

# **Sociodemographic and Health-Related Characteristics of Members Aged 20 and Over in the East Bay Service Area Population, 2014/2015**

Estimates are based on self-reported data for adults aged 20 and over who responded in the 2014/2015 cycle of the Kaiser Permanente Northern California Region Member Health Survey:

- Sociodemographic characteristics, including usual mode of transportation
- Health status, health conditions, and functional status
- Health behaviors and psychosocial risks
- Actions members are taking to try to maintain or improve their health
- IT access (computer, Internet, email, mobile phone, text messaging)
- Preferred methods for receiving health information and health education

The Member Health Survey is a project funded by Kaiser Permanente's Northern California Region Community Benefit Program (CB). These survey results are being made available to the public as part of Kaiser Permanente's commitment to sharing research findings based on our membership that might inform decisions about methods of outreach to improve the health of our communities. This information should not be used as the basis for any professional publication without permission of Dr. Nancy Gordon, and slides used for presentations should credit the Kaiser Permanente Member Health Survey as the source.

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

For table footnotes or text references:

Data from the 2014/2015 cycle of the Kaiser Permanente Member Health Survey conducted by the KPNC Division of Research.

In a reference list:

Gordon NP. Sociodemographic and Health-Related Characteristics of Members in Kaiser Permanente's Northern California Region – East Bay Service Area, 2014/2015. Internal report, Division of Research, Kaiser Permanente Medical Care Program, Oakland, CA, October 2017.

For further information, go to the Member Health Survey website at

[www.memberhealthsurvey.kaiser.org](http://www.memberhealthsurvey.kaiser.org)

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# Characteristics of Adult Members in Kaiser Permanente's East Bay Service Area Population, as estimated from the 2014/2015 Kaiser Permanente Adult Member Health Survey

Report prepared October 2017  
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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 purposes of the survey are:

- To learn about the health-related needs and interests of the culturally diverse Kaiser Permanente Northern California adult membership, and by extension, members of the communities we serve;
- To provide information for health services planners to make evidence-based decisions about health information and health care service delivery; and
- To support research to improve the health of our members and the communities we serve.

The Member Health Surveys project is funded by Kaiser Permanente's Northern California Community Benefit (CB) Program. This report presents statistics estimated from the 2014/2015 survey cycle. Similar member health surveys were conducted in 1990, 1993, 1996, 1999, 2002, 2005, 2008, and 2011, and reports and survey questionnaires are available on our website [www.memberhealthsurvey.kaiser.org](http://www.memberhealthsurvey.kaiser.org) or by request.

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, we hope the survey results will provide administrators, program planners, and researchers 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.

## 2014/2015 East Bay Service Area Population Survey Sample

Data collection for the 2014 survey cycle was split across two years, with half of the usual number of members in each medical center service population surveyed in 2014 and the other half in 2015. In the 2014/2015 cycle, we mailed questionnaires to a stratified random sample of 5091 adult Health Plan members in the East Bay Service Area Population which includes the members served at Oakland and Richmond medical centers and their outpatient clinics. Members are assigned to a medical facility based on where they receive or would be expected to receive most of their primary care. Only current members who had been continuously enrolled during the three months prior to the survey and had no indication that they required an interpreter to communicate in English were sampled. Two subsequent survey packet mailings were sent over the next several weeks to non-

respondents, with the final wave of questionnaires mailed in mid-September. Participants were also offered the opportunity to answer a secure online version of the questionnaire reached via a link emailed to them or log in at the Member Health Survey Participant Home Page. Phone administration was available on request but not used. Non-eligibles (deceased, 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 for members sampled from this service area population was 38.4%.

Final Response Rates for the 2014/2015 DOR Member Health Survey by Age-Gender Group,  
Members Aged 20 and Over in the East Bay Service Area Population Sample

	<u>20-44</u>	<u>45-64</u>	<u>65 and Over</u>	<u>20 and Over</u>
Women	354/1053 (33.6%)	366/774 (47.3%)	317/516 (61.4%)	1037/2343 (44.3%)
Men	208/1127 (18.5%)	296/861 (34.4%)	316/503 (62.8%)	820/2491 (32.9%)
Total	562/2180 (25.8%)	662/1635 (40.5%)	633/1019 (62.1%)	1857/4834 (38.4%)

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 end of the fourth quarter of 2013. The table below shows the age distributions of women, men, and all adults aged 20 and over after and before applying the post-stratification weighting factor. The estimates of sociodemographic and health-related characteristics in this report are based on weighted survey data.

Age Distribution	Women		Men		All	
	Wtd %	(Unwtd %)	Wtd %	(Unwtd %)	Wtd %	(Unwtd %)
20-44 yr	32.8	43.3	25.1	43.6	29.4	43.4
45-64 yr	38.4	39.7	39.0	40.5	38.6	40.0
65 and over	28.8	17.1	35.9	15.9	32.0	16.6

Because the service population samples are small, the precision of the estimates (i.e., confidence intervals around the percentage) are quite large. Please keep this in mind when making comparisons with other sources of data. The statistics contained in this MCSP report may be best used to compare against the Regional Profile report.

Since the questionnaire only went out in English and very limited English-speaking members were excluded from the survey sample, non-English speaking members and members with very poor reading ability are not represented in this survey. An internal study that matched survey response status for the 2011 survey to a member race/ethnicity dataset (91% match rate for women and 84% match rate for men) found that among both women and men, non-Hispanic White, Chinese, Japanese, and Korean members were more likely to respond than African-American/Other Black, Latino, and Filipino members. The differential race-ethnic response rate, exclusion of non-English speakers and members with very low literacy, and lower response rates among young and middle-aged adults compared with adults aged 20 and over, yields a final weighted respondent sample that underestimates African-American/Blacks and Latino/Hispanic members and overestimates some of the Asian ethnic groups. Finally, results of other surveys suggest that among older members, the very sickest and frailest 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. A percentage of <0.1 is used when <0.05% (weighted) or no respondents indicated that response.

**Table 1** presents estimates of sociodemographic characteristics of adult Health Plan members.

**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, dietary behaviors (fat, salt), obesity, stress, hours of sleep, belief about the extent to which health habits/ lifestyle and stress/emotional troubles impact on health, and selected psychosocial stressors experienced during the previous year.

**Table 4** presents estimates of the percentages of adult members who are engaging in different health-related behaviors to try to improve their health.

**Table 5** presents estimates of the percentages of adult members who received a flu shot for the past flu season, ever had a pneumonia shot (seniors only), and had a routine dental check-up in the past 12 months. (Note: the survey no longer collects self-reported information on recency of screening tests).

**Table 6** presents estimates of use of complementary and integrative health (CIH) modalities by adult members during the previous 12 months.

**Table 7** presents estimates of member access to digital tools for communication and health information (mobile phone, text messages, computer, Internet, and email)

**Table 8** presents estimated use of different KP and non-KP health information sources during the previous 12 months.

**Table 9** presents estimated percentages of adult members who indicated different preferences for receiving health information and learning about how to take care of their health, and **Table 10** presents these estimates for people who indicated at least one method preference.

