1.9	3.4	4.2	2.8	3.6	6.1	4.9	5.6	4.9	2.7	3.9

Table S2. Prevalence of Selected Health Problems and Potential Health Risks Among Members Aged 65 and Over in the Northern California Region Membership, Spring 2002[1] *(See also Table 2 and 3 for full list of health conditions, functional limitations, and health risks among the adult membership)*

Health Problems/ Health Risks[2]	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Mobility Limitations												
Must stay in house most of time	2.4	1.6	2.0	3.9	3.6	3.8	6.8	4.0	5.7	3.7	2.4	3.1
Needs help from another person in getting around	1.2	0.6	0.9	2.2	0.6	1.5	5.2	3.1	4.4	2.3	1.0	1.8
Needs help of cane, walker, wheelchair, etc., to get around	5.9	4.0	5.0	10.9	7.0	9.2	24.6	14.4	20.6	11.3	6.6	9.2
Doesn't need help from another person/special aid, but has trouble getting around freely	8.9	8.9	8.9	14.3	13.8	14.1	19.8	15.3	18.0	12.6	11.1	11.9
Not limited in any of these ways	81.7	85.0	83.2	68.7	75.0	71.5	43.6	63.2	51.3	70.1	78.9	74.0

[1] From the 2002 Division of Research Member Health Survey, a random sample survey of Health Plan members aged 20 and over conducted in Spring 2002. Estimates are based on data from 6897 respondents, weighted to the age-, gender-, and geographic distribution of the Health Plan membership in fourth quarter 2001.

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

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

Table S3.   Proportion of Members Aged 65 and Over in the Northern California Region Membership Who Receive/Need Help with Activities of Daily Living Because of A Disability, Health Problem, or Frailty Due to Age, Spring 2002[1]

Activity for Which Help is Needed/Received	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Travel beyond walking distance	8.2	3.4	5.9	15.3	8.2	12.2	35.5	19.1	29.1	16.1	7.3	12.2
Shopping for groceries, etc.	6.7	2.8	4.9	13.2	4.9	9.6	30.3	14.6	24.2	13.7	5.5	10.0
Routine household chores	6.9	2.8	5.0	12.6	4.6	9.1	24.2	11.4	19.2	12.2	4.8	8.9
Laundry	3.0	2.1	2.6	5.7	3.2	4.6	15.9	8.9	13.2	6.6	3.6	5.3
Preparing meals	2.3	2.3	2.3	6.3	3.3	5.0	15.0	9.8	13.0	6.1	3.9	5.2
Eating food/drinking liquids	0.3	0.1	0.2	0.8	0.8	0.8	2.1	1.6	1.9	0.8	0.5	0.7
Managing money	1.3	0.9	1.1	3.9	2.2	3.2	11.4	6.3	9.4	4.2	2.2	3.3
Taking medicines	1.1	1.0	1.1	3.0	3.7	3.3	9.2	7.2	8.4	3.4	2.8	3.1
Using the telephone	0.6	0.6	0.6	1.7	1.4	1.6	7.7	5.9	7.0	2.5	1.8	2.2
Bathing in a tub/shower	2.3	1.1	1.7	4.1	2.7	3.5	10.0	7.1	8.9	4.5	2.5	3.6
Dressing	1.0	1.0	1.0	2.0	2.2	2.1	6.8	5.0	6.1	2.6	2.0	2.3
Using the toilet	0.7	0.4	0.6	1.1	1.3	1.2	4.2	2.6	3.6	1.6	1.0	1.4
Cutting toe nails	10.3	8.8	9.6	19.3	16.6	18.1	39.1	24.3	33.3	19.0	13.3	16.5
Getting in and out of bed/chairs	1.4	1.0	1.2	2.8	2.2	2.5	6.1	5.0	5.7	2.8	2.0	2.4
How well can take care of self at present time												
Completely able	68.3	71.4	69.8	52.3	57.0	54.3	30.5	42.9	35.4	56.0	63.1	59.2
Very well	19.6	17.6	18.7	24.7	22.5	23.7	32.0	26.1	29.7	23.6	20.2	22.1
Fairly well	9.4	9.5	9.4	18.6	16.0	17.5	26.8	22.0	24.9	15.4	13.2	14.4
Not very well	2.2	1.1	1.7	3.6	3.3	3.5	5.3	6.6	5.8	3.2	2.6	2.9
Not at all able	0.5	0.4	0.4	0.8	1.3	1.0	5.4	2.4	4.2	1.7	0.9	1.4

[1]   From the 2002 Division of Research Member Health Survey, a random sample survey of Health Plan members aged 20 and over conducted in Spring 2002. Estimates are based on data from 6897 respondents, weighted to the age-, gender-, and geographic distribution of the Health Plan membership in fourth quarter 2001.

