

# **AMARILLO HEALTH SURVEY AND NEEDS ASSESSMENT 2010**

**Prepared for:  
City of Amarillo**

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## I. INTRODUCTION

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During the month of August 2010, a health survey and needs assessment was designed and administered by the University of North Texas Survey Research Center (SRC) for the City of Amarillo. The 2010 survey was the third health survey conducted for the city. The results of the survey provide the City Council and staff with insight into the health and well-being of the citizens of Amarillo in 2010 and that in some cases can be compared to survey results of 2007 and 1999 and to data from nationwide and Texas surveys.

Specific areas covered by the survey included:

- Access to health care and provider preference;
- Treatment patterns for both adults and children, and;
- Health status.

The report is divided into five sections: introduction, methodology, sample characteristics, findings, and conclusions.

## II. METHODOLOGY

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### Sample

The primary objective in drawing the sample was to target people who actually live in the City of Amarillo. Using a listing of up-to-date phone numbers through the sampling company *Genesys Sampling Systems, Inc.*, a random sample of phone numbers from the census tracts comprising Amarillo was drawn. Special care was taken to be sure that all portions of Amarillo were included in the sampling frame.

A total of 600 usable interviews were conducted and analyzed. In a random sample, 600 interviews yield a margin of error of  $\pm 4.0$  percent. This means, for example, that if 40 percent of the respondents answered “yes” to a question, we can be 95 percent confident that the actual proportion of residents in the population who would answer “yes” to the same question is 4.0 percentage points higher or lower than 40 percent (36.0 percent to 44.0 percent).

### Questionnaire

The survey instrument for the 2010 survey was designed after consultation with the City staff using the 2007 instrument as the starting point. The instrument used in the 2010 survey incorporated many of the questions used in the 2007 and 1999 surveys so that comparisons of the results of the two surveys could be made. Additional questions came from the Behavioral Risk Factor Surveillance System (BRFSS) Texas survey. The BRFSS is commissioned by the Center for Disease Control nationwide and offers opportunities to compare Amarillo findings to state and national findings. (See Appendix A for a copy of the questionnaire.)

### Data Collection

SRC's trained interviewers administered the survey. Training for all interviewers consisted of three basic elements. First, interviewers were informed about details of the survey. Such items as the reasons for doing the survey, the concept of a random sample, and the administration of the survey were discussed. Second, telephone-interviewing methods were presented. The interviewer's attitude, methods of conducting an interview, interviewing problems, and standard procedures were covered. Finally, the trainees were familiarized with the questionnaire. Each question was discussed and the specific instructions on the questionnaire were explained. The interviewers were provided with written material on the interviewing process, and they were instructed to conduct several practice interviews.

All interviewing was conducted from SRC's telephone bank in Denton, Texas. An experienced telephone supervisor was on duty at all times to supervise the administration of the sample, monitor for quality control, and handle any other problems. Shifts of interviewers were used throughout the day and evening, both weekdays and weekends. All telephone numbers in the sample were tried at least eight times, using a rotating schedule of callbacks to ensure that a number had been tried on weekends, during weekday evenings, and during the day. Interviews were conducted between August 5 and August 24, 2010.

SRC uses the Sawtooth Windows Computer Assisted Telephone Interviewing (*WinCATI*) system on IBM personal computers for all telephone surveys. *WinCATI* is an interactive computing system that allows on-line interviewing and continual data entry for each respondent. The survey questionnaire is programmed into the system; interviewers then read each question as it appears on a computer monitor and directly enter the respondent's answer

into the computerized database. The software automatically takes the interviewer through any skip or branching patterns in the instrument, eliminates incorrect response codes, eliminates the need for separate data entry, and allows for frequent tabulation of data as the survey proceeds.

The need for editing of surveys as they are completed is minimized by the use of *WinCATI*. The software eliminates response codes that are not in the appropriate field for individual questions. Despite the reduced probability for error, printouts of survey responses were reviewed to ensure that additional editing was not necessary.

Using the latest state-of-the-art statistical software (SPSS Windows 17.0), the data file was analyzed. Frequency distributions for each survey question and demographic characteristics were developed. Cross-tabulations of each question by selected demographic characteristics were then calculated.

The data are presented in tabular form with some descriptive comments and only preliminary interpretation and evaluation. The objectives were to secure overall citizen perceptions and to identify particular health concerns for detailed evaluation by city officials. The analysis of the data involved two steps. First, the observed frequencies or percentages for each question were calculated. These frequencies are displayed in the report as the percent responding "yes" or "no" or "excellent," "good," "fair," or "poor" to a question.

Upon completion of the first step, each question was then cross-tabulated with the seven descriptive characteristics indicated below. In order to ensure enough responses for valid cross-tabulations, demographic categories with a small number of responses were combined with other categories where noted below:

- Age
- Gender
- Ethnicity (Asian, Native Hawaiian/Other Pacific Islander, American Indian/Alaska Native, and Other were combined)
- Have children under 18 living in the household
- Education (less than high school and some high school were combined)
- Income (two highest categories were combined for comparison purposes)
- Language of the interview

The seven characteristics comprise a set of independent variables that could help to explain variations among the responses of the residents. In those instances where differences between demographic groups were statistically significant, the findings are detailed in tables or in text. If no demographic differences are discussed, one can assume that there were no differences between demographic groups on the question addressed.

After the data collection was completed, the sample was not fully representative of younger respondents. This is not unexpected as younger people are generally more active and therefore less likely to respond to telephone surveys. Younger people are also more likely to rely upon a cell phone as their only owned telephone line. In order to compensate for the smaller percentages of younger people responding, the data were weighted so that age distributions more accurately reflected those in the population. All data presented in the report are weighted by age.

### III. SAMPLE CHARACTERISTICS

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**Table 1**  
**Sample Characteristics<sup>1</sup>**

Demographic	Percentage responding	
	2010	2007
Age group		
18 to 24	14.1	13.4
25 to 34	20.6	19.7
35 to 44	18.3	18.4
45 to 54	18.1	18.6
55 to 64	13.2	12.8
65 to 74	8.1	8.8
75 and older	7.6	8.4
Gender		
Female	59.5	61.9
Male	40.5	38.1
Ethnicity*		
White	73.7	63.5
Black or African American	2.7	5.1
Hispanic	17.3	26.1
Asian	3.6	0.9
Native Hawaiian/Other Pacific Islander	0.2	0.0
American Indian/Alaska Native	1.8	1.0
Two or more races, not Hispanic	0.7	2.8
Other	0.0	0.5
Language of interview		
English	94.9	92.6
Spanish	5.1	7.4
Education**		
Less than high school	3.6	6.8
Some high school	6.7	9.5
High school graduate	23.3	27.6
Some college	29.8	24.7
College graduate or more	36.6	31.4

- As shown in Table 1, most of the respondents in the sample were between the ages of 35 and 64 (57.6 percent), were female (59.5 percent), were White (73.7 percent), completed the interview in English (94.9 percent), and had some college experience or a degree (66.4 percent).

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<sup>1</sup> All data are weighted.

\* All respondents reporting that they were Hispanic or Latino were categorized as “Hispanic” regardless of which race they selected.

\*\* Differences between the 2007 and 2010 samples for “education” are significant at the  $p < .01$  level.

**Table 1**  
**Sample Characteristics (Continued)**

Demographic	Percent responding	
	2010	2007
Income**		
Under \$15,000	15.9	14.6
\$15,001 to \$25,000	16.4	17.9
\$25,001-\$50,000	21.0	27.7
\$50,001-\$75,000	17.8	20.1
\$75,001-\$100,000	13.8	8.8
Over \$100,000	15.0	10.9
Have children under 18 living in household		
Yes	43.0	42.5
No	57.0	57.5
Zip code		
79101	0.9	1.0
79102	4.8	5.9
79103	3.5	5.5
79104	3.2	4.3
79106	16.4	13.6
79107	11.2	15.7
79108	5.4	5.4
79109	26.2	24.1
79110	9.2	11.1
79111	0.9	0.6
79118	3.7	1.3
79119	4.1	3.4
79121	3.7	3.1
79124	3.9	4.1
Other	2.9	1.0

- Thirty-nine percent of the respondents had incomes between \$25,001 and \$75,000. Twenty-nine percent had incomes over \$75,000. Forty-three percent of the sample had children under age 18 living in the household. Over half (53.8 percent) of the respondents lived in one of three zip code areas: 79109 (26.2 percent), 79106 (16.4 percent), and 79107 (11.2 percent).

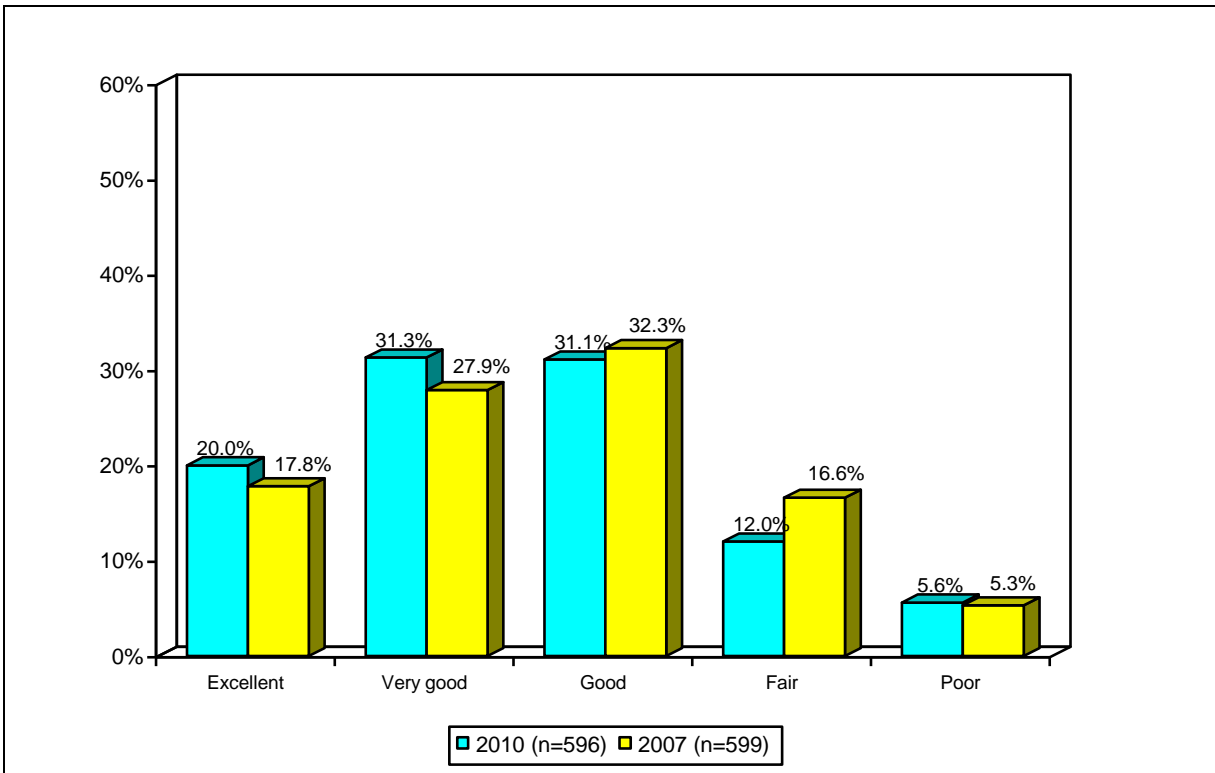
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\*\* Differences between the 2007 and 2010 samples for "income" are significant at the  $p < .01$  level.

## IV. FINDINGS

### Access to Health Care

**Figure 1**  
**Respondent's State of Health**



**Table 2**  
**Nationwide, Texas and Amarillo "At Risk" Comparison:**  
**Respondent's State of Health**

	Percentage At Risk
Nationwide 2009 <sup>1</sup>	14.5
Texas 2009	16.0
Amarillo 2007	21.9
Amarillo 2010	17.6

- Respondents were asked if, in general, their health was excellent, very good, good, fair or poor. As shown in Figure 1, 82.4 percent of the respondents reported their health was either excellent (20.0 percent), very good (31.3 percent) or good (31.1 percent).

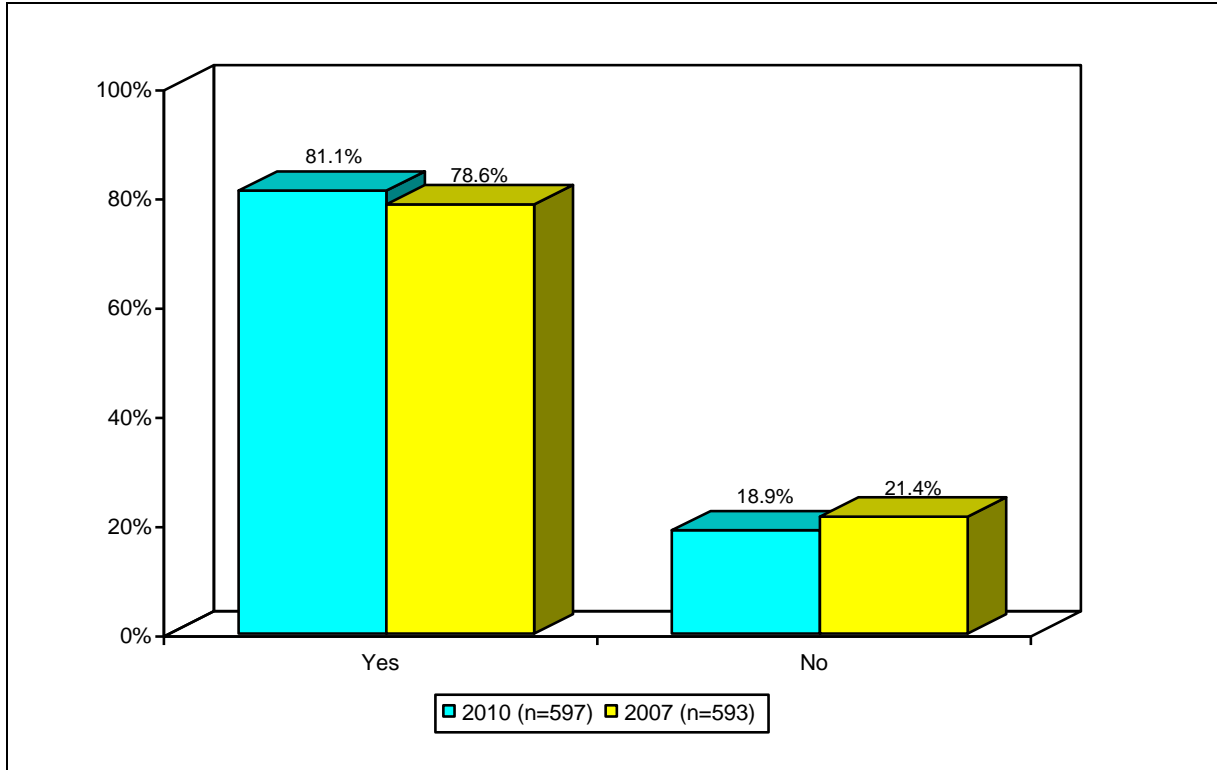
<sup>1</sup> Unless otherwise stated, Nationwide and Texas comparison data came from the Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Data*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2008 and 2009. Website: <http://apps.nccd.cdc.gov/brfss/page.asp?yr=2009&state=TX&cat=TU#TU>.

- Those who reported that their health was either fair or poor were considered to be “at risk” and are shown in Table 2. The most recent data that was available for Texas and the nation is shown. The percentage of at risk respondents for Amarillo 2010 is lower than Amarillo in 2007 but higher than respondents in Nationwide (14.5 percent) and Texas (16.0 percent) BRFSS surveys in 2009.
- The percentage of respondents who reported their health was either fair or poor (“at risk”) increased as the age of the respondents increased, decreased as education and income increased, and was higher among female respondents and respondents without children under 18 (see Table 3).

**Table 3  
State of Health in General  
By Selected Demographics**

	Percentage At Risk
Amarillo	17.6
Age of respondent	
18 to 24	7.7
25 to 34	9.3
35 to 44	12.0
45 to 54	24.4
55 to 64	23.8
65 to 74	24.4
75 or older	37.2
Gender of respondent	
Female	20.2
Male	13.6
Have children under 18	
Yes	9.8
No	23.6
Education	
Some high school or less	37.1
High school grad	17.9
Some college	22.0
College grad or more	8.3
Income	
Less than \$15,000	36.3
\$15,001 to \$25,000	27.7
\$25,001 to \$50,000	17.0
\$50,001 to \$75,000	9.9
More than \$75,000	2.1

**Figure 2**  
**Health Care Coverage**



**Table 4**  
**Nationwide, Texas and Amarillo “At Risk” Comparison:**  
**Health Care Coverage**

	Percentage At Risk
Nationwide 2009	14.4
Texas 2009	25.2
Amarillo 2007	21.4
Amarillo 2010	18.9

- Respondents were asked if they had any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare. As shown in Figure 2, 81.1 percent of the respondents reported they did have health care coverage.
- Nineteen percent of respondents reported they had no health insurance and were considered “at risk” (see Table 4). This Amarillo 2010 percentage is lower than Amarillo 2007 and Texas in 2009 but higher than Nationwide data in 2009.
- As shown in Table 5, the percentage of respondents who were at risk (had no health insurance) decreased as the age of the respondent, education and income increased and was higher among Hispanic respondents, respondents with children under 18 living in the household, and those who completed the interview in Spanish.



**Table 5**  
**Health Care Coverage**  
**By Selected Demographics**

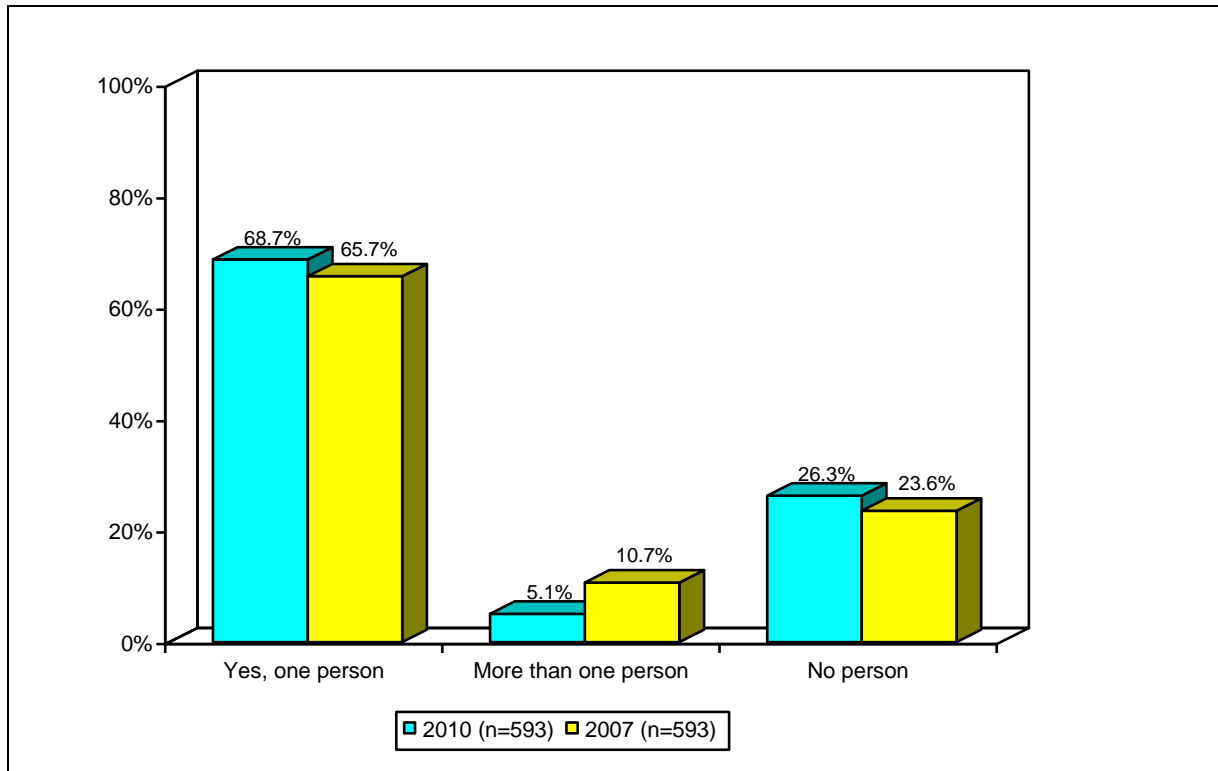
	Percentage At Risk
Amarillo	18.9
Age of respondent	
18 to 24	38.5
25 to 34	30.2
35 to 44	13.3
45 to 54	15.7
55 to 64	13.4
65 to 74	0.0
75 or older	2.2
Ethnicity	
White	14.5
Hispanic	35.6
Black/African American	13.3
Other	13.5
Have children under 18	
Yes	25.0
No	13.6
Education	
Some high school or less	43.5
High school grad	28.1
Some college	16.7
College grad or more	7.8
Income	
Less than \$15,000	55.6
\$15,001 to \$25,000	24.1
\$25,001 to \$50,000	19.8
\$50,001 to \$75,000	3.3
More than \$75,000	4.8
Language of interview	
English	18.3
Spanish	40.0

**Table 6**  
**Type of Primary Health Insurance**

	Percentage responding	
	2010 (n=483)	2007 (n=465)
Health insurance through someone's work or union (includes HMO)	59.8	63.3
Medicare	19.2	22.5
Health insurance bought directly by yourself or family	13.4	6.0
Medicaid or public aid	4.0	3.1
Veteran's Administration/Military	2.7	2.2
Insurance through JO Wyatt or a District Clinic	0.6	2.0
Other	0.3	1.0

- Respondents who indicated they had some kind of health care coverage were asked to identify the type of primary health insurance. As shown in Table 6, 59.8 percent of the respondents with health care coverage had health insurance through someone's work or union (includes HMO). Nineteen percent had Medicare.

**Figure 3**  
**Have Personal Doctor or Health Care Provider\*\***



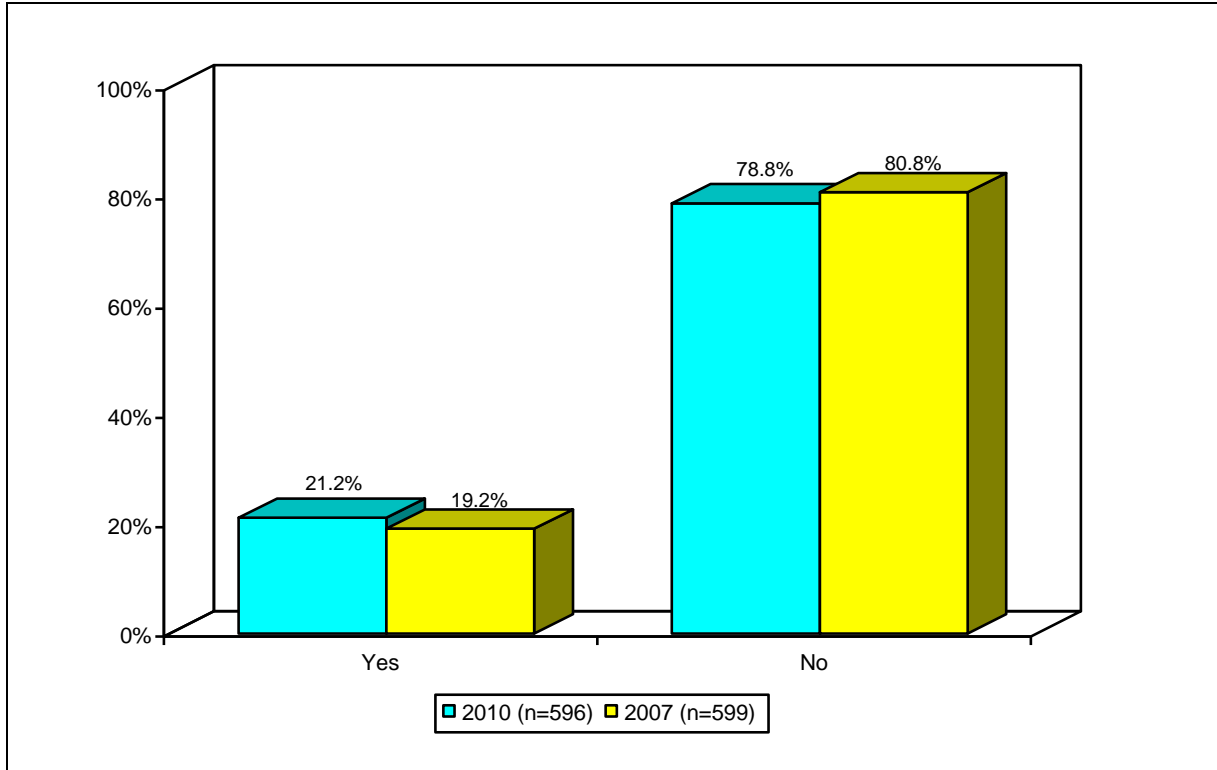
- Respondents were asked if they had one person that they thought of as their personal doctor or health care provider. As shown in Figure 3, 68.7 percent of the respondents had a single personal doctor, while 5.1 percent reported they had more than one personal doctor. Over one-quarter (26.3 percent) indicated they did not have one person they thought of as their personal doctor.
- The percentage of respondents who had one person they thought of as their personal doctor or health care provider increased as the age of the respondent, education, and income increased, and was higher among female respondents and respondents who completed the interview in English (see Table 7). Respondents with children under 18 living in the household were more likely to report not having a personal doctor or health care provider compared to respondents without children under 18 living in the household.

\*\* Differences between the 2007 and 2010 samples for “have personal doctor or health care provider” are significant at the  $p < .01$  level.

**Table 7**  
**Have Personal Doctor or Health Care Provider**  
**By Selected Demographics**

	Percentage responding		
	One person	More than one person	No one person
Amarillo	68.7	5.1	26.3
Age of respondent			
18 to 24	34.6	7.7	57.7
25 to 34	58.1	0.0	41.9
35 to 44	75.7	4.1	20.3
45 to 54	77.8	7.9	14.3
55 to 64	81.6	2.8	15.6
65 to 74	85.6	5.6	8.9
75 or older	82.4	13.2	4.4
Gender of respondent			
Female	74.8	5.4	19.8
Male	59.6	5.0	35.4
Have children under 18			
Yes	67.1	3.1	29.8
No	70.5	6.5	22.9
Education			
Some high school or less	47.5	3.3	49.2
High school grad	66.7	1.4	31.9
Some college	66.1	8.0	25.9
College grad or more	78.3	4.6	17.1
Income			
Less than \$15,000	41.3	5.0	53.8
\$15,001 to \$25,000	67.9	3.6	28.6
\$25,001 to \$50,000	70.2	6.7	23.1
\$50,001 to \$75,000	75.8	8.8	15.4
More than \$75,000	85.6	2.7	11.6
Language of interview			
English	71.6	5.5	23.0
Spanish	20.0	0.0	80.0

**Figure 4  
Needed to See Doctor But Could Not Due to Cost**



**Table 8  
Nationwide, Texas and Amarillo “At Risk” Comparison:  
Needed to See Doctor But Could Not Due to Cost**

	Percentage At Risk
Nationwide 2009 <sup>1</sup>	14.9
Texas 2009	19.7
Amarillo 2007	19.2
Amarillo 2010	21.2

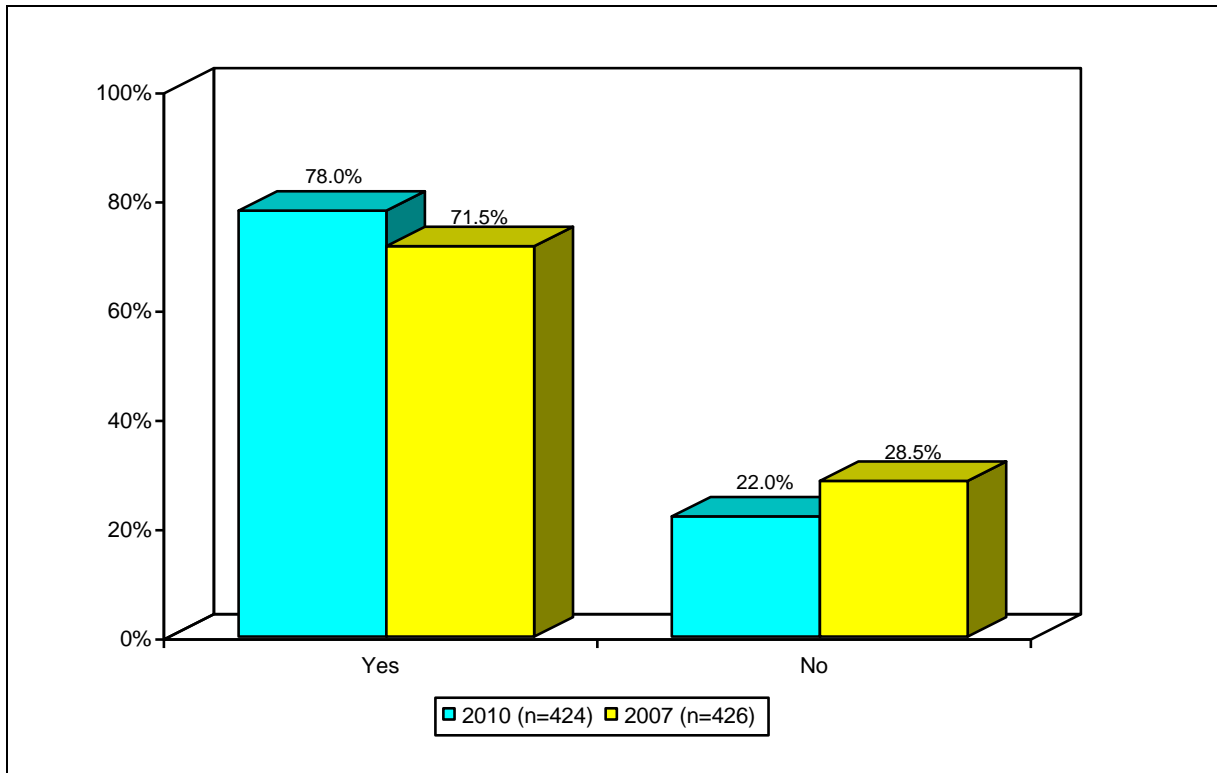
- Respondents were asked if there was a time in the past 12 months when they needed to see a doctor but could not because of cost. As shown in Figure 4, 21.2 percent of the respondents answered “yes.”
- The “at risk” percentage for Amarillo 2010 was higher than Amarillo 2007, Texas 2009 and Nationwide 2009.
- The percentage of respondents who were at risk generally decreased as the age of the respondent, education, and income increased and was higher among respondents who have children under 18 living in the household (see Table 9).

<sup>1</sup> The Nationwide and Texas 2009 comparison data for this question was found at:  
[http://www.dshs.state.tx.us/chs/brfss/query/brfss\\_dbquery2.asp](http://www.dshs.state.tx.us/chs/brfss/query/brfss_dbquery2.asp).

**Table 9**  
**Needed to See Doctor But Could Not Due to Cost**  
**By Selected Demographics**

	Percentage At Risk
Amarillo	21.2
Age of respondent	
18 to 24	26.9
25 to 34	39.5
35 to 44	8.0
45 to 54	23.6
55 to 64	17.5
65 to 74	9.0
75 or older	5.4
Have children under 18	
Yes	30.5
No	14.2
Education	
Some high school or less	45.2
High school grad	23.0
Some college	19.1
College grad or more	14.7
Income	
Less than \$15,000	51.9
\$15,001 to \$25,000	39.8
\$25,001 to \$50,000	7.9
\$50,001 to \$75,000	4.4
More than \$75,000	10.3

**Figure 5**  
**Spouse or Partner Has Health Insurance**



- Respondents were asked if their spouse or partner had health insurance. Seventy-eight percent of the respondents with a spouse or partner answered “yes” (see Figure 5).
- As shown in Table 10, the percentage of respondents whose spouse or partner had health insurance was higher among respondents age 65 to 74, white respondents, and respondents who completed the interview in English. The percentage increased as education and income increased.

