Health Survey of Adults in Bermuda 2011

GOVERNMENT OF BERMUDA
Ministry of Health
Department of Health

Bermuda Health Council
BHeC

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HEALTH SURVEY
OF
ADULTS IN BERMUDA
2011

Prepared for:

Bermuda Health Council

and

Department of Health

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Executive Summary

The Department of Health and the Bermuda Health Council commissioned a health survey of adults aged 18 and over in Bermuda in July 2011. A representative sample of 801 adults was surveyed. This report presents the main findings of the study.

Overall, the 2011 findings reflected areas of stability, areas of improvement and areas of deterioration compared to studies conducted in 2005, 2006, or 2007. In particular, chronic diseases appeared to remain steady for the past five years, with little change in the prevalence of asthma, diabetes, high blood cholesterol, and coronary heart disease. Areas that showed improvement were healthy eating habits (less consumption of fast food, more consumption of breakfast), increased participation in moderate physical activity, reduced exposure to second hand smoke, increased hand washing, and higher condom use. Areas to monitor are health checks and screening. The number of women receiving mammograms and men receiving prostate-specific antigen (PSA) tests and digital rectal exams (DRE) declined slightly in 2011. The number of people having general check-ups and HIV tests also declined. The decline in HIV testing was concerning given that the number of adults reporting more than one sexual partner in the past year rose significantly. Other areas of concern included increases in television viewing, reports of physical abuse and the prevalence of high blood pressure and obesity. Overall, general satisfaction with life also declined.

Satisfaction with health facilities such as King Edward Memorial Hospital and Mid-Atlantic Wellness Institute was unchanged while satisfaction with Government clinics increased, but residents' satisfaction with the state of the healthcare system and Government's efforts to promote health and wellness in Bermuda declined.

Research Highlights

- 85% rated their **overall health** as excellent, good or very good – slight decline from 88% in 2006.

- 14% described themselves as having a **disability** that limited their daily activities – a slight increase from 11% in 2006. No difference by gender or race, but tended to be:
  - Aged 65 and over (29%)
  - In one person (20%) households
  - With a secondary or lower education (19%)

- 87% were very satisfied or satisfied with their **life in general** – a decline from 96% in 2006. Those more likely to be satisfied tended to be:
  - Aged 65 and over (94%)
  - In two parent households (92%)
  - In households with income from $60,000 to $107,999 (92%) and $108,000 and over (92%)

- 77% received the **social and emotional support** they needed – a decline from 83% in 2006. Little difference between men and women, but those who did receive the emotional support they needed tended to be:
  - Aged 65 and over (80%)
  - Whites (82%)
  - In an adult couple (83%) or two parent household (86%)
  - In households with income $108,000 and over (84%)

- 14% had a **depressive disorder.** Women (15%) and those aged 35 to 54 (18%) were more likely to have a depressive disorder.

- 10% reported currently having **asthma** – consistent with 2006 (9%). Little difference by most demographic groups but were more likely to be Asian or other races (15%).

- 11% reported having **diabetes** – consistent with 2006 (13%). Little difference by race or household composition but were more likely to be:
  - Women (14%)
  - Aged 65 and over (19%)
  - Those with secondary or lower education (18%)

- Only 2% had **kidney disease**. With such a small sample size of those with kidney disease (N=14), there were very few substantive differences across the demographic groups. Prevalence of kidney disease increased with age, with 5% of adults aged 55 to 64 and 4% of adults 65 and over reporting that they had kidney disease.

- Almost three-quarters (73%) of adults had their **blood pressure** measured in the past year; down from 88.6% in 2006. Those least likely to have had their blood pressure measured in the previous year were:
  - Aged 18 to 34 (59%)
  - In households with income less than $60,000 (65%)

- 36% had high blood pressure – increase from 25% in 2006. Little difference between men and women but they were more likely to be:
  - Blacks (40%)
  - Aged 65 and over (64%)
  - In adult couple households (51%)
  - With secondary or lower education (43%)
  - In households with income less than $60,000 (39%)

  - The number of those with high blood pressure in the 18 to 34 age group has almost doubled from 7% in 2006 to 13% in 2011.

- Three-quarters (75%) of adults had ever had their blood cholesterol checked. Of those checked 94% had their **blood cholesterol** checked in the past two years.

- 34% had high blood cholesterol – unchanged from 2006. Little difference between men and women, but they were more likely to be:
  - Aged 55 to 64 (50%) and 65 and over (50%)
  - Asian and other races (43%)
  - With secondary or lower education (50%)
  - In households with income less than $60,000 (47%)

- In terms of **cardiovascular disease**, overall, 3% of respondents said they'd had a heart attack, 2% a stroke and 5% coronary heart disease at some time. The incidence of coronary heart disease was consistent with 2006 (3%). Those more likely to have coronary heart disease were:
  - Adults aged 65 and over (15%)
  - With secondary or lower education (10%)

- The number of respondents who didn't know or were unsure of the early warning symptoms of a stroke (24%) remained consistent with 2005 (22%).

- 67% of adults were **overweight or obese** (36% and 31%, respectively) – slight increase from 2006 (64%). Men (42%) were more likely to be overweight than women (31%) but there was no difference in the incidence of obesity (31% men, 31% women). Overweight and obesity was most common among:
  - Those aged 55 to 64 (79%)
  - Those with secondary or lower education (72%)
  - Asian and other races (74%)

- 43% of adults described themselves as overweight - relatively unchanged from 2006 (46%). Little difference by racial groups, household types, education and income level, but those more likely to describe themselves as overweight were:
  - Women (51%)
  - Aged 55 to 64 (56%)

- 73% consumed one or more servings of **fruit** per day – a slight decline from 76% in 2006. There was little difference by race in fruit consumption, but fruit eaters tended to be:
  - Women (76%)
  - Aged 55 to 64 (83%) and 65 and over (89%)
  - In adult couple households (82%)

- 19% consumed at least 3 servings of **vegetables** per day – relatively unchanged from 17% in 2006. Vegetable eaters tended to be:
  - Women (20%)
  - Aged 65 and over (22%)

- 66% consumed **fast food** one to two times per week or more – a decrease from 71% in 2006. 20% said they never consumed fast food. People who consumed fast food one to two times per week or more tended to be:
  - Aged 18 to 34 (82%)
  - Asian and other races (73%)
  - In single parent households (80%)
  - Those with a secondary or lower education (77%)
  - In households with income less than $60,000 (75%)

- 26% ate **breakfast** less than five times per week – relatively unchanged from 23% in 2006. 74% ate breakfast five to seven times per week. Those who tended to have breakfast five to seven times per week were:
  - Women (77%)
  - Aged 65 and over (91%)
  - Blacks (77%)

- 18% were **sedentary** (did less than 10 minutes of moderate physical activity per day) – unchanged from 18% in 2006. Little difference by gender or race, but they tended to be:
  - Aged 65 and over (22%)
  - In one person households (23%)
  - Those with a secondary or lower education (26%)

- 53% did **moderate activity** at least 3 times per week – 26% increase from 27% in 2006. Little difference between men and women, but those who engaged in moderate activity at least 3 times per week were more likely to be in an adult couple (58%) or single parent (57%) household:

- 21% did **vigorous activity** at least 3 times per week – relatively unchanged from 20% in 2006. Those engaged in vigorous activity at least 3 times per week tended to be:
  - Aged 18 to 34 years (35%)
  - In two parent (31%) or single parent (26%) households
  - With a technical or higher education (25%)
  - In households with income of $108,000 and over (26%)

- 83% watched two or more hours of **television** per day – increase from 72% in 2006. Those more likely to watch more than five hours per day were:
  - Women (14%)
  - Asian and other races (16%)
  - With a secondary or lower education (21%)
  - In households with income less than $60,000 (18%)

- 93% of women over 40 reported having a **mammogram** at some time, and 86% said they had one in the last two years – a 9 point decline from 95% in 2006. 66% said they'd had a mammogram in the past year. The women least likely to have had a mammogram in the past year were:
  - Aged 65 and over (55%)
  - Asian and other races (54%)
  - In adult couple households (57%)
  - Those with a secondary or lower education (58%)

- 83% of women had a **pap test** in the past two years – no significant change from 85% in 2006. Those women least likely to have had a pap test in the past year were:
  - Aged 65 and over (27%)
  - In one person households (57%)

- 86% of men over 40 reported having a prostate specific antigen **(PSA) test** in the past two years –decline from 93% in 2006. The men less likely to have had a PSA test in the past year were:
  - Aged 40 to 54 years (50%)
  - Asian and other races (46%)
  - In two parent households (48%)

- 88% of men over 40 reported having had a digital rectal exam **(DRE)** in the past two years – slight decline from 91% in 2006. The men less likely to have had a DRE in the past year were:
  - Aged 40 to 54 years (51%)
  - Asian and other races (44%)
  - In households with income less than $60,000 (60%)

- 13% were current **smokers** – unchanged from 13% in 2006. Those aged 65 and over were more likely to have quit smoking (38%). Current smokers tended to be:
  - Men (19%)
  - Aged 35 to 54 (18%)
  - Asian and other races (28%)
  - In one person households (17%)

- Of current smokers, 47% began smoking daily between the ages of 18 to 24. 49% had attempted to stop smoking for at least one day in the past year – reduction from 55% in 2006.

- 25% were exposed to **second hand smoke** once a week or more – significant decline from 40% in 2007, possibly due to public smoking ban legislation that came into effect in April 2006[1]. Those more likely to be exposed to second hand smoke were:
  - Aged 18 to 34 (37%)
  - Asian and other races (30%)
  - In a single parent household (33%)
  - In households with income less than $60,000 (37%)

- 36% reported **binge drinking** (5 or more drinks for men, 4 or more for women, on a single occasion) – increase from 24% in 2006. This could be due to the change in criteria for women; in 2006 it was five drinks. Reports of binge drinking doubled for women, from 14% to 33%. Binge drinkers tended to be:
  - Men (38%)
  - Aged 18 to 34 (56%)
  - Asian and other races (47%)

- 83% always used a **seatbelt** while driving or a passenger in the front seat of a motor vehicle – consistent with 85% in 2006. Those aged 18 to 34 (71%) were the least likely to always wear a seatbelt.

- 8% were involved in a **road traffic crash** as a driver, passenger, pedestrian, motor cyclist or cyclist in the past year.
  - Men (5%) and those aged 18 to 34 (6%) were more likely to be involved as a motor cyclist
  - Asian and other races (5%) and those aged 18 to 34 (6%) were more likely to be involved as drivers

- With regard to **drinking and driving**, 11% had driven or ridden a motor vehicle after consuming two or more alcoholic drinks. Those more likely to drive after drinking were aged 18 to 34 years (22%) and from single parent households (17%).

- 13% had been a passenger in a motor vehicle where the driver had two or more alcoholic drinks. 26% of 18 to 34 year olds had been a passenger.

- 11% had been frightened for their **personal safety** or the safety of another family member due to threats from another person in the last year. Those more likely to be frightened were:
  - Aged 18 to 34 years (18%)
  - Asian and other races (16%)
  - In single parent households (26%)
  - In households with income less than $60,000 (14%)

- 4% were involved in a **violent incident** that resulted in injury requiring medical attention in the past year. Those more likely to have been injured were Asians and other races (7%) and those from single parent households (9%). Injuries were most often caused by a friend or acquaintance (40%) or stranger (35%).

- 13% had been physically **abused** (i.e. hit, slapped, pushed, kicked or physically hurt) by an intimate partner at some time in their life – increase from 8% in 2006. They were more likely to be:
  - Women (18%)
  - Aged 18 to 34 years (22%)
  - Asian and other races (25%)
  - In single parent households (30%)
  - Secondary or lower education levels (16%)
  - In households with income less than $60,000 (24%)

- 23% reported having more than one **sexual partner** in the past year – significant increase from 6% in 2006. Those most likely to have more than one partner were:
  - Men (36%)
  - Aged 18 to 34 (43%)
  - In one person (44%) and single parent (50%) households
  - In households with income less than $60,000 (33%)

- 31% used a **condom** the last time they had sexual intercourse – a significant increase from 17% in 2006. Those more likely to report condom use were:
  - Men (42%)
  - Aged 18 to 34 (52%)
  - In one person (47%) and single parent (45%) households
  - In households with income less than $60,000 (41%)

- 60% used condoms to prevent both pregnancy and disease, 21% to prevent pregnancy only and 17% to prevent disease only.

- 23% used an oral contraceptive to **prevent pregnancy**.

- 3% of women were pregnant in 2011.

- 26% were 15 years old or younger when they first had sexual intercourse.

- 44% had been tested for **HIV** in their lifetime – a decline from 49% in 2006. Those who had been tested tended to be:
  - Women (47%)
  - Aged 18 to 34 (55%) and 35 to 54 (55%)
  - Blacks (51%)
  - In two parent (51%) and single parent (67%) households
  - In households with income of $60,000 to $107,999 (57%) or $108,000 and over (57%)

- 6% engaged in high risk behaviours for HIV transmission – increase from 3% in 2006.

- 71% said **hand washing** was a method used to stop the spread of diseases – an increase from 57% in 2007.

- 60% of households used **tank water** for drinking – decline from 69% in 2007. 50% disinfected their tank water before drinking – a decline from 56% in 2007.

- 33% of households had an **emergency plan** – a decline from 40% in 2007.

- 50% had functioning **fire alarms** in their home – no change from 50% in 2007.

- 46% had an adult currently certified in **first aid** in their household – a decline from 67% in 2007.

- 41% used Bermuda's **public parks** at least once per month – a decline from 60% in 2007.

- 21% **travelled to work** alone in their own car – relatively unchanged from 23% in 2006.

- 58% were completely or mostly satisfied with Government's efforts to promote **healthy living** and wellness in Bermuda – a decline from 65% in 2005. Little difference by gender, household type, education and income level. Those aged 18 to 34 years were the least satisfied (47%).

- 31% had a **flu vaccine shot** in the past year, and most had it in a doctor's office (46%). Little difference by gender or income level. Those more likely to have had a flu shot were:
  - Adults aged 65 and over (53%)
  - Whites (35%)
  - In households without children (one person 38% and adult couple 39%)

- 12% said they had received a **pneumonia vaccine shot** in their lifetime, with adults aged 65 and over (19%) the most likely to have received one. This is due to the fact that the pneumococcal vaccine is recommended for persons aged 65 years and older and other aged individuals who may be immunocompromised.

- Only 4% said they did not have someone they considered as **personal doctor** or healthcare provider - relatively unchanged from 2% in 2006.

- 69% said they had a **general check-up** in the previous year – a significant decline of 12% from 81% in 2006. Women (75%) were more likely to have had a check-up than men (62%).

- 53% reported being able to obtain a **doctor's appointment** on the same day or next day – decline from 68% in 2005. Those most likely to obtain an appointment on the same day or next day were:
  - Women (63%)
  - Aged 65 and over (70%)
  - In single parent households (65%)

- 26% felt the need to **consult a general practitioner** three or more times in the previous year. These were more likely to be:
  - Adults aged 55 to 64 (38%) and 65 years and over (41%)
  - Asians and other races (35%)

- 31% had not visited a **dentist** in the previous year.
  - Men (35%) were more likely than women (27%) to have never seen a dentist
  - Those with a household income of $108,000 or higher were the most likely to see a dentist twice a year (38%)

- 25% had to wait longer than one week to obtain a **dentist appointment** – an improvement from 41% in 2005. 29% were able to obtain a dentist appointment the same day or next day. Those most likely to wait longer than one week to obtain an appointment were from households with income of $60,000 to $107,999 (34%).

- Overall, only 7% felt they **did not receive the dental treatment they required**. Those that were more likely to feel that they did not receive the treatment they required were:
  - Adults aged 18 to 34 (10%)
  - Those with secondary or lower education (10%)
  - In households with income of less than $60,000 (11%)

- The most common reason for not receiving the dental treatment required was they could not afford to (49%).

- 6% reported to **no health insurance** coverage. Residents least likely to report being without coverage were in households with income of $108,000 or higher (1%), and Seniors (2%). Those most likely to be without health insurance were:
  - Men (8%)
  - In one-person households (9%)
  - In households with income of less than $60,000 (10%)

- The major reasons given for not having health insurance were being unemployed (75%) and unable to afford it (8%).

- 29% had consulted a **specialist** in the past year.
  - Women were more likely to consult a specialist than men across all visits
  - Adults aged 65 and over (14%) were more likely than other age groups to have visited a specialist three or more times

- 10% had **travelled overseas for medical treatment**. They were more likely to be:
  - Those aged 55 to 64 (15%) and 65 years and over (15%)
  - White (14%)
  - In adult couple households (13%)

- The major reasons given for travelling overseas for medical treatment were that the treatment or services were not available in Bermuda (63%), and they did not trust the treatment or services offered in Bermuda (21%).

- Only 5% of respondents felt that they **did not receive the medical treatment** they required. The most likely to have gone without the treatment they required were:
  - Those with secondary or lower education (9%)
  - In households with income of less than $60,000 (8%)

- The most common reasons for not receiving the medical treatment required were, they wanted to wait to see if the problem would get better on its own (25%) and they could not afford treatment (24%).

- 60% said they were confident that they **could receive the medical treatment** they required if they fell seriously ill. Single parent households were less likely to be confident (44%). There were no substantive differences by race, education or income level.

- 61% said they were confident they **could afford the medical treatment they required** if they fell seriously ill – a decline of 15% from 2005. Not surprisingly, those with a household income of $108,000 and higher were the most confident (73%).

- In terms of **use of King Edward Memorial Hospital (KEMH),** almost one-quarter (24%) had visited the emergency room, 9% were in-patients and 34% were out-patients. Seniors were more likely to use KEMH services across the board (emergency room 30%; in-patient 18%; out-patient 54%) compared to other age groups.
  - Men (36%) were slightly more likely than women (32%) to have been out-patients
  - Blacks (28%) and those with a secondary or lower education (29%) were more likely to have visited the emergency room

- In terms of **satisfaction with King Edward Memorial Hospital (KEMH),** 75% of respondents were completely or mostly satisfied with the services provided by KEMH – relatively unchanged from 2005 (77%). Those who tended to be more satisfied were:
  - Blacks (83%)
  - Men (80%)
  - Aged 55 to 64 (81%) and 65 and over (80%)
  - Those with a secondary or lower education (84%)

  15% were mostly or completely dissatisfied with KEMH. Those who were more dissatisfied were:
  - In two parent households (23%)
  - Those with a technical or higher education (18%)
  - Aged 35 to 54 (19%)
  - In households with income of $108,000 and over (19%)

- In terms of **use of Mid-Atlantic Wellness Institute (MWI),** overall, just 3% had been in-patients and 4% had visited a clinic. Men (3%) and single parent households (3%) were more likely to have been in–patients. Those with a household income of less than $60,000 were the most likely out of all the demographic groups to have visited a clinic (6%).

- In terms of **satisfaction with Mid-Atlantic Wellness Institute (MWI),** overall, 61% were completely or mostly satisfied with MWI – unchanged from 2005 (63%). Those who tended to be more satisfied were:
  - Blacks (68%)
  - Women (70%)
  - Aged 65 and over (86%)

  Those who were more dissatisfied were:
  - In households with income of less than $60,000 (33%)
  - In one person households (20%)

- In terms of **use of Government clinics,** almost one-quarter (23%) had visited a Government clinic - an increase of 8% from 2005. Little difference between, gender, races, and education levels, but they were more likely to be:
  - Adults aged 18 to 34 (28%)
  - In single parent households (31%)

- In terms of **satisfaction with Government clinics,** overall, 87% were completely or mostly satisfied with Government clinics – an increase from 82% in 2005. Results were mostly consistent across all demographics. Adults aged 65 and over (96%) and adult couple households (92%) were more satisfied.

- In terms of **home visits by a District or Private nurse,** 5% had a home visit from a district nurse and 3% from a private nurse.
  - Those aged 65 and over were more likely to have had home visits from both district (9%) and private (7%) nurses
  - Blacks were more likely to receive a home visit from a district nurse (6%) rather than a private nurse (3%)

- In terms of views on the **overall health system in Bermuda,** 18% felt that the healthcare system was working pretty well with only minor changes needed - an 8% decline from 2005 (26%). 61% felt that there were good things about the healthcare system but fundamental changes were needed to make it work better, and 12% felt the whole system needed an overhaul.

Introduction

The Department of Health and the Bermuda Health Council commissioned Mindmaps to conduct a health survey of adults aged 18 years and over.

The purpose of the 2011 study is to report on adult health behaviours and perceptions of healthcare. This study updates previous studies; the Ministry of Health and Family Services 2005 Public Perception Study[2], the Health Survey of Adults and Children in Bermuda 2006[3], and the Department of Health 2007 Well Bermuda Study[4].

Specifically, the study addresses the following areas:

- General attitudes and perceptions towards healthcare in Bermuda;
- Where improvements in adult health status have been made when compared to 2005, 2006 and 2007 studies; and
- Identifies areas of deterioration that need to be addressed.

The broader goal is that the survey findings will help to drive policy and program development for better health.

A telephone survey was administered to a total of 801 Bermuda residents aged 18 years or older between July 5th and July 25th, 2011. The margin of error was +/- 3.44% at the 95% confidence level. Further detail on the methodology and sample are included in the report.

The results of the survey are outlined in the report with detailed analysis by key demographic variables including gender, age, race, household type, education, and income level. Comparisons to previous studies are included where applicable. The executive summary and research highlights provide a high level view of the study and key findings. A full copy of the questionnaire is appended to this report (Appendix).

Methodology

Sampling

A sample of 800 households was determined. The sample represented approximately 3% of the current household population of around 28,000 units according to the 2000 Census[5].

A total of 10,205 calls were made using random digit dialling. All prefixes for landlines and cellular phones were included and the remaining four digits randomly generated. The prefixes for landlines covered the entire island and all cellular providers were included, ensuring the representative nature of the sample. This method ensured inclusion of cellular phone numbers and listed and unlisted landline numbers (approximately 42% of residential numbers are unlisted). Currently 20% of households are without landlines and use only an Internet phone or cellular phone as their residential line. This created a very small bias in the data collection regarding Internet phone use and is a factor to take into consideration. It should also be taken into consideration that other small groups (e.g. the homeless, the institutionalized population, and students overseas) have also been excluded from the data collection process.

Data Collection and Processing

The survey was conducted using Computer Assisted Telephone Interviewing (CATI). The interviewers were local Bermudians, trained in professional interview techniques. Each interview took approximately 45 minutes to complete.

The data were collected between July 5th to 25th, 2011. Most calls were made between 6:00 p.m. and 9:00 p.m. on weekdays, 10:00 a.m. to 9:00p.m. on Saturdays, and 10:00 a.m. to 8:00 p.m. on Sundays. Up to 20% of interviews took place during the daytime to account for those engaged in shift work.

Questionnaires

The survey questions were drawn from a number of previous studies and used questions derived from standardised tools for population-based health surveys. The following sources were used:

Ministry of Health & Family Services 2005 Public Perception Study[2]
Health Survey of Adults and Children in Bermuda 2006[3]
Department of Health 2007 Well Bermuda Study[4]
Behavioural Risk Factor Surveillance System Questionnaire 2011[6]
WHO STEPS Instrument (Core and Expanded) v2.1[7]
WHO STEPwise approach to chronic disease risk factor surveillance – Violence and Injury Module[8]
Income-Related Inequality in the Use of Medical Care in 11 OECD Countries[9]
2010 Commonwealth Fund International Health Policy Survey[10]
Household and Individual Questionnaires – General Lifestyle Survey 2009[11]
Well Bermuda: A National Health Promotion Strategy 2008[12]

The topics covered in the 2011 study were:

- Health status
- Health related quality of life
- Healthcare access
- Health insurance
- Healthcare treatment
- Healthcare facilities
- Immunization
- Asthma
- Diabetes
- Kidney disease
- Hypertension
- Cholesterol
- Cardiovascular disease
- Depressive disorder
- Overweight and obesity
- Nutrition
- Exercise and physical activity
- Tobacco use
- Alcohol consumption
- Sexual behaviour
- HIV/AIDS
- Women's health
- Men's health
- Violence
- Injury
- Health promotion
- Emotional support
- Disability

Analysis

The data were weighted by gender to ensure that the sample was representative of Bermuda's population according to the Bermuda Government Department of Statistics population projections[13]. Cross tabulations were derived for all the specific variables by the main demographic characteristics: gender, age, race, household type, education, and income level, and by selected variables of specific relevance in some instances.

Comparisons

The results from the 2011 survey were compared to data from studies conducted in previous years for the Department of Health. The following studies were referenced in this report:

All 2005 comparisons - Ministry of Health & Family Services 2005 Public Perception Study[2]

All 2006 comparisons – Department of Health - Health Survey of Adults and Children in Bermuda 2006[3]

All 2007 comparisons – Department of Health 2007 Well Bermuda Study[4]

Sample Response Rate

Table A.1 details the breakdown of responses. A total sample of 801 adults was achieved. As anticipated, a large proportion of numbers generated by the random digit dialling process were ineligible. Out of the total 10,205 calls made, 90.7% of numbers were ineligible and 0.5% were office numbers. That left 897 (8.8%) eligible calls out of the total calls made. Of these, 96 (10.7%) declined to participate in the survey by either refusing or terminating the interview before its conclusion. A total of 801 households completed the survey.

Table A.1 Breakdown of responses

Breakdown of responses		
Eligible calls		
Number of interviews	801	89.3%
Number of declines	96	10.7%
Total eligible	**897**	**100.0%**
Reasons For Declining		
Flat out refusal	65	67.7%
Too long (termination)	31	32.3%
Total declines	**96**	**100.0%**
Total Calls Made		
Residential calls answered	897	8.8%
Office numbers	56	0.5%
Ineligible numbers	9,252	90.7%
Total calls	**10,205**	**100.0%**

Sample Characteristics

Table B.1 details the distribution of respondent sample by the demographic variables collected. The data in the tables was weighted to be representative of Bermuda's population. The sample of 801 adults included 376 men and 425 women. Almost two-thirds (64.4%) of respondents were between the ages of 18 and 54. In terms of race, 50.2% described themselves as Black, 36.2% as White, and 12.0% as Asian or other races. One-quarter (25.2%) of households consisted of a single person or unrelated persons, but most households were comprised of a familial arrangement, with 10.1% being led by single parents. 69.8% of respondents had a technical or higher level of education. A minority of households had an income of $108,000 and over (13.7%). A very high proportion of households did not disclose their household income (46%). These were more likely to be respondents aged over 65 years, Whites, and those in adult couple households.

Table B.1 Demographic

		Demographic													
		Gender				Age group									
		Male		Female		18 - 34		34 - 54		55 - 64		65 +		Not Stated	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Gender	Men	376	47.0%	0	0.0%	114	30.2%	116	30.8%	48	12.7%	83	22.0%	16	4.2%
	Women	0	0.0%	425	53.0%	125	29.5%	140	33.0%	61	14.4%	81	19.1%	17	4.0%
Age	18-34	114	47.7%	125	52.3%	239	29.8%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
	35-54	116	45.3%	140	54.7%	0	0.0%	256	32.0%	0	0.0%	0	0.0%	0	0.0%
	55-64	48	44.0%	61	56.0%	0	0.0%	0	0.0%	109	13.6%	0	0.0%	0	0.0%
	65+	83	50.6%	81	49.4%	0	0.0%	0	0.0%	0	0.0%	164	20.5%	0	0.0%
	Not Stated	16	48.5%	17	51.5%	0	0.0%	0	0.0%	0	0.0%	0	0.0%	33	4.1%
Race	Black	191	47.5%	211	52.5%	123	30.7%	121	30.2%	57	14.2%	87	21.7%	13	3.2%
	White	139	47.9%	151	52.1%	77	26.5%	106	36.4%	33	11.3%	61	21.0%	14	4.8%
	Asian & Other	40	41.7%	56	58.3%	37	38.5%	27	28.1%	19	19.8%	8	8.3%	5	5.2%
	Not Stated	6	46.2%	7	53.8%	1	7.7%	2	15.4%	1	7.7%	8	61.5%	1	7.7%
Household	One person	79	47.6%	87	52.4%	37	22.2%	56	33.5%	21	12.6%	41	24.6%	12	7.2%
	Adult Couple	129	55.4%	104	44.6%	39	16.8%	50	21.6%	51	22.0%	81	34.9%	11	4.7%
	Two parents	90	45.9%	106	54.1%	67	34.4%	95	48.7%	19	9.7%	7	3.6%	7	3.6%
	Single parent	17	25.4%	50	74.6%	33	50.0%	26	39.4%	5	7.6%	2	3.0%	0	0.0%
	Not Stated	62	44.3%	78	55.7%	64	45.7%	29	20.7%	13	9.3%	32	22.9%	2	1.4%
Education	Secondary & Lower	112	48.5%	119	51.5%	70	30.4%	52	22.6%	31	13.5%	68	29.6%	9	3.9%
	Technical & Higher	262	46.9%	297	53.1%	167	29.9%	202	36.2%	75	13.4%	92	16.5%	22	3.9%
	Not Stated	3	25.0%	9	75.0%	1	9.1%	1	9.1%	3	27.3%	4	36.4%	2	18.2%
Income	$59,999 or less	61	45.2%	74	54.8%	68	50.0%	23	16.9%	16	11.8%	27	19.9%	2	1.5%
	$60,000 to $107,999	95	50.8%	92	49.2%	54	28.9%	77	41.2%	25	13.4%	25	13.4%	6	3.2%
	$108,000 & over	47	42.7%	63	57.3%	29	26.4%	59	53.6%	16	14.5%	3	2.7%	3	2.7%
	Not Stated	174	47.2%	195	52.8%	88	23.8%	97	26.3%	53	14.4%	110	29.8%	21	5.7%

Table B.1 Demographic continued

		Demographic							
		Race							
		Black		White		Asian and Others		Not Stated	
		N	%	N	%	N	%	N	%
Gender	Men	191	50.8%	139	37.0%	40	10.6%	6	1.6%
	Women	211	49.6%	151	35.5%	56	13.2%	7	1.6%
Age	18-34	123	51.7%	77	32.4%	37	15.5%	1	0.4%
	35-54	121	47.3%	106	41.4%	27	10.5%	2	0.8%
	55-64	57	51.8%	33	30.0%	19	17.3%	1	0.9%
	65+	87	53.0%	61	37.2%	8	4.9%	8	4.9%
	Not Stated	13	39.4%	14	42.4%	5	15.2%	1	3.0%
Race	Black	402	50.2%	0	0.0%	0	0.0%	0	0.0%
	White	0	0.0%	290	36.2%	0	0.0%	0	0.0%
	Asian & Other	0	0.0%	0	0.0%	96	12.0%	0	0.0%
	Not Stated	0	0.0%	0	0.0%	0	0.0%	13	1.6%
Household	One person	88	52.7%	61	36.5%	16	9.6%	2	1.2%
	Adult Couple	94	40.5%	105	45.3%	28	12.1%	5	2.2%
	Two parents	91	46.7%	75	38.5%	26	13.3%	3	1.5%
	Single parent	43	64.2%	14	20.9%	9	13.4%	1	1.5%
	Not Stated	86	61.0%	36	25.5%	17	12.1%	2	1.4%
Education	Secondary & Lower	127	55.0%	68	29.4%	32	13.9%	4	1.7%
	Technical & Higher	268	48.0%	219	39.2%	63	11.3%	8	1.4%
	Not Stated	7	53.8%	3	23.1%	1	7.7%	2	15.4%
Income	$59,999 or less	79	58.1%	39	28.7%	17	12.5%	1	0.7%
	$60,000 to $107,999	93	49.7%	65	34.8%	26	13.9%	3	1.6%
	$108,000 & over	59	53.6%	39	35.5%	11	10.0%	1	0.9%
	Not Stated	172	46.6%	147	39.8%	42	11.4%	8	2.2%

Table B.1 Demographic continued

		Demographic									
		Household Type									
		One person		Adult couple		Two parents		Single parent		Not Stated	
		N	%	N	%	N	%	N	%	N	%
Gender	Men	79	21.0%	129	34.2%	90	23.9%	17	4.5%	62	16.4%
	Women	87	20.5%	104	24.5%	106	24.9%	50	11.8%	78	18.4%
Age	18-34	37	15.4%	39	16.3%	67	27.9%	33	13.8%	64	26.7%
	35-54	56	21.9%	50	19.5%	95	37.1%	26	10.2%	29	11.3%
	55-64	21	19.3%	51	46.8%	19	17.4%	5	4.6%	13	11.9%
	65+	41	25.2%	81	49.7%	7	4.3%	2	1.2%	32	19.6%
	Not Stated	12	37.5%	11	34.4%	7	21.9%	0	0.0%	2	6.3%
Race	Black	88	21.9%	94	23.4%	91	22.6%	43	10.7%	86	21.4%
	White	61	21.0%	105	36.1%	75	25.8%	14	4.8%	36	12.4%
	Asian & Other	16	16.7%	28	29.2%	26	27.1%	9	9.4%	17	17.7%
	Not Stated	2	15.4%	5	38.5%	3	23.1%	1	7.7%	2	15.4%
Household	One person	166	20.8%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
	Adult Couple	0	0.0%	232	29.0%	0	0.0%	0	0.0%	0	0.0%
	Two parents	0	0.0%	0	0.0%	195	24.4%	0	0.0%	0	0.0%
	Single parent	0	0.0%	0	0.0%	0	0.0%	67	8.3%	0	0.0%
	Not Stated	0	0.0%	0	0.0%	0	0.0%	0	0.0%	140	17.5%
Education	Secondary & Lower	58	25.2%	53	23.0%	52	22.6%	16	7.0%	51	22.2%
	Technical & Higher	106	19.0%	177	31.7%	140	25.0%	51	9.1%	85	15.2%
	Not Stated	2	16.7%	2	16.7%	3	25.0%	0	0.0%	5	41.7%
Income	$59,999 or less	45	32.8%	26	19.0%	19	13.9%	18	13.1%	29	21.2%
	$60,000 to $107,999	45	24.1%	59	31.6%	36	19.3%	21	11.2%	26	13.9%
	$108,000 & over	6	5.4%	25	22.5%	59	53.2%	8	7.2%	13	11.7%
	Not Stated	71	19.2%	123	33.3%	81	22.0%	21	5.7%	73	19.8%

Table B.1 Demographic continued

		Demographic													
		Highest Education						Household Income							
		Secondary & Lower		Technical & Higher		Not Stated		$59,999 or less		$60,000 to $107,999		$108,000 & over		Not Stated	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Gender	Men	112	29.7%	262	69.5%	3	0.8%	61	16.2%	95	25.2%	47	12.5%	174	46.2%
	Women	119	28.0%	297	69.9%	9	2.1%	74	17.5%	92	21.7%	63	14.9%	195	46.0%
Age	18-34	70	29.4%	167	70.2%	1	0.4%	68	28.5%	54	22.6%	29	12.1%	88	36.8%
	35-54	52	20.4%	202	79.2%	1	0.4%	23	9.0%	77	30.1%	59	23.0%	97	37.9%
	55-64	31	28.4%	75	68.8%	3	2.8%	16	14.5%	25	22.7%	16	14.5%	53	48.2%
	65+	68	41.5%	92	56.1%	4	2.4%	27	16.4%	25	15.2%	3	1.8%	110	66.7%
	Not Stated	9	27.3%	22	66.7%	2	6.1%	2	6.3%	6	18.8%	3	9.4%	21	65.6%
Race	Black	127	31.6%	268	66.7%	7	1.7%	79	19.6%	93	23.1%	59	14.6%	172	42.7%
	White	68	23.4%	219	75.5%	3	1.0%	39	13.4%	65	22.4%	39	13.4%	147	50.7%
	Asian & Other	32	33.3%	63	65.6%	1	1.0%	17	17.7%	26	27.1%	11	11.5%	42	43.8%
	Not Stated	4	28.6%	8	57.1%	2	14.3%	1	7.7%	3	23.1%	1	7.7%	8	61.5%
Household	One person	58	34.9%	106	63.9%	2	1.2%	45	26.9%	45	26.9%	6	3.6%	71	42.5%
	Adult Couple	53	22.8%	177	76.3%	2	0.9%	26	11.2%	59	25.3%	25	10.7%	123	52.8%
	Two parents	52	26.7%	140	71.8%	3	1.5%	19	9.7%	36	18.5%	59	30.3%	81	41.5%
	Single parent	16	23.9%	51	76.1%	0	0.0%	18	26.5%	21	30.9%	8	11.8%	21	30.9%
	Not Stated	51	36.2%	85	60.3%	5	3.5%	29	20.6%	26	18.4%	13	9.2%	73	51.8%
Education	Secondary & Lower	230	28.8%	0	0.0%	0	0.0%	69	29.9%	40	17.3%	17	7.4%	105	45.5%
	Technical & Higher	0	0.0%	559	69.8%	0	0.0%	66	11.8%	146	26.2%	93	16.7%	253	45.3%
	Not Stated	0	0.0%	0	0.0%	12	1.5%	0	0.0%	1	8.3%	0	0.0%	11	91.7%
Income	$59,999 or less	69	51.1%	66	48.9%	0	0.0%	135	16.8%	0	0.0%	0	0.0%	0	0.0%
	$60,000 to $107,999	40	21.4%	146	78.1%	1	0.5%	0	0.0%	187	23.3%	0	0.0%	0	0.0%
	$108,000 & over	17	15.5%	93	84.5%	0	0.0%	0	0.0%	0	0.0%	110	13.7%	0	0.0%
	Not Stated	105	28.5%	253	68.6%	11	3.0%	0	0.0%	0	0.0%	0	0.0%	369	46.1%

Results

1. Health Status

General Health

Respondents were asked to comment generally on their health (Table 1.1). Overall, 84.8% of respondents reported to be in excellent, very good, or good health in 2011. Gender and race did not have a significant impact on reported health status. Older respondents aged 55 to 64 (25.9%) and 65 years and older (25.5%) were more likely to report having fair or poor health. Those with secondary or lower education (22.7%) and those who earned less than $60,000 annually (18.7%) were also more likely to report fair or poor health.

Table 1.1 State of general health

		General Health					
		Excellent, Very Good or Good Health		Fair or Poor Health		Total	
		N	%	N	%	N	%
Total		677	84.8%	121	15.2%	798	100.0%
Gender	Men	318	84.8%	57	15.2%	375	100.0%
	Women	359	84.9%	64	15.1%	423	100.0%
Age	18-34	221	92.9%	17	7.1%	238	100.0%
	35-54	229	90.2%	25	9.8%	254	100.0%
	55-64	80	74.1%	28	25.9%	108	100.0%
	65+	123	74.5%	42	25.5%	165	100.0%
	Not Stated	25	75.8%	8	24.2%	33	100.0%
Race	Black	344	86.0%	56	14.0%	400	100.0%
	White	241	82.8%	50	17.2%	291	100.0%
	Asian & Other	81	85.3%	14	14.7%	95	100.0%
	Not Stated	11	84.6%	2	15.4%	13	100.0%
Household	One person	137	82.5%	29	17.5%	166	100.0%
	Adult Couple	190	82.3%	41	17.7%	231	100.0%
	Two parents	173	88.7%	22	11.3%	195	100.0%
	Single parent	59	89.4%	7	10.6%	66	100.0%
	Not Stated	117	84.2%	22	15.8%	139	100.0%
Education	Secondary & Lower	177	77.3%	52	22.7%	229	100.0%
	Technical & Higher	489	87.6%	69	12.4%	558	100.0%
	Not Stated	10	90.9%	1	9.1%	11	100.0%
Income	$59,999 or less	109	81.3%	25	18.7%	134	100.0%
	$60,000 to $107,999	173	92.5%	14	7.5%	187	100.0%
	$108,000 & over	98	89.1%	12	10.9%	110	100.0%
	Not Stated	298	80.8%	71	19.2%	369	100.0%

Q1. In general, how would you describe your own health?
Question Source: 2010 Commonwealth Fund International Health Policy Survey (Commonwealth - IHP 2010)

General Health Comparison 2006 to 2011

Compared to 2006, reports of excellent, very good, or good health declined slightly for all demographics except Blacks which remained consistent with 2006 (Figure 1.1). Overall health declined 3%, men's health declined by 4%, and Whites health declined by 8%. Respondents in all levels of education reported lower levels of health compared to 2006 (secondary or lower 5% decline; technical and higher 4% decline).

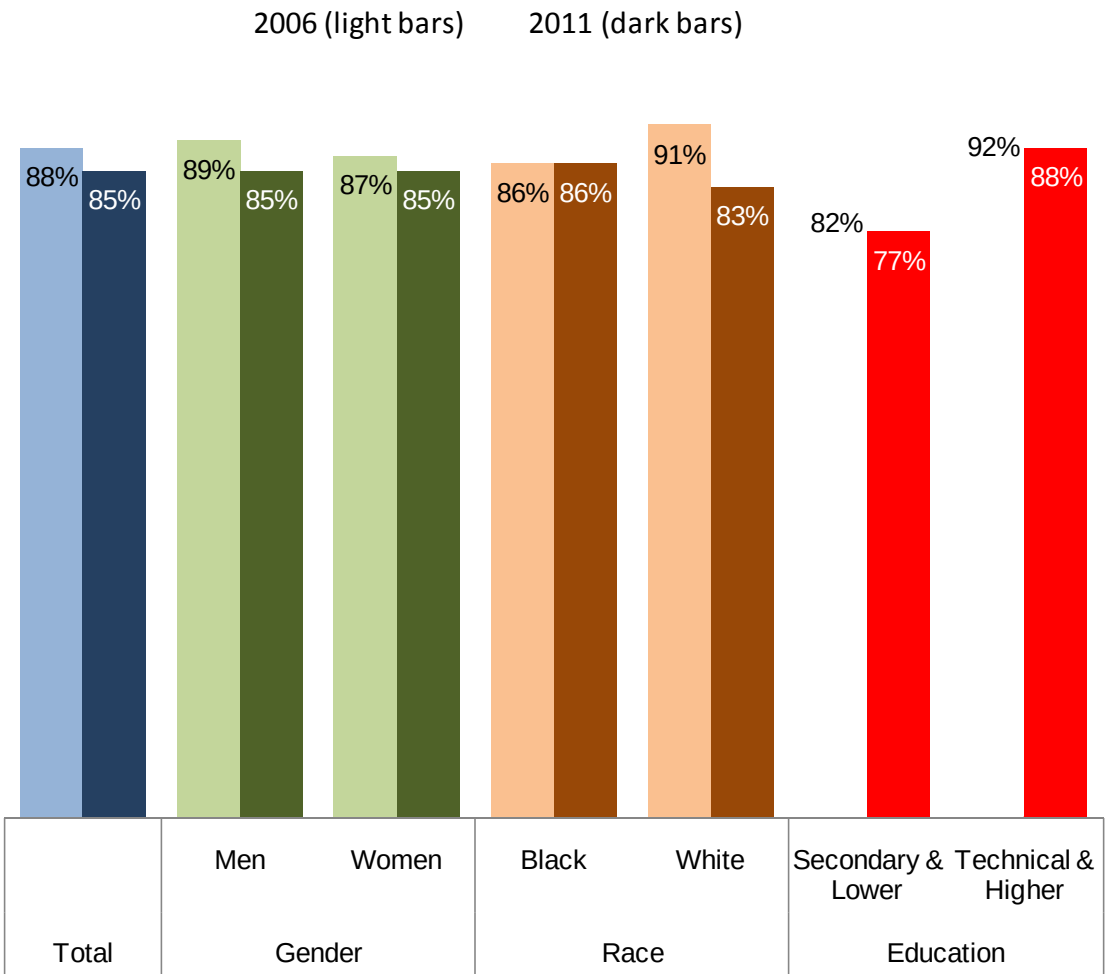

Figure 1.1 Comparison – Reports of excellent, very good, or good health

Physical Health

Respondents were asked the number of days their physical health was not good in the previous 30 days. Responses were broken up into three categories: 0 to 1 day; 2 to 9 days; and 10 or more days (Table 1.2). Overall, 69.7% reported one day or less of poor physical health, 19.8% reported two to nine days, and 10.5% reported 10 or more days. More men reported poor physical health for one day or less (72.8%) compared to women (67.1%). More women reported poor physical health for two to nine days (22.9%) compared to men (16.2%). Adults aged 18 to 34 (76.9%) and 35 to 54 (73.3%) were more likely to report one day or less of poor physical health compared to those aged 55 to 64 (62.0%) and 65 and over (60.4%). Conversely, the older age groups, 55 to 64 (20.0%) and 65 and over (18.2%) were more likely to report 10 or more days of poor physical health compared to the younger age groups 18 to 34 (5.0%) and 35 to 54 (6.3%). Single parent households (5.3%) and those earning $108,000 and over (1.9%) were less likely to report 10 or more days of poor physical health compared to other household types and income groups, respectively. Race and education level did not have an effect on physical health.

Table 1.2 Number of days with poor physical health

		Number of days in past 30 days that physical health was not good							
		0-1 Days		2-9 Days		10 or more Days		Total	
		N	%	N	%	N	%	N	%
Total		520	69.7%	148	19.8%	78	10.5%	746	100.0%
Gender	Men	251	72.8%	56	16.2%	38	11.0%	345	100.0%
	Women	269	67.1%	92	22.9%	40	10.0%	401	100.0%
Age	18-34	170	76.9%	40	18.1%	11	5.0%	221	100.0%
	35-54	176	73.3%	49	20.4%	15	6.3%	240	100.0%
	55-64	62	62.0%	18	18.0%	20	20.0%	100	100.0%
	65+	93	60.4%	33	21.4%	28	18.2%	154	100.0%
	Not Stated	17	63.0%	7	25.9%	3	11.1%	27	100.0%
Race	Black	260	70.8%	72	19.6%	35	9.5%	367	100.0%
	White	192	68.6%	55	19.6%	33	11.8%	280	100.0%
	Asian & Other	56	65.9%	20	23.5%	9	10.6%	85	100.0%
	Not Stated	11	84.6%	1	7.7%	1	7.7%	13	100.0%
Household	One person	111	69.8%	27	17.0%	21	13.2%	159	100.0%
	Adult Couple	145	66.2%	46	21.0%	28	12.8%	219	100.0%
	Two parents	134	74.0%	33	18.2%	14	7.7%	181	100.0%
	Single parent	43	75.4%	11	19.3%	3	5.3%	57	100.0%
	Not Stated	87	66.9%	31	23.8%	12	9.2%	130	100.0%
Education	Secondary & Lower	144	70.2%	38	18.5%	23	11.2%	205	100.0%
	Technical & Higher	368	69.3%	110	20.7%	53	10.0%	531	100.0%
	Not Stated	8	88.9%	0	0.0%	1	11.1%	9	100.0%
Income	$59,999 or less	95	75.4%	18	14.3%	13	10.3%	126	100.0%
	$60,000 to $107,999	124	70.5%	41	23.3%	11	6.3%	176	100.0%
	$108,000 & over	85	81.0%	18	17.1%	2	1.9%	105	100.0%
	Not Stated	216	63.5%	72	21.2%	52	15.3%	340	100.0%

Q2. Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?
Question Source: Health Survey of Adults and Children in Bermuda 2006

Physical Health Comparison 2006 to 2011

There were no significant changes in reports of 10 or more days of poor physical health overall from 2006 to 2011 (Figure 1.2). Men, Whites, and those with technical or higher education all had a 3% increase in the number who reported 10 or more days of poor physical health in 2011 compared to 2006.

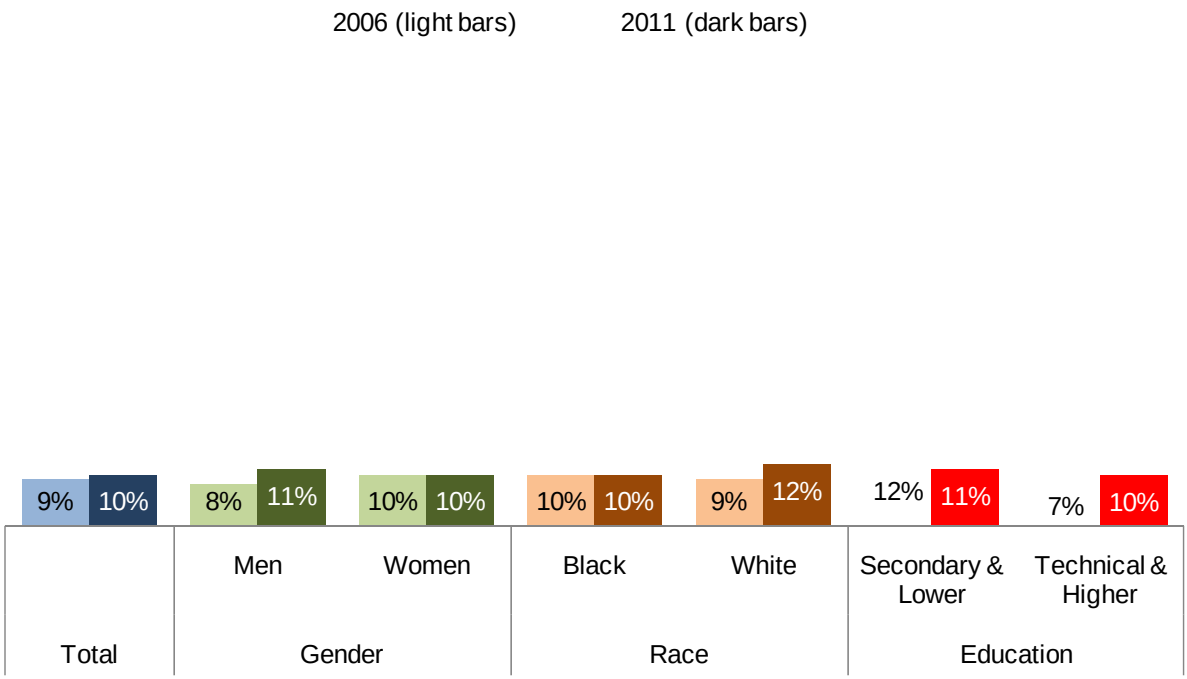

Figure 1.2 Comparison – 10 or more days of poor physical health

Mental Health

Respondents were asked the number of days their mental health was not good in the previous 30 days (Table 1.3). Overall, 73.8% of respondents reported one day or less of poor mental health, 16.2% reported two to nine days, and 10.0% reported 10 or more days of poor mental health. Women were more likely than men to report two to nine days of poor mental health (19.4% for women versus 12.4% for men). Single parent households reported the poorest mental health compared to other household types, with 21.3% reporting 10 or more days of poor mental health. Asian and other races were more likely to have poor mental health for more days per month (two to nine days 22.1%; 10 or more days 15.1%) than Whites and Blacks, who reported similar results to each other. Adults aged 18 to 34 (17.0%) and 35 to 54 (20.9%) were more likely to report 2 to 9 days of poor mental health compared to older adults aged 55 to 64 (12.2%) and over 65 (11.8%). However, adults aged 55 to 64 were most likely to report 10 or more days of poor mental health (14.3%). Those with a household income less than $60,000 were more likely to report 10 or more days of poor mental health (17.3%) compared to the other income brackets.

Table 1.3 Number of days with poor mental health

		Number of days in past 30 days that mental health was not good							
		0-1 Days		2-9 Days		10 or more Days		Total	
		N	%	N	%	N	%	N	%
Total		546	73.8%	120	16.2%	74	10.0%	740	100.0%
Gender	Men	269	79.6%	42	12.4%	27	8.0%	338	100.0%
	Women	277	68.9%	78	19.4%	47	11.7%	402	100.0%
Age	18-34	163	72.8%	38	17.0%	23	10.3%	224	100.0%
	35-54	169	70.7%	50	20.9%	20	8.4%	239	100.0%
	55-64	72	73.5%	12	12.2%	14	14.3%	98	100.0%
	65+	121	79.6%	18	11.8%	13	8.6%	152	100.0%
	Not Stated	21	77.8%	1	3.7%	5	18.5%	27	100.0%
Race	Black	281	75.5%	55	14.8%	36	9.7%	372	100.0%
	White	202	75.4%	44	16.4%	22	8.2%	268	100.0%
	Asian & Other	54	62.8%	19	22.1%	13	15.1%	86	100.0%
	Not Stated	9	64.3%	2	14.3%	3	21.4%	14	100.0%
Household	One person	130	81.8%	18	11.3%	11	6.9%	159	100.0%
	Adult Couple	156	73.2%	29	13.6%	28	13.1%	213	100.0%
	Two parents	127	69.8%	41	22.5%	14	7.7%	182	100.0%
	Single parent	33	54.1%	15	24.6%	13	21.3%	61	100.0%
	Not Stated	100	79.4%	17	13.5%	9	7.1%	126	100.0%
Education	Secondary & Lower	152	73.4%	36	17.4%	19	9.2%	207	100.0%
	Technical & Higher	388	74.0%	82	15.6%	54	10.3%	524	100.0%
	Not Stated	6	66.7%	2	22.2%	1	11.1%	9	100.0%
Income	$59,999 or less	85	66.9%	20	15.7%	22	17.3%	127	100.0%
	$60,000 to $107,999	127	73.0%	35	20.1%	12	6.9%	174	100.0%
	$108,000 & over	72	67.3%	25	23.4%	10	9.3%	107	100.0%
	Not Stated	261	78.9%	40	12.1%	30	9.1%	331	100.0%

Q3. Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?
Question Source: Health Survey of Adults and Children in Bermuda 2006

Mental Health Comparison 2006 to 2011

Compared to 2006, there was no significant change in reports of 10 or more days of poor mental health (8% in 2006 versus 10% in 2011) (Figure 1.3). This was consistent across the demographic groups.

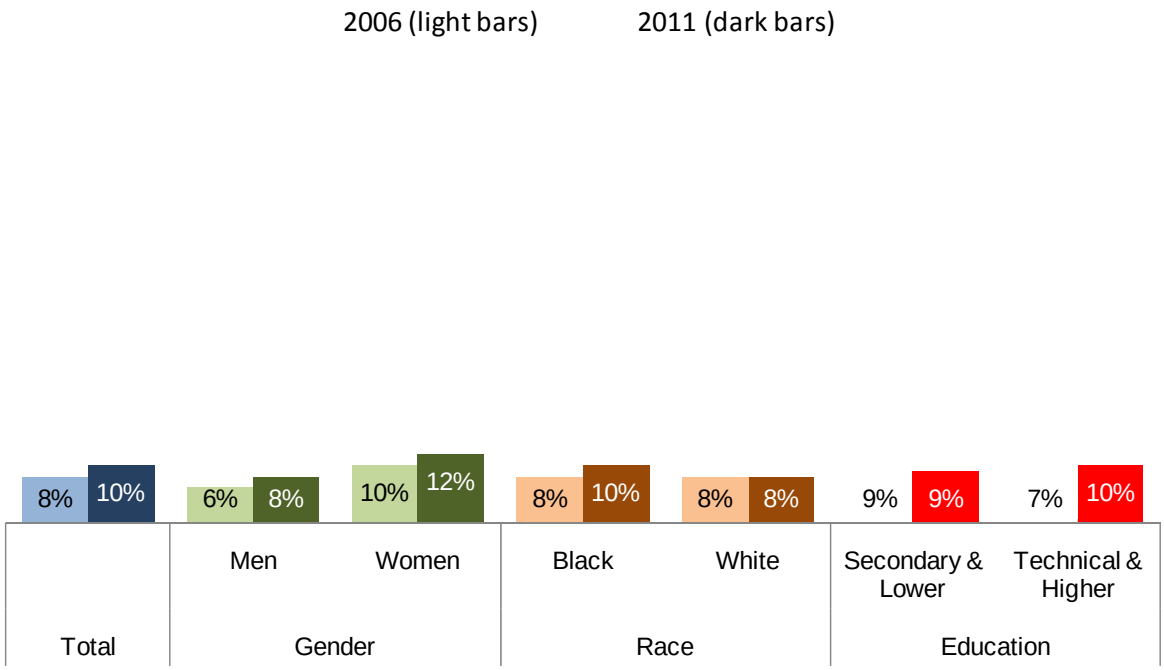

Figure 1.3 Comparison – 10 or more days of poor mental health

Physical and Mental Health

Respondents were asked how many days poor physical or mental health kept them from doing their usual activities in the previous 30 days (Table 1.4). Overall, 54.6% of respondents reported at least one day, 31.9% reported two to nine days, and 13.5% reported 10 or more days that they had been kept from their usual activities. Women (58.7%) were more likely than men (49.0%) to report one or less days that they were unable to do their usual activities, but more men (36.3%) than women (28.6%) reported two to nine days. Whites (47.7%) were less likely to report one day or less compared to Blacks (56.1%) or Asian and other races (62.3%). Older age was related to an increase in the number of days that respondents were unable to do their usual activities. Those 55 to 64 years (34.0%) and 65 and over (23.1%) were more likely to report 10 or more days compared to those aged 18 to 34 (5.7%), and 35 to 54 (4.2%) years. Respondents in adult couple households (22.1%), those with a household income less than $60,000 (24.6%), and those with a secondary or lower education (21.0%) were more likely to report being unable to conduct their usual activities for 10 or more days due to poor physical or mental health.

Table 1.4 Number of days that poor physical or mental health prevented usual activities in previous 30 days

Number of days that poor health prevented usual activities in previous 30 days								
		0-1 Days		2-9 Days		10 or more Days		Total	
		N	%	N	%	N	%	N	%
Total		202	54.6%	118	31.9%	50	13.5%	370	100.0%
Gender	Men	77	49.0%	57	36.3%	23	14.6%	157	100.0%
	Women	125	58.7%	61	28.6%	27	12.7%	213	100.0%
Age	18-34	69	65.7%	30	28.6%	6	5.7%	105	100.0%
	35-54	76	63.3%	39	32.5%	5	4.2%	120	100.0%
	55-64	20	37.7%	15	28.3%	18	34.0%	53	100.0%
	65+	32	41.0%	28	35.9%	18	23.1%	78	100.0%
	Not Stated	4	33.3%	6	50.0%	2	16.7%	12	100.0%
Race	Black	101	56.1%	60	33.3%	19	10.6%	180	100.0%
	White	63	47.7%	47	35.6%	22	16.7%	132	100.0%
	Asian & Other	33	62.3%	11	20.8%	9	17.0%	53	100.0%
	Not Stated	4	80.0%	0	0.0%	1	20.0%	5	100.0%
Household	One person	35	50.7%	23	33.3%	11	15.9%	69	100.0%
	Adult Couple	51	49.0%	30	28.8%	23	22.1%	104	100.0%
	Two parents	66	68.0%	24	24.7%	7	7.2%	97	100.0%
	Single parent	21	53.8%	13	33.3%	5	12.8%	39	100.0%
	Not Stated	29	46.0%	29	46.0%	5	7.9%	63	100.0%
Education	Secondary & Lower	36	36.0%	43	43.0%	21	21.0%	100	100.0%
	Technical & Higher	161	60.5%	76	28.6%	29	10.9%	266	100.0%
	Not Stated	4	80.0%	0	0.0%	1	20.0%	5	100.0%
Income	$59,999 or less	27	41.5%	22	33.8%	16	24.6%	65	100.0%
	$60,000 to $107,999	46	51.1%	40	44.4%	4	4.4%	90	100.0%
	$108,000 & over	38	77.6%	9	18.4%	2	4.1%	49	100.0%
	Not Stated	91	54.8%	47	28.3%	28	16.9%	166	100.0%

Q4. During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?
Question Source: Health Survey of Adults and Children in Bermuda 2006

Physical and Mental Health Comparison 2006 to 2011

The drop in the proportion of respondents who reported 10 or more days when their poor physical or mental health kept them from conducting their usual activities was a positive change; from 21% in 2006, down to 14% in 2011 (Figure 1.4). In particular, there were significant declines in the number of Blacks (13% decline), and those with technical or higher education (9% decline) that reported poor physical or mental health impeding their activities.

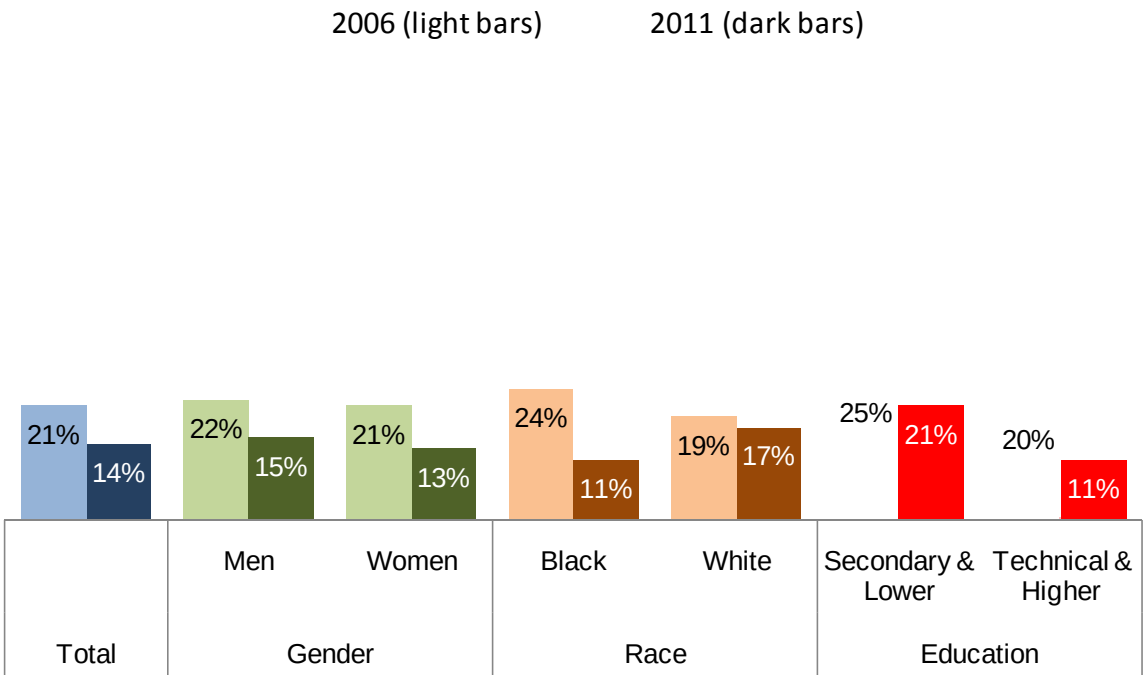

Figure 1.4 Comparison - 10 or more days when poor physical or mental health impeded daily activities

2. Disability

Respondents were asked if they were limited in any way in any activities because of physical, mental, or emotional problems (Table 2.1). Overall, 14.1% of respondents reported having a limiting condition or disability. There was little difference between gender and race. Disability increased with age; younger adults 18 to 34 (5.0%) and 35 to 54 year olds (10.2%) were less likely to report a disability than older adults 55 to 64 (19.3%), and 65 and over (28.5%). Adults in one person (19.9%) and adult couple (15.9%) households, and those with a secondary or lower education (18.6%) were more likely to report a disability. Disability also decreased with increasing household income; those with a household income over $108,000 (4.5%) were least likely to report a disability than other income groups.

