

Acknowledgements

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Executive Summary

Section A--Household Level Information

- About one-half of Weymouth households (51.7 percent) had resided in Weymouth more than 20 years.
- More than three-fourths (76.5 percent) of Weymouth respondents said they owned their own homes.
- Consistent with the length of time most people had lived in Weymouth, three fourths of households (75.1 percent) had been built before 1978.
- Almost all Weymouth households have smoke alarms (97.9 percent).
 - Only two-thirds (65.6 percent), however had tested the battery in the last month.
- Weymouth households are less likely to have tested for radon, compared to Natick households (13.6 percent vs. 32.1 percent).
- Weymouth and Natick households are similar in rates of testing for lead (19.6 percent), having smoke alarms (97.9 percent), and having a computer (72.0 percent).
- More Weymouth households have swimming pools than Natick households (26.5 percent vs. 15.8 percent)
 - However fewer households with pools in Weymouth have a fence with a self-locking gate around the pool than Natick households with pools (85.8 percent vs. 99.0 percent)
- The majority of Weymouth residents (58.1 percent) did not use public transportation in the six months prior to the survey.

Section B—Demographic Characteristics

- In households with incomes less than \$25,000 there is a greater proportion of women (65.5 percent) than men (34.5 percent).
- The majority of Weymouth residents are married (57.4 percent).
 - Individuals in lower income households (26.4 percent) are half as likely as those living in higher income households to be married (65.3 percent).

- Weymouth reports a significantly higher population of white residents (96.3 percent) than either the state (90.3 percent) or the national data (83.7 percent).
- Among adults 71.9 percent work full-time or part-time. The majority work full-time (55.0 percent).
 - Men are more likely to work full-time compared to women (67.3 percent vs. 45.1 percent).
- About one-half of Weymouth adults belong to some type of group such as a church group, social group or volunteer group.
- Weymouth adults were less likely to have a limitation due to physical, mental or emotional problems (10.1) than those in the state (16.9 percent) and national surveys (16.8 percent)
- Weymouth adults were more likely to have received a flu shot in the past year than adults in the comparison samples (37.1 percent Weymouth; 31.8 percent, MA; and 30.1 percent, US).

Section C—Individual Medical Issues

- Self ratings of health as “excellent” or “very good” (59.5 percent) are similar to ratings in Massachusetts but higher than the national sample (54.8 percent).
- Residents are more likely to have health insurance than comparison areas (98.4 percent, Weymouth; 92.1 percent, MA and 86.2 percent, US).
- Most adults in Weymouth have health insurance costs paid for partially (57.2 percent) or totally (13.3 percent) by their employer.
 - Many of those 65 and older (42.3 percent) bear the entire cost for health insurance.
- Weymouth residents were more likely than those in Massachusetts or the nation to have a primary care physician (94.4 percent Weymouth; 86.8 percent MA; and 79.7 percent US).
 - Three fourths of Weymouth respondents (75.4 percent) indicated they had seen their primary care provider for a routine check-up within the past year.
 - Lower income adults used the emergency room more than higher income adults (32.5 percent vs. 22.7 percent).

- Weymouth has higher rates of high blood pressure than the comparison samples. (33.3 percent, Weymouth ; 23.6 percent MA; 25.8 percent US)
 - Adults in low income households have particularly higher rates of high blood pressure than comparison samples (51.4 percent Weymouth; 33.0 percent MA; 34.3 percent US).
- Weymouth has higher rates of high cholesterol than the comparison samples. (39.5 percent Weymouth, 29.7 percent MA; 30.9 percent US).
 - Subgroups in Weymouth have notably higher rates of high cholesterol than the same subgroups in the comparison samples; men (43.6 percent), those over 65 (52.6 percent) and those from lower income households (51.3 percent).
- Weymouth diabetes rates of 8.7 percent are significantly higher than Massachusetts (5.6 percent) and slightly higher than the US (6.8 percent).
 - Subgroups in Weymouth have notably higher rates of diabetes than the same subgroups in the comparison samples; men (11.7 percent), those from lower income households (17.0 percent) and those over 65 (16.8 percent).
 - Weymouth residents with diabetes were less likely to have had a diabetes-related medical visit within the past 12 months than residents in the comparison samples (87.5 percent, Weymouth, 91.5 percent, MA and 90.2 percent, US).
 - Weymouth residents with diabetes are less likely than those in Massachusetts comparison sample to take oral medication (59.1 percent vs. 67.0 percent); have taken a diabetes management class (43.8 percent vs. 57.7 percent), or use insulin (23.5 percent vs. 29.1 percent).
- More Weymouth residents report shortness of breath than those nationally (38.8 percent vs. 31.5 percent).
- More Weymouth residents report being overweight than the comparison sample (63.3 percent, Weymouth; vs. 53.3 percent US).
 - Women are more likely to view themselves as overweight (67.3 percent).
- Objective Body Mass Index calculations for weight show that more Weymouth residents are overweight than in the comparison samples (31.2 percent obese, Weymouth; 16.6 percent obese, MA; 21.6 percent obese, US).

- A higher percentage of women than men report they have had at least one day in the past 30 days in which their mental health was not good (40 percent vs. 25.1 percent). The rates for women are similar to state and national samples. Fewer Weymouth men report days in which their mental health was not good compared to the state and national samples.
 - Adults with higher household incomes report fewer days in which their mental health was not good. This pattern is similar to national and state comparison samples.
 - Older adults report fewer days in which their mental health was not good compared to younger adults. This pattern is similar to both the state and national samples.
- A higher percentage of women have been diagnosed by a physician, at some time in their life, with depression, anxiety or another emotional problems compared to men (18.6 percent and 10.1 percent, respectively).
 - Depression, anxiety or another emotional problems decreases as household income increases. This pattern is similar to national data.
- Providing caregiving for another adult with a chronic, long-term health condition was reported by 7.6 percent of residents.
 - Caregiving was reported at higher rates for elderly residents (11.4 percent) and those in lower income households (12.5 percent).
 - The caregivers reported missing work, school or other important appointments as a result of their care-giving role (40.0 percent).
 - Caregiving is viewed as extremely or quite stressful by 24.7 percent of the caregivers.
- Weymouth women who are over 40 years of age are less likely to have had a breast exam in the past year than the national sample (72.0 percent, Weymouth; vs. 77.7 percent US).
- Weymouth women who are over 40 years of age are less likely to have had a mammogram than the national sample (53.0 percent Weymouth; vs. 68.6 percent US).

Section D—Health and Safety Behaviors

- Seat belt use is substantially lower in Weymouth than the comparison samples. Adults “always using” was reported by 58.5 percent of adults in Weymouth; 71.8 percent of Massachusetts and 76.6 percent of US samples.
- Bike helmet use among Weymouth adult bikers was relatively low with 33.3 percent reporting they “always” used a helmet.
- Weymouth smoking rates are the same as Massachusetts rates and lower than national rates (18.5 percent, Weymouth; 18.9 percent, MA; 23.0 percent US).
- Weymouth adults drink alcohol more frequently than comparison groups. Among those who drink at all, the proportion of those drinking 21 or more days in the past month are higher in Weymouth than the comparison samples (16.2 percent, Weymouth; 13.7 percent, MA; 11.3 percent, US).
- The National Institute on Alcohol Abuse and Alcoholism sets the guidelines for drinking behaviors considered to be “at risk” for developing drinking problems.
 - For men 64 years old and younger consuming, on average, more than two drinks per day is considered “at risk” behavior.
 - For women 64 years old and younger consuming, on average, more than one drink per day is considered “at risk” behavior.
 - For adults 65 years old and older (males and females), consuming, on average, more than one drink per day is considered “at risk” behavior.
- Among Weymouth adults who drink, 14.9 percent are considered to be “at risk” for developing drinking problems. This is considerably higher compared to the state and national samples (9.8 percent and 8.7 percent, respectively).
 - Male drinkers were more likely to be “at risk” than in the comparison samples (Weymouth, 19.2 percent; MA, 10.6 percent; US, 9.9 percent).
 - Elderly drinkers (adults 65 years or older) in Weymouth more “at risk” compared to state and national samples. (Weymouth, 23.0 percent; MA, 12.9 percent; US, 12.5 percent).

- Fear of Falling was much higher among elderly than younger residents with 39.4% of those over 65 reporting being “somewhat” or “very afraid” of falling compared to 12.3% of those under 65.
 - Actual fall rates for elderly were not that much different than fall rates for other adults in Weymouth (19.5% vs. 18.0%)
 - Elderly were more likely, however, than younger adults to stop doing activities because of worry about falling (25.1% vs. 7.8%).

Section E—Information About Children Under 13

- Children under the age of 13 were present in 22.5 percent of Weymouth households.
- Almost all children in Weymouth are covered by health insurance (98.5 percent).
- Almost all children in Weymouth have a doctor they see regularly (98.9 percent).
- Based on Body Mass Index calculations for those exceeding the 95th percentile, 15.4 percent of boys under 13 and 19.8 percent of girls were classified as overweight.
- About 1 in 7 children (13.7 percent) were born to mothers who smoked during their pregnancy.
 - This rate decreases for younger children from 17 percent for 7 to 12 year olds to 7.5 percent for 0 to 4 year olds. This decrease may reflect the success of the Massachusetts anti-tobacco campaign.
- Asthma rates for children (0 to 12) in Weymouth are 8.8 percent.
 - Asthma rates for teens (13-17) are 15.1 percent.
 - The overall asthma rates for all children (0-17) is 11.2 percent and this rate is similar to the national rate for children (0-17) of 10.4 percent.
- TV and video game playing in excess of 10 hours per week was higher for Weymouth children than for Natick children (47.7 percent vs. 37.5 percent).
- Almost all children in Weymouth (95.1 percent) “always” use a car seat, booster seat or seat belt.
- Two-thirds of Weymouth children NEVER ride in the front seat of cars.
 - As children get older they are more likely to ride in the front seat at least sometimes. Of children between the ages of 10 to 12, only 21.1 percent NEVER ride in the front seat of cars.

- Relatively high proportions of Weymouth children wear helmets when they participate in activities needing helmets but the rates are equal or somewhat higher in Natick (biking—80.4 percent vs. 88.3 percent always; skateboarding or scooter riding—71.8 percent vs. 69.9 percent always; roller blading or skating, 77.9 percent vs. 84.6 percent always).
- High proportions of Weymouth parents talk with their children about health and safety topics.
 - Not taking rides from strangers was the most frequently discussed topic (76.4 percent)
 - Fire safety (76.2 percent)
 - Violence toward others (68.4 percent)
 - Being bullied (68.3 percent)
 - Not using tobacco (67.1 percent)
 - Parents of children under 13 less often talked about gun safety (43.6 percent), internet safety (41.4 percent) or riding with drunk drivers (36.7 percent)

Section F—Information About Teens 13 to 17

- About 1 in 7 households (13.0 percent) had a teenager between the ages of 13 and 17 living there.
- Almost all Weymouth teens have health insurance coverage (98.7 percent).
- Almost all Weymouth teens have a doctor they see regularly (98.3 percent).
- As reported by parents 15.1 percent of Weymouth teens (13 to 17) have asthma.
 - Asthma rates for children (0 to 12) in Weymouth are 8.8 percent.
 - The overall asthma rates for all children (0-17) is 11.2 percent and this rate is similar to the national rate for children (0-17) of 10.4 percent.
- Weymouth parents felt that 20.7 percent of their teen girls were overweight
 - Based on the Body Mass Index classification 11.7 percent of the girls were overweight and 7.7 percent were at risk of being overweight.
- Weymouth parents felt that 12.4 percent of their teenage boys were overweight.

- Based on the Body Mass Index classification 8.8 percent of the boys were overweight and 17.1 percent were at risk of being overweight.
- Weymouth parents discussed important health and safety topics with their teenagers at high rates which were equal to or higher than that done by Natick parents.
 - Alcohol use (91.3 percent)
 - Drug use (89.4 percent)
 - Tobacco use (86.2 percent)
 - Riding with drunk drivers (80.0 percent)
 - Internet safety (79.3 percent)
 - Driving drunk (75.6 percent)
 - Sexual abstinence (72.4 percent)
 - Being bullied (66.9 percent)
 - Taking rides from strangers (65.9 percent)
 - Sexual health, STD's (65.3 percent)
 - Violence toward others (64.5 percent)
 - Fire safety (64.2 percent)
 - Feeling left out (59.4 percent)
 - Gun safety (41.9 percent)

Section G—Concerns About the Environment

- Residents considered both pollutants in the air and water as well as heredity to have a lot of influence on illnesses such as MS, Lupus, kidney disease or cancer (61 percent for pollutants and 56.7 percent for heredity).
- Concern was generally high among residents about the possibility that the South Weymouth Naval Air Station was affecting people's health; 24.3 percent very concerned and 40.0 percent somewhat concerned.
 - Residents who lived in the 02190 Zip code and were within a ¼ mile of the air base were more concerned about their health with 35.8 percent reporting they were "very concerned".

- When asked whether the city should spend more tax dollars on a variety of issues including environment quality and other city responsibilities the three highest ratings were for monitoring water quality (61.0 percent); education (60.8 percent) and monitoring the environment for industrial pollutants (55.9 percent).
- When asked what was the most important area to spend more tax dollars the top choice was education with 40.8 percent and monitoring the environment was second with 16.1 percent.

Introduction

The Weymouth Board of Health contracted with JSI to design and conduct the Weymouth Health Needs Assessment Household Survey. The Survey was administered in the Spring of 2002 to a stratified random sample of 5,054 Weymouth households. The sample was stratified by zipcode to represent all areas of Weymouth. To further increase the representativeness of the sample, JSI asked that the adult in the household, someone age 18 or older, whose birthday was coming up next, to complete the questionnaire. In this way, JSI was able to encourage random selection of respondents within the household. A total of 3,201 surveys were returned for a response rate of 63.3 percent.

The organization of the Final Household Survey Report and Final Household Survey Comparison Data Book follows the organization of the survey questionnaire. Each section covers the following topics:

- Section A – Household Data
- Section B – Demographic Data
- Section C – Personal Medical Care
- Section D – Safety and Risk Behaviors
- Section E – Children 12 & Under in the Household
- Section F – Adolescents 13-17 in the Household
- Section G – Weymouth Environmental Concerns

The accompanying Final Household Survey Comparison Data Book presents tables by 3 variables: gender, age, and household income. The following data sources were used for comparison:

- 2001 US Behavioral Health Risk Surveillance Survey (US BRFSS 2001)
- 2001 MA Behavioral Health Risk Surveillance Survey (MA BRFSS 2001)
- 1999-2000 National Health and Examination Nutritional Survey (NHANES)
- 2002 Natick Household Survey (Natick)

Natick

Like Weymouth, Natick is a suburban community outside of Boston. Table A compares basic characteristics of the two towns. The table shows that Weymouth has a larger population than Natick and a slightly larger land area. The median household income in Weymouth is considerably lower than in Natick. Distributions by gender and age groups are similar. Both communities are predominantly white. Finally, the communities both have relatively stable populations, as evidenced by similar percentages having lived at the same address since 1995.

Table A: Comparison of Weymouth and Natick

U.S. Census Data, 2000*	Weymouth	Natick	Difference
Population	53,988	32,170	21,818
Square miles	17.01	15.08	1.93
Median household income	51,665	69,755	(18,090)
% Males	47.5	47.3	0.2
% Females	51.8	52.7	(0.9)
% Younger than 16	18.7	19.9	(1.2)
% 65 or older	15.4	14.3	1.1
% White	94.9	92.0	2.9
% Same house, 1995	63.4	61.8	1.6
% Married with spouse	41.0	46.5	(5.5)

For the most part, we do not present tests of statistical significance because there are many possible comparisons one could ask about. However, as a general rule of thumb, the following differences in percentage answers can be considered statistically significant:

Significance Levels for Comparisons Between Weymouth and Comparison Group:

	<u>Weymouth vs. National</u>	<u>Weymouth vs. Natick</u>
• Total Population	+/- 2%	+/- 4%
• Gender Groups	+/- 3%	+/- 5%
• Age Groups	+/- 4%	+/- 7%
• Household Income (Low \$)	+/- 5%	+/- 9%
• Household Income (High \$)	+/- 3%	+/- 4%

Significance Levels for Comparison Within Weymouth Subgroups:

• Males vs. Females	+/- 4%
• Between Age Groups	+/- 5%
• Between Income Groups	+/- 5%

* Sources: U.S. Census Bureau, 2000 Census; www.epodunk.com

Section A: Household Characteristics

Household Demographic Characteristics

Section A present's information about 3,183 households in Weymouth, as reported by the survey respondent. The survey question number is listed beside each heading below. The discussion of each question includes a description of the overall answers to the question and then an assessment of any significant differences within subsets of the Weymouth population: men and women, age group, and household income level. More detailed information about each topic, reported by survey question number, can be found in the accompanying Household Survey Data Book. Where other studies have asked similar questions, comparisons are made between Weymouth and the other study.

Time in Weymouth (A1)

The majority of Weymouth households (51.7 percent) have respondents who have lived in Weymouth more than 20 years. Sixteen percent have lived there between one and five years, 11.4 percent have lived there between six and ten years, and 17.3 percent have been in Weymouth between 11 and 20 years. Less than four percent (3.6 percent) have lived in Weymouth for less than a year.

Time living in Weymouth varies by age and by household income. More than three-fourths (77.1 percent) of households of respondents 65 years or older have lived in town more than 20 years. In contrast, slightly more than one-fourth (27.1 percent) of households of respondents 18 to 39 years old report living in Weymouth for 20 or more years. The majority of households of younger respondents (64.7 percent, 18-39 years) have lived in town between one and ten years. Households of respondents with a lower income households are more likely to live in Weymouth more than 20 years compared to households of respondents with higher household incomes (62.7 percent, income of less than \$25,000 vs. 43.3 percent, income of \$50,000 or greater).

Housing Arrangements (A2)

More than three-fourths (76.5 percent) of Weymouth households own their home. Sixteen percent (16.1 percent) rent, and 4.0 percent live in public or subsidized housing. Less than four percent live in other types of arrangements.

Home ownership varies by gender, age, and household income. Households of male respondents are more likely to own a home compared to households of female respondents (82.2 percent and 73.3 percent, respectively). Less than two-thirds of households of respondents 18 to 39 years old (64.8 percent) own their homes compared to slightly more than 80 percent of households of respondents between 40 and 64 years of age, and about three-quarters of households of respondents 65 years or older. Finally, 85.9 percent households of respondents with a household income of \$50,000 or greater own their home compared to 71.7 percent of households of respondents with a household income between \$25,000 and \$50,000. Just over half (56.1 percent) households of respondents with a household income of less than \$25,000 own their home.

Homes Built before 1978 (A3)

Three-fourths of households (75.1 percent) were built before 1978. This is more likely to be true for households with residents 65 years or older (82.1 percent) compared to household with residents 18 to 39 years old (65.8 percent). There are no substantial differences by gender or household income for the age of the home.

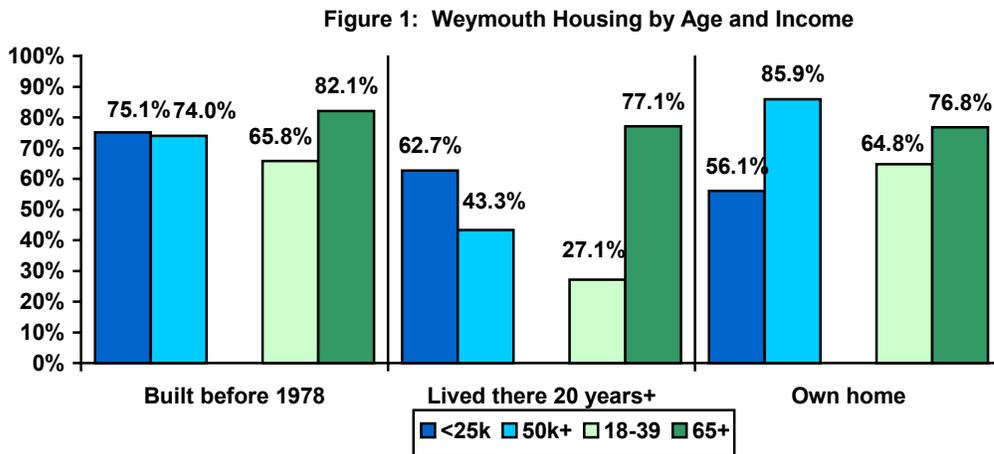


Figure 1 shows that housing characteristics vary considerably by household income and age of the household respondent. Households of respondents with a household income of less than \$25,000 are more likely to have lived in Weymouth for 20 years or more compared to households of respondents with a household income of \$50,000 or greater. Households of respondents with a lower household income, however, are less likely to own their home. There is no difference in the age of the home they are living in among the two income brackets. Households of respondents 65 years or older are more likely to live in older home and to own their own homes compared to households of respondents 18-39 years old.

Safety and Environment Protections in the Household

Households that have taken various environmental and physical safety precautions also varied by age and household income level.

Home Tested for Lead (A4)

One-in-five households (19.5 percent) have been tested for lead and 9.2 percent have been tested and professionally treated for lead. Nearly 40 percent of household respondents (38.9 percent) do not know if their home has been tested for lead. An additional 42 percent of the households (41.6 percent) have not been tested for lead. These percentages are generally similar to those reported by the residents of Natick.

Households of respondents 18 to 39 years old are more than five times as likely as household of older respondents to have had their homes tested for lead (37.4 percent, 18 to 39 years vs. 7.2 percent, 65 years or older). Households of respondents with an income of \$50,000 or greater are more likely to have the home tested for lead compared to households of respondents with an income of less than \$25,000 (24.2 and 14.2 percent, respectively). A higher percentage of households of respondents with a lower income do not know if the home has been tested for lead (48.5 percent, income of less than \$25,000 vs. 34.5 percent, income of \$50,000 and greater).

Home Tested for Radon (A5)

Nearly fourteen percent (13.6 percent) of households have been tested for radon. Households of younger respondents are more likely to have their home tested for radon compared to households of older respondents (16.9 percent, 18-39 years vs. 9.8 percent, 65 years or older). Radon testing is also more common among household of respondents with higher household incomes (17.9 percent, income of \$50,000 or greater vs. 6.7 percent, income of less than \$25,000). The percentage of Weymouth homes tested for radon is considerably less compared to households in Natick, in which almost one third (32.1 percent) of households have been tested.

Smoke Alarms (A6)

Nearly the entire sample (97.9 percent) has a working smoke alarm in the home. There is no appreciable variation by gender, age, or household income. This information is similar to that reported in Natick.

Tested Smoke Alarm Battery, Past Month (A7)

Although nearly all households have a working smoke alarm, only two-thirds (65.6 percent) have tested the battery of the smoke alarm in the prior month. Households of older respondents are more likely to have tested the smoke alarm batteries compared to households of younger respondents (72.7 percent, 65 years or older vs. 55.6 percent, 18-39 years). This difference is also seen among households of respondents with a lower household income compared to households of respondents with a higher household income (71.3 percent, income of less than \$25,000 vs. 62.1 percent, income of \$50,000 or greater).

Water Treatment Device (A8)

More than one-third of households (35.9 percent) use a water treatment device or water filtration system. This is somewhat more common among households of respondents 18-

39 years old compared to households of respondents 65 years or older (40.0 percent and 33.7 percent, respectively). It is also somewhat more common among households of respondents with a higher household income compared to households of respondents with a lower household income (39.2 percent, income of \$50,000 or greater vs. 29.3 percent, income of less than \$25,000).

Use Public Water for Regular Drinking (A9)

Most households (82.5 percent) use public water for drinking. Households of younger respondents are more likely to use public water compared to households of older respondents (86.5 percent, 18-39 years old vs. 79.5 percent, 65 years or older). Households of respondents with a higher household income (83.7 percent, income of \$50,000 and greater) are slightly more likely than households of respondents with a lower household income to use public water for regular drinking (79.7 percent, income of less than \$25,000).

Have a Swimming Pool (A10)

One-fourth of Weymouth households have a swimming pool (26.5 percent). Households of older respondents are less likely to have a swimming pool compared to households of younger respondents (19.9 percent, 65 years or older vs. 28.5 percent, 50-64 years vs. 31.5 percent 40-49 years vs. 28.3 percent, 18-39 years). In addition, households of respondents with a household income of less than \$25,000 are less likely to have a swimming pool compared to households of respondents with a household income of \$50,000 or greater (21.0 percent and 28.6 percent, respectively). Overall pool ownership is higher in Weymouth than in Natick (15.8 percent).

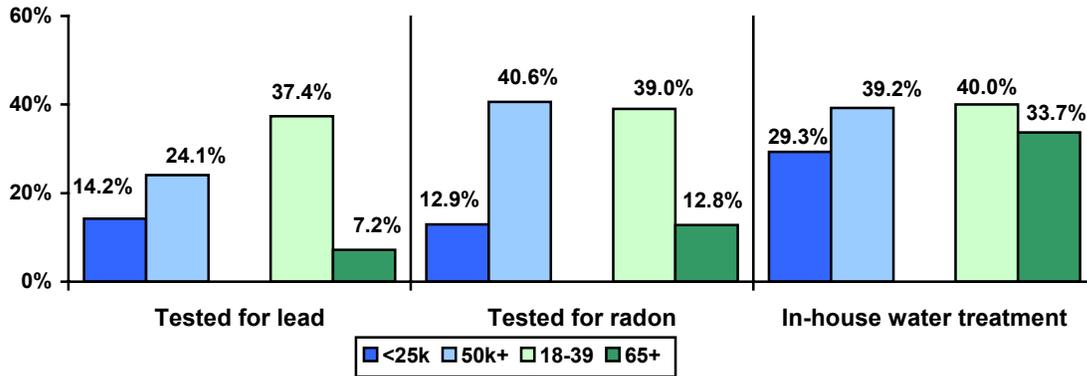
Had a Fence with a Self-Locking Gate for Swimming Pool (A11)

Among households with pools, 85.8 percent have a fence with a self-locking gate. This rate is lower than Natick households with swimming pools (99.0 percent).

Summary of Some of these Safety Aspects

Figure 2 summarizes some of the differences highlighted above. The figure shows that households of respondents with a higher household income (income of \$50,000 or greater) compared to household respondents with a lower household income (income of less than \$25,000) are more likely to have tested their homes for lead and radon, and have an in-house water treatment. Also, households of younger respondents (18-39 years old) compared to households of older respondents (65 years or older) are more likely to have had their homes tested for lead and radon, and use an in-house water treatment device.

Figure 2: Household Environment Protections



Use of Pressure Treated Lumber

As part of the concerns about arsenic exposure, respondents were asked about the presence of pressure-treated lumber around the home. Weymouth respondents were asked if they had wooden equipment around the home and if any of that equipment was made of pressure-treated lumber.

Have a Wooden Deck (A12 and A12a)

Just over one-half of the households (54.6 percent) have a wooden deck. Wooden decks are more likely in households of respondents between 40 and 64 years old (slightly more than 60 percent) and among households of respondents with a higher household income (64.3 percent, income of \$50,000 or greater). Three-fourths of households with wooden decks (77.3 percent) have decks that include pressure-treated lumber. Use of pressure treated wood is highest among households of respondents between 40 and 64 years old, and households of respondents with a higher household income (82.7 percent). Almost 14 percent of households (13.8 percent) do not know whether the lumber is pressure treated.

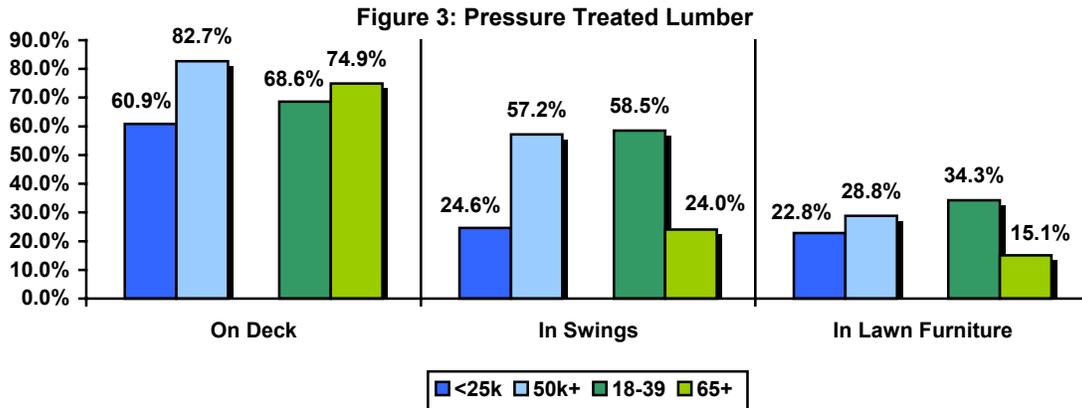
Have Wooden Lawn Furniture (A13 and A13a)

One-in-six households (16.5 percent) have wooden lawn furniture. Among these households, 26.1 percent have lawn furniture built with pressure treated lumber. A relatively large percentage of households, however, do not know if their lawn furniture was built pressure treated lumber (25.3 percent).

Wooden Swing or Play-set (A14 and A14a)

Thirteen percent of households (13.2 percent) have wooden swings or play-sets. These are more common among households of respondents 18-39 years old (21.9 percent). Among households with wooden swing or play-sets, 48.7 percent have wooden swings or play-sets made of pressure-treated lumber. A relatively large percentage, however, do not know (20.0 percent). Pressure-treated lumber in outdoor wooden equipment for children is more common among households of respondents with a household income of \$50,000 or greater (57.2 percent).

Figure 3 shows that among households with wooden equipment, households of respondents with a higher household income are more likely to have pressure treated decks, furniture, and kids play-sets compared to lower income households. Households of older respondents are more likely to have decks with pressure treated wood, but less likely to have pressure treated wood in lawn furniture and play-sets compared to households of younger residents.



Use of Public Transportation (A15a – A15i)

The majority of households (58.1 percent) have not used public transportation in the six months prior to the survey. Less than one-in-five households have used the ferry or water shuttle (15.6 percent), a taxi (14.3 percent) or an MBTA bus (13.6 percent). Twelve percent (11.6 percent) took the commuter rail. Very few households have used The Ride (1.7 percent) or another form of elder service transportation (2.1 percent). Less than one percent (0.4 percent) reported use of the Wheelchair Car.

Missed an Appointment because of Lack of Transportation (A16a – A16h, A16a – A16h Recoded)

Less than 7 percent of household respondents (6.9 percent) have missed a medical appointment, meeting, social event, church, work, school, or some other event because of lack of transportation. However, among households respondents with a household income of less than \$25,000, 17.7 percent have missed appointments because of lack of transportation.

Households with Computers

Has a Personal Computer (A18)

Ownership of personal computers is widespread in Weymouth. Seventy-two percent of households reported having a computer in the home. Ownership does vary by age and household income. Households of older respondents (65 years or older) are much less likely to have a computer (44.1 percent) compared to 80 percent of households with respondents younger than 65 years. Similarly, households of respondents with a lower household income are less likely to have a computer compared to households of

respondents with household incomes of \$50,000 or greater. Forty-one percent (40.5 percent) of households of respondents with incomes of less than \$25,000 have a computer compared to 67.8 percent of those with a household income between \$25,000 and \$50,000, and 86.9 percent of households of respondents with a household income of \$50,000 or greater. These levels and patterns of computer ownership are similar to that of Natick households.