**Table 10**  
**Spouse or Partner Has Health Insurance**  
**By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	78.0	22.0
Age of respondent		
18 to 24	60.0	40.0
25 to 34	60.0	40.0
35 to 44	89.8	10.2
45 to 54	87.0	13.0
55 to 64	81.6	18.4
65 to 74	93.2	6.8
75 or older	90.6	9.4
Ethnicity		
White	86.0	14.0
Hispanic	50.0	50.0
Black/African American	77.8	22.2
Other	65.0	35.0
Education		
Some high school or less	43.2	56.8
High school grad	68.7	31.3
Some college	78.7	21.3
College grad or more	91.0	9.0
Income		
Less than \$15,000	35.7	64.3
\$15,001 to \$25,000	60.0	40.0
\$25,001 to \$50,000	81.9	18.1
\$50,001 to \$75,000	88.9	11.1
More than \$75,000	91.7	8.3
Language of interview		
English	79.2	20.8
Spanish	40.0	60.0

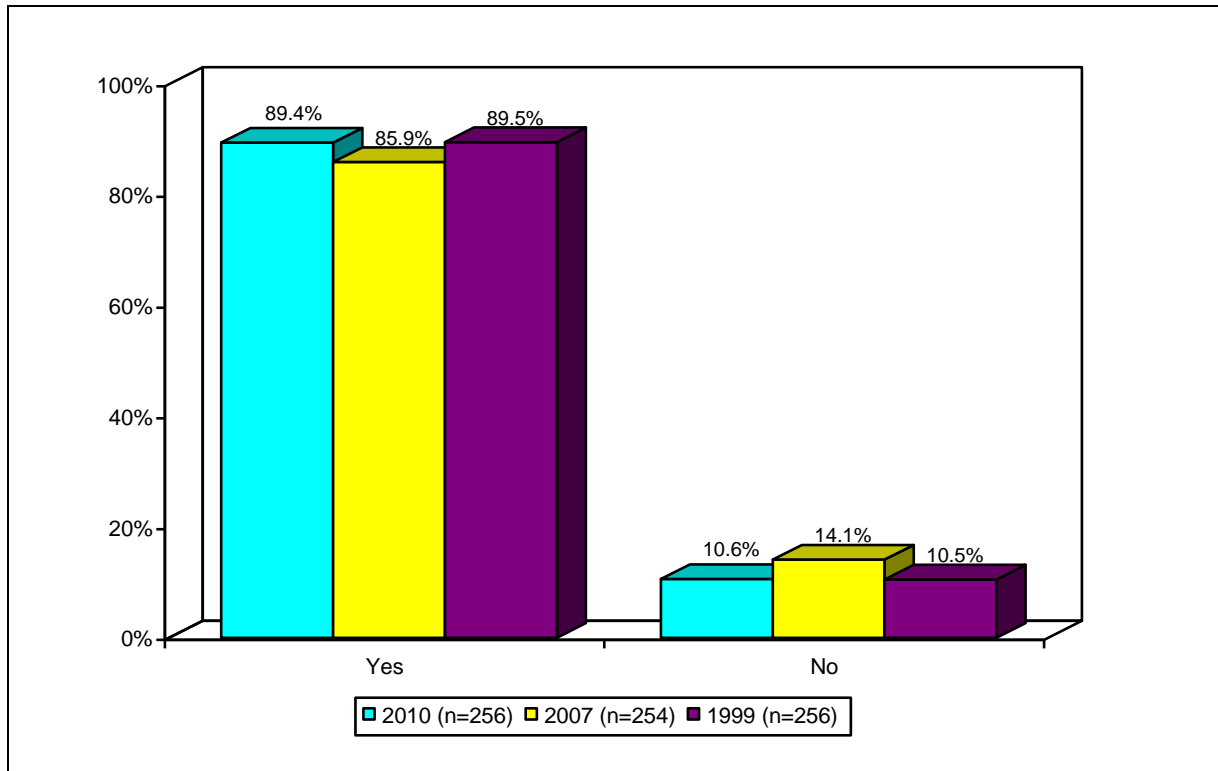


**Table 11**  
**Spouse/Partner's Type of Primary Health Insurance**

	Percentage responding	
	2010 (n=328)	2007 (n=302)
Health insurance through someone's work or union (includes HMO)	71.9	78.5
Medicare	10.9	11.6
Health insurance bought directly by yourself or family	9.4	5.0
Medicaid or public aid	5.1	1.5
Insurance through a JO Wyatt or District Clinic	0.0	0.8
Veteran's Administration/Military	1.8	2.5
COBRA	0.2	0.0

- Respondents who indicated their spouse or partner had some kind of health care coverage were asked to specify the type of primary health insurance. As shown in Table 11, 71.9 percent of those respondents indicated they had health insurance through someone's work or union (includes HMO). Eleven percent had Medicare.

**Figure 6**  
**Children Have Health Insurance \*\*\***



- Respondents with children were asked if their children had health insurance. As shown in Figure 6, 89.4 percent of those respondents reported their children did have health insurance.
- The percentage of respondents whose children had health insurance was higher among respondents with a high school diploma and those who completed the interview in English (see Table 12).

\*\*\* Differences between the 1999, 2007 and 2010 samples for “children have health insurance” are significant at the  $p < .001$  level.

**Table 12**  
**Children Have Health Insurance**  
**By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	89.4	10.6
Education		
Some high school or less	77.8	22.2
High school grad	98.2	1.8
Some college	82.1	17.9
College grad or more	92.9	7.1
Language of interview		
English	90.9	9.1
Spanish	60.0	40.0

**Table 13**  
**Children's Type of Primary Health Insurance**

	Percentage responding	
	2010 (n=229)	2007 (n=214)
Health insurance through someone's work or union (includes HMO)	60.8	61.9
Medicaid or public aid	23.0	31.5
Health insurance bought directly by yourself or family	13.6	3.9
Medicare	1.8	1.5
Insurance through JO Wyatt or a District Clinic	0.0	0.6
Other	0.7	0.6

- Respondents who indicated their children had health insurance were asked the type of primary health insurance. As shown in Table 13, 60.8 percent of respondents with children reported their child was covered by health insurance through someone's work or union (includes HMO). Twenty-three percent had Medicaid or public aid.

## Treatment Patterns

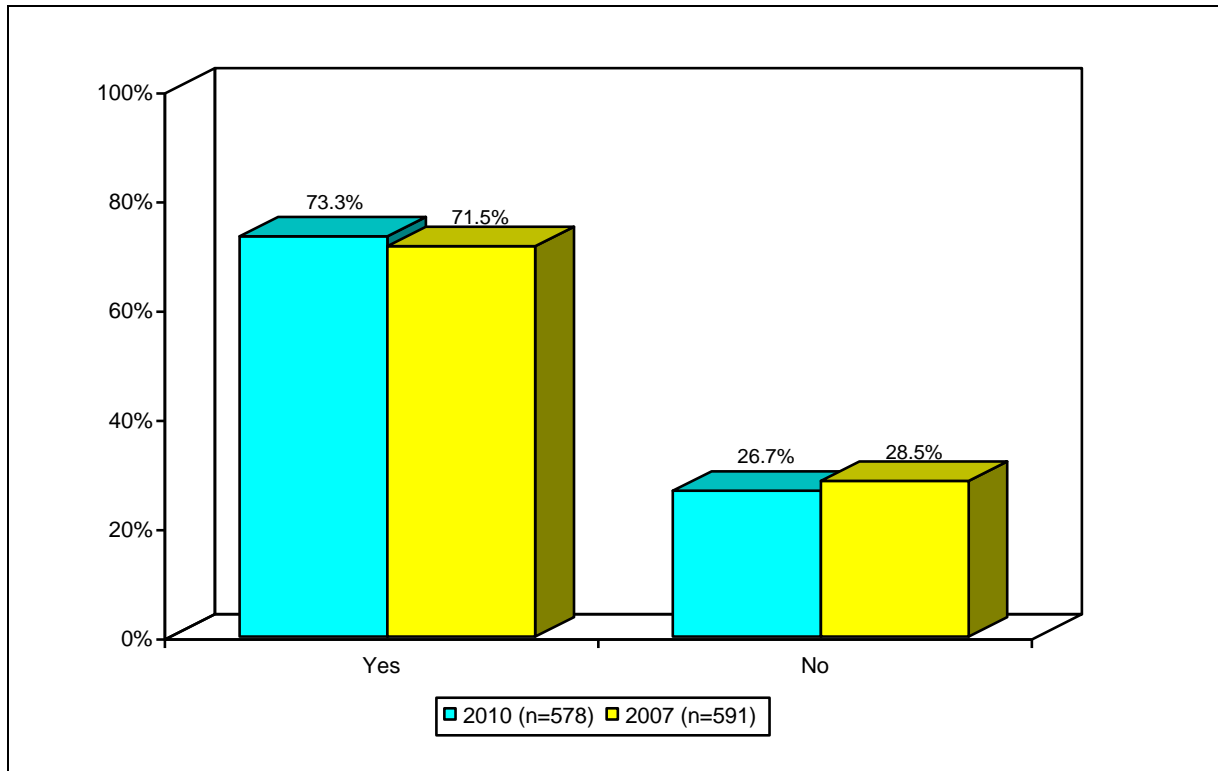
### Adults

**Table 14**  
**Type of Health Care Most Likely to Use**

	Percentage responding	
	2010 (n=584)	2007 (n=585)
Doctor or HMO	60.8	58.9
Hospital Emergency Room	12.7	16.3
Urgent Care Center	12.4	10.1
J.O. Wyatt Clinic	5.3	5.2
Nurse Practitioner	3.0	3.6
Veteran's Hospital	1.6	1.7
A clinic	1.1	-
A hospital	0.6	-
Other	0.8	1.6
Depends on circumstances	0.2	0.9
Would not use any source	1.3	1.6

- Respondents were asked if they or an adult member of their household were in need of health care which of the sources listed in Table 14 would they be most likely to use. Sixty-one percent of the respondents indicated they would use a doctor or HMO if they were in need of health care. Thirteen percent would use a hospital emergency room and 12.4 percent would use an urgent care center. Five percent would use the J. O. Wyatt Clinic. Three percent or less would use any of the other options mentioned.

**Figure 7**  
**Sought Health Care from Source in Past Two Years**

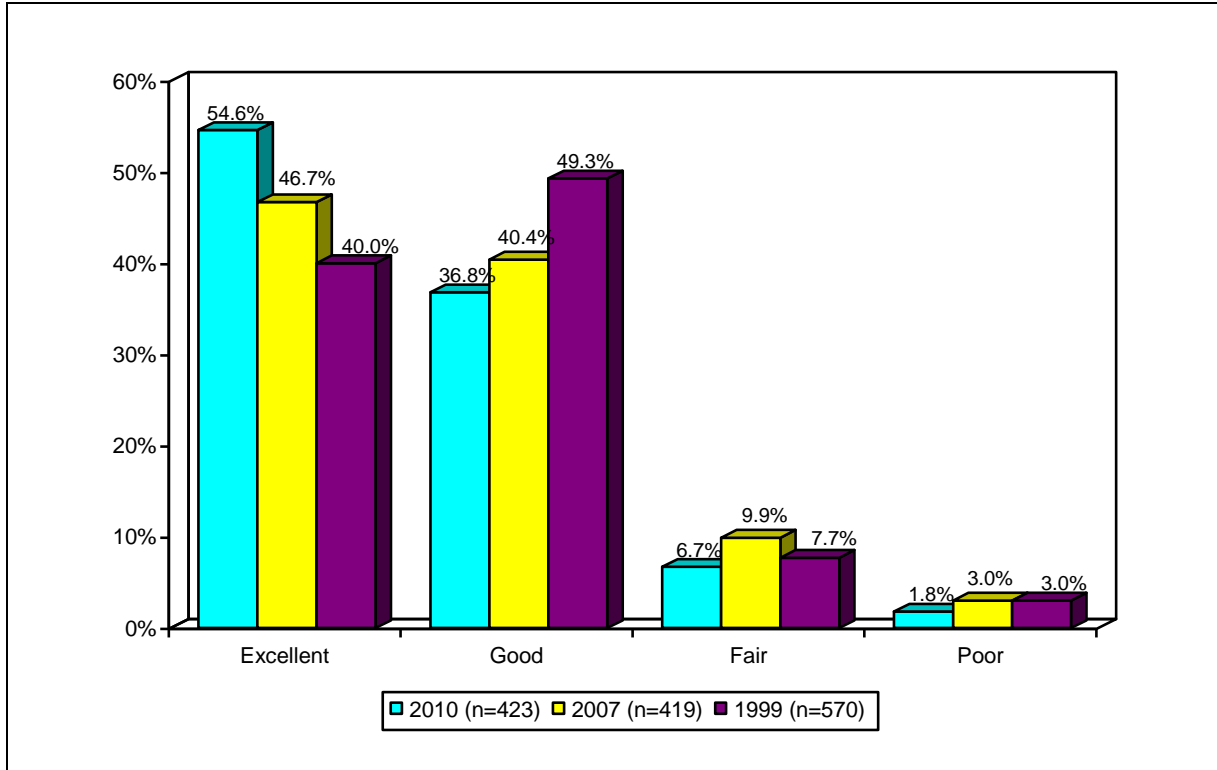


- Respondents were asked if they or an adult in their household had sought health care from that source within the past two years. Seventy-three percent of the respondents answered “yes” (see Figure 7).
- The percentage of respondents who had sought health care from the previously named source within the past two years was higher among respondents age 55 to 64, white respondents, respondents with children under 18 living in the household, respondents who completed the interview in English, and generally increased as education and income increased (see Table 15).

**Table 15**  
**Sought Health Care from Source in Past Two Years**  
**By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	73.3	26.7
Age of respondent		
18 to 24	57.7	42.3
25 to 34	63.4	36.6
35 to 44	80.6	19.4
45 to 54	79.0	21.0
55 to 64	83.1	16.9
65 to 74	77.5	22.5
75 or older	77.0	23.0
Ethnicity		
White	81.3	18.7
Hispanic	46.4	53.6
Black/African American	60.0	40.0
Other	67.6	32.4
Have children under 18		
Yes	78.2	21.8
No	70.0	30.0
Education		
Some high school or less	46.7	53.3
High school grad	61.9	38.1
Some college	81.0	19.0
College grad or more	81.4	18.6
Income		
Less than \$15,000	62.2	37.8
\$15,001 to \$25,000	78.0	22.0
\$25,001 to \$50,000	66.3	33.7
\$50,001 to \$75,000	87.4	12.6
More than \$75,000	83.3	16.7
Language of interview		
English	75.3	24.7
Spanish	25.0	75.0

**Figure 8**  
**Ratings of Health Care Services Received (Adults)\*\*\***



- Respondents who had sought health care from their preferred source within the past two years were asked to rate the care they received. As shown in Figure 8, 91.4 percent of the respondents rated the health care they sought as either excellent (54.6 percent) or good (36.8 percent).
- A higher percentage of respondents without children under 18 living in the household rated their health care as excellent than those with children under 18 living in the household (see Table 16).

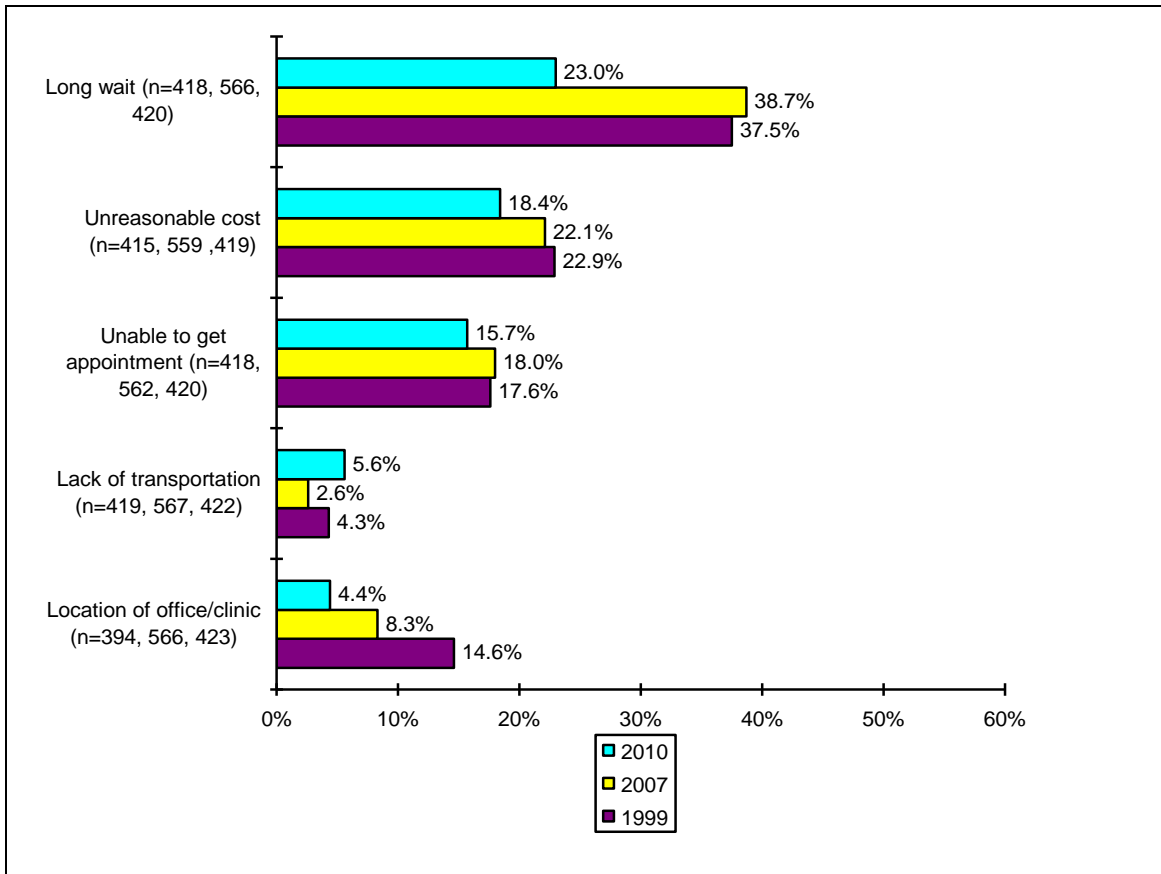
**Table 16**  
**Ratings of Health Care Services Received (Adult)**  
**By Selected Demographics**

	Percentage responding			
	Excellent	Good	Fair	Poor
Amarillo	54.6	36.8	6.7	1.8
Have children under 18				
Yes	50.0	43.3	6.7	0.0
No	58.5	31.0	7.0	3.5

\*\*\* Differences between the 1999, 2007 and 2010 samples for “ratings of health care services received” are significant at the p<.001 level.



**Figure 9**  
**Problems Experienced with Health Care Received (Adults)\*\***



- Respondents who sought health care in the past two years were asked if they encountered any of the problems listed in Figure 9. Despite the fact that reports of a long wait had decreased substantially in 2010, it was still the most common problem experienced in 2010 (23.0 percent), 2007 (38.7 percent) and in 1999 (37.5 percent).

Too long a wait

- Twenty-three percent of the respondents who sought health care in the past two years experienced too long a wait.
- As shown in Table 17, the respondents who experienced too long a wait generally decreased as the age of the respondent and varied with income.

\*\* Differences between the 1999, 2007 and 2010 samples for “location of office/clinic” and “too long a wait” are significant at the  $p < .001$  level.

**Table 17**  
**Too Long a Wait**  
**By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	23.0	77.0
Age of respondent		
18 to 24	33.3	66.7
25 to 34	11.5	88.5
35 to 44	28.1	71.9
45 to 54	32.7	67.3
55 to 64	20.5	79.5
65 to 74	13.2	86.8
75 or older	12.1	87.9
Income		
Less than \$15,000	34.1	65.9
\$15,001 to \$25,000	9.7	90.3
\$25,001 to \$50,000	26.1	73.9
\$50,001 to \$75,000	27.6	72.4
More than \$75,000	20.0	80.0

Unreasonable cost of services

- Eighteen percent of the respondents who sought health care in the past two years experienced unreasonable costs of services.
- As shown in Table 18, the percentage of respondents who experienced unreasonable costs of services generally decreased as income increased and was higher among respondents who completed the interview in Spanish.

**Table 18**  
**Unreasonable Cost of Services**  
**By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	18.4	81.6
Income		
Less than \$15,000	26.1	73.9
\$15,001 to \$25,000	27.0	73.0
\$25,001 to \$50,000	27.3	72.7
\$50,001 to \$75,000	13.2	86.8
More than \$75,000	6.7	93.3
Language of interview		
English	18.1	81.9
Spanish	71.4	28.6

Unable to get appointment

- Sixteen percent of the respondents who sought health care in the past two years were unable to get an appointment.
- As shown in Table 19, the percentage of respondents who reported problems getting an appointment when they sought health care generally decreased as income increased.

**Table 19**  
**Unable to Get an Appointment**  
**By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	15.7	84.3
Income		
Less than \$15,000	24.4	75.6
\$15,001 to \$25,000	22.2	77.8
\$25,001 to \$50,000	8.7	91.3
\$50,001 to \$75,000	17.1	82.9
More than \$75,000	10.9	89.1

Lack of transportation to office/clinic

- Six percent of the respondents who sought health care in the past two years experienced problems due to lack of transportation to the health care provider's office or clinic.
- As shown in Table 20, the percentage who experienced problems due to lack of transportation to the provider's office or clinic was higher among respondents without children under 18 living in the household and much higher among respondents with some high school education or less.

**Table 20**  
**Lack of Transportation to Office/Clinic**  
**By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	5.6	94.4
Have children under 18		
Yes	2.6	97.4
No	8.3	91.7
Education		
Some high school or less	33.3	66.7
High school grad	4.8	95.2
Some college	4.4	95.6
College grad or more	1.7	98.3

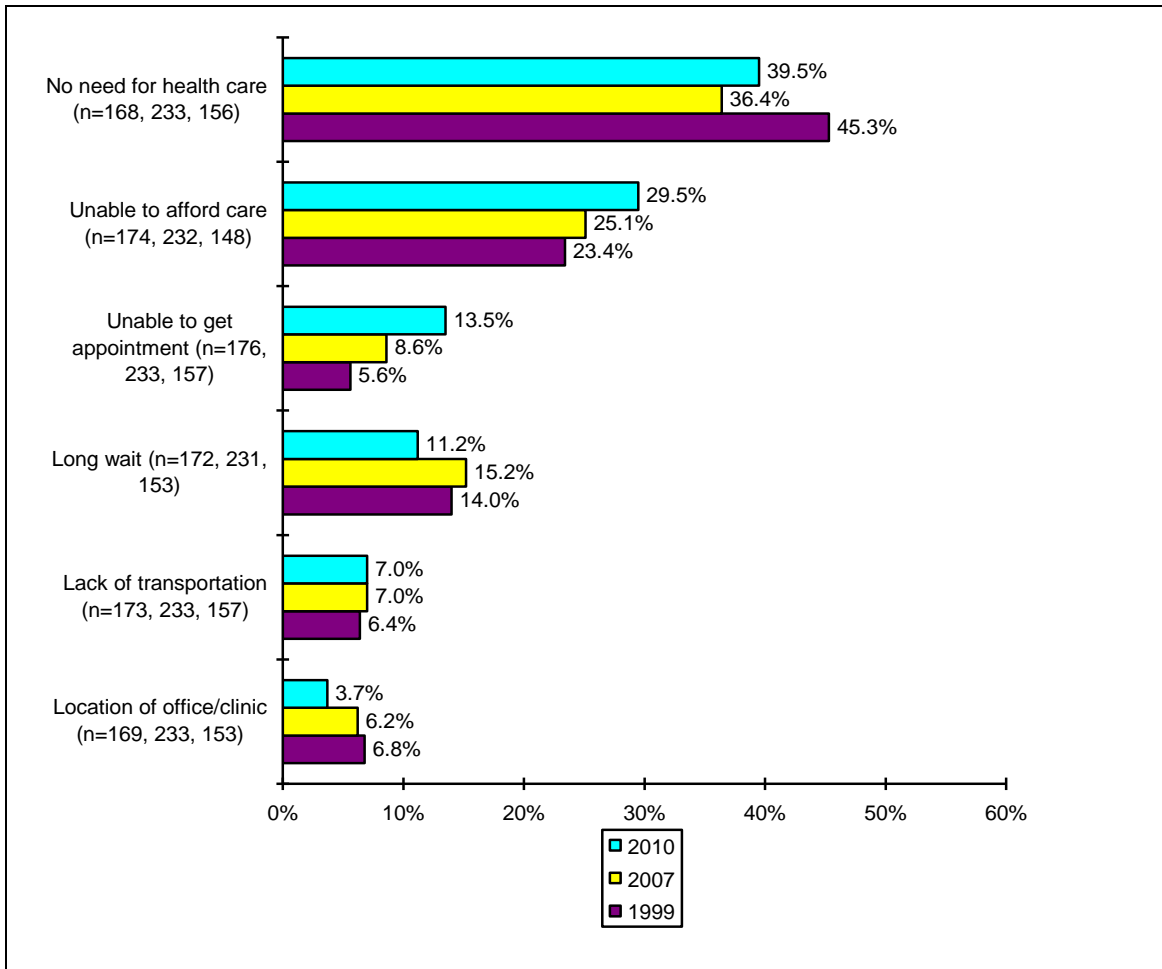
Location of office/clinic

- Four percent of the respondents who sought health care in the past two years experienced problems related to the location of the health provider's office or clinic.
- As shown in Table 21, the percentage of respondents who experienced problems related to the location of the health provider's office or clinic was higher among respondents with some high school or less and respondents who completed the interview in Spanish.

**Table 21**  
**Location of Office/Clinic**  
**By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	4.4	95.6
Education		
Some high school or less	14.3	85.7
High school grad	3.6	96.4
Some college	7.3	92.7
College grad or more	1.1	98.9
Language of interview		
English	3.7	96.3
Spanish	42.9	57.1

**Figure 10**  
**Reasons Prevented Adult from Getting Needed Health Care \***



- Respondents who did not seek health care in the past two years were asked if they were prevented from getting health care due to any of the problems listed in Figure 10. While the largest percentage of respondents in 2010 (39.5 percent), 2007 (36.4 percent) and 1999 (45.3 percent) reported they did not need health care in the past two years, approximately one-quarter of the respondents reported they were prevented from getting health care because they were unable to afford care (29.5 percent in 2010, 25.1 percent in 2007, 23.4 percent in 1999).

No need for health care

- Forty percent of the respondents indicated they did not seek health care because there was no need to do so.
- Fifty percent of male respondents compared to 30.2 percent of female respondents reported no need for health care (see Table 22). A larger percentage of respondents completing the interview in Spanish than English did not require health care.

\* Differences between the 1999, 2007 and 2010 samples for “unable to get an appointment” are significant at the p<.05 level.

**Table 22**  
**No Need for Health Care**  
**By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	39.5	61.5
Gender of respondent		
Female	30.2	69.8
Male	50.7	49.3
Language of interview		
English	35.1	64.9
Spanish	66.7	33.3

Unable to afford care

- Thirty percent of the respondents who sought health care were prevented from doing so because they were unable to afford care.
- As shown in Table 23, the percentage of respondents who sought care and were prevented from doing so because they were unable to afford care generally decreased as education and income increased, and was higher among female respondents and respondents with children under 18 living in the household.

**Table 23**  
**Unable to Afford Care**  
**By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	29.5	70.5
Gender of respondent		
Female	36.5	63.5
Male	20.6	79.4
Have children under 18		
Yes	44.4	55.6
No	22.0	78.0
Education		
Some high school or less	61.3	38.7
High school grad	25.0	75.0
Some college	21.9	78.1
College grad or more	16.2	83.8
Income		
Less than \$15,000	63.0	37.0
\$15,001 to \$25,000	26.7	73.3
\$25,001 to \$50,000	15.2	84.8
\$50,001 to \$75,000	8.3	91.7
More than \$75,000	25.0	75.0

Unable to get an appointment

- Fourteen percent of the respondents who sought health care were prevented from doing so because they were unable to get an appointment.
- As shown in Table 24, respondents with some high school education or less were more likely than respondents with more education to report they were prevented from seeking health care because they were unable to get an appointment.

**Table 24**  
**Unable to Get Appointment**  
**By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	13.5	86.5
Education		
Some high school or less	31.3	68.7
High school grad	13.2	86.8
Some college	0.0	100.0
College grad or more	10.0	90.0

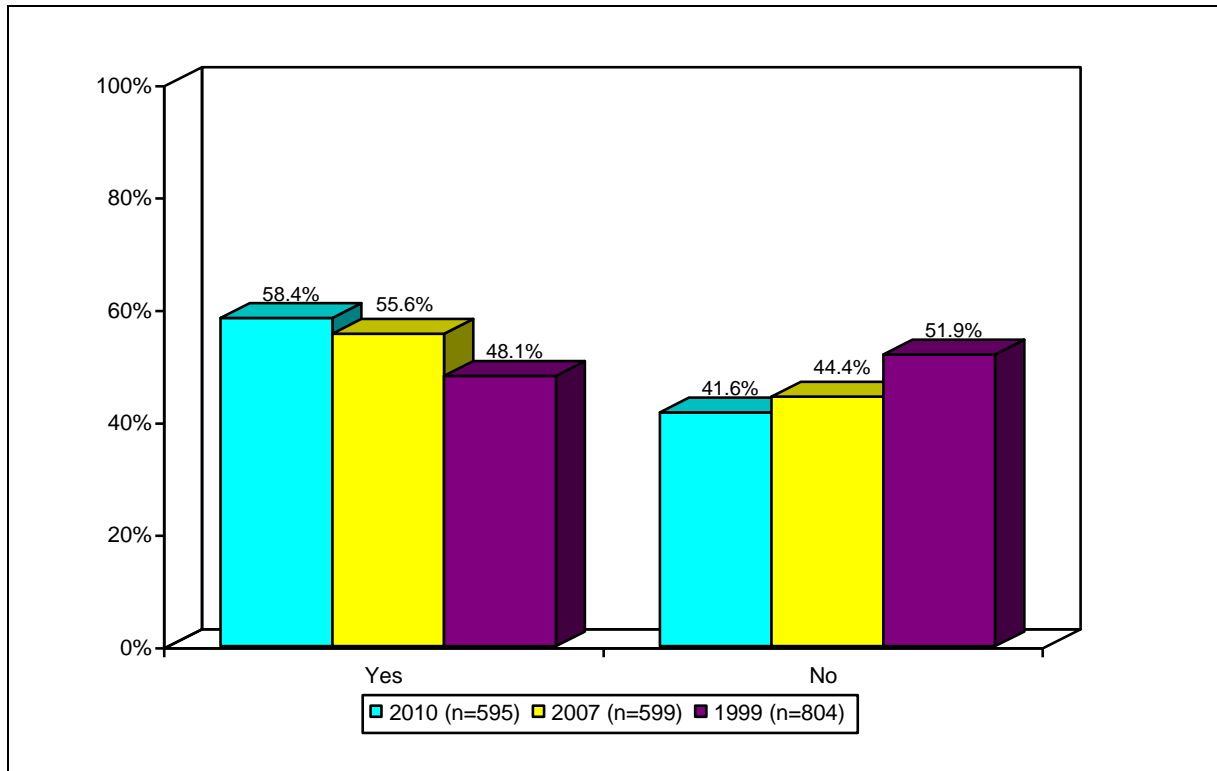
Lack of transportation to office/clinic

- Seven percent of the respondents who sought health care were prevented from doing so because they did not have transportation to the doctor's office or clinic.
- As shown in Table 25, lack of transportation to the doctor's office or clinic was a bigger problem for respondents without children under 18 living in the household than for those with children under 18 living in the household.

**Table 25**  
**Lack of Transportation to Office/Clinic**  
**By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	7.0	93.0
Have children under 18		
Yes	0.0	100.0
No	11.1	88.9

**Figure 11**  
**Visited Doctor for Checkup<sup>\*\*\*</sup>**



- Respondents were told, “Some people visit a doctor or clinic for a checkup even though they are feeling healthy. Have you ever done that for yourself?” As shown in Figure 11, 58.4 percent of the respondents reported getting a checkup even though they felt healthy.
- As shown in Table 26, the percentage of respondents who got a checkup even though they felt healthy generally increased as the age of the respondent, education and income increased, and was higher among respondents without children under 18 living in the household and respondents who completed the interview in English.

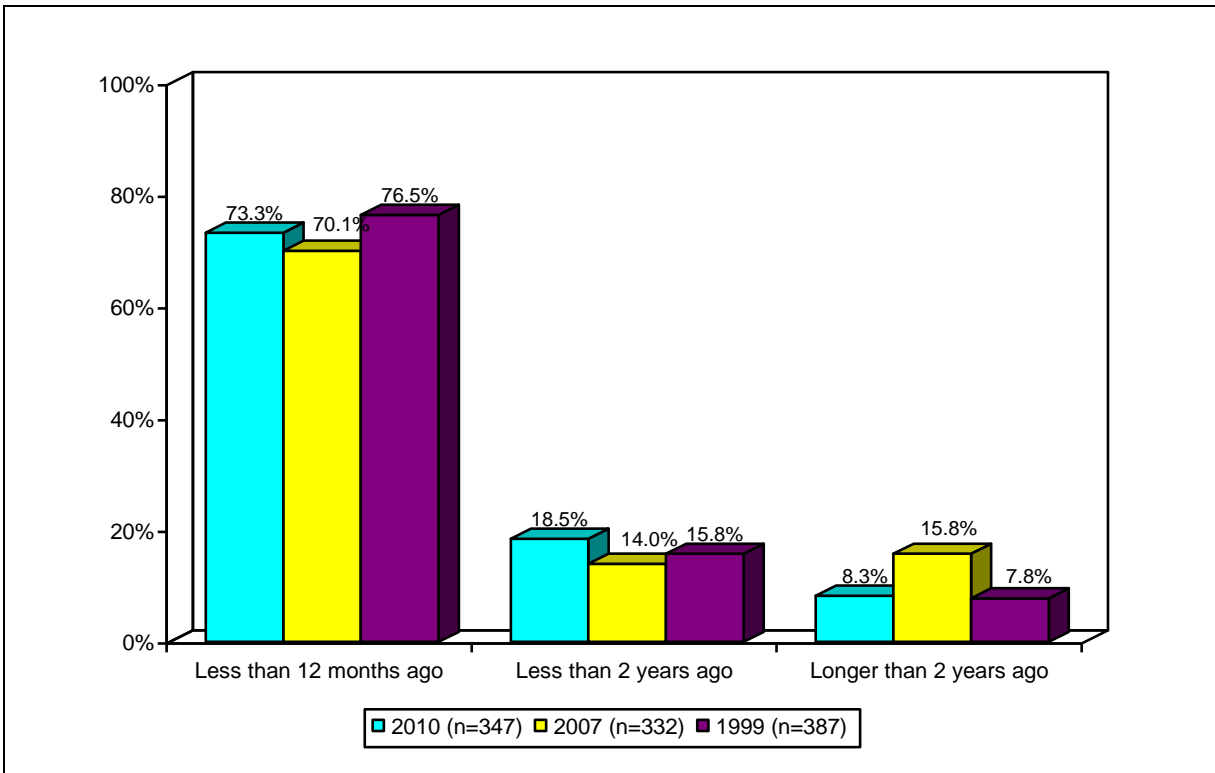
<sup>\*\*\*</sup> Differences between the 1999, 2007 and 2010 samples for “visited doctor for checkup” are significant at the  $p < .001$  level.