Table S4. Reported Use of Selected Health Care and Home Support Services During the Past 12 Months by Members Age 65 and Over in the Northern California Region Membership, Spring 2002[1]

Health/Home Support Services	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Nursing/convalescent home	0.7	0.8	0.8	1.5	1.9	1.7	4.8	3.0	4.1	1.8	1.4	1.7
Adult day care/Adult day health care program	0.2	0.2	0.2	0.6	0.4	0.5	1.2	0.3	0.8	0.5	0.2	0.4
Visiting nurse	0.9	2.6	1.7	2.7	3.1	2.8	8.1	4.5	6.7	3.0	3.0	3.0
Home health aide, paid companion, or attendant	0.7	0.5	0.6	2.1	1.3	1.8	3.9	1.3	2.9	1.7	0.8	1.3
Social worker/case manager	0.9	0.6	0.8	1.4	1.3	1.4	3.3	2.4	3.0	1.6	1.1	1.4
Mental health/counseling services	3.7	1.8	2.8	2.4	2.0	2.2	1.7	1.8	1.7	3.0	1.8	2.5
Therapist (PT, speech, etc.)	6.9	6.9	6.9	8.6	5.3	7.1	6.6	5.0	6.0	7.2	6.2	6.8
Housekeeper or errand service	0.9	0.3	0.6	2.2	1.1	1.7	4.3	1.2	3.1	1.9	0.7	1.4
Home-delivered meals	0.5	0.2	0.3	1.0	0.9	0.9	2.0	0.6	1.5	0.9	0.4	0.7
Transportation service	0.7	0.2	0.5	1.5	1.5	1.5	4.3	1.5	3.2	1.7	0.7	1.3

[1] From the 2002 Division of Research Member Health Survey, a random sample survey of Health Plan members aged 20 and over conducted in Spring 2002. Estimates are based on data from 6897 respondents, weighted to the age-, gender-, and geographic distribution of the Health Plan membership in fourth quarter 2001.

Table S5.   Medication-Related Issues Among Members Aged 65 and Over in the Northern California Region Membership, Spring 2002[1]

Medication-Related Issues	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Total number of Rx medicines regularly taken[2]												
0	12.2	17.6	14.7	8.3	11.8	9.8	8.1	13.3	10.1	10.4	15.6	12.7
1	14.2	17.7	15.8	12.2	14.0	13.0	12.2	13.3	12.6	13.3	16.1	14.6
2	18.4	20.5	19.4	16.4	19.9	18.0	16.1	17.5	16.7	17.5	19.8	18.5
3	15.7	14.0	14.9	16.9	14.8	16.0	15.7	16.9	16.2	15.9	14.7	15.4
4	14.7	11.8	13.3	14.8	11.7	13.4	16.4	13.8	15.4	15.1	12.1	13.8
≥ 5	24.7	18.6	21.8	31.3	27.8	29.8	31.5	25.1	29.0	27.7	21.7	25.0
Selected medications/ supplements used in past 12 months												
Baby aspirin to prevent heart attack/stroke	27.3	33.5	30.2	32.2	33.8	32.9	34.1	32.9	33.6	29.9	33.5	31.5
Antacids	29.0	24.5	26.9	32.9	28.0	30.8	24.2	26.1	24.9	28.7	25.5	27.3
Rx or OTC sleep medicine	16.5	9.6	13.3	15.3	10.0	13.0	17.6	11.9	15.4	16.5	10.2	13.7
Rx or OTC pain medicine	37.6	30.4	34.2	39.9	30.0	35.6	37.9	27.9	34.0	38.2	29.8	34.5
OTC pain medicine	23.9	17.7	21.0	23.3	15.0	19.7	21.1	14.2	18.4	23.1	16.5	20.1
Anti-inflammatory medicine for joint/muscle/arthritis pain	37.2	27.4	32.7	36.3	24.8	31.3	33.0	22.7	28.9	36.0	26.0	31.6
Glucosamine	25.1	18.5	22.0	24.2	18.8	21.8	20.6	13.0	17.6	23.9	17.5	21.0
Calcium (including Tums/Rolaids)	56.3	21.7	40.2	54.6	23.8	41.2	50.1	27.2	41.2	54.5	23.1	40.6
Ginkgo biloba	8.7	6.0	7.5	9.6	6.2	8.1	6.7	5.5	6.2	8.4	5.9	7.3

Table S5.　　Medication-Related Issues Among Members Aged 65 and Over in the Northern California Region Membership, Spring 2002[1]

Medication-Related Issues	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Last complete Rx and OTC medication review with current personal MD or pharmacist												
Within the past 12 months	69.9	71.3	70.6	75.2	76.7	75.8	76.2	76.9	76.4	72.5	73.5	73.0
More than 12 months ago	14.5	12.8	13.7	13.5	11.2	12.5	13.5	11.3	12.7	14.1	12.2	13.2
Never had this done by current PCP or pharmacist.	15.6	15.9	15.7	11.4	12.1	11.7	10.3	11.9	10.9	13.4	14.3	13.8

[1]　From the 2002 Division of Research Member Health Survey, a random sample survey of Health Plan members aged 20 and over conducted in Spring 2002. Estimates are based on data from 6897 respondents aged 65 and over, weighted to the age-, gender-, and geographic distribution of the Health Plan membership in fourth quarter 2001.

