

DATA FROM HEALTH STATISTICS

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

Statistics are presented for the U.S. civilian noninstitutionalized population ages 20-64 years on personal health practices, self-perceived health status, health care utilization, social support, psychological well-being, occupation-related health factors, life events, and selected sociodemographic characteristics. These statistics are based on data collected in the National Survey of Personal Health Practices and Consequences, Wave I, 1979.

**Data From the National Health Survey
Series 15, No. 2**

DHHS Publication No. (PHS) 81-1163

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

Library of Congress Cataloging in Publication Data

Schoenborn, Charlotte A.

Basic data from Wave I of the National Survey of Personal Health Practices and Consequences.

(Vital and health statistics. Series 15 ; no. 2) (DHHS publication ; no. (PHS) 81-1163)

Includes bibliographical references.

1. Health status indicators—United States. 2. Health behavior—United States—Statistics. 3. Health surveys—United States. I. Danchik, Kathleen M. II. Elinson, Jack. III. National Center for Health Statistics (U.S.) IV. Title. V. Series: Vital and health statistics. Series 15, Data from the national health survey ; no. 2. VI. Series: DHHS publication ; no. (PHS) 81-1163.

RA407.3.S36
ISBN 0-8406-0230-8

614.4'273

81-11274
AACR2

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Foreword

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

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

Symbols

- - - Data not available
 - . . . Category not applicable
 - Quantity zero
 - 0.0 Quantity more than zero but less than 0.05
 - Z Quantity more than zero but less than 500
 - * Figure does not meet standards of reliability or precision
 - # Figure suppressed to comply with confidentiality requirements
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Basic Data From Wave I of the National Survey of Personal Health Practices and Consequences

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

Introduction

This report presents data from Wave I of the National Survey of Personal Health Practices and Consequences. It is the second report on this survey in the *Vital and Health Statistics* series published by the National Center for Health Statistics.

The stimulus for the National Survey of Personal Health Practices and Consequences was a longitudinal study conducted in 1965 and 1974 in Alameda County, California, by the California State Health Department Human Population Laboratory. In that study, an association was found between seven good health practices and concurrent physical health status and mortality risk.¹⁻³ The following good health practices were identified in the Alameda study:

1. Sleeping an average of 7 to 8 hours a night.
2. Controlling one's weight (if male, weighing between 5 percent under and 19.9 percent over the desirable standard weight; if female, weighing not more than 9.9 percent over the desirable standard weight).
3. Exercising: engaging in active sports, swimming, taking long walks, gardening, or doing physical exercises.

4. Limiting alcohol consumption to less than five drinks at one sitting.
5. Never having smoked cigarettes.
6. Eating breakfast almost every day.
7. Seldom, if ever, eating snacks.

Persons reporting a greater number of these health practices in 1965 were shown to have better concurrent health status and lower mortality rates than persons reporting fewer of them. Five of these practices (excluding breakfast and snacking) remained significantly related to health status among survivors 9½ years after the 1965 survey.⁴

The National Survey of Personal Health Practices and Consequences builds upon the work of the Human Population Laboratory by looking at the health practices and the health status of U.S. adults. Future reports will discuss the interrelationships of a wide variety of health practices, intervening variables, and health status measures, and will present findings on the stability of the habits and their relationship to health status over time. This report is intended as a reference document for persons interested in the study of preventive health behavior, its correlates, and its consequences, and will be particularly useful for persons interested in using the data for their own analyses.

Sources and limitations of the data

The National Survey of Personal Health Practices and Consequences was conducted by the National Center for Health Statistics to respond to a "prevention initiative" undertaken by the Deputy Assistant Secretary for Health, U.S. Department of Health, Education, and Welfare in 1977-78. The thesis of the initiative was that further improvements in the health of the American people can and will be achieved—not alone through increased medical care and greater health expenditures—but through a renewed national commitment to efforts designed to prevent disease and to promote health.^{5,6} To this end, specific and quantifiable health promotion objectives for the year 1990 were established in 15 priority areas.⁷

The current data were needed to expand on accumulated knowledge of the relationship between personal health practices and physical health status, to determine the sociodemographic distribution of a wide range of personal health practices in the U.S. population and to investigate stability of practices over time. Respondents were interviewed initially in the spring of 1979 and reinterviewed one year later with essentially the same questionnaire. Data presented in this report are based on the first wave of interviews.

Data for the National Survey of Personal Health Practices and Consequences were collected in tele-

phone interviews of people in a national probability sample. A random-digit dialing technique was used. Two waves of interviews were conducted among a panel of adult respondents 20-64 years of age. In the spring of 1979, 3,025 Wave I interviews were successfully completed. This constituted an 81-percent response from the predesignated sample of potential respondents. In the spring of 1980, 2,436 Wave II interviews were completed. This constituted an 81-percent response from the respondents previously interviewed in Wave I. Self-reporting was required for all questions.

The completed sample in the National Survey of Personal Health Practices and Consequences was composed of 40 percent men and 60 percent women. This ratio differs from National Health Interview Survey estimates of the proportion of adult men and women ages 20-64 years in households with telephones, which is approximately 47 percent and 53 percent, respectively. Because of this difference, data in this report are neither shown nor discussed for both sexes combined (see appendix I).

A detailed discussion of the sample design and limitations of the data is presented in appendix I. Definitions of terms used in this report are provided in appendix II.

Scope and objectives of this report

This report contains 10 tables pertaining to self-perceived health status, personal health practices, health care utilization, social support, psychological well-being, occupation-related health factors, life events, and sociodemographic characteristics. Whenever possible, the survey questions are presented exactly as they were asked. Where presentation of individual questionnaire items might make interpretation difficult, a composite of a number of questions is provided instead. These questions are found in appendix III. A complete version of the questionnaire is shown in Series 15, No. 1 of the *Vital and Health Statistics* series reports.⁸

In general, the data are presented as percentages of the total weighted number of men and women in

the sample. Where such percentages would have little substantive meaning, as in the case of persons who have tried to quit smoking, the most appropriate percentage base (e.g., male and female smokers) is used, with the change footnoted and the new percentage base shown in table III of appendix I.

The total percentage for men and women shown at the top of each table includes persons who did not know the answer or who refused to respond to the question. These categories are not shown for the individual questions. The nonresponse rate for an individual item may be estimated by summing the percentages of each response category and subtracting the total from 100 percent.

