



CIGNA HealthCare

CIGNA HEALTHCARE: HEALTH AND WELL-BEING IN AMERICA SURVEY

Dallas 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.

Dallas Key Findings

The people of Dallas are more positive and optimistic – the highest of any city surveyed. They see themselves as generally healthy, but recognize the need for improvement. The people of Dallas have a strong faith and believe this is an important contributor to personal well-being.

Dallas Key Findings	National Key Findings
32% 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
45% 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
70% 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
35% 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
86% agree that others would say they manage stress effectively	83% say that others would say they manage stress effectively
52% said “I work too much”	48% said “I work too much”
95% 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.

Texas State Health Highlights

(Kaiser Family Foundation: www.statehealthfacts.org)

Condition	Texas	U.S.A.
Percent of Children (10-17) who are Overweight, 2003	19%	15%
Age-Adjusted Invasive Cancer Incidence Rate per 100,000 Population, 2002	427	462.2
Percent of Adults Who Have Ever Been Told by a Doctor that They Have Diabetes, 2005 (pregnancy-related included in figures)	8.80%	8.10%
Number of Deaths Due to Diseases of the Heart per 100,000 Population, 2003	237.8	232.3
Number of Stroke Deaths per 100,000 Population, 2003	59.7	53.5
Percent of Adults Who are Overweight or Obese, 2005	58.80%	58.50%
Percent of Adults who Participated in any Physical Activities within the Past Month, 2005	72.60%	76.2%
Percentage of Adults Reporting Poor Mental Health, 2004	34.30%	33.90%