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Health Promotion Data for the 1990 Objectives Estimates From the National Health Interview Survey of Health Promotion and Disease Prevention: United States, 1985

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The National Center for Health Statistics included the topic of health promotion and disease prevention as part of the 1985 National Health Interview Survey questionnaire. Provisional findings from the first 6 months of data collection on that topic have been previously published.¹ This report presents final summary findings based on fully edited and weighted data from the full 12 months of data collection.

The 1985 Health Promotion and Disease Prevention study was designed to monitor progress toward one of the major initiatives of the Department of Health and Human Services. This initiative is described in *Healthy People—The Surgeon General's Report on Health Promotion and Disease Prevention, 1979*.² In that report, broad goals were established for the improvement of the health of Americans. The 1980 Public Health Service report, *Promoting Health/Preventing Disease: Objectives for the Nation*,³ details specific objectives necessary for attaining those goals in each of 15 priority areas. The target data for achieving the objectives is 1990. The 1985 questionnaire will be used for data collection again in 1990 for the purpose of monitoring progress achieved in the intervening 5 years.

¹National Center for Health Statistics, O. T. Thornberry, R. W. Wilson, and P. Golden: Health promotion and disease prevention provisional data from the National Health Interview Survey, United States, January–June 1985. *Advance Data From Vital and Health Statistics*. No. 119. DHHS Pub. No. (PHS) 86–1250. Public Health Service. Hyattsville, Md. May 14, 1986.

²Office of the Assistant Secretary for Health and Surgeon General: *Healthy People—The Surgeon General's Report on Health Promotion and Disease Prevention—Background Papers, 1979*. DHEW Pub. No. (PHS) 79–55071A. U.S. Department of Health and Human Services, Public Health Service: *Promoting Health/Preventing Disease: Objectives for the Nation*. Washington. U.S. Government Printing Office, 1980.

The 1985 Health Promotion and Disease Prevention study is devoted primarily to the collection of baseline data on the following topics: general health (including nutrition), injury control, high blood pressure, stress, exercise, smoking, alcohol use, dental care, and occupational safety and health. These topics were selected after consultation with the Office of Disease Prevention and Health Promotion (Assistant Secretary for Health) as well as with the agencies designated by the Assistant Secretary for Health as having “lead” responsibility for implementing and monitoring progress toward achieving the 1990 objectives. Within each agency, subject matter experts were consulted during the development of the questionnaire.

This report presents estimated percents or percent distributions for all persons 18 years of age and over and for four age groups and both sexes. Generally, except for the questions on knowledge of health practices where “don't know” is a legitimate response, “don't know” and other inappropriate responses were excluded from the denominator in the calculation of the estimates. In most cases, the actual question asked of the respondent is shown along with the response categories. In a few cases, there has been minor paraphrasing or combining of questions. Each question is referenced to the item number on the questionnaire.

In general, the items in the questionnaire are about either individual health behaviors or knowledge of health practices. Most of the questions on knowledge of health practices have answers that are currently presumed to be correct (as determined by the Public Health Service agency with “lead” responsibility) and are indicated in bold type. For some questions, references are provided to selected publications that present related data from previous data collection by the National Center for Health Statistics.

Selected findings

- *General health habits:* Most adults eat breakfast almost every day (55 percent), get 7–8 hours of sleep each night (66 percent), and have a usual place to go for health care (78 percent).
- *Weight:* Men are more likely to consider their weight “just about right” than are women (55 versus 42 percent). However, one-quarter of men and almost one-half of women are trying to lose weight, primarily by eating fewer calories, or increasing physical activity.
- *Preventive exams for women:* About one-half of women have had a Pap smear test (46 percent) or a breast examination (50 percent) by a health professional within less than one year. The majority of women (87 percent) know how to examine their own breasts for lumps, but only one-third do so more than six times a year.
- *Seat belts:* There is evidence (not shown in table 1) that seat belt use is increasing rapidly. The percent of adults wearing seat belts most of the time increased from 30 percent for the first 3 months of 1985 to 41 percent for the last 3 months (annual rate of 35 percent). This no doubt reflects the impact of seat belt legislation in many States during 1985.
- *Child safety:* The majority (88 percent) of persons in families with children under 10 years of age have heard about Poison Control Centers and have the telephone number for a Center in their area (60 percent). Almost all (98 percent) of the adults with children under 5 years of age know about child safety seats, and almost one-half (45 percent) have been advised by health professionals about the importance of using them.
- *Home safety:* About two-fifths of homes do not have a working smoke detector. Most adults do not know the temperature of the hot water in the home (64 percent), and most adults do not know the temperature above which scald injuries will occur.
- *High blood pressure:* Three-quarters (74 percent) of adults have had their blood pressure taken by health professionals within the past year. Women are more likely than men to have their blood pressure taken, and persons over 65 years are more likely than younger persons. Slightly more than half of adults believe that sodium (salt) is the substance in food most often associated with high blood pressure.
- *Heart disease:* A large majority of adults (86 percent or higher) is aware of three of the four principal risk factors associated with heart disease (smoking, elevated cholesterol, and high blood pressure). Only 61 percent are aware that diabetes is also a principal risk factor.
- *Stress:* One-half of adults reported experiencing at least a moderate amount of stress during the 2 weeks preceding the interview, with the lowest percent for the elderly (28 percent). In addition, almost one-half of the adults felt that stress had had some effect on their health in the past year.
- *Exercise:* Less than one-half (40 percent) of the adult population exercises on a regular basis, and only one-quarter have done so for 5 years or more. A higher percent of adults in the younger than the older age groups engage in regular exercise. However, over four-fifths of adults consider themselves as active or more active than other persons of the same age. The majority are not knowledgeable regarding the specific requirements for exercise to strengthen the heart and lungs (frequency and duration of exercise, and heart and breathing rate during exercise).
- *Cigarette smoking:* Although a continuation of the downward trend in cigarette smoking has been occurring since the 1964 *Surgeon General's Report on Smoking and Health*, 3 in 10 adults still smoke (32 percent of men and 28 percent of women). The majority of adults (79 percent or higher) are aware of the major conditions associated with smoking (emphysema; chronic bronchitis; and cancer of the lung, larynx, and esophagus). The exception is bladder cancer, which only about one-third associate with smoking.
- *Alcohol use:* With the exception of cirrhosis of the liver, the adult population appears less knowledgeable about the effects of alcohol on health than the effects of smoking. Whereas 93 percent feel that heavy alcohol consumption increases the chances of getting cirrhosis of the liver, only about one-third recognize the association between heavy alcohol use and cancers of the throat (40 percent) and mouth (32 percent). Eight percent of adults are classified as heavier drinkers (two or more drinks per day), 19 percent as moderate drinkers, and 24 percent as lighter drinkers (three drinks or less per week). Ten percent of all adults admitted to driving at least once in the last year when they perhaps had had too much to drink, and one-fifth of young adults admitted to doing so.
- *Dental care:* While most adults appear to know the major preventive measures relative to tooth decay and gum disease, many do not discriminate between the two diseases. For example, many people do not understand that fluoridated water and fluoride toothpaste/mouthrinse are definitely important for the prevention of tooth decay. At the same time they overestimate the importance of fluoride in the prevention of gum disease. People know that gum disease is an important cause of tooth loss in adults and that tooth decay is an important cause of tooth loss in children. Although only about one-quarter of adults have heard of dental sealants, of those who have heard of them, most (80 percent) know their purpose is to prevent tooth decay.

