

# **Sociodemographic and Health-Related Characteristics of Members Aged 20 and Over in the Northern California Region, 2014/2015**

Estimates based on data from adults aged 20 and over who responded in the 2014/2015 survey 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, 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 Northern California Region, 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 self-administered questionnaire survey conducted by mail or online 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 survey. Similar member health survey profile reports from surveys conducted in 1990, 1993, 1996, 1999, 2002, 2005, 2008, and 2011 are available on our survey web pages ([www.memberhealthsurvey.kaiser.org](http://www.memberhealthsurvey.kaiser.org)) and additional statistics can be made available 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 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 an, age-, sex-, and geographically stratified random sample of approximately 44,600 adult Health Plan members in the Northern California Region. 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 September. Participants were also offered the opportunity to answer a secure online version of the questionnaire reached via a

link emailed to them or by logging in using a URL printed on the survey materials. Phone administration was available on request but not used. Non-eligibles (deceaseds, non-current members, members living outside the main service area, language barrier) and members for whom neither Kaiser Permanente nor the U.S. Postal Service had forwarding addresses were dropped from the initial sample with no replacement. The overall survey response rate among survey eligibles was 37.9% (n=16,133/42,593). This is slightly lower than the response rate for the 2011 survey (39.5%), with most of the decrease coming from the men and women aged 65 and over (down nearly 4 percentage points). The age-gender specific response rates for the 2014/2015 survey were as follows:

Final Response Rates for the 2014/2015 DOR Member Health Survey by Age-Gender Group,  
Members Aged 20 and Over in the Northern California Region Sample

	<u>20-44 years</u>	<u>45-64 years</u>	<u>65 years or over</u>	<u>Total</u>
Women	2899/9349 (31.0%)	2822/6232 (45.3%)	3102/4909 (63.2%)	8823/20490 (43.1%)
Men	1784/10096 (17.7%)	2429/7129 (34.0%)	3097/4878 (63.5%)	7310/22103 (33.1%)
Total	4683/19445 (24.1%)	5251/13361 (39.3%)	6199/9787 (63.3%)	16133/42593 (37.9%)

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. All estimates in this report are based on weighted survey data. 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.

Age Group	Women		Men		All	
	Wtd %	(Unwtd %)	Wtd %	(Unwtd %)	Wtd %	(Unwtd %)
All 20 and Over	100.0	100.0	100.0	100.0	100.0	100.0
20-44 yr	42.7	32.8	44.3	24.4	43.5	29.0
45-64 yr	36.0	32.0	36.9	33.2	36.4	32.6
65 and over	21.3	35.2	18.8	42.4	20.1	38.4
65-74	12.1	16.5	11.4	18.6	11.8	17.5
75-79	3.6	13.7	3.3	17.3	3.4	15.3
80-84	2.7	2.5	2.3	3.7	2.5	3.0
85 and over	2.9	2.5	1.8	2.8	2.4	2.6

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 2014 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 65 and over, yields a final weighted 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 2010-2011 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, 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	41.9	44.6	43.2	56.9	59.2	58.0	71.7	72.6	72.1	53.6	55.3	54.4
African-American/Black	6.6	4.7	5.7	7.8	6.3	7.1	6.4	5.7	6.1	7.0	5.5	6.3
Latino/other Hispanic	21.9	21.0	21.5	14.5	13.1	13.9	7.6	7.3	7.5	16.2	15.5	15.9
Asian <sup>3</sup>	26.4	27.1	26.7	18.5	18.1	18.3	12.1	12.0	12.1	20.5	20.9	20.7
Filipino	7.8	6.3	7.1	6.2	4.9	5.6	4.7	4.5	4.6	6.6	5.5	6.0
Chinese	6.8	7.6	7.2	5.1	5.3	5.2	2.9	3.8	3.3	5.4	6.0	5.7
Southeast Asia	4.0	3.5	3.8	1.7	2.1	1.9	0.7	0.5	0.7	2.5	2.4	2.5
Japanese	1.2	1.2	1.2	1.5	1.6	1.5	1.4	1.4	1.4	1.4	1.4	1.4
Korean	0.9	0.7	0.8	0.6	0.6	0.6	0.4	0.2	0.3	0.7	0.5	0.6
South Asian	5.1	7.6	6.3	3.2	3.6	3.4	1.7	1.5	1.6	3.7	5.0	4.3
Other Asian	0.6	0.2	0.4	0.2	0.1	0.1	0.2	0.0	0.1	0.4	0.1	0.2
Pacific Islander	0.5	0.9	0.7	0.5	0.7	0.6	0.3	0.2	0.2	0.4	0.7	0.6
Native American	1.4	1.1	1.2	1.1	1.7	1.4	1.4	1.4	1.4	1.3	1.3	1.3
Middle Eastern	1.0	0.5	0.8	0.7	0.7	0.7	0.4	0.8	0.6	0.8	0.6	0.7
Other	0.3	0.1	0.2	0.0	0.2	0.1	0.0	<0.1	0.0	0.1	0.1	0.1

Table 1. Sociodemographic Characteristics of Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, 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 - Calif Dept of Finance</b>												
Hispanic/Latino	22.5	21.4	22.0	14.7	13.1	14.0	7.6	7.4	7.5	16.6	15.7	16.2
Native Amer./Alaska Native	1.4	1.1	1.2	1.1	1.7	1.4	1.4	1.4	1.4	1.3	1.3	1.3
Asian, non-Hispanic	26.9	27.9	27.4	18.9	18.8	18.9	12.4	12.2	12.3	20.9	21.6	21.3
Black, non-Hispanic	6.0	4.3	5.2	7.6	6.3	7.0	6.4	5.6	6.1	6.7	5.3	6.0
White, non-Hispanic	41.9	44.6	43.2	56.9	59.2	58.0	71.7	72.6	72.1	53.6	55.3	54.4
Other, non-Hispanic	1.3	0.7	1.0	0.7	0.9	0.8	0.4	0.8	0.6	0.9	0.8	0.8
<u>This race/ethnicity, alone or in combination with others</u>												
White	53.0	54.6	53.8	62.6	64.5	63.5	75.1	75.4	75.2	61.1	62.2	61.6
African-American/Black	6.6	4.7	5.7	7.8	6.3	7.1	6.4	5.7	6.1	7.0	5.5	6.3
Latino/Hispanic	22.5	21.4	22.0	14.7	13.1	14.0	7.6	7.4	7.5	16.6	15.7	16.2
Asian	27.3	28.0	27.6	19.0	18.7	18.9	12.4	12.3	12.3	21.1	21.6	21.4
Filipino	8.6	7.1	7.9	6.8	5.2	6.0	5.1	4.7	4.9	7.2	5.9	6.6
Chinese	7.2	8.3	7.7	5.3	5.4	5.3	2.9	4.0	3.4	5.6	6.4	6.0
Southeast Asian	4.0	3.6	3.8	1.7	2.1	1.9	0.8	0.5	0.7	2.5	2.5	2.5
Japanese	1.7	2.0	1.9	1.7	2.0	1.9	1.5	1.4	1.5	1.7	1.9	1.8
Korean	1.0	0.7	0.9	0.6	0.6	0.6	0.4	0.2	0.3	0.8	0.6	0.7
South Asian	5.2	7.6	6.3	3.3	3.6	3.4	1.7	1.6	1.7	3.8	5.0	4.3
Other Asian	0.6	0.3	0.4	0.2	0.2	0.2	0.2	0.1	0.1	0.4	0.2	0.3
Hawaiian/Pacific Islander	0.9	1.7	1.3	0.8	0.8	0.8	0.3	0.4	0.4	0.8	1.1	0.9
Nat. Amer./Alaska native	2.7	2.0	2.3	2.2	2.5	2.4	1.9	1.9	1.9	2.4	2.2	2.3
Middle Eastern	1.2	0.5	0.9	0.7	0.7	0.7	0.5	1.0	0.7	0.9	0.7	0.8
Other	1.5	0.7	1.1	0.7	0.9	0.8	0.5	1.0	0.7	1.0	0.8	0.9

