

# 2021 HOWARD COUNTY HEALTH ASSESSMENT SURVEY

HOWARD COUNTY, MARYLAND

FINAL REPORT



PREPARED BY

***Vault***

Accounting. Analytics. Research.

## EXECUTIVE SUMMARY

The goal of the Howard County Health Assessment Survey (HCHAS) is to assess health-related behaviors and risk factors among the adult population of Howard County, Maryland. Results of this study enable health providers and advocates to measure progress towards better health of the population and to understand where health and medical resources are needed by residents. This document provides key findings from the HCHAS and highlights overarching trends in the data collected during 2021.

The Horizon Foundation, Howard County Health Department, Howard County General Hospital, and the Columbia Association sponsored this study. This is a biennial study, first conducted in 2012, and updated in 2014, 2016, 2018 and 2021. The HCHAS was postponed in 2020 as a result of the COVID-19 pandemic. The survey approach and methodology are modeled after the Behavioral Risk Factor Surveillance System (BRFSS), which is conducted by Maryland and the other states under the auspices of the Centers for Disease Control and Prevention (CDC).



## ACCESS TO CARE

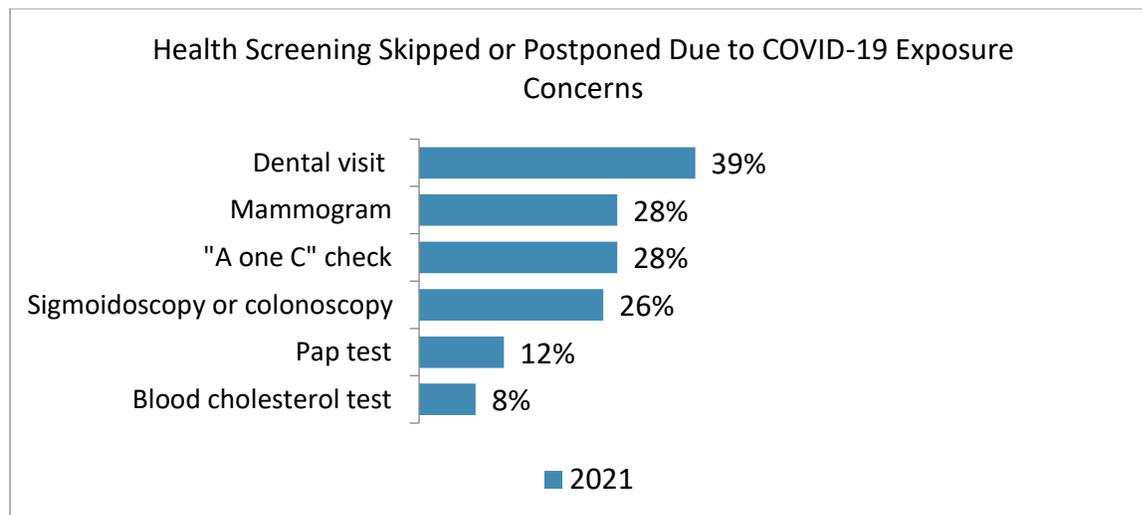
Between 2018 and 2021, Howard County residents exhibited several significant new behaviors relating to how they access health care. The COVID-19 pandemic created uniquely challenging obstacles to providing equal, quality health care access to all.

Some trends that were present prior to the COVID-19 pandemic escalated during this remarkable period. Before 2021, the number of people who reported that they have more than one health care provider was increasing by 3% in each year. Between 2018 and 2021, the number of residents who reported that they have more than one health care provider doubled from 9% to 18%.

In 2021, residents increased their tendency to visit both doctor's offices and hospital emergency rooms when they needed medical care. A parallel drop occurred in the number of people that typically seek care at an urgent care center like Patient First or Minute Clinic. These increases to the number of people seeking care at hospital emergency rooms followed national trends of emergency department overcrowding throughout the pandemic.

The number of Howard County residents that went to the emergency room for a medical issue for which they could have made a doctor's appointment rose significantly from 8% in 2018 to 13% in 2021. Residents are more likely to seek care at a hospital emergency room if they are under the age of 45 and earn less than \$200K per year. This uptake in emergency room visits may demonstrate a correlation to the extension to the typical wait time that residents experienced to get a doctor's appointment. In 2021, residents were 13% less likely to get a same day appointment for care than they were in 2018, and were more likely to wait between 2 days and 1 month to resolve their issue.

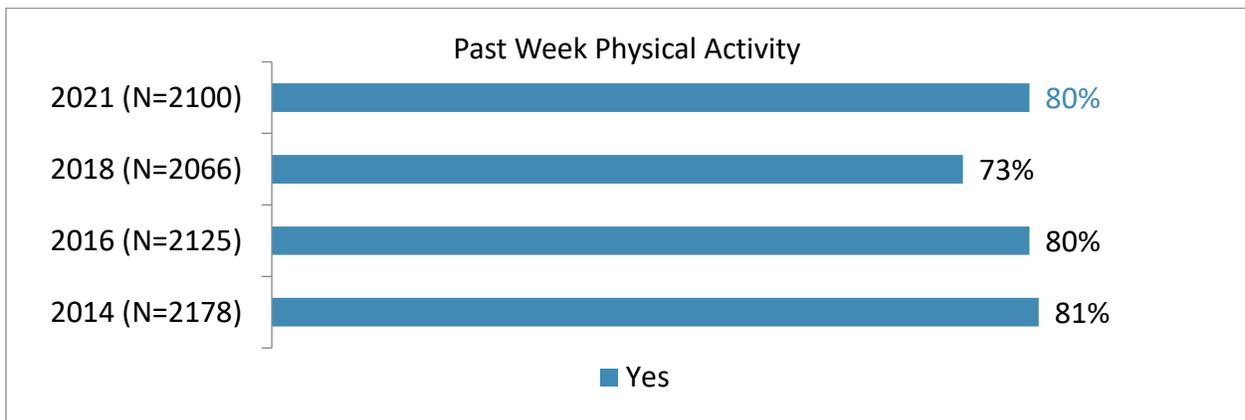
By threatening the health of Howard County residents, the COVID-19 pandemic altered the typical behavior of Howard County residents. Residents reported that they were much less likely to seek preventative care tests during the pandemic than they would have previously been, due to fears of being exposed to the COVID-19 virus. Dental visits, Mammograms, and A one C checks were postponed at the highest rates. In addition, the number of residents who reported that they had received a pap test fell from 94% in 2018 to just 80% in 2021. For many residents of Howard County, current health took precedence over the state of their long-term future health outcomes when considering the threat of the COVID-19 virus.



## OBESITY AND HEALTHY LIVING

In order to get a holistic perspective on the health of Howard County residents, data was collected on day-to-day habits that contribute to healthy living. The pandemic forced residents to remain at home and cancel social activities. Some residents used this lifestyle change to create new habits of cooking and exercise, while others were restricted from their typical workout environments.

About four in every five Howard County residents were active in 2021, a 7% increase between 2018 and 2021. Among these active residents, the majority work out 3 times per week, with older residents (55+) most likely to workout daily. While many more people found time to exercise in 2021 when compared with 2018, people said that the most common barrier to working out was a lack of time. Men and individuals earning over \$100K reported being the most active. In addition, COVID-19 restrictions or concerns became a new obstacle, and rose to become the third most common reason that residents were not able to engage in physical exercise. Safety at gyms, workplaces or housing clubhouses was a major concern during the COVID-19 pandemic. Consistent with these trends, the most popular places that Howard County residents worked out were outside, in their home, or a friend's home.



In 2021 the prevalence of adults that were advised to lose weight fell. While there were significantly less adults that were overweight or obese overall, there continues to be higher rates of obesity among Black residents in Howard County.

While healthy eating habits improved during the COVID-19 pandemic, a number of residents are still not meeting daily fruit and vegetable intake recommendations. The number of residents that eat fruit and vegetables more than 3 times per day increased significantly. Yet, in 2021 there continued to be approximately 38% of residents that rarely or never eat fruit and 32% of people that do not eat vegetables indicating there are opportunities to improve good nutrition. While the purchase of sugar-sweetened drinks for consumption in the home has steadily declined over the years, consumption of sodas and sports drinks increased. Residents reported regular soda consumption that was 7% higher in 2021 when compared with 2018 and sports drink consumption increased by 8% during the same period.

## BEHAVIORAL HEALTH

Thirty-five percent of residents reported feeling depressed or lonely during a 2-week period prior to being surveyed and 50% experienced feelings of nervousness or anxiety. While many residents reported depression and anxiety, only 16% answered that they were currently receiving some type of mental health treatment or taking medication for a mental health condition. Feelings of depression and anxiety were more prevalent among young residents of Howard County, yet young residents did not report taking medicine or receiving treatment for mental health at higher rates than older residents.



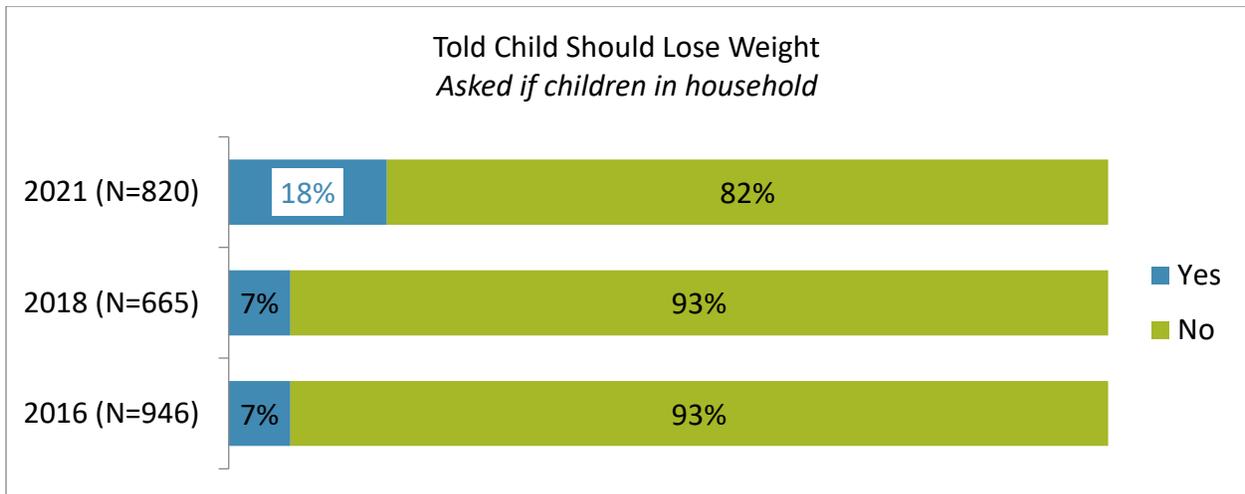
In 2021, a significantly higher number of residents of Howard County said that they usually experience financial worry. At the same time, there was an uptake in the number of individuals that never experience financial worry in Howard County. Men and residents under 55 are more likely than women and older residents to express financial insecurity. Most notably, White and Non-Hispanic residents in Howard County are much less likely to have financial concerns than are Hispanic, Black, Asian, and other races. Additionally, in 2021 nearly 1 in 7 residents of Howard County reported that they were concerned that they were going to run out of food before they could purchase more. Food insecurity is particularly common for young residents and is more common among Hispanics than non-Hispanics.

While the number of days per month that residents consumed alcohol decreased during the period between 2018 and 2021, the volume of alcohol consumed in instances of drinking increased across the board. Residents of Howard County binge drank 5 or more times per month in 2021 and binge drinking was more prevalent among young residents than old. Additionally, there was a significant surge in the number of residents in Howard County that use e-cigarettes daily. Between 9-10% of people under 45 reported usage, a particularly high proportion in comparison to other age groups.

Illegal opioid use, including heroin, in households across Howard County increased considerably in 2021, from 2018. Only 1% of residents reported someone in their household using opioids or using opioids themselves in 2018. This figure increased to 5% in 2021. Individuals in Howard County are more likely to use opioids not prescribed for their use if they are male residents under the age of 45.

## CHILDREN'S HEALTH

The Howard County Health Assessment survey summarized unique issues related to children's health. In terms of healthy habits and weight, 1 in 5 children in Howard County received recommendations to lose weight in 2021 – an 11% increase compared to 2018. Concerningly, soda consumption increased among children during this same period as the number of children that drink soda jumped from 37% in 2018 to 43% in 2021. While health consciousness prevailed among Howard County adults in 2021, the COVID-19 pandemic restrictions and inactivity caused opposite outcomes for young children.



Similarly, it appears that there were negative externalities on children as a result of the COVID-19 pandemic. Children were 3% more likely to have been diagnosed with depression or anxiety in between 2018 and 2021. White, Black and other race parents were much more likely to have reported a mental health diagnosis for their child than were Asian parents.

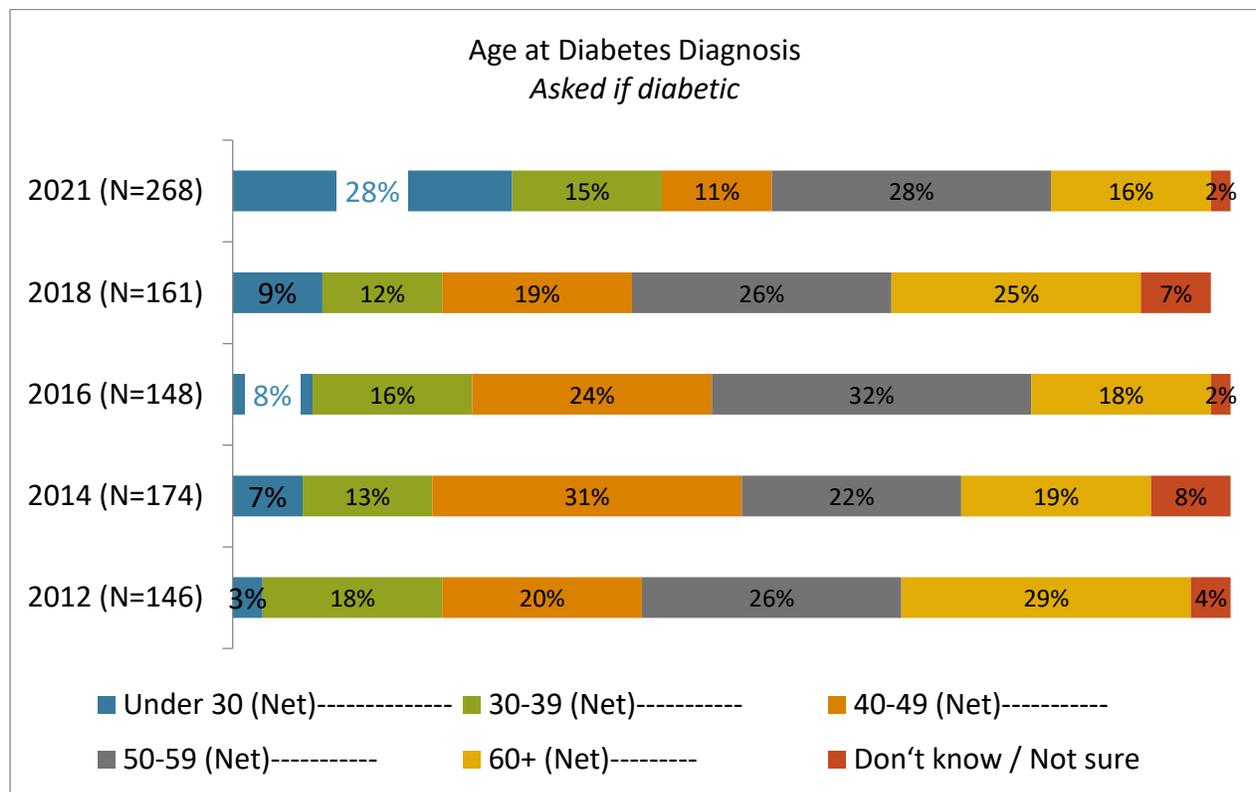


## CHRONIC DISEASE

Among long term health conditions, the most prevalent in Howard County is high blood pressure, followed closely by high cholesterol. The prevalence of these two chronic diseases increased significantly in 2021 among Howard County residents. High blood pressure is more common among men and both high blood pressure and high blood cholesterol are more common in residents that are over the age of 55. Notably, these two chronic conditions are more prevalent among self-employed, unemployed, and retired individuals.

Asthma has become more common in Howard County in 2021 and particularly more common among young residents that are between the ages of 18 and 45. There was a 7% increase in the number of adult residents that reported having asthma, while the number of children increased by only 2%.

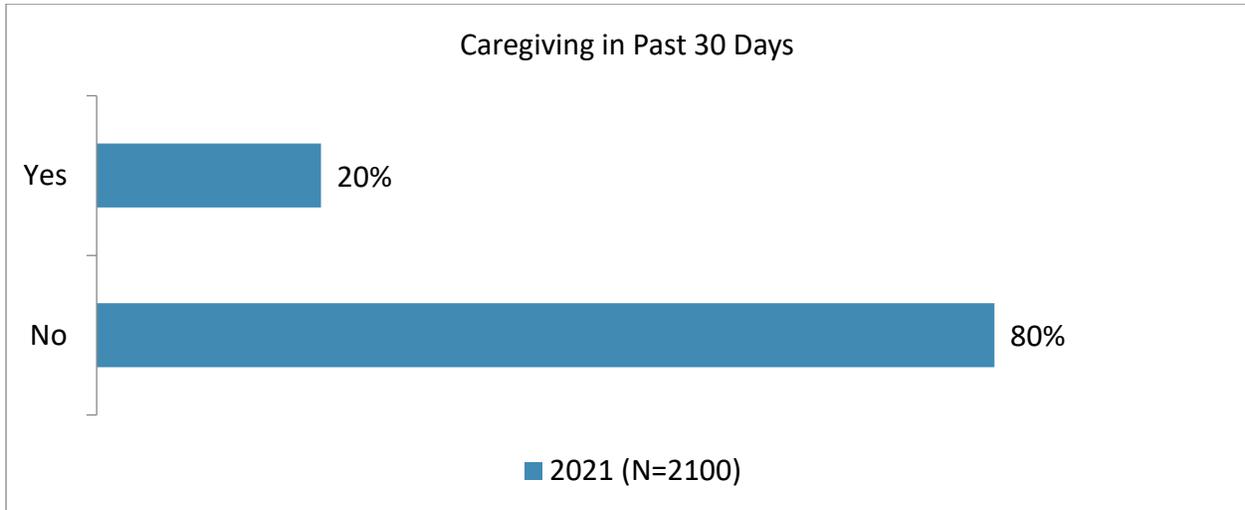
Diabetes is another chronic disease that has become more typical among residents in 2021. Between 2018 and 2021, there was an increase in the number of individuals that reported having diabetes, from 8% to 13%. Diagnosis occurred much more frequently among young residents, at a rate 19% higher in 2021 than 2018 for people under the age of 30. Overall, more diabetes diagnoses occurred in 2021, but there were less individuals taking medicine for it.



## OTHER ISSUES

Many residents of Howard County began to actively prepare for their care at the end of their life in 2021. Thirty-six percent of residents wrote instructions for their end of life medical care compared with 30% in 2018. In addition, 37% of residents have appointed a health care agent in 2021, compared with 32% in 2018. White residents are the most likely to begin preparation for their end of life care, while Asians are the least likely. Overall, residents demonstrated much more preparation for future medical care.

Many Howard County residents have responsibilities to care for friends and family members that are aging, have health problems, or have disabilities. One in five residents provide this type of care on at least a monthly basis.



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## INTRODUCTION

### Project Overview

The goal of the Howard County Health Assessment Survey (HCHAS) is to assess health-related behaviors and risk factors among the adult population of Howard County, Maryland. Results of this study enable health providers and advocates to measure progress towards better health of the population and to understand where health and medical resources are needed by residents.

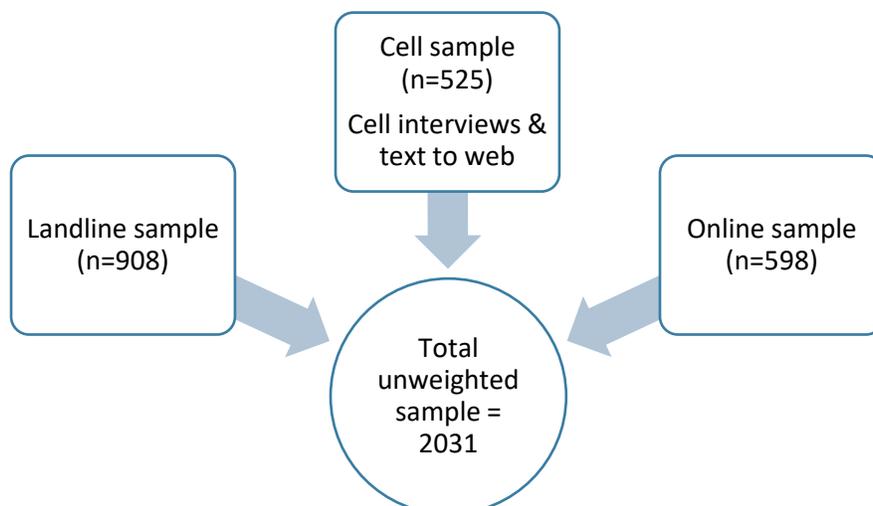
The Horizon Foundation sponsored this study, joined by the Howard County Health Department, Howard County General Hospital, and the Columbia Association. This is a biennial study, first conducted in 2012, and updated in 2014, 2016, 2018 and 2021. The HCHAS was postponed in 2020 as a result of the COVID-19 pandemic. The survey approach and methodology are modeled after the Behavioral Risk Factor Surveillance System (BRFSS), which is conducted by Maryland and the other states under the auspices of the Centers for Disease Control and Prevention (CDC).

### Survey Methodology

The study sponsors met regularly during the planning phase to discuss survey content and methodology. Final decisions over survey content were made by the sponsors. Technical aspects of the survey project, including question wording recommendations, population sampling, and data collection were administered by Vault Consulting, LLC of McLean, Va.

Many questions on the HCHAS were replicated from the BRFSS and other tested public health surveys so that results can be compared to other areas of Maryland and the nation, and to benefit from prior vetting of those questions. The HCHAS also included customized questions to address the local priorities of the project's sponsors, and the health environment in Howard County.

To increase representivity and cooperation, Vault employed a multi-mode sample collection. As a result, Howard County residents had the opportunity to take the survey from either a landline or cell phone and self-administer online by email or text to web. Interviews averaged from 14 minutes (online) to 24 minutes (cell phone). Field interviews were collected from April 10 to June 6, 2021.



Prior to field interviewing, the project’s sponsors notified the public about the study to encourage survey participation through a multi-media “answer the call” campaign. Vault, the survey contractor, maintained a dedicated local telephone line, named “Howard Co Survey,” which appeared on residents’ caller ID readouts as interview calls were made. Residents calling this number heard a voice mail greeting describing the purpose of the survey and were encouraged to leave messages if they wanted more information or wished to have their phone number removed from the calling list. Calls were returned by Vault staff to residents who had questions about the study.

Interviews were considered completed if the respondent proceeded through the entire interview, though respondents may have refused to answer individual questions. Interviews were conducted in English and Spanish.

Once the interviews were collected, statistical weights were applied to the sample to ensure that it was as reflective as possible of the County’s population, according to the most recent data available from the United States Census Bureau. Weights were applied to the following parameters: gender, age, race and ethnicity, and geography.

A complete survey data file has been supplied by the contractor to the study sponsors, excluding identifying information for the individual respondents to protect their personal health information, to make possible further analysis of these health data.

### **Report Structure**

This report provides a visual representation of each question on the survey, grouped by major topic area. Those major topics are:

1. Access to Care
2. Obesity and Healthy Living
3. Behavioral Health
4. Children’s Health
5. Chronic Disease
6. Other Issues

Where a question was repeated from the 2012, 2014, 2016, and/or 2018 surveys, trends from the prior survey(s) are illustrated. In cases where a question was not asked previously, or where question wording was significantly changed, prior data does not appear in this report.

Survey results have also been broken out for a variety of demographic and lifestyle indicators, so that trends among and between population subgroups can be isolated. On the pages that follow, subgroup numbers have been placed in tables beneath each question in cases where there are statistically significant differences within those subgroups. Therefore, not all subgroups are listed for each question. In these tables, data cells have been highlighted to designate statistical significance at the 95% level. Differences between segments are highlighted when a particular subgroup differs from a majority of the subgroups. If a chart cell is not highlighted, differences as displayed in the data across demographic groups may be real, but do not rise to the level of statistical significance.

- A subgroup result highlighted in blue is significantly greater than most other segments

- The corresponding segments that are significantly lower are highlighted in grey.

On the charts displayed throughout this report, **blue text** is used to indicate when there is a statistically significant year over year change, at the 95% level, in the survey data between 2018 and 2021. If the text is not displayed in blue, changes may be real, but do not rise to the level of statistical significance.

The raw and weighted number of interviews collected in each subgroup is listed below.

Regional Planning District					
Raw/weighted	WESTERN COUNTY*	LAUREL	ELLCOTT CITY	COLUMBIA	ELKRIDGE
Count	308/404	316/304	290/538	820/638	297/217
%	15/19	16/14	14/26	40/30	15/10

\* combines the less populous Cooksville, West Friendship, and Clarksville Regional Planning Districts

Gender			
Raw/weighted	MALE	FEMALE	TRANSGENDER
Count	958/1013	1062/1076	11/11
%	47/48	52/51	1/1

Age							
Raw/weighted	18-24	25-34	35-44	45-54	55-64	65-74	75+
Count	170/219	132/321	267/380	323/377	384/353	443/236	253/154
%	8/10	6/15	13/18	16/18	19/17	22/11	12/7

Ethnicity		
Raw/weighted	HISPANIC	NON-HISPANIC
Count	81/149	1939/1943
%	4/7	95/93

Race				
Raw/weighted	WHITE	BLACK	ASIAN	MIXED RACE / OTHER
Count	1428/1168	310/412	115/388	178/131
%	70/56	15/20	6/18	9/6

### Presence of Children in Household Under 18

Raw/weighted	YES	NO
Count	591/820	1428/1267
%	20/39	70/60

### Household Income

Raw/weighted	<\$50K	\$50K-\$99K	\$100K-\$149K	\$150K-\$199K	\$200K+
Count	278/326	471/480	408/397	297/319	317/358
%	14/16	23/23	20/19	15/15	16/17

### Educational Attainment

Raw/weighted	<HS	HS OR GED	SOME COLLEGE	4 YR DEGREE	POST-GRAD
Count	53/79	195/203	378/363	581/623	808/817
%	3/4	10/10	19/17	29/30	40/39

### Employment Status

Raw/weighted	EMPLOYED	SELF EMPLOYED	UNEMPLOYED	RETIRED	HOMEMAKER	STUDENT
Count	996/1212	170/207	180/158	413/230	101/97	84/116
%	49/58	8/10	9/8	20/11	5/5	4/6

### Marital Status

Raw/weighted	MARRIED	DIVORCED/ SEPERATED	WIDOWED	NEVER MARRIED	UNMARRIED COUPLE
Count	1287/1307	201/166	123/68	343/467	63/82
%	63/62	10/8	6/3	17/22	3/4

### BMI

Raw/weighted	UNDERWEIGHT	NORMAL	OVERWEIGHT	OBESE
Count	74/81	588/670	487/465	438/399
%	4/4	29/32	24/22	22/19

In many cases throughout this survey, the percentage of respondents who were not sure amounted to less than one-half percent. As a result, "not sure" does not appear as a response in the graphics below. In places within the report that responses add to more than 100%, multiple responses to the question were allowed. It should also be noted that throughout this report, it will occasionally appear that columns of numbers do not add correctly; those minor differences (for example a column of numbers that adds to 99% or 101%) are typically due to issues of rounding.

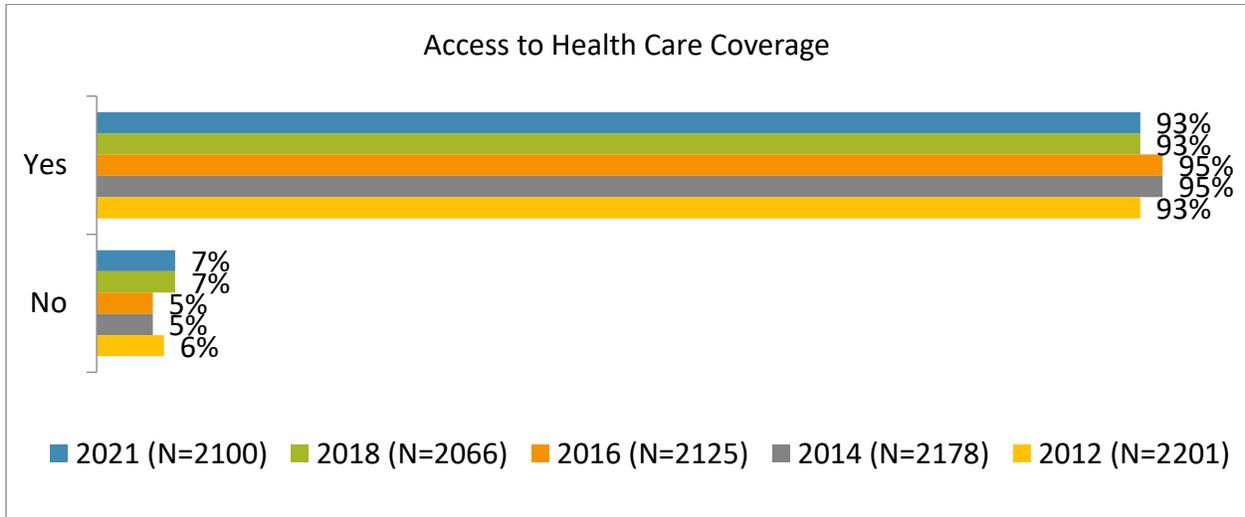


## ACCESS TO CARE

The Access to Care section provides an overview of how, when, and where Howard County residents receive medical care. It also details the extent of barriers such as affordability and availability of health care coverage for Howard County residents. Healthcare access includes preventative care measures including mammograms, Pap tests, other cancer screenings, and dental care. Finally, this section explores the impact that the COVID-19 pandemic had on accessing medical care in Howard County.

## HEALTH CARE COVERAGE

The population of Howard County residents reporting healthcare coverage remained constant, at 93%, between 2018 and 2021.



### Q3.1. Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare or Indian Health Services?

Age is a factor in predicting the likelihood that a resident will have health care coverage. Residents over the age of 45 are more likely than any residents under age 45 to have some form of health care coverage. Residents who are employed reported health care coverage at a rate of 97% which makes them more likely to hold health care coverage than students, retirees, and unemployed residents. Seventeen percent of people that make less than \$50K per year said that they do not have a health care coverage plan, meaning that a lack of health care coverage occurs at a much higher rate than for all other income groups.

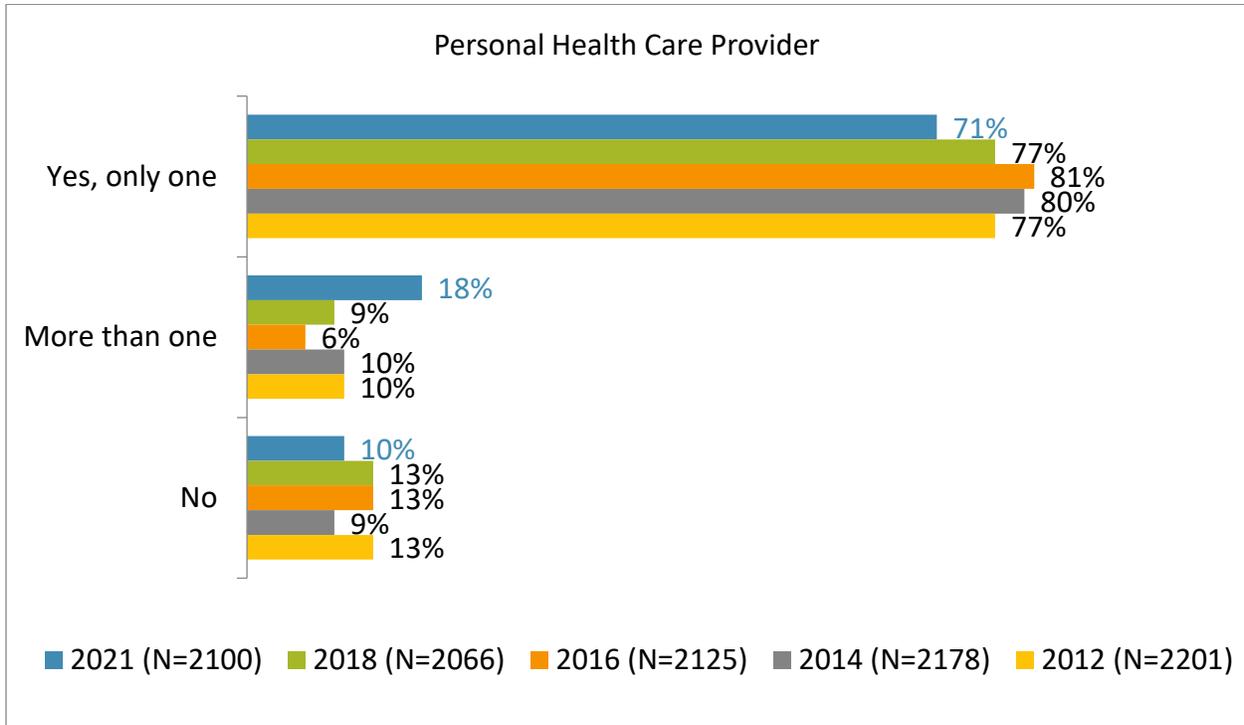
2021 Age Breakout	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	78%	88%	93%	97%	97%	98%	97%
No	22%	12%	7%	3%	3%	1%	3%

2021 Employment Breakout	Employed	Self Employed	Unemployed	Retired	Homemaker	Student
Yes	97%	92%	89%	94%	95%	69%
No	3%	7%	11%	6%	5%	31%

2021 Income Breakout	<\$50K	\$50K-\$99K	\$100K-\$149K	\$150K-\$199K	>\$200K
Yes	83%	94%	96%	95%	95%
No	17%	5%	4%	5%	5%

**PERSONAL HEALTH CARE PROVIDER**

In 2021, the likelihood for Howard County residents to have multiple people from which they seek health care increased significantly with a jump from 9% in 2018 to 18% in 2021.



**Q3.2. Do you have one person you think of as your personal doctor or health care provider?**

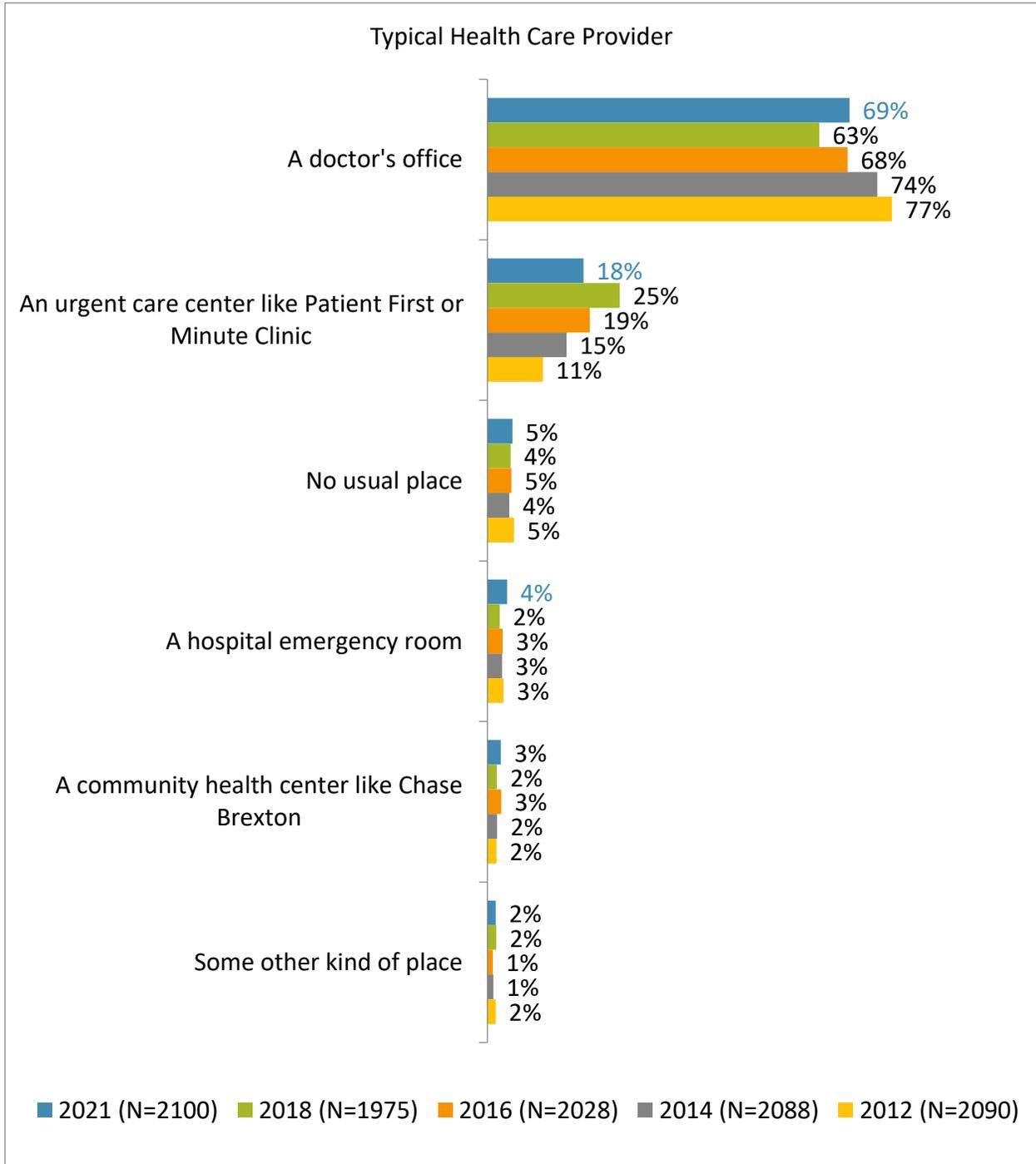
Howard County residents are less likely to have a doctor or personal health care provider if they make less than \$50K in annual income when compared with other income groups. Both 25 to 34-year-old residents and senior residents, over the age of 75 have higher likelihood of having more than one health care provider. Residents younger than 54 are less likely to have a doctor when compared with older residents.

2021 Income Breakout	<\$50K	\$50K-\$99K	\$100K-\$149K	\$150K-\$199K	>\$200K
Yes, only one	64%	69%	69%	74%	75%
More than one	19%	21%	20%	16%	17%
No	17%	10%	10%	10%	8%

2021 Age Breakout	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes, only one	72%	57%	70%	71%	83%	73%	73%
More than one	10%	26%	18%	16%	14%	23%	26%
No	18%	17%	12%	13%	3%	4%	1%

TYPICAL HEALTH CARE PROVIDER

In 2021, residents of Howard County reported using an urgent care facility such as a Patient First or a Minute Clinic far less than in 2018. In addition, doctor’s office visits, the most common place to seek care, increased from 2018 as did hospital emergency room visits.



**Q3.3. When you are sick or need medical attention, to which one of the following places do you usually go?**

Residents that earn \$150K-\$199K per year are the most likely of any other income bracket to utilize urgent care facilities, while those that earn less than \$50K per year are the most likely to go to an emergency room when they

are ill. Middle aged residents tend to go to urgent care facilities and young residents typically seek medical attention at a hospital emergency room. Women and seniors are more likely to seek medical attention at a doctor’s office than are men and young residents. Race is also a significant factor in predicting where a person goes when they are sick or need medical attention. Nine percent of Black residents of Howard County seek medical attention at the emergency room, which is more frequently than other races.

