Private Health Risk Reductions Survey - Trudy Ann Cameron and J.R. DeShazo (2002). This Survey was distributed to a random sample from the Knowledge Networks consumer panel

Welcome

We want to learn about how you view threats to your health.

Your answers may help public officials provide you with better ways of managing your health.

Please take your time.

{Form 1 - Private}

How much does each of the following threaten your health?

Select one answer from each row in the grid

	Very little 1	2	3	4	A great deal 5
Unsafe foods	С	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Unsafe working conditions	6	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Violent crime	С	\bigcirc	С	С	C
	Very little 1	2	3	4	A great deal 5
Unsafe drinking water	С	С	С	С	C
Poor air quality	С	С	С	С	C
Unsafe roads	\bigcirc	\bigcirc	\bigcirc	С	\bigcirc
	Very little 1	2	3	4	A great deal 5

{Form 2 - Private}

Have you, or a family member or friend, suffered from any of the following?

Select all answers that apply in the grid

	I have	Family or friends have
Respiratory disease - (asthma, emphysema, bronchitis)		
Diabetes		
Alzheimer's disease		
Heart Disease -(heart attack, angina)		
	l have	Family or friends have
Cancer - (colon, breast, prostate, etc.)		
Stroke - (stroke, blood clot, aneurysm)		
Major car accident		
	l have	Family or friends have

{Form 3 - Private}

Have you, or a family member or friend, experienced any of the following?

Select all answers that apply in the grid

	l have	Family or friends have
High cholesterol levels		
High blood pressure		
Extended hospitalization	E	
	I have	Family or friends have
Major surgery		
Periods of moderate to severe pain		
	l have	Family or friends have

{Form 4 - Private}

Think about your health, your family history, and hazards to which you are exposed.

Which illnesses or injuries do you feel most at risk of experiencing over your lifetime?

Select one answer from each row in the grid

	Low risk 1	2	3	4	High risk 5
Respiratory disease - (asthma, emphysema, bronchitis)	C	0	\bigcirc	\bigcirc	0
Diabetes	C	С	С	\bigcirc	С
Alzheimer's disease	C	С	С	\bigcirc	С
Heart Disease -(heart attack, angina)	\bigcirc	С	С	\bigcirc	\bigcirc
	Low risk 1	2	3	4	High risk 5
Cancer - (colon, breast, prostate, etc.)		2	3	4	
	1	2	_	4	5
etc.) Stroke - (stroke, blood clot,	1	2	С	\bigcirc	5

{Form 5 - Private}

Is there room for you to reduce your health risks by improving your lifestyle or habits in these ways?

Select one answer from each row in the grid

	No room to improve 1	2	3	4	Much room to improve 5
drink less alcohol	С	\bigcirc	\bigcirc	С	С
quit smoking	С	0	\bigcirc	С	С
eat a healthier diet	С	0	\bigcirc	С	С
see a doctor more regularly	/ C	0	\bigcirc	\bigcirc	\bigcirc
	No room to improve 1	2	3	4	Much room to improve 5
exercise more	С	С	\bigcirc	\bigcirc	\bigcirc
lose weight	С	\bigcirc	\bigcirc	\bigcirc	\bigcirc
use a seat belt more	С	0	С	С	С
	No room to improve 1	2	3	4	Much room to improve 5

{Form 6 - Private}

Changing your lifestyle or habits can be difficult because it requires time, money, and effort.

How difficult would it be for you to do the following things?

Select one answer from each row in the grid					
	easy to do	_	_		hard to do
	1	2	3	4	5
drink less alcohol	С	\bigcirc	\bigcirc	С	0
quit smoking	\bigcirc	0	\bigcirc	\bigcirc	\bigcirc
eat a healthier diet	\bigcirc	0	\bigcirc	\bigcirc	\bigcirc
see a doctor more regularly	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
	easy to do 1	2	3	4	hard to do 5
exercise more	do	2	3	4	do
exercise more lose weight	do	2	3	4	do
	do	2	3	4	do

{Form 7 - Private} {Displays only those rows for which there is some "room to improve" on previous screen}

