

Healthy Delawareans with Disabilities 2010
Project Health Risks Survey Analysis

prepared for

Delaware Department of Health and Social Services
Division of Developmental Disabilities Services

by

Lisa M. Gilman

Center for Applied Demography & Survey Research
College of Human Services, Education and Public Policy
University of Delaware
Newark, Delaware 19716

March 2007

The University of Delaware is committed to assuring equal opportunity to all persons and does not discriminate on the basis of race, color, gender, religion, ancestry, national origin, sexual preference, veteran status, age, or disability in its educational programs, activities, admissions, or employment practices as required by Title IX of the Educational Amendments of 1972, Title VI of the Civil Rights Act of 1964, the Rehabilitation Act of 1973, the Americans with Disabilities Act, other applicable statutes, and University policy. Inquiries concerning these statutes and information regarding campus accessibility and Title VI should be referred to the Affirmative Action Officer, 305 Hullihen Hall, 302/831-2835 (voice), 302/831-4552(TDD).

Acknowledgements

Healthy Delawareans with Disabilities 2010 is a health and wellness initiative in the state Delaware. It is coordinated and managed by the Division of Developmental Disabilities Services of Delaware Health and Social Services. Its mission is to improve the lives of Delawareans with disabilities through an emphasis on health promotion and wellness. The initiative aims to accomplish its mission by (1) developing increased disability-related epidemiologic capacity, (2) producing disability-specific health promotion and awareness programs, and (3) by providing technical assistance to interested partners. In order to learn more about Healthy Delawareans with Disabilities 2010 contact Dr. Thomas F. Kelly at 302-744-9600 or Alisha Raiford-Hall at 302-369-2180.

This initiative and the information provided in this report are supported by Grant/Cooperative Agreement Number U59/CCU324600-01 from the Centers for Disease Control and Prevention (CDC), National Center on Birth Defects and Developmental Disabilities. The contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

TABLE OF CONTENTS

	Page
Acknowledgements.....	iii
List of Tables	v
List of Figures.....	vi
Introduction.....	1
Demographics	4
Health Status.....	8
Diabetes	11
Health Care Access.....	14
Preventative Health Care	17
Dental Care	20
Diet and Exercise	21
Social and Emotional Health	23
Cigarette Smoking and Alcohol Consumption	28
Sexual Behavior.....	30
Sexual Assault.....	32
Respondents' Personal Care Needs.....	37
Caregiver Difficulties.....	38
Appendix.....	39

LIST OF TABLES

Table	Page
1. Primary Disability of the Healthy Delawareans with Disabilities 2010 Project Health Risks Survey Sample.....	3
2. Demographic Characteristics of Survey Respondents.....	4
3. Education, Income and Employment Characteristics of Survey Respondents.....	6
4. Health Status and Secondary Health Conditions of Survey Respondents.....	8
5. Treatment of Diabetes among Survey Respondents.....	11
6. Diabetes Self-Care among Survey Respondents.....	12
7. Healthcare Accessibility of Survey Respondents.....	14
8. Preventative Healthcare among Survey Respondents.....	17
9. Colorectal Cancer Screening among Survey Respondents.....	19
10. Dental Care among Survey Respondents.....	20
11. Obesity, Exercise and Weight Control of Survey Respondents.....	21
12. Emotional Support and Life Satisfaction of Survey Respondents.....	23
13. Overall Mood During the Past 30 days Among Survey Respondents.....	23
14. Respondents' Perceptions of how they were Treated at Work or when Seeking Healthcare in the Past Year.....	25
15. Frequency in which Survey Respondents experience Physical Symptoms or Emotional Upset as a Result of how they were treated in the Past Year.....	26
16. Frequency in which Survey Respondents think about their Disability.....	26
17. Cigarette Smoking and Alcohol Consumption among Survey Respondents.....	28
18. Sexual Behavior of Survey Respondents.....	30
19. Sexual Assault among Survey Respondents, by Gender.....	32
20. Sexual Assault of Survey Respondents within the Past Year.....	34
21. Personal Care Needs of Survey Respondents.....	36
22. Caregiver Perceptions of the Burdens of Caregiving.....	38

LIST OF FIGURES

Figure	Page
1. Primary Disability of the Healthy Delawareans with Disabilities 2010 Project Health Risks Survey Sample	3
2. Average Age in Years of Survey Respondents, by Primary Disability	5
3. Percent of Survey Respondents Reporting Annual Household Income less \$25,000, by Primary Disability	6
4. Employment Status of Survey Respondents.....	7
5. Self-Reported Health Status of Survey Respondents, by Primary Disability.....	9
6. Secondary Health Conditions of Survey Respondents	10
7. Frequency Blood Sugar is Checked among Survey Respondents with Diabetes.....	13
8. Percent of Survey Respondents who have Taken a Class to Learn how to Manage their Diabetes themselves, by Primary Disability.....	13
9. Barriers Encountered by Survey Respondents when Trying to see a Doctor or Other or Other Healthcare Provider in the Past Year	14
10. Types of Challenges Encountered among Survey Respondents when Seeking Healthcare in the Past Year.....	15
11. Percent of Survey Respondents Reporting that they could not see a Doctor or Other Healthcare Provider because of “Cost” in the Past Year, by Primary Disability	16
12. Percent of Survey Respondents Reporting that they could not see a Doctor or other Healthcare Provider because of “Lack of Transportation” in the past year, by Primary Disability	16
13. Percent of Male Survey Respondents who were Never Screened for Prostate Cancer or Screening Occurred > 5 Years Ago, by Primary Disability	18
14. Percent of Female Survey Respondents who have Never had a Breast Exam, Never had a Pap Test or had Pap Test > 5 Years Ago, by Primary Disability	18
15. Percent of Survey Respondents who had a Sigmoidoscopy or Colonoscopy > 5 Years Ago or Never, by Primary Disability	19
16. Time Lapse Since Last Seen a Dentist or Had Teeth Cleaned by a Dentist or Dental Hygienist among Survey Respondents.....	20
17. Physical Activity Levels of Survey Respondents.....	22
18. Life Satisfaction among Survey Respondents, by Primary Disability	24
19. Overall Mood of Survey Respondents in the Past 30 Days.....	24

20. Percent of Survey Respondents who feel that they were Treated Worse than Others at others at work or when Seeking Healthcare in the Past Year, by Primary Disability	25
21. Percent of Survey Respondents who Experienced Physical Symptoms or Emotional Upset at Least Once per Day because of how they were Treated, by Primary Disability	27
22. Percent of Survey Respondents who Think about their Disability at Least Once per Day, by Primary Disability	27
23. Smoking Status and Alcohol Consumption among Survey Respondents	29
24. Percent of Survey Respondents who Currently Smoke but Stopped Smoking on One or More Days in the Past Year Trying to Quite, by Primary Disability	29
25. Percent of Survey Respondents that Engaged in Sexual Activity in the Past Year, by Primary Disability	31
26. Percent of Survey Respondents who Used a Condom During their Last Sexual Encounter and the Reason(s) Why	31
27. Percent of Survey Respondents that have been a Victim of Sexual Assault or Attempted Sexual Assault in their Lifetime, by Gender	33
28. Percent of Survey Respondents who have been a Victim of Sexual Assault or Attempted Sexual Assault in their Lifetime, by Primary Disability	33
29. Percent of Survey Respondents Reporting Sexual Assault or Attempted Sexual Assault Ever in their Lifetime and in the Past Year	35
30. Relationship of Perpetrator to Survey Respondents Reporting that Someone had Sex or Attempted to have Sex with them Without their Consent within the Past Year.....	35
31. Relationship of Person who Assists those Survey Respondents Needing Personal Assistance.....	37
32. Respondents' Perception of what they Need the Most Help With	37
33. Greatest Difficulties Reported by Caregivers of Survey Respondents.....	38

INTRODUCTION

The purpose of this report is to outline the results of the “Healthy Delawareans with Disabilities 2010 Project Health Risks Survey”. The survey instrument utilized was a modified Centers for Disease Control and Prevention’s (CDC) Behavior Risk Factor Surveillance System (BRFSS) survey. The CDC BRFSS is one of the world’s largest ongoing health survey systems and is utilized for tracking health conditions and risk behaviors among the general population in the United States. Although widely distributed, the CDC BRFSS excludes individuals who are physically or mentally unable to complete the interview, thereby excluding persons with disabilities that inhibit their participation.

A pilot study, initiated by the Delaware Department of Health and Social Services, Division of Developmental Disability Services, was conducted among Delaware respondents between July 2005 and June 2006 to better understand the extent to which the CDC BRFSS captures information pertaining to the health of persons with disabilities in the State of Delaware (Gilman, 2006)¹. To measure the efficacy of the CDC BRFSS with regards to sampling persons with disabilities, those respondents who reported that their activities are limited as a result of a physical, mental or emotional problem were asked to identify their primary impairment or health problem. Of the 16% of respondents who report that their activities are limited because of a physical, mental or emotional problem, the majority cited a physical disability as their primary impairment or health problem. However, individuals with sensory impairments (i.e., hearing or vision impairment) or emotional/psychological impairments were marginally represented, and persons with cognitive disabilities were absent from the sample in its entirety. This suggests that

¹ Gilman, L. M. 2006. “Health Risks of Adults with Disabilities: A Retrospective Analysis of Data from the Behavioral Risk Factor Surveillance System.” Newark: University of Delaware, Center for Applied Demography & Survey Research.

the means by which the BRFSS is administered (i.e., telephone interviews) is not a highly efficient method for gathering information on persons with disabilities.

Given the inability of the CDC BRFSS to adequately collect data on the general health and risk behaviors of persons with disabilities, efforts were undertaken to sample adults with disabilities throughout the State of Delaware. The goal was to administer a select set of questions from the CDC BRFSS to explore 1) general health status and incidence of secondary health conditions; 2) barriers to obtaining healthcare; 3) the extent to which the disabled population is receiving preventative healthcare; 4) obesity, nutrition and levels of physical activity; 5) social and emotional health; 6) prevalence of cigarette smoking and alcohol consumption; 7) sexual behavior; and, 8) incidence of sexual assault. In addition, a subset of questions was included in the instrument to explore the perceptions of caregivers with regards to the difficulties caregiving creates financially and in their personal lives. The survey has been reproduced in the Appendix.

Recruitment for participation in the study was conducted through various State of Delaware and community based disability support service organizations, residential facilities and other venues frequented by persons with disabilities (e.g., The Delaware Life Conference) throughout the State of Delaware. Interviewers from the University of Delaware's Center for Disabilities Studies administered the surveys in face-to-face interviews at various locations including, but not limited to, support service organizations, residential facilities and respondents' homes.

Table 1, below, provides a breakdown of the sample distribution by primary disability². As shown in Figure 1, the largest percentage of respondents report their primary impairment or health problem as a physical disability (~36%). The second largest group within the sample is

² Primary disability is self-defined by the respondent as the impairment or health problem that "causes the most problems" in their day-to-day life.

comprised of individuals with sensory impairments (i.e., vision or hearing impairment; ~31%), third cognitive/learning disabilities (~24%), and the smallest disability group represented in the sample were individuals reporting problems in their day-to-day life related to depression, anxiety or emotional impairment (~9%).

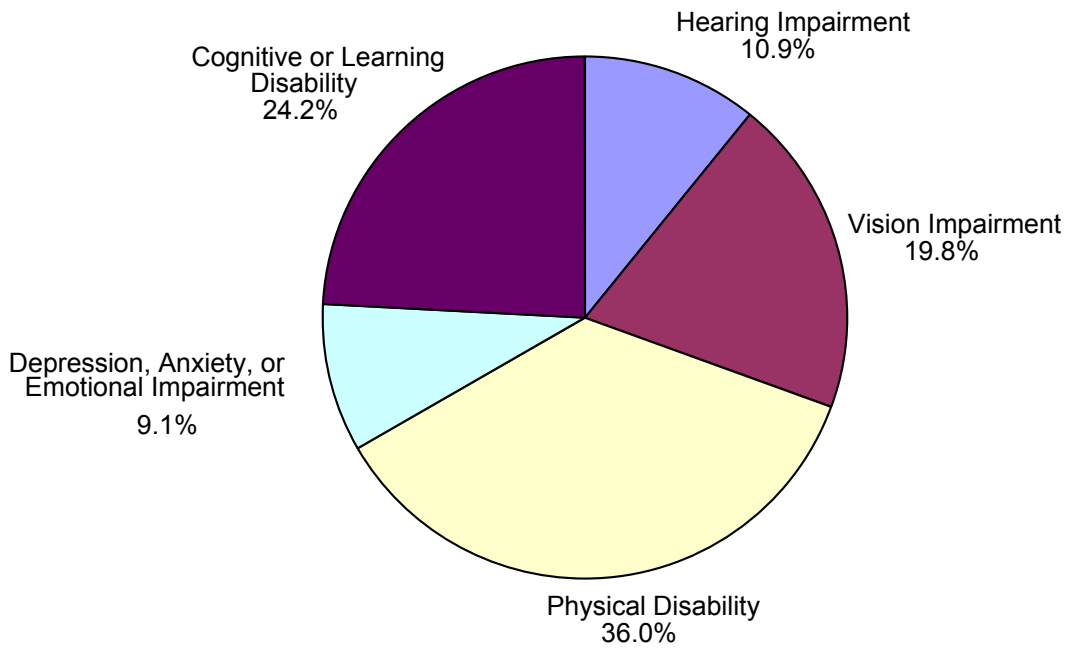
Table 1. Primary Disability* of the Healthy Delawareans with Disabilities 2010 Health Risk Survey Sample (N=339)

	Sample Size	% of Total Sample
Hearing Impairment	37	10.9
Vision Impairment	67	19.8
Physical Disability	122	36.0
Depression, Anxiety, or Emotional Impairment	31	9.1
Cognitive or Learning Disability	82	24.2

*Primary disability is self-defined by respondent as the impairment/problem that "causes the most problems" in their day to day life.

Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

Figure 1. Primary Disability* of the Healthy Delawareans with Disabilities 2010 Project Health Risks Survey Sample



Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

DEMOGRAPHICS

Table 2. Demographic Characteristics of Survey Respondents

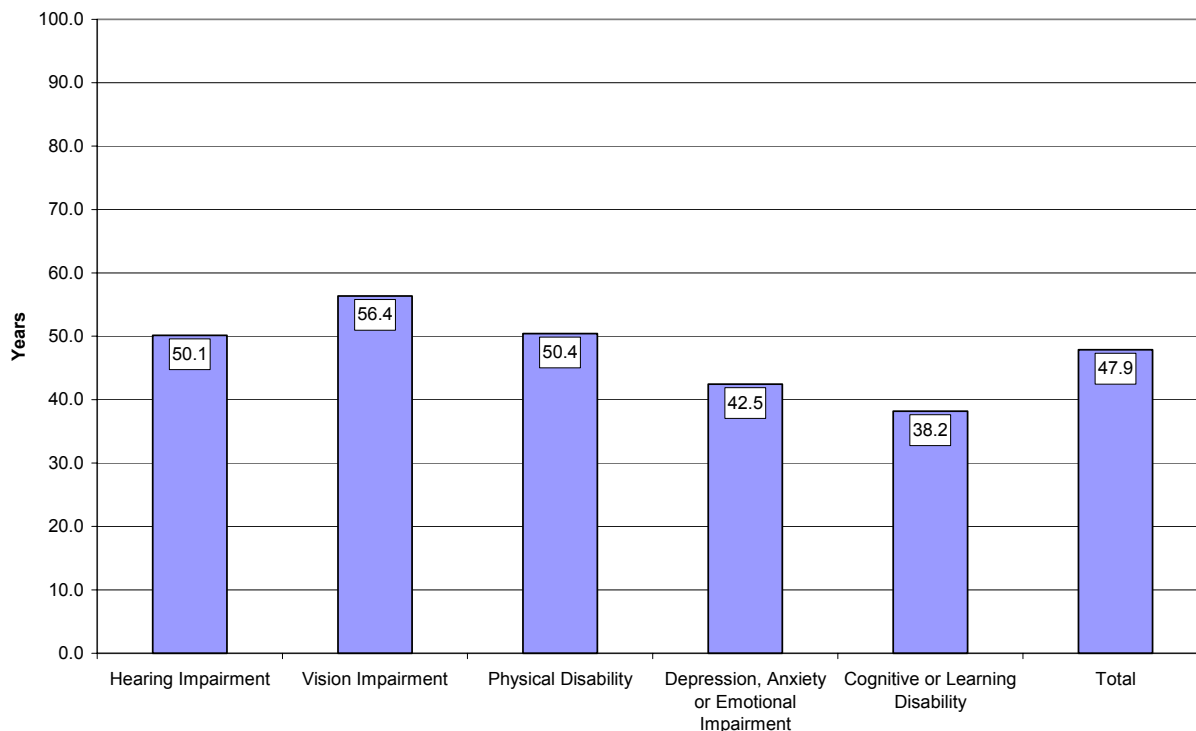
	Hearing Impairment (%)	Vision Impairment (%)	Physical Disability (%)	Depression, Anxiety or Emotional Impairment (%)	Cognitive or Learning Disability (%)	Total (%)
County (n=337)						
Kent	27.0	14.9	20.8	12.9	18.5	19.0
New Castle	64.9	67.2	68.3	74.2	76.5	70.2
Sussex	8.1	17.9	10.8	12.9	4.9	10.7
Gender (n=338)						
Male	48.6	37.3	45.1	48.4	59.3	47.6
Female	51.4	62.7	54.9	51.6	40.7	52.4
Race/Ethnicity (n=337)						
White	64.9	68.7	62.0	77.4	75.3	68.2
Black/African American	27.0	25.4	24.0	19.4	17.3	22.6
Other Non-White*	5.4	1.5	5.8	--	7.4	4.7
Hispanic	2.7	4.5	8.3	3.2	--	4.5
Age (n=339)						
18 - 24	13.5	3.0	8.2	16.1	24.4	12.4
25 - 34	--	7.5	6.6	19.4	14.6	9.1
35 - 44	21.6	11.9	18.9	22.6	24.4	19.5
45 - 54	32.4	22.4	25.4	16.1	28.0	25.4
55 - 64	13.5	22.4	25.4	12.9	6.1	17.7
65 and Older	18.9	32.8	15.6	12.9	2.4	15.9
Average Age (in Years)	50.1	56.4	50.4	42.5	38.2	47.9

*All other non-white (including multi-racial)

Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

- The majority of survey respondents are from New Castle County (~70%), 19% are from Kent County and about 11% are from Sussex County.
- There are slightly more female respondents (~52%) than male respondents (~48%).
- About 68% of respondents are White, 23% Black/African American, almost 5% classify themselves as “other” or “multi-racial” (non-Hispanic), and just over 4% indicate that they are Hispanic.

Figure 2. Average Age in Years of Survey Respondents by Primary Disability



Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

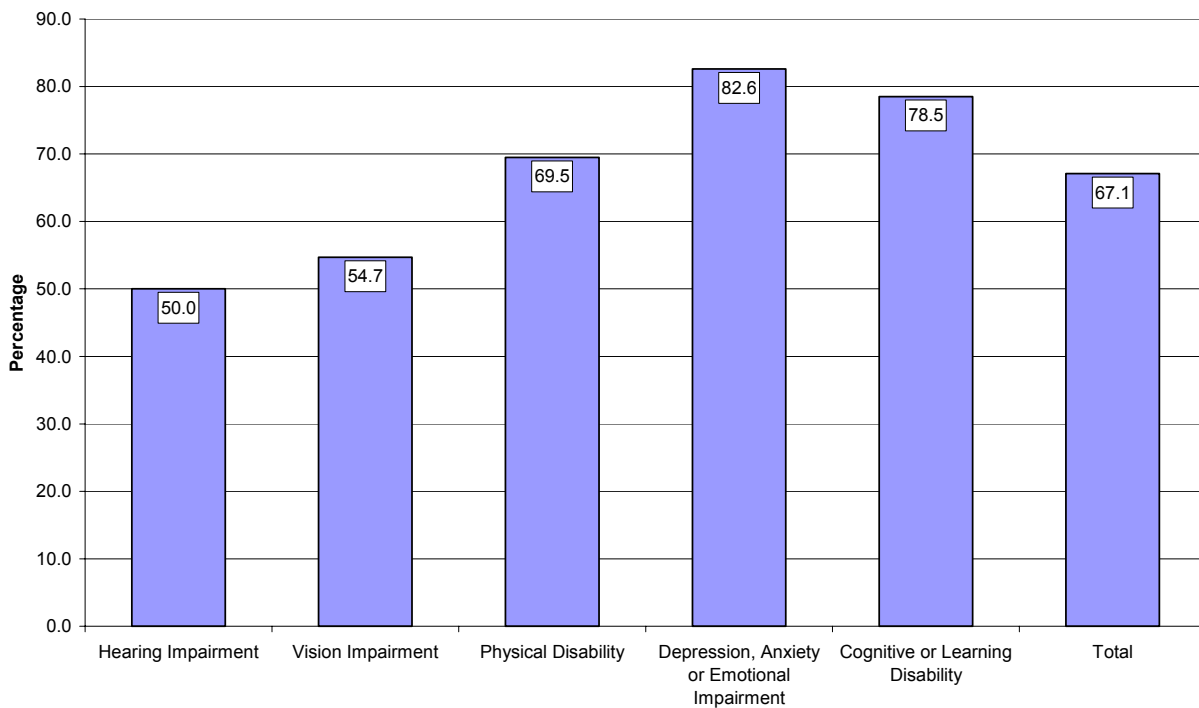
- Although the average age of all respondents is approximately 48 years old, there is considerable variability between primary disability groups.
 - The average age among the vision impaired group is about 56 years old.
 - The average age among respondents who are hearing impaired and among respondents reporting a physical disability is approximately 50 years old.
 - Respondents reporting depression, anxiety or emotional impairments average just over 42 years old.
 - The cognitive/learning disability group is the youngest of all respondents, averaging about 38 years old.

