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Moreover, no information regarding these findings will be released without the written consent of an authorized representative of the Stratford Health Department.

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1 INTRODUCTION

The Center for Research & Public Policy (CRPP) is pleased to present the results of the Stratford Adult Health Risk Assessment conducted among residents of Stratford, Connecticut.

This survey was designed to provide resident input on access to health and dental care, specific indicators of health status and awareness of local public health services and needs.

The research study included a comprehensive telephone survey. Interviews were conducted among residents of Stratford, Connecticut by phone. CRPP, working together with Stratford Health Department officials designed the survey instrument to be used when calling residents.

This report summarizes information collected from telephone surveys conducted March 20 – 25, 2006.

The survey instrument employed in the Stratford Adult Health Risk Assessment included the following areas for investigation:

- Testing for lead and radon;
- Vaccinations;
- Awareness of preventive measures for mosquito and tick-borne diseases;
- Awareness of Health Department services;
- Use and satisfaction with the Stratford Health Department;
- Awareness of the Stratford Community Health Center;
- Access to health care;
- Access to dental care;
- Use of tobacco;
- Health concerns;
- Physical activity;
- Nutrition;
- Awareness of emergency preparedness;
- Current mental health status; and
- Demographics.

Section II of this report discusses the Methodology used in the study, while Section III includes Highlights derived from an analysis of the quantitative research. Section IV is a Summary of Findings for the residential telephone survey - a narrative account of the data.

Section V is an Appendix to the report containing a crosstabulation table, a copy of the survey instruments, and the composite aggregate data.

METHODOLOGY

Using a quantitative research design, CRPP completed 407 interviews among residents of the Stratford, Connecticut.

All telephone interviews were conducted between March 20 – 25, 2006. Residents were contacted between 5:00 p.m. and 9:00 p.m. weekdays and 10:00 a.m. and 4:00 p.m. on the weekends.

Survey input was provided by Stratford Health Department officials.

Survey design at CRPP is a careful, deliberative process to ensure fair, objective and balanced surveys. Staff members, with years of survey design experience, edit out any bias. Further, all scales used by CRPP (either numeric, such as one through ten, or wording such as strongly agree, somewhat agree, somewhat disagree, or strongly disagree) are balanced evenly. And, placement of questions is carefully accomplished so that order has minimal impact.

All population-based surveys conducted by CRPP are proportional to population contributions within states, towns, and known census tract, group blocks and blocks. This distribution ensures truly representative results without significant under or over representation of various geographic or demographic groups within a sampling frame.

CRPP utilized a “super random digit” sampling procedure, which derives a working telephone sample of both listed and unlisted telephone numbers. This method of sample selection eliminates any bias toward only listed telephone numbers. Additionally, this process allows randomization of numbers, which equalizes the probability of qualified respondents being included in the sampling frame.

Respondents qualified for the survey if they confirmed they were heads of household, at least eighteen years of age, and were current residents of Stratford.

Training of telephone researchers and pre-test of the survey instrument occurred on March 20, 2006.

All facets of the study were completed by CRPP’s senior staff and researchers. These aspects include: survey design, pre-test, computer programming, fielding, coding, editing, data analysis, verification, validation and logic checks, analysis, and report writing.

Completion rates are a critical aspect of any telephone survey research. Because one group of people might be easier to reach than another group, it is important that concentrated efforts are made to reach all groups to an equal degree. A high completion rate means that a high percentage of the respondents within the original sample were actually contacted, and the resulting sample is not biased toward one potential audience. CRPP maintained an 83% completion rate on all calls made during this Adult Health Assessment. And, a high completion rate, many times, indicates an interest in the topic.

Statistically, a sample of 407 surveys represents a margin for error of +/- 5.0% at a 95% confidence level.

In theory, a sample of Stratford residents will differ no more than +/-5.0% than if all City residents were contacted and included in the survey. That is, if random probability sampling procedures were reiterated over and over again, sample results may be expected to approximate the large population values within plus or minus 5.0% -- 95 out of 100 times.

Readers of this report should note that any survey is analogous to a snapshot in time and results are only reflective of the time period in which the survey was undertaken. Should concerted public relations or information campaigns be undertaken during or shortly after the fielding of the survey, the results contained herein may be expected to change and should be, therefore, carefully interpreted and extrapolated.

Furthermore, it is important to note that all surveys contain some component of “sampling error.” Error that is attributable to systematic bias has been significantly reduced by utilizing strict random probability procedures. This sample was strictly random in that selection of each potential respondent was an independent event, based on known probabilities.