Table 1. Estimates of the percent of population with selected behaviors and knowledge from the 1985 National Health Interview Survey Questionnaire on Health Promotion and Disease Prevention, by age and sex: United States, 1985

(Data are based on household interviews of the civilian noninstitutionalized population. The survey design, general qualifications, and information on the reliability of the estimates are given in Technical notes.)

Section and item number	Health behaviors and knowledge	Age					Sex	
		All ages	18-29 years	30-44 years	45-64 years	65 years and over	Male	Female
	Total.....	100	100	100	100	100	100	100
		Percent of population						
	GENERAL HEALTH HABITS							
N.1.	How often do you eat breakfast? ¹							
	Almost every day.....	55	42	46	62	87	54	56
	Sometimes.....	20	28	24	16	6	20	20
	Rarely or never.....	24	30	30	21	8	25	24
N.2.	Including evening snacks, how often do you eat between meals? ¹							
	Almost every day.....	39	42	41	38	31	41	37
	Sometimes.....	32	38	33	30	27	30	34
	Rarely or never.....	29	20	25	32	43	29	28
N.3.	When you visit a doctor or other health professional for routine care, is eating proper foods discussed?							
	Often.....	10	8	9	12	11	8	11
	Sometimes.....	16	16	16	16	16	14	18
	Rarely or never.....	65	65	67	62	64	65	65
	Don't visit for routine care.....	10	11	9	10	9	14	6
N.5.	In your opinion which of these are the two best ways to lose weight?							
	Don't eat at bedtime.....	29	29	27	45	31	31	28
	Eat fewer calories.....	73	70	75	77	73	68	78
	Take diet pills.....	2	2	2	1	1	2	1
	Increase physical activity.....	73	83	79	67	52	74	72
	Eat no fat.....	11	7	8	12	20	12	10
	Eat grapefruit with each meal.....	4	4	3	5	5	4	4
	Don't know.....	7	5	5	7	17	9	6
N.6.	Are you now trying to lose weight? ² (Yes).....	35	32	39	40	24	25	44
N.7.	Are you eating fewer calories to lose weight? ² (Persons trying to lose weight (yes) in N.6) (Yes).....	81	75	81	84	83	76	83
N.8.	Have you increased your physical activity to lose weight? ² (Persons trying to lose weight (yes) in N.6) (Yes).....	57	69	59	49	40	58	56
N.9.	Do you consider yourself overweight, underweight, or just about right? (If overweight) Would you say you are very overweight, somewhat overweight, or only a little overweight? ^{2,3}							
	Very overweight.....	8	5	9	12	6	4	12
	Somewhat overweight.....	17	12	19	21	14	13	20
	Only a little overweight.....	21	18	22	23	20	20	21
	About right.....	48	57	46	40	51	55	42
	Underweight.....	6	9	4	3	8	8	4
N.10.	On the average, how many hours of sleep do you get in a 24-hour period? ¹							
	Less than 7 hours.....	22	20	24	23	20	23	21
	7-8 hours.....	66	66	69	67	59	66	66
	9 or more hours.....	12	14	7	10	21	11	13
N.11.	Is there a particular clinic, health center, doctor's office, or other place that you usually go to if you are sick or need advice about your health? ⁴ (Yes).....	78	69	76	83	89	72	84
N.15.	About how long has it been since you had a Pap smear test? ⁵ (Females only)							
	Less than 1 year.....	46	60	50	38	25	...	46
	1 year.....	17	16	21	17	13	...	17
	2 years.....	10	6	10	13	12	...	10
	3-4 years.....	8	4	9	10	10	...	8
	5 or more years.....	12	2	8	18	25	...	12
	Never.....	7	13	1	4	15	...	7

See footnotes at end of table.

Table 1. Estimates of the percent of population with selected behaviors and knowledge from the 1985 National Health Interview Survey Questionnaire on Health Promotion and Disease Prevention, by age and sex: United States, 1985--Con.

(Data are based on household interviews of the civilian noninstitutionalized population. The survey design, general qualifications, and information on the reliability of the estimates are given in Technical notes.)

Section and item number	Health behaviors and knowledge	Age					Sex	
		All ages	18-29 years	30-44 years	45-64 years	65 years and over	Male	Female
GENERAL HEALTH HABITS--Con.		Percent of population						
N.16a.	About how long has it been since you had a breast examination by a doctor or other health professional? ⁵ (Females only)							
	Less than 1 year.....	50	60	52	45	39	...	50
	1 year.....	18	16	21	18	14	...	18
	2 years.....	10	6	10	12	10	...	10
	3-4 years.....	7	4	8	8	8	...	7
	5 or more years.....	8	2	6	12	15	...	8
	Never.....	8	11	2	5	14	...	8
N.16b.	Do you know how to examine your own breasts for lumps? (Females only) (Yes).....	87	86	92	89	78	...	87
N.16c.	About how many times a year do you examine your own breasts for lumps? (Females only)							
	12 or more times.....	32	27	35	37	29	...	32
	7-11 times.....	2	2	3	2	2	...	2
	2-6 times.....	34	35	37	32	26	...	34
	Once a year.....	4	5	5	4	3	...	4
	Never.....	14	16	11	13	15	...	14
	Don't know how to examine own breast.....	13	14	8	11	22	...	13
INJURY CONTROL AND CHILD SAFETY AND HEALTH								
0.1a.	Have you ever heard about Poison Control Centers? (Persons in families with children under 10 years of age) (Yes).....	88	87	91	77	66	86	90
0.1b.	Do you have the telephone number for a Poison Control Center in your area? (Persons in families with children under 10 years of age) (Yes).....	60	55	66	47	35	59	61
0.3.	Have you heard about child safety seats, sometimes called car safety carriers, which are designed to carry children while they are riding in a car? (Persons in families with children under 5 years of age) (Yes).....	98	98	98	96	97	98	98
0.4.	Did a doctor or other health professional ever tell you about the importance of using car safety seats for your children? (Persons in families with children under 5 years of age) (Yes)....	45	48	43	32	23	38	50
0.10.	When driving or riding in a car, do you wear a seat belt ³ --							
	All or most of the time.....	35	33	39	36	33	34	37
	Some of the time.....	18	19	18	18	15	17	18
	Once in a while.....	14	16	14	14	13	15	13
	Never.....	32	32	29	32	37	33	31
	Don't ride in car.....	1	0	0	1	2	1	1
	Does this home have any working smoke detectors? (Based on Items 0.11a.-c.) (Yes).....	60	58	65	60	56	60	60
0.12a.	Do you know about what the hot water temperature is in this home? (Yes).....	36	24	41	45	35	48	26
0.13.	In the past 12 months, have you (or has anyone in your household) used a thermometer to test the temperature of the hot water here? (Yes).....	4	3	5	4	3	4	3
0.14.	Above what temperature will hot water cause scald injuries?							
	127 degrees or less.....	14	20	16	10	6	16	12
	128-139 degrees (can produce burns in less than a minute).....	2	2	3	2	1	3	1
	140 degrees or above (can produce burns in 5 seconds or less)...	20	15	21	26	19	30	11
	Don't know.....	64	63	61	62	74	51	75