Had Internet Access (A19)

Among households with computers, 88.6 percent have Internet access. Fifty-four percent (53.8 percent) have dial-up access and while 34.8 percent have high-speed Internet access. Households of respondents with a lower household income (income of less than \$25,000) are less likely to have Internet access (68.6 percent), as are households of older respondents (74.1 percent, 65 years or older). Internet access is slightly higher in Natick, as is the rate of households with high-speed Internet access.

Parental Control Software (A20, A20rcde)

Among households with children and Internet access, 31.0 percent have parental control software. Households of female respondents are more likely to have parental control software compared to households of male respondents (33.3 percent and 26.5 percent, respectively). Household or parent respondents 40-49 years old have parental control software more often compared to households of younger or older parent respondents (38.7 percent, 40 to 49 years vs. 30.2 percent, 18 to 39 years vs. 20.4 percent, 50 to 64 years vs. 20.1 percent, 65 years or older). Households of respondents with a household income of less than \$25,000 are more likely to have parental control software (39.4 percent).

Section B: All Adults in the Household

In this section of the survey, respondents were asked to give information about themselves and up to three other adults in their household. Whereas Section A provided information about 3,182 households, this section discusses results for 6,238 adults. In the first part of this section, demographic characteristics are described. The second part describes social characteristics, the third part details types of impairments, and the fourth part presents information about their medical conditions.

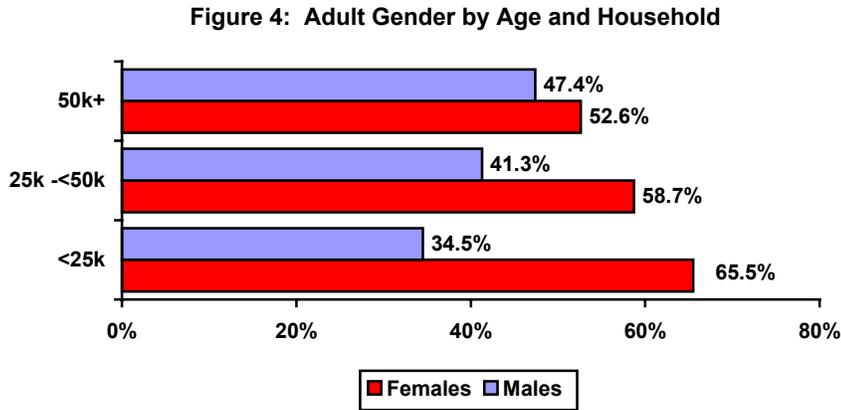
In some cases there are state data from the Massachusetts BRFSS and national data from the US BRFSS. Where there are no BRFSS data, we compare results to NHANES data, on the national level, or to Natick data for a local comparison.

Demographic Characteristics

Gender (B3a)

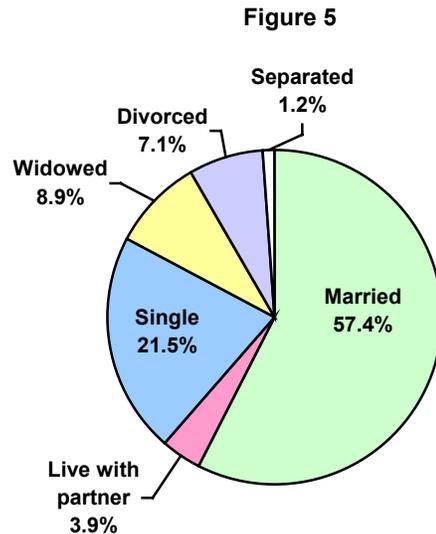
Females comprise the majority of the adult population in Weymouth (55.4 percent, female vs. 44.6 percent, male). Females make up an even greater percentage of those 65 years or older (59.7 percent, females vs. 40.3 percent, males).

Figure 4 shows significant household income differences by gender. Among residents whose annual household income is less than \$25,000, two-thirds are women (65.5 percent) and one-third are men (34.5 percent).



Marital Status (B4a)

The majority of Weymouth adults are married (57.4 percent). Twenty-two percent (21.5 percent) are single, 8.9 percent are widowed, and 7.1 percent are divorced. Four percent of respondents (3.9 percent) report living with a partner, and 1.2 percent are separated. This distribution is shown in Figure 5.



There are significant differences by household income, age, and gender. Figure 6 shows that marital status varies significantly by income. Residents with a lower household income are less likely to be married compared to residents with a higher household income (26.4 percent, income of less than \$25,000 vs. 44.5 percent, income between

\$25,000 and \$50,000 vs. 65.5 percent, income of \$50,000 or greater). Residents with a lower household income are more likely to be widowed (28.5 percent) or divorced (12.4 percent).

Figure 6: Marital Status by Income

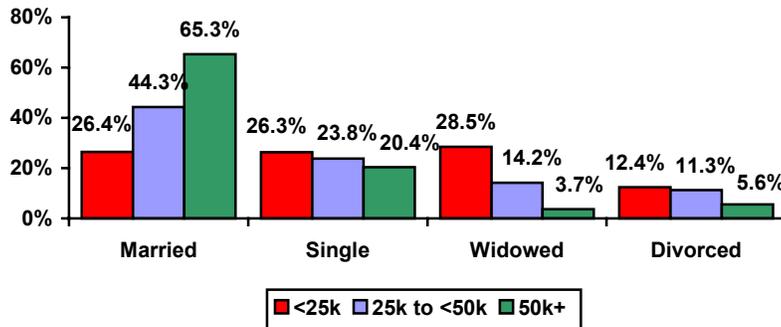
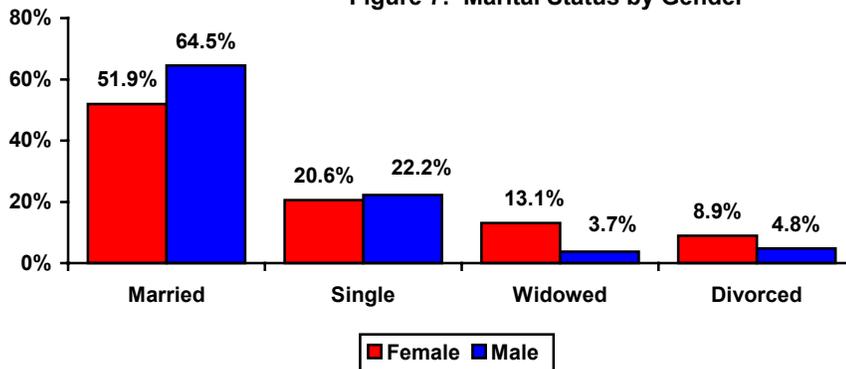


Figure 7 displays the relationship between gender and marital status. Women are significantly less likely than men to be married (51.9 percent, female vs. 64.5 percent, male). Women are also more likely to be widowed (13.1 percent, female vs. 3.7 percent, males) or divorced (8.9 percent, females vs. 4.8 percent, males).

Figure 7: Marital Status by Gender



Household Composition (B5a)

The majority of survey residents live with a spouse or partner (60.2 percent). One-fourth (24.6 percent) live with a child or children. Six percent (6.4 percent) live with a parent. Three percent or less live with another relative (3.2 percent), a roommate (2.9 percent), a grandparent (.04%), or someone else (2.6 percent). Those who live with a spouse or partner vary by gender, age, and household income level. Women are less likely than men to live with a spouse or partner (58.1 percent, female vs. 62.8 percent, men). Residents 18 to 39 years old are less likely to live with a spouse or partner (37.5 percent),

but more likely to live with a child or children (50.3 percent) compared to any other age group. Residents who live in a household with a lower income are also less likely to live with a spouse or partner compared to those with a higher household income to live with a spouse or partner.

Compared to Natick results, more Weymouth respondents live with a child in the household (24.6 percent, Weymouth vs. 15.0 percent, Natick).

Race/Ethnicity (B6a)

Weymouth is overwhelmingly white. Ninety-six percent (96.3 percent) of residents in Weymouth are White/Non-Hispanic, 1.7 percent are Asian or Pacific Islander, 0.8 percent are Black or African American, 0.8 percent are Hispanic, and 1.5 percent some other race. There is somewhat greater racial diversity among younger residents (18 to 39 years old) in which 2.7 percent are Asian or Pacific Islander, 1.3 percent are Hispanic, and 1.1 percent are Black or African American and 2.7 percent other races. Weymouth has a significantly higher population of White/Non-Hispanic residents than the State (83.9 percent), according to the US Census Bureau American FactFinder based on the 2000 Census.

Education (B7a)

Residents highest level of educational attainment is as follows: five percent (5.0 percent) have not finished high school; one-third (33.0 percent) have a high school degree, one-third have some college (23.4 percent) or an associate's degree (11.4 percent), and more than one-fourth have either a bachelor's degree (17.8 percent) or a graduate/professional degree (9.5 percent).

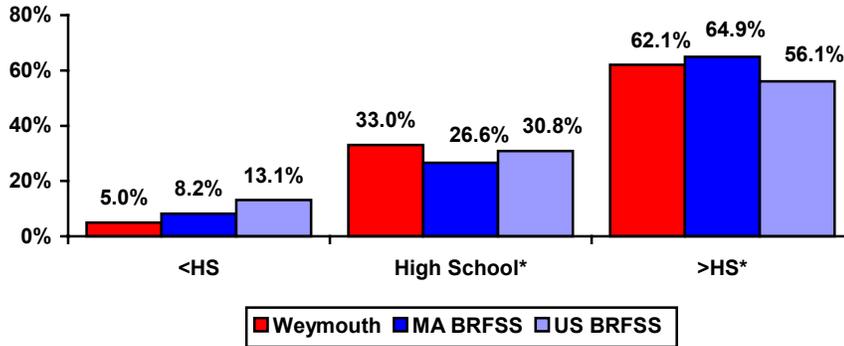
There are significant differences in educational attainment by age and by household income. Older residents have less education than younger residents do. Among residents 65 years or older, 46.8 percent have a high school degree, 11.0 percent have not finished high school and 8.8 percent have a bachelor's degree. Among residents 18 to 39 years old, educational attainment is more evenly distributed. Nearly one-fourth (24.2 percent) have a high school degree, slightly more than one-fourth have some college (26.9 percent), and about one-fourth have a bachelor's degree (25.5 percent). Only two percent (2.2 percent) of residents 18-39 years old did not finish high school and 8.7 percent have a graduate degree.

There is also a pronounced household income effect. Significantly fewer residents with a household income of less than \$25,000 had a bachelor's degree (6.2 percent) compared to residents with a higher household income (11.9 percent, income of less than \$25,000 and 21.5 percent, income of \$50,000 or greater).

As Figure 8 shows, Weymouth educational attainment is significantly greater than that reported in the state and national data. Compared to state and national data, Weymouth has fewer residents with less than a high school education (5.0 percent, Weymouth; 8.2 percent, state and 13.1 percent, national), and a significantly higher percentage of high

school graduates (33.0 percent, Weymouth; 26.6 percent, state and 30.8 percent, national). Weymouth also has more residents with post high school education compared to national figures (62.1 percent and 56.1 percent, respectively).

Figure 8: Education: Comparing Weymouth, MA BRFSS, & US BRFSS



Adult Sexual Orientation (B8a)

Nearly all of Weymouth residents (98.5 percent) are heterosexual. Less than one percent are bisexual (.04 percent), and one percent (1.1 percent) are gay or lesbian. There are no differences by gender, age, or household income.

Adult Employment Status (B9a, B9arcde)

A sizeable majority of residents in Weymouth work full-time or part-time (71.9 percent). The majority of Weymouth residents work full-time (55.0 percent). One in six works part-time (16.8 percent), and 28.1 percent do not work for pay. Males are significantly more likely than females to work full-time (67.3 percent, males vs. 45.1 percent, females). Females are more likely than males to work part-time (22.0 percent, females vs. 10.6 percent, males) and are also more likely than males not to work for pay (32.8 percent, females vs. 22.1 percent, males). Age differences are apparent. For residents 65 years or older, 6.3 percent work full-time, 13.4 percent work part-time, and 80.3 percent are not working for pay. Not surprisingly, there are also household income differences. Sixty-four percent (63.9 percent) of residents with a household income of \$50,000 or greater, work full-time compared to 38.1 percent of residents with a household income between \$25,000 and \$50,000. Only 20.8 percent of residents with a household income of less than \$25,000 work full-time.

Social Characteristics

Language Barriers (B10a)

Just one percent of the residents (1.1 percent) report language as a barrier to access/receiving services or help.

Close Friends (B11a)

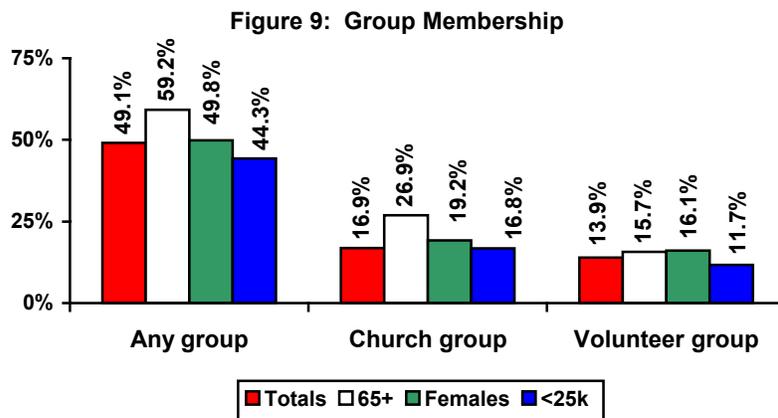
Respondents were asked to report on the number of social connections among residents in their households as an indicator of their social integration. Almost half of Weymouth residents (49.0 percent) see more than seven close friends or relatives at least once a month. Just under one-third (29.0 percent) see between four and seven friends or relatives, and 20.4 percent see between one and three people a month. Less than two percent (1.5 percent) of the residents see no close friends or relatives. Residents with a household income of less than \$25,000 have fewer social connections.

Group Membership (B12a)

The majority of Weymouth residents belong to no groups (50.9 percent). More than one-fourth belong to a social group (26.1 percent), 16.9 percent belong to a church group, 13.9 percent belong to volunteer group, and 17.4 percent belong to some other group.

Women are more likely than men to belong to a church group (19.2 percent, females vs. 14.0 percent, males) and to be volunteers in an organization (16.1 percent, females vs. 11.1 percent, males). Residents 65 years or older are more likely than younger people to belong to any group (59.2 percent, 65 years or older compared to 39.7, 18 to 39 years; 48.2 percent, 40 to 49 year; 52.1 percent, 50 to 64 years). Older residents are more than twice as likely as residents under 40 years old to belong to a church group (26.9 percent, 65 years or older vs. 10.4 percent, 18 to 39 years). Residents 65 years or older also have higher rates of membership in social groups (31.9 percent), and volunteer groups (15.7 percent). Residents with a lower household income are also significantly less likely to belong to a group compared to residents with a higher household income (44.3 percent, income of less than \$25,000 vs. 49.3 percent, income of \$50,000 or greater). Figure 9 shows of these differences.

The only notable differences between the Weymouth and Natick samples regarding group memberships is that older residents in Natick are even more likely to belong to church groups (32.6 percent) and volunteer groups (20.1 percent).



Need for Services**Trouble Understanding Medical Terminology (B13a)**

About 12 percent of the residents in Weymouth report that they have a problem understanding medical terminology (12.2 percent). Residents 65 years or older are more likely to have trouble understanding medical terminology (18.8 percent). Similarly, residents with a lower household income are more likely to have trouble understanding medical terminology (21.7 percent, income of less than \$25,000 and 16.4 percent, income between \$25,000 and \$50,000) compared to 9.8 percent among residents with a household income of \$50,000 or greater.

Limitations due to Physical, Mental or Emotional Problems (B14a)

Overall, 10.1 percent of the residents have a physical, mental or emotional limitation. However, residents 65 years or older and residents in households with an income of less than \$25,000 are more likely to have a limitation (20.9 percent and 26.1 percent, respectively).

Weymouth residents are less likely to have a limitation due to a physical, mental or emotional problem compared to those in the state and national surveys (16.9 percent, state and 16.8 percent, national).

Health Problems Requiring Special Equipment (B15a)

About eight percent of residents in Weymouth (7.5 percent) require special equipment for health problems. Five percent (5.1 percent) need a cane, 1.2 percent require a wheelchair, and less than one percent need a special phone (0.8 percent) or a special bed (0.6 percent). Two percent (1.9 percent) need some other type of special equipment.

Not surprisingly, those 65 years or older are more likely to need special equipment, as are adult with a lower household income. Twenty-one percent (20.5 percent) of residents 65 years or older need some type of special equipment, most often a cane (16.5 percent). Residents with a lower household income are also more likely to need special equipment (19.1 percent, income of less than \$25,000 and 11.4 percent, income between \$25,000 and \$50,000). A cane is the most frequent type of equipment needed (14.7 percent, income of less than \$25,000 and 7.5 percent, income between \$25,000 up to \$50,000).

Compared to the State and national samples, a higher percentage of Weymouth residents need special equipment for medical problems (7.5 percent, Weymouth vs. 4.9 percent, State sample and 5.8 percent, national sample).

Need Help to Handle Personal Care (B16a) or Everyday Chores (B17a)

Very few Weymouth residents need help with personal care such as eating, bathing, or getting around the house. Only 2.1 percent of the residents fell into this category. Older residents compared to younger residents are more likely to need this type of help (5.4 percent, 65 years or older vs. 0.7, 18 to 39 years). Residents with a household income of

less than \$25,000 are also more likely to need help with personal care needs compared to those with a higher household income (4.6 percent, income of less than \$25,000 and 1.3 percent, income of \$50,000 or greater).

Overall, 4.9 percent of residents need help handling everyday chores such as going to the bank or shopping. Women are more likely than men to fall into this category (6.1 percent, females vs. 3.1 percent males) as are residents 65 years or older compared to those under 40 years old (12.5 percent, 65 years or and older vs. 1.5 percent, 18 to 39 years). There is also a strong relationship between household income and needing help with everyday chores. Less than 3 percent (2.6 percent) of residents with a household income of \$50,000 or greater need help. Compare that to 6.3 percent of residents with a household income between \$25,000 and \$50,000, and 15.2 percent of residents with a household income of less than \$25,000.

There are significantly fewer Weymouth residents than those in the national sample who need help with their personal care needs (2.1 percent, Weymouth vs. 9.2 percent, national) and these differences are evident by gender, age and household income group. There are also significantly fewer in Weymouth needing help with routine needs (4.9 percent, Weymouth vs. 28.2 percent, national).¹

Take Medications on a Regular Basis (B18a)

The majority of Weymouth residents (60.4 percent) take some type of medication on a regular basis. There is significant variation in this behavior by gender, age, and household income level. More women than men take regular medication (65.6 percent, females vs. 53.8 percent, males). The use of regular medication rises from 35.7 percent among residents 18-39 years old, to 52.0 percent among those 40 to 49 years old, to 71.0 percent among those 50 to 64 years old, and to 89.3 percent among those 65 years or older. Residents with a higher household income are less likely to need regular medication compared to residents with a lower household income (54.8 percent, income of \$50,000 or greater vs. 71.3 percent, income between \$25,000 and \$50,000, vs. 78.7 percent, income of less than \$25,000).

Have Trouble Managing Medication (B19a)

Among residents who regularly take medication, very few have trouble managing these medications. Less than 3 percent (2.6 percent) of residents have problems managing their medications. None of the differences in age, gender, or income are significant.

Medical Conditions

Respondents were asked if residents in the household have ever been diagnosed with a variety of selected health conditions.

¹Some of this difference may be due to the broader wording of the US BRFSS question.

WEYMOUTH B17a: Does the adult need help handling everyday chores such as going to the bank or shopping?

US BRFSS: QLROUTN2: Because of any impairment or health problem, do you need the help of persons in handling your ROUTINE needs, such as everyday household chores, doing necessary business, shopping, or getting around for other purposes?

Heart Attack (B20a)

Five percent (4.9 percent) of Weymouth residents have had a heart attack. The occurrence of heart attacks is more common among residents 65 years or older (15.7 percent) and among residents with a lower household income (10.7 percent, income of less than \$25,000).

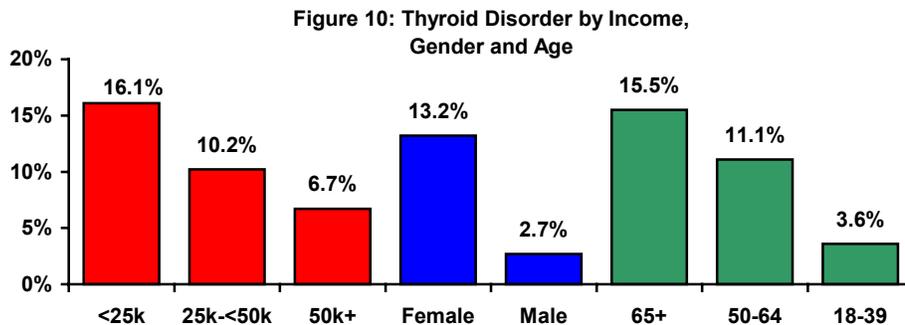
Treatment for Heart Failure (B21a)

Similarly, 4.5 percent of Weymouth residents have been treated for heart failure. Significantly more people 65 years or older (14.0 percent) have been treated for heart failure than those under 50 years old (1.2 percent, 40-49 years old, and 0.4 percent, 18-39 years old). Significantly fewer residents with a higher household income compared to residents with a lower household income have been treated for heart failure (2.8 percent, income of \$50,000 or greater vs. 7.8 percent, income between \$25,000 and \$50,000, vs. 10.3 percent, income of less than \$25,000).

Autoimmune Disorders (B22)

Less than one percent of Weymouth residents have been diagnosed with lupus (0.5%) or myasthenia gravis (0.2 percent). Nearly 9 percent (8.6 percent) have been diagnosed with a thyroid disorder. Less than 3 percent (2.5 percent) have been diagnosed with another autoimmune disorder.

Figure 10 displays the clear relationship between thyroid disorders and gender, age and household income. Thyroid disorders are much more likely to be diagnosed among women compared to men (13.2 percent, females vs. 2.7 percent, males). Thyroid disorders are also more likely to be diagnosed among older residents (15.5 percent, 65 years or older and 11.1 percent, 50 to 64 years old), and among residents with a lower household income (16.1 percent, income of less than \$25,000).



Other Chronic Illnesses

Kidney Disease (B23a)

Less than 2 percent of Weymouth residents (1.9 percent) have ever been diagnosed with a kidney disease. There are no significant differences by age, income or gender.

Diabetes (B24a)

Diabetes is another chronic illness more common among older and poorer residents. Overall, 7.2 percent of residents in Weymouth have been diagnosed with diabetes at some time in their life. Residents 65 years or older are five times more likely than those under 50 years old to receive a diabetes diagnosis (15.7 percent, 65 years or older vs. 3.0 percent, younger than 50 years). Residents who live in a household with an income of less than \$25,000 are three times more likely to have diabetes compared to residents who live in a household with an income of \$50,000 or greater (15.0 percent, income of less than \$25,000 vs. 5.0 percent, income of \$50,000 or greater).

HIV/AIDS (B25a)

Less than one percent of residents have received an HIV/AIDS diagnosis (0.1 percent).

Hepatitis A or B (B26a)

One percent of residents (1.2 percent) have been a diagnosed with Hepatitis A or B.

Hepatitis C (B27a)

Less than one percent (0.8 percent) have been diagnosed with Hepatitis C.

Neurodegenerative Disorders (B28a)

Multiple Sclerosis

Less than one percent (0.4 percent) of Weymouth residents have been diagnosed with multiple sclerosis.

Alzheimer's

Less than one percent (0.3 percent) of Weymouth residents have been diagnosed with Alzheimer's disease.

Parkinson's

Less than one percent (0.2 percent) of Weymouth residents have been diagnosed with Parkinson's disease.

Lou Gehrig's Disease/ALS

No adult have received a diagnosis of ALS.

Other Neurodegenerative Disease

One percent (1.2 percent) of residents have been diagnosed with another type of neurodegenerative disease.

Cancer (B29a)

Nearly 11 percent (10.5 percent) of Weymouth residents have been diagnosed with cancer. Older residents and residents with a lower household income are more likely to have cancer compared to younger residents and those with a higher household income. Nearly eight percent (7.7 percent) of residents with a household income of \$50,000 or greater have been diagnosed with cancer, compared to 16.4 percent of residents with a household income between \$25,000 up to \$50,000 and for 18.8 percent of residents with a household income less than \$25,000. Residents 65 years or older (27.1 percent) are more likely to have cancer compared to residents 50 to 64 years (10.5 percent) and six times more likely than residents 40-49 years old (4.7 percent, 40 to 49).

Aplastic Anemia (B30a)

Less than one percent of residents (0.6 percent) have been diagnosed with aplastic anemia.

Respiratory Illnesses (B31a)

Emphysema or COPD (Chronic Obstructive Pulmonary Disease)

Less than 3 percent of residents (2.6 percent) have emphysema or COPD. This is another illness with higher reports for residents who are older or have a lower household income. One percent (1.4 percent) of residents with a household income of \$50,000 or greater have emphysema or COPD compared to 7.7 percent of those with incomes less than \$25,000. Comparing residents in different age categories, 7.5 percent of those 65 years or older have emphysema or COPD compared to 0.6 percent of those 40 to 49 years old.

Chronic Bronchitis

More than 5 percent (5.4 percent) of residents have chronic bronchitis. Chronic bronchitis is more common among residents with a lower household income (10.9 percent, income of less than \$25,000 and 9.3 percent, income between \$25,000 and \$50,000) than residents with household incomes of \$50,000 or greater (4.0 percent). Residents 65 years or older are also more likely to report chronic bronchitis than younger residents (9.1 percent, 65 year or older vs. 3.9 percent, 40 to 49 years vs. 3.6 percent, 18 to 39 years).

Asthma

This section of the questionnaire asked if any adult in the household have **ever** had asthma, even only as a child. Twelve percent (12.4 percent) have had asthma at some point in their life. This is one chronic illness that does not vary significantly by household income group or gender. Younger residents are more likely to have had an asthma compared to older residents (15.4 percent, 18 to 39 years vs. 10.4 percent, 65 years or older). Rates in Weymouth were similar to comparison samples.

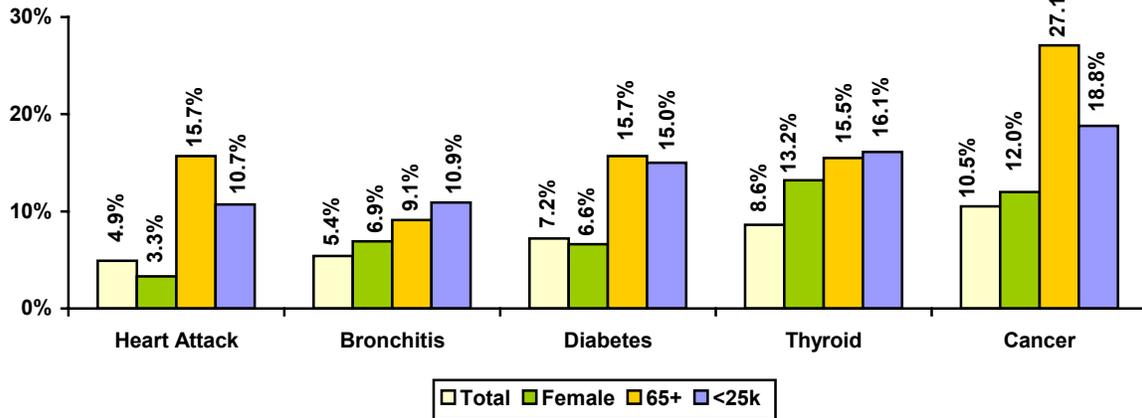
Other Problems with Breathing

Five percent of residents (4.9 percent) have other problems with breathing. These other may include problems may be shortness of breath and are often associated with a cardiac condition. Eight percent (8.4 percent) of those 65 years or older have this problem compared to 3.7 percent of those 40-49 years old and 2.7 percent of those 18 to 39 years old. Among residents with a household income of less than \$25,000, 10.4 percent have other problems with breathing.

Chronic Illness among Women, Residents 65 and Over and Residents with Lower Incomes

Figure 11 shows that older age (65 years or older) and lower household income (income of less than \$25,000) are strongly associated with chronic illness in every category. Older age and lower household income show nearly equal effects for thyroid disorder, diabetes, and bronchitis. Older age has a stronger association compared to household income for heart attack and cancer. However, both of these factors nearly double the likelihood of having one of these chronic illnesses. There are differences between men and women. Men are more likely to have a heart attack or diabetes, while women more often have a thyroid disorder, cancer or bronchitis.

Figure 11: Chronic Illness by Selected Gender, Age & Income Groups



Received a Flu Shot, Past 12 Months (B32a)

More than one-third of the residents (37.1 percent) have had a flu shot in the past year. Women are more likely than males to have a flu shot (40.3 percent, female vs. 33.2 percent, male). Residents with a lower household income are significantly more likely than residents with a higher household income to have a flu shot (54.0 percent, income of less than \$25,000 vs. 30.7 percent, income of \$50,000 or greater). The likelihood of having received a flu shot increases significantly by age group. More than three-fourths of residents 65 years or older (75.6 percent) have received a flue shot compared to 40.2 percent of residents 50 to 64 years old, one-fourth (24.8 percent) of those 40 to 49 years, and 14.0 percent of residents 18 to 39 years old.

Weymouth residents are significantly more likely than residents in the state or national samples to have had a flu shot in the past year (37.1 percent Weymouth vs. 32.0 percent, state and 30.1 percent, national). Significantly more residents 65 years or older have received flu shots in Weymouth (75.6 percent) compared to those in the state sample (70.6 percent) and national sample (64.6 percent).

Received a Pneumonia Shot, Past 12 Months (B33a)

Ten percent (9.9 percent) of residents have had a pneumonia shot in the past 12 months. Older residents and those with a lower household income are more likely to have had a pneumonia shot (29.1 percent, 65 years or older and 20.6 percent, income of less than \$25,000).

Received a Hepatitis Vaccination (B34a)

Nearly one-in-five Weymouth residents (18.2 percent) have had a hepatitis vaccine at some time in their life. Younger residents and residents with a higher household income are more likely to have had a hepatitis vaccine. Thirty percent (29.5 percent) of residents 18 to 39 years old have received a hepatitis vaccine, compared to 6.2 percent of those 65 years or older. Twenty-one percent (20.8 percent) of residents with a household income of \$50,000 or greater have had this type of vaccine compared to 16.0 percent of residents with a household income between \$25,000 and \$50,000, and 10.8 percent of residents with a household income of less than \$25,000.

Adult Smokes Regularly (B35a and B35arcde)

Eighteen percent (18.2 percent) of Weymouth residents smoke regularly. Smoking is most common among residents 40 to 49 years old (22.3 percent) and least common among residents 65 years or older (10.5 percent). Residents with a household income of \$50,000 or greater are significantly less likely to smoke compared to those with a lower household income (22.3 percent, income of less than \$25,000 and 23.9 percent, income between \$25,000 up to \$50,000 vs. 17.1 percent, income of \$50,000 or greater).

The smoking rates are similar in households with children (18.8 percent), but there is a strong household income association. Among households with children and incomes of less than \$25,000, 42.2 percent having a regular adult smoker; this drops to 30.0 percent for households with an income between \$25,000 and \$50,000, and further drops to 16.4 percent for households with an income of \$50,000 or greater.