Table 1. Sociodemographic Characteristics of Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, East Bay Service Area, 2014/2015<sup>1</sup>

Characteristics	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
<b>Race/Ethnicity<sup>2</sup></b>												
White non-Hispanic	34.6	40.4	37.2	45.6	55.9	50.4	57.7	62.2	59.6	43.0	50.0	46.2
African-American/Black	15.7	6.6	11.5	23.3	18.3	20.9	20.9	19.1	20.1	19.3	13.1	16.5
Latino/other Hispanic	21.7	18.1	20.1	12.2	9.0	10.7	7.0	6.1	6.6	15.5	12.6	14.2
Asian <sup>3</sup>	26.1	29.5	27.7	16.4	14.5	15.5	11.5	10.6	11.1	19.8	20.6	20.2
Pacific Islander	0.1	<0.1	0.1	1.1	<0.1	0.6	<0.1	<0.1	<0.1	0.4	<0.1	0.2
Native American	0.6	2.8	1.6	0.7	0.8	0.8	1.5	0.5	1.0	0.8	1.6	1.2
Middle Eastern	0.9	2.6	1.7	0.7	1.1	0.9	1.5	1.5	1.5	0.9	1.9	1.4
Other	0.3	<0.1	0.2	<0.1	0.3	0.2	<0.1	<0.1	<0.1	0.1	0.1	0.1
<b>Race/Ethnicity - Calif Dept of Finance</b>												
Hispanic/Latino	22.8	19.2	21.1	12.8	9.0	11.0	7.0	6.1	6.6	16.2	13.1	14.8
Native Amer./Alaska Native	0.6	2.8	1.6	0.7	0.8	0.8	1.5	0.5	1.0	0.8	1.6	1.2
Asian, non-Hispanic	26.3	29.5	27.7	17.4	14.5	16.1	11.5	10.6	11.1	20.3	20.6	20.4
Black, non-Hispanic	14.6	5.5	10.5	22.7	18.3	20.6	20.9	19.1	20.1	18.7	12.6	15.9
White, non-Hispanic	34.6	40.4	37.2	45.6	55.9	50.4	57.7	62.2	59.6	43.0	50.0	46.2
Other, non-Hispanic	1.2	2.6	1.8	0.7	1.5	1.1	1.5	1.5	1.5	1.1	2.0	1.5
<b>Education Attainment</b>												
< High school graduate	0.9	1.6	1.2	1.4	3.0	2.2	4.0	4.6	4.3	1.7	2.6	2.1
High school graduate, GED, or technical school	9.2	9.3	9.2	12.3	10.9	11.6	15.0	14.7	14.9	11.4	10.8	11.1
Some college	10.4	19.8	14.7	16.6	22.6	19.5	18.1	15.4	17.0	14.1	20.0	16.8
Associates degree	7.5	3.1	5.5	8.5	2.1	5.5	8.5	5.7	7.3	8.0	3.2	5.8
College graduate ( <i>BA, BS</i> )	39.0	40.3	39.6	26.0	33.1	29.3	26.3	19.1	23.2	32.0	33.8	32.8
Graduate or professional degree	33.1	26.0	29.9	35.2	28.4	32.0	28.2	40.4	33.4	32.8	29.4	31.3

Table 1. Sociodemographic Characteristics of Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, East Bay Service Area, 2014/2015<sup>1</sup>

Characteristics	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
<b>Marital Status</b>												
Married/in committed relationship	72.0	71.7	71.9	67.9	76.5	72.0	44.9	75.0	57.7	64.8	74.1	69.1
Widowed	<0.1	<0.1	<0.1	1.9	1.4	1.7	26.7	7.2	18.4	6.4	1.8	4.2
Single, divorced, separated	28.0	28.3	28.1	30.2	22.0	26.3	28.4	17.8	23.9	28.9	24.1	26.6
<b>Employment Status</b>												
Working for pay/self-employed	83.5	89.7	86.3	83.2	79.4	81.4	27.9	26.8	27.4	72.3	74.7	73.4
Unemployed, laid off, or on strike	6.3	1.6	4.1	3.4	3.7	3.5	0.8	0.4	0.6	4.2	2.1	3.2
Full-time or almost full-time student	4.5	3.1	3.9	0.6	0.4	0.5	0.2	<0.1	0.1	2.3	1.6	2.0
Full-time homemaker/parent/caregiver	4.6	<0.1	2.5	2.2	0.4	1.4	4.2	1.5	3.1	3.7	0.4	2.2
Retired or unable to work due to health/disability	0.6	2.5	1.4	9.5	15.7	12.4	63.2	69.1	65.7	16.1	19.2	17.5
<b>Household Income in past yr</b>												
\$15,000 or less	6.7	9.0	7.8	3.7	5.2	4.4	8.3	3.0	6.0	6.0	6.6	6.3
\$15,001-\$25,000	5.0	3.2	4.2	3.0	2.4	2.7	12.6	7.2	10.3	5.8	3.6	4.8
\$25,001-\$35,000	5.2	6.8	5.9	6.0	4.2	5.2	12.3	8.5	10.6	6.8	6.2	6.5
\$35,001-\$50,000	14.9	8.8	12.1	10.4	9.4	9.9	17.8	6.8	13.0	13.9	8.7	11.5
\$50,001-\$65,000	14.3	14.7	14.5	10.7	8.9	9.8	11.9	12.2	12.0	12.6	12.1	12.4
\$65,001-\$80,000	12.2	10.8	11.5	14.0	11.0	12.6	8.0	11.7	9.6	12.0	11.0	11.5
\$80,001-\$100,000	13.8	7.3	10.8	13.7	14.2	14.0	13.2	12.4	12.8	13.7	10.7	12.3
\$100,000-\$150,000	15.7	20.4	17.9	21.4	18.6	20.1	7.3	18.8	12.3	16.0	19.5	17.6
Over \$150,000	12.2	19.0	15.3	17.0	26.1	21.3	8.6	19.5	13.3	13.1	21.7	17.1

Table 1. Sociodemographic Characteristics of Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, East Bay Service Area, 2014/2015<sup>1</sup>

Characteristics	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
<b>During the past 12 months, because of the cost:</b>												
Delayed or did not get needed medical care	15.2	7.3	11.6	10.2	8.6	9.4	6.6	2.3	4.7	11.8	6.9	9.5
Rationed a prescribed medicine	5.0	4.6	4.8	6.3	5.4	5.9	7.0	2.7	5.1	5.8	4.6	5.2
Ate less fruits/vegetables than wanted to	15.2	7.2	11.5	8.6	5.4	7.1	2.6	1.0	1.9	10.5	5.4	8.2
Has dental insurance that covers cost of check-ups and cleaning <sup>5</sup>	86.9	86.6	86.8	81.3	73.9	77.8	--	--	--	84.5	80.9	82.9
Has insurance that covers cost of out of plan medical visits <sup>5</sup>	19.0	18.3	18.7	12.9	17.1	14.9	--	--	--	16.4	17.8	17.0

Footnotes for Table 1:

<sup>1</sup> Estimates are derived from self-report data for East Bay Service Area respondents aged  $\geq 20$  to the 2014/2015 Division of Research Northern California KP Member Health Survey weighted to age-, gender-, and geographic- distribution of the Health Plan membership in 4th quarter 2013. The East Bay Service Area includes the Oakland and Richmond medical centers and their satellite outpatient clinics.

<sup>2</sup> 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%.

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

<sup>4</sup> May exceed 100% due to non-exclusive categories.

<sup>5</sup> Asked only on questionnaires for women and men aged 20-64.

Table 2. Health Status of Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, East Bay Service Area, 2014/2015<sup>1</sup>

Health Status	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
<b>Overall Health Status</b>												
<u>Overall Health Status</u>												
Excellent	18.1	18.0	18.1	11.7	12.7	12.1	10.0	10.8	10.3	14.3	14.8	14.5
Very Good	48.2	49.4	48.7	41.2	47.2	44.0	32.0	38.0	34.6	42.5	46.5	44.3
Good	29.2	25.1	27.3	37.0	27.2	32.5	38.6	33.8	36.5	33.8	27.5	30.9
Fair	4.6	6.8	5.6	9.2	11.8	10.4	18.1	13.4	16.1	8.9	9.8	9.3
Poor	<0.1	0.7	0.3	0.8	1.1	1.0	1.4	4.0	2.5	0.6	1.5	1.0
<u>Physical Health Status</u>												
Excellent	17.9	22.8	20.1	12.3	15.4	13.8	10.1	11.1	10.5	14.4	18.0	16.0
Very Good	46.0	48.5	47.1	40.2	40.6	40.4	31.3	39.4	34.8	41.1	44.0	42.4
Good	32.0	23.8	28.3	35.3	29.9	32.8	38.7	30.4	35.1	34.5	27.2	31.2
Fair	4.1	4.0	4.1	10.7	12.0	11.3	17.7	15.6	16.8	9.1	9.0	9.1
Poor	<0.1	0.9	0.4	1.4	2.2	1.7	2.2	3.5	2.8	0.9	1.8	1.3
<u>Emotional Health Status</u>												
Excellent	15.6	22.6	18.8	18.3	18.2	18.2	23.6	23.6	23.6	18.1	21.2	19.5
Very Good	42.1	44.2	43.1	38.9	39.9	39.4	37.5	44.7	40.6	40.1	42.7	41.3
Good	29.1	22.3	26.0	31.3	30.2	30.8	29.5	23.9	27.1	30.0	25.4	27.9
Fair	12.6	8.5	10.7	10.0	10.5	10.2	7.3	4.8	6.2	10.7	8.6	9.7
Poor	0.6	2.4	1.4	1.5	1.3	1.4	2.0	2.9	2.4	1.2	2.1	1.6



