

Member Health Survey Project Special Report:

Sociodemographic and Health-Related Characteristics of Members Aged 65 and Over in Kaiser Permanente's Northern California Region, 2014/2015

This report covers:

- Sociodemographic characteristics
- Health status, health conditions, and functional status
- Health behaviors and psychosocial risks
- Use of Complementary and Alternative Medicine
- Use of digital tools
- Preferred methods of receiving health information and advice

Estimates are based on data from adults aged 65 and over who responded to the 2014/2015 Kaiser Permanente Northern California Region Member Health Survey and are provided for ages 65 and over, ages 65-74, 75-79, and 80 and over, and for women and men in each age group.

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

In a reference list:

Gordon NP. Sociodemographic and Health-Related Characteristics of Seniors in Kaiser Permanente's Northern California Region, 2014/2015. Kaiser Permanente Northern California Division of Research, Oakland, CA, October 2017.

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Introduction

This report is based on data from the 2014/2015 Kaiser Permanente Northern California (KPNC) Adult Member Health Survey conducted by the Kaiser Permanente Division of Research. It is designed to contribute to clinicians' and population health care planners' knowledge about Medicare- age members in Kaiser Permanente's Northern California Region. The content includes overall, physical, emotional, and functional health status; prevalence of health conditions and health behaviors/psychosocial risks; and resources such as transportation, income, being in a committed relationship, and availability of help when needed; and use of digital information technology and preferences for receiving health information and advice. Most of the content overlaps with the KPNC Regional Profile Report for Ages 20 and over, which provides statistics for women and men aged 65 and over. However, this report provides statistics for this three senior age groups (65-74, 75-79, and 80 and over) and includes some additional health-related information that was only collected by the Senior Adult questionnaire.

The primary purpose of the Member Health Surveys project is to provide information about sociodemographic and health-related characteristics of this Northern California adult health plan population as of the current survey year and to be able to examine trends over time. The survey, which has been conducted every 3 years starting in 1993, is funded by KPNC's Community Benefit (CB) Program, which is committed to sharing research findings with the community. For research purposes, respondent self-report data are also linkable at the individual level to Kaiser Permanente clinical and administrative data, as well as to datasets linkable via geo-coding. More information about the survey and survey results can be found at www.memberhealthsurvey.kaiser.org.

Description of the 2014/2015 KPNC Member Health Survey – Senior 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 9,950 adult Health Plan members aged 65 and over in the Northern California Region. Members aged 65 and over were sampled from three age groups, 65-74, 75-79, and ≥ 80 . 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. While the offer was made to administer the survey over the phone, this was never requested. Non-eligibles (deceaseds, non-current members, out of area) and members for whom no good address could be found were dropped from the initial sample and replaced with other randomly selected members of the same age, gender, and service population.

The overall response rate among seniors for the 2014/2015 survey cycle was 63.3% (6199/9787) after excluding ineligible. Respondent sample size and response rates for ages 65-69, 70-74, 75-79, and 80 and over were as follows:

	<u>65-74 yr</u>	<u>75-79 yr</u>	<u>≥ 80 yr</u>	<u>≥ 65</u>
Women	1450/2280 (63.6%)	1212/1887 (64.2%)	440/742 (59.3%)	3102/4909 (63.2%)
Men	1361/2263 (60.1%)	1263/1873 (67.4%)	473/742 (63.7%)	3097/4878 (63.5%)
All	2811/4543 (61.2%)	2475/3760 (65.8%)	913/1484 (61.5%)	6199/9787 (63.3%)

Post-stratification weighting factors were assigned to respondent data so that calculated estimates would reflect the actual age (by 5-year age groups), gender, and geographic distribution of the adult Northern California Health Plan membership at the time of the survey rather than that of the respondent sample. Since the questionnaire was only available in English, limited proficiency English speakers and members with low literacy are not represented in this survey. Additionally, members who were institutionalized, very sick, or cognitively impaired are likely not represented in the survey results. However, these groups were not excluded from the study population when the weighting factor was created.

The weighted and pre-weighting and weighted age distributions for women, men, and women and men combined in each of the three senior age groups (65-74, 75-79, and ≥ 80) for which prevalence estimates are provided are as follows:

Age Group	Women		Men		All	
	Wtd %	(Unwtd %)	Wtd %	(Unwtd %)	Wtd %	(Unwtd %)
65-69	34.0	26.6	36.4	24.6	35.0	25.7
70-74	22.9	20.1	24.4	19.3	23.6	19.7
75-79	16.8	39.1	17.3	40.7	17.1	39.9
80-84	12.6	7.1	12.1	8.9	12.3	7.9
85 and over	13.7	7.1	9.8	6.5	12.0	6.8

Description of the Contents of this Report

This report starts with an overview of key findings related to characteristics of adults aged 65 and over and where characteristics differ by age group and gender. Each section of highlights refers to the table that the statistics are drawn from.

In the tables, statistics are presented for women and men in age groups 65-74, 75-79, and 80 and over. 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 Health Plan seniors.

Table 2 presents estimates of the percentages of seniors 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 information about functional status of seniors, including mobility issues, rating of how well the individual can take care of him/herself, and percentages who need help with different ADLs and IADLs.

Table 4 presents information about the number of prescription medications seniors report regularly taking.

Table 5 presents estimates of the percentages of seniors 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 6 presents estimates of the percentages of seniors who are engaging in different health-related behaviors to try to improve their health.

Table 7 presents estimates of the percentages of seniors who received a flu shot for the 2010-2011 flu

season, ever had a pneumonia shot, 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 8 presents information on percentages of seniors who used selected health and support services such as attendants, home-delivered meals, and transportation services.

Table 9 presents estimates of use of complementary and integrative health (CIH) modalities by seniors during the previous 12 months.

Table 10 presents estimates of seniors' access to digital tools for communication and health information (mobile phone, text messages, computer, Internet, and email)

Table 11 presents estimates of seniors' use of different KP and non-KP health information sources during the previous 12 months.

Table 12 presents estimated percentages of seniors who indicated different preferences for receiving health information and learning about how to take care of their health, and **Table 13** presents these estimates for people who indicated at least one method preference.

Information about the sociodemographic and health-related characteristics of adult health plan members aged 20 and over (ages 20-44, 45-64, and 65 and over), can be found in:

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

Additional Information and Suggested Way to Cite this Report:

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

Information about survey methodology, copies of survey questionnaires, and downloadable copies of this and other Member Health Survey reports, presentations, and publications can be found at <http://www.memberhealthsurvey.kaiser.org>

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

To cite in table footnotes or text references:

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

To cite in a reference list for internal KP audiences:

Gordon NP. *Characteristics of Adult Health Plan Members in Kaiser Permanente's Northern California Region, as Estimated from the 2014/2015 Member Health Survey*. Division of Research, Kaiser Permanente Medical Care Program, Oakland, CA, October 2017.

To cite in a reference list for external audiences:

Gordon NP. *Characteristics of Adult Health Plan Members in Kaiser Permanente's Northern California Region, as Estimated from the 2014/2015 Member Health Survey*. Division of Research, Kaiser Permanente Medical Care Program, Oakland, CA, October 2017.

Table 1. Sociodemographic Characteristics of Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, 2014/2015¹

Characteristics	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
Race/Ethnicity²												
White non-Hispanic	69.8	71.1	70.4	70.5	71.6	71.0	76.6	77.4	76.9	71.7	72.6	72.1
African-American/Black	6.4	6.1	6.3	6.5	5.4	6.0	6.3	4.9	5.7	6.4	5.7	6.1
Latino/other Hispanic	7.5	7.5	7.5	10.3	9.1	9.7	6.3	5.4	6.0	7.6	7.3	7.5
Asian ³	14.3	12.7	13.6	10.3	11.9	11.0	8.5	10.4	9.2	12.1	12.0	12.1
Filipino	5.0	5.2	5.1	4.7	4.4	4.6	4.1	2.7	3.6	4.7	4.5	4.6
Chinese	3.3	3.3	3.3	2.7	4.1	3.3	2.4	5.0	3.4	2.9	3.8	3.3
Southeast Asia	1.0	0.7	0.9	0.7	0.3	0.5	0.1	0.4	0.2	0.7	0.5	0.7
Japanese	1.3	1.4	1.4	1.1	0.9	1.0	1.9	1.9	1.9	1.4	1.4	1.4
Korean	0.7	0.1	0.4	0.3	0.5	0.4	<0.1	<0.1	<0.1	0.4	0.2	0.3
South Asian	2.7	1.9	2.3	0.9	1.7	1.3	<0.1	0.3	0.1	1.7	1.5	1.6
Other Asian	0.3	0.1	0.2	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	0.2	0.0	0.1
Pacific Islander	0.2	0.2	0.2	0.6	0.3	0.4	0.3	0.1	0.2	0.3	0.2	0.2
Native American	1.4	1.4	1.4	1.4	0.9	1.2	1.5	1.5	1.5	1.4	1.4	1.4
Middle Eastern	0.3	1.0	0.7	0.4	0.8	0.6	0.5	0.2	0.4	0.4	0.8	0.6
Other	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	0.1	<0.1	0.0	0.0	<0.1	0.0

