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## Provisional Data from the Health Promotion and Disease Prevention Supplement to the National Health Interview Survey: United States, January–March 1985

The National Center for Health Statistics included a special supplement on health promotion and disease prevention as part of the 1985 National Health Interview Survey questionnaire. This report presents provisional findings from the first three months of data collection with that supplement.

The 1985 Health Promotion and Disease Prevention Supplement is designed to monitor progress toward one of the major initiatives of the Department of Health and Human Services. This initiative is described in the 1979 Surgeon General's Report on Health Promotion and Disease Prevention, *Healthy People*.<sup>1</sup> In that report, broad goals were established for the improvement of the health of Americans. The 1980 Public Health Service report, *Promoting Health/Preventing Disease: Objectives for the Nation*,<sup>2</sup> details specific objectives necessary for attainment of those goals in each of fifteen priority areas. The target date for achieving the objectives is 1990. This 1985 supplement will be used for data collection again in 1990 for the purpose of monitoring progress achieved in the intervening five years.

The 1985 Health Promotion and Disease Prevention Supplement is devoted primarily to the collection of baseline data on the following topics: general health (including nutrition), injury control and child health, high blood pressure, stress, exercise, smoking, alcohol use, dental care, and occupational safety and health. Those topics were selected after consultation with the Office of Disease Prevention and Health Promotion

(Assistant Secretary for Health) as well as with the agencies designated by the Assistant Secretary for Health as having "lead" responsibility for implementing and monitoring progress toward achieving the 1990 objectives. Within each agency, subject matter experts also were consulted during the development of the questionnaire for the supplement.

This report presents provisional data, based on the first quarter of data collection, for selected items in the supplement. In most cases, the actual question asked of the respondent is shown on the table along with the response categories. In a few cases, there has been minor paraphrasing or combining of questions. Each question is referenced to the actual item number on the questionnaire.

In general, the items in the supplement are of the following two types: those related to individual health behaviors and those related to knowledge of health practices. Most of the questions on knowledge of health practices have answers that are currently presumed to be correct and are indicated in bold type in table 1. For some questions, references are provided for selected publications that present related data from previous data collection by the National Center for Health Statistics.

Estimated percents or percentage distributions are presented (table 1) for all persons 18 years of age and over and for four age groups and both sexes. Generally, except for the questions on knowledge of health practices where "don't know" is a legitimate response, "don't know" and other inappropriate responses were excluded from the denominator in the calculation of the estimates. The estimated population for each of the demographic categories is shown in table I to allow readers to derive a provisional estimate of the number of people in the United States with a given characteristic. However, the estimates presented in this report are provisional and will differ to some degree from estimates made using the final data file for the following reasons: (a) this report is based on data collected

<sup>1</sup>Office of the Assistant Secretary for Health and Surgeon General: *Healthy People—The Surgeon General's Report on Health Promotion and Disease Prevention—Background Papers, 1979*. DHEW Pub. No. (PHS) 79-55071A. U.S. Department of Health and Human Services, Public Health Service: *Promoting Health/Preventing Disease: Objectives for the Nation*. Washington. U.S. Government Printing Office, 1980.

during the first three months of 1985 rather than the entire calendar year and those items affected by seasonality (exercise, for example) are subject to significant change; (b) the data file was edited internally, but it was not edited with respect to the National Health Interview Survey (NHIS) core demographic variables (such as age, sex, and employment status); (c) the simplified weighting procedure used was not adjusted to all factors normally used in the NHIS weighting procedure. A final weighted data file covering the entire calendar year of data collection will be available during 1986.

The following Federal agencies provided partial funding for the 1985 Health Promotion and Disease Prevention Supplement:

Office of the Assistant Secretary for Health  
Office of Disease Prevention and Health Promotion

Alcohol, Drug Abuse, and Mental Health Administration  
National Institute of Alcohol Abuse and Alcoholism  
National Institutes of Health  
National Heart, Lung, and Blood Institute  
National Cancer Institute  
National Institute of Dental Research  
National Institute of Child Health and Human Development  
Health Resources and Services Administration  
Centers for Disease Control  
Center for Prevention Services  
Center for Infectious Diseases  
Center for Environmental Health  
Center for Health Promotion and Education  
National Institute for Occupational Safety and Health

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### Symbols

... Category not applicable  
0 Quantity more than zero but 0.5 or less

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Table 1. Provisional estimates of the percent of population with selected behaviors and knowledge from the 1985 National Health Interview Survey Supplement on Health Promotion and Disease Prevention, by age and sex: United States, January-March 1985

(Data are based on household interviews of the civilian noninstitutionalized population. The survey design, general qualifications, and information on the reliability of the estimates are given in technical notes.)

