**Characteristics of Adult Members in the San Mateo Service Area Population
in Kaiser Permanente's Northern California Region,
as estimated from the 2008 Kaiser Permanente Adult Member Health Survey**

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Background

The Member Health Survey is a triennial mailed questionnaire survey conducted during the Spring-Summer of a survey year with a randomly selected sample of adults who are current members of the Kaiser Permanente Medical Care Program in Northern California. The primary purpose of the survey is to provide health service planners and researchers both in the Kaiser Permanente Medical Care Program and the community detailed information about the sociodemographic and health characteristics of the adult Health Plan membership in the Northern California region overall and in different medical center service areas and local service areas. This project is funded by Kaiser Permanente's Northern California Community Benefit (CB) Program. This report presents statistics estimated from the 2008 Survey.   Similar member health surveys were conducted in 1990, 1993, 1996, 1999, 2002, and 2005.

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

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

2008 Survey Sample

In April 2008, questionnaires were mailed to a stratified random sample of 4,280 adult Health Plan members in the San Mateo customer service area population.[1] Only current members who had been continuously enrolled during the three months prior to the survey and

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[1] 2,140 adults were sampled from each of the South San Francisco (including Daly City) and Redwood City medical center service populations. Medical center service population assignment made based on outpatient facility where the member was most likely to receive primary care (PARFU assignment). Details about sample selection and weighting procedures are available on request.

had no indication that they required an interpreter to communicate in English were sampled. Two subsequent survey packet mailings were sent over the next several weeks to nonrespondents, with the final wave of questionnaires mailed in mid-August. Telephone interviews were completed with people who called in requiring help with the survey. Participants were also offered the opportunity to answer the survey by logging into a secure website. Non-eligibles (deceaseds, non-current members, members living outside the main service area) and members for whom Kaiser Permanente nor the U.S. Postal Service had forwarding addresses were dropped from the initial sample and replaced with other randomly selected members of the same age and sex from the same medical service area population. The overall survey response rate among survey eligibles from this service area population sample was 40.5% (n=1728/4267). The age-sex specific response rates were as follows:

Final Response Rates for the 2008 DOR Member Health Survey by Age-Gender Group, Members Aged 20 and Over in the San Mateo Service Area Sample

	20-44 years	45-64 years	65 years or over	Total
Women	324/990 (32.7%)	287/620 (46.3%)	354/522 (67.8%)	965/2132 (45.3%)
Men	197/995 (19.8%)	206/620 (33.2%)	360/520 (69.2%)	763/2135 (35.7%)

All respondents were assigned a post-stratification weighting factor based on the age-gender distribution of the medical center service population from which they were selected as of the fourth quarter of 2007 (when the sample was pulled). The estimates of sociodemographic and health-related characteristics in this report are based on weighted survey data. However, since the questionnaire only went out in English and very limited English-speaking members were excluded from the sample, non-English speaking members and members with very poor reading ability are under-represented in this survey. Results of a study conducted by the Division of Research in conjunction with the 1993 Member Health Survey also suggest that African-Americans and Hispanics are less likely to have responded to the survey than Whites and Asian/Pacific Islanders, but since we have no accurate information about the race/ethnic composition of the membership, we cannot adjust for this. Finally, results of other surveys suggest that among older members, the very sickest and frailest, and those in skilled nursing facilities, are unlikely to have responded.

Description of the Contents of Tables in this Report

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

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

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

excellent, good, fair, or poor, and the extent to which these components of health affect their activities.

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

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

Table 5 presents estimates of the percentages of adult members who received selected preventive health services (flu and pneumonia immunizations, routine physical examination/health appraisal, and dental and eye exams). Estimates for blood pressure and cholesterol checks and cancer screening procedures based on self-report data are not included this year, but are available upon request. Additionally, statistics derived from KPNC electronic data can be obtained from the TPMG Department of Quality and Operations Support (QOS).

Table 6 presents estimates of use of complementary and alternative therapies (CAM) by adult members during the previous 12 months.

Table 7 presents estimated use of different KP and non-KP health information sources during the previous 12 months.

Table 8 presents estimated percentages of adult members who indicated different preferences for receiving health information and learning about how to take care of their health.

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

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

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

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

Table S4 presents statistics about medication-related issues.

Additional Information and Suggested Way to Cite this Report:

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

Information about survey methodology, copies of survey questionnaires, and copies of 2008 adult service population profile reports and special topic reports produced for dissemination to the community can be found at our external website:
http://www.memberhealthsurvey.kaiser.org

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

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Table 1.   Selected Sociodemographic Characteristics of Members Aged 20 and Over in the Adult San Mateo Service Area Population, Spring 2008[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 %
Everyone assigned to only one race/ethnicity by algorithm used in previous MHS reports[2]												
White, non-Hispanic	42.8	34.5	38.7	52.8	49.8	51.3	72.1	73.5	72.7	52.8	47.3	50.1
African-American/Black	2.0	1.3	1.7	3.9	2.2	3.1	4.9	2.4	3.8	3.3	1.9	2.6
Latino/Hispanic	18.6	21.5	20.0	11.2	13.3	12.2	5.9	5.7	5.8	13.1	15.5	14.3
Asian, non-Hispanic[3]	30.9	37.5	34.2	28.9	31.1	30.0	16.1	16.0	16.0	27.0	31.2	29.0
Hawaiian or Pacific Islander, non-Hispanic	1.8	<0.1	0.9	<0.1	2.1	1.0	<0.1	<0.1	<0.1	0.7	0.8	0.8
Native American/Alaskan native, non-Hispanic	0.6	<0.1	0.3	1.7	1.1	1.4	0.6	1.0	0.8	1.0	0.6	0.8
Other, non-Hispanic	3.4	5.2	4.3	1.4	0.5	1.0	0.5	1.4	0.9	2.0	2.7	2.4
Middle Eastern	3.4	4.9	4.1	1.4	0.5	1.0	0.5	1.4	0.9	2.0	2.6	2.3
Race/Ethnicity - NIH												
Hispanic/Latino ethnicity												
Yes	18.6	21.5	20.0	11.4	13.3	12.3	5.9	5.7	5.8	13.2	15.5	14.3
No	81.4	78.5	80.0	88.6	86.7	87.7	94.1	94.3	94.2	86.8	84.5	85.7
Native Amer./Alaska Native[4]	0.8	1.1	1.0	2.2	1.9	2.1	0.6	1.3	0.9	1.3	1.4	1.4
Asian[4]	31.5	38.1	34.8	29.1	32.6	30.8	16.1	16.0	16.0	27.3	32.1	29.6
Hawaiian/Pacific Islander[4]	1.8	<0.1	0.9	<0.1	2.1	1.0	<0.1	<0.1	<0.1	0.7	0.8	0.8
African-American/Black[4]	2.0	1.3	1.7	3.9	2.2	3.1	4.9	2.4	3.8	3.3	1.9	2.6
White[4]	46.8	36.2	41.5	53.4	50.3	51.9	72.1	73.5	72.7	54.7	48.2	51.5
Other race/ethnicity[4]	17.2	23.3	20.2	11.3	10.9	11.1	6.3	6.9	6.6	12.7	15.6	14.1
Hispanic/Latino	14.1	18.1	16.1	9.9	10.4	10.2	5.9	5.5	5.7	10.8	12.9	11.8
Middle Eastern	3.4	4.9	4.1	1.4	<0.1	0.7	0.5	1.4	0.9	2.0	2.4	2.2