Each qualified household within Stratford had an equal chance for participating in the study. Statistical random error, however, can never be eliminated but may be significantly reduced by increasing sample size.

HIGHLIGHTS

On Household Environment...

- One quarter of all respondents, 24.1%, indicated they have had their homes checked for lead.
- A larger percent, 32.4%, suggested they have tested for radon gas in their homes. Of this group, 7.6% noted the test showed results at above 4 picocuries.

On Vaccinations...

- Three fifths of all respondents, 61.2%, said they have had a flu shot over the past five years. Nearly half of all respondents said they had a flu shot over the past year.
- Most (57.7%) receive flu shots at their doctor's office followed by workplace (10.1%), the Senior Center (6.0%)*, a clinic (5.2%), the Health Department (4.9%), a store (3.7%), a hospital (3.4%), and the Community Center (3.0%).
- The major reasons offered for not receiving a flu shot included those suggesting they don't need it (43.2%) and those believing there are side effects/the flu shot can cause the flu (20.1%).
- A large majority (84.7%) of respondents over the age of 65 had ever received the pneumonia vaccine.

* Stratford Health Department conducts all flu clinics at Stratford Senior Center.

On Health Problems...

- A number of respondents suggested they have been told by health care providers that they have one or more of six different health problems: Heart problems (15.7%), diabetes (11.8%), asthma (9.3%), lung problems (5.9%), kidney problems (4.2%), and weakened immune systems (3.2%).

On Mosquito and Tick-Borne Diseases...

- In order to avoid Lyme Disease, over half of all respondents indicated that they check themselves for ticks, avoid outside areas where they know there are ticks and use insect repellent containing DEET --- 54.5%, 54.4%, and 51.7% respectively.
- Another 43.0% said they wear long pants and 26.5% create a tick free back yard using recommended landscaping techniques.

- In an effort to avoid the West Nile Virus, the two measures most frequently taken include removing standing water (73.2%) and repairing holes/checking for holes in household screens (75.7%).
- The measure taken least frequently was using BTI or other larvicide around their respective homes (19.7%).

On the Stratford Health Department...

- Awareness of programs and services offered by the Stratford Health Department were highest for the Farmers Market, dead bird reporting, general information resource, recording complaints, and blood pressure screening.
- The lowest levels of awareness were recorded for TB skin testing, testing of ticks, the Johnson School dental clinic, smoking cessation programs, depression and prostate screening, and the Wooster School based health center.
- Over one quarter of all respondents, 27.2%, said they have used a Stratford Health Department program or service. Impressively, 94.4% of this group indicated they were very (68.2%) or somewhat (26.2%) satisfied with the department.
- Just 7.4% of all respondents noted they had accessed the Health Department's website.
- A large majority, 83.2%, were either unaware (80.0%) of the Healthy Stratford Council or were unsure (3.2%).

On the Stratford Community Health Center...

- Just over half of all respondents, 53.1%, indicated they were aware of the Stratford Community Health Center on Honeyspot Road.
- One third of respondents, 33.3%, said they were aware that the Stratford Community Center housed a full-scale dental clinic.

On Access to Health Care...

- A majority of respondents, 82.3%, noted they had a routine checkup within the last year.
- While 92.9% suggested they did not encounter barriers in securing examinations or screenings, others cited difficulties finding a doctor or clinic, affordability, screenings unavailable, childcare issues, finding doctors that accepted their insurance, mistrust of health care providers, getting time off from work and transportation.

On Dental...

- While 88.5% said they encountered no difficulties in receiving needed dental care, others had difficulties finding a dentist or clinic, found care was too expensive, couldn't find a dentist that accepted their insurance, lacked dental insurance, needed childcare, feared pain, could not get time off from work, had transportation difficulties and held a mistrust for providers.

On Tobacco...

- Respondents were asked if they currently smoke cigarettes. While 84.4% said they do not, 15.4% said they currently do smoke.
- Among smokers, 41.9% have tried to stop over the last twelve months and 37.1% held an interest in attending a smoking cessation class.
- Just under three quarters, 73.6%, said smoking is banned in their home.

On Health Concerns...

- Mosquitoes, the West Nile Virus, air pollution, asbestos, elderly care, Lyme Disease, obesity, water contamination and cancer led a list of the biggest health-related issues offered by resident respondents.
- Regarding their own personal health, respondents suggested strongest concern over: cancer, obesity, air pollution, smoking/second hand smoke, health problems, old age, staying healthy and cost of insurance.