Section and item number	Health behaviors and knowledge	Age					Sex	
		All ages	18-29 years	30-44 years	45-64 years	65 years and over	Male	Female
		Percent of population						
	Total...	100	100	100	100	100	100	100
	GENERAL HEALTH HABITS							
N.1.	How often do you eat breakfast? <sup>1</sup>							
	Almost every day.....	55	42	46	62	87	55	56
	Sometimes.....	19	27	22	16	6	20	19
	Rarely or never.....	25	31	32	22	8	26	25
N.2.	Including evening snacks, how often do you eat between meals? <sup>1</sup>							
	Almost every day.....	39	42	42	37	32	40	38
	Sometimes.....	31	37	32	29	24	28	34
	Rarely or never.....	30	21	26	35	45	32	28
N.3.	When you visit a doctor or other health professional for routine care, is eating proper foods discussed?							
	Often.....	10	7	8	13	11	8	11
	Sometimes.....	16	18	15	16	15	14	18
	Rarely or never.....	66	67	69	62	66	66	66
	Don't visit for routine care.....	8	7	8	9	9	12	5
N.5.	In your opinion which of these are the two best ways to lose weight?							
	Don't eat at bedtime.....	28	29	25	29	30	30	27
	Eat fewer calories.....	75	70	77	79	73	70	79
	Take diet pills.....	1	2	1	1	1	1	1
	Increase physical activity.....	73	84	81	66	53	74	73
	Eat no fat.....	10	6	8	12	20	11	10
	Eat grapefruit with each meal.....	5	5	3	0	7	5	4
	Don't know.....	7	3	5	7	15	8	6
N.6.	Are you now trying to lose weight? <sup>2</sup> (Yes).....	37	35	41	41	25	27	46
N.7.	Are you eating fewer calories to lose weight? <sup>2</sup> (Persons trying to lose weight (yes) in N.6) (Yes).....	82	77	84	87	77	77	85
N.8.	Have you increased your physical activity to lose weight? <sup>2</sup> (Persons trying to lose weight (yes) in N.6) (Yes).....	57	72	59	49	38	58	57
N.9.	Do you consider yourself overweight, underweight, or just about right? (If overweight) Would you say you are very overweight, somewhat overweight, or only a little overweight? <sup>2,3</sup>							
	Very overweight.....	8	5	9	12	7	4	12
	Somewhat overweight.....	17	13	19	22	14	13	21
	Only a little overweight.....	20	18	22	21	20	19	21
	About right.....	48	56	45	41	52	56	42
	Underweight.....	6	8	5	4	8	8	4
N.10.	On the average, how many hours of sleep do you get in a 24-hour period? <sup>1</sup>							
	Less than 7 hours.....	22	21	24	22	19	22	22
	7-8 hours.....	66	65	69	68	59	67	65
	9 or more hours.....	12	14	7	10	21	11	13
N.11.	Is there a particular clinic, health center, doctor's office, or other place that you usually go to if you are sick or need advice about your health? <sup>4</sup> (Yes).....	78	70	75	82	88	72	82
N.15.	About how long has it been since you had a Pap smear test? <sup>5</sup> (Females only)							
	Less than 1 year.....	44	59	47	36	23	...	44
	1 year.....	18	16	22	19	14	...	18
	2 years.....	10	7	11	12	12	...	10
	3-4 years.....	8	4	9	10	11	...	8
	5 or more years.....	12	3	9	19	25	...	12
	Never.....	7	12	2	5	15	...	7

See footnotes at end of table.

Table 1. Provisional estimates of the percent of population with selected behaviors and knowledge from the 1985 National Health Interview Survey Supplement on Health Promotion and Disease Prevention, by age and sex: United States, January-March 1985--Con.

(Data are based on household interviews of the civilian noninstitutionalized population. The survey design, general qualifications, and information on the reliability of the estimates are given in technical notes.)

Section and item number	Health behaviors and knowledge	Age					Sex	
		All ages	18-29 years	30-44 years	45-64 years	65 years and over	Male	Female
GENERAL HEALTH HABITS--Con.		Percent of population						
N.16a.	About how long has it been since you had a breast examination by a doctor or other health professional? <sup>5</sup> (Females only)							
	Less than 1 year.....	49	59	50	45	39	...	49
	1 year.....	18	17	22	18	14	...	18
	2 years.....	10	7	11	10	11	...	10
	3-4 years.....	7	4	8	8	7	...	7
	5 or more years.....	8	3	7	12	15	...	8
	Never.....	8	10	2	6	15	...	8
N.16b.	Do you know how to examine your own breasts for lumps? (Females only) (Yes).....	88	87	92	90	80	...	88
N.16c.	About how many times a year do you examine your own breasts for lumps? (Females only)							
	12 or more times.....	32	26	35	34	31	...	32
	7-11 times.....	3	2	3	3	2	...	3
	2-6 times.....	36	37	39	35	27	...	36
	Once a year.....	4	5	4	4	4	...	4
	Never.....	14	16	11	13	15	...	14
	Don't know how to examine own breast.....	12	13	8	10	20	...	12
INJURY CONTROL AND CHILD SAFETY AND HEALTH								
0.1a.	Have you ever heard about Poison Control Centers? (Persons in families with children under 10 years of age) (Yes).....	91	89	93	80	68	88	92
0.1b.	Do you have the telephone number for a Poison Control Center in your area? (Persons in families with children under 10 years of age) (Yes).....	61	57	66	48	13	58	63
0.3.	Have you heard about child safety seats, sometimes called car safety carriers, which are designed to carry children while they are riding in a car? (Persons in families with children under 5 years of age) (Yes).....	98	98	98	100	100	98	99
0.4.	Did a doctor or other health professional ever tell you about the importance of using car safety seats for your children? (Persons in families with children under 5 years of age) (Yes)....	45	50	41	33	18	37	51
0.10.	When driving or riding in a car, do you wear a seat belt <sup>3</sup> --							
	All or most of the time.....	30	30	34	29	26	29	31
	Some of the time.....	18	19	18	18	14	16	19
	Once in awhile.....	16	16	15	16	15	16	15
	Never.....	36	34	32	36	42	37	34
	Don't ride in car.....	1	0	1	1	2	1	1
	Does this home have any working smoke detectors? (Based on Items 0.11a.-c.) (Yes).....	58	54	62	59	54	58	57
0.12a.	Do you know about what the hot water temperature is in this home? (Yes).....	35	25	39	43	34	46	25
0.13.	In the past 12 months, have you (or has anyone in your household) used a thermometer to test the temperature of the hot water here? (Yes).....	4	4	5	4	3	4	4
0.14.	Above what temperature will hot water cause scald injuries?							
	127 degrees or less.....	14	20	16	11	6	16	12
	128-139 degrees (can produce burns in less than a minute).....	2	3	3	2	1	3	2
	140 degrees or above (can produce burns in 5 seconds or less)...	21	16	20	27	20	31	12
	Don't know.....	63	61	61	60	74	49	74