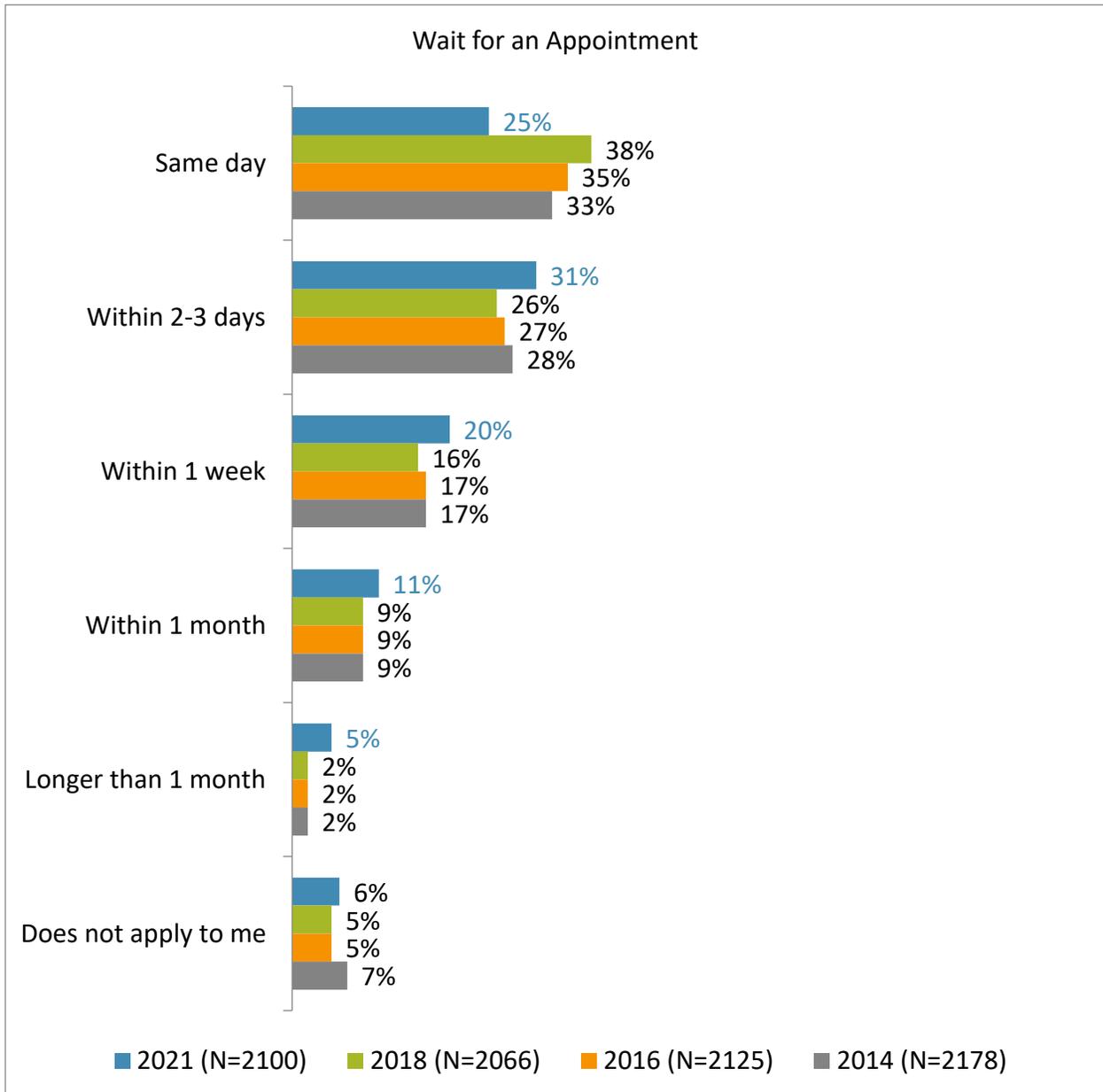
2021 Income Breakout	<\$50K	\$50K-\$99K	\$100K-\$149K	\$150K-\$199K	>\$200K
A doctor’s office	68%	67%	69%	62%	71%
A community health center like Chase Brexton	4%	3%	3%	1%	2%
A hospital emergency room	9%	3%	3%	3%	2%
An urgent care center like Patient First or Minute Clinic	12%	21%	15%	30%	20%
Some other kind of place	1%	2%	1%	2%	1%
No usual place	5%	4%	8%	2%	5%

2021 Age Breakout	18-24	25-34	35-44	45-54	55-64	65-74	75+
A doctor’s office	62%	56%	60%	66%	80%	85%	81%
A community health center like Chase Brexton	6%	4%	3%	4%	1%	0%	0%
A hospital emergency room	7%	7%	6%	1%	1%	2%	4%
An urgent care center like Patient First or Minute Clinic	13%	27%	26%	23%	11%	9%	7%
Some other kind of place	3%	1%	0%	1%	2%	2%	3%
No usual place	8%	4%	5%	6%	4%	1%	4%

2021 Race Breakout	White	Black	Asian	Other
A doctor’s office	70%	67%	72%	59%
A community health center like Chase Brexton	2%	3%	4%	0%
A hospital emergency room	3%	9%	2%	4%
An urgent care center like Patient First or Minute Clinic	20%	14%	16%	21%
Some other kind of place	2%	1%	2%	1%
No usual place	4%	5%	5%	14%

## WAIT FOR APPOINTMENT

Wait times for medical appointments increased significantly in 2021. Residents were much more likely to report a longer wait period than a day for medical treatment than at any point in the past. Residents that reported getting same day appointments for urgent medical issues dropped from 38% to 25% in 2021.



**Q.3.B. Thinking about your most recent visit to your primary health care provider for a medical issue you wanted resolved quickly, how long did you have to wait between when the appointment was made and when the appointment occurred?**

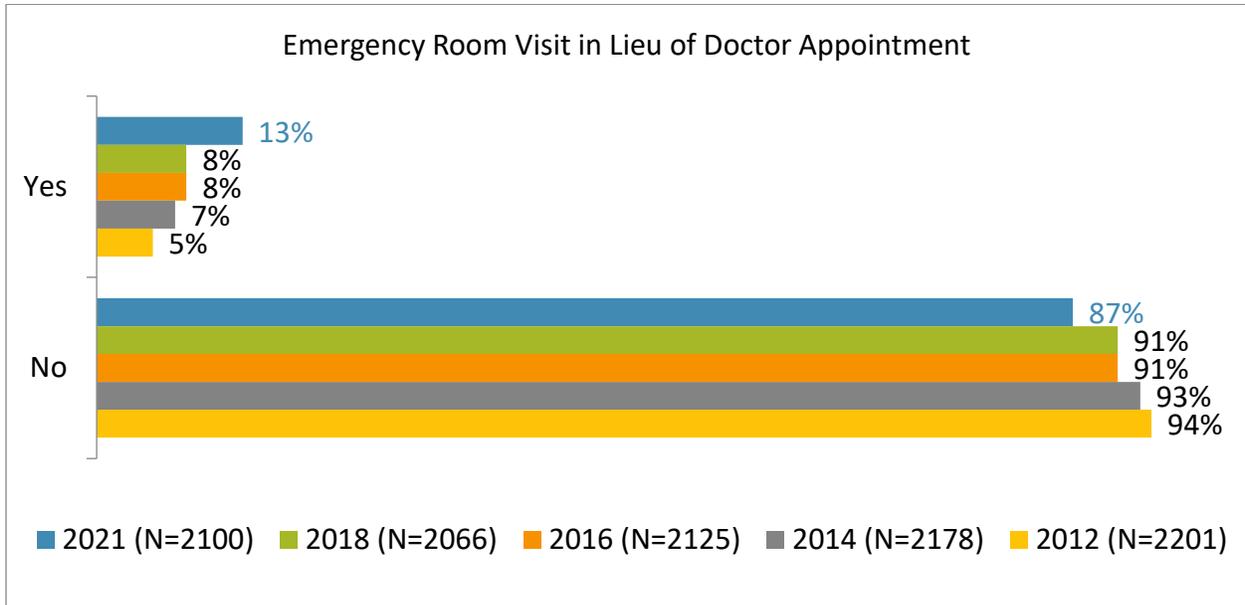
White residents were the most likely to get same day appointments for medical issues that they wanted to be resolved quickly and were significantly more likely than Black or Asian residents to get same day treatment. With shifts to professional life, there were significant differences between employment groups in regards to getting medical treatment. Thirty two percent of retirees were able to receive same day care, making them the most likely group to get immediate treatment. In addition, self-employed and homemakers were more likely than other groups to get care within a few days.

<b>2021 Race Breakout</b>	<b>White</b>	<b>Black</b>	<b>Asian</b>	<b>Other</b>
<b>Same day</b>	28%	21%	16%	29%
<b>Within 2-3 days</b>	32%	28%	34%	24%
<b>Within 1 week</b>	17%	23%	27%	17%
<b>Within 1 month</b>	11%	13%	11%	13%
<b>Longer than 1 month</b>	4%	7%	6%	6%
<b>Does not apply to me</b>	5%	7%	6%	8%

<b>2021 Employment Breakout</b>	<b>Employed</b>	<b>Self Employed</b>	<b>Unemployed</b>	<b>Retired</b>	<b>Homemaker</b>	<b>Student</b>
<b>Same day</b>	27%	17%	14%	32%	19%	22%
<b>Within 2-3 days</b>	30%	42%	32%	30%	46%	21%
<b>Within 1 week</b>	21%	21%	25%	17%	10%	23%
<b>Within 1 month</b>	12%	10%	12%	8%	11%	18%
<b>Longer than 1 month</b>	4%	4%	6%	4%	3%	13%
<b>Does not apply to me</b>	5%	4%	10%	4%	7%	3%

## EMERGENCY ROOM VISIT IN LIEU OF A DOCTOR

Consistent with trends, it became much more likely among Howard County Residents to visit a hospital emergency room than to make a doctor’s appointment for a medical issue in 2021.



### Q3.3C. Was there a time in the past 12 months when you needed to go to the emergency room because you could not get a timely appointment with a doctor?

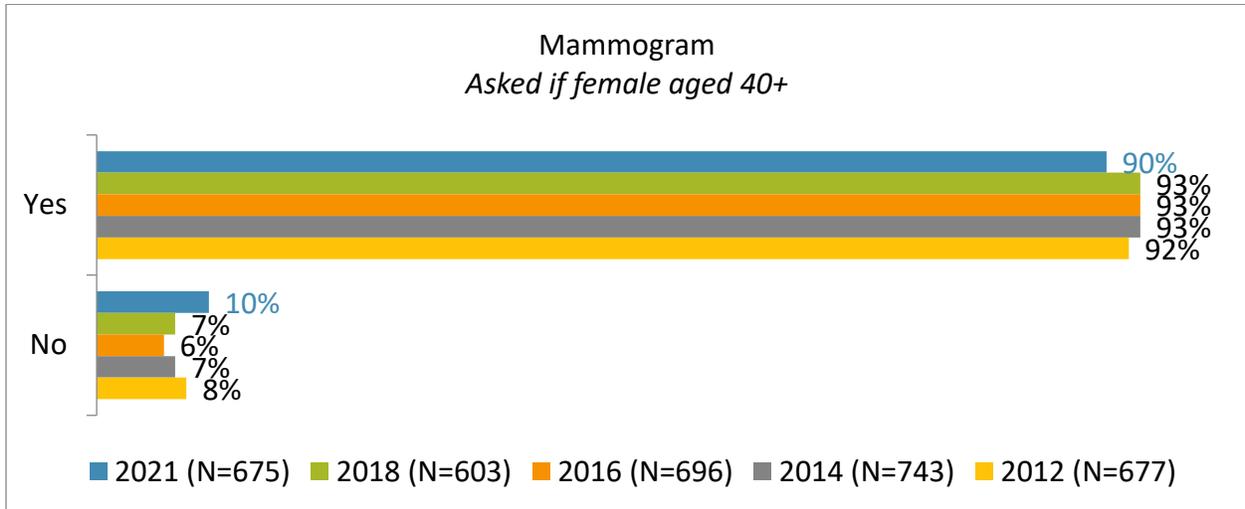
It is very unlikely that Howard County residents who earn more than \$200K per year will visit the emergency room in lieu of a doctor’s office. Young residents, that are under the age 45 were the most likely to visit emergency room facilities rather than making a doctor’s appointment in 2021.

2021 Income Breakout	<\$50K	\$50K-\$99K	\$100K-\$149K	\$150K-\$199K	>\$200K
Yes	17%	15%	14%	16%	9%
No	83%	85%	86%	83%	91%

2021 Age Breakout	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	17%	25%	22%	7%	5%	5%	7%
No	83%	75%	78%	92%	95%	94%	91%

## MAMMOGRAM

A significantly higher number of women over the age of 40 reported that they have never had a mammogram x-ray in 2021 than in any prior reporting period.



### QM12.1: A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?

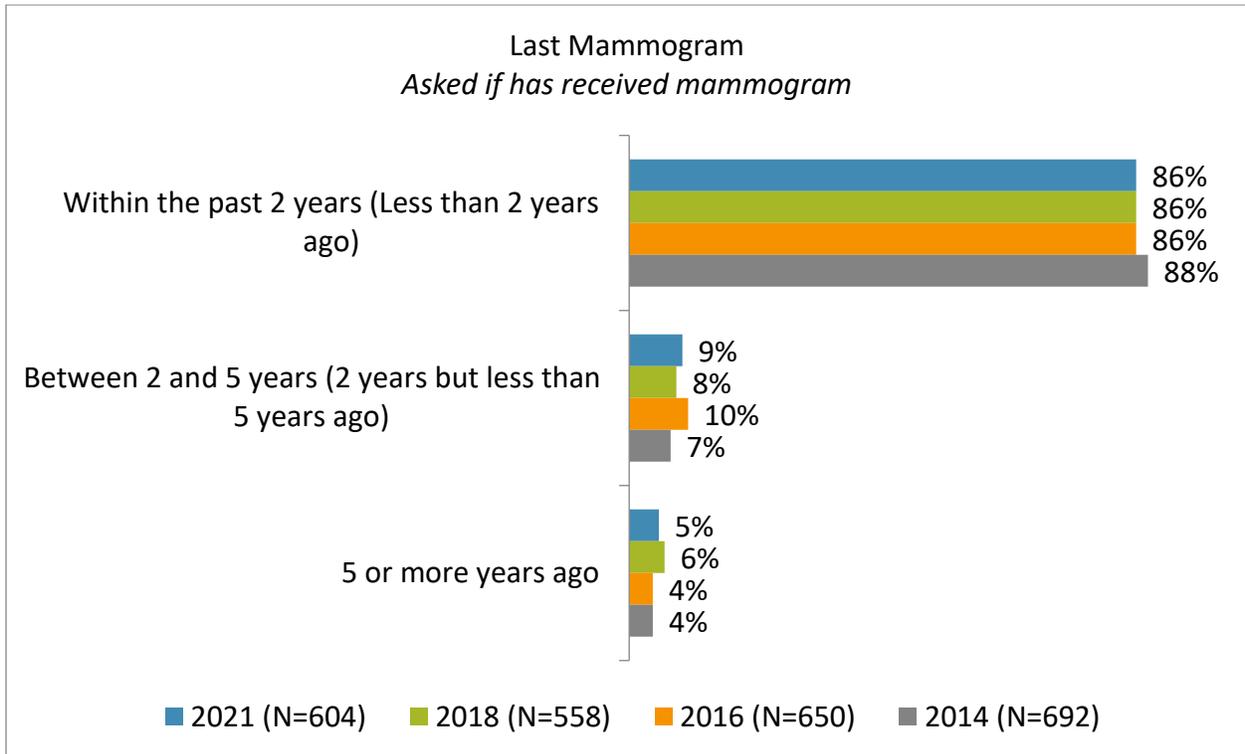
Annual income is a reliable predictor of whether a woman has ever received a mammogram cancer screening. Women that earn over \$200K are significantly more likely than all other income brackets, except those that earn \$100K to \$149K, to have had a mammogram. Also notable, is that the likelihood of having received a mammogram is significantly higher for women that do not have children, than for those that do.

2021 Income Breakout	<\$50K	\$50K-\$99K	\$100K-\$149K	\$150K-\$199K	>\$200K
Yes	80%	87%	91%	88%	96%
No	20%	13%	9%	12%	4%

2021 Parent Breakout	Has Children	No Children
Yes	77%	95%
No	23%	5%

## LAST MAMMOGRAM

For women that have received a mammogram, the likelihood of having received a mammogram in the past 2 years remained the same between 2016 and 2021. This is notable since it would have been expected that many people avoided medical check-ups and non-emergency medical care throughout the pandemic, due to concerns of sickness, but the numbers indicate that mammograms occurred at regular rates.

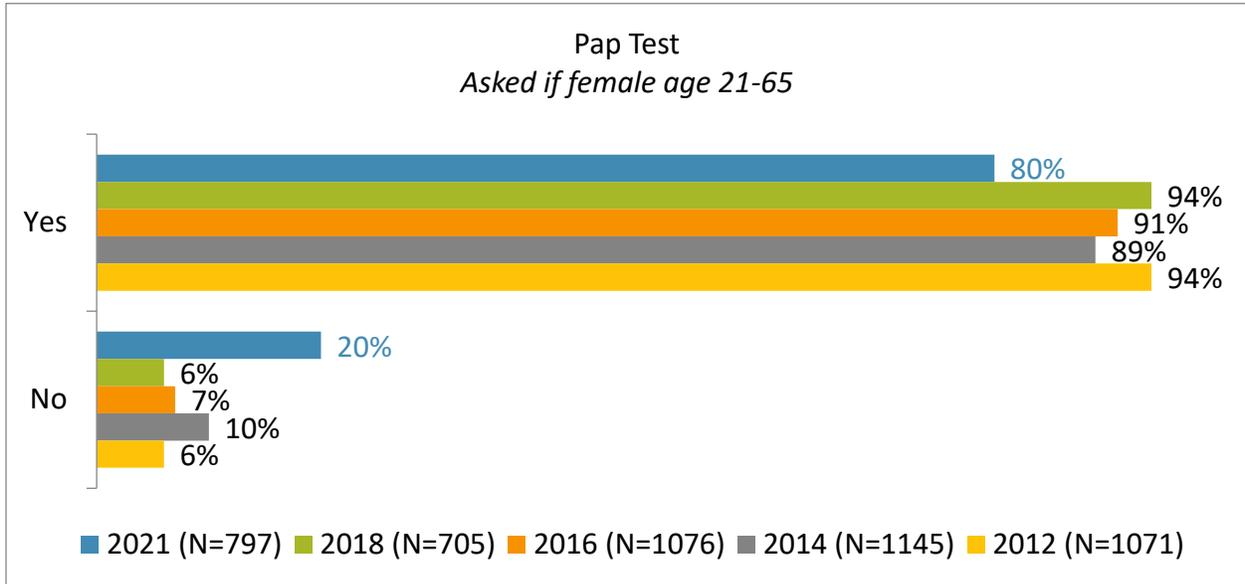


**QM12.2. How long has it been since you had your last mammogram?**  
(Note – discrepancies in data for 2012 so not shown.)

The data was consistent across demographics groups for this question.

## PAP TEST

In 2021, there was a drastic decrease of women age 21-65 that have reported ever having received a Pap test. The number of residents that reported having received a Pap test fell from 94% in 2018 to the lowest reported levels on record at 80% in 2021.



### QM12.5. A Pap test is a test for cancer of the cervix. Have you ever had a Pap test?

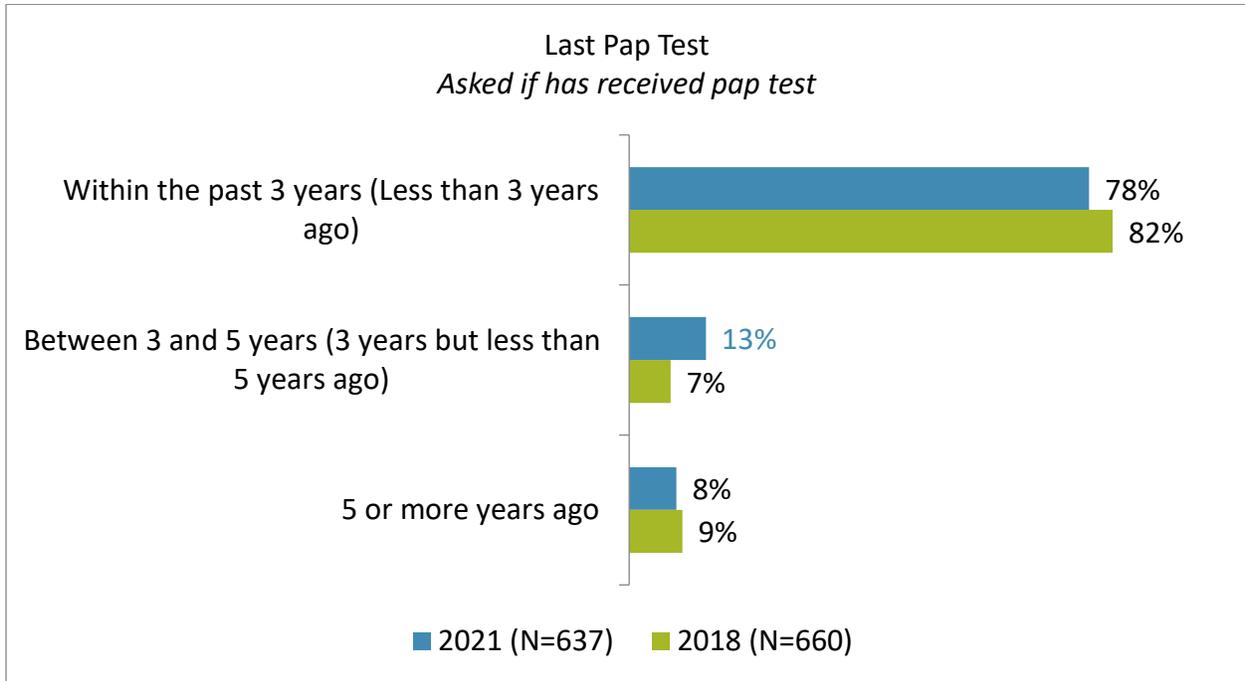
Income and age are significant factors in predicting whether a woman has received a Pap test. Women that earn over \$200K per year are significantly more likely to have received a pap test than women earning less than \$50K, \$50K-\$99K, or \$150-\$199K, but not significantly more likely than those in the median income bracket, who earn between \$100K-\$149K. Additionally, women over the age of 45 are more likely than women under 45 to have ever had a Pap test with those 21-24 least likely to have had a pap test.

2021 Income Breakout	<\$50K	\$50K-\$99K	\$100K-\$149K	\$150K-\$199K	>\$200K
Yes	52%	82%	86%	83%	92%
No	48%	18%	14%	17%	8%

2021 Age Breakout	21-24	25-34	35-44	45-54	55-64	64-76
Yes	26%	62%	81%	94%	98%	97%
No	74%	38%	19%	6%	2%	3%

## LAST PAP TEST

Among women age 21-65 that have received a Pap test, the likelihood of having received had a screening between 3 and 5 years ago increased slightly.

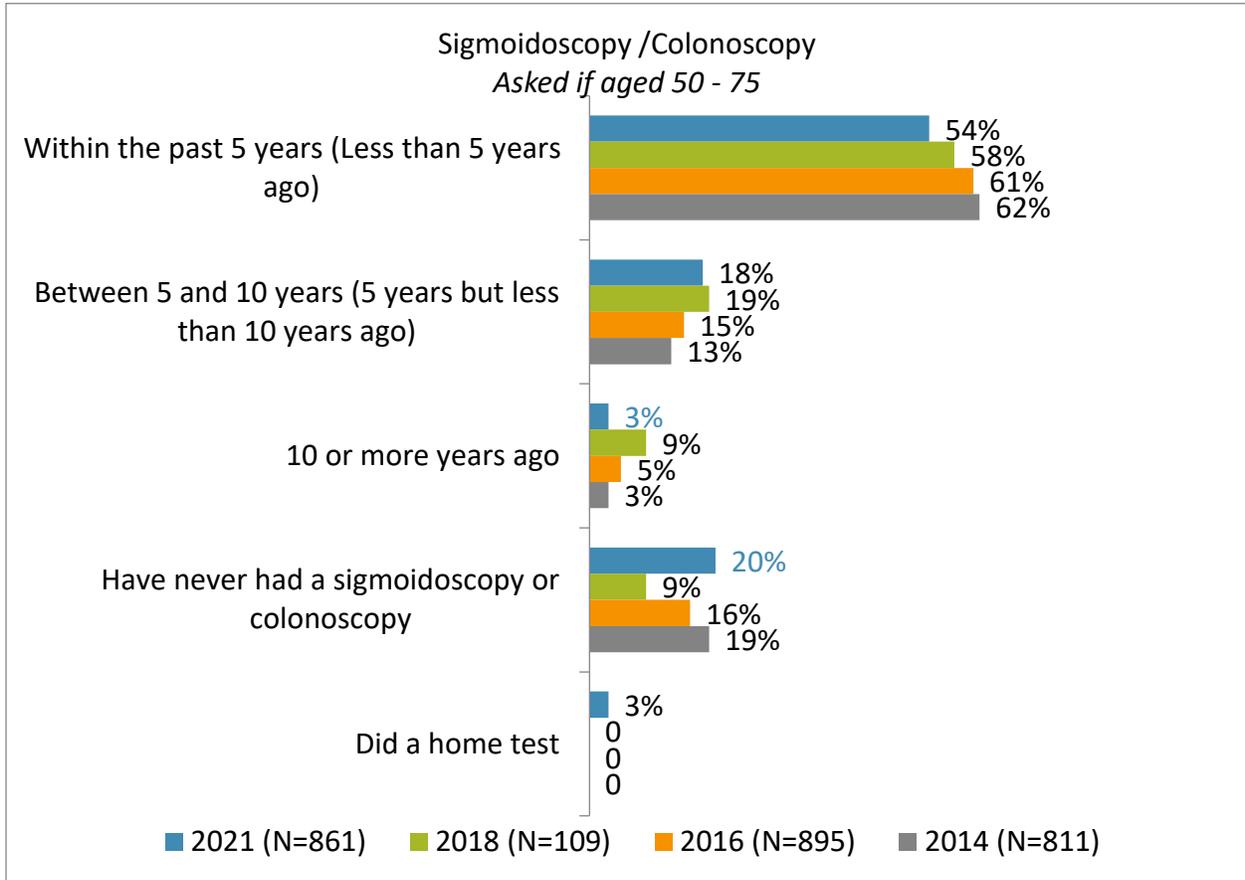


### QM12.5. When was your last Pap test?

The data was consistent across demographic groups for this question.

## SIGMOIDOSCOPY/COLONOSCOPY

In 2021, 54% of Howard County residents between 50 and 75 had a sigmoidoscopy or colonoscopy exam within the past 5 years. Between 2018 and 2021 there was an 11% increase in the number of residents that reported that they had never had a colon screening.



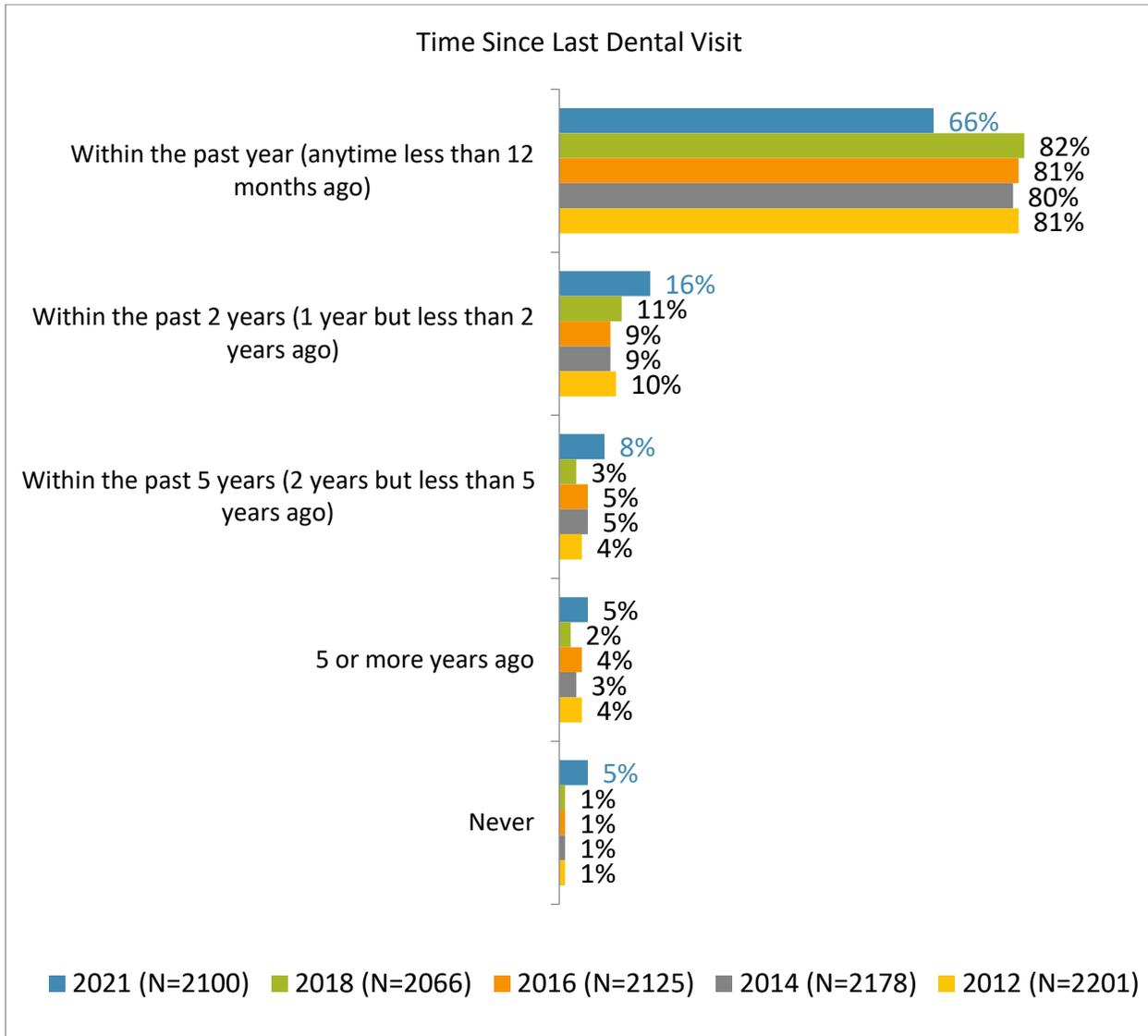
**QM14.3. Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the colon for signs of cancer or other health problems. How long has it been since you had your last sigmoidoscopy or colonoscopy?**

Men are significantly more likely than women to report that they have had a recent sigmoidoscopy or colonoscopy which occurred in the past 5 years.

2021 Gender Breakout	Male	Female
Within the past 5 years	59%	48%
Between 5 and 10 years	15%	21%
10 or more years ago	4%	3%
Have never had a sigmoidoscopy or colonoscopy	19%	21%
Did a home test	3%	4%

## LAST DENTAL VISIT

Residents of Howard County were much more likely in 2021 to report a longer period since their last dental visit than in prior reporting periods. Consistently from 2012 to 2018, approximately 80% of residents reported having a dental visit in the past 12 months. In 2021, this figure dropped to just 66% of residents. There was also a significant increase in 2021, from 1% to 5%, of people that said that they have never visited the dentist.



**QORAL.1. How long has it been since you last visited a dentist or a dental clinic for any reason? Include visits to dental specialists, such as orthodontists.**

The age of Howard County residents is a determining factor to the frequency of their dental visits. Residents over the age of 45 are more likely than those under 45 to report that they have had a dental visit within the past 12 months. Consistent with this, young residents, aged 18 to 44 are more likely to report never having had a dental exam at significantly higher levels than residents 45 and older.

White residents are more likely than any other race to report that they have had a recent visit to the dentist, in the past 12 months. Residents that make less than \$50K per year are the most likely group to say that they have never

been to the dentist, while residents that make over \$200K per year have a significantly higher likelihood than other residents of reporting that they have visited the dentist within the past 12 months.

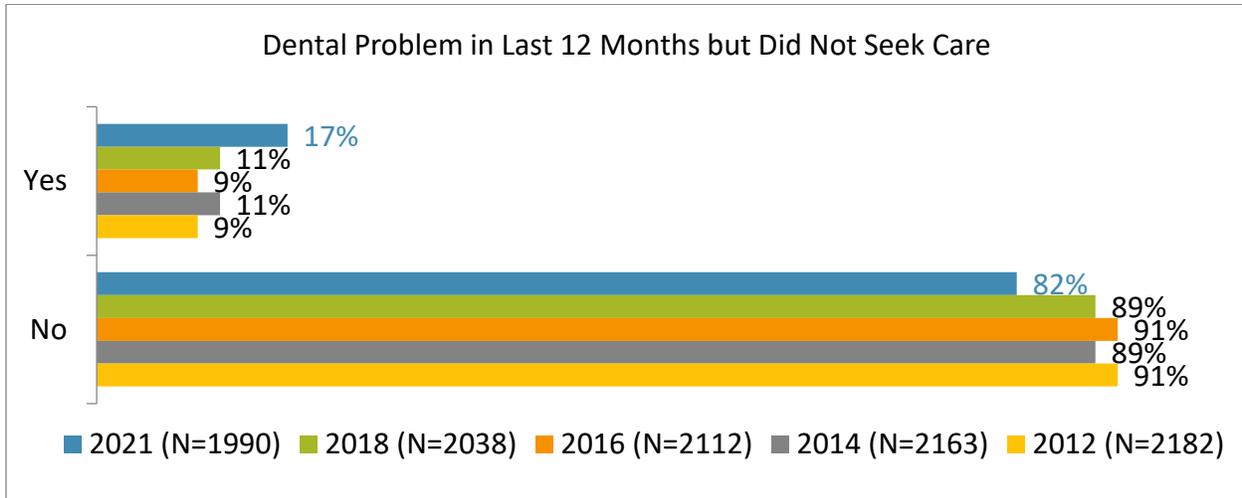
2021 Age Breakout	18-24	25-34	35-44	45-54	55-64	65-74	75+
Within the past year	45%	39%	59%	75%	78%	85%	78%
Within the past 2 years	22%	23%	20%	13%	12%	8%	15%
Within the past 5 years	15%	18%	9%	2%	5%	3%	1%
5 or more years ago	4%	7%	5%	5%	3%	4%	2%
Never	13%	11%	6%	4%	1%	0%	2%

2021 Race and Ethnicity Breakout	Hispanic	Non-Hispanic		White	Black	Asian	Other
Within the past year	49%	67%		72%	64%	55%	48%
Within the past 2 years	22%	16%		15%	17%	18%	19%
Within the past 5 years	10%	8%		6%	5%	14%	10%
5 or more years ago	7%	4%		3%	6%	5%	10%
Never	12%	5%		3%	6%	8%	12%

2021 Income Breakout	<\$50K	\$50K-\$99K	\$100K-\$149K	\$150K-\$199K	>\$200K
Within the past year	45%	62%	65%	68%	79%
Within the past 2 years	21%	17%	21%	16%	9%
Within the past 5 years	10%	11%	6%	10%	6%
5 or more years ago	9%	4%	5%	5%	2%
Never	13%	6%	3%	2%	5%

## DID NOT GET DENTAL CARE

In 2021 Howard County residents were more likely than in 2018 to report that they had a need for dental care but did not see a dentist.



**QORAL.2. During the last 12 months, have you had a dental problem which you would have liked to see a dentist about but you didn't see the dentist?**

This trend was more common among residents that make less than \$50K per year or are under the age of 45. It is also significant to note that white residents were significantly more likely to say that they sought dental care in cases when they needed it than residents of other races.

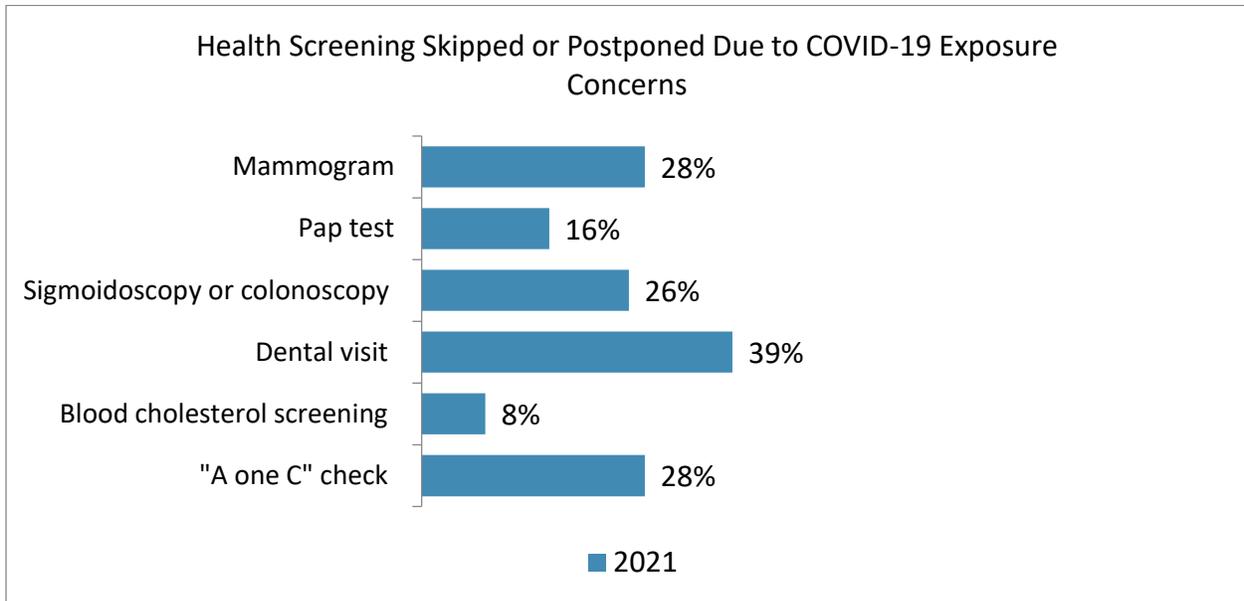
2021 Income Breakout	<\$50K	\$50K-\$99K	\$100K-\$149K	\$150K-\$199K	>\$200K
Yes	32%	21%	15%	16%	9%
No	66%	79%	85%	84%	91%

2021 Age Breakout	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	28%	34%	20%	9%	11%	10%	12%
No	69%	66%	80%	91%	89%	90%	88%

2021 Race and Ethnicity Breakout	Hispanic	Non-Hispanic	White	Black	Asian	Other
Yes	27%	16%	14%	20%	21%	27%
No	69%	83%	86%	79%	77%	71%

## HEALTH SCREENING AND COVID EXPOSURE

COVID-19 had a significant impact on Howard County resident’s likelihood of postponing preventative care such as medical checkups and cancer screenings in 2021. Residents were most likely to postpone dental care due to concerns about COVID-19 exposure, with 39% of residents answering that they had done so during the pandemic. Among these residents that postponed their dental visits, it is notable that residents who earn less than \$50K per year were significantly less likely to postpone their dental visit due to COVID-19 concerns. Unemployed residents and students were unlikely to postpone a dental appointment due to concerns of being exposed to COVID-19 when compared to employed and self-employed residents, and homemakers.



### Did you skip or postpone your wellness screening visit due to concern of COVID exposure?

For postponing mammograms, pap tests, sigmoidoscopy and colonoscopy screenings, cholesterol, and A one C checks, the data was consistent across all demographic groups. The following tables summarize differences among demographic categories for residents that postponed their dental visit due to concerns about COVID-19 exposure. Individuals were less likely to skip or postpone their dental visit if they made less than \$50K in annual income, were unemployed or were a student during the pandemic.

2021 Income Breakout	<\$50K	\$50K-\$99K	\$100K-\$149K	\$150K-\$199K	>\$200K
Yes	24%	34%	50%	50%	53%
No	76%	66%	49%	48%	47%

2021 Employment Breakout	Employed	Self Employed	Unemployed	Retired	Homemaker	Student
Yes	42%	47%	24%	44%	45%	20%
No	57%	53%	76%	52%	55%	80%



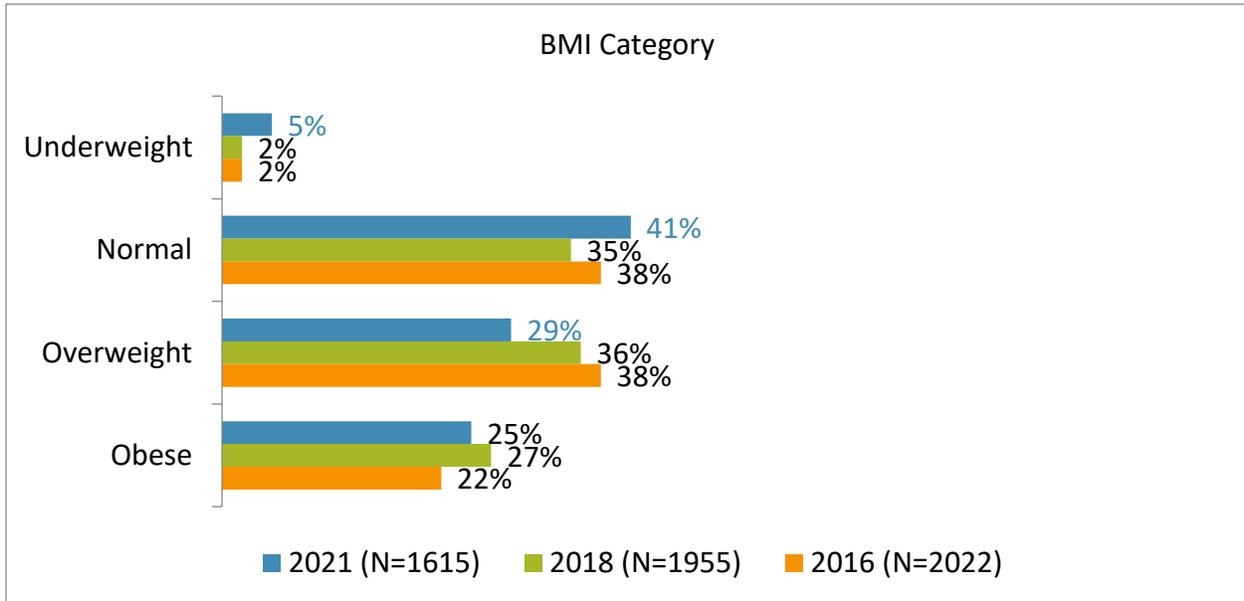
## OBESITY AND HEALTHY LIVING

The Obesity and Healthy Living section of this report provides an overview of healthy living practices of Howard County residents. The section includes a Body Mass Index categorization which is a basic ratio of an individual's weight to their height. Physical exercise and diet habits are also included.