Adult Smokes Tobacco at Home (B36a and B36arcde)

Thirteen percent of residents (13.1 percent) smoke at home. Residents 40 to 49 years old and 50 to 64 years old are more likely to smoke at home compared to residents in other age groups (16.6 percent, 40-49 years vs. 17.2 percent, 50-64 years vs. 10.4 percent, 18 to 39 years vs. 9.1 percent, 65 years or older). Residents with a lower household income are more likely to smoke at home compared to residents with a higher household income (17.9 percent, income of less than \$25,000 vs. 18.5 percent, income between \$25,000 and \$50,000 vs. 11.9 percent, income of \$50,000 or greater).

When the responses are run to look only at households with children, 11.1 percent of residents smoke in the home. However, residents with a lower household income and children in the home have a substantially higher rate of smoking in the home (26.6 percent, income of less than \$25,000 vs. 22.7 percent, income between \$25,000 and \$50,000 vs. 9.5 percent, income of \$50,000 or greater).

Section C: Individual Health Care

Health Care Access and Utilization

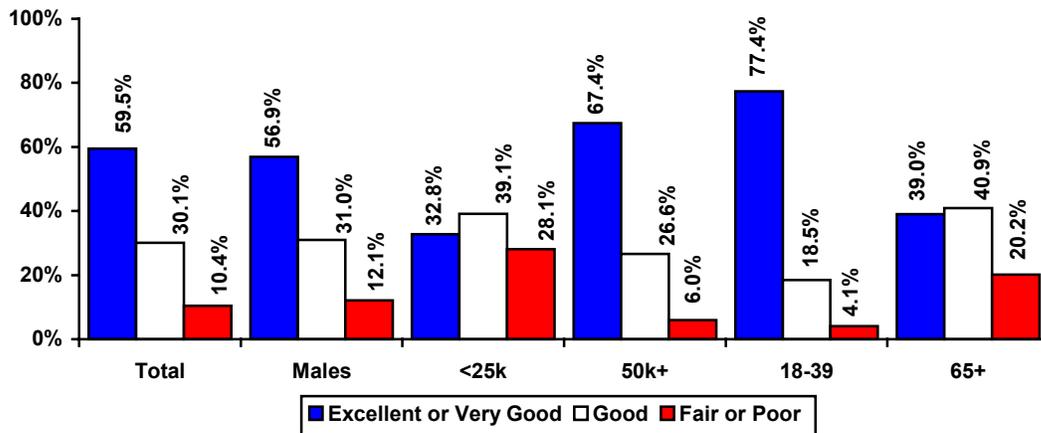
Health Status (C1)

The majority of Weymouth residents (59.5 percent) say their health is either excellent (21.9 percent) or very good (37.6 percent). Thirty percent (30.1 percent) feel their health is good. A small proportion feel their health is fair (8.7 percent) or poor (1.7 percent).

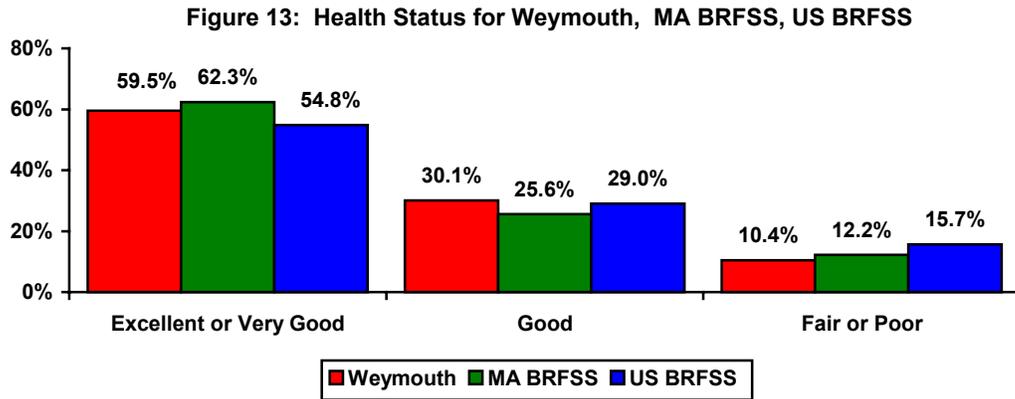
Reports of health status vary significantly by gender, age, and household income. Males are less likely than females to have excellent or very good health (56.9 percent, males vs. 61.2 percent, females). Residents 18-39 years are more likely to have excellent or very good health compared to residents 65 years or older (77.4 percent, 18 to 39 years vs. 38.9 percent, 65 years or older). Older residents are more likely to have fair or poor health (20.1 percent, 65 years or older vs. 4.1 percent, 18 to 34 years old).

Health status improves as household income increases. Over 67.4 percent of residents with a household income of \$50,000 or greater have excellent to very good health, compared to 46.2 percent of residents with a household income between \$25,000 and \$50,000, and 25.1 percent of residents with a household income between \$25,000 and \$50,000. These differences can be seen in Figure 12.

Figure 12: Health Status Differences by Gender, Age, and Income



Rates of excellent to very good health in Weymouth are similar to those in the State sample and higher than the national sample. While nearly 60 percent of Weymouth respondents (59.5 percent), and a similar proportion of the State sample (62.2 percent), report excellent or very good health, fewer residents in the national sample report excellent or very good health (54.8 percent). Looking at residents with good health, Weymouth and national respondents have similar rates of about 30 percent (30.1 percent, Weymouth and 29.5 percent, national) while a lower percentage of state respondents indicate their health is good (25.6 percent). Finally, significantly fewer in Weymouth than the national sample indicate their health is fair or poor (10.4 percent, Weymouth vs. 15.7 percent, national). Health reports for Weymouth, the state, and the national samples are compared in the Figure 13.

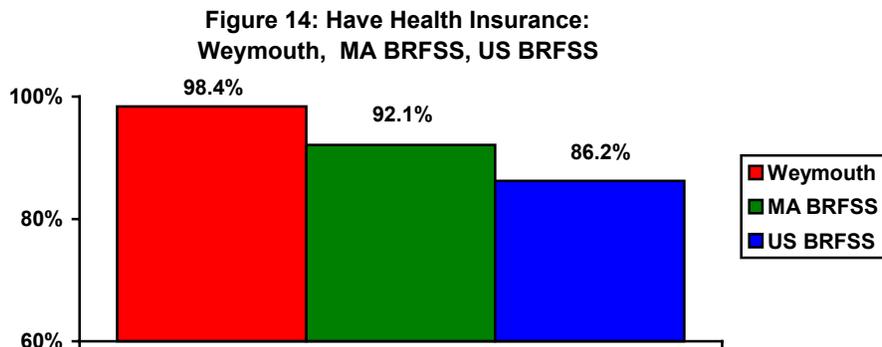


Health Compared to Prior Year (C2)

Nearly three-fourths of Weymouth residents (72.7 percent) say their health is about the same as one year ago. Eleven percent (10.9 percent) report their health has worsened and 16.5 percent say it has improved. Declines in health status are more likely among older residents and residents with a lower household income. Among residents 65 years or older, 17.5 percent indicate their health has gotten worse in the past year, compared to 6.0 percent of those 18 to 39 years old. Reports of worsening health consistently increase as household income decreases (8.1 percent, income of \$50,000 or greater vs. 14.9 percent, income between \$25,000 and \$50,000 vs. 21.4 percent, income of less than \$25,000). These patterns were similar to those reported nationally in the NHANES study.

Currently Have Health Insurance (C3)

Nearly every resident has health insurance (98.4 percent). There are no significant differences by gender, age, or household income. However, compared to state and national data, Weymouth residents are significantly more likely to have health insurance (92.1 percent, state and 86.2 percent, national) see Figure 14 below.



Time in the Past 12 Months without Health Insurance (C4)

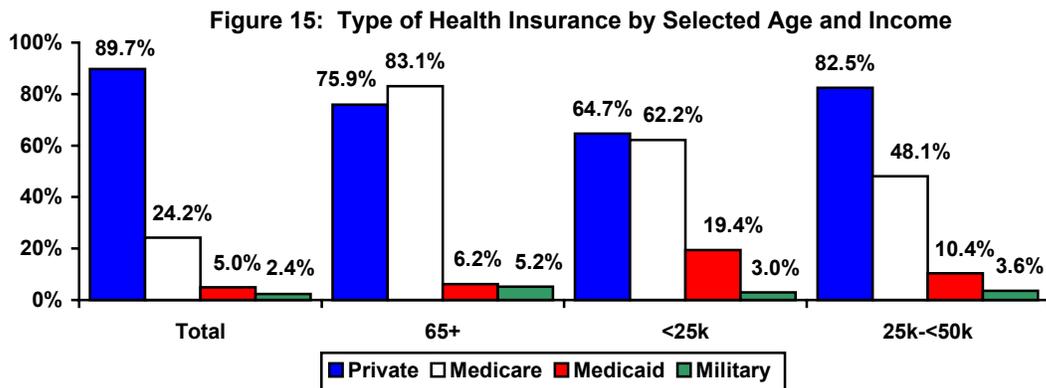
Less than five percent (4.7 percent) did not have health insurance at some time in the past 12 months. Residents 18 to 39 years old are significantly more likely to be without health insurance during this time period (8.2 percent) than any other group. Almost none of those 65 years or older (1.4 percent) lacked health insurance in the prior year, most likely due to their eligibility for Medicare. There are no significant differences with state reports. But, Weymouth residents were less likely than national respondents (6.7 percent) to have been without health insurance at any time in the past 12 months.

Type of Health Insurance (C5)

Most Weymouth residents (89.7 percent) have health insurance through a private health plan or managed care. Nearly one-fourth (24.2 percent) have Medicare and 5.0 percent have Medicaid coverage. Less than three percent (2.4 percent) have some type of military or other federal health insurance.

Type of health insurance varies by age and household income, though not by gender. Eighty-three percent (83.1 percent) of residents 65 years or older have Medicare and account for the majority of those of those who have Medicare. In addition, 6.2 percent of the residents 65 years or older have Medicaid and more than three-fourths (75.9 percent) also report having some type of private insurance coverage.

Residents with a lower household income are more likely to have Medicare and Medicaid and less likely to have private insurance. Sixty-two percent (62.2 percent) of residents with a household income less than \$25,000 have Medicare and 19.4 percent receive Medicaid. About 65 percent (64.7 percent) of residents with the lowest household income category said they had some type of private health care, more than 80 percent (82.5 percent) with incomes \$25,000 up to \$50,000 and nearly all of those with incomes \$50,000 and higher had private health insurance (96.2 percent). Figure 15 highlights these differences.



Have Medigap Insurance (C6)

More than half of the residents with Medicare also have Medigap insurance (54.2 percent). Medigap is supplemental private insurance purchased to cover some health care

costs not covered by Medicare. Residents with household incomes of less than \$25,000 are significantly less likely to have purchased Medigap insurance compared to those with household incomes of \$25,000 or greater (49.8 percent, income of less than \$25,000 vs. 56.8 percent, income between \$25,000 and \$50,000 vs. 54.2 percent, income of \$50,000 or greater).

Payer of Health Insurance (C7)

For the majority of Weymouth residents' employers pay for some or all of their health insurance (57.2 percent, employer pays a part of the cost vs. 13.3 percent, employer pays all of the cost). Nearly 20 percent (19.3 percent) of the residents pay for the entire cost of health insurance themselves. About seven percent (6.7 percent) of the residents indicate the government pays a portion of their insurance costs and 3.6 percent say the government pays for all of their insurance.

Payer of insurance varies by gender, age and household income. Women are more likely to have their employer pay a portion of the cost of health insurance compared to men (59.2 percent, women vs. 54.2 percent, men). While men are slightly more likely to have their employer pay the full cost (14.9 percent, men vs. 12.3 percent, women). Those 65 years or older are more likely to report the government pays a portion (17.6 percent). Many older residents bear the entire cost of health insurance (42.3 percent, 65 years or older).

About 40 percent of residents with a household income of less than \$25,000 (40.8 percent) pay the entire cost of health insurance and one-third of report the government pays for some or all of their insurance (18.3 percent and 14.1 percent, respectively).

Reasons for No Health Insurance (C8rcde)

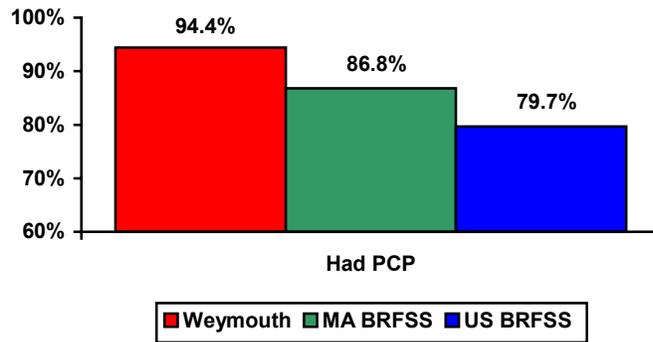
For residents with no health insurance at any time in the past year, 43.1 percent could not afford it, 21 percent (20.5 percent) were self-employed, and 13.5 percent said their employer did not offer it. Four percent (4.2 percent) said they were healthy and did not need it, and one third (33.7 percent) said there were other reasons for not having health insurance.

Primary Care Provider (C9)

Nearly all Weymouth respondents (94.4 percent) have at least one person whom they think of as their personal doctor or primary care provider (PCP). Males are somewhat less likely to report a primary care provider than females (92.4 percent vs. 95.6 percent, respectively) and younger residents are also less likely to report having a primary care provider (90.2 percent, 18-39 years old).

Weymouth residents are more likely than residents in the state or national sample to report having a PCP (94.4 percent, Weymouth vs. 86.8 percent, state vs. 79.7 percent, national). See Figure 16 below.

**Figure 16: Had Primary Care Physician:
Weymouth, MA BRFSS, US BRFSS**



Last Visit to PCP (C10)

Three-fourths of Weymouth residents (75.4 percent) have seen their primary care provider for a routine check-up within the past year. Sixteen percent say it has been between one and two years, 4.8 percent say it has been between three and five years ago, and 3.1 percent say it has been more than five years. Less than one percent (0.6%) say they have never seen a primary care provider for a routine check-up.

Older residents and those with a lower household income are more likely than others to have seen their PCP in the last year. Nearly 92 percent (91.5 percent) of residents 65 years or older saw their PCP last year compared to 63.9 percent of those 18-39 years old. About 72 percent (72.4 percent) of residents with a household income of \$50,000 or greater saw their PCP within the last year compare to 82.0 percent of residents with a household income between \$25,000 to \$50,000 and 83.6 percent of residents with a household income of less than \$25,000.

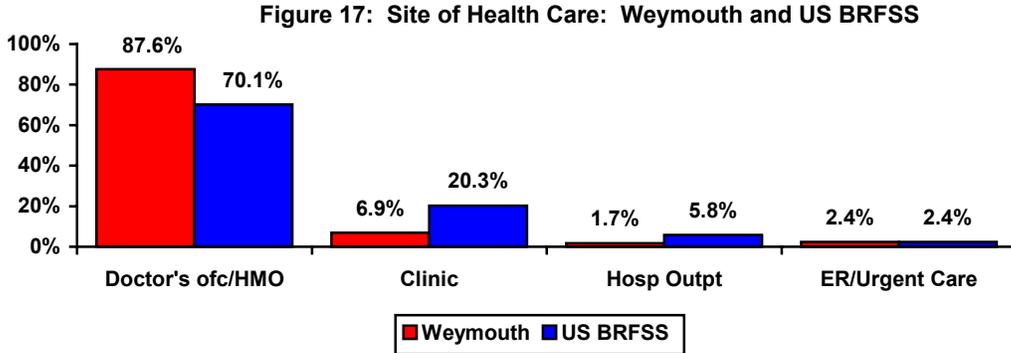
Weymouth respondents are as likely as respondents in the national sample to have visited their doctor for a routine check-up in the past year.

Site Most Often Seek Healthcare (C11)

Nearly 90 percent (87.6 percent) of the residents seek care in a doctor’s office or an HMO when they are sick or need advice about their health. Seven percent (6.9 percent) seek care in a clinic or health center, and 2 percent or less receive care in a hospital emergency room (2.0 percent), a hospital outpatient department (1.7 percent), and urgent care center (0.4 percent), or someplace else (1.3 percent).

Residents with a household income of less than \$25,000 are less likely to receive care in a doctor’s office (76.9 percent) and more likely to receive care in a clinic or health center (13.2 percent) or from an emergency room (3.9 percent).

Figure 17 shows Weymouth residents are more likely to get health care at a doctor’s office or HMO than the national sample, and significantly less likely to get care at a clinic or hospital outpatient department. Residents in both samples are equally likely (2.4 percent) to use the Emergency Room to receive healthcare.



Emergency Room Utilization, Past 12 Months (C12, C12rcde)

Most people in Weymouth (75.4 percent) have not used the emergency room at all in the past 12 months. Those most likely to have used it are respondents with a household income of less than \$25,000 (32.6 percent) compared to 22.7 percent of residents with a household income of \$50,000 or greater.

Last Dental Visit (C13)

Almost 70 percent (69.8 percent) of Weymouth respondents have visited a dentist in the past year. Thirteen percent (13.1 percent) have gone between one and two years ago, and 6.0 percent have been to the dentist within the past three to five years. Nine percent (9.0 percent) have not been in more five years. Two percent (2.1 percent) have never been to the dentist.

Women are more likely to have been to the dentist within the past year compared to men (72.0 percent, females vs. 66.5 percent, males). Residents 40-49 years old are more likely to have been to the dentist with in the past year compared to residents 65 years or older (77.4 percent and 60.3 percent, respectively). Less than half (49.6 percent) of the residents with a household income of less than \$25,000 have visited the dentist within the year compared to 73.7 percent of the residents with a household income of \$50,000 or greater.

Those most likely not to have seen the dentist for more than five years are older residents and those with a lower household income. Eighteen percent (17.9 percent) of those 65 year or older have not been to the dentist for more than 5 years, and 5.1 percent have never been. Twenty-one percent (21.2 percent) of people with a household income of less than \$25,000 have last visited the dentist more than 5 years ago and 6.3 percent have never been.

Weymouth residents' frequency of use of dental services are similar to levels observed in the national sample.

Reason Did Not Visit Dentist in Last Year (C14)

The most common reason residents give for not going to the dentist in the prior year is that they have no problems with their teeth (46.3 percent). One-in-five (21.3 percent) do not go because of the cost. Less than 15 percent do not go because of fear or apprehension (14.4 percent), 12.3 percent say they have other priorities, and 3.9 percent report not knowing or having a dentist. Less than 2 percent (1.8 percent) say they could not get to the dental office.

Older respondents and poorer respondents are more likely than others to say they have no problems with their teeth (67.0 percent, 65 year or older; 51.3 percent, income of less than \$25,000 income). People with a low household income are more often worried about the cost of a visit than others (29.7 percent, income of less than \$25,000 vs. 18.9 percent, income of \$50,000 or greater).

Those who said they avoid the dentist because of fear or apprehension tend to be female, in their 40's, or in the highest income group. Eighteen percent of women, compared to 10.2 percent of males, report fear or apprehension as a reason to not visit the dentist. Residents 65 years or older are less fearful of the dentist than younger people (5.6 percent, 65 year or older vs. 18.2 percent, 18 to 39 years vs. 25.9 percent, 40 to 49 years vs. 13.7 percent, 50 to 64 years). Interestingly, residents with the highest household income are almost twice as likely as those with lower incomes to avoid the dentist because of fear or apprehension (17.5 percent, income of \$50,000 or greater vs. 9.8 percent, income between \$25,000 and \$50,000 vs. 9.2 percent, income of less than \$25,000).

Health Indicators

Blood Pressure Check (C15)

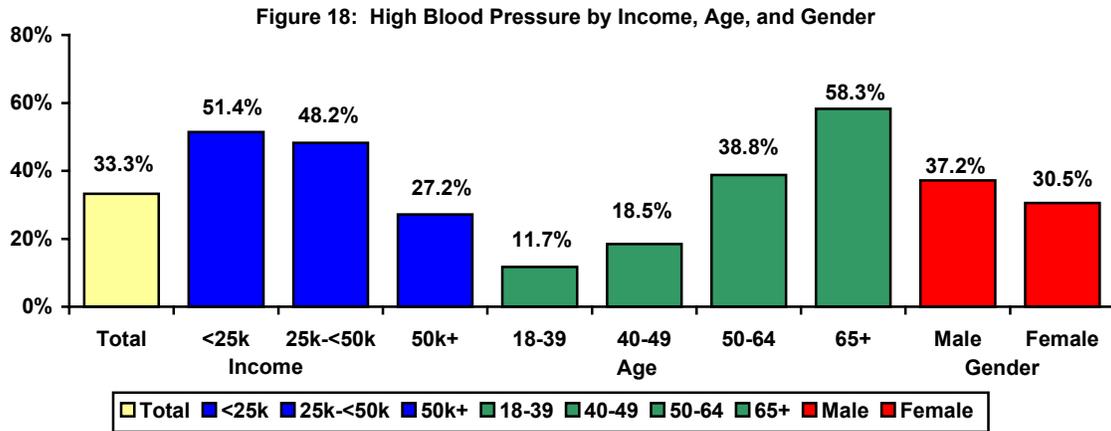
Seventy-two percent (72.2 percent) of Weymouth respondents had their blood pressure checked in the prior 6 months and another 16.9 percent had it checked between 6 months and one year ago. Nearly eight percent (7.5 percent) had a check between one and two years ago, and only 3.2 percent had their last check three or more years ago.

Residents 65 years or older and residents with a household income of less than \$25,000 are more likely to had their a blood pressure checked within the past six months. Eighty-eight percent (87.8 percent) of those 65 years or older had a check in the past 6 months compared to 71.6 percent of residents 50 to 64 years old and less than 64 percent of those younger than 50 years.

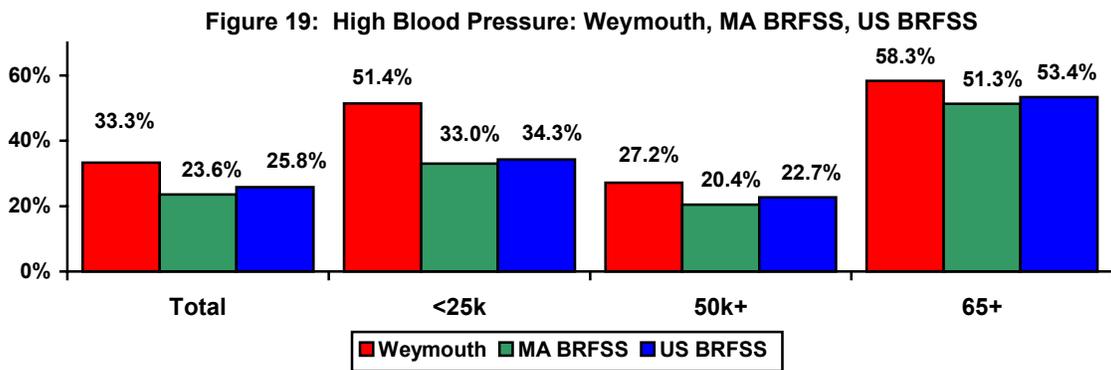
Eighty-one percent of those with household incomes less than \$25,000 had a blood pressure check in the past 6 months compared to less than 70 percent in the highest income category (68.9 percent, \$50,000 and above vs. 81.0 percent, less than \$25,000).

Diagnosed with High Blood Pressure (C16)

One-third of respondents have high blood pressure (33.3 percent). Men (37.2 percent) are more likely than women (30.5 percent) to receive this diagnosis. High blood pressure increases with age (11.7 percent, 18 to 39 years vs. 58.3 percent, 65 years or older). High blood pressure is also associated with a lower household income (51.4 percent, income of less than \$25,000 vs. 27.2 percent, income of \$50,00 or greater). These patterns are displayed in Figure 18.



Rates of high blood pressure are significantly higher in Weymouth than in the state and national samples. Figure 19 shows the significant differences in overall rates (33.3 percent, Weymouth vs. 23.6 percent, state vs. 25.8%, national) and by household income and for those 65 years or older. Weymouth rates are significantly higher for those with a household income of less than \$25,000 (51.4 percent, Weymouth vs. 33.0 percent, state vs. 34.0 percent, national).



Takes Medication for High Blood Pressure (C17)

More than three-fourths of residents diagnosed with high blood pressure (76.0 percent) take medication for this condition. Taking medication varies significantly by gender, age, and income. Men are more likely to take medication compared to women (80.5 percent,

men vs. 71.9 percent, women). Older residents and residents with a lower household income are also more likely to take medication than their respectively counterparts (92.1 percent, 65 years or older and 87.0 percent, income of less than \$25,000).

A somewhat higher percentage of Weymouth respondents than those in the state and national samples take medication for their high blood pressure (76.0 percent, Weymouth vs. 72.1 percent, state vs. 71.6 percent, national).

Had a Colonoscopy, Past 12 Months (C18)

One-in-six respondents (16.7 percent) had a colonoscopy in the past year. Having had a colonoscopy varies by gender, age, and household income. Men are more likely to have had a colonoscopy compared to women (20.9 percent, men vs. 13.9 percent, women). Residents 50 years and older are more likely than younger residents to have had one, as is consistent with colonoscopy guidelines. One-fourth of residents 50 to 64 years old (25.2 percent) and more than one-fourth of those 65 years or older (28.4 percent) have had a colonoscopy in the past 12 months.

The Weymouth question on this topic focused on colonoscopy while the state and national surveys asked a combined question about having had a sigmoidoscopy or a colonoscopy. Therefore, results are not directly comparable. However, state and national data both show that men are more likely to have one of these procedures than women.

Cholesterol Check (C19, C19rcde)

High cholesterol can lead to heart disease.² Healthy People 2010 sets a target of 17 percent of a population with a diagnosis of high cholesterol and a target of 80 percent of the adult population having been screened within the past 5 years.³

In Weymouth, 88 percent (88.3 percent) have had their cholesterol checked in the past five years, exceeding the Healthy People 2010 target. Two-thirds (65.9 percent) of all Weymouth residents have been checked within the past 12 months. Forty-one percent (40.8 percent) have had a check within the past 6 months, and an additional 25 percent (25.1 percent) have had a cholesterol check during the past 6 to 12 months. One-in-six have been checked in the past one to two years (16.2 percent), and 6.2 percent say they have been checked between three and five years ago. Three percent (2.5 percent) have had a cholesterol check more than five years ago. Less than 10 percent (9.2 percent) had never had a cholesterol check or were unsure if they had.

Reports of having been screened for high cholesterol vary by gender, household income, and age. Men are more likely to have been screened in the past year compared to women (68.3 percent, males vs. 64.4 percent, females). Residents with a lower household income

² “Cholesterol is a waxy substance that circulates in the bloodstream. When the level of cholesterol in the blood is too high, some of the cholesterol is deposited in the walls of the blood vessels. Over time, these deposits can build up until they narrow the blood vessels, causing atherosclerosis, which reduces the blood flow,” increasing the risk of heart disease. (Healthy People 2010, Cholesterol, 2002, Terminology).

³ Healthy People 2010, Cholesterol, 2002, 12-14, 12-15.

(75.7 percent, income of less than \$25,000 and 74.3, percent, income between \$25,000 and \$50,000) are more likely to have been screened in the past year compared to those with a household income of \$50,000 or greater (62.2 percent).

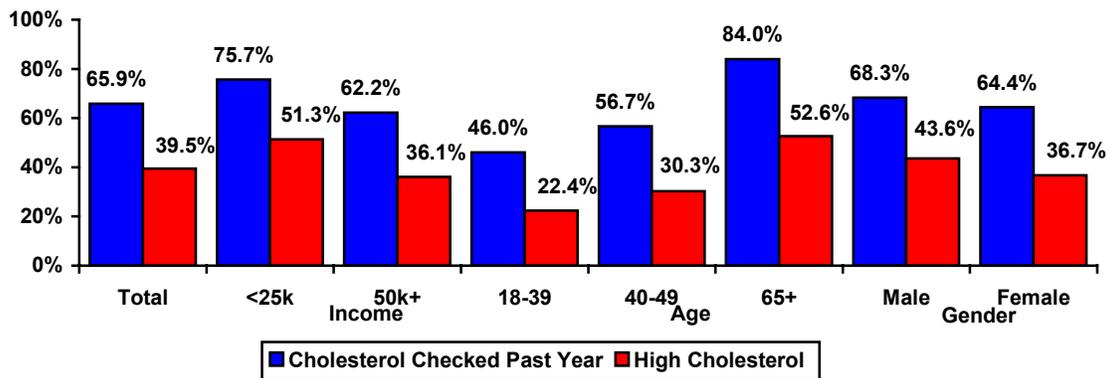
Screening rates increase significantly as the population ages. Within the past year, 46.0 percent of residents 18 to 39 years old were screened, and 76.0 percent have been screened within the past 5 years. More than half of those 40 to 49 years old have been screened for high cholesterol within the past year (56.7 percent), and nearly 90 percent (89.4 percent) have been screened within the past 5 years. Seventy-two percent (71.8 percent) of respondents 50 to 64 years old have had their cholesterol checked in the prior year, 44.8 percent within the past 6 months. Nearly 84 percent of those 65 years or older have been screened in the prior year, 58.1 percent within the past 6 months.

Among those who have been tested, there are no significant differences between Weymouth, and the state and national surveys on the time of the last cholesterol screening.

Told Had High Cholesterol (C20)

Nearly 40 percent (39.5 percent) of Weymouth respondents have been told by a doctor, a nurse or other health professional that their blood cholesterol is high. This is true for more men than women (43.6 percent, males vs. 36.7 percent, females). Among those 18 to 39 years old, 22.4 percent have high cholesterol, increasing to 30.3 percent among residents 40-49 years old. Nearly half (46.1 percent) of people 50 to 64 years old have high cholesterol, increasing to 52.6 percent among residents 65 years or older. Significantly fewer residents with a higher household incomes have high cholesterol compared to residents with a lower household income (36.1 percent, income of \$50,000 or greater vs. 47.2 percent, income between \$25,000 and \$50,000 vs. 51.3 percent, income of less than \$25,000). These patterns are shown in Figure 20.

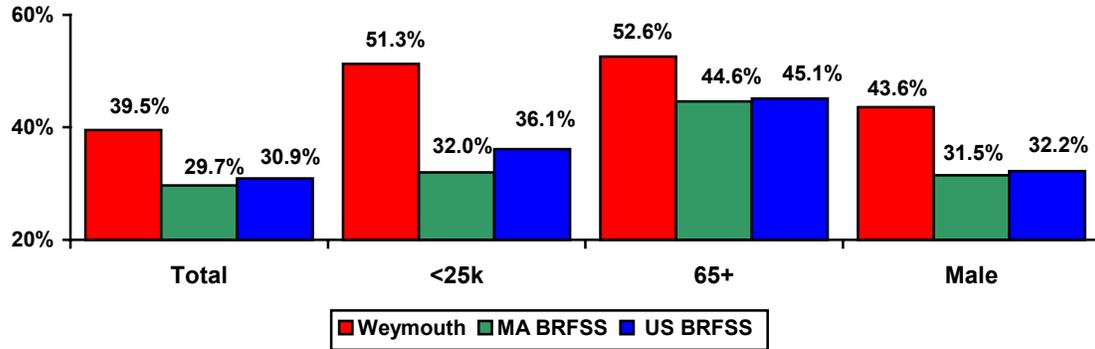
Figure 20: Cholesterol



Significantly more Weymouth residents have high cholesterol rates compared to state or national samples (see Figure 21). Overall, rates are about 10 percent higher in Weymouth, and Weymouth rates also exceed the gender and age rates of the state and national samples by about 10 percent. The largest discrepancy is seen for residents with a

household income of less than \$25,000. Weymouth rates are 15 to 20 percent higher than state or national rates.

