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National Women's
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for Hispanic Health

GREENBERG QUINLAN ROSNER RESEARCH

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Stress and Mind/Body Health Hispanics

Summary

Stress affects the lives of many Hispanics. Borne by concerns over money and amplified by concern for the well-being of their family, Hispanics have multiple life factors that accumulate and cause stress. Work and money are frequent sources of stress, but Hispanics are more likely than other people in the U.S. to report the health of parents, family and of themselves as very significant sources of stress in their lives.

Stress is a very different experience for Hispanic men and women. Women, most of whom report that they are the health managers in their family, feel stress from their family and home responsibilities. However, since nearly half are employed, work is also a prominent source of stress for women. Men, most of whom are employed full-time, primarily feel stress from work and money concerns.

Hispanics report higher levels of concern over stress than non-Hispanic whites, yet are among the least likely to be doing anything about it. As widespread as stress is for this group, many Hispanics (57 percent) are not taking steps to reduce the amount of stress in their lives.

Hispanics who do try to manage their stress are engaging in healthy behaviors, such as exercising and spending time with family and friends. Though amenable to seeking professional mental health care, Hispanics are less likely to report access than other people in the U.S.

Stress, especially if left unchecked, has health consequences for Hispanics. Hispanics concerned with stress are more likely than those not concerned with stress to experience depression, anxiety and obesity.



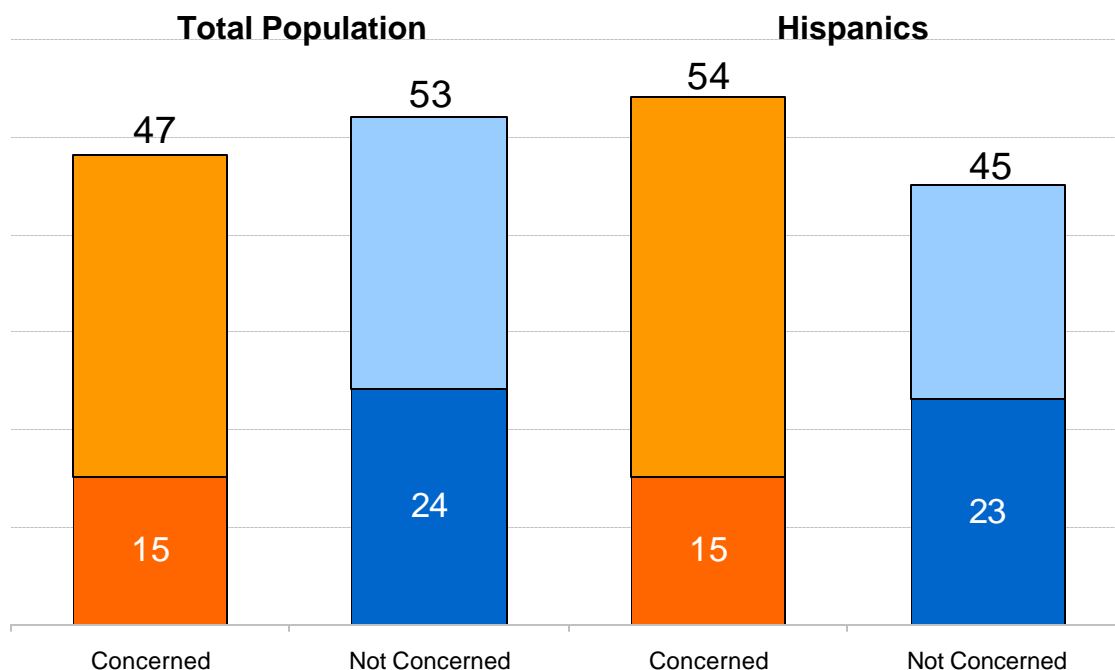
Main Findings

Overall Levels of Stress

Stress is a concern for many Hispanics. A majority are concerned with the amount of stress in their lives. Some report that income and financial status are sources of stress. Home life and familial responsibilities also create stress, particularly for Hispanic women, who are less likely than men to report they are in the workforce. Regardless of the source, stress is a concern for Hispanic women and men alike.

- Over half of Hispanics are concerned with stress (54 percent, 15 percent very concerned). (figure 1) Hispanics are more likely than non-Hispanic whites to report concern with the level of stress in their lives (54 percent versus 45 percent concerned). (table 1) There are no significant differences in reported levels of stress between Hispanic men and women.