BMI

**Body Mass Index Calculation based on Q8.11 (weight) and Q8.12 (height)**

Body mass index is a calculation of the ratio of a person’s weight to their height. In 2021 there was a significant increase in the number of residents that were at a Normal or Underweight BMI when compared with 2018. The number of Overweight individuals also fell significantly from 36% to 29%.



**Q8.11/Q8.12. BMI Category**

(Note – small discrepancies in historical data due to rounding and data cleaning. Data not provided prior to 2016)

For residents of Howard County, women are more likely to have a BMI within a normal range than men are. Additionally, 18–24-year-olds are more likely than older age groups to be underweight or have a normal body weight. Forty-five- to fifty-four-year-olds are significantly more likely to be overweight than all age groups younger than them, but not significantly more so than age groups older than them.

2021 Gender Breakout	Male	Female
Underweight	7%	4%
Normal	37%	46%
Overweight	35%	23%
Obese	22%	27%

2021 Age Breakout	18-24	25-34	35-44	45-54	55-64	65-74	75+
Underweight	14%	1%	8%	4%	5%	3%	2%
Normal	59%	47%	46%	32%	31%	44%	39%
Overweight	10%	27%	22%	39%	32%	30%	36%
Obese	17%	25%	23%	25%	32%	23%	23%

Responses also highlighted that race can be a significant predictor of BMI category. Asians have a significantly higher likelihood of being in a normal weight category than any other race. Black residents are more likely than both White and Asian residents to be obese, but are surpassed by white residents in the percent overweight category.

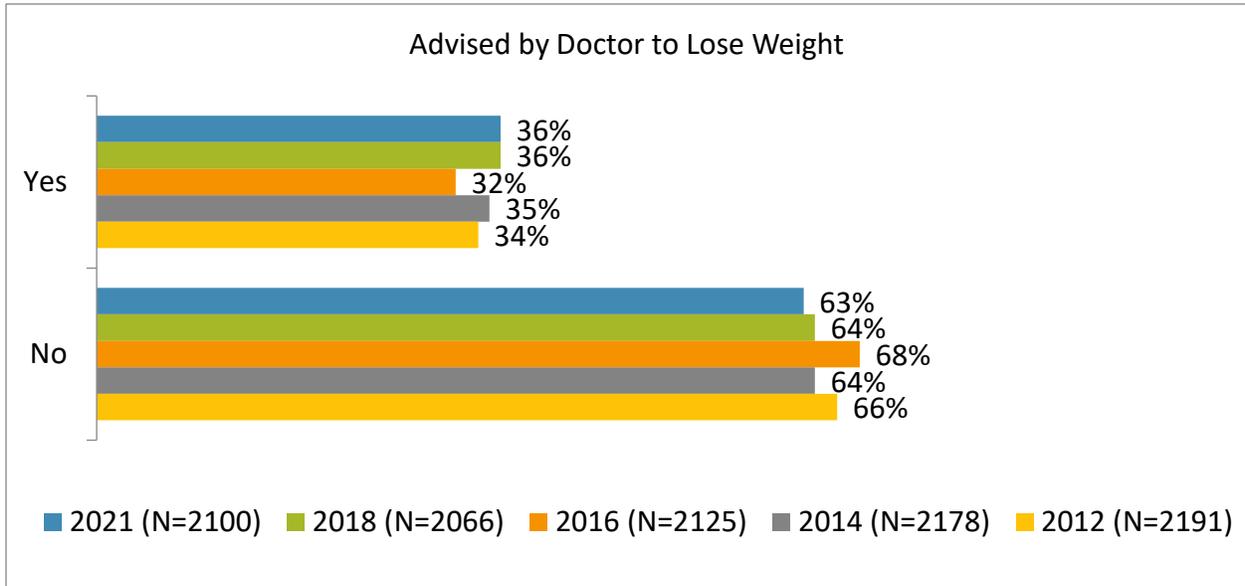
Finally, employment can play a role in predicting BMI category for Howard County Residents. Unemployed residents are more likely than employed, retired, stay at home parents and students to be overweight.

<b>2021 Race Breakout</b>	<b>White</b>	<b>Black</b>	<b>Asian</b>	<b>Other</b>
<b>Underweight</b>	5%	5%	4%	11%
<b>Normal</b>	38%	32%	60%	42%
<b>Overweight</b>	31%	26%	28%	20%
<b>Obese</b>	27%	37%	7%	27%

<b>2021 Employment Breakout</b>	<b>Employed</b>	<b>Self Employed</b>	<b>Unemployed</b>	<b>Retired</b>	<b>Homemaker</b>	<b>Student</b>
<b>Underweight</b>	5%	8%	0%	4%	2%	9%
<b>Normal</b>	41%	42%	29%	43%	50%	57%
<b>Overweight</b>	27%	33%	44%	29%	25%	15%
<b>Obese</b>	26%	16%	27%	24%	23%	19%

ADVISED BY DOCTOR TO LOSE WEIGHT

Howard County residents received weight loss advice from doctors at the same rate in 2018 and 2021.



**Q8.12A. Have you been advised by your doctor in the last five years to lose weight?**  
 (Note – small discrepancies in historical data due to rounding)

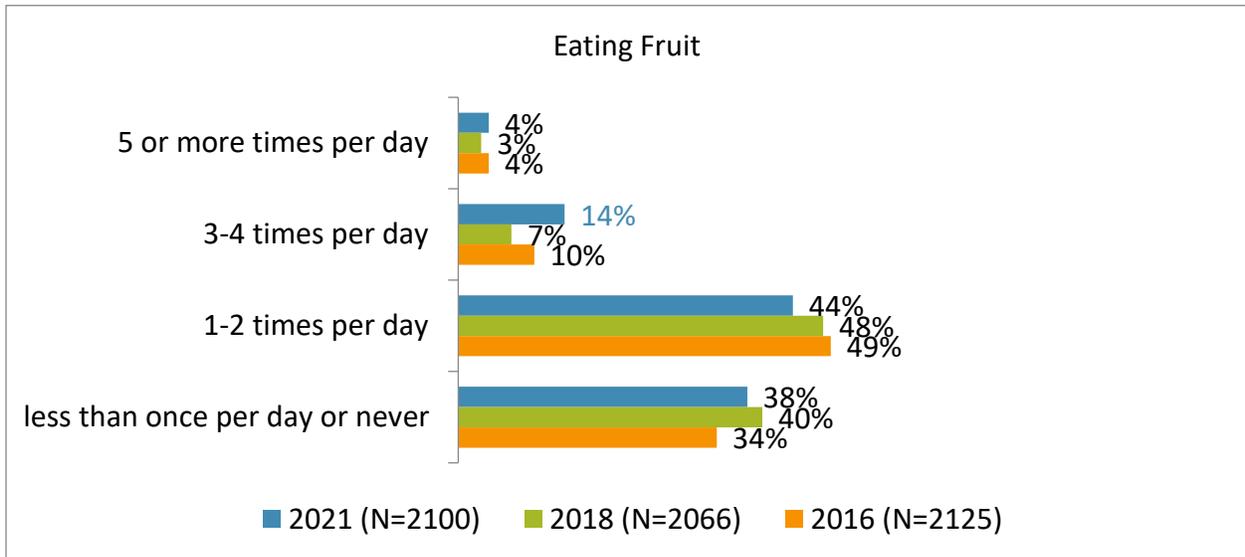
Age is a significant determining factor for having been advised by a doctor to lose weight. Among Howard County residents, 55-64 year old residents are significantly more likely than both older and younger residents, to have been advised to lose weight. Eighteen to twenty-five years olds are less likely than residents between the ages of 35-74 to have been advised to lose weight. Howard County residents are much more likely to have been advised to lose weight by a doctor if they are Black than if they are Asian or fall into an Other race.

2021 Age Breakout	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	21%	32%	35%	41%	48%	39%	32%
No	79%	68%	65%	59%	51%	61%	68%

2021 Race Breakout	White	Black	Asian	Other
Yes	40%	45%	19%	33%
No	60%	55%	81%	65%

## EATING FRUIT

The most common frequency for eating fruit for Howard County residents was approximately 1 to 2 times per day. However, in 2021, there was a significant increase in individuals eating fruit 3-4 times per day from 7% to double that, at 14%.



**Q9.2R. During the past week, not counting juice, how many times did you eat fruit? Count fresh, frozen, or canned fruit.**

**(Note – Data output is a result of calculations made to raw data collected. For consistency, data from 2016 and 2018 was recalculated to match approach to 2021 calculations so small differences may be present. Data prior to 2016 collect in ranges inconsistent with current year so not show.)**

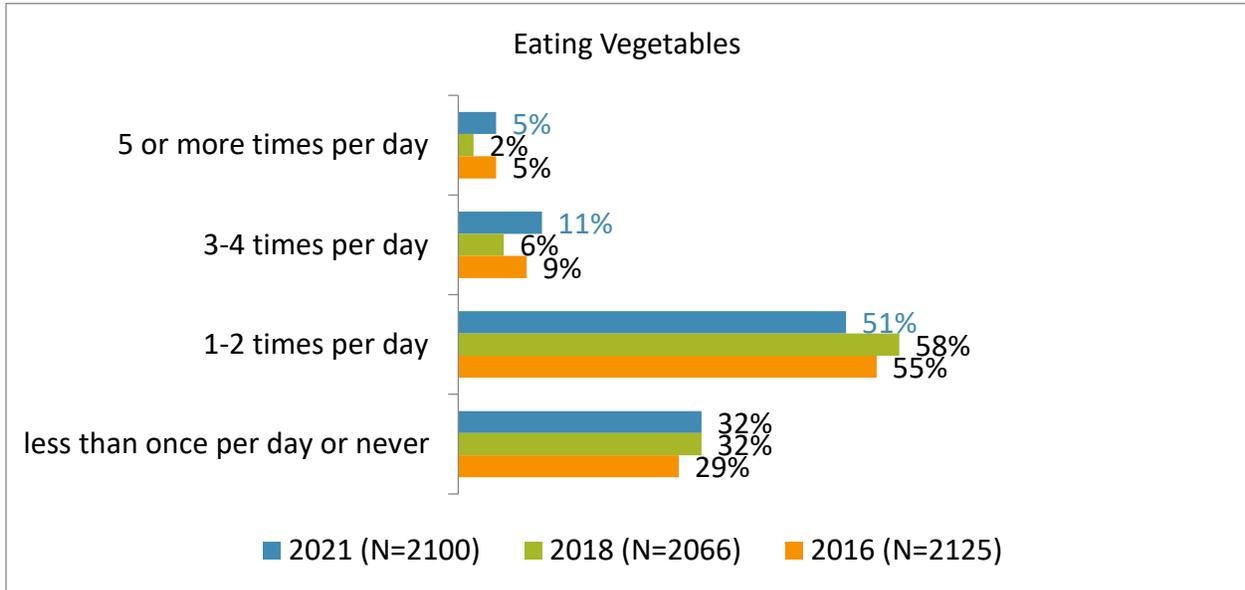
Residents of Howard County are likely to eat fruit 3-4 times per day. Men reported eating fruit rarely or never at much higher rates than females. Young adults, 18-24, are significantly more likely to eat fruit 3-4 times per day whereas 65-74 year old residents are more likely to eat fruit 1 to 2 times per day.

2021 Gender Breakout	Male	Female
5 or more times per day	4%	4%
3-4 times per day	11%	16%
1-2 times per day	43%	44%
less than once per day or never	41%	35%

2021 Age Breakout	18-24	25-34	35-44	45-54	55-64	65-74	75+
5 or more times per day	4%	1%	2%	6%	5%	5%	3%
3-4 times per day	22%	14%	14%	13%	12%	8%	14%
1-2 times per day	36%	42%	38%	45%	45%	54%	54%
less than once per day or never	38%	43%	44%	36%	38%	32%	27%

## EATING VEGETABLES

Consistent with findings concerning fruit consumption, Howard County residents consume vegetables at a rate of once or twice per day. Individuals reporting rarely or never eating vegetables remained the same. There was a shift, however, from eating vegetables 1-2 times per day toward eating vegetables more frequently.



### Q9.4R. During the past week, how many times did you eat vegetables that were not fried?

(Note – Data output is a result of calculations made to raw data collected. For consistency, data from 2016 and 2018 was recalculated to match approach to 2021 calculations so small differences may be present. Data prior to 2016 collect in ranges inconsistent with current year so not show.)

Residents are more likely to report eating vegetables less than once per day or never if they are males. Residents aged 45-74 have a much higher likelihood of eating vegetables 1 to 2 times per day than all younger age groups younger. Eighteen- to twenty-four-year-olds are the least likely to eat vegetables. They report eating them less than once per day or never at significantly higher rates than residents 35-74 years old.

2021 Age Breakout	18-24	25-34	35-44	45-54	55-64	65-74	75+
5 or more times per day	7%	5%	2%	4%	5%	3%	8%
3-4 times per day	13%	13%	10%	11%	12%	10%	14%
1-2 times per day	34%	44%	53%	56%	59%	64%	43%
< once per day or never	45%	38%	33%	29%	23%	23%	33%

2021 Gender Breakout	Male	Female
5 or more times per day	4%	5%
3-4 times per day	9%	14%
1-2 times per day	50%	53%
< once per day or never	36%	28%

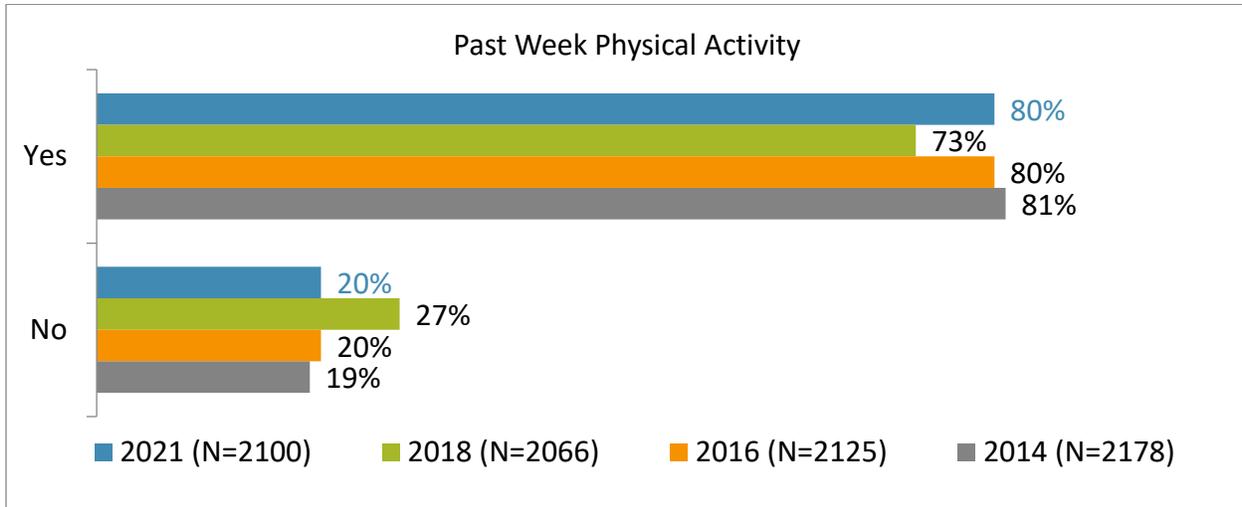
Unlike fruit, income and race are also determining factors as to how frequently residents eat vegetables. When residents make less than \$50K per year, they have a much higher likelihood of rarely or never eating vegetables. White residents report eating vegetables once or twice per day at much higher rates than any other race.

2021 Income Breakout	<\$50K	\$50K-\$99K	\$100K-\$149K	\$150K-\$199K	>\$200K
5 or more times per day	5%	3%	7%	3%	4%
3-4 times per day	9%	15%	9%	14%	12%
1-2 times per day	37%	53%	53%	53%	57%
< once per day or never	47%	29%	30%	31%	26%

2021 Race and Ethnicity Breakout	Hispanic	Non-Hispanic		White	Black	Asian	Other
5 or more times per day	3%	5%		5%	5%	3%	3%
3-4 times per day	12%	11%		11%	12%	12%	14%
1-2 times per day	41%	52%		57%	44%	45%	39%
< once per day or never	43%	31%		26%	37%	38%	42%

## PHYSICAL ACTIVITIES

Howard County residents began engaging in more physical activity during 2021, as there was a 7% increase to 80% of residents saying that they have exercised in the past week.



**Q10.1A. During the past week, other than your regular job, did you do any physical activities or exercise to raise your heart rate, such as running, golf, swimming, yard work, or walking for exercise?**

Male Howard County residents are significantly more likely than females to engage in physical activities. Among age groups, residents are less likely to do cardio exercise if they are between the ages of 18 and 34 than if they are 45 to 74 years of age. Income also predicts the likelihood that a resident will participate in physical activities, with low earners being much more likely to avoid physical activities that raise their heart rate than those that earn \$100K per year or higher.

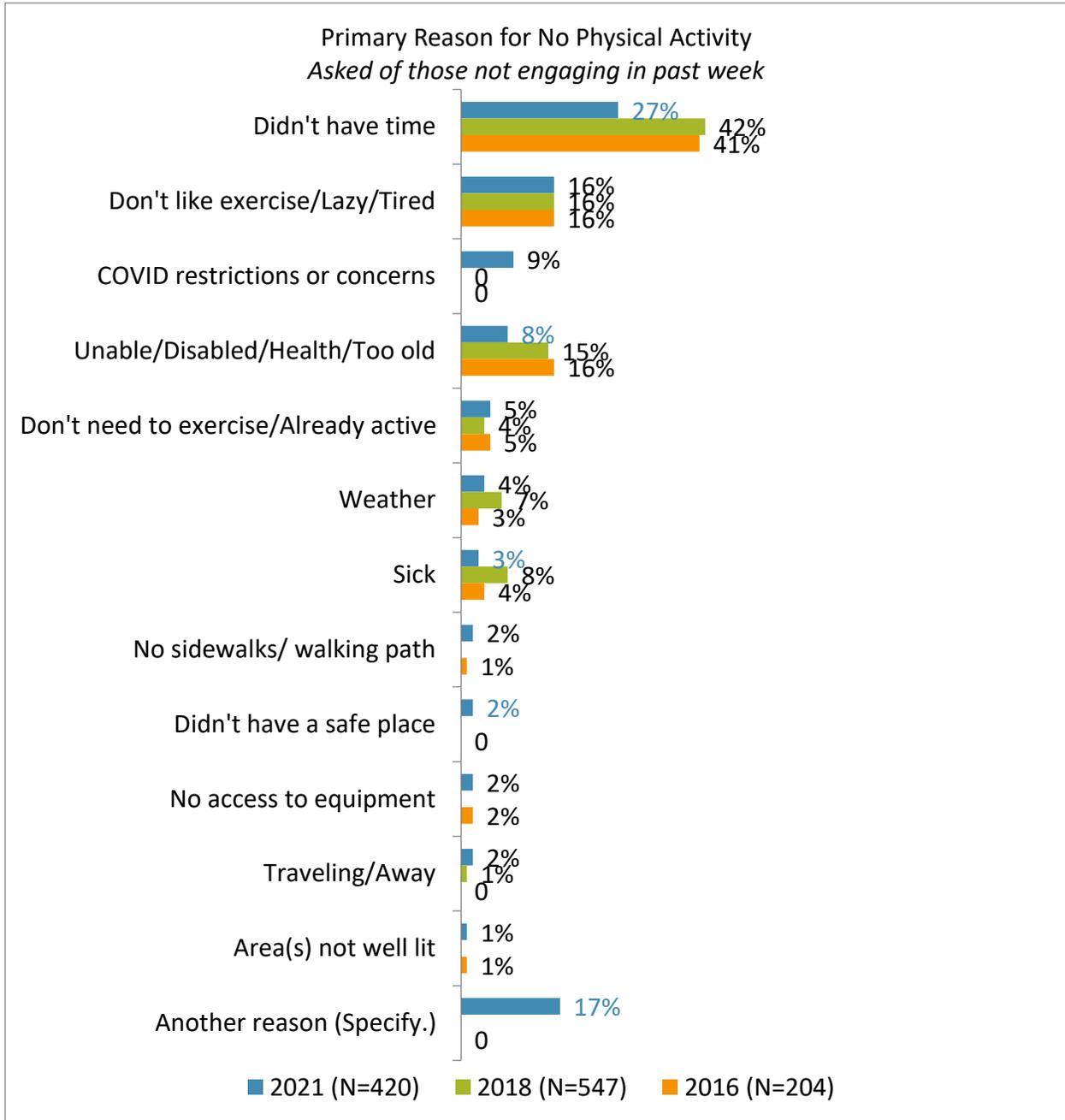
2021 Income Breakout	<\$50K	\$50K-\$99K	\$100K-\$149K	\$150K-\$199K	>\$200K
Yes	69%	77%	84%	83%	84%
No	31%	23%	16%	17%	16%

2021 Gender Breakout	Male	Female
Yes	83%	77%
No	17%	23%

2021 Age Breakout	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	72%	73%	81%	84%	84%	85%	75%
No	28%	27%	19%	15%	16%	14%	25%

## REASON FOR NO PHYSICAL ACTIVITY

In 2021, lack of time fell significantly, from 42% to 27%, as the primary reason for not engaging in physical activity. Disability and age also became less of a concern, were 7% less likely to cite this reason for not exercising. Unlike prior years, COVID-10 kept 9% of individuals from engaging in physical activity.

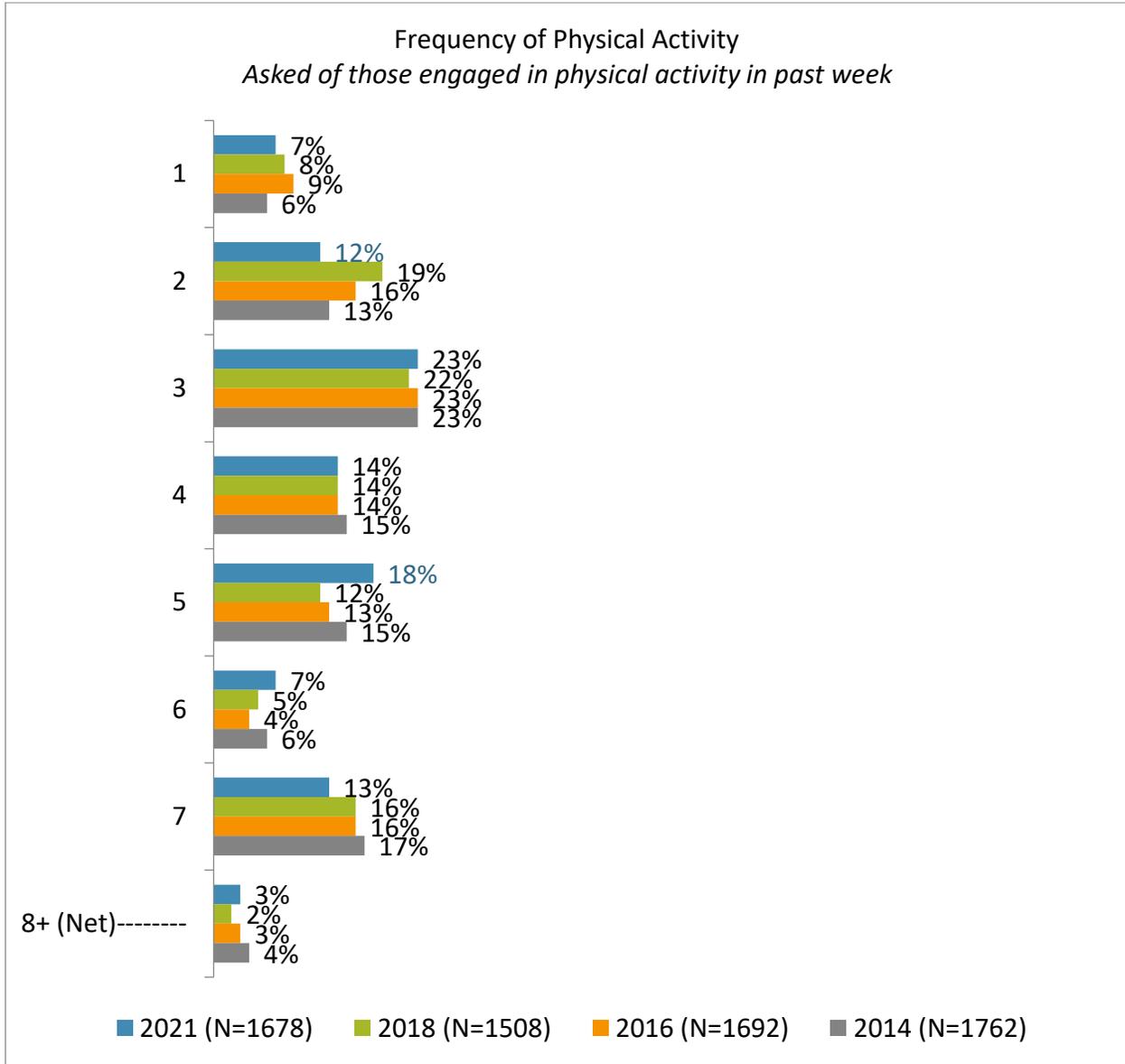


**Q10.1B. What was the main reason you did not engage in physical activity?**

The data was consistent across demographics groups for this question.

## FREQUENCY OF PHYSICAL ACTIVITY

Between 2018 and 2021, there was a significant decrease in the number of people that workout just twice per week. In addition, there were increases to the number of people that workout 3, 4, 5, 6, and 8 times each week. The number of people that reported working out 5 times per week rose from 12% to 18% and represents a significant increase over 2018 data.



### Q10.2A. During the past week, how many times did you take part in this activity?

For retired residents, the frequency of engaging in physical activities is higher, with 25% of these residents noting that they engage in physical activities 7 times per week, at a much higher rate than residents that are employed or self employed.

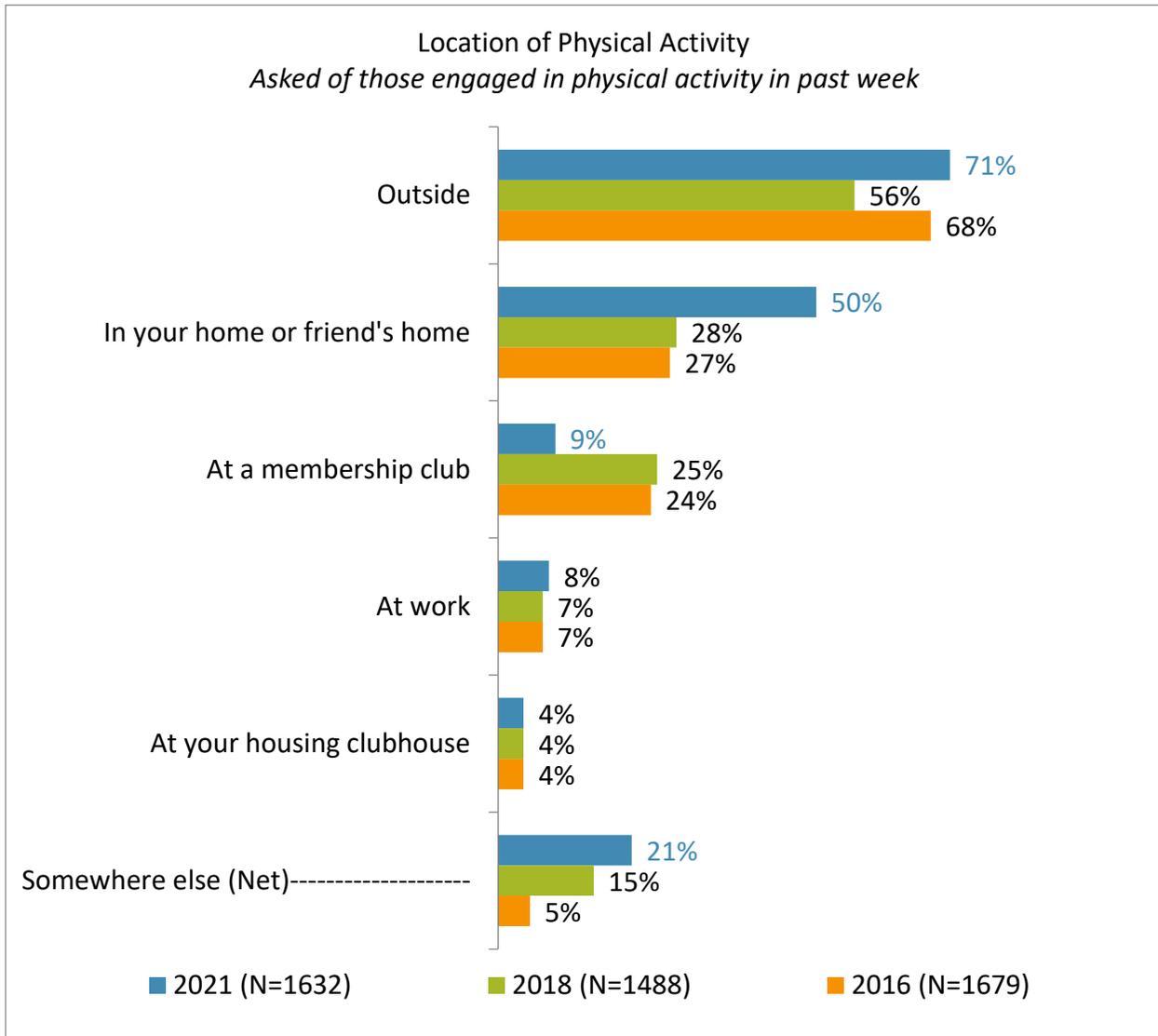
Consistent with these findings, residents that are between 18 and 24 are more likely than older age groups to only engage in cardio exercise twice in a week. Residents that are over the age of 55 are significantly more likely than any other age group to say that they do cardio exercise 7 times per week.

<b>2021 Employment Breakout</b>	<b>Employed</b>	<b>Self Employed</b>	<b>Unemployed</b>	<b>Retired</b>	<b>Homemaker</b>	<b>Student</b>
<b>1</b>	6%	10%	3%	9%	6%	5%
<b>2</b>	13%	11%	14%	9%	6%	13%
<b>3</b>	24%	19%	21%	22%	17%	29%
<b>4</b>	15%	14%	15%	9%	13%	11%
<b>5</b>	20%	18%	14%	15%	19%	17%
<b>6</b>	7%	6%	8%	5%	7%	4%
<b>7</b>	10%	13%	18%	25%	21%	9%
<b>8+ (Net)</b>	2%	5%	2%	1%	7%	5%

<b>2021 Age Breakout</b>	<b>18-24</b>	<b>25-34</b>	<b>35-44</b>	<b>45-54</b>	<b>55-64</b>	<b>65-74</b>	<b>75+</b>
<b>1</b>	3%	12%	5%	4%	6%	9%	8%
<b>2</b>	23%	12%	12%	10%	13%	9%	11%
<b>3</b>	21%	24%	25%	26%	20%	18%	25%
<b>4</b>	15%	15%	16%	14%	14%	12%	8%
<b>5</b>	13%	23%	21%	21%	16%	17%	15%
<b>6</b>	6%	4%	4%	9%	8%	7%	8%
<b>7</b>	9%	5%	6%	12%	19%	24%	19%
<b>8+ (Net)</b>	4%	2%	5%	2%	3%	2%	1%

## LOCATION OF PHYSICAL ACTIVITY

Safety of physical exercise classes was a major concern during the COVID-19 pandemic. Consistent with these trends, Howard County residents began to workout outside and in their home or a friend’s home at much higher rates than in 2018. These were also the most common places to workout at 71% and 50% respectively.



### Q10.3A. Where did you do these activities?

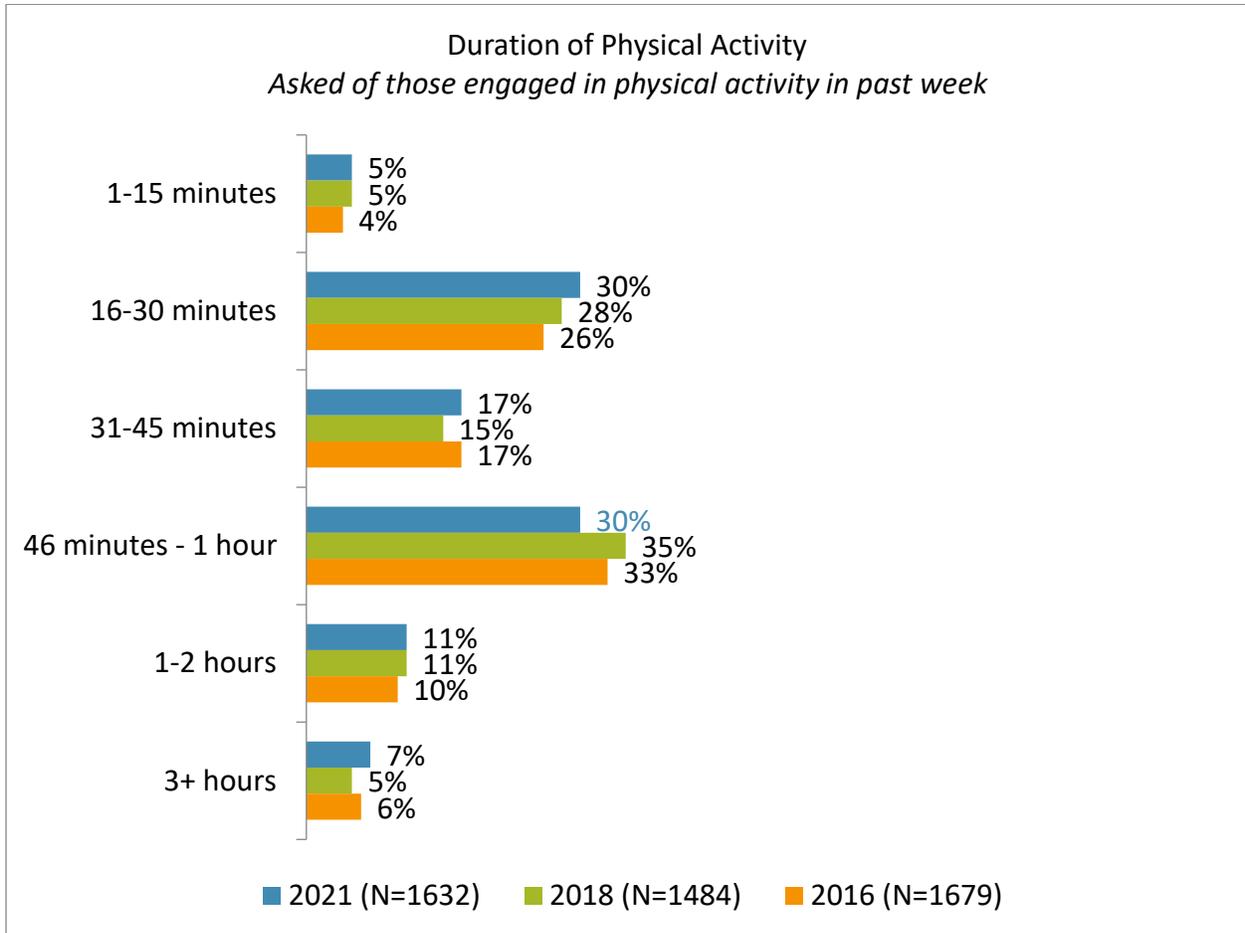
**(Note – Data prior to 2016 is not shown due to differences in data structure. 2016 and 2018 data recalculated to show “somewhere else” as a net consistent with 2021).**

When considering age as a contributing factor to where a person chooses to workout, 25–44-year-old residents are more likely than residents over the age of 55 to workout in their home or a friends’ home. Residents over the age of 55 prefer working out outdoors when compared to younger residents between the ages of 18 and 44. Among younger residents, it appears that there is a trend toward selecting public locations to exercise significantly more frequently than older residents do so.

<b>2021 Age Breakout</b>	<b>18-24</b>	<b>25-34</b>	<b>35-44</b>	<b>45-54</b>	<b>55-64</b>	<b>65-74</b>	<b>75+</b>
<b>Outside</b>	54%	65%	66%	74%	80%	77%	78%
<b>In your home or friend's home</b>	48%	58%	57%	51%	44%	45%	41%
<b>At your housing clubhouse</b>	3%	4%	7%	4%	4%	3%	6%
<b>At work</b>	8%	14%	11%	8%	7%	3%	1%
<b>At a membership club</b>	14%	10%	12%	8%	8%	5%	7%
<b>Something else (Net)</b>	42%	30%	19%	16%	12%	19%	24%
<b>Or somewhere else (Specify.)</b>	6%	6%	2%	6%	5%	9%	13%
<b>School/Community College</b>	14%	2%	5%	1%	3%	2%	
<b>Community/Rec/Senior Center</b>	4%	3%	3%	0%	1%	5%	3%
<b>Mall</b>	13%	8%	6%	4%	2%	1%	6%
<b>Hotel/While traveling</b>	3%	3%	4%	2%	1%	2%	
<b>Training location/Private rec center</b>	12%	7%	3%	3%	2%	2%	1%
<b>Church</b>	2%	7%	0%	0%	0%		
<b>Healthcare facility/Physical therapy</b>	8%	5%	5%	1%	0%	1%	2%
<b>Bowling alley</b>	4%	8%	3%	1%	0%		

## DURATION OF PHYSICAL ACTIVITY

In 2021, residents of Howard County worked out in slightly shorter intervals. Residents reporting 46-minute to 1 hour long workouts saw a significant decline from 35% to 30%.

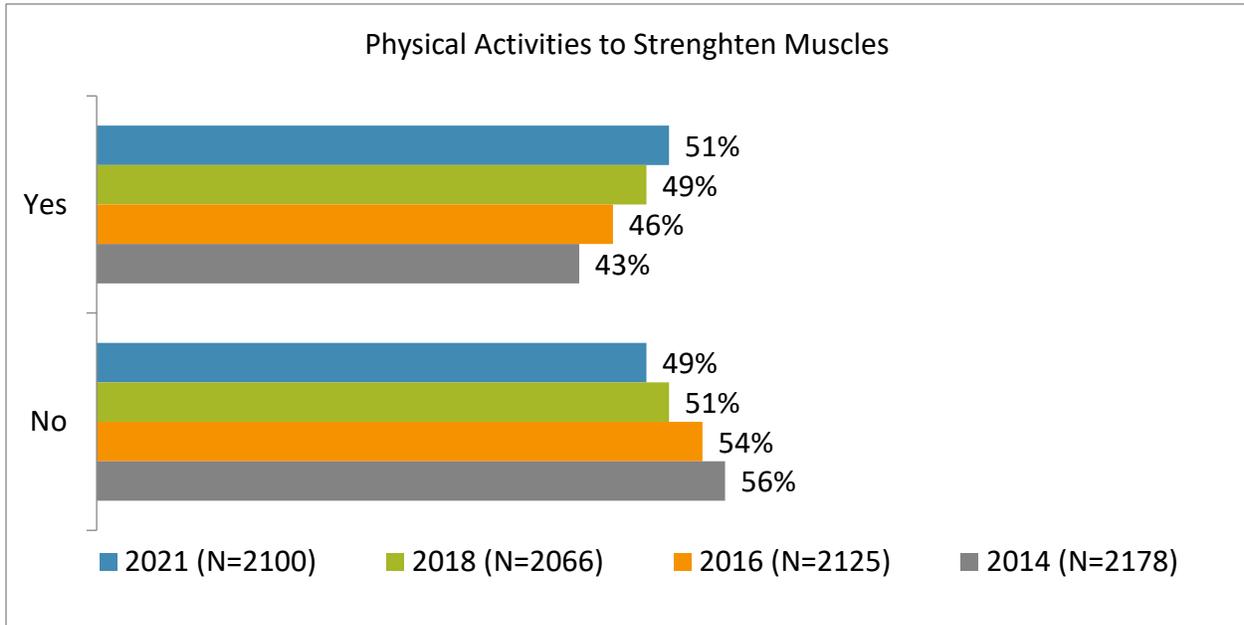


**Q10.3B. Each time you took part in this activity, for about how many minutes or hours did you usually keep at it?**

The data was consistent across demographic groups for this question.

**PHYSICAL ACTIVITIES TO STRENGTHEN MUSCLES**

About 50% of Howard County residents consistently engage in physical activities to strengthen their muscles.