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Section and item number	Health behaviors and knowledge	Age					Sex	
		All ages	18-29 years	30-44 years	45-64 years	65 years and over	Male	Female
	<b>HIGH BLOOD PRESSURE</b>	Percent of population						
P.1.	I am going to read a list of things which may or may not affect a person's chances of getting heart disease. After I read each one, tell me if you think it definitely increases, probably increases, probably does not, or definitely does not increase a person's chances of getting heart disease.							
	Cigarette smoking							
	Increases.....	91	94	93	91	83	91	92
	Does not increase.....	3	3	3	3	5	4	3
	Don't know/No opinion.....	5	3	4	6	12	5	5
	Worry or anxiety							
	Increases.....	85	84	87	86	80	84	86
	Does not increase.....	8	11	8	7	6	9	8
	Don't know/No opinion.....	7	5	5	7	14	7	7
	High blood pressure							
	Increases.....	92	93	94	92	83	91	92
	Does not increase.....	3	3	2	3	4	3	2
	Don't know/No opinion.....	6	4	4	5	13	6	6
	Diabetes							
	Increases.....	60	65	64	58	48	60	60
	Does not increase.....	11	11	11	10	10	11	11
	Don't know/No opinion.....	29	24	25	32	42	29	29
	Being very overweight							
	Increases.....	94	95	96	95	87	94	94
	Does not increase.....	2	2	2	2	3	2	2
	Don't know/No opinion.....	4	2	2	3	10	4	4
	Overwork							
	Increases.....	72	78	78	67	59	69	75
	Does not increase.....	19	16	15	23	22	22	16
	Don't know/No opinion.....	9	6	7	10	19	9	9
	Drinking coffee with caffeine							
	Increases.....	50	53	52	49	42	47	52
	Does not increase.....	29	31	29	29	27	32	27
	Don't know/No opinion.....	21	16	19	22	31	21	21
	Eating a diet high in animal fat							
	Increases.....	80	77	82	83	75	77	82
	Does not increase.....	8	9	8	7	7	10	6
	Don't know/No opinion.....	13	13	11	10	18	14	12
	Family history of heart disease							
	Increases.....	82	87	85	82	69	79	85
	Does not increase.....	8	6	7	9	12	10	6
	Don't know/No opinion.....	10	7	7	9	19	10	9
	High cholesterol							
	Increases.....	86	89	89	87	76	85	87
	Does not increase.....	4	5	4	4	5	5	4
	Don't know/No opinion.....	9	6	7	9	19	9	9
P.2.	The following conditions are related to having a stroke. In your opinion, which of these conditions most increases a person's chances of having a stroke?							
	Diabetes.....	5	6	4	4	3	5	4
	High blood pressure.....	78	74	80	81	75	76	79
	High cholesterol.....	12	15	12	10	9	13	11
	Don't know.....	6	4	5	6	12	6	6
P.3.	Which one of the following substances in food is most often associated with high blood pressure?							
	Sodium (or salt).....	59	59	64	60	48	57	61
	Cholesterol.....	24	27	22	25	23	24	24
	Sugar.....	9	10	7	7	14	11	7
	Don't know.....	8	5	6	8	16	8	7

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(Data are based on household interviews of the civilian noninstitutionalized population. The survey design, general qualifications, and information on the reliability of the estimates are given in technical notes.)