On Exercise...

- Three quarters of all respondents (75.4%) said they exercise at least once a week, and of those, 19.7% said they do vigorous exercise weekly.

On Nutrition...

- The average number of daily servings of vegetables, fruit and milk products were recorded as 2.31, 2.12 and 1.98 respectively.

On Emergency Preparedness...

- Just half of all respondents, 49.1%, said they had an emergency plan in place at home.
- 83.7% of those surveyed said they would be able to evacuate themselves on their own in the event of an emergency.

- Of the 16% who did not report being able to evacuate, 37.9% stated they would need help, and 47% stated it depended on circumstances.
- Just one third of respondents (33.2%) believed that Stratford had planned for major regional emergencies.
- A small number of respondents, 13.3%, recalled receiving the Stratford Emergency Preparedness Guide: “What to do in Case of an Emergency” (an insert to the Connecticut Post in 2004).

On Mental Health...

- Nearly one fifth of those surveyed, 19.7%, suggested there was a time over the last year that stress, anxiety or mental health issues affected their own ability to function.

On Crosstabulations...

- Whites (50.4%) were more likely than Blacks (33.3%) or Hispanics (24.1%) to report getting flu shots.
- Whites (35.6%) were more likely than Blacks (12.1%) or Hispanics (24.1%) to get the pneumonia vaccine.
- Blacks (34.5%) and Hispanics (33.3%) were significantly more likely than Whites (17.2%) to report mental health issues affecting their ability to work.
- Lower income (less than \$50,000) respondents are more likely (31.5%) to report mental health issues affecting their ability to work than moderate income (\$50,000 to less than \$95,000) respondents (14.0%) and higher income (\$95,000 or more) respondents (9.7%).
- Unemployed respondents (37.5%) and those with less than (27.8%) or a high school education (23.4%) are more likely to smoke than employed (17.1%) and college educated (10.9%) respondents.
- Those earning \$95,000 or more a year are significantly less likely to smoke (9.7%) than those earning less than \$50,000 (19.1%) or \$50,000 to less than \$95,000 (17.6%).
- Hispanic respondents (34.5%) were twice as likely to smoke than Whites (14.4%) or Blacks (12.1%).
- Black respondents (100%) were more likely to report weight that corresponded with BMI > 25 versus White respondents (61%) (n = 33).

- **Hispanic respondents (86.2%) reported weights that corresponded with BMI > 25.**
- **Hispanics are significantly less likely (48.3%) than Whites (86.4%) or Blacks (72.7%) to report having a routine check up within the past year.**
- **Internet access among Hispanics (79.3%) is higher than Whites (65.9%) and Blacks (66.7%).**
- **Homes with children are more likely to have checked for lead (28.9%) or radon (43.3%) than those without (22.9% and 29.0% respectively).**
- **Blacks were significantly more likely to report not being able to evacuate themselves in case of an emergency. (n = 33)**

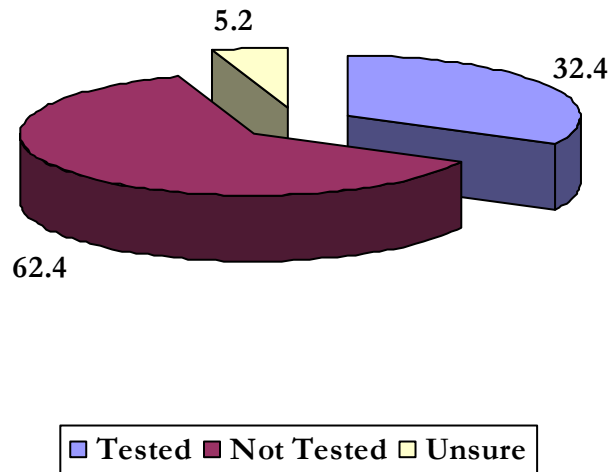
SUMMARY OF FINDINGS

Readers are reminded that the following section summarizes statistics collected from surveys among 407 randomly selected residents of Stratford, Connecticut.

ENVIRONMENTAL

All respondents were asked if they have ever had their home checked for lead. One quarter, 24.1%, suggested they have while 72.0% said no and 3.9% were unsure.

One third of respondents, 32.4%, indicated they have had their homes tested for radon gas while 62.4% said they had not and 5.2% were unsure.



Among those testing for radon gas, 7.6% suggested the finding was above 4 picocuries while 22.0% said it was below. A large percent, 70.5%, were unsure.