Table 2.1 Disability due to physical, mental or emotional problem

		Disability due to physical, mental or emotional problem									
		Yes		No		Don`t Know/ Not sure		Declined to Answer		Total	
		N	%	N	%	N	%	N	%	N	%
Total		113	14.1%	684	85.4%	3	0.4%	1	0.1%	801	100.0%
Gender	Men	57	15.2%	318	84.6%	1	0.3%	0	0.0%	376	100.0%
	Women	56	13.2%	366	86.1%	2	0.5%	1	0.2%	425	100.0%
Age	18-34	12	5.0%	226	94.6%	1	0.4%	0	0.0%	239	100.0%
	35-54	26	10.2%	229	89.5%	1	0.4%	0	0.0%	256	100.0%
	55-64	21	19.3%	87	79.8%	1	0.9%	0	0.0%	109	100.0%
	65+	47	28.5%	118	71.5%	0	0.0%	0	0.0%	165	100.0%
	Not Stated	6	18.2%	25	75.8%	1	3.0%	1	3.0%	33	100.0%
Race	Black	56	13.9%	342	84.9%	4	1.0%	1	0.2%	403	100.0%
	White	40	13.8%	250	86.2%	0	0.0%	0	0.0%	290	100.0%
	Asian & Other	15	15.6%	81	84.4%	0	0.0%	0	0.0%	96	100.0%
	Not Stated	2	15.4%	11	84.6%	0	0.0%	0	0.0%	13	100.0%
Household	One person	33	19.9%	133	80.1%	0	0.0%	0	0.0%	166	100.0%
	Adult Couple	37	15.9%	193	83.2%	2	0.9%	0	0.0%	232	100.0%
	Two parents	15	7.7%	180	91.8%	1	0.5%	0	0.0%	196	100.0%
	Single parent	9	13.4%	58	86.6%	0	0.0%	0	0.0%	67	100.0%
	Not Stated	19	13.5%	120	85.1%	1	0.7%	1	0.7%	141	100.0%
Education	Secondary & Lower	43	18.6%	187	81.0%	1	0.4%	0	0.0%	231	100.0%
	Technical & Higher	69	12.3%	487	87.1%	3	0.5%	0	0.0%	559	100.0%
	Not Stated	1	8.3%	10	83.3%	0	0.0%	1	8.3%	12	100.0%
Income	$59,999 or less	22	16.3%	113	83.7%	0	0.0%	0	0.0%	135	100.0%
	$60,000 to $107,999	18	9.7%	167	89.8%	1	0.5%	0	0.0%	186	100.0%
	$108,000 & over	5	4.5%	104	94.5%	1	0.9%	0	0.0%	110	100.0%
	Not Stated	68	18.4%	299	80.8%	2	0.5%	1	0.3%	370	100.0%

Q23. Are you limited in any way in any activities because of physical, mental, or emotional problems?
Question Source: Health Survey of Adults and Children in Bermuda 2006

Disability Comparison 2006 to 2011

The prevalence of adults with a disability or limiting condition increased slightly from 11% to 14% (Figure 2.1). The increase was greater for men (5%), Blacks (6%), and those with a secondary or lower education (7%).

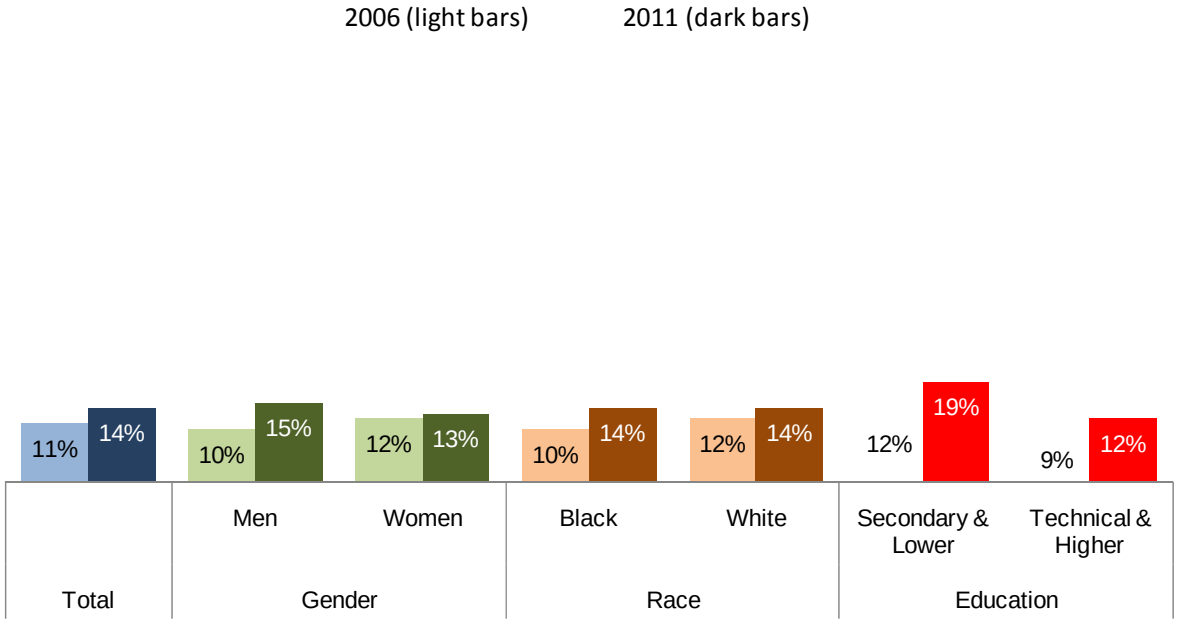

Figure 2.1 Comparison – Prevalence of disability due to a physical, mental or emotional problem

3. Quality of Life

General Life Satisfaction

Respondents were asked how satisfied they were with their life in general. Overall, 88.6% of respondents reported being either very satisfied (26.8%) or satisfied (59.8%) with life in general (Table 3.1). Elderly residents aged 65 years and over (93.9%), those in two parent households (91.8%), and those with a moderate household income (i.e. $60,000 – $107,999) (92.3%) or high household income (i.e. $108,000 and over) (91.8%) were more likely to report being satisfied or very satisfied. Thirteen percent of respondents reported being dissatisfied with their lives. Respondents from single parent households (17.2%), with a secondary or lower education (18.1%), and with an annual household income of less than $60,000 (19.5%) were more likely to report being dissatisfied with their lives.

Table 3.1 General satisfaction with life

		Level of satisfaction with life					
		Very satisfied		Satisfied		Dissatisfied or Very	
		N	%	N	%	N	%
Total		212	26.8%	474	59.8%	106	13.4%
Gender	Men	82	21.9%	236	63.1%	56	15.0%
	Women	130	31.1%	238	56.9%	50	12.0%
Age	18-34	47	19.9%	153	64.8%	36	15.3%
	35-54	67	26.5%	147	58.1%	39	15.4%
	55-64	28	26.7%	62	59.0%	15	14.3%
	65+	62	37.8%	92	56.1%	10	6.1%
	Not Stated	6	18.2%	21	63.6%	6	18.2%
Race	Black	101	25.4%	246	61.8%	51	12.8%
	White	85	29.4%	162	56.1%	42	14.5%
	Asian & Other	19	20.7%	60	65.2%	13	14.1%
	Not Stated	6	46.2%	6	46.2%	1	7.7%
Household	One person	40	24.2%	100	60.6%	25	15.2%
	Adult Couple	60	26.3%	137	60.1%	31	13.6%
	Two parents	77	39.7%	101	52.1%	16	8.2%
	Single parent	9	14.1%	44	68.8%	11	17.2%
	Not Stated	26	18.4%	92	65.2%	23	16.3%
Education	Secondary & Lower	54	23.8%	132	58.1%	41	18.1%
	Technical & Higher	151	27.3%	338	61.1%	64	11.6%
	Not Stated	7	58.3%	4	33.3%	1	8.3%
Income	$59,999 or less	26	19.5%	81	60.9%	26	19.5%
	$60,000 to $107,999	48	26.2%	121	66.1%	14	7.7%
	$108,000 & over	50	45.5%	51	46.4%	9	8.2%
	Not Stated	87	23.8%	221	60.4%	58	15.8%

Q68. In general, how satisfied are you with your life?
Question Source: Health Survey of Adults and Children in Bermuda 2006

Quality of Life Comparison 2006 to 2011

There was a decline in the percentage of respondents who said that they were either satisfied or very satisfied with their lives from 96% in 2006 to 87% in 2011 (Figure 3.1). Across all groups, this decline was fairly equivalent. The largest declines in satisfaction with life were for Whites (12%) and those with secondary education or less (13%).

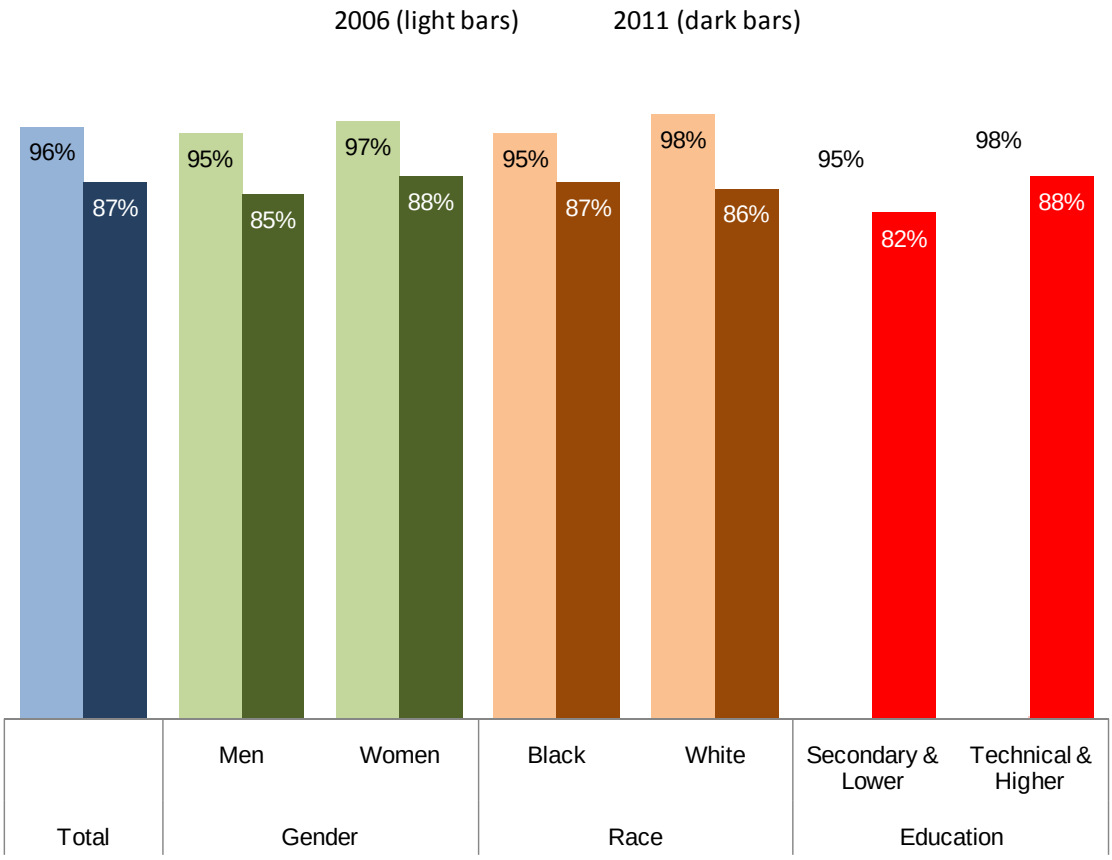

Figure 3.1 Comparison – Percentage satisfied (satisfied or very satisfied) with their lives

4. Emotional Support

Adult Social & Emotional Support

Respondents were asked how often they received the social and emotional support they needed (Table 4.1). Overall, over three-quarters (77.4%) said they always or usually received the emotional support they needed. The groups more likely to receive the emotional support they needed included elderly residents 65 and over (80.2%), Whites (81.8%), those living in adult couple households (82.6%), those in two parent households (85.8%), and residents with an annual household income of $108,000 and over (84.3%). The groups less likely to receive the emotional support they needed included Asian and other races (65.6%), those in one person (70.3%) and single parent households (58.2%), and those with an annual household income under $60,000 (65.2%).

Table 4.1 Receive social and emotional support needed

		Gets the social and emotional support needed					
		Always or Usually		Sometimes or Rarely		Never	
		N	%	N	%	N	%
Total		614	77.4%	163	20.6%	16	2.0%
Gender	Men	293	78.8%	69	18.5%	10	2.7%
	Women	321	76.2%	94	22.3%	6	1.4%
Age	18-34	184	77.6%	49	20.7%	4	1.7%
	35-54	198	78.3%	50	19.8%	5	2.0%
	55-64	82	75.9%	23	21.3%	3	2.8%
	65+	130	80.2%	31	19.1%	1	0.6%
	Not Stated	20	62.5%	9	28.1%	3	9.4%
Race	Black	308	76.8%	84	20.9%	9	2.2%
	White	233	81.8%	49	17.2%	3	1.1%
	Asian & Other	61	65.6%	28	30.1%	4	4.3%
	Not Stated	11	84.6%	2	15.4%	0	0.0%
Household	One person	116	70.3%	43	26.1%	6	3.6%
	Adult Couple	190	82.6%	38	16.5%	2	0.9%
	Two parents	163	85.8%	24	12.6%	3	1.6%
	Single parent	39	58.2%	23	34.3%	5	7.5%
	Not Stated	106	75.7%	34	24.3%	0	0.0%
Education	Secondary & Lower	162	70.7%	64	27.9%	3	1.3%
	Technical & Higher	445	80.0%	98	17.6%	13	2.3%
	Not Stated	7	87.5%	1	12.5%	0	0.0%
Income	$59,999 or less	88	65.2%	42	31.1%	5	3.7%
	$60,000 to $107,999	138	73.8%	43	23.0%	6	3.2%
	$108,000 & over	91	84.3%	13	12.0%	4	3.7%
	Not Stated	297	81.6%	65	17.9%	2	0.5%

Q67. How often do you get the social and emotional support you need?
Question Source: Health Survey of Adults and Children in Bermuda 2006

Emotional Support Comparison 2006 to 2011

The number of respondents receiving the social and emotional support they needed declined across all demographics compared to 2006 (Figure 4.1). Overall, there was a 6 point decline (from 83% in 2006 to 77% in 2011). Some demographic groups declined more than others. The groups that saw the greatest declines were women (9 point decline), Whites (7 point decline), those with a secondary or lower education (8 point decline), and those with a technical or higher education (6 point decline). Men and Blacks had smaller declines of 2%, from 81% to 79% and 79% to 77%, respectively.

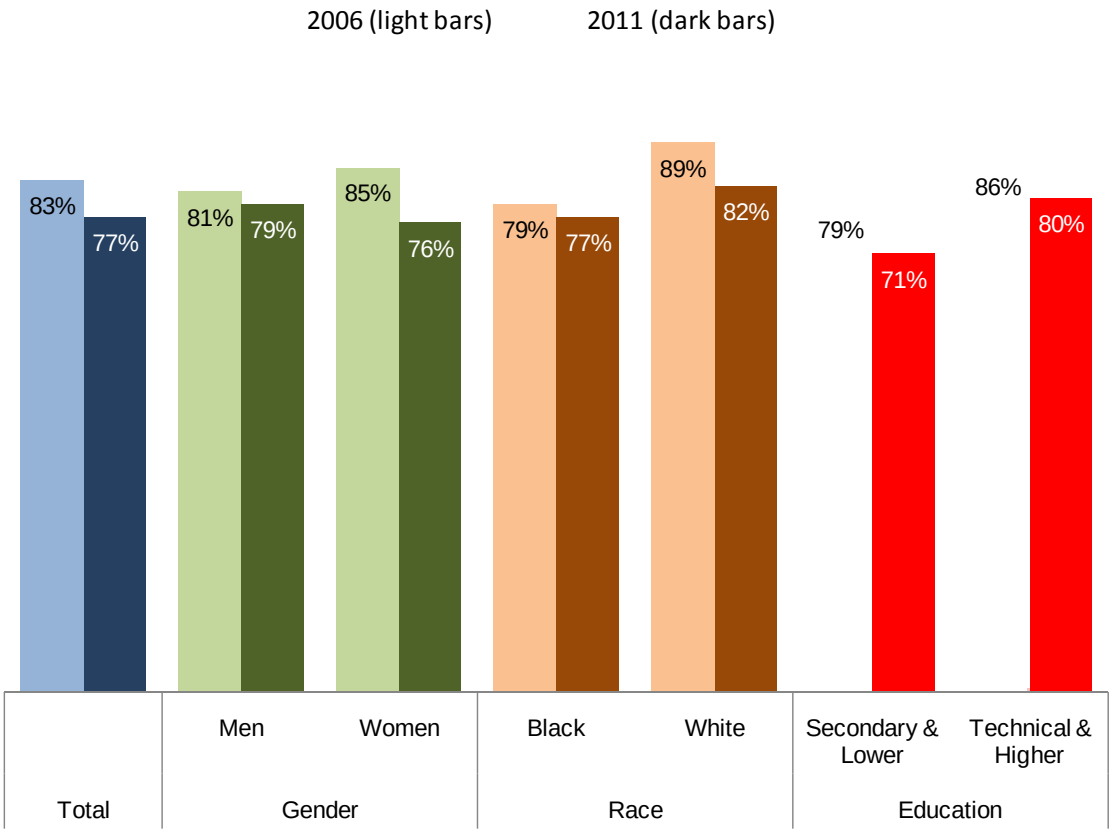

Figure 4.1 Comparison –Always or Usually receive social and emotional support needed

5. Depressive Disorder

Respondents were asked whether they had ever been told by a health professional that they had a depressive disorder, including depression, major depression, dysthymia, or minor depression (Table 5.1). Overall, 14.0% of respondents reported being told they had a depressive disorder; slightly higher in women (15.3%) than men (12.5%). Adults aged 35 to 54 (18.0%) were more likely to have had a depressive disorder. Seniors aged 65 and over (8.5%), Blacks (11.7%), and respondents in two parent households (9.2%), or with a household income over $108,000 (5.5%) were less likely to have a depressive disorder.

Table 5.1 Prevalence of depressive disorder

		Ever had a depressive disorder					
		Yes		No		Total	
		N	%	N	%	N	%
Total		112	14.0%	690	86.0%	802	100.0%
Gender	Men	47	12.5%	330	87.5%	377	100.0%
	Women	65	15.3%	360	84.7%	425	100.0%
Age	18-34	26	10.9%	213	89.1%	239	100.0%
	35-54	46	18.0%	210	82.0%	256	100.0%
	55-64	14	12.8%	95	87.2%	109	100.0%
	65+	14	8.5%	150	91.5%	164	100.0%
	Not Stated	11	33.3%	22	66.7%	33	100.0%
Race	Black	47	11.7%	355	88.3%	402	100.0%
	White	47	16.2%	243	83.8%	290	100.0%
	Asian & Other	15	15.6%	81	84.4%	96	100.0%
	Not Stated	2	15.4%	11	84.6%	13	100.0%
Household	One person	29	17.5%	137	82.5%	166	100.0%
	Adult Couple	39	16.8%	193	83.2%	232	100.0%
	Two parents	18	9.2%	177	90.8%	195	100.0%
	Single parent	9	13.6%	57	86.4%	66	100.0%
	Not Stated	16	11.4%	124	88.6%	140	100.0%
Education	Secondary & Lower	37	16.0%	194	84.0%	231	100.0%
	Technical & Higher	74	13.2%	485	86.8%	559	100.0%
	Not Stated	1	8.3%	11	91.7%	12	100.0%
Income	$59,999 or less	19	14.1%	116	85.9%	135	100.0%
	$60,000 to $107,999	28	15.0%	159	85.0%	187	100.0%
	$108,000 & over	6	5.5%	104	94.5%	110	100.0%
	Not Stated	58	15.7%	311	84.3%	369	100.0%

Q18. Have you ever been told by a doctor, nurse, or other health professional that you have a depressive disorder (including depression, major depression, dysthymia, or minor depression)?
Question Source: Behavioural Risk Factor Surveillance System Questionnaire 2011

6. Asthma

Respondents were asked if they had ever had asthma, and if they currently had it (Table 6.1). Overall, 15.2% of respondents had asthma at some time and 9.8% said they currently had asthma. Women (11.1%) were slightly more likely to have asthma than men (8.2%). Asian and other races (14.6%), single parent households (16.4%), and those with a household income less than $60,000 (14.8%) were more likely to currently have asthma. Those aged 65 and over were slightly less likely to have asthma than other age groups (8.5%).

Table 6.1 Prevalence of asthma

		Prevalence of asthma			
		Ever had asthma		Currently have asthma	
		N	%	N	%
Total		122	15.2%	78	9.8%
Gender	Men	48	12.8%	31	8.2%
	Women	74	17.4%	47	11.1%
Age	18-34	48	20.1%	25	10.5%
	35-54	32	12.5%	24	9.4%
	55-64	18	16.5%	13	11.9%
	65+	19	11.5%	14	8.5%
	Not Stated	5	15.2%	4	12.1%
Race	Black	64	15.9%	39	9.7%
	White	36	12.4%	23	7.9%
	Asian & Other	19	19.8%	14	14.6%
	Not Stated	3	21.4%	3	21.4%
Household	One person	22	13.2%	16	9.6%
	Adult Couple	29	12.5%	20	8.6%
	Two parents	31	15.9%	17	8.7%
	Single parent	18	26.9%	11	16.4%
	Not Stated	22	15.6%	15	10.7%
Education	Secondary & Lower	30	13.0%	22	9.5%
	Technical & Higher	91	16.3%	57	10.2%
	Not Stated	1	8.3%	0	0.0%
Income	$59,999 or less	32	23.7%	20	14.8%
	$60,000 to $107,999	34	18.2%	24	12.8%
	$108,000 & over	22	20.0%	13	11.8%
	Not Stated	34	9.2%	22	6.0%

Q16. Has a doctor, nurse, or other health professional EVER told you that you had asthma?
Q17. Do you still have asthma?
Question Source: Health Survey of Adults and Children in Bermuda 2006

Asthma Comparison 2006 to 2011

Results for 2011 were consistent with results from 2006 regarding adults who currently have asthma (Figure 6.1). Overall, 10% of adults reported currently having asthma in 2011 compared to 9% in 2006. Results were consistent across the demographic groups.

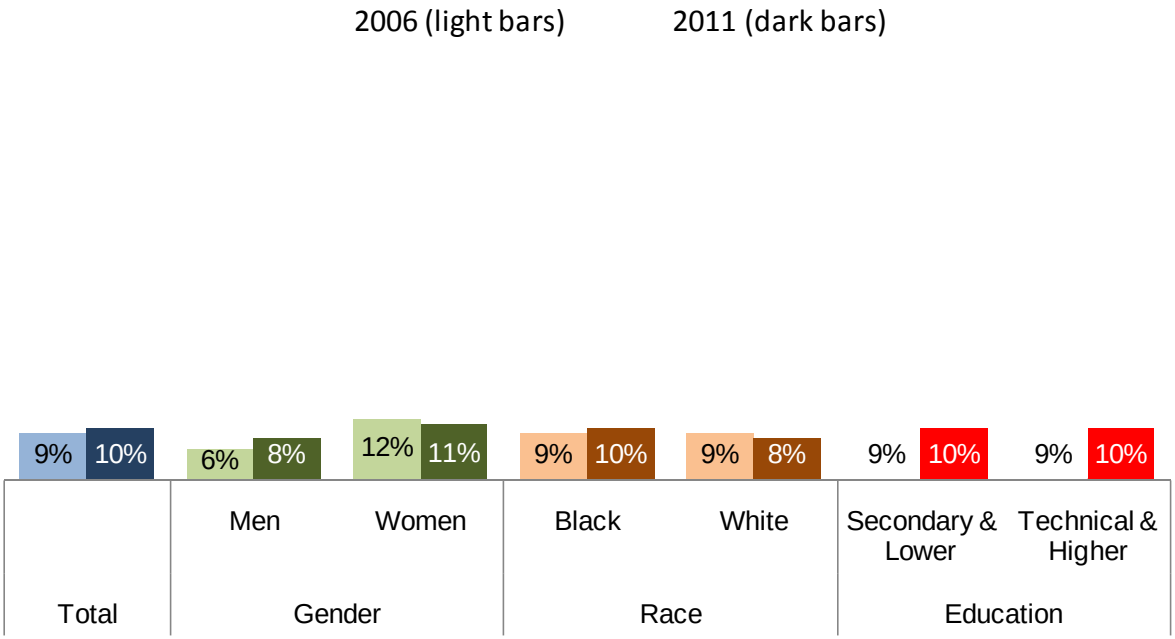

Figure 6.1 Comparison – Prevalence of asthma

7. Diabetes

Respondents were asked if a doctor had ever told them that they had diabetes (Table 7.1). Excluding pre-diabetes or borderline diabetes, but including gestational diabetes, 10.9% reported having diabetes. More women (13.5%) than men (8.0%) had diabetes. Those aged 18 to 34 (5.5%) were less likely to have diabetes, while those aged 65 and over (19.0%) were more likely to have diabetes. Education was a factor in the prevalence of diabetes. Those with a secondary or lower education (17.5%) were more likely to have diabetes than those with technical or higher education (8.4%). Households with income $108,000 and over (7.3%) were less likely to have diabetes. Race and household composition were not significant factors in the prevalence of diabetes.

Table 7.1 Prevalence of diabetes

		Prevalence of diabetes					
		Have diabetes		Do not have diabetes		Total	
		N	%	N	%	N	%
Total		87	10.9%	709	89.1%	796	100.0%
Gender	Men	30	8.0%	345	92.0%	375	100.0%
	Women	57	13.5%	364	86.5%	421	100.0%
Age	18-34	13	5.5%	225	94.5%	238	100.0%
	35-54	25	9.8%	230	90.2%	255	100.0%
	55-64	14	13.1%	93	86.9%	107	100.0%
	65+	31	19.0%	132	81.0%	163	100.0%
	Not Stated	3	9.4%	29	90.6%	32	100.0%
Race	Black	43	10.8%	355	89.2%	398	100.0%
	White	30	10.3%	260	89.7%	290	100.0%
	Asian & Other	12	12.6%	83	87.4%	95	100.0%
	Not Stated	2	15.4%	11	84.6%	13	100.0%
Household	One person	16	9.6%	150	90.4%	166	100.0%
	Adult Couple	25	10.8%	207	89.2%	232	100.0%
	Two parents	16	8.2%	179	91.8%	195	100.0%
	Single parent	7	10.4%	60	89.6%	67	100.0%
	Not Stated	24	17.5%	113	82.5%	137	100.0%
Education	Secondary & Lower	40	17.5%	189	82.5%	229	100.0%
	Technical & Higher	47	8.4%	510	91.6%	557	100.0%
	Not Stated	0	0.0%	10	100.0%	10	100.0%
Income	$59,999 or less	17	12.6%	118	87.4%	135	100.0%
	$60,000 to $107,999	17	9.2%	168	90.8%	185	100.0%
	$108,000 & over	8	7.3%	101	92.7%	109	100.0%
	Not Stated	45	12.3%	322	87.7%	367	100.0%

Q20. Has a doctor, nurse, or other health professional EVER told you that you have diabetes?
Question Source: Health Survey of Adults and Children in Bermuda 2006

Diabetes Comparison 2006 to 2011

The prevalence of diabetes in 2011 (11%) was consistent with 2006 (13%) (Figure 7.1). The prevalence of diabetes in men dropped by 4%, from 12% in 2006 to 8% in 2011. It also dropped by 5% in Blacks, from 16% in 2006 to 11% in 2011. There were no substantive changes in diabetes prevalence between 2011 and 2006 by education level.

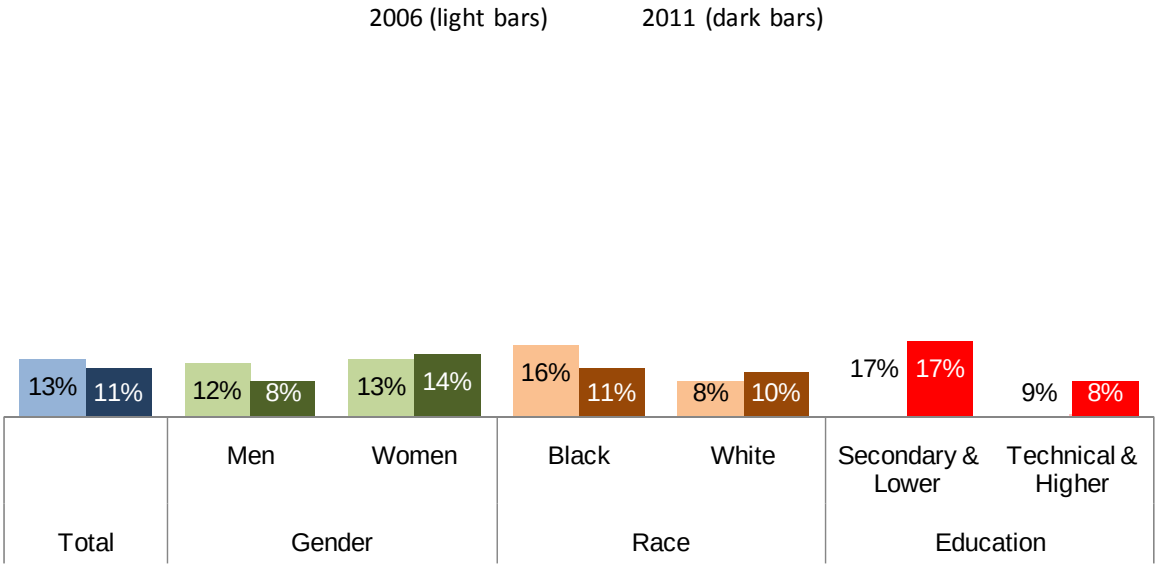

Figure 7.1 Comparison – Prevalence of diabetes

8. Kidney Disease

Respondents were asked if a doctor had ever told them they had kidney disease, excluding kidney stones, bladder infections, or incontinence (Table 8.1). Only 1.7% reported having kidney disease. With such a small sample size of those with kidney disease (N=14), there were very few substantive differences across the demographic groups. However, older adults were more likely to have been diagnosed with kidney disease; 4.6% of adults aged 55 to 64 and 4.2% of adults 65 and over reported that they had kidney disease compared with 0.4% of adults aged 18 to 34 and 0.8% of adults aged 35 to 54. No one with a household income of $108,000 and over reported having kidney disease.

Table 8.1 Prevalence of kidney disease

		Ever had kidney disease					
		Yes		No		Total	
		N	%	N	%	N	%
Total		14	1.7%	788	98.3%	802	100.0%
Gender	Men	4	1.1%	373	98.9%	377	100.0%
	Women	10	2.4%	415	97.6%	425	100.0%
Age	18-34	1	0.4%	238	99.6%	239	100.0%
	35-54	2	0.8%	254	99.2%	256	100.0%
	55-64	5	4.6%	104	95.4%	109	100.0%
	65+	7	4.2%	158	95.8%	165	100.0%
	Not Stated	0	0.0%	33	100.0%	33	100.0%
Race	Black	8	2.0%	394	98.0%	402	100.0%
	White	5	1.7%	285	98.3%	290	100.0%
	Asian & Other	1	1.0%	95	99.0%	96	100.0%
	Not Stated	0	0.0%	13	100.0%	13	100.0%
Household	One person	3	1.8%	163	98.2%	166	100.0%
	Adult Couple	6	2.6%	226	97.4%	232	100.0%
	Two parents	2	1.0%	193	99.0%	195	100.0%
	Single parent	2	3.0%	65	97.0%	67	100.0%
	Not Stated	1	0.7%	139	99.3%	140	100.0%
Education	Secondary & Lower	5	2.2%	225	97.8%	230	100.0%
	Technical & Higher	8	1.4%	550	98.6%	558	100.0%
	Not Stated	0	0.0%	12	100.0%	12	100.0%
Income	$59,999 or less	3	2.2%	132	97.8%	135	100.0%
	$60,000 to $107,999	4	2.1%	183	97.9%	187	100.0%
	$108,000 & over	0	0.0%	110	100.0%	110	100.0%
	Not Stated	7	1.9%	362	98.1%	369	100.0%

Q19. Has a doctor, nurse, or other health professional EVER told you that you have kidney disease? Do NOT include kidney stones, bladder infection or incontinence.
Question Source: Behavioural Risk Factor Surveillance System Questionnaire 2011

9. Hypertension

Respondents were asked when they last had their blood pressure taken by a health professional, whether they had ever been told they had high blood pressure, and whether they were currently taking medication for their high blood pressure (Table 9.1). Almost three-quarters (73.4%) of adults had their blood pressure measured in the past year with 35.5% of those being told they had high blood pressure. Three-quarters (74.5%) of those with high blood pressure were taking medication to control their blood pressure.

Women (79.6%) were more likely than men (66.4%) to have had their blood pressure measured but gender did not make a difference in whether they were told they had high blood pressure; 36.5% of women and 34.5% of men were told they had high blood pressure.

Blacks (40.0%) were more likely to report having high blood pressure than Whites (30.0%) or Asian and other races (31.6%). The prevalence of hypertension increased with age from 13.0% of those aged 18 to 34 to 64.2% of those aged 65 and over reporting high blood pressure. Adults aged 65 and over were more likely to be taking medication to control their blood pressure.

Those in an adult couple household (51.3%) or earning less than $60,000 (38.5%) were more likely to have high blood pressure. Education level was related to high blood pressure. Those with a secondary or lower education (42.9%) were more likely to have high blood pressure than those with a technical or higher education (32.4%). Those with a household income of $108,000 and over were the most likely to have their blood pressure tested (81.3%) but the least likely to have been told they had high blood pressure (20.0%).

Table 9.1 Blood pressure outcomes

Blood pressure outcomes									
		Blood pressure measured in past year		Have been told they have high blood pressure		Currently taking medication to control blood pressure		Have high blood pressure and not taking medication	
		N	%	N	%	N	%	N	%
Total		569	73.4%	285	35.5%	181	74.5%	62	25.5%
Gender	Men	241	66.4%	130	34.5%	87	77.7%	25	22.3%
	Women	328	79.6%	155	36.5%	94	71.8%	37	28.2%
Age	18-34	133	58.8%	31	13.0%	6	27.3%	16	72.7%
	35-54	172	69.4%	71	27.7%	34	63.0%	20	37.0%
	55-64	97	89.8%	67	61.5%	48	77.4%	14	22.6%
	65+	148	90.2%	106	64.2%	88	92.6%	7	7.4%
	Not Stated	21	67.7%	9	27.3%	5	55.6%	4	44.4%
Race	Black	295	76.0%	161	40.0%	109	77.3%	32	22.7%
	White	200	70.9%	87	30.0%	51	76.1%	16	23.9%
	Asian & Other	63	67.7%	30	31.6%	17	60.7%	11	39.3%
	Not Stated	12	92.3%	5	38.5%	4	66.7%	2	33.3%
Household	One person	115	71.0%	61	36.7%	45	80.4%	11	19.6%
	Adult Couple	186	82.7%	119	51.3%	80	78.4%	22	21.6%
	Two parents	137	72.5%	38	19.5%	16	53.3%	14	46.7%
	Single parent	45	71.4%	17	25.4%	6	46.2%	7	53.8%
	Not Stated	86	63.7%	48	34.3%	35	83.3%	7	16.7%
Education	Secondary & Lower	160	72.7%	99	42.9%	69	76.7%	21	23.3%
	Technical & Higher	402	73.6%	181	32.4%	111	75.0%	37	25.0%
	Not Stated	8	72.7%	5	41.7%	1	20.0%	4	80.0%
Income	$59,999 or less	84	65.1%	52	38.5%	34	75.6%	11	24.4%
	$60,000 to $107,999	140	77.8%	67	35.8%	32	60.4%	21	39.6%
	$108,000 & over	87	81.3%	22	20.0%	7	46.7%	8	53.3%
	Not Stated	259	72.1%	144	38.9%	108	83.1%	22	16.9%

Q8. When was the last time your blood pressure was measured?
Q9. Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?
Q10. Are you currently taking medicine for your high blood pressure?
Question Source: Health Survey of Adults and Children in Bermuda 2006

Hypertension Comparison 2006 to 2011

The prevalence of high blood pressure increased from 25% in 2006 to 36% in 2011 (Figure 9.1). Although both men and women saw an increase in high blood pressure in 2011, the increase was slightly higher for men with an 11% increase compared to 9% for women. Both Blacks and Whites showed a 10% increase in the prevalence of hypertension from 2006 to 2011. Those with a secondary or lower education had a 12% increase in the prevalence of high blood pressure and those with a technical or higher education had a 11% increase. The number of those in the 18 to 34 age group with high blood pressure has almost doubled from 7.4% in 2006 to 13% in 2011.

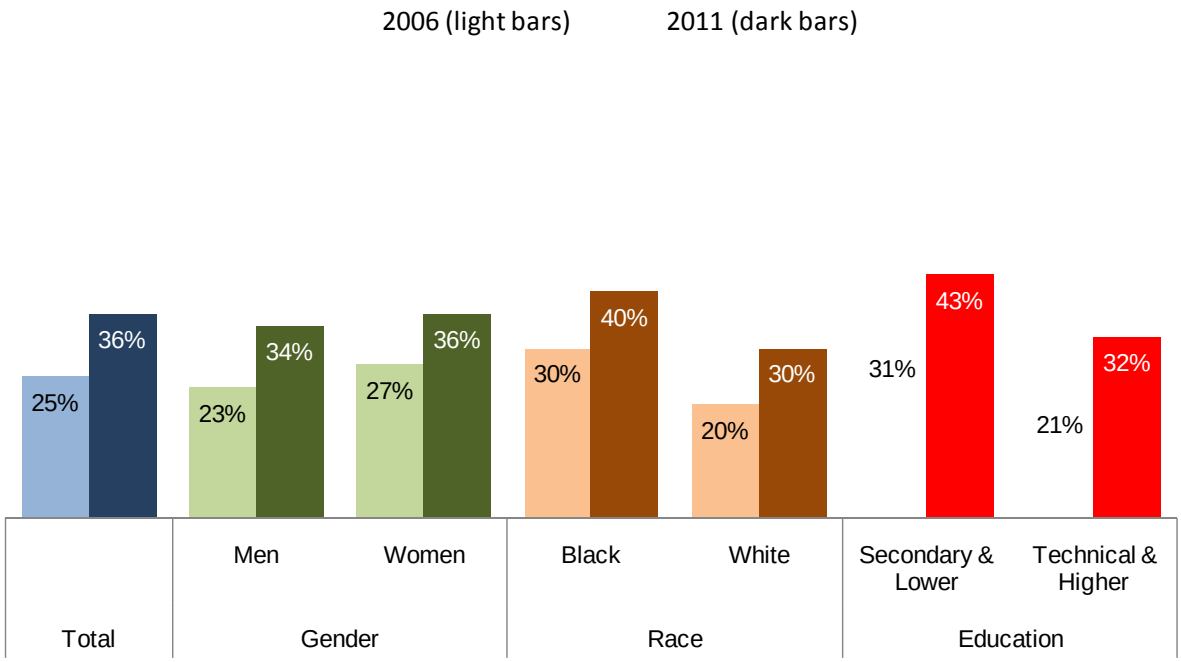

Figure 9.1 Comparison - Have high blood pressure

10. Cholesterol

Respondents were asked if they had ever had their blood cholesterol checked, if so how long ago, and whether they had ever been told by a health professional that they had high blood cholesterol (Table 10.1). One-quarter (25.1%) of respondents had never had their blood cholesterol checked. Women (27.9%), those aged 18 to 34 years (56.7%), those in single parent households (39.3%), those with secondary or lower education (30.2%), and those with household income less than $60,000 (36.4%) were more likely to have never had their blood cholesterol checked. Of those that had their blood cholesterol checked, 93.5% had it checked in the past two years, and 34.1% were told they had high blood cholesterol. Gender was not a factor in having high blood cholesterol but there were differences by age. Those aged 55 to 64 (50.0%) and 65 and over (49.6%) were more likely to have high blood cholesterol. Asian and other races (42.9%), those with a secondary or lower education (49.7%), and those with an income of less than $60,000 (47.2%) were more likely to have high blood cholesterol.

Table 10.1 Blood cholesterol outcomes

		Blood cholesterol outcomes					
		Never had blood cholesterol checked		Blood cholesterol checked in previous 2 years		Have high cholesterol	
		N	%	N	%	N	%
Total		187	25.1%	517	93.5%	188	34.1%
Gender	Men	75	21.7%	253	94.8%	92	34.6%
	Women	112	27.9%	264	92.3%	96	33.6%
Age	18-34	118	56.7%	76	89.4%	11	12.4%
	35-54	45	18.6%	180	91.8%	50	25.5%
	55-64	5	4.7%	96	95.0%	51	50.0%
	65+	17	10.6%	139	97.2%	69	49.6%
	Not Stated	2	6.9%	26	96.3%	7	25.9%
Race	Black	106	27.9%	254	93.7%	93	34.7%
	White	54	20.4%	198	94.3%	64	30.5%
	Asian & Other	26	29.2%	54	87.1%	27	42.9%
	Not Stated	2	15.4%	11	100.0%	4	36.4%
Household	One person	29	18.6%	119	93.7%	44	35.5%
	Adult Couple	27	12.6%	176	94.1%	69	36.9%
	Two parents	55	30.2%	119	93.7%	41	32.3%
	Single parent	24	39.3%	33	91.7%	6	16.2%
	Not Stated	52	39.4%	69	90.8%	27	35.1%
Education	Secondary & Lower	65	30.2%	143	96.6%	73	49.7%
	Technical & Higher	121	23.2%	367	92.2%	114	28.6%
	Not Stated	2	20.0%	7	100.0%	1	12.5%
Income	$59,999 or less	43	36.4%	69	93.2%	34	47.2%
	$60,000 to $107,999	37	20.8%	127	90.7%	34	24.1%
	$108,000 & over	19	18.8%	72	88.9%	23	28.0%
	Not Stated	88	25.2%	250	96.9%	97	37.6%

Q11. Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked?
Q12. About how long has it been since you last had your blood cholesterol checked?
Q13. Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?
Question Source: Health Survey of Adults and Children in Bermuda 2006

Cholesterol Comparison 2006 to 2011

The prevalence of high blood cholesterol in 2011 remained unchanged from 2006 overall and across gender and race (Figure 10.1). There was an 8% increase in the prevalence of high blood cholesterol for those with a secondary or lower education, from 42% in 2006 to 50% in 2011.

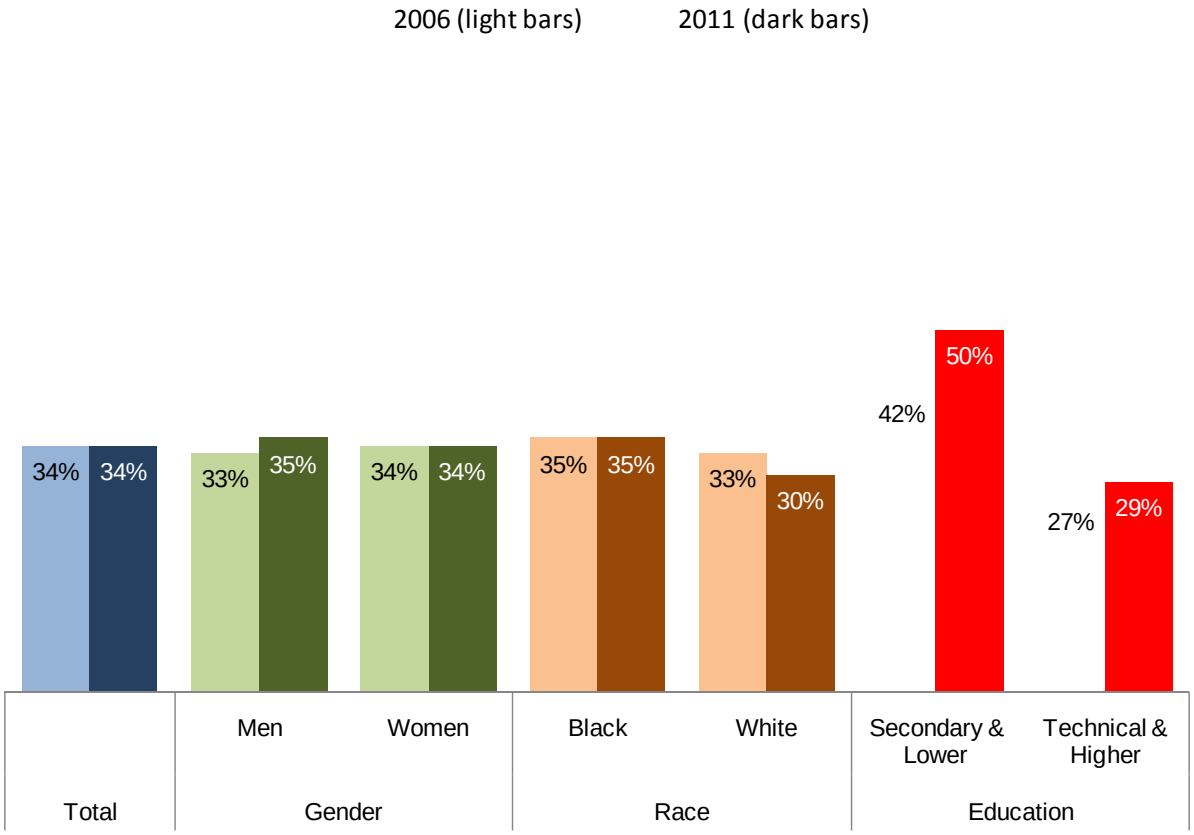

Figure 10.1 Comparison – Have high blood cholesterol

11. Cardiovascular Disease

Respondents were asked if they had ever been told by a health professional that they'd had a heart attack, coronary heart disease or a stroke (Table 11.1). Overall, 2.9% of respondents reported that they´d had a heart attack, 4.7% reported coronary heart disease, and 2.0% reported that they'd had a stroke. Men were slightly more likely to have cardiovascular disease than women. Cardiovascular disease was most prevalent in adults 65 and over. In this age bracket, 7.9% reported having had a heart attack, 15.2% coronary heart disease, and 6.1% a stroke. Blacks (4.2%) were more likely to have had a heart attack compared to Whites (1.4%) and Asian and other races (2.1%). Cardiovascular disease was also linked to socioeconomic status. Those with a secondary or lower education were more likely to have had a heart attack (4.8%), coronary heart disease (9.5%), and a stroke (3.0%). Those with a household income less than $60,000 were more likely to have had a heart attack (5.2%) than other income groups. Adult couple households were more likely to have coronary heart disease (6.0%).

Table 11.1 Cardiovascular disease prevalence

Cardiovascular disease prevalence							
		Ever had a heart attack		Ever had coronary heart disease		Ever had a stoke	
		N	%	N	%	N	%
Total		23	2.9%	38	4.7%	16	2.0%
Gender	Men	13	3.5%	21	5.6%	8	2.1%
	Women	10	2.4%	17	4.0%	8	1.9%
Age	18-34	1	0.4%	1	0.4%	1	0.4%
	35-54	5	2.0%	5	2.0%	1	0.4%
	55-64	4	3.7%	6	5.5%	5	4.6%
	65+	13	7.9%	25	15.2%	10	6.1%
	Not Stated	0	0.0%	2	6.1%	0	0.0%
Race	Black	17	4.2%	20	5.0%	8	2.0%
	White	4	1.4%	11	3.8%	8	2.8%
	Asian & Other	2	2.1%	5	5.2%	1	1.0%
	Not Stated	0	0.0%	2	15.4%	0	0.0%
Household	One person	7	4.2%	8	4.8%	2	1.2%
	Adult Couple	8	3.4%	14	6.0%	7	3.0%
	Two parents	3	1.5%	5	2.6%	2	1.0%
	Single parent	2	3.0%	1	1.5%	1	1.5%
	Not Stated	3	2.1%	11	7.9%	4	2.9%
Education	Secondary & Lower	11	4.8%	22	9.5%	7	3.0%
	Technical & Higher	11	2.0%	16	2.9%	9	1.6%
	Not Stated	0	0.0%	1	8.3%	0	0.0%
Income	$59,999 or less	7	5.2%	5	3.7%	2	1.5%
	$60,000 to $107,999	3	1.6%	4	2.1%	3	1.6%
	$108,000 & over	1	0.9%	1	0.9%	1	0.9%
	Not Stated	12	3.3%	28	7.6%	11	3.0%

14. Have you ever been told by a doctor, nurse, or other health professional that you had a heart attack also called myocardial infarction?
Q15. Ever told you had angina or coronary heart disease?
Q21. Ever told you had a stroke?
Question Source: Health Survey of Adults and Children in Bermuda 2006

Cardiovascular Disease Comparison 2006 to 2011

The prevalence of coronary heart disease remained low in 2011 (5%), consistent with 2006 (3%) across all demographics except those with a secondary or lower education who saw a slight increase in coronary heart disease, from 6% in 2006 to 10% in 2011 (Figure 11.1).

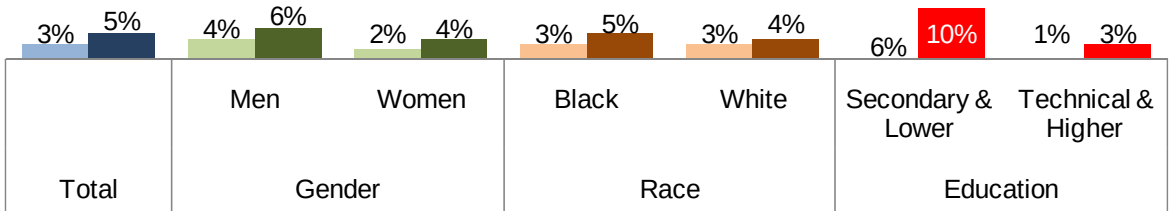

Figure 11.1 Comparison – Prevalence of coronary heart disease

Early Warning Symptoms of Stroke

Respondents were asked about their knowledge of the early warning symptoms or signs a person having a stroke would show (Table 11.2). The most common response was "problems talking and understanding what others are saying" (42.9%) followed by "weakness or numbness down one side of the body" (41.7%) and "confusion" (28.5%).

Table 11.2 Knowledge of early warning symptoms of a stroke – all reasons

Knowledge of early warning symptoms of a stroke - all reasons		
	N	%
Problems talking and understanding what others are saying	344	42.9%
Weakness or numbness down one side of the body	334	41.7%
Confusion	228	28.5%
Problems with balance and coordination	185	23.1%
Dizziness	150	18.7%
Loss of consciousness	131	16.4%
Severe headache	79	9.8%
Difficulty swallowing	60	7.4%
Other	37	4.7%
Don't know/ Not sure	194	24.3%

Q22. To the best of your knowledge, what early warning symptoms are signs would a person having a stroke show?
Question Source: Department of Health 2007 Well Bermuda Study

Early Warning Symptoms of Stroke – Don`t know/Not sure

Almost one-quarter of respondents did not know or were not sure of the early warning symptoms of a stroke (Table 11.3). There was no difference in knowledge between men and women. Those aged 35 to 54 (84.8%) and those with a household income of $108,000 and over (81.8%) were the most knowledgeable about the early warning symptoms of a stroke. Those with a secondary or lower education were the least knowledgeable, with 33.3% unaware of the warning symptoms.

Table 11.3 Knowledge of early warning symptoms of a stroke

Knowledge of early warning symptoms of a stroke							
		Don't know/ Not sure		Know at least one symptom		Total	
		N	%	N	%	N	%
Total		194	24.3%	606	75.8%	800	100.0%
Gender	Men	92	24.5%	284	75.5%	376	100.0%
	Women	102	24.1%	322	75.9%	424	100.0%
Age	18-34	71	29.7%	168	70.3%	239	100.0%
	35-54	39	15.2%	217	84.8%	256	100.0%
	55-64	28	25.9%	80	74.1%	108	100.0%
	65+	50	30.5%	114	69.5%	164	100.0%
	Not Stated	6	18.2%	27	81.8%	33	100.0%
Race	Black	103	25.6%	299	74.4%	402	100.0%
	White	63	21.7%	227	78.3%	290	100.0%
	Asian & Other	26	27.1%	70	72.9%	96	100.0%
	Not Stated	3	23.1%	10	76.9%	13	100.0%
Household	One person	30	18.1%	136	81.9%	166	100.0%
	Adult Couple	44	19.0%	188	81.0%	232	100.0%
	Two parents	51	26.2%	144	73.8%	195	100.0%
	Single parent	19	28.4%	48	71.6%	67	100.0%
	Not Stated	50	35.7%	90	64.3%	140	100.0%
Education	Secondary & Lower	77	33.3%	154	66.7%	231	100.0%
	Technical & Higher	113	20.2%	446	79.8%	559	100.0%
	Not Stated	5	41.7%	7	58.3%	12	100.0%
Income	$59,999 or less	42	31.1%	93	68.9%	135	100.0%
	$60,000 to $107,999	46	24.6%	141	75.4%	187	100.0%
	$108,000 & over	20	18.2%	90	81.8%	110	100.0%
	Not Stated	86	23.3%	283	76.7%	369	100.0%

Q22. To the best of your knowledge, what early warning symptoms are signs would a person having a stroke show?
Question Source: Department of Health 2007 Well Bermuda Study

Warning Signs of Stroke Comparison 2007 to 2011

The number of respondents who did not know or were not sure of the early warning symptoms of a stroke remained relatively unchanged from 2007 (22%) to 2011 (24%) (Figure 11.3). The number of women and Blacks who were not aware of the symptoms increased 5% and 4%, respectively from 2007 to 2011.

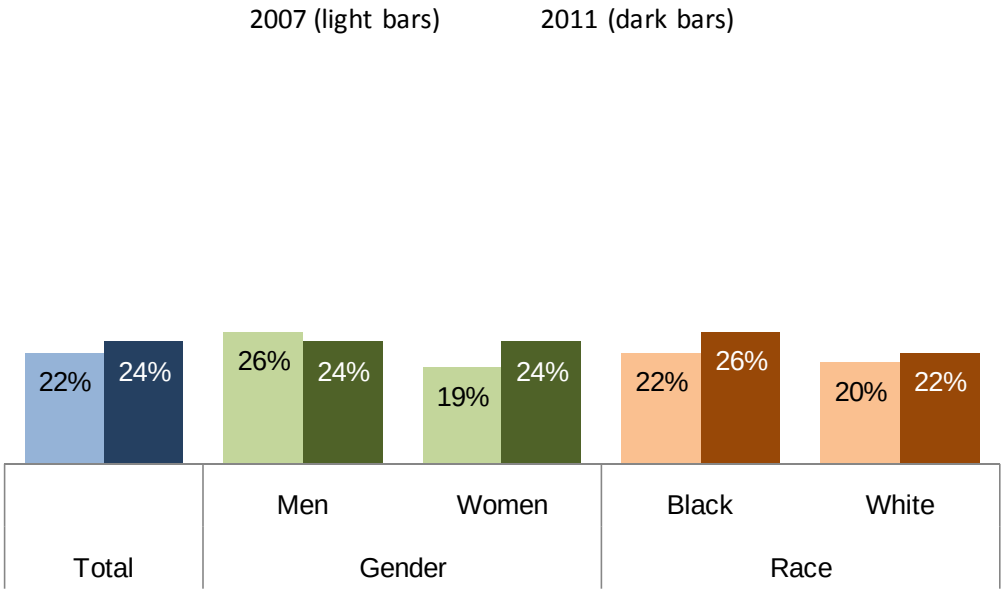

Figure 11.3 Comparison – Don't know or not sure of early warning symptoms of a stroke

12. Overweight and Obesity

Respondents were asked their body weight and height. These self-reports and the respondents' gender were used to calculate the Body Mass Index, a population measure which uses the ratio of weight to height to indicate whether persons are underweight, of healthy body weight, overweight or obese (Table 12.1). Two-thirds (66.7%) of respondents were overweight or obese. Men (72.2%) were more likely to be overweight or obese than women (61.6%). Those aged 55 to 64 (78.7%), Asian and other races (73.7%), those in adult couple households (73.1%), those with a secondary or lower education (72.1%), and those with a moderate annual income between $60,000 and $107,999 (71.9%) were also more likely to be overweight or obese. Single parent households (46.7%) and those with a high household income of $108,000 and over (39.6%) were more likely to have a normal body weight.

Table 12.1 Body Mass Index (BMI)

		BMI Category							
		Normal Weight		Overweight		Obese		Total	
		N	%	N	%	N	%	N	%
Total		218	33.3%	236	36.0%	201	30.7%	655	100.0%
Gender	Men	88	27.8%	132	41.6%	97	30.6%	317	100.0%
	Women	130	38.5%	104	30.8%	104	30.8%	338	100.0%
Age	18-34	86	40.6%	70	33.0%	56	26.4%	212	100.0%
	35-54	62	29.7%	76	36.4%	71	34.0%	209	100.0%
	55-64	20	21.3%	36	38.3%	38	40.4%	94	100.0%
	65+	45	34.6%	51	39.2%	34	26.2%	130	100.0%
	Not Stated	6	60.0%	3	30.0%	1	10.0%	10	100.0%
Race	Black	102	30.9%	118	35.8%	110	33.3%	330	100.0%
	White	93	39.1%	87	36.6%	58	24.4%	238	100.0%
	Asian & Other	20	26.3%	25	32.9%	31	40.8%	76	100.0%
	Not Stated	4	30.8%	6	46.2%	3	23.1%	13	100.0%
Household	One person	40	30.3%	49	37.1%	43	32.6%	132	100.0%
	Adult Couple	49	26.9%	84	46.2%	49	26.9%	182	100.0%
	Two parents	61	34.9%	61	34.9%	53	30.3%	175	100.0%
	Single parent	28	46.7%	15	25.0%	17	28.3%	60	100.0%
	Not Stated	41	38.7%	27	25.5%	38	35.8%	106	100.0%
Education	Secondary & Lower	53	27.9%	66	34.7%	71	37.4%	190	100.0%
	Technical& Higher	164	35.7%	166	36.2%	129	28.1%	459	100.0%
	Not Stated	2	28.6%	4	57.1%	1	14.3%	7	100.0%
Income	$59,999 or less	35	30.2%	42	36.2%	39	33.6%	116	100.0%
	$60,000 to $107,999	46	28.0%	65	39.6%	53	32.3%	164	100.0%
	$108,000 & over	40	39.6%	35	34.7%	26	25.7%	101	100.0%
	Not Stated	98	35.6%	94	34.2%	83	30.2%	275	100.0%

Q27. About how much do you weigh without shoes in pounds?
Q29. About how tall are you without shoes in feet and inches?
Question Source: Health Survey of Adults and Children in Bermuda 2006

Overweight and Obesity Comparison 2006 to 2011

The prevalence of overweight and obese adults rose slightly in 2011 (67%) compared to 2006 (64%) (Figure 12.1). Women's weight results remained unchanged but men's results increased 4%. Whites had a 7% increase in the incidence of overweight and obese adults in 2011, whereas Blacks had a decline of 4%.

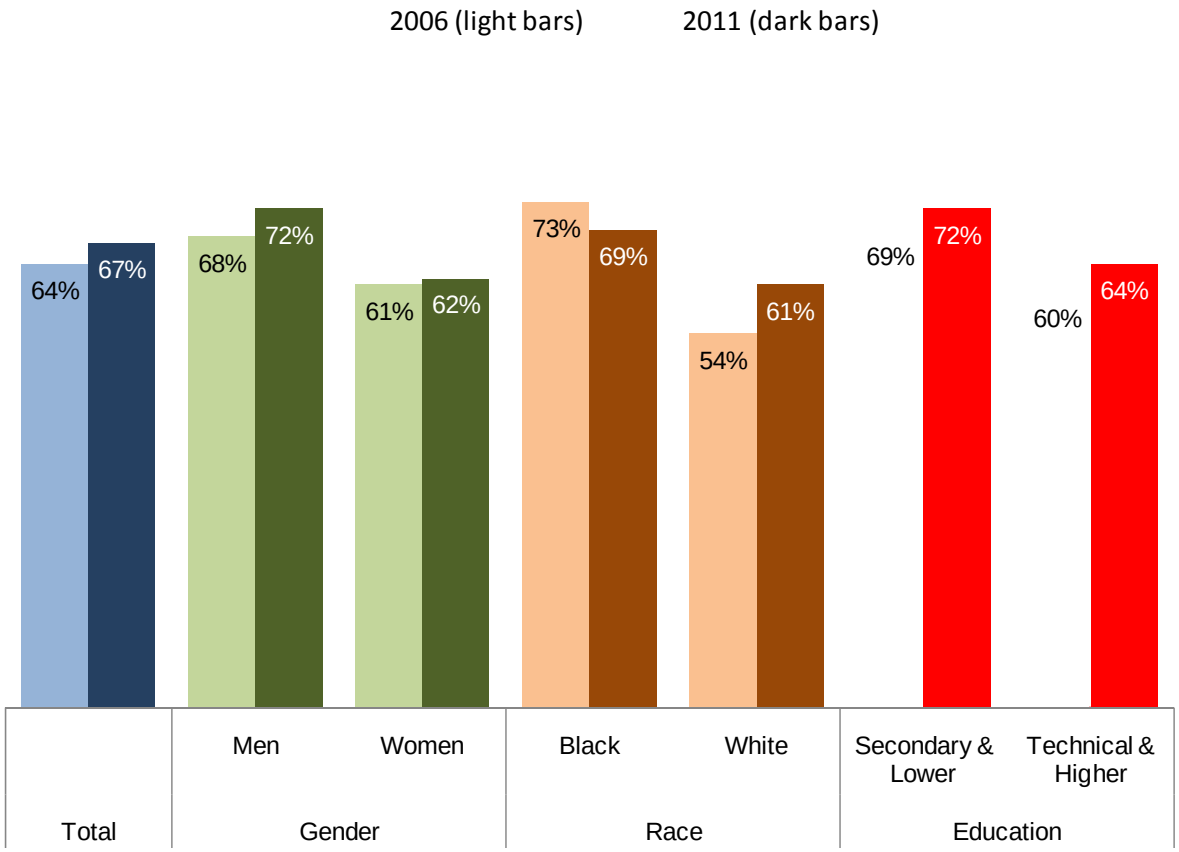

Figure 12.1 Comparison – Overweight and obese adults

Self-assessment of Weight

Respondents were asked to describe their weight; whether they considered themselves underweight, normal weight or overweight (Table 12.2). In total, 54.7% described themselves as normal weight; however the BMI findings (Table 12.1) showed only 33.3% had normal weight. More women (51.0%) considered themselves overweight than men (34.5%). Adults aged 55 to 64 (55.6%) were most likely to consider themselves overweight. There was little difference among racial groups, household types, education, and income level in describing themselves as overweight. However in contrast to the BMI findings, 53.8% of Asian and other races were more likely to describe themselves as having a normal body weight when only 26.3% actually were normal weight. Likewise, 43.5% of those aged 55 to 64 described themselves as normal weight but only 21.3% actually were.

Table 12.2 Self-assessment of weight

		Self-assessment of weight							
		Underweight		Normal Weight		Overweight		Total	
		N	%	N	%	N	%	N	%
Total		17	2.2%	429	54.7%	338	43.1%	784	100.0%
Gender	Men	10	2.7%	235	62.8%	129	34.5%	374	100.0%
	Women	7	1.7%	194	47.3%	209	51.0%	410	100.0%
Age	18-34	5	2.1%	140	59.1%	92	38.8%	237	100.0%
	35-54	5	2.0%	127	50.8%	118	47.2%	250	100.0%
	55-64	1	0.9%	47	43.5%	60	55.6%	108	100.0%
	65+	7	4.4%	95	59.7%	57	35.8%	159	100.0%
	Not Stated	0	0.0%	20	64.5%	11	35.5%	31	100.0%
Race	Black	6	1.5%	211	53.8%	175	44.6%	392	100.0%
	White	11	3.8%	161	56.3%	114	39.9%	286	100.0%
	Asian & Other	0	0.0%	50	53.8%	43	46.2%	93	100.0%
	Not Stated	1	7.7%	7	53.8%	5	38.5%	13	100.0%
Household	One person	1	0.6%	95	57.9%	68	41.5%	164	100.0%
	Adult Couple	6	2.6%	122	53.3%	101	44.1%	229	100.0%
	Two parents	4	2.1%	103	53.6%	85	44.3%	192	100.0%
	Single parent	1	1.5%	36	53.7%	30	44.8%	67	100.0%
	Not Stated	6	4.5%	73	54.5%	55	41.0%	134	100.0%
Education	Secondary & Lower	8	3.5%	112	49.6%	106	46.9%	226	100.0%
	Technical & Higher	10	1.8%	309	56.3%	230	41.9%	549	100.0%
	Not Stated	0	0.0%	8	80.0%	2	20.0%	10	100.0%
Income	$59,999 or less	4	3.0%	69	51.9%	60	45.1%	133	100.0%
	$60,000 to $107,999	7	3.8%	85	45.7%	94	50.5%	186	100.0%
	$108,000 & over	0	0.0%	62	56.9%	47	43.1%	109	100.0%
	Not Stated	7	2.0%	213	59.7%	137	38.4%	357	100.0%

Q28. How would you describe your weight?
Question Source: Health Survey of Adults and Children in Bermuda 2006

Body Weight Comparison 2006 to 2011

The number of adults who described themselves as overweight declined slightly from 46% in 2006 to 43% in 2011 (Figure 12.2). Blacks declined by 4% and those with a technical and higher education declined by 5%. Those with a secondary and lower education increased by 3%. Overall perceptions of overweight and obesity declined, but were not in line with actual prevalence of overweight and obesity, which increased since 2006. Whites had a 7% increase in overweight and obesity, but they reported a 3% decline in describing themselves as overweight.