How much do you think that improving your lifestyle or habits would reduce your risk of:

Select one answer from each row in the grid

	Very little 1	2	3	4	A lot 5
Respiratory disease - (asthma, emphysema, bronchitis)	0	С	\bigcirc	0	0
Diabetes	\bigcirc	\bigcirc	\bigcirc	0	\bigcirc
Alzheimer's disease	0	\bigcirc	\bigcirc	0	\bigcirc
Heart Disease -(heart attack, angina))	\bigcirc	\bigcirc	0	\bigcirc
	Very little 1	2	3	4	A lot 5
Cancer - (colon, breast, prostate, etc.)		2	3	4	
	1	2		_	
etc.) Stroke - (stroke, blood clot,		0	0	0	

{Form 8 - Private}

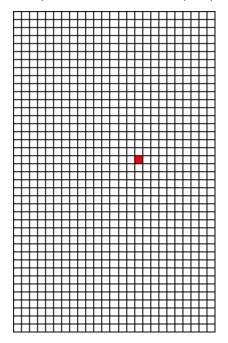
Doctors tell us that someone like you, who is now about 54 years old, can expect to live until about 88. (Later, we will ask how long you think you will live.) In this survey we focus on health programs that reduce your risk of getting sick and dying in the 34 years between now and age 88.

{Form 9 - Private}

We want to take a minute to explain how we will describe your risk over these 34 years. Imagine that each small square below represents one person, so that the whole picture represents 1,000 people. RED squares show the people who die over 34 years. WHITE squares show the people who live.

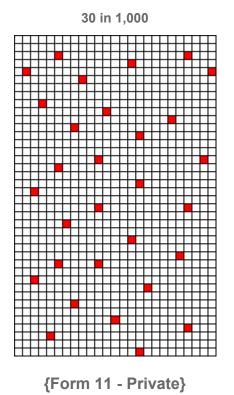


In the picture below, ONE person out of 1,000 people dies over 34 years.



{Form 10 - Private}

Now imagine that you are one of those 1,000 people in the previous grid. If an illness kills 30 people over the next 34 years, then 970 will NOT have died of this illness at the end of that period. Since you do not know whether this illness will affect you over the next 34 years, we will describe your chance of dying as



Next we want to know which illnesses you most want to avoid. We will present you with two illnesses that could affect you. For each illness, we describe <u>how</u> it might affect you.

{Form 12 - Private}

Consider the possibility that you might experience these two illnesses around these times in your life.

	Respiratory Disease	Colon Cancer
Timeline	Get sick when 65 years old	Get sick when 68 years old

If you have already suffered from one of these illnesses, please view these as possible recurrences.

{Form 13 - Private}

Each illness may cause pain and disability. Below we describe what it is like to experience moderate and severe pain and disability.

Color key for level of PAIN and DISABILITY:

Moderate	Pain Some discomfort performing daily activities; most pain can be controlled by medication.
Moderate	Disability Some problems walking, washing, dressing or using the toilet.
	Pain So bad it impairs daily activities. Difficult to control even with medication.
Severe	Disability: unable to perform usual daily activities; usually confined to bed; unable to wash, dress, or use toilet independently; unable to communicate well with others.

{Form 14 - Private}

The pain, disability, and medical treatments associated with these two illnesses would be:

Respiratory Disease

Colon Cancer

Symptoms / Treatments No hospitalization Minor surgery Moderate pain for 1 month 1 month of hospitalization Major surgery Severe pain for 18 months Moderate pain for 2 years

{Form 15 - Private}

If you experience Respiratory Disease or Colon Cancer, it may kill you or you may recover from it. Even if you recover, you may not live until 88 because you are more vulnerable to other illnesses. Assume that these illnesses affect your life expectancy in the following way.

	Respiratory Disease	Colon Cancer		
Recovery	Recover at 65	Recover at 71		
Life expectancy	Die of something else at 68 instead of 88	Die of something else at 73 instead of 88		
Which one she	ortens your life the most?			
Select one answer only				
Respiratory	/ Disease			

Colon Cancer

O Same

{Form 16 - Private}

We want to tell you how some new health programs work to reduce your chance of these illnesses.