Table 1. Sociodemographic Characteristics of Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, 2014/2015¹

Characteristics	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
Race/Ethnicity - Calif Dept of Finance												
Hispanic/Latino	7.5	7.6	7.5	10.3	9.1	9.7	6.4	5.4	6.0	7.6	7.4	7.5
Native Amer./Alaska Native	1.4	1.4	1.4	1.4	0.9	1.2	1.5	1.5	1.5	1.4	1.4	1.4
Asian, non-Hispanic	14.5	12.8	13.8	10.9	12.2	11.5	8.8	10.5	9.5	12.4	12.2	12.3
Black, non-Hispanic	6.4	6.0	6.2	6.5	5.4	6.0	6.2	4.9	5.7	6.4	5.6	6.1
White, non-Hispanic	69.8	71.1	70.4	70.5	71.6	71.0	76.6	77.4	76.9	71.7	72.6	72.1
Other, non-Hispanic	0.3	1.0	0.7	0.4	0.8	0.6	0.6	0.2	0.4	0.4	0.8	0.6
<u>This race/ethnicity, alone or in combination with others</u>												
White	73.0	74.5	73.7	73.6	73.1	73.4	80.4	79.7	80.1	75.1	75.4	75.2
African-American/Black	6.4	6.1	6.3	6.5	5.4	6.0	6.3	4.9	5.7	6.4	5.7	6.1
Latino/Hispanic	7.5	7.6	7.5	10.3	9.1	9.7	6.4	5.4	6.0	7.6	7.4	7.5
Asian	14.6	13.0	13.9	10.7	12.0	11.3	8.5	10.6	9.3	12.4	12.3	12.3
Filipino	5.5	5.5	5.5	5.1	4.4	4.8	4.1	2.9	3.6	5.1	4.7	4.9
Chinese	3.3	3.5	3.4	2.7	4.1	3.3	2.4	5.0	3.4	2.9	4.0	3.4
Southeast Asian	1.1	0.7	0.9	0.7	0.3	0.5	0.1	0.4	0.2	0.8	0.5	0.7
Japanese	1.4	1.4	1.4	1.1	0.9	1.0	1.9	1.9	1.9	1.5	1.4	1.5
Korean	0.7	0.1	0.4	0.3	0.5	0.4	<0.1	<0.1	<0.1	0.4	0.2	0.3
South Asian	2.7	2.0	2.4	1.0	1.8	1.3	<0.1	0.3	0.1	1.7	1.6	1.7
Other Asian	0.3	0.1	0.2	0.1	<0.1	0.0	<0.1	0.2	0.1	0.2	0.1	0.1
Hawaiian/Pacific Islander	0.2	0.5	0.4	0.7	0.4	0.5	0.3	0.1	0.2	0.3	0.4	0.4
Nat. Amer./Alaska native	2.0	2.1	2.0	2.1	1.2	1.7	1.6	1.8	1.7	1.9	1.9	1.9
Middle Eastern	0.4	1.3	0.8	0.4	0.8	0.6	0.5	0.2	0.4	0.5	1.0	0.7
Other	0.4	1.3	0.8	0.4	0.8	0.6	0.6	0.2	0.4	0.5	1.0	0.7

Table 1. Sociodemographic Characteristics of Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, 2014/2015¹

Characteristics	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
Educational Attainment												
< High school graduate	3.0	3.0	3.0	8.5	5.1	7.0	13.6	11.8	12.9	6.7	5.3	6.1
High school graduate, GED, or technical school	19.3	15.7	17.7	29.9	23.2	26.9	36.8	26.1	32.5	25.7	19.3	22.9
Some college	27.7	21.4	24.9	24.1	23.2	23.7	22.6	15.0	19.6	25.8	20.3	23.4
Associates degree	10.5	9.8	10.2	10.2	8.4	9.3	6.9	5.4	6.3	9.5	8.6	9.1
College graduate (<i>BA, BS</i>)	20.6	25.1	22.7	15.8	19.3	17.4	11.4	19.2	14.5	17.4	22.8	19.8
Graduate or professional degree	18.9	25.0	21.7	11.5	20.8	15.7	8.8	22.4	14.2	15.0	23.7	18.8
Marital Status												
Married/in committed relationship	62.6	83.9	72.4	48.4	79.8	62.5	28.3	70.7	45.1	51.2	80.3	64.0
Widowed	13.6	3.8	9.1	29.8	8.0	20.0	56.0	22.1	42.6	27.5	8.5	19.1
Single, divorced, separated	23.8	12.3	18.5	21.8	12.2	17.5	15.6	7.1	12.3	21.3	11.2	16.8
Employment Status												
Working for pay/self-employed	25.3	30.0	27.5	10.5	14.6	12.3	4.9	7.0	5.8	17.7	22.4	19.8
Unemployed, laid off, or on strike	0.7	1.1	0.9	0.8	1.1	0.9	0.4	0.5	0.4	0.6	1.0	0.8
Full-time or almost full-time student	0.5	0.2	0.3	0.2	0.3	0.2	<0.1	<0.1	<0.1	0.3	0.2	0.2
Full-time homemaker/parent/caregiver	7.0	0.6	4.1	10.1	0.7	5.8	11.8	2.6	8.0	8.7	1.0	5.3
Retired or unable to work due to health/disability	62.4	66.0	64.1	73.6	80.3	76.6	76.8	86.5	80.8	67.9	72.9	70.1

Table 1. Sociodemographic Characteristics of Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, 2014/2015¹

Characteristics	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
Household Income in past yr												
\$15,000 or less	4.9	2.2	3.7	10.0	4.4	7.5	16.0	4.2	11.1	8.6	3.0	6.1
\$15,001-\$25,000	9.4	5.0	7.4	19.8	9.7	15.2	25.3	11.0	19.4	15.2	7.1	11.5
\$25,001-\$35,000	12.0	8.2	10.2	14.8	11.4	13.3	16.5	15.7	16.2	13.6	10.4	12.2
\$35,001-\$50,000	15.4	12.6	14.1	17.8	17.0	17.5	20.3	22.5	21.2	17.0	15.5	16.3
\$50,001-\$65,000	13.4	10.4	12.0	10.3	14.8	12.4	7.3	15.0	10.5	11.3	12.1	11.7
\$65,001-\$80,000	12.7	13.5	13.1	9.2	13.6	11.2	6.5	12.1	8.7	10.5	13.2	11.7
\$80,001-\$100,000	12.1	17.0	14.4	8.2	11.1	9.5	2.5	11.2	6.1	9.0	14.8	11.6
\$100,000-\$150,000	12.9	17.3	14.9	5.9	11.0	8.2	2.3	5.1	3.5	9.0	13.6	11.1
Over \$150,000	7.2	13.8	10.3	4.0	6.9	5.3	3.3	3.2	3.3	5.7	10.3	7.8
During the past 12 months, because of the cost:												
Delayed or did not get needed medical care	6.1	4.2	5.2	6.2	3.0	4.7	4.2	2.0	3.3	5.6	3.5	4.7
Rationed a prescribed medicine	6.1	3.0	4.7	5.3	5.1	5.2	3.7	4.0	3.8	5.3	3.6	4.6
Ate less fruits/vegetables than wanted to	6.1	3.4	4.9	5.5	2.9	4.3	4.3	1.8	3.3	5.6	3.0	4.4
Usual Transportation⁴												
Car	97.9	98.7	98.3	97.7	97.3	97.5	97.7	98.1	97.9	97.8	98.3	98.0
Drives self	89.6	94.9	92.1	80.5	90.2	84.8	63.3	80.7	70.3	81.2	91.0	85.5
Drives self/driven by spouse	19.8	10.6	15.6	21.4	10.7	16.6	14.5	17.2	15.6	18.7	12.0	15.7
Driven by relative or friend	11.0	3.9	7.7	21.1	6.3	14.5	41.8	14.9	31.0	20.7	6.7	14.5
Taxi	1.5	1.8	1.6	2.5	1.2	2.0	4.0	1.9	3.2	2.3	1.7	2.0
Bus/BART	10.5	8.7	9.7	9.8	7.9	8.9	7.5	7.4	7.4	9.6	8.3	9.0
Paratransit	1.1	0.1	0.6	1.9	0.9	1.5	3.2	1.7	2.6	1.7	0.6	1.2
Other	<0.1	0.1	0.0	<0.1	0.0	0.0	<0.1	0.2	0.1	<0.1	0.1	0.0

Footnotes for Table 1:

- ¹ Estimates are derived from self-report data for respondents aged ≥ 65 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.
- ² Algorithm for assigning individuals to one race/ethnicity for purposes of estimation was as follows: White if only White/Euro-American indicated; African-American/Black if African-American or Other Black indicated alone or with any other race/ethnicity; Latino/Hispanic if that category indicated alone or in combination with any other race/ethnicity except for African-American/Black; Asian if one or more of Chinese, Japanese, Korean, Filipino, Southeast Asian, Indian/Pakistani, or Other Asian category indicated and African-American/Black and Latino/Hispanic not indicated; Hawaiian or Pacific Islander if ethnicities in this group were indicated but not African-American/Black, Latino/Hispanic, or Asian race/ethnic categories. Native American/Alaska Native if this category was the only one indicated; and Other if Middle Eastern or Other indicated, but not African-American/Black, Latino/Hispanic, or Asian race/ethnic categories. The sum across these broad categories should be approximately 100%.
- ³ Asian race/ethnic category includes Chinese, Japanese, Korean, Filipino, Southeast Asian, South Asian (e.g., Indian/Pakistani), or other Asian subgroup.
- ⁴ May exceed 100% due to non-exclusive categories.