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Section and item number	Health behaviors and knowledge	Age					Sex	
		All ages	18-29 years	30-44 years	45-64 years	65 years and over	Male	Female
	HIGH BLOOD PRESSURE	Percent of population						
P.1.	I am going to read a list of things which may or may not affect a person's chances of getting heart disease. After I read each one, tell me if you think it definitely increases, probably increases, probably does not, or definitely does not increase a person's chances of getting heart disease.							
	Cigarette smoking							
	Increases.....	90	93	92	89	81	89	90
	Definitely increases.....	66	69	69	65	58	66	66
	Probably increases.....	23	24	23	24	24	23	24
	Does not increase.....	4	3	3	4	5	4	3
	Probably does not increase.....	3	2	2	3	3	3	2
	Definitely does not increase.....	1	1	1	1	2	1	1
	Don't know/No opinion.....	7	4	5	7	14	7	7
	Worry or anxiety							
	Increases.....	84	81	87	87	80	82	86
	Definitely increases.....	40	33	43	44	38	38	41
	Probably increases.....	44	48	44	42	42	44	45
	Does not increase.....	8	12	7	6	6	9	7
	Probably does not increase.....	6	9	6	4	5	7	5
	Definitely does not increase.....	2	3	1	1	2	2	2
	Don't know/No opinion.....	8	7	6	7	14	9	7
	High blood pressure							
	Increases.....	91	93	93	92	84	91	91
	Definitely increases.....	68	68	73	70	58	68	69
	Probably increases.....	23	24	20	22	26	23	22
	Does not increase.....	3	3	2	3	3	3	2
	Probably does not increase.....	2	2	2	2	2	2	2
	Definitely does not increase.....	1	1	1	1	1	1	1
	Don't know/No opinion.....	6	5	4	6	13	6	6
	Diabetes							
	Increases.....	61	65	64	59	49	60	61
	Definitely increases.....	32	32	34	32	26	32	31
	Probably increases.....	29	33	30	27	23	28	30
	Does not increase.....	10	10	10	10	9	10	10
	Probably does not increase.....	7	8	8	7	6	7	7
	Definitely does not increase.....	3	3	3	3	3	3	3
	Don't know/No opinion.....	30	25	26	31	42	30	29
	Being very overweight							
	Increases.....	93	93	95	94	86	92	93
	Definitely increases.....	69	72	72	70	60	68	70
	Probably increases.....	23	22	23	24	27	24	23
	Does not increase.....	2	3	2	2	3	3	2
	Probably does not increase.....	1	2	1	1	2	2	1
	Definitely does not increase.....	1	1	1	1	1	1	1
	Don't know/No opinion.....	5	4	3	4	11	5	5
	Overwork							
	Increases.....	71	76	77	67	57	67	74
	Definitely increases.....	31	32	34	31	25	28	34
	Probably increases.....	40	44	43	36	32	39	41
	Does not increase.....	19	16	16	23	24	23	16
	Probably does not increase.....	13	12	11	16	16	16	11
	Definitely does not increase.....	6	4	4	7	8	7	5
	Don't know/No opinion.....	10	7	7	10	19	10	10
	Drinking coffee with caffeine							
	Increases.....	51	53	54	51	43	48	54
	Definitely increases.....	13	12	13	14	12	12	13
	Probably increases.....	38	41	41	37	31	36	40
	Does not increase.....	29	30	28	29	28	31	26
	Probably does not increase.....	22	24	23	21	19	24	20
	Definitely does not increase.....	7	6	5	8	9	8	6
	Don't know/No opinion.....	20	17	18	20	30	20	20

See footnotes at end of table.

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Section and item number	Health behaviors and knowledge	Age					Sex	
		All ages	18-29 years	30-44 years	45-64 years	65 years and over	Male	Female
HIGH BLOOD PRESSURE--Con.		Percent of population						
P.1.	I am going to read a list of things which may or may not affect a person's chances of getting heart disease. After I read each one, tell me if you think it definitely increases, probably increases, probably does not, or definitely does not increase a person's chances of getting heart disease.--Con.							
	Eating a diet high in animal fat							
	Increases.....	80	77	83	83	76	77	83
	Definitely increases.....	42	37	44	46	40	38	45
	Probably increases.....	38	40	39	37	35	39	38
	Does not increase.....	8	10	7	6	6	10	6
	Probably does not increase.....	6	8	5	5	4	7	4
	Definitely does not increase.....	2	2	2	2	2	2	1
	Don't know/No opinion.....	12	13	10	11	18	13	12
	Family history of heart disease							
	Increases.....	83	85	86	83	70	80	85
	Definitely increases.....	49	47	54	51	38	44	53
	Probably increases.....	34	38	33	33	32	36	33
	Does not increase.....	8	7	7	8	12	10	6
	Probably does not increase.....	5	5	4	5	7	6	4
	Definitely does not increase.....	3	3	3	3	5	4	2
	Don't know/No opinion.....	9	7	7	9	18	10	9
	High cholesterol							
	Increases.....	86	88	89	87	77	85	88
	Definitely increases.....	54	52	57	58	48	52	57
	Probably increases.....	32	36	32	29	29	33	31
	Does not increase.....	4	4	4	4	5	5	3
	Probably does not increase.....	3	3	2	3	3	3	2
	Definitely does not increase.....	1	1	1	1	2	2	1
	Don't know/No opinion.....	10	8	7	9	19	10	9
P.2.	The following conditions are related to having a stroke. In your opinion, which of these conditions most increases a person's chances of having a stroke?							
	Diabetes.....	4	6	4	3	4	4	4
	High blood pressure.....	77	73	80	80	74	75	79
	High cholesterol.....	12	15	11	10	10	13	10
	Don't know.....	7	7	6	7	12	7	7
P.3.	Which one of the following substances in food is most often associated with high blood pressure?							
	Sodium (or salt).....	58	54	63	61	50	56	60
	Cholesterol.....	25	28	23	24	23	25	25
	Sugar.....	9	11	7	7	11	10	7
	Don't know.....	9	7	7	8	16	9	8
P.12a.	About how long has it been since you last had your blood pressure taken by a doctor or other health professional? ^{2,3}							
	Less than 6 months.....	57	51	50	61	72	51	61
	6-11 months.....	17	19	20	15	12	17	18
	12 months to 23 months.....	14	15	16	13	8	16	12
	24 months and over.....	12	14	14	12	8	16	9
P.12b.	Blood pressure is usually given as one number over another. Were you told what your blood pressure was, in numbers? (Persons with blood pressure checked within 24 months in 12a) (Yes).....	68	65	70	71	67	70	67
P.14.	Have you ever been told by a doctor or other health professional that you had high cholesterol? (Yes).....	5	1	3	9	11	6	5

See footnotes at end of table.

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(Data are based on household interviews of the civilian noninstitutionalized population. The survey design, general qualifications, and information on the reliability of the estimates are given in Technical notes.)

