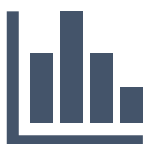


National Core Indicators® 2018-19 In-Person Survey (IPS) Report

Wellness

People maintain healthy habits.

What to know about the presentation of Wellness data:



Charts with un-collapsed weighted NCI average

Here's what [collapsed](#) data are



State and weighted NCI averages

The number of respondents (N) is not weighted

Here's what [weighting](#) data means for comparisons



DATA CAUTION!

Many states' data have a large amount of missing data or data recorded as “don't know”

Read about what this means [here](#)

Wellness

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Where do these data come from?

Some of the items are from the face-to-face survey. Others are drawn from administrative sources; these instances are noted in the table titles.

Items in this chapter are a part of the NCI Health, Welfare, and Rights domain (or topic area) and comprise the “Wellness” sub-domain (a specific area of concern within the domain). The Wellness sub-domain includes items that help determine whether “people are supported to maintain healthy habits”. Read more about NCI domains and sub-domains in the Overview chapter or this report.

What are “collapsed” data?

Many questions in the IPS allow respondents to answer a question with “middle” response like “maybe”, “sometimes” or “in-between”. The tables in this section present collapsed data. That means that two or more response options are grouped together if they are considered to reflect a positive outcome. The table titles explain which options were grouped.

To see the breakout of responses for each option, please see Appendix C.

What is weighting and why do we do it?

The NCI averages are “weighted” to reflect the states’ relative population and sample sizes. We created the weights using the state’s number of valid surveys and its total survey-eligible population. This way, a state that provides services to a larger number of people but uses a sample similar in size to other states has a greater influence on the overall NCI average (that is, its contribution is *proportional to its service population*).

Some states—in this survey year, **IN, MN, TX and WI**—intentionally oversampled one or more subpopulations or geographical regions to get more focused insights, so their weights are calculated slightly differently (using the number of completed surveys and service population sizes in each subpopulation or region). You can read more about this in the Methodology section of the Overview chapter.

The number of respondents (N) for each question *is not* weighted.

DATA CAUTION!

Several states had large amounts of missing data or data recorded as “don’t know.” Where 25% or more of a state’s sample had “don’t know” or missing responses, we used an asterisk (*) to indicate that state’s data should be interpreted with caution as it may not accurately represent the sample or service population.

Note. For those surveyed from RI’s SDS service delivery model, there are no administrative records available from which to pull much of the background information. Therefore, the RI data from the background information section may not be representative of this population.

Presentation of state and weighted NCI averages

Averages

For the most part, the state outcomes are shown in descending order of percentage and are categorized as statistically significantly above the NCI Average, within the range of the NCI Average, or significantly below the NCI Average. Statistical significance is taken to be at or below the .01 level. For those states that fall within the NCI Average range, their ‘always’ or ‘yes’ response was not statistically different from the NCI Average. Other tables show the states listed in alphabetical order and are not tested for significance.

Tables that show significance also break out average results for each state by the type of residence: ICF/IID or other institutional settings, group residence, own home, parent/relative’s home, foster or host home. Figure A on the following page shows, by state, the percentage of people surveyed in each residence type. Please note though that:

- Significance testing was not performed on the breakouts by residence
- The number of people in each residential setting is often too small to allow for valid state-to-state comparisons
- And in many cases, statistically valid conclusions cannot be drawn about differences in results between residence types

Still, we provide this information for states’ internal purposes. It should not be used to compare one state with another.

To protect people’s privacy, we do not show the data when fewer than 20 people from a state or residence type responded to a question (though their responses are included in the NCI average).

Due to the high rate of missing data and “don’t know” responses, some tables in this section are shown twice. The first table illustrates data as typically reported (by significance tier and averages in descending order, excluding missing data and “don’t know” responses). The second table shows data in alphabetical order and includes the percentage of missing and “don’t know” responses. Data in both sets of tables are weighted.