Table 2. Health Status of Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, 2014/2015¹

Health Status	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
Overall Health Status												
<u>Overall Health Status</u>												
Excellent	11.3	10.2	10.8	7.1	7.3	7.2	3.6	5.6	4.4	8.6	8.7	8.6
Very Good	39.0	38.4	38.7	27.6	29.9	28.6	20.0	25.1	22.0	32.1	34.0	32.9
Good	36.6	37.2	36.9	46.2	43.9	45.1	46.7	46.0	46.4	40.8	40.3	40.6
Fair	11.5	11.8	11.7	16.7	16.2	16.5	25.2	18.7	22.7	16.0	14.1	15.2
Poor	1.6	2.4	2.0	2.4	2.8	2.6	4.5	4.5	4.5	2.5	2.9	2.7
<u>Physical Health Status</u>												
Excellent	10.9	11.1	11.0	7.3	7.5	7.4	4.3	4.8	4.5	8.6	9.1	8.8
Very Good	38.4	37.7	38.1	27.9	32.2	29.9	21.1	27.0	23.5	32.1	34.4	33.1
Good	35.4	36.0	35.6	44.2	41.6	43.0	46.5	41.5	44.5	39.8	38.1	39.0
Fair	13.0	12.9	12.9	17.6	15.9	16.8	23.7	23.6	23.7	16.5	15.7	16.2
Poor	2.4	2.4	2.4	2.9	2.8	2.9	4.5	3.1	3.9	3.0	2.6	2.8
<u>Emotional Health Status</u>												
Excellent	27.2	28.9	28.0	22.2	24.2	23.1	12.1	17.9	14.4	22.5	25.8	24.0
Very Good	37.1	39.3	38.1	34.7	37.6	36.0	34.7	34.6	34.7	36.1	38.0	37.0
Good	25.9	22.9	24.5	33.0	31.0	32.1	37.3	34.0	36.0	30.0	26.6	28.5
Fair	9.1	7.8	8.5	9.1	6.3	7.8	13.5	9.8	12.0	10.2	8.0	9.2
Poor	0.7	1.1	0.8	1.1	0.8	0.9	2.4	3.7	2.9	1.2	1.6	1.4

Table 2. Health Status of Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, 2014/2015¹

Health Status	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 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	40.4	39.7	40.1	32.8	35.8	34.2	22.5	26.3	24.0	34.4	36.1	35.2
A little	34.8	36.3	35.5	36.6	35.0	35.9	32.4	36.9	34.2	34.5	36.2	35.2
Moderately	15.9	16.3	16.1	21.2	20.0	20.7	26.6	23.9	25.5	19.6	18.6	19.2
Quite a bit	8.9	7.7	8.4	9.3	9.2	9.3	18.5	12.8	16.3	11.5	9.0	10.4
Emotional/mental health												
Not at all	66.9	67.3	67.1	62.6	62.8	62.7	49.3	55.7	51.8	61.7	64.1	62.8
A little	23.1	22.4	22.8	23.7	25.0	24.3	31.1	26.9	29.5	25.2	23.8	24.6
Moderately	7.5	8.1	7.8	11.6	10.1	10.9	13.1	13.5	13.2	9.6	9.6	9.6
Quite a bit	2.6	2.1	2.4	2.1	2.1	2.1	6.4	3.9	5.5	3.5	2.5	3.0
Health Conditions During Past 12 Months												
Diabetes ³	16.9	20.9	18.7	17.7	23.5	20.3	14.8	21.0	17.3	16.5	21.4	18.7
Prediabetes	5.2	5.7	5.4	5.4	5.6	5.5	3.3	6.6	4.6	4.7	5.9	5.2
Hypertension	51.2	55.5	53.2	66.1	61.2	63.9	62.4	66.2	63.9	56.7	58.8	57.6
High cholesterol ²	44.8	48.6	46.5	52.6	53.0	52.8	45.3	53.6	48.6	46.2	50.4	48.1
Heart problems, incl. angina, MI ²	8.2	16.1	11.8	16.9	22.3	19.3	20.3	29.3	23.9	12.9	20.1	16.0
Stroke	1.5	1.5	1.5	1.8	2.5	2.2	2.7	2.5	2.6	1.9	1.9	1.9
TIA	0.8	1.5	1.2	1.7	1.4	1.6	2.6	4.2	3.2	1.5	2.1	1.7
Cancer (any type)	6.1	7.7	6.8	7.0	9.3	8.0	6.6	12.3	8.9	6.4	9.0	7.5
Non-skin cancer	4.9	5.1	5.0	4.6	7.1	5.7	4.1	7.7	5.5	4.6	6.0	5.2
Skin cancer	0.8	2.3	1.5	1.7	2.2	1.9	2.0	4.5	3.0	1.2	2.8	1.9
Asthma ²	12.4	8.8	10.8	12.8	8.6	10.9	9.0	9.1	9.1	11.6	8.9	10.4
COPD (Emphysema, chronic bronchitis)	3.5	4.6	4.0	7.9	6.4	7.2	6.9	7.9	7.3	5.1	5.6	5.3

Table 2. Health Status of Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, 2014/2015¹

Health Status	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
Frequent heartburn/GERD	15.3	10.5	13.1	16.2	12.8	14.7	12.6	12.6	12.6	14.7	11.3	13.2
Osteoporosis	11.5	1.2	6.8	12.9	2.2	8.1	16.6	1.6	10.6	13.1	1.4	8.0
Osteoarthritis	19.7	9.7	15.1	22.4	10.6	17.1	21.8	13.4	18.5	20.7	10.7	16.3
Enlarged prostate	--	15.2	--	--	19.6	--	--	24.5	--	--	18.0	--
Severe or chronic pain	33.9	28.2	31.3	32.6	25.4	29.4	33.6	25.5	30.4	33.6	27.1	30.8
Musculoskeletal pain	22.0	20.2	21.2	23.4	19.8	21.8	23.9	19.8	22.2	22.7	20.1	21.6
Severe back pain/sciatica	16.0	14.2	15.2	16.9	14.3	15.7	18.7	13.7	16.7	16.9	14.1	15.7
Severe neck/shoulder pain	11.7	9.9	10.9	12.0	9.7	11.0	10.4	9.9	10.2	11.4	9.9	10.7
Migraine headaches	4.6	2.3	3.6	3.6	0.8	2.4	1.3	0.6	1.0	3.6	1.7	2.7
Other severe headaches	2.3	1.5	2.0	2.6	1.2	2.0	1.8	1.7	1.8	2.2	1.5	1.9
Other frequent/chronic pain	19.6	12.4	16.3	15.8	10.1	13.3	19.9	10.8	16.3	19.1	11.6	15.8
Urinary leakage (\geq once/wk)	21.9	7.9	15.5	30.0	13.0	22.4	38.6	19.1	30.9	27.7	11.2	20.4
Vision problem (with or without glasses/lenses)	26.0	19.7	23.1	32.4	26.1	29.6	38.1	28.8	34.4	30.3	22.8	27.0
Has difficulty driving, watching TV, reading or doing any daily activities because of vision problems	8.6	8.7	8.6	11.4	10.2	10.9	16.9	15.3	16.3	11.3	10.4	10.9
Hearing problem/deafness	13.1	22.9	17.6	21.2	31.8	26.0	39.0	51.9	44.1	21.2	30.8	25.5
Regularly used hearing aid (those with a hearing problem but not deaf)	43.4	51.2	48.0	58.9	60.4	59.7	59.7	65.9	62.6	54.1	58.5	56.4
Problems with teeth, gums, mouth that make it difficult to eat or talk	6.9	6.2	6.6	8.1	9.3	8.6	12.2	11.7	12.0	8.4	8.0	8.2
Depression and/or Anxiety/panic lasting at least 2 wks or taking medicine for the condition ²	18.3	9.8	14.4	16.1	8.2	12.5	13.5	12.5	13.1	16.6	10.1	13.8
Depression, sadness, very low spirits	15.2	7.6	11.7	11.7	5.9	9.1	10.2	9.3	9.8	13.3	7.7	10.8
Anxiety/panic	6.5	4.4	5.5	7.7	4.0	6.0	7.9	6.9	7.5	7.1	4.9	6.1

Table 2. Health Status of Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, 2014/2015¹