VACCINATIONS

While three fifths (61.2%) said they have had a flu shot within the last five years, 47.7% reported having one within the last year. The results are presented within the following table.

Flu shot?	Percent
Yes, within the past year	47.4
Yes, within the past two years	8.1
Yes, within the past five years	5.4
Yes, five or more years ago	4.7
No, never	32.7
Don't know / Unsure	1.5

Among those over 65 years of age, 77.5% said they have received the flu shot over the last year. Among those 50-65, the percent over the last year is 40.6%.

Over half of respondents (57.7%) who did get a flu shot, suggested they received their recent flu shot at a doctor's office. Other sources for the shot are depicted in the following table.

Insurance Coverage?	Percent
Doctor's office	57.7
Health Department	4.9
Another type of clinic or health center	5.2
Senior Center	6.0
Community Center	3.0
A store	3.7
A hospital	3.4
An emergency department	---
Workplace	10.1
Other	4.1
Don't know/unsure	1.9

The most commonly offered reason for not receiving a flu shot over the last year was “Do not need it” at 43.2%. Other reasons cited less frequently are presented here.

Reasons for not receiving a flu shot over the past year	Percent
Do not need it	43.2
Doctor did not recommend it	5.8
Flu is not that serious	2.9
Side effects/shot can cause the flu	20.1
Does not work	1.4
Flu vaccination cost too much	0.7
Saving vaccine for people who need it more	2.2
Tried to find vaccine, but could not get it	2.9
Not eligible to receive vaccine	2.2
Other	11.5
Don't know/Unsure	4.3

PNEUMONIA VACCINE

One third of respondents, 33.2%, said they had received the pneumonia vaccine. Another 62.4% had not and 4.4% said they didn't know or were unsure. **Among only those over 65 years of age, 84.7% said they received the pneumonia vaccine.**

HEALTH PROBLEMS

All respondents were asked if a doctor, nurse or other health care professional ever said they have any of six different health problems named.

The following table presents the six health problems and the percent suggesting they have been told they had each.

The third column is the percent of only those who received the flu vaccine over the past year.

Health Problems	Composite	Received Flu Shot
Asthma	9.3	10.3
Lung problems	5.9	8.2
Heart problems	15.7	23.7
Diabetes	11.8	17.0
Kidney problems	4.2	7.7
Weakened immune system	3.2	4.6

Those respondents who did receive the flu vaccine in the past year were then asked the following: *“Has a doctor, nurse or other health care professional ever said you have any of the following health problems?”*

Respondents have been told they have the following...	Percent
Heart Problems	23.7
Diabetes	17.0
Asthma	10.3
Lung Problems	8.2
Kidney Problems	7.7
Weakened Immune System	4.6

MOSQUITO AND TICK-BORNE DISEASES

Researchers asked respondents what measures they took, if any, over the last twelve months to protect themselves from Lyme Disease.

The following table depicts the total percent of those suggesting they have taken each of the measures presented to respondents.

Lyme Disease	Yes, Measure Taken
Wear long pants tucked into socks	43.0
Look for ticks on yourself and removed them	54.5
Use insect repellent containing DEET on your skin and clothes	51.7
Create a tick free backyard using recommended landscaping techniques	26.5
Avoid outdoor areas where you know there are ticks	54.4

And, similarly, respondents were asked what measures, if any, they took over the past twelve months to protect themselves from the West Nile Virus – also a disease transmitted by mosquitoes.

West Nile Virus	Yes, Measure Taken
Remove standing water from around your home	73.2
Use BTI or other larvicide around your home	19.7
Avoid outdoor activities at dusk	47.9
Wear long sleeve shirts and long pants	58.0
Use insect repellent containing DEET on your skin or clothes	54.8
Make sure there are no holes in your window screens	75.7
Checked and cleaned your rain gutters, if necessary	67.1
Avoid areas where you know there are mosquitoes	68.3

STRATFORD HEALTH DEPARTMENT

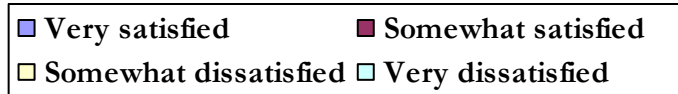
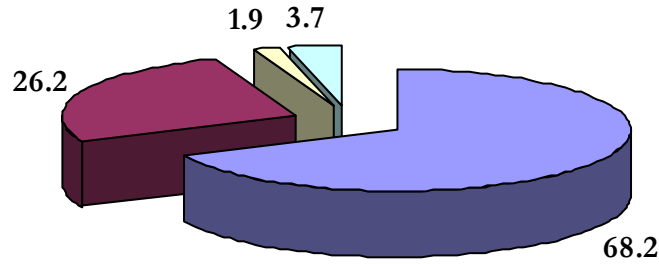
Respondents were asked if they were very aware, somewhat aware, somewhat unaware or not at all aware of fourteen different Stratford Health Department programs and services.