Table 3. Education, Income, and Employment Characteristics of Survey Respondents

	Hearing Impairment (%)	Vision Impairment (%)	Physical Disability (%)	Depression, Anxiety or Emotional Impairment (%)	Cognitive or Learning Disability (%)	Total (%)
Highest Level of Education (n=326)						
Less than High School	10.8	13.6	19.3	30.0	28.4	20.2
Graduated High School	40.5	40.9	33.6	30.0	56.8	40.8
Some College	24.3	22.7	29.4	30.0	6.8	22.4
Graduated from College	24.3	22.7	17.6	10.0	8.1	16.6
Income (n=258)						
Less than \$15,000	35.3	37.7	55.4	78.3	71.4	54.7
\$15,000 to less than \$25,000	14.7	17.0	14.1	4.3	7.1	12.4
\$25,000 to less than \$35,000	17.6	11.3	6.5	--	7.1	8.5
\$35,000 to less than \$50,000	8.8	13.2	12.0	4.3	7.1	10.1
\$50,000 or more	23.5	20.8	12.0	13.0	7.1	14.3
Employment (n=336)						
Employed/Self-Employed	48.6	34.3	22.5	29.0	46.9	34.2
Unemployed	16.2	10.4	14.2	29.0	16.0	15.5
Homemaker	5.4	4.5	1.7	3.2	--	2.4
Student	--	--	5.0	6.5	13.6	5.7
Retired	21.6	29.9	14.2	9.7	2.5	14.9
Unable to work	8.1	20.9	42.5	22.6	21.0	27.4

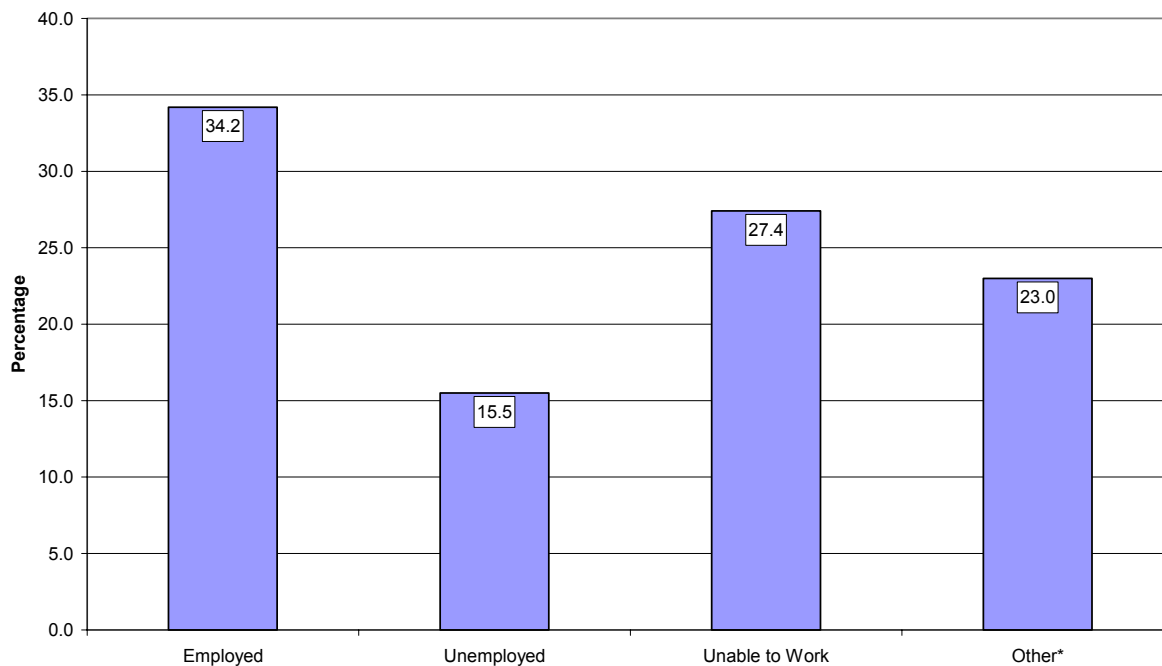
Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

Figure 3. Percent of Survey Respondents Reporting Annual Household Income less than \$25,000, by Primary Disability



Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

Figure 4. Employment Status of Survey Respondents



*Homemaker, student or retired.

Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

- Only about 20% of all respondents have less than a high school education, approximately 41% graduated from high school, 22% completed some college, and almost 17% completed a college degree program.
- As shown in Figure 3, the majority (~67%) of respondents have annual incomes below \$25,000 per year. This varies dramatically across disability groups.
 - Only 50% - 55% of respondents with a sensory impairment have incomes less than \$25,000.
 - Almost 70% of respondents with a physical disability have incomes less than \$25,000.
 - Respondents who have depression, anxiety or emotional impairments, or have a cognitive or learning disability, experience the highest levels of poverty, with approximately 80% reporting annual incomes below \$25,000.
- Only about 34% of all survey respondents are employed and just under 16% are unemployed but looking for work. Twenty-three percent are not employed or seeking employment as they are a homemaker, a student or retired. However, just over 27% of respondents are unable to work.

HEALTH STATUS

Table 4. Health Status and Secondary Health Conditions of Survey Respondents

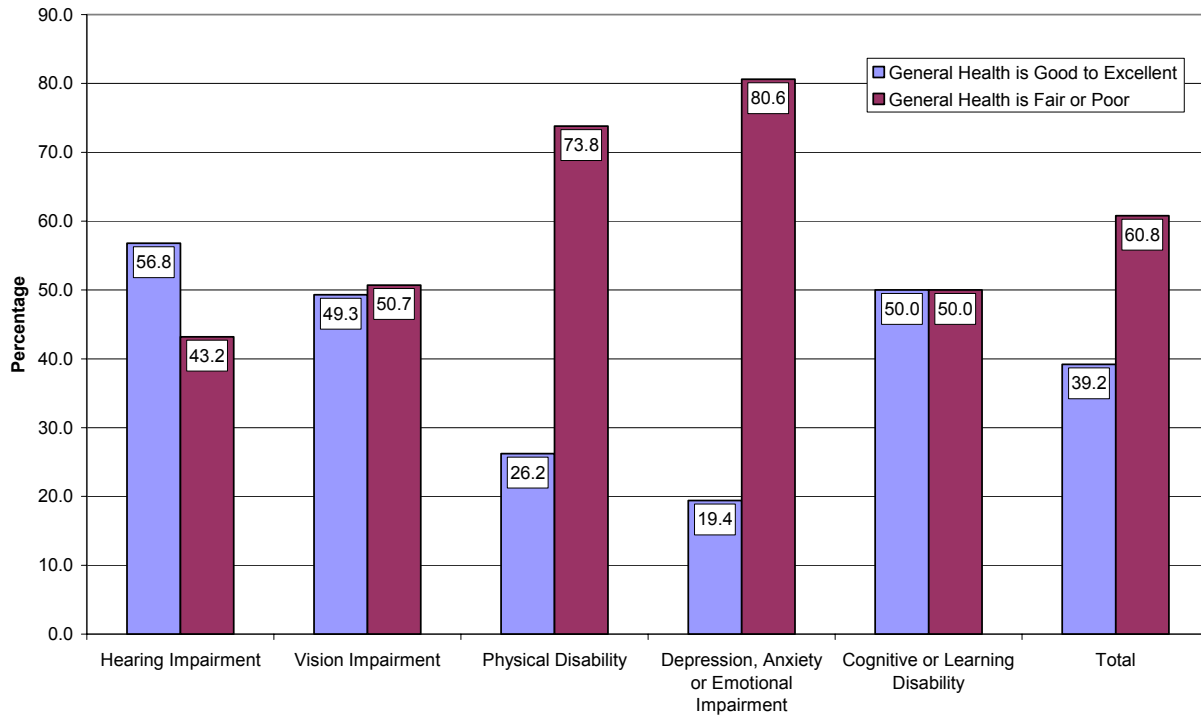
	Hearing Impairment (%)	Vision Impairment (%)	Physical Disability (%)	Depression, Anxiety or Emotional Impairment (%)	Cognitive or Learning Disability (%)	Total (%)
General Health Status (n=339)						
Good to Excellent Health	56.8	49.3	26.2	19.4	50.0	39.2
Fair to Poor Health	43.2	50.7	73.8	80.6	50.0	60.8
Physical Health "Not Good" on one or more of the Past 30 Days (n=336)	35.1	47.8	75.8	70.0	45.1	57.7
Mental Health "Not Good" on one or more of the Past 30 Days (n=330)	44.4	50.0	58.7	80.0	51.9	55.8
Poor Health Prevented Usual Activities in Past 30 Days (n=334)	13.5	30.3	64.8	61.3	41.0	46.4
Secondary Health Conditions						
Arthritis (n=337)	29.7	47.0	49.2	38.7	21.0	38.9
Asthma (n=339)	5.4	11.9	8.2	12.9	4.9	8.3
Coronary Heart Disease (n=339)	2.7	11.9	9.0	2.9	1.2	7.4
Diabetes (n=337)	5.4	34.3	25.6	22.6	7.4	20.5
High Cholesterol (n=265)	47.2	60.0	51.8	33.3	32.9	47.1
High Blood Pressure (n=337)	27.0	70.1	49.2	51.6	23.8	45.1
Had a Heart Attack(n=339)	--	11.9	6.6	--	1.2	5.0
Had a Stroke (n=339)	2.7	11.9	4.9	6.5	6.1	6.5

Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

- Only 39% of survey respondents report that their health is good or excellent; approximately 61% perceive their health to be fair to poor.
 - Respondents with physical disabilities (~76%) and respondents who have depression, anxiety or emotional impairments (70%) are considerably more likely to report their health to be fair or poor than respondents in other primary disability groups.

- About 58% of survey respondents report that their physical health was “not good” on one or more days in the past month, and approximately 56% report that their mental health was “not good” on one or more days in the past month.
 - Respondents with physical disabilities were more likely to report that their physical health was “not good” at least one day in the past month than respondents with other types of disabilities.
 - Respondents with depression, anxiety or emotional impairments were more likely to report that their mental health was “not good” at least one day in the past month than respondents with other types of disabilities.

Figure 5. Self-Reported Health Status of Survey Respondents, by Primary Disability

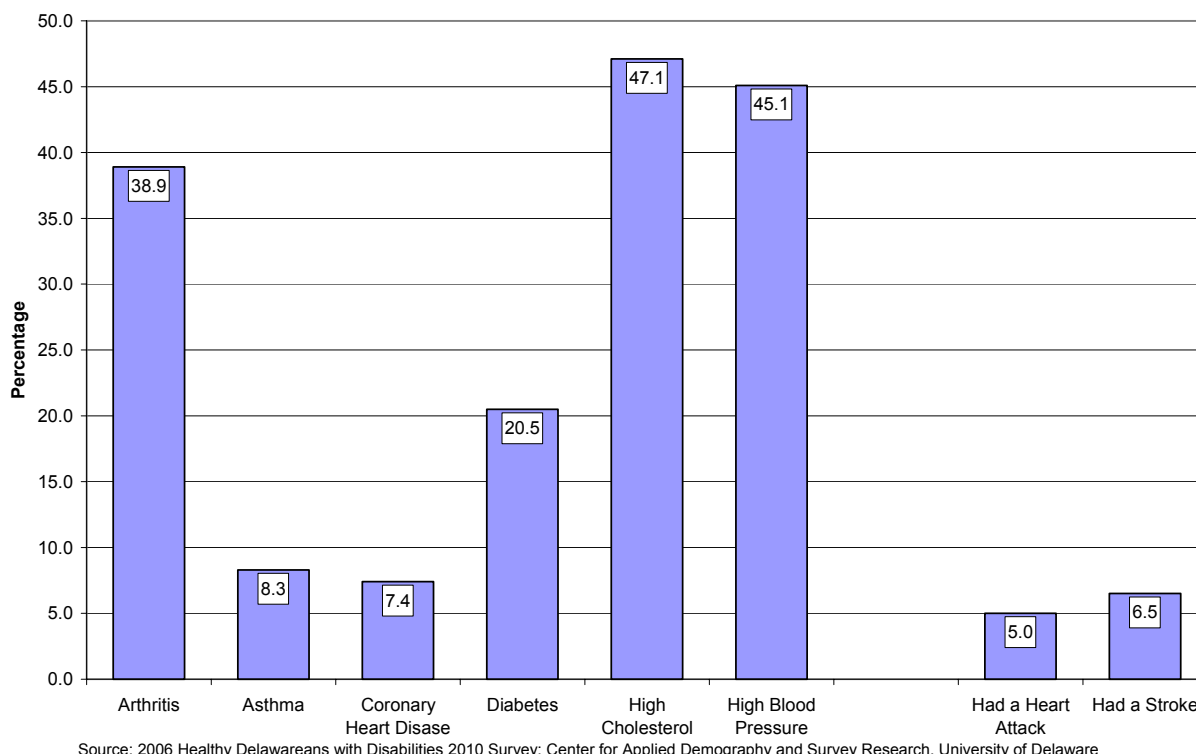


Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

- Forty-six percent of survey respondents indicate that poor physical health or poor mental health prevented them from engaging in their usual activities in the past month.

 - Respondents with physical disabilities, or depression, anxiety or emotional impairments were most likely to report that poor physical health or poor mental health prevented them from engaging in their usual activities.
- Five percent of survey respondents report that a doctor or other healthcare professional has told them they had a heart attack or myocardial infarction; similarly, just over 6% of survey respondents have been told that they have had a stroke by a doctor or other healthcare professional.
- Despite the low incidence of heart attack and stroke among survey respondents, about 47% report that they have been told by a doctor or other healthcare professional that they have high cholesterol, and 45% have been told that they have high blood pressure.
- Approximately 5% of survey respondents report that a doctor or other healthcare professional has told them that they have coronary heart disease.

Figure 6. Secondary Health Conditions of Survey Respondents



- About 39% of survey respondents report that they have been told by a doctor or other healthcare professional that they have arthritis.

 - Incidence of arthritis is greatest among the visually impaired (47%) and the physical disability (~49%) groups. By comparison, only 21% of survey respondents with a cognitive/learning disability report that they have been told by a doctor or other healthcare professional that they have arthritis³.
- Only about 8% of survey respondents report that a doctor or other healthcare professional has told them that they have asthma.

 - Asthma is greatest among survey respondents who are visually impaired (~12%) and who have depression, anxiety or emotional impairments (~13%).
- Just over 20% of survey respondents report that they have been told by a doctor or other healthcare professional that they have diabetes.

 - The incidence of diabetes is greatest among respondents with a visual impairment (~34%), respondents who have a physical disability (~26%) and respondents with depression, anxiety or emotional impairments (~23%).

³ The extent of the difference in incidences of arthritis among respondents with visual impairments and respondents with cognitive or learning disabilities may be a result of the difference in the average age of the respondents in these two disability groups.

DIABETES

Table 5. Treatment of Diabetes among Survey Respondents (n=68)

	Hearing Impairment (%)	Vision Impairment (%)	Physical Disability (%)	Depression, Anxiety or Emotional Impairment (%)	Cognitive or Learning Disability (%)	Total (%)
Number of Times Seen Doctor for Diabetes in Past Year						
None	--	13.0	3.2	14.3	--	7.2
1 - 2 Times	50.0	21.7	12.9	28.6	66.7	23.2
3 or More Times	50.0	65.2	83.9	57.1	33.3	69.6
Number of Times Doctor Checked A-One-C in Past Year						
None	--	--	6.5	14.3	--	4.4
1 - 2 Times	50.0	31.8	38.7	28.6	66.7	38.2
3 or More Times	50.0	68.2	54.8	57.1	33.3	57.4
Number of Times Doctor Checked Feet for Sores in Past Year						
None	50.0	18.2	10.0	16.7	33.3	16.7
1 - 2 Times	50.0	27.3	13.3	66.7	--	22.7
3 or More Times	--	54.5	76.7	16.7	66.7	60.6
Last Time Had Eye Exam in which Pupils were Dilated						
Within the Past Year	50.0	90.4	83.8	57.1	50.0	79.1
Within the Past 2 Years	50.0	9.5	3.2	28.6	16.7	10.4
2 or More Years ago	--	--	9.7	14.3	33.3	9.0
Never	--	--	3.2	--	--	1.5
Diagnosed with Retinopathy due to Diabetes	--	43.5	55.2	28.6	20.0	43.9

Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

- Of the 68 survey respondents who report that they have diabetes, approximately 7% have not seen a doctor specifically for their diabetes in the past year.
- An A-One-C test is designed to check a diabetic patient’s average blood glucose level over the previous 3 months, and it is an important tool in identifying overall blood glucose control during that period of time. Just over 4% of survey respondents with diabetes report that they did not receive an A-One-C test in the past year.
- Due to the risk of damage to blood vessels resulting from high glucose levels among diabetic patients, doctors frequently check patients’ feet for sores. However, almost 17% of survey respondents with diabetes report that their feet have not been checked for sores by a doctor or healthcare provider in the past year.
- Individuals with diabetes can develop Retinopathy (eye complications) which can destroy vision. One means of identifying potential problems is an eye examination in which the pupils are dilated. However, 9% of survey respondents with diabetes indicate that it has been two or more years since they had their pupils dilated and almost 2% indicate that their pupils have never been dilated. About 44% of survey respondents with diabetes report that they have been diagnosed with Retinopathy due to diabetes.

Table 6. Diabetes Self-Care among Survey Respondents (n=68)

	Hearing Impairment (%)	Vision Impairment (%)	Physical Disability (%)	Depression, Anxiety or Emotional Impairment (%)	Cognitive or Learning Disability (%)	Total (%)
Age at the Onset of Diabetes						
< 18	--	4.3	12.9	--	20.0	8.8
18 - 34	--	13.0	32.3	28.6	20.0	23.5
35 - 54	100.0	34.7	42.0	57.2	60.0	44.1
55 and Older	--	47.8	12.9	14.3	--	23.5
Treatment of Diabetes						
Insulin	--	34.8	43.8	57.1	16.7	38.6
Diabetes Pills	100.0	43.5	56.3	83.3	60.0	55.9
Has had Sores that took more than 4 weeks to Heal						
	50.0	22.7	45.2	28.6	--	32.4
How Often Check Blood Sugar						
At Least Once per Day	50.0	47.8	82.8	71.4	83.3	68.7
At Least Once per Week	--	8.7	3.4	--	16.7	6.0
At Least Once per Month	--	4.3	6.9	--	--	4.5
Less than Once per Month or Never	50.0	39.1	6.9	28.6	--	20.9
How Often Check Feet for Sores						
At Least Once per Day	--	45.5	64.3	66.7	--	53.3
At Least Once per Week	--	27.3	14.3	33.3	--	20.0
At Least Once per Month	100.0	--	7.1	--	--	5.0
Less than Once per Month or Never	--	27.3	14.3	--	100.0	21.7
Ever Taken a Class on How to Manage Diabetes						
	50.0	34.8	45.2	28.6	33.3	39.1

Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

- Only a small proportion of survey respondents diagnosed with diabetes were diagnosed as a child under the age of 18 (~9%). The majority of respondents were diagnosed as young to middle age adults (~68%). Only about 23% were diagnosed after the age of 55.
- About 39% of survey respondents diagnosed with diabetes use insulin to treat their diabetes, approximately 56% take diabetes pills for treatment of their diabetes, and a small proportion treat themselves with insulin injections and diabetes pills.
- Although the majority of survey respondents diagnosed with diabetes (~69%) check their blood sugar levels at least once per day, respondents with a hearing impairment or vision impairment seem less inclined to do so. Only about 50% of survey respondents diagnosed with diabetes who have a hearing impairment or have a vision impairment check their blood sugar levels on a daily basis.
- Respondents with diabetes are fairly consistent in checking their feet for sores. Almost 75% report that they check their feet for sores on a weekly basis, 5% check only once per month, and about 22% rarely or never check their feet for sores.
 - Thirty-two percent of survey respondents with diabetes have had sores that took more than four weeks to heal.

Figure 7. Frequency Blood Sugar is Checked among Survey Respondents with Diabetes

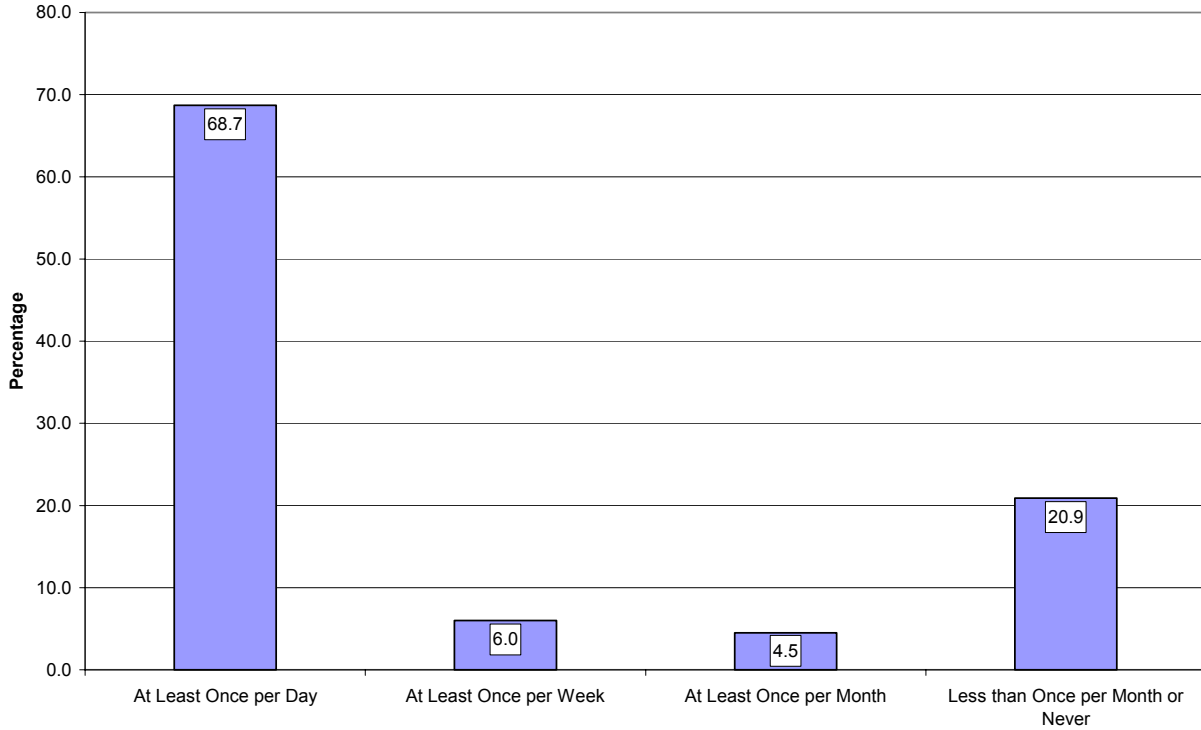
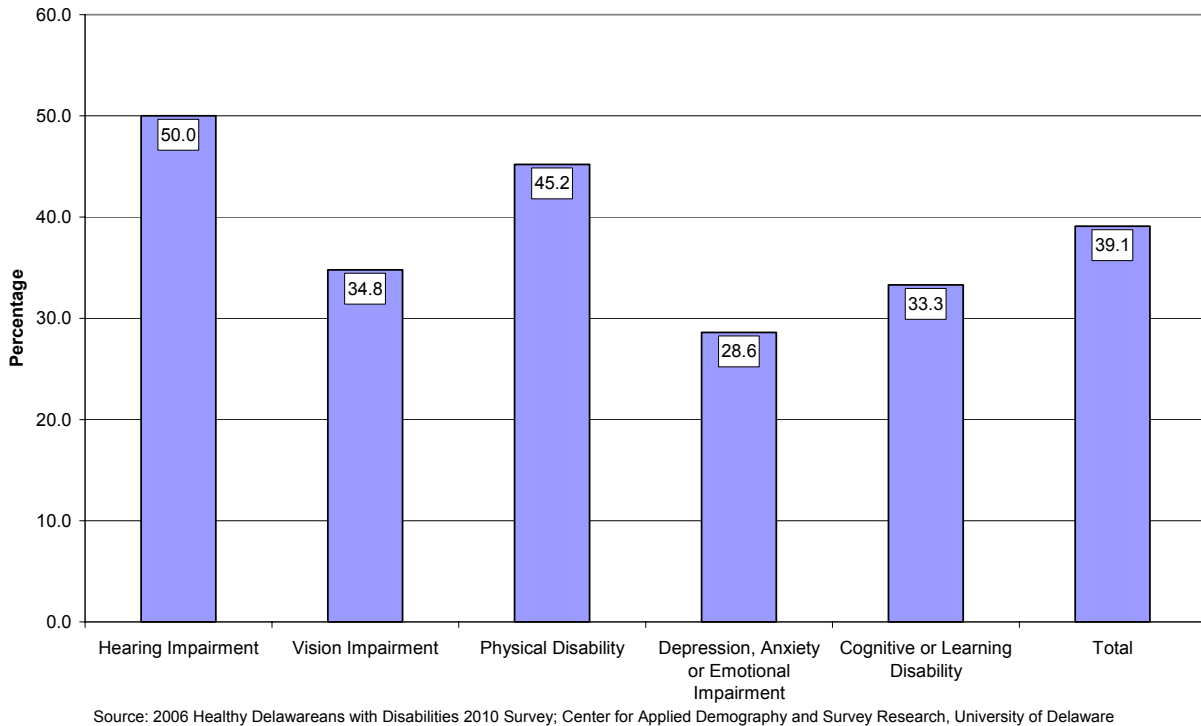