Table 2. Health Status of Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, East Bay Service Area, 2014/2015<sup>1</sup>

Health Status	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
<u>How much health interferes with work or regular daily activities</u>												
Physical health (incl. pain)												
Not at all	56.7	58.6	57.5	44.6	46.2	45.4	37.9	39.9	38.8	48.8	50.7	49.6
A little	32.9	27.9	30.6	31.3	32.2	31.7	27.2	30.6	28.7	31.2	30.0	30.6
Moderately	7.8	8.4	8.1	15.4	11.1	13.4	25.1	19.3	22.6	13.9	11.4	12.7
Quite a bit	2.6	5.0	3.7	8.7	10.5	9.6	9.7	10.2	9.9	6.1	8.0	7.0
Emotional/mental health												
Not at all	45.5	51.7	48.3	54.6	54.5	54.6	60.1	62.0	60.9	51.5	54.5	52.9
A little	36.0	32.6	34.4	30.4	30.8	30.6	28.7	23.8	26.6	32.6	30.4	31.6
Moderately	13.4	10.7	12.2	9.2	9.4	9.3	6.2	9.5	7.6	10.6	10.0	10.3
Quite a bit	5.0	5.1	5.1	5.8	5.3	5.6	4.9	4.8	4.9	5.3	5.1	5.2
<b>Health Conditions During Past 12 Months</b>												
Diabetes <sup>3</sup>	2.1	3.3	2.6	7.7	8.0	7.9	16.6	20.7	18.4	7.0	8.2	7.5
Prediabetes	1.7	1.4	1.6	5.1	3.3	4.3	3.8	4.2	4.0	3.3	2.6	3.0
Hypertension	5.7	7.0	6.3	26.9	27.8	27.4	48.9	56.0	52.0	21.7	23.5	22.5
High cholesterol <sup>2</sup>	1.1	4.9	2.8	17.3	22.4	19.7	39.1	45.6	41.9	14.3	18.6	16.3
Heart problems, incl. angina, MI <sup>2</sup>	0.4	0.4	0.4	2.8	4.8	3.7	12.5	17.8	14.8	3.7	5.1	4.3
Stroke	--	--	--	0.5	0.7	0.6	1.8	1.3	1.6	0.5	0.5	0.5
Cancer (any type)	0.1	<0.1	0.1	2.7	2.6	2.6	5.1	7.7	6.2	2.0	2.3	2.2
Non-skin cancer	0.1	<0.1	0.1	1.8	1.7	1.8	3.4	6.3	4.6	1.4	1.8	1.5
Skin Cancer	<0.1	<0.1	<0.1	0.9	0.8	0.9	1.7	1.2	1.5	0.6	0.5	0.6
Asthma <sup>2</sup>	9.2	5.2	7.4	12.7	11.5	12.1	7.1	11.7	9.1	10.0	8.7	9.4
COPD (Emphysema, chronic bronchitis)	<0.1	<0.1	<0.1	0.9	1.9	1.4	4.1	5.4	4.7	1.1	1.7	1.4

Table 2. Health Status of Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, East Bay Service Area, 2014/2015<sup>1</sup>

Health Status	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
Frequent heartburn/GERD	3.6	0.6	2.2	9.0	7.5	8.3	11.7	9.0	10.6	7.1	4.7	6.0
Osteoporosis	<0.1	--	--	1.8	--	--	11.1	1.5	7.0	2.9	--	--
Osteoarthritis	0.7	1.7	1.1	9.5	9.0	9.3	20.8	12.6	17.3	7.8	6.3	7.1
Enlarged prostate	--	--	--	--	3.4	3.4	--	28.5	28.5	--	2.8	2.8
Severe or chronic pain	28.3	16.6	23.0	32.4	29.2	30.9	34.1	25.1	30.3	30.9	22.7	27.2
Musculoskeletal pain	10.4	7.3	9.0	20.8	19.2	20.1	23.3	17.7	20.9	16.6	13.6	15.2
Severe back pain/sciatica	7.5	4.8	6.2	12.9	14.2	13.5	16.7	12.9	15.1	11.2	9.7	10.5
Severe neck/shoulder pain	4.9	4.0	4.5	13.2	8.5	11.0	10.9	9.7	10.4	9.0	6.7	7.9
Migraine headaches	14.1	4.4	9.7	9.1	3.7	6.6	3.5	1.2	2.5	10.2	3.6	7.2
Other severe headaches	4.1	2.3	3.3	3.3	2.0	2.7	0.5	0.8	0.6	3.1	1.9	2.6
Other frequent/chronic pain	8.7	6.0	7.5	12.2	14.2	13.1	20.0	10.8	16.1	12.2	9.9	11.1
Urinary leakage ( $\geq$ once/wk)	4.6	0.7	2.9	11.2	4.3	8.0	30.7	12.8	23.1	12.2	4.2	8.6
Vision problem (with or without glasses/lenses)	8.2	8.6	8.4	18.1	12.4	15.4	31.1	22.9	27.6	16.2	12.6	14.6
Hearing problem/deafness	0.8	2.4	1.6	5.2	4.9	5.1	25.8	27.1	26.4	7.4	7.8	7.6
Depression and/or Anxiety lasting at least 2 wks in past yr or using medicine for this condition <sup>2</sup>	21.0	15.1	18.3	21.3	14.8	18.3	15.7	7.9	12.4	20.1	13.7	17.2
Depression, sadness, very low spirits <sup>4</sup>	16.2	10.4	13.6	17.2	13.6	15.5	12.9	5.7	9.8	15.9	10.7	13.6
Anxiety/panic <sup>2</sup>	12.5	7.8	10.4	10.3	5.5	8.1	6.2	3.8	5.2	10.5	6.2	8.6
Alcohol or drug problem	0.7	1.6	1.1	1.2	0.8	1.1	0.5	1.1	0.8	0.8	1.2	1.0
Frequent problems falling or staying asleep (insomnia)	7.0	4.1	5.7	13.9	10.9	12.5	15.8	9.4	13.1	11.2	7.5	9.5
Frequent memory problems	2.1	1.8	2.0	4.5	3.6	4.1	9.4	7.4	8.5	4.4	3.5	4.0
Frequent balance/walking problems	1.2	1.0	1.1	3.5	3.5	3.5	16.8	9.3	13.6	5.1	3.4	4.3

Table 2. Health Status of Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, East Bay Service Area, 2014/2015<sup>1</sup>

Health Status	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
<i>Seniors Only:</i>												
At least 1 fall during past yr	--	--	--	--	--	--	38.1	23.2	31.9	--	--	--
Only 1 fall	--	--	--	--	--	--	17.9	13.8	16.2	--	--	--
2 falls	--	--	--	--	--	--	12.0	3.0	8.3	--	--	--
3 or more falls	--	--	--	--	--	--	8.2	6.4	7.5	--	--	--
<b>History of Selected Health Condition (Ever)</b>												
Heart problems/MI	1.5	0.7	1.2	2.8	5.9	4.2	14.8	23.8	18.7	4.6	6.8	5.6
Stroke	<0.1	0.5	0.2	1.7	1.2	1.5	4.1	2.0	3.2	1.4	1.0	1.2
Cancer	1.4	0.4	0.9	11.0	6.7	9.0	16.1	19.2	17.4	7.6	6.1	6.9
Non-skin cancer	0.7	<0.1	0.4	8.1	5.0	6.6	11.4	14.4	12.7	5.4	4.4	5.0
Skin cancer	0.7	0.4	0.5	2.2	1.8	2.0	4.4	5.6	4.9	2.0	1.8	1.9
Chronic pain	11.6	8.4	10.2	23.1	20.0	21.6	28.3	16.1	23.1	18.9	14.0	16.7
Adult depression	24.7	14.5	20.1	23.4	18.2	21.0	17.6	7.2	13.1	22.8	14.5	19.1
Alcohol or drug problem	3.2	5.2	4.1	4.7	5.8	5.2	2.1	4.3	3.1	3.5	5.2	4.3

