



**LOS ANGELES TIMES POLL #191**  
**National Survey/July 8–13, 1989**  
**Health & AIDS**

**METHODOLOGY**

This Los Angeles Times Poll is the one hundred ninety-first in a series of opinion studies designed to measure public attitudes on a number of critical issues. This particular survey focuses on health and AIDS.

The sampling frame for this survey is all telephone residences in the nation, including the states of Alaska and Hawaii. Three thousand five hundred eighty-three men and women 18 years of age or older were contacted by telephone during the six days ending July 13th, 1989. An oversample of one thousand six hundred forty-nine Southern Californians was drawn for this study by the same sampling scheme, such that:

	<u>National Sample</u>	<u>Oversample</u>	<u>Total</u>
Southern California	101	1,649	1,750
Rest of nation	1,833	0	1,833
<b>Total</b>	<b>1,934</b>	<b>1,649</b>	<b>3,583</b>

Responses from the national sample and the oversample were weighted according to the relative probability of their selection. All replies were weighted to take into account household size and times at home and to adjust for variations in the sample relating to geographic residence, age, gender, employment, race, and education. Telephone numbers were generated by computer randomly within strata to insure that both listed and unlisted households were properly included in the sample.

Readers are reminded that, since survey research normally questions only a small proportion of the population, one must allow a certain margin for error. When considering all of the responses to a study such as this, percentages with less than six points between them would not normally be regarded as statistically significant at the 95% confidence level. For the 1,649 Southern Californians as well, the chances are approximately 95 in 100 that differences of more than six percentage points are real and not due to chance alone.

Surveys of this kind are sometimes subject to different kinds of inaccuracies for which precise estimates cannot be calculated and which may, in some cases, be even larger than the effects associated with sampling procedures. For example, findings may be influenced by events which take place while the survey is in the field and, of course, events occurring since the time the interviews were conducted could have changed the opinions reported here. Undetected flaws in the way the sampling and interviewing procedure were carried out could have a significant effect on the findings. Changing the wording of questions and the sequence in which they are asked can produce different results. Sometimes questions are inadvertently biased or misleading. And people who responded to the survey may not necessarily replicate the views of those who refused to be interviewed or who could not be found at home during the time the survey was conducted. Moreover, while every precaution has been taken to make these findings completely accurate, other errors may have resulted from the various practical difficulties associated with taking any survey of public opinion.

I. A. Lewis is the director of the Los Angeles Times Poll, which is conducted under the general supervision of John Brownell, assistant managing editor. Susan Pinkus is the assistant director of the poll, Roger Richardson is the field supervisor, Jill Milburn is the systems analyst and Claudia Vaughn is the data coordinator.

Further information regarding this study is available by writing to the Los Angeles Times Poll, Times Mirror Square, Los Angeles, California 90053, or by calling (213) 237-2027.

This report conforms to the standards of disclosure of the National Council on Public Polls and the American Association for Public Opinion Research.

## SURVEY RESULTS

8. First, let me ask you, do you approve or disapprove of the way George Bush is handling his job as president? (IF APPROVE OR DISAPPROVE) Do you (approve/disapprove) strongly or do you (approve/disapprove) somewhat?

	--GENDER--		--AGE--		--INCOME--		SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS \$20K-4	MORE	TOTAL	TOTAL
APP/STR	25	15	16	24	14	18	26	20
APP/SOM	41	40	44	36	43	42	39	40
DIS/SOM	12	14	13	14	15	12	14	13
DIS/STR	8	10	9	8	9	8	8	9
NOT SURE	12	17	17	13	15	18	12	15
REFUSED	2	4	1	5	4	2	1	3

COMBINED RESPONSES FROM ABOVE:

	--GENDER--		--AGE--		--INCOME--		SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS \$20K-4	MORE	TOTAL	TOTAL
APPROVE	66	55	60	60	57	61	65	60
DISAPPR	20	24	22	22	24	20	23	22
D/KNOW	14	21	18	18	19	19	12	18

9. What do you think is the most important problem facing the nation today? Is it...curing AIDS, or cutting the federal budget deficit, or reducing crime, or fighting drug abuse, or strengthening the economy, or improving health care, or stopping pollution of the environment, or eliminating sex and violence from TV and movies, or what? I could repeat those if you wish. Is there another problem that you consider almost as important? (ACCEPT UP TO TWO REPLIES)

	--GENDER--		--AGE--		--INCOME--		SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS \$20K-4	MORE	TOTAL	TOTAL
AIDS	22	25	32	16	20	28	23	24
DEFICIT	28	20	22	26	17	23	32	24
CRIME	20	19	20	19	17	22	19	20
DRUGS	39	47	42	46	52	40	41	43
ECONOMY	22	18	21	19	18	21	20	20
HEALTH	9	13	8	14	15	9	11	11
POLLUT'N	16	13	17	11	7	14	23	14
SEX	7	12	6	13	17	7	5	9
OTHER	13	11	11	12	9	13	9	12
NOT SURE	2	2	1	2	2	2	1	2
REFUSED	0	0	0	0	1	0	0	0

10. If you had one choice, what would you want most out of life: to be creative, or to be famous, or to be healthy, or to be able to help others, or to be happily married, or to be powerful, or to be successful, or to be wealthy, or what?

