Collecting data from the community regarding their health-related risk behaviors, chronic health conditions, and use of preventive services is a powerful tool for targeting and developing health programs and promotions.

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The findings and conclusions presented in this report are those of the authors alone and do not necessarily reflect the views, opinions, or policies of the officers and/or trustees of Northern Illinois University.
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EXECUTIVE SUMMARY

A Household Survey was conducted in May-August 2017 as part of the Rockford Regional Health Council’s 2017 Healthy Community Study. A mixed-mode survey (online, mail, telephone) was administered to residents of Winnebago and Boone Counties. The questionnaire covered the topics of health status and quality of health, access to health care access, health information, chronic health conditions, tobacco, alcohol, and drug use, and other issues. A total of 1,602 individuals completed the survey.

OVERALL FINDINGS

STRENGTHS

- A total of 51.9% of adults in the region rate their overall health as “excellent” or “very good.” Another 35.9% rate their overall health as “good.”
- The majority (66.3%) of adults did not experience any days in the past month on which their physical health was poor.
- Seven out of ten (71.3%) adults did not experience any days in the past month on which their mental health was poor.
- Four out of five (80.4%) adults in the region did not experience any days in the past month when poor physical or mental health limited their usual activities, such as self-care, work, or recreation.
- Three-fourths (74.7%) of adults in the region have participated in physical activities or exercise in the past month.
- Almost nine out of ten (89.4%) adults under the age of 65 in the region currently have health care coverage.
- The majority (85.1%) of adults have a personal doctor or health care provider.
- Most (86.5%) adults have visited a health professional for any type of health care service in the past year.

WEAKNESSES

- Blacks and those with annual household incomes of less than $25,000 are more likely to a poor overall health status.
- Those with annual household incomes less than $25,000, Blacks, and Hispanics are more likely to have not participated in physical activities or exercise in the past month.
The adults under the age of 65 in the region who are more likely to be without health care coverage include those with annual household incomes of less than $25,000 and Hispanics.

A total of 22.4% of adults have Medicaid as their primary source of health care coverage. The percentage is higher in Winnebago County than in Boone County.

More than two-fifths (44.0%) of uninsured adults have never had health care coverage.

A total of 16.1% of adults delayed needed medical care because they could not get an appointment soon enough. The percentage is higher in Boone County than in Winnebago County. The adults in the region more likely to have delayed needed medical care because of cost are women, those less than 65 years of age, those with annual household incomes of less than $50,000, and Hispanics.

The adults in the region less likely to have a personal doctor or healthcare providers include those with annual household incomes of less than $25,000 and Hispanics.

At total of 34.7% of adults have not had a routine checkup in the past year. Hispanics are less likely to have visited a doctor for a routine checkup within the past year.

One out of ten (10.7%) of adults did not take medication as prescribed because of cost. The percentage is higher in Winnebago County than in Boone County.

A total of 18.7% of adults have needed dental care in the past year, but could not get it. Most cite no insurance (46.8%) or the dentist not accepting insurance or Medicaid as the reason (21.6%) as reason for not getting needed dental care.

A total of 12.9% of adults have diabetes and 8.5% have pre-diabetes or borderline diabetes. The percentage is higher in Winnebago County than in Boone County.

More than one-fifth (21.6%) of adults have been diagnosed with a depressive disorder. The percentage is higher in Winnebago County than Boone County.

More than one-third (34.5%) of adults are obese. The percentage is higher in Winnebago County than in Boone County. The adults in the region more likely to be obese are women, those 65 years of age or older, those with annual household incomes of $50,000 to less than $75,000, and Blacks.
### SUMMARY TABLE: COMPARISON OF FINDINGS WITH BENCHMARKS

<table>
<thead>
<tr>
<th>Region</th>
<th>Health Status and Quality of Life</th>
<th>Comparison to IL</th>
<th>Comparison to US</th>
<th>Winnebago County</th>
<th>Boone County</th>
<th>Comparison of Counties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Winnebago County</td>
<td>% Fair/Poor Overall Health</td>
<td>More Favorable 18.0</td>
<td>More Favorable 17.9</td>
<td>12.2</td>
<td>12.4</td>
<td>Similar</td>
</tr>
<tr>
<td>Winnebago County</td>
<td>% 6+ Days of Poor Physical Health in Past Month</td>
<td>More Favorable 17.4</td>
<td>More Favorable 17.1</td>
<td>11.5</td>
<td>16.2</td>
<td>Boone Less Favorable</td>
</tr>
<tr>
<td>Winnebago County</td>
<td>% 6+ Days of Poor Mental Health in Past Month</td>
<td>More Favorable 16.0</td>
<td>More Favorable 17.3</td>
<td>13.1</td>
<td>16.7</td>
<td>Boone Less Favorable</td>
</tr>
<tr>
<td>Boone County</td>
<td>% 6+ Days When Poor Physical/Mental Health Limited Activities in Past Month</td>
<td>More Favorable 11.2</td>
<td>More Favorable 11.5</td>
<td>8.7</td>
<td>9.8</td>
<td>Similar</td>
</tr>
<tr>
<td>Boone County</td>
<td>% Experience Serious Difficulty Concentrating, Remembering or Making Decisions Due to a Physical/Mental Condition</td>
<td>Less Favorable 7.8</td>
<td>Similar 10.8</td>
<td>11.8</td>
<td>12.9</td>
<td>Similar</td>
</tr>
<tr>
<td>Boone County</td>
<td>% Experience Serious Difficulty Walking or Climbing Stairs</td>
<td>Similar 12.2</td>
<td>Similar 13.7</td>
<td>12.5</td>
<td>16.2</td>
<td>Boone Less Favorable</td>
</tr>
<tr>
<td>Boone County</td>
<td>% Experience Difficulty Dressing or Bathing</td>
<td>Similar 3.6</td>
<td>Similar 3.7</td>
<td>4.25</td>
<td>5.8</td>
<td>Similar</td>
</tr>
<tr>
<td>Boone County</td>
<td>% No Participation in Physical Activities/Exercise in Past Month</td>
<td>Similar 23.9</td>
<td>Similar 24.4</td>
<td>25.5</td>
<td>23.9</td>
<td>Similar</td>
</tr>
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</table>
### Rockford Regional Health Council Household Survey

#### Health Care Access

<table>
<thead>
<tr>
<th>Region</th>
<th>Comparison to IL</th>
<th>Comparison to US</th>
<th>Winnebago County</th>
<th>Boone County</th>
<th>Comparison of Counties</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Without Health Care Coverage (18-64 Years of Age)</td>
<td>10.6</td>
<td><strong>Similar</strong> 10.7</td>
<td><strong>More Favorable</strong> 14.1</td>
<td>11.6</td>
<td>5.0</td>
</tr>
<tr>
<td>% With Medicare Coverage Plan (Under 65 Years of Age)</td>
<td>7.8</td>
<td><strong>More Favorable</strong> 12.7</td>
<td>Data Not Available</td>
<td>11.5</td>
<td>16.2</td>
</tr>
<tr>
<td>% Primary Source of Health Care Coverage is Medicaid</td>
<td>22.4</td>
<td><strong>Less Favorable</strong> 8.0</td>
<td>Data Not Available</td>
<td>24.9</td>
<td>9.6</td>
</tr>
<tr>
<td>% Without Health Care Coverage Some Time During Past Year (Insured)</td>
<td>6.0</td>
<td><strong>Similar</strong> 6.4</td>
<td>Data Not Available</td>
<td>6.3</td>
<td>3.5</td>
</tr>
<tr>
<td>% Without Health Care Coverage for More Than One Year (Uninsured)</td>
<td>77.7</td>
<td><strong>Similar</strong> 76.3</td>
<td>Data Not Available</td>
<td>77.6</td>
<td>Data Not Available</td>
</tr>
<tr>
<td>% Never Had Health Care Coverage (Uninsured)</td>
<td>44.0</td>
<td><strong>Less Favorable</strong> 21.5</td>
<td>Data Not Available</td>
<td>41.7</td>
<td>Data Not Available</td>
</tr>
<tr>
<td>% Have a Particular Place for Primary Care Services</td>
<td>92.6</td>
<td>Data Not Available</td>
<td>Data Not Available</td>
<td>92.7</td>
<td>92.4</td>
</tr>
<tr>
<td>% Have a Personal Doctor or Healthcare Provider</td>
<td>85.1</td>
<td><strong>More Favorable</strong> 82.1</td>
<td><strong>More Favorable</strong> 78.1</td>
<td>84.9</td>
<td>86.0</td>
</tr>
</tbody>
</table>
### Health Care Access (continued)