Table 1.   Selected Sociodemographic Characteristics of Members Aged 20 and Over in the Adult San Mateo Service Area Population, Spring 2008[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 - Calif. Dept. of Finance												
Hispanic/Latino	18.6	21.5	20.0	11.4	13.3	12.3	5.9	5.7	5.8	13.2	15.5	14.3
Native Amer./Alaska Native, non-Hispanic	0.6	<0.1	0.3	1.7	1.1	1.4	0.6	1.0	0.8	1.0	0.6	0.8
Asian, non-Hispanic	30.9	37.5	34.2	28.9	31.1	30.0	16.1	16.0	16.0	27.0	31.2	29.0
Black, non-Hispanic	2.0	1.3	1.7	3.7	2.2	3.0	4.9	2.4	3.8	3.2	1.9	2.6
White, non-Hispanic	42.8	34.5	38.7	52.8	49.8	51.3	72.1	73.5	72.7	52.8	47.3	50.1
Other, non-Hispanic	5.2	5.2	5.2	1.4	2.6	2.0	0.5	1.4	0.9	2.8	3.5	3.1
One race/ethnicity or multiple race/ethnicity												
White, non-Hispanic only	42.8	34.5	38.7	52.8	49.8	51.3	72.1	73.5	72.7	52.8	47.3	50.1
African-American/Black only	1.4	0.7	1.1	2.8	2.2	2.5	4.4	2.4	3.5	2.6	1.6	2.1
Latino/Hispanic only	13.5	17.2	15.3	9.4	10.4	9.9	5.5	5.1	5.3	10.2	12.4	11.3
Asian only	28.7	35.5	32.1	26.4	29.4	27.9	15.1	15.1	15.1	25.0	29.6	27.2
Hawaiian or Pacific Islander only	1.5	<0.1	0.8	<0.1	2.1	1.0	<0.1	<0.1	<0.1	0.6	0.8	0.7
Nat. Amer./Alaska native only	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	0.1	0.8	0.4	<0.1	0.1	0.1
Other only	3.1	5.2	4.1	1.4	<0.1	0.7	0.5	1.4	0.9	1.9	2.5	2.2
Middle Eastern only	2.8	4.9	3.8	1.4	<0.1	0.7	0.5	1.4	0.9	1.8	2.4	2.1
Two race/ethnicities	8.5	7.1	7.8	5.6	6.1	5.9	1.8	2.1	1.9	6.0	5.8	5.9
Three or more race/ethnicities	0.7	1.5	1.1	1.9	<0.1	1.0	0.5	0.2	0.3	1.1	0.7	0.9

Table 1.   Selected Sociodemographic Characteristics of Members Aged 20 and Over in the Adult San Mateo Service Area Population, Spring 2008[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	50.8	39.1	45.0	58.8	53.3	56.1	74.4	75.0	74.7	58.8	50.9	55.0
African-American/Black	2.0	1.3	1.7	3.9	2.2	3.1	4.9	2.4	3.8	3.3	1.9	2.6
Latino/Hispanic	18.6	21.5	20.0	11.4	13.3	12.3	5.9	5.7	5.8	13.2	15.5	14.3
Asian	31.5	38.1	34.8	29.1	32.6	30.8	16.1	16.0	16.0	27.3	32.1	29.6
Hawaiian or Pacific Islander	2.0	<0.1	1.0	0.9	2.3	1.6	<0.1	0.2	0.1	1.2	0.9	1.0
Nat. Amer./Alaska native	0.8	2.4	1.6	3.0	1.9	2.5	0.6	1.3	0.9	1.6	2.0	1.8
Other	3.7	6.1	4.9	1.4	0.5	1.0	1.0	1.4	1.1	2.3	3.1	2.7
Middle Eastern	3.7	4.9	4.3	1.4	0.5	1.0	0.5	1.4	0.9	2.2	2.6	2.4
Education Level												
11 years or less	1.1	2.9	2.0	0.3	5.4	2.8	11.8	12.5	12.1	3.1	5.5	4.3
12 years (H.S. graduate)	11.0	9.5	10.2	14.5	19.5	16.9	27.1	23.2	25.3	15.7	15.7	15.7
Some college/technical school	35.1	33.4	34.3	38.5	27.6	33.2	31.5	30.8	31.2	35.7	30.7	33.3
College graduate	52.8	54.2	53.5	46.7	47.6	47.1	29.6	33.6	31.3	45.6	48.1	46.8
Household Income in 2007												
$15,000 or less	4.0	5.5	4.8	2.6	1.5	2.0	16.2	6.6	11.8	5.8	4.2	5.0
$15,001-$25,000	8.0	2.9	5.4	3.4	2.1	2.8	13.6	9.3	11.6	7.4	3.7	5.6
$25,001-$35,000	7.4	8.5	8.0	5.3	6.4	5.8	22.0	14.2	18.4	9.4	8.7	9.1
$35,001-$50,000	16.9	14.9	15.9	14.0	13.7	13.9	15.8	17.6	16.6	15.6	14.9	15.3
$50,001-$65,000	12.4	8.2	10.2	8.5	11.4	9.9	8.7	16.9	12.5	10.2	10.8	10.5
$65,001-$80,000	10.9	12.6	11.8	17.6	13.0	15.4	10.6	12.5	11.5	13.4	12.7	13.1
$80,001-$100,000	12.4	13.7	13.1	15.4	17.2	16.3	4.4	7.7	5.9	12.0	14.0	13.0
$100,000-$150,000	14.1	18.9	16.6	17.4	15.2	16.3	6.1	9.4	7.6	13.8	15.9	14.8
Over $150,000	14.0	14.7	14.4	15.7	19.6	17.6	2.5	5.9	4.1	12.4	15.0	13.7