**Q10.4. During the past week, did you do physical activities or exercises to STRENGTHEN your muscles? Count activities using your own body weight like yoga, sit-ups or push-ups, or weight machines, free weights, or elastic bands.**

Males are more likely than females to engage in activities to strengthen muscles. Individuals are less likely to engage in strength-based workouts if they make less than \$50K in annual income. In addition, Employed and Self Employed individuals, along with students are more likely than retirees to do strength building exercises.

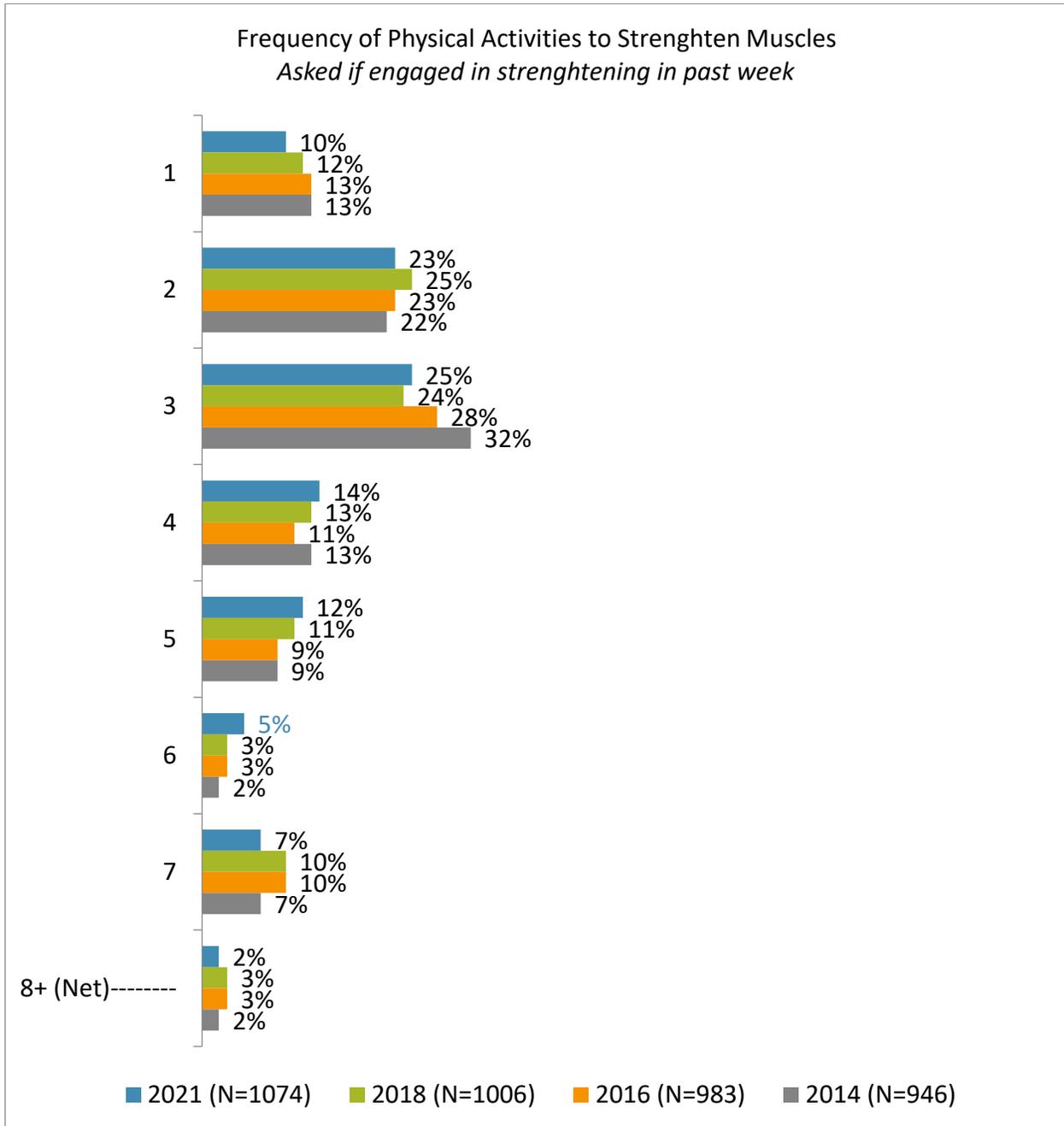
2021 Gender Breakout	Male	Female
Yes	55%	47%
No	44%	53%

2021 Income Breakout	<\$50K	\$50K-\$99K	\$100K-\$149K	\$150K-\$199K	>\$200K
Yes	39%	48%	59%	56%	56%
No	61%	52%	41%	44%	44%

2021 Employment Breakout	Employed	Self Employed	Unemployed	Retired	Homemaker	Student
Yes	53%	57%	45%	43%	48%	60%
No	47%	43%	53%	56%	52%	40%

## FREQUENCY OF PHYSICAL ACTIVITIES TO STRENGTHEN MUSCLES

Data about frequency of muscle strengthening workouts was consistent across years. If residents do engage in strength training, they are most likely to do so 3 times per week.

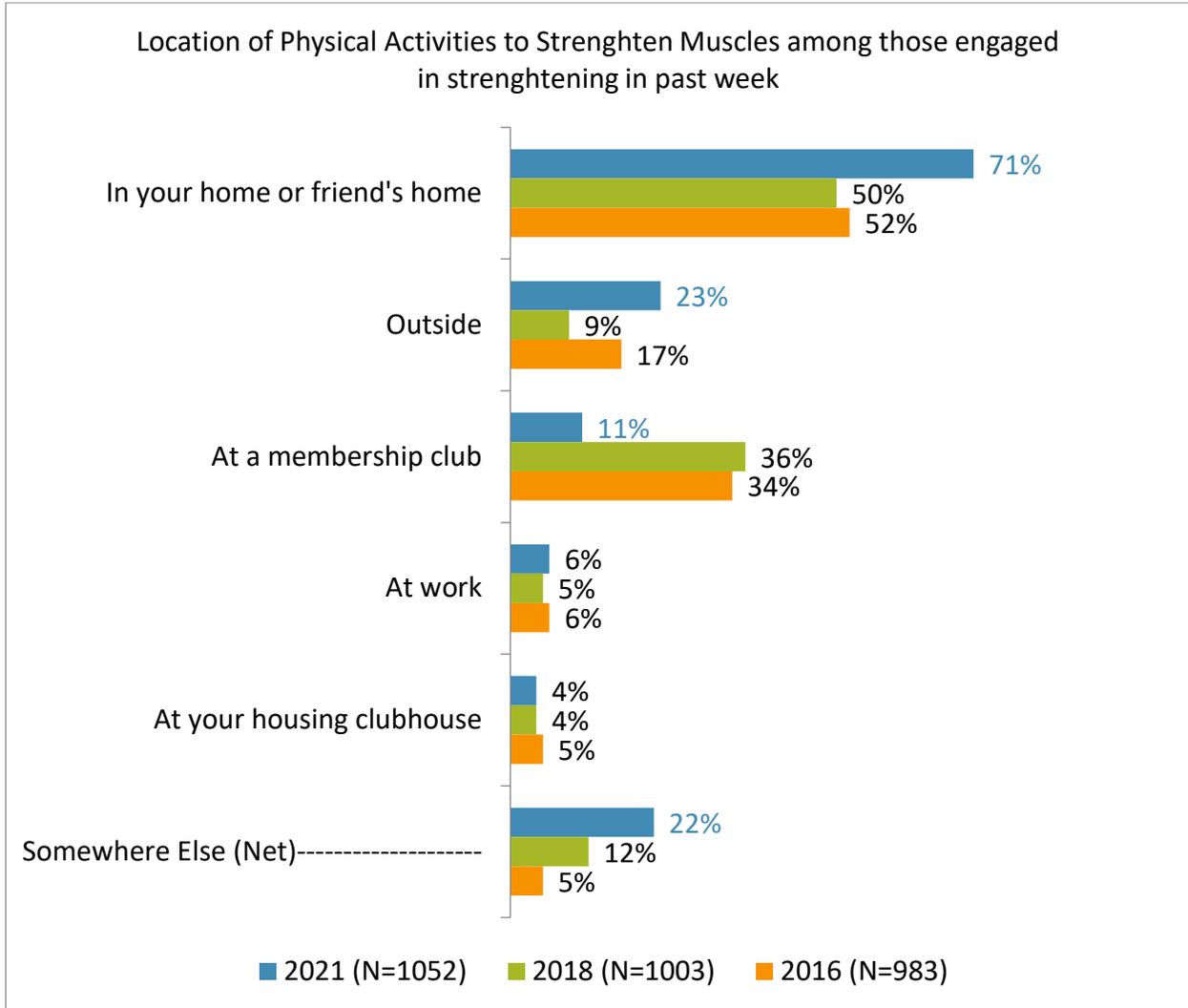


**Q10.5A: During the past week, how many times did you take part in this activity?**  
(Note – small discrepancies in historical data due to rounding and data cleaning.)

The data was consistent across demographic groups for this question.

LOCATION OF ACTIVITIES TO STRENGTHEN MUSCLES

There was a considerable shift in where people engaged in strength training in 2021 which was consistent with data about physical activity to raise heart rate. Seventy-one percent of residents reported working out in a home and 23% of residents reported working out outside. Both represent significant shifts in comparison to 2018 data. This is paralleled by a sharp decline in participating in strength training at a gym or membership club.



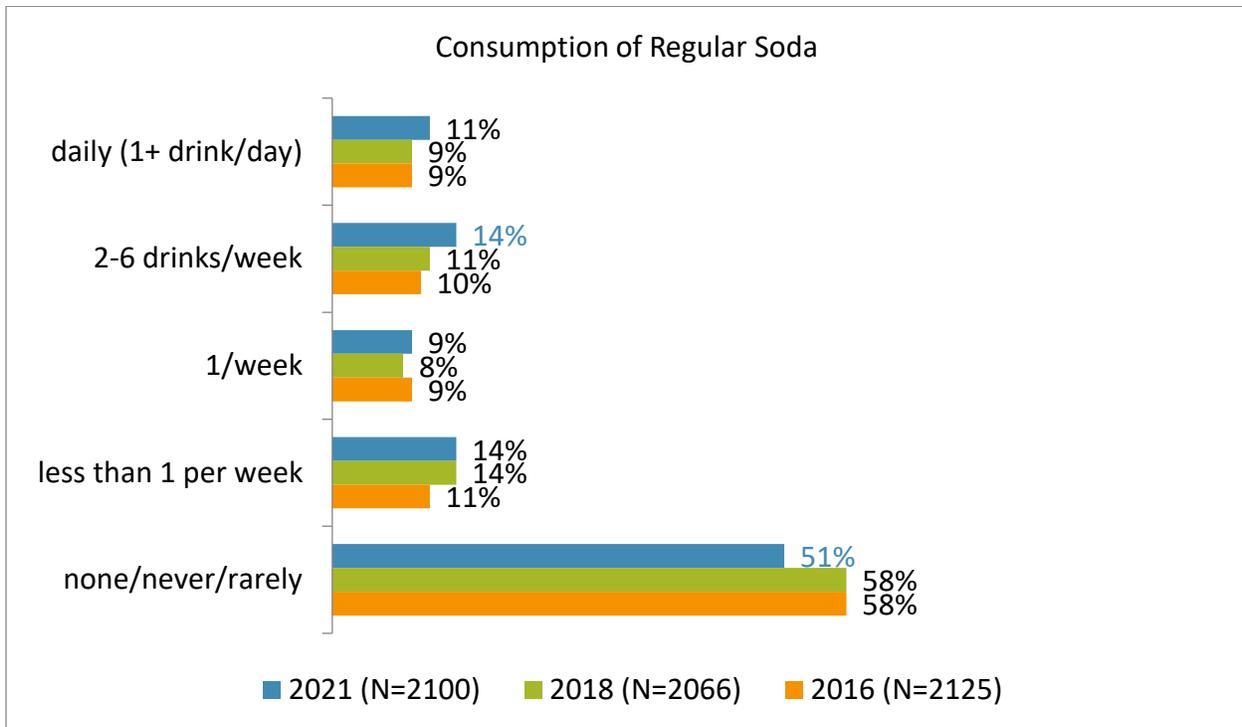
**Q10.6A. Where did you do these activities? Check all that apply.**

**(Note – Data prior to 2016 is not shown due to differences in data structure. 2016 and 2018 data recalculated to show “somewhere else” as a net consistent with 2021).**

The data was consistent across demographic groups for this question.

## REGULAR SODA

In 2021, more Howard County residents are drinking soda as only 51% said that they never drink soda which represents a significant decline in comparison with 2018.



**QSD1P. How often do you drink regular soda such as Coke, Pepsi, Sprite, or Mountain Dew?**  
 (Note – data prior to 2016 is only in ranges inconsistent with table above, so it is not shown. Small differences vs. 2018 report due to rounding.)

Consuming regular sodas is more common among males than females in Howard County. Males are significantly more likely to report drinking soda once per day, a couple times per week or once per week than are females.

2021 Gender Breakout	Male	Female
none/never/rarely	45%	57%
daily (1+ drink/day)	14%	8%
2-6 drinks/week	16%	12%
1/week	11%	7%
less than 1 per week	14%	15%

Younger residents are also much more likely to report drinking soda at all, while residents over the age of 55 are very likely to report that they never or rarely drink sodas when compared with any residents younger than this.

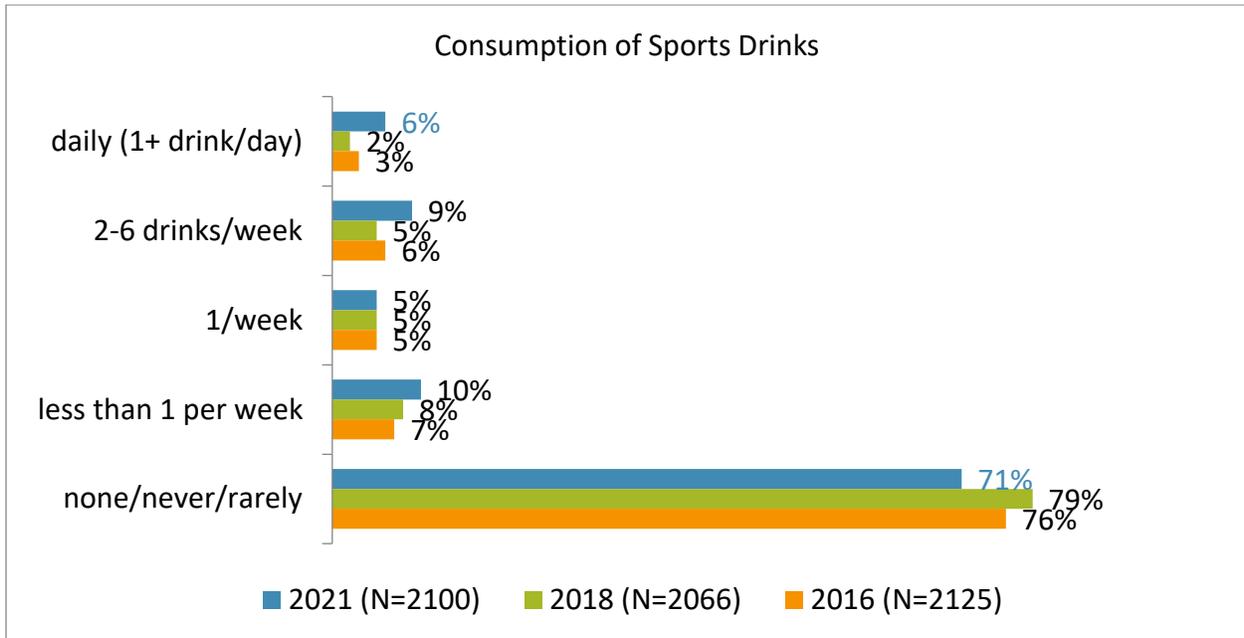
Race and ethnicity also correspond with regular soda consumption. White residents are much more likely than any other race to report that they never or rarely drink soda. Individuals identifying as Other for race had a higher likelihood than other races to drink soda every day. Asians are the most likely subgroup to drink soda a moderate amount, as 15% reported drinking 1 soda per week. In addition, non-Hispanic individuals are much more likely than Hispanics to never or rarely drink soda.

<b>2021 Age Breakout</b>	<b>18-24</b>	<b>25-34</b>	<b>35-44</b>	<b>45-54</b>	<b>55-64</b>	<b>65-74</b>	<b>75+</b>
<b>none/never/rarely</b>	40%	43%	44%	50%	60%	68%	62%
<b>daily (1+ drink/day)</b>	9%	19%	11%	10%	9%	7%	9%
<b>2-6 drinks/week</b>	18%	15%	23%	11%	9%	10%	12%
<b>1/week</b>	15%	10%	7%	11%	6%	4%	7%
<b>less than 1 per week</b>	16%	13%	16%	17%	16%	10%	8%

<b>2021 Race and Ethnicity Breakout</b>	<b>Hispanic</b>	<b>Non-Hispanic</b>		<b>White</b>	<b>Black</b>	<b>Asian</b>	<b>Other</b>
<b>none/never/rarely</b>	38%	52%		57%	47%	42%	40%
<b>daily (1+ drink/day)</b>	14%	11%		12%	9%	6%	20%
<b>2-6 drinks/week</b>	21%	13%		12%	16%	17%	17%
<b>1/week</b>	6%	9%		7%	7%	15%	8%
<b>less than 1 per week</b>	18%	14%		11%	19%	19%	12%

**SPORTS DRINKS**

While most Howard County residents say that they do not drink energy drinks like Gatorade and Powerade, consumption increased significantly in 2021, as there was a significant decrease in residents that say that they rarely or never drink sports drinks and there a significant increase in the number of people that drink sports drinks once per day.



**SD2P. How often do you drink sports drinks like Gatorade or Powerade? Do not include diet or low-calorie types (Note – data prior to 2016 is only in ranges inconsistent with table above, so it is not shown.)**

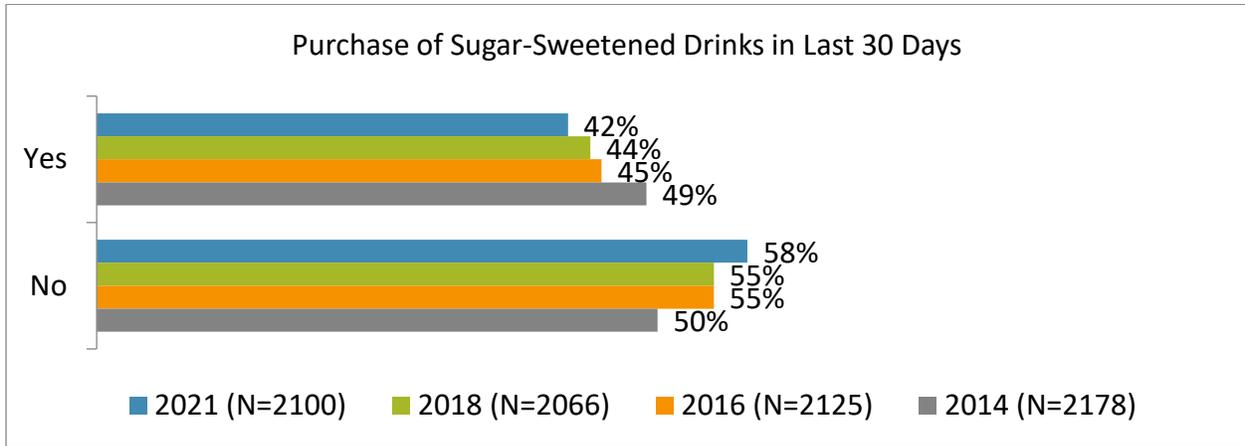
Consistent with data concerning regular soda consumption, males and residents that are younger than 55 are significantly more likely to report that they do drink energy drinks and significantly more likely to report drinking these drinks at more frequent rates than are women and individuals over the age of 55.

2021 Gender Breakout	Male	Female
none/never/rarely	62%	79%
daily (1+ drink/day)	7%	4%
2-6 drinks/week	13%	4%
1/week	7%	4%
less than 1 per week	11%	8%

2021 Age Breakout	18-24	25-34	35-44	45-54	55-64	65-74	75+
none/never/rarely	52%	54%	58%	74%	86%	87%	88%
daily (1+ drink/day)	11%	11%	8%	4%	2%	1%	4%
2-6 drinks/week	13%	14%	12%	8%	4%	4%	3%
1/week	10%	9%	6%	6%	2%	2%	1%
less than 1 per week	12%	12%	16%	8%	6%	5%	3%

## HAS BOUGHT SUGAR-SWEETENED DRINKS

Consumption of sugar sweetened drinks was consistent between 2018 and 2021, with 42% of individuals reporting purchasing sugary drinks in 2021.



**SD7. In the last 30 days, have you bought any of the following types of sugar sweetened beverages for your family to drink at home?**

Sugar sweetened beverages are more likely to be purchased by males than by females in Howard County. While most residents report that they have not purchased sugar sweetened beverages in the past month, residents between the ages of 65 and 74 are much more likely than any other age group to avoid purchasing sugar sweetened beverages. Significantly, individuals that are highly educated and have completed a post graduate degree are more likely to say they haven't recently purchased sugar sweetened beverages than individuals that have a high school GED, have attended some college or completed a 4-year degree.

2021 Education Breakout	<H.S.	H.S./GED	Some College	4-year degree	Post Grad
Yes	43%	46%	44%	47%	36%
No	57%	54%	56%	52%	64%

2021 Age Breakout	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	48%	44%	53%	45%	36%	23%	35%
No	51%	55%	47%	55%	64%	76%	64%

2021 Gender Breakout	Male	Female
Yes	45%	39%
No	55%	61%

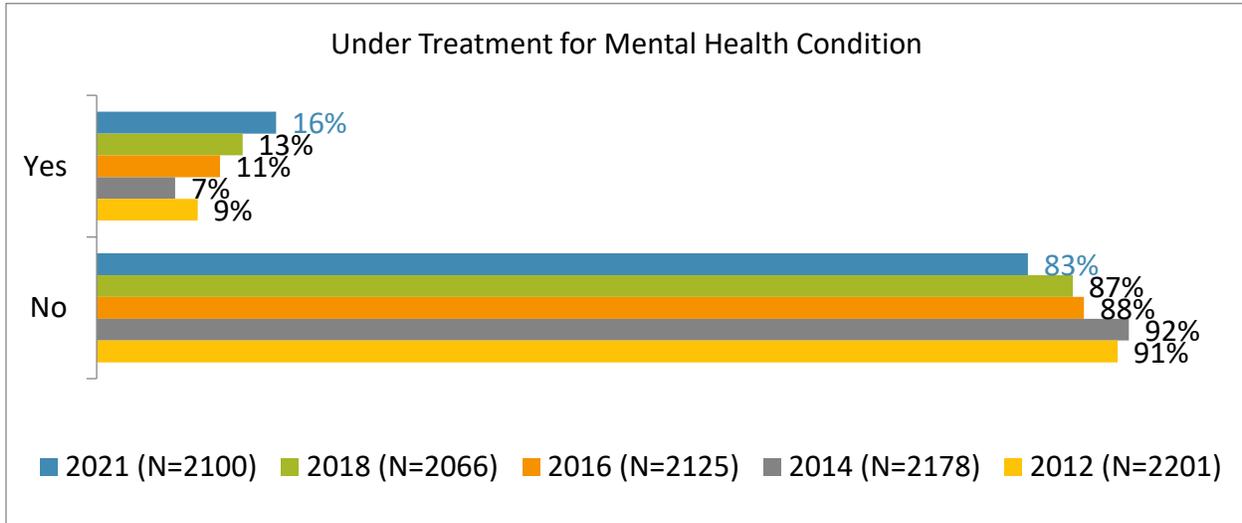
## BEHAVIORAL HEALTH

Behavioral health refers to mental health, including anxiety and depression, as well as financial worry and food insecurity in Howard County. This section also provides a summary of alcohol and tobacco use among residents.



## MENTAL HEALTH CONDITION

Treatment for mental health conditions increased significantly in 2021 from 13% to 16% of residents reporting they are currently receiving treatment for a mental health condition or emotional problem. This could indicate residents are more willing to seek care, there were more residents requiring care in 2021 or a combination of the two.



### QM26.9. Are you now taking medicine or receiving treatment from a doctor or other health professional for any type of mental health condition or emotional problem?

Mental health treatment and medication is more prevalent among residents that are between 35 and 44 years old than among 45–54-year-old individuals or the elderly population. Elderly residents are not at all likely to report receiving mental health treatment when compared with younger county residents.

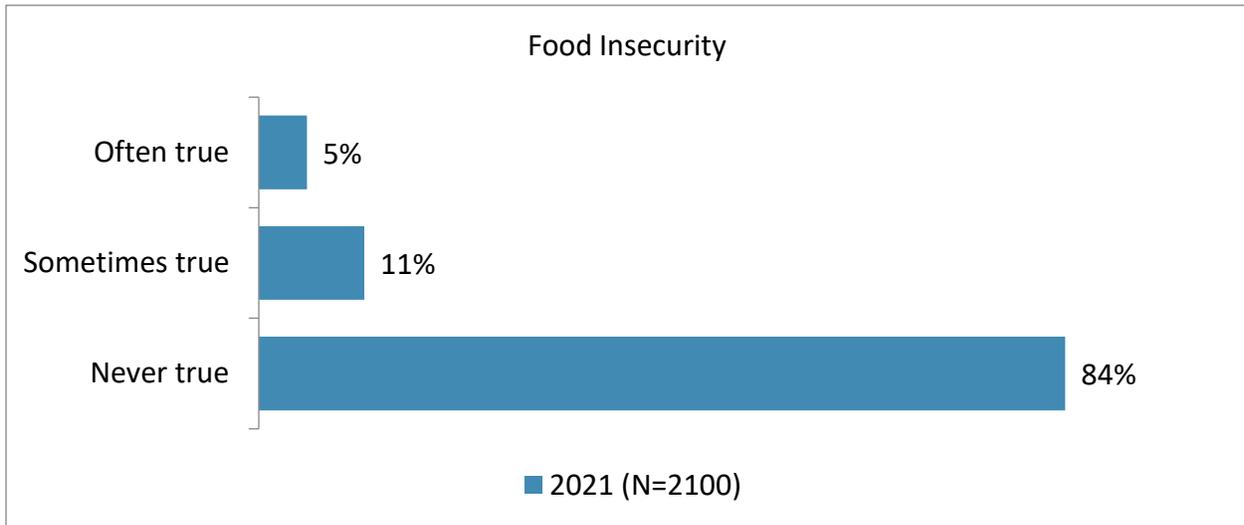
Race is an important factor to predicting whether a person is likely to be receiving treatments for mental health. White residents are most likely to be treated for a mental health or emotional problem while Asian residents are the least likely. Additionally, unemployed individuals are being treated for mental conditions at much higher rates than are employed residents, Retirees, and Homemakers.

2021 Age Breakout	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	17%	22%	21%	13%	16%	10%	8%
No	81%	78%	78%	87%	84%	90%	91%

2021 Race Breakout	White	Black	Asian	Other
Yes	20%	14%	6%	14%
No	80%	84%	94%	83%

2021 Employment Breakout	Employed	Self Employed	Unemployed	Retired	Homemaker	Student
Yes	16%	16%	24%	10%	13%	14%
No	84%	83%	75%	88%	85%	85%

**FOOD INSECURITY**



**QM28.0. Thinking of the following statement "I worried whether my food would run out before I got money to buy more." Was that often true, sometimes true, or never true for you in the last 12 months?**

Food insecurity is most common among young residents, especially males. Young people in Howard County are much more likely to worry about running out of food, as those under the age of 45 are much more likely than older residents to report food insecurity. Individuals that are self-employed or unemployed have a much higher likelihood of worrying about running out of food than other groups. The least likely group of residents to say that they are food insecure are retirees.

2021 Gender Breakout	Male	Female
Often true	6%	3%
Sometimes true	10%	12%
Never true	84%	84%

2021 Age Breakout	18-24	25-34	35-44	45-54	55-64	65-74	75+
Often true	11%	7%	8%	5%	1%	0%	1%
Sometimes true	19%	30%	15%	4%	2%	2%	2%
Never true	69%	63%	77%	91%	97%	98%	94%

2021 Employment Breakout	Employed	Self Employed	Unemployed	Retired	Homemaker	Student
Often true	5%	9%	6%	1%	1%	0%
Sometimes true	12%	5%	24%	2%	9%	14%
Never true	83%	85%	70%	95%	89%	86%

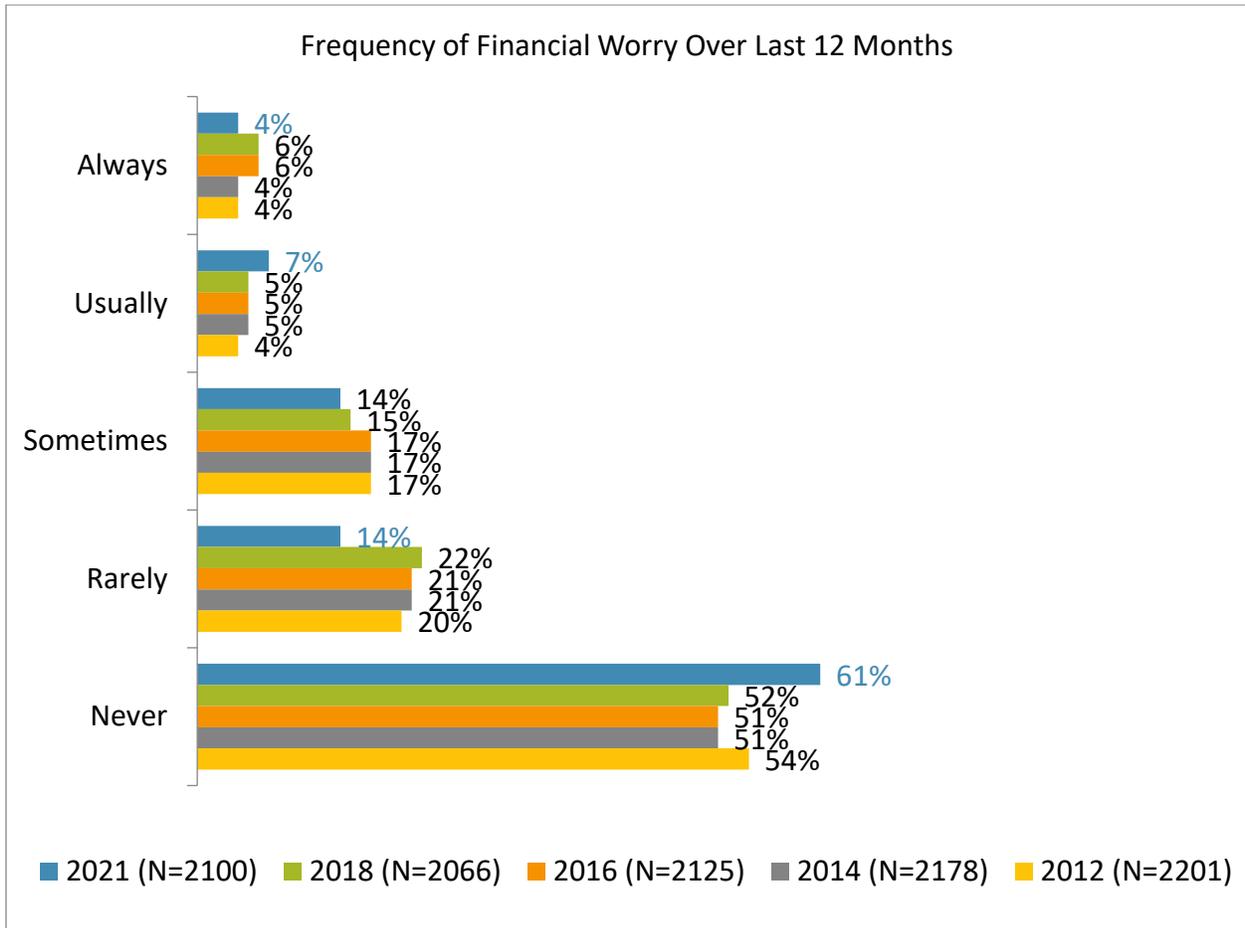
Marriage also plays a role in access to food for residents of Howard County. Residents that have never been married are more likely than married, divorced, or separated, and widowed residents to be occasionally concerned about running out of food. Widowed residents reported that food insecurity almost never happened to them at rates much higher than employed, self-employed and unemployed residents. Food insecurity is least prevalent among white individuals and is much more common among Hispanic residents than Non-Hispanic.

<b>2021 Marriage Breakout</b>	<b>Married</b>	<b>Divorced/Separated</b>	<b>Widowed</b>	<b>Never Married</b>	<b>Unmarried Couple</b>
<b>Often true</b>	5%	7%	1%	4%	1%
<b>Sometimes true</b>	9%	9%	6%	18%	16%
<b>Never true</b>	86%	83%	93%	78%	83%

<b>2021 Race and Ethnicity Breakout</b>	<b>Hispanic</b>	<b>Non-Hispanic</b>		<b>White</b>	<b>Black</b>	<b>Asian</b>	<b>Other</b>
<b>Often true</b>	22%	3%		4%	6%	6%	8%
<b>Sometimes true</b>	15%	11%		9%	12%	14%	19%
<b>Never true</b>	62%	85%		87%	82%	80%	69%

## MONEY WORRIES

There were shifts in financial concerns for Howard County residents between 2018 and 2021. A much higher percentage of residents reported that they never had financial stress in 2021 when compared with 2018. There was also a significant increase in individuals reporting that they usually have money worries, from 5% in 2018 to 7% in 2021.



**QM28.1. How often in the past 12 months would you say you were worried or stressed about having enough money to pay vital expenses like your rent, mortgage, or food? Would you say you were worried or stressed...?**

Men in Howard County are more likely than women to report that they always have concerns about paying for vital expenses.

2021 Gender Breakout	Male	Female
Always	5%	3%
Usually	7%	6%
Sometimes	12%	16%
Rarely	14%	15%
Never	62%	60%

Money worries, at any frequency of occurrence, are consistently more common among individuals under the age of 54. White residents are more financially stable than any other races. Hispanic residents usually feel worried about running out of money for their vital expenses almost three times more frequently than Non-Hispanic residents. Finally, divorced or separated residents are significantly more likely than other groups to say that they are always concerned about money, while widowed residents are more likely than any group except married couples to say that they never have financial concerns.

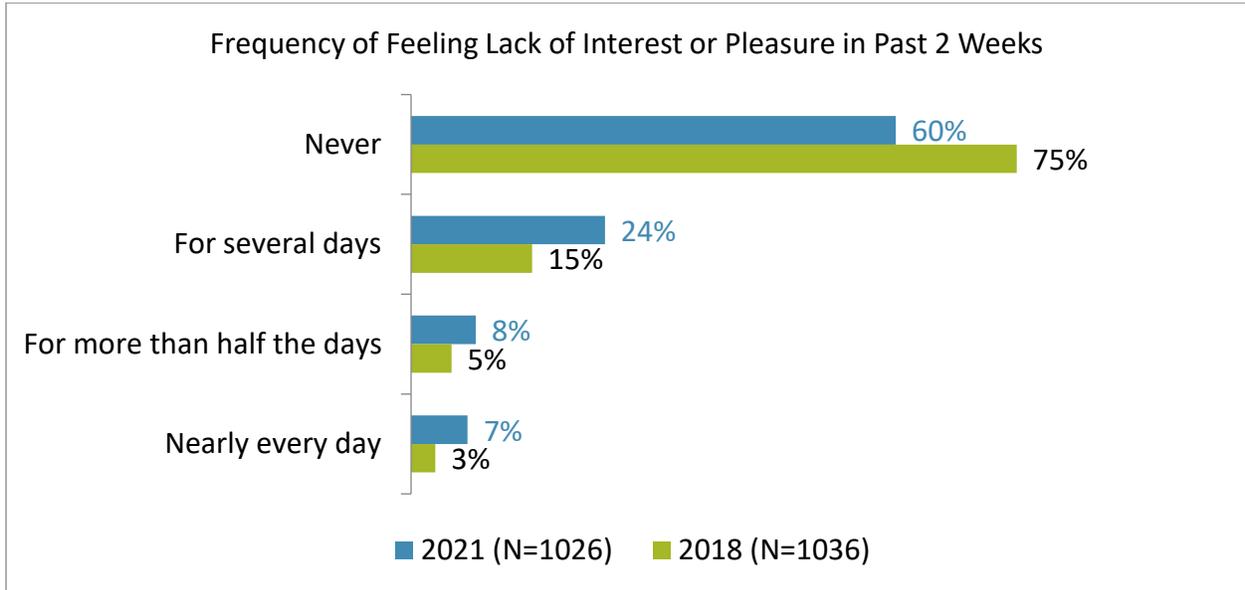
2021 Age Breakout	18-24	25-34	35-44	45-54	55-64	65-74	75+
Always	5%	6%	7%	5%	2%	0%	1%
Usually	13%	18%	9%	3%	1%	2%	0%
Sometimes	21%	25%	16%	10%	13%	6%	4%
Rarely	20%	18%	23%	14%	8%	7%	4%
Never	40%	33%	46%	67%	76%	85%	90%

2021 Race and Ethnicity Breakout	Hispanic	Non-Hispanic		White	Black	Asian	Other
Always	8%	4%		4%	5%	3%	6%
Usually	15%	6%		5%	6%	11%	8%
Sometimes	19%	14%		12%	18%	15%	20%
Rarely	15%	14%		12%	17%	15%	22%
Never	43%	62%		67%	54%	56%	43%

2021 Marriage Breakout	Married	Divorced/ Separated	Widowed	Never Married	Unmarried Couple
Always	4%	11%	2%	3%	11%
Usually	6%	5%	4%	11%	8%
Sometimes	12%	15%	8%	19%	19%
Rarely	12%	10%	10%	22%	15%
Never	66%	58%	76%	45%	46%

## LACK OF INTEREST OR PLEASURE

Between 2018 and 2021, residents reported more feelings of lack of interest or pleasure in doing things. There was a significant increase in several days of loss of interest in doing things and for more than half of the days in the past 2 weeks. Although still a minority, the number of residents feel lack of interest or pleasure is doing things nearly every day more than doubled.



### QM28.1C. Over the last 2 weeks, how often have you been bothered by having little interest or pleasure in doing things? Would you say this happens...

Feelings of lacking interest or pleasure in activities commonly occurs for low income and young residents in Howard County. Residents over the age of 45 say that they never experience melancholy feelings when they are compared with all individuals under 45. Eighteen- to twenty-two-year-olds are the most likely age group to report extremely frequent symptoms including boredom and lack of interest that occur every day.

2021 Age Breakout	18-24	25-34	35-44	45-54	55-64	65-74	75+
<b>Never</b>	35%	35%	44%	74%	76%	75%	82%
<b>For several days</b>	28%	47%	36%	13%	13%	15%	8%
<b>For more than half the days</b>	15%	13%	11%	2%	6%	6%	2%
<b>Nearly every day</b>	22%	5%	7%	8%	4%	1%	7%

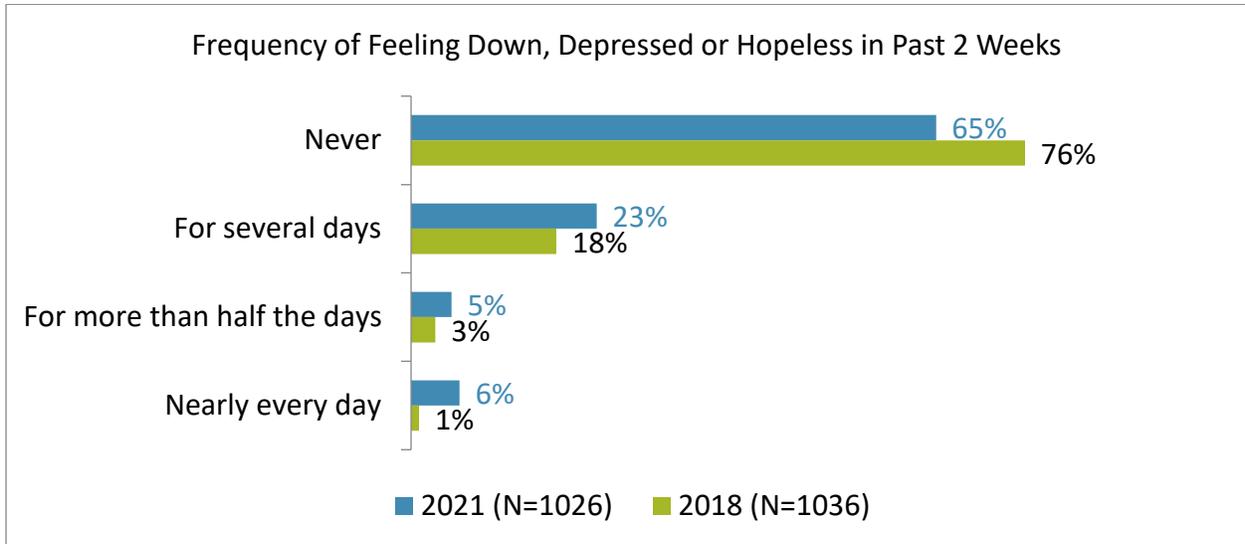
Non-Hispanic and white residents most likely to never experience melancholy feelings as are residents earning over \$200K per year. Conversely, low-income residents and those identifying as other or mixed race are more likely to report near daily lack of interest or pleasure.