<table>
<thead>
<tr>
<th>Region</th>
<th>Comparison to IL</th>
<th>Comparison to US</th>
<th>Winnebago County</th>
<th>Boone County</th>
<th>Comparison of Counties</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Delayed Needed Medical Care Because of Cost</td>
<td>11.9</td>
<td><strong>Similar</strong> 11.2</td>
<td><strong>Similar</strong> 13.1</td>
<td>11.7</td>
<td>13.2</td>
</tr>
<tr>
<td>% Delayed Needed Medical Care Because They Could Not Get an Appointment Soon Enough</td>
<td>16.1</td>
<td><strong>Less Favorable</strong> 6.4</td>
<td>Data Not Available</td>
<td>15.2</td>
<td>21.3</td>
</tr>
<tr>
<td>% Have Had Routine Checkup in Past Year</td>
<td>65.3</td>
<td><strong>Less Favorable</strong> 70.0</td>
<td><strong>Less Favorable</strong> 71.4</td>
<td>65.5</td>
<td>65.4</td>
</tr>
<tr>
<td>% Have Visited a Health Professional for Any Type of Healthcare Service in Past Year</td>
<td>88.7</td>
<td><strong>More Favorable</strong> 86.5</td>
<td>Data Not Available</td>
<td>88.4</td>
<td>90.3</td>
</tr>
<tr>
<td>% Did Not Take Medication as Prescribed Because of Cost</td>
<td>10.7</td>
<td><strong>Less Favorable</strong> 8.0</td>
<td>Data Not Available</td>
<td>11.2</td>
<td>8.3</td>
</tr>
<tr>
<td>% Visited a Dentist/Dental Clinic Less Than 12 Months Ago</td>
<td>65.5</td>
<td>No Data Available</td>
<td>No Data Available</td>
<td>65.6</td>
<td>66.5</td>
</tr>
<tr>
<td>% Needed Dental Care in Past Year, But Could Not Get It</td>
<td>18.7</td>
<td>No Data Available</td>
<td>No Data Available</td>
<td>19.1</td>
<td>16.7</td>
</tr>
<tr>
<td>Health Care Access (continued)</td>
<td>Region</td>
<td>Comparison to IL</td>
<td>Comparison to US</td>
<td>Winnebago County</td>
<td>Boone County</td>
</tr>
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<td>------------------</td>
<td>------------------</td>
<td>-------------</td>
</tr>
<tr>
<td>% Could Not Get Dental Care Because of No Insurance</td>
<td>46.8</td>
<td>No Data Available</td>
<td>No Data Available</td>
<td>46.3</td>
<td>47.5</td>
</tr>
<tr>
<td>% Could Not Get Dental Care Because Dentist Refused to Take Insurance or Medicaid</td>
<td>21.6</td>
<td>No Data Available</td>
<td>No Data Available</td>
<td>23.9</td>
<td>7.5</td>
</tr>
<tr>
<td>Health Information</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% Have Difficulty Obtaining Advice or Information About Health/Medical Topics</td>
<td>6.7</td>
<td>Similar 5.5</td>
<td>No Data Available</td>
<td>6.7</td>
<td>6.3</td>
</tr>
<tr>
<td>% Have Difficulty Understanding Information Told by Health Professionals</td>
<td>8.0</td>
<td>Similar 7.9</td>
<td>No Data Available</td>
<td>8.4</td>
<td>5.4</td>
</tr>
<tr>
<td>% Have Difficulty Understanding Written Information About Health</td>
<td>7.8</td>
<td>Similar 7.3</td>
<td>No Data Available</td>
<td>7.9</td>
<td>7.4</td>
</tr>
<tr>
<td>Chronic Health Conditions</td>
<td>Region</td>
<td>Comparison to IL</td>
<td>Comparison to US</td>
<td>Winnebago County</td>
<td>Boone County</td>
</tr>
<tr>
<td>---------------------------</td>
<td>--------</td>
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<td>------------------</td>
<td>------------------</td>
<td>-------------</td>
</tr>
<tr>
<td>% Heart Attack, Angina or Coronary Heart Disease, Stroke</td>
<td>9.3</td>
<td>Similar 7.7</td>
<td>Similar 8.4</td>
<td>9.4</td>
<td>7.9</td>
</tr>
<tr>
<td>% Asthma, COPD, Emphysema, Chronic Bronchitis</td>
<td>18.2</td>
<td>Similar 17.8</td>
<td>Similar 17.3</td>
<td>18.3</td>
<td>16.7</td>
</tr>
<tr>
<td>% Diabetes</td>
<td>12.9</td>
<td>Less Favorable 10.4</td>
<td>Less Favorable 10.8</td>
<td>13.0</td>
<td>10.8</td>
</tr>
<tr>
<td>% Pre-Diabetes or Borderline Diabetes</td>
<td>8.5</td>
<td>Less Favorable 1.0</td>
<td>Less Favorable 1.8</td>
<td>8.8</td>
<td>7.5</td>
</tr>
<tr>
<td>% Have Not Had a Blood Sugar Test in Past Three Years (Non-Diabetes)</td>
<td>42.1</td>
<td>Similar 43.9</td>
<td>No Data Available</td>
<td>42.7</td>
<td>39.0</td>
</tr>
<tr>
<td>% Kidney Disease</td>
<td>5.0</td>
<td>Similar 3.7</td>
<td>Less Favorable 3.0</td>
<td>5.1</td>
<td>5.0</td>
</tr>
<tr>
<td>% Diagnosed With a Depressive Disorder</td>
<td>21.6</td>
<td>Less Favorable 16.5</td>
<td>Less Favorable 16.6</td>
<td>21.9</td>
<td>19.8</td>
</tr>
<tr>
<td>% Healthy Weight (BMI 18.5-24.9)</td>
<td>30.2</td>
<td>Less Favorable 32.9</td>
<td>Less Favorable 33.2</td>
<td>29.4</td>
<td>33.6</td>
</tr>
<tr>
<td>% Overweight or Obese (BMI 25.0+)</td>
<td>65.1</td>
<td>Similar 65.0</td>
<td>Similar 63.8</td>
<td>66.5</td>
<td>59.2</td>
</tr>
<tr>
<td>% Obese (BMI 30.0+)</td>
<td>34.5</td>
<td>Less Favorable 31.6</td>
<td>Less Favorable 29.6</td>
<td>35.0</td>
<td>32.7</td>
</tr>
<tr>
<td>Region</td>
<td>Comparison to IL</td>
<td>Comparison to US</td>
<td>Winnebago County</td>
<td>Boone County</td>
<td>Comparison of Counties</td>
</tr>
<tr>
<td>-------------------------</td>
<td>------------------</td>
<td>------------------</td>
<td>------------------</td>
<td>-------------</td>
<td>-----------------------</td>
</tr>
<tr>
<td><strong>Tobacco, Alcohol, and Drug Use</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% Current Smokers</td>
<td>Similar 17.2</td>
<td>Similar 17.2</td>
<td>16.9</td>
<td>17.2</td>
<td>Similar</td>
</tr>
<tr>
<td>% Current Drinkers</td>
<td>More Favorable 53.4</td>
<td>Similar 53.5</td>
<td>52.8</td>
<td>57.6</td>
<td>Winnebago Less Favorable</td>
</tr>
<tr>
<td>% Binge Drinkers</td>
<td>More Favorable 15.3</td>
<td>Similar 16.9</td>
<td>15.7</td>
<td>11.8</td>
<td>Winnebago Less Favorable</td>
</tr>
<tr>
<td>% Use Marijuana</td>
<td>No Data Available</td>
<td>No Data Available</td>
<td>6.2</td>
<td>3.3</td>
<td>Winnebago Less Favorable</td>
</tr>
<tr>
<td><strong>Other Issues</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% Did Not Feel Safe Walking Alone in Neighborhood in Past Year</td>
<td>No Data Available</td>
<td>No Data Available</td>
<td>18.8</td>
<td>6.2</td>
<td>Winnebago Less Favorable</td>
</tr>
<tr>
<td>% Had Difficulty Paying for Child Care in Past Year (Have a Child Who Requires Child Care)</td>
<td>No Data Available</td>
<td>No Data Available</td>
<td>42.4</td>
<td>29.2</td>
<td>Winnebago Less Favorable</td>
</tr>
</tbody>
</table>
INTRODUCTION

BACKGROUND
The Rockford Regional Health Council exists to build and improve community health in the region. To address this mission, the Rockford Regional Health Council conducts a Healthy Community Study, which is designed to identify community needs and provide a foundation for planning and development to address these needs. The Healthy Community Study is designed to provide local health systems and community organizations with timely data to support decision making regarding initiatives and efforts.

The 2017 Health Community Study includes a Community Analysis, Household Survey, and Key Informant Survey. This report focuses on the results of the Household Survey.

QUESTIONNAIRE
An 8-page questionnaire was developed using questions from the Centers for Disease Control and Prevention’s Behavioral Risk Factor Surveillance System questionnaire. Additionally, questions were added that were specific to the region. A total of 57 questions were included in the questionnaire. The questionnaire was translated into Spanish (See Appendix A for the questionnaire).

SAMPLE
A sample of 2,475 parents of school age children in the region was selected to receive the survey. A random sample of 8,500 households in the region stratified by County was also selected to receive the survey. The random sample was obtained from Marketing Systems Groups, a survey sampling firm. Marketing Systems Group provided mailing addresses, email addresses, and telephone numbers (landline and cell phone numbers) for the sampled households.

DATA COLLECTION
On May 8, 2017 a print version of the questionnaire was distributed to 2,475 parents of school children through the children’s backpacks. The parents were instructed to return the completed questionnaire to their child’s school by May 18, 2017.

On June 19, 2017, an email was sent to the 8,500 randomly sampled individuals inviting them to participate in the survey. The email described the purpose of the survey, how the results will be
used, the confidentiality of the responses, and the approximate time to complete the survey. The email included a unique link to the survey.

Reminder emails were sent to non-respondents on June 27, July 6, and July 12.

The survey was mailed to those individuals who had not completed the online version on July 25, 2017.

Telephone calls were made to non-respondents from July 29 through August 25 attempting to have an adult in the household complete the survey over the telephone.

The survey closed at midnight on August 25.

A total of 1,602 completed surveys were received. A total of 463 parents of school children completed the survey and 1,139 randomly sampled individuals completed the survey. Most individuals (1,224) completed the print version of the questionnaire, 206 completed the online version of the questionnaire, and 172 completed the questionnaire over the telephone.

The margin of error for the survey is +/- 2.4 percentage points at the 95 percent level of confidence.

**DATA ANALYSIS**

The data was weighted on gender, age, race/ethnicity, educational level, and annual household income using estimates from the 2013-2016 American Community Survey. Data weighting on key demographic variables results ensures that respondents to the Rockford Region Health Council Household Survey are representative of the population of all adults in the region and that the findings can be generalized to the total adult population.

Chi-square tests were used to test significance between demographic groups.

The findings of the Rockford Region Health Council Household Survey are compared to the Illinois and national findings from the 2016 Behavioral Risk Factor Surveillance System unless otherwise noted in the report.
FINDINGS

HEALTH STATUS AND QUALITY OF LIFE

SELF-REPORTED HEALTH STATUS

A total of 51.9% of adults in the region rate their overall health as “excellent” or “very good.” Another 35.9% rate their overall health as “good.” However, 12.2% of adults in the region believe that their overall health is “fair” or “poor” (Figure 1).

Figure 1: Self-Reported Health Status

- Excellent: 37.2%
- Very Good: 14.7%
- Good: 35.9%
- Fair: 11.2%
- Poor: 1.0%
The percentage of adults in the region who report their overall health is “fair” or “poor” is more favorable than the Illinois and national findings. The percentages of Winnebago County adults and Boone County adults who report their overall health is “fair” or “poor” are similar (Figure 2).

Figure 2: Experience Fair or Poor Overall Health
The adults in the region more likely to indicate they experience “fair” or “poor” overall health include:

- Men
- Those aged 65 or older
- Those with annual household incomes of less than $25,000
- Blacks (Figure 3)

Figure 3: Experience Fair or Poor Overall Health by Demographics
DAYS OF POOR PHYSICAL HEALTH

While the majority (66.3%) of adults did not experience any days in the past month on which their physical health was poor, the remaining 33.7% adults had at least one day of poor physical health in the past month including 12.3% who report having poor physical health on six or more days (Figure 4).

Figure 4: Days of Poor Physical Health in the Past Month
The percentage of adults in the region who experienced six or more days of poor physical health in the past month is more favorable than the Illinois and national findings. The percentage for Winnebago County adults is more favorable than that found for Boone County adults (Figure 5).

**Figure 5: Experienced Six or More Days of Poor Physical Health in the Past Month**

- Winnebago County: 11.5%
- Boone County: 16.2%
- Region: 12.3%
- IL: 17.4%
- US: 17.1%
The adults in the region more likely to have experienced six or more days of poor physical health in the past month include:

- Those aged 65 or older
- Those with annual household incomes of less than $25,000
- Whites
- Blacks (Figure 6)

Figure 6: Experienced Six or More Days of Poor Physical Health in the Past Month by Demographics
DAYS OF POOR MENTAL HEALTH

While seven out of ten (71.3%) adults did not experience any days in the past month on which their mental health was poor, the remaining 28.7% adults had at least one day of poor mental health in the past month including 13.6% who report having poor mental health on six or more days (Figure 7).

Figure 7: Days of Poor Mental Health in the Past Month
The percentage of adults in the region who experienced six or more days of poor mental health in the past month is more favorable than the Illinois and national findings. The percentage for Winnebago County adults is more favorable than that found for Boone County adults (Figure 8).

Figure 8: Experienced Six or More Days of Poor Mental Health in the Past Month
The adults in the region more likely to have experienced six or more days of poor mental health in the past month include:

- Women
- Those younger than 65 years of age
- Those with annual household incomes less than $25,000
- Whites
- Blacks (Figure 9)

Figure 9: Experienced Six or More Days of Poor Mental Health in the Past Month by Demographics
LIMITATIONS DUE TO POOR PHYSICAL OR MENTAL HEALTH

Four out of five (80.4%) adults in the region did not experience any days in the past month when poor physical or mental health limited their usual activities, such as self-care, work, or recreation. One out of five (19.6%) adults experienced at least one day when poor physical or mental health limited their usual activities, with 9.1% of adults having six or more days (Figure 10).

Figure 10: Days When Poor Physical or Mental Health Limited Activities in the Past Month

- None: 80.4%
- One: 3.6%
- Two: 2.8%
- Three: 2.5%
- Four: 0.7%
- Five: 1.6%
- Six or More: 9.1%
The percentage of adults in the region who experienced six or more days in the past month when poor physical or mental health kept them from doing their usual activities is lower than the Illinois and national findings. The percentages of Winnebago County adults and Boone County adults who report experiencing six or more days in the past month when poor physical or mental health limited their usual activities are similar (Figure 11).

**Figure 11: Experienced Six or More Days When Poor Physical or Mental Health Limited Activities in the Past Month**
The adults in the region more likely to have experienced six or more days when poor physical or mental health limited activities in the past month include:

- Women
- Those aged 65 or older
- Those with annual household incomes less than $25,000
- Blacks (Figure 12)

**Figure 12: Experienced Six or More Days When Poor Physical or Mental Health Limited Activities in the Past Month by Demographics**
The majority (88.1%) of adults in the region do not experience serious difficulty concentrating, remembering or making decisions because of a physical, mental, or emotional condition. A total of 11.9% of adults do experience serious difficulty concentrating, remembering or making decisions (Figure 13).

Figure 13: Experience Serious Difficulty Concentrating, Remembering or Making Decisions Due to a Physical, Mental or Emotional Condition
The percentage of adults in the region who experience serious difficulty concentrating, remembering or making decisions due to a physical, mental, or emotional condition is higher than the Illinois finding and comparable to the national finding. The percentages for the two counties are similar and both are higher than the percentage found for IL (Figure 14).

Figure 14: Percentage of Adults That Experience Serious Difficulty Concentrating, Remembering or Making Decisions Due to a Physical, Mental or Emotional Condition
The adults in the region more likely to experience serious difficulty concentrating, remembering or making decisions due to a physical, mental, or emotional condition are women, those with annual household incomes of less than $25,000, and Blacks. No statistically significant difference is found by age (Figure 15).

