

# 2024 Howard County Health Assessment Survey Howard County, Maryland

## Final Report



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## Executive Summary

This representative survey of 2,266 adult Howard County residents, conducted between July and October 2024, provides a comprehensive picture of the health conditions and behaviors across the County's population. This work has been produced through a collaboration of the Howard County Health Department, Johns Hopkins Howard County Medical Center, Horizon Foundation, and Columbia Association. This is the latest in a series of comparable studies conducted regularly in Howard County since 2012.

These major findings emerge from the survey data:

### 1. Access to high-quality, coordinated, health care is a growing challenge for Howard County residents.

- In 2024, 90% of respondents say they have health care coverage, which is a decline from the high of 95% in 2016. Coverage rates are significantly lower among respondents under age 35, and racial and ethnic inequities persist.
- There has been a shift in how respondents are receiving their primary care. The percentage of respondents who have one person that they think of as their personal doctor or health care provider has dropped from 81% in 2016 to 59% today, while the number who think of multiple people that way has grown from 6% to 23% in the same time period.
- There has been a longer-term shift in the place where people “usually” seek medical attention, with doctor's offices slipping from 77% in 2012 to 59% in 2024, while urgent care centers have increased from 11% to 26% over that time span.
- Howard Countians report that it is more difficult to get a timely doctor's appointment when they want to be seen quickly, with 78% saying they were able to get an appointment in a week or less in 2014, compared to only 69% today.
- Many more respondents report needing to go to the emergency room because timely appointments elsewhere were not available, rising from only 5% of respondents in 2012 to 18% in 2024.
- The number of respondents who report going to the dentist in the past year has dropped significantly, from 81% in the 2012 survey to 70% in 2024.
- Across all of these issues of access to care, significant disparities exist based on race or ethnicity and socio-economic status.

**2. Mental health and social isolation are apparently a growing challenge for many residents, despite a reported increase in people receiving treatment for mental health conditions.**

- Almost one quarter (23%) of respondents are taking medicine or receiving treatment from a doctor or other health professional for a mental health condition or emotional problem. There has been a steady and significant increase in this number from a low of 7% in 2014.
- More than one-third (34%) of respondents reported that they had been “bothered by having little interest or pleasure in doing things” for several days or more over the previous two weeks. This number has risen significantly since first asked in 2018.
- One-third (33%) have been “bothered by feeling down, depressed or hopeless” for several days or more in the previous two weeks. This is equal to the 2021 number, but much higher than the 22% recorded when the question was first asked in 2018.
- About half (49%) of the County’s population have been “bothered by feeling nervous, anxious or on edge” for several days or more over the previous two weeks. While comparable to 2021, this number is substantially higher than the 36% who said they were bothered by such feelings in 2018.
- Forty-one percent of respondents said they had been “bothered by not being able to stop or control worrying” for several days or more over the two weeks prior to responding to the survey. This number is up from 38% in 2021 and only 24% in the 2018 survey.
- More than one quarter (29%) “felt isolated from others” for several days or more over the previous two weeks. This is a new question on the survey.
- There is a pattern across all of these mental health concerns, with younger and lower-income respondents much more affected than others.

**3. Many Howard County residents suffer from significant financial worries and challenges.**

- In the past 12 months, 18% of respondents worried “often” or “sometimes” that their food would run out before they had the money to buy more, a slight increase from the 16% recorded in the 2021 survey. Fourteen percent said their food *did* run out “often” or “sometimes” (a question not asked in the previous survey). Taken together, a net of 20% of respondents indicated food insecurity by answering “often” or “sometimes” to one or both of these questions.
- One-third (33%) of respondents said they were “often” or “sometimes” worried or stressed in the past 12 months about not having enough money to pay for vital expenses like rent, mortgage, or food. This question, like those that follow in this series, was first asked in 2024.
- Eleven percent of respondents said they or others they live with have gone to a food bank or local food pantry for food in the past year.

- Thirteen percent said they or others they live with have needed help in the past year to pay for utilities.
- Ten percent said there was a time in the past year when they could not pay the full amount of their rent or mortgage because they could not afford it, and 5% said they or someone in their household were forced to move by a landlord or bank when they did not want to.
- One in five respondents (20%) said they or someone in their household was enrolled in a government assistance program in the past year, such as Medicaid; Supplemental Nutrition Assistance Program (SNAP); Free and Reduced School Meals; Special Supplemental Nutrition Program for Women, Infants, and Children (WIC); or Temporary Cash Assistance program.
- Eleven percent of respondents indicated that their current living situation is not stable, including 7% who have a steady place to live today but are worried about losing it, and 4% who said they are temporarily staying with others, in a hotel, in a shelter, sleeping in their car, or “couch surfing.”
- More than half (52%) of renters have had trouble with pests, mold, non-working appliances, and/or lack of electricity in the past year.
- Across all of these issues of food insecurity, financial challenges, and housing instability, respondents who are Hispanic or African American are disproportionately impacted. In many cases, younger respondents and those with lower levels of educational attainment are disproportionately affected, as well.

#### 4. Chronic health issues persist and appear to be worsening in Howard County.

- Based on the height and weight that they reported in the survey, almost two-thirds (63%) of respondents are either overweight (35%) or obese (28%). The share of the population who are overweight or obese has increased from 56% in 2012 and 2014, to 60% in 2016, to 63% in 2018. (The 2021 data appear to be incomplete.)
- Seventeen percent of respondents with children in their households have been told by a health care professional that their child should lose weight, a level that nearly equals the 18% recorded in 2021 but has significantly increased from its range of 6% to 9% in previous years.
- More than one-third of respondents (36%) have been told by a health professional they have high blood pressure, a number that has climbed from its low of 24% in the 2012 survey. Among those with high blood pressure, the incidence of taking medication to help manage it has remained relatively steady over the past several surveys, currently standing at 75%.
- Diabetes has shown an increase, with 12% of respondents saying they have been told they have diabetes. This is similar to the 13% recorded in 2021, but significantly higher than the average of

8% over the three previous surveys. Among respondents with diabetes, 78% said they are taking medicine for it, a level that has held relatively stable across recent surveys.

- The incidence of pre-diabetes or borderline diabetes has increased to 17% of respondents, a level that is about double what was recorded in the 2010s.
- In 2024, 25% of respondents with children in their households have been told that their child has asthma, a number that has steadily increased from 20% in 2016, the first year this question was asked.

**5. There is some good news on lowered cigarette smoking rates and widespread physical activity, but other health behaviors have shown a decline.**

- Smoking cigarettes appears to be decreasing. The number who report smoking at least 100 cigarettes in their entire life is now 20%, down from 25% in the two previous surveys, and down further from an average of 28% across three earlier surveys dating to 2012.
- In 2024, the survey indicates that 4.3% of the County's population smoke cigarettes every day, down from 5.4% in 2012.
- Meanwhile, the use of e-cigarettes and other electronic vaping products is on the rise. Today, 11% use these products, a number that has climbed steadily from 2% when the question was first asked in 2014. Usage is significantly higher among respondents under age 55 and among Hispanic and African American respondents.
- More than four out of five respondents (81%) engage in physical activity that raises their heart rate, a level that is comparable to most past surveys. Respondents engage in physical activities primarily for a combination of reasons related to their physical health and their mental health and well-being. Physical activity is somewhat more likely in households of higher socio-economic status.
- While lack of time and physical limitation are the two greatest barriers to engaging in physical activity, a significant number of respondents said they are hampered by a lack of sidewalks or paths, no access to equipment, not feeling safe, or areas that are not well lit.
- There appear to be significant barriers for Hispanic families who wish to enroll children in organized youth sports activities. Almost four out of ten Hispanic respondents said a child in their household wanted to enroll but did not. Not knowing how or having difficulty signing up was the leading barrier. For African American and Asian respondents who did not enroll their children, cost was the leading barrier. White respondents were most likely to cite lack of time.
- There is a generally declining trend in the consumption of fruit among respondents. In the current survey, 50% of respondents said they eat fruit at least once a day, compared to an average of 60% in the two previous surveys and 65% before that. Consumption of fruit is significantly lower among respondents under age 35 and with lower household incomes.

- There is a similar declining trend in the consumption of vegetables that are not fried. In 2024, 60% of respondents said they eat vegetables once a day or more, a number that has decreased steadily from 72% in 2012. There is a strong relationship between higher socio-economic status and more regular consumption of vegetables.
- After declining steadily from 49% to 42% in the four previous survey installments, the number who said they have bought sugar sweetened beverages for their family to consume at home grew in the most recent survey to 50% of respondents.
- There is mixed news on health screenings. Ninety-five percent of women over 40 said they have had a mammogram, the highest level recorded since this project began in 2012. Among women ages 21 to 65, 85% said they have had a Pap test, which is a rebound from the 80% recorded in 2021, but lower than the 92% average in the 2010s. In respondents aged 50 to 75, 59% have had a sigmoidoscopy or colonoscopy in the last five years, and 16% have had one in the last ten years, both fairly consistent with past surveys.
- Respondents are getting a median of seven hours of sleep on a typical night, a number that is consistent with past surveys.

**6. The survey makes clear that racism is a factor in overall health care access and quality.**

- In 2024, a new series of questions was introduced to explore people's impressions of whether race or ethnicity negatively affected their health care experience. Asked whether they felt their race or ethnicity negatively impacted the quality of health care service they received, about one resident in four (27%) said they felt some negative impact, and 15% said the impact was moderately to strongly negative.
- Similar numbers reported that their race or ethnicity negatively impacted communication with and how much respect they received from the health care team.
- The most negative impacts on these matters were felt by African American and Hispanic respondents and were also pronounced in the lowest income category.
- Throughout the survey, on many questions, race or ethnicity emerged as a key indicator of poorer access and health care outcomes.

On the following pages, the survey findings are detailed and trends from past surveys are shown. Where there are significant differences in responses, population subgroup data are presented. An appendix provides the 2024 survey questionnaire, including historical survey data for each question that has been repeated from prior surveys.

## Project Overview

The mission of this public study, known as the Howard County Health Assessment Survey (HCHAS), is to assess health-related behaviors and risk factors among the adult population of Howard County, Maryland. Results of this study enable health providers and advocates to measure progress and to know where to focus resources to help make the community healthier.

This study was jointly sponsored by Horizon Foundation, Howard County Health Department, Johns Hopkins Howard County Medical Center, and the Columbia Association. This is a periodic study, first conducted in 2012, and updated in 2014, 2016, 2018, and 2021. The survey structure and subject matter are modeled after the Behavioral Risk Factor Surveillance System (BRFSS), which is conducted by Maryland and the other states under the auspices of the Centers for Disease Control and Prevention (CDC).

## Survey Methodology

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

Many questions on the HCHAS were replicated from the BRFSS and other tested public health surveys so that results can be compared to other areas of Maryland and the nation, and to benefit from prior vetting of those questions. The HCHAS also included customized questions to address the local priorities of the project's sponsors, and the health environment in Howard County. Field interviews for the current edition of the HCHAS were collected from July 17 to October 14, 2024.

Prior to field interviewing, the project's sponsors notified the public about the study to encourage survey participation through a multi-media "answer the call" campaign. OpinionWorks drew a random sample of 45,000 Howard County households from a commercial vendor, and both landline and wireless telephone numbers were added where a high-confidence match was possible. These households were approached in a coordinated fashion in sequential waves through multiple survey modes, in both English and Spanish. A total of 2,266 survey interviews were collected as follows:

- Telephone interviews were conducted by trained and supervised live interviewers, who reached respondents on both wireless and landline telephones, resulting in 154 wireless and 70 landline telephone interviews.
- An additional 672 interviews were collected online through a link that was texted to wireless telephone numbers in the sample.

- A mailed postcard bearing a QR code and custom URL (HowardHealthSurvey.org) generated 886 interviews.
- Outside the random address sample, an additional 484 interviews were generated through online consumer panels, which are databases of people in the general public who have opted in to take surveys on a wide variety of subjects. Inclusion of the online panel sample helps strengthen the representation of underserved population segments who are often left out of surveys conducted with more traditional sampling methods.

For analysis purposes, each interview was geo-coded and placed within one of Howard County’s seven regional planning districts, with the three smallest-population districts combined into one area called “West County.” The geographic distribution of interviews was as follows:

| Regional Planning District | Interviews Conducted |
|----------------------------|----------------------|
| West County                | 329                  |
| Ellicott City              | 619                  |
| Columbia                   | 855                  |
| Elkridge                   | 168                  |
| Laurel                     | 288                  |
| Howard County Total        | 2,266*               |

\*Includes 7 interviews that could not be accurately geocoded into a planning district.

Interviews were considered completed if the respondent proceeded through the entire interview, though respondents may have refused to answer individual questions. Individuals responded based on their own health conditions and behaviors, rather than commenting on the health of others, including those who might be in their care. The exception is a small number of questions regarding children’s health, when adults were asked to comment on the health of children in their households.

Once the interviews were collected, statistical weights were applied to the sample to ensure that it was as reflective as possible of the County’s population, according to the most recent data available from the United States Census Bureau’s American Community Survey (2022 5-year estimates). Weights were applied to correct discrepancies in the following parameters: gender, educational attainment, age, and race or ethnicity.

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



## The Structure of This Report

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

1. Access to Care
2. Healthy Living
3. Physical Activity
4. Behavioral Health
5. Chronic Disease
6. Children's Health
7. Health-Related Social Needs

Where a question was repeated from previous years, trends are illustrated. In cases where a question was *not* asked previously, or where question wording was significantly changed, prior data do not appear in this report.

Survey results have also been broken out for a variety of demographic and socio-economic indicators, so that propensities can be isolated within population subgroups. On the pages that follow, subgroup numbers have been placed in tables beneath each question in cases where there are statistically-significant differences within those subgroups. Therefore, not all subgroups are listed for each question, and some questions may list no subgroups. Within each subgroup table, data cells have been highlighted if they are significantly higher, in statistical terms, than other subgroups in the table.

Listed below are the subgroup categories that may be contained in the data tables. The raw (unweighted) number of interviews collected in each subgroup is listed in parentheses below, followed by the weighted number (raw number → weighted number) reflecting that subgroup's proportion of the overall countywide survey sample once the results were weighted to reflect the population distribution of Howard County. Note that the weighting approach results in overall sample sizes that appears to be larger or smaller than the actual, unweighted sample, but those differences are simply artifacts of the weighting process.

The subgroups are:

- **Regional Planning District:** West County, which combines the less populous Cooksville, West Friendship, and Clarksville Regional Planning Districts (329 raw number → 302 weighted number); Ellicott City (619→ 589); Columbia (855→ 863); Elkridge (168→ 221); Laurel (288→ 310).

- **Gender:** Female (1352 → 1126), Male (880 → 1126). Non-binary (9 → 12)
- **Age:** 18 to 24 (110 → 232), 25 to 34 (173 → 338), 35 to 44 (281 → 410), 45 to 54 (303 → 399), 55 to 64 (398 → 371), 65 to 74 (517 → 244), 75 or older (352 → 167).
- **Race/Ethnicity:** White (1611 → 1289); Black or African American (387 → 495); Asian (183 → 452); Hispanic (127 → 168); and Others, such as Native Hawaiian or Other Pacific Islander, American Indian or Alaska Native, Middle Eastern or North African (94 → 118). Note that survey participants could choose more than one of these categories to describe themselves.
- **Presence of Children under Age 18 in the Household:** Yes (570 → 743), No (1646 → 1481).
- **Household Income:** Less than \$25,000 per year (135 → 243), \$25,000 to \$49,999 per year (159 → 198), \$50,000 to \$74,999 per year (210 → 224), \$75,000 to \$99,999 per year (250 → 246), \$100,000 to \$149,999 per year (399 → 366), \$150,000 to \$199,999 per year (327 → 296), \$200,000 or more per year (478 → 455).
- **Educational Attainment:** 11<sup>th</sup> Grade or less (33 → 101), High School Diploma/GED (167 → 403), Attended some college (347 → 421), 4-year college degree (575 → 631), Graduate-level work or degree (1116 → 702).
- **Employment Status:** Employed for wages (1017 → 1200), Self-employed (164 → 187), Unemployed (62 → 132), Retired (820 → 456), Homemaker (63 → 67), Student (73 → 146), Unable to work (45 → 77).
- **Marital Status:** Married (1360 → 1209), Divorced or separated (269 → 237), Widowed (183 → 117), Never married (334 → 562), Member of an unmarried couple (80 → 116).
- **Body Mass Index:** Underweight (45 → 47), Normal (687 → 627), Overweight (664 → 629), Obese (533 → 514).

Note that some respondents declined to answer one or more of the questions about their personal characteristics and therefore are not included in the numbers above. In the tables contained in this report, any response amounting to less than one-half percent is displayed as \*%.

It should also be noted that throughout this report, it will occasionally appear that columns of numbers do not add correctly; those minor differences (for example a column of numbers that adds to 99% or 101%) are typically due to issues of rounding, or due to the fact that people who would not answer a particular question are generally not included in the charts and tables throughout this report.

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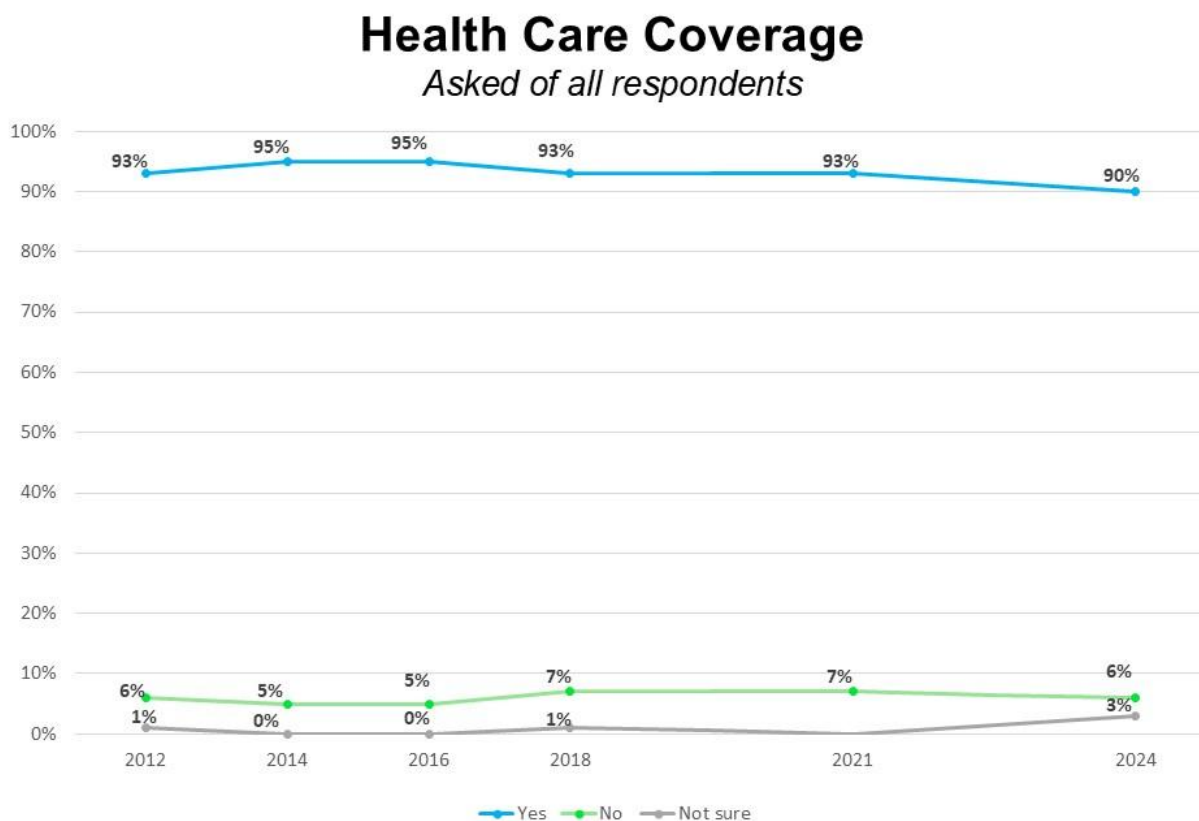
**Appendix Survey Instrument**

## Access to Care

The Access to Care section includes the percentage of Howard County residents with health care coverage, whether residents feel they have a personal health care provider, where they typically go for their care, whether they have experienced a waiting period for a medical appointment, and whether they have had to use the emergency room in lieu of a medical appointment. This section also addresses the incidence levels of mammograms, Pap tests, and sigmoidoscopies or colonoscopies, experience with dental care, and whether residents have a signed advance directive and health care agent.

### Level of Health Care Coverage for Howard County Residents

In 2024, 90% of respondents report that they have health care coverage. This represents a decrease from the 95% level measured in 2014 and 2016, and 93% in 2018 and 2021.



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

The tables below break out these numbers for population subgroups where there are statistically significant differences. Notably, as shown below, coverage levels are lower in younger age groups and among African American, Hispanic, and respondents of other races or ethnicities. In respondents under age 35, the lower reported level of coverage is driven in part by respondents' uncertainty whether they are covered. There is also a socioeconomic relationship with health care coverage as shown below.

| 2024 Age Breakouts   | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75+ |
|----------------------|-------|-------|-------|-------|-------|-------|-----|
| Yes                  | 82%   | 80%   | 91%   | 95%   | 93%   | 100%  | 98% |
| No                   | 7%    | 13%   | 7%    | 2%    | 7%    | *%    | 1%  |
| Don't know/ Not sure | 9%    | 7%    | 2%    | 2%    | *%    | -     | -   |

| Race and Ethnicity Breakouts | White | African American | Asian | Hispanic | Other |
|------------------------------|-------|------------------|-------|----------|-------|
| Yes                          | 96%   | 80%              | 89%   | 86%      | 75%   |
| No                           | 3%    | 11%              | 6%    | 11%      | 15%   |
| Don't know/ Not sure         | 1%    | 7%               | 4%    | 2%       | 9%    |

| Household Income Breakouts | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|----------------------------|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| Yes                        | 64%                | 92%               | 93%               | 96%               | 91%                 | 99%                 | 97%               |
| No                         | 24%                | 6%                | 5%                | 3%                | 7%                  | 1%                  | 3%                |
| Don't know/ Not sure       | 11%                | 1%                | 3%                | 1%                | 1%                  | *%                  | *%                |

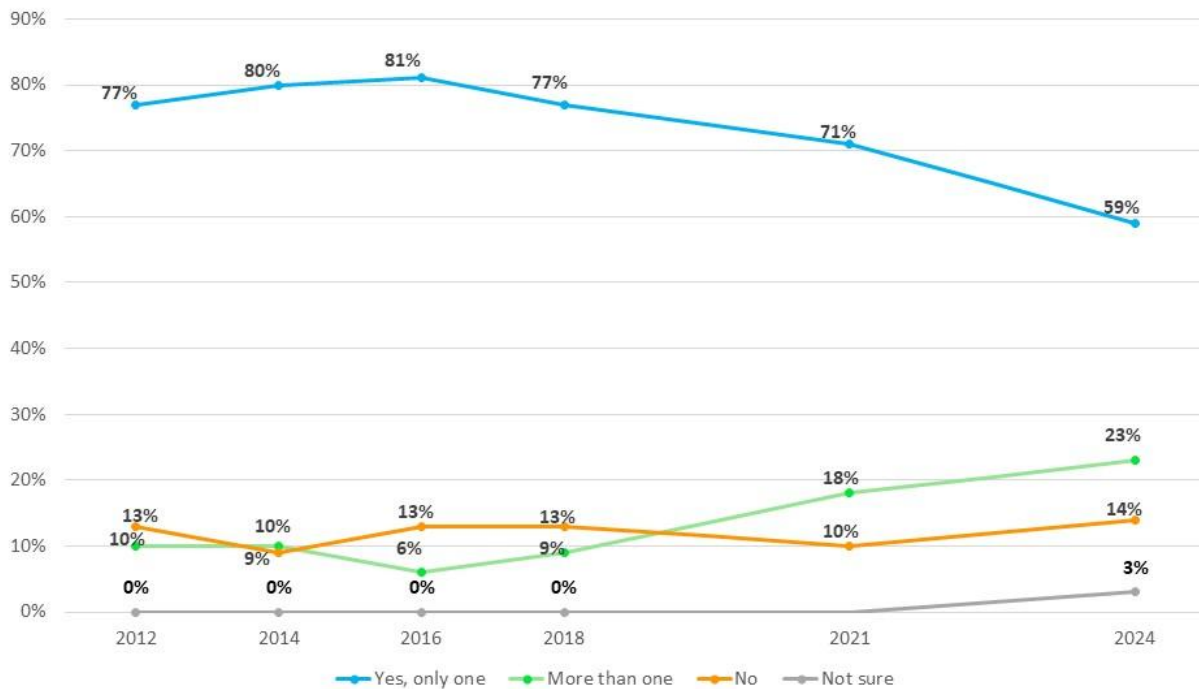
| Educational Attainment Breakouts | Less than 12 <sup>th</sup> Grade | High School Diploma/GED | Attended College | Bachelor's Degree | Post-Graduate |
|----------------------------------|----------------------------------|-------------------------|------------------|-------------------|---------------|
| Yes                              | 83%                              | 76%                     | 91%              | 95%               | 97%           |
| No                               | 12%                              | 16%                     | 5%               | 4%                | 2%            |
| Don't know/ Not sure             | 5%                               | 8%                      | 3%               | 1%                | 1%            |

### One Person You Think of as a Personal Health Care Provider

The percentage of respondents who have one person they think of as their personal doctor or health care provider has been on a steady decline since the number stood at 81% in 2016. In 2024, the number is 59%.

There has been a corresponding increase in the number who said they have “more than one” person they think of that way, rising from 6% in 2016 to 23% in 2024.

## Personal Health Care Provider Asked of all respondents



**Q3.2. Do you have one person you think of as your personal doctor or health care provider? (If No): Is there more than one, or is there no person who you think of as your personal doctor or health care provider?**

As illustrated in the subgroup tables below, the total number who said yes, they have a personal health care provider(s) (only one + more than one) rises steadily with age, is higher among White, Hispanic, and Asian respondents, and grows as incomes rise.

| 2024 Age Breakouts   | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75+ |
|----------------------|-------|-------|-------|-------|-------|-------|-----|
| Yes, only one        | 54%   | 48%   | 59%   | 67%   | 63%   | 62%   | 66% |
| More than one        | 18%   | 14%   | 19%   | 22%   | 28%   | 33%   | 32% |
| Total Yes            | 71%   | 62%   | 78%   | 89%   | 90%   | 96%   | 98% |
| No                   | 19%   | 26%   | 21%   | 8%    | 10%   | 3%    | 2%  |
| Don't know/ Not sure | 9%    | 6%    | 1%    | 2%    | -     | 1%    | -   |

| Race and Ethnicity Breakouts | White | African American | Asian | Hispanic | Other |
|------------------------------|-------|------------------|-------|----------|-------|
| Yes, only one                | 61%   | 52%              | 65%   | 68%      | 46%   |
| More than one                | 28%   | 19%              | 15%   | 16%      | 19%   |
| Total Yes                    | 88%   | 72%              | 80%   | 85%      | 64%   |
| No                           | 9%    | 21%              | 15%   | 15%      | 25%   |
| Don't know/ Not sure         | 2%    | 4%               | 2%    | -        | 8%    |

| Household Income Breakouts | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|----------------------------|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| Yes, only one              | 43%                | 61%               | 62%               | 59%               | 61%                 | 63%                 | 64%               |
| More than one              | 18%                | 18%               | 23%               | 24%               | 24%                 | 27%                 | 23%               |
| Total Yes                  | 61%                | 79%               | 85%               | 84%               | 85%                 | 90%                 | 88%               |
| No                         | 31%                | 13%               | 11%               | 11%               | 12%                 | 9%                  | 12%               |
| Don't know/ Not sure       | 7%                 | 2%                | 4%                | 3%                | 2%                  | 1%                  | 1%                |



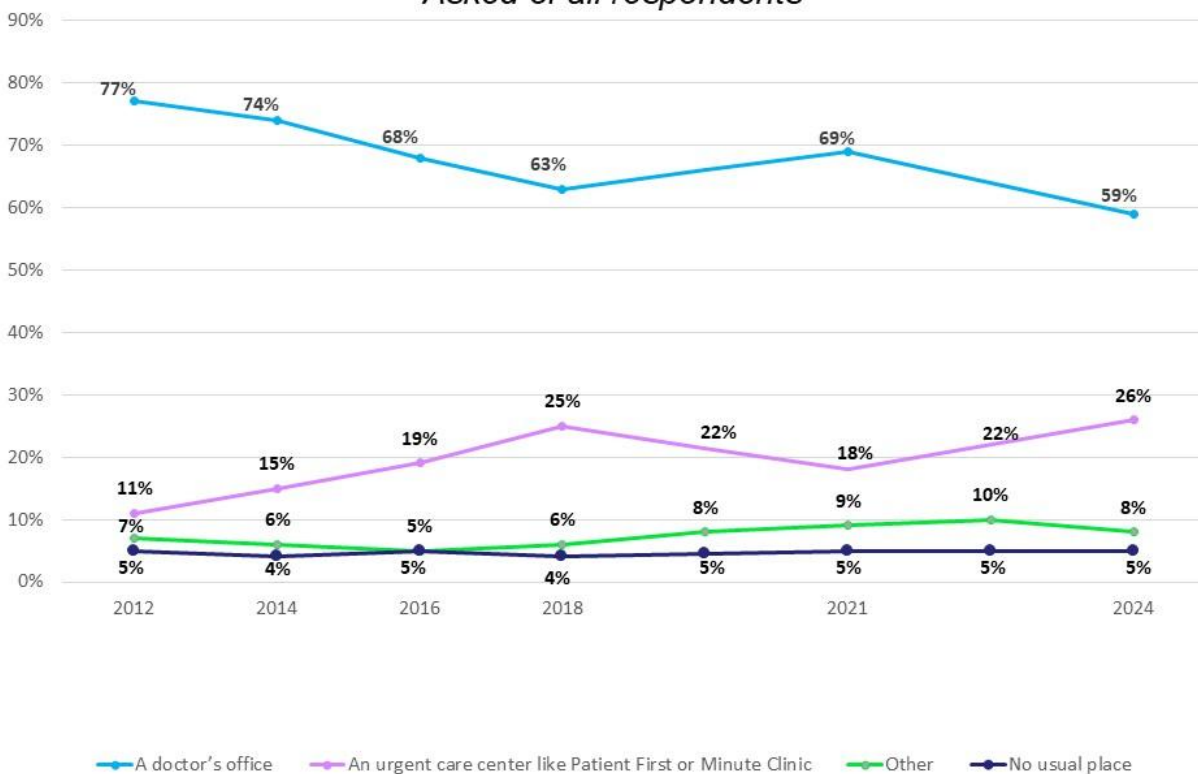
| Employment Status Breakouts | Employed | Self-Employed | Unemployed | Retired | Home-maker | Student |
|-----------------------------|----------|---------------|------------|---------|------------|---------|
| Yes, only one               | 61%      | 56%           | 57%        | 60%     | 60%        | 49%     |
| More than one               | 22%      | 18%           | 24%        | 34%     | 23%        | 12%     |
| Total Yes                   | 83%      | 74%           | 81%        | 94%     | 83%        | 60%     |
| No                          | 14%      | 21%           | 16%        | 5%      | 11%        | 28%     |
| Don't know/ Not sure        | 2%       | 5%            | 4%         | *%      | 1%         | 10%     |

### Places People Usually Go When They Are Sick or Need Medical Attention

As a place where people “usually go” when they are sick or in need of medical attention, doctor’s offices have been on the decline since this survey project began in 2012. In that year, 77% of respondents said they usually went to a doctor’s office, compared to 59% in the current survey. Use of urgent care has risen over the same period from 11% to 26%.

## Usual Health Care Provider

*Asked of all respondents*



**Q3.3A. When you are sick or need medical attention, to which one of the following places do you usually go?**  
 "Other" includes "A hospital emergency room," "A community health center like Chase Brexton," and "Some other kind of place."

As illustrated below, traditional doctor’s office visits are more prevalent among older respondents, while use of urgent care rises to its highest levels in the 25-to-44 age range. When a doctor’s office is not visited, urgent care centers are more common in higher-income groups, while the hospital emergency room becomes increasingly common at lower-income levels. The same pattern exists with educational attainment.

| 2024 Age Breakouts  | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75+ |
|---|-------|-------|-------|-------|-------|-------|-----|
| A doctor’s office   | 60%   | 37%   | 49%   | 61%   | 65%   | 77%   | 79% |
| An urgent care center like Patient First or Minute Clinic | 22%   | 34%   | 34%   | 26%   | 24%   | 18%   | 13% |
| A hospital emergency room                                 | 4%    | 13%   | 6%    | 5%    | 4%    | *%    | 2%  |
| A community health center like Chase Brexton              | 6%    | 6%    | 1%    | 1%    | 2%    | 1%    | 1%  |
| Some other kind of place                                  | -     | 2%    | 2%    | *%    | 1%    | 1%    | 2%  |
| No usual place  | 3%    | 5%    | 6%    | 5%    | 3%    | 2%    | 3%  |
| Don’t know/ Not sure                                      | 3%    | 2%    | 2%    | -     | 1%    | 1%    | -   |

| Household Income Breakouts                                | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|---|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| A doctor’s office   | 46%                | 59%               | 56%               | 63%               | 55%                 | 60%                 | 64%               |
| An urgent care center like Patient First or Minute Clinic | 17%                | 17%               | 25%               | 27%               | 30%                 | 30%                 | 29%               |
| A hospital emergency room                                 | 17%                | 11%               | 8%                | 3%                | 4%                  | 4%                  | 1%                |
| A community health center like Chase Brexton              | %                  | %                 | %                 | %                 | %                   | %                   | %                 |
| Some other kind of place                                  | *%                 | -                 | 1%                | 1%                | 2%                  | *%                  | 1%                |
| No usual place  | 9%                 | 5%                | 5%                | 2%                | 2%                  | 3%                  | 5%                |
| Don’t know/ Not sure                                      | 5%                 | *%                | 1%                | 2%                | 1%                  | 1%                  | *%                |

| Educational Attainment Breakouts                          | Less than 12 <sup>th</sup> Grade | High School Diploma/GED | Attended College | Bachelor's Degree | Post-Graduate |
|---|----------------------------------|-------------------------|------------------|-------------------|---------------|
| A doctor's office   | 48%                              | 48%                     | 56%              | 65%               | 63%           |
| An urgent care center like Patient First or Minute Clinic | 8%                               | 28%                     | 27%              | 24%               | 28%           |
| A hospital emergency room                                 | 23%                              | 14%                     | 4%               | 3%                | 1%            |
| A community health center like Chase Brexton              | 8%                               | 3%                      | 3%               | 2%                | 1%            |
| Some other kind of place                                  | 1%                               | 1%                      | 2%               | 1%                | 1%            |
| No usual place  | 3%                               | 5%                      | 7%               | 4%                | 4%            |
| Don't know/ Not sure                                      | 8%                               | 1%                      | *%               | 2%                | 1%            |

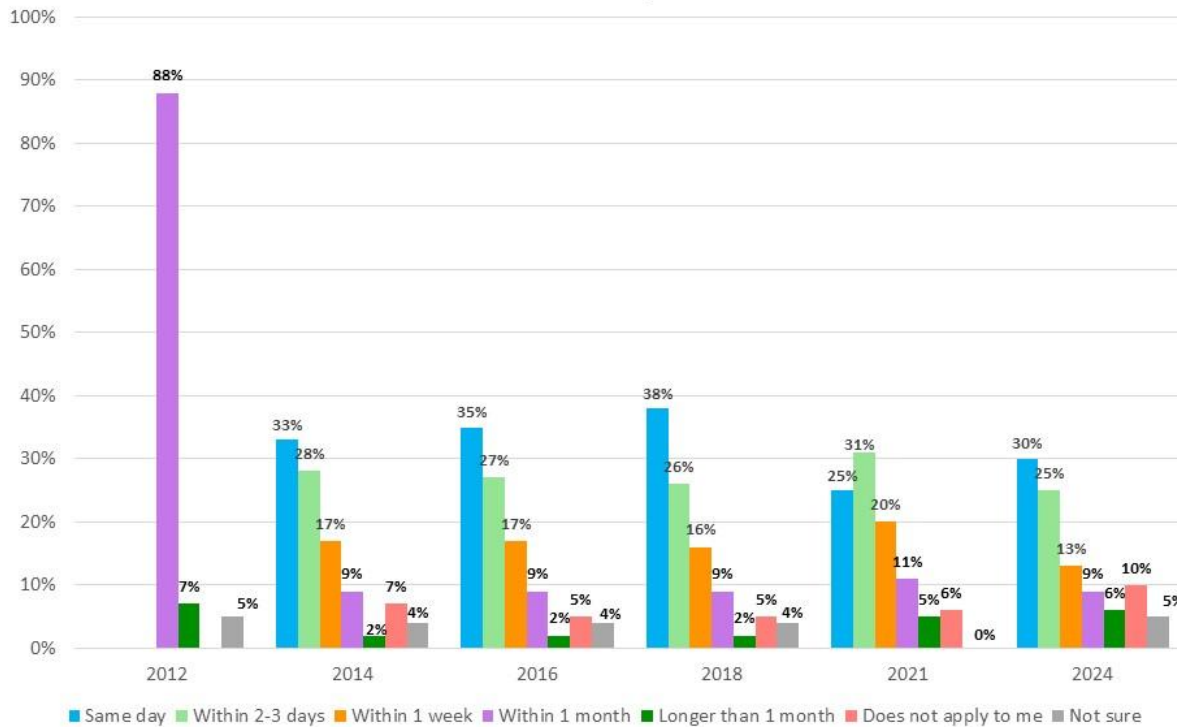
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### Wait Time for an Appointment When You Wanted to Be Seen Quickly

In the 2024 survey, 69% of respondents who wanted to be seen quickly by their primary health care provider were able to be seen within a week. Of those, 30% said they could be seen the same day, 25% within two to three days, and 13% between four and seven days. This 69% number is seven points lower than the 76% recorded in 2021, and ten points lower than its average of 79% prior to 2021.

## Wait for Appointment

*Asked of all respondents*



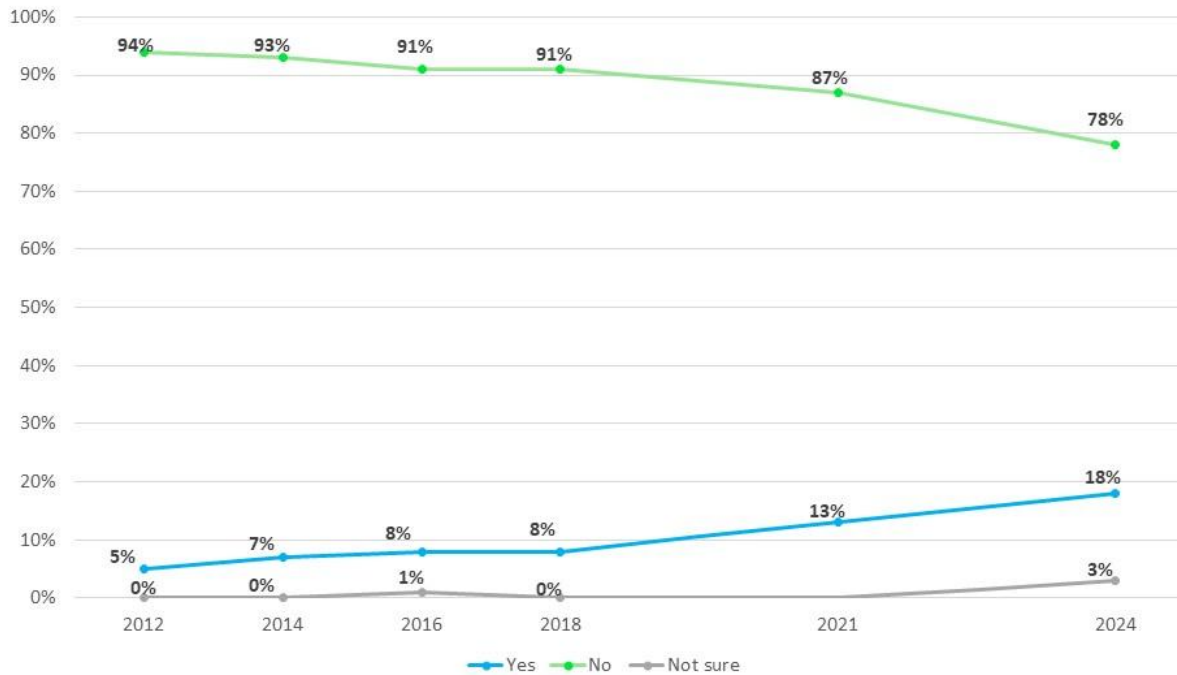
**Q3.3B. Thinking about your most recent visit to your primary health care provider for a medical issue where you wanted to be seen quickly, how long did you have to wait for an appointment?**  
*(Different response categories used in 2012.)*

### Needed to Go to the Emergency Room Due to Lack of a Timely Appointment Anywhere Else

The percentage who say they needed to go to the emergency room in the past 12 months because they could not get a timely appointment elsewhere has been steadily rising, from 5% in 2012 to 7% in 2014, 8% in 2016 and 2018, 13% in 2021, and 18% in the most recent survey.

## Emergency Room Visit Due to Lack of a Timely Appointment Elsewhere

*Asked of all respondents*



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

This problem is particularly prevalent among Hispanic respondents, and to a lesser degree, African Americans. It is also more pronounced among households with lower incomes, and among people with lower levels of educational attainment.

| 2024 Race and Ethnicity Breakouts | White | African American | Asian | Hispanic | Other |
|-----------------------------------|-------|------------------|-------|----------|-------|
| Yes                               | 15%   | 27%              | 18%   | 50%      | 21%   |
| No                                | 82%   | 69%              | 76%   | 47%      | 67%   |
| Don't know/ Not sure              | 2%    | 3%               | 5%    | 2%       | 9%    |

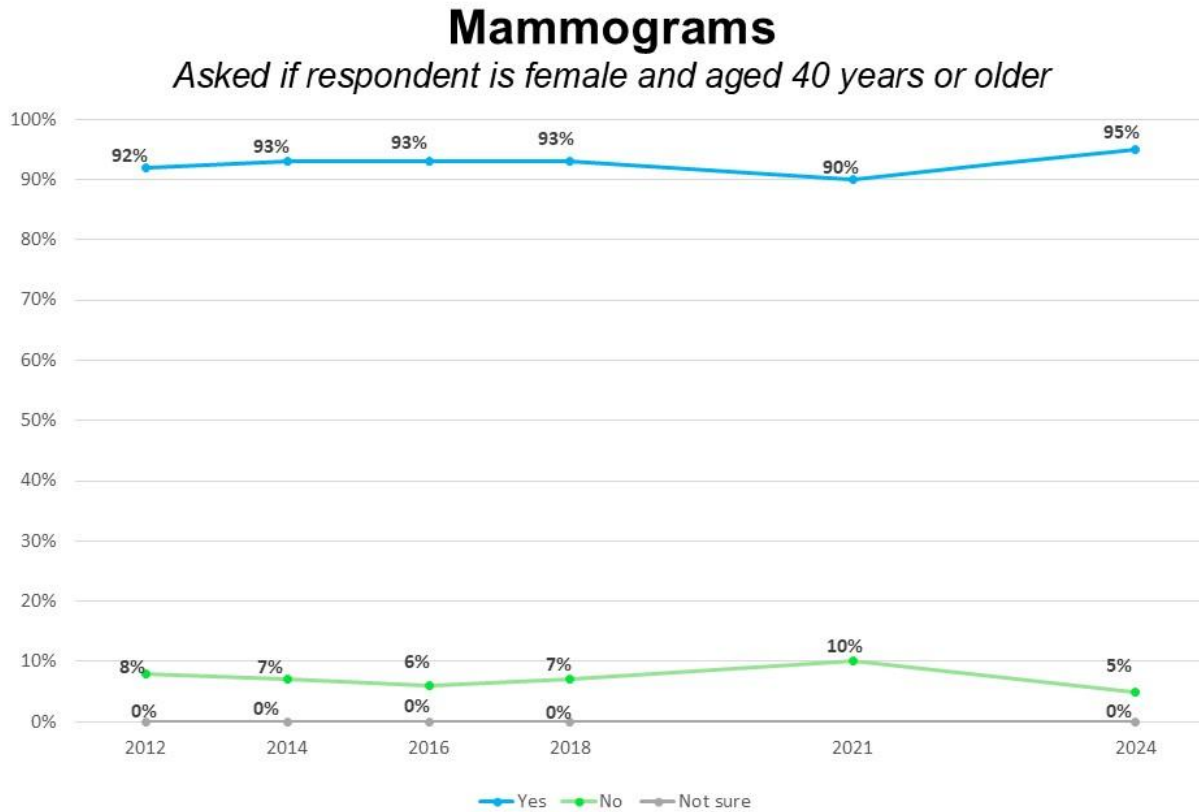
| Household Income Breakouts | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|----------------------------|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| Yes                        | 25%                | 27%               | 23%               | 16%               | 21%                 | 19%                 | 10%               |
| No                         | 69%                | 68%               | 71%               | 82%               | 74%                 | 79%                 | 89%               |
| Don't know/ Not sure       | 5%                 | 2%                | 4%                | 2%                | 5%                  | 1%                  | 1%                |

| Educational Attainment Breakouts | Less than 12 <sup>th</sup> Grade | High School Diploma/GED | Attended College | Bachelor's Degree | Post-Graduate |
|----------------------------------|----------------------------------|-------------------------|------------------|-------------------|---------------|
| Yes                              | 50%                              | 25%                     | 20%              | 15%               | 12%           |
| No                               | 34%                              | 66%                     | 78%              | 84%               | 87%           |
| Don't know/ Not sure             | 13%                              | 7%                      | 2%               | 1%                | 1%            |

(continued, next page)

### Ever Had a Mammogram

In women over age 40, the incidence level of those getting mammograms appears to be at its highest level since this survey project began. Today, 95% of women over 40 in Howard County have had a mammogram at least once in their life.



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

There are few statistically significant differences across subgroups. The exception is household income, where getting mammograms is less likely to occur among women in households earning less than \$25,000 per year.

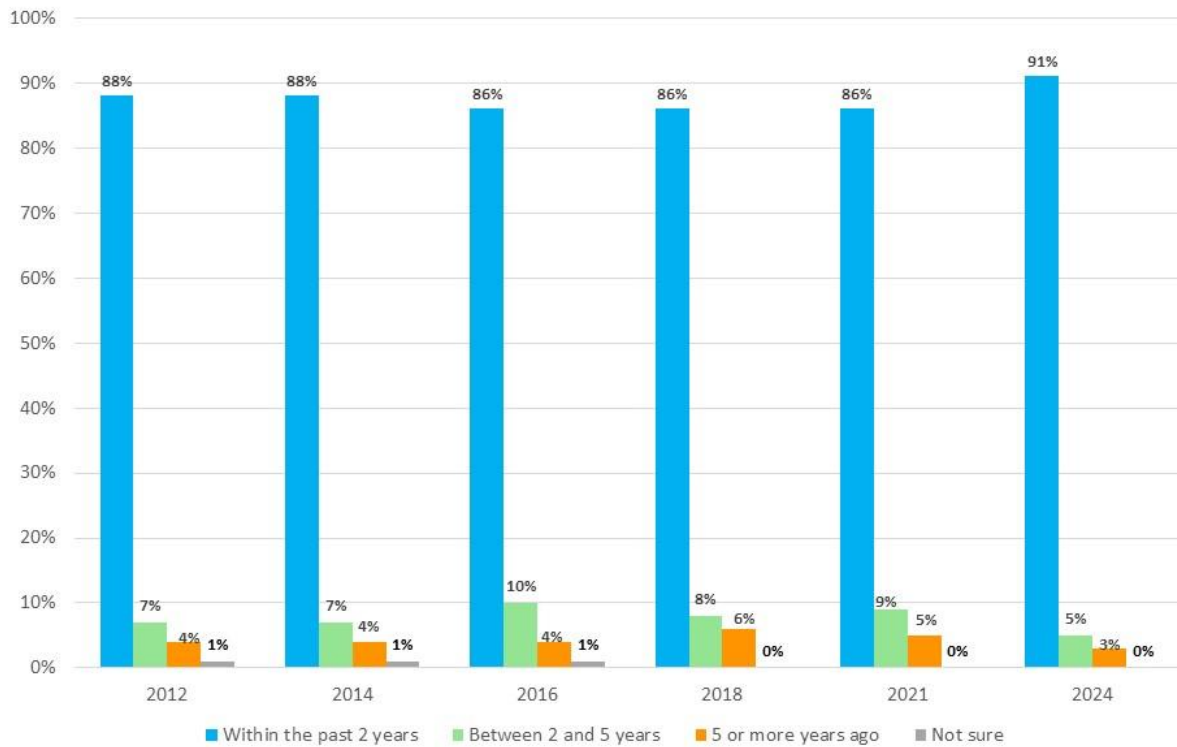
| 2024 Household Income Breakouts | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|---------------------------------|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| Yes                             | 78%                | 97%               | 97%               | 92%               | 96%                 | 97%                 | 94%               |
| No                              | 22%                | 3%                | 3%                | 6%                | 4%                  | 3%                  | 6%                |

### Most Recent Mammogram

Among women who have had a mammogram, 91% said their most recent screening was within the past two years. This number has risen five percentage points from the 86% level where it had stood for the previous three surveys.

## Last Mammogram

*Asked if respondent has received mammogram*

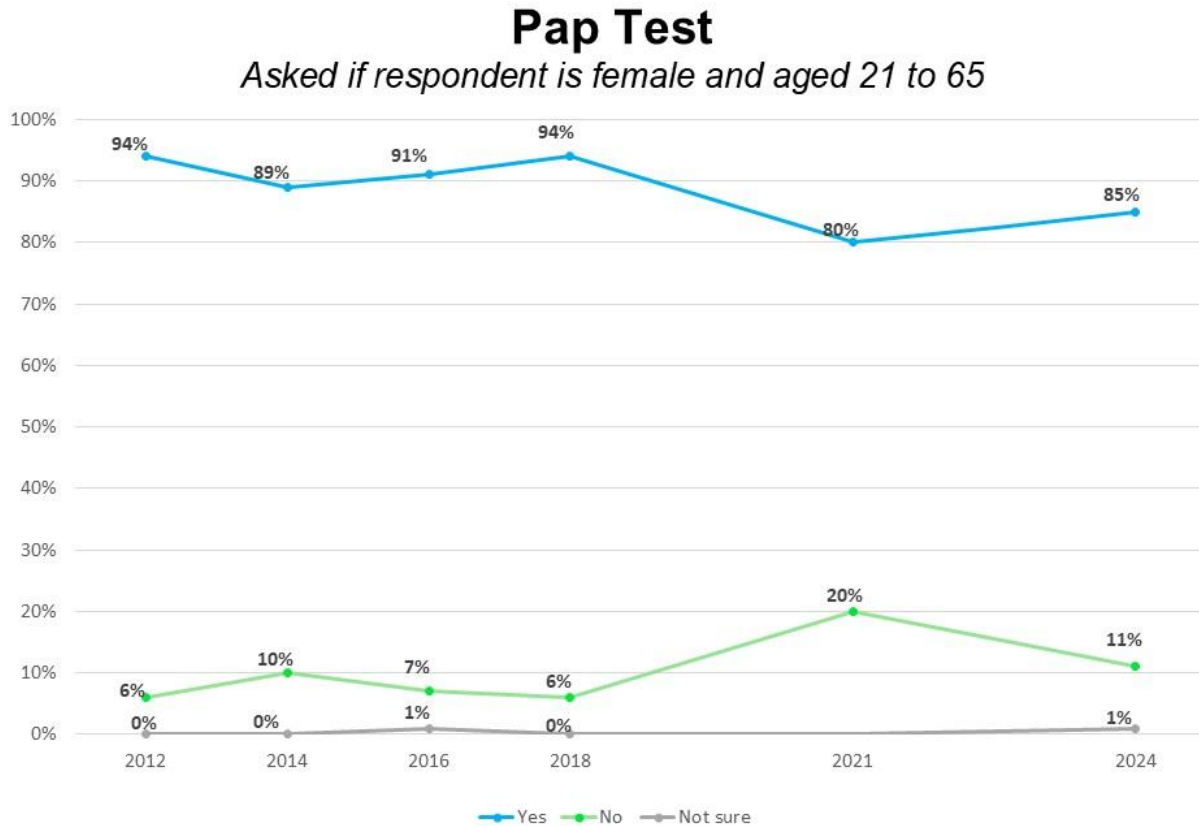


**M12.2. How long has it been since you had your last mammogram?**



### Ever Had a Pap Test

Women aged 21 to 65 were asked if they had ever had a Pap test. In the 2024 survey, 85% said that they had, a number that has rebounded slightly from the 80% recorded in 2021, but which remains below its levels in the 2010s.



