

Table 3. How sociodemographic and health characteristics of the adult membership of Kaiser Permanente Northern California have changed over time: women and men ages 25-79^a

Sociodemographic and health characteristics	Survey year ^b				
	1999	2002	2005	2008	2011
Non-Hispanic white					
All	64.2 (0.5)	65.3 (0.5)	62.2 (0.5)	59.8 (0.5)	59.4 (0.5) ^c
Women age 25-64	62.6 (0.7)	62.8 (0.7)	60.2 (0.7)	57.4 (0.7)	56.2 (0.7) ^c
Men age 25-64	61.2 (0.8)	63.6 (0.8)	59.8 (0.8)	57.5 (0.9)	57.7 (0.9) ^d
Women age 65-79	78.5 (0.9)	76.3 (0.9)	75.3 (0.9)	74.0 (0.9)	73.6 (1.0) ^c
Men age 65-79	78.1 (0.9)	79.8 (0.9)	75.4 (0.9)	75.0 (0.9)	72.9 (1.0) ^c
At least some college education					
All	78.5 (0.4)	80.5 (0.4)	82.0 (0.4)	81.8 (0.4)	80.7 (0.4)
Women age 25-64	81.2 (0.5)	84.7 (0.5)	86.1 (0.5)	85.5 (0.5)	83.5 (0.6) ^d
Men age 25-64	81.9 (0.6)	81.9 (0.6)	82.7 (0.7)	82.1 (0.7)	81.0 (0.7)
Women age 65-79	55.2 (1.0)	57.4 (1.0)	62.2 (1.0)	64.8 (1.0)	72.2 (1.0) ^c
Men age 65-79	65.0 (1.0)	71.5 (1.0)	73.2 (0.9)	74.9 (0.9)	71.8 (1.0) ^c
College/college graduate					
All	38.6 (0.5)	41.7 (0.5)	44.0 (0.5)	45.4 (0.5)	48.7 (0.5) ^c
Women age 25-64	38.7 (0.7)	43.4 (0.7)	45.2 (0.7)	47.7 (0.7)	49.7 (0.8) ^c
Men age 25-64	42.9 (0.8)	44.5 (0.8)	47.1 (0.9)	46.6 (0.9)	50.9 (0.9) ^c
Women age 65-79	19.9 (0.8)	21.9 (0.9)	26.3 (0.9)	28.5 (1.0)	39.7 (1.1) ^c
Men age 65-79	32.3 (1.0)	36.5 (1.1)	38.4 (1.0)	41.1 (1.1)	40.7 (1.1) ^c
Very good/excellent health					
All	50.9 (0.5)	55.1 (0.5)	54.2 (0.5)	55.6 (0.5)	56.7 (0.5) ^c
Women age 25-64	52.7 (0.7)	56.8 (0.7)	57.0 (0.7)	58.7 (0.7)	61.1 (0.7) ^c
Men age 25-64	52.0 (0.8)	58.8 (0.8)	57.0 (0.8)	57.0 (0.9)	56.7 (0.9) ^c
Women age 65-79	41.4 (1.0)	37.3 (1.0)	36.6 (1.0)	41.0 (1.1)	42.8 (1.1)
Men age 65-79	41.1 (1.1)	39.7 (1.1)	38.6 (1.0)	41.9 (1.1)	44.6 (1.1)
Very good/excellent emotional/mental health					
All	58.1 (0.5)	59.3 (0.5)	60.5 (0.5)	61.2 (0.5)	61.8 (0.5) ^c
Women age 25-64	55.4 (0.7)	55.7 (0.7)	57.9 (0.7)	59.1 (0.7)	60.2 (0.7) ^c
Men age 25-64	61.0 (0.8)	64.4 (0.8)	63.6 (0.8)	63.0 (0.9)	63.2 (0.8)
Women age 65-79	55.6 (1.0)	52.0 (1.0)	56.5 (1.0)	60.6 (1.1)	61.2 (1.1) ^c
Men age 65-79	61.0 (1.0)	60.4 (1.1)	62.0 (1.0)	64.8 (1.0)	64.1 (1.1)
Physical and/or emotional problems interfere at least moderately with daily activities					
All	18.6 (0.4)	n/a	24.5 (0.4)	23.0 (0.4)	23.9 (0.4) ^c
Women age 25-64	18.6 (0.6)	21.9 (0.6)	23.4 (0.6)	21.7 (0.6)	22.1 (0.6) ^d
Men age 25-64	16.9 (0.7)	n/a	23.9 (0.7)	22.3 (0.8)	24.0 (0.7) ^c
Women age 65-79	26.4 (1.0)	32.3 (1.0)	31.1 (0.9)	29.3 (1.0)	29.2 (1.0)
Men age 65-79	20.7 (0.9)	28.9 (1.0)	28.9 (0.9)	28.1 (1.0)	28.4 (1.0) ^c
Has been or is being treated for diabetes^e					
All	6.0 (0.2)	6.8 (0.2)	8.3 (0.2)	8.8 (0.3)	8.9 (0.3) ^c
Women age 25-64	4.1 (0.3)	4.4 (0.3)	5.7 (0.3)	6.5 (0.4)	5.5 (0.3) ^c
Men age 25-64	5.6 (0.3)	6.1 (0.3)	7.8 (0.4)	8.0 (0.4)	9.0 (0.5) ^c
Women age 65-79	11.5 (0.7)	13.8 (0.7)	15.3 (0.7)	15.5 (0.8)	19.2 (0.9) ^c
Men age 65-79	15.4 (0.8)	18.4 (0.9)	21.5 (0.9)	22.6 (0.9)	17.7 (0.8)
Has been or is being treated for high blood pressure^e					
All	18.2 (0.3)	19.1 (0.3)	24.3 (0.4)	26.6 (0.4)	26.8 (0.4) ^c
Women age 25-64	13.3 (0.4)	13.4 (0.4)	17.3 (0.5)	19.2 (0.6)	18.9 (0.6) ^c
Men age 25-64	14.7 (0.5)	14.2 (0.5)	20.0 (0.6)	23.4 (0.7)	23.3 (0.7) ^c
Women age 65-79	45.8 (1.0)	51.4 (1.0)	58.3 (1.0)	60.0 (1.1)	59.6 (1.1) ^c
Men age 65-79	42.0 (1.0)	50.5 (1.1)	57.2 (1.0)	59.1 (1.1)	58.5 (1.1) ^c