Figure 21: Cholesterol: Weymouth, MA BRFSS & US BRFSS



Health Problems

1. Asthma

Ever Diagnosed with Asthma (C21)

Nearly 13 (12.7 percent) of Weymouth residents have been diagnosed with asthma at some time in their life. This is a similar percentage reported for all residents (12.4 percent) in Section B. Younger residents are more likely than those over 40 years old to have been diagnosed with asthma at some time in their life (16.8 percent, 18-39 years old vs 11.4 percent, 40 to 49 years old). There are no significant differences between Weymouth data and state and national data.

Still (Currently) Have Asthma (C22, C22rcde)

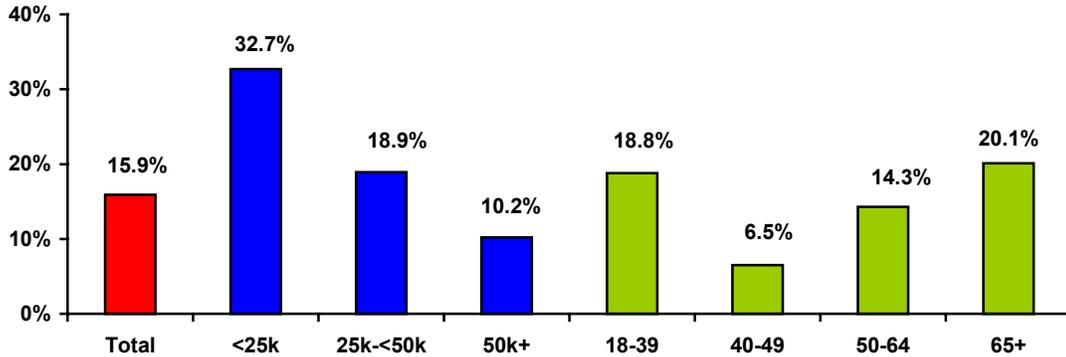
Nearly 70 percent (69.1 percent) of residents ever diagnosed with asthma still have the condition. Thus, 8.4 percent of Weymouth residents still have asthma. Younger residents are more likely to still have asthma (12.2 percent, 18 to 39 years old vs. 6.9 percent, 65 year or older).

Received Urgent Care for Asthma, Past 12 Months (C23)

Less than one-in-five residents (15.9 percent) who still have asthma have required emergency services or urgent care for their asthma in the past 12 months. Twelve percent (11.8 percent) needed urgent care one or two times, while 3 percent (3.1 percent) required urgent services three to five times. One percent (1.1 percent) say they have received urgent care six or more times in the past 12 months.

One-third of residents with a household income of less than \$25,000 (32.7 percent) say they have required emergency services, compared to 18.9 percent among those with a household income between \$25,000 and \$50,000 and 10.2 percent among residents with a household income of \$50,000 or greater. Rates and patterns for needing urgent care are similar among the Weymouth and national samples.

Figure 22: Needed Urgent Care for Asthma by Age and Income



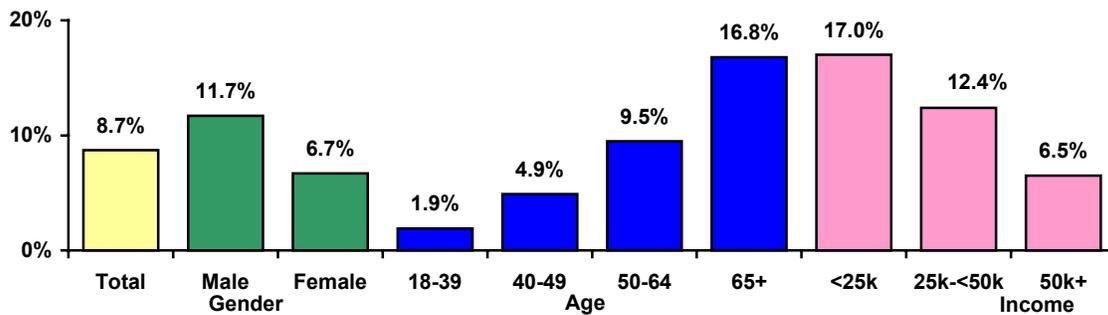
2. Diabetes

Ever Diagnosed with Diabetes (C24)

Ten percent (10.1 percent) of residents have ever been diagnosed with diabetes. However, 1.4 percent of the residents had diabetes during pregnancy. Nearly nine percent (8.7 percent) have diabetes, not due to pregnancy.

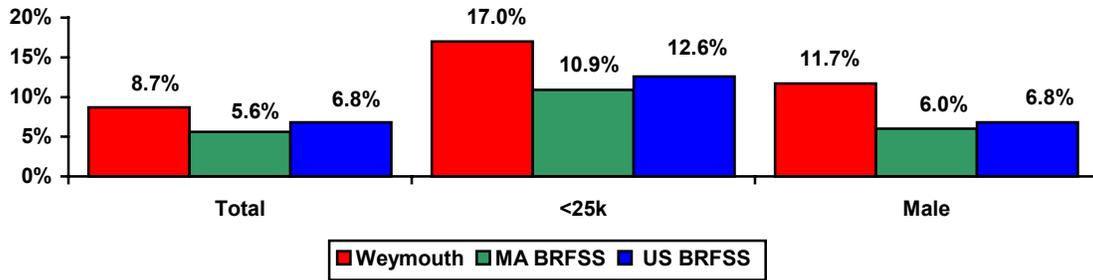
Having diabetes varies significantly by gender, age, and household income (see Figure 23 below). A higher percentage of men have diabetes compared to women (11.7 percent and 6.7 percent, respectively). There is a steady increase in the rate of diabetes as age increases. Respondents 65 years or older are more likely to be diagnosed with diabetes (16.8 percent) compared to younger residents (1.9 percent, 18-39 years old). Finally, residents with the lowest household income have diabetes at higher rates compared to those with higher household incomes (17.0 percent, income of less than \$25,000 vs. 6.5 percent, income of \$50,000 or greater).

Figure 23: Diabetes (Non-Pregnancy Related)



Weymouth diabetes rates are higher compared to the state and national samples (8.7 percent, Weymouth vs. 5.6 percent, state vs. 6.8 percent, national). The differences are most apparent among residents with a household income of less than \$25,000 (17.0 percent, Weymouth vs. 10.9 percent, state vs. 12.6 percent, national). Rates for diabetes among males is also significantly higher in Weymouth (11.7 percent) than in the comparison samples. (6.0, state and 6.8, national).

Figure 24: Diabetes Rates Weymouth and Comparison Samples



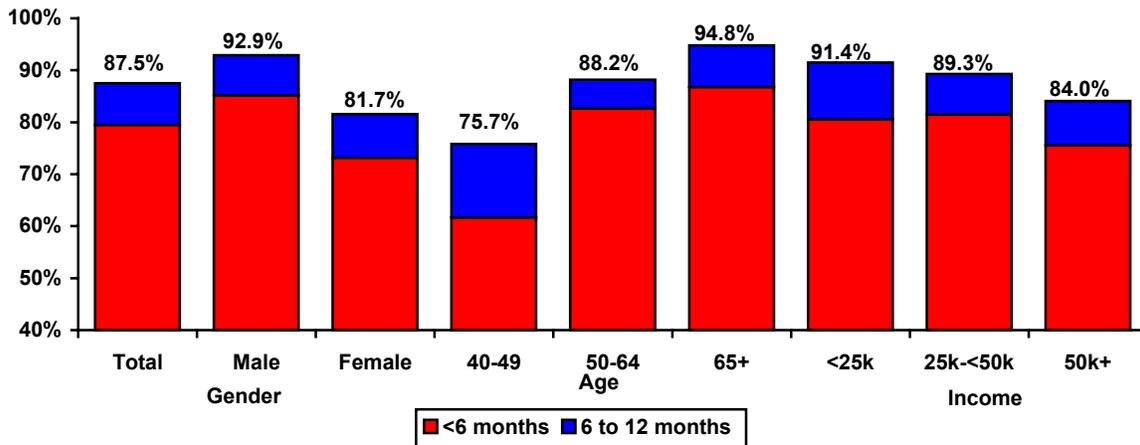
Last Scheduled Diabetes Visit (C25)

Almost all (87.5 percent) of those with diabetes have seen a medical provider in the past 12 months. In fact, 79.5 percent have had a visit in the past six months. Nearly six percent (5.9 percent) have had a visit in the past one to two years, and 6.6 percent have not had a visit for two or more years.

Not only does the diagnosis of diabetes vary by gender, age, and household income, but visits for medical care for the condition also vary by these factors. Figure 25 shows significant differences by gender, age and household income group for those who have had a diabetes-related medical visit within the past year, broken down into visits of less than six months ago and from six months to a year. Men are more likely than women to have visited a primary care provider or other diabetes-related provider within the past 12 months (92.9 percent, males vs. 81.7 percent, females). The younger the diabetic the less likely they are to have a medical care visit in the last year related to their diabetes (58.9 percent, 18 to 39 years old; 75.7 percent, 40 to 49 years old; 88.2 percent, 50 to 64 years old; and 94.8 percent, 65 years or older).

The lower the household income the more likely a diabetic will have had a medical visit related to their diabetes in the last year (84.0 percent, income of \$50,000 or greater vs. 89.3 percent, income between \$25,000 and \$50,000 vs. 91.4 percent, income of less than \$25,000).

Figure 25: Last Diabetes-Related Medical Visit

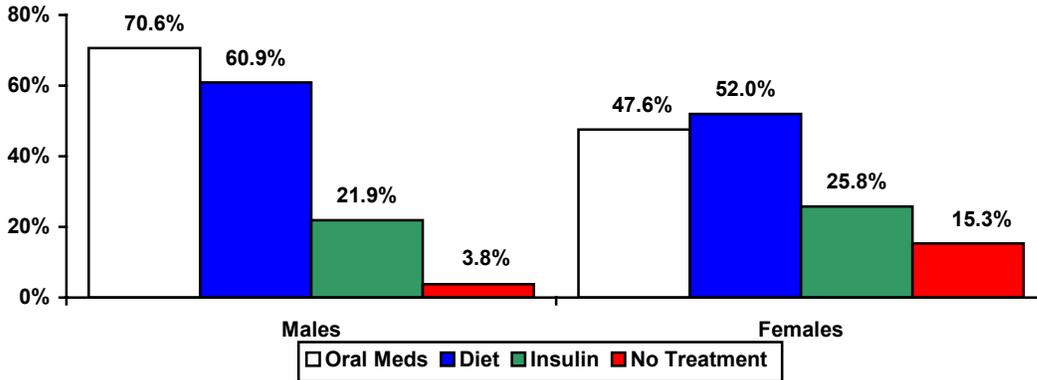


Type of Diabetes Treatment (C26)

More than half of residents with diabetes modify their diet (56.5 percent) and/or are taking oral medication (59.1 percent), and nearly one-fourth of residents use insulin (23.5 percent). Less than 10 percent (9.4 percent) are not being treated at all.

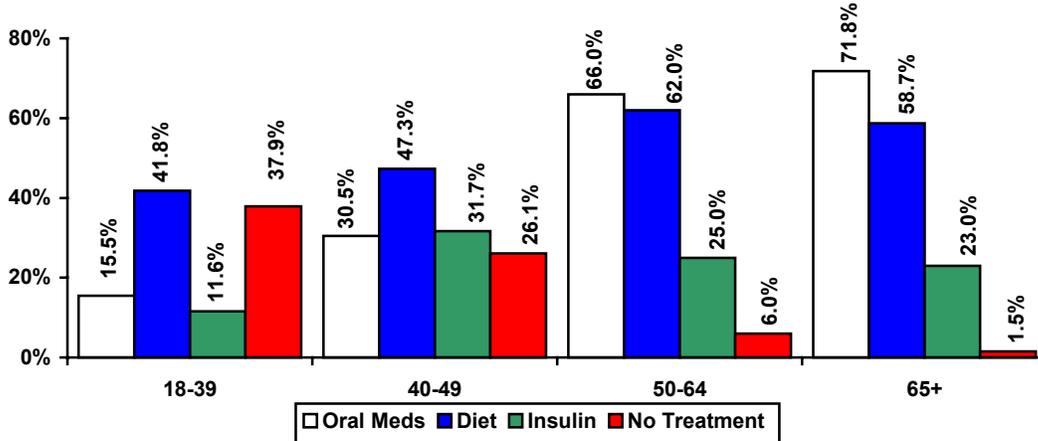
There are clear differences by gender. Men are more likely to modify their diet compared to women (60.9 percent, males vs. 52.0 percent, females) and to take oral medication (70.6, males vs. 47.6 females). Women are slightly more likely to take insulin compared to men (25.8 percent, females vs. 21.9 percent, males). Women are about five times more likely to receive no treatment compared to men (15.3 percent and 3.8 percent, respectively). Figure 26 shows these differences.

Figure 26: Types of Diabetes Treatment by Gender



Looking at age differences, younger people (18-39 years old) with diabetes are less likely than others to modify their diets (41.8 percent), take oral medication (15.5 percent), or take insulin (11.6 percent). They are more likely not to receive treatment compare to any other age group. The use of diet modification and use of insulin increases with age. However, those 40 to 49 are more likely than any other group to take insulin injections (31.7 percent). These differences are displayed in Figure 27.

Figure 27: Types of Diabetes Treatment by Age



Sores on Feet (C27)

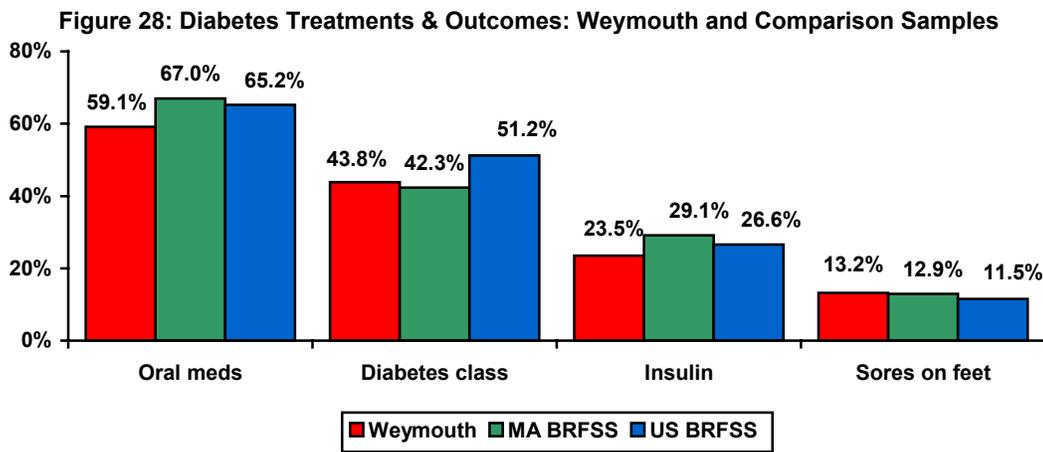
Thirteen percent (13.2 percent) of those with diabetes have had sores or irritations on their feet that took more than four weeks to heal. Men are more likely to have had sores on their feet compared to women (16.2 percent, males vs. 10.5 percent, females). There are no significant differences by age group. However, residents with a household income of less than \$25,000 (7.0 percent) are significantly less likely to have sores on their feet compared to residents with a household income of \$25,000 or more (16.2 percent, income between \$25,000 and \$50,000 and 14.4 percent, income of \$50,000 or greater).

Took Diabetes Management Classes (C28)

Among diabetics 43.8 percent have taken a course or class on how to manage their diabetes. There are no significant differences by gender on this measure. There is a steady progression in the percentage of those who have taken a class by age group. Those under 40 years old are least likely to have taken this type of class (11.4 percent, 18-39 years), while residents 65 years or older are most likely to have taken a management class (50.3 percent).

Summary of Diabetes Treatment and Outcomes with Comparison Samples.

Figure 28 shows that Weymouth residents with diabetes are significantly less likely than those in the state or national samples to take oral medication, have taken a diabetes management class, or used insulin. However, as measured by sores of their feet, their outcomes are not significantly different from the other two samples.



3. Cardiovascular Symptoms

Shortness of Breath (C29)

More than one-third of all respondents (38.8 percent) have had shortness of breath either when hurrying on the level or walking up a slight hill. This is more common among women (41.5 percent) than men (34.7 percent). Reports of shortness of breath increase steadily by age group. Less than 30 percent of those under 40 years old (29.6 percent) have shortness of breathing, increasing to nearly half of those 65 years or older (49.2 percent). There is also a clear relationship between income and shortness of breath. Residents in with a lower household income are more likely to report this condition compared to residents with a higher household income (55.7 percent, income of less than \$25,000 vs. 51.6 percent, income between \$25,000 and \$50,000 vs. 34.6 percent, income of \$50,000 or greater).

Weymouth rates of reporting shortness of breath are significantly higher compared to national comparison rates from the NHANES data set (38.8 percent, Weymouth vs. 31.5 percent, national sample). These differences are evident for both genders and for each age level.

Awakened by Trouble Breathing (C30)

Relatively few (11.4 percent) residents report ever being awakened by trouble breathing or shortness of breath, other than when they had a cold. There are no significant differences by gender or age group on this measure. Residents with a household income of less than \$25,000 are almost twice as likely as residents with a household income of \$50,000 or greater to have this problem (19.2 percent and 10.1 percent, respectively). The overall rates and age and gender patterns are similar to those reported in the NHANES national sample.

Swelling in Ankles/Legs that Worsens as Day Goes On (C31)

Nearly 23 percent (22.8 percent) of Weymouth residents have swelling in their ankles or legs that becomes worse as the day progresses. However, 8.1 percent are women who say they have had swelling, but only during pregnancy. Almost 15 percent (14.7 percent) of the residents in Weymouth have had this type of swelling, unrelated to pregnancy.

Women are more likely to have swelling unrelated to pregnancy compared to men (16.6 percent and 11.8 percent, respectively). Reports of swelling increase significantly as age increases (4.8 percent, 18-39 years vs. 8.4 percent, 40-49 years vs. 17.9 percent, 50-64 years vs. 25.0 percent, 65 years or older). There is also a relationship with income. As household income increases, the percentage of residents with this condition decreases (10.8 percent, income of \$50,000 or greater vs. 25.1 percent, income between \$25,000 and \$50,000 vs. 27.3 percent, income of less than \$25,000).

4. Weight Issues**Perception of Own Weight (C34)**

Nearly two-thirds of Weymouth residents say they are overweight (63.3 percent), and about one-third (34.2 percent) say their weight is just right.

Perceptions of weight vary significantly by gender, age, and household income level. Women are more likely than men to say they are overweight (67.3 percent and 57.4 percent, respectively). Reports of being overweight increase by age (54.5 percent, 18 to 39 years vs. 67.3 percent, 40-49 years vs. 72.6 percent, 50 to 64 years). However, there is a significant decrease in reports of being overweight among residents 65 years or older (57.1 percent). Those with a household income of less than \$25,000, are less likely to say they were overweight (57.4 percent) compared to residents with a household income of \$50,000 or greater (65.5 percent).

Weymouth residents report being overweight at significantly higher rates than the national NHANES study. Overall rates in Weymouth are about 10 percentage points higher and this difference is observed for both genders and for each age group.

Body Mass Index (BMI)

In addition to asking residents about their perceptions of their own weights, we used their height and reported actual weight to calculate a “body mass index” and to compare actual overweight status to health standards. According to this index about one-third of residents

have a healthy weight (33.1 percent) another one-third are considered overweight (34.5 percent) and another one-third are considered obese (31.2 percent). Males, residents 50-64 years old, residents 65 years or older and residents with a household income of less than \$25,000 less likely to have a healthy weight status (22.9 percent, 26.5 percent, 28.6 percent and 29.1 percent, respectively).

Compared to state and national data, Weymouth residents are significantly heavier (31.2 percent, Weymouth vs. 21.6 percent, state sample vs. 16.6 percent, national sample).

A comparison between the BMI index and the residents' perceived weight status shows that among residents with a healthy weight, 79.3 percent perceive their weight to be "just right" and 12.2 percent perceive their weight to be "overweight". Among residents who are considered overweight on the BMI index, 40.3 percent perceive their weight to be "just right" and 58.9 percent perceive their weight to be "overweight". Finally, among who are considered to be obese on the BMI index, 13.6 percent perceive their weight to be "just right" and 85.7 percent perceive their weight to be "overweight".

Doctor Gave Advice about Respondent's Weight (C35)

More than one-third (35.0 percent) of residents say their doctor has given them advice about their weight at some point in time. There is no significant variation for this question by gender or by household income. However, residents between the ages of 50 and 64 years have received this type of advice at a somewhat higher rate compared to the other age brackets (42.3 percent).

Lost 10 or More Pounds (C36) or Gained 10 or More Pounds (C37)

Seven percent (7.2 percent) of the residents report losing ten or more pounds without wanting to. There is no significant variation by gender or by age, but there is some variation by household income. Residents with a household income of less than \$25,000 (12.3 percent) and an income between \$25,000 and \$50,000 (10.4 percent) are significantly more likely to report losing ten or more pounds compared to residents with a household income of \$50,000 or greater (5.7 percent).

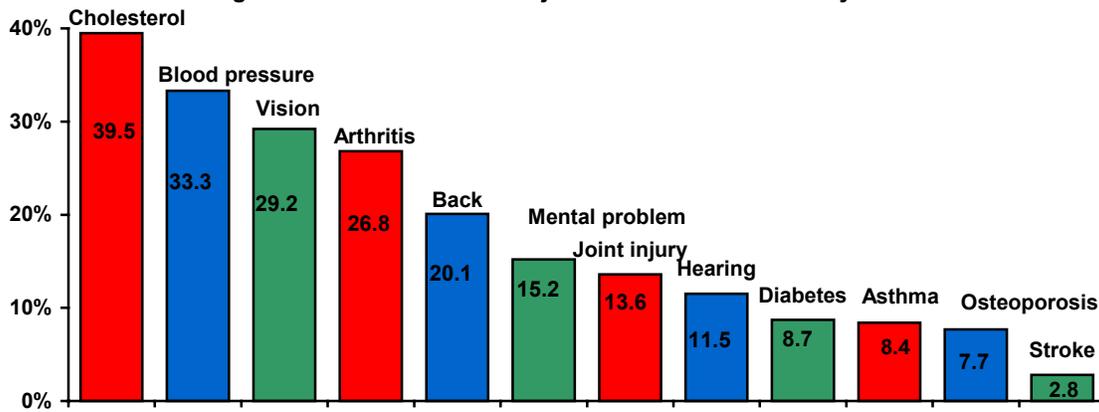
Nearly one-fourth (23.3 percent) of the residents say they have gained ten or more pounds without wanting to. There is no significant variation by income or gender on this question, but residents 65 years or older are significantly less likely to have gained ten or more pounds (14.5 percent) than any other age group. While residents 18-39 years old were more likely to gain weight (22.8 percent).

Other Impairments or Health Problems (C38)

Earlier, the percentages of those with high cholesterol (39.5 percent), high blood pressure (33.3 percent), asthma (8.4 percent), and diabetes (8.7 percent) were reported. In addition, significant differences by gender, age, and household income were presented. The percent of those reporting these conditions are shown in Figure 29 along with a number of other impairments or health problems to show the general distribution of health problems among Weymouth respondents. The discussion following this figure

highlights any significant gender, age, or household income differences for these other impairments.

Figure 29: Distribution of Major Health Problems in Weymouth



As the figure shows, the most common impairments are high cholesterol and high blood pressure. Almost 30 percent of Weymouth adult resident have vision problems and more than one-fourth has arthritis. Twenty percent have a back or neck injury, while 15 percent report having depression, anxiety or another emotional problem, labeled here as mental problem. Nearly 14 percent of the residents report they have had fractures or a bone or joint injury. About 12 percent have a hearing impairment. As noted earlier, nearly 9 percent of Weymouth adult residents have diabetes and 8.4 percent have asthma. Osteoporosis impacts nearly 8 percent of the residents and about 3 percent have suffered a stroke.

Figure 30 shows there are significant differences by gender for vision problems, arthritis, depression or emotional problems, osteoporosis, and hearing impairments. Women are more likely to have a vision problem, arthritis, depression, or osteoporosis compared to men. Men, however, are more likely to have a hearing impairment. There are also significant differences by age for these same impairments, as well as for back or neck problems.

Figure 30: Health Problems by Gender

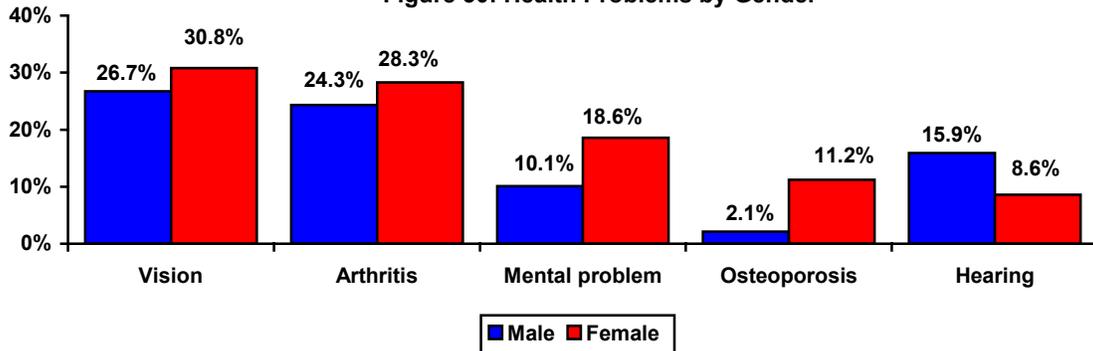
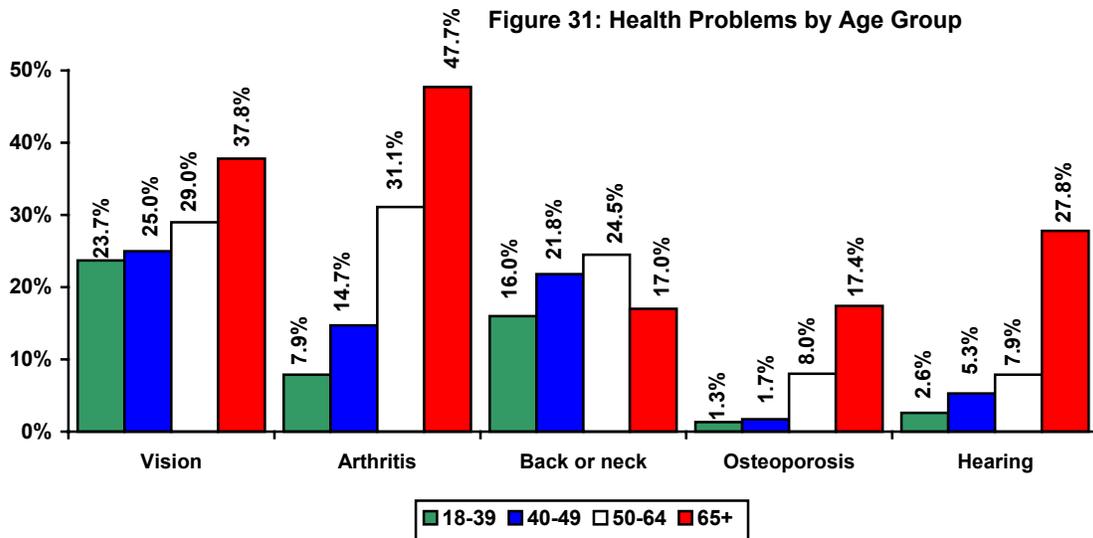
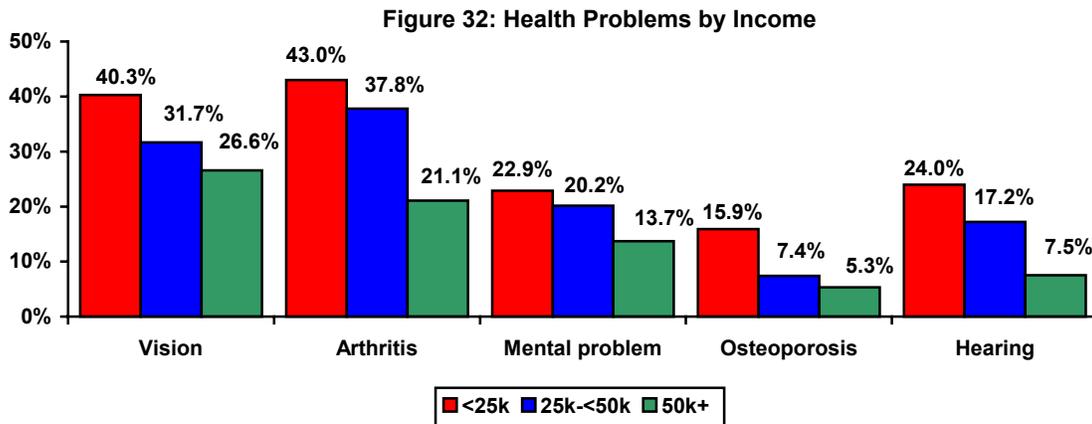


Figure 31 shows that the percentage of residents with vision problems, arthritis, osteoporosis, or hearing problems increases as age increases. Back and neck problems are significantly more common among residents between 40 and 64 years old while osteoporosis is reported most often by residents those 50 years or older. Hearing problems increase significantly among residents 65 years or older (27.8 percent). Emotional problems do not vary significantly by age group and are not shown in the figure.



Household income differences are also evident for most of these conditions (see Figure 32). The percentage of residents with vision problems, arthritis, and hearing problems decreases significantly as household income increases.



5. Indicators of Depression

The next discussion examines the emotional health of Weymouth adult residents during the past month. The discussion begins with questions about the number of days of poor physical health and then shifts to other indicators of possible depression. These include days of poor mental health, feeling depressed, or feeling anxious. It also asks about the number of days when the respondent did not get enough sleep.

Days Physical Health Not Good, Past 30 Days (C39cat)

More than 60 percent (62.6 percent) of residents indicated that there have been no days in the past 30 days when their physical health was not good. More than one-fourth (28.7 percent) of the residents reported they have had between one and ten days of poor health, and less than ten percent (8.7 percent) say their health has been poor for between 11 and all 30 days.

Residents 65 years or older and residents with a household income of less than \$25,000 are more likely to report between 11 and 30 days when their health has not been good (13.3 percent and 21.5 percent, respectively). There are no significant differences between Weymouth results and those in the state and national surveys.