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

Table 1S.   Selected Sociodemographic Characteristics of Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2002[1]

Sociodemographic Characteristics	Ages 65-74			Ages 75-79			Ages 80+			Ages 65 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Race/ethnicity												
Everyone assigned to only one race/ethnicity by algorithm used in previous MHS reports[2]												
White, non-Hispanic	74.3	79.4	76.7	81.3	80.8	81.1	87.1	85.3	86.4	78.8	80.8	79.7
African-American/Black	5.4	5.4	5.4	6.0	3.9	5.1	3.5	4.0	3.7	5.1	4.8	5.0
Latino/Hispanic	8.6	5.7	7.2	5.2	6.5	5.8	4.7	3.9	4.4	7.0	5.5	6.3
Asian, non-Hispanic[3]	10.2	7.2	8.8	6.2	6.9	6.5	4.1	5.4	4.6	7.9	6.8	7.4
Hawaiian or Pacific Islander, non-Hispanic	0.2	0.3	0.2	0.1	0.1	0.1	<0.1	0.3	0.1	0.1	0.3	0.2
Native American/Alaskan native, non-Hispanic	1.1	1.4	1.3	0.8	1.6	1.1	0.1	0.9	0.4	0.8	1.4	1.0
Other, non-Hispanic	0.1	0.6	0.3	0.4	0.3	0.4	0.4	0.2	0.3	0.3	0.4	0.3
Race/Ethnicity - NIH												
Hispanic/Latino ethnicity												
Yes	8.8	5.7	7.4	5.3	6.5	5.8	4.7	3.9	4.4	7.1	5.5	6.4
No	91.2	94.3	92.6	94.7	93.5	94.2	95.3	96.1	95.6	92.9	94.5	93.6
Native Amer./Alaska Native[4]	1.1	1.7	1.4	0.9	1.7	1.3	0.1	1.0	0.5	0.9	1.6	1.2
Asian[4]	10.2	7.3	8.8	6.2	6.9	6.5	4.5	5.7	5.0	8.0	6.9	7.5
Hawaiian/Pacific Islander[4]	0.2	0.3	0.2	0.1	0.1	0.1	<0.1	0.3	0.1	0.1	0.3	0.2
African-American/Black[4]	5.4	5.4	5.4	6.0	3.9	5.1	3.5	4.0	3.7	5.1	4.8	5.0
White[4]	75.4	80.1	77.6	82.0	81.5	81.8	87.4	85.5	86.6	79.6	81.4	80.4
Other race/ethnicity[4]	7.6	5.3	6.5	4.8	5.9	5.3	4.4	3.5	4.0	6.3	5.1	5.7
Hispanic/Latino	7.5	4.8	6.2	4.6	5.6	5.0	4.3	3.3	3.9	6.1	4.7	5.5
Other	0.1	0.5	0.3	0.2	0.3	0.3	0.1	0.2	0.1	0.2	0.4	0.3

Table 1S. Selected Sociodemographic Characteristics of Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2002[1]

Sociodemographic Characteristics	Ages 65-74			Ages 75-79			Ages 80+			Ages 65 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Race/Ethnicity - Calif. Dept. of Finance												
Hispanic/Latino	8.8	5.7	7.4	5.3	6.5	5.8	4.7	3.9	4.4	7.1	5.5	6.4
Native Amer./Alaska Native, non-Hispanic	1.1	1.4	1.3	0.8	1.6	1.1	0.1	0.9	0.4	0.8	1.4	1.0
Asian, non-Hispanic	10.2	7.2	8.8	6.2	6.9	6.5	4.1	5.4	4.6	7.9	6.8	7.4
Black, non-Hispanic	5.3	5.4	5.3	5.8	3.9	5.0	3.5	4.0	3.7	5.0	4.8	4.9
White, non-Hispanic	74.3	79.4	76.7	81.3	80.8	81.1	87.1	85.3	86.4	78.8	80.8	79.7
Other, non-Hispanic	0.4	0.8	0.6	0.5	0.4	0.5	0.4	0.5	0.4	0.4	0.7	0.5
One race/ethnicity or multiple race/ethnicity												
White, non-Hispanic only	74.3	79.4	76.7	81.3	80.8	81.1	87.1	85.3	86.4	78.8	80.8	79.7
African-American/Black only	5.0	5.3	5.1	5.3	3.8	4.6	3.2	3.9	3.4	4.6	4.7	4.7
Latino/Hispanic only	7.5	4.7	6.2	4.6	5.6	5.0	4.3	3.3	3.9	6.1	4.6	5.5
Asian only	9.6	7.2	8.5	5.8	6.7	6.2	3.8	5.1	4.3	7.4	6.7	7.1
Hawaiian or Pacific Islander only	0.2	0.3	0.2	0.1	0.0	0.1	<0.1	0.3	0.1	0.1	0.2	0.2
Nat. Amer./Alaska native only	0.4	0.1	0.3	0.1	0.5	0.3	0.1	0.3	0.2	0.3	0.2	0.2
Other only	0.1	0.5	0.3	0.2	0.3	0.3	0.1	0.2	0.1	0.2	0.4	0.3
Middle Eastern only	0.1	0.6	0.3	0.3	0.3	0.3	0.1	0.2	0.1	0.1	0.4	0.3
Two race/ethnicities	2.7	2.5	2.6	2.2	2.2	2.2	1.1	1.4	1.2	2.2	2.2	2.2
Three or more race/ethnicities	0.1	0.1	0.1	0.3	0.1	0.2	0.3	0.3	0.3	0.2	0.1	0.2

Table 1S.   Selected Sociodemographic Characteristics of Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2002[1]

