



CIGNA HealthCare

## CIGNA HEALTHCARE: HEALTH AND WELL-BEING IN AMERICA SURVEY

### Washington, D.C. Fact Sheet

#### Overview

The “Health and Well-Being in America Survey” was designed to gain insights into how Americans view themselves in terms of their health and well-being. The random sampled telephone survey was conducted with 2350 people (18 years and older) across the United States in February 2007.

#### Washington, D.C. Key Findings

For Washington, D.C. it’s all about a healthy lifestyle. Washingtonians claim they are the healthiest of all cities surveyed, and feeling well is an important goal. The people of Washington, D.C. believe that, with help from family and their doctors, they are confident in their own ability to achieve their health goals.

Washington, D.C. Key Findings	National Key Findings
15% said “strong faith in a divine being” is most important to their personal well-being	23% said “strong faith in a divine being” is most important to their personal well-being
62% said maintaining a healthy weight is important to their overall sense of well-being	54% said maintaining a healthy weight is important to their overall sense of well-being
65% believe people they know would say they are at their ideal weight	56% believe people they know would say they are at their ideal weight
84% feel that others would say that they eat a well-balanced diet	75% feel that others would say that they eat a well-balanced diet
19% said managing a serious disease or condition is the most important health issue they face today	30% said managing a serious disease or condition is the most important health issue they face today
79% agree that others would say they manage stress effectively	83% agree that others would say they manage stress effectively
51% said “I work too much”	48% said “I work too much”
96% look for health education/information from their doctor or healthcare professional	90% look for health education/information from their doctor or healthcare professional

#### Methodology

A total of 2,350 people were surveyed via a 20-minute telephone interview. The respondents (U.S. residents over the age of 18) were chosen by a random digit dialing method and were screened, and quotas were adjusted according to U.S. Census data on age, gender, race and geographic location. Data was weighted as necessary to ensure that it matches population percentages reported in the U.S. Census.

A national sample of 1,000 respondents and an over-sampling of 150 people was conducted in nine cities, making the total sampling size 2,350. The over-sampling was conducted to gather regional insight for national comparison. Over-sampling was conducted in Atlanta, Chicago, Cleveland, Dallas, Denver, Houston, Los Angeles, New York and Washington, D.C. Both a Chi-squared test and t-tests were used to ensure that the conclusions drawn are statistically valid and allow for comparisons between cities, even with a relatively small sample size of 150. The sampling error for all results is +/- two percent.

**Washington, D.C. Health Highlights**

(Kaiser Family Foundation: [www.statehealthfacts.org](http://www.statehealthfacts.org))

<b>Condition</b>	<b>Wash. D.C.</b>	<b>U.S.A.</b>
Percent of Children (10-17) who are Overweight, 2003	23%	15%
Age-Adjusted Invasive Cancer Incidence Rate per 100,000 Population, 2002	482.9	462.2
Percent of Adults Who Have Ever Been Told by a Doctor that They Have Diabetes, 2005 (pregnancy-related included in figures)	7.50%	8.10%
Number of Deaths Due to Diseases of the Heart per 100,000 Population, 2003	287.3	232.3
Number of Stroke Deaths per 100,000 Population, 2003	45	53.5
Percent of Adults Who are Overweight or Obese, 2005	52.10%	58.50%
Percent of Adults who Participated in any Physical Activities within the Past Month, 2005	77.50%	76.2%
Percentage of Adults Reporting Poor Mental Health, 2004	33.30%	33.90%