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Table 1. Percent distribution of men and women ages 20-64 years by questionnaire items on health status:
National Survey of Personal Health Practices and Consequences, Wave I, 1979

Item number	Health status questionnaire item and response	Men	Women
	Total ¹ -----	100.0	100.0
1	Would you say your health is:		
	Excellent-----	39.8	36.2
	Good-----	43.3	46.2
	Fair-----	13.6	13.3
	Poor-----	2.9	3.9
53	Compared to other people your age, would you say your health is:		
	Excellent-----	35.6	30.8
	Good-----	47.9	51.3
	Fair-----	12.7	14.1
	Poor-----	2.9	3.2
54	Compared to other people your age, would you say you have:		
	Much more energy-----	24.1	19.3
	Somewhat more energy-----	56.5	52.2
	Somewhat less energy-----	12.4	20.2
	Much less energy-----	1.6	3.5
	Equal energy (response volunteered)-----	1.3	1.1
51	Over the past year has your health caused you:		
	A great deal of worry-----	3.9	6.8
	Some worry-----	23.1	26.1
	Hardly any worry-----	27.2	27.6
	No worry at all-----	45.5	39.1
49	In general, how satisfied are you with your overall physical condition?		
	Would you say:		
	Very satisfied-----	30.5	27.2
	Somewhat satisfied-----	52.5	52.3
	Not too satisfied-----	12.9	15.3
	Not at all satisfied-----	3.8	4.2
61	How often, if ever, do you get headaches?		
	Never-----	20.1	11.9
	Less than once a month-----	43.1	35.9
	Once a month-----	16.7	17.8
	2-3 times a month-----	9.4	11.9
	Once a week-----	4.4	9.6
	More than once a week-----	5.7	12.0
60	How many colds, if any, did you have in the past 12 months?		
	None-----	25.9	29.2
	1-----	39.6	40.1
	2-----	22.6	17.7
	3-----	5.9	6.7
	4-----	2.9	2.8
	5 or more-----	2.7	2.7
59	Have you had high blood pressure or were you treated for it during the last 12 months?		
	Yes-----	12.5	14.0
	No-----	87.3	85.8
58	Do you feel that there are things you can do in your everyday life which will prevent you from getting high blood pressure?		
	Yes-----	78.8	82.8
	No-----	11.2	7.9

See footnotes at end of table.

Table 1. Percent distribution of men and women ages 20-64 years by questionnaire items on health status: National Survey of Personal Health Practices and Consequences, Wave I, 1979—Con.

Item number	Health status questionnaire item and response	Men	Women
52	How much control do you think you have over your future health?		
	None at all-----	4.1	3.1
	Very little-----	6.3	4.7
	Some-----	34.9	39.6
	A great deal-----	51.9	50.2
62	Do you ever have any trouble or difficulty with routine physical activities such as walking, using stairs or inclines, standing or sitting for long periods, using your fingers to grasp or handle, or lifting or carrying something heavy?		
	Yes-----	14.4	25.5
	No-----	85.6	74.4
63	Persons responding "yes" to item 62 were further questioned as follows:		
	Do you have any trouble or difficulty walking?		
	No-----	8.4	15.9
	Yes, some-----	3.6	6.5
	Yes, a great deal-----	2.5	3.0
63	Do you have any trouble or difficulty using stairs or inclines?		
	No-----	7.2	12.4
	Yes, some-----	4.7	10.2
	Yes, a great deal-----	2.6	2.8
63	Do you have any trouble or difficulty standing or sitting for long periods?		
	No-----	5.5	9.7
	Yes, some-----	6.3	11.7
	Yes, a great deal-----	2.6	4.0
63	Do you have any trouble or difficulty using your fingers to grasp or handle?		
	No-----	10.0	18.1
	Yes, some-----	3.5	5.6
	Yes, a great deal-----	1.0	1.8
63	Do you have any trouble or difficulty lifting or carrying something as heavy as 10 pounds?		
	No-----	9.9	16.5
	Yes, some-----	2.6	5.4
	Yes, a great deal-----	2.0	3.5
64	During the past 12 months, that is, since (DATE 1 YEAR AGO), about how many days did illness or injury keep you in bed all or most of the day?		
	None-----	57.3	51.5
	1-7 days (up to 1 week)-----	35.2	37.5
	8-30 days (more than 1 week up to 1 month)-----	4.9	7.3
	31-180 days (more than 1 month, up to 6 months)-----	1.8	2.3
	181 days or more (more than 6 months)-----	0.3	0.3

¹Total includes unknowns.

NOTE: A facsimile of the questionnaire is shown in appendix III of Series 15, No. 1 of Vital and Health Statistics.8

Table 2. Percent distribution of men and women ages 20-64 years by questionnaire items on health practices:
National Survey of Personal Health Practices and Consequences, Wave I, 1979

Item number	Health practice questionnaire item and response	Men	Women
	Total ¹ -----	100.0	100.0
26	Have you smoked at least 100 cigarettes (5 packs of cigarettes) in your entire life?		
	Yes-----	66.2	49.4
	No-----	33.7	50.6
27	Do you smoke cigarettes now? ²		
	Yes-----	38.8	32.9
	No-----	27.4	16.4
31	On the average, how many cigarettes a day do you smoke? ³		
	Less than 5 cigarettes-----	2.2	2.2
	5-14 cigarettes-----	5.1	8.4
	15-24 cigarettes-----	16.1	14.8
	25-34 cigarettes-----	6.7	4.2
	35-44 cigarettes-----	6.4	2.5
	45 cigarettes or more-----	2.4	0.7
32	Think about the tar or nicotine level of the cigarettes you usually smoke. Would you say they are: ⁴		
	High tar and nicotine-----	28.8	14.8
	Medium tar and nicotine-----	28.3	26.7
	Low tar and nicotine-----	37.0	53.1
35	During the past 2 years did you make a serious attempt to stop smoking cigarettes? ⁴		
	Yes-----	45.2	53.4
	No-----	54.6	46.1
36	Do you ever drink any alcoholic beverages, that is, beer, wine, or liquor?		
	Yes-----	81.4	67.2
	No-----	18.6	32.8
39	On the average, how often do you drink any alcoholic beverages such as beer, wine, or liquor? ^{5,6}		
	Daily-----	19.7	4.8
	2-6 times a week-----	27.3	16.0
	Once a week-----	13.8	11.2
	Less than once a week to once a month-----	14.0	19.3
	Less than once a month-----	5.8	15.0
40	On the days that you drink, how many drinks do you have per day, on the average? ^{5,6}		
	1-2 drinks-----	40.2	46.1
	3-4 drinks-----	23.7	16.6
	5 drinks or more-----	16.1	3.7
38, 41	Have you changed your drinking pattern during the past 2 years because of a specific health-related problem or condition? ⁷		
	Yes-----	7.4	5.2
	No-----	92.6	94.8
42	Do you now drink more or less than you did 2 years ago? ⁸		
	More-----	0.9	0.8
	Less-----	5.5	3.3

See footnotes at end of table.