Figure 15: Percentage of Adults That Experience Serious Difficulty Concentrating, Remembering or Making Decisions Due to a Physical, Mental or Emotional Condition by Demographics
Most (87.0%) adults in the region do not experience serious difficulty walking or climbing stairs, however 13.0% of adults report experiencing serious difficulty walking or climbing stairs (Figure 16).

**Figure 16: Experience Serious Difficulty Walking or Climbing Stairs**
The percentage of adults in the region who experience serious difficulty walking or climbing stairs is comparable to the Illinois and national findings. A higher percentage of adults in Boone County than adults in Winnebago County experience serious difficulty walking or climbing stairs (Figure 17).

**Figure 17: Percentage of Adults That Experience Serious Difficulty Walking or Climbing Stairs**
Adult men are more likely than adult women to experience serious difficulty walking or climbing stairs. The percentage of adults who report serious difficulty walking or climbing stairs increases with increasing age and decreases with increasing annual household income. Whites and Blacks are more likely than Hispanics and other races to experience serious difficulty walking or climbing stairs (Figure 18).

**Figure 18: Percentage of Adults That Experience Serious Difficulty Walking or Climbing Stairs by Demographics**
A total of 95.6% of adults in the region do not experience difficulty dressing or bathing, while 4.4% of adults do experience difficulty dressing or bathing (Figure 19).

Figure 19: Experience Difficulty Dressing or Bathing
The percentage of adults in the region who experience difficulty dressing or bathing is comparable to the Illinois and national findings. The percentages of adults in Boone County and Winnebago County who experience difficulty dressing or bathing are similar (Figure 20).

Figure 20: Percentage of Adults That Experience Difficulty Dressing or Bathing

<table>
<thead>
<tr>
<th>Region</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Winnebago County</td>
<td>4.2%</td>
</tr>
<tr>
<td>Boone County</td>
<td>5.8%</td>
</tr>
<tr>
<td>Region</td>
<td>4.4%</td>
</tr>
<tr>
<td>IL</td>
<td>3.6%</td>
</tr>
<tr>
<td>US</td>
<td>3.7%</td>
</tr>
</tbody>
</table>
The percentage of adults who report difficulty dressing or bathing increases with increasing age and decreases with increasing annual household income. Blacks are more likely to experience serious difficulty dressing or bathing. No statistically significant difference is found by gender (Figure 21).

**Figure 21: Percentage of Adults That Experience Difficulty Dressing or Bathing by Demographics**

![Chart showing percentage of adults that experience difficulty dressing or bathing by demographics](chart.png)

- Men: 5.3%
- Women: 3.6%
- 18-39: 1.1%
- 40-64: 4.3%
- 65+: 8.8%
- Less than $25,000: 5.8%
- $25,000 to $49,999: 5.4%
- $50,000 to $74,999: 4.3%
- $75,000+: 0.9%
- White: 3.9%
- Black: 9.7%
- Hispanic: 1.8%
- Other: 1.8%
PARTICIPATION IN PHYSICAL ACTIVITIES OR EXERCISE

Three-fourths (74.7%) of adults in the region have participated in physical activities or exercise in the past month. However, 25.3% of adults in the region have not participated in physical activities or exercise in the past month. (Figure 22).

Figure 22: Participation in Physical Activities or Exercise in Past Month
The percentage of adults in the region who have not participated in physical activities or exercise in the past month is comparable to the Illinois and national findings. The percentages of Winnebago County adults and Boone County adults who have not participated in physical activities or exercise in the past month are similar (Figure 23).

Figure 23: Have Not Participated in Physical Activities or Exercise in the Past Month
Women, those aged 65 or older, those with annual household incomes less than $25,000, Blacks, and Hispanics are more likely to have not participated in physical activities or exercise in the past month (Figure 24).

Figure 24: Have Not Participated in Physical Activities or Exercise in the Past Month by Demographics
HEALTH CARE ACCESS

HEALTH CARE COVERAGE

Almost nine out of ten (89.4%) adults under the age of 65 in the region currently have health care coverage. A total of 10.6% of adults under the age of 65 in the region do not have health care coverage (Figure 25).

Figure 25: Currently Have Health Care Coverage (Adults 18-64 Years of Age)
The percentage of adults 18-64 years of age in the region without health care coverage is comparable to the Illinois finding and more favorable than the national finding. A considerably higher percentage of adults 18-64 years of age are without health care coverage in Winnebago County than Boone County (Figure 26).

**Figure 26: Percentage Without Health Care Coverage (Adults 18-64 Years of Age)**
The adults under the age of 65 in the region who are more likely to be without health care coverage include:

- Women
- Those less than 50 years of ages, with highest percentage among 18-29-year-olds
- Those with annual household incomes of less than $25,000
- Hispanics (Figure 27)

Figure 27: Percentage Without Health Care Coverage by Demographics (Adults 18-64 Years of Age)
Of the adults under the age of 65 in the region 7.8% currently have a Medicare coverage plan. (Figure 28). A total of 97.9% of adults 65 or over have a Medicare coverage plan.

Figure 28: Currently Have a Medicare Coverage Plan (Adults 18-64 Years of Age)
The percentage of adults under the age of 65 in the region with a Medicare coverage plan is lower than the Illinois finding. The percentages of adults with a Medicare coverage plan in the two counties are similar and both are lower than the Illinois finding (Figure 29).

Figure 29: Percentage With a Medicare Coverage Plan (Adults 18-64 Years of Age)

Note: The data for Illinois is from the 2014 Behavioral Risk Factor Surveillance System. The health care access module was not asked in the 2015 and 2016 Illinois Behavioral Risk Factor Surveillance System.
Men are more likely than women to have a Medicare coverage plan. The percentage of adults who report having a Medicare coverage plan increases with increasing age and decreases with increasing annual household income. Blacks are more likely to have a Medicare coverage plan (Figure 30).

**Figure 30: Percentage With a Medicare Coverage Plan by Demographics (Adults 18-64 Years of Age)**
The plurality (45.3%) of adults in the region indicate their primary source of health care coverage is a plan purchased through an employer or union. The next most frequently cited primary source of health care coverage is Medicaid (22.4%), followed closely by Medicare (21.3%). Only 7.5% report their primary source of health care coverage is a plan that they or another family member bought on their own (Figure 31).

**Figure 31: Primary Source of Health Care Coverage**

- Plan Purchased Through An Employer: 45.3%
- Medicaid: 22.4%
- Medicare: 21.3%
- A Plan You/Family Member Bought on Your Own: 7.5%
- Tricare, VA, Military: 2.0%
- Other Source: 1.4%
The percentage of adults in the region whose primary source of health care coverage is a plan purchased through an employer is lower than the Illinois finding. The percentage of adults in the region whose primary source of health care coverage is Medicaid is considerably higher than the Illinois finding. The percentage of adults in the region whose primary source of health care coverage is a plan they or a family member bought on their own is lower than the Illinois finding. A greater percentage of Boone County adults than Winnebago County adults has as their primary source of health care coverage a plan purchased through an employer. A greater percentage of Winnebago County adults than Boone County adults has as their primary source of health care coverage Medicaid (Figure 32).

**Figure 32: Primary Source of Health Care Coverage by County, Region, and Illinois**

<table>
<thead>
<tr>
<th>Primary Source of Health Care Coverage</th>
<th>Winnebago County</th>
<th>Boone County</th>
<th>Region</th>
<th>Illinois</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plan Purchased Through an Employer</td>
<td>43.1</td>
<td>55.4</td>
<td>45.3</td>
<td>56.9</td>
</tr>
<tr>
<td>Medicaid</td>
<td>24.9</td>
<td>9.6</td>
<td>22.4</td>
<td>8.0</td>
</tr>
<tr>
<td>Medicare</td>
<td>21.0</td>
<td>23.6</td>
<td>21.3</td>
<td>19.7</td>
</tr>
<tr>
<td>A Plan You/Family Member Bought on Your Own</td>
<td>7.4</td>
<td>7.4</td>
<td>7.5</td>
<td>10.4</td>
</tr>
<tr>
<td>Tricare, VA, Military</td>
<td>2.3</td>
<td>1.3</td>
<td>2.0</td>
<td>1.5</td>
</tr>
<tr>
<td>Other Source</td>
<td>1.3</td>
<td>2.6</td>
<td>1.4</td>
<td>3.5</td>
</tr>
</tbody>
</table>

Note: The data for Illinois is from the 2014 Behavioral Risk Factor Surveillance System. The health care access module was not asked in the 2015 and 2016 Illinois Behavioral Risk Factor Surveillance System.
The adults in the region more likely to have a plan purchase through an employer as their primary source of health care coverage are:

- Men
- Those under 65 years of age
- Whites
- Hispanics
- Those with annual household incomes of $25,000 or more

The adults in the region more likely to have Medicaid as their primary source of health care coverage are:

- Women
- Those aged 18-39
- Blacks, Hispanics, and other races
- Those with annual household income of less than $25,000

Men, those 40 years of age or more, Whites, and those with annual household incomes of $25,000 or more are more likely to have as their primary source of health care coverage a plan they purchased on their own (Figure 33).
Figure 33: Primary Source of Health Care Coverage by Demographics

<table>
<thead>
<tr>
<th>Primary Source of Health Care Coverage</th>
<th>Percentage</th>
<th>Men</th>
<th>Women</th>
<th>18-39</th>
<th>40-64</th>
<th>65+</th>
<th>White</th>
<th>Black</th>
<th>Hispanic</th>
<th>Other</th>
<th>Less Than $25,000</th>
<th>$25,000 to $50,000</th>
<th>$50,000 to $75,000</th>
<th>$75,000+</th>
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</thead>
<tbody>
<tr>
<td>Plan Purchased Through an Employer</td>
<td></td>
<td>46.8</td>
<td>44.2</td>
<td>45.1</td>
<td>64.9</td>
<td>7.6</td>
<td>47.8</td>
<td>23.4</td>
<td>51.2</td>
<td>38.5</td>
<td>6.2</td>
<td>42.5</td>
<td>62.7</td>
<td>74.2</td>
</tr>
<tr>
<td>Medicaid</td>
<td></td>
<td>12.2</td>
<td>32.7</td>
<td>47.7</td>
<td>16.6</td>
<td>1.5</td>
<td>16.3</td>
<td>58.1</td>
<td>37.8</td>
<td>46.2</td>
<td>63.6</td>
<td>20.1</td>
<td>4.4</td>
<td>1.3</td>
</tr>
<tr>
<td>Medicare</td>
<td></td>
<td>27.5</td>
<td>14.5</td>
<td>2.6</td>
<td>4.6</td>
<td>76.7</td>
<td>24.6</td>
<td>9.7</td>
<td>6.1</td>
<td>2.6</td>
<td>19.0</td>
<td>24.2</td>
<td>24.1</td>
<td>13.7</td>
</tr>
<tr>
<td>A Plan You/Family Member Bought on Your Own</td>
<td></td>
<td>8.7</td>
<td>6.4</td>
<td>4.0</td>
<td>10.4</td>
<td>7.3</td>
<td>8.5</td>
<td>1.6</td>
<td>3.7</td>
<td>0.0</td>
<td>3.3</td>
<td>9.3</td>
<td>7.5</td>
<td>9.6</td>
</tr>
<tr>
<td>Tricare, VA, Military</td>
<td></td>
<td>3.7</td>
<td>0.1</td>
<td>0.0</td>
<td>2.4</td>
<td>3.6</td>
<td>1.7</td>
<td>5.6</td>
<td>0.0</td>
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<td>5.2</td>
<td>1.6</td>
<td>0.3</td>
<td>1.0</td>
</tr>
<tr>
<td>Other Source</td>
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<td>2.0</td>
<td>0.5</td>
<td>1.1</td>
<td>3.3</td>
<td>1.1</td>
<td>1.6</td>
<td>1.2</td>
<td>12.8</td>
<td>2.6</td>
<td>2.2</td>
<td>1.0</td>
<td>0.3</td>
</tr>
</tbody>
</table>

More Likely to Have Type of Health Care Coverage
Among currently insured adults in the region, 6.0% state that they were without health care coverage at some time during the past year, whereas 94.0% indicate they had health care coverage throughout the entire past year (Figure 34).