The following table presents the cumulative totals for those indicating they were very or somewhat aware of each program or service named.

Programs and Services	Very and Somewhat Aware
Radon kits	31.2
Testing of ticks	24.3
Getting information by calling the Stratford Health Department	68.3
Filing a complaint (ex. garbage, problem in neighborhood, restaurant complaint)	55.0
Dead bird report	54.8
School dental clinic at Johnson School	24.1
Smoking cessation program	29.7
Wooster School based health center	23.4
Mammograms	32.4
Depression screening	20.9
Prostate screening	24.6
Farmers Market in the South End	62.6
TB Skin Testing	24.1
Blood pressure screening	46.2

Just over one quarter of all respondents, 27.2%, said they had used a Stratford Health Department service (including but not limited to the fourteen just measured for awareness). Another 70.6% said they had not and 2.2% were unsure.

Of those suggesting they had used a Stratford Health Department service, 94.4% indicated they were very (68.2%) or somewhat (26.2%) satisfied. Some (1.9%) said they were somewhat dissatisfied while 3.7% said they were very dissatisfied.



Media used regularly by respondents included the following. Multiple responses were accepted.

Media Used Regularly	Percent
Connecticut Post	55.5
TV 8	35.4
TV 12	23.8
Stratford Star	17.4
WICC	15.5
TV	8.6
Newspapers	8.4

Other media named less frequently included: TV 3, Fox News, CNN, NY Times, Radio 1050 AM, Discovery Channel, TV 5, TV 4, USA Today, Radio 99.9 FM, New Haven Register, Wall Street Journal, Internet news, TV 6, UPN 9, Radio 770 AM, TV 67, TV 7, Stratford News, PBS, WFAM radio, WOR radio, ESPN, SWHU, Showtime, WFAN, Cooking Channel, TV 30, TV 76, Turner Movie Channel, and TV 47.

While 91.4% said they had not, 7.4% said they have accessed the Stratford Health Department’s website for information this year.

And, 16.7% said they are aware that Stratford has a Healthy Stratford Council. Another 80.0% did not and 3.2% were unsure.

STRATFORD COMMUNITY HEALTH CENTER

Just over half of all respondents, 53.1%, said they had heard of the Stratford Community Health Center on Honeyspot Road. Another 45.0% had not and 2.0% were unsure.

The most frequently named way respondents learned of the Center was “word of mouth” (36.6%), followed by print advertisement (18.5%), flyers (9.7%), TV (2.8%), Stratford Day (2.3%), and Stratford Health Department (2.3%). Others suggested other or unsure.

One third (33.3%) said they were aware that the Stratford Community Health Center housed a full-scale dental clinic. Two thirds (66.2%) were not aware and 0.5% were unsure.

ACCESS TO HEALTH CARE

Researchers asked respondents how long it have been since they last visited a doctor for a routine checkup. The following table presents the results as collected.

Last Time Visiting a Doctor for Routine Checkup	Percent
Within the past year	82.3
Within the past two years	11.1
Within the past five years	2.9
Five or more years ago	2.5
Don't know or unsure	1.2

Respondents were asked to report what difficulties they may encounter when trying to get to a doctor or other health care professional for examinations or screenings. A large majority, 92.9%, reported no difficulties. The results are presented in the following table.

Barriers to Care	Percent
Can't find a doctor of clinic you like	0.5
Can't afford to go to the doctor	1.0
Screening test not available	0.5
Can't find a doctor that accepts your insurance	2.5
Childcare issues	0.2
Mistrust or dislike of healthcare providers	0.2
Time off from work	1.0
Transportation	1.0
Don't know/unsure	0.2
No difficulties	92.9

DENTAL

Similarly, respondents were asked to report any barriers to receiving needed dental care. Again, a large majority, 88.5%, indicated they faced no difficulties in securing care.

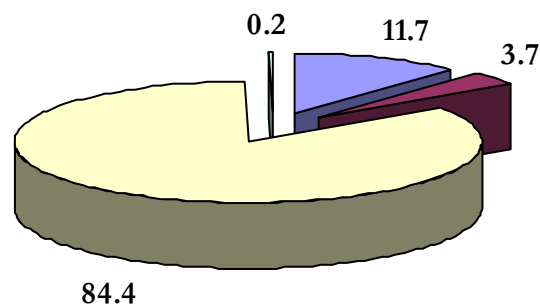
Others reported barriers as presented in the following table.