Like mammograms and prostate exams, these new programs would indicate whether you are at risk for an illness. The big advantage of these new programs is that you and your doctor get better information, much sooner, without uncomfortable procedures.

Your doctor would give you a pin-prick blood test once a year. Each test works by checking for chemicals in your blood that indicate you are at risk for an illness.

If a test says that you have a problem, your doctor could prescribe medication and life-style changes that reduce your risk of getting the illness. You would continue to be monitored.

Your doctor and the U.S. Food and Drug Administration would certify all of these programs as safe and fully effective before you used them.

{Form 17 - Private}

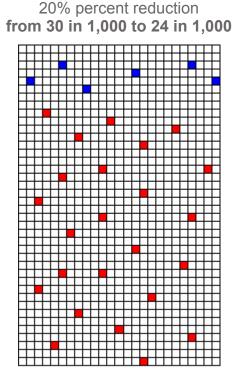
We may also ask you about several new airbag, braking, and impactreduction technologies that are becoming available. These will reduce your chance of injury or death due to auto accidents. These technologies can be built into new vehicles, or added to existing vehicles.

You will probably pay the cost of these technologies all at once when you buy a new car or have the equipment installed in an older one. When we describe costs, we will convert them to monthly costs and also annual costs to make them easier to compare across programs.

{Form 18 - Private}

Programs may be very effective at reducing your risk, but you should remember that your risks of dying may be very small.

For example, consider a new program that reduces your risk of dying by 20% - from 30 in 1,000 to 24 in 1,000 - over 34 years. This may sound like a large percentage reduction, but your initial chance of dying was only 30 in 1,000 over the next 34 years. To illustrate this below, the blue squares (■) represent the size of this risk reduction. The red squares (■) represent your remaining chance of dying even with the new program.



{Form 19 - Private}

Now we show you how effectively these programs can reduce your chance of respiratory disease and colon cancer. Each program reduces both your risk of getting an illness and your risk of dying from it for the next 34 years.

	Program	Α
for	Respiratory	Disease

Program B for Colon Cancer

Risk Reduction

75% From 4 in 1,000 to 1 in 1,000

50% From 4 in 1,000 to 2 in 1,000

Which program reduces your risk the most?

Select one answer only

O Program A for respiratory disease

Program B for colon cancer

{Form 20 - Private}

Your participation in a program would cost money. These higher costs might take the form of a co-payment when you visit your doctor visit or higher monthly health insurance costs.

To make it easier to compare, we present all costs as monthly costs, and also as annual costs. You would need to pay for, and participate in, a program for the next 34 years to get its benefits.

Program A	
for Respiratory Disea	se

Cost to you

\$18 per month [= \$216 per year] \$4 per month [= \$48 per year]

Program B for Colon Cancer

{Form 21 - Private}

In surveys like this one, people sometimes do not fully consider their future expenses. Please think about what you would have to give up to purchase one of these programs. If you choose a program with too high a price, you may not be able to afford the program when it is offered.

We give you the option to choose "neither program". Some people might choose this option because they:

- cannot afford either program,
- do not believe they face these illnesses or injuries,
- would rather spend the money on other things, or
- believe they will be affected by another illness or injury first.

{Form 22 - Private}

We explain important points about this table below.

	Program A for Respiratory Disease	Program B for Colon Cancer
Timeline	Get sick when 65 years old	Get sick when 68 years old
Recovery / Life expectancy	Recover at 65 Die of something else at 68 instead of 88	Recover at 71 Die of something else at 73 instead of 88
Risk Reduction	75% From 4 in 1,000 to 1 in 1,000	50% From 4 in 1,000 to 2 in 1,000

We want to be clear about when the benefits from each program begin. For example, the benefits of Program A are that it reduces your risk of respiratory disease from 4 in 1,000 to 1 in 1,000, starting when you are around 65 years old and continuing for the rest of your life. If you DO NOT choose Program A, your risk of respiratory disease will remain at 4 in 1,000 over this time period.

