

Characteristics of Adult Members in the San Rafael Medical Center Service 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 2,140 adult Health Plan members in the San Rafael medical center service population.¹ Only current members who had been continuously enrolled during the three months prior to the survey and had no indication that they required an interpreter to communicate in English were sampled.

¹ Medical center service population assignment made based on outpatient facility where the member was most likely to receive primary care (PARFU assignment). Includes San Rafael, Novato, and Petaluma facility users. Details about sample selection and weighting procedures are available on request.

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 medical center service population sample was 43.8% (n=930/2122). 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 Rafael Medical Center Sample

	<u>20-44 years</u>	<u>45-64 years</u>	<u>65 years or over</u>	<u>Total</u>
Women	182/491 (37.1%)	154/310 (49.7%)	185/259 (71.4%)	521/1060 (49.2%)
Men	84/494 (17.0%)	128/308 (41.6%)	197/260 (75.8%)	409/1062 (38.5%)

All respondents were assigned a post-stratification weighting factor based on the age-gender distribution of the medical center service population from which they were selected as of the fourth quarter of 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 Rafael Medical Center Service Population, Spring 2008¹

Sociodemographic Characteristics	<u>Ages 20-44</u>			<u>Ages 45-64</u>			<u>Ages 65 and Over</u>			<u>Ages 20 and Over</u>		
	Female %	Male %	All %	Female %	Male %	All %	Female %	Male %	All %	Female %	Male %	All %
<u>Everyone assigned to only one race/ethnicity by algorithm used in previous MHS reports²</u>												
White, non-Hispanic	74.2	78.4	76.2	90.5	89.2	89.9	89.5	91.6	90.4	84.8	85.7	85.2
African-American/Black	2.7	4.1	3.4	<0.1	1.2	0.5	<0.1	1.2	0.5	0.9	2.2	1.5
Latino/Hispanic	8.4	12.9	10.6	3.8	2.7	3.3	4.1	1.7	3.1	5.4	6.2	5.8
Asian, non-Hispanic ³	11.4	4.6	8.1	3.9	5.8	4.8	5.9	4.3	5.2	6.9	5.1	6.0
Hawaiian or Pacific Islander, non-Hispanic	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	0.2	0.1	<0.1	<0.1	<0.1
Native American/Alaskan native, non-Hispanic	1.1	<0.1	0.6	1.2	1.1	1.2	0.5	<0.1	0.3	1.0	0.5	0.8
Other, non-Hispanic	2.1	<0.1	1.1	0.6	<0.1	0.3	<0.1	1.0	0.4	1.0	0.2	0.6
Middle Eastern	2.1	<0.1	1.1	0.6	<0.1	0.3	<0.1	1.0	0.4	1.0	0.2	0.6
<u>Race/Ethnicity - NIH</u>												
Hispanic/Latino ethnicity												
Yes	9.0	14.5	11.7	3.8	2.7	3.3	4.1	1.7	3.1	5.6	6.8	6.2
No	91.0	85.5	88.3	96.2	97.3	96.7	95.9	98.3	96.9	94.4	93.2	93.8
Native Amer./Alaska Native ⁴	1.6	<0.1	0.8	1.2	1.1	1.2	0.5	<0.1	0.3	1.2	0.5	0.9
Asian ⁴	11.4	4.6	8.1	3.9	5.8	4.8	5.9	4.3	5.2	6.9	5.1	6.0
Hawaiian/Pacific Islander ⁴	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	0.2	0.1	<0.1	<0.1	<0.1
African-American/Black ⁴	2.7	4.1	3.4	<0.1	1.2	0.5	<0.1	1.2	0.5	0.9	2.2	1.5
White ⁴	75.8	79.3	77.5	91.4	87.7	89.7	90.6	90.7	90.6	85.9	85.2	85.6
Other race/ethnicity ⁴	8.4	12.1	10.2	3.5	4.2	3.8	3.1	3.5	3.3	5.1	6.9	5.9
Hispanic/Latino	6.3	12.1	9.0	2.9	4.2	3.5	3.1	2.6	2.8	4.1	6.7	5.3
Middle Eastern	1.0	<0.1	0.5	0.6	<0.1	0.3	<0.1	1.0	0.4	0.6	0.2	0.4

Table 1. Selected Sociodemographic Characteristics of Members Aged 20 and Over in the Adult San Rafael Medical Center Service Population, Spring 2008¹

Sociodemographic Characteristics	<u>Ages 20-44</u>			<u>Ages 45-64</u>			<u>Ages 65 and Over</u>			<u>Ages 20 and Over</u>		
	Female %	Male %	All %	Female %	Male %	All %	Female %	Male %	All %	Female %	Male %	All %
<u>Race/Ethnicity - Calif. Dept. of Finance</u>												
Hispanic/Latino	9.0	14.5	11.7	3.8	2.7	3.3	4.1	1.7	3.1	5.6	6.8	6.2
Native Amer./Alaska Native, non-Hispanic	1.1	<0.1	0.6	1.2	1.1	1.2	0.5	<0.1	0.3	1.0	0.5	0.8
Asian, non-Hispanic	11.4	4.6	8.1	3.9	5.8	4.8	5.9	4.3	5.2	6.9	5.1	6.0
Black, non-Hispanic	2.1	2.5	2.3	<0.1	1.2	0.5	<0.1	1.2	0.5	0.7	1.7	1.2
White, non-Hispanic	74.2	78.4	76.2	90.5	89.2	89.9	89.5	91.6	90.4	84.8	85.7	85.2
Other, non-Hispanic	2.1	<0.1	1.1	0.6	<0.1	0.3	<0.1	1.2	0.5	1.0	0.2	0.6
<u>One race/ethnicity or multiple race/ethnicity</u>												
White, non-Hispanic only	74.2	78.4	76.2	90.5	89.2	89.9	89.5	91.6	90.4	84.8	85.7	85.2
African-American/Black only	1.6	2.5	2.0	<0.1	0.6	0.3	<0.1	1.2	0.5	0.5	1.4	0.9
Latino/Hispanic only	6.3	11.2	8.6	2.9	2.7	2.8	3.1	1.7	2.5	4.1	5.6	4.8
Asian only	9.7	1.8	5.9	3.9	1.8	2.9	5.4	4.3	4.9	6.2	2.3	4.4
Hawaiian or Pacific Islander only	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
Nat. Amer./Alaska native only	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
Other only	1.0	<0.1	0.5	0.6	<0.1	0.3	<0.1	1.0	0.4	0.6	0.2	0.4
Middle Eastern only	1.0	<0.1	0.5	0.6	<0.1	0.3	<0.1	1.0	0.4	0.6	0.2	0.4
Two race/ethnicities	7.3	5.5	6.4	2.1	5.8	3.8	2.1	0.2	1.3	3.8	4.6	4.2
Three or more race/ethnicities	0.5	1.6	1.0	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	0.2	0.6	0.4