Table 2. Percent distribution of men and women ages 20-64 years by questionnaire items on health practices: National Survey of Personal Health Practices and Consequences, Wave I, 1979--Con.

Item number	Health practice questionnaire item and response	Men	Women
115	Please tell me how often you participate in these activities. First, how often do you:		
115	Go swimming in the summer?		
	Often	26.8	25.2
	Sometimes	29.9	22.6
	Rarely	23.8	21.0
	Never	19.4	31.3
115	Take long walks?		
	Often	36.7	36.3
	Sometimes	31.0	33.2
	Rarely	22.0	20.9
	Never	10.2	9.5
115	Work on a physically active hobby such as dancing or gardening?		
	Often	45.0	43.7
	Sometimes	27.4	29.1
	Rarely	13.7	13.0
	Never	13.9	14.2
115	Go jogging or running?		
	Often	15.9	8.6
	Sometimes	15.7	13.5
	Rarely	19.0	16.6
	Never	49.2	61.3
116	On the average how many miles a week do you usually jog or run? ⁹		
	Less than 5 miles	14.6	14.0
	5 to 15 miles	11.9	6.3
	More than 15 miles	4.6	0.8
117	How often do you:		
117	Ride a bicycle?		
	Often	10.1	11.5
	Sometimes	18.3	21.2
	Rarely	25.8	18.9
	Never	45.8	48.5
117	Do calisthenics or physical exercise?		
	Often	27.1	27.6
	Sometimes	23.6	28.6
	Rarely	19.4	15.7
	Never	29.9	28.2
117	Participate in any other active sports I haven't already mentioned?		
	Often	31.5	17.2
	Sometimes	25.4	24.1
	Rarely	15.1	16.6
	Never	28.0	42.1
44	How good a job do you feel you are doing in taking care of your health?		
	Excellent	14.0	14.6
	Good	51.1	53.6
	Fair	27.5	27.2
	Poor	6.2	4.0

See footnotes at end of table.

Table 2. Percent distribution of men and women ages 20-64 years by questionnaire items on health practices: National Survey of Personal Health Practices and Consequences, Wave I, 1979--Con.

Item number	Health practice questionnaire item and response	Men	Women
48	Do you feel that you get:		
	As much exercise as you need-----	46.2	37.0
	Less than you need-----	53.0	62.1
45	How would you compare your level of physical activity with other people your age? Would you say you are:		
	Much more physically active-----	28.7	20.3
	Somewhat more active-----	46.7	43.5
	Somewhat less active-----	16.5	25.1
	Much less active-----	3.9	5.7
	Same (response volunteered)-----	1.7	1.7
46	Compared to your level of physical activity 2 years ago, would you say you are now:		
	More physically active-----	21.4	25.6
	Less physically active-----	20.7	20.0
	About the same-----	57.9	54.4
14	Do you now consider yourself to be:		
	Overweight-----	34.4	50.3
	Underweight-----	6.8	4.6
	About average-----	58.5	45.0
6	On the average, how many hours of sleep do you get each day, that is, during a 24-hour period?		
	6 hours or less-----	23.9	19.3
	7-8 hours-----	67.4	68.6
	9 hours or more-----	8.7	12.1
2	How often do you eat breakfast?		
	Almost every day-----	53.2	55.9
	Sometimes-----	20.6	19.8
	Rarely or never-----	26.1	24.3
3	On an average day, how many cups of coffee do you drink?		
	None-----	18.0	19.2
	Less than 1 cup-----	9.7	12.2
	1-2 cups-----	25.6	30.1
	3-4 cups-----	22.9	21.2
	5 cups or more-----	23.5	17.0
3	On an average day how many cups of tea do you drink?		
	None-----	39.3	35.1
	Less than 1 cup-----	30.8	24.8
	1-2 cups-----	18.8	26.4
	3-4 cups-----	7.6	8.9
	5 cups or more-----	3.1	4.5

See footnotes at end of table.

Table 2. Percent distribution of men and women ages 20-64 years by questionnaire items on health practices: National Survey of Personal Health Practices and Consequences, Wave I, 1979--Con.

Item number	Health practice questionnaire item and response	Men	Women
3	On an average day, how many glasses of milk do you drink?		
	None	16.4	22.9
	Less than 1 glass	16.3	19.8
	1-2 glasses	45.0	44.5
	3-4 glasses	15.0	10.6
	5 glasses or more	6.7	1.6
3	On an average day, how many glasses of water do you drink?		
	None	4.2	5.8
	Less than 1 glass	5.3	4.7
	1-2 glasses	26.0	33.2
	3-4 glasses	27.8	27.3
	5 glasses or more	33.4	27.2
3	On an average day, how many cans or bottles of soft drink do you drink?		
	None	24.9	27.7
	Less than 1 can or bottle	27.8	28.4
	1-2 cans or bottles	36.9	33.8
	3-4 cans or bottles	6.9	7.5
	5 or more cans or bottles	2.9	2.3
3	On an average day, how many glasses of fruit or vegetable juice do you drink?		
	None	19.3	16.8
	Less than 1 glass	24.4	19.6
	1-2 glasses	49.8	56.1
	3-4 glasses	4.7	5.6
	5 glasses or more	1.3	1.2
5	How often, if ever, do you take vitamin pills or other vitamin supplements?		
	Would you say:		
	Regularly	27.4	39.7
	Occasionally	15.0	18.2
	Rarely or never	57.6	42.1
4	Do you make any conscious effort to limit the amount of red meat in your diet for health reasons?		
	Yes	19.4	29.2
	No	80.5	70.5
17	How often do you brush your teeth? ¹⁰		
	More than 2 times a day	11.2	22.1
	2 times a day	39.5	51.6
	Once a day	41.2	22.7
	Less than once a day	7.0	1.2
18	How often, if ever, do you use dental floss or a waterpick? ¹⁰		
	Every day	16.0	28.3
	3-6 times a week	6.1	7.9
	1-2 times a week	12.2	14.9
	Less than once a week	13.5	10.9
	Never	52.1	37.8

See footnotes at end of table.