	--GENDER--		--AGE--		--INCOME--		SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS \$20K-4	MORE	TOTAL	TOTAL
NOTHING	0	0	0	0	1	0	0	0
CREATIVE	6	5	6	6	3	7	7	6
FAMOUS	1	0	0	0	0	0	0	0
HEALTHY	43	55	40	60	60	46	44	50
HELP/OTH	16	17	18	15	13	19	18	16
MARRIED	13	8	14	6	9	9	11	10
POWERFUL	2	1	2	0	0	1	3	1
SUCCESS	9	6	12	3	6	8	8	7
WEALTHY	5	4	4	5	5	5	4	5
OTHER	4	3	3	4	2	4	4	4
NOT SURE	1	1	1	1	1	1	1	1

11. If you could choose your ideal age – how old would you like to be right now?

	--GENDER--		--AGE--		--INCOME--			SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS	\$20K-4	MORE	TOTAL	TOTAL
MEAN AGE	34.4	36.5	26.9	44.6	40.3	33.3	33.8	34.9	35.5

Now, I'm going to ask you several questions about health and fitness.  
For example...

12. Do you exercise regularly?

	--GENDER--		--AGE--		--INCOME--			SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS	\$20K-4	MORE	TOTAL	TOTAL
EXERCISE	60	53	59	53	52	53	64	63	56
N/EXER	40	47	41	46	47	47	36	37	44
REFUSED	0	0	0	1	1	0	0	0	0

13. What is the main reason why you exercise? Is there another reason why you exercise that is almost as important? (ACCEPT UP TO 2 REPLIES)

	--GENDER--		--AGE--		--INCOME--			SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS	\$20K-4	MORE	TOTAL	TOTAL
ATTRACTV	20	21	25	15	12	19	25	16	20
ENJOY	16	11	12	15	15	13	13	17	14
FEELGOOD	22	24	23	24	19	26	26	24	23
HEALTH	67	71	72	66	66	68	73	74	69
JOB	13	5	11	7	7	14	7	6	9
NECESSTY	6	9	2	14	13	8	4	6	8
RELAX	5	4	5	5	8	3	4	4	5
TO DO	2	1	1	1	2	0	2	1	1
OTHER	3	10	8	5	8	10	4	6	7
REFUSED	1	0	0	0	0	1	0	0	0

14. When you exercise, do you do it more at home or in a gym or other places like that inside, or do you exercise more outside, or do you exercise about equally inside and outside?

	--GENDER--		--AGE--		--INCOME--			SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS	\$20K-4	MORE	TOTAL	TOTAL
INSIDE	29	33	29	32	33	31	28	33	31
EQUALLY	23	31	32	22	28	25	29	25	27
OUTSIDE	48	36	39	46	39	44	43	42	42

15. How often do you find it's too cold or too hot to exercise outside: very often, or fairly often, or fairly seldom, or very seldom?

	--GENDER--		--AGE--		--INCOME--			SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS	\$20K-4	MORE	TOTAL	TOTAL
NEVER	8	7	4	11	6	8	7	13	8
V/OFTEN	6	11	10	8	11	10	7	8	9
FAIRLY/O	13	23	21	14	24	14	19	11	17
F/SELDOM	29	25	27	27	21	29	28	19	27
VERY/SEL	43	31	37	37	35	37	38	47	37
NOT SURE	1	3	1	3	3	2	1	1	2
REFUSED	0	0	0	0	0	0	0	1	0

COMBINED RESPONSES FROM ABOVE:

	--GENDER--		--AGE--		--INCOME--			SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS	\$20K-4	MORE	TOTAL	TOTAL
NEVER	8	7	4	11	6	8	7	13	8
OFTEN	19	34	30	22	35	24	26	19	26
SELDOM	72	56	64	64	56	66	66	66	64
D/KNOW	1	3	2	3	3	2	1	2	2

16. In an average week, about how many hours would you say you engage in strenuous exercise?

	--GENDER--		--AGE--		--INCOME--			SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS	\$20K-4	MORE	TOTAL	TOTAL
LESS 1	3	6	2	8	7	3	4	6	5
1 TO 3	19	24	20	24	18	23	21	23	21
4 TO 7	28	33	29	31	36	27	32	33	30
8 TO 11	20	21	24	16	22	21	21	16	21
12 TO 15	5	4	4	6	5	6	4	10	5
16 TO 19	5	1	2	4	1	1	3	2	3
20 TO 23	6	3	5	4	3	5	5	3	4
24 TO 27	3	1	2	2	2	3	1	1	2
MORE	10	5	11	3	4	11	7	5	7
NOT SURE	1	2	1	2	2	0	2	1	2

(ASKED OF EVERYONE)

17. Is it easy for you to engage in outdoor exercise where you live? For example, how far do you have to travel to engage in your favorite outdoor exercise activity?

	--GENDER--		--AGE--		--INCOME--			SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS	\$20K-4	MORE	TOTAL	TOTAL
DON'T	6	11	5	11	12	9	4	10	8
LESS 1	58	58	57	59	57	54	63	57	58
1 TO 3	18	14	18	14	17	14	16	14	16
4 TO 7	8	7	9	6	7	8	8	8	8
8 TO 11	4	4	4	4	2	6	4	4	4
12 TO 15	2	1	1	2	1	2	1	1	1
16 TO 19	1	1	1	0	1	1	0	1	1
20 TO 23	1	2	2	1	0	3	1	1	2
24 TO 27	0	0	0	0	0	0	0	1	0
MORE	2	2	3	2	1	3	3	3	2
NOT SURE	0	0	0	1	1	0	0	0	0
REFUSED	0	0	0	0	1	0	0	0	0

18. What kind of physical activity or sport did you engage in most during the last 7 days? Is there another activity or sport that you engaged in almost as much during the last 7 days? (ACCEPT UP TO TWO REPLIES.)