Section and item number	Health behaviors and knowledge	Age					Sex	
		All ages	18-29 years	30-44 years	45-64 years	65 years and over	Male	Female
HIGH BLOOD PRESSURE- Con.		Percent of population						
P.12a.	About how long has it been since you last had your blood pressure taken by a doctor or other health professional? <sup>2,3</sup>							
	Less than 6 months.....	54	50	48	57	70	49	60
	6-11 months.....	19	21	21	16	14	18	19
	12 months to 23 months.....	14	16	15	14	7	16	12
	24 months and over.....	13	13	15	13	9	17	10
P.12b.	Blood pressure is usually given as one number over another. Were you told what your blood pressure was, in numbers? (Persons with blood pressure checked within 24 months in 12a) (Yes).....	70	67	71	72	68	72	68
P.14.	Have you ever been told by a doctor or other health professional that you had high cholesterol? (Yes).....	5	1	3	9	11	5	5
STRESS								
Q.1.	During the past 2 weeks, would you say that you experienced a lot of stress, a moderate amount of stress, relatively little stress, or almost no stress at all?							
	A lot of stress.....	20	23	24	18	12	18	22
	A moderate amount of stress.....	32	36	37	30	16	33	30
	Relatively little stress.....	22	23	20	22	22	21	22
	Almost none.....	25	17	18	28	46	26	24
	Don't know what stress is.....	2	1	1	2	5	2	2
Q.2.	In the past year, how much effect has stress had on your health?							
	A lot.....	13	12	15	14	9	10	16
	Some.....	31	33	35	29	21	28	33
	Hardly any or none.....	54	53	49	55	65	61	49
	Don't know what stress is.....	2	1	1	2	5	2	2
Q.3a.	In the past year, did you think about seeking help for any personal or emotional problems from family or friends? (Yes).....	17	25	21	11	4	12	20
Q.3b.	In the past year, did you think about seeking help for any personal or emotional problems from a helping professional or a self-help group? (Yes).....	12	14	17	9	4	10	14
Q.4.	Did you actually seek any help? (Yes) From whom did you seek help?							
	Family or friends.....	8	14	9	4	2	5	10
	Professional or self help group.....	7	8	11	6	3	6	9
EXERCISE								
R.2a.	In the past 2 weeks, have you done any of the following exercises, sports, or physically active hobbies <sup>6</sup> --							
	Walking for exercise.....	40	43	39	39	41	38	43
	Jogging or running.....	11	24	12	4	1	15	8
	Calisthenics or general exercise.....	26	39	28	18	12	26	26
	Biking.....	9	11	9	8	5	9	9
	Swimming or water exercises.....	5	7	5	3	1	5	4
R.3.	Do you exercise or play sports regularly? (Yes).....	41	55	44	31	27	44	38
R.4.	For how long have you exercised or played sports regularly?							
	Less than 1 year.....	5	8	6	4	2	3	7
	1-2 years.....	6	7	7	4	3	4	7
	3-4 years.....	3	4	4	3	3	3	4
	5 or more years.....	25	34	25	18	17	31	19
	Do not exercise regularly.....	59	45	56	69	73	56	6

See footnotes at end of table.

Table 1. Provisional estimates of the percent of population with selected behaviors and knowledge from the 1985 National Health Interview Survey Supplement on Health Promotion and Disease Prevention, by age and sex: United States, January-March 1985--Con.

Data are based on household interviews of the civilian noninstitutionalized population. The survey design, general qualifications, and information on the reliability of the estimates are given in technical notes.)

Section and item number	Health behaviors and knowledge	Age					Sex	
		All ages	18-29 years	30-44 years	45-64 years	65 years and over	Male	Female
EXERCISE- Con.		Percent of population						
R.5a.	Would you say that you are physically more active, less active, or about as active as other persons your age? <sup>1,3</sup> Is that (a lot more or a little more/a lot less or a little less) active?							
	A lot more.....	18	16	17	18	23	22	15
	A little more.....	15	13	15	15	17	16	13
	About as active.....	49	50	48	49	47	48	49
	A lot less.....	6	5	6	8	7	4	8
	A little less.....	12	16	14	10	7	10	14
R.7a.	How many days a week do you think a person should exercise to strengthen the heart and lungs?							
	Less than 3 days.....	6	8	7	5	3	6	6
	3-4 days.....	40	54	48	32	16	41	40
	5 days or more.....	38	32	34	44	45	38	38
	Don't know.....	16	6	10	20	36	15	16
R.7b.	For how many minutes do you think a person should exercise on each occasion so that the heart and lungs are strengthened?							
	Less than 15 minutes.....	6	4	5	8	10	5	7
	15 to 25 minutes.....	24	23	27	25	19	23	25
	More than 25 minutes.....	50	66	56	42	26	54	47
	Don't know.....	19	7	12	26	45	18	20
R.7c.	During those (number in 7b) minutes, how fast do you think a person's heart rate and breathing should be to strengthen the heart and lungs? Do you think that the heart and breathing rate should be--							
	No faster than usual.....	4	3	2	4	8	3	4
	A little faster than usual.....	44	45	43	44	45	43	45
	A lot faster but talking is possible.....	36	46	44	30	11	38	33
	So fast that talking is not possible.....	1	1	1	1	0	1	1
	Don't know.....	16	5	10	21	36	15	17
SMOKING								
Cigarette smoking status (Based on Items S.1-3)								
	Never.....	45	56	41	37	48	36	54
	Former.....	25	14	23	32	36	32	18
	Current (Includes unknown amount smoked).....	30	30	36	31	16	33	28
	Less than 15.....	9	12	10	7	6	9	10
	15-24.....	12	13	14	13	7	13	12
	25 and over.....	8	5	12	10	3	10	6
S.3.	On the average, about how many cigarettes a day do you now smoke? <sup>7</sup> (Current smokers)							
	Less than 15.....	31	41	28	24	37	28	35
	15-24.....	41	42	39	42	46	41	42
	25 and over.....	27	17	33	34	17	31	23
S.4.	Tell me if you think cigarette smoking definitely increases, probably increases, probably does not, or definitely does not increase a person's chances of getting the following problems?							
	Emphysema							
	Increases.....	92	91	94	92	88	92	91
	Does not increase.....	2	2	2	2	1	2	2
	Don't know/No opinion.....	7	7	4	6	11	6	7
	Bladder cancer							
	Increases.....	35	41	33	34	31	37	34*
	Does not increase.....	25	30	30	21	14	24	25
	Don't know/No opinion.....	40	28	37	45	55	39	40

See footnotes at end of table.