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

Hispanic, Asian, and African American women are somewhat less likely than White women to have had a Pap test, as reflected in the table below. There is also a strong relationship with educational attainment; women with lower education levels are much less likely to have had a Pap test. Note that percentages of people who said they would prefer not to answer a question are left out of these subgroup tables, so percentages may not add to 100%.

| 2024 Race and Ethnicity Breakouts | White | African American | Asian | Hispanic | Other |
|-----------------------------------|-------|------------------|-------|----------|-------|
| Yes                               | 90%   | 81%              | 78%   | 75%      | 65%   |
| No                                | 8%    | 13%              | 15%   | 21%      | 1%    |
| Don't know/ Not sure              | *%    | 4%               | 3%    | 2%       | 10%   |

| Educational Attainment Breakouts | Less than 12 <sup>th</sup> Grade* | High School Diploma/GED | Attended College | Bachelor's Degree | Post-Graduate |
|----------------------------------|-----------------------------------|-------------------------|------------------|-------------------|---------------|
| Yes                              | 39%                               | 74%                     | 78%              | 91%               | 94%           |
| No                               | 12%                               | 22%                     | 17%              | 8%                | 6%            |
| Don't know/ Not sure             | *%                                | 1%                      | 2%               | 1%                | 1%            |

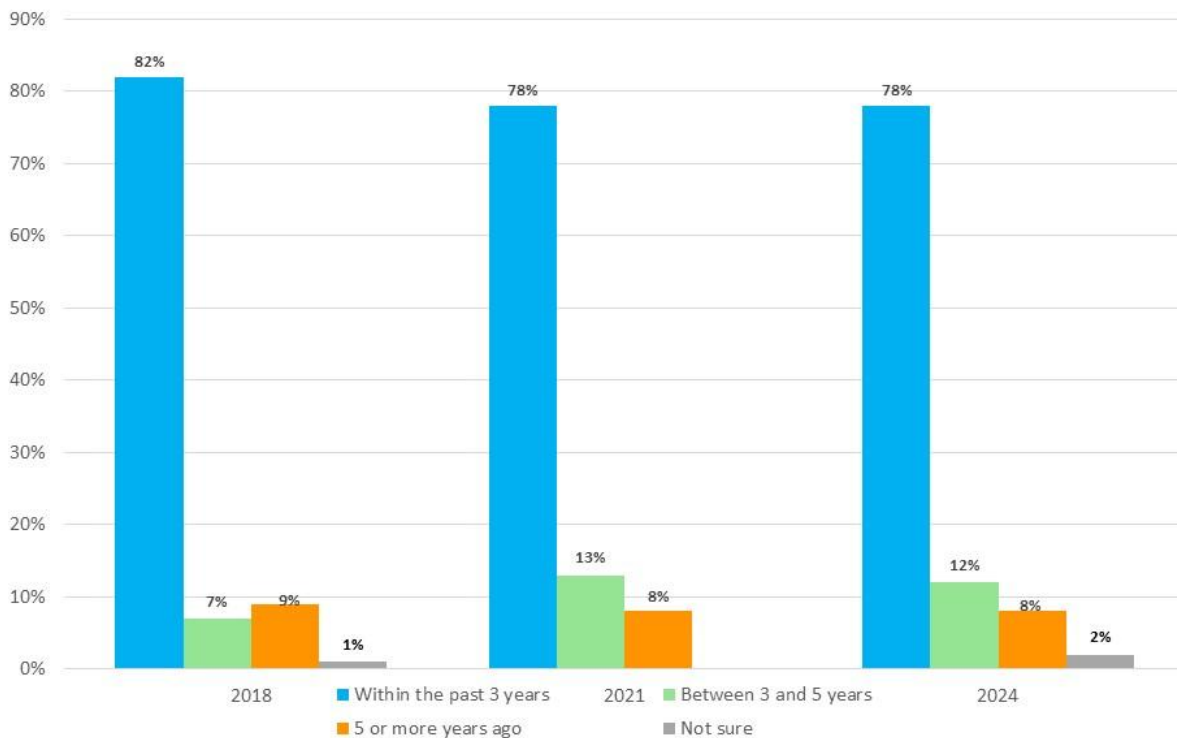
\*Note: An unusually large number (49%) of women with less than a 12<sup>th</sup> Grade education indicated they preferred not to answer this question, an option that is not shown in the table above.

### Most Recent Pap Test

Among women who have had a Pap test, 78% said their most recent test was within the past three years, a number that has held steady since 2021, and is down only slightly from 2018 when the question was first asked.

## Last Pap Test

*Asked if respondent has received Pap test*



**M12.5A. When was your last Pap test?**  
 (Question not asked in 2012. Data from 2014 and 2016 available in archived reports)

There appears to be a relationship with household income, with higher-income respondents more likely to have had a recent Pap test.

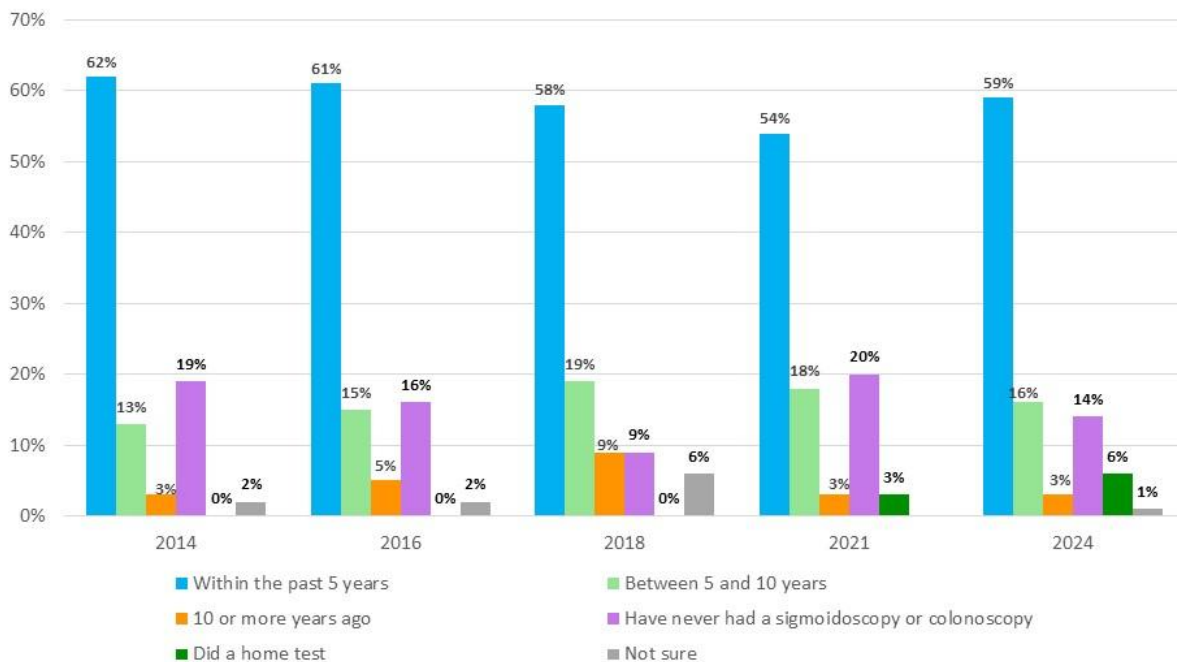
| 2024 Household Income Breakouts                         | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|---|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| Within the past 3 years (less than 3 years ago)         | 60%                | 79%               | 79%               | 84%               | 70%                 | 82%                 | 83%               |
| Between 3 & 5 years (3 years but less than 5 years ago) | 17%                | 8%                | 9%                | 12%               | 17%                 | 9%                  | 11%               |
| 5 or more years ago                                     | 14%                | 10%               | 12%               | 4%                | 13%                 | 4%                  | 5%                |
| Don't know/ Not sure                                    | 6%                 | 3%                | *%                | *%                | *%                  | 4%                  | 1%                |

### Most Recent Sigmoidoscopy or Colonoscopy

Respondents between the ages of 50 and 75 were asked when they had had their most recent sigmoidoscopy or colonoscopy. Fifty-nine percent most recently had this exam within the last five years, and 16% between five and ten years ago. Both of those numbers are in their normal range.

## Sigmoidoscopy/ Colonoscopy

*Asked if respondent is 50 to 75 years of age*



**M14.3R. Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the colon for signs of cancer or other health problems. How long has it been since you had your last sigmoidoscopy or colonoscopy?**  
 (Question not asked in 2012.)

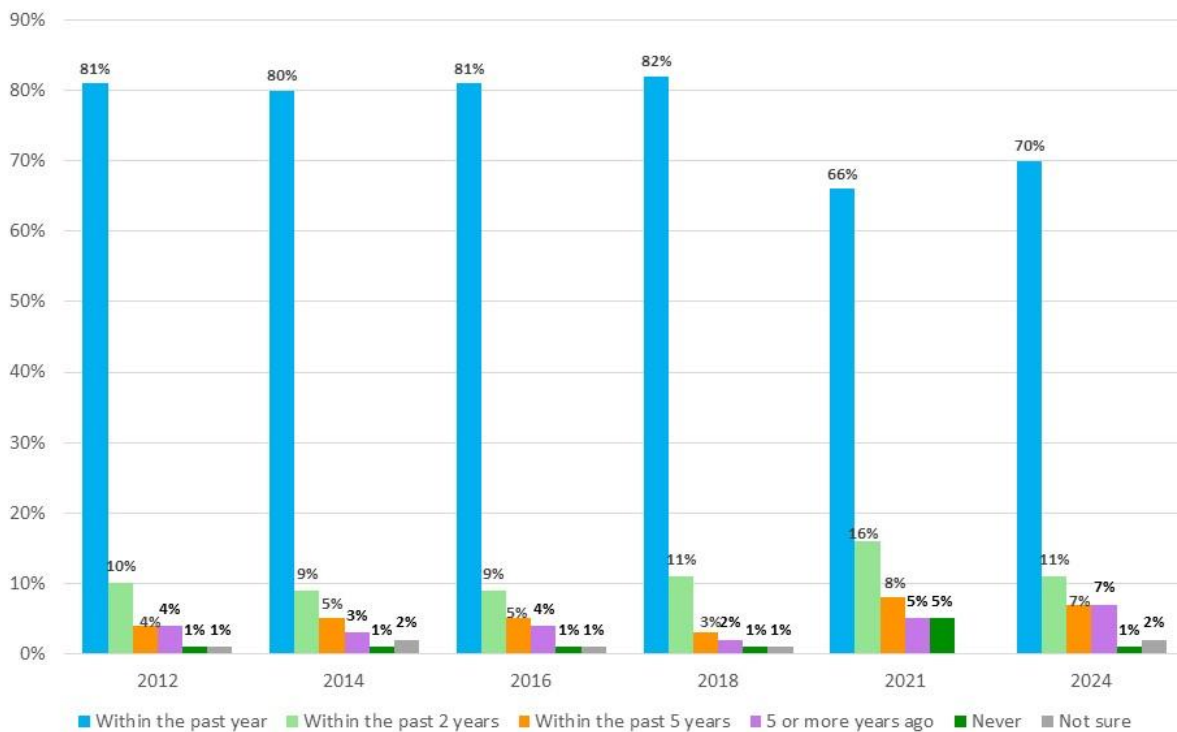
### Most Recent Dental Visit

Seventy percent of respondents said they have visited a dentist or dental clinic within the past year. That is slightly higher than the 66% recorded in 2021, but lower than the average of 81% in the preceding four surveys.

Eleven percent in the current survey had their last dental visit between one and two years ago, and 7% between two and five years ago. That leaves 8% for whom it has been five or more years, or they have never seen a dentist, plus 2% who could not remember.

## Time Since Last Dental Visit

*Asked of all respondents*



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

Respondents with lower household incomes and lower educational attainment are significantly less likely to have had a recent dental visit.

| 2024 Household Income Breakouts                             | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|---|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| Within the past year (any time less than 12 months ago)     | 35%                | 59%               | 64%               | 74%               | 69%                 | 84%                 | 86%               |
| Within the past 2 years (1 year but less than 2 years ago)  | 22%                | 18%               | 16%               | 14%               | 11%                 | 8%                  | 3%                |
| Within the past 5 years (2 years but less than 5 years ago) | 8%                 | 9%                | 9%                | 4%                | 10%                 | 4%                  | 6%                |
| 5 or more years ago   | 19%                | 12%               | 8%                | 4%                | 6%                  | 4%                  | 4%                |
| Don't know/ Not sure  | 7%                 | *%                | 1%                | 1%                | *%                  | *%                  | *%                |
| Never   | 7%                 | 1%                | 2%                | 3%                | 2%                  | *%                  | 1%                |

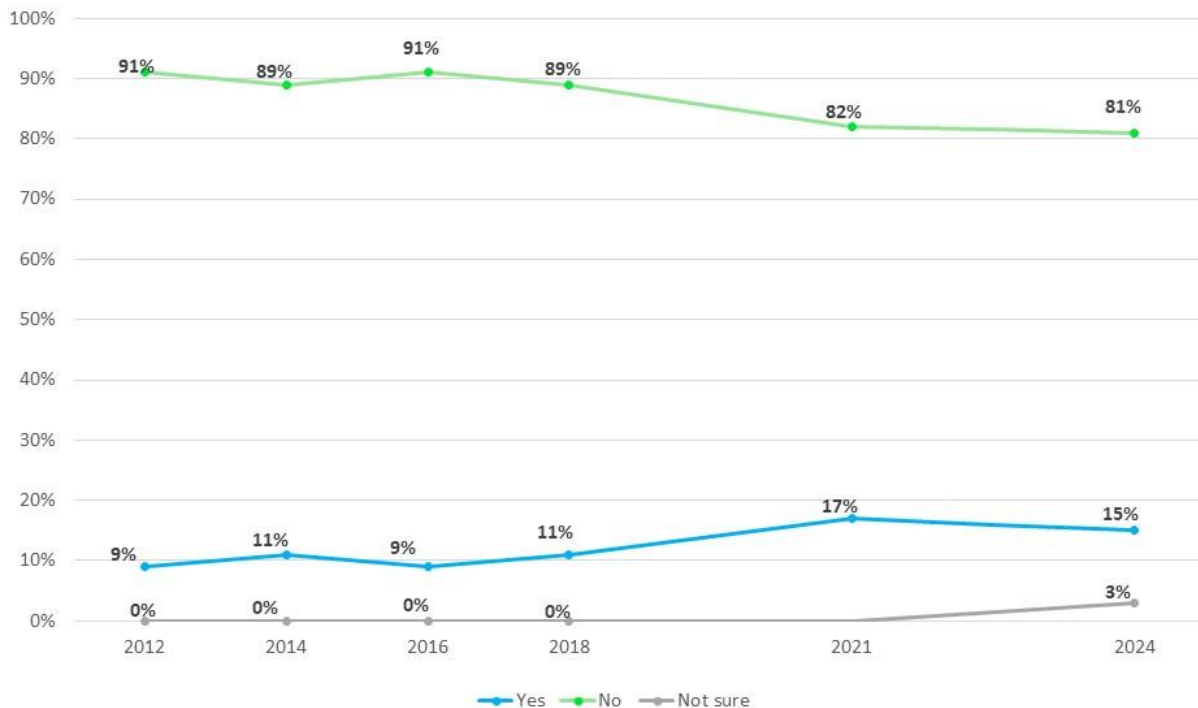
| Educational Attainment Breakouts                            | Less than 12 <sup>th</sup> Grade | High School Diploma/GED | Attended College | Bachelor's Degree | Post-Graduate |
|---|----------------------------------|-------------------------|------------------|-------------------|---------------|
| Within the past year (any time less than 12 months ago)     | 32%                              | 49%                     | 65%              | 79%               | 85%           |
| Within the past 2 years (1 year but less than 2 years ago)  | 48%                              | 19%                     | 13%              | 7%                | 5%            |
| Within the past 5 years (2 years but less than 5 years ago) | 8%                               | 8%                      | 9%               | 7%                | 5%            |
| 5 or more years ago   | 5%                               | 14%                     | 10%              | 5%                | 3%            |
| Don't know/ Not sure  | 4%                               | 3%                      | 1%               | *%                | *%            |
| Never   | 4%                               | 6%                      | 2%               | 1%                | 1%            |

### Would Have Liked to But Did Not See a Dentist

There has been a general upward trend in the number of respondents who had a dental problem in the previous 12 months for which they wanted to see a dentist but did not. That number has risen from 9% in 2012 to 15% today, despite a slight downtick in the most recent survey period.

## Wanted to See a Dentist But Did Not

*Asked of all except those who have never visited a dentist*



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

As illustrated below, the incidence of this problem is much greater among African American and Hispanic respondents, compared to those who are White or Asian. It also tracks very closely with household income.

| 2024 Race and Ethnicity Breakouts | White | African American | Asian | Hispanic | Other |
|-----------------------------------|-------|------------------|-------|----------|-------|
| Yes                               | 13%   | 26%              | 15%   | 37%      | 30%   |
| No                                | 85%   | 70%              | 81%   | 59%      | 54%   |
| Don't know/ Not sure              | 2%    | 3%               | 4%    | 2%       | 12%   |

| Household Income Breakouts | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|----------------------------|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| Yes                        | 29%                | 26%               | 23%               | 16%               | 11%                 | 14%                 | 5%                |
| No                         | 58%                | 72%               | 75%               | 80%               | 86%                 | 84%                 | 94%               |
| Don't know/ Not sure       | 8%                 | 1%                | 1%                | 5%                | 3%                  | 1%                  | *%                |

### A Signed Advance Directive

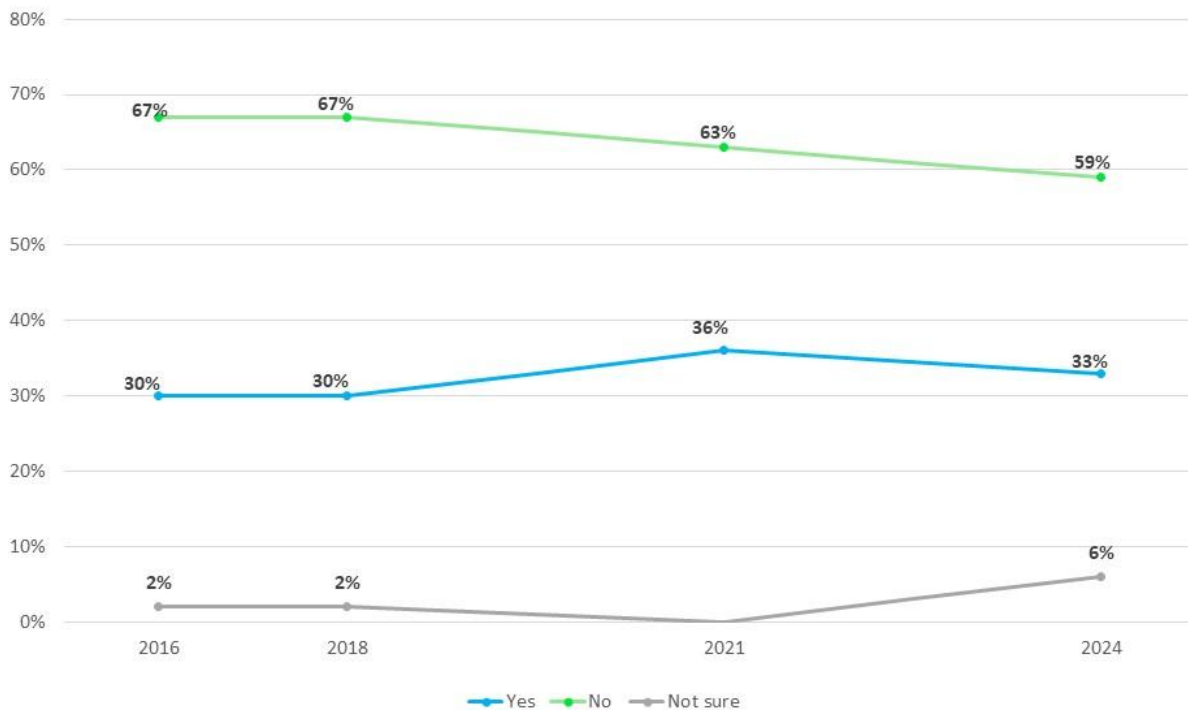
Survey respondents were read or shown this description of an advance directive:

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

In response to that description, 33% of respondents said they have a signed advance directive. That number is slightly lower than the 36% recorded in 2021, but up from the 30% recorded in the two previous surveys.

## Advance Directives

Asked of all respondents



**ACP1. Do you currently have a signed advance directive?**  
 (Question not asked in 2012 and 2014.)

Naturally, the incidence level of advance directives increases significantly over age 55, and even more markedly after age 65. There are also strong relationships with race or ethnicity and household income. White respondents are about twice as likely as those who are African American or Asian to have an advance directive, and they are ten percentage points more likely than Hispanic respondents. The likelihood of having an advance directive climbs with household income, as well.

| 2024 Age Breakouts   | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75+ |
|----------------------|-------|-------|-------|-------|-------|-------|-----|
| Yes                  | 10%   | 16%   | 21%   | 29%   | 41%   | 64%   | 74% |
| No                   | 74%   | 73%   | 73%   | 62%   | 55%   | 32%   | 21% |
| Don't know/ Not sure | 13%   | 8%    | 5%    | 6%    | 3%    | 3%    | 3%  |

| Race and Ethnicity Breakouts | White | African American | Asian | Hispanic | Other |
|------------------------------|-------|------------------|-------|----------|-------|
| Yes                          | 43%   | 21%              | 21%   | 33%      | 27%   |
| No                           | 52%   | 68%              | 67%   | 59%      | 65%   |
| Don't know/ Not sure         | 4%    | 8%               | 7%    | 3%       | 3%    |

| Household Income Breakouts | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|----------------------------|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| Yes                        | 19%                | 29%               | 27%               | 34%               | 35%                 | 43%                 | 38%               |
| No                         | 65%                | 66%               | 61%               | 62%               | 61%                 | 54%                 | 58%               |
| Don't know/ Not sure       | 15%                | 3%                | 8%                | 3%                | 3%                  | 2%                  | 4%                |



### Naming a Health Care Agent

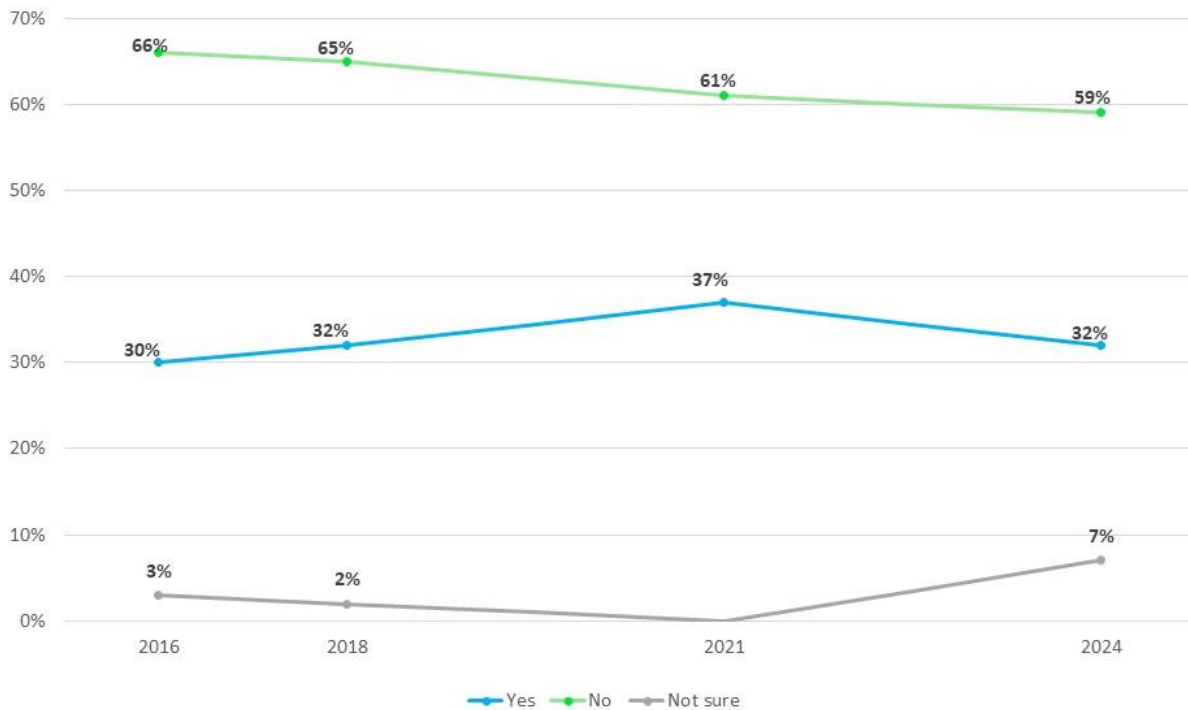
Survey respondents were asked if they had named a health care agent. Respondents were read or shown this description of a health care agent:

*A health care agent, often called a “proxy,” is the person you trust to act on your behalf in the event you are unable to make health care decisions or communicate your wishes. Health care agents are often named as a part of completing an advance directive.*

Hearing or seeing that description, 32% of respondents said they have a signed document naming a health care agent. That number is slightly lower than the 37% recorded in 2021, but comparable to the 32% and 30% recorded in the two previous surveys.

## Health Care Agent

Asked of all respondents



**ACP2. Do you currently have a signed document naming your health care agent?**  
(Question not asked in 2012 and 2014.)

Just like advance directives, naming a health care agent increases with age and household income, and it is significantly higher among White and Hispanic respondents compared to others.

| 2024 Age Breakouts   | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75+ |
|----------------------|-------|-------|-------|-------|-------|-------|-----|
| Yes                  | 17%   | 16%   | 26%   | 26%   | 38%   | 59%   | 68% |
| No                   | 62%   | 74%   | 70%   | 63%   | 58%   | 35%   | 28% |
| Don't know/ Not sure | 17%   | 8%    | 4%    | 7%    | 4%    | 5%    | 3%  |

| Race and Ethnicity Breakouts | White | African American | Asian | Hispanic | Other |
|------------------------------|-------|------------------|-------|----------|-------|
| Yes                          | 41%   | 23%              | 23%   | 37%      | 24%   |
| No                           | 52%   | 69%              | 66%   | 59%      | 62%   |
| Don't know/ Not sure         | 6%    | 6%               | 8%    | 3%       | 12%   |

| Household Income Breakouts | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|----------------------------|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| Yes                        | 19%                | 27%               | 27%               | 29%               | 36%                 | 40%                 | 37%               |
| No                         | 66%                | 67%               | 66%               | 61%               | 59%                 | 53%                 | 59%               |
| Don't know/ Not sure       | 13%                | 3%                | 6%                | 8%                | 5%                  | 7%                  | 4%                |

### Feeling That Race or Ethnicity Negatively Impacted Quality of Health Care Service

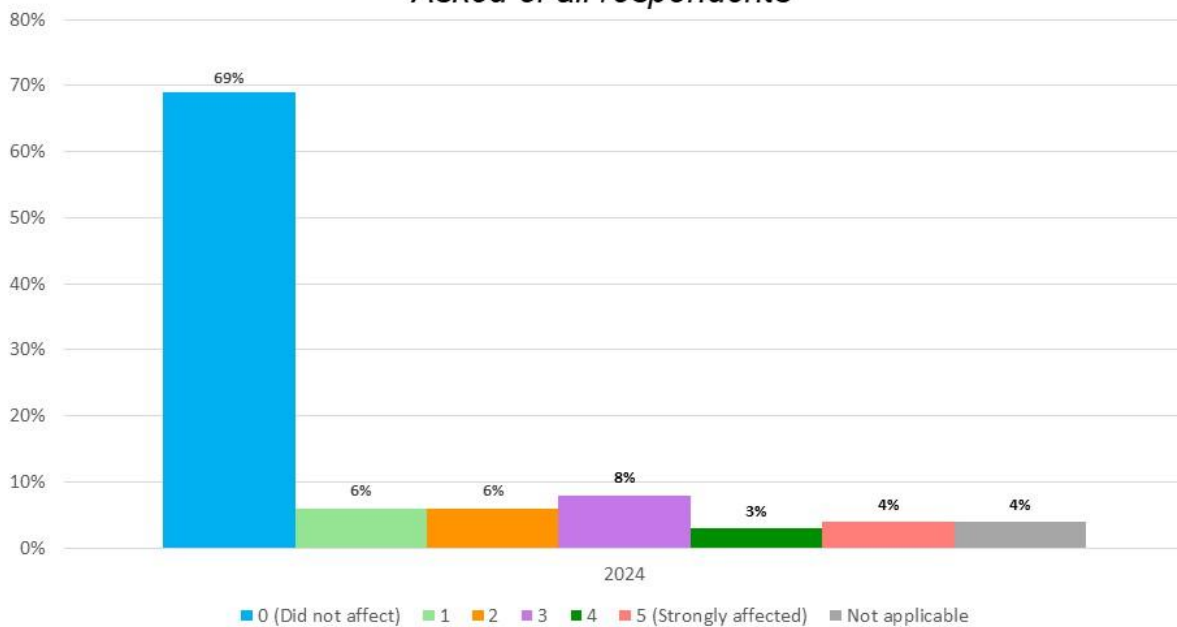
In 2024, a new series of questions was introduced to explore people’s impressions of whether their race or ethnicity negatively affected their health care experience. Respondents were asked to rate their impressions on a scale of 0 to 5, where 0 meant “did not affect” and 5 meant “strongly affected.”

Thinking back over the previous six months, about one quarter of the survey sample (27%) indicated that their race or ethnicity negatively impacted the quality of the health care they received. For 15% of respondents, that negative impact was moderate to high, based on their ratings of 3 (8%), 4 (3%) or 5 (4%).

The remaining 73% of respondents gave a rating of 0, saying that race or ethnicity did not affect the quality of the health care service they experienced, or said the question was not applicable to them.

## Feel Race/Ethnicity Negatively Impacted Quality of Health Care Service

*Asked of all respondents*



**EXP1.** Thinking of your interactions with your health care system over the past six months, to what extent do you feel that your race or ethnicity negatively impacted the quality of service you experienced? Use a scale from 0 to 5, where 0 means “did not affect,” and 5 means “strongly affected.” You may use any number between 0 and 5.  
*(Question first asked in 2024.)*

This problem disproportionately affects respondents who are African American, Hispanic, or who identify with racial or ethnic groups beyond the major categories listed in the table below. Negative impacts on health care quality are also disproportionately felt in the lowest income group.

| Race and Ethnicity Breakouts | White | African American | Asian | Hispanic | Other |
|------------------------------|-------|------------------|-------|----------|-------|
| 0 (Did not affect)           | 85%   | 44%              | 55%   | 43%      | 51%   |
| 1                            | 3%    | 7%               | 13%   | 5%       | 7%    |
| 2                            | 2%    | 10%              | 9%    | 6%       | 7%    |
| 3                            | 3%    | 19%              | 13%   | 21%      | 16%   |
| 4                            | 1%    | 9%               | 2%    | 4%       | 2%    |
| 5 (Strongly affected)        | 3%    | 7%               | 3%    | 18%      | 12%   |
| Not applicable               | 3%    | 4%               | 5%    | 3%       | 4%    |

| Household Income Breakouts | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|----------------------------|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| 0 (Did not affect)         | 43%                | 66%               | 64%               | 71%               | 68%                 | 72%                 | 83%               |
| 1                          | 7%                 | 2%                | 6%                | 6%                | 12%                 | 4%                  | 4%                |
| 2                          | 10%                | 6%                | 8%                | 5%                | 5%                  | 4%                  | 5%                |
| 3                          | 13%                | 16%               | 11%               | 11%               | 7%                  | 7%                  | 4%                |
| 4                          | 9%                 | 3%                | 5%                | 2%                | 4%                  | 2%                  | 2%                |
| 5 (Strongly affected)      | 7%                 | 4%                | 4%                | 3%                | 3%                  | 8%                  | 2%                |
| Not applicable             | 11%                | 3%                | 1%                | 1%                | 1%                  | 3%                  | 1%                |

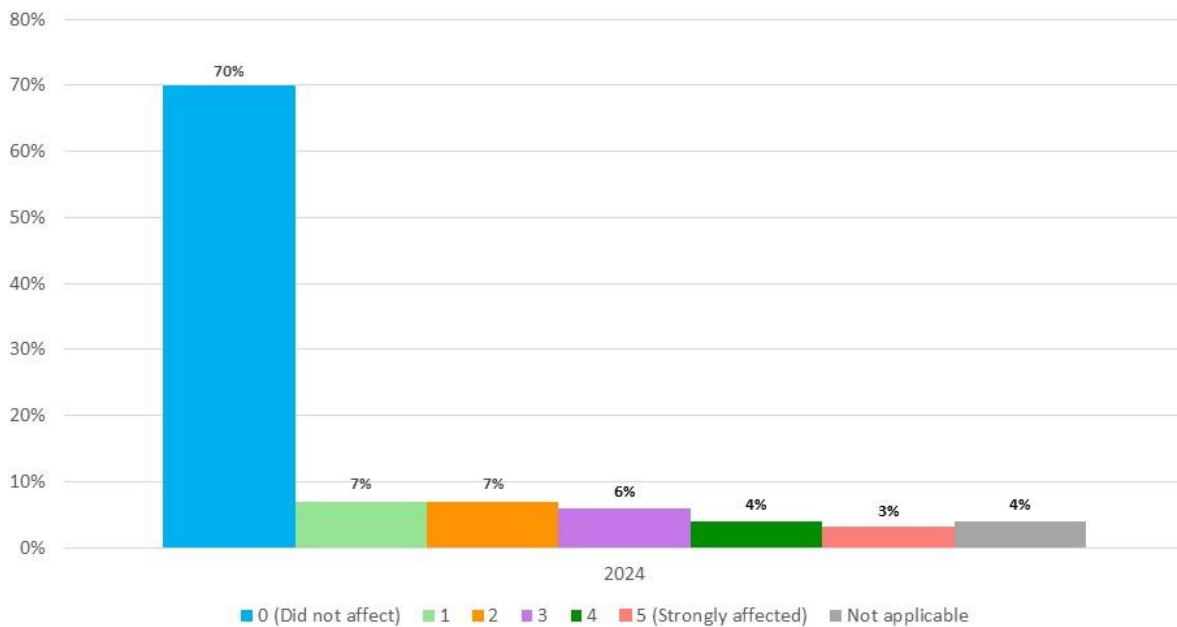
### Feeling That Race or Ethnicity Negatively Impacted Communication

Asked if their race or ethnicity negatively impacted communication with the health care team, one quarter (26%) indicated some negative effect. Thirteen percent rated the impact moderate to high with ratings of 3 (6%), 4 (4%), or 5 (5%).

Seventy-four percent of respondents felt no negative affect or said the question was not applicable.

## Feel Race/Ethnicity Negatively Impacted Communication with Care Team

*Asked of all respondents*



**EXP2. Using that same scale from 0 to 5, to what extent do you feel that your race or ethnicity negatively impacted the communication between you and the care team?**  
*(Question first asked in 2024.)*

*(continued, next page)*

Negative impacts on communication with a health care team based on race or ethnicity are closely related to one’s own race or ethnicity, age, and household income. Respondents who are African American, Hispanic, or who identify with racial or ethnic groups beyond the major categories listed in the table are more strongly affected. Lower-income respondents and those who are younger are more likely to feel their race or ethnicity negatively impacted communication with their care team.

| Race and Ethnicity Breakouts | White | African American | Asian | Hispanic | Other |
|------------------------------|-------|------------------|-------|----------|-------|
| 0 (Did not affect)           | 84%   | 50%              | 53%   | 42%      | 42%   |
| 1                            | 4%    | 7%               | 12%   | 11%      | 8%    |
| 2                            | 2%    | 11%              | 18%   | 11%      | 5%    |
| 3                            | 3%    | 13%              | 7%    | 13%      | 21%   |
| 4                            | 2%    | 9%               | 3%    | 10%      | 7%    |
| 5 (Strongly affected)        | 2%    | 6%               | 2%    | 12%      | 12%   |
| Not applicable               | 3%    | 4%               | 6%    | 1%       | 4%    |

| Household Income Breakouts | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|----------------------------|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| 0 (Did not affect)         | 50%                | 64%               | 59%               | 68%               | 72%                 | 73%                 | 83%               |
| 1                          | 7%                 | 6%                | 8%                | 11%               | 6%                  | 7%                  | 5%                |
| 2                          | 6%                 | 7%                | 10%               | 7%                | 12%                 | 5%                  | 5%                |
| 3                          | 14%                | 9%                | 13%               | 8%                | 5%                  | 1%                  | 3%                |
| 4                          | 7%                 | 7%                | 4%                | 4%                | 4%                  | 4%                  | 2%                |
| 5 (Strongly affected)      | 5%                 | 4%                | 3%                | 2%                | 1%                  | 7%                  | 1%                |
| Not applicable             | 11%                | 3%                | 2%                | 1%                | 1%                  | 3%                  | 1%                |

| Age Breakouts         | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75+ |
|-----------------------|-------|-------|-------|-------|-------|-------|-----|
| 0 (Did not affect)    | 44%   | 49%   | 70%   | 70%   | 85%   | 91%   | 94% |
| 1                     | 14%   | 6%    | 8%    | 6%    | 4%    | 3%    | 2%  |
| 2                     | 14%   | 16%   | 5%    | 4%    | 3%    | 2%    | 1%  |
| 3                     | 13%   | 12%   | 6%    | 7%    | 2%    | 1%    | 1%  |
| 4                     | 7%    | 8%    | 3%    | 6%    | 2%    | *%    | 1%  |
| 5 (Strongly affected) | 4%    | 6%    | 6%    | 1%    | 1%    | 1%    | *%  |
| Not applicable        | 4%    | 2%    | 2%    | 6%    | 3%    | 3%    | 2%  |

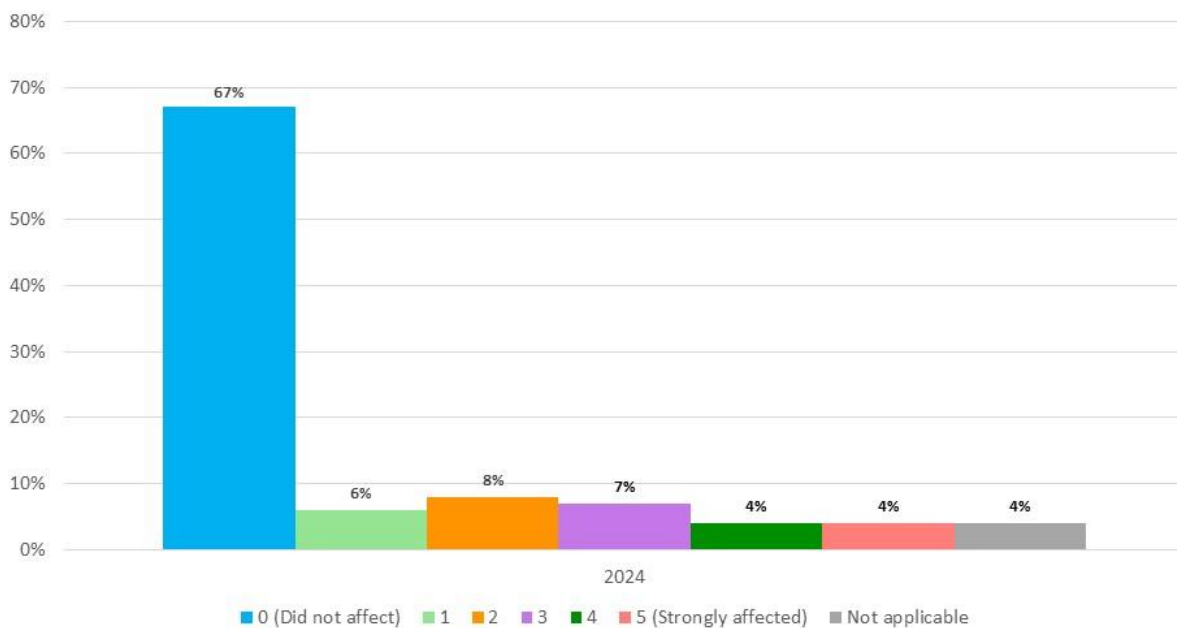
### Feeling That Race or Ethnicity Negatively Impacted Amount of Respect Received

Respondents were asked whether their race or ethnicity negatively impacted the level of respect they received in the healthcare setting. Twenty-nine percent of respondents indicated some negative impact. Fifteen percent said the impact was moderate to high with ratings of 3 (7%), 4 (4%), or 5 (4%).

Two-thirds (67%) cited no negative impact, and 4% said the question was not applicable to them.

## Feel Race/Ethnicity Negatively Impacted Respect

*Asked of all respondents*



**EXP3. Using that same scale from 0 to 5, to what extent do you feel that your race or ethnicity negatively impacted how much respect you were treated with?**  
*(Question first asked in 2024.)*

With regard to disproportionate impact felt by subgroups within the overall population, the patterns are identical to the two previous questions, and the numbers are similar. African American, Hispanic, and Asian respondents are much more likely than White respondents to feel they were not treated with respect due to their race or ethnicity. Younger respondents, particularly those under age 45, and those with moderate to lower incomes are also disproportionately likely to feel this way.

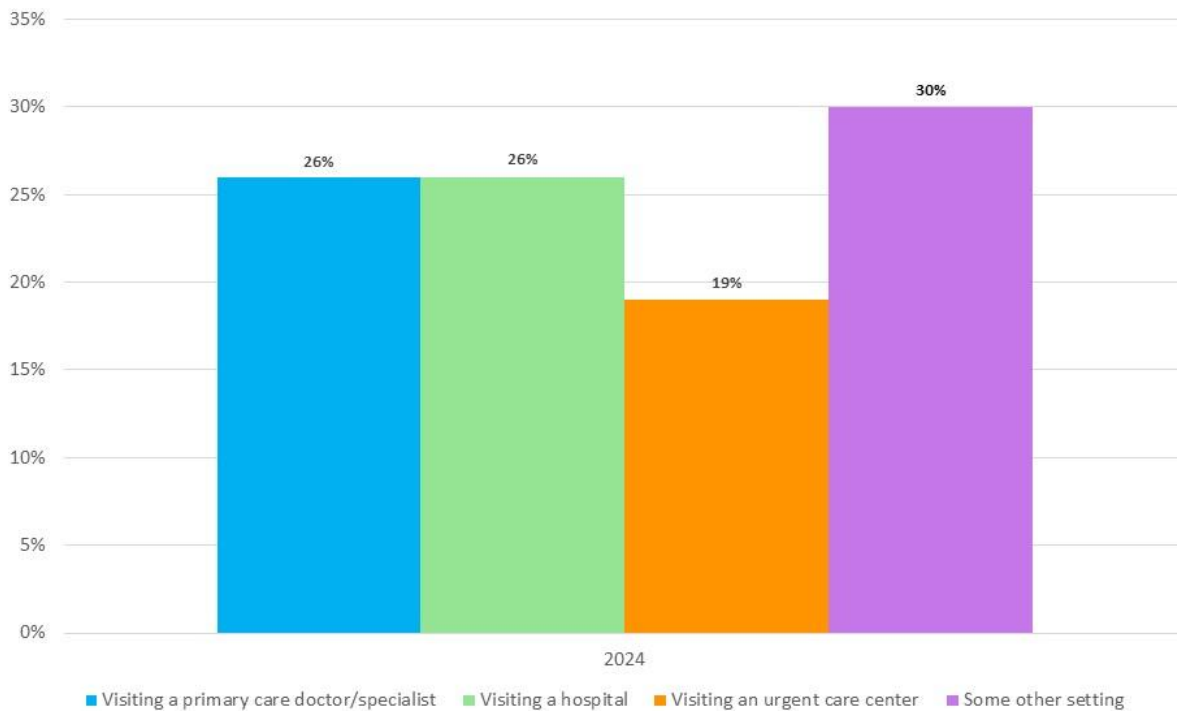


### Setting of a Negative Health Care Experience Based on Race or Ethnicity

Respondents who rated any of the three previous questions a 3 or higher, in other words who had a moderate to high-impact negative health care experience based on their race or ethnicity, were asked to indicate where that negative experience occurred. About one quarter (26%) said the negative experience occurred when visiting a primary care doctor or specialist, and 26% said it happened when visiting a hospital. One in five (21%) said it occurred at an urgent care center, and 30% said in “some other setting.”

## Setting of Negative Healthcare Experience

Asked of if respondent gave a score of 3 or more on EXP1, EXP2, or EXP3



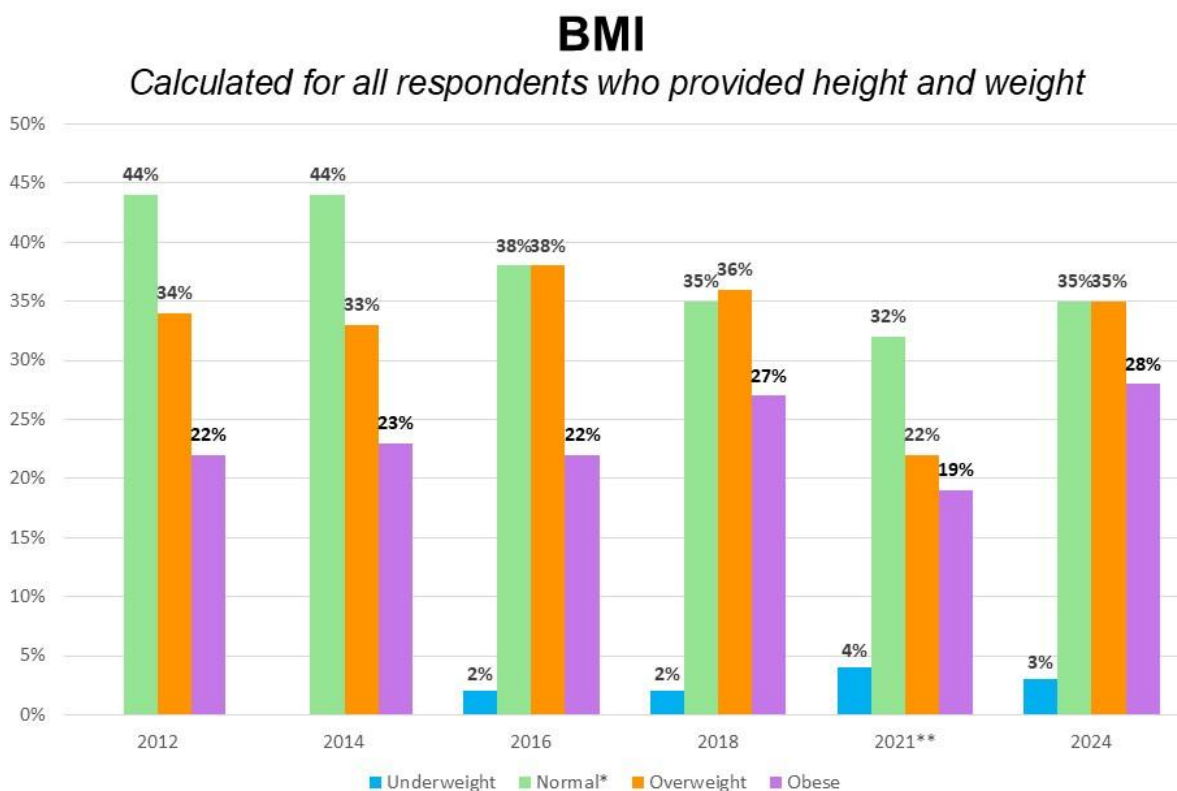
**EXP4. What was the setting of that experience?**  
(Question first asked in 2024.)

## Healthy Living

The Healthy Living Section includes a calculated average Body Mass Index (BMI) for Howard County based on survey responses, questions about height and weight, trusted health information sources, consumption of fruits and vegetables, consumption of sugar-sweetened drinks, and typical hours of sleep.

### Body Mass Index

Based on survey questions about respondents' height and weight, 35% of the Howard County population is overweight and 28% is obese. Taken together, 63% of the County's adult population is overweight or obese, which equals the 2018 reading and exceeds the 60% measured in 2016 and 56% in previous surveys. (Note that the 2021 percentages do not appear to be complete).



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

\*"Normal" category includes Underweight prior to 2016.

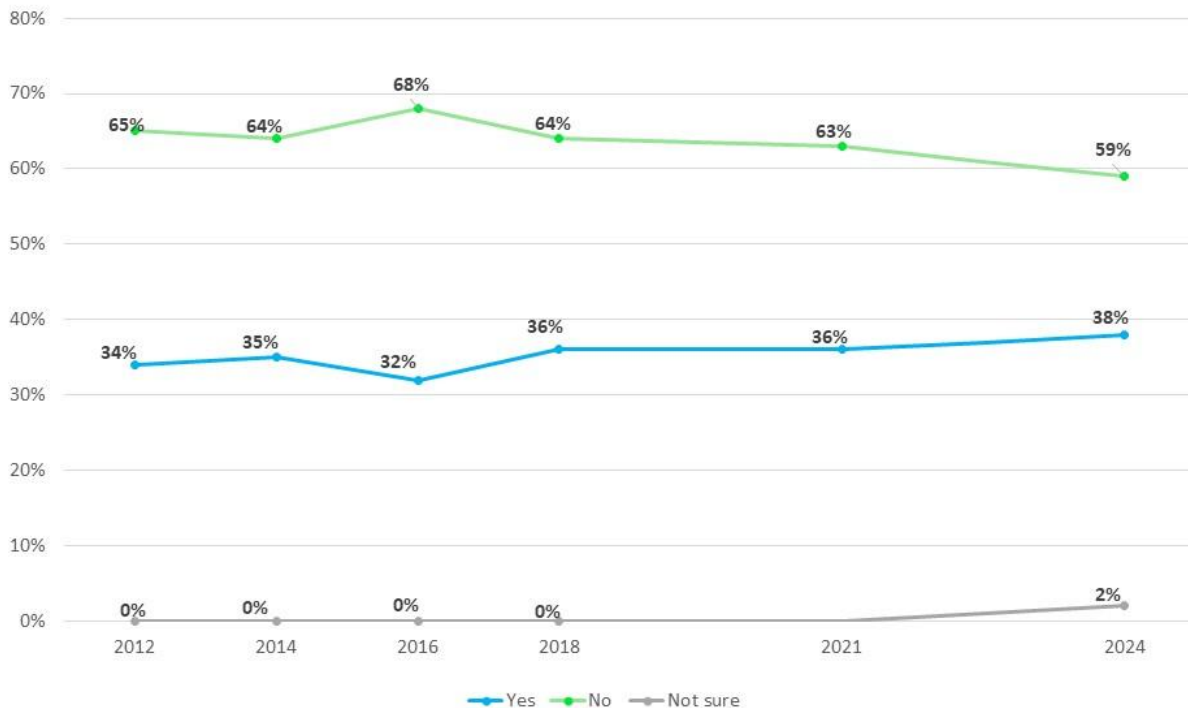
\*\*Some data missing in 2021.

### Advised by a Doctor to Lose Weight

In keeping with the increase in BMI since 2012, the percentage of respondents who have been advised by a doctor in the last five years to lose weight has slowly risen from 34% in 2012 to 38% in the 2024 survey. In addition, 2% of respondents in the current survey said they were “not sure.”