Table 1. Selected Sociodemographic Characteristics of Members Aged 20 and Over in the Adult San Rafael Medical Center Service Population, Spring 2008¹

Sociodemographic Characteristics	<u>Ages 20-44</u>			<u>Ages 45-64</u>			<u>Ages 65 and Over</u>			<u>Ages 20 and Over</u>		
	Female %	Male %	All %	Female %	Male %	All %	Female %	Male %	All %	Female %	Male %	All %
<u>This race/ethnicity, alone or in combination with other race/ethnic categories</u>												
White	80.8	84.6	82.6	92.6	92.4	92.5	91.1	91.9	91.4	88.3	89.4	88.8
African-American/Black	2.7	4.1	3.4	<0.1	1.2	0.5	<0.1	1.2	0.5	0.9	2.2	1.5
Latino/Hispanic	9.0	14.5	11.7	3.8	2.7	3.3	4.1	1.7	3.1	5.6	6.8	6.2
Asian	11.4	4.6	8.1	3.9	5.8	4.8	5.9	4.3	5.2	6.9	5.1	6.0
Hawaiian or Pacific Islander	<0.1	<0.1	<0.1	<0.1	1.0	0.4	0.5	0.2	0.4	0.1	0.5	0.3
Nat. Amer./Alaska native	1.6	<0.1	0.8	1.2	1.7	1.4	0.5	<0.1	0.3	1.2	0.7	1.0
Other	2.1	<0.1	1.1	0.6	1.0	0.8	<0.1	1.0	0.4	1.0	0.6	0.8
Middle Eastern	2.1	<0.1	1.1	0.6	<0.1	0.3	<0.1	1.0	0.4	1.0	0.2	0.6
<u>Education Level</u>												
11 years or less	1.1	1.3	1.2	1.2	<0.1	0.7	3.4	4.2	3.7	1.7	1.3	1.5
12 years (H.S. graduate)	7.2	9.3	8.2	11.3	13.0	12.1	19.1	11.5	15.8	11.7	11.3	11.5
Some college/technical school	32.7	35.1	33.9	40.7	39.2	40.0	37.1	32.6	35.2	37.2	36.4	36.8
College graduate	59.0	54.3	56.7	46.8	47.8	47.3	40.4	51.7	45.2	49.5	51.0	50.2
<u>Household Income in 2007</u>												
\$15,000 or less	5.4	1.6	3.6	2.2	0.6	1.5	9.8	2.1	6.5	4.9	1.3	3.2
\$15,001-\$25,000	3.6	10.0	6.7	3.4	3.4	3.4	14.8	5.3	10.8	5.9	6.3	6.1
\$25,001-\$35,000	5.5	0.9	3.3	4.0	5.2	4.5	14.8	7.6	11.8	6.8	4.0	5.6
\$35,001-\$50,000	14.1	10.8	12.5	11.9	8.8	10.5	17.9	10.4	14.7	13.9	9.8	12.0
\$50,001-\$65,000	11.9	6.3	9.2	12.2	11.7	12.0	13.9	13.7	13.8	12.5	10.1	11.4
\$65,001-\$80,000	9.2	15.2	12.1	11.7	17.9	14.5	10.2	16.6	12.9	10.5	16.6	13.3
\$80,001-\$100,000	12.6	11.3	12.0	20.5	16.1	18.5	10.0	17.3	13.1	15.5	14.5	15.1
\$100,000-\$150,000	20.4	27.6	23.9	22.6	24.8	23.6	5.3	19.3	11.3	18.1	24.8	21.2
Over \$150,000	17.2	16.2	16.7	11.5	11.6	11.5	3.3	7.7	5.2	11.7	12.6	12.1

Table 1. Selected Sociodemographic Characteristics of Members Aged 20 and Over in the Adult San Rafael Medical Center Service Population, Spring 2008¹

Sociodemographic Characteristics	<u>Ages 20-44</u>			<u>Ages 45-64</u>			<u>Ages 65 and Over</u>			<u>Ages 20 and Over</u>		
	Female %	Male %	All %	Female %	Male %	All %	Female %	Male %	All %	Female %	Male %	All %
<u>Marital Status</u>												
Married/living as part of a couple	80.7	69.3	75.3	72.8	77.7	75.1	40.9	83.9	59.4	68.2	75.9	71.8
<u>Current Employment Status</u>												
Working for pay	77.0	82.3	79.6	78.9	83.7	81.1	15.1	20.2	17.3	63.7	70.2	66.7
Unemployed, laid off, or on strike	1.8	7.8	4.7	4.4	<0.1	2.4	<0.1	<0.1	<0.1	2.5	2.9	2.7
Full-time homemaker/parent/caregiver	13.8	1.6	7.9	2.2	<0.1	1.2	8.3	0.7	5.0	7.5	0.8	4.4
Full-time or almost full-time student	7.4	7.0	7.2	0.6	<0.1	0.3	0.5	<0.1	0.3	2.9	2.6	2.8
Retired ⁵ or unable to work due to health/disability	<0.1	1.3	0.6	13.3	16.3	14.6	74.1	77.8	75.7	22.6	23.3	22.9
<u>Computer Access</u>												
PC at any location	99.4	100.0	99.7	92.3	95.2	93.6	64.3	80.5	71.3	88.4	94.1	91.0
PC at home	95.5	95.6	95.5	87.0	86.1	86.6	62.5	78.7	69.4	84.4	88.1	86.1
PC at other location	22.0	28.1	24.9	29.2	29.7	29.4	4.4	8.3	6.1	21.2	24.9	22.9
Has access to Internet ⁶	99.5	100.0	99.7	92.2	92.5	92.4	62.7	79.5	69.9	88.0	92.7	90.2
At home	94.3	95.5	94.9	87.9	85.6	86.9	65.0	79.0	71.3	85.3	87.9	86.5
At other location	26.3	29.7	28.1	32.4	30.1	31.3	5.4	7.7	6.5	24.3	25.4	24.8
Can receive e-mail ⁶	97.8	97.5	97.7	88.6	90.4	89.4	60.2	75.1	66.6	85.3	90.0	87.5
At home	94.8	93.5	94.2	85.6	80.5	83.2	61.9	77.1	68.4	83.3	84.7	84.0
At other location	19.3	21.8	20.5	26.6	30.4	28.3	3.3	8.3	5.4	18.9	22.9	20.7

