

VITAL & HEALTH STATISTICS

Highlights From Wave I of the National Survey of Personal Health Practices and Consequences: United States, 1979

Data From the National Health Survey
Series 15-No. 1

Statistics are presented on personal health practices and self-perceived measures of health for persons 20-64 years of age, by sex, age, and level of education, with emphasis on poor health and medical care practices and on unfavorable health characteristics and occupational factors. The data are from Wave I of the National Survey of Personal Health Practices and Consequences, conducted in 1979.

PROPERTY OF THE
PUBLICATIONS RESEARCH
EDITORIAL LIBRARY

DHHS Publication No. (PHS) 81-1162

U.S. Department of Health and Human Services
Public Health Service
Office of Health Research, Statistics, and Technology
National Center for Health Statistics
Hyattsville, Md.
June 1981

Library of Congress Cataloging in Publication Data

Danchik, Kathleen M.

Highlights From Wave I of the National Survey of Personal Health Practices and Consequences: United States, 1979

(Data from the national health survey. Series 15; no. 1) (DHHS publication ; no. (PHS) 81-1162)

References: p. 8

Supt. of Docs. no.: HE 20.6209:10/137

1. Health status indicators—United States. 2. Health behavior—United States—Statistics. 3. Health surveys—United States. I. Schoenborn, Charlotte A. II. Title. III. Series: Vital and health statistics. Series 15, Data from the national health survey ; no. 1. IV. Series: DHHS publication ; no. (PHS) 81-1162. [DNLN: 1. Habits. 2. Hygiene. 3. Longevity. 4. Attitude to health. W2 A N148vj no. 137]

RA407.3.D33

613'.0973

81-607003

ISBN 0-8406-0218-9

AACR2

National Center for Health Statistics

DOROTHY P. RICE, *Director*

ROBERT A. ISRAEL, *Deputy Director*

JACOB J. FELDMAN, Ph.D., *Associate Director for Analysis and Epidemiology*

GAIL F. FISHER, Ph.D., *Associate Director for the Cooperative Health Statistics System*

GARRIE J. LOSEE, *Associate Director for Data Processing and Services*

ALVAN O. ZARATE, Ph.D., *Assistant Director for International Statistics*

E. EARL BRYANT, *Associate Director for Interview and Examination Statistics*

ROBERT C. HUBER, *Associate Director for Management*

MONROE G. SIRKEN, Ph.D., *Associate Director for Research and Methodology*

PETER L. HURLEY, *Associate Director for Vital and Health Care Statistics*

ALICE HAYWOOD, *Information Officer*

Division of Environmental Epidemiology

RONALD W. WILSON, *Director*

THOMAS F. DRURY, Ph.D., *Chief, Health Status Measurement Branch*

ROSALIE A. DUNN, Ph.D., *Chief, Environmental Studies Branch*

Preface

The National Survey of Personal Health Practices and Consequences was a combined effort of the Office of Health Information, Health Promotion, Physical Fitness and Sports Medicine of the Office of Disease Prevention and Health Promotion (of the Office of the Assistant Secretary for Health), and the

Division of Environmental Epidemiology of the National Center for Health Statistics. Data collection was funded by the Office of Health Information, Health Promotion, Physical Fitness and Sports Medicine, and the study was conducted and analyzed by the Division of Environmental Epidemiology.

Contents

Preface	iii
Introduction	1
National Survey of Personal Health Practices and Consequences	1
Methods	2
Highlights	3
Conclusions	6
References	8
List of detailed tables	9
Appendixes	21
I. Technical notes on methods	22
II. Definitions of certain terms used in this report	27
III. Questionnaire used to determine health practices and consequences	28

Symbols

---	Data not available
...	Category not applicable
-	Quantity zero
0.0	Quantity more than 0 but less than 0.05
*	Figure does not meet standards of reliability or precision (more than 30 percent relative standard error)

Highlights From Wave I of the National Survey of Personal Health Practices and Consequences

by Kathleen M. Danchik, Charlotte A. Schoenborn, M.P.H.,
and Jack Elinson, Ph.D., Division of Environmental
Epidemiology

Introduction

This report presents data on some health practices and self-perceived measures of health of adults 20-64 years of age, by sex, age, and education. The report deals with indications of "poor" health and medical care practices and of unfavorable health characteristics and occupational factors. It is the first in a series of *Vital and Health Statistics* reports to present data obtained from the National Survey of Personal Health Practices and Consequences.

Subsequent reports will present comprehensive data for men and women and contain analyses of data on the interrelationships among selected health practices and health characteristics obtained in the first wave of the survey, conducted during the spring of 1979. Still later reports will present data from the second wave of the survey, accomplished in the spring of 1980, and will include measures of change in the aggregate population and in individuals between the first and second waves.

National Survey of Personal Health Practices and Consequences

The National Survey of Personal Health Practices and Consequences was conducted by the National Center for Health Statistics in the spring of 1979. The survey was designed to meet the data needs of a "prevention initiative" undertaken by the Deputy Assistant Secretary for Health, Department of Health, Education, and Welfare (now the Department of Health and Human Services) in 1977-78. The purpose of the prevention initiative was to set forth specific actions that people could undertake to prevent disease and improve their health. The prevention initiative also described the role of Federal agencies in helping people improve these health practices.^{1,2} Among the kinds of data needed to meet the initiative were those that would

permit further examination of the relation between personal health practices and physical health status.

The objectives of the National Survey of Personal Health Practices and Consequences are as follows:

- To determine whether the findings in Alameda County of the Human Population Laboratory of the California State Department of Health can be replicated on a national basis.³ The Alameda study found a strong relationship between longevity and the reported practice among adults of seven personal health habits.
- To determine whether these health maintenance practices in the adult population are stable over time or whether they fluctuate considerably.
- To obtain evidence regarding the cause-effect relationship between health behavior and illness, that is, to attempt to learn the extent to which failure to practice health maintenance leads to illness and the extent to which illness inhibits the practice of good health habits.
- To determine whether the association between preventive behavior and longevity is a function of simply the *number* of health habits practiced, as reported in the Alameda County study, or is a function of a combination of the number and kind of health habits practiced.
- To assess the role of potentially influential variables that may intervene in the relationship between good health practices and health consequences. These variables include such things as family heritage with respect to longevity; concern for and perceived control over one's own health; social networks and supports; exposure to hazards and stress at the workplace; socioeconomic considerations, including income and educational levels; self-perceived health status; and use of professional health services for the prevention of disease.

Methods

Data for the National Survey of Personal Health Practices and Consequences were collected in telephone interviews of people in a national probability sample. A random-digit dialing technique was used. Two waves of interviews were conducted among a panel of adult respondents 20-64 years of age. In the spring of 1979, 3,025 Wave I interviews were successfully completed. This constituted an 81-percent response from the predesignated sample of potential respondents. In the spring of 1980, 2,453 Wave II interviews were completed. This constituted an 81-percent response from the respondents previously interviewed in Wave I.

Data collection was performed by Chilton Research Services of Radnor, Pa., under contract with the National Center for Health Statistics.

The telephone interview averaged ½ hour. Questions were asked about diet and exercise; sleeping; smoking; drinking alcoholic beverages; height and weight; dental hygiene; use of seat belts; changes in health maintenance behavior due to illness; perceived health status and energy level; concern about health and feelings about capability of taking care of one's own health; use of professional health services for the prevention of disease; use of medical and hospital care; behavior with respect to high blood pressure; disability status; frequency of colds and headaches; limitations on usual activities because of ill health; family heritage of longevity; work status and work conditions with respect to hazards, stress, physical demands, and health benefits; participation in social groups and religious services; enjoyment of free time; number and closeness of friends and relatives; general psychological well-being; recent stressful life events; and sociodemographic information such as age, sex, marital status, educational level, race, and family income.

Descriptions of the design of the survey, the methods used in estimation, and general qualifications of the data obtained are presented in appendix I. Appendix II contains definitions of certain terms used in this report. The questionnaire used in the spring of 1979 for the National Survey of Personal Health Practices and Consequences appears in appendix III of this report.

Highlights of findings are presented in the first section of this report in roughly the same order as they appear in tables 1-4. It should be noted that the completed sample in the National Survey of Personal Health Practices and Consequences was composed of 40 percent men and 60 percent women. This ratio differs from National Health Interview Survey estimates of the proportion of adult men and women (20-64 years of age) in households with telephones, approximately 47 and 53 percent, respectively. Because of this difference, data in this report are neither shown nor discussed for both sexes combined (see appendix I).

In the analysis, variables were dichotomized into "good" versus "poor" health and medical care practices and "favorable" versus "unfavorable" health characteristics and occupational factors. Poor or unfavorable practices or characteristics are presented in this publication. Judgments about whether health practices are good or poor, favorable or unfavorable, are based on the literature currently available in the field of health promotion and disease prevention.⁴⁻⁸ The dichotomies are not intended to be used as guidelines for establishing criteria for good health behavior or associated health characteristics, but rather as a means of presenting a great deal of data in a clear and concise format. Following the highlights, summaries of the findings are shown by education, age, and sex.

Highlights

Self-perceived health status

- As would be expected, older adults were more likely than younger adults to see themselves as being in poor or only fair health.
- Even more striking, however, were the differing perceptions of their own health among persons with different levels of education. Persons who had not graduated from high school were *6 times more likely* than persons with some college education to rate their health as poor or fair.
- There was little difference between men and women in perception of their own health status.

Personal health care

- About one-third of both men and women reported that they were doing a poor or only a fair job of taking care of their health.
- Adults with the least education were most likely to report they were doing a poor or only a fair job of taking care of their health.

Worry over health

- Women, particularly the oldest and those with the least education, were more likely to worry about their health than men were.
- Older adults and people with the least education were somewhat more likely to worry about their health than those who were younger and had more education.

Routine physical activities

- The oldest adults, women, and those with the least education were the most likely to report having difficulty with routine physical activities such as walking, using stairs, standing or sitting

for long periods, using fingers to grasp or handle, or lifting or carrying something heavy.

Physical condition

- Adults with less than a high school education were the most likely to be dissatisfied with their overall physical condition.

Overweight

- Women were more inclined than men to consider themselves overweight. This was true in all age groups and at all educational levels.

Exercise

- A larger proportion of women than men thought they were getting less exercise than they needed. Again, this was true for all age groups and educational levels.
- Younger adults were more likely than older ones to report that they did not get enough exercise.

Physical activity level

- Women were more inclined than men to consider themselves less physically active than their peers.
- The proportion of adults reporting that they were less physically active than their peers was highest among those in the lowest educational category, especially among men.

Energy level

- Women were more likely than men to say they had less energy than other people their age.
- Perception of energy level was related to education. Adults with the most education viewed

themselves as having more energy than adults with the least education.

Control over health

- The adults with the least education were those most likely to think they had little or no control over their health.

Prevention of high blood pressure

- Men, especially men with less than a high school education, were somewhat more inclined than women to feel there was nothing they could do to prevent high blood pressure.

Colds and headaches

- About 10 percent of both men and women reported having three or more colds in the past year. Among women, the frequency of colds appeared to be related to age. Young women were more likely to report having colds than older women.
- Women, particularly young women, were more likely than men to report having headaches at least once a week.

Physical checkup and blood pressure check

- In most age groups and at most educational levels, men were less likely than women to have had a general physical checkup in the past year.
- Men were less apt to have had a blood pressure check in the past year than women were.

Eye examination

- Three out of 5 adults reported no eye examination in the past year.

Regular source of medical care

- Men were twice as likely as women to report they had no regular source of medical care.

Dental visits

- Adults with less than a high school education were less likely than adults with more than 12 years of education to have seen a dentist in the past year.

Pap smear and breast examination

- Of all women, the oldest and those in the lowest education category were the least apt to have had

a Pap smear or a breast examination within the past year.

Cigarette smoking: general

- Men were more likely than women to report having smoked at least 100 cigarettes in their lifetimes, to smoke cigarettes currently, to smoke 25 or more cigarettes a day, and to smoke high tar and nicotine cigarettes. These differences were not sustained in every age and education group, however.
- Younger, less educated men and women were more likely than others to smoke cigarettes currently.

Cigarette smoking: attempts to quit

- Attempts to quit smoking were related to age among men. A greater proportion of older than younger male smokers reported no attempts to quit smoking in the past 2 years.