**Table 26**  
**Visited Doctor for Checkup**  
**By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	58.4	41.6
Age of respondent		
18 to 24	34.6	65.4
25 to 34	51.2	48.8
35 to 44	61.3	38.7
45 to 54	66.1	33.9
55 to 64	69.0	31.0
65 to 74	77.5	22.5
75 or older	58.2	41.8
Have children under 18		
Yes	52.7	47.3
No	63.1	36.9
Education		
Some high school or less	47.5	52.5
High school grad	45.7	54.3
Some college	55.9	44.1
College grad or more	71.6	28.4
Income		
Less than \$15,000	43.8	56.3
\$15,001 to \$25,000	49.4	50.6
\$25,001 to \$50,000	56.6	43.4
\$50,001 to \$75,000	68.9	31.1
More than \$75,000	71.9	28.1
Language of interview		
English	60.1	39.9
Spanish	36.7	63.3

**Figure 12**  
**Most Recent Checkup\*\***



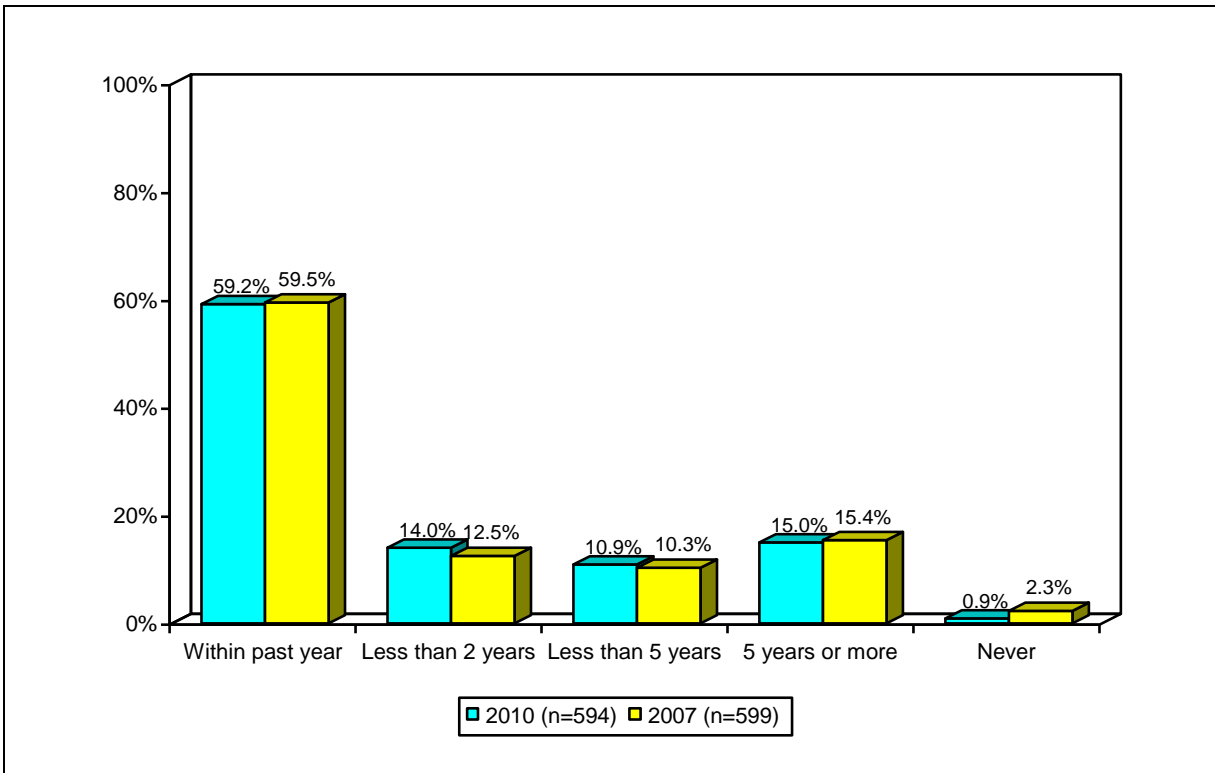
- Respondents who indicated they got a checkup even when they felt healthy were asked how long ago their most recent checkup was. As shown in Figure 12, 73.3 percent reported their last checkup was less than 12 months ago. Twenty-seven percent reported their checkup was either less than 2 years ago (18.5 percent) or longer than 2 years ago (8.3 percent).
- The percentage of respondents who got their most recent checkup less than 12 months ago was higher among female respondents (see Table 27).

**Table 27**  
**Most Recent Checkup**  
**By Selected Demographics**

	Percentage responding		
	Less than 12 months	Less than 2 years	Longer than 2 years
Amarillo	73.3	18.5	8.3
Gender of respondent			
Female	79.3	15.0	5.6
Male	63.7	24.4	11.9

\*\* Differences between the 1999, 2007 and 2010 samples for “most recent checkup” are significant at the p<.01 level.  
*University of North Texas Survey Research Center*

**Figure 13**  
**Last Visited Dentist**



- Respondents were asked how long it had been since they last visited a dentist or a dental clinic (including dental specialists such as orthodontists) for any reason. As shown in Figure 13, 59.2 percent of the respondents reported visiting a dentist or dental clinic within the past year.
- The percentage of respondents who reported they had visited a dentist or a dental clinic within the past year increased as education and income increased, and was higher among female respondents (see Table 28).

**Table 28**  
**Last Visited Dentist**  
**By Selected Demographics**

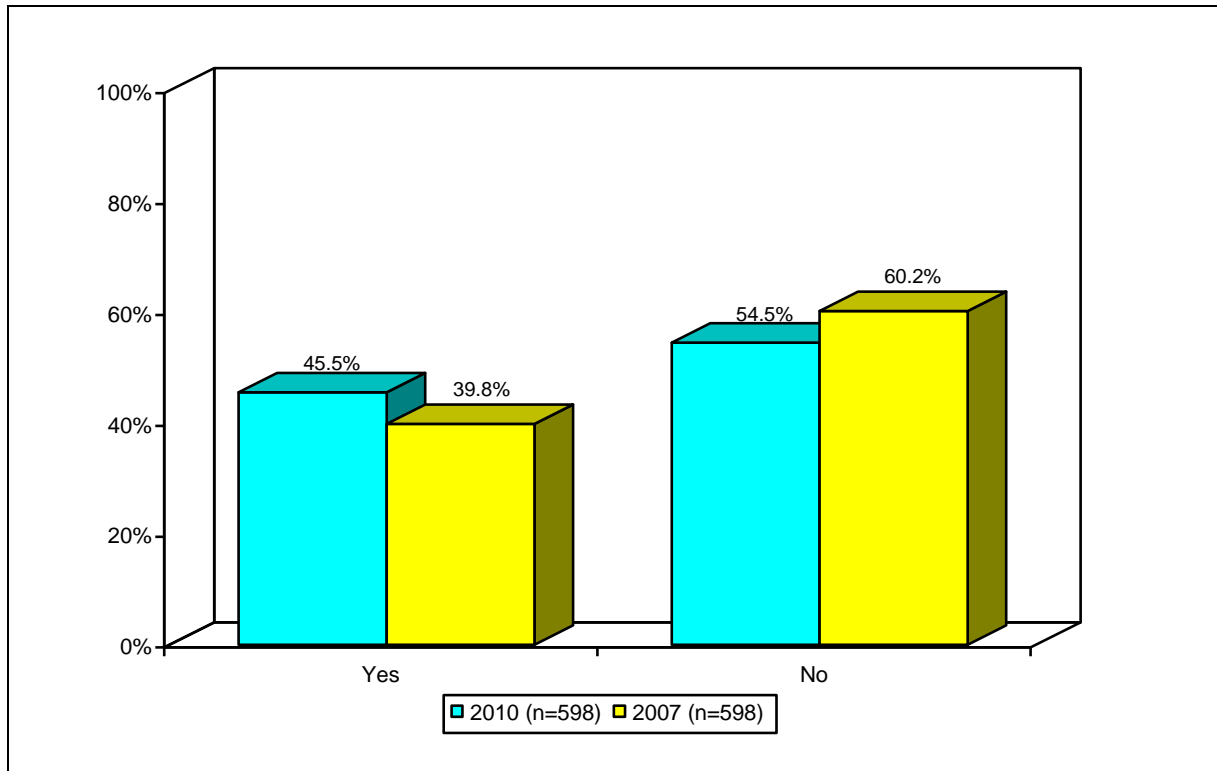
	Percentage responding				
	Within past year	Less than 2 years	Less than 5 years	5 years or more	Never
Amarillo	59.2	14.0	10.9	15.0	0.9
Gender of respondent					
Female	63.2	12.0	11.7	12.8	0.3
Male	53.1	17.3	9.9	18.1	1.6
Education					
Some high school or less	19.0	19.0	20.7	39.7	1.7
High school grad	46.0	15.1	17.3	18.7	2.9
Some college	63.3	14.1	5.6	16.9	0.0
College grad or more	74.9	11.9	8.2	4.6	0.5
Income					
Less than \$15,000	22.2	19.8	24.7	33.3	0.0
\$15,001 to \$25,000	45.2	15.5	17.9	20.2	1.2
\$25,001 to \$50,000	64.5	13.1	8.4	14.0	0.0
\$50,001 to \$75,000	71.4	12.1	4.4	12.1	0.0
More than \$75,000	78.1	11.0	6.8	3.4	0.7

**Table 29**  
**Type of Dental Care Most Likely to Use**

	Percentage responding	
	2010 (n=584)	2007 (n=576)
Private dentist	80.9	82.8
Community Dental Clinic	9.6	6.1
J.O. Wyatt Dental Clinic	3.1	4.3
South Plains Health Provider/RHN	1.5	2.1
Hospital Emergency Room	1.6	0.7
Veteran's Hospital	0.4	0.3
Other	1.8	2.2
Would not use any source	1.1	1.6

- When respondents were asked if they or an adult member of their household were in need of dental care which of the sources listed in Table 29 they would be most likely to use, a large majority (80.9 percent) indicated they would use a private dentist. Other providers included the Amarillo College Dental Clinic, Regency Dental Clinic, and the Sherwood Dental Clinic.

**Figure 14**  
**Had Flu Shot in Past 12 Months \***



**Table 30**  
**Nationwide, Texas and Amarillo “At Risk” Comparison:**  
**No Flu Shot**

	Percentage At Risk
Nationwide 2009 <sup>1</sup>	61.5
Texas 2009	61.8
Amarillo 2007	60.2
Amarillo 2010	54.5

- Respondents were asked if they had gotten a flu shot (influenza vaccine) injected into their arm in the past 12 months. As shown in Figure 14, 45.5 percent of the respondents reported getting a flu shot in the past 12 months.
- Sixty-two percent of respondents in the 2005 Nationwide and Texas surveys had not gotten a flu shot while 54.5 percent of 2010 Amarillo respondents reported they had not gotten a flu shot (see Table 30).
- The percentage of respondents who were at risk because they had not gotten a flu shot in the past 12 months decreased as the age of the respondent increased, and was

\* Differences between the 2007 and 2010 samples for “had flu shot in past 12 months” are significant at the  $p < .05$  level.

<sup>1</sup> The Nationwide and Texas 2009 comparison data for this question was found at: [http://www.dshs.state.tx.us/chs/brfss/query/brfss\\_dbquery2.asp](http://www.dshs.state.tx.us/chs/brfss/query/brfss_dbquery2.asp).

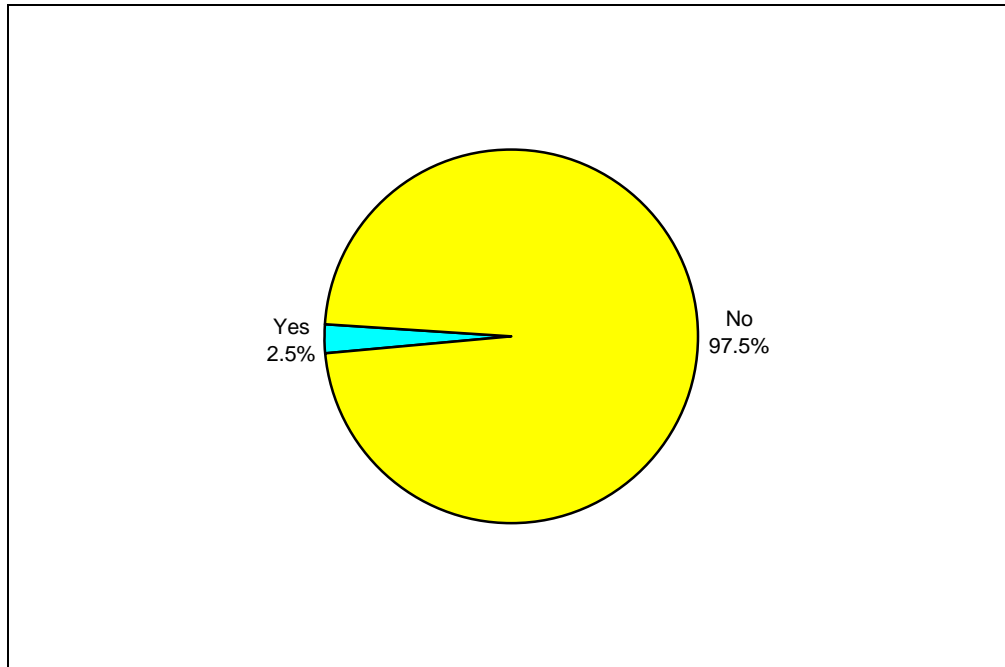
higher among Hispanic respondents, respondents with children under 18 living in the household, and respondents with an income of less than \$15,000 per year (Table 31). The percentage varied with education.

**Table 31**  
**Had Flu Shot in Past 12 Months**  
**By Selected Demographics**

	Percentage At Risk
Amarillo	54.5
Age of respondent	
18 to 24	65.4
25 to 34	62.8
35 to 44	57.3
45 to 54	62.2
55 to 64	43.4
65 to 74	34.4
75 or older	27.7
Ethnicity	
White	53.7
Hispanic	62.0
Black/African American	56.3
Other	35.1
Have children under 18	
Yes	63.4
No	47.5
Education	
Some high school or less	61.3
High school grad	58.3
Some college	61.2
College grad or more	44.5
Income	
Less than \$15,000	70.0
\$15,001 to \$25,000	53.0
\$25,001 to \$50,000	48.1
\$50,001 to \$75,000	54.4
More than \$75,000	49.3



**Figure 15**  
**Had Flu Vaccine Called FluMist in Past 12 Months**

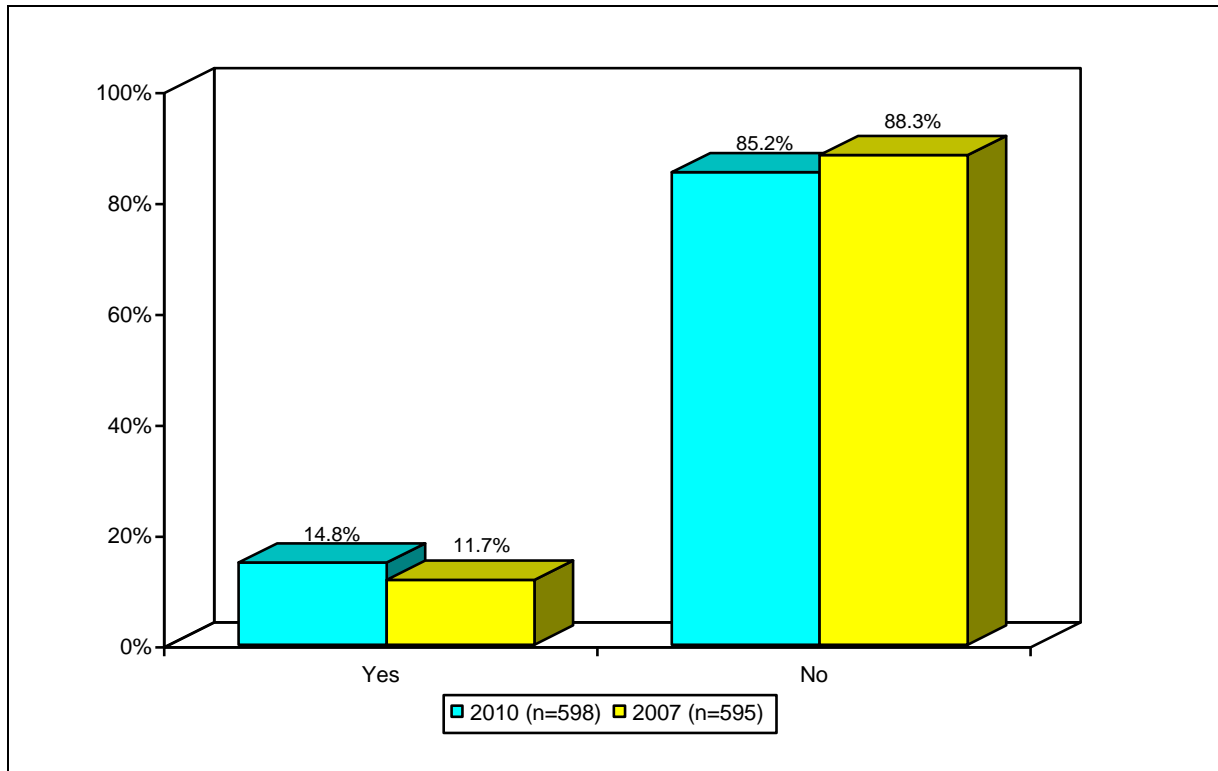


- Respondents were asked if they had gotten a flu vaccine sprayed in the nose called FluMist in the past 12 months. As shown in Figure 15, 2.5 percent of the respondents reported getting FluMist in the past 12 months.
- The percentage of respondents who received the flu vaccine called FluMist was higher among respondents with children under 18 living in the household (Table 32).

**Table 32**  
**Had Flu Vaccine Called FluMist**  
**By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	2.5	97.5
Have children under 18		
Yes	4.3	95.7
No	1.2	98.8

**Figure 16**  
**Adult in Household Sought Mental Health Care Services in Past Two Years**



- Respondents were asked if they or a member of their household had sought mental health care services in the last two years. Fifteen percent of the respondents answered “yes” (see Figure 16).
- As shown in Table 33, the percentage of respondents who reported seeking mental health care services in the last two years was higher among respondents age 25 to 44, respondents of “other” ethnicity, respondents with children under 18 living in the household, respondents who had an income of less than \$15,000 per year, and respondents who completed the interview in English.

**Table 33**  
**Adult in Household Sought Mental Health Care Services in Past Two Years**  
**By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	14.8	85.2
Age of respondent		
18 to 24	15.4	84.6
25 to 34	20.9	79.1
35 to 44	20.0	80.0
45 to 54	13.4	86.6
55 to 64	9.8	90.2
65 to 74	6.7	93.3
75 or older	5.4	94.6
Ethnicity		
White	14.5	85.5
Hispanic	7.9	92.1
Black/African American	6.3	93.8
Other	40.5	59.5
Have children under 18		
Yes	21.5	78.5
No	9.8	90.2
Income		
Less than \$15,000	27.2	72.8
\$15,001 to \$25,000	12.0	88.0
\$25,001 to \$50,000	17.0	83.0
\$50,001 to \$75,000	17.8	82.2
More than \$75,000	6.8	93.2
Language of interview		
English	15.9	84.1
Spanish	0.0	100.0

**Table 34**  
**Type of Mental Health Care Most Likely to Use**

	Percentage responding	
	2010 (n=542) <sup>1</sup>	2007 (n=526)
Private provider	63.9	63.4
Texas Panhandle Mental Health/Mental Retardation (TPMHMR)	19.6	15.5
J.O. Wyatt Clinic	5.1	6.0
Other	11.3	15.0

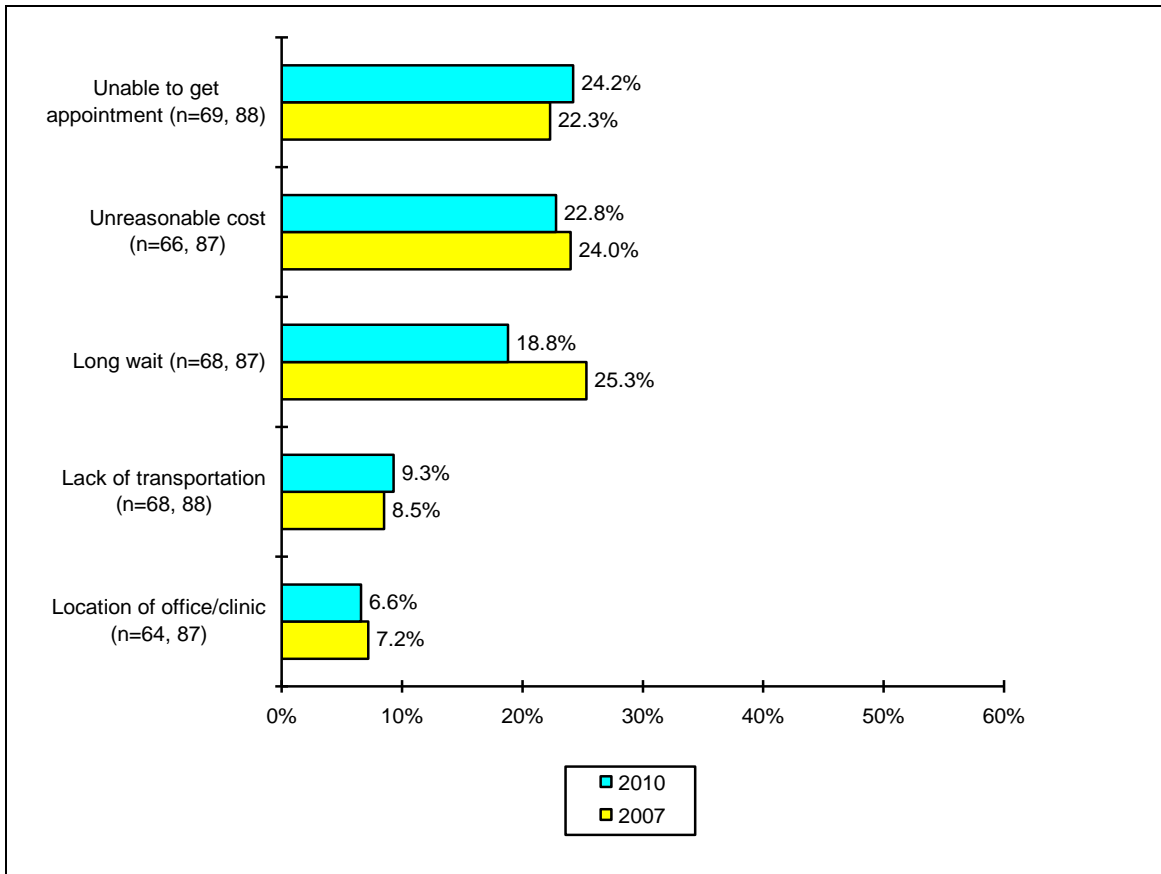
- Respondents were asked which provider they would most likely use if they or an adult member of their household was in need of mental health care. Sixty-four percent of the respondents reported they would most likely use a private provider while 19.6 percent would use Texas Panhandle Mental Health/Mental Retardation (see Table 34).
- As shown in Table 35, the percentage of respondents who reported they would use a private provider for mental health care generally increased as education and income increased.

**Table 35**  
**Type of Mental Health Care Most Likely to Use**  
**By Selected Demographics**

	Percentage responding			
	Private provider	TPMHMR	J O Wyatt Clinic	Other
Amarillo	63.9	19.6	5.1	11.3
Education				
Some high school or less	30.2	30.2	20.8	18.9
High school grad	55.9	26.8	8.7	8.7
Some college	58.3	21.5	2.5	17.8
College grad or more	82.8	10.1	1.0	6.1
Income				
Less than \$15,000	32.4	40.8	9.9	16.9
\$15,001 to \$25,000	45.9	20.3	10.8	23.0
\$25,001 to \$50,000	59.6	25.3	3.0	12.1
\$50,001 to \$75,000	83.7	12.8	0.0	3.5
More than \$75,000	90.4	5.2	0.7	3.7

<sup>1</sup> Nine percent or 56 respondents answered “don’t know” to this question in 2010.

**Figure 17**  
**Problems Experienced with Mental Health Care Received**



- Respondents who sought mental health care in the past two years were asked if they experienced any of the problems listed in Figure 17. The most common problem reported by respondents who sought mental health care was the inability to get an appointment (24.2 percent).

Unable to get an appointment

- Twenty-four percent of the respondents who sought mental health care were unable to get an appointment (see Figure 17).
- As shown in Table 36, 30.9 percent of respondents with children under 18 living in the household and 12.1 percent of those without children under 18 living in the household were unable to get an appointment when they sought mental health care.

**Table 36  
Unable to Get Appointment  
By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	24.2	75.8
Have children under 18		
Yes	30.9	69.1
No	12.1	87.9

Too long a wait

- Nineteen percent of the respondents who sought mental health care experienced too long a wait.
- As shown in Table 37, 25.9 percent of respondents with children under 18 living in the household and 8.8 percent of those without children under 18 living in the household reported too long a wait when seeking mental health care.

**Table 37  
Too Long a Wait  
By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	18.8	81.2
Have children under 18		
Yes	25.9	74.1
No	8.8	91.2

Lack of transportation

- Nine percent of the respondents who sought mental health care experienced problems due to lack of transportation.
- A greater percentage of male respondents and respondents without children under 18 living in the household reported problems getting mental health care due to lack of transportation to the office or clinic (see Table 38).

**Table 38**  
**Lack of Transportation to Office/Clinic**  
**By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	9.3	90.7
Gender of respondent		
Female	3.6	96.4
Male	18.8	81.3
Have children under 18		
Yes	1.8	98.2
No	21.2	78.8

## Children

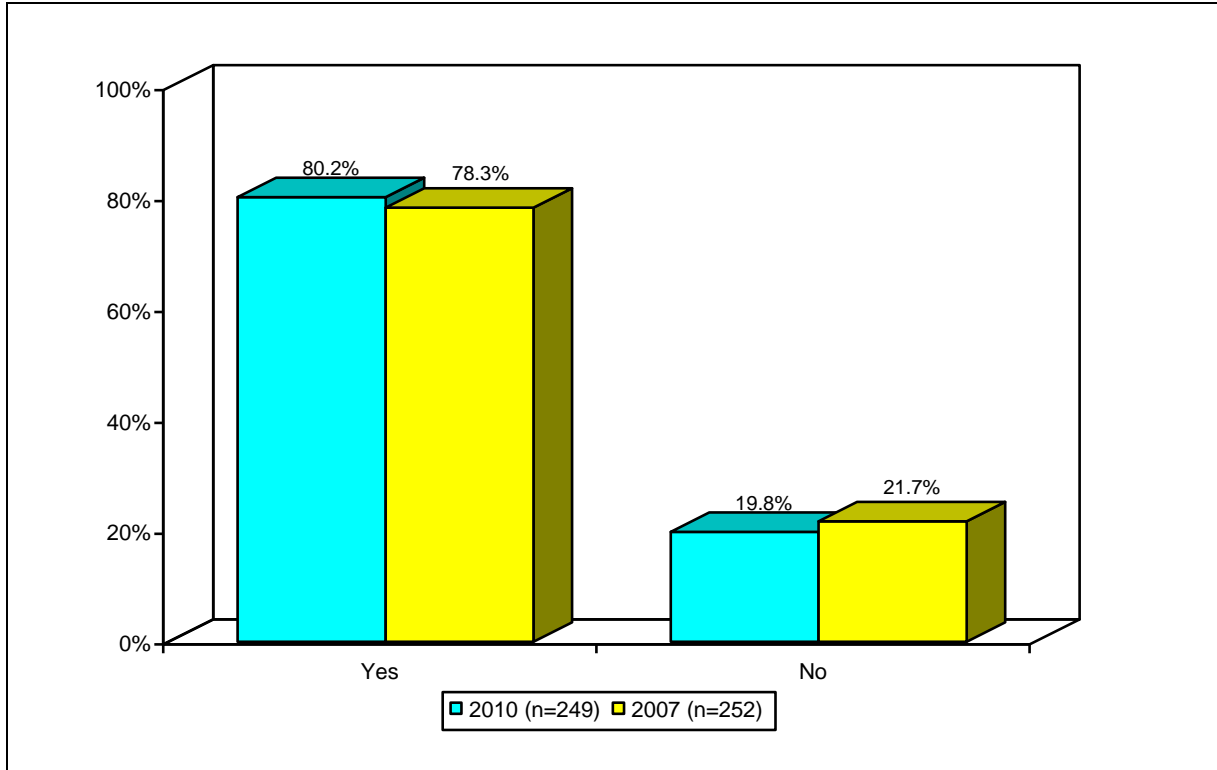
**Table 39**  
**Type of Health Care Most Likely to Use (Child)**

	Percentage responding	
	2010 (n=562)	2007 (n=569)
Doctor or HMO	73.5	65.7
Hospital Emergency Room	8.1	13.1
Urgent Care Center	8.1	7.2
Nurse Practitioner	4.5	4.0
J.O. Wyatt Clinic	4.1	3.6
Northwest Hospital	0.0	1.2
Texas Tech Health Science Center	-	0.7
Veteran's Hospital	0.2	0.5
Women's and Children's Clinic	0.3	-
Other	0.7	1.6
Depends on circumstances	-	1.0
Would not use any source	0.3	1.5

- Respondents were asked if a child living with them needed health care which of the sources listed in Table 39 they would be most likely to use. Nearly three-quarters (73.5 percent) of the respondents indicated they would use a doctor or HMO. Sixteen percent would use either a hospital emergency room (8.1 percent) or Urgent Care Center (8.1 percent). Less than 5 percent would use any of the other options.



**Figure 18**  
**Sought Health Care for Child in Past Two Years**

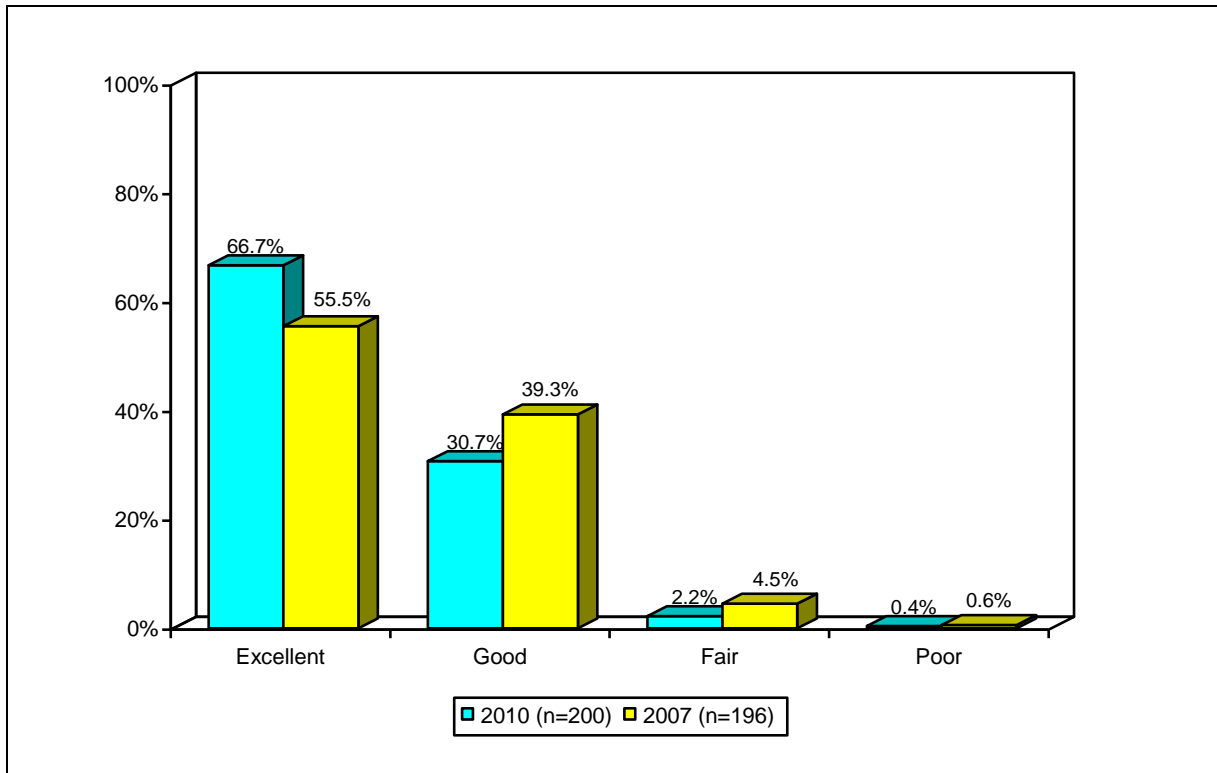


- Respondents were asked if they or an adult in their household had sought health care for a child from that source within the past two years. Eighty percent of those respondents answered “yes” (see Figure 18).
- As shown in Table 40, the percentage of respondents who had sought health care for a child increased as education increased and was higher among respondents who completed the interview in English.