Table 2. Percent distribution of men and women ages 20-64 years by questionnaire items on health practices: National Survey of Personal Health Practices and Consequences, Wave I, 1979--Con.

Item number	Health practice questionnaire item and response	Men	Women
43	How often do you use seat belts when you ride in a car?		
	Always or nearly always-----	19.8	19.5
	Sometimes-----	13.6	15.3
	Seldom-----	18.1	17.6
	Never-----	48.5	47.5

¹Total includes unknowns.

²Asked of persons who responded "yes" to item 26; percentages represent percent of total population.

³Asked of persons who responded "yes" to item 27; percentages represent percent of total population.

⁴Asked of persons who responded "yes" to item 27; percentages represent percent of smokers.

⁵When response was given as a range, the number was rounded to the upper limit.

⁶Asked of persons who responded yes to item 36; percentages represent percent of total population.

⁷Asked of persons who reported drinking alcohol within the past 2 years; percentages represent percent of total population.

⁸Asked of persons who responded yes to items 36 and 41; percentages represent percent of total population.

⁹Asked of persons who responded sometimes or often to item 115; percentages represent percent of total population.

¹⁰Asked of persons who have at least some natural teeth; percentages represent percent of persons with natural teeth.

NOTE: A facsimile of the questionnaire is shown in appendix III of Series 15, No. 1 of Vital and Health Statistics.⁸

Table 3. Percent distribution of men and women ages 20-64 years, by composite measures of health practices derived from questionnaire items: National Survey of Personal Health Practices and Consequences, Wave I, 1979

Item number	Composite measure of health practices	Men	Women
	Total	100.0	100.0
9-	Percent desirable weight: ^{1,2}		
10	Greater than or equal to 10 percent below desirable weight	4.1	13.0
	5-9.9 percent below desirable weight	6.1	12.7
	±4.9 percent desirable weight	22.7	25.5
	5-9.9 percent above desirable weight	17.5	10.5
	10-19.9 percent above desirable weight	23.4	15.8
	20-29.9 percent above desirable weight	12.9	8.2
	30 percent or more above desirable weight	10.2	12.7
	Number of good health habits (five habits): ²		
	0	0.1	0.0
	1	1.7	1.2
	2	10.4	7.1
	3	33.6	25.9
	4	39.2	42.4
	5	15.0	23.5
	Number of good health habits (six habits): ²		
	0	0.0	0.0
	1	0.9	0.9
	2	6.8	4.4
	3	21.7	16.0
	4	33.6	30.9
	5	27.4	32.3
	6	9.6	15.5

¹According to Metropolitan Life Insurance Table of Desirable Weights, 1960.

²See appendix II for definition of terms.

NOTE: A facsimile of the questionnaire is shown in appendix III of Series 15, No. 1 of Vital and Health Statistics.⁸

Table 4. Percent distribution of men and women ages 20-64 years by questionnaire items on health care utilization: National Survey of Personal Health Practices and Consequences, Wave I, 1979

Item number	Health care utilization questionnaire item and response	Men	Women
	Total ¹ -----	100.0	100.0
55	Is there a particular clinic, health center, doctor's office, or hospital emergency room that you usually go to if you are sick or need advice about your health?		
	Yes-----	77.8	90.5
	No-----	21.9	9.4
21	During the past 12 months, that is, since (DATE 1 YEAR AGO), about how many times did you see or speak to a medical doctor about your own health? Please exclude any doctors you may have seen while you were a patient in a hospital:		
	None-----	30.8	15.2
	1-----	29.4	27.5
	2-----	15.5	19.1
	3-----	8.4	10.0
	4-----	5.3	6.9
	5-10-----	5.6	11.9
	11 or more-----	3.7	7.3
22	About how long has it been since you last saw or talked to a medical doctor about your own health?		
	Less than 1 year (less than 12 months)-----	63.4	80.9
	1-2 years (12 months up to 24 months)-----	14.9	11.5
	2-4 years (more than 24 months, up to 5 years)-----	11.3	5.1
	5 years or more-----	7.8	1.8
	Never-----	1.0	0.0
20	Some people get a general physical examination once in a while even though they are feeling well and have not been sick. When was the last time you had a general physical examination when you were not sick?		
	Less than 1 year (less than 12 months)-----	36.8	49.3
	1-2 years (12 months up to 24 months)-----	21.9	20.8
	2-4 years (more than 24 months, up to 5 years)-----	17.0	11.1
	5 years or more-----	16.6	9.5
	Never-----	5.9	6.6
129	Does it ever happen that you do not have enough money to afford the kind of medical care you or your family should have?		
	Yes-----	21.0	24.6
	No-----	78.9	75.4
130	Would you say this happens:		
	Rarely-----	4.3	3.9
	Sometimes-----	8.4	11.1
	Very often-----	8.1	9.5
23	How long has it been since you last had your blood pressure checked?		
	Less than 1 year (less than 12 months)-----	74.0	82.8
	1-2 years (12 months up to 24 months)-----	14.4	10.8
	2-4 years (more than 24 months, up to 5 years)-----	5.8	3.5
	5 years or more-----	3.5	1.7
	Never-----	0.7	0.3
24	When was the last time you had a Pap smear test for cancer? (women only)		
	Less than 1 year (less than 12 months)-----	...	59.0
	1-2 years (12 months up to 24 months)-----	...	20.2
	2-4 years (more than 24 months, up to 5 years)-----	...	8.6
	5 years or more-----	...	5.8
	Never-----	...	5.4

See footnotes at end of table.

Table 4. Percent distribution of men and women ages 20-64 years by questionnaire items on health care utilization: National Survey of Personal Health Practices and Consequences, Wave I, 1979—Con.