Cigarette smoking: tar and nicotine levels

- The adults most likely to report smoking cigarettes with a high tar and nicotine content were the oldest men with the least education (45 percent). Among women, those in the youngest group with the least education were the most likely to report smoking high tar and nicotine cigarettes.

Alcohol consumption

- Heavy drinking was 6 times more likely to occur among men than among women (19 percent of men versus 3 percent of women).
- Young men reported drinking more than older men did.

Sleep (fewer than 7 hours)

- About the same proportions of men and women reported sleeping fewer than 7 hours a night (24 percent of men and 19 percent of women).

Sleep (fewer than 7 or more than 8 hours)

- In general about 1 in 3 adults reported sleeping an average of either fewer than 7 hours or more than 8 hours a night.

Eating breakfast

- About the same proportion (one-quarter) of both men and women reported that they rarely or never ate breakfast.

Drinking coffee

- More men than women reported drinking 5 or more cups of coffee a day. This was true for most age and education groups.

Drinking fruit or vegetable juices

- Men were less inclined than women to drink a glass of fruit or vegetable juice daily.
- Men and women with less than a high school education were less likely than adults with more than a high school education to drink fruit or vegetable juice daily.

Drinking water

- About 1 in 10 adults surveyed reported drinking less than 1 glass of water a day.

Drinking soft drinks

- Young adults were more likely than older adults to drink soft drinks. There were few differences between men and women and among education groups.

Efforts to limit red meat

- Few people made an effort to limit the amount of red meat in their diets for health reasons, but men were even less likely to do so than women were.

Taking vitamins

- Men were also less likely than women to take vitamin pills or supplements. This was true for most age and education groups.

Brushing and flossing teeth

- Twice as many men as women reported brushing their teeth less than 2 times a day (49 percent of men and 25 percent of women).

- Adults with the most education were the most likely to brush their teeth at least twice a day.
- The pattern of differences between men and women and among education groups was the same for flossing teeth or using a water pick as it was for brushing teeth. Differences between men and women were not as great, however, and differences by education level were more marked.

Seatbelts

- About half of the adults surveyed reported they never used seatbelts; two-thirds reported they seldom or never used them.
- Those with more than 12 years of education were the most likely to use seatbelts.

Variable work shift

- Men were more likely than women to hold jobs involving a variable work shift.

Emotional stress on the job

- There was little difference between the proportions of men and women who reported a great deal of emotional stress on the job.

Occupational hazards

- Men were twice as likely as women to report having jobs where they were exposed to special risk of accident or injury or to substances that could endanger their health.
- Men were also more likely to have changed jobs because of concern about occupational hazards or dangers to their health.

Paid leave for health reasons

- Men and women with less than 12 years of education were less likely than those with more education to hold jobs on which they were paid for sick leave or for time off for doctor visits.

Conclusions

Summary by education

Adults with less than 12 years of education were more likely than those with more than 12 years of education to

- Rate their health as fair or poor,
- Think they were doing a poor or only a fair job of taking care of their health,
- Worry about their health,
- Have difficulty with routine physical activities,
- Be dissatisfied with their overall physical condition,
- Think they were less physically active than other people their age,
- View themselves as having less energy than their peers,
- Think they had little or no control over their health,
- Not see a dentist,
- Not have a Pap smear or breast examination (among women);
- Smoke cigarettes, and
- Smoke high tar and nicotine cigarettes.

Adults with more than 12 years of education were more likely than adults with the least education to

- Drink some fruit or vegetable juice daily,
- Brush their teeth at least twice a day,
- Use dental floss or water picks,
- Use seatbelts, and
- Have jobs in which they were paid for sick leave or leave for doctor visits.

Summary by age

Adults aged 50-64 were more likely than younger adults to

- Feel they were in poor or only fair health,
- Worry about their health, and
- Have difficulty with routine physical activities.

Adults aged 20-34 were more likely than older adults to

- Think they were getting less exercise than they needed,
- Have a Pap smear or breast examination (among women),
- Smoke cigarettes,
- Drink a large quantity of alcohol, especially among men, and
- Drink soft drinks.

Summary by sex

Men were more likely than women to

- Feel there was nothing they could do to prevent high blood pressure,
- Have no regular source of medical care,
- Smoke cigarettes,
- Drink a large quantity of alcohol,
- Drink 5 or more cups of coffee a day,
- Have jobs with variable work shifts,
- Have hazardous jobs, and
- Have changed jobs because of concern for health.

Women were more likely than men to

- Worry about their health,
- Have difficulty with routine physical activities,
- Consider themselves overweight,
- Think they were getting less exercise than they needed,
- Think they were less active than their peers,
- Feel they had less energy than other people their age,
- Have headaches,
- Have physical checkups,
- Have blood pressure checks,
- Drink fruit or vegetable juices,
- Limit the amount of red meat in their diets for health reasons,
- Take vitamin pills or supplements,
- Brush their teeth at least twice a day, and
- Use dental floss or a water pick.

“Good” and “bad” health practices of adults are clearly related to years of education. In contrast to those with more education, people who have never graduated from high school rate their general emotional and physical well-being lower and employ fewer preventive measures for maintaining their health.

Age and sex also have some relation to health and health practices, although the relationship is not so clear nor consistent as it is with education. Adults aged 50-64 have more physical health problems than younger adults have and are more concerned about their health. Younger adults engage in more activities that are considered health deteriorating.

Men are less concerned about their health than women are, and they are more likely to engage in activities considered to be deleterious to health. Women are more likely than men to view themselves as being in fair or poor health and to worry about their health. A higher proportion of women than men practice behavior aimed at maintaining good health.

References

¹Office of the Assistant Secretary for Health and Surgeon General: *Healthy People—The Surgeon General's Report on Health Promotion and Disease Prevention, 1979*. DHEW Pub. No. (PHS) 79-55071. Public Health Service. Washington. U.S. Government Printing Office, July 1979.

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. Public Health Service. Washington. U.S. Government Printing Office, 1979.

³Breslow, L., and Enstrom, J. E.: Persistence of health habits and their relationship to mortality. *Prev. Med.* 9:469-483, 1980.

⁴Thornberry, O. T., Jr., and Massey, J. R.: Correcting for Undercoverage Bias in Random Digit Dialed National Health

Surveys. Paper presented at annual meeting of the American Statistical Association, San Diego, Calif., Aug. 13-17, 1978.

⁵Cannell, C. F., and Groves, R. M.: Differences Between Telephone and Personal Interview Data, First Report of Findings HIS/SRC Telephone Experiment. Unpublished document.

⁶National Center for Health Statistics: *Health, United States, 1978*. DHEW Pub. No. (PHS) 78-1232. Public Health Service. Washington. U.S. Government Printing Office, 1978.

⁷U.S. Department of Health, Education, and Welfare: *Preventing Disease, Promoting Health—Objectives for the Nation—Drafts From Atlanta Conference for Review and Comment*. Washington. U.S. Government Printing Office, Aug. 1979.

⁸National Center for Health Statistics: *Health, United States, 1979*. DHEW Pub. No. (PHS) 80-1232. Public Health Service. Washington. U.S. Government Printing Office, 1980.

List of detailed tables

1. Proportion of persons 20-64 years of age reporting selected health characteristics, by sex, age, and education: National Survey of Personal Health Practices and Consequences, Wave I, 1979	10	3. Proportion of persons 20-64 years of age reporting selected health practices, by sex, age, and education: National Survey of Personal Health Practices and Consequences, Wave I, 1979	15
2. Proportion of persons 20-64 years of age reporting selected medical and dental care practices, by sex, age, and education: National Survey of Personal Health Practices and Consequences, Wave I, 1979	13	4. Proportion of full-time currently employed persons 20-64 years of age reporting selected health-related job characteristics, by sex, age, and education: National Survey of Personal Health Practices and Consequences, Wave I, 1979	19

Table 1. Proportion of persons 20-64 years of age reporting selected health characteristics, by sex, age, and education: National Survey of Personal Health Practices and Consequences, Wave I, 1979

(Numbers in parentheses indicate questionnaire items; see appendix III)

Health characteristic and education	Men				Women			
	All ages 20-64 years	20-34 years	35-49 years	50-64 years	All ages 20-64 years	20-34 years	35-49 years	50-64 years
HEALTH STATUS								
Poor or fair health status (1)								
Education:								
All levels-----	16.5	9.2	16.4	30.4	17.3	10.9	13.5	32.3
Less than 12 years-----	37.4	21.7	32.5	52.0	40.6	28.2	33.3	53.9
12 years-----	19.3	13.4	18.8	31.2	16.7	11.7	14.5	29.1
More than 12 years-----	5.8	4.2	6.9	8.7	5.6	5.0	1.8	12.5
Poor or fair health status relative to peers (53)								
Education:								
All levels-----	15.7	11.7	17.5	20.6	17.3	15.6	13.9	24.1
Less than 12 years-----	31.3	28.7	31.9	32.4	35.4	33.8	29.0	41.0
12 years-----	16.9	14.4	15.6	23.5	16.2	16.0	13.4	20.3
More than 12 years-----	8.3	6.7	11.8	6.5	8.9	9.8	6.5	10.2
At least some worry over health in past year (51)								
Education:								
All levels-----	27.0	26.1	24.3	32.5	32.9	29.9	31.3	39.8
Less than 12 years-----	34.3	35.7	28.9	38.5	42.2	32.8	39.6	50.2
12 years-----	27.8	25.6	28.0	31.8	30.6	29.0	30.0	34.4
More than 12 years-----	23.3	24.4	19.4	27.2	30.6	30.0	28.4	35.1
CONTROL OVER HEALTH								
Feel little or no control over health (52)								
Education:								
All levels-----	10.4	6.9	11.8	14.8	7.8	5.2	8.7	11.1
Less than 12 years-----	18.7	13.9	18.7	21.8	14.2	13.3	15.5	14.0
12 years-----	12.6	9.1	13.2	18.2	8.9	5.9	9.3	14.1
More than 12 years-----	5.4	4.2	7.5	4.9	3.2	2.1	4.4	4.2
Feel they cannot help prevent high blood pressure (58) ¹								
Education:								
All levels-----	12.5	10.5	11.7	17.3	8.7	8.2	8.0	10.6
Less than 12 years-----	24.7	20.4	23.5	29.1	10.7	13.3	6.2	11.9
12 years-----	14.6	15.9	11.9	16.3	10.4	8.2	11.4	13.6
More than 12 years-----	6.5	5.9	6.6	8.1	6.0	6.7	5.1	5.2

See footnote at end of table.

Table 1. Proportion of persons 20-64 years of age reporting selected health characteristics, by sex, age, and education: National Survey of Personal Health Practices and Consequences, Wave I, 1979--Con.

(Numbers in parentheses indicate questionnaire items; see appendix III)

Health characteristic and education	Men				Women			
	All ages 20-64 years	20-34 years	35-49 years	50-64 years	All ages 20-64 years	20-34 years	35-49 years	50-64 years
PHYSICAL CONDITION								
Consider themselves overweight (14)								
Education:								
All levels-----	34.4	25.7	40.8	41.8	50.3	43.2	56.7	54.7
Less than 12 years-----	31.5	20.0	35.5	35.2	56.1	44.6	62.8	59.0
12 years-----	35.8	28.1	42.8	40.0	52.9	48.8	56.4	56.2
More than 12 years-----	34.8	25.5	41.9	50.0	44.3	37.3	53.7	47.9
Difficulty with routine physical activities (62)								
Education:								
All levels-----	14.4	8.8	13.0	27.2	25.5	17.1	23.7	41.8
Less than 12 years-----	25.9	20.9	18.7	35.8	38.0	28.2	29.0	50.9
12 years-----	16.2	9.7	14.8	30.6	24.3	17.4	25.3	36.5
More than 12 years-----	8.5	5.8	9.0	15.8	20.1	13.5	18.9	38.5
Somewhat or very dissatisfied with physical condition (49)								
Education:								
All levels-----	16.7	14.7	19.7	15.9	19.5	20.5	19.0	18.4
Less than 12 years-----	23.5	29.6	19.9	22.9	30.1	28.2	33.8	28.7
12 years-----	15.4	12.2	18.8	16.5	19.9	23.3	19.4	13.8
More than 12 years-----	14.6	13.2	20.2	8.7	13.5	15.5	10.6	12.8
Somewhat or much less energy than peers (54) ¹								
Education:								
All levels-----	14.6	11.0	16.9	18.5	24.7	26.9	21.0	25.1
Less than 12 years-----	26.8	17.9	29.3	30.4	35.6	38.9	27.4	39.4
12 years-----	15.3	11.0	16.7	21.3	23.0	26.9	19.8	19.4
More than 12 years-----	9.2	9.6	11.0	4.5	20.7	23.4	18.9	16.3
Somewhat or much less physically active than peers (45)								
Education:								
All levels-----	20.4	17.6	23.8	20.8	30.7	36.4	26.3	26.4
Less than 12 years-----	28.3	23.5	27.7	31.8	36.4	39.0	31.4	38.2
12 years-----	20.4	19.1	22.8	19.4	31.2	39.2	25.8	23.2
More than 12 years-----	17.1	15.6	22.5	11.4	27.2	32.9	24.3	17.4

See footnote at end of table.