<b>2021 Income Breakout</b>	<b>&lt;\$50K</b>	<b>\$50K-\$99K</b>	<b>\$100K-\$149K</b>	<b>\$150K-\$199K</b>	<b>&gt;\$200K</b>
<b>Never</b>	45%	48%	62%	58%	76%
<b>For several days</b>	24%	36%	26%	26%	11%
<b>For more than half the days</b>	11%	9%	9%	9%	5%
<b>Nearly every day</b>	19%	6%	1%	7%	7%

<b>2021 Race and Ethnicity Breakout</b>	<b>Hispanic</b>	<b>Non-Hispanic</b>	<b>White</b>	<b>Black</b>	<b>Asian</b>	<b>Other</b>
<b>Never</b>	38%	61%	65%	58%	51%	47%
<b>For several days</b>	35%	23%	24%	21%	30%	20%
<b>For more than half the days</b>	14%	7%	7%	12%	7%	7%
<b>Nearly every day</b>	13%	7%	4%	7%	9%	25%

## FEELINGS OF DEPRESSION OR HOPELESSNESS

Consistent with lacking interest and pleasure in activities, Howard County residents also report that they have felt down, depressed, or hopeless much more often in 2021 than in 2018.



**QM28.1D. Over the last 2 weeks, how often have you been bothered by feeling down, depressed or hopeless?  
Would you say this happens...**

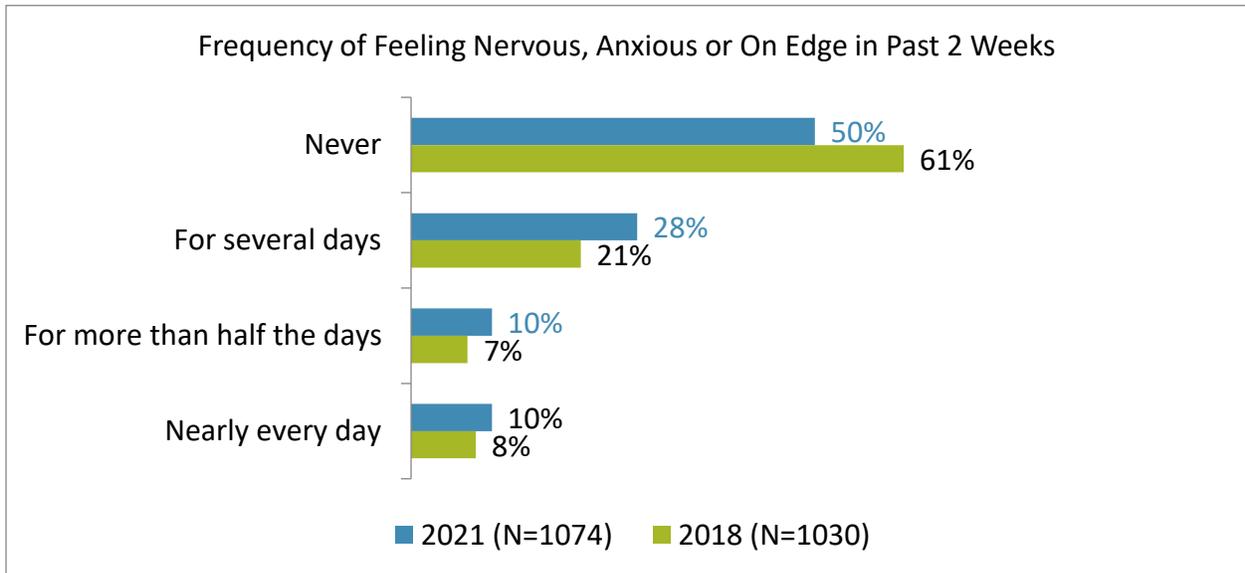
Symptoms of depression rarely occur for white or non-Hispanic residents of Howard County. Minority groups that identified as other than Black or Asian report feeling depressed much more commonly than other races. Similar to trends reported for lack of pleasure and interest in doing things, young residents reported symptoms of depression at much higher rates than residents over the age of 45.

2021 Race and Ethnicity Breakout	Hispanic	Non-Hispanic	White	Black	Asian	Other
Never	44%	66%	70%	59%	63%	49%
For several days	30%	22%	22%	23%	26%	21%
For more than half the days	10%	5%	5%	7%	3%	9%
Nearly every day	17%	6%	3%	8%	7%	21%

2021 Age Breakout	18-24	25-34	35-44	45-54	55-64	65-74	75+
Never	44%	44%	50%	77%	79%	82%	79%
For several days	19%	39%	40%	12%	15%	12%	9%
For more than half the days	10%	10%	5%	3%	1%	5%	4%
Nearly every day	23%	6%	5%	6%	2%	1%	7%

## FEELINGS OF NERVOUSNESS OR ANXIETY

The frequency that Howard County residents felt anxious was much higher in 2021 when compared with 2018 responses. Twenty-eight percent of residents reported this feeling for several days in the past two weeks, 10% reported it more than half of the days in the past two weeks, and 10% reported this feeling every day.



**QM28.1E. Over the last 2 weeks, how often have you been bothered by feeling nervous, anxious or on edge?  
Would you say this happens...**

Nervousness and anxiety inversely correspond with age in Howard County as the frequency of these feeling decreased consistently as residents aged. Males say that they never experience anxiety much more often than females.

2021 Gender Breakout	Male	Female
Never	56%	44%
For several days	25%	32%
For more than half the days	9%	11%
Nearly every day	9%	11%

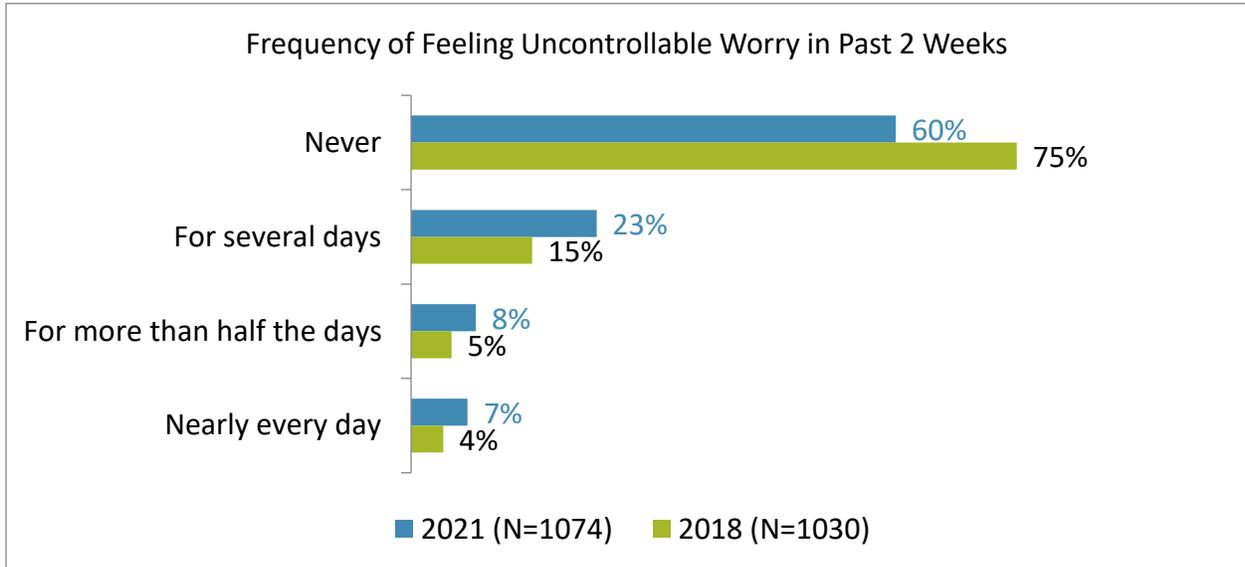
2021 Age Breakout	18-24	25-34	35-44	45-54	55-64	65-74	75+
Never	23%	28%	37%	60%	58%	75%	72%
For several days	29%	45%	38%	27%	22%	14%	12%
For more than half the days	22%	15%	12%	8%	6%	5%	4%
Nearly every day	25%	12%	11%	5%	11%	4%	3%

Residents that have never been married say that they feel anxious somewhat frequently which is more common than individuals of all other marital statuses. Unmarried couples report even higher frequencies of anxiety and nervousness that occur every day.

<b>2021 Marital Status Breakout</b>	<b>Married</b>	<b>Divorced/ Separated</b>	<b>Widowed</b>	<b>Never Married</b>	<b>Unmarried Couples</b>
<b>Never</b>	56%	53%	68%	29%	37%
<b>For several days</b>	26%	24%	20%	40%	10%
<b>For more than half the days</b>	9%	9%	6%	14%	19%
<b>Nearly every day</b>	7%	12%	5%	16%	35%

## FEELINGS OF UNCONTROLLABLE WORRY

Many more residents reported uncontrollable worry in 2021 when compared with 2018. For Howard County residents, 23% experienced this for several days, 8% experienced this more than half the days, and 7% experienced this every day within the past two weeks.



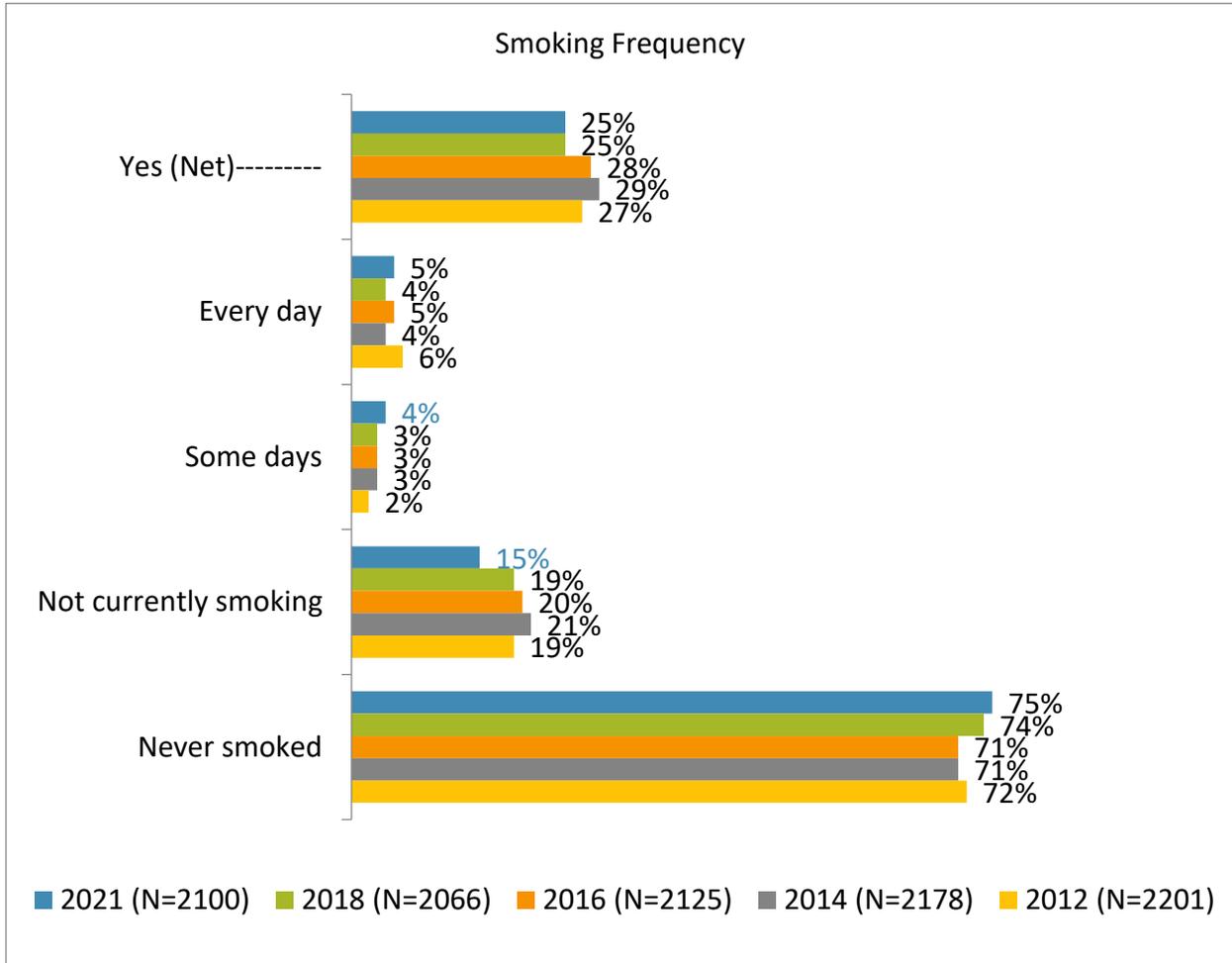
**QM28.1F: Over the last 2 weeks, how often have you been bothered by not being able to stop or control worrying? Would you say this happens...**

Uncontrollable worry occurs frequently for residents that are under 34 years old. As residents in Howard County age they become less and less likely to report worry.

2021 Age Breakout	18-24	25-34	35-44	45-54	55-64	65-74	75+
Never	30%	40%	55%	71%	70%	76%	82%
For several days	34%	31%	28%	21%	21%	16%	7%
For more than half the days	20%	18%	9%	2%	4%	4%	5%
Nearly every day	16%	12%	8%	6%	3%	4%	5%

## SMOKED AT LEAST 100 CIGARETTES AND SMOKING FREQUENCY

Smoking habits of Howard County residents are relatively consistent with 3 in 4 saying they never smoked. While significantly fewer residents are not currently smoking, there was also a significant shift (although only by 1 percentage point) in people now smoking some days.



**Q7.1/Q7.2. Have you smoked at least 100 cigarettes in your entire life?/Do you now smoke cigarettes every day, some days, or not at all NOTE: 5 packs = 100 cigarettes**

Older residents are most likely to be former smokers while the youngest residents in Howard County are the least likely to have ever smoked.

2021 Age Breakout	18-24	25-34	35-44	45-54	55-64	65-74	75+
<b>Yes (Net)</b>	12%	23%	24%	21%	25%	34%	45%
<b>Every day</b>	2%	4%	13%	3%	4%	6%	2%
<b>Some days</b>	7%	9%	5%	3%	3%	1%	0%
<b>Not currently smoking</b>	3%	10%	6%	14%	19%	27%	43%
<b>Never smoked</b>	88%	77%	76%	79%	75%	66%	52%

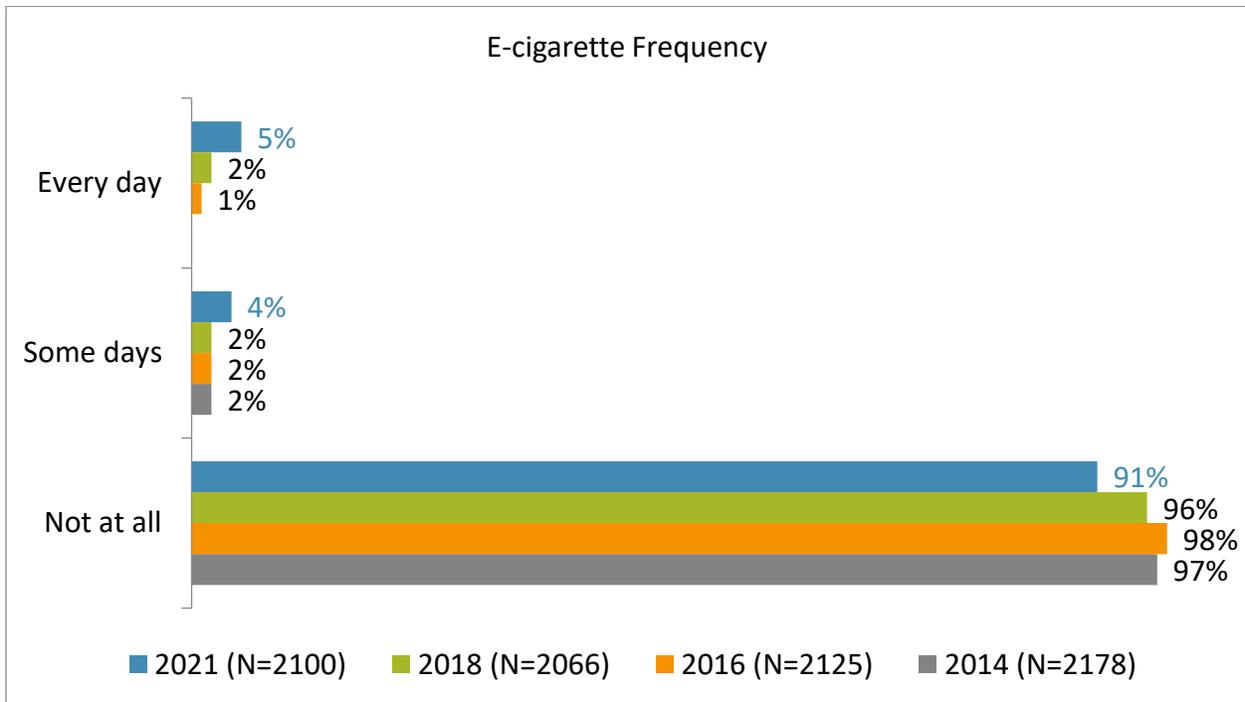
White residents are also more likely to have smoked but also to not currently be smoking. Women are much less likely to ever try smoking or to be a smoker than are men.

<b>2021 Race and Ethnicity Breakout</b>	<b>White</b>	<b>Black</b>	<b>Asian</b>	<b>Other</b>
<b>Yes (Net)</b>	30%	20%	17%	23%
<b>Every day</b>	6%	4%	4%	5%
<b>Some days</b>	3%	5%	7%	3%
<b>Not currently smoking</b>	20%	11%	6%	16%
<b>Never smoked</b>	70%	80%	82%	76%

<b>2021 Gender Breakout</b>	<b>Male</b>	<b>Female</b>
<b>Yes (Net)</b>	33%	17%
<b>Every day</b>	8%	3%
<b>Some days</b>	6%	2%
<b>Not currently smoking</b>	19%	12%
<b>Never smoked</b>	66%	83%

## E-CIGARETTES

E-Cigarette usage increased significantly in Howard County in 2021. While most residents do not smoke E-Cigarettes, daily and occasional use more than doubled.



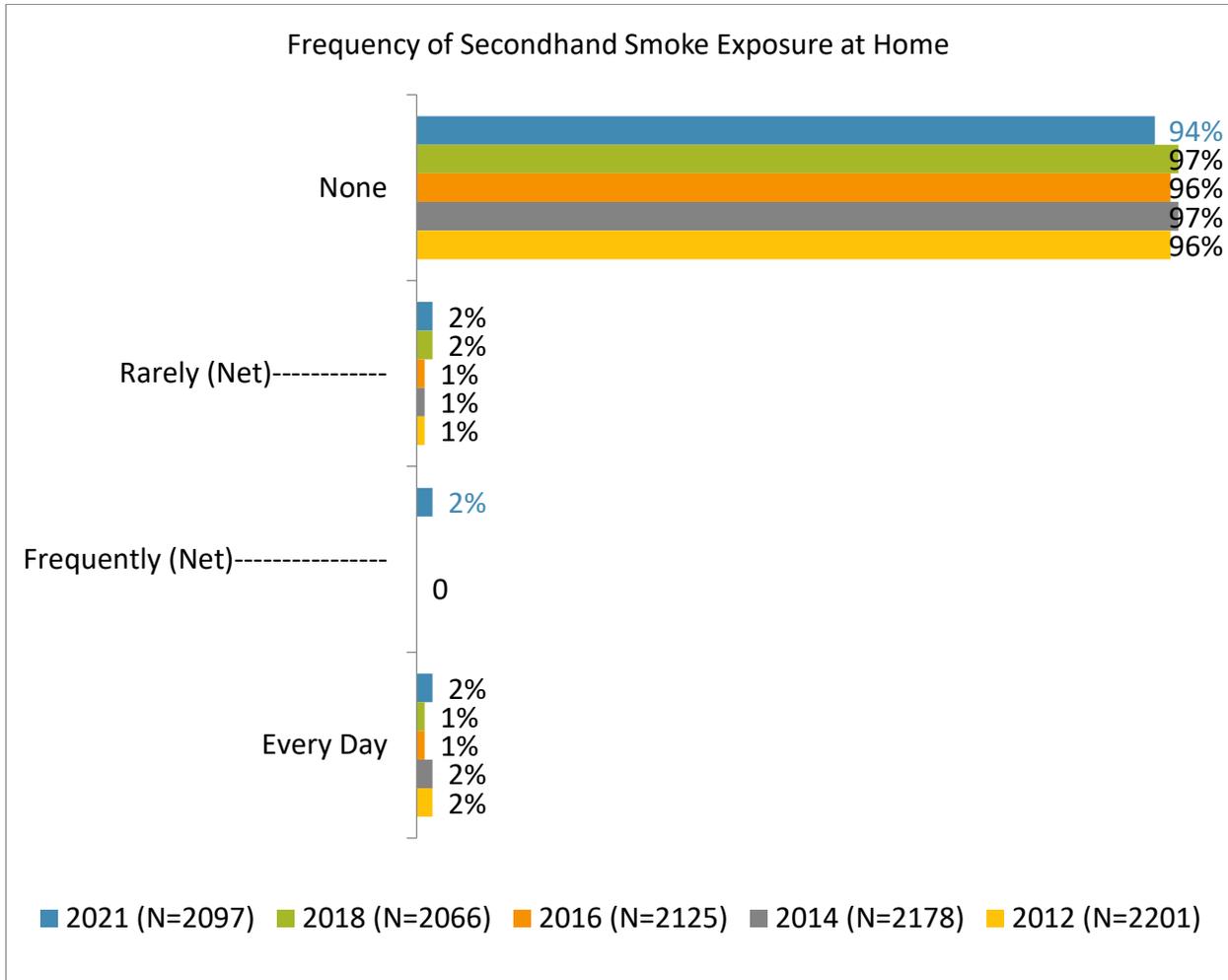
**Q7.5A. Electronic cigarettes, or "e-cigarettes" and other electronic "vaping" products include electronic hookahs, or "e-hookahs," vape pens, e-cigars, and others. These products are battery powered and usually contain nicotine and flavors such as fruit, mint, or candy. Do you currently use e-cigarettes every day, some days, or not at all?**

Smoking E-Cigarettes is much more likely among young people in Howard County than middle age and elderly residents. While smoking E-Cigarettes is not very common among any residents, almost no residents that are over 45 smoke E-Cigarettes.

2021 Age Breakout	18-24	25-34	35-44	45-54	55-64	65-74	75+
Every day	10%	9%	9%	3%		0%	1%
Some days	9%	10%	5%	1%	0%	1%	0%
Not at all	81%	81%	86%	95%	100%	99%	99%

## SECONDHAND SMOKE AT HOME

In 2021, there was a small, but significant, increase in the number of people that say that they have frequently been exposed to second hand smoke.

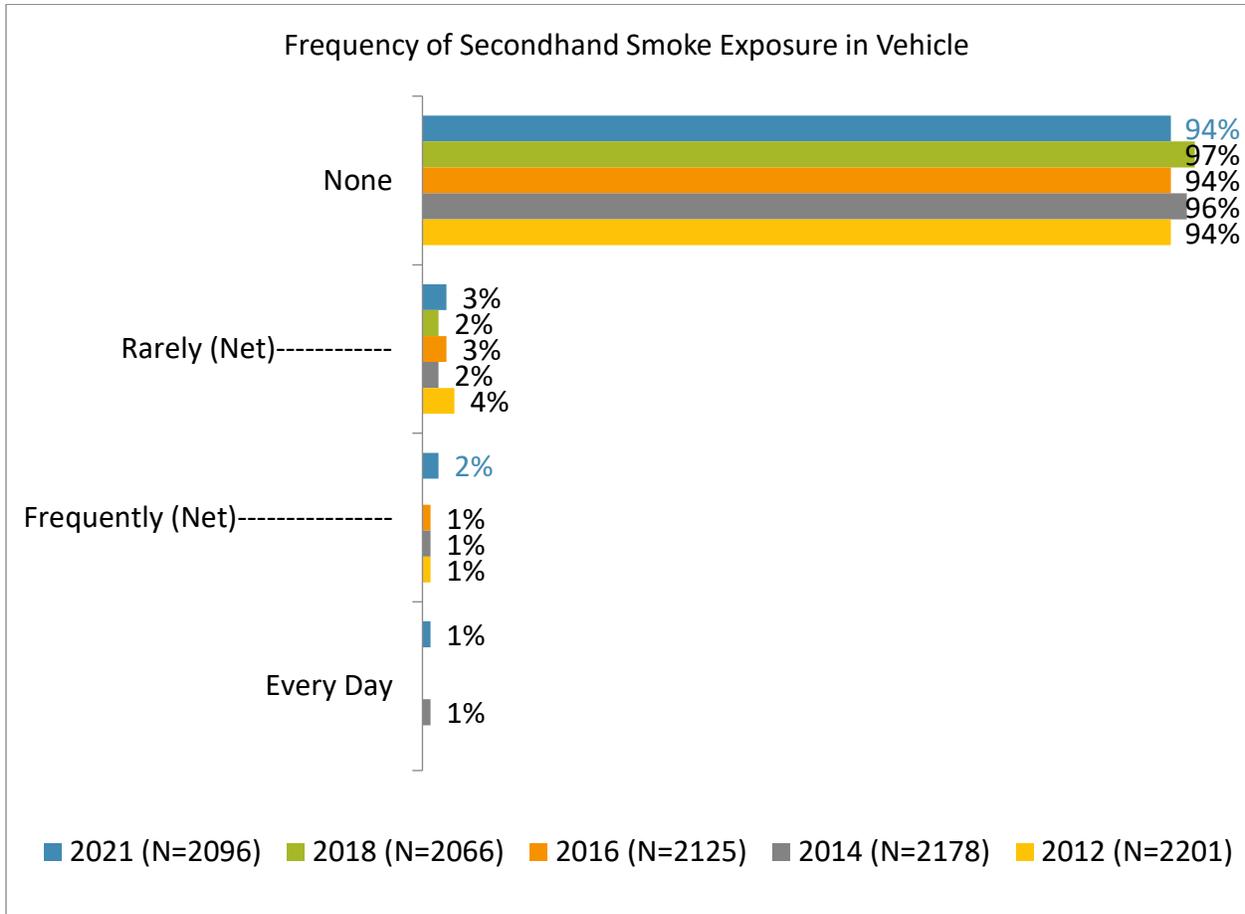


**QM16.2: The next questions are about exposure to secondhand smoke. Not counting decks, porches, or garages, during the past 7 days, that is, since last [DOW], on how many days did someone other than you smoke tobacco inside your home while you were at home?  
(Note – Small differences vs. 2018 report due to rounding.)**

Sample sizes are too small to reliably show differences in segments.

## SECONDHAND SMOKE IN VEHICLE

Consistent with trends in secondhand smoke exposure at home, there was an increase in secondhand smoke exposure in vehicles in 2021. Two percent of individuals reported secondhand smoke exposure in a vehicle in 2021.



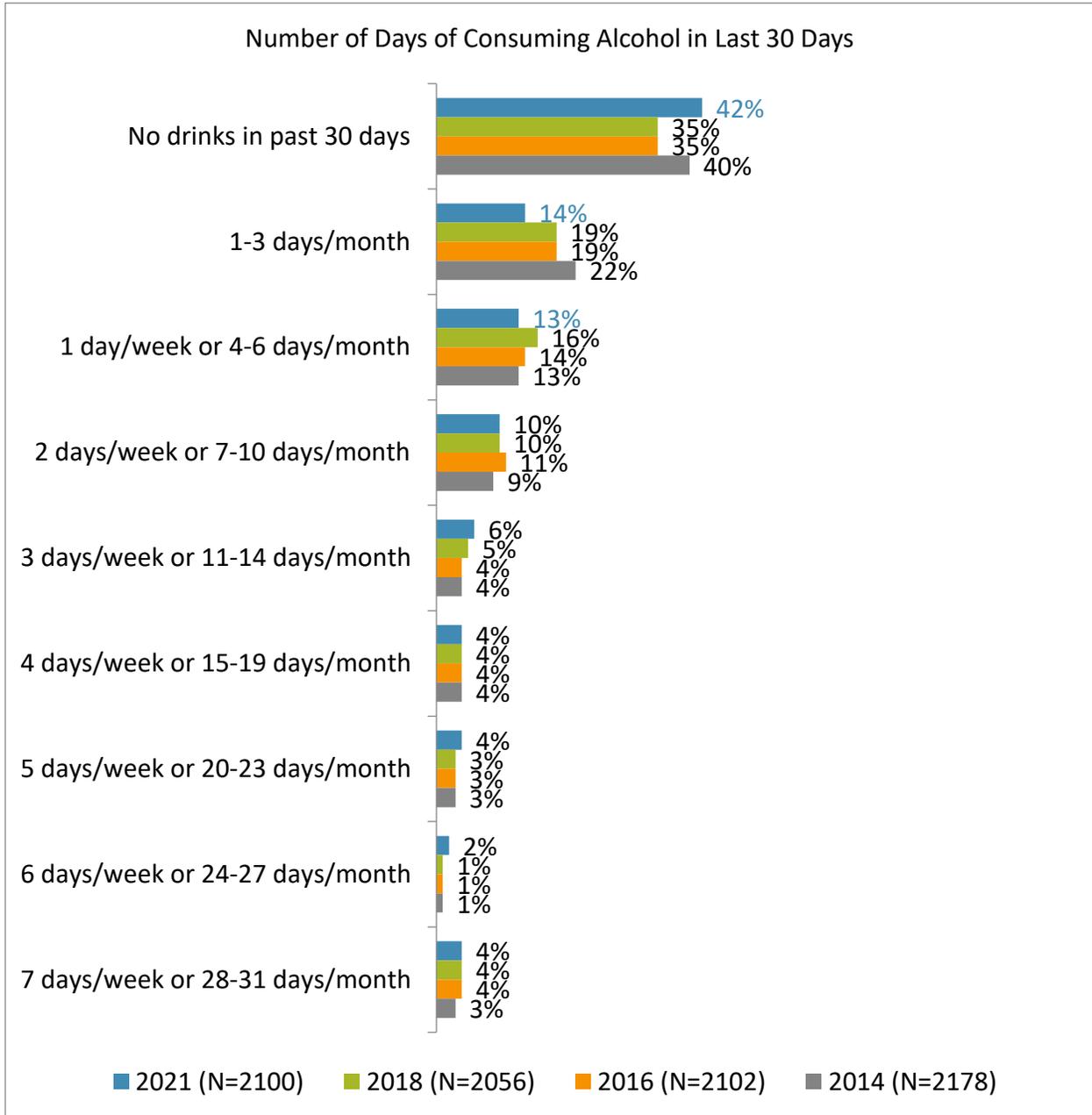
**QM16.7. During the past 7 days, that is, since last [DOW], on how many days did you ride in a vehicle where someone other than you was smoking tobacco?**

**(Note –Small differences vs. 2018 report due to rounding.)**

Sample sizes are too small to reliably show differences in segments.

**DAYS CONSUMING ALCOHOL**

Alcohol consumption decreased in Howard County between 2018 and 2021, as indicated by a significant increase in the number of people that report that they have not had an alcoholic beverage in the past 30 days, from 35% in 2018 to 42% in 2021.



**Q15.1. During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor? Please provide your answer as ...Days per Week OR Days in the past 30 days**  
 (Note – data prior to 2014 is only in ranges inconsistent with table above, so it is not shown. Small differences vs. 2018 report due to rounding.)

Alcohol consumption corresponds with income, gender, and age for residents of Howard County. Residents that earn less than \$50K per year are more likely than all income brackets above them to say that they have not had an alcoholic beverage in the past 30 days. Females in Howard County are less likely than males to have consumed alcohol within the past 30 days. Finally, middle aged residents drink at moderate rates between 3 to 5 days per week. Elderly residents that are over the age of 75 are the most likely to report drinking daily.

2021 Income Breakout	<\$50K	\$50K-\$99K	\$100K-\$149K	\$150K-\$199K	>\$200K
No drinks in past 30 days	58%	45%	39%	33%	36%

\*Note – rows without meaningful differences not shown

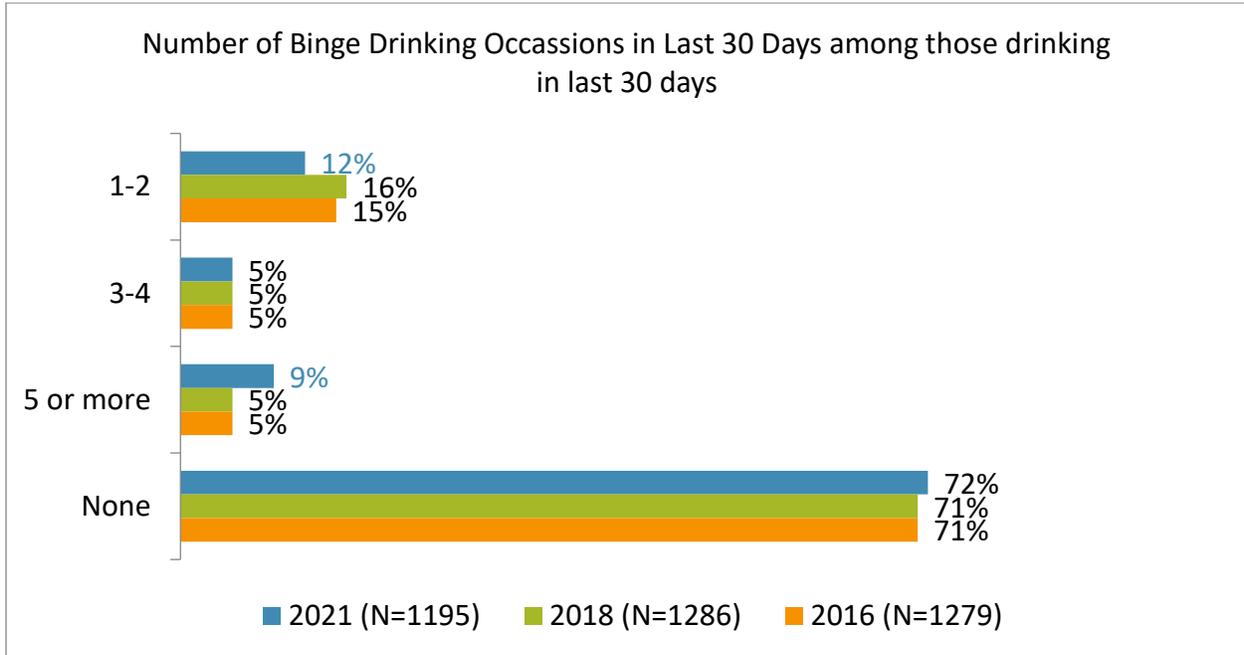
2021 Gender Breakout	Male	Female
No drinks in past 30 days	39%	45%

\*Note – rows without meaningful differences not shown

2021 Age Breakout	18-24	25-34	35-44	45-54	55-64	65-74	75+
No drinks in past 30 days	63%	42%	36%	40%	39%	43%	42%
1-3 days/month	9%	18%	12%	15%	16%	13%	12%
1 day/week	8%	14%	15%	13%	13%	12%	14%
2 days/week	8%	10%	15%	12%	9%	7%	8%
3 days/week	2%	4%	9%	9%	6%	3%	3%
4 days/week	3%	5%	1%	4%	5%	5%	2%
5 days/week	2%	3%	9%	4%	3%	6%	3%
6 days/week	1%	1%	1%	2%	2%	3%	4%
7 days/week	3%	3%	1%	1%	6%	7%	12%

## BINGE DRINKING

Binge drinking refers to a pattern of behavior that brings a person’s blood alcohol concentration (BAC) to above 0.08 g/dl or higher. There was a much higher number of individuals in 2021 that reported binge drinking 5 or more times in the past 30 days than in 2018. In addition, there was a reduction in the number of people that engaged in binge drinking 1-2 times per month. Those reporting no binge drinking remained consistent across years.



**Q15.3: Considering all types of alcoholic beverages, how many times during the past 30 days did you have 4/5 or more drinks on an occasion  
(No data available for 2012)**

Extreme binge drinking is much more likely for men than for women in Howard County. Females say that they have not binged on alcohol in the past 30 days at much higher rates than men. Binge drinking is more common for residents that are under 55 years old and the likelihood of binge drinking increases as age decreases.

2021 Gender Breakout	Male	Female
1-2	14%	11%
3-4	6%	5%
5 or more	13%	5%
None	66%	79%

2021 Age Breakout	18-24	25-34	35-44	45-54	55-64	65-74	75+
1-2	33%	20%	15%	12%	4%	5%	1%
3-4	6%	14%	5%	4%	2%	4%	0%
5 or more	14%	15%	12%	5%	7%	8%	4%
None	45%	52%	67%	76%	87%	81%	91%

Students report binge drinking 1-2 times per month at much higher rates than other occupations. Retirees almost never binge drink and binge drink at less frequent rates than working individuals.

<b>2021 Employment Breakout</b>	<b>Employed</b>	<b>Self Employed</b>	<b>Unemployed</b>	<b>Retired</b>	<b>Homemaker</b>	<b>Student</b>
<b>1-2</b>	12%	17%	12%	4%	5%	35%
<b>3-4</b>	6%	3%	4%	2%	9%	1%
<b>5 or more</b>	10%	10%	14%	2%	3%	8%
<b>None</b>	70%	67%	69%	86%	83%	56%

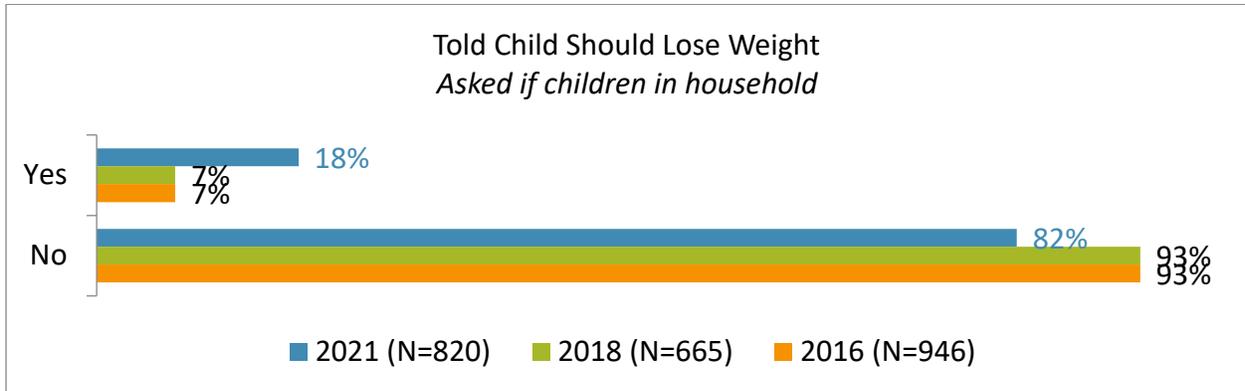


## CHILDREN'S HEALTH

This section refers to data specific to children's health which was reported by parents answering the survey. It summarizes weight concerns, mental health problems, chronic disease, and soda consumption among children in Howard County. Breast feeding frequency and duration data is also included in this section.

## CHILD WEIGHT LOSS RECOMMENDATION

In 2021, there was a drastic increase in the number of children that were advised by a medical professional to lose weight. Eighteen percent of parents were told their child should lose weight in 2021, compared with 7% in 2018.