Table 1. Sociodemographic Characteristics of Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, 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>Education Attainment</b>												
< High school graduate	1.0	2.0	1.5	2.4	2.6	2.5	6.7	5.3	6.1	2.7	2.9	2.8
High school graduate, GED, or technical school	13.1	18.9	15.9	18.1	19.6	18.8	25.7	19.3	22.9	17.6	19.2	18.4
Some college	18.8	20.4	19.6	23.1	21.5	22.3	25.8	20.3	23.4	21.9	20.8	21.3
Associates degree	11.4	7.7	9.6	12.8	9.9	11.4	9.5	8.6	9.1	11.5	8.7	10.2
College graduate ( <i>BA, BS</i> )	34.0	31.5	32.8	25.6	25.5	25.6	17.4	22.8	19.8	27.4	27.7	27.6
Graduate or professional degree	21.7	19.4	20.6	18.0	20.9	19.4	15.0	23.7	18.8	18.9	20.8	19.8
<b>Marital Status</b>												
Married/in committed relationship	74.9	69.2	72.0	75.4	82.4	78.8	51.2	80.3	64.0	69.8	76.2	72.9
Widowed	0.2	0.1	0.2	3.3	0.9	2.1	27.5	8.5	19.1	7.4	2.0	4.8
Single, divorced, separated	24.9	30.6	27.8	21.4	16.7	19.1	21.3	11.2	16.8	22.8	21.8	22.4
<b>Employment Status</b>												
Working for pay/self-employed	77.5	85.4	81.3	74.3	79.7	76.9	17.7	22.4	19.8	63.9	71.6	67.6
Unemployed, laid off, or on strike	5.6	6.3	5.9	4.1	3.0	3.6	0.6	1.0	0.8	4.0	4.1	4.1
Full-time or almost full-time student	5.0	5.2	5.1	0.4	0.3	0.4	0.3	0.2	0.2	2.4	2.5	2.4
Full-time homemaker/parent/caregiver	9.9	0.6	5.4	6.3	0.8	3.7	8.7	1.0	5.3	8.3	0.8	4.7
Retired or unable to work due to health/disability	1.5	1.9	1.7	14.0	15.6	14.8	67.9	72.9	70.1	19.9	20.1	20.0

Table 1. Sociodemographic Characteristics of Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, 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>Household Income in past yr</b>												
\$15,000 or less	6.4	5.9	6.2	4.0	2.5	3.3	8.6	3.0	6.1	6.0	4.1	5.1
\$15,001-\$25,000	5.2	4.8	5.0	3.8	3.6	3.7	15.2	7.1	11.5	6.7	4.8	5.8
\$25,001-\$35,000	7.4	5.9	6.7	5.4	3.6	4.5	13.6	10.4	12.2	7.9	5.9	7.0
\$35,001-\$50,000	11.5	11.9	11.7	11.6	7.8	9.8	17.0	15.5	16.3	12.6	11.0	11.9
\$50,001-\$65,000	11.1	10.0	10.6	9.6	9.2	9.4	11.3	12.1	11.7	10.6	10.1	10.4
\$65,001-\$80,000	12.2	11.5	11.9	13.5	10.8	12.2	10.5	13.2	11.7	12.4	11.5	12.0
\$80,001-\$100,000	13.6	12.6	13.1	14.1	15.6	14.9	9.0	14.8	11.6	12.9	14.1	13.5
\$100,000-\$150,000	18.5	21.2	19.8	19.3	22.4	20.8	9.0	13.6	11.1	16.9	20.3	18.5
Over \$150,000	14.1	16.2	15.1	18.5	24.5	21.4	5.7	10.3	7.8	14.0	18.2	16.0
<b>During the past 12 months, because of the cost:</b>												
Delayed or did not get needed medical care	15.9	10.7	13.4	13.1	9.1	11.2	5.6	3.5	4.7	12.7	8.7	10.8
Rationed a prescribed medicine	5.7	4.4	5.1	6.8	6.6	6.7	5.3	3.6	4.6	6.0	5.0	5.6
Ate less fruits/vegetables than wanted to	16.6	10.5	13.7	8.3	5.8	7.1	5.6	3.0	4.4	11.3	7.4	9.4
Has dental insurance that covers cost of check-ups and cleaning <sup>5</sup>	88.1	88.6	88.3	81.9	82.2	82.1	--	--	--	85.3	85.7	85.5
Has insurance that covers cost of out of plan medical visits <sup>5</sup>	18.8	24.7	21.6	13.1	17.6	15.3	--	--	--	16.2	21.5	18.7



## Footnotes for Table 1:

- <sup>1</sup> Estimates are derived from self-report data for 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.
- <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, 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	18.9	18.7	18.8	11.8	12.4	12.1	8.6	8.7	8.6	14.1	14.5	14.3
Very Good	45.1	44.3	44.7	43.4	40.4	42.0	32.1	34.0	32.9	41.7	41.0	41.4
Good	29.8	30.7	30.2	35.3	36.0	35.6	40.8	40.3	40.6	34.1	34.4	34.3
Fair	5.8	5.9	5.9	8.3	9.7	9.0	16.0	14.1	15.2	8.9	8.8	8.9
Poor	0.4	0.4	0.4	1.2	1.5	1.4	2.5	2.9	2.7	1.1	1.3	1.2
<u>Physical Health Status</u>												
Excellent	19.7	20.1	19.9	12.0	12.9	12.4	8.6	9.1	8.8	14.6	15.4	15.0
Very Good	41.7	43.4	42.5	40.5	40.1	40.3	32.1	34.4	33.1	39.2	40.5	39.8
Good	30.4	29.8	30.1	36.0	34.7	35.4	39.8	38.1	39.0	34.4	33.2	33.8
Fair	7.5	6.1	6.8	9.8	10.1	10.0	16.5	15.7	16.2	10.3	9.4	9.8
Poor	0.7	0.5	0.6	1.7	2.2	1.9	3.0	2.6	2.8	1.5	1.5	1.5
<u>Emotional Health Status</u>												
Excellent	20.2	26.2	23.1	21.4	22.3	21.8	22.5	25.8	24.0	21.1	24.7	22.8
Very Good	38.3	39.5	38.9	39.8	39.7	39.7	36.1	38.0	37.0	38.4	39.3	38.8
Good	29.2	23.0	26.2	28.3	27.8	28.0	30.0	26.6	28.5	29.0	25.4	27.3
Fair	10.7	9.8	10.2	9.2	9.2	9.2	10.2	8.0	9.2	10.0	9.2	9.7
Poor	1.7	1.4	1.6	1.4	1.0	1.2	1.2	1.6	1.4	1.5	1.3	1.4