Figure 8. Percent of Survey Respondents who have Taken a Class to Learn How to Manage their Diabetes Themselves, by Primary Disability



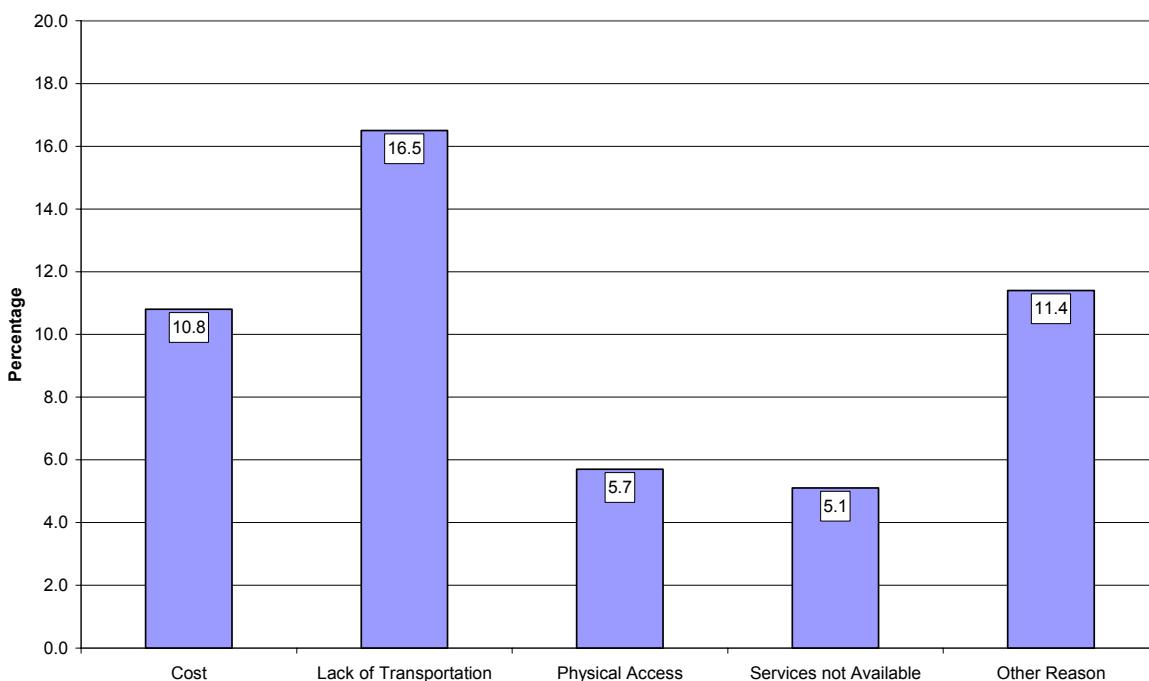
HEALTHCARE ACCESS

Table 7. Healthcare Accessibility of Survey Respondents

	Hearing Impairment (%)	Vision Impairment (%)	Physical Disability (%)	Depression, Anxiety or Emotional Impairment (%)	Cognitive or Learning Disability (%)	Total (%)
No Personal Doctor or Health Care Provider (n=337)	5.4	3.1	1.6	6.4	2.5	3.0
Time Since Last Routine Checkup (n=327)						
Within the Past Year	83.3	92.3	93.3	80.0	96.1	91.4
Within the Past 2 Years	2.8	4.6	3.4	13.3	2.6	4.3
Over 2 Years Ago	11.1	3.1	3.4	6.7	1.3	4.0
Never Seen a Doctor for a Routine Checkup	2.8	--	--	--	--	< 1%
Barriers to Obtaining Healthcare in Past Year						
Cost (n=315)	5.6	13.1	11.5	14.3	9.1	10.8
Lack of Transportation (n=315)	8.3	11.5	17.7	50.0	10.4	16.5
Physical Access (n=315)	--	4.9	9.7	10.7	1.3	5.7
Services not Available (n=315)	--	--	6.2	10.7	7.8	5.1
Other Reason (n=315)	16.7	8.2	12.4	14.3	9.1	11.4
Types of Challenges Encountered when Seeking Healthcare in Past Year						
Building (n=336)	5.4	6.2	20.7	9.7	4.9	11.3
Equipment (n=336)	2.7	3.1	18.2	9.7	3.7	9.2
Services (n=336)	13.5	3.1	6.6	3.2	4.9	6.0
Other (n=336)	21.6	7.7	6.6	6.5	2.4	7.4

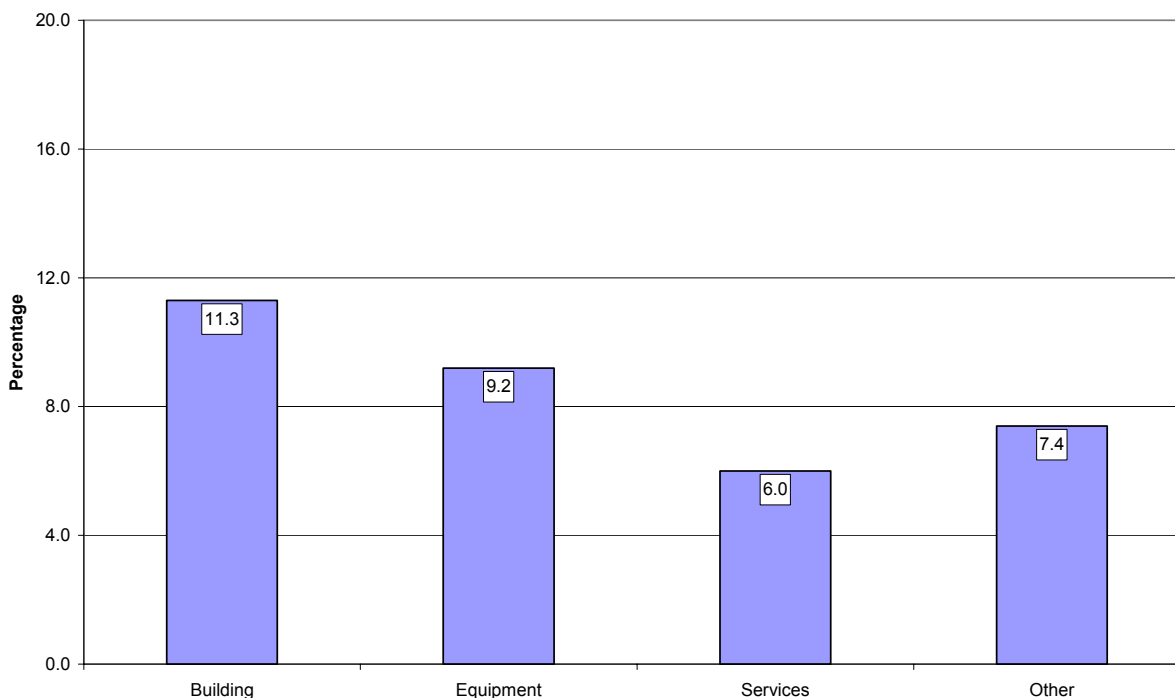
Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

Figure 9. Barriers Encountered by Survey Respondents when trying to see a Doctor or Other Healthcare Provider in the Past Year



Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

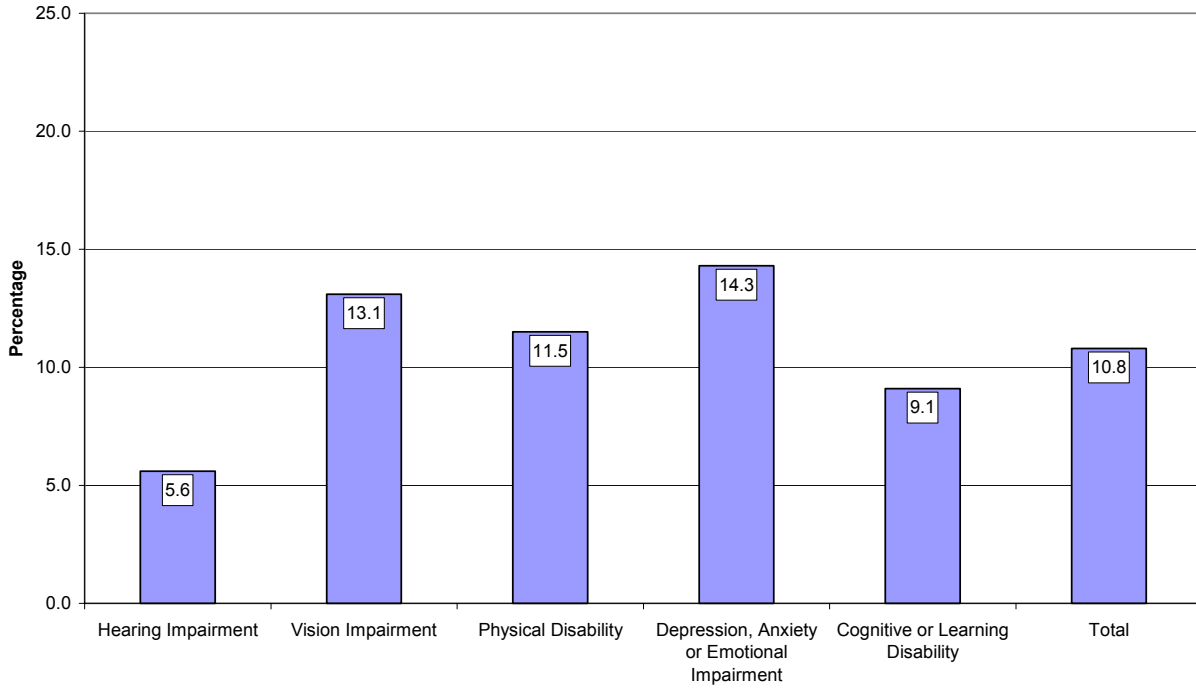
Figure 10. Types of Challenges Encountered among Survey Respondents when Seeking Healthcare in the Past Year



Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

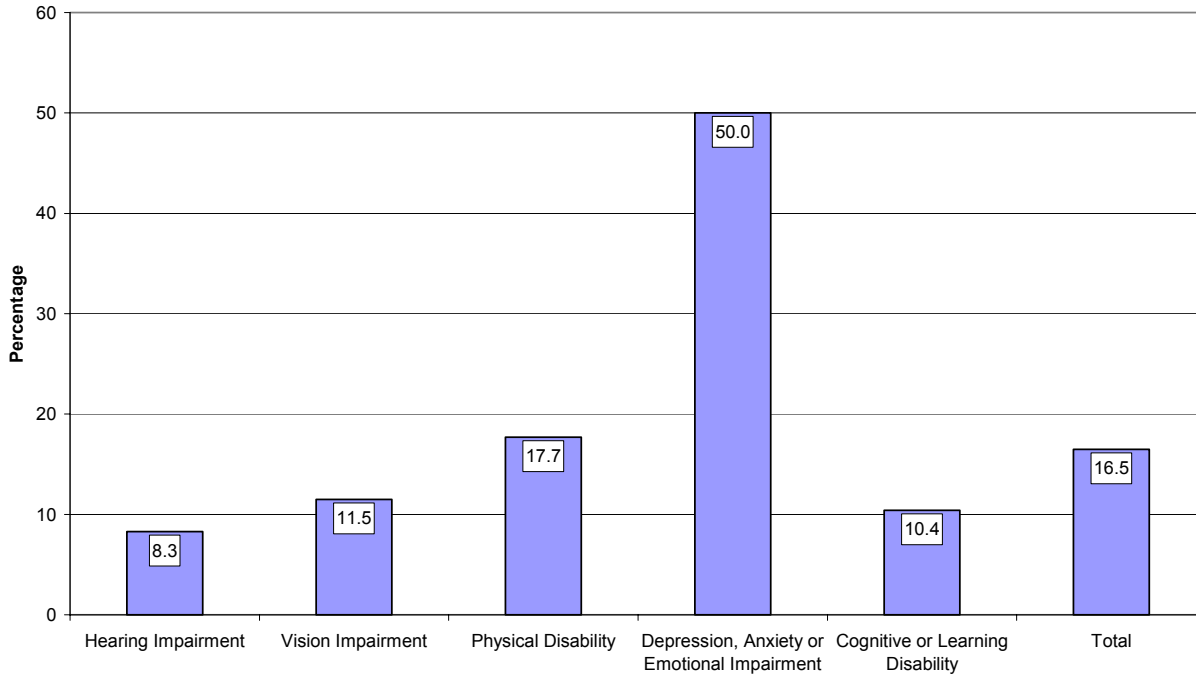
- Only 3% of all survey respondents have no personal doctor or health care provider.
- The majority of survey respondents (>90%) have had a routine checkup within the past year. Only 4% have not had a routine checkup in the past two years and less than 1% have never had a routine checkup.
- Respondents cited a number of barriers they have encountered when trying to see a doctor or other healthcare provider in the past year. Approximately 11% of respondents indicated that the cost of healthcare prevented them from seeing a doctor in the past year; just under 17% indicated that transportation was an issue; about 6% cited physical access to healthcare facilities as a barrier encountered when seeking healthcare in the past year; 5% indicated that services were not available; and, just over 11% cited “other” reasons for not being able to see a doctor or other healthcare provider in the past year.
 - Among those respondents who cited “lack of transportation” as a barrier in obtaining healthcare in the past year, 50% of respondents with depression, anxiety or emotional impairments overwhelmingly reported that this was problematic for them.
- In addition to the barriers respondents faced when seeking healthcare which inhibited them from seeing a doctor or other healthcare professional, survey respondents also indicated that they encountered a number of challenges as well. The most frequently cited challenge when seeking healthcare was building access (11.5%), challenges with equipment was the second most noted challenge (~9%), followed by availability of services (6%). About 7% of respondents indicated that they encountered “other” challenges when seeking healthcare.

Figure 11. Percent of Survey Respondents Reporting that they could not see a doctor or Healthcare Provider because of "Cost" in the Past Year , by Primary Disability



Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

Figure 12. Percent of Survey Respondents Reporting that they could not see a Doctor or other Healthcare Provider because of "Lack of Transportation" in the Past Year, by Primary Disability



Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

PREVENTATIVE HEALTHCARE
Table 8. Preventative Healthcare among Survey Respondents

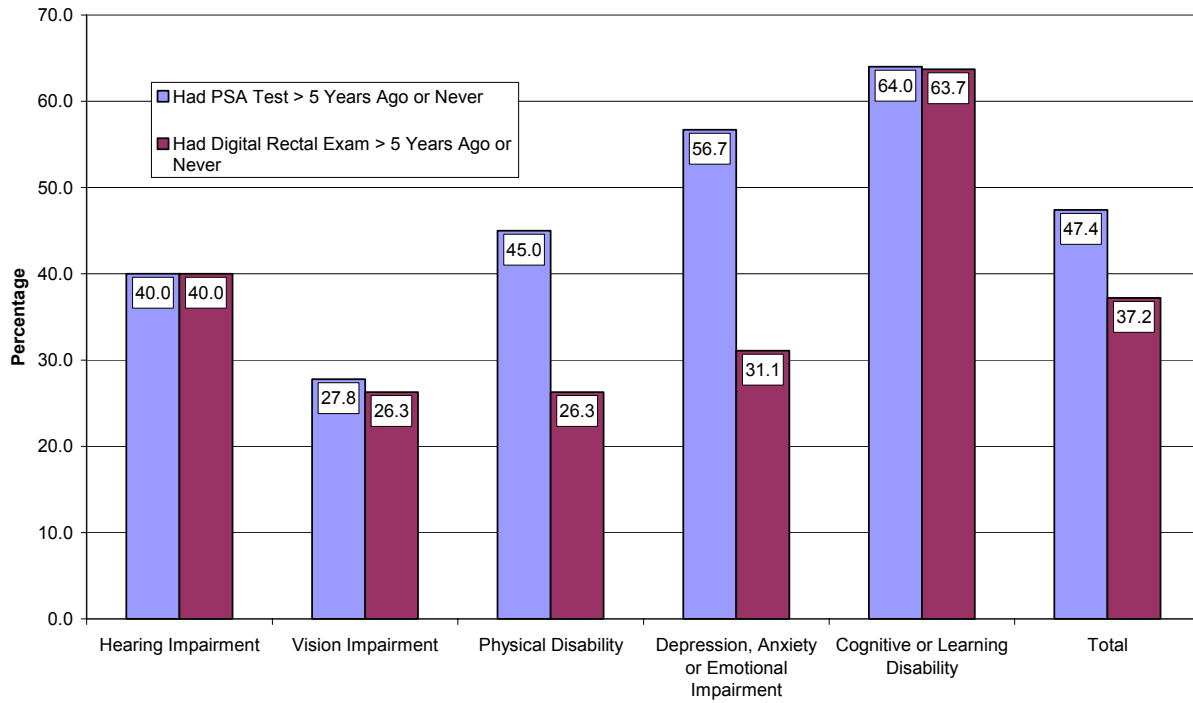
	Hearing Impairment (%)	Vision Impairment (%)	Physical Disability (%)	Depression, Anxiety or Emotional Impairment (%)	Cognitive or Learning Disability (%)	Total (%)
Men's Health*						
Ever had a PSA Test (n=107)	60.0	78.9	59.5	60.0	36.0	57.5
Within past Year	88.9	86.7	68.2	66.7	77.8	77.0
Within the past 2 Years	--	6.7	22.7	16.7	--	11.5
Within past 5 Years	11.1	--	4.5	--	22.2	6.6
5 or more Years Ago	--	6.7	4.5	16.7	--	4.9
Ever had a Digital Rectal Exam (n=109)	60.0	80.0	73.7	80.0	57.7	69.7
Within past Year	77.8	56.3	58.3	44.4	64.3	59.7
Within the past 2 Years	11.1	37.5	25.0	33.3	7.1	23.6
Within past 5 Years	11.1	--	16.7	11.1	7.1	9.7
5 or more Years Ago	--	6.3	--	11.1	21.4	6.9
Diagnosed with Prostate Cancer (n=113)	6.7	5.3	2.4	--	3.6	3.5
Women's Health						
Ever had a Mammogram (n=175)	73.7	90.5	90.9	62.5	62.5	81.1
Ever had a Clinical Breast Exam (n=175)	94.7	90.5	90.9	93.8	81.8	89.8
Ever had a Pap Test (n=152)	100.0	95.2	89.4	93.8	84.8	91.4
Within past Year	77.8	65.8	61.4	73.3	83.3	69.1
Within the past 2 Years	16.7	10.5	17.5	6.7	8.3	13.2
Within past 5 Years	5.6	13.2	8.8	20.0	4.2	9.9
5 or more Years Ago	--	10.5	12.3	--	4.2	7.9

*Asked only of male survey respondents > 39 years old

Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

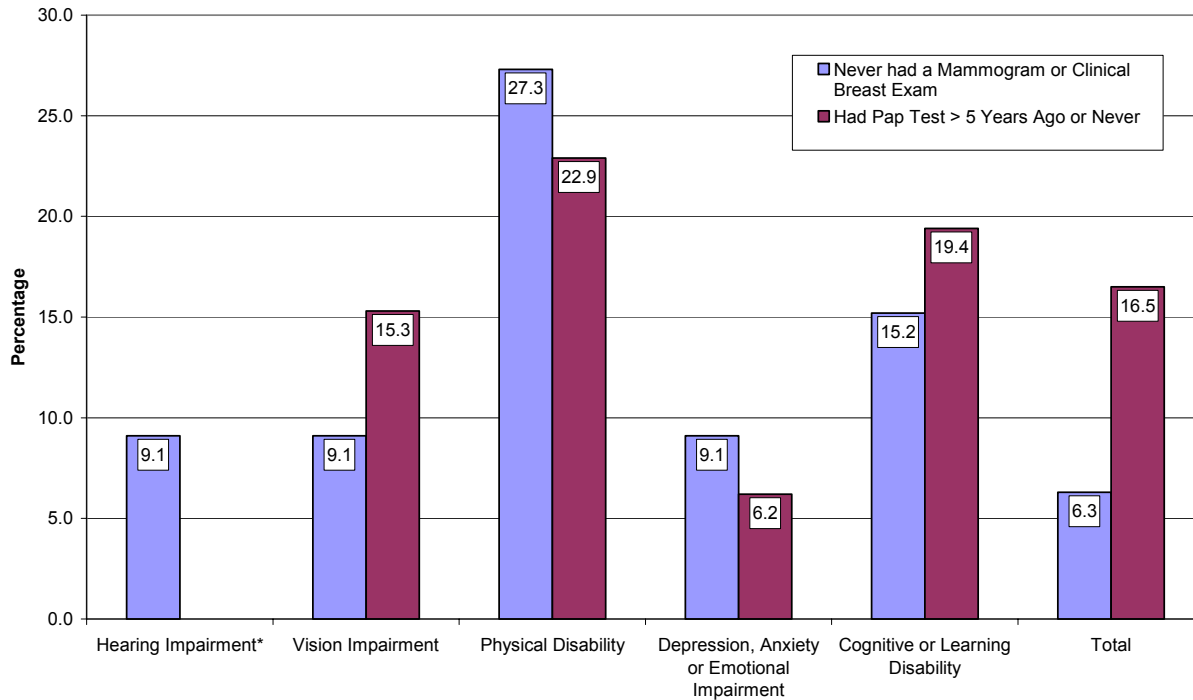
- Male respondents over the age of 39 were asked about prostate cancer screening. Just a little over half (57.5%) had a Prostate-Specific Antigen (PSA) test, and about 70% have had a digital rectal exam at some point during their lifetime.
 - Seventy-seven percent of respondents reporting that they have had a PSA test received this test within the past year. Only about 60% of respondents who have had a digital rectal exam reported this exam being conducted as recently as one year ago.
 - About 5% of respondents reporting having a PSA test have not been tested within the past five years and about 7% reporting that they have had a digital rectal exam have not done so in the past five years.
- Over 80% of female survey respondents have had a mammogram and almost 90% have had a clinical breast exam.
 - To screen for cervical cancer, female respondents were asked about having a pap test and the length of time that had past since their last pap test was administered. Over 90% of all female respondents report that they have had a pap test.
 - Seventy percent of women who have had a pap test report their last pap test was within the past year. About 8% of female respondents who have had a pap test report that it has been over five years since their last pap test was administered.

Figure 13. Percent of Male Survey Respondents* who were Never Screened for Prostate Cancer or Screening Occurred > 5 Years Ago, by Primary Disability



Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

Figure 14. Percent of Female Survey Respondents who have Never had a Breast Exam, Never had a Pap Test or had Pap Test > 5 Years Ago, by Primary Disability



*There were no female respondents with a hearing impairment who's last pap was more than five years ago.

Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

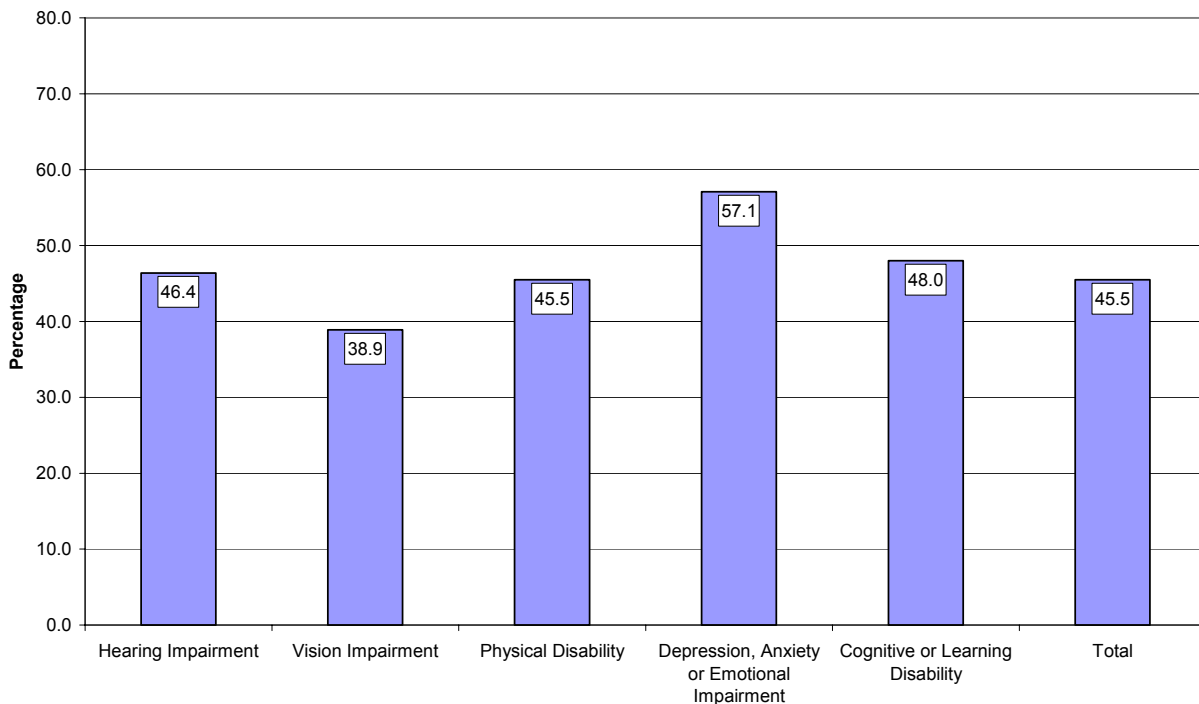
Table 9. Colorectal Cancer Screening among Survey Respondents (n=179)

	Hearing Impairment (%)	Vision Impairment (%)	Physical Disability (%)	Depression, Anxiety or Emotional Impairment (%)	Cognitive or Learning Disability (%)	Total (%)
Ever had a Sigmoidoscopy or Colonoscopy*	61.9	70.8	63.4	42.9	52.0	62.0
Within the past Year	50.0	29.0	35.6	50.0	38.5	36.4
Within the past 2 Years	8.3	29.0	33.3	16.7	7.7	25.2
Within the past 5 Years	33.3	32.3	22.2	33.3	53.8	30.8
5 or more Years ago	8.3	9.7	8.9	--	--	7.5

* Asked of survey respondents > 49 years old

Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

Figure 15. Percent of Survey Respondents* who had a Sigmoidoscopy or Colonoscopy > 5 Years Ago or Never, by Primary Disability



Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

- Survey respondents over the age of 49 were asked about colorectal cancer screening. Sixty-two percent of respondents 49 years of age and older report that they have had either a sigmoidoscopy or colonoscopy at some point during their lifetime.
 - Over 60% of respondents who indicate that they have had a sigmoidoscopy had the procedure done within the past two years. About 7.5% received their sigmoidoscopy or colonoscopy more than five years ago.
 - Respondents with depression, anxiety or emotional impairments were more likely to have had a sigmoidoscopy or colonoscopy (~57%); respondents who are visually impaired were the least likely to have had a sigmoidoscopy or colonoscopy (~39%).

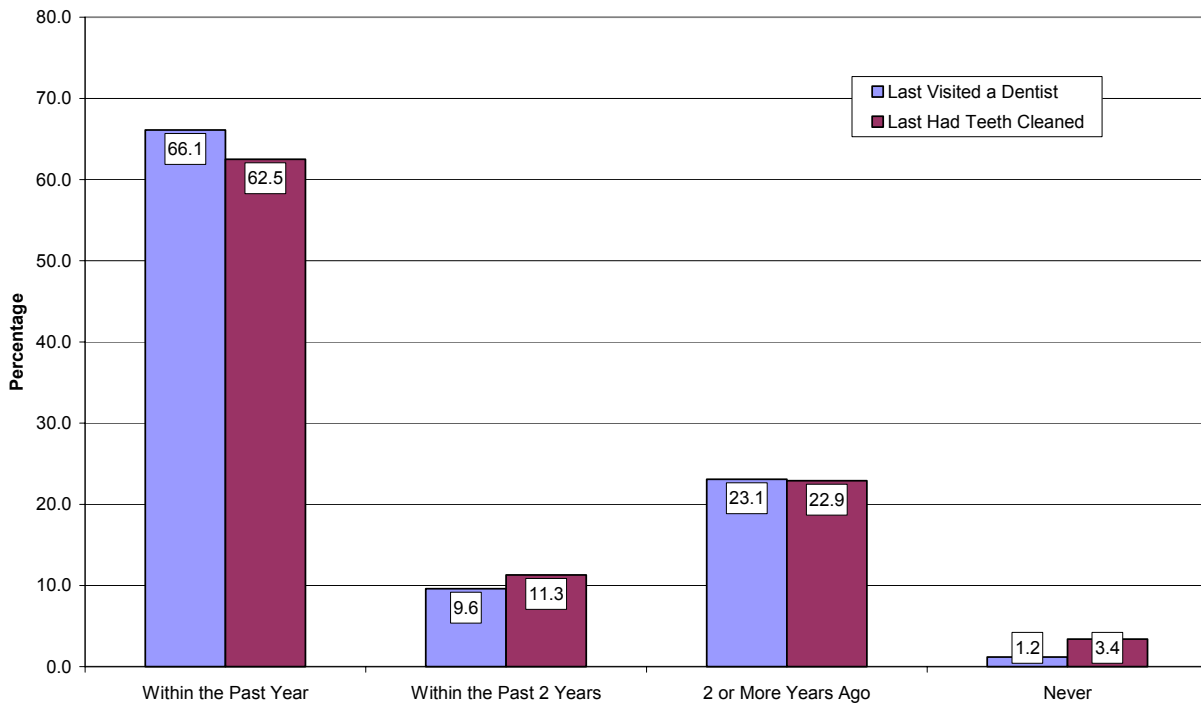
DENTAL CARE

Table 10. Dental Care among Survey Respondents

	Hearing Impairment (%)	Vision Impairment (%)	Physical Disability (%)	Depression, Anxiety or Emotional Impairment (%)	Cognitive or Learning Disability (%)	Total (%)
Length of Time since Last Visited a Dentist for any Reason (n=333)						
Within the Past Year	62.2	58.2	59.7	61.3	86.1	66.1
Within the Past 2 Years	10.8	11.9	10.9	16.1	2.5	9.6
2 or More Years Ago	21.6	28.4	28.5	22.6	11.4	23.1
Never	5.4	1.5	< 1%	--	--	1.2
Length of Time Since Last Had Teeth Cleaned by a Dentist or Dental Hygienist (n=293)						
Within the Past Year	51.4	52.7	58.8	57.1	82.2	62.4
Within the Past 2 Years	8.6	18.2	13.7	10.7	4.1	11.3
2 or More Years Ago	25.7	29.1	24.5	32.2	11.0	22.9
Never	14.3	--	2.9	--	2.7	3.4

Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

Figure 16. Time Lapse Since Last Seen a Dentist or Had Teeth Cleaned by a Dentist or Dental Hygienist among Survey Respondents Dental Care among Survey Respondents



Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

- Almost 76% of survey respondents have visited the dentist in the past two years; about 74% of survey respondents have had their teeth cleaned by a dentist or dental hygienist in the past two years. With the exception of respondents who have a cognitive or learning disability, each disability group is equally likely to seek dental care, respondents with a cognitive disability appear more likely to seek out and obtain dental care.

DIET AND EXERCISE
Table 11. Obesity, Exercise and Weight Control of Survey Respondents

	Hearing Impairment (%)	Vision Impairment (%)	Physical Disability (%)	Depression, Anxiety or Emotional Impairment (%)	Cognitive or Learning Disability (%)	Total (%)
Weight Status* (n=328)						
Neither Overweight nor Obese	27.8	19.0	31.9	22.6	30.4	27.7
Overweight	41.7	42.9	26.1	29.0	25.3	31.1
Obese	30.6	38.1	42.0	48.4	44.3	41.2
Received advice from Doctor about Weight (n=339)						
	27.0	34.3	37.7	35.5	48.8	38.3
Physical Activity (n=312)						
Meets CDC Recommendations for Physical Activity	18.2	22.6	14.0	14.8	32.9	20.8
Insufficient Activity to meet CDC Physical Activity Recommendations	27.3	25.8	28.1	48.1	28.9	29.5
No physical activity	54.5	51.6	57.9	37.0	38.2	49.7
Weight Control						
Currently Trying to Lose Weight (n=337)	51.4	55.2	49.6	64.5	55.6	53.7
Trying to Maintain Current Weight (n=338)	70.3	86.6	66.9	83.9	70.7	73.7
Changed Diet to Try to Lose or Maintain Current Weight (n=339)	56.8	67.2	49.2	67.7	59.8	57.8
Engaging in Physical Activity or Exercise to lower or keep from gaining weight (n=337)	39.9	34.3	29.8	54.8	53.7	39.8
Consumes the Recommended Daily Allowance of Fruits and Vegetables per Day**	34.3	45.2	33.3	30.0	48.6	38.9

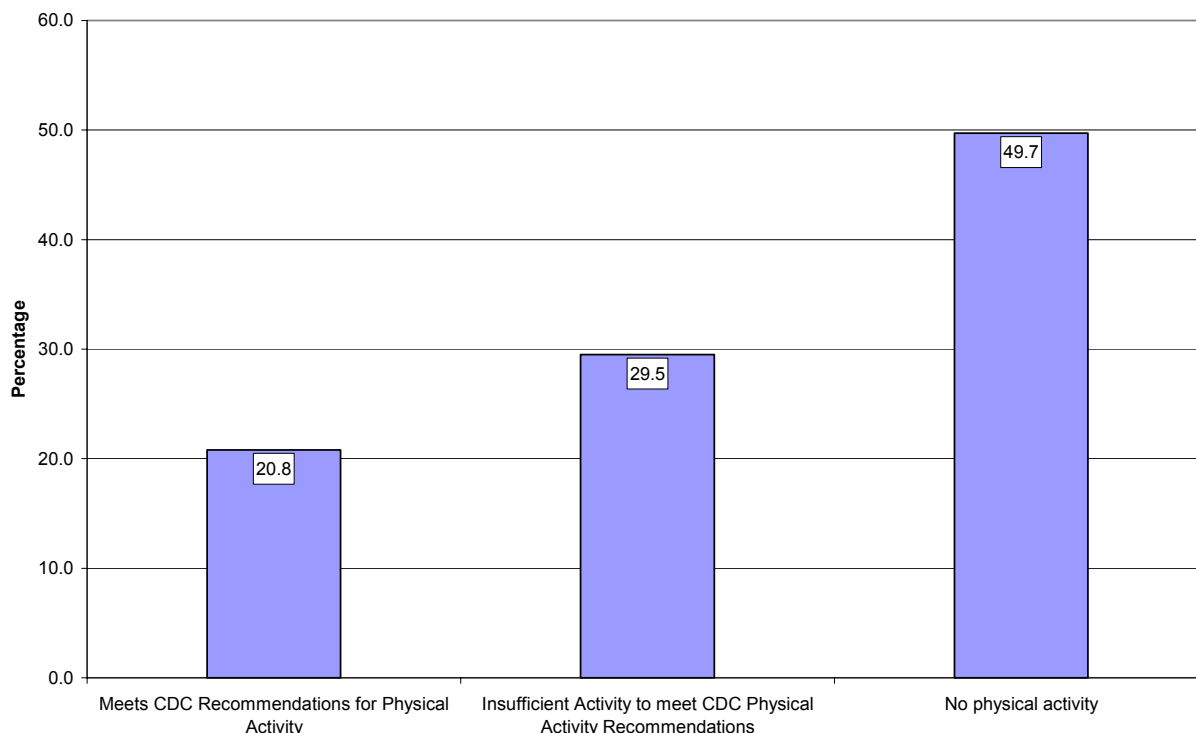
*Weight status is measured by the Body Mass Index (BMI); Formula: weight (lb) / [height (in)]² x 703

** >= 5 servings of fruits and vegetables per day

Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

- Approximately 72% of all survey respondents are either overweight or obese, however only about 38% of survey respondents have received advice from a doctor about their weight.
 - Although there is little variability among survey respondents between primary disability with regards to being overweight or obese, respondents who have a vision impairment are more likely to be overweight in general (81%).
 - When looking at obesity alone, respondents who have depression, anxiety or emotional impairments have the highest incidence of obesity (~48%), followed by those respondents with a cognitive or learning disability (~44%), physical disability (42%) and vision impairment (~38%). Survey respondents with a hearing impairment have the lowest incidence of obesity (~31%).
- Despite the high proportion of respondents who are overweight or obese, only about 54% are currently trying to lose weight. No respondent reported that they were trying to gain weight.
- Eating fruits and vegetables is important for overall health as well as weight management. However, only about 39% of all survey respondents eat the recommended daily allowance of fruits and vegetables per day.

Figure 17. Physical Activity Levels of Survey Respondents



Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

- Approximately 50% of all survey respondents engage in little to no physical activity on a regular basis; about 21% engage in sufficient activity to meet the CDC’s recommended guidelines⁴.

 - Respondents with physical disabilities (~58%), hearing impairments (~55%) and vision impairments (~52%) are more likely than respondents with depression, anxiety or emotional impairments (~37%), or respondents with cognitive or learning disabilities (~38%) to not engage in routine physical activities.
 - Respondents with cognitive or learning disabilities (~33%) are more likely than respondents within the other disability groups to engage in sufficient activity to meet CDC recommendations, whereas respondents with physical disabilities are the least likely to engage in sufficient levels of activity to meet CDC recommendations.

⁴ CDC recommended physical activity is defined as moderate-intensity activities (any activity that causes small increases in breathing or heart rate) in a usual week for greater than or equal to 30 minutes per day, greater than or equal to 5 days per week; or vigorous-intensity activities (anything else that causes large increases in breathing or heart rate) in a usual week for greater than or equal to 20 minutes per day, greater than or equal to 3 days per week or both.

Insufficient physical activity is defined as doing more than 10 minutes total per week of moderate or vigorous-intensity activities, but less than the recommended level of activity.

No physical activity is defined as less than 10 minutes total per week of moderate or vigorous-intensity activities.

SOCIAL AND EMOTIONAL HEALTH

Table 12. Emotional Support and Life Satisfaction of Survey Respondents

	Hearing Impairment (%)	Vision Impairment (%)	Physical Disability (%)	Depression, Anxiety or Emotional Impairment (%)	Cognitive or Learning Disability (%)	Total (%)
Frequency of Social and Emotional Support (n=337)						
Usually or Always	56.8	75.8	66.9	67.7	76.8	70.0
Sometimes	32.4	18.2	28.1	22.6	20.7	24.3
Rarely or Never	10.8	6.1	5.0	9.7	2.4	5.6
Respondents' Satisfaction with Life (n=336)						
Very Satisfied	21.6	31.8	23.3	22.6	36.6	28.0
Satisfied	56.8	56.1	51.7	45.2	51.2	52.4
Dissatisfied	18.9	10.6	19.2	19.4	7.3	14.6
Very Dissatisfied	2.7	1.5	5.8	12.9	4.9	5.1

Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

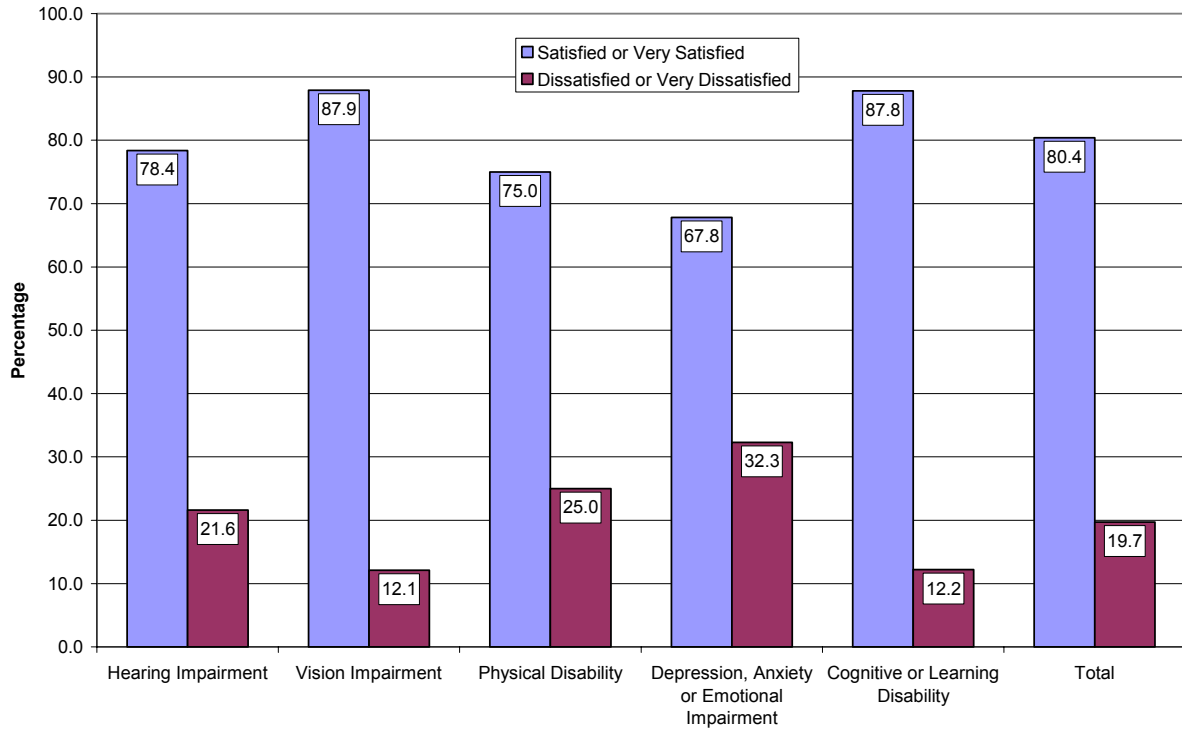
Table 13. Overall Mood During the Past 30 Days Among Survey Respondents

	Hearing Impairment	Vision Impairment	Physical Disability	Depression, Anxiety or Emotional Impairment	Cognitive or Learning Disability	Total
Average Number of Days felt Sad, Blue or Depressed (n=310)	6.8	5.3	7.4	12.1	4.4	6.7
Average Number of Days felt Worried, Tense, or Anxious (n=314)	6.1	7.7	9.8	10.9	6.0	8.2
Average Number of Days did not get Enough Rest or Sleep (n=320)	9.3	7.9	11.3	11.9	7.3	9.6
Average Number of Days felt Healthy and Full of Energy (n=312)	19.6	15.8	12.6	12.4	22.3	16.3

Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

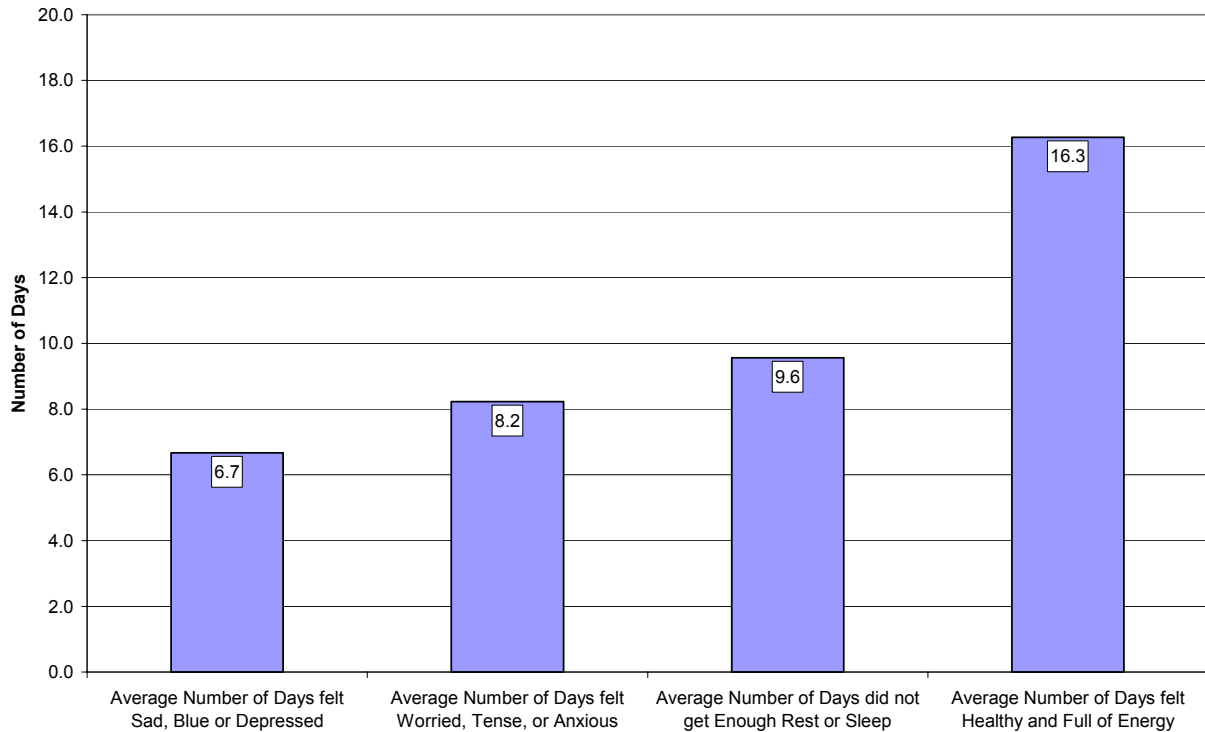
- In general, the survey respondents involved in this study feel that they usually or always receive the social and emotional support they need (70%).
 - Only about 6% of respondents feel that they rarely or never get the social and emotional support that they need. This appears most prominent among respondents with hearing impairments (~11%) and respondents who have depression, anxiety or emotional impairments (~10%).
 - Respondents with cognitive or learning disabilities (~2%) are least likely to feel that they rarely or never receive the social and emotional support that they need.
- When examining life satisfaction among survey respondents only about 20% express dissatisfaction in life. Respondents who have depression, anxiety or emotional impairments (~32%) are most likely to be dissatisfied with life, followed by respondents with physical disabilities (25%) and respondents with hearing impairments (~22%).
- On average, respondents with depression, anxiety or emotional impairments have more days where they felt sad, blue or depressed (x =12.1); felt worried, tense or anxious (x =10.9); that they did not get enough sleep (x =11.9); and, had fewer days on average that they felt healthy and full of energy (x =12.4) compared to respondents with other types of disabilities.