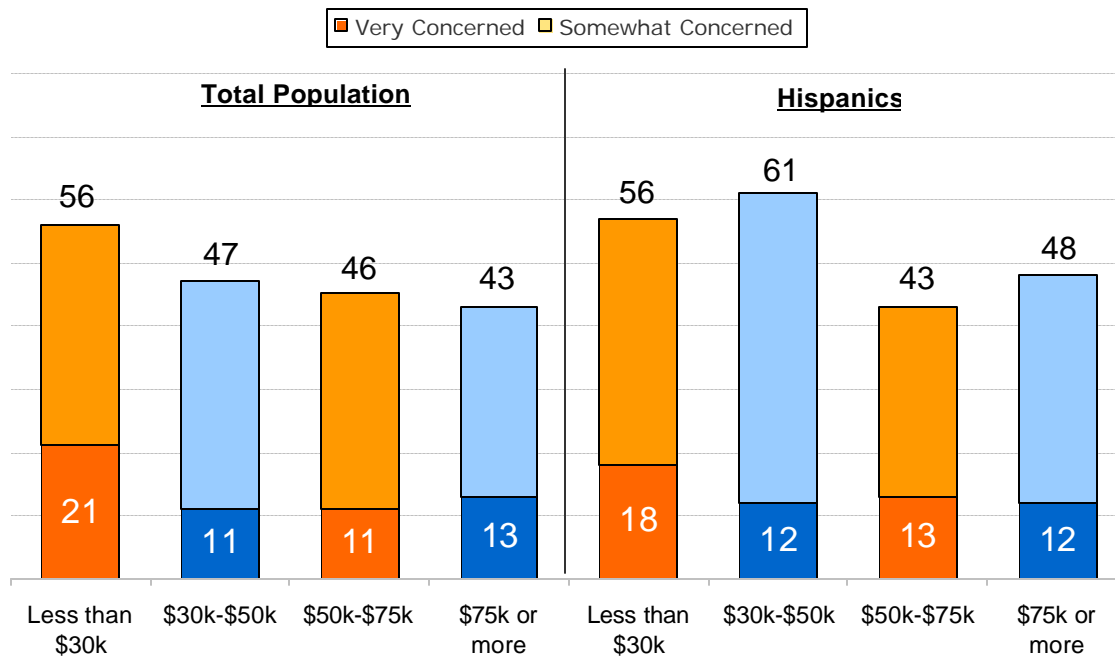
Figure 1: Concern about Stress – By Race/Ethnicity (Percent Responding)



“How concerned would you say you are about the level of stress in your everyday life? Would you say you are very concerned, somewhat concerned, not very concerned, or not at all concerned?”

- In general, income is correlated with stress. People in low income households (less than \$30,000 a year) are more likely to report stress than those in higher income brackets (56 percent concerned versus 43-47 percent of those with higher incomes). Income is also an important stress factor among Hispanics. Fifty six percent of Hispanics who make \$30,000 or less and 61 percent of Hispanics who live in households of \$30,000-\$50,000 report they are concerned about the level of stress in their lives versus 43-48 percent of Hispanics in higher income brackets. (figure 2) Two thirds of Hispanics (62 percent) in this survey fall into these lower brackets, and nearly half (45 percent) of Hispanics are in the lowest income bracket (\$30,000 or less).

Figure 2: Level of Concern About Stress – General Population vs. Hispanics by Income (Percent Responding)



“How concerned would you say you are about the level of stress in your everyday life? Would you say you are very concerned, somewhat concerned, not very concerned or not at all concerned?”

- Some of this income dynamic emerges from the household division of labor. A majority of Hispanic men (74 percent) report they are in the workforce, most working full time (62 percent). However, less than half of Hispanic women in this survey report they are working (45 percent), with relatively few working full-time (28 percent).