Table 2. Health Status of Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, 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	54.0	56.0	55.0	43.0	44.0	43.5	34.4	36.1	35.2	45.9	47.8	46.8
A little	33.4	31.2	32.3	35.5	33.5	34.6	34.5	36.2	35.2	34.4	33.0	33.7
Moderately	8.6	8.6	8.6	13.3	12.9	13.1	19.6	18.6	19.2	12.6	12.1	12.4
Quite a bit	4.0	4.2	4.1	8.2	9.5	8.8	11.5	9.0	10.4	7.1	7.1	7.1
Emotional/mental health												
Not at all	52.2	57.3	54.7	59.8	59.0	59.4	61.7	64.1	62.8	56.9	59.2	58.0
A little	32.3	28.0	30.2	27.5	27.7	27.6	25.2	23.8	24.6	29.1	27.1	28.2
Moderately	11.0	10.2	10.6	8.7	9.4	9.0	9.6	9.6	9.6	9.9	9.8	9.9
Quite a bit	4.5	4.4	4.4	4.0	3.9	4.0	3.5	2.5	3.0	4.1	3.9	4.0
<b>Health Conditions During Past 12 Months</b>												
Diabetes <sup>3</sup>	2.5	2.8	2.6	8.8	12.3	10.5	16.5	21.4	18.7	7.7	9.8	8.7
Prediabetes	0.9	1.3	1.1	4.7	4.5	4.6	4.7	5.9	5.2	3.1	3.4	3.2
Hypertension	5.7	6.5	6.1	27.7	31.6	29.6	56.7	58.8	57.6	24.5	25.6	25.0
High cholesterol <sup>2</sup>	2.4	6.1	4.2	21.7	31.7	26.5	46.2	50.4	48.1	18.7	23.9	21.1
Heart problems, incl. angina, MI <sup>2</sup>	0.4	0.6	0.5	3.0	6.0	4.4	12.9	20.1	16.0	4.0	6.2	5.1
Stroke	0.0	0.2	0.1	0.2	0.4	0.3	1.9	1.9	1.9	0.5	0.6	0.5
Cancer (any type)	0.6	0.5	0.5	3.1	3.0	3.0	6.4	9.0	7.5	2.7	3.0	2.8
Non-skin cancer	0.5	0.4	0.4	2.2	2.3	2.2	4.6	6.0	5.2	2.0	2.1	2.0
Skin cancer	0.0	0.1	0.1	0.7	0.7	0.7	1.2	2.8	1.9	0.5	0.8	0.7
Asthma <sup>2</sup>	10.5	8.0	9.3	12.9	9.1	11.1	11.6	8.9	10.4	11.6	8.6	10.2
COPD (Emphysema, chronic bronchitis)	0.3	0.1	0.2	1.5	1.2	1.4	5.1	5.6	5.3	1.8	1.6	1.7

Table 2. Health Status of Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, 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	5.7	3.9	4.8	11.3	9.8	10.5	14.7	11.3	13.2	9.6	7.5	8.6
Osteoporosis	0.1	--	--	2.1	--	--	13.1	1.4	8.0	3.6	--	--
Osteoarthritis	0.9	1.1	1.0	7.9	6.0	7.0	20.7	10.7	16.3	7.6	4.7	6.3
Enlarged prostate	--	0.0	--	--	3.7	--	--	19.4	--	--	2.4	--
Severe or chronic pain	27.3	19.4	23.5	34.9	27.9	31.6	33.6	27.1	30.8	31.4	24.0	27.9
Musculoskeletal pain	12.3	11.3	11.8	19.5	18.5	19.0	22.7	20.1	21.6	17.1	15.6	16.4
Severe back pain/sciatica	8.4	7.5	7.9	13.0	12.4	12.7	16.9	14.1	15.7	11.9	10.5	11.2
Severe neck/shoulder pain	6.5	5.6	6.1	11.2	10.1	10.7	11.4	9.9	10.7	9.2	8.1	8.7
Migraine headaches	13.6	5.2	9.6	10.1	3.8	7.1	3.6	1.7	2.7	10.2	4.0	7.3
Other severe headaches	3.8	2.1	3.0	3.6	2.1	2.9	2.2	1.5	1.9	3.4	2.0	2.7
Other frequent/chronic pain	6.9	6.1	6.5	15.8	12.1	14.0	19.1	11.6	15.8	12.7	9.3	11.1
Urinary leakage (≥ once/wk)	4.2	0.5	2.4	13.1	2.2	7.9	27.7	11.2	20.4	12.4	3.1	8.0
Vision problem (with or without glasses/lenses)	9.9	5.1	7.6	18.7	13.4	16.1	30.3	22.8	27.0	17.4	11.5	14.6
Hearing problem/deafness	1.6	1.5	1.6	5.1	6.2	5.7	21.2	30.8	25.5	7.1	8.7	7.9
Depression and/or Anxiety lasting at least 2 wks in past yr or taking medicine for this condition <sup>2</sup>	19.4	11.8	15.8	21.8	12.4	17.3	16.6	10.1	13.8	19.7	11.7	15.9
Depression, sadness, very low spirits <sup>2,4</sup>	14.3	8.3	11.4	17.4	8.6	13.2	13.3	7.7	10.8	15.2	8.3	11.9
Anxiety/panic <sup>2</sup>	13.0	7.3	10.2	11.6	7.0	9.4	7.1	4.9	6.1	11.3	6.7	9.1
Alcohol or drug problem	0.8	1.8	1.3	0.8	1.0	0.9	0.4	1.0	0.7	0.7	1.4	1.0
Frequent problems falling or staying asleep (insomnia)	7.3	6.0	6.7	13.4	8.3	11.0	15.8	10.2	13.3	11.3	7.6	9.6
Frequent memory problems	2.0	1.4	1.7	4.1	3.1	3.6	9.0	8.0	8.5	4.2	3.3	3.8
Frequent balance/walking problems	1.3	1.2	1.2	4.5	3.7	4.1	15.1	10.9	13.3	5.4	4.0	4.7