Footnotes for Table 2:

- <sup>1</sup> Estimates are derived from self-report data for East Bay Service Area respondents aged  $\geq 20$  to the 2014/2015 Division of Research Northern California KP Member Health Survey weighted to age-, gender-, and geographic- distribution of the Health Plan membership in 4th quarter 2013. The East Bay Service Area includes the Oakland and Richmond medical centers and their satellite outpatient clinics.
- <sup>2</sup> Estimate based on indication of the health condition or reported use of medication to control that health condition.
- <sup>3</sup> Estimates based on responses to a health condition checklist and a question about use of/need for a hearing aid. Estimates for those aged 20-64 based only on response to health condition checklist.
- <sup>4</sup> 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.

Table 3. Prevalence of Selected Behavioral and Psychosocial Risks Among Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, East Bay Service Area, 2014/2015<sup>1</sup>

Behavioral/Psychosocial Risks in Past 12 Months	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
<b>Tobacco Use (cigarettes)</b>												
Current cigarette smoker	6.7	9.1	7.8	8.2	8.3	8.2	4.4	3.6	4.0	6.7	7.8	7.2
Former cigarette smoker	23.1	30.6	26.4	35.2	37.7	36.3	54.4	59.4	56.5	33.5	38.5	35.8
Never smoked regularly	70.3	60.3	65.8	56.7	54.0	55.4	41.2	37.0	39.4	59.8	53.7	57.0
<b>Weight</b>												
Overweight (BMI $\geq$ 25)	46.6	60.6	52.9	61.0	63.9	62.4	50.9	64.0	56.5	52.4	62.4	57.0
Obese (BMI $\geq$ 30)	25.0	17.6	21.6	33.5	20.7	27.5	23.4	19.3	21.6	27.6	19.0	23.7
<u>BMI range:</u>												
BMI < 18.5 (under wt)	3.1	<0.1	1.7	1.3	0.4	0.9	2.3	1.0	1.7	2.3	0.3	1.4
BMI 18.5 - 25	50.3	39.4	45.3	37.7	35.7	36.8	46.8	35.0	41.8	45.2	37.3	41.6
BMI 25 - 30 (over wt)	21.6	43.0	31.3	27.5	43.2	34.9	27.5	44.7	34.9	24.8	43.4	33.3
BMI 30 - < 35 (obese)	15.2	9.1	12.4	18.6	14.1	16.5	14.8	10.5	12.9	16.3	11.1	13.9
BMI $\geq$ 35 (very obese)	9.8	8.5	9.2	14.9	6.6	11.0	8.6	8.8	8.7	11.3	7.9	9.7
<b>Exercise Frequency</b>												
5 or more times/week	32.9	29.7	31.4	43.9	44.4	44.1	41.4	50.0	45.1	38.4	38.7	38.5
3-4 times/week	34.9	40.5	37.4	28.2	27.1	27.7	29.1	27.9	28.6	31.4	33.4	32.3
1-2 times/week	20.9	23.2	21.9	18.9	17.2	18.1	14.6	11.5	13.3	18.9	18.9	18.9
Less than once/week	11.4	6.6	9.2	9.0	11.3	10.1	14.9	10.6	13.1	11.3	9.0	10.3
<u>Usual type of Exercise (if exercises at least once a week)</u>												
Low impact	21.6	13.2	17.7	32.2	30.1	31.2	51.3	44.6	48.4	31.0	24.6	28.1
Moderate/vigorous	78.4	86.8	82.3	67.8	69.9	68.8	48.7	55.4	51.6	69.0	75.4	71.9
<b>Dietary Practices</b>												
Tries to eat reduced fat foods most of the time (2014 only)	36.1	42.5	39.0	43.7	49.6	46.5	63.7	52.6	59.1	44.3	46.9	45.5
Tries to avoid foods high in salt/sodium most of the time	54.3	48.0	51.5	69.1	62.1	65.8	69.7	64.8	67.6	62.5	56.2	59.6

Table 3. Prevalence of Selected Behavioral and Psychosocial Risks Among Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, East Bay Service Area, 2014/2015<sup>1</sup>

Behavioral/Psychosocial Risks in Past 12 Months	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
<b><u>Fruit/Vegetable Consumption</u></b>												
Eats $\geq 3$ servings per day	60.0	49.7	55.3	60.1	44.0	52.6	55.9	46.5	51.9	59.2	47.1	53.7
Eats $\geq 5$ servings per day	20.8	15.6	18.4	21.1	15.0	18.3	19.0	15.6	17.5	20.5	15.4	18.2
<b><u>Sugary beverage consumption (2015 only)</u></b>												
Has sugary drink $\geq 2$ days/week	41.8	46.4	43.9	28.1	37.5	32.5	23.3	39.2	30.1	33.4	41.9	37.3
Has sugary drink $\geq 5$ days/week	16.3	21.3	18.6	15.2	22.1	18.4	19.0	24.4	21.3	16.5	22.2	19.1
<b><u>Supplement Use</u></b>												
Takes a daily multivitamin	47.6	34.8	41.8	42.9	40.4	41.7	52.0	41.8	47.7	46.8	38.1	42.9
Takes calcium	13.5	4.3	9.3	28.9	10.5	20.3	49.8	17.1	35.8	26.1	8.9	18.3
Takes vitamin D (not as part of multivitamin/calcium)	15.1	7.5	11.7	23.9	14.9	19.7	48.1	29.8	40.2	24.8	14.2	20.0
<b><u>Alcohol Consumption</u></b>												
Never drinks	12.3	15.7	13.8	19.3	21.0	20.1	30.6	21.5	26.7	18.3	18.7	18.5
Drinks < once/week	47.5	35.6	42.1	40.6	26.2	33.8	35.1	24.2	30.4	42.7	30.1	36.9
Drinks 1-2 days/week	19.1	20.4	19.7	13.9	16.4	15.1	6.2	9.7	7.7	14.8	17.0	15.8
Drinks 3-4 days/week	11.4	15.1	13.1	13.3	13.4	13.3	6.4	11.3	8.5	11.1	13.8	12.3
Drinks $\geq 5$ days/week	9.8	13.2	11.3	12.9	22.9	17.7	21.6	33.3	26.7	13.2	20.4	16.5
At-risk drinker based on:												
# Drinks/day <sup>2</sup>	42.9	16.6	30.7	31.0	17.7	24.4	20.2	36.2	27.2	34.3	20.4	27.8
Estimated # Drinks/wk <sup>3</sup>	8.2	6.7	7.5	9.0	8.3	8.7	9.1	21.3	14.3	8.6	9.8	9.2
<b><u>Sleep (per 24 hour day)</u></b>												
< 6 hours	7.6	8.1	7.8	16.6	5.9	11.5	7.2	5.6	6.5	10.6	6.8	8.9
6-<7 hours	17.1	18.9	17.9	23.5	26.5	24.9	20.8	13.5	17.7	20.0	20.7	20.4
7-9 hours	73.5	68.5	71.2	57.7	66.4	61.8	66.5	73.7	69.6	66.6	68.7	67.6
> 9 hours	1.8	4.5	3.0	2.2	1.2	1.7	5.6	7.3	6.3	2.7	3.8	3.2