Figure A. Percentage of people surveyed in each residence type by state

State	ICF/IID. Nursing Facility and Other Institutional Settings	Community-based Group Residential Settings	Own Home or Apartment	Parent’s or Relative’s Home	Foster Care or Host Home	N
AL	0%	62%	5%	33%	0%	377
AZ	1%	18%	6%	67%	8%	411
AR	0%	19%	39%	39%	4%	505
CO	0%	16%	17%	45%	22%	649
CT	6%	41%	16%	34%	4%	384
DE	0%	58%	7%	28%	6%	322
FL	0%	30%	18%	51%	1%	867
GA	0%	28%	12%	53%	6%	474
HI	0%	12%	4%	57%	27%	360
IN	0%	0%	34%	64%	2%	742
KS	0%	45%	24%	26%	5%	401
KY	6%	36%	8%	35%	15%	428
ME	2%	31%	22%	22%	23%	392
MI	0%	45%	22%	28%	4%	646
MN	7%	50%	11%	28%	4%	2,061
MO	1%	16%	47%	32%	4%	401
NE	8%	36%	21%	24%	11%	396
NV	0%	59%	15%	22%	4%	408
NH	0%	13%	11%	39%	38%	397
NJ	0%	34%	12%	54%	0%	511
NY	13%	85%	0%	0%	2%	448
NC	14%	20%	7%	54%	6%	627
OH	4%	19%	27%	48%	1%	719
OK	0%	47%	23%	29%	2%	400
OR	0%	28%	20%	34%	19%	420
PA	8%	30%	16%	43%	4%	670
RI	0%	35%	17%	36%	12%	319
SC	2%	37%	16%	45%	0%	483
SD	0%	48%	40%	11%	1%	348
TN	3%	33%	33%	24%	8%	402
TX	17%	25%	5%	33%	20%	2,338
UT	7%	32%	11%	42%	9%	369
VT	0%	9%	12%	31%	48%	342
VA	2%	46%	7%	37%	8%	805
WA	0%	14%	34%	47%	5%	438
WI	2%	21%	33%	39%	5%	860
WY	0%	21%	39%	36%	4%	291
Weighted Total	4%	32%	18%	38%	7%	21,411

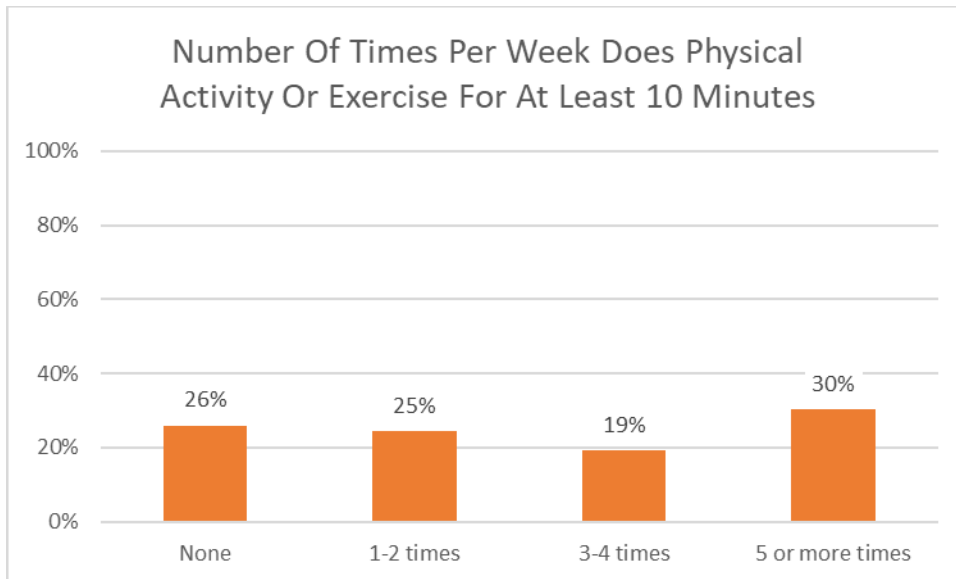


Table 1. Exercises or does physical activity at least once per week for 10 minutes or more at a time ('1 or 2 times', '3 or 4 times' and '5 or more times' responses; proxy respondents were allowed for this question)