Table 1.   Selected Sociodemographic Characteristics of Members Aged 20 and Over in the Adult San Mateo Service Area Population, Spring 2008[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 %
Marital Status												
Married/living as part of a couple	74.6	69.7	72.2	71.9	85.7	78.6	43.7	76.0	57.8	67.1	76.9	71.8
Current Employment Status												
Working for pay	83.2	88.6	85.9	77.6	82.8	80.1	13.1	17.0	14.8	66.4	73.7	69.9
Unemployed, laid off, or on strike	2.0	1.1	1.5	2.6	4.3	3.4	0.4	<0.1	0.3	1.9	2.1	2.0
Full-time homemaker/parent/caregiver	11.1	0.8	6.0	6.6	<0.1	3.4	10.0	0.8	5.9	9.2	0.5	5.0
Full-time or almost full-time student	2.6	6.7	4.6	0.3	<0.1	0.2	1.1	0.5	0.8	1.4	3.0	2.2
Retired[5] or unable to work due to health/disability	1.1	2.9	2.0	11.9	12.9	12.4	74.2	80.4	76.9	20.5	20.5	20.5
Computer Access												
PC at any location	97.3	97.6	97.5	93.1	88.3	90.8	54.8	66.4	59.9	86.9	88.7	87.8
PC at home	93.7	94.2	93.9	86.9	84.2	85.6	54.2	65.0	58.9	83.1	85.3	84.1
PC at other location	21.1	24.7	22.9	26.1	24.5	25.3	4.1	5.6	4.8	19.5	21.3	20.4
Has access to Internet[6]	97.2	97.6	97.4	92.7	86.5	89.7	51.3	65.7	57.6	86.0	87.9	86.9
At home	93.5	94.8	94.2	88.1	81.9	85.0	54.2	64.7	58.9	83.8	84.8	84.3
At other location	24.2	26.7	25.5	29.3	23.4	26.4	4.0	6.4	5.1	22.1	22.2	22.2
Can receive e-mail[6]	95.2	93.8	94.5	89.8	83.4	86.7	46.4	60.2	52.4	83.1	84.1	83.6
At home	92.6	93.2	92.9	82.0	77.5	79.8	51.9	61.4	56.1	80.4	81.8	81.0
At other location	19.1	22.8	20.9	23.2	22.9	23.0	3.4	6.0	4.5	17.5	19.9	18.7

[1] Estimates based on the data from the 2008 KPNC Division of Research Adult Member Health Survey, a random sample survey of Health Plan members ≥ 20, weighted to the age, gender, and geographic distribution of the adult membership in the KPNC in 4th quarter 2007. NE means estimate was not calculated due to small cell size.

[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 Adult San Mateo Service Area Population, Spring 2008[1]

History of Health Problems During the Past 12 Months[2]	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	17.1	19.3	18.2	14.1	11.1	12.7	7.4	7.2	7.3	13.9	14.1	14.0
Very Good	48.1	44.2	46.1	41.6	35.7	38.7	31.2	35.0	32.8	42.1	39.3	40.8
Good	29.6	31.2	30.4	35.0	40.7	37.7	40.9	38.4	39.8	34.0	36.1	35.0
Fair	4.6	4.9	4.8	8.7	9.0	8.8	16.1	16.5	16.3	8.6	8.5	8.5
Poor	0.6	0.4	0.5	0.6	3.6	2.1	4.5	2.9	3.8	1.4	2.0	1.7
Rating of Physical Health (including pain) Now												
Excellent	19.4	19.8	19.6	14.8	10.5	12.7	6.8	7.8	7.2	15.1	14.2	14.6
Very Good	42.6	47.6	45.1	40.1	38.4	39.3	30.1	34.2	31.9	39.0	41.8	40.4
Good	30.8	27.6	29.2	33.1	38.8	35.9	41.8	38.7	40.4	33.9	33.8	33.9
Fair	6.0	4.3	5.1	10.7	9.2	10.0	17.8	16.3	17.2	10.2	8.3	9.3
Poor	1.2	0.7	1.0	1.3	3.1	2.2	3.5	3.0	3.3	1.8	2.0	1.9
Rating of Emotional/Mental Health Now												
Excellent	23.2	28.9	26.0	24.8	19.4	22.2	21.9	24.8	23.2	23.6	24.6	24.0
Very Good	36.6	43.1	39.9	36.4	36.7	36.5	34.8	39.1	36.7	36.1	40.0	38.0
Good	31.3	20.0	25.6	28.7	28.3	28.5	32.5	30.1	31.5	30.6	24.9	27.8
Fair	7.2	5.6	6.4	9.2	15.3	12.2	9.4	4.2	7.1	8.4	9.1	8.7
Poor	1.8	2.4	2.1	0.9	0.2	0.6	1.3	1.7	1.5	1.3	1.5	1.4

Table 2.   Prevalence of Selected Chronic Health Problems Among Members Aged 20 and Over in the Adult San Mateo Service Area Population, Spring 2008[1]