## Advised by Doctor to Lose Weight

Asked of all respondents



**Q8.12A. Have you been advised by your doctor in the last five years to lose weight?**  
(2012 and 2014 wording: *Have you ever been advised by your doctor to lose weight?*)

Respondents in the 45-to-64 age range are significantly more likely than other age groups to have been told they need to lose weight. All income groups above \$50,000 per year are significantly more likely than the lowest income group to have been advised to lose weight.

| Age Breakouts        | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75+ |
|----------------------|-------|-------|-------|-------|-------|-------|-----|
| Yes                  | 27%   | 34%   | 34%   | 44%   | 50%   | 39%   | 36% |
| No                   | 69%   | 58%   | 65%   | 53%   | 49%   | 59%   | 64% |
| Don't know/ Not sure | 3%    | 6%    | *%    | 2%    | 1%    | 2%    | *%  |

| Household Income Breakouts | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|----------------------------|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| Yes                        | 26%                | 39%               | 43%               | 43%               | 38%                 | 43%                 | 38%               |
| No                         | 73%                | 60%               | 55%               | 54%               | 58%                 | 55%                 | 59%               |
| Don't know/ Not sure       | 1%                 | 1%                | 2%                | 2%                | 4%                  | 1%                  | 1%                |

### Trusted Sources for Health Information

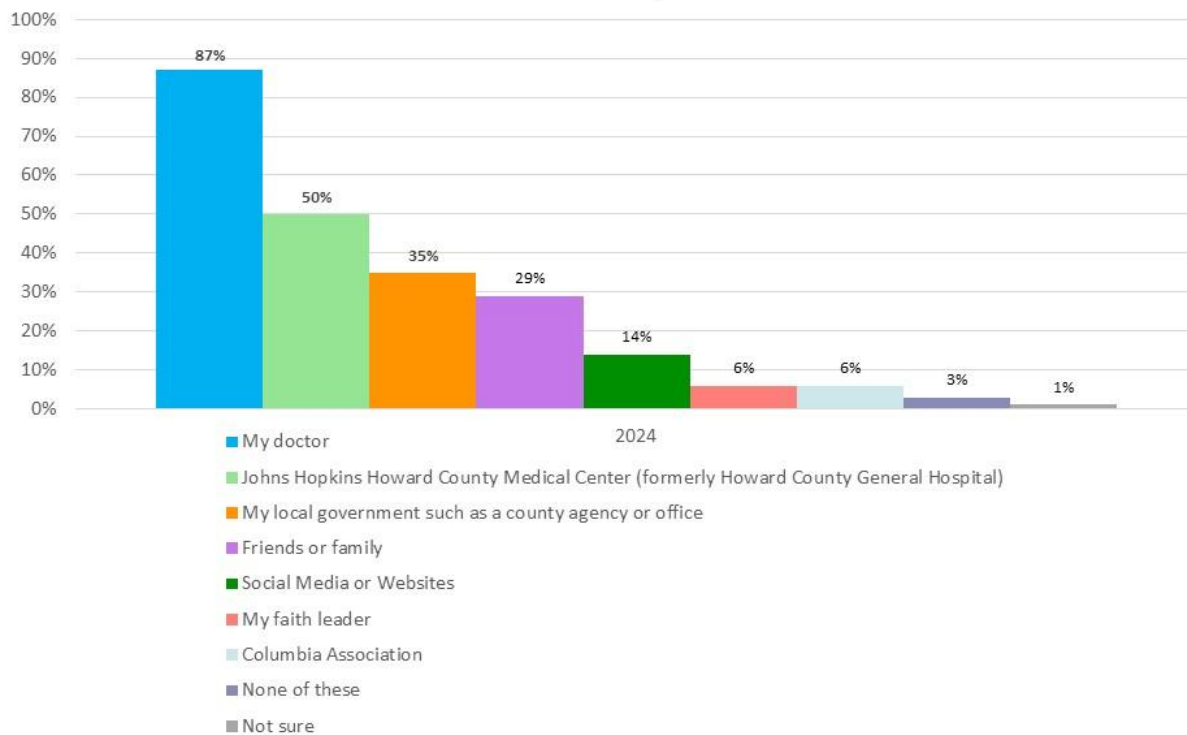
In a new question on the 2024 survey, a variety of possible sources of health information were tested, and survey respondents were asked which ones they trust. “My doctor” led the list by a significant margin, trusted by 87% of survey respondents.

Johns Hopkins Howard County Medical Center was the second-highest rated, chosen by 50% of respondents as a trusted source. Third, at 35%, was “my local government, such as a county agency or office.”

“Friends or family,” “social media or websites,” “my faith leader,” and the Columbia Association followed.

## Trusted Sources for Health Information

*Asked of all respondents*

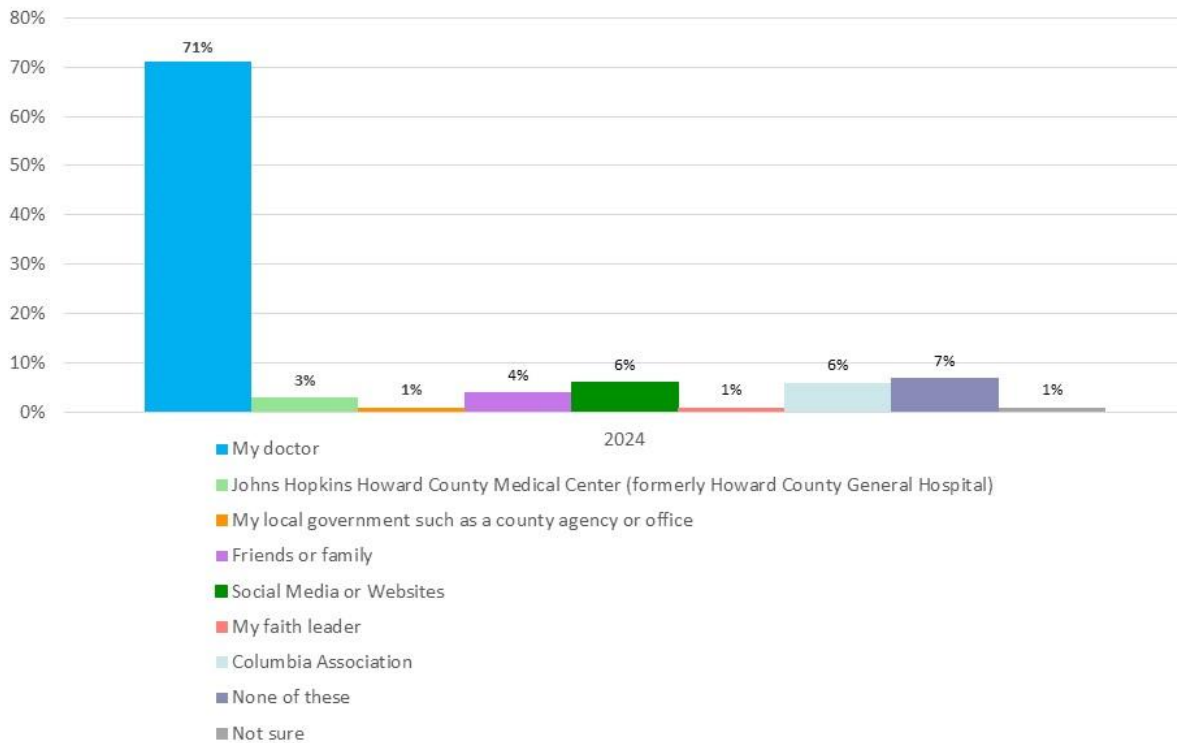


**Q8.22D. Which of the following sources do you trust for health information?  
 For each, please indicate yes or no.  
 (Question first asked in 2024.)**

### Health Information Source Used the Most

Despite the widespread trust in various health information sources, when asked, “which do you turn to the most?” one source predominated. “My doctor” was chosen by 71%. Next closest was social media or websites at only 6%.

**Most Used Health Information Source**  
*Asked respondents who have a trusted health source or sources*



**Q8.22E. Of the places you look for information to keep you healthy, which do you turn to most?**  
*(Question first asked in 2024.)*

*(continued, next page)*

While doctors are influential across-the-board, older respondents are significantly more likely to rely on them for health information.

| Age Breakouts   | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75+ |
|---|-------|-------|-------|-------|-------|-------|-----|
| My doctor   | 66%   | 57%   | 66%   | 75%   | 77%   | 80%   | 86% |
| My local government such as a county agency or office | 4%    | 7%    | 6%    | *%    | -%    | 1%    | *%  |
| My faith leader                                       | 1%    | 4%    | *%    | *%    | 1%    | *%    | *%  |
| Johns Hopkins Howard County Medical Center            | 4%    | 2%    | 5%    | 5%    | 3%    | 2%    | 4%  |
| Friends or family                                     | 12%   | 11%   | 7%    | 2%    | 3%    | 3%    | 3%  |
| Columbia Association                                  | 2%    | *%    | 1%    | *%    | *%    | *%    | *%  |
| Social media or websites                              | 1%    | 7%    | 5%    | 6%    | 8%    | 6%    | 3%  |
| Don't know/ Not sure                                  | *%    | 2%    | 1%    | 3%    | 1%    | 1%    | *%  |

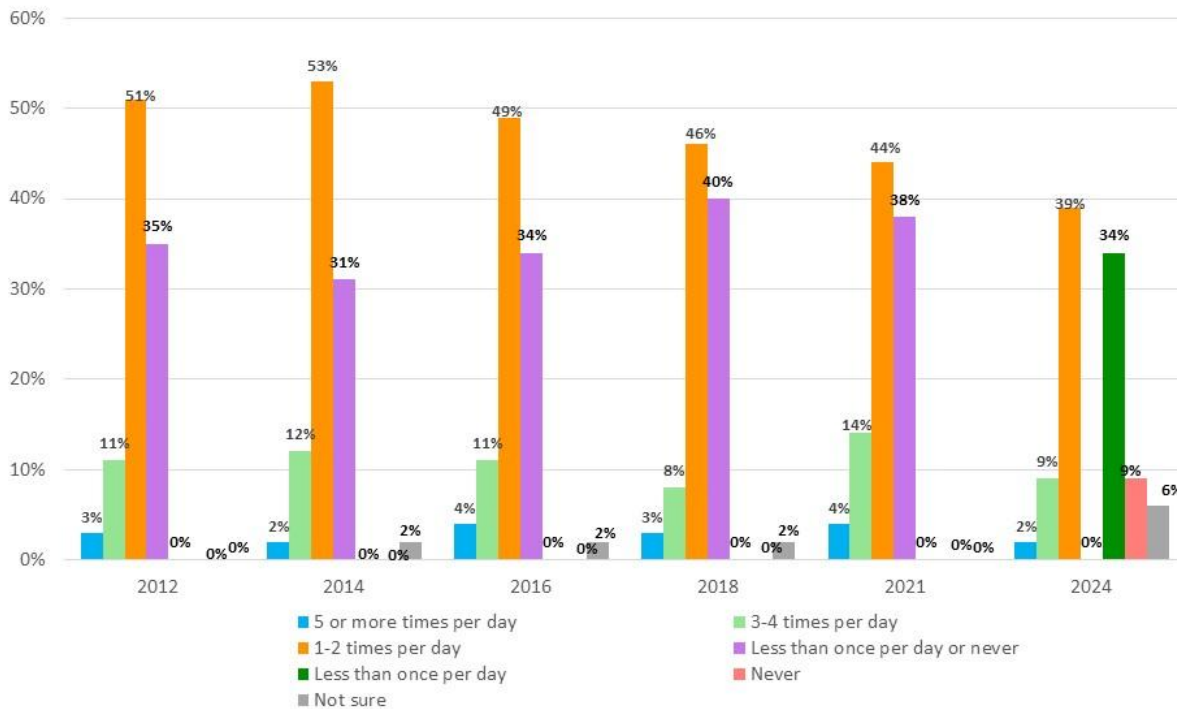
### Consumption of Fruit

The survey identifies a generally declining trend in fruit consumption. Asked how many times they ate fruit, not counting juice, during the past week, 50% of respondents said they eat fruit at least once a day. That compares to 65% in 2012, 67% in 2014, and 64% in 2016, 57% in 2018, and 62% in 2021.

The number saying “less than once per day” or “never” has risen from a low of 31% in 2014 to 43% today. Note that “not sure” has risen to 6% in the current survey.

## Eating Fruit

*Asked of all respondents*



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

*(Note that “less than once per day” and “never” were combined prior to 2024.)*

Respondents are significantly more likely to eat fruit daily if they are over age 45, and consumption continues to increase further with age. White and Hispanic respondents are more likely than others to eat fruit daily. Regular fruit consumption is also more likely among respondents with higher incomes.

| Age Breakouts           | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75+ |
|-------------------------|-------|-------|-------|-------|-------|-------|-----|
| 5 or more times per day | 1%    | 1%    | 2%    | 1%    | 1%    | 3%    | 3%  |
| 3-4 times per day       | 11%   | 8%    | 7%    | 10%   | 9%    | 10%   | 11% |
| 1-2 times per day       | 28%   | 24%   | 41%   | 44%   | 45%   | 46%   | 52% |
| <i>Total Daily</i>      | 40%   | 34%   | 50%   | 55%   | 55%   | 60%   | 65% |
| Less than once per day  | 40%   | 33%   | 38%   | 34%   | 36%   | 31%   | 26% |
| Never                   | 8%    | 18%   | 7%    | 6%    | 7%    | 6%    | 5%  |
| Don't know/ Not sure    | 10%   | 15%   | 5%    | 4%    | 1%    | 2%    | 3%  |

| Race and Ethnicity Breakouts | White | African American | Asian | Hispanic | Other |
|------------------------------|-------|------------------|-------|----------|-------|
| 5 or more times per day      | 2%    | 2%               | *%    | 5%       | 5%    |
| 3-4 times per day            | 10%   | 10%              | 8%    | 9%       | 10%   |
| 1-2 times per day            | 45%   | 24%              | 39%   | 38%      | 28%   |
| <i>Total Daily</i>           | 57%   | 36%              | 47%   | 52%      | 43%   |
| Less than once per day       | 32%   | 40%              | 35%   | 27%      | 29%   |
| Never                        | 7%    | 10%              | 13%   | 11%      | 12%   |
| Don't know/ Not sure         | 3%    | 12%              | 5%    | 8%       | 14%   |



| Household Income Breakouts | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|----------------------------|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| 5 or more times per day    | 1%                 | 3%                | 2%                | 3%                | 1%                  | 2%                  | *%                |
| 3-4 times per day          | 12%                | 8%                | 8%                | 12%               | 8%                  | 8%                  | 10%               |
| 1-2 times per day          | 25%                | 29%               | 30%               | 37%               | 37%                 | 52%                 | 52%               |
| <i>Total Daily</i>         | 38%                | 41%               | 40%               | 52%               | 47%                 | 62%                 | 62%               |
| Less than once per day     | 36%                | 39%               | 40%               | 34%               | 39%                 | 31%                 | 29%               |
| Never                      | 13%                | 9%                | 15%               | 9%                | 10%                 | 3%                  | 6%                |
| Don't know/ Not sure       | 12%                | 11%               | 5%                | 5%                | 3%                  | 3%                  | 3%                |

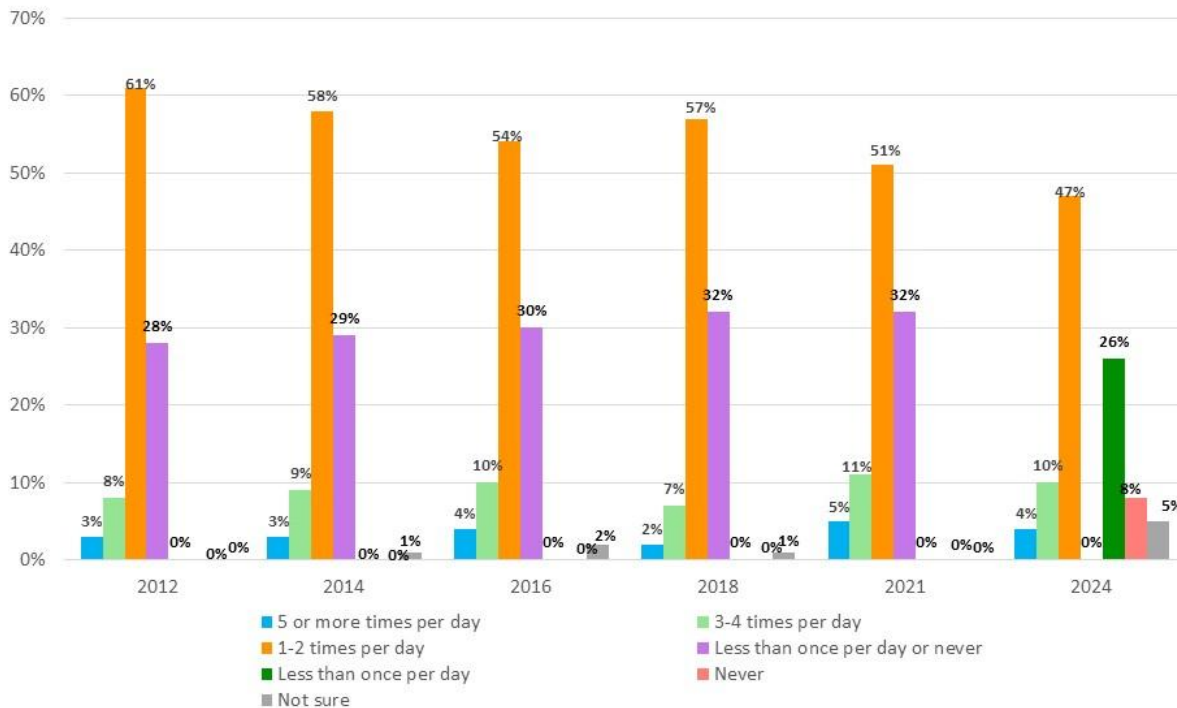
### Consumption of Vegetables

There is a similar declining trend in the consumption of vegetables that are not fried. The number who eat vegetables once a day or more has declined from 72% in 2012 to 60% in 2024. This has been a steady decline, from 70% in 2014 to 68% in 2016, 66% in 2018, 67% in 2021, to 60% in the current survey. Five percent in the current survey said they were unsure.

(Note that numbers in the chart below may not appear to add correctly due to rounding.)

## Eating Vegetables

*Asked of all respondents*



**Q9.4R. During the past week, how many times did you eat vegetables that were not fried?  
 Do not include rice or other grains.**

*(Note that "less than once per day" and "never" were combined prior to 2024.)*

White and Asian respondents are significantly more likely than others to consume vegetables daily. More frequent vegetable consumption also correlates with higher household income and educational attainment.

| Race and Ethnicity Breakouts | White | African American | Asian | Hispanic | Other |
|------------------------------|-------|------------------|-------|----------|-------|
| 5 or more times per day      | 3%    | 4%               | 4%    | 7%       | 7%    |
| 3-4 times per day            | 12%   | 6%               | 9%    | 9%       | 9%    |
| 1-2 times per day            | 51%   | 32%              | 55%   | 33%      | 29%   |
| <i>Total Daily</i>           | 66%   | 42%              | 68%   | 49%      | 45%   |
| Less than once per day       | 25%   | 38%              | 13%   | 33%      | 25%   |
| Never                        | 4%    | 12%              | 11%   | 14%      | 16%   |
| Don't know/ Not sure         | 4%    | 8%               | 8%    | 5%       | 11%   |

| Household Income Breakouts | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|----------------------------|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| 5 or more times per day    | 2%                 | 11%               | 5%                | 1%                | 3%                  | 2%                  | 5%                |
| 3-4 times per day          | 9%                 | 8%                | 6%                | 13%               | 5%                  | 11%                 | 13%               |
| 1-2 times per day          | 31%                | 34%               | 36%               | 42%               | 50%                 | 60%                 | 60%               |
| <i>Total Daily</i>         | 43%                | 53%               | 47%               | 55%               | 58%                 | 74%                 | 79%               |
| Less than once per day     | 33%                | 31%               | 30%               | 30%               | 28%                 | 22%                 | 17%               |
| Never                      | 12%                | 5%                | 19%               | 6%                | 11%                 | 2%                  | 3%                |
| Don't know/ Not sure       | 11%                | 11%               | 5%                | 7%                | 3%                  | 2%                  | 1%                |

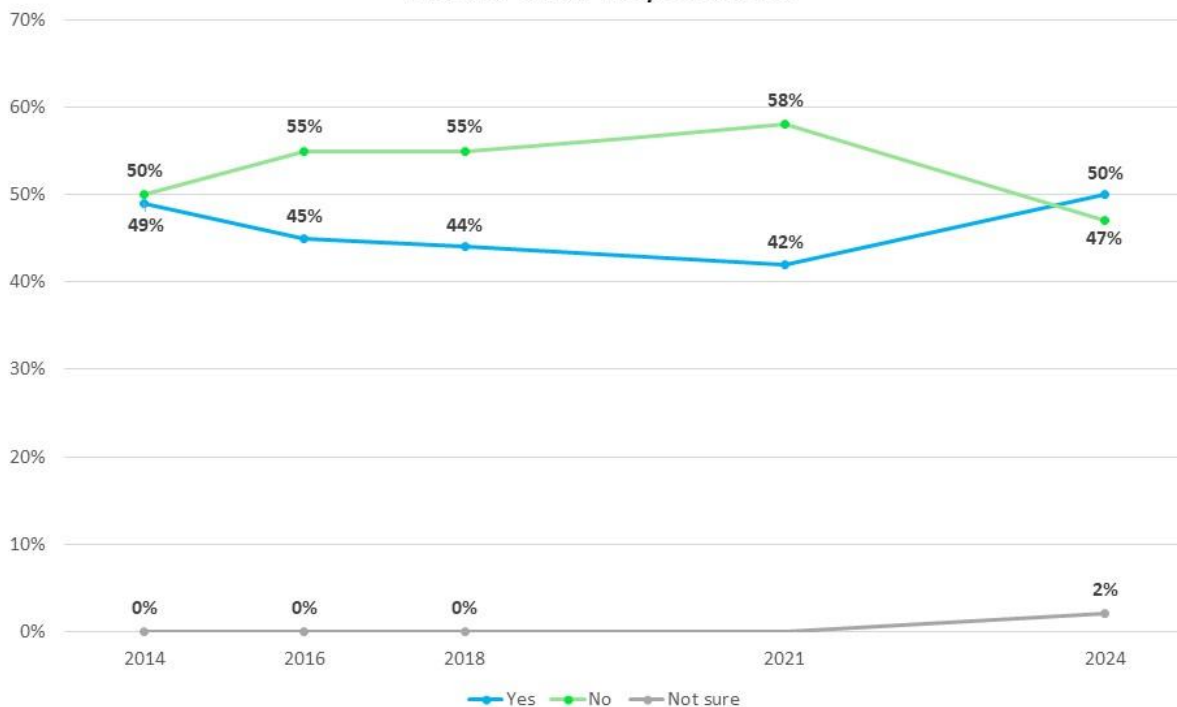
| <b>Educational Attainment Breakouts</b> | <b>Less than 12<sup>th</sup> Grade</b> | <b>High School Diploma/GED</b> | <b>Attended College</b> | <b>Bachelor's Degree</b> | <b>Post-Graduate</b> |
|---|--|--------------------------------|-------------------------|--------------------------|----------------------|
| 5 or more times per day                 | 3%                                     | 2%                             | 6%                      | 5%                       | 3%                   |
| 3-4 times per day                       | 5%                                     | 7%                             | 8%                      | 11%                      | 13%                  |
| 1-2 times per day                       | 22%                                    | 34%                            | 40%                     | 52%                      | 58%                  |
| <i>Total Daily</i>                      | <i>30%</i>                             | <i>43%</i>                     | <i>54%</i>              | <i>68%</i>               | <i>75%</i>           |
| Less than once per day                  | 24%                                    | 32%                            | 31%                     | 25%                      | 21%                  |
| Never                                   | 30%                                    | 13%                            | 9%                      | 5%                       | 2%                   |
| Don't know/ Not sure                    | 13%                                    | 12%                            | 6%                      | 2%                       | 2%                   |

### Bought Sugar Sweetened Beverages to Drink at Home

After declining steadily from 49% to 42% in the four previous survey installments, the number who said they have bought sugar sweetened beverages for their family to consume at home grew in the most recent survey to 50% of respondents.

## Has Bought Sugar-Sweetened Drinks

*Asked of all respondents*



**SD7. In the last 30 days, have you bought any of the following types of sugar sweetened beverages for your family to drink at home? Regular soda, sports drinks like Gatorade or Powerade, fruit drinks like Capri Sun or Hawaiian Punch, energy drinks, or sweetened teas and waters?**  
*(Question not asked in 2012.)*

Purchasing sugar sweetened beverages to drink at home is much more common among respondents under age 55, among African American and Hispanic respondents, and among respondents with household incomes under \$75,000 per year.

| Age Breakouts        | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75+ |
|----------------------|-------|-------|-------|-------|-------|-------|-----|
| Yes                  | 59%   | 57%   | 63%   | 58%   | 43%   | 30%   | 32% |
| No                   | 33%   | 36%   | 36%   | 41%   | 56%   | 70%   | 67% |
| Don't know/ Not sure | 5%    | 6%    | 1%    | *%    | *%    | *%    | 1%  |

| Race and Ethnicity Breakouts | White | African American | Asian | Hispanic | Other |
|------------------------------|-------|------------------|-------|----------|-------|
| Yes                          | 45%   | 66%              | 48%   | 72%      | 48%   |
| No                           | 53%   | 30%              | 48%   | 26%      | 39%   |
| Don't know/ Not sure         | 1%    | 3%               | 2%    | 2%       | 12%   |

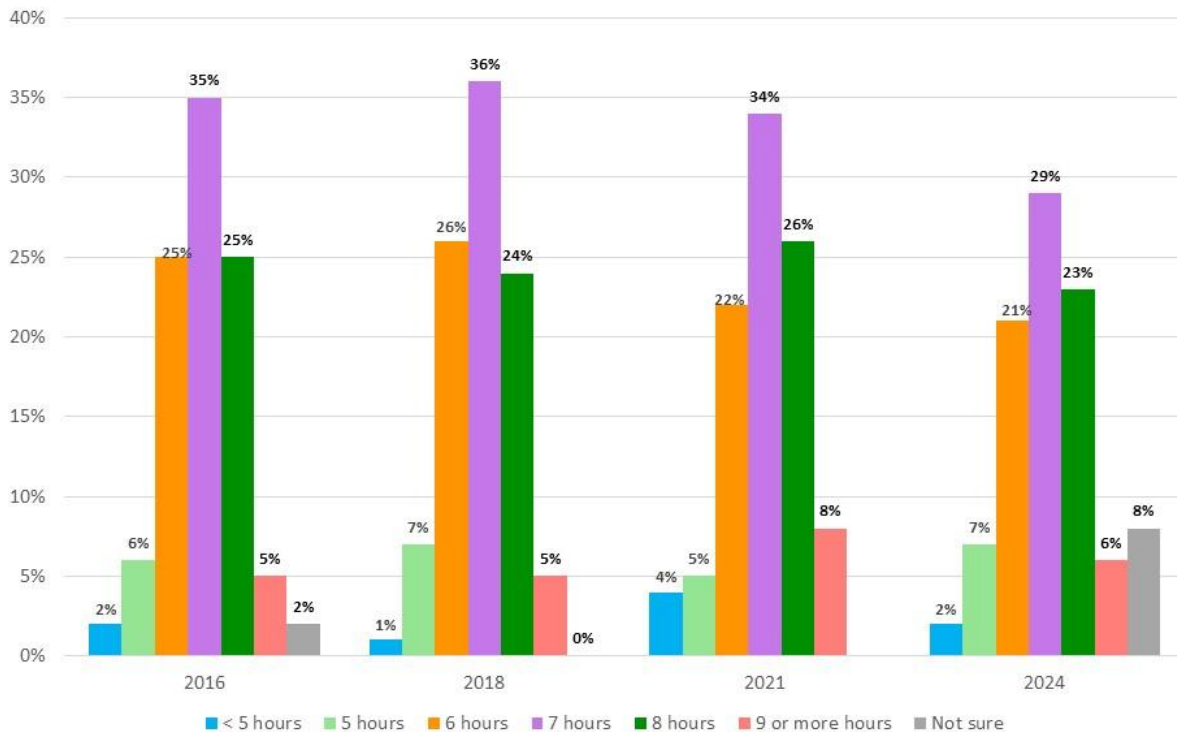
| Household Income Breakouts | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|----------------------------|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| Yes                        | 61%                | 56%               | 61%               | 50%               | 46%                 | 52%                 | 47%               |
| No                         | 35%                | 43%               | 34%               | 45%               | 52%                 | 45%                 | 52%               |
| Don't know/ Not sure       | 2%                 | 1%                | 4%                | 4%                | 2%                  | 1%                  | 1%                |

### Typical Hours of Sleep

The average (median) is seven hours of sleep for respondents in a typical 24-hour period. Hours of sleep is a metric that has not changed much from previous surveys. Twenty-one percent of respondents typically get six hours of sleep and 9% get five hours or less. Twenty-three percent said they typically get eight hours of sleep, and 6% get nine or more hours daily.

## Hours of Sleep

Asked of all respondents



**OTH2. Typically, how many hours of sleep do you get in a 24-hour period?**  
 (Question first asked in 2016.)

There are not consistent significant differences among population subgroups on this question.

## Physical Activity

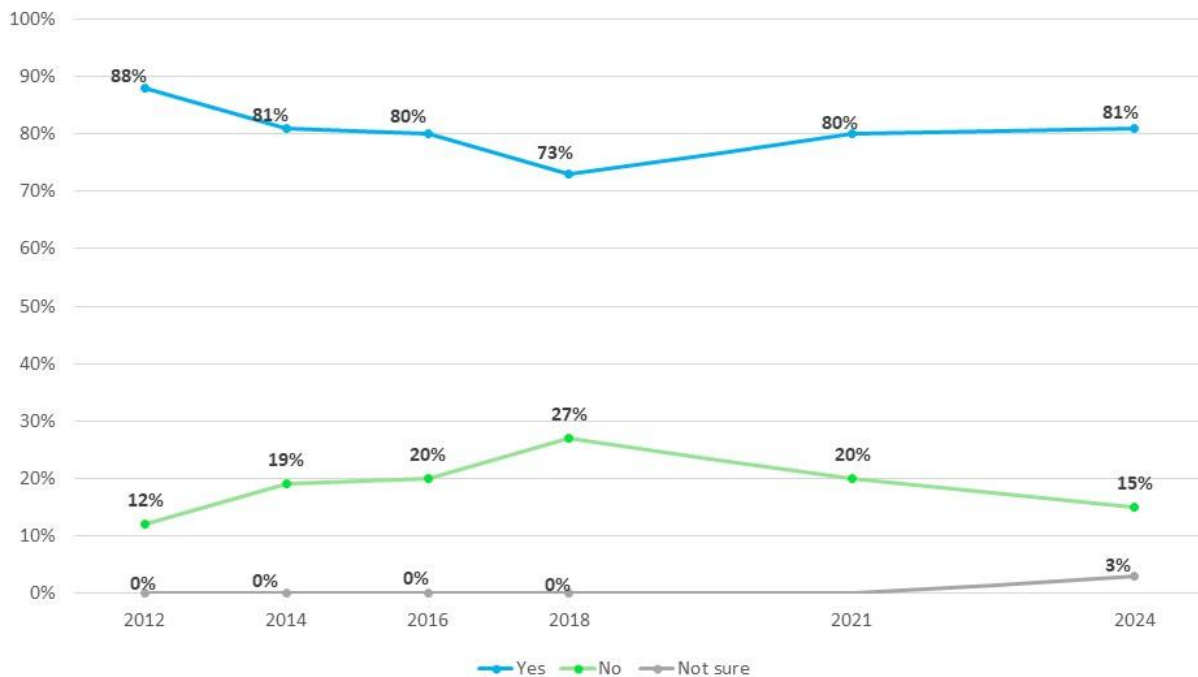
The Physical Activity section includes types, reasons, frequency, location, and duration of physical activity, as well as organized children’s sports.

### Participation in Physical Activities

Survey respondents were asked, “In the past week, did you participate in physical activities such as walking, swimming, gardening, playing with kids, etc.? Think only about activities that raised your heart rate and that you did for at least 10 minutes at a time.” Despite a one-time high of 88% in the initial survey in 2012, and a low outlier of 73% in 2018, the number has remained relatively stable through the years at about 80%. In 2024, the number is 81% of respondents.

## Physical Activities

Asked of all respondents



**Q10.1A. In the past week, did you participate in physical activities such as walking, swimming, gardening, playing with kids, etc.? Think only about those physical activities that raised your heart rate and that you did for at least 10 minutes at a time.**  
(2012 used “in the past month” wording.)



The likelihood of participating in physical activity is significantly greater in households with incomes over \$150,000 per year and among respondents with at least a Bachelor’s degree.

| Household Income Breakouts | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|----------------------------|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| Yes                        | 74%                | 77%               | 74%               | 79%               | 80%                 | 90%                 | 90%               |
| No                         | 18%                | 21%               | 23%               | 15%               | 14%                 | 9%                  | 9%                |
| Don't know/ Not sure       | 7%                 | 1%                | 3%                | 3%                | 7%                  | 1%                  | 1%                |

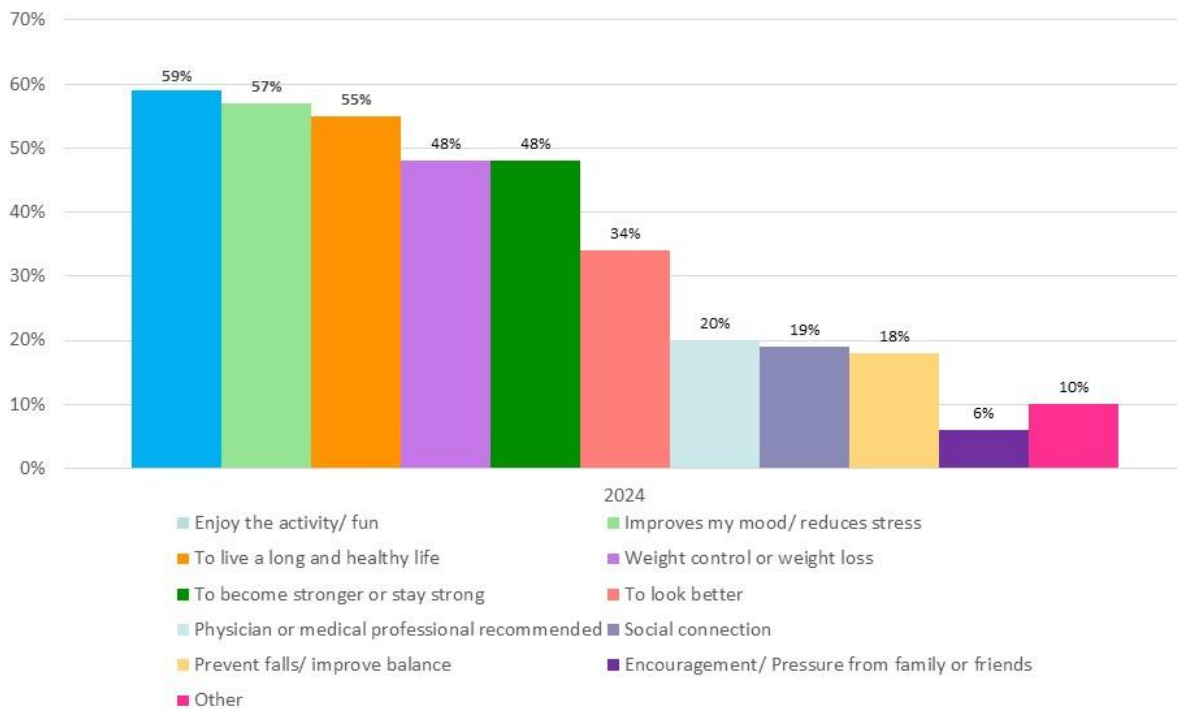
| Educational Attainment Breakouts | Less than 12 <sup>th</sup> Grade | High School Diploma/GED | Attended College | Bachelor's Degree | Post-Graduate |
|----------------------------------|----------------------------------|-------------------------|------------------|-------------------|---------------|
| Yes                              | 50%                              | 74%                     | 79%              | 87%               | 87%           |
| No                               | 36%                              | 17%                     | 19%              | 11%               | 12%           |
| Don't know/ Not sure             | 13%                              | 8%                      | 2%               | 1%                | 1%            |

### Reasons for Engaging in Physical Activity

In a new question asked in 2024, respondents who had engaged in physical activity during the past week were asked for their “primary reasons for engaging in those physical activities.” As illustrated in the chart below, three reasons rose to the top: “enjoy the activity/fun” (59%), “improves my mood/reduces stress” (57%), and “to live a long and healthy life” (55%).

“Weight control or weight loss” and “to become stronger or stay strong” each scored 48%. “To look better” was chosen by 34%. Other reasons, shown below, commanded 20% or less of the public.

### Reasons for Engaging in Physical Activity *Asked if respondent engaged in physical activity during past week*



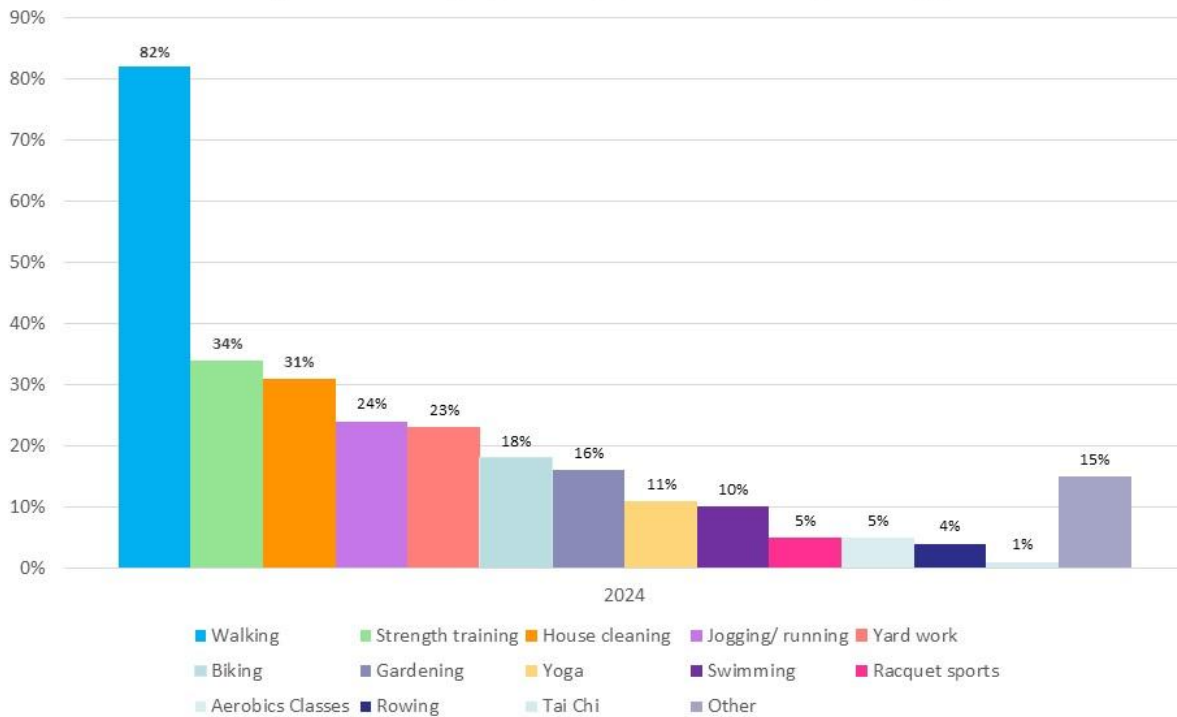
**Q10.2A. Think about all of the reasons that you engaged in physical activity this past week. What were your primary reasons for engaging in those physical activities? (Allow multiple responses.)**  
*(Question first asked in 2024.)*

### Types of Physical Activity

Among those who had engaged in any physical activity in the past week, the survey asked what type of physical activity. Respondents could choose as many activities as applied to them from the list. Walking was by far the most common activity at 82%. (Note that this number represents 82% of the 81% of the public who said they had engaged in physical activity that raised their heart rate in the past week.)

Following in order are strength training (34%), house cleaning (31%), jogging or running (24%), yard work (23%), biking (18%), gardening (16%), yoga (11%), swimming (10%), and several others at 5% or less.

**Types of Physical Activity**  
 Asked if respondent engaged in physical activity during past week



**Q10.2B. What types of physical activities did you engage in for greater than 10 minutes at a time?**  
 (Allow multiple responses.)  
 (Question first asked in 2024.)

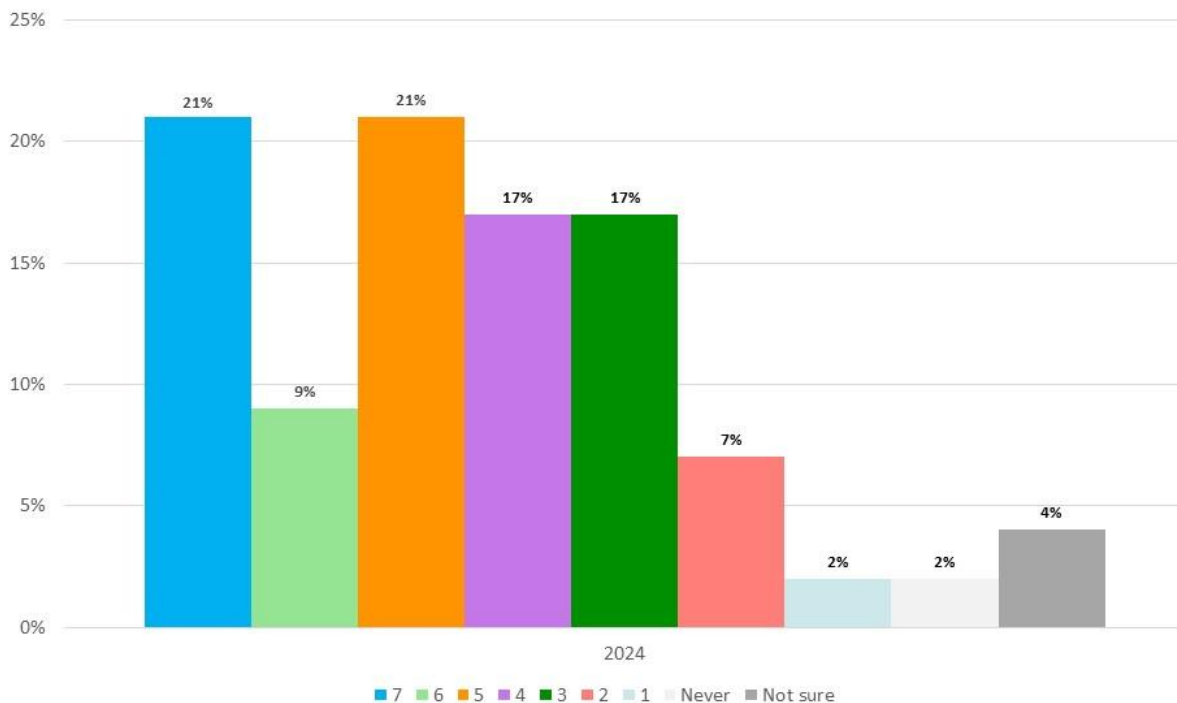
### Days in a Week Taking Part in Physical Activity

Among that same subgroup that had taken part in any physical activity, about half (51%) said they did so at least five days out of the past week. Of those, 21% did so all seven days of the week, 9% on six days, and 21% on five days, suggesting that physical activity is a routine for many people.

Among the rest, 17% took part on four days, 17% on three days, 7% on two days, and 2% on only one day of the week. The remainder were unsure or said, upon reflection, they did not have physical activity in the past week.

### Days Partaking in Physical Activity

Asked if respondent engaged in physical activity during past week



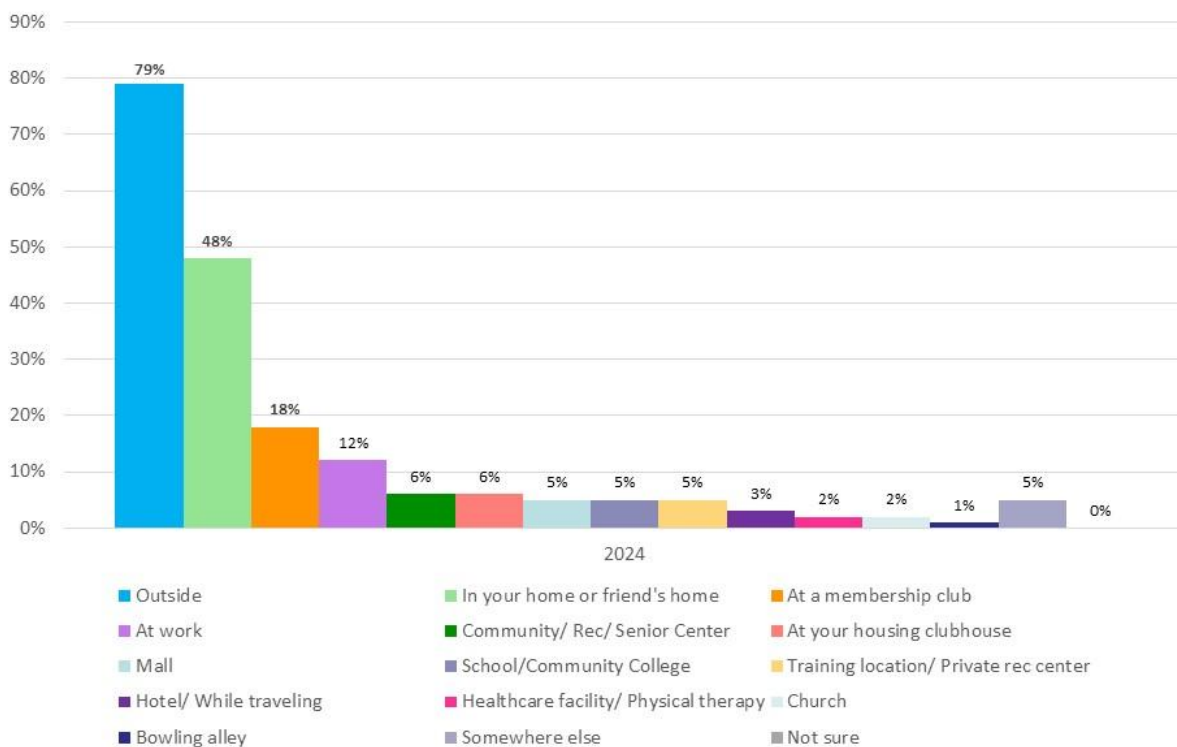
**Q10.2C. During the past week, how many days did you partake in these physical activities? Think only about those physical activities that you did for at least 10 minutes at a time.**  
(Question first asked in 2024.)

### Location of Physical Activity

Keeping in mind the season when this survey was conducted (July through October), by far the most common location for physical activity was “outside” (79%). This was followed by “in your home or friend’s home” (48%).

Next-most common was “at a membership club” (18%), or “at work” (12%). Several other locations followed at lower levels of frequency: “community/rec/senior center” (6%); “at your housing clubhouse” (6%); the “mall” (5%); “school/community college” (5%); or at a “training location/private rec center” (5%). Several other locations earned 3% or less, as shown below.

**Location of Physical Activity**  
 Asked if respondent engaged in physical activity during past week



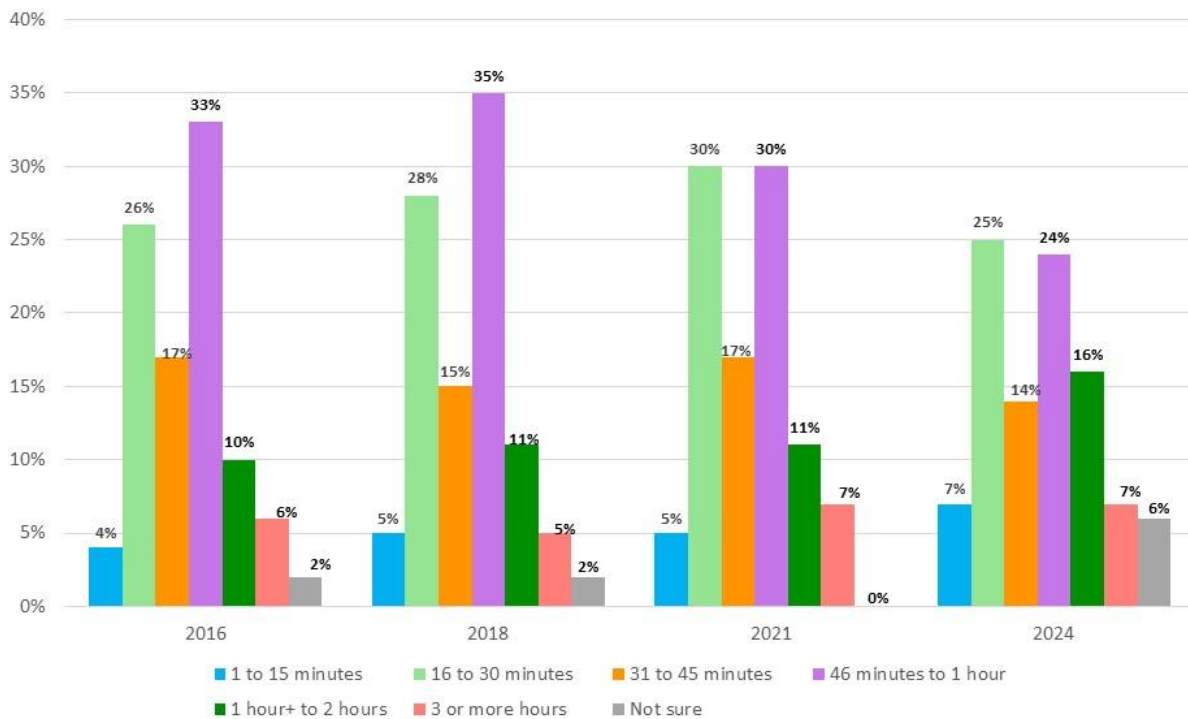
**Q10.2D. Where did you do these activities? (Allow multiple responses.)**  
 (2024 data shown. Prior years available in archived reports.)

### Usual Duration of Physical Activity

The median duration of physical activity was about 45 minutes, based on survey responses. Seven percent engaged in the activity for one to 15 minutes at a time, 25% for 16 to 30 minutes, 14% for 31 to 45 minutes, 24% for 46 minutes to one hour, 16% for more than one to two hours, and 7% for three or more hours. Six percent were not sure.

## Duration of Physical Activity

*Asked if respondent engaged in physical activity during past week*



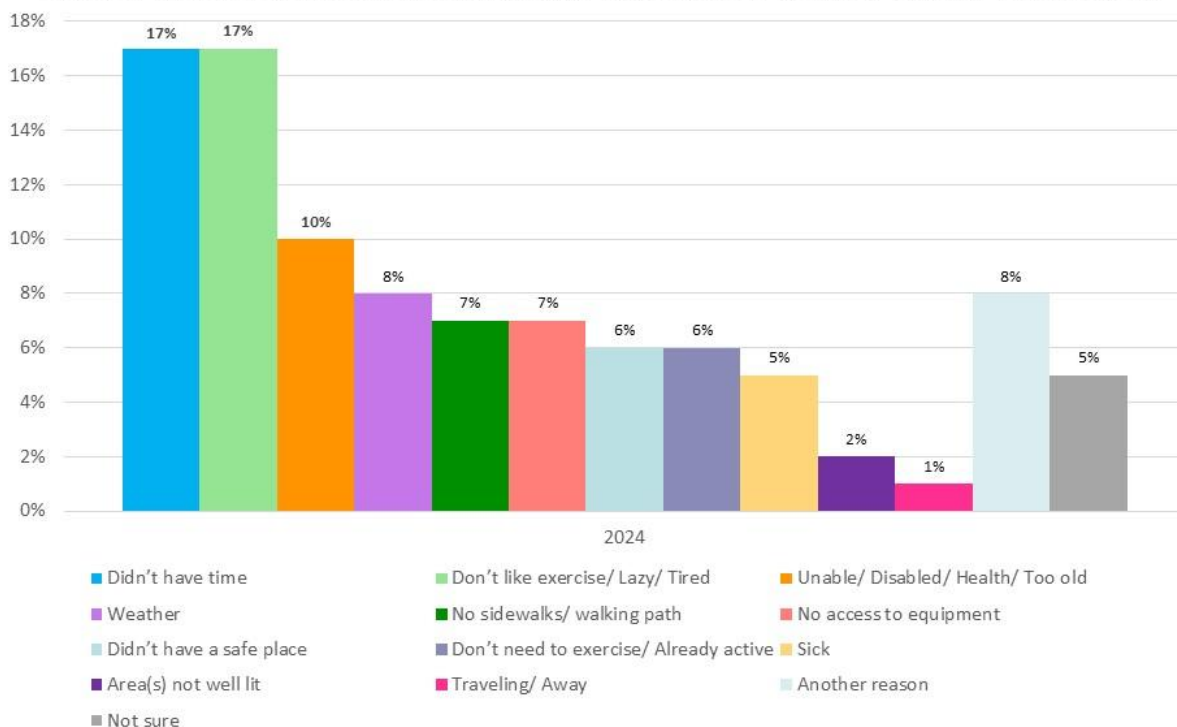
**Q10.2E. And each time you took part in this activity, for how many minutes or hours did you usually keep at it?**  
 (Question asked in 2012 or 2014.)