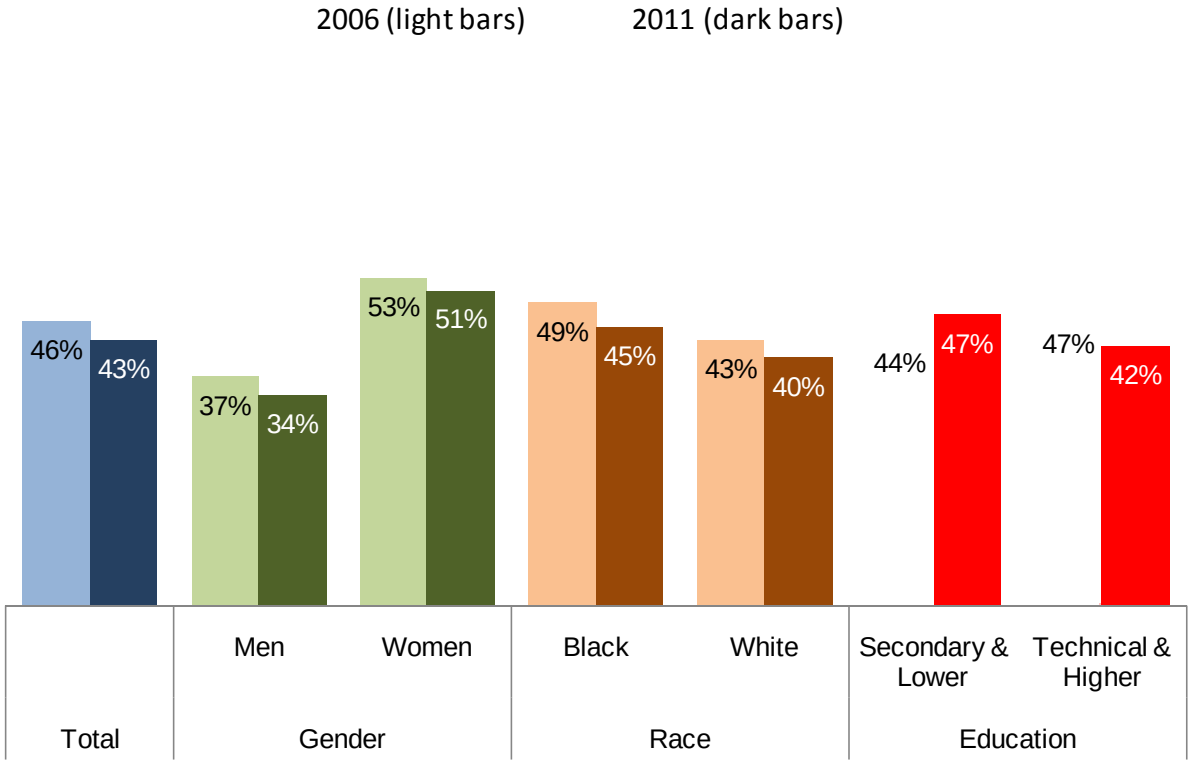

Figure 12.2 Comparison – self-assessment of overweight adults

13. Nutrition

Fruit Consumption

Respondents were asked how many servings of fruit they usually eat (Table 13.1). Almost three-quarters (73.3%) reported having at least one serving of fruit per day. Women were more likely to eat at least one serving of fruit per day (75.9%) compared to men (70.3%). Fruit consumption increased with age with young adults aged 18 to 34 years most likely to eat less than one serving of fruit per day (42.2%) and seniors most likely to eat more than one serving of fruit per day (89.3%). Those in adult couple (81.5%) and two parent (77.4%) households, those with a technical or higher education (74.6%), and those with a household income of $108,000 and over (75.5%) were more likely to eat at least one serving of fruit per day. Those whose income was less than $60,000 ate the least amount of fruit, with 38.3% reporting that they ate less than one serving per day. Race was not a significant factor in fruit consumption.

Table 13.1 Number of fruit servings consumed

		Number of fruit servings consumed							
		Less than one serving per day		One to two servings per day		Three or more servings per day		Total	
		N	%	N	%	N	%	N	%
Total		203	26.6%	404	53.0%	155	20.3%	762	100.0%
Gender	Men	104	29.6%	196	55.8%	51	14.5%	351	100.0%
	Women	99	24.1%	208	50.6%	104	25.3%	411	100.0%
Age	18-34	95	42.2%	102	45.3%	28	12.4%	225	100.0%
	35-54	60	24.9%	123	51.0%	58	24.1%	241	100.0%
	55-64	18	17.1%	62	59.0%	25	23.8%	105	100.0%
	65+	17	10.8%	102	64.6%	39	24.7%	158	100.0%
	Not Stated	12	40.0%	14	46.7%	4	13.3%	30	100.0%
Race	Black	103	27.1%	205	53.9%	72	18.9%	380	100.0%
	White	73	26.4%	145	52.3%	59	21.3%	277	100.0%
	Asian & Other	23	25.3%	47	51.6%	21	23.1%	91	100.0%
	Not Stated	3	25.0%	7	58.3%	2	16.7%	12	100.0%
Household	One person	56	34.8%	73	45.3%	32	19.9%	161	100.0%
	Adult Couple	41	18.5%	137	61.7%	44	19.8%	222	100.0%
	Two parents	42	22.6%	99	53.2%	45	24.2%	186	100.0%
	Single parent	21	33.9%	34	54.8%	7	11.3%	62	100.0%
	Not Stated	42	33.1%	60	47.2%	25	19.7%	127	100.0%
Education	Secondary & Lower	66	30.6%	116	53.7%	34	15.7%	216	100.0%
	Technical & Higher	136	25.4%	281	52.5%	118	22.1%	535	100.0%
	Not Stated	1	11.1%	6	66.7%	2	22.2%	9	100.0%
Income	$59,999 or less	49	38.3%	59	46.1%	20	15.6%	128	100.0%
	$60,000 to $107,999	55	31.1%	88	49.7%	34	19.2%	177	100.0%
	$108,000 & over	26	24.5%	53	50.0%	27	25.5%	106	100.0%
	Not Stated	72	20.7%	203	58.3%	73	21.0%	348	100.0%

Q42. How many servings of fruit do you usually eat (do not count fruit juice)? (For example, a portion of fruit at breakfast would be one serving.)
Question Source: Health Survey of Adults and Children in Bermuda 2006

Fruit Consumption Comparison 2006 to 2011

Fruit consumption of one or more servings per day declined slightly from 2006 (76%) to 2011 (73%) (Figure 13.1). Consumption was unchanged for Blacks and men, but Whites had the greatest decline of 6%, followed by women with a 5% decline. Fruit consumption declined by 4% for both levels of education.

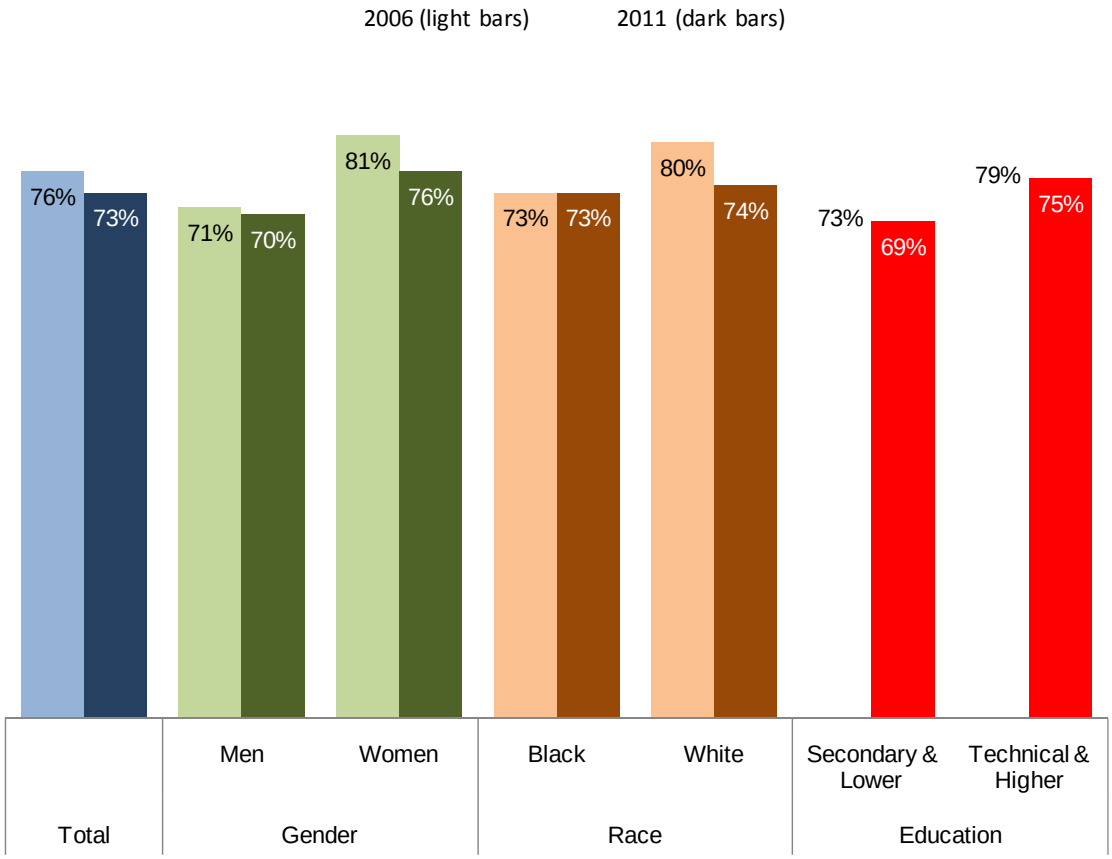

Figure 13.1 Comparison – One or more servings of fruit consumed per day

Vegetable Consumption

Respondents were asked how many servings of vegetables they usually eat (Table 13.2). Most reported they had one or two servings per day (72.5%) with 18.7% having three or more servings per day and 8.9% having less than one serving per day. Men were more likely to eat one to two servings (75.0%) but women were more likely to eat three or more servings (20.2%). Adults aged 18 to 34 were more likely to have less than one serving per day (15.9%) while adults aged 65 and over were more likely to have three or more servings per day (22.3%). Whites (27.1%) and those with a technical or higher education (21.4%) were also more likely to have three servings of vegetables per day. Single parent households consumed the least amount of vegetables, with 19.4% having less than one serving per day and only 11.3% having three or more servings per day. Low vegetable consumption was not influenced by income, but eating three or more servings per day increased with higher income, with 20.6% of those earning $108,000 and over consuming three or more servings per day compared to 11.7% of those earning less than $60,000 per year.

Table 13.2 Number of vegetable servings consumed

		Number of vegetable servings consumed							
		Less than one serving per day		One to two servings per day		Three or more servings per day		Total	
		N	%	N	%	N	%	N	%
Total		68	8.9%	555	72.5%	143	18.7%	766	100.0%
Gender	Men	29	8.1%	267	75.0%	60	16.9%	356	100.0%
	Women	39	9.5%	288	70.2%	83	20.2%	410	100.0%
Age	18-34	36	15.9%	154	67.8%	37	16.3%	227	100.0%
	35-54	20	8.2%	180	73.5%	45	18.4%	245	100.0%
	55-64	5	4.7%	82	76.6%	20	18.7%	107	100.0%
	65+	6	3.8%	116	73.9%	35	22.3%	157	100.0%
	Not Stated	0	0.0%	25	80.6%	6	19.4%	31	100.0%
Race	Black	47	12.3%	283	74.1%	52	13.6%	382	100.0%
	White	12	4.3%	192	68.6%	76	27.1%	280	100.0%
	Asian & Other	8	8.7%	69	75.0%	15	16.3%	92	100.0%
	Not Stated	0	0.0%	12	100.0%	0	0.0%	12	100.0%
Household	One person	15	9.1%	117	71.3%	32	19.5%	164	100.0%
	Adult Couple	10	4.5%	166	74.4%	47	21.1%	223	100.0%
	Two parents	24	12.6%	128	67.4%	38	20.0%	190	100.0%
	Single parent	12	19.4%	43	69.4%	7	11.3%	62	100.0%
	Not Stated	7	5.5%	101	79.5%	19	15.0%	127	100.0%
Education	Secondary & Lower	27	12.6%	163	76.2%	24	11.2%	214	100.0%
	Technical & Higher	41	7.6%	386	71.1%	116	21.4%	543	100.0%
	Not Stated	0	0.0%	7	77.8%	2	22.2%	9	100.0%
Income	$59,999 or less	14	10.9%	99	77.3%	15	11.7%	128	100.0%
	$60,000 to $107,999	18	10.1%	127	71.3%	33	18.5%	178	100.0%
	$108,000 & over	12	11.2%	73	68.2%	22	20.6%	107	100.0%
	Not Stated	23	6.5%	257	73.0%	72	20.5%	352	100.0%

Q43. How many servings of vegetables do you usually eat? (For example, a serving of vegetables at both lunch and dinner would be two servings.)
Question Source: Health Survey of Adults and Children in Bermuda 2006

Vegetable Consumption Comparison 2006 to 2011

Consumption of three or more servings of vegetables remained consistent from 17% in 2006 to 19% in 2011 (Figure 13.2). Whites had an increase of 8 percentage points, from 19% in 2006 to 27% in 2011. Men had a five point increase, from 13% to 17% in 2011.

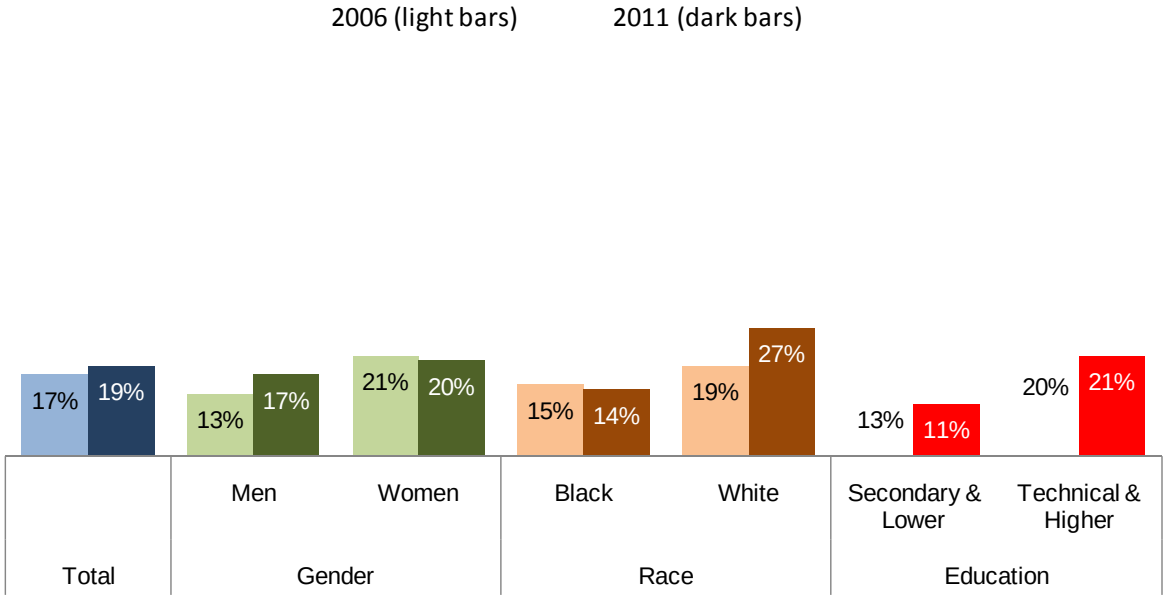

Figure 13.2 Comparison – Three or more servings of vegetables consumed per day

Fast Food Consumption

Respondents were asked how frequently they consumed fast food such as hamburgers, fried chicken, hot dogs and french fries. Responses were grouped into four categories: three times per week or more, one to two times per week, fortnightly or less, or never (Table 13.3). The majority of respondents consumed fast food one to two times per week (47.0%), with 19.2% consuming fast food three times per week or more, 13.5% fortnightly or less and 20.4% never consuming fast food. Results were relatively even between men and women. Adults aged 18 to 34 consumed the most fast food, with 33.8% responding three times per week or more while adults 65 and over consumed the least amount of fast food, with 39.5% responding never. Of those in the Asian and other racial groups, 29.2% reported consuming fast food three times per week or more, higher than Blacks (19.3%) and Whites (15.4%). Single parent households (29.7%), those with a secondary or lower education (28.1%), and those earning less than $60,000 (35.4%) were more likely to consume fast food three times per week or more.

Table 13.3 Frequency of fast food consumption

		Frequency of fast food consumption							
		3x p/week or more		1 -2x p/week		Fortnightly or less		Never	
		N	%	N	%	N	%	N	%
Total		145	19.2%	355	47.0%	102	13.5%	154	20.4%
Gender	Men	71	20.4%	161	46.3%	39	11.2%	77	22.1%
	Women	74	18.1%	194	47.5%	63	15.4%	77	18.9%
Age	18-34	88	38.8%	98	43.2%	22	9.7%	19	8.4%
	35-54	33	13.6%	128	52.7%	41	16.9%	41	16.9%
	55-64	9	8.9%	47	46.5%	22	21.8%	23	22.8%
	65+	8	5.1%	74	47.1%	13	8.3%	62	39.5%
	Not Stated	7	24.1%	9	31.0%	4	13.8%	9	31.0%
Race	Black	74	19.3%	179	46.7%	53	13.8%	77	20.1%
	White	42	15.4%	134	49.3%	41	15.1%	55	20.2%
	Asian & Other	26	29.2%	39	43.8%	8	9.0%	16	18.0%
	Not Stated	3	23.1%	4	30.8%	0	0.0%	6	46.2%
Household	One person	30	18.8%	73	45.6%	17	10.6%	40	25.0%
	Adult Couple	28	13.0%	97	45.1%	31	14.4%	59	27.4%
	Two parent	37	19.7%	92	48.9%	29	15.4%	30	16.0%
	Single parent	19	29.7%	32	50.0%	7	10.9%	6	9.4%
	Not Stated	31	24.2%	62	48.4%	17	13.3%	18	14.1%
Education	Secondary & Lower	62	28.1%	107	48.4%	16	7.2%	36	16.3%
	Technical & Higher	83	15.7%	244	46.3%	84	15.9%	116	22.0%
	Not Stated	0	0.0%	5	55.6%	2	22.2%	2	22.2%
Income	$59,999 or less	46	35.4%	52	40.0%	11	8.5%	21	16.2%
	$60,000 to $107,999	28	15.7%	99	55.6%	29	16.3%	22	12.4%
	$108,000 & over	21	20.0%	44	41.9%	23	21.9%	17	16.2%
	Not Stated	51	14.9%	160	46.8%	38	11.1%	93	27.2%

Q44. How often do you eat fast food meals such as hamburgers, fried chicken, hot dogs, French-fries, milk shakes, soda?
Question Source: Health Survey of Adults and Children in Bermuda 2006

Fast Food Consumption Comparison 2006 to 2011

Consumption of fast food dropped 5% from 2006 to 2011 (Figure 13.3). Overall, 71% of respondents reported consuming fast food one to two times per week or more in 2006 compared to 66% in 2011. Consumption dropped for men (5% decline), women (4% decline), Blacks (8% decline), and those with a technical or higher education (10% decline), but Whites remained relatively equal. Consumption increased by 7% for those with a secondary or lower education (77% in 2011 versus 70% in 2006).

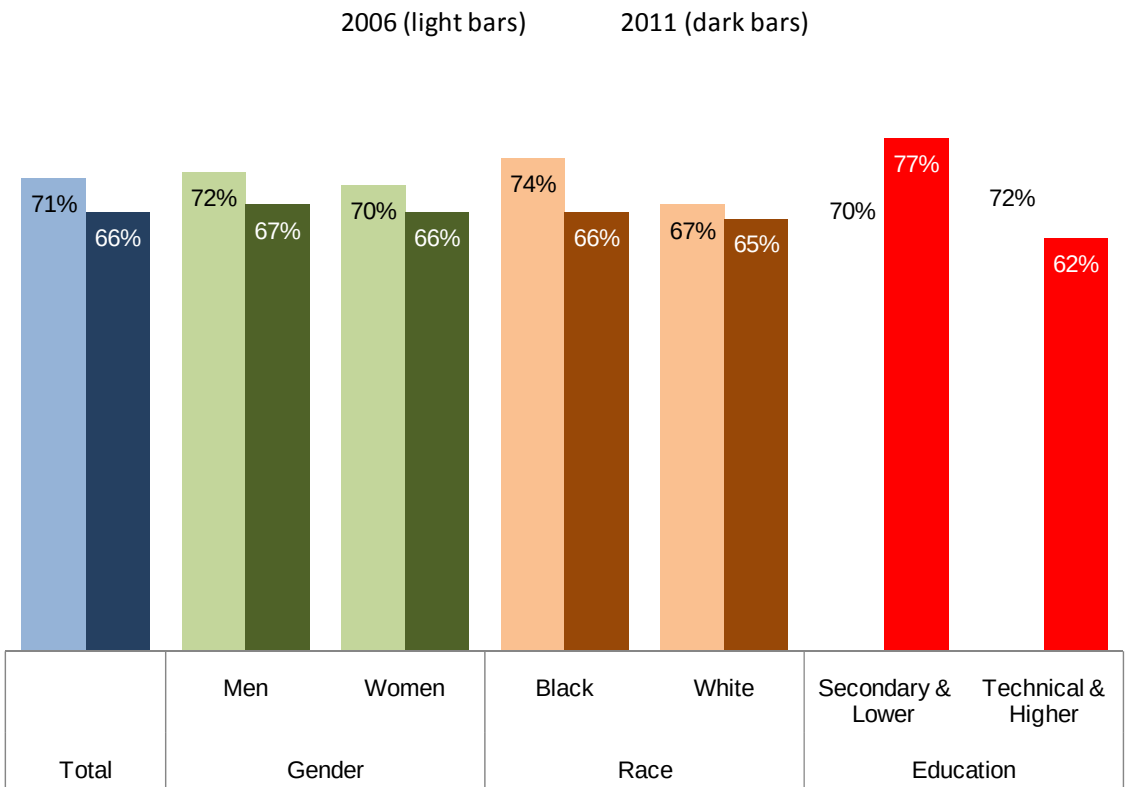

Figure 13.3 Comparison – Consumption of fast food one to two times per week or more

Breakfast Consumption

Respondents were asked how often they ate breakfast (Table 13.4). Almost three-quarters (74.2%) of respondents ate breakfast five to seven times per week. Women were more likely to eat breakfast more frequently, with 10.2% having breakfast three to four times per week and 77.4% having breakfast five to seven times per week compared to men (6.7% and 70.6%, respectively). Adults aged 65 and over (91.4%), Blacks (77.3%), and those with a household income of $108,000 and over (76.6%) were more likely to have breakfast five to seven times per week. Level of education and household type were not factors in breakfast consumption. Men (12.6%), younger adults aged 18 to 34 (15.5%), households with income less than $60,000 (11.3%), and two parent households (10.3%) were more likely to have breakfast less than once per week.

Table 13.4 Frequency of breakfast consumption

		Frequency of breakfast consumption									
		Less than once per week		Once or twice per week		Three to four times per week		Five to seven times per week		Total	
		N	%	N	%	N	%	N	%	N	%
Total		72	9.1%	65	8.2%	68	8.6%	590	74.2%	795	100.0%
Gender	Men	47	12.6%	38	10.2%	25	6.7%	264	70.6%	374	100.0%
	Women	25	5.9%	27	6.4%	43	10.2%	326	77.4%	421	100.0%
Age	18-34	37	15.5%	22	9.2%	24	10.1%	155	65.1%	238	100.0%
	35-54	21	8.3%	27	10.7%	22	8.7%	183	72.3%	253	100.0%
	55-64	8	7.5%	9	8.4%	11	10.3%	79	73.8%	107	100.0%
	65+	2	1.2%	4	2.5%	8	4.9%	149	91.4%	163	100.0%
	Not Stated	4	12.9%	2	6.5%	2	6.5%	23	74.2%	31	100.0%
Race	Black	28	7.1%	27	6.8%	35	8.8%	306	77.3%	396	100.0%
	White	33	11.4%	22	7.6%	25	8.6%	210	72.4%	290	100.0%
	Asian & Other	10	10.6%	15	16.0%	7	7.4%	62	66.0%	94	100.0%
	Not Stated	1	7.7%	0	0.0%	1	7.7%	11	84.6%	13	100.0%
Household	One person	14	8.4%	18	10.8%	14	8.4%	121	72.5%	167	100.0%
	Adult Couple	14	6.1%	20	8.7%	19	8.3%	177	77.0%	230	100.0%
	Two parents	20	10.3%	9	4.6%	16	8.2%	150	76.9%	195	100.0%
	Single parent	5	7.7%	7	10.8%	6	9.2%	47	72.3%	65	100.0%
	Not Stated	19	13.7%	12	8.6%	14	10.1%	94	67.6%	139	100.0%
Education	Secondary & Lower	24	10.5%	24	10.5%	17	7.4%	164	71.6%	229	100.0%
	Technical & Higher	46	8.3%	40	7.2%	51	9.2%	418	75.3%	555	100.0%
	Not Stated	1	10.0%	1	10.0%	0	0.0%	8	80.0%	10	100.0%
Income	$59,999 or less	15	11.3%	18	13.5%	10	7.5%	90	67.7%	133	100.0%
	$60,000 to $107,999	13	7.1%	20	10.9%	21	11.4%	130	70.7%	184	100.0%
	$108,000 & over	9	8.1%	6	5.4%	11	9.9%	85	76.6%	111	100.0%
	Not Stated	35	9.6%	20	5.5%	26	7.1%	284	77.8%	365	100.0%

Q45. How often do you eat breakfast?
Question Source: Health Survey of Adults and Children in Bermuda 2006

Breakfast Consumption Comparison 2006 to 2011

Breakfast consumption in 2011 was on par with 2006 with approximately one-quarter of respondents having breakfast less than five times per week (23% in 2006 and 26% in 2011) (Figure 13.4). Whites and those with a secondary or lower education had the largest increases (7% and 5%, respectively).

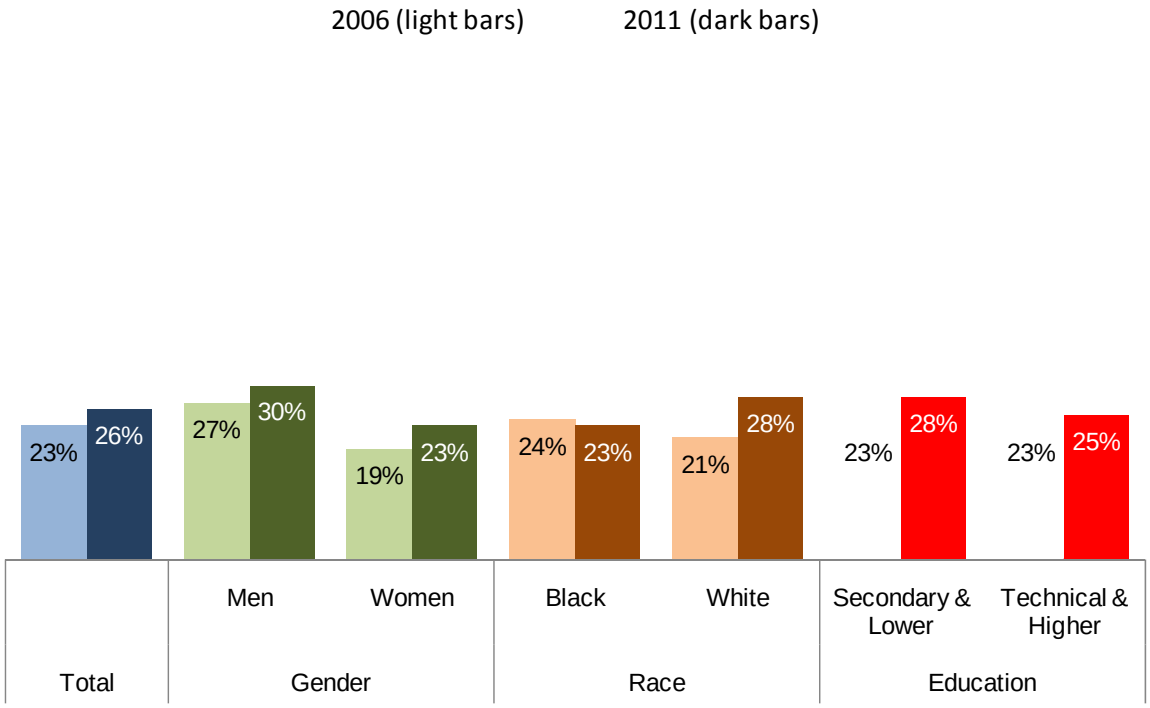

Figure 13.4 Comparison – Breakfast consumption less than five times per week

14. Exercise and Physical Activity

Respondents were asked about the amount and frequency of moderate and vigorous activity they engaged in on a weekly basis (Tables 14.1 and 14.2). Moderate activities were described as "causing small increases in breathing or heart rate, such as brisk walking, bicycling, vacuuming or gardening" and vigorous activities described as those causing "large increases in breathing or heart rate, such as running, aerobics or heavy yard work".

Sedentary Behaviour

Overall, 17.9% of adults engaged in moderate physical activity less than once per week and could be considered sedentary. Those aged 55 to 64 (20.2%) and 65 and over (22.4%) tended to be more sedentary than the younger age groups. One person households (22.8%) were more likely to be sedentary, as well as those with a secondary or lower education (26.1%). Households with an income of $108,000 and over (11.8%) were less likely to be sedentary than other income groups. Gender and race were not contributing factors in sedentary behaviour.

Figure 14.1 Engagement in moderate physical activity for at least 10 minutes at a time

Engagement in moderate physical activity for at least 10 minutes at a time							
		Less than once per week (sedentary)		At least once per week		Total	
		N	%	N	%	N	%
Total		142	17.9%	653	82.1%	795	100.0%
Gender	Men	71	19.0%	302	81.0%	373	100.0%
	Women	71	16.8%	351	83.2%	422	100.0%
Age	18-34	37	15.7%	199	84.3%	236	100.0%
	35-54	38	14.9%	217	85.1%	255	100.0%
	55-64	22	20.2%	87	79.8%	109	100.0%
	65+	37	22.4%	128	77.6%	165	100.0%
	Not Stated	9	28.1%	23	71.9%	32	100.0%
Race	Black	71	17.7%	330	82.3%	401	100.0%
	White	54	18.7%	235	81.3%	289	100.0%
	Asian & Other	16	17.0%	78	83.0%	94	100.0%
	Not Stated	1	7.7%	12	92.3%	13	100.0%
Household	One person	38	22.8%	129	77.2%	167	100.0%
	Adult Couple	43	18.9%	184	81.1%	227	100.0%
	Two parents	22	11.3%	173	88.7%	195	100.0%
	Single parent	9	13.4%	58	86.6%	67	100.0%
	Not Stated	31	22.0%	110	78.0%	141	100.0%
Education	Secondary & Lower	60	26.1%	170	73.9%	230	100.0%
	Technical & Higher	81	14.6%	473	85.4%	554	100.0%
	Not Stated	1	8.3%	11	91.7%	12	100.0%
Income	$59,999 or less	25	18.5%	110	81.5%	135	100.0%
	$60,000 to $107,999	33	17.9%	151	82.1%	184	100.0%
	$108,000 & over	13	11.8%	97	88.2%	110	100.0%
	Not Stated	72	19.6%	295	80.4%	367	100.0%

Q46. How many days per week do you do moderate activities for at least 10 minutes at a time?
Question Source: Health Survey of Adults and Children in Bermuda 2006

Sedentary Behaviour Comparison 2006 to 2011

Overall, the percentage of sedentary individuals had not changed from 2006 to 2011 (18%) (Figure 14.1). This was consistent across demographic groups, except race. There was an 8% increase in sedentary behaviour among Whites, from 11% in 2006 to 19% in 2011; while sedentary behaviour among Blacks decreased from 22% to 18%.

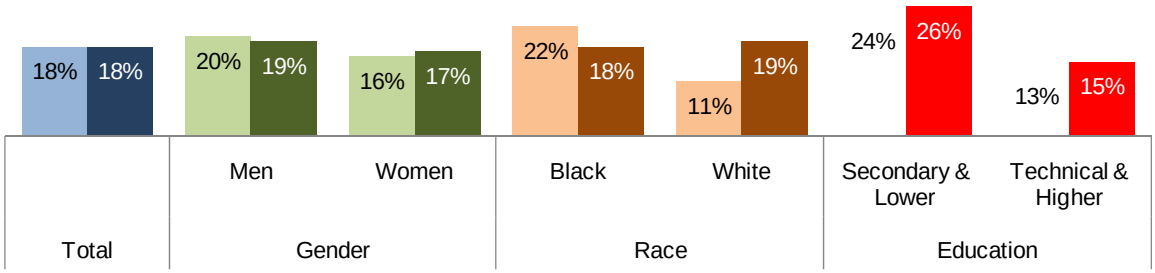

Figure 14.1 Comparison – Adult activity level less than once per week (sedentary)

Moderate and Vigorous Activity

In terms of moderate physical activity, 52.6% of respondents did at least 30 minutes three times per week and 32.0% did 30 minutes five times per week. For vigorous activity, 21.0% did 30 minutes at least three times per week but only 3.5% did so five times per week. Gender was not a significant factor except slightly more men (23.0%) than women (19.2%) engaged in vigorous physical activity three times per week. Those aged 35 to 54 (49.6%), Asian and other races (50.0%), one person households (47.6%) and those with a secondary education or lower (46.5%) were less likely to do moderate activities three times per week. Those aged 65 and over were less likely to participate in vigorous activity three (7.9%) or five times (0.6%) per week. Those aged 18 to 34 were more likely to participate in vigorous activity three times (35.0%) and five times (8.1%) per week than other age groups. Households with children were more likely to participate in vigorous activity three times per week (two parent, 31.3%; single parent 25.8%) and five times per week (two parent, 7.7%; single parent 6.0%) than childless households. Those with a technical or higher education were almost twice as likely to participate in vigorous activity three times per week than those with a secondary or lower education (24.5% versus 12.6%, respectively). Higher income households ($108,000 and over) were more likely to participate in vigorous activity three times per week (25.5%).

Table 14.2 Frequency and duration of moderate and vigorous physical activity

Frequency and duration of moderate and vigorous physical activity									
		Moderate physical activity for 30 minutes				Vigorous physical activity for 30 minutes			
		At least 3 times per week		5 times per week		At least 3 times per week		5 times per week	
		N	%	N	%	N	%	N	%
Total		420	52.6%	256	32.0%	167	21.0%	28	3.5%
Gender	Men	197	52.5%	123	32.8%	86	23.0%	13	3.5%
	Women	223	52.6%	133	31.3%	81	19.2%	15	3.6%
Age	18-34	129	54.2%	74	31.0%	83	35.0%	19	8.1%
	35-54	127	49.6%	76	29.7%	51	20.1%	6	2.4%
	55-64	60	55.0%	40	37.0%	16	14.7%	1	0.9%
	65+	90	54.9%	60	36.6%	13	7.9%	1	0.6%
	Not Stated	14	43.8%	6	18.8%	4	12.9%	0	0.0%
Race	Black	211	52.6%	121	30.2%	83	20.8%	16	4.0%
	White	157	54.1%	104	35.7%	63	21.8%	10	3.5%
	Asian & Other	48	50.0%	31	32.3%	18	19.4%	2	2.2%
	Not Stated	6	42.9%	1	7.7%	3	21.4%	0	0.0%
Household	One person	79	47.6%	44	26.5%	24	14.5%	2	1.2%
	Adult Couple	136	58.9%	91	39.4%	41	18.1%	3	1.3%
	Two parents	106	54.4%	69	35.4%	61	31.3%	15	7.7%
	Single parent	38	56.7%	21	31.3%	17	25.8%	4	6.0%
	Not Stated	61	43.6%	32	22.7%	23	16.4%	4	2.8%
Education	Secondary & Lower	107	46.5%	62	27.0%	29	12.6%	5	2.2%
	Technical & Higher	306	54.8%	188	33.7%	136	24.5%	22	4.0%
	Not Stated	8	66.7%	6	50.0%	2	16.7%	1	9.1%
Income	$59,999 or less	72	53.3%	40	29.6%	27	20.0%	5	3.7%
	$60,000 to $107,999	90	48.4%	56	30.1%	38	20.7%	5	2.7%
	$108,000 & over	60	54.5%	38	34.5%	28	25.5%	5	4.6%
	Not Stated	199	53.9%	122	33.1%	73	19.9%	13	3.5%

Q47. On the days when you do moderate activities, how much total time per day do you spend doing these activities?
Q49. On days when you do vigorous activities for at least 10 minutes at a time how much total time per day do you spend doing these activities?
Question Source: Health Survey of Adults and Children in Bermuda 2006

Moderate Physical Activity Comparison 2006 to 2011

Participation in moderate physical activity for 30 minutes at least three times per week improved significantly from 27% in 2006 to 53% in 2011 (Figure 14.2a). This change was consistent across gender, race, and education level with improvements between 23 and 28 points.

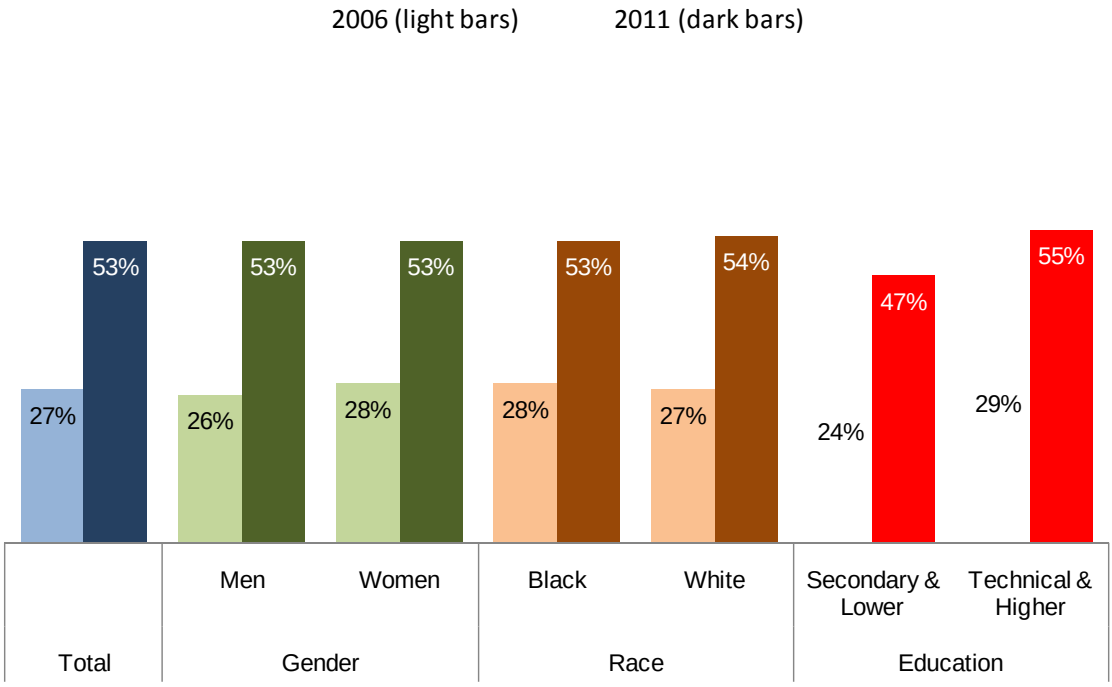

Figure 14.2a Comparison – Moderate physical activity for 30 minutes, at least three times per week

Vigorous Physical Activity Comparison 2006 to 2011

While participation in moderate physical activity at least three times per week increased since 2006, participation in vigorous physical activity remained relatively unchanged, from 20% in 2006 to 21% in 2011 (Figure 14.2b). Vigorous physical activity increased slightly for men (3%) and Whites (3%) but remained the same for women, Blacks, and those with a secondary or lower or technical or higher education.

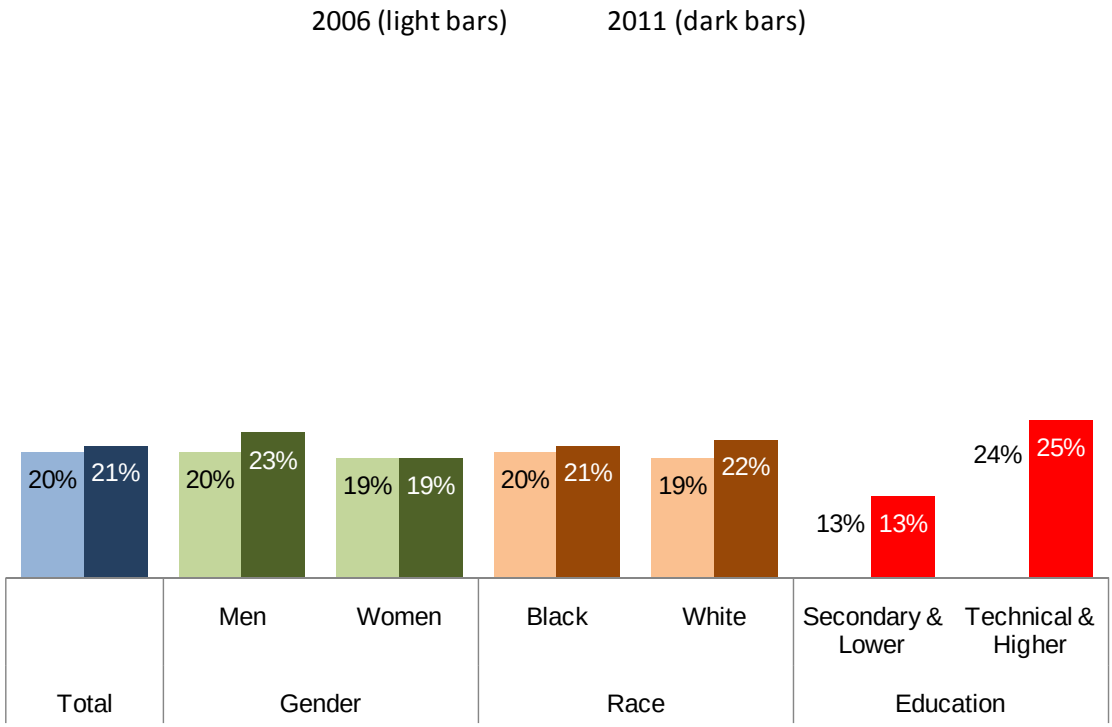

Figure 14.2b Comparison – Vigorous physical activity for 30 minutes, at least three times per week

Television Viewing

Respondents were asked how many hours of television they watched on a daily basis (Table 14.3). The majority of respondents (83.0%) watched two or more hours of television per day, with little difference among gender, age or household composition. Blacks (87.5%), those with a secondary or lower education (88.5%), and those with a household income less than $60,000 (88.0%) were more likely to watch at least two hours of television per day. More women (14.3%) than men (9.5%) watched more than five hours of television a day. Those aged 55 to 64 (15.8%) were more likely to watch more than five hours per day than other age groups. Whites were less likely to watch television with 21.6% watching less than two hours a day while Asian and other races were more likely to watch more than five hours per day (16.4%). Those with a household income of $108,000 and over were less likely to watch television, with 24.5% reporting less than two hours a day.

Table 14.3 Hours of television watched daily

		Hours of television watched daily					
		Less than 2 hours		2 - 5 hours		More than 5 hours	
		N	%	N	%	N	%
Total		108	16.9%	452	70.8%	78	12.2%
Gender	Men	45	16.4%	204	74.2%	26	9.5%
	Women	63	17.4%	248	68.3%	52	14.3%
Age	18-34	34	18.4%	131	70.8%	20	10.8%
	35-54	32	16.5%	143	73.7%	19	9.8%
	55-64	15	15.8%	65	68.4%	15	15.8%
	65+	24	16.3%	104	70.7%	19	12.9%
	Not Stated	3	18.8%	9	56.3%	4	25.0%
Race	Black	41	12.5%	248	75.6%	39	11.9%
	White	49	21.6%	152	67.0%	26	11.5%
	Asian & Other	13	17.8%	48	65.8%	12	16.4%
	Not Stated	6	54.5%	4	36.4%	1	9.1%
Household	One person	18	15.1%	86	72.3%	15	12.6%
	Adult Couple	31	17.0%	128	70.3%	23	12.6%
	Two parent	30	17.6%	127	74.7%	13	7.6%
	Single parent	10	16.9%	39	66.1%	10	16.9%
	Not Stated	19	17.4%	73	67.0%	17	15.6%
Education	Secondary & Lower	20	11.5%	117	67.2%	37	21.3%
	Technical & Higher	85	18.7%	329	72.5%	40	8.8%
	Not Stated	3	37.5%	5	62.5%	0	0.0%
Income	$59,999 or less	13	12.0%	76	70.4%	19	17.6%
	$60,000 to $107,999	26	16.6%	114	72.6%	17	10.8%
	$108,000 & over	25	24.5%	70	68.6%	7	6.9%
	Not Stated	44	16.3%	191	70.7%	35	13.0%

Q50. How many hours of television do you watch on an average day (include weekends)?
Question Source: Health Survey of Adults and Children in Bermuda 2006

Television Viewing Comparison 2006 to 2011

Television viewing increased significantly across all demographics (Figure 14.3). Overall, it increased 11%, from 72% in 2006 to 83% in 2011. Blacks and those with a secondary or lower education had the highest increases of 12% each. Men went from 75% to 84% (9% increase) and women went from 70% to 83% (13% increase). Whites increased 9% and those with a technical or higher education increased 11%.

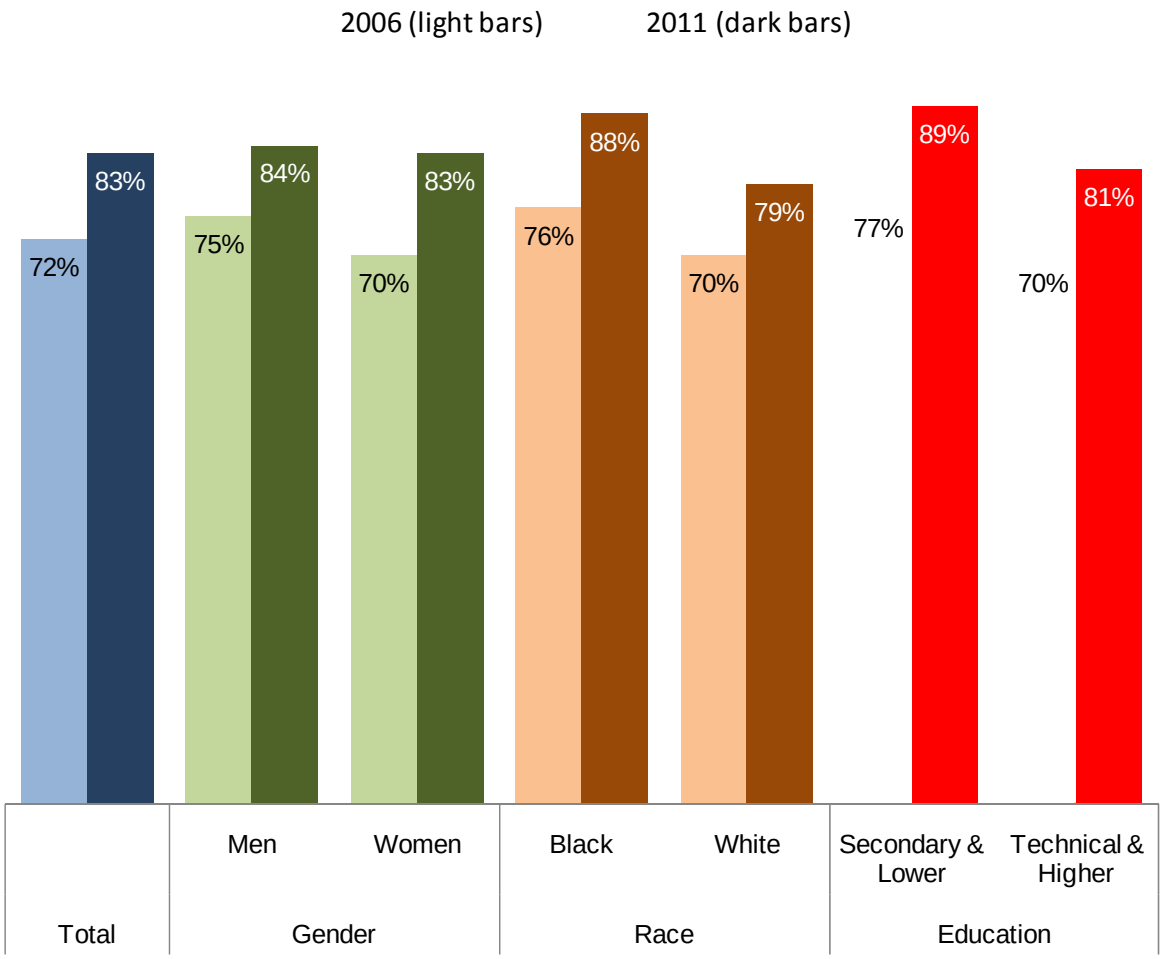

Figure 14.3 Comparison – Two or more hours of television watched daily

15. Women's Health

Mammogram

Women aged 40 years and over were asked if they had ever had a mammogram, an x-ray of each breast to check for breast cancer (Table 15.1). Overall, 92.8% of women aged 40 and over had a mammogram at some point in their lives. Women in adult couple households (98.6%) and of Asian or other races (100.0%) were the most likely to have ever had a mammogram. Of the women who had had a mammogram, 65.9% said they had done so within the past year, a further 19.8% had a mammogram one to two years ago, and 12.9% said that they had their mammogram more than two years prior. Women aged 65 years and older (54.5%), those of Asian and other races (53.8%), those in adult couple households (56.9%), and those with a secondary education and lower (57.8%) were less likely to have had a mammogram in the last year.

Table 15.1 Mammogram take-up by women

Mammogram take-up by women aged 40 and over											
		Ever		In past 12 months		More than 1 year ago but less than 2 years		More than 2 years ago		Don't know/ Not sure	
		N	%	N	%	N	%	N	%	N	%
Total		218	92.8%	143	65.9%	43	19.8%	28	12.9%	3	1.4%
Age	40-54	82	88.2%	61	74.4%	17	20.7%	4	4.9%	0	0.0%
	55-64	59	96.7%	41	69.5%	11	18.6%	7	11.9%	0	0.0%
	65+	76	93.8%	42	54.5%	15	19.5%	17	22.1%	3	3.9%
	Not Stated	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Race	Black	111	91.7%	79	70.5%	17	15.2%	14	12.5%	2	1.8%
	White	76	92.7%	46	60.5%	18	23.7%	10	13.2%	2	2.6%
	Asian & Other	27	100.0%	14	53.8%	8	30.8%	4	15.4%	0	0.0%
	Not Stated	4	66.7%	4	100.0%	0	0.0%	0	0.0%	0	0.0%
Household	One person	51	89.5%	38	76.0%	8	16.0%	3	6.0%	1	2.0%
	Adult Couple	71	98.6%	41	56.9%	17	23.6%	12	16.7%	2	2.8%
	Two parents	41	95.3%	30	73.2%	9	22.0%	2	4.9%	0	0.0%
	Single parent	18	90.0%	14	77.8%	2	11.1%	2	11.1%	0	0.0%
	Not Stated	37	84.1%	20	52.6%	7	18.4%	10	26.3%	1	2.6%
Education	Secondary & Lower	64	91.4%	37	57.8%	15	23.4%	10	15.6%	2	3.1%
	Technical & Higher	146	93.0%	100	68.5%	27	18.5%	17	11.6%	2	1.4%
	Not Stated	7	100.0%	6	75.0%	1	12.5%	1	12.5%	0	0.0%
Income	$59,999 or less	31	88.6%	27	87.1%	2	6.5%	2	6.5%	0	0.0%
	$60,000 to $107,999	42	91.3%	33	80.5%	6	14.6%	2	4.9%	0	0.0%
	$108,000 & over	38	95.0%	27	71.1%	9	23.7%	2	5.3%	0	0.0%
	Not Stated	107	93.9%	56	52.3%	26	24.3%	22	20.6%	3	2.8%

Q69. Have you ever had a mammogram?
Q70. How long has it been since you had your last mammogram?
Question Source: Health Survey of Adults and Children in Bermuda 2006

Mammogram Comparison 2006 to 2011

Compared to 2006, there was a 9 point decline in the percentage of respondents who said that they had a mammogram in the last 2 years (from 95% in 2006 to 87% in 2011) (Figure 15.1). Those with a secondary and lower education had a 12 point decline and Whites had an 11 point decline. Blacks and those with a technical and higher education both had 10 point declines.

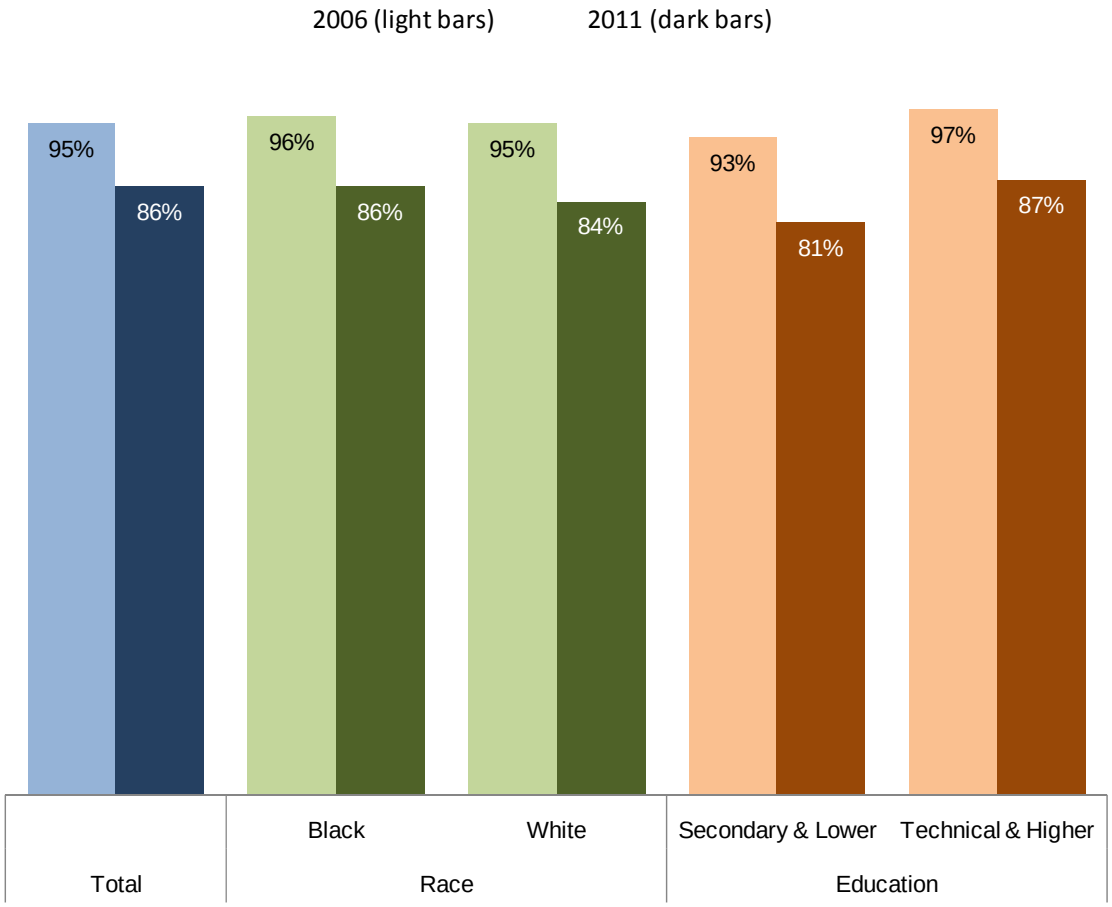

Figure 15.1 Comparison – Mammogram take-up by women in past 2 years

Pap Test

All women were asked if they had ever had a Pap test to check for cancer of the cervix (Table 15.2). Overall, 91.8% of women said they´d had a pap test at some time. Of those who have had a pap test, 82.7% had one within the past two years. The most important factor was age. Residents aged 65 years and older (50.7%) were less likely to have had a pap test in the last two years. Those aged 18 to 34 (93.1%) and 35 to 54 years (91.3%), those in two parent households (92.5%), and those with a household income of less than $60,000 (88.4%) were more likely to have had a pap test in the past two years.

Table 15.2 Pap test take-up by women

Pap test take-up by women											
		Ever		In past 12 months		More than 1 year ago but less than 2 years		More than 2 years ago		Don't know/ Not sure	
		N	%	N	%	N	%	N	%	N	%
Total		383	90.1%	235	61.5%	81	21.2%	56	14.7%	10	2.6%
Age	18-34	101	80.8%	75	74.3%	19	18.8%	6	5.9%	1	1.0%
	35-54	138	98.6%	96	69.6%	30	21.7%	12	8.7%	0	0.0%
	55-64	57	95.0%	37	64.9%	11	19.3%	7	12.3%	2	3.5%
	65+	71	86.6%	19	26.8%	17	23.9%	30	42.3%	5	7.0%
	Not Stated	17	94.4%	8	47.1%	5	29.4%	2	11.8%	2	11.8%
Race	Black	192	91.0%	125	64.8%	34	17.6%	27	14.0%	7	3.6%
	White	136	90.1%	80	58.8%	32	23.5%	22	16.2%	2	1.5%
	Asian & Other	50	89.3%	29	59.2%	13	26.5%	7	14.3%	0	0.0%
	Not Stated	5	71.4%	2	33.3%	2	33.3%	0	0.0%	2	33.3%
Household	One person	79	90.8%	45	57.0%	17	21.5%	16	20.3%	1	1.3%
	Adult Couple	99	95.2%	58	58.6%	21	21.2%	15	15.2%	5	5.1%
	Two parents	92	87.6%	66	71.0%	20	21.5%	7	7.5%	0	0.0%
	Single parent	47	94.0%	32	68.1%	10	21.3%	5	10.6%	0	0.0%
	Not Stated	66	84.6%	35	53.0%	13	19.7%	14	21.2%	4	6.1%
Education	Secondary & Lower	101	84.9%	62	62.0%	19	19.0%	17	17.0%	2	2.0%
	Technical & Higher	275	92.6%	170	62.0%	61	22.3%	39	14.2%	4	1.5%
	Not Stated	7	77.8%	2	28.6%	1	14.3%	1	14.3%	3	42.9%
Income	$59,999 or less	69	93.2%	46	66.7%	15	21.7%	8	11.6%	0	0.0%
	$60,000 to $107,999	89	96.7%	55	61.8%	20	22.5%	12	13.5%	2	2.2%
	$108,000 & over	56	88.9%	38	66.7%	12	21.1%	7	12.3%	0	0.0%
	Not Stated	169	86.2%	96	57.1%	35	20.8%	29	17.3%	8	4.8%

Q71. Have you ever had a Pap test?
Q72. How long has it been since you had your last Pap test?
Question Source: Health Survey of Adults and Children in Bermuda 2006

Pap Test Comparison 2006 to 2011

Compared to 2006, there was a slight 2 point decline in the number of women who said that they had a pap test in the last 2 years (Figure 15.2). While those with a secondary education and lower were more likely to have had a pap test in the last 2 years in 2011 (81% in 2011 vs. 76% in 2006), those with a technical level of education and higher were less likely to have had a pap test in 2011 (84% in 2011 vs. 92% in 2006). There was a 3 point decline for both Whites and Blacks, from 85% in 2006 to 82% in 2011.

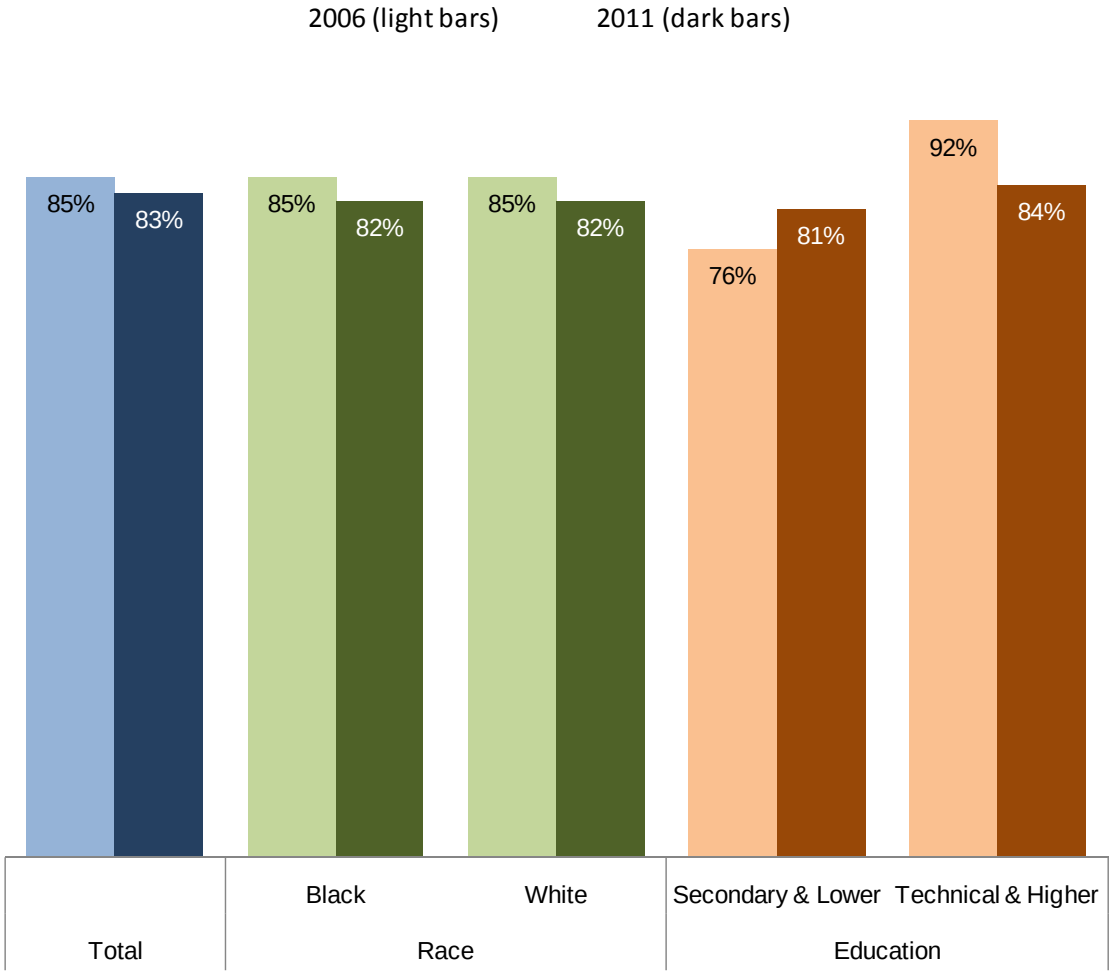

Figure 15.2 Comparison – Pap test take-up by women in past 2 years

Pregnancy

All women were asked to report to the best of their knowledge if they were currently pregnant (Table 15.3). Overall, three percent (2.9%) of women were pregnant. Younger residents aged 18 to 34 years (7.5%) and those with a low annual household income (less than $60,000) (6.9%) were more likely to be pregnant.