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 ≥ 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 Rafael Medical Center Service Population, Spring 2008¹

History of Health Problems During the Past 12 Months ²	<u>Ages 20-44</u>			<u>Ages 45-64</u>			<u>Ages 65 and Over</u>			<u>Ages 20 and Over</u>		
	Female %	Male %	All %	Female %	Male %	All %	Female %	Male %	All %	Female %	Male %	All %
<u>Overall Rating of Health Now</u>												
Excellent	24.0	24.4	24.2	18.5	17.0	17.8	12.3	13.0	12.6	19.0	18.9	18.9
Very Good	41.0	53.9	47.2	48.2	41.9	45.3	47.8	39.9	44.4	45.7	45.9	45.8
Good	30.8	17.2	24.2	25.9	33.2	29.2	27.6	33.0	29.9	27.9	27.2	27.6
Fair	3.7	3.4	3.5	6.2	6.4	6.3	10.2	13.3	11.5	6.3	6.6	6.4
Poor	0.5	1.2	0.8	1.2	1.5	1.4	2.1	0.9	1.6	1.2	1.3	1.2
<u>Rating of Physical Health (including pain) Now</u>												
Excellent	24.5	25.9	25.2	17.3	19.1	18.1	12.2	12.6	12.4	18.6	20.3	19.4
Very Good	38.4	52.6	45.3	48.6	40.1	44.7	45.3	40.2	43.1	44.4	44.8	44.6
Good	30.0	16.2	23.3	25.5	29.9	27.5	28.0	32.5	29.9	27.6	25.4	26.6
Fair	6.6	4.1	5.4	7.4	8.9	8.1	13.8	13.1	13.5	8.6	7.9	8.3
Poor	0.5	1.2	0.8	1.2	2.1	1.6	0.8	1.6	1.1	0.9	1.6	1.2
<u>Rating of Emotional/Mental Health Now</u>												
Excellent	25.7	30.3	27.9	24.7	19.6	22.3	26.8	31.3	28.7	25.5	25.9	25.7
Very Good	34.8	30.0	32.5	37.5	50.0	43.3	41.1	37.0	39.3	37.4	39.9	38.6
Good	29.2	30.7	29.9	30.2	22.0	26.4	21.5	26.2	23.5	27.9	26.1	27.1
Fair	10.3	7.8	9.1	6.9	8.4	7.6	8.7	4.7	7.0	8.5	7.4	8.0
Poor	<0.1	1.3	0.6	0.6	<0.1	0.3	1.9	0.9	1.5	0.7	0.6	0.7

Table 2. Prevalence of Selected Chronic Health Problems Among Members Aged 20 and Over in the Adult San Rafael Medical Center Service Population, Spring 2008¹

History of Health Problems During the Past 12 Months ²	<u>Ages 20-44</u>			<u>Ages 45-64</u>			<u>Ages 65 and Over</u>			<u>Ages 20 and Over</u>		
	Female %	Male %	All %	Female %	Male %	All %	Female %	Male %	All %	Female %	Male %	All %
<u>Health Conditions During Past 12 Months</u>												
Diabetes ³	1.1	<0.1	0.6	1.8	7.2	4.3	9.1	16.2	12.1	3.2	6.3	4.7
Heart problems, incl. angina, MI ³	0.5	0.9	0.7	4.5	7.2	5.7	13.0	20.3	16.1	5.1	7.5	6.2
Stroke	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	0.3	1.6	0.8	0.1	0.3	0.2
Cancer												
Any type	<0.1	2.4	1.2	2.4	1.7	2.1	3.0	9.7	5.9	1.7	3.6	2.6
Non-skin cancer	<0.1	1.3	0.6	1.8	0.6	1.2	1.5	7.9	4.2	1.1	2.3	1.6
High blood pressure (MD dx) ³	2.6	7.5	5.0	22.4	25.3	23.7	49.7	49.1	49.4	21.9	23.5	22.6
High cholesterol (MD dx) ³	1.6	4.9	3.2	20.4	25.7	22.8	33.5	48.0	39.7	17.0	22.4	19.5
Asthma ³	10.2	16.7	13.3	10.0	14.9	12.3	8.8	6.5	7.8	9.8	13.9	11.7
Emphysema/COPD	<0.1	<0.1	<0.1	<0.1	1.2	0.6	2.7	1.6	2.2	0.6	0.8	0.7
Chronic bronchitis	0.6	<0.1	0.3	<0.1	0.6	0.3	3.2	1.4	2.4	0.9	0.5	0.7
Environmental allergy	12.1	8.4	10.3	13.6	8.7	11.3	9.4	11.5	10.3	12.1	9.1	10.7
Enlarged prostate (men only)	--	<0.1	--	--	0.6	--	--	21.7	--	--	4.6	--
Urinary incontinence	4.7	1.2	3.0	13.7	3.9	9.2	21.1	10.7	16.7	12.4	4.3	8.6
Osteoporosis	<0.1	<0.1	<0.1	7.3	<0.1	3.9	8.7	1.3	5.7	5.1	0.2	2.9
Arthritis/rheumatoid arthritis	2.6	3.7	3.1	9.6	7.2	8.5	20.9	18.3	19.8	9.8	8.1	9.0
Pain (back, head, other)	33.4	22.9	28.3	39.5	34.7	37.3	29.0	25.6	27.5	35.0	28.5	32.0
Severe back pain/sciatica	12.5	16.2	14.3	13.5	18.4	15.7	15.4	12.7	14.3	13.6	16.5	14.9
Severe neck/shoulder pain	7.8	5.8	6.8	10.1	14.0	11.9	9.0	9.5	9.2	9.1	10.1	9.5
Migraine headaches	14.5	5.4	10.1	9.2	2.1	5.9	1.2	2.1	1.6	9.2	3.3	6.5
Other severe headaches	3.9	<0.1	2.0	2.7	3.7	3.1	0.3	2.3	1.1	2.5	2.0	2.3
Other frequent lasting pain	10.1	4.9	7.6	16.7	11.4	14.3	14.4	11.8	13.3	14.0	9.1	11.7
Vision problem (not correctable by glasses)	3.4	1.2	2.3	8.3	5.8	7.2	10.5	13.7	11.9	7.1	5.7	6.5
Hearing problem/deafness ⁴	2.7	3.3	3.0	6.6	5.1	5.9	20.9	32.4	25.8	8.5	9.9	9.2