History of Health Problems During the Past 12 Months[2]	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 %
Health Conditions During Past 12 Months												
Diabetes[3]	2.7	3.0	2.8	9.6	13.5	11.5	10.5	17.4	13.5	6.9	9.5	8.2
Heart problems, incl. angina, MI[3]	1.1	1.3	1.2	2.9	9.4	6.1	14.2	20.7	17.0	4.6	7.7	6.1
Stroke	<0.1	<0.1	<0.1	0.7	0.7	0.7	2.0	2.0	2.0	0.7	0.6	0.6
Cancer												
Any type	0.3	1.1	0.7	2.9	1.6	2.3	3.8	8.6	5.9	2.0	2.6	2.3
Non-skin cancer	0.3	0.6	0.5	1.3	1.1	1.2	2.8	6.7	4.4	1.2	1.8	1.5
High blood pressure (MD dx)[3]	6.3	4.3	5.3	32.7	36.4	34.5	62.6	57.9	60.6	28.1	25.8	27.0
High cholesterol (MD dx)[3]	4.7	10.2	7.4	26.2	36.3	31.1	52.7	48.7	50.9	22.9	26.8	24.8
Asthma[3]	12.0	11.2	11.6	14.6	6.0	10.4	9.6	6.7	8.3	12.5	8.5	10.5
Emphysema/COPD	<0.1	0.4	0.2	1.0	1.6	1.3	3.3	3.7	3.5	1.1	1.4	1.2
Chronic bronchitis	1.5	0.3	0.9	1.9	<0.1	1.0	1.7	2.6	2.1	1.7	0.6	1.2
Environmental allergy	11.9	5.8	8.8	16.0	10.8	13.5	10.4	7.5	9.1	13.1	8.0	10.6
Enlarged prostate (men only)	--	<0.1	--	--	3.5	--	--	18.1	--	--	4.5	--
Urinary incontinence	3.7	<0.1	1.9	10.3	2.3	6.4	22.4	10.5	17.3	10.2	2.7	6.6
Osteoporosis	<0.1	<0.1	<0.1	1.3	0.5	0.9	17.2	1.3	10.4	4.1	0.4	2.3
Arthritis/rheumatoid arthritis	2.3	2.5	2.4	16.4	6.6	11.6	36.4	19.8	29.2	14.8	7.1	11.1
Pain (back, head, other)	29.4	21.7	25.5	30.2	26.5	28.4	34.2	21.5	28.7	30.7	23.5	27.2
Severe back pain/sciatica	8.0	7.5	7.7	8.9	11.5	10.2	16.1	9.5	13.2	10.0	9.4	9.7
Severe neck/shoulder pain	6.9	5.8	6.4	9.7	10.5	10.1	13.0	6.9	10.3	9.2	7.8	8.5
Migraine headaches	15.4	6.2	10.8	8.5	3.8	6.2	2.4	2.1	2.2	10.1	4.6	7.4
Other severe headaches	5.6	2.9	4.2	1.0	3.6	2.3	2.3	0.8	1.7	3.2	2.8	3.0
Other frequent lasting pain	7.5	5.9	6.7	12.4	6.2	9.4	16.2	8.1	12.6	11.2	6.4	8.9
Vision problem (not correctable by glasses)	3.1	1.1	2.1	5.1	5.4	5.3	9.6	5.9	8.0	5.3	3.6	4.4
Hearing problem/deafness[4]	1.8	2.0	1.9	5.7	6.7	6.2	17.7	22.6	19.8	6.6	7.4	7.0

Table 2.   Prevalence of Selected Chronic Health Problems Among Members Aged 20 and Over in the Adult San Mateo Service Area Population, Spring 2008[1]

History of Health Problems During the Past 12 Months[2]	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 %
Frequent sleep problems	8.8	5.4	7.1	14.2	7.2	10.8	18.5	12.0	15.7	12.9	7.2	10.1
Depression[5]	14.2	5.0	9.6	13.9	12.5	13.2	10.4	4.3	7.7	13.3	7.7	10.6
Anxiety/panic[6]	10.8	3.5	7.1	10.9	3.5	7.3	7.1	2.1	4.9	10.0	3.3	6.8
Problem with alcohol or drugs	0.3	0.3	0.3	<0.1	1.3	0.6	<0.1	1.5	0.7	0.1	0.9	0.5
History of health conditions (within or longer than past 12 mos):												
Heart problems or M.I.[3]	1.9	3.6	2.7	3.4	12.4	7.8	17.0	28.3	21.9	5.6	11.2	8.3
Stroke	<0.1	<0.1	<0.1	1.4	2.7	2.0	4.0	3.5	3.8	1.4	1.6	1.5
Cancer (other than skin cancer)	0.6	1.1	0.9	7.0	7.3	7.2	15.3	17.8	16.4	6.1	6.4	6.3
High blood pressure[3]	8.1	7.1	7.6	36.4	41.8	39.0	64.9	63.3	64.2	30.7	30.1	30.4
Diabetes[3]	2.7	3.0	2.8	9.6	13.5	11.5	10.5	17.4	13.5	6.9	9.5	8.2
Chronic pain	11.6	10.9	11.2	17.4	12.9	15.2	24.5	11.5	18.8	16.5	11.8	14.2
Adult depression[5]	19.3	8.9	14.1	21.8	14.8	18.4	13.2	6.5	10.3	18.9	10.7	15.0
Alcohol or drug problem	2.1	2.1	2.1	1.5	5.2	3.3	1.8	3.2	2.4	1.8	3.4	2.6
Had a hysterectomy	2.4	--	--	13.9	--	--	21.5	--	--	10.8	--	--
How much health interferes with work or regular daily activities												
Physical health (incl. pain)												
Not at all	55.0	56.9	56.0	47.5	41.7	44.7	39.2	42.1	40.5	48.9	48.6	48.7
A little	30.5	30.3	30.4	34.2	38.2	36.1	28.6	30.1	29.2	31.5	33.3	32.4
Moderately	10.6	5.8	8.2	13.3	13.5	13.4	20.3	21.2	20.7	13.6	11.3	12.5
Quite a bit	3.9	7.0	5.5	4.9	6.7	5.8	11.9	6.5	9.6	6.0	6.8	6.4
Emotional/mental health												
Not at all	54.0	62.8	58.4	65.1	58.7	62.0	62.1	68.0	64.7	59.8	62.1	60.9
A little	31.5	27.3	29.4	26.0	28.2	27.1	21.9	18.3	20.3	27.5	26.2	26.9
Moderately	8.9	4.2	6.5	6.7	9.5	8.0	13.0	12.1	12.6	8.9	7.5	8.2
Quite a bit	5.6	5.7	5.7	2.2	3.6	2.9	3.0	1.6	2.4	3.8	4.2	4.0

Footnotes for Table 2:

[1] Estimates based on the data from the 2008 KPNC Division of Research Adult Member Health Survey, a random sample survey of Health Plan members $\geq$ 20, weighted to the age, gender, and geographic distribution of the adult membership in the KPNC in 4th quarter 2007. NE means estimate was not calculated due to small cell size.