Table 1. Proportion of persons 20-64 years of age reporting selected health characteristics, by sex, age, and education: National Survey of Personal Health Practices and Consequences, Wave I, 1979--Con.

(Numbers in parentheses indicate questionnaire items; see appendix III)

Health characteristic and education	Men				Women			
	All ages 20-64 years	20-34 years	35-49 years	50-64 years	All ages 20-64 years	20-34 years	35-49 years	50-64 years
PHYSICAL CONDITION--Con.								
3 colds or more in past year (60) ¹								
Education:								
All levels-----	11.6	14.3	9.4	9.6	12.2	18.2	7.7	7.4
Less than 12 years-----	12.9	15.7	10.2	13.6	12.0	21.5	7.9	8.3
12 years-----	12.8	14.7	11.6	11.2	11.5	18.1	6.0	5.7
More than 12 years-----	10.2	13.8	7.3	4.4	13.2	17.4	9.6	8.4
Headaches at least once a week (61)								
Education:								
All levels-----	10.1	10.8	9.8	9.2	21.6	26.4	18.7	16.9
Less than 12 years-----	13.5	13.9	13.9	12.8	26.3	38.5	21.3	21.8
12 years-----	10.9	11.9	10.4	10.0	21.2	26.1	17.4	16.8
More than 12 years-----	8.1	9.5	7.5	4.9	19.6	23.2	18.9	11.7
CARE OF HEALTH								
Exercise less than needed (48) ¹								
Education:								
All levels-----	53.4	56.1	57.7	41.9	62.7	65.8	64.0	55.8
Less than 12 years-----	44.1	58.3	41.1	37.6	59.3	67.7	62.7	51.2
12 years-----	50.0	47.5	60.8	38.1	61.6	65.0	61.6	54.7
More than 12 years-----	59.6	60.6	63.3	49.5	65.6	66.0	67.4	62.2
Poor or fair care of own health (44)								
Education:								
All levels-----	33.7	34.3	33.3	33.0	31.2	32.4	31.9	28.2
Less than 12 years-----	42.6	43.5	41.6	43.0	44.7	50.8	44.0	41.3
12 years-----	35.9	40.0	34.4	30.6	32.0	34.8	33.3	25.0
More than 12 years-----	28.4	29.2	28.6	25.5	23.0	24.7	23.8	17.7

¹Excludes unknowns.

NOTE: To determine sampling errors, see tables I and II in appendix I. For combining cells, see population bases in table III.

Table 2. Proportion of persons 20-64 years of age reporting selected medical and dental care practices, by sex, age, and education: National Survey of Personal Health Practices and Consequences, Wave I, 1979

(Numbers in parentheses indicate questionnaire items; see appendix III)

Medical or dental care practice and education	Men				Women			
	All ages 20-64 years	20-34 years	35-49 years	50-64 years	All ages 20-64 years	20-34 years	35-49 years	50-64 years
No regular source of medical care (55)								
Education:								
All levels-----	21.9	24.5	21.3	17.8	9.4	10.5	9.4	7.7
Less than 12 years-----	22.2	27.0	21.1	20.1	10.1	12.8	6.8	10.6
12 years-----	19.6	23.8	18.8	12.9	8.9	8.8	9.9	7.6
More than 12 years-----	23.3	24.4	23.1	20.1	9.7	11.4	10.3	4.5
No general physical examination in past year (20) ¹								
Education:								
All levels-----	62.5	65.4	62.9	56.5	49.3	47.3	51.4	50.3
Less than 12 years-----	64.1	59.3	72.5	59.4	53.9	49.7	54.9	56.1
12 years-----	63.9	68.2	57.7	65.0	50.1	46.2	54.3	52.1
More than 12 years-----	61.0	65.0	62.2	45.8	46.1	47.6	46.3	41.8
No eye examination in past year (19) ¹								
Education:								
All levels-----	63.3	65.6	60.1	63.6	60.8	64.0	61.7	54.3
Less than 12 years-----	58.2	59.1	52.1	63.1	62.8	68.9	64.7	57.2
12 years-----	68.3	69.5	68.4	65.9	61.5	64.8	61.5	55.1
More than 12 years-----	62.1	64.7	57.8	62.0	59.0	61.8	60.3	50.2
No dental examination in past year (15)								
Education:								
All levels-----	43.1	38.6	45.5	48.0	36.2	33.2	34.6	43.0
Less than 12 years-----	67.8	55.7	74.7	69.3	58.7	57.9	49.8	65.5
12 years-----	47.2	45.0	50.8	45.9	34.3	32.5	34.8	37.4
More than 12 years-----	30.0	31.6	27.7	29.3	26.3	26.7	26.4	25.3
No blood pressure check in past year(23)								
Education:								
All levels-----	24.4	28.9	21.7	19.9	16.4	15.7	20.1	13.3
Less than 12 years-----	23.5	26.1	27.7	17.9	19.4	20.0	25.6	14.7
12 years-----	24.1	28.8	22.0	18.2	16.6	15.4	21.4	12.6
More than 12 years-----	25.0	29.5	18.5	23.4	14.6	14.7	15.8	12.5

See footnote at end of table.

Table 2. Proportion of persons 20-64 years of age reporting selected medical and dental care practices, by sex, age, and education: National Survey of Personal Health Practices and Consequences, Wave I, 1979--Con.

(Numbers in parentheses indicate questionnaire items; see appendix III)

Medical or dental care practice and education	Men				Women			
	All ages 20-64 years	20-34 years	35-49 years	50-64 years	All ages 20-64 years	20-34 years	35-49 years	50-64 years
No Pap smear test in past year (24)								
Education:								
All levels-----	40.0	31.2	44.1	49.9
Less than 12 years-----	54.0	47.7	53.1	58.7
12 years-----	39.0	28.8	45.4	50.0
More than 12 years-----	33.7	28.8	37.7	40.0
No breast examination in past year (25)								
Education:								
All levels-----	37.0	31.0	40.9	42.3
Less than 12 years-----	47.9	44.1	51.7	47.8
12 years-----	38.4	31.3	42.3	47.1
More than 12 years-----	29.6	27.0	33.6	30.2

¹Excludes unknowns.

NOTE: To determine sampling errors, see tables I and II in appendix I. For combining cells, see population bases in table III.

Table 3. Proportion of persons 20-64 years of age reporting selected health practices, by sex, age, and education: National Survey of Personal Health Practices and Consequences, Wave I, 1979

(Numbers in parentheses indicate questionnaire items; see appendix III)

Health practice and education	Men				Women			
	All ages 20-64 years	20-34 years	35-49 years	50-64 years	All ages 20-64 years	20-34 years	35-49 years	50-64 years
CIGARETTE SMOKING								
Smoked at least 100 cigarettes in lifetime (26)								
Education:								
All levels-----	66.2	56.3	75.6	71.5	49.4	46.1	53.1	50.6
Less than 12 years-----	83.0	89.6	87.3	74.9	56.4	64.1	52.7	53.9
12 years-----	67.6	61.9	72.4	71.2	47.2	44.5	50.9	47.6
More than 12 years-----	58.2	46.4	72.3	68.5	48.0	42.4	55.8	50.6
Currently smoke cigarettes (27)								
Education:								
All levels-----	38.8	37.1	43.2	36.0	32.9	32.0	36.9	30.0
Less than 12 years-----	57.4	76.5	59.6	43.0	41.2	53.3	43.0	31.7
12 years-----	39.9	42.2	41.6	32.9	31.9	31.6	35.9	27.1
More than 12 years-----	30.4	26.2	36.4	32.1	29.8	26.1	34.9	31.7
Smoke 25 cigarettes or more a day (31) ¹								
Education:								
All levels-----	39.8	26.1	51.1	46.9	22.4	16.6	25.3	28.6
Less than 12 years-----	36.4	13.6	55.6	37.7	28.0	26.0	30.3	28.0
12 years-----	38.6	31.9	38.5	55.4	21.9	15.9	27.6	25.0
More than 12 years-----	43.4	28.2	57.9	50.8	18.9	11.6	19.3	33.3
Think the cigarettes they currently smoke have high tar and nicotine levels (32) ^{1,2}								
Education:								
All levels-----	30.7	32.0	25.5	37.0	15.7	21.0	12.5	10.5
Less than 12 years-----	32.3	33.0	21.7	45.3	18.6	33.0	8.6	11.3
12 years-----	29.8	26.7	35.1	27.8	16.1	19.8	15.3	8.6
More than 12 years-----	30.2	36.1	20.5	36.4	13.2	15.4	11.3	11.7
Have not tried to quit smoking in past 2 years (35) ¹								
Education:								
All levels-----	54.6	43.3	60.5	66.7	46.1	41.4	51.7	46.5
Less than 12 years-----	49.6	45.5	48.5	55.8	38.8	38.5	40.4	37.6
12 years-----	55.3	41.5	62.5	75.0	50.9	46.9	50.9	59.8
More than 12 years-----	58.1	43.6	68.3	72.9	45.8	36.6	60.0	41.7

See footnotes at end of table.

Table 3. Proportion of persons 20-64 years of age reporting selected health practices, by sex, age, and education: National Survey of Personal Health Practices and Consequences, Wave I, 1979--Con.

(Numbers in parentheses indicate questionnaire items; see appendix III)

Health practice and education	Men				Women			
	All ages 20-64 years	20-34 years	35-49 years	50-64 years	All ages 20-64 years	20-34 years	35-49 years	50-64 years
EATING AND DRINKING								
Drink a large quantity of alcohol (39, 40) ³								
Education:								
All levels-----	19.2	24.2	16.6	13.5	3.2	4.2	2.1	2.8
Less than 12 years-----	23.0	32.7	22.6	16.8	4.4	9.4	1.0	3.4
12 years-----	19.6	24.8	19.3	9.9	2.9	3.6	2.9	1.5
More than 12 years-----	17.4	22.1	11.8	13.7	3.0	3.4	1.8	3.9
Rarely or never eat breakfast (2)								
Education:								
All levels-----	26.1	29.1	26.1	20.5	24.3	28.3	24.8	17.0
Less than 12 years-----	25.7	27.0	31.3	19.6	28.2	34.9	27.5	24.2
12 years-----	25.1	25.3	27.2	21.8	26.1	31.6	27.8	13.5
More than 12 years-----	26.9	31.6	22.8	20.1	20.2	23.0	19.9	13.6
Drink 5 or more cups of coffee daily (3)								
Education:								
All levels-----	23.5	14.9	31.5	28.3	17.0	10.2	23.0	21.3
Less than 12 years-----	27.4	21.7	31.3	27.4	19.4	15.4	24.6	18.4
12 years-----	23.2	13.8	30.0	31.2	17.6	9.5	25.8	22.4
More than 12 years-----	22.1	14.2	32.7	26.6	14.9	9.4	18.9	23.0
Drink less than 1 glass of fruit or vegetable juice daily (3)								
Education:								
All levels-----	43.7	43.8	44.9	41.7	36.4	39.4	36.5	31.1
Less than 12 years-----	52.6	60.9	55.4	44.7	43.0	52.3	44.0	36.2
12 years-----	49.7	50.3	48.4	50.6	39.4	44.8	37.2	32.1
More than 12 years-----	35.9	36.7	37.3	30.4	29.5	30.3	31.8	24.2
Drink less than 1 glass of water daily (3)								
Education:								
All levels-----	9.5	10.3	8.5	9.4	10.5	11.6	10.1	9.0
Less than 12 years-----	9.6	9.6	5.4	13.4	12.2	16.4	7.2	13.0
12 years-----	8.9	10.0	9.6	5.9	10.8	13.0	11.0	6.5
More than 12 years-----	9.8	10.5	9.2	8.7	9.2	8.9	10.6	7.9

See footnotes at end of table.