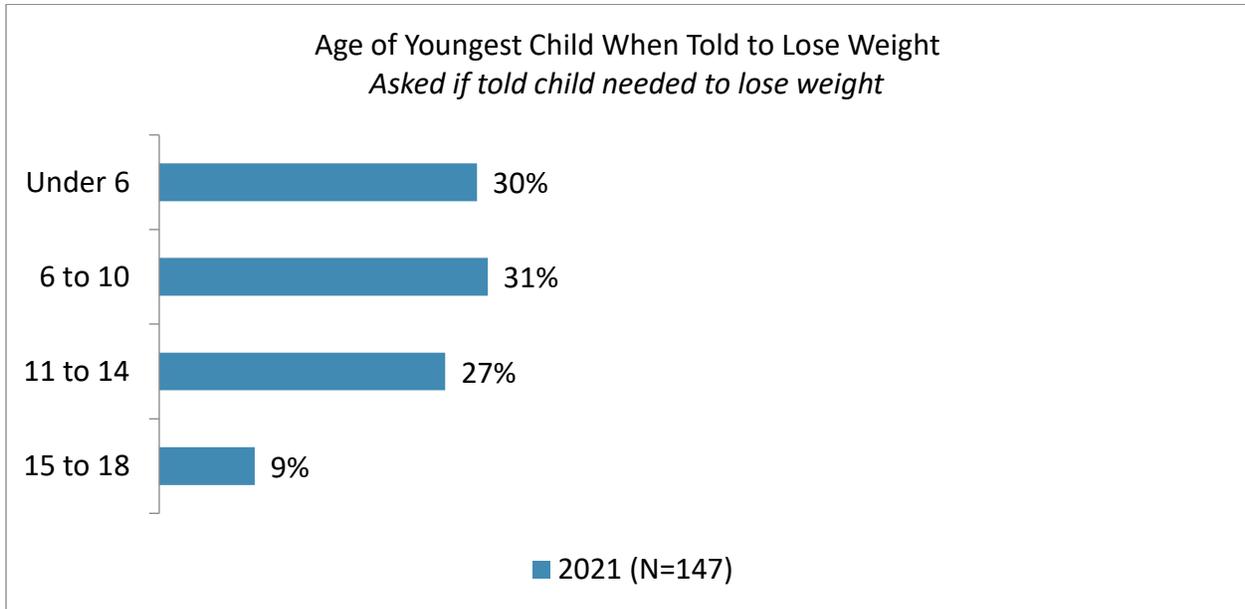
**Q8.7A. Have you ever been told by a health care professional that any child in your household should lose weight?**

Correlations show that people who are underweight or obese are much more likely than normal weight and overweight individuals to have been told by a doctor that their child should lose weight. These two categories represent the most extreme weight categories and individuals that fall in the middle tend to have children with healthy weights.

2021 BMI Breakout	Underweight	Normal Weight	Overweight	Obese
Yes	41%	9%	13%	25%
No	59%	91%	87%	74%

## AGE OF CHILD WEIGHT LOSS RECOMMENDATION

Weight loss recommendation for children is coming as early as under 6 for nearly 1/3 told they need to lose weight and between 6 and 10 for another 1/3.



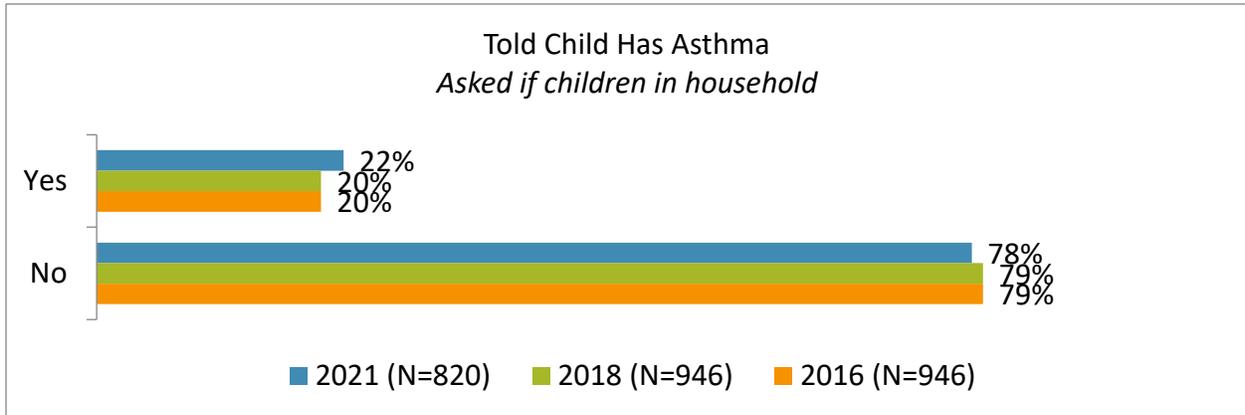
**Q8.7B. How young was your child / what was the youngest age of any of your children when you were told they should lose weight? (Select only one - youngest age a child was when told to lose weight.)**

**(Note – question wording adjusted in 2021 so historical data is not shown)**

The data was consistent across demographic categories for this question.

## CHILDREN WITH ASTHMA

The number of children that have been diagnosed with Asthma remained consistent between 2018 and 2021.



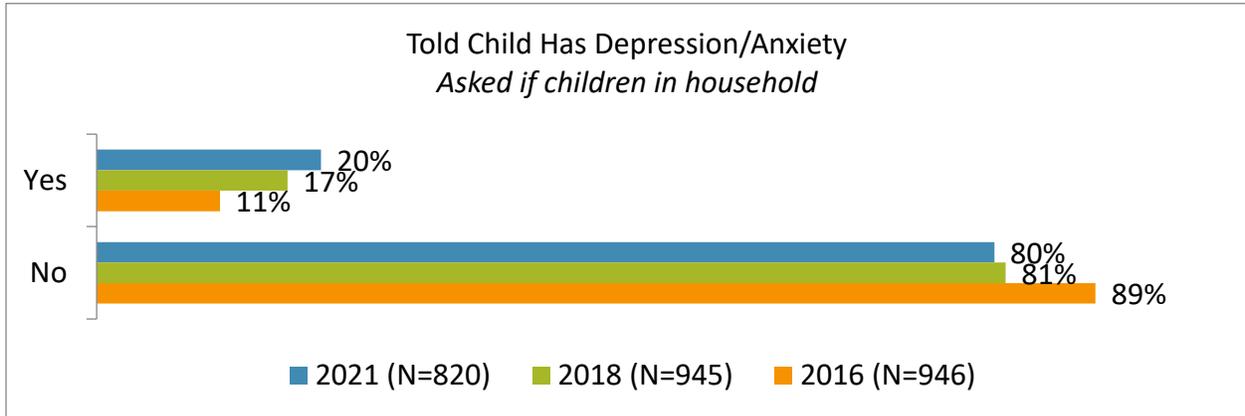
### Q8.7C. Has a doctor or other health care provider ever told you that any child in your household had Asthma?

Individuals are much less likely than other income groups, except high earners, to have a child diagnosed with asthma if they make less than \$50K in annual income.

2021 Income Breakout	<\$50K	\$50K-\$99K	\$100K-\$149K	\$150K-\$199K	>\$200K
<b>Yes</b>	10%	26%	26%	26%	20%
<b>No</b>	90%	74%	74%	74%	80%

## CHILDREN MENTAL HEALTH

There were no significant changes to the number of children suffering from depression and anxiety between 2018 and 2021. A total of 20% of residents answered that a medical professional had told them that one of the children in their household had depression or anxiety.



**Q8.7D. Has a doctor or other health care provider ever told you that any child in your household had a depression/anxiety problem?**

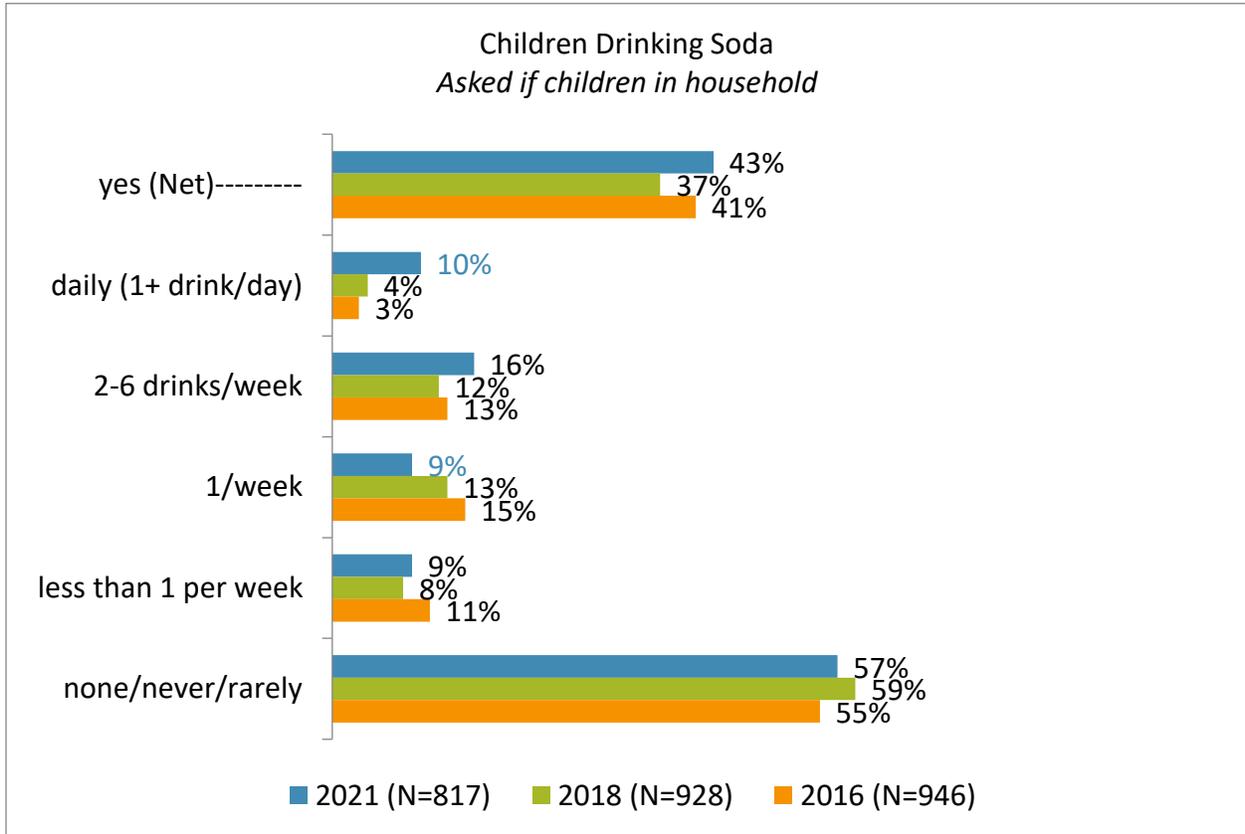
Children’s mental health correlates with their parents’ education and race. Asian parents were more likely than any other race to say that their child had not been diagnosed with a mental health condition such as depression or anxiety. Furthermore, if a resident has less than a high school degree, they have the highest likelihood of having a child that has suffered and been diagnosed with some type of mental health condition.

2021 Education Breakout	<H.S.	H.S./GED	Some College	4 Year Degree	Post Grad
Yes	54%	21%	17%	19%	17%
No	46%	79%	83%	81%	83%

2021 Race Breakout	White	Black	Asian	Other
Yes	23%	24%	8%	30%
No	77%	76%	92%	70%

## CHILDREN DRINKING SODA

Soda consumption trends in 2021 among children reflect those seen in adults in Howard County. There was a slight increase in the number of children that drink soda at all. A significant increase took place in the number of children that drink soda once per day from 4% in 2018 to 10% in 2021.



**SD.4. Thinking about your youngest child between the ages of 2 and 18, how often does he or she drink regular, not diet, soda like Coke, Pepsi, Sprite, or Mountain Dew?**

**(Note – data prior to 2016 is only in ranges inconsistent with table above, so it is not shown)**

While most parents in Howard County report that their children do not drink soda (57% of residents say that their children never or rarely drink soda while only 43% say that their do drink soda at all), several demographic factors play a role in the frequency of soda consumption. Among the population of Howard County, underweight parents are more likely than any others to allow their children to have one or more sodas per day.

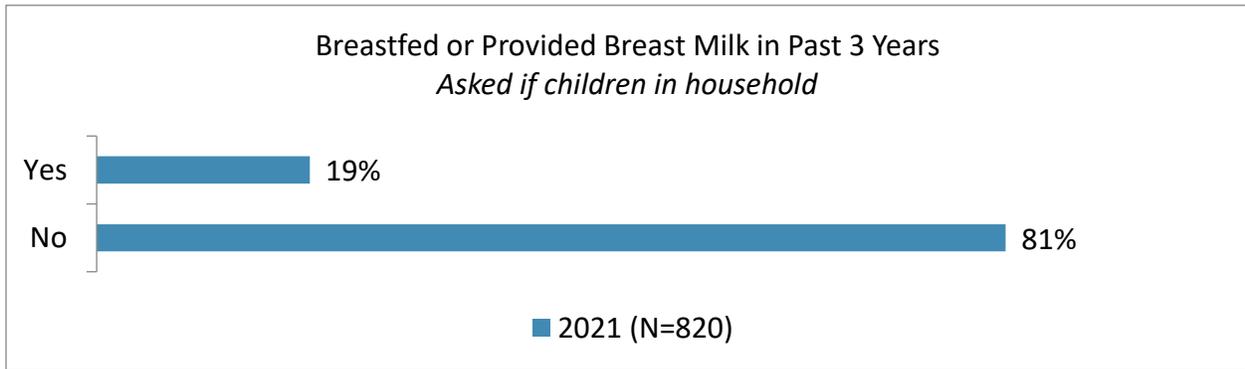
2021 BMI Breakout	Underweight	Normal Weight	Overweight	Obese
none/never/rarely	45%	53%	59%	57%
yes (Net)	53%	47%	41%	42%
daily (1+ drink/day)	26%	8%	7%	7%
2-6 drinks/week	12%	21%	11%	16%
1/week	5%	9%	12%	7%
less than 1 per week	10%	9%	10%	12%

Forty-five- to 54-year-old are more likely than any other age group to allow their children to drink soda at all. Finally, if an individual has less than a high school education, they are much more likely than those that graduated high school, college, or have a post graduate degree, to have children that drink soda daily.

<b>2021 Age Breakout</b>	<b>18-24</b>	<b>25-34</b>	<b>35-44</b>	<b>45-54</b>	<b>55-64</b>	<b>65-74</b>	<b>75+</b>
<b>none/never/rarely</b>	52%	52%	64%	49%	69%	82%	16%
<b>yes (Net)</b>	46%	47%	36%	50%	30%	17%	75%
<b>daily (1+ drink/day)</b>	13%	12%	8%	8%	11%	14%	34%
<b>2-6 drinks/week</b>	13%	20%	15%	17%	7%	0%	14%
<b>1/week</b>	6%	9%	7%	12%	7%	0%	27%
<b>less than 1 per week</b>	13%	6%	6%	13%	5%	3%	0%

<b>2021 Education Breakout</b>	<b>&lt;H.S.</b>	<b>H.S./GED</b>	<b>Some College</b>	<b>4 Year Degree</b>	<b>Post Grad</b>
<b>none/never/rarely</b>	43%	54%	54%	51%	65%
<b>yes (Net)</b>	57%	45%	44%	48%	35%
<b>daily (1+ drink/day)</b>	31%	4%	12%	9%	7%
<b>2-6 drinks/week</b>	8%	24%	17%	20%	11%
<b>1/week</b>	16%	12%	4%	10%	7%
<b>less than 1 per week</b>	3%	5%	11%	9%	10%

BREASTFEEDING



**Q8.7G. Have you breastfed or provided breast milk to your child within the past 3 years?**

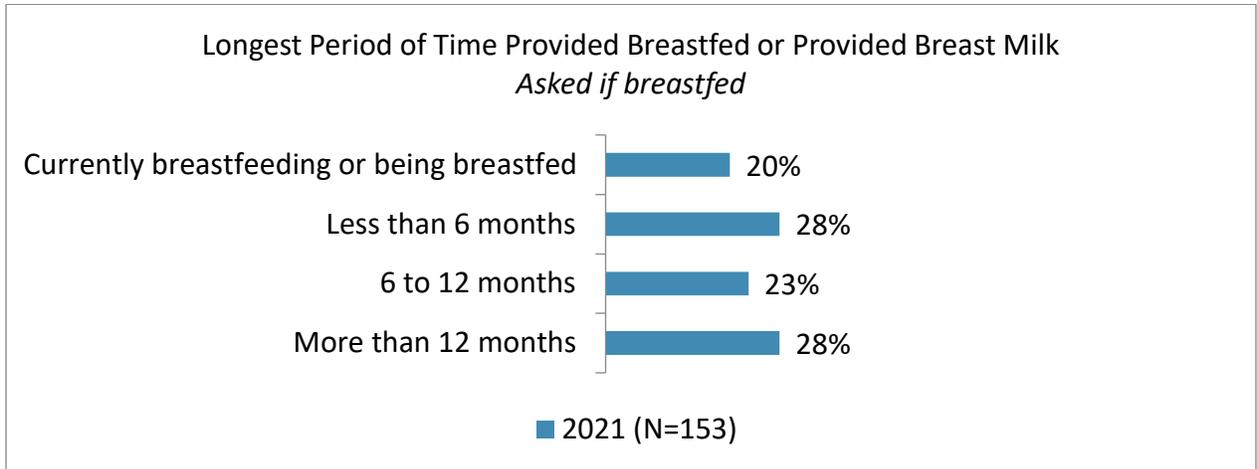
Most parents in Howard County have not breastfed or provided breastmilk to a child in the past 3 years. Among people that do, individuals are more likely to breastfeed if they have less than a high school education. In addition, race plays a role in predicting whether a parent will breastfeed their child, as Black parents are much more likely than Asian and Other race parents to breastfeed.

2021 Education Breakout	<H.S.	H.S./GED	Some College	4 Year Degree	Post Grad
Yes	53%	20%	13%	19%	14%
No	47%	80%	87%	80%	86%

2021 Race Breakout	White	Black	Asian	Other
Yes	21%	24%	12%	6%
No	79%	76%	88%	94%

## BREASTFEEDING DURATION

For parents that said that they breastfed their child, 20% currently breastfeed, 28% breastfed for less than 6 months, 23% breastfed for 6 to 12 months, and 28% did so for more than 12 months.



### Q8.8. What was the longest period of time you breastfed or provided breast milk to your child?

Sample sizes are too small to reliably show differences in segments.

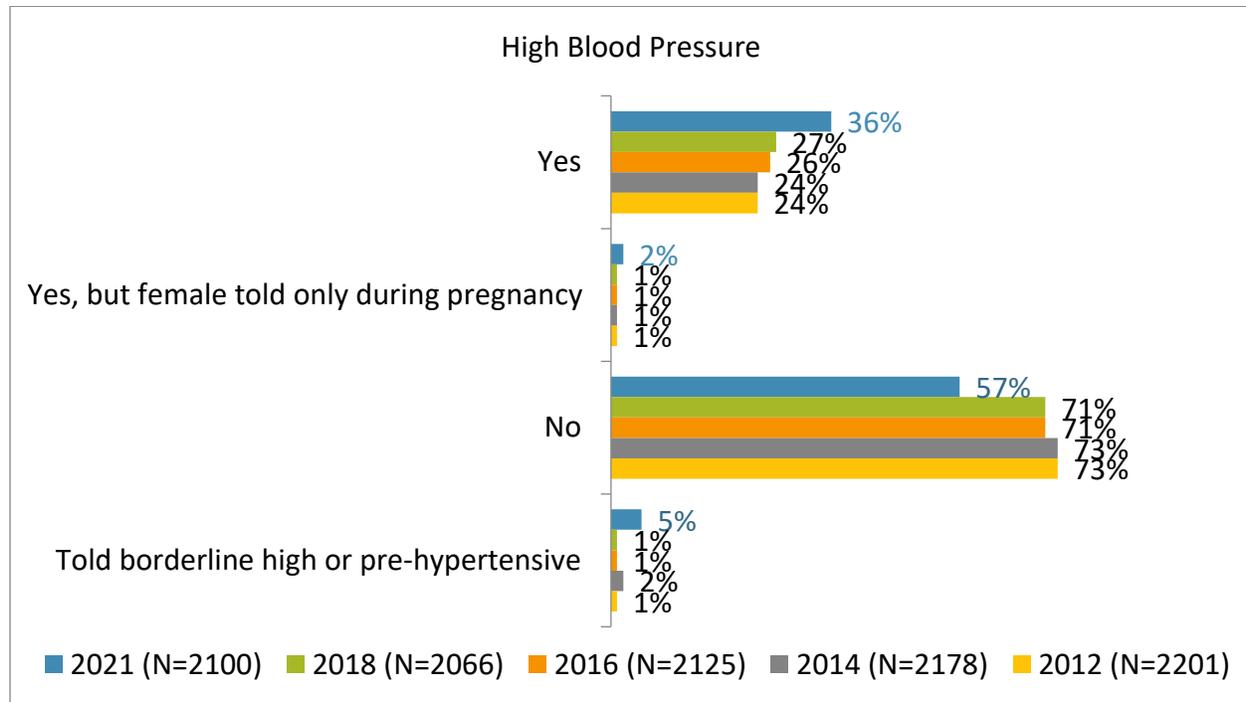


## CHRONIC DISEASE

The Chronic Disease section includes questions on high blood pressure, cholesterol, asthma, COPD, diabetes, health problems requiring special equipment, and in-home care.

## HIGH BLOOD PRESSURE

Between 2018 and 2021, there was a significant increase from 27% to 36% of people in Howard County that had ever been told by a medical professional that they had high blood pressure.



### Q4.1. Have you EVER been told by a doctor, nurse, or other health professional that you have high blood pressure?

Men and residents over the age of 55 are much more likely than women or younger residents to have high blood pressure. In addition, employment status corresponds with high blood pressure.

2021 Gender Breakout	Male	Female
Yes	45%	28%
Yes, but female told only during pregnancy	0%	4%
No	49%	65%
Told borderline high or pre-hypertensive	6%	3%

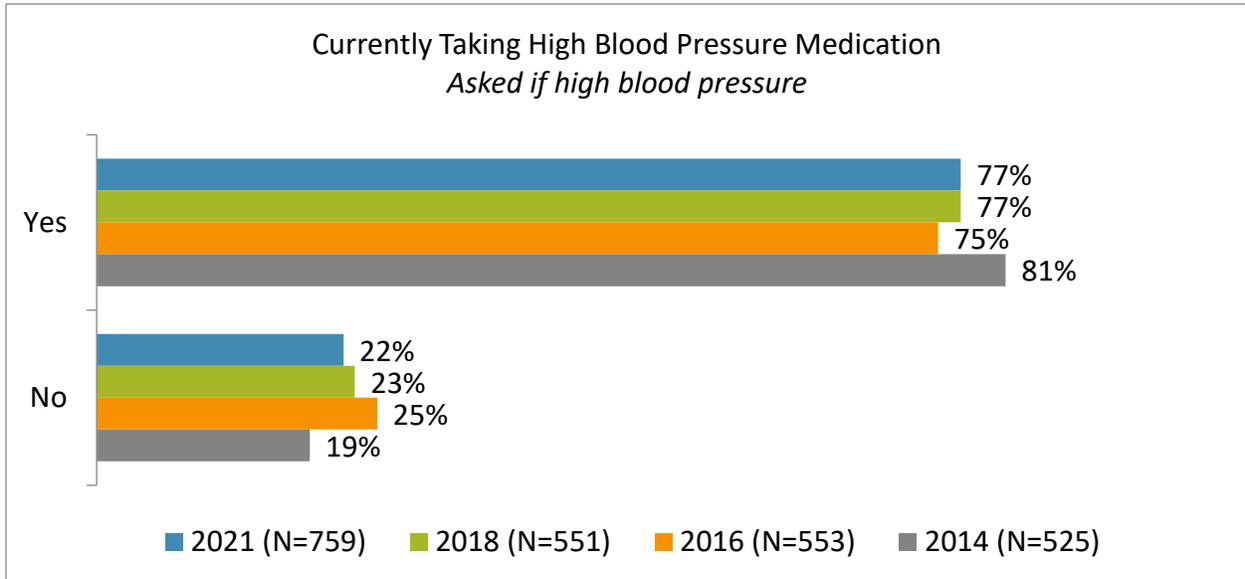
2021 Age Breakout	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	12%	23%	31%	30%	43%	59%	72%
Yes, but female told only during pregnancy	3%	3%	3%	1%	3%	1%	
No	81%	67%	61%	63%	51%	37%	26%
Told borderline high or pre-hypertensive	5%	7%	5%	5%	3%	3%	2%

Self-employed, unemployed and retired residents are significantly more likely than employed individuals, Homemakers and Students to have high blood pressure.

<b>2021 Employment Breakout</b>	<b>Employed</b>	<b>Self-Employed</b>	<b>Unemployed</b>	<b>Retired</b>	<b>Homemaker</b>	<b>Student</b>
<b>Yes</b>	31%	43%	49%	61%	25%	15%
<b>Yes, but female told only during pregnancy</b>	2%	2%	4%	1%	5%	1%
<b>No</b>	61%	49%	44%	36%	68%	82%
<b>Told borderline high or pre-hypertensive</b>	5%	6%	3%	1%	2%	2%

## HIGH BLOOD PRESSURE MEDICATION

There was consistency between 2018 and 2021 in the number of residents that take blood pressure medication.



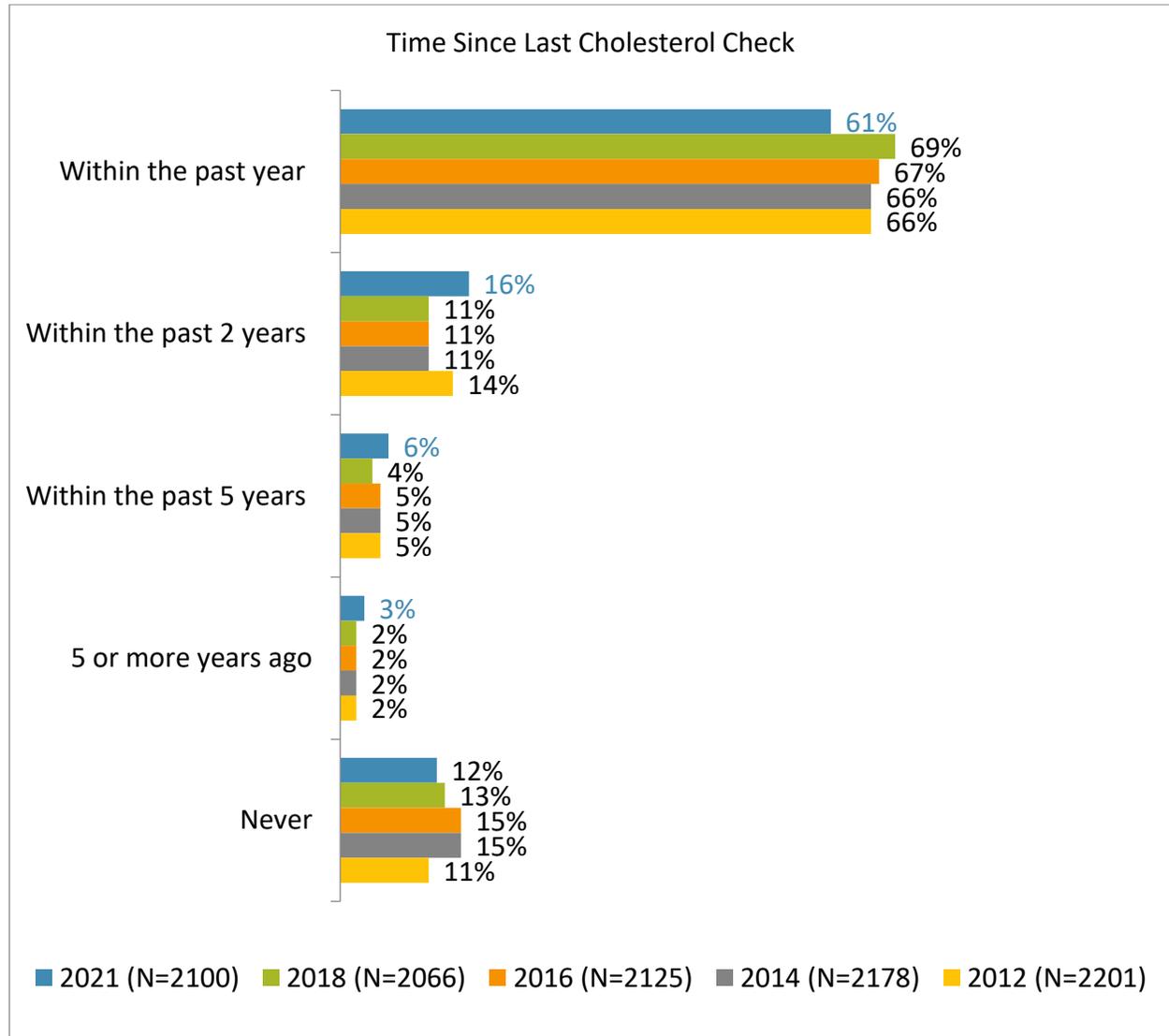
### Q4.1A. Are you currently taking medication to help with your high blood pressure?

Among people that have high blood pressure and take medication for it, income is a significant predicting factor to accessing medication. People that earn less than \$50K in annual income are much more likely than other higher earning individuals to say that they do not take medication to help with their high blood pressure.

2021 Income Breakout	<\$50K	\$50-\$99K	\$100-\$149K	\$150-\$199K	\$200+
<b>Yes</b>	66%	79%	82%	67%	83%
<b>No</b>	34%	21%	18%	32%	17%

## LAST CHOLESTEROL TEST

In 2021, people were more likely to have a longer period since they had their last blood cholesterol test than in previous years. There was a significant drop between 2018 and 2021 from 69% to 61% of people that report having had a test within the past year. This is paralleled in significant increases in the number of people that had blood cholesterol tests within the past 2 years, 5 years, or more than 5 years ago.



**Q5.2. Blood cholesterol is a fatty substance found in the blood. About how long has it been since you last had your blood cholesterol checked?**

**(Note – This question was condensed in 2021 combining 2 questions (yes/no to cholesterol check and a follow up when) into one question)**

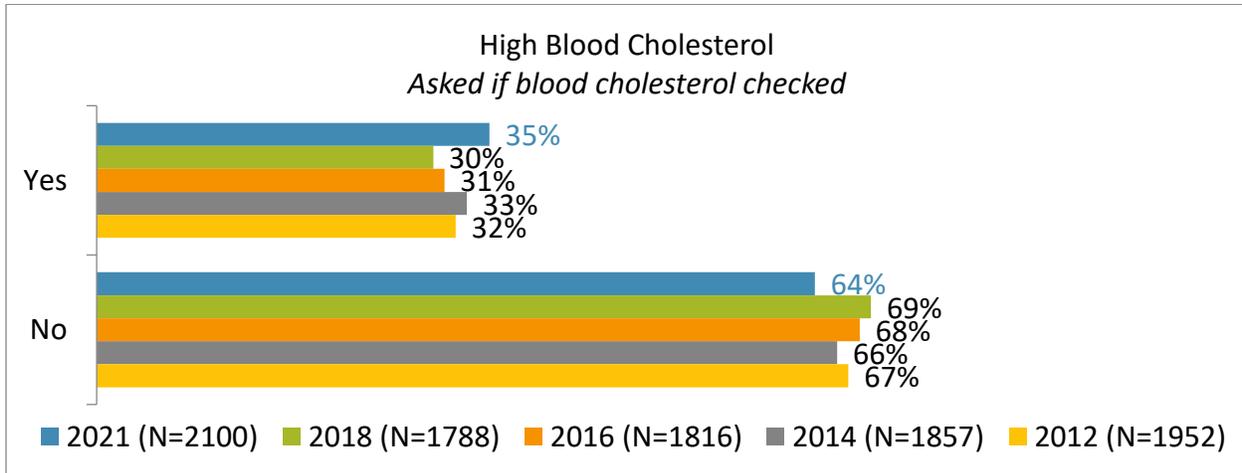
Marriage is a significant determining factor in the frequency at which individuals get blood cholesterol tests. Eighty-five percent of widowed individuals say that they have had a blood cholesterol test in the past year which is a much higher rate than people of any other marital status. In addition, people that have never been married or live as an unmarried couple are most likely to have never had a blood cholesterol test. Income also correlates with frequent blood cholesterol testing as people that make more than \$200K in annual income are more likely than other income groups to have had a recent blood cholesterol test.

<b>2021 Marriage Breakout</b>	<b>Married</b>	<b>Divorced/Separated</b>	<b>Widowed</b>	<b>Never Married</b>	<b>Unmarried Couple</b>
<b>Within the past year</b>	66%	67%	85%	45%	42%
<b>Within the past 2 years</b>	17%	17%	8%	16%	14%
<b>Within the past 5 years</b>	6%	5%		7%	10%
<b>5 or more years ago</b>	3%	2%	2%	4%	4%
<b>Never</b>	6%	8%	2%	27%	30%

<b>2021 Income Breakout</b>	<b>&lt;\$50K</b>	<b>\$50K-\$99K</b>	<b>\$100K-\$149K</b>	<b>\$150K-\$199K</b>	<b>\$200+</b>
<b>Within the past year</b>	49%	58%	57%	64%	71%
<b>Within the past 2 years</b>	15%	19%	18%	17%	13%
<b>Within the past 5 years</b>	3%	4%	10%	9%	6%
<b>5 or more years ago</b>	3%	5%	4%	3%	2%
<b>Never</b>	29%	13%	11%	6%	6%

## BLOOD CHOLESTEROL IS HIGH

High blood cholesterol was reported at a much higher rate in 2021 than in 2018. Thirty-five percent of people reported that they have high blood cholesterol in 2021.



### Q5.3. Have you ever been told by a doctor, nurse or other health professional that your blood cholesterol is high?

People that have a normal body weight have a much lower likelihood of having high blood cholesterol than other weight categories. Older residents are also more likely to have high cholesterol. In addition, widowed residents have a significantly higher likelihood of having high blood cholesterol than people of any other marital status. Finally, employment can predict one's chances of having high blood cholesterol, with self-employed, unemployed and retired individuals reporting high cholesterol at higher rates than unemployed individuals, homemakers and students.

2021 BMI Breakout	Underweight	Normal	Overweight	Obese
Yes	46%	30%	41%	42%
No	54%	70%	59%	57%

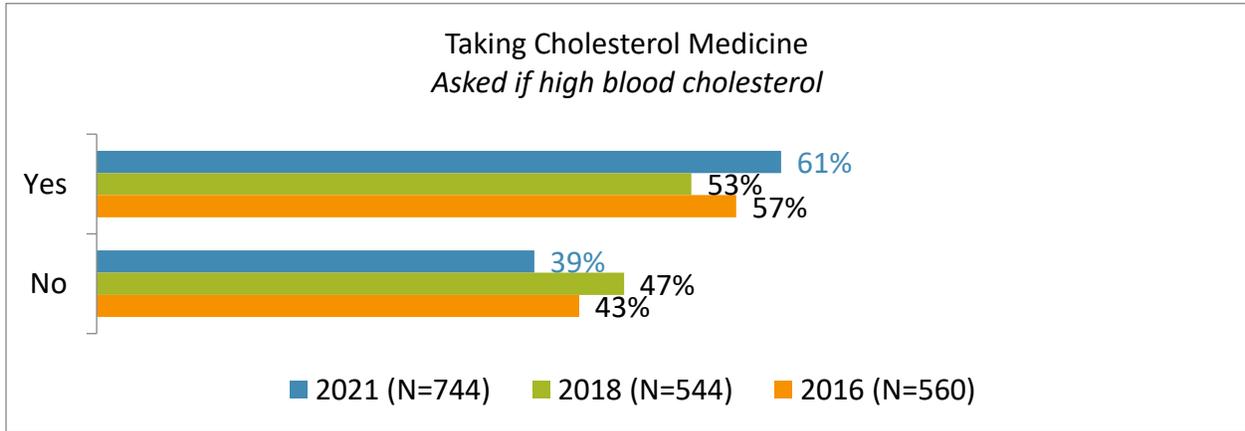
2021 Age Breakout	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	15%	25%	33%	32%	42%	55%	57%
No	84%	75%	67%	67%	57%	44%	39%

2021 Marriage Breakout	Married	Divorced/Separated	Widowed	Never Married	Unmarried Couple
Yes	39%	42%	60%	23%	16%
No	60%	57%	39%	76%	84%

2021 Employment Breakout	Employed	Self-Employed	Un-Employed	Retired	Homemaker	Student
Yes	31%	46%	53%	48%	27%	13%
No	68%	54%	46%	49%	72%	87%

## TAKING CHOLESTEROL MEDICINE

Among people that have high cholesterol, 61% report that they take high cholesterol medication. This represents a significant increase in the number of people taking medication for their high cholesterol between 2018 and 2021.



### Q5.4. Are you now taking medicine to help with your cholesterol?

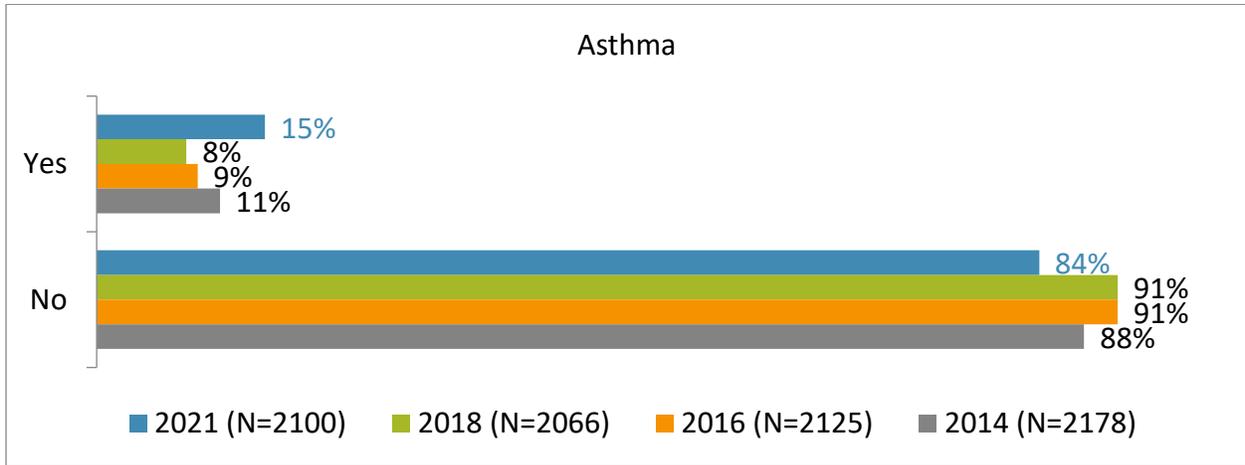
Older residents are most likely to be taking medication to help with their cholesterol. Marriage is also a significant predicting factor in whether or not a person takes medication for their high cholesterol. Widowed individuals are more likely than individuals of other marital statuses to take their cholesterol medicine.

2021 Age Breakout	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	60%	46%	42%	44%	68%	79%	83%
No	40%	54%	58%	56%	32%	21%	17%

2021 Marriage Breakout	Married	Divorced/Separated	Widowed	Never Married	Unmarried Couple
Yes	64%	66%	79%	38%	32%
No	36%	34%	21%	62%	68%

## ASTHMA

Many more people reported having Asthma in 2021 when compared with 2018. A total of 15% of Howard County residents currently have asthma.



### Q6.5. Do you currently have asthma? (No data available for 2012)

People are more likely to report that they have Asthma if they are younger than 45 years old. Underweight and obese residents also reported having Asthma at a significantly higher rate than normal and overweight people. Finally, race is a predicting factor to Asthma, as Asian residents are not at all likely to have Asthma when compared with White and Black individuals and people identifying in the Other race category.

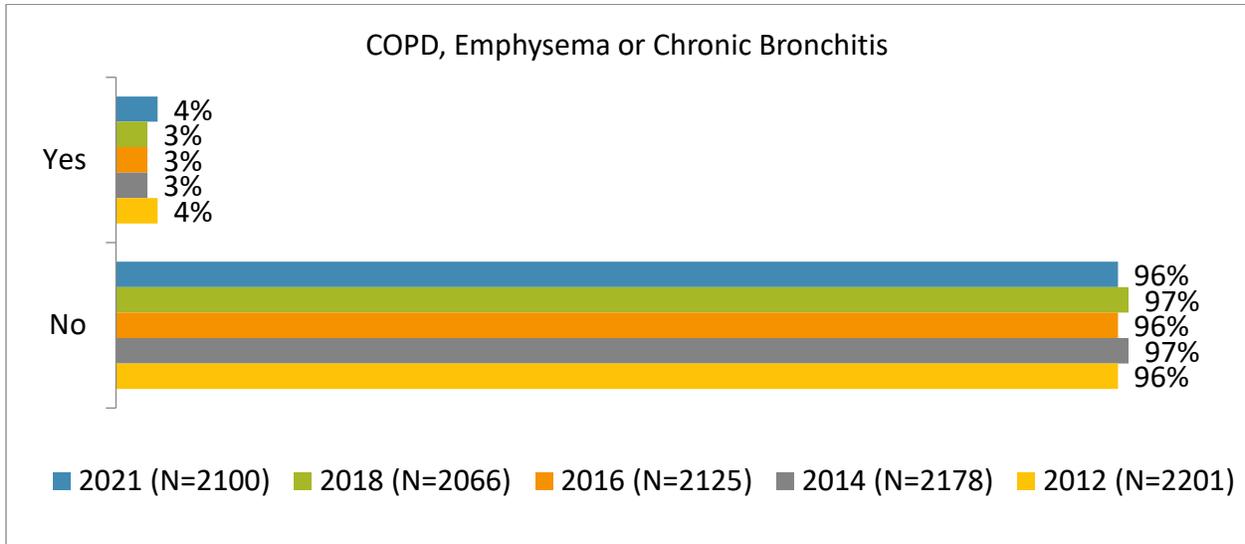
2021 BMI Breakout	Underweight	Normal	Overweight	Obese
Yes	25%	13%	11%	20%
No	75%	87%	89%	80%

2021 Age Breakout	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	27%	22%	19%	13%	11%	7%	6%
No	73%	78%	81%	87%	89%	93%	92%

2021 Race Breakout	White	Black	Asian	Other
Yes	15%	20%	8%	24%
No	85%	80%	92%	75%

## COPD, EMPHYSEMA, OR CHRONIC BRONCHITIS

The number of Howard County residents reporting that they have COPD, Emphysema or Chronic Bronchitis remained consistent between 2018 and 2021.