Item number	Health care utilization questionnaire item and response	Men	Women
25	When was the last time you had a breast examination by a doctor? (women only)		
	Less than 1 year (less than 12 months)-----	...	62.5
	1-2 years (12 months up to 24 months)-----	...	20.2
	2-4 years (more than 24 months, up to 5 years)-----	...	8.0
	5 years or more-----	...	3.6
	Never-----	...	5.1
19	About how long has it been since you last had an eye examination?		
	Less than 1 year (less than 12 months)-----	36.4	38.7
	1-2 years (12 months up to 24 months)-----	29.1	31.5
	2-4 years (more than 24 months, up to 5 years)-----	16.9	14.2
	5 years or more-----	14.7	11.7
	Never-----	2.1	2.6
15	About how long has it been since you last went to a dentist?		
	Less than 1 year (less than 12 months)-----	56.2	63.2
	1-2 years (12 months up to 24 months)-----	17.5	17.4
	2-4 years (more than 24 months, up to 5 years)-----	11.8	8.2
	5 years or more-----	13.0	10.1
	Never-----	0.7	0.5
56	Have you been a patient overnight in a hospital since (DATE 1 YEAR AGO)?		
	Yes-----	9.8	16.4
	No-----	90.2	83.6
57	All together, how many nights were you in the hospital since (DATE 1 YEAR AGO)?		
	1-2 nights-----	1.8	3.8
	3-4 nights-----	2.1	4.4
	5-7 nights-----	1.7	3.4
	8 nights or more-----	4.2	4.4

¹Total includes unknowns.

NOTE: A facsimile of the questionnaire is shown in appendix III of Series 15, No. 1 of Vital and Health Statistics.⁸

Table 5. Percent distribution of men and women ages 20-64 years by questionnaire items on social support: National Survey of Personal Health Practices and Consequences, Wave I, 1979

Item number	Social support questionnaire item and response	Men	Women
	Total ¹ -----	100.0	100.0
113	Would you please tell whether you have participated in any activities or meetings run by any of the following groups in the last 3 months?		
113	A labor union, commercial group, or professional organization:		
	Yes-----	30.1	13.9
	No-----	69.6	85.8
113	A church group:		
	Yes-----	28.5	37.8
	No-----	71.4	62.2
113	A group concerned with children such as PTA, Boy Scouts, Girl Scouts, etc.:		
	Yes-----	24.7	27.7
	No-----	74.9	72.2
113	Any other group that is concerned with community betterment, charity, or service:		
	Yes-----	24.4	22.1
	No-----	75.5	77.8
113	Any other group that is mainly social, fraternal, or recreational:		
	Yes-----	33.5	26.7
	No-----	66.2	73.2
114	About how often, if ever, do you go to religious services?		
	Once a week or more-----	31.6	49.1
	1-3 times a month-----	17.7	15.2
	Less than once a month-----	29.1	19.2
	Never-----	21.5	16.3
121	How many close relatives do you have? These are people that you feel at ease with, can talk to about private matters, and can call on for help:		
	None-----	7.4	4.8
	1-----	6.7	6.8
	2-----	13.7	10.8
	3-----	8.6	11.9
	4-----	11.4	12.0
	5-----	9.9	10.9
	6-----	10.6	9.2
	7-----	2.2	4.1
	8-----	4.0	3.7
	9-----	0.7	1.0
	10 or more-----	24.7	24.5
122	And how many friends do you have that you feel really close to? These are friends that you feel at ease with, can talk to about private matters, and can call on for help:		
	None-----	5.5	5.3
	1-----	4.8	8.5
	2-----	13.0	18.5
	3-----	11.5	14.7
	4-----	10.2	10.9
	5-----	10.6	11.5
	6-----	10.6	7.9
	7-----	1.3	1.5
	8-----	2.5	3.0
	9-----	0.3	0.5
	10 or more-----	29.4	17.4

See footnotes at end of table.

Table 5. Percent distribution of men and women ages 20-64 years by questionnaire items on social support:
National Survey of Personal Health Practices and Consequences, Wave I, 1979--Con.

Item number	Social support questionnaire item and response	Men	Women
123	How many of these close friends or relatives do you see at least once a month? ²		
	None-----	3.7	3.1
	1-----	4.3	5.6
	2-----	9.9	9.8
	3-----	8.4	10.1
	4-----	8.7	8.5
	5-----	8.1	10.0
	6-----	7.9	8.7
	7-----	3.7	5.4
	8-----	4.9	6.1
	9-----	2.2	2.0
	10 or more-----	37.5	30.3
124	About how often do you visit with any close relatives or friends? ³		
	More than once a week (more than 4 times a month)-----	37.1	41.8
	About once a week (about 4 times a month)-----	30.7	29.6
	2-3 times a month-----	12.8	11.0
	About once a month-----	10.6	8.6
	Less than once a month-----	6.6	6.2
	Never-----	1.3	1.1

¹Total includes unknowns.

²Persons who responded "none" to items 121 and 122 are included in the "none" category.

³The "never" category consists of persons who responded "none" to questions 121 and 122.

NOTE: A facsimile of the questionnaire is shown in appendix III of Series 15, No. 1 of Vital and Health Statistics.⁸

Table 6. Percent distribution of men and women ages 20-64 years by questionnaire items on psychological well-being: National Survey of Personal Health Practices and Consequences, Wave I, 1979

Item number	Psychological well-being questionnaire item and response	Men	Women
	Total ¹ -----	100.0	100.0
118	How much enjoyment do you get out of your free time? Would you say:		
	A little-----	7.0	7.6
	Some-----	20.1	21.8
	A great deal-----	72.5	69.5
119	And how often do you find that you have time on your hands that you don't know what to do with?		
	Never-----	33.8	41.7
	Rarely-----	42.2	36.3
	Sometimes-----	18.0	16.9
	Very often-----	5.7	5.0
120	All in all, how happy are you these days?		
	Not too happy-----	7.6	8.0
	Pretty happy-----	47.0	44.6
	Very happy-----	44.6	46.7
127	All in all, how happy has your marriage been for you? Would you say ²		
	Not too happy-----	1.8	4.9
	Pretty happy-----	32.0	34.7
	Very happy-----	65.8	59.8
125	Do you feel that you have enough close friends or relatives? ³		
	Yes-----	83.3	83.3
	No-----	15.8	16.1
128	How often in the past month have you felt:		
128	Cheerful and lighthearted?		
	Very often-----	52.4	60.6
	Sometimes-----	37.8	32.9
	Rarely-----	6.8	4.8
	Never-----	2.3	1.2
128	Loved and wanted?		
	Very often-----	62.8	69.5
	Sometimes-----	27.6	22.0
	Rarely-----	5.0	4.7
	Never-----	3.3	2.1
128	Downhearted and blue?		
	Very often-----	6.0	9.7
	Sometimes-----	26.6	32.8
	Rarely-----	47.3	43.4
	Never-----	19.7	13.6
128	Lonely?		
	Very often-----	5.0	6.8
	Sometimes-----	16.4	20.1
	Rarely-----	31.1	35.3
	Never-----	47.0	37.5

¹Total includes unknowns.