Table 15.3 Prevalence of pregnancy

		Prevalence of pregnancy					
		Pregnant		Not pregnant		Total	
		N	%	N	%	N	%
Total		12	2.9%	407	97.1%	419	100.0%
Age	18-34	9	7.5%	111	92.5%	120	100.0%
	35-54	2	1.4%	138	98.6%	140	100.0%
	55-64	0	0.0%	61	100.0%	61	100.0%
	65+	0	0.0%	81	100.0%	81	100.0%
	Not Stated	1	5.6%	17	94.4%	18	100.0%
Race	Black	8	3.8%	201	96.2%	209	100.0%
	White	3	2.0%	145	98.0%	148	100.0%
	Asian & Other	1	1.8%	54	98.2%	55	100.0%
	Not Stated	0	0.0%	7	100.0%	7	100.0%
Household	One person	0	0.0%	86	100.0%	86	100.0%
	Adult Couple	4	3.9%	98	96.1%	102	100.0%
	Two parents	2	1.9%	102	98.1%	104	100.0%
	Single parent	2	4.1%	47	95.9%	49	100.0%
	Not Stated	4	5.2%	73	94.8%	77	100.0%
Education	Secondary & Lower	4	3.4%	113	96.6%	117	100.0%
	Technical & Higher	8	2.7%	285	97.3%	293	100.0%
	Not Stated	0	0.0%	9	100.0%	9	100.0%
Income	$59,999 or less	5	6.9%	67	93.1%	72	100.0%
	$60,000 to $107,999	2	2.2%	90	97.8%	92	100.0%
	$108,000 & over	1	1.6%	61	98.4%	62	100.0%
	Not Stated	4	2.1%	189	97.9%	193	100.0%

Q26. To your knowledge, are you now pregnant?
Question Source: N/A

16. Men's Health

Prostate-Specific Antigen Test

All men aged 40 years and older were asked whether they had ever been screened for prostate cancer with a prostate-specific antigen (PSA) test (Table 16.1). Overall, 76.6% reported they´d had a PSA test. PSA test take-up was more common among men aged 55 to 64 years (87.2%), 65 years and older (82.6%), Whites (82.4%), those in single parent households (80.0%), and men with an annual household income of $108,000 and over (85.2%). PSA test take-up was less common among men aged 40 to 54 years (65.4%), Asian and other races (66.7%), men from one person households (68.4%), and men with a household income between $60,000 and $107,999 per year (62.5%). Over half of men who´d had a PSA test had one in the past 12 months (54.4%), with just under a third last having had a PSA between one to two years ago (32.0%), and 10.9% more than 2 years ago. Older men (65 years and over) (58.6%), black men (59.5%), men from single parent homes (75.0%), and men with a high annual household income (i.e. 108,000 or more) (73.9%) were more likely to have had a PSA test in the past year. Younger men (40 to 54 years) (50.0%), those of Asian and other races (45.5%), and men living in two parent households (47.5%) were less likely to have had a PSA test in the last year.

Table 16.1 Prostate-specific antigen (PSA) test take-up by men aged 40 years over

Prostate-specific antigen (PSA) test take-up by men aged 40 years and over											
		Ever		In past 12 months		More than 1 year ago but less than 2 years		More than 2 years ago		Don't know/ Not sure	
		N	%	N	%	N	%	N	%	N	%
Total		147	64.8%	80	54.4%	47	32.0%	16	10.9%	4	2.7%
Age	40-54	51	56.7%	25	50.0%	19	38.0%	6	12.0%	0	0.0%
	55-64	34	70.8%	19	57.6%	9	27.3%	5	15.2%	0	0.0%
	65+	57	68.7%	34	58.6%	16	27.6%	4	6.9%	4	6.9%
	Not Stated	5	100.0%	3	50.0%	3	50.0%	0	0.0%	0	0.0%
Race	Black	74	63.8%	44	59.5%	21	28.4%	6	8.1%	3	4.1%
	White	56	67.5%	29	52.7%	19	34.5%	6	10.9%	1	1.8%
	Asian & Other	12	50.0%	5	45.5%	5	45.5%	1	9.1%	0	0.0%
	Not Stated	5	100.0%	3	60.0%	1	20.0%	1	20.0%	0	0.0%
Household	One person	26	55.3%	14	53.8%	12	46.2%	0	0.0%	0	0.0%
	Adult Couple	65	67.7%	36	55.4%	16	24.6%	10	15.4%	3	4.6%
	Two parents	40	70.2%	19	47.5%	16	40.0%	5	12.5%	0	0.0%
	Single parent	4	80.0%	3	75.0%	1	25.0%	0	0.0%	0	0.0%
	Not Stated	12	54.5%	8	66.7%	3	25.0%	0	0.0%	1	8.3%
Education	Secondary & Lower	44	65.7%	26	60.5%	10	23.3%	6	14.0%	1	2.3%
	Technical & Higher	103	64.8%	55	53.4%	36	35.0%	9	8.7%	3	2.9%
	Not Stated	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Income	$59,999 or less	14	73.7%	9	60.0%	3	20.0%	3	20.0%	0	0.0%
	$60,000 to $107,999	30	50.8%	17	58.6%	6	20.7%	6	20.7%	0	0.0%
	$108,000 & over	23	82.1%	17	73.9%	5	21.7%	1	4.3%	0	0.0%
	Not Stated	79	65.3%	38	48.1%	32	40.5%	5	6.3%	4	5.1%

Q73. Have you ever had a PSA test?
Q74. How long has it been since you had your last PSA test?
Question Source: Health Survey of Adults and Children in Bermuda 2006

PSA Test Comparison 2006 to 2011

Compared to 2006, there was a 7 point decline in the percentage of men aged 40 years and over who had received a PSA test in the past 2 years, from 93% to 86% (Figure 16.1). PSA test take-up declined for the majority of groups (i.e. for Whites by 9 points, from 96% to 87%, for those with a secondary education and lower by 7 points, from 91% to 84%, for those with a technical education and higher by 7 points, from 95% to 88%.) PSA test take-up for Blacks in the past 2 years declined 3 points (from 91% to 88%).

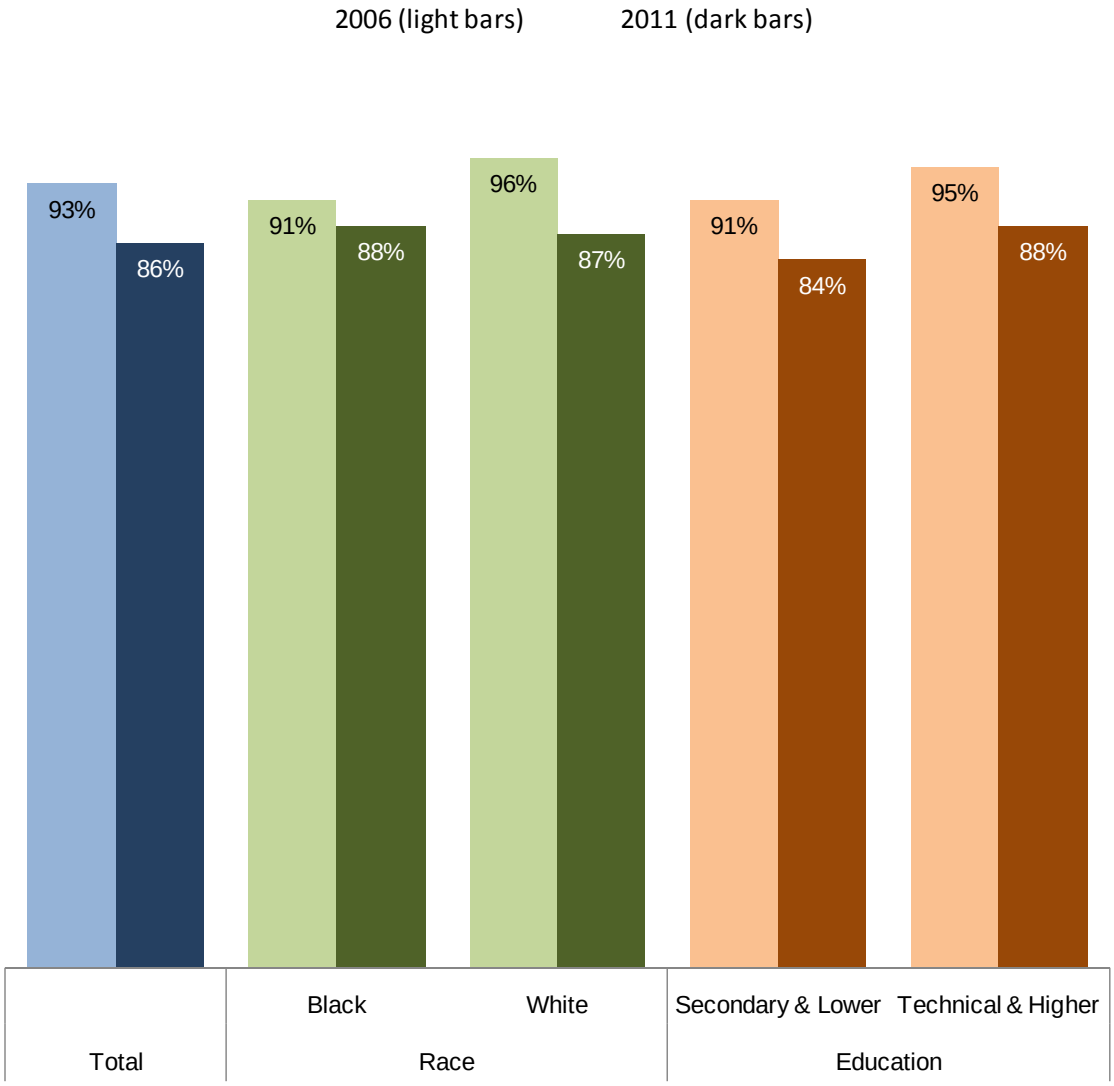

Figure 16.1 Comparison – PSA test take-up by men in past 2 years

Digital Rectal Exam

A digital rectal exam (DRE) is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. Men 40 years and over were asked whether they had ever had a DRE and how long ago (Table 16.2). Overall, 79.2% of respondents reported that they´d had a DRE. DRE test take-up was more common among men aged 55 to 64 years (83.3%), Whites (89.2%), those in adult couple households (86.3%), and those with a technical education and higher (86.1%). It was less common among Blacks (71.9%), those with a secondary education or lower (65.2%), and those with a low household income (less than $60,000) (55.6%). Almost two-thirds of those who ever had a DRE had one in the past 12 months (65.9%); 22.3% had a DRE one to two years ago, and 9.5% had one more than two years ago. Adults aged 65 years and over (75.4%), men in adult couple households (73.2%), and respondents with a household income between $60,000 and $107,999 per annum (73.2%) were more likely to have had a DRE in the past 12 months. Respondents aged 40 to 54 years (50.7%), those of Asian and other races (44.4%), and those with a low annual household income (less than $60,000) (60.0%) were less likely to have had a DRE in the past year.

Table 16.2 Digital Rectal Exam test take-up by men aged 40 years over

Digital rectal exam take-up by men aged 40 years and over											
		Ever		In past 12 months		More than 1 year ago but less than 2 years		More than 2 years ago		Don't know/ Not sure	
		N	%	N	%	N	%	N	%	N	%
Total		179	78.9%	118	65.9%	40	22.3%	17	9.5%	4	2.2%
Age	40-54	66	74.2%	34	50.7%	25	37.3%	8	11.9%	0	0.0%
	55-64	40	83.3%	30	73.2%	8	19.5%	3	7.3%	0	0.0%
	65+	66	79.5%	49	75.4%	6	9.2%	6	9.2%	4	6.2%
	Not Stated	5	100.0%	5	100.0%	0	0.0%	0	0.0%	0	0.0%
Race	Black	82	70.7%	57	69.5%	16	19.5%	8	9.8%	1	1.2%
	White	74	89.2%	51	68.9%	16	21.6%	6	8.1%	1	1.4%
	Asian & Other	18	78.3%	8	44.4%	9	50.0%	1	5.6%	0	0.0%
	Not Stated	5	100.0%	3	60.0%	0	0.0%	1	20.0%	1	20.0%
Household	One person	39	83.0%	25	64.1%	13	33.3%	1	2.6%	0	0.0%
	Adult Couple	82	85.4%	60	73.2%	10	12.2%	9	11.0%	3	3.7%
	Two parents	42	72.4%	22	53.7%	13	31.7%	6	14.6%	0	0.0%
	Single parent	1	20.0%	0	0.0%	1	100.0%	0	0.0%	0	0.0%
	Not Stated	16	72.7%	12	75.0%	3	18.8%	0	0.0%	1	6.3%
Education	Secondary & Lower	43	63.2%	30	69.8%	5	11.6%	8	18.6%	0	0.0%
	Technical & Higher	136	86.1%	88	64.7%	35	25.7%	9	6.6%	4	2.9%
	Not Stated	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Income	$59,999 or less	10	52.6%	6	60.0%	1	10.0%	3	30.0%	0	0.0%
	$60,000 to $107,999	42	71.2%	30	73.2%	6	14.6%	5	12.2%	0	0.0%
	$108,000 & over	23	82.1%	16	66.7%	4	16.7%	4	16.7%	0	0.0%
	Not Stated	104	86.0%	66	63.5%	29	27.9%	5	4.8%	4	3.8%

Q75. Have you ever had a digital rectal exam?
Q76. How long has it been since you had your last digital rectal exam?
Question Source: Health Survey of Adults and Children in Bermuda 2006

DRE Comparison 2006 to 2011

Compared to 2006, the percentage of men aged 40 years and over who received a DRE in the past 2 years declined by 3% (from 91% in 2006 to 88% in 2011) (Figure 16.2). The decline in DRE take-up was consistent for all groups with 2 to 3% declines, with the exception of men with a secondary or lower level of education. For this group it declined by 9 points (i.e. from 90% in 2006 to 81% in 2011).

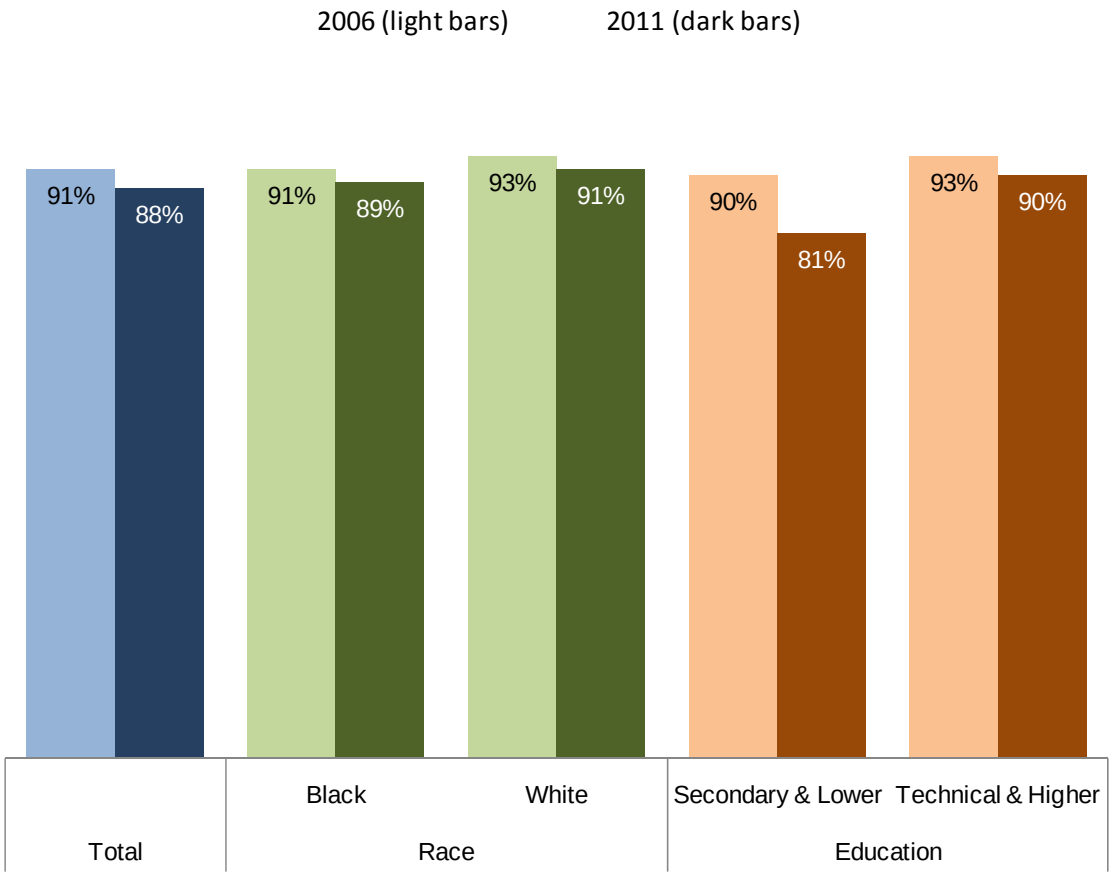

Figure 16.2 Comparison – DRE take-up by men in past 2 years

17. Tobacco Use

Respondents were asked about cigarette smoking history and habits (Table 17.1). Smoking was defined as smoking at least 100 cigarettes in a lifetime and current smoking was defined as smoking some days or everyday during the past 30 days. Overall, 13.3% of respondents were current smokers, 71.4% of respondents had never smoked, and 15.4% were former smokers. Of those that were current smokers, 8.9% smoked daily and 4.4% smoked some days. Women (78.5%) were more likely than men (63.4%) to have never smoked. Men were more likely to be current daily (11.7%) or occasional (6.9%) smokers than women (6.4% and 2.1%, respectively). Those aged 35 to 54 were more likely to be daily smokers (15.6%) than other age groups. Asian and other races were the most likely to be daily smokers (20.8%). Those aged 65 and over were more likely to have quit smoking, with 38.4% saying they were a former smoker. Those with a secondary or lower education were more likely to smoke some days (7.3%) compared to those with a technical or higher education (3.2%). Households with an income of $108,000 and over were less likely to smoke daily (2.7%) than other income groups.

Table 17.1 Cigarette smoking

		Cigarette smoking							
		Current smoker (daily)		Current smoker (some days)		Former smoker		Never smoked	
		N	%	N	%	N	%	N	%
Total		71	8.9%	35	4.4%	123	15.4%	572	71.4%
Gender	Men	44	11.7%	26	6.9%	68	18.0%	239	63.4%
	Women	27	6.4%	9	2.1%	55	13.0%	333	78.5%
Age	18-34	21	8.8%	17	7.1%	11	4.6%	191	79.6%
	35-54	40	15.6%	7	2.7%	25	9.8%	184	71.9%
	55-64	5	4.6%	6	5.5%	19	17.4%	79	72.5%
	65+	1	0.6%	3	1.8%	63	38.4%	97	59.1%
	Not Stated	5	15.2%	2	6.1%	4	12.1%	22	66.7%
Race	Black	27	6.7%	14	3.5%	52	12.9%	310	76.9%
	White	24	8.3%	14	4.8%	56	19.4%	195	67.5%
	Asian & Other	20	20.8%	7	7.3%	9	9.4%	60	62.5%
	Not Stated	1	7.1%	0	0.0%	6	42.9%	7	50.0%
Household	One person	20	12.1%	8	4.8%	25	15.2%	112	67.9%
	Adult Couple	17	7.3%	9	3.9%	53	22.8%	153	65.9%
	Two parents	14	7.2%	5	2.6%	21	10.8%	155	79.5%
	Single parent	7	10.6%	3	4.5%	4	6.1%	52	78.8%
	Not Stated	13	9.2%	10	7.1%	19	13.5%	99	70.2%
Education	Secondary & Lower	20	8.6%	17	7.3%	35	15.1%	160	69.0%
	Technical & Higher	51	9.1%	18	3.2%	84	15.0%	406	72.6%
	Not Stated	1	8.3%	0	0.0%	4	33.3%	7	58.3%
Income	$59,999 or less	20	14.7%	5	3.7%	14	10.3%	97	71.3%
	$60,000 to $107,999	27	14.5%	7	3.8%	20	10.8%	132	71.0%
	$108,000 & over	3	2.7%	4	3.6%	19	17.3%	84	76.4%
	Not Stated	22	5.9%	19	5.1%	70	18.9%	259	70.0%

Q30. Have you smoked at least 100 cigarettes in your life?
Q31. Do you now smoke cigarettes every day, some days, or not at all?
Question Source: Health Survey of Adults and Children in Bermuda 2006

Cigarette Smoking Comparison 2006 to 2011

The prevalence of smoking had not changed from 2006 to 2011, with 13% still reporting being a smoker in 2011 (Figure 17.1). There were no changes across gender or education but in terms of race, Whites had reduced smoking by 5%, from 17% in 2006 to 13% in 2011.

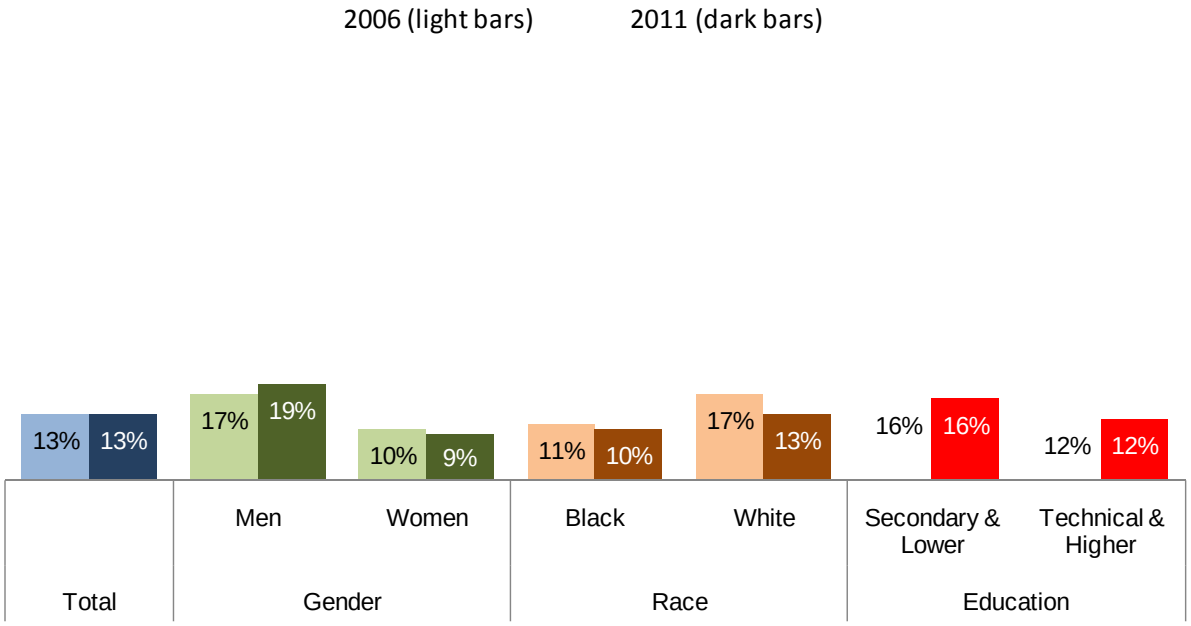

Figure 17.1 Comparison – Current smokers (daily or some days)

Age When Daily Smoking Started

Respondents were asked at what age they first started smoking daily (Table 17.2). Most respondents were between the ages of 18 and 24 (47.1%) when they began smoking daily, 17.6% were under 14, 29.4% were 15 to 17 and 5.9% were over 25. Blacks were less likely to start smoking before the age of 14 (6.7%) compared to Whites (23.5%) and Asian and other races (28.6%). Respondents from one person households were less likely to start smoking before the age of 14 (5.3%) but more likely to start between 14 and 17 years (42.1%) than other household types. Respondents with a household income of $108,000 and over were more likely to start smoking before the age of 14 (42.9%).

Table 17.2 Age when daily smoking started

		Age when daily smoking started									
		0 - 14		15 - 17		18 - 24		25+		Total	
		N	%	N	%	N	%	N	%	N	%
Total		15	17.6%	25	29.4%	40	47.1%	5	5.9%	85	100.0%
Gender	Men	10	16.9%	18	30.5%	27	45.8%	4	6.8%	59	100.0%
	Women	5	19.2%	7	26.9%	13	50.0%	1	3.8%	26	100.0%
Age	18-34	5	15.2%	9	27.3%	19	57.6%	0	0.0%	33	100.0%
	35-54	9	22.5%	12	30.0%	17	42.5%	2	5.0%	40	100.0%
	55-64	1	14.3%	3	42.9%	3	42.9%	0	0.0%	7	100.0%
	65+	0	0.0%	0	0.0%	0	0.0%	3	100.0%	3	100.0%
	Not Stated	0	0.0%	2	50.0%	2	50.0%	0	0.0%	4	100.0%
Race	Black	2	6.7%	10	33.3%	15	50.0%	3	10.0%	30	100.0%
	White	8	23.5%	10	29.4%	16	47.1%	0	0.0%	34	100.0%
	Asian & Other	6	28.6%	6	28.6%	8	38.1%	1	4.8%	21	100.0%
	Not Stated	0	0.0%	0	0.0%	1	100.0%	0	0.0%	1	100.0%
Household	One person	1	5.3%	8	42.1%	10	52.6%	0	0.0%	19	100.0%
	Adult Couple	6	25.0%	6	25.0%	9	37.5%	3	12.5%	24	100.0%
	Two parents	5	31.3%	5	31.3%	5	31.3%	1	6.3%	16	100.0%
	Single parent	2	28.6%	1	14.3%	3	42.9%	1	14.3%	7	100.0%
	Not Stated	2	9.5%	6	28.6%	13	61.9%	0	0.0%	21	100.0%
Education	Secondary & Lower	5	17.9%	9	32.1%	13	46.4%	1	3.6%	28	100.0%
	Technical & Higher	9	16.1%	17	30.4%	27	48.2%	3	5.4%	56	100.0%
	Not Stated	1	100.0%	0	0.0%	0	0.0%	0	0.0%	1	100.0%
Income	$59,999 or less	3	13.6%	8	36.4%	11	50.0%	0	0.0%	22	100.0%
	$60,000 to $107,999	5	20.0%	6	24.0%	12	48.0%	2	8.0%	25	100.0%
	$108,000 & over	3	42.9%	1	14.3%	3	42.9%	0	0.0%	7	100.0%
	Not Stated	5	15.2%	11	33.3%	14	42.4%	3	9.1%	33	100.0%

Q32. How old were you when you first started smoking daily?
Question Source: WHO STEPS Instrument (Core and Expanded) v2.1

Attempts to Quit Smoking

Respondents were asked if they had stopped smoking for one day or longer in the past year in an effort to quit smoking (Table 17.3). Almost half (49.1%) had stopped for at least one day. Those aged 55 to 64 were more likely to have stopped smoking for at least one day (70.0%) compared to other age groups. Respondents from one person households were less likely to have tried to quit smoking, with 35.7% saying they had stopped smoking for at least one day, compared to 77.8% of respondents from two parent households. Respondents with a household income of $108,000 and over were most likely to have stopped smoking for at least one day (85.7%).

Table 17.3 Stopped smoking for at least one day

Stopped smoking for one day or longer in the past 12 months							
		Yes		No		Total	
		N	%	N	%	N	%
Total		52	49.1%	54	50.9%	106	100.0%
Gender	Men	35	50.0%	35	50.0%	70	100.0%
	Women	17	47.2%	19	52.8%	36	100.0%
Age	18-34	19	50.0%	19	50.0%	38	100.0%
	35-54	23	48.9%	24	51.1%	47	100.0%
	55-64	7	70.0%	3	30.0%	10	100.0%
	65+	2	40.0%	3	60.0%	5	100.0%
	Not Stated	2	28.6%	5	71.4%	7	100.0%
Race	Black	17	42.5%	23	57.5%	40	100.0%
	White	18	47.4%	20	52.6%	38	100.0%
	Asian & Other	17	63.0%	10	37.0%	27	100.0%
	Not Stated	0	0.0%	1	100.0%	1	100.0%
Household	One person	10	35.7%	18	64.3%	28	100.0%
	Adult Couple	11	42.3%	15	57.7%	26	100.0%
	Two parents	14	77.8%	4	22.2%	18	100.0%
	Single parent	7	70.0%	3	30.0%	10	100.0%
	Not Stated	9	39.1%	14	60.9%	23	100.0%
Education	Secondary & Lower	21	58.3%	15	41.7%	36	100.0%
	Technical and Higher	32	46.4%	37	53.6%	69	100.0%
	Not Stated	0	0.0%	1	100.0%	1	100.0%
Income	$59,999 or less	9	36.0%	16	64.0%	25	100.0%
	$60,000 to $107,999	17	50.0%	17	50.0%	34	100.0%
	$108,000 & over	6	85.7%	1	14.3%	7	100.0%
	Not Stated	21	51.2%	20	48.8%	41	100.0%

Q33. During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?
Question Source: Health Survey of Adults and Children in Bermuda 2006

Attempts to Quit Smoking Comparison 2006 to 2011

Overall, there was a 6% reduction from 2006 to 2011 in the number of respondents who had stopped smoking for one day or longer in the past year, in an effort to quit smoking. While men were more likely to have attempted to quit smoking in the past year (48% in 2006 to 50% in 2011), women were less likely to have attempted to quit smoking (from 65% to 47%). Blacks were also less likely to have attempted to quit smoking (large decline of 16%, from 59% to 43%) as were Whites (5% decline), those with a secondary and lower education (3% decline), and those with a technical and higher education (3% decline).

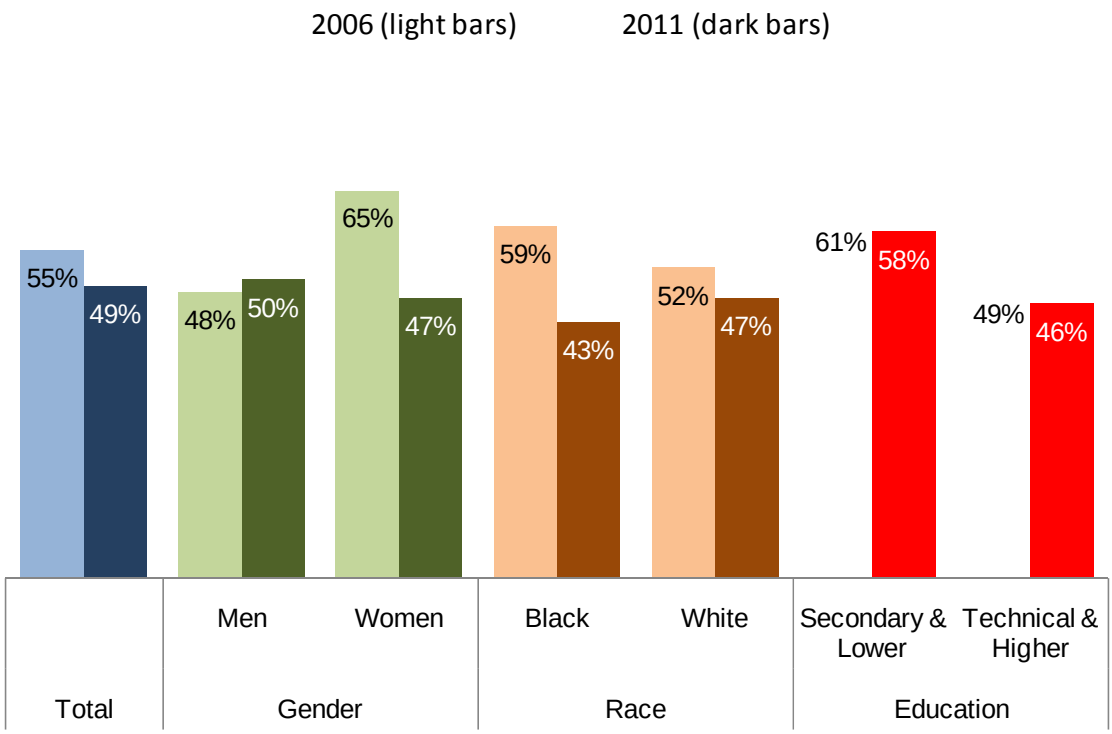

Figure 17.3 Comparison – Attempts to quit smoking in the past year

Exposure to Second Hand Smoke

Respondents were asked how often they were exposed to second hand smoke (Table 17.4). Overall, 25.0% of respondents were exposed to second hand smoke once a week or more, with women (27.1%) exposed slightly more than men (22.6%). Age was a factor in exposure to second hand smoke. Younger adults aged 18 to 34 were more likely to be exposed (37.0%) than seniors aged 65 and over (17.1%). In terms of race, Asians and other races were more likely to be exposed to second hand smoke (30.4%) than other racial groups. Single parent households (32.8%) and those with a household income of less than $60,000 (36.8%) were more likely to be exposed to second hand smoke. Education level was not related to exposure to second hand smoke.

Table 17.4 Exposure to second hand smoke

		Exposure to second hand smoke					
		Once a week or more		Less than once per week		Total	
		N	%	N	%	N	%
Total		196	25.0%	588	75.0%	784	100.0%
Gender	Men	84	22.6%	287	77.4%	371	100.0%
	Women	112	27.1%	301	72.9%	413	100.0%
Age	18-34	87	37.0%	148	63.0%	235	100.0%
	35-54	52	20.6%	201	79.4%	253	100.0%
	55-64	24	22.9%	81	77.1%	105	100.0%
	65+	27	17.1%	131	82.9%	158	100.0%
	Not Stated	5	15.6%	27	84.4%	32	100.0%
Race	Black	103	26.0%	293	74.0%	396	100.0%
	White	60	21.2%	223	78.8%	283	100.0%
	Asian & Other	28	30.4%	64	69.6%	92	100.0%
	Not Stated	5	38.5%	8	61.5%	13	100.0%
Household	One person	37	22.4%	128	77.6%	165	100.0%
	Adult Couple	56	24.7%	171	75.3%	227	100.0%
	Two parents	41	21.6%	149	78.4%	190	100.0%
	Single parent	21	32.8%	43	67.2%	64	100.0%
	Not Stated	41	29.9%	96	70.1%	137	100.0%
Education	Secondary & Lower	61	27.0%	165	73.0%	226	100.0%
	Technical & Higher	133	24.3%	414	75.7%	547	100.0%
	Not Stated	2	20.0%	8	80.0%	10	100.0%
Income	$59,999 or less	49	36.8%	84	63.2%	133	100.0%
	$60,000 to $107,999	39	21.2%	145	78.8%	184	100.0%
	$108,000 & over	27	25.0%	81	75.0%	108	100.0%
	Not Stated	81	22.6%	277	77.4%	358	100.0%

Q34. How often would you say you are exposed to second hand smoke? Would you say everyday, 2-5 times a week, once a week, 2-3 times a month, seldom, or never?
Question Source: Department of Health 2007 Well Bermuda Study

Exposure to Second Hand Smoke Comparison 2007 to 2011

Overall exposure to second hand smoke in 2011 dropped significantly since 2007, from 40% to 25% (Figure 17.4). The results were more dramatic for men (43% in 2007 to 23% in 2011) and Blacks (45% in 2007 to 26% in 2011). The decrease in exposure to second hand smoke could be due to the Tobacco Products (Public Health) Amendment Act 2005[1] which came into effect on 1st April 2006. The new legislation banned smoking in public places and workplaces including bars, restaurants, private clubs, hotels, and business vehicles.

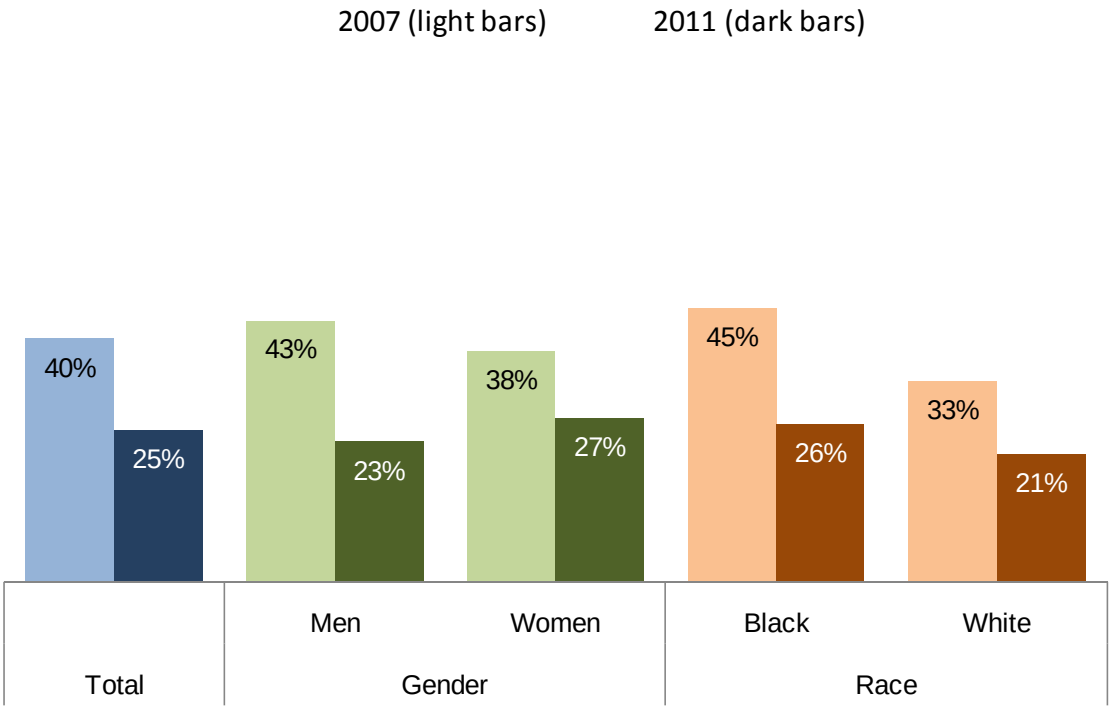

Figure 17.4 Comparison – Exposure to second hand smoke once a week or more

18. Alcohol Consumption

Respondents were asked about whether they drank alcoholic beverages and, if so, how many and how often in the previous 30 days. They were also asked how many times they may have consumed five or more (men) or four or more (women) alcoholic drinks at a single occasion (Table 18.1). One drink was defined as being equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor.

Overall, half (50.4%) of the respondents did not drink any alcoholic beverages in the previous 30 days. Of those that did drink alcohol, 26.6% had one to two drinks per occasion and 23.1% had three or more per occasion. There were no significant differences between men and women in terms of those who did not consume any alcohol, but women were more likely to have one to two drinks (31.3%) and men were more likely to have three or more drinks (31.0%).

Older adults aged 55 to 64 (62.6%) and over 65 (66.7%) were more likely to have had no drinks in the previous 30 days, while 18 to 34 year olds were more likely to have consumed three or more drinks per occasion (35.8%). Blacks (57.6%) and those with a secondary or lower education (61.6%) were more likely to have not consumed any alcohol in the previous 30 days. Single parent households were more likely to consume three or more drinks per occasion (36.8%) than other household types. Those with a household income less than $60,000 were more likely to have had no drinks in the previous 30 days (49.1%) but they were also the most likely to have had three or more drinks (29.5%). Those with a household income of $108,000 and over were more likely to have consumed one to two drinks per occasion (36.6%).

Drinking five or more drinks for men or four or more drinks for women at a single occasion was defined as binge drinking. Overall, 35.5% of adults reported binge drinking at least once during the previous 30 days. Slightly more men (38.2%) than women (33.3%) reported binge drinking. Adults aged 18 to 34 (55.8%) were much more likely than to report binge drinking than any other demographic group. In terms of race, 46.8% of Asian and other races were binge drinkers, more than Blacks (36.1%) or Whites (30.7%). Households with children (two parents, 44.6% and single parent, 47.5%) were more likely to be binge drinkers than those without children. Those with a household income over $108,000 (46.7%) were also more likely to report binge drinking.

Table 18.1 Alcohol consumption in previous 30 days

		Alcohol consumption in previous 30 days							
		No drinks		One to two drinks per occasion		Three or more drinks per occasion		Five or more drinks (males) or four or more (females) on at least one occasion	
		N	%	N	%	N	%	N	%
Total		343	50.4%	181	26.6%	157	23.1%	140	35.5%
Gender	Men	143	48.6%	60	20.4%	91	31.0%	68	38.2%
	Women	200	51.7%	121	31.3%	66	17.1%	72	33.3%
Age	18-34	73	37.8%	51	26.4%	69	35.8%	67	55.8%
	35-54	95	42.8%	68	30.6%	59	26.6%	52	36.9%
	55-64	57	62.6%	22	24.2%	12	13.2%	9	19.6%
	65+	102	66.7%	36	23.5%	15	9.8%	10	12.8%
	Not Stated	16	72.7%	4	18.2%	2	9.1%	2	25.0%
Race	Black	200	57.6%	74	21.3%	73	21.0%	66	36.1%
	White	103	42.6%	82	33.9%	57	23.6%	47	30.7%
	Asian & Other	36	45.6%	19	24.1%	24	30.4%	22	46.8%
	Not Stated	5	35.7%	6	42.9%	3	21.4%	4	44.4%
Household	One person	79	56.4%	31	22.1%	30	21.4%	22	33.3%
	Adult Couple	99	50.5%	55	28.1%	42	21.4%	34	27.2%
	Two parents	83	47.2%	49	27.8%	44	25.0%	45	44.6%
	Single parent	19	33.3%	17	29.8%	21	36.8%	19	47.5%
	Not Stated	63	55.8%	29	25.7%	21	18.6%	20	32.3%
Education	Secondary & Lower	117	61.6%	39	20.5%	34	17.9%	36	37.9%
	Technical & Higher	218	45.3%	141	29.3%	122	25.4%	102	34.7%
	Not Stated	8	72.7%	2	18.2%	1	9.1%	2	50.0%
Income	$59,999 or less	55	49.1%	24	21.4%	33	29.5%	24	38.7%
	$60,000 to $107,999	70	45.5%	40	26.0%	44	28.6%	26	26.5%
	$108,000 & over	42	41.6%	37	36.6%	22	21.8%	28	46.7%
	Not Stated	176	56.1%	80	25.5%	58	18.5%	62	35.6%

Q35. During the past 30 days, did you have at least one drink of any alcoholic beverage?
Q36. One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?
Question Source: Health Survey of Adults and Children in Bermuda 2006

Q37. Considering all types of alcoholic beverages, how many times during the past 30 days did you have X [X = 5 for men, X = 4 for women] or more drinks on an occasion?
Question Source: Behavioural Risk Factor Surveillance System Questionnaire 2011

Alcohol Consumption Comparison 2006 to 2011

Overall, binge drinking had increased by 12% in 2011 compared to 2006 (Figure 18.1). However, this could be partially attributed to the change in criteria for women: in 2006 the criteria was five drinks per occasion and in 2011 it was four drinks per occasion. The results showed that binge drinking for men had increased by 5% in 2011, but for women it increased by 19%, more than double the 2006 rate. The results also showed increases across race and education level. Blacks went from 23% in 2006 to 36% in 2011 and those with a secondary or lower education went from 21% to 38%.

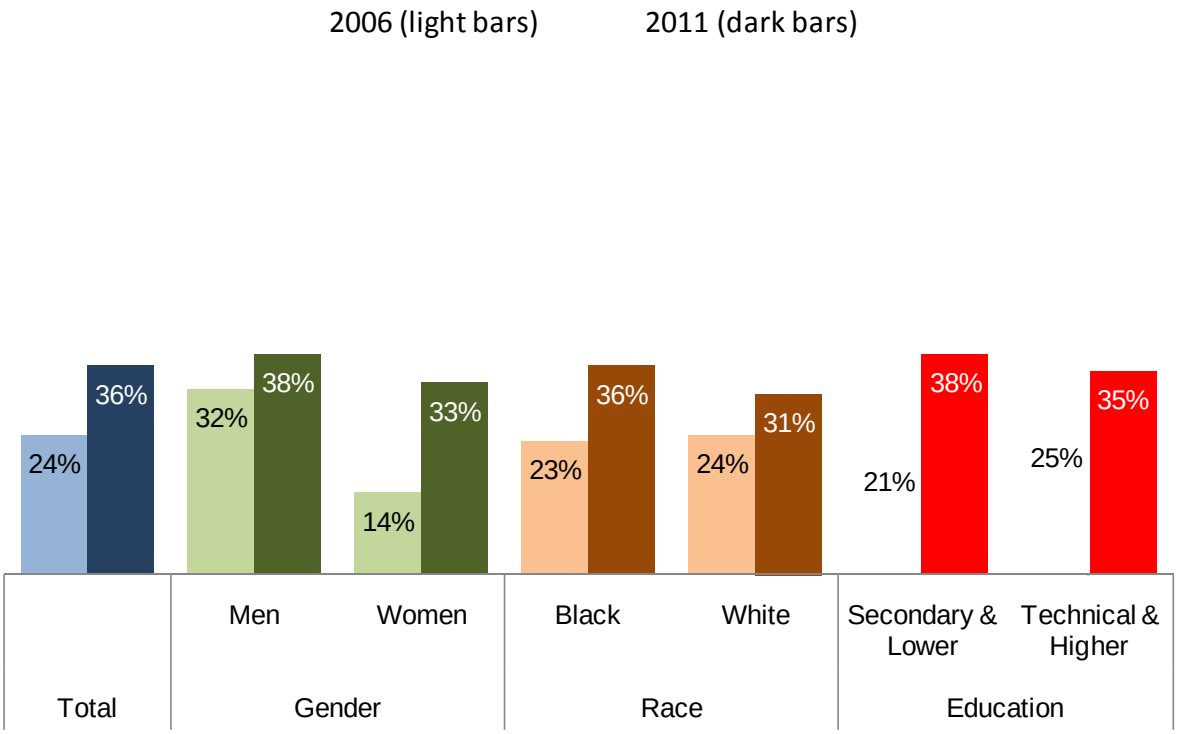

Figure 18.1 Comparison - Alcohol consumption five or more drinks per occasion*

**Note: 2006 study asked 5 drinks for both males and females. 2011 study asked 5 drinks for males, 4 drinks for females.*

19. Injury

Seatbelts

Respondents were asked how often they used a seatbelt when driving or as a passenger in the front seat of a motorised vehicle (Table 19.1). Overall, most adults were vigilant about complying with the law, with 82.7% stating that they always used a seatbelt. Less than 2% seldom or never wore a seatbelt. Women were more likely to always wear a seatbelt (86.5%) compared to men (78.3%). Those aged 18 to 34 had the lowest level of compliance of all the demographic groups, with 70.9% saying they always wore a seatbelt. Whites (86.6%) and two parent households (89.2%) were slightly more likely to always wear a seatbelt. There were no significant differences in compliance by income level. However, those with secondary or lower education (77.9%) were less likely to wear a seatbelt than those with technical or higher education (84.1%).

Table 19.1 Use of seatbelts while driving or a passenger

		Use of seatbelts while driving or a passenger in the front seat of a motor vehicle											
		Always		Almost always		Sometimes		Seldom		Never		Never travel in motor vehicle	
		N	%	N	%	N	%	N	%	N	%	N	%
Total		659	82.7%	87	10.9%	21	2.6%	8	1.0%	6	0.8%	16	2.0%
Gender	Men	293	78.3%	49	13.1%	14	3.7%	6	1.6%	3	0.8%	9	2.4%
	Women	366	86.5%	38	9.0%	7	1.7%	2	0.5%	3	0.7%	7	1.7%
Age	18-34	168	70.9%	48	20.3%	11	4.6%	3	1.3%	3	1.3%	4	1.7%
	35-54	220	86.3%	24	9.4%	5	2.0%	1	0.4%	2	0.8%	3	1.2%
	55-64	99	91.7%	3	2.8%	1	0.9%	1	0.9%	1	0.9%	3	2.8%
	65+	146	89.6%	5	3.1%	3	1.8%	3	1.8%	0	0.0%	6	3.7%
	Not Stated	25	78.1%	6	18.8%	1	3.1%	0	0.0%	0	0.0%	0	0.0%
Race	Black	323	80.5%	45	11.2%	12	3.0%	9	2.2%	4	1.0%	8	2.0%
	White	251	86.6%	29	10.0%	4	1.4%	0	0.0%	1	0.3%	5	1.7%
	Asian & Other	74	77.9%	11	11.6%	5	5.3%	0	0.0%	1	1.1%	4	4.2%
	Not Stated	11	84.6%	2	15.4%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Household	One person	134	80.7%	20	12.0%	3	1.8%	3	1.8%	0	0.0%	6	3.6%
	Adult Couple	199	85.8%	18	7.8%	6	2.6%	3	1.3%	2	0.9%	4	1.7%
	Two parents	173	89.2%	17	8.8%	1	0.5%	2	1.0%	0	0.0%	1	0.5%
	Single parent	52	78.8%	6	9.1%	3	4.5%	1	1.5%	3	4.5%	1	1.5%
	Not Stated	100	71.9%	26	18.7%	8	5.8%	0	0.0%	1	0.7%	4	2.9%
Education	Secondary & Lower	180	77.9%	27	11.7%	9	3.9%	3	1.3%	1	0.4%	11	4.8%
	Technical & Higher	469	84.1%	61	10.9%	12	2.2%	6	1.1%	4	0.7%	6	1.1%
	Not Stated	10	83.3%	0	0.0%	0	0.0%	1	8.3%	1	8.3%	0	0.0%
Income	$59,999 or less	107	79.3%	16	11.9%	4	3.0%	1	0.7%	2	1.5%	5	3.7%
	$60,000 to $107,999	150	80.2%	20	10.7%	10	5.3%	3	1.6%	2	1.1%	2	1.1%
	$108,000 & over	94	85.5%	10	9.1%	2	1.8%	3	2.7%	1	0.9%	0	0.0%
	Not Stated	307	83.7%	42	11.4%	5	1.4%	2	0.5%	1	0.3%	10	2.7%

Q38. How often do you use a seat belt when driving or as a passenger in the front seat of a motor vehicle?
Question Source: Health Survey of Adults and Children in Bermuda 2006

Seatbelt Use Comparison 2006 to 2011

Compliance with seatbelt laws in 2011 remained similar to 2006, with 83% of adults always wearing a seatbelt compared to 85% in 2006 (Figure 19.1). Men (4% decline) and those with a secondary or lower education (5% decline) had lower compliance in 2011 compared to 2006.

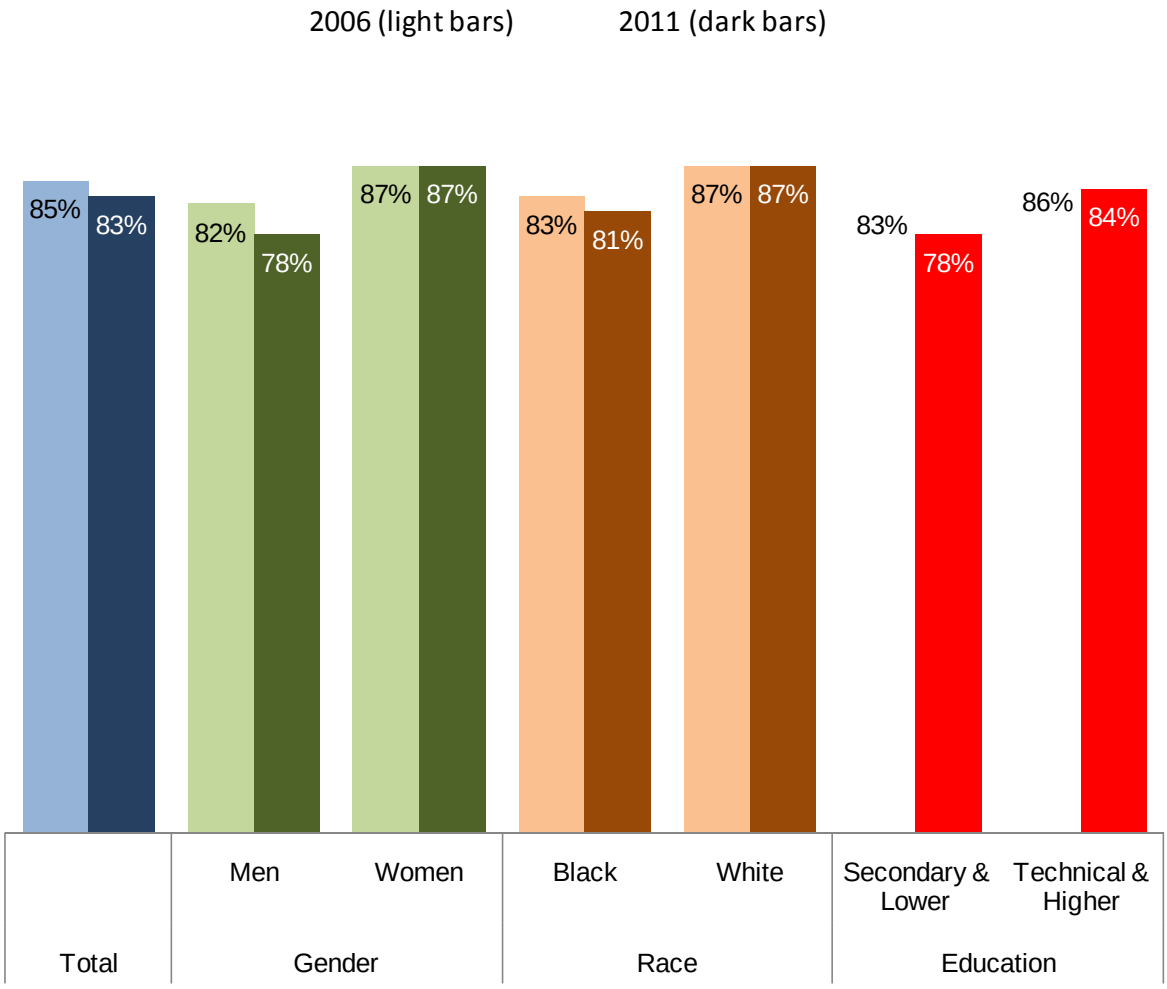

Figure 19.1 Comparison – Adults who always wear a seatbelt

Road Traffic Crash

Respondents were asked if they had been involved in a road traffic crash as a driver, passenger, pedestrian, motor cyclist, or cyclist in the past year (Table 19.2). Overall, only 7.6% of respondents were involved in a road traffic crash in some form, most commonly as a driver (3.1%). Men (4.6%) were more likely to be injured as a motor cyclist than women (0.7%). Younger adults aged 18 to 34 (5.9%) and seniors 65 and over (3.0%) were more likely to be involved in road traffic crashes as drivers. Adults aged 18 to 34 were also more likely to be involved as a motor cyclist (5.5%) compared to other age groups. Asian and other races were slightly more likely to be involved in a road traffic crash as a driver (5.4%) than other races. Involvement in road traffic crashes was not affected by household type, education or income level.

Table 19.2 Involvement in a road traffic crash

Involvement in a road traffic crash as a driver, passenger, motor cyclist or cyclist in the past 12 months											
		Yes, as a driver		Yes, as a passenger		Yes, as a motor cyclist		Yes, as a cyclist		No	
		N	%	N	%	N	%	N	%	N	%
Total		25	3.1%	12	1.5%	20	2.5%	3	0.4%	734	92.4%
Gender	Men	13	3.5%	6	1.6%	17	4.6%	3	0.8%	334	89.5%
	Women	12	2.9%	6	1.4%	3	0.7%	0	0.0%	400	95.0%
Age	18-34	14	5.9%	3	1.3%	13	5.5%	1	0.4%	205	86.9%
	35-54	5	2.0%	2	0.8%	5	2.0%	1	0.4%	240	94.9%
	55-64	1	0.9%	2	1.8%	1	0.9%	0	0.0%	105	96.3%
	65+	5	3.0%	3	1.8%	1	0.6%	0	0.0%	155	94.5%
	Not Stated	1	3.1%	2	6.3%	1	3.1%	0	0.0%	28	87.5%
Race	Black	12	3.0%	5	1.2%	12	3.0%	1	0.2%	371	92.5%
	White	8	2.8%	6	2.1%	5	1.8%	1	0.4%	265	93.0%
	Asian & Other	5	5.4%	1	1.1%	3	3.2%	0	0.0%	84	90.3%
	Not Stated	0	0.0%	0	0.0%	0	0.0%	0	0.0%	13	100.0%
Household	One person	2	1.2%	1	0.6%	3	1.8%	0	0.0%	161	96.4%
	Adult Couple	8	3.5%	6	2.6%	3	1.3%	0	0.0%	214	92.6%
	Two parents	5	2.6%	1	0.5%	5	2.6%	0	0.0%	181	94.3%
	Single parent	1	1.5%	0	0.0%	2	3.0%	1	1.5%	62	93.9%
	Not Stated	10	7.2%	5	3.6%	6	4.3%	1	0.7%	116	84.1%
Education	Secondary & Lower	9	3.9%	3	1.3%	7	3.1%	1	0.4%	208	91.2%
	Technical & Higher	16	2.9%	9	1.6%	12	2.2%	1	0.2%	515	93.1%
	Not Stated	0	0.0%	0	0.0%	1	9.1%	0	0.0%	10	90.9%
Income	$59,999 or less	3	2.2%	2	1.5%	3	2.2%	0	0.0%	127	94.1%
	$60,000 to $107,999	8	4.3%	3	1.6%	4	2.2%	1	0.5%	170	91.4%
	$108,000 & over	4	3.7%	0	0.0%	2	1.8%	0	0.0%	103	94.5%
	Not Stated	10	2.8%	7	1.9%	12	3.3%	1	0.3%	333	91.7%

Q39. In the past 12 months, have you been involved in a road traffic crash as a driver, passenger, pedestrian, motor cyclist or cyclist?
Question Source: WHO STEPwise approach to chronic disease risk factor surveillance – Violence and Injury Module
Note: Question modified for Bermuda

Driving and Alcohol Use - Driver

Respondents were asked how many times in the past 30 days they had driven or ridden a motor vehicle after consuming two or more alcoholic drinks (Table 19.3). The majority of respondents (88.6%) had not consumed more than two alcoholic drinks before driving, 8.0% said one to three times, and 3.4% said four or more times. Age was a factor in drinking and driving; 12.9% of those aged 18 to 34 said they had driven after consuming two or more alcoholic drinks one to three times and a further 8.8% said they had done so four or more times in the past 30 days. Asian and other races were more likely to drink and drive one to three times (10.5%) and four or more times (7.9%) than other races. Respondents from single parent households were more likely to drink and drive one to three times (10.2%) and four or more times (6.8%), compared to other household types.

Table 19.3 Incidence in the past 30 days of driving or riding a motor vehicle after two or more alcoholic drinks

In the past 30 days, incidence of driving or riding a motor vehicle after two or more alcoholic drinks							
		None		One to three times		Four or more times	
		N	%	N	%	N	%
Total		623	88.6%	56	8.0%	24	3.4%
Gender	Men	260	85.8%	29	9.6%	14	4.6%
	Women	363	90.8%	27	6.8%	10	2.5%
Age	18-34	152	78.4%	25	12.9%	17	8.8%
	35-54	198	86.8%	23	10.1%	7	3.1%
	55-64	96	99.0%	1	1.0%	0	0.0%
	65+	154	96.3%	6	3.8%	0	0.0%
	Not Stated	23	92.0%	2	8.0%	0	0.0%
Race	Black	321	87.7%	31	8.5%	14	3.8%
	White	230	92.7%	14	5.6%	4	1.6%
	Asian & Other	62	81.6%	8	10.5%	6	7.9%
	Not Stated	9	69.2%	3	23.1%	1	7.7%
Household	One person	130	87.8%	9	6.1%	9	6.1%
	Adult Couple	191	91.4%	13	6.2%	5	2.4%
	Two parents	159	88.3%	15	8.3%	6	3.3%
	Single parent	49	83.1%	6	10.2%	4	6.8%
	Not Stated	93	86.9%	13	12.1%	1	0.9%
Education	Secondary & Lower	183	92.0%	8	4.0%	8	4.0%
	Technical & Higher	431	87.1%	48	9.7%	16	3.2%
	Not Stated	10	100.0%	0	0.0%	0	0.0%
Income	$59,999 or less	95	81.9%	9	7.8%	12	10.3%
	$60,000 to $107,999	138	84.7%	19	11.7%	6	3.7%
	$108,000 & over	84	83.2%	13	12.9%	4	4.0%
	Not Stated	306	94.4%	16	4.9%	2	0.6%

Q40. In the past 30 days, how many times have you driven or ridden a motorized vehicle when you have had 2 or more alcoholic drinks?
Question Source: WHO STEPwise approach to chronic disease risk factor surveillance – Violence and Injury Module
Note: Question modified for Bermuda

Driving and Alcohol Use - Passenger

Respondents were asked how many times in the past 30 days they had been a passenger in a motor vehicle where the driver had two or more alcoholic drinks (Table 19.4). The majority of respondents (87.2%) had not been a passenger with a driver who had two or more drinks, 10.8% said one to three times and 2.0% said four or more times. In terms of age, younger adults were more likely to be a passenger with a driver who had been drinking; 20.2% of 18 to 34 year olds said they had done so one to three times, much more than other age groups. Asian and other races (18.7%), respondents in single parent households (17.5%), those with a technical education or higher (12.6%), and those with a household income under $60,000 (14.4%) were more likely to be a passenger one to three times with a driver who had been drinking.

Table 19.4 Incidence in the past 30 days of being a passenger in a motor vehicle where the driver has had two or more alcoholic drinks

In the past 30 days, incidence of being a passenger in a motor vehicle where the driver has had two or more alcoholic drinks							
		None		One to three times		Four or more times	
		N	%	N	%	N	%
Total		599	87.2%	74	10.8%	14	2.0%
Gender	Men	270	90.0%	26	8.7%	4	1.3%
	Women	329	85.0%	48	12.4%	10	2.6%
Age	18-34	140	74.5%	38	20.2%	10	5.3%
	35-54	200	88.5%	23	10.2%	3	1.3%
	55-64	89	97.8%	2	2.2%	0	0.0%
	65+	148	93.7%	9	5.7%	1	0.6%
	Not Stated	22	91.7%	2	8.3%	0	0.0%
Race	Black	320	89.9%	30	8.4%	6	1.7%
	White	211	87.2%	28	11.6%	3	1.2%
	Asian & Other	57	76.0%	14	18.7%	4	5.3%
	Not Stated	11	84.6%	2	15.4%	0	0.0%
Household	One person	133	91.7%	11	7.6%	1	0.7%
	Adult Couple	182	87.5%	23	11.1%	3	1.4%
	Two parents	153	86.9%	18	10.2%	5	2.8%
	Single parent	43	75.4%	10	17.5%	4	7.0%
	Not Stated	88	86.3%	13	12.7%	1	1.0%
Education	Secondary & Lower	175	91.1%	13	6.8%	4	2.1%
	Technical & Higher	415	85.4%	61	12.6%	10	2.1%
	Not Stated	10	100.0%	0	0.0%	0	0.0%
Income	$59,999 or less	89	80.2%	16	14.4%	6	5.4%
	$60,000 to $107,999	135	85.4%	20	12.7%	3	1.9%
	$108,000 & over	82	84.5%	13	13.4%	2	2.1%
	Not Stated	293	91.6%	24	7.5%	3	0.9%

Q41. In the past 30 days, how many times have you been a passenger where the driver of a motorized vehicle has had 2 or more alcoholic drinks?
Question Source: WHO STEPwise approach to chronic disease risk factor surveillance – Violence and Injury Module
Note: Question modified for Bermuda

20. Violence

Frightened For Personal or Familial Safety

Respondents were asked whether they had been frightened for their personal safety or the safety of another family member due to threats from another person in the last year (Table 20.1). Overall, just over one in 10 (11.0%) reported that they had been frightened for their own or their families' safety, with younger adults aged 18 to 34 years (18.1%), and Asian and other races (15.8%) more likely to report this. Additionally, residents in single parent households (25.8%) and from households with an annual income below $60,000 (14.1%) were more likely to have been frightened for the safety of themselves or their families.