Table 3. Prevalence of Selected Behavioral and Psychosocial Risks Among Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, East Bay Service Area, 2014/2015<sup>1</sup>

Behavioral/Psychosocial Risks in Past 12 Months	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
<b>Psychosocial Risks in past yr</b>												
Worried a great deal about personal/family financial security	38.5	34.1	36.5	30.3	25.1	27.9	16.5	11.1	14.2	31.2	26.6	29.1
Worried about safety	18.1	18.5	18.2	12.6	14.6	13.6	6.0	10.5	8.0	13.8	15.6	14.6
Has felt harassed or discriminated against	14.2	5.5	10.2	12.3	5.2	9.0	1.7	2.6	2.1	11.0	4.9	8.2
Experienced other major life stress	33.0	26.2	29.9	25.9	22.4	24.3	20.8	14.0	17.9	28.1	22.6	25.6
Very stressed, tense, or anxious much of the time	28.4	23.1	26.0	23.1	16.1	19.8	6.7	4.7	5.8	22.3	17.2	20.0
Was an unpaid caregiver for a seriously ill or physically, developmentally, mentally, or emotionally disabled relative/friend	16.2	15.1	15.7	32.2	29.4	30.9	23.7	23.4	23.6	23.1	21.8	22.5
<u>Overall satisfaction with life</u>												
Very satisfied	28.0	31.2	29.5	30.4	26.6	28.6	39.6	39.9	39.7	31.1	31.1	31.1
Fairly satisfied	63.5	56.7	60.4	58.8	61.2	59.9	53.1	52.3	52.7	59.8	57.5	58.8
Not very/not at all satisfied	8.5	12.0	10.1	10.8	12.2	11.4	7.4	7.8	7.6	9.1	11.3	10.1
<u>Overall happiness</u>												
Very happy	20.2	21.5	20.8	20.6	21.5	21.0	24.3	28.7	26.2	21.2	22.8	21.9
Fairly happy	69.2	66.5	68.0	65.7	63.7	64.7	68.0	61.9	65.4	67.7	64.7	66.3
Not very/not at all happy	10.6	11.9	11.2	13.8	14.8	14.3	7.7	9.4	8.4	11.1	12.5	11.7
<b>Health-Related Beliefs</b>												
<u>Belief about extent to which lifestyle/habits can affect health</u>												
Not at all/a little bit	1.8	4.5	3.0	3.8	6.6	5.1	4.5	6.5	5.3	3.0	5.6	4.2
Moderately	4.8	6.4	5.5	5.6	5.9	5.7	7.8	11.1	9.2	5.7	7.0	6.3
Quite a bit/extremely	93.4	89.1	91.5	90.6	87.6	89.2	87.7	82.5	85.5	91.3	87.4	89.5

Table 3. Prevalence of Selected Behavioral and Psychosocial Risks Among Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, East Bay Service Area, 2014/2015<sup>1</sup>

Behavioral/Psychosocial Risks in 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>		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
<u>Belief about extent to which stress/emotional troubles can affect health</u>												
Not at all/a little bit	4.6	8.0	6.2	3.2	9.5	6.1	9.8	12.5	11.0	5.2	9.3	7.1
Moderately	4.7	6.6	5.6	5.7	6.2	5.9	6.3	12.5	9.0	5.4	7.5	6.3
Quite a bit/extremely	90.7	85.4	88.3	91.1	84.3	87.9	83.9	75.0	80.0	89.5	83.2	86.6

Footnotes for Table 3:

- <sup>1</sup> Estimates are derived from self-report data for East Bay Service Area respondents aged  $\geq 20$  to the 2014/2015 Division of Research Northern California KP Member Health Survey weighted to age-, gender-, and geographic- distribution of the Health Plan membership in 4th quarter 2013. The East Bay Service Area includes the Oakland and Richmond medical centers and their satellite outpatient clinics.
- <sup>2</sup> At-risk drinker based on usual number of drinks consumed on days when had a drink: All women and men aged 66+, > 1 drink/day; men aged 20-65, > 2 drinks/day.
- <sup>3</sup> At-risk drinker based on number of drinks per week estimated by usual drinking frequency x usual number of drinks: All women and men aged 66+, > 7 drinks/week; men aged 20-65, > 14 drinks/week.

Table 4. Actions People Are Taking to Improve or Maintain Health, Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, East Bay Service Area, 2014/2015<sup>1</sup>

Health Action	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
Gets exercise most days	68.7	66.2	67.6	67.3	64.4	65.9	60.5	65.4	62.6	66.6	65.4	66.0
Get moderate/vigorous exercise most days	43.9	55.0	48.9	42.9	44.0	43.4	36.5	43.7	39.6	42.0	48.9	45.2
Daily walks for at least 30 mins most days	44.5	30.4	38.0	49.8	41.8	46.0	45.0	44.0	44.6	46.4	37.0	42.1
Reads labels/recipes to learn what is in their food	51.9	40.5	46.7	58.0	54.8	56.5	62.8	52.7	58.5	56.2	47.9	52.4
Tries to eat mostly healthy foods	78.5	72.0	75.5	80.8	78.0	79.5	78.9	78.1	78.6	79.4	75.3	77.5
Tries to manage stress	59.0	52.5	56.1	57.3	51.9	54.8	48.1	38.9	44.2	56.2	49.8	53.3
Tries to get enough sleep to feel well-rested	75.3	69.2	72.5	70.6	72.7	71.6	70.9	74.1	72.3	72.8	71.4	72.1
Taking steps to lose weight or maintain weight loss	51.0	40.6	46.2	53.7	38.3	46.5	45.0	40.1	42.9	50.7	39.6	45.7
If overweight or obese	63.2	51.8	57.2	61.0	44.7	53.0	60.3	46.0	53.4	61.7	48.0	54.8
If obese	60.7	68.2	63.7	60.1	57.7	59.2	65.7	53.3	60.9	61.3	61.3	61.3
Does enjoyable activities at least once a week	77.5	76.6	77.1	67.5	72.9	70.0	72.8	70.8	72.0	73.1	74.2	73.6
Takes low dose aspirin to prevent heart attack/stroke	1.5	4.2	2.7	12.9	20.6	16.5	34.1	45.6	39.0	12.0	17.7	14.6
<i>Seniors Only:</i>												
Taking actions to reduce risk of falling	--	--	--	--	--	--	57.2	36.7	48.4	--	--	--
Those at high risk <sup>2</sup>	--	--	--	--	--	--	73.8	62.5	70.5	--	--	--
Does activities to keep brain stimulated	--	--	--	--	--	--	80.6	78.4	79.7	--	--	--
Visit with people at least once/week <sup>3</sup>	--	--	--	--	--	--	69.3	61.6	66.0	--	--	--



## Footnotes for Table 4:

- <sup>1</sup> Estimates are derived from self-report data for East Bay Service Area respondents aged  $\geq 20$  to the 2014/2015 Division of Research Northern California KP Member Health Survey weighted to age-, gender-, and geographic- distribution of the Health Plan membership in 4th quarter 2013. The East Bay Service Area includes the Oakland and Richmond medical centers and their satellite outpatient clinics.
- <sup>2</sup> High risk for falls = has problems with balance or walking or had at least 1 fall in past 12 months.
- <sup>3</sup> Asked only on questionnaire for women and men ages 65+.

Table 5. Use of Selected Preventive Medicine Services (self-reported) by Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, East Bay Service Area, 2014/2015<sup>1</sup>

Preventive Services	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
Flu immunization for past flu season												
Ages $\geq$ 20	56.2	53.5	55.0	56.8	64.4	60.4	82.4	85.6	83.7	61.7	63.3	62.4
Ages $\geq$ 65 or high risk <sup>3</sup>	70.4	55.8	65.1	56.4	74.9	66.1	82.4	85.6	83.7	75.0	79.0	76.8
Pneumococcal vaccination (ever) (ages $\geq$ 65)	--	--	--	--	--	--	68.8	64.3	66.8	--	--	--
Dental exam by dentist/hygienist												
Within past 12 months	80.6	75.8	78.4	82.4	80.8	81.6	79.4	84.5	81.6	81.0	79.2	80.2
More than one year ago/never	19.2	21.7	20.4	16.4	17.9	17.2	17.8	14.7	16.5	18.0	19.1	18.5

Footnotes for Table 5:

<sup>1</sup> Estimates are derived from self-report data for East Bay Service Area respondents aged  $\geq$  20 to the 2014/2015 Division of Research Northern California KP Member Health Survey weighted to age-, gender-, and geographic- distribution of the Health Plan membership in 4th quarter 2013. The East Bay Service Area includes the Oakland and Richmond medical centers and their satellite outpatient clinics.