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Table 3. How sociodemographic and health characteristics of the adult membership of Kaiser Permanente Northern California have changed over time: women and men ages 25-79^a					
Sociodemographic and health characteristics	Survey year^b				
	1999	2002	2005	2008	2011
Current smoker					
All	12.5 (0.3)	12.1 (0.3)	9.2 (0.3)	9.9 (0.3)	8.7 (0.3) ^c
Women age 25-64	11.6 (0.4)	10.9 (0.4)	8.2 (0.4)	8.9 (0.4)	7.7 (0.4) ^c
Men age 25-64	14.8 (0.6)	14.6 (0.6)	10.9 (0.5)	12.4 (0.6)	10.9 (0.5) ^c
Women age 65-79	8.7 (0.6)	8.4 (0.6)	6.9 (0.5)	5.3 (0.5)	5.7 (0.5) ^c
Men age 65-79	9.5 (0.6)	9.3 (0.6)	7.6 (0.6)	6.2 (0.5)	5.8 (0.5) ^c
Ever smoker					
All	38.6 (0.5)	34.3 (0.4)	32.1 (0.4)	32.1 (0.5)	30.5 (0.4) ^c
Women age 25-64	33.3 (0.6)	29.3 (0.6)	27.3 (0.6)	28.0 (0.6)	25.3 (0.6) ^c
Men age 25-64	40.1 (0.8)	34.7 (0.8)	31.5 (0.8)	31.3 (0.8)	29.6 (0.8) ^c
Women age 65-79	42.0 (1.0)	41.1 (1.0)	42.1 (1.0)	42.5 (1.1)	46.6 (1.1) ^d
Men age 65-79	62.4 (1.0)	47.3 (1.1)	56.3 (1.0)	53.7 (1.1)	46.8 (1.1) ^c
BMI ≥ 30					
All	21.5 (0.4)	23.9 (0.4)	25.5 (0.4)	26.5 (0.5)	26.9 (0.4) ^c
Women age 25-64	22.5 (0.6)	24.7 (0.6)	26.8 (0.6)	27.2 (0.6)	26.8 (0.7) ^c
Men age 25-64	21.3 (0.7)	23.5 (0.7)	24.6 (0.7)	26.6 (0.8)	27.5 (0.8) ^c
Women age 65-79	21.4 (0.9)	24.1 (0.9)	25.5 (0.9)	26.1 (1.0)	25.7 (1.0) ^d
Men age 65-79	15.7 (0.8)	21.1 (0.9)	22.1 (0.9)	22.2 (0.9)	25.5 (1.0) ^c
BMI ≥ 35					
All	7.3 (0.2)	8.7 (0.3)	9.5 (0.3)	10.7 (0.3)	10.8 (0.3) ^c
Women age 25-64	9.1 (0.4)	11.1 (0.4)	12.1 (0.5)	12.9 (0.5)	12.5 (0.5) ^c
Men age 25-64	6.2 (0.4)	7.0 (0.4)	7.4 (0.5)	9.3 (0.5)	9.3 (0.7) ^c
Women age 65-79	6.4 (0.5)	8.3 (0.6)	9.3 (0.6)	9.5 (0.6)	9.3 (0.7) ^c
Men age 65-79	3.1 (0.4)	4.0 (0.4)	5.7 (0.5)	6.3 (0.5)	9.1 (0.7) ^c
Exercises less than once per week					
All	18.9 (0.4)	18.2 (0.4)	16.8 (0.4)	16.4 (0.4)	14.6 (0.4) ^c
Women age 25-64	20.3 (0.6)	20.2 (0.6)	19.0 (0.5)	17.8 (0.6)	15.6 (0.6) ^c
Men age 25-64	18.8 (0.7)	17.3 (0.6)	15.2 (0.6)	15.7 (0.7)	13.5 (0.6) ^c
Women age 65-79	17.4 (0.8)	17.2 (0.8)	17.5 (0.8)	15.1 (0.8)	14.0 (0.8) ^c
Men age 65-79	12.3 (0.7)	11.7 (0.7)	11.5 (0.7)	11.7 (0.7)	14.5 (0.8)
Exercises ≥ 5 days per week					
All	25.5 (0.4)	23.5 (0.3)	25.7 (0.4)	26.3 (0.4)	28.9 (0.4) ^c
Women age 25-64	21.2 (0.6)	18.4 (0.5)	20.6 (0.6)	21.8 (0.6)	25.2 (0.7) ^c
Men age 25-64	26.8 (0.7)	26.2 (0.7)	28.0 (0.8)	27.8 (0.8)	30.5 (0.8) ^c
Women age 65-79	31.0 (1.0)	28.0 (0.9)	31.1 (1.0)	31.0 (1.0)	34.5 (1.1)
Men age 65-79	41.4 (1.0)	34.9 (1.0)	42.3 (1.1)	42.3 (1.1)	36.4 (1.1) ^d
Eats ≥ 3 servings fruit/vegetables per day					
All	41.5 (0.5)	43.2 (0.5)	43.0 (0.5)	45.1 (0.5)	48.1 (0.5) ^c
Women age 25-64	48.5 (0.8)	50.9 (0.7)	51.6 (0.7)	54.0 (0.7)	55.6 (0.7) ^c
Men age 25-64	32.4 (0.9)	32.6 (0.8)	32.1 (0.8)	34.9 (0.9)	39.4 (0.9) ^c
Women age 65-79	54.2 (1.1)	59.2 (1.0)	56.8 (1.0)	56.8 (1.1)	49.4 (1.1) ^d
Men age 65-79	36.3 (1.1)	38.9 (1.1)	36.0 (1.0)	35.0 (1.0)	48.5 (1.1) ^c
Usually tries to eat low/reduced-fat foods					
All	45.7 (0.5)	44.0 (0.5)	40.1 (0.5)	47.5 (0.5)	47.2 (0.5)
Women age 25-64	49.5 (0.8)	46.4 (0.7)	39.1 (0.7)	50.4 (0.7)	51.3 (0.8)
Men age 25-64	37.3 (0.9)	37.2 (0.8)	35.7 (0.8)	41.3 (0.9)	40.1 (0.9)
Women age 65-79	61.1 (1.1)	57.6 (1.0)	57.5 (1.0)	60.1 (1.1)	54.4 (1.1) ^c
Men age 65-79	55.7 (1.1)	54.9 (1.1)	52.7 (1.0)	53.2 (1.1)	53.2 (1.1)