Table 3. Proportion of persons 20-64 years of age reporting selected health practices, by sex, age, and education: National Survey of Personal Health Practices and Consequences, Wave I, 1979--Con.

(Numbers in parentheses indicate questionnaire items; see appendix III)

Health practice and education	Men				Women			
	All ages 20-64 years	20-34 years	35-49 years	50-64 years	All ages 20-64 years	20-34 years	35-49 years	50-64 years
EATING AND DRINKING--Con.								
Drink soft drinks in any quantity daily (3)								
Education:								
All levels-----	74.5	79.7	73.0	66.8	71.9	80.3	67.0	63.6
Less than 12 years-----	74.1	85.2	77.7	63.7	69.8	81.0	66.7	64.5
12 years-----	75.0	85.6	65.2	69.4	73.0	83.1	65.6	63.5
More than 12 years-----	74.2	75.2	76.3	67.4	71.8	77.3	68.7	62.6
Make no effort to limit red meat consumption (4)								
Education:								
All levels-----	80.5	81.1	80.1	80.1	70.5	71.6	72.4	66.5
Less than 12 years-----	82.4	83.5	81.3	82.7	74.4	82.6	77.8	66.6
12 years-----	84.5	86.3	82.8	83.5	74.8	78.5	73.3	69.7
More than 12 years-----	77.1	77.7	77.5	74.5	63.7	61.5	68.5	62.3
Do not take vitamin supplements (5)								
Education:								
All levels-----	57.6	56.9	57.1	59.7	42.1	39.2	44.0	44.8
Less than 12 years-----	60.9	57.4	63.3	60.9	49.2	42.6	48.8	53.9
12 years-----	61.9	58.4	60.4	70.6	39.9	35.8	44.9	41.2
More than 12 years-----	53.3	55.9	51.7	48.4	40.7	41.5	40.3	39.2
SLEEPING								
Average fewer than 7 hours of sleep a night (6)								
Education:								
All levels-----	23.9	22.3	26.4	23.5	19.3	17.3	18.6	23.6
Less than 12 years-----	27.2	25.2	31.9	24.0	24.7	23.6	24.2	25.9
12 years-----	23.0	24.7	22.4	20.6	18.4	17.2	18.7	20.3
More than 12 years-----	23.2	20.4	26.6	25.5	17.5	15.5	15.5	25.3
Average fewer than 7 or more than 8 hours of sleep a night (6)								
Education:								
All levels-----	32.6	31.4	32.9	34.5	31.4	33.6	26.3	33.7
Less than 12 years-----	40.9	36.5	46.4	38.5	38.8	45.6	30.9	39.9
12 years-----	31.9	34.4	27.6	33.5	32.2	35.8	27.8	31.2
More than 12 years-----	29.7	28.6	30.3	31.5	26.7	27.9	22.2	30.2

See footnotes at end of table.

Table 3. Proportion of persons 20-64 years of age reporting selected health practices, by sex, age, and education: National Survey of Personal Health Practices and Consequences, Wave I, 1979--Con.

(Numbers in parentheses indicate questionnaire items; see appendix III)

Health practice and education	Men				Women			
	All ages 20-64 years	20-34 years	35-49 years	50-64 years	All ages 20-64 years	20-34 years	35-49 years	50-64 years
CARE OF TEETH								
Brush teeth less than twice a day (17) ^{2,4}								
Education:								
All levels-----	48.7	43.2	52.9	54.0	24.5	25.6	23.1	24.3
Less than 12 years-----	66.1	56.5	73.1	66.0	37.8	35.4	41.0	37.0
12 years-----	52.0	46.1	58.1	54.8	25.3	29.1	22.5	20.9
More than 12 years-----	39.8	38.8	39.8	42.9	17.9	19.2	15.1	18.4
Never floss teeth (18) ^{2,4}								
Education:								
All levels-----	52.1	48.9	52.1	59.3	37.8	35.9	39.7	39.2
Less than 12 years-----	71.0	55.7	75.6	78.2	62.5	57.4	65.9	64.1
12 years-----	60.3	57.4	64.0	60.3	37.2	36.2	40.0	34.9
More than 12 years-----	39.3	42.7	32.4	42.2	26.9	29.2	25.4	23.1
USE OF SEATBELTS								
Never use seatbelts (43)								
Education:								
All levels-----	48.5	50.4	44.6	50.3	47.5	51.6	45.8	42.7
Less than 12 years-----	57.2	62.6	43.4	66.5	58.3	64.6	58.9	53.6
12 years-----	53.1	58.4	50.8	46.5	52.5	59.6	50.2	41.8
More than 12 years-----	41.7	43.4	40.8	38.0	36.3	39.7	33.6	31.7
Seldom or never use seatbelts (43)								
Education:								
All levels-----	66.6	67.0	64.6	68.5	65.1	69.6	64.1	58.8
Less than 12 years-----	74.8	79.1	70.5	76.0	72.4	84.6	70.0	65.9
12 years-----	69.7	73.8	65.2	68.8	70.9	75.9	70.0	62.4
More than 12 years-----	61.0	60.8	61.3	60.9	55.0	58.9	54.0	46.4

¹Percents calculated on the basis of current smokers; see table II in appendix I.

²Excludes unknowns.

³"Large quantity" is defined here as drinking 5 drinks or more in a day at least once a week or drinking 3 drinks on a daily basis. When the response is given as a range (for example, 2-3 drinks 6-7 times a week) the number is rounded up.

⁴Percents calculated on the basis of persons with natural teeth; see table II in appendix I.

NOTE: To determine sampling errors, see tables I and II in appendix I. For combining cells, see population bases in table III.

Table 4. Proportion of full-time currently employed persons 20-64 years of age reporting selected health-related job characteristics, by sex, age, and education: National Survey of Personal Health Practices and Consequences, Wave I, 1979

(Numbers in parentheses indicate questionnaire items; see appendix III)

Job characteristic and education	Men				Women			
	All ages 20-64 years	20-34 years	35-49 years	50-64 years	All ages 20-64 years	20-34 years	35-49 years	50-64 years
OCCUPATIONAL STRESS								
Great deal of emotional stress on the job (109) ¹								
Education:								
All levels-----	26.5	24.5	31.6	21.8	22.9	21.1	27.8	20.5
Less than 12 years-----	18.4	18.8	19.9	16.2	22.4	35.7	14.3	16.2
12 years-----	21.8	19.6	24.9	21.0	19.7	15.8	25.4	21.1
More than 12 years-----	32.6	28.5	41.2	26.6	26.2	23.0	34.4	22.4
Variable work shift (107) ¹								
Education:								
All levels-----	26.9	27.2	28.4	23.9	15.5	17.3	14.9	11.7
Less than 12 years-----	28.0	29.7	30.1	23.9	22.4	20.0	25.4	22.1
12 years-----	27.2	26.8	27.8	26.9	14.9	17.1	12.4	13.0
More than 12 years-----	26.4	26.8	28.1	21.5	13.9	16.9	13.8	3.7
OCCUPATIONAL HAZARDS								
Exposed to special risk of accident or injury on the job (110) ¹								
Education:								
All levels-----	50.5	56.2	46.3	45.4	24.1	28.5	21.2	17.4
Less than 12 years-----	55.6	69.3	53.7	46.2	31.8	38.6	30.2	26.5
12 years-----	57.6	60.9	54.9	55.5	20.2	22.0	15.7	22.0
More than 12 years-----	43.9	50.7	37.3	37.3	25.6	32.2	23.6	6.5
Changed jobs because of health hazards (111) ¹								
Education:								
All levels-----	11.1	15.5	9.5	4.8	5.9	7.4	4.5	4.0
Less than 12 years-----	11.6	23.8	8.8	4.3	4.5	2.9	11.1	0.0
12 years-----	10.4	12.7	11.4	3.4	8.1	10.2	3.8	8.9
More than 12 years-----	11.4	15.3	8.4	6.3	4.2	5.7	3.1	0.9
PAID SICK LEAVE								
No paid leave when ill (105) ^{2,3}								
Education:								
All levels-----	22.9	26.2	18.5	22.9	21.8	24.7	18.7	18.8
Less than 12 years-----	32.2	32.3	32.1	32.2	36.4	47.8	32.1	28.1
12 years-----	26.6	33.6	22.9	14.8	19.9	21.4	17.1	20.0
More than 12 years-----	16.9	20.3	9.8	21.6	19.1	23.1	15.8	11.2

See footnotes at end of table.

Table 4. Proportion of full-time currently employed persons 20-64 years of age reporting selected health-related job characteristics, by sex, age, and education: National Survey of Personal Health Practices and Consequences, Wave I, 1979--Con.

(Numbers in parentheses indicate questionnaire items; see appendix III)

Job characteristic and education	Men				Women			
	All ages 20-64 years	20-34 years	35-49 years	50-64 years	All ages 20-64 years	20-34 years	35-49 years	50-64 years
PAID SICK LEAVE--Con.								
No paid leave for doctor visits (106) ^{2,3}								
Education:								
All levels-----	39.1	42.7	34.8	37.7	45.8	46.3	43.4	48.1
Less than 12 years-----	53.4	61.5	45.0	54.9	69.7	76.1	60.7	70.8
12 years-----	46.2	49.8	45.4	37.5	45.0	48.1	40.9	42.6
More than 12 years-----	28.8	34.1	23.1	21.6	39.3	38.8	40.2	39.2

¹Percents calculated on the basis of full-time employed persons; see table II in appendix I.

²Percents calculated on the basis of full-time employed persons excluding self-employed; see table II in appendix I.

³Excludes unknowns.

NOTE: To determine sampling errors, see tables I and II in appendix I. For combining cells, see population bases in table III.

Appendixes

Contents

I.	Technical notes on methods	22
	Background of this report	22
	Statistical design of the survey	22
	General qualifications	23
	Sex ratio of the sample	23
	Reliability of estimates	24
II.	Definitions of certain terms used in this report	27
	Terms relating to health	27
	Demographic terms	27
III.	Questionnaire used to determine health practices and consequences	28

List of appendix tables

I.	Standard errors, expressed in percentage points, of estimated percents	24
II.	Number of respondents 20-64 years of age, by sex, age, selected characteristics, and education: National Survey of Personal Health Practices and Consequences, Wave I, 1979	25
III.	Population bases for percents shown in tables 1-4, by sex, age, selected characteristics, and education: National Survey of Personal Health Practices and Consequences, Wave I, 1979	26

Appendix I. Technical notes on methods

Background of this report

This report is one of a series of statistical reports prepared by the National Center for Health Statistics (NCHS) based on information collected in a telephone survey, the National Survey of Personal Health Practices and Consequences. This survey was undertaken as part of the "prevention initiative" of the Department of Health, Education, and Welfare (now the Department of Health and Human Services). The primary goal of this survey was to provide data that allow analysis of the interrelationships between health practices and health status.

The data in this report were collected in the spring of 1979 by Chilton Research Services of Radnor, Pa., under contract with the National Center for Health Statistics. A number of survey questions were asked that would permit the data collection service to maintain contact with respondents for potential followups. It is anticipated that the interview data on personal health behavior and reported illness will be checked against future records of the National Death Index, presently being developed by the National Center for Health Statistics. Discussion of survey methods is based entirely on information provided to NCHS by Chilton Research Services.

Statistical design of the survey

General plan.—The target population for the National Survey of Personal Health Practices and Consequences, Wave I, was all persons aged 20-64 years residing in the conterminous United States in households with a telephone. The survey questions were asked over the telephone in interviews lasting about ½ hour each. This method has two distinct advantages over conventional face-to-face interviewing: it results in speedier data collection, and it reduces interviewer variance by allowing ongoing monitoring of interview quality. The principal disadvantage of the telephone method is undercoverage;

preliminary findings from the 1979 National Health Interview Survey indicate that about 7 percent of U.S. households did not have a telephone.