²Asked only of currently married persons; percentages represent percent of married persons.

³Asked of persons who reported one or more friends or relatives in items 121 and 122 in table 5.

NOTE: A facsimile of the questionnaire is shown in appendix III of Series 15, No. 1 of Vital and Health Statistics.⁸

Table 7. Percent distribution of men and women ages 20-64 years by composite measures of psychological problems derived from responses to questionnaire items: National Survey of Personal Health Practices and Consequences, Wave I, 1979

Item number	Composite measure of psychological problems	Men	Women
	Total-----	100.0	100.0
132- 135	Composite of questionnaire items 132-135 concerning experience of personal emotional, behavioral, or mental problems in the past year: ¹		
	Severe problems; felt need for professional help and got it-----	3.5	3.3
	Severe problems; felt need for professional help, and did not get it-----	1.4	1.9
	Severe problems; did not feel need for professional help-----	5.7	5.9
	Some problems, not severe-----	32.2	39.8
	No problems-----	57.2	49.1
136- 139	Composite of questionnaire items 136-139 concerning experience of nervous breakdown: ¹		
	Never had or felt close to a nervous breakdown-----	83.3	70.8
	Had nervous breakdown in past year, completely over it-----	0.2	0.2
	Close to nervous breakdown in past year, completely over it-----	3.4	4.3
	Had nervous breakdown in past year, not completely over it-----	0.3	0.3
	Close to nervous breakdown in past year, not completely over it-----	1.7	4.1
	Had nervous breakdown more than 1 year ago, completely over it-----	1.1	3.4
	Close to nervous breakdown more than 1 year ago, completely over it-----	7.2	13.0
	Had nervous breakdown more than 1 year ago, not completely over it-----	1.0	1.3
	Close to nervous breakdown more than 1 year ago, not completely over it-----	1.7	2.5

¹See appendix III for questionnaire items.

NOTE: A facsimile of the questionnaire is shown in appendix III of Series 15, No. 1 of Vital and Health Statistics.⁸

Table 8. Percent distribution of employed men and women ages 20-64 years by questionnaire items on occupation-related health factors: National Survey of Personal Health Practices and Consequences, Wave I, 1979

Item number	Occupational health questionnaire item and response	Men	Women
	Total ¹ -----	100.0	100.0
CURRENTLY EMPLOYED			
105	Do you get time off from your job with pay when you are ill? ²		
	Yes-----	75.9	67.0
	No-----	23.5	31.6
106	Does your employer give you time off from work with pay for visits to the doctor? ²		
	Yes-----	59.4	45.2
	No-----	39.5	52.2
107	Does your job involve a variable work shift? That is, do you work the day shift sometimes and the night shift at other times?		
	Yes-----	26.9	17.6
	No-----	73.1	82.4
108	How much hard physical work is required on your job? I'm referring to things like pushing or carrying heavy objects, handling heavy tools or equipment, or digging.		
	None at all-----	29.7	48.5
	Hardly any-----	20.4	23.0
	Some-----	25.8	18.0
	A great deal-----	24.0	10.4
109	How would you describe the degree of emotional stress associated with your job? Would you say you are under:		
	A great deal of stress-----	26.1	20.2
	Some stress-----	50.0	45.4
	Hardly any stress-----	23.7	33.9
110	In your current job are you exposed to any special risk of accidents or injuries or to any substances that could endanger your health?		
	Yes-----	50.0	23.7
	No-----	49.9	76.1
EVER EMPLOYED			
111	Did you ever change jobs because you were concerned about occupational hazards or dangers to your health?		
	Yes-----	12.2	6.0
	No-----	87.8	94.0

¹Total includes unknowns.

²Asked of employed persons other than self-employed; percentages represent percent of employed persons other than the self-employed.

NOTE: A facsimile of the questionnaire is shown in appendix III of Series 15, No. 1 of Vital and Health Statistics.⁸

Table 9. Percent distribution of men and women ages 20-64 years by questionnaire items on life events:
National Survey of Personal Health Practices and Consequences, Wave I, 1979

Item number	Life event questionnaire item and response	Men	Women
	Total ¹ -----	100.0	100.0
131	Please tell me which of these events, if any, happened in your life during the past 5 years: ²		
	Death of your (husband/wife) or one of your children-----	2.8	5.0
	Problems or difficulties with a steady date or fiance-----	16.4	14.5
	Serious financial difficulties or problems-----	25.1	26.8
	Your own serious illness, injury, or operation-----	18.7	24.5
	Serious illness, injury, or operation of one of your children-----	7.7	13.1
	Serious illness, injury, or operation of your (husband/wife)-----	14.9	16.2
	Being unable to get medical treatment when it was seriously needed for yourself or your (husband/wife) or your children-----	5.5	6.2
	Your own marital separation or divorce-----	10.3	8.6
	Other problems or difficulties related to your marriage ³ -----	4.0	6.7
112	During the past 5 years, that is since 1974, how many employers or companies, if any, have you worked for on a full-time basis, including your present job?		
	None ⁴ -----	5.7	31.4
	1-----	56.8	40.1
	2-----	18.4	17.4
	3-----	8.7	7.2
	4-----	3.6	2.1
	5-----	6.4	1.7
140	In the past 5 years, that is, since (month, 1974), how many addresses have you lived at, including your present address?		
	1-----	50.8	56.7
	2-----	23.4	23.5
	3-----	13.5	9.4
	4 or more-----	12.1	10.3

¹Total includes unknowns.

²Numbers will not add to totals because the categories may overlap.

³Not asked of persons who reported marital separation or divorce; percentages represent percent of the total population.

⁴The "none" category includes persons who have never worked.