	--GENDER--		---AGE---		----INCOME----		SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS \$20K-4	MORE	TOTAL	TOTAL
DIDN'T	10	15	6	19	20	9	8	15
AEROBICS	0	7	5	2	5	2	6	4
BASEBALL	5	3	6	2	5	6	2	4
BASKEDBL	8	1	7	1	5	3	6	4
BIC/RACE	1	1	1	1	3	0	1	1
BICYCLE	7	8	8	7	6	8	10	8
BOD/BUIL	1	0	1	0	0	1	1	1
BOWLING	2	1	0	3	2	1	2	2
CALISTH	2	2	1	3	1	3	2	2
CAMPING	0	2	2	1	0	2	1	1
FISHING	7	2	5	4	2	9	1	4
GOLF	8	2	5	5	3	4	7	5
HIKING	2	1	1	1	1	1	2	1
HUNTING	2	0	2	0	0	2	0	1
MOTRBOAT	0	1	0	1	0	1	0	0
JOGGING	10	5	11	3	4	6	12	7
ROWING	1	0	0	0	0	0	1	0
SKIING	2	0	1	1	0	1	2	1
SOFTBALL	7	2	7	1	1	4	7	4
SWIMMING	12	19	19	11	10	17	20	13
VOLLEYBL	4	3	5	2	4	4	2	3
WALKING	27	48	32	45	45	37	31	39
WT/LIFT	9	1	7	3	1	6	6	5
WT/TRAIN	2	0	1	2	0	2	2	1
OTHER	12	6	12	6	6	12	8	13
NOT SURE	1	1	1	1	0	2	0	1
TENNIS	3	3	4	2	2	2	6	3
GARDENIN	1	4	1	5	5	2	2	4

19. What is the most important reason why you try to take care of your body: is it mostly because you want to be attractive to others, or mostly because you want to keep healthy, or mostly because it helps your self-confidence, or what?

	--GENDER--		---AGE---		----INCOME----		SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS \$20K-4	MORE	TOTAL	TOTAL
ATTRACT	7	6	8	5	3	7	8	4
HEALTH	80	71	68	82	75	74	76	75
CONFDNCE	11	21	23	10	18	18	15	17
NOT SURE	2	2	1	2	3	1	1	2
REFUSED	0	0	0	1	1	0	0	0

20. How important is it to you to have an attractive body? Is that very important, or somewhat important, or somewhat unimportant, or is it very unimportant to you to have an attractive body?

	--GENDER--		---AGE---		----INCOME----		SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS \$20K-4	MORE	TOTAL	TOTAL
VERY/IMP	22	27	26	23	28	23	23	25
SOM/IMP	49	56	57	49	42	58	57	53
S/UNIMP	16	10	10	16	14	13	14	13
V/UNIMP	13	6	7	11	15	6	6	9
NOT SURE	0	1	0	1	1	0	0	0

## COMBINED RESPONSES FROM ABOVE:

	--GENDER--		--AGE--		--INCOME--			SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS	\$20K-4	MORE	TOTAL	TOTAL
IMPORTINT	70	84	82	72	70	81	80	75	77
UNIMP	29	16	18	27	29	19	20	25	22
D/KNOW	1	0	0	1	1	0	0	0	1

21. When you decide on where to take your vacation, is access to exercise an essential consideration, or not?

	--GENDER--		--AGE--		--INCOME--			SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS	\$20K-4	MORE	TOTAL	TOTAL
YES	23	21	26	18	20	20	27	26	22
NO	76	76	74	78	76	79	73	72	76
NOT SURE	1	2	0	2	3	1	0	2	1
REFUSED	0	1	0	2	1	0	0	0	1

22. Have you ever experienced an injury that was directly related to your exercise program, or not?

	--GENDER--		--AGE--		--INCOME--			SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS	\$20K-4	MORE	TOTAL	TOTAL
YES	25	12	21	16	13	15	25	25	18
NO	75	88	79	84	86	85	75	74	82
NOT SURE	0	0	0	0	1	0	0	1	0

23. During the past week, about how much money would you say you have spent on making yourself healthier? By that I mean, how much money did you spend on exercise clothes, or aerobic classes, or special diet items, or on a health club, or things like that? For example, how much did you spend yesterday? The day before yesterday? How much, in all, did you spend last week making yourself healthier?

	--GENDER--		--AGE--		--INCOME--			SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS	\$20K-4	MORE	TOTAL	TOTAL
NOTHING	63	71	61	73	77	66	58	62	67
LESS 1\$	2	0	1	1	1	1	1	1	1
\$2-3	3	2	2	3	2	2	2	2	2
\$4-7	5	4	6	4	3	5	7	5	5
\$8-15	8	6	8	5	5	6	10	9	7
\$16-31	9	8	11	6	8	10	9	9	9
\$32-63	6	4	5	5	4	6	6	7	5
\$64-127	3	2	3	2	0	3	3	3	2
\$128-255	1	1	2	0	0	1	2	1	1
MORE	0	1	1	0	0	0	1	0	0
NOT SURE	0	1	0	1	0	0	1	1	1

24. Which of the following is the most important step you have taken during the last year to improve your health? Have you cut out alcohol, or have you gone on a diet, or do you exercise strenuously, or have you quit smoking, or what?

	--GENDER--		--AGE--		--INCOME--			SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS	\$20K-4	MORE	TOTAL	TOTAL
NOTHING	28	30	21	37	36	28	19	27	29
ALCOHOL	8	5	8	5	12	4	5	9	7
DIET	28	39	33	35	31	35	37	32	34
EXERCISE	21	18	27	12	12	21	27	21	19
SMOKING	11	4	7	7	5	9	8	6	7
OTHER	3	2	3	2	2	2	4	4	2
NOT SURE	1	1	1	1	1	1	0	1	1
REFUSED	0	1	0	1	1	0	0	0	1

25. Which one of those is hardest for you to do: cut out alcohol, or go on a diet, or exercise strenuously, or quit smoking?