Detailed analysis of 1976 National Health Interview Survey data revealed that while persons residing in households without a telephone were disproportionately low income, differences in socio-demographic and health characteristics between the population with a telephone and the total population were, on the whole, small.⁴ According to a study currently being conducted for the National Center for Health Statistics by the Survey Research Center of the University of Michigan, the quality of data obtained using the telephone method generally appears to be comparable to that obtained using the personal interview method.⁵

Survey design.—The sampling plan of the survey was a three-stage stratified cluster design. In the first stage of the design, each county and its associated telephone exchanges were assigned to 1 of 18 sampling strata by region and metropolitan-non-metropolitan status. Telephone exchanges were randomly selected in such a way that each exchange had an equal probability of selection.

In stage II a random sample of telephone households was selected from each sample telephone exchange identified in stage I. Household telephone numbers were selected in proportion to the number of households served by each exchange. Approximately 70 percent of the nonworking and nonresidential numbers were identified and eliminated from the sample during the process of sample selection.

Data from the U.S. Bureau of the Census indicate that about 17 percent of all households have no members in the age group eligible for this survey (20-64 years). The initial sample, therefore, was increased to allow for the screening out of ineligible households.

Stage III of the sample design consisted of

NOTE: A list of references follows the text.

selecting one sample respondent from each eligible household selected in stage II. At the time of initial contact with a household, the interviewer listed the age and sex of all eligible respondents and chose the sample person using a random selection procedure.

A more detailed description of the methods used in this survey is available on request from the National Center for Health Statistics.

Collection of data.—Field operations for the survey were performed under specifications established by the National Center for Health Statistics (NCHS). Chilton Research Services participated in the survey planning, selected the sample, and conducted the telephone interviews as an agent of NCHS. The data were coded and edited by Chilton Research Services and tabulated by NCHS.

Estimation procedures.—In the first two stages of the sample design, each telephone exchange and telephone household had a known and equal probability of selection. In the third stage, because only one respondent was selected per household, the probability of selection of an individual depended on the composition of the household. In a two-person household the probability was 1:2; in a three-person household, the probability was 1:3; and so forth. For the purposes of estimation, each respondent's answers were weighted by the inverse of his or her overall probability of selection.

General qualifications

The interview process.—The statistics presented in this report are based on replies obtained in telephone interviews with selected respondents in sample households. Self-reporting was required for all items. If the designated respondent was not at home at the time of initial contact with the household, the interviewer asked when the individual would be home and called back at that time to conduct the interview.

Nonresponse.—Chilton Research Services reported a response rate of approximately 81 percent. Calculation of response rates in telephone surveys cannot be precise. It is often impossible to determine the eligibility of persons residing in telephone households where no answer is obtained after repeated attempts to reach the household or where a refusal is obtained prior to gathering any information about household composition.

A minimum of five attempts were made to reach each sample household. Prior to the interviewing phase of the study, a subset of the original sample had been designated as eligible for nonresponse followup. Followup consisted of as many as five additional attempts to reach a sample person. For each "no answer" or "busy" response to the followup, the sample telephone number was checked through the telephone company to determine if it was a working residential number. This enabled

Chilton Research Services to make an overall estimate of the number of households remaining unidentified and to place an upper limit on potential bias resulting from nonresponse.

Sex ratio of the sample

Of the respondents to the National Survey of Personal Health Practices and Consequences, 40 percent were men and 60 percent were women, a sex ratio of 66.5. This sex ratio is appreciably lower than the national sex ratio for adults residing in households with telephones—91.1. No attempt has been made in the estimation procedures to poststratify the sample weights by sex or otherwise adjust the sample weights for this sex ratio differential. If estimates for most items were made for both sexes, the estimates would be appreciably biased in the direction of each item's distribution for females. Therefore, the data for the category "both sexes" are not shown. By the same token, given the substantive importance of analyzing health practices separately for men and women, data are shown separately in this report for each of these subpopulations.

In order to assess whether the sex ratio of survey respondents biased the distribution of other socio-demographic characteristics of male and female respondents, the demographic characteristics of respondents to the National Survey of Personal Health Practices and Consequences were compared with the characteristics of respondents to the National Health Interview Survey residing in households with telephones. The National Health Interview Survey is an ongoing survey that collects data on approximately 110,000 people over the course of the year and attains a response rate of about 96 percent, using face-to-face interviewing. Data for males and females in the two samples were compared in terms of income, education, race, marital status, and employment status. Even though the sex ratio of respondents to the National Survey of Personal Health Practices and Consequences was lower than that of respondents to the National Health Interview Survey, it was found to produce no appreciable bias in the distribution of respondents with respect to race, marital status, and employment status.

The percent of respondents reporting 13-15 years of schooling was significantly greater in the National Survey of Personal Health Practices and Consequences than in the National Health Interview Survey. By contrast, the percent of respondents in the highest income group (\$25,000 or more a year) was lower.

In general, comparison of respondents to both surveys in terms of demographic characteristics indicates that, when the data are analyzed separately for males and females, the lower sex ratio of respondents to the National Survey of Personal

Health Practices and Consequences had little appreciable effect on the distribution of other selected sociodemographic characteristics.

Reliability of estimates

Since the estimates shown are based on a sample rather than on the entire population, they are subject to sampling variability. The standard error is a measure of sampling variability, that is, the variation that occurs by chance because only a sample of the population is surveyed. The chances are about 68 out of 100 that an estimate from the sample will differ from a complete census by less than the standard error. The chances are about 95 out of 100 that the difference will be less than twice the standard error and about 99 out of 100 that it will be less than 2½ times as large.

The approximate standard errors for estimates of proportions appearing in detailed tables 1-4 may be found in table I. The standard errors incorporate a design effect of 1.2, reflecting the combined influences of stratification, cluster sampling, and the weighting due to random selection of respondents within households.

Table II presents the unweighted frequencies for all sample persons and for each subgroup on which calculations in this report are based. Unless otherwise specified, distributions are based on all sample persons. In instances where a special subgroup (for example, current smokers) is analyzed the group is identified in a footnote to the table. The population bases used in the calculation of percents found in detailed tables 1-4 are presented in table III.

Table I. Standard errors, expressed in percentage points, of estimated percents

Base of percent	Estimated percent					
	5 or 95	10 or 90	20 or 80	30 or 70	40 or 60	50
50-----	3.4	4.6	6.1	7.0	7.6	7.7
100-----	2.4	3.3	4.4	5.0	5.4	5.5
300-----	1.3	1.9	2.5	2.9	3.0	3.1
600-----	0.9	1.3	1.8	2.0	2.1	2.2
900-----	0.8	1.1	1.4	1.7	1.7	1.8
1,200-----	0.7	0.9	1.3	1.4	1.5	1.6
1,500-----	0.6	0.8	1.1	1.2	1.3	1.4
1,800-----	0.5	0.7	1.0	1.1	1.1	1.2

Table II. Number of respondents 20-64 years of age, by sex, age, selected characteristics, and education:
National Survey of Personal Health Practices and Consequences, Wave I, 1979

Characteristic and education	Men				Women			
	All ages 20-64 years	20-34 years	35-49 years	50-64 years	All ages 20-64 years	20-34 years	35-49 years	50-64 years
All persons								
Education:								
All levels-----	1,171	516	380	275	1,854	786	537	531
Less than 12 years-----	233	58	80	95	396	102	107	187
12 years-----	377	168	124	85	768	339	230	199
More than 12 years-----	561	290	176	95	690	345	200	145
Current smokers								
Education:								
All levels-----	470	198	169	103	625	258	207	160
Less than 12 years-----	133	43	48	42	160	54	48	58
12 years-----	156	74	52	30	253	110	89	54
More than 12 years-----	181	81	69	31	212	94	70	48
Full-time currently employed persons								
Education:								
All levels-----	990	443	352	195	822	392	245	185
Less than 12 years-----	173	51	65	57	115	35	36	44
12 years-----	323	146	118	59	340	162	101	77
More than 12 years-----	494	246	169	79	367	195	108	64
Currently employed persons excluding self-employed								
Education:								
All levels-----	812	392	282	138	757	367	219	171
Less than 12 years-----	145	47	54	44	108	33	32	43
12 years-----	268	129	94	45	308	151	88	69
More than 12 years-----	399	216	134	49	341	183	99	59
Persons who still have natural teeth								
Education:								
All levels-----	1,129	516	380	233	1,753	786	537	430
Less than 12 years-----	211	58	80	73	334	102	107	125
12 years-----	369	168	124	77	743	339	230	174
More than 12 years-----	549	290	176	83	676	345	200	131

NOTE: The numbers in this table are to be used for the determination of sampling error (see table I). For combining cells in tables 1-4, use the population bases shown in table III.

Table III. Population bases for percents shown in tables 1-4, by sex, age, selected characteristics, and education: National Survey of Personal Health Practices and Consequences, Wave I, 1979

Characteristic and education	Men				Women			
	All ages 20-64 years	20-34 years	35-49 years	50-64 years	All ages 20-64 years	20-34 years	35-49 years	50-64 years
All persons								
Education:								
All levels-----	2,299	1,004	762	533	3,457	1,511	1,048	898
Less than 12 years-----	460	115	166	179	695	195	207	293
12 years-----	740	320	250	170	1,450	656	454	340
More than 12 years-----	1,099	569	346	184	1,312	660	387	265
Current smokers								
Education:								
All levels-----	893	372	329	192	1,139	483	387	269
Less than 12 years-----	264	88	99	77	286	104	89	93
12 years-----	295	135	104	56	462	207	163	92
More than 12 years-----	334	149	126	59	391	172	135	84
Full-time currently employed persons								
Education:								
All levels-----	1,956	854	708	394	1,499	758	443	298
Less than 12 years-----	354	101	136	117	201	70	63	68
12 years-----	632	276	237	119	630	322	185	123
More than 12 years-----	970	477	335	158	668	866	195	107
Currently employed persons excluding self-employed								
Education:								
All levels-----	1,607	770	561	276	1,384	715	394	275
Less than 12 years-----	296	96	109	91	190	67	56	67
12 years-----	526	250	188	88	572	301	161	110
More than 12 years-----	785	424	264	97	622	347	177	98
Persons who still have natural teeth								
Education:								
All levels-----	2,232	1,004	762	466	3,315	1,511	1,048	756
Less than 12 years-----	424	115	166	143	609	195	207	207
12 years-----	726	320	250	156	1,415	656	454	305
More than 12 years-----	1,082	569	346	167	1,291	660	387	244

NOTE: These numbers may be used for combining cells in tables 1-4. They reflect adjustments to the actual number of respondents (table II), based on the number of persons 20-64 years of age in each household. For determination of sampling error, see numbers in table II.

Appendix II. Definitions of certain terms used in this report

Terms relating to health

Terms relating to specific health practices and consequences covered in this survey were derived from recent literature in the field of health promotion and disease prevention.^{1,2,68} The survey questionnaire (appendix III) reflects the broad range of issues pertinent to the field. Response categories for questionnaire items were dichotomized into "favorable" and "unfavorable." Unfavorable characteristics and practices are presented in this report by sex, age, and education. The points at which the response

categories were dichotomized are made clear in the titles given to each of the variables shown in detailed tables 1-4.

Demographic terms

Age.—Age was determined on the basis of reported date of birth and date of interview.

Education.—Educational level was reported in terms of last grade or year of school completed. Twelve years of education indicates completion of high school or the equivalent. More than 12 years indicates completion of 1 or more years of college or trade school.

NOTE: A list of references follows the text.

Appendix III. Questionnaire used to determine health practices and consequences

Chilton Research Services
Radnor, Pennsylvania

OMB #68R-1663
Exp. Sept., 1980

Study # 8047
April, 1979

HEALTH PRACTICES AND HEALTH CONSEQUENCES

FINAL VERSION - WAVE 1

Main Questionnaire

INTRODUCTION A

(IF SCREENING WAS NOT DONE WITH RESPONDENT OR IF SCREENING WAS DONE DURING A PREVIOUS CALL.)