### Barriers to Physical Activity

People who had *not* engaged in physical activity were asked about the barriers to activity. They were invited to give “the main reason you did not engage in physical activity,” choosing from a list. Two reasons led the list: “didn’t have time” (17%), and “don’t like exercise/lazy/tired” (17%).

Additional reasons in descending order were these: “unable/disabled/health/too old” (10%); “weather” (8%); “no sidewalks/walking path” (7%); “no access to equipment” (7%); “didn’t have a safe place” (6%); “don’t need to exercise/already active” (6%); “sick” (5%); “area(s) not well lit” (2%); and “traveling/away” (1%).

**Barriers to Physical Activity**  
 Asked if respondent did not engage in physical activity during past week



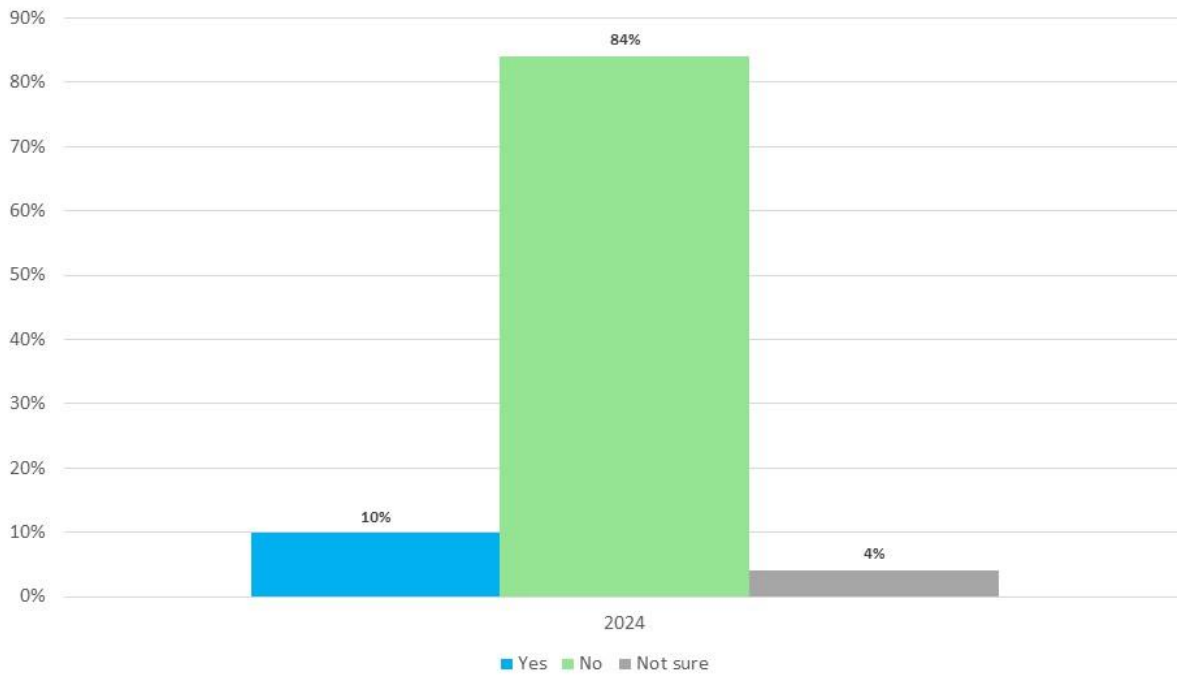
**Q10.3. In this section, we are going to ask about your barriers to your physical activity.**  
**What was the main reason you did not engage in physical activity?**  
 (Question first asked in 2024.)

### Wanted to Enroll in Organized Youth Sports But Did Not

Ten percent of respondents said there was a child in their household in 2023 that they wanted to enroll in an organized youth sporting activity, such as a Rec and Parks team, soccer, or another organized youth sports team, but did not.

## Wanted to Enroll in Youth Sports But Did Not

Asked of all respondents



**Q10.7A. In 2023, was there a child in your household you wanted to enroll in an organized youth sporting activity, such as a Rec and Parks team, soccer, or another organized youth sports team, but did not?**  
 (Question not asked 2012-2018. Data not available from 2021.)

Hispanic families are much more likely than others to experience barriers placing their children in organized youth sports activities.

| Race and Ethnicity Breakouts | White | African American | Asian | Hispanic | Other |
|------------------------------|-------|------------------|-------|----------|-------|
| Yes                          | 8%    | 16%              | 14%   | 39%      | 17%   |
| No                           | 90%   | 79%              | 78%   | 57%      | 69%   |
| Don't know/ Not sure         | 1%    | 4%               | 7%    | 3%       | 11%   |



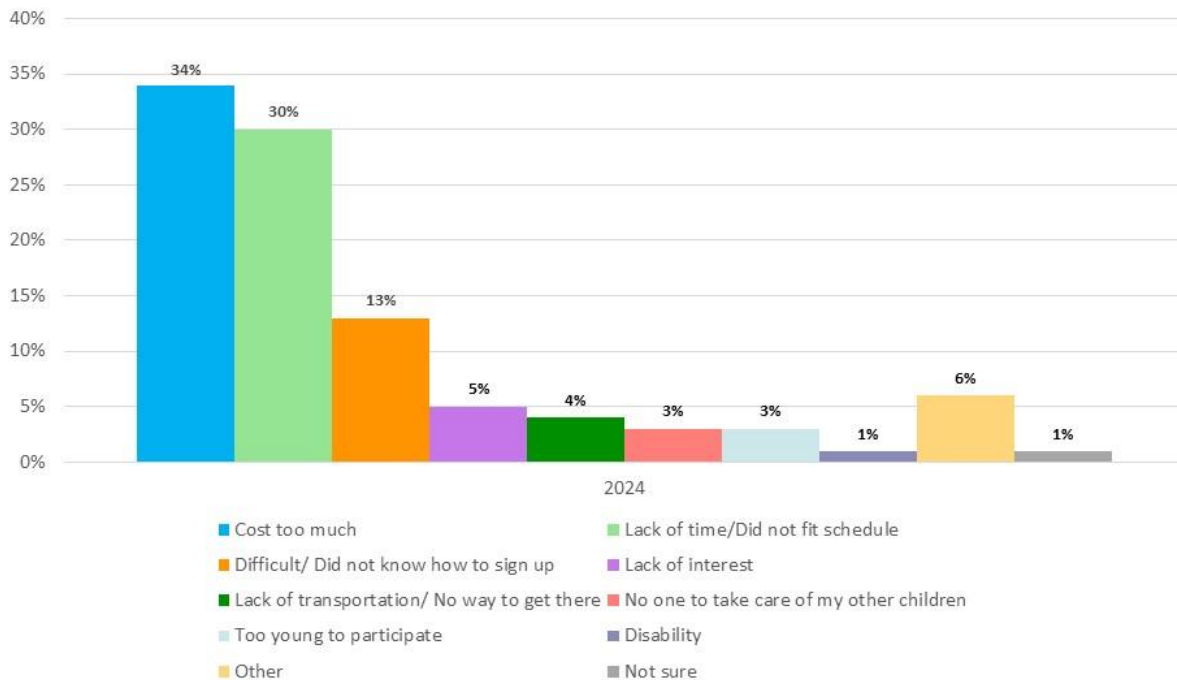
### Main Reason for Not Enrolling in Organized Youth Sports

Those who had a child they wanted to enroll in organized youth sports but did not were asked the main reason why not, choosing from a list. The leading response was “cost too much” (34%), followed by “lack of time/did not fit schedule” (30%). Thirteen percent found the process “difficult/did not know how to sign up.”

Several other reasons followed at 5% or less: “lack of interest” (5%), “lack of transportation/no way to get there” (4%), “no one to take care of my other children” (3%), “too young to participate” (3%), or “disability” (1%).

## Barrier to Enrolling in Youth Sporting Activity

*Asked if respondent had a child they wanted to enroll in youth sports, but did not*



**Q10.7B. What was the main reason why not?**  
 (Question not asked 2012-2018. Data not available from 2021.)

Cost is a disproportionate barrier for African American and Asian households. Difficulty or not knowing how to sign up is a bigger barrier for Hispanic households. Lack of time or a program that does not fit one’s schedule is a problem for many households.

| Race and Ethnicity Breakouts            | White | African American | Asian | Hispanic | Other |
|---|-------|------------------|-------|----------|-------|
| Cost too much                           | 29%   | 40%              | 40%   | 12%      | 35%   |
| Difficult / Did not know how to sign up | 13%   | 20%              | 12%   | 30%      | 22%   |
| Lack of time / Did not fit schedule     | 32%   | 19%              | 37%   | 31%      | 36%   |

## Behavioral Health

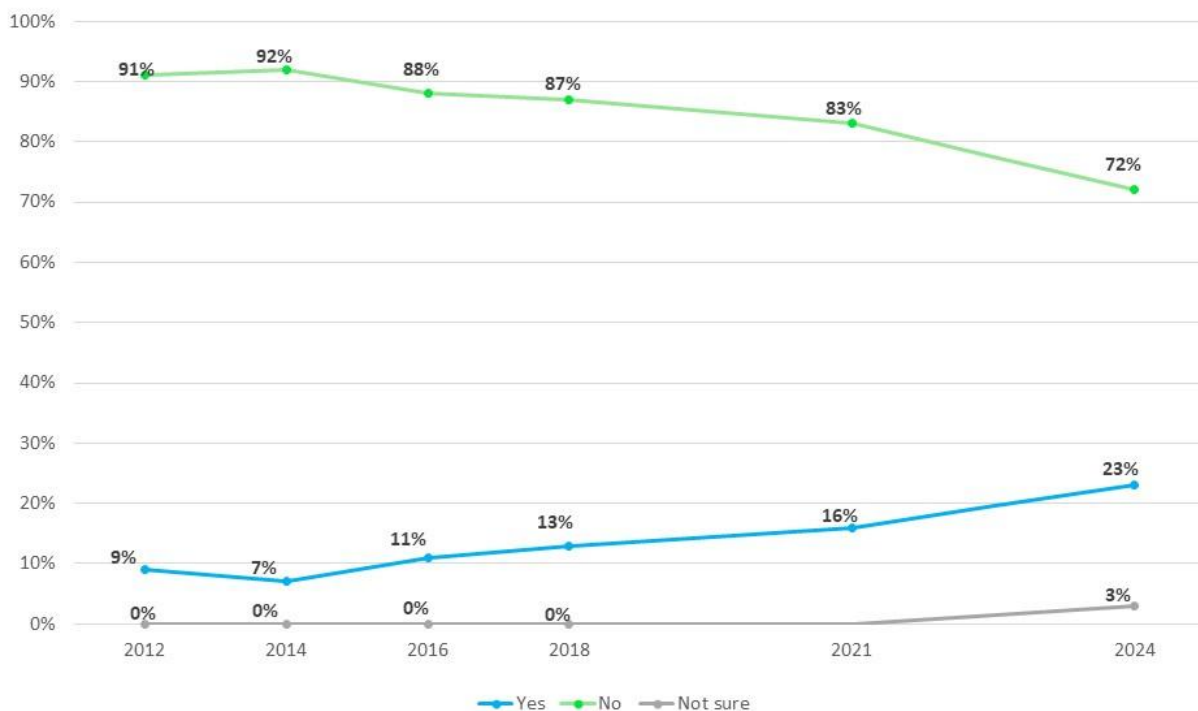
The Behavioral Health section includes questions about respondents' mental health condition, smoking behavior, and opioid use.

### Taking Medicine or Receiving Treatment for a Mental Health Condition or Emotional Problem

The incidence of respondents taking medicine or seeking treatment for a mental health condition or emotional problem is rising steadily. From a baseline level of 9% in 2012 and 7% in 2014, the share of the population that is taking medicine or seeking treatment rose to 11% in 2016, 13% in 2018, 16% in 2021, to 23% in the current survey.

This could be a sign of an increased incidence of mental health conditions or emotional problems in the County, and/or it could be an indication that more respondents are getting the help they need for these concerns.

### Mental Health Condition *Asked of all respondents*



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

Respondents under the age of 55 are significantly more likely than older respondents to say they are taking medicine or receiving treatment for a mental health condition or emotional problem. Unemployed people are significantly more likely than others to say so, as are people with lower incomes (along with a pocket of people in the \$150,000 to \$199,999 income range).

| Age Breakouts        | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75+ |
|----------------------|-------|-------|-------|-------|-------|-------|-----|
| Yes                  | 23%   | 25%   | 37%   | 24%   | 18%   | 14%   | 13% |
| No                   | 66%   | 62%   | 61%   | 71%   | 81%   | 85%   | 87% |
| Don't know/ Not sure | 4%    | 10%   | *%    | 2%    | *%    | *%    | *%  |

| Employment Status Breakouts | Employed | Self-Employed | Unemployed | Retired | Home-maker | Student |
|-----------------------------|----------|---------------|------------|---------|------------|---------|
| Yes                         | 22%      | 26%           | 52%        | 14%     | 20%        | 16%     |
| No                          | 76%      | 68%           | 38%        | 85%     | 64%        | 64%     |
| Don't know/ Not sure        | 2%       | 4%            | 6%         | *%      | 3%         | 8%      |

| Household Income Breakouts | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|----------------------------|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| Yes                        | 33%                | 26%               | 21%               | 22%               | 22%                 | 29%                 | 18%               |
| No                         | 57%                | 70%               | 72%               | 73%               | 73%                 | 69%                 | 80%               |
| Don't know/ Not sure       | 7%                 | *%                | 1%                | 3%                | 5%                  | 1%                  | *%                |

### Little Interest or Pleasure in Doing Things

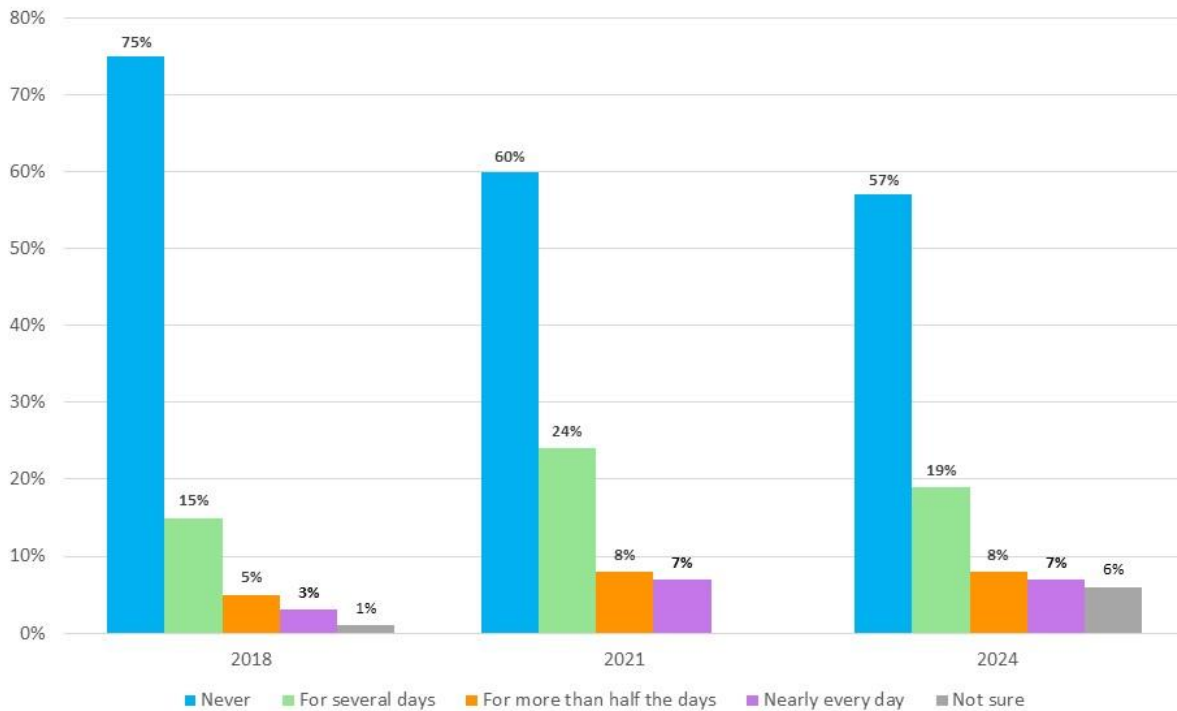
About one-third (34%) of the surveyed population reported that over the last two weeks they had been “bothered by having little interest or pleasure in doing things” for several days or more. Nineteen percent said they felt that way for several days over the past two weeks, 8% for more than half the days, and 7% said it happened nearly every day. Six percent said they were not sure, (and 3% declined to answer, which is not depicted in the chart below).

In 2021, a larger proportion of the survey sample (39%) said they were “bothered by having little interest or pleasure in doing things.” Looking back to 2018, only 23% reported being “bothered” by this. The question was not asked in previous years.

Throughout the Behavioral Health section, keep in mind that before 2021, interviews for this study were collected only by telephone using live interviewers. It is well known in social science studies that more anonymous modes of data collection, such as the online method that is more prevalent today, reduce people’s inhibitions to admit to behaviors and conditions that they might feel are embarrassing or socially undesirable, and that phenomenon may have affected some of the trend data reported in this section.

## Little Interest or Pleasure in Doing Things

*Asked of a random ½ of all respondents*



**M28.1C. Over the last 2 weeks, how often have you been bothered by having little interest or pleasure in doing things? Would you say this happens...**  
*(Question not asked 2012-2016.)*

People are significantly more likely to be “bothered” if they are under age 45, or if their household income is under \$50,000 per year. There is also a striking correlation with educational attainment, with an overwhelming 78% of adults who do not have a high school diploma saying they are “bothered by having little interest or pleasure in doing things” for several days or more in a two-week period.

| Age Breakouts                     | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75+ |
|-----------------------------------|-------|-------|-------|-------|-------|-------|-----|
| Never                             | 45%   | 36%   | 50%   | 61%   | 72%   | 75%   | 79% |
| <i>Total Several Days or More</i> | 41%   | 52%   | 45%   | 30%   | 24%   | 18%   | 12% |
| For several days                  | 20%   | 25%   | 28%   | 20%   | 14%   | 12%   | 9%  |
| For more than half the days       | 10%   | 12%   | 12%   | 4%    | 5%    | 2%    | 2%  |
| Nearly every day                  | 11%   | 15%   | 6%    | 6%    | 4%    | 3%    | *%  |
| Don't know/ Not sure              | 8%    | 6%    | 4%    | 8%    | 3%    | 6%    | 9%  |

| Household Income Breakouts        | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|-----------------------------------|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| Never                             | 20%                | 38%               | 46%               | 58%               | 61%                 | 69%                 | 74%               |
| <i>Total Several Days or More</i> | 59%                | 52%               | 42%               | 33%               | 35%                 | 27%                 | 22%               |
| For several days                  | 27%                | 29%               | 18%               | 20%               | 24%                 | 21%                 | 15%               |
| For more than half the days       | 15%                | 16%               | 10%               | 7%                | 5%                  | 5%                  | 4%                |
| Nearly every day                  | 18%                | 7%                | 15%               | 6%                | 6%                  | 2%                  | 3%                |
| Don't know/ Not sure              | 15%                | 7%                | 9%                | 6%                | 3%                  | 2%                  | 3%                |

| Educational Attainment Breakouts  | Less than 12 <sup>th</sup> Grade | High School Diploma/GED | Attended College | Bachelor's Degree | Post-Graduate |
|-----------------------------------|----------------------------------|-------------------------|------------------|-------------------|---------------|
| Never                             | 14%                              | 42%                     | 52%              | 66%               | 69%           |
| <i>Total Several Days or More</i> | 78%                              | 46%                     | 40%              | 27%               | 25%           |
| For several days                  | 46%                              | 15%                     | 22%              | 20%               | 18%           |
| For more than half the days       | 6%                               | 17%                     | 11%              | 3%                | 4%            |
| Nearly every day                  | 26%                              | 15%                     | 7%               | 4%                | 2%            |
| Don't know/ Not sure              | 8%                               | 12%                     | 6%               | 4%                | 5%            |

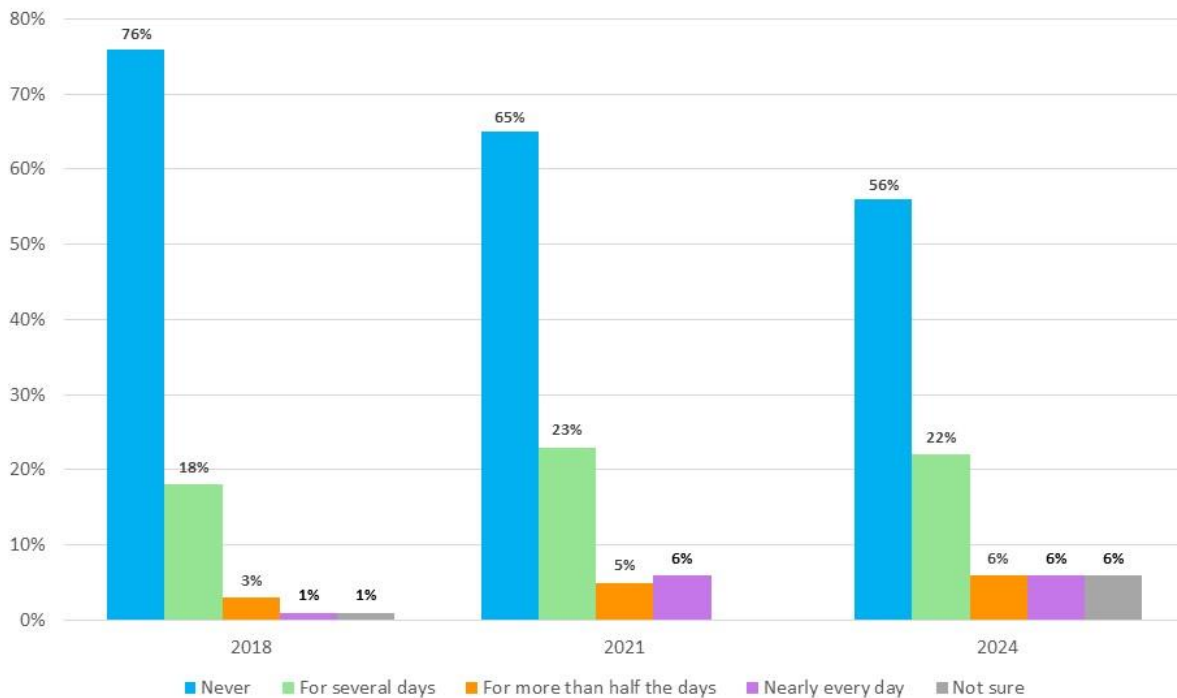
### Feeling Down, Depressed or Hopeless

About one-third (34%) of respondents in 2024 reported being “bothered by feeling down, depressed or hopeless” for several days or more over the last two weeks. Six percent said this happened for more than half the days, and 6% said they felt that way nearly every day.

The 34% number is identical to 2021. In 2018, a much lower 22% said they were “bothered”

## Feeling Down, Depressed or Hopeless

*Asked of a random 1/2 of all respondents*



**M28.1D. Over the last 2 weeks, how often have you been bothered by feeling down, depressed or hopeless? Would you say this happens...**  
*(Question not asked 2012-2016.)*

The incidence of feeling down, depressed or hopeless is significantly greater among respondents under age 45, among African American and Hispanic respondents, and within households with incomes under \$50,000 per year.

| Age Breakouts                     | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75+ |
|-----------------------------------|-------|-------|-------|-------|-------|-------|-----|
| Never                             | 41%   | 28%   | 54%   | 64%   | 71%   | 78%   | 76% |
| <i>Total Several Days or More</i> | 44%   | 57%   | 41%   | 24%   | 25%   | 17%   | 15% |
| For several days                  | 23%   | 32%   | 25%   | 22%   | 17%   | 13%   | 13% |
| For more than half the days       | 6%    | 11%   | 7%    | 1%    | 6%    | 3%    | 2%  |
| Nearly every day                  | 15%   | 14%   | 9%    | 1%    | 2%    | 2%    | 1%  |
| Don't know/ Not sure              | 7%    | 4%    | 4%    | 12%   | 3%    | 5%    | 7%  |

| Race and Ethnicity Breakouts      | White | African American | Asian | Hispanic | Other |
|-----------------------------------|-------|------------------|-------|----------|-------|
| Never                             | 64%   | 43%              | 53%   | 40%      | 36%   |
| <i>Total Several Days or More</i> | 31%   | 48%              | 25%   | 49%      | 36%   |
| For several days                  | 19%   | 34%              | 17%   | 34%      | 17%   |
| For more than half the days       | 5%    | 12%              | 2%    | 4%       | 12%   |
| Nearly every day                  | 7%    | 2%               | 7%    | 11%      | 6%    |
| Don't know/ Not sure              | 4%    | 5%               | 12%   | 6%       | 9%    |



| Household Income Breakouts        | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|-----------------------------------|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| Never                             | 26%                | 39%               | 51%               | 57%               | 57%                 | 68%                 | 72%               |
| <i>Total Several Days or More</i> | 55%                | 56%               | 31%               | 31%               | 36%                 | 28%                 | 23%               |
| For several days                  | 27%                | 34%               | 17%               | 21%               | 26%                 | 18%                 | 17%               |
| For more than half the days       | 14%                | 8%                | 5%                | 3%                | 5%                  | 7%                  | 4%                |
| Nearly every day                  | 14%                | 14%               | 9%                | 7%                | 5%                  | 3%                  | 2%                |
| Don't know/ Not sure              | 15%                | 4%                | 11%               | 10%               | 2%                  | 3%                  | 3%                |

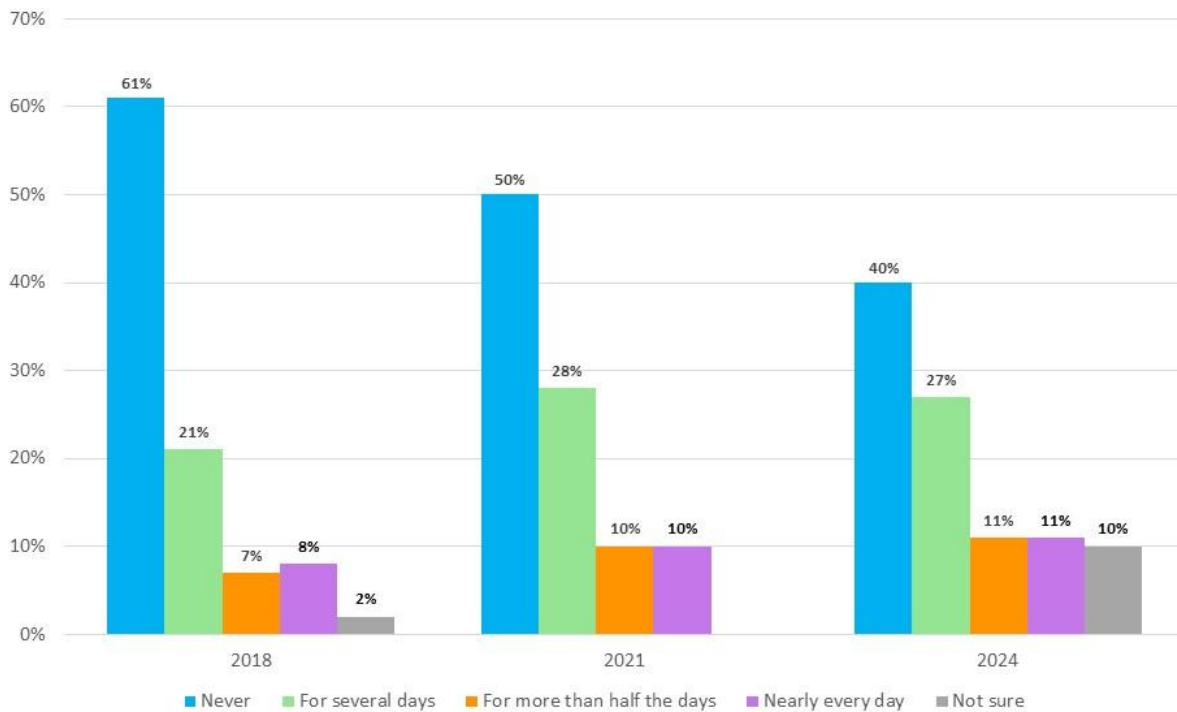
### Feeling Nervous, Anxious or on Edge

Compared to the other problems measured in this series, being “bothered by feeling nervous, anxious or on edge” is much more prevalent. Nearly half (49%) of survey respondents indicated they had been bothered by these feelings for several days or more over the last two weeks. Twenty-seven percent said they were bothered for several days, 11% for more than half the days, and 11% said this problem bothered them nearly every day.

The number who were bothered for several days or more (48%) was nearly identical in 2021 (though it is not clear how many people were not sure or would not answer the question in that previous survey, which could affect the numbers). In 2018, a much lower 36% said they were bothered by these feelings.

## Feeling Nervous, Anxious or on Edge

Asked of a random ½ of all respondents



**M28.1E. Over the last 2 weeks, how often have you been bothered by feeling nervous, anxious or on edge? Would you say this happens...**  
(Question not asked 2012-2016.)

Respondents under age 45 are significantly more likely to be bothered by feeling nervous, anxious or on edge. Unemployed people are much more likely than others to be bothered by these feelings, as are people in unmarried couples or those who have never been married.

| Age Breakouts                     | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75+ |
|-----------------------------------|-------|-------|-------|-------|-------|-------|-----|
| Never                             | 21%   | 25%   | 30%   | 41%   | 47%   | 66%   | 63% |
| <i>Total Several Days or More</i> | 68%   | 58%   | 59%   | 51%   | 41%   | 30%   | 26% |
| For several days                  | 36%   | 26%   | 35%   | 25%   | 24%   | 21%   | 20% |
| For more than half the days       | 19%   | 15%   | 9%    | 14%   | 10%   | 4%    | 1%  |
| Nearly every day                  | 13%   | 16%   | 16%   | 12%   | 6%    | 5%    | 5%  |
| Don't know/ Not sure              | 8%    | 13%   | 9%    | 8%    | 10%   | 3%    | 8%  |

| Employment Status Breakouts       | Employed | Self-Employed | Unemployed | Retired | Home-maker | Student |
|-----------------------------------|----------|---------------|------------|---------|------------|---------|
| Never                             | 41%      | 41%           | 8%         | 58%     | 23%        | 26%     |
| <i>Total Several Days or More</i> | 49%      | 44%           | 77%        | 30%     | 65%        | 62%     |
| For several days                  | 29%      | 19%           | 25%        | 21%     | 36%        | 36%     |
| For more than half the days       | 9%       | 14%           | 32%        | 4%      | 7%         | 11%     |
| Nearly every day                  | 11%      | 12%           | 20%        | 6%      | 22%        | 15%     |
| Don't know/ Not sure              | 9%       | 12%           | 12%        | 9%      | 12%        | 10%     |

| Marital Status Breakouts          | Married | Divorced/<br>Separated | Widowed | Never<br>Married | Unmarried<br>Couple |
|-----------------------------------|---------|------------------------|---------|------------------|---------------------|
| Never                             | 47%     | 42%                    | 44%     | 24%              | 23%                 |
| <i>Total Several Days or More</i> | 42%     | 47%                    | 50%     | 59%              | 72%                 |
| For several days                  | 27%     | 22%                    | 22%     | 29%              | 28%                 |
| For more than half the days       | 8%      | 9%                     | 17%     | 15%              | 20%                 |
| Nearly every day                  | 7%      | 17%                    | 10%     | 15%              | 24%                 |
| Don't know/ Not sure              | 9%      | 9%                     | 5%      | 13%              | 2%                  |

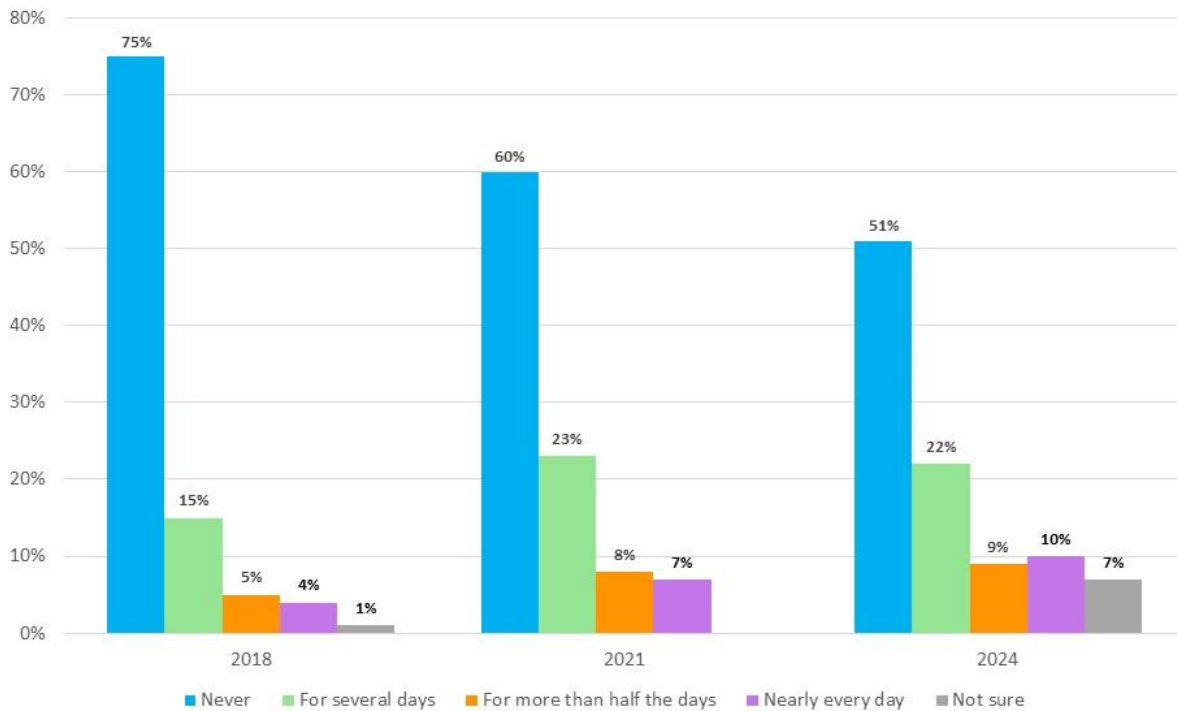
### Not Able to Stop or Control Worrying

Being “bothered by not being able to stop or control worrying” affected 41% of the respondents for several days or more in the last two weeks before the survey. Among that group, 22% said they were bothered for several days, 9% for more than half the days, and 10% nearly every day. Only about half the survey sample (51%) said they were “never” bothered by this, while 7% said they were not sure.

In 2021, 38% reported that they were bothered for several days or more by not being able to stop or control worrying. In 2018, the number was a much lower 24%.

## Not Able to Stop or Control Worrying

*Asked of a random ½ of all respondents*



**M28.1F. Over the last 2 weeks, how often have you been bothered by not being able to stop or control worrying? Would you say this happens...**  
*(Question not asked 2012-2016.)*

The inability to stop or control worrying, like other problems in this series of questions, disproportionately affects younger people. In this case, the problem is most pronounced under the age of 35. It also affects people in the lowest income category more frequently than others, and it is a significantly greater problem in people with less than a four-year college degree.

| Age Breakouts                     | 18-24      | 25-34      | 35-44      | 45-54      | 55-64      | 65-74      | 75+        |
|-----------------------------------|------------|------------|------------|------------|------------|------------|------------|
| Never                             | 25%        | 36%        | 44%        | 57%        | 62%        | 74%        | 72%        |
| <i>Total Several Days or More</i> | <i>65%</i> | <i>59%</i> | <i>45%</i> | <i>40%</i> | <i>30%</i> | <i>19%</i> | <i>18%</i> |
| For several days                  | 39%        | 20%        | 24%        | 22%        | 17%        | 13%        | 13%        |
| For more than half the days       | 15%        | 17%        | 9%         | 9%         | 8%         | 2%         | 4%         |
| Nearly every day                  | 11%        | 22%        | 12%        | 9%         | 5%         | 5%         | 2%         |
| Don't know/ Not sure              | 7%         | 2%         | 11%        | 3%         | 6%         | 7%         | 8%         |

| Household Income Breakouts        | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|-----------------------------------|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| Never                             | 26%                | 41%               | 48%               | 45%               | 53%                 | 53%                 | 66%               |
| <i>Total Several Days or More</i> | <i>59%</i>         | <i>48%</i>        | <i>41%</i>        | <i>48%</i>        | <i>40%</i>          | <i>40%</i>          | <i>30%</i>        |
| For several days                  | 27%                | 28%               | 20%               | 31%               | 20%                 | 20%                 | 20%               |
| For more than half the days       | 9%                 | 12%               | 17%               | 6%                | 10%                 | 12%                 | 3%                |
| Nearly every day                  | 22%                | 9%                | 5%                | 12%               | 11%                 | 8%                  | 7%                |
| Don't know/ Not sure              | 11%                | 7%                | 8%                | 6%                | 6%                  | 5%                  | 5%                |

| Educational Attainment Breakouts  | Less than 12 <sup>th</sup> Grade | High School Diploma/GED | Attended College | Bachelor's Degree | Post-Graduate |
|-----------------------------------|----------------------------------|-------------------------|------------------|-------------------|---------------|
| Never                             | 39%                              | 36%                     | 42%              | 61%               | 58%           |
| <i>Total Several Days or More</i> | 61%                              | 49%                     | 50%              | 32%               | 36%           |
| For several days                  | 22%                              | 20%                     | 22%              | 20%               | 24%           |
| For more than half the days       | 33%                              | 10%                     | 11%              | 5%                | 8%            |
| Nearly every day                  | 6%                               | 18%                     | 16%              | 7%                | 5%            |
| Don't know/ Not sure              | *%                               | 12%                     | 5%               | 6%                | 6%            |

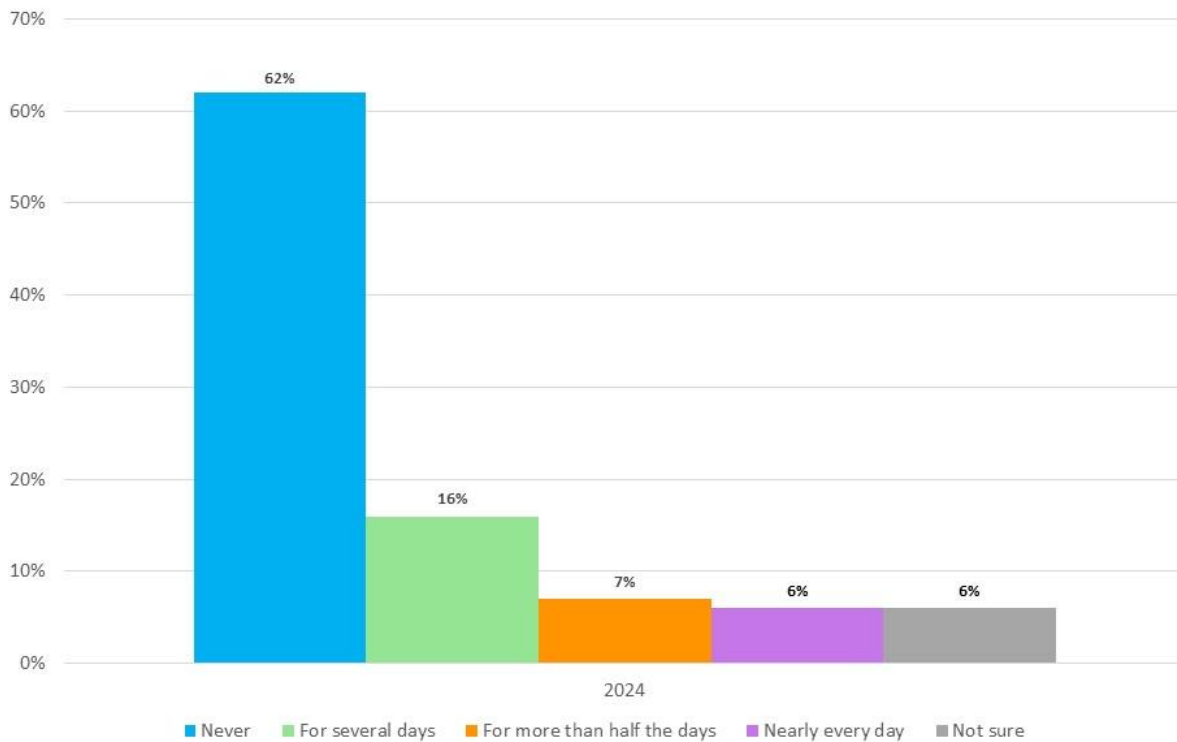
### Feeling Isolated from Others

Feelings of isolation affected 29% of respondents for several days or more over the two weeks prior to the survey. Of those, 16% indicated they felt isolated for several days, 7% for more than half the days, and 6% said they felt isolated nearly every day.

Sixty-two percent said they did not experience feelings of isolation, and 6% were not sure. This was a new question in 2024.

## Felt Isolated from Others

*Asked of all respondents*



**M29. How often over the past two weeks have you felt isolated from others?**  
*(Question first asked in 2024.)*

*(continued, next page)*



Feelings of isolation are more likely to affect younger people and people who are unemployed. And while there is a strong relationship with household income, significant numbers of people at almost any income level can feel isolated from others.

| Age Breakouts               | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75+ |
|-----------------------------|-------|-------|-------|-------|-------|-------|-----|
| Never                       | 41%   | 38%   | 60%   | 69%   | 76%   | 83%   | 82% |
| For several days            | 23%   | 21%   | 20%   | 18%   | 11%   | 8%    | 8%  |
| For more than half the days | 13%   | 9%    | 9%    | 5%    | 4%    | 3%    | 4%  |
| Nearly every day            | 10%   | 15%   | 7%    | 2%    | 3%    | 3%    | 1%  |
| Don't know/ Not sure        | 8%    | 12%   | 3%    | 6%    | 5%    | 2%    | 4%  |

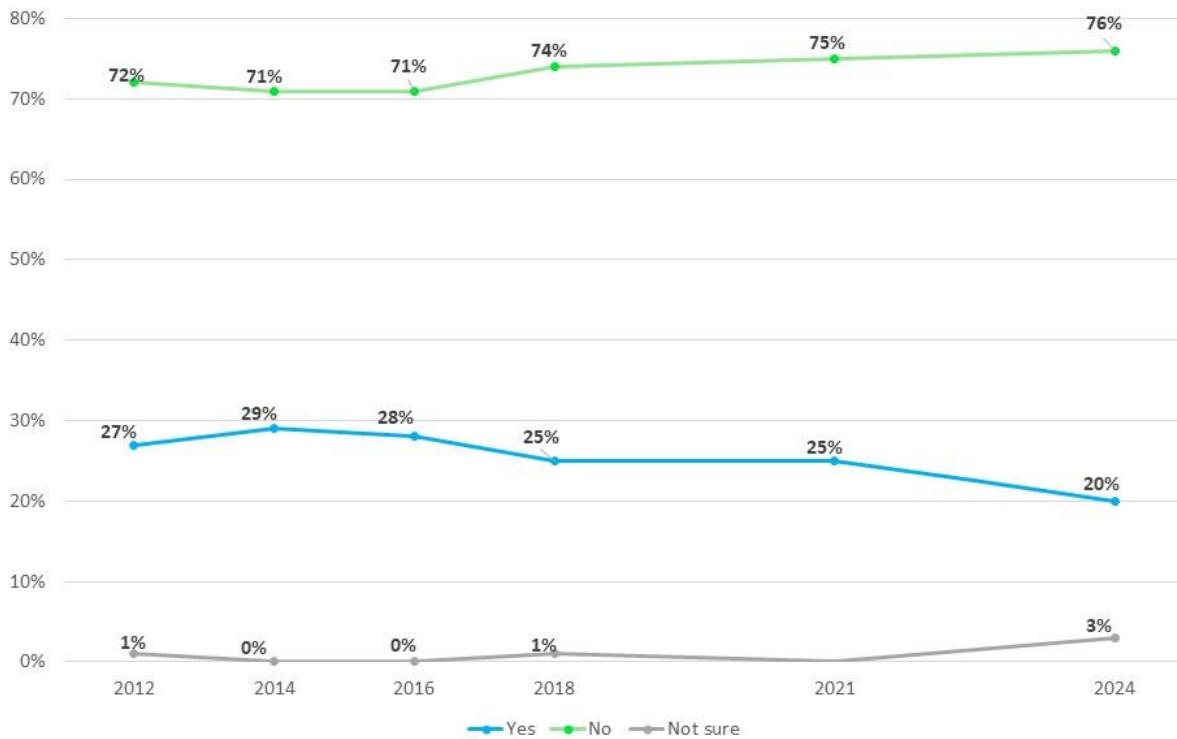
| Household Income Breakouts  | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|-----------------------------|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| Never                       | 30%                | 49%               | 51%               | 66%               | 60%                 | 71%                 | 80%               |
| For several days            | 27%                | 20%               | 23%               | 10%               | 19%                 | 17%                 | 11%               |
| For more than half the days | 9%                 | 13%               | 8%                | 12%               | 5%                  | 6%                  | 3%                |
| Nearly every day            | 18%                | 5%                | 8%                | 4%                | 10%                 | 2%                  | 3%                |
| Don't know/ Not sure        | 13%                | 10%               | 8%                | 7%                | 6%                  | 2%                  | 3%                |

| Employment Status Breakouts | Employed | Self-Employed | Unemployed | Retired | Home-maker | Student |
|-----------------------------|----------|---------------|------------|---------|------------|---------|
| Never                       | 64%      | 65%           | 29%        | 79%     | 59%        | 44%     |
| For several days            | 17%      | 14%           | 29%        | 10%     | 18%        | 19%     |
| For more than half the days | 7%       | 11%           | 8%         | 4%      | 1%         | 6%      |
| Nearly every day            | 5%       | 3%            | 25%        | 2%      | 2%         | 12%     |
| Don't know/ Not sure        | 5%       | 5%            | 6%         | 4%      | 15%        | 12%     |

### Smoked at least 100 Cigarettes in Life

Cigarette smoking appears to be on the decline in Howard County. From a high of 29% in 2014 who said they had smoked at least 100 cigarettes in their life, the number has declined fairly steadily to 20% in 2024.

## Smoked at Least 100 Cigarettes Asked of all respondents



**Q7.1. Have you smoked at least 100 cigarettes in your entire life?**

White and Hispanic respondents are significantly more likely than others to have smoked 100 cigarettes in their life. Respondents under age 25 are significantly less likely to have done so compared to others.

| Race and Ethnicity Breakouts | White | African American | Asian | Hispanic | Other |
|------------------------------|-------|------------------|-------|----------|-------|
| Yes                          | 25%   | 20%              | 12%   | 32%      | 27%   |
| No                           | 73%   | 74%              | 81%   | 62%      | 64%   |
| Don't know / Not sure        | 1%    | 6%               | 5%    | 5%       | 5%    |

| Age Breakouts         | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75+ |
|-----------------------|-------|-------|-------|-------|-------|-------|-----|
| Yes                   | 6%    | 17%   | 28%   | 22%   | 21%   | 21%   | 32% |
| No                    | 92%   | 73%   | 71%   | 74%   | 78%   | 77%   | 67% |
| Don't know / Not sure | 1%    | 9%    | 1%    | 1%    | 1%    | 2%    | 1%  |

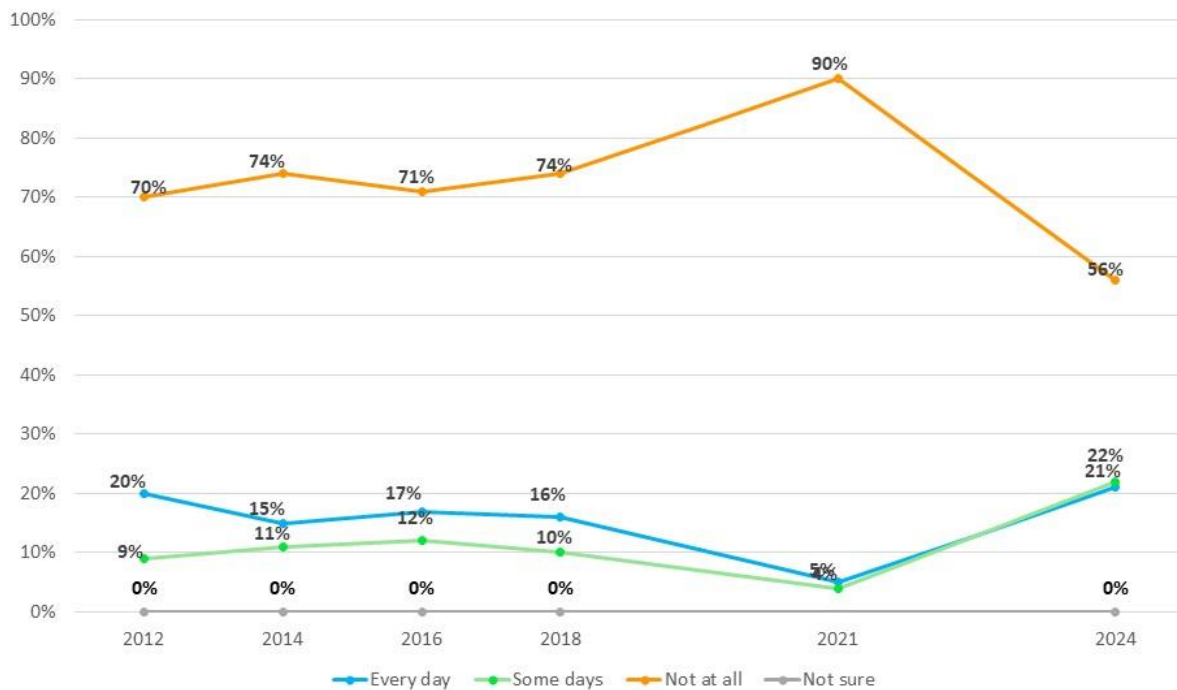
### Frequency of Smoking

Among the people who said they had smoked at least 100 cigarettes, 43% said they continue to smoke at least on some days, which amounts to 8.8% of the full population of the County. Twenty-one percent of people who have ever smoked (or 4.3% of the County's population) said they continue to smoke every day. Twenty-two percent of those who have ever smoked (or 4.5% of the total population) smoke on just some days. The remainder do not smoke currently.

Note that the 2021 data shown below may be based on the total population, not the subgroup of people who have ever smoked; if so, the 2021 incidence levels for smoking are similar to those reported in the 2024 survey.