Days Mental Health Not Good, Past 30 Days (C40cat)

Nearly two-thirds (66.0 percent) of the residents report no mental health problems in the past 30 days. About one-fourth (25.9 percent) have had problems between one and ten days, and 8.1 percent have had problems between 11 and all 30 days. Women are almost twice as likely as men to report poor mental health between one and 10 days (31.6 percent, females vs. 17.5 percent, males), and residents younger than 65 years old are nearly two times as likely as those 65 years or older to report poor mental health between one and 10 days (33.7 percent, 18 to 39 years vs. 15.4 percent, 65 years or older). Reports of poor mental health for more than ten days is significantly more common among residents with lower household incomes compared to residents with a higher household income (15.1 percent, income of less than \$25,000 vs. 12.8 percent, income between \$25,000 and \$50,000 vs. 6.4 percent, income of \$50,000 or greater). Similar patterns are seen in the state and national surveys.

Have Someone to Trust and Confide In (C41)

Nearly the entire sample (96.4 percent) has someone to trust and confide in. There are no significant differences by gender, age, or household income.

Days Felt Sad and Depressed, Past 30 Days (C42cat)

Almost one-half of the Weymouth residents (44.6 percent) have had at least one day they felt sad, blue or depressed during the past 30 days. More than one-third (36.8 percent) have been depressed between one and ten days, and 7.8 percent have felt this way between 11 and 30 days. There are differences by gender, age, and household income. Women are more likely to feel depressed between one and ten days compared to men (42.3 percent and 28.8 percent, respectively). Reports of days of depressed decrease significantly from younger to older respondents (54.3 percent, 18-39 years vs. 48.2

percent, 40-49 years vs. 43.0 percent, 50 to 65 years vs. 34.5 percent, 65 years or older). As household income increases, the percentage of residents feeling depressed decreases (52.3 percent, income of less than \$25,000 vs. 48.6 percent, income between \$25,000 and \$50,000 vs. 43.9 percent, income of \$50,000 or greater). These levels and patterns are similar in the national survey.

Days Felt Worried or Anxious, Past 30 Days (C43cat)

A higher proportion of residents have felt worried or anxious in the past 30 days compared to the proportion of residents who have felt sad or depressed. Over one-half (56.4 percent) of the residents have had at least one day when they have felt worried or anxious in the past 30 days. Twelve percent (12.2 percent) have felt worried for more than ten days in the past 30 days.

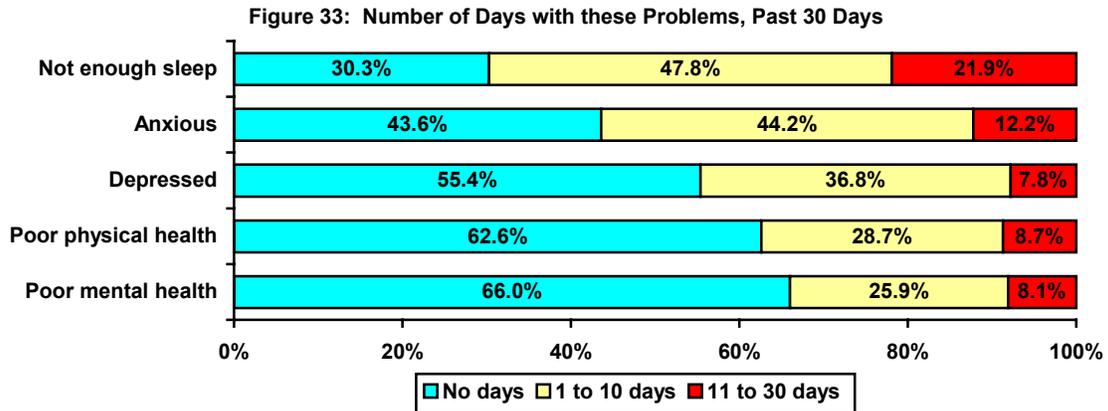
Women are significantly more likely to report being worried or anxious compared to men (63.5 percent vs. 45.8 percent, respectively). Residents over 65 years or older are substantially less likely to report anxiety or worry (41.3 percent). Residents with a lower household income are twice as likely to say they have been worried more than ten days compared to residents with a household income of \$50,000 or greater (21.3 percent vs. 10.6 percent, respectively). Again, similar patterns are observed in the national survey.

Days Did Not Get Enough Sleep, Past 30 Days (C44cat)

Over two-thirds of the residents (69.7 percent) say they have not gotten enough sleep at least one day during the past 30. Nearly half of Weymouth respondents (47.8 percent) feel they did not get enough rest between one and days in the past month. Twenty-two percent (21.9 percent) report not getting enough sleep for 11 or more days.

Women are more likely to say they didn't get enough sleep, either between one and ten days (49.8 percent, females vs. 45.3 percent, males) or for more than ten days (23.4 percent, females vs. 19.3 percent, males) compared to men. Residents under 50 years old report not getting enough sleep more often than those 50 years or older. Finally, residents with a lower household income more often report not getting enough sleep between one and ten days in the past month than residents with a higher household income (33.0 percent, income of less than \$25,000 vs. 41.3 percent, income between \$25,000 and \$50,000 vs. 51.8 percent, income of \$50,000 or greater).

Figure 33 is a summary of the above discussion of mental and physical health problems.



Summary of Differences by Gender, Age, and Income

The following figures show the percent of respondents who have had some days in the past 30 days when they had these symptoms of the depression. Figure 34 compares men and women, showing that women are significantly more likely to say they have had some days of poor physical or mental health, days when they felt depressed or anxious, and days when they did not get enough sleep compared to men.

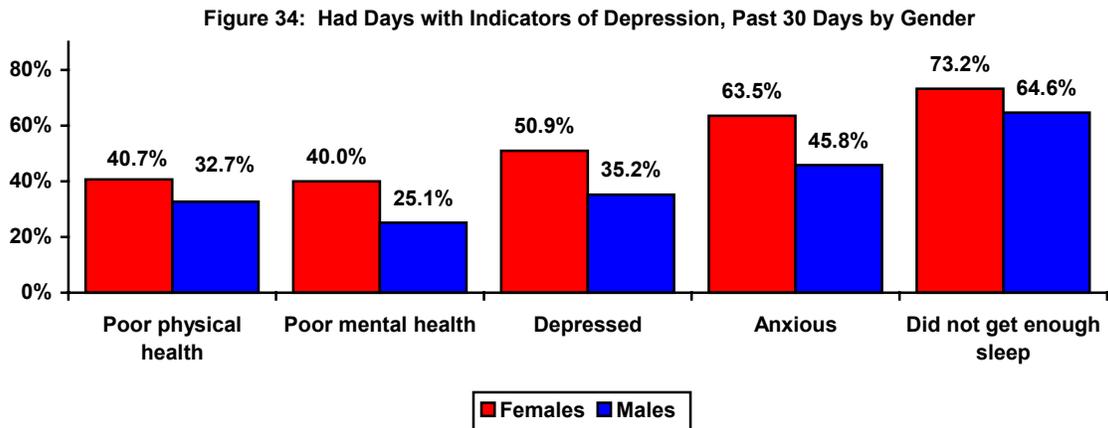
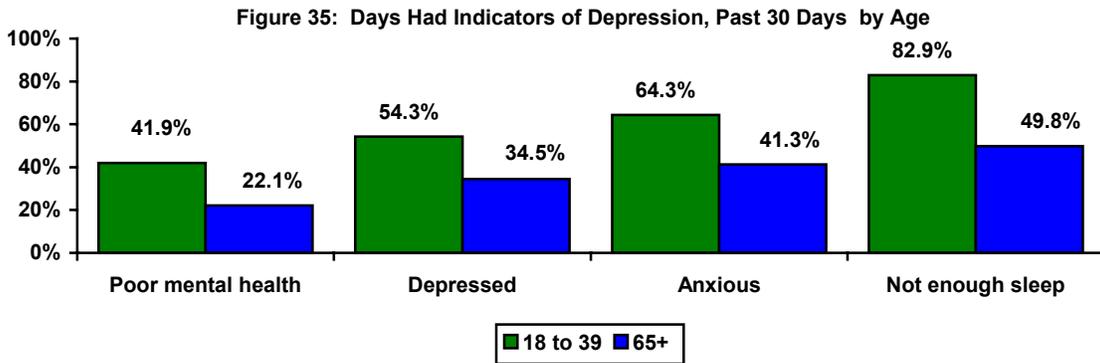
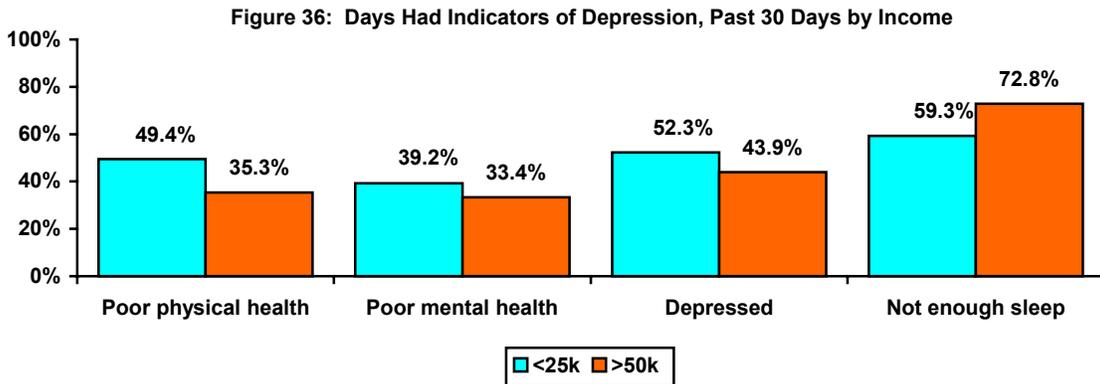


Figure 35 compares the youngest age group, 18 to 39 years, with the oldest age group, 65 years or older. The figure shows that younger residents are significantly more likely to report symptoms of depression compared to those 65 year or older.



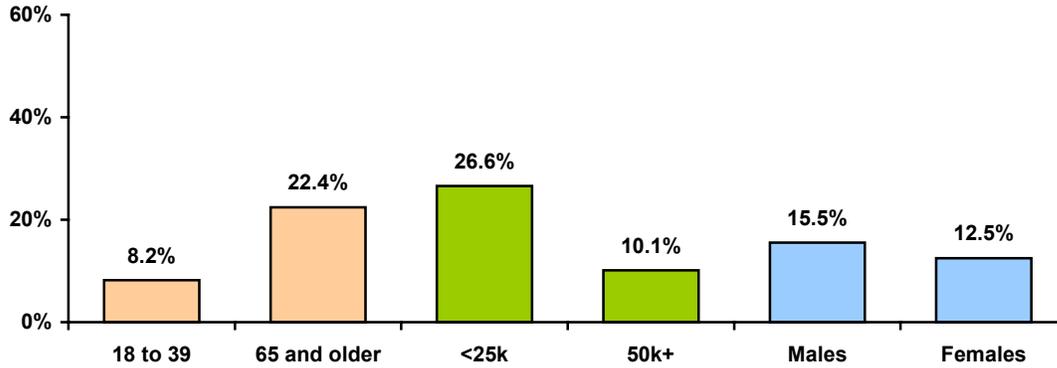
In Figure 36, residents in the highest and lowest household income categories are compared for measures of depression. Although there is no significant difference in measures of anxiety, residents with a household income of less than \$25,000 are significantly more likely to report having days of poor physical and mental health in the past 30 days, and days of feeling sad, depressed and blue. Residents with a household income of \$50,000 or greater are more likely to say they have had days without enough sleep.



Days Felt Healthy and Full of Energy, Past 30 Days (C45cat)

Nearly two-thirds (65.6 percent) of the residents have felt healthy and full of energy for 11 or more days in the past month. Twenty-percent (20.4 percent) have felt this way between one and ten days, and 14.0 percent have had no days during the past month when they felt health and full of energy. Figure 37 shows that residents most likely to have had NO days of high energy in the past month are residents 65 years or older, or male, or residents with a household income of less than \$25,000.

Figure 37: Felt Healthy and Full of Energy NO Days, Past 30 Days



6. Caregiver Support

Primary Caregiver for Adult with Chronic Illness (C46)

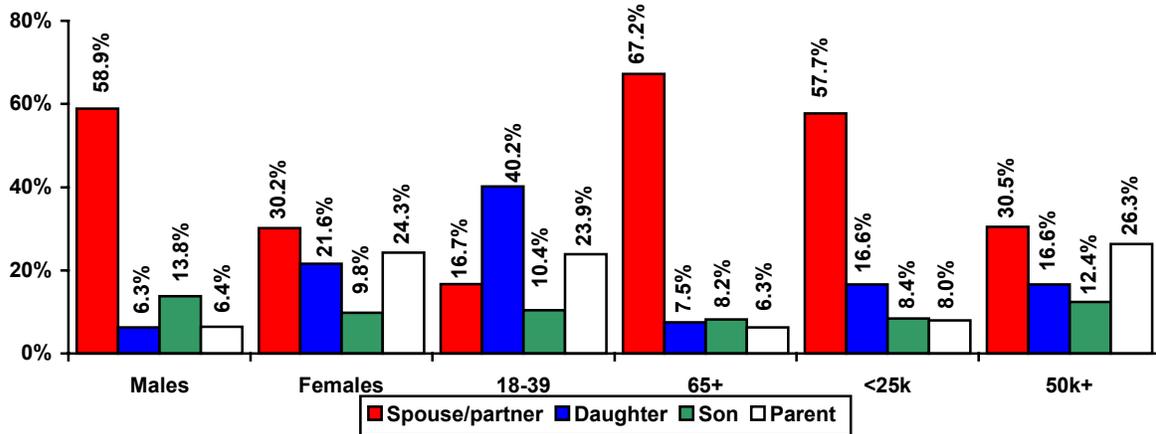
Nearly 8 percent (7.6 percent) of Weymouth respondents are caregivers for another adult with a chronic, long-term health condition. Older residents and residents with a lower household income are more likely to have these caregiving responsibilities. More than 11 percent (11.4 percent) of residents 65 years or older are caregivers compared to 6.4 percent of residents 40-49 years old and 3.4 percent of those 18-39 years old. Thirteen percent (12.5 percent) of residents with a household income of less than \$25,000 are also in this position, as are 11.4 percent of residents with a household income between \$25,000 and \$50,000. In comparison, only 6.3 percent of residents with a household income of \$50,000 or greater are primary caregivers for an adult with a chronic illness.

Relationship to Care Recipient (C47)

Caregivers are most likely to take care of a spouse or partner (41.0 percent). Nearly 18 percent (17.6 percent) of caregivers take care of a parent, 15.9 percent care for a daughter, and 11.3 percent care for their son. Less than five percent (4.9 percent) of caregivers are responsible for the care of a sibling, and less than one percent take care of either a grandchild, a friend, a son-in-law, or a neighbor.

Caregiving responsibilities vary by gender, age, and household income level. Female caregivers are more likely to take care of their daughter (21.6 percent, females vs. 6.3 percent, males) or a parent (24.3 percent, females vs. 6.4 percent, males). Male caregivers are almost twice as likely to take care of their spouse or partner (58.9 percent, males vs. 30.2 percent, females) or a son (13.8 percent, males vs. 9.8 percent, females). Caregivers younger than 50 years old are more likely to care for a child or a parent while caregivers 50 to 64 years old are more likely to take care of a spouse or partner or a parent. Most caregivers 65 years or older are caring for a spouse. Caregivers with a household income of less than \$50,000, more often care for a partner or a spouse, while caregivers with a household income of \$50,000 or greater are more likely to be caring for a wider range of people from a partner, to a child, to a parent. Figure 38 shows these differences.

Figure 38: Relationship to Care Recipient



Receive Formal Support or Services for Caregiving (C48)

About one-fourth (27.1 percent) of caregivers say they receive formal support or services from an organization or group to help with their caregiving responsibilities.

Reside in Same Household as Recipient (C49)

Three-fourths of caregivers (75.5 percent) live in the same household as the care recipient. This is more often the case among male caregivers (82.6 percent, males vs. 71.4 percent, females) and among caregivers with a household income of less than \$25,000 (85.2 percent).

Other Family or Friends Help with Care (C50)

The majority of caregivers (55.7 percent) report that other family or friends are involved with providing care for the recipient. This fluctuates by age group and household income. Older caregivers are less likely to receive informal help compared to caregivers younger than 50 years old (42.3 percent, 65 years or older vs. 63.4 percent, 18 to 39 years). Among caregivers with a lower household income, fewer report help from family or

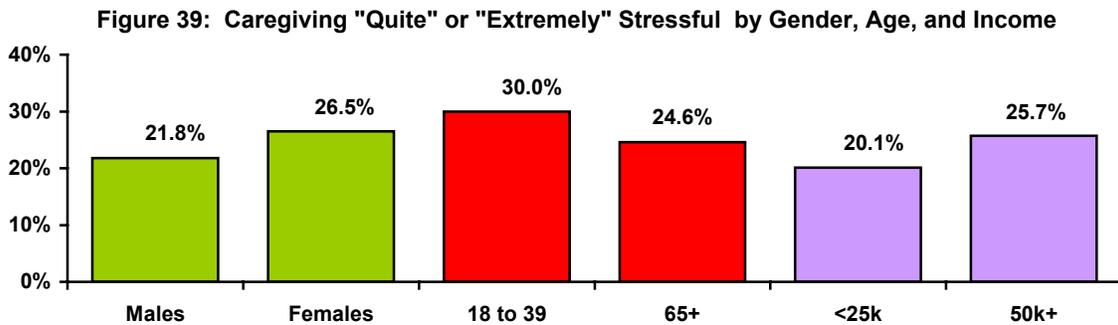
friends compared to caregivers with a higher household income (48.9 percent, income of less than \$25,000 vs. 60.1 percent, income of \$50,000 or greater).

Missed Work or School because of Caregiving (C51)

Forty percent (40.0 percent) of caregivers have missed work, school or other important appointments as a result of their caregiving role. This is more likely to be the case among female caregivers (45.9 percent, females vs. 30.4 percent, males) and among caregivers 50-64 years old (62.2 percent, 50 to 64 years vs. 42.3 percent, 65 years or older). Among caregivers with a household income of \$50,000 or greater, 44.8 percent have missed appointments compared to caregivers with a lower household income (31.2 percent, income of less than \$25,000 and 32.7 percent, income between \$25,000 and \$50,000).

Stress of Caregiving (C52)

Among caregivers, 17.1 percent feel caregiving is not at all stressful, but the majority of caregivers (58.2 percent) report that providing this care is somewhat stressful. About one-fourth (24.7 percent) caregivers feel caregiving is either quite (15.4 percent) or extremely stressful (9.3 percent). Figure 39 shows that female caregivers are more likely to feel caregiving is either quite or extremely stressful compared to male caregivers. Moreover, caregivers 18-39 years old are more likely to indicate that caregiving is either quite or extremely stressful compared to caregivers 65 years or older. Caregivers with a household income of \$50,000 or greater are more likely to say caregiving is either quite or extremely stressful compared to caregivers with a household income of less than \$25,000.



7. Women’s Health

Women’s Health Services (C53)

Among the women in Weymouth, 72.0 percent have had a breast exam in the past 12 months, 69.7 percent have had a pap smear, 53.0 percent have had a mammogram, 22.2 percent have had a bone density check and 17.4 percent have received none of these services. Pap smears are recommended annually for adult women and breast exams are suggested as a part of routine health care, while recommendations for mammograms and bone density checks are more related to a woman’s age. There is some variation as to when mammograms are recommended with some healthcare providers recommending annual mammograms after the age of 40 and others after the age of 50. Bone density checks are usually suggested around menopause.

There is a strong relationship between household income and receiving women’s health services. Women with a higher household income are more likely to receive a pap smear (53.2 percent, income of less than \$25,000 vs. 65.8 percent, income between \$25,000 and \$50,000 vs. 75.1 percent, income of \$50,000 or greater) or clinical breast exam (60.3 percent, income of less than \$25,000 vs. 69.9 percent, income between \$25,000 and \$50,000 vs. 76.1 percent, income of \$50,000 or greater). However, women in the lower income households are more likely to get a mammogram (59.8 percent, income of less than \$25,000 vs. 50.5 percent, income of \$50,000 or greater) or a bone density check (31.2 percent, income of less than \$25,000 vs. 18.4 percent, income of \$50,000 or greater).

There are also significant age differences. Nearly three-fourths of all women have had pap smear, except for those 65 years or older. In this instance, less than half have had a pap smear. Women 50 to 64 years old (75.9 percent) are more likely to have had a breast exam in the past year compared to women 18-39 years old (70.9 percent) and women 65 years or older (68.3 percent).

For mammograms, the data are presented for women 40 and older in the recoded table. More than one-half of women 40 to 49 years old (57.5 percent) have had a mammogram in the past year, while this is true for 71.6 percent of women 50 to 64 years old and 71.3 percent of women 65 years or older. More than one-third of women 50 years and older have had a bone density check (36.3 percent, 50 to 64 years and 38.8 percent, 65 years or older).

Comparing results for all women 18 years and older, there is no significant difference in having had a pap smear. However, women in Weymouth are significantly less likely to have had a breast exam in the past year compared to women in the national sample. Women in Weymouth are also significantly less likely to have had a mammogram. Figure 40 shows these differences.

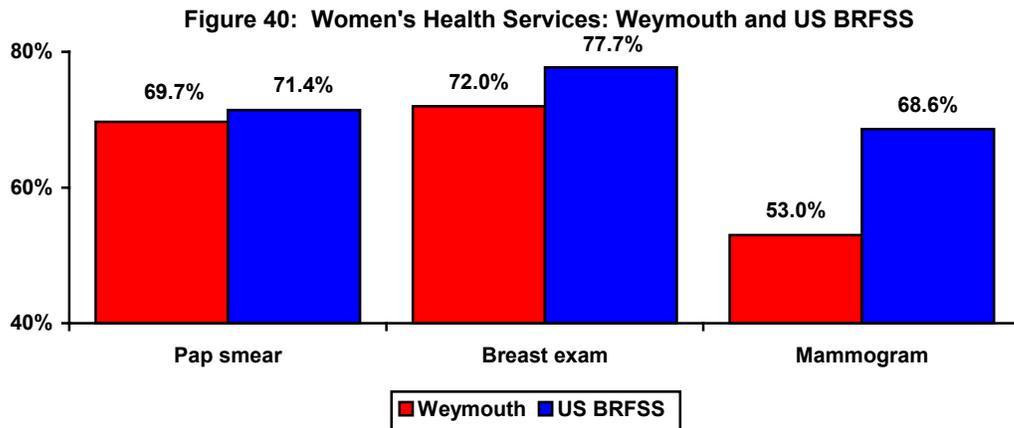
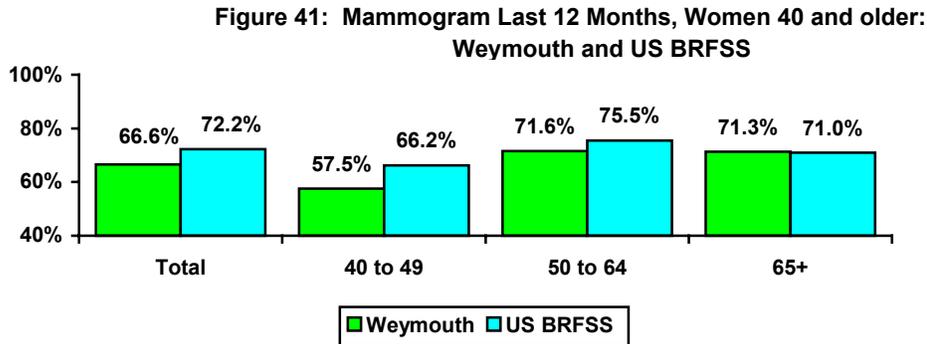


Figure 41 shows a comparison of Weymouth to the national sample of the percent of women 40 years and older having a mammogram in the past year, by age group. Overall, rates are lower. In particular, the lower rates are seen for women 40 to 49 years old and

women 50 to 64 years old. Weymouth rates for women 65 years or older are similar to national rates.



Unable to Conceive (C54)

Eleven percent (10.6 percent) of women have been unable to conceive a child for a period of 12 months or more. This is more often a problem for women 40 to 64 years old compared to younger or older women. Fifteen percent of women 40-49 years and 11.3 percent of women 50 to 64 years old have been unable to conceive for 12 or more months. Among women with a household income of \$50,000 or greater, 11.4 percent were unable to conceive, compared to 6.1 percent among women with a household income of less than \$25,000.

Ever Been Pregnant (C55)

More than 70 percent of women (71.4 percent) have ever been pregnant. Women 40 to 64 years old are significantly more likely to say they have been pregnant than women under 40 years old and women 65 years or older. More than 77 percent of women 40 to 64 years old have been pregnant (78.9 percent, 40 to 49 years and 77.9 percent, 50 to 64 years) compared to 61.9 percent of women 18 to 39 years old and 65.5 percent of women 65 years or older. Women with a higher household income are more likely than those with a lower household income have ever been pregnant (73.1 percent, income of \$50,000 or greater and 62.7 percent, income of less than \$25,000). These rates are somewhat lower than national data reported in the NHANES study (84.4 percent). These differences are noted for each age level.

Number of Pregnancies (C56)

About 2 percent of women in Weymouth (2.3 percent) have never been pregnant. Fourteen percent (14.1 percent) have been pregnant once, about one-fourth (24.6 percent) have been pregnant twice, one-fourth (26.6 percent) have had three pregnancies, 15.4 percent have had 4 pregnancies, and 17.0 percent have had five or more pregnancies.

There is a continuous decline in the number of pregnancies between women 18 to 39 years old and women 65 years or older. Some of the difference is likely due to the fact that younger women have had fewer childbearing years compared to older women. However, as the majority of women 50 and older have completed their childbearing

years, differences in number of pregnancies between women 50 to 64 years and 65 years or older are more likely due to changing pregnancy rates in these groups than a difference in opportunities to become pregnant. Figure 42 shows that women 65 years or older are twice as likely to have been pregnant five or more times compared to women 50 to 64 years old (37.4 percent, 65 years or older vs. 17.6 percent, 50 to 64 years).

Figure 42: Number of Pregnancies by Age

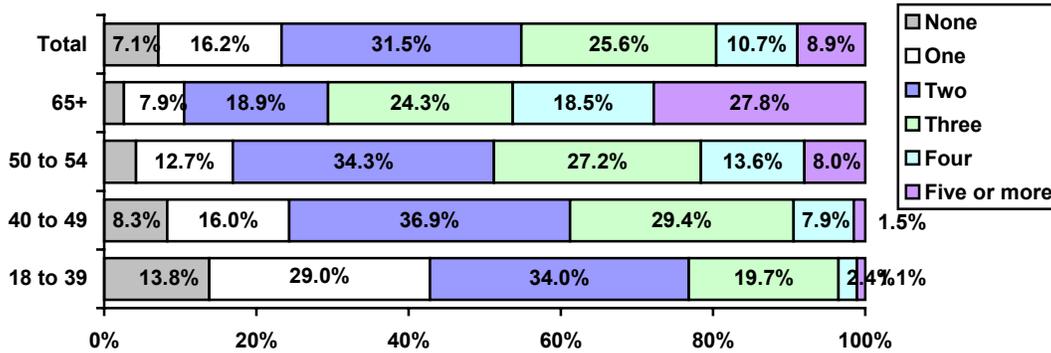


Number of Live Births (C57)

Seven percent (7.1 percent) of women in Weymouth have had no live births and 16.2 percent have had one live birth. Nearly one-third (31.5 percent) have had two children and one-fourth (25.6 percent) have had three babies. Almost 20 percent of the women in Weymouth (19.6 percent) have had four or more children.

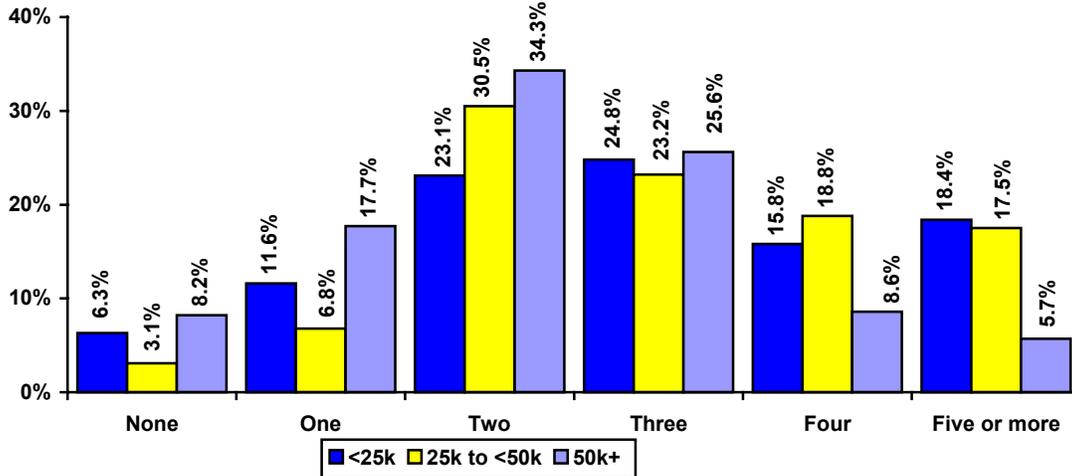
Women under 40 years old are more likely than older women to have had one child and less likely to have had three or more children. Figure 43 shows that among women 18-39 years old, nearly 14 percent (13.8 percent) have no children and the majority (63.0 percent) have had one or two children. Two-thirds of women 40 to 49 years old have had two or three children (66.3 percent), while nearly one-half of women 50 to 64 years old (48.8 percent) have had 3 or more children. Forty-six percent (46.3 percent) of women 65 years or older have had four or more children. These overall rates and age related patterns are similar to the national NHANES data.

Figure 43: Number of Live Births by Age



There are also differences by household income in the number of children women report having. As Figure 44 shows, women with a household income between \$25,000 and \$50,000 are less likely compared to others to have had no children. Women with a household income of \$50,000 or greater are more likely than lower income groups to have one or two children. While women with a household income of less than \$50,000 are more likely than the higher income group to have four or more children.

Figure 44: Number of Live Births by Income



8. Men’s Health

Men’s Health Services (C58)

The majority of men (53.5 percent) have had a prostate exam in the past 12 months and more than one-third (38.3 percent) have had testicular exam in the past 12 months. Forty percent of men in Weymouth have not received any of these services in the past 12 months.

Most men 18-39 years old have not had a prostate exam (89.7 percent), while about one-third of men 40-49 years old (35.3 percent) have had this exam. Nearly two-thirds of men

50 to 64 years old (64.6 percent) and three-fourths of men 65 years or older (75.4 percent) have had a prostate exam. There are also significant income differences although they are not linear. Among men with a household income between \$25,000 and \$50,000, 78.0 percent have had a prostate exam, compared to 49.7 percent of men with a household income of \$50,000 or greater and 61.1 percent of men with a household income of less than \$25,000.