Hello. I'm _____ of Chilton Research Services, calling for the United States Department of Health, Education and Welfare.

As part of a study being conducted under the authority of the Public Health Service Act, we are talking to people across the country about some of their ideas and attitudes on health.

Your participation in this survey is voluntary. Any information which you give us in response to our questions will be kept strictly confidential and will be used only for routine statistical research purposes.

The first few questions deal with health practices and your day-to-day living habits.
(GO TO Q. 1)

INTRODUCTION B

(IF SCREENING WAS DONE WITH RESPONDENT DURING THIS CALL)

As part of a study being conducted under the authority of the Public Health Service Act, we are talking to people across the country about some of their ideas and attitudes on health.

Your participation in this survey is voluntary. Any information which you give us in response to our questions will be kept strictly confidential and will be used only for routine statistical research purposes.

The first few questions deal with health practices and your day-to-day living habits. (GO TO Q. 1)

I hereby certify that I have read the above Privacy Act Statement to the designated survey respondent.

Signature of
Interviewer _____

Date _____

Chilton Research Services
Radnor, Pennsylvania

OMB #68R-1663
Exp. Sept., 1980

Study # 8047
April, 1979

HEALTH PRACTICES AND HEALTH CONSEQUENCES

FINAL VERSION - WAVE 1

Main Questionnaire

Int. # _____

Time Began _____ AM _____ PM

Time Ended _____ AM _____ PM

Q. #	Comments

1. First, would you say your health is excellent, good, fair, or poor?

43-

Excellent	4
Good	3
Fair	2
Poor	1
Don't Know	8

2. How often do you eat breakfast? Would you say . . . (READ LIST)

44-

Almost every day	1
Sometimes	2
Rarely or never	3

3. On an average day how many _____ do you drink? (ASK FOR ENTIRE LIST. RECORD ACTUAL NUMBER. IF "DON'T KNOW", ENTER "98". IF LESS THAN 1, ENTER "97")

(#)

Cups of coffee	(45-46)	
Cups of tea	(47-48)	
Glasses of milk	(49-50)	
Glasses of water	(51-52)	
Cans or bottles of soft drink	(53-54)	
Glasses of fruit or vegetable juice	(55-56)	

4. Do you make any conscious effort to limit the amount of red meat in your diet for health reasons?

57-

Yes	1
No	2

5. How often, if ever, do you take vitamin pills or other vitamin supplements? Would you say . . . (READ LIST)

58-

Regularly	1
Occasionally	2
Rarely or never	3

6. On the average how many hours of sleep do you get each day, that is, during a 24 hour period?

of Hours _____

(59-61)

7. On the average, do you now get more sleep, less sleep or about the same amount of sleep as you did 2 years ago?

62-

More	1	
Less	2	
SKIP TO Q. 9	Same	3

8. Is this because of a health-related problem or condition that you had?

63-

Yes	1
No	2

9. About how tall are you without shoes?

_____ Feet	_____ Inches
------------	--------------

(64)

(65-66)

10. How much do you weigh without clothes on?

Actual Weight _____

(67-69)

11. Do you now weigh more, less, or about the same as you did two years ago?

70-

More	1	
Less	2	
SKIP TO Q. 14	Same	3

12. Was this change the result of a health-related problem or condition that you had?

71-

Yes	1
No	2

(INTERVIEWER: IF FEMALE RESPONDENT SAYS WEIGHT IS DIFFERENT BECAUSE OF PREGNANCY, EITHER NOW OR TWO YEARS AGO, ASK ABOUT WEIGHT GAIN OR LOSS OTHER THAN A TEMPORARY PREGNANCY-RELATED CHANGE.)

13. About how much (MORE/LESS) do you now weigh than you did two years ago?

75-

More	1
Less	2

(Number of Pounds)
(72-74)

14. Do you now consider yourself to be overweight, underweight, or about average?

76-

Overweight	1
Underweight	2
Average	3
Don't Know	8

15. About how long has it been since you last went to a dentist? (USE LIST TO PROBE, IF NECESSARY)

77-

Less than 1 year (Less than 12 months)	1
1 - 2 years (12 months up to 24 months)	2
2 - 4 years (More than 24 months up to 5 years)	3
5 or more years	4
Never	5
Don't Know	8

SP. 78-79
END CARD 1 80 - ①

(REFER TO AGE ON SCREENER.

IF 55 OR OVER, CONTINUE.

IF YOUNGER THAN 55, SKIP TO Q. 17)

(IF 55 OR OVER.)

16. Have you lost all of your teeth?

5-

SKIP TO Q. 19	Yes	1
CONTINUE	No	2

17. How often do you brush your teeth?

6-

More than twice a day	1
Twice a day	2
Once a day	3
Less than once a day	4

18. And how often, if ever, do you use dental floss or a waterpick?

(USE LIST TO PROBE, IF NECESSARY)

7-

Every day	1
3 - 6 times a week	2
1 - 2 times a week	3
Less than once a week	4
Never	5

19. About how long has it been since you last had an eye examination?

(USE LIST TO PROBE, IF NECESSARY)

Less than 1 year (Less than 12 months)	1
1 - 2 years (12 months up to 24 months)	2
2 - 4 years (More than 24 months up to 5 years)	3
5 or more years	4
Never	5
Don't Know	8

20. Some people get a general physical examination once in a while even though they are feeling well and have not been sick. When was the last time you had a general physical examination when you were not sick? (USE LIST TO PROBE, IF NECESSARY.)

9-

Less than 1 year (Less than 12 months)	1
1 - 2 years (12 months up to 24 months)	2
2 - 4 years (More than 24 months up to 5 years)	3
5 or more years	4
Never	5
Don't Know	8

(IF RESPONDENT REQUESTS CLARIFICATION SAY:
A general physical examination refers to the contact between a doctor and a patient in which the following are usually done - blood pressure taken, weight recorded, stethoscope used, throat examined, and blood test made.)

21. During the past 12 months, that is, since (DATE ONE YEAR AGO), about how many times did you see or speak to a medical doctor about your own health? Please exclude any doctors you may have seen while you were a patient in a hospital.

of visits _____ (10,11)

None	00
Don't Know	98

22. About how long has it been since you last saw or talked to a medical doctor about your own health?

12-

Less than 1 year (Less than 12 months)	1
1 - 2 years (12 months up to 24 months)	2
2 - 4 years (More than 24 months up to 5 years)	3
5 or more years	4
Never	5
Don't Know	8

23. How long has it been since you last had your blood pressure checked?

13-

Less than 1 year (Less than 12 months)	1
1 - 2 years (12 months up to 24 months)	2
2 - 4 years (More than 24 months up to 5 years)	3
5 or more years	4
Never	5
Don't Know	8

24. (ASK FEMALES ONLY)

When was the last time you had a Pap smear test for cancer?

14-

Less than 1 year (Less than 12 months)	1
1 - 2 years (12 months up to 24 months)	2
2 - 4 years (More than 24 months up to 5 years)	3
5 or more years	4
Never	5
Don't Know	8

(ASK FEMALES ONLY)

25. When was the last time you had a breast examination by a doctor?

15-

Less than 1 year (Less than 12 months)	1
1 - 2 years (12 months up to 24 months)	2
2 - 4 years (More than 24 months up to 5 years)	3
5 or more years	4
Never	5
Don't Know	8

26. Have you smoked at least 100 cigarettes (five packs of cigarettes) in your entire life?

16-

	Yes	1
SKIP TO Q. 36	No	2

27. Do you smoke cigarettes now?

17-

SKIP TO Q. 31	Yes	1
CONTINUE	No	2

28. Did you ever smoke cigarettes regularly? (REGULARLY MEANS AT LEAST ONE CIGARETTE A WEEK ON A REGULAR BASIS.)

18-

	Yes	1
SKIP TO Q. 36	No	2

29. During the period when you were smoking most, about how many cigarettes a day did you usually smoke?

1 Pack = 20 Cigarettes

(19,20)
(# of cigarettes)

30. About how long it has been since you smoked cigarettes fairly regularly?

SKIP TO	Years	(21,22)
Q. 36	Months	(23,24)

31. On the average, how many cigarettes a day do you smoke?

1 Pack = 20 Cigarettes

(25,26)
(# of cigarettes)

32. Think about the tar or nicotine level of the cigarettes you usually smoke. Would you say they are high, medium, or low tar and nicotine?

27-

High tar and nicotine	1
Medium tar and nicotine	2
Low tar and nicotine	3
Don't Know	8

33. Have you changed the number of cigarettes you smoke or the brand of cigarettes you smoke in the past two years?

28-

	Yes	1
SKIP TO Q. 35	No	2

34. Was this because of a specific health related problem or condition that you had?

29-

Yes	1
No	2

35. During the past two years did you make a serious attempt to stop smoking cigarettes?

30-

Yes	1
No	2

36. Do you ever drink any alcoholic beverages, that is, beer, wine, or liquor?

31-

SKIP TO Q. 39	Yes	1
	No	2

37. Did you drink any alcoholic beverages two years ago?

32-

SKIP TO Q. 43	Yes	1
	No	2

38. Have you changed your drinking pattern during the past two years because of a specific health-related problem or condition that you had?

33-

SKIP TO Q. 43	Yes	1
	No	2

39. On the average, how often do you drink any alcoholic beverages such as beer, wine, or liquor? (USE LIST TO PROBE, IF NECESSARY)

(34,35)

Every day	01
6 days a week	02
5 - 6 days a week	03
5 days a week	04
4 - 5 days a week	05
4 days a week	06
3 - 4 days a week	07
3 days a week	08
2 - 3 days a week	09
2 days a week	10
1 - 2 days a week	11
1 day a week (4 days a month)	12
3 - 4 days a month	13
3 days a month	14
2 - 3 days a month	15
2 days a month	16
1 - 2 days a month	17
Once a month	18
Less than once a month	19
Don't Know	98

40. On the days that you drink how many drinks do you have per day, on the average? (USE LIST TO PROBE, IF NECESSARY)

(36,37)

One	01
One or two	02
Two	03
Two or three	04
Three	05
Three or four	06
Four	07
Four or five	08
Five	09
Five or six	10
Six	11
Seven to eleven	12
Twelve or more	13
Don't Know	98

41. Have you changed your drinking pattern during the past two years because of a specific health-related problem or condition?

	38-	
	Yes	1
SKIP TO Q. 43	No	2

42. Do you now drink more or less than you did two years ago?

	39-	
	More	1
	Less	2

43. How often do you use seat belts when you ride in a car? Would you say . . . (READ LIST)

	40-	
Always or nearly always		4
Sometimes		3
Seldom		2
Never		1

The next group of questions asks your personal opinions about health-related matters.

44. How good a job do you feel you are doing in taking care of your health? Would you say . . . (READ LIST)

41-

	Excellent	4
	Good	3
	Fair	2
	Poor	1
DO NOT READ	Don't Know	8

45. How would you compare your level of physical activity with other people your age? Would you say you are . . . (READ LIST)

42-

	Much more physically active	4
	Somewhat more active	3
	Somewhat less active	2
	Much less active	1
DO NOT READ	Don't Know	8

46. Compared to your level of physical activity two years ago, would you say you are now more physically active, less physically active, or about the same?

43-

	More physically active	1
	Less physically active	2
SKIP TO Q. 48	About the same	3

47. Is this because of a specific health-related problem or condition that you had?

44-

Yes	1
No	2

48. Do you feel that you get as much exercise as you need, or less than you need?

45-

As much as you need	1
Less than you need	2
Don't Know	8

49. In general, how satisfied are you with your overall physical condition? Would you say . . . (READ LIST)

46-

	Very satisfied	4
	Somewhat satisfied	3
	Not too satisfied	2
	Not at all satisfied	1
DO NOT READ	Don't Know	8

50. Compared with two years ago, that is, since 1977, would you say that your health is now better, worse, or about the same?

47-

Better	3
Worse	2
Same	1
Don't Know	8

51. Over the past year has your health caused you a great deal of worry, some worry, hardly any worry, or no worry at all?