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Table 3. How sociodemographic and health characteristics of the adult membership of Kaiser Permanente Northern California have changed over time: women and men ages 25-79^a					
Sociodemographic and health characteristics	Survey year^b				
	1999	2002	2005	2008	2011
Felt very stressed/tense much of time during the past year					
All	17.8 (0.4)	19.6 (0.4)	16.5 (0.4)	18.1 (0.4)	17.0 (0.4)
Women age 25-64	23.8 (0.7)	24.8 (0.6)	23.1 (0.6)	24.8 (0.6)	22.5 (0.6)
Men age 25-64	15.4 (0.7)	18.3 (0.6)	13.4 (0.6)	15.2 (0.7)	15.0 (0.6)
Women age 65-79	6.4 (0.5)	10.6 (0.7)	6.5 (0.5)	6.4 (0.5)	5.9 (0.5)
Men age 65-79	3.7 (0.4)	3.3 (0.4)	3.4 (0.4)	3.5 (0.4)	5.8 (0.5)
Felt depressed or very anxious for at least 2 weeks during the past year					
All	15.6 (0.3)	13.0 (0.3)	15.1 (0.3)	16.0 (0.4)	16.8 (0.4)
Women age 25-64	20.2 (0.5)	17.7 (0.5)	19.7 (0.5)	21.3 (0.6)	20.8 (0.6)
Men age 25-64	11.4 (0.5)	8.6 (0.4)	11.2 (0.5)	11.1 (0.6)	13.1 (0.6)
Women age 65-79	16.6 (0.8)	15.8 (0.7)	15.3 (0.7)	16.7 (0.8)	16.4 (0.8)
Men age 65-79	9.9 (0.6)	6.9 (0.7)	8.8 (0.6)	10.0 (0.6)	13.3 (0.8) ^c
Believes that habits/lifestyle (such as exercise, diet, weight) can affect their health quite a bit					
All	63.1 (0.5)	65.6 (0.4)	83.7 (0.3)	83.4 (0.4)	85.6 (0.4) ^c
Women age 25-64	67.9 (0.7)	70.4 (0.6)	86.9 (0.5)	86.3 (0.5)	88.3 (0.5) ^c
Men age 25-64	62.3 (1.0)	65.9 (0.8)	82.5 (0.6)	81.5 (0.7)	82.3 (0.7) ^c
Women age 65-79	52.3 (1.1)	50.9 (1.0)	78.7 (0.8)	79.7 (0.9)	85.4 (0.8) ^c
Men age 65-79	46.8 (1.1)	49.1 (1.1)	75.5 (0.9)	79.2 (0.8)	86.6 (0.7) ^c
Got a dental exam in the past year					
All	65.0 (0.5)	76.2 (0.4)	77.6 (0.4)	77.8 (0.4)	79.6 (0.4) ^c
Women age 25-64	68.3 (0.7)	80.0 (0.6)	80.4 (0.6)	81.3 (0.6)	81.7 (0.6) ^c
Men age 25-64	63.2 (0.8)	73.2 (0.7)	76.1 (0.7)	75.2 (0.8)	77.6 (0.7) ^c