{Form 23 - Private}

We realize that without proof, you may not accept the idea that these programs are guaranteed to work. Please make your choice as if you have been shown such proof. Remember that all programs would be certified as safe and effective by your doctor and the U.S. Food and Drug Administration.

{Form 24 - Private}

Choose the program that reduces the illness that you most want to avoid. But think carefully about whether the costs are too high for you. If both programs are too expensive, then choose Neither Program.

If you choose "neither program", remember that you could die early from a number of causes, including the ones described below.

	Program A for Respiratory Disease	Program B for Colon Cancer	
Symptoms / Treatment	Get sick when 65 years old No hospitalization Minor surgery Moderate pain for 1 month	Get sick when 68 years old 1 month of hospitalization Major surgery Severe pain for 18 months Moderate pain for 2 years	
Recovery / Life expectancy	Recover at 65 Die of something else at 68 instead of 88	Recover at 71 Die of something else at 73 instead of 88	
Risk Reduction	75% From 4 in 1,000 to 1 in 1,000	50% From 4 in 1,000 to 2 in 1,000	
Costs to you	\$18 per month [= \$216 per year]	\$4 per month [= \$48 per year]	
Your choice	Reduce my chance of respiratory disease	Reduce my chance of colon cancer	
	Neither Program		
{Form 25 - Private}			

{Form 25 - Private}

How difficult was your choice on the previous screen?

Select one answer only Somewhat Very Difficult Easy Difficult 2 3 4 5 6 7 1 \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc

{Form 26 - Private}

You may have chosen Program A, Program B, or neither. Regardless of your choice, we would like to know when, over your lifetime, you think you would first need and benefit from the two programs (if at all).

Your answers below may depend upon the illness or injury in question, as well as your current age, health and family history.

Around when do you think you would begin to value highly the risk reduction benefits of each program?

Select one answer from each column in the grid

	Program A to reduce my chance of respiratory disease	Program B to reduce my chance of colon cancer
For me, benefits would start		
Immediately	С	\bigcirc
1-5 years from now	\bigcirc	\bigcirc
6-10 years from now	С	\bigcirc
11-20 years from now	\bigcirc	\bigcirc
21-30 years from now	С	\bigcirc
31 or more years from now	\bigcirc	\bigcirc
Never (Program would not benefit me)	\bigcirc	\bigcirc

{Form 27 - Private}

Which reasons best describe why you did not want to pay?

Select all answers that apply

- I would rather spend the money on something else
- I did not believe these programs would reduce my risks
- I will be affected by another illness or injury first
- I did not believe I faced these health threats
- I could not afford either program
- I prefer to take other actions to avoid these risks

{Form 28 - Private} {Shown only if choice is "neither"}

Please evaluate each new pair of programs independently of the ones you saw earlier.

Given the cost, choose the program that reduces the illness you most want to avoid.

	Program C for Diabetes	Program D for Stroke
Symptoms / Treatment	Get sick when 77 years old 6 weeks of hospitalization No surgery Moderate pain for 7 years	Get sick when 65 years old 6 weeks of hospitalization Minor surgery Moderate pain for remaining life
Recovery / Life expectancy	Do not recover Die at 84 instead of 88	Chronic condition Die of something else at 81 instead of 88
Risk Reduction	10% From 10 in 1,000 to 9 in 1,000	20% From 10 in 1,000 to 8 in 1,000
Costs to you	\$12 per month [= \$144 per year]	\$20 per month [= \$240 per year]
Your choice	Reduce my chance of diabetes	Reduce my chance of stroke
	Neither Program	
{Form 29 - Private}		

Next Question

Would you prefer Program C, Program D, or neither?

How difficult was your choice on the previous screen?

Select one answer only Somewhat Very Difficult Easy Difficult 2 3 4 5 6 7 1 \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc

{Form 30 - Private}

You may have chosen Program C, Program D, or neither. Regardless of your choice, we would like to know when, over your lifetime, you think you would first need and benefit from the two programs (if at all).

Your answers below may depend upon the illness or injury in question, as well as your current age, health and family history.

Around when do you think you would begin to value highly the risk reduction benefits of each program?