Sociodemographic Characteristics	Ages 65-74			Ages 75-79			Ages 80+			Ages 65 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
This race/ethnicity, alone or in combination with other race/ethnic categories												
White	76.6	81.5	78.9	83.4	83.0	83.2	88.1	86.9	87.6	80.8	82.8	81.7
African-American/Black	5.4	5.4	5.4	6.0	3.9	5.1	3.5	4.0	3.7	5.1	4.8	5.0
Latino/Hispanic	8.8	5.7	7.4	5.3	6.5	5.8	4.7	3.9	4.4	7.1	5.5	6.4
Asian	10.2	7.3	8.8	6.3	6.9	6.6	4.5	5.7	5.0	8.0	6.9	7.5
Hawaiian or Pacific Islander	0.2	0.3	0.2	0.2	0.1	0.1	<0.1	0.3	0.1	0.1	0.3	0.2
Nat. Amer./Alaska native	1.5	1.8	1.7	1.2	1.7	1.5	0.4	1.0	0.7	1.2	1.7	1.4
Other	0.1	0.6	0.4	0.4	0.3	0.4	0.4	0.2	0.3	0.3	0.5	0.4
Middle Eastern	0.1	0.6	0.3	0.3	0.3	0.3	0.1	0.2	0.1	0.1	0.4	0.3
Education Level												
11 years or less	12.4	10.6	11.5	14.1	16.2	15.0	15.9	19.7	17.4	13.6	13.4	13.5
12 years (H.S. graduate)	28.6	15.7	22.6	32.7	19.1	26.8	35.6	22.8	30.6	31.1	17.7	25.2
Some college/technical school	35.5	35.4	35.5	35.5	33.6	34.6	29.7	32.5	30.8	34.2	34.5	34.3
College graduate	23.5	38.3	30.4	17.7	31.2	23.6	18.7	25.1	21.2	21.1	34.3	27.0

Table 1S.   Selected Sociodemographic Characteristics of Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2002[1]

Sociodemographic Characteristics	Ages 65-74			Ages 75-79			Ages 80+			Ages 65 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Household Income in 1998												
$15,000 or less	16.2	6.4	11.5	23.2	10.0	17.2	30.8	12.5	23.2	21.1	8.2	15.1
$15,001-$25,000	20.4	15.1	17.8	27.3	19.9	24.0	32.3	23.6	28.7	24.6	17.7	21.4
$25,001-$35,000	18.6	15.9	17.3	22.1	20.1	21.2	15.7	23.3	18.9	18.7	18.2	18.4
$35,001-$50,000	19.3	21.4	20.3	12.9	21.2	16.6	10.8	18.0	13.8	15.9	20.7	18.2
$50,001-$65,000	8.8	13.2	10.9	5.7	11.5	8.3	5.2	10.5	7.4	7.3	12.3	9.7
$65,001-$80,000	7.6	11.1	9.3	4.7	6.9	5.7	1.4	3.6	2.3	5.6	8.8	7.1
$80,001-$100,000	4.3	8.6	6.4	2.5	6.1	4.1	1.5	5.0	3.0	3.3	7.4	5.2
Over $100,000	4.8	8.3	6.5	1.6	4.3	2.8	2.2	3.4	2.7	3.5	6.6	4.9
Marital Status												
Married/living as part of a couple	58.4	82.7	69.7	43.7	80.6	59.8	25.5	66.5	41.5	47.6	79.2	61.6
Current Employment Status												
Working for pay	15.2	18.2	16.6	3.9	5.3	4.5	1.7	3.1	2.2	9.6	12.7	11.0
Unemployed, laid off, or on strike	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
Full-time homemaker/parent/ caregiver	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
Full-time or almost full-time student	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
Retired[5] or unable to work due to health/disability	83.8	81.5	82.7	95.5	94.0	94.8	96.8	96.5	96.6	89.3	86.9	88.2
Other	1.0	0.3	0.7	0.6	0.8	0.7	1.6	0.4	1.1	1.1	0.4	0.8

Table 1S.   Selected Sociodemographic Characteristics of Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2002[1]

Sociodemographic Characteristics	Ages 65-74			Ages 75-79			Ages 80+			Ages 65 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Computer Access												
PC at any location	56.0	65.9	60.6	35.8	47.4	40.9	22.5	30.7	25.7	44.0	55.5	49.1
PC at home	50.9	62.6	56.4	32.9	43.5	37.6	19.5	27.7	22.7	39.7	52.1	45.2
PC at other location	7.0	6.6	6.8	2.3	5.0	3.5	2.5	2.3	2.4	5.0	5.4	5.2
Has access to Internet[6]	51.4	62.0	56.4	30.7	42.9	36.1	20.2	28.4	23.4	39.8	51.9	45.2
At home	45.7	57.9	51.4	27.4	38.9	32.4	16.7	25.6	20.2	35.0	47.9	40.7
At other location	6.6	7.0	6.8	2.4	4.3	3.3	2.6	1.9	2.3	4.8	5.5	5.1
Can receive e-mail[6]	48.7	58.9	53.5	30.3	41.8	35.3	19.3	29.6	23.4	38.0	49.9	43.3
At home	44.3	55.7	49.6	27.9	38.5	32.5	16.9	27.0	20.8	34.3	46.7	39.8
At other location	4.9	5.1	5.0	1.8	3.3	2.5	1.4	1.7	1.5	3.4	4.1	3.7

[1] From the 2002 Division of Research Member Health Survey, a random sample survey of Health Plan members aged 20 and over conducted in Spring 2002. Estimates are based on data from 6897 respondents, weighted to the age-, gender-, and geographic distribution of the Health Plan membership in April 2002.

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

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

[4] Includes persons who consider themselves Hispanic/Latino.

[5] People aged $\geq$ 65 who reported working less than 10 hours per week are also included in this category.

[6] Makes no assumptions that person has computer access.