**Table 40**  
**Sought Health Care for Child in Past Two Years**  
**By Selected Demographics**

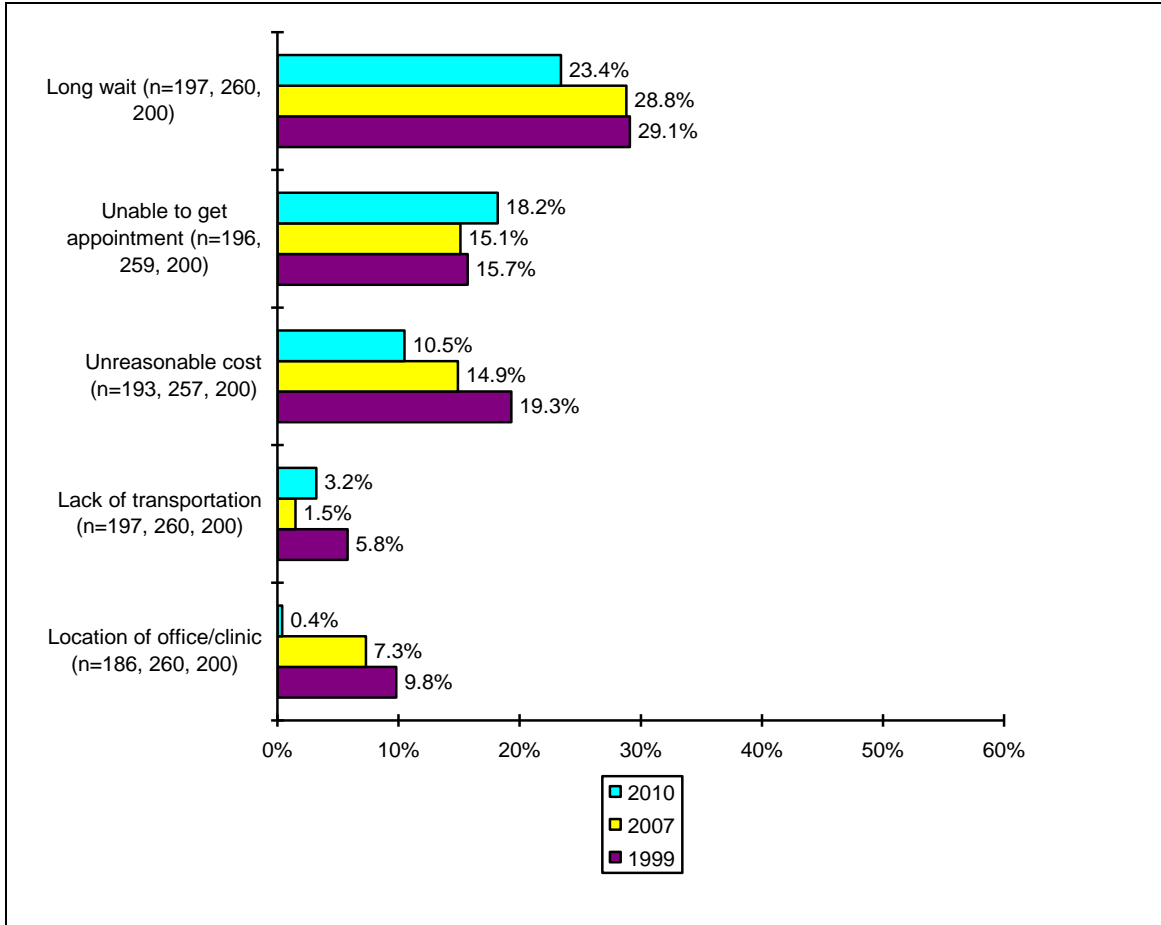
	Percentage responding	
	Yes	No
Amarillo	80.2	19.8
Education		
Some high school or less	57.9	42.1
High school grad	66.1	33.9
Some college	80.8	19.2
College grad or more	92.8	7.2
Language of interview		
English	82.7	17.3
Spanish	40.0	60.0

**Figure 19**  
**Ratings of Health Care Services Received (Child)**



- Respondents who had sought health care for their child from their preferred source within the past two years were asked to rate the care the child received. As shown in Figure 19, 97.4 percent of those respondents rated that care as either excellent (66.7 percent) or good (30.7 percent).

**Figure 20**  
**Problems Experienced with Health Care Received (Child)\***



- Respondents who sought health care for their child in the past two years were asked if they encountered any of the problems listed in Figure 20. The most common problem experienced by respondents when they sought health care for their child in 2010 (23.4 percent), 2007 (28.8 percent) and 1999 (29.1 percent) was too long a wait.
- The percentage for those who indicated the cost was unreasonable seems to have decreased from 19.3 percent in 1999 to 14.9 percent in 2007 to 10.5 percent in 2010.

Too long a wait

- Twenty-three percent of the respondents who sought health care for a child in the past two years experienced too long a wait (see Figure 20).
- As shown in Table 41, female respondents and respondents with some college education were more likely than male respondents and those with different levels of education respectively to report too long a wait when they sought health care for a child.

\* Differences between the 1999, 2007 and 2010 samples for “lack of transportation” and “unreasonable cost of services” are significant at the  $p < .05$  level. Differences between the 1999, 2007 and 2010 samples for “location of provider’s office/clinic” are significant at the  $p < .001$  level.

**Table 41  
Too Long a Wait  
By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	23.4	76.6
Gender of respondent		
Female	29.6	70.4
Male	13.2	86.8
Education		
Some high school or less	9.1	90.9
High school grad	30.6	69.4
Some college	36.5	63.5
College grad or more	13.3	86.7

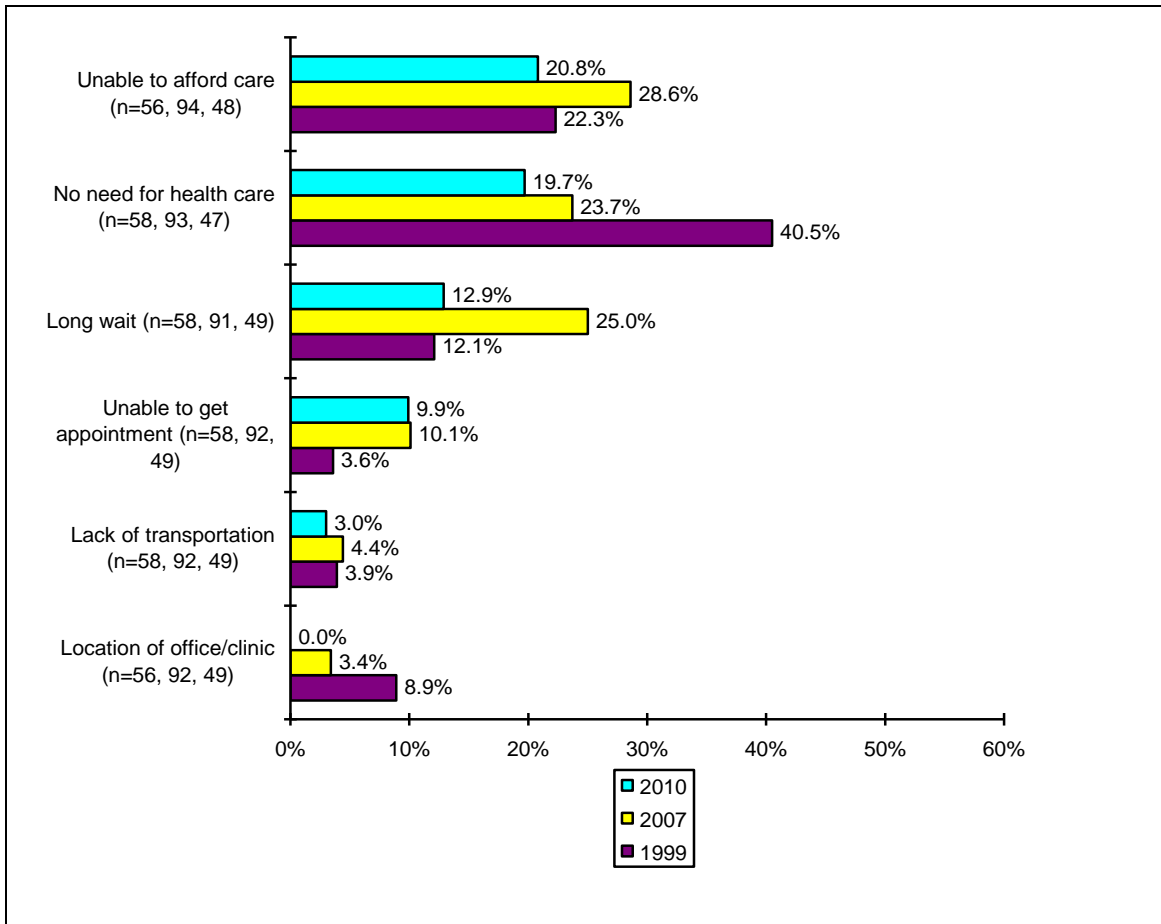
Unable to get appointment

- Eighteen percent of the respondents who sought health care for a child in the past two years were unable to get an appointment.
- The percentage of respondents who reported they were unable to get an appointment when seeking health care for a child generally decreased as income increased (see Table 42).

**Table 42  
Unable to Get an Appointment  
By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	18.2	81.8
Income		
Less than \$15,000	26.1	73.9
\$15,001 to \$25,000	24.2	75.8
\$25,001 to \$50,000	25.7	74.3
\$50,001 to \$75,000	22.2	77.8
More than \$75,000	6.1	93.9

**Figure 21**  
**Reasons Prevented Child from Getting Needed Health Care \***

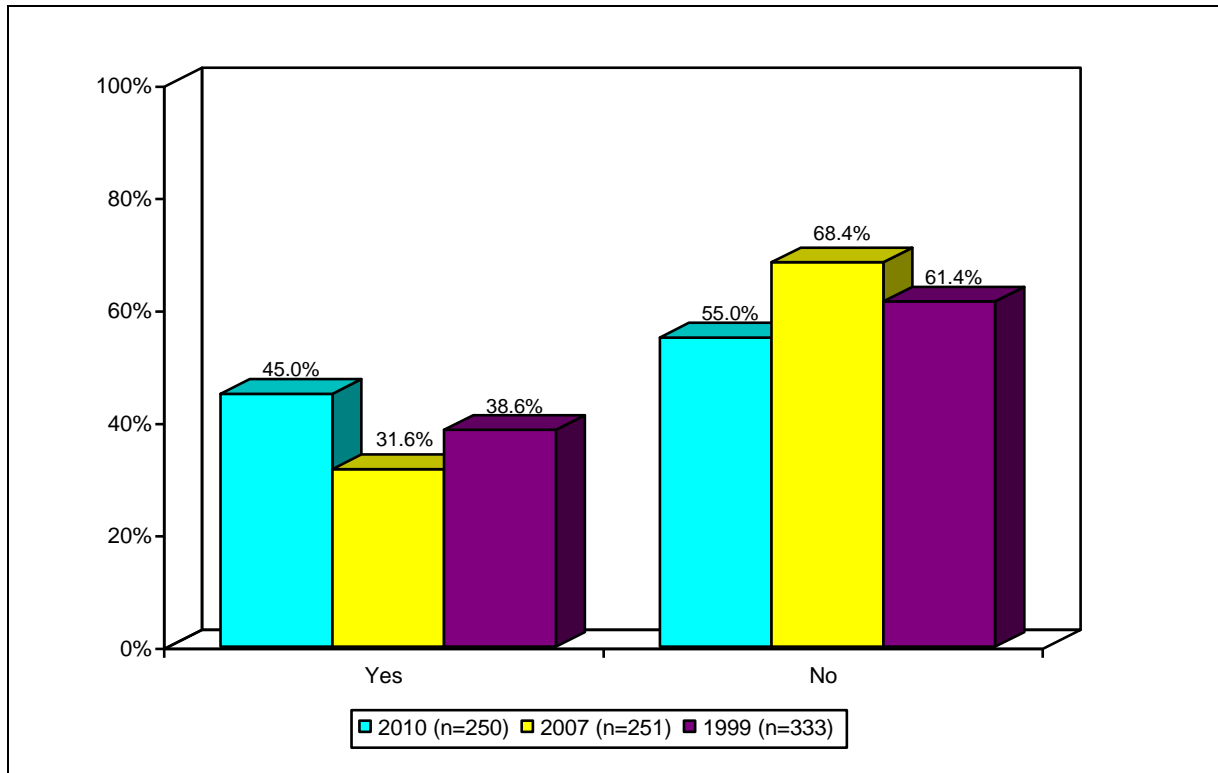


- Respondents who did not seek health care for their child in the past two years were asked if they were prevented from getting health care due to any of the problems listed in Figure 21. The most common problems that prevented respondents from getting health care for their child in 2010 were: unable to afford care (20.8 percent) and no need for health care (19.7 percent).
- The percentage of respondents who reported they were unable to afford care and those who reported the wait was too long seem to have increased since 2007.
- The percent of those who indicated there was no need for health care for their child has dropped from 40.5 percent in 1999 to 23.7 percent in 2007 to 19.7 percent in 2010.

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\* Differences between the 1999 and 2007 samples for “no need for health care” are significant at the p<.05 level.  
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**Figure 22**  
**Child Needed Vaccinations in Past 12 Months**

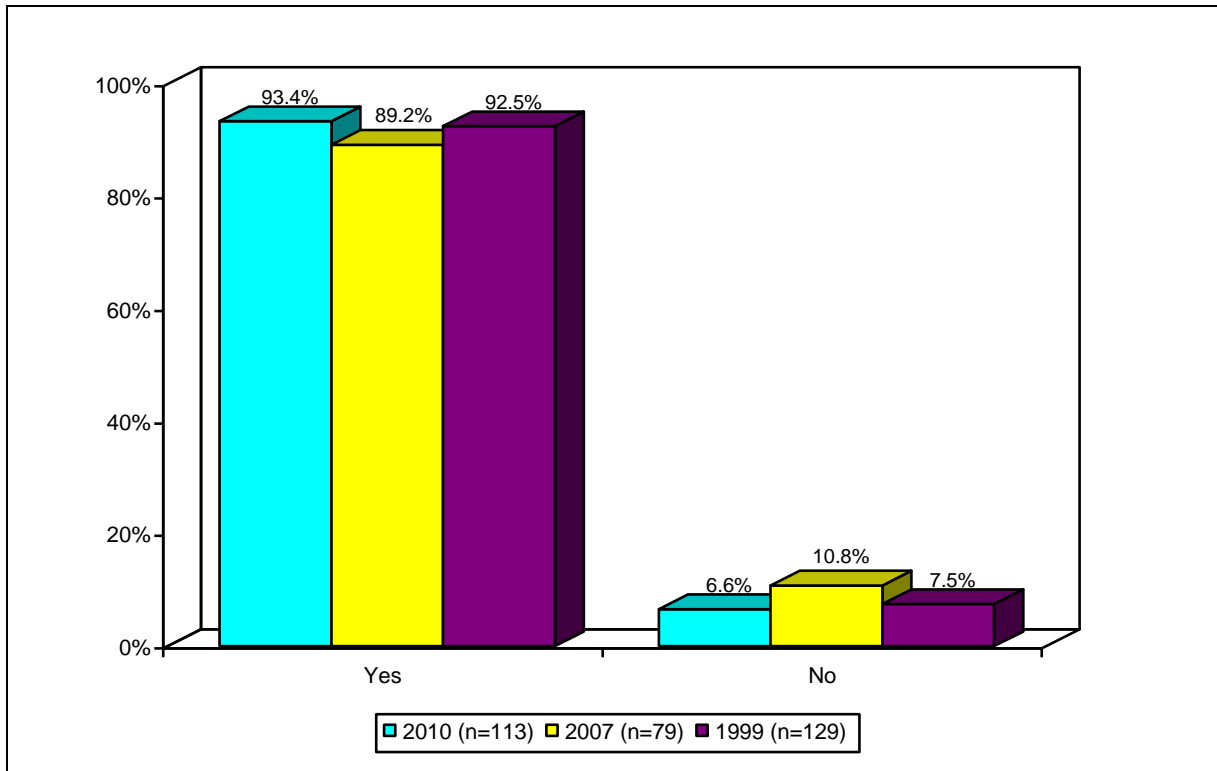


- Respondents with children were asked if a doctor, nurse, or medical assistant had told them that within the past 12 months one of their children needed vaccinations. As shown in Figure 22, 45.0 percent of those respondents reported being told their child(ren) needed vaccinations within the past 12 months.
- The percentage of respondents who reported they had been told that one of their children needed vaccinations within the past 12 months was higher among female respondents and respondents with a college degree or more (Table 43).

**Table 43**  
**Child Needed Vaccinations**  
**By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	45.0	55.0
Gender of respondent		
Female	53.0	47.0
Male	33.7	66.3
Education		
Some high school or less	44.4	55.6
High school grad	35.7	64.3
Some college	36.7	63.3
College grad or more	56.7	43.3

**Figure 23**  
**Child Got Needed Vaccinations**



- Respondents with children who were told their child needed vaccinations were asked if the child got the vaccinations. As shown in Figure 23, 93.4 percent of those respondents reported that their child got the needed vaccinations.



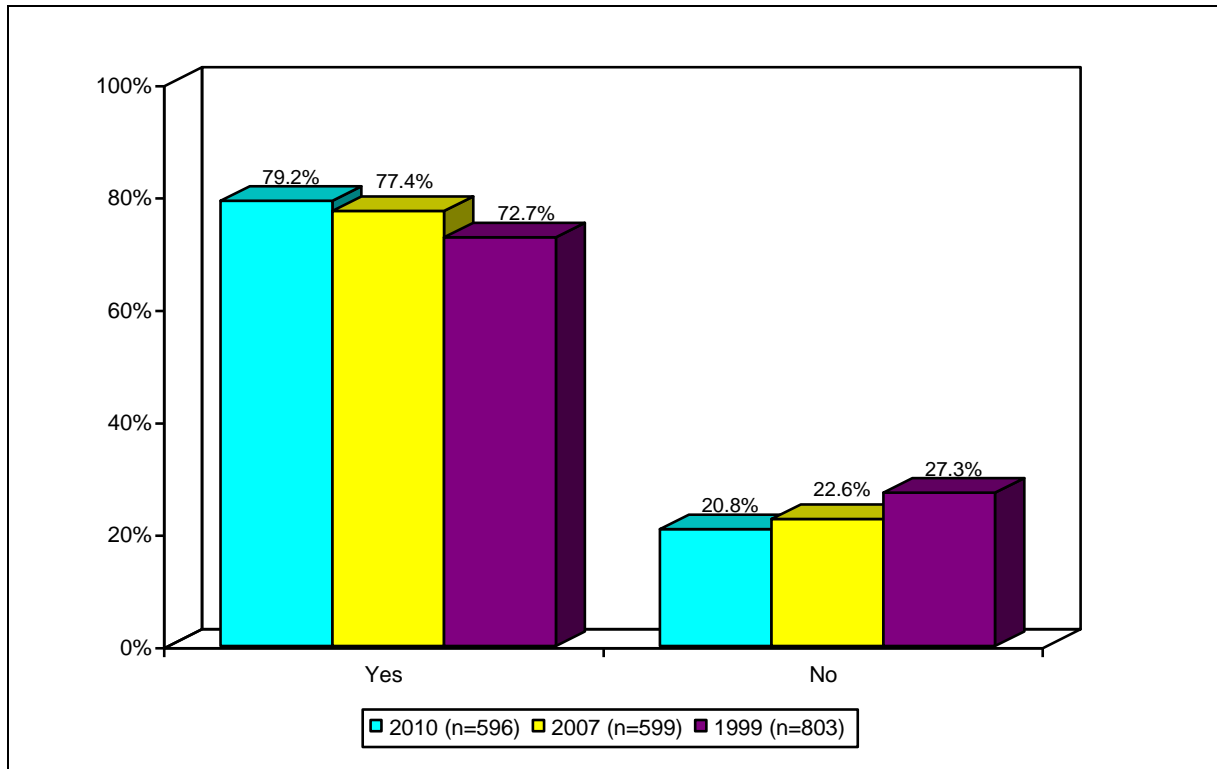
**Table 44**  
**Facility Where Child Got Immunized**

	Percentage responding	
	2010 (n=105)	2007 (n=71)
Private health care provider	79.9	51.0
Northwest Women's and Children's Clinic	6.3	22.9
Texas Tech University Health Science Center	3.3	8.2
RHN	0.0	6.5
Care Van	0.0	3.3
Health Department	3.5	-
Clinic	5.5	-
Other	1.5	8.1

- Respondents whose children received vaccinations were asked where they went to get their children immunized. Eighty percent reported they went to a private health care provider for the immunizations (see Table 44). Six percent of the respondents indicated they went to Northwest Women's and Children's Clinic. Six percent mentioned a generic clinic. Less than 4 percent mentioned any other listed facility. Other providers included West Lee Community Service and J O Wyatt.

## Health Issues

**Figure 24**  
**Participated in Physical Activity in Past Month\*\***



**Table 45**  
**Nationwide, Texas and Amarillo “At Risk” Comparison:**  
**Participated in Physical Activities**

	Percentage At Risk
Nationwide 2009	23.8
Texas 2009	27.3
Amarillo 2007	22.6
Amarillo 2010	20.8

- Respondents were asked if, during the last month, they participated in any physical activities or exercises such as running, calisthenics, gardening, or walking for exercise. As shown in Figure 23, 79.2 percent of the respondents indicated they did participate in physical activities or exercises.
- The percentage of respondents at risk because they did not participate in physical activities or exercises in the past month was lower for Amarillo 2010 respondents than Amarillo 2007, Nationwide 2009 and Texas 2009 respondents (see Table 45).

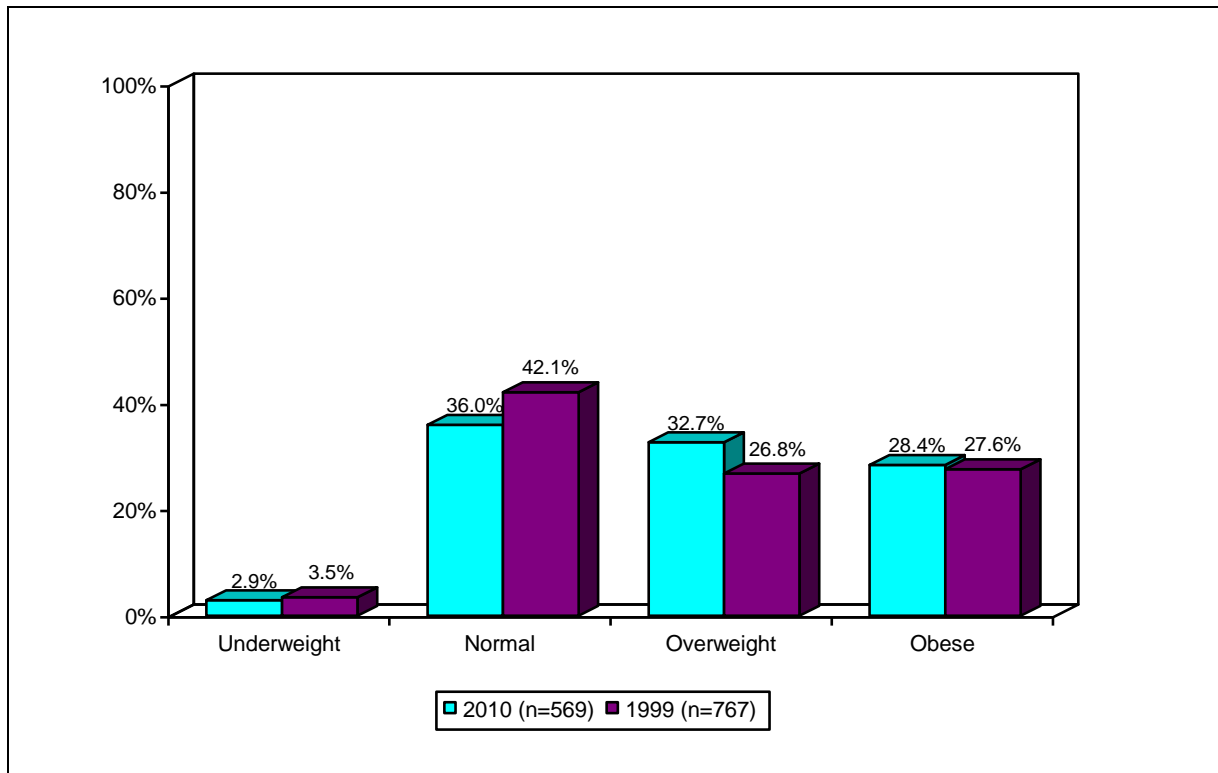
\*\* Differences between the 1999, 2007 and 2010 samples for “participate in physical activity in past month” are significant at the  $p < .01$  level.

- The percentage of respondents who reported participating in physical activities or exercises during the past month decreased as the age of the respondent increased, increased as education and income increased, and was higher among male respondents (see Table 46).

**Table 46**  
**Participated in Physical Activities**  
**By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	79.2	20.8
Age of respondent		
18 to 24	84.6	15.4
25 to 34	83.7	16.3
35 to 44	85.3	14.7
45 to 54	81.1	18.9
55 to 64	67.6	32.4
65 to 74	76.4	23.6
75 or older	60.2	39.8
Gender of respondent		
Female	75.4	24.6
Male	84.7	15.3
Education		
Some high school or less	54.8	45.2
High school grad	69.1	30.9
Some college	86.4	13.6
College grad or more	86.7	13.3
Income		
Less than \$15,000	64.2	35.8
\$15,001 to \$25,000	73.5	26.5
\$25,001 to \$50,000	78.1	21.9
\$50,001 to \$75,000	83.3	16.7
More than \$75,000	93.8	6.2

**Figure 25**  
**Body Mass Index<sup>1</sup>**  
**(n=569)**



**Table 47**  
**Nationwide, Texas and Amarillo “At Risk” Comparison: Body Mass Index**

	Percentage At Risk
Nationwide 2009	63.1
Texas 2009	66.8
Amarillo 2010	61.1

- All respondents were asked for their height and weight. Using the Centers for Disease Control formula<sup>2</sup>, the Body Mass Index was computed and categorized for each respondent for which there was adequate data. As shown in Figure 24, 61.1 percent of the respondents were either overweight (32.7 percent) or obese (28.4 percent).
- The percentage of Amarillo 2010 respondents who were at risk because they were overweight or obese was lower than that of Nationwide 2009 and Texas 2009 respondents (see Table 47).

<sup>1</sup> The questions used to compute the Body Mass Index were reinstated in the questionnaire in 2010. Five percent of respondents did not supply either their height or weight or both and their BMI could not be computed.

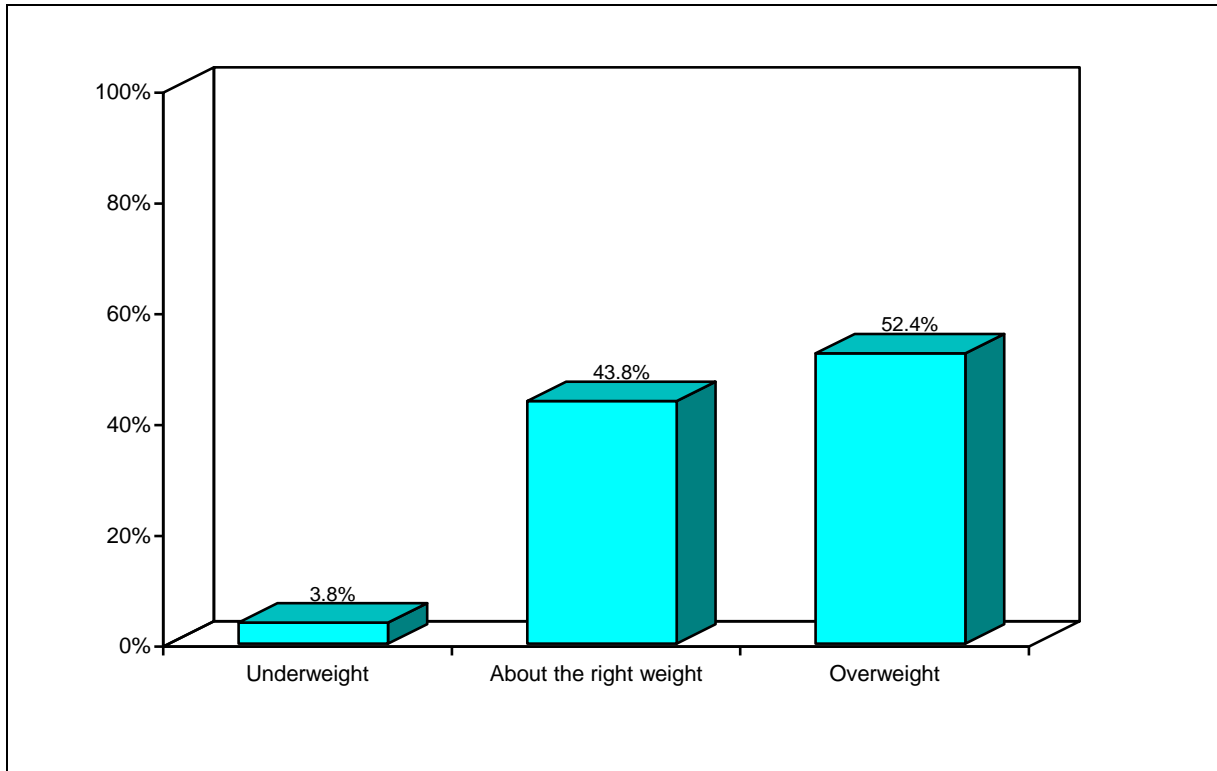
<sup>2</sup> The CDC formula [ (weight / (height \* height)) x 703 ] and other information can be found at [http://www.cdc.gov/healthyweight/assessing/bmi/adult\\_BMI/index.html](http://www.cdc.gov/healthyweight/assessing/bmi/adult_BMI/index.html).

- As shown in Table 48, the percentage of those who were at risk because they were overweight or obese increased as income increased, and was higher among male respondents and Black/African American respondents.

**Table 48**  
**Body Mass Index**  
**By Selected Demographics**

	Percentage responding			
	Underweight	Normal	Overweight	Obese
Amarillo	2.9	36.0	32.7	28.4
Gender of respondent				
Female	3.6	40.2	25.0	31.3
Male	1.7	30.2	44.0	24.1
Ethnicity				
White	3.2	37.3	33.6	26.0
Hispanic	0.0	24.2	32.6	43.2
Black/African American	0.0	18.8	31.3	50.0
Other	9.1	60.6	24.2	6.1
Income				
Less than \$15,000	1.3	42.1	27.6	28.9
\$15,001 to \$25,000	1.2	39.8	18.1	41.0
\$25,001 to \$50,000	2.9	29.8	34.6	32.7
\$50,001 to \$75,000	1.2	28.0	42.7	28.0
More than \$75,000	4.1	39.3	37.9	18.6

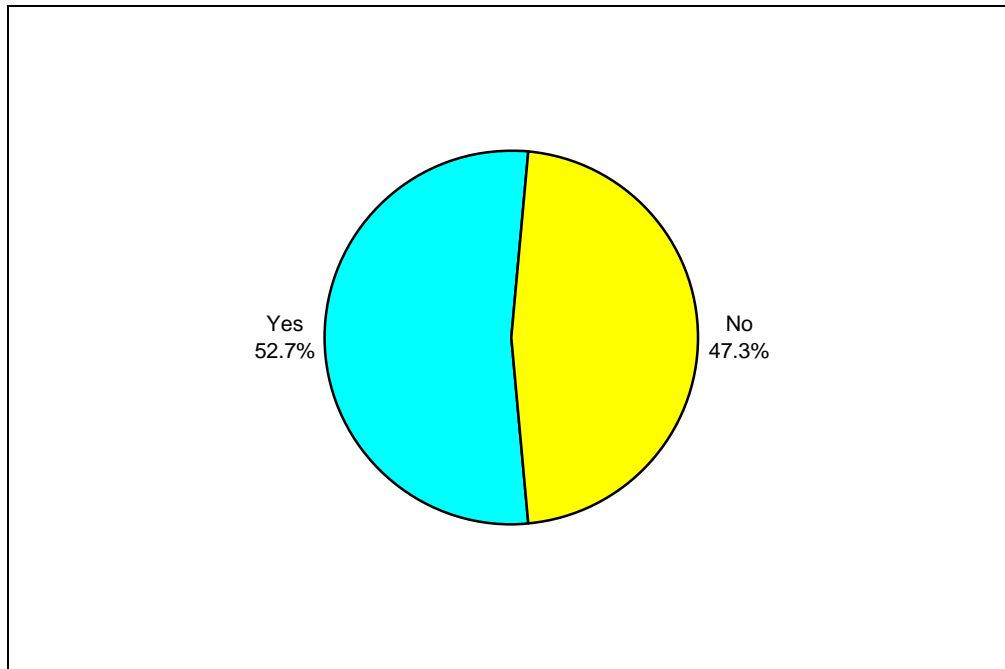
**Figure 26**  
**Weight by Self-Report<sup>1</sup>**  
**(n=585)**



- Respondents were asked if they considered themselves overweight, underweight, or about the right weight. As shown in Figure 26, 52.4 percent of the respondents reported they were overweight. Forty-four percent indicated they were about the right weight.