NOTE: A facsimile of the questionnaire is shown in appendix III of Series 15, No. 1 of Vital and Health Statistics.⁸

Table 10. Percent distribution of men and women ages 20-64 years by sociodemographic characteristics:
National Survey of Personal Health Practices and Consequences, Wave I, 1979

Item number	Sociodemographic item and response	Men	Women
	Total ¹ -----	100.0	100.0
141	What was the last grade or year of school you completed?		
	None-----	0.0	0.1
	1-4 years-----	1.3	0.3
	5-6 years-----	1.4	0.8
	7-8 years-----	4.8	4.8
	9-11 years-----	12.5	14.0
	12 years (completed high school or equivalent)-----	31.9	41.4
	13-15 years (some college or trade school)-----	23.6	23.4
	16 years or more (completed college or more)-----	24.2	14.5
153	Please tell me into which of the following groups your family's combined income fell in 1978, before taxes:		
	Less than \$5,000-----	5.1	7.9
	\$5,000-\$9,999-----	11.9	14.9
	\$10,000-\$14,999-----	17.8	18.4
	\$15,000-\$24,999-----	33.1	29.0
	\$25,000 or more-----	26.6	21.0
126	Are you now:		
	Married-----	71.0	70.9
	Widowed-----	1.5	5.1
	Divorced-----	6.4	7.3
	Separated-----	2.2	2.8
	Never married-----	18.9	13.9
150	Racial background: ^{2, 3}		
	White-----	89.8	86.1
	Black-----	6.6	10.5
	Other-----	2.9	2.6
142	Age: ²		
	20-34 years-----	43.7	43.7
	35-49 years-----	33.1	30.3
	50-64 years-----	23.2	26.0
65-69	Usual activity over the past 12 months: ^{2, 3}		
	Usually working-----	88.4	53.4
	Keeping house-----	1.5	41.3
	Retired because of health-----	1.9	0.4
	Retired for reasons other than health-----	1.2	0.2
	Going to school-----	4.1	3.5
	Something else-----	3.0	1.2

¹Total includes unknowns.

²See appendix II for definition of terms.

³See appendix III for questionnaire items.

NOTE: A facsimile of the questionnaire is shown in appendix III of Series 15, No. 1 of Vital and Health Statistics.⁸

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Appendix I. Technical notes on methods

Background of this report

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

Two waves of interviews were conducted among a panel of adult respondents 20-64 years of age. In the spring of 1979, 3,025 Wave I interviews were successfully completed. This constituted an 81-percent response from the predesignated sample of potential respondents. In the spring of 1980, 2,453 Wave II interviews were completed. This constituted an 81-percent response from the respondents previously interviewed in Wave I.

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

Statistical design of the survey

General plan.—The target population for the National Survey of Personal Health Practices and Consequences, Wave I, was all persons aged 20-64 years

residing in the conterminous United States in households with a telephone. The survey questions were asked over the telephone in interviews lasting about ½ hour each. This method has two distinct advantages over conventional face-to-face interviewing: it results in speedier data collection, and it reduces interviewer variance by allowing ongoing monitoring of interview quality. The principal disadvantage of the telephone method is undercoverage; preliminary findings from the 1979 National Health Interview Survey indicate that about 7 percent of U.S. households did not have a telephone.⁹

Detailed analysis of 1976 National Health Interview Survey data revealed that while persons residing in households without a telephone were disproportionately low income, differences in sociodemographic and health characteristics between the population with a telephone and the total population were, on the whole, small.¹⁰ According to a study currently being conducted for the National Center for Health Statistics by the Survey Research Center of the University of Michigan, the quality of data obtained using the telephone method generally appears to be comparable to that obtained using the personal interview method.¹¹

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

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

NOTE: A list of references follows the text.

dential numbers were identified and eliminated from the sample during the process of sample selection.

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

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

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

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

Estimation procedures.—In the first two stages of the sample design, each telephone exchange and telephone household had a known and equal probability of selection. In the third stage, because only one respondent was selected per household, the probability of selection of an individual depended on the composition of the household. In a household with two members 20-64 years of age the probability was 1:2; in a household, with three members 20-64 years of age, the probability was 1:3; and so forth. For the purposes of estimation, each respondent's answers were weighted by the inverse of his or her overall probability of selection.

General qualifications

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

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

A minimum of five attempts were made to reach

each sample household. Prior to the interviewing phase of the study, a subset of the original sample had been designated as eligible for nonresponse followup. Followup consisted of as many as five additional attempts to reach a sample person. For each "no answer" or "busy" response to the followup, the sample telephone number was checked through the telephone company to determine if it was a working residential number. This enabled Chilton Research Services to make an overall estimate of the number of households remaining unidentified and to place an upper limit on potential bias resulting from nonresponse.

Sex ratio of the sample

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

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

The percent of respondents reporting 13-15 years of schooling was significantly greater in the National Survey of Personal Health Practices and Conse-

quences than in the National Health Interview Survey. By contrast, the percent of respondents in the highest income group (\$25,000 or more a year) was lower.

In general, comparison of respondents to both surveys in terms of demographic characteristics indicates that, when the data are analyzed separately for males and females, the lower sex ratio of respondents to the National Survey of Personal Health Practices and Consequences had little appreciable effect on the distribution of other selected sociodemographic characteristics.

Reliability of estimates

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

In this report, terms such as "similar" and "the same" indicate that no statistically significant difference exists between the statistics being compared. Terms relating to differences ("greater," "less," etc.)

indicate differences that are statistically significant. The *t*-test with a critical value of 1.96 (0.05 level of significance) was used to test all comparisons that are discussed. Lack of comment regarding the difference between any two statistics does not mean the difference was tested and found to be not significant.

Table I presents the approximate standard errors for estimates of proportions appearing in tables 1-10. The standard errors incorporate a design effect of 1.2, reflecting the combined influences of stratification, cluster sampling, and the weighting due to random selection of respondents within households.

Table II presents the unweighted frequencies for all sample persons and for each subgroup on which calculations in this report are based. Unless otherwise specified, distributions are based on all sample persons. In instances where a special subgroup (for example, current smokers) is analyzed the group is identified in a footnote to the table. The numbers in table II are to be used exclusively for the determination of sampling errors.

Table III presents the population bases used to calculate the percent distributions shown in tables 1-10. These numbers reflect adjustments to the actual number of respondents shown in table II, based on the number of persons ages 20-64 years residing in the sample household. These numbers may be used to combine cells in appropriate tables. Generally, the population base is all persons unless otherwise footnoted in the tables.

Table 1. Standard errors, expressed in percentage points, of estimated percents

Base of percent	Estimated percent					
	5 or 95	10 or 90	20 or 80	30 or 70	40 or 60	50
	Standard error in percentage points					
50	3.4	4.6	6.1	7.0	7.6	7.7
100	2.4	3.3	4.4	5.0	5.4	5.5
300	1.3	1.9	2.5	2.9	3.0	3.1
600	0.9	1.3	1.8	2.0	2.1	2.2
900	0.8	1.1	1.4	1.7	1.7	1.8
1200	0.7	0.9	1.3	1.4	1.5	1.6
1500	0.6	0.8	1.1	1.2	1.3	1.4
1800	0.5	0.7	1.0	1.1	1.1	1.2

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

<i>Selected characteristic</i>	<i>Men</i>	<i>Women</i>
All sample persons	1,171	1,854
Current smokers.	470	625
Persons who have any natural teeth.	1,129	1,753
Currently married.	779	1,201
Persons with at least one friend or relative	1,152	1,832
Currently employed	1,021	1,069
Currently employed, excluding self-employed	834	955
Ever-employed	1,169	1,788

Note: The numbers in this table are to be used for the determination of sampling error (see table I). For combining cells in tables 1-10 use the population bases shown in table III.

