



CIGNA HealthCare

CIGNA HEALTHCARE: HEALTH AND WELL-BEING IN AMERICA SURVEY

Los Angeles 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.

Los Angeles Key Findings

The people of Los Angeles view themselves as being healthy and in good shape but are driven to get into better shape, and believe they can be successful with their doctor’s help. The people of Los Angeles are fortunate in feeling the least amount of stress of all cities surveyed.

Los Angeles Key Findings	National Key Findings
18% 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
81% said having a positive outlook on life was important to their overall sense of well-being	72% said having a positive outlook on life was important to their overall sense of well-being
58% 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
67% 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
25% 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
80% agree that others they know would say they have a well-balanced life	86% agree that others they know would say they have a well-balanced life

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.

California State Health Highlights

(Kaiser Family Foundation: www.statehealthfacts.org)

Condition	California	U.S.A.
Percent of Children (10-17) who are Overweight, 2003	13%	15%
Age-Adjusted Invasive Cancer Incidence Rate per 100,000 Population, 2002	441	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	219.8	232.3
Number of Stroke Deaths per 100,000 Population, 2003	56.8	53.5
Percent of Adults Who are Overweight or Obese, 2005	57.90%	58.50%
Percent of Adults who Participated in any Physical Activities within the Past Month, 2005	76.10%	76.2%
Percentage of Adults Reporting Poor Mental Health, 2004	37.20%	33.90%