Table 2S.   Prevalence of Selected Chronic Health Problems Among Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2002[1]

History of Health Problems During the Past 12 Months	Ages 65-74			Ages 75-79			Ages 80+			Ages 65 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Overall Rating of Health Now												
Excellent	8.7	9.0	8.9	5.9	4.8	5.4	5.1	4.8	5.0	7.3	7.4	7.3
Very Good	31.3	34.1	32.6	24.0	24.3	24.2	22.9	23.8	23.2	27.8	30.2	28.9
Good	41.8	41.5	41.6	43.5	44.8	44.0	39.6	42.9	40.8	41.6	42.4	42.0
Fair	16.0	13.7	14.9	22.9	22.9	22.9	27.4	22.9	25.7	20.1	17.3	18.9
Poor	2.2	1.7	2.0	3.6	3.1	3.4	5.0	5.6	5.2	3.1	2.7	3.0
Rating of Physical Health (including pain)												
Excellent	11.1	11.7	11.4	7.6	7.4	7.5	7.5	7.7	7.6	9.5	10.1	9.8
Very Good	30.6	34.3	32.3	25.5	25.5	25.5	25.2	24.3	24.9	28.3	30.7	29.3
Good	39.7	38.5	39.1	41.9	43.5	42.5	39.2	42.7	40.5	40.0	40.3	40.1
Fair	16.2	13.3	14.9	21.7	20.4	21.1	22.6	20.0	21.6	18.9	16.0	17.6
Poor	2.4	2.1	2.3	3.4	3.3	3.4	5.4	5.3	5.4	3.3	2.9	3.2
Rating of Emotional/Mental Health												
Excellent	18.9	24.9	21.7	15.3	17.8	16.4	14.7	11.7	13.5	17.2	21.0	18.9
Very Good	34.6	38.6	36.4	32.8	33.3	33.0	28.3	34.7	30.7	32.7	36.8	34.5
Good	31.8	27.5	29.8	33.9	36.1	34.8	38.2	33.6	36.5	33.7	30.3	32.3
Fair	12.9	8.4	10.8	16.5	11.5	14.4	16.5	17.3	16.8	14.5	10.6	12.8
Poor	1.8	0.7	1.3	1.6	1.2	1.4	2.3	2.6	2.4	1.9	1.2	1.6

Table 2S. Prevalence of Selected Chronic Health Problems Among Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2002[1]

History of Health Problems During the Past 12 Months	Ages 65-74			Ages 75-79			Ages 80+			Ages 65 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Health Conditions During Past 12 Months												
Diabetes[3]	14.1	19.2	16.5	13.0	15.7	14.2	8.1	11.1	9.3	12.5	17.0	14.5
Heart problems, incl. angina, MI[3]	11.6	21.3	16.1	21.1	32.6	26.1	28.3	38.4	32.2	17.5	26.9	21.7
Stroke	2.6	2.6	2.6	4.1	5.6	4.7	6.2	8.7	7.2	3.8	4.4	4.0
Cancer	4.3	5.0	4.7	5.7	9.3	7.2	4.6	10.4	6.9	4.7	6.9	5.7
High blood pressure (MD dx)[3]	48.7	49.4	49.0	58.6	53.9	56.6	59.2	46.8	54.4	53.3	49.8	51.7
High cholesterol (MD dx)[3]	29.0	40.3	34.2	31.6	35.5	33.3	27.4	27.9	27.6	29.1	37.0	32.6
Asthma[3]	14.0	8.2	11.3	12.5	9.0	10.9	12.0	6.2	9.7	13.2	8.0	10.9
Emphysema/COPD	3.7	2.7	3.2	3.7	4.2	3.9	4.2	3.8	4.1	3.8	3.2	3.5
Chronic bronchitis	3.3	2.3	2.8	3.8	2.4	3.2	4.2	3.6	4.0	3.6	2.6	3.2
Environmental allergy	12.1	8.4	10.4	9.3	6.7	8.2	7.6	6.1	7.0	10.4	7.6	9.2
Enlarged prostate (men only)	--	12.5	--	--	19.0	--	--	19.5	--	--	15.2	--
Urinary incontinence	16.1	5.3	11.1	21.7	11.0	17.0	21.4	13.5	18.3	18.5	8.0	13.9
Parkinson's disease	0.5	1.0	0.8	1.0	1.2	1.1	0.7	1.9	1.2	0.7	1.2	0.9
Osteoporosis	8.6	0.5	4.8	11.6	1.2	7.1	14.1	1.8	9.3	10.5	0.9	6.3
Arthritis/rheumatoid arthritis	25.0	15.3	20.5	32.5	21.0	27.5	34.7	21.1	29.4	28.9	17.6	23.9
Pain (back, head, other)	24.9	17.1	21.3	27.4	18.0	23.3	28.7	18.6	24.8	26.3	17.6	22.4
Severe back pain/sciatica	12.6	8.4	10.6	16.9	11.0	14.3	18.6	11.0	15.6	14.9	9.4	12.5
Severe neck/shoulder pain	8.7	7.9	8.3	9.2	6.3	8.0	11.0	8.7	10.1	9.4	7.7	8.6
Migraine headaches	3.5	0.8	2.3	2.3	1.1	1.8	1.9	0.7	1.4	2.9	0.9	2.0
Other severe headaches	3.3	1.5	2.5	2.8	0.7	1.9	1.1	1.3	1.2	2.7	1.3	2.1
Other frequent lasting pain	7.8	4.7	6.3	7.0	6.2	6.6	7.7	4.7	6.5	7.6	5.0	6.4