Table 2. Health Status of Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, 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	--	--	--	--	--	--	29.8	21.7	26.1	--	--	--
Only 1 fall	--	--	--	--	--	--	16.3	11.2	14.0	--	--	--
2 falls	--	--	--	--	--	--	7.7	5.5	6.7	--	--	--
3 or more falls	--	--	--	--	--	--	5.8	5.0	5.4	--	--	--
<b>History of Selected Health Condition (Ever)</b>												
Heart problems/MI	0.7	1.0	0.9	3.6	7.8	5.6	15.2	25.9	20.0	4.8	8.2	6.4
Stroke	0.1	0.6	0.3	0.8	1.3	1.0	3.8	4.5	4.1	1.1	1.6	1.3
Cancer	1.6	1.5	1.5	10.1	6.3	8.3	19.2	20.8	19.9	8.4	6.9	7.7
Non-skin cancer	1.3	1.3	1.3	7.6	4.6	6.2	14.9	15.1	15.0	6.5	5.1	5.8
Skin cancer	0.3	0.4	0.3	2.2	1.7	2.0	4.2	6.1	5.0	1.8	1.9	1.9
Chronic pain	11.2	9.9	10.6	23.7	18.4	21.2	24.5	16.0	20.8	18.5	14.2	16.5
Adult depression	21.2	10.8	16.2	23.4	11.7	17.8	15.8	9.7	13.1	20.8	10.9	16.2
Alcohol or drug problem	2.4	4.4	3.4	2.3	4.4	3.3	1.3	2.8	2.0	2.2	4.1	3.1

## Footnotes for Table 2:

- <sup>1</sup> Estimates are derived from self-report data for 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.
- <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, 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	5.9	11.4	8.5	7.3	8.9	8.1	4.3	4.6	4.4	6.1	9.2	7.5
Former cigarette smoker	21.7	25.4	23.5	29.4	34.9	32.0	46.0	59.4	51.9	29.6	35.4	32.3
Never smoked regularly	72.4	63.2	68.0	63.3	56.1	59.9	49.7	36.0	43.7	64.3	55.4	60.2
<b>Weight</b>												
Overweight (BMI $\geq$ 25)	48.8	62.5	55.4	60.6	74.6	67.3	55.2	68.5	61.1	54.4	68.1	60.9
Obese (BMI $\geq$ 30)	25.1	23.0	24.1	30.1	31.5	30.8	24.4	23.1	23.8	26.8	26.2	26.5
<u>BMI range:</u>												
BMI < 18.5 (under wt)	3.5	1.0	2.3	1.2	0.3	0.7	3.1	1.1	2.2	2.6	0.7	1.7
BMI 18.5 - 25	47.7	36.6	42.3	38.2	25.1	31.9	41.6	30.4	36.7	43.0	31.2	37.4
BMI 25 - 30 (over wt)	23.7	39.5	31.3	30.5	43.1	36.5	30.8	45.3	37.2	27.7	41.9	34.4
BMI 30 - < 35 (obese)	13.9	14.6	14.3	16.2	20.9	18.5	15.1	16.2	15.6	15.0	17.2	16.1
BMI $\geq$ 35 (very obese)	11.2	8.4	9.8	13.9	10.6	12.3	9.4	6.9	8.3	11.8	8.9	10.4
<b>Exercise Frequency</b>												
5 or more times/week	32.3	37.9	35.0	41.5	42.2	41.8	42.5	51.3	46.4	37.7	42.0	39.8
3-4 times/week	37.6	35.7	36.7	33.1	31.3	32.2	29.5	26.9	28.3	34.3	32.5	33.4
1-2 times/week	18.7	17.2	18.0	14.7	17.1	15.8	12.1	11.7	12.0	15.9	16.2	16.0
Less than once/week	11.4	9.2	10.3	10.7	9.4	10.1	15.9	10.0	13.3	12.1	9.4	10.8
<u>Usual type of Exercise (if exercises at least once a week)</u>												
Low impact	26.0	18.7	22.5	30.2	30.0	30.1	48.8	41.6	45.5	32.0	27.1	29.6
Moderate/vigorous	74.0	81.3	77.5	69.8	70.0	69.9	51.2	58.4	54.5	68.0	72.9	70.4
<b>Dietary Practices</b>												
Tries to eat reduced fat foods most of the time (2014 only)	46.4	37.9	42.3	54.6	48.0	51.4	57.0	50.4	54.1	51.6	43.9	48.0
Tries to avoid foods high in salt/sodium most of the time	56.4	46.7	51.7	64.8	55.1	60.2	64.3	58.3	61.7	61.1	52.0	56.8

Table 3. Prevalence of Selected Behavioral and Psychosocial Risks Among Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, 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	53.9	39.6	47.0	55.6	39.0	47.6	52.7	35.4	45.0	54.3	38.6	46.8
Eats $\geq 5$ servings per day	17.6	9.9	13.9	19.5	10.8	15.3	15.4	9.9	13.0	17.8	10.2	14.2
<b><u>Sugary beverage consumption (2015 only)</u></b>												
Has sugary drink $\geq 2$ days/week	48.6	57.5	52.9	34.1	47.7	40.6	30.7	41.7	35.6	39.7	51.0	45.1
Has sugary drink $\geq 5$ days/week	24.8	29.9	27.2	22.7	30.3	26.3	20.7	28.7	24.3	23.2	29.8	26.3
<b><u>Supplement Use</u></b>												
Takes a daily multivitamin	52.1	36.6	44.7	47.7	42.8	45.3	50.1	42.6	46.8	50.1	40.0	45.3
Takes calcium	14.5	4.7	9.8	34.1	9.9	22.5	53.7	17.1	37.5	29.9	8.9	20.0
Takes vitamin D (not as part of multivitamin/calcium)	12.8	8.0	10.5	26.2	14.2	20.5	39.0	23.5	32.2	23.2	13.2	18.5
<b><u>Alcohol Consumption</u></b>												
Never drinks	20.6	16.8	18.8	23.9	19.8	21.9	33.3	22.9	28.6	24.4	19.0	21.8
Drinks < once/week	47.9	39.7	43.9	40.8	31.4	36.2	32.0	26.1	29.3	42.1	34.1	38.3
Drinks 1-2 days/week	17.2	19.2	18.2	12.2	17.8	14.9	9.3	12.3	10.7	13.8	17.4	15.5
Drinks 3-4 days/week	9.4	13.1	11.1	10.9	13.0	11.9	8.1	10.9	9.4	9.6	12.6	11.1
Drinks $\geq 5$ days/week	4.9	11.2	8.0	12.2	17.9	15.0	17.3	27.8	22.1	10.1	16.7	13.3
At-risk drinker based on:												
# Drinks/day <sup>2</sup>	41.9	28.8	35.5	31.7	19.8	25.8	18.9	34.2	25.9	33.5	26.5	30.1
Estimated # Drinks/wk <sup>3</sup>	6.1	6.3	6.2	8.5	7.9	8.2	8.7	19.1	13.3	7.5	9.2	8.3
<b><u>Sleep (per 24 hour day)</u></b>												
< 6 hours	8.9	9.4	9.2	13.0	10.3	11.7	9.2	6.1	7.8	10.4	9.2	9.8
6-<7 hours	20.3	23.8	22.0	24.1	26.8	25.4	19.8	14.7	17.5	21.5	23.3	22.4
7-9 hours	67.0	63.5	65.3	60.9	60.1	60.5	63.0	71.9	66.9	63.9	63.8	63.9
> 9 hours	3.8	3.3	3.6	2.1	2.7	2.4	8.1	7.4	7.8	4.1	3.8	4.0