Section and item number	Health behaviors and knowledge	Age					Sex	
		All ages	18-29 years	30-44 years	45-64 years	65 years and over	Male	Female
STRESS		Percent of population						
Q.1.	During the past 2 weeks, would you say that you experienced a lot of stress, a moderate amount of stress, relatively little stress, or almost no stress at all?							
	A lot of stress.....	20	21	24	19	11	17	22
	A moderate amount of stress.....	31	32	36	30	17	31	30
	Relatively little stress.....	22	25	22	22	21	22	22
	Almost none.....	25	21	17	27	46	27	24
	Don't know what stress is.....	2	1	1	2	5	2	2
Q.2.	In the past year, how much effect has stress had on your health?							
	A lot.....	13	11	15	14	9	9	16
	Some.....	31	33	35	29	21	28	33
	Hardly any or none.....	55	54	50	55	65	61	49
	Don't know what stress is.....	2	1	1	2	5	2	2
Q.3a.	In the past year, did you think about seeking help for any personal or emotional problems from family or friends? (Yes).....	15	21	19	9	4	10	18
Q.3b.	In the past year, did you think about seeking help for any personal or emotional problems from a helping professional or a self-help group? (Yes).....	11	12	15	9	4	8	14
Q.4.	Did you actually seek any help? (Yes) From whom did you seek help?							
	Family or friends.....	7	11	8	3	2	4	9
	Professional or self-help group.....	7	7	10	6	3	5	8
EXERCISE								
R.2a.	In the past 2 weeks, have you done any of the following exercises, sports, or physically active hobbies ⁶⁻⁻							
	Walking for exercise.....	41	43	40	41	41	37	45
	Jogging or running.....	10	20	11	4	1	14	7
	Calisthenics or general exercise.....	22	33	24	15	11	22	22
	Biking.....	11	14	12	8	5	11	10
	Swimming or water exercises.....	10	16	11	6	2	10	9
R.3.	Do you exercise or play sports regularly? (Yes).....	40	53	42	31	29	43	38
R.4.	For how long have you exercised or played sports regularly?							
	Less than 1 year.....	5	7	6	4	2	3	7
	1-2 years.....	6	7	6	4	4	4	7
	3-4 years.....	3	4	4	3	3	3	4
	5 or more years.....	24	33	24	19	18	31	19
	Do not exercise regularly.....	60	48	59	69	71	57	63
R.5a.	Would you say that you are physically more active, less active, or about as active as other persons your age? ^{1,3} Is that (a lot more or a little more/a lot less or a little less) active?							
	A lot more.....	18	15	17	19	22	21	15
	A little more.....	16	15	16	15	17	17	14
	About as active.....	49	50	48	49	46	48	49
	A lot less.....	6	5	6	8	8	5	8
	A little less.....	12	15	14	9	7	10	14
R.7a.	How many days a week do you think a person should exercise to strengthen the heart and lungs?							
	Less than 3 days.....	6	7	7	4	3	6	5
	3-4 days.....	40	51	49	31	16	40	39
	5 days or more.....	38	34	34	44	46	37	39
	Don't know.....	17	8	11	21	35	16	17
R.7b.	For how many minutes do you think a person should exercise on each occasion so that the heart and lungs are strengthened?							
	Less than 15 minutes.....	6	4	5	7	9	5	7
	15 to 25 minutes.....	23	22	25	23	20	21	24
	More than 25 minutes.....	52	65	58	44	28	55	49
	Don't know.....	20	9	12	26	43	20	20

See footnotes at end of table.

Table 1. Estimates of the percent of population with selected behaviors and knowledge from the 1985 National Health Interview Survey Questionnaire on Health Promotion and Disease Prevention, by age and sex: United States, 1985--Con.

(Data are based on household interviews of the civilian noninstitutionalized population. The survey design, general qualifications, and information on the reliability of the estimates are given in Technical notes.)

Section and item number	Health behaviors and knowledge	Age					Sex	
		All ages	18-29 years	30-44 years	45-64 years	65 years and over	Male	Female
EXERCISE--Con.		Percent of population						
R.7c.	During those (number in 7b) minutes, how fast do you think a person's heart rate and breathing should be to strengthen the heart and lungs? Do you think that the heart and breathing rate should be--							
	No faster than usual.....	3	3	2	4	7	3	4
	A little faster than usual.....	45	47	43	45	44	44	45
	A lot faster but talking is possible	34	41	43	28	12	36	32
	So fast that talking is not possible.....	1	1	1	1	0	1	1
	Don't know.....	17	8	11	22	37	17	18
SMOKING								
	Cigarette smoking status (Based on Items S.1-3)							
	Never.....	45	55	42	37	50	36	54
	Former.....	24	13	23	31	34	31	18
	Current (Includes unknown amount smoked).....	30	32	34	31	16	32	28
	Less than 15.....	9	12	9	8	6	9	10
	15-24.....	12	14	13	13	7	13	12
	25 and over.....	8	5	11	10	3	10	6
S.3.	On the average, about how many cigarettes a day do you now smoke? ⁷ (Current smokers)							
	Less than 15.....	31	39	27	27	38	27	37
	15-24.....	42	45	39	42	43	41	43
	25 and over.....	27	17	33	31	19	32	21
S.4.	Tell me if you think cigarette smoking definitely increases, probably increases, probably does not, or definitely does not increase a person's chances of getting the following problems?							
	Emphysema							
	Increases	90	89	93	91	86	89	91
	Definitely increases.....	73	69	76	74	70	70	75
	Probably increases.....	17	20	16	17	16	19	16
	Does not increase.....	2	2	2	2	2	3	2
	Probably does not increase.....	1	2	1	1	1	2	1
	Definitely does not increase.....	1	1	1	1	1	1	1
	Don't know/No opinion.....	8	9	6	7	12	8	8
	Bladder cancer							
	Increases	35	41	34	33	31	36	34
	Definitely increases.....	12	13	11	13	12	13	11
	Probably increases.....	23	28	23	21	19	23	23
	Does not increase.....	25	29	29	21	14	24	25
	Probably does not increase.....	17	22	20	14	9	17	17
	Definitely does not increase.....	8	8	9	8	5	8	8
	Don't know/No opinion.....	40	30	37	45	55	39	41
	Cancer of the larynx or voice box							
	Increases	87	90	90	86	76	86	87
	Definitely increases.....	55	58	59	54	46	53	58
	Probably increases.....	31	31	32	32	30	33	30
	Does not increase.....	3	3	3	3	4	4	3
	Probably does not increase.....	2	2	2	2	2	3	2
	Definitely does not increase.....	1	1	1	1	2	1	1
	Don't know/No opinion.....	10	7	7	11	20	11	10
	Cataracts							
	Increases	16	21	14	13	12	16	15
	Definitely increases.....	4	6	4	4	3	5	4
	Probably increases.....	11	16	11	9	8	12	11
	Does not increase	42	45	47	39	29	42	41
	Probably does not increase.....	22	27	23	19	14	22	21
	Definitely does not increase.....	20	18	24	21	15	20	20
	Don't know/No opinion.....	43	33	38	48	59	42	44

See footnotes at end of table.

Table 1. Estimates of the percent of population with selected behaviors and knowledge from the 1985 National Health Interview Survey Questionnaire on Health Promotion and Disease Prevention, by age and sex: United States, 1985--Con.