Health Status	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
Alcohol or drug problem	0.5	1.0	0.7	0.1	1.5	0.8	0.4	0.8	0.6	0.4	1.0	0.7
Frequent problems falling or staying asleep (insomnia)	14.6	9.7	12.4	15.2	10.6	13.1	18.7	11.3	15.8	15.8	10.2	13.3
Frequent memory problems	5.4	4.8	5.1	10.6	10.5	10.6	15.5	15.1	15.3	9.0	8.0	8.5
Frequent balance/walking problems	9.0	6.6	7.9	17.2	12.1	14.9	27.0	21.9	25.0	15.1	10.9	13.3
At least 1 fall during past yr	26.4	16.8	21.9	31.1	23.0	27.4	37.2	35.7	36.6	29.8	21.7	26.1
Only 1 fall	14.3	9.3	12.0	16.9	12.0	14.6	20.8	16.1	18.9	16.3	11.2	14.0
2 falls	7.4	3.9	5.8	8.5	6.1	7.4	7.7	10.1	8.7	7.7	5.5	6.7
3 or more falls	4.6	3.6	4.1	5.7	5.0	5.4	8.7	9.5	9.0	5.8	5.0	5.4
History of Selected Health Condition (Ever)												
Heart problems/MI	10.4	19.6	14.6	20.1	30.1	24.6	22.6	40.1	29.6	15.2	25.9	20.0
Stroke	2.7	4.0	3.3	4.6	5.7	5.1	5.8	4.9	5.4	3.8	4.5	4.1
TIA	2.4	3.9	3.1	4.7	6.1	5.3	7.5	9.4	8.3	4.1	5.5	4.7
Cancer	18.3	18.8	18.5	19.9	22.4	21.0	20.9	25.1	22.6	19.2	20.8	19.9
Non-skin cancer	14.1	13.3	13.7	15.0	17.9	16.3	16.6	17.8	17.1	14.9	15.1	15.0
Skin cancer	4.4	5.6	4.9	5.2	5.6	5.4	3.2	7.8	5.0	4.2	6.1	5.0
Chronic pain	24.9	16.4	21.0	22.5	15.6	19.4	25.0	14.9	21.0	24.5	16.0	20.8
Adult depression	18.7	10.2	14.8	14.4	6.7	10.9	10.4	10.7	10.6	15.8	9.7	13.1
Alcohol or drug problem	1.4	2.8	2.1	0.8	3.2	1.9	1.3	2.4	1.8	1.3	2.8	2.0

Footnotes for Table 2:

¹ Estimates are derived from self-report data for respondents aged ≥ 65 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.

² Estimate based on indication of the health condition or reported use of medication to control that health condition.

³ 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.

Table 3. Functional Status of Members Aged 65 and Over in the Northern California Kaiser Foundation Membership, 2014/2015¹

Functional Status	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
How well can take care of self at present time												
Not well	1.8	1.7	1.8	3.9	3.7	3.8	14.7	6.8	11.5	5.5	3.2	4.5
Fairly well	8.4	10.1	9.2	11.5	12.5	11.9	19.3	24.1	21.2	11.8	13.6	12.6
Very well	16.7	19.4	18.0	21.4	24.6	22.8	30.6	31.3	30.9	21.1	22.9	21.9
Completely able	73.1	68.7	71.1	63.2	59.3	61.4	35.4	37.8	36.4	61.6	60.3	61.0
Mobility												
Usually needs help from another person to move around	1.1	0.6	0.9	1.9	1.9	1.9	8.5	4.0	6.7	3.2	1.6	2.5
Usually uses a motorized wheel chair or scooter to move around	1.1	1.0	1.0	1.3	1.0	1.1	0.4	1.9	1.0	0.9	1.2	1.0
Usually uses a cane, walker, or poles when walks around	5.5	4.8	5.2	11.1	9.2	10.3	33.9	18.9	27.9	13.8	8.7	11.5
Trouble getting around freely, but doesn't need help or equipment	10.2	9.5	9.9	12.8	13.0	12.9	17.2	21.2	18.8	12.4	12.7	12.6
Mobility not limited at all	83.2	84.2	83.7	75.3	75.9	75.6	47.3	61.8	53.2	72.5	77.9	74.9
Activities for which help is needed or received												
ADLS												
Taking medicines	0.7	1.7	1.2	2.2	3.0	2.6	13.3	7.8	11.1	4.3	3.2	3.8
Bathing in a tub/shower	1.7	1.9	1.8	3.9	3.3	3.6	15.7	6.6	12.1	5.8	3.2	4.6
Dressing	0.8	1.3	1.0	1.7	1.9	1.8	8.3	4.9	7.0	2.9	2.2	2.6
Eating or drinking	0.2	0.4	0.3	0.8	1.1	0.9	2.0	2.0	2.0	0.7	0.9	0.8
Using the toilet	0.4	0.4	0.4	1.0	1.3	1.1	4.7	2.9	4.0	1.6	1.1	1.4
Moving in/out of chairs, bed, etc.	1.9	1.6	1.7	2.8	2.3	2.6	8.3	6.8	7.7	3.7	2.8	3.3
Cutting toenails	10.3	9.0	9.7	20.9	16.2	18.8	37.8	31.3	35.2	19.3	15.1	17.5

Table 3. Functional Status of Members Aged 65 and Over in the Northern California Kaiser Foundation Membership, 2014/2015¹

Functional Status	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
<u>IADLS</u>												
Preparing meals	2.2	2.2	2.2	4.9	3.8	4.4	17.2	10.2	14.4	6.6	4.2	5.5
Travel beyond walking distance	5.8	3.9	4.9	11.4	7.2	9.5	29.3	15.1	23.6	12.9	6.9	10.2
Shopping	4.5	3.2	3.9	10.1	5.5	8.0	27.6	10.3	20.7	11.5	5.2	8.7
Routine chores	6.3	3.6	5.1	11.2	5.2	8.5	26.9	12.5	21.2	12.6	5.9	9.6
Laundry	3.3	2.5	2.9	5.2	3.5	4.4	16.1	8.5	13.1	7.0	4.0	5.6
Managing money	0.8	1.2	1.0	2.5	2.4	2.4	10.1	5.2	8.1	3.5	2.3	3.0
Using the phone	0.6	0.5	0.6	1.7	2.8	2.2	4.3	5.7	4.9	1.8	2.0	1.9
<u># ADLs requiring help</u>												
None	88.6	89.8	89.2	77.7	81.6	79.4	56.3	65.3	59.8	78.3	83.0	80.4
1	9.3	7.6	8.5	17.2	14.1	15.8	26.1	23.8	25.2	15.1	12.3	13.8
2	0.9	1.1	1.0	2.7	1.8	2.3	5.3	5.3	5.3	2.4	2.2	2.3
3 or more	1.1	1.5	1.3	2.3	2.5	2.4	12.3	5.6	9.6	4.3	2.5	3.5
<u>#IADLs requiring help</u>												
None	89.8	93.9	91.7	81.4	89.3	84.9	55.8	76.3	64.0	79.4	89.2	83.8
1	4.3	2.3	3.4	7.3	4.3	6.0	15.8	11.0	13.9	7.8	4.6	6.4
2	2.5	1.2	1.9	4.3	1.9	3.2	7.7	2.9	5.8	4.2	1.7	3.1
3 or more	3.4	2.6	3.0	7.0	4.5	5.9	20.7	9.8	16.4	8.6	4.5	6.8

Footnotes for Table 3:

¹ Estimates are derived from self-report data for respondents aged ≥ 65 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 4. Number of Prescription Medications Regularly Taken by Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, 2014/2015¹

	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
Preventive Services												
None	13.9	13.3	13.6	7.0	7.3	7.1	8.7	5.3	7.3	11.4	10.5	11.0
One	17.1	14.1	15.7	13.5	10.5	12.2	10.1	7.6	9.1	14.7	12.0	13.5
Two	18.3	15.8	17.1	16.4	12.9	14.9	14.9	14.5	14.7	17.1	15.0	16.2
Three	14.5	13.6	14.1	14.1	16.6	15.2	15.6	18.2	16.7	14.7	15.2	14.9
Four	13.9	14.1	14.0	15.0	16.0	15.4	19.1	15.3	17.5	15.4	14.7	15.1
Five	8.6	9.0	8.8	11.9	12.0	12.0	10.1	11.6	10.7	9.5	10.1	9.8
Six or More	13.7	20.1	16.6	22.1	24.6	23.2	21.6	27.5	24.0	17.2	22.5	19.5

Footnotes for Table 4:

¹ Estimates are derived from self-report data for respondents aged ≥ 65 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 5. Prevalence of Selected Behavioral and Psychosocial Risks Among Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, 2014/2015¹