Table 2S.   Prevalence of Selected Chronic Health Problems Among Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2002[1]

History of Health Problems During the Past 12 Months	Ages 65-74			Ages 75-79			Ages 80+			Ages 65 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Vision problem (not correctable by glasses)	7.2	5.7	6.5	12.3	11.0	11.7	16.4	13.0	15.1	10.5	8.2	9.4
Hearing problem/deafness[4]	42.8	56.9	49.4	50.8	66.6	57.7	61.8	69.6	64.9	49.0	61.3	54.5
Frequent sleep problems	11.6	6.2	9.1	12.3	9.0	10.9	14.6	12.0	13.6	12.5	7.8	10.4
Depression[5]	13.3	5.3	9.6	12.8	7.3	10.4	9.9	9.4	9.7	12.4	6.5	9.8
Anxiety/panic[6]	6.4	2.1	4.4	5.8	2.7	4.4	4.9	3.6	4.4	5.9	2.5	4.4
Problem with alcohol or drugs	0.2	0.8	0.4	<0.1	0.6	0.2	<0.1	0.4	0.1	0.1	0.6	0.3
History of health conditions (within or longer than past 12 mos):												
Heart problems or M.I.[3]	14.8	27.2	20.5	25.2	39.7	31.5	34.7	46.3	39.2	21.6	33.4	26.8
Stroke	4.5	4.9	4.7	8.0	9.9	8.8	12.1	13.7	12.7	7.0	7.6	7.3
Cancer	15.6	15.3	15.5	19.2	21.3	20.1	22.5	22.6	22.6	18.0	17.9	17.9
High blood pressure[3]	51.3	53.3	52.2	61.2	57.4	59.5	61.4	49.6	56.8	55.8	53.4	54.7
Diabetes[3]	14.1	19.2	16.5	13.0	15.7	14.2	8.1	11.1	9.3	12.5	17.0	14.5
Chronic pain	16.5	9.7	13.3	17.0	10.9	14.4	18.1	9.1	14.6	17.0	9.8	13.8
Adult depression[5]	16.2	6.8	11.9	14.9	8.5	12.1	11.7	10.1	11.1	14.9	7.8	11.7
Alcohol or drug problem	1.3	3.1	2.2	0.7	2.2	1.3	0.5	2.7	1.3	1.0	2.8	1.8
Women Only												
Had a hysterectomy	42.4	--	--	45.6	--	--	39.9	--	--	42.5	--	--
How much health interferes with work or regular daily activities												
Physical health (incl. pain)												
Not at all	41.3	45.0	43.0	30.9	32.8	31.7	21.3	29.2	24.4	34.5	39.6	36.8
A little	32.0	30.4	31.2	29.6	33.0	31.0	32.4	34.2	33.1	31.6	31.6	31.6
Moderately	16.0	16.5	16.2	25.0	21.7	23.5	23.0	20.9	22.2	19.5	18.4	19.0
Quite a bit	10.7	8.1	9.5	14.6	12.5	13.7	23.2	15.8	20.3	14.4	10.4	12.6

Table 2S. Prevalence of Selected Chronic Health Problems Among Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2002[1]

History of Health Problems During the Past 12 Months	Ages 65-74			Ages 75-79			Ages 80+			Ages 65 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Emotional/mental health												
Not at all	66.5	72.2	69.2	58.7	63.8	60.9	54.9	57.4	55.8	62.2	67.8	64.7
A little	22.2	17.5	20.0	22.5	22.5	22.5	25.2	25.9	25.5	22.9	20.0	21.6
Moderately	9.4	8.1	8.7	15.1	10.4	13.1	13.4	11.8	12.8	11.5	9.2	10.5
Quite a bit	2.0	2.2	2.1	3.6	3.4	3.5	6.5	5.0	5.9	3.4	2.9	3.2

[1] From the 2002 Division of Research Member Health Survey, a random sample survey of Health Plan members aged 20 and over conducted in Spring 2002. Estimates are based on data from 6897 respondents, weighted to the age-, gender-, and geographic distribution of the Health Plan membership in April 2002.

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

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

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

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

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

Table 3S.   Prevalence of Selected Behavioral and Psychosocial Risks Among Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2002[1]