Table 20.1 Been frightened for safety of self or family because of anger/threats from another person in the last year

Ever frightened for the safety of self or family because of anger or threats from another person(s) in the past year							
		Yes		No		Total	
		N	%	N	%	N	%
Total		88	11.0%	710	89.0%	798	100.0%
Gender	Men	32	8.5%	344	91.5%	376	100.0%
	Women	56	13.3%	366	86.7%	422	100.0%
Age	18-34	43	18.1%	195	81.9%	238	100.0%
	35-54	23	9.0%	232	91.0%	255	100.0%
	55-64	7	6.4%	102	93.6%	109	100.0%
	65+	12	7.3%	152	92.7%	164	100.0%
	Not Stated	3	9.4%	29	90.6%	32	100.0%
Race	Black	38	9.5%	363	90.5%	401	100.0%
	White	32	11.0%	258	89.0%	290	100.0%
	Asian & Other	15	15.8%	80	84.2%	95	100.0%
	Not Stated	3	25.0%	9	75.0%	12	100.0%
Household	One person	18	10.8%	148	89.2%	166	100.0%
	Adult Couple	11	4.7%	221	95.3%	232	100.0%
	Two parents	18	9.2%	177	90.8%	195	100.0%
	Single parent	17	25.8%	49	74.2%	66	100.0%
	Not Stated	23	16.7%	115	83.3%	138	100.0%
Education	Secondary & Lower	23	10.0%	207	90.0%	230	100.0%
	Technical & Higher	64	11.5%	494	88.5%	558	100.0%
	Not Stated	1	9.1%	10	90.9%	11	100.0%
Income	$59,999 or less	19	14.1%	116	85.9%	135	100.0%
	$60,000 to $107,999	19	10.2%	167	89.8%	186	100.0%
	$108,000 & over	11	10.1%	98	89.9%	109	100.0%
	Not Stated	38	10.4%	329	89.6%	367	100.0%

Q62. In the past 12 months have you been frightened for the safety of yourself or your family because of anger or threats from another person(s)?
Question Source: WHO STEPwise approach to chronic disease risk factor surveillance – Violence & Injury Module

Violent Incident Resulting in Injury

Respondents were asked to recall the number of times that they were involved in a violent incident that resulted in injury requiring medical attention in the past year (Table 20.2). Overall, 4.0% of respondents had been involved in such an incident, with 3.0% reporting that it occurred only one to two times. Respondents of Asian and other races (7.4%) and those from single parent households (9.1%) were more likely to have been involved in a violent incident resulting in injuries that required medical attention.

Table 20.2 Number of times involved in a violent incident that resulted in injury requiring medical attention in the past year

Number of times involved in a violent incident that resulted in injury requiring medical attention in the past year									
		Never		Rarely (1 - 2 times)		Sometimes (3 - 5 times)		Total	
		N	%	N	%	N	%	N	%
Total		766	96.0%	24	3.0%	8	1.0%	798	100.0%
Gender	Men	353	94.1%	14	3.7%	8	2.1%	375	100.0%
	Women	413	97.6%	10	2.4%	0	0.0%	423	100.0%
Age	18-34	221	92.9%	13	5.5%	4	1.7%	238	100.0%
	35-54	245	96.1%	7	2.7%	3	1.2%	255	100.0%
	55-64	107	99.1%	0	0.0%	1	0.9%	108	100.0%
	65+	162	98.8%	2	1.2%	0	0.0%	164	100.0%
	Not Stated	31	93.9%	2	6.1%	0	0.0%	33	100.0%
Race	Black	383	95.5%	12	3.0%	6	1.5%	401	100.0%
	White	284	98.3%	5	1.7%	0	0.0%	289	100.0%
	Asian & Other	88	92.6%	6	6.3%	1	1.1%	95	100.0%
	Not Stated	11	84.6%	2	15.4%	0	0.0%	13	100.0%
Household	One person	163	98.2%	2	1.2%	1	0.6%	166	100.0%
	Adult Couple	227	98.3%	3	1.3%	1	0.4%	231	100.0%
	Two parents	188	96.9%	6	3.1%	0	0.0%	194	100.0%
	Single parent	60	90.9%	5	7.6%	1	1.5%	66	100.0%
	Not Stated	128	92.1%	7	5.0%	4	2.9%	139	100.0%
Education	Secondary & Lower	217	93.9%	10	4.3%	4	1.7%	231	100.0%
	Technical & Higher	540	96.8%	14	2.5%	4	0.7%	558	100.0%
	Not Stated	10	100.0%	0	0.0%	0	0.0%	10	100.0%
Income	$59,999 or less	124	91.9%	6	4.4%	5	3.7%	135	100.0%
	$60,000 to $107,999	182	97.8%	3	1.6%	1	0.5%	186	100.0%
	$108,000 & over	104	94.5%	6	5.5%	0	0.0%	110	100.0%
	Not Stated	356	97.0%	10	2.7%	1	0.3%	367	100.0%

Q63. In the past 12 months, how many times were you in a violent incident in which you were injured and required medical attention?
Question Source: WHO STEPwise approach to chronic disease risk factor surveillance – Violence & Injury Module

Those who had been involved in a violent incident were asked to indicate the relationship between themselves and the person who caused their injury (Table 20.3). Friends and acquaintances (40.4%), strangers (35.0%), and intimate partners (13.5%) were most frequently cited as individuals responsible for injuries that required medical attention.

Table 20.3 Relationship between self and person(s) who caused the injury

Relationship between self and person(s) who caused the injury		
	N	%
Total	31	100.0%
Friend or acquaintance	12	40.4%
Stranger	11	35.0%
Intimate partner	4	13.5%
Unrelated caregiver	1	4.2%
Official or legal authorities	1	4.2%
Child, sibling or other relative	1	2.7%

Q64. Please indicate the relationship between yourself and the person who caused the injury.
Question Source: WHO STEPwise approach to chronic disease risk factor surveillance – Violence & Injury Module

Abused by Intimate Partner

Respondents were asked if an intimate partner had ever hit, slapped, pushed, kicked, or physically hurt them in any way and when was the last time it had occurred (Table 20.4). Overall, 13.2% said that they had been abused by an intimate partner at some time in their lives. These incidents of physical abuse were more likely to have occurred more than one year ago (70.0%) or within the past one to 12 months (25.0%). Five percent had been physically abused within the past month. Women were more likely to have been abused in their lifetime (18.0%), but men were more likely to have been abused in the past year (39.3%). The groups who were more likely to have been abused by an intimate partner in the past year included those aged 18 to 34 years (41.1%), Asians and other races (40.9%), those in single parent (40.0%) or two parent (40.0%) homes, those with a secondary or lower education (43.8%), and those with an annual household income less than $60,000 (46.9%).

Table 20.4 Ever physically abused by an intimate partner

Self-reports on being physically abused by an intimate partner									
		Physically abused at some time		Physically abused in the past month		Phyisically abused in the past 1 to 12 months		Physically abused more than one year ago	
		N	%	N	%	N	%	N	%
Total		105	13.2%	5	5.0%	25	25.0%	70	70.0%
Gender	Men	29	7.7%	3	10.7%	8	28.6%	17	60.7%
	Women	76	18.0%	2	2.8%	17	23.6%	53	73.6%
Age	18-34	52	21.9%	4	7.8%	17	33.3%	30	58.8%
	35-54	37	14.5%	1	2.9%	5	14.7%	28	82.4%
	55-64	11	10.2%	0	0.0%	2	18.2%	9	81.8%
	65+	4	2.4%	0	0.0%	1	25.0%	3	75.0%
	Not Stated	1	3.1%	0	0.0%	1	100.0%	0	0.0%
Race	Black	58	14.5%	3	5.5%	10	18.2%	42	76.4%
	White	23	7.9%	0	0.0%	8	34.8%	15	65.2%
	Asian & Other	23	24.7%	2	9.1%	7	31.8%	13	59.1%
	Not Stated	1	7.7%	0	0.0%	1	100.0%	0	0.0%
Household	One person	20	12.0%	1	5.0%	4	20.0%	15	75.0%
	Adult Couple	23	10.0%	0	0.0%	6	26.1%	17	73.9%
	Two parents	18	9.3%	3	20.0%	3	20.0%	9	60.0%
	Single parent	20	29.9%	1	5.0%	7	35.0%	12	60.0%
	Not Stated	22	15.9%	0	0.0%	4	19.0%	17	81.0%
Education	Secondary & Lower	36	15.7%	4	12.5%	10	31.3%	18	56.3%
	Technical & Higher	67	12.0%	1	1.5%	15	22.4%	51	76.1%
	Not Stated	1	10.0%	0	0.0%	0	0.0%	1	100.0%
Income	$59,999 or less	32	23.7%	4	12.5%	11	34.4%	17	53.1%
	$60,000 to $107,999	27	14.5%	0	0.0%	5	20.8%	19	79.2%
	$108,000 & over	13	11.9%	0	0.0%	3	23.1%	10	76.9%
	Not Stated	31	8.5%	1	3.2%	7	22.6%	23	74.2%

Q65. Has an intimate partner EVER hit, slapped, pushed, kicked, or physically hurt you in any way?
Q66. When was the last time an intimate partner hurt you in this way?
Question Source: Health Survey of Adults and Children in Bermuda 2006

Physical Abuse Comparison 2006 to 2011

Compared to 2006, there was a 7 point increase in the percentage of respondents who said that they were physically abused by an intimate partner in the past year, from 23% to 30% (Figure 20.4). The groups with the highest increase in reported abuse included those with a secondary education and lower (26 point increase, from 18% to 44%) and Whites (15 point increase, from 20% to 35%). There was no change in the percentage of Blacks who were physically abused in the last year compared to in 2006. Men and women both reported higher incidences of abuse (9% increase and 7% increase, respectively) but those with a technical or higher education had a 4% decrease in physical abuse.

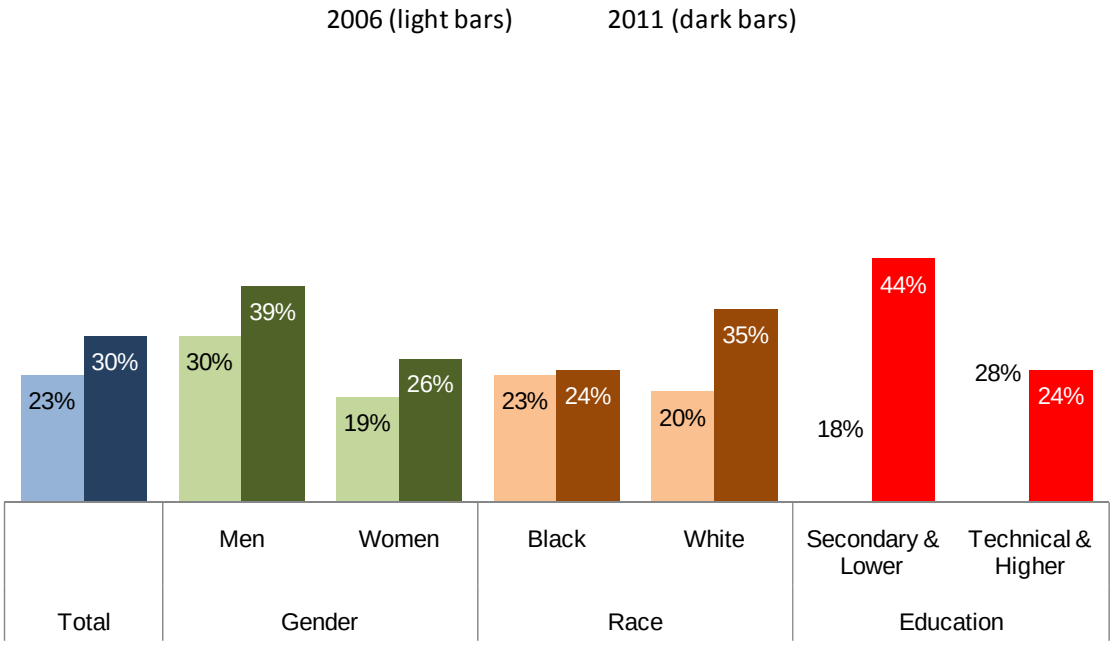

Figure 20.4 Comparison – Percentage physically abused by an intimate partner in past year

21. Sexual Behaviour

Sexual Partners

Respondents were asked to recall the number of people that they had sexual intercourse with in the last 12 months (Table 21.1). Overall, 21.9% said that they had not had sexual intercourse with anyone in the past year, 55.1% reported that they had only one sexual partner, and 23.0% said that they had sexual intercourse with more than one person in the past year. Having more than one sexual partner was more common among men (35.9%) those aged 18 to 34 years (42.8%), one person households (43.5%), and single parent households (50.0%). It was also common among those with an annual household income of less than $60,000 (33.0%). Having more than one sexual partner was less common among women (12.8%), those aged 55 to 64 years (9.1%), 65 years and older (4.3%), adult couples (8.7%), those living in two parent households (8.9%), and those with a high household income (i.e. $108,000 and over, 9.4%).

Table 21.1 Number of sexual partners in the past year

		Number of sexual partners in the past year							
		None		One		More than one		Total	
		N	%	N	%	N	%	N	%
Total		122	21.9%	307	55.1%	128	23.0%	557	100.0%
Gender	Men	32	13.1%	125	51.0%	88	35.9%	245	100.0%
	Women	90	28.8%	182	58.3%	40	12.8%	312	100.0%
Age	18-34	19	11.0%	80	46.2%	74	42.8%	173	100.0%
	35-54	15	7.5%	146	73.0%	39	19.5%	200	100.0%
	55-64	27	35.1%	43	55.8%	7	9.1%	77	100.0%
	65+	58	63.0%	30	32.6%	4	4.3%	92	100.0%
	Not Stated	2	18.2%	6	54.5%	3	27.3%	11	100.0%
Race	Black	72	25.6%	142	50.5%	67	23.8%	281	100.0%
	White	35	17.9%	118	60.5%	42	21.5%	195	100.0%
	Asian & Other	10	14.3%	42	60.0%	18	25.7%	70	100.0%
	Not Stated	5	50.0%	4	40.0%	1	10.0%	10	100.0%
Household	One person	38	35.2%	23	21.3%	47	43.5%	108	100.0%
	Adult Couple	31	22.5%	95	68.8%	12	8.7%	138	100.0%
	Two parents	18	10.7%	136	80.5%	15	8.9%	169	100.0%
	Single parent	8	15.4%	18	34.6%	26	50.0%	52	100.0%
	Not Stated	27	30.7%	34	38.6%	27	30.7%	88	100.0%
Education	Secondary & Lower	48	30.0%	73	45.6%	39	24.4%	160	100.0%
	Technical & Higher	69	17.8%	230	59.3%	89	22.9%	388	100.0%
	Not Stated	5	62.5%	3	37.5%	0	0.0%	8	100.0%
Income	$59,999 or less	32	31.1%	37	35.9%	34	33.0%	103	100.0%
	$60,000 to $107,999	23	15.3%	87	58.0%	40	26.7%	150	100.0%
	$108,000 & over	16	16.7%	71	74.0%	9	9.4%	96	100.0%
	Not Stated	51	24.6%	111	53.6%	45	21.7%	207	100.0%

Q54. During the past 12 months, with how many people have you had sexual intercourse?
Question Source: Health Survey of Adults and Children in Bermuda 2006

Number of Sexual Partners Comparison 2006 to 2011

Compared to 2006, there was a significant 17 point increase in the percentage of residents who reported having more than one sexual partner in the last year (from 6% to 23%) (Figure 21.1). Reports of having more than one sexual partner increased considerably across all demographics. The groups that experienced the greatest increase were men (28 point increase, from 8% to 36%) and those with secondary education or lower (20 point increase, from 4% to 24%). Women experienced the smallest increase (10 point increase, from 3% to 13%). There was also a significant increase in reports of having more than one sexual partner among all other groups (i.e., blacks by 18 points, from 6% to 24%, whites by 17 points, from 5% to 22%, and those with a technical education and higher by 16 points, from 7% to 23%).

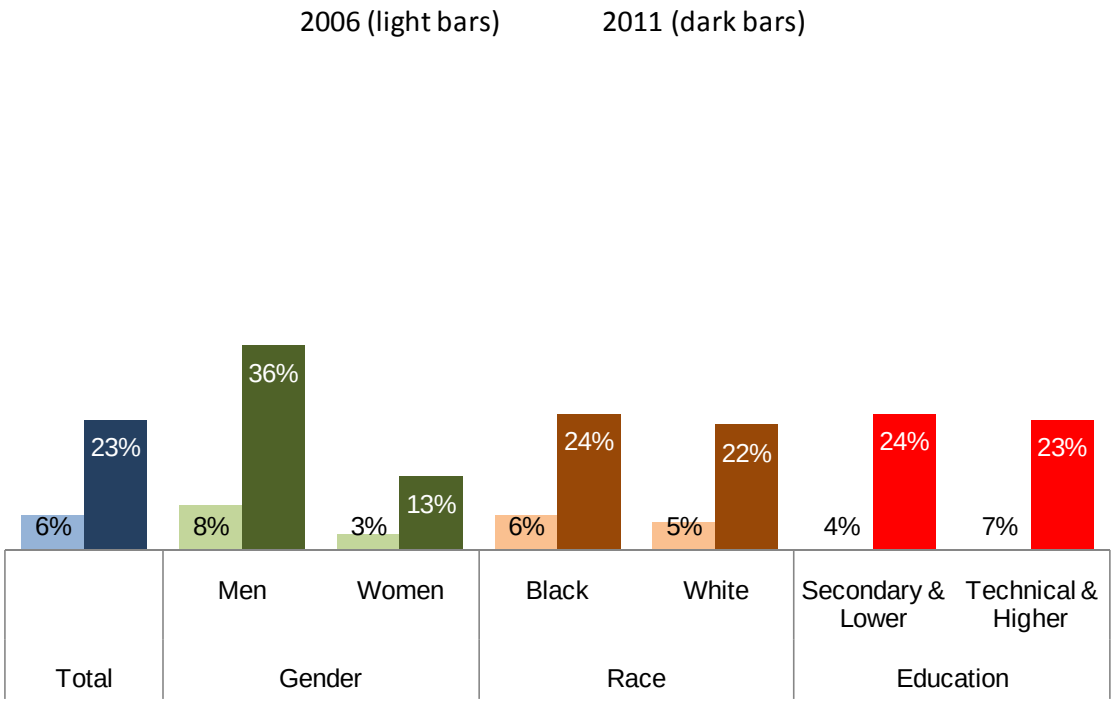

Figure 21.1 Comparison – Report of more than one sexual partner in last 12 months

Condom Use

Respondents who reported having had at least one sexual partner in the previous 12 months were asked whether a condom had been used the last time they had sex and, if so, whether it was used to prevent pregnancy, disease, both or for another reason (Table 21.2). Of all sexually active respondents, 31.3% reported that they had used a condom in their last sexual intercourse. Men (42.0%), residents aged 18 to 34 years (51.5%), adults in one person households (47.2%), and in single parent households (44.6%) were more likely to report condom use. The most commonly cited reason for using a condom was to prevent both pregnancy and disease (60.3%), followed by pregnancy prevention (21.2%). Those aged 18 to 34 years (65.1%), in single parent households (79.2%), those with a technical or higher education (63.9%), and those earning $60,000 to $107,999 annually (63.8%) were more likely to use a condom to prevent both pregnancy and disease. Condom use to prevent pregnancy was more common among residents aged 35 to 54 years (26.5%), Whites (33.9%), adults living in one person households (27.8%), adult couples (45.8%), and those with an annual household income of less than $60,000 (29.5%). Fewer than seventeen percent (16.8%) reported using condoms to prevent diseases only. Condom usage to prevent disease was more common among women (21.0%), residents aged 55 to 64 years (33.3%) and 65 years and older (42.9%), adult couples (29.2%), and those with a secondary education or lower (25.5%).

Table 21.2 Use of condoms

		Use of condoms									
		Used a condom last time had sexual intercourse		To prevent pregnancy		To prevent diseases		For both of these reasons		For some other reason	
		N	%	N	%	N	%	N	%	N	%
Total		172	31.3%	38	21.2%	30	16.8%	108	60.3%	3	1.7%
Gender	Men	113	42.0%	30	25.6%	17	14.5%	69	59.0%	1	0.9%
	Women	59	21.1%	8	12.9%	13	21.0%	39	62.9%	2	3.2%
Age	18-34	103	51.5%	22	20.8%	14	13.2%	69	65.1%	1	0.9%
	35-54	46	21.8%	13	26.5%	7	14.3%	28	57.1%	1	2.0%
	55-64	11	17.5%	1	8.3%	4	33.3%	6	50.0%	1	8.3%
	65+	6	10.3%	1	14.3%	3	42.9%	2	28.6%	1	14.3%
	Not Stated	6	35.3%	1	20.0%	1	20.0%	3	60.0%	0	0.0%
Race	Black	86	31.5%	15	16.1%	15	16.1%	62	66.7%	1	1.1%
	White	55	28.8%	19	33.9%	9	16.1%	25	44.6%	3	5.4%
	Asian & Other	29	38.2%	5	16.7%	6	20.0%	19	63.3%	0	0.0%
	Not Stated	2	22.2%	0	0.0%	0	0.0%	2	100.0%	0	0.0%
Household	One person	51	47.2%	15	27.8%	9	16.7%	28	51.9%	2	3.7%
	Adult Couple	23	16.8%	11	45.8%	7	29.2%	6	25.0%	0	0.0%
	Two parents	33	20.4%	4	12.1%	5	15.2%	23	69.7%	1	3.0%
	Single parent	25	44.6%	3	12.5%	2	8.3%	19	79.2%	0	0.0%
	Not Stated	40	46.0%	5	11.6%	6	14.0%	31	72.1%	1	2.3%
Education	Secondary & Lower	45	30.6%	11	23.4%	12	25.5%	23	48.9%	1	2.1%
	Technical & Higher	127	32.1%	27	20.3%	18	13.5%	85	63.9%	3	2.3%
	Not Stated	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Income	$59,999 or less	44	40.7%	13	29.5%	6	13.6%	25	56.8%	0	0.0%
	$60,000 to $107,999	44	28.8%	9	19.1%	8	17.0%	30	63.8%	0	0.0%
	$108,000 & over	17	19.1%	3	16.7%	2	11.1%	11	61.1%	2	11.1%
	Not Stated	67	33.7%	13	18.3%	14	19.7%	42	59.2%	2	2.8%

Q55. Was a condom used the last time you had sexual intercourse?
Q56. The last time you had sexual intercourse, was the condom used…?
Question Source: Health Survey of Adults and Children in Bermuda 2006

Condom Use Comparison 2006 to 2011

Compared to 2006, there was a significant 14 point increase (from 17% to 31%) in the percentage of residents who reported that they used a condom the last time they had sexual intercourse (Figure 21.2). The groups that experienced the greatest increase were men (by 23 points, from 19% to 42%) and those with a secondary education or lower (17 points, from 14% to 31%). Women experienced the smallest increase (by 6 points, from 15% to 21%). Condom use during the last sexual encounter also significantly increased for all other groups (i.e., for Blacks by 15 points, from 17% to 32%, for Whites by 14 points, from 15% to 29%, and for those with technical and higher education levels by 14 points, from 18% to 32%).

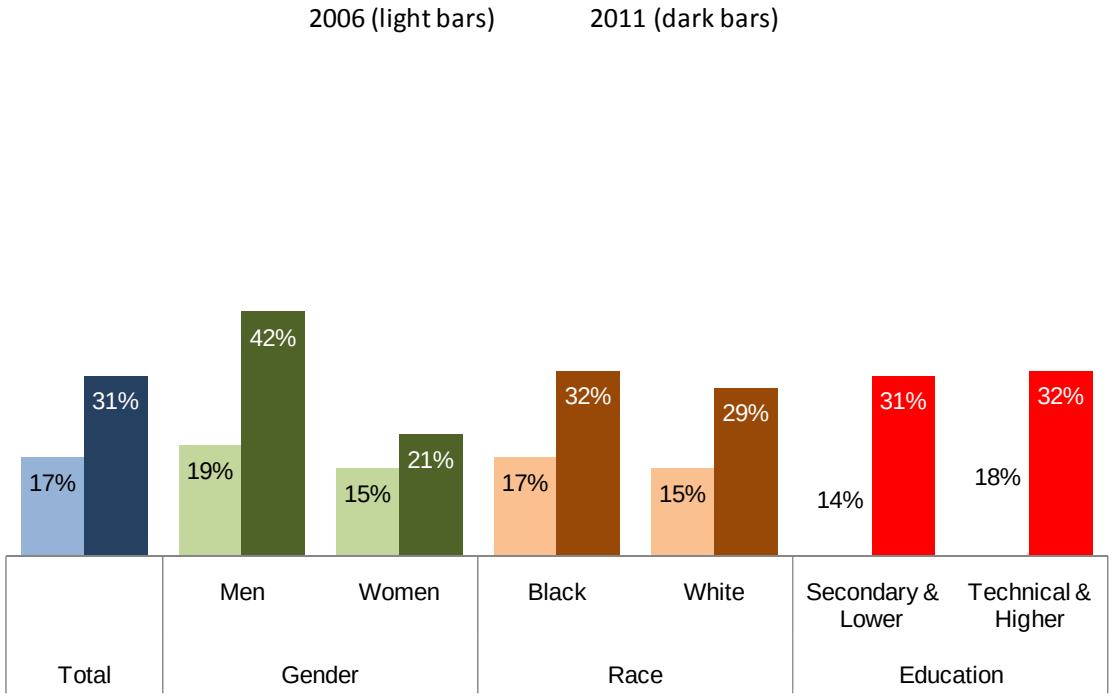

Figure 21.2 Comparison – Report of condom use during last sexual intercourse

Methods for Preventing Pregnancy

Respondents were asked about use of various methods for preventing pregnancy the last time they had sexual intercourse (e.g. oral contraceptives, inter-uterine device or a diaphragm) (Table 21.3). Close to half of respondents (45.6%) said that they were not trying to prevent pregnancy. Residents aged 55 to 64 years (80.0%), 65 years and older (80.0%) and adult couples (66.7%) were less likely to be taking measures to prevent pregnancy. The most commonly used contraceptive method was an oral contraceptive (22.5%). Oral contraceptive use was higher among residents aged 18 to 34 years (33.7%) and those living in two parent households (32.7%). Additionally, 6.6% reported using an inter-uterine device to prevent pregnancy. Use of an inter-uterine device was more common among those aged 35 to 54 years (10.4%), Whites (9.2%) and those living in a two parent household (10.3%). Persons answered in respect of their sexual partner for gender-specific contraception method.

Table 21.3 Comparison – Method used to prevent pregnancy last time during sexual intercourse

		Methods used to prevent pregnancy													
		Oral contraceptive (the pill)		Injection (such as Depo-Provera)		Inter-uterine device (such as an IUD)		Condom		Diaphragm		Other		I am not trying to prevent pregnancy	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Total		71	22.5%	15	4.7%	21	6.6%	11	3.5%	2	0.6%	52	16.5%	144	45.6%
Gender	Men	36	26.5%	3	2.2%	6	4.4%	8	5.9%	0	0.0%	21	15.4%	62	45.6%
	Women	35	19.4%	12	6.7%	15	8.3%	3	1.7%	2	1.1%	31	17.2%	82	45.6%
Age	18-34	31	33.7%	10	10.9%	6	6.5%	6	6.5%	1	1.1%	11	12.0%	27	29.3%
	35-54	36	25.0%	4	2.8%	15	10.4%	2	1.4%	0	0.0%	27	18.8%	60	41.7%
	55-64	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%	6	20.0%	24	80.0%
	65+	1	2.5%	0	0.0%	0	0.0%	0	0.0%	0	0.0%	7	17.5%	32	80.0%
	Not Stated	3	37.5%	0	0.0%	1	12.5%	2	25.0%	1	12.5%	0	0.0%	1	12.5%
Race	Black	32	20.3%	8	5.1%	10	6.3%	6	3.8%	1	0.6%	25	15.8%	76	48.1%
	White	26	21.7%	3	2.5%	11	9.2%	5	4.2%	1	0.8%	20	16.7%	54	45.0%
	Asian & Other	13	36.1%	2	5.6%	1	2.8%	0	0.0%	0	0.0%	7	19.4%	13	36.1%
	Not Stated	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%	2	100.0%
Household	One person	11	22.4%	1	2.0%	2	4.1%	4	8.2%	2	4.1%	8	16.3%	21	42.9%
	Adult Couple	13	14.0%	3	3.2%	3	3.2%	1	1.1%	0	0.0%	11	11.8%	62	66.7%
	Two parents	35	32.7%	2	1.9%	11	10.3%	3	2.8%	0	0.0%	20	18.7%	36	33.6%
	Single parent	4	15.4%	4	15.4%	2	7.7%	1	3.8%	0	0.0%	8	30.8%	7	26.9%
	Not Stated	8	20.5%	4	10.3%	3	7.7%	1	2.6%	0	0.0%	5	12.8%	18	46.2%
Education	Secondary & Lower	14	17.1%	6	7.3%	2	2.4%	5	6.1%	1	1.2%	13	15.9%	41	50.0%
	Technical & Higher	58	25.3%	8	3.5%	19	8.3%	6	2.6%	1	0.4%	37	16.2%	100	43.7%
	Not Stated	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%	1	20.0%	4	80.0%
Income	$59,999 or less	5	11.1%	6	13.3%	3	6.7%	3	6.7%	1	2.2%	4	8.9%	23	51.1%
	$60,000 to $107,999	23	27.1%	4	4.7%	2	2.4%	3	3.5%	0	0.0%	13	15.3%	40	47.1%
	$108,000 & over	14	25.0%	2	3.6%	2	3.6%	2	3.6%	0	0.0%	10	17.9%	26	46.4%
	Not Stated	28	21.7%	2	1.6%	14	10.9%	3	2.3%	1	0.8%	25	19.4%	56	43.4%

Q57. The last you had sexual intercourse, did you use any methods to prevent pregnancy such as…?
Question Source: Department of Health 2007 Well Bermuda Study

First Sexual Intercourse

Respondents were asked to recall the age that they first had sexual intercourse (Table 21.4). The majority of respondents first had sexual intercourse between the ages of 18 to 20 years (31.0%) or 16 to 17 years (30.3%). Just over two in 10 respondents (21.8%) reported first having sexual intercourse between the ages of 13 to 15 years, 12.2% reported first having sexual intercourse when they were 21 years and older, and 4.6% reported first having sexual intercourse when they were 12 years of age or younger. Males (37.3%), those aged 18 to 34 years (39.6%), Blacks (32.0%), those from single parent households (34.0%), those with a secondary and lower education (36.8%), and those from households with an annual income less than $60,000 (33.4%) were more likely to have first had sexual intercourse at 15 years of age or younger.

Table 21.4 Comparison – Age of first sexual intercourse

		Age of first sexual intercourse									
		12 years or younger		13 - 15 years		16 - 17 years		18 - 20 years		21 years and over	
		N	%	N	%	N	%	N	%	N	%
Total		20	4.6%	95	21.8%	132	30.3%	135	31.0%	53	12.2%
Gender	Men	14	6.4%	68	30.9%	56	25.5%	56	25.5%	26	11.8%
	Women	6	2.8%	27	12.6%	76	35.3%	79	36.7%	27	12.6%
Age	18-34	10	6.3%	53	33.3%	56	35.2%	38	23.9%	2	1.3%
	35-54	6	3.8%	26	16.4%	46	28.9%	55	34.6%	26	16.4%
	55-64	1	1.8%	11	19.6%	17	30.4%	18	32.1%	9	16.1%
	65+	3	5.2%	4	6.9%	11	19.0%	24	41.4%	16	27.6%
	Not Stated	0	0.0%	2	50.0%	2	50.0%	0	0.0%	0	0.0%
Race	Black	13	6.0%	56	26.0%	57	26.5%	64	29.8%	25	11.6%
	White	3	1.9%	29	18.2%	53	33.3%	57	35.8%	17	10.7%
	Asian & Other	4	7.5%	9	17.0%	21	39.6%	11	20.8%	8	15.1%
	Not Stated	0	0.0%	1	14.3%	1	14.3%	2	28.6%	3	42.9%
Household	One person	4	4.9%	17	21.0%	18	22.2%	28	34.6%	14	17.3%
	Adult Couple	5	4.6%	23	21.1%	22	20.2%	40	36.7%	19	17.4%
	Two parents	3	2.5%	16	13.6%	49	41.5%	37	31.4%	13	11.0%
	Single parent	3	6.0%	14	28.0%	21	42.0%	10	20.0%	2	4.0%
	Not Stated	5	6.6%	24	31.6%	22	28.9%	20	26.3%	5	6.6%
Education	Secondary & Lower	12	9.6%	34	27.2%	32	25.6%	42	33.6%	5	4.0%
	Technical & Higher	8	2.6%	59	19.4%	98	32.2%	93	30.6%	46	15.1%
	Not Stated	0	0.0%	1	20.0%	2	40.0%	0	0.0%	2	40.0%
Income	$59,999 or less	11	11.5%	21	21.9%	24	25.0%	33	34.4%	7	7.3%
	$60,000 to $107,999	5	3.9%	24	18.8%	45	35.2%	31	24.2%	23	18.0%
	$108,000 & over	1	1.3%	20	25.6%	20	25.6%	27	34.6%	10	12.8%
	Not Stated	3	2.2%	30	22.4%	43	32.1%	44	32.8%	14	10.4%

Q58. At what age did you first have sexual intercourse?
Question Source: Department of Health 2007 Well Bermuda Study

22. HIV/AIDS

Tested for HIV

Respondents were asked if they had ever been tested for HIV (Table 22.1). Overall 44.4% said that they had been tested at some time. Women (47.2%), younger residents aged 18 to 34 years (55.2%), and 35 to 54 years (55.1%) were more likely to have been tested for HIV. Blacks (51.4%), those from two parent households (50.8%), and single parent households (67.2%) were also more likely to have been tested. Additionally residents from households with income between $60,000 and 107,999 (57.0%), or over $108,000 (56.8%) were also more likely to have been tested for HIV. Whites (54.1%), one person households (48.8%), adult couple households (46.6%), and those with a household income less than $60,000 (47.4%) were more likely to report that they had not been tested for HIV. Both men and women were equally likely to be unsure if they had been tested or refused to answer the question. Blacks (15.2%), those in adult couple households (16.4%), and those with a secondary or lower education (16.0%) were more likely to be unsure if they had been tested or refused to answer the question. One third (33.9%) of seniors were unsure if they had been tested or refused to answer the question.

Table 22.1 Tested for HIV

Tested for HIV									
		Yes		No		Unsure or Refused		Total	
		N	%	N	%	N	%	N	%
Total		356	44.4%	342	42.7%	103	12.9%	801	100.0%
Gender	Men	156	41.4%	170	45.1%	51	13.5%	377	100.0%
	Women	200	47.2%	172	40.6%	52	12.3%	424	100.0%
Age	18-34	132	55.2%	96	40.2%	11	4.6%	239	100.0%
	35-54	141	55.1%	100	39.1%	15	5.9%	256	100.0%
	55-64	39	36.1%	53	49.1%	16	14.8%	108	100.0%
	65+	34	20.6%	75	45.5%	56	33.9%	165	100.0%
	Not Stated	11	32.4%	18	52.9%	5	14.7%	34	100.0%
Race	Black	206	51.4%	134	33.4%	61	15.2%	401	100.0%
	White	105	36.2%	157	54.1%	28	9.7%	290	100.0%
	Asian & Other	41	42.7%	42	43.8%	13	13.5%	96	100.0%
	Not Stated	4	30.8%	8	61.5%	1	7.7%	13	100.0%
Household	One person	68	41.0%	81	48.8%	17	10.2%	166	100.0%
	Adult Couple	86	37.1%	108	46.6%	38	16.4%	232	100.0%
	Two parents	99	50.8%	76	39.0%	20	10.3%	195	100.0%
	Single parent	45	67.2%	19	28.4%	3	4.5%	67	100.0%
	Not Stated	58	41.4%	58	41.4%	24	17.1%	140	100.0%
Education	Secondary & Lower	102	44.2%	92	39.8%	37	16.0%	231	100.0%
	Technical & Higher	250	44.7%	245	43.8%	64	11.4%	559	100.0%
	Not Stated	5	41.7%	5	41.7%	2	16.7%	12	100.0%
Income	$59,999 or less	64	47.4%	64	47.4%	7	5.2%	135	100.0%
	$60,000 to $107,999	106	57.0%	63	33.9%	17	9.1%	186	100.0%
	$108,000 & over	63	56.8%	36	32.4%	12	10.8%	111	100.0%
	Not Stated	123	33.3%	179	48.5%	67	18.2%	369	100.0%

Q59. Have you ever been tested for HIV?
Question Source: Health Survey of Adults and Children in Bermuda 2006

Tested for HIV Comparison 2006 to 2011

Compared to 2006, there was a slight decline of 5% in the number of respondents who reported that they had been tested for HIV, from 49% to 44% (Figure 22.1). Whites had the greatest decline of 11%, from 47% to 36%. Those with a technical education or higher had a 9% decline, from 54% to 45% and men declined 8%, from 49% to 41%. Those with a secondary and lower education had a small 3% increase in the number of respondents tested, from 41% to 44%. The decline in the number of people being tested for HIV is a concern given that reports of having more than one sexual partner increased dramatically from 6% in 2006 to 23% in 2011 (Figure 21.1).

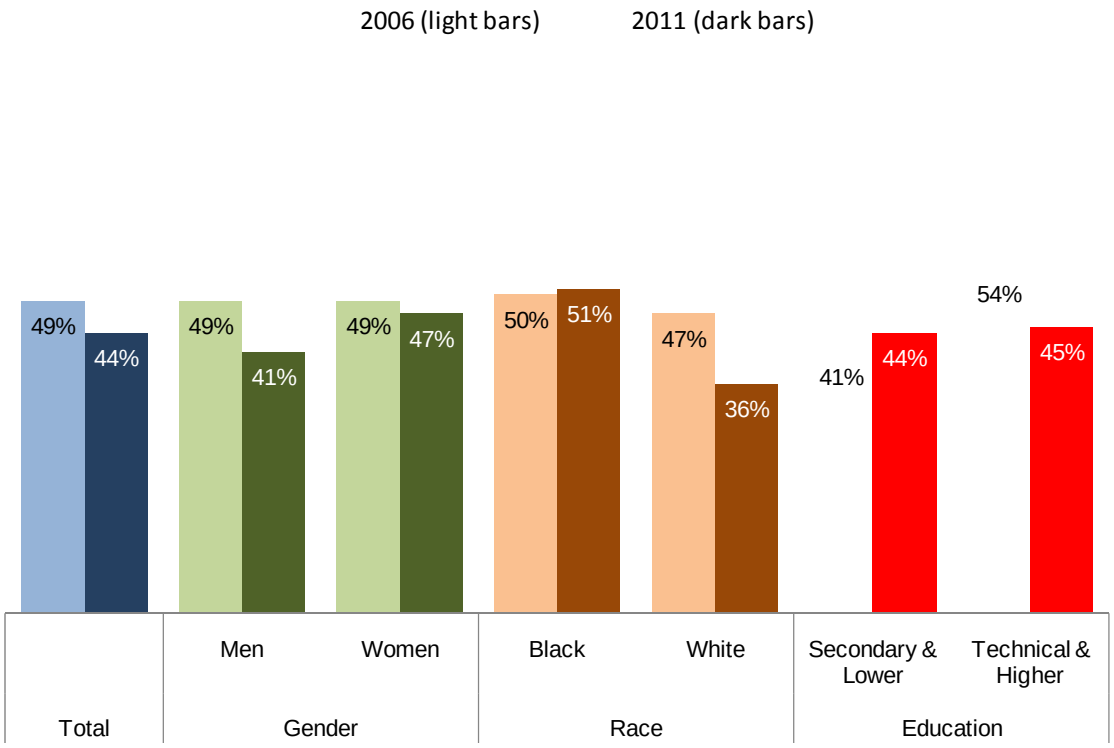

Figure 22.1 Comparison – Ever tested for HIV

High-risk behaviours for HIV transmission

To explore the extent to which adults engaged in behaviours that can put them at increased risk for contracting HIV, respondents were asked to indicate whether a number of statements applied to them. The statements were: "you have used intravenous drugs in the past year"; "you have been treated for a sexually transmitted disease or venereal disease in the past year"; "you have given or received money or drugs in exchange for sex in the past year"; "you have had anal sex without a condom in the past year". To encourage greater disclosure, respondents were not asked to state which of these activities they had engaged in, but to simply state whether any applied to them (Table 22.2). Overall six percent (6.4%) had engaged in any of the listed HIV high-risk behaviours. Younger residents aged 18 to 34 years (13.4%), Blacks (7.0%), and those of Asian and other races (12.5%) were more likely to have engaged in HIV high-risk behaviours. Those from single parent households (13.6%), with a secondary education or lower (10.0%), and with a low annual household income (less than $60,000) (14.8%) were also more likely to have engaged in high-risk behaviours for HIV transmission.

Table 22.2 Engaging in high-risk behaviours for HIV transmission

Engaging in high-risk behaviours for HIV transmission									
		Yes		No		Unsure or Refused		Total	
		N	%	N	%	N	%	N	%
Total		51	6.4%	657	81.9%	94	11.7%	802	100.0%
Gender	Men	31	8.2%	299	79.3%	47	12.5%	377	100.0%
	Women	20	4.7%	358	84.2%	47	11.1%	425	100.0%
Age	18-34	32	13.4%	199	83.3%	8	3.3%	239	100.0%
	35-54	13	5.1%	224	87.5%	19	7.4%	256	100.0%
	55-64	3	2.8%	95	87.2%	11	10.1%	109	100.0%
	65+	0	0.0%	113	68.5%	52	31.5%	165	100.0%
	Not Stated	3	9.1%	26	78.8%	4	12.1%	33	100.0%
Race	Black	28	7.0%	318	79.1%	56	13.9%	402	100.0%
	White	12	4.1%	251	86.6%	27	9.3%	290	100.0%
	Asian & Other	12	12.5%	75	78.1%	9	9.4%	96	100.0%
	Not Stated	0	0.0%	12	92.3%	1	7.7%	13	100.0%
Household	One person	7	4.2%	141	84.4%	19	11.4%	167	100.0%
	Adult Couple	12	5.2%	183	78.9%	37	15.9%	232	100.0%
	Two parents	9	4.6%	175	89.7%	11	5.6%	195	100.0%
	Single parent	9	13.6%	51	77.3%	6	9.1%	66	100.0%
	Not Stated	14	10.0%	106	75.7%	20	14.3%	140	100.0%
Education	Secondary & Lower	23	10.0%	174	75.3%	34	14.7%	231	100.0%
	Technical & Higher	29	5.2%	472	84.4%	58	10.4%	559	100.0%
	Not Stated	0	0.0%	11	91.7%	1	8.3%	12	100.0%
Income	$59,999 or less	20	14.8%	108	80.0%	7	5.2%	135	100.0%
	$60,000 to $107,999	15	8.0%	154	82.4%	18	9.6%	187	100.0%
	$108,000 & over	3	2.7%	96	87.3%	11	10.0%	110	100.0%
	Not Stated	14	3.8%	298	80.8%	57	15.4%	369	100.0%

Q61. Have engaged in any of four high risk behaviours for HIV transmission?
Question Source: Health Survey of Adults and Children in Bermuda 2006

High-Risk Behaviours for HIV transmission Comparison 2006 to 2011

Compared to 2006, there was a 3 point increase in the percentage of respondents who said that they engaged in high-risk behaviours for HIV transmission, from 3% to 6% (Figure 22.2). The groups that showed larger increases in high-risk behaviours for HIV transmission were men (5 point increase, from 3% to 8%), and those with a secondary education or less (6 point increase, from 4% to 10%).

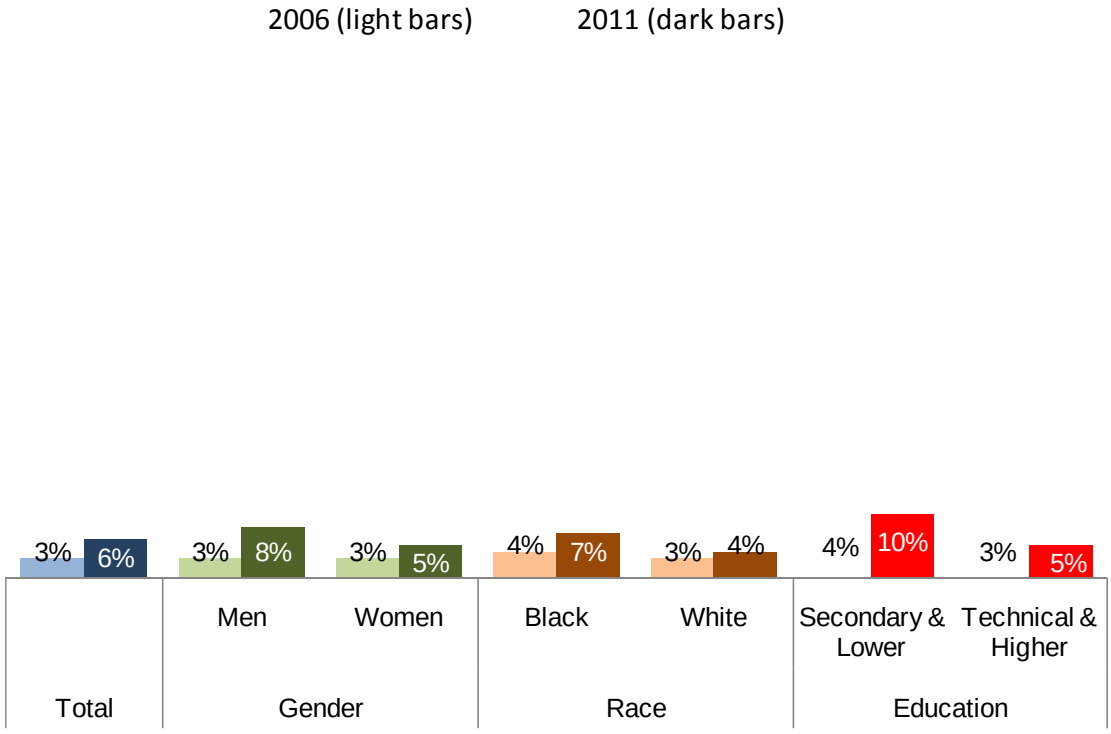

Figure 22.2 Comparison – Engaging in high-risk behaviours for HIV transmission

23. Health Promotion

Spread of Disease Prevention

Respondents were asked to mention recommended methods that could be used to prevent the spread of diseases (Table 23.1). Overwhelmingly, hand washing was the most mentioned method (71.0%), followed by covering ones mouth when coughing or sneezing (52.8%), and then safer sex practices (31.3%).

Table 23.1 Recommended methods to prevent the spread of diseases

All recommended methods to prevent the spread of diseases		
	N	%
Hand washing (e.g. using hand sterilizer, keeping hands clean)	568	71.0%
Covering mouth when coughing or sneezing (e.g., using a tissue)	423	52.8%
Safer sex practices (e.g. condoms, abstinence)	251	31.3%
Proper storage and preparation of food	129	16.1%
Rodent and mosquito control (e.g., proper disposal of trash, not having standing water)	120	15.0%
Other	89	11.1%
Don't know/ Not sure	59	7.4%

Q104. To the best of your knowledge, what are the recommended methods to prevent the spread of diseases?
Question Source: Department of Health 2007 Well Bermuda Study

Recommended Method of Disease Prevention (Hand Washing) Comparison 2007 to 2011

Compared to 2007, there was a 14 point increase in the percentage of respondents who mentioned hand washing as a recommended method to prevent the spread of diseases, from 57% in 2007 to 71% in 2011 (Figure 23.1). The groups more likely to mention hand washing as a recommended method in 2011 compared to 2007 were men (17 point increase, from 44% to 61%) and Blacks (16 point increase from 54% to 70%). Women and Whites were also more likely to recall hand washing as a disease prevention method in 2011.

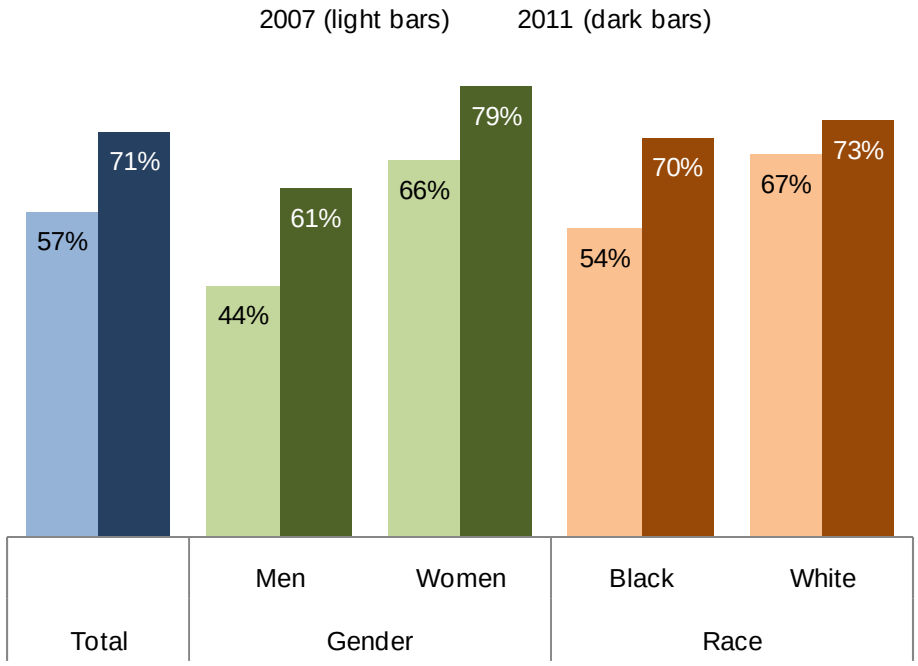

Figure 23.1 Comparison – Percentage who mentioned hand washing as recommended method of disease prevention

Tank Water

Respondents were asked whether their households currently used tank water for drinking (Table 23.2). More than half of households (60.1%) used tank water for drinking. Women (63.1%) and older residents aged 65 years and over (69.5%) were more likely to do so. Younger residents aged 18 to 34 years (52.1%) and adult couple households (56.5%) were less likely to use tank water for drinking. There were no substantive differences among race, education or income level.

Table 23.2 Whether household currently uses tank water for drinking

		Currently use tank water for drinking							
		Yes		No		Don't know		Total	
		N	%	N	%	N	%	N	%
Total		482	60.1%	298	37.2%	22	2.7%	802	100.0%
Gender	Men	214	56.8%	151	40.1%	12	3.2%	377	100.0%
	Women	268	63.1%	147	34.6%	10	2.4%	425	100.0%
Age	18-34	124	52.1%	103	43.3%	11	4.6%	238	100.0%
	35-54	158	61.7%	95	37.1%	3	1.2%	256	100.0%
	55-64	66	60.6%	43	39.4%	0	0.0%	109	100.0%
	65+	114	69.5%	43	26.2%	7	4.3%	164	100.0%
	Not Stated	20	58.8%	14	41.2%	0	0.0%	34	100.0%
Race	Black	244	60.7%	152	37.8%	6	1.5%	402	100.0%
	White	172	59.1%	108	37.1%	11	3.8%	291	100.0%
	Asian & Other	57	60.0%	36	37.9%	2	2.1%	95	100.0%
	Not Stated	9	69.2%	2	15.4%	2	15.4%	13	100.0%
Household	One person	107	64.1%	56	33.5%	4	2.4%	167	100.0%
	Adult Couple	131	56.5%	95	40.9%	6	2.6%	232	100.0%
	Two parents	121	62.1%	68	34.9%	6	3.1%	195	100.0%
	Single parent	44	66.7%	21	31.8%	1	1.5%	66	100.0%
	Not Stated	78	55.7%	57	40.7%	5	3.6%	140	100.0%
Education	Secondary & Lower	142	61.5%	81	35.1%	8	3.5%	231	100.0%
	Technical & Higher	332	59.4%	214	38.3%	13	2.3%	559	100.0%
	Not Stated	8	72.7%	2	18.2%	1	9.1%	11	100.0%
Income	$59,999 or less	84	62.2%	49	36.3%	2	1.5%	135	100.0%
	$60,000 to $107,999	123	65.4%	63	33.5%	2	1.1%	188	100.0%
	$108,000 & over	67	60.9%	39	35.5%	4	3.6%	110	100.0%
	Not Stated	208	56.4%	147	39.8%	14	3.8%	369	100.0%

Q105. Does your household currently use tank water for drinking?
Question Source: Department of Health 2007 Well Bermuda Study

Tank Water Consumption Comparison 2007 to 2011

Compared to 2007, there was a 9 point decline in the percentage of households that used tank water for drinking, from 69% in 2007 to 60% in 2011 (Figure 23.2). Men and Whites were particularly less likely to use tank water for drinking in 2011 (i.e., 14 point declines, from 71% to 57% for men and 73% to 59% for Whites). There were smaller declines for women (4% decline, from 67% to 63%) and Blacks (6% decline, from 67% to 61%).

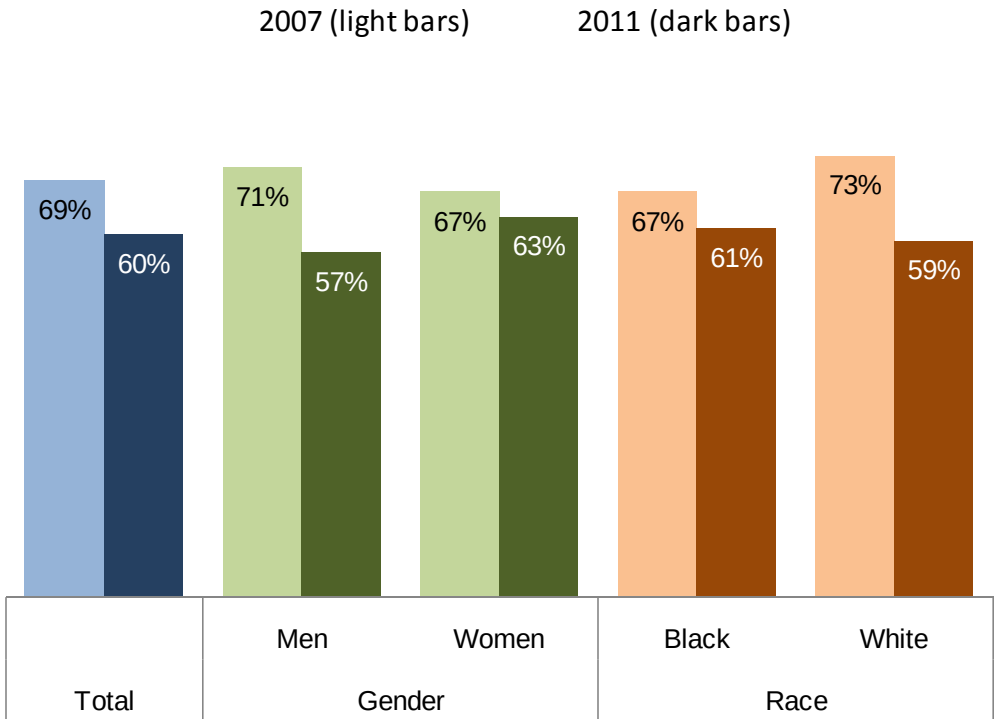

Figure 23.2 Comparison – Households who currently use tank water for drinking

Tank Water Disinfection

Respondents who used their tank water for drinking were asked whether they disinfected the water that was used for drinking (Table 23.3). Of those who drank their tank water, half (50.1%) disinfected it. While elderly respondents aged 65 years and older (60.9%) were more likely to disinfect their tank water for drinking, younger respondents aged 18 to 34 years were less likely to disinfect their tank water (41.9%). Two parent households (54.2%) and those with a high household income (i.e. $108,000 or over) (53.7%) were more likely to disinfect their tank water. There were no significant differences among gender, race or education level.

Table 23.3 Whether household disinfects tank water used for drinking

		Disinfect tank water for drinking							
		Yes		No		Don't know		Total	
		N	%	N	%	N	%	N	%
Total		241	50.1%	198	41.2%	42	8.7%	481	100.0%
Gender	Men	109	50.9%	92	43.0%	13	6.1%	214	100.0%
	Women	132	49.4%	106	39.7%	29	10.9%	267	100.0%
Age	18-34	52	41.9%	58	46.8%	14	11.3%	124	100.0%
	35-54	78	49.4%	66	41.8%	14	8.9%	158	100.0%
	55-64	33	50.0%	26	39.4%	7	10.6%	66	100.0%
	65+	70	60.9%	40	34.8%	5	4.3%	115	100.0%
	Not Stated	9	45.0%	9	45.0%	2	10.0%	20	100.0%
Race	Black	122	50.2%	101	41.6%	20	8.2%	243	100.0%
	White	84	48.8%	72	41.9%	16	9.3%	172	100.0%
	Asian & Other	30	52.6%	22	38.6%	5	8.8%	57	100.0%
	Not Stated	5	55.6%	3	33.3%	1	11.1%	9	100.0%
Household	One person	45	42.1%	51	47.7%	11	10.3%	107	100.0%
	Adult Couple	67	51.1%	56	42.7%	8	6.1%	131	100.0%
	Two parents	65	54.2%	43	35.8%	12	10.0%	120	100.0%
	Single parent	20	44.4%	25	55.6%	0	0.0%	45	100.0%
	Not Stated	44	55.7%	24	30.4%	11	13.9%	79	100.0%
Education	Secondary & Lower	67	47.5%	62	44.0%	12	8.5%	141	100.0%
	Technical & Higher	170	51.4%	134	40.5%	27	8.2%	331	100.0%
	Not Stated	4	44.4%	2	22.2%	3	33.3%	9	100.0%
Income	$59,999 or less	41	48.8%	36	42.9%	7	8.3%	84	100.0%
	$60,000 to $107,999	55	44.7%	60	48.8%	8	6.5%	123	100.0%
	$108,000 & over	36	53.7%	25	37.3%	6	9.0%	67	100.0%
	Not Stated	110	52.9%	77	37.0%	21	10.1%	208	100.0%

Q106. Does your household disinfect your taking water for drinking?
Question Source: Department of Health 2007 Well Bermuda Study

Tank Water Disinfection Comparison 2007 to 2011

Compared to 2007, there was a 6% point decline in the percentage of households that disinfected their tank water used for drinking, from 56% in 2007 to 50% in 2011 (Figure 23.3). This decline was larger for black respondents (11 point decline, from 61% to 50%) and for women (9 point decline, from 58% to 49%).

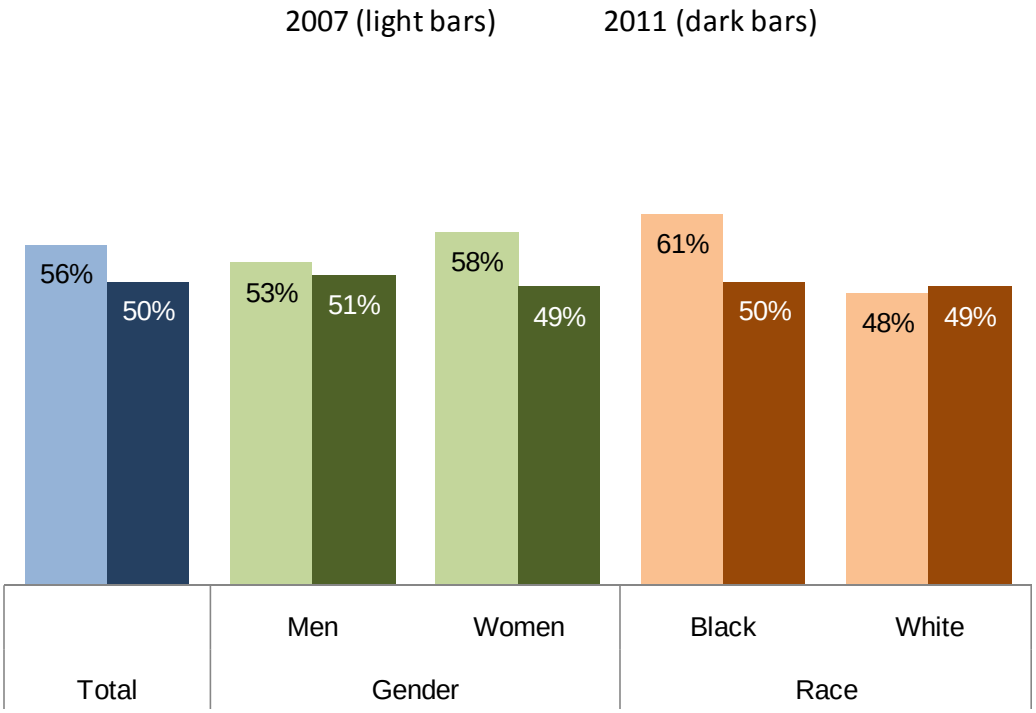

Figure 23.3 Comparison – Households who disinfect tank water that is used for drinking

Emergency Plan

Respondents were asked whether their households had an emergency plan in place which outlined what members of their household should do in the event of an emergency (Table 23.4). Overall, one-third (33.1%) of households had an emergency plan. Women (37.0%) and higher income households ($108,000 and over) (41.4%) were more likely to have an emergency plan in place. Households with children; i.e. two parent households (41.2%) and single parent households (39.4%) were more likely to have an emergency plan in place compared to those living in one person households (28.1%) and adult couple households (30.5%). Residents with a technical education or higher were more likely to have an emergency plan compared to those with a secondary education and lower (35.1% vs. 27.4%). Whites were less likely to have an emergency plan in place (29.7%) than other races.

Table 23.4 Whether household has an emergency plan

		Have an emergency plan							
		Yes		No		Don't know		Total	
		N	%	N	%	N	%	N	%
Total		265	33.1%	503	62.9%	32	4.0%	800	100.0%
Gender	Men	108	28.7%	254	67.6%	14	3.7%	376	100.0%
	Women	157	37.0%	249	58.7%	18	4.2%	424	100.0%
Age	18-34	58	24.2%	171	71.3%	11	4.6%	240	100.0%
	35-54	99	38.7%	152	59.4%	5	2.0%	256	100.0%
	55-64	41	37.6%	58	53.2%	10	9.2%	109	100.0%
	65+	60	36.4%	99	60.0%	6	3.6%	165	100.0%
	Not Stated	8	24.2%	24	72.7%	1	3.0%	33	100.0%
Race	Black	141	35.1%	248	61.7%	13	3.2%	402	100.0%
	White	86	29.7%	190	65.5%	14	4.8%	290	100.0%
	Asian & Other	35	36.5%	58	60.4%	3	3.1%	96	100.0%
	Not Stated	2	15.4%	8	61.5%	3	23.1%	13	100.0%
Household	One person	47	28.1%	117	70.1%	3	1.8%	167	100.0%
	Adult Couple	71	30.5%	152	65.2%	10	4.3%	233	100.0%
	Two parents	80	41.2%	104	53.6%	10	5.2%	194	100.0%
	Single parent	26	39.4%	40	60.6%	0	0.0%	66	100.0%
	Not Stated	40	28.6%	90	64.3%	10	7.1%	140	100.0%
Education	Secondary & Lower	63	27.4%	162	70.4%	5	2.2%	230	100.0%
	Technical & Higher	196	35.1%	339	60.6%	24	4.3%	559	100.0%
	Not Stated	5	45.5%	3	27.3%	3	27.3%	11	100.0%
Income	$59,999 or less	47	34.6%	87	64.0%	2	1.5%	136	100.0%
	$60,000 to $107,999	59	31.6%	125	66.8%	3	1.6%	187	100.0%
	$108,000 & over	46	41.4%	62	55.9%	3	2.7%	111	100.0%
	Not Stated	113	30.6%	231	62.6%	25	6.8%	369	100.0%

Q107. Does your household have an emergency plan?
Question Source: Department of Health 2007 Well Bermuda Study

Households with Emergency Plans Comparison 2007 to 2011

Compared to 2007, there was a 7 point decline in the percentage of households that reported having an emergency plan outlining what different members of their household should do in the event of an emergency, from 40% in 2007 to 33% in 2011 (Figure 23.4). The greatest decline was seen among men (15 points, from 44% to 29%) and Black respondents (9 points from 44% to 35%). There was no change for women or Whites.