**Figure 34: Had Health Care Coverage Throughout Entire Past Year (Among Currently Insured Adults)**
The percentage of currently insured adults in the region who were without health care coverage at some time during the past year is comparable to the Illinois finding. The percentage of currently insured adults residing in Winnebago County who were without health care coverage at some time during the past year is higher than the percentage found for currently insured adults residing in Boone County (Figure 35).

**Figure 35: Percentage Without Health Care Coverage Some Time During the Past Year (Among Currently Insured Adults)**

Note: The data for Illinois is from the 2014 Behavioral Risk Factor Surveillance System. The health care access module was not asked in the 2015 and 2016 Illinois Behavioral Risk Factor Surveillance System.
The percentage of currently insured adults who report being without health care coverage at some time during the past year decreases with increasing age and decreases with increasing annual household income. Blacks and Hispanics are more likely to indicate being without health care coverage at some time during the past year. No statistically significant difference is found by gender (Figure 36).

Figure 36: Percentage Without Health Care Coverage Some Time During the Past Year by Demographics (Among Currently Insured Adults)
Among currently uninsured adults in the region, the majority (77.8%) state that they have not had health care coverage for more than one year, with the plurality (44.4%) indicating that they have never had health care coverage; conversely 22.2% have been without health care coverage for one year or less (Figure 37).

**Figure 37: Length of Time Without Health Care Coverage (Currently Uninsured Adults)**
The percentage of currently uninsured adults in the region, who state that they have not had health care coverage for more than one year is similar to the Illinois finding, however the percentage of currently uninsured adult in the region who have never had health insurance coverage is considerably higher than the Illinois finding (Figure 38).

**Figure 38: Length of Time Without Health Care Coverage by County, Region, and Illinois (Currently Uninsured Adults)**

<table>
<thead>
<tr>
<th>Length of Time Without Health Care Coverage</th>
<th>Winnebago County</th>
<th>Boone County</th>
<th>Region</th>
<th>Illinois</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 Months or Less</td>
<td>14.0</td>
<td>-</td>
<td>14.5</td>
<td>16.9</td>
</tr>
<tr>
<td>More Than 6 Months, But Not More Than 1 Year</td>
<td>8.4</td>
<td>-</td>
<td>7.7</td>
<td>6.8</td>
</tr>
<tr>
<td>More Than 1 Year, But Not More Than 3 Years</td>
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<td>-</td>
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<td>22.1</td>
</tr>
<tr>
<td>More Than 3 Years</td>
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<td>-</td>
<td>24.8</td>
<td>32.7</td>
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<tr>
<td>Never</td>
<td>47.7</td>
<td>-</td>
<td>44.4</td>
<td>21.5</td>
</tr>
</tbody>
</table>

Note: Due to the small number of uninsured adults in Boone County the findings are not reliable and are not reported. The data for Illinois is from the 2014 Behavioral Risk Factor Surveillance System. The health care access module was not asked in the 2015 and 2016 Illinois Behavioral Risk Factor Surveillance System.

Differences by demographic groups for the length of time without health care coverage for currently uninsured adults are not reliable and are not reported due to the small number of uninsured adults in some of the groups.
ACCESS AND UTILIZATION OF HEALTH CARE SERVICES

A total of 92.6% of adults in the region report that there is a particular place where they usually go when they are sick or need advice about health and 7.2% do not have a particular place they go for primary care services. A hospital emergency room is not considered a particular place for obtaining primary care services in this instance.

Of those adults who indicate they have a particular place they go to for primary care services care, most (69.8%) state they usually go to a doctor’s office or private clinic. A total of 14.6% say they usually go to Crusader Clinic (Figure 39).

Figure 39: Particular Place for Primary Care Services
No statistically significant difference is found between Winnebago County and Boone County for the percentage of adults that have a particular place where they go for primary care services (Figure 40).

**Figure 40: Percentage That Have a Particular Place for Primary Care Services**

![Bar chart showing percentages for Winnebago County, Boone County, and Region.](chart.png)
The adults in the region **less likely** to have a particular place where they usually go for primary care services are:

- Those under 65 years of age
- Those with annual household incomes of less than $75,000
- Hispanics and other races (Figure 41)

**Figure 41: Percentage That Have a Particular Place for Primary Care Services by Demographics**
Most (85.1%) adults in the region have one or more people they think of as their personal doctor or healthcare provider and 14.9% do not any (Figure 42).

**Figure 42: Have a Personal Doctor or Healthcare Provider**

- Yes, Only One: 59.5%
- More Than One: 25.6%
- No: 14.9%
The percentage of adults in the region who have a personal doctor or healthcare provider is more favorable than both the Illinois and national findings. The findings for Winnebago County and Boone County are similar (Figure 43).

**Figure 43: Percentage That Have a Personal Doctor or Healthcare Provider**

- Winnebago County: 84.9%
- Boone County: 86.0%
- Region: 85.1%
- IL: 82.1%
- US: 78.1%
The adults in the region less likely to have a personal doctor or healthcare providers include:

- Males
- Those 18-39 years of age (percentage with a personal doctor or healthcare provider increases as age increases)
- Those with annual household incomes of less than $25,000 (percentage with a personal doctor or healthcare provider increases as annual household income increases)
- Hispanics (Figure 44)

**Figure 44: Percentage That Have a Personal Doctor or Healthcare Provider by Demographics**
The majority (88.1%) of adults in the region did not delay needed medical care because of cost, while 11.9% of adults in the region did delay needed medical care because of cost (Figure 45).

**Figure 45: Delayed Needed Medical Care Because of Cost**
The percentage of adults in the region who have delayed needed medical care because of cost is similar to the Illinois and national findings. The findings for Winnebago County and Boone County are comparable (Figure 46).

Figure 46: Percentage Who Delayed Needed Medical Care Because of Cost

- Winnebago County: 11.7%
- Boone County: 13.2%
- Region: 11.9%
- IL: 11.2%
- US: 13.1%
The adults in the region more likely to have delayed needed medical care because of cost are women, those less than 65 years of age, those with annual household incomes of less than $50,000, and Hispanics (Figure 47).

Figure 47: Percentage Who Have Delayed Needed Medical Care Because of Cost by Demographics
The most frequent reason other than cost given by adults in the region for why they delayed getting needed medical care in the past year was they couldn’t get an appointment soon enough (Figure 48).

**Figure 48: Reason Why Delayed Getting Needed Medical Care in Past Year**

- Could Not Get an Appointment Soon Enough: 16.1%
- Once There, Had to Wait Too Long to See Doctor: 5.3%
- No Transportation: 4.8%
- Couldn’t Get Through on Telephone: 2.8%
- Office/Clinic Was Not Open When You Got There: 1.4%
- Other: 5.8%
- Didn’t Delay Getting Medical Care: 63.6%
The percentage of adults in the region that state the reason they delayed getting needed medical care is that they couldn’t get an appointment soon enough is greater than the Illinois finding. A higher percentage of adults in Boone County than adults in Winnebago County indicate the reason they delayed getting needed medical care is that they couldn’t get an appointment soon enough (Figure 49).

**Figure 49: Reason Why Delayed Getting Needed Medical Care in Past Year by County, Region, and Illinois**

<table>
<thead>
<tr>
<th>Reason</th>
<th>Percentage</th>
<th>Winnebago County</th>
<th>Boone County</th>
<th>Region</th>
<th>Illinois</th>
</tr>
</thead>
<tbody>
<tr>
<td>Could Not Get an Appointment Soon Enough</td>
<td>15.2</td>
<td>21.3</td>
<td>16.1</td>
<td>6.4</td>
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</tr>
<tr>
<td>Once There, Had to Wait Too Long to See Doctor</td>
<td>5.2</td>
<td>5.9</td>
<td>5.3</td>
<td>2.5</td>
<td></td>
</tr>
<tr>
<td>No Transportation</td>
<td>5.2</td>
<td>3.1</td>
<td>4.8</td>
<td>2.8</td>
<td></td>
</tr>
<tr>
<td>Couldn’t Get Through on Telephone</td>
<td>2.8</td>
<td>3.1</td>
<td>2.8</td>
<td>0.7</td>
<td></td>
</tr>
<tr>
<td>Office/Clinic Not Open When You Got There</td>
<td>1.6</td>
<td>0.5</td>
<td>1.4</td>
<td>0.8</td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td>5.7</td>
<td>6.5</td>
<td>5.8</td>
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<td></td>
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<tr>
<td>Didn’t Delay Getting Medical Care</td>
<td>63.6</td>
<td>63.5</td>
<td>63.6</td>
<td>81.2</td>
<td></td>
</tr>
</tbody>
</table>

The adults in the region more likely to indicate the reason why they delayed needed medical care in the past year was because they could not get an appointment soon enough are women, those 18-39 years of age, Blacks, and those with annual household incomes of less than $25,000. Lack of transportation was cited as a reason more frequently by Blacks (Figure 50).
Figure 50: Reason Why Delayed Needed Medical Care in Past Year by Demographics

<table>
<thead>
<tr>
<th>Reason</th>
<th>Percentage</th>
<th>Less Than $25,000</th>
<th>$25,000 to Less Than $50,000</th>
<th>$50,000 to Less Than $75,000</th>
<th>$75,000+</th>
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<td>Could Not Get an Appointment Soon Enough</td>
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<td></td>
</tr>
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<td>Men</td>
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<td>18.2</td>
<td>12.6</td>
<td>14.6</td>
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<tr>
<td>Women</td>
<td>20.5</td>
<td>12.6</td>
<td>14.6</td>
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<td>13.9</td>
</tr>
<tr>
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<td>65+</td>
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<td>14.6</td>
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<td>14.6</td>
<td>13.9</td>
</tr>
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<td>Office/Clinic Not Open When You Got There</td>
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</tr>
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<tr>
<td>Didn’t Delay Getting Medical Care</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
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<td>Men</td>
<td>5.0</td>
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<tr>
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<td>9.6</td>
<td>8.1</td>
<td>2.9</td>
<td></td>
</tr>
<tr>
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<td>1.2</td>
<td>9.6</td>
<td>8.1</td>
<td>2.9</td>
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</tr>
<tr>
<td>Didn’t Delay Getting Medical Care More Likely to Give Reason</td>
<td>68.0</td>
<td>73.1</td>
<td>80.3</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

More Likely to Give Reason
Just under two in three (65.3%) adults in the region have visited a doctor within the past year for a routine checkup and 16.7% visited a doctor in the past two years for a routine checkup. However, 16.1% have not visited a doctor within the past five years or longer for a routine checkup and 1.8% have never visited a doctor for a routine checkup (Figure 51).

**Figure 51: Length of Time Since Lasted Visited a Doctor for a Routine Checkup**
The percentage of adults in the region who have visited a doctor within the past year is less favorable than the Illinois and national findings. The findings for Winnebago County and Boone County are comparable (Figure 52).

**Figure 52: Visited a Doctor for a Routine Checkup Within the Past Year**

![Bar Chart](image_url)

- Winnebago County: 65.5%
- Boone County: 64.3%
- Region: 65.3%
- IL: 70.0%
- US: 71.4%
The adults in the region less likely to have visited a doctor for a routine checkup within the past year are:

- Those under 65 years of age
- Those with annual household incomes of less than $75,000
- Hispanics and other races (Figure 53)

Figure 53: Visited a Doctor for a Routine Checkup Within the Past Year by Demographics
A total of 11.3% of adults in the region have not visited a health professional for any type of health care service in the past year, 16.7% have visited a health professional once, 19.1% have visited a health professional twice, and 52.9% have visited a health professional three or more times (Figure 54).

Figure 54: Number of Times Visited a Health Professional for Any Type of Health Care Service in the Past Year
The percentage of adults in the region who have visited a health professional in the past year for any type of health care service is more favorable than the Illinois finding. The finding for Boone County is higher than the finding for Winnebago County (Figure 55).

**Figure 55: Have Visited a Health Professional for Any Type of Health Care Service in the Past Year**

![Bar chart showing percentages](chart.png)

88.4% 90.3% 88.7% 86.5%

Winnebago County  Boone County  Region  Illinois

Note: The data for Illinois is from the 2014 Behavioral Risk Factor Surveillance System. The health care access module was not asked in the 2015 and 2016 Illinois Behavioral Risk Factor Surveillance System.
The adults in the region less likely to have visited a health professional in the past year include:

- Those less than 65 years of age
- Those with annual household incomes of less than $50,000
- Hispanics (Figure 56)

Figure 56: Visited Health Professional for Any Type of Health Care Service in the Past Year by Demographics
As expected, uninsured adults are **less likely** than insured adults to have a specific place they usually go for primary care services, to have a personal doctor or health care provider, to have had a routine checkup in the past year, and to have had any type of health care service in the past year. Uninsured adults are more likely than insured adults to indicate they delayed getting needed medical care because of cost (Figure 57).