## Smoking Frequency

*Asked of respondents who have smoked at least 100 cigarettes*

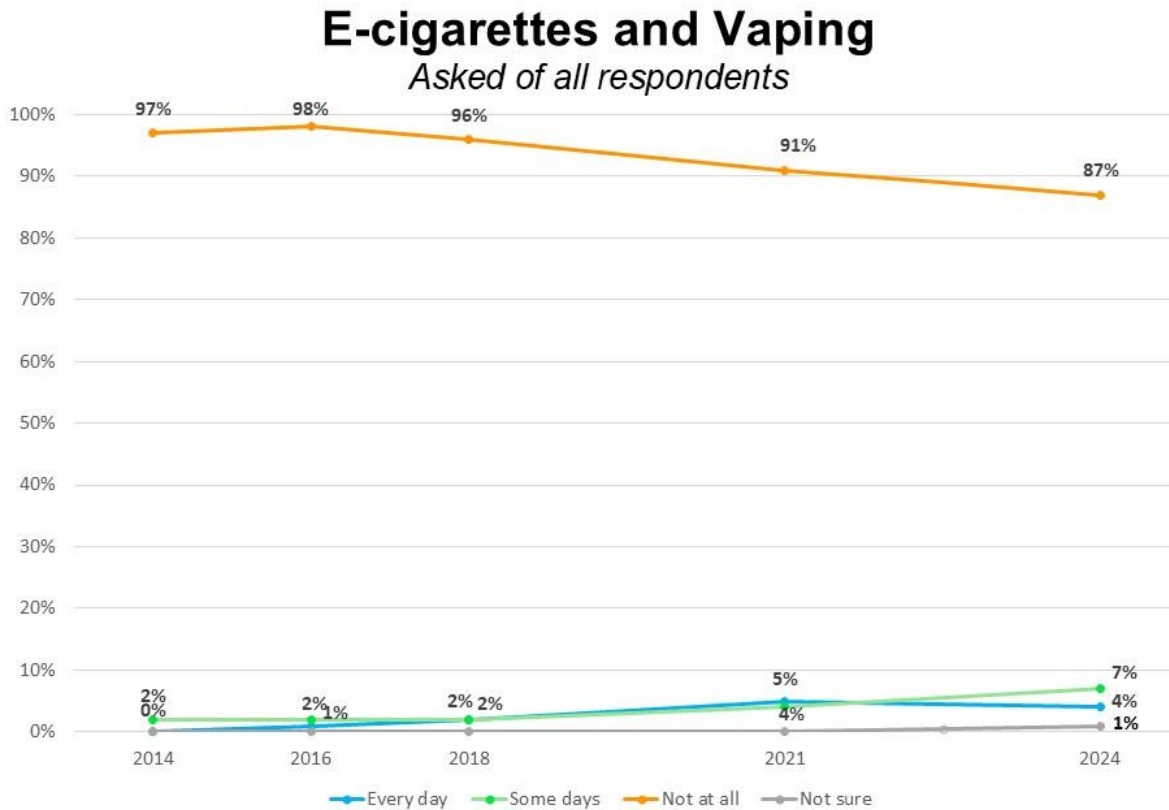


### Q7.2. Do you now smoke cigarettes every day, some days, or not at all?

*(2021 "Not at all" category created from its "Not currently smoking" and "Never smoked" categories. 2021 percentages appear to be based on the full population sample, not just the people who answered yes in 7.1.)*

### Use of E-cigarettes and Other Vaping Products

Use of e-cigarettes and other electronic vaping products is on the rise. In the 2024 survey, 4% of respondents reported that they use e-cigarettes or other vaping products every day, and 7% said they use them on some days. This combined 11% is higher than the 9% measured in 2021, 4% in 2018, 3% in 2016, and 2% in 2014, when the question was first asked.



**Q7.5A. Electronic cigarettes, or “e-cigarettes” and other electronic “vaping” products include electronic hookahs, or “e-hookahs,” vape pens, e-cigars, and others. These products are battery powered and usually contain nicotine and flavors such as fruit, mint, or candy. Do you currently use e-cigarettes every day, some days, or not at all?**  
 (Question first asked in 2014.)

Use of e-cigarettes and vaping products peaks at 25% in the 25-to-34 age group and drops to a negligible level after age 55. Usage is significantly elevated among Hispanic respondents, and to a lesser extent among African Americans and people of other ethnic or racial backgrounds. Usage correlates inversely with educational attainment, reaching 53% of adults without a high school diploma.

| Age Breakouts                        | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75+  |
|--------------------------------------|-------|-------|-------|-------|-------|-------|------|
| Every day                            | 6%    | 8%    | 9%    | 4%    | *%    | *%    | -    |
| Some days                            | 8%    | 17%   | 10%   | 5%    | 1%    | 1%    | *%   |
| <i>Total (Every day + Some days)</i> | 14%   | 25%   | 19%   | 10%   | 1%    | 1%    | *%   |
| Not at all                           | 82%   | 70%   | 80%   | 90%   | 99%   | 99%   | 100% |
| Don't know/ Not sure                 | 3%    | 3%    | *%    | *%    | -     | -     | *%   |

| Race and Ethnicity Breakouts         | White | African American | Asian | Hispanic | Other |
|--------------------------------------|-------|------------------|-------|----------|-------|
| Every day                            | 4%    | 6%               | 7%    | 16%      | 13%   |
| Some days                            | 5%    | 11%              | 6%    | 23%      | 8%    |
| <i>Total (Every day + Some days)</i> | 9%    | 17%              | 13%   | 39%      | 21%   |
| Not at all                           | 90%   | 81%              | 86%   | 60%      | 67%   |
| Don't know/ Not sure                 | *%    | 2%               | 1%    | 1%       | 6%    |

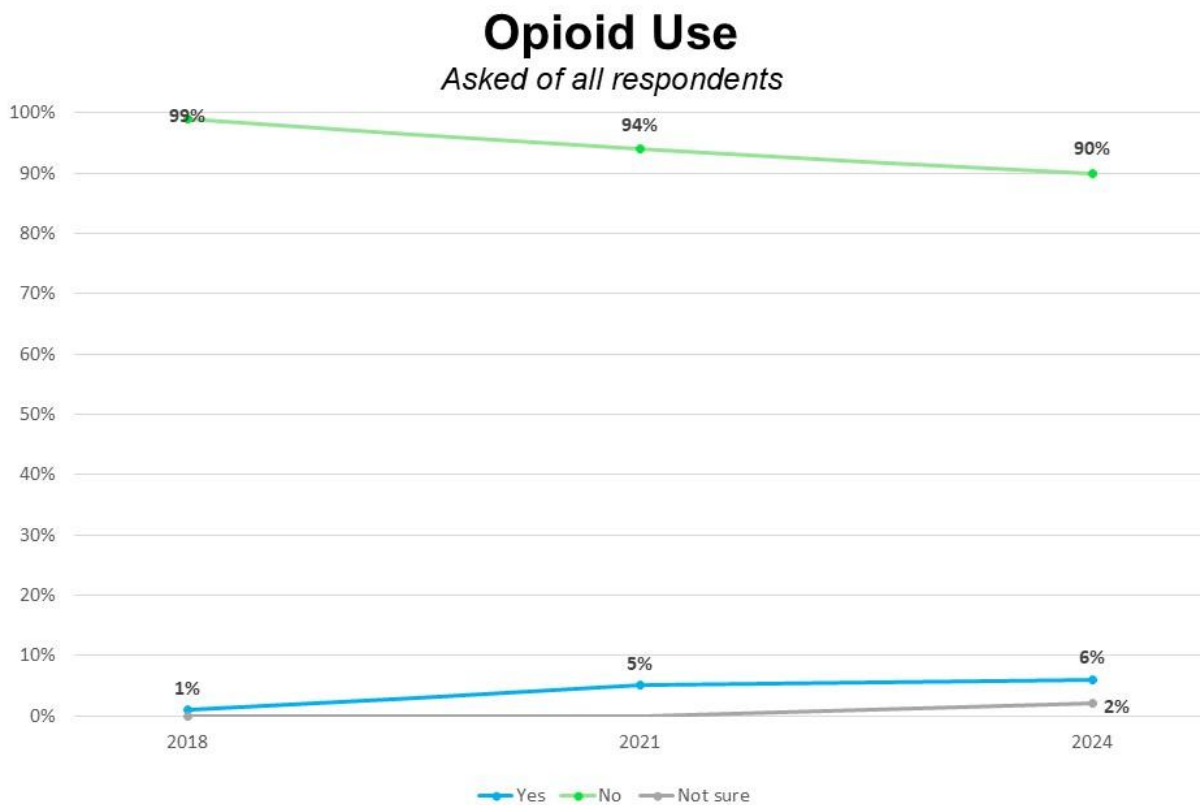
| Educational Attainment Breakouts     | Less than 12 <sup>th</sup> Grade | High School Diploma/GED | Attended College | Bachelor's Degree | Post-Graduate |
|--------------------------------------|----------------------------------|-------------------------|------------------|-------------------|---------------|
| Every day                            | 27%                              | 5%                      | 4%               | 3%                | 2%            |
| Some days                            | 26%                              | 13%                     | 7%               | 4%                | 2%            |
| <i>Total (Every day + Some days)</i> | 53%                              | 17%                     | 12%              | 7%                | 5%            |
| Not at all                           | 44%                              | 81%                     | 88%              | 92%               | 94%           |
| Don't know/ Not sure                 | 1%                               | 1%                      | %                | 1%                | 1%            |

## Opioid Use

Six percent of respondents indicated on the 2024 survey that they or an immediate family member used “heroin or any type of opioid that you or they did not have a prescription for, or took more frequently than prescribed” in the past 12 months.

The current 6% number is similar to the 5% who reported opioid use in 2021, though the number who said “no” declined from 94% to 90% since 2021. In the current survey, 2% said they were not sure and 2% indicated they preferred not to answer, numbers that were not reported for 2021.

In 2018, the first year this question was asked, 99% of the survey sample said that no one in their household had used opioids that were not prescribed or more frequently than prescribed. But the 2018 sample was collected entirely by phone with live interviewers, and some respondents may have been reluctant to admit to this behavior, so care should be taken in looking at the trend from 2018.



**OTH4. In the past 12 months did you or an immediate family member use heroin or any type of opioid that you or they did not have a prescription for, or took more frequently than prescribed on one or more occasions?**  
*(Question first asked 2018.)*

Inappropriate usage of opioids disproportionately affects respondents under age 45 and seems to drop off to negligible levels around age 50. Hispanic respondents and people of other races or ethnicities (beyond White, African American, and Asian) are significantly more likely to use opioids. Like vaping, abuse of opioids tracks inversely with educational attainment, with one-third of adults who have not earned a high school diploma using opioids.

| Age Breakouts        | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75+ |
|----------------------|-------|-------|-------|-------|-------|-------|-----|
| Yes                  | 9%    | 9%    | 11%   | 5%    | 1%    | 1%    | 1%  |
| No                   | 81%   | 81%   | 89%   | 92%   | 98%   | 99%   | 99% |
| Don't know/ Not sure | 6%    | 6%    | 1%    | -     | -     | *%    | *%  |

| Race and Ethnicity Breakouts | White | African American | Asian | Hispanic | Other |
|------------------------------|-------|------------------|-------|----------|-------|
| Yes                          | 5%    | 9%               | 5%    | 25%      | 17%   |
| No                           | 93%   | 86%              | 89%   | 73%      | 75%   |
| Don't know/ Not sure         | 1%    | 3%               | 4%    | 1%       | 4%    |

| Educational Attainment Breakouts | Less than 12 <sup>th</sup> Grade | High School Diploma/GED | Attended College | Bachelor's Degree | Post-Graduate |
|----------------------------------|----------------------------------|-------------------------|------------------|-------------------|---------------|
| Yes                              | 32%                              | 7%                      | 7%               | 2%                | 4%            |
| No                               | 64%                              | 85%                     | 90%              | 95%               | 94%           |
| Don't know/ Not sure             | 2%                               | 6%                      | 1%               | 1%                | 1%            |

## Chronic Disease

The Chronic Disease section addresses high blood pressure and diabetes and issues related to those two conditions.

### High Blood Pressure

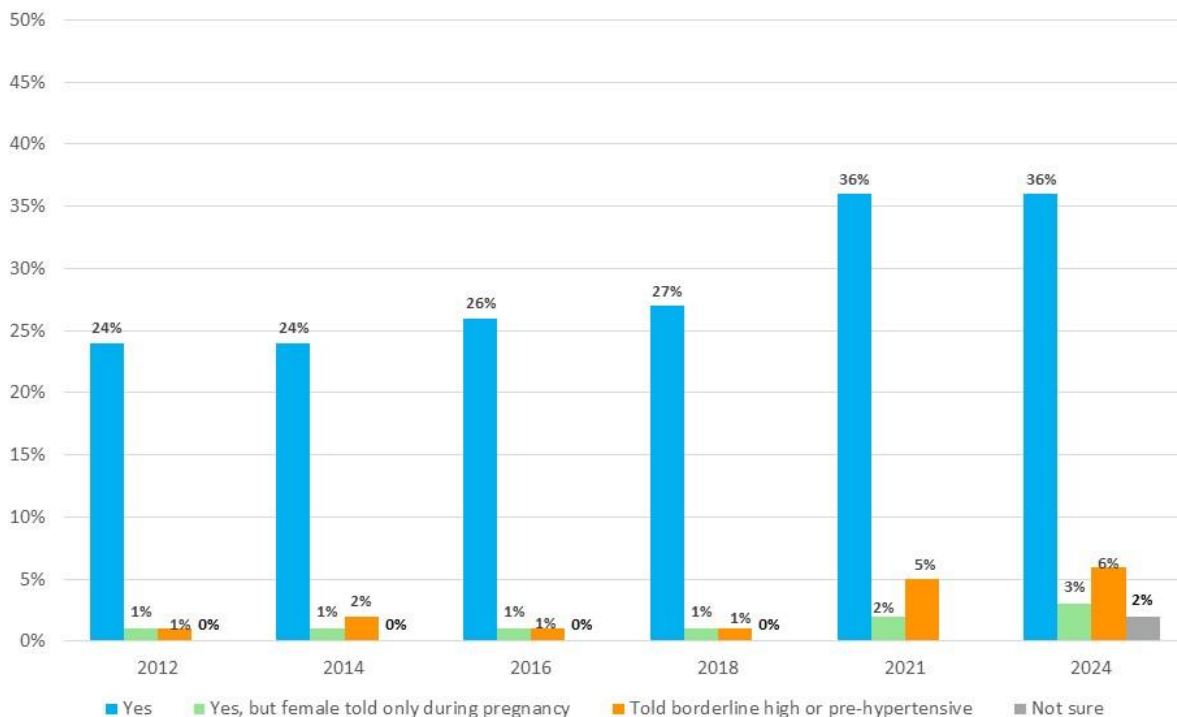
More than one-third of respondents (36%) said they have been told by a health professional that they have high blood pressure. This number is consistent with the 2021 survey, but is a significant increase from the 24% to 27% measured in the 2012 through 2018 surveys.

An additional 3% in 2024 indicated that they were told they had high blood pressure only during pregnancy. Six percent said they had been told they were borderline high or pre-hypertensive. Note that prior to 2021 when the survey was administered strictly orally by phone, the borderline high response option was not read to respondents but had to be volunteered by them, while the online method introduced in 2021 required it to be shown on the screen, which may help account for its increased incidence.

Responses of “No” are not shown in the chart below.

## High Blood Pressure

*Asked of all respondents*



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



The incidence of high blood pressure rises with age, and is significantly higher after age 55. In terms of employment, it affects retirees and unemployed people significantly more than others. Asian respondents are less likely than others to be affected by high blood pressure.

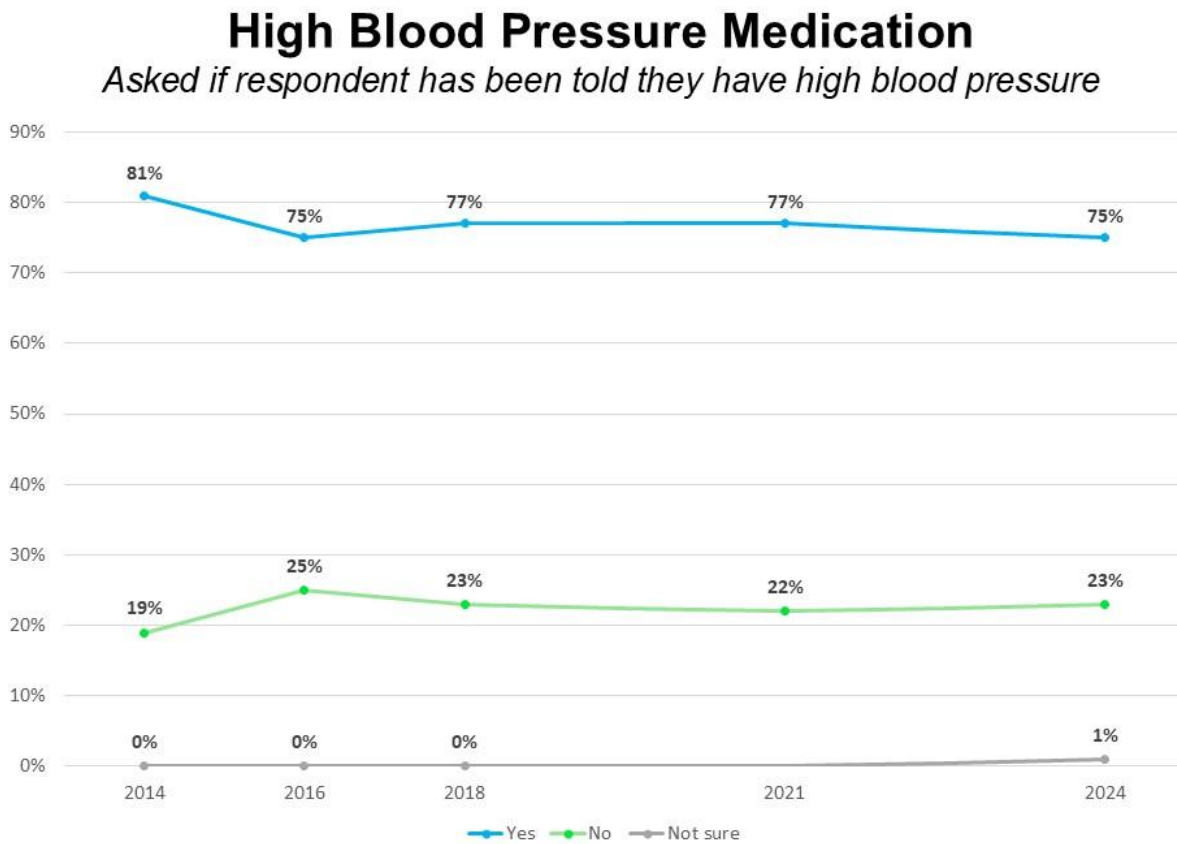
| Age Breakouts                              | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75+ |
|--|-------|-------|-------|-------|-------|-------|-----|
| Yes  | 15%   | 25%   | 31%   | 30%   | 44%   | 54%   | 63% |
| Yes, but female told only during pregnancy | 4%    | 8%    | 3%    | 3%    | 1%    | *%    | *%  |
| No   | 69%   | 55%   | 59%   | 59%   | 46%   | 39%   | 29% |
| Told borderline or pre-hypertensive        | 5%    | 3%    | 7%    | 7%    | 9%    | 7%    | 7%  |
| Don't know/ Not sure                       | 6%    | 8%    | 1%    | -     | *%    | 1%    | *%  |

| Employment Status Breakouts                | Employed | Self-Employed | Unemployed | Retired | Home-maker | Student |
|--|----------|---------------|------------|---------|------------|---------|
| Yes  | 29%      | 37%           | 42%        | 55%     | 27%        | 17%     |
| Yes, but female told only during pregnancy | 3%       | 5%            | 6%         | 1%      | 16%        | 5%      |
| No   | 60%      | 48%           | 42%        | 35%     | 51%        | 67%     |
| Told borderline or pre-hypertensive        | 6%       | 4%            | 6%         | 7%      | 5%         | 8%      |
| Don't know/ Not sure                       | 2%       | 6%            | 3%         | 1%      | -          | 3%      |

| Race and Ethnicity Breakouts               | White | African American | Asian | Hispanic | Other |
|--|-------|------------------|-------|----------|-------|
| Yes  | 38%   | 41%              | 26%   | 42%      | 37%   |
| Yes, but female told only during pregnancy | 2%    | 3%               | 6%    | 5%       | 3%    |
| No   | 51%   | 47%              | 59%   | 51%      | 37%   |
| Told borderline or pre-hypertensive        | 7%    | 4%               | 6%    | 1%       | 8%    |
| Don't know/ Not sure                       | 1%    | 4%               | 3%    | 2%       | 14%   |

### Taking Medication for High Blood Pressure

Seventy-five percent of respondents who have been told they have high blood pressure are currently taking medication. This number has held relatively steady since 2016, fluctuating between 75% and 77%.



**Q4.1A. Are you currently taking medication to help with your high blood pressure?**  
 (Question not asked in 2012.)

Older adults who have been told they have high blood pressure are more likely to be taking medication to manage it, compared to those who are younger.

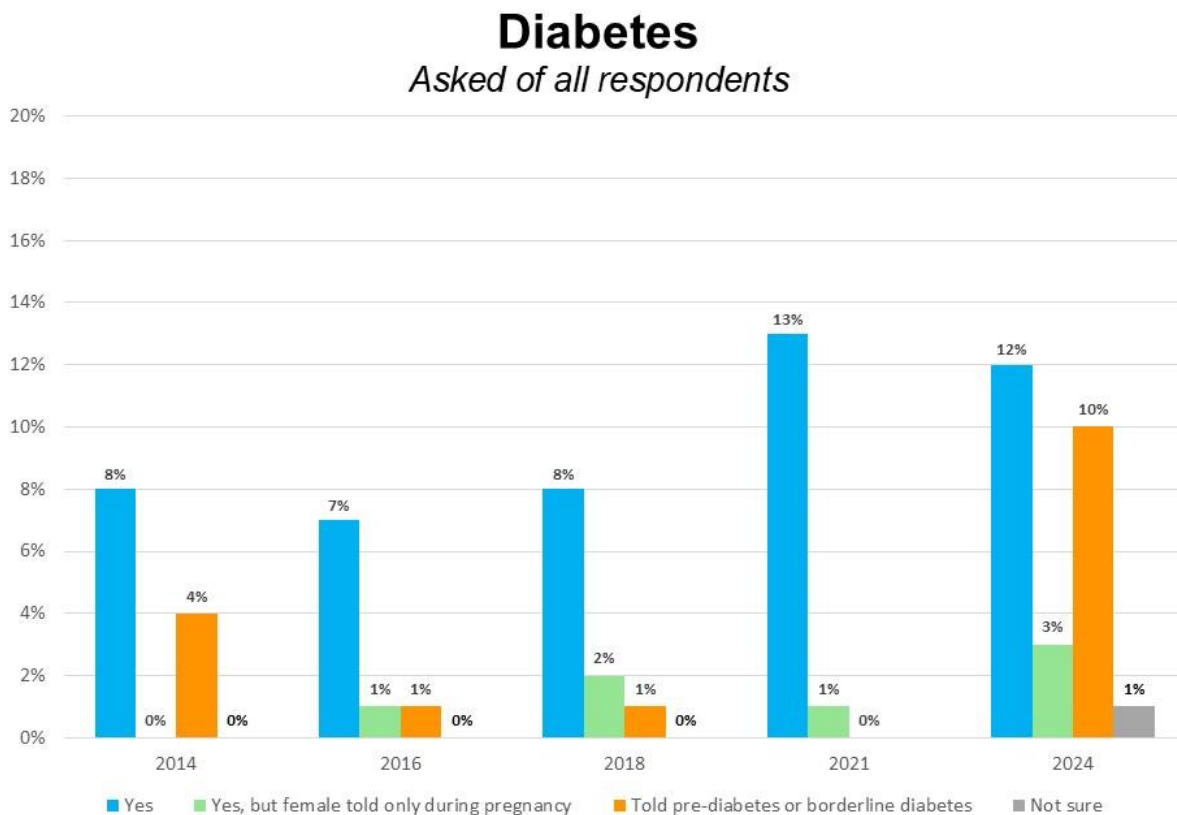
| Age Breakouts        | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75+ |
|----------------------|-------|-------|-------|-------|-------|-------|-----|
| Yes                  | 28%   | 30%   | 62%   | 82%   | 82%   | 96%   | 94% |
| No                   | 62%   | 59%   | 38%   | 18%   | 18%   | 4%    | 6%  |
| Don't know/ Not sure | 6%    | 7%    | *%    | *%    | *%    | *%    | *%  |

## Diabetes

Twelve percent of respondents in the 2024 survey indicated that they have been told they have diabetes. This response is relatively consistent with the 13% level recorded in 2021, but significantly higher than the 7% to 8% recorded in the three previous surveys. Additionally, 3% in the current survey said they were told only during pregnancy that they had diabetes.

There is a major change in the number who indicated they have been told they have pre-diabetes or borderline diabetes. That response has jumped to 10% in the 2024 survey, a shift that may be due to including that response option on screen, rather than requiring it to be volunteered.

Note that “No” responses are not included in the chart below.



**Q6.13. Diabetes is a disease where you have too much sugar (or glucose) in your blood. Have you ever been told you have diabetes?**  
 (Question not asked in 2012.)

Diabetes is more likely to affect adults who are older and those who are obese.

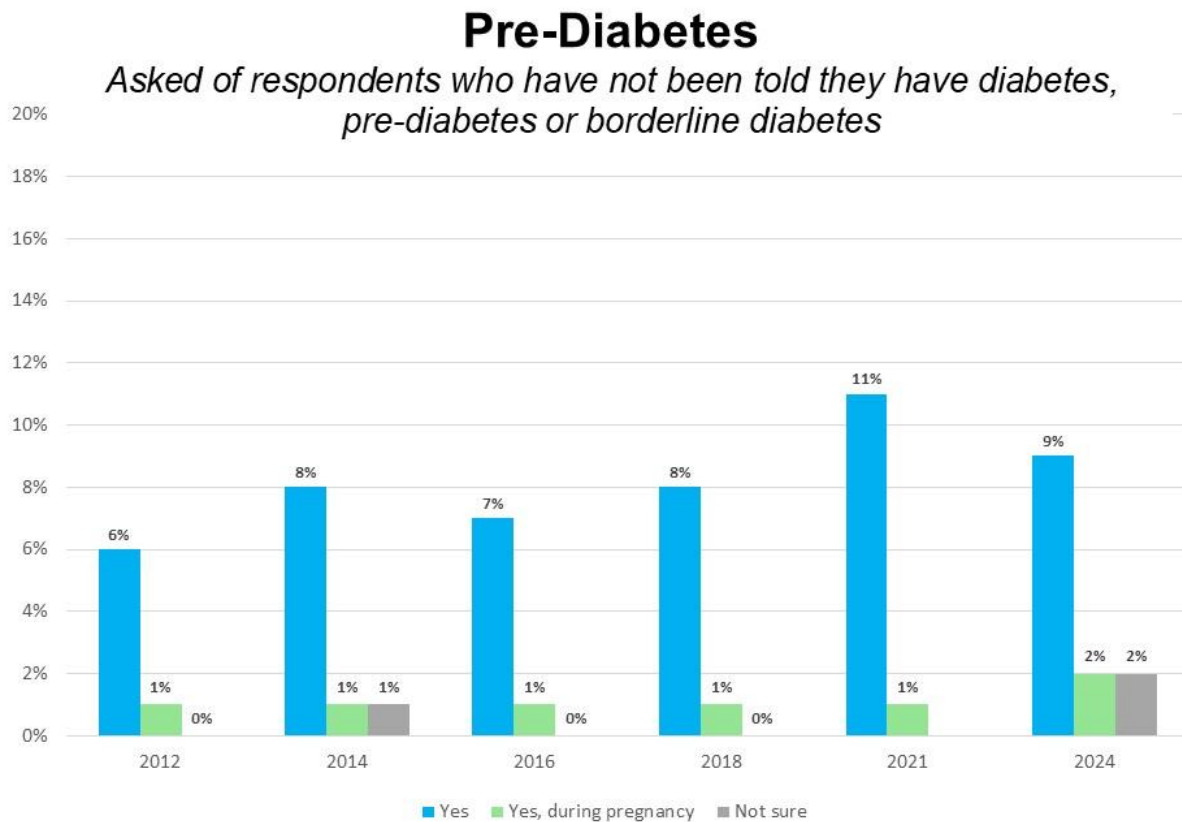
| Age Breakouts                              | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75+ |
|--|-------|-------|-------|-------|-------|-------|-----|
| Yes  | 5%    | 10%   | 13%   | 12%   | 14%   | 18%   | 17% |
| Yes, but female told only during pregnancy | 5%    | 6%    | 3%    | 2%    | 1%    | *%    | 1%  |
| No   | 81%   | 78%   | 77%   | 73%   | 73%   | 66%   | 67% |
| Told pre-diabetes or borderline diabetes   | 8%    | 3%    | 7%    | 12%   | 12%   | 15%   | 15% |
| Don't know/ Not sure                       | *%    | 2%    | *%    | *%    | *%    | *%    | *%  |

| BMI Breakouts                              | Underweight (<18.5) | Normal (18.5-24.9) | Overweight (25.0-29.9) | Obese (30.0+) |
|--|---------------------|--------------------|------------------------|---------------|
| Yes  | 8%                  | 7%                 | 10%                    | 19%           |
| Yes, but female told only during pregnancy | *%                  | 2%                 | 1%                     | 2%            |
| No   | 90%                 | 83%                | 79%                    | 63%           |
| Told pre-diabetes or borderline diabetes   | 2%                  | 8%                 | 9%                     | 16%           |
| Don't know/ Not sure                       | *%                  | *%                 | *%                     | *%            |

### Pre-Diabetes

Respondents who have never been told they have diabetes, pre-diabetes, or borderline diabetes were asked more directly if they have ever been told by a health professional that they have pre-diabetes or borderline diabetes. In response to this question, 9% said yes, with another 2% saying yes, during pregnancy.

Note that when combined with the people who indicated in the previous questions that they had been told they have pre- or borderline diabetes, the total share of Howard County’s population who have heard that diagnosis is 17% – which would represent a significant increase over previous years.



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

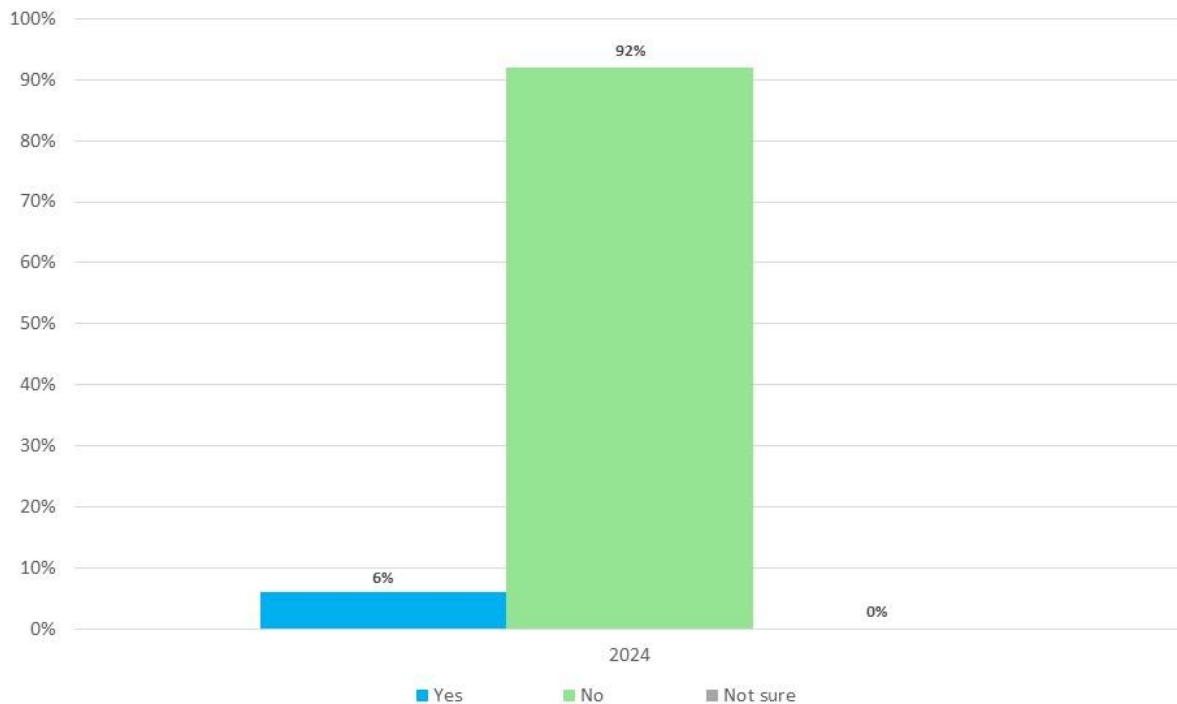
People who are obese or overweight are significantly more likely than others to be told they have pre-diabetes or borderline diabetes.

| BMI Breakouts         | Underweight (<18.5) | Normal (18.5-24.9) | Overweight (25.0-29.9) | Obese (30.0+) |
|-----------------------|---------------------|--------------------|------------------------|---------------|
| Yes                   | 1%                  | 5%                 | 9%                     | 18%           |
| Yes, during pregnancy | 2%                  | *%                 | 1%                     | 2%            |
| No                    | 95%                 | 95%                | 90%                    | 78%           |
| Don't know/ Not sure  | 2%                  | *%                 | *%                     | 2%            |

**Diabetes or Pre-Diabetes Only During Pregnancy**

Among female respondents who said they had been told they have pre-diabetes or borderline diabetes, 6% said this was only when they were pregnant.

**Diabetes During Pregnancy**  
 Asked of females who have diabetes or pre-diabetes



**M01.2B. Was this only when you were pregnant?**  
 (Question first asked in 2024.)

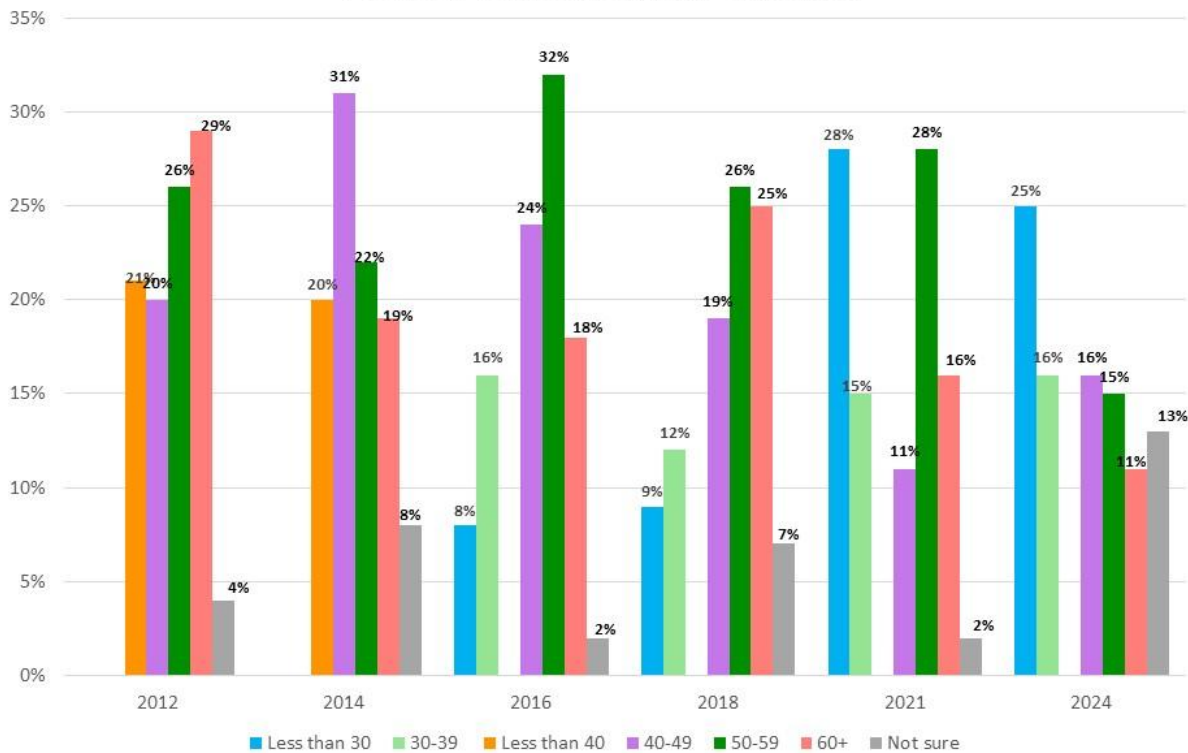
### Age at Diabetes Diagnosis

Respondents who had indicated in Question 6.13 that they had been told they have diabetes were asked how old they were when they received that diagnosis. The distribution is shown below, with 25% saying they were less than 30, 16% saying they were 30 to 39, 16% in their 40s, 15% in their 50s, and 11% over the age of 60.

Due to changing answer scales and survey methods, comparisons with previous years are difficult, but there does appear to be a general trend towards learning of a diabetes diagnosis at a younger age.

## Age at Diabetes Diagnosis

*Asked if respondent has diabetes*



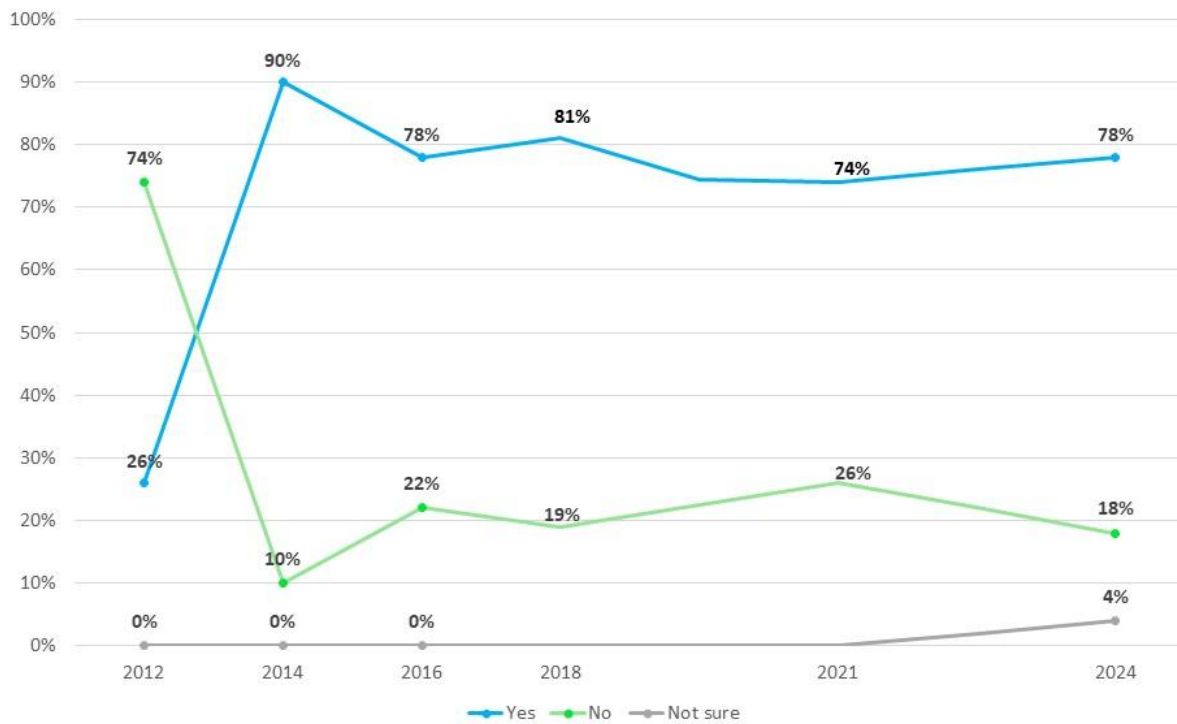
**M02.1. How old were you when you were told you have diabetes?**  
*(Different response categories used in 2012 and 2014.)*

### Taking Medicine for Diabetes

Seventy-eight percent of respondents who have been told they have diabetes are now taking insulin or another medicine to help with their diabetes. Since 2016, this number has fluctuated within a range from a low of 74% in 2021 to a high of 81% in 2018. In the 2014 survey, 90% of survey respondents said they were taking medicine for their diabetes. In the 2012 survey, the question focused on insulin specifically, which limited the number who said yes.

## Taking Medicine for Diabetes

*Asked if respondent has diabetes*



**M02.2. Are you now taking insulin or other medicine to help with your diabetes?**  
*(2012 wording: "Are you now taking insulin?")*

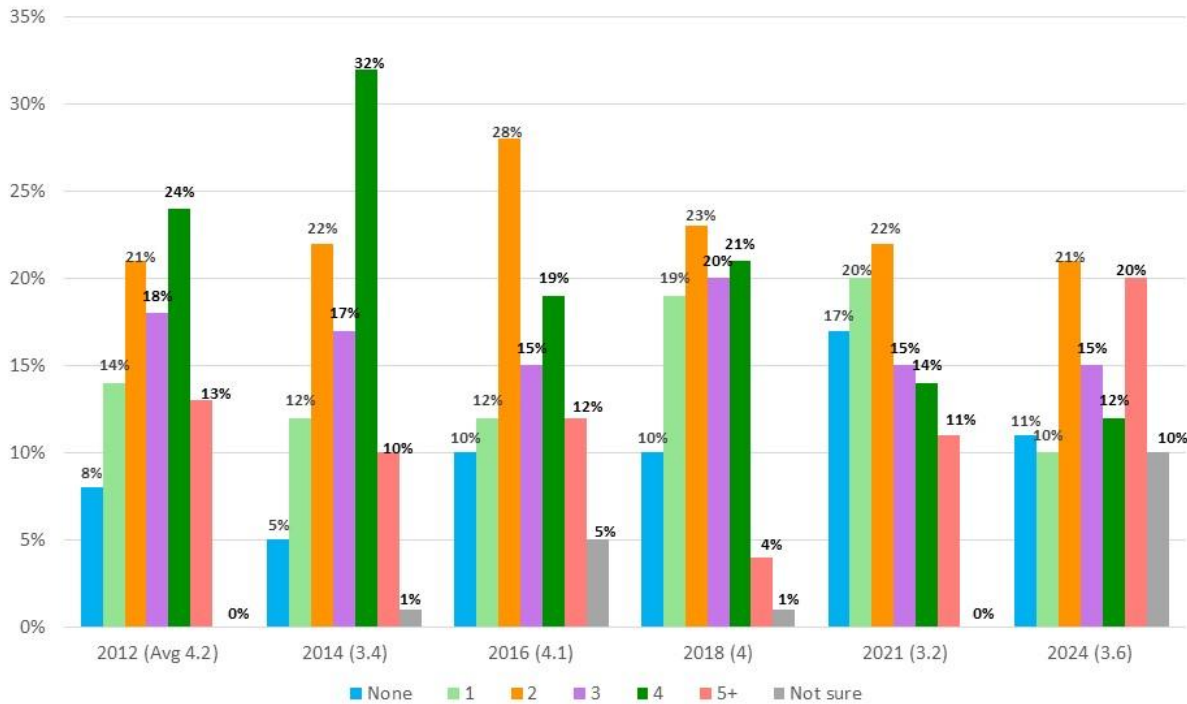


### Number of Health Care Visits for Diabetes

Respondents with diabetes estimated that they had seen a health care professional an average of 3.6 times over the past year for their diabetes. In past surveys, the average has varied from a low of 3.2 (in 2021) to a high of 4.2 (in 2012).

## Health Care Visits for Diabetes

*Asked if respondent has diabetes*

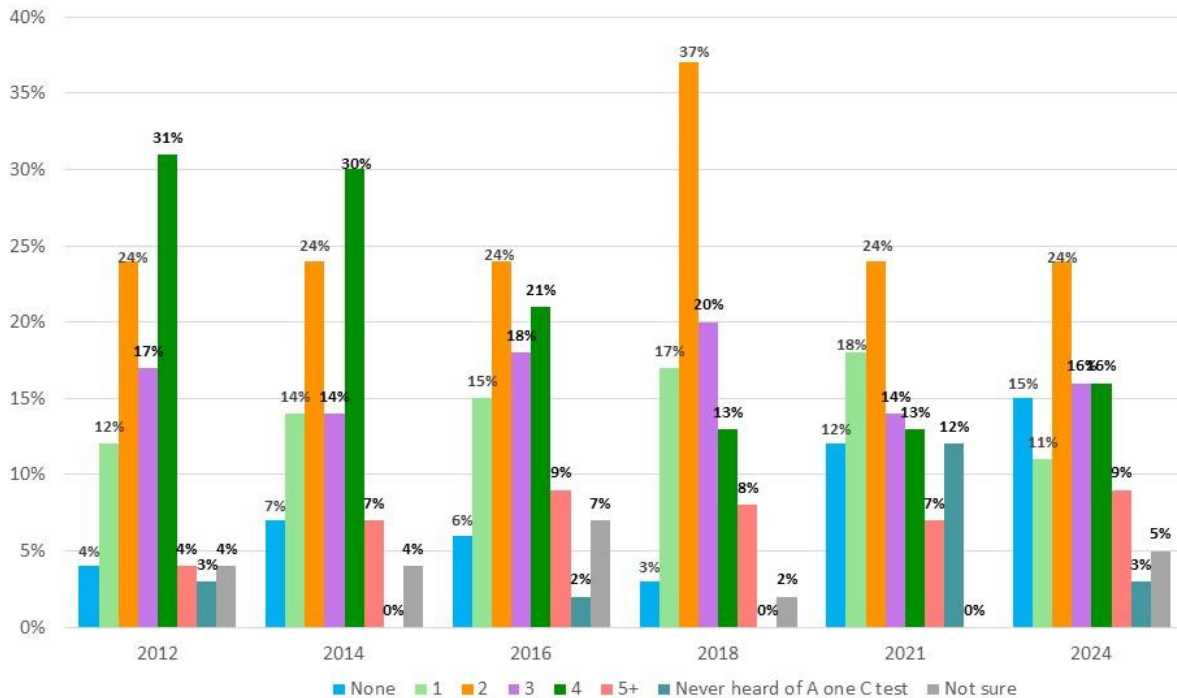


**M02.5. About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?**

### Number of Times A1C Tested

Respondents with diabetes said they had a health professional check their A1C an average of 3.9 times over the past year. The distribution of times checked is illustrated in the chart below. An average was not computed in prior survey years.

**Times A1C Tested**  
 Asked if respondent has diabetes



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

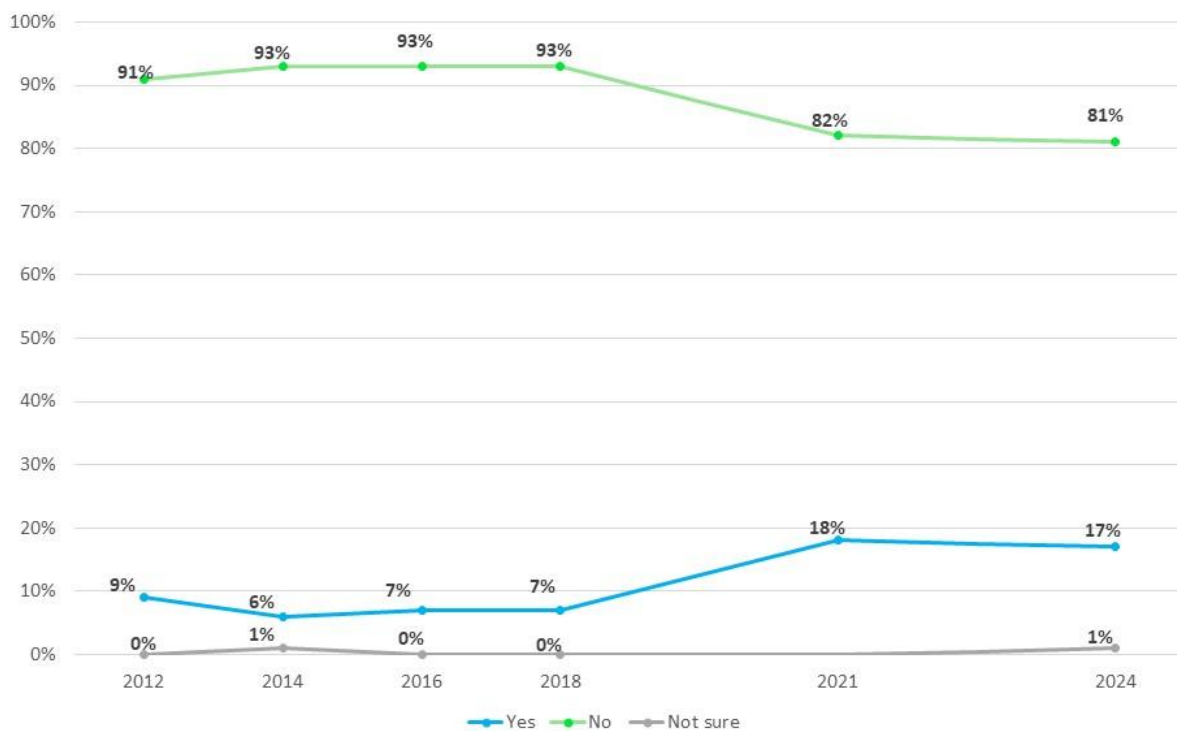
## Children’s Health

The Children’s Health section discusses issues of overweight, asthma, and breastfeeding.

### Told That Your Child Should Lose Weight

Seventeen percent of people with children have been told by a health care professional that a child in their household should lose weight. Considering the survey’s margin of sampling error, the current number is equivalent to the 18% measured in 2021, but is significantly higher than numbers recorded in previous surveys, which ranged from 6% to 9%.

### Told Child Should Lose Weight Asked if respondent has children in home



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

African American, Hispanic, and parents of other races or ethnicities are significantly more likely than White or Asian parents to have been told their child should lose weight. There are not consistent relationships with other indicators, such as socio-economic status.

| Race and Ethnicity Breakouts | White | African American | Asian | Hispanic | Other |
|------------------------------|-------|------------------|-------|----------|-------|
| Yes                          | 19%   | 27%              | 11%   | 43%      | 45%   |
| No                           | 80%   | 70%              | 86%   | 57%      | 55%   |
| Don't know/ Not sure         | 1%    | 3%               | 2%    | *%       | *%    |

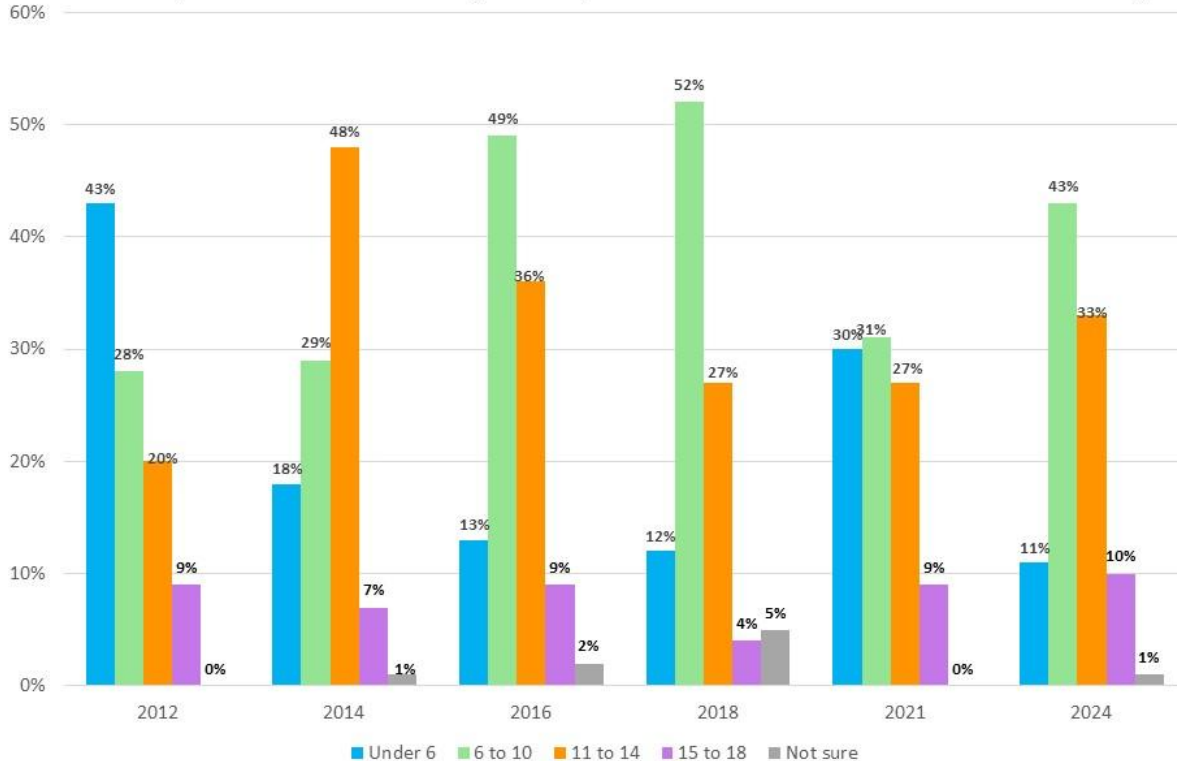
### Age of Child Needing to Lose Weight

Among those who had been told by a health care professional that their child needs to lose weight, 11% were younger than age 6, 43% were aged 6 to 10, 33% were 11 to 14, and 10% were 15 to 18 years old.

Looking back at previous surveys, these numbers have varied greatly, at least in part because the small sample size for this question creates the possibility of statistical volatility.