Table 2. Prevalence of Selected Chronic Health Problems Among Members Aged 20 and Over in the Adult San Rafael Medical Center Service Population, Spring 2008¹

History of Health Problems During the Past 12 Months ²	<u>Ages 20-44</u>			<u>Ages 45-64</u>			<u>Ages 65 and Over</u>			<u>Ages 20 and Over</u>		
	Female %	Male %	All %	Female %	Male %	All %	Female %	Male %	All %	Female %	Male %	All %
Frequent sleep problems	9.8	9.1	9.5	9.9	7.4	8.8	16.8	14.3	15.7	11.4	9.4	10.5
Depression ⁵	18.8	12.2	15.6	21.3	10.7	16.5	13.2	4.0	9.3	18.6	9.9	14.6
Anxiety/panic ⁶	11.8	4.8	8.4	8.2	3.7	6.1	8.6	2.2	5.8	9.5	3.8	6.9
Problem with alcohol or drugs	1.7	1.5	1.6	0.6	1.2	0.9	<0.1	0.8	0.4	0.8	1.3	1.0
<u>History of health conditions (within or longer than past 12 mos):</u>												
Heart problems or M.I. ³	1.7	0.9	1.3	4.5	9.0	6.6	13.8	29.6	20.5	5.7	10.1	7.7
Stroke	<0.1	1.5	0.7	1.2	0.6	0.9	4.3	3.2	3.8	1.5	1.4	1.5
Cancer (other than skin cancer)	1.5	3.3	2.4	9.6	5.0	7.5	18.2	17.9	18.1	8.8	6.9	8.0
High blood pressure ³	4.7	9.6	7.1	25.6	31.1	28.1	52.5	51.4	52.0	24.7	27.2	25.8
Diabetes ³	1.1	<0.1	0.6	1.8	7.2	4.3	9.1	16.2	12.1	3.2	6.3	4.7
Chronic pain	16.2	10.1	13.3	25.1	20.7	23.1	20.6	14.8	18.1	21.1	15.6	18.6
Adult depression ⁵	24.3	14.2	19.4	28.2	16.5	22.8	16.8	7.6	12.9	24.3	13.9	19.5
Alcohol or drug problem	5.7	3.1	4.4	3.0	4.6	3.7	3.5	2.3	3.0	4.0	3.6	3.8
Had a hysterectomy	0.5	--	--	7.3	--	--	14.1	--	--	6.6	--	--
<u>How much health interferes with work or regular daily activities</u>												
Physical health (incl. pain)												
Not at all	52.4	57.2	54.7	48.6	52.4	50.3	48.9	45.4	47.4	50.0	52.8	51.3
A little	35.1	31.4	33.3	31.2	31.2	31.2	27.6	32.3	29.6	31.7	31.5	31.6
Moderately	8.9	7.3	8.1	11.3	8.2	9.9	13.6	15.2	14.3	11.0	9.3	10.2
Quite a bit	3.7	4.0	3.8	8.9	8.2	8.6	9.9	7.1	8.7	7.4	6.4	6.9
Emotional/mental health												
Not at all	55.5	54.7	55.1	60.1	67.2	63.3	68.3	67.6	68.0	60.4	62.6	61.4
A little	33.6	30.8	32.2	26.2	28.2	27.1	19.5	22.0	20.6	27.2	27.9	27.5
Moderately	8.2	11.8	9.9	10.4	2.2	6.7	10.3	9.2	9.8	9.6	7.2	8.5
Quite a bit	2.7	2.7	2.7	3.3	2.4	2.9	1.9	1.2	1.6	2.8	2.3	2.5

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 ≥ 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 Rafael Medical Center Service Population, Spring 2008¹