[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 Adult San Mateo Service Area Population, Spring 2008[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	11.7	16.0	13.8	9.0	17.4	13.1	8.2	4.3	6.5	9.9	14.5	12.1
Former cigarette smoker	12.0	9.6	10.8	22.1	23.9	23.0	34.1	40.9	37.1	20.4	20.5	20.4
Never smoked regularly	76.3	74.4	75.3	68.9	58.7	64.0	57.7	54.8	56.4	69.7	65.0	67.4
Weight												
Overweight (BMI ≥ 25)	43.8	59.8	51.8	57.6	64.5	61.0	53.3	58.6	55.6	51.0	61.4	56.0
Obese (BMI ≥ 30)	22.1	17.7	19.9	25.7	20.8	23.4	20.3	15.9	18.4	23.1	18.6	20.9
BMI range:												
BMI < 18.5 (underwt)	1.8	1.1	1.5	1.5	1.0	1.3	1.7	1.2	1.5	1.7	1.1	1.4
BMI 18.5 to 25	54.5	39.1	46.7	40.9	34.4	37.8	45.0	40.1	42.9	47.4	37.5	42.6
BMI 25 to 30 (overwt)	21.7	42.1	31.9	31.9	43.7	37.6	33.0	42.7	37.2	27.9	42.8	35.1
BMI 30 to < 35 (obese)	12.5	12.7	12.6	14.6	14.7	14.6	14.0	13.1	13.6	13.6	13.5	13.6
BMI 35 to <40 (very obese)	6.6	3.3	4.9	5.3	2.2	3.8	3.7	1.6	2.8	5.5	2.6	4.1
BMI ≥ 40 (extremely obese)	3.0	1.6	2.3	5.8	4.0	4.9	2.6	1.2	2.0	4.0	2.4	3.2
Exercise Frequency												
5 or more times/week	19.8	17.9	18.9	25.9	32.7	29.2	30.9	44.9	37.1	24.4	28.3	26.3
3-4 times/week	30.5	35.8	33.1	34.8	31.2	33.1	29.9	30.8	30.3	32.0	33.1	32.6
1-2 times/week	27.4	29.8	28.6	25.0	18.4	21.8	21.7	11.7	17.2	25.4	22.3	23.9
Less than 1 time/week	22.3	16.5	19.4	14.2	17.7	15.9	17.6	12.6	15.4	18.3	16.3	17.3
Reduced Fat Diet												
Tries to eat reduced fat foods most of time	45.2	41.2	43.2	60.1	44.3	52.5	62.1	52.2	57.7	54.3	44.3	49.5
Fruit/Vegetable Consumption												
Eats ≥ 3 servings per day	46.8	35.0	40.9	54.2	32.6	43.9	52.1	34.6	44.3	50.7	34.0	42.7
Eats ≥ 5 servings per day	13.0	8.7	10.9	20.2	6.8	13.8	14.7	8.8	12.1	16.1	8.0	12.2

Table 3.   Prevalence of Selected Behavioral and Psychosocial Risks Among Members Aged 20 and Over in the Adult San Mateo Service Area Population, Spring 2008[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	19.3	14.0	16.6	24.9	27.9	26.4	36.6	21.9	30.0	24.8	20.7	22.8
Drinks less than once/week	49.9	39.8	44.9	39.6	33.8	36.7	29.4	27.9	28.7	41.9	35.4	38.8
Drinks 1-2 days/week	19.1	20.7	19.9	14.1	10.0	12.1	6.4	12.5	9.1	14.7	15.2	14.9
Drinks 3-4 days/week	5.9	14.6	10.2	8.5	10.2	9.4	6.9	9.8	8.2	7.1	12.1	9.5
Drinks $\geq$ 5 days/week	5.8	11.0	8.4	12.9	18.1	15.5	20.7	27.9	24.0	11.5	16.6	14.0
At-Risk drinker based on:												
Drinks per day[2] (F >1, M >2)	42.7	28.6	35.5	32.3	17.6	25.0	23.6	11.7	18.4	34.9	21.6	28.3
Drinks per week[3] (F >7, M >14)	6.4	6.3	6.4	9.9	7.3	8.6	11.7	7.6	9.9	8.8	6.9	7.9
Total hours of sleep per 24 hour day												
< 6 hours	5.9	5.5	5.7	9.5	5.1	7.4	8.8	3.1	6.3	7.9	5.0	6.5
< 7 hours	24.5	25.5	25.0	31.7	26.0	29.0	24.8	14.0	20.0	27.3	23.7	25.5
$\geq$ 8 hours	47.8	40.0	43.9	36.8	38.2	37.5	46.1	60.8	52.6	43.3	43.0	43.1
Psychosocial Risks												
Worried about personal/family safety for other reasons (neighborhood violence, robberies, gangs, etc.)	7.2	6.9	7.1	5.7	3.3	4.5	3.7	2.5	3.2	5.9	4.8	5.4
Feared for personal/family safety because of anger/threats from a current or former spouse, partner or boy/girlfriend	2.7	2.6	2.7	0.7	1.1	0.9	1.6	0.3	1.0	1.7	1.6	1.7

Table 3.	Prevalence of Selected Behavioral and Psychosocial Risks Among Members Aged 20 and Over in the Adult San Mateo Service Area Population, Spring 2008[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 %
Worried about personal/family's financial security	36.8	22.1	29.4	33.2	22.9	28.2	13.4	8.0	11.0	30.5	19.9	25.4
Felt harassed/discriminated against	6.4	4.0	5.2	5.7	4.9	5.3	3.3	1.7	2.6	5.5	3.9	4.7
Felt very stressed, tense, or anxious most/all the time	30.0	19.0	24.5	19.6	14.5	17.1	4.9	1.5	3.4	21.0	14.3	17.7
General satisfaction with life												
Satisfied with life	92.2	88.3	90.2	89.0	84.6	86.9	90.0	88.8	89.5	90.5	87.0	88.8
Dissatisfied with life	7.8	11.7	9.8	11.0	15.4	13.1	10.0	11.2	10.5	9.5	13.0	11.2
Belief about extent to which lifestyle/habits can affect health												
Not at all/a little bit	5.8	6.2	6.0	6.0	7.0	6.5	12.7	14.1	13.3	7.3	7.9	7.6
Moderately	8.1	15.6	11.9	8.4	17.6	12.8	13.9	14.5	14.2	9.4	16.2	12.7
Quite a bit/extremely	86.1	78.2	82.1	85.7	75.4	80.7	73.4	71.4	72.5	83.3	75.9	79.7
Belief about extent to which stress/emotional troubles (e.g. depression or anxiety) can affect health												
Not at all/a little bit	8.9	14.5	11.7	7.9	14.1	10.9	22.7	26.0	24.1	11.4	16.3	13.8
Moderately	10.5	12.8	11.6	6.1	10.5	8.2	12.1	12.2	12.1	9.2	11.8	10.4
Quite a bit/extremely	80.6	72.7	76.7	85.9	75.4	80.8	65.3	61.8	63.8	79.5	71.9	75.8

[1] Estimates based on the data from the 2008 KPNC Division of Research Adult Member Health Survey, a random sample survey of Health Plan members $\geq$ 20, weighted to the age, gender, and geographic distribution of the adult membership in the KPNC in 4th quarter 2007. NE means estimate was not calculated due to small cell size.

[2] At-risk drinker based on usual number of drinks consumed on days when had a drink: Women > 1 drink in a day, Men > 2 drinks in a day.