Significantly Above Weighted NCI Average

State	Average Within State	N	ICF/IID, Nursing Facility and Other Institutional Settings	Community-based Group Residential Settings	Own Home or Apartment	Parent's or Relative's Home	Foster Care or Host Home
NH	91%	376	n/a	87%	88%	96%	89%
HI	85%	357	n/a	84%	n/a	86%	85%
WY	85%	300	n/a	80%	87%	87%	n/a
NE	85%	404	70%	86%	89%	93%	81%
TX	84%	2,337	81%	85%	82%	85%	86%
RI	84%	346	n/a	80%	71%	92%	97%
GA	83%	469	n/a	78%	88%	86%	73%
CO	83%	677	n/a	76%	86%	85%	78%
NV	82%	389	n/a	81%	80%	85%	n/a
VT	82%	334	n/a	70%	82%	84%	82%
SD	81%	310	n/a	72%	88%	88%	n/a
MN	80%	1,958	69%	78%	83%	86%	86%
AR	80%	498	n/a	85%	83%	75%	n/a
VA	80%	790	n/a	80%	79%	79%	87%
CT	80%	352	48%	78%	91%	83%	n/a

Within Weighted NCI Average

State	Average Within State	N	ICF/IID, Nursing Facility and Other Institutional Settings	Community-based Group Residential Settings	Own Home or Apartment	Parent's or Relative's Home	Foster Care or Host Home
AL	79%	375	n/a	77%	n/a	81%	n/a
WI	79%	877	n/a	85%	74%	80%	86%
NJ	78%	495	n/a	67%	80%	84%	n/a
TN	78%	388	n/a	71%	79%	84%	82%
UT	77%	363	88%	82%	89%	68%	84%
ME	77%	374	n/a	64%	83%	85%	83%
WA	76%	433	n/a	70%	75%	79%	80%
OR	76%	407	n/a	68%	83%	81%	74%
DE	76%	315	n/a	65%	86%	92%	n/a
NC	75%	645	58%	87%	85%	72%	91%
Weighted NCI Average	74%	21,057	66%	71%	75%	76%	81%
MI	73%	646	n/a	67%	77%	78%	74%
KS	73%	384	n/a	71%	77%	71%	n/a
NY	72%	415	69%	72%	n/a	n/a	n/a
MO	72%	401	n/a	58%	72%	76%	n/a
OH	71%	709	38%	64%	69%	78%	n/a
AZ	70%	410	n/a	66%	64%	72%	68%
PA	69%	654	52%	61%	76%	73%	86%

Significantly Below Weighted NCI Average

State	Average Within State	N	ICF/IID, Nursing Facility and Other Institutional Settings	Community-based Group Residential Settings	Own Home or Apartment	Parent's or Relative's Home	Foster Care or Host Home
SC	66%	489	n/a	57%	64%	74%	n/a
FL	66%	831	n/a	63%	70%	66%	n/a
IN	60%	729	n/a	n/a	66%	56%	n/a
OK	46%	397	n/a	43%	46%	51%	n/a
KY	44%	423	28%	41%	38%	52%	43%

State data with at least 25% "don't knows" and missing data are denoted with an asterisk (*)

See all un-collapsed state data showing responses for all possible response options in Appendix C

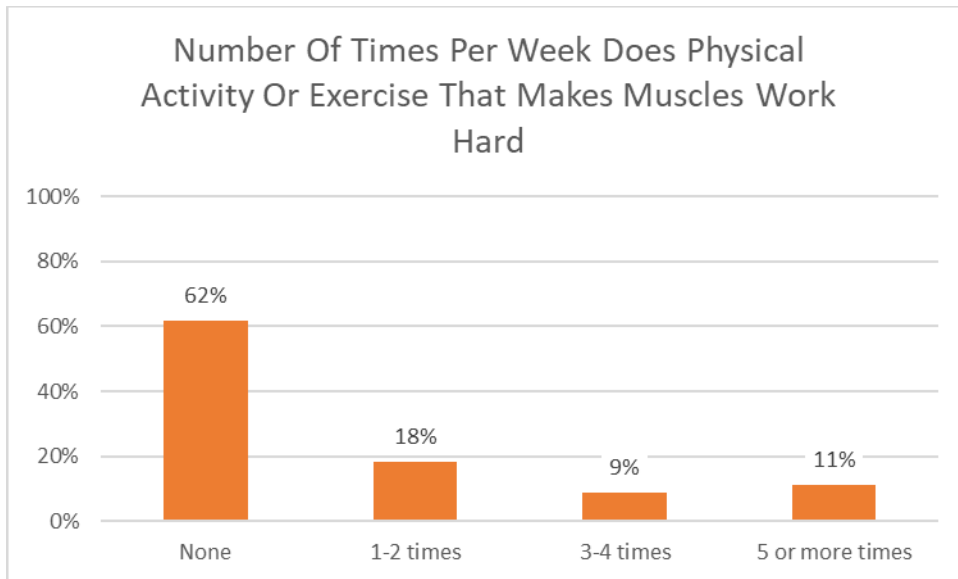


Table 2. Exercises or does physical activity at least once per week that makes the muscles in arms, legs, back, and/or chest work hard ('1 or 2 times', '3 or 4 times' and '5 or more times' responses; proxy respondents were allowed for this question)