Behavioral/Psychosocial Risks During the Past 12 Months	Ages 65-74			Ages 75-79			Ages 80+			Ages 65 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
History of Tobacco Use												
Current cigarette smoker	9.3	10.2	9.8	5.9	6.6	6.2	4.8	4.1	4.5	7.6	8.3	7.9
Former cigarette smoker	32.7	46.6	39.2	32.9	51.8	41.2	30.6	46.2	36.8	32.2	47.6	39.1
Never smoked regularly	58.0	43.1	51.1	61.1	41.6	52.6	64.6	49.6	58.7	60.2	44.0	53.0
Weight												
BMI < 18.5 (underweight)	2.4	0.7	1.6	3.6	1.7	2.8	5.3	1.1	3.7	3.3	1.0	2.3
BMI 18.5 to 25 (normal weight)	40.3	28.1	34.6	43.1	35.6	39.8	50.6	46.9	49.2	43.3	33.1	38.7
BMI 25 to 30, < 2 risk factors (overweight)[2]	10.2	13.5	11.8	7.1	12.1	9.3	8.0	11.1	9.2	9.1	12.8	10.7
BMI 25 to 30, > 2 risk factors (overweight, high risk)[2]	21.5	35.1	27.8	26.5	34.1	29.8	22.1	31.0	25.5	22.7	34.1	27.8
BMI 30 to < 35 (obese)	16.4	17.9	17.1	14.0	14.4	14.2	10.9	8.5	10.0	14.6	15.5	15.0
BMI > 35 (very obese)	9.2	4.7	7.1	5.8	2.0	4.2	3.2	1.4	2.5	7.1	3.6	5.5
Exercise Frequency												
5 or more times/week	28.7	34.0	31.2	26.1	37.6	31.2	26.5	34.9	29.8	27.7	34.9	30.9
3-4 times/week	32.3	35.6	33.8	30.7	31.3	30.9	20.9	33.6	25.9	29.3	34.3	31.6
1-2 times/week	22.0	19.0	20.6	25.2	18.6	22.3	25.0	15.9	21.5	23.4	18.4	21.1
Less than 1 time/week	12.4	8.5	10.6	11.7	8.1	10.1	12.8	10.3	11.8	12.4	8.8	10.8
Never	4.5	2.9	3.8	6.2	4.4	5.4	14.8	5.2	11.0	7.3	3.6	5.7
Diet												
Doesn't try to eat lowfat/nonfat foods most of time	42.6	45.2	43.8	42.1	44.7	43.2	41.5	45.0	42.9	42.2	45.1	43.5
Eats less than 5 servings of fruit/vegetables per day	80.6	89.6	84.8	79.5	87.5	83.0	82.4	86.3	83.9	80.8	88.6	84.3

Table 3S.   Prevalence of Selected Behavioral and Psychosocial Risks Among Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2002[1]

Behavioral/Psychosocial Risks During the Past 12 Months	Ages 65-74			Ages 75-79			Ages 80+			Ages 65 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Alcohol Consumption												
Never drinks	36.1	26.4	31.5	41.0	28.9	35.6	45.0	33.6	40.3	39.1	28.3	34.2
Drinks less than once/week	32.4	25.2	29.0	30.7	25.2	28.3	32.4	27.0	30.2	32.0	25.5	29.1
Drinks 1-2 days/week	8.6	10.4	9.5	7.2	11.0	8.9	8.1	10.8	9.2	8.2	10.6	9.3
Drinks 3-4 days/week	6.3	9.7	7.9	5.1	8.5	6.6	4.2	5.2	4.6	5.6	8.6	7.0
Drinks > 5 days/week	16.6	28.3	22.1	16.0	26.5	20.7	10.4	23.4	15.7	15.1	27.0	20.5
At-Risk drinker based on:												
Drinks per day[3]	3.9	2.9	3.4	2.2	1.1	1.7	1.6	1.1	1.4	3.0	2.2	2.6
Drinks per week[4]	0.4	5.2	2.7	0.3	2.9	1.4	0.3	2.1	1.0	0.4	4.2	2.1
Drinks per day or week[5]	3.9	5.4	4.6	2.2	3.1	2.6	1.6	2.9	2.2	3.0	4.5	3.7
Total hours of sleep per 24 hour day												
< 6 hours	6.8	4.3	5.6	8.5	4.0	6.6	9.5	5.3	7.8	7.8	4.4	6.3
6-8 hours	75.5	75.8	75.6	70.3	70.8	70.5	61.9	60.9	61.5	71.2	72.0	71.5
> 8 hours	17.8	19.9	18.8	21.2	25.1	22.9	28.7	33.8	30.7	21.1	23.6	22.2
Psychosocial Risks in Past 12 months												
Trouble with personal or family relationships[6]	19.6	12.0	16.0	14.3	10.1	12.5	13.6	8.8	11.7	17.1	11.0	14.4
New or worsening health problem[6]	17.4	16.3	16.9	22.1	18.7	20.6	26.8	18.7	23.6	20.6	17.2	19.1
New or worsening health problems of family member[6]	19.4	10.1	15.1	18.2	13.7	16.2	16.8	13.7	15.6	18.5	11.5	15.4
Major illness/death of close family/friend[6]	20.8	9.3	15.4	18.4	11.1	15.2	15.3	10.9	13.5	19.0	10.0	15.0

Table 3S.   Prevalence of Selected Behavioral and Psychosocial Risks Among Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2002[1]

Behavioral/Psychosocial Risks During the Past 12 Months	Ages 65-74			Ages 75-79			Ages 80+			Ages 65 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Worry about personal/family safety due to threats of terrorism[6]	7.1	2.4	4.9	5.3	2.5	4.1	4.2	2.9	3.7	6.0	2.5	4.5
Worry about personal/family safety for other reasons (neighborhood violence, robberies, gangs, etc.)[6]	3.4	2.7	3.1	3.8	2.4	3.2	3.1	2.3	2.8	3.4	2.5	3.0
Fear for personal/family safety because of anger/threats from a current or former spouse, partner or boy/girlfriend[6]	1.0	0.6	0.8	0.7	0.6	0.6	0.2	0.5	0.3	0.8	0.6	0.7
Worry about finances/financial security[6]	18.4	14.2	16.4	13.7	8.6	11.5	9.2	8.0	8.7	15.2	11.9	13.7
Felt very stressed, tense, or anxious most/all the time	11.2	2.8	7.3	9.0	4.7	7.1	7.3	7.4	7.4	9.8	4.1	7.3
Felt dissatisfied with life in general	15.8	10.9	13.5	16.9	16.0	16.5	19.4	15.8	18.0	16.9	12.8	15.1
Felt dissatisfied with own health	19.8	14.7	17.5	23.5	20.5	22.2	24.4	21.8	23.4	21.6	17.2	19.7
Belief about extent to which lifestyle/habits can affect health												
Not at all	10.8	10.1	10.5	13.8	15.6	14.6	14.3	20.2	16.7	12.3	13.1	12.6
A little	15.4	16.1	15.7	21.0	22.2	21.5	23.2	22.9	23.0	18.3	18.6	18.5
Moderately	20.1	21.7	20.8	21.6	22.4	22.0	26.1	25.3	25.8	21.8	22.5	22.1
Quite a bit/extremely	53.7	52.1	53.0	43.6	39.8	41.9	36.4	31.6	34.5	47.6	45.8	46.8