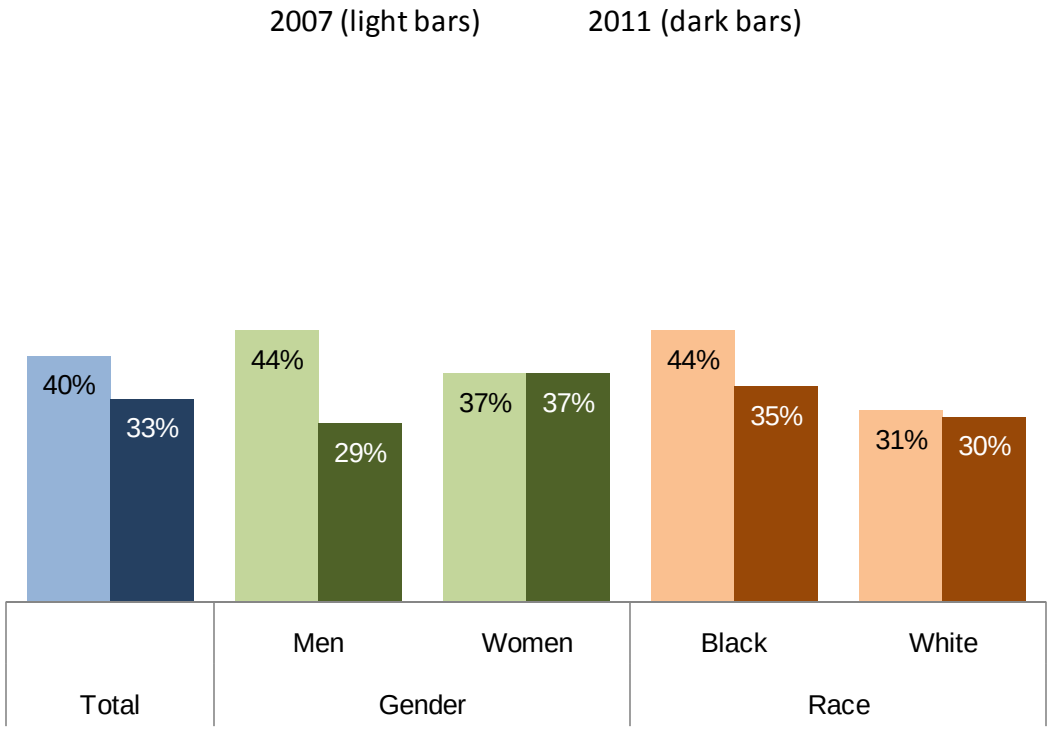

Figure 23.4 Comparison – Households that have an emergency plan

Fire Alarms

Respondents were asked whether their households had functioning fire alarms (Table 23.5). Overall, 49.9% of households reported having functioning fire alarms. Women were more likely to report this than men (55.0% vs. 44.1%) as were residents aged 65 and over (53.9%) compared to younger residents aged 18 to 34 years (44.1%). Two parent households were also more likely than one person households to report having functioning fire alarms (60.0% vs. 39.8%). Additionally, those with a technical education and higher (51.9%) and a high annual household income ($108,000 and over) (70.0%) were more likely to report having functional fire alarms in their households compared to those with a secondary or lower education (45.7%) or a low annual household income (less than $60,000) (38.2%).

Table 23.5 Whether household has functioning fire alarms

		Functioning fire alarms in household							
		Yes		No		Don't know		Total	
		N	%	N	%	N	%	N	%
Total		399	49.9%	363	45.4%	38	4.8%	800	100.0%
Gender	Men	166	44.1%	197	52.4%	13	3.5%	376	100.0%
	Women	233	55.0%	166	39.2%	25	5.9%	424	100.0%
Age	18-34	105	44.1%	115	48.3%	18	7.6%	238	100.0%
	35-54	136	53.1%	115	44.9%	5	2.0%	256	100.0%
	55-64	54	50.0%	49	45.4%	5	4.6%	108	100.0%
	65+	89	53.9%	66	40.0%	10	6.1%	165	100.0%
	Not Stated	15	45.5%	18	54.5%	0	0.0%	33	100.0%
Race	Black	206	51.2%	180	44.8%	16	4.0%	402	100.0%
	White	147	50.7%	130	44.8%	13	4.5%	290	100.0%
	Asian & Other	43	44.8%	46	47.9%	7	7.3%	96	100.0%
	Not Stated	4	30.8%	7	53.8%	2	15.4%	13	100.0%
Household	One person	66	39.8%	94	56.6%	6	3.6%	166	100.0%
	Adult Couple	120	51.7%	104	44.8%	8	3.4%	232	100.0%
	Two parents	117	60.0%	66	33.8%	12	6.2%	195	100.0%
	Single parent	36	53.7%	26	38.8%	5	7.5%	67	100.0%
	Not Stated	61	43.3%	73	51.8%	7	5.0%	141	100.0%
Education	Secondary & Lower	105	45.7%	111	48.3%	14	6.1%	230	100.0%
	Technical & Higher	290	51.9%	249	44.5%	20	3.6%	559	100.0%
	Not Stated	5	41.7%	3	25.0%	4	33.3%	12	100.0%
Income	$59,999 or less	52	38.2%	77	56.6%	7	5.1%	136	100.0%
	$60,000 to $107,999	93	49.7%	91	48.7%	3	1.6%	187	100.0%
	$108,000 & over	77	70.0%	29	26.4%	4	3.6%	110	100.0%
	Not Stated	178	48.2%	167	45.3%	24	6.5%	369	100.0%

Q108. Do you have functioning fire alarms in your household?
Question Source: Department of Health 2007 Well Bermuda Study

Functioning Fire Alarms Comparison 2007 to 2011

Compared to 2007, there was no change in the number of households that reported having functioning fire alarms in their households (50% in 2007 and 2011) (Figure 23.5). Men and Whites had declines (6% decline for men, 9% decline for Whites) but women and Blacks saw increases (6% for women, 8% for Blacks).

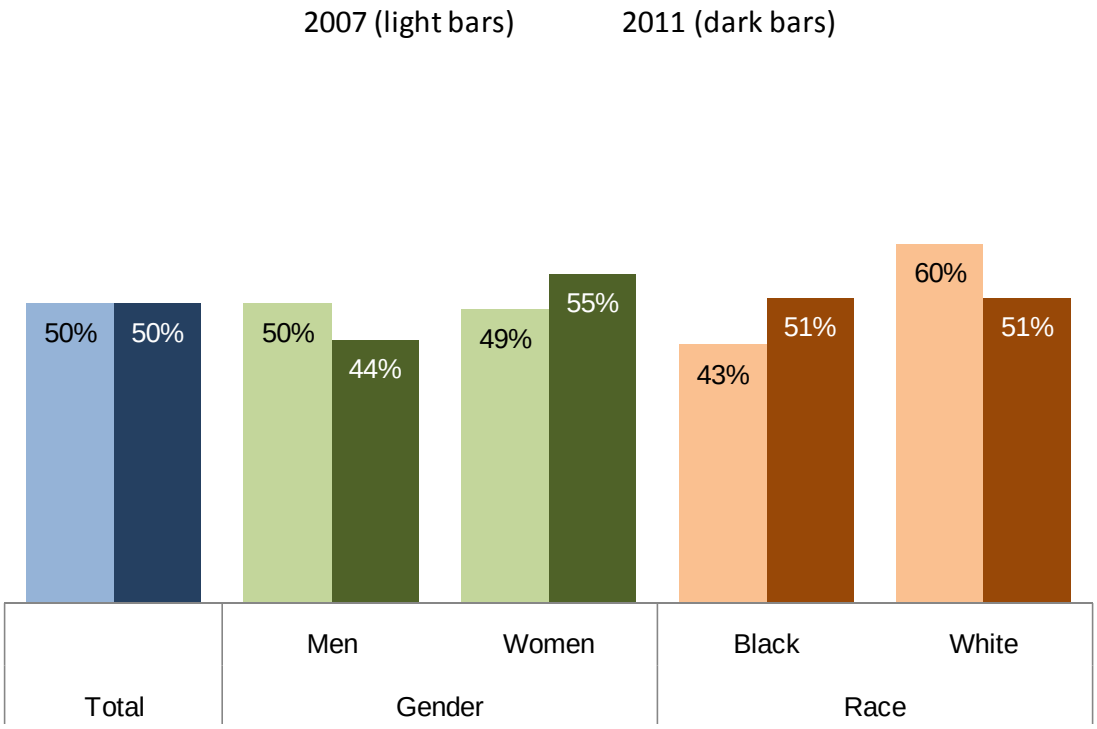

Figure 23.5 Comparison – Households that have functioning fire alarms

First Aid

Respondents were asked whether an adult in their household was currently certified in first aid (Table 23.6). Overall, 46.2% of households had an adult who was currently certified in first aid. Those more likely to live in households with a first aid certified adult included women (49.3%), Blacks (49.4%), households with children (single parent 56.1%, and two parent 58.2%), residents with a technical and higher education (49.4%), and with a high annual household income ($108,000 and over) (62.2%). Men (42.7%), those aged 65 and over (42.7%), one person households (35.3%), and those with a household income less than $60,000 (41.5%) were less likely to have a first aid certified adult in the household.

Table 23.6 Whether an adult in the household is currently certified in first aid

		Adult in household currently certified in first aid							
		Yes		No		Don't know		Total	
		N	%	N	%	N	%	N	%
Total		370	46.2%	415	51.8%	16	2.0%	801	100.0%
Gender	Men	161	42.7%	212	56.2%	4	1.1%	377	100.0%
	Women	209	49.3%	203	47.9%	12	2.8%	424	100.0%
Age	18-34	108	45.2%	122	51.0%	9	3.8%	239	100.0%
	35-54	122	47.7%	133	52.0%	1	0.4%	256	100.0%
	55-64	54	49.5%	53	48.6%	2	1.8%	109	100.0%
	65+	70	42.7%	90	54.9%	4	2.4%	164	100.0%
	Not Stated	17	50.0%	16	47.1%	1	2.9%	34	100.0%
Race	Black	199	49.4%	195	48.4%	9	2.2%	403	100.0%
	White	124	42.8%	163	56.2%	3	1.0%	290	100.0%
	Asian & Other	42	43.8%	52	54.2%	2	2.1%	96	100.0%
	Not Stated	6	46.2%	5	38.5%	2	15.4%	13	100.0%
Household	One person	59	35.3%	106	63.5%	2	1.2%	167	100.0%
	Adult Couple	100	42.9%	128	54.9%	5	2.1%	233	100.0%
	Two parents	114	58.2%	77	39.3%	5	2.6%	196	100.0%
	Single parent	37	56.1%	28	42.4%	1	1.5%	66	100.0%
	Not Stated	60	42.9%	76	54.3%	4	2.9%	140	100.0%
Education	Secondary & Lower	92	39.8%	135	58.4%	4	1.7%	231	100.0%
	Technical & Higher	276	49.4%	273	48.8%	10	1.8%	559	100.0%
	Not Stated	2	18.2%	7	63.6%	2	18.2%	11	100.0%
Income	$59,999 or less	56	41.5%	73	54.1%	6	4.4%	135	100.0%
	$60,000 to $107,999	89	47.3%	98	52.1%	1	0.5%	188	100.0%
	$108,000 & over	69	62.2%	41	36.9%	1	0.9%	111	100.0%
	Not Stated	158	42.8%	203	55.0%	8	2.2%	369	100.0%

Q109. Is an adult in your household currently certified in first aid?
Question Source: Department of Health 2007 Well Bermuda Study
Note: Change in 2011 question wording to "currently certified"

First Aid Certification Comparison 2007 to 2011

Compared to 2007, there was a 21 point decline in the percentage of households that reported having an adult currently certified in first aid (Figure 23.6). The decline could be attributed to the change in the wording of the question to specify whether an adult in the household was *currently certified* in first aid, rather than just whether an adult was *trained* in first aid. The greatest decline was seen among men (23 points, from 66% to 43%) and White respondents (25 points from 68% to 43%). There was also a decline in the percentage of women (18 point decline, from 67% to 49%) and Black respondents (16 point decline, from 65% to 49%) that reported having a first aid certified adult in 2011.

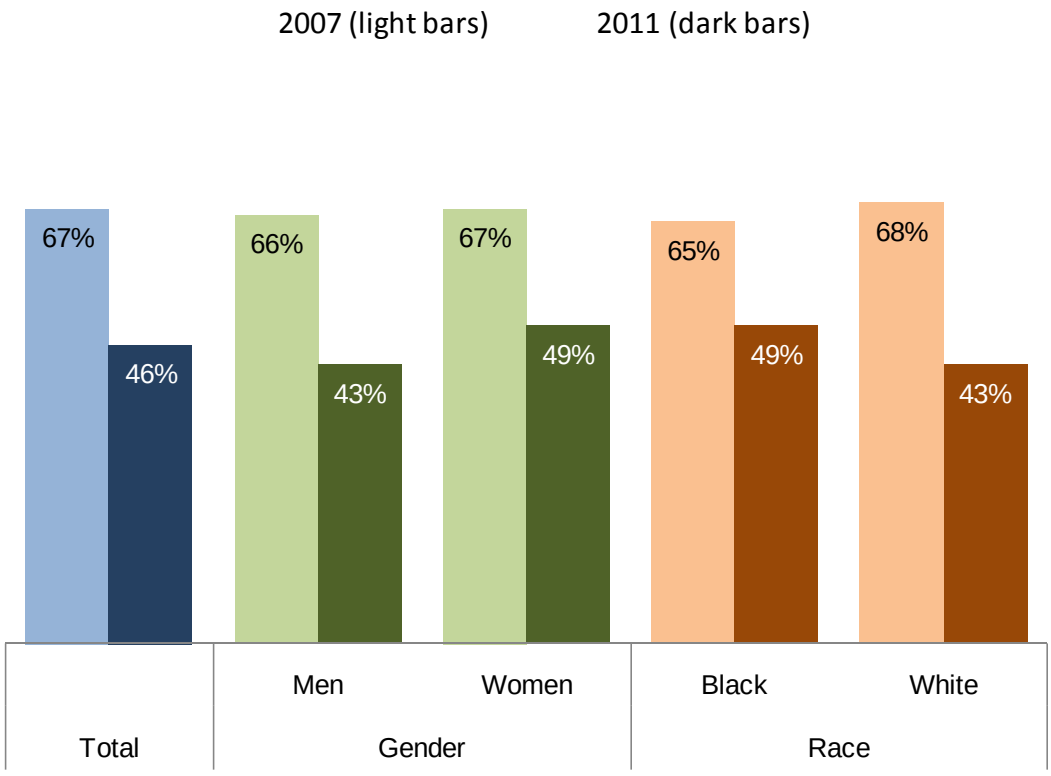

Figure 23.6 Comparison – Household with an adult certified in first aid

Use of Public Parks

Respondents were asked how often they used Bermuda's public parks, including beaches, playgrounds, and railway trials in the past year (Table 23.7). Overall, the majority of respondents used Bermuda's public parks a few times per year (42.3%). One-quarter of residents (24.9%) used Bermuda's parks at least once per week, 16.4% used them at least once per month, 6.5% used them once per year and 9.6% said they never used Bermuda's public parks. Frequent users of Bermuda's public parks (i.e. those who used them at least once per week) were more likely to be women (28.1%), younger residents aged 18 to 34 years (28.5%), those from two parent households (39.5%), and residents with an annual household income over $108,000 (34.2%). Conversely, men (21.3%), older residents aged 55 to 64 (21.1%) and 65 years and older (21.8%), those from one person households (17.4%), adult coupled households (18.8%), and those with an annual household income under $60,000 (19.9%) were less likely to use Bermuda's public parks at least once per week.

Table 23.7 Frequency of using Bermuda's public parks including beaches, parks and railway trails

		Frequency of using Bermuda`s public parks including beaches, parks and railway trails													
		At least once per week		At least once per month		A few times		Once		Never		Don't know/ Can't recall		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Total		199	24.9%	131	16.4%	338	42.3%	52	6.5%	77	9.6%	3	0.4%	800	100.0%
Gender	Men	80	21.3%	62	16.5%	169	44.9%	27	7.2%	38	10.1%	0	0.0%	376	100.0%
	Women	119	28.1%	69	16.3%	169	39.9%	25	5.9%	39	9.2%	3	0.7%	424	100.0%
Age	18-34	68	28.5%	47	19.7%	103	43.1%	11	4.6%	8	3.3%	2	0.8%	239	100.0%
	35-54	63	24.6%	40	15.6%	116	45.3%	22	8.6%	15	5.9%	0	0.0%	256	100.0%
	55-64	23	21.1%	13	11.9%	46	42.2%	9	8.3%	18	16.5%	0	0.0%	109	100.0%
	65+	36	21.8%	28	17.0%	59	35.8%	8	4.8%	33	20.0%	1	0.6%	165	100.0%
	Not Stated	10	30.3%	4	12.1%	14	42.4%	2	6.1%	3	9.1%	0	0.0%	33	100.0%
Race	Black	104	25.9%	64	16.0%	172	42.9%	25	6.2%	35	8.7%	1	0.2%	401	100.0%
	White	70	24.1%	45	15.5%	122	41.9%	18	6.2%	34	11.7%	2	0.7%	291	100.0%
	Asian & Other	23	24.2%	19	20.0%	40	42.1%	8	8.4%	5	5.3%	0	0.0%	95	100.0%
	Not Stated	3	23.1%	3	23.1%	4	30.8%	0	0.0%	2	15.4%	1	7.7%	13	100.0%
Household	One person	29	17.4%	23	13.8%	78	46.7%	16	9.6%	21	12.6%	0	0.0%	167	100.0%
	Adult Couple	44	18.8%	38	16.2%	103	44.0%	20	8.5%	29	12.4%	0	0.0%	234	100.0%
	Two parents	77	39.5%	34	17.4%	68	34.9%	8	4.1%	6	3.1%	2	1.0%	195	100.0%
	Single parent	16	23.9%	13	19.4%	32	47.8%	3	4.5%	3	4.5%	0	0.0%	67	100.0%
	Not Stated	33	23.6%	24	17.1%	58	41.4%	5	3.6%	18	12.9%	2	1.4%	140	100.0%
Education	Secondary & Lower	44	19.1%	41	17.8%	100	43.5%	20	8.7%	24	10.4%	1	0.4%	230	100.0%
	Technical & Higher	150	26.9%	89	15.9%	234	41.9%	31	5.6%	52	9.3%	2	0.4%	558	100.0%
	Not Stated	5	41.7%	1	8.3%	5	41.7%	1	8.3%	0	0.0%	0	0.0%	12	100.0%
Income	$59,999 or less	27	19.9%	23	16.9%	61	44.9%	11	8.1%	13	9.6%	1	0.7%	136	100.0%
	$60,000 to $107,999	46	24.6%	31	16.6%	90	48.1%	8	4.3%	12	6.4%	0	0.0%	187	100.0%
	$108,000 & over	38	34.2%	25	22.5%	39	35.1%	4	3.6%	5	4.5%	0	0.0%	111	100.0%
	Not Stated	89	24.1%	53	14.3%	149	40.3%	29	7.8%	48	13.0%	2	0.5%	370	100.0%

Q110. In the past year, how often would you say you used Bermuda's public parks, including beaches, playgrounds and railway trails?
Question Source: Department of Health 2007 Well Bermuda Study

Use of Public Parks Comparison 2007 to 2011

Compared to 2007, there was a significant 19 point decline in the percentage of respondents who use Bermuda's parks at least once per month, from 60% in 2006 to 41% in 2011 (Figure 23.7). Whites had the greatest decline of 34 points, from 74% to 40%, followed by men (21% decline, from 59% to 38%) and women (17% decline, from 61% to 44%).

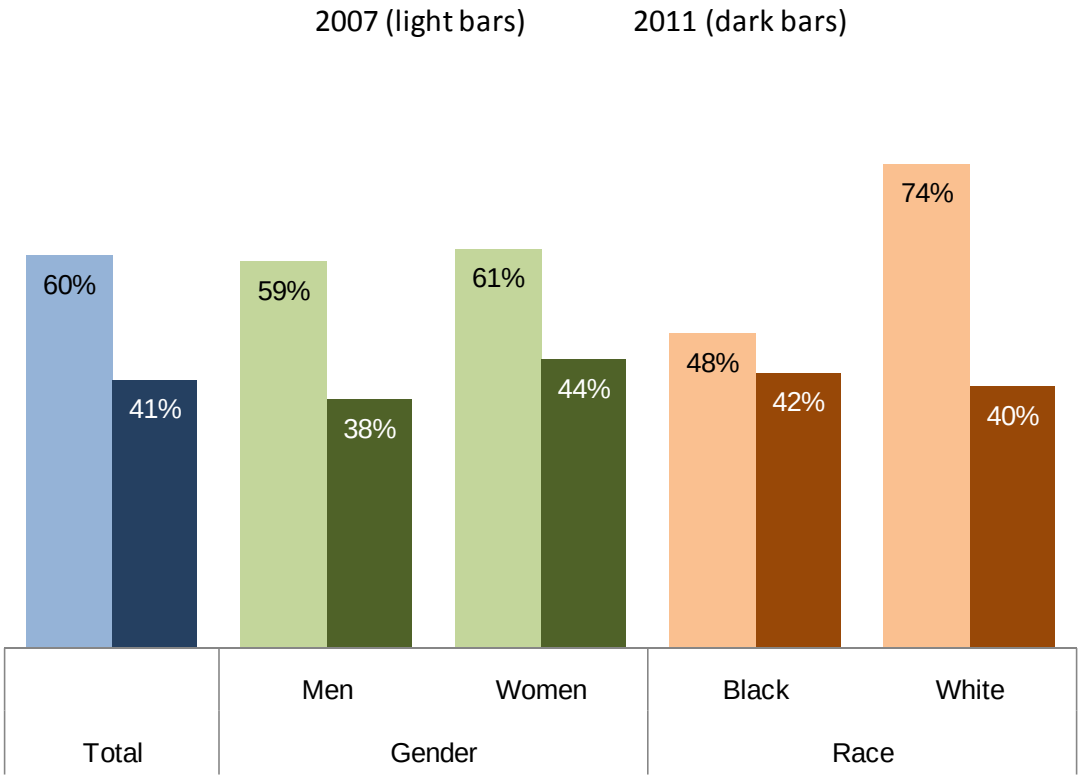

Figure 23.7 Comparison – Use of Bermuda's parks at least once per month

Modes of Transport

Respondents were asked to describe how they travelled to work in the past month and most of the time (Table 23.8). The majority (87.5%) used some form of motorised transport: 31.9% used a scooter or motorcycle, 21.4% travelled alone in their own car, 20.4% travelled in a private car with at least one other person, 13.0% used public transport such as a bus or ferry, and less than 1% used a taxi. Less than 2% used a bicycle or walked to work. Women were more likely to travel by car, either alone (27.6%) or with others (26.7%), or use public transportation (15.3%). Men (50.3%) and adults aged 18 to 34 (50.4%) were more likely to use a scooter or motor cycle. Adults aged 55 to 64 were more likely to travel to work alone in their own car (33.3%). As might be expected, one person households were the least likely to carpool to work, with only 5.4% responding that they travelled with at least one other person in a private car. They were more likely to travel alone in their own car (30.1%) compared to other household types. Race and education level did not have an influence on modes of transportation to work.

Table 23.8 Modes of transportation to work in the past month and most of the time

Modes of transportation to work in the past month and most of the time											
		Travel alone in your own car		Travel in a private car with at least one other person		Use a scooter or motorcycle		Use public transport, such as the bus or ferry		Use a taxi	
		N	%	N	%	N	%	N	%	N	%
Total		172	21.4%	164	20.4%	256	31.9%	104	13.0%	6	0.7%
Gender	Men	55	14.6%	51	13.5%	190	50.3%	39	10.3%	3	0.8%
	Women	117	27.6%	113	26.7%	66	15.6%	65	15.3%	3	0.7%
Age	18-34	34	14.2%	44	18.3%	121	50.4%	32	13.3%	0	0.0%
	35-54	62	24.3%	56	22.0%	90	35.3%	32	12.5%	2	0.8%
	55-64	36	33.3%	23	21.3%	22	20.4%	15	13.9%	2	1.9%
	65+	33	20.1%	36	22.0%	11	6.7%	17	10.4%	2	1.2%
	Not Stated	7	21.2%	5	15.2%	11	33.3%	8	24.2%	0	0.0%
Race	Black	95	23.6%	92	22.9%	111	27.6%	49	12.2%	4	1.0%
	White	56	19.4%	54	18.7%	104	36.0%	37	12.8%	1	0.3%
	Asian & Other	20	20.8%	16	16.7%	34	35.4%	18	18.8%	0	0.0%
	Not Stated	1	7.7%	1	7.7%	5	38.5%	0	0.0%	1	7.7%
Household	One person	50	30.1%	9	5.4%	51	30.7%	28	16.9%	2	1.2%
	Adult Couple	54	23.2%	47	20.2%	63	27.0%	31	13.3%	1	0.4%
	Two parents	27	13.8%	56	28.7%	75	38.5%	21	10.8%	2	1.0%
	Single parent	16	24.2%	21	31.8%	20	30.3%	5	7.6%	0	0.0%
	Not Stated	25	17.9%	31	22.1%	46	32.9%	19	13.6%	0	0.0%
Education	Secondary & Lower	41	17.9%	47	20.5%	59	25.8%	37	16.2%	2	0.9%
	Technical & Higher	128	22.9%	116	20.8%	193	34.5%	66	11.8%	3	0.5%
	Not Stated	2	16.7%	1	8.3%	3	25.0%	1	8.3%	0	0.0%
Income	$59,999 or less	21	15.4%	22	16.2%	48	35.3%	18	13.2%	3	2.2%
	$60,000 to $107,999	51	27.3%	41	21.9%	63	33.7%	15	8.0%	1	0.5%
	$108,000 & over	19	17.4%	35	32.1%	43	39.4%	7	6.4%	1	0.9%
	Not Stated	80	21.6%	66	17.8%	101	27.3%	65	17.6%	0	0.0%

Table 23.8 continued

Modes of transportation to work in the past month and most of the time											
		Use a bicycle		Walk		Other		Don't know/ Not sure		Total	
		N	%	N	%	N	%	N	%	N	%
Total		6	0.7%	15	1.9%	74	9.2%	5	0.6%	802	100.0%
Gender	Men	5	1.3%	5	1.3%	27	7.1%	3	0.8%	378	100.0%
	Women	1	0.2%	10	2.4%	47	11.1%	2	0.5%	424	100.0%
Age	18-34	6	2.5%	1	0.4%	2	0.8%	0	0.0%	240	100.0%
	35-54	0	0.0%	3	1.2%	9	3.5%	1	0.4%	255	100.0%
	55-64	0	0.0%	5	4.6%	5	4.6%	0	0.0%	108	100.0%
	65+	0	0.0%	4	2.4%	57	34.8%	4	2.4%	164	100.0%
	Not Stated	0	0.0%	1	3.0%	1	3.0%	0	0.0%	33	100.0%
Race	Black	4	1.0%	5	1.2%	37	9.2%	5	1.2%	402	100.0%
	White	2	0.7%	6	2.1%	29	10.0%	0	0.0%	289	100.0%
	Asian & Other	0	0.0%	4	4.2%	4	4.2%	0	0.0%	96	100.0%
	Not Stated	0	0.0%	0	0.0%	5	38.5%	0	0.0%	13	100.0%
Household	One person	1	0.6%	4	2.4%	21	12.7%	0	0.0%	166	100.0%
	Adult Couple	3	1.3%	5	2.1%	28	12.0%	1	0.4%	233	100.0%
	Two parents	1	0.5%	3	1.5%	9	4.6%	1	0.5%	195	100.0%
	Single parent	0	0.0%	1	1.5%	2	3.0%	1	1.5%	66	100.0%
	Not Stated	1	0.7%	2	1.4%	14	10.0%	2	1.4%	140	100.0%
Education	Secondary & Lower	3	1.3%	4	1.7%	35	15.3%	1	0.4%	229	100.0%
	Technical & Higher	3	0.5%	11	2.0%	35	6.3%	4	0.7%	559	100.0%
	Not Stated	0	0.0%	1	8.3%	4	33.3%	0	0.0%	12	100.0%
Income	$59,999 or less	3	2.2%	7	5.1%	14	10.3%	0	0.0%	136	100.0%
	$60,000 to $107,999	1	0.5%	3	1.6%	11	5.9%	1	0.5%	187	100.0%
	$108,000 & over	0	0.0%	1	0.9%	2	1.8%	1	0.9%	109	100.0%
	Not Stated	3	0.8%	4	1.1%	48	13.0%	3	0.8%	370	100.0%

Q111. Which of the following best describes how you travelled to work in the past month most of the time?
Question Source: Department of Health 2007 Well Bermuda Study

Other Modes of Transport

Respondents who described their mode of transportation to work as "other" were asked to specify what their mode of transportation was (Table 23.9). Almost half (47.4%) did not work by choice or because they were unemployed. A further 42.3% were retired, 6.4% used a company vehicle to get to work and 2.6% worked from home.

Table 23.9 Other modes of transportation to work in the past month and most of the time

Other modes of transportation to work in the past month and most of the time		
	N	%
Total	78	100.0%
Does not work/ Unemployed	37	47.4%
Retired	33	42.3%
Uses company vehicle	5	6.4%
Works from home	2	2.6%
Declined to answer	1	1.3%

Q111. Other: Please specify.
Question Source: Department of Health 2007 Well Bermuda Study

Transportation to Work Comparison 2007 to 2011

The number of people travelling to work alone in their own car in 2011 had not changed overall, or by gender or race compared to 2005 (Figure 23.9).

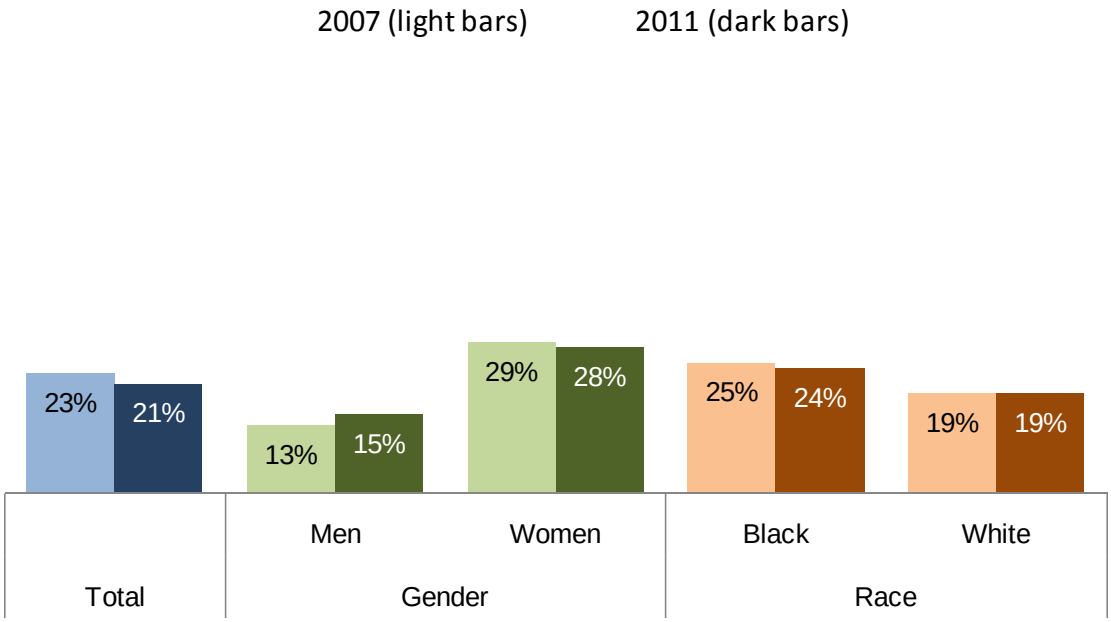

Figure 23.9 Comparison – Travel alone in own car to work in the past month and most of the time

Overall Satisfaction with Government's Promotion of Healthy Living

Respondents were asked how satisfied they were with Government's efforts to promote healthy living and wellness in Bermuda. (Table 23.10) Overall, 57.9% were completely or mostly satisfied, 22.4% completely or mostly dissatisfied, 3.3% said "depends", 8.7% neither satisfied nor dissatisfied, and 7.8% were not sure. Younger adults (18 to 34 years) were less satisfied than other age groups, with 47.1% completely or mostly satisfied, and they were also more likely to want to qualify their answer (6.7% responded "depends"). Single parent households (52.2%) were less satisfied than other household types. Asian and other races were less likely to have a definite opinion; 5.2% said "depends", 14.6% were neither satisfied nor dissatisfied, and 11.5% were not sure. Gender, education and income level did not influence satisfaction with Government's efforts to promote healthy living.

Table 23.10 Satisfaction with Government's efforts to promote healthy living and wellness

Satisfaction with Government's efforts to promote healthy living and wellness in Bermuda													
		Completely or Mostly Satisfied		Completely or Mostly Dissatisfied		Depends		Neither satisfied nor dissatisfied		Don't know/ Not sure		Total	
						N	%	N	%	N	%	N	%
Total		460	57.9%	178	22.4%	26	3.3%	69	8.7%	62	7.8%	795	100.0%
Gender	Men	215	57.3%	89	23.7%	10	2.7%	26	6.9%	35	9.3%	375	100.0%
	Women	245	58.3%	89	21.2%	16	3.8%	43	10.2%	27	6.4%	420	100.0%
Age	18-34	112	47.1%	60	25.2%	16	6.7%	30	12.6%	20	8.4%	238	100.0%
	35-54	161	62.6%	61	23.7%	4	1.6%	11	4.3%	20	7.8%	257	100.0%
	55-64	67	62.0%	21	19.4%	3	2.8%	9	8.3%	8	7.4%	108	100.0%
	65+	104	63.8%	29	17.8%	2	1.2%	19	11.7%	9	5.5%	163	100.0%
	Not Stated	17	53.1%	8	25.0%	1	3.1%	1	3.1%	5	15.6%	32	100.0%
Race	Black	251	62.8%	85	21.3%	14	3.5%	26	6.5%	24	6.0%	400	100.0%
	White	161	55.5%	70	24.1%	5	1.7%	28	9.7%	26	9.0%	290	100.0%
	Asian & Other	43	44.8%	23	24.0%	5	5.2%	14	14.6%	11	11.5%	96	100.0%
	Not Stated	6	50.0%	1	8.3%	3	25.0%	1	8.3%	1	8.3%	12	100.0%
Household	One person	98	59.4%	37	22.4%	6	3.6%	10	6.1%	14	8.5%	165	100.0%
	Adult Couple	142	61.2%	45	19.4%	4	1.7%	24	10.3%	17	7.3%	232	100.0%
	Two parents	105	53.8%	49	25.1%	8	4.1%	16	8.2%	17	8.7%	195	100.0%
	Single parent	35	52.2%	17	25.4%	5	7.5%	6	9.0%	4	6.0%	67	100.0%
	Not Stated	81	58.7%	30	21.7%	3	2.2%	14	10.1%	10	7.2%	138	100.0%
Education	Secondary & Lower	128	55.4%	40	17.3%	8	3.5%	24	10.4%	31	13.4%	231	100.0%
	Technical & Higher	329	59.0%	137	24.6%	18	3.2%	44	7.9%	30	5.4%	558	100.0%
	Not Stated	4	44.4%	1	11.1%	0	0.0%	2	22.2%	2	22.2%	9	100.0%
Income	$59,999 or less	79	59.0%	18	13.4%	8	6.0%	17	12.7%	12	9.0%	134	100.0%
	$60,000 to $107,999	119	64.0%	36	19.4%	9	4.8%	8	4.3%	14	7.5%	186	100.0%
	$108,000 & over	64	58.2%	28	25.5%	4	3.6%	11	10.0%	3	2.7%	110	100.0%
	Not Stated	197	54.0%	97	26.6%	5	1.4%	33	9.0%	33	9.0%	365	100.0%

Q112. How satisfied are you with the Government's efforts to promote healthy living and wellness in Bermuda?
Question Source: 2005 Public Perception Study

Satisfaction with Government's Efforts to Promote Healthy Living Comparison 2005 to 2011

Satisfaction with Government's efforts to promote healthy living and wellness in Bermuda had declined by 7%, from 65% in 2005 to 58% in 2011 (Figure 23.10). Women and Blacks were more dissatisfied, with 9% declines since 2005.

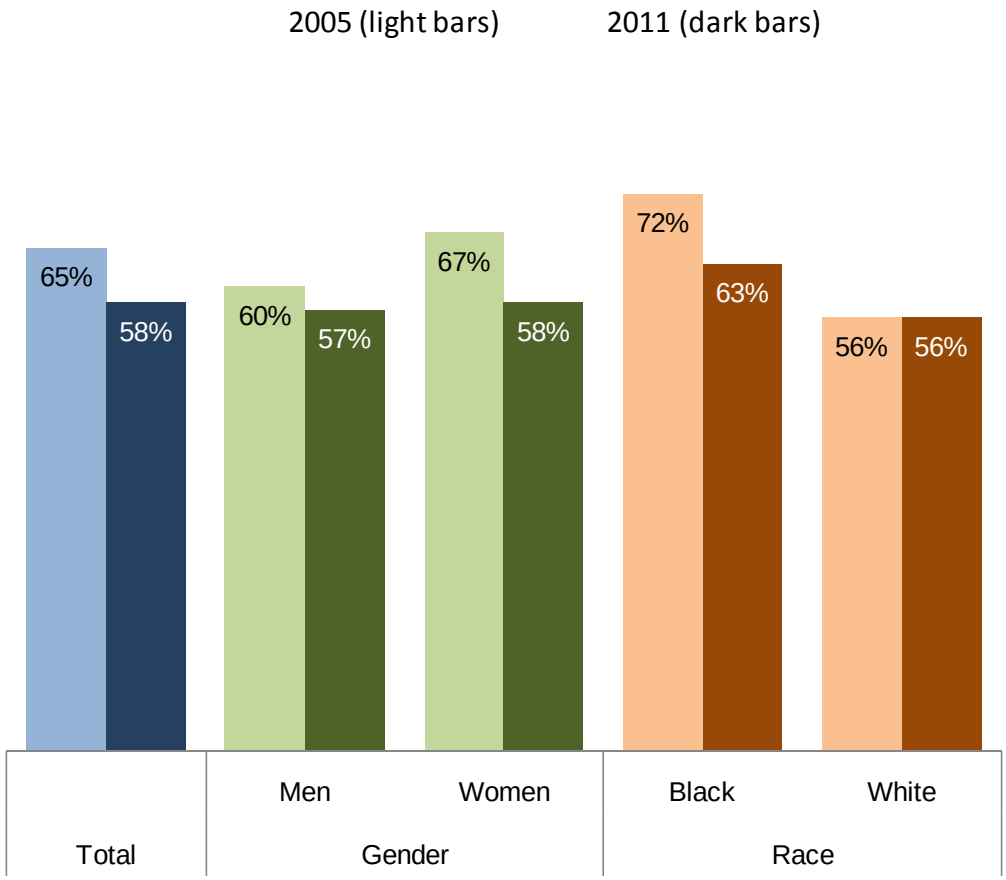

Figure 23.10 Comparison – Completely or Mostly Satisfied with Government's efforts to promote healthy living and wellness in Bermuda

24. Immunization

Seasonal Flu Vaccine

Respondents were asked whether they had a seasonal flu vaccine in the past year, and if so, what kind of place they had the vaccine (Table 24.1 and Table 24.2). Overall, 30.5% of respondents had a flu vaccine in the past year, with no difference between men and women. Adults aged 65 and over (52.8%) were more likely than those 18 to 34 (13.9%) to have had a flu shot. Whites (35.0%) were more likely than Blacks (29.9%) or Asian and other races (19.1%) to have had a flu shot. Households without children (one person, 38.0% and adult couple, 38.8%) were more likely to have had a flu shot than households with children (two parents, 26.4% and single parent, 24.2%). There were no substantive differences with respect to income level.

For those that had a flu shot, the majority received it in a private doctor's office (46.2%) or a clinic (33.5%). Only 1.7% used the Flu Express service. There were no substantive differences between men and women in terms of receiving the flu shot in a doctor's office, but men (39.8%) were more likely than women (27.6%) to have had the shot in a clinic. Those with an income of under $60,000 were more likely to have had the shot at a clinic (41.4%) than other income groups. The only substantive difference by race was that Blacks (41.0%) were less likely to receive the flu shot at a doctor's office compared to Whites or Asian and other races (both 50.0%).

Table 24.1 Have had a seasonal flu vaccine shot in the last 12 months

Have had a seasonal flu vaccine shot in the last 12 months							
		Yes		No		Total	
		N	%	N	%	N	%
Total		240	30.5%	548	69.5%	788	100.0%
Gender	Men	114	30.7%	257	69.3%	371	100.0%
	Women	126	30.2%	291	69.8%	417	100.0%
Age	18-34	33	13.9%	204	86.1%	237	100.0%
	35-54	78	30.6%	177	69.4%	255	100.0%
	55-64	37	34.9%	69	65.1%	106	100.0%
	65+	84	52.8%	75	47.2%	159	100.0%
	Not Stated	9	29.0%	22	71.0%	31	100.0%
Race	Black	118	29.9%	277	70.1%	395	100.0%
	White	100	35.0%	186	65.0%	286	100.0%
	Asian & Other	18	19.1%	76	80.9%	94	100.0%
	Not Stated	4	30.8%	9	69.2%	13	100.0%
Household	One person	63	38.0%	103	62.0%	166	100.0%
	Adult Couple	88	38.8%	139	61.2%	227	100.0%
	Two parents	51	26.4%	142	73.6%	193	100.0%
	Single parent	16	24.2%	50	75.8%	66	100.0%
	Not Stated	21	15.7%	113	84.3%	134	100.0%
Education	Secondary & Lower	58	26.0%	165	74.0%	223	100.0%
	Technical & Higher	178	32.1%	376	67.9%	554	100.0%
	Not Stated	5	45.5%	6	54.5%	11	100.0%
Income	$59,999 or less	31	23.3%	102	76.7%	133	100.0%
	$60,000 to $107,999	43	23.0%	144	77.0%	187	100.0%
	$108,000 & over	29	26.9%	79	73.1%	108	100.0%
	Not Stated	138	38.2%	223	61.8%	361	100.0%

Q51. During the past 12 months, have you had a seasonal flu vaccine shot?
Question Source: Behavioural Risk Factor Surveillance System Questionnaire 2011

Table 24.2 Location of last flu vaccine shot

		Location of last flu vaccine shot													
		Clinic		Flu Express		Private doctor`s office		Hospital (example in-patient)		Workplace		Overseas		Other	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Total		79	33.5%	4	1.7%	109	46.2%	8	3.4%	25	10.6%	4	1.7%	7	3.0%
Gender	Men	45	39.8%	1	0.9%	51	45.1%	3	2.7%	9	8.0%	1	0.9%	3	2.7%
	Women	34	27.6%	3	2.4%	58	47.2%	5	4.1%	16	13.0%	3	2.4%	4	3.3%
Age	18-34	14	43.8%	0	0.0%	9	28.1%	0	0.0%	6	18.8%	2	6.3%	1	3.1%
	35-54	22	28.6%	0	0.0%	35	45.5%	2	2.6%	15	17.8%	2	2.6%	1	1.3%
	55-64	14	37.8%	2	5.4%	17	45.9%	2	5.4%	2	5.4%	0	0.0%	0	0.0%
	65+	28	34.1%	2	2.4%	44	53.7%	2	2.4%	0	0.0%	1	1.2%	5	6.1%
	Not Stated	2	22.2%	0	0.0%	4	44.4%	1	11.1%	2	22.2%	0	0.0%	0	0.0%
Race	Black	41	35.0%	3	2.6%	48	41.0%	8	6.8%	12	10.3%	2	1.7%	3	2.6%
	White	32	32.7%	2	2.0%	49	50.0%	0	0.0%	10	10.2%	2	2.0%	3	3.1%
	Asian & Other	6	33.3%	0	0.0%	9	50.0%	0	0.0%	2	11.1%	0	0.0%	1	5.6%
	Not Stated	1	25.0%	0	0.0%	3	75.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Household	One person	23	35.9%	1	1.6%	26	40.6%	5	7.8%	5	7.8%	0	0.0%	4	6.3%
	Adult Couple	33	38.4%	4	4.7%	40	46.5%	2	2.3%	6	7.0%	1	1.2%	0	0.0%
	Two parents	11	21.6%	0	0.0%	28	54.9%	0	0.0%	10	19.6%	2	3.9%	0	0.0%
	Single parent	4	25.0%	0	0.0%	9	56.3%	0	0.0%	2	12.5%	0	0.0%	1	6.3%
	Not Stated	9	40.9%	0	0.0%	7	31.8%	1	4.5%	2	9.1%	1	4.5%	2	9.1%
Education	Secondary & Lower	20	35.1%	2	3.5%	23	40.4%	2	3.5%	6	10.5%	2	3.5%	2	3.5%
	Technical & Higher	59	33.9%	2	1.1%	83	47.7%	5	2.9%	18	10.3%	3	1.7%	4	2.3%
	Not Stated	1	25.0%	0	0.0%	2	50.0%	0	0.0%	1	25.0%	0	0.0%	0	0.0%
Income	$59,999 or less	12	41.4%	2	6.9%	11	37.9%	4	13.8%	0	0.0%	0	0.0%	0	0.0%
	$60,000 to $107,999	15	34.9%	1	2.3%	14	32.6%	2	4.7%	8	18.6%	0	0.0%	3	7.0%
	$108,000 & over	7	23.3%	0	0.0%	13	43.3%	1	3.3%	8	26.7%	1	3.3%	0	0.0%
	Not Stated	45	32.8%	2	1.5%	71	51.8%	1	0.7%	10	7.3%	4	2.9%	4	2.9%

Q52. At what kind of place did you get your last flu shot/vaccine?
Question Source: Behavioural Risk Factor Surveillance System Questionnaire 2011

Pneumococcal Vaccine (Pneumonia Shot)

Respondents were asked if they had ever had a pneumonia shot (pneumococcal vaccine) (Table 24.3). The pneumococcal vaccine is recommended for persons aged 65 years and older and other immunocompromised persons of a younger age. The majority of respondents (88.1%) said they had not had a pneumonia shot. There was no difference between men and women. As the target age group, older adults were more likely to report that they´d had a pneumonia shot than younger adults (aged 65 and over, 18.7%; aged 18 to 34, 6.5%). Asian and other races (7.7%), single parent households (6.7%), those with secondary or lower education (8.1%), and those with a household income $60,000 to $107,999 (6.8%) were less likely to have report having had a pneumococcal vaccine.

Table 24.3 Have ever had a pneumonia vaccine shot

		Have ever had a pneumonia vaccine shot					
		Yes		No		Total	
		N	%	N	%	N	%
Total		87	11.9%	645	88.1%	732	100.0%
Gender	Men	43	12.4%	304	87.6%	347	100.0%
	Women	44	11.4%	341	88.6%	385	100.0%
Age	18-34	14	6.5%	200	93.5%	214	100.0%
	35-54	26	11.0%	211	89.0%	237	100.0%
	55-64	13	13.0%	87	87.0%	100	100.0%
	65+	28	18.7%	122	81.3%	150	100.0%
	Not Stated	5	16.1%	26	83.9%	31	100.0%
Race	Black	44	12.1%	319	87.9%	363	100.0%
	White	35	13.2%	230	86.8%	265	100.0%
	Asian & Other	7	7.7%	84	92.3%	91	100.0%
	Not Stated	1	7.7%	12	92.3%	13	100.0%
Household	One person	18	11.5%	139	88.5%	157	100.0%
	Adult Couple	37	17.4%	176	82.6%	213	100.0%
	Two parents	22	12.6%	152	87.4%	174	100.0%
	Single parent	4	6.7%	56	93.3%	60	100.0%
	Not Stated	6	4.7%	123	95.3%	129	100.0%
Education	Secondary & Lower	17	8.1%	193	91.9%	210	100.0%
	Technical & Higher	70	13.6%	443	86.4%	513	100.0%
	Not Stated	0	0.0%	9	100.0%	9	100.0%
Income	$59,999 or less	10	8.1%	114	91.9%	124	100.0%
	$60,000 to $107,999	12	6.8%	165	93.2%	177	100.0%
	$108,000 & over	11	11.6%	84	88.4%	95	100.0%
	Not Stated	54	16.1%	282	83.9%	336	100.0%

Q53. A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia shot?
Question Source: Behavioural Risk Factor Surveillance System Questionnaire 2011

25. Healthcare Access

Personal Healthcare Provider

Respondents were asked if they had at least one person who they thought of as a personal doctor or healthcare provider (Table 25.1). The majority of respondents (83.5%) said they had one healthcare provider and 12.5% said they had more than one. Older adults aged 55 to 64 (19.3%) and those 65 years and over (15.8%) were more likely to have more than one healthcare provider compared to the younger age groups. One person and two parent households were less likely to have more than one healthcare provider (9.6% and 11.0%, respectively) compared to adult couples and single parents (17.7% and 15.2%, respectively). Men (5.2%) were more likely than women (2.8%) not to have a healthcare provider. Single parent households (9.1%), those aged 18 to 34 years (6.4%), and those with a household income less than $60,000 (6.7%) were also more likely not to have a provider at all.

Table 25.1 Access to a healthcare provider

		Have a personal doctor or healthcare provider							
		Yes, only one		Yes, more than one		No		Total	
		N	%	N	%	N	%	N	%
Total		660	83.5%	99	12.5%	31	3.9%	790	100.0%
Gender	Men	301	82.0%	47	12.8%	19	5.2%	367	100.0%
	Women	359	84.9%	52	12.3%	12	2.8%	423	100.0%
Age	18-34	196	84.1%	22	9.4%	15	6.4%	233	100.0%
	35-54	218	86.5%	23	9.1%	11	4.4%	252	100.0%
	55-64	85	78.0%	21	19.3%	3	2.8%	109	100.0%
	65+	136	82.4%	26	15.8%	3	1.8%	165	100.0%
	Not Stated	25	78.1%	7	21.9%	0	0.0%	32	100.0%
Race	Black	328	82.2%	53	13.3%	18	4.5%	399	100.0%
	White	241	84.6%	35	12.3%	9	3.2%	285	100.0%
	Asian & Other	79	84.0%	12	12.8%	3	3.2%	94	100.0%
	Not Stated	12	92.3%	0	0.0%	1	7.7%	13	100.0%
Household	One person	144	86.7%	16	9.6%	6	3.6%	166	100.0%
	Adult Couple	182	78.8%	41	17.7%	8	3.5%	231	100.0%
	Two parents	161	84.3%	21	11.0%	9	4.7%	191	100.0%
	Single parent	50	75.8%	10	15.2%	6	9.1%	66	100.0%
	Not Stated	123	90.4%	11	8.1%	2	1.5%	136	100.0%
Education	Secondary & Lower	179	79.2%	36	15.9%	11	4.9%	226	100.0%
	Technical & Higher	472	85.4%	62	11.2%	19	3.4%	553	100.0%
	Not Stated	9	81.8%	1	9.1%	1	9.1%	11	100.0%
Income	$59,999 or less	104	77.6%	21	15.7%	9	6.7%	134	100.0%
	$60,000 to $107,999	165	88.7%	18	9.7%	3	1.6%	186	100.0%
	$108,000 & over	87	79.8%	16	14.7%	6	5.5%	109	100.0%
	Not Stated	305	84.0%	45	12.4%	13	3.6%	363	100.0%

Q77. Do you have at least one person you think of as your personal doctor or healthcare provider?
Question Source: Health Survey of Adults and Children in Bermuda 2006

Personal Healthcare Provider Comparison 2006 to 2011

Compared to 2006, there was relatively no change overall for those reporting to have at least one person they thought of as a personal doctor or healthcare provider (98% in 2006, 96% in 2011) (Figure 25.1). Blacks had a 3% decline, from 99% to 96% and those with a secondary or lower education had a 4% decline, from 99% to 95%.

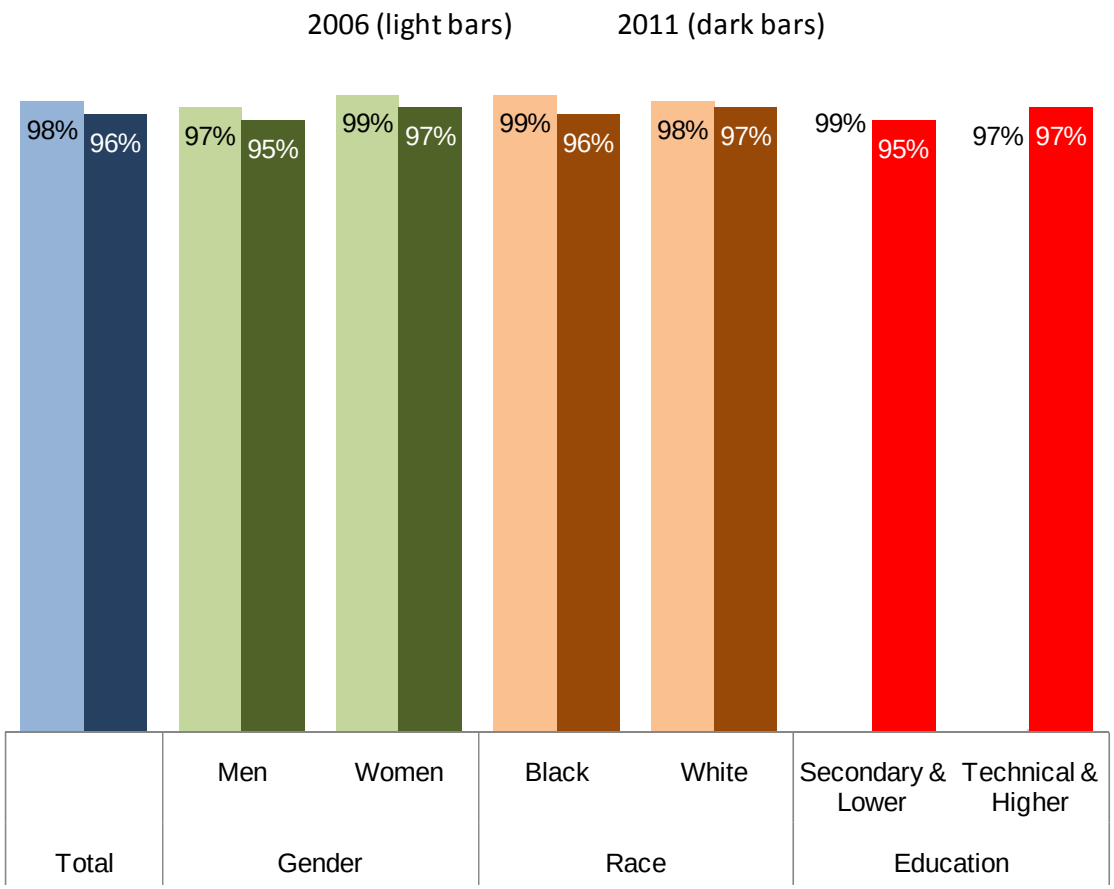

Figure 25.1 Comparison – Have a personal doctor or healthcare provider

General Physical Exam

Respondents were asked how long it had been since they last visited a doctor for a routine check-up or physical exam (Table 25.2). Overall, 68.5% reported having a check-up in the past year, 20.0% had one more than a year ago but within the past two years, and 7.1% had one more than two years ago. Women were more likely to have had a check-up in the past year (74.8%) than men (61.5%). Older adults were the most likely to have had a check-up in the past year (84.8%) compared to other age groups, especially 18 to 34 year olds (55.2%). Blacks (71.6%) were more likely than Whites (66.2%) or Asian and other races (63.5%) to have had a check-up in the past year. Those in single parent households (70.1%) and with a moderate income (between $60,000 and $107,999 per annum) (70.6%) were more likely to have had a check-up within the past year. Men (26.3%), those aged 18 to 34 years (28.5%), Whites (23.1%), and those with a household income less than $60,000 (23.0%) were more likely to have had a check up more than a year ago but within the past two years. Those aged 35 to 54 (10.2%), in one person households (9.6%), and with an income of $108,000 and over (13.8%) were more likely to have had a check up more than two years ago.

Table 25.2 Access to a general physical exam

		Last time doctor was visited for a routine check-up					
		Within the past year		More than 1 year ago but within the past 2 years		More than 2 years ago	
		N	%	N	%	N	%
Total		549	68.5%	160	20.0%	57	7.1%
Gender	Men	232	61.5%	99	26.3%	30	8.0%
	Women	317	74.8%	61	14.4%	27	6.4%
Age	18-34	132	55.2%	68	28.5%	17	7.1%
	35-54	169	66.3%	51	20.0%	26	10.2%
	55-64	85	78.0%	17	15.6%	5	4.6%
	65+	140	84.8%	17	10.3%	6	3.6%
	Not Stated	23	71.9%	6	18.8%	3	9.4%
Race	Black	287	71.6%	76	19.0%	29	7.2%
	White	192	66.2%	67	23.1%	18	6.2%
	Asian & Other	61	63.5%	16	16.7%	8	8.3%
	Not Stated	10	76.9%	1	7.7%	1	7.7%
Household	One person	114	68.3%	35	21.0%	16	9.6%
	Adult Couple	172	74.1%	39	16.8%	15	6.5%
	Two parents	132	67.3%	38	19.4%	10	5.1%
	Single parent	47	70.1%	12	17.9%	3	4.5%
	Not Stated	85	61.2%	35	25.2%	12	8.6%
Education	Secondary & Lower	155	67.4%	45	19.6%	19	8.3%
	Technical & Higher	387	69.2%	113	20.2%	36	6.4%
	Not Stated	8	80.0%	1	10.0%	1	10.0%
Income	$59,999 or less	88	65.2%	31	23.0%	12	8.9%
	$60,000 to $107,999	132	70.6%	41	21.9%	10	5.3%
	$108,000 & over	72	66.1%	17	15.6%	15	13.8%
	Not Stated	258	69.9%	70	19.0%	20	5.4%

Q78. About how long has it been since you last visited a doctor for a routine check-up? A routine check-up is a general physical exam, not an exam for a specific injury, illness, or condition.
Question Source: Health Survey of Adults and Children in Bermuda 2006

General Physical Exam Frequency Comparison 2006 to 2011

There was a decline in the number of people who´d had a routine check-up in the previous year (69%) compared to 2006 (81%) (Figure 25.2). The declines were consistent across gender, race and education level, ranging from 9% to 16%. The most significant decline was in adults with an education level of secondary or lower (16% decline).

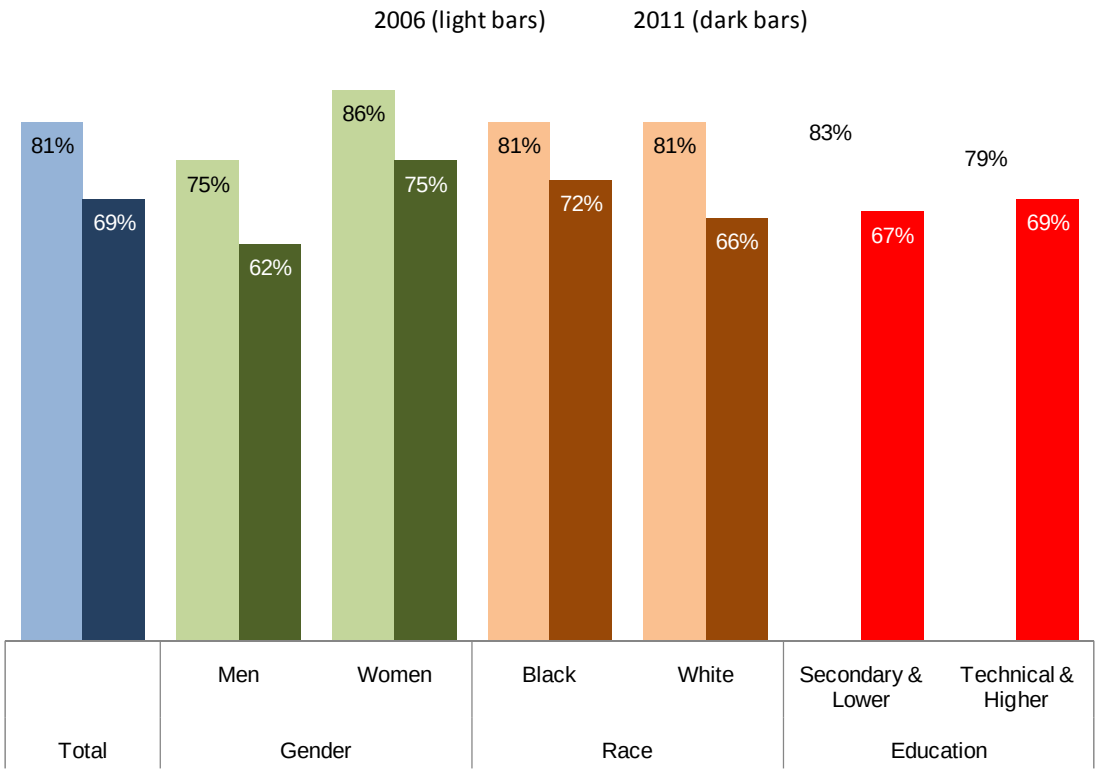

Figure 25.2 Comparison - Visit to doctor for check-up within the past year

Doctor's Appointment Wait Times

Respondents were asked how quickly they were able to obtain an appointment with a doctor or nurse the last time they were sick or needed medical attention (Table 25.3). More than half of respondents (53.1%) were able to obtain an appointment on the same day or next day. Less than 1% had to wait longer than a week, or were unable to obtain an appointment at all. Women were more likely to get an appointment on the same day or next day (62.8%) than men (41.0%). Seniors (those aged 65 and over) (69.7%) and single parent households (65.0%) were also more likely to obtain an appointment on the same day or next day. Whites (45.7%) were less likely than Blacks (55.9%) or Asians and other races (60.0%) to obtain an appointment the same day or next day. One person households (40.7%) were less likely to obtain an appointment on the same or next day compared to other household types.