Significantly Above Weighted NCI Average

State	Average Within State	N	ICF/IID, Nursing Facility and Other Institutional Settings	Community-based Group Residential Settings	Own Home or Apartment	Parent's or Relative's Home	Foster Care or Host Home
CO	55%	675	n/a	58%	56%	57%	48%
RI	50%	342	n/a	43%	46%	57%	56%
NH	49%	374	n/a	57%	44%	59%	37%
SD	48%	307	n/a	47%	46%	59%	n/a
WY	48%	302	n/a	46%	51%	44%	n/a
CT	48%	334	19%	41%	61%	55%	n/a
TX	47%	2,309	42%	48%	47%	46%	51%
TN	47%	382	n/a	48%	44%	46%	45%
AZ	47%	412	n/a	37%	64%	47%	50%
PA	45%	646	41%	37%	43%	52%	59%
MN	43%	1,954	33%	40%	43%	51%	41%

Within Weighted NCI Average

State	Average Within State	N	ICF/IID, Nursing Facility and Other Institutional Settings	Community-based Group Residential Settings	Own Home or Apartment	Parent's or Relative's Home	Foster Care or Host Home
WI	43%	880	n/a	37%	44%	46%	51%
HI	42%	355	n/a	28%	n/a	50%	34%
NV	42%	391	n/a	41%	39%	50%	n/a
NE	41%	406	43%	43%	32%	44%	47%
VT	40%	330	n/a	23%	35%	40%	46%
MI	39%	640	n/a	35%	44%	44%	31%
Weighted NCI Average	38%	20,951	41%	34%	37%	41%	42%
NC	38%	636	37%	41%	37%	38%	40%
KY	37%	419	13%	34%	32%	45%	35%
UT	36%	361	36%	37%	42%	33%	40%
WA	36%	430	n/a	25%	31%	41%	n/a
OH	36%	707	36%	26%	33%	41%	n/a
NY	36%	414	51%	34%	n/a	n/a	n/a
MO	36%	400	n/a	32%	29%	43%	n/a
VA	35%	789	n/a	34%	46%	36%	31%
KS	35%	391	n/a	37%	34%	36%	n/a
OR	35%	409	n/a	25%	45%	39%	32%
NJ	34%	496	n/a	24%	38%	39%	n/a
OK	34%	397	n/a	33%	38%	32%	n/a
ME	33%	370	n/a	34%	42%	38%	19%

Significantly Below Weighted NCI Average

State	Average Within State	N	ICF/IID, Nursing Facility and Other Institutional Settings	Community-based Group Residential Settings	Own Home or Apartment	Parent's or Relative's Home	Foster Care or Host Home
SC	30%	489	n/a	25%	36%	33%	n/a
FL	30%	822	n/a	27%	33%	30%	n/a
AR	28%	499	n/a	26%	31%	27%	n/a
GA	28%	469	n/a	19%	35%	31%	27%
DE	25%	314	n/a	21%	23%	36%	n/a
IN	21%	725	n/a	n/a	23%	20%	n/a
AL	18%	375	n/a	14%	n/a	24%	n/a

State data with at least 25% "don't knows" and missing data are denoted with an asterisk (*)

See all un-collapsed state data showing responses for all possible response options in Appendix C