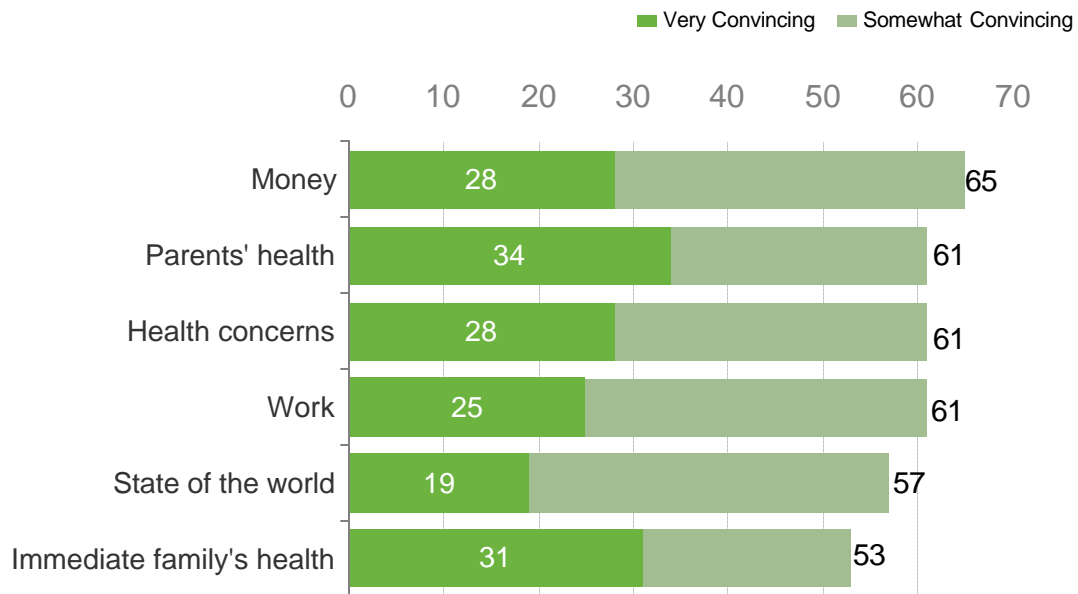
Stressors

Hispanics have many sources of stress in their lives. Health concerns for family and loved ones top the list of leading stressors. However, the differentially lower incomes of Hispanics suggest that money concerns are also prevalent, as Hispanics worry about housing, family and health expenses. Money and work are leading sources of stress for Hispanics. Most men feel their stress primarily comes from work – for instance, low wages and unsafe work conditions – while women are equally likely to attribute their stress to work AND home – low wages and the challenge of making ends meet for the family. Moreover, women – many of whom report that they bear the primary responsibility of caring for the family – are more likely than men to feel stress from the health of loved ones.

- Hispanics worry about the health of family members. Sixty-one percent cite concerns about parents or other family members' health as significant sources of stress (34 percent very significant). (figure 3) Over half (53 percent) feel stress from the health status of their spouse, partner or children (31 percent very significant). In fact, Hispanics are more likely than non-Hispanic whites to feel stress about the health status of family members. (table 2a)

- Money and work are other leading sources of stress among Hispanics. Sixty-five percent say money is a significant source of stress in their lives (28 percent very significant), and 61 percent say work is a significant source of stress (25 percent very significant). (figure 3) Both money and work are bigger sources of stress for Hispanics than non-Hispanic whites.

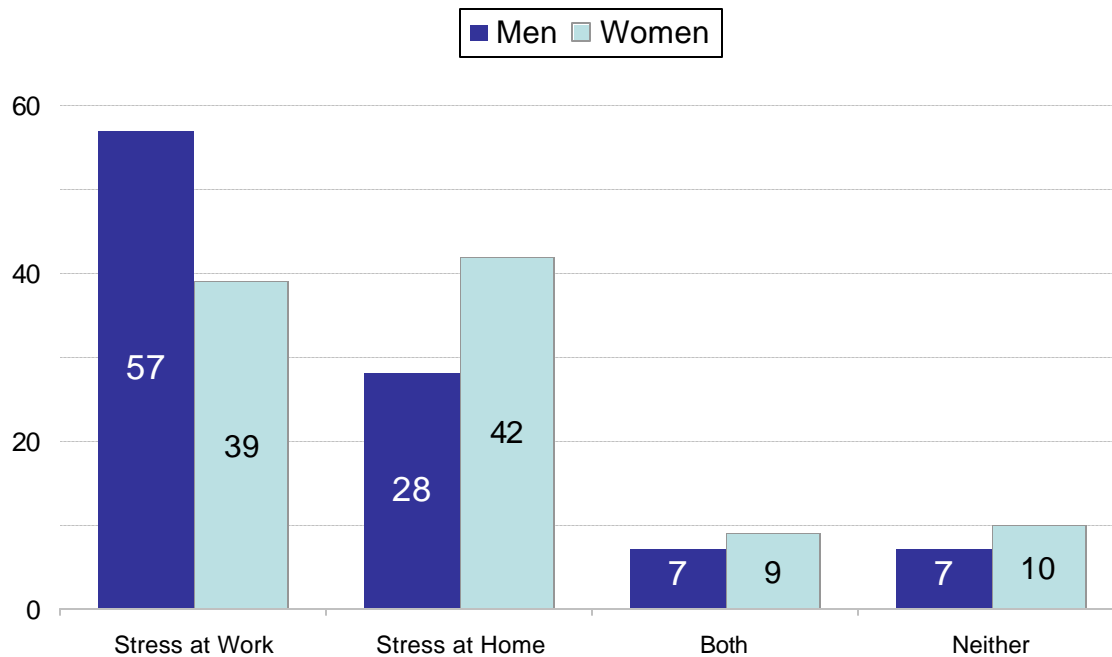
■ **Figure 3:** Sources of Stress Among Hispanics (Percent Responding “Very Significant” or “Somewhat Significant”)



“I am going to read you a list of things people say cause stress in their lives. For each one, please tell me if it is a very significant source, a somewhat significant source, not a very significant source or not at all a significant source of stress in your life.”

- There are important gender differences in sources of stress. Most Hispanic men tend to report that their stress comes from work (57 percent versus 28 percent who report it comes from home). Hispanic women, on the other hand, are equally apt to say that most of their stress comes from home and work (42 percent versus 39 percent who say it comes from work). (figure 4) This difference may be connected to differences in employment status, as Hispanic women are much less likely than men to report working full time (28 percent versus 62 percent).