Table 3. Prevalence of Selected Behavioral and Psychosocial Risks Among Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, 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 %
<b>Psychosocial Risks in past yr</b>												
Worried a great deal about personal/family financial security	33.2	30.3	31.8	28.7	26.5	27.6	16.3	13.7	15.2	28.0	25.8	26.9
Worried about safety	9.9	9.4	9.7	7.2	6.8	7.0	4.2	4.4	4.3	7.7	7.5	7.6
Has felt harassed or discriminated against	7.7	6.4	7.0	7.8	5.9	6.9	2.0	2.2	2.1	6.5	5.4	6.0
Experienced other major life stress	29.6	23.7	26.7	26.4	22.4	24.5	17.7	10.3	14.4	25.9	20.7	23.4
Very stressed, tense, or anxious much of the time	29.3	20.7	25.2	20.9	15.6	18.3	9.1	4.7	7.1	22.0	15.9	19.1
Was an unpaid caregiver for a seriously ill or physically, developmentally, mentally, or emotionally disabled relative/friend	15.5	11.7	13.7	29.3	23.1	26.3	26.7	21.6	24.5	22.8	17.7	20.4
<u>Overall satisfaction with life</u>												
Very satisfied	28.9	29.4	29.2	31.4	30.1	30.8	39.0	42.1	40.4	31.9	32.1	32.0
Fairly satisfied	61.0	58.9	60.0	57.8	59.8	58.8	52.9	51.6	52.3	58.1	57.9	58.0
Not very/not at all satisfied	10.1	11.7	10.8	10.8	10.1	10.5	8.1	6.3	7.3	9.9	10.1	10.0
<u>Overall happiness</u>												
Very happy	24.7	24.3	24.5	23.6	22.4	23.0	30.2	30.4	30.3	25.5	24.7	25.1
Pretty happy	64.3	64.5	64.4	63.6	65.6	64.6	60.1	61.3	60.6	63.2	64.3	63.7
Not very/not at all happy	11.0	11.3	11.1	12.8	12.0	12.4	9.7	8.2	9.1	11.4	11.0	11.2
<b>Health-Related Beliefs</b>												
<u>Belief about extent to which lifestyle/habits can affect health</u>												
Not at all/a little bit	2.9	5.0	3.9	3.3	4.3	3.8	5.4	6.3	5.8	3.5	5.0	4.2
Moderately	6.4	8.2	7.3	6.2	8.9	7.5	10.2	11.1	10.6	7.1	9.0	8.0
Quite a bit/extremely	90.8	86.7	88.8	90.5	86.8	88.7	84.4	82.6	83.6	89.3	86.0	87.8



Table 3. Prevalence of Selected Behavioral and Psychosocial Risks Among Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, 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 %
<u>Belief about extent to which stress/emotional troubles can affect health</u>												
Not at all/a little bit	5.8	8.3	7.0	6.0	7.9	6.9	12.9	15.6	14.1	7.4	9.5	8.4
Moderately	5.6	8.9	7.2	6.3	9.0	7.6	10.1	11.5	10.7	6.8	9.4	8.1
Quite a bit/extremely	88.6	82.8	85.8	87.6	83.0	85.4	76.9	72.9	75.1	85.8	81.0	83.5

Footnotes for Table 3:

- <sup>1</sup> Estimates are derived from self-report data for 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.
- <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, 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	66.6	67.6	67.1	66.6	65.4	66.0	57.7	65.0	60.9	64.7	66.3	65.5
Get moderate/vigorous exercise most days	44.3	52.6	48.3	43.2	44.1	43.6	36.8	43.4	39.7	42.3	47.7	44.9
Daily walks for at least 30 mins most days	41.2	35.2	38.3	47.6	40.4	44.1	40.2	44.5	42.1	43.3	38.8	41.2
Reads labels/recipes to learn what is in their food	52.5	42.9	47.8	57.4	45.9	51.9	58.9	46.1	53.2	55.6	44.6	50.4
Tries to eat mostly healthy foods	77.8	68.1	73.1	79.3	70.1	74.9	78.0	71.3	75.0	78.4	69.5	74.2
Tries to manage stress	58.2	46.7	52.7	53.3	42.6	48.2	40.3	29.6	35.6	52.6	42.0	47.6
Tries to get enough sleep to feel well-rested	74.1	65.6	70.0	71.9	65.2	68.7	70.6	65.1	68.2	72.6	65.3	69.2
Taking steps to lose weight or maintain weight loss	52.6	43.9	48.4	58.3	45.8	52.3	41.1	39.5	40.4	52.2	43.8	48.2
If overweight or obese	66.2	56.0	60.7	68.0	52.7	59.9	54.0	46.8	50.5	64.3	52.9	58.3
If obese	68.3	66.3	67.4	66.2	60.5	63.4	58.2	55.1	56.8	65.5	61.8	63.8
Does enjoyable activities at least once a week	74.7	70.2	72.5	71.0	67.4	69.3	69.1	65.5	67.5	72.2	68.3	70.3
Takes low dose aspirin to prevent heart attack/stroke	2.2	3.3	2.8	13.3	23.6	18.2	38.8	46.6	42.3	14.0	18.9	16.3
<i>Seniors Only:</i>												
Taking actions to reduce risk of falling	--	--	--	--	--	--	52.9	32.9	44.1	--	--	--
Those at high risk <sup>2</sup>	--	--	--	--	--	--	68.1	53.3	62.7	--	--	--
Does activities to keep brain stimulated	--	--	--	--	--	--	74.2	69.4	72.1	--	--	--
Visit with people at least once/week <sup>3</sup>	--	--	--	--	--	--	69.4	58.2	64.5	--	--	--

## Footnotes for Table 4:

- <sup>1</sup> Estimates are derived from self-report data for 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.
- <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, 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	49.0	52.8	63.9	62.9	63.4	85.0	83.9	84.5	65.1	60.7	63.0
Ages $\geq$ 65 or high risk <sup>3</sup>	64.5	54.1	59.9	71.3	71.1	71.2	85.0	83.9	84.5	78.6	75.8	77.3
Pneumococcal vaccination (ever) (ages $\geq$ 65)	--	--	--	--	--	--	76.8	66.8	72.4	--	--	--
Dental exam by dentist/hygienist												
Within past 12 months	78.1	72.9	75.6	83.3	81.9	82.7	78.7	77.6	78.2	80.1	77.1	78.7
More than one year ago/never	21.4	25.7	23.5	15.6	16.3	15.9	17.6	18.6	18.1	18.5	20.9	19.6

Footnotes for Table 5:

<sup>1</sup> Estimates are derived from self-report data for 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.