Table 1. Provisional estimates of the percent of population with selected behaviors and knowledge from the 1985 National Health Interview Survey Supplement on Health Promotion and Disease Prevention, by age and sex: United States, January-March 1985--Con.

(Data are based on household interviews of the civilian noninstitutionalized population. The survey design, general qualifications, and information on the reliability of the estimates are given in technical notes.)

Section and item number	Health behaviors and knowledge	Age					Sex	
		All ages	18-29 years	30-44 years	45-64 years	65 years and over	Male	Female
SMOKING--Con.		Percent of population						
S.4.	Tell me if you think cigarette smoking definitely increases, probably increases, probably does not, or definitely does not increase a person's chances of getting the following problems?--Con.							
	Cancer of the larynx or voice box							
	Increases.....	88	92	92	86	77	87	89
	Does not increase.....	3	3	3	3	4	4	3
	Don't know/No opinion.....	9	5	6	10	19	9	8
	Cataracts							
	Increases.....	16	21	14	14	11	17	14
	Does not increase.....	41	46	47	37	27	41	41
	Don't know/No opinion.....	43	33	38	49	61	42	44
	Cancer of the esophagus							
	Increases.....	80	85	83	78	70	79	81
	Does not increase.....	6	5	7	6	6	7	5
	Don't know/No opinion.....	14	9	10	16	24	14	14
	Chronic bronchitis							
	Increases.....	87	90	89	86	77	86	87
	Does not increase.....	4	4	5	4	5	5	4
	Don't know/No opinion.....	9	6	6	9	18	9	9
	Gallstones							
	Increases.....	11	14	9	9	9	11	11
	Does not increase.....	45	51	51	41	31	46	46
	Don't know/No opinion.....	44	35	40	49	60	43	43
	Lung cancer							
	Increases.....	95	98	97	94	88	95	95
	Does not increase.....	1	1	1	2	2	1	1
	Don't know/No opinion.....	4	1	2	5	9	4	4
S.4.	Does cigarette smoking during pregnancy definitely increase, probably increase, probably not or definitely not increase the chances of--(Persons under 45 years of age)							
	Miscarriage							
	Increases.....	74	79	70	...	...	74	75
	Does not increase.....	12	10	13	...	...	10	14
	Don't know/No opinion.....	14	10	17	...	...	16	12
	Stillbirth							
	Increases.....	65	71	60	...	...	64	67
	Does not increase.....	15	13	16	...	...	13	16
	Don't know/No opinion.....	20	16	23	...	...	23	17
	Premature birth							
	Increases.....	70	75	66	...	...	65	75
	Does not increase.....	13	11	14	...	...	13	12
	Don't know/No opinion.....	17	14	20	...	...	22	13
	Low birth weight of the newborn							
	Increases.....	80	83	76	...	...	74	85
	Does not increase.....	7	6	9	...	...	8	7
	Don't know/No opinion.....	13	11	15	...	...	18	9
S.5a.	If a woman takes birth control pills, is she more likely to have a stroke if she smokes than if she does not smoke? . (Persons under 45 years of age)							
	More likely.....	65	67	63	...	...	56	74
	Not likely.....	6	6	6	...	...	7	6
	Don't know.....	29	27	31	...	...	38	21

See footnotes at end of table.



Table 1. Provisional estimates of the percent of population with selected behaviors and knowledge from the 1985 National Health Interview Survey Supplement on Health Promotion and Disease Prevention, by age and sex: United States, January-March 1985--Con.

Data are based on household interviews of the civilian noninstitutionalized population. The survey design, general qualifications, and information on the reliability of the estimates are given in technical notes.)

Section and item number	Health behaviors and knowledge	Age					Sex	
		All ages	18-29 years	30-44 years	45-64 years	65 years and over	Male	Female
ALCOHOL USE		Percent of population						
T.1c.	Have you had at least one drink of beer, wine or liquor during the past year? <sup>1</sup> (Yes).....	66	76	74	62	41	77	57
T.2.	In the past 2 weeks, on how many days did you drink any alcoholic beverages, such as beer, wine, or liquor? <sup>1,3</sup>							
	Did not drink in past year.....	34	24	26	38	59	23	43
	None.....	14	14	15	14	11	13	14
	1-4 days.....	32	43	37	26	15	35	30
	5-9 days.....	9	12	10	8	3	13	5
	10-14 days.....	11	7	11	14	11	15	7
T.3.	In the past 2 weeks, on the days that you drank alcoholic beverages, how many drinks did you have per day, on the average? <sup>1,3</sup>							
	Did not drink in past year.....	34	24	26	38	59	23	43
	None.....	14	14	15	14	11	13	14
	1 drink.....	16	11	18	18	16	15	16
	2 drinks.....	16	17	18	15	8	18	13
	3-4 drinks.....	13	19	14	10	3	17	9
	5 or more drinks.....	8	14	8	5	2	13	4
	Drinking Index (2-week daily drinking, based on items T.1-3) <sup>7</sup>							
	Did not drink in past year.....	34	24	26	38	59	23	43
	None.....	14	14	15	14	11	13	14
	Light (.01 to .21 ounce absolute alcohol).....	24	27	28	22	14	23	24
	Moderate (.22 to .99 ounce absolute alcohol).....	20	26	23	17	10	27	15
	Heavier (1.00 ounces or more absolute alcohol).....	8	9	7	9	6	14	3
T.6.	During the past 12 months, on how many days did you have 9 or more drinks of any alcoholic beverage?							
	1 or more days.....	13	26	13	7	2	23	5
	5 or more days.....	7	15	7	4	1	14	2
T.7.	During the past 12 months, on how many days did you have 5 or more drinks of any alcoholic beverage? <sup>1</sup>							
	1 or more days.....	26	44	30	16	6	39	15
	10 or more days.....	14	25	14	8	3	23	5
T.8.	During the past year, how many times did you drive when you had perhaps too much to drink?							
	1 time.....	4	7	5	1	0	5	3
	2 or more times.....	8	16	9	3	1	13	3
T.9.	Tell me if you think heavy alcohol drinking definitely increases, probably increases, probably does not, or definitely does not increase a person's chances of getting the following problems?							
	Throat cancer							
	Increases.....	39	39	36	39	46	38	40
	Does not increase.....	35	42	40	31	17	38	31
	Don't know/No opinion.....	26	19	24	30	38	24	29
	Cirrhosis of the liver							
	Increases.....	95	96	97	95	89	95	95
	Does not increase.....	1	1	1	1	1	1	1
	Don't know/No opinion.....	4	3	2	4	10	4	4
	Bladder cancer							
	Increases.....	66	73	68	64	55	67	65
	Does not increase.....	11	12	13	11	7	12	11
	Don't know/No opinion.....	22	15	19	25	37	21	24