**Figure 57: Health Care Access by Insured Status**

- **Have a Personal Doctor or Healthcare Provider**: 87.9% Insured, 56.8% Uninsured
- **Had a Routine Checkup in the Past Year**: 67.3% Insured, 42.9% Uninsured
- **Had Any Health Care Service in Past Year**: 91.9% Insured, 72.7% Uninsured
- **Delayed Getting Needed Medical Care Because of Cost**: 10.5% Insured, 29.9% Uninsured
Among all adults in the region, a total of 10.7% report that there was a time in the past year when they did not take their medication as prescribed because of cost (Figure 58).

Figure 58: Cost of Medication Affected Taking Medication as Prescribed
The percentage of adults in the region who have not taken their medication as prescribed because of cost in the past year is higher than the Illinois finding. The finding for Winnebago County is higher than the finding for Boone County and also higher than the Illinois finding (Figure 59).

**Figure 59: Did Not Take Medication as Prescribed Because of Cost**

Note: The data for Illinois is from the 2014 Behavioral Risk Factor Surveillance System. The health care access module was not asked in the 2015 and 2016 Illinois Behavioral Risk Factor Surveillance System.
Women, adults less than 65 years of age, Blacks, and Hispanics are more likely to indicate there was a time in the past year when they did not take their medication as prescribed because of cost. Those with annual household incomes of less than $25,000 were most likely to indicate there was a time in the past year when they did not take their medication as prescribed because of cost with the percentage then decreases as annual household income increases (Figure 60).

**Figure 60: Did Not Take Medication as Prescribed Because of Cost by Demographics**
ACCESS TO DENTAL CARE

Almost two-thirds (65.5%) of adults in the region have visited a dentist or dental clinic less than 12 months ago, 13.3% have visited one year but less than two years ago, 12.1% have visited two years but less than five years ago, and 9.1% have visited five or more years ago (Figure 61).

Figure 61: Length of Time Since Last Visited a Dentist or Dental Clinic
The percentage of adults who have visited a dentist or dental clinic less than 12 months ago is similar for Winnebago and Boone Counties (Figure 62).

**Figure 62: Have Visited a Dentist or Dental Clinic Less Than 12 Months Ago**
Women are less likely than men to have visited a dentist or dental clinic less than 12 months ago. The percentage of adults in the region who have visited a dentist or dental clinic less than 12 months ago increases as age increases and increases as annual household income increases. Blacks, Hispanics, and other races are less likely to have visited a dentist or dental clinic less than 12 months ago (Figure 63).

**Figure 63: Have Visited a Dentist or Dental Clinic Less Than 12 Months Ago by Demographics**
Slightly more than four-fifths (81.3%) of adults in the region report that there was not a time in the past 12 months when they needed dental care, but could not get it. A total of 18.7% of adults in the region state that there was a time in the past 12 months when they needed dental care, but could not get it (Figure 64).

Figure 64: Time in Past 12 Months When Needed Dental Care, But Could Not Get It
The percentage of adults who needed dental care in the past 12 months, but could not get it is greater for Winnebago County than Boone County (Figure 65).

**Figure 65: Needed Dental Care in Past 12 Months, But Could Not Get It**

- Winnebago County: 19.1%
- Boone County: 16.7%
- Region: 18.7%
The adults in the region more likely to report they needed dental care in the past 12 months, but could not get it are:

- Women
- Those aged 18-39
- Those with annual household incomes of less than $25,000
- Blacks and Hispanics (Figure 66)

**Figure 66: Needed Dental Care in Past 12 Months, But Could Not Get It by Demographics**
The most frequent reason given by adults in the region why dental care could not be obtained was that they did not have dental insurance (46.8%), followed by the dentist refused to take insurance or Medicaid (21.6%) and they could not afford the co-pay (17.6%) (Figure 67).

Figure 67: Reason Why Dental Care Could Not Be Obtained

- No Dental Insurance: 46.8%
- Dentist Refused to Take Insurance/Medicaid: 21.6%
- Could Not Afford Co-Pay: 17.6%
- Had to Wait too Long to Get An Appointment: 4.9%
- Lack of Transportation: 2.7%
- Other: 6.5%
A higher percentage of adults in Winnebago County than Boone County indicate the reason why they could not obtain dental care is the dentist refused to take insurance or Medicaid or lack of transportation. A higher percentage of adults in Boone County state the reason why they could not obtain dental care is they could not afford co-pay or they had to wait too long to get an appointment (Figure 68).

**Figure 68: Reason Why Dental Care Could Not Be Obtained by County and Region**

<table>
<thead>
<tr>
<th>Reason</th>
<th>Winnebago County</th>
<th>Boone County</th>
<th>Region</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Dental Insurance</td>
<td>46.3</td>
<td>47.5</td>
<td>46.8</td>
</tr>
<tr>
<td>Dentist Refused to Take Insurance/Medicaid</td>
<td>23.9</td>
<td>7.5</td>
<td>21.6</td>
</tr>
<tr>
<td>Couldn’t Afford Co-Pay</td>
<td>17.3</td>
<td>20.0</td>
<td>17.6</td>
</tr>
<tr>
<td>Had to Wait Too Long to Get an Appointment</td>
<td>4.3</td>
<td>10.0</td>
<td>4.9</td>
</tr>
<tr>
<td>Lack of Transportation</td>
<td>3.1</td>
<td>0.0</td>
<td>2.7</td>
</tr>
<tr>
<td>Other</td>
<td>5.1</td>
<td>15.0</td>
<td>6.5</td>
</tr>
</tbody>
</table>
The adults in the region more likely to indicate the reason why they could not get dental care was they did not have dental insurance include:

- Men
- Those aged 65 or older
- Hispanics
- Those with annual household incomes of less than $25,000 (Figure 69)

The adults in the region more likely to indicate the reason why they could not get dental care was the dentist refused to take insurance or Medicaid are:

- Women
- Those 18-39 years of age
- Whites, Blacks, and other races
- Those with annual household incomes of less than $25,000 (Figure 69)

The adults in the region more likely to indicate the reason why they could not get dental care was they could not afford the co-pay are women, those 40 years of age or over, Whites, and those with household incomes of $25,000 to less than $50,000 (Figure 69)

Lack of transportation was cited as a reason more frequently by Blacks. Had to wait too long to get an appointment was indicated as a reason more frequently by those with annual household incomes of $75,000 or more (Figure 69).
Figure 69: Reason Why Dental Care Could Not Be Obtained by Demographics

<table>
<thead>
<tr>
<th>Reason</th>
<th>Percentage</th>
<th>Men</th>
<th>Women</th>
<th>18-39</th>
<th>40-64</th>
<th>65+</th>
<th>White</th>
<th>Black</th>
<th>Hispanic</th>
<th>Other</th>
<th>Less Than $25,000</th>
<th>Less Than $25,000 to $50,000</th>
<th>Less Than $50,000 to $75,000</th>
<th>Less Than $75,000 to $75,000+</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Dental Insurance</td>
<td>56.2</td>
<td>42.9</td>
<td>43.4</td>
<td>45.7</td>
<td>72.2</td>
<td>38.7</td>
<td>36.4</td>
<td>74.6</td>
<td>39.2</td>
<td>51.7</td>
<td>39.3</td>
<td>41.1</td>
<td>41.1</td>
<td></td>
</tr>
<tr>
<td>Dentist Refused to Take Insurance/</td>
<td>11.2</td>
<td>25.6</td>
<td>32.4</td>
<td>12.1</td>
<td>2.8</td>
<td>23.8</td>
<td>25.0</td>
<td>9.0</td>
<td>20.0</td>
<td>28.7</td>
<td>16.9</td>
<td>5.0</td>
<td>0.0</td>
<td></td>
</tr>
<tr>
<td>Medicaid</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Couldn’t Afford Co-Pay</td>
<td>14.6</td>
<td>19.2</td>
<td>11.8</td>
<td>24.1</td>
<td>19.4</td>
<td>23.2</td>
<td>6.8</td>
<td>13.4</td>
<td>10.0</td>
<td>9.8</td>
<td>31.3</td>
<td>20.0</td>
<td>13.3</td>
<td></td>
</tr>
<tr>
<td>Had to Wait Too Long to Get an</td>
<td>12.4</td>
<td>1.5</td>
<td>1.5</td>
<td>10.3</td>
<td>2.8</td>
<td>4.2</td>
<td>15.9</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>10.8</td>
<td>0.0</td>
<td>26.7</td>
<td></td>
</tr>
<tr>
<td>Appointment</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lack of Transportation</td>
<td>0.0</td>
<td>3.9</td>
<td>3.7</td>
<td>0.9</td>
<td>0.0</td>
<td>0.0</td>
<td>15.9</td>
<td>1.5</td>
<td>0.0</td>
<td>4.2</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td>5.6</td>
<td>6.9</td>
<td>7.4</td>
<td>6.9</td>
<td>2.8</td>
<td>10.1</td>
<td>0.0</td>
<td>1.5</td>
<td>10.0</td>
<td>5.6</td>
<td>1.7</td>
<td>33.9</td>
<td>18.9</td>
<td></td>
</tr>
</tbody>
</table>

More Likely to Give Reason
HEALTH INFORMATION

OBTAINING ADVICE OR INFORMATION ABOUT HEALTH OR MEDICAL TOPICS

The majority (85.6%) of adults in the region indicate it is easy for them to get advice or information about health or medical topics if they need it, while 6.7% report it is difficult and 7.8% state they do not look for health information (Figure 70).

Figure 70: Ease of Obtaining Advice or Information About Health or Medical Topics
The percentage of adults in the region who report it is difficult for them to get advice or information about health or medical topics is comparable to the Illinois finding. The percentages of Winnebago County adults and Boone County adults who indicate it is difficult for them to get advice about health or medical topics are similar (Figure 71).

**Figure 71: Difficulty Obtaining Advice or Information About Health or Medical Topics**

<table>
<thead>
<tr>
<th></th>
<th>Winnebago County</th>
<th>Boone County</th>
<th>Region</th>
<th>IL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage</td>
<td>6.7%</td>
<td>6.3%</td>
<td>6.7%</td>
<td>5.5%</td>
</tr>
</tbody>
</table>

50.0% 40.0% 30.0% 20.0% 10.0% 0.0%
The adults more likely to have difficulty obtaining advice or information about health or medical topics if they need it are:

- Those aged 40 or older
- Those with less than a high school education
- Blacks (Figure 72)

**Figure 72: Difficulty Obtaining Advice or Information About Health or Medical Topics by Demographics**
HEALTH LITERACY

Most (92.0%) of adults in the region indicate it is easy for them to understand information that doctors, nurses, and other health professionals tell them, with three-fifths (59.2%) saying it is very easy. A total of 8.0% of adults indicate it is difficult for them to understand information that doctors, nurses, and other health professional tell them (Figure 73).

Figure 73: Ease of Understanding Information Told by Doctors, Nurses, and Other Health Professionals

![Pie chart showing ease of understanding information](chart.png)
The percentage of adults in the region who report it is difficult for them to understand information that doctors, nurses, and other health professions tell them is similar to the Illinois finding. The percentage of Winnebago County adults is significantly higher than the percentage of Boone County adults who indicate it is difficult for them to understand information that doctors, nurses, and other health professionals tell them, but comparable to the Illinois finding (Figure 74).

**Figure 74: Difficulty Understanding Information Told by Doctors, Nurses, and Other Health Professionals**

<table>
<thead>
<tr>
<th></th>
<th>Winnebago County</th>
<th>Boone County</th>
<th>Region</th>
<th>IL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Difficulty (%)</td>
<td>8.4%</td>
<td>5.4%</td>
<td>8.0%</td>
<td>7.9%</td>
</tr>
</tbody>
</table>

*Note: The graph shows the percentage of adults who find it difficult to understand information.*
The adults more likely to have difficulty understanding information that doctors, nurses, and other health professionals tell them include:

- Men
- Those 18-39 years of age and those 65 or older
- Those with less than a high school education
- Blacks and Hispanics (Figure 75)

Figure 75: Difficulty Understanding Information Told by Doctors, Nurses, and Other Health Professional
Most (88.9%) of adults in the region indicate it is easy for them to understand written information about health, such as information on the internet, in newspapers and magazines, and in brochures in the doctor’s office and clinic, while 7.8% report it is difficult and 3.3% state they do not pay attention to written health information (Figure 76).