Table 3S.   Prevalence of Selected Behavioral and Psychosocial Risks Among Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2002[1]

Behavioral/Psychosocial Risks During the Past 12 Months	Ages 65-74			Ages 75-79			Ages 80+			Ages 65 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Belief about extent to which stress/emotional troubles (e.g. depression or anxiety) can affect health												
Not at all	12.9	19.2	15.9	15.9	23.7	19.3	17.9	28.5	22.1	14.7	21.8	17.9
A little	23.4	24.4	23.8	27.1	28.9	27.9	32.6	27.2	30.4	26.3	25.8	26.1
Moderately	17.3	16.8	17.1	19.8	18.3	19.1	21.3	19.5	20.6	18.8	17.6	18.2
Quite a bit/extremely	46.4	39.6	43.2	37.2	29.1	33.7	28.2	24.7	26.8	40.3	34.7	37.8

[1] From the 2002 Division of Research Member Health Survey, a random sample survey of Health Plan members aged 20 and over conducted in Spring 2002. Estimates are based on data from 6897 respondents, weighted to the age-, gender-, and geographic distribution of the Health Plan membership in April 2002.
[2] Risk factors = heart disease, high blood pressure, diabetes, high cholesterol, current smoker, age ($\geq$ 45 for male, $\geq$ 55 for female)
[3] Drank $\geq$ 3 drinks per drinking day (women) or $\geq$ 5 drinks per drinking day (men).
[4] Estimated $\geq$ 21 drinks per week.
[5] Drank $\geq$ 3 drinks per drinking day (women) or $\geq$ 5 drinks per drinking day (men), or an estimated $\geq$ 21 drinks per week.
[6] Situations/problems that caused individual a great deal of stress or turmoil in their life.

Table 6S. Preferred methods for learning about health (such as how to take care of problems and how to improve your health), Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, Spring 2002[1]

Preferred Methods for Learning about Health[2,3]	Ages 65-74			Ages 75-79			Ages 80+			Ages 65 and Over		
	Female	Male	All	Female	Male	All	Female	Male	All	Female	Male	All
	%	%	%	%	%	%	%	%	%	%	%	%
Small gp. appointments with a clinician for chronic disease mgt	14.4	13.8	14.1	12.3	10.5	11.5	7.8	8.3	8.0	12.4	12.1	12.3
Individual counseling from a health educator	18.8	17.6	18.2	15.7	15.2	15.5	11.1	12.8	11.7	16.3	16.2	16.2
Brief telephone counseling sessions	15.6	12.4	14.1	11.4	9.2	10.4	9.2	9.9	9.5	13.2	11.3	12.3
Patient education classes												
One half to one day workshop	6.7	5.6	6.2	6.0	4.1	5.2	2.7	2.2	2.5	5.6	4.6	5.2
One session program	6.0	5.0	5.5	4.6	3.0	3.9	2.5	3.3	2.8	4.9	4.3	4.6
Multi-session program	6.7	3.8	5.4	4.1	1.5	3.0	2.0	0.9	1.6	5.1	2.8	4.0
Watch health videos at home	10.7	12.3	11.5	8.3	10.2	9.2	6.8	10.0	8.0	9.3	11.5	10.3
Listen to taped health phone messages	5.4	3.8	4.6	5.3	2.5	4.1	3.4	2.4	3.0	4.9	3.3	4.2
Access information by computer[3]	9.4	14.6	11.8	4.9	7.5	6.0	1.7	7.2	3.8	6.7	11.7	8.9
from home/work/other	8.3	13.9	10.9	4.6	6.7	5.5	1.2	6.8	3.4	5.8	11.1	8.2
at Kaiser	1.8	1.7	1.8	1.3	1.8	1.5	0.7	2.8	1.5	1.4	2.0	1.7
Access information from the Internet	10.3	15.4	12.7	5.1	7.7	6.2	2.0	6.1	3.6	7.3	12.1	9.4
Mailed health newsletters	45.0	38.1	41.8	43.1	39.7	41.6	42.4	38.1	40.7	44.0	38.4	41.5
Brochure/short articles	39.0	33.1	36.3	35.0	31.1	33.3	34.5	26.4	31.3	37.1	31.4	34.6
Self-care tip sheets	30.8	26.9	29.0	27.4	23.2	25.5	21.4	21.8	21.6	27.9	25.2	26.7

[1] From the 2002 Division of Research Member Health Survey, a random sample survey of Health Plan members aged 20 and over conducted in Spring 2002. Estimates are based on data from 6897 respondents, weighted to the age-, gender-, and geographic distribution of the Health Plan membership in April 2002.

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

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