See footnotes at end of table.

Table 1. Provisional estimates of the percent of population with selected behaviors and knowledge from the 1985 National Health Interview Survey Supplement on Health Promotion and Disease Prevention, by age and sex: United States, January-March 1985--Con.

(Data are based on household interviews of the civilian noninstitutionalized population. The survey design, general qualifications, and information on the reliability of the estimates are given in technical notes.)

Section and item number	Health behaviors and knowledge	Age					Sex	
		All ages	18-29 years	30-44 years	45-64 years	65 years and over	Male	Female
ALCOHOL USE--Con.		Percent of population						
T.9.	Tell me if you think heavy alcohol drinking definitely increases, probably increases, probably does not, or definitely does not increase a person's chances of getting the following problems?--Con.							
	Cancer of the mouth							
	<b>Increases</b> .....	31	30	27	32	38	29	33
	Does not increase.....	37	45	43	31	20	42	32
	Don't know/No opinion.....	32	25	30	36	43	30	35
	Arthritis							
	<b>Increases</b> .....	13	15	12	13	13	14	13
	Does not increase.....	46	55	50	41	29	47	44
	Don't know/No opinion.....	41	30	38	45	58	38	43
	Blood clots							
	<b>Increases</b> .....	34	45	32	28	27	34	34
	Does not increase.....	31	31	37	32	20	34	28
	Don't know/No opinion.....	35	24	31	40	53	32	37
T.9.	Does heavy drinking during pregnancy definitely increase, probably increase, probably not or definitely not increase the chances of--(Persons under 45 years of age)							
	Miscarriage							
	<b>Increases</b> .....	86	90	82	...	...	86	86
	Does not increase.....	4	3	5	...	...	3	...
	Don't know/No opinion.....	10	7	12	...	...	11	...
	Mental retardation of the newborn							
	<b>Increases</b> .....	84	88	80	...	...	82	86
	Does not increase.....	5	4	6	...	...	6	5
	Don't know/No opinion.....	11	8	13	...	...	12	9
	Low birth weight of the newborn							
	<b>Increases</b> .....	85	87	82	...	...	81	88
	Does not increase.....	4	4	4	...	...	5	3
	Don't know/No opinion.....	11	9	13	...	...	14	8
	Birth defects							
	<b>Increases</b> .....	85	89	81	...	...	82	88
	Does not increase.....	5	4	6	...	...	6	4
	Don't know/No opinion.....	10	7	13	...	...	12	8
T.10.	Have you ever heard of Fetal Alcohol Syndrome? (Persons under 45 years of age) (Yes).....	58	55	60	...	...	52	63
DENTAL CARE								
U.1.	This next question is about preventing tooth decay. After I read each of the following, tell me if you think it is definitely important, probably important, probably not, or definitely not important in preventing tooth decay.							
	Seeing a dentist regularly							
	<b>Important</b> .....	96	97	97	95	93	95	97
	Not important.....	2	2	2	2	2	3	1
	Don't know/No opinion.....	2	1	1	2	4	2	2
	Drinking water with fluoride from early childhood							
	<b>Important</b> .....	80	86	86	77	62	79	81
	Not important.....	8	9	7	8	7	9	7
	Don't know/No opinion.....	12	5	7	15	30	12	12
	Regular brushing and flossing of the teeth							
	<b>Important</b> .....	98	99	99	97	95	98	98
	Not important.....	1	0	0	1	1	1	...
	Don't know/No opinion.....	1	0	1	2	4	2	...

See footnotes at end of table.

Table 1. Provisional estimates of the percent of population with selected behaviors and knowledge from the 1985 National Health Interview Survey Supplement on Health Promotion and Disease Prevention, by age and sex: United States, January-March 1985--Con.

Data are based on household interviews of the civilian noninstitutionalized population. The survey design, general qualifications, and information on the reliability of the estimates are given in technical notes.)