**Figure 76: Ease of Understanding Written Information About Health**

- **Very Easy**: 56.1%
- **Somewhat Easy**: 32.8%
- **Somewhat Difficult**: 6.9%
- **Very Difficult**: 0.9%
- **I don't pay attention to written health information**: 3.3%
The percentage of adults in the region who report difficulty understanding written information about health is comparable to the Illinois finding. There is no significant difference between the findings for the two counties (Figure 77).

Figure 77: Difficulty Understanding Written Information About Health

<table>
<thead>
<tr>
<th></th>
<th>Winnebago County</th>
<th>Boone County</th>
<th>Region</th>
<th>IL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage</td>
<td>7.9%</td>
<td>7.4%</td>
<td>7.8%</td>
<td>7.3%</td>
</tr>
</tbody>
</table>
Men and women are equally likely to indicate they have difficulty understanding written information about health. Adults over the age of 65, those with less than a high school education, Blacks, and Hispanics are more likely to have difficulty understanding written information about health (Figure 78).

**Figure 78: Difficulty Understanding Written Information About Health by Demographics**
CHRONIC HEALTH CONDITIONS

A total of 18.2% of adults in the region have asthma, chronic obstructive pulmonary disease (COPD), emphysema or chronic bronchitis. One-eighth (12.9%) of adults in the region have diabetes and 8.5% have pre-diabetes or borderline diabetes. A total of 9.3% of adults report having had a heart attack, angina or coronary heart disease, or a stroke. One out of twenty (5.0%) adults have kidney disease (Figure 79).

Figure 79: Prevalence of Chronic Health Conditions
Both the percentages of adults in the region who have asthma, chronic obstructive pulmonary disease (COPD), emphysema or chronic bronchitis and the percentages of adults who have had a heart attack, angina or coronary heart disease, or a stroke are comparable to the Illinois and national findings. The percentage of adults in the region who have diabetes as well as the percentage of adults who have pre-diabetes or borderline diabetes is higher than the Illinois and national findings. The percentage of adults in the region who have kidney disease is similar to the Illinois finding, but higher than the national finding (Figure 80).

The prevalence of asthma, chronic obstructive pulmonary disease (COPD), emphysema or chronic bronchitis; heart attack, angina or coronary heart disease, or a stroke; pre-diabetes or borderline diabetes; and kidney disease are similar in the two counties. Winnebago County has a higher prevalence of diabetes than Boone County (Figure 80).

**Figure 80: Prevalence of Chronic Health Conditions by County, Region, Illinois, and US**

<table>
<thead>
<tr>
<th>Health Condition</th>
<th>Winnebago County</th>
<th>Boone County</th>
<th>Region</th>
<th>Illinois</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asthma, COPD, Emphysema, Chronic Bronchitis</td>
<td>18.3</td>
<td>16.7</td>
<td>18.2</td>
<td>17.8</td>
<td>17.3</td>
</tr>
<tr>
<td>Diabetes</td>
<td>13.0</td>
<td>10.8</td>
<td>12.9</td>
<td>10.4</td>
<td>10.8</td>
</tr>
<tr>
<td>Pre-Diabetes or Borderline Diabetes</td>
<td>8.8</td>
<td>7.5</td>
<td>8.5</td>
<td>1.0</td>
<td>1.8</td>
</tr>
<tr>
<td>Heart Attack, Angina or Coronary Heart Disease, Stroke</td>
<td>9.4</td>
<td>7.9</td>
<td>9.3</td>
<td>7.7</td>
<td>8.4</td>
</tr>
<tr>
<td>Kidney Disease</td>
<td>5.1</td>
<td>5.0</td>
<td>5.0</td>
<td>3.7</td>
<td>3.0</td>
</tr>
</tbody>
</table>
The adults more likely to have each of the chronic health conditions are:

**Asthma, COPD, Emphysema, Chronic Bronchitis**
- Women
- Those aged 40 or over
- Whites and Blacks
- Those with annual household incomes of less than $25,000

**Diabetes**
- Men
- Those aged 65 or older
- Whites
- Those with annual household incomes of less than $75,000

**Pre-Diabetes or Borderline Diabetes**
- Those aged 40-65
- Blacks
- Those with annual household incomes of less than $25,000 and those with annual household incomes of $50,000 to less than $75,000

**Heart Attack, Angina or Coronary Heart Disease, Stroke**
- Men
- Those aged 65 or older
- Whites

**Kidney Disease**
- Men
- Those aged 65 or older
- Whites (Figure 81)
### Figure 81: Prevalence of Chronic Health Conditions by Demographics

<table>
<thead>
<tr>
<th>Health Condition</th>
<th>Men</th>
<th>Women</th>
<th>18-39</th>
<th>40-64</th>
<th>65+</th>
<th>White</th>
<th>Black</th>
<th>Hispanic</th>
<th>Other</th>
<th>Less Than $25,000</th>
<th>$25,000 to $50,000</th>
<th>$50,000 to $75,000</th>
<th>$75,000+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asthma, COPD, Emphysema, Chronic Bronchitis</td>
<td>15.9</td>
<td>20.4</td>
<td>13.8</td>
<td>19.9</td>
<td>22.3</td>
<td>19.2</td>
<td>23.0</td>
<td>7.8</td>
<td>9.4</td>
<td>23.2</td>
<td>17.3</td>
<td>18.0</td>
<td>12.2</td>
</tr>
<tr>
<td>Diabetes</td>
<td>18.1</td>
<td>7.7</td>
<td>4.7</td>
<td>12.6</td>
<td>25.4</td>
<td>14.4</td>
<td>9.9</td>
<td>5.3</td>
<td>3.7</td>
<td>13.2</td>
<td>12.5</td>
<td>13.6</td>
<td>7.8</td>
</tr>
<tr>
<td>Pre-Diabetes or Borderline Diabetes</td>
<td>9.4</td>
<td>7.9</td>
<td>4.1</td>
<td>11.5</td>
<td>7.9</td>
<td>9.2</td>
<td>12.5</td>
<td>3.9</td>
<td>0.4</td>
<td>12.6</td>
<td>6.0</td>
<td>12.6</td>
<td>5.9</td>
</tr>
<tr>
<td>Heart Attack, Angina or Coronary Heart Disease, Stroke</td>
<td>14.2</td>
<td>4.9</td>
<td>0.2</td>
<td>7.2</td>
<td>27.7</td>
<td>11.1</td>
<td>4.1</td>
<td>2.4</td>
<td>1.8</td>
<td>9.4</td>
<td>8.7</td>
<td>10.4</td>
<td>7.6</td>
</tr>
<tr>
<td>Kidney Disease</td>
<td>6.1</td>
<td>4.1</td>
<td>1.7</td>
<td>5.2</td>
<td>10.9</td>
<td>5.9</td>
<td>2.7</td>
<td>2.4</td>
<td>3.6</td>
<td>4.4</td>
<td>6.5</td>
<td>5.0</td>
<td>5.0</td>
</tr>
</tbody>
</table>

More Likely to Have Chronic Health Condition
Those adults who did not report having diabetes, were asked if they have ever had a test for high blood sugar or diabetes within the past three years. More than one-half (57.9%) of the adults in the region had been tested for high blood sugar and 42.1% have not been tested (Figure 82).

Figure 82: Been Tested for High Blood Sugar in the Past Three Years

- Yes: 57.9%
- No: 42.1%
The percentage of adults in the region that have not been tested for high blood sugar in the past three years is comparable to the Illinois finding. A greater percentage of adults in Winnebago County than Boone County have not been tested for high blood sugar (Figure 83).

**Figure 83: Have Not Been Tested for High Blood Sugar in the Past Three Years**
No significant difference is found for those adults who have not been tested for high blood sugar in the past three years by gender. The percentage of adults in the region who have not been tested for high blood sugar decreases with increasing age. Those adults with an annual household income of less than $75,000 and Hispanics are more likely to have not been tested for high blood sugar in the past three years (Figure 84).

Figure 84: Have Not Been Tested for High Blood Sugar in the Past Three Years by Demographics
More than three-fourths (78.4%) of adults in the region have not been diagnosed with a depressive disorder, however 21.6% of adults have been diagnosed with a depressive disorder (Figure 85).

**Figure 85: Prevalence of a Depressive Disorder**
The percentage of adults in the region that have been diagnosed with a depressive disorder is less favorable than both the state and national findings. A greater percentage of adults in Winnebago County than Boone County have not been diagnosed with a depressive disorder (Figure 86).

**Figure 86: Diagnosed With a Depressive Disorder**
Women are more likely than men to have a depressive disorder. The prevalence of a depressive order decreases with increasing age, from 24.4% for adults 18-39 years of age to 15.8% for adults 65 years of age or older. The prevalence of a depressive disorder is highest among adults with annual household incomes of less than $25,000. Blacks and Whites are more likely to have a depressive disorder. (Figure 87).

**Figure 87: Diagnosed With a Depressive Disorder by Demographics**
A total of 30.6% of adults in the region have a Body Weight Index (BMI) between 25.0 and 29.9 which is categorized as overweight. Another 34.5% of adults in the region have a BMI of 30 or higher and are categorized as obese. Therefore, almost two-thirds (65.1%) of adults in the region are either overweight or obese. A total of 30.2% of adults have a BMI between 18.5 and 24.9 and are categorized as normal weight and 4.6% have a BMI less than 18.5 and are categorized as underweight (Figure 88).

Figure 88: Weight Status
The percentage of adults in the region that are normal weight is lower than both the state and national findings. A greater percentage of adults in Boone County than Winnebago County are normal weight and the Boone County finding is comparable to the Illinois and national findings (Figure 89).

Figure 89: Percentage of Adults That Are Normal Weight (BMI 18.5-24.9)
The percentage of adults in the region that are overweight or obese is comparable to the state and national findings. A greater percentage of adults in Winnebago County than Boone County are overweight or obese. The Winnebago County finding is higher than the national finding (Figure 90).

**Figure 90: Percentage of Adults That Are Overweight or Obese (BMI 25.0 or Higher)**
The percentage of adults in the region that are obese is less favorable than the state and national findings. A greater percentage of adults in Winnebago County than Boone County are obese. The Winnebago County finding is considerably higher than the Illinois and national findings (Figure 91).

Figure 91: Percentage of Adults That Are Obese (BMI 30.0 or Higher)
The adults in the region more likely to be obese are:

- Women
- Those 65 years of age or older
- Those with annual household incomes of $50,000 to less than $75,000
- Blacks (Figure 92)

**Figure 92: Percentage of Adults That Are Obese (BMI 30.0 or Higher) by Demographics**
A total of 34.2% of obese adults in the region and 53.9% of overweight adults in the region perceive their current weight to be about right. Two out of five (40.7%) overweight adults perceive themselves as overweight and 10.4% of obese adults perceive themselves as obese (Figure 93).

Figure 93: Actual Versus Perceived Weight Status Among Overweight and Obese Adults
Overweight and obese adults in the region are more likely to report a number of adverse health conditions including:

- Activity limitations
- Asthma, COPD, emphysema and chronic bronchitis
- Fair or poor physical health
- Diabetes
- Heart attack, angina or coronary heart disease, or stroke
- Kidney disease (Figure 94).

**Figure 94: Relationship of Weight Status With Other Health Issues**
TOBACCO, ALCOHOL, AND DRUG USE

PREVALENCE OF CIGARETTE SMOKING

A total of 17.2% of adults in the region are current smokers, with 12.3% being regular smokers (smoke every day) and 4.9% being occasional smokers (smoke some days). Almost one-fourth (23.8%) of adults in the region are former smokers and 59.0% have never smoked (Figure 95).

**Figure 95: Prevalence of Cigarette Smoking**
The percentage of adults in the region who currently smoke cigarettes is comparable to the Illinois and national findings. The percentages of Winnebago County adults and Boone County adults who currently smoke cigarettes are similar. The percentage of Boone County adults who smoke cigarettes is higher than the Illinois finding (Figure 96).