	--GENDER--		--AGE--		--INCOME--		SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS \$20K-4	MORE	TOTAL	TOTAL
ALCOHOL	9	3	7	5	3	6	9	6
DIET	30	34	32	32	29	34	34	33
EXERCISE	15	27	19	23	21	23	18	21
SMOKING	30	25	31	22	32	25	28	27
OTHER	3	3	2	5	4	3	2	3
NOT SURE	10	6	7	10	9	7	7	8
REFUSED	3	2	2	3	2	2	2	2

26. How have your eating and drinking habits changed over the last five years? For example, what single thing are you eating or drinking more of now, compared to five years ago? Is there something else you are eating or drinking a lot more now than you used to? (ACCEPT UP TO THREE REPLIES)

	--GENDER--		--AGE--		--INCOME--		SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS \$20K-4	MORE	TOTAL	TOTAL
N/DIFF	27	21	18	30	33	22	17	24
BEER	4	3	4	2	1	3	6	3
BREAD	1	1	1	1	2	1	1	1
CAFFEINE	4	5	5	4	6	4	3	4
CAKE	0	1	1	1	0	1	0	1
CANNED	1	0	0	1	0	1	0	0
STARCHES	1	1	2	1	2	1	1	1
CEREALS	3	2	2	3	2	3	4	3
CHOLEST	1	1	0	2	0	1	1	1
DAIRY	4	2	4	2	3	3	3	3
DIET/FDS	2	2	1	2	2	2	2	2
DIET/DKS	3	6	4	5	3	6	4	5
EGGS	0	0	0	0	0	0	0	0
FAST/FDS	2	2	3	0	1	2	2	2
FATTY/FD	0	1	1	0	1	1	1	1
FIBER	6	5	4	7	5	5	7	5
FISH	8	9	8	9	7	7	11	8
FRIED/FD	0	0	0	0	0	0	1	0
FRUITS	10	19	16	13	13	14	18	15
HARD/LIQ	1	1	2	0	0	1	1	1
HOME/CKG	0	0	0	0	1	0	0	0
JUNK/FD	0	1	1	1	0	1	1	1
LITE/BR	1	0	0	0	0	0	1	0
LOWF/MLK	3	3	3	3	3	3	2	3
MEAT	6	3	4	4	7	2	4	4
NATURAL	1	1	1	0	1	2	0	1
ORGANIC	1	0	1	1	1	1	0	1
POTATOES	0	0	0	0	0	1	0	0
POULTRY	7	7	7	7	6	6	10	7
PRESRVTV	1	0	0	1	0	1	0	0
PROTEINS	0	1	1	1	0	1	1	0
SALADS	5	3	4	4	2	5	5	4
SAT/FAT	0	0	0	0	1	0	0	0
SEAFOOD	1	0	0	1	0	0	1	0
SNACK/FD	0	1	1	0	0	1	1	0
SUG/SUBS	1	1	1	1	1	2	1	0
SUGAR	1	2	1	2	2	1	1	1
UNSAT/FT	0	0	0	0	0	0	0	0
VEGGIES	19	23	23	19	16	21	27	21
WATER	16	27	27	16	23	22	23	21
WINE	1	1	1	1	1	1	2	1
OTHER	8	5	7	7	7	5	6	7
NOT SURE	1	1	1	1	0	1	0	1
COKE	2	4	5	2	4	3	2	3
JUICE	3	2	3	2	2	2	3	3

27. What single thing are you eating or drinking less of now, compared to five years ago? Is there something else you are eating or drinking a lot less now than you used to? (ACCEPT UP TO THREE REPLIES)

	---GENDER---		---AGE---		---INCOME---		SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS \$20K-4	MORE	TOTAL	TOTAL
N/DIFF	19	18	15	22	29	17	17	19
BEER	12	4	9	6	8	7	10	8
BREAD	3	4	2	5	4	3	4	4
CAFFEINE	7	10	5	13	7	8	10	8
CAKE	3	5	4	5	4	3	7	4
STARCHES	1	2	1	2	1	1	3	2
CEREALS	1	0	0	1	1	0	0	0
CHOLEST	3	5	3	5	4	4	4	4
DAIRY	8	7	8	8	6	10	7	8
DIET/FDS	0	0	1	0	1	0	0	0
DIET/DKS	2	4	4	2	4	3	1	3
EGGS	4	4	3	5	4	4	3	4
FAST/FDS	5	2	4	2	2	3	4	3
FATTY/FD	8	9	7	10	7	7	10	8
FRIED/FD	4	4	5	3	5	5	2	4
FRUITS	1	0	1	0	0	0	1	1
HARD/LIQ	9	9	10	9	10	8	10	9
JUNK/FD	6	6	11	2	3	8	8	6
LOWF/MLK	1	1	1	1	1	1	2	1
MEAT	24	22	21	25	13	26	28	23
ORGANIC	1	0	0	1	0	1	0	0
POTATOES	0	2	1	2	1	3	0	1
POULTRY	0	1	0	1	2	0	0	1
SALT	4	4	3	4	5	3	3	4
SAT/FAT	1	2	2	1	1	2	2	2
SEAFOOD	1	0	0	1	0	1	0	0
SNACK/FD	3	1	1	2	1	2	2	2
SUG/SUBS	0	1	0	1	1	0	0	0
SUGAR	8	15	14	9	11	11	14	12
UNSAT/FT	0	0	0	0	0	0	1	0
VEGGIES	3	1	2	1	1	2	3	2
WATER	2	2	3	1	3	3	1	2
WINE	2	2	2	2	2	1	2	2
OTHER	3	4	4	2	4	2	3	3
NOT SURE	1	1	1	1	0	1	2	1
COKE	9	11	13	6	8	9	11	10
JUICE	0	0	0	0	0	0	0	0