[3] At-risk drinker based on number of drinks per week estimated by usual drinking frequency x usual number of drinks: Women > 7/week, Men > 14/week.

Table 4.   Things Members Were Trying to Do in Past 12 Months to Try to Improve Their Health, Members Aged 20 and Over in the Adult San Mateo
                Service Area Population, Spring 2008[1]

Actions Taken Trying To:	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 %
Lose weight by exercising or dieting	51.6	47.0	49.3	55.4	36.6	46.3	30.2	28.0	29.3	48.5	39.7	44.3
Eat mostly healthy foods	72.3	68.8	70.5	81.5	65.8	73.9	79.3	72.0	76.1	77.2	68.2	72.9
Get moderate or vigorous exercise daily	48.8	53.9	51.4	58.5	49.4	54.1	43.6	47.7	45.4	51.4	51.1	51.2
Take daily walks or do 10,000 steps	23.7	15.8	19.7	29.5	24.1	26.9	29.6	30.8	30.1	27.1	21.6	24.4
Get enough sleep to feel well-rested	70.8	63.6	67.2	75.3	61.1	68.4	74.8	71.0	73.1	73.4	64.0	68.8
Manage stress effectively	52.2	42.0	47.0	56.0	46.2	51.2	32.8	16.3	25.6	49.5	39.1	44.5
Do enjoyable activities at least 1-2 times/week	68.1	69.5	68.8	72.6	55.7	64.4	66.2	53.9	60.9	69.4	61.5	65.6
Do activities to keep brain stimulated[2]	--	--	--	--	--	--	73.1	60.7	67.7	--	--	--
Visit with people at least once/week[2]	--	--	--	--	--	--	66.7	52.2	60.4	--	--	--

[1] Estimates based on the data from the 2008 KPNC Division of Research Adult Member Health Survey, a random sample survey of Health Plan
    members > 20, weighted to the age, gender, and geographic distribution of the adult membership in the KPNC in 4th quarter 2007. NE means estimate
    was not calculated due to small cell size.
[2] Asked on questionnaire for ages 65 and over only.

Table 5. Use of Selected Preventive Medicine Services (self-reported) by Members Aged 20 and Over in the Adult San Mateo Service Area Population, Spring 2008[1]

Preventive Medicine Services[2]	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 %
Routine health checkup or health appraisal[3]												
Within past 2 years	74.9	74.2	74.6	82.3	82.0	82.1	89.2	96.2	92.3	80.6	80.9	80.7
Within past 5 years	87.7	89.9	88.8	91.9	92.8	92.3	92.8	97.4	94.9	90.3	92.2	91.3
Flu immunization in 2007-08 flu season												
Ages > 20	31.3	33.5	32.4	51.4	40.6	46.2	77.9	79.2	78.5	48.8	44.2	46.5
Ages > 50	--	--	--	54.2	44.8	49.7	77.9	79.2	78.5	64.4	58.1	61.5
Ages > 65 or high risk[4]	43.2	33.9	38.5	63.3	40.3	51.0	77.9	79.2	78.5	68.2	58.4	63.5
Pneumococcal vaccination (ever)												
Ages > 65	--	--	--	--	--	--	87.7	79.6	84.2	--	--	--
Dental exam by dentist/hygienist												
Within past 12 months	70.5	79.8	75.2	85.5	82.2	83.9	73.3	70.2	72.0	76.8	79.2	78.0
Within past 2 years	86.7	89.6	88.2	92.8	88.0	90.4	83.1	81.0	82.2	88.3	87.6	88.0
Eye/vision exam by eye doctor												
Within past 12 months	46.8	41.1	43.9	62.6	44.6	53.9	56.4	59.6	57.8	54.8	45.6	50.3
Within past 2 years	71.4	58.8	65.1	84.1	70.1	77.4	84.8	83.6	84.2	79.0	67.3	73.3

[1] Estimates based on the data from the 2008 KPNC Division of Research Adult Member Health Survey, a random sample survey of Health Plan members > 20, weighted to the age, gender, and geographic distribution of the adult membership in the KPNC in 4th quarter 2007. NE means estimate was not calculated due to small cell size.

[2] Based on self-report data. Previous research suggests that self-report tends to underestimate the length of time since procedures were done, so these rates may overestimate the actual rates of members who had these procedures during the specified interval.

[3] Routine health checkup/health appraisal are not generally recommended preventive services at present.

[4] High risk: having >1 of the following: history of heart disease, MI in past year, Parkinson's disease, diabetes, asthma, COPD, chronic bronchitis.

Table 6.   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 Adult San Mateo Service Area Population, Spring 2008[1]

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	9.1	7.3	8.2	12.6	13.0	12.8	7.1	5.5	6.4	10.0	9.2	9.6
Acupuncture	4.8	1.0	2.9	6.7	3.1	5.0	5.8	1.4	3.9	5.7	1.9	3.9
Acupressure	1.9	0.6	1.3	2.9	2.4	2.7	0.5	0.9	0.7	2.0	1.4	1.7
Massage Therapy	22.2	12.0	17.1	19.2	13.3	16.3	6.2	4.6	5.5	17.7	11.2	14.6
Deep breathing, mindfulness, or other relaxation/meditation technique	17.9	8.1	13.0	21.0	11.4	16.3	13.4	7.1	10.7	18.1	9.2	13.8
Guided imagery/visualization techniques	3.4	0.7	2.0	4.6	3.2	3.9	2.6	0.2	1.5	3.7	1.6	2.7
Hypnosis or self-hypnosis	0.5	0.7	0.6	1.3	0.8	1.1	0.7	0.4	0.6	0.9	0.7	0.8
Biofeedback	0.3	<0.1	0.1	<0.1	0.5	0.3	<0.1	<0.1	<0.1	0.1	0.2	0.2
Yoga	16.0	3.1	9.5	13.8	5.7	9.9	2.6	1.7	2.2	12.4	3.9	8.3
Tai Chi, Chi Gong, other movement therapy	0.8	0.3	0.6	2.3	3.4	2.8	4.2	1.7	3.1	2.1	1.8	1.9
Body work (e.g., Feldenkreis)	2.4	0.7	1.5	1.2	<0.1	0.6	1.1	1.4	1.2	1.7	0.6	1.1
Herbal medicine/herbal supplement, or medicinal tea	11.7	8.6	10.2	14.7	8.5	11.7	6.8	5.8	6.4	11.8	8.1	10.0
Megavitamin/high dose vitamin therapy	1.9	2.4	2.2	2.1	1.3	1.7	0.3	1.0	0.6	1.6	1.8	1.7
Homeopathic medicine	3.3	0.7	2.0	3.3	<0.1	1.7	1.4	0.4	1.0	2.9	0.4	1.7
Very low fat diet (Ornish, Pritikin, etc.)	1.1	1.8	1.5	2.6	1.4	2.1	2.7	2.9	2.8	2.0	1.9	1.9
Very low carb diet	3.2	2.3	2.8	6.6	1.2	3.9	2.3	1.2	1.8	4.3	1.7	3.0
Prayer or spiritual practice	15.5	9.1	12.3	25.2	12.4	18.9	20.4	9.9	15.8	20.2	10.5	15.5
Religious/spiritual healing by others	4.7	0.8	2.7	3.0	1.6	2.4	4.0	1.2	2.8	3.9	1.2	2.6
Energy healing	2.1	0.3	1.2	3.1	1.3	2.2	1.4	0.1	0.9	2.3	0.7	1.5
Psychological counseling	10.7	1.7	6.2	11.0	2.1	6.7	3.0	0.9	2.1	9.2	1.7	5.6
12-Step/Self-help Program	1.2	1.1	1.1	4.3	3.0	3.6	0.9	1.6	1.2	2.3	1.9	2.1

