

Responses to Health-Related Questions

Please respond if you have experienced the following:	Yes, within 12 months	Percentage of those responding					Responses to each question		Margin of Error
		YES, in the last...			NO,		N	Pct. of 1,305	
		14 days	30 days	12 months	not in the last 12 months	never			
Felt things were hopeless	51%	20%	10%	21%	18%	31%	1,192	91%	4%
Felt overwhelmed by all you had to do	75%	41%	15%	19%	8%	17%	1,197	92%	3%
Felt very sad	59%	24%	14%	21%	18%	23%	1,195	92%	4%
Felt overwhelming anxiety	64%	30%	14%	20%	11%	25%	1,188	91%	4%
Seriously considered suicide	14%	3%	3%	7%	17%	69%	1,193	91%	3%
Felt so depressed that it was difficult to function	33%	11%	8%	15%	16%	50%	1,195	92%	4%
Attempted suicide	4%	1%	1%	3%	10%	86%	1,200	92%	2%

On average, how many days a week do you engage in moderate to strenuous exercise?	Percentage of those responding	
	N	Pct
0 days	203	17%
1-2 days	384	31%
3-4 days	406	33%
4-7 days	229	19%
Total	1,222	100%

How many servings of fruits and vegetables do you get in a day? (1 serving = 1 med. Sized whole fruit or 1/2 cup of chopped)	Percentage of those responding	
	N	Pct
none	92	7%
1-2 servings	691	56%
3-4 servings	344	28%
5 or more	104	8%
Total	1,231	100%