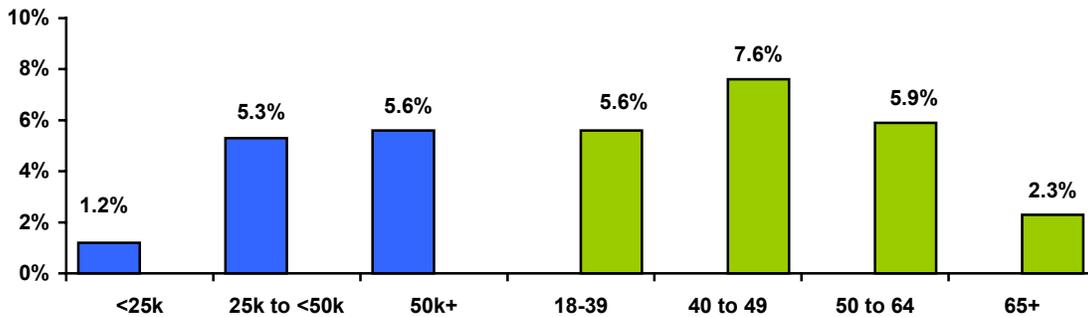
The question asked in the state and national samples is somewhat different. Men are asked if they have ever had a PSA test. Therefore, results are not directly comparable with Weymouth. However, the data does show that 39.7 percent of the national sample have not had this test. This similar to the 38.3 percent of men in Weymouth who have not received men’s health services.

Unable to Father a Child (C59)

Five percent (5.2 percent) of male residents have been unable to father a child after trying for a period of 12 or more months. Men 65 years or older are significantly less likely than men in their 40s to say they have not been able to father a child (2.3 percent, 65 years or older vs. 7.6 percent, 40 to 49 years old).

Among men with a household income of \$50,000 or more, 5.6 percent have had a problem fathering a child, compared to 1.2 percent among men with a household income of less than \$25,000. Differences by income and age are shown in Figure 45.

Figure 45: Unable to Father A Child by Income and Age



Section D: Behavior, Safety & Environment

In this section, Weymouth respondents were asked for information about their health-related behaviors, overall safety, and work and home environments.

Health Behaviors

Seat Belt Use (D1)

More than one-half of Weymouth residents (58.5 percent) always use a seatbelt when they drive or ride in a vehicle. Women are more likely to always use a seatbelt compared to men (63.6 percent and 50.9 percent, respectively). Residents 65 years or older (64.0 percent) are more likely to use a seatbelt compared to any other age group..

Among Weymouth residents, 5.6 percent never and 7.2 percent rarely use a seat belt. Men are more likely to rarely (9.8 percent) or never (9.9 percent) use a seat belt compared to women (5.4 percent, rarely and 2.7 percent, never).

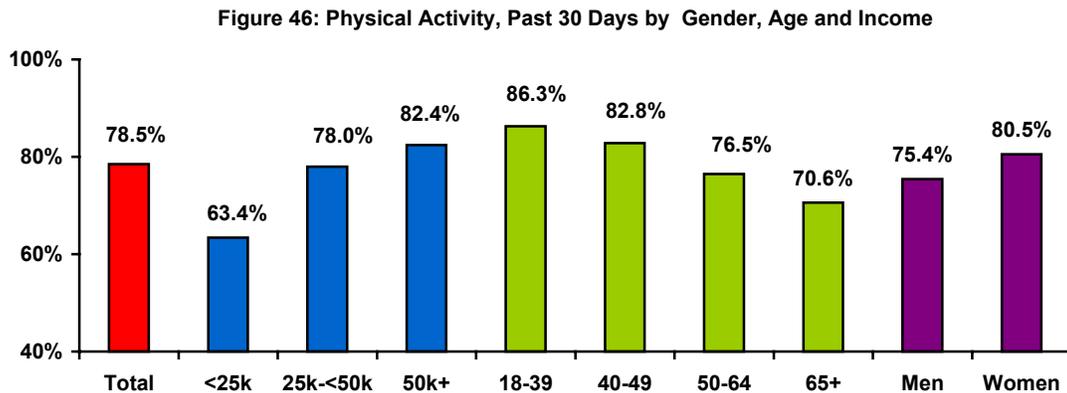
Use Helmet When Riding a Bike (D2 and D2rcde)

About one-fifth of residents (18.2 percent) in Weymouth have ridden a bike in the past 12 months. Men are more likely to have ridden a bike compared to women (22.1 percent, males vs. 15.8 percent, females). More than one-fourth (26.6 percent) of residents 18-39 years old have ridden a bike, decreasing steadily to about ten percent of those 50 years and older. Residents with a household income of \$50,000 or greater are more likely to have ridden a bike in the past 12 months compared to residents with a household income of less than \$25,000 (20.4 percent and 12.9 percent, respectively).

Among adult bike riders, one-third (33.3 percent) report they always wear a helmet when biking and 50.0 percent say they never wear a helmet. Men are more likely not to wear a helmet compared to women (56.2 percent, males vs. 44.3 percent, females). Residents 65 years or older (66.8 percent) are most likely to never wear a helmet. Helmet wearing decreases as income level increases. Adult bike riders with a household income of less than \$25,000 are more likely to never wear a helmet (64.1 percent) compared to bike riders with a household income between \$25,000 and \$50,000 (55.7 percent) and bike riders with a household income of \$50,000 or greater (47.9 percent).

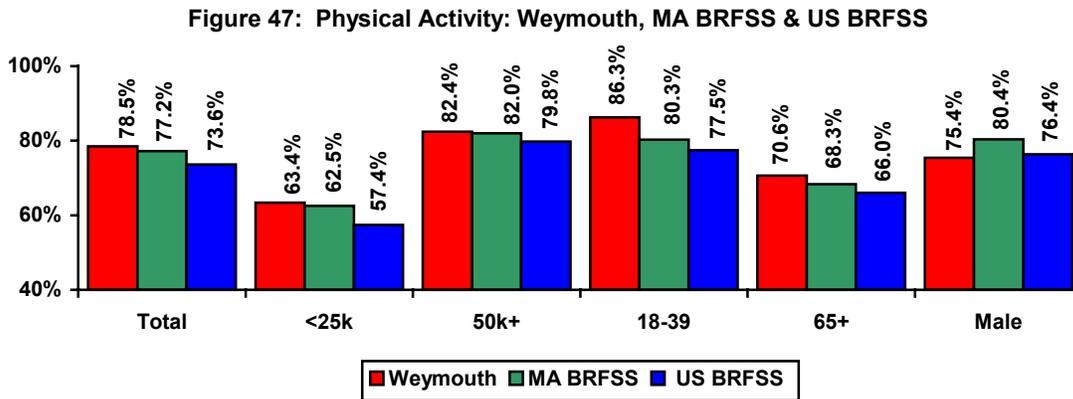
Physical Activity, Past 30 Days (D3)

More than three-fourths (78.5 percent) of Weymouth residents, other than during their regular job, have participated in a physical activity such as running, calisthenics, golf, gardening, or walking for exercise in the past 30 days. Participation in exercise is higher among women compared to men (80.5 percent and 75.4 percent, respectively), as well as decreasing with age and increasing with household income. Figure 46 shows these differences.



Weymouth residents are significantly more likely to have engaged in physical activity in the past 30 days compared to the national sample (78.5 percent, Weymouth vs. 73.6 percent, national sample), but about the same as the state sample (77.2 percent, state sample). This is true for every subgroup except when comparing rates of physical activity

for men. The percentage of men in Weymouth who are engaged in physical activity are about equal to the national sample, but significantly lower than the state sample (75.4 percent, Weymouth vs. 76.4 percent national sample vs. 80.4 percent, state sample). Residents 65 years or older (70.6 percent) in Weymouth are more likely to have participated in physical activity compared to both the state sample (68.3 percent) and national sample (66.0 percent). The most notable difference is among residents 18 to 39 years old. In Weymouth, 86.3 percent are engaged in physical activity compared to 80.3 percent in the state sample and 77.5 percent in the national sample. Differences in activity level overall and by subgroup are shown in Figure 47.



Substance Abuse

1. Cigarettes

Cigarette Smoking Behavior (D4)

Nearly 19 percent (18.5 percent) of Weymouth residents are current smokers. Forty percent (39.9 percent) of residents have never smoked, and 41.6 percent are former smokers. A higher percentage of females are current smokers compared to males (19.3 percent and 17.1 percent, respectively), while males are more likely to be a former smoker compared to females (46.5 percent and 38.4 percent, respectively). There are also age and household income differences. Eighteen percent of residents 18-39 years old (18.4 percent) are current smokers compared to 11.2 percent of residents 65 years old. However, 56.5 percent of residents 18-39 years old have never smoked compared to 35.4 percent of residents 65 years or older. Residents with a household income of \$50,000 or greater (17.7 percent) are less likely to be current smokers compared to residents with a household income of less than \$25,000 (21.5 percent).

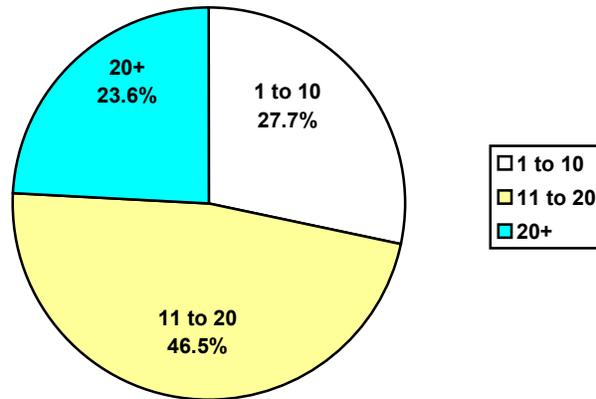
The percentage of current smokers in Weymouth is similar to the state sample and less than the national sample (18.5 percent, Weymouth vs. 19.5 percent, state vs. 22.7 percent, national).

Number of Cigarettes Smoked on an Average Day (D5)

At highest risk are the 23.1 percent of current smokers who smoke more than a pack a day and 1.8 percent smoking more than two packs per day. More than one-fourth (27.7 percent) of Weymouth smokers smoke up to half a pack of cigarettes a day, and 46.5

percent smoke between a half of a pack and a pack of cigarettes per day. Figure 48 shows the percent of smokers in each category. These amounts are substantially higher than amounts smoked by current smokers in the NHANES study (5.2 percent a pack or more, 22.8 percent between a half of a pack and full pack a day, and 72.0 percent less than a half of a pack per day).

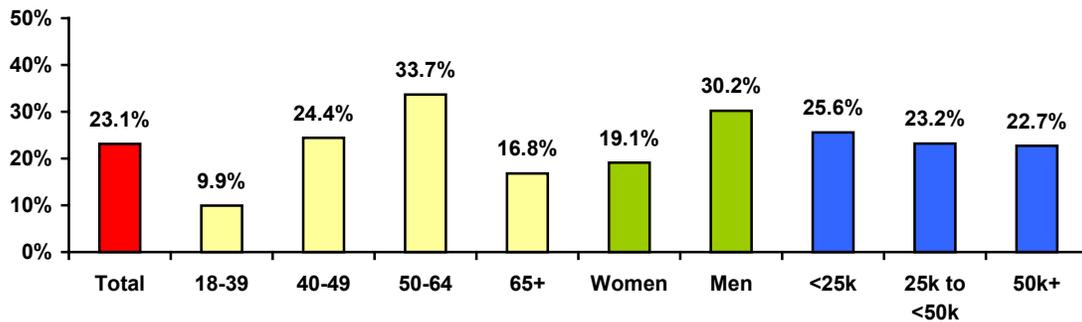
Figure 48: Number of Cigarettes on an Average Day



There are significant differences in amounts smoked by current smokers by age, gender, and household income. Figure 49 highlights the differences among the heaviest smokers, those who smoke more than 20 cigarettes on an average day. The figure shows that residents 18-39 years old are least likely to smoke more than a pack a day while residents 50-59 years old are more than three times as likely to smoke at this rate (9.8 percent and 31.7 percent, respectively).

There are also marked gender differences. About 30 percent of male smokers (30.2 percent) smoke more than 20 cigarettes per day compared to 19.1 percent of female smokers. Finally, smokers with a lower household income are more likely to smoke more than 20 cigarettes per day (25.6 percent, income of less than \$25,000 vs. 22.7 percent, income of \$50,000 or greater).

Figure 49: Smoked More than 20 Cigarettes on an Average Day by Gender, Age, & Income



Thinking about Quitting Smoking within the Next 6 Months (D6)

Among the smokers, the majority is thinking about quitting in the next six months (71.8 percent). There are no significant differences by gender, but there are age and household income differences. About three-fourths of those smokers younger than 50 years old are thinking about quitting compared to about two-thirds of those 50 year or older (77.6 percent, 18-39 years vs. 78.1 percent, 40-49 years vs. 50-64 years vs. 63.2 percent, 65 years or older). As household income increases, the intent to quit in the next six months increases (67.6 percent, income of less than \$25,000 vs. 72.5 percent, income of \$50,000 or greater).

Plan to Quit in 6 Months or Less than 6 Months (D7)

Among those who are thinking about quitting within the next six months, 47.9 percent plan to quit in the next six months, 25.1 percent plan to quit in the next three months, and 27.0 percent say they plan quit in the next month. Smokers 65 years or older and smokers with a household income of less than \$25,000 are more likely to be thinking of quitting in the next month (37.6 percent and 41.1 percent, respectively).

2. Alcohol

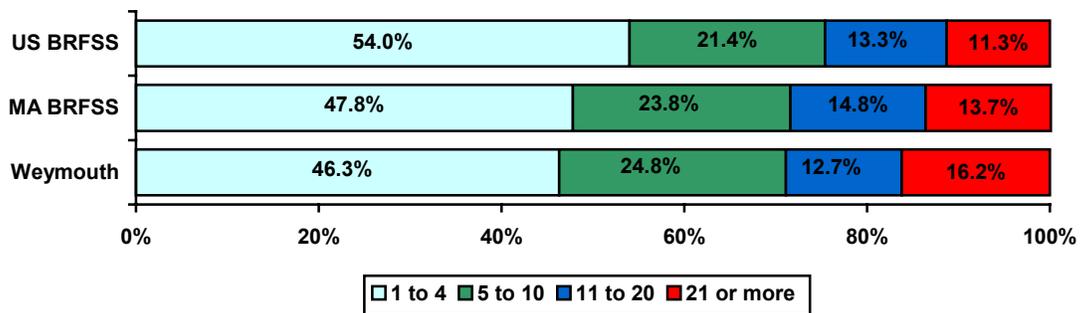
Days Drank Alcohol, Past 30 Days (D8 and D8rcde)

In Weymouth, about two-thirds of adult residents (67.1 percent) have drunk alcohol at least once in the past 30 days. Those who did not drink at all are more likely to be women (34.7 percent), 65 or older (47.9 percent), and have a household income of less than \$25,000 (57.2 percent).

Among drinkers, 46.3 percent drank between one and four days and 24.8 percent drank alcohol between five and ten days. In addition, women tend to drink fewer days compared to men. More than half of female drinkers (53.4 percent) drank between one and four day compared to 36.1 percent of the men. Older residents tend to drink more days per month than younger residents do. Only 5.4 percent of residents 18-39 years old drank on 21 or more days compared to 27.8 percent of residents 65 years or older.

Compared to state and national data, Weymouth residents reported drinking more frequently. Weymouth residents are significantly more likely to drink 21 or more days in the past month (16.2 percent, Weymouth vs. 13.7 percent, state sample vs. 11.3 percent, national sample). These differences are displayed in Figure 50.

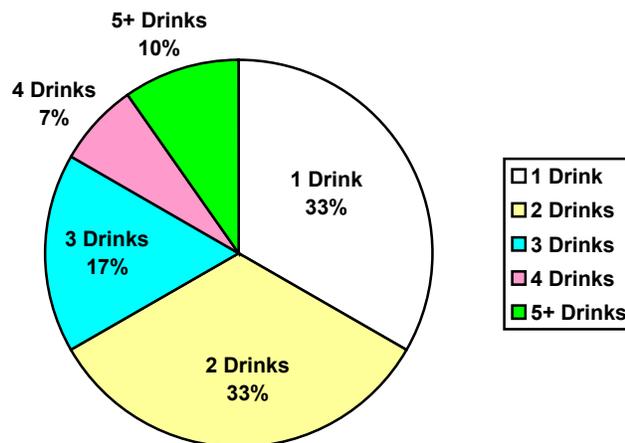
Figure 50: Drinking Days: Weymouth, MA BRFSS & US BRFSS



Number of Drinks, Typical Drinking Day, Past Month (D9)

Among Weymouth residents who have had a drink in the past month, two-thirds typically consumed between one and two drinks on a day when they drank. Nearly ten percent (9.7 percent) usually had five or more drinks. These distributions are shown in Figure 51.

Figure 51: Number of Drinks on an Average Drinking Day

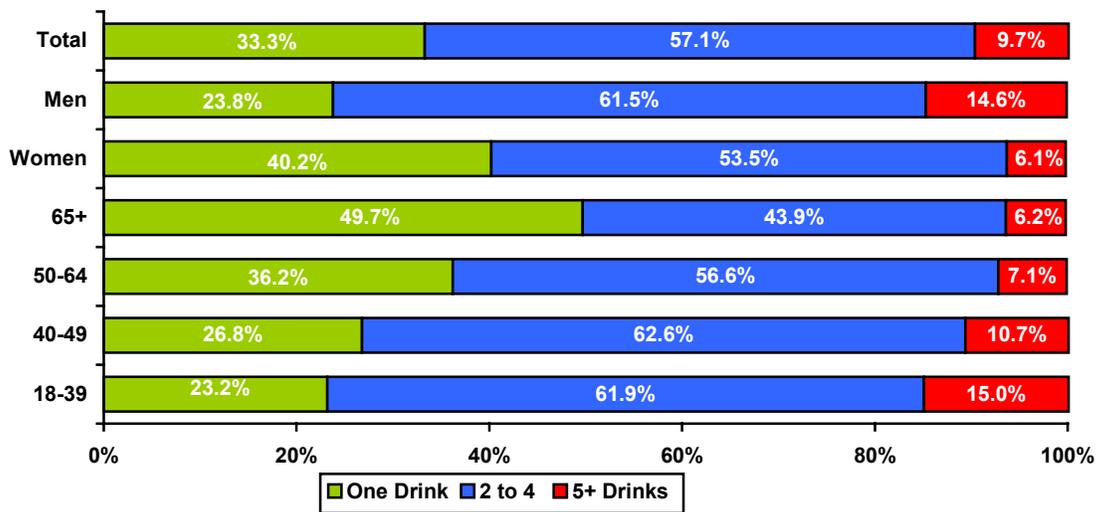


Among drinkers, the amount typically consumed in the past month varies significantly by gender and age. Women are more likely to have consumed only one drink compared to

men (40.2 percent, females vs. 23.8 percent males). Men are considerably more likely to have consumed five or more drinks on a typical day they drank (14.6 percent, males vs. 6.1 percent, females).

Nearly half of those 65 years or older (49.7 percent) typically have one drink and this is also true for more than one-third (35.2 percent) of the drinkers 50 to 64 years old. In contrast, about one-fourth of drinkers younger than 50 years old have only one drink (23.2 percent, 18 to 39 and 26.8 percent, 40 to 49). At the other end of the spectrum, drinkers 18 to 39 years old are more likely to consume five or more drinks when they drink (15.0 percent). Figure 2 clearly shows these gender and age differences.

Figure 52: Drank 1 to 5 + Drinks on Average Day for Drinkers by Gender and Age



“At Risk” Drinking Behavior (D8 and D9 combination)

The National Institute on Alcohol Abuse and Alcoholism (NIAAA) sets the guidelines for determining drinking behaviors considered to be “at risk” for developing drinking problems. Among men under 65 years old, consuming on average more than two drinks per day is considered “at risk” behavior. Among women under 65 years old, consuming on average more than one drink per day is considered “at risk” behavior. Among adults 65 years or older (both males and females), consuming on average more than one drink per day is considered “at risk” behavior. The responses from questions D8 and D9 were combined to determine, among drinkers in the Weymouth sample, and the state and national comparative samples, what percentage would be considered “at risk” for developing drinking problems.

Among drinkers in Weymouth, 14.9 percent engage in “at risk” behavior. This is considerably higher compared to the state and national samples (9.8 percent and 8.7 percent, respectively). In addition, the percentage of Weymouth drinkers who engage in “at risk” drinking behaviors is higher among all groups (e.g., males, females, elderly, household income) compared to the respective state and national samples. Of note are elderly drinkers (adults 65 years or older) and male drinkers in Weymouth. Twenty-three

percent of elderly drinkers in Weymouth are “at risk”; this is nearly double the percentage in the state and national samples (12.9 percent and 12.5 percent, respectively). Among male drinkers in Weymouth, 19.2 percent are “at risk” for developing drinking problems, which is also nearly double the state and national samples (10.6 percent and 9.9 percent, respectively).

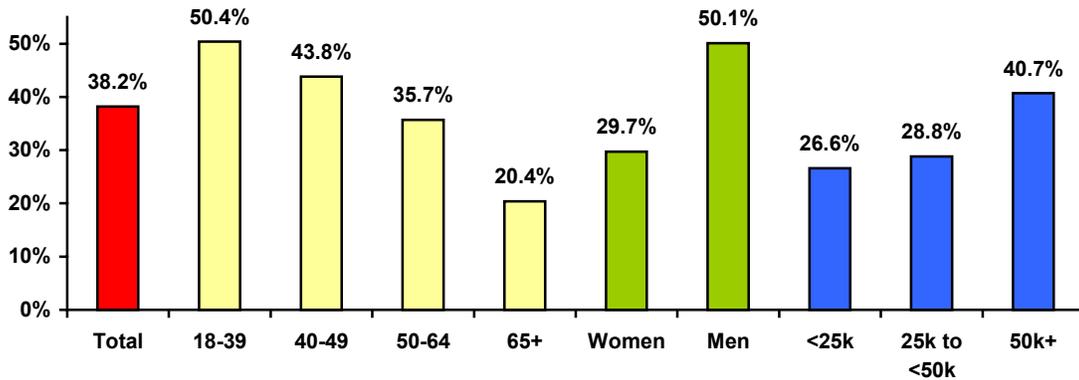
Had Four or More Drinks in One Sitting, Past Month (D10)

Drinking four or more drinks in one sitting is) considered heavy drinking in general and qualifies as binge drinking for women.⁴ Nearly 40 percent (38.2 percent) of Weymouth residents have engaged in heavy drinking in the past month (25.7 percent, between one and four days vs. 7.5 percent, once a week vs. 4.9 percent, several timer per week).

Half of the men in Weymouth (50.1 percent) have had four or more drinks in a single sitting in the past month, compared to women (29.7 percent). As residents get older, they report this behavior less often (50.4 percent, 18 to 39 years vs. 43.8 percent, 40 to 49 years vs. 35.7 percent, 50 to 64 years vs. 20.4 percent, 65 years or older).

There is also a relationship between household income and heavy drinking. Residents with a higher household income more often engage in heavy drinking compared to residents with a lower household income (40.7 percent, income of \$50,000 or greater vs. 26.6 percent, income of less than \$25,000 vs. 28.8 percent, income between \$25,000 and \$50,000). Figure 53 shows that men, residents between 18 and 39 years old, and residents with a household income of \$50,000 or greater are most likely to engage in heavy drinking.

Figure 53: Drank 4 or More Drinks At Least Once in the Past Month by Age, Gender and Income



Results are not directly comparable to the state or national samples because the question is asked if respondents had five or more drinks on a single occasion in the past 30 days. More than one-fourth of state respondents (27.8 percent) and national respondents (27.2 percent) report this type of binge drinking.

⁴ National Institute on Alcohol Abuse and Alcoholism, College Students and Drinking, Alcohol Alert No. 29, Bethesda, MD: U.S. Department of Health and Human Services, 1998.

3. Drugs

Drug Use, Past 12 Months (D11, D11rcde)

In the past year, 3.2 percent of Weymouth residents used an illegal substance. Three percent (2.9 percent) used marijuana or hashish while less than one percent used cocaine (0.6 percent), ecstasy (0.3 percent), heroin (0.2 percent), Ketamine (Special K) (0.1 percent) or some other substance (0.3 percent). Residents 18-39 years old are more likely to use marijuana than older residents (6.4 percent, 18-39 years vs. .4 percent, 65 years or older).

Drive a Car under Influence of Alcohol or Drugs (D12)

Four percent of the Weymouth residents have driven a car while under the influence of alcohol or drugs in the past month. Residents 18-39 years old are more likely to drive under the influence (7.5 percent, 18-39 years vs. 1.5 percent, 65 years or older).

Ride in a Car with Driver under Influence of Alcohol or Drugs (D13)

More than five percent (5.2 percent) of Weymouth resident have ridden in a car with a driver who was under the influence of alcohol or drugs in the past month. Resident 18-39 years old are more likely to do this (10.2 percent, 18-39 years vs. 1.6 percent, 65 years old).

Abused by Someone Respondent Knows, Past 12 Months (D14)

Two percent (2.3 percent) of Weymouth residents have been physically or mentally abused by someone they knew in past 12 months. Residents 40-49 years old and residents with a household income of less than \$25,000 are more likely to have been abused (4.1 percent and 3.6 percent, respectively).

Guns in Home (D15a, D15b and D15arcde,D15brcde)

Survey respondents were asked if they had a handgun or a rifle anywhere in their home, including their car, truck or outdoor storage area. Six percent (6.2 percent) of Weymouth residents have a handgun and 7.9 percent have a rifle. Among those who own handguns, there are no significant differences by age or gender. However, a significantly higher percentage of residents with a household income of \$50,000 or greater compared to residents with a household income of less than \$25,000 have a handgun in their home (7.2 percent, income of \$50,000 or greater vs. 2.4 percent, income of less than \$25,000). Rifle owners are nearly twice as likely to be men (10.6 percent, males vs. 5.8 percent, females), but there are no significant age or household income differences.

Five percent (5.0 percent) of residents with handguns have a child safety lock or lock-up, while 1.2 percent do not have this safety feature. Among residents with rifles, 5.9 percent have safety locks or lock-up and two percent do not.

A total of 10.2 percent of the residents have some kind of gun in the home. This rate is slightly lower than the state sample (12.6 percent) and substantially less than the national sample (31.7 percent).

4. Potential Sources of Environmental Problems

Pests in the Home, Past 12 Months (D16a,b,c)

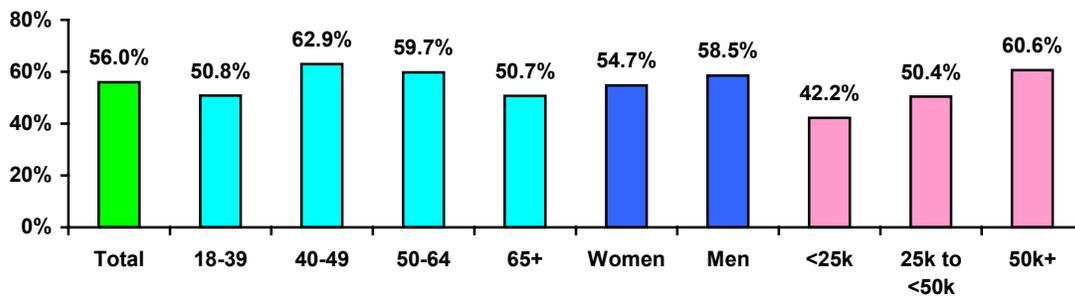
Nearly 9 percent (8.8 percent) of respondents have had a problem with rodents in or around their homes. Less than two percent (1.4 percent) have had cockroaches. However, nearly a third of households (32.1 percent) have had some other insect in or around their home. This is a more common problem among residents 18-39 years old (36.1 percent).

Pesticides Used in or Around Home, Past 12 Months (D17)

More than half of the residents (56.0 percent) have used pesticides in or around their home in the past 12 months. More than one-third (35.7 percent) have used outdoor pest control for their lawns and more than one-fourth (27.5 percent) have used pesticides for indoor household pest control. About 17 percent (16.6 percent) have used flea collars or pet shampoos to control pests in their pets, and 2.0 percent use pest control for fresh foods they grow themselves.

Household income has the largest effects on pesticide use. Pesticide use decreases significantly as household income increases. Figure 54 highlights these differences.

Figure 54: Used Pesticides, Past 12 Months by Age, Gender and Income



Pets in the Home (D18)

Not quite half of Weymouth residents (45.2 percent) have a dog, cat or bird as a pet. Women are more likely to have a pet (49.1 percent, females vs. 39.3 percent, males), as are residents with a higher household income (48.6 percent, income of \$50,000 or greater vs. 34.6 percent, income of less than \$25,000). Residents over 50 years old are much less likely to have a pet compared to younger residents (26.0 percent, 65 years or older vs. 50.0 percent, 50 to 64 years vs. 58.1 percent, 40 to 49 years vs. 47.8 percent, 18-39 years).

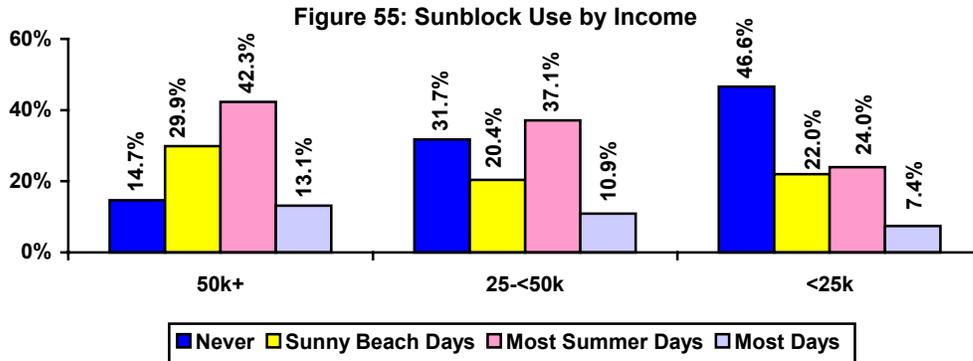
Noticed Mold or Mildew in Home, Past Year (D19)

Less than one-fourth (24.1 percent) have had mold or mildew in their homes in the past year. Women are more likely to notice mold or mildew compared to men (26.2 percent, females vs. 20.9 percent, males); as are younger residents compared to older residents (28.7 percent, 18 to 39 years vs. 13.3 percent, 65 years or older). Residents with a higher household income are also more likely to notice mold or mildew compared to residents with a lower household income (26.0 percent, income of \$50,000 or greater vs. 18.1 percent, income of less than \$25,000).

Use Sunblock, Past 12 Months (D20)

The vast majority of Weymouth respondents (78.4 percent) have used sunblock at some time in the past 12 months, but only 12.3 percent have used it most days of the year.

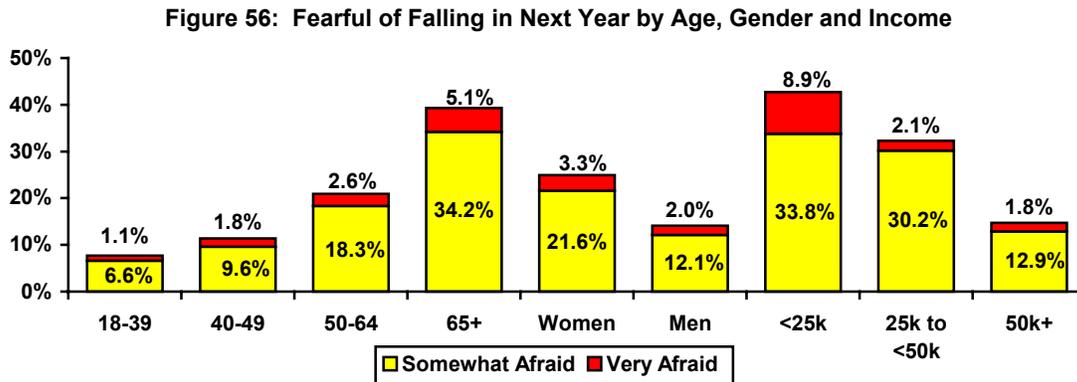
Those residents most likely to report using sunblock are women (83.8 percent), residents 18-39 years old (88.2 percent), and residents with a household income of \$50,000 or greater (85.3 percent). Figure 55 shows the patterns of use by income categories.