Footnotes for Table 6:

[1] Estimates based on the data from the 2008 KPNC Division of Research Adult Member Health Survey, a random sample survey of Health Plan members $\geq$ 20, weighted to the age, gender, and geographic distribution of the adult membership in the KPNC in 4th quarter 2007. NE means estimate was not calculated due to small cell size.

Table 7.   Use of Selected Health Information Sources During the Past 12 Months, Members Aged 20 and Over in the Adult San Mateo Service Area Population, Spring 2008[1]

Selected Health information Source Used	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 %
Participated in a KP group or individual Health Ed. program	11.0	4.0	7.5	10.4	13.3	11.8	8.8	6.3	7.7	10.3	7.9	9.2
Received one-on-one counseling from KP staff for behavior change or chronic health problem mgt.	3.0	4.0	3.5	6.7	9.3	7.9	4.0	4.7	4.3	4.6	6.2	5.4
Used KP health ed. materials	19.0	10.9	14.9	25.6	16.3	21.1	18.0	16.3	17.2	21.3	13.9	17.7
Read one of KP's member newsletters	26.4	16.8	21.5	44.0	34.3	39.3	60.9	49.1	55.7	40.3	29.1	34.8
Used *KP Healthwise Handbook*	18.7	9.9	14.3	28.3	20.5	24.6	38.0	24.4	32.0	26.4	16.5	21.6
Used KP's online Health and/or Drug Encyclopedias	14.1	8.7	11.4	16.2	9.8	13.1	8.5	7.4	8.0	13.7	8.9	11.4
Obtained health or advice info from Internet websites (KP or non-KP)	30.9	25.0	27.9	29.3	21.0	25.3	12.3	10.8	11.6	26.4	21.0	23.8
Used a KP online health education program	8.5	4.1	6.3	8.9	6.8	7.9	5.2	2.9	4.2	7.9	4.9	6.5
Used KP or non-KP group, individual, or web-based smoking cessation services (Past year smokers only)	3.5	1.7	2.5	3.3	5.8	4.9	4.9	<0.1	3.5	3.7	3.4	3.5
Used KP or non-KP group, individual, or web-based weight loss program (people who tried to lose weight only)	7.5	4.8	6.2	11.3	7.5	9.8	2.5	3.9	3.1	8.5	5.6	7.2
Used KP Member Website to make an appt., refill prescriptions, or communicate with KP medical staff	48.1	38.1	43.1	44.2	33.3	38.9	24.9	28.6	26.5	41.8	34.6	38.3

[1] Estimates based on the data from the 2008 KPNC Division of Research Adult Member Health Survey, a random sample survey of Health Plan members ≥ 20, weighted to the age, gender, and geographic distribution of the adult membership in the KPNC in 4th quarter 2007. NE means estimate was not calculated due to small cell size.

Table 8.   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 Adult San Mateo Service Area Population, Spring 2008[1]

Preferred Methods for Learning about Health[2]	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 or health educator	13.3	8.8	11.0	15.8	12.9	14.4	7.3	11.7	9.2	13.0	10.8	11.9
Individual counseling from a health educator	39.3	35.4	37.3	33.1	35.7	34.3	23.5	19.3	21.7	33.6	32.7	33.2
Brief telephone counseling sessions	18.3	18.5	18.4	20.2	13.8	17.1	15.5	11.8	13.9	18.4	15.5	17.0
Patient education classes												
One day workshop	8.6	5.7	7.1	11.6	5.3	8.6	5.8	5.2	5.5	9.1	5.5	7.4
Multi-session program	14.0	11.0	12.5	14.9	12.3	13.6	4.4	4.2	4.3	12.3	10.3	11.3
In-person group	6.5	3.8	5.1	8.9	7.2	8.1	3.0	2.0	2.6	6.7	4.8	5.7
Phone-based group	1.2	3.5	2.3	0.7	1.3	1.0	0.6	0.2	0.4	0.9	2.1	1.4
E-mail/Web-based	9.6	9.2	9.4	7.2	7.0	7.1	1.4	2.2	1.7	6.9	7.1	7.0
Watch health videos at home	17.6	16.7	17.1	19.5	19.9	19.7	13.4	15.5	14.3	17.5	17.7	17.6
Watch health programs on TV	22.9	21.1	22.0	28.6	22.3	25.5	26.3	21.0	24.0	25.7	21.5	23.7
Listen to podcasts or audio downloads	9.4	13.2	11.3	7.0	7.7	7.3	0.8	1.1	0.9	6.7	9.0	7.8
Use an interactive computer program	16.9	14.3	15.6	10.0	12.4	11.1	5.1	6.6	5.8	11.8	12.2	12.0
Get information from websites	36.9	31.0	34.0	30.2	26.0	28.2	14.1	13.7	13.9	29.6	26.1	27.9
Mailed health newsletters	30.6	23.5	27.0	38.6	30.4	34.7	44.9	41.3	43.3	36.6	29.2	33.1
Brochures, short articles, handouts	35.9	25.6	30.7	37.2	32.7	35.0	28.0	19.3	24.2	34.7	27.2	31.1
Tip sheets/articles on doctor's home page	20.8	19.6	20.2	14.4	11.3	12.9	10.1	9.3	9.7	16.1	14.7	15.4

[1]   Estimates based on the data from the 2008 KPNC Division of Research Adult Member Health Survey, a random sample survey of Health Plan members ≥ 20, weighted to the age, gender, and geographic distribution of the adult membership in the KPNC in 4th quarter 2007. NE means estimate was not calculated due to small cell size.