Section and item number	Health behaviors and knowledge	Age					Sex	
		All ages	18-29 years	30-44 years	45-64 years	65 years and over	Male	Female
DENTAL CARE--Con.		Percent of population						
U.1.	This next question is about preventing tooth decay. After I read each of the following, tell me if you think it is definitely important, probably important, probably not, or definitely not important in preventing tooth decay.--Con.							
	Using fluoride toothpaste or fluoride mouth rinse							
	Important.....	90	97	94	86	76	90	90
	Not important.....	4	2	3	5	5	4	3
	Don't know/No opinion.....	6	1	3	9	19	7	6
	Avoiding between-meal sweets							
	Important.....	90	90	92	90	83	89	90
	Not important.....	6	8	6	5	6	7	5
	Don't know/No opinion.....	4	1	2	5	11	4	4
U.2.	Now I'm going to ask about preventing gum disease. In your opinion, how important or not important is each of the following in preventing gum disease?							
	Seeing a dentist regularly							
	Important.....	96	97	97	95	92	95	96
	Not important.....	2	2	2	3	2	3	1
	Don't know/No opinion.....	2	1	1	3	6	2	2
	Drinking water with fluoride from early childhood							
	Important.....	66	74	67	62	54	64	67
	Not important.....	17	18	19	17	10	19	15
	Don't know/No opinion.....	17	8	13	21	36	18	17
	Regular brushing and flossing of the teeth							
	Important.....	96	98	98	95	92	96	97
	Not important.....	1	1	1	1	2	1	1
	Don't know/No opinion.....	3	1	1	3	7	3	2
	Using fluoride toothpaste or fluoride mouth rinse							
	Important.....	78	86	78	73	71	76	80
	Not important.....	12	10	15	12	7	13	10
	Don't know/No opinion.....	11	4	8	14	22	11	11
	Avoiding between-meal sweets							
	Important.....	81	84	81	80	78	80	82
	Not important.....	12	13	13	11	8	13	10
	Don't know/No opinion.....	7	3	5	9	14	7	7
U.3.	In your opinion, which of the following is the main cause of tooth loss in children?							
	Tooth decay.....	58	54	57	61	60	55	60
	Gum disease.....	8	8	7	9	9	10	7
	Injury to the teeth.....	30	36	35	26	18	31	30
	Don't know.....	4	1	2	4	13	4	4
U.4.	In your opinion, which of the following is the main cause of tooth loss in adults?							
	Tooth decay.....	40	40	37	40	44	41	38
	Gum disease.....	55	55	60	55	43	53	57
	Injury to the teeth.....	2	3	2	2	3	3	2
	Don't know.....	3	1	1	3	10	3	3
U.5a.	Have you ever heard of dental sealants? (Yes).....	23	20	30	23	14	22	23

See footnotes at end of table.

Table 1. Provisional estimates of the percent of population with selected behaviors and knowledge from the 1985 National Health Interview Survey Supplement on Health Promotion and Disease Prevention, by age and sex: United States, January-March 1985--Con.

(Data are based on household interviews of the civilian noninstitutionalized population. The survey design, general qualifications, and information on the reliability of the estimates are given in technical notes.)

Section and item number	Health behaviors and knowledge	Age					Sex	
		All ages	18-29 years	30-44 years	45-64 years	65 years and over	Male	Female
OCCUPATIONAL SAFETY AND HEALTH		Percent of population						
V.1a.	In your present job, are you exposed to any substances that could endanger your health, such as chemicals, dusts, fumes or gases? <sup>3</sup> (Currently employed persons) (Yes).....	36	36	37	34	18	45	24
V.2a.	In your present job, are you exposed to any work conditions that could endanger your health, such as loud noise, extreme heat or cold, physical or mental stress, or radiation? <sup>3</sup> (Currently employed persons) (Yes).....	37	36	41	33	15	43	29
V.3a.	In your present job are you exposed to any risks of accidents or injuries? <sup>3</sup> (Currently employed persons) (Yes).....	41	44	41	38	34	52	27

<sup>1</sup>National Center for Health Statistics, C. A. Schoenborn, and K. M. Danchik: Health Practices Among Adults: United States, 1977. Advance Data From Vital and Health Statistics. No. 64. DHEW Pub. No. (PHS) 78-1250. Public Health Service. Hyattsville, Md., Nov. 4, 1980.

<sup>2</sup>National Center for Health Statistics, A. J. Moss and G. Scott: Characteristics of persons with hypertension, United States, 1974. Vital and Health Statistics. Series 10, No. 121. DHEW Pub. No. (PHS) 79-1549. Public Health Service. Washington. U.S. Government Printing Office, Dec. 1978.

<sup>3</sup>National Center for Health Statistics, C. A. Schoenborn, K. M. Danchik, and J. Elinson: Basic data from Wave I of the National Survey of Personal Health Practices and Consequence, United States, 1979. Vital and Health Statistics. Series 15, No. 2. DHHS Pub. No. (PHS) 81-1163. Public Health Service. Washington. U.S. Government Printing Office, Aug. 1981.

<sup>4</sup>National Center for Health Statistics, B. Bloom and S. S. Jack: Persons with and without a regular source of medical care, United States. Vital and Health Statistics. Series 10, No. 151. DHHS Pub. No. (PHS) 85-1579.