## Age of Child Needing to Lose Weight

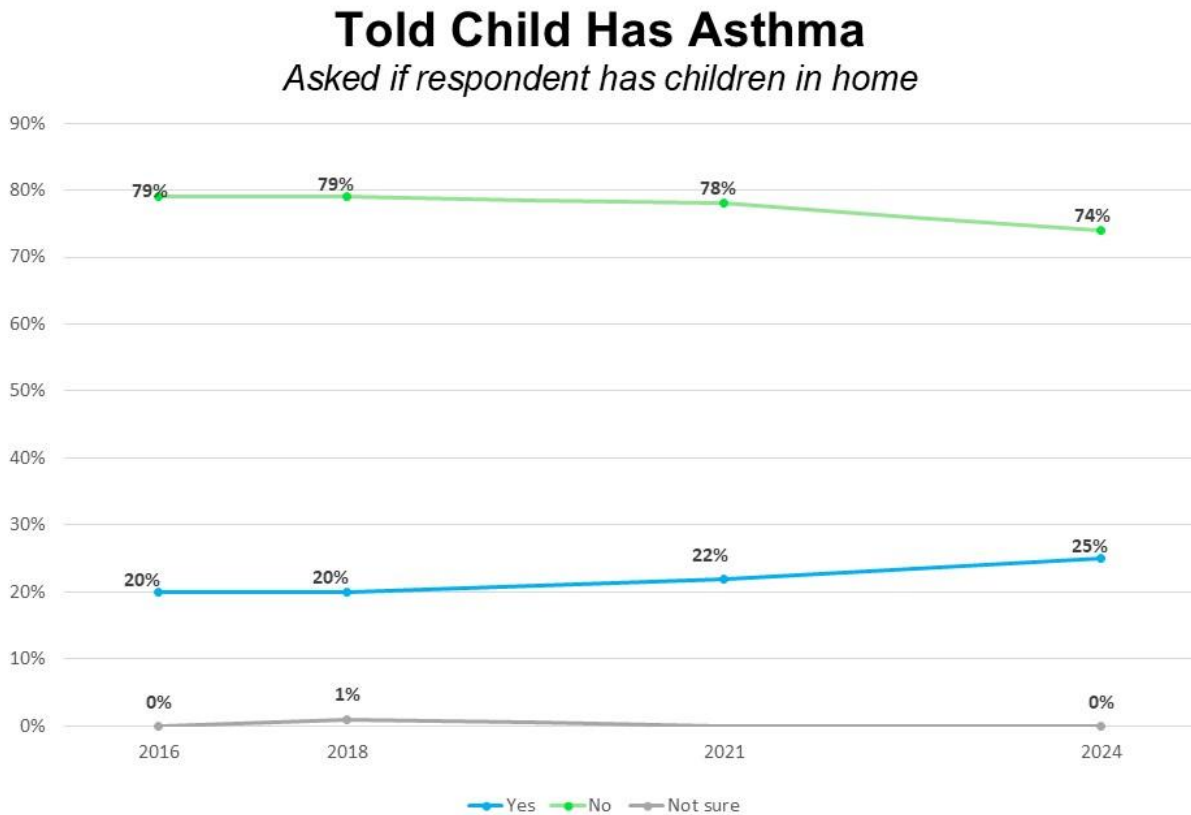
*Asked if respondent has been told by health professional that their child needs to lose weight*



**Q8.7B. How young was your child or what was the youngest age of any of your children when you were told they should lost weight? Under 6, 6 to 10, 11 to 14, or 15 to 18?**

### Asthma in Children

The incidence of asthma in children appears to be on the rise in Howard County. Twenty-five percent in the 2024 survey said a health care professional has told them that a child in their household has asthma, which is up from 20% in 2016 and 2018, and from 22% in 2021.



**Q8.7C. Has a doctor or other health care provider ever told you that any child in your household had asthma (a tightening of the airway that makes it hard to breathe)?**  
*(Question not asked in 2012 and 2014.)*

*(continued, next page)*

Hispanic, African American, and parents of other races or ethnicities are significantly more likely to have been told their child has asthma. Asthma affects children in households of various income levels.

| Race and Ethnicity Breakouts | White | African American | Asian | Hispanic | Other |
|------------------------------|-------|------------------|-------|----------|-------|
| Yes                          | 26%   | 34%              | 21%   | 46%      | 48%   |
| No                           | 74%   | 65%              | 79%   | 54%      | 48%   |
| Don't know/ Not sure         | *%    | *%               | *%    | *%       | *%    |

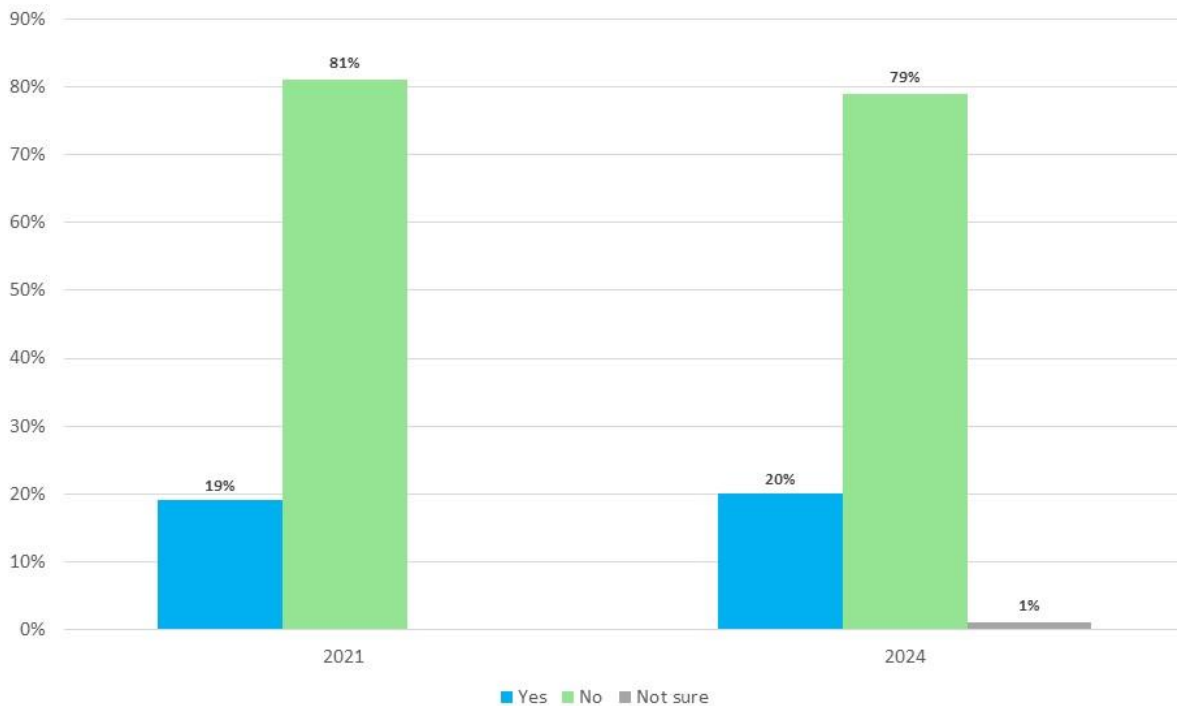
| Household Income Breakouts | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|----------------------------|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| Yes                        | 14%                | 35%               | 26%               | 21%               | 33%                 | 35%                 | 18%               |
| No                         | 86%                | 65%               | 74%               | 79%               | 67%                 | 65%                 | 82%               |
| Don't know/ Not sure       | *%                 | *%                | *%                | *%                | *%                  | 1%                  | *%                |

### Incidence of Breastfeeding

Twenty percent of the respondents with children at home said they had breastfed or provided breast milk to their child within the past three years. This is consistent with the 19% recorded in 2021.

## Breastfeeding or Providing Breast Milk

*Asked if respondent has children in home*



**Q8.7F. Have you breastfed or provided breast milk to your child within the past 3 years?**  
*(Question first asked in 2021.)*

*(continued, next page)*

Based on these survey results, breastfeeding is more common in Hispanic households than others. It is also somewhat more likely in higher-income households regardless of race or ethnicity, as well as among people with higher educational attainment. (Though the number among those with less than a high school diploma also appears high, the difference does not rise to a statistically significant level.)

| Race and Ethnicity Breakouts | White | African American | Asian | Hispanic | Other |
|------------------------------|-------|------------------|-------|----------|-------|
| Yes                          | 25%   | 18%              | 18%   | 45%      | 26%   |
| No                           | 74%   | 81%              | 82%   | 51%      | 27%   |

| Household Income Breakouts | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|----------------------------|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| Yes                        | 10%                | 23%               | 11%               | 8%                | 19%                 | 34%                 | 24%               |
| No                         | 90%                | 77%               | 89%               | 87%               | 81%                 | 66%                 | 76%               |

| Educational Attainment Breakouts | Less than 12 <sup>th</sup> Grade | High School Diploma/GED | Attended College | Bachelor's Degree | Post-Graduate |
|----------------------------------|----------------------------------|-------------------------|------------------|-------------------|---------------|
| Yes                              | 30%                              | 10%                     | 8%               | 20%               | 25%           |
| No                               | 63%                              | 90%                     | 92%              | 78%               | 75%           |

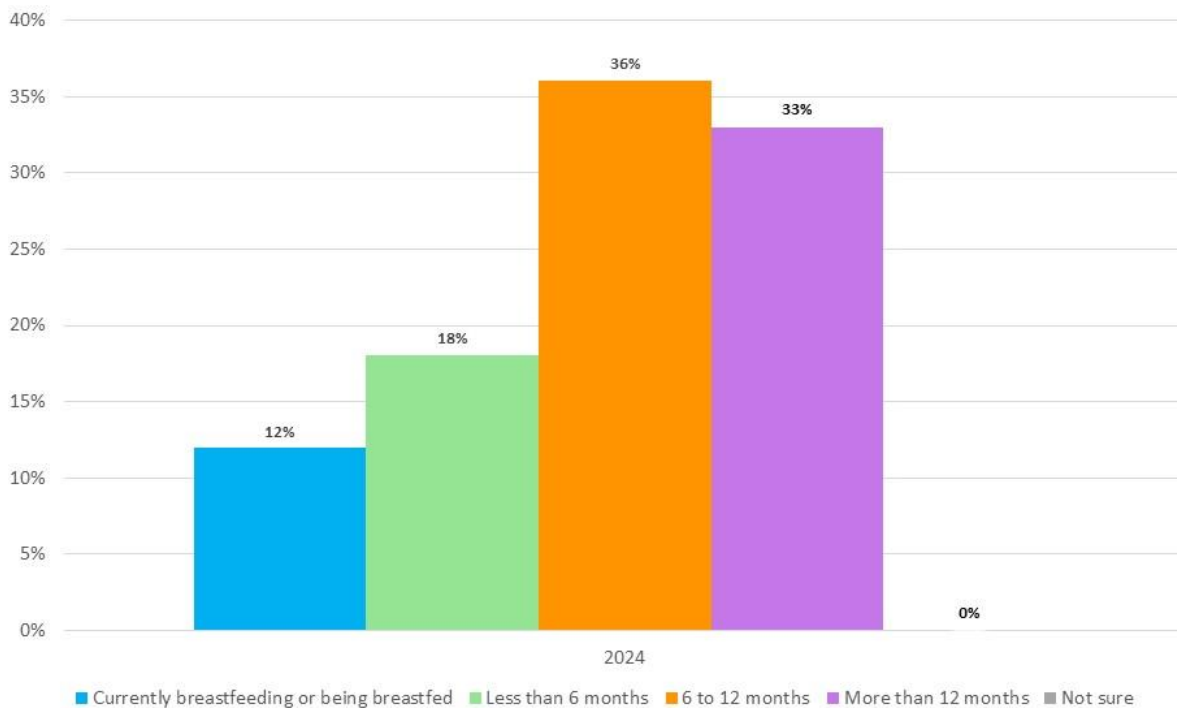


### Longest Period of Time Breastfeeding

In a new question on the 2024 survey, respondents who said they had breastfed or provided breast milk were asked the longest period of time they had done so. Twelve percent said they were currently breastfeeding, 18% said they breastfed for less than six months, 36% for six to 12 months, and 33% for longer than 12 months.

## Longest Period of Time Breastfeeding

Asked of respondents who breastfed or provided breast milk to a child within the past 3 years



**Q8.7H. What was the longest period of time you breastfed or provided breastmilk to your child?**  
(Question first asked in 2024.)

## Health-Related Social Needs

The health-related social needs section addresses food insecurity, financial worries and ability to afford basic living expenses, and stability of living situation and adequacy of housing.

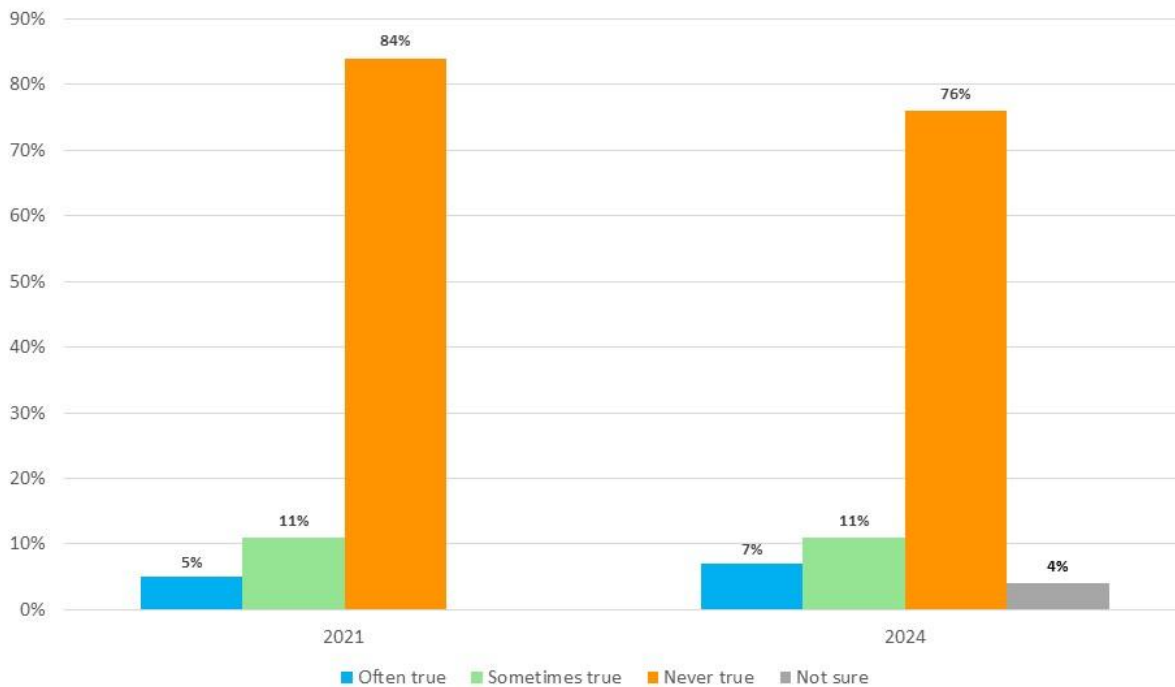
### Worrying About Running Out of Food

Seven percent of respondents said they have “often” worried in the past 12 months that their food would run out before they had the money to buy more; 11% said they “sometimes” worried about that. This totals 18% of respondents who worry about affording food. Another 4% said they were not sure, and 2% (not shown in the chart) preferred not to answer the question, suggesting there could be others beyond the 18% worrying about food insecurity.

In 2021, the number who worried about food running out was slightly lower (16%), while those who said they *never* experienced those worries totaled 84% of respondents – eight percentage points higher – suggesting that this problem may have worsened.

## Worry About Running Out of Food

*Asked of all respondents*



**M28.0. During the past 12 months, how often was your family worried that your food would run out before you got money to buy more?**  
*(Question not asked 2012-2018.)*

Worry about running out of food disproportionately affects younger people; African American, Hispanic, and others who are not White or Asian; people in households with lower to moderate income; and those who are unemployed, self-employed, or homemakers.

| Age Breakouts        | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75+ |
|----------------------|-------|-------|-------|-------|-------|-------|-----|
| Often true           | 7%    | 15%   | 10%   | 4%    | 3%    | 1%    | *%  |
| Sometimes true       | 16%   | 18%   | 16%   | 11%   | 8%    | 2%    | 3%  |
| Never true           | 68%   | 52%   | 69%   | 82%   | 87%   | 96%   | 95% |
| Don't know/ Not sure | 5%    | 10%   | 4%    | 2%    | 1%    | *%    | 1%  |

| Race and Ethnicity Breakouts | White | African American | Asian | Hispanic | Other |
|------------------------------|-------|------------------|-------|----------|-------|
| Often true                   | 5%    | 14%              | 8%    | 23%      | 18%   |
| Sometimes true               | 7%    | 19%              | 10%   | 29%      | 18%   |
| Never true                   | 84%   | 59%              | 74%   | 44%      | 52%   |
| Don't know/ Not sure         | 3%    | 5%               | 5%    | 3%       | 8%    |

| Household Income Breakouts | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|----------------------------|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| Often true                 | 17%                | 10%               | 11%               | 3%                | 9%                  | 7%                  | *%                |
| Sometimes true             | 30%                | 22%               | 20%               | 12%               | 10%                 | 3%                  | 3%                |
| Never true                 | 45%                | 57%               | 65%               | 80%               | 79%                 | 87%                 | 96%               |
| Don't know/ Not sure       | 6%                 | 6%                | 4%                | 4%                | 2%                  | 1%                  | 1%                |

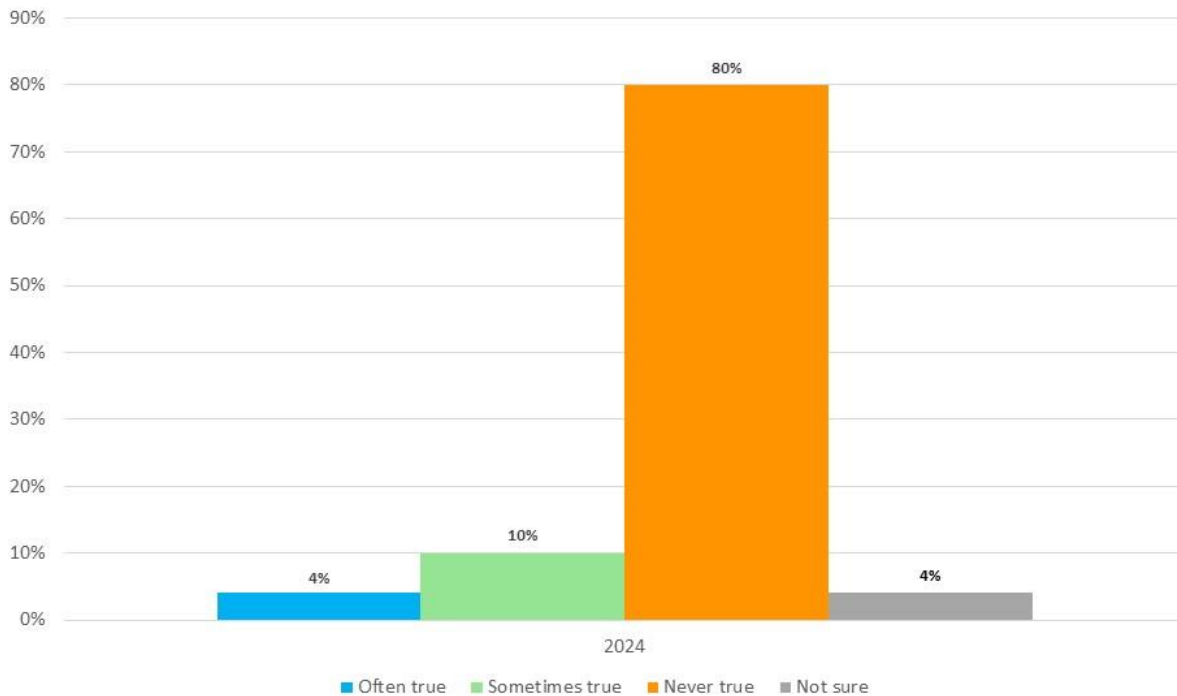
| Employment Status Breakouts | Employed | Self-Employed | Unemployed | Retired | Home-maker | Student |
|-----------------------------|----------|---------------|------------|---------|------------|---------|
| Often true                  | 6%       | 6%            | 23%        | 1%      | 2%         | 10%     |
| Sometimes true              | 11%      | 18%           | 24%        | 4%      | 18%        | 12%     |
| Never true                  | 79%      | 66%           | 46%        | 93%     | 80%        | 62%     |
| Don't know/ Not sure        | 3%       | 9%            | 4%         | 1%      | *%         | 9%      |

### Not Having Enough Money to Buy Food

In a new question in 2024, 4% of respondents said the food they bought “often” did not last until they had money to buy more, and another 10% said that “sometimes” happened. Four percent said they were not sure, and 2% chose not to answer the question.

## Food Did Not Last and Did Not Have Money for More

*Asked of all respondents*



**M28.01. During the past 12 months, how often did the food your family bought not last and you did not have money to get more?**  
 (Question first asked in 2024.)

Those who actually did experience their food running out were more likely to be Hispanic, younger, have lower levels of household income, and/or lower educational attainment.

| Race and Ethnicity Breakouts | White | African American | Asian | Hispanic | Other |
|------------------------------|-------|------------------|-------|----------|-------|
| Often true                   | 3%    | 7%               | 3%    | 21%      | 12%   |
| Sometimes true               | 7%    | 19%              | 7%    | 17%      | 18%   |
| Never true                   | 86%   | 65%              | 81%   | 51%      | 53%   |
| Don't know/ Not sure         | 2%    | 8%               | 7%    | 9%       | 15%   |

| Age Breakouts        | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75+ |
|----------------------|-------|-------|-------|-------|-------|-------|-----|
| Often true           | 3%    | 8%    | 9%    | 2%    | 2%    | *%    | *%  |
| Sometimes true       | 11%   | 14%   | 15%   | 9%    | 8%    | 2%    | 2%  |
| Never true           | 73%   | 61%   | 72%   | 85%   | 90%   | 97%   | 97% |
| Don't know/ Not sure | 7%    | 14%   | 2%    | 1%    | 1%    | *%    | *%  |

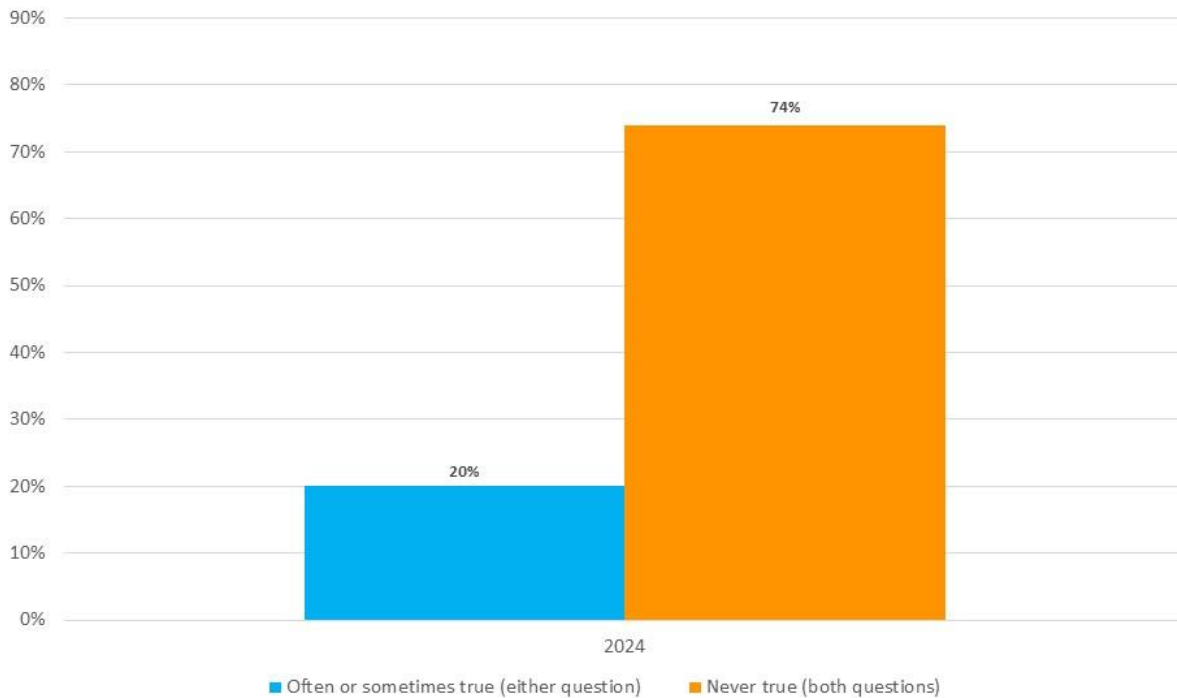
| Household Income Breakouts | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|----------------------------|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| Often true                 | 12%                | 5%                | 5%                | 1%                | 4%                  | 8%                  | 1%                |
| Sometimes true             | 26%                | 22%               | 10%               | 10%               | 11%                 | 3%                  | 1%                |
| Never true                 | 53%                | 63%               | 76%               | 84%               | 83%                 | 86%                 | 96%               |
| Don't know/ Not sure       | 5%                 | 10%               | 7%                | 2%                | 2%                  | 1%                  | 2%                |

| Educational Attainment Breakouts | Less than 12 <sup>th</sup> Grade | High School Diploma/GED | Attended College | Bachelor's Degree | Post-Graduate |
|----------------------------------|----------------------------------|-------------------------|------------------|-------------------|---------------|
| Often true                       | 14%                              | 8%                      | 4%               | 3%                | 2%            |
| Sometimes true                   | 26%                              | 19%                     | 15%              | 5%                | 3%            |
| Never true                       | 35%                              | 64%                     | 73%              | 91%               | 92%           |
| Don't know/ Not sure             | 13%                              | 8%                      | 5%               | 1%                | 1%            |

### Hunger Vital Sign™

The survey replicated a widely used food security screening measure developed by Children’s Health Watch and known as the Hunger Vital Sign™. This tool aggregates the two questions just discussed, creating a measure of food insecurity risk based on the number of households who answered “often true” or “sometimes true” for either or both of these questions. For Howard County in 2024, the aggregated measure is 20%.

### Hunger Vital Sign™ Net of Questions M28.0 & M28.01



**M28.0. During the past 12 months, how often was your family worried that your food would run out before you got money to buy more? M28.01. During the past 12 months, how often did the food your family bought not last and you did not have money to get more?**

Food insecurity risk is greater in Columbia, Ellicridge, and Laurel. It is more likely to affect younger respondents, particularly those in the 25-to-34 age group. It affects Hispanic, African American, and respondents of other races and ethnicities more than White and Asian respondents. People with lower household incomes and lower levels of educational attainment are more likely to be at risk for food insecurity, as are respondents who are unemployed or self-employed.

| Planning District Breakouts | West County | Ellicott City | Columbia | Elkridge | Laurel |
|-----------------------------|-------------|---------------|----------|----------|--------|
| Often + Sometimes true      | 14%         | 10%           | 27%      | 24%      | 25%    |

| Age Breakouts          | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75+ |
|------------------------|-------|-------|-------|-------|-------|-------|-----|
| Often + Sometimes true | 25%   | 37%   | 29%   | 18%   | 13%   | 4%    | 5%  |

| Race and Ethnicity Breakouts | White | African American | Asian | Hispanic | Other |
|------------------------------|-------|------------------|-------|----------|-------|
| Often + Sometimes true       | 14%   | 37%              | 19%   | 54%      | 42%   |

| Household Income Breakouts | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|----------------------------|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| Often + Sometimes true     | 53%                | 39%               | 33%               | 16%               | 21%                 | 12%                 | 3%                |

| Educational Attainment Breakouts | Less than 12 <sup>th</sup> Grade | High School Diploma/GED | Attended College | Bachelor's Degree | Post-Graduate |
|----------------------------------|----------------------------------|-------------------------|------------------|-------------------|---------------|
| Often + Sometimes true           | 57%                              | 43%                     | 25%              | 11%               | 8%            |

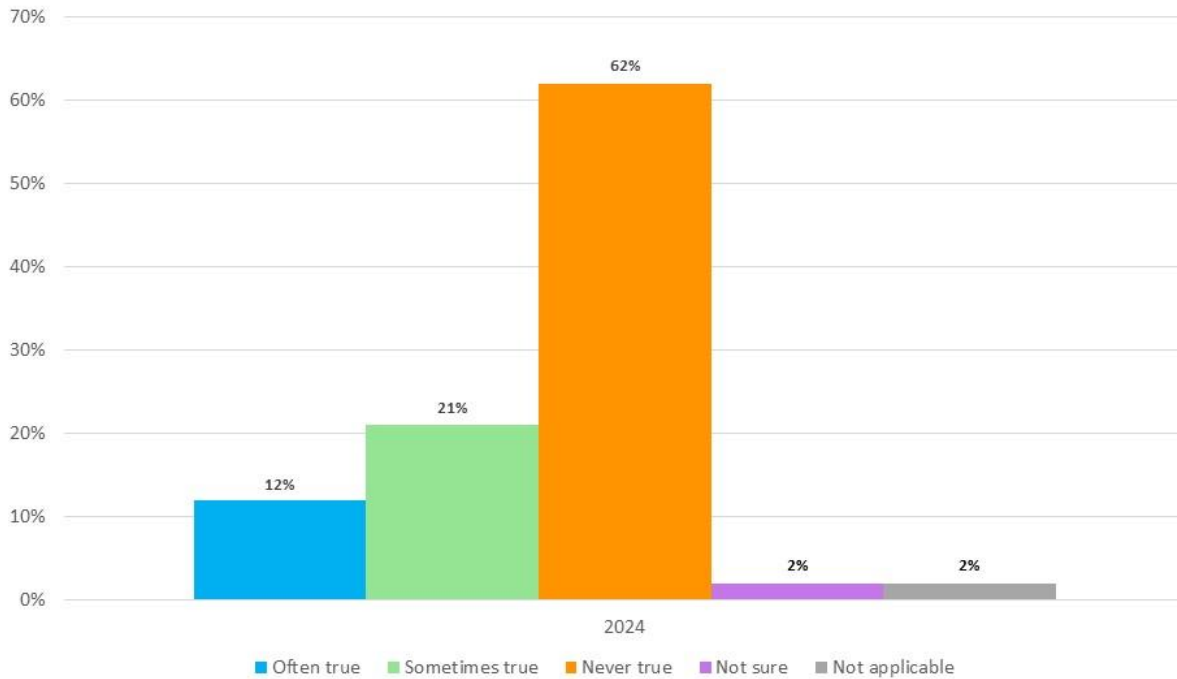
| Employment Status Breakouts | Employed | Self-Employed | Unemployed | Retired | Home-maker | Student |
|-----------------------------|----------|---------------|------------|---------|------------|---------|
| Often + Sometimes true      | 19%      | 28%           | 51%        | 7%      | 22%        | 23%     |

### Having Enough Money to Pay Vital Expenses

Twelve percent said they “often” were worried or stressed in the past 12 months about not having enough money to pay “vital expenses like your rent, mortgage, or food.” Another 21% said they were “sometimes” worried or stressed about that, bringing the total to 33% who have experienced worries about paying vital living expenses.

## Worried or Stressed About Money for Vital Expenses

*Asked of all respondents*



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

Worry or stress about having enough money for vital expenses is greatest in the 25-to-44 age span; among respondents who are not White or Asian; those with household incomes under \$50,000 a year; those who are unemployed or self-employed; and those who are divorced, never married or in an unmarried couple.

| Age Breakouts        | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75+ |
|----------------------|-------|-------|-------|-------|-------|-------|-----|
| Often true           | 7%    | 19%   | 18%   | 12%   | 10%   | 5%    | 2%  |
| Sometimes true       | 29%   | 33%   | 22%   | 20%   | 19%   | 8%    | 8%  |
| Never true           | 53%   | 37%   | 56%   | 65%   | 69%   | 86%   | 89% |
| Don't know/ Not sure | 2%    | 4%    | 2%    | *%    | *%    | *%    | *%  |



| Race and Ethnicity Breakouts | White | African American | Asian | Hispanic | Other |
|------------------------------|-------|------------------|-------|----------|-------|
| Often true                   | 11%   | 21%              | 5%    | 26%      | 22%   |
| Sometimes true               | 18%   | 31%              | 20%   | 32%      | 36%   |
| Never true                   | 68%   | 42%              | 67%   | 38%      | 28%   |
| Don't know/ Not sure         | 1%    | 3%               | 1%    | 3%       | 5%    |

| Household Income Breakouts | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|----------------------------|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| Often true                 | 30%                | 25%               | 14%               | 11%               | 12%                 | 6%                  | 2%                |
| Sometimes true             | 34%                | 35%               | 29%               | 21%               | 23%                 | 16%                 | 10%               |
| Never true                 | 30%                | 35%               | 52%               | 62%               | 61%                 | 76%                 | 85%               |
| Don't know/ Not sure       | 2%                 | *%                | 1%                | 4%                | 1%                  | *%                  | 1%                |

| Employment Status Breakouts | Employed | Self-Employed | Unemployed | Retired | Home-maker | Student |
|-----------------------------|----------|---------------|------------|---------|------------|---------|
| Often true                  | 12%      | 19%           | 25%        | 3%      | 8%         | 8%      |
| Sometimes true              | 22%      | 17%           | 42%        | 10%     | 14%        | 22%     |
| Never true                  | 61%      | 55%           | 31%        | 84%     | 74%        | 54%     |
| Don't know/ Not sure        | 2%       | 3%            | *%         | 2%      | *%         | 2%      |

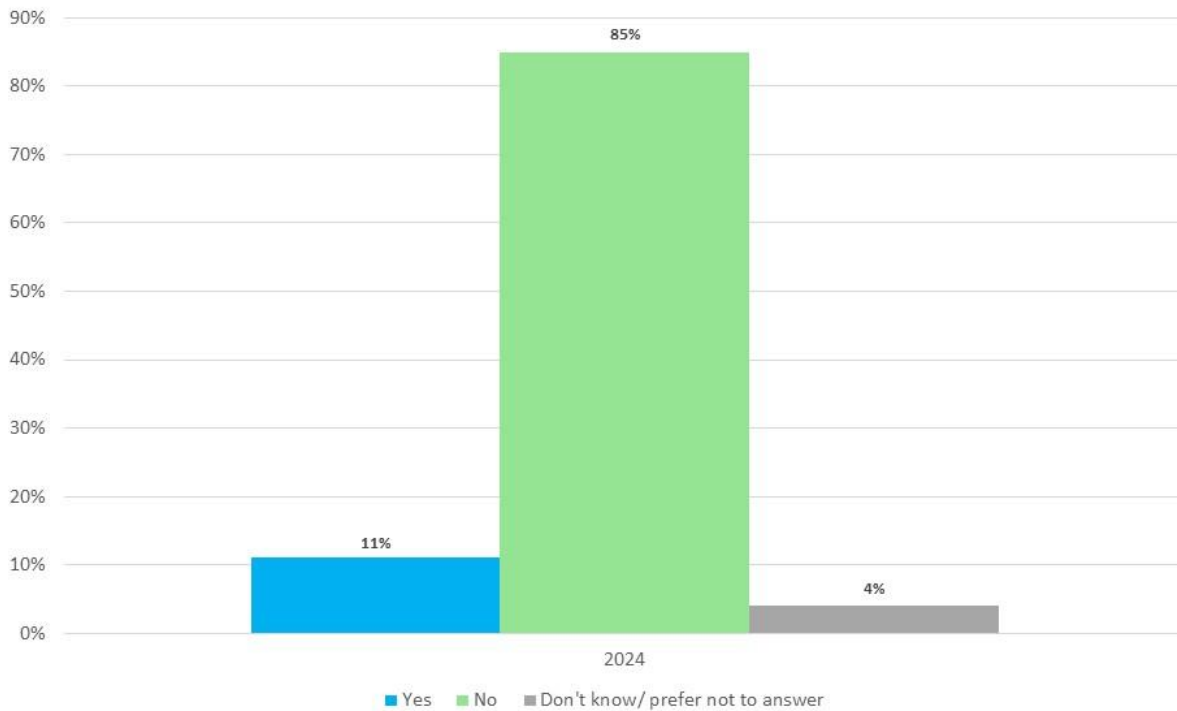
| Marital Status Breakouts | Married | Divorced/ Separated | Widowed | Never Married | Unmarried Couple |
|--------------------------|---------|---------------------|---------|---------------|------------------|
| Often true               | 7%      | 22%                 | 8%      | 16%           | 18%              |
| Sometimes true           | 17%     | 21%                 | 18%     | 29%           | 22%              |
| Never true               | 72%     | 52%                 | 74%     | 48%           | 48%              |
| Don't know/ Not sure     | 1%      | 2%                  | *%      | 3%            | *%               |

### Sought Food Assistance

In a new question in 2024, 11% of respondents said they or others they live with had gone to the food bank or a local food pantry for food. Four percent said they did not know or preferred not to answer.

## Gone to Food Bank/Local Food Pantry for Food

*Asked of all respondents*



**AF1. In the past year, have you or others you live with gone to the food bank or a local food pantry for food?**  
*(Question first asked in 2024.)*

People who have sought food assistance in the past year are more likely to be aged 25 to 44; African American, Hispanic, or of other races and ethnicities; have lower household incomes and educational attainment; or be unemployed and self-employed.

| Age Breakouts                 | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75+ |
|-------------------------------|-------|-------|-------|-------|-------|-------|-----|
| Yes                           | 10%   | 19%   | 22%   | 7%    | 10%   | 2%    | 3%  |
| No                            | 82%   | 73%   | 77%   | 88%   | 89%   | 97%   | 97% |
| Don't know/ Prefer not to say | 8%    | 8%    | 1%    | 6%    | 1%    | *%    | *%  |

| Race and Ethnicity Breakouts  | White | African American | Asian | Hispanic | Other |
|-------------------------------|-------|------------------|-------|----------|-------|
| Yes                           | 10%   | 25%              | 5%    | 35%      | 31%   |
| No                            | 88%   | 71%              | 89%   | 62%      | 59%   |
| Don't know/ Prefer not to say | 2%    | 4%               | 6%    | 3%       | 10%   |

| Household Income Breakouts    | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|-------------------------------|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| Yes                           | 40%                | 21%               | 15%               | 7%                | 6%                  | 11%                 | 1%                |
| No                            | 53%                | 78%               | 78%               | 90%               | 91%                 | 86%                 | 97%               |
| Don't know/ Prefer not to say | 7%                 | 1%                | 6%                | 3%                | 3%                  | 3%                  | 2%                |

| Educational Attainment Breakouts | Less than 12 <sup>th</sup> Grade | High School Diploma/GED | Attended College | Bachelor's Degree | Post-Graduate |
|----------------------------------|----------------------------------|-------------------------|------------------|-------------------|---------------|
| Yes                              | 38%                              | 25%                     | 13%              | 5%                | 5%            |
| No                               | 44%                              | 68%                     | 83%              | 94%               | 95%           |
| Don't know/ Prefer not to say    | 18%                              | 7%                      | 4%               | 2%                | *%            |

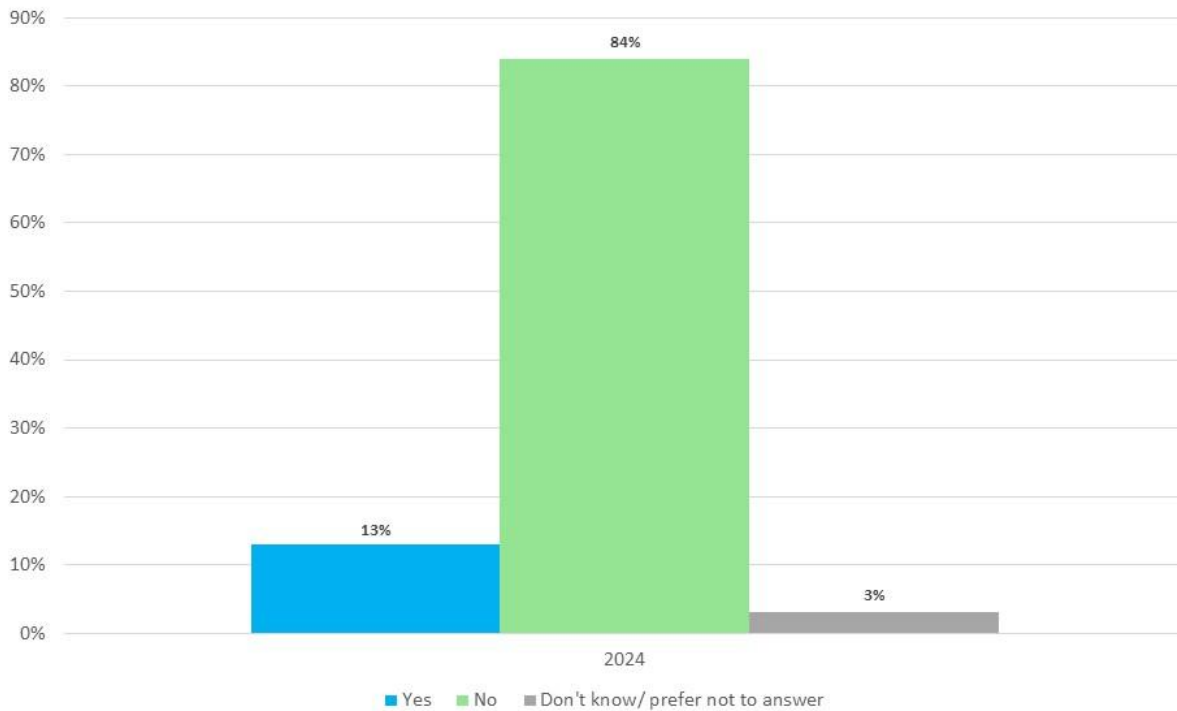
| Employment Status Breakouts   | Employed | Self-Employed | Unemployed | Retired | Home-maker | Student |
|-------------------------------|----------|---------------|------------|---------|------------|---------|
| Yes                           | 9%       | 22%           | 28%        | 3%      | 13%        | 16%     |
| No                            | 88%      | 75%           | 64%        | 95%     | 73%        | 73%     |
| Don't know/ Prefer not to say | 2%       | 3%            | 8%         | 2%      | 14%        | 10%     |

### Needed Help Paying Utilities

Thirteen percent said they or others they live with needed help to pay for utilities. Three percent said they were not sure or preferred not to answer.

## Needed Help Paying for Utilities

*Asked of all respondents*



**AF2. In the past year, have you or others you live with needed help to pay for your utilities like gas and electric?**  
*(Question first asked in 2024.)*

Respondents between the ages of 25 and 44 are significantly more likely to have needed help with their utilities compared to other age groups, as are African American, Hispanic, and other respondents who are not White or Asian. There is a strong inverse correlation with household income and educational attainment. Respondents who are unemployed, self-employed, or homemakers are more likely than others to have needed help with utilities.

| Age Breakouts                 | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75+ |
|-------------------------------|-------|-------|-------|-------|-------|-------|-----|
| Yes                           | 13%   | 24%   | 21%   | 12%   | 6%    | 2%    | 2%  |
| No                            | 82%   | 71%   | 78%   | 86%   | 93%   | 98%   | 98% |
| Don't know/ Prefer not to say | 5%    | 4%    | 1%    | 2%    | 1%    | *%    | *%  |

| Race and Ethnicity Breakouts  | White | African American | Asian | Hispanic | Other |
|-------------------------------|-------|------------------|-------|----------|-------|
| Yes                           | 9%    | 27%              | 14%   | 37%      | 26%   |
| No                            | 90%   | 70%              | 83%   | 62%      | 67%   |
| Don't know/ Prefer not to say | 1%    | 3%               | 2%    | 1%       | 7%    |

| Household Income Breakouts    | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|-------------------------------|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| Yes                           | 36%                | 23%               | 22%               | 12%               | 9%                  | 10%                 | 2%                |
| No                            | 59%                | 75%               | 75%               | 86%               | 90%                 | 88%                 | 97%               |
| Don't know/ Prefer not to say | 5%                 | 1%                | 3%                | 2%                | 1%                  | 1%                  | 1%                |

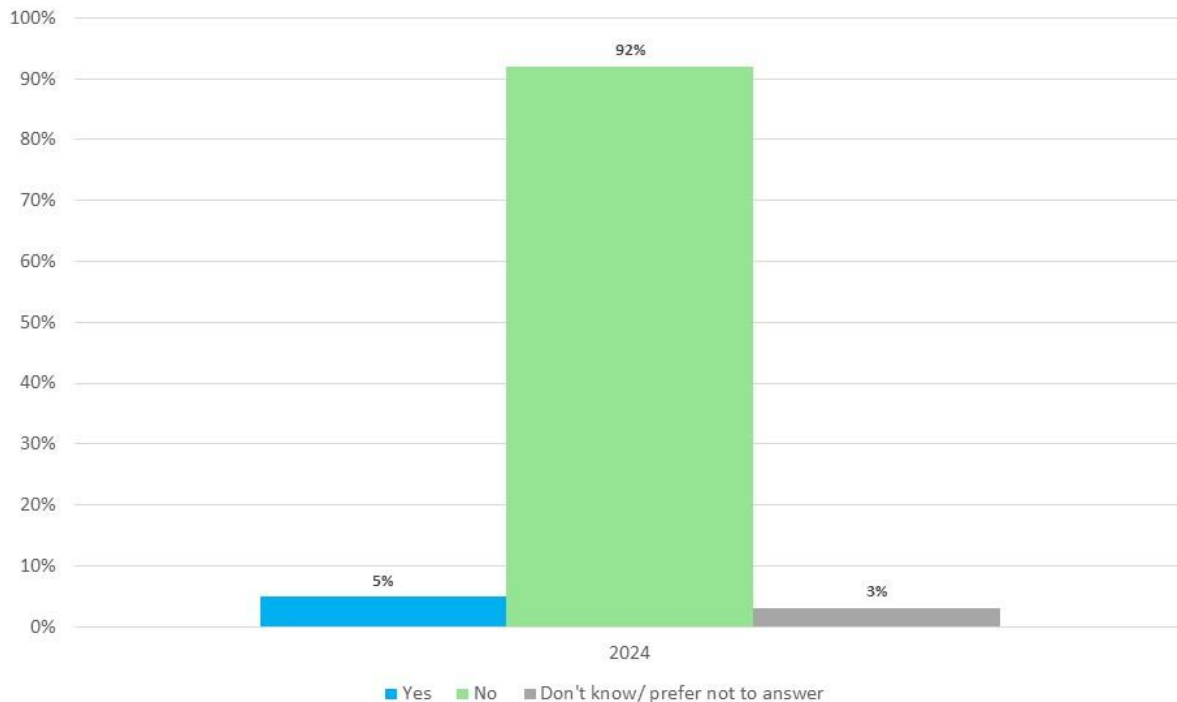
| Educational Attainment Breakouts | Less than 12 <sup>th</sup> Grade | High School Diploma/GED | Attended College | Bachelor's Degree | Post-Graduate |
|----------------------------------|----------------------------------|-------------------------|------------------|-------------------|---------------|
| Yes                              | 48%                              | 26%                     | 13%              | 7%                | 6%            |
| No                               | 48%                              | 70%                     | 84%              | 91%               | 94%           |
| Don't know/ Prefer not to say    | 5%                               | 3%                      | 3%               | 1%                | *%            |

| Employment Status Breakouts   | Employed | Self-Employed | Unemployed | Retired | Home-maker | Student |
|-------------------------------|----------|---------------|------------|---------|------------|---------|
| Yes                           | 11%      | 21%           | 38%        | 2%      | 22%        | 12%     |
| No                            | 87%      | 75%           | 58%        | 98%     | 76%        | 80%     |
| Don't know/ Prefer not to say | 2%       | 4%            | 3%         | 1%      | 2%         | 8%      |

### Forced to Move by a Landlord or Bank

Five percent of survey respondents said they or someone else in their household were forced by a landlord or bank to move when they did not want to. Three percent said they were not sure or preferred not to answer.

## Forced to Move by Landlord or Bank Asked of all respondents



**AF3. In the past year, were you or anyone in your household forced to move by a landlord or bank when you did not want to?**  
 (Question first asked in 2024.)

The problem of being forced to move by a landlord or bank when you did not want to, like so many other problems in this series, disproportionately affects Hispanic and African American respondents, and those whose race or ethnicity does not fall into one of the major categories in the table below. This problem is also more likely to affect younger people. But there is not a significant and consistent relationship with household income.

| Age Breakouts                 | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75+  |
|-------------------------------|-------|-------|-------|-------|-------|-------|------|
| Yes                           | 9%    | 5%    | 11%   | 3%    | 1%    | 1%    | *%   |
| No                            | 87%   | 87%   | 88%   | 93%   | 98%   | 99%   | 100% |
| Don't know/ Prefer not to say | 3%    | 8%    | 1%    | 4%    | 1%    | *%    | *%   |

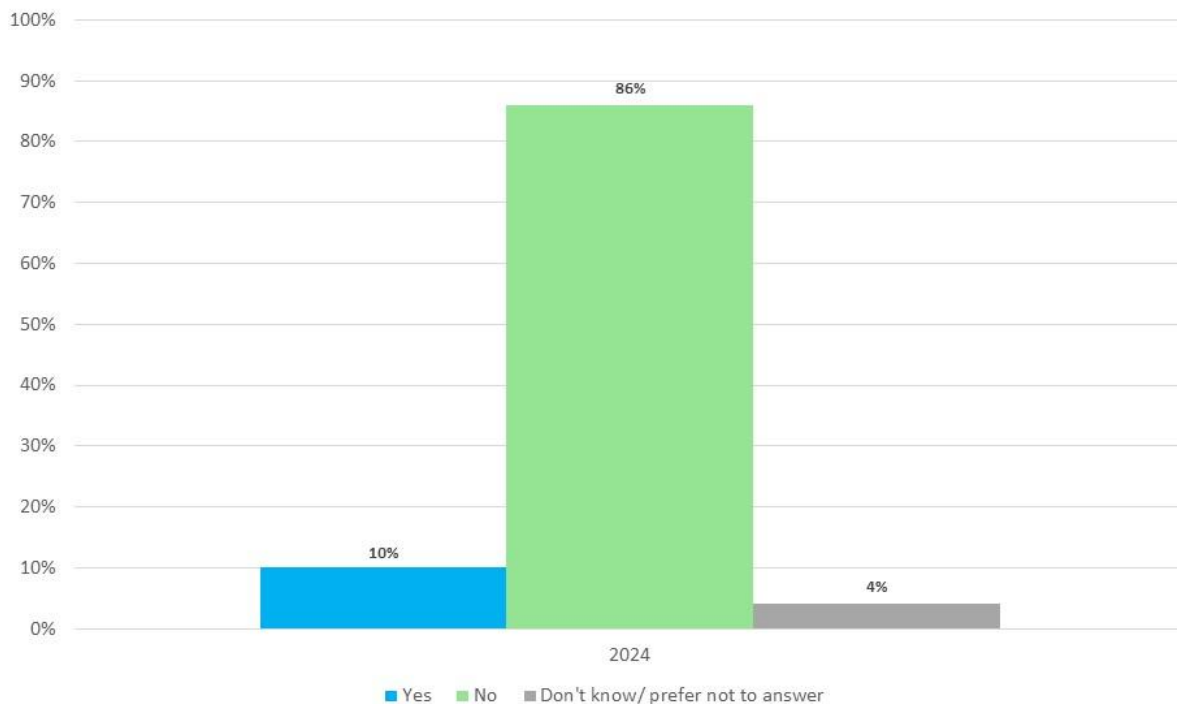
| Race and Ethnicity Breakouts  | White | African American | Asian | Hispanic | Other |
|-------------------------------|-------|------------------|-------|----------|-------|
| Yes                           | 4%    | 9%               | 3%    | 19%      | 18%   |
| No                            | 95%   | 88%              | 90%   | 79%      | 77%   |
| Don't know/ Prefer not to say | 1%    | 3%               | 7%    | 2%       | 5%    |

### Unable to Pay the Full Amount of Rent or Mortgage

Ten percent of respondents surveyed said they or someone else in their household did not pay the full amount of their rent or mortgage in the past year because they could not afford it. Four percent said they were not sure or preferred not to answer.