Barriers to Dental Care	Percent
Can't find a dentist or clinic they like	0.5
Can't afford to go to the dentist	2.5
Can't find a dentist who accepts your insurance	0.5
Lack of dental insurance or inadequate dental coverage	4.9
Childcare issues	0.7
Fear of pain/discomfort	0.2
Mistrust or dislike of healthcare providers	0.2
Time off from work	0.5
Transportation problems	1.0
No difficulties	88.5

TOBACCO

Nearly half of all respondents, 45.5%, indicated they had smoked at least 100 cigarettes in their entire lives.

And, 15.4% said they currently smoke cigarettes everyday (11.7%)** or some days (3.7%). Another 84.4% said they do not smoke at all and 0.2% were unsure.



■ Smoke everyday
 ■ Some days
 ■ Do not smoke
 ■ Unsure

** In Connecticut, 18.1% of adults are current smokers according to 2005 *Campaign for Tobacco-Free Kids* data.

Of those currently smoking (15.4%), 83.9% said a health care provider has told them over the past twelve months that they should quit smoking.

And, among current smokers, 41.9% have stopped smoking for one day or longer over the last twelve months because they were trying to quit.

Over one third of smokers, 37.1%, indicated an interest in attending a smoking cessation class.

On average, current smokers were smoking 15.87 cigarettes a day.

All respondents were asked if they currently use other forms of tobacco. While 96.6% said no, 2.7% said they smoke cigars, 0.2% said they smoke pipes and 0.2% mentioned a combination of the two – cigars and pipes. No respondents mentioned chewing tobacco.

Other than themselves, 12.3% indicated they have others in the household who do smoke.

And, 15.3% said smoking is allowed inside their homes. Another 4.7% said smoking is allowed, but not around children. Three quarters, 73.6%, said smoking was banned.

HEALTH CONCERNS

In an open-end format question, respondents were asked to report what they perceived to be the biggest health-related issue in Stratford.

Nearly half of all respondents, 48.4% suggested they didn't know or there were none. The following table presents the most frequently named health-related issues.

Biggest Health-Related Issues in Stratford	Percent
None/Don't know of any	48.4
Mosquitoes /West Nile	10.3
Air pollution	9.3
Asbestos	4.4
Elderly care	2.5
Lyme Disease	2.5
Obesity	2.5
Water contamination	2.0
Cancers	1.5

Other issues named with less frequency included: taxes, inadequate control of infectious disease, child obesity, lack of health insurance, sewer plans, waste/garbage/litter, medical misdiagnosis/malpractice, lack of dental care, lack of transportation, cost of prescription drugs, blood pressure rate for people, asthma, insect problems, diabetes, child and teen drug and alcohol abuse, fast food/junk food, price of health care, contaminated seafood, beaches closed to dogs, not enough caring doctors, flu, lack of youth activities, environmental control, affordable flu shots for elderly, toxic waste, abandoned buildings pose health threat, old age, contaminated industrial sites, cost of medical care, dump near Sikorsky, nasty South-End smell, need more youth health care centers, dogs/animals on lawns, blight.

In a second open-end format question, researchers asked respondents what they considered the biggest concern they have for their own personal health – which causes them to worry.

Two fifths, 43.0%, said either none or they didn't know. The other most frequently named worries are presented in the following table.

Worries	Percent
None / Don't know	43.0
Cancer	6.1
Obesity	5.2
Air pollution	4.2
Smoking / Second hand smoke	4.2
Heart problems	3.9
Old age	2.7
Staying healthy	2.5
Cost of insurance	2.2

Other worries mentioned less frequently included: old age, my children, high cholesterol, bird flu, shoveling snow, using household chemicals, loss of medical insurance, Lyme Disease, traffic, water contamination, getting older, poor drivers, ticks, arthritis, just getting sick, not being able to care for self, blood pressure, food, depression, lack of exercise, weather, money, global warming, eating better, I-95, mosquitoes, lung problems, death, asbestos, children's safety, weak immune system, asthma, sciatica, fatigue, emphysema, hearing problems, pneumonia, had a stroke.

EXERCISE

Three quarters of all respondents, 75.4%, suggest they do moderate exercise (such as brisk walking, biking, vacuuming or yard work).