Figure 18. Life Satisfaction among Survey Respondents, by Primary Disability



Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

Figure 19. Overall Mood of Survey Respondents in the Past 30 Days



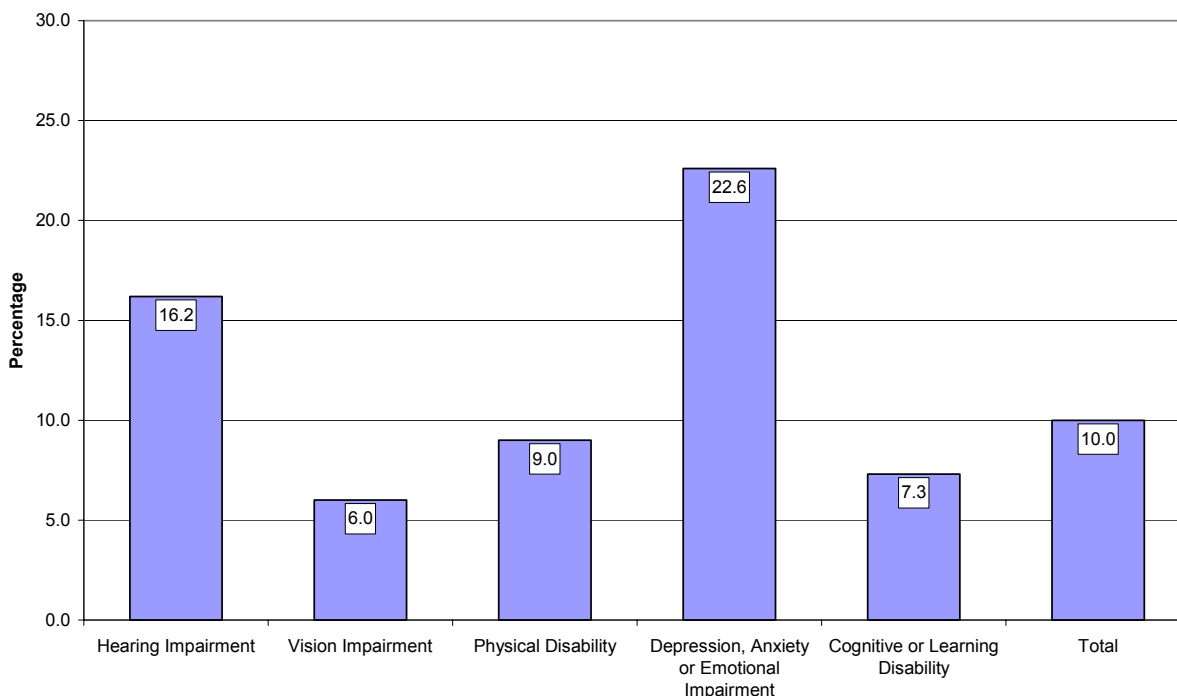
Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

Table 14. Respondents' Perceptions of how they were Treated at Work or when Seeking Healthcare

	Hearing Impairment (%)	Vision Impairment (%)	Physical Disability (%)	Depression, Anxiety or Emotional Impairment (%)	Cognitive or Learning Disability (%)	Total (%)
At Work (n=118)						
Worse than others	12.5	--	12.5	33.3	2.6	8.5
The same as others	81.3	78.3	53.1	33.3	55.3	61.0
Better than others	6.3	13.0	18.8	11.1	31.6	19.5
Worse than some/better than others	--	8.7	15.6	22.2	10.5	11.0
When seeking Healthcare (n=321)						
Worse than others	12.1	6.2	7.0	16.7	6.4	8.1
The same as others	66.7	58.5	58.3	50.0	48.7	56.1
Better than others	18.2	30.8	22.6	13.3	30.8	24.9
Worse than some/better than others	3.0	4.6	12.2	20.0	14.1	10.9

Source: 2006 Health Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

Figure 20. Percent of Survey Respondents who feel that they were Treated worse than others at Work or when Seeking Healthcare in the Past Year, by Primary Disability



Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

- The majority of survey respondents feel that they were not discriminated against in the past year because of their disability.
 - Over 80% of respondents report that they were treated the same or better than others at work or when seeking healthcare in the past year; only around 8% of respondents feel that they were treated worse than others because of their disability during the same time period.
 - Respondents with depression, anxiety or emotional impairments (~23%) were more likely to report that they were treated worse than others compared to respondents with other types of disabilities.

Table 15. Frequency in which Survey Respondents experience Physical Symptoms or Emotional Upset as a Result of How they were Treated in Past Year (n=328)

	Hearing Impairment (%)	Vision Impairment (%)	Physical Disability (%)	Depression, Anxiety or Emotional Impairment (%)	Cognitive or Learning Disability (%)	Total (%)
Physical Symptoms (e.g., headache, stomachache)						
Constantly	5.7	3.3	1.8	3.4	--	2.3
At Least Once per Day	2.9	1.6	7.1	6.9	5.6	5.2
At Least Once per Month	11.4	18.0	21.2	31.0	27.8	21.9
At Least Once a Year	2.9	8.2	11.5	27.6	9.7	11.0
Never	77.1	68.9	58.4	31.0	56.9	59.7
Emotional Upset						
Constantly	6.1	3.3	6.0	6.9	1.3	4.4
At Least Once per Day	--	3.3	9.4	6.9	8.0	6.7
At Least Once per Month	30.3	27.9	32.5	44.8	37.3	33.7
At Least Once a Year	18.2	14.8	20.5	20.7	8.0	16.2
Never	45.5	50.8	31.6	20.7	45.3	39.0

Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

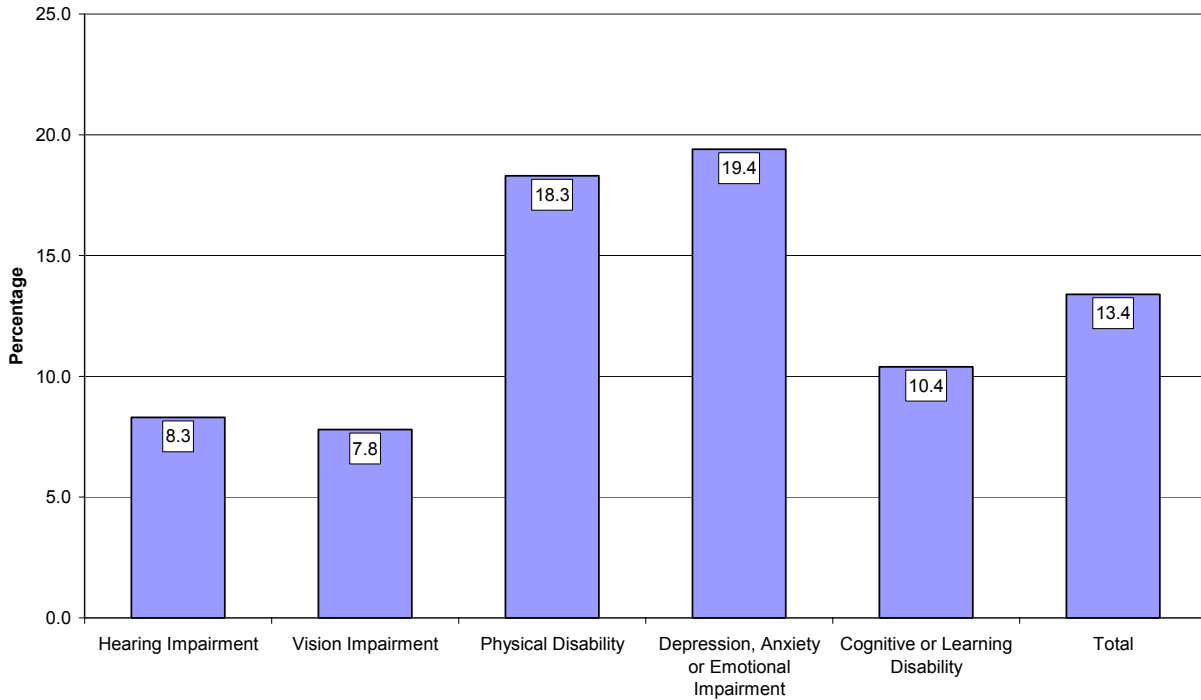
Table 16. Frequency in which Survey Respondents think about their Disability (n=331)

	Hearing Impairment (%)	Vision Impairment (%)	Physical Disability (%)	Depression, Anxiety or Emotional Impairment (%)	Cognitive or Learning Disability (%)	Total (%)
Constantly	10.8	35.4	34.7	54.8	20.8	30.8
At Least Once/Day	32.4	26.2	31.4	16.1	18.2	26.0
At Least Once/Month	16.2	27.7	19.0	25.8	15.6	20.2
At Least Once a Year	--	3.1	2.5	3.2	11.7	4.5
Never	40.5	7.7	12.4	--	33.8	18.4

Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

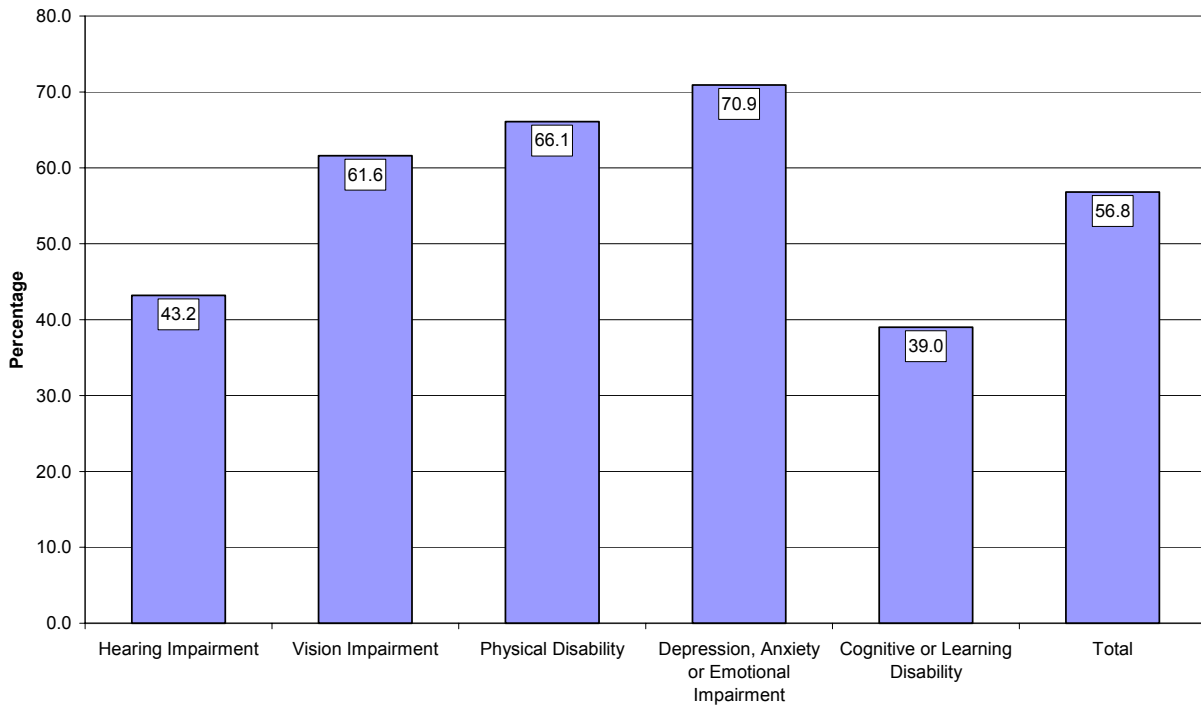
- Respondents report that, in general, they experienced emotional upset more frequently than physical symptoms as a result of how they were treated on a day to day basis in the past year as a result of their disability.
 - About 61% of respondents indicate that they have experienced emotional upset in the past year as a result of how they were treated because of their disability. Only about 40% of respondents indicate that they experienced physical symptoms as a result of how they were treated because of their disability at some point in the past year.
 - Just over 4% of all respondents indicate that in the past year they constantly felt emotionally upset as a result of how they were treated because of their disability, compared to about 2% who report having experienced physical symptoms on a constant basis as a result of how they were treated because of their disability in the past year.
- Respondents' disabilities do appear to weigh heavily on their minds. About 31% of respondents think about their disability constantly and 26% report that they think about their disability at least once per day. Only 18% indicate that they "never" think about their disability.

Figure 21. Percent of Survey Respondents who Experienced Physical Symptoms or Emotional Upset at Least Once per Day because of how they were Treated, by Primary Disability



Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

Figure 22. Percent of Survey Respondents who Think about their Disability at least Once per Day, by Primary Disability



Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

CIGARETTE SMOKING AND ALCOHOL CONSUMPTION

Table 17. Cigarette Smoking and Alcohol Consumption among Survey Respondents

	Hearing Impairment (%)	Vision Impairment (%)	Physical Disability (%)	Depression, Anxiety or Emotional Impairment (%)	Cognitive or Learning Disability (%)	Total (%)
Cigarette Smoking (n=336)						
Current Smokers	21.6	12.1	20.7	45.2	11.1	19.0
Former Smokers	27.0	37.9	29.8	9.7	6.2	23.5
Never Smoked	51.4	50.0	49.6	45.2	82.7	57.4
During the Past Year Stopped Smoking on One or More Days in an attempt to quit smoking (n=67)	62.5	37.5	37.0	73.3	33.3	47.8
Alcohol Consumption (n=224)						
Consumed Alcohol Past 30 Days	55.6	44.3	31.1	29.6	15.4	32.4
Heavy Drinkers*	8.3	7.8	2.5	3.7	1.3	4.0
Binge Drinkers**	15.2	3.2	2.6	8.0	--	3.8

*Heavy drinking is defined as consuming > 2 drinks on average/day for men and > 1 drink on average/day for women

**Binge drinking is defined as consuming > 5 or more alcoholic drinks on any one occasion

Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

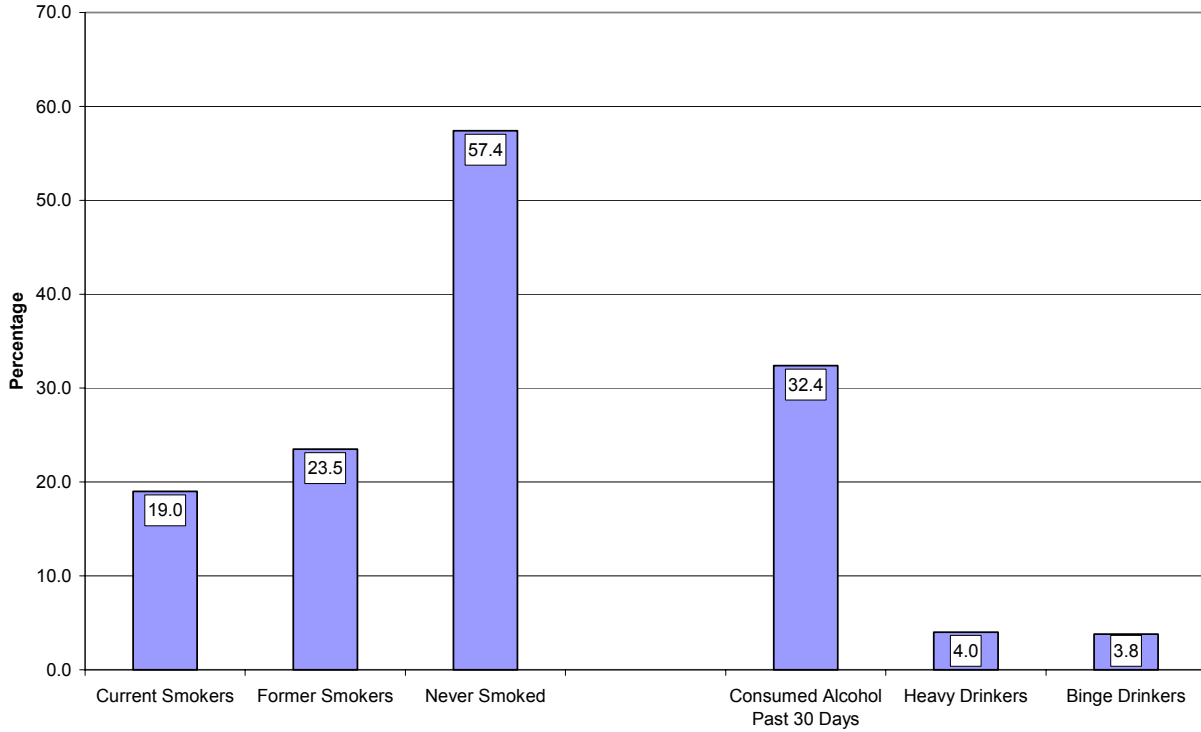
- Nineteen percent of all survey respondents currently smoke cigarettes, 23.5% are former cigarette smokers and just over 57% have never smoked cigarettes.

 - Respondents with depression, anxiety or other emotional impairments have the highest rate of cigarette smoking (~45%). By contrast, only a small proportion of respondents with vision impairments (~12%), or with cognitive or learning disabilities (~11%) report that they are current smokers.
- Among respondents who smoke, about 48% have stopped smoking on one or more occasions in the past year because they were trying to quit smoking.

 - The percentage of respondents who have tried to quit is greatest among respondents with depression, anxiety or emotional impairments (~73%) and respondents with hearing impairments (62.5%).
 - About 33% - 37% of respondents with vision impairments, physical disabilities, and cognitive or learning disabilities who smoke report that they have stopped smoking on one or more days in the past year because they were trying to quit.
- Only about 32% of survey respondents report consuming at least one alcoholic beverage in the past 30 days. This varies considerably across primary disability.

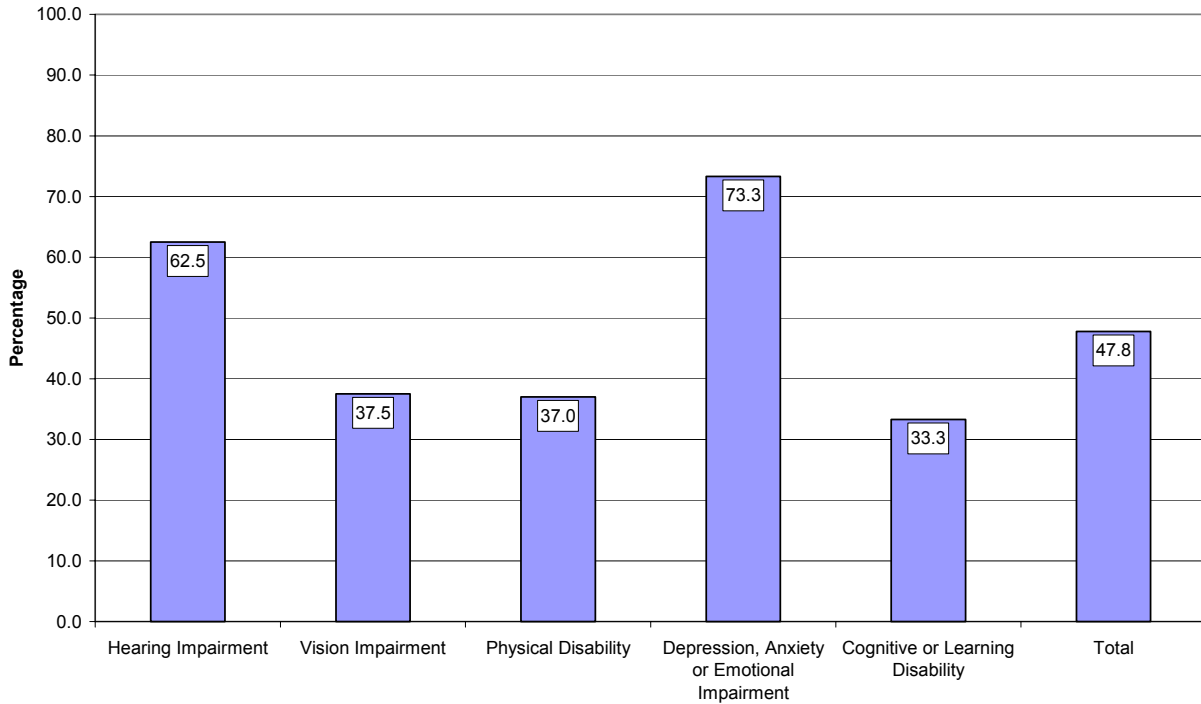
 - The percent of respondents with hearing impairments (~56%) and the percent of respondents with vision impairments (~44%) who have consumed alcohol in the past 30 days is considerably greater than respondents with other types of disabilities.
 - Of those respondents who consumed alcohol in the past 30 days, about 4% are heavy drinkers and 4% are binge drinkers. Respondents with hearing impairments have the highest incidence of both heavy drinking (~8%) and binge drinking (~15%). Respondents with cognitive or learning disabilities have the lowest incidence of heavy drinking (~1%) and none reports binge drinking.