■ **Figure 4:** Greatest Source of Stress among Hispanics – by Gender (Percent Responding)

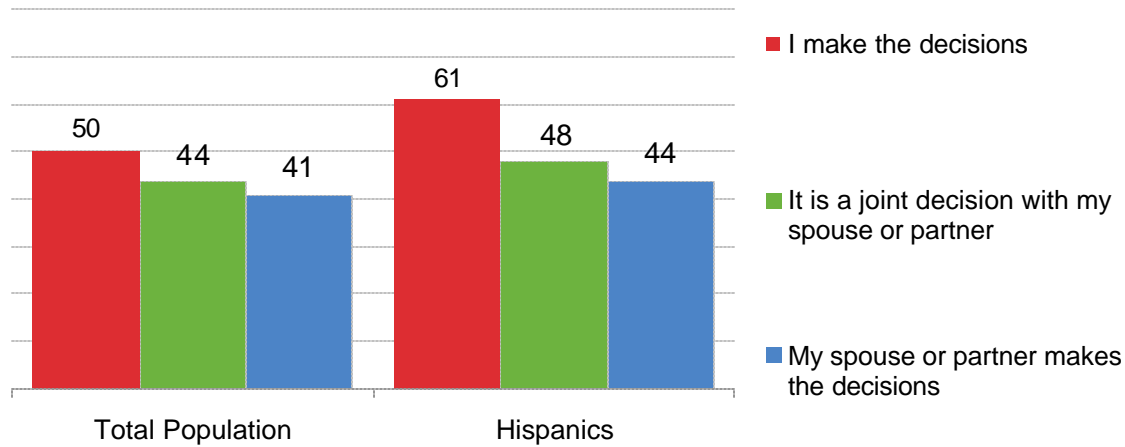


“Which do you think is the greatest source of stress: stress at work or stress at home?”

The Health Manager’s Burden

- Some stress can be tied to the personal responsibility many Hispanics feel about tending to the health of their family. Among Hispanics who say they make the household health care decisions for their family, 61 percent report feeling concerned about the level of stress in their own lives, versus 48 percent of Hispanics who share the decisions with a spouse or partner. (figure 5)

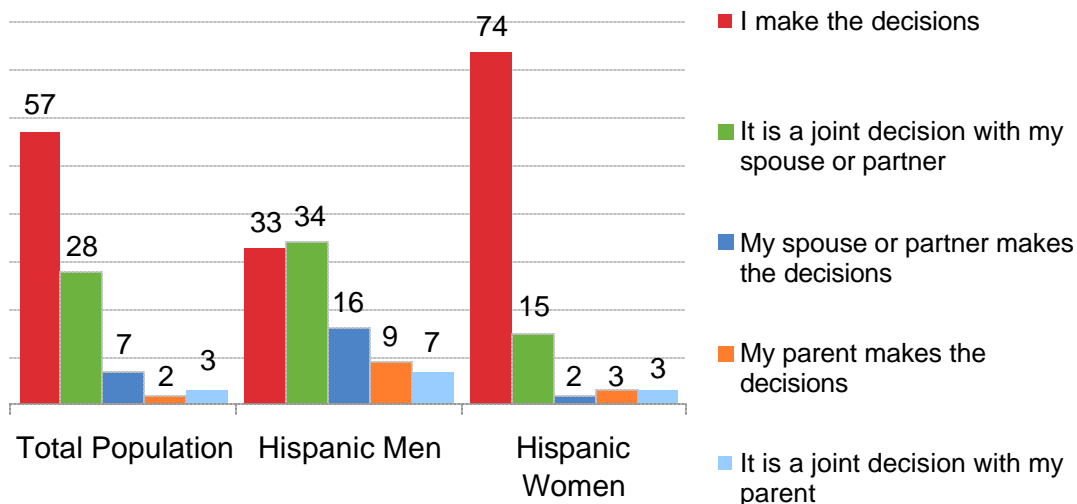
Figure 5: Concern about Stress – By Race/Ethnicity and Health Managers (Percent Responding “Very/Somewhat Concerned”)



“How concerned would you say you are about the level of stress in your everyday life? Would you say you are very concerned, somewhat concerned, not very concerned, or not at all concerned?”

- The health manager’s burden is disproportionately felt by women. Nearly three-quarters (74 percent) of Hispanic women say they make the health decisions in their family versus one-third of Hispanic men. (figure 6)

Figure 6: Health Managers – By Gender (Percent Responding)



“Who in your family usually makes the health care decisions such as selecting what doctor to see or when to go to the doctor? Do you make the decisions, does your spouse or partner make the decisions, does your parent make the decisions or is it a joint decision?”

- The health manager's burden is stressful and is a particular source of stress for Hispanic women. Hispanic women report many more health-related sources of stress in their lives than white women. In particular, they call the health of loved ones a "very significant" source of stress. Over a third (35 percent) call the health problems affecting their spouse, partner or children a very significant source of stress (versus 23 percent of white women), and 36 percent call health problems affecting their parents or other family members a very significant source of stress (versus 23 percent of white women). (table 2b)
- Hispanic men also find family health concerns more stressful than white men. One third (32 percent) of Hispanic men say the health of their parents is a very significant source of stress, compared to 14 percent of white men. Their own health and the health of their immediate families also weigh heavily as a source of stress for these men, with 27 percent and 26 percent calling them very significant sources of stress (compared to 12 and 15 percent among white men, respectively). (table 2b)