28. What single kind of food do you have the most trouble resisting? Is there another kind of food that you have almost as much trouble resisting? (ACCEPT UP TO THREE ITEMS)

	---GENDER---		---AGE---		---INCOME---		SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS \$20K-4	MORE	TOTAL	TOTAL
NOTHING	17	12	11	17	20	10	11	14
BEER	2	0	1	1	2	1	0	1
BREAD	2	6	3	6	3	5	4	4
CAKE	14	17	13	18	19	11	19	16
CANDY	9	14	10	13	14	11	9	12
CHIPS	4	6	6	5	5	5	6	5
CHOCOLATE	11	18	15	14	14	14	16	15
COFFEE	1	2	2	1	2	1	1	1
COOKIES	4	9	7	7	7	7	7	7
DONUTS	3	4	3	4	3	3	5	4
EGGS	1	0	1	1	1	1	1	1
F/F POT.	3	4	4	3	4	4	2	3
BURGERS	7	2	7	3	2	6	6	5
ICECREAM	15	16	12	19	14	15	18	15
NUTS	1	1	0	1	1	1	1	1
PASTA	4	4	5	3	1	6	5	4
PIE	6	7	4	9	9	6	5	6
PIZZA	10	7	11	5	6	11	8	8
FOUNTAIN	1	1	1	1	0	1	1	1
SOFT/DRS	3	2	3	1	1	4	2	2
STEAK	7	3	5	4	5	6	4	5
OTHER	15	14	16	14	15	15	14	15
NOT SURE	1	2	1	2	2	1	3	2

29. Are you on a diet?

	---GENDER---		---AGE---		---INCOME---		SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS \$20K-4	MORE	TOTAL	TOTAL
DIET	22	32	25	30	26	27	29	27
N/DIET	77	68	74	70	74	72	70	72
NOT SURE	1	0	1	0	0	1	1	1

30. Would you say you are overweight, or underweight, or would you say you are about the proper weight for your size and age? (IF OVERWEIGHT OR UNDERWEIGHT) Are you less than 10 pounds (overweight/underweight), or 10 to 20 pounds (overweight/underweight), or as much as 30 pounds (overweight/underweight), or are you more than that?

	---GENDER---		---AGE---		---INCOME---		SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS \$20K-4	MORE	TOTAL	TOTAL
MT 30 OV	5	9	4	11	13	4	5	7
21-30 OV	5	8	5	7	5	10	3	7
10-20 OV	16	20	15	21	16	19	19	18
LT 10 OV	13	12	11	13	15	10	14	12
PROPER	54	45	57	40	42	52	49	49
LT 10 UN	3	3	3	3	2	2	6	3
10-20 UN	3	1	3	2	2	2	3	2
21-30 UN	1	1	1	2	3	1	0	1
MT 30 UN	0	1	1	1	1	0	1	1
NOT SURE	0	0	0	0	1	0	0	0

## COMBINED RESPONSES FROM ABOVE:

	--GENDER--		--AGE--		--INCOME--			SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS	\$20K-4	MORE	TOTAL	TOTAL
OVERWT	39	48	35	52	49	43	41	43	44
PROPER	53	45	57	40	42	52	49	48	49
UNDERWT	8	7	8	7	8	5	10	9	7
NOT SURE	0	0	0	1	1	0	0	0	0

31. When you purchase a food product, are you in the habit of examining the label to find out the ingredients or how many calories it contains, or don't you pay much attention to that?

	--GENDER--		--AGE--		--INCOME--			SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS	\$20K-4	MORE	TOTAL	TOTAL
YES	43	60	50	54	47	52	58	58	52
NO	57	39	50	45	52	48	41	42	48
NOT SURE	0	1	0	1	1	0	1	0	0

32. In order to lose weight, have you ever gone to a commercial diet firm like the Diet Center, or NutriSystems, or Overeaters Anonymous, or Weight Watchers, or anything like that?

	--GENDER--		--AGE--		--INCOME--			SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS	\$20K-4	MORE	TOTAL	TOTAL
YES	4	18	9	13	9	10	14	14	11
NO	96	82	91	87	91	90	86	86	89

33. How much stress would you say you have in your life? Would you say you encounter many stressful situations in your life, or some, or a few, or would you say you have hardly any in your life?

	--GENDER--		--AGE--		--INCOME--			SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS	\$20K-4	MORE	TOTAL	TOTAL
MANY	32	39	39	33	32	38	39	31	36
SOME	31	29	31	29	29	28	34	29	30
FEW	19	17	19	17	15	22	15	20	18
H/ANY	18	15	11	21	24	12	12	20	16

34. How well do you think you are able to handle stressful situations? Would you say that you handle stress very well, fairly well, fairly poorly, or very poorly?