## Unable to Pay Rent or Mortgage

*Asked of all respondents*



**AF4. In the past year, did you or someone in your household not pay the full amount of the rent or mortgage because you could not afford it?**  
*(Question first asked in 2024.)*

Compared to other problems in this series, inability to pay the full amount of the rent or mortgage has disproportionately impacted a wider age span (up to age 55) and wider income range (up to \$75,000 per year). Similar to other problems, it more heavily impacts respondents with lower levels of educational attainment, and those who are African American, Hispanic, or whose race or ethnicity is not included in one of the major categories in the table below.

| Age Breakouts                 | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75+  |
|-------------------------------|-------|-------|-------|-------|-------|-------|------|
| Yes                           | 11%   | 20%   | 15%   | 10%   | 3%    | 1%    | *%   |
| No                            | 82%   | 69%   | 84%   | 86%   | 96%   | 98%   | 100% |
| Don't know/ Prefer not to say | 7%    | 11%   | 1%    | 4%    | *%    | *%    | *%   |

| Race and Ethnicity Breakouts  | White | African American | Asian | Hispanic | Other |
|-------------------------------|-------|------------------|-------|----------|-------|
| Yes                           | 6%    | 23%              | 10%   | 26%      | 23%   |
| No                            | 92%   | 74%              | 83%   | 71%      | 64%   |
| Don't know/ Prefer not to say | 2%    | 3%               | 7%    | 3%       | 13%   |

| Household Income Breakouts    | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|-------------------------------|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| Yes                           | 18%                | 23%               | 17%               | 9%                | 8%                  | 10%                 | 2%                |
| No                            | 75%                | 75%               | 81%               | 86%               | 89%                 | 87%                 | 97%               |
| Don't know/ Prefer not to say | 7%                 | 2%                | 2%                | 5%                | 3%                  | 3%                  | 1%                |

| Educational Attainment Breakouts | Less than 12 <sup>th</sup> Grade | High School Diploma/GED | Attended College | Bachelor's Degree | Post-Graduate |
|----------------------------------|----------------------------------|-------------------------|------------------|-------------------|---------------|
| Yes                              | 39%                              | 14%                     | 10%              | 7%                | 6%            |
| No                               | 54%                              | 78%                     | 88%              | 91%               | 94%           |
| Don't know/ Prefer not to say    | 6%                               | 8%                      | 2%               | 2%                | 1%            |

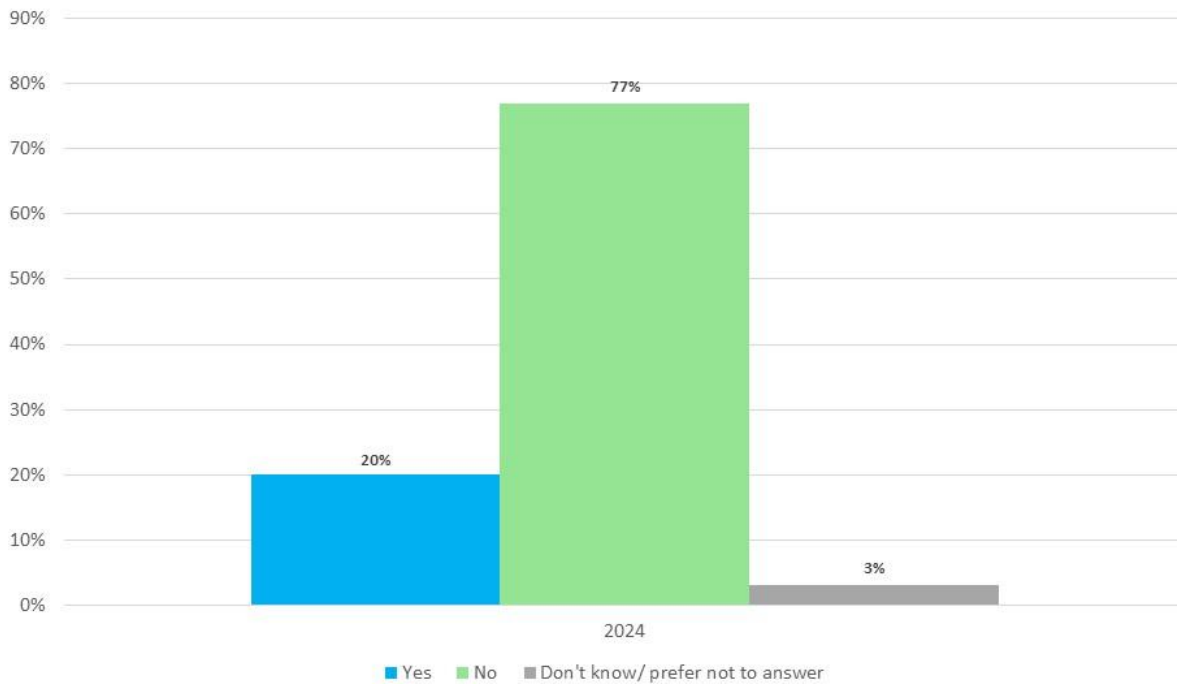


### Enrolled in Government Assistance Programs

One in five respondents (20%) said they or someone in their household was enrolled in a government assistance program in the past year, such as Medicaid; Supplemental Nutrition Assistance Program (SNAP); Free and Reduced School Meals; Special Supplemental Nutrition Program for Women, Infants, and Children (WIC); or Temporary Cash Assistance program. Three percent were not sure or preferred not to answer.

## Enrollment in Government Programs

*Asked of all respondents*



**AF5. To the best of your knowledge have you, or anyone in your household, been enrolled in any of the following government programs in the past year: Medicaid, SNAP, Free and Reduced School Meals, WIC, or Temporary Cash Assistance Program?**  
*(Question first asked in 2024.)*

Respondents who are African American, Hispanic, or of other races or ethnicities are more likely than those who are White or Asian to be enrolled in government assistance programs. Enrollment tracks inversely with both household income and educational attainment and is more likely among respondents who are unemployed or self-employed.

| Race and Ethnicity Breakouts  | White | African American | Asian | Hispanic | Other |
|-------------------------------|-------|------------------|-------|----------|-------|
| Yes                           | 15%   | 40%              | 20%   | 35%      | 31%   |
| No                            | 83%   | 57%              | 77%   | 61%      | 60%   |
| Don't know/ Prefer not to say | 2%    | 3%               | 3%    | 3%       | 8%    |

| Household Income Breakouts    | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|-------------------------------|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| Yes                           | 52%                | 41%               | 29%               | 14%               | 16%                 | 13%                 | 5%                |
| No                            | 44%                | 58%               | 68%               | 82%               | 83%                 | 85%                 | 94%               |
| Don't know/ Prefer not to say | 4%                 | 1%                | 4%                | 3%                | 1%                  | 2%                  | 1%                |

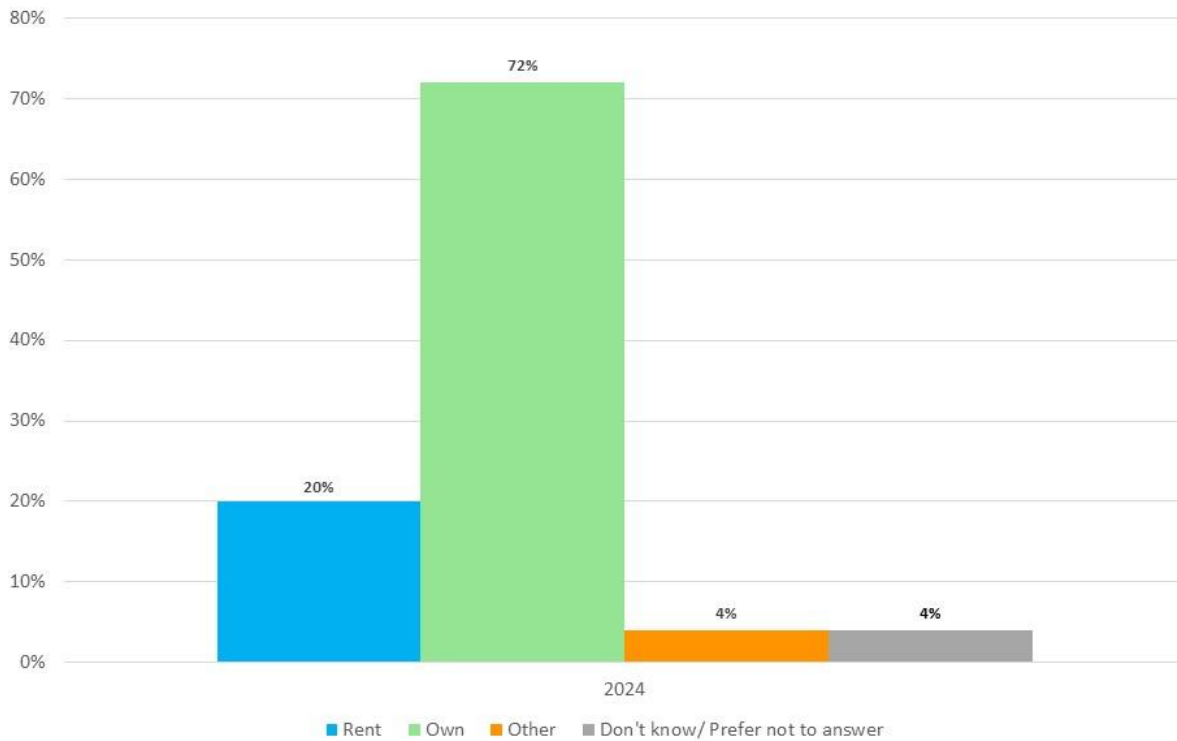
| Educational Attainment Breakouts | Less than 12 <sup>th</sup> Grade | High School Diploma/GED | Attended College | Bachelor's Degree | Post-Graduate |
|----------------------------------|----------------------------------|-------------------------|------------------|-------------------|---------------|
| Yes                              | 53%                              | 41%                     | 27%              | 10%               | 9%            |
| No                               | 32%                              | 56%                     | 70%              | 88%               | 90%           |
| Don't know/ Prefer not to say    | 15%                              | 4%                      | 2%               | 2%                | 1%            |

| Employment Status Breakouts   | Employed | Self-Employed | Unemployed | Retired | Home-maker | Student |
|-------------------------------|----------|---------------|------------|---------|------------|---------|
| Yes                           | 17%      | 33%           | 54%        | 7%      | 17%        | 25%     |
| No                            | 82%      | 61%           | 42%        | 91%     | 67%        | 68%     |
| Don't know/ Prefer not to say | 1%       | 6%            | 4%         | 1%      | 17%        | 7%      |

**Own or Rent Home**

Twenty percent of survey respondents said they rent their home, and 72% said they own it. Four percent said they had a different living situation, such as staying temporarily with friends or relatives. Four percent were not sure or preferred not to answer.

**Rent or Own Home**  
*Asked of all respondents*



**HG1. Do you or your family rent or own your home?**  
 (Question first asked in 2024.)

Renters in Howard County tend to be somewhat younger, more diverse, and lower-income than the general population of Howard County.

| Age Breakouts                  | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75+ |
|--------------------------------|-------|-------|-------|-------|-------|-------|-----|
| Rent                           | 26%   | 34%   | 24%   | 19%   | 12%   | 8%    | 10% |
| Own                            | 58%   | 46%   | 73%   | 77%   | 84%   | 91%   | 86% |
| Other                          | 8%    | 9%    | 3%    | 1%    | 3%    | 1%    | 3%  |
| Don't know / Prefer not to say | 8%    | 10%   | 1%    | 3%    | 1%    | *%    | *%  |

| Race and Ethnicity Breakouts   | White | African American | Asian | Hispanic | Other |
|--------------------------------|-------|------------------|-------|----------|-------|
| Rent                           | 16%   | 38%              | 7%    | 26%      | 27%   |
| Own                            | 81%   | 48%              | 79%   | 70%      | 54%   |
| Other                          | 2%    | 9%               | 6%    | 3%       | 5%    |
| Don't know / Prefer not to say | 2%    | 5%               | 8%    | 2%       | 15%   |

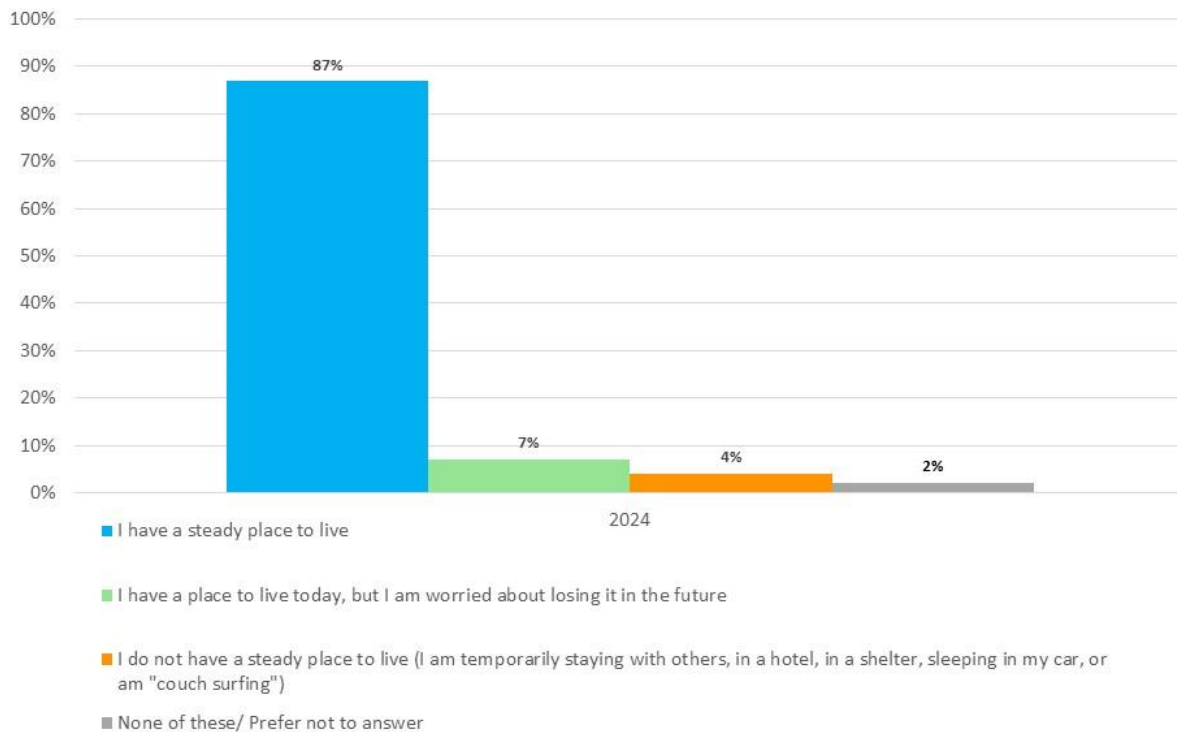
| Household Income Breakouts     | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|--------------------------------|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| Rent                           | 55%                | 36%               | 28%               | 23%               | 16%                 | 8%                  | 4%                |
| Own                            | 26%                | 59%               | 63%               | 72%               | 75%                 | 90%                 | 93%               |
| Other                          | 14%                | 4%                | 3%                | 3%                | 4%                  | 1%                  | 1%                |
| Don't know / Prefer not to say | 5%                 | 1%                | 6%                | 2%                | 5%                  | 1%                  | 2%                |

### Stability of Living Situation

Currently, 87% of respondents surveyed felt they had “a steady place to live.” Seven percent of respondents said their living situation is steady today, but they are worried about losing it in the future. Four percent said they do not have a steady place to live, such as “temporarily staying with others, in a hotel, in a shelter, sleeping in my car, or am ‘couch surfing.’” Additionally, 2% said “none of these” or preferred not to answer.

## Current Living Situation

*Asked of all respondents*



**HG2. What is your living situation today?**  
*(Question first asked in 2024.)*

White respondents are significantly more likely than others to say they have a steady place to live, as are those with household incomes over \$75,000 per year and with higher levels of educational attainment.

| Race and Ethnicity Breakouts                              | White | African American | Asian | Hispanic | Other |
|---|-------|------------------|-------|----------|-------|
| I have a steady place to live                             | 93%   | 78%              | 81%   | 73%      | 70%   |
| I have a place to live today, but worried about losing it | 5%    | 11%              | 5%    | 24%      | 14%   |
| I do not have a steady place to live                      | 2%    | 9%               | 9%    | 1%       | 15%   |
| None of these / Prefer not to say                         | 1%    | 2%               | 5%    | 2%       | 1%    |

| Household Income Breakouts                                | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|---|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| I have a steady place to live                             | 63%                | 78%               | 81%               | 90%               | 87%                 | 95%                 | 96%               |
| I have a place to live today, but worried about losing it | 17%                | 18%               | 13%               | 4%                | 5%                  | 2%                  | 2%                |
| I do not have a steady place to live                      | 13%                | 4%                | 2%                | 5%                | 8%                  | 1%                  | 2%                |
| None of these / Prefer not to say                         | 7%                 | *%                | 5%                | 1%                | 2%                  | 2%                  | -                 |

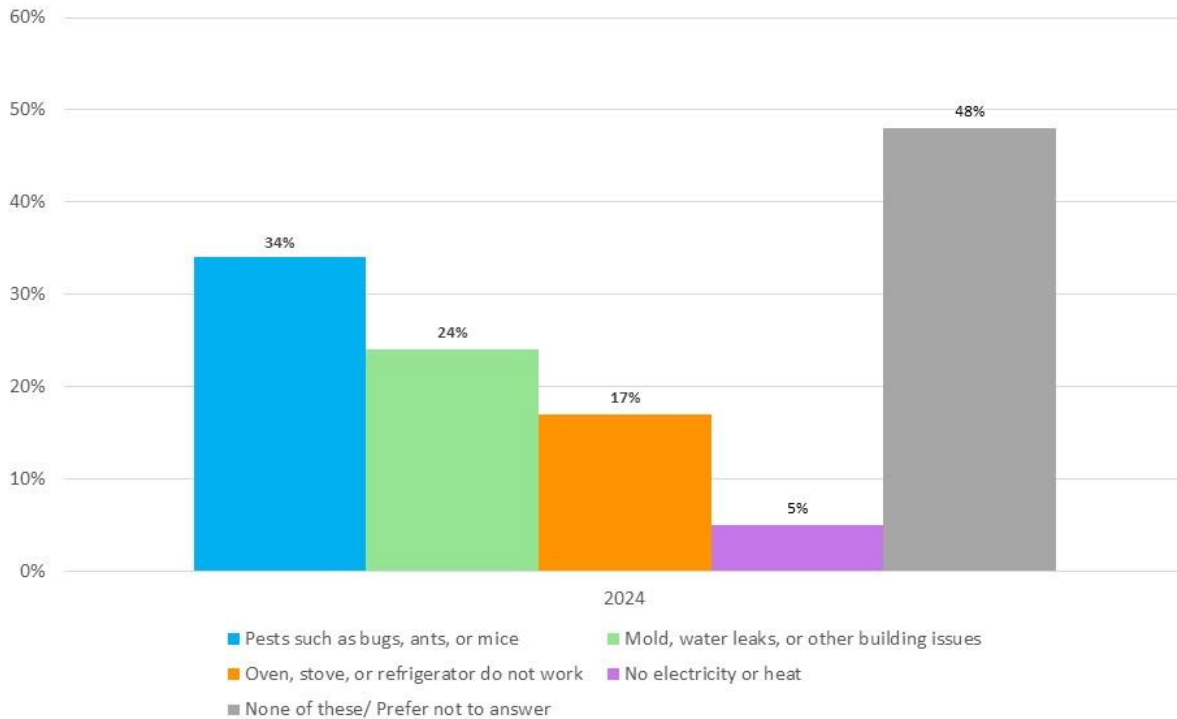
| Educational Attainment Breakouts                          | Less than 12 <sup>th</sup> Grade | High School Diploma/GED | Attended College | Bachelor's Degree | Post-Graduate |
|---|----------------------------------|-------------------------|------------------|-------------------|---------------|
| I have a steady place to live                             | 50%                              | 73%                     | 85%              | 93%               | 97%           |
| I have a place to live today, but worried about losing it | 21%                              | 9%                      | 9%               | 5%                | 3%            |
| I do not have a steady place to live                      | 19%                              | 14%                     | 4%               | 1%                | *%            |
| None of these / Prefer not to say                         | 11%                              | 4%                      | 2%               | 1%                | *%            |

### Problems with Rental Properties

A majority of renters (52%) said that in the past year they had experienced one or more problems from among a list of possible problems with their home or apartment. They could select any that applied. Thirty-four percent had pests such as bugs, ants, or mice; 24% experienced mold, water leaks, or other building issues; 17% had an oven, stove, or refrigerator that did not work; and 5% lost electricity or heat.

## Problems with Renting

*Asked if respondent rents home or apartment*



**HG3. Over the past year, have you had problems with any of the following in your home or apartment? Please select any that apply to you.**  
*(Question first asked in 2024.)*

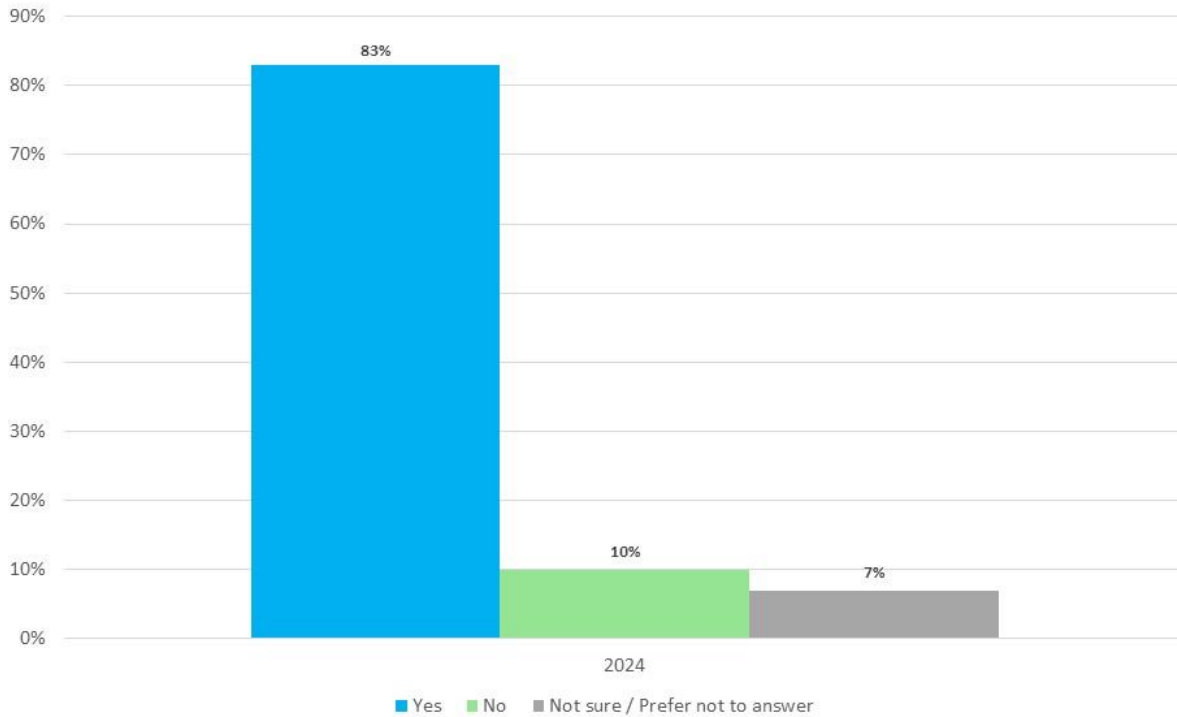
There are no clear trends or patterns in the population subgroup data for this question.

### Home Suitable for Independent Living

Eighty-three percent of all respondents surveyed said their home is set up for them to live independently, in other words, “that it is well-suited to your state of health and physical ability.” Ten percent said their home is not set up for them to live independently. Seven percent said they were not sure or preferred not to answer.

## Home Set up for Independent Living

*Asked of all respondents*



**HG4. Do you feel your home is set up for you to live independently – that it is well-suited to your state of health and physical ability?**  
*(Question first asked in 2024.)*



Older respondents are very likely to say that their home is set up for them to live independently, as are respondents who are White, and those with higher incomes.

| Age Breakouts         | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75+ |
|-----------------------|-------|-------|-------|-------|-------|-------|-----|
| Yes                   | 71%   | 64%   | 88%   | 92%   | 92%   | 91%   | 94% |
| No                    | 17%   | 23%   | 6%    | 5%    | 5%    | 5%    | 4%  |
| Don't know / Not sure | 6%    | 9%    | 4%    | 2%    | 2%    | 3%    | 2%  |

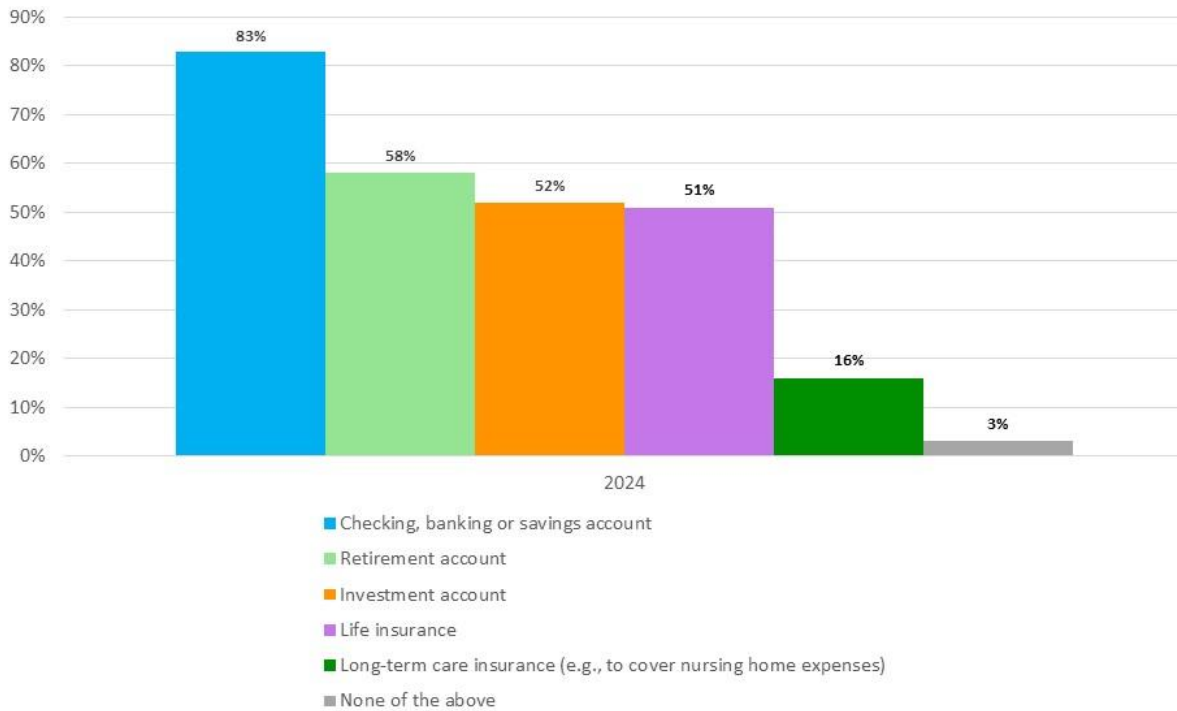
| Race and Ethnicity Breakouts | White | African American | Asian | Hispanic | Other |
|------------------------------|-------|------------------|-------|----------|-------|
| Yes                          | 90%   | 72%              | 77%   | 77%      | 59%   |
| No                           | 6%    | 17%              | 12%   | 16%      | 19%   |
| Don't know / Not sure        | 3%    | 7%               | 6%    | 5%       | 14%   |

| Household Income Breakouts | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|----------------------------|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| Yes                        | 64%                | 71%               | 79%               | 86%               | 81%                 | 95%                 | 96%               |
| No                         | 20%                | 23%               | 10%               | 9%                | 15%                 | 1%                  | 3%                |
| Don't know / Not sure      | 9%                 | 5%                | 8%                | 2%                | 4%                  | 2%                  | 2%                |

## Financial Accounts and Insurance

Thinking about respondents' financial future, a new question on the survey assessed their access to financial accounts and insurance. Eighty-three percent said they have a checking, banking, or savings account; 58% have a retirement account; 52% have an investment account; 51% have life insurance; and 16% said they have long-term care insurance.

### Future Planning *Asked of all respondents*



**FP1. Do you have any of the following? (Allow multiple responses.)**  
*(Question first asked in 2024.)*

These financial tools are much more widely adopted after the age of 35, and for long-term care insurance after the age of 65; among White respondents, and to a lesser degree Asian respondents; in the middle- to high-income categories; and among respondents with at least a four-year college degree.

| Age Breakouts                        | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75+ |
|--------------------------------------|-------|-------|-------|-------|-------|-------|-----|
| Checking, banking or savings account | 78%   | 67%   | 89%   | 90%   | 91%   | 90%   | 91% |
| Retirement account                   | 23%   | 39%   | 65%   | 68%   | 71%   | 76%   | 71% |
| Investment account                   | 29%   | 32%   | 55%   | 60%   | 62%   | 70%   | 66% |
| Life insurance                       | 25%   | 38%   | 56%   | 66%   | 63%   | 54%   | 49% |
| Long-term care insurance             | 7%    | 12%   | 14%   | 18%   | 14%   | 24%   | 32% |
| None of the above                    | 8%    | 6%    | 2%    | 1%    | 1%    | *%    | *%  |

| Race and Ethnicity Breakouts         | White | African American | Asian | Hispanic | Other |
|--------------------------------------|-------|------------------|-------|----------|-------|
| Checking, banking or savings account | 88%   | 79%              | 76%   | 72%      | 66%   |
| Retirement account                   | 70%   | 37%              | 56%   | 46%      | 51%   |
| Investment account                   | 63%   | 32%              | 45%   | 37%      | 40%   |
| Life insurance                       | 56%   | 42%              | 49%   | 49%      | 40%   |
| Long-term care insurance             | 17%   | 14%              | 15%   | 13%      | 22%   |
| None of the above                    | 2%    | 6%               | 2%    | 6%       | 7%    |

| Household Income Breakouts           | Less than \$25,000 | \$25,000-\$49,999 | \$50,000-\$74,999 | \$75,000-\$99,999 | \$100,000-\$149,999 | \$150,000-\$199,999 | \$200,000 or more |
|--------------------------------------|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------|-------------------|
| Checking, banking or savings account | 78%                | 78%               | 82%               | 86%               | 86%                 | 90%                 | 95%               |
| Retirement account                   | 11%                | 36%               | 51%               | 52%               | 67%                 | 84%                 | 88%               |
| Investment account                   | 13%                | 26%               | 35%               | 49%               | 61%                 | 74%                 | 82%               |
| Life insurance                       | 18%                | 37%               | 50%               | 48%               | 57%                 | 69%                 | 73%               |
| Long-term care insurance             | 6%                 | 7%                | 15%               | 17%               | 19%                 | 22%                 | 22%               |
| None of the above                    | 11%                | 4%                | 4%                | 2%                | 1%                  | *%                  | *%                |

| Educational Attainment Breakouts     | Less than 12 <sup>th</sup> Grade | High School Diploma/GED | Attended College | Bachelor's Degree | Post-Graduate |
|--------------------------------------|----------------------------------|-------------------------|------------------|-------------------|---------------|
| Checking, banking or savings account | 42%                              | 77%                     | 82%              | 89%               | 91%           |
| Retirement account                   | 42%                              | 20%                     | 42%              | 71%               | 82%           |
| Investment account                   | 21%                              | 25%                     | 35%              | 64%               | 73%           |
| Life insurance                       | 32%                              | 32%                     | 41%              | 57%               | 66%           |
| Long-term care insurance             | 16%                              | 13%                     | 10%              | 17%               | 22%           |
| None of the above                    | 9%                               | 6%                      | 3%               | 1%                | 1%            |

## Appendix: Survey Instrument

On the following pages is the complete 2024 survey instrument, with historical data where available dating back to 2012.

*N=2,266 adult Howard County residents; July – October 2024*

### 2024 Survey Methodology

- 2,266 completed interviews in the final data set.
- Partial responses not included in the data set.
- Interviews conducted July – October 2024.

### Sampling Modes

|                | 2021  | 2024  |
|----------------|-------|-------|
| Wireless Phone | 25.8% | 6.8%  |
| Landline Phone | 44.7% | 3.1%  |
| Online Panel   | 29.4% | 21.3% |
| Text-to-Web    | ---   | 29.7% |
| Mail           | ---   | 39.1% |

- Spanish interviewing available in all modes. Effective reach into immigrant community.
- Statistical weights have been applied to bring the sample into close compliance with the US Census, American Community Survey.

N=2,266 adult Howard County residents; July – October 2024

8.1 What is your age?

(108-109)

|                       | 2012 | 2014 | 2016 | 2018 | 2021 | 2024 |
|-----------------------|------|------|------|------|------|------|
| 18-24                 | 13%  | 12%  | 11%  | 11%  | 10%  | 10%  |
| 25-34                 | 18%  | 16%  | 16%  | 19%  | 15%  | 15%  |
| 35-44                 | 20%  | 20%  | 19%  | 18%  | 18%  | 18%  |
| 45-54                 | 19%  | 22%  | 22%  | 20%  | 18%  | 17%  |
| 55-64                 | 16%  | 15%  | 16%  | 15%  | 17%  | 16%  |
| 65-74                 | 8%   | 9%   | 9%   | 9%   | 11%  | 11%  |
| 75+                   | 5%   | 6%   | 6%   | 5%   | 7%   | 7%   |
| Don't know / Not sure | *%   | *%   | *%   | *%   | -    | 1%   |
| Prefer not to say     | 1%   | 1%   | 1%   | 2%   | -    | 5%   |

8.22 So that we have a balanced sample, what gender do you identify as?

(151)

|                           | 2012 | 2014 | 2016 | 2018 | 2021 | 2024 |
|---------------------------|------|------|------|------|------|------|
| Male                      | 51%  | 48%  | 49%  | 49%  | 48%  | 49%  |
| Female                    | 49%  | 52%  | 51%  | 51%  | 51%  | 49%  |
| Transgender / Non-binary* | *%   | *%   | *%   | *%   | 1%   | 1%   |
| Prefer not to say         | -    | -    | -    | -    | -    | 1%   |

\*2012 – 2021 included transgender as a category; 2024 has non-binary.

**C03 Health Care Access (general)**

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

(80)

|                       | 2012 | 2014 | 2016 | 2018 | 2021 | 2024 |
|-----------------------|------|------|------|------|------|------|
| Yes                   | 93%  | 95%  | 95%  | 93%  | 93%  | 90%  |
| No                    | 6%   | 5%   | 5%   | 7%   | 7%   | 6%   |
| Don't know / Not sure | 1%   | *%   | *%   | 1%   | -    | 3%   |
| Prefer not to say     | *%   | *%   | *%   | *%   | -    | 1%   |

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**3.2** Do you have one person you think of as your personal doctor or health care provider?  
 (If “No,” ask: “Is there more than one, or is there no person who you think of as your personal doctor or health care provider?”)

(81)

|                       | 2012       | 2014       | 2016       | 2018       | 2021       | 2024       |
|-----------------------|------------|------------|------------|------------|------------|------------|
| Yes, only one         | 77%        | 80%        | 81%        | 77%        | 71%        | 59%        |
| More than one         | 10%        | 10%        | 6%         | 9%         | 18%        | 23%        |
| <i>Total Yes</i>      | <i>87%</i> | <i>90%</i> | <i>87%</i> | <i>86%</i> | <i>89%</i> | <i>82%</i> |
| No                    | 13%        | 9%         | 13%        | 13%        | 10%        | 14%        |
| Don't know / Not sure | *%         | *%         | *%         | *%         | -          | 3%         |
| Prefer not to say     | *%         | *%         | *%         | *%         | -          | 1%         |

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

|   | 2012 | 2014 | 2016 | 2018 | 2021 | 2024 |
|---|------|------|------|------|------|------|
| A doctor's office   | 77%  | 74%  | 68%  | 63%  | 69%  | 59%  |
| A community health center like Chase Brexton              | 2%   | 2%   | 3%   | 2%   | 3%   | 2%   |
| A hospital emergency room                                 | 3%   | 3%   | 3%   | 2%   | 4%   | 5%   |
| An urgent care center like Patient First or Minute Clinic | 11%  | 15%  | 19%  | 25%  | 18%  | 26%  |
| Some other kind of place                                  | 2%   | 1%   | 1%   | 2%   | 2%   | 1%   |
| No usual place  | 5%   | 4%   | 5%   | 4%   | 5%   | 5%   |
| Don't know / Not sure                                     | 1%   | 1%   | 1%   | 1%   | -    | 1%   |
| Prefer not to say   | *%   | *%   | *%   | *%   | -    | 1%   |

**3.3B** Thinking about your most recent visit to your primary health care provider for a medical issue where you needed to be seen quickly, how long did you have to wait for an appointment?

|                             | 2012*    | 2014       | 2016       | 2018       | 2021       | 2024       |
|-----------------------------|----------|------------|------------|------------|------------|------------|
| Same day                    | -        | 33%        | 35%        | 38%        | 25%        | 30%        |
| Within 2-3 days             | -        | 28%        | 27%        | 26%        | 31%        | 25%        |
| Within 1 week               | -        | 17%        | 17%        | 16%        | 20%        | 13%        |
| <i>Total 1 Week or Less</i> | <i>-</i> | <i>78%</i> | <i>79%</i> | <i>80%</i> | <i>76%</i> | <i>69%</i> |
| Within 1 month              | 88%      | 9%         | 9%         | 9%         | 11%        | 9%         |
| Longer than 1 month         | 7%       | 2%         | 2%         | 2%         | 5%         | 6%         |
| Does not apply to me        | -        | 7%         | 5%         | 5%         | 6%         | 10%        |
| Don't know / Not sure       | 5%       | 4%         | 4%         | 4%         | -          | 5%         |
| Prefer not to say           | *%       | *%         | *%         | *%         | -          | 1%         |

\*2012 used different response categories.



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

|                       | 2012 | 2014 | 2016 | 2018 | 2021 | 2024 |
|-----------------------|------|------|------|------|------|------|
| Yes                   | 5%   | 7%   | 8%   | 8%   | 13%  | 18%  |
| No                    | 94%  | 93%  | 91%  | 91%  | 87%  | 78%  |
| Don't know / Not sure | *%   | *%   | 1%   | *%   | -    | 3%   |
| Prefer not to say     | *%   | *%   | *%   | *%   | -    | 1%   |

**C04 Hypertension**

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

(84)

*(Read only if necessary):* By “other health professional” we mean a nurse practitioner, a physician’s assistant, or some other licensed health professional.

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

|  | 2012 | 2014 | 2016 | 2018 | 2021 | 2024 |
|--|------|------|------|------|------|------|
| Yes  | 24%  | 24%  | 26%  | 27%  | 36%  | 36%  |
| Yes, but female told only during pregnancy | 1%   | 1%   | 1%   | 1%   | 2%   | 3%   |
| No   | 73%  | 73%  | 71%  | 71%  | 57%  | 52%  |
| Told borderline high or pre-hypertensive   | 1%   | 2%   | 1%   | 1%   | 5%   | 6%   |
| Don't know / Not sure                      | *%   | *%   | *%   | *%   | -    | 2%   |
| Prefer not to say                          | *%   | *%   | *%   | *%   | -    | 1%   |

**4.1A** *(If yes):* Are you currently taking medication to help with your high blood pressure?

|                       | 2012* | 2014 | 2016 | 2018 | 2021 | 2024 |
|-----------------------|-------|------|------|------|------|------|
| Yes                   | -     | 81%  | 75%  | 77%  | 77%  | 75%  |
| No                    | -     | 19%  | 25%  | 23%  | 22%  | 23%  |
| Don't know / Not sure | -     | *%   | *%   | *%   | -    | 1%   |
| Prefer not to say     | -     | *%   | *%   | *%   | -    | 1%   |

\*2012: Not asked.

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**C06 Chronic Health Conditions:**

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

**C06 Diabetes**

**6.13** Diabetes is a disease where you have too much sugar (or glucose) in your blood. Have you ever been told you have diabetes?

(101)

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

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

|  | 2012* | 2014 | 2016 | 2018 | 2021 | 2024 |
|--|-------|------|------|------|------|------|
| Yes  | -     | 8%   | 7%   | 8%   | 13%  | 12%  |
| Yes, but female told only during pregnancy | -     | *%   | 1%   | 2%   | 1%   | 3%   |
| No   | -     | 88%  | 90%  | 90%  | 86%  | 74%  |
| Told pre-diabetes or borderline diabetes   | -     | 4%   | 1%   | 1%   | 0%   | 10%  |
| Don't know / Not sure                      | -     | *%   | *%   | *%   | -    | 1%   |
| Prefer not to say                          | -     | *%   | *%   | *%   | -    | *%   |

\*2012: Not asked.

**M01 Pre-Diabetes**

**M01.2A.** (If 6.13 = 2,3,7 or 9): Have you ever been told by a doctor or other health professional that you have pre-diabetes or borderline diabetes?

(246)

|                       | 2012 | 2014 | 2016 | 2018 | 2021 | 2024 |
|-----------------------|------|------|------|------|------|------|
| Yes                   | 6%   | 8%   | 7%   | 8%   | 11%  | 9%   |
| Yes, during pregnancy | 1%   | 1%   | 1%   | 1%   | 1%   | 2%   |
| No                    | 93%  | 90%  | 92%  | 91%  | 88%  | 86%  |
| Don't know / Not sure | *%   | 1%   | *%   | *%   | -    | 2%   |
| Prefer not to say     | *%   | *%   | *%   | *%   | -    | *%   |

**M01.2B.** (If Female AND 6.13=4 or M01.2A=1): Was this only when you were pregnant?

|                       | 2012 | 2014 | 2016 | 2018 | 2021* | 2024 |
|-----------------------|------|------|------|------|-------|------|
| Yes                   | -    | -    | -    | -    | -     | 6%   |
| No                    | -    | -    | -    | -    | -     | 92%  |
| Don't know / Not sure | -    | -    | -    | -    | -     | *%   |
| Prefer not to say     | -    | -    | -    | -    | -     | 2%   |

\*2012-2021: Not asked.

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**M02 Diabetes**

(If 6.13 = yes):

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

(247-248)

|                       | 2012* | 2014* | 2016 | 2018 | 2021 | 2024 |
|-----------------------|-------|-------|------|------|------|------|
| Less than 30          | -     | -     | 8%   | 9%   | 28%  | 25%  |
| 30-39                 | -     | -     | 16%  | 12%  | 15%  | 16%  |
| Less than 40          | 21%   | 20%   | -    | -    | -    | -    |
| 40-49                 | 20%   | 31%   | 24%  | 19%  | 11%  | 16%  |
| 50-59                 | 26%   | 22%   | 32%  | 26%  | 28%  | 15%  |
| 60+                   | 29%   | 19%   | 18%  | 25%  | 16%  | 11%  |
| Don't know / Not sure | 4%    | 8%    | 2%   | 7%   | 2%   | 13%  |
| Prefer not to say     | *%    | *%    | *%   | 1%   | -    | 5%   |

\*2012 and 2014 used different response categories.

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

(249)

|                   | 2012* | 2014 | 2016 | 2018 | 2021 | 2024 |
|-------------------|-------|------|------|------|------|------|
| Yes               | 26%   | 90%  | 78%  | 81%  | 74%  | 78%  |
| No                | 74%   | 10%  | 22%  | 19%  | 26%  | 18%  |
| Prefer not to say | *%    | *%   | *%   | *%   | -    | 4%   |

\*2012 question wording: "Are you now taking insulin?"

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

(256-257)

|                       | 2012 | 2014 | 2016 | 2018 | 2021 | 2024 |
|-----------------------|------|------|------|------|------|------|
| None                  | 8%   | 5%   | 10%  | 10%  | 17%  | 11%  |
| 1                     | 14%  | 12%  | 12%  | 19%  | 20%  | 10%  |
| 2                     | 21%  | 22%  | 28%  | 23%  | 22%  | 21%  |
| 3                     | 18%  | 17%  | 15%  | 20%  | 15%  | 15%  |
| 4                     | 24%  | 32%  | 19%  | 21%  | 14%  | 12%  |
| 5+                    | 13%  | 10%  | 12%  | 4%   | 11%  | 20%  |
| Don't know / Not sure | *%   | 1%   | 5%   | 1%   | -    | 10%  |
| Prefer not to say     | *%   | *%   | *%   | 1%   | -    | 1%   |

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

(258-259)

|                             | 2012 | 2014 | 2016 | 2018 | 2021 | 2024 |
|-----------------------------|------|------|------|------|------|------|
| None                        | 4%   | 7%   | 6%   | 3%   | 12%  | 15%  |
| 1                           | 12%  | 14%  | 15%  | 17%  | 18%  | 11%  |
| 2                           | 24%  | 24%  | 24%  | 37%  | 24%  | 24%  |
| 3                           | 17%  | 14%  | 18%  | 20%  | 14%  | 16%  |
| 4                           | 31%  | 30%  | 21%  | 13%  | 13%  | 16%  |
| 5+                          | 4%   | 7%   | 9%   | 8%   | 7%   | 9%   |
| Never heard of A one C test | 3%   | *%   | 2%   | *%   | 12%  | 3%   |
| Don't know / Not sure       | 4%   | 4%   | 7%   | 2%   | -    | 5%   |
| Prefer not to say           | 1%   | *%   | *%   | 1%   | -    | 1%   |

**C07 Tobacco Use**

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

(102)

(INTERVIEWER NOTE: 5 packs = 100 cigarettes)

|                       | 2012 | 2014 | 2016 | 2018 | 2021 | 2024 |
|-----------------------|------|------|------|------|------|------|
| Yes                   | 27%  | 29%  | 28%  | 25%  | 25%  | 20%  |
| No                    | 72%  | 71%  | 71%  | 74%  | 75%  | 76%  |
| Don't know / Not sure | 1%   | *%   | *%   | 1%   | -    | 3%   |
| Prefer not to say     | *%   | *%   | *%   | *%   | -    | 1%   |

(If 7.1 = yes):

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

(103)

|                               | 2012 | 2014 | 2016 | 2018 | 2021* | 2024 |
|-------------------------------|------|------|------|------|-------|------|
| Every day                     | 20%  | 15%  | 17%  | 16%  | 5%    | 21%  |
| Some days                     | 9%   | 11%  | 12%  | 10%  | 4%    | 22%  |
| Total (Every day + Some days) | 29%  | 26%  | 29%  | 26%  | 9%    | 43%  |
| Not at all                    | 70%  | 74%  | 71%  | 74%  | 90%   | 56%  |
| Don't know / Not sure         | *%   | *%   | *%   | *%   | -     | *%   |
| Prefer not to say             | *%   | *%   | *%   | *%   | -     | *%   |

\*2021 "Not at all" category created from its "Not currently smoking" and "Never smoked" categories. 2021 percentages appear to be based on the full population sample, not just the people who answered yes in 7.1.

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(All):

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

|                                      | 2012* | 2014 | 2016 | 2018 | 2021 | 2024 |
|--------------------------------------|-------|------|------|------|------|------|
| Every day                            | -     | *%   | 1%   | 2%   | 5%   | 4%   |
| Some days                            | -     | 2%   | 2%   | 2%   | 4%   | 7%   |
| <i>Total (Every day + Some days)</i> | -     | 2%   | 3%   | 4%   | 9%   | 11%  |
| Not at all                           | -     | 97%  | 98%  | 96%  | 91%  | 87%  |
| Don't know / Not sure                | -     | *%   | *%   | *%   | -    | 1%   |
| Prefer not to say                    | -     | *%   | *%   | *%   | -    | 1%   |

\*2012: Not asked

**C08 Demographics**

**8.2** Are you Hispanic or Latino?

(110)

|                       | 2012 | 2014 | 2016 | 2018 | 2021 | 2024 |
|-----------------------|------|------|------|------|------|------|
| Yes                   | 5%   | 6%   | 7%   | 8%   | 7%   | 7%   |
| No                    | 94%  | 93%  | 93%  | 92%  | 93%  | 89%  |
| Don't know / Not sure | *%   | *%   | *%   | *%   | -    | 1%   |
| Prefer not to say     | 1%   | *%   | 1%   | *%   | -    | 2%   |

**8.3** Which one or more of the following would you say is your race? (Code all that apply)

(111-116)

|   | 2012 | 2014 | 2016 | 2018 | 2021 | 2024 |
|---|------|------|------|------|------|------|
| White                                     | 62%  | 61%  | 60%  | 56%  | -    | 56%  |
| Black or African American                 | 20%  | 20%  | 19%  | 20%  | -    | 22%  |
| Asian                                     | 15%  | 14%  | 16%  | 18%  | -    | 20%  |
| Native Hawaiian or Other Pacific Islander | 1%   | *%   | 1%   | *%   | -    | 1%   |
| American Indian or Alaska Native          | 2%   | 1%   | 1%   | 1%   | -    | 1%   |
| Hispanic/Latino*                          | -    | -    | -    | -    | -    | 4%   |
| Two or more races (unspecified)*          | -    | -    | -    | -    | -    | 1%   |
| Middle Eastern or North African*          | -    | -    | -    | -    | -    | 1%   |
| Other                                     | 2%   | 5%   | 4%   | 4%   | -    | 1%   |
| Don't know / Not sure                     | *%   | 1%   | 1%   | *%   | -    | *%   |
| Prefer not to say                         | 1%   | 1%   | 2%   | 4%   | -    | 2%   |

\*2012-2018 did not include Hispanic/Latino, Two or more races, or Middle Eastern or North African as categories. 2021 data not available.

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**8.6 Are you...?**

(119)

|                                 | 2012 | 2014 | 2016 | 2018 | 2021* | 2024 |
|---------------------------------|------|------|------|------|-------|------|
| Married                         | 63%  | 63%  | 62%  | 61%  | 62%   | 53%  |
| Divorced                        | 8%   | 7%   | 7%   | 7%   | -     | 8%   |
| Widowed                         | 5%   | 6%   | 5%   | 4%   | 3%    | 5%   |
| Separated                       | 2%   | 2%   | 2%   | 1%   | -     | 2%   |
| Divorced / Separated            | -    | -    | -    | -    | 8%    |      |
| Never married                   | 19%  | 21%  | 21%  | 24%  | 22%   | 25%  |
| A member of an unmarried couple | 2%   | 2%   | 3%   | 2%   | 4%    | 5%   |
| Prefer not to say               | 1%   | *%   | *%   | 1%   | -     | 2%   |

\*2021 used different response categories.

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

(120-121)

|                          | 2012 | 2014 | 2016 | 2018 | 2021* | 2024 |
|--------------------------|------|------|------|------|-------|------|
| None                     | 51%  | 51%  | 55%  | 54%  | -     | 65%  |
| <i>All with Children</i> | 48%  | 48%  | 44%  | 45%  | -     | 33%  |
| 1                        | 16%  | 16%  | 16%  | 18%  | -     | 13%  |
| 2                        | 24%  | 23%  | 19%  | 19%  | -     | 14%  |
| 3                        | 7%   | 8%   | 6%   | 6%   | -     | 3%   |
| 4                        | 1%   | 1%   | 2%   | 2%   | -     | 1%   |
| 5                        | *%   | *%   | 1%   | *%   | -     | *%   |
| 6 or more                | *%   | *%   | *%   | *%   | -     | *%   |
| Prefer not to say        | *%   | 1%   | 1%   | 1%   | -     | 3%   |

\*2021 data not available.

**C08.7 Children’s Health Issues**

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

|                       | 2012 | 2014 | 2016 | 2018 | 2021 | 2024 |
|-----------------------|------|------|------|------|------|------|
| Yes                   | 9%   | 6%   | 7%   | 7%   | 18%  | 17%  |
| No                    | 91%  | 93%  | 93%  | 93%  | 82%  | 81%  |
| Don’t know / Not sure | *%   | 1%   | *%   | *%   | -    | 1%   |
| Prefer not to say     | *%   | 1%   | *%   | *%   | -    | *%   |

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

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

|                       | 2012 | 2014 | 2016 | 2018 | 2021 | 2024 |
|-----------------------|------|------|------|------|------|------|
| Under 6               | 43%  | 18%  | 13%  | 12%  | 30%  | 11%  |
| 6 to 10               | 28%  | 29%  | 49%  | 52%  | 31%  | 43%  |
| 11 to 14              | 20%  | 48%  | 36%  | 27%  | 27%  | 33%  |
| 15 to 18              | 9%   | 7%   | 9%   | 4%   | 9%   | 10%  |
| Don't know / Not sure | *%   | 1%   | 2%   | 5%   | -    | 1%   |
| Prefer not to say     | *%   | *%   | *%   | *%   | -    | 2%   |

**8.7C** Has a doctor or other health care provider ever told you that any child in your household had asthma (a tightening of the airway that makes it hard to breathe)?

|                       | 2012 | 2014* | 2016 | 2018 | 2021 | 2024 |
|-----------------------|------|-------|------|------|------|------|
| Yes                   | -    | -     | 20%  | 20%  | 22%  | 25%  |
| No                    | -    | -     | 79%  | 79%  | 78%  | 74%  |
| Don't know / Not sure | -    | -     | *%   | 1%   | -    | *%   |
| Prefer not to say     | -    | -     | *%   | *%   | -    | *%   |

\*2012, 2014: Not asked.