<sup>2</sup> High risk: having  $\geq$ 1 of the following: history of heart disease, Parkinson's disease, diabetes, asthma, COPD, chronic bronchitis.

Table 6. Use of Selected Complementary and Integrative Health Modalities in Past 12 Months to Treat or Prevent Own Health Problems, Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, East Bay Service Area, 2014/2015<sup>1</sup>

Complementary and Integrative Health Modality	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
Chiropractic	11.7	8.9	10.4	13.6	12.6	13.1	6.6	5.3	6.0	11.3	9.6	10.5
Acupuncture	13.2	7.6	10.7	12.4	9.4	11.0	12.3	3.7	8.6	12.7	7.6	10.4
Acupressure	2.7	2.2	2.5	2.5	2.0	2.3	5.0	<0.1	2.9	3.1	1.7	2.5
Massage therapy	35.2	19.0	27.8	20.5	18.9	19.8	15.7	6.8	11.9	26.2	16.7	21.9
Deep breathing, mindfulness, or other relaxation/meditation technique	37.3	22.0	30.4	31.3	25.5	28.6	26.9	14.4	21.6	33.2	21.9	28.1
Guided imagery/visualization techniques	5.9	3.4	4.8	7.1	3.4	5.4	2.7	2.6	2.7	5.7	3.3	4.6
Hypnosis or self-hypnosis	1.7	0.4	1.1	0.8	<0.1	0.4	0.4	<0.1	0.3	1.2	0.2	0.7
Yoga or Pilates	26.6	8.5	18.4	22.7	12.0	17.7	15.2	6.0	11.3	23.0	9.3	16.8
Tai Chi, Chi Gong	0.6	1.8	1.2	4.0	0.8	2.6	9.5	3.4	6.9	3.6	1.7	2.8
Herbal medicine/remedies	19.1	11.6	15.7	18.9	14.8	16.9	15.9	11.6	14.1	18.4	12.8	15.8
Homeopathic medicine	7.4	1.9	4.9	5.9	2.5	4.3	3.7	2.0	3.0	6.1	2.2	4.3
Vegetarian or vegan diet	10.7	7.9	9.5	7.7	7.6	7.6	8.0	2.5	5.6	9.1	6.8	8.1
Other special diet	8.7	4.4	7.0	6.9	2.5	4.9	3.6	2.9	3.3	7.0	3.3	5.4
Prayer or spiritual practice	22.9	12.8	18.3	23.8	15.4	19.9	26.4	13.4	20.8	23.9	13.9	19.4
Religious/spiritual healing by others	4.4	2.4	3.5	3.9	3.1	3.5	4.7	1.0	3.1	4.3	2.4	3.4
Psychological counseling	14.9	8.4	12.0	11.8	9.2	10.6	4.9	5.8	5.3	11.8	8.3	10.2
12-Step/Self-help Program	0.3	2.7	1.4	1.4	4.4	2.8	1.9	2.2	2.0	1.0	3.2	2.0

Footnotes for Table 6:

<sup>1</sup> Estimates are derived from self-report data for East Bay Service Area respondents aged  $\geq 20$  to the 2014/2015 Division of Research Northern California KP Member Health Survey weighted to age-, gender-, and geographic- distribution of the Health Plan membership in 4th quarter 2013. The East Bay Service Area includes the Oakland and Richmond medical centers and their satellite outpatient clinics.

Table 7. Access to Digital Tools for Communication, Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, East Bay Service Area, 2014/2015<sup>1</sup>

Access to IT/Digital Tool	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
Mobile phone (any)	99.3	97.9	98.7	96.2	95.1	95.7	85.7	88.4	86.9	95.6	95.2	95.4
Smartphone	86.7	87.5	87.1	72.5	68.1	70.5	33.5	40.9	36.7	71.3	72.1	71.7
Cell phone	19.0	17.4	18.2	28.5	31.2	29.7	53.9	50.1	52.2	29.1	28.3	28.7
Able to send/receive text messages on a mobile phone	86.9	90.6	88.6	70.4	81.0	75.3	42.2	46.4	44.1	72.4	79.1	75.5
Able to use apps on a smartphone	74.8	79.1	76.7	52.5	54.8	53.6	21.0	25.1	22.8	56.5	60.6	58.3
If has a smartphone	86.2	90.4	88.1	72.3	80.6	76.0	62.8	61.5	62.2	79.1	84.1	81.4
Computer (desktop, laptop, netbook)												
From any location	99.6	98.2	99.0	96.7	95.4	96.1	84.2	88.6	86.1	95.5	95.5	95.5
At home	97.3	95.4	96.4	90.2	89.5	89.9	80.5	84.6	82.3	91.5	91.3	91.4
Other location	55.8	55.9	55.9	51.5	50.4	51.0	15.2	17.2	16.1	46.3	47.0	46.6
Able to use the Internet												
By self or with help/proxy	99.0	98.2	98.6	95.6	95.2	95.4	81.6	85.0	83.1	94.5	94.7	94.6
By self	97.9	97.7	97.8	93.8	93.1	93.5	73.4	74.5	73.9	91.7	91.8	91.8
Device used usually for Internet access (if uses Internet)												
Computer, laptop, net book	91.5	88.9	90.3	90.5	91.5	91.0	93.6	93.9	93.7	91.5	90.7	91.1
Tablet (e.g., iPad, iTouch)	39.9	41.2	40.5	40.3	36.4	38.5	29.8	26.1	28.1	38.4	37.0	37.8
Mobile phone	83.0	75.1	79.5	63.1	59.7	61.5	32.6	37.7	35.0	68.1	63.4	65.9
Cell phone	20.8	12.4	17.1	14.4	13.5	14.0	8.7	8.1	8.4	16.6	12.1	14.6
Smartphone	73.6	68.7	71.4	54.5	52.3	53.4	25.0	31.2	27.8	59.2	56.6	58.0
Where Internet used (if uses Internet)												
Home	99.5	98.6	99.1	95.8	96.0	95.9	98.1	97.1	97.6	98.0	97.5	97.8
Work	72.5	69.6	71.2	58.2	60.9	59.5	17.6	19.0	18.3	59.8	59.2	59.5
Other location	6.6	7.1	6.8	9.0	6.9	8.0	8.9	13.9	11.2	7.7	8.0	7.8

Table 7. Access to Digital Tools for Communication, Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, East Bay Service Area, 2014/2015<sup>1</sup>

Access to IT/Digital Tool	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
Able to send and check email												
Yes, by self or proxy uses	99.4	96.3	98.0	96.3	95.5	95.9	78.5	84.8	81.2	94.2	93.9	94.1
By self	99.4	95.4	97.6	93.8	93.7	93.7	73.4	74.8	74.0	92.3	91.1	91.7
Devices usually used to send/check email (if uses email)												
Desktop or laptop computer	87.8	90.6	89.0	88.7	91.1	89.8	90.2	93.7	91.8	88.5	91.3	89.7
Tablet	32.8	33.5	33.1	33.5	30.8	32.2	23.8	25.3	24.5	31.6	31.2	31.4
Mobile phone	84.5	78.0	81.6	68.3	63.0	65.8	34.5	37.2	35.8	70.8	66.1	68.7
Smartphone	74.4	70.0	72.4	56.7	54.8	55.8	28.5	34.0	31.0	60.9	58.7	59.9
Cell phone	16.0	12.1	14.2	16.5	14.8	15.7	8.1	4.2	6.3	14.9	11.9	13.5
Other	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1

Footnotes for Table 7:

<sup>1</sup> Estimates are derived from self-report data for East Bay Service Area respondents aged  $\geq 20$  to the 2014/2015 Division of Research Northern California KP Member Health Survey weighted to age-, gender-, and geographic- distribution of the Health Plan membership in 4th quarter 2013. The East Bay Service Area includes the Oakland and Richmond medical centers and their satellite outpatient clinics.