Table III. Population bases for percents shown in tables 1-10 by sex: National Survey of Personal Health Practices and Consequences, Wave I, 1979

<i>Selected characteristic</i>	<i>Men</i>	<i>Women</i>
All sample persons	2,299	3,457
Current smokers.	893	1,139
Persons who have any natural teeth.	2,232	3,315
Persons with at least one friend or relative	2,270	3,420
Currently employed	1,956	1,499
Currently employed, excluding self-employed	1,607	1,384
Ever-employed	2,293	3,331

Note: These numbers may be used for combining cells in tables 1-10. They reflect adjustments to the actual number of respondents (table II), based on the number of persons ages 20-64 years in the household. For determination of sampling error, see numbers in table II.

Appendix II. Definitions of certain terms used in this report

Terms relating to health

Specific health practices and health consequences covered in this survey were derived from recent literature in the field of health promotion and disease prevention.^{6,7,12,13} Tables 1-10 reflect the broad range of issues pertinent to this field.

Terms relating to composite measures

Percent desirable weight.—Persons reported height in feet and inches (without shoes) and weight in pounds (without clothes). Actual weight relative to height for each respondent was then compared with 1960 Metropolitan Life Insurance Company standards of desirable weight relative to height for medium-frame individuals.¹⁴ Because these standards were based on height with shoes (1-inch heels for men; 2-inch heels for women) and weight with indoor clothing, the tables were adjusted to make them suitable for analysis of NSPHPC data. Two pounds were subtracted from each weight range for clothing, and the appropriate number of inches were subtracted from the heights of men and women. Respondents were categorized according to the percent above or below the mean desirable weight for their height.

The Metropolitan Life Insurance Company standards were developed on the basis of data from the 1959 Build and Blood Pressure Study,¹⁵ which examined the mortality experience of life insurance plan participants in 26 insurance companies over a 20-year period.

Health habit scores.—The health habit scores shown in table 3 are a partial replication of the scores employed in the Alameda County study of preventive health behavior. That score contained the following seven good health practices:

1. Sleeping an average of 7 to 8 hours a night.

2. Controlling one's weight (if male, weighing between 5 percent under and 19.9 percent over the desirable standard weight; if female, weighing not more than 9.9 percent over the desirable standard weight).
3. Exercising.
4. Limiting alcohol consumption to less than five drinks at one sitting.
5. Never having smoked cigarettes.
6. Eating breakfast almost every day.
7. Seldom, if ever, eating snacks.

The five-habit score shown in table 3 includes the first five of these habits. The six-habit score includes the sixth habit, eating breakfast. Subsequent analyses of the Alameda data have cast some doubt on the strength of the relationship between snacking and health status.^{4,16} For this reason, information on snacking was not collected in the National Survey, and thus a seven-habit score could not be constructed.

Exercise was operationally defined somewhat differently in this survey than in the Alameda survey, but the differences are not major. The Alameda definition was "often or sometimes engaging in active sports, swimming or taking long walks" or "often gardening or engaging in exercise considered physically active."¹ In the current analysis, exercise is defined as (1) sometimes or often swimming in summer, taking long walks, jogging, or riding a bicycle, or (2) often engaging in a physically active hobby, doing calisthenics, or participating in other active sports.

The terminology related to alcohol consumption also differed slightly from that used in Alameda County. The NSPHPC used the wording "drinks a day" while the Alameda study used "drinks at one sitting."

Emotional problems and nervous breakdown.—The measures of emotional problems and experience of nervous breakdown shown in table 7 are compos-

NOTE: A list of references follows the text.

ites of questions 132-135 and 136-139, respectively. The individual items were combined to reflect the range of response combinations because each item alone would be uninterpretable.

Demographic terms

Age.—Age was defined as the number of whole years the person had been alive at the time of the interview and was determined on the basis of reported date of birth and date of interview.

Education.—Educational level was reported in terms of last grade or year of school completed. Twelve years of education indicates completion of

high school or the equivalent. More than 12 years indicates completion of 1 or more years of college or trade school.

Race.—Race was determined from questions 150 and 151. Persons reporting themselves as American Indian, Asian, Pacific Islander, or other were classified as “other” with one exception. Persons who reported “other” in question 150 but reported themselves of Hispanic origin in question 151 were included in the “white category.”

Usual activity.—Responses to questions 65-69 indicated usual activity over the past 12 months (e.g., working, going to school, etc.). Answers were combined to create the variable “usual activity.”

Appendix III. Selected questionnaire items.

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

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

66. Are you retired?

68-		
SKIP TO Q. 68	Yes	1
	No	2

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

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

68. Did you retire because of your health?

70-	
Yes	1
No	2

69. Does your health now keep you from working?

71-		
SKIP TO Q. 86	Yes	1
	No	2

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

72-		
SKIP TO Q. 86	Yes	1
	No	2

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

73-		
SKIP TO Q. 86	Yes	1
	No	2

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

74-		
SKIP TO Q. 86	Yes	1
SKIP TO Q. 85	No	2

73. Do you now have a job?

75-		
SKIP TO Q. 75	Yes	1
	No	2

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

76-		
	Yes	1
SKIP TO Q. 86	No	2

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

77-		
SKIP TO Q. 86	Yes	1
	No	2

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

78-		
SKIP TO Q. 86	Yes	1
	No	2

SP. 79
END CARD 2 80 - (2)

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

16-

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

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

17-

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

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

18-

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

135. Did you seek professional help?

19-

Yes	1
No	2

136. Have you ever had a nervous breakdown?

20-

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

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

21-

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

138. Was that during the past year?

22-

Yes	1
No	2
Don't Know	8

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

23-

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

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

_____ (63)

(SKIP TO Q. 150)

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

Number of People _____ (64 - 66)

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

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

Number of People _____ (67 - 69)

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

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

70-

	Yes	1
SKIP TO Q. 150	No	2

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

Number _____ (71-72)

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

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

73-

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

151. To which racial group do you belong?

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

75-

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

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