Behavioral/Psychosocial Risks During the Past 12 Months	<u>Ages 20-44</u>			<u>Ages 45-64</u>			<u>Ages 65 and Over</u>			<u>Ages 20 and Over</u>		
	Female %	Male %	All %	Female %	Male %	All %	Female %	Male %	All %	Female %	Male %	All %
<u>History of Tobacco Use</u>												
Current cigarette smoker	11.8	6.8	9.4	11.2	8.6	10.0	4.0	3.4	3.7	9.8	6.9	8.4
Former cigarette smoker	12.1	14.3	13.1	33.0	20.1	27.2	47.8	56.0	51.3	29.3	25.2	27.4
Never smoked regularly	76.2	78.9	77.5	55.8	71.4	62.8	48.2	40.7	45.0	61.0	67.9	64.1
<u>Weight</u>												
Overweight (BMI \geq 25)	35.7	59.3	47.0	47.6	70.6	58.1	42.4	57.2	48.7	42.4	63.7	52.2
Obese (BMI \geq 30)	13.1	13.8	13.4	13.3	19.4	16.1	10.6	14.3	12.2	12.6	16.3	14.3
<u>BMI range:</u>												
BMI < 18.5 (underwt)	3.4	1.6	2.5	2.4	0.6	1.6	2.6	0.7	1.8	2.8	1.0	1.9
BMI 18.5 to 25	61.0	39.2	50.5	50.0	28.8	40.3	55.1	42.1	49.5	54.9	35.3	45.8
BMI 25 to 30 (overwt)	22.6	45.5	33.6	34.2	51.2	42.0	31.8	42.9	36.5	29.7	47.5	37.9
BMI 30 to < 35 (obese)	9.4	9.6	9.5	6.0	15.7	10.4	9.3	11.6	10.3	7.9	12.6	10.1
BMI 35 to <40 (very obese)	1.0	4.2	2.5	3.2	2.1	2.7	0.8	1.5	1.1	1.9	2.8	2.3
BMI \geq 40 (extremely obese)	2.7	<0.1	1.4	4.1	1.6	3.0	0.5	1.2	0.8	2.8	0.9	2.0
<u>Exercise Frequency</u>												
5 or more times/week	26.1	28.5	27.2	33.0	41.0	36.6	39.0	48.2	42.9	32.0	37.8	34.7
3-4 times/week	36.6	38.5	37.5	34.9	25.6	30.6	33.8	30.8	32.5	35.2	31.4	33.5
1-2 times/week	25.5	25.6	25.5	19.6	17.9	18.8	16.5	12.3	14.7	20.9	19.6	20.3
Less than 1 time/week	11.9	7.4	9.7	12.5	15.5	13.9	10.7	8.8	9.9	11.9	11.2	11.6
<u>Reduced Fat Diet</u>												
Tries to eat reduced fat foods most of the time.	51.5	50.3	50.9	53.0	45.7	49.7	62.2	55.9	59.5	54.6	49.5	52.2
<u>Fruit/Vegetable Consumption</u>												
Eats \geq 3 servings per day	62.4	55.2	59.0	65.6	37.5	52.7	68.2	46.3	58.7	65.1	45.7	56.2
Eats \geq 5 servings per day	22.7	15.8	19.5	20.2	7.1	14.2	23.5	13.8	19.3	21.8	11.7	17.2

Table 3. Prevalence of Selected Behavioral and Psychosocial Risks Among Members Aged 20 and Over in the Adult San Rafael Medical Center Service Population, Spring 2008¹

Behavioral/Psychosocial Risks During the Past 12 Months	<u>Ages 20-44</u>			<u>Ages 45-64</u>			<u>Ages 65 and Over</u>			<u>Ages 20 and Over</u>		
	Female %	Male %	All %	Female %	Male %	All %	Female %	Male %	All %	Female %	Male %	All %
<u>Alcohol Consumption</u>												
Never drinks	15.0	6.9	11.1	19.3	12.8	16.4	29.1	16.3	23.5	20.0	11.3	16.0
Drinks less than once/week	37.8	31.5	34.8	22.9	20.9	22.0	24.3	19.0	22.0	28.3	24.5	26.5
Drinks 1-2 days/week	20.6	26.0	23.2	16.9	12.1	14.7	8.6	14.0	10.9	16.3	17.7	16.9
Drinks 3-4 days/week	14.6	18.0	16.2	11.5	23.2	16.8	8.0	9.2	8.5	11.8	18.4	14.8
Drinks \geq 5 days/week	12.1	17.6	14.7	29.4	30.9	30.1	30.1	41.6	35.0	23.6	28.1	25.7
At-Risk drinker based on:												
Drinks per day ² (F >1, M >2)	47.1	38.4	42.9	40.2	13.8	28.0	25.9	14.5	21.1	39.3	23.3	31.9
Drinks per week ³ (F >7, M >14)	8.3	11.5	9.9	22.7	8.8	16.4	17.9	9.9	14.4	16.7	10.0	13.6
<u>Total hours of sleep per 24 hour day</u>												
< 6 hours	1.7	0.9	1.3	3.3	2.3	2.9	8.0	4.0	6.3	3.8	2.2	3.1
< 7 hours	18.9	22.2	20.4	23.8	19.5	21.9	21.2	13.4	17.9	21.6	19.2	20.5
\geq 8 hours	54.7	50.3	52.7	39.0	39.7	39.4	53.1	59.6	55.9	47.6	47.6	47.6
<u>Psychosocial Risks</u>												
Worried about personal/family safety for other reasons (neighborhood violence, robberies, gangs, etc.)	2.9	1.3	2.1	3.3	3.7	3.5	1.0	1.1	1.0	2.6	2.3	2.5
Feared for personal/family safety because of anger/threats from a current or former spouse, partner or boy/girlfriend	2.9	<0.1	1.5	3.8	2.6	3.3	0.8	<0.1	0.4	2.8	1.1	2.0

Table 3. Prevalence of Selected Behavioral and Psychosocial Risks Among Members Aged 20 and Over in the Adult San Rafael Medical Center Service Population, Spring 2008¹