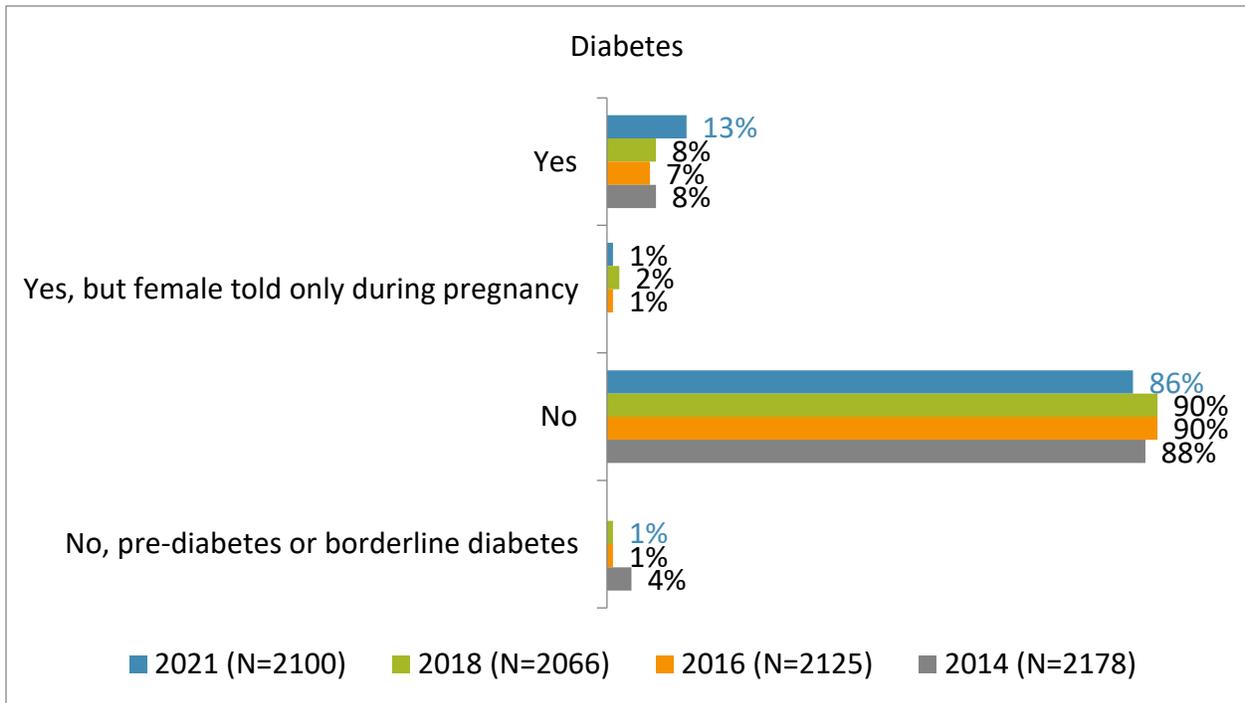


**Q6.8. Ever told you have (COPD) chronic obstructive pulmonary disease, emphysema or chronic bronchitis?**

Data was consistent across demographic groups for this question.

## DIABETES

The number of residents that have diabetes increased significantly in 2021 from 8% to 13%.



### Q6.13. Has a doctor, nurse, or other health professional ever told you that you had Diabetes?

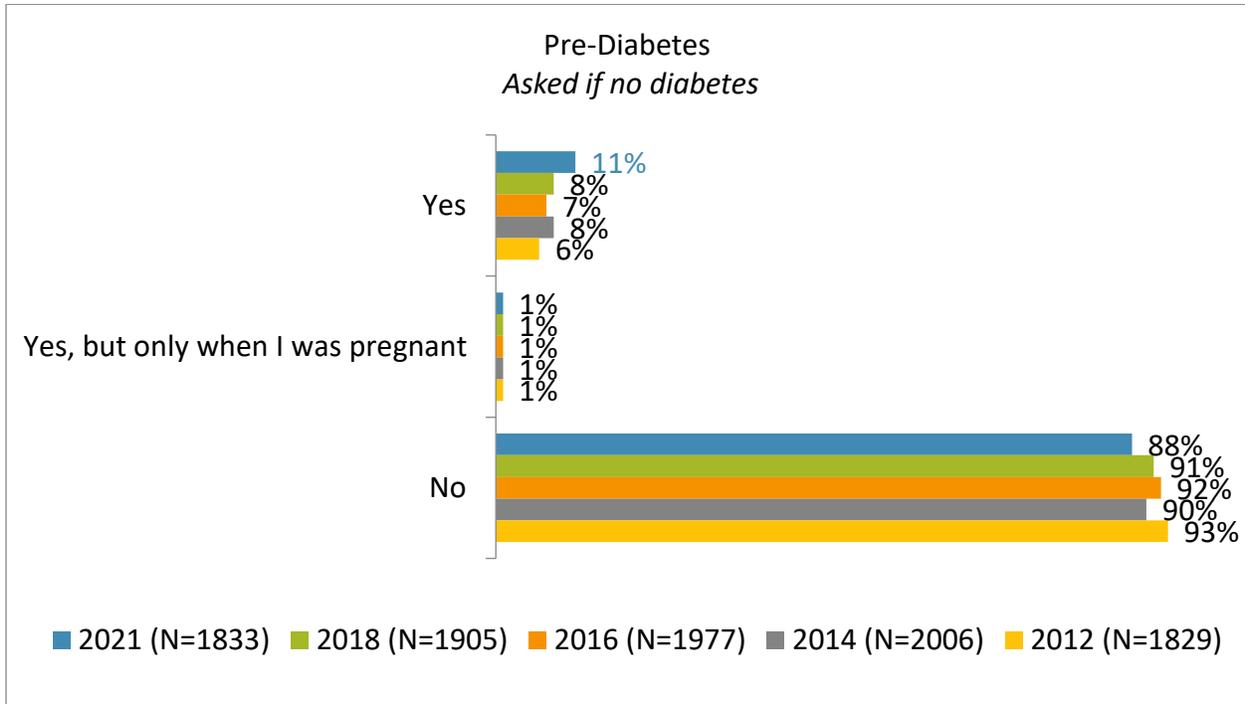
Among people that have Diabetes, self-employed and retired individuals are more likely than people with other employment statuses to have diabetes. In addition, weight category correlates with diabetes diagnosis, as underweight and obese residents are more likely than normal weight or overweight individuals to have diabetes.

2021 Employment Breakout	Employed	Self Employed	Unemployed	Retired	Homemaker	Student
Yes	11%	21%	14%	17%	6%	4%
Yes, but female told only during pregnancy	1%	1%	4%	1%	2%	1%
No	88%	78%	82%	80%	92%	95%
No, pre-diabetes or borderline diabetes	0%	0%	0%	2%	0%	0%

2021 BMI Breakout	Underweight	Normal	Overweight	Obese
Yes	39%	8%	12%	19%
Yes, but female told only during pregnancy	1%	1%	1%	1%
No	58%	91%	87%	80%
No, pre-diabetes or borderline diabetes	2%	0%	0%	0%

## PRE-DIABETES

Instances of pre-diabetes also increased significantly between 2018 and 2021. Eleven percent of people that live in Howard County have pre-diabetes.

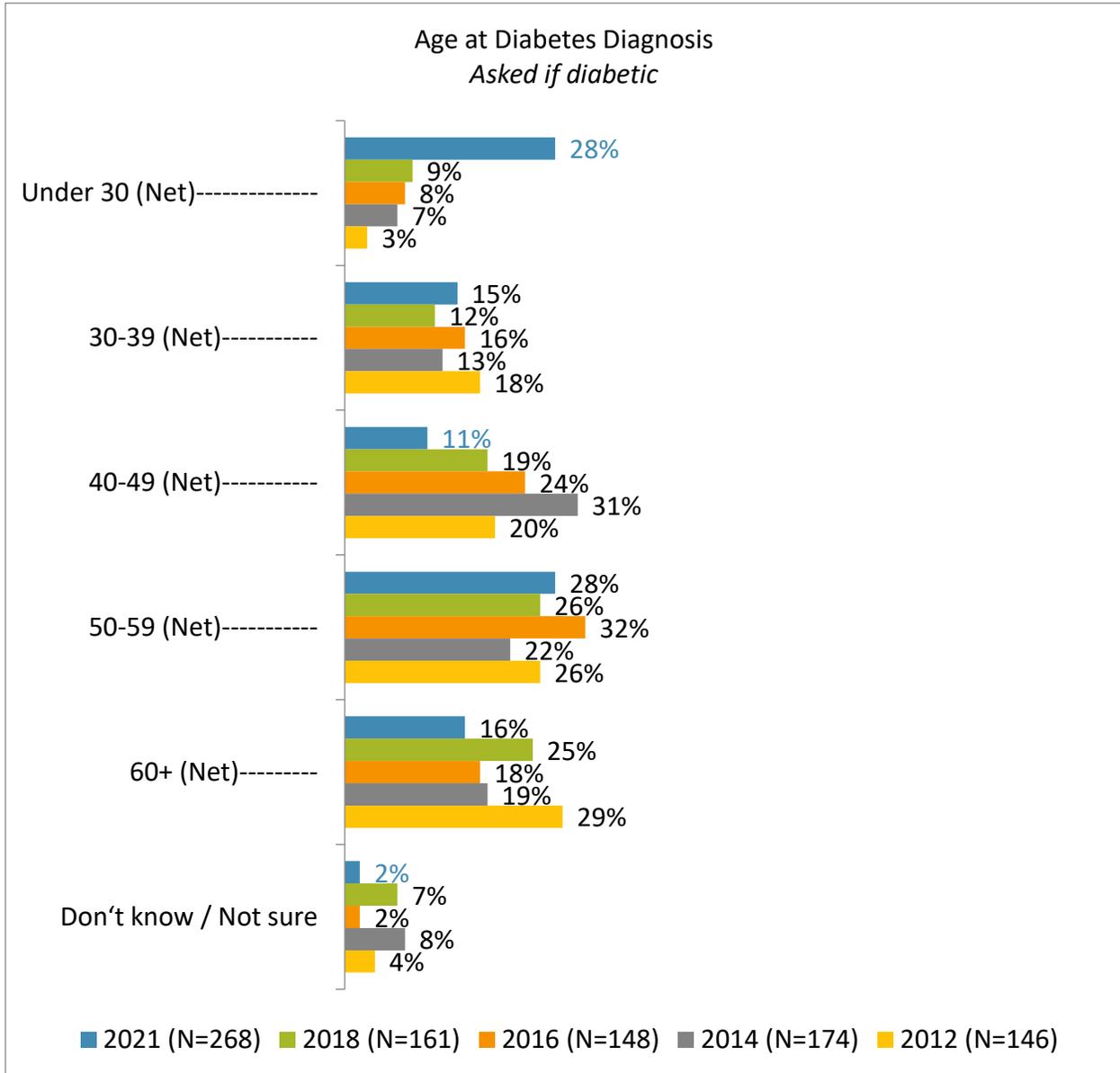


**QM01.2. Has a doctor, nurse, or other health professional ever told you that you had any of the following? Pre-diabetes or borderline diabetes?**

Data was consistent across demographic groups for this question.

## AGE AT DIABETES DIAGNOSIS

Among people that have been diagnosed with diabetes, there has been a trend towards younger aged individuals receiving a diabetes diagnosis. In 2021, there was a significant jump from 9% to 28% for residents under the age of 30.

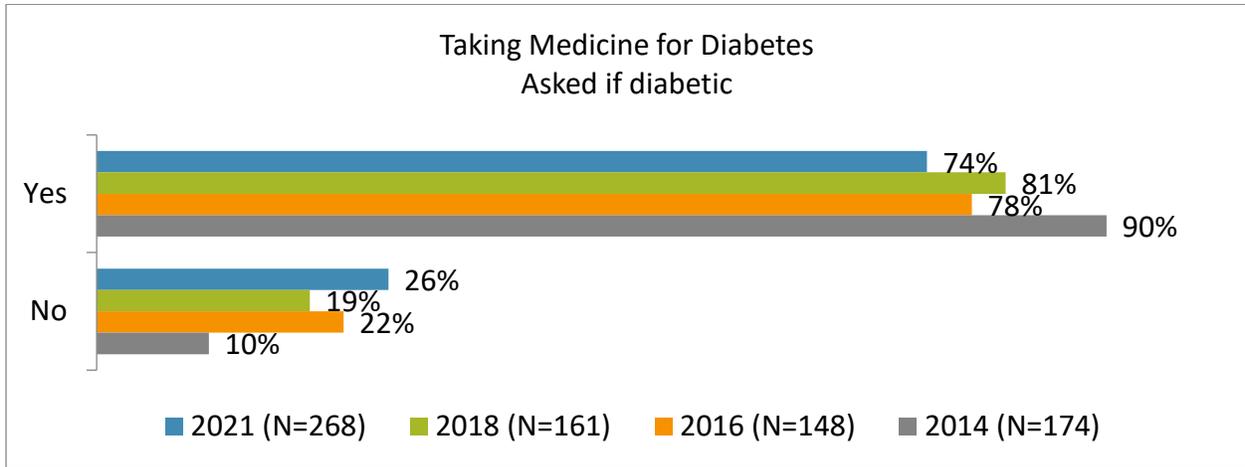


### QM02.1. How old were you when you were told you have diabetes?

Data was consistent across demographic groups for this question.

## TAKING MEDICINE FOR DIABETES

Between 2018 and 2021, the number of people taking medicine to help manage their diabetes decreased slightly to 74% of residents but this does not represent a significant shift.

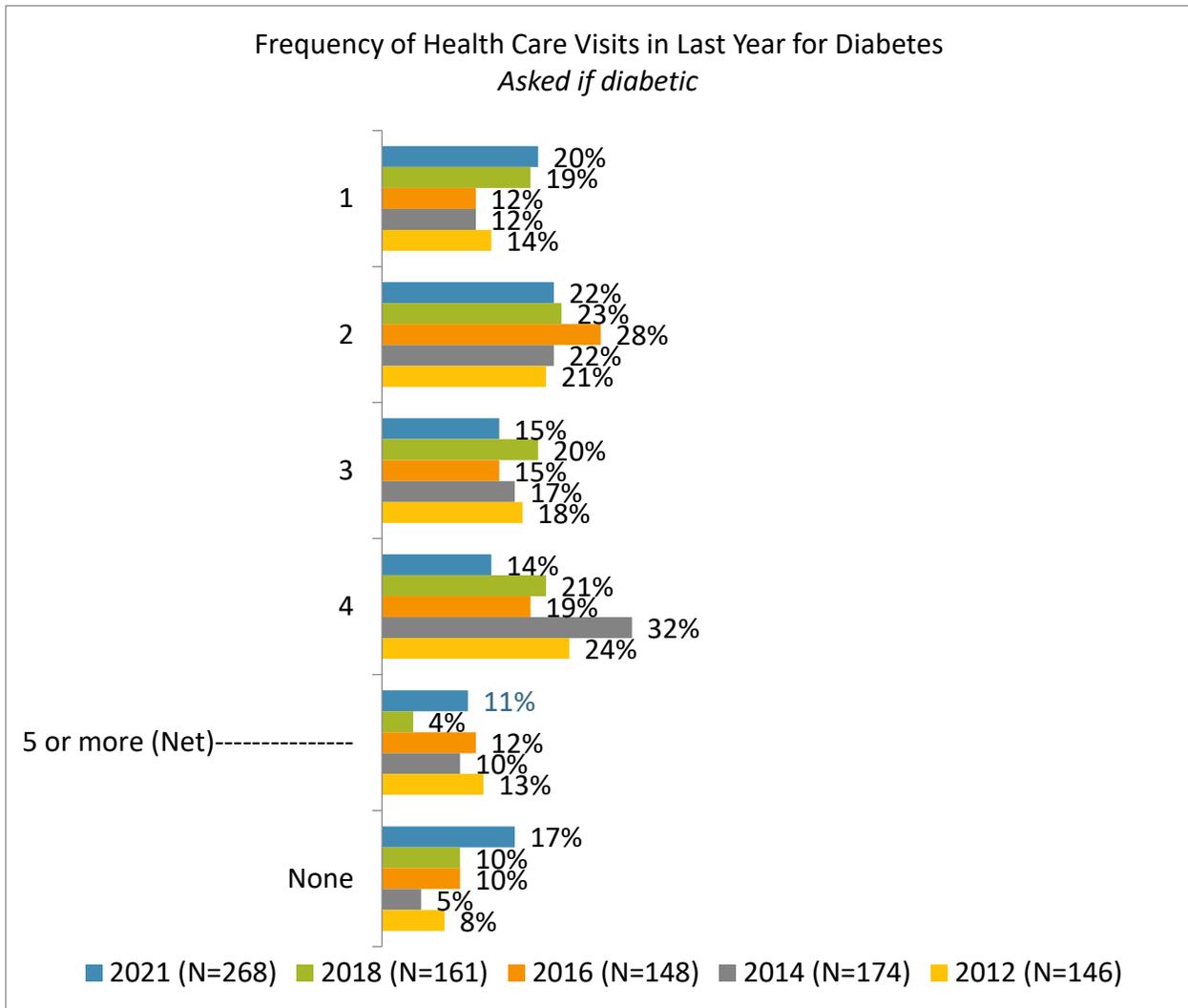


**QM02.2. Are you now taking insulin or other medicine to help with your diabetes?**

Data was consistent across demographic groups for this question.

HEALTH CARE VISITS FOR DIABETES

Howard County residents continued to visit the doctor for diabetes at regular rates in 2021.

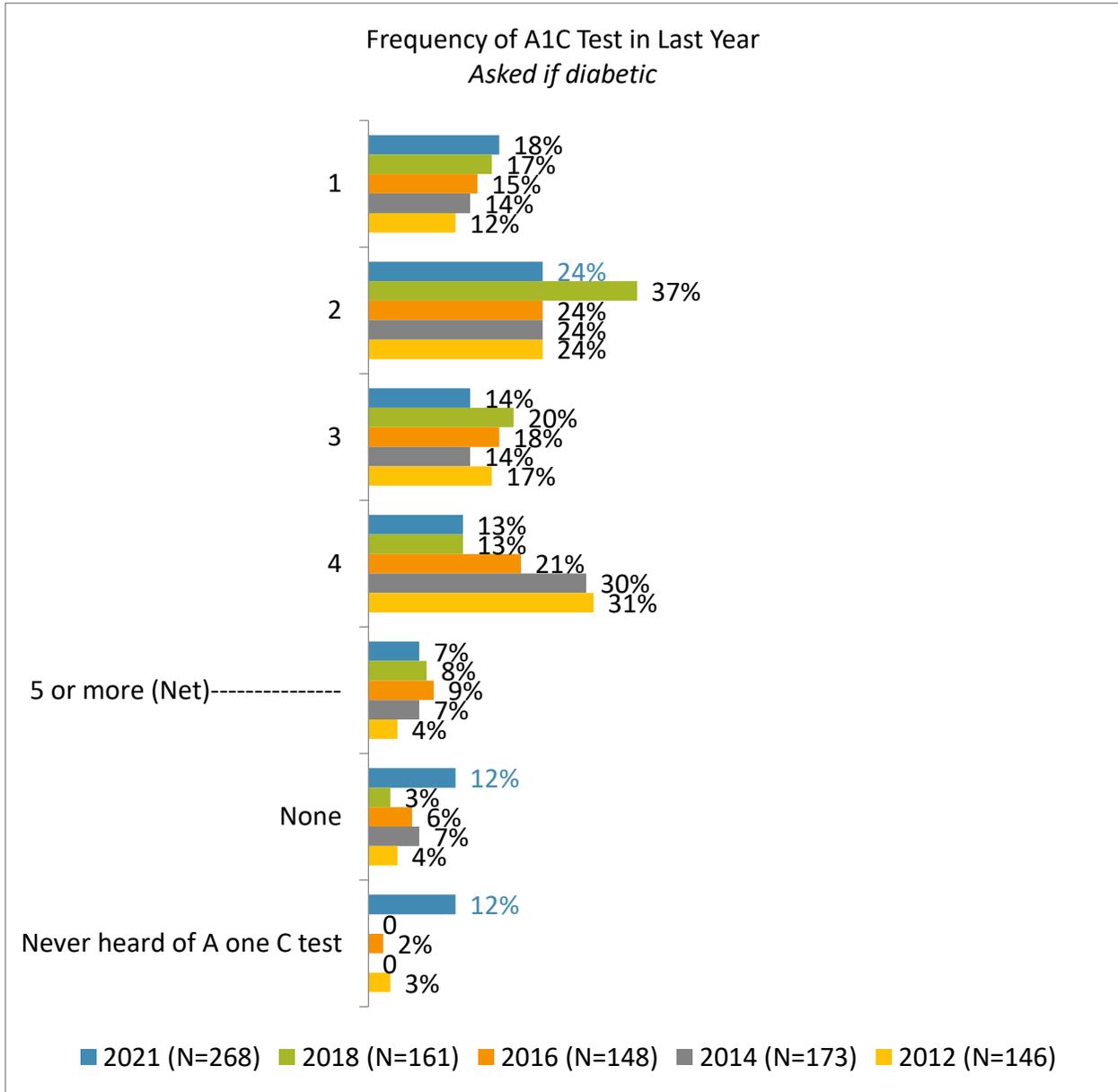


**QM02.5. About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?**

Data was reasonably consistent across demographic groups for this question.

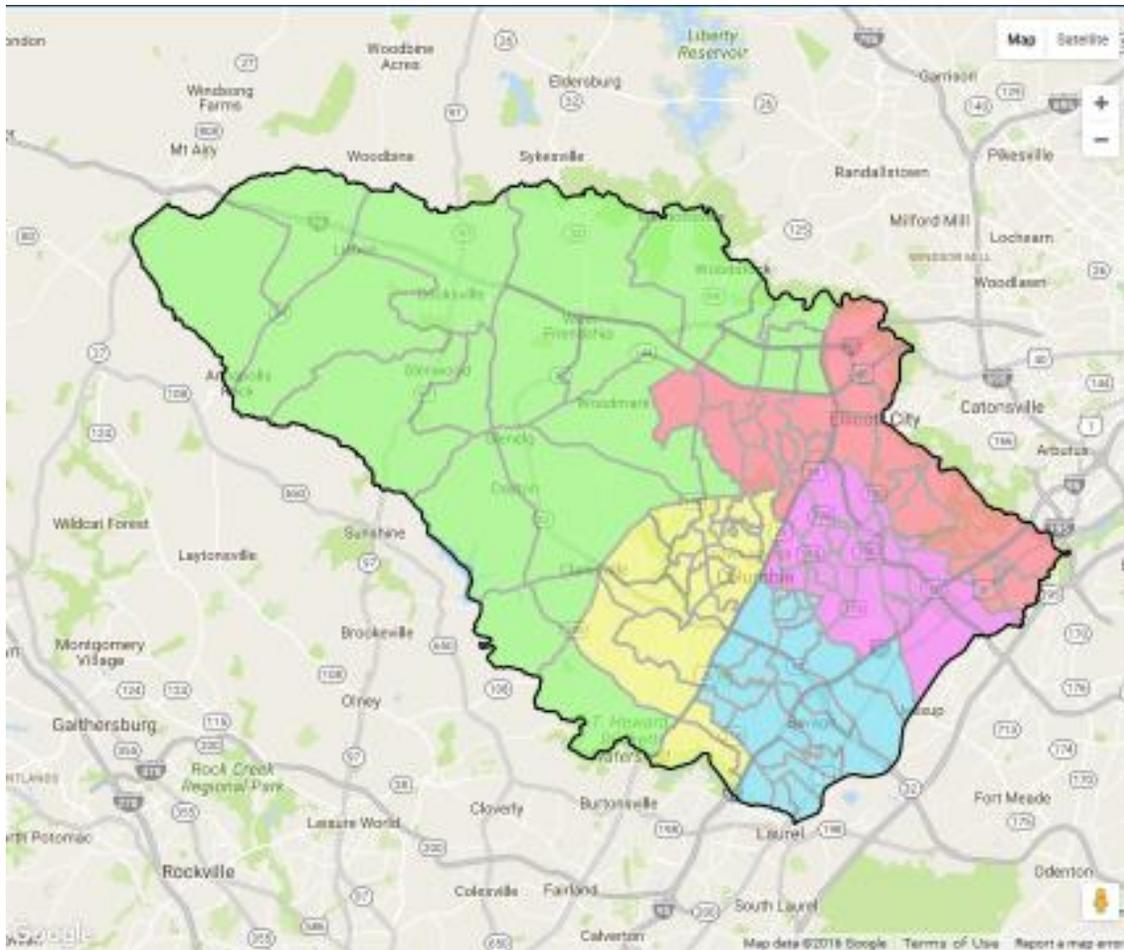
TIMES A1C TESTED

There was a significant increase in the number of people that reported they had never had an A1C test or that they have never heard of an A1C test. Both groups of people rose from virtually no one reporting to 12% of residents reporting.



**QM02.6. A test for "A one C" measures the average level of blood sugar over the past three months. About how many times in the past 12 months has a doctor, nurse, or other health professional checked you for "A one C"?**

Data was reasonably consistent across demographic groups for this question.

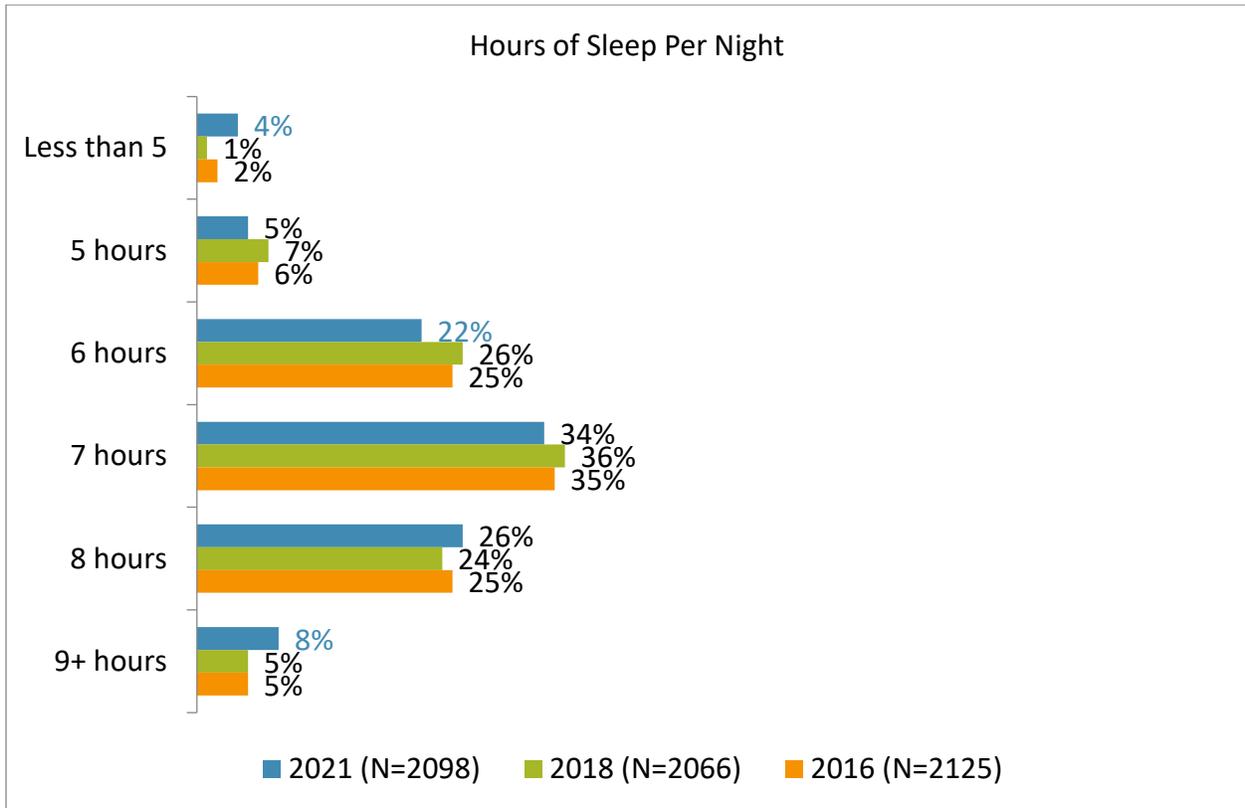


## OTHER ISSUES

Other issues refers to aspects of health that are not covered by other sections of this report. It includes the amount of rest that individuals get, their opioid use history, and whether or how they have prepared for end-of-life care.

## HOURS OF SLEEP

There was a slight decrease in the average number of hours of sleep that Howard County residents get each night in 2021. People reporting that they sleep an average of 6 hours per night saw a significant drop to 22% which was paralleled with a significant increase in the number of people reporting that they get less than 5 hours of sleep per night.



### QOTH2. Typically, how many hours of sleep do you get in a 24-hour period?

Most people (34%) get about 7 hours of sleep each night. Twenty-two percent of residents reported getting 6 hours of sleep, and 26% reported getting the recommended 8 hours of sleep each night. Employment, race, and age all play a role in determining sleep habits. If an individual is self-employed, they have a much higher likelihood of getting less than 5 hours of sleep, when compared with people of all other employment statuses.

2021 Employment Breakout	Employed	Self Employed	Unemployed	Retired	Homemaker	Student
Less than 5	3%	10%	1%	1%	7%	2%
5 hours	6%	7%	3%	2%	2%	7%
6 hours	24%	20%	21%	15%	18%	21%
7 hours	37%	28%	27%	36%	33%	32%
8 hours	24%	30%	33%	29%	33%	31%
9+ hours	7%	5%	13%	12%	6%	6%

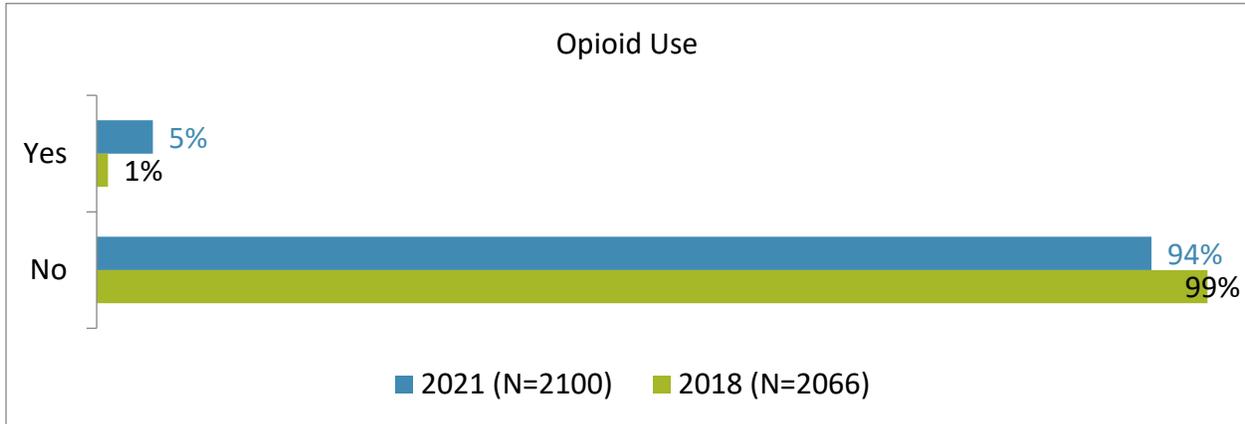
Black residents are much more likely than White and Asian residents to get between 5 and 6 hours of sleep. They also get between 7 and 8 hours of sleep at a lower rate than White and Asian individuals. People under the age of 45 get less than 5 hours of sleep much more often than people over the age of 55. In addition, there is divergence in the age groups that report getting more than 9 hours of sleep per night. Twenty five- to thirty-four-year-old residents as well as all those age 75 or older reported this at significantly higher rates than middle age residents.

2021 Race Breakout	White	Black	Asian	Other
Less than 5	3%	5%	4%	7%
5 hours	4%	10%	4%	9%
6 hours	20%	32%	14%	22%
7 hours	36%	24%	39%	28%
8 hours	28%	22%	29%	18%
9+ hours	7%	6%	11%	10%

2021 Age Breakout	18-24	25-34	35-44	45-54	55-64	65-74	75+
Less than 5	7%	7%	6%	2%	1%	0%	2%
5 hours	7%	6%	6%	3%	8%	5%	3%
6 hours	18%	18%	24%	25%	27%	19%	15%
7 hours	26%	25%	30%	40%	43%	38%	32%
8 hours	29%	29%	29%	24%	18%	29%	30%
9+ hours	11%	15%	5%	4%	3%	8%	14%

## OPIOID USE

Illegal opioid use, including heroin, in households across Howard County increased considerably in 2021, from 2018. Only 1% of residents reported someone in their household using opioids or using opioids themselves in 2018. This figure increased to 5% in 2021.



**QOTH4. As a reminder, your responses are kept confidential and not tied back to you personally. In the past 12 months did you or an immediate family member use heroin or any type of opioid that you or they did not have a prescription for, or took more frequently than prescribed on one or more occasions?**

Individuals in Howard County are more likely to use opioids not prescribed for their use if they are young male residents, under the age of 45. Race and ethnicity also play a role in likelihood of using opioids, as Asian residents and non-Hispanics are significantly less likely to use opioids than individuals of any other race. Finally, there is a correlation between opioid use and being underweight. People categorized as underweight are much more likely than any others to use opioid drugs.

2021 Gender Breakout	Male	Female
Yes	8%	3%
No	92%	97%

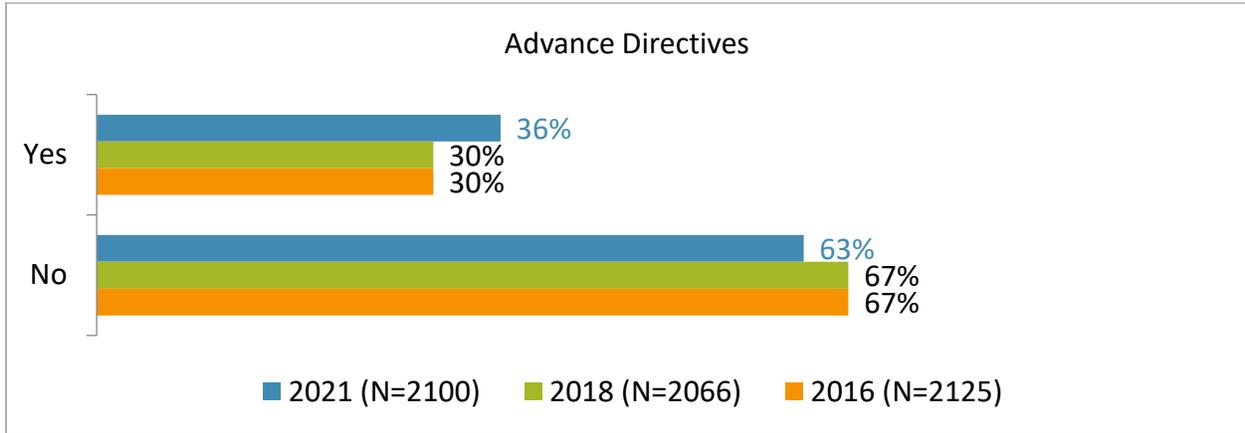
2021 Age Breakout	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	12%	9%	9%	3%	1%	2%	1%
No	87%	91%	91%	97%	99%	98%	99%

2021 Race Breakout	Hispanic	Non-Hispanic	White	Black	Asian	Other
Yes	18%	4%	5%	7%	2%	10%
No	80%	95%	95%	93%	98%	86%

2021 BMI Breakout	Underweight	Normal	Overweight	Obese
Yes	31%	4%	3%	4%
No	68%	96%	97%	96%

## ADVANCED DIRECTIVES

An advanced directive is a written statement that details a person’s wishes regarding their medical treatment, often including a will, which is made to ensure that those wishes are carried out, should a person be unable to communicate them to a doctor. In 2021, there was a significant increase in the number of Howard County residents that have this type of direction regarding their end-of-life care.



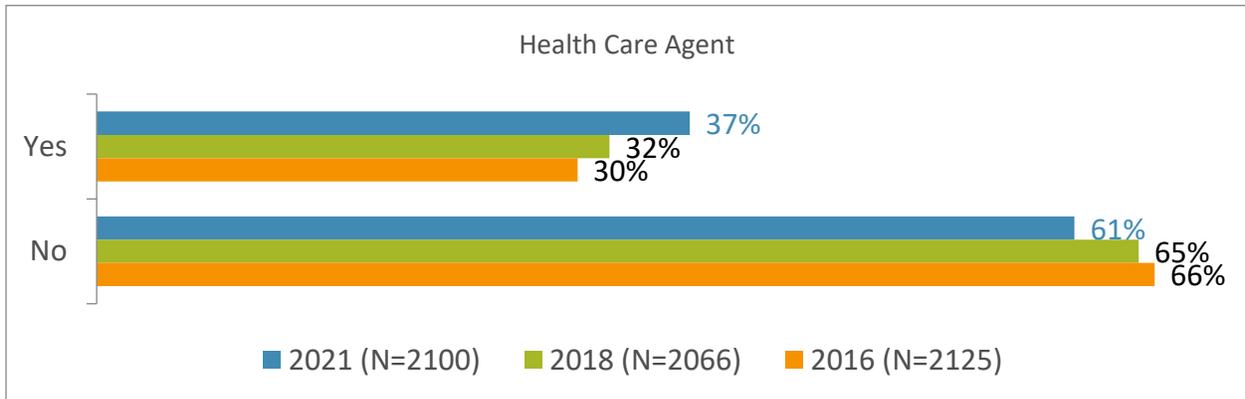
**QACP1. Advance directives are legal documents that allow you to spell out your decisions about end-of-life care ahead of time. This is not a will by which you dispose of property, but is how you communicate decisions about the type of health care you would like to receive if you are unable to speak for yourself. Do you currently have a signed advance directive?**

Race is the main significant factor in whether a person authors advance directive measures. White residents are much more likely to have an advance directive than any other race, with 45% reporting that they have an advance directive. Asian residents are very unlikely to prepare an advanced directive for end-of-life care, as 83% of Asian individuals say that they do not have this legal document.

2021 Race Breakout	White	Black	Asian	Other
Yes	45%	27%	17%	30%
No	53%	72%	83%	66%

## HEALTH CARE AGENT

A health care agent, often called a "proxy," is appointed to act on one's behalf in the event they are unable to make health care decisions or communicate their wishes. Over one-third of Howard County residents have a named health care agent, a number which is up significantly since 2018.



**QACP2: A health care agent, often called a "proxy," is the person you trust to act on your behalf in the event you are unable to make health care decisions or communicate your wishes. Health care agents are often named as a part of completing an advance directive. Do you currently have a signed document naming your health care agent?**

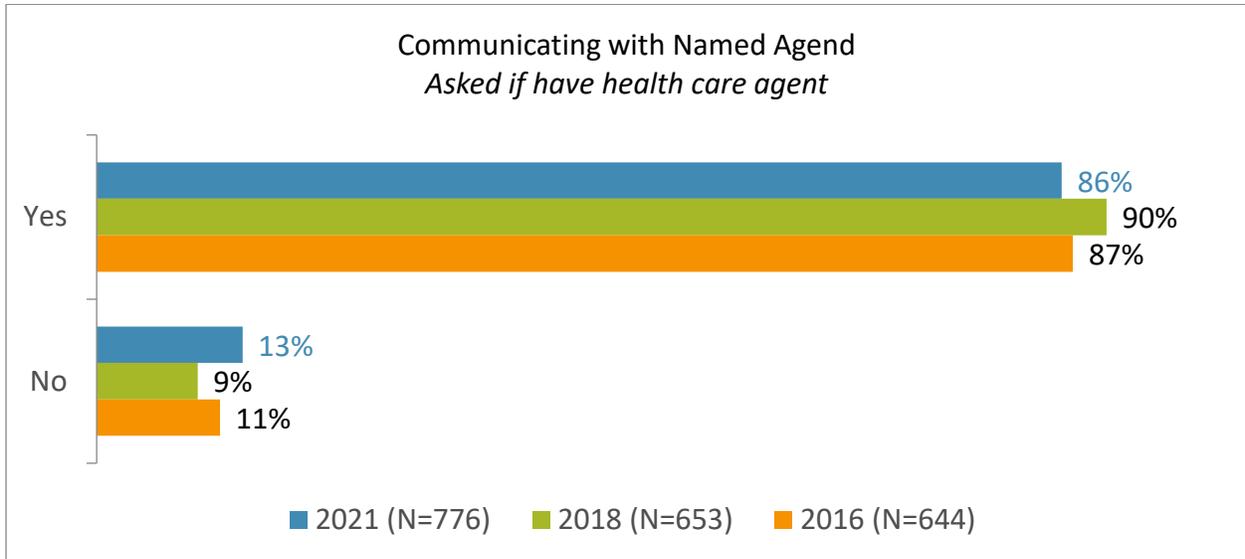
Consistent with advance directives, race plays a role in whether a resident has a named health care agent. White residents are much more likely to have a named agent, which 45% reporting they have a proxy. Older residents are also most likely to have a named agent or proxy.