<sup>1</sup> This question was new in 2010.

**Figure 27**  
**Tried to Lose Weight in Past 12 Months<sup>1</sup>**  
**(n=597)**



- Respondents were asked if they had tried to lose weight in the past 12 months. As shown in Figure 27, 52.7 percent of the respondents answered “yes.”
- The percentage of respondents who reported trying to lose weight in the past 12 months was higher among respondents age 45 to 54, Hispanic respondents, respondents with children under 18 living in the household, respondents with a college degree or more, and respondents who completed the interview in Spanish (see Table 49).

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<sup>1</sup> This question was new in 2010.

**Table 49**  
**Tried to Lose Weight in Past 12 Months**  
**By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	52.7	47.3
Age of respondent		
18 to 24	46.2	53.8
25 to 34	60.5	39.5
35 to 44	53.3	46.7
45 to 54	63.5	36.5
55 to 64	53.8	46.2
65 to 74	45.6	54.4
75 or older	22.3	77.7
Ethnicity		
White	50.6	49.4
Hispanic	70.0	30.0
Black/African American	66.7	33.3
Other	27.0	73.0
Have children under 18		
Yes	59.4	40.6
No	47.3	52.7
Education		
Some high school or less	43.5	56.5
High school grad	53.2	46.8
Some college	46.9	53.1
College grad or more	59.8	40.2
Language of interview		
English	51.7	48.3
Spanish	65.5	34.5



**Table 50**  
**Method Used to Lose Weight**  
**(n=316)**

	Percentage Responding Yes <sup>1</sup>
Exercised	57.8
Ate less food (amount)	35.2
Ate less fat	11.1
Switched to food with lower calories	10.8
Changed eating habits (didn't eat late at night, ate several small meals a day)	10.3
Ate less sugar, candy, sweets	9.6
Ate more fruits, vegetables, salads	9.3
Ate few carbohydrates	8.6
Followed a special diet such as Dr. Atkins, South Beach, other high protein or low carbohydrate diet, cabbage soup diet, Ornish, Nutrisystem, Body-for-Life	6.4
Joined a weight loss program such as Weight Watchers, Jenny Craig, Tops or Overeaters Anonymous	5.6
Ate less junk food or fast food	4.8
Drank a lot of water	3.7
Ate "diet" foods or products	2.3
Skipped meals	1.9
Took other pills, medicines, herbs, or supplements not needing a prescription	1.5
Used a liquid diet formula such as Slimfast or Optifast	0.4
Took diet pills prescribed by a doctor	0.3
Started to smoke or began to smoke again	0.0
Took laxatives or vomited	0.0
Other, specify	9.3

- Respondents who indicated they had tried to lose weight during the past 12 months were asked what method they used to lose weight. As shown in Table 50, 57.8 percent reported exercising and 35.2 percent said they ate less food. Eleven percent reported switching to food with lower calories.
- Other methods included: eating healthier foods, eating right or eating a balanced diet; lap band or stomach bypass surgery; being on a diabetic diet or taking diabetic medicine made them lose weight; getting off salts; going to a metabolic research center; cutting out sodas and carbonated drinks; and eating yogurt or protein.

**Exercised**

- Fifty-eight percent of respondents who tried to lose weight tried exercise to lose it.
- As shown in Table 51, the percentage of those trying to lose weight by exercising decreased as the age of the respondent increased, and was higher among male respondents and respondents with a high school education.

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<sup>1</sup> Because each of these methods was asked as a separate question, the percentages will not total to 100.0 percent.  
*University of North Texas Survey Research Center*

**Table 51**  
**Exercised to Lose Weight**  
**By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	57.8	42.2
Age of respondent		
18 to 24	100.0	0.0
25 to 34	50.0	50.0
35 to 44	72.5	27.5
45 to 54	51.9	48.1
55 to 64	40.3	59.7
65 to 74	46.3	53.7
75 or older	9.5	90.5
Gender of respondent		
Female	52.3	47.7
Male	67.5	32.5
Education		
Some high school or less	64.3	35.7
High school grad	69.3	30.7
Some college	48.2	51.8
College grad or more	56.2	43.8

Ate less food

- Thirty-five percent reported trying to lose weight by eating less food (the amount of food).
- Respondents who tried to lose weight and who completed the interview in English were more likely to try losing weight by eating less food (see Table 52).

**Table 52**  
**Ate Less Food to Lose Weight**  
**By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	35.2	64.8
Language of interview		
English	36.2	63.8
Spanish	10.5	89.5

Switched to food with lower calories

- Eleven percent reported trying to lose weight by switching to food with lower calories.
- Fourteen percent of female respondents and 6.0 percent of male respondents who tried losing weight switched to food with lower calories (see Table 53).

**Table 53**  
**Switched to Foods with Lower Calories to Lose Weight**  
**By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	10.8	89.2
Gender of respondent		
Female	13.6	86.4
Male	6.0	94.0

Changed eating habits

- Ten percent of respondents who tried to lose weight reported trying to lose it by changing their eating habits, such as not eating late at night and eating several small meals a day.
- Black or African American respondents who tried to lose weight were more likely than those of other ethnicity to try to lose it by changing their eating habits (see Table 54).

**Table 54**  
**Changed Eating Habits to Lose Weight**  
**By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	10.3	89.7
Ethnicity		
White	10.6	89.4
Hispanic	7.1	92.9
Black/African American	36.4	63.6
Other	10.0	90.0

Ate more fruits, vegetables and salads

- Nine percent of respondents who tried to lose weight reported trying to lose it by eating more fruits, vegetables and salads.
- Among those who tried to lose weight, Hispanic respondents were more likely than those of other ethnicities to try to lose it by eating more fruits, vegetables and salads (see Table 55).

**Table 55**  
**Ate More Fruits, Vegetables and Salads to Lose Weight**  
**By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	9.3	90.7
Ethnicity		
White	6.5	93.5
Hispanic	18.6	81.4
Black/African American	10.0	90.0
Other	10.0	90.0

Drank a lot of water

- Four percent of respondents who tried to lose weight reported trying to lose it by drinking a lot of water.
- As shown in Table 56, a larger percentage of female respondents than male respondents who tried to lose weight tried to lose it by drinking a lot of water (see Table 56).

**Table 56**  
**Drank a Lot of Water to Lose Weight**  
**By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	3.7	96.3
Gender of respondent		
Female	6.0	94.0
Male	0.0	100.0

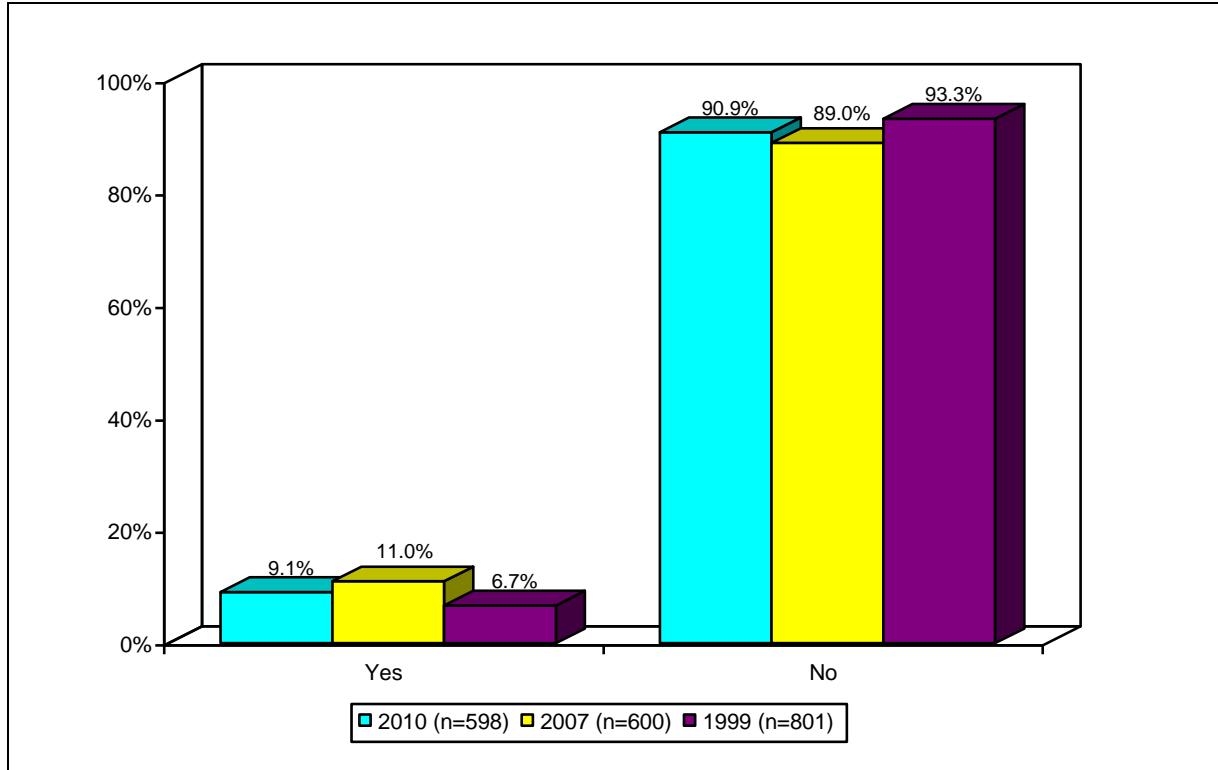
Other

- Nine percent of respondents who tried to lose weight reported trying to lose it by some other method.
- Thirteen percent of female respondents who tried to lose weight and 4.3 percent of male respondents tried to lose weight by using some other method (see Table 57).

**Table 57**  
**Other Method Used to Lose Weight**  
**By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	9.3	90.7
Gender of respondent		
Female	12.6	87.4
Male	4.3	95.7

**Figure 28**  
**Been Told You Have Diabetes \*\***



**Table 58**  
**Nationwide, Texas and Amarillo “At Risk” Comparison: Diabetes**

	Percentage At Risk
Nationwide 2009	8.3
Texas 2009	9.3
Amarillo 2007	11.0
Amarillo 2010	9.1

- All respondents were asked if a doctor had told them they had diabetes. As shown in Figure 28, 9.1 percent of the respondents said they had (this does not include women who had gestational diabetes only).
- A comparable percentage of the 2010 Amarillo respondents had been told they had diabetes when compared to 2009 Nationwide (8.3 percent) and Texas (9.3 percent) data (see Table 58).
- As shown in Table 59, the percentage of respondents who were at risk of diabetes increased as the age of the respondent increased, and was higher among respondents without children under 18 living in the household.

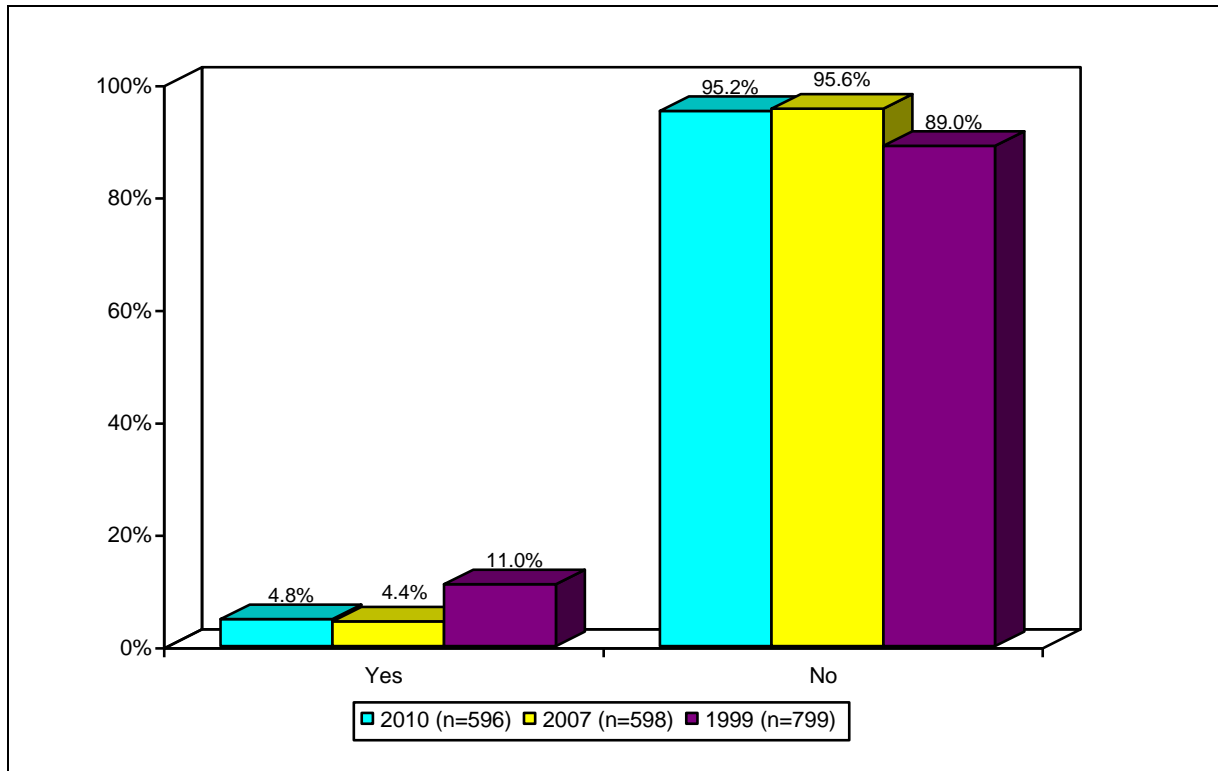
\*\* Differences between the 1999, 2007 and 2010 samples for “been told you have diabetes” are significant at the  $p < .01$  level.

- Women who had ever been told they had diabetes were asked if they had been told they had diabetes when they were pregnant. Two (4.3 percent) of the 40 respondents answered “yes.” These two women were not included in the “at risk” percentage.
- When asked if they had ever been told by doctor they had pre-diabetes or borderline diabetes, 8.7 percent of the 592 respondents answered “yes.”

**Table 59**  
**Have Diabetes**  
**By Selected Demographics**

	Percentage At Risk
Amarillo	9.1
Age of respondent	
18 to 24	0.0
25 to 34	4.7
35 to 44	4.0
45 to 54	15.7
55 to 64	13.3
65 to 74	16.7
75 or older	19.1
Have children under 18	
Yes	3.5
No	13.3

**Figure 29**  
**Been Told You Had a Heart Attack \*\*\***



**Table 60**  
**Nationwide, Texas and Amarillo “At Risk” Comparison:**  
**Heart Attack**

	Percentage At Risk
Nationwide 2008	4.0
Texas 2009	3.1
Amarillo 2007	4.4
Amarillo 2010	4.8

- Respondents were asked if a doctor, nurse, or other health professional had ever told them they had had a heart attack. As shown in Figure 29, 4.8 percent of the respondents indicated they had had a heart attack.
- A greater percentage of respondents without children under 18 living in the household had been told they had had a heart attack compared to respondents with children under 18 living in the household (see Table 61). The percentage increased as the age of the respondent increased.

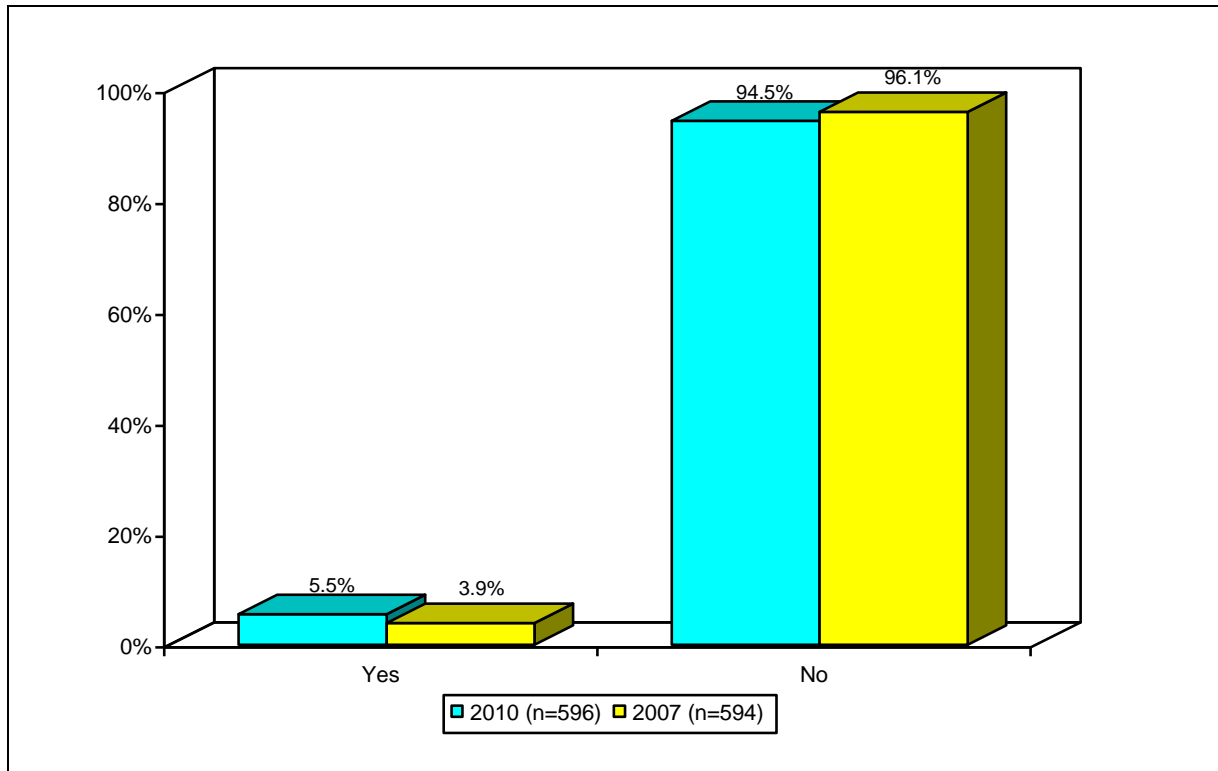
\*\*\* Differences between the 1999, 2007 and 2010 samples for “been told you had a heart attack” are significant at the  $p < .001$  level.



**Table 61**  
**Been Told You Had a Heart Attack**  
**By Selected Demographics**

	Percentage At Risk
Amarillo	4.8
Age of respondent	
18 to 24	0.0
25 to 34	0.0
35 to 44	0.0
45 to 54	6.3
55 to 64	5.6
65 to 74	13.3
75 or older	23.9
Have children under 18	
Yes	0.8
No	7.7

**Figure 30**  
**Been Told You Had Angina or Coronary Heart Disease**



**Table 62**  
**Nationwide, Texas and Amarillo “At Risk” Comparison:**  
**Angina or Coronary Heart Disease**

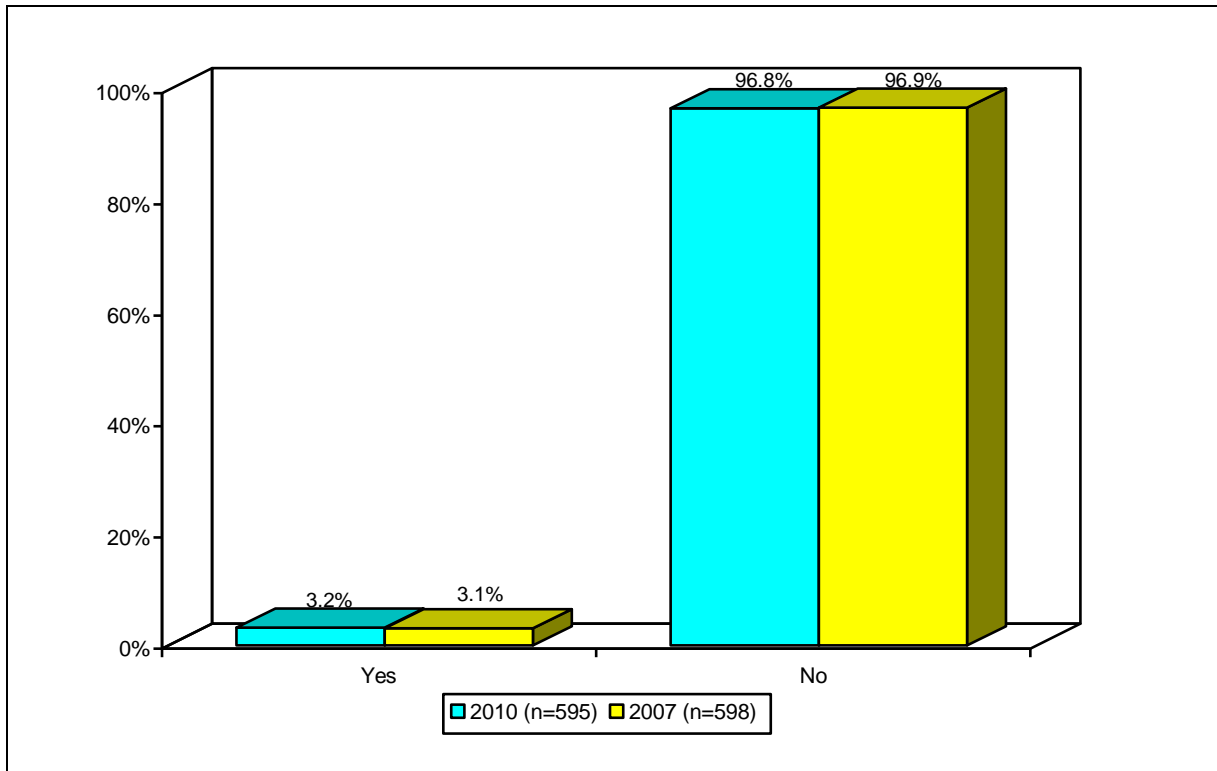
	Percentage At Risk
Nationwide 2009	3.8
Texas 2009	3.5
Amarillo 2007	3.9
Amarillo 2010	5.5

- Respondents were asked if a doctor, nurse, or other health professional had ever told them they had angina or coronary heart disease. Six percent answered “yes” (see Figure 26).
- The percentage of respondents who were at risk because they had angina or coronary heart disease was higher among Amarillo 2010 respondents than Amarillo 2007, Nationwide 2009 or Texas 2009 respondents (see Table 62).
- The percentage of respondents who had been told they had angina or coronary heart disease increased as the age of the respondent increased and was higher among respondents without children under 18 living in the household (see Table 63).

**Table 63**  
**Had Angina or Coronary Heart Disease**  
**By Selected Demographics**

	Percentage At Risk
Amarillo	5.5
Age of respondent	
18 to 24	0.0
25 to 34	0.0
35 to 44	0.0
45 to 54	7.9
55 to 64	12.0
65 to 74	11.4
75 or older	20.4
Have children under 18	
Yes	1.2
No	8.9

**Figure 31**  
**Been Told You Had a Stroke**

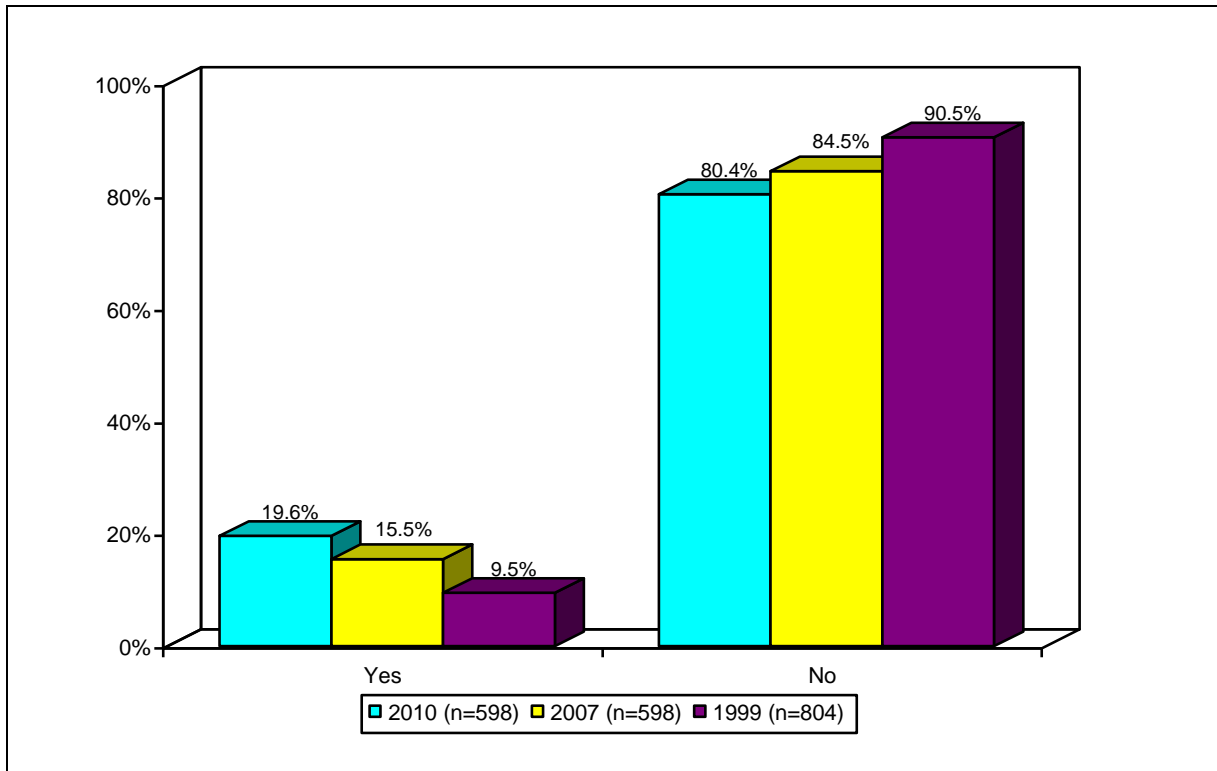


**Table 64**  
**Nationwide, Texas and Amarillo “At Risk” Comparison:**  
**Stroke**

	Percentage At Risk
Nationwide 2009	2.4
Texas 2009	2.2
Amarillo 2007	3.1
Amarillo 2010	3.2

- Respondents were asked if a doctor, nurse, or other health professional had ever told them they had a stroke. As shown in Figure 31, 3.2 percent of the respondents indicated they had been told they had a stroke.

**Figure 32**  
**Been Told You Had Asthma \*\*\***



**Table 65**  
**Nationwide, Texas and Amarillo “At Risk” Comparison:**  
**Currently Have Asthma**

	Percentage At Risk
Nationwide 2009	8.8
Texas 2009	6.5
Amarillo 2007	10.4
Amarillo 2010	12.9

- Respondents were asked if a doctor, nurse, or other health professional had ever told them they had asthma. As shown in Figure 28, 19.6 percent of the respondents had been told they had asthma.
- When asked if they still had asthma, 77 (66.4 percent) of the 116 respondents who had ever been told they had asthma answered “yes.” This equals 12.9 percent (“at risk”) of all 598 respondents (see Table 65). This is higher than both the nationwide percentage (8.8 percent) and the Texas percentage (6.5 percent) in 2009.
- As shown in Table 66, the percentage of respondents who had ever been told they had asthma was higher among female respondents, Black/African American respondents,

\*\*\* Differences between the 1999, 2007 and 2010 samples for “ever been told you had asthma” are significant at the  $p < .001$  level.

respondents with some college education, respondents with an income of \$50,001 to \$75,000, and respondents who completed the interview in English.

- The percentage of respondents who reported they currently had asthma was higher among female respondents, respondents with some high school education or less, respondents with an income of \$15,001 to \$25,000, and respondents who completed the interview in English (see Table 67).

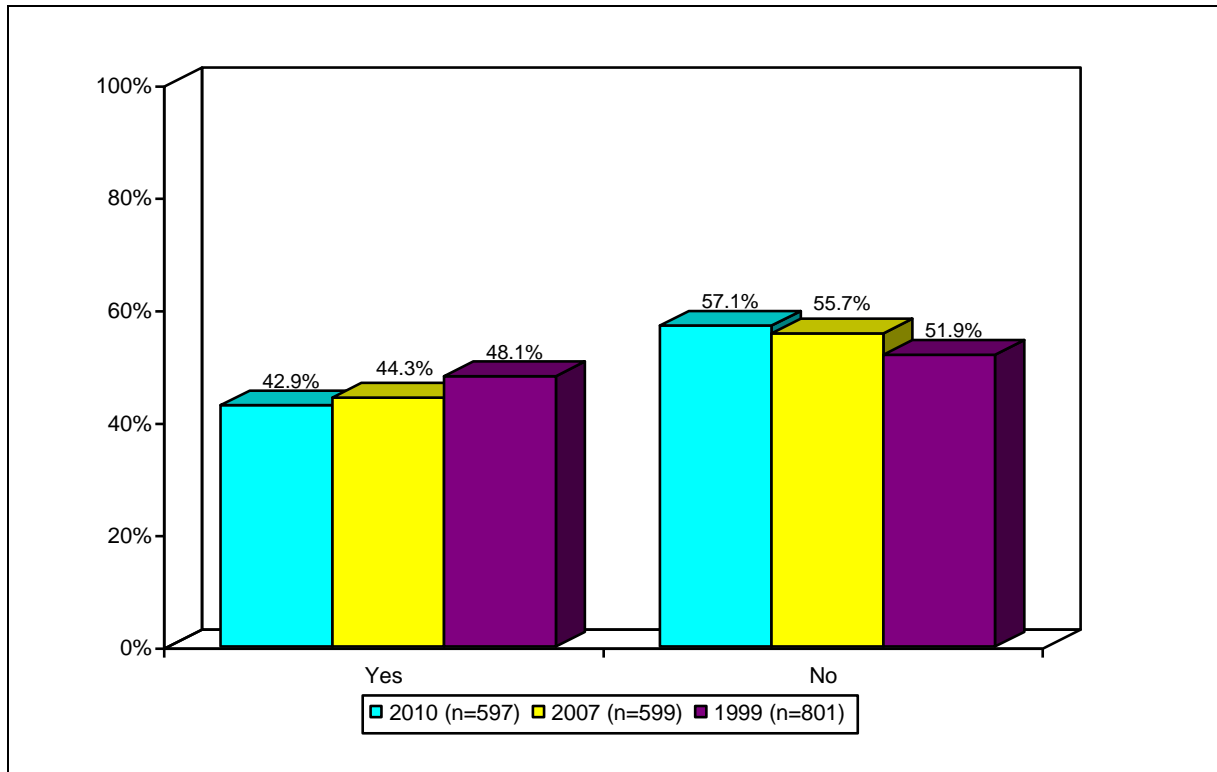
**Table 66**  
**Ever Had Asthma**  
**By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	19.6	80.4
Gender of respondent		
Female	22.8	77.2
Male	14.9	85.1
Ethnicity		
White	22.7	77.3
Hispanic	11.9	88.1
Black/African American	25.0	75.0
Other	8.1	91.9
Education		
Some high school or less	25.8	74.2
High school grad	15.0	85.0
Some college	28.7	71.3
College grad or more	13.3	86.7
Income		
Less than \$15,000	25.9	74.1
\$15,001 to \$25,000	26.2	73.8
\$25,001 to \$50,000	13.1	86.9
\$50,001 to \$75,000	27.8	72.2
More than \$75,000	13.7	86.3
Language of interview		
English	20.9	79.1
Spanish	0.0	100.0

**Table 67**  
**Currently Have Asthma**  
**By Selected Demographics**

	Percentage At Risk
Amarillo	12.9
Gender of respondent	
Female	15.7
Male	9.1
Education	
Some high school or less	19.4
High school grad	8.6
Some college	18.5
College grad or more	9.2
Income	
Less than \$15,000	15.0
\$15,001 to \$25,000	21.4
\$25,001 to \$50,000	10.4
\$50,001 to \$75,000	20.9
More than \$75,000	6.2
Language of interview	
English	13.9
Spanish	0.0

**Figure 33**  
**Smoked at Least 100 Cigarettes in Entire Life**



**Table 68**  
**Nationwide, Texas and Amarillo “At Risk” Comparison:**  
**Smoked at Least 100 Cigarettes in Entire Life**

	Percentage At Risk
Nationwide 2009 <sup>1</sup>	42.9
Texas 2009	39.5
Amarillo 2007	44.3
Amarillo 2010	42.9

- Respondents were asked if they had smoked at least 100 cigarettes (5 packs) in their entire life. As shown in Figure 33, 42.9 percent reported having smoked at least 100 cigarettes in their life.
- The percentage of respondents who had smoked at least 100 cigarettes in their entire life appears to have decreased from 48.1 percent in 1999 to 44.3 percent in 2007 to 42.9 percent in 2010 (see Table 68). The percentage of Amarillo 2010 respondents is equal to that of Nationwide 2009 respondents and higher than that of Texas 2009 respondents.
- Smoking at least 100 cigarettes in their life (“at risk”) decreased as education and income increased and was higher among male respondents (see Table 69).