Behavioral/Psychosocial Risks During the Past 12 Months	<u>Ages 20-44</u>			<u>Ages 45-64</u>			<u>Ages 65 and Over</u>			<u>Ages 20 and Over</u>		
	Female %	Male %	All %	Female %	Male %	All %	Female %	Male %	All %	Female %	Male %	All %
Worried about personal/family's financial security	31.6	19.6	25.9	36.8	23.9	30.9	11.0	8.6	10.0	29.2	19.2	24.6
Felt harassed/discriminated against	5.5	6.6	6.0	5.3	1.2	3.4	1.3	0.6	1.0	4.5	3.1	3.8
Felt very stressed, tense, or anxious most/all the time	27.2	19.8	23.7	27.1	7.5	18.3	6.2	1.2	4.1	22.5	10.8	17.2
General satisfaction with life												
Satisfied with life	88.6	88.6	88.6	85.3	85.5	85.4	85.2	88.3	86.6	86.4	87.3	86.8
Dissatisfied with life	11.4	11.4	11.4	14.7	14.5	14.6	14.8	11.7	13.4	13.6	12.7	13.2
<u>Belief about extent to which lifestyle/habits can affect health</u>												
Not at all/a little bit	2.1	0.9	1.5	4.7	1.6	3.3	5.2	8.0	6.4	3.9	2.6	3.3
Moderately	3.5	11.1	7.1	6.3	11.4	8.6	8.2	6.4	7.4	5.7	10.3	7.8
Quite a bit/extremely	94.4	88.0	91.3	89.1	87.0	88.1	86.6	85.6	86.2	90.3	87.1	88.9
<u>Belief about extent to which stress/emotional troubles (e.g. depression or anxiety) can affect health</u>												
Not at all/a little bit	3.2	4.6	3.8	4.2	4.4	4.3	12.1	17.8	14.5	5.6	7.1	6.3
Moderately	6.6	12.4	9.4	6.6	9.4	7.9	12.2	8.6	10.6	7.8	10.4	9.0
Quite a bit/extremely	90.2	83.0	86.8	89.3	86.2	87.9	75.8	73.7	74.9	86.6	82.5	84.7

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 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 Rafael Medical Center Service Population, Spring 2008¹

Actions Taken Trying To:	<u>Ages 20-44</u>			<u>Ages 45-64</u>			<u>Ages 65 and Over</u>			<u>Ages 20 and Over</u>		
	Female %	Male %	All %	Female %	Male %	All %	Female %	Male %	All %	Female %	Male %	All %
Lose weight by exercising or dieting	42.2	39.6	41.0	52.1	38.1	45.7	26.7	31.6	28.8	43.0	37.3	40.4
Eat mostly healthy foods	83.5	82.9	83.3	82.0	72.2	77.5	85.4	79.2	82.7	83.3	77.5	80.7
Get moderate or vigorous exercise daily	52.9	52.4	52.7	55.6	48.2	52.3	49.4	56.0	52.2	53.3	51.4	52.4
Take daily walks or do 10,000 steps	29.6	9.5	20.0	37.2	24.9	31.6	28.7	35.1	31.4	32.7	21.3	27.5
Get enough sleep to feel well-rested	79.9	78.1	79.1	81.0	62.4	72.5	78.9	76.7	78.0	80.2	71.0	76.0
Manage stress effectively	58.5	51.0	54.9	59.1	49.7	54.8	36.3	31.4	34.2	53.7	46.5	50.4
Do enjoyable activities at least 1-2 times/week	72.4	71.4	72.0	70.5	70.8	70.6	71.8	69.0	70.6	71.4	70.7	71.1
Do activities to keep brain stimulated ²	--	--	--	--	--	--	73.4	70.4	72.1	--	--	--
Visit with people at least once/week ²	--	--	--	--	--	--	73.6	68.4	71.4	--	--	--

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 Rafael Medical Center Service Population, Spring 2008¹

Preventive Medicine Services ²	<u>Ages 20-44</u>			<u>Ages 45-64</u>			<u>Ages 65 and Over</u>			<u>Ages 20 and Over</u>		
	Female %	Male %	All %	Female %	Male %	All %	Female %	Male %	All %	Female %	Male %	All %
<u>Routine health checkup or health appraisal³</u>												
Within past 2 years	75.7	69.9	72.8	82.8	82.8	82.8	91.1	95.6	93.0	82.3	80.5	81.4
Within past 5 years	88.2	87.4	87.8	93.9	96.3	95.0	96.3	98.7	97.3	92.5	93.4	92.9
<u>Flu immunization in 2007-08 flu season</u>												
Ages \geq 20	34.1	20.8	27.8	40.9	44.0	42.3	76.8	75.6	76.3	46.8	41.9	44.6
Ages \geq 50	--	--	--	44.9	52.3	48.3	76.8	75.6	76.3	57.9	61.2	59.4
Ages \geq 65 or high risk ⁴	43.4	18.7	29.6	42.1	68.8	57.4	76.8	75.6	76.3	65.2	63.7	64.5
<u>Pneumococcal vaccination (ever)</u>												
Ages \geq 65	--	--	--	--	--	--	87.3	80.6	84.5	--	--	--
<u>Dental exam by dentist/hygienist</u>												
Within past 12 months	79.3	77.6	78.5	90.5	79.3	85.2	84.7	81.9	83.5	85.3	79.1	82.4
Within past 2 years	90.5	87.8	89.2	96.5	83.1	90.1	89.7	92.5	90.9	92.9	86.6	90.0
<u>Eye/vision exam by eye doctor</u>												
Within past 12 months	43.1	37.9	40.5	54.9	47.0	51.2	69.5	59.6	65.2	54.3	46.0	50.4
Within past 2 years	68.9	55.9	62.4	83.7	71.6	78.1	89.6	83.5	87.0	80.1	68.0	74.4

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 \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. 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 \geq 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 Rafael Medical Service Population, Spring 2008¹