(Data are based on household interviews of the civilian noninstitutionalized population. The survey design, general qualifications, and information on the reliability of the estimates are given in Technical notes.)

Section and item number	Health behaviors and knowledge	Age					Sex	
		All ages	18-29 years	30-44 years	45-64 years	65 years and over	Male	Female
SMOKING--Con.		Percent of population						
S.4.	Tell me if you think cigarette smoking definitely increases, probably increases, probably does not, or definitely does not increase a person's chances of getting the following problems?--Con.							
	Cancer of the esophagus							
	Increases.....	79	83	82	77	69	77	80
	Definitely increases.....	42	45	45	40	35	41	44
	Probably increases.....	37	38	37	37	33	36	37
	Does not increase.....	6	5	6	7	6	7	5
	Probably does not increase.....	4	4	4	4	3	5	3
	Definitely does not increase.....	2	1	2	2	2	2	2
	Don't know/No opinion.....	15	12	12	16	26	16	15
	Chronic bronchitis							
	Increases.....	85	88	88	85	75	84	87
	Definitely increases.....	54	55	58	53	44	51	56
	Probably increases.....	32	32	31	32	31	33	31
	Does not increase.....	5	4	4	5	5	5	4
	Probably does not increase.....	3	3	3	3	3	4	2
	Definitely does not increase.....	2	1	2	2	2	2	1
	Don't know/No opinion.....	10	8	7	10	20	11	9
	Gallstones							
	Increases.....	11	15	10	10	9	11	11
	Definitely increases.....	3	3	3	3	3	3	3
	Probably increases.....	8	12	7	7	6	8	8
	Does not increase.....	45	49	51	42	31	46	44
	Probably does not increase.....	22	27	25	19	14	22	22
	Definitely does not increase.....	23	22	26	24	18	24	22
	Don't know/No opinion.....	44	36	39	48	59	43	45
	Lung cancer							
	Increases.....	94	96	95	93	87	93	94
	Definitely increases.....	79	85	81	75	71	77	80
	Probably increases.....	15	11	14	18	16	16	13
	Does not increase.....	2	1	1	2	2	2	1
	Probably does not increase.....	1	1	1	1	1	1	1
	Definitely does not increase.....	1	0	1	1	1	1	1
	Don't know/No opinion.....	5	3	3	5	11	5	5
S.4.	Does cigarette smoking during pregnancy definitely increase, probably increase, probably not or definitely not increase the chances of--(Persons under 45 years of age)							
	Miscarriage							
	Increases.....	73	76	70	71	74
	Definitely increases.....	34	36	33	33	36
	Probably increases.....	38	40	37	38	39
	Does not increase.....	12	11	13	0	14
	Probably does not increase.....	9	9	9	8	10
	Definitely does not increase.....	3	3	3	2	4
	Don't know/No opinion.....	15	13	17	19	12
	Stillbirth							
	Increases.....	65	68	62	62	67
	Definitely increases.....	28	29	27	26	30
	Probably increases.....	37	39	35	37	37
	Does not increase.....	14	13	15	13	16
	Probably does not increase.....	11	10	11	10	11
	Definitely does not increase.....	4	3	4	3	4
	Don't know/No opinion.....	21	19	23	25	17
	Premature birth							
	Increases.....	70	72	67	63	76
	Definitely increases.....	32	33	30	26	38
	Probably increases.....	38	39	37	37	38
	Does not increase.....	12	11	13	13	11
	Probably does not increase.....	9	9	9	10	8
	Definitely does not increase.....	3	3	4	3	3
	Don't know/No opinion.....	18	16	21	24	13

See footnotes at end of table.

Table 1. Estimates of the percent of population with selected behaviors and knowledge from the 1985 National Health Interview Survey Questionnaire on Health Promotion and Disease Prevention, by age and sex: United States, 1985--Con.

(Data are based on household interviews of the civilian noninstitutionalized population. The survey design, general qualifications, and information on the reliability of the estimates are given in Technical notes.)

Section and item number	Health behaviors and knowledge	Age					Sex	
		All ages	18-29 years	30-44 years	45-64 years	65 years and over	Male	Female
SMOKING--Con.		Percent of population						
S.4.	Does cigarette smoking during pregnancy definitely increase, probably increase, probably not or definitely not increase the chances of--(Persons under 45 years of age)--Con.							
	Low birth weight of the newborn							
	Increases.....	79	80	77	73	85
	Definitely increases.....	44	45	43	36	52
	Probably increases.....	35	35	34	37	33
	Does not increase.....	7	7	7	8	6
	Probably does not increase.....	5	5	5	6	4
	Definitely does not increase.....	2	2	2	2	2
	Don't know/No opinion.....	14	13	15	20	9
S.5a.	If a woman takes birth control pills, is she more likely to have a stroke if she smokes than if she does not smoke? (Persons under 45 years of age)							
	More likely.....	62	64	61	52	72
	Not likely.....	6	6	6	7	6
	Don't know.....	32	30	34	42	23
ALCOHOL USE								
T.1c.	Have you had at least one drink of beer, wine or liquor during the past year? ¹ (Yes).....	64	72	72	61	43	75	55
T.2.	In the past 2 weeks, on how many days did you drink any alcoholic beverages, such as beer, wine, or liquor? ^{1,3}							
	Did not drink in past year.....	36	28	28	39	57	25	45
	None.....	14	13	15	14	12	13	14
	1-4 days.....	32	41	37	27	15	34	30
	5-9 days.....	8	11	10	7	3	12	5
	10-14 days.....	10	6	11	13	12	16	6
T.3.	In the past 2 weeks, on the days that you drank alcoholic beverages, how many drinks did you have per day, on the average? ^{1,3}							
	Did not drink in past year.....	36	28	28	39	57	25	45
	None.....	14	13	15	14	12	13	14
	1 drink.....	16	12	18	18	17	16	16
	2 drinks.....	16	17	18	16	9	18	13
	3-4 drinks.....	12	18	14	9	4	16	8
	5 or more drinks.....	7	11	7	4	1	11	3
	Drinking Index (2-week daily drinking, based on items T.1-3) ⁷							
	Did not drink in past year.....	36	28	28	39	57	25	45
	None.....	14	13	15	14	12	13	14
	Light (.01 to .21 ounce absolute alcohol).....	24	26	28	23	15	24	25
	Moderate (.22 to .99 ounce absolute alcohol).....	19	25	21	16	11	26	13
	Heavier (1.00 ounces or more absolute alcohol).....	8	8	1	8	6	13	3
T.6.	During the past 12 months, on how many days did you have 9 or more drinks of any alcoholic beverage?							
	1 or more days.....	12	22	13	6	1	20	5
	5 or more days.....	7	12	7	4	1	12	2
T.7.	During the past 12 months, on how many days did you have 5 or more drinks of any alcoholic beverage? ¹							
	1 or more days.....	24	39	28	15	5	36	13
	10 or more days.....	12	20	13	8	3	21	5
T.8.	During the past year, how many times did you drive when you had perhaps too much to drink?							
	1 time.....	3	6	4	1	0	4	2
	2 or more times.....	7	14	8	3	0	12	3

See footnotes at end of table.