<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, 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	11.2	9.1	10.2	12.8	10.9	11.9	8.2	8.5	8.3	11.2	9.7	10.5
Acupuncture	6.0	3.2	4.6	7.5	4.0	5.8	5.4	4.0	4.8	6.4	3.6	5.1
Acupressure	1.0	0.8	0.9	1.8	1.2	1.5	1.4	0.5	1.0	1.3	0.9	1.1
Massage therapy	25.6	15.7	20.9	24.0	14.0	19.2	12.1	7.4	10.0	22.2	13.5	18.1
Deep breathing, mindfulness, or other relaxation/meditation technique	29.5	17.2	23.6	24.3	15.2	19.9	17.2	9.1	13.6	25.0	14.9	20.2
Guided imagery/visualization techniques	4.8	2.5	3.7	5.1	2.2	3.7	2.8	0.9	2.0	4.5	2.1	3.3
Hypnosis or self-hypnosis	0.7	0.7	0.7	0.7	0.8	0.8	0.8	0.8	0.8	0.7	0.8	0.7
Yoga or Pilates	24.1	8.2	16.4	17.0	7.0	12.2	9.6	3.0	6.6	18.5	6.8	12.9
Tai Chi, Chi Gong	1.0	0.7	0.8	2.1	1.2	1.7	4.3	1.7	3.1	2.1	1.1	1.6
Herbal medicine/remedies	13.7	9.5	11.7	14.1	8.7	11.5	10.0	7.9	9.1	13.1	8.9	11.1
Homeopathic medicine	4.2	1.3	2.8	4.2	2.0	3.1	2.2	0.9	1.6	3.8	1.5	2.7
Vegetarian or vegan diet	8.1	4.5	6.4	7.7	5.0	6.4	4.8	3.6	4.3	7.3	4.5	6.0
Other special diet	5.5	3.4	4.6	5.6	2.6	4.2	3.1	1.6	2.5	5.0	2.7	4.0
Prayer or spiritual practice	21.7	13.2	17.6	28.4	15.4	22.2	27.5	14.0	21.5	25.4	14.1	20.1
Religious/spiritual healing by others	3.7	2.0	2.9	3.6	2.5	3.1	2.9	1.7	2.4	3.5	2.1	2.8
Psychological counseling	10.1	6.2	8.2	7.9	3.1	5.6	3.7	2.0	2.9	7.9	4.3	6.2
12-Step/Self-help Program	1.3	1.7	1.5	2.3	2.7	2.5	1.5	0.9	1.2	1.7	1.9	1.8

Footnotes for Table 6:

<sup>1</sup> Estimates are derived from self-report data for 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.

Table 7. Access to Digital Tools for Communication, Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, 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)	99.2	98.2	98.7	97.0	95.0	96.0	85.8	86.5	86.2	95.6	94.8	95.2
Smartphone	87.7	87.8	87.8	72.3	70.7	71.5	33.6	35.4	34.4	70.7	71.8	71.2
Cell phone	17.8	18.1	18.0	29.1	29.8	29.4	54.0	52.7	53.4	29.5	28.9	29.2
Able to send/receive text messages on a mobile phone	84.2	89.1	86.5	74.8	78.7	76.7	43.9	42.8	43.4	72.3	76.6	74.4
Able to use apps on a smartphone	73.5	77.6	76.5	53.2	57.1	55.1	20.6	21.2	20.9	55.1	60.4	57.6
If has a smartphone	83.8	90.6	87.1	73.6	80.7	77.0	61.4	59.9	60.7	77.8	84.2	80.9
Computer (desktop,laptop,netbook)												
From any location	98.9	98.7	98.8	96.6	96.2	96.4	80.9	86.8	83.5	94.3	95.6	94.9
At home	93.1	94.9	94.0	91.6	92.2	91.9	76.6	83.4	79.7	89.1	91.8	90.4
Other location	50.7	52.2	51.4	48.1	50.1	49.0	11.5	13.1	12.2	41.5	44.2	42.8
Able to use the Internet												
By self or with help/proxy	99.5	98.6	99.1	96.5	95.4	96.0	76.1	82.1	78.8	93.6	94.3	93.9
By self	98.5	97.5	98.1	93.5	91.0	92.3	65.7	71.7	68.4	89.9	90.3	90.1
Device used usually for Internet access (if uses Internet)												
Computer, laptop, net book	82.8	87.7	85.2	88.4	92.8	90.5	90.5	94.3	92.3	86.2	90.6	88.3
Tablet (e.g., iPad, iTouch)	43.1	42.8	43.0	39.4	37.2	38.4	30.0	26.0	28.1	39.6	38.0	38.9
Mobile phone	81.3	79.7	80.6	60.8	57.9	59.4	33.9	31.7	32.9	65.9	64.0	65.0
Cell phone	19.7	19.1	19.4	15.4	12.3	13.9	8.9	7.9	8.4	16.3	14.8	15.6
Smartphone	72.5	72.9	72.6	51.3	51.8	51.5	27.5	26.7	27.1	57.2	57.7	57.4
Where Internet used (if uses web)												
Home	97.9	98.4	98.1	97.0	97.4	97.2	97.8	97.6	97.7	97.6	97.9	97.7
Work	58.0	65.2	61.4	53.5	60.4	56.7	11.7	14.7	13.1	49.4	56.2	52.6
Other location	7.1	7.3	7.2	6.7	6.1	6.4	7.1	7.7	7.4	6.9	6.9	6.9

Table 7. Access to Digital Tools for Communication, Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, 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	99.6	97.9	98.8	96.1	94.4	95.3	75.7	81.8	78.4	93.3	93.6	93.5
By self	98.9	97.0	98.0	93.7	90.6	92.2	67.4	72.2	69.5	90.4	90.0	90.2
Devices usually used to send/check email (if uses email)												
Desktop or laptop computer	79.2	84.0	81.5	86.4	90.8	88.5	89.6	93.5	91.5	83.6	88.0	85.7
Tablet	32.9	34.6	33.7	34.2	30.9	32.6	26.0	21.1	23.7	32.3	31.1	31.7
Mobile phone (any type)	85.2	84.5	84.9	64.9	63.6	64.3	35.4	35.3	35.4	69.6	69.0	69.3
Smartphone	73.7	76.5	75.1	53.9	55.7	54.8	28.2	29.2	28.7	59.1	61.3	60.1
Cell phone	18.6	16.8	17.7	16.4	14.0	15.3	8.9	8.1	8.5	16.2	14.4	15.4
Other	0.2	0.0	0.1	0.1	0.0	0.1	0.3	0.1	0.2	0.2	0.1	0.1