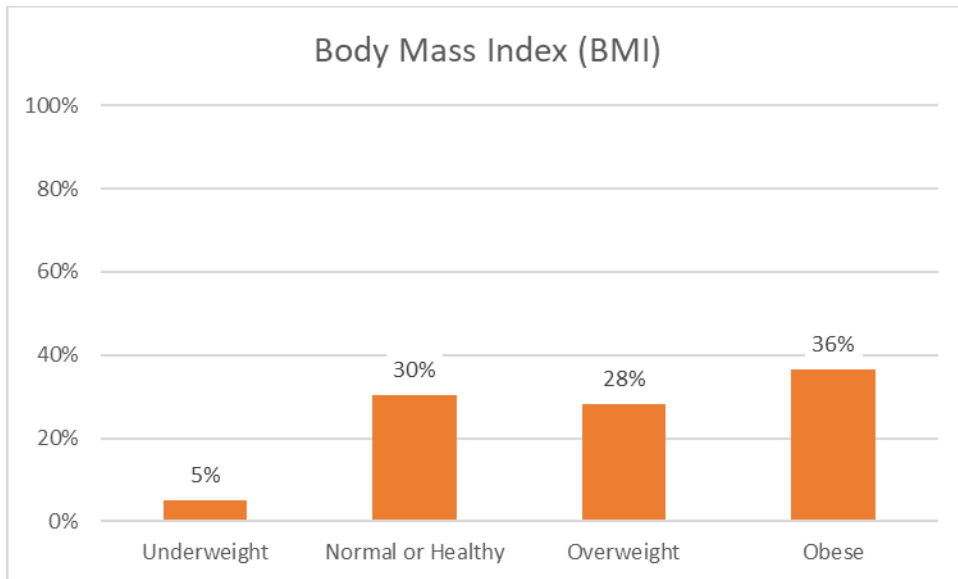


Table 3. Body Mass Index (BMI) category (BMI calculated using data on weight and height; information may have been obtained through state records)

State	Underweight	Normal or Healthy	Overweight	Obese	N
AL	1%	19%	32%	48%	372
AZ*	4%	38%	28%	30%	295
AR	6%	26%	24%	44%	502
CO	7%	37%	27%	29%	663
CT*	3%	31%	35%	31%	205
DE*	3%	31%	30%	35%	234
FL	6%	34%	31%	29%	718
GA	5%	24%	29%	43%	403
HI	9%	35%	25%	31%	362
IN	6%	25%	27%	42%	738
KS	6%	26%	25%	43%	371
KY	6%	23%	28%	43%	393
ME*	4%	31%	27%	38%	280
MI	6%	30%	26%	38%	568
MN	5%	34%	31%	30%	1,559
MO	4%	38%	26%	32%	397
NE	3%	33%	30%	34%	388
NV	2%	29%	31%	38%	390
NH	2%	25%	28%	45%	375
NJ	7%	30%	23%	40%	429
NY*	3%	33%	31%	34%	316
NC	7%	33%	28%	32%	516
OH*	6%	27%	28%	38%	412
OK	6%	31%	26%	37%	400
OR	2%	31%	26%	41%	396
PA*	4%	29%	28%	40%	359
RI	5%	32%	31%	32%	308
SC*	2%	27%	30%	42%	256
SD	4%	20%	30%	46%	329
TN	4%	26%	29%	41%	344
TX	6%	31%	28%	36%	2,221
UT	9%	33%	27%	31%	344
VT	4%	28%	32%	36%	343
VA*	5%	30%	29%	37%	592
WA	6%	33%	27%	35%	338
WI	4%	28%	29%	39%	789
WY*	8%	30%	27%	34%	237
Weighted NCI Average	5%	30%	28%	36%	18,142

State data with at least 25% “don’t knows” and missing data are denoted with an asterisk (*)

See all un-collapsed state data showing responses for all possible response options in Appendix C

Table 3B. Body Mass Index (*includes missing responses to background questions on height and/or weight*; information may have been obtained through state records)