48-

A great deal of worry	4
Some worry	3
Hardly any worry	2
No worry at all	1
Don't Know	8

52. How much control do you think you have over your future health? Would you say . . . (READ LIST)

49-

	A great deal	4
	Some	3
	Very little	2
	None at all	1
DO NOT READ	Don't Know	8

53. Compared to other people your age, would you say your health is . . . (READ LIST)

50-

	Excellent	4
	Good	3
	Fair, or	2
	Poor	1
DO NOT READ	Don't Know	8

54. Compared to other people your age, would you say you have . . . (READ LIST)

51-

	Much more energy	4
	Somewhat more energy	3
	Somewhat less energy	2
	Much less energy	1
DO NOT READ	Don't Know	8

Now, I'd like to ask you some questions about your health status and medical care.

55. Is there a particular clinic, health center, doctor's office or hospital emergency room that you usually go to if you are sick or need advice about your health?

52-

Yes	1
No	2

56. Have you been a patient overnight in a hospital since (DATE ONE YEAR AGO)?

53-

	Yes	1
SKIP TO Q. 58	No	2

57. All together, how many nights were you in the hospital since (DATE ONE YEAR AGO)?

(Number of nights) _____
(54,55)

58. Do you feel that there are things you can do in your everyday life which will prevent you from getting high blood pressure?

56-

Yes	1
No	2
Don't Know	8

59. Have you had high blood pressure or were you treated for it during the last twelve months?

57-

Yes	1
No	2
Don't Know	8

(HIGH BLOOD PRESSURE MAY ALSO BE REFERRED TO AS HYPERTENSION OR HIGH BLOOD.)

60. How many colds, if any, did you have in the past 12 months?

58-

None	0
One	1
Two	2
Three	3
Four	4
Five or more	5
Don't Know	8

61. How often, if ever, do you get headaches? (USE LIST TO PROBE, IF NECESSARY)

59-

Never	1
Less than once a month	2
Once a month	3
2 - 3 times a month	4
Once a week	5
More than once a week	6
Don't Know	8

62. Do you ever have any trouble or difficulty with routine physical activities such as ..(READ SLOWLY) walking, using stairs or inclines, standing or sitting for long periods, using your fingers to grasp or handle, or lifting or carrying something heavy?

60-

	Yes	1
SKIP TO Q. 64	No	2

63. Do you have any trouble or difficulty . . . (READ LIST)

(ASK FOR EACH "YES")

Do you have a great deal of trouble (ACTIVITY) or just some trouble?

	No	Yes	
		Great Deal	Some
Walking	61-1	2	3
Using stairs or inclines	62-1	2	3
Standing or sitting for long periods	63-1	2	3
Using your fingers to grasp or handle	64-1	2	3
Lifting or carrying something as heavy as 10 pounds	65-1	2	3

64. During the past 12 months, that is, since (DATE ONE YEAR AGO), about how many days did illness or injury keep you in bed all or most of the day?

66-

None	1
1-7 days (up to 1 week)	2
8-30 days (more than 1 week, up to 1 month)	3
31-180 days (more than 1 month, up to 6 months)	4
181 days or more (more than 6 months)	5
Don't Know	8

65. What were you doing for most of the past 12 months: working, keeping house, or something else?

67-

SKIP TO Q. 73	Working	1
SKIP TO Q. 78	Keeping house	2
REFER TO AGE ON SCREEN IF 45 OR OVER, CONTINUE. IF UNDER 45, SKIP TO Q. 67	Something else	3

66. Are you retired?

68-

SKIP TO Q. 68	Yes	1
	No	2

67. What were you doing for most of the past 12 months?

69-

SKIP TO Q. 82	Going to school	1
SKIP TO Q. 69	Other	2

68. Did you retire because of your health?

70-

Yes	1
No	2

69. Does your health now keep you from working?

71-

SKIP TO Q. 86	Yes	1
	No	2

70. Are you limited in the kind of work you could do because of your health?

72-

SKIP TO Q. 86	Yes	1
	No	2

71. Are you limited in the amount of work you can do because of your health?

73-

SKIP TO Q. 86	Yes	1
	No	2

72. Are you limited in the kind or amount of other activities because of your health?

74-

SKIP TO Q. 86	Yes	1
SKIP TO Q. 85	No	2

73. Do you now have a job?

75-

SKIP TO Q. 75	Yes	1
	No	2

74. In terms of health, are you now able to work at all?

76-

	Yes	1
SKIP TO Q. 86	No	2

75. Are you limited in the kind of work you can do because of your health?

77-

SKIP TO Q. 86	Yes	1
	No	2

76. Are you limited in the amount of work you can do because of your health?

78-

SKIP TO Q. 86	Yes	1
	No	2

SP. 79

END CARD 2 80 - (2)

77. Are you limited in the kind or amount of other activities because of your health?

5-

SKIP TO Q. 86	Yes	1
SKIP TO Q. 85	No	2

78. In terms of health, are you now able to keep house at all?

6-

	Yes	1
SKIP TO Q. 86	No	2

79. Are you limited in the kind of housework you can do because of your health?

7-

SKIP TO Q. 86	Yes	1
	No	2

80. Are you limited in the amount of housework you can do because of your health?

8-

SKIP TO Q. 86	Yes	1
	No	2

81. Are you limited in the kind or amount of other activities because of your health?

9-

SKIP TO Q. 86	Yes	1
SKIP TO Q. 85	No	2

82. Do you have to go to a certain type of school because of your health?

10-

SKIP TO Q. 86	Yes	1
	No	2

83. Are you limited in school attendance because of your health?

11-

SKIP TO Q. 86	Yes	1
	No	2

84. Are you limited in the kind or amount of other activities because of your health?

12-

SKIP TO Q. 86	Yes	1
	No	2

85. Are you limited in any way because of a disability or health?

13-

	Yes	1
SKIP TO Q. 91	No	2

86. What condition causes this limitation?

(Condition) (14,15)

87. Did this condition begin more than three months ago?

16-

SKIP TO Q. 91	Yes	1
	No	2

(IF "NO", CHECK TO SEE IF CONDITION IN Q. 86 IS ON LIST)

SKIP TO Q. 91	Condition is on list	1
ASK Q. 88	Condition is not on list	2

88. Is this limitation caused by any other condition?

17-

SKIP TO Q. 91	Yes	1
	No	2

89. What other condition causes this limitation?

(Condition) (18,19)

90. Did this condition begin more than three months ago?

20-

Yes	1
No	2

(CONDITION LIST)

Allergy, any	01
Arthritis or rheumatism	02
Asthma	03
Cancer	04
Cleft palate	05
Club foot	06
Condition present since birth	07
Deafness or serious trouble with hearing	08
Diabetes	09
Epilepsy	10
Hardening of the arteries	11
Hay fever	12
Heart trouble	13
Hemorrhoids or piles	14
Hernia or rupture	15
High blood pressure	16
Kidney stones	17
Mental illness	18
Missing fingers, hand, or arm-toes, foot, or leg	19
Palsy	20
Paralysis of any kind	21
Permanent stiffness or deformity of the foot, leg, fingers, arm or back	22
Prostate trouble	23
Repeated trouble with back or spine	24
Rheumatic fever	25
Serious trouble with seeing, even when wearing glasses	26
Sinus trouble, repeated attacks of	27
Speech defect, any	28
Stomach ulcer	29
Stroke	30
Thyroid trouble or goiter	31
Tuberculosis	32
Tumor, cyst, or growth	33
Varicose veins, trouble with	34

FOR OFFICE USE ONLY

Other	97
-------	----

The next few questions will be used to determine trends in longevity patterns within families. Please answer these questions with reference to your natural parents and grandparents, if you know about them.

91. Is your father now living?

21-

CONTINUE	Yes	1
SKIP TO Q. 93	No	2
SKIP TO Q. 95	Don't know	8

92. About how old is he?

(22,23)

(AGE)

Don't know	98
------------	----

(SKIP TO Q. 95)

93. About how old was he when he died?

(24,25)

(RECORD AGE)

Don't know	98
------------	----

94. Did he die as a result of an accident?

26-

Yes	1
No	2

95. Is your mother now living?

27-

CONTINUE	Yes	1
SKIP TO Q. 97	No	2
SKIP TO Q. 99	Don't know	8

96. About how old is she?

(AGE) (28,29)

Don't know	98
------------	----

(SKIP TO Q. 99)

97. About how old was she when she died?

(AGE) (30,31)

Don't know	98
------------	----

98. Did she die as a result of an accident?

32-

Yes	1
No	2

99. How many of your grandparents, if any, are now living?

33-

SKIP TO Q. 101	None	1
	One	2
	Two	3
	Three	4
	Four	5
SKIP TO Q. 101	Don't know	8

100. (Is he or she) (Are any of them) 80 years or older?

34-

SKIP TO Q. 102	Yes	1
	No	2
	Don't know	8

101. Did any of your grandparents live beyond 80 years of age?

35-

Yes	1
No	2
Don't know	8

Now, I'd like to ask you a few questions about your present and past employment experiences.

102. Are you now . . . (READ LIST) (36,37)

SKIP TO Q. 104	Working	Full-time	01
		Part-time	02
SKIP TO Q. 111	Laid off or on strike		03
	Retired		04
C O N T I N U E	Unemployed	Looking for work	05
		Not looking for work	06
	Unable to work (disabled)		07
	Keeping house		08
	Full-time student		09

103. Have you ever worked?

38-

SKIP TO Q. 111	Yes	1
SKIP TO Q. 113	No	2

104. Are you self-employed?

39-

SKIP TO Q. 107	Yes	1
	No	2

105. Do you get time off from your job with pay, when you are ill?

40-

Yes	1
No	2

106. Does your employer give you time off from work with pay for visits to the doctor?

41-

Yes	1
No	2

107. Does your job involve a variable work shift? That is, do you work the day shift some times and the night shift at other times?

42-

Yes	1
No	2

108. How much hard physical work is required on your job? I'm referring to things like pushing or carrying heavy objects, handling heavy tools or equipment, or digging. Would you say . . . (READ LIST)

43-

A great deal	4
Some	3
Hardly any	2
None at all	1
Don't Know	8

109. How would you describe the degree of emotional stress associated with your job? Would you say you are under a great deal of stress, some stress, or hardly any stress?

44-

A great deal	3
Some	2
Hardly any	1
Don't Know	8

110. In your current job are you exposed to any special risk of accidents or injuries or to any substances that could endanger your health?

45-	
Yes	1
No	2

111. Did you ever change jobs because you were concerned about occupational hazards or dangers to your health?

46-	
Yes	1
No	2

112. During the past five years, that is since 1974, how many employers or companies, if any, have you worked for on a full time basis, including your present job?

47-	
None	0
One	1
Two	2
Three	3
Four	4
Five or more	5
Don't know	8

(IF SELF-EMPLOYED IN MORE THAN ONE COMPANY, COUNT AS "ONE")

113. Would you please tell me whether you have participated in any activities or meetings run by any of the following groups in the last 3 months?

		Yes	No	DK
A labor union, commercial group or professional organization	48-	1	2	8
A church group	49-	1	2	8
A group concerned with children such as PTA, Boy Scouts, Girl Scouts, etc.	50-	1	2	8
Any <u>other</u> group that is concerned with community betterment, charity or service	51-	1	2	8
Any <u>other</u> group that is mainly social, fraternal or recreational	52-	1	2	8

114. About how often, if ever, do you go to religious services? (USE LIST TO PROBE, IF NECESSARY)

53-	
Once a week or more	1
1 to 3 times a month	2
Less than once a month	3
Never	4

115. Now I'm going to read you a list of things that people do in their free time. Please tell me how often you participate in these activities. First how often do you (ACTIVITY)? Would you say often, sometimes, rarely, or never? (ASK FOR EACH ACTIVITY.)

		Often	Sometimes	Rarely	Never
Go swimming in the summer	54-	4	3	2	1
Take long walks	55-	4	3	2	1
Work on a physically active hobby such as dancing or gardening	56-	4	3	2	1
Go jogging or running	57-	4	3	2	1

(IF "OFTEN" OR "SOMETIMES" TO JOGGING OR RUNNING IN Q. 115, ASK Q. 116. OTHERWISE SKIP TO Q. 117)

116. On the average how many miles a week do you usually jog or run?

	58-
Less than 5 miles	1
5 to 15 miles	2
More than 15 miles	3

117. And how often do you (ACTIVITY)?

		Often	Sometimes	Rarely	Never
Ride a bicycle	59-	4	3	2	1
Do calisthenics or physical exercise	60-	4	3	2	1
Participate in any other active sports I haven't already mentioned	61-	4	3	2	1

118. How much enjoyment do you get out of your free time? Would you say . . . (READ LIST)?

62-

	A great deal	3
	Some, or	2
	A little	1
DO NOT READ	Don't Know	8

119. And how often do you find that you have time on your hands that you don't know what to do with? Would you say . . . (READ LIST)?