**Figure 96: Currently Smoke Cigarettes**

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Winnebago County</td>
<td>16.9%</td>
</tr>
<tr>
<td>Boone County</td>
<td>17.9%</td>
</tr>
<tr>
<td>Region</td>
<td>17.2%</td>
</tr>
<tr>
<td>IL</td>
<td>15.8%</td>
</tr>
<tr>
<td>US</td>
<td>16.3%</td>
</tr>
</tbody>
</table>
The adults in the region more likely to smoke cigarettes are women, those under 65 years of age, and Blacks followed by Whites. The percentage of adults in the region who smoke cigarettes decreases as educational level attained increases (Figure 97).

**Figure 97: Currently Smoke Cigarettes by Demographics**
PREVALENCE OF ALCOHOL USE

More than one-half (53.4%) of adults in the region are current drinkers (drank at least one alcoholic beverage in the past month) and 46.6% are non-drinkers (drank no alcoholic beverages in the past month) (Figure 98).

**Figure 98: Prevalence of Alcohol Use**
The percentage of adults in the region who are current drinkers is more favorable than the Illinois finding and similar to the national finding. The percentages of Boone County adults who are current drinkers is higher than the percentage of Winnebago County adults who are current drinkers. The percentage of Boone County adults who are current drinkers is higher than the national finding (Figure 99).

**Figure 99: Currently Drink Alcoholic Beverages**

<table>
<thead>
<tr>
<th></th>
<th>Winnebago County</th>
<th>Boone County</th>
<th>Region</th>
<th>IL</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage</td>
<td>52.8%</td>
<td>57.6%</td>
<td>53.4%</td>
<td>58.4%</td>
<td>53.5%</td>
</tr>
</tbody>
</table>

0.0% 10.0% 20.0% 30.0% 40.0% 50.0% 60.0% 70.0%
The adults in the region more likely to be current drinkers are:

- Men
- Those 40-64 years of age
- Those with some college or higher
- Whites (Figure 100).

**Figure 100: Currently Drink Alcoholic Beverages by Demographics**
A total of 15.3% of adults in the region binge drink (drink 4 or more (women)/5 or more (men) alcoholic drinks on any single occasion during the past month) and 84.7% do not binge drink (Figure 101).

**Figure 101: Prevalence of Binge Drinking**
The percentage of adults in the region who binge drink is more favorable than the Illinois finding and comparable to the national finding. The greater percentage of adults in Winnebago County than Boone County binge drink (Figure 102).

**Figure 102: Percentage of Adults Who Binge Drink**
Binge drinking is more prevalent among:

- Men
- Those 40-64 years of age
- Those with some college
- Blacks (Figure 103).

**Figure 103: Percentage of Adults Who Binge Drink by Demographics**
PREVALENCE OF DRUG USE

The percentage of adults in the region that report using drugs is fairly low, with 5.7% reporting using marijuana and 4.5% reporting using prescription narcotics every day during the past month. Less than 1% indicate they use methadone or heroin. As a self-reported measure and because these indicators reflect potentially illegal behavior it is reasonable to expect that it might be underreported, and that actual drug use in the community is likely higher (Figure 104).

**Figure 104: Prevalence of Drug Use**

![Graph showing prevalence of drug use](image)

A significant difference is found by county for marijuana use, with 6.2% of adults in Winnebago County compared to 3.3% of adults in Boone County using marijuana. Blacks (8.4%), those adults with less than a high school education (13.3%), and those adults with household incomes of less than $25,000 (9.7%) are more likely to use marijuana.

Those adults 65 or older (7.9%) and those with annual household incomes of less than $25,000 (8.0%) are more likely to have used prescription narcotics every day in the past month.
OTHER ISSUES

SAFETY

Three-fourths (75.3%) of adults in the region have felt safe walking alone in their neighborhood in the past year, 16.9% have not felt safe, and 7.8% do not know. (Figure 105).

Figure 105: Felt Safe Walking Alone in Neighborhood in Past Year
Winnebago County residents (18.8%) are more likely than Boone County residents (6.2%) to indicate they did not feel safe walking in their neighborhood in the past year. Those adults living in the following zip codes were most likely to state they did not feel safe walking in their neighborhood in the past year:

- 61101
- 61103
- 61104
- 61107
- 61109 (Figure 106).

Figure 106: Did Not Feel Safe Walking Alone in Neighborhood in Past Year by Zip Code

<table>
<thead>
<tr>
<th>Zip Code</th>
<th>Percent Did Not Feel Safe</th>
</tr>
</thead>
<tbody>
<tr>
<td>61008</td>
<td>5.1</td>
</tr>
<tr>
<td>61011</td>
<td>0.0</td>
</tr>
<tr>
<td>61012</td>
<td>0.0</td>
</tr>
<tr>
<td>61016</td>
<td>0.0</td>
</tr>
<tr>
<td>61024</td>
<td>2.6</td>
</tr>
<tr>
<td>61038</td>
<td>0.0</td>
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<tr>
<td>61063</td>
<td>0.0</td>
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<tr>
<td>61065</td>
<td>15.8</td>
</tr>
<tr>
<td>61072</td>
<td>2.9</td>
</tr>
<tr>
<td>61073</td>
<td>6.1</td>
</tr>
<tr>
<td>61077</td>
<td>0.0</td>
</tr>
<tr>
<td>61079</td>
<td>0.0</td>
</tr>
<tr>
<td>61080</td>
<td>0.0</td>
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<tr>
<td>61088</td>
<td>6.4</td>
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<tr>
<td>61101</td>
<td>37.0</td>
</tr>
<tr>
<td>61102</td>
<td>14.4</td>
</tr>
<tr>
<td>61103</td>
<td>27.7</td>
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<tr>
<td>61104</td>
<td>38.5</td>
</tr>
<tr>
<td>61107</td>
<td>30.0</td>
</tr>
<tr>
<td>61108</td>
<td>16.8</td>
</tr>
<tr>
<td>61109</td>
<td>26.8</td>
</tr>
</tbody>
</table>
CHILD CARE

Of the adults in the region who have a child in their home who requires child care, slightly more than two-fifths (41.2%) have experienced difficulty paying for the child care in the past year (Figure 107).

Figure 107: Experienced Difficulty Paying for Child Care in Past Year
Winnebago County residents (42.4%) are significantly more likely than Boone County residents (29.2%) to indicate they had difficulty paying for child care in the past year (Figure 108).

**Figure 108: Percentage Who Had Difficulty Paying for Child Care**

Unmarried adults (47.7%) are more likely than married adults (35.6%) to indicate they have had difficulty paying for child care in the past year.
DESCRIPTION OF SURVEY RESPONDENTS

Figure 109 describes the demographics of the survey respondents.

**Figure 109: Respondent Demographics**

<table>
<thead>
<tr>
<th></th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>County</strong></td>
<td></td>
</tr>
<tr>
<td>Winnebago</td>
<td>84.8</td>
</tr>
<tr>
<td>Boone</td>
<td>15.2</td>
</tr>
<tr>
<td><strong>Gender</strong></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>48.9</td>
</tr>
<tr>
<td>Female</td>
<td>51.1</td>
</tr>
<tr>
<td><strong>Age</strong></td>
<td></td>
</tr>
<tr>
<td>18-29</td>
<td>19.8</td>
</tr>
<tr>
<td>30-39</td>
<td>14.0</td>
</tr>
<tr>
<td>40-49</td>
<td>18.4</td>
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<tr>
<td>50-59</td>
<td>19.4</td>
</tr>
<tr>
<td>60-69</td>
<td>14.9</td>
</tr>
<tr>
<td>70-79</td>
<td>8.1</td>
</tr>
<tr>
<td>80+</td>
<td>5.5</td>
</tr>
<tr>
<td><strong>Race/Ethnicity</strong></td>
<td></td>
</tr>
<tr>
<td>White</td>
<td>75.2</td>
</tr>
<tr>
<td>Black</td>
<td>9.8</td>
</tr>
<tr>
<td>Hispanic</td>
<td>10.6</td>
</tr>
<tr>
<td>Native American</td>
<td>.06</td>
</tr>
<tr>
<td>Asian</td>
<td>3.0</td>
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<tr>
<td>Pacific Islander</td>
<td>0.0</td>
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<tr>
<td>Multi-racial/Bi-racial</td>
<td>0.5</td>
</tr>
<tr>
<td>Other</td>
<td>0.8</td>
</tr>
<tr>
<td><strong>Marital Status</strong></td>
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</tr>
<tr>
<td>Married</td>
<td>58.4</td>
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<tr>
<td>Divorced</td>
<td>14.3</td>
</tr>
<tr>
<td>Widowed</td>
<td>5.1</td>
</tr>
<tr>
<td>Separated</td>
<td>2.7</td>
</tr>
<tr>
<td>Never Married</td>
<td>16.0</td>
</tr>
<tr>
<td>A Member of an Unmarried Couple</td>
<td>3.5</td>
</tr>
<tr>
<td>Educational Attainment</td>
<td>Percent</td>
</tr>
<tr>
<td>---------------------------------------------------</td>
<td>---------</td>
</tr>
<tr>
<td>Never Attended School/Attended</td>
<td>0.2</td>
</tr>
<tr>
<td>Kindergarten Only</td>
<td>4.0</td>
</tr>
<tr>
<td>Grade 1 through 8 (Elementary)</td>
<td>9.4</td>
</tr>
<tr>
<td>Grade 9 through 11 (Some High School)</td>
<td>33.9</td>
</tr>
<tr>
<td>Grade 12 or GED (High School Graduate)</td>
<td>32.5</td>
</tr>
<tr>
<td>College 1 Year to 3 Years (Some College or Technical School)</td>
<td>20.0</td>
</tr>
<tr>
<td>College 4 Years or More (College Graduate)</td>
<td>50.6</td>
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<tr>
<td>Employment Status</td>
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</tr>
<tr>
<td>Employed for Wages</td>
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</tr>
<tr>
<td>Self-employed</td>
<td>3.1</td>
</tr>
<tr>
<td>Out of Work for 1 Year or More</td>
<td>3.3</td>
</tr>
<tr>
<td>Out of Work for Less Than 1 Year</td>
<td>7.8</td>
</tr>
<tr>
<td>A Homemaker</td>
<td>1.6</td>
</tr>
<tr>
<td>A Student</td>
<td>22.3</td>
</tr>
<tr>
<td>Retired</td>
<td>6.2</td>
</tr>
<tr>
<td>Unable to Work</td>
<td></td>
</tr>
<tr>
<td>Annual Household Income</td>
<td></td>
</tr>
<tr>
<td>Less Than $10,000</td>
<td>9.1</td>
</tr>
<tr>
<td>$10,000 to Less Than $15,000</td>
<td>5.8</td>
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<td>$20,000 to Less Than $25,000</td>
<td>6.9</td>
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<td>$25,000 to Less Than $35,000</td>
<td>11.5</td>
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<td>$35,000 to Less Than $50,000</td>
<td>16.7</td>
</tr>
<tr>
<td>$50,000 to Less Than $75,000</td>
<td>21.7</td>
</tr>
<tr>
<td>$75,000 or More</td>
<td>22.4</td>
</tr>
</tbody>
</table>
July 2017

Dear Winnebago/Boone County Resident,

We need your help! Rockford Regional Health Council, a non-profit, non-partisan collaborative of healthcare providers, governmental entities and community organizations is currently engaged in the 2017 Healthy Community Study of Winnebago and Boone Counties. The Center for Governmental Studies at Northern Illinois University has been retained by the Council to conduct the Study. The findings will be used to help the Council understand the trends in our community. Then, real-time planning occurs to develop, target, and deliver essential services to improve the quality of health in our community.

Your participation will benefit you, your family, your neighbors, and the community. Your household is one of a limited number of households selected to participate, so your responses to the survey are very important to us. Responses will be confidential, and all information provided will be reported in summary form only. No information will be reported that will identify individual survey respondents.

We would appreciate it if the adult in the household with the next birthday complete the survey. You may complete the enclosed survey and return it to the Center for Governmental Studies in the postage-paid envelope provided or you may complete the survey online at:

https://www.research.net/r/rockfordhealthsurveys

You will need to enter your passcode included in the top right hand corner of this letter to access the online survey. The survey should take approximately 15 minutes to complete. Please complete the survey before August 25, 2017.

If you have any questions about the survey, please call Mindy Schneiderman, Assistant Director, Center for Governmental Studies at 1-800-874-1990.

Thank you for your participation.