State	Underweight	Normal or Healthy	Overweight	Obese	Missing	N
AL	1%	19%	31%	47%	2%	378
AZ	3%	27%	20%	21%	29%	413
AR	6%	25%	24%	44%	2%	510
CO	7%	34%	25%	27%	7%	712
CT	2%	16%	18%	16%	48%	391
DE	2%	21%	21%	24%	32%	342
FL	5%	28%	26%	24%	17%	867
GA	4%	20%	24%	36%	16%	479
HI	9%	35%	25%	31%	0%	363
IN	6%	25%	27%	42%	1%	742
KS	6%	24%	23%	39%	9%	408
KY	6%	21%	25%	40%	8%	429
ME	3%	22%	19%	27%	30%	400
MI	5%	26%	23%	32%	14%	658
MN	4%	27%	24%	24%	22%	2,140
MO	4%	37%	26%	32%	1%	403
NE	3%	30%	28%	31%	7%	418
NV	2%	28%	29%	36%	4%	408
NH	2%	23%	27%	42%	6%	400
NJ	6%	25%	19%	33%	17%	514
NY	2%	23%	22%	24%	29%	448
NC	6%	26%	22%	26%	21%	651
OH	3%	15%	16%	21%	44%	732
OK	6%	31%	26%	37%	0%	400
OR	2%	29%	24%	39%	6%	421
PA	2%	15%	14%	20%	49%	710
RI	4%	28%	27%	28%	14%	358
SC	1%	14%	15%	21%	49%	501
SD	4%	19%	28%	43%	6%	351
TN	3%	22%	25%	35%	15%	406
TX	5%	28%	25%	33%	8%	2,388
UT	9%	30%	25%	28%	8%	372
VT	4%	28%	32%	36%	1%	346
VA	3%	22%	21%	27%	27%	807
WA	4%	25%	20%	27%	23%	441
WI	3%	23%	24%	32%	17%	961
WY	6%	21%	19%	24%	30%	341
Expanded Weighted NCI Average	4%	24%	22%	29%	21%	22,009

State data with at least 25% “don’t knows” and missing data are denoted with an asterisk (*)

See all un-collapsed state data showing responses for all possible response options in Appendix C

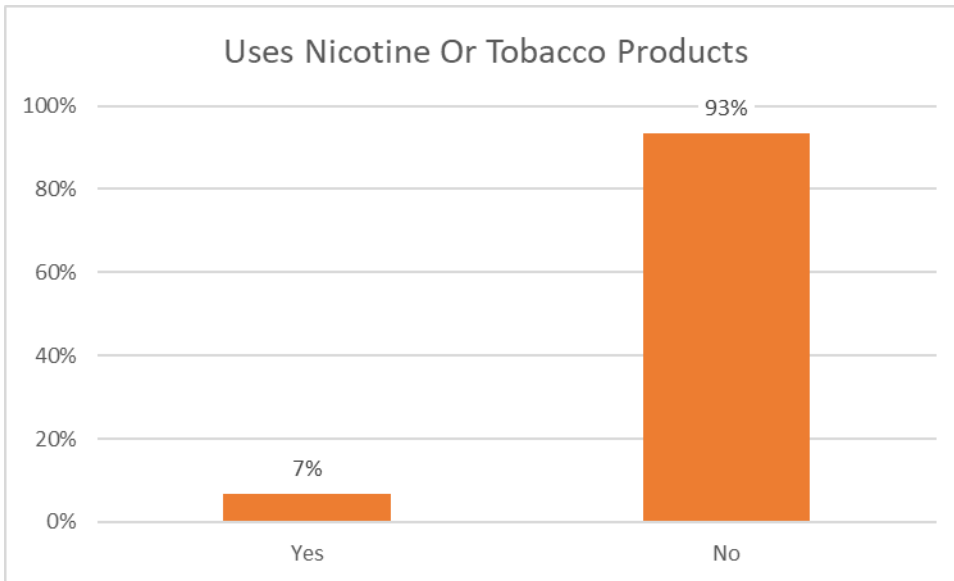


Table 4. Uses nicotine or tobacco products ('yes' responses only; information may have been obtained through state records)

Significantly Above Weighted NCI Average

State	Average Within State	N	ICF/IID, Nursing Facility and Other Institutional Settings	Community-based Group Residential Settings	Own Home or Apartment	Parent's or Relative's Home	Foster Care or Host Home
WI	15%	880	n/a	19%	28%	5%	5%
KY	14%	411	12%	22%	21%	4%	13%
WY	12%	298	n/a	12%	20%	5%	n/a
TN	11%	396	n/a	13%	15%	7%	3%