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

Table S1.   Prevalence of Selected Health Problems and Potential Health Risks Among
               Members Aged 65 and Over in the Adult San Mateo Service Area Population,
               Spring 2008[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]	Female %	Male %	All %
Overall rating of health:			
Excellent	7.4	7.2	7.3
Very Good	31.2	35.0	32.8
Good	40.9	38.4	39.8
Fair	16.1	16.5	16.3
Poor	4.5	2.9	3.8
Falls in past 12 mos.			
1 or more	33.1	23.5	28.9
2 or more	14.8	12.0	13.6
3 or more	7.7	5.1	6.5
Problems with teeth, gums or mouth that make eating or talking difficult	8.4	8.1	8.3
Vision problem (not correctable by glasses)	9.6	5.9	8.0
Can read newspaper print with at least one eye	96.0	97.6	96.7
Hearing problem or deafness[3]	17.7	22.6	19.8
Uses a hearing aid			
Yes (all)	8.2	12.8	10.2
Yes (restricted to those with hearing problem but not deafness)	46.8	57.7	52.2
Felt depressed much or sad all of past 12 months	4.1	0.2	2.4
Mobility Limitations			
Must stay in house most of time	3.0	1.6	2.4
Needs help from another person in getting around	4.8	0.3	2.8
Needs help of cane, walker, wheelchair, etc., to get around	12.1	8.5	10.5
Doesn't need help from another person/special aid, but has trouble getting around freely	8.7	7.9	8.4
Not limited in any of these ways	71.3	81.7	75.9

Footnotes for Table S1:

[1] From the 2008 Division of Research Member Health Survey, a random sample survey of Health Plan members aged 20 and over conducted in Spring 2008. Estimates for this table are based on data from respondents aged $\geq$ 65, weighted to the age-, gender-, and geographic distribution of the Health Plan membership in final quarter of 2007.

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

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

Table S2.   Proportion of Members Aged 65 and Over Who Receive/Need Help with
            Activities of Daily Living Because of A Disability, Health Problem, or Frailty Due
            to Age in the Adult San Mateo Service Area Population, Spring 2008[1]

Activity for Which Help is Needed/Received	Female %	Male %	All %
Travel beyond walking distance	16.3	5.7	11.7
Shopping for groceries, etc.	15.4	5.7	11.2
Routine household chores	13.2	6.4	10.2
Laundry	7.6	4.0	6.0
Preparing meals	8.0	5.0	6.7
Eating food/drinking liquids	2.8	0.1	1.6
Managing money	5.5	3.1	4.5
Taking medicines	2.7	2.9	2.8
Using the telephone	3.0	1.2	2.2
Bathing in a tub/shower	8.0	2.4	5.5
Dressing	4.9	1.0	3.2
Using the toilet	3.1	0.7	2.1
Cutting toe nails	22.8	16.9	20.2
Getting in and out of bed/chairs	6.4	0.9	4.0
How well can take care of self at present time			
Completely able	61.8	57.5	59.9
Very well	20.8	21.8	21.3
Fairly well	11.6	16.8	13.9
Not very well	3.3	3.4	3.3
Not at all able	2.5	0.6	1.6

[1] From the 2008 Division of Research Member Health Survey, a random sample survey of
    Health Plan members aged 20 and over conducted in Spring 2008. Estimates for this table
    are based on data from respondents aged $\geq$ 65, weighted to the age-, gender-, and
    geographic distribution of the Health Plan membership in final quarter of 2007.

Table S3.   Reported Use of Selected Health Care and Home Support Services During the Past 12 Months by Members Aged 65 and Over in the Adult San Mateo Service Area Population, Spring 2008[1]

Health/Home Support Services	Female %	Male %	All %
Nursing/convalescent home	2.8	0.9	1.9
Adult day care/Adult day health care program	0.3	0.2	0.2
Visiting nurse	2.4	3.5	2.9
Home health aide, paid companion, or attendant	2.1	2.3	2.2
Social worker/case manager	2.4	1.6	2.0
Mental health/counseling services	3.8	0.9	2.5
Therapist (PT, speech, etc.)	6.0	6.0	6.0
Housekeeper or errand service	2.7	0.1	1.6
Home-delivered meals	1.0	1.3	1.1
Transportation service	3.7	1.1	2.6

[1]   From the 2008 Division of Research Member Health Survey, a random sample survey of Health Plan members aged 20 and over conducted in Spring 2008. Estimates for this table are based on data from respondents aged $\geq$ 65, weighted to the age-, gender-, and geographic distribution of the Health Plan membership in final quarter of 2007.

Table S4.   Medication-Related Issues Among Members Aged 65 and Over in the Adult San Mateo Service Area Population, Spring 2008[1]

Medication-Related Issues	Female %	Male %	All %
Total number of Rx medicines <u>regularly</u> taken[2] (based on self-report)			
0	8.7	11.4	9.9
1	10.5	11.0	10.7
2	18.4	16.0	17.4
3	16.5	12.7	14.8
4	16.1	13.5	15.0
≥ 5	29.9	35.4	32.3
Selected medications/ supplements used in past 12 months			
Low dose aspirin to prevent stroke/heart attack	41.4	47.0	43.8
Rx or OTC sleep medicine	13.8	4.1	9.6
Rx or OTC pain medicine	27.7	13.7	21.6
OTC pain medicine	12.4	7.9	10.4
Rx or OTC medicine for heartburn/acid reflux	20.2	13.2	17.1
Anti-inflammatory medicine for joint/muscle/arthritis pain	35.0	21.2	29.0
Glucosamine (all)	23.3	16.2	20.2
People with arthritis	34.7	28.9	33.0
Daily multiple vitamin	55.3	45.3	50.9
Calcium (incl. Tums/Rolaids)	54.8	19.3	39.3
Fish oil/Omega-3 Fatty Acids	23.2	21.8	22.6
Last complete Rx and OTC medication review with current personal MD or pharmacist			
Within the past 12 months	81.8	77.5	79.9
More than 12 months ago	11.6	13.1	12.3

[1]   From the 2008 Division of Research Member Health Survey, a random sample survey of Health Plan members aged 20 and over conducted in Spring 2008. Estimates for this table are based on data from respondents aged $\geq$ 65, weighted to the age-, gender-, and geographic distribution of the Health Plan membership in final quarter of 2007.

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