Table 1. Estimates of the percent of population with selected behaviors and knowledge from the 1985 National Health Interview Survey Questionnaire on Health Promotion and Disease Prevention, by age and sex: United States, 1985--Con.

(Data are based on household interviews of the civilian noninstitutionalized population. The survey design, general qualifications, and information on the reliability of the estimates are given in Technical notes.)

Section and item number	Health behaviors and knowledge	Age					Sex	
		All ages	18-29 years	30-44 years	45-64 years	65 years and over	Male	Female
ALCOHOL USE--Con.		Percent of population						
T.9.	Tell me if you think heavy alcohol drinking definitely increases, probably increases, probably does not, or definitely does not increase a person's chances of getting the following problems?							
	Throat cancer							
	Increases.....	40	39	36	41	44	37	42
	Definitely increases.....	15	11	13	17	21	13	16
	Probably increases.....	25	28	23	24	23	24	26
	Does not increase.....	33	39	39	29	17	37	29
	Probably does not increase.....	22	28	26	19	11	25	20
	Definitely does not increase.....	11	11	13	10	6	12	9
	Don't know/No opinion.....	27	22	25	30	38	25	29
	Cirrhosis of the liver							
	Increases.....	93	94	96	94	87	93	94
	Definitely increases.....	78	77	82	80	71	76	81
	Probably increases.....	15	17	13	14	16	17	13
	Does not increase.....	1	1	1	1	1	1	1
	Probably does not increase.....	1	1	0	1	1	1	0
	Definitely does not increase.....	0	0	0	0	0	0	0
	Don't know/No opinion.....	6	5	4	5	12	6	6
	Bladder cancer							
	Increases.....	66	72	67	63	58	66	66
	Definitely increases.....	28	39	27	27	26	28	28
	Probably increases.....	38	41	40	36	32	38	38
	Does not increase.....	11	12	13	11	7	12	10
	Probably does not increase.....	8	9	9	8	4	9	7
	Definitely does not increase.....	3	3	4	3	2	3	3
	Don't know/No opinion.....	23	16	20	26	36	22	24
	Cancer of the mouth							
	Increases.....	32	31	29	34	38	29	35
	Definitely increases.....	11	8	9	13	17	9	12
	Probably increases.....	21	24	19	21	22	20	23
	Does not increase.....	36	43	42	31	19	41	31
	Probably does not increase.....	23	29	27	19	11	27	20
	Definitely does not increase.....	13	14	14	12	8	14	11
	Don't know/No opinion.....	32	26	30	35	43	30	34
	Arthritis							
	Increases.....	15	16	13	15	15	15	14
	Definitely increases.....	4	3	3	4	5	4	4
	Probably increases.....	11	13	10	11	10	11	11
	Does not increase.....	46	53	51	41	30	48	44
	Probably does not increase.....	24	30	27	20	14	25	23
	Definitely does not increase.....	22	22	24	21	17	23	21
	Don't know/No opinion.....	40	31	36	44	55	38	42
	Blood clots							
	Increases.....	34	44	32	29	26	32	35
	Definitely increases.....	10	12	9	9	9	9	10
	Probably increases.....	24	33	23	20	18	23	25
	Does not increase.....	31	29	36	32	21	35	27
	Probably does not increase.....	18	20	22	18	11	20	17
	Definitely does not increase.....	12	10	15	14	10	14	11
	Don't know/No opinion.....	35	26	31	39	53	33	37
T.9.	Does heavy drinking during pregnancy definitely increase, probably increase, probably not or definitely not increase the chances of--(Persons under 45 years of age)							
	Miscarriage							
	Increases.....	85	87	82	82	87
	Definitely increases.....	48	53	43	44	51
	Probably increases.....	37	35	39	38	36
	Does not increase.....	4	4	5	4	4
	Probably does not increase.....	3	3	4	3	3
	Definitely does not increase.....	1	1	1	1	1
	Don't know/No opinion.....	11	9	13	14	8

See footnotes at end of table.

Table 1. Estimates of the percent of population with selected behaviors and knowledge from the 1985 National Health Interview Survey Questionnaire on Health Promotion and Disease Prevention, by age and sex: United States, 1985--Con.

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Section and item number	Health behaviors and knowledge	Age					Sex	
		All ages	18-29 years	30-44 years	45-64 years	65 years and over	Male	Female
ALCOHOL USE--Con.		Percent of population						
T.9.	Does heavy drinking during pregnancy definitely increase, probably increase, probably not or definitely not increase the chances of--(Persons under 45 years of age)--Con.							
	Mental retardation of the newborn							
	Increases.....	83	86	80	79	87
	Definitely increases.....	47	52	41	41	52
	Probably increases.....	37	34	39	38	35
	Does not increase.....	5	4	5	5	4
	Probably does not increase.....	3	3	4	4	3
	Definitely does not increase.....	1	1	1	1	1
	Don't know/No opinion.....	12	10	14	15	9
	Low birth weight of the newborn							
	Increases.....	84	85	82	79	88
	Definitely increases.....	46	49	43	39	52
	Probably increases.....	38	36	39	40	36
	Does not increase.....	4	4	4	5	3
	Probably does not increase.....	3	3	3	4	2
	Definitely does not increase.....	1	1	1	1	1
	Don't know/No opinion.....	12	11	14	16	9
	Birth defects							
	Increases.....	84	87	81	80	88
	Definitely increases.....	48	54	43	42	54
	Probably increases.....	36	33	38	38	34
	Does not increase.....	4	3	5	5	4
	Probably does not increase.....	3	3	4	4	3
	Definitely does not increase.....	1	1	1	1	1
	Don't know/No opinion.....	12	10	14	15	9
T.10.	Have you ever heard of Fetal Alcohol Syndrome? (Persons under 45 years of age) (Yes).....	56	52	59	49	62
DENTAL CARE								
U.1.	This next question is about preventing tooth decay. After I read each of the following, tell me if you think it is definitely important, probably important, probably not, or definitely not important in preventing tooth decay.							
	Seeing a dentist regularly							
	Important.....	95	96	96	94	91	93	96
	Definitely important.....	82	82	84	83	77	78	86
	Probably important.....	12	13	12	12	14	15	10
	Not important.....	2	2	2	3	2	3	1
	Probably not important.....	2	1	1	2	2	2	1
	Definitely not important.....	1	0	0	1	1	1	0
	Don't know/No opinion.....	3	2	2	3	7	4	3
	Drinking water with fluoride from early childhood							
	Important.....	78	83	84	76	62	77	80
	Definitely important.....	45	46	52	44	32	42	48
	Probably important.....	33	37	32	32	30	34	32
	Not important.....	8	9	7	8	8	9	7
	Probably not important.....	6	7	5	5	5	6	5
	Definitely not important.....	3	2	2	3	3	3	2
	Don't know/No opinion.....	14	8	9	16	30	14	13
	Regular brushing and flossing of the teeth							
	Important.....	97	97	98	97	93	96	97
	Definitely important.....	88	90	91	88	81	86	90
	Probably important.....	8	7	6	9	12	10	7
	Not important.....	1	1	0	1	1	1	0
	Probably not important.....	0	0	0	0	0	0	0
	Definitely not important.....	0	0	0	0	0	0	0
	Don't know/No opinion.....	3	2	2	3	6	3	3

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Table 1. Estimates of the percent of population with selected behaviors and knowledge from the 1985 National Health Interview Survey Questionnaire on Health Promotion and Disease Prevention, by age and sex: United States, 1985--Con.