Work Stressors

- Quality of job is a leading concern for Hispanics, who are often concentrated in job sectors that involve irregular hours or in some cases physical labor, including heavy lifting or working with potentially dangerous instruments.¹ Among Hispanics, physical illness and ailment is the leading reported source of stress in the work place (32 percent "very significant source"). Many Hispanics also attribute their workplace stress to unpleasant or dangerous physical working conditions (28 percent very significant source). (table 3a)
- Just as money is a leading source of stress, many Hispanics report low salaries as a very significant source of their stress at work (31 percent). In contrast, 15 percent of non-Hispanic whites mention low salaries as a very significant source of workplace stress. Hispanics also see little opportunity to grow their salaries in the future. Lack of opportunity for advancement (23 percent) causes significant stress, as does job insecurity (23 percent). Hispanics concerned about stress are about twice as likely as Hispanics who are not concerned with stress to worry about financial factors like low salaries and opportunity for advancement. (table 3a)
- Racism also contributes to workplace stress. One-fifth (19 percent) of Hispanics report work stress from discrimination and favoritism versus 7 percent of non-Hispanic whites. (table 3b) Discrimination is more frequently reported by Hispanic women; a quarter say discrimination or favoritism is a very significant source of stress, compared to 14 percent of Hispanic men.
- Work stressors are reported in higher numbers among Hispanic women in the workforce than men. Thirty-seven percent of Hispanic women in the workforce cite illnesses and ailments as a very significant source of stress and 36 percent are stressed by low salaries, compared to 28 percent among men on each measure, respectively. Hispanic women also report problems with their supervisors more often than Hispanic men (24 percent versus 13 percent very significant). (table 3b)

Symptoms

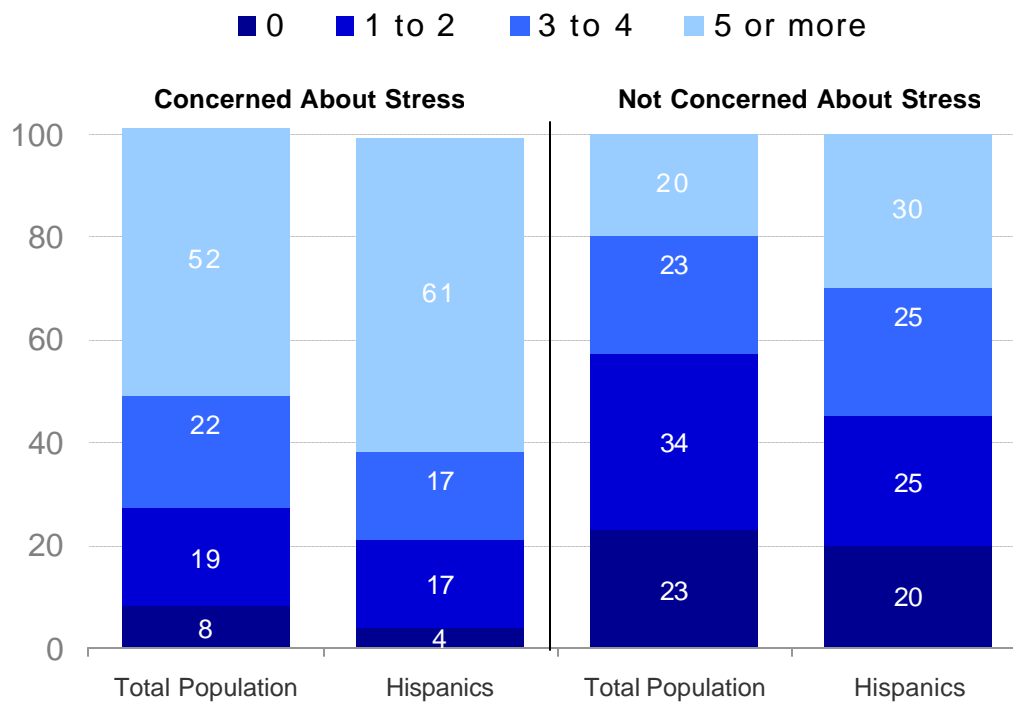
Hispanics feel the effects of stress in both body and mind. Hispanics report many stress symptoms acting simultaneously upon them, more so than members of other races or ethnicities. Like other groups,

¹ According to Current Population Survey data, Hispanics are disproportionately concentrated in certain sectors of the economy, such as service occupations, natural resource, construction, and maintenance occupations, and production, transportation and material occupations. (Statistical Abstract of the United States, U.S. Bureau of the Census, 2006, 401-404.)

symptoms of stress vary between men and women in the Hispanic community. Stressed Hispanic women are more likely than men to experience symptoms of nervousness or headaches. Hispanic men and women report symptoms like irritability, trouble sleeping and muscular tension.