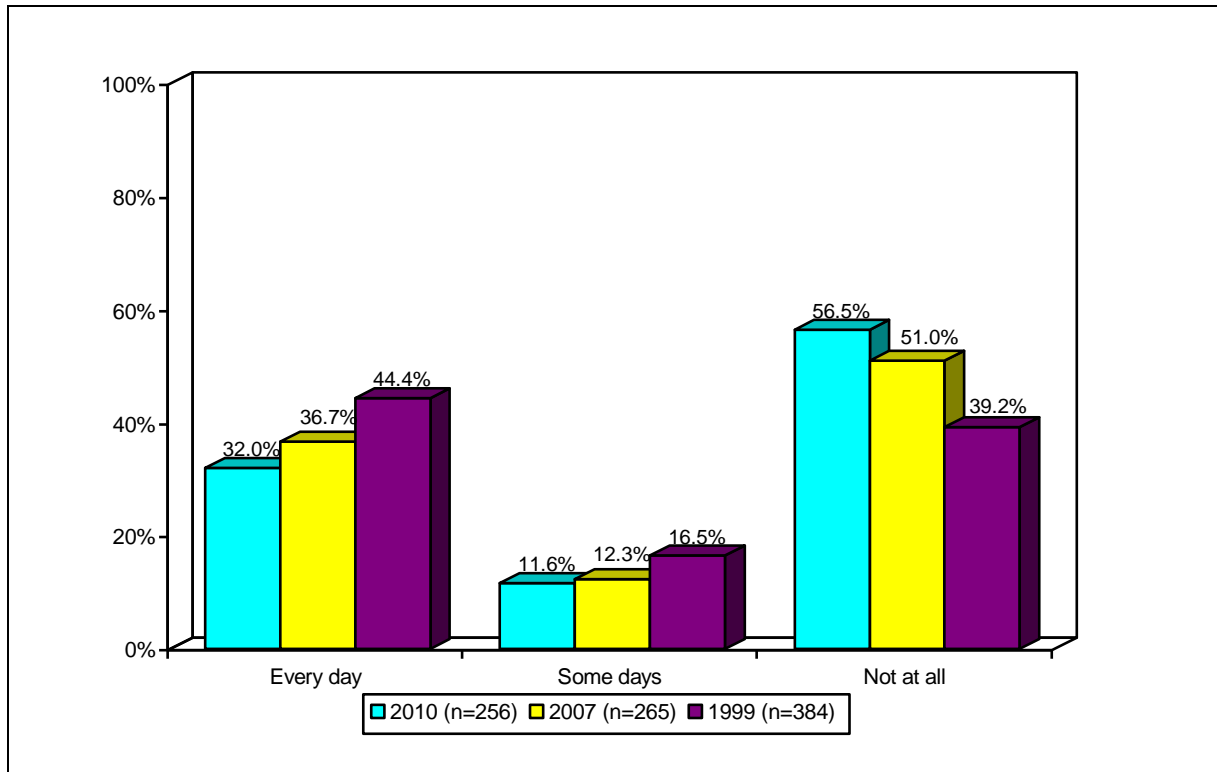
<sup>1</sup> The Nationwide and Texas 2009 comparison data for this question was found at:  
[http://www.dshs.state.tx.us/chs/brfss/query/brfss\\_dbquery2.asp](http://www.dshs.state.tx.us/chs/brfss/query/brfss_dbquery2.asp).



**Table 69**  
**Smoked at Least 100 Cigarettes in Entire Life**  
**By Selected Demographics**

	Percentage At Risk
Amarillo	42.9
Gender of respondent	
Female	37.2
Male	51.2
Education	
Some high school or less	62.3
High school grad	54.3
Some college	39.0
College grad or more	33.0
Income	
Less than \$15,000	63.0
\$15,001 to \$25,000	49.4
\$25,001 to \$50,000	46.7
\$50,001 to \$75,000	32.2
More than \$75,000	36.3

**Figure 34**  
**Currently Smoke Cigarettes \*\***



**Table 70**  
**Nationwide, Texas and Amarillo “At Risk” Comparison:**  
**Smoke Every Day or Some Days**

	Percentage At Risk
Nationwide 2009	17.9
Texas 2009	17.9
Amarillo 2007	21.6
Amarillo 2010	18.6

- Respondents who had smoked at least 100 cigarettes in their entire life were asked if they still smoked every day, some days or not at all. As shown in Figure 34, 32.0 percent still smoked every day while 11.6 percent smoked some days. Fifty-seven percent no longer smoked cigarettes.
- The percentage of those respondents who still smoke every day appears to have decreased from 44.2 percent in 1999 to 36.7 percent in 2007 to 32.0 percent in 2010 (see Table 70).
- An “at risk” person is defined as one who has smoked at least 100 cigarettes in their entire life and still smokes every day or some days (111 respondents/598 total = 18.6 percent).

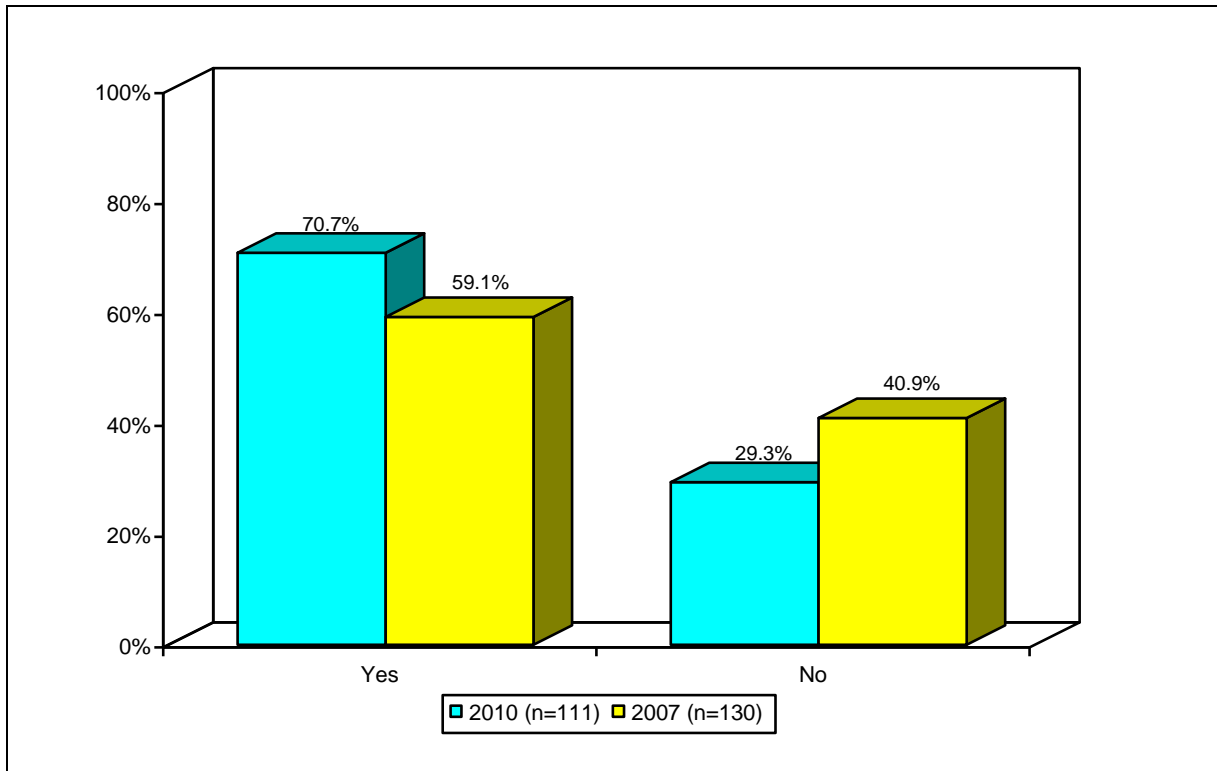
\*\* Differences between the 1999, 2007 and 2010 samples for “currently smoke cigarettes” are significant at the  $p < .01$  level.

- Respondents at risk due to smoking either every day or some days generally decreased as the age of the respondent increased, education and income increased, and was higher among respondents of “other ethnicity and Black/African American respondents (see Table 71).

**Table 71**  
**Currently Smoke Every Day or Some Days**  
**By Selected Demographics**

	Percentage At Risk
Amarillo	18.6
Age of respondent	
18 to 24	23.1
25 to 34	23.3
35 to 44	18.7
45 to 54	21.3
55 to 64	13.3
65 to 74	13.3
75 or older	6.4
Ethnicity	
White	15.9
Hispanic	23.8
Black/African American	31.3
Other	32.4
Education	
Some high school or less	38.7
High school grad	24.5
Some college	17.4
College grad or more	10.0
Income	
Less than \$15,000	38.3
\$15,001 to \$25,000	29.8
\$25,001 to \$50,000	14.2
\$50,001 to \$75,000	14.3
More than \$75,000	10.3

**Figure 35**  
**Tried to Quit Smoking in Past 12 Months**

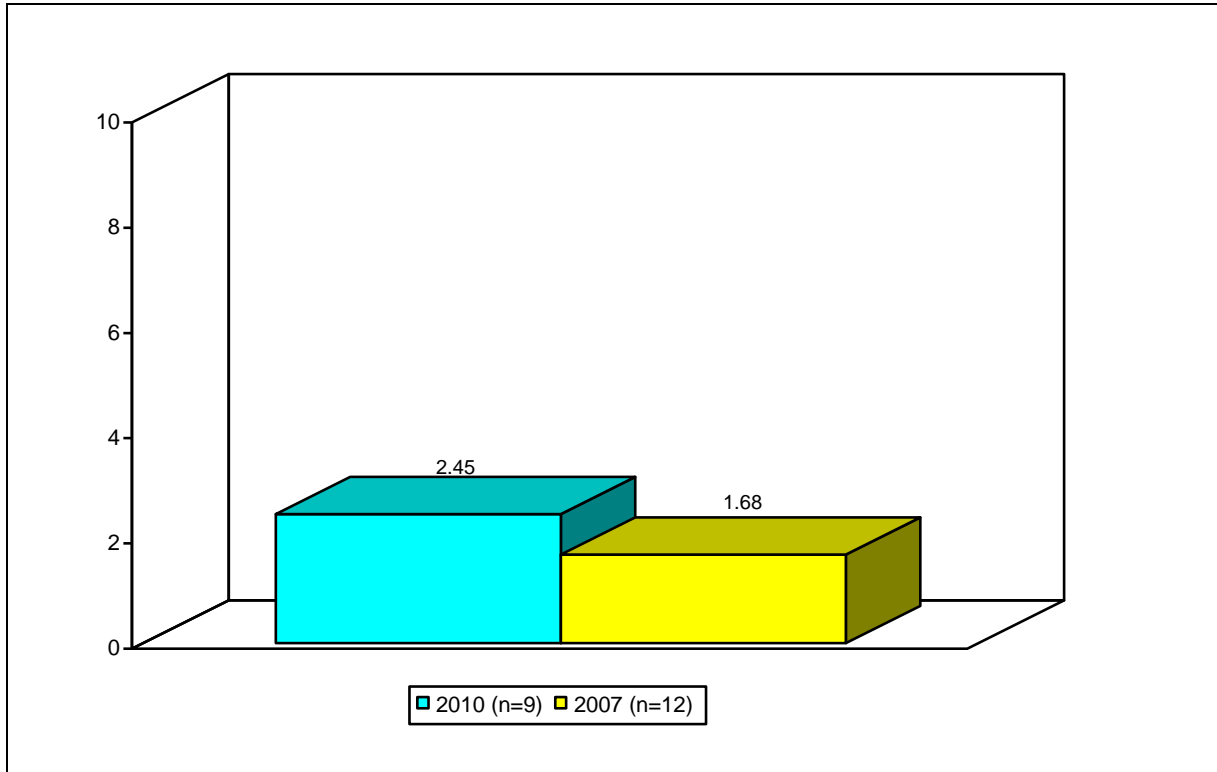


- Respondents who were still smoking either every day or some days were asked if, in the past 12 months, they had stopped smoking for one day or longer because they were trying to quit smoking. As shown in Figure 35, 70.7 percent of these respondents answered “yes.”
- The percent of respondents who had tried to stop smoking for one day or longer was higher in 2010 (70.7 percent) than in 2007 (59.1 percent).
- The percentage of respondents who were still smoking and had stopped smoking for one day or longer when trying to quit was higher among respondents with children under 18 living in the household and those with a college degree or more (see Table 72).

**Table 72**  
**Tried to Quit Smoking in Past 12 Months**  
**By Selected Demographics**

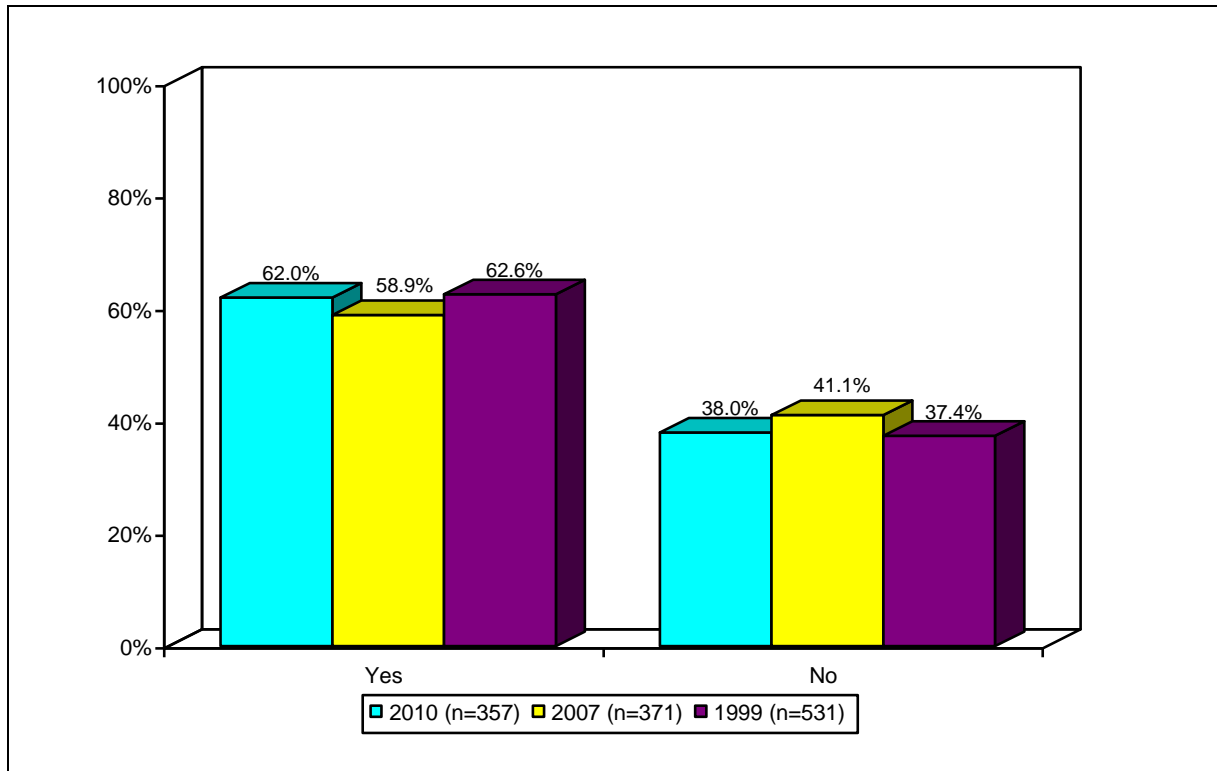
	Percentage responding	
	Yes	No
Amarillo	70.7	29.3
Have children under 18		
Yes	80.4	19.6
No	63.3	36.7
Education		
Some high school or less	70.8	29.2
High school grad	79.4	20.6
Some college	51.6	48.4
College grad or more	81.8	18.2

**Figure 36**  
**Driving after Drinking**



- Respondents were asked how many times they had driven when they had had perhaps too much to drink, during the past 30 days. As shown in Figure 36, of the nine respondents who reported driving after drinking too much, the average number of times they drove was 2.45.

**Figure 37**  
**Ever Had a Mammogram**



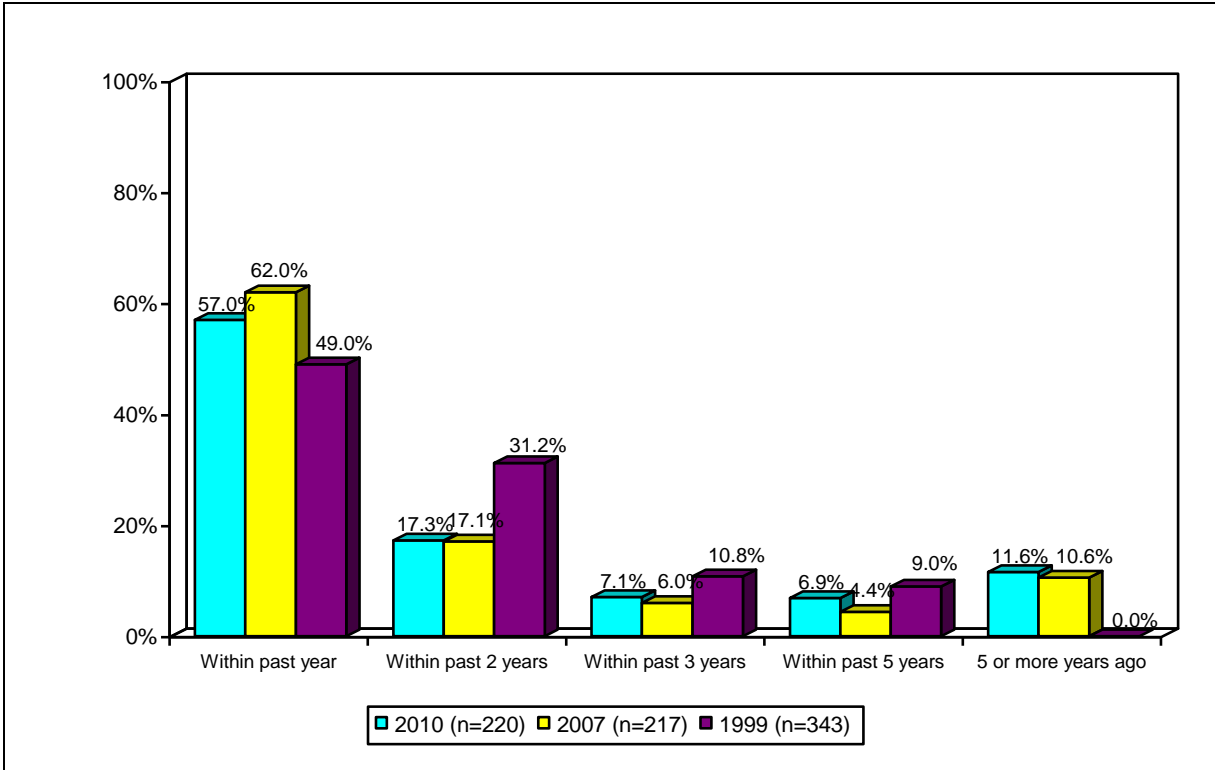
- Female respondents were asked if they had ever had a mammogram, an x-ray of each breast to look for breast cancer. As shown in Figure 37, 62.0 percent of the female respondents reported having had a mammogram.
- The percentage of the female respondents who had ever had a mammogram increased as the age of the respondent increased, and was higher among Black/African American respondents, respondents with a college degree or more, and respondents with an income of \$50,001 to \$75,000 (see Table 73).

**Table 73**  
**Ever Had a Mammogram**  
**By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	62.0	38.0
Age of respondent		
18 to 24	12.5	87.5
25 to 34	20.0	80.0
35 to 44	61.5	38.5
45 to 54	91.5	8.5
55 to 64	92.7	7.3
65 to 74	98.1	1.9
75 or older	95.7	4.3
Ethnicity		
White	65.0	35.0
Hispanic	51.7	48.3
Black/African American	90.0	10.0
Other	20.0	80.0
Have children under 18		
Yes	42.3	57.7
No	77.2	22.8
Education		
Some high school or less	65.9	34.1
High school grad	59.2	40.8
Some college	53.4	46.6
College grad or more	70.5	29.5
Income		
Less than \$15,000	56.9	43.1
\$15,001 to \$25,000	51.8	48.2
\$25,001 to \$50,000	55.7	44.3
\$50,001 to \$75,000	80.8	19.2
More than \$75,000	65.8	34.2



**Figure 38**  
**Time Since Last Mammogram \*\*\***



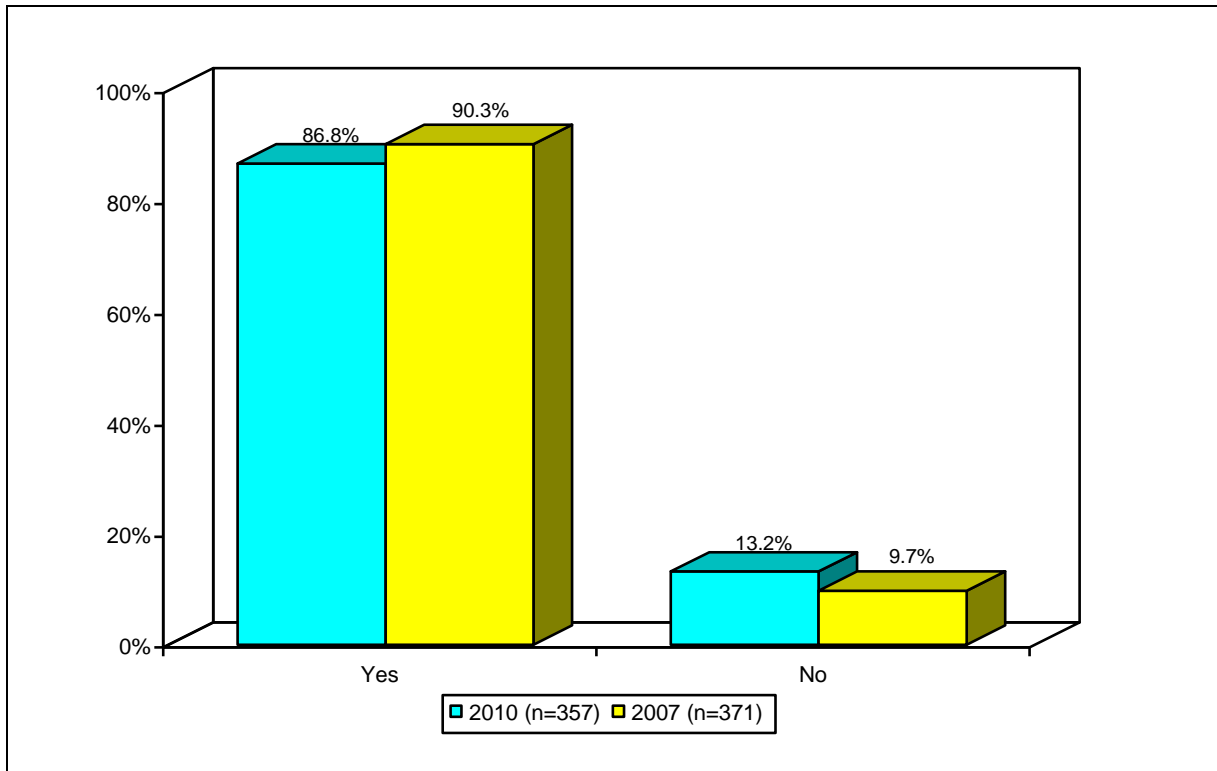
**Table 74**  
**Nationwide, Texas and Amarillo “At Risk” Comparison:**  
**Time Since Last Mammogram**  
**(Women age 40+ and no mammogram in past 2 years)**

	Percentage At Risk
Nationwide 2008	24.0
Texas 2008	27.4
Amarillo 2007	28.3
Amarillo 2010	28.4

- Female respondents of all ages who reported having had a mammogram were asked how long it had been since they got their last one. As shown in Figure 38, 74.3 percent reported having a mammogram either within the past year (57.0 percent) or within the past two years (17.3 percent).
- The “at risk” person was defined as a woman age 40 or older who had not had a mammogram in the past 2 years. When only female respondents age 40 and older were asked how long it had been since they got their last mammogram, 28.4 percent of them reported that it had been longer than 2 years (see Table 74).

\*\*\* Differences between the 1999, 2007 and 2010 samples for “time since last mammogram” are significant at the p<.001 level.  
*University of North Texas Survey Research Center*

**Figure 39**  
**Ever Had a Pap Test**

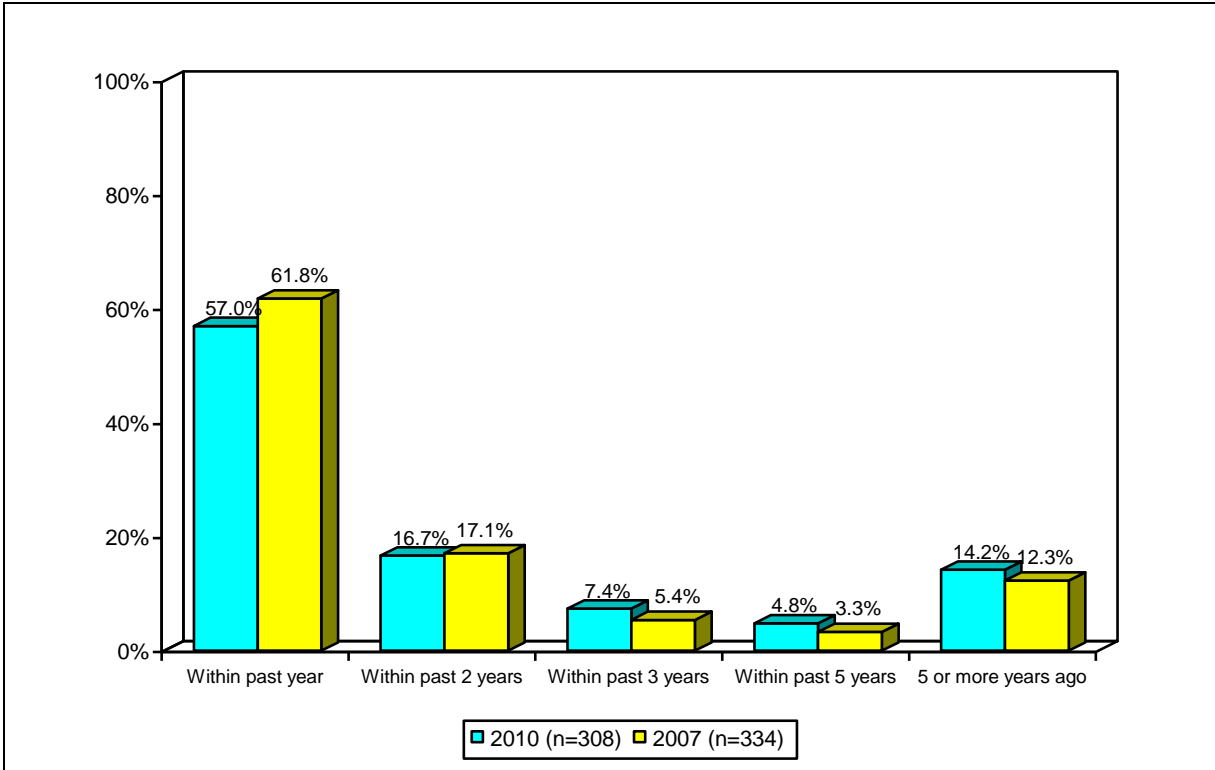


- Female respondents were asked if they had ever had a Pap test, a test for cancer of the cervix. As shown in Figure 39, 86.8 percent of those respondents answered “yes.”
- It appears that a smaller percentage of female respondents reported ever having a Pap test in 2010 (86.8 percent) than in 2007 (90.3 percent).
- The percentage of female respondents who reported ever having had a Pap test was higher among Black/African American respondents and respondents with an income of \$50,001 to \$75,000 (see Table 75).

**Table 75**  
**Ever Had a Pap Test**  
**By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	86.8	13.2
Ethnicity		
White	89.8	10.2
Hispanic	83.3	16.7
Black/African American	100.0	0.0
Other	33.3	66.7
Income		
Less than \$15,000	82.5	17.5
\$15,001 to \$25,000	90.9	9.1
\$25,001 to \$50,000	83.6	16.4
\$50,001 to \$75,000	100.0	0.0
More than \$75,000	91.7	8.3

**Figure 40**  
**Time Since Last Pap Test**



**Table 76**  
**Nationwide, Texas and Amarillo “At Risk” Comparison:**  
**Time Since Last Pap Test**  
**(Women age 18+ and no Pap in past 3 years)**

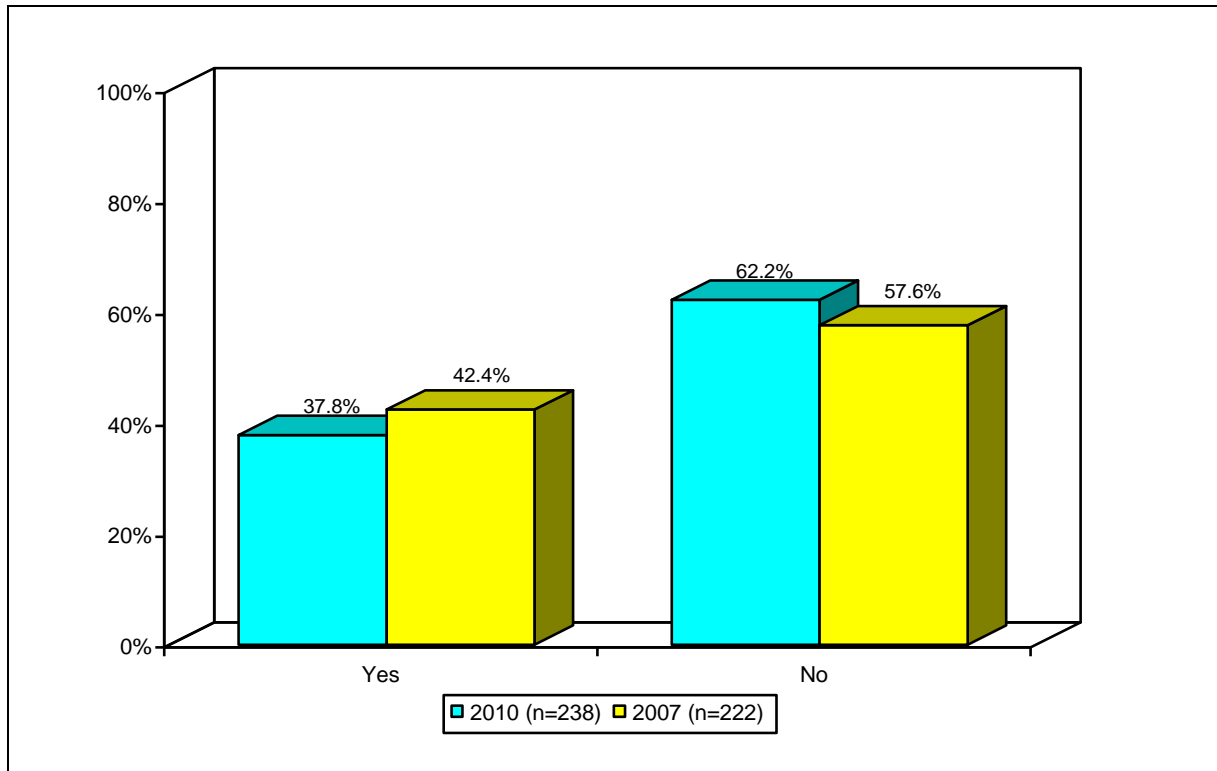
	Percentage At Risk
Nationwide 2008	17.1
Texas 2008	18.5
Amarillo 2007	15.8
Amarillo 2010	16.1

- Female respondents who reported having had a Pap test were asked how long it had been since they got their last one. As shown in Figure 40, 73.7 percent of those respondents reported they had gotten their last Pap test within the past year (57.0 percent) or within the past 2 years (16.7 percent).
- An “at risk” person is defined as a woman age 18 or older who has not had a Pap test in the past three years. The percentage of at risk women is lower for Amarillo 2010 respondents than Nationwide 2008 and Texas 2008 respondents (see Table 76).
- The percentage of female respondents over 18 years of age who were at risk because they had not had a Pap test in the past three years increased as the age of the respondent increased, and was greater among respondents without children under 18 living in the household (see Table 77).