Behavioral/Psychosocial Risks in Past 12 Months	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
Tobacco Use (cigarettes)												
Current cigarette smoker	5.1	6.0	5.5	3.7	4.1	3.9	2.9	1.0	2.2	4.3	4.6	4.4
Former cigarette smoker	44.7	56.8	50.2	47.8	61.9	54.1	47.8	64.4	54.4	46.0	59.4	51.9
Never smoked regularly	50.2	37.2	44.3	48.5	34.0	42.0	49.3	34.5	43.4	49.7	36.0	43.7
Weight												
Overweight (BMI \geq 25)	59.1	71.8	64.9	56.9	69.2	62.4	45.6	58.5	50.8	55.2	68.5	61.1
Obese (BMI \geq 30)	28.9	26.4	27.8	25.7	24.6	25.2	13.8	12.7	13.4	24.4	23.1	23.8
<u>BMI range:</u>												
BMI < 18.5 (under wt)	2.1	1.0	1.6	2.3	1.1	1.8	5.8	1.5	4.1	3.1	1.1	2.2
BMI 18.5 - 25	38.8	27.2	33.5	40.8	29.6	35.8	48.4	40.0	45.0	41.6	30.4	36.7
BMI 25 - 30 (over wt)	30.2	45.4	37.2	31.1	44.6	37.2	31.9	45.7	37.4	30.8	45.3	37.2
BMI 30 - < 35 (obese)	16.8	18.4	17.6	17.1	17.6	17.3	9.9	8.9	9.5	15.1	16.2	15.6
BMI \geq 35 (very obese)	12.1	8.0	10.2	8.7	7.0	7.9	3.9	3.8	3.9	9.4	6.9	8.3
Exercise Frequency												
5 or more times/week	45.0	52.8	48.6	40.7	50.0	44.9	37.7	48.2	42.0	42.5	51.3	46.4
3-4 times/week	32.3	27.4	30.1	28.9	25.8	27.5	23.3	26.4	24.5	29.5	26.9	28.3
1-2 times/week	11.7	11.5	11.6	14.4	11.5	13.1	11.6	12.5	12.0	12.1	11.7	12.0
Less than once/week	11.0	8.2	9.7	16.1	12.6	14.5	27.4	12.9	21.4	15.9	10.0	13.3
<u>Usual type of Exercise (if exercises at least once a week)</u>												
Low impact	42.8	36.6	39.9	51.2	46.0	48.8	64.6	53.5	59.5	48.8	41.6	45.5
Moderate/vigorous	57.2	63.4	60.1	48.8	54.0	51.2	35.4	46.5	40.5	51.2	58.4	54.5
Dietary Practices												
Tries to eat reduced fat foods most of the time (2014 only)	60.7	50.7	56.1	58.0	52.6	55.6	48.4	47.6	48.1	57.0	50.4	54.1
Tries to avoid foods high in salt/sodium most of the time	66.3	58.2	62.6	64.8	57.6	61.5	59.6	59.3	59.5	64.3	58.3	61.7

Table 5. Prevalence of Selected Behavioral and Psychosocial Risks Among Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, 2014/2015¹

Behavioral/Psychosocial Risks in Past 12 Months	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
<u>Fruit/Vegetable Consumption</u>												
Eats \geq 3 servings per day	55.9	36.7	47.2	54.2	33.6	45.0	44.4	32.9	39.8	52.7	35.4	45.0
Eats \geq 5 servings per day	16.5	10.1	13.6	15.7	9.3	12.8	12.6	9.9	11.5	15.4	9.9	13.0
<u>Sugary beverage consumption (2015 only)</u>												
Has sugary drink \geq 2 days/week	29.8	39.5	34.3	34.3	45.1	39.1	30.4	45.2	36.4	30.7	41.7	35.6
Has sugary drink \geq 5 days/week	20.7	26.5	23.4	22.4	28.6	25.2	19.4	35.4	25.9	20.7	28.7	24.3
<u>Supplement Use</u>												
Takes a daily multivitamin	49.9	42.7	46.6	50.6	42.6	47.0	50.1	42.2	47.0	50.1	42.6	46.8
Takes calcium	55.8	14.3	36.8	54.7	20.0	39.1	48.3	22.5	38.0	53.7	17.1	37.5
Takes vitamin D (not as part of multivitamin/calcium)	39.4	22.1	31.5	39.2	24.6	32.7	38.0	26.8	33.6	39.0	23.5	32.2
<u>Alcohol Consumption</u>												
Never drinks	27.9	19.7	24.1	35.5	29.5	32.8	44.3	26.8	37.0	33.3	22.9	28.6
Drinks < once/week	33.7	27.2	30.7	30.4	26.6	28.7	29.0	22.5	26.3	32.0	26.1	29.3
Drinks 1-2 days/week	10.8	13.0	11.9	8.3	10.0	9.1	6.3	12.2	8.8	9.3	12.3	10.7
Drinks 3-4 days/week	10.0	11.9	10.9	6.7	8.2	7.4	4.5	10.3	6.9	8.1	10.9	9.4
Drinks \geq 5 days/week	17.5	28.2	22.5	19.1	25.7	22.1	15.8	28.2	21.0	17.3	27.8	22.1
At-risk drinker based on:												
# Drinks/day ²	21.6	38.5	29.4	19.2	31.3	24.8	12.3	24.6	17.5	18.9	34.2	25.9
Estimated # Drinks/wk ³	8.9	21.5	14.7	10.5	18.2	14.0	7.1	12.8	9.4	8.7	19.1	13.3
<u>Sleep (per 24 hour day)</u>												
< 6 hours	9.4	5.2	7.5	10.5	7.6	9.2	7.9	7.3	7.7	9.2	6.1	7.8
6-<7 hours	20.4	15.6	18.2	18.9	14.1	16.7	18.8	12.4	16.2	19.8	14.7	17.5
7-9 hours	65.4	74.1	69.4	63.3	70.1	66.4	57.2	67.0	61.1	63.0	71.9	66.9
> 9 hours	4.7	5.1	4.9	7.3	8.1	7.7	16.1	13.3	15.0	8.1	7.4	7.8

Table 5. Prevalence of Selected Behavioral and Psychosocial Risks Among Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, 2014/2015¹

Behavioral/Psychosocial Risks in Past 12 Months	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
Psychosocial Risks in past yr												
Worried a great deal about personal/family financial security	18.5	14.3	16.5	14.2	12.1	13.2	12.8	13.6	13.1	16.3	13.7	15.2
Worried about safety	4.5	3.9	4.2	4.7	3.9	4.3	3.4	6.4	4.6	4.2	4.4	4.3
Has felt harassed or discriminated against	2.4	2.3	2.4	2.6	1.8	2.2	0.8	2.4	1.5	2.0	2.2	2.1
Experienced other major life stress	19.8	11.5	16.0	14.1	7.6	11.2	15.5	9.0	12.9	17.7	10.3	14.4
Very stressed, tense, or anxious much of the time	9.7	4.8	7.4	6.7	3.6	5.3	9.2	5.2	7.6	9.1	4.7	7.1
Was an unpaid caregiver for a seriously ill or physically, developmentally, mentally, or emotionally disabled relative/friend	30.1	22.4	26.6	25.4	20.4	23.1	19.7	20.2	19.9	26.7	21.6	24.5
<u>Overall satisfaction with life</u>												
Very satisfied	42.9	43.7	43.3	41.3	43.4	42.2	28.8	36.3	31.8	39.0	42.1	40.4
Fairly satisfied	48.9	49.7	49.3	52.8	51.2	52.1	61.8	57.2	60.0	52.9	51.6	52.3
Not very/not at all satisfied	8.2	6.5	7.4	5.9	5.4	5.7	9.4	6.5	8.2	8.1	6.3	7.3
<u>Overall happiness</u>												
Very happy	35.0	32.7	33.9	29.5	32.0	30.6	20.1	23.0	21.2	30.2	30.4	30.3
Pretty happy	55.2	59.9	57.3	63.0	61.1	62.2	68.9	65.6	67.6	60.1	61.3	60.6
Not very/not at all happy	9.8	7.5	8.7	7.5	6.8	7.2	11.0	11.5	11.2	9.7	8.2	9.1
Depressed/very sad much of the time	4.8	2.0	3.5	2.5	2.7	2.6	4.6	3.5	4.2	4.3	2.4	3.5
Often felt lonely/socially isolated	4.8	3.1	4.0	3.9	2.5	3.3	9.2	4.6	7.4	5.8	3.4	4.7

Table 5. Prevalence of Selected Behavioral and Psychosocial Risks Among Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, 2014/2015¹

Behavioral/Psychosocial Risks in Past 12 Months	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
Has someone living nearby who could take care of them/arrange for care if needed												
No one	5.8	5.5	5.6	5.3	4.7	5.1	5.8	4.6	5.3	5.7	5.2	5.5
Spouse/partner	57.5	79.5	67.6	42.3	73.6	56.2	20.5	62.9	37.5	45.3	74.9	58.4
Only spouse/partner	39.9	64.3	51.0	29.9	58.3	42.5	12.0	48.5	26.7	31.0	59.8	43.7
Other relative	47.9	24.8	37.4	57.4	31.3	45.8	72.7	40.9	60.0	56.0	29.5	44.3
Friend	14.3	9.4	12.1	11.6	9.3	10.6	13.0	7.7	10.9	13.5	9.0	11.5
Other	0.6	0.3	0.5	1.0	0.4	0.7	3.7	0.9	2.6	1.5	0.4	1.0
Health-Related Beliefs												
<u>Belief about extent to which lifestyle/habits can affect health</u>												
Not at all/a little bit	3.6	3.9	3.7	6.9	8.3	7.5	8.6	11.5	9.8	5.4	6.3	5.8
Moderately	7.5	9.0	8.2	9.7	12.6	11.0	16.4	15.9	16.2	10.2	11.1	10.6
Quite a bit/extremely	89.0	87.1	88.1	83.4	79.1	81.5	75.0	72.6	74.0	84.4	82.6	83.6
<u>Belief about extent to which stress/emotional troubles can affect health</u>												
Not at all/a little bit	9.5	12.0	10.7	14.8	19.7	17.0	19.3	22.7	20.7	12.9	15.6	14.1
Moderately	7.6	11.0	9.2	11.0	11.4	11.2	15.3	12.8	14.3	10.1	11.5	10.7
Quite a bit/extremely	82.9	77.0	80.2	74.2	68.9	71.8	65.4	64.4	65.0	76.9	72.9	75.1

Footnotes for Table 5:

¹ Estimates are derived from self-report data for respondents aged ≥ 65 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.