Sincerely,

Hon. Janet R. Holmgren, Chair
Rockford Regional Health Council

MISSION

Rockford Regional Health Council improves community health through data gathering and analysis, education, action and advocacy.
The purpose of this study is to collect information about the health of Winnebago and Boone County residents. The study is being conducted by the Rockford Regional Health Council and the findings will be used to assess health status and as a guide for developing preventive health services.

1. In which Illinois County do you currently live?
   - [ ] Boone
   - [ ] Winnebago
   - [ ] Other (PLEASE SPECIFY) _______________________

2. What is the zip code where you currently live?
   _______________________

HEALTH STATUS AND QUALITY OF LIFE
3. In general, is your health?
   - [ ] Excellent
   - [ ] Very good
   - [ ] Good
   - [ ] Fair
   - [ ] Poor

4. Thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?
   ____________ number of days
   - [ ] None
   - [ ] Don’t know/Not sure

5. Thinking about your mental health, which includes stress, depression and problems with emotions, for how many days during the past 30 days was your mental health not good?
   ____________ number of days
   - [ ] None
   - [ ] Don’t know/Not sure
IF YOU RESPONDED “NONE” TO BOTH QUESTIONS 4 AND 5, GO TO QUESTION 7. OTHERWISE ANSWER QUESTION 6.

6. During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?
   __________ number of days
   □ None
   □ Don’t know/Not sure

7. During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, aerobics, golf, gardening, or walking for exercise?
   □ Yes
   □ No

8. Because of a physical, mental, or emotional condition, do you have serious difficulty concentrating, remembering or making decisions?
   □ Yes
   □ No

9. Do you have serious difficulty walking or climbing stairs?
   □ Yes
   □ No

10. Do you have difficulty dressing or bathing?
    □ Yes
    □ No

11. In the past 12 months, did you feel safe walking alone in your neighborhood?
    □ Yes
    □ No
    □ Don’t know/Not sure

HEALTH CARE ACCESS

12. Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, government plans such as Medicare, or Indian Health Service?
    □ Yes [GO TO QUESTION 13]
    □ No [GO TO QUESTION 16]
    □ Don’t know/Not sure [GO TO QUESTION 16]
13. Do you have Medicare? Medicare is a coverage plan for people age 65 or over and for certain disabled people.
   - Yes
   - No
   - Don’t Know/Not sure

14. What is the primary source of your health care coverage?
   - A plan purchased through an employer or union (includes plans purchased through another person’s employer)
   - A plan that you or another family member buys on your own
   - Medicare
   - Medicaid or other state program
   - TRICARE (formerly CHAMPUS), VA, or Military
   - Alaska Native, Indian Health Service, Tribal Health Services
   - Some other source (PLEASE SPECIFY) ____________________________
   - None (no coverage)
   - Don’t know/Not sure

15. In the past 12 months, was there any time when you did not have any health insurance or coverage?
   - Yes
   - No
   - Don’t Know/Not sure

GO TO QUESTION 17

16. About how long has it been since you last had health care coverage?
   - 6 months or less
   - More than 6 months, but not more than 1 year ago
   - More than 1 year, but not more than 3 years ago
   - More than 3 years
   - Never
   - Don’t know/Not sure
17. Is there a particular person or place where you usually go when you are sick or need advice about health?

- No
- A doctor’s office or private clinic
- The health department
- Crusader Clinic
- VA hospital or clinic
- Urgent immediate care
- Hospital emergency room
- Other (PLEASE SPECIFY) ____________________

18. Do you have one person you think of as your personal doctor or health care provider?

- Yes, only one
- More than one
- No

19. Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?

- Yes
- No

20. Other than cost, there are many other reasons people delay getting needed medical care. Have you delayed getting needed medical care for any of the following reasons in the past 12 months? (CHECK ALL THAT APPLY)

- You couldn’t get through on the telephone
- You couldn’t get an appointment soon enough
- Once you got there, you had to wait too long to see the doctor
- The clinic/doctor’s office wasn’t open when you got there
- You didn’t have transportation
- Other (PLEASE SPECIFY) __________
- No, I did not delay getting medical care/did not need medical care
- Don’t know/Not sure
21. About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition.

- [ ] Less than 12 months ago
- [ ] 1 year but less than 2 years ago
- [ ] 2 years but less than 5 years ago
- [ ] 5 or more years ago
- [ ] Never
- [ ] Don't know/Not sure

22. How many times have you been to a doctor, nurse, or other health professional in the past 12 months?

___________ number of times

- [ ] None
- [ ] Don't know/Not sure

23. Not including over the counter (OTC) medications, was there a time in the past 12 months when you did not take your medication as prescribed because of cost?

- [ ] Yes
- [ ] No
- [ ] No medication was prescribed

HEALTH INFORMATION
24. How difficult is it for you to get advice or information about health or medical topics if you need it?

- [ ] Very easy
- [ ] Somewhat easy
- [ ] Somewhat difficult
- [ ] Very difficult
- [ ] I don't look for health information
25. How difficult is it for you to understand information that doctors, nurses and other health professionals tell you?

- Very easy
- Somewhat easy
- Somewhat difficult
- Very difficult

26. You can find written information about health on the internet, in newspapers and magazines, and in brochures in the doctor’s office and clinic. In general, how difficult is it for you to understand written health information?

- Very easy
- Somewhat easy
- Somewhat difficult
- Very difficult
- I don't pay attention to written health information

**CHRONIC HEALTH CONDITIONS**

27. Has a doctor, nurse, or other health professional ever told you that you had a heart attack also called a myocardial infarction, angina or coronary heart disease which is plaque build-up in the arteries that supply the heart with blood, or a stroke?

- Yes
- No
- Don’t know/Not sure

28. Has a doctor, nurse, or other health professional ever told you that you had asthma, chronic obstructive pulmonary disease (COPD), emphysema or chronic bronchitis?

- Yes
- No
- Don’t know/Not sure

29. Has a doctor, nurse, or other health professional ever told you that you have a depressive disorder (including depression, major depression, dysthymia, or minor depression)?

- Yes
- No
- Don’t know/Not sure
30. Has a doctor, nurse, or other health professional ever told you that you have kidney disease? Do not include kidney stones, bladder infection or incontinence.
   - Yes
   - No
   - Don’t know/Not sure

31. Has a doctor, nurse, or other health professional ever told you that you have diabetes?
   - Yes [GO TO QUESTION 33]
   - Yes, but only during pregnancy [GO TO QUESTION 32]
   - No [GO TO QUESTION 32]
   - No, pre-diabetes or borderline diabetes [GO TO QUESTION 32]
   - Don’t know/Not sure [GO TO QUESTION 32]

32. Have you ever had a test for high blood sugar or diabetes within the past three years?
   - Yes
   - No
   - Don’t know/Not sure

33. How long has it been since you last visited a dentist or a dental clinic for any reason? Include visits to dental specialists, such as orthodontists.
   - Less than 12 months ago
   - 1 year but less than 2 years ago
   - 2 years but less than 5 years ago
   - 5 or more years ago
   - Don’t know/Not sure

34. Was there a time in the past 12 months when you needed dental care, but could not get it?
   - Yes [GO TO QUESTION 35]
   - No [GO TO QUESTION 36]
35. Why could you not get dental care?
   - No dental insurance
   - Could not afford co-pay
   - Had to wait too long to get an appointment
   - Lack of transportation
   - Dentist refused to take insurance or Medicaid
   - Other (PLEASE SPECIFY) ____________________

36. How would you describe yourself?
   - Underweight
   - About the right weight
   - Overweight
   - Obese
   - Don’t know/Not sure

TOBACCO, ALCOHOL, AND DRUG USE
37. Have you smoked at least 100 cigarettes in your entire life? 100 cigarettes is equal to 5 packs. Do not include e-cigarettes, herbal cigarettes, cigars, cigarillos, little cigars, pipes, bidis, kretes, water pipes (hookahs), or marijuana.
   - Yes [GO TO QUESTION 38]
   - No [GO TO QUESTION 39]
   - Don’t know/Not sure [GO TO QUESTION 39]

38. Do you now smoke cigarettes every day, some days, or not at all?
   - Every day
   - Some days
   - Not at all
   - Don’t know/Not sure

39. During the past 30 days, how many days per week or per month did you have at least one drink or alcoholic beverage such as beer, wine, a malt beverage or liquor?
   - _________ days per week  OR  _________ days per month [GO TO QUESTION 40]
   - None [GO TO QUESTION 41]
   - Don’t know/Not sure [GO TO QUESTION 41]
40. Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 drinks or more if you are a man/4 drinks or more if you are a woman on an occasion?

___________ number of times
☐ None
☐ Don't know/Not sure

41. During the past 30 days, on how many days did you use prescription narcotics? Narcotics are prescribed for chronic back pain, pain after surgery, cancer pain, and burn conditions. Examples include Actiq, Codeine, Demerol, Morphine, Vicoprofen, and Roxanol.

___________ number of days
☐ None
☐ Don't know/Not sure

42. During the past 30 days, on how many days did you use marijuana or hashish?

___________ number of days
☐ None
☐ Don't know/Not sure

43. During the past 30 days, on how many days did you use heroin?

___________ number of days
☐ None
☐ Don't know/Not sure

44. During the past 30 days, on how many days did you use methadone, a drug used to relieve severe pain or to prevent withdrawal symptoms in people addicted to drugs such as heroin?

___________ number of days
☐ None
☐ Don't know/Not sure
PERSONAL AND HOUSEHOLD CHARACTERISTICS

45. Are you ...?
   □ Male
   □ Female
   □ Other

46. What is your age? (use whole numbers only)
   ___________ years

47. About how much do you weigh without shoes? (use whole numbers only)
   ___________ pounds
   Don’t know/Not sure

48. About how tall are you without shoes? (use whole numbers only)
   ___________ feet  ___________ inches
   Don’t know/Not sure

49. Which one of these groups best represents your race or ethnicity?
   □ White (non-Hispanic)
   □ Black or African American (non-Hispanic)
   □ Hispanic, Latino/a or Spanish origin
   □ American Indian or Alaska Native
   □ Asian
   □ Pacific Islander
   □ Multi-racial or bi-racial
   □ Other (PLEASE SPECIFY) ___________
   □ Don’t know/Not sure

50. Are you ...?
   □ Married
   □ Divorced
   □ Widowed
   □ Separated
   □ Never married
   □ A member of an unmarried couple (civil union)
51. What is the highest grade or year of school you completed?
   □ Never attended school or only attended kindergarten
   □ Grades 1 through 8 (Elementary)
   □ Grades 9 through 11 (Some high school)
   □ Grade 12 or GED (High school graduate)
   □ College 1 year to 3 years (Some college or technical school)
   □ College 4 years or more (College graduate)

52. **Not including yourself**, how many people in each of the following age groups live in your home?
   
   ________ ages 0-12
   ________ ages 13-17
   ________ ages 18-29
   ________ ages 30-44
   ________ ages 45-64
   ________ ages 65-74
   ________ ages 75+

**IF YOU DO NOT HAVE ANY CHILDREN LIVING IN YOUR HOME BETWEEN THE AGES OF 0 AND 12**
**GO TO QUESTION 55. OTHERWISE ANSWER QUESTION 53.**

53. Do you have a child in your home who requires child care, such as day care?
   □ Yes [GO TO QUESTION 54]
   □ No [GO TO QUESTION 55]

54. In the past 12 months, have you had any trouble paying for the child care?
   □ Yes
   □ No
55. Are you currently ...?
   - Employed for wages [GO TO QUESTION 56]
   - Self-employed [GO TO QUESTION 56]
   - Out of work for 1 year or more [GO TO QUESTION 57]
   - Out of work for less than 1 year [GO TO QUESTION 56]
   - A homemaker [GO TO QUESTION 57]
   - A student [GO TO QUESTION 57]
   - Retired [GO TO QUESTION 57]
   - Unable to work [GO TO QUESTION 57]

56. What kind of work do/did you do? For example, registered nurse, janitor, cashier, auto mechanic. If you have/had more than one job, indicate what kind of work you do/did for your main job.

__________________________________________

57. What is your annual household income from all sources?
   - Less than $10,000
   - $10,000 to less than $15,000
   - $15,000 to less than $20,000
   - $20,000 to less than $25,000
   - $25,000 to less than $35,000
   - $35,000 to less than $50,000
   - $50,000 to less than $75,000
   - $75,000 or more
   - Don’t know/Not sure

Thank you for your participation in this important study. Please return the completed survey to the Center for Governmental Studies in the postage-paid envelope provided.