Select one answer from each column in the grid

	Program C to reduce my chance of diabetes	Program D to reduce my chance of stroke
For me, benefits would start		
Immediately	\bigcirc	\bigcirc
1-5 years from now	\bigcirc	С
6-10 years from now	\bigcirc	С
11-20 years from now	\bigcirc	С
21-30 years from now	\bigcirc	С
31 or more years from now	\bigcirc	С
Never (Program would not benefit me)	\bigcirc	\bigcirc

{Form 31 - Private}

Which reasons best describe why you did not want to pay?

Select all answers that apply

- I would rather spend the money on something else
- I did not believe these programs would reduce my risks
- I will be affected by another illness or injury first
- I did not believe I faced these health threats
- I could not afford either program
- I prefer to take other actions to avoid these risks

{Form 32 - Private} {Shown only if choice is "neither"}

Would you prefer Program E, Program F, or neither?

	Program E for Serious Skin Cancer	Program F for Lung Cancer
Symptoms / Treatment	Get sick when 87 years old 3 days of hospitalization Minor surgery Moderate pain for remaining life	Get sick when 81 years old 6 months of hospitalization Major surgery Moderate pain for 12 months Severe pain for remaining life
Recovery / Life expectancy	Chronic condition Die of something else at 87 instead of 88	Chronic condition Die of something else at 85 instead of 88
Risk Reduction	10% From 30 in 1,000 to 27 in 1,000	20% From 30 in 1,000 to 24 in 1,000
Costs to you	\$19 per month [= \$228 per year]	\$50 per month [= \$600 per year]
Your choice	Reduce my chance of serious skin cancer	Reduce my chance of lung cancer

{Form 33 - Private}

How difficult was your choice on the previous screen?

Select one answer only Somewhat Very Difficult Easy Difficult 2 3 4 5 6 7 1 \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc

{Form 34 - Private}

Around when do you think you would begin to value highly the risk reduction benefits of each program?

Select one answer from each column in the grid

	Program E to reduce my chance of serious skin cancer	Program F to reduce my chance of lung cancer
For me, benefits would start		
Immediately	С	C
1-5 years from now	\bigcirc	C
6-10 years from now	\bigcirc	\bigcirc
11-20 years from now	\bigcirc	\bigcirc
21-30 years from now	\bigcirc	\bigcirc
31 or more years from now	\bigcirc	\bigcirc
Never (Program would not benefit me)	\bigcirc	\bigcirc

{Form 35 - Private}

Which reasons best describe why you did not want to pay?

Select all answers that apply

- I would rather spend the money on something else
- I did not believe these programs would reduce my risks
- I will be affected by another illness or injury first
- I did not believe I faced these health threats
- I could not afford either program
- I prefer to take other actions to avoid these risks

{Form 36 - Private} {Shown only if choice is "neither"}

Would you prefer Program G, Program H, or neither?

	Program G for Alzheimer's Disease	Program H for Heart Disease	
Symptoms / Treatment	Get sick when 65 years old 4 years of long-term care No surgery Moderate disability for 4 years	Get sick when 71 years old 2 weeks of hospitalization No surgery Moderate pain for remaining life	
Recovery / Life expectancy	Do not recover Die at 69 instead of 88	Chronic condition Die of something else at 86 instead of 88	
Risk Reduction	10% From 40 in 1,000 to 36 in 1,000	5% From 40 in 1,000 to 38 in 1,000	
Costs to you	\$19 per month [= \$228 per year]	\$15 per month [= \$180 per year]	
Your choice	Reduce my chance of Alzheimer's disease	Reduce my chance of heart disease	

{Form 37 - Private}

How difficult was your choice on the previous screen?

Select one answer only Somewhat Very Difficult Easy Difficult 2 3 4 5 6 7 1 \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc

{Form 38 - Private}

Around when do you think you would begin to value highly the risk reduction benefits of each program?