Women age 65-79	62.5 (1.1)	74.6 (1.0)	74.3 (0.9)	75.3 (1.0)	78.5 (0.9) ^c
Men age 65-79	55.7 (1.1)	71.4 (1.0)	71.8 (1.0)	72.7 (1.0)	78.8 (0.9) ^c
Got a flu shot for past flu season					
All	37.3 (0.4)	35.7 (0.4)	28.0 (0.4)	44.2 (0.5)	54.8 (0.5) ^c
Women age 25-64	32.1 (0.6)	30.4 (0.6)	21.5 (0.6)	41.6 (0.7)	52.1 (0.8) ^c
Men age 25-64	28.4 (0.7)	26.7 (0.7)	18.1 (0.6)	35.8 (0.9)	49.2 (0.9) ^c
Women age 65-79	80.2 (0.8)	77.3 (0.9)	76.2 (0.9)	77.9 (0.9)	77.7 (0.9)
Men age 65-79	83.1 (0.8)	79.6 (0.9)	76.9 (0.9)	77.6 (0.9)	76.9 (1.0) ^c
Has access to a computer (desktop, laptop, netbook)					
All	74.1 (0.4)	84.6 (0.3)	88.4 (0.3)	90.9 (0.3)	95.0 (0.2) ^{c,f}
Women age 25-64	79.9 (0.5)	90.4 (0.4)	92.5 (0.4)	93.9 (0.3)	97.4 (0.2) ^{c,f}
Men age 25-64	79.2 (0.7)	88.3 (0.5)	92.0 (0.4)	93.5 (0.3)	97.4 (0.2) ^{c,f}
Women age 65-79	34.7 (1.0)	50.5 (1.0)	61.0 (1.0)	70.2 (1.0)	82.0 (0.8) ^{c,f}
Men age 65-79	45.9 (1.1)	61.2 (1.0)	69.4 (1.0)	76.5 (0.9)	83.8 (0.8) ^{c,f}
Has access to the Internet (at home or at another location) or has someone who goes online for them					
All	62.3 (0.5)	82.3 (0.3)	87.0 (0.3)	90.2 (0.3)	96.6 (0.1) ^{c,f}
Women age 25-64	68.0 (0.7)	88.3 (0.4)	91.3 (0.4)	93.7 (0.3)	97.9 (0.2) ^{c,f}
Men age 25-64	67.8 (0.9)	86.5 (0.5)	91.0 (0.5)	93.0 (0.5)	99.9 (< 0.1) ^{c,f}
Women age 65-79	23.0 (0.9)	45.8 (1.1)	57.6 (1.0)	67.4 (1.0)	83.3 (0.8) ^{c,f}
Men age 65-79	32.0 (1.0)	57.3 (1.1)	66.4 (1.0)	74.3 (0.9)	84.7 (0.7) ^{c,f}
Has access to e-mail					
All	n/a	78.2 (0.4)	87.0 (0.3)	87.1 (0.3)	93.7 (0.2) ^f
Women age 25-64	n/a	84.2 (0.5)	91.3 (0.4)	90.4 (0.4)	96.7 (0.3) ^f
Men age 25-64	n/a	81.9 (0.6)	91.0 (0.5)	90.6 (0.5)	95.6 (0.3) ^f
Women age 65-79	n/a	43.7 (1.1)	57.6 (1.0)	62.0 (1.0)	79.2 (0.8) ^f
Men age 65-79	n/a	54.6 (1.1)	66.4 (1.0)	69.3 (1.0)	80.9 (0.8) ^f