Table 25.3 Speed in obtaining a doctor's appointment

How quickly an appointment to see a doctor or nurse could be obtained the last time medical attention was needed													
		On the same or the next day		Within 2 - 7 days		More than 1 week		Never able to get an appointment		Never visited a doctor or nurse		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Total		367	53.1%	248	35.9%	5	0.7%	2	0.3%	69	10.0%	691	100.0%
Gender	Men	126	41.0%	130	42.3%	3	1.0%	0	0.0%	48	15.6%	307	100.0%
	Women	241	62.8%	118	30.7%	2	0.5%	2	0.5%	21	5.5%	384	100.0%
Age	18-34	102	51.3%	64	32.2%	2	1.0%	1	0.5%	30	15.1%	199	100.0%
	35-54	105	46.5%	85	37.6%	2	0.9%	1	0.4%	33	14.6%	226	100.0%
	55-64	50	51.5%	45	46.4%	0	0.0%	0	0.0%	2	2.1%	97	100.0%
	65+	101	69.7%	42	29.0%	1	0.7%	0	0.0%	1	0.7%	145	100.0%
	Not Stated	9	37.5%	13	54.2%	0	0.0%	0	0.0%	2	8.3%	24	100.0%
Race	Black	195	55.9%	125	35.8%	2	0.6%	2	0.6%	25	7.2%	349	100.0%
	White	112	45.7%	96	39.2%	1	0.4%	0	0.0%	36	14.7%	245	100.0%
	Asian & Other	51	60.0%	26	30.6%	1	1.2%	0	0.0%	7	8.2%	85	100.0%
	Not Stated	9	81.8%	1	9.1%	1	9.1%	0	0.0%	0	0.0%	11	100.0%
Household	One person	57	40.7%	63	45.0%	1	0.7%	0	0.0%	19	13.6%	140	100.0%
	Adult Couple	107	53.5%	74	37.0%	1	0.5%	0	0.0%	18	9.0%	200	100.0%
	Two parents	102	57.0%	58	32.4%	2	1.1%	1	0.6%	16	8.9%	179	100.0%
	Single parent	39	65.0%	19	31.7%	0	0.0%	0	0.0%	2	3.3%	60	100.0%
	Not Stated	61	55.5%	34	30.9%	1	0.9%	1	0.9%	13	11.8%	110	100.0%
Education	Secondary & Lower	108	57.4%	67	35.6%	1	0.5%	0	0.0%	12	6.4%	188	100.0%
	Technical & Higher	251	50.8%	180	36.4%	4	0.8%	2	0.4%	57	11.5%	494	100.0%
	Not Stated	7	87.5%	1	12.5%	0	0.0%	0	0.0%	0	0.0%	8	100.0%
Income	$59,999 or less	60	52.2%	39	33.9%	1	0.9%	0	0.0%	15	13.0%	115	100.0%
	$60,000 to $107,999	97	58.8%	54	32.7%	1	0.6%	0	0.0%	13	7.9%	165	100.0%
	$108,000 & over	57	55.9%	33	32.4%	2	2.0%	1	1.0%	9	8.8%	102	100.0%
	Not Stated	152	49.4%	122	39.6%	1	0.3%	1	0.3%	32	10.4%	308	100.0%

Q80. Last time you were sick or needed medical attention, how quickly could you get an appointment to see a doctor or a nurse? Please do not include a visit to the hospital/ emergency room.
Question Source: 2010 Commonwealth Fund International Health Policy Survey

Doctor's Appointment Wait Times Comparison 2005 to 2011

The ease at obtaining a doctor's appointment on the same day or next day declined by 15%, from 68% in 2005 to 53% in 2011 (Figure 25.3). Whites (29% decline) and men (22% decline) had the greatest declines.

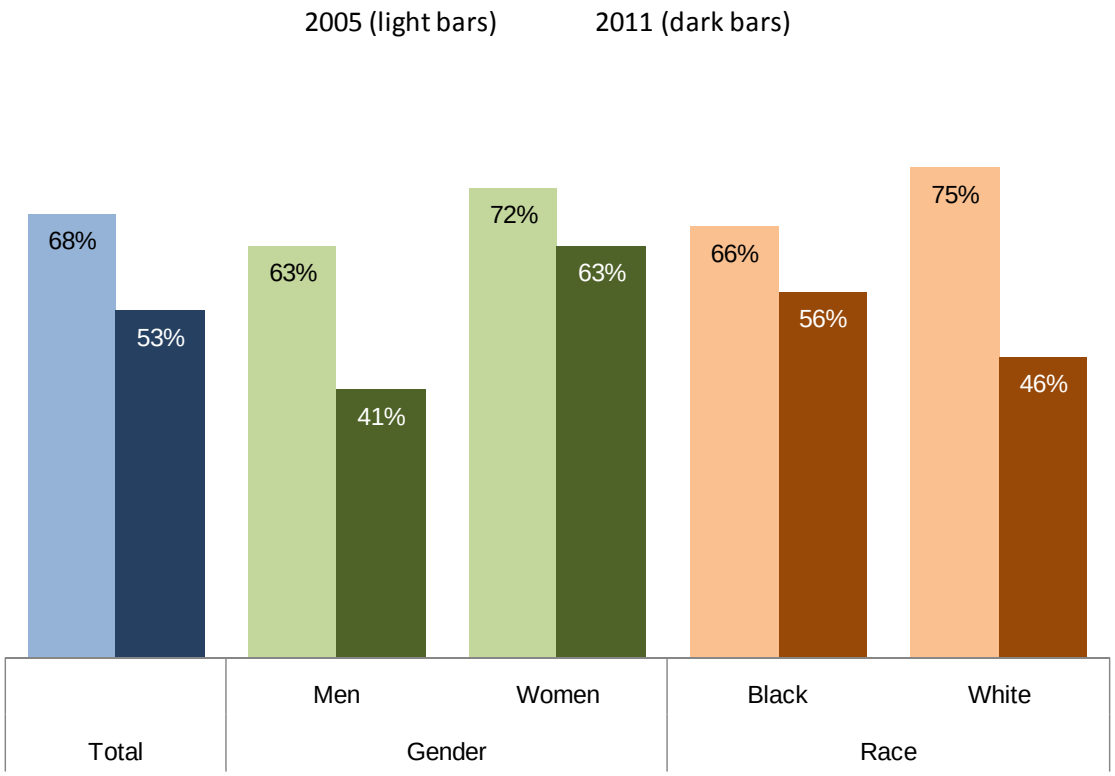

Figure 25.3 Comparison – Respondents who obtained a doctor's appointment on the same day or next day

Visits to the Doctor

Respondents were asked how many times in the past 12 months they had consulted a general practitioner (Table 25.4). Results were split relatively evenly among the responses, with 29.5% responding none, 20.5% responding one time, 23.6% responding two times and 26.4% responding three times or more. Men were more likely to have not visited a general practitioner at all in the past year (39.3% for men versus 21.2% for women). Age was associated with the number of doctor visits, with those aged 55 to 64 (37.6%) and 65 years and over (40.9%) much more likely to have seen a general practitioner three times or more. Asians and other races were more likely to have seen a doctor three times or more (34.7%) than Blacks (27.2%) or Whites (22.8%). Whites were the most likely to have not seen a general practitioner at all in the past year (34.2%).

Table 25.4 Visits to the doctor

		Number of times a general practitioner was consulted in the past year									
		None		One		Two		Three or more		Total	
		N	%	N	%	N	%	N	%	N	%
Total		194	29.5%	135	20.5%	155	23.6%	174	26.4%	658	100.0%
Gender	Men	118	39.3%	40	13.3%	74	24.7%	68	22.7%	300	100.0%
	Women	76	21.2%	95	26.5%	81	22.6%	106	29.6%	358	100.0%
Age	18-34	85	42.5%	36	18.0%	38	19.0%	41	20.5%	200	100.0%
	35-54	75	33.8%	52	23.4%	50	22.5%	45	20.3%	222	100.0%
	55-64	11	12.9%	22	25.9%	20	23.5%	32	37.6%	85	100.0%
	65+	12	9.1%	21	15.9%	45	34.1%	54	40.9%	132	100.0%
	Not Stated	10	62.5%	4	25.0%	1	6.3%	1	6.3%	16	100.0%
Race	Black	91	27.2%	73	21.8%	80	23.9%	91	27.2%	335	100.0%
	White	81	34.2%	44	18.6%	58	24.5%	54	22.8%	237	100.0%
	Asian & Other	20	26.7%	15	20.0%	14	18.7%	26	34.7%	75	100.0%
	Not Stated	2	18.2%	3	27.3%	3	27.3%	3	27.3%	11	100.0%
Household	One person	47	32.9%	23	16.1%	32	22.4%	41	28.7%	143	100.0%
	Adult Couple	43	23.9%	30	16.7%	52	28.9%	55	30.6%	180	100.0%
	Two parents	52	31.1%	43	25.7%	34	20.4%	38	22.8%	167	100.0%
	Single parent	16	28.6%	18	32.1%	10	17.9%	12	21.4%	56	100.0%
	Not Stated	36	32.4%	21	18.9%	27	24.3%	27	24.3%	111	100.0%
Education	Secondary & Lower	48	26.5%	35	19.3%	39	21.5%	59	32.6%	181	100.0%
	Technical & Higher	145	30.9%	98	20.9%	115	24.5%	112	23.8%	470	100.0%
	Not Stated	1	16.7%	2	33.3%	1	16.7%	2	33.3%	6	100.0%
Income	$59,999 or less	40	34.5%	21	18.1%	21	18.1%	34	29.3%	116	100.0%
	$60,000 to $107,999	46	28.2%	31	19.0%	45	27.6%	41	25.2%	163	100.0%
	$108,000 & over	27	28.4%	26	27.4%	22	23.2%	20	21.1%	95	100.0%
	Not Stated	81	28.7%	57	20.2%	66	23.4%	78	27.7%	282	100.0%

Q79. During the past 12 months, about how many times have you consulted a general practitioner?
Question Source: Income-Related Inequality in the Use of Medical Care in 21 OECD Countries

26. Dental Care

Visits to the Dentist

Respondents were asked how many times they had consulted a dentist in the past year (Table 26.1). Overall, there was a high rate of access to dental care with almost 70% visiting a dentist in the past year. Almost one-third (30.7%) had not seen a dentist at all in the past year, while 28.2% had seen a dentist once, 28.6% twice, and 12.5% three times or more. Men (35.4%) were more likely than women (26.5%) to have never seen a dentist. Those with a household income of $108,000 and over were the most likely to see a dentist twice a year (38.2%) and three or more times (19.6%) compared to other income groups. Single parent households were more likely to see a dentist only once per year (37.7%) and least likely to see one twice per year (24.6%) compared to other household types. Two parent households were the least likely to have never seen a dentist in the past year (17.0%). Those aged 65 and over (21.9%) were the least likely age group to have only seen a dentist once in the past year.

Table 26.1 Visits to dentist

		Number of times a dentist was consulted in the past year									
		Never		One		Two		Three or more		Total	
		N	%	N	%	N	%	N	%	N	%
Total		225	30.7%	207	28.2%	210	28.6%	92	12.5%	734	100.0%
Gender	Men	122	35.4%	77	22.3%	99	28.7%	47	13.6%	345	100.0%
	Women	103	26.5%	130	33.4%	111	28.5%	45	11.6%	389	100.0%
Age	18-34	64	29.8%	73	34.0%	51	23.7%	27	12.6%	215	100.0%
	35-54	81	33.5%	62	25.6%	68	28.1%	31	12.8%	242	100.0%
	55-64	23	22.5%	35	34.3%	31	30.4%	13	12.7%	102	100.0%
	65+	47	32.2%	32	21.9%	49	33.6%	18	12.3%	146	100.0%
	Not Stated	9	31.0%	6	20.7%	11	37.9%	3	10.3%	29	100.0%
Race	Black	114	31.1%	111	30.2%	96	26.2%	46	12.5%	367	100.0%
	White	79	29.0%	72	26.5%	89	32.7%	32	11.8%	272	100.0%
	Asian & Other	30	35.7%	23	27.4%	18	21.4%	13	15.5%	84	100.0%
	Not Stated	2	18.2%	2	18.2%	6	54.5%	1	9.1%	11	100.0%
Household	One person	57	36.3%	32	20.4%	46	29.3%	22	14.0%	157	100.0%
	Adult Couple	70	32.3%	59	27.2%	62	28.6%	26	12.0%	217	100.0%
	Two parents	31	17.0%	59	32.4%	63	34.6%	29	15.9%	182	100.0%
	Single parent	17	27.9%	23	37.7%	15	24.6%	6	9.8%	61	100.0%
	Not Stated	50	42.4%	34	28.8%	25	21.2%	9	7.6%	118	100.0%
Education	Secondary & Lower	72	36.0%	58	29.0%	47	23.5%	23	11.5%	200	100.0%
	Technical & Higher	152	28.8%	145	27.5%	162	30.7%	68	12.9%	527	100.0%
	Not Stated	2	28.6%	4	57.1%	1	14.3%	0	0.0%	7	100.0%
Income	$59,999 or less	44	36.4%	34	28.1%	27	22.3%	16	13.2%	121	100.0%
	$60,000 to $107,999	51	29.0%	51	29.0%	51	29.0%	23	13.1%	176	100.0%
	$108,000 & over	21	20.6%	22	21.6%	39	38.2%	20	19.6%	102	100.0%
	Not Stated	109	32.5%	100	29.9%	93	27.8%	33	9.9%	335	100.0%

Q86. During the past 12 months, about how many times have you consulted a dentist?
Question Source: Income-Related Inequality in the Use of Medical Care in 21 OECD Countries

Dentist Appointment Wait Times

Respondents were asked how quickly they were able to obtain an appointment the last time they visited the dentist (Table 26.2). Overall, 29.1% were able to obtain an appointment the same day or next day, 31.3% within two to seven days, 24.9% took more than one week, and 1.5% were never able to get an appointment. Women reported getting an appointment the same day or next day (34.3%) more than men (22.8%). Those aged 65 and over (39.3%) and those with a household income less than $60,000 (35.1%) were also more likely to obtain an appointment on the same or next day. Whites (21.0%) were least likely to obtain an appointment on the same or next day compared to Blacks (33.6%) and Asians and other races (34.8%). Respondents with a moderate household income between $60,000 and $107,999 (34.1%) were the most likely to wait more than a week for an appointment.

Table 26.2 Speed in obtaining a dentist appointment

		How quickly an appointment to see a dentist could be obtained											
		On the same or the next day		Within 2 - 7 days		More than 1 week		Never able to get an appointment		Never visited a dentist		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Total		159	29.1%	171	31.3%	136	24.9%	8	1.5%	72	13.2%	546	100.0%
Gender	Men	56	22.8%	73	29.7%	66	26.8%	3	1.2%	48	19.5%	246	100.0%
	Women	103	34.3%	98	32.7%	70	23.3%	5	1.7%	24	8.0%	300	100.0%
Age	18-34	43	27.0%	48	30.2%	42	26.4%	2	1.3%	24	15.1%	159	100.0%
	35-54	53	27.6%	57	29.7%	51	26.6%	2	1.0%	29	15.1%	192	100.0%
	55-64	23	28.4%	34	42.0%	17	21.0%	0	0.0%	7	8.6%	81	100.0%
	65+	35	39.3%	23	25.8%	19	21.3%	1	1.1%	11	12.4%	89	100.0%
	Not Stated	5	21.7%	8	34.8%	7	30.4%	1	4.3%	2	8.7%	23	100.0%
Race	Black	89	33.6%	78	29.4%	69	26.0%	4	1.5%	25	9.4%	265	100.0%
	White	43	21.0%	66	32.2%	52	25.4%	1	0.5%	43	21.0%	205	100.0%
	Asian & Other	23	34.8%	25	37.9%	13	19.7%	1	1.5%	4	6.1%	66	100.0%
	Not Stated	4	44.4%	2	22.2%	2	22.2%	1	11.1%	0	0.0%	9	100.0%
Household	One person	25	22.7%	38	34.5%	27	24.5%	2	1.8%	18	16.4%	110	100.0%
	Adult Couple	38	23.9%	50	31.4%	44	27.7%	2	1.3%	25	15.7%	159	100.0%
	Two parents	59	39.6%	43	28.9%	36	24.2%	2	1.3%	9	6.0%	149	100.0%
	Single parent	17	37.8%	14	31.1%	11	24.4%	1	2.2%	2	4.4%	45	100.0%
	Not Stated	20	24.7%	25	30.9%	18	22.2%	1	1.2%	17	21.0%	81	100.0%
Education	Secondary & Lower	50	33.1%	43	28.5%	32	21.2%	1	0.7%	25	16.6%	151	100.0%
	Technical & Higher	107	27.6%	126	32.5%	102	26.3%	7	1.8%	46	11.9%	388	100.0%
	Not Stated	2	28.6%	2	28.6%	2	28.6%	0	0.0%	1	14.3%	7	100.0%
Income	$59,999 or less	33	35.1%	22	23.4%	20	21.3%	2	2.1%	17	18.1%	94	100.0%
	$60,000 to $107,999	35	25.4%	43	31.2%	47	34.1%	2	1.4%	11	8.0%	138	100.0%
	$108,000 & over	26	29.5%	30	34.1%	23	26.1%	2	2.3%	7	8.0%	88	100.0%
	Not Stated	65	28.9%	76	33.8%	46	20.4%	1	0.4%	37	16.4%	225	100.0%

Q89. The last time you visited a dentist, how quickly were you able to get an appointment?
Question Source: 2005 Public Perception Study

Dentist Appointment Wait Times Comparison 2005 to 2011

Significant improvements have been made since 2005 in the speed of obtaining an appointment with a dentist (Figure 26.2). Overall, in 2011, only 25% of respondents waited more than a week compared to 41% in 2005. The same positive change was reflected across gender and age categories, ranging from 13% to 18% declines, with women having the largest decline of 18%.

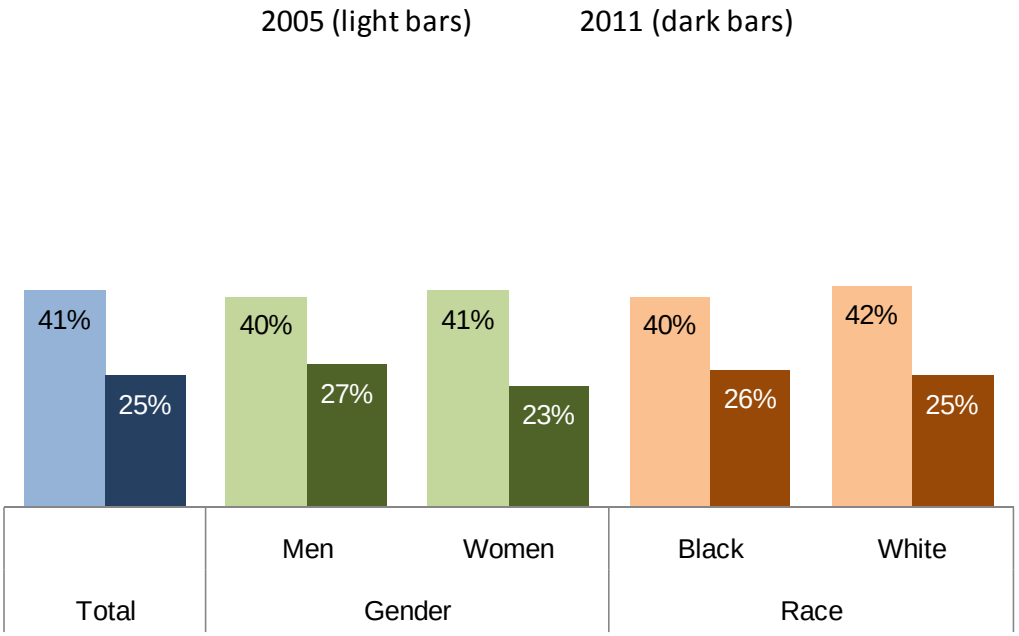

Figure 26.2 Comparison – More than one week to obtain a dentist appointment

Lack of Dental Treatment

Respondents were asked whether there was an occasion in the past year when they needed a dental examination or treatment but did not receive it (Table 26.3). Overall, only 6.5% felt they did not receive the dental treatment they required. Age, education and income were all factors in not receiving dental treatment. Adults aged 18 to 34 (9.9%), those with secondary or lower education (10.4%), and those with an income of less than $60,000 (11.1%) were more likely to report that they did not receive the dental treatment they required. Adult couple households (3.6%) were the most likely to have received the treatment they required compared to other household types.

Table 26.3 Dental treatment needed but not received

An occasion in the last year that dental examination or treatment was needed but not received							
		Yes, at least one		No		Total	
		N	%	N	%	N	%
Total		49	6.5%	703	93.5%	752	100.0%
Gender	Men	27	7.7%	323	92.3%	350	100.0%
	Women	22	5.5%	380	94.5%	402	100.0%
Age	18-34	22	9.9%	201	90.1%	223	100.0%
	35-54	14	5.7%	231	94.3%	245	100.0%
	55-64	5	5.2%	92	94.8%	97	100.0%
	65+	5	3.2%	152	96.8%	157	100.0%
	Not Stated	3	9.7%	28	90.3%	31	100.0%
Race	Black	29	7.7%	349	92.3%	378	100.0%
	White	14	5.1%	261	94.9%	275	100.0%
	Asian & Other	7	8.0%	81	92.0%	88	100.0%
	Not Stated	0	0.0%	12	100.0%	12	100.0%
Household	One person	11	6.9%	149	93.1%	160	100.0%
	Adult Couple	8	3.6%	212	96.4%	220	100.0%
	Two parents	17	9.3%	165	90.7%	182	100.0%
	Single parent	6	9.5%	57	90.5%	63	100.0%
	Not Stated	7	5.5%	120	94.5%	127	100.0%
Education	Secondary & Lower	22	10.4%	189	89.6%	211	100.0%
	Technical & Higher	28	5.2%	506	94.8%	534	100.0%
	Not Stated	0	0.0%	8	100.0%	8	100.0%
Income	$59,999 or less	14	11.1%	112	88.9%	126	100.0%
	$60,000 to $107,999	11	6.0%	171	94.0%	182	100.0%
	$108,000 & over	9	8.6%	96	91.4%	105	100.0%
	Not Stated	16	4.7%	325	95.3%	341	100.0%

Q87. Was there any time in the last 12 months when, in your opinion, you personally needed a dental examination or treatment but you did not receive it?
Question Source: Household and Individual Questionnaires- General Lifestyle Survey 2009

Reasons for Not Receiving Dental Treatment

Respondents who said they had not received the dental examination or treatment they needed were asked why they did not (Table 26.4). Half (49.3%) said they could not afford treatment, 15.5% said there was a waiting list, and 6.9% said they could not take the time because of work, or because they had to care for children or others.

Table 26.4 Reasons for not receiving medical treatment

Reasons for not receiving the dental examination or treatment needed		
	N	%
Total	50	100.0%
Could not afford to (too expensive, not covered by health insurance)	25	49.3%
Waiting list	8	15.5%
Could not take time because of work, care for children or for others	3	6.9%
Too far to travel / no means of transportation	4	7.8%
Fear of dentist / hospitals / examination / treatment	2	4.3%
Wanted to wait and see if problem got better on its own	2	5.0%
Didn't know any good dentists	2	4.3%
Other reasons	3	6.9%

Q88. What was the main reason for not receiving the dental examination or treatment (the most recent time)?
Question Source: Household and Individual Questionnaires- General Lifestyle Survey 2009

27. Health Insurance

Respondents were asked whether they were covered by a private or government health insurance plan (Table 27.1). Overall, 94.0% of respondents had private or government health insurance. Adults aged 65 and over were more likely to have health insurance (98.2%) compared to other age groups. Those with a household income of less than $60,000 (90.4%) were less likely to have insurance. Whether or not someone had health insurance was less affected by gender, race, household type or education level.

Table 27.1 Adults with health insurance

Covered by private or government health insurance plan							
		Yes		No		Total	
		N	%	N	%	N	%
Total		753	94.0%	48	6.0%	801	100.0%
Gender	Men	347	92.0%	30	8.0%	377	100.0%
	Women	406	95.8%	18	4.2%	424	100.0%
Age	18-34	220	92.1%	19	7.9%	239	100.0%
	35-54	237	92.6%	19	7.4%	256	100.0%
	55-64	102	93.6%	7	6.4%	109	100.0%
	65+	162	98.2%	3	1.8%	165	100.0%
	Not Stated	32	97.0%	1	3.0%	33	100.0%
Race	Black	375	93.5%	26	6.5%	401	100.0%
	White	275	94.8%	15	5.2%	290	100.0%
	Asian & Other	89	92.7%	7	7.3%	96	100.0%
	Not Stated	13	100.0%	0	0.0%	13	100.0%
Household	One person	152	91.0%	15	9.0%	167	100.0%
	Adult Couple	221	95.3%	11	4.7%	232	100.0%
	Two parents	187	95.9%	8	4.1%	195	100.0%
	Single parent	63	94.0%	4	6.0%	67	100.0%
	Not Stated	130	92.2%	11	7.8%	141	100.0%
Education	Secondary & Lower	216	93.9%	14	6.1%	230	100.0%
	Technical & Higher	525	93.9%	34	6.1%	559	100.0%
	Not Stated	12	100.0%	0	0.0%	12	100.0%
Income	$59,999 or less	122	90.4%	13	9.6%	135	100.0%
	$60,000 to $107,999	183	97.9%	4	2.1%	187	100.0%
	$108,000 & over	109	99.1%	1	0.9%	110	100.0%
	Not Stated	339	91.9%	30	8.1%	369	100.0%

Q5. Are you covered by a private or government health insurance plan? (Includes HIP, Future Care and schemes)
Question Source: N/A

Health Insurer

Respondents were asked to name their health insurance provider (Table 27.2). BF&M (29.8%) was reported by more respondents, followed by Argus (23.9%), and GEHI (Government Employees Health Insurers) (16.6%). For "other" responses, the most frequent response was that the respondent was covered under his/her parents' health plan.

Table 27.2 Health insurance provider

Health Insurance Provider		
	N	%
Total	753	100.0%
BF&M	224	29.7%
Argus	180	23.9%
GEHI (Government Employees Health Insurers)	126	16.7%
Colonial	93	12.4%
Future Care	34	4.5%
HIP (Health Insurance Plan)	32	4.2%
Freisenbruch-Meyer	21	2.8%
HSBC	16	2.1%
BNTB	5	.7%
Other	8	1.0%
Don't know/Declined to answer	15	2.0%

Q6. Who is your health insurer?
Question Source: N/A

Reasons for Not Having Health Insurance

For those respondents who said they did not currently have health insurance, they were asked why they did not have health insurance (Table 27.3). 75.0% stated unemployment as their reason for not having insurance and 8.3% said they could not afford insurance.

Table 27.3 Reasons for not having health insurance

Reasons for not having health insurance		
	N	%
Total	48	100.0%
Unemployed	36	75.0%
Can't afford it	4	8.3%
Student	2	4.2%
Not employed full time	1	2.1%
Overseas health insurance	1	2.1%
Teacher - does not have insurance when school is not in session	1	2.1%
Has part-time insurance	1	2.1%
Never took the time	1	2.1%
Not sure if they have insurance	1	2.1%

Q7. What is the main reason you do not currently have health insurance?
Question Source: N/A

28. Healthcare Treatment

Specialists

Respondents were asked how many times they had consulted a specialist in the past year (Table 28.1). Overall, 7 in 10 (70.7%) had not consulted a specialist at all, 12.3% had consulted a specialist once, 8.7% two times and 8.3% three times or more. Women were more likely to consult a specialist than men across all visits. Adults aged 65 and over (14.2%) were more likely than other age groups to have visited a specialist three or more times. One person households were the most likely to have not visited a specialist at all in the past year (79.0%). Two parent (18.6%) and single parent (20.0%) households were more likely to have seen a specialist once in the past year. Race and education level were not factors in consulting a specialist.

Table 28.1 Specialists consulted in the past year

Number of times a medical specialist was consulted in the past year											
		None		One		Two		Three or more		Total	
		N	%	N	%	N	%	N	%	N	%
Total		563	70.7%	98	12.3%	69	8.7%	66	8.3%	796	100.0%
Gender	Men	288	76.4%	34	9.0%	26	6.9%	29	7.7%	377	100.0%
	Women	275	65.6%	64	15.3%	43	10.3%	37	8.8%	419	100.0%
Age	18-34	189	79.4%	18	7.6%	17	7.1%	14	5.9%	238	100.0%
	35-54	183	72.0%	43	16.9%	14	5.5%	14	5.5%	254	100.0%
	55-64	68	62.4%	14	12.8%	14	12.8%	13	11.9%	109	100.0%
	65+	95	58.6%	21	13.0%	23	14.2%	23	14.2%	162	100.0%
	Not Stated	28	87.5%	1	3.1%	2	6.3%	1	3.1%	32	100.0%
Race	Black	277	69.4%	54	13.5%	34	8.5%	34	8.5%	399	100.0%
	White	208	72.2%	32	11.1%	27	9.4%	21	7.3%	288	100.0%
	Asian & Other	68	71.6%	11	11.6%	6	6.3%	10	10.5%	95	100.0%
	Not Stated	10	71.4%	1	7.1%	3	21.4%	0	.0%	14	100.0%
Household	One person	132	79.0%	16	9.6%	10	6.0%	9	5.4%	167	100.0%
	Adult Couple	157	68.3%	24	10.4%	25	10.9%	24	10.4%	230	100.0%
	Two parents	129	66.5%	36	18.6%	16	8.2%	13	6.7%	194	100.0%
	Single parent	42	64.6%	13	20.0%	4	6.2%	6	9.2%	65	100.0%
	Not Stated	103	74.6%	9	6.5%	13	9.4%	13	9.4%	138	100.0%
Education	Secondary & Lower	168	73.7%	25	11.0%	16	7.0%	19	8.3%	228	100.0%
	Technical & Higher	386	69.3%	73	13.1%	52	9.3%	46	8.3%	557	100.0%
	Not Stated	9	81.8%	0	.0%	1	9.1%	1	9.1%	11	100.0%
Income	$59,999 or less	92	68.7%	21	15.7%	10	7.5%	11	8.2%	134	100.0%
	$60,000 to $107,999	128	68.4%	25	13.4%	21	11.2%	13	7.0%	187	100.0%
	$108,000 & over	65	59.6%	21	19.3%	13	11.9%	10	9.2%	109	100.0%
	Not Stated	277	76.1%	31	8.5%	25	6.9%	31	8.5%	364	100.0%

Q81. During the past 12 months, about how many times have you consulted a medical specialist?
Question Source: Income-Related Inequality in the Use of Medical Care in 21 OECD Countries

Overseas Medical Treatment

Respondents were asked whether they had travelled overseas for medical treatment or services in the past year (Table 28.2). Only 9.9% of respondents had travelled overseas. Those aged 55 to 64 (15.0%) and 65 years and over (15.2%) were more likely to have travelled overseas for treatment, in line with higher reports of poor health for older adults (Table 1.1). Whites (14.1%) and adult couples (13.4%) were more likely to have travelled overseas for treatment, and they were also more likely to report poor health. However, in terms of household income and education, poor physical health did not correlate with travelling overseas for treatment; those with a household income less than $60,000 were more likely to report poor physical health than those with higher income ($108,000 and over). Education was not a factor in travelling overseas for medical treatment but those with a secondary or lower education were much more likely to report poor health.

Table 28.2 Overseas medical treatment

Travelled overseas for medical treatment or services in the past year							
		Yes		No		Total	
		N	%	N	%	N	%
Total		79	9.9%	721	90.1%	800	100.0%
Gender	Men	39	10.3%	338	89.7%	377	100.0%
	Women	40	9.5%	383	90.5%	423	100.0%
Age	18-34	11	4.6%	228	95.4%	239	100.0%
	35-54	25	9.8%	231	90.2%	256	100.0%
	55-64	16	15.0%	91	85.0%	107	100.0%
	65+	25	15.2%	139	84.8%	164	100.0%
	Not Stated	2	6.3%	30	93.8%	32	100.0%
Race	Black	34	8.5%	366	91.5%	400	100.0%
	White	41	14.1%	249	85.9%	290	100.0%
	Asian & Other	4	4.2%	92	95.8%	96	100.0%
	Not Stated	0	0.0%	13	100.0%	13	100.0%
Household	One person	15	9.0%	152	91.0%	167	100.0%
	Adult Couple	31	13.4%	201	86.6%	232	100.0%
	Two parents	18	9.2%	177	90.8%	195	100.0%
	Single parent	3	4.5%	63	95.5%	66	100.0%
	Not Stated	11	7.9%	128	92.1%	139	100.0%
Education	Secondary & Lower	24	10.4%	206	89.6%	230	100.0%
	Technical & Higher	55	9.8%	504	90.2%	559	100.0%
	Not Stated	0	0.0%	10	100.0%	10	100.0%
Income	$59,999 or less	10	7.4%	125	92.6%	135	100.0%
	$60,000 to $107,999	16	8.6%	171	91.4%	187	100.0%
	$108,000 & over	12	10.9%	98	89.1%	110	100.0%
	Not Stated	41	11.1%	327	88.9%	368	100.0%

Q82. Have you travelled overseas in the past 12 months for medical treatment or services?
Source Question: N/A

Reasons for Travelling Overseas

For those respondents who had travelled overseas for treatment, they were asked why they had travelled overseas (Table 28.3). Overall, 62.6% travelled overseas because the treatment or services were not offered in Bermuda and 21.3% did not trust the treatment or services offered in Bermuda.

Table 28.3 Reasons for travelling overseas for treatment or services

Reasons for travelling overseas for treatment or services		
	N	%
Total	79	100.0%
Treatment / services were not offered in Bermuda	49	62.6%
Did not trust treatment / services offered in Bermuda	17	21.3%
Treatment / services in Bermuda were too expensive	2	2.1%
Other (please specify)	11	14.0%

Q83. Why did you travel overseas for treatment or services?
Question Source: N/A

Other Reasons for Travelling Overseas

Respondents who answered "Other" reasons for travelling overseas for treatment or services were asked to specify their reason (Table 28.4). 18.2% had company health plans that provided full medical examinations overseas, and a further 18.2% went for ongoing checks by an oncologist.

Table 28.4 Other reasons for travelling overseas for treatment or services

Other reasons for travelling overseas for treatment or services		
	N	%
Total	11	100.0%
Company health plan provides full medical overseas	2	18.2%
Ongoing checks by oncologist	2	18.2%
Second opinion	1	9.1%
Needed more specialised services	1	9.1%
Visits specialist back home	1	9.1%
Donated a kidney	1	9.1%
Was already overseas	1	9.1%
Breast related problems	1	9.1%
(No reason given)	1	9.1%

Q83. Other: Please specify.
Question Source: N/A

Lack of Medical Treatment

Respondents were asked whether there was an occasion in the past year when they needed a medical examination or treatment but did not receive it (Table 28.5). Only 5.1% of respondents felt that they did not receive the treatment they required. Adults 65 years and over (2.5%), Whites (3.2%), and those with a household income of $108,000 and over (2.8%) were less likely to report that they did not receive the treatment they required. Adults with a secondary or lower level of education (8.5%) were more likely to report that they did not receive the treatment they required than those with a technical or higher education (3.8%).

Table 28.5 Medical treatment needed but not received

An occasion in the last year that medical examination or treatment was needed but not received							
		Yes, at least one		No		Total	
		N	%	N	%	N	%
Total		40	5.1%	744	94.9%	784	100.0%
Gender	Men	23	6.3%	345	93.8%	368	100.0%
	Women	17	4.1%	399	95.9%	416	100.0%
Age	18-34	14	6.0%	220	94.0%	234	100.0%
	35-54	15	6.0%	235	94.0%	250	100.0%
	55-64	6	5.7%	100	94.3%	106	100.0%
	65+	4	2.5%	158	97.5%	162	100.0%
	Not Stated	1	3.1%	31	96.9%	32	100.0%
Race	Black	25	6.3%	370	93.7%	395	100.0%
	White	9	3.2%	275	96.8%	284	100.0%
	Asian & Other	6	6.5%	87	93.5%	93	100.0%
	Not Stated	0	0.0%	12	100.0%	12	100.0%
Household	One person	6	3.6%	159	96.4%	165	100.0%
	Adult Couple	10	4.4%	218	95.6%	228	100.0%
	Two parents	14	7.4%	176	92.6%	190	100.0%
	Single parent	3	4.6%	62	95.4%	65	100.0%
	Not Stated	7	5.1%	129	94.9%	136	100.0%
Education	Secondary & Lower	19	8.5%	204	91.5%	223	100.0%
	Technical & Higher	21	3.8%	531	96.2%	552	100.0%
	Not Stated	0	0.0%	9	100.0%	9	100.0%
Income	$59,999 or less	11	8.3%	122	91.7%	133	100.0%
	$60,000 to $107,999	11	6.0%	173	94.0%	184	100.0%
	$108,000 & over	3	2.8%	105	97.2%	108	100.0%
	Not Stated	16	4.5%	343	95.5%	359	100.0%

Q84. Was there any time in the last 12 months when, in your opinion, you personally needed a medical examination or treatment but you did not receive it?
Question Source: Household and Individual Questionnaires- General Lifestyle Survey 2009

Reasons for Not Receiving Medical Treatment

Respondents who said they had not received the medical examination or treatment they needed were asked why this happened (Table 28.6). One quarter of respondents (24.8%) wanted to wait to see if the problem would get better on its own, 23.4% could not afford the treatment, and 16.0% felt there was a lack of a professional, specialist or service available.

Table 28.6 Reasons for not receiving medical treatment

Reasons for not receiving the medical examination or treatment needed		
	N	%
Total	40	100.0%
Wanted to wait and see if problem got better on its own	10	24.8%
Could not afford to (too expensive, not covered by health insurance)	9	23.4%
Lack of professional / specialist or service	6	16.0%
Could not take time because of work, care for children or for others	4	9.5%
Fear of doctor / hospitals / examination / treatment	2	6.2%
Too far to travel / no means of transportation	1	3.2%
Waiting list	1	2.1%
Other reasons	6	14.8%

Q85. What was the main reason for not receiving the examination or treatment or (the most recent time)?
Question Source: Household and Individual Questionnaires- General Lifestyle Survey 2009

Confidence in Receiving Treatment Required

Respondents were asked how confident they were that they would receive the most effective treatment, including drugs and diagnostic tests if they became seriously ill (Table 28.7). Overall, 60.3% of respondents felt confident in their ability to receive the treatment they might require. Those aged 18 to 34 (49.6%) felt less confident than other age groups, single parent households were less confident (43.9%) than other household types, and Asians and other races (52.1%) were less confident than other races. There were no substantive differences by gender, education or income level.

Table 28.7 Confidence in receiving the most effective treatment, including drugs and diagnostic tests

Confidence in receiving the most effective treatment, including drugs and diagnostic tests if seriously ill									
		Very Confident or Confident		Not very confident or Not at all confident		Not sure		Total	
		N	%	N	%	N	%	N	%
Total		482	60.3%	275	34.4%	42	5.3%	799	100.0%
Gender	Men	225	60.0%	133	35.5%	17	4.5%	375	100.0%
	Women	257	60.6%	142	33.5%	25	5.9%	424	100.0%
Age	18-34	118	49.6%	103	43.3%	17	7.1%	238	100.0%
	35-54	169	66.0%	80	31.3%	7	2.7%	256	100.0%
	55-64	67	61.5%	38	34.9%	4	3.7%	109	100.0%
	65+	107	65.2%	48	29.3%	9	5.5%	164	100.0%
	Not Stated	21	63.6%	7	21.2%	5	15.2%	33	100.0%
Race	Black	250	62.5%	135	33.8%	15	3.8%	400	100.0%
	White	174	60.0%	97	33.4%	19	6.6%	290	100.0%
	Asian & Other	50	52.1%	38	39.6%	8	8.3%	96	100.0%
	Not Stated	7	58.3%	5	41.7%	0	0.0%	12	100.0%
Household	One person	115	68.9%	43	25.7%	9	5.4%	167	100.0%
	Adult Couple	139	59.7%	87	37.3%	7	3.0%	233	100.0%
	Two parents	119	61.7%	64	33.2%	10	5.2%	193	100.0%
	Single parent	29	43.9%	32	48.5%	5	7.6%	66	100.0%
	Not Stated	80	57.1%	50	35.7%	10	7.1%	140	100.0%
Education	Secondary & Lower	142	61.5%	75	32.5%	14	6.1%	231	100.0%
	Technical & Higher	334	59.9%	199	35.7%	25	4.5%	558	100.0%
	Not Stated	6	54.5%	2	18.2%	3	27.3%	11	100.0%
Income	$59,999 or less	80	60.2%	46	34.6%	7	5.3%	133	100.0%
	$60,000 to $107,999	113	60.4%	65	34.8%	9	4.8%	187	100.0%
	$108,000 & over	65	59.1%	41	37.3%	4	3.6%	110	100.0%
	Not Stated	222	60.5%	123	33.5%	22	6.0%	367	100.0%

Q102. How confident are you that if you become seriously ill, you will receive the most effective treatment, including drugs and diagnostic tests?
Question Source: 2010 Commonwealth Fund International Health Policy Survey
Note: Change in question wording from 2005 Public Perception study.

Confidence in Affording Treatment Required

Respondents were asked how confident they were that they would be able to afford the treatment required if they were to become seriously ill (Table 28.8). Overall, the results were similar to the responses of how confident they were that they could receive the treatment required, with 61.4% of respondents confident that they could afford the treatment required. Not surprisingly, those with a household income of $108,000 and over (72.7%) were the most likely to respond that they were confident they could afford the treatment required. Single parent households (41.2%) and those with a household income of less than $60,000 (46.6%) were more likely to say they were not confident. Those aged 18 to 34 (39.1%) and Asians and other races (39.2%) were slightly more likely say they were not confident in their ability to pay for treatment they might require if they fell seriously ill.

Table 28.8 Confidence in ability to afford the treatment required if seriously ill

Confidence in ability to afford the treatment required if seriously ill									
		Very confident or Confident		Not very confident or Not at all confident		Not sure		Total	
						N	%	N	%
Total		489	61.4%	271	34.0%	36	4.5%	796	100.0%
Gender	Men	239	63.7%	122	32.5%	14	3.7%	375	100.0%
	Women	250	59.4%	149	35.4%	22	5.2%	421	100.0%
Age	18-34	132	55.5%	93	39.1%	13	5.5%	238	100.0%
	35-54	168	65.6%	82	32.0%	6	2.3%	256	100.0%
	55-64	70	64.8%	32	29.6%	6	5.6%	108	100.0%
	65+	101	62.0%	55	33.7%	7	4.3%	163	100.0%
	Not Stated	17	53.1%	10	31.3%	5	15.6%	32	100.0%
Race	Black	253	63.4%	130	32.6%	16	4.0%	399	100.0%
	White	177	61.0%	98	33.8%	15	5.2%	290	100.0%
	Asian & Other	54	55.7%	38	39.2%	5	5.2%	97	100.0%
	Not Stated	6	50.0%	5	41.7%	1	8.3%	12	100.0%
Household	One person	110	65.9%	50	29.9%	7	4.2%	167	100.0%
	Adult Couple	146	63.2%	80	34.6%	5	2.2%	231	100.0%
	Two parents	129	66.5%	54	27.8%	11	5.7%	194	100.0%
	Single parent	36	52.9%	28	41.2%	4	5.9%	68	100.0%
	Not Stated	69	50.0%	59	42.8%	10	7.2%	138	100.0%
Education	Secondary & Lower	129	56.1%	85	37.0%	16	7.0%	230	100.0%
	Technical & Higher	357	64.1%	181	32.5%	19	3.4%	557	100.0%
	Not Stated	4	36.4%	5	45.5%	2	18.2%	11	100.0%
Income	$59,999 or less	63	47.4%	62	46.6%	8	6.0%	133	100.0%
	$60,000 to $107,999	124	66.3%	57	30.5%	6	3.2%	187	100.0%
	$108,000 & over	80	72.7%	28	25.5%	2	1.8%	110	100.0%
	Not Stated	221	60.4%	125	34.2%	20	5.5%	366	100.0%

Q103. How confident are you that if you become seriously ill, you will be able to afford the care you need?
Question Source: 2010 Commonwealth Fund International Health Policy Survey
Note: Change in question wording from 2005 Public Perception study.

Ability to Afford Treatment Comparison 2005 to 2011

Confidence in the ability to afford the treatment needed if seriously ill declined 15% since 2005 (Figure 28.8). Similar declines were seen in men (12% decline) and women (16% decline). Blacks declined 10% and Whites had the greatest decline of 19%. The change in the wording of the responses, from "somewhat confident" in 2005 to "confident" in 2011, did not have an effect on the results. The change could be due to the decline in economic conditions in the late 2000's, with higher unemployment and lower GDP.

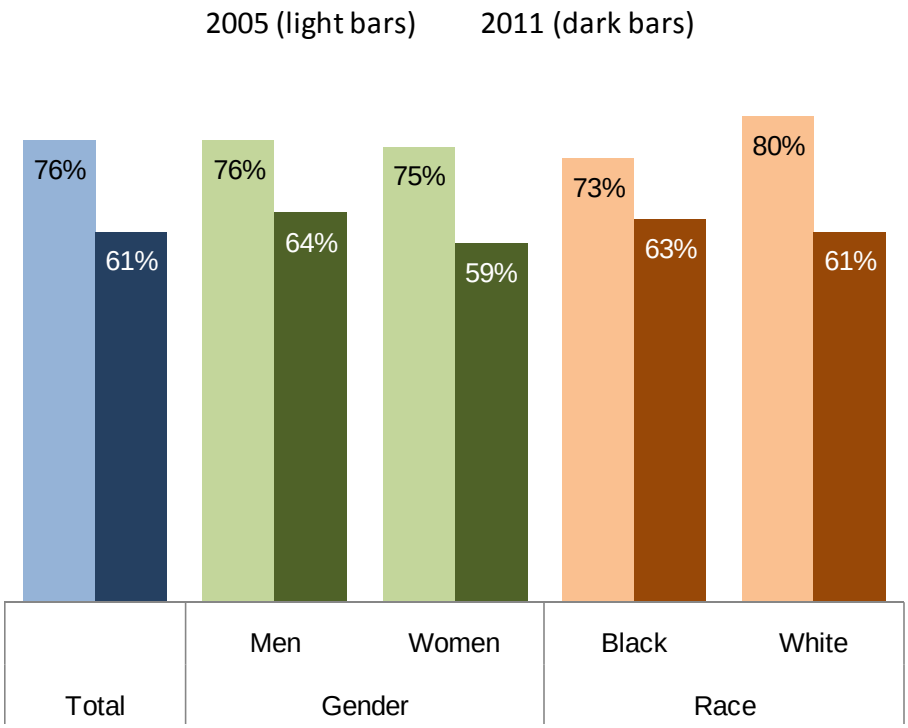

Figure 28.8 Very Confident or Confident* in ability to afford treatment needed if seriously ill

**Response of "somewhat confident" in 2005 compared to "confident" in 2011.*

29. Healthcare Facilities

King Edward Memorial Hospital

Respondents were asked about their use of King Edward Memorial Hospital (KEMH) in the past year, specifically whether they had visited the emergency room, been an in-patient (defined as spending more than 24 hours in a bed at a KEMH ward), or an out-patient (defined as receiving out-patient care from the following departments: Diagnostic Imaging, Chronic Disease Education Program, Lab (Blood work), Oncology/Chemotherapy, Allied Health Services (PT/OT), Nursing) (Table 29.1).

Almost one-quarter (24.1%) of respondents had visited the emergency room, 8.9% were in-patients and 33.8% were out-patients. There were no substantive differences between men and women in terms of their use of KEMH, except men (36.0%) were slightly more likely than women (31.7%) to have been out-patients. Seniors were more likely to use KEMH services across the board (emergency room 30.1%; in-patient 17.8%; out-patient 54.3%) compared to other age groups.

Blacks (28.1%) and those with a secondary or lower education (29.1%) were more likely to have visited the emergency room. Adult couple households were more likely to have been in-patients (13.4%) and out-patients (45.3%) than other household types. Those with a household income of $108,000 and over utilised KEMH services (emergency room 19.1%; in-patient 4.5%; out-patient 24.5%) less than other income groups.

Table 29.1 Use of King Edward Memorial Hospital in the past year

		Use of King Edward Memorial Hospital in the past year					
		Emergency room visit		In-patient		Out-patient	
		N	%	N	%	N	%
Total		192	24.1%	71	8.9%	268	33.8%
Gender	Men	87	23.1%	31	8.3%	135	36.0%
	Women	105	24.9%	40	9.5%	133	31.7%
Age	18-34	55	23.1%	12	5.1%	49	20.6%
	35-54	54	21.1%	10	3.9%	75	29.4%
	55-64	28	25.9%	17	15.7%	44	40.7%
	65+	49	30.1%	29	17.8%	88	54.3%
	Not Stated	6	18.8%	2	6.3%	13	40.6%
Race	Black	112	28.1%	38	9.5%	132	33.1%
	White	58	20.0%	23	7.9%	104	36.0%
	Asian & Other	21	22.1%	10	10.4%	28	29.5%
	Not Stated	1	8.3%	0	0.0%	5	38.5%
Household	One person	36	21.6%	8	4.8%	52	31.5%
	Adult Couple	54	23.4%	31	13.4%	105	45.3%
	Two parents	43	22.1%	15	7.7%	51	26.2%
	Single parent	14	20.9%	5	7.5%	17	25.4%
	Not Stated	45	32.6%	12	8.8%	43	31.6%
Education	Secondary & Lower	67	29.1%	24	10.4%	83	36.4%
	Technical & Higher	123	22.1%	46	8.3%	183	33.0%
	Not Stated	2	20.0%	1	10.0%	2	20.0%
Income	$59,999 or less	37	27.4%	11	8.1%	40	29.6%
	$60,000 to $107,999	44	23.7%	15	8.0%	61	33.0%
	$108,000 & over	21	19.1%	5	4.5%	27	24.5%
	Not Stated	90	24.6%	41	11.2%	140	38.5%

Q90. Within the past 12 months have you visited the emergency room at King Edward Memorial Hospital?

Q91. (Within the past 12 months have you) been an in-patient at King Edward Memorial Hospital? (By in-patient I mean you spent more than 24 hours in a bed at a KEMH ward {e.g. Goslings, Maternity, Perry, Cooper, Gordon, Curtis, ICU}).

Q92. (Within the past 12 months have you) been an out-patient at King Edward Memorial Hospital? (By out-patient I mean you received out-patient care from one of the following: Diagnostic Imaging, Chronic Disease Education Program, Lab (Blood work), Oncology/Chemotherapy, Allied Health Services (PT/OT), Nursing)

Question Source: 2005 Public Perception Study
Note: 2011 study did not include "or a member of your immediate household"

Satisfaction with King Edward Memorial Hospital

Respondents were asked about their overall level of satisfaction with the services provided by King Edward Memorial Hospital (Table 29.2). Three-quarters (75.4%) of respondents were completely or mostly satisfied with the services provided by KEMH and 15.1% were mostly or completely dissatisfied with KEMH. Men (79.6%) reported more satisfaction with KEMH than women (71.1%). Those aged 18 to 34 utilised KEMH's services the least compared to other age groups and were the least likely age group to say they were satisfied with KEMH (66.7%). Older adults aged 55 to 64 (80.9%) and 65 and over (79.8%) reported higher satisfaction with KEMH and they were also the age groups that utilised KEMH's facilities more than other age groups. Blacks (82.7%) were more satisfied than Whites (71.3%) and Asian and other races (54.8%). Two parent households reported the most dissatisfaction with KEMH (22.8%). Single parent households were the most undecided, with 15.8% responding "depends" regarding satisfaction with KEMH. Those with a technical or higher level of education (18.2%) were more dissatisfied than those with secondary or lower education (7.1%). Respondents with incomes over $108,000 were more dissatisfied (19.4%) than other income brackets; however, they reported satisfaction rates equal to other income brackets.

Table 29.2 Overall satisfaction with King Edward Memorial Hospital

		Satisfaction with services provided by King Edward Memorial Hospital											
		Completely and Mostly Satisfied		Completely and Mostly Dissatisfied		Depends		Neither satisfied nore dissatisfied		Don't know/ Not sure		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Total		214	75.4%	43	15.1%	8	2.8%	11	3.9%	8	2.8%	284	100.0%
Gender	Men	113	79.6%	19	13.4%	3	2.1%	4	2.8%	3	2.1%	142	100.0%
	Women	101	71.1%	24	16.9%	5	3.5%	7	4.9%	5	3.5%	142	100.0%
Age	18-34	36	66.7%	9	16.7%	3	5.6%	4	7.4%	2	3.7%	54	100.0%
	35-54	59	75.6%	15	19.2%	1	1.3%	2	2.6%	1	1.3%	78	100.0%
	55-64	38	80.9%	4	8.5%	2	4.3%	2	4.3%	1	2.1%	47	100.0%
	65+	71	79.8%	11	12.4%	1	1.1%	3	3.4%	3	3.4%	89	100.0%
	Not Stated	9	69.2%	2	15.4%	0	0.0%	1	7.7%	1	7.7%	13	100.0%
Race	Black	115	82.7%	14	10.1%	3	2.2%	5	3.6%	2	1.4%	139	100.0%
	White	77	71.3%	22	20.4%	1	0.9%	4	3.7%	4	3.7%	108	100.0%
	Asian & Other	17	54.8%	7	22.6%	2	6.5%	3	9.7%	2	6.5%	31	100.0%
	Not Stated	3	75.0%	0	0.0%	1	25.0%	0	0.0%	0	0.0%	4	100.0%
Household	One person	42	77.8%	7	13.0%	2	3.7%	2	3.7%	1	1.9%	54	100.0%
	Adult Couple	84	78.5%	14	13.1%	2	1.9%	4	3.7%	3	2.8%	107	100.0%
	Two parents	40	70.2%	13	22.8%	1	1.8%	2	3.5%	1	1.8%	57	100.0%
	Single parent	12	63.2%	2	10.5%	3	15.8%	1	5.3%	1	5.3%	19	100.0%
	Not Stated	34	77.3%	6	13.6%	0	0.0%	2	4.5%	2	4.5%	44	100.0%
Education	Secondary & Lower	71	83.5%	6	7.1%	1	1.2%	4	4.7%	3	3.5%	85	100.0%
	Technical & Higher	142	71.7%	36	18.2%	7	3.5%	8	4.0%	5	2.5%	198	100.0%
	Not Stated	2	66.7%	1	33.3%	0	0.0%	0	0.0%	0	0.0%	3	100.0%
Income	$59,999 or less	32	74.4%	5	11.6%	1	2.3%	1	2.3%	4	9.3%	43	100.0%
	$60,000 to $107,999	49	75.4%	8	12.3%	5	7.7%	2	3.1%	1	1.5%	65	100.0%
	$108,000 & over	23	74.2%	6	19.4%	1	3.2%	1	3.2%	0	0.0%	31	100.0%
	Not Stated	111	76.6%	22	15.2%	1	0.7%	8	5.5%	3	2.1%	145	100.0%

Q98. Thinking now about your level of satisfaction with various health services in Bermuda, overall, how satisfied are you with the services provided at King Edward VII Memorial Hospital?
Question Source: 2005 Public Perception Study

Satisfaction with King Edward Memorial Hospital Comparison 2005 to 2011

Overall satisfaction level with King Edward Memorial Hospital was relatively unchanged from 2005 to 2011 (77% in 2006 versus 75% in 2011) (Figure 29.2). There were declines in satisfaction for men (6% decline), women (3% decline) and Whites (10% decline), but satisfaction increased by 5% for Blacks in 2011.

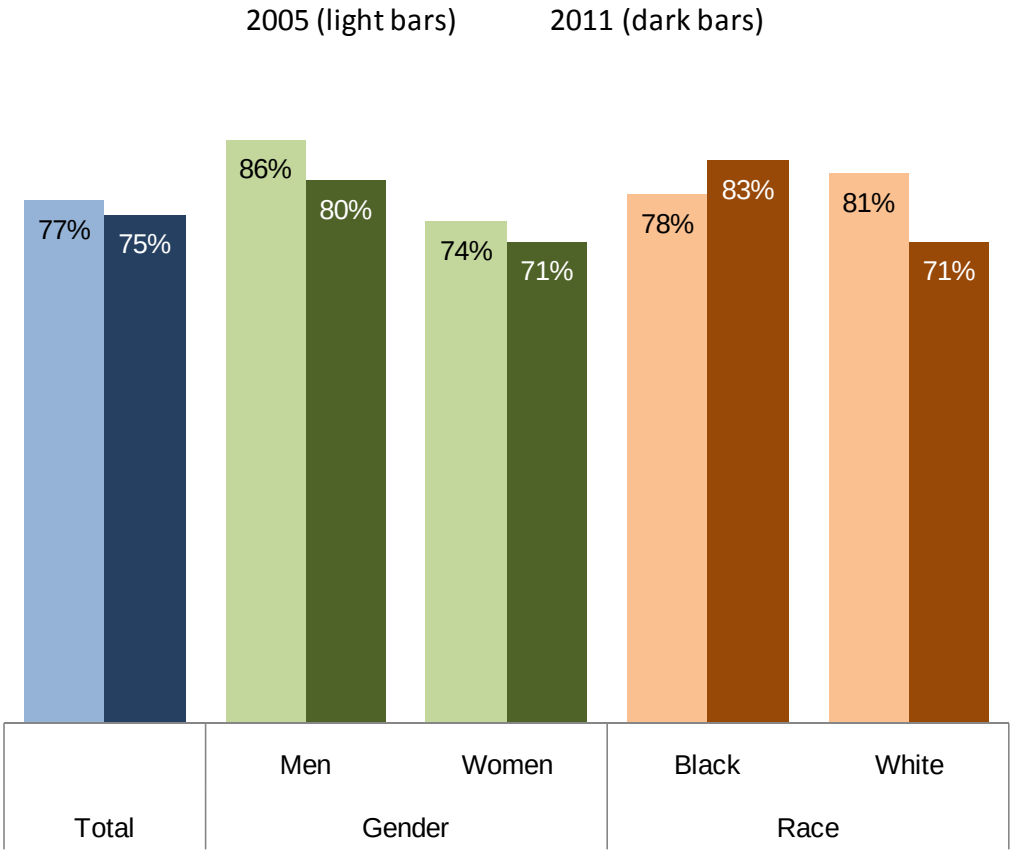

Figure 29.2 Comparison – Completely or Mostly Satisfied with King Edward Memorial Hospital

Mid-Atlantic Wellness Institute

Respondents were asked about their use of the Mid-Atlantic Wellness Institute (MWI) in the past year, either by themselves or an immediate member of their household, specifically whether they had been an in-patient or visited a clinic at MWI (Table 29.3). Overall, just 2.5% had been in-patients, and 4.1% had visited a clinic. More men (3.2%) than women (1.9%) were in-patients. Respondents from single parent households were more likely to have been in–patients (3.0%) but less likely to have visited a clinic (1.5%) than other household types. Those with a household income less than $60,000 were the most likely out of all the demographic groups to have visited a clinic (6.0%).

Note: Small sample size N=41

Table 29.3 Use of Mid-Atlantic Wellness Institute in the past year

Use of Mid-Atlantic Wellness Institute in the past year					
		In-patient		Clinic visit	
		N	%	N	%
Total		20	2.5%	33	4.1%
Gender	Men	12	3.2%	14	3.7%
	Women	8	1.9%	19	4.5%
Age	18-34	7	2.9%	7	3.0%
	35-54	5	2.0%	8	3.1%
	55-64	3	2.8%	10	9.2%
	65+	5	3.1%	7	4.3%
	Not Stated	0	0.0%	1	3.1%
Race	Black	11	2.8%	15	3.8%
	White	7	2.4%	11	3.8%
	Asian & Other	1	1.0%	7	7.3%
	Not Stated	0	0.0%	0	0.0%
Household	One person	2	1.2%	5	3.0%
	Adult Couple	4	1.7%	8	3.4%
	Two parents	1	0.5%	6	3.1%
	Single parent	2	3.0%	1	1.5%
	Not Stated	11	8.0%	14	10.2%
Education	Secondary & Lower	8	3.5%	11	4.8%
	Technical & Higher	12	2.1%	22	3.9%
	Not Stated	0	0.0%	0	0.0%
Income	$59,999 or less	5	3.7%	8	6.0%
	$60,000 to $107,999	2	1.1%	7	3.8%
	$108,000 & over	0	0.0%	3	2.8%
	Not Stated	13	3.6%	15	4.1%

Q93. Within the past 12 months have you or a member of your immediate household been an in-patient at Mid-Atlantic Wellness Institute?
Q94. Within the past 12 months have you or a member of your immediate household visited a clinic at Mid-Atlantic Wellness Institute?

Question Source: 2005 Public Perception Study

Satisfaction with Mid-Atlantic Wellness Institute

Respondents were asked about their overall level of satisfaction with the services provided by the Mid-Atlantic Wellness Institute (Table 29.4). Overall, 61.0% were completely or mostly satisfied and 14.6% were completely or mostly dissatisfied with MWI. Women (69.6%) were more satisfied than men (50.0%). More than one-quarter of men (27.8%) were unsure of their opinion of MWI's services. Adults aged 35 to 54 (81.8%) and 65 and over (85.7%) were the most satisfied while 40% of those aged 18 to 34 were unsure of their opinion. Blacks (68.2%) were more satisfied than Whites (54.5%) and Asian and other races (42.9%). Those with a household income of less than $60,000 (33.3%) and one person households (20.0%) were more likely to say they were dissatisfied.

Note: Small sample size N=41.

Table 29.4 Overall satisfaction with Mid-Atlantic Wellness Institute

		Satisfaction with services provided by Mid-Atlantic Wellness Institute													
		Completely or Mostly Satisfied		Completely or Mostly Dissatisfied		Depends		Neither satisfied nore dissatisfied		Don't know/ Not sure		Declined to answer		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Total		25	61.0%	6	14.6%	1	2.4%	1	2.4%	7	17.1%	1	2.4%	41	100.0%
Gender	Men	9	50.0%	4	22.2%	0	0.0%	0	0.0%	5	27.8%	0	0.0%	18	100.0%
	Women	16	69.6%	2	8.7%	1	4.3%	1	4.3%	2	8.7%	1	4.3%	23	100.0%
Age	18-34	2	20.0%	2	20.0%	1	10.0%	1	10.0%	4	40.0%	0	0.0%	10	100.0%
	35-54	9	81.8%	2	18.2%	0	0.0%	0	0.0%	0	0.0%	0	0.0%	11	100.0%
	55-64	7	58.3%	1	8.3%	0	0.0%	0	0.0%	3	25.0%	1	8.3%	12	100.0%
	65+	6	85.7%	0	0.0%	0	0.0%	0	0.0%	1	14.3%	0	0.0%	7	100.0%
	Not Stated	1	100.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%	1	100.0%
Race	Black	15	68.2%	2	9.1%	0	0.0%	1	4.5%	3	13.6%	1	4.5%	22	100.0%
	White	6	54.5%	2	18.2%	0	0.0%	0	0.0%	3	27.3%	0	0.0%	11	100.0%
	Asian & Other	3	42.9%	1	14.3%	1	14.3%	0	0.0%	2	28.6%	0	0.0%	7	100.0%
	Not Stated	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	100.0%
Household	One person	3	60.0%	1	20.0%	0	0.0%	0	0.0%	0	0.0%	1	20.0%	5	100.0%
	Adult Couple	8	80.0%	0	0.0%	0	0.0%	0	0.0%	2	20.0%	0	0.0%	10	100.0%
	Two parents	5	71.4%	0	0.0%	0	0.0%	1	14.3%	1	14.3%	0	0.0%	7	100.0%
	Single parent	0	0.0%	0	0.0%	0	0.0%	0	0.0%	2	100.0%	0	0.0%	2	100.0%
	Not Stated	9	52.9%	4	23.5%	1	5.9%	0	0.0%	3	17.6%	0	0.0%	17	100.0%
Education	Secondary & Lower	9	64.3%	1	7.1%	1	7.1%	0	0.0%	3	21.4%	0	0.0%	14	100.0%
	Technical & Higher	16	61.5%	4	15.4%	0	0.0%	1	3.8%	4	15.4%	1	3.8%	26	100.0%
	Not Stated	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Income	$59,999 or less	4	44.4%	3	33.3%	1	11.1%	0	0.0%	1	11.1%	0	0.0%	9	100.0%
	$60,000 to $107,999	5	55.6%	0	0.0%	0	0.0%	0	0.0%	3	33.3%	1	11.1%	9	100.0%
	$108,000 & over	2	66.7%	0	0.0%	0	0.0%	0	0.0%	1	33.3%	0	0.0%	3	100.0%
	Not Stated	14	66.7%	3	14.3%	0	0.0%	1	4.8%	3	14.3%	0	0.0%	21	100.0%

Q100. Thinking now about your level of satisfaction with various health services in Bermuda, overall, how satisfied are you with the services provided at Mid-Atlantic Wellness Institute?
Question Source: 2005 Public Perception Study

Satisfaction with Mid-Atlantic Wellness Institute Comparison 2005 to 2011

Overall satisfaction level with Mid-Atlantic Wellness Institute was relatively unchanged from 2005 (63%) to 2011 (61%) (Figure 29.4). Satisfaction declined for men by 16% but increased for women by 9% in 2011. Satisfaction increased by 5% for Blacks but declined by 45% for Whites. Note: Small sample sizes for this demographic. Whites: 2005 N=2; 2011 N=11.