63-

	Very often	4
	Sometimes	3
	Rarely	2
	Never	1
DO NOT READ	Don't know	8

120. All in all how happy are you these days? Would you say . . . (READ LIST)?

64-

	Very happy	4
	Pretty happy, or	3
	Not too happy	2
DO NOT READ	Don't Know	8

121. How many close relatives do you have? These are people that you feel at ease with, can talk to about private matters, and can call on for help. (RECORD IN Q.121 GRID BELOW.)

122. And how many friends do you have that you feel really close to? These are friends that you feel at ease with, can talk to about private matters, and can call on for help. (RECORD IN Q.122 GRID BELOW.)

	Q. 121 Relatives	Q. 122 Friends
None	(65,66) 00	(67,68) 00
One	01	01
Two	02	02
Three	03	03
Four	04	04
Five	05	05
Six	06	06
Seven	07	07
Eight	08	08
Nine	09	09
Ten or more	10	10

(IF "NONE" TO FRIENDS AND RELATIVES SKIP TO Q. 126.)

123. How many of these close friends or relatives do you see at least once a month?

(69-70)

	(69-70)
None	00
One	01
Two	02
Three	03
Four	04
Five	05
Six	06
Seven	07
Eight	08
Nine	09
Ten or more	10

124. About how often do you visit with any close relatives or friends? (DO NOT READ LIST)

71-

More than once a week (More than 4 times a month)	1
About once a week (About 4 times a month)	2
2-3 times a month	3
About once a month	4
Less than once a month	5
Don't Know	8

125. Do you feel that you have enough close friends or relatives?

72-

Yes	1
No	2
Don't Know	8

126. Are you now . . . (READ LIST)

73-

SKIP TO Q. 128	Married	1
	Widowed	2
	Divorced	3
	Separated	4
	Never Married	5

127. All in all, how happy has your marriage been for you? Would you say . . . (READ LIST)

74-

Very happy	3
Pretty happy, or	2
Not too happy	1
DO NOT READ Don't Know	8

Now I have a few questions about how you have been feeling lately.

(ASK QUESTION FOR EACH CHARACTERISTIC. BEGIN WITH [√].)

128. How often in the past month have you felt (CHARACTERISTIC)? Would you say very often, sometimes, rarely, or never?

	Very Often	Some- times	Rare- ly	Never	DK
[√] Cheerful and lighthearted	75- 4	3	2	1	8
Loved and wanted	76- 4	3	2	1	8
Downhearted and blue	77- 4	3	2	1	8
Lonely	78- 4	3	2	1	8

SP. 79
END CARD 3 80 - ③
BEGIN CARD 4
DUP. COLS. 1-4

129. Does it ever happen that you do not have enough money to afford the kind of medical care you or your family should have?

5-

Yes	1
SKIP TO Q. 131 No	2

130. Would you say this happens . . . (READ LIST)?

6-

Very often	3
Sometimes, or	2
Rarely	1

131. I'm now going to read you a list of things that can happen to people. Please tell me which of these events, if any, happened in your life during the past five years. (READ ENTIRE LIST)

	Yes	No	Don't Know	Not Applicable
Death of your (husband/wife) or one of your children	7- 1	2	8	7
Problems or difficulties with a steady date or fiance	8- 1	2	8	7
Serious financial difficulties or problems	9- 1	2	8	7

. . . And in the past five years did any of these events happen in your life?
(READ ENTIRE LIST)

	Yes	No	Don't Know	Not Applicable
Your own serious illness, injury or operation	10- 1	2	8	7
Serious illness, injury or operation of your children	11- 1	2	8	7
Serious illness, injury or operation of your (husband/wife)	12- 1	2	8	7
Being unable to get medical treatment when it was seriously needed for yourself or your (husband/wife) or your children	13- 1	2	8	7
IF "YES", GO TO Q. 132	14- 1	2	8	7
Your own marital separation or divorce				
Other problems or difficulties related to your marriage	15- 1	2	8	7

132. Did you have any severe personal, emotional, behavioral or mental problems that concerned you in the past year?

16-

SKIP TO Q. 134	Yes	1
	No	2
	Don't Know	8

133. Would you say you had no problems of this kind at all, or no severe problems?

17-

SKIP TO Q. 136	No problems at all	1
	No <u>severe</u> problems	2

134. Did you consider any of these to be severe enough that you felt you needed professional help?

18-

SKIP TO Q. 136	Yes	1
	No	2
	Don't Know	8

135. Did you seek professional help?

19-

Yes	1
No	2

136. Have you ever had a nervous breakdown?

20-

SKIP TO Q. 138	Yes	1
	No	2
	Don't Know	8

137. Did you ever feel that you were going to have, or were close to having a nervous breakdown?

21-

SKIP TO Q. 140	Yes	1
	No	2
	Don't Know	8

138. Was that during the past year?

22-

Yes	1
No	2
Don't Know	8

139. Are you still bothered by that condition or are you completely over it?

23-

Still bothered by it	1
Completely over it	2
Don't Know	8

140. And finally, these last few questions ask for a little more information about you. This information will be used to compare results from different groups of people who participate in this survey and will not be used to identify you personally in any way.

In the past five years, that is, since (MONTH, 1974), how many addresses have you lived at, including your present address.

of addresses _____
(24-25)

141. What was the last grade or year of school you completed?
(26-27)

None	01
1 - 4 years	02
5 - 6 years	03
7 - 8 years	04
9 - 11 years	05
12 years (Completed high school or equivalent)	06
13 - 15 years (Some college or trade school)	07
16 + years (Completed college or more)	08
Don't Know	98

142. And what is your date of birth?

Day _____ (28-29)

Month _____ (30-31)

Year _____ (32-33)

(SEE TYPE OF RESIDENCE ON SCREENER. IF "PRIVATE RESIDENCE", ASK Q. 143. IF "GROUP QUARTERS", SKIP TO Q. 146)

143. And now I'd like to know the age and sex of members of your household who are younger than 20 or older than 64.

Age	Sex	
	Male	Female
(34-35)	36- 1	2
(37-38)	39- 1	2
(40-41)	42- 1	2
(43-44)	45- 1	2
(46-47)	48- 1	2
(49-50)	51- 1	2
(52-53)	54- 1	2
(55-56)	57- 1	2
(58-59)	60- 1	2
None	60- 0	

144. Are there any telephone numbers other than the one I've dialed at which household members can be reached at this residence?

	61-	
	Yes	1
SKIP TO Q. 150	No	2

I would just like to make sure you are referring to a phone number other than the one you are using right now.

	62-	
	Yes	1
SKIP TO Q. 150	No	2

145. In total, at how many other phone numbers in this residence can household members be reached?
(EXCLUDE PHONE NUMBER DIALED)

_____ (63)

(SKIP TO Q. 150)

146. How many people between the ages of 20 and 64 live here?

Number of People _____ (64 - 66)

Don't Know	998
------------	-----

147. How many of these people have regular access to this phone number?

Number of People _____ (67 - 69)

Don't Know	998
------------	-----

148. Are there any telephone numbers in this residence other than the one I've dialed, at which these (# IN Q. 147) people can be reached?

70-

	Yes	1
SKIP TO Q. 150	No	2

149. In total, at how many other phone numbers in this residence can these (# IN Q. 147) people be reached?
(EXCLUDE PHONE NUMBER DIALED)

Number _____ (71-72)

Don't Know	98
------------	----

150. Please tell me which one of the following racial groups best describes your racial background. Are you . . . (READ LIST SLOWLY. PAUSE BRIEFLY AFTER EACH.)

73-

SKIP TO Q. 152	White	1
	Black	2
	American Indian	3
	Asian	4
	Pacific Islander	5
	Some other group	6

151. To which racial group do you belong?

152. Now I'm going to read you a list of groups which describes some people's national origin or ancestry. Please tell me if any of these groups is your national origin or ancestry. (READ LIST. STOP AFTER FIRST "YES".)

75-

	Puerto Rican	1
	Cuban.	2
	Mexican, Mexicano, Mexican American, or Chicano	3
	Some other Latin American or Spanish group	4
DO NOT READ	None of these groups	5
	Don't Know	8

153. And finally, so that we can group our answers, please tell me into which of the following groups your family's combined income fell in 1978, before taxes.

Would that be . . . (READ LIST)

76-

Less than \$5,000	1
\$5,000 to \$10,000	2
\$10,000 to \$15,000	3
\$15,000 to \$25,000	4
\$25,000 or more	5

SP. 76-79

END CARD 4 80 - (4)

DO NOT READ	Don't Know	8
----------------	------------	---

Vital and Health Statistics series descriptions

- SERIES 1. Programs and Collection Procedures.**—Reports describing the general programs of the National Center for Health Statistics and its offices and divisions and the data collection methods used. They also include definitions and other material necessary for understanding the data.
- SERIES 2. Data Evaluation and Methods Research.**—Studies of new statistical methodology including experimental tests of new survey methods, studies of vital statistics collection methods, new analytical techniques, objective evaluations of reliability of collected data, and contributions to statistical theory.
- SERIES 3. Analytical and Epidemiological Studies.**—Reports presenting analytical or interpretive studies based on vital and health statistics, carrying the analysis further than the expository types of reports in the other series.
- SERIES 4. Documents and Committee Reports.**—Final reports of major committees concerned with vital and health statistics and documents such as recommended model vital registration laws and revised birth and death certificates.
- SERIES 10. Data From the National Health Interview Survey.**—Statistics on illness, accidental injuries, disability, use of hospital, medical, dental, and other services, and other health-related topics, all based on data collected in the continuing national household interview survey.
- SERIES 11. Data From the National Health Examination Survey and the National Health and Nutrition Examination Survey.**—Data from direct examination, testing, and measurement of national samples of the civilian noninstitutionalized population provide the basis for (1) estimates of the medically defined prevalence of specific diseases in the United States and the distributions of the population with respect to physical, physiological, and psychological characteristics and (2) analysis of relationships among the various measurements without reference to an explicit finite universe of persons.
- SERIES 12. Data From the Institutionalized Population Surveys.**—Discontinued in 1975. Reports from these surveys are included in Series 13.
- SERIES 13. Data on Health Resources Utilization.**—Statistics on the utilization of health manpower and facilities providing long-term care, ambulatory care, hospital care, and family planning services.
- SERIES 14. Data on Health Resources: Manpower and Facilities.**—Statistics on the numbers, geographic distribution, and characteristics of health resources including physicians, dentists, nurses, other health occupations, hospitals, nursing homes, and outpatient facilities.
- SERIES 15. Data From Special Surveys.**—Statistics on health and health-related topics collected in special surveys that are not a part of the continuing data systems of the National Center for Health Statistics.
- SERIES 20. Data on Mortality.**—Various statistics on mortality other than as included in regular annual or monthly reports. Special analyses by cause of death, age, and other demographic variables; geographic and time series analyses; and statistics on characteristics of deaths not available from the vital records based on sample surveys of those records.
- SERIES 21. Data on Natality, Marriage, and Divorce.**—Various statistics on natality, marriage, and divorce other than as included in regular annual or monthly reports. Special analyses by demographic variables; geographic and time series analyses; studies of fertility; and statistics on characteristics of births not available from the vital records based on sample surveys of those records.
- SERIES 22. Data From the National Mortality and Natality Surveys.**—Discontinued in 1975. Reports from these sample surveys based on vital records are included in Series 20 and 21, respectively.
- SERIES 23. Data From the National Survey of Family Growth.**—Statistics on fertility, family formation and dissolution, family planning, and related maternal and infant health topics derived from a periodic survey of a nationwide probability sample of ever-married women 15-44 years of age.

For a list of titles of reports published in these series, write to:

Scientific and Technical Information Branch
National Center for Health Statistics
Public Health Service
Hyattsville, Md. 20782