- Hispanics report feeling many symptoms of stress. Among the most commonly reported are having trouble sleeping (51 percent), feeling nervous or sad (49 percent), and headaches (47 percent). Hispanics are more likely than non-Hispanic whites and African Americans to experience all these symptoms. (table 4a)
- Symptoms are amplified among Hispanics who are concerned with stress. For Hispanics trying to deal with stress in their lives, common symptoms include sleeping troubles, nerves and sadness. Nearly two thirds of those concerned with stress report feeling nervous or sad (64 percent versus 32 percent not concerned about stress) and 61 percent report not getting enough or getting too much sleep (versus 38 percent not concerned about stress). Feeling irritable or angry (52 percent) is also experienced by many of those who are stressed (versus 31 percent not concerned about stress). (table 4a)
- Hispanics feeling the effects of stress are more likely than other groups to report multiple symptoms. Among Hispanics concerned with stress, 61 percent say they experience 5 or more of these symptoms versus 52 percent of the total population. (figure 7)

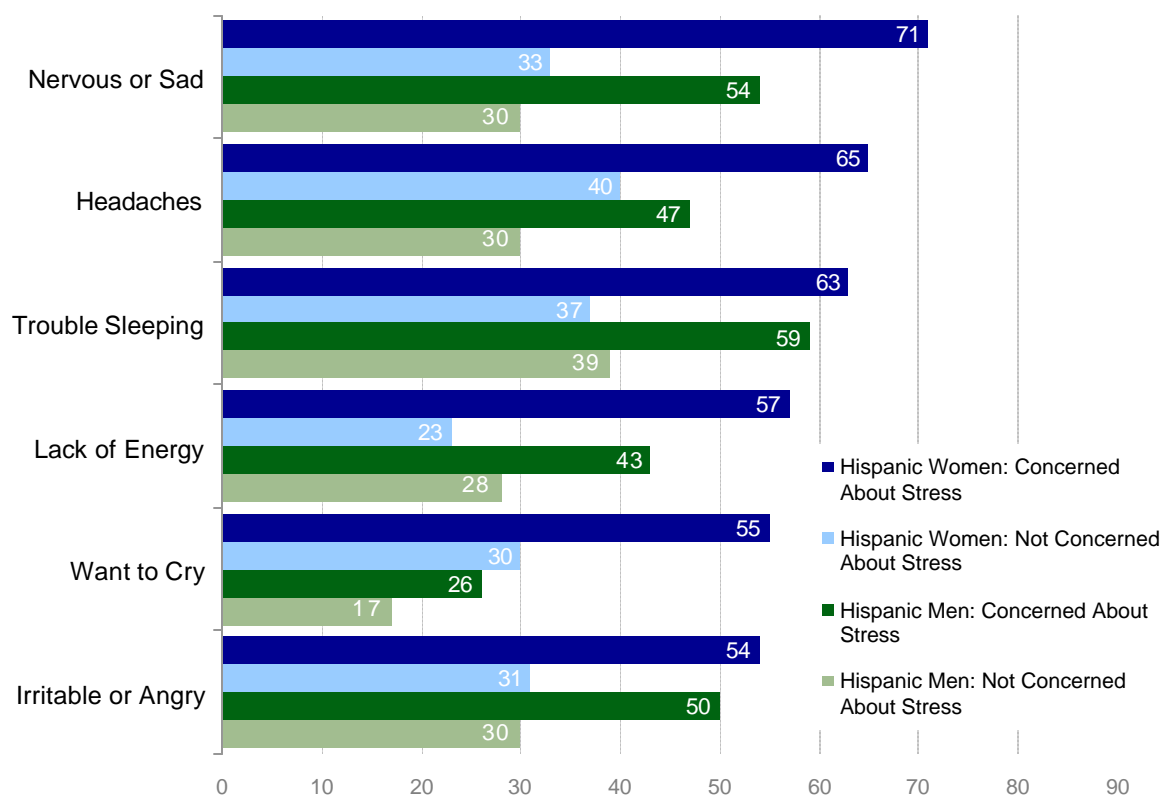
Figure 7: Symptom Count –by Race/Ethnicity and Concern about Stress (Percent Responding)



“Have you experienced any of the following in the past month?”

- Hispanic women experience stress differently than Hispanic men. The most common symptom among Hispanic women who are concerned about stress is feeling nervous or sad (71 percent versus 54 percent among men). Hispanic women who are concerned about stress are more likely to experience symptoms such as headaches (65 percent) and feeling like they want to cry (55 percent) than men (47 percent headaches, 26 percent wanting to cry). Women also report trouble sleeping (63 percent), feeling irritable or angry (54 percent) and a lack of energy (57 percent). Sleeping troubles are also prevalent among Hispanic men with stress (59 percent) as is feeling irritable or angry (50 percent). (figure 8)

Figure 8: Effects of Stress on Health Among Hispanics – By Gender and Concern About Stress (Percent Responding)