Table 8. Use of Selected Health Information Resources During the Past 12 Months, Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, East Bay Service Area, 2014/2015<sup>1</sup>

Accessed Internet-based Health Information Resource	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
Got health information from kp.org or other websites												
All	37.5	27.1	32.8	37.4	37.7	37.5	30.8	38.7	34.3	36.1	33.1	34.7
Those with web access	38.0	27.8	33.4	38.9	39.5	39.2	38.9	44.4	41.4	38.5	34.8	36.8
Got health information from kp.org/other websites OR kp.org MD home page, Health/Drug Encyclopedia, online patient ed program												
All	45.2	33.8	40.0	44.4	47.9	46.0	43.0	50.3	46.2	44.5	41.9	43.3
Those with web access	45.8	34.6	40.7	46.2	50.3	48.1	53.8	57.5	55.5	47.3	44.1	45.8
Used kp.org Health or Drug Encyclopedia												
All	9.8	6.3	8.2	13.4	12.2	12.8	13.6	19.6	16.2	11.8	10.9	11.4
Those with web access	9.9	6.5	8.4	14.0	12.6	13.4	17.2	23.1	19.9	12.6	11.4	12.1
Used any online kp.org health/patient ed program												
All	9.3	2.9	6.3	6.5	7.8	7.1	8.6	10.0	9.2	8.2	5.9	7.2
Those with web access	9.4	2.9	6.5	6.9	8.2	7.5	10.6	11.7	11.1	8.7	6.3	7.6
Got health information from MD home page on kp.org/mydoctor												
All	20.3	12.0	16.5	17.0	21.6	19.2	16.8	25.5	20.6	18.4	17.9	18.2
Those with web access	20.5	12.3	16.8	17.9	22.8	20.2	20.9	29.5	24.8	19.7	18.9	19.3
Listened to a kp.org podcast	1.6	0.7	1.2	3.2	1.4	2.3	0.3	2.6	1.3	1.9	1.3	1.6
Used any health app (diet, exercise, sleep, etc.)	16.6	11.9	14.5	11.4	9.4	10.4	4.5	4.0	4.3	12.4	9.5	11.1

Table 8. Use of Selected Health Information Resources During the Past 12 Months, Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, East Bay Service Area, 2014/2015<sup>1</sup>

Accessed Internet-based Health Information Resource	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
Used at least one kp.org health information source												
All	27.9	16.3	22.6	27.9	32.6	30.1	28.4	41.2	34.0	28.0	26.8	27.4
Those with web access	28.2	16.7	23.0	29.3	34.2	31.6	35.4	47.2	40.7	29.8	28.1	29.0
Participated in an online chatroom or online community												
All	2.2	0.8	1.6	1.1	1.7	1.4	<0.1	1.1	0.5	1.4	1.2	1.3
Those with web access	2.2	0.9	1.6	1.2	1.8	1.4	<0.1	1.3	0.6	1.5	1.3	1.4
Used KP website secure features (lab view, Rx refill, doctor messaging)												
All	66.9	39.8	54.5	61.2	53.1	57.4	50.4	59.9	54.5	61.7	48.3	55.6
Those with web access	67.5	40.7	55.3	64.2	55.8	60.3	62.5	69.4	65.6	65.5	50.9	58.8
Used KP app to use kp.org secure features												
All	24.1	12.7	18.9	16.0	12.4	14.3	11.8	16.2	13.7	18.9	13.2	16.3
Those with web access	24.1	13.0	19.0	16.6	13.1	14.9	14.9	19.1	16.8	19.9	14.0	17.2
Used at least one kp.org health information source or kp.org secure feature												
All	72.8	45.8	60.5	65.8	61.6	63.8	55.6	67.8	60.9	67.0	55.5	61.7
Those with web access	73.4	46.9	61.4	69.0	64.7	67.0	68.9	77.5	72.8	71.1	58.4	65.3

Table 8. Use of Selected Health Information Resources During the Past 12 Months, Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, East Bay Service Area, 2014/2015<sup>1</sup>

Accessed Internet-based Health Information Resource	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
<b>Accessed Other KP Health Ed Resource</b>												
Any individual or group program/service	10.0	9.9	9.9	11.6	13.3	12.4	19.7	16.6	18.4	12.5	12.3	12.4
Individual Health behavior counseling from patient educator or health coach	1.5	3.9	2.6	5.0	6.5	5.7	8.4	7.8	8.2	4.1	5.6	4.8
Read a member newsletter	29.2	17.9	24.0	38.3	39.5	38.9	50.1	50.8	50.4	36.5	31.7	34.3
Used print health education materials	17.5	13.4	15.7	20.1	22.0	21.0	34.1	26.6	30.9	21.7	19.0	20.5

Footnotes for Table 8:

<sup>1</sup> Estimates are derived from self-report data for East Bay Service Area respondents aged  $\geq 20$  to the 2014/2015 Division of Research Northern California KP Member Health Survey weighted to age-, gender-, and geographic- distribution of the Health Plan membership in 4th quarter 2013. The East Bay Service Area includes the Oakland and Richmond medical centers and their satellite outpatient clinics.



Table 9. Preferred Methods for Learning about Health, Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, East Bay Service Area, 2014/2015<sup>1</sup>

Preferred Methods for Learning about Health	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
<b>Internet/Digital Modalities</b>												
Information from Internet websites	32.1	30.8	31.5	30.8	42.6	36.3	26.0	32.0	28.6	30.4	35.3	32.7
If has web access	31.8	31.6	31.7	32.5	44.9	38.3	32.8	37.8	35.0	32.2	37.5	34.6
Information from MD home page (all)	19.4	19.3	19.4	21.7	28.4	24.8	22.3	26.8	24.2	20.8	24.0	22.2
If has web access	19.0	19.7	19.3	22.6	29.9	26.0	27.1	31.1	28.9	21.6	25.3	23.3
<b>Web/Email-Based Program</b>												
Single session	13.9	12.2	13.1	9.0	11.6	10.2	4.1	3.7	3.9	10.3	10.4	10.3
Multi-session	10.7	11.8	11.2	7.0	8.8	7.8	3.5	4.2	3.8	8.0	9.3	8.6
If has Internet access												
Single session	13.6	12.5	13.1	9.5	12.3	10.8	5.1	4.4	4.8	10.7	11.1	10.9
Multi session	10.4	12.1	11.1	7.4	9.2	8.2	4.4	4.9	4.6	8.3	9.9	9.0
Watch live webinars/talks on kp.org	11.8	7.5	9.9	9.1	10.7	9.8	4.8	4.9	4.8	9.5	8.2	8.9
If has web access	11.5	7.7	9.8	9.6	11.3	10.4	6.1	5.7	5.9	9.9	8.7	9.3
Watch health videos on kp.org or other websites	25.2	23.2	24.3	20.7	20.1	20.4	14.0	14.5	14.2	21.4	20.5	21.0
Podcasts and online audio programs	12.3	6.3	9.6	9.0	9.0	9.0	2.3	5.0	3.5	9.2	7.0	8.2
If has web access	11.9	6.5	9.5	9.5	9.5	9.5	2.9	5.9	4.3	9.6	7.5	8.6
Emailed health newsletters and tip sheets	35.5	23.8	30.2	29.9	30.9	30.4	28.7	36.0	31.9	32.2	28.6	30.6
If has web access	35.2	24.3	30.3	31.0	32.6	31.8	35.5	40.4	37.7	33.8	30.0	32.1
Secure email communications	36.1	27.7	32.3	30.7	29.7	30.2	28.0	32.0	29.7	32.7	29.2	31.1
If has email access	35.9	28.3	32.5	32.4	31.3	31.9	33.9	37.2	35.4	34.3	30.9	32.7