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Section and item number	Health behaviors and knowledge	Age					Sex	
		All ages	18-29 years	30-44 years	45-64 years	65 years and over	Male	Female
DENTAL CARE--Con.		Percent of population						
U.1.	This next question is about preventing tooth decay. After I read each of the following, tell me if you think it is definitely important, probably important, probably not, or definitely not important in preventing tooth decay.--Con.							
	Using fluoride toothpaste or fluoride mouth rinse							
	Important	88	94	93	86	74	87	89
	Definitely important.....	61	72	66	54	43	58	63
	Probably important.....	28	22	27	32	31	29	26
	Not important	4	2	3	6	6	5	4
	Probably not important.....	3	2	2	4	4	3	2
	Definitely not important.....	1	1	1	1	2	1	1
	Don't know/No opinion.....	8	4	4	9	20	8	7
	Avoiding between-meal sweets							
	Important	88	89	91	89	81	87	90
	Definitely important.....	59	57	63	62	53	56	62
	Probably important.....	29	32	28	27	29	31	28
	Not important	6	8	6	6	6	7	5
	Probably not important.....	5	7	4	4	5	6	4
	Definitely not important.....	1	1	1	2	2	2	1
	Don't know/No opinion.....	5	3	3	5	12	6	5
U.2.	Now I'm going to ask about preventing gum disease. In your opinion, how important or not important is each of the following in preventing gum disease?							
	Seeing a dentist regularly							
	Important	94	96	96	94	89	93	95
	Definitely important.....	82	83	84	82	75	78	85
	Probably important.....	12	13	12	11	14	15	10
	Not important	2	2	2	2	2	3	1
	Probably not important.....	1	1	1	2	2	2	1
	Definitely not important.....	1	0	0	1	1	1	0
	Don't know/No opinion.....	4	3	2	4	9	4	3
	Drinking water with fluoride from early childhood							
	Important	65	74	67	61	52	62	68
	Definitely important.....	34	38	35	32	27	31	37
	Probably important.....	31	35	32	29	25	31	31
	Not important	16	16	19	16	11	18	14
	Probably not important.....	12	12	14	11	7	13	10
	Definitely not important.....	4	3	5	5	4	5	4
	Don't know/No opinion.....	19	11	14	22	36	19	18
	Regular brushing and flossing of the teeth							
	Important	95	96	97	95	90	94	96
	Definitely important.....	83	86	87	81	74	80	86
	Probably important.....	12	11	10	13	16	14	10
	Not important	1	1	1	1	1	1	1
	Probably not important.....	1	1	1	1	1	1	1
	Definitely not important.....	0	0	0	0	0	0	0
	Don't know/No opinion.....	4	3	3	4	9	5	3
	Using fluoride toothpaste or fluoride mouth rinse							
	Important	77	85	78	72	68	74	79
	Definitely important.....	47	57	48	42	39	45	50
	Probably important.....	29	28	30	31	28	30	29
	Not important	12	9	14	13	9	14	10
	Probably not important.....	9	7	11	10	6	10	7
	Definitely not important.....	3	2	3	3	3	3	2
	Don't know/No opinion.....	12	6	8	14	23	12	11
	Avoiding between-meal sweets							
	Important	80	83	81	80	75	78	83
	Definitely important.....	50	49	51	52	48	47	53
	Probably important.....	30	35	30	28	28	31	29
	Not important	11	11	13	11	9	13	10
	Probably not important.....	9	9	10	8	6	10	8
	Definitely not important.....	3	2	3	3	3	3	2
	Don't know/No opinion.....	8	5	6	9	16	9	8

See footnotes at end of table.

Table 1. Estimates of the percent of population with selected behaviors and knowledge from the 1985 National Health Interview Survey Questionnaire on Health Promotion and Disease Prevention, by age and sex: United States, 1985--Con.

(Data are based on household interviews of the civilian noninstitutionalized population. The survey design, general qualifications, and information on the reliability of the estimates are given in Technical notes.)

Section and item number	Health behaviors and knowledge	Age					Sex	
		All ages	18-29 years	30-44 years	45-64 years	65 years and over	Male	Female
DENTAL CARE--Con.		Percent of population						
U.3.	In your opinion, which of the following is the main cause of tooth loss in children?							
	Tooth decay.....	57	55	56	59	61	55	60
	Gum disease.....	8	9	8	9	9	10	7
	Injury to the teeth.....	29	33	34	26	17	29	28
	Don't know.....	5	3	3	5	14	6	5
U.4.	In your opinion, which of the following is the main cause of tooth loss in adults?							
	Tooth decay.....	40	42	35	40	44	41	38
	Gum disease.....	53	52	60	54	43	51	56
	Injury to the teeth.....	3	4	2	2	2	3	2
	Don't know.....	4	3	2	4	11	5	4
U.5a.	Have you ever heard of dental sealants? (Yes).....	23	18	31	23	14	22	23
U.5b.	Which of the following best describes the purpose of dental sealants--to prevent gum disease, to prevent tooth decay, or to hold dentures in place? (Persons who have heard of dental sealants (yes) in U.5a.)							
	Prevent gum disease.....	4	5	3	4	7	4	4
	Prevent tooth decay.....	80	74	85	81	71	79	81
	Hold dentures in place.....	12	18	9	10	13	13	11
	Don't know.....	4	3	3	5	9	4	4
OCCUPATIONAL SAFETY AND HEALTH								
V.1a.	In your present job, are you exposed to any substances that could endanger your health, such as chemicals, dusts, fumes or gases? ³ (Currently employed persons) (Yes).....	35	36	37	32	17	44	23
V.2a.	In your present job, are you exposed to any work conditions that could endanger your health, such as loud noise, extreme heat or cold, physical or mental stress, or radiation? ³ (Currently employed persons) (Yes).....	36	36	40	33	13	42	28
V.3a.	In your present job are you exposed to any risks of accidents or injuries? ³ (Currently employed persons) (Yes).....	40	45	40	37	26	51	26

¹National Center for Health Statistics, C. A. Schoenborn, and K. M. Danchik: Health Practices Among Adults: United States, 1977. *Advance Data From Vital and Health Statistics*. No. 64. DHEW Pub. No. (PHS) 78-1250. Public Health Service. Hyattsville, Md., Nov. 4, 1980.

²National Center for Health Statistics, A. J. Moss and G. Scott: Characteristics of persons with hypertension, United States, 1974. *Vital and Health Statistics*. Series 10, No. 121. DHEW Pub. No. (PHS) 79-1549. Public Health Service. Washington. U.S. Government Printing Office, Dec. 1978.

³National Center for Health Statistics, C. A. Schoenborn, K. M. Danchik, and J. Elinson: Basic data from Wave I of the National Survey of Personal Health Practices and Consequences, United States, 1979. *Vital and Health Statistics*. Series 15, No. 2. DHHS Pub. No. (PHS) 81-1163. Public Health Service. Washington. U.S. Government Printing Office, Aug. 1981.