Fear of Falling (D21)

Most residents of Weymouth (79.3 percent) are not afraid that they will fall and hurt themselves in the next year. More than 20 percent express some fear of falling (17.9 percent, somewhat afraid vs. 2.8 percent, very afraid).

As Figure 56 shows, fear of falling is higher among women (24.9 percent), residents 65 years or older (39.4 percent) and residents with a household income of less than \$25,000 (42.7 percent).



T

Stopped Some Activities Because of Fear of Falling (D22)

Among residents with a fear of falling, 12.3 percent have stopped doing some types of activities because they are worried they might fall. Women are significantly more likely than men (13.8 percent, females vs. 9.9 percent, males), and older residents are more likely than younger residents to stop some activities (5.0 percent, 18 to 39 years vs. 10.7 percent, 50 to 64 years vs. 25.1 percent, 65 years or older). Similar to the relationship between household income and fear of falling, residents with a lower household income are more likely to stop some activities because of fear of falling compared to residents with a higher household income (29.1 percent, income of less than \$25,000 vs. 8.0 percent, income of \$50,000 or greater).

Fallen to the Ground, Past 12 Months (D23)

Nearly one-in-five Weymouth respondents (18.3 percent) have fallen to the ground in the past 12 months. There are no statistically significant differences by age or household income. However, women are more likely than men to have fallen (20.7 percent, females vs. 14.6 percent, males).

Accident Resulting in ER or Doctor's Visit, Past Year (D24)

More than one-in-ten residents (10.5 percent) have had an accident in the past year that resulted in a doctor's or emergency room visit. There are no significant differences by age or gender. However, residents with a household income of less than \$25,000 (15.0 percent) are more likely to have had an accident that required medical care compared to residents with a household income of \$50,000 or greater (9.7 percent).

Accident Resulted from a Fall (D25)

Among residents who have required medical care due to an accident, 47.0 percent report the accident was the result of a fall. Women and residents 65 years or older are more likely to have an accident as the result of a fall (58.4 percent and 74.6 percent, respectively). Residents with a higher household income are least likely to say their accident was a result of a fall (43.3 percent).

Fire in Home, Past 12 Months (D26)

One percent of residents has had a fire in their home in the past 12 months. Most fires were extinguished by the respondent (0.6 percent), but the others (0.4 percent) led to calls to the fire department.

Called 911 for Emergency Medical Services, Past 12 Months

Nearly 9 percent (8.5 percent) have called 911 in the past year for emergency medical services. Residents 18-39 years old are less likely to call 911 compared to residents 65 years or older (5.8 percent and 9.9 percent, respectively). Residents with a lower household income are more likely to call 911 compared to residents with a higher household income (15.6 percent, income of less than \$25,000 vs. 7.2 percent, income of \$50,000 or greater).

Section E: Children in Household (12 and Under)

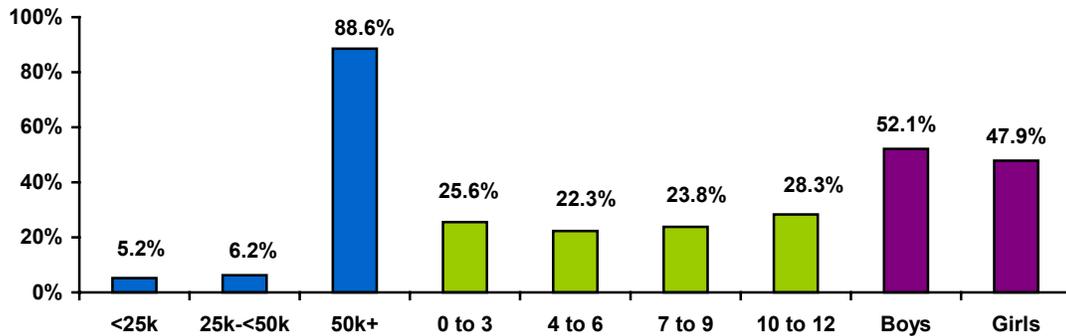
In this section, Weymouth residents are asked to describe each child in the household who is 12 years old or younger. About one-quarter of the households (22.5 percent) have children 12 years or younger. Among households with children 12 years or younger, 47.7 percent have only one child who is 12 years or younger. Since 52.3 percent of the 721 sampled households have children 12 years and younger, 1,230 children are described in this section.

Demographic Characteristics of Children 12 and Under

Gender (E5a)

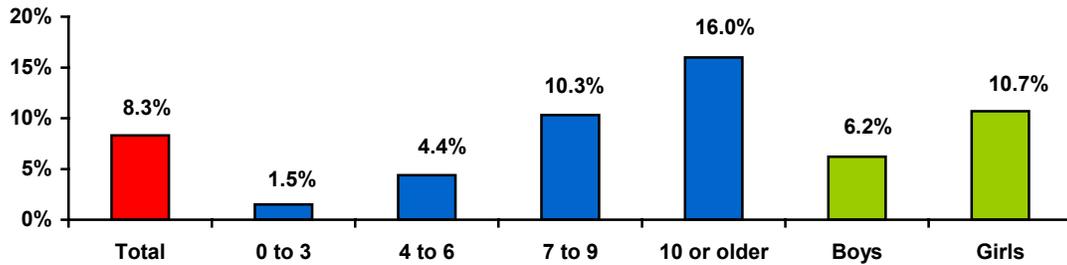
More than half (52.1 percent) of the children 12 years or younger are boys and 47.9 percent are girls. About one-fourth of the children are zero to three years old (25.6 percent), 22.3 percent are four to six year old, 23.8 percent are seven to nine years old, and 28.3 percent of the children are ten to 12 years old. Most children 12 years or younger live in a household with an income of \$50,000 or greater (88.6 percent), while 5.2 percent live in a household with an income of less than \$25,000 and 6.2 percent live in a household with an income between \$25,000 and \$50,000. Figure 57 shows the children’s gender, age, and income distribution.

Figure 57: Characteristics of Children 12 and Younger in Weymouth Sample



Overweight (E8a)

More than 8 percent (8.3 percent) of children 12 or younger are perceived to be overweight by their parent (see Figure 58). Girls are more likely than boys to be described as overweight (10.7 percent and 6.2 percent, respectively), and children between seven and 12 years old are more likely than younger children to be described as overweight (4.4 percent, 4 to 6 years old vs. 10.3 percent, seven to nine years vs. 16.0 percent, ten to 12 years). There are no significant differences by income level. Overall, a higher percentage of Weymouth parents perceive their child to be overweight compared to Natick parents (8.3 percent and 6.7 percent, respectively).

Figure 58: Child is Perceived to be Overweight by Age and Gender

Body Mass Index (BMI)

The Center for Disease Control (CDC) suggests that children whose Body Mass Index (BMI) is in the 95th percentile or higher are considered overweight, and those in the 85th to the 95th percentile are classified as at risk for overweight.⁵ Boys and girls grow at different rates so it is necessary to examine BMI for each group separately by age and gender.

Figure 59a below shows the BMI categories by age group for boys and girls 12 years or younger in Weymouth. Overall, most boys (70.5 percent) and girls (63.2 percent) are at a healthy weight; some are at risk of being overweight (14.1 percent, boys and 17.0 percent, girls) and some are considered overweight currently (15.4 percent, boys and 19.8 percent, girls). As boys age from zero to 12 the percentage of boys at risk for being overweight and being overweight stay roughly the same. For girls, however, the pattern is different. A higher percentage of girls under six are considered to be at risk of being overweight or are overweight. As girls become older, the proportions of girls in these two categories decrease quite a bit.

Compared to the BMI calculations for the children of Natick, girls in Weymouth are more likely to be considered overweight (14.7 percent, Natick vs. 19.8 percent, Weymouth) and more likely to be considered at risk of being overweight (13.7 percent, Natick vs. 17.0 percent, Weymouth). Among boys, Weymouth is less likely to be considered overweight compared to Natick (15.4 percent and 18.3 percent, respectively). Weymouth boys, however, are more likely to be considered at risk of being overweight compared to Natick boys (14.1 percent and 10.8 percent, respectively). Note, please interpret any comparisons between Natick and Weymouth with caution due to low cell counts in the Natick sample among the children.

⁵ The Body Mass Index (BMI) formula is calculated as follows: [Weight in pounds ÷ Height in inches ÷ Height in inches] x 703. A person's weight is divided by their height, squared, and then multiplied by 703.

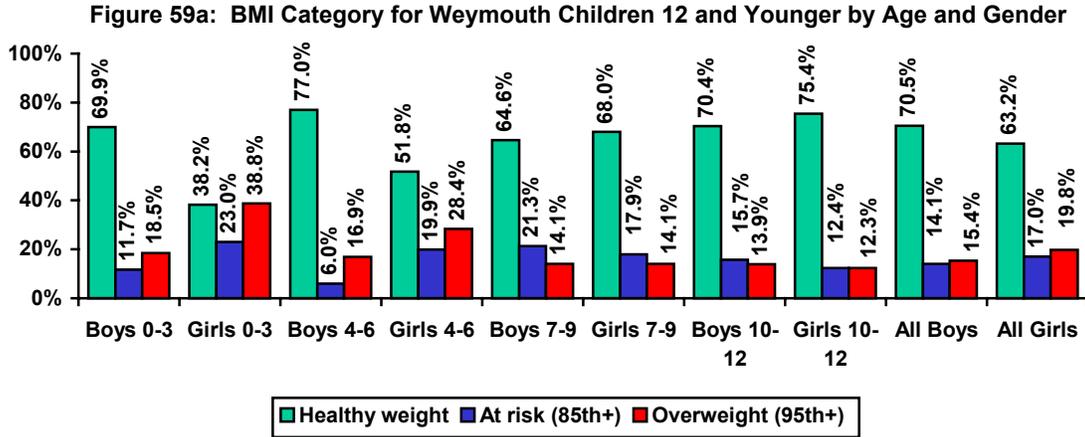
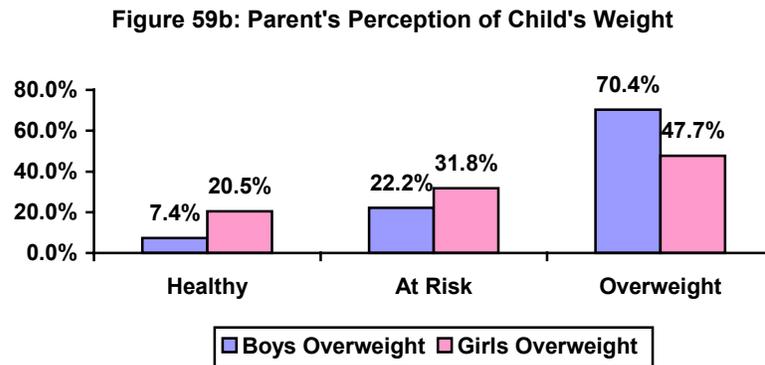


Figure 59b shows the cognizance of the parent’s perception of the child’s weight for BMI categories. Among children with healthy BMI’s, 7.4 percent of the boys’ parents think that their child is overweight, compared to 20.5 percent of the girls’ parents. Among children with an at-risk BMI, 22.2 percent of the boys’ parents consider their child to be overweight, compared to 31.8 percent of the girls’ parents. Among children with an overweight BMI, 70.4 percent of the boys’ parents believe that their child is overweight, compared to only 47.7 percent of the girls’ parents.



Health Care

Has Health Insurance Coverage (E9a)

Nearly all children (98.5 percent) have health insurance. There are no significant differences by age or gender. These rates are similar to the Natick survey.

Has Doctor Child Sees Regularly (E10a)

Again, nearly all children (98.9 percent) have a doctor they see regularly. This rate is similar to the Natick survey.

Seen by a Dentist in the Past 12 Months (E11a)

Three-fourths of children (73.percent) have seen a dentist in the past 12 months. Most of the children have began regular dental visits between the ages of four and six years old (86.9 percent), increasing to 94.5 percent of children between seven and nine years old and 94.6 percent of children between ten and 12 years old. Only a small proportion of children younger than four years old (18.2 percent) have seen a dentist in the prior year. This rate is similar to the Natick survey.

Eye Exam in Past Year (E12a)

The majority of children 12 years or younger (59.3 percent) have had an eye exam in the past 12 months. Few children three years old or younger have had an exam (20.9 percent), but visits for eye exams increase after the age of three (62.0 percent, four to six years; 75.1 percent, seven to nine; and 78.0 percent, ten to 12).

Perinatal Care**Prenatal Care (E13)**

Nearly all Weymouth children (98.9 percent) have mothers who received prenatal care during pregnancy, as was the case in the Natick survey.

Mother Smoked During Pregnancy (E14)

Overall, 13.7 percent of children have mothers who smoked during pregnancy. While this was the case for 7.5 percent of children younger than 4, 14.6 percent of children four to six years old, 17 percent for children seven to nine years (16.9 percent), and children ten to 12 years (16.9 percent). This rate difference may reflect the success of recent statewide campaigns to discourage pregnant mothers from smoking. The number of cases in lower income households is relatively small in the sample, however, and interpretations should be made cautiously. There are also pronounced household income differences. One-third of children (33.6 percent) born into a household with an income of less than \$25,000 have mothers who smoked during pregnancy compared to 20.0 percent of children in households with an income between \$25,000 and \$50,000 and 11.6 percent of children in household with an income of \$50,000 or greater.

Overall, Weymouth rates are lower than national data from the NHANES study, which shows that 8.6 percent of children have mothers who smoked during her pregnancy. Again, the difference between Weymouth data and national data probably reflect the overall impact of the Massachusetts anti-smoking campaign.

Mother Used Alcohol or Drugs During Pregnancy (E15a)

Two percent (2.2 percent) of children have mothers who drank alcohol or used drugs during pregnancy. These rates are similar to the Natick survey.

Child Was Breast-Fed (E16a)

More than half of children 12 years or younger (55.0 percent) were breast-fed as infants. Ten percent were breast-fed for less than one month, 28.0 percent were breast-fed between one and six month, and 17.0 percent for seven or more months.

Overall, boys and girls are breast-fed at similar rates (56.7 percent, boys vs. 53.4 percent, girls). The data shows that younger children are more likely to be breast fed at all (59.7 percent, zero to three years vs. 49.8 percent, ten to 12 years) and are breast-fed longer (20.8 percent, zero to three years vs. 13.9 percent, ten to 12 years – for seven or more months).

Children in households with a lower income are less likely to have been breast-fed compared to children in higher income households (40.0 percent, income of less than \$25,000 vs. 57.9 percent, income between \$25,000 and \$50,000 vs. 55.8 percent, income of \$50,000 or greater). These numbers, however, should be interpreted with caution given the small numbers of cases that fall into these income categories.

Overall, breast-feeding rates in Weymouth are similar to national rates, as shown in the NHANES study for children under six years old.

Birth Defects (E17a)

Almost 4 percent (3.8 percent) of children 12 and younger were born with a birth defect that was diagnosed at birth or another age. This rate is almost identical to the Natick survey data.

Prevention Services

Child Received Early Intervention Services (E18a)

More than 7 percent (7.2 percent) of the children received early intervention services between the ages of birth and three. Nearly one-fourth (25.2 percent) of children 12 years or younger who live in household with an income of less than \$25,000 have received intervention services compared to 5.9 percent of children who live in households with an income of \$50,000 or greater. These rates are similar to those seen in the Natick study.

Child Received Required Vaccination Services (E19a)

Nearly the entire sample of children 12 years or younger (98.0 percent) received all required vaccinations.

Child Tested for Lead (E20a)

More than 86 percent (86.7 percent) of the children 12 years or younger have been tested for lead. These rates are similar to the Natick study.

Health

Childhood Cancer (E21a)

Less than one percent (0.6 percent) of children 12 years or younger have been diagnosed with some type of cancer.

Aplastic Anemia (E22a)

Less than one percent (0.2 percent) of children 12 years or younger have been diagnosed with aplastic anemia.

Wheezing, Past 12 Months (E23a)

More than 15 percent (15.5 percent) of children 12 years or younger have had wheezing or whistling in the chest during the past 12 months. Boys are more likely to have wheezing compared to girls (18.8 percent and 12.1 percent, respectively). There is no significant difference by age group, but children who live in a household with an income of less than \$25,000 are nearly twice as likely to have wheezing compared to children who live in a household with an income of \$50,000 or greater (27.0 percent and 14.5 percent, respectively).

Asthma (E24a)

Nearly 9 percent (8.8 percent) of children 12 year or younger have asthma. Older children are more likely to have asthma compared to younger children (4.0 percent, zero to three years vs. 11.2 percent, ten to 12 years). Children who live in a household with an income of less than \$25,000 are more likely to have asthma compared to children who live in a household with an income of \$50,000 or greater (14.2 percent and 8.2 percent, greater).

Overall rate of asthma is similar in Weymouth compared to the national sample for **children zero to 17** years of age (11.2 percent, Weymouth and 10.4 percent, US).

Hospitalized for Asthma, Past 12 Months (E25a)

Among children with asthma, 1.8 percent have been hospitalized for asthma in the past 12 months but this represents about 16.3 percent of those children with asthma.

Missed School Because of Asthma, Past 12 Months (E26a)

Nearly 4 percent (3.8 percent) have missed school because of asthma in the past year. This represents about 39% of those children with asthma.

Ever Diagnosed with Depression of Other Emotional Illness (E27a)

About 2 percent (2.1 percent) have received a diagnosis of depression or another emotional illness. Children who live in households with an income of less than \$25,000, and children between seven and 12 years old are more likely to have been diagnosed with depression or another emotional illness (11.1 percent, income of less than \$25,000 vs. 3.1 percent, seven to nine years vs. 4.0 percent, ten to 12 years).

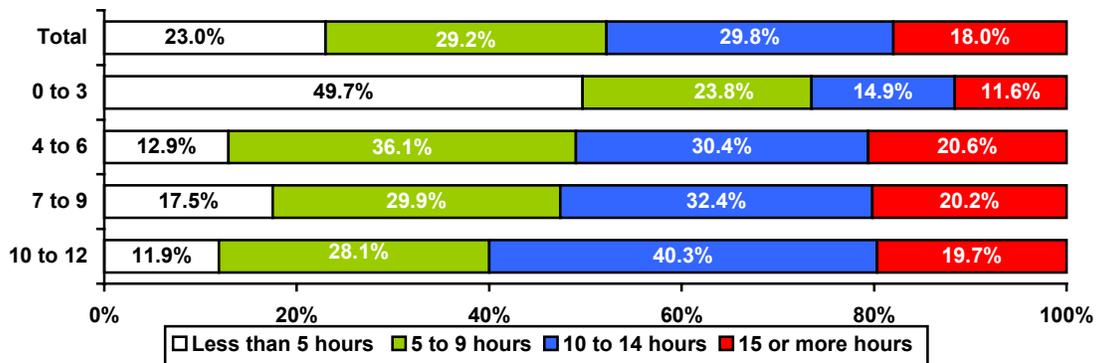
TV or Video Game Hours a Week (E28a)

About 60 percent of children 12 years or younger (59.0 percent) watch TV or play video games between five and 14 hours during an average week. Twenty-three percent of the children engage in this behavior less than five hours a week, and 18.0 percent watch TV or play video games 15 or more hours per week.

Younger children spend less time engaged in this behavior than older children. Figure 60 shows differences by age.

Overall rates of TV or video game playing in excess of 10 hours a week is higher in Weymouth than in Natick (47.8 percent vs. 37.5 percent).

Figure 60: Hours Watched TV/Played Video Games per Week by Age



Type of Car Safety Device (E29a)

Virtually all children (99.3 percent) use some type of safety device while riding in a car. More than one-half of the children (52.5 percent) use a seat belt, 32.4 percent use a car seat, and 14.4 percent use a booster seat.

Gender influences the use of seat belts. Girls are more likely to use seat belts compared to boys (54.5 percent and 50.7 percent, respectively).

The type of safety device used is strongly related to the age of the child. Ninety-two percent (91.6 percent) of children zero to three years old use a car seat, 6.8 percent use a booster seat, and 1.6 percent use a seat belt. About 30 percent (29.7 percent) of children four to six years old use a car seat, 46.4 percent use a booster seat, and 24.0 percent wear a seat belt. More than 80 percent of children between seven and nine years old (83.1 percent) use a seat belt, 8.9 percent use a booster seat, and 6.1 percent, a car seat. It is unusual for children between seven and nine years old to use a car seat. This suggests that some parents may equate a booster seat with a car seat perhaps because they have some kind of convertible unit. Ninety-six percent (95.6 percent) of children between ten and 12 years old use a seat belt.

Overall use of safety devices among Weymouth children are similar to the Natick survey results.

Frequency of Use of Car Safety Device (E30a)

Nearly the entire sample of children (95.1 percent) always uses a car seat, booster seat, or seat belt when in a car. There are no significant differences by gender or household income. Children between ten and 12 years old, however, are less likely to use a safety device compared to younger children (90.3 percent, ten to 12 years vs. 97.0 percent, seven to nine; 95.2 percent, four to six; and 99.2 percent, zero to three).

Child Rides in the Front Seat (E31a)

More than two-thirds of children 12 years or younger (67.7 percent) never ride in the front seat of a car. As children become older, they more often ride, at least some of the time, in the front seat. Only 3.3 percent of children between zero and three years old ride in the front seat at all, while 78.9 percent of children between ten and 12 years of age ride in the front seat at all.

Children who live in a household with an income of \$50,000 or greater are more likely to never ride in the front seat of a car, compared to children who live in a household with an income of less than \$25,000 (69.0 percent and 61.7 percent, respectively).

Wear Bike Helmet (E32a, E32arcde)

Three-fourths of the children (77.4 percent) ride a bike. As expected, as children become older the more likely they are to ride a bike (89.6 percent, four to six years vs. 95.2 percent, ten to 12 years).

Among children who ride a bike, 80.4 percent, always wear a bike helmet, 15.6 percent sometimes wear a helmet, and 4.0 percent never wear a helmet. A higher percentage of children who live in households with an income of \$50,000 or greater wear helmets (83.0 percent, income of \$50,000 or greater vs. 53.2 percent, income of less than \$25,000).

Among children who ride a bike, children in Natick are more likely to always wear a bike helmet compared to children in Weymouth (88.3 percent and 80.4 percent, respectively).

Wear Helmet When Riding a Skateboard or a Scooter (E33a, E33arcde)

More than one-half of the children (58.7 percent) ride a skateboard or scooter. The percentage of children who ride a skateboard or a scooter increases, as the children become older (12.0 percent, zero to three years, vs. 81.9 percent, ten to 12 years). Children who live in households with an income of \$50,000 or greater are more likely to ride a skateboard or scooter, compared to children who live in households with a lower income (59.8 percent, income of \$50,000 or greater vs. 53.2 percent, income of less than \$25,000).

Among children who ride a skateboard or a scooter, 71.8 percent always wear a helmet. Children between the ages of ten and 12 years are less likely to wear a helmet compared

to younger children (58.1 percent, ten to 12 years vs. 73.8 percent, zero to three years). Children who live in a household with a higher income are more likely to always wear a helmet compared to children who live in a household with a lower income (73.9 percent, income of \$50,000 or greater vs. 49.0 percent, income of less than \$25,000).

Similar levels of use are reported in the Natick survey.

Wear Helmet When Roller Blading or Skating (E34a, E34arcde)

Slightly more than half of Weymouth children 12 or younger (51.2 percent) roller blade or skate. Forty percent of children four to six years old engaged in this activity compared to 72.1 percent of children seven to nine years old and 79.6 percent of children ten to 12 years old. Children in households with incomes less than \$25,000 are less likely to roller blade or skate compared to children in higher income households (39.8 percent, less than \$25,000 vs. 51.4 percent, \$50,000 or more).

Among the children who roller blade or skate, 78 percent (77.9 percent) always wear a helmet. Only 63.8 percent of the ten to 12 year olds always wear a helmet; and 80.2 percent of children in households with an income of \$50,000 and greater wear a helmet, compared to 53.9 percent with incomes less than \$25,000.

Children in Natick were more likely to always wear helmets compared to Weymouth (84.6 percent and 77.9 percent, respectively).

Parents View about Relationships with Their Children

In this part of section E, parents were asked to discuss their opinions about their relationships with their children who 12 years or younger.

Positive Relationships with Friends and Family Members (E35)

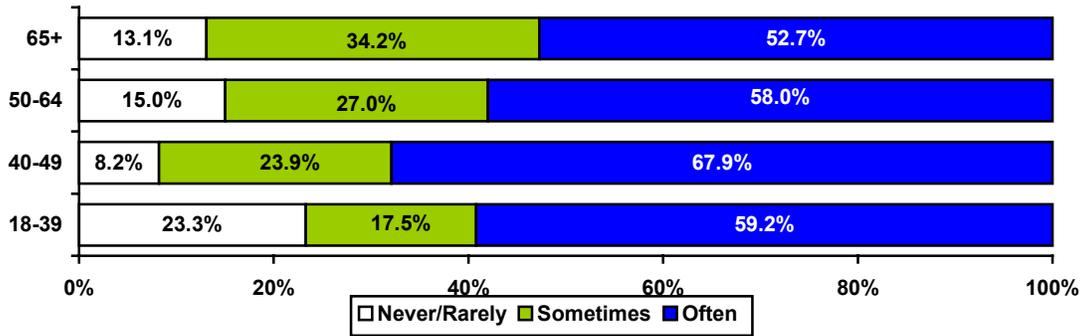
Nearly all parents (97.6 percent) believe the children in their household have enough positive relationships with both friends and family members. This is similar to the perceptions of residents in Natick.

How Often Do Children Talk to Adult Family Member about Problems (E36)

About 62 percent (62.1 percent) of parents say children in their household often come to talk with the resident or another adult family member when the child is troubled by their friends or issues at school. An additional 21.5 percent say their children talk to them sometimes, and 16.4 percent say their children rarely or never talk to an adult family member about problems.

Parents 40-49 years old are more likely to say their children talk with them often (67.9 percent, 40 to 49 years vs. 59.2, 18 to 39 years). Figure 61 shows these differences.

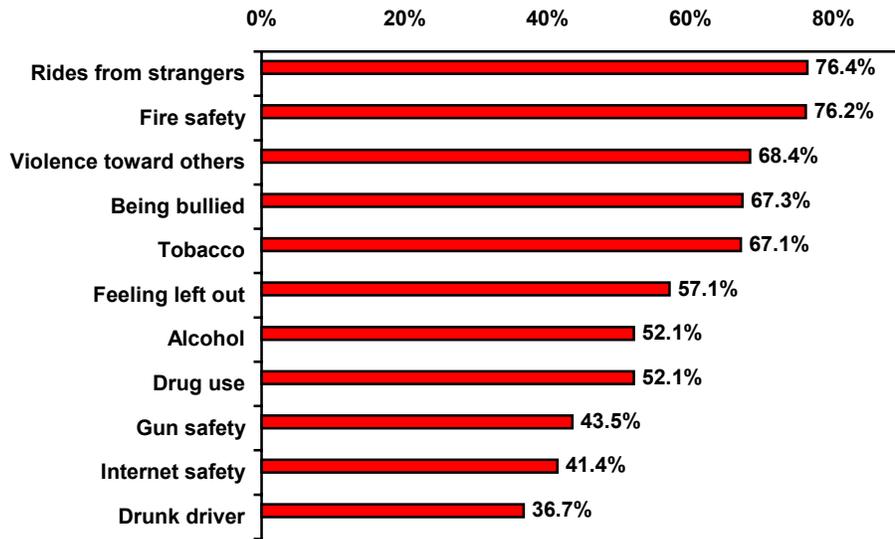
Figure 61: Children Talked about Problems by Adult Respondent's Age



Parents Had Meaningful Conversations about Safety and Risky Behavior

Weymouth parents with children 12 years or younger were asked if they have had meaningful conversations in the past 12 months about a series of 11 topics ranging from tobacco use to fire safety. Figure 62 ranks the importance of these topics by the percent of parents who said they sometimes or often had a meaningful conversation about them. Each topic is discussed separately. Given that the questions are asked about “all” of their children 12 years or younger it is not possible to break down the answers by the age or gender of the children. The data is presented in the tables by gender and age of the parent who is answering the survey. This information, however, should be viewed with caution, since parents 18 to 39 years, on average, have more younger children than parents 40 or older (52.2 percent, 18-39 years vs. 40.8, 40-49 years vs. 7.1 percent, 50-59 years vs. 2.1 percent, 65 years or older). Likewise, there are relatively few children from households with incomes less than \$50,000 in the data set, and therefore differences by household income should be interpreted with caution.

Figure 62: Often or Sometimes Talked about Safety



Tobacco Use (E37a)

More than two-thirds of parents (67.3 percent) sometimes or often have meaningful conversations about tobacco use with their children. Tobacco use is one of the topics most often discussed by parents with their children. Parents 40-49 years are significantly more likely than others to have had this conversation (81.0 percent). Weymouth parents are more likely to talk with their children about tobacco compared to the parents of Natick children (67.4 percent and 59.1 percent, respectively).

Drinking Alcohol (E37b)

More than one-half of the parents (52.1 percent) sometimes or often talk about drinking alcohol with their children. Alcohol use is among the least likely topics parents talk about and is probably reflective of the age of the children. Older parents (who presumably have somewhat older children) are more likely to talk about this issue (37.9 percent, 18-39 years vs. 71.5 percent, 40-49 years vs. 51.4 percent, 50 to 64 years). Weymouth parents, however, are somewhat more likely to talk about this issue compared to Natick parents (52.1 percent, Weymouth vs. 47.3 percent, Natick).

Drug Use (E37c)

An identical percentage of parents (52.1 percent) sometimes or often discuss drug use with their children. Parents 40-49 years old are more likely (69.8 percent) and parents 18 to 39 years are significantly less likely (39.0 percent) to talk with their children about drug use. This may be reflective of the age of the children. Weymouth parents were somewhat more likely to discuss this issue than Natick parents (52.1 percent vs. 45.3 percent).

Riding with a Drunk Driver (E37d)

More than one-third of parents (36.7 percent) sometimes or often have a meaningful conversation about riding with a drunk driver. This topic is the least often talked about topic on the list. Weymouth parents, however, discuss this issue with their children more compared to Natick parents (36.7 percent vs. 26.1 percent).

Gun Safety (E37e)

More than 40 percent of parents (43.5 percent) sometimes or often talk about gun safety with their children. This topic is among the least talked about issues. Weymouth parents, however, talk more often about this topic compared to Natick parents (43.6 percent vs. 34.3 percent).

Acting Violently Toward Others (E37f)

About two-thirds of parents (68.4 percent) sometimes or often talk about acting violently towards other people with their children. This topic is among the most often discussed by parents, and is similar to levels discussed by Natick parents.

Being Bullied or Treated Abusively (E37g)

More than two-thirds of parents (67.3 percent) sometimes or often talk to their children about being bullied or treated abusively. This topic is among the most often addressed by parents, and is discussed more by Weymouth parents compared to Natick parents (58.8 percent).