Within Weighted NCI Average

State	Average Within State	N	ICF/IID, Nursing Facility and Other Institutional Settings	Community-based Group Residential Settings	Own Home or Apartment	Parent's or Relative's Home	Foster Care or Host Home
SC	10%	473	n/a	10%	16%	6%	n/a
OR	9%	419	n/a	11%	13%	1%	15%
AR	9%	477	n/a	13%	12%	4%	n/a
PA	9%	648	4%	10%	19%	5%	3%
KS	8%	396	n/a	8%	16%	1%	n/a
OH	8%	656	4%	11%	14%	4%	n/a
NH	8%	392	n/a	10%	12%	5%	10%
SD	8%	337	n/a	5%	14%	0%	n/a
CO	7%	685	n/a	9%	12%	3%	9%
MO	7%	401	n/a	8%	11%	2%	n/a
Weighted NCI Average	7%	20,871	4%	8%	13%	3%	7%
VT	7%	342	n/a	9%	15%	1%	7%
UT	7%	361	0%	13%	14%	1%	3%
MI	7%	634	n/a	6%	10%	5%	8%
MN	6%	2,000	0%	8%	5%	3%	5%
AL	6%	375	n/a	8%	n/a	2%	n/a
OK	6%	400	n/a	8%	10%	0%	n/a
NE	6%	390	3%	4%	8%	5%	10%
ME	6%	376	n/a	7%	9%	2%	5%
TX	5%	2,294	7%	7%	11%	2%	5%
DE	5%	307	n/a	7%	14%	0%	0%
IN	5%	737	n/a	n/a	10%	3%	n/a
GA	5%	467	n/a	5%	20%	1%	10%
CT	5%	367	0%	6%	5%	4%	n/a
NC	5%	634	3%	10%	13%	1%	15%
NY*	5%	316	0%	5%	n/a	n/a	n/a
WA	5%	420	n/a	5%	8%	2%	n/a

Significantly Below Weighted NCI Average

State	Average Within State	N	ICF/IID, Nursing Facility and Other Institutional Settings	Community-based Group Residential Settings	Own Home or Apartment	Parent's or Relative's Home	Foster Care or Host Home
NJ	4%	496	n/a	5%	17%	0%	n/a
NV	4%	397	n/a	5%	3%	1%	n/a
VA	4%	765	n/a	5%	5%	2%	3%
RI	4%	340	n/a	2%	12%	1%	9%
FL	4%	847	n/a	3%	9%	2%	n/a
AZ	4%	397	n/a	9%	9%	2%	0%
HI	3%	340	n/a	3%	n/a	2%	5%

State data with at least 25% "don't knows" and missing data are denoted with an asterisk (*)

See all un-collapsed state data showing responses for all possible response options in Appendix C

Table 4B. Uses nicotine or tobacco products (*includes missing and don't know responses*; information may have been obtained through state records)

State	Uses tobacco products	Doesn't use tobacco products	Don't know	Missing	N
AL	6%	93%	1%	0%	378
AZ	3%	93%	3%	1%	413
AR	8%	85%	4%	3%	510
CO	7%	89%	0%	4%	712
CT	5%	89%	3%	4%	391
DE	5%	85%	5%	5%	342
FL	3%	94%	0%	2%	867
GA	5%	93%	0%	2%	479
HI	3%	91%	2%	5%	363
IN	5%	94%	0%	0%	742
KS	8%	89%	0%	2%	408
KY	13%	83%	1%	3%	429
ME	5%	89%	1%	5%	400
MI	6%	90%	1%	3%	658
MN	6%	89%	0%	5%	2,140
MO	7%	93%	0%	0%	403
NE	6%	88%	1%	6%	418
NV	4%	93%	2%	0%	408
NH	8%	90%	0%	2%	400
NJ	4%	93%	0%	3%	514
NY	3%	67%	0%	29%	448
NC	5%	93%	2%	0%	651
OH	7%	83%	7%	4%	732
OK	6%	94%	0%	0%	400
OR	9%	90%	0%	0%	421
PA	8%	83%	5%	3%	710
RI	4%	91%	4%	1%	358
SC	9%	85%	2%	3%	501
SD	7%	89%	1%	3%	351
TN	11%	87%	0%	2%	406
TX	5%	92%	3%	0%	2,388
UT	6%	91%	1%	2%	372
VT	7%	92%	1%	0%	346
VA	4%	91%	2%	3%	807
WA	4%	91%	2%	3%	441
WI	13%	77%	0%	9%	961
WY	11%	77%	0%	12%	341
Expanded Weighted NCI Average	6%	87%	2%	5%	22,009

State data with at least 25% “don't knows” and missing data are denoted with an asterisk (*)

See all un-collapsed state data showing responses for all possible response options in Appendix C