

Key Findings

Mental Health

- Nearly a quarter of the respondents (23%) reported having been diagnosed with depression, up from 20% in 2001 and 18% in 1998.
- The percentage of respondents who reported having been diagnosed with mental health problems other than depression doubled between 1998 and 2004, from 3% to 6%.
- The percentage of all respondents who put off seeing a mental health care provider because of cost rose from 14% in 2001 to 16% in 2004.

Lifestyle

- The percentage of respondents whose body mass index (BMI) was in the normal category continued a nine-year decline. Half of respondents (50%) had a normal BMI, compared to 59% in 1995. Likewise, those in the overweight category continued to increase, from 29% in 1995, to 34% in 2004.
- Smoking rates for adults have dropped to their lowest levels in nine years, from 18% of all respondents in 1995, to 15% in 2004.
- The percentage of respondents who perceive secondhand smoke to be a problem for the community dropped by almost half between 2001 and 2004, from 50% to 26%.
- Regular seatbelt use is on the rise, with 78% of respondents reporting that they “always” buckle up, an increase over the 65% who reported the same in 2001.
- The percentage of respondents who reported driving after drinking two or more drinks dropped from 15% in 2001 to 9% in 2004.
- Nearly one in eight respondents (13%) reported not doing any moderate or vigorous physical activity on any days of the week.

Health Care Access

- More people put off visiting their healthcare provider due to cost, with 33% delaying care in 2004 compared to 26% in 2001.
- Fewer people lacked a regular place for healthcare – 10% of respondents in 2004, compared to 19% in 1995.
- The percentage of respondents who were unable to fill a prescription due to cost during the past two years increased from 10% in 2001 to 14% in 2004.

Health Insurance

- 12% of respondents were uninsured at the time of the survey, and of those who were uninsured 80% had been uninsured for 13 or more months in the past three years.
- Among respondents who were employed, 13% reported being uninsured for 13 or more months in the past three years, compared to 9% in 2001.

Physical Health

- The percentage of respondents diagnosed with asthma rose from 12% in 2001, to 17% in 2004.