⁴National Center for Health Statistics, B. Bloom and S. S. Jack: Persons with and without a regular source of medical care, United States. *Vital and Health Statistics*. Series 10, No. 151. DHHS Pub. No. (PHS) 85-1579.

⁵National Center for Health Statistics, A. J. Moss and M. H. Wilder: Use of selected medical procedures associated with preventive care, United States, 1973. *Vital and Health Statistics*. Series 10, No. 110. DHEW Pub. No. (HRA) 77-1538. Health Resources Administration. Washington. U.S. Government Printing Office, Mar. 1977.

⁶National Center for Health Statistics, J. W. Choi: Exercise and Participation in Sports Among Persons 20 Years of Age and Over: United States, 1975. *Advance Data From Vital and Health Statistics*. No. 19. DHEW Pub. No. (PHS) 78-1250. Public Health Service. Hyattsville, Md., March 15, 1978.

⁷National Center for Health Statistics: Health, United States, 1985. DHHS Pub. No. (PHS) 85-1232. Public Health Service. Washington. U.S. Government Printing Office, Dec. 1985.

Technical notes

The National Health Interview Survey (NHIS) is a continuous, cross-sectional, nationwide survey conducted by household interview. Each week a probability sample of households in the civilian noninstitutionalized population is interviewed by personnel of the U.S. Bureau of the Census to obtain information on the health and other characteristics of each member of the household. A description of the survey design, methods used in estimation, and general qualifications of the NHIS data is provided in *Current Estimates From the National Health Interview Survey, 1985*.⁴

The 1985 NHIS sample consisted of 36,399 eligible households. The total noninterview rate for the basic health and demographic household questionnaire was about 4 percent—about 2–3 percent of which was due to respondent refusal and the remainder primarily due to an inability to locate an eligible respondent at home after repeated calls. For the Health Promotion and Disease Prevention questionnaire, self-response was required and one adult per family was randomly selected as the respondent. This procedure resulted in an additional nonresponse of about 7 percent. The number of completed

Health Promotion and Disease Prevention questionnaires was 33,630, representing an estimated 90 percent of eligible respondents.

The estimated population for each of the demographic categories is shown in table I to allow readers to derive an estimate of the number of people in the United States with a given characteristic. However, the estimates are based on a sample of the population rather than on the entire population and are, therefore, subject to sampling error. Some estimates in table I are small for given characteristics. When an estimate or the numerator or denominator of a rate is small, the sampling error may be relatively high. Approximate standard errors for estimates in this report are shown in table II.

Release of data

To expedite the early release of data from the Health Promotion and Disease Prevention questionnaire, provisional estimates previously were made available.¹ This report represents the first release of estimates from the final edited and weighted data file. A number of additional publications are in preparation, including a Series 10 report similar in format to this publication but with detail by age, sex, and race, and with the complete questionnaire and a description of the survey methods; another Series 10 publication showing selected health behavior and knowledge variables by detailed sociodemo-

⁴National Center for Health Statistics, A. J. Moss: Current estimates from the National Health Interview Survey, United States, 1985. *Vital and Health Statistics*. Series 10, No. 160. DHHS Pub. No. (PHS) 86-1588. Public Health Service, Washington. U.S. Government Printing Office, Sept. 1986. In preparation.

Table I. Estimates of selected civilian noninstitutionalized populations by age and sex: United States, 1985

Selected populations	Age					Sex	
	All ages	18-29 years	30-44 years	45-64 years	65 years and over	Male	Female
Population in thousands							
Total adult population	170,972	48,325	51,092	44,512	27,043	80,779	90,192
Females	90,192	24,756	26,201	23,297	15,939	...	90,192
Population in families with children under 10 years of age	45,826	17,922	23,931	3,491	481	20,145	25,681
Population in families with children under 5 years of age	29,916	14,753	13,189	1,756	218	13,241	16,675
Currently employed population	107,316	34,641	40,781	28,645	3,250	60,052	47,264

Table II. Standard errors, expressed in percentage points, of estimated percents by selected age and sex groups: National Health Interview Survey Questionnaire on Health Promotion and Disease Prevention, United States, 1985

Estimated percent	Age					Sex	
	All ages	18-29 years	30-44 years	45-64 years	65 years and over	Male	Female
Standard error in percentage points							
5 or 95	0.13	0.25	0.24	0.26	0.30	0.20	0.17
10 or 90	0.18	0.35	0.33	0.36	0.41	0.28	0.24
15 or 85	0.21	0.42	0.39	0.43	0.49	0.33	0.28
20 or 80	0.24	0.47	0.44	0.48	0.55	0.37	0.31
25 or 75	0.26	0.51	0.47	0.52	0.59	0.40	0.34
30 or 70	0.27	0.54	0.50	0.55	0.63	0.42	0.36
35 or 65	0.28	0.56	0.52	0.57	0.65	0.44	0.37
40 or 60	0.29	0.57	0.53	0.59	0.67	0.45	0.38
45 or 55	0.30	0.58	0.54	0.60	0.68	0.46	0.39
50 or 50	0.30	0.58	0.54	0.60	0.68	0.46	0.39

graphic characteristics; and a Series 5 publication providing a comparison of data from this survey with data from the 1985 Canada Health Survey. In addition, a number of research reports prepared by the staffs of agencies designated as having lead responsibility for particular 1990 objectives will appear in the November–December 1986 issue of *Public Health Reports*.

A public use data file based on the 1985 Health Promotion and Disease Prevention questionnaire is scheduled for release in December 1986. Information regarding the purchase of the public use tape can be obtained by writing the Division of Health Interview Statistics, National Center for Health Statistics, 3700 East-West Highway, Hyattsville, Md. 20782.

Collaboration with Federal agencies

The following Federal agencies provided partial funding for the 1985 Health Promotion and Disease Prevention study, and/or participated in the planning and development of the questionnaire:

- Office of the Assistant Secretary for Health
 - Office of Disease Prevention and Health Promotion
 - Office on Smoking and Health
- Alcohol, Drug Abuse, and Mental Health Administration
 - National Institute of Alcohol Abuse and Alcoholism
- National Institutes of Health
 - National Heart, Lung, and Blood Institute
 - National Cancer Institute
 - National Institute of Dental Research
 - National Institute of Child Health and Human Development

Suggested citation

National Center for Health Statistics, O. T. Thornberry, R. W. Wilson, and P. M. Golden: Health promotion data for the 1990 objectives, Estimates from the National Health Interview Survey of Health Promotion and Disease Prevention, United States, 1985. *Advance Data From Vital and Health Statistics*. No. 126. DHHS Pub. No. (PHS) 86–1250. Public Health Service. Hyattsville, Md., Sept. 19, 1986.

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- Food and Drug Administration
 - Bureau of Foods
- Department of Transportation
 - Office of Driver and Pedestrian Research
- The President's Council on Physical Fitness and Sports

Symbols

- - - Data not available
- . . . Category not applicable
- Quantity zero
- 0.0 Quantity more than zero but less than 0.05
- Z Quantity more than zero but less than 500 where numbers are rounded to thousands
- * Figure does not meet standard of reliability or precision (more than 30-percent relative standard error)
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