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

|                       | 2012 | 2014 | 2016 | 2018* | 2021 | 2024 |
|-----------------------|------|------|------|-------|------|------|
| Yes                   | -    | -    | -    | -     | 19%  | 20%  |
| No                    | -    | -    | -    | -     | 81%  | 79%  |
| Don't know / Not sure | -    | -    | -    | -     | -    | -    |
| Prefer not to say     | -    | -    | -    | -     | -    | 1%   |

\*2012-2018: Not asked.

(If yes in 8.7F):

**8.7H** What was the longest period of time you breastfed or provided breast milk to your child?

|  | 2012 | 2014 | 2016 | 2018 | 2021* | 2024 |
|--|------|------|------|------|-------|------|
| Currently breastfeeding or being breastfed | -    | -    | -    | -    | -     | 12%  |
| Less than 6 months                         | -    | -    | -    | -    | -     | 18%  |
| 6 to 12 months                             | -    | -    | -    | -    | -     | 36%  |
| More than 12 months                        | -    | -    | -    | -    | -     | 33%  |
| Don't know / Not sure                      | -    | -    | -    | -    | -     | -    |
| Prefer not to say                          | -    | -    | -    | -    | -     | 1%   |

\*2012-2021: Not asked.

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**C08 Demographics (cont'd)**

(All):

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

(122)

|  | 2012 | 2014 | 2016 | 2018 | 2021* | 2024 |
|--|------|------|------|------|-------|------|
| Never attended school or only attended kindergarten          | *%   | *%   | *%   | *%   | -     | *%   |
| Grades 1 through 8 (Elementary)                              | 1%   | *%   | *%   | *%   | -     | 2%   |
| Grades 9 through 11 (Some high school)                       | 2%   | 2%   | 1%   | 1%   | -     | 3%   |
| Less than high school  |      |      |      |      | 4%    |      |
| Grade 12 or GED (High school graduate)                       | 14%  | 18%  | 13%  | 11%  | 10%   | 18%  |
| College 1 year to 3 years (Some college or technical school) | 18%  | 19%  | 19%  | 21%  | 17%   | 18%  |
| College 4 years (College graduate)                           | 29%  | 30%  | 32%  | 29%  | 30%   | 28%  |
| Graduate-level work or degree (More than 4 years college)    | 36%  | 30%  | 33%  | 37%  | 39%   | 31%  |
| Prefer not to say / Don't know                               | *%   | *%   | *%   | *%   | -     | 2%   |

\*2021 used different response categories.

**8.9** Are you currently...? (single punch)

(123)

|                                  | 2012 | 2014 | 2016 | 2018 | 2021* | 2024 |
|----------------------------------|------|------|------|------|-------|------|
| Employed for wages               | 60%  | 59%  | 61%  | 61%  | 58%   | 52%  |
| Self-employed                    | 8%   | 7%   | 8%   | 10%  | 10%   | 8%   |
| Unemployed                       | -    | -    | -    | -    | 8%    | -    |
| Out of work for more than 1 year | 3%   | 2%   | 2%   | 2%   | -     | 2%   |
| Out of work for less than 1 year | 2%   | 2%   | 2%   | 2%   | -     | 3%   |
| A Homemaker                      | 6%   | 6%   | 5%   | 4%   | 5%    | 3%   |
| A Student                        | 8%   | 7%   | 6%   | 5%   | 6%    | 6%   |
| Retired                          | 12%  | 14%  | 14%  | 13%  | 11%   | 20%  |
| Unable to work                   | 2%   | 1%   | 2%   | 2%   | -     | 3%   |
| Prefer not to say                | *%   | 1%   | *%   | 1%   | -     | 1%   |

\*2021 used different response categories.

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

(124-125)

|                                 | 2012 | 2014 | 2016 | 2018 | 2021 | 2024* |
|---------------------------------|------|------|------|------|------|-------|
| Less than \$25,000 per year     | -    | -    | -    | -    | -    | 11%   |
| \$25,000 to \$49,999 per year   | -    | -    | -    | -    | -    | 9%    |
| Less than \$50,000 per year     | 16%  | 18%  | 18%  | 14%  | 16%  | -     |
| \$50,000 to \$74,999            | -    | -    | -    | -    | -    | 10%   |
| \$75,000 to \$99,999 per year   | -    | -    | -    | -    | -    | 11%   |
| \$50,000 to \$99,999 per year   | 23%  | 21%  | 22%  | 22%  | 23%  | -     |
| \$100,000 to \$149,999 per year | 24%  | 21%  | 19%  | 21%  | 19%  | 16%   |
| \$150,000 to \$199,999 per year | 11%  | 13%  | 13%  | 13%  | 15%  | 13%   |
| \$200,000 or more per year      | 12%  | 12%  | 14%  | 15%  | 17%  | 20%   |
| Don't know / Not sure           | 4%   | 7%   | 7%   | 5%   | -    | 3%    |
| Prefer not to say               | 10%  | 8%   | 9%   | 9%   | -    | 9%    |

\*2024 used different response categories.



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

(126-129)

Round fractions up.

|                       | 2012 | 2014 | 2016 | 2018 | 2021* | 2024 |
|-----------------------|------|------|------|------|-------|------|
| < 120 pounds          | 5%   | 6%   | 5%   | 5%   | -     | 5%   |
| 120 - 139 pounds      | 14%  | 16%  | 13%  | 13%  | -     | 12%  |
| 140 - 159 pounds      | 18%  | 20%  | 20%  | 19%  | -     | 16%  |
| 160 - 179 pounds      | 18%  | 18%  | 20%  | 17%  | -     | 14%  |
| 180 - 199 pounds      | 18%  | 14%  | 15%  | 15%  | -     | 13%  |
| 200 - 249 pounds      | 19%  | 18%  | 17%  | 20%  | -     | 16%  |
| 250 pounds or more    | 5%   | 5%   | 5%   | 6%   | -     | 6%   |
| Don't know / Not sure | 1%   | 1%   | 1%   | 1%   | -     | 9%   |
| Prefer not to say     | 2%   | 2%   | 3%   | 3%   | -     | 10%  |
| Median Weight         | -    | -    | -    | -    | -     | 170  |

\*2021 data not available.

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

(130-133)

|                        | 2012 | 2014 | 2016 | 2018 | 2021* | 2024 |
|------------------------|------|------|------|------|-------|------|
| Less than 5 ft.        | 1%   | 1%   | 1%   | 1%   | -     | 2%   |
| 5'0"                   | 2%   | 2%   | 2%   | 7%   | -     | 4%   |
| 5'1"                   | 4%   | 3%   | 3%   | 3%   | -     | 3%   |
| 5'2"                   | 7%   | 7%   | 6%   | 6%   | -     | 5%   |
| 5'3"                   | 6%   | 8%   | 7%   | 6%   | -     | 6%   |
| 5'4"                   | 8%   | 9%   | 9%   | 8%   | -     | 8%   |
| 5'5"                   | 8%   | 8%   | 8%   | 7%   | -     | 7%   |
| 5'6"                   | 8%   | 9%   | 10%  | 8%   | -     | 8%   |
| 5'7"                   | 7%   | 10%  | 9%   | 8%   | -     | 8%   |
| 5'8"                   | 8%   | 9%   | 7%   | 7%   | -     | 7%   |
| 5'9"                   | 8%   | 6%   | 8%   | 7%   | -     | 6%   |
| 5'10"                  | 7%   | 8%   | 8%   | 7%   | -     | 6%   |
| 5'11"                  | 6%   | 7%   | 6%   | 6%   | -     | 4%   |
| 6'0"                   | 5%   | 6%   | 6%   | 8%   | -     | 6%   |
| 6'1"                   | 4%   | 2%   | 4%   | 4%   | -     | 3%   |
| 6'2"                   | 5%   | 2%   | 3%   | 3%   | -     | 2%   |
| 6'3"                   | 1%   | 1%   | 2%   | 2%   | -     | 1%   |
| 6'4"                   | 2%   | 1%   | 1%   | 1%   | -     | 1%   |
| 6'5"                   | 1%   | *%   | *%   | *%   | -     | *%   |
| 6'6"                   | 2%   | *%   | 1%   | *%   | -     | *%   |
| 6'7" or more           | *%   | *%   | *%   | *%   | -     | *%   |
| Don't know / Not sure  | *%   | *%   | *%   | *%   | -     | 6%   |
| Prefer not to say      | *%   | 1%   | *%   | *%   | -     | 6%   |
| Median Height (inches) | -    | -    | 67"  | 67"  | -     | 67"  |

\*2021 data not available.

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

|                       | 2012 | 2014 | 2016 | 2018 | 2021 | 2024 |
|-----------------------|------|------|------|------|------|------|
| Yes                   | 34%  | 35%  | 32%  | 36%  | 36%  | 38%  |
| No                    | 65%  | 64%  | 68%  | 64%  | 63%  | 59%  |
| Don't know / Not sure | *%   | *%   | *%   | *%   | -    | 2%   |
| Prefer not to say     | *%   | *%   | *%   | *%   | -    | 1%   |

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

|  | 2012 | 2014 | 2016 | 2018 | 2021* | 2024 |
|--|------|------|------|------|-------|------|
| Single-family detached                           | 62%  | 64%  | 65%  | 66%  | -     | 56%  |
| Townhouse or duplex                              | 23%  | 20%  | 20%  | 20%  | -     | 20%  |
| Apartment, condo, or other multi-family building | 14%  | 15%  | 14%  | 13%  | -     | 18%  |
| Other (specify)                                  | -    | -    | -    | -    | -     | 2%   |
| Don't know / Not sure                            | *%   | *%   | *%   | *%   | -     | 2%   |
| Prefer not to say                                | 1%   | 1%   | *%   | 1%   | -     | 2%   |

\*2021 data not available.

**8.22A** (If S2 = 21042, 21043, 21044, 21045 or 21046): Do you live on property subject to the Columbia Association assessment?

|                       | 2012 | 2014 | 2016 | 2018 | 2021* | 2024 |
|-----------------------|------|------|------|------|-------|------|
| Yes                   | 40%  | 41%  | 39%  | 42%  | -     | 37%  |
| No                    | 48%  | 49%  | 51%  | 50%  | -     | 48%  |
| Don't know / Not sure | 12%  | 9%   | 10%  | 8%   | -     | 13%  |
| Prefer not to say     | *%   | *%   | *%   | *%   | -     | 1%   |

\*2021 data not available.

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

|   | 2012 | 2014 | 2016 | 2018 | 2021* | 2024 |
|---|------|------|------|------|-------|------|
| Pools only                              | -    | 4%   | 4%   | 4%   | -     | 7%   |
| Club only                               | -    | 1%   | 1%   | 2%   | -     | 5%   |
| Golf only                               | -    | *%   | *%   | *%   | -     | 1%   |
| Tennis only                             | -    | *%   | *%   | *%   | -     | 1%   |
| More than one, or a "fit and play" plan | -    | 18%  | 15%  | 14%  | -     | 10%  |
| No membership                           | -    | 75%  | 77%  | 77%  | -     | 72%  |
| Don't know / Not sure                   | -    | 2%   | 3%   | 2%   | -     | 2%   |
| Prefer not to say                       | -    | *%   | *%   | *%   | -     | 1%   |

\*2012: Not asked; 2021 data not available.

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**8.22C** (if S2 = 21042, 21043, 21044, 21045 or 21046 AND if 8,22B = 6 (no membership)):

If you do not currently have a membership with the Columbia Association, do you engage in any Columbia Association program or service?

|                       | 2012 | 2014 | 2016 | 2018 | 2021* | 2024 |
|-----------------------|------|------|------|------|-------|------|
| Yes                   | -    | -    | -    | -    | -     | 11%  |
| No                    | -    | -    | -    | -    | -     | 82%  |
| Don't know / Not sure | -    | -    | -    | -    | -     | 6%   |
| Prefer not to say     | -    | -    | -    | -    | -     | *%   |

\*2012-2021: Not asked.

(All):

**8.22D** Which of the following sources do you trust for health information? For each, please indicate yes or no. (Code all that apply).

|  | 2012 | 2014 | 2016 | 2018 | 2021* | 2024 |
|--|------|------|------|------|-------|------|
| My doctor  | -    | -    | -    | -    | -     | 87%  |
| Johns Hopkins Howard County Medical Center (formerly Howard County General Hospital) | -    | -    | -    | -    | -     | 50%  |
| My local government such as a county agency or office                                | -    | -    | -    | -    | -     | 35%  |
| Friends or family  | -    | -    | -    | -    | -     | 29%  |
| Social Media or Websites   | -    | -    | -    | -    | -     | 14%  |
| My faith leader  | -    | -    | -    | -    | -     | 6%   |
| Columbia Association   | -    | -    | -    | -    | -     | 6%   |
| None of these (Skip to next section)   | -    | -    | -    | -    | -     | 3%   |
| Don't know / Not sure (Skip to next section)   | -    | -    | -    | -    | -     | 1%   |
| Prefer not to say (Skip to next section)   | -    | -    | -    | -    | -     | 1%   |

\*2012-2021: Not asked.

**8.22E** Of the places you look for information to keep you healthy, which do you turn to most? (Pipe in responses from 8.22D. Select one of piped responses. If only one selection in 8.22D, they still get 8.22E. If 8.22D=8, 9 or 10, skip to next section)

|  | 2012 | 2014 | 2016 | 2018 | 2021* | 2024 |
|--|------|------|------|------|-------|------|
| My doctor  | -    | -    | -    | -    | -     | 71%  |
| My local government such as a county agency or office                                | -    | -    | -    | -    | -     | 3%   |
| My faith leader  | -    | -    | -    | -    | -     | 1%   |
| Johns Hopkins Howard County Medical Center (formerly Howard County General Hospital) | -    | -    | -    | -    | -     | 4%   |
| Friends or family  | -    | -    | -    | -    | -     | 6%   |
| Columbia Association   | -    | -    | -    | -    | -     | 1%   |
| Social Media or Websites   | -    | -    | -    | -    | -     | 6%   |
| None of these  | -    | -    | -    | -    | -     | 7%   |
| Don't know / Not sure  | -    | -    | -    | -    | -     | 1%   |
| Prefer not to say  | -    | -    | -    | -    | -     | 1%   |

\*2012-2021: Not asked.

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## C09 Fruits and Vegetables

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

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

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

(156-158)

|                                 | 2012* | 2014* | 2016* | 2018* | 2021* | 2024 |
|---------------------------------|-------|-------|-------|-------|-------|------|
| 5 or more times per day         | 3%    | 2%    | 4%    | 3%    | 4%    | 2%   |
| 3-4 times per day               | 11%   | 12%   | 11%   | 8%    | 14%   | 9%   |
| 1-2 times per day               | 51%   | 53%   | 49%   | 46%   | 44%   | 39%  |
| <i>Total Daily</i>              | 65%   | 67%   | 64%   | 57%   | 62%   | 50%  |
| Less than once per day or never | 35%   | 31%   | 34%   | 40%   | 38%   | -    |
| Less than once per day          | -     | -     | -     | -     | -     | 34%  |
| Never                           | -     | -     | -     | -     | -     | 9%   |
| Don't know / Not sure           | *%    | 2%    | 2%    | 2%    | -     | 6%   |
| Prefer not to say               | *%    | *%    | *%    | *%    | -     | 1%   |

\*2012–2021 used different response categories.

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

(162-164)

|                                 | 2012* | 2014 | 2016 | 2018 | 2021* | 2024 |
|---------------------------------|-------|------|------|------|-------|------|
| 5 or more times per day         | 3%    | 3%   | 4%   | 2%   | 5%    | 4%   |
| 3-4 times per day               | 8%    | 9%   | 10%  | 7%   | 11%   | 10%  |
| 1-2 times per day               | 61%   | 58%  | 54%  | 57%  | 51%   | 47%  |
| <i>Total Daily</i>              | 72%   | 70%  | 68%  | 66%  | 67%   | 60%  |
| Less than once per day or never | 28%   | 29%  | 30%  | 32%  | 32%   | -    |
| Less than once per day          | -     | -    | -    | -    | -     | 26%  |
| Never                           | -     | -    | -    | -    | -     | 8%   |
| Don't know / Not sure           | *%    | 1%   | 2%   | 1%   | -     | 5%   |
| Prefer not to say               | *%    | *%   | *%   | *%   | -     | 1%   |

\*2012–2021 used different response categories.

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**C10 Physical Activity**

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

**10.1A** In the past week, did you participate in physical activities such as walking, swimming, gardening, playing with kids, etc.? Think only about those physical activities that raised your heart rate and that you did for at least 10 minutes at a time.

|                                       | 2012* | 2014 | 2016 | 2018 | 2021 | 2024 |
|---------------------------------------|-------|------|------|------|------|------|
| Yes [Go to Q10.2A]                    | 88%   | 81%  | 80%  | 73%  | 80%  | 81%  |
| No [skip to Q10.3]                    | 12%   | 19%  | 20%  | 27%  | -    | 15%  |
| Don't know / Not sure [skip to Q10.3] | *%    | *%   | *%   | *%   | -    | 3%   |
| Prefer not to say (Skip to 10.7A)     | *%    | *%   | *%   | *%   | -    | 1%   |

\*2012 used "In the past month" wording.

(Ask 10.2 series if 10.1A = 1):

**10.2A** Think about all of the reasons that you engaged in physical activity this past week. What were your primary reasons for engaging in those physical activities? (Allow multiple responses.)

|  | 2012 | 2014 | 2016 | 2018 | 2021* | 2024 |
|--|------|------|------|------|-------|------|
| Enjoy the activity/ fun                        | -    | -    | -    | -    | -     | 59%  |
| Improves my mood/ reduces stress               | -    | -    | -    | -    | -     | 57%  |
| To live a long and healthy life                | -    | -    | -    | -    | -     | 55%  |
| Weight control or weight loss                  | -    | -    | -    | -    | -     | 48%  |
| To become stronger or stay strong              | -    | -    | -    | -    | -     | 48%  |
| To look better                                 | -    | -    | -    | -    | -     | 34%  |
| Physician or medical professional recommended  | -    | -    | -    | -    | -     | 20%  |
| Social connection                              | -    | -    | -    | -    | -     | 19%  |
| Prevent falls/ improve balance                 | -    | -    | -    | -    | -     | 18%  |
| Encouragement/ Pressure from family or friends | -    | -    | -    | -    | -     | 6%   |
| Other (Online only: (specify)                  | -    | -    | -    | -    | -     | 10%  |
| Prefer not to say                              | -    | -    | -    | -    | -     | 1%   |

\*2012-2021: Not asked.

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**10.2B** What types of physical activities did you engage in for greater than 10 minutes at a time? (Allow multiple responses.)

|                              | 2012 | 2014 | 2016 | 2018 | 2021* | 2024 |
|------------------------------|------|------|------|------|-------|------|
| Walking                      | -    | -    | -    | -    | -     | 82%  |
| Strength training            | -    | -    | -    | -    | -     | 34%  |
| House cleaning               | -    | -    | -    | -    | -     | 31%  |
| Jogging/ running             | -    | -    | -    | -    | -     | 24%  |
| Yard work                    | -    | -    | -    | -    | -     | 23%  |
| Biking                       | -    | -    | -    | -    | -     | 18%  |
| Gardening                    | -    | -    | -    | -    | -     | 16%  |
| Yoga                         | -    | -    | -    | -    | -     | 11%  |
| Swimming                     | -    | -    | -    | -    | -     | 10%  |
| Racquet sports               | -    | -    | -    | -    | -     | 5%   |
| Aerobics Classes             | -    | -    | -    | -    | -     | 5%   |
| Rowing                       | -    | -    | -    | -    | -     | 4%   |
| Tai Chi                      | -    | -    | -    | -    | -     | 1%   |
| Other (Online only: specify) | -    | -    | -    | -    | -     | 15%  |
| Prefer not to say            | -    | -    | -    | -    | -     | *%   |

\*2012-2021: Not asked.

**10.2C:** During the past week, how many days did you partake in these physical activities? Think only about those physical activities that you did for at least 10 minutes at a time.

(162-164)

|                       | 2012 | 2014 | 2016 | 2018 | 2021* | 2024 |
|-----------------------|------|------|------|------|-------|------|
| Never                 | -    | -    | -    | -    | -     | 2%   |
| 1                     | -    | -    | -    | -    | -     | 2%   |
| 2                     | -    | -    | -    | -    | -     | 7%   |
| 3                     | -    | -    | -    | -    | -     | 17%  |
| 4                     | -    | -    | -    | -    | -     | 17%  |
| 5                     | -    | -    | -    | -    | -     | 21%  |
| 6                     | -    | -    | -    | -    | -     | 9%   |
| 7                     | -    | -    | -    | -    | -     | 21%  |
| Don't know / Not sure | -    | -    | -    | -    | -     | 4%   |
| Prefer not to say     | -    | -    | -    | -    | -     | 1%   |

\*2012-2021: Not asked.

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**10.2D** Where did you do these activities? (Allow multiple responses.)

|                                       | 2012 | 2014 | 2016 | 2018* | 2021 | 2024* |
|---------------------------------------|------|------|------|-------|------|-------|
| Outside                               | 67%  | 73%  | 68%  | 56%   | 71%  | 79%   |
| In your home or friend's home         | 19%  | 25%  | 27%  | 28%   | 50%  | 48%   |
| At a membership club                  | 25%  | 24%  | 24%  | 25%   | 9%   | 18%   |
| At work                               | 7%   | 5%   | 7%   | 7%    | 8%   | 12%   |
| Community/ Rec/ Senior Center         | -    | -    | -    | 3%    | -    | 6%    |
| At your housing clubhouse             | 2%   | 3%   | 4%   | 4%    | 4%   | 6%    |
| Mall                                  | -    | -    | -    | 2%    | -    | 5%    |
| School/Community College              | -    | -    | -    | 2%    | -    | 5%    |
| Training location/ Private rec center | -    | -    | -    | 2%    | -    | 5%    |
| Hotel/ While traveling                | -    | -    | -    | *%    | -    | 3%    |
| Healthcare facility/ Physical therapy | -    | -    | -    | 1%    | -    | 2%    |
| Church                                | -    | -    | -    | *%    | -    | 2%    |
| Bowling alley                         | -    | -    | -    | *%    | -    | 1%    |
| Somewhere else (Specify.)             | 3%   | 5%   | 4%   | 7%    | -    | 5%    |
| Don't know/ Not sure                  | *%   | *%   | *%   | *%    | -    | *%    |
| Prefer not to say                     | *%   | *%   | *%   | *%    | -    | *%    |

\*2018, 2024 used different response categories.

**10.2E** Each time you took part in this activity, for how many minutes or hours did you usually keep at it? (Code either minutes or hours; if over one hour, round to nearest hour.) **(Need to reconcile data categorization with prior years.)**

|                       | 2012 | 2014* | 2016 | 2018 | 2021 | 2024 |
|-----------------------|------|-------|------|------|------|------|
| 1 to 15 minutes       | -    | -     | 4%   | 5%   | 5%   | 7%   |
| 16 to 30 minutes      | -    | -     | 26%  | 28%  | 30%  | 25%  |
| 31 to 45 minutes      | -    | -     | 17%  | 15%  | 17%  | 14%  |
| 46 minutes to 1 hour  | -    | -     | 33%  | 35%  | 30%  | 24%  |
| 1 hour+ to 2 hours    | -    | -     | 10%  | 11%  | 11%  | 16%  |
| 3 or more hours       | -    | -     | 6%   | 5%   | 7%   | 7%   |
| Don't know / Not sure | -    | -     | 2%   | 2%   | -    | 6%   |
| Prefer not to say     | -    | -     | *%   | *%   | -    | 1%   |

\*2012, 2014: Not asked.

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**10.3** (if no or not sure to 10.1A or never to 10.2C): In this section, we are going to ask about your barriers to your physical activity. What was the main reason you did not engage in physical activity? (Single response.)

|  | 2012 | 2014* | 2016 | 2018 | 2021 | 2024 |
|--|------|-------|------|------|------|------|
| Didn't have time                       | -    | -     | 41%  | 42%  | 27%  | 17%  |
| No sidewalks/ walking path             | -    | -     | 1%   | *%   | 2%   | 7%   |
| Didn't have a safe place               | -    | -     | *%   | *%   | 2%   | 6%   |
| Area(s) not well lit                   | -    | -     | 1%   | *%   | 1%   | 2%   |
| No access to equipment                 | -    | -     | 2%   | *%   | 2%   | 7%   |
| Another reason (Specify.)              | -    | -     | *%   | *%   | 17%  | 8%   |
| Don't know/ Not sure                   | -    | -     | 9%   | 5%   | -    | 5%   |
| Prefer not to say                      | -    | -     | 1%   | 1%   | -    | 3%   |
| Don't need to exercise/ Already active | -    | -     | 5%   | 4%   | 5%   | 6%   |
| Don't like exercise/ Lazy/ Tired       | -    | -     | 16%  | 16%  | 16%  | 17%  |
| Weather                                | -    | -     | 3%   | 7%   | 4%   | 8%   |
| Unable/ Disabled/ Health/ Too old      | -    | -     | 16%  | 15%  | 8%   | 10%  |
| Sick                                   | -    | -     | 4%   | 8%   | 3%   | 5%   |
| Traveling/ Away                        | -    | -     | 0%   | 1%   | 2%   | 1%   |

\*2012, 2014: Not asked.

**10.7A** In 2023, was there a child in your household you wanted to enroll in an organized youth sporting activity, such as a Rec and Parks team, soccer, or another organized youth sports team, but did not?

|                       | 2012 | 2014 | 2016* | 2018 | 2021* | 2024 |
|-----------------------|------|------|-------|------|-------|------|
| Yes                   | -    | -    | -     | 13%  | -     | 10%  |
| No                    | -    | -    | -     | 64%  | -     | 84%  |
| Don't know / Not sure | -    | -    | -     | 10%  | -     | 4%   |
| Prefer not to say     | -    | -    | -     | 13%  | -     | 2%   |

\*2012–2016: Not asked. 2021 data not available.

**10.7B** (if yes in 10.7A): What was the main reason why not? (Code the one best response.)

|   | 2012 | 2014 | 2016* | 2018 | 2021* | 2024 |
|---|------|------|-------|------|-------|------|
| Lack of time/Did not fit schedule           | -    | -    | -     | 6%   | -     | 30%  |
| Difficult/ Did not know how to sign up      | -    | -    | -     | 1%   | -     | 13%  |
| Cost too much                               | -    | -    | -     | 6%   | -     | 34%  |
| Lack of transportation/ No way to get there | -    | -    | -     | *%   | -     | 4%   |
| No one to take care of my other children    | -    | -    | -     | *%   | -     | 3%   |
| Too young to participate                    | -    | -    | -     | 57%  | -     | 3%   |
| Disability                                  | -    | -    | -     | 7%   | -     | 1%   |
| Lack of interest                            | -    | -    | -     | 6%   | -     | 5%   |
| Other (Specify.)                            | -    | -    | -     | 1%   | -     | 6%   |
| Don't know / Not sure                       | -    | -    | -     | 10%  | -     | 1%   |
| Prefer not to say                           | -    | -    | -     | 7%   | -     | -    |

\*2012 – 2016: Not asked. 2021 data not available.



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**Sugary Drinks**

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

|                       | 2012* | 2014 | 2016 | 2018 | 2021 | 2024 |
|-----------------------|-------|------|------|------|------|------|
| Yes                   | -     | 49%  | 45%  | 44%  | 42%  | 50%  |
| No                    | -     | 50%  | 55%  | 55%  | 58%  | 47%  |
| Don't know / Not sure | -     | *%   | *%   | *%   | -    | 2%   |
| Prefer not to say     | -     | *%   | *%   | *%   | -    | 1%   |

\*2012: Not asked.

**M12 Breast/ Cervical Cancer Screening**

The next questions are about breast and cervical cancer screening.

*(If Female and age 40 or older):*

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

(339)

|  | 2012 | 2014 | 2016 | 2018 | 2021 | 2024 |
|--|------|------|------|------|------|------|
| Yes  | 92%  | 93%  | 93%  | 93%  | 90%  | 95%  |
| No <i>[skip to M12.5]</i>                    | 8%   | 7%   | 6%   | 7%   | 10%  | 5%   |
| Don't know / Not sure <i>[skip to M12.5]</i> | *%   | *%   | *%   | *%   | -    | -    |
| Prefer not to say <i>[skip to M12.5]</i>     | *%   | *%   | 1%   | *%   | -    | *%   |

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

(340)

|   | 2012 | 2014 | 2016 | 2018 | 2021 | 2024 |
|---|------|------|------|------|------|------|
| Within the past 2 years (Less than 2 years ago)           | 88%  | 88%  | 86%  | 86%  | 86%  | 91%  |
| Between 2 and 5 years (2 years but less than 5 years ago) | 7%   | 7%   | 10%  | 8%   | 9%   | 5%   |
| 5 or more years ago                                       | 4%   | 4%   | 4%   | 6%   | 5%   | 3%   |
| Don't know / Not sure                                     | 1%   | 1%   | 1%   | *%   | -    | *%   |
| Prefer not to say   | *%   | *%   | *%   | *%   | -    | *%   |

*(If female aged 21 to 65):*

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

(343)

|  | 2012 | 2014 | 2016 | 2018 | 2021 | 2024 |
|--|------|------|------|------|------|------|
| Yes  | 94%  | 89%  | 91%  | 94%  | 80%  | 85%  |
| No <i>[skip to next eligible question.]</i>                    | 6%   | 10%  | 7%   | 6%   | 20%  | 11%  |
| Don't know / Not sure <i>[skip to next eligible question.]</i> | *%   | *%   | 1%   | *%   | -    | 1%   |
| Prefer not to say <i>[skip to next eligible question.]</i>     | *%   | *%   | *%   | *%   | -    | 3%   |

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(If M12.5=1):

**M12.5A** When was your last Pap test?

| (Revised answer options):                                 | 2012* | 2014* | 2016* | 2018 | 2021 | 2024 |
|---|-------|-------|-------|------|------|------|
| Within the past 2 years (Less than 2 years ago)           | -     | 77%   | 76%   | -    | -    | -    |
| Within the past 3 years (Less than 3 years ago)           | -     | -     | -     | 82%  | 78%  | 78%  |
| Between 2 and 5 years (2 years but less than 5 years ago) | -     | 13%   | 15%   | -    | -    | -    |
| Between 3 and 5 years (3 years but less than 5 years ago) | -     | -     | -     | 7%   | 13%  | 12%  |
| 5 or more years ago                                       | -     | 9%    | 8%    | 9%   | 8%   | 8%   |
| Don't know / Not sure                                     | -     | 1%    | 1%    | 1%   | -    | 2%   |
| Prefer not to say   | -     | *%    | *%    | 1%   | -    | 1%   |

\*2012: Not asked; 2014, 2016 used different response categories.

**M14 Colorectal Cancer Screening**

(If respondent is 50 to 75 years of age).

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

(358)

|   | 2012* | 2014 | 2016 | 2018 | 2021 | 2024 |
|---|-------|------|------|------|------|------|
| Within the past 5 years (Less than 5 years ago)             | -     | 62%  | 61%  | 58%  | 54%  | 59%  |
| Between 5 and 10 years (5 years but less than 10 years ago) | -     | 13%  | 15%  | 19%  | 18%  | 16%  |
| 10 or more years ago  | -     | 3%   | 5%   | 9%   | 3%   | 3%   |
| Have never had a sigmoidoscopy or colonoscopy               | -     | 19%  | 16%  | 9%   | 20%  | 14%  |
| Did a home test   | -     | 0%   | 0%   | 0%   | 3%   | 6%   |
| Don't know / Not sure                                       | -     | 2%   | 2%   | 6%   | -    | 1%   |
| Prefer not to say   | -     | *%   | 2%   | *%   | -    | 1%   |

\*2012: Not asked.

**M26 Anxiety and Depression**

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

(451)

|                       | 2012 | 2014 | 2016 | 2018 | 2021 | 2024 |
|-----------------------|------|------|------|------|------|------|
| Yes                   | 9%   | 7%   | 11%  | 13%  | 16%  | 23%  |
| No                    | 91%  | 92%  | 88%  | 87%  | 83%  | 72%  |
| Don't know / Not sure | *%   | *%   | *%   | *%   | -    | 3%   |
| Prefer not to say     | *%   | *%   | *%   | *%   | -    | 3%   |

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## M28 Social Context

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

**M28.0** During the past 12 months, how often was your family worried that your food would run out before you got money to buy more?

|                       | 2012 | 2014 | 2016 | 2018* | 2021 | 2024 |
|-----------------------|------|------|------|-------|------|------|
| Often true            | -    | -    | -    | -     | 5%   | 7%   |
| Sometimes true        | -    | -    | -    | -     | 11%  | 11%  |
| Never true            | -    | -    | -    | -     | 84%  | 76%  |
| Don't know / Not sure | -    | -    | -    | -     | -    | 4%   |
| Prefer not to say     | -    | -    | -    | -     | -    | 2%   |

\*2012–2018: Not asked.

**M28.01** During the past 12 months, how often did the food your family bought not last and you did not have money to get more?

|                       | 2012 | 2014 | 2016 | 2018 | 2021* | 2024 |
|-----------------------|------|------|------|------|-------|------|
| Often true            | -    | -    | -    | -    | -     | 4%   |
| Sometimes true        | -    | -    | -    | -    | -     | 10%  |
| Never true            | -    | -    | -    | -    | -     | 80%  |
| Don't know / Not sure | -    | -    | -    | -    | -     | 4%   |
| Prefer not to say     | -    | -    | -    | -    | -     | 2%   |

\*2012–2021: Not asked.

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

(464)

|                       | 2012 | 2014 | 2016 | 2018 | 2021 | 2024* |
|-----------------------|------|------|------|------|------|-------|
| Always                | 4%   | 4%   | 6%   | 6%   | 4%   | -     |
| Usually               | 4%   | 5%   | 5%   | 5%   | 7%   | -     |
| Often true            | -    | -    | -    | -    | -    | 12%   |
| Sometimes true        | 17%  | 17%  | 17%  | 15%  | 14%  | 21%   |
| Rarely                | 20%  | 21%  | 21%  | 22%  | 14%  | -     |
| Never true            | -    | -    | -    | -    | -    | 62%   |
| Never                 | 54%  | 51%  | 51%  | 52%  | 61%  | -     |
| Don't know / Not sure | -    | -    | -    | -    | -    | 2%    |
| Not applicable        | -    | -    | -    | -    | -    | 2%    |
| Prefer not to say     | -    | -    | -    | -    | -    | 2%    |

\*2024 used different response categories.

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

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

|                                   | 2012 | 2014 | 2016* | 2018 | 2021 | 2024 |
|-----------------------------------|------|------|-------|------|------|------|
| Never                             | -    | -    | -     | 75%  | 60%  | 57%  |
| <i>Total Several Days or More</i> | -    | -    | -     | 23%  | 39%  | 34%  |
| For several days                  | -    | -    | -     | 15%  | 24%  | 19%  |
| For more than half the days       | -    | -    | -     | 5%   | 8%   | 8%   |
| Nearly every day                  | -    | -    | -     | 3%   | 7%   | 7%   |
| Don't know / Not sure             | -    | -    | -     | 1%   | -    | 6%   |
| Prefer not to say                 | -    | -    | -     | 1%   | -    | 3%   |

\*2012–2016: Not asked.

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

|                                   | 2012 | 2014 | 2016* | 2018 | 2021 | 2024 |
|-----------------------------------|------|------|-------|------|------|------|
| Never                             | -    | -    | -     | 76%  | 65%  | 56%  |
| <i>Total Several Days or More</i> | -    | -    | -     | 22%  | 34%  | 33%  |
| For several days                  | -    | -    | -     | 18%  | 23%  | 22%  |
| For more than half the days       | -    | -    | -     | 3%   | 5%   | 6%   |
| Nearly every day                  | -    | -    | -     | 1%   | 6%   | 6%   |
| Don't know / Not sure             | -    | -    | -     | 1%   | -    | 6%   |
| Prefer not to say                 | -    | -    | -     | *%   | -    | 4%   |

\*2012–2016: Not asked.

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

|                                   | 2012 | 2014 | 2016* | 2018 | 2021 | 2024 |
|-----------------------------------|------|------|-------|------|------|------|
| Never                             | -    | -    | -     | 61%  | 50%  | 40%  |
| <i>Total Several Days or More</i> | -    | -    | -     | 36%  | 48%  | 48%  |
| For several days                  | -    | -    | -     | 21%  | 28%  | 27%  |
| For more than half the days       | -    | -    | -     | 7%   | 10%  | 11%  |
| Nearly every day                  | -    | -    | -     | 8%   | 10%  | 11%  |
| Don't know / Not sure             | -    | -    | -     | 2%   | -    | 10%  |
| Prefer not to say                 | -    | -    | -     | 1%   | -    | 2%   |

\*2012–2016: Not asked.

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

|                                   | 2012 | 2014 | 2016* | 2018 | 2021 | 2024 |
|-----------------------------------|------|------|-------|------|------|------|
| Never                             | -    | -    | -     | 75%  | 60%  | 51%  |
| <i>Total Several Days or More</i> | -    | -    | -     | 24%  | 38%  | 40%  |
| For several days                  | -    | -    | -     | 15%  | 23%  | 22%  |
| For more than half the days       | -    | -    | -     | 5%   | 8%   | 9%   |
| Nearly every day                  | -    | -    | -     | 4%   | 7%   | 10%  |
| Don't know / Not sure             | -    | -    | -     | 1%   | -    | 7%   |
| Prefer not to say                 | -    | -    | -     | 1%   | -    | 2%   |

\*2012–2016: Not asked.

**M29 How often over the past two weeks have you felt isolated from others?**

|                                   | 2012 | 2014 | 2016 | 2018 | 2021* | 2024 |
|-----------------------------------|------|------|------|------|-------|------|
| Never                             | -    | -    | -    | -    | -     | 62%  |
| <i>Total Several Days or More</i> | -    | -    | -    | -    | -     | 29%  |
| For several days                  | -    | -    | -    | -    | -     | 16%  |
| For more than half the days       | -    | -    | -    | -    | -     | 7%   |
| Nearly every day                  | -    | -    | -    | -    | -     | 6%   |
| Don't know / Not sure             | -    | -    | -    | -    | -     | 6%   |
| Prefer not to say                 | -    | -    | -    | -    | -     | 2%   |

\*2012–2021: Not asked.

**Affordability**

**AF1** In the past year, have you or others you live with gone to the food bank or a local food pantry for food?

|                                  | 2012 | 2014 | 2016 | 2018 | 2021* | 2024 |
|----------------------------------|------|------|------|------|-------|------|
| Yes                              | -    | -    | -    | -    | -     | 11%  |
| No                               | -    | -    | -    | -    | -     | 85%  |
| Don't know/ prefer not to answer | -    | -    | -    | -    | -     | 4%   |

\*2012-2021: Not asked.

**AF2** In the past year, have you or others you live with needed help to pay for your utilities like gas and electric?

|                                  | 2012 | 2014 | 2016 | 2018 | 2021* | 2024 |
|----------------------------------|------|------|------|------|-------|------|
| Yes                              | -    | -    | -    | -    | -     | 13%  |
| No                               | -    | -    | -    | -    | -     | 84%  |
| Don't know/ prefer not to answer | -    | -    | -    | -    | -     | 3%   |

\*2012-2021: Not asked.

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**AF3** In the past year, were you or anyone in your household forced to move by a landlord or bank when you did not want to?

|                                  | 2012 | 2014 | 2016 | 2018 | 2021* | 2024 |
|----------------------------------|------|------|------|------|-------|------|
| Yes                              | -    | -    | -    | -    | -     | 5%   |
| No                               | -    | -    | -    | -    | -     | 92%  |
| Don't know/ prefer not to answer | -    | -    | -    | -    | -     | 3%   |

\*2012-2021: Not asked.

**AF4** In the past year, did you or someone in your household not pay the full amount of the rent or mortgage because you could not afford it?

|                                  | 2012 | 2014 | 2016 | 2018 | 2021* | 2024 |
|----------------------------------|------|------|------|------|-------|------|
| Yes                              | -    | -    | -    | -    | -     | 10%  |
| No                               | -    | -    | -    | -    | -     | 86%  |
| Don't know/ prefer not to answer | -    | -    | -    | -    | -     | 4%   |

\*2012-2021: Not asked.

**AF5** To the best of your knowledge have you, or anyone in your household, been enrolled in any of the following government programs in the past year: Medicaid, SNAP, Free and Reduced School Meals, WIC, or Temporary Cash Assistance program?

|                                  | 2012 | 2014 | 2016 | 2018 | 2021* | 2024 |
|----------------------------------|------|------|------|------|-------|------|
| Yes                              | -    | -    | -    | -    | -     | 20%  |
| No                               | -    | -    | -    | -    | -     | 77%  |
| Don't know/ prefer not to answer | -    | -    | -    | -    | -     | 3%   |

\*2012-2021: Not asked.

**Oral Health**

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

|   | 2012 | 2014 | 2016 | 2018 | 2021 | 2024 |
|---|------|------|------|------|------|------|
| Within the past year (any time less than 12 months ago)     | 81%  | 80%  | 81%  | 82%  | 66%  | 70%  |
| Within the past 2 years (1 year but less than 2 years ago)  | 10%  | 9%   | 9%   | 11%  | 16%  | 11%  |
| Within the past 5 years (2 years but less than 5 years ago) | 4%   | 5%   | 5%   | 3%   | 8%   | 7%   |
| 5 or more years ago   | 4%   | 3%   | 4%   | 2%   | 5%   | 7%   |
| Never   | 1%   | 1%   | 1%   | 1%   | 5%   | 1%   |
| Don't know / Not sure                                       | 1%   | 2%   | 1%   | 1%   | -    | 2%   |
| Prefer not to say   | *%   | *%   | *%   | *%   | -    | 1%   |

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(If ORAL 1= 8 (Never), go to next section.)

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

|                       | 2012 | 2014 | 2016 | 2018 | 2021 | 2024 |
|-----------------------|------|------|------|------|------|------|
| Yes                   | 9%   | 11%  | 9%   | 11%  | 17%  | 15%  |
| No                    | 91%  | 89%  | 91%  | 89%  | 82%  | 81%  |
| Don't know / Not sure | *%   | *%   | *%   | *%   | -    | 3%   |
| Prefer not to say     | *%   | *%   | *%   | *%   | -    | 1%   |

**Advance Care Planning**

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

|                       | 2012 | 2014* | 2016 | 2018 | 2021 | 2024 |
|-----------------------|------|-------|------|------|------|------|
| Yes                   | -    | -     | 30%  | 30%  | 36%  | 33%  |
| No                    | -    | -     | 67%  | 67%  | 63%  | 59%  |
| Don't know / Not sure | -    | -     | 2%   | 2%   | -    | 6%   |
| Prefer not to say     | -    | -     | 1%   | 1%   | -    | 2%   |

\*2012, 2014: Not asked.

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

|                   | 2012 | 2014* | 2016 | 2018 | 2021 | 2024 |
|-------------------|------|-------|------|------|------|------|
| Yes               | -    | -     | 30%  | 32%  | 37%  | 32%  |
| No                | -    | -     | 66%  | 65%  | 61%  | 59%  |
| Don't know        | -    | -     | 3%   | 2%   | -    | 7%   |
| Prefer not to say | -    | -     | *%   | 1%   | -    | 2%   |

\*2012, 2014: Not asked.

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**Housing**

**HG1** Do you or your family rent or own your home?

|                                  | 2012 | 2014 | 2016 | 2018 | 2021* | 2024 |
|----------------------------------|------|------|------|------|-------|------|
| Rent                             | -    | -    | -    | -    | -     | 20%  |
| Own                              | -    | -    | -    | -    | -     | 72%  |
| Other                            | -    | -    | -    | -    | -     | 4%   |
| Don't know/ Prefer not to answer | -    | -    | -    | -    | -     | 4%   |

\*2012-2021: Not asked.

**HG2** What is your living situation today?

|  | 2012 | 2014 | 2016 | 2018 | 2021* | 2024 |
|--|------|------|------|------|-------|------|
| I have a steady place to live  | -    | -    | -    | -    | -     | 87%  |
| I have a place to live today, but I am worried about losing it in the future   | -    | -    | -    | -    | -     | 7%   |
| I do not have a steady place to live (I am temporarily staying with others, in a hotel, in a shelter, sleeping in my car, or am "couch surfing") | -    | -    | -    | -    | -     | 4%   |
| None of these/ Prefer not to answer  | -    | -    | -    | -    | -     | 2%   |

\*2012-2021: Not asked.

**HG3** [Only ask of renters] Over the past year, have you had problems with any of the following in your home or apartment? Please select any that apply to you.

|   | 2012 | 2014 | 2016 | 2018 | 2021* | 2024 |
|---|------|------|------|------|-------|------|
| Pests such as bugs, ants, or mice           | -    | -    | -    | -    | -     | 34%  |
| Mold, water leaks, or other building issues | -    | -    | -    | -    | -     | 24%  |
| Oven, stove, or refrigerator do not work    | -    | -    | -    | -    | -     | 17%  |
| No electricity or heat                      | -    | -    | -    | -    | -     | 5%   |
| None of these / Prefer not to answer        | -    | -    | -    | -    | -     | 48%  |

\*2012-2021: Not asked.

**HG4** Do you feel your home is set up for you to live independently - that it is well-suited to your state of health and physical ability?

|                       | 2012 | 2014 | 2016 | 2018 | 2021* | 2024 |
|-----------------------|------|------|------|------|-------|------|
| Yes                   | -    | -    | -    | -    | -     | 83%  |
| No                    | -    | -    | -    | -    | -     | 10%  |
| Don't know / Not sure | -    | -    | -    | -    | -     | 5%   |
| Prefer not to say     | -    | -    | -    | -    | -     | 2%   |

\*2012-2021: Not asked.



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**Healthcare Experiences**

Thinking of your interactions with your health care system over the past six months...

**EXP1 To what extent**, do you feel that your race or ethnicity negatively impacted the quality of service you experienced? Use a scale from 0 to 5, where 0 means “did not affect,” and 5 means “strongly affected.” You may use any number between 0 and 5.

|                       | 2012 | 2014 | 2016 | 2018 | 2021* | 2024 |
|-----------------------|------|------|------|------|-------|------|
| 0 (Did not affect)    | -    | -    | -    | -    | -     | 69%  |
| 1                     | -    | -    | -    | -    | -     | 6%   |
| 2                     | -    | -    | -    | -    | -     | 6%   |
| 3                     | -    | -    | -    | -    | -     | 8%   |
| 4                     | -    | -    | -    | -    | -     | 3%   |
| 5 (Strongly affected) | -    | -    | -    | -    | -     | 4%   |
| Not applicable        | -    | -    | -    | -    | -     | 4%   |

\*2012-2021: Not asked.

**EXP2** Using that same scale from 0 to 5, to what extent do you feel that your race or ethnicity negatively impacted the communication between you and the care team? *(Repeat scale if necessary)*

|                       | 2012 | 2014 | 2016 | 2018 | 2021* | 2024 |
|-----------------------|------|------|------|------|-------|------|
| 0 (Did not affect)    | -    | -    | -    | -    | -     | 70%  |
| 1                     | -    | -    | -    | -    | -     | 7%   |
| 2                     | -    | -    | -    | -    | -     | 7%   |
| 3                     | -    | -    | -    | -    | -     | 6%   |
| 4                     | -    | -    | -    | -    | -     | 4%   |
| 5 (Strongly affected) | -    | -    | -    | -    | -     | 3%   |
| Not applicable        | -    | -    | -    | -    | -     | 4%   |

\*2012-2021: Not asked.

**EXP3** Using that same scale from 0 to 5, to what extent do you feel that your race or ethnicity negatively impacted how much respect you were treated with? *(Repeat scale if necessary)*

|                       | 2012 | 2014 | 2016 | 2018 | 2021* | 2024 |
|-----------------------|------|------|------|------|-------|------|
| 0 (Did not affect)    | -    | -    | -    | -    | -     | 67%  |
| 1                     | -    | -    | -    | -    | -     | 6%   |
| 2                     | -    | -    | -    | -    | -     | 8%   |
| 3                     | -    | -    | -    | -    | -     | 7%   |
| 4                     | -    | -    | -    | -    | -     | 4%   |
| 5 (Strongly affected) | -    | -    | -    | -    | -     | 4%   |
| Not applicable        | -    | -    | -    | -    | -     | 4%   |

\*2012-2021: Not asked.

N=2,266 adult Howard County residents; July – October 2024

**EXP4** [Ask if anyone responds with a score of 3 or more on EXP1, EXP2 or EXP] What was the setting of that experience?

|   | 2012 | 2014 | 2016 | 2018 | 2021* | 2024 |
|---|------|------|------|------|-------|------|
| Visiting a primary care doctor/specialist | -    | -    | -    | -    | -     | 26%  |
| Visiting a hospital                       | -    | -    | -    | -    | -     | 26%  |
| Visiting an urgent care center            | -    | -    | -    | -    | -     | 19%  |
| Some other setting                        | -    | -    | -    | -    | -     | 30%  |

\*2012-2021: Not asked.

**Future Planning**

**FP1** Do you have any of the following? (Allow multiple responses.)

|   | 2012 | 2014 | 2016 | 2018 | 2021* | 2024 |
|---|------|------|------|------|-------|------|
| Checking, banking or savings account                            | -    | -    | -    | -    | -     | 83%  |
| Retirement account  | -    | -    | -    | -    | -     | 58%  |
| Investment account  | -    | -    | -    | -    | -     | 52%  |
| Life insurance  | -    | -    | -    | -    | -     | 51%  |
| Long-term care insurance (e.g., to cover nursing home expenses) | -    | -    | -    | -    | -     | 16%  |
| None of the above   | -    | -    | -    | -    | -     | 3%   |
| Prefer not to say   | -    | -    | -    | -    | -     | 7%   |

\*2012-2021: Not asked.

**Other**

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

|                       | 2012 | 2014* | 2016 | 2018 | 2021 | 2024 |
|-----------------------|------|-------|------|------|------|------|
| < 5 hours             | -    | -     | 2%   | 1%   | 4%   | *%   |
| 5 hours               | -    | -     | 6%   | 7%   | 5%   | 7%   |
| 6 hours               | -    | -     | 25%  | 26%  | 22%  | 21%  |
| 7 hours               | -    | -     | 35%  | 36%  | 34%  | 29%  |
| 8 hours               | -    | -     | 25%  | 24%  | 26%  | 23%  |
| 9 or more hours       | -    | -     | 5%   | 5%   | 8%   | 6%   |
| Don't know / Not sure | -    | -     | 2%   | *%   | -    | 8%   |
| Prefer not to say     | -    | -     | *%   | 1%   | -    | 3%   |

\*2012, 2014: Not asked.

*N=2,266 adult Howard County residents; July – October 2024*

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

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

|                      | 2012 | 2014 | 2016* | 2018 | 2021 | 2024 |
|----------------------|------|------|-------|------|------|------|
| Yes                  | -    | -    | -     | 1%   | 5%   | 6%   |
| No                   | -    | -    | -     | 99%  | 94%  | 90%  |
| Don't know/ Not sure | -    | -    | -     | *%   | -    | 2%   |
| Prefer not to say    | -    | -    | -     | *%   | -    | 2%   |

\*2012–2016: Not asked.

### Closing Statement

**Please read:** That completes the survey. Everyone’s answers will be combined to give us information about the health practices of people in this county. As a thank you, \$1 will be donated to the Maryland Food Bank to help hungry neighbors in our community. Thank you very much for your time and cooperation.