² 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.

³ 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 6. Actions People Are Taking to Improve or Maintain Health, Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, 2014/2015¹

Health Action	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
Gets exercise most days	65.2	69.0	66.9	55.4	62.9	58.7	42.8	55.6	47.9	57.7	65.0	60.9
Get moderate/vigorous exercise most days	42.3	46.9	44.4	35.8	41.9	38.5	25.6	35.0	29.3	36.8	43.4	39.7
Daily walks for at least 30 mins most days	47.4	47.7	47.5	38.5	42.2	40.2	25.8	37.3	30.4	40.2	44.5	42.1
Reads labels/recipes to learn what is in their food	64.7	48.8	57.4	58.5	43.5	51.8	46.5	40.7	44.2	58.9	46.1	53.2
Tries to eat mostly healthy foods	81.0	73.4	77.5	78.5	67.9	73.7	71.3	68.2	70.1	78.0	71.3	75.0
Tries to manage stress	46.0	32.9	40.0	38.6	23.6	31.9	29.0	25.4	27.6	40.3	29.6	35.6
Tries to get enough sleep to feel well-rested	74.1	66.3	70.5	68.2	61.9	65.4	64.7	64.1	64.5	70.6	65.1	68.2
Taking steps to lose weight or maintain weight loss	50.7	45.4	48.3	37.9	36.6	37.3	22.4	25.3	23.6	41.1	39.5	40.4
If overweight or obese	63.3	52.4	57.7	50.2	43.3	46.8	32.0	30.9	31.5	54.0	46.8	50.5
If obese	62.6	58.3	60.7	55.0	52.8	54.0	43.3	40.8	42.3	58.2	55.1	56.8
Does enjoyable activities at least once a week	75.0	70.3	72.8	66.6	60.3	63.7	57.9	56.4	57.3	69.1	65.5	67.5
Takes low dose aspirin to prevent heart attack/stroke	36.7	43.9	40.0	42.4	51.1	46.3	41.1	50.6	44.9	38.8	46.6	42.3
Taking actions to reduce risk of falling	46.5	27.1	37.6	54.6	34.4	45.6	65.7	47.6	58.5	52.9	32.9	44.1
Those at high risk ²	63.1	45.4	56.8	69.7	51.1	62.6	74.4	64.3	70.6	68.1	53.3	62.7
Does activities to keep brain stimulated	77.9	71.7	75.1	75.3	67.2	71.7	65.5	64.8	65.2	74.2	69.4	72.1
Visit with people at least once/week	71.9	59.4	66.2	69.2	57.0	63.7	64.0	56.0	60.8	69.4	58.2	64.5

Footnotes for Table 6:

¹ Estimates are derived from self-report data for respondents aged ≥ 65 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.

² High risk for falls = has problems with balance or walking or had at least 1 fall in past 12 months.

Table 7. Use of Selected Preventive Medicine Services (self-reported) by Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, 2014/2015¹

Preventive Services	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
Flu immunization for past flu season	82.7	80.5	81.7	86.8	88.2	87.5	88.9	89.6	89.2	85.0	83.9	84.5
Pneumococcal vaccination (ever)	75.1	62.3	69.3	80.0	70.8	75.9	78.3	76.1	77.4	76.8	66.8	72.4
Dental exam by dentist/hygienist												
Within past 12 months	82.3	80.9	81.7	76.0	75.4	75.7	72.5	70.2	71.6	78.7	77.6	78.2
More than one year ago/never	15.7	17.2	16.4	20.0	18.7	19.4	20.5	22.6	21.4	17.6	18.6	18.1

Footnotes for Table 7:

¹ Estimates are derived from self-report data for respondents aged ≥ 65 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 8. Selected Health and Support Services Used in the Past 12 Months by Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, 2014/2015¹

Health/Support Services	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
Paid attendant/companion or home health aide	1.1	0.5	0.8	3.9	1.5	2.8	13.4	5.2	10.1	4.8	1.7	3.4
Unpaid caregiver (e.g., relative or friend)	5.3	2.2	3.9	7.5	5.0	6.4	20.3	10.8	16.5	9.6	4.6	7.4
Housekeeper/errand service	18.3	13.1	16.0	21.7	14.2	18.3	31.0	27.0	29.4	22.2	16.3	19.6
Home-delivered meals or shopping services	1.2	0.3	0.8	1.1	1.0	1.1	3.8	1.8	3.0	1.9	0.7	1.4
Transportation service	1.1	0.3	0.7	2.5	1.1	1.9	5.8	3.5	4.9	2.6	1.1	1.9

Footnotes for Table 8:

¹ Estimates are derived from self-report data for respondents aged ≥ 65 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 9. Use of Selected Complementary and Integrative Health Modalities in Past 12 Months to Treat or Prevent Own Health Problems, Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, 2014/2015¹

Complementary and Integrative Health Modality	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
Chiropractic	10.0	9.3	9.7	7.7	7.1	7.4	4.8	7.4	5.8	8.2	8.5	8.3
Acupuncture	5.8	4.3	5.1	5.7	3.1	4.5	4.4	3.8	4.2	5.4	4.0	4.8
Acupressure	1.8	0.5	1.2	0.4	0.6	0.5	1.1	0.3	0.8	1.4	0.5	1.0
Massage therapy	16.2	9.2	13.0	8.5	5.1	6.9	5.5	4.1	4.9	12.1	7.4	10.0
Deep breathing, mindfulness, or other relaxation/meditation technique	19.6	10.5	15.5	13.5	6.6	10.4	14.1	6.9	11.3	17.2	9.1	13.6
Guided imagery/visualization techniques	3.4	1.3	2.4	1.9	0.4	1.2	2.2	0.3	1.4	2.8	0.9	2.0
Hypnosis or self-hypnosis	1.0	0.9	0.9	0.6	0.6	0.6	0.5	0.9	0.7	0.8	0.8	0.8
Yoga or Pilates	12.9	3.9	8.8	5.8	2.7	4.4	4.7	0.5	3.0	9.6	3.0	6.6
Tai Chi, Chi Gong	4.0	1.9	3.0	3.8	1.5	2.8	5.4	1.3	3.8	4.3	1.7	3.1
Herbal medicine/remedies	12.3	8.3	10.5	8.6	7.8	8.3	5.8	6.6	6.2	10.0	7.9	9.1
Homeopathic medicine	2.9	1.2	2.1	1.7	0.6	1.2	1.1	0.5	0.8	2.2	0.9	1.6
Vegetarian or vegan diet	5.6	4.0	4.9	3.5	2.5	3.0	3.8	3.6	3.7	4.8	3.6	4.3
Other special diet	4.0	1.8	3.0	2.4	1.6	2.1	1.6	1.3	1.5	3.1	1.6	2.5
Prayer or spiritual practice	25.7	13.2	20.0	27.6	12.7	20.9	31.2	17.4	25.7	27.5	14.0	21.5
Religious/spiritual healing by others	3.2	1.3	2.3	2.2	1.8	2.0	2.6	2.6	2.6	2.9	1.7	2.4
Psychological counseling	4.7	2.5	3.7	3.0	1.3	2.2	1.8	1.1	1.5	3.7	2.0	2.9
12-Step/Self-help Program	1.8	0.9	1.4	1.2	1.4	1.3	1.1	0.7	0.9	1.5	0.9	1.2

Footnotes for Table 9:

¹ Estimates are derived from self-report data for respondents aged ≥ 65 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 10. Access to Digital Tools for Communication, Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, 2014/2015¹