Complementary or Alternative Medicine	<u>Ages 20-44</u>			<u>Ages 45-64</u>			<u>Ages 65 and Over</u>			<u>Ages 20 and Over</u>		
	Female %	Male %	All %	Female %	Male %	All %	Female %	Male %	All %	Female %	Male %	All %
Chiropractic	15.4	16.1	15.7	14.5	13.2	13.9	11.0	12.1	11.5	14.0	14.1	14.0
Acupuncture	6.5	5.6	6.0	11.0	4.4	8.0	2.5	2.9	2.6	7.5	4.5	6.2
Acupressure	2.1	1.3	1.7	4.7	1.2	3.1	1.7	0.5	1.2	3.2	1.1	2.2
Massage Therapy	25.9	17.6	21.9	31.7	11.5	22.4	15.3	8.2	12.3	26.0	13.1	20.1
Deep breathing, mindfulness, or other relaxation/meditation technique	32.4	19.8	26.3	30.9	10.6	21.6	15.4	9.3	12.8	27.9	13.7	21.4
Guided imagery/visualization techniques	5.4	4.1	4.8	10.1	2.3	6.5	4.4	2.3	3.5	7.2	3.0	5.3
Hypnosis or self-hypnosis	1.0	<0.1	0.5	2.7	<0.1	1.5	1.7	0.2	1.1	1.9	<0.1	1.0
Biofeedback	1.2	<0.1	0.6	0.6	<0.1	0.3	<0.1	0.7	0.3	0.7	0.1	0.4
Yoga	25.6	14.4	20.2	23.2	11.6	17.9	5.3	3.8	4.7	19.9	11.1	15.9
Tai Chi, Chi Gong, other movement therapy	0.6	4.0	2.2	6.3	1.2	4.0	7.5	1.8	5.0	4.6	2.4	3.6
Body work (e.g., Feldenkreis)	2.7	4.0	3.3	7.2	0.6	4.2	5.1	3.6	4.4	5.2	2.5	3.9
Herbal medicine/herbal supplement, or medicinal tea	19.4	9.2	14.5	22.3	10.2	16.8	14.3	3.8	9.8	19.5	8.5	14.5
Megavitamin/high dose vitamin therapy	2.6	2.8	2.7	3.0	2.1	2.6	4.0	1.9	3.1	3.1	2.3	2.8
Homeopathic medicine	5.0	4.5	4.8	13.7	1.7	8.2	4.8	1.3	3.3	8.7	2.7	5.9
Very low fat diet (Ornish, Pritikin, etc.)	1.2	0.9	1.0	1.7	1.0	1.4	0.5	2.6	1.4	1.3	1.3	1.3
Very low carb diet	9.4	2.6	6.1	4.4	0.6	2.6	2.4	5.3	3.6	5.6	2.3	4.1
Prayer or spiritual practice	16.6	8.1	12.5	29.8	10.5	21.0	21.1	12.8	17.5	23.3	10.1	17.2
Religious/spiritual healing by others	1.6	0.9	1.3	8.3	2.3	5.5	3.7	1.0	2.5	5.0	1.5	3.4
Energy healing	1.0	1.6	1.3	4.5	1.2	3.0	2.4	0.8	1.8	2.9	1.3	2.1
Psychological counseling	12.2	3.7	8.1	10.6	2.7	7.0	4.9	1.9	3.6	9.8	2.9	6.7
12-Step/Self-help Program	3.9	<0.1	2.0	6.9	2.9	5.1	2.2	2.3	2.2	4.8	1.7	3.4

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 ≥ 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 Rafael Medical Center Service Population, Spring 2008¹

Selected Health information Source Used	<u>Ages 20-44</u>			<u>Ages 45-64</u>			<u>Ages 65 and Over</u>			<u>Ages 20 and Over</u>		
	Female %	Male %	All %	Female %	Male %	All %	Female %	Male %	All %	Female %	Male %	All %
Participated in a KP group or individual Health Ed. program	9.7	8.9	9.3	9.2	8.3	8.8	12.1	10.9	11.6	10.0	9.0	9.6
Received one-on-one counseling from KP staff for behavior change or chronic health problem mgt.	3.3	0.9	2.1	2.9	5.1	3.9	5.7	5.1	5.4	3.7	3.5	3.6
Used KP health ed. materials	13.9	11.9	12.9	19.3	22.6	20.8	18.8	25.2	21.6	17.4	19.1	18.2
Read one of KP's member newsletters	27.9	22.1	25.1	50.6	38.7	45.1	60.7	61.0	60.8	45.2	37.0	41.4
Used <i>KP Healthwise Handbook</i>	19.5	15.5	17.6	24.4	19.2	22.0	38.3	31.9	35.5	25.9	20.3	23.3
Used KP's online Health and/or Drug Encyclopedias	11.0	12.7	11.9	19.4	5.4	13.0	8.7	11.0	9.7	14.1	9.2	11.9
Obtained health or advice info from Internet websites (KP or non-KP)	37.0	25.0	31.2	31.5	21.8	27.0	16.4	18.2	17.2	29.9	22.3	26.4
Used a KP online health education program	9.8	5.2	7.6	6.8	5.2	6.0	3.4	4.3	3.8	7.0	5.0	6.1
Used KP or non-KP group, individual, or web-based smoking cessation services (Past year smokers only)	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
Used KP or non-KP group, individual, or web-based weight loss program (people who tried to lose weight only)	8.6	5.5	7.2	8.5	8.2	8.4	6.7	1.5	4.3	8.3	6.0	7.3
Used KP Member Website to make an appt., refill prescriptions, or communicate with KP medical staff	56.3	36.7	46.8	48.2	38.7	43.8	30.9	38.7	34.3	47.0	38.0	42.8

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 ≥ 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 Rafael Medical Center Service Population, Spring 2008¹