Footnotes for Table 7:

<sup>1</sup> Estimates based on the data from the 2014/2015 Division of Research Northern California 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 2013

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, 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	37.9	23.3	30.9	40.2	32.3	36.4	29.4	30.1	29.7	36.9	27.9	32.6
Those with web access	38.1	23.7	31.2	41.7	33.7	37.9	39.1	36.2	37.8	39.6	29.5	34.8
Got health information from kp.org/other websites OR kp.org MD home page, Health/Drug Encyclopedia, online patient ed program												
All	48.2	30.0	39.4	51.7	42.7	47.4	40.8	45.0	42.6	47.9	37.5	43.0
Those with web access	48.4	30.5	39.8	53.5	44.5	49.2	53.8	53.6	53.7	51.2	39.5	45.6
Used kp.org Health or Drug Encyclopedia												
All	11.3	7.5	9.4	16.9	12.8	15.0	12.2	16.0	13.9	13.5	11.0	12.3
Those with web access	11.4	7.5	9.5	17.5	13.3	15.5	16.3	19.3	17.7	14.5	11.6	13.1
Used any online kp.org health/patient ed program												
All	7.3	2.8	5.1	10.7	7.1	9.0	7.8	6.8	7.4	8.7	5.1	7.0
Those with web access	7.4	2.8	5.2	11.1	7.4	9.4	10.3	8.2	9.3	9.3	5.4	7.4
Got health information from MD home page on kp.org/mydoctor												
All	20.5	11.1	16.0	22.8	19.3	21.1	20.2	25.2	22.4	21.3	16.8	19.1
Those with web access	20.5	11.3	16.1	23.5	20.0	21.8	26.8	29.8	28.2	22.7	17.6	20.3
Listened to a kp.org podcast	1.7	0.6	1.2	2.2	1.6	1.9	1.4	1.5	1.4	1.8	1.1	1.5
Used any health app (diet, exercise, sleep, etc.)	18.1	12.2	15.2	11.8	7.6	9.8	4.6	4.4	4.5	13.0	9.0	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, 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	30.2	17.0	23.8	36.7	28.9	33.0	29.8	34.9	32.1	32.5	24.7	28.8
Those with web access	30.4	17.2	24.1	38.0	30.0	34.2	39.4	41.6	40.4	34.7	25.9	30.6
Participated in an online chatroom or online community												
All	1.2	1.4	1.3	0.9	0.6	0.7	0.5	0.4	0.5	1.0	0.9	0.9
Those with web access	1.2	1.5	1.3	0.9	0.6	0.8	0.6	0.3	0.5	1.0	1.0	1.0
Used KP website secure features (lab view, Rx refill, doctor messaging)												
All	64.4	38.9	52.1	65.1	52.2	59.0	53.0	54.9	53.8	62.3	46.8	55.0
Those with web access	64.7	39.4	52.5	67.3	54.5	61.2	69.4	66.0	67.8	66.4	49.3	58.3
Used KP app to use kp.org secure features												
All	24.9	15.3	20.3	19.9	14.5	17.3	14.7	13.4	14.1	20.9	14.7	18.0
Those with web access	24.9	15.4	20.3	20.6	15.2	18.0	19.2	15.8	17.6	22.3	15.4	19.0
Used at least one kp.org health information source or kp.org secure feature												
All	71.2	45.0	58.6	70.7	59.0	65.1	57.0	61.5	59.0	68.0	53.3	61.0
Those with web access	71.5	45.7	59.1	72.9	61.3	67.4	74.0	73.0	73.5	72.5	55.9	64.6

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, 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	9.9	8.5	9.2	12.5	10.2	11.4	14.2	11.5	13.0	11.7	9.7	10.7
Individual Health behavior counseling from patient educator or health coach	3.5	2.6	3.1	5.8	5.6	5.7	7.2	7.4	7.3	5.1	4.6	4.9
Read a member newsletter	30.2	17.7	24.2	38.2	33.5	36.0	45.1	45.8	45.4	36.2	28.8	32.7
Used print health education materials	17.7	9.0	13.5	20.1	15.5	17.9	24.5	22.7	23.7	20.0	14.0	17.1

Footnotes for Table 8:

<sup>1</sup> Estimates based on the data from the 2014/2015 Division of Research Northern California 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 2013.

Table 9. Preferred Methods for Learning about Health, Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, 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	34.1	29.9	32.1	33.7	34.6	34.1	21.6	25.3	23.3	31.3	30.8	31.1
If has web access	34.3	30.2	32.3	35.1	36.4	35.7	29.3	30.9	30.0	33.7	32.7	33.2
Information from MD home page (all)	19.3	16.5	17.9	24.6	24.2	24.4	22.3	25.0	23.5	21.8	20.9	21.4
If has web access	19.3	16.6	18.0	25.5	24.9	25.2	28.1	29.4	28.7	23.1	21.8	22.5
<b>Web/Email-Based Program</b>												
Single session	8.4	6.6	7.5	8.9	6.6	7.8	4.4	3.2	3.9	7.7	6.0	6.9
Multi-session	7.1	6.4	6.8	7.5	4.9	6.3	3.8	2.6	3.3	6.5	5.2	5.9
If has Internet access												
Single session	8.4	6.7	7.6	9.3	6.9	8.1	6.0	4.0	5.1	8.3	6.3	7.4
Multi session	7.1	6.5	6.8	7.7	5.1	6.5	5.2	3.0	4.2	7.0	5.4	6.3
Watch live webinars/talks on kp.org	8.5	6.5	7.5	10.0	6.3	8.2	4.3	3.7	4.0	8.1	5.9	7.1
If has web access	8.5	6.5	7.5	10.4	6.6	8.6	5.8	4.4	5.1	8.7	6.2	7.5
Watch health videos on kp.org or other websites	21.1	21.8	21.4	21.0	20.5	20.8	10.5	10.5	10.5	18.8	19.2	19.0
Podcasts and online audio programs	7.7	6.5	7.1	7.7	5.3	6.6	3.1	3.1	3.1	6.7	5.4	6.1
If has web access	7.7	6.6	7.2	8.1	5.6	6.9	3.9	3.6	3.8	7.2	5.8	6.5
Emailed health newsletters and tip sheets	33.2	25.2	29.3	31.9	32.2	32.0	25.5	29.8	27.4	31.1	28.6	29.9
If has web access	33.4	25.4	29.6	33.1	33.4	33.2	32.5	34.7	33.5	33.1	29.9	31.6
Secure email communications	34.4	27.2	30.9	33.6	29.2	31.5	24.2	27.5	25.7	32.0	28.0	30.1
If has email access	34.5	27.6	31.2	34.9	30.6	32.8	32.1	33.6	32.8	34.2	29.7	32.1