	--GENDER--		--AGE--		--INCOME--			SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS	\$20K-4	MORE	TOTAL	TOTAL
V/WELL	35	30	29	36	26	33	38	37	33
FAIRLY/W	58	58	61	55	62	58	57	53	58
F/POORLY	4	8	7	5	7	7	3	6	6
V/POORLY	2	3	2	3	4	2	2	3	2
NOT SURE	1	1	1	1	1	0	0	1	1

## COMBINED RESPONSES FROM ABOVE:

	--GENDER--		--AGE--		--INCOME--			SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS	\$20K-4	MORE	TOTAL	TOTAL
WELL	93	88	91	91	88	91	95	90	91
POOR	6	11	8	8	11	9	5	9	8
D/KNOW	1	1	1	1	1	0	0	1	1

35. Do you have any special method that helps you reduce stress in your life, or not? Do you have another method that helps you reduce stress almost as well? (ACCEPT UP TO TWO REPLIES.)

	--GENDER--		--AGE--		--INCOME--		SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS \$20K-4	MORE	TOTAL	TOTAL
NOTHING	33	30	29	34	36	30	28	35
AV/PHONE	1	0	0	1	0	1	0	0
BIOFEED	0	1	0	1	0	0	1	0
DRINKING	2	0	1	1	1	1	2	1
EXERCISE	18	16	21	12	13	15	25	19
FAMILY	1	2	1	2	1	3	1	1
GARDEN	3	2	1	4	2	1	4	2
GET AWAY	8	7	9	6	10	7	7	8
HOBBIES	3	2	3	2	2	4	2	1
BATHS	0	1	1	0	1	0	0	1
ISOLAT'N	1	2	2	1	2	2	1	1
MEDITATE	7	6	5	7	4	8	7	6
MUSIC	4	5	7	2	2	5	6	6
READING	3	8	4	8	5	7	4	4
REFLEXOL	1	1	0	1	0	1	1	1
SEX	0	0	1	0	0	0	1	0
SMOKING	1	1	1	1	1	1	1	1
SOCIALZE	1	5	5	2	6	3	3	2
SPORTS	5	3	6	2	4	4	4	1
TV	1	2	2	1	1	1	1	2
OTHER	16	17	17	16	14	17	17	16
NOT SURE	0	0	0	0	1	0	0	0
RELIGION	5	10	4	11	10	6	5	6
MENTAL A	7	6	6	7	5	7	8	10

36. What's the most important bad habit you have that is hurting your health? Is there another bad habit you have that is hurting your health almost as much? (ACCEPT UP TO TWO REPLIES)

	--GENDER--		--AGE--		--INCOME--		SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS \$20K-4	MORE	TOTAL	TOTAL
NONE	20	20	14	26	22	19	16	22
DRINKING	13	5	14	4	5	10	13	9
DRUGS	3	1	2	1	2	1	3	1
WRNG/FDS	16	20	18	19	13	24	16	18
OVEREAT	12	18	11	20	18	15	13	12
N/EXERCS	6	9	6	9	6	7	11	8
SMOKING	27	27	34	20	30	26	25	24
OTHER	11	11	11	10	8	11	13	13
NOT SURE	2	1	1	2	2	2	1	3

37. Do you, yourself, smoke cigarettes - by that I mean, as much as one pack a week?

	--GENDER--		--AGE--		--INCOME--		SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS \$20K-4	MORE	TOTAL	TOTAL
SMOKE	28	28	36	19	33	28	27	27
N/SMOKE	72	71	63	80	66	71	73	73
REFUSED	0	1	1	1	1	1	0	0

38. Have you ever given up smoking for at least one day? (IF YES)  
Thinking only of the last time you gave up smoking... what is the total  
length of time you went without a cigarette?

	--GENDER--		--AGE--		--INCOME--		SO CAL TOTAL	NAT'L TOTAL
	MALE	FEMALE	YOUNGE	OLDER	LESS \$20K-4	MORE		
NEVER	9	21	14	17	17	17	10	15
1-6 DAYS	26	27	32	16	29	22	30	26
1 WEEK	9	6	8	6	9	8	3	8
8-13 DAYS	4	1	2	1	6	0	1	2
2 WEEKS	6	4	5	5	6	6	3	5
TO 1 MON	3	3	2	4	1	5	3	3
TO 3 MOS	14	8	10	12	12	9	12	10
TO 6 MOS	10	9	11	6	1	13	14	10
TO 1 YR	8	11	7	15	13	9	7	10
TO 2 YRS	3	4	5	2	4	3	5	4
MORE	8	6	4	15	2	8	11	7
D/KNOW	0	0	0	1	0	0	1	0

39. Do you drink occasionally - by that I mean, do you usually drink  
at least one glass of wine, or one cocktail, or one highball per week, or  
not? (IF YES) About how many glasses of wine, or how many cocktails, or  
highballs do you have per week - that's adding them all together.

	--GENDER--		--AGE--		--INCOME--		SO CAL TOTAL	NAT'L TOTAL
	MALE	FEMALE	YOUNGE	OLDER	LESS \$20K-4	MORE		
NONE	46	69	49	68	69	60	44	58
1 TO 7	33	24	34	22	20	27	38	28
8 TO 14	10	5	9	6	5	10	8	7
15 TO 21	3	1	2	3	2	1	3	2
22 TO 28	2	0	1	0	2	0	1	1
29 TO 35	2	0	1	0	1	0	2	1
36 TO 42	2	0	2	0	0	0	3	1
43 TO 49	1	1	1	1	0	1	1	1
50 TO 56	1	0	1	0	0	1	0	1
REFUSED	0	0	0	0	1	0	0	0

COMBINED RESPONSES FROM ABOVE:

	--GENDER--		--AGE--		--INCOME--		SO CAL TOTAL	NAT'L TOTAL
	MALE	FEMALE	YOUNGE	OLDER	LESS \$20K-4	MORE		
DRINK	53	31	51	31	30	40	56	41
N/DRINK	46	69	49	68	69	60	44	58
D/KNOW	1	0	0	1	1	0	0	1

40. What do you think is the greatest health problem facing this nation? Is there another health problem you think is the greatest problem? (ACCEPT UP TO TWO REPLIES.)