2021 Race Breakout	White	Black	Asian	Other
Yes	45%	32%	19%	33%
No	53%	65%	80%	65%

2021 Age Breakout	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	24%	20%	26%	35%	43%	60%	64%
No	73%	79%	72%	63%	56%	38%	32%

## COMMUNICATING WITH HEALTH CARE AGENT

While most residents have had a conversation with their named agent to communicate their wishes, this practice fell off a bit in 2021.



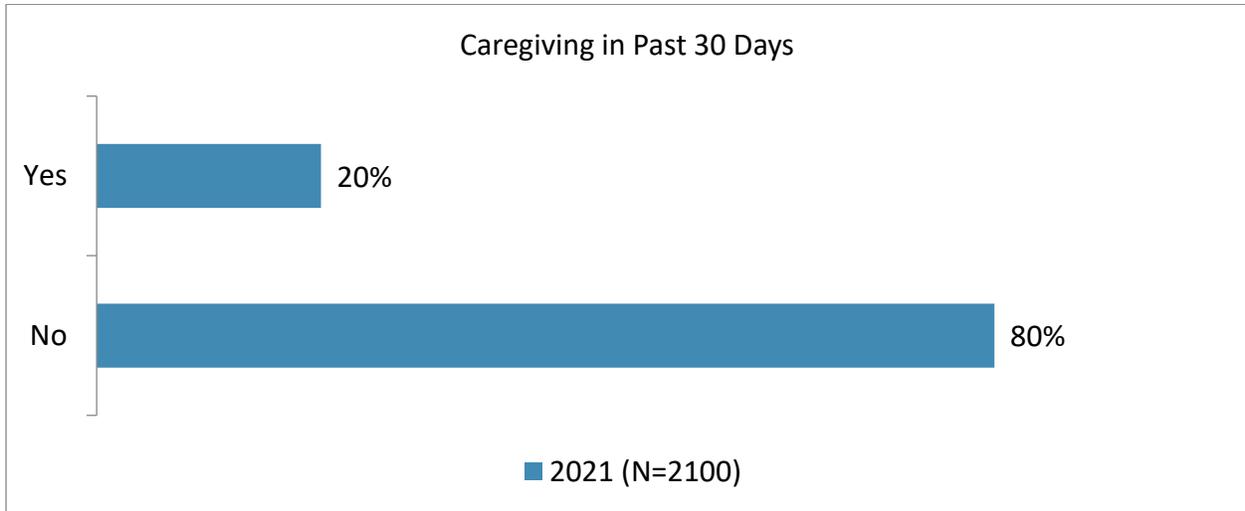
### QACP3: Have you had a conversation with your named agent to communicate your care wishes?

Not surprisingly, older residents are more likely to have had a conversation with their named agent.

2021 Age Breakout	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	73%	59%	75%	91%	92%	97%	91%
No	27%	41%	25%	9%	7%	3%	8%

## PROVISION OF CARE

One in 5 Howard County residents have had to care or aid with an aging, ill or disabled friend or family member in the last 30 days.

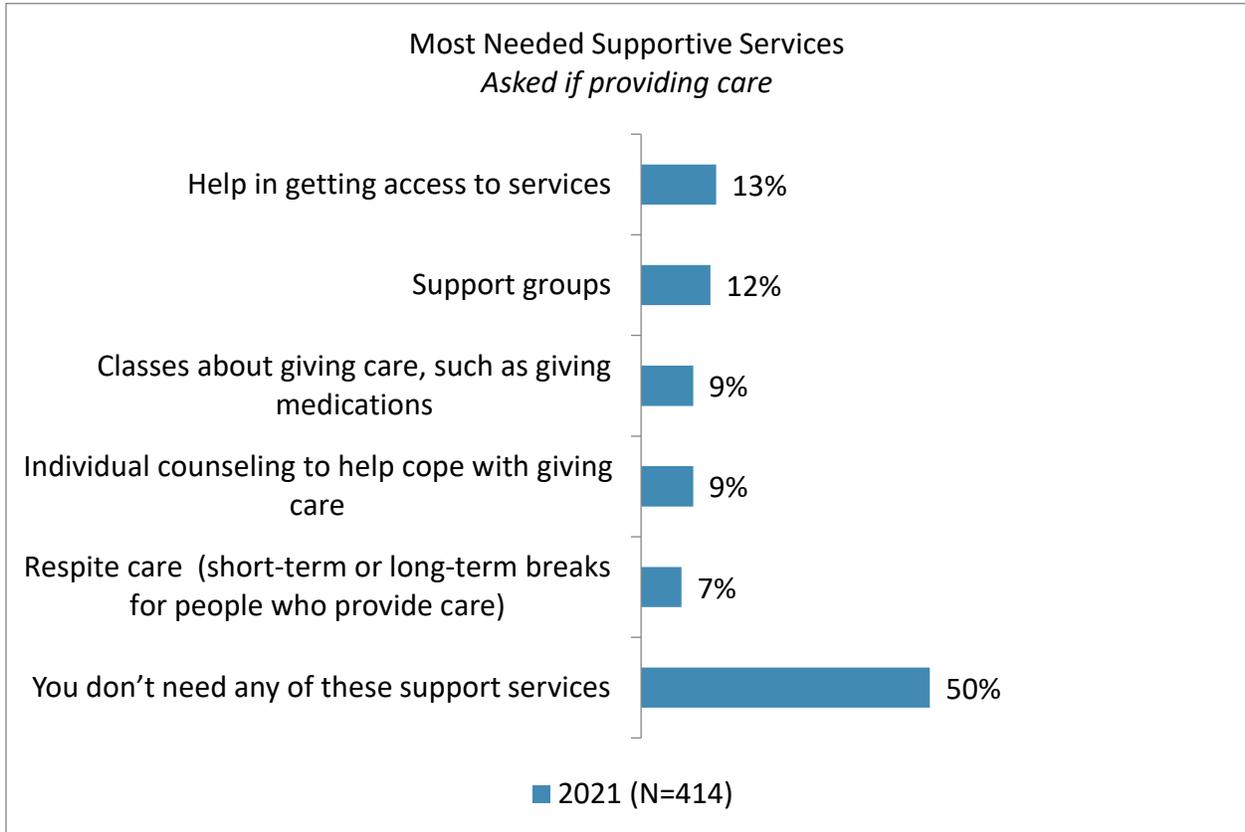


**QCG1: During the past 30 days, did you provide regular care or assistance to a friend or family member living in Howard County who is aging, or has a health problem or disability?**

Data is reasonably consistent across segments.

## MOST NEEDED SERVICES FOR PROVIDING CARE

While half providing care or assistance to a friend or family member did not need support services queried, more than 1 in 10 need help with access or support groups. Classes and counseling followed by respite care also would be welcome support to a minority of Howard County residents.



**QCG2: Of the following support services, which one do you MOST need, that you are not currently getting?**

Data is reasonably consistent across segment and sample sizes are small.

## APPENDIX – SURVEY COPY

Hello, I am calling for the Howard County Health Department. My name is \_\_\_\_\_. We are gathering information about the health of County residents. This project is being conducted by the health department following Centers for Disease Control and Prevention guidelines. Your telephone number has been chosen randomly, and I would like to ask some questions about health and health practices.

To ensure we are speaking to a representative group of residents may I please speak to the youngest male age 18 or older who is at home right now?

**IF NO:** May I please speak to the youngest female in the household age 18 or older who is at home?

I will not ask for your last name, address, or other personal information that can identify you. You do not have to answer any question you do not want to, and you can end the interview at any time. Any information you give me will be confidential. If you have any questions about the survey, please call 703-654-1435.

S1. Just to confirm, do you live in Howard County?

- 1 Yes
- 2 No *(Thank and terminate.)*
- 9 Not sure/Refused to say *(Thank and terminate.)*

S2. In what zip code do you live? *(Record 5-digit zip.)*

20701 – SOUTHEST	21042 – S3	21723 – Western HoCo
20723 – SOUTHEST	21043 – S3	21737 – Western HoCo
20759 – S3	21044 - Columbia	21738 – Western HoCo
20763 – SOUTHEST	21045 - Columbia	21765 – Western HoCo
20777 – Western HoCo	21046 - Columbia	21771 – Western HoCo
20794 – SOUTHEST	21075 – Elkridge	21784 – Western HoCo
20833 - Western HoCo	21076 – Elkridge	21794 – Western HoCo
21029 – S3	21104 – S3	21797 – Western HoCo
21036 – Western HoCo	21150 - Columbia	Other zip <i>(Specify)</i>
21041 – Ellicott City	21163 – S3	

S3 Ask as follow up to assign regional planning area if any of the following select.

- **IF 21163** Do you live closer to Waverly Woods Golf Course [assign to EC Planning area] or Woodstock [assign to Western HoCo]?
- **IF 21104** Do you live closer to Waverly Woods Golf Course [assign to EC Planning area] or Marriotsville [assign to Western HoCo]?
- **IF 21042** Do you live closer by distance to the Miller Branch Library [assign to EC Planning area] or Homewood Road [assign to Western HoCo]?
- **IF 21043** Do you live closer to Bonnie Branch MS [assign to Elkridge] or Main Street Ellicott City [assign to EC Planning area]?
- **IF 21029** Do you live closer to River Hill Village Center [assign to Columbia], the Highland-Triadelphia Mill Traffic Circle [assign to Western HoCo] ,or Fulton [assign to Western HoCo]?
- **IF 20759** Do you live closer to Scaggsville [assign to Southeast] or Schooley Mill Park [assign to Western HoCo]?

**8.22** I am required to ask this question. So that we have a balanced sample, what is your gender? *(Note: Answer drives skip patterns for Q4.1, 6.1, M01.2.)*

(151)

- 1 Male
- 2 Female
- 3 Transgender

### **C03 Health Care Access (general)**

**3.1** Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare or Indian Health Services?

(80)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

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

If "No," ask: "Is there more than one, or is there no person who you think of as your personal doctor or health care provider?"

(81)

- 1 Yes, only one
- 2 More than one
- 3 No
- 7 Don't know / Not sure
- 9 Refused

**3.3A** When you are sick or need medical attention, to which one of the following places do you usually go? Would you say:

**Please read:**

- 1 A doctor's office
- 2 A community health center like Chase Brexton
- 4 A hospital emergency room
- 5 An urgent care center like Patient First or Minute Clinic
- 6 Some other kind of place

**Or**

- 8 No usual place

**Do not read:**

- 7 Don't know / Not sure
- 9 Refused

**3.3B** Thinking about your most recent visit to your primary health care provider for a medical issue you wanted resolved quickly, how long did you have to wait between when the appointment was made and when the appointment actually occurred?

**Do not read:**

- 1 Same day
- 2 Within 2-3 days
- 3 Within 1 week
- 4 Within 1 month
- 5 Longer than 1 month
- 6 Does not apply to me
- 7 Don't know / Not sure
- 9 Refused

**3.3C** Was there a time in the past 12 months when you needed to go to the emergency room because you could not get a timely appointment with a doctor?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

#### **C04 Hypertension**

**4.1** Have you EVER been told by a doctor, nurse, or other health professional that you have high blood pressure?

(84)

**Read only if necessary:** By "other health professional" we mean a nurse practitioner, a physician's assistant, or some other licensed health professional.

**If "Yes" and respondent is female, ask: "Was this only when you were pregnant?"**

- 1 Yes
- 2 Yes, but female told only during pregnancy [**Go to next section**]
- 3 No [**Go to next section**]
- 4 Told borderline high or pre-hypertensive [**Go to next section**]
- 7 Don't know / Not sure [**Go to next section**]
- 9 Refused [**Go to next section**]

**4.1A** Are you currently taking medication to help with your high blood pressure?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

**C05 High Cholesterol**

**5.2** Blood cholesterol is a fatty substance found in the blood. About how long has it been since you last had your blood cholesterol checked?

(87)

**Read only if necessary:**

- 5 Never
- 1 Within the past year (anytime less than 12 months ago)
- 2 Within the past 2 years (1 year but less than 2 years ago)
- 3 Within the past 5 years (2 years but less than 5 years ago)
- 4 5 or more years ago

**Do not read:**

- 7 Don't know / Not sure
- 9 Refused

**5.3** Have you ever been told by a doctor, nurse or other health professional that your blood cholesterol is high?

(88)

- 1 Yes
- 2 No [**Go to next section**]
- 7 Don't know / Not sure [**Go to next section**]
- 9 Refused [**Go to next section**]

**5.4** Are you now taking medicine to help with your cholesterol?

- 1 Yes
- 2 No
- 9 Refused

**C06 Chronic Health Conditions:**

Now I would like to ask you some questions about general health conditions.

Has a doctor, nurse, or other health professional ever told you that you had any of the following? For each, tell me "Yes," "No," or you're "not sure."

**6.5** Do you currently have asthma?

(93)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

## **C06 COPD**

**6.8** (Ever told) you have (COPD) chronic obstructive pulmonary disease, emphysema (em-fiz-ZEE-muh) or chronic bronchitis (bron-KITE-us)?

(96)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

## **C06 Diabetes**

**6.13** (Ever told) you have diabetes?

(101)

**(If "Yes" and respondent is female, ask): "Was this only when you were pregnant?"**

If respondent says pre-diabetes or borderline diabetes, use response code 4.

- 1 Yes
- 2 Yes, but female told only during pregnancy
- 3 No
- 4 No, pre-diabetes or borderline diabetes
- 7 Don't know / Not sure
- 9 Refused

## **M01 Pre-Diabetes**

**NOTE: Only asked of those not responding "Yes" (code = 1) to Core Q6.13 (Diabetes awareness question).**

**CATI NOTE: If Core Q6.13 = 4 (No, pre-diabetes or borderline diabetes);**

- **If male auto punch answer M01.2 "Yes" (code = 1).**
- **If female ask: you mentioned you were told you had pre-diabetes or borderline diabetes. Was this only when you were pregnant?**

**M01.2.** Have you ever been told by a doctor or other health professional that you have pre-diabetes or borderline diabetes?

(246)

**If "Yes" and respondent is female, ask: "Was this only when you were pregnant?"**

- 1 Yes
- 2 Yes, during pregnancy
- 3 No
- 7 Don't know / Not sure
- 9 Refused

## **M02 Diabetes**

**To be asked following Core Q6.13; if response is "Yes" (code = 1)**

**M02.1.** How old were you when you were told you have diabetes?

(247-248)

\_\_ Code age in years [97 = 97 and older]

98 Don't know / Not sure

99 Refused

**M02.2.** Are you now taking insulin or other medicine to help with your diabetes?

(249)

1 Yes

2 No

9 Refused

**M02.5.** About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?

(256-257)

\_\_ Number of times [76 = 76 or more]

88 None

77 Don't know / Not sure

99 Refused

**M02.6.** A test for "A one C" measures the average level of blood sugar over the past three months. About how many times in the past 12 months has a doctor, nurse, or other health professional checked you for "A one C"?

(258-259)

\_\_ Number of times [76 = 76 or more]

88 None

98 Never heard of A one C test

77 Don't know / Not sure

99 Refused

## **C07 Tobacco Use**

**7.1** Have you smoked at least 100 cigarettes in your entire life?

(102)

**NOTE: 5 packs = 100 cigarettes**

1 Yes

2 No [Go to Q7.5A]

7 Don't know / Not sure [Go to Q7.5A]

9 Refused [Go to Q7.5A]

**7.2** Do you now smoke cigarettes every day, some days, or not at all?

(103)

1 Every day

2 Some days

3 Not at all

7 Don't know / Not sure

9 Refused

**7.5A** Electronic cigarettes, or “e-cigarettes” and other electronic “vaping” products include electronic hookahs, or “e-hookahs,” vape pens, e-cigars, and others. These products are battery powered and usually contain nicotine and flavors such as fruit, mint, or candy. Do you currently use e-cigarettes every day, some days, or not at all?

- 1 Every day
- 2 Some days
- 3 Not at all

**Do not read:**

- 7 Don't know / Not sure
- 9 Refused

## **C08 Demographics**

**8.1** What is your age?

(108-109)

\_\_ Code age in years (18-97)

- 07 Don't know / Not sure
- 09 Refused

**8.2** Are you Hispanic or Latino?

(110)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

**8.3** Which one or more of the following would you say is your race?

(111-116)

**(Code all that apply)**

**Please read:**

- 1 White
- 2 Black or African American
- 3 Asian
- 4 Native Hawaiian or Other Pacific Islander
- 5 American Indian or Alaska Native

**Or**

6 Other [specify]\_\_\_\_\_

**Do not read:**

- 7 Don't know / Not sure
- 9 Refused
- 11 Hispanic/Latino
- 12 Mixed/Multi (unspecified)
- 13 Middle Eastern
- 14 Haitian/West Indian

**8.6** Are you...?

(119)

**Please read:**

- 1 Married
- 2 Divorced
- 3 Widowed
- 4 Separated
- 5 Never married

**Or**

- 6 A member of an unmarried couple

**Do not read:**

- 9 Refused

**8.6A** Have you ever served on active duty in the United States Armed Forces, either in the regular military or in a National Guard or military reserve unit?

- 1 Yes
- 2 No
- 9 Refused

**8.7** How many children less than 18 years of age live in your household?

(120-121)

\_\_ Number of children

88 None **[Go to Q8.8.]**

99 Refused **[Go to Q8.8.]**

### **C08.7 Children's Health Issues**

**8.7A (If Q8.7 > or = 1):** Have you ever been told by a health care professional that any child in your household should lose weight?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

**8.7B (If yes):** How young was your child / what was the youngest age of any of your children when you were told they should lose weight? Under 6, 6 to 10, 11 to 14, or 15 to 18?

**(Select only one – youngest age a child was when told to lose weight.)**

- 1 Under 6
- 2 6 to 10
- 3 11 to 14
- 4 15 to 18
- 7 Don't know / Not sure
- 9 Refused

Has a doctor or other health care provider ever told you that any child in your household had...? [8.7C-D]

**8.7C Asthma**

- 1 Yes
- 2 No
- 7 Don't know/ Not sure
- 9 Refused

**8.7D Depression/Anxiety problems**

- 1 Yes
- 2 No
- 7 Don't know/ Not sure
- 9 Refused

**8.7F** Have you breastfed or provided breast milk to your child within the past 3 years?

- 1 Yes [Go to 8.7G]
- 2 No [Go to next section]
- 7 Don't know/ Not sure [Go to next section]
- 9 Refused [Go to next section]

**8.7G (If yes):** What was the longest period of time you breastfed or provided breast milk to your child? (Read categories.)

- 1 Currently breastfeeding or being breastfed
  - 2 Less than 6 months
  - 3 6 to 12 months
  - 4 More than 12 months
- Do not read:**
- 7 Don't know/ Not sure
  - 9 Refused

**C08 Demographics (cont'd)**

**8.8** What is the highest grade or year of school you completed?

(122)

**Read only if necessary:**

- 1 Never attended school or only attended kindergarten
- 2 Grades 1 through 8 (Elementary)
- 3 Grades 9 through 11 (Some high school)
- 4 Grade 12 or GED (High school graduate)
- 5 College 1 year to 3 years (Some college or technical school)
- 6 College 4 years (College graduate)
- 7 Graduate-level work or degree (More than 4 years college)

**Do not read:**

- 9 Refused / Don't know

**8.9** Are you currently...?

(123)

**Please read:**

- 1 Employed for wages
- 2 Self-employed
- 3 Out of work for more than 1 year
- 4 Out of work for less than 1 year
- 5 A Homemaker
- 6 A Student
- 7 Retired

**Or**

- 8 Unable to work

**Do not read:**

- 9 Refused

**8.10** Is your annual household income from all sources—

(124-125)

- 1 Less than \$50,000 per year (**Do not read:** \$4,166 or less per month/ \$961 or less per week)
- 2 \$50,000 to \$99,999 per year (**Do not read:** \$8,333 – 4,167 per month/ \$1,923 – 962 per week)
- 3 \$100,000 to \$149,999 per year (**Do not read:** \$12,500 – 8,334 per month/ \$2,884 – 1,924 per week)
- 4 \$150,000 to \$199,999 per year (**Do not read:** \$12,501 – 16,666 per month/\$2,885 – 3,846 per week)
- 5 \$200,000 or more per year (**Do not read:** \$16,667 or more per month/ \$3,847 or more per week)

**Do not read:**

- 7 Don't know / Not sure
- 9 Refused

**If respondent refuses at ANY income level, code 99 (Refused)**

**8.11** About how much do you weigh without shoes?

(126-129)

**Round fractions up.**

\_\_\_\_ Weight

(pounds)

7777 Don't know / Not sure

9999 Refused

**8.12** About how tall are you without shoes?

(130-133)

**Round fractions down.**

\_\_ / \_\_ Height

(ft / inches)

77/ 77 Don't know / Not sure

99/ 99 Refused

**8.12A** Have you been advised by your doctor in the last five years to lose weight?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

**8.21A** Which of these best describes your home?

**Please read:**

- 1 Single-family detached
- 2 Townhouse
- 3 Apartment, condo, or other multi-family building

**Do not read:**

- 7 Don't know / Not sure
- 9 Refused

**8.22A (Ask only in Columbia and Ellicott City planning areas):** Do you live on property subject to the Columbia Association assessment?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

**8.22B (All):** Do you currently have a membership with the Columbia Association? **(If yes):** Which one?

**Please read:**

- 1 Pools only
- 2 Club only
- 3 Golf only
- 4 Tennis only
- 5 More than one, or a "fit and play" plan

**Do not read:**

- 6 No membership
- 7 Don't know / Not sure
- 9 Refused

**8.22C** Which of the following do you turn to for information and resources **to help keep you healthy**. For each, please tell me yes or no. **(Code all that apply).**

- 1 My doctor
- 2 My local government
- 3 My faith leader
- 4 Howard County General Hospital
- 8 Howard County Health Department
- 5 Friends or family
- 6 Columbia Association

**Do not read:**

- 7 Don't know / Not sure
- 9 Refused

**8.22D (if more than resource selected in 8.22C. only show selected)** Of the places your turn for information and resources to keep you healthy, which do you turn to most? **(Select one).**

- 1 My doctor
  - 2 My local government
  - 3 My faith leader
  - 4 Howard County General Hospital
  - 8 Howard County Health Department
  - 5 Friends or family
  - 6 Columbia Association
- Do not read:**
- 7 Don't know / Not sure
  - 9 Refused

### **C09 Fruits and Vegetables**

These next questions are about the fruits and vegetables **you** ate or drank during the past 7 days. Please think about all forms of fruits and vegetables including cooked or raw, fresh, frozen or canned. Please think about all meals, snacks, and food consumed at home and away from home.

I will be asking how often **you** ate or drank each one: for example, once a day, twice a week, and so forth.

**INTERVIEWER NOTE: If respondent responds less than once per week, put "0" times per week. If respondent gives a number without a time frame, ask: "Was that per day or per week?"**

**9.2R** During the past week, not counting juice, how many times did you eat fruit? Count fresh, frozen, or canned fruit.

(156-158)

- 1 \_\_ Per day
- 2 \_\_ Per week
- 555 Never
- 777 Don't know / Not sure
- 999 Refused

**Read only if necessary:** "Your best guess is fine."

**Read only if necessary:** "Fruit includes apples, bananas, applesauce, oranges, grapefruit, fruit salad, watermelon, cantaloupe or musk melon, papaya, pomegranates, mangos, grapes, and berries such as blueberries and strawberries, and others."

**INTERVIEWER NOTE: Do not count fruit jam, jelly, or fruit preserves. Do not include dried fruit in ready-to-eat cereals. Do include dried raisins, cran-raisins if respondent tells you - but due to their small serving size they are not included in the prompt.**

**Do include cut up fresh, frozen, or canned fruit added to yogurt, cereal, jello, and other meal items. Include culturally and geographically appropriate fruits that are not mentioned.**

**9.4R** During the past week, how many times did you eat vegetables that were not fried? Do not include rice or other grains.

(162-164)

1 \_\_ Per day

2 \_\_ Per week

555 Never

777 Don't know / Not sure

999 Refused

**Read only if necessary:** "Your best guess is fine."

**INTERVIEWER NOTE:** Each time a vegetable is eaten it counts as one time.

**Include all raw leafy green salads including spinach, mesclun, romaine lettuce, bok choy, dark green leafy lettuce, dandelions, komatsuna, watercress, and arugula.**

**Do not include iceberg (head) lettuce if specifically told type of lettuce.**

**Include all cooked greens including kale, collard greens, choys, turnip greens, mustard greens.**

**Include all forms of carrots including long or baby-cut. Include carrot-slaw (e.g. shredded carrots with or without other vegetables or fruit). Include all forms of sweet potatoes including baked, mashed, casserole, pie, or sweet potatoes fries. Include all hard-winter squash varieties including acorn, autumn cup, banana, butternut, buttercup, delicate, hubbard, kabocha, and spaghetti squash. Include all forms including soup. Include pumpkin, including pumpkin soup and pie. Do not include pumpkin bars, cake, bread or other grain-based desert-type food containing pumpkin (i.e. similar to banana bars, zucchini bars).**

**Include corn, peas, tomatoes, okra, beets, cauliflower, bean sprouts, avocado, cucumber, onions, peppers (red, green, yellow, orange); all cabbage including American-style cole-slaw; mushrooms, snow peas, snap peas, broad beans, string, wax-, or pole-beans. Include any form of the vegetable (raw, cooked, canned, or frozen). Do include tomato juice. Include culturally and geographically appropriate vegetables that are not mentioned.**

**Do not include products consumed usually as condiments including ketchup, salsa, chutney, relish. Do not include rice or other grains.**

## **C10 Physical Activity**

The next few questions are about exercise, recreation, or physical activities.

**10.1A** During the past week, other than your regular job, did you do any physical activities or exercise to raise your heart rate, such as running, golf, swimming, yard work, or walking for exercise?

1 Yes **[Go to Q10.2A]**

2 No **[Go to Q10.1B]**

7 Don't know / Not sure **[Go to Q10.4A]**

9 Refused **[Go to Q10.4A]**

**10.1B (if no):** What was the main reason you did not engage in physical activity?

**Do not read:**

- 1 Didn't have time
- 2 No sidewalks/ walking path
- 3 Didn't have a safe place
- 4 Area(s) not well lit
- 5 No access to equipment
- 6 Another reason **(Specify.)**
- 7 Don't know/ Not sure
- 9 Refused
- 10 Don't need to exercise/Already active
- 11 Don't like exercise/Lazy/Tired
- 12 Weather
- 13 Unable/Disabled/Health/Too old
- 14 Sick
- 15 Traveling/Away
- 16 COVID restrictions or concerns

**[Go to Q10.4A]**

**10.2A (If yes in 10.1A):** During the past week, how many times did you take part in this activity?

(162-164)

- 1 \_\_ Per week
- 555 Never **[Go to Q10.4A]**
- 777 Don't know / Not sure
- 999 Refused **[Go to Q10.4A]**

**10.3A** Where did you do these activities? **(Code all that apply.)**

**Please read:**

- 1 Outside
- 2 In your home or friend's home
- 3 At your housing clubhouse
- 4 At work
- 5 At a membership club
- 6 Or somewhere else **(Specify.)**

**Do not read:**

- 7 Don't know / Not sure
- 9 Refused
- 10 School/Community College
- 11 Community/Rec/Senior Center
- 12 Mall
- 13 Hotel/While traveling
- 14 Training location/Private rec center
- 15 Church
- 16 Healthcare facility/Physical therapy
- 17 Bowling alley

**10.3B** And each time you took part in this activity, for how many minutes or hours did you usually keep at it? **(Code either minutes or hours; if over one hour, round to nearest hour.)**

\_\_ minutes

\_\_ hour(s)

77 Don't know/ Not sure

99 Refused

**10.4A** During the past week, did you do physical activities or exercises to STRENGTHEN your muscles? Count activities using your own body weight like yoga, sit-ups or push-ups, or weight machines, free weights, or elastic bands.

1 Yes **[Go to 10.5A]**

2 No **[Go to 10.7A]**

7 Don't know / Not sure **[Go to next section]**

9 Refused **[Go to next section]**

**10.5A (If yes):** During the past week, how many times did you take part in this activity?

**Please read:**

\_\_ Per week

555 Never **[Go to 10.7A]**

777 Don't know / Not sure

999 Refused **[Go to 10.7A]**

**10.6A** Where did you do these activities? **(Code all that apply.)**

**Please read:**

1 Outside

2 In your home or friend's home

3 At your housing clubhouse

4 At work

5 At a membership club

6 Or somewhere else **(Specify.)**

**Do not read:**

7 Don't know / Not sure

9 Refused

10 School/Community College

11 Community/Rec/Senior Center

12 Mall

13 Hotel/While traveling

14 Training location/Private rec center

15 Church

16 Healthcare facility/Physical therapy

17 Bowling alley

NOTE TO PROGRAMMER; SKIP 10.7A and 10.7B in 2021

**10.7A** In 2019, was there a child in your household you wanted to enroll in an organized youth sporting activity, such as a Rec and Parks team, soccer, or another organized youth sports team, but did not?

1 Yes

2 No

**Do not read:**

7 Don't know / Not Sure

9 Refused

**10.7B** What was the main reason why not? **(Code the 1 best response.)**

**Do not read:**

1 Lack of time/Did not fit schedule

2 Difficult/Did not know how to sign up

3 Cost too much

4 Lack of transportation/No way to get there

5 No one to take care of my other children

6 Too young to participate

7 Disability

8 Lack of interest

9 Other (Specify.)

77 Don't know / Not sure

99 Refused

## **C15 Alcohol Consumption**

**15.1** During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?

(209-211)

\_\_ Days per week

\_\_ Days in past 30 days

777 Don't know / Not sure **[Go to next section]**

888 No drinks in past 30 days **[Go to next section]**

999 Refused **[Go to next section]**

**15.3** Considering all types of alcoholic beverages, how many times during the past 30 days did you have **X [CATI X = 5 for men, X = 4 for women]** or more drinks on an occasion?

(214-215)

\_\_ Number of times

77 Don't know / Not sure

88 None

99 Refused

**15.4** Considering all types of alcoholic beverages, in the past 30 days did you have **[for men program 15 for women program 8]** or more drinks in any one week period?

\_\_ Yes

\_\_ No

77 Don't know / Not sure

88 None

99 Refused

## Sugary Drinks

**SD1** How often do you drink regular soda such as Coke, Pepsi, Sprite, or Mountain Dew? Do not include diet soda or seltzer.

READ IF NEEDED: How many sodas do you drink per day, per week, or per month?

\_\_ Per day

\_\_ Per week

\_\_ Per month

555 None / Never / Rarely

777 Don't know / Not sure

999 Refused

**SD2** How often do you drink sports drinks like Gatorade or Powerade? Do not include diet or low-calorie types.

READ IF NEEDED: How many sports drinks do you drink per day, per week, or per month?

\_\_ Per day

\_\_ Per week

\_\_ Per month

555 None / Never / Rarely

777 Don't know / Not sure

999 Refused

**SD4 [Ask if number of children entered in Q8.7 > 0] Thinking about your youngest child between the ages of 2 and 18, (pause in case respondent volunteers no children) how often does he or she drink regular, not diet, soda like Coke, Pepsi, Sprite, or Mountain Dew?**

READ IF NEEDED: How many sodas does your youngest child between the ages of 2 and 18 drink per day, per week, or per month?

\_\_ Per day

\_\_ Per week

\_\_ Per month

555 None / Never / Rarely

777 Don't know / Not sure

999 Refused

**SD7** In the last 30 days, have you bought any of the following types of sugar sweetened beverages for your family to drink at home? Regular soda, sports drinks like Gatorade or Powerade, fruit drinks like Capri Sun or Hawaiian Punch, energy drinks, or sweetened teas and waters?

1 Yes

2 No

7 Don't know / Not Sure

9 Refused

## M12 Breast/ Cervical Cancer Screening

**CATI NOTE: If respondent is male, go to the next module.**

The next questions are about breast and cervical cancer screening.

**(Women age 40 or older):**

**M12.1.** A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram? (339)

- 1 Yes
- 2 No **[Go to M12.5]**
- 7 Don't know / Not sure **[Go to M12.5]**
- 9 Refused **[Go to M12.5]**

**M12.2.** How long has it been since you had your last mammogram? (340)

**Read only if necessary:**

(Answer categories changed from 2012.)

- 1 Within the past 2 years (Less than 2 years ago)
- 2 Between 2 and 5 years (2 years but less than 5 years ago)
- 3 5 or more years ago

**Do not read:**

- 7 Don't know / Not sure
- 9 Refused

**(All women aged 21 to 65):**

**M12.5.** A Pap test is a test for cancer of the cervix. Have you ever had a Pap test? (343)

- 1 Yes
- 2 No **[Go to next eligible question.]**
- 7 Don't know / Not sure **[Go to next eligible question.]**
- 9 Refused **[Go to next eligible question.]**

**M12.5A** [ask only if M12.5 is code 1 "yes"] When was your last Pap test?

**Read only if necessary:**

(Revised answer options):

- 1 Within the past 3 years (Less than 3 years ago)
- 2 Between 3 and 5 years (3 years but less than 5 years ago)
- 3 5 or more years ago

**Do not read:**

- 7 Don't know / Not sure
- 9 Refused

**M14 Colorectal Cancer Screening**

**CATI NOTE:** ask module if respondent is 50 to 75 years of age, otherwise go to next module.

**M14.3R.** Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the colon for signs of cancer or other health problems. How long has it been since you had your last sigmoidoscopy or colonoscopy?

(358)

**Read only if necessary:**

(Answer categories changed from 2012.)

- 1 Within the past 5 years (Less than 5 years ago)
- 2 Between 5 and 10 years (5 years but less than 10 years ago)
- 3 10 or more years ago

**Do not read:**

- 7 Don't know / Not sure
- 8 Have never had a sigmoidoscopy or colonoscopy
- 9 Refused
- 10 Did a home test

**M16 Secondhand Smoke**

The next questions are about exposure to secondhand smoke.

**M16.2.** Not counting decks, porches, or garages, during the past 7 days, that is, since last **[TODAY'S DAY OF WEEK]**, on how many days did **someone other than you** smoke tobacco inside your home while you were at home?

(369-370)

\_\_ Number of days [01-07]

00 None

77 Don't know / Not sure

99 Refused

**M16.3.** During the past 7 days, that is, since last **[TODAY'S DAY OF WEEK]**, on how many days did you ride in a vehicle where **someone other than you** was smoking tobacco?

(371-372)

\_\_ Number of days [01-07]

00 None

77 Don't know / Not sure

99 Refused

**M26 Anxiety and Depression**

**M26.9.** Are you now taking medicine or receiving treatment from a doctor or other health professional for any type of mental health condition or emotional problem?

(451)

1 Yes

2 No

7 Don't know / Not sure

9 Refused

**M28 Social Context**

Now, I am going to ask you about several factors that can affect a person’s health.

**M28.0** Thinking of the following statement “I worried whether my food would run out before I got money to buy more.” Was that often true, sometimes true, or never true for you in the last 12 months?

- 1 Often true
- 2 Sometimes true
- 3 Never true

**Do not read:**

- 7 Don’t know / Not sure
- 9 Refused

**M28.1.** How often in the past 12 months would you say you were worried or stressed about having enough money to pay vital expenses like your rent, mortgage, or food? Would you say you were worried or stressed...?

(464)

**Please read:**

- 1 Always
- 2 Usually
- 3 Sometimes
- 4 Rarely
- 5 Never

**Do not read:**

- 8 Not applicable
- 7 Don’t know / Not sure
- 9 Refused

**(Create Split A & B. Ask M28.1C & D of Split A. Ask M28.1E & F of Split B.)**

**M28.1C (Ask of Split A):** Over the last 2 weeks, how often have you been bothered by having little interest or pleasure in doing things? Would you say this happens...

**M28.1D (Ask of Split A):** Over the last 2 weeks, how often have you been bothered by feeling down, depressed or hopeless? Would you say this happens...

**M28.1E (Ask of Split B):** Over the last 2 weeks, how often have you been bothered by feeling nervous, anxious or on edge? Would you say this happens...

**M28.1F (Ask of Split B):** Over the last 2 weeks, how often have you been bothered by not being able to stop or control worrying? Would you say this happens...

- 1 Never
- 2 For Several Days
- 3 For more than half the days
- 4 Nearly every day

**Do Not Read:**

- 7 Don’t know / Not sure
- 9 Refused

## Oral Health

**ORAL1** How long has it been since you last visited a dentist or a dental clinic for any reason? Include visits to dental specialists, such as orthodontists.

- 1 Within the past year (anytime less than 12 months ago)
- 2 Within the past 2 years (1 year but less than 2 years ago)
- 3 Within the past 5 years (2 years but less than 5 years ago)
- 4 5 or more years ago

**Do Not Read:**

- 7 Don't know / Not sure
- 8 Never
- 9 Refused

**CATI note: If ORAL1= 8 (Never), go to next section.**

**ORAL2** During the last 12 months, have you had a dental problem which you would have liked to see a dentist about but you didn't see the dentist?

- 1 Yes
- 2 No **[Go to next section]**
- 7 Don't know / Not sure **[Go to next section]**
- 9 Refused **[Go to next section]**

## ADVANCE CARE PLANNING

**ACP1** Advance directives are legal documents that allow you to spell out your decisions about end-of-life care ahead of time. This is not a will by which you dispose of property, but is how you communicate decisions about the type of health care you would like to receive if you are unable to speak for yourself. Do you currently have a signed advance directive?

- 1 Yes
- 2 No
- 7 Don't know/ Not sure
- 9 Refused

**ACP2** A health care agent, often called a "proxy," is the person you trust to act on your behalf in the event you are unable to make health care decisions or communicate your wishes. Health care agents are often named as a part of completing an advance directive. Do you currently have a signed document naming your health care agent?

- 1 Yes **[Go to ACP3]**
- 2 No **[Go to next section]**
- 7 Don't know/ Not sure **[Go to next section]**
- 9 Refused **[Go to next section]**

**ACP3 (If yes):** Have you had a conversation with your named agent to communicate your care wishes?

- 1 Yes
- 2 No
- 7 Don't know/ Not sure
- 9 Refused

**CAREGIVING QUESTIONS**

**CG1** During the past 30 days, did you provide regular care or assistance to a friend or family member living in Howard County who is aging, or has a health problem or disability?

- 1 Yes
- 2 No
- 7 Don't know/ Not sure
- 9 Refused

**CG2 (If yes to CG1)** Of the following support services, which one do you MOST need, that you are not currently getting?

- 1 Classes about giving care, such as giving medications
- 2 Help in getting access to services
- 3 Support groups
- 4 Individual counseling to help cope with giving care
- 5 Respite care **[INTERVIEWER NOTE: IF RESPONDENT ASKS WHAT RESPITE CARE IS]:** Respite care means short-term or long-term breaks for people who provide care
- 6 You don't need any of these support services

**OTHER ISSUES**

**OTH1** Thinking of the regular health screenings we talked about in this survey, which, if any, have you skipped or postponed due to concern of COVID exposure.

Did you skip or postpone your [insert screening indicated not done in recommended time] due to concern of COVID exposure?

- 1 Yes
- 2 No
- DO NOT READ**
- 7 Don't know/ Not sure
- 9 Refused

- A [ask if 5.2 does NOT equal 1, 2 or 3] Blood cholesterol screening
- B [ask if eligible for M02.6. AND M02.6. does not equal 2] "A one C" check
- C [ask if eligible for M12.1 AND M12.2 is not asked or does NOT equal 1] Mammogram
- D [ask if eligible for M12.5 AND M12.5A is not asked or does NOT equal 1] Pap test
- E [ask if eligible for M14.3R AND M14.3R does NOT equal 1] Sigmoidoscopy or colonoscopy
- F [ask if ORAL1 does NOT equal 1] Dental visit

**OTH2** Typically, how many hours of sleep do you get in a 24-hour period?

- \_\_ hours
- 77 Don't know/ Not sure
- 99 Refused

**OTH4** As a reminder, your responses are kept confidential and not tied back to you personally. In the past 12 months did you or an immediate family member use heroin or any type of opioid that you or they did not have a prescription for, or took more frequently than prescribed on one or more occasions?

INTERVIEWER READS IF NEEDED TO DEFINE OPIOIDS: Opioids include certain painkillers, such as morphine, hydrocodone, and oxycodone; and prescription drugs such as OxyContin, Percocet, and Vicodin.

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

## **Closing Statement**

**Please read:** That was my last question. Everyone's answers will be combined to give us information about the health practices of people in this county. Thank you very much for your time and cooperation.