Table 9. Preferred Methods for Learning about Health, Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, 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>	19.0	18.2	18.6	16.1	14.7	15.4	9.8	10.1	9.9	16.0	15.4	15.7
Video/Skype session with a patient educator	6.7	8.1	7.4	7.0	6.3	6.6	3.2	3.2	3.2	6.1	6.5	6.3
If has web access	6.8	8.2	7.4	7.2	6.6	6.9	4.2	3.9	4.1	6.5	6.9	6.7
Use an interactive computer program	10.9	10.7	10.8	12.3	11.8	12.1	5.1	6.4	5.7	10.2	10.3	10.2
If has computer access	11.0	10.9	10.9	12.8	12.3	12.6	6.2	7.3	6.7	10.8	10.8	10.8
Use a health app on tablet or smartphone	32.4	24.9	28.8	21.1	16.1	18.7	7.6	6.5	7.1	23.1	18.2	20.8
Join an online chatroom/community	3.7	2.2	3.0	3.2	2.0	2.7	0.9	0.8	0.8	3.0	1.9	2.4
<b>Non-Digital Modalities</b>												
In person counseling with a patient educator	26.6	20.8	23.8	27.5	25.6	26.6	23.1	23.6	23.3	26.2	23.1	24.7
Telephone-based health coaching	13.4	9.1	11.3	14.8	12.1	13.5	15.0	11.7	13.5	14.3	10.7	12.6
One-session class/program	16.4	10.3	13.5	21.5	12.0	17.0	19.0	11.8	15.8	18.8	11.2	15.2
Multi-session class/group program	13.1	8.4	10.8	16.7	8.6	12.9	12.1	7.2	9.9	14.2	8.2	11.4
Watch DVDs at home	7.1	6.3	6.7	12.5	10.4	11.5	11.3	11.1	11.2	9.9	8.7	9.3
Health newsletters/information/print materials mailed to home	13.7	11.3	12.5	22.1	18.1	20.2	33.9	30.3	32.3	21.0	17.4	19.3

Footnotes for Table 9:

<sup>1</sup> Estimates based on the data from the 2014/2015 Division of Research Northern California 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 2013.

Table 10. Preferred Methods for Learning about Health, Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, 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	39.8	39.2	39.6	38.6	41.2	39.8	27.3	31.9	29.3	36.9	38.6	37.7
If uses the Internet	39.9	39.7	39.8	39.7	43.1	41.3	34.8	37.6	36.1	39.0	40.6	39.8
Information from MD home page	22.5	21.7	22.1	28.2	28.8	28.5	28.2	31.5	29.7	25.7	26.3	26.0
If uses the Internet	22.4	21.8	22.2	28.9	29.5	29.1	33.5	35.7	34.5	26.7	27.1	26.9
Web/Email-Based Program												
Single session	9.8	8.6	9.3	10.2	7.9	9.1	5.6	4.1	4.9	9.1	7.5	8.4
Multi-session	8.3	8.4	8.3	8.6	5.9	7.3	4.8	3.3	4.1	7.7	6.5	7.1
If has Internet access												
Single session	9.8	8.7	9.3	10.5	8.2	9.4	7.2	4.8	6.1	9.6	7.8	8.8
Multi session	8.3	8.5	8.4	8.8	6.1	7.5	6.2	3.7	5.0	8.1	6.8	7.5
Watch live webinars/talks on kp.org	9.9	8.5	9.3	11.4	7.5	9.6	5.4	4.7	5.1	9.6	7.4	8.6
If uses the Internet	9.9	8.5	9.3	11.8	7.8	9.9	6.9	5.4	6.2	10.1	7.7	9.0
Watch health videos on kp.org or other websites	24.7	28.6	26.4	24.0	24.4	24.2	13.3	13.3	13.3	22.2	24.1	23.1
Podcasts and online audio programs	9.0	8.6	8.8	8.9	6.3	7.7	3.9	3.9	3.9	7.9	6.8	7.4
If uses the Internet	9.0	8.7	8.9	9.2	6.6	8.0	4.7	4.4	4.5	8.3	7.2	7.8
Emailed health newsletters and tip sheets	38.8	33.0	36.2	36.5	38.3	37.4	32.2	37.5	34.6	36.6	35.9	36.3
If uses the Internet	38.9	33.4	36.4	37.4	39.4	38.4	38.7	42.1	40.3	38.3	37.2	37.8
Secure email communications	40.1	35.7	38.1	38.5	34.7	36.7	30.6	34.7	32.4	37.6	35.1	36.5
If has email access	40.2	36.3	38.4	39.5	36.1	37.9	38.2	40.8	39.4	39.6	37.0	38.4

Table 10. Preferred Methods for Learning about Health, Members Aged 20 and Over in the Northern California Kaiser Foundation Health Plan Membership, 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>	21.9	22.5	22.1	18.4	17.3	17.9	12.3	12.7	12.5	18.7	18.7	18.7
Video/Skype session with a patient educator	7.9	10.6	9.1	8.0	7.5	7.8	4.1	4.1	4.1	7.2	8.2	7.6
If uses the Internet	7.9	10.8	9.2	8.1	7.8	8.0	5.0	4.8	4.9	7.5	8.6	8.0
Use an interactive computer program	12.7	14.1	13.3	14.1	14.1	14.1	6.4	8.1	7.2	12.0	13.0	12.4
If has computer access	12.8	14.3	13.4	14.5	14.6	14.5	7.5	9.1	8.2	12.5	13.5	13.0
Use a health app on tablet or smartphone	37.9	32.7	35.5	24.2	19.2	21.8	9.6	8.2	9.0	27.2	22.9	25.2
Join an online chatroom/community	4.4	3.0	3.7	3.7	2.4	3.1	1.1	1.0	1.0	3.5	2.4	3.0
<b>Non-Digital Modalities</b>												
In person counseling with a patient educator	31.1	27.3	29.3	31.5	30.5	31.0	29.1	29.7	29.4	30.8	29.0	30.0
Telephone-based health coaching	15.6	11.9	13.9	17.0	14.4	15.8	18.9	14.7	17.1	16.8	13.4	15.2
One-session class/program	19.2	13.5	16.6	24.6	14.3	19.8	24.0	14.9	19.9	22.2	14.1	18.5
Multi-session class/group program	15.3	11.0	13.3	19.2	10.2	15.0	15.2	9.1	12.5	16.7	10.3	13.8
Watch DVDs at home	8.3	8.2	8.2	14.4	12.4	13.4	14.2	13.9	14.1	11.7	10.9	11.3
Health newsletters/information/print materials mailed to home	16.0	14.8	15.4	25.3	21.6	23.6	42.7	38.2	40.7	24.7	21.8	23.4

Footnotes for Table 10:

<sup>1</sup> Estimates based on the data from the 2014/2015 Division of Research Northern California 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 2013.