On average, those who do moderate exercise average 4.28 times weekly. And, this group of moderate exercisers average 47.38 minutes each time.

A smaller percent, 19.7%, of respondents indicated they do vigorous exercise (such as running, jogging or weight lifting) weekly.

Of this group, the average number of times they exercise weekly is 4.26 and the average length of time when exercising is 47.74 minutes.

Respondents noted where they exercise on a regular basis. Results are held within the following table.

Locations for Exercise	Percent
Do not exercise on a regular basis	44.3
Health club or gym	12.3
Baldwin Center	1.2
Stratford Parks and Recreation programs	1.0
Inside, at home	15.0
Outside, near home	18.7
Town parks	0.7
Other	6.7

In an open-end format question, respondents were asked if there were exercise programs or activities they would like that are not currently available. A large majority, 92.4%, suggested there were none or they didn't know of any. Some, 2.0% mentioned swimming. Others, with frequency of less than 1.0% suggested: more aquatic classes, water aerobics, yoga, indoor sports, aerobics, Tai Chi, recreation classes, affordable exercise programs, programs for men's health, dances for seniors, more after school programs for kids, tennis, outdoor public pool, kayaking activities, over 50 softball league, nature trail, activities for disabled and elderly, and pilates.

NUTRITION

On average, respondents eat 2.31 servings of vegetables (serving equaling one medium vegetable or ½ cup) each day.

The average, for servings of fruit was 2.12. Again, a serving was one medium sized fruit or ½ cup.

And, the average for a milk or milk product was 1.98 each day. One serving was described as equal to 8 ounces of milk or yogurt or two slices of cheese.

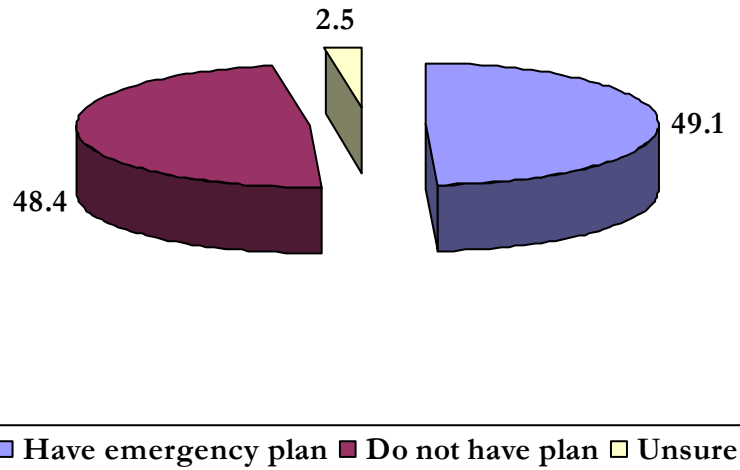
While most, 88.7%, did not face any difficulties in purchasing food, others suggested: difficult to shop with children (0.5%), not enough money to pay for food (6.4%), not enough time to shop (1.5%), transportation problems (0.5%), poor choices of food stores in the neighborhood (1.2%).

Current USDA recommendation for daily servings for adults:

- 4-5 servings vegetables
- 2 servings fruits
- 2-3 servings dairy

EMERGENCY PREPAREDNESS

Researchers asked respondents if they or their family had an emergency plan in place in case of an emergency. Just half, 49.1%, suggested they did while 48.4% said they did not and 2.5% were unsure.



In the event of an emergency, 83.7% said they would be able to evacuate on their own while 6.2% said they would need help and 7.6% said it would depend on circumstances. Some, 2.5%, were unsure.

Just one third, 33.2%, indicated that they were aware Stratford had planned for major regional emergencies.

Researchers asked respondents, in an open-end format question, what they know or have heard the Town of Stratford has done to prepare for emergencies.

A large majority, 87.0%, said they did not know (44.0%) or none/nothing (43.0%). Others, with frequency of mention at less than 2.0%, offered: flood warning signs, know there is a committee, flood indicators at beach, evacuation signs posted, mock drill testing/emergency drills, preparing for natural disasters, shelters in schools, Red Cross and Police have plans, disaster evacuation plans, believe Police and Fire train with Homeland Security, First Response team directors on local channels, test for anthrax, go to Church for help, Police and Fire training, expanding regional facilities, getting public information out, EMS training, immunizations, prepared for snow storms, high water horn alarm, anthrax and small pox prevention.

And, 13.3% said they did receive the Stratford Emergency Preparedness Guide: “What to do in Case of an Emergency” (an insert to the Connecticut Post in 2004). Another 63.6% said they had not and 23.1% were unsure.