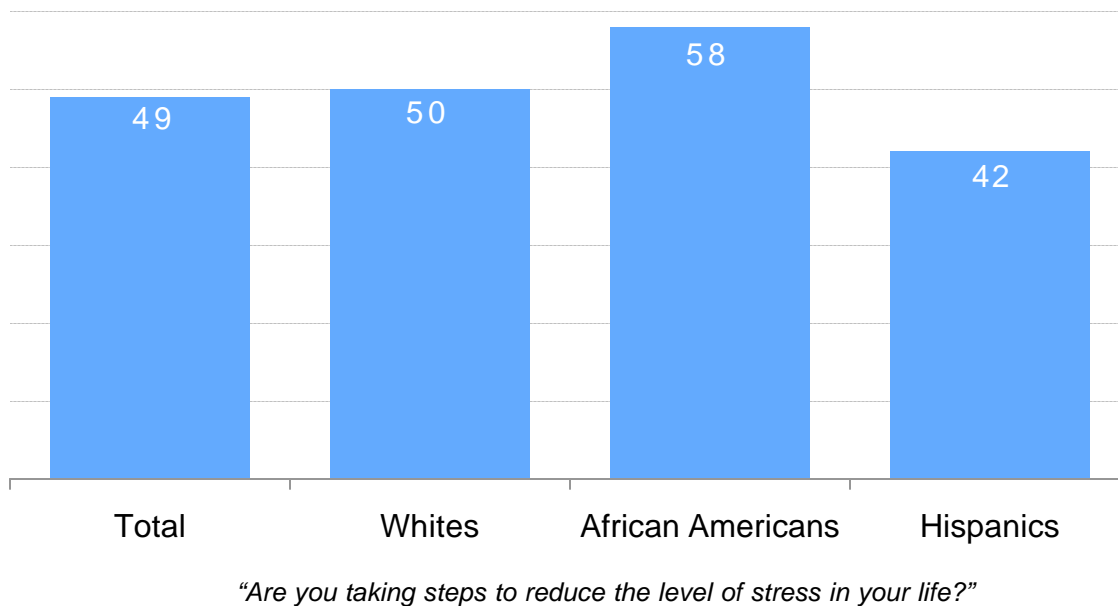
“In the past five years, has a doctor told you that you have any of the following health problems or conditions?”

Reducing Stress

Though Hispanics are bothered by stress in their lives, they are among the least likely to do anything about it. Hispanics take joy from their families and friends, and most depend on them to reduce stress. Those that are taking steps to manage their stress are adopting healthy strategies, like exercise. While Hispanics as a whole are more likely to engage in healthy behaviors to manage stress, Hispanic men are more likely than other groups to report engaging in unhealthy ways to reduce stress, such as sedentary practices like watching television.

- Despite their heightened levels of stress, Hispanics are less likely than other racial or ethnic groups to report taking proactive steps to reduce stress in their lives. Just 42 percent of Hispanics say they are taking steps versus 50 percent of non-Hispanic whites and 58 percent of African Americans. (figure 9)

■ **Figure 9:** Taking Steps to Reduce Stress – By Race/Ethnicity (Percent Responding)



- Hispanics are more amenable than most Americans to seeing a mental health professional as a way to reduce stress. Over one fifth (22 percent) say they would be very or somewhat likely to seek professional help, compared to just 15 percent of the population in general.
- Though they are amenable to seeking treatment, relatively few Hispanics report having access to mental health care. Among those with insurance, only 41 percent of Hispanics say their health insurance covers mental health, compared to 65 percent among non-Hispanic whites and 63 percent among African Americans. Over one third of Hispanics report being uninsured.
- Most Hispanics say they spend time with family and friends (56 percent very likely) in order to reduce stress in their lives. (table 5a)
- About 44 percent of Hispanics say they are very likely to use exercise as a way to reduce stress in their lives. Sedentary activities are also prevalent. Fifty-one percent say they are very likely to play or listen to music in an attempt to reduce stress and a third (34 percent) read in an attempt to reduce stress in their lives. (table 5a)
- Among those most concerned with stress, Hispanics are more likely than the population in general to exercise as a way to reduce stress (48 percent versus 38 percent). (table 5a)
- Hispanic men, in particular, are engaging in unhealthy habits such as eating fast food. Hispanic men are twice as likely as the general population to report eating fast food more than four times a week