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Table 3. How sociodemographic and health characteristics of the adult membership of Kaiser Permanente Northern California have changed over time: women and men ages 25-79^a					
Sociodemographic and health characteristics	Survey year^b				
	1999	2002	2005	2008	2011
Got health information from a Web site in the past 12 months					
All	12.9 (0.4)	17.2 (0.4)	22.0 (0.4)	33.4 (0.5)	45.5 (0.5) ^{c,f}
Women age 25-64	16.0 (0.5)	18.5 (0.5)	25.8 (0.6)	40.2 (0.7)	53.1 (0.8) ^{c,f}
Men age 25-64	12.2 (0.6)	18.6 (0.7)	21.2 (0.7)	30.4 (0.9)	39.9 (0.9) ^{c,f}
Women age 65-79	5.6 (0.5)	9.6 (0.6)	11.8 (0.7)	20.9 (0.9)	37.8 (1.1) ^{c,f}
Men age 65-79	5.4 (0.5)	9.2 (0.6)	12.9 (0.7)	19.9 (0.9)	38.4 (1.1) ^{c,f}

^a Percentages are derived from self-report survey data that was weighted to the age x sex x service area composition of the adult membership in that survey year.

These should not be used as "official" data about the Kaiser Permanente Northern California membership.

^b Data are weighted % (standard error around estimate).

^c Significant ($p < 0.001$) difference between 1999 and 2011.

^d Significant ($p < 0.01$) difference between 1999 and 2011.

^e People who report having been or are being treated for, or are taking medicine for this condition in the past 12 months.

^f Significant ($p < 0.001$) difference between 2002 and 2011.

BMI = body mass index (calculated as weight in kilograms divided by height in meters squared); n/a = not available for that survey year.