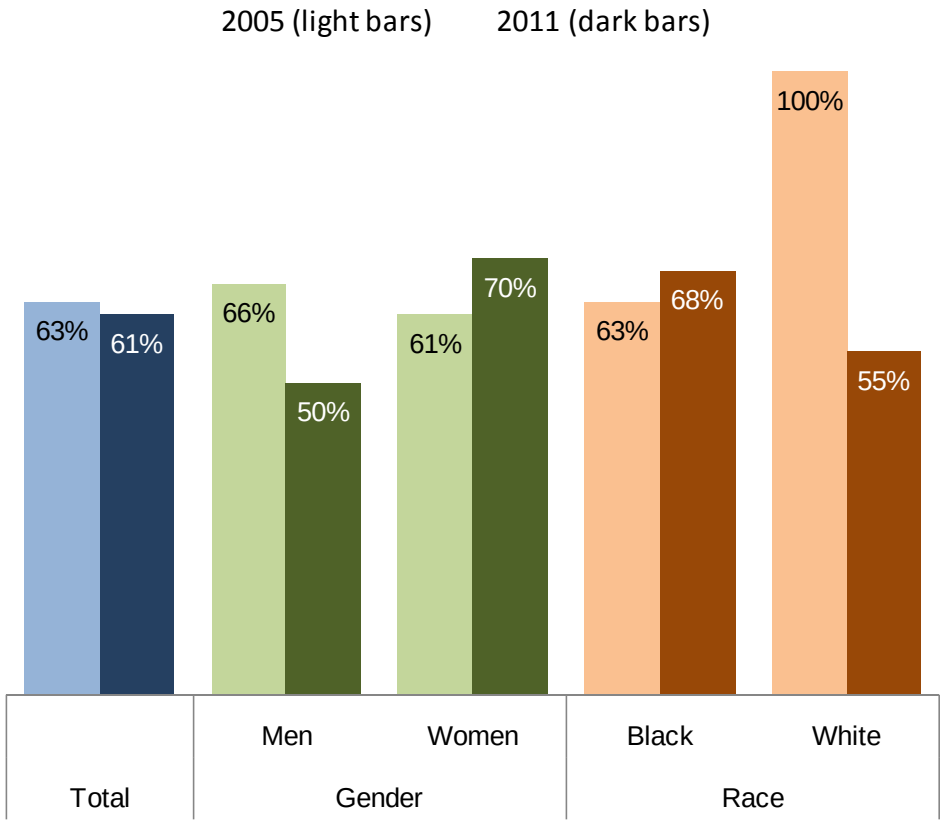

Figure 29.4 Comparison - Completely or Mostly Satisfied with Mid-Atlantic Wellness Institute

Government Clinic

Respondents were asked whether they or a member of their immediate household had visited a Government clinic in the past year (Table 29.5). Almost one-quarter (23.4%) had visited a Government clinic, with no difference between men and women. Younger adults aged 18 to 34 (27.5%) and 35 to 54 (26.2%) were more likely to have visited a Government clinic than older age groups. Asians and other races were less like to do so (17.9%) than other races. Single parent households (31.3%) were the most likely to use Government clinics, while those with a moderate household income between $60,000 and $107,999 (12.9%) were the less likely to use Government clinics than any other demographic group. There were no substantive differences between education levels in terms of clinic use.

Table 29.5 Use of Government clinic in the past year

Self or member of immediate household visited a Government clinic in the past year							
		Yes		No		Total	
		N	%	N	%	N	%
Total		185	23.4%	606	76.6%	791	100.0%
Gender	Men	84	22.5%	289	77.5%	373	100.0%
	Women	101	24.2%	317	75.8%	418	100.0%
Age	18-34	65	27.5%	171	72.5%	236	100.0%
	35-54	67	26.2%	189	73.8%	256	100.0%
	55-64	17	15.7%	91	84.3%	108	100.0%
	65+	28	17.5%	132	82.5%	160	100.0%
	Not Stated	9	28.1%	23	71.9%	32	100.0%
Race	Black	100	25.2%	297	74.8%	397	100.0%
	White	67	23.3%	220	76.7%	287	100.0%
	Asian & Other	17	17.9%	78	82.1%	95	100.0%
	Not Stated	2	15.4%	11	84.6%	13	100.0%
Household	One person	37	22.2%	130	77.8%	167	100.0%
	Adult Couple	47	20.3%	184	79.7%	231	100.0%
	Two parents	45	23.4%	147	76.6%	192	100.0%
	Single parent	21	31.3%	46	68.7%	67	100.0%
	Not Stated	36	26.7%	99	73.3%	135	100.0%
Education	Secondary & Lower	59	25.9%	169	74.1%	228	100.0%
	Technical & Higher	124	22.4%	430	77.6%	554	100.0%
	Not Stated	3	30.0%	7	70.0%	10	100.0%
Income	$59,999 or less	38	28.6%	95	71.4%	133	100.0%
	$60,000 to $107,999	24	12.9%	162	87.1%	186	100.0%
	$108,000 & over	30	27.5%	79	72.5%	109	100.0%
	Not Stated	94	25.9%	269	74.1%	363	100.0%

Q97. Within the past 12 months have you or a member of your immediate household visited a Government Clinic?
Question Source: 2005 Public Perception Study

Use of Government Clinics Comparison 2005 to 2011

Use of Government clinics increased 8%, from 15% in 2005 to 23% in 2011 (Figure 29.5). Whites (12%) and Men (11%) had the greatest increase in clinic use. Women and Blacks both had a 7% increase in use.

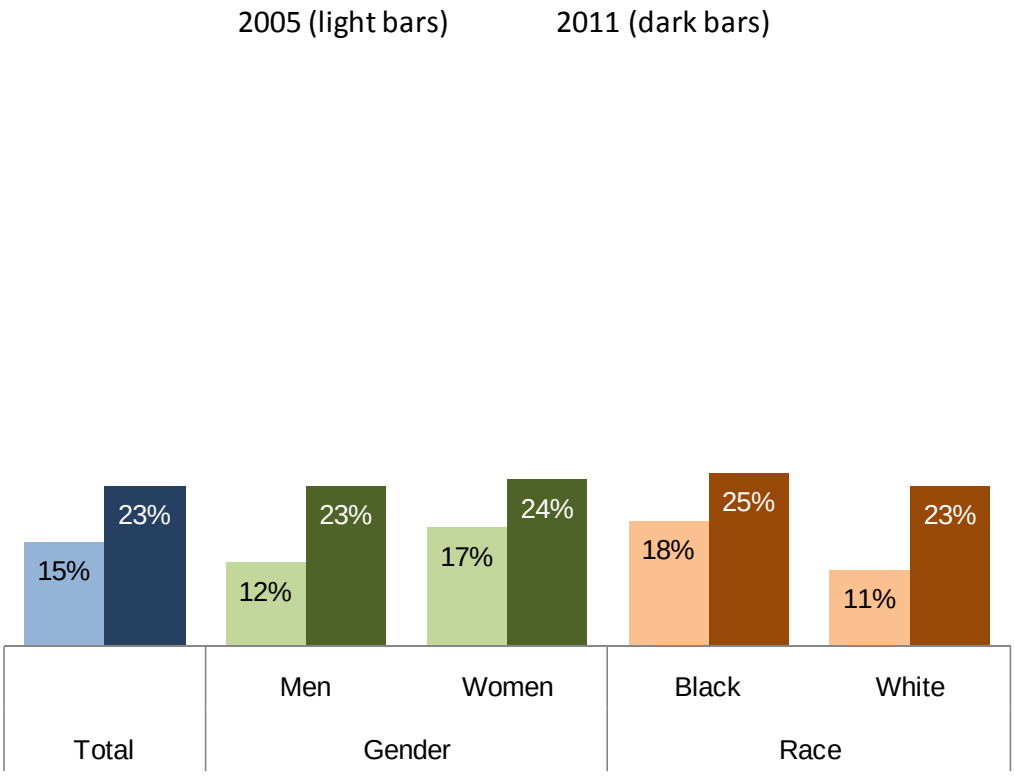

Figure 29.5 Comparison – Use of Government clinics in the past year

Satisfaction with Government Clinics

Respondents were asked about their overall level of satisfaction with the services provided by Government clinics (Table 29.6). Overall, 86.6% of respondents were satisfied with Government clinics. Women (88.2%) were slightly more satisfied than men (84.5%). Older adults aged 55 to 64 (93.8%) and 65 and over (96.3%) were more satisfied than other younger age groups. Asian and other races (94.1%), adult couple households (91.5%), those with a technical and higher education (88.7%), and those with a high annual household income ($108,000 and over) (90.0%) were more likely to be satisfied with Government clinics.

Table 29.6 Overall satisfaction with Government clinics

		Satisfaction with services provided by the Government Clinic											
		Completely or Mostly Satisfied		Completely or Mostly Dissatisfied		Depends		Neither satisfied nore dissatisfied		Don't know/ Not sure		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Total		161	86.6%	13	7.0%	1	0.5%	2	1.1%	9	4.8%	186	100.0%
Gender	Men	71	84.5%	8	9.5%	0	0.0%	0	0.0%	5	6.0%	84	100.0%
	Women	90	88.2%	5	4.9%	1	1.0%	2	2.0%	4	3.9%	102	100.0%
Age	18-34	58	89.2%	4	6.2%	0	0.0%	0	0.0%	3	4.6%	65	100.0%
	35-54	54	80.6%	4	6.0%	1	1.5%	2	3.0%	6	9.0%	67	100.0%
	55-64	15	93.8%	1	6.3%	0	0.0%	0	0.0%	0	0.0%	16	100.0%
	65+	26	96.3%	1	3.7%	0	0.0%	0	0.0%	0	0.0%	27	100.0%
	Not Stated	7	70.0%	2	20.0%	0	0.0%	0	0.0%	1	10.0%	10	100.0%
Race	Black	87	86.1%	5	5.0%	1	1.0%	2	2.0%	6	5.9%	101	100.0%
	White	58	86.6%	6	9.0%	0	0.0%	0	0.0%	3	4.5%	67	100.0%
	Asian & Other	16	94.1%	1	5.9%	0	0.0%	0	0.0%	0	0.0%	17	100.0%
	Not Stated	1	50.0%	1	50.0%	0	0.0%	0	0.0%	0	0.0%	2	100.0%
Household	One person	31	86.1%	4	11.1%	0	0.0%	0	0.0%	1	2.8%	36	100.0%
	Adult Couple	43	91.5%	3	6.4%	0	0.0%	0	0.0%	1	2.1%	47	100.0%
	Two parents	38	82.6%	3	6.5%	0	0.0%	0	0.0%	5	10.9%	46	100.0%
	Single parent	17	81.0%	1	4.8%	1	4.8%	2	9.5%	0	0.0%	21	100.0%
	Not Stated	31	88.6%	2	5.7%	0	0.0%	0	0.0%	2	5.7%	35	100.0%
Education	Secondary & Lower	49	83.1%	4	6.8%	0	0.0%	2	3.4%	4	6.8%	59	100.0%
	Technical & Higher	110	88.7%	9	7.3%	1	0.8%	0	0.0%	4	3.2%	124	100.0%
	Not Stated	2	66.7%	0	0.0%	0	0.0%	0	0.0%	1	33.3%	3	100.0%
Income	$59,999 or less	33	86.8%	2	5.3%	1	2.6%	0	0.0%	2	5.3%	38	100.0%
	$60,000 to $107,999	19	82.6%	1	4.3%	0	0.0%	2	8.7%	1	4.3%	23	100.0%
	$108,000 & over	27	90.0%	1	3.3%	0	0.0%	0	0.0%	2	6.7%	30	100.0%
	Not Stated	82	87.2%	9	9.6%	0	0.0%	0	0.0%	3	3.2%	94	100.0%

Q99. Thinking now about your level of satisfaction with various health services in Bermuda, overall, how satisfied are you with the services provided at the Government clinic?
Question Source: 2005 Public Perception Study

Satisfaction with Government Clinics Comparison 2005 to 2011

Satisfaction with Government clinics increased by 5% from 2005 (82%) to 2011 (87%) (Figure 29.6). Men were less satisfied in 2011, with a decline of 5% but women were more satisfied, with an increase of 9%. Blacks had a small increase in satisfaction (5%) and Whites had a small decrease (3%).

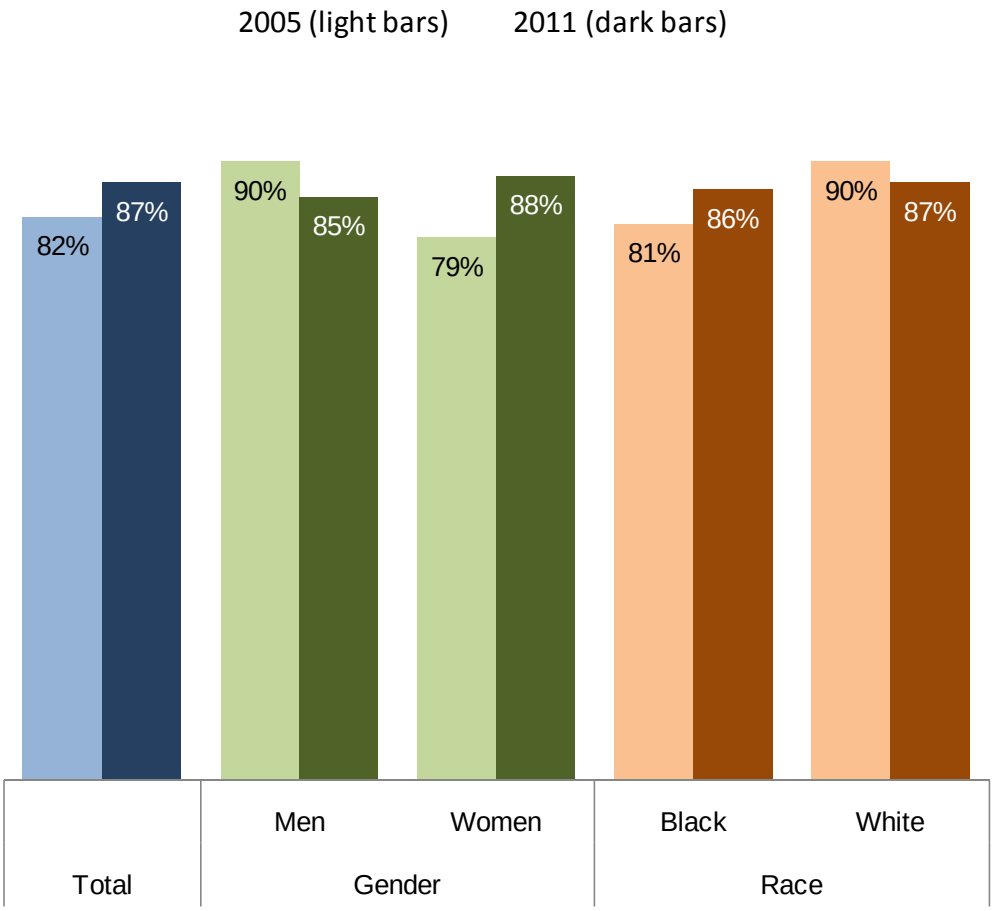

Figure 29.6 Comparison - Completely or Mostly Satisfied with Government clinics

Home Care by Nurses

Respondents were asked whether they´d had a home visit from a District or Private nurse or resource aide in the past year, either for themselves or an immediate member of their household (Table 29.7). Overall, 5.0% had a home visit from a district nurse and 3.4% from a private nurse. Those aged 65 and over were more likely to have had home visits from both district (8.6%) and private (6.8%) nurses while those aged 18 to 34 were less likely to have received home visits (district, 2.5%; private, 1.3%). Whites were equally likely to receive a home visit from a district or private nurse (both 4.5%) while Blacks were more likely to receive a home visit from a district nurse (6.0%) rather than a private nurse (3.3%). Adult couples were more likely to use a district nurse (6.5%) compared to other household types. There were no substantive differences by education or income level.

Table 29.7 Nurse or resource aide home visit in the past year

		Nurse or resource aide home visit in the past year			
		District nurse or resource aide visit		Private nurse or resource aide visit	
		N	%	N	%
Total		40	5.0%	27	3.4%
Gender	Men	16	4.3%	14	3.7%
	Women	24	5.7%	13	3.1%
Age	18-34	6	2.5%	3	1.3%
	35-54	12	4.7%	10	3.9%
	55-64	6	5.5%	3	2.8%
	65+	14	8.6%	11	6.8%
	Not Stated	1	3.1%	0	0.0%
Race	Black	24	6.0%	13	3.3%
	White	13	4.5%	13	4.5%
	Asian & Other	2	2.1%	2	2.1%
	Not Stated	0	0.0%	0	0.0%
Household	One person	5	3.0%	3	1.8%
	Adult Couple	15	6.5%	8	3.4%
	Two parents	6	3.1%	8	4.1%
	Single parent	2	3.0%	0	0.0%
	Not Stated	11	8.0%	8	5.9%
Education	Secondary & Lower	11	4.8%	9	3.9%
	Technical & Higher	28	5.0%	18	3.2%
	Not Stated	0	0.0%	0	0.0%
Income	$59,999 or less	3	2.2%	4	3.0%
	$60,000 to $107,999	8	4.3%	5	2.7%
	$108,000 & over	4	3.6%	4	3.6%
	Not Stated	24	6.6%	15	4.1%

Q95. Within the past 12 months have you or a member of your immediate household received a home visit from a DISTRICT nurse or resource aide?
Q96. Within the past 12 months have you or a member of your immediate household received a home visit from a PRIVATE nurse or resource aide?
Question Source: 2005 Public Perception Study

30. Overall Healthcare System

Respondents were asked for their overall view of the healthcare system in Bermuda (Table 30.1). The majority (60.6%) felt that there were good things about the healthcare system but fundamental changes were needed to make it work better. Only 17.5% felt that the healthcare system was working pretty well with only minor changes needed, and 12.0% felt that the whole system needed an overhaul. Both men and women felt the same way about the state of the healthcare system. Those aged 65 and over had a more positive view of the healthcare system than other age groups, with 22.6% stating only minor changes were needed. Asian and other races (18.8%) and those with a moderate household income between $60,000 and $107,999 (12.8%) were more likely to think that the healthcare system needed to be completely rebuilt.

Table 30.1 Overall view of the healthcare system in Bermuda

Overall view of the healthcare system in Bermuda											
		On the whole the system works pretty well and only minor changes are necessary to make it work better		There are some good things in our healthcare system, but fundamental changes are needed to make it work better		Our healthcare system has so much wrong with it, we need to completely rebuild it		Not sure		Total	
		N	%	N	%	N	%	N	%	N	%
Total		140	17.5%	486	60.6%	96	12.0%	80	10.0%	802	100.0%
Gender	Men	64	17.0%	225	59.7%	43	11.4%	45	11.9%	377	100.0%
	Women	76	17.9%	261	61.4%	53	12.5%	35	8.2%	425	100.0%
Age	18-34	34	14.2%	138	57.7%	30	12.6%	37	15.5%	239	100.0%
	35-54	46	18.0%	159	62.1%	34	13.3%	17	6.6%	256	100.0%
	55-64	19	17.6%	71	65.7%	11	10.2%	7	6.5%	108	100.0%
	65+	37	22.6%	99	60.4%	16	9.8%	12	7.3%	164	100.0%
	Not Stated	3	9.1%	19	57.6%	4	12.1%	7	21.2%	33	100.0%
Race	Black	79	19.7%	252	62.8%	37	9.2%	33	8.2%	401	100.0%
	White	44	15.2%	176	60.7%	39	13.4%	31	10.7%	290	100.0%
	Asian & Other	14	14.6%	49	51.0%	18	18.8%	15	15.6%	96	100.0%
	Not Stated	2	15.4%	8	61.5%	2	15.4%	1	7.7%	13	100.0%
Household	One person	30	18.1%	92	55.4%	22	13.3%	22	13.3%	166	100.0%
	Adult Couple	38	16.4%	152	65.5%	27	11.6%	15	6.5%	232	100.0%
	Two parents	35	17.9%	122	62.6%	19	9.7%	19	9.7%	195	100.0%
	Single parent	11	16.4%	42	62.7%	8	11.9%	6	9.0%	67	100.0%
	Not Stated	26	18.6%	77	55.0%	19	13.6%	18	12.9%	140	100.0%
Education	Secondary & Lower	45	19.6%	127	55.2%	27	11.7%	31	13.5%	230	100.0%
	Technical & Higher	92	16.5%	354	63.4%	66	11.8%	46	8.2%	558	100.0%
	Not Stated	2	18.2%	4	36.4%	2	18.2%	3	27.3%	11	100.0%
Income	$59,999 or less	30	22.1%	73	53.7%	11	8.1%	22	16.2%	136	100.0%
	$60,000 to $107,999	38	20.3%	112	59.9%	24	12.8%	13	7.0%	187	100.0%
	$108,000 & over	19	17.3%	77	70.0%	9	8.2%	5	4.5%	110	100.0%
	Not Stated	53	14.4%	224	60.7%	52	14.1%	40	10.8%	369	100.0%

Q101. Which of the following statements comes closest to expressing your overall view of the healthcare system in Bermuda?
On the whole the system works pretty well and only minor changes are necessary to make it work better;
There are some good things in our healthcare system, but fundamental changes are needed to make it work better;
Our healthcare system has so much wrong with it, we need to completely rebuild it.

Question Source: 2010 Commonwealth Fund International Health Policy Survey

View of Overall Healthcare System Comparison 2005 to 2011

Since 2005, respondents' view of the overall healthcare system in Bermuda had deteriorated, with only 18% saying the healthcare system worked well compared to 26% in 2005 (Figure 30.1). All demographics declined, with men having the largest change in opinion with a decline of 16%. Whites also showed a large decline of 11% in 2011.

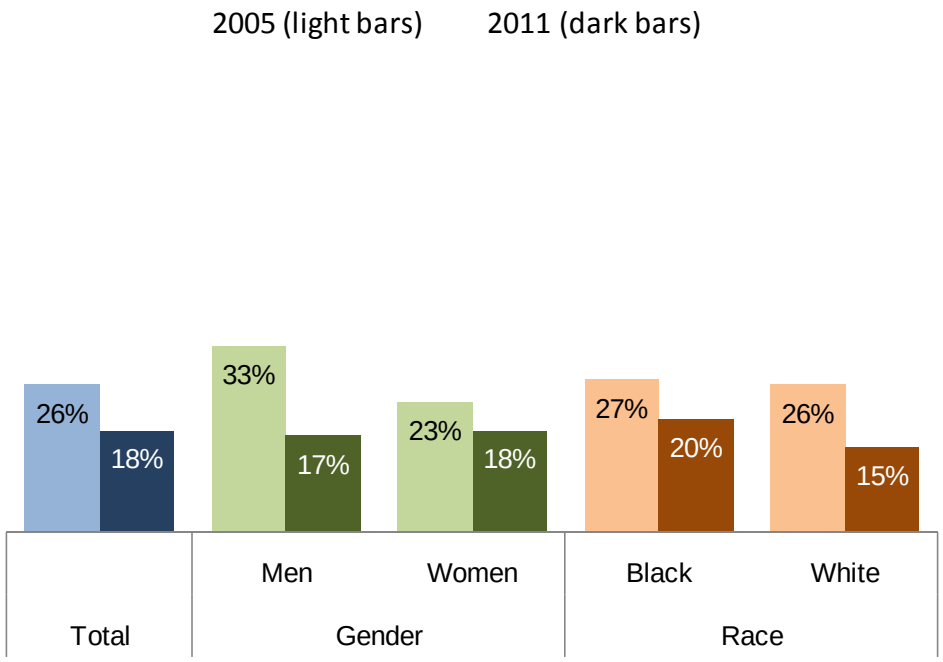

Figure 30.1 Comparison – The healthcare system in Bermuda works well with only minor changes needed

Discussion

Overall, the 2011 findings reflected areas of stability, areas of improvement and areas of deterioration compared to studies conducted in 2005, 2006, or 2007. In particular, chronic diseases appeared to remain steady for the past five years, with little change in the prevalence of asthma, diabetes, high blood cholesterol and coronary heart disease. The prevalence of high blood pressure did see an increase in 2011.

In terms of health status and behaviours, results were mixed. The prevalence of smoking remained unchanged overall, but Whites saw a decrease in the number of smokers. The number of people exposed to second hand smoke declined significantly. The number of overweight or obese adults increased slightly. Nutrition and physical activity showed areas of improvement and deterioration.

Areas to monitor are health check-ups and screening. The number of women receiving mammograms and men receiving prostate screenings declined in 2011. The number of people having general check-ups and HIV tests also declined.

The decline in HIV testing was a concern given that reports of having more than one sexual partner increased significantly, and reports of those engaging in high-risk HIV behaviours also increased. However, condom use during sexual intercourse increased significantly, which was a very positive change.

Satisfaction with health facilities such as King Edward Memorial Hospital and Mid-Atlantic Wellness Institute was unchanged while satisfaction with Government clinics increased, but residents' satisfaction with Government's efforts to promote health and wellness in Bermuda declined. Perceptions of the state of the healthcare system deteriorated.

There were some inequalities in terms of education, income and race in the results of the health survey. In general, those with lower education and income reported more health problems but higher satisfaction with health services. Whites had better healthy living habits while Asian and other races were less likely to engage in healthy behaviours. Blacks were more likely to undergo regular cancer screenings and were generally more satisfied with the healthcare system.

Improvements in Adult Health

Smoking declined 4% for Whites, from 17% in 2006 to 13% in 2011. Exposure to second hand smoke dropped significantly from 40% in 2007 to 25% in 2011. This decrease could be attributed to the Tobacco Products (Public Health) Amendment Act 2005[1] which came into effect on 1st April 2006. The new legislation banned smoking in public places and workplaces including bars, restaurants, private clubs, hotels, and business vehicles.

In terms of nutrition and physical activity, there were some positive changes in eating habits and physical activity levels. There was a slight 3% increase in the number of residents who ate breakfast five to seven times per week, from 23% in 2006 to 26% in 2011. Consumption of fast food one to two times per week or more decreased from 71% in 2006 to 66% in 2011. There was a positive increase in

participation in physical activity. Participation in moderate activity for 30 minutes, at least three times per week increased by 26%, from 27% in 2006 to 53% in 2011.

There was a significant 14% increase in condom use during sexual intercourse from 2006, from 17% to 31%. More than double the amount of men and those with a secondary and lower education used condoms compared to 2006. However, this finding should be treated with caution given the increase in multiple sexual partners and HIV-risk activities.

Knowledge of disease prevention improved. Overall, 71% of respondents mentioned hand washing as a method of disease prevention, up from 57% in 2007. Men showed the greatest improvement in knowledge, from 44% to 61%, followed by Blacks (54% to 70%).

Quicker access to dental treatment increased significantly. There was a 16% decrease, from 41% in 2006 to 25% in 2011, in the number of respondents who had to wait longer than one week to obtain a dentist appointment. In addition, close to 70% consulted a dentist in the past year.

Deterioration in Adult Health

General satisfaction with life declined 9% since 2006, from 96% to 87% in 2011. The number of adults who felt they were receiving the social and emotional support they needed declined 6%, from 83% in 2006 to 77% in 2011. In addition, 14% reported having a physical, mental or emotional disability that limited their daily activities, up from 11% in 2006. Those with a secondary and lower education had the greatest decline in general satisfaction with life (13% decline) and higher levels of disability (7% increase).

The number of adults reporting to have high blood pressure increased 11%, from 25% in 2006 to 36% in 2011. There was no difference in race, with both Blacks and Whites reporting a 10% increase. Those with a secondary and lower education had the highest increase of 12%.

There was a slight 3% increase overall in the number of overweight or obese adults in 2011, from 64% to 67%. Whites had the greatest increase of 7%, while Blacks had a decrease of 4%. However, perceptions of overweight and obesity were not in line with the actual results. The number of adults who described themselves as overweight declined slightly, from 46% in 2006 to 43% in 2011. There was a 3% decline in the number of White residents who described themselves as overweight.

In terms of nutrition and physical activity, there was a slight 3% decrease in the number of residents consuming one or more servings of fruit per day, from 76% in 2006 to 73% in 2011. Watching two or more hours of television a day increased from 72% in 2006 to 83% in 2011. Fewer residents were using Bermuda's public parks at least once a month in 2011, from 60% in 2007 to 41% in 2011.

Areas to monitor are health checks and screening. The 2011 results showed declines in the number of people being tested for men's and women's cancers, and HIV. The number of people receiving general annual check-ups also declined 12 percentage points, from 81% in 2006 to 69% in 2011.

The number of women aged 40 and over who reported they'd had a mammogram in the past two years declined 9 points, from 95% in 2006 to 86% in 2011, with those with a lower education seeing the greatest decline of 12 points. There was a significant decline of 7 percentage points in the number of men aged 40 and over reported to have had a prostate-specific antigen (PSA) test in the previous two

years; from 93% in 2006 to 86% in 2011. There was also a slight decline of 3% in the number of men having a digital rectal exam (DRE), from 91% in 2006 to 88% in 2011.

The number of people who had been tested for HIV in their lifetime declined 5 percentage points, from 49% in 2006 to 44% in 2011. Whites had the greatest decline of 11% and men had an 8% decline. This is a concern given that reports of having more than one sexual partner increased significantly from 6% in 2006 to 23% in 2011. Participation in high-risk HIV behaviours also increased from 3% in 2006 to 6%, with men (5% increase) and those with a secondary and lower education (6%) having the highest increases in high-risk behaviour.

Measures to protect health and safety decreased since 2007. Fewer households disinfected their tank water for drinking (56% in 2007, down to 50% in 2011), had an emergency plan (40% down to 33%), or an adult currently certified in first aid (67% down to 46%). Overall, satisfaction with the Government's efforts to promote wellness in Bermuda declined from 65% in 2005 to 58% in 2011. Women and Blacks were the most dissatisfied, with a 9% decline each.

Binge drinking (5 or more drinks for men, 4 or more for women, on a single occasion) increased from 24% in 2006 to 36% in 2011. Reports of binge drinking doubled for women, from 14% to 33%. This could be due to the change in criteria for women (in 2006 it was five drinks). Fewer people tried to quit smoking in 2011, from 55% in 2006 to 49% in 2011.

Reports of physical abuse by an intimate partner at some point in their life increased from 8% in 2006 to 13% in 2011, up by 5 percentage points. Overall women were more likely to have been abused in their lifetime, with 18% reporting abuse versus 8% of men. However, of those who had been abused, 39% of men said it had happened in the past year, compared to 26% of women.

Residents' overall view of the healthcare system was less positive in 2011. Overall, 60% said they were confident they could receive the medical treatment they might require, but there was a 15% decline in the number of people who felt they would be able to afford the treatment they might require (from 76% to 61%). Only 17% of respondents felt that Bermuda's healthcare system worked pretty well (with only minor changes needed for improvement), compared to 26% in 2005. The majority of respondents (61%) felt that there were good things about the healthcare system but fundamental changes were needed to make it work better, and 12% felt that the entire healthcare system needed to be rebuilt.

Health Inequalities

Inequality or disparity in adult health was evidenced across different education and income levels (those with a secondary education and lower compared to those with a technical education and higher).

Those with lower education or income reported more health problems than those with a higher education or income. They were more likely to have diabetes, hypertension, cardiovascular disease, and much more likely to have high blood cholesterol. They were also more likely to be overweight or obese, sedentary, and have unhealthy eating habits. Those with low education or income were also more likely to have had multiple sex partners in the past year and to have engaged in high-risk HIV behaviours. This was particularly worrisome for those with lower income as they were also less likely to have been tested for HIV. Reports of physical abuse were also higher among those with low education or income. This group was generally less satisfied with life and less likely to have received the social and emotional support they needed. Those with lower education and income were less likely to have visited a dentist

and also less confident that they could afford medical treatment that they might need in the future. However, there was little disparity by education when it came to differences in the prevalence of smoking, HIV testing and use of condoms during sexual intercourse.

Conclusion

The purpose of the health survey was to monitor the health status of Bermuda's population, and their perceptions of the quality and accessibility of healthcare services. This information is vital to identify strengths and challenges in the health system and to develop appropriate policies and programmes to improve health services and population health. The data provided and the benchmarks with previous surveys helped to identify target groups who may be experiencing the greatest challenges. The findings of this report should be of interest to health system stakeholders, including healthcare providers, health educators, insurers, and policy makers.

Appendix: Adult Questionnaire for Health Survey 2011

INTERVIEWERS SCRIPT

Read: Hello, my name is _____ and I am calling from a market research company located on the island called Mindmaps. We are conducting a confidential survey on behalf of the Bermuda Government Department of Health. We would really appreciate your participation as we are encouraging all local residents to take part in this initiative. May I please ask you a few questions?

HEALTH STATUS

1. In general, how would you describe your own health?
   Read:
   - Excellent
   - Very good
   - Good
   - Fair
   - Poor

   Do not read:
   - Don't know/ not sure
   - Decline to answer

HEALTHY DAYS – Health-related Quality of Life

2. Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?
   - _ _ Number of days
   - Don't know/ Not sure
   - Decline to answer

3. Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?
   - _ _ Number of days
   - Don't know/ Not sure
   - Decline to answer

   [If both Q2 and Q3 = 0 days, go to next session]

4. During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?
   - _ _ Number of days
   - Don't know/ Not sure
   - Decline to answer

HEALTHCARE ACCESS – Health Insurance

5. Are you covered by a private or government health insurance plan?
   [NOTE: Includes HIP, FutureCare and schemes]
   - Yes
   - No *[Go to Q7]*
   - Don't know/ Not sure
   - Decline to answer

6. Who is your health insurer?
   - Argus (Somers Isle)
   - BF&M
   - Colonial Medical
   - Freisenbruch-Meyer
   - GEHI (Government Employees Health Insurance)
   - HIP (Health Insurance Plan)
   - FutureCare
   - HSBC
   - Bank of Butterfield
   - Other (Specify: _____)
   - Don't know/ Not sure
   - Decline to answer [Go to next section]

7. [If response is 'NO' to Q5]
What is the main reason you do not currently have health insurance?

_____ *[Open-end]*

HYPERTENSION AWARENESS

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

8. When was the last time your blood pressure was measured?
   - Within the past year
   - 1-2 years ago
   - More than 2 years ago
   - Never
   - Don't know/ Not sure
   - Decline to answer

9. Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?
   If "Yes" and respondent is female, ask: "Was this only when you were pregnant?"
   - Yes, within last 12 months
   - Yes, over a year ago
   - Yes, but female told only during pregnancy *[Go to next section]*
   - No *[Go to next section]*
   - Told borderline high or pre-hypertensive *[Go to next section]*
   - Don't know/ Not sure *[Go to next section]*
   - Decline to answer *[Go to next section]*

10. Are you currently taking medicine for your high blood pressure?
   - Yes
   - No
   - Don't know/ Not sure
   - Decline to answer

CHOLESTEROL AWARENESS

11. Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked?
   - Yes
   - No *[Go to next section]*
   - Don't know/ Not sure *[Go to next section]*
   - Decline to answer *[Go to next section]*

12. About how long has it been since you last had your blood cholesterol checked?
   Read only if necessary:
   - Within the past year (anytime less than 12 months ago)
   - Within the past 2 years (1 year but less than 2 years ago)
   - Within the past 5 years (2 years but less than 5 years ago)
   - 5 or more years ago

   Do not read:
   - Don't know/ Not sure
   - Decline to answer

13. Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?
   - Yes
   - No
   - Don't know/ Not sure
   - Decline to answer

CHRONIC HEALTH CONDITIONS

Read: Has a doctor, nurse, or other health professional EVER told you that you had any of the following? For each, tell me "Yes", "No", or "Not sure."

14. (Ever told) you that you had a heart attack also called myocardial infarction?
   - Yes
   - No
   - Don't know/ Not sure
   - Decline to answer

15. Ever told you had angina or coronary heart disease?
   - Yes
   - No
   - Don't know/ Not sure
   - Decline to answer

16. (Ever told) you had asthma?
   - Yes
   - No *[Go to Q18]*
   - Don't know/ Not sure *[Go to Q18]*
   - Decline to answer *[Go to Q18]*

17. Do you still have asthma?
   - Yes
   - No
   - Don't know/ Not sure
   - Decline to answer

18. (Ever told) you have a depressive disorder (including depression, major depression, dysthymia, or minor depression)?
   - Yes
   - No
   - Don't know/ Not sure
   - Decline to answer

19. (Ever told) you have kidney disease? Do NOT include kidney stones, bladder infection or incontinence.

   *[**Interviewer Note:** Incontinence is not being able to control urine flow.]*
   - Yes
   - No
   - Don't know/ Not sure
   - Decline to answer

20. (Ever told) you have diabetes?
If "Yes" and respondent is female, ask: "Was this only when you were pregnant?" If respondent says pre-diabetes or borderline diabetes, use response code for 'No, pre-diabetes or borderline diabetes'.

- Yes, within the past year
- Yes, more than a year ago
- Yes, but female told only during pregnancy
- No
- No, pre-diabetes or borderline diabetes
- Don't know/ Not sure
- Decline to answer

21. Ever told you had a stroke?
- Yes
- No
- Don't know/ Not sure
- Decline to answer

22. To the best of your knowledge, what early warning symptoms are signs would a person having a stroke show?
[DO NOT READ- CODE ALL THAT APPLY]

- Weakness or numbness down one side of the body
- Dizziness
- Problems talking and understanding what others are saying
- Problems with balance and coordination
- Difficulty swallowing
- Severe headache
- Loss of consciousness
- Confusion
- Other (Specify: _____)
- Don't know/ Not sure

DISABILITY

23. Are you limited in any way in any activities because of physical, mental, or emotional problems?
- Yes
- No
- Don't know/ Not sure
- Decline to answer

PERSONAL DEMOGRAPHICS

24. What is your age?
- _ _ years
- Don't know/ Not sure
- Decline to answer

25. Indicate sex of respondent. **Ask only if necessary**: Are you …?
- Male *[Go to Q27]*
- Female

26. To your knowledge, are you now pregnant?
- Yes
- No
- Don't know/ Not sure
- Decline to answer

27. About how much do you weigh without shoes in pounds?
Round fractions up. If height is given in meters, use conversion scale.
- _ _ _ _ Weight in pounds
- Don't know/Not sure
- Decline to answer

28. How would you describe your weight?
- Underweight
- Normal weight
- Overweight
- Don't know/ Not sure
- Decline to answer

29. About how tall are you without shoes in feet and inches?
Round fractions up. If height is given in meters, use conversion scale.
- _ _ /_ _ height in feet/inches
- Don't know/Not sure
- Decline to answer

TOBACCO USE

30. Have you smoked at least 100 cigarettes in your life?
NOTE: 5 packs = 100 cigarettes

- Yes
- No *[Go to Q34]*
- Don't know/ Not sure *[Go to Q34]*
- Decline to answer *[Go to Q34]*

31. Do you now smoke cigarettes every day, some days, or not at all?
- Every day
- Some days
- Not at all *[Go to Q34]*
- Don't know/ Not sure
- Decline to answer

32. How old were you when you first started smoking daily?
- Age (years) _ _
- Don't know/Not sure

33. During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?
- Yes
- No
- Don't know/ Not sure
- Decline to answer

34. [If no to Q30 and 31]
How often would you say you are exposed to second hand smoke? Would you say everyday, 2-5 times a week, once a week, 2-3 times a month, seldom, or never?

Read list- CODE ONE ONLY
- Everyday
- 2-5 times a week
- Once a week
- 2-3 times a month
- Seldom, or
- Never
- Currently a smoker

Do not read
- Don't know/ Not sure
- Decline to answer

ALCOHOL CONSUMPTION

35. During the past 30 days, how many days did you have at least one drink of any alcoholic beverage?
NOTE: If respondent reports by week, multiply amount by 4.
- _ _ days
- No drinks in past 30 days *[Go to next section]*
- Don't know/ Not sure
- Decline to answer

36. One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?
- _ _ number of drinks
- Don't know/ Not sure
- Decline to answer

37. Considering all types of alcoholic beverages, how many times during the past 30 days did you have X [CATI X = 5 for men, X = 4 for women] or more drinks on an occasion?
- _ _ Number of times
- None
- Don't know/ Not sure
- Decline to answer

INJURY

Read: The next questions ask about different experiences and behaviours that are related to road traffic injuries.

38. How often do you use a seat belt when driving or as a passenger in the front seat of a motor vehicle?
Please read:
- Always
- Almost always
- Sometimes
- Seldom
- Never

OR

- Never travel in a motor vehicle

Do not read:
- Don't know/ Not sure
- Decline to answer

39. In the past 12 months, have you been involved in a road traffic crash as a driver, passenger, pedestrian, motor cyclist or cyclist?
- Yes (as driver)
- Yes (as passenger)
- Yes (as pedestrian)
- Yes (as a motor cyclist)
- Yes (as a cyclist)
- No
- Don't know/ Not sure
- Decline to answer

40. In the past 30 days, how many times have you driven or ridden a motorized vehicle when you have had 2 or more alcoholic drinks?
- Number of times _ _
- Don't know / Not sure
- Decline to answer

41. In the past 30 days, how many times have you been a passenger where the driver of a motorized vehicle has had 2 or more alcoholic drinks?
- Number of times _ _
- Don't know / Not sure
- Decline to answer

NUTRITION

Read: These next questions are about the foods you usually eat. Please tell me how often you eat each one, for example, once a day, twice a week, three times a month, and so on. Remember, I am only interested in the foods you eat. Include all foods you eat, both at home and away from home.

42. How many servings of fruit do you usually eat (do not count fruit juice)? (For example, a portion of fruit at breakfast would be one serving.)
- _ _ per day
- _ _ per week
- _ _ per month
- Never/ Rarely
- Don't know/ Not sure
- Decline to answer

43. How many servings of vegetables do you usually eat? (For example, a serving of vegetables at both lunch and dinner would be two servings.)
- _ _ per day
- _ _ per week
- _ _ per month
- Never
- Don't know/ Not sure
- Decline to answer

44. How often do you eat fast food meals such as hamburgers, fried chicken, hot dogs, French-fries, milk shakes, soda?
- _ _ per day
- _ _ per week
- _ _ per month
- Never
- Don't know/ Not sure
- Decline to answer

45. How often do you eat breakfast?
- _ _ per week
- _ _ per month
- Never
- Don't know/ Not sure
- Decline to answer

PHYSICAL ACTIVITY

***Read**:* The next questions are about physical activity. We are interested in two types of physical activity – vigorous and moderate. Moderate activities cause small increases in breathing or heart rate, such as brisk walking, bicycling, vacuuming, or gardening. Thinking about the moderate activities you do in a usual week.

46. How many days per week do you do moderate activities for at least 10 minutes at a time?
- _ _ Days per week
- Do not do any moderate physical activity for at least 10 minute at a time *[Go to Q48]*
- Don't know/ Not sure *[Go to Q48]*
- Decline to answer *[Go to Q48]*

47. On the days when you do moderate activities, how much total time per day do you spend doing these activities?
- __ __ : __ __ Hours and minutes per day
- Don't know/ Not sure
- Decline to answer

Read: Vigorous activities cause large increases in breathing or heart rate, such as running, aerobics or heavy yard work. Now, thinking about the vigorous activities you do in a usual week.

48. How many days per week do you do vigorous activities for at least 10 minutes at a time?
- _ _ Days per week
- Do not do any vigorous physical activity for at least 10 minutes at a time? *[Go to Q50]*
- Don't know/ Not sure *[Go to Q50]*
- Decline to answer *[Go to Q50]*

49. On days when you do vigorous activities for at least 10 minutes at a time how much total time per day do you spend doing these activities?
- __ __ : __ __ Hours and minutes per day
- Don't know/ Not sure
- Decline to answer

50. How many hours of television do you watch on an average day (include weekends)?
- _:_ _ Hours and minutes per day
- Don't know/ Not sure
- Do not watch any television at all
- Decline to answer

IMMUNIZATION

***Read*:** Now I will ask you questions about seasonal flu vaccine.

51. During the past 12 months, have you had a seasonal flu vaccine shot?
- Yes
- No *[Go to Q53]*
- Don't know/ Not sure *[Go to Q53]*
- Refused *[Go to Q53]*

52. At what kind of place did you get your last flu shot/vaccine?
- A clinic
- Flu Express
- Private doctor's office
- A hospital (Example: inpatient)
- An emergency room
- Workplace
- Overseas
- Other (Specify: _____)

- Don't know/ Not sure (Probe: "How would you describe the place where you went to get your most recent flu vaccine?)
- Decline to answer

53. A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia shot?
    - Yes
    - No
    - Don't know/ Not sure
    - Declined to answer

SEXUAL BEHAVIOUR

***Read*:** These next few questions are about your personal behaviour, and I want to remind you that your answers are confidential.

54. During the past 12 months, with how many people have you had sexual intercourse?
    - _ _ number
    - None
    - Don't know/ Not sure
    - Decline to answer

55. Was a condom used the last time you had sexual intercourse?
    - Yes
    - No *[Go to 57]*
    - Don't know/ Not sure *[Go to 57]*
    - Decline to answer *[Go to 57]*

56. The last time you had sexual intercourse, was the condom used-
    Please read:
    - To prevent pregnancy *[Go to 58]*
    - To prevent disease *[If necessary, read: like syphilis, gonorrhea, and AIDS]*
    - For both of these reasons *[Go to 58]*
    - For some other reason

    Do not read:
    - Don't know/ Not sure
    - Decline to answer

57. The last time you had sexual intercourse, did you use any method to prevent pregnancy such as...
    - Oral contraceptive (the pill)
    - Injection (such as Depo-Provera)
    - Inter-uterine device (such as an IUD)
    - Condom
    - Diaphragm
    - Other
    - I am not trying to prevent pregnancy

    Do not read:
    - Decline to answer

58. At what age did you first have sexual intercourse?
    - _ _ years
    - Don't know/ Not sure
    - Decline to answer

HIV/AIDS

***Read**:* The next few questions are about the national health issue of HIV. The virus that causes AIDS. Please remember that your answers are strictly confidential and you don't have to answer every question if you do not want to. Although we will ask you about testing, we will not ask you about the results of any test you may have had.

59. Have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation. Include testing fluid from your mouth.
    - Yes
    - No [Go to Q61]
    - Don't know/ Not sure [Go to Q61]
    - Decline to answer [Go to Q61]

60. Not including blood donations, in what month and year was your last HIV test?
    If response is before January 1985, code "Don't know."
    - _ _ / _ _ _ _ Code month and year
    - Don't know/ Not sure
    - Decline to answer

61. I'm going to read you a list. When I'm done, please tell me if any of the situations apply to you. You do not need to tell me which one.
    - You have used intravenous drugs in the past year
    - You have been treated for a sexually transmitted or venereal disease in the past year.
    - You have given or received money or drugs in exchange for sex in the past year.
    - You had anal sex without a condom in the past year.

    Do any of these situations apply to you?
    - Yes
    - No
    - Don't know/ Not sure
    - Decline to answer

VIOLENCE

***Read*:** The following questions are about different experiences related to violence.

62. In the past 12 months, have you been frightened for the safety of yourself or your family because of the anger or threats from another person(s)?
    - Yes
    - No
    - Decline to answer

63. In the past 12 months, how many times were you in a violent incident in which you were injured and required medical attention?
- Never *[go to Q65]*
- Rarely (1-2 times)
- Sometimes (3-5 times)
- Often (6 or more times)
- Don't know *[go to Q65]*
- Decline to answer *[go to Q65]*

64. Please indicate the relationship between yourself and the person(s) who caused your injury.
- Intimate partner *[code Q65 as yes and skip to Q66]*
- Parent
- Child, sibling, or other relative
- Friend or acquaintance
- Unrelated caregiver
- Stranger
- Official or legal authorities
- Other (specify: _____)
- Decline to answer

65. Has an intimate partner EVER hit, slapped, pushed, kicked, or physically hurt you in any way?
- Yes
- No *[Go to next section]*
- Don't know/ Not sure *[Go to next section]*
- Decline to answer *[Go to next section]*

66. When was the last time an intimate partner hurt you in this way?
Read only if necessary:
- During the past month
- 1 to 12 months ago
- More than one year ago
- Don't know/ Not sure

Do not read:
- Decline to answer

EMOTIONAL SUPPORT AND LIFE SATISFACTION

Read: The next two questions are about emotional support and your satisfaction with life.

67. How often do you get the social and emotional support you need?
- Always
- Usually
- Sometimes
- Rarely
- Never
- Don't know/ Not sure
- Decline to answer

68. In general, how satisfied are you with your life?
- Very satisfied
- Satisfied
- Dissatisfied
- Very dissatisfied
- Don't know/ Not sure
- Decline to answer

WOMEN'S HEALTH

NOTE: If respondent is male, go to next section.
Read*:* The next questions are about health checks for women.

69. A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?
- Yes
- No *[Go to Q71]*
- Don't know/ Not sure *[Go to Q71]*
- Decline to answer *[Go to Q71]*

70. How long has it been since you had your last mammogram?
Read only if necessary:
- Within the past year (anytime less than 12 months ago)
- Within the past 2 years (1 year but less than 2 years ago)
- Within the past 3 years (2 years but less than 3 years ago)
- Within the past 5 years (3 years but less than 5 years ago)
- 5 or more years ago

Do not read:
- Don't know/ Not sure
- Decline to answer

71. A Pap test is a test for cancer of the cervix. Have you ever had a Pap test?
- Yes
- No *[Go to Q77]*
- Don't know/ Not sure *[Go to Q77]*
- Decline to answer *[Go to Q77]*

72. How long has it been since you had your last Pap test?
Read only if necessary:

- Within the past year (anytime less than 12 months ago)
- Within the past 2 years (1 year but less than 2 years ago)
- Within the past 3 years (2 years but less than 3 years ago)
- Within the past 5 years (3 years but less than 5 years ago)
- 5 or more years ago

Do not read:

- Don't know/ Not sure
- Decline to answer

MEN'S HEALTH

NOTE: If respondent is under 39 years of age, or is female, go to next section.
Read: The next questions are about health checks for men.

73. A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. Have you ever had a PSA test?
- Yes
- No *[Go to Q75]*
- Don't know/ Not sure *[Go to Q75]*
- Declined to answer *[Go to Q75]*

74. How long has it been since you had your last PSA test?
Read only if necessary:

- Within the past year (anytime less than 12 months ago)
- Within the past 2 years (1 year but less than 2 years ago)
- Within the past 3 years (2 years but less than 3 years ago)
- Within the past 5 years (3 years but less than 5 years ago)
- 5 or more years ago

Do not read:

- Don't know/ Not sure
- Decline to answer

75. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. Have you ever had a digital rectal exam?
- Yes
- No *[Go to Q77]*
- Don't know/ Not sure *[Go to Q77]*
- Decline to answer *[Go to Q77]*

76. How long has it been since your last digital rectal exam?
Read only if necessary:

- Within the past year (anytime less than 12 months ago)
- Within the past 2 years (1 year but less than 2 years ago)
- Within the past 3 years (2 years but less than 3 years ago)
- Within the past 5 years (3 years but less than 5 years ago)
- 5 or more years ago

Do not read:

- Don't know/ Not sure
- Decline to answer

HEALTHCARE ACCESS – MEDICAL

Read: Now I would like to ask about access to health services

77. Do you have at least one person you think of as your personal doctor or healthcare provider?
Please read:

- Yes, only one
- Yes, more than one
- No

Do not read:
- Don't know/ Not sure
- Declined to answer

78. About how long has it been since you last visited a doctor for a **routine check-up**? A routine check-up is a general physical exam, not an exam for a specific injury, illness, or condition.
Read only if necessary:

- Within past year (anytime less than 12 months ago)
- Within past 2 years (1 year but less than 2 years ago)
- Within past 5 years (2 years but less than 5 years ago)
- 5 or more years ago

Do not read:

- Never
- Don't know/ Not sure
- Decline to answer

79. During the past 12 months, about how many times have you consulted a general practitioner?
- _ _ times
- Don't know/not sure
- Decline to answer

80. Last time you were sick or needed medical attention, how quickly could you get an appointment to see a doctor or a nurse? Please do not include a visit to the hospital/ emergency room. Did you get an appointment …?
Read:
- On the same day
- The next day
- In 2 to 5 days
- In 6 to 7 days
- In 8 to 14 days
- After more than two weeks
- Never able to get an appointment

Do not read:
- Never visited a doctor/nurse
- Not sure
- Decline to answer

81. During the past 12 months, about how many times have you consulted a medical specialist?
- _ _ times
- Don't know/not sure
- Decline to answer

82. Have you travelled overseas in the past 12 months for medical treatment or services?
- Yes
- No *[Go to Q84]*
- Don't know/ Not sure *[Go to Q84]*
- Decline to answer *[Go to Q84]*

83. Why did you travel overseas for treatment or services?
- Treatment/ services was not offered in Bermuda
- Did not trust treatment/services offered in Bermuda
- Treatment services in Bermuda was too expensive
- Other (specify) _____

84. Was there any time in the last 12 months when, in your opinion, you personally needed a medical examination or treatment but you did not receive it?
- Yes, there was at least one occasion
- No, there was no occasion *[Go to next section]*
- Don't know/Not sure *[Go to next section]*
- Decline to answer *[Go to next section]*

85. What was the main reason for not receiving the examination or treatment or (the most recent time)?
Do not Prompt
If respondent says cannot afford prescription or overseas travel code with "Could not afford to"
- Could not afford to (too expensive, not covered by health insurance)
- Waiting list
- Could not take time because of work, care for children or for others
- Too far to travel/ no means of transportation
- Fear of doctor/ hospitals/ examination/ treatment
- Wanted to wait and see if problem got better on its own
- Didn't know any good doctor or specialists
- Lack of professional/specialist or service
- Other reasons

HEALTHCARE ACCESS – DENTIST

86. During the past 12 months, about how many times have you consulted a dentist?
- _ _ times
- Don't know/not sure
- Decline to answer

87. Was there any time in the last 12 months when, in your opinion, you personally needed a dental examination or treatment but you did not receive it?
- Yes, there was at least one occasion
- No, there was no occasion *[Go to Q89]*
- Don't know/Not sure *[Go to Q89]*
- Decline to answer *[Go to Q89]*

88. What was the main reason for not receiving the dental examination or treatment (the most recent time)?
Do not prompt
- Could not afford to (too expensive, not covered by health insurance)
- Waiting list
- Could not take time because of work, care for children or for others
- Too far to travel/ no means of transportation
- Fear of dentist/ hospitals/ examination/ treatment
- Wanted to wait and see if problem got better on its own
- Didn't know any good dentist
- Can't find dentist willing to take me on as a patient
- Other reason

89. The last time you visited a dentist, how quickly were you able to get an appointment?
DO NOT READ – CODE ONE ONLY – If "within a week", probe for actual number of days

- On the same day
- The next day
- In 2 to 5 days
- In 6 to 7 days
- In 8 to 14 days
- After more than two weeks
- Never able to get an appointment
- Never visited a dentist
- Don't know/ Not sure
- Decline to answer

HEALTHCARE ACCESS – OTHER

Read: Now I would like to ask you some questions about your use of other healthcare services in Bermuda. For each tell me "yes" or "no".

90. Within the past 12 months have you visited the emergency room at King Edward Memorial Hospital?
- Yes
- No
- Don't know/ Not sure
- Decline to answer

91. (Within the past 12 months have you) been an in-patient at King Edward Memorial Hospital? (By in-patient I mean you spent more than 24 hours in a bed at a KEMH ward {e.g. Goslings, Maternity, Perry, Cooper, Gordon, Curtis, ICU}).
- Yes
- No
- Don't know/ Not sure
- Decline to answer

92. (Within the past 12 months have you) been an out-patient at King Edward Memorial Hospital? (By out-patient I mean you received out-patient care from one of the following: Diagnostic Imaging, Chronic Disease Education Program, Lab (Blood work), Oncology/Chemotherapy, Allied Health Services (PT/OT), Nursing Intervention or Cardiac Diagnostic).
- Yes
- No
- Don't know/ Not sure
- Decline to answer

93. Within the past 12 months have you or a member of your immediate household been an in-patient at Mid-Atlantic Wellness Institute?
- Yes
- No
- Don't know/ Not sure
- Decline to answer

94. Within the past 12 months have you or a member of your immediate household visited a clinic at Mid-Atlantic Wellness Institute?
- Yes
- No
- Don't know/ Not sure
- Decline to answer

95. Within the past 12 months have you or a member of your immediate household received a home visit from a DISTRICT nurse or resource aide?
- Yes
- No
- Don't know/ Not sure
- Decline to answer

96. Within the past 12 months have you or a member of your immediate household received a home visit from a PRIVATE nurse or resource aide?
- Yes
- No
- Don't know/ Not sure
- Decline to answer

97. Within the past 12 months have you or a member of your immediate household visited a Government Clinic?
- Yes
- No
- Don't know/ Not sure
- Decline to answer

***Read*:** Thinking now about your level of satisfaction with various health services in Bermuda, overall, how satisfied are you with the services provided at…

98. *[If response is 'YES' to Q90, 91 or 92]*
King Edward Memorial Hospital

Please read:
- Completely satisfied
- Mostly satisfied
- Mostly dissatisfied
- Completely dissatisfied

Do not read:
- Depends
- Neither satisfied nor dissatisfied
- Don't know/ Not sure
- Decline to answer

99. *[If response is 'YES' to Q93 or 94]*
Mid-Atlantic Wellness Institute (MWI)
Please read:
- Completely satisfied
- Mostly satisfied
- Mostly dissatisfied
- Completely dissatisfied

Do not read:
- Depends
- Neither satisfied nor dissatisfied
- Don't know/ Not sure
- Decline to answer

100. Which of the following statements comes closest to expressing your overall view of the healthcare system in Bermuda?
Please read:
- Completely satisfied
- Mostly satisfied
- Mostly dissatisfied
- Completely dissatisfied

Do not read:
- Depends
- Neither satisfied nor dissatisfied
- Don't know/ Not sure
- Decline to answer

101. Which of the following statements comes closest to expressing your overall view of the health care system in Bermuda?
Please read:

- On the whole the system works pretty well and only minor changes are necessary to make it work better;
- There are some good things in our healthcare system, but fundamental changes are needed to make it work better;
- Our healthcare system has so much wrong with it, we need to completely rebuild it.

Do not read:
- Don't know/ Not sure
- Decline to answer

102. How confident are you that if you become seriously ill, you will receive the most effective treatment, including drugs and diagnostic tests? Are you …
Please read:

- Very confident
- Confident
- Not very confident
- Not at all confident

Do not read:
- Not sure
- Decline to answer

103. How confident are you that if you become seriously ill, you will be able to afford the care you need? Are you …
Please read:

- Very confident
- Confident
- Not very confident
- Not at all confident

Do not read:
- Not sure
- Decline to answer

HEALTH PROMOTION

Read: Now I would like to ask about health promotion activities.

104. To the best of your knowledge, what are the recommended methods to prevent the spread of diseases?
[DO NOT READ – CODE ALL THAT APPLY]

- Hand washing (e.g. using hand sterilizer, keeping hands clean)
- Covering mouth when coughing or sneezing (e.g., using a tissue
- Proper storage and preparation of food
- Safer sex practices (e.g. condoms, abstinence)
- Rodent and mosquito control (e.g., proper disposal of trash, not having standing water)
- Other (Specify: _____)
- Don't know/ Not sure

105. Does your household currently use tank water for drinking?
- Yes
- No *[Go to 107]*
- Don't know/ Not sure *[Go to 107]*

106. Does your household have an emergency plan? That is a plan that outlines what members of your household should do in the event of an emergency.
- Yes
- No
- Don't know/ Not sure

107. Does your household have an emergency plan? That is a plan that outlines what members of your household should do in the event of an emergency.
- Yes
- No
- Don't know/ Not sure

108. To the best of your knowledge, do you have functioning fire alarms in your household?
- Yes
- No
- Don't know/ Not sure

109. And is an adult in your household currently certified in first aid?
- Yes
- No
- Don't know/ Not sure

110. In the past year, how often would you say you have used Bermuda's public parks, including beaches, playgrounds, and railway trails? Would you say at least once per week, at least once per month, a few times, once, or never?
- At least once per week
- At least once per month
- A few times
- Once
- Never
- Don't know/ Can't recall

111. Which of the following best describes how you travelled to work in the past month most of the time? Did you travel alone in your car, travel in a private car with at least one other person, use a scooter or motorcycle, use public transport, such as the bus or ferry, use a taxi, use a bicycle, or walk? *[READ LIST- CODE ONLY ONE]*

- Travel alone in your own car
- Travel in a private car with at least one other person
- Use a scooter or motorcycle
- Use public transport, such as the bus or ferry
- Use a taxi
- Use a bicycle, or
- Walk
- Other (Specify: _____)
- Don't know/ Not sure

112. How satisfied are you with the Government's efforts to promote healthy living and wellness in Bermuda? Are you…
Please read:

- Completely satisfied
- Mostly satisfied
- Mostly dissatisfied
- Completely dissatisfied

Do not read:
- Depends
- Neither satisfied nor dissatisfied
- Don't know/ Not sure
- Decline to answer

SOCIAL DEMOGRAPHICS

Read: The next and last set of questions is for statistical purposes only.

113. What is your marital status?
Read only if necessary:

- Married
- Divorced
- Widowed
- Separated
- Never married

OR
- A member of an unmarried couple

Do not read:
- Don't know/ Not sure
- Refused

114. Which of the following best describes your household:
Please read:

- One person
- Adult couple
- Two parents with children
- Single- parent
- Extended family
- Unrelated persons

Do not read:
- Don't know/ Not sure
- Refused

115. Are you currently…?
Please read:
- Employed for wages
- Self-employed
- Out of work for more than 1 year
- Out of work for less than 1 year
- A Homemaker
- A Student
- Retired

OR
- Unable to work

Do not read:
- Declined to answer

116. What is the highest level of schooling you have received up to the present time?
- None
- Primary years (years 1-6)
- Middle school (years 7-9)
- Senior school (years 10-13)
- Technical/ Vocational College
- College (2 year)
- University/College (4 year)
- Post-graduate
- Other (specify) _____
- Not stated

117. What is your current status? Are you…
- Bermudian
- Non-Bermudian-Spouse of Bermudian
- Permanent Resident Certificate Holder
- Other Non-Bermudian
- Not stated

118. To which racial group do you belong?
- Black
- White
- Asian
- Black and White
- Black and other
- White and other
- Other races
- Not stated

119. What is your total annual household income from all sources?
- Under 36,000
- 36,000 to 59,999
- 60,000 to 83,999
- 84,000 to 107,999
- 108,000 to 155,999
- 156,000 to 349,999
- 350,000 to 499,999
- 500,000 and over
- Don’t know/ not sure
- Decline to answer

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