Access to IT/Digital Tool	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
Mobile phone (any)	93.8	91.1	92.5	85.7	84.1	85.0	68.4	75.6	71.3	85.8	86.5	86.2
Smartphone	48.0	46.3	47.2	22.7	26.2	24.3	8.6	11.7	9.9	33.6	35.4	34.4
Cell phone	48.1	46.7	47.5	64.3	59.9	62.3	60.2	63.7	61.6	54.0	52.7	53.4
Able to send/receive text messages on a mobile phone	57.2	50.2	54.0	37.1	35.7	36.5	19.0	27.3	22.3	43.9	42.8	43.4
Able to use apps on a smartphone	30.4	28.7	29.6	13.1	14.2	13.6	3.8	5.4	4.4	20.6	21.2	20.9
If has a smartphone	63.3	62.0	62.8	57.8	54.1	56.0	43.5	46.0	44.7	61.4	59.9	60.7
Computer (desktop, laptop, netbook)												
From any location	91.5	92.8	92.1	78.3	83.8	80.8	59.0	72.6	64.5	80.9	86.8	83.5
At home	88.2	89.7	88.9	73.8	80.7	76.9	52.6	68.2	58.9	76.6	83.4	79.7
Other location	14.8	16.4	15.5	7.9	9.2	8.5	6.6	7.1	6.8	11.5	13.1	12.2
Able to use the Internet												
By self or with help/proxy	89.8	90.1	89.9	71.2	77.6	74.1	48.4	63.4	54.6	76.1	82.1	78.8
By self	82.4	82.4	82.4	58.2	65.9	61.7	32.8	46.6	38.5	65.7	71.7	68.4
Device used usually for Internet access (if uses Internet)												
Computer, laptop, net book	90.0	93.8	91.7	91.0	95.3	93.0	92.4	95.5	93.9	90.5	94.3	92.3
Tablet (e.g., iPad, iTouch)	33.9	30.0	32.1	22.5	21.0	21.8	19.9	14.1	17.1	30.0	26.0	28.1
Mobile phone	40.0	37.6	38.9	23.0	23.1	23.0	18.3	16.1	17.3	33.9	31.7	32.9
Cell phone	8.7	8.5	8.6	7.2	6.3	6.8	11.6	7.2	9.5	8.9	7.9	8.4
Smartphone	33.9	32.5	33.3	17.4	18.7	18.0	9.2	10.5	9.8	27.5	26.7	27.1
Where Internet used (if uses Internet)												
Home	98.3	97.5	98.0	98.0	98.2	98.1	95.3	97.4	96.3	97.8	97.6	97.7
Work	15.1	19.6	17.1	5.5	6.9	6.2	2.8	3.1	2.9	11.7	14.7	13.1
Other location	7.5	8.5	7.9	5.6	6.1	5.8	7.2	6.1	6.6	7.1	7.7	7.4

Table 10. Access to Digital Tools for Communication, Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, 2014/2015¹

Access to IT/Digital Tool	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 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	88.9	88.6	88.8	73.2	76.8	74.8	48.0	66.5	55.5	75.7	81.8	78.4
By self	83.9	81.6	82.8	62.6	67.5	64.8	33.9	49.6	40.2	67.4	72.2	69.5
Devices usually used to send/check email (if uses email)												
Desktop or laptop computer	89.2	93.4	91.2	90.1	94.3	92.1	91.0	93.3	92.2	89.6	93.5	91.5
Tablet	29.4	24.2	27.0	20.0	18.3	19.2	16.6	11.3	13.9	26.0	21.1	23.7
Mobile phone	43.2	41.7	42.5	24.1	26.6	25.2	11.8	17.9	14.9	35.4	35.3	35.4
Smartphone	35.6	35.5	35.5	17.2	20.8	18.8	5.4	12.4	8.9	28.2	29.2	28.7
Cell phone	9.5	8.5	9.0	7.9	7.0	7.5	7.5	7.1	7.3	8.9	8.1	8.5
Other	0.4	0.1	0.3	0.2	<0.1	0.1	<0.1	0.3	0.1	0.3	0.1	0.2

Footnotes for Table 10:

¹ 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 ≥ 65 , weighted to the age, gender, and geographic distribution of the adult membership in the KPNC in 4th quarter 2013.

Table 11. Use of Selected Health Information Resources During the Past 12 Months, Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, 2014/2015¹

Health Information Resource Used in Past 12 Months	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
Got health information from kp.org or other websites												
All	37.4	34.4	36.0	24.7	28.0	26.2	14.9	19.9	16.9	29.4	30.1	29.7
Those with web access	42.1	37.8	40.1	34.1	35.5	34.8	31.8	30.5	31.2	39.1	36.2	37.8
Got health information from kp.org/other websites OR kp.org MD home page, Health/Drug Encyclopedia, online patient ed program												
All	50.7	49.5	50.1	34.8	42.6	38.3	23.1	34.3	27.6	40.8	45.0	42.6
Those with web access	56.7	54.5	55.7	46.9	53.0	49.8	48.1	50.8	49.4	53.8	53.6	53.7
Used kp.org Health or Drug Encyclopedia												
All	15.4	17.6	16.4	11.2	14.6	12.7	5.8	12.6	8.5	12.2	16.0	13.9
Those with web access	17.5	19.3	18.3	15.8	18.7	17.1	11.6	19.9	15.6	16.3	19.3	17.7
Used any online kp.org health/patient ed program												
All	10.5	8.5	9.6	5.9	5.7	5.8	3.1	3.1	3.1	7.8	6.8	7.4
Those with web access	11.8	9.3	10.6	8.0	7.3	7.7	6.1	4.8	5.5	10.3	8.2	9.3
Got health information from MD home page on kp.org/mydoctor												
All	24.0	26.4	25.1	18.3	26.6	22.0	13.3	20.8	16.3	20.2	25.2	22.4
Those with web access	26.9	29.0	27.8	24.9	32.5	28.5	28.0	30.8	29.4	26.8	29.8	28.2
Listened to a kp.org podcast	1.9	1.8	1.8	1.4	0.7	1.1	0.2	1.4	0.7	1.4	1.5	1.4
Used any health app (diet, exercise, sleep, etc.)	6.4	5.2	5.8	3.3	3.0	3.2	1.6	3.4	2.3	4.6	4.4	4.5

Table 11. Use of Selected Health Information Resources During the Past 12 Months, Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, 2014/2015¹

Health Information Resource Used in Past 12 Months	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
Used at least one kp.org health information source												
All	36.4	37.4	36.9	26.5	33.3	29.6	17.6	29.3	22.3	29.8	34.9	32.1
Those with web access	40.9	41.2	41.0	36.1	41.2	38.5	36.3	43.8	39.9	39.4	41.6	40.4
Participated in an online chatroom or online community												
All	0.4	0.5	0.5	0.9	0.3	0.6	0.5	0.3	0.5	0.5	0.4	0.5
Those with web access	0.5	0.3	0.4	0.5	0.4	0.5	1.2	0.5	0.9	0.6	0.3	0.5
Used KP website secure features (lab view, Rx refill, doctor messaging)												
All	65.5	61.5	63.7	47.5	51.7	49.4	29.2	39.5	33.3	53.0	54.9	53.8
Those with web access	72.9	67.9	70.6	64.7	65.5	65.1	59.2	59.0	59.1	69.4	66.0	67.8
Used KP app to use kp.org secure features												
All	18.9	15.0	17.1	12.7	13.2	12.9	6.9	9.1	7.8	14.7	13.4	14.1
Those with web access	21.2	16.2	18.8	17.1	16.2	16.7	13.1	13.9	13.5	19.2	15.8	17.6
Used at least one kp.org health information source or kp.org secure feature												
All	69.5	67.5	68.6	52.0	58.3	54.8	32.8	47.3	38.6	57.0	61.5	59.0
Those with web access	77.0	74.1	75.7	69.8	72.2	71.0	65.3	69.1	67.1	74.0	73.0	73.5

Table 11. Use of Selected Health Information Resources During the Past 12 Months, Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, 2014/2015¹

Health Information Resource Used in Past 12 Months	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
Accessed Other KP Health Ed Resource												
Any individual or group program/service	15.8	12.3	14.2	14.1	9.3	12.0	10.8	11.1	10.9	14.2	11.5	13.0
Individual Health behavior counseling from patient educator or health coach	7.7	8.1	7.9	6.6	6.8	6.7	6.7	5.9	6.4	7.2	7.4	7.3
Read a member newsletter	45.8	45.2	45.6	46.4	44.7	45.6	42.5	48.5	44.9	45.1	45.8	45.4
Used print health education materials	25.7	23.5	24.7	22.9	22.5	22.7	22.7	20.5	21.9	24.5	22.7	23.7

Footnotes for Table 11:

¹ Estimates are derived from self-report data for respondents aged ≥ 65 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 12. Preferred Methods for Learning about Health, Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, 2014/2015¹