Table 9. Preferred Methods for Learning about Health, Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, East Bay Service Area, 2014/2015<sup>1</sup>

Preferred Methods for Learning about Health	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
Text messages <i>(2015 only)</i>	18.6	13.1	16.1	16.0	19.9	17.8	7.7	10.5	8.9	15.5	15.1	15.3
Video/Skype session with a patient educator	10.8	16.1	13.2	9.8	9.9	9.8	4.7	4.0	4.4	9.2	11.6	10.3
If has web access	10.5	16.4	13.2	10.2	10.4	10.3	5.6	4.7	5.2	9.6	12.3	10.8
Use an interactive computer program	16.4	13.9	15.2	11.8	19.2	15.2	8.4	10.7	9.4	13.2	15.2	14.1
If has computer access	16.3	14.1	15.3	12.4	20.1	16.0	10.2	11.8	10.9	13.8	15.9	14.8
Use a health app on tablet or smartphone	30.7	20.7	26.2	19.5	22.2	20.8	8.4	7.7	8.1	22.4	18.9	20.8
Join an online chatroom/community	4.4	2.4	3.5	4.2	2.7	3.5	1.0	1.3	1.2	3.7	2.3	3.0
<b>Non-Digital Modalities</b>												
In person counseling with a patient educator	29.2	20.7	25.3	32.8	29.9	31.4	21.8	22.2	21.9	29.0	24.3	26.8
Telephone-based health coaching	17.2	15.6	16.4	16.3	13.5	15.0	19.1	12.4	16.2	17.2	14.3	15.9
One-session class/program	20.7	13.4	17.4	24.6	19.0	22.0	20.9	12.9	17.5	22.1	15.4	19.0
Multi-session class/group program	16.5	11.8	14.3	18.7	12.9	16.0	11.6	8.4	10.2	16.3	11.6	14.1
Watch DVDs at home	6.7	6.2	6.5	12.1	14.2	13.1	11.0	10.6	10.8	9.4	9.9	9.7
Health newsletters/information/print materials mailed to home	8.5	13.1	10.6	19.9	15.8	18.0	35.9	29.9	33.3	17.9	17.2	17.6

Footnotes for Table 9:

<sup>1</sup> Estimates are derived from self-report data for East Bay Service Area respondents aged  $\geq 20$  to the 2014/2015 Division of Research Northern California KP Member Health Survey weighted to age-, gender-, and geographic- distribution of the Health Plan membership in 4th quarter 2013. The East Bay Service Area includes the Oakland and Richmond medical centers and their satellite outpatient clinics.

Table 10. Preferred Methods for Learning about Health, Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership , East Bay Service Area, 2014/2015<sup>1</sup> (Restricted to People Who Indicated at Least One Method)

Preferred Methods for Learning about Health	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
<b>Internet/Digital Modalities</b>												
Information from Internet websites	37.6	40.7	38.9	35.1	49.7	41.9	31.2	39.7	34.9	35.5	44.0	39.2
If uses the Internet	37.1	41.4	38.9	36.9	52.3	44.0	38.1	45.2	41.2	37.2	46.3	41.2
Information from MD home page	22.8	25.4	23.9	24.7	33.1	28.6	26.8	33.3	29.6	24.3	29.9	26.7
If uses the Internet	22.2	25.9	23.7	25.6	34.9	29.9	31.5	37.2	34.0	24.9	31.3	27.7
Web/Email-Based Program												
Single session	16.3	16.1	16.2	10.3	13.6	11.8	4.9	4.6	4.8	12.0	13.0	12.4
Multi-session	12.6	15.5	13.8	7.9	10.2	9.0	4.2	5.2	4.6	9.3	11.6	10.3
If has Internet access												
Single session	15.9	16.3	16.1	10.8	14.3	12.4	6.0	5.2	5.6	12.4	13.7	13.0
Multi session	12.1	15.8	13.7	8.3	10.7	9.5	5.1	5.9	5.4	9.6	12.2	10.7
Watch live webinars/talks on kp.org	13.9	9.9	12.2	10.3	12.5	11.3	5.8	6.0	5.9	11.1	10.2	10.7
If uses the Internet	13.4	10.1	12.0	10.8	13.1	11.9	7.0	6.9	7.0	11.4	10.7	11.1
Watch health videos on kp.org or other websites	29.5	30.5	30.0	23.6	23.5	23.5	16.8	18.0	17.3	25.0	25.5	25.2
Podcasts and online audio programs	14.4	8.3	11.8	10.3	10.5	10.4	2.7	6.2	4.2	10.7	8.8	9.8
If uses the Internet	14.0	8.5	11.6	10.8	11.0	10.9	3.3	7.1	5.0	11.0	9.2	10.2
Emailed health newsletters and tip sheets	41.6	31.4	37.2	34.1	36.1	35.0	34.5	44.8	38.9	37.6	35.7	36.7
If uses the Internet	41.2	31.9	37.2	35.2	38.0	36.5	41.3	48.4	44.4	39.0	37.0	38.2
Secure email communications	42.3	36.5	39.9	35.0	34.7	34.9	33.7	39.7	36.3	38.1	36.4	37.3
If has email access	41.9	37.1	39.9	36.8	36.5	36.6	39.4	44.4	41.6	39.6	38.1	39.0

Table 10. Preferred Methods for Learning about Health, Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, East Bay Service Area, 2014/2015<sup>1</sup> (Restricted to People Who Indicated at Least One Method)

Preferred Methods for Learning about Health	Ages 20-44			Ages 45-64			Ages 65 and Over			Ages 20 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
Text messages <i>(2015 only)</i>	22.1	16.6	19.7	17.9	22.5	20.0	9.6	13.1	11.1	18.2	18.3	18.2
Video/Skype session with a patient educator	12.7	21.2	16.3	11.1	11.5	11.3	5.6	4.9	5.3	10.8	14.5	12.4
If uses the Internet	12.3	21.5	16.2	11.5	12.1	11.8	6.5	5.6	6.1	11.0	15.2	12.9
Use an interactive computer program	19.2	18.3	18.8	13.4	22.4	17.6	10.1	13.2	11.4	15.4	19.0	17.0
If has computer access	19.0	18.6	18.9	14.1	23.5	18.4	11.9	14.5	13.0	16.0	19.8	17.7
Use a health app on tablet or smartphone	36.0	27.3	32.3	22.2	26.0	23.9	10.2	9.6	9.9	26.2	23.6	25.0
Join an online chatroom/community	5.2	3.2	4.3	4.8	3.1	4.0	1.2	1.7	1.4	4.3	2.9	3.7
<b>Non-Digital Modalities</b>												
In person counseling with a patient educator	34.2	27.3	31.3	37.3	34.9	36.2	26.2	27.5	26.8	33.8	30.3	32.2
Telephone-based health coaching	20.1	20.5	20.3	18.6	15.8	17.3	23.0	15.5	19.8	20.1	17.8	19.1
One-session class/program	24.3	17.7	21.5	28.0	22.2	25.3	25.2	16.1	21.3	25.8	19.1	22.9
Multi-session class/group program	19.3	15.5	17.7	21.3	15.1	18.4	14.0	10.5	12.5	19.0	14.4	17.0
Watch DVDs at home	7.9	8.2	8.0	13.7	16.6	15.0	13.2	13.2	13.2	11.0	12.4	11.6
Health newsletters/information/print materials mailed to home	9.9	17.3	13.1	22.7	18.5	20.8	43.2	37.2	40.7	20.9	21.4	21.1

Footnotes for Table 10:

<sup>1</sup> Estimates are derived from self-report data for East Bay Service Area respondents aged  $\geq 20$  to the 2014/2015 Division of Research Northern California KP Member Health Survey weighted to age-, gender-, and geographic- distribution of the Health Plan membership in 4th quarter 2013. The East Bay Service Area includes the Oakland and Richmond medical centers and their satellite outpatient clinics.