	---GENDER---		---AGE---		---INCOME---		SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS \$20K-4	MORE	TOTAL	TOTAL
AIDS	35	43	41	37	37	41	41	39
ALCOHOL	11	14	11	15	13	14	10	13
CANCER	18	23	16	25	19	20	25	21
SMOKING	10	9	13	6	8	11	10	10
DRUGS	25	28	27	27	28	28	25	27
ELDERLY	1	1	0	1	1	1	1	1
CARECOST	2	2	2	2	1	3	3	2
HEALTH	11	8	10	9	7	10	10	9
HEART	10	11	8	14	10	11	10	11
OBESITY	19	12	16	14	11	15	18	15
POLLUT'N	10	3	7	5	6	6	7	6
POVERTY	3	4	4	3	5	2	3	3
OTHER	7	5	7	5	6	7	6	6
NOT SURE	4	5	4	5	5	4	3	4
REFUSED	0	0	0	1	1	0	0	0

41. What disease are you most afraid of getting: AIDS, or cancer, or diabetes, or heart disease, or a liver ailment, or pneumonia, or a stroke, or what?

	---GENDER---		---AGE---		---INCOME---		SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS \$20K-4	MORE	TOTAL	TOTAL
AIDS	22	17	30	9	19	19	19	19
CANCER	38	47	44	42	40	45	45	43
DIABETES	3	4	4	3	2	5	4	4
HEART	18	11	10	19	12	14	16	14
LIVER	0	0	0	0	0	0	0	0
PNEUMON	1	0	0	1	0	1	1	1
STROKE	4	11	5	10	15	5	5	8
OTHER	4	4	3	4	4	3	3	3
NOT SURE	8	5	3	9	7	6	6	6
REFUSED	2	1	1	3	1	2	1	2

42. How concerned are you about AIDS as a problem for your own personal health? Are you very concerned, or fairly concerned, or fairly unconcerned, or very unconcerned about AIDS as a problem for your own personal health?

	---AIDS---		---RACE---		---AGE GROUP---		---SAMPLE---	
	CONCER	UNCONC	BLACK	LATINO	YOUNGE	OLDER	NATION	S/CALI
V/CONC	50	0	47	41	24	13	19	19
F/CONC	50	0	23	19	23	14	18	19
F/UNCONC	0	25	6	11	19	12	16	15
V/UNCONC	0	75	24	29	34	61	47	47

COMBINED RESPONSES FROM ABOVE:

	---AIDS---		---RACE---		---AGE GROUP---		---SAMPLE---	
	CONCER	UNCONC	BLACK	LATINO	YOUNGE	OLDER	NATION	S/CALI
CONCERN	100	0	70	60	46	27	37	38
UNCONC	0	100	30	40	54	73	63	62

43. How much of an effect would you say AIDS has had in your lifestyle? Would you say it has caused an almost total change on your lifestyle, or it has had a large impact, or a small impact, or would you say that AIDS has caused almost no change at all on your lifestyle?

	---AIDS---		---RACE---		-AGE GROUP-		---SAMPLE---		
	CONCER	UNCONC	BLACK	LATINO	YOUNGE	OLDER	NATION	S/CALI	TOTAL
T/CHANGE	6	1	10	5	3	2	3	3	3
L/IMPACT	24	2	24	27	16	5	11	10	10
S/IMPACT	24	11	15	10	22	9	15	19	16
N/CHANGE	45	86	50	55	59	83	71	68	70
NOT SURE	1	0	1	3	0	1	0	0	1

COMBINED RESPONSES FROM ABOVE:

	---AIDS---		---RACE---		-AGE GROUP-		---SAMPLE---		
	CONCER	UNCONC	BLACK	LATINO	YOUNGE	OLDER	NATION	S/CALI	TOTAL
IMPACT	30	3	35	32	19	7	13	13	13
N/IMPACT	69	97	64	65	81	92	86	87	86
D/KNOW	1	0	1	3	0	1	1	0	1

44. Do you think some civil liberties must be suspended in the war on AIDS, or not?

	---AIDS---		---RACE---		-AGE GROUP-		---SAMPLE---		
	CONCER	UNCONC	BLACK	LATINO	YOUNGE	OLDER	NATION	S/CALI	TOTAL
YES	47	41	54	48	47	39	43	41	43
NO	30	24	23	32	28	25	25	34	26
NOT SURE	22	34	21	16	24	35	31	24	30
REFUSED	1	1	2	4	1	1	1	1	1

45. There is always a possibility that the results of a test for infection with the AIDS virus may become known to the general public. Despite that fact, do you think people with a high risk of acquiring AIDS should be made to take the test, or do you think the test should be taken only on a voluntary basis?

	---AIDS---		---RACE---		-AGE GROUP-		---SAMPLE---		
	CONCER	UNCONC	BLACK	LATINO	YOUNGE	OLDER	NATION	S/CALI	TOTAL
MANDATRY	55	58	61	45	55	59	57	55	57
VOLUTARY	40	33	31	45	41	30	35	38	35
NOT SURE	5	8	8	10	4	10	7	6	7
REFUSED	0	1	0	0	0	1	1	1	1

46. Do you think that public agencies should be allowed to use these test results to trace the sexual partners of people who have tested positive for the AIDS virus infection, or not?