Preferred Methods for Getting Health Information/Advice	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
Internet/Digital Modalities												
Information from Internet websites	30.1	30.5	30.3	15.9	19.7	17.6	6.9	15.6	10.4	21.6	25.3	23.3
If has web access	34.1	33.8	33.9	22.9	25.4	24.1	15.1	25.1	19.9	29.3	30.9	30.0
Information from MD home page (all)	26.9	27.9	27.4	19.6	22.6	21.0	14.1	18.9	16.0	22.3	25.0	23.5
If has web access	29.5	30.4	29.9	26.0	27.6	26.7	24.2	27.3	25.7	28.1	29.4	28.7
Web/Email-Based Program												
Single session	6.7	4.3	5.6	2.2	2.0	2.1	1.0	1.4	1.2	4.4	3.2	3.9
Multi-session	6.1	3.2	4.8	1.0	1.2	1.1	0.8	2.0	1.2	3.8	2.6	3.3
If has Internet access												
Single session	7.5	4.8	6.3	3.2	2.4	2.8	2.3	2.3	2.3	6.0	4.0	5.1
Multi session	6.9	3.6	5.4	1.4	1.4	1.4	1.7	2.5	2.1	5.2	3.0	4.2
Watch live webinars/talks on kp.org	6.5	4.6	5.6	2.2	1.4	1.8	1.0	3.1	1.8	4.3	3.7	4.0
If has web access	7.3	5.0	6.2	2.9	1.8	2.4	2.1	4.7	3.4	5.8	4.4	5.1
Watch health videos on kp.org or other websites	15.5	13.6	14.7	6.8	6.7	6.7	2.0	5.0	3.2	10.5	10.5	10.5
Podcasts and online audio programs	4.0	4.0	4.0	2.2	1.5	1.9	1.5	1.7	1.6	3.1	3.1	3.1
If has web access	4.5	4.4	4.4	3.1	1.7	2.4	2.3	2.6	2.4	3.9	3.6	3.8
Emailed health newsletters and tip sheets	32.2	34.8	33.4	20.0	24.6	22.1	14.7	19.9	16.8	25.5	29.8	27.4
If has web access	35.6	37.5	36.5	26.8	30.2	28.4	25.2	27.8	26.4	32.5	34.7	33.5
Secure email communications	31.3	33.1	32.1	21.2	21.9	21.5	10.8	16.7	13.2	24.2	27.5	25.7
If has email access	35.3	36.8	36.0	29.2	28.1	28.7	21.2	26.3	23.6	32.1	33.6	32.8

Table 12. Preferred Methods for Learning about Health, Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, 2014/2015¹

Preferred Methods for Getting Health Information/Advice	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
Text messages <i>(2015 only)</i>	13.8	11.8	12.9	7.0	11.6	9.0	2.7	4.3	3.4	9.8	10.1	9.9
Video/Skype session with a patient educator	4.6	4.2	4.4	1.7	1.8	1.8	1.3	1.6	1.4	3.2	3.2	3.2
If has web access	5.1	4.7	4.9	2.1	2.1	2.1	2.5	2.5	2.5	4.2	3.9	4.1
Use an interactive computer program	7.5	7.6	7.6	3.0	4.4	3.6	1.1	4.7	2.5	5.1	6.4	5.7
If has computer access	8.3	8.1	8.2	3.8	5.2	4.5	1.1	6.6	3.6	6.2	7.3	6.7
Use a health app on tablet or smartphone	11.6	8.5	10.2	3.8	4.4	4.1	1.3	2.6	1.8	7.6	6.5	7.1
Join an online chatroom/community	1.0	0.8	0.9	1.0	0.5	0.8	0.5	0.9	0.7	0.9	0.8	0.8
Non-Digital Modalities												
In person counseling with a patient educator	26.0	23.5	24.8	21.5	23.3	22.3	17.9	24.1	20.4	23.1	23.6	23.3
Telephone-based health coaching	15.3	11.8	13.7	14.8	11.4	13.3	14.6	11.7	13.4	15.0	11.7	13.5
One-session class/program	23.1	12.4	18.2	18.1	10.7	14.8	10.7	11.2	10.9	19.0	11.8	15.8
Multi-session class/group program	15.0	7.9	11.7	10.6	6.5	8.7	6.8	6.0	6.5	12.1	7.2	9.9
Watch DVDs at home	13.2	11.9	12.6	10.2	9.2	9.7	7.9	10.2	8.8	11.3	11.1	11.2
Health newsletters/information/print materials mailed to home	30.5	27.2	29.0	36.9	30.0	33.8	39.2	39.0	39.1	33.9	30.3	32.3

Footnotes for Table 12:

¹ Estimates are derived from self-report data for respondents aged ≥ 65 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 13. Preferred Methods for Learning about Health, Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, 2014/2015¹ (Restricted to People Who Indicated at Least One Method)

Preferred Methods for Getting Health Information/Advice	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
Internet/Digital Modalities												
Information from Internet websites	35.5	37.5	36.4	20.1	25.4	22.5	10.2	20.6	14.7	27.3	31.9	29.3
If uses the Internet	39.5	40.7	40.0	27.7	31.5	29.5	20.1	30.6	25.4	34.8	37.6	36.1
Information from MD home page	31.8	34.4	33.0	24.8	29.2	26.7	20.8	24.9	22.6	28.2	31.5	29.7
If uses the Internet	34.2	36.7	35.3	31.4	34.2	32.7	32.3	33.4	32.8	33.5	35.7	34.5
Web/Email-Based Program												
Single session	7.9	5.3	6.7	2.8	2.5	2.7	1.6	1.9	1.7	5.6	4.1	4.9
Multi-session	7.2	3.9	5.7	1.2	1.6	1.4	1.1	2.6	1.8	4.8	3.3	4.1
If has Internet access												
Single session	8.7	5.8	7.4	3.8	2.9	3.4	3.1	2.8	2.9	7.2	4.8	6.1
Multi session	8.0	4.3	6.3	1.7	1.7	1.7	2.2	3.1	2.6	6.2	3.7	5.0
Watch live webinars/talks on kp.org	7.6	5.6	6.7	2.7	1.9	2.3	1.4	4.0	2.6	5.4	4.7	5.1
If uses the Internet	8.4	6.0	7.3	3.5	2.2	2.9	2.8	5.8	4.3	6.9	5.4	6.2
Watch health videos on kp.org or other websites	18.3	16.8	17.6	8.6	8.6	8.6	3.0	6.7	4.6	13.3	13.3	13.3
Podcasts and online audio programs	4.8	4.9	4.8	2.8	1.9	2.4	2.3	2.3	2.3	3.9	3.9	3.9
If uses the Internet	5.2	5.2	5.2	3.7	2.1	3.0	3.0	3.2	3.1	4.7	4.4	4.5
Emailed health newsletters and tip sheets	38.0	42.9	40.2	25.3	31.7	28.1	21.7	26.2	23.6	32.2	37.5	34.6
If uses the Internet	41.2	45.3	43.0	32.4	37.4	34.8	33.5	34.0	33.7	38.7	42.1	40.3
Secure email communications	36.9	40.7	38.6	26.8	28.2	27.4	16.0	22.0	18.6	30.6	34.7	32.4
If has email access	40.9	44.4	42.5	35.3	34.9	35.1	28.2	32.2	30.2	38.2	40.8	39.4

Table 13. Preferred Methods for Learning about Health, Members Aged 65 and Over in the Northern California Kaiser Foundation Health Plan Membership, 2014/2015¹ (Restricted to People Who Indicated at Least One Method)

Preferred Methods for Getting Health Information/Advice	Ages 65-74			Ages 75-79			Ages 80 and Over			Ages 65 and Over		
	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %	Women %	Men %	All %
Text messages <i>(2015 only)</i>	16.2	14.3	15.4	8.8	15.4	11.7	4.1	5.6	4.8	12.3	12.7	12.5
Video/Skype session with a patient educator	5.4	5.2	5.3	2.2	2.4	2.3	1.9	2.1	2.0	4.1	4.1	4.1
If uses the Internet	5.9	5.7	5.8	2.6	2.6	2.6	3.3	3.1	3.2	5.0	4.8	4.9
Use an interactive computer program	8.9	9.4	9.1	3.8	5.6	4.6	1.6	6.2	3.6	6.4	8.1	7.2
If has computer access	9.6	9.9	9.8	4.7	6.5	5.5	1.6	8.3	4.8	7.5	9.1	8.2
Use a health app on tablet or smartphone	13.7	10.5	12.3	4.8	5.7	5.2	1.9	3.4	2.6	9.6	8.2	9.0
Join an online chatroom/community	1.1	1.0	1.1	1.3	0.7	1.0	0.8	1.1	0.9	1.1	1.0	1.0
Non-Digital Modalities												
In person counseling with a patient educator	30.7	28.9	29.9	27.2	30.1	28.5	26.4	31.8	28.7	29.1	29.7	29.4
Telephone-based health coaching	18.0	14.5	16.4	18.7	14.7	16.9	21.6	15.4	19.0	18.9	14.7	17.1
One-session class/program	27.3	15.2	21.9	22.8	13.8	18.8	15.9	14.7	15.4	24.0	14.9	19.9
Multi-session class/group program	17.7	9.7	14.1	13.4	8.3	11.1	10.1	7.9	9.1	15.2	9.1	12.5
Watch DVDs at home	15.5	14.7	15.2	12.9	11.8	12.4	11.7	13.4	12.4	14.2	13.9	14.1
Health newsletters/information/print materials mailed to home	36.0	33.5	34.9	46.6	38.6	43.1	58.0	51.5	55.2	42.7	38.2	40.7

Footnotes for Table 13:

¹ Estimates are derived from self-report data for respondents aged ≥ 65 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.