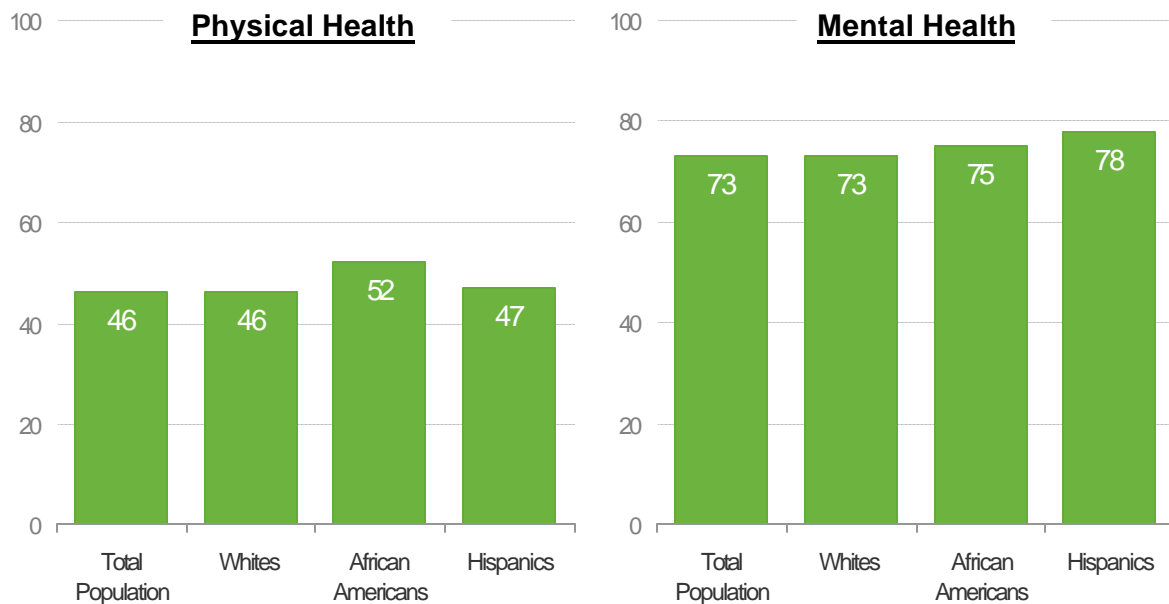
(16 percent versus 8 percent of general population). One fifth of Hispanic men concerned about stress eat fast food this often (20 percent).

Health

Though family and friends can provide emotional support, stress can have adverse health consequences if left unchecked for prolonged periods of time. It is critically important to find good strategies to reducing stress because persistent stress impacts the health of Hispanics. Hispanics who are concerned with stress are more likely to report a host of health conditions, like anxiety or depression and obesity.

- Hispanics report similar levels of physical and mental health as the general population. Nearly half (47 percent) of Hispanics report they are in excellent or good physical health (compared with 46 percent of the general population). Similarly, three quarters (78 percent) say they are in excellent or good mental health (compared with 73 percent of the general population). (figure 10)

Figure 10: Ratings of Physical and Mental Health – By Race/Ethnicity (Percent with Health Rating of 8-10)



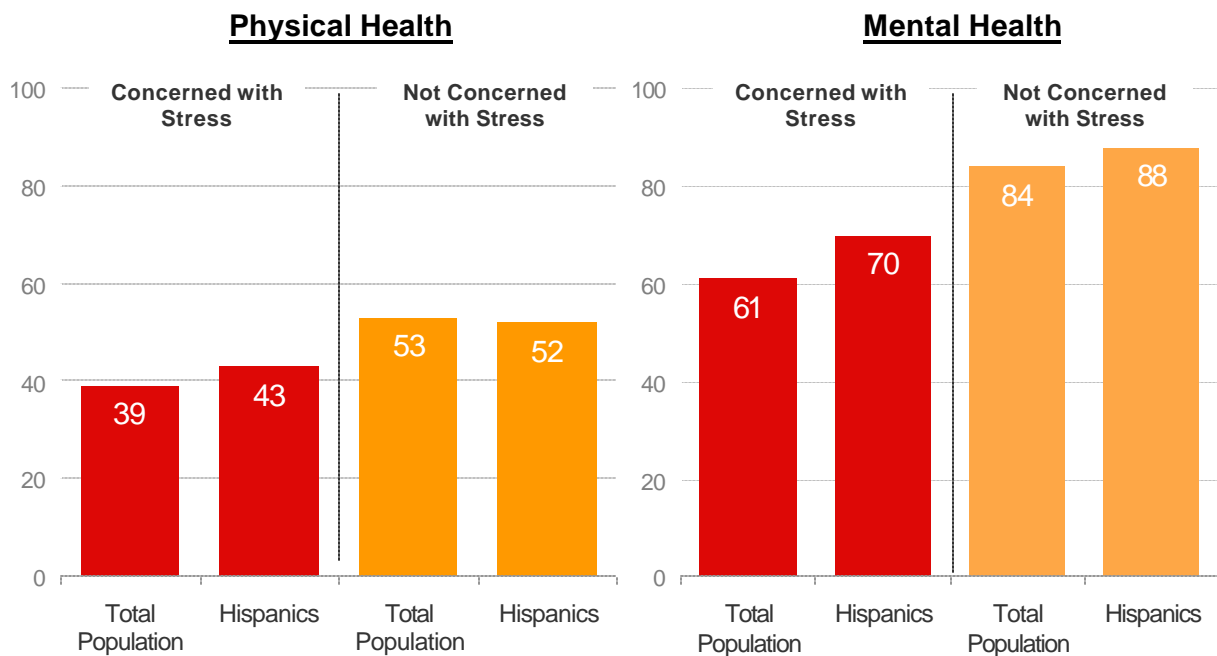
“On a scale of 1 to 10 where 1 means very poor and 10 means excellent, how would you rate your own [physical/mental] health?”

- There is evidence to suggest that Hispanics who are concerned about stress report that they are less healthy than Hispanics