	---AIDS---		---RACE---		-AGE GROUP-		---SAMPLE---		
	CONCER	UNCONC	BLACK	LATINO	YOUNGE	OLDER	NATION	S/CALI	TOTAL
YES	77	76	82	68	77	76	77	71	77
NO	19	15	13	25	19	14	16	21	16
NOT SURE	4	8	5	7	4	9	7	8	7
REFUSED	0	1	0	0	0	1	0	0	0

47. Considering the number of important problems facing the nation today, in which one of the following areas do you think the government should be spending more money: AIDS, or cancer, or crime, or drugs, or the environment, or health care, or the homeless, or unemployment, or is there some other area where you think the government should be spending more money? (WAIT FOR REPLY) Is there another problem that you consider almost as necessary to spend money on? (ACCEPT UP TO 2 REPLIES)

	---AIDS---		---RACE---		-AGE GROUP-		--SAMPLE--		
	CONCER	UNCONC	BLACK	LATINO	YOUNGE	OLDER	NATION	S/CALI	TOTAL
NOTHING	0	2	0	1	0	3	1	2	2
AIDS	36	18	33	35	30	19	24	30	24
CANCER	15	14	6	10	12	17	15	10	14
CRIME	14	17	14	26	17	14	15	20	16
DRUGS	28	35	35	27	31	33	33	31	33
ENVIRON	10	17	4	7	17	13	15	15	15
HEALTH	20	20	24	15	17	22	20	19	20
HOMELESS	34	28	44	44	31	29	30	30	30
UNEMPLOY	10	12	7	11	13	11	12	8	12
OTHER	7	8	7	4	9	6	8	6	7
NOT SURE	3	4	2	1	2	5	3	4	3

48. This year, the federal government is going to spend two billion dollars on AIDS and AIDS-related illness. Do you think the federal government should spend more money to find a cure for AIDS, or less money, or do you think the federal government is spending about the right amount of money on AIDS?

	---AIDS---		---RACE---		-AGE GROUP-		--SAMPLE--		
	CONCER	UNCONC	BLACK	LATINO	YOUNGE	OLDER	NATION	S/CALI	TOTAL
MORE	33	20	33	39	28	22	24	29	25
SAME	47	47	51	40	45	48	47	47	47
LESS	5	16	3	6	11	12	12	8	12
NOT SURE	15	17	13	15	16	17	16	15	16
REFUSED	0	0	0	0	0	1	1	1	0

49. Do you think that research on AIDS is, or is not, taking money away from other important medical research - such as cancer and heart disease?

	---AIDS---		---RACE---		-AGE GROUP-		--SAMPLE--		
	CONCER	UNCONC	BLACK	LATINO	YOUNGE	OLDER	NATION	S/CALI	TOTAL
YES	34	42	31	34	38	40	40	35	39
NO	56	43	56	56	54	41	47	52	48
NOT SURE	9	15	13	10	8	18	13	13	13
REFUSED	1	0	0	0	0	1	0	0	0

50. There are about forty thousand AIDS patients alive today and medical treatment can cost as much as 80 thousand dollars for each patient. Do you think the cost of AIDS treatment should be shared by all of the people who pay health insurance premiums, or do you think there should be a higher insurance rate for AIDS patients?

	---AIDS---		---RACE---		-AGE GROUP-		--SAMPLE--		
	CONCER	UNCONC	BLACK	LATINO	YOUNGE	OLDER	NATION	S/CALI	TOTAL
SHARE	42	31	53	50	39	32	34	43	35
PAY MORE	41	52	26	31	47	50	50	40	48
NOT SURE	16	16	19	19	14	17	15	16	16
REFUSED	1	1	2	0	0	1	1	1	1

51. Do you think the nature of the AIDS epidemic is changing – by that I mean, is it becoming more of a problem for homosexuals, minorities and drug users, rather than becoming more of a problem for the general population?

	---AIDS---		---RACE---		---AGE GROUP---		---SAMPLE---		
	CONCER	UNCONC	BLACK	LATINO	YOUNGE	OLDER	NATION	S/CALI	TOTAL
MINORTYS	31	35	20	40	37	31	34	32	34
GENERAL	60	52	66	50	57	52	55	56	55
NOT SURE	9	12	14	10	6	16	11	11	11
REFUSED	0	1	0	0	0	1	0	1	0

52. When did you get your last general medical check-up: Was it within the last six months, or within the last year, or the last two years, or the last five years, or did you get your last medical check-up longer ago than that?

	---GENDER---		---AGE---		---INCOME---		SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS \$20K-4	MORE	TOTAL	TOTAL
6 MOS	39	50	39	50	43	44	46	45
YEAR	31	30	31	31	35	25	33	31
2 YEARS	11	10	12	9	11	10	10	10
5 YEARS	9	7	11	6	6	11	8	8
LONGER	10	3	7	4	5	10	3	5

53. Have you ever thought about taking some kind of drastic action to improve your body? For example, have you thought about liposuction, or plastic surgery, or stapling your stomach, or tummy tucks, or wiring your mouth together, or anything like that?

	---GENDER---		---AGE---		---INCOME---		SO CAL	NAT'L
	MALE	FEMALE	YOUNGE	OLDER	LESS \$20K-4	MORE	TOTAL	TOTAL
NOTHING	95	85	89	91	85	92	89	90
LIPOSUC	2	4	3	2	3	2	4	3
PLASTIC	2	5	3	4	5	3	2	5
STAPLING	0	1	1	1	1	1	1	1
TUMMYTUK	0	4	3	2	5	1	2	1
WIRING	0	1	0	0	0	1	0	0
OTHER	1	0	1	0	1	0	2	0

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