Figure 23. Smoking Status and Alcohol Consumption among Survey Respondents



Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

Figure 24. Percent of Survey Respondents who Currently Smoke but Stopped Smoking on One or More Days in the Past Year Trying to Quit, by Primary Disability



Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

SEXUAL BEHAVIOR

Table 18. Sexual Behavior of Survey Respondents

	Hearing Impairment (%)	Vision Impairment (%)	Physical Disability (%)	Depression, Anxiety or Emotional Impairment (%)	Cognitive or Learning Disability (%)	Total (%)
Sexual Activities (n=178)						
Engaged in Sexual Activities in Past Year	52.9	45.8	36.8	52.6	26.2	37.6
Engaged in Oral Sex* (n=60)	62.5	70.0	57.9	75.0	40.0	58.3
Engaged in Sexual Intercourse* (n=65)	88.9	100.0	81.0	90.0	66.7	83.1
Used Condom Last Sexual Encounter* (n=55)						
To Prevent Pregnancy	--	--	50.0	--	14.3	20.0
To Protect Against Diseases	33.3	--	--	66.7	14.3	20.0
For Both Reasons	66.7	100.0	50.0	33.3	71.4	60.0
Perceived Effectiveness of Condoms to Protect against HIV* (n=65)						
Very Effective	66.7	33.3	45.0	60.0	35.3	46.2
Somewhat Effective	22.2	33.3	30.0	20.0	29.4	27.7
Not at all Effective	--	11.1	5.0	--	--	3.1
Do not Know Method	11.1	22.2	20.0	20.0	35.3	23.1
Sexual Partners* (n=66)						
New Sexual Partners in Past Year	55.6	20.0	23.8	50.0	25.0	31.8
Only 1	20.0	100.0	75.0	40.0	--	30.0
Two or More	80.0	--	25.0	60.0	100.0	70.0
In Past 5 Years Treated for a Sexually Transmitted Disease or Infection* (n=66)						
	11.1	10.0	9.5	40.0	6.3	13.6
Of those treated for an "STD/STI", Percent treated at a "STD" Clinic (n=11)						
	100.0	100.0	50.0	60.0	50.0	63.6

*Asked only of those survey respondents reporting that they engaged in sexual activity in the past year

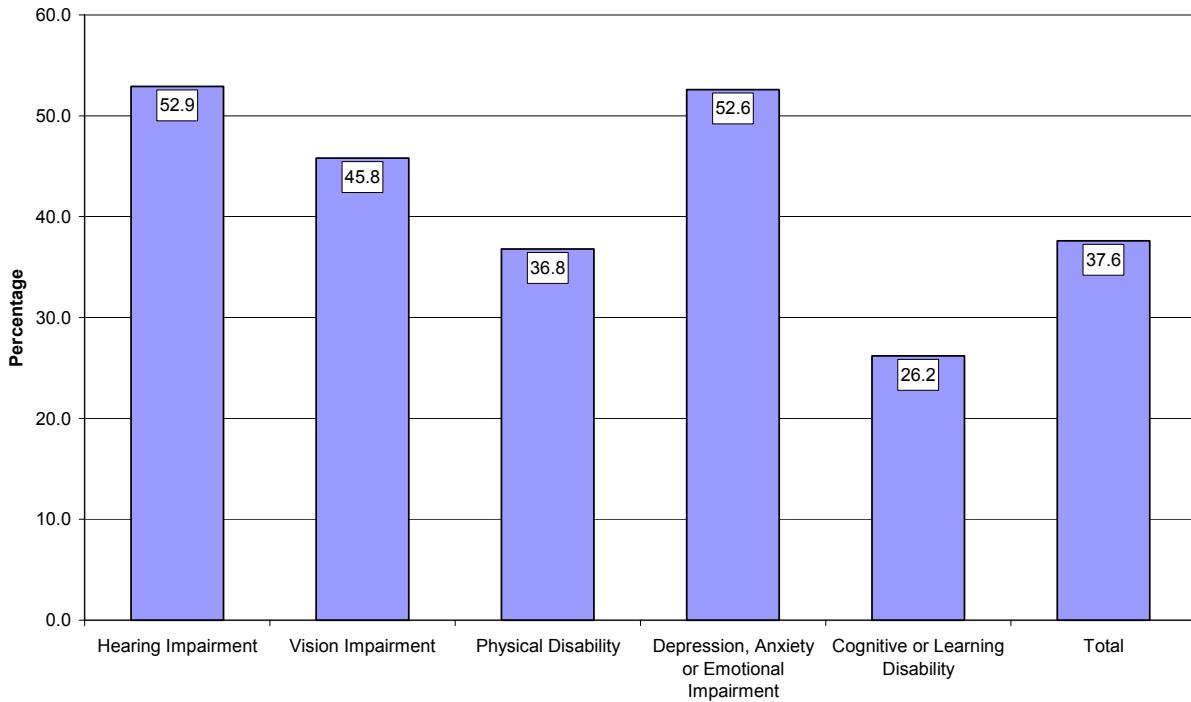
47.5% of survey respondents refused to answer the sexual behavior questions

Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

- Of those survey respondents who agreed to answer questions on their recent sexual activity, 37.6% indicated that they have engaged in sexual activities in the past year. About 32% report that they have had at least one new sexual partner in the past year.
 - About 58% of respondents engaging in sexual activity in the past year said that they engaged in oral sex; approximately 83% said that they engaged in sexual intercourse.
 - Only about 33% of respondents report that they used a condom during their last sexual encounter. Twenty percent indicated that they used a condom to prevent pregnancy, 20% said that they used a condom to protect against diseases, and 60% report that they used a condom to prevent pregnancy and protect against diseases.

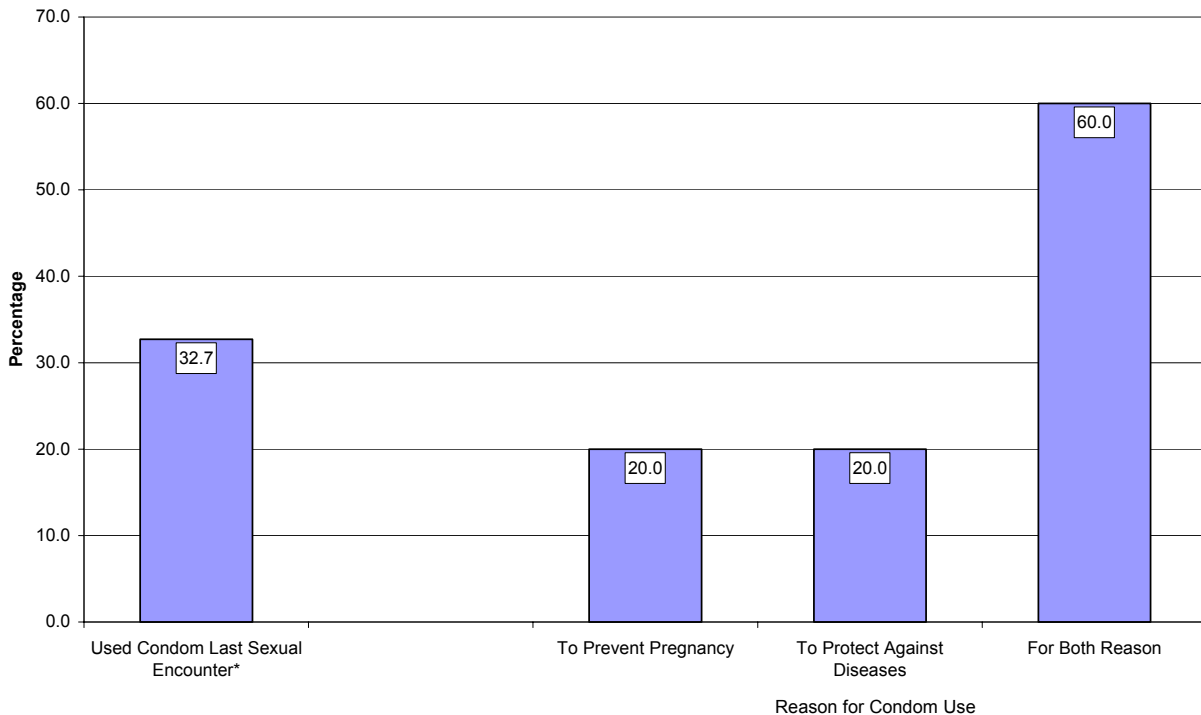
- Although only about a third of respondents who engaged in sexual activity in the past year report using a condom, the majority do acknowledge that condoms are an effective means of preventing HIV. Approximately 46% of respondents engaging in sexual activity in the past year believe that use of a condom in protecting against HIV is very effective and about 28% feel that use of a condom is at least somewhat effective in protecting against HIV.

Figure 25. Percent of Survey Respondents that Engaged in Sexual Activity in the Past Year, by Primary Disability



Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

Figure 26. Percent of Survey Respondents who Used a Condom during their Last Sexual Encounter and the Reason(s) Why



*Asked only of those survey respondents reporting that they engaged in sexual activity in the past year

Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

SEXUAL ASSAULT

Table 19. Sexual Assault among Survey Respondents by Gender

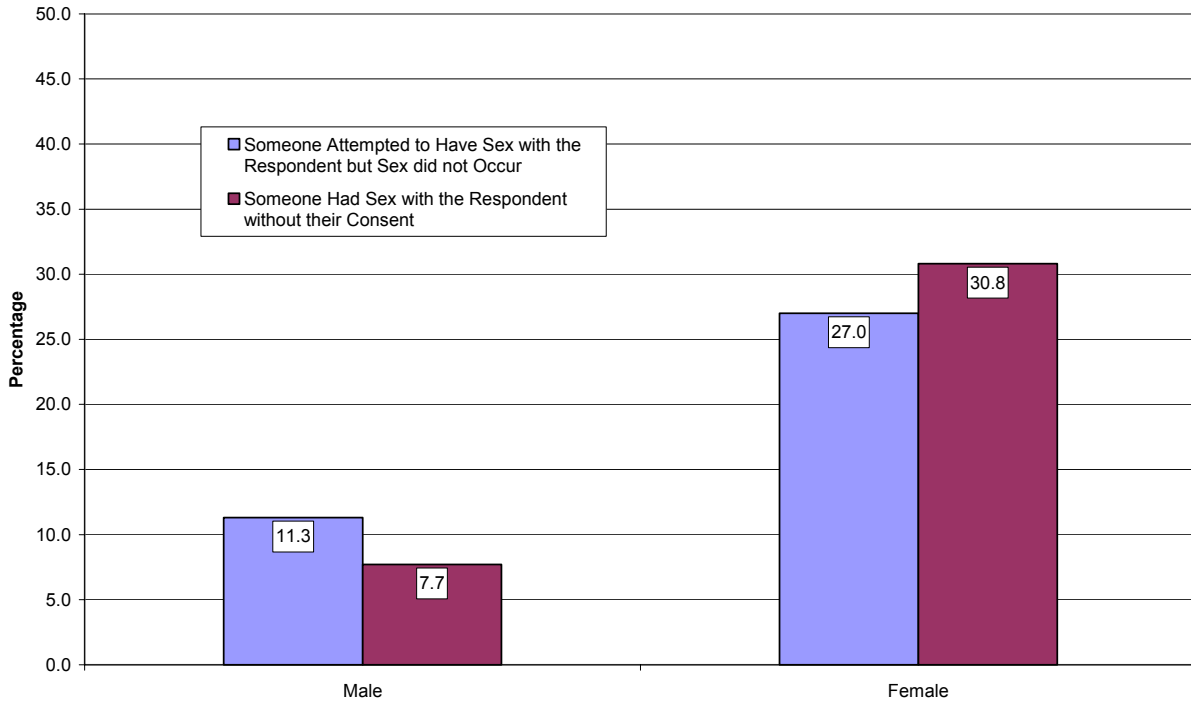
	Hearing Impairment (%)	Vision Impairment (%)	Physical Disability (%)	Depression, Anxiety or Emotional Impairment (%)	Cognitive or Learning Disability (%)	Total (%)
Male Survey Respondents						
Someone Attempted to Have Sex with the Respondent but Sex did not Occur (n=141)	6.3	10.0	6.4	21.4	15.9	11.3
Someone Had Sex with the Respondent without their Consent (n=142)	--	--	6.3	40.0	5.0	7.7
Female Survey Respondents						
Someone Attempted to Have Sex with the Respondent but Sex did not Occur (n=152)	26.3	17.6	27.6	50.0	25.9	27.0
Someone Had Sex with the Respondent without their Consent (n=156)	16.7	25.7	31.7	42.9	37.9	30.8
Total						
Someone Attempted to Have Sex with the Respondent but Sex did not Occur	17.1	14.8	18.1	35.7	19.7	19.5
Someone Had Sex with the Respondent without their Consent	8.6	15.8	20.4	41.4	18.8	19.8

Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

- Approximately 20% of survey respondents indicate that someone has either attempted to have sex with them or had sex with them without their consent at some point in their lifetime.

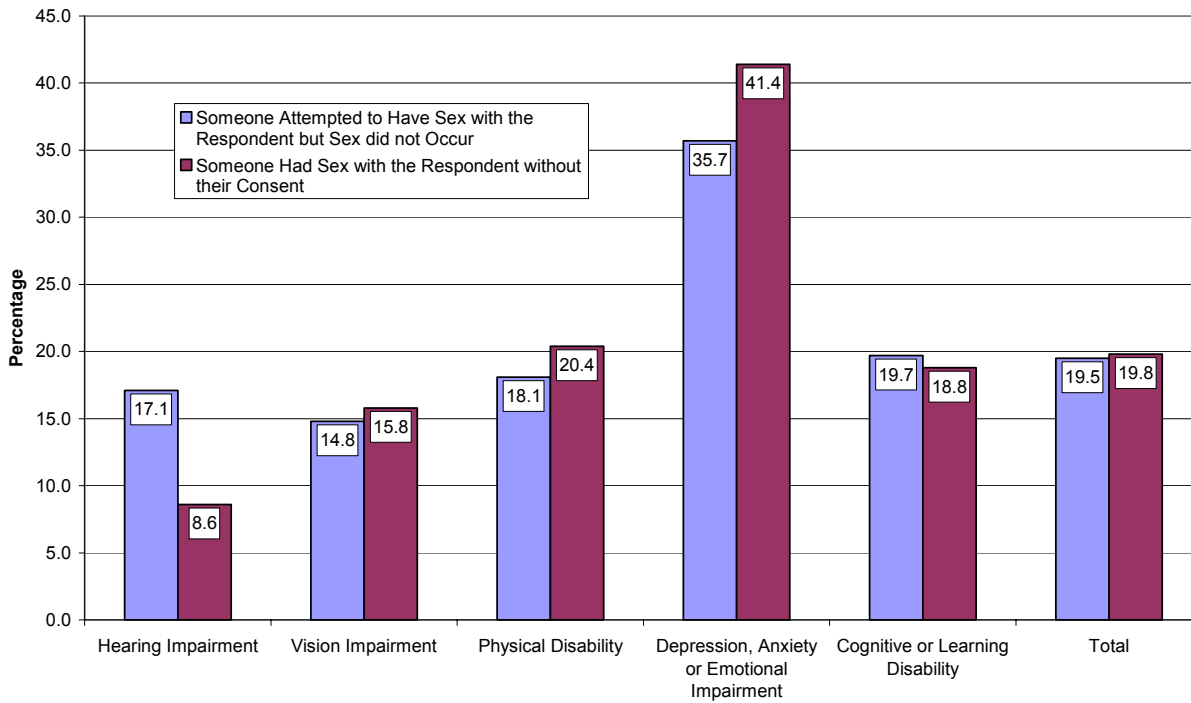
 - The incidence of attempted sexual assault, wherein someone attempted to have sex with the respondent but sex did not occur, over a lifetime is greater among female respondents (27%) than male respondents (~11%). This holds true across all primary disability groups.
 - Likewise, the incidence of sexual assault, wherein someone attempted to have sex with the respondent and sex did occur, in the respondents' lifetime is greater among female respondents (~31%) than male respondents (~8%). This holds true across all primary disability groups.
 - Respondents with depression, anxiety or emotional impairments have the highest rate of sexual assault (~41%). Comparatively, the rate is less than half for respondents with other types of disabilities. Only about 20% of respondents with physical disabilities, 19% of respondents with cognitive or learning disabilities, 16% of respondents with vision impairments, and 9% of respondents with hearing impairments have been a victim of sexual assault in their lifetime.
 - Similarly, respondents with depression, anxiety or emotional impairments also have the highest rate of attempted sexual assault (~36%). Only about 20% of respondents with cognitive or learning disabilities, 18% of respondents with physical disabilities, 17% of respondents with hearing impairments, and roughly 16% of respondents with vision impairments have been a victim of attempted sexual assault in their lifetime.

Figure 27. Percent of Survey Respondents who have been a Victim of Sexual Assault or Attempted Sexual Assault in their Lifetime, by Gender



Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

Figure 28. Percent of Survey Respondents who have been a Victim of Sexual Assault or Attempted Sexual Assault in their Lifetime, by Primary Disability



Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

Table 20. Sexual Assault of Survey Respondents within the Past Year

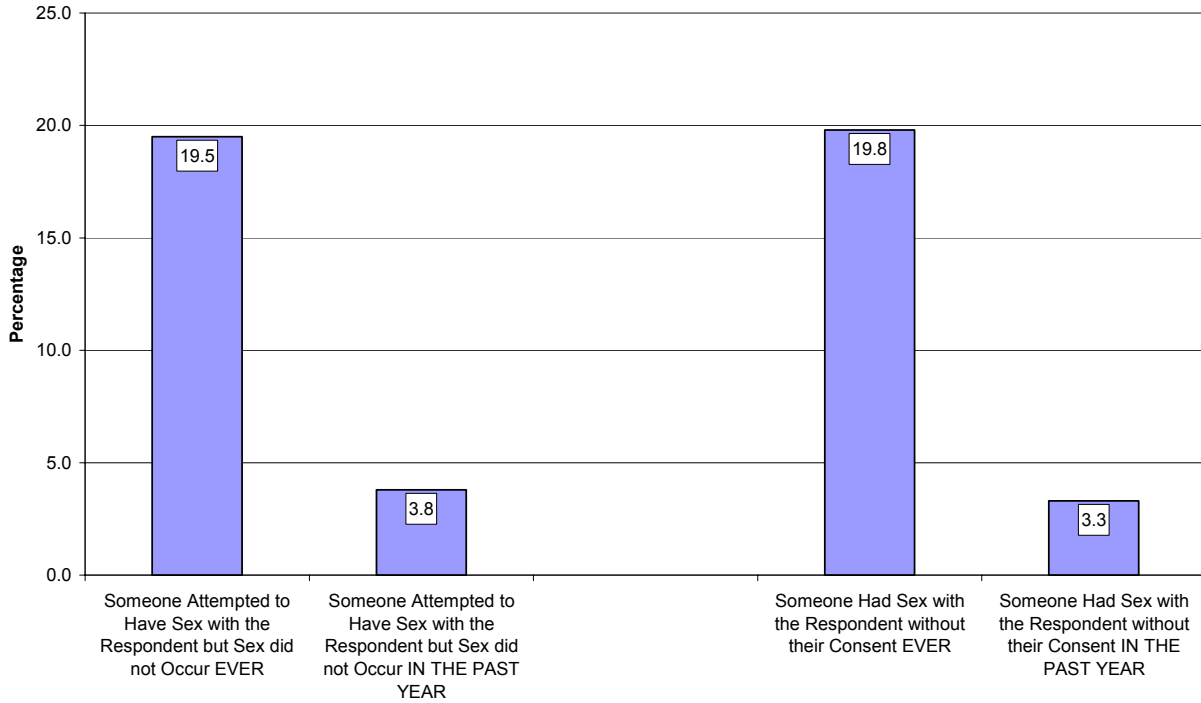
	Hearing Impairment (%)	Vision Impairment (%)	Physical Disability (%)	Depression, Anxiety or Emotional Impairment (%)	Cognitive or Learning Disability (%)	Total (%)
Someone Exposed Respondent to Unwanted Sexual Situations in the Past Year (n=315)	13.9	1.7	4.4	20.0	9.2	7.6
Someone Touched Sexual Parts of Respondent's Body in the Past Year (n=315)	11.1	1.7	3.5	16.7	6.6	6.0
Someone Attempted to Have Sex with the Respondent but Sex did not Occur in the Past Year (n=314)	2.8	--	1.8	10.0	8.0	3.8
Someone Had Sex with the Respondent without their Consent in the Past Year (n=307)	2.8	1.8	3.6	13.3	--	3.3
Relationship of Person who Had Sex or Attempted to Have Sex with the Respondent within the Past Year (n=58)						
Complete Stranger	25.0	--	15.8	25.0	21.4	17.2
Acquaintance, Neighbor or other Non-Relative	25.0	44.4	21.1	16.7	14.3	22.4
Friend	25.0	--	5.3	25.0	7.1	10.3
Current Significant Other	--	11.1	10.5	--	21.4	10.3
Former Significant Other	--	11.1	26.3	25.0	14.3	19.0
Co-worker	--	--	--	--	7.1	1.7
Parent, Step-Parent or Parent's Partner	--	33.3	5.3	--	14.2	10.3
Other Relative	25.0	--	5.3	--	--	3.4
Caregiver	--	--	5.3	8.3	--	3.4
Multiple Perpetrators	--	--	5.3	--	--	1.7

Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

- In the past year survey respondents were more likely to have someone expose them to unwanted sexual situations (~8%) and have someone touch sexual parts of their body without their consent (6%) than to be a victim of sexual assault (~3%) or attempted sexual assault (~4%).

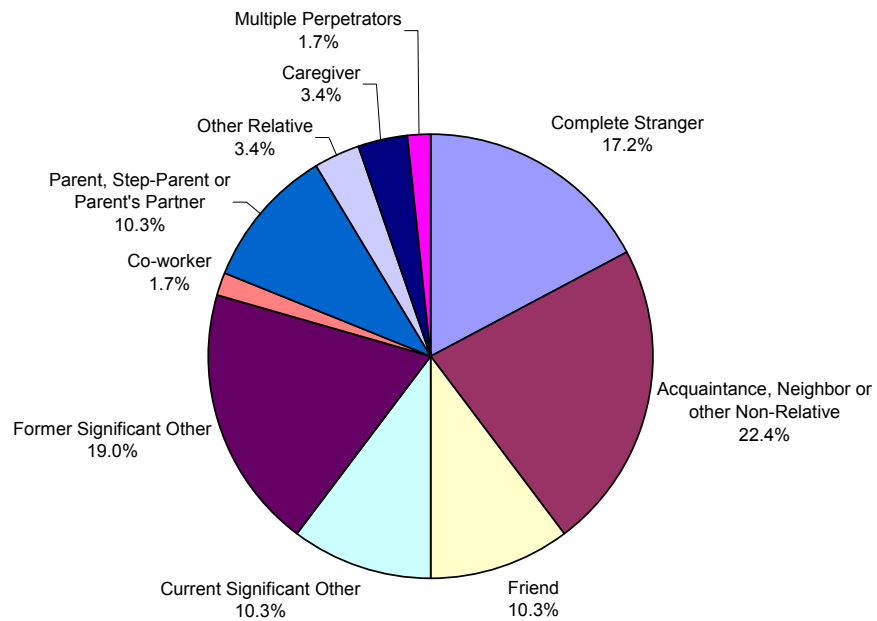
 - Similar to sexual victimization of respondents in their lifetime as discussed above, respondents with depression, anxiety or emotional impairments have the highest rate of being a victim of being exposed to unwanted sexual situations (20%), someone touching sexual parts of their body (~17%), attempting to have sex with the respondent without their consent (10%), and being victimized by someone having sex with them without their consent (~13%) within the past year.
 - Respondents with hearing impairments have the second highest rate of being exposed to unwanted sexual situations in the past year (~14%) and someone touching sexual parts of their body without their consent in the past year (~11%). Rates are less than 10% for survey respondents with other types of disabilities.
 - Respondents with cognitive or learning disabilities have the second highest rate of being a victim of attempted sexual assault within the past year (8%). Respondents with physical disabilities have the second highest rate of being a victim of sexual assault (~4%).
 - The victim/offender relationship most frequently cited among respondents who have been a victim of sexual assault or attempted sexual assault within the past year is an acquaintance, neighbor or other non-relative (~22%), followed by a former significant other (19%) and complete stranger (~17%). There was a very low incidence of multiple perpetrators (~2%) and being victimized by a co-worker (~2%).