Preferred Methods for Learning about Health ²	<u>Ages 20-44</u>			<u>Ages 45-64</u>			<u>Ages 65 and Over</u>			<u>Ages 20 and Over</u>		
	Female %	Male %	All %	Female %	Male %	All %	Female %	Male %	All %	Female %	Male %	All %
Small gp. appointments with a clinician or health educator	9.8	9.4	9.6	13.9	10.2	12.2	8.7	9.4	9.0	11.3	9.8	10.6
Individual counseling from a health educator	39.0	36.9	38.0	35.0	28.5	32.0	24.2	26.1	25.0	33.9	31.1	32.6
Brief telephone counseling sessions	20.3	16.4	18.4	33.1	18.6	26.5	17.9	14.1	16.3	25.3	16.9	21.5
Patient education classes												
One day workshop	8.4	7.8	8.1	11.6	1.5	7.0	7.2	7.2	7.2	9.5	5.0	7.4
Multi-session program	15.0	11.5	13.3	12.8	6.5	9.9	8.4	5.7	7.2	12.6	8.2	10.5
In-person group	9.3	3.8	6.6	6.0	4.8	5.4	6.0	2.9	4.6	7.1	4.0	5.7
Phone-based group	2.8	<0.1	1.4	1.8	<0.1	1.0	1.4	0.2	0.9	2.0	<0.1	1.1
E-mail/Web-based	7.0	8.6	7.8	8.6	1.7	5.5	2.5	2.8	2.6	6.7	4.5	5.7
Watch health videos at home	12.0	17.2	14.5	11.1	12.4	11.7	13.3	11.3	12.5	11.9	14.0	12.9
Watch health programs on TV	11.8	11.9	11.9	20.9	16.3	18.8	23.5	15.6	20.1	18.4	14.5	16.6
Listen to podcasts or audio downloads	11.7	18.2	14.8	8.3	5.2	6.9	2.1	3.5	2.7	8.0	9.7	8.8
Use an interactive computer program	15.0	21.8	18.3	17.6	12.4	15.2	8.1	14.5	10.8	14.6	16.3	15.4
Get information from websites	38.8	31.8	35.4	26.2	22.1	24.3	20.9	21.8	21.3	29.3	25.6	27.6
Mailed health newsletters	31.9	20.4	26.3	45.8	27.6	37.4	49.9	42.1	46.5	42.0	27.8	35.5
Brochures, short articles, handouts	34.8	19.4	27.3	35.7	21.4	29.1	37.2	31.9	34.9	35.8	22.7	29.7
Tip sheets/articles on doctor's home page	20.0	9.2	14.8	14.2	10.4	12.5	9.0	11.3	10.0	15.0	10.1	12.8

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 ≥ 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 Rafael Medical Center Service Population, Spring 2008¹ (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 %
<u>Overall rating of health:</u>			
Excellent	12.3	13.0	12.6
Very Good	47.8	39.9	44.4
Good	27.6	33.0	29.9
Fair	10.2	13.3	11.5
Poor	2.1	0.9	1.6
<u>Falls in past 12 mos.</u>			
1 or more	26.6	23.4	25.2
2 or more	7.3	11.7	9.2
3 or more	2.1	4.0	2.9
Problems with teeth, gums or mouth that make eating or talking difficult	4.3	1.9	3.3
Vision problem (not correctable by glasses)	10.5	13.7	11.9
Can read newspaper print with at least one eye	97.5	98.4	97.9
Hearing problem or deafness ³	20.9	32.4	25.8
Uses a hearing aid			
Yes (all)	13.2	15.9	14.3
Yes (restricted to those with hearing problem but not deafness)	71.2	49.3	58.8
Felt depressed much or sad all of past 12 months	2.9	0.5	1.9
<u>Mobility Limitations</u>			
Must stay in house most of time	1.0	1.6	1.2
Needs help from another person in getting around	3.8	<0.1	2.2
Needs help of cane, walker, wheelchair, etc., to get around	7.2	4.0	5.8
Doesn't need help from another person/special aid, but has trouble getting around freely	7.7	8.5	8.1
Not limited in any of these ways	80.3	85.9	82.7

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 ≥ 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 Rafael Medical Center Service Population, Spring 2008¹

Activity for Which Help is Needed/Received	Female %	Male %	All %
Travel beyond walking distance	10.0	4.3	7.6
Shopping for groceries, etc.	6.9	1.9	4.8
Routine household chores	7.4	3.4	5.7
Laundry	7.0	1.2	4.5
Preparing meals	5.7	1.2	3.7
Eating food/drinking liquids	0.3	<0.1	0.1
Managing money	4.0	0.7	2.6
Taking medicines	2.7	1.4	2.1
Using the telephone	1.3	0.7	1.1
Bathing in a tub/shower	5.4	1.1	3.5
Dressing	1.9	1.1	1.5
Using the toilet	1.6	0.9	1.3
Cutting toe nails	18.8	11.6	15.7
Getting in and out of bed/chairs	1.9	<0.1	1.1
<u>How well can take care of self at present time</u>			
Completely able	76.9	69.1	73.6
Very well	9.9	19.3	13.9
Fairly well	8.3	9.1	8.6
Not very well	3.6	1.6	2.8
Not at all able	1.4	0.9	1.2

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 ≥ 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 Rafael Medical Center Service Population, Spring 2008¹

Health/Home Support Services	Female %	Male %	All %
Nursing/convalescent home	1.6	0.7	1.2
Adult day care/Adult day health care program	0.9	0.9	0.9
Visiting nurse	0.7	2.2	1.3
Home health aide, paid companion, or attendant	2.8	3.4	3.0
Social worker/case manager	1.1	1.8	1.4
Mental health/counseling services	3.6	2.5	3.1
Therapist (PT, speech, etc.)	14.4	5.6	10.7
Housekeeper or errand service	3.1	1.8	2.5
Home-delivered meals	3.2	<0.1	1.8
Transportation service	5.0	1.6	3.5

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 ≥ 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 Rafael Medical Center Service Population, Spring 2008¹

Medication-Related Issues	Female %	Male %	All %
Total number of Rx medicines regularly taken ² (based on self- report)			
0	20.9	14.1	17.9
1	20.8	15.7	18.5
2	17.6	18.9	18.2
3	11.5	11.9	11.7
4	11.0	17.3	13.8
≥ 5	18.2	22.1	19.9
Selected medications/ supplements used in past 12 months			
Low dose aspirin to prevent stroke/heart attack	37.1	50.2	42.7
Rx or OTC sleep medicine	16.4	11.5	14.3
Rx or OTC pain medicine	27.2	22.4	25.2
OTC pain medicine	16.7	16.9	16.8
Rx or OTC medicine for heartburn/acid reflux	18.5	17.8	18.2
Anti-inflammatory medicine for joint/muscle/arthritis pain	37.0	26.1	32.3
Glucosamine (all)	30.3	25.4	28.2
People with arthritis	36.5	45.3	40.0
Daily multiple vitamin	54.4	48.3	51.8
Calcium (incl. Tums/Rolaids)	69.9	25.0	50.7
Fish oil/Omega-3 Fatty Acids	32.5	24.8	29.2
Last complete Rx and OTC medication review with current personal MD or pharmacist			
Within the past 12 months	69.5	81.0	74.5
More than 12 months ago	12.4	8.4	10.7

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 ≥ 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.