MENTAL HEALTH

Nearly one fifth, 19.7%, said that over the past year they felt that stress, anxiety or other mental health issues have affected their ability to function.

Another 79.9% said no while 0.5% suggested they were unsure.

DEMOGRAPHICS

Age	Percent
Less than 35	8.0
35 to less than 65	59.7
65 years of age or older	27.6

Height	Percent
5 feet 6 inches or less	48.8
5 feet 7 inches or more	51.2

Describe yourself as...	Percent
White	82.8
Black	8.1
Asian, Pacific Islander	0.2
Other	7.1
Refused	1.7

Latino or Hispanic	Percent
Yes	7.1
No	90.7
Refused	2.2

Highest grade or year of school completed	Percent
Never attended school	0.2
Grades 1-8	0.7
Grades 9-11	3.7
Grade 12 or GED	31.9
College 1-3 years	22.9
College 4 or more years	38.1
Don't know	0.2
Refused	2.2

Are you currently...	Percent
Employed for wages	54.5
Self-employed	5.2
Out of work for more than 1 year	1.0
Out of work for less than 1 year	2.0
Homemaker	3.2
Retired	30.0
Unable to work	1.0
Other	0.7
Refused	2.5

Total family income	Percent
Under \$19,999	2.2
\$20,000 to less than \$35,000	11.3
\$35,000 to less than \$50,000	13.8
\$50,000 to less than \$65,000	8.8
\$65,000 to less than \$80,000	9.1
\$80,000 to less than \$95,000	3.2
\$95,000 or more	7.6
Don't know	2.5
Refused	41.5

Internet access	Percent
Yes, at home	31.7
Yes, at work	4.2
Yes, both	30.5
No	33.4
Don't know	0.2

How many adults living in home	Percent
One	28.0
Two	57.0
Three	9.3
Four	4.4
Five	0.5
Refused	0.7

BMI Statistics	Percent
Underweight (below 18.5 BMI)	1.7
Normal (18.5-24.9 BMI)	28.5
Overweight (25.0-29.9 BMI)	37.8
Obese (30.0 or greater BMI)	20.1

Missing	11.8
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How many children under 18 living at home	Percent
None	76.2
One	9.3
Two	7.9
Three	2.9
Four	1.7
Five	0.2
Refused	

Child ever tested for lead poisoning	Percent
Yes	11.6
No	24.4
Don't know	5.3
No children	58.8

How long lived in Stratford (years)	Percent
Average	33.82

Own or rent current home	Percent
Own	86.7
Rent	13.3

Gender	Percent
Male	47.4
Female	52.6

5 APPENDIX

INTERPRETATION OF AGGREGATE RESULTS

The computer processed data for this survey is presented in the following frequency distributions. It is important to note that the wordings of the variable labels and value labels in the computer-processed data are largely abbreviated descriptions of the Questionnaire items and available response categories.

The frequency distributions include the category or response for the question items. Responses deemed not appropriate for classification have been grouped together under the “Other” code.

The “NA” category label refers to “No Answer” or “Not Applicable.” This code is also used to classify ambiguous responses. In addition, the “DK/RF” category includes those respondents who did not know their answer to a question or declined to answer it. In many of the tables, a group of responses may be tagged as “Missing” – occasionally, certain individual’s responses may not be required to specific questions and thus are excluded. Although when this category of response is used, the computations of percentages are presented in two (2) ways in the frequency distributions: 1) with their inclusion (as a proportion of the total sample), and 2) their exclusion (as a proportion of a sample subgroup).

Each frequency distribution includes the absolute observed occurrence of each response (i.e. the total number of cases in each category). Immediately adjacent to the right of the column of absolute frequencies is the column of relative frequencies. These are the percentages of cases falling in each category response, including those cases designated as missing data. To the right of the relative frequency column is the adjusted frequency distribution column that contains the relative frequencies based on the legitimate (i.e. non-missing) cases. That is, the total base for the adjusted frequency distribution excludes the missing data. For many Questionnaire items, the relative frequencies and the adjusted frequencies will be nearly the same. However, some items that elicit a sizable number of missing data will produce quite substantial percentage differences between the two columns of frequencies. The careful analyst will cautiously consider both distributions.

The last column of data within the frequency distribution is the cumulative frequency distribution (Cum Freq.). This column is simply an adjusted frequency distribution of the sum of all previous categories of response and the current category of response. Its primary usefulness is to gauge some ordered or ranked meaning.