<sup>5</sup>National Center for Health Statistics, A. J. Moss and M. H. Wilder: Use of selected medical procedures associated with preventive care, United States, 1973. Vital and Health Statistics. Series 10, No. 110. DHEW Pub. No. (HRA) 77-1538. Health Resources Administration. Washington. U.S. Government Printing Office, Mar. 1977.

<sup>6</sup>National Center for Health Statistics, J. W. Choi: Exercise and Participation in Sports Among Persons 20 Years of Age and Over: United States, 1975. Advance Data From Vital and Health Statistics. No. 19. DHEW Pub. No. (PHS) 78-1250. Public Health Service. Hyattsville, Md., March 15, 1978.

<sup>7</sup>National Center for Health Statistics: Health, United States, 1984. DHHS Pub. No. (PHS) 85-1232. Public Health Service. Washington. U.S. Government Printing Office, Dec. 1984.

## Technical notes

The National Health Interview Survey (NHIS) is a continuous, cross-sectional, nationwide survey conducted by household interview. Each week a probability sample of households is interviewed by personnel of the U.S. Bureau of the Census to obtain information on the health and other characteristics of each member of the household in the civilian non-institutionalized population.

During the first quarter of 1985, the sample consisted of approximately 9,250 households. The total noninterview rate was about 4 percent—about 3 percent of which was due to respondent refusal and the remainder primarily due to an inability to locate an eligible respondent at home after repeated calls. Information was obtained for all household members for the core section of the questionnaire, although, for the Health Promotion and Disease Prevention Supplement, one adult per family was randomly selected as the respondent. This procedure resulted in an additional nonresponse rate of about 10 percent. About 8,350 supplements were completed. A description of the survey design, methods used in estimation, and general qualifications of the NHIS data is provided in *The National Health Interview Survey Design, 1973–84, and Procedures, 1975–83* (see pp. 8–9).<sup>3</sup>

<sup>3</sup>National Center for Health Statistics, M. G. Kovar and G. S. Poe: *The National Health Interview Survey Design, 1973–84, and Procedures, 1975–83. Vital and Health Statistics. Series 1, No. 18. DHHS Pub. No. (PHS) 85–1320. Public Health Service. Washington. U.S. Government Printing Office, Aug. 1985.*

The estimates shown in this report are based on a sample of the civilian noninstitutionalized population rather than on the entire population and are therefore subject to sampling error. Some tables in this report contain cells in which the estimate is small for a given characteristic. When an estimate or the numerator or denominator of a rate is small, the sampling error may be relatively high. The estimated population for each of the demographic categories presented in this report is given in table I. Approximate standard errors of estimates are shown in table II.

To expedite the early release of data from the Health Promotion and Disease Prevention Supplement, it was processed separately from the NHIS core questionnaire. Thus the supplement has not been linked as yet with the core data. In addition, since there were also major changes in the sample design in 1985, both the estimates of behaviors and knowledge and the standard errors of the estimates shown in table II are provisional and will be modified when the final estimates based on the linked core are released.

Table I. Provisional estimates of the civilian noninstitutionalized population by age and sex: United States, January–March 1985

Selected populations	Age					Sex	
	All ages	18–29 years	30–44 years	45–64 years	65 years and over	Male	Female
	Population in thousands						
Total adult population .....	170,302	48,524	50,463	44,476	26,839	80,461	89,840
Females .....	89,840	24,856	25,882	23,284	15,818	...	89,840
Population in families with children under 10 years of age .....	42,318	16,396	22,412	3,134	375	18,350	23,968
Population in families with children under 5 years of age .....	26,064	13,256	11,425	1,251	132	11,634	14,430
Currently employed population .....	105,292	33,333	40,089	28,887	2,983	57,938	47,355

Table II. Standard errors, expressed in percentage points, of estimated percents for selected age and sex groups from the 1985 National Health Interview Survey Supplement on Health Promotion and Disease Prevention: United States, January–March 1985

<i>Estimated percent</i>	<i>Age</i>					<i>Sex</i>	
	<i>All ages</i>	<i>18–29 years</i>	<i>30–44 years</i>	<i>45–64 years</i>	<i>65 years and over</i>	<i>Male</i>	<i>Female</i>
	Standard error in percentage points						
5 or 95 .....	0.26	0.50	0.48	0.53	0.60	0.40	0.34
10 or 90 .....	0.36	0.69	0.65	0.73	0.83	0.55	0.47
15 or 85 .....	0.43	0.82	0.78	0.87	0.99	0.65	0.56
20 or 80 .....	0.48	0.92	0.87	0.97	1.11	0.73	0.63
25 or 75 .....	0.52	1.00	0.95	1.05	1.20	0.79	0.68
30 or 70 .....	0.55	1.06	1.00	1.11	1.27	0.84	0.72
35 or 65 .....	0.57	1.10	1.04	1.16	1.32	0.87	0.75
40 or 60 .....	0.59	1.13	1.07	1.19	1.36	0.90	0.77
45 or 55 .....	0.60	1.15	1.09	1.21	1.38	0.91	0.79
50 or 50 .....	0.60	1.15	1.09	1.21	1.38	0.92	0.79

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**Suggested citation**

National Center for Health Statistics: Provisional Data from the Health Promotion and Disease Prevention Supplement to the National Health Interview Survey: United States, January-March 1985, *Advance Data From Vital and Health Statistics*. No. 113. DHHS Pub. No. (PHS) 86-1250. Public Health Service, Hyattsville, Md., Nov. 15, 1985.

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