Feeling Left Out or Ostracized (E37h)

Fifty-seven percent of parents (57.1 percent) sometimes or often discuss feeling left out or being ostracized with their children. This rate is similar to Natick parents (56.9 percent).

Talking with or Accepting Rides from Strangers (E37i)

More than three-fourths of parents (76.4 percent) sometimes or often talk with their children about taking or accepting rides from strangers. This topic is the most often discussed by parents with their children.

Internet Safety (E37j)

More than 40 percent (41.4 percent) had often talked about Internet safety.

Fire Safety (E37k)

About three-fourths of parents (76.2percent) sometimes or often discuss fire safety with their children. This topic is essentially tied for the number one topic parents discussed with their children.

Section F: Adolescents in Household (13 to 17)

In this section, Weymouth parents are asked to describe each child in the household 13 to 17 years old. Thirteen percent of Weymouth households have adolescents 13 to 17 years old (415 households in the sample). Among households with any teenager 13 to 17 years

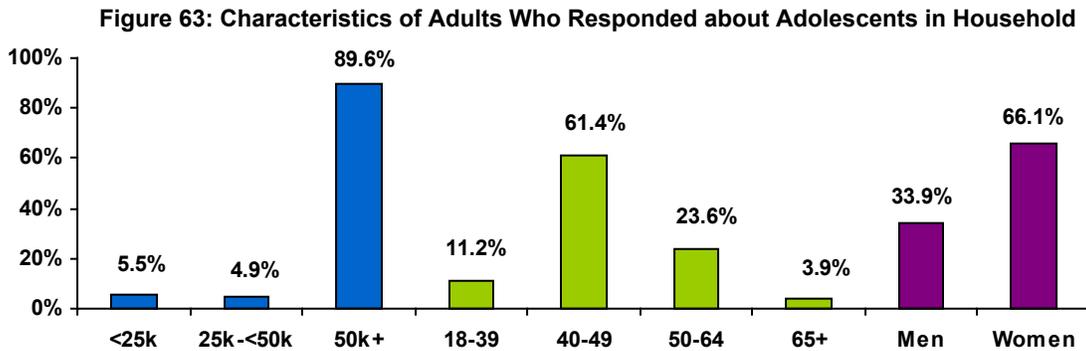
old, the majority have only one teen (77.9 percent), and 22.1 percent have two or more teenagers. The number of teenagers 13 to 17 years old described is 518.

Demographic Characteristics of Adolescents 13 to 17

Parents from 415 families reported on 518 adolescents. Of the 518 adolescents, 51.2 percent are boys and 48.8 percent are girls. The percentage of younger and older teens is nearly equal (49.9 percent, 13 to 15 years vs. 50.1 percent, 16 or 17 years).

Nearly 90 percent of the adolescents live in households with an income of \$50,000 or greater (89.6 percent), while 5.5 percent live in households with an income of less than \$25,000 and 4.9 live in household with an income between \$25,000 and \$50,000. Differences reported by household income should be interpreted with caution because so few respondents fall into the lower income categories.

Figure 63 highlights the major characteristics of the subset of parents who have adolescents. Most parents (89.6 percent) have a household income of \$50,000 or greater. More than 60 percent (61.4 percent) are in their 40s, 23.6 percent are 50 to 64 years old, and 11.2 percent are 18-39 years old. The majority of parents who described the adolescents are female (66.1 percent).



Parents’ View about Relationships with Adolescents in Household

In this part of the section, parents with teenagers 13 to 17 years old are asked to discuss their opinions about their relationships with the adolescents in the household.

Positive Relationships with Friends and Family Members (F3)

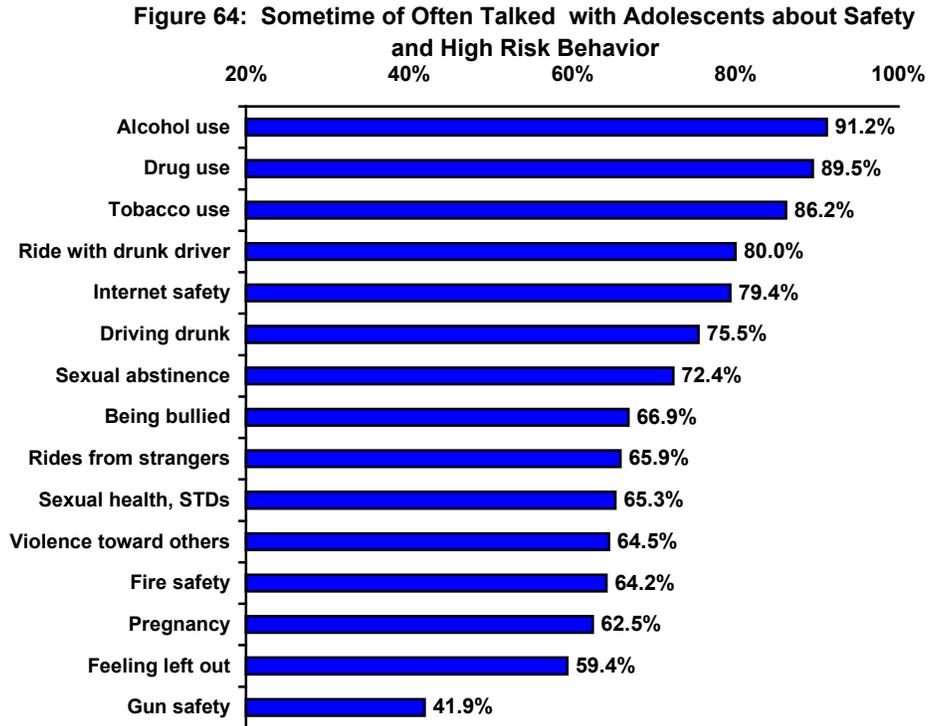
Nearly all parents (94.7 percent) believe the adolescents in their household have enough positive relationships with both friends and family members.

How Often Do Adolescents Talk to Adult Family Member about Problems (F4)

Half (50.4 percent) of the parents say their adolescents often comes to talk with the parent or another adult family member when the adolescent is troubled by their friends or issues at school. More than one-third (37.3 percent) of the parents say their adolescents sometimes talk with the parents, while 12.4 percent say their adolescents rarely (9.9 percent) or never (2.6 percent) talk with the parents or another adult family member.

Meaningful Conversations about Safety and High Risk Behavior, Past 12 Months

Weymouth parents with adolescents in their households are asked if they have had meaningful conversations in the past 12 months about a series of 15 topics ranging from drug use to sexual abstinence. The overall proportions of parents discussing these topics are shown in Figure 64 below. Each topic is discussed separately below.



Tobacco Use (F5a)

Eighty-six percent (86.2 percent) of the parents sometimes or often have a meaningful conversation about tobacco use with their adolescents. This is one of the most common topics that parents talk with their adolescents about. This rate is higher than that reported by Natick parents (74.3 percent).

Drinking Alcohol (F5b)

More than 90 percent of parents (91.2 percent) sometimes or often talk about drinking alcohol. This is the topic most often discussed by parents with their teens. Again this rate is higher than reported by Natick parents (78.8 percent).

Drug Use (F5c)

About 90 percent of parents (89.5 percent) sometimes or often discuss drug use with their adolescents. This is the second most frequently discussed topic between parents and their teens. Weymouth parents discuss this topic more often than Natick parents (75.9 percent).

Riding with a Drunk Driver (F5d)

Four out of five parents (80.0 percent) sometimes or often have had meaningful conversations about riding with a drunk driver. This topic is among the highest rated. Again these rates are higher than reported in Natick (71.6 percent).

Driving Drunk (F5e)

Three-fourths of parents (75.5 percent) have talked with their adolescents sometimes or often about driving drunk.

Maintaining Sexual Abstinence (F5f)

Seventy-three percent (72.4 percent) have sometimes or often discussed maintaining sexual abstinence with their adolescents.

Sexual Health and Sexually Transmitted Diseases (STDs) (F5g)

Almost two-thirds of parents (65.3 percent) sometimes or often have had meaningful conversations with their children about sexual health and STDs in the past year. This rate was similar to those reported in Natick (62.5 percent).

Pregnancy (F5h)

Overall, 63 percent (62.5 percent) of parents have sometimes or often talked about pregnancy with their teenager.

Gun Safety (F5i)

More than 40 percent (41.9 percent) of parents have sometimes or often talked about gun safety with their adolescents. This is the least frequently discussed topic between parents and their teens. The rates are similar to those seen in Natick (38.6 percent).

Acting Violently Toward Others (F5j)

Almost two-thirds of parents (64.5 percent) have sometimes or often talked about acting violently toward other people with their teenager. This is higher than that reported by Natick parents (51.5percent).

Being Bullied or Treated Abusively (F5k)

Similarly, two-thirds of parents (66.9 percent) have sometimes or often talked to their adolescents about being bullied or treated abusively. This rate is higher than in Natick (51.9 percent).

Feeling Left Out or Ostracized (F5l)

Nearly 60 percent of parents (59.4 percent) have sometimes or often had conversations with their adolescents about feeling left out or ostracized. This is higher than reported by Natick parents (50.8 percent).

Talking with or Accepting Rides from Strangers (F5m)

Nearly two-thirds of parents (65.9 percent) have sometimes or often talked with their adolescents about talking with or accepting rides from strangers.

Internet Safety (F5n)

Almost 80 percent of parents (79.4 percent) have sometimes or often talked about Internet safety.

Fire Safety (F5o)

Sixty-four percent (64.2 percent) have sometimes or often discussed fire safety with their adolescents.

Health Issues

Overweight (F10a)

More than one out of six adolescents (16.4 percent) are thought to be overweight by parents. Parents are more likely to indicate that girls are overweight compared to boys (20.7 percent and 12.4 percent, respectively).

Body Mass Index (BMI)

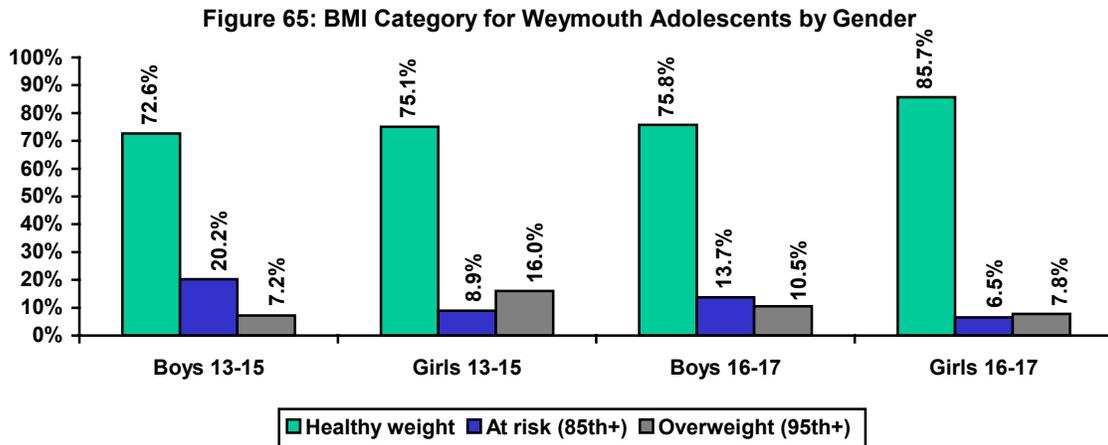
The 1999 CDC Prevention Report suggests that adolescents whose BMI is in the 95th percentile or higher are considered overweight. Adolescent in the 85th to the 95th percentile are classified as at risk for overweight, and those with BMIs under the 85th percentile are classified as having a healthy weight.⁶ Adolescent boys and girls grow at different rates so it is necessary to examine BMIs for each group separately by gender and age. Figure 65 shows the distribution for boys and girls in each age group. About three-quarters of the boys and girls 13 to 15 are at healthy weights. An even greater percentage of girls 16 to 17 are at a healthy weight (85.7 percent). Among adolescents 13

⁶ The Body Mass Index (BMI) formula is calculated as follows: [Weight in pounds ÷ Height in inches ÷ Height in inches] x 703.

to 15 years old, more girls than boys are considered to be obese (16.0 percent vs. 7.2 percent). Among adolescents 16 to 17 years old, the rates of being obese are similar for both boys and girls (10.5 percent and 7.8 percent).

Comparing Weymouth adolescents to Natick adolescents, overall a higher percentage of girls are considered to be overweight (11.7 percent, Weymouth vs. 3.1 percent, Natick). However, these percentages need to be interpreted with caution since the number of adolescents in the Natick sample is low. Among the adolescent boys, Weymouth and Natick are similar in the percentage of boys considered to be overweight (8.8 percent and 9.3 percent, respectively).

Of those adolescents who are at risk of being overweight, 20.6 percent of the boys' parents think the boys are overweight and 23.3 percent of the girls' parents think the girls are overweight. Among the adolescents who are obese, 72.2% of the boys' parents think the boys are overweight and 48.8 percent of the girls' parents think the girls are overweight. Also of interest is, among the adolescents who are in the healthy weight category, 20.0 percent of the boys' parents think the boys are overweight and 27.9 percent of the girls' parents think the girls are overweight.



Has Health Insurance Coverage (F11a)

Nearly all adolescents (98.7 percent) have health insurance.

Has Doctor Child Sees Regularly (F12a)

Again, nearly all adolescents (98.3 percent) have a doctor they see regularly.

Wheezing, Past 12 Months (F13a)

More than 17 percent (17.4 percent) of adolescents have had wheezing or whistling in the chest during the past 12 months. There is no difference by gender. Older adolescents, however, are more likely to wheeze compared to adolescents 13 to 15 years old (19.9 percent and 14.2 percent, respectively). Adolescents who live in a household with an income of less than \$25,000 are more than twice as likely as adolescents who live in a

household with an income of \$50,000 or greater (41.6 percent and 14.2 percent, respectively).

Asthma (F14a)

More than 15 percent (15.1 percent) of adolescents have asthma. Boys are more likely to have asthma compared to girls (17.2 percent and 12.9 percent, respectively). Adolescents 16 to 17 years old are more likely to have asthma compared to adolescents 13 to 15 years old (18.0 percent and 11.0 percent, respectively). Adolescents who live in households with an income of less than \$25,000 are more likely to have asthma compared to those who live in a household with an income of \$50,000 or greater (33.8 percent and 13.8 percent, respectively), although these differences should be viewed with caution since there were relatively few lower income households that had teenagers in them (n=38).

Overall rate of asthma is similar in Weymouth compared to the national sample for children zero to 17 years of age (11.2 percent, Weymouth and 10.4 percent, US).

Hospitalized for Asthma, Past 12 Months (F15a)

Less than 2 percent (1.7 percent) have been hospitalized for asthma in the past 12 months.

Missed School Because of Asthma, Past 12 Months (F16a)

Nearly 6 percent (5.7 percent) have missed school because of asthma in the past year. Adolescents who live in a household with a lower income are more likely to have missed school because of asthma compared to those who live in a household with a higher income (22.6 percent, income of less than \$25,000 vs. 4.7 percent, income of \$50,000 or greater).

Childhood Cancer (F17a)

Less than one percent (0.9 percent) of adolescents have been diagnosed with some type of cancer.

Aplastic Anemia (F18a)

No adolescent has been diagnosed with aplastic anemia.

Eye Exam in Past Year (F19a)

The majority of adolescents (70.2 percent) have had an eye exam in the past 12 months. Girls are more likely to have an eye exam compared to boys (73.4 percent and 67.0 percent, respectively).

Seen by a Dentist in the Past 12 Months (F20a)

The majority of Weymouth adolescents (93.8 percent) have seen a dentist in the prior year. However, adolescents who live in a household with a higher income are more likely to see a dentist compared to adolescents who live in a household with a lower income (94.9 percent, income of \$50,000 or greater vs. 87.9 percent, income of less than \$25,000).

Ever Diagnosed with Depression or Other Emotional Illness (F21a)

About 13 percent of Weymouth adolescents (12.9 percent) have been diagnosed with depression or another emotional illness. Boys are more likely to have depression or another emotional illness compared to girls (14.9 percent and 10.9 percent, respectively). Adolescents who are 16 to 17 years old are also more likely to have depression or another mental illness compared to adolescents 13 to 15 years old (15.1 percent and 10.3 percent, respectively). Adolescents who live in households with an income of less than \$25,000 are more likely to have been diagnosed with depression or another mental illness compared to adolescents who live in households with an income of \$50,000 or greater (24.3 percent and 10.8 percent, respectively).

Section G: Weymouth Concerns

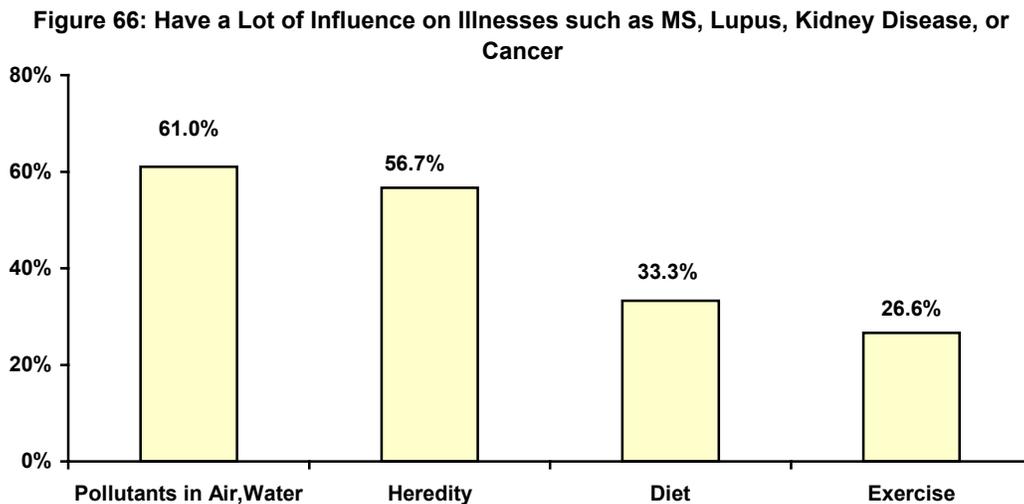
Weymouth respondents were asked their opinions about the influence of their neighborhood or other factors on causes of illness and where the town should spend their tax dollars.

Neighborhood as Cause of Ill Health (G1)

Most people in Weymouth (88.0 percent) do not think the air, water or soil in their neighborhood has their health problems.

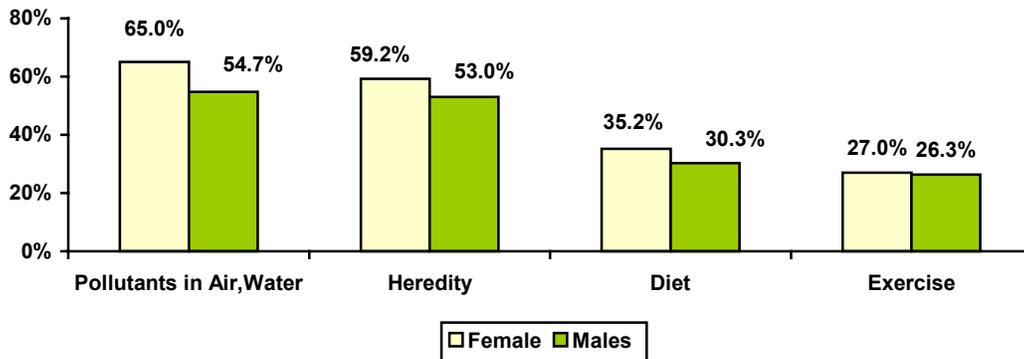
Influences on Illness (G2a – G2d)

Respondents were asked how much they thought heredity, diet, chemicals or pollutants in the air or water, or exercise had on such illnesses as MS, lupus, kidney disease or cancer. Figure 66 shows that 61.0 percent of respondents feel that pollutants have a lot of influence on these illnesses, and 56.7 percent feel that heredity is very important. One-third (33.3 percent) believe diet has an influence, and about one-fourth (26.6 percent) felt that exercise could have a lot of influence on such illnesses as MS, lupus, kidney disease, or cancer.



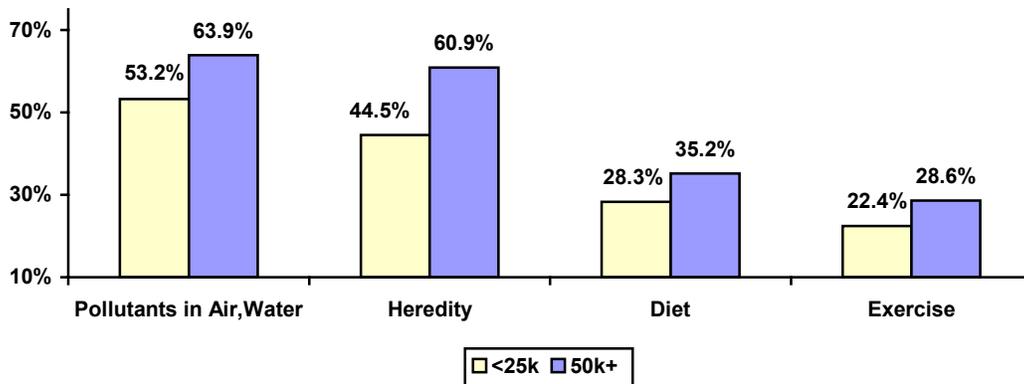
Women are significantly more likely to believe pollutants, heredity, and diet have a lot of influence on illnesses compared to men. There is little gender difference about the role of exercise (see Figure 67).

Figure 67: A Lot of Influence on Illness by Gender



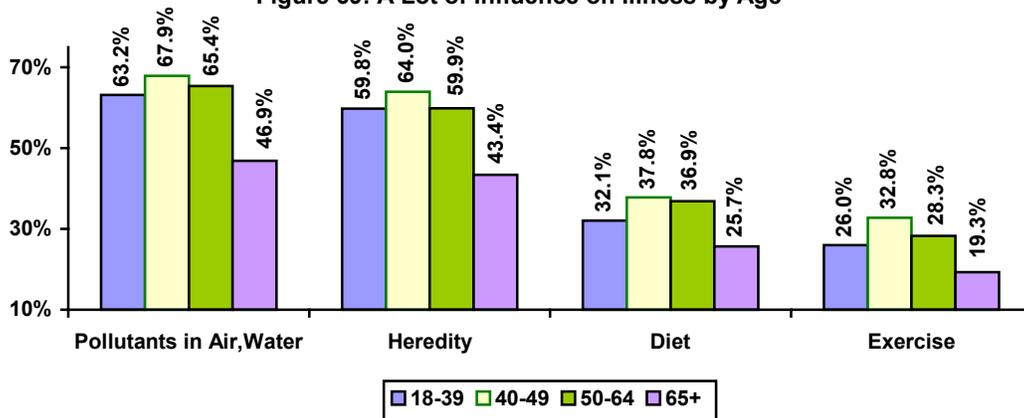
Residents with a household income of \$50,000 or greater are significantly more likely to believe each of these factors has a lot of influence on illness, compared to those with a household income of less than \$25,000 (Figure 68).

Figure 68: A Lot of Influence on Illness by Income



Looking at age, residents 40 to 49 years old and 50 to 64 years old more often believe these factors have a lot of influence on illness compared to older residents. Residents 18-39 years old are less likely to subscribe to these beliefs compared to those 40 to 64 years old, but more likely compared to residents 65 years or older. Residents 65 years or older are least likely to say pollutants, heredity, diet or exercise has a lot of influence on illness. (Figure 69).

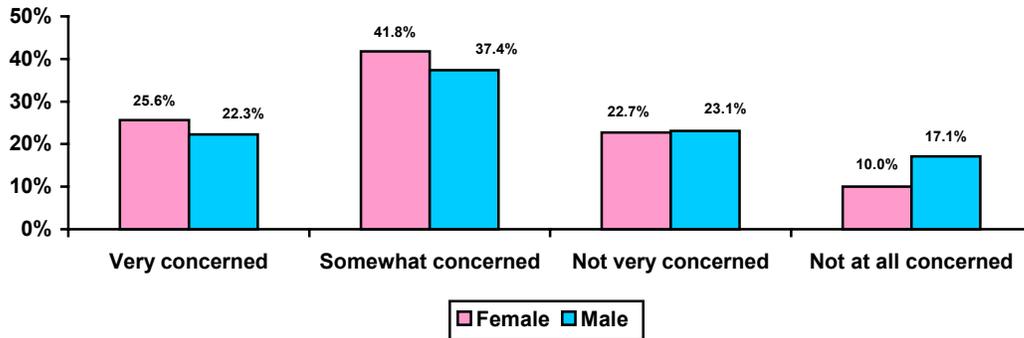
Figure 69: A Lot of Influence on Illness by Age



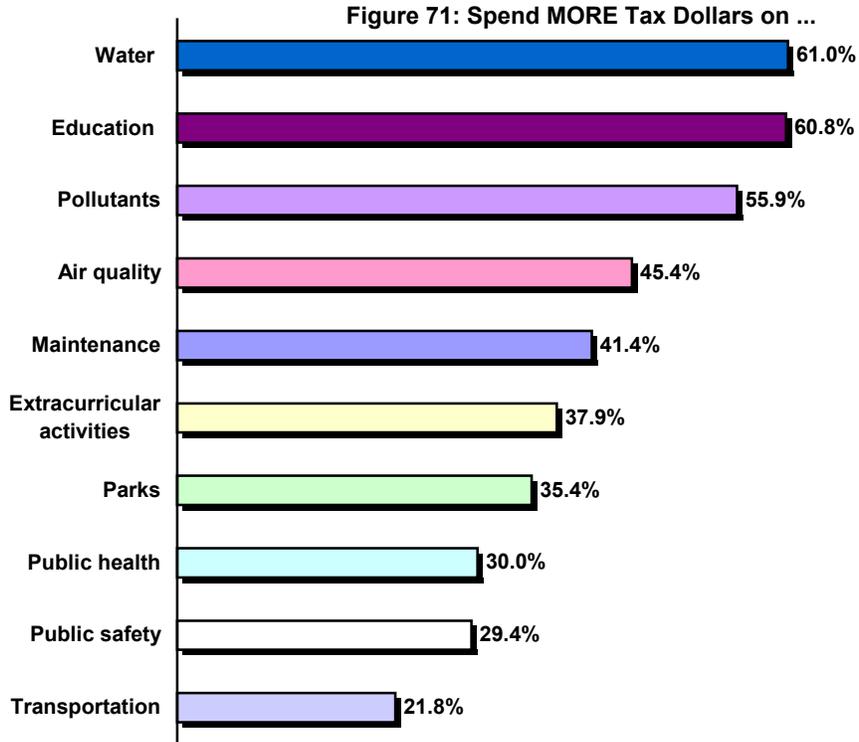
Concern about the Impact of SWNAS on Health (G3)

Nearly two-thirds (64.3 percent) are very (24.3 percent) or somewhat concerned (40.0 percent) that SWNAS is affecting people’s health. Women are more likely to be very or somewhat concerned compared to men, and men are more likely to be not at all concerned about the impact of SWNAS on health. There are no significant differences by age or household income. Figure 70 shows the gender differences.

Figure 70: How concerned are you that SWNAS is affecting peoples' health?

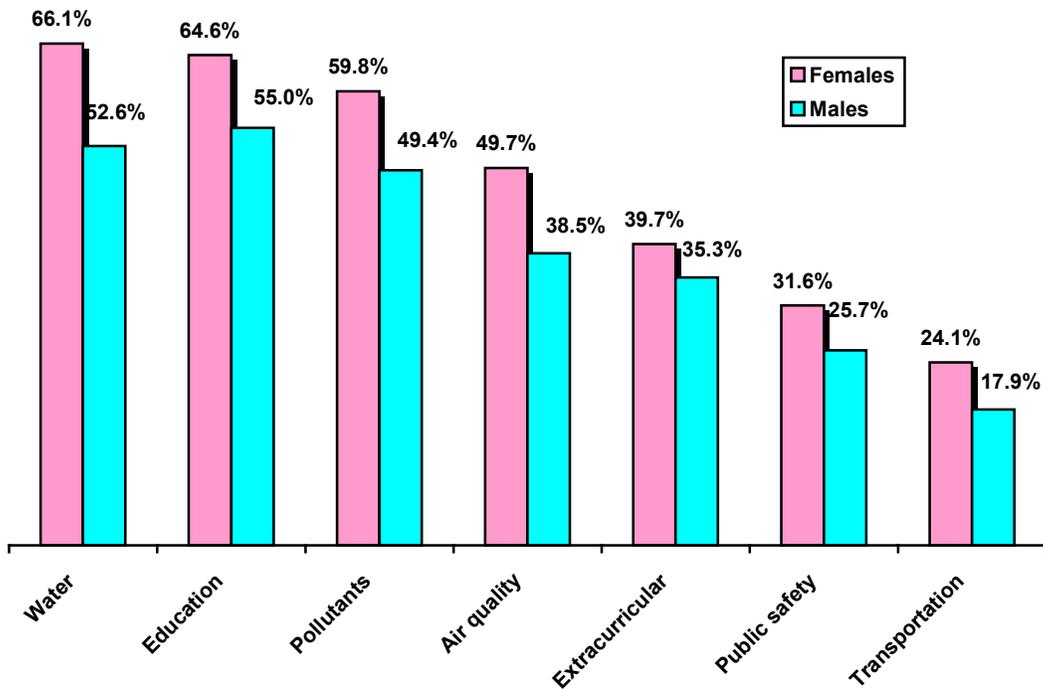


Weymouth residents were asked if the town should spend more, about the same, or fewer tax dollars on ten town services. Figure 71 shows that the majority of residents feel that more tax dollars should go for monitoring the environment for water safety, education in the schools, and monitoring the environment for industrial pollutants. More than 40 percent of residents feel that more tax dollars should be spent on monitoring the environment for air quality and public maintenance (street repair, garbage collection). Thirty percent or more feel that more taxes should be spent on extracurricular activities in the schools (sports, music, arts), parks and recreational facilities, and public health. Twenty-two percent or more feel that more tax dollars should be spent on public safety and transportation.



Women are significantly more likely to say the town should spend more tax dollars in water safety, education, monitoring pollutants, air quality, extracurricular activities, public safety and transportation compared to men. There are no differences by gender, however, for spending on public health and parks and recreational activities (see Figure 72).

Figure 72: Spend MORE Tax Dollars on Services by Gender



There are also differences by age and income. Residents 18-39 years old are more likely to say more tax dollars should be spent on education, water safety, environmental issues

and parks compared to residents 65 years or older. Residents 65 years or older are more likely to believe more tax dollars should be spent on public maintenance and transportation services.

Residents with a household income of less than \$25,000, who may be more dependent on services, are significantly more likely to suggest spending more tax dollars on water safety, public maintenance, public health and transportation services compared to upper income households (\$50,000 or greater). In contrast, residents with a higher household income more often advocated more tax dollars for education, extracurricular activities and parks and recreational facilities.

Most Important Area to Spend more Tax Dollars (G5)

When asked to choose the most important area in which Weymouth should spend more tax dollars, 41 percent (40.8 percent) believe that education in the schools is the most important area. Far behind are environmental concerns (16.1 percent) and public safety (13.9 percent). Less than 10 percent believe that the most important areas are public health or public maintenance, and less than five percent advocate for parks and recreational facilities or extracurricular activities in the schools. Figure 73 shows how Weymouth residents rank their spending priorities.

Figure 73: MOST Important area to spend Tax Dollars on ...