Figure 29. Percent of Survey Respondents Reporting Sexual Assault or Attempted Sexual Assault Ever in their Lifetime and in the Past Year



Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

Figure 30. Relationship of Perpetrator to Survey Respondents Reporting that Someone had Sex or Attempted to have Sex with them Without their Consent within the Past Year



Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

RESPONDENTS' PERSONAL CARE NEEDS

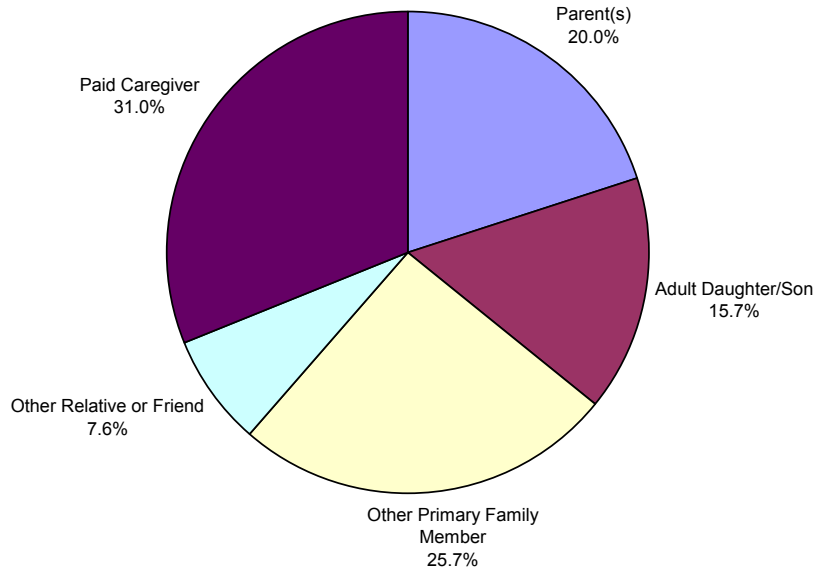
Table 21. Personal Care Needs of Survey Respondents

	Hearing Impairment (%)	Vision Impairment (%)	Physical Disability (%)	Depression, Anxiety or Emotional Impairment (%)	Cognitive or Learning Disability (%)	Total (%)
Receives help with Personal Care (n=338)	5.4	10.4	45.5	16.1	32.9	28.4
Receives help with Routine Needs (n=336)	24.3	76.9	67.2	41.9	71.6	63.1
Current Impairment Requires the Use of Special Equipment (n=337)	81.1	67.2	79.3	16.1	18.5	56.7
Relationship of Person who Assists (n=207)						
Parent(s)	10.0	9.1	15.0	30.8	33.3	20.0
Sibling	10.0	6.8	6.3	--	3.2	5.2
Spouse	20.0	47.7	18.8	7.7	6.3	20.5
Daughter/Son	30.0	20.5	16.3	15.4	9.5	15.7
Other Relative or Friend	--	11.4	8.8	7.7	4.8	7.6
Paid Caregiver/Assistant	30.0	4.5	35.0	38.5	42.9	31.0
Respondents' Perception of What they Need the Most Help With (n=194)						
Learning or Remembering	10.0	2.3	6.5	38.5	45.1	18.0
Seeing or Hearing	30.0	60.5	3.9	--	--	16.5
Taking care of Self (eating, dressing)	30.0	7.0	55.8	23.1	35.3	36.1
Communicating with Others	30.0	2.3	1.3	--	5.9	4.1
Moving Around	--	25.6	31.2	7.7	3.9	19.6
Getting Along with People	--	--	1.3	--	5.9	2.1
Feeling Anxious or Depressed	--	2.3	--	30.8	3.9	3.6
Average Number of Hours per Week Respondents get Assistance (n=170)	7.1	19.8	57.4	36.6	74.4	53.1
Average Number of Years Activities have been Limited (n=296)	35.8	18.3	18.4	15.8	28.1	21.9

Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

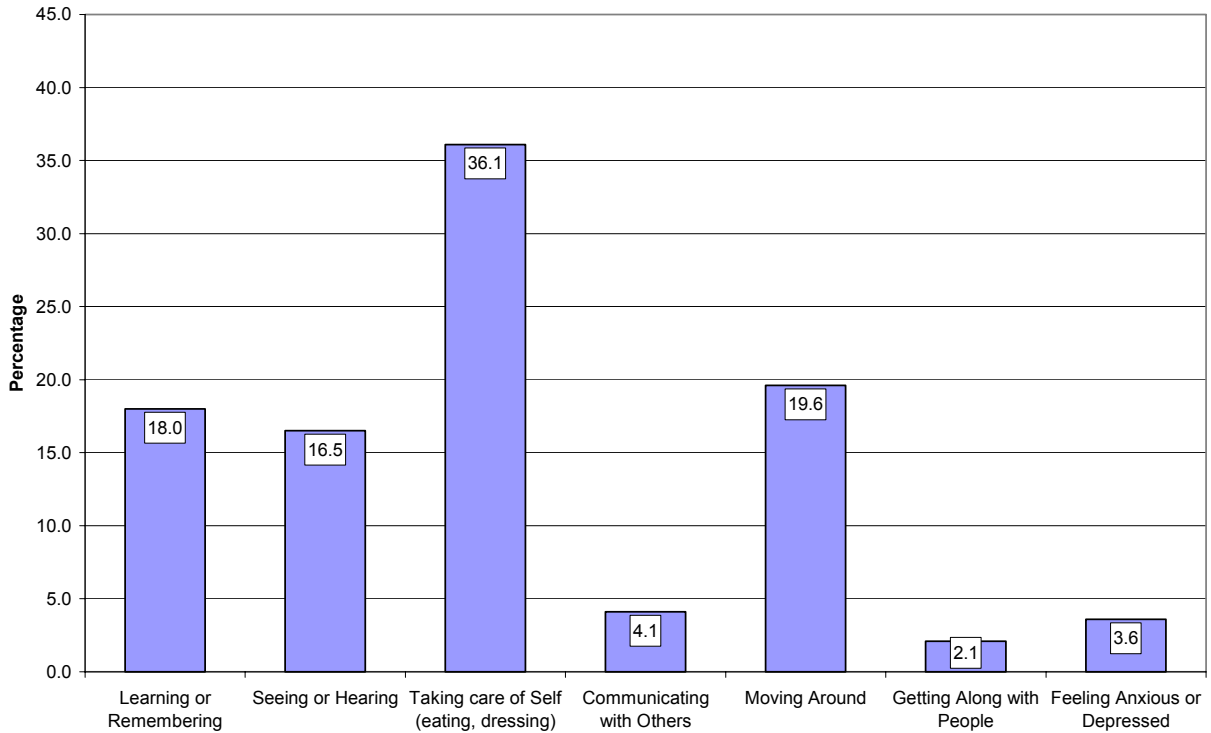
- About 28% of all respondents indicate that they need help with personal care needs such as eating, bathing, dressing and getting around the house. This is greatest among respondents with physical disabilities (45.5%) and respondents with cognitive disabilities (~33%).
- Approximately 63% of respondents report that they receive help with routine needs such as everyday household chores, doing necessary business, shopping, or getting around for other purposes.
- About 57% of respondents report that their current impairment requires the use of special equipment such as a cane, a wheelchair, a special bed or a special telephone.
- Most frequently, for respondents who receive help with personal care needs and routine needs, the person who assists them is a paid caregiver or assistant. About 20% are parents, 20.5% are spouses, 16% are the respondents' adult child, 8% are comprised of other relatives or friends, and about 5% are the respondents' siblings.
- About 36% of respondents feel that they need the most help with self-care, 20% need help with moving around, 18% with learning and remembering, about 17% with seeing or hearing, 4% communicating with others, 4% coping with feelings of anxiety or depression, and about 2% of respondents report that they need the most help with getting along with people.

Figure 31. Relationship of Person who Assists those Survey Respondents Needing Personal Assistance



Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

Figure 32. Respondents' Perception of what they Need the Most Help With



Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

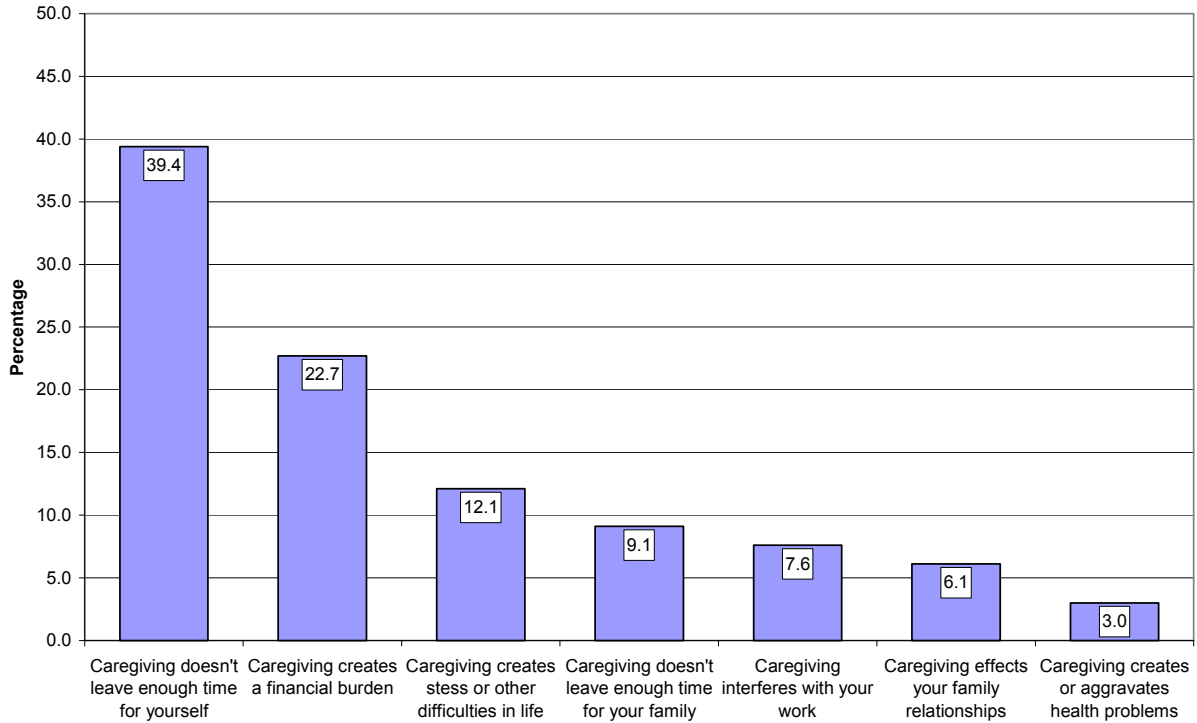
CAREGIVER DIFFICULTIES

Table 22. Caregiver Perceptions of the Burdens of Caregiving, by Caregivers Relationship to Survey Respondents

	Parent (n=27) %	Sibling (n=3) %	Spouse (n=10) %	Daughter/Son (n=14) %	Other Relative or Friend (n=1) %	Paid Caregiver or Assistant (n=11) %	Total (n=66) %
Caregiving doesn't Leave Enough time for Yourself	40.7	100.0	30.0	35.7	--	36.4	39.4
Caregiving creates a Financial Burden	18.5	--	30.0	35.7	--	18.2	22.7
Caregiving creates Stress or other Difficulties in Life	3.7	--	10.0	21.4	100.0	18.2	12.1
Caregiving doesn't Leave Enough time for your Family	14.8	--	--	7.1	--	9.1	9.1
Caregiving Interferes with your Work	14.8	--	--	--	--	9.1	7.6
Caregiving Affects your Family Relationships	3.7	--	20.0	--	--	9.1	6.1
Caregiving Creates or Aggravates Health Problems	3.7	--	10.0	--	--	--	3.0

Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

Figure 33. Greatest Difficulties Reported by Caregivers of Survey Respondents



Source: 2006 Healthy Delawareans with Disabilities 2010 Survey; Center for Applied Demography and Survey Research, University of Delaware

- Sixty-six caregivers provided information on what aspect of caregiving was most difficult. The most cited difficulty was that caregiving does not leave enough time for yourself (~39%), followed by caregiving creates a financial burden (~23%) and that caregiving creates stress or other difficulties in life (~12%). There was a fairly low percentage of caregivers who reported that caregiving affects family relationships (~6%) or that caregiving creates or aggravates health problems (3%).

APPENDIX

ADULT SURVEY ON HEALTH, DISABILITIES, AND QUALITY OF LIFE

PLEASE READ ALL SECTIONS OF THE SURVEY MARKED IN **BOLD** TO THE INTERVIEWEE. THE ITEMS MARKED IN *ITALICS* ARE DIRECTIONS AND REMINDERS FOR YOU. IF YOU NEED TO REPEAT A QUESTION, YOU MAY DO SO. PLEASE MARK RESPONSES CLEARLY AND ADD COMMENTS WHEN NECESSARY.

This survey is being conducted to gather information about the health and quality of life of persons with disabilities in the state of Delaware. The survey is being conducted for the Delaware Health and Social Services, Division of Developmental Disabilities Services. The information we collect will be used to improve the lives of persons with disabilities within the state. We do not ask for your 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 stop the interview at any time. Any information you give me will be held in confidence. There is a section of this survey that involves questions about abuse, sexual behavior and sexual assault. Do you have any questions before we begin?

Thank you for participating in this important activity. The first question I have for you is:

1. **What is/are your *current* major impairment(s) or health problems/conditions(s)?**
(please check all that apply)

- Hearing (01)
- Eye/Vision (02)
- Physical Disability/ (03)
- Depression/Anxiety/Emotional (04)
- Cognitive or Learning (05)
- Other Impairment/ [please specify] (06) _____

If MORE THAN ONE condition is present please ask question 2, if not, skip to question 3.

2. **Which condition causes you the most difficulties?**

- Hearing (01)
- Eye/Vision (02)
- Physical Disability/ (03)
- Depression/Anxiety/Emotional (04)
- Cognitive or Learning (05)
- Other Impairment/ [please specify] (06) _____

3. **Does your current impairment(s) or health condition(s) require you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?** (15.2)

- Yes (01)
- No (02)

4. **Because of any impairment or health condition, do you need the help of other persons with your PERSONAL CARE needs, such as eating, bathing, dressing, or getting around the house?**

- Yes (01)
- No (02)

5. **Because of any impairment or health condition, do you need the help of other persons in handling your ROUTINE needs, such as everyday household chores, doing necessary business, shopping, or getting around for other purposes?**

- Yes (01)
- No (02)

If respondent said YES to question 4 or question 5 please continue, if not please skip to question 13.

6. **Is the person who most often cares for your needs... ?**

- Male (01)
- Female (02)

7. **Which is the person who takes care of you the most often?**

- | | |
|--|--|
| <input type="checkbox"/> Aunt (01) | <input type="checkbox"/> Mother-in-law (15) |
| <input type="checkbox"/> Brother (02) | <input type="checkbox"/> Neighbor (16) |
| <input type="checkbox"/> Daughter (03) | <input type="checkbox"/> Nephew (17) |
| <input type="checkbox"/> Daughter-in-law (04) | <input type="checkbox"/> Niece (18) |
| <input type="checkbox"/> Father (05) | <input type="checkbox"/> Other Relative (19) |
| <input type="checkbox"/> Father-in-law (06) | <input type="checkbox"/> Paid caregiver / assistant (20) |
| <input type="checkbox"/> Friend (07) | <input type="checkbox"/> Partner (21) |
| <input type="checkbox"/> Granddaughter (08) | <input type="checkbox"/> Sister (22) |
| <input type="checkbox"/> Grandfather (09) | <input type="checkbox"/> Son (23) |
| <input type="checkbox"/> Grandmother (10) | <input type="checkbox"/> Son-in-law (24) |
| <input type="checkbox"/> Grandparent-in-law (11) | <input type="checkbox"/> Uncle (25) |
| <input type="checkbox"/> Grandson (12) | <input type="checkbox"/> Wife (26) |
| <input type="checkbox"/> Husband (13) | <input type="checkbox"/> Parents (27) |
| <input type="checkbox"/> Mother (14) | <input type="checkbox"/> Don't know / Not sure (77) |

8. **What do you need the most help with?**

- Learning, remembering, and confusion (01)
- Seeing or hearing (02)
- Taking care of oneself, such as eating, dressing, bathing, or toileting (03)
- Communicating with others (04)
- Moving around (05)
- Getting along with people (06)
- Feeling anxious or depressed (07)
- Don't know / Not sure (777)

9. **How long has this person been your caregiver?**
(Interviewer: code using respondent's unit of time)

- _____ DAYS
- _____ WEEKS
- _____ MONTHS
- _____ YEARS
- Don't know / Not sure (777)

10. How many hours of help do you get each week?

- _____ hours per week
 Don't know / Not sure (777)

11. In the past year, has your caregiver been hurt while helping you?

- Yes (01)
 No (02)
 Don't know / Not sure (777)

12. How far away does your caregiver live from you?

- In the same house (01)
 Less than 20 minutes away (02)
 Between 20 and 60 minutes away (03)
 Between 1 and 2 hours away (04)
 More than two hours away (05)
 Don't know / Not sure (777)

13. For how long have your activities been limited because of your major impairment or health problem?
(Interviewer: code using respondent's unit of time)

- _____ Days
 _____ Weeks
 _____ Months
 _____ Years
 Activities are not limited (555)
 Don't know / Not sure (777)

14. During the past 30 days, for about how many days did pain make it hard for you to do your usual activities, such as self-care, work, or recreation?

- _____ Number of days
 Don't know / Not sure (777)

15. Would you say that in general your health is: (1.1)

- Excellent (01)
 Very Good (02)
 Good, Fair (03)
 Poor (04)

16. Now thinking about your PHYSICAL HEALTH, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good? (2.1)

_____ Number of days

17. Now thinking about your MENTAL HEALTH, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good? (2.2)

_____ Number of days

18. During the past 30 days, for about how many days did poor physical OR mental health keep you from doing your usual activities, such as self-care, work, or recreation? (2.3)

_____ Number of days

19. Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare/Medicaid? (3.1)

- Yes (01)
 No (02)
 Don't know / Not sure (07)

20. Do you have one person you think of as your personal doctor or health care provider? (3.2)

- Yes, only one (01)
 More than one (02)
 No (03)

21. Was there a time in the past 12 MONTHS when you needed to see a doctor/healthcare provider but could not because of... ? (Please check all that apply)

- Cost (01) (3.3)
 Physical access (02)
 Lack of transportation (03)
 Services not available (04)
 Other reason [please specify] (05) _____
Don't Read
 Never not able to see a doctor (55)

- 21a. In the past 12 MONTHS when seeking Healthcare have you encountered challenges with accessibility?

- Yes (01)
 No (02)
 Have not sought healthcare services (55)
 Don't know / Not sure (07)

If YES continue, otherwise please skip to question 22.

- 21b. Which of the following areas would you say that you have experienced challenges accessing?

- Building (01)
 Equipment (02) (exam table, mammography machine)
 Services (03)
 Other[please specify] (04) _____
 Don't know / Not sure (07)

22. About how long has it been since you last visited a doctor/healthcare provider for a routine checkup? (3.4)

- Within the past year (1-12 months ago) (01)
- Within the past 2 years (1-2 years ago) (02)
- Within the past 5 years (2-5 years ago) (03)
- 5 or more years ago (04)
- Never (05)
- Don't know / Not Sure (07)

23. Have you EVER been told by a doctor/healthcare provider that you have diabetes? (5.1)

- Yes (01)
- Yes, but only during pregnancy (02)
- No (03)
- No, pre-diabetes or borderline diabetes (04)

If YES continue, otherwise please skip to question #36

24. How old were you when you were told you have diabetes? (Mod 1.1)

_____ Age

- Don't know / Not sure (07)

25. Are you now taking insulin? (Mod 1.2)

- Yes (01)
- No (02)
- Don't know / Not sure (07)

26. Are you now taking diabetes pills? (Mod 1.3)

- Yes (01)
- No (02)
- Don't know / Not sure (07)

27. About how often do you check your blood for glucose or sugar? Include times when checked by a family member or friend, but do NOT include times when checked by a health professional. (Mod 1.4)
(Interviewer: code using respondent's unit of time)

- _____ Times PER DAY
- _____ Times PER WEEK
- _____ Times PER MONTH
- _____ Times PER YEAR
- Don't know / Not sure (07)

28. **About how often do you check your feet for any sores or irritations? Include times when checked by a family member or friend, but do NOT include times when checked by a health professional. (Mod 1.5)**
(Interviewer: code using respondent's unit of time)

- _____ Times PER DAY
- _____ Times PER WEEK
- _____ Times PER MONTH
- _____ Times PER YEAR
- No Feet (05)
- Don't know / Not sure (07)

29. **Have you EVER had any sores or irritations on your feet that took more than four weeks to heal? (Mod 1.6)**

- Yes (01)
- No (02)
- Don't know / Not sure (07)

30. **About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes? (Mod 1.7)**

- _____ Number of Times
- Don't know / Not sure (07)

31. **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"? (Mod 1.8)**

- _____ Number of Times
- Don't know / Not sure (07)

32. **About how many times in the past 12 months has a health professional checked your feet for any sores or irritations? (Mod 1.9)**

- _____ Number of Times
- Don't know / Not sure (07)

33. **When was the last time you had an eye exam in which the pupils were dilated? This would have made you temporarily sensitive to bright light. (Mod 1.10)**

- Within the past month (anytime less than 1 month ago) (01)
- Within the past year (1 month but less than 12 months ago) (02)
- Within the past 2 years (1 year but less than 2 years ago) (03)
- 2 or more years ago (04)
- Never (05)
- Don't know / Not sure (07)

34. **Has a doctor EVER told you that diabetes has affected your eyes or that you had retinopathy? (Mod 1.11)**

- Yes (01)
- No (02)

35. Have you EVER taken a course or class in how to manage your diabetes yourself? (Mod 1.12)

- Yes (01)
- No (02)
- Don't know / Not sure (07)

36. Have you EVER been told by a doctor, nurse, or other health professional that you have high blood pressure? (6.1)

- Yes (01)
- Yes, but only during pregnancy (02)
- No (03)
- Told borderline high or pre-hypertensive (04)

IF YES, continue, otherwise please skip to question 38.

37. Are you currently taking medicine for your high blood pressure? (6.2)

- Yes (01)
- No (02)
- Don't know / Not sure (07)

38. Blood cholesterol is a fatty substance found in the blood. Have you EVER had your blood cholesterol checked? (7.1)

- Yes (01)
- No (02)
- Don't know / Not sure (07)

IF NO or DON'T KNOW, please skip to question 42.

39. About how long has it been since you last had your blood cholesterol checked? (7.2)

- Within the past year (1-12 months ago) (01)
- Within the past 2 years (1-2 years ago) (02)
- Within the past 5 years (2-5 years ago) (03)
- 5 or more years ago (04)
- Don't know / Not Sure (07)
- Never (08)

40. Have you EVER been told by a doctor, nurse or other health professional that your blood cholesterol is high? (7.3)

- Yes (01)
- No (02)

41. Have you EVER been told by a doctor, nurse or other health professional that...
(please check all that apply)
- you had a heart attack, also called a myocardial infarction? (01) (8.1)
 - you had angina or coronary heart disease? (02) (8.2)
 - you had a stroke? (03) (8.3)
 - you had asthma? (04) (9.1)
 - Still have asthma (05) (9.2)

42. Have you smoked at least 100 cigarettes in your entire life? (approximately 5 packs) (11.1)
- Yes (01)
 - No (02)
 - Don't know / Not Sure (07)

If NO or DON'T KNOW, please skip to question 45 .

43. Do you now smoke cigarettes? (11.2)
- Every day (01)
 - Some days (02)
 - Not at all (03)

If NOT AT ALL, please skip to question 46.

44. During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking? (11.3)
- Yes (01)
 - No (02)

45. During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage? (Interviewer: code using respondent's unit of time) (12.2)
- _____ Number of days PER WEEK
 _____ Number of days PER MONTH

If NONE, please skip to question 49.