**Table 77**  
**At Risk Women 18+ and No Pap Test in Past 3 Years**  
**By Selected Demographics**

	Percentage At Risk
Amarillo	16.1
Age of respondent	
18 to 24	0.0
25 to 34	8.0
35 to 44	2.6
45 to 54	23.2
55 to 64	22.9
65 to 74	27.8
75 or older	47.2
Have children under 18	
Yes	9.0
No	21.9

**Figure 41**  
**Ever Had a Prostate-Specific Antigen Test**

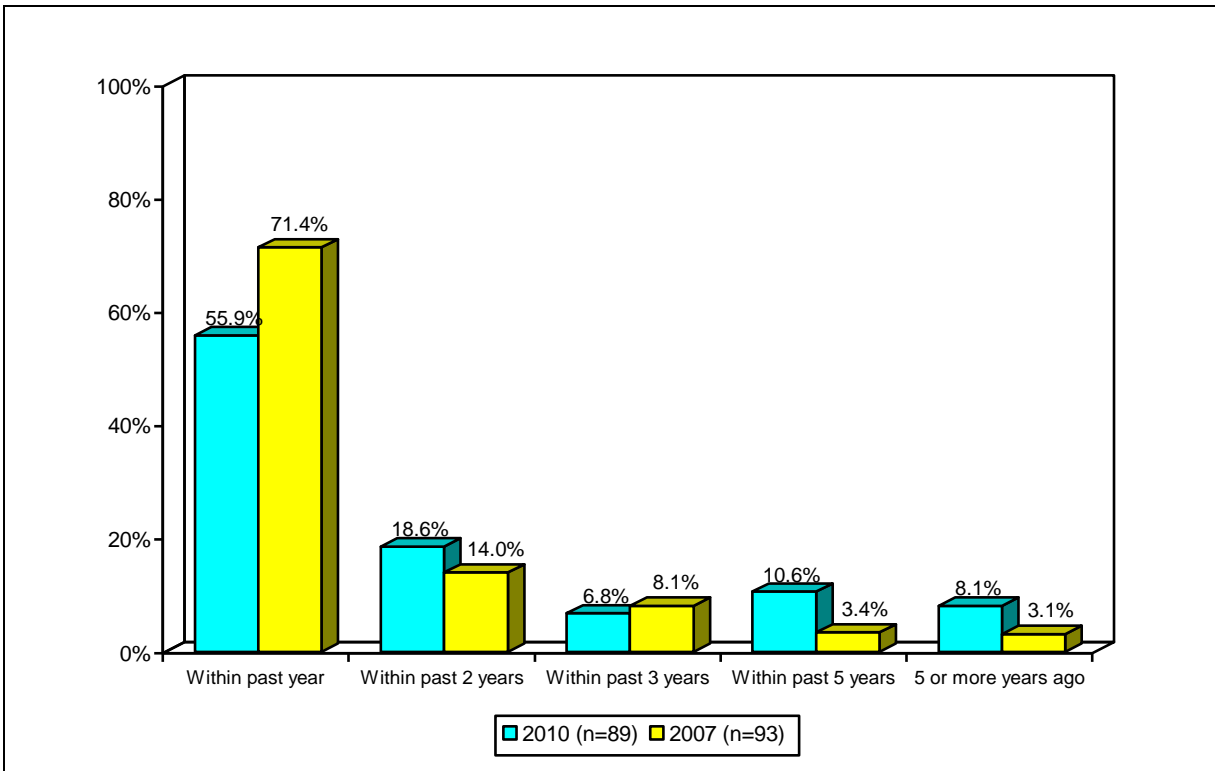


- Male respondents were asked if they had ever had a Prostate-Specific Antigen (PSA) test, a test for prostate cancer. As shown in Figure 41, 37.8 percent of those respondents answered “yes.”
- It appears that a smaller percentage of 2010 male respondents (37.8 percent) had ever had a PSA test compared to 2007 male respondents (42.4 percent).
- The percentage of the male respondents who reported ever having had a PSA test generally increased as the age of the respondent and education increased, and was higher among Black/African American respondents, respondents without children under 18 living in the household, and respondents who completed the interview in English (see Table 78).

**Table 78**  
**Ever Had Prostate-Specific Antigen (PSA) Test**  
**By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	37.8	62.2
Age of respondent		
18 to 24	0.0	100.0
25 to 34	22.2	13.9
35 to 44	13.9	47.3
45 to 54	52.7	47.3
55 to 64	75.0	25.0
65 to 74	97.2	2.8
75 or older	86.4	13.6
Ethnicity		
White	44.3	55.7
Hispanic	14.6	85.4
Black/African American	80.0	20.0
Other	33.3	66.7
Have children under 18		
Yes	19.2	80.8
No	52.2	47.8
Education		
Some high school or less	44.4	55.6
High school grad	22.1	77.9
Some college	33.9	66.1
College grad or more	50.5	49.5
Language of interview		
English	43.6	56.4
Spanish	0.0	100.0

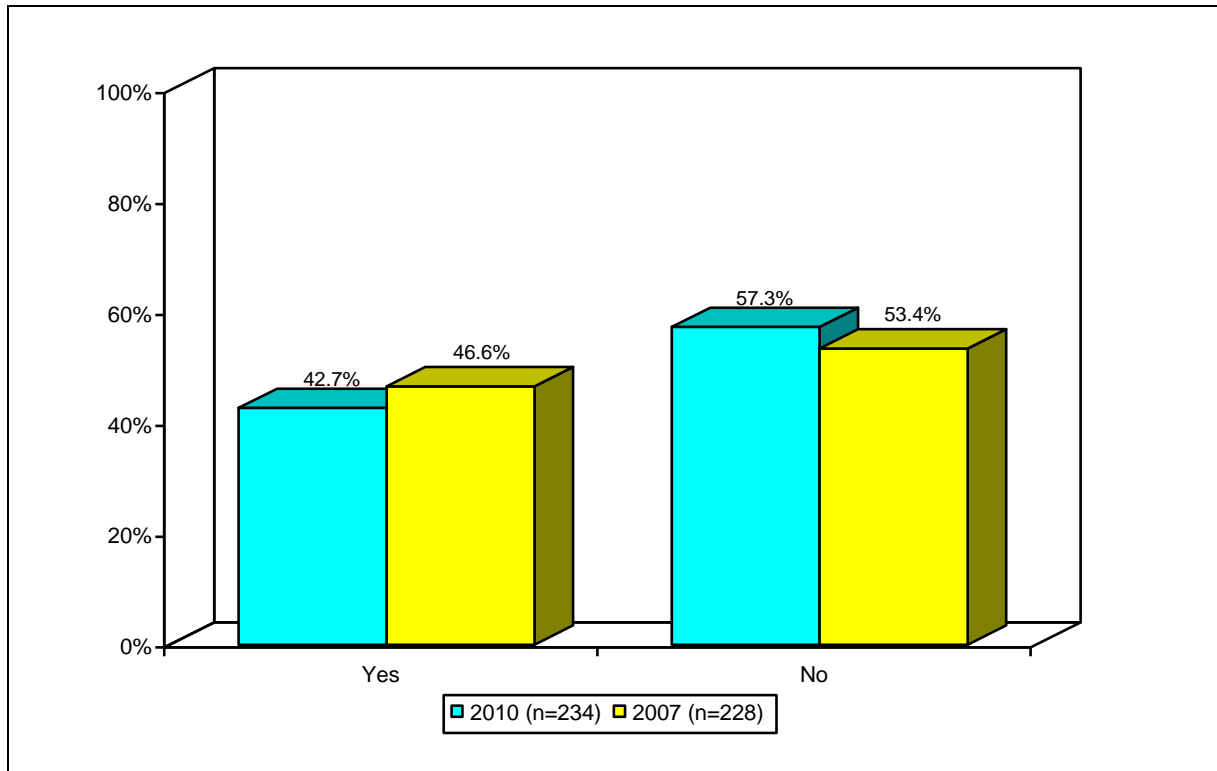
**Figure 42**  
**Time Since Last PSA Test**



- Male respondents who reported having had a PSA test were asked how long it had been since they had the test. As shown in Figure 42, 74.5 percent of those respondents indicated they had a PSA test within the past year (55.9 percent) or within the past 2 years (18.6 percent).



**Figure 43**  
**Ever Had a Digital Rectal Exam**

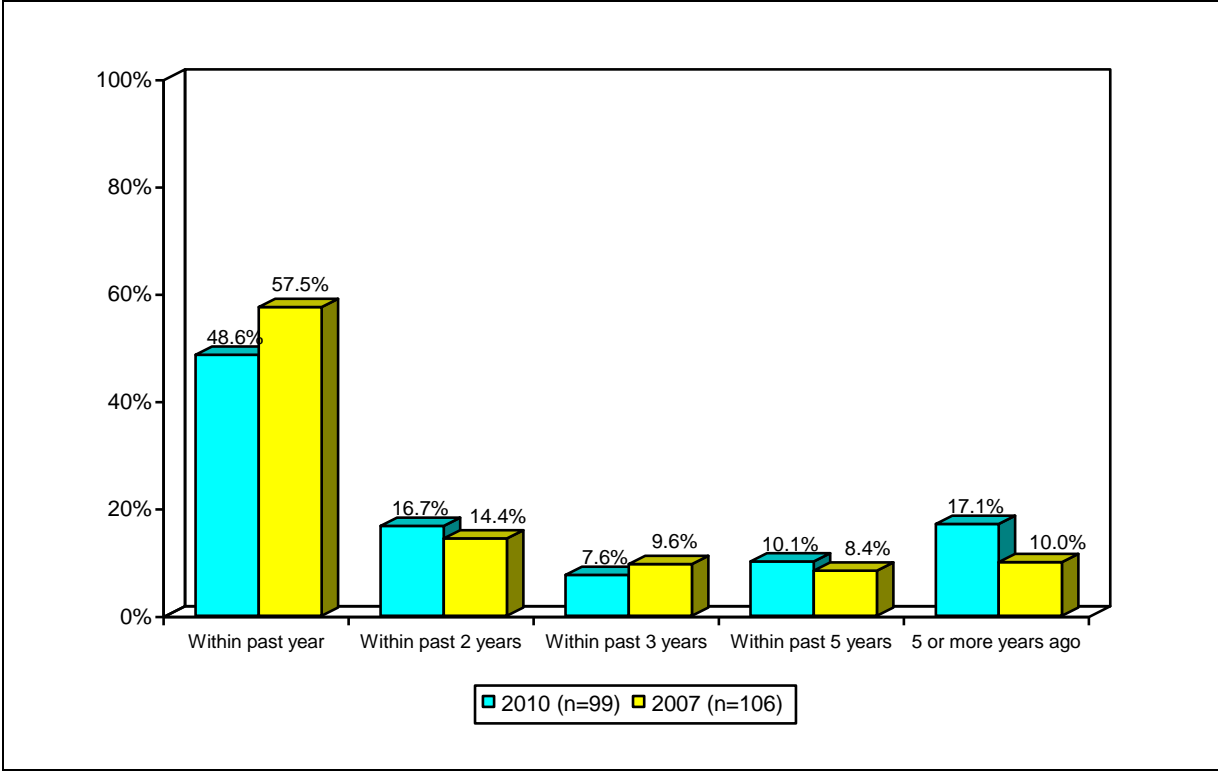


- Male respondents were asked if they had ever had a digital rectal exam. This is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. As shown in Figure 43, 42.7 percent of those respondents answered “yes.”
- It appears that the percentage of male respondents who had ever had a digital rectal exam had decreased to 42.7 percent in 2010 from 46.6 percent in 2007.
- The percentage of the male respondents who reported ever having had a digital rectal exam generally increased as the age of the respondent, education and income increased, and was higher among white respondents, respondents without children under 18 living in the household, and respondents who completed the interview in English (see Table 79).

**Table 79**  
**Ever Had Digital Rectal Exam**  
**By Selected Demographics**

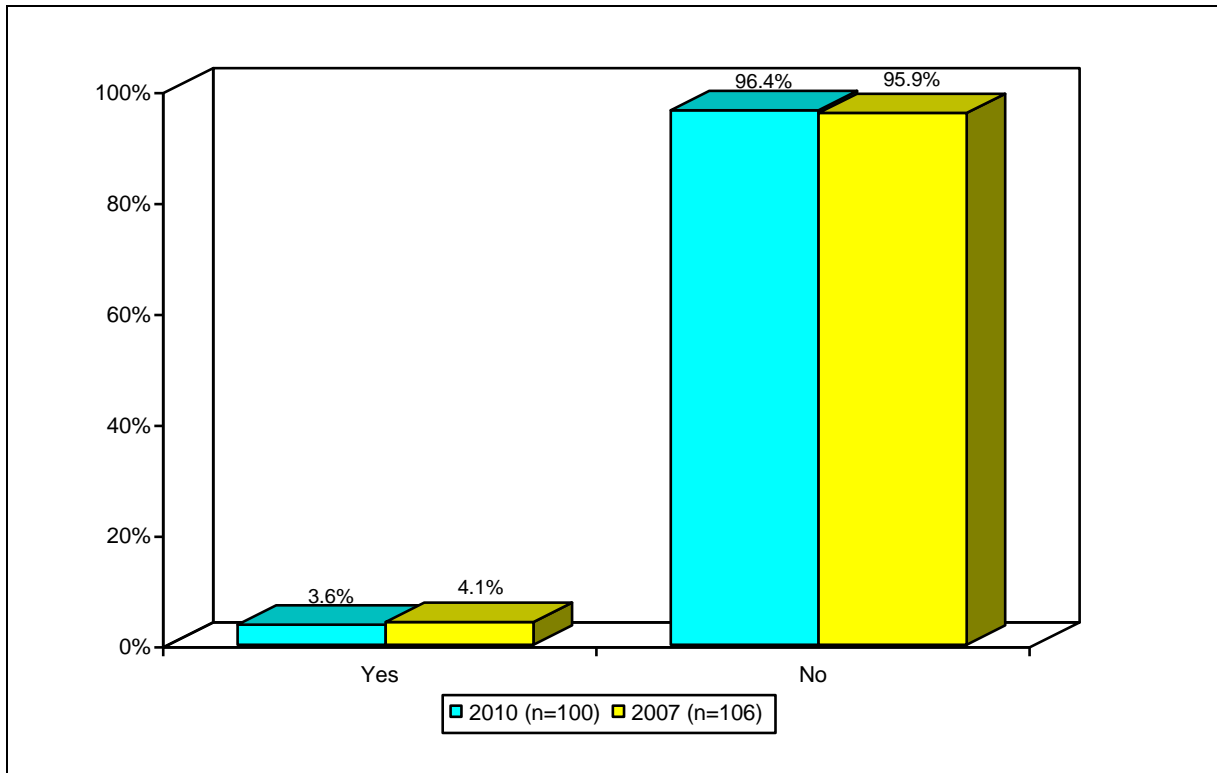
	Percentage responding	
	Yes	No
Amarillo	42.7	57.3
Age of respondent		
18 to 24	0.0	100.0
25 to 34	17.6	82.4
35 to 44	37.1	62.9
45 to 54	52.7	47.3
55 to 64	76.1	23.9
65 to 74	100.0	0.0
75 or older	86.4	13.6
Ethnicity		
White	55.1	44.9
Hispanic	5.0	95.0
Black/African American	50.0	50.0
Other	36.8	63.2
Have children under 18		
Yes	32.7	67.3
No	51.1	48.9
Education		
Some high school or less	22.2	77.8
High school grad	26.1	73.9
Some college	44.1	55.9
College grad or more	58.9	41.1
Income		
Less than \$15,000	26.1	73.9
\$15,001 to \$25,000	25.9	74.1
\$25,001 to \$50,000	38.6	61.4
\$50,001 to \$75,000	50.0	50.0
More than \$75,000	56.2	43.8
Language of interview		
English	49.2	50.8
Spanish	0.0	100.0

**Figure 44**  
**Time Since Last Digital Rectal Exam**



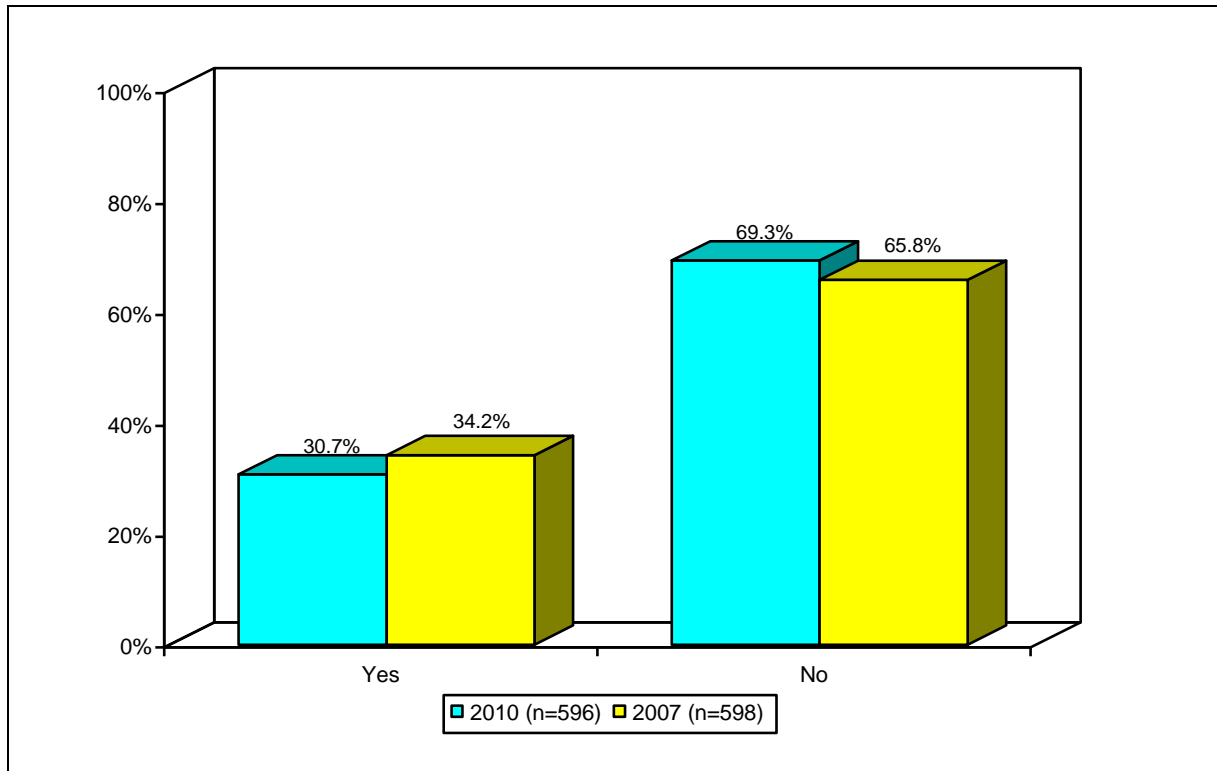
- Male respondents who reported having had a digital rectal exam were asked how long it had been since they had the examination. As shown in Figure 44, 65.3 percent of those respondents reported having had this exam either within the past year (48.6 percent) or within the past 2 years (16.7 percent).

**Figure 45**  
**Ever Been Told Had Prostate Cancer**



- When male respondents who had had a digital rectal exam were asked if they had ever had prostate cancer, 3.6 percent answered “yes” (see Figure 45).

**Figure 46**  
**Ever Had a Sigmoidoscopy or Colonoscopy Exam**



**Table 80**  
**Nationwide, Texas and Amarillo “At Risk” Comparison:**  
**Ever Had Sigmoidoscopy or Colonoscopy**  
**(Adults age 50+ and no Exam)**

	Percentage At Risk
Nationwide 2008	37.8
Texas 2008	43.8
Amarillo 2007	34.0
Amarillo 2010	37.7

- All respondents were asked if they had ever had a sigmoidoscopy or a colonoscopy exam which are used to view the colon via a tube inserted in the rectum for signs of cancer or other health problems. As shown in Figure 46, 30.7 percent of the respondents indicated they had had one or the other of the exams.
- Thirty-eight percent of Amarillo 2010 respondents age 50 or older were at risk compared to 37.8 percent of Nationwide 2008 respondents and 43.8 percent of Texas 2008 respondents (see Table 80). The percentage appears to have increased when compared to Amarillo 2007.
- The percentage of respondents who reported ever having had a sigmoidoscopy or colonoscopy exam generally increased as the age of the respondent and education increased and was higher among Black/African American respondents, respondents

without children under 18 living in the household, and respondents who completed the interview in English (see Table 81).

- For adults age 50 or older, the percentage of respondents who were at risk because they had never had a sigmoidoscopy or colonoscopy exam was higher among respondents age 50 to 54 and those with some high school education or less (see Table 82).

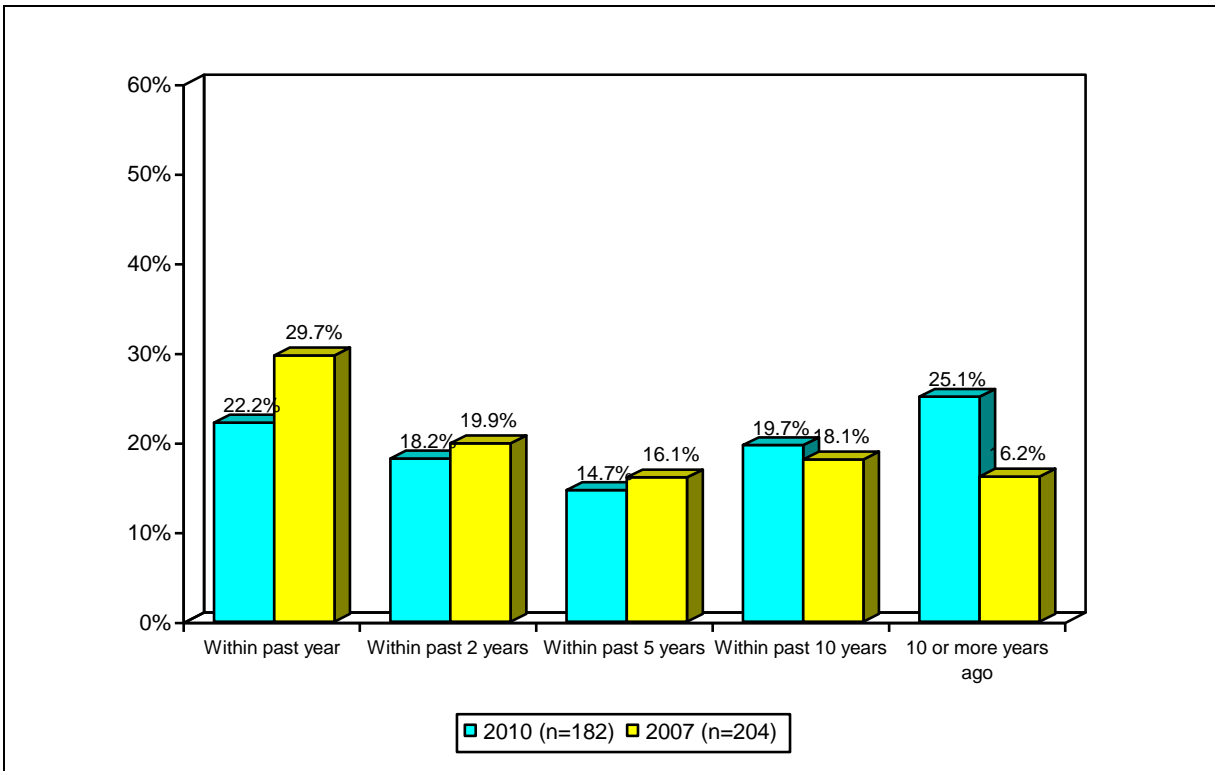
**Table 81**  
**Ever Had Sigmoidoscopy or Colonoscopy**  
**By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	30.7	69.3
Age of respondent		
18 to 24	3.8	96.2
25 to 34	7.0	93.0
35 to 44	18.7	81.3
45 to 54	33.9	66.1
55 to 64	59.9	40.1
65 to 74	79.8	20.2
75 or older	64.5	35.5
Ethnicity		
White	36.6	63.4
Hispanic	9.0	91.0
Black/African American	56.3	43.8
Other	11.1	88.9
Have children under 18		
Yes	16.4	83.6
No	41.7	58.3
Education		
Some high school or less	16.1	83.9
High school grad	27.9	72.1
Some college	31.1	68.9
College grad or more	36.2	63.8
Language of interview		
English	33.2	66.8
Spanish	0.0	100.0

**Table 82**  
**Ever Had Sigmoidoscopy or Colonoscopy At Risk**  
**Adults age 50+**  
**By Selected Demographics**

	Percentage At Risk
Amarillo	37.7
Age of respondent	
50 to 54	50.0
55 to 64	39.9
65 to 74	20.0
75 or older	35.1
Education	
Some high school or less	61.5
High school grad	45.1
Some college	32.8
College grad or more	30.2

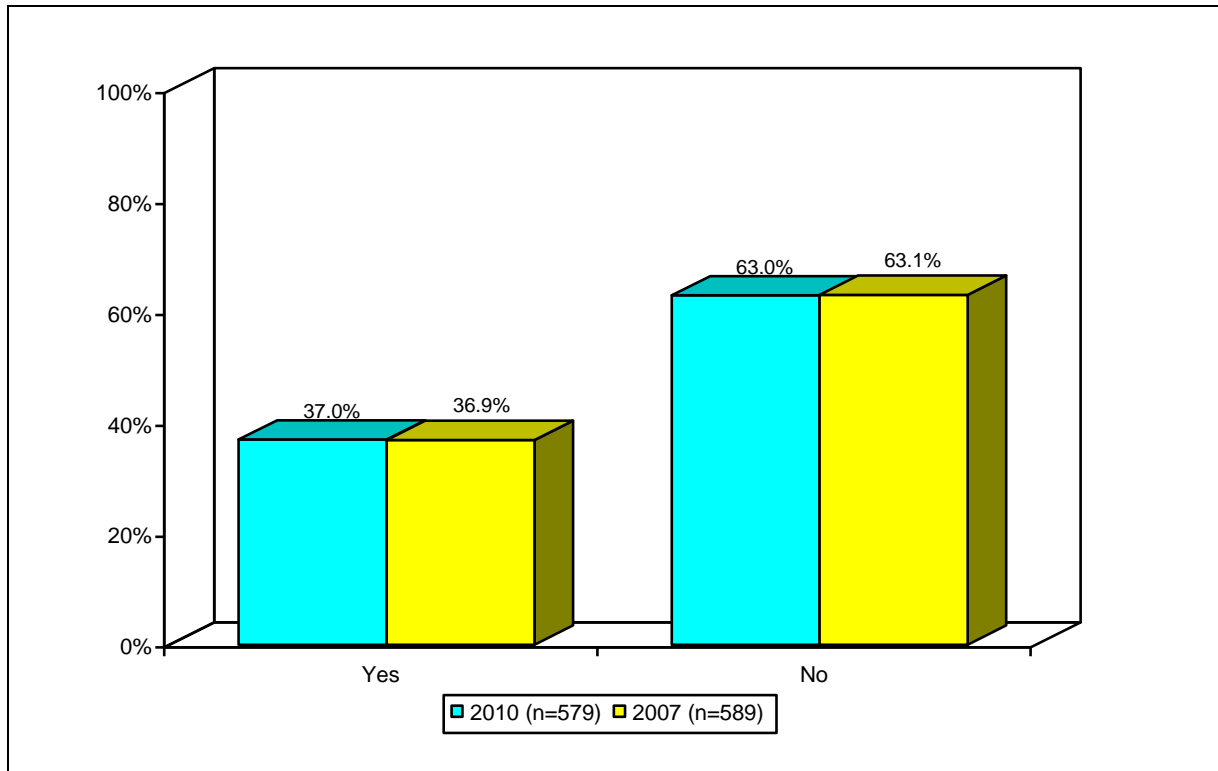
**Figure 47**  
**Time Since Last Sigmoidoscopy or Colonoscopy Exam**



- Respondents who reported having had a sigmoidoscopy or a colonoscopy exam were asked how long it had been since they had the examination. As shown in Figure 47, 40.4 percent of those respondents reported having one of these exams within the past year (22.2 percent) or within the past 2 years (18.2 percent).
- A smaller percentage of 2010 respondents (40.4 percent) than 2007 respondents (49.6 percent) reported having had a sigmoidoscopy or a colonoscopy exam within the past 2 years.



**Figure 48**  
**Ever Been Tested for HIV**



- Respondents were asked if they had ever been tested for HIV, including testing fluid from their mouth (not counting tests as part of a blood donation). As shown in Figure 48, 37.0 percent indicated they had been tested for HIV.
- The percentage of respondents who reported being tested for HIV generally decreased as the age of the respondent and income decreased and was greater among Black/African American respondents and respondents with children under 18 living in the household (see Table 83).
- Forty percent of those who had been tested for HIV were tested from between January, 2008 and August, 2010 (see Table 84).

**Table 83**  
**Ever Been Tested for HIV**  
**By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	37.0	63.0
Age of respondent		
18 to 24	34.6	65.4
25 to 34	54.8	45.2
35 to 44	52.8	47.2
45 to 54	37.2	62.8
55 to 64	21.7	78.3
65 to 74	13.8	86.2
75 or older	5.6	94.4
Ethnicity		
White	34.2	65.8
Hispanic	46.5	53.5
Black/African American	62.5	37.5
Other	33.3	66.7
Have children under 18		
Yes	58.0	42.0
No	21.8	78.2
Income		
Less than \$15,000	53.8	46.3
\$15,001 to \$25,000	35.4	64.6
\$25,001 to \$50,000	45.5	54.5
\$50,001 to \$75,000	36.4	63.6
More than \$75,000	33.1	66.9

**Table 84**  
**Last HIV Test**

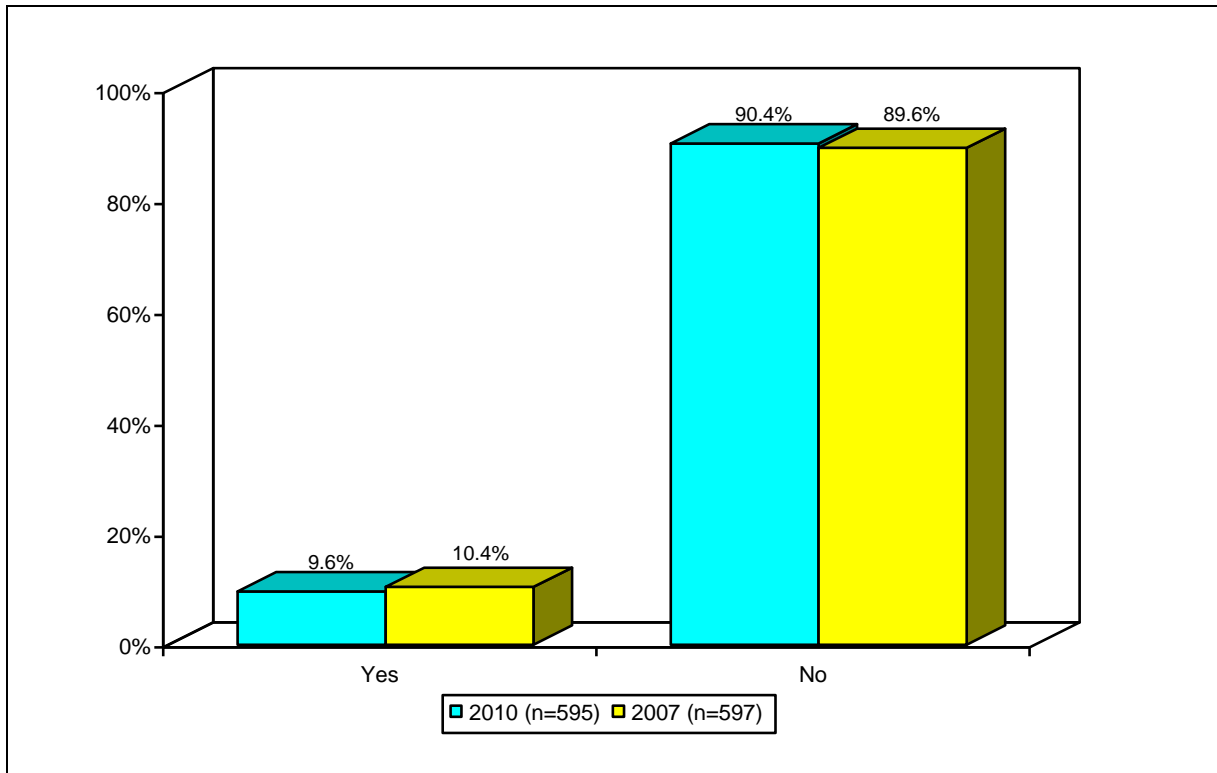
	Percentage responding	
	2010 (n=181)	2007 (n=192)
2008 to present	39.5	-
2006 to 2007	16.3	42.3
2005	7.6	16.9
2004	5.2	5.8
2002 to 2003	5.1	8.5
1997-2001	18.0	15.8
1987-1996	8.0	9.7
Before 1987	0.3	1.0

**Table 85**  
**Provider of Last HIV Test**

	Percentage responding	
	2010 (n=211)	2007 (n=211)
Private doctor or HMO office	42.2	37.8
Hospital	16.6	12.4
Health Department Clinic	13.3	27.5
Counseling and testing site	5.5	5.3
Jail or prison (or other correctional facility)	2.4	1.8
At home	2.3	1.7
Drug treatment facility	1.4	0.3
Somewhere else	16.3	13.1

- Respondents who had been tested for HIV were asked where they had their last HIV test. As shown in Table 85, 42.2 percent of those respondents got their HIV test from a private doctor or HMO office. Seventeen percent got their test at a hospital.