Select one answer from each column in the grid

	Program G to reduce my chance of Alzheimer's disease	Program H to reduce my chance of heart disease
For me, benefits would start		
Immediately	\bigcirc	\bigcirc
1-5 years from now	\bigcirc	\bigcirc
6-10 years from now	\bigcirc	\bigcirc
11-20 years from now	\bigcirc	\bigcirc
21-30 years from now	\bigcirc	\bigcirc
31 or more years from now	\bigcirc	\bigcirc
Never (Program would not benefit me)	\bigcirc	\bigcirc

{Form 39 - Private}

Which reasons best describe why you did not want to pay?

Select all answers that apply

- I would rather spend the money on something else
- I did not believe these programs would reduce my risks
- I will be affected by another illness or injury first
- I did not believe I faced these health threats
- I could not afford either program
- I prefer to take other actions to avoid these risks

{Form 40 - Private} {Shown only if choice is "neither"}

This is the final pair of programs.

Would you prefer Program I, Program J, or neither?

	Program I for Traffic Accident	Program J for Heart Attack		
Symptoms / Treatment	Suffer injury when 73 years old No hospitalization No surgery Severe pain for a few hours	Get sick when 67 years old No hospitalization No surgery Severe pain for a few hours		
Recovery / Life expectancy	Do not recover Do not recover Die suddenly at 73 instead of 88 Die suddenly at 67 instead of 8			
Risk Reduction	5% From 40 in 1,000 to 38 in 1,000	10% From 40 in 1,000 to 36 in 1,000		
Costs to you	\$4 per month [= \$48 per year]	\$17 per month [= \$204 per year]		
Your choice	Reduce my chance of traffic accident	Reduce my chance of heart attack		
	Neither Program			
{Form 41 - Private}				

How difficult was your choice on the previous screen?

Select one answer only Somewhat Very Difficult Easy Difficult 2 3 4 5 6 7 1 \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc

{Form 42 - Private}

Around when do you think you would begin to value highly the risk reduction benefits of each program?

Select one answer from each column in the grid

	Program I to reduce my chance of traffic accident	Program J to reduce my chance of heart attack
For me, benefits would start		
Immediately	\bigcirc	\bigcirc
1-5 years from now	\bigcirc	\bigcirc
6-10 years from now	\bigcirc	\bigcirc
11-20 years from now	\bigcirc	\bigcirc
21-30 years from now	\bigcirc	\bigcirc
31 or more years from now	\bigcirc	\bigcirc
Never (Program would not benefit me)	\bigcirc	\bigcirc

{Form 43 - Private}

Which reasons best describe why you did not want to pay?

Select all answers that apply

- I would rather spend the money on something else
- I did not believe these programs would reduce my risks
- I will be affected by another illness or injury first
- I did not believe I faced these health threats
- I could not afford either program
- I prefer to take other actions to avoid these risks

{Form 44 - Private} {Shown only if choice is "neither"}

Do you tend to put more effort into protecting your health now than you did ten years ago?

Select one answer only

- O Much more
- Somewhat more
- About the same
- Somewhat less
- O Much less

{Form 45 - Private}

What is the chance that you will experience, either for the first time or as a recurrence, one of the major illnesses we discussed within the next 20 years?

Select one answer only

- Very likely
- Somewhat likely
- O Somewhat unlikely
- O Very unlikely

{Form 46 - Private}

Did you consider whether you could actually afford to pay for these programs over your lifetime?

Select one answer only

O Yes

Somewhat

🔘 No

{Form 47 - Private}

Imagine you experience one of the major illnesses described in this survey. How confident are you that your diagnosis and treatment by your current health care provider would be both timely and of high quality?

Select one answer only

highly confident

- somewhat confident
- not at all confident

{Form 48 - Private}

We cannot perfectly predict how long we will live. But based on our health and family history, most of us have some idea about how long we might live.

Until what age do you expect to live? Please check your best guess.

54	65	76	87	97
55	66	77	88	98
56	67	78	89	99
57	68	79	90	0 100
58	69	80	91	0 101
59	70	81	92	0 102
60	71	82	93	0 103
61	72	83	94	104
62	73	84	95	0 105
63	74	85	96	More than 105
64	75	86		

Select one answer only

{Form 49 - Private}

Thank you for your time!

{Form 50 - Private}

Finish