46. One drink is equivalent to a 12 ounce beer, a 4 ounce glass of wine, or a drink with one shot of liquor. On the days when you drank, during the past 30 days, about how many drinks did you drink on the average? (12.3)
- _____ Number of drinks

47. Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on one occasion? (12.4)
- _____ Number of times

48. During the past 30 days, what is the largest number of drinks you had on any occasion? (12.5)
 _____ Largest number of drinks
49. What is your age? (13.1)
 _____ Years old
50. Are you Hispanic or Latino? (13.2)
 Yes (01)
 No (02)
51. Which one or more of the following would you say is your race? (13.3)
 White (01)
 Black or African American (02)
 Asian (03)
 Native Hawaiian or Other Pacific Islander (04)
 American Indian or Alaska Native (05)
 Other [please specify] (06) _____
52. Are you...? (13.5)
 Married (01)
 Divorced (02)
 Widowed (03)
 Separated (04)
 Never married (05)
 A member of an unmarried couple (06)
53. What is the highest grade or year of school you completed? (13.7)
 Never attended school or only attended kindergarten (01)
 Grades 1 through 8 (Elementary) (02)
 Grades 9 through 11 (Some high school) (03)
 Grade 12 or GED (High school graduate) (04)
 College - 1 year to 3 years (some college or technical school) (05)
 College - 4 years or more (College graduate) (06)
54. Are you currently...? (choose only one) (13.8)
 Employed for wages (01)
 Self-employed (02)
 Out of work for MORE than 1 year (03)
 Out of work for LESS than 1 year (04)
 A homemaker (05)
 A student (06)
 Retired (07)
 Unable to work (08)

55. What is your annual household income from all sources...? (13.9)
- Less than \$10,000 (01)
 - Between \$10,000 to less than \$15,000 (02)
 - Between \$15,000 to less than \$20,000 (03)
 - Between \$20,000 to less than \$25,000 (04)
 - Between \$25,000 to less than \$35,000 (05)
 - Between \$35,000 to less than \$50,000 (06)
 - Between \$50,000 to less than \$75,000 (07)
 - \$75,000 or more (08)
 - Don't know / Not Sure (77)
56. About how much do you weigh without shoes? (13.10)
- _____ Weight
57. About how tall are you without shoes? (13.11)
- _____ Height
58. Where do you live? (13.12)
- Kent (01)
 - New Castle (02)
 - Sussex (03)
 - Wilmington (04)
59. Are you...? (13.17)
- Male (01)
 - Female (02)
60. Have you EVER been told by a doctor or other health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia? (16.4)
- Yes (01)
 - No (02)
61. Are you now limited in any way in any of your usual activities because of arthritis or joint symptoms? (16.5)
- Yes (01)
 - No (02)

These next questions are about the foods you usually eat or drink. Please indicate how often you eat or drink each one, for example, twice per week, three times per month, and so forth. Remember, we are only interested in the foods *you* eat. Include all foods *you* eat, both at home and away from home.

62. **How often do you drink fruit juices such as orange, grapefruit, or tomato?** (17.1)
(Interviewer: code using respondent's unit of time)

- _____ Times PER DAY
- _____ Times PER WEEK
- _____ Times PER MONTH
- _____ Times PER YEAR

63. **Not counting juice, how often do you eat fruit?** (17.2)
(Interviewer: code using respondent's unit of time)

- _____ Times PER DAY
- _____ Times PER WEEK
- _____ Times PER MONTH
- _____ Times PER YEAR

64. **How often do you eat green salad?** (17.3)
(Interviewer: code using respondent's unit of time)

- _____ Times PER DAY
- _____ Times PER WEEK
- _____ Times PER MONTH
- _____ Times PER YEAR

65. **How often do you eat potatoes, not including French fries, fried potatoes, or potato chips?** (17.4)
(Interviewer: code using respondent's unit of time)

- _____ Times PER DAY
- _____ Times PER WEEK
- _____ Times PER MONTH
- _____ Times PER YEAR

66. **How often do you eat carrots** (17.5)
(Interviewer: code using respondent's unit of time)

- _____ Times PER DAY
- _____ Times PER WEEK
- _____ Times PER MONTH
- _____ Times PER YEAR

67. **Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat?** (17.6)
(Example: A serving of vegetables at both lunch and dinner would be two servings.)
(Interviewer: code using respondent's unit of time)

- _____ Times PER DAY
- _____ Times PER WEEK
- _____ Times PER MONTH
- _____ Times PER YEAR

68. **During the past month, other than your regular job, did you participate in any physical activities or exercises?** (4.1)

- Yes (01)
- No (02)

If NO, please skip to question 76.

We are interested in two types of physical activity – vigorous and moderate. Vigorous activities cause large increases in breathing or heart rate while moderate activities cause small increases in breathing or heart rate.

69a. Do you have an exercise routine that you do in a usual week for at LEAST 10 minutes at a time, that causes some increase in your breathing or heart rate?

- Yes (01)
- No (02)

69b. Are there any other moderate activities that you do in a usual week for AT LEAST 10 minutes at a time that causes some increase in breathing or heart rate? (18.2)

- Yes (01)
- No (02)

If NO, please skip to question 72a.

70. How many days per week do you do these moderate activities for at LEAST 10 minutes at a time? (18.3)

- _____ Days per week
- Don't know / Not Sure (77)

71. On days when you do these moderate activities for at LEAST 10 minutes at a time, how much total time per day do you spend doing these activities? (18.4)

- _____ Hours per day and
- _____ Minutes per day
- Don't know / Not Sure (77)

72a. Now, thinking about the vigorous activities you do in a usual week, do you do any vigorous exercises for at LEAST 10 minutes at a time that causes large increases in breathing or heart rate?

- Yes (01)
- No (02)

72b. Are there any other vigorous activities that you do in a usual week for AT LEAST 10 minutes at a time causes large increases in breathing or heart rate? (18.2)

- Yes (01)
- No (02)

If NO, please skip to question 75.

73. How many days per week do you do you engage in activities that cause an increase in breathing and heart rate for at LEAST 10 minutes at a time? (18.6)

- _____ Days per Week
- Don't know / Not Sure (77)

74. On days when you do engage in activities that increase your breathing and heart rate, for at LEAST 10 minutes at a time, how much total time per day do you spend doing these activities? (18.7)

- _____ Hours per day and
_____ Minutes per Day
 Don't know / Not Sure (77)

75. Of the activities you do for at LEAST 10 minutes at a time that increase breathing and heart rate, what two activities do you do most often?

- A. _____
B. _____

The following questions are about how satisfied you are with your life.

76. How often do you get the social and emotional support you need? (20.1)

- Always (01)
 Usually (02)
 Sometimes (03)
 Rarely (04)
 Never (05)

77. How many close friends or relatives would help you with your emotional problems or feelings if you needed it?

- 3 or more (01)
 2 (02)
 1 (03)
 None (04)

78. In general, how satisfied are you with your life? (20.2)

- Very Satisfied (01)
 Satisfied (02)
 Dissatisfied (03)
 Very dissatisfied (04)

79. In general, how satisfied are you with your job?

- Very Satisfied (01)
 Satisfied (02)
 Dissatisfied (03)
 Very dissatisfied (04)
 Not Employed (05)

80. During the past 30 days, for about how many days have you felt sad, blue, or depressed? (Mod 4.2)

- _____ Number of days
 Don't know / Not Sure (77)

81. During the past 30 days, for about how many days have you felt worried, tense, or anxious? (Mod 4.3)

- _____ Number of days
 Don't know / Not Sure (77)

82. During the past 30 days, for about how many days have you felt you did not get enough rest or sleep? (Mod 4.4)

- _____ Number of days
 Don't know / Not Sure (77)

83. During the past 30 days, for about how many days have you felt very healthy and full of energy? (Mod 4.5)

- _____ Number of days
 Don't know / Not Sure (77)

84. 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. (Mod 2.1)

- Within the past year (anytime less than 12 months ago) (01)
- Within the past 2 years (1 year but less than 2 years ago) (02)
- Within the past 5 years (2 years but less than 5 years ago) (03)
- 5 or more years ago (04)
- Never (05)
- Don't Know/Not Sure (07)

85. How long has it been since you had your teeth cleaned by a dentist or dental hygienist? (Mod 2.3)

- Within the past year (anytime less than 12 months ago) (01)
- Within the past 2 years (1 year but less than 2 years ago) (02)
- Within the past 5 years (2 years but less than 5 years ago) (03)
- 5 or more years ago (04)
- Never (05)
- No Teeth (06)
- Don't Know/Not Sure (07)

If respondent is MALE, please skip to question 90.

86. A mammogram is an x-ray of each breast to look for breast cancer. Have you EVER had a mammogram? (Mod 13.1)

- Yes (01)
- No (02)
- Don't know / Not Sure (07)

87. **A clinical breast exam is when a doctor, nurse or other health professional feels the breasts for lumps. Have you EVER had a clinical breast exam?** (Mod 13.3)

- Yes (01)
- No (02)
- Don't know / Not Sure (07)

88. **A Pap test is a test for cancer of the cervix. Have you EVER had a Pap test?** (Mod 13.5)

- Yes (01)
- No (02)
- Don't know / Not Sure (77)

89. **How long has it been since you had your last Pap test?** (Mod 13.6)

- Within the past year (anytime less than 12 months ago) (01)
- Within the past 2 years (1 year but less than 2 years ago) (02)
- Within the past 5 years (2 years but less than 5 years ago) (03)
- 5 or more years ago (04)
- Never (05)
- Don't Know/Not Sure (07)

If respondent is under age 40 OR FEMALE, please skip to question 95.

90. **A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. Have you EVER had a PSA test?** (Mod 14.1)

- Yes (01)
- No (02)
- Don't know / Not Sure (07)

91. **How long has it been since you had your last PSA test?** (Mod 14.2)

- Within the past year (anytime less than 12 months ago) (01)
- Within the past 2 years (1 year but less than 2 years ago) (02)
- Within the past 5 years (2 years but less than 5 years ago) (03)
- 5 or more years ago (04)
- Never (08)
- Don't Know/Not Sure (07)

92. **A digital rectal exam is an exam in which a doctor, nurse or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. Have you EVER had a digital? rectal exam?** (Mod 14.3)

- Yes (01)
- No (02)
- Don't know / Not Sure (07)

93. How long has it been since your last digital rectal exam? (Mod 14.4)

- Within the past year (anytime less than 12 months ago) (01)
- Within the past 2 years (1 year but less than 2 years ago) (02)
- Within the past 5 years (2 years but less than 5 years ago) (03)
- 5 or more years ago (04)
- Never (05)
- Don't Know/Not Sure (07)

94. Have you EVER been told by a doctor, nurse or other health professional that you had prostate cancer? (Mod 14.5)

- Yes (01)
- No (02)

If respondent is under age 50, please skip to question 98.

95. 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. Have you EVER had either of these exams? (Mod 15.3)

- Yes (01)
- No (02)
- Don't know / Not Sure (07)

If NO, please skip to question 98.

97. How long has it been since you had your last sigmoidoscopy or colonoscopy? (Mod 15.4)

- Within the past year (anytime less than 12 months ago) (01)
- Within the past 2 years (1 year but less than 2 years ago) (02)
- Within the past 5 years (2 years but less than 5 years ago) (03)
- 5 or more years ago (04)
- Don't Know/Not Sure (07)

98. Are you now trying to lose weight? (Mod 18.1)

- Yes (01)
- No (02)

99. Are you now trying to maintain your current weight, that is, to keep from gaining weight? (Mod 18.2)

- Yes (01)
- No (02)

100. Are you eating either fewer calories or less fat to lose weight or keep from gaining weight? (Mod 18.3)

- Yes (01)
- No (02)

101. Are you using physical activity or exercise to lose weight or keep from gaining weight? (Mod 18.4)
- Yes (01)
 - No (02)
102. In the past 12 months, has a doctor, nurse or other health professional given you advice about your weight? (Mod 18.5)
- Yes (01)
 - No (02)
103. How often do you think about your disability / impairment / health problem? (Mod 24.2)
- Never (01)
 - Once a year (02)
 - Once a month (03)
 - Once a week (04)
 - Once a day (05)
 - Once an hour (06)
 - Constantly (07)
104. Within the past 12 months AT WORK, do you feel you were treated...? (Mod 24.3)
- Worse than others (01)
 - The same as others (02)
 - Better than others (03)
 - Worse than some, but better than others (04)
 - Only encountered other people with disabilities / impairments / or health problems (05)
 - Don't work (06)
105. Within the past 12 months when SEEKING HEALTH CARE, do you feel your experiences were...? (Mod 24.4)
- Worse than others (01)
 - The same as others (02)
 - Better than others (03)
 - Worse than some, but better than others (04)
 - Only encountered people with disabilities / impairments / or health problems (05)
 - No health care in the past 12 months (06)
106. Within the past 12 months on average, how often have you experienced any physical symptoms, for example a headache, an upset stomach, tensing of your muscles, or a pounding heart, as a result of how you were treated based on your disability / impairment / health problem(s)? (Mod 24.5)
- Never (01)
 - No more than once a year (02)
 - At least once a month (03)
 - At least once a week (04)
 - At least once a day (05)
 - At least once an hour (06)
 - Constantly (07)
 - Don't know / Not sure (77)

107. Within the past 12 months on average, how often have you felt emotionally upset, for example angry, sad, or frustrated, as a result of how you were treated based on your disability / impairment / health problem(s)?
(Mod 24.6)

- Never (01)
- No more than once a year (02)
- At least once a month (03)
- At least once a week (04)
- At least once a day (05)
- At least once an hour (06)
- Constantly (07)
- Don't know / Not sure (77)

If caregiver is present, please complete the following, otherwise skip to question 117.

Now I'm going to ask you some questions about your experiences with the person you are caring for.

108. What is the gender of the person you are caring for?

- Male (01)
- Female (02)

109. What is your relationship to the person who needs care or assistance?

- | | |
|--|--|
| <input type="checkbox"/> Aunt (01) | <input type="checkbox"/> Mother-in-law (15) |
| <input type="checkbox"/> Brother (02) | <input type="checkbox"/> Neighbor (16) |
| <input type="checkbox"/> Daughter (03) | <input type="checkbox"/> Nephew (17) |
| <input type="checkbox"/> Daughter-in-law (04) | <input type="checkbox"/> Niece (18) |
| <input type="checkbox"/> Father (05) | <input type="checkbox"/> Other Relative (19) |
| <input type="checkbox"/> Father-in-law (06) | <input type="checkbox"/> Paid caregiver / assistant (20) |
| <input type="checkbox"/> Friend (07) | <input type="checkbox"/> Partner (21) |
| <input type="checkbox"/> Granddaughter (08) | <input type="checkbox"/> Sister (22) |
| <input type="checkbox"/> Grandfather (09) | <input type="checkbox"/> Son (23) |
| <input type="checkbox"/> Grandmother (10) | <input type="checkbox"/> Son-in-law (24) |
| <input type="checkbox"/> Grandparent-in-law (11) | <input type="checkbox"/> Uncle (25) |
| <input type="checkbox"/> Grandson (12) | <input type="checkbox"/> Wife (26) |
| <input type="checkbox"/> Husband (13) | <input type="checkbox"/> Don't know / Not sure (77) |
| <input type="checkbox"/> Mother (14) | |

110. What do you think or what has a doctor said is the major health problem that s/he has?
(Only read options if needed.)

- Attention Deficit Disorder/Attention Deficit Hyperactivity Disorder (ADD/ADHD) (01)
- AIDS/HIV (02)
- Arthritis/rheumatism (03)
- Asthma (04)
- Cancer (05)
- Cerebral Palsy (06)
- Chromosomal anomaly (07)
- Dementia (08) List continued on next page

- Depression (09)
- Down's Syndrome (10)
- Anxiety and/or other emotional problem (11)
- Developmental delays (12)
- Diabetes (13)
- Eye/vision problem (blindness) (14)
- Hearing problems (deafness) (15)
- Heart disease (16)
- Hypertension/high blood pressure (17)
- Lung disease/emphysema (18)
- Multiple Sclerosis (19)
- Muscular Dystrophy (20)
- Osteoporosis (21)
- Parkinson's (22)
- Spinal Cord Injury (SCI) (23)
- Stroke (24)
- Traumatic Brain Injury (TBI) (25)
- Other [please specify] (26) _____

111. Given this condition, with which TWO of the following areas does s/he most need your help?

- Learning, remembering, and confusion (01)
- Seeing or hearing (02)
- Taking care of oneself, such as eating, dressing, bathing, or toileting (03)
- Communicating with others (04)
- Moving around (05)
- Getting along with people (06)
- Feeling anxious or depressed (07)
- Don't know / Not sure (77)

112. For how long have you provided care for him/her?

(Interviewer: code using respondent's unit of time)

- _____ DAYS
- _____ WEEKS
- _____ MONTHS
- _____ YEARS
- Don't know / Not sure (777)

113. In an average week, how many hours do you provide care for him/her because of his/her long-term illness or disability?

- _____ Hours PER WEEK
- Don't know / Not sure (777)

114. I am going to read a list of difficulties you may have faced as a caregiver. Please indicate which TWO of the following is the greatest difficulty you have faced in your caregiving:

- Caregiving creates a financial burden (01)
 - Caregiving doesn't leave enough time for yourself (02)
 - Caregiving doesn't leave enough time for your family (03)
- List Continued on next page

- Caregiving interferes with your work (04)
- Caregiving creates or aggravates health problems (05)
- Caregiving affects your family relationships (06)
- Caregiving creates stress; or (07)
- Another difficulty [please specify] (08) _____
- Don't know / Not sure (77)

115. In the past 12 months have you sustained an injury while helping him/her?

- Yes (01)
- No (02)
- Don't know / Not sure (07)

116. How far do you live from him/her? Do you live... ?

- In the same house (01)
- Less than 20 minutes away (02)
- Between 20 and 60 minutes away (03)
- Between 1 and 2 hours away (04)
- More than two hours away (05)
- Don't know / Not sure (07)

Interviewer: If the person has asked that their caregiver not be present during this process, please excuse them from the room for the remainder of the survey.

These next few questions are about your personal behavior and may be considered sensitive in nature, and I want to remind you that your answers are confidential.

If respondent is 50 years old or older, go to question 127.

117. During the past TWELVE MONTHS, have you engaged in any sexual activities or behavior?

- Yes (01)
- No (02)
- Don't know / Not Sure (07)

If NO, please skip to question 127.

118. During this time period, did you engage in oral sex?

- Yes (01)
- No (02)
- Don't know / Not Sure (07)

119. During this time period, did you engage in sexual intercourse?

- Yes (01)
- No (02)
- Don't know / Not Sure (07)

If NO to question 118 AND 119, please skip to question 122.

120. Was a condom or other protective barrier used the last time you had sexual intercourse or oral sex?

- Yes (01)
- No (02)
- Don't know / Not Sure (07)

If NO, please go to question 122.

121. The last time you used a condom or other protective barrier, was it used —

- To prevent pregnancy (01)
- To prevent diseases like syphilis, gonorrhea, and AIDS (02)
- For both reasons (03)
- For some other reason (04)
- Don't know / Not Sure (77)

122. Some people use condoms to keep from getting infected with HIV through sexual activity. How effective do you think a properly used condom is for this purpose? Would you say —

- Very effective (01)
- Somewhat effective (02)
- Not at all effective (03)
- Do not know (04)

123. Did you have any NEW sex partners during the past TWELVE MONTHS?
A new sex partner is someone you had sex with for the first time in the past 12 months.

- Yes (01)
- No (02)
- Don't know / Not sure (07)

If NO, please skip to question 125.

124. How many NEW sex partners did you have during the past TWELVE MONTHS?

- _____ Number
- Don't know / Not sure (77)

125. In the past FIVE YEARS, have you been treated for a sexually transmitted or venereal disease?

- Yes (01)
- No (02)
- Don't know / Not sure (07)

If YES continue, otherwise please go to bolded paragraph at top of next page (before 127).

126. Were you treated at a health department STD clinic?

- Yes (01)
- No (02)
- Don't know / Not sure (07)

The following questions are about physical and/or sexual violence or other unwanted sexual experiences. This information will allow us to better understand the problem of violence and unwanted sexual contact, and may help others in the future. This is a sensitive topic. Some people may feel uncomfortable with these questions. Remember your answers are strictly confidential. At the end of this section I will give you phone numbers for organizations that can provide information and referral for both of these issues. Please keep in mind that you can skip any question that you do not want to answer or stop the interview at any time.

Interviewer: If respondent refuses the entire section please check here

The first questions are about unwanted sexual experiences you may have had.

127. In the past 12 months, has anyone exposed you to unwanted sexual situations that did not involve physical touching? Examples include things like flashing you, peeping, sexual harassment, or making you look at sexual photos or movies. (Mod 25.1)

- Yes (01)
- No (02)
- Refused (09)

128. In the past 12 months, has anyone touched sexual parts of your body after you said or showed that you didn't want them to or without your consent? (Mod 25.2)

- Yes (01)
- No (02)
- Refused (09)

Now I am going to ask you some additional questions about unwanted sex. It may seem like you have already answered these questions. However, it is important that we ask these questions here.

129. In the past 12 months, has anyone ATTEMPTED to have sex with you after you said or showed that you didn't want to or without your consent, BUT SEX DID NOT OCCUR? (Mod 25.3)

- Yes (01)
- No (02)
- Refused (09)

If YES, please skip to question 131.

130. Has anyone EVER ATTEMPTED to have sex with you after you said or showed that you didn't want to or without your consent, BUT SEX DID NOT OCCUR? (Mod 25.7)

- Yes (01)
- No (02)
- Refused (09)

131. In the past 12 months, has anyone HAD SEX with you after you said or showed that you didn't want to or without your consent? (Mod 25.4)

- Yes (01)
- No (02)
- Refused (09)

If YES, please skip to question 133.

132. Has anyone EVER had sex with you after you said or showed that you didn't want them to or without your consent? (Mod 25.8)

- Yes (01)
- No (02)
- Refused (09)

If YES to question 129 OR question 131 please continue, otherwise go to the end of the survey.

133. At the time of the most recent incident, what was your relationship to the person who had sex-or attempted to have sex with you after you said or showed that you didn't want to or without your consent. (Mod 25.5)
(Use list to prompt response.)

- Complete Stranger (01)
- A person known for less than 24 hours (02)
- Acquaintance (03)
- Friend (04)
- Date (05)
- Current boyfriend/girlfriend (06)
- Former boyfriend/girlfriend (07)
- Spouse or live-in partner (08)
- Ex-spouse or ex live-in partner (09)
- Co-worker (10)
- Neighbor (11)
- Parent (12)
- Step-parent (13)
- Parent's partner (14)
- Other relative (15)
- Other non-relative (16)
- Multiple perpetrators (17)
- Caregiver (18)
- Don't Know / Not Sure (77)
- Refused (99)

134. Was the person who did this male or female? (Mod 25.6)

- Male (01)
- Female (02)
- Don't Know / Not Sure (07)
- Refused (09)

We realize that for some people discussions about this topic may bring up past experiences that you may want to talk about with qualified professionals. If you or someone you know would like to talk to a trained counselor here is a list of phone numbers.

INTERVIEWER: Please give counseling contact information at this time.

Thank you for all of your time answering these questions. Your answers, along with the answers of over 1,000 other persons with disabilities, will give the state of Delaware a better understanding of the health and health needs of persons with disabilities. Your contribution is an important one toward improving the health of all Delawareans with disabilities.

As one last reminder, the information you have included here is anonymous and will not be shared with anyone else other than the research team. Your identity will not be revealed to anyone. If you have questions or concerns about the interview, please contact the Annie Tanverdi at the Center for Disabilities Studies at 302-831-8802. Thanks!