**Figure 49**  
**Respondent is Caregiver for Elderly Person**

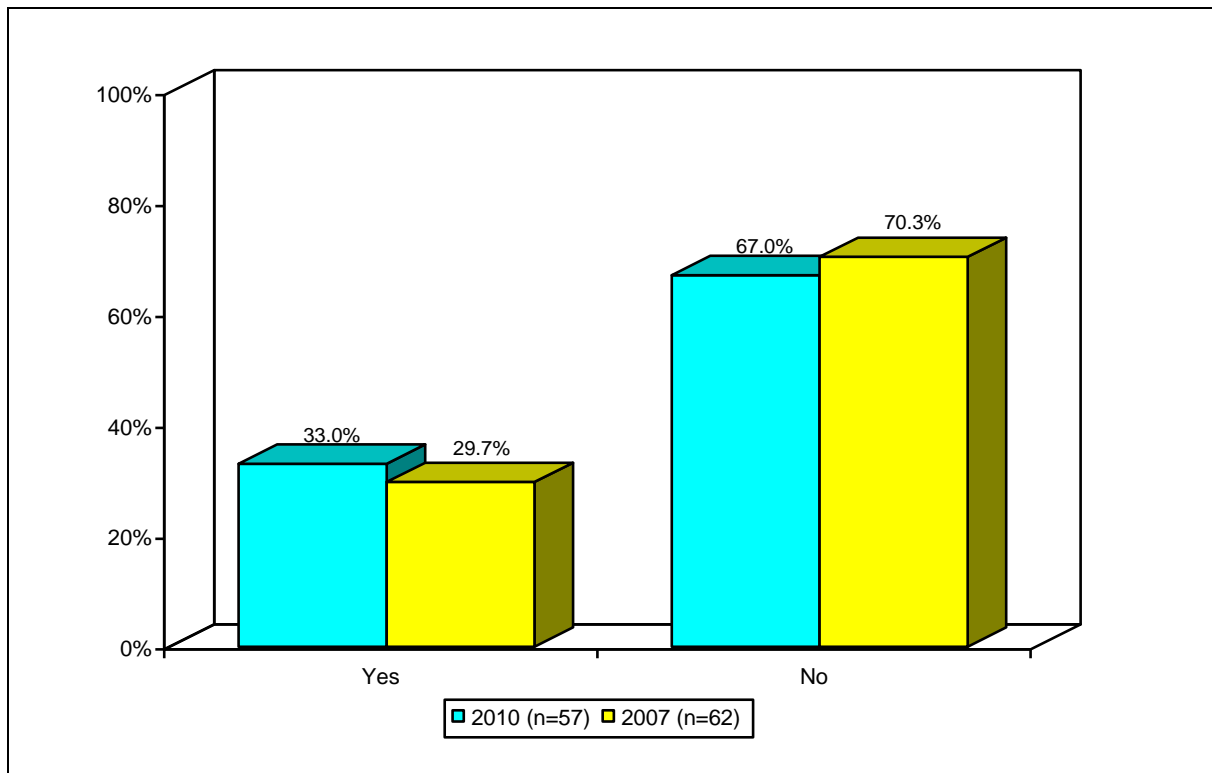


- When asked if they were a family caregiver for someone that is elderly (age 65 or older), 9.6 percent of the respondents answered “yes” (see Figure 49).
- The percentage of respondents who reported they were a caregiver for an elderly person was higher among respondents age 55 to 64 and those without children under 18 living in the household (see Table 86).

**Table 86**  
**Respondent is Caregiver for Elderly Person**  
**By Selected Demographics**

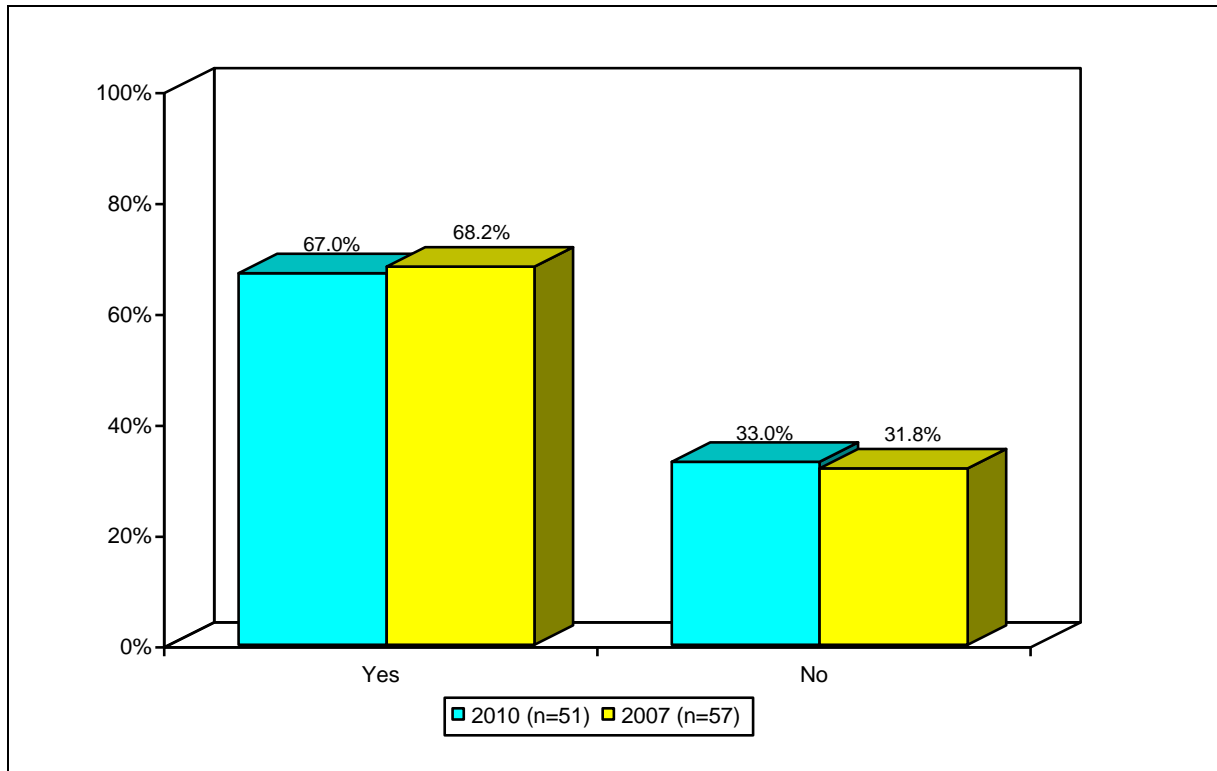
	Percentage responding	
	Yes	No
Amarillo	9.6	90.4
Age of respondent		
18 to 24	11.5	88.5
25 to 34	2.3	97.7
35 to 44	2.7	97.3
45 to 54	15.9	84.1
55 to 64	16.9	83.1
65 to 74	15.7	84.3
75 or older	8.7	91.3
Have children under 18		
Yes	3.9	96.1
No	14.0	86.0

**Figure 50**  
**Family Member Has Significant Memory Problems**



- Respondents who reported being a family caregiver for someone elderly were asked if that elderly person had significant memory problems that cause them, the respondent, concern. As shown in Figure 50, 33.0 percent of those respondents indicated that the person did have significant memory problems that caused concern.

**Figure 51**  
**Doctor Wants to Hear Caregiver’s Concerns about Elderly Person**



- Respondents who were caregivers were asked if they felt that the elderly person’s doctor wanted to hear their (the respondent’s) concerns about their family member. Sixty-seven percent of those respondents answered “yes” (see Figure 51).
- As shown in Table 87, 76.5 percent of female respondents and 47.1 percent of male respondents indicated that the doctor wanted to hear their concerns about the elderly person.
- Three-quarters (76.5 percent) of the respondents with concerned doctors indicated that the doctor was helpful in providing information as to what to do.<sup>1</sup>
- Ninety-one percent of female respondents and 61.9 percent of male respondents indicated that the doctor was helpful in providing information (see Table 88).

**Table 87**  
**Doctor Wants to Hear Caregiver’s Concerns about Elderly Person**  
**By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	67.0	33.0
Gender of respondent		
Female	76.5	23.5
Male	47.1	52.9

<sup>1</sup> The question about doctors being helpful in providing information about what to do was new in 2010.

**Table 88**  
**Doctor Was Helpful in Providing Information As to What to Do**  
**By Selected Demographics**

	Percentage responding	
	Yes	No
Amarillo	76.5	23.5
Gender of respondent		
Female	90.9	9.1
Male	61.9	38.1



**Table 89**  
**Specific Caregiver Needs Not Being Met**

	Percentage responding	
	2010 (n=52)	2007 (n=52)
Financial support	23.3	29.4
Medical support	8.3	9.0
All of the these	8.0	21.0
Emotional support	5.9	19.4
None of these	46.0	16.3
Other	8.6	5.0

- Respondents who were caregivers were asked to identify specific needs that are not being met where they wish they could have assistance. As shown in Table 89, 23.3 percent of these respondents needed financial support. Eight percent needed financial, emotional, and medical support. Six percent needed emotional support. Forty-six percent required no support.

## V. CONCLUSIONS

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In August 2010, the Survey Research Center conducted a health survey and needs assessment of the residents of the City of Amarillo. Data collected from this survey was compared where possible to findings from two surveys done for the City of Amarillo in 1999 and 2007 and findings of the 2008-09 Texas and Nationwide Behavioral Risk Factor Surveillance System surveys.

Eighty-two percent of the Amarillo respondents reported their state of health was either excellent (20.0 percent), very good (31.3 percent) or good (31.1 percent). Eighteen percent reported their health was either fair (12.0 percent) or poor (5.6 percent) and were considered “at risk.” In general, respondents with lower education and income and those over 50 were more likely to be at risk. Fifty-eight percent of the respondents reported getting a checkup even though they felt healthy. Three-quarters (73.3 percent) of those had gotten a checkup within the last 12 months.

Eighty-one percent of the respondents had some kind of health care coverage. Nineteen percent did not and were considered “at risk.” Sixty percent of those with coverage had health insurance through someone’s work or union. Nineteen percent had Medicare. Sixty-nine percent of the respondents had a single personal doctor, while 5.1 percent reported they had more than one personal doctor. Twenty-one percent of the respondents reported needing to see a doctor in the past 12 months but did not because of cost. Seventy-eight percent of respondents reported their spouse or partner had health insurance while 89.4 percent of those with children under 18 living in the household reported their child had health insurance. Twenty-three percent of the children had Medicaid or public aid (including SCHIPS).

When asked the type of health care they would most likely use, 60.8 percent of the respondents said a doctor or HMO. A large majority (91.4 percent) rated care received from their preferred source as either excellent or good. Too long a wait was the most common problem encountered when seeking health care. The inability to afford care was the most common reason that prevented an adult from getting needed health care. The findings were similar for children.

Forty-six percent of the respondents had gotten a flu shot in the past 12 months, and 2.5 percent received a flu vaccine sprayed in the nose called FluMist. When 45.0 percent of the respondents with children were told within the past 12 months that their child needed vaccinations, 93.4 percent of those respondents reported their child had gotten the vaccinations. Eighty percent of those went to a private health care provider for the immunizations.

Fifteen percent of respondents reported that an adult in their household had sought mental health care in the past two years. Respondents were more likely to use a private provider (63.9 percent) than TPMHMR (19.6 percent) or the J.O. Wyatt Clinic (5.1 percent) for mental health care.

Over three-quarters (79.2 percent) of the respondents indicated they participated in physical activities or exercises in the past month. Using height and weight, the Body Mass Index was calculated. 61.1 percent of respondents were either overweight (32.7 percent) or obese (28.4 percent). Over half of all respondents had tried to lose weight in the past 12 months. The most common methods for losing weight were exercise (57.8 percent) and eating less food (35.2 percent).

Some respondents were considered “at risk” because they had been told they had diabetes (9.1 percent), a heart attack (4.8 percent), angina or coronary heart disease (5.5

percent), a stroke (3.2 percent), asthma (19.6 percent had been told, 12.9 percent currently have asthma), or prostate cancer (3.6 percent of male respondents who reported having had a digital rectal exam).

Respondents were asked if they had ever had certain examinations. Sixty-two percent of female respondents reported having had a mammogram. Twenty-eight percent were “at risk” because they were age 40 or older and had not had a mammogram within the past two years. Eighty-seven percent of female respondents reported having a Pap test. Sixteen percent were “at risk” because they had not had a Pap test within the past three years. Thirty-eight percent of male respondents reported having a Prostate-Specific Antigen test and 74.5 percent of them had the test within the past two years. Forty-three percent of male respondents reported they had had a digital rectal exam and 65.3 percent had this exam within the past two years. Thirty-one percent of all respondents reported having had a sigmoidoscopy or colonoscopy exam and 40.4 percent of those respondents had the exam within the past two years. Thirty-eight percent of respondents age 50 or older had never had a sigmoidoscopy or colonoscopy exam and therefore were at risk. Thirty-seven had been tested for HIV and 39.5 percent of those respondents had been tested since January 2006. Forty-two percent of those that had been tested for HIV got tested at a private doctor’s office or HMO office and 16.6 percent went to a hospital.

Forty-three percent were at risk because they had smoked at least 100 cigarettes in their life. Nineteen percent were at risk because they had smoked at least 100 cigarettes and they continued to smoke every day or some days. Seventy-one percent of these respondents had stopped smoking for one day or longer in the past 12 months because they were trying to quit. The number of times respondents reported driving after they had had perhaps too much to drink in the past 30 days was 2.45.

Ten percent of respondents reported being a caregiver for an elderly person. One-third of these respondents reported that the person they cared for had significant memory problems. These respondents indicated they needed financial support (23.3 percent), medical support (8.3 percent), or financial, emotional and medical support (8.0 percent).

## **APPENDIX: SURVEY INSTRUMENT**

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**AMARILLO HEALTH SURVEY AND NEEDS ASSESSMENT 2010**

Hello, my name is \_\_\_\_\_. Amarillo's Public Health Department is conducting a survey of its citizens and I would like to talk with the person in the household age 18 or older who had the most recent birthday.

(TO RESPONDENT) The Health Department is conducting a survey to assess health care issues and needs. I want to stress that this survey is being conducted by the Amarillo Public Health Department and not by a candidate for political office. The questions that I want to ask you will take only a few minutes and your answers will be useful to the city staff and commission. All of your answers will be kept confidential. The survey will take about 10 to 15 minutes to complete. This project has been approved by the UNT Institutional Review Board. If you have any questions about the study you may call 800-687-7055

<<INTERVIEWER: IF YES, PRESS 1 TO CONTINUE WITH ENGLISH SURVEY  
PRESS 2 TO CONTINUE WITH SPANISH SURVEY  
IF NO, PRESS CNTRLEND

SKP QSKIP1

NOTE: A SUBSAMPLE WILL RECEIVE THE FOLLOWING INTRODUCTION SO THAT AN ADEQUATE NUMBER OF MALE RESPONDENTS BETWEEN THE AGES OF 18 TO 65 ARE INCLUDED.

Q: INTRO2 \*\*\*\*\*

Hello, my name is \_\_\_\_\_. Amarillo's Public Health Department is conducting a survey of its citizens and I would like to talk with a MALE in the household age 18 to 65 with the most recent birthday.

(INTERVIEWER: IF MALE IS NOT AVAILABLE, SCHEDULE A CALLBACK)  
(IF NO MALE IN THE HOUSEHOLD, TERMINATE INTERVIEW)

(TO RESPONDENT) The Health Department is conducting a survey to assess health care issues and needs. I want to stress that this survey is being conducted by the Amarillo Public Health Department and not by a candidate for political office. The questions that I want to ask you will take only a few minutes and your answers will be useful to the city staff and commission. All of your answers will be kept confidential. The survey will take about 10 to 15 minutes to complete. This project has been approved by the UNT Institutional Review Board. If you have any questions about the study you may call 800-687-7055

<<INTERVIEWER: IF YES, PRESS 1 TO CONTINUE WITH ENGLISH SURVEY  
PRESS 2 TO CONTINUE WITH SPANISH SURVEY  
IF NO, PRESS CNTRLEND

1. Would you say that in general your health is—

Please read:

1. Excellent
2. Very good
3. Good
4. Fair
5. Poor

Do not read:

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

2. Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?

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

2A. Is your health insurance primarily:

1. Health insurance through someone's work or union (includes HMO)
2. Health insurance bought directly by yourself or family
3. Medicare, a government plan that pays health care bills for people aged 65 and over and for some disabled people
4. Medicaid or public aid
5. Insurance through JO Wyatt or a District Clinic
6. Other, \_\_\_\_\_
9. NR/DK

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

1. Yes (SKIP TO Q4)
2. No
7. Don't know / Not sure (SKIP TO Q4)
9. Refused (SKIP TO Q4)

3A. Is there more than one, or is there no person who you think of as your personal doctor or health care provider?"

1. Yes, more than one
2. No person thought of as personal doctor
7. Don't know / Not sure
9. Refused

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

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

5. Does your spouse or partner have health insurance?

1. YES (ASK 5A)
2. NO
3. DOES NOT HAVE A SPOUSE OR PARTNER (SKIP TO Q6)
9. NR/DK

5A. Is that insurance primarily:

1. Health insurance through someone's work or union (includes HMO)
2. Health insurance bought directly by yourself or family
3. Medicare, a government plan that pays health care bills for people aged 65 and over and for some disabled people
4. Medicaid or public aid
5. Insurance through a District Clinic
6. Other, \_\_\_\_\_
9. NR/DK

6. Do you have any children age 18 or younger living in your household?

1. YES
2. NO (SKIP TO 8)
9. NR/DK

7. Do you have health insurance for your children?

1. YES (ASK 7A)
2. NO
9. NR/DK

7A. Is that insurance primarily:

1. Health insurance through someone's work or union (includes HMO)
2. Health insurance bought directly by yourself or family
3. Medicare, a government plan that pays health care bills for people aged 65 and over and for some disabled people
4. Medicaid or public aid
5. Insurance through JO Wyatt or a District Clinic
6. Other, \_\_\_\_\_
9. NR/DK

8. If you or an adult member of your household are in need of healthcare which of the following would you most likely use?

1. Doctor or HMO
2. J.O. Wyatt Clinic
3. Hospital Emergency Room
4. Nurse Practitioner
5. Urgent Care Center
6. Other
7. Would not use any source
8. NR/DK

9. Have you or an adult in your household sought health care from that source within the past two years?

1. YES (ASK 9A-B)
2. NO (ASK 9C)
9. NR/DK

9A Would you say the care you received there is generally excellent, good, fair, or poor?

1. Excellent
2. Good
3. Fair
4. Poor
9. NR/DK

9B. Did you experience any of the following when you sought health care?

Problem	Yes	No	NR/DK
Unable to get appointment when I needed one	1	2	9
Lack of transportation to the provider's office or clinic	1	2	9
Location of the provider's office or clinic	1	2	9
Unreasonable cost of services	1	2	9
Too long of a wait	1	2	9

9C. Did any of the following reasons prevent you from getting health care?

Problem	Yes	No	NR/DK
No need for health care (GO TO Q10)	1	2	9
Unable to get appointment	1	2	9
Unable to afford care	1	2	9
Lack of transportation to the provider's office or clinic	1	2	9
Location of the provider's office or clinic	1	2	9
Too long of a wait	1	2	9

10. Some people visit a doctor or clinic for a checkup even though they are feeling healthy. Have you ever done that for yourself?

1. YES (ASK 10A)
2. NO
9. NR/DK

10A. Was your most recent checkup

1. Less than 12 months ago
2. Less than 2 years ago
3. Longer than 2 years ago
9. NR/DK



11. If a child living with you needed health care which of the following would you most likely use?

1. Doctor or HMO
2. J.O. Wyatt Clinic
3. Hospital Emergency Room
4. Nurse Practitioner
5. Urgent Care Center
6. Other
7. Would not use any source
8. NR/DK

(IF Q6 > 1 SKIP TO Q13)

12. Have you or an adult in your household sought health care for a child from that source within the past two years?

1. YES (ASK 12A-B)
2. NO (ASK 12C)
9. NR/DK

12A. Would you say the care your child received there is generally excellent, good, fair, or poor?

1. Excellent
2. Good
3. Fair
4. Poor
9. NR/DK

12B. Did you experience any of the following when you sought health care for your child?

Problem	Yes	No	NR/DK
Unable to get appointment when I needed one	1	2	9
Lack of transportation to the provider's office or clinic	1	2	9
Location of the provider's office or clinic	1	2	9
Unreasonable cost of services	1	2	9
Too long of a wait	1	2	9

12C. Did any of the following reasons prevent you from getting health care for your child?

Problem	Yes	No	NR/DK
No need for health care (GO TO Q13)	1	2	9
Unable to get appointment	1	2	9
Unable to afford care	1	2	9
Lack of transportation to the provider's office or clinic	1	2	9
Location of the provider's office or clinic	1	2	9
Too long of a wait	1	2	9

13. 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.

Read only if necessary:

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

Do not read:

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

14. If you or an adult member of your household are in need of dental care which of the following would you most likely use?

1. Private Dentist
2. J.O. Wyatt Dental Clinic
3. Hospital Emergency Room
4. Community Dental Clinic
5. South Plains Health Provider
6. Other
7. Would not use any source
8. NR/DK

15. A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have you had a flu shot?

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

15a. During the past 12 months, have you had a flu vaccine that was sprayed in your nose? The flu vaccine that is sprayed in the nose is also called FluMist™.

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

If Q6 > 1 skip to Q17

16. Has a doctor, nurse, or medical assistant told you within the past 12 months that one of your children needed vaccinations?

1. YES (ASK 16A)
2. NO
9. NR/DK

16A. Did your child receive the vaccinations?

1. YES (ASK 16B)
2. NO
9. NR/DK

16B. Where did you go to get you children immunized?

1. Northwest Womens' and Childrens' Clinic
2. CareVan mobile clinic
3. Private healthcare provider
4. Care Van
5. Other, \_\_\_\_\_

17. During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

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

18. INTERVIEWER: KEY GENDER OF RESPONDENT

1. FEMALE
2. MALE

19. Have you ever been told by a doctor that you have diabetes?

1. Yes (ASK 19A)
2. No (GO TO Q19B)
7. Don't know / Not sure (GO TO Q20)
9. Refused (GO TO Q20)

(IF Q18 > 1 SKIP TO Q20)

19A. "Was this only when you were pregnant?"

1. Yes (GO TO Q20)
2. No
7. Don't know / Not sure (GO TO Q20)
9. Refused (GO TO Q20)

19B. Have you ever been told by a doctor that you have pre-diabetes or borderline diabetes?

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

20. Has a doctor, nurse or other health professional ever told you that you had a heart attack, also called a myocardial infarction?

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

21. Has a doctor, nurse or other health professional ever told you that you had angina or coronary heart disease?

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

22. Has a doctor, nurse or other health professional ever told you that you had a stroke?

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

23. Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

1. Yes
2. No (SKIP TO Q24)
7. Don't know / Not sure (SKIP TO Q24)
9. Refused (SKIP TO Q24)

23A. Do you still have asthma?

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

24. Have you smoked at least 100 cigarettes in your entire life?

NOTE: 5 packs = 100 cigarettes

1. Yes
2. No (SKIP TO Q25)
7. Don't know / Not sure (SKIP TO Q25)
9. Refused [Go to next section]

24A. Do you now smoke cigarettes every day, some days, or not at all?

1. Every day
2. Some days
3. Not at all (SKIP TO Q25)
7. Don't know/Not sure (SKIP TO Q25)
9. Refused [Go to next section]

24B. During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?

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

26A. During the past 30 days, how many times have you driven when you've had perhaps too much to drink?

\_\_ Number of times

8. None
7. Don't know / Not sure
9. Refused

IF Q18 > 1 SKIP TO Q28

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

1. Yes
2. No [Go to Q27B]
7. Don't know / Not sure [Go to Q27B]
9. Refused [Go to Q27B]

27A. How long has it been since you had your last mammogram?

Read only if necessary:

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

Do not read:

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

27B. A Pap test is a test for cancer of the cervix. Have you ever had a Pap test?

1. Yes
2. No [Go to Q30]
7. Don't know / Not Sure [Go to Q30]
9. Refused [Go to Q30]

27C. How long has it been since you had your last Pap test?

Read only if necessary:

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

Do not read:

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

28. 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?

1. Yes
2. No [Go to Q29]
7. Don't Know / Not Sure [Go to Q29]
9. Refused [Go to Q29]

28A. How long has it been since you had your last PSA test?

Read only if necessary:

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

Do not read:

7. Don't know
9. Refused

29. 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?

1. Yes
2. No [Go to Q30]
7. Don't know / Not sure [Go to Q30]
9. Refused [Go to Q30]

29A. How long has it been since your last digital rectal exam?

Read only if necessary:

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

Do not read:

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

29B. Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?

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

30. 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?

1. Yes
2. No [SKIP TO Q31]
7. Don't know / Not sure [SKIP TO Q31]
9. Refused [SKIP TO Q31]

30A. How long has it been since you had your last sigmoidoscopy or colonoscopy?

Read only if necessary:

1. Within the past year (anytime less than 12 months ago)
2. Within the past 2 years (1 year but less than 2 years ago)
3. Within the past 5 years (2 years but less than 5 years ago)
4. Within the past 10 years (5 years but less than 10 years ago)
5. 10 or more years ago

Do not read:

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

31. Have you ever been tested for HIV, including testing fluid from your mouth? Do not count tests you may have had as part of a blood donation.

1. Yes
2. No [SKIP TO Q32]
7. Don't know / Not Sure [SKIP TO Q32]
9. Refused [SKIP TO Q32]

31A. Not including blood donations, in what month and year was your last HIV test?

NOTE: If response is before January 1985, code "Don't know."

\_\_ / \_\_ Code month and year

7 7 / 7 7 7 7 Don't know / Not sure

9 9 / 9 9 9 9 Refused

31B. Where did you have your last HIV test — at a private doctor or HMO office, at a counseling and testing site, at a hospital, at a clinic, in a jail or prison, at a drug treatment facility, at home, or somewhere else?

1. Private doctor or HMO office
2. Counseling and testing site
3. Hospital
4. Health Department Clinic
5. Jail or prison (or other correctional facility)
6. Drug treatment facility
7. At home
8. Somewhere else
77. Don't know/Not sure
99. Refused

32. Have you or a member of your household sought mental health care services in the last 2 years?

1. Yes
2. No
9. NR/DK

33. If you or an adult member of your household were/are in need of mental healthcare, which of the following would you most likely use?

1. Texas Panhandle Mental Health/Mental Retardation (TPMHMR)
2. Private provider
3. J.O. Wyatt Clinic
4. Other
9. NR/DK

(IF Q32 > 1 SKIP TO Q35)

34. Did you experience any of the following when you sought mental health care?

Problem	Yes	No	NR/DK
Unable to get appointment when I needed one	1	2	9
Lack of transportation to the provider's office or clinic	1	2	9
Location of the provider's office or clinic	1	2	9
Unreasonable cost of services	1	2	9
Too long of a wait	1	2	9

35. Are you a family caregiver of someone that is elderly (age 65 or older)?

- 1. Yes
- 2. No (SKIP TO Q39)
- 9. NR/DK (SKIP TO Q39)

36. Does that family member have significant memory problems that causes you concern?

- 1. Yes
- 2. No
- 9. NR/DK

37. Did you feel his/her doctor wanted to hear your concerns about your family member?

- 1. Yes
- 2. No
- 9. NR/DK

37A. Was the doctor helpful in providing you information as to what to do?

- 1. Yes
- 2. No
- 9. NR/DK

38. Please identify specific needs that are not being met for you as a caregiver that you wish you could have assistance.

- 1. Medical support
- 2. Emotional support
- 3. Financial support
- 4. Other( please specify) \_\_\_\_\_
- 7. Don't know/ Not sure
- 9. Refused

39. What is your age?

- \_\_ Code age in years
- 7. Don't know / Not sure
- 9. Refused

40. Are you Hispanic or Latino?

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



41. Which one or more of the following would you say is your race? (Check all that apply)

Please read:

1. White
2. Black or African American
3. Asian
4. Native Hawaiian or Other Pacific Islander
5. American Indian or Alaska Native
6. Other [specify]\_\_\_\_\_

DO NOT READ:

8. NO ADDITIONAL CHOICES
7. DK/NOT SURE
9. REFUSED

42. What is the last grade in school you completed?

1. Less Than High School
2. Some High School
3. High School Grad
4. Some College
5. College Grad Or More
9. NR/DK

43. What was your total household income last year?

1. Less than \$15,000
2. \$15,001-25,000
3. \$25,001-50,000
4. \$50,001-\$75,000
5. \$75,001-\$100,000
6. Over \$100,000
9. NR/DK

44. What is your zip code?

- |          |                         |
|----------|-------------------------|
| 1. 79103 | 8. 79111                |
| 2. 79104 | 9. 79118                |
| 3. 79106 | 10. 79119               |
| 4. 79107 | 11. 79121               |
| 5. 79108 | 12. 79124               |
| 6. 79109 | 77. DON'T KNOW/NOT SURE |
| 7. 79110 | 99. REFUSED             |

**45. How tall are you without shoes?**

ENTER HEIGHT IN FEET AND INCHES OR METERS AND CENTIMETERS

|\_|\_|\_| ENTER NUMBER OF FEET

AND

|\_|\_|\_| ENTER NUMBER OF INCHES

OR

|\_|\_| ENTER NUMBER OF METERS

AND

|\_|\_|\_| ENTER NUMBER OF CENTIMETERS

OR

REFUSED  
DON'T KNOW

**46. How much do you weigh without clothes or shoes? (If you are currently pregnant, how much did you weigh before your pregnancy?)**

RECORD **CURRENT** WEIGHT ENTER WEIGHT IN POUNDS OR KILOGRAMS

[If {you are/she is} currently pregnant . . .] **ONLY** IF SP IS FEMALE **AND** AGE IS 16 THROUGH 59.

|\_|\_|\_| ENTER NUMBER OF POUNDS

|\_|\_|\_| ENTER NUMBER OF KILOGRAMS

OR

REFUSED  
DON'T KNOW

**47. Do you consider yourself now to be . . . [If you are currently pregnant, what did you consider yourself to be before you were pregnant?]**

overweight,  
underweight, or  
about the right weight  
REFUSED  
DON'T KNOW

**During the past 12 months, have you tried to lose weight?**

YES  
NO  
REFUSED  
DON'T KNOW

**48. How did you try to lose weight? CODE ALL THAT APPLY**

ATE LESS FOOD (AMOUNT  
SWITCHED TO FOODS WITH LOWER CALORIES  
ATE LESS FAT  
ATE FEWER CARBOHYDRATES  
EXERCISED  
SKIPPED MEALS  
ATE "DIET" FOODS OR PRODUCTS  
USED A LIQUID DIET FORMULA SUCH AS SLIMFAST OR OPTIFAST  
JOINED A WEIGHT LOSS PROGRAM SUCH AS WEIGHT WATCHERS, JENNY CRAIG, TOPS, OR  
OVEREATERS ANONYMOUS  
FOLLOWED A SPECIAL DIET SUCH AS DR. ATKINS, SOUTH BEACH, OTHER HIGH PROTEIN OR  
LOW CARBOHYDRATE DIET, CABBAGE SOUP DIET, ORNISH, NUTRISYSTEM, BODY-FOR-LIFE  
TOOK DIET PILLS PRESCRIBED BY A DOCTOR  
TOOK OTHER PILLS, MEDICINES, HERBS, OR SUPPLEMENTS NOT NEEDING A PRESCRIPTION  
STARTED TO SMOKE OR BEGAN TO  
SMOKE AGAIN  
TOOK LAXATIVES OR VOMITED  
DRANK A LOT OF WATER  
ATE MORE FRUITS, VEGETABLES, SALADS  
ATE LESS SUGAR, CANDY, SWEETS  
CHANGED EATING HABITS (DIDN'T EAT  
LATE AT NIGHT, ATE SEVERAL SMALL  
MEALS A DAY)  
ATE LESS JUNK FOOD OR FAST FOOD  
OTHER (SPECIFY  
REFUSED  
DON'T KNOW

**INTERVIEWER READ:** Thank you very much for your time and cooperation. We believe this project will help city health officials provide better services to all citizens.

**INTERVIEWER: RECORD GENDER OF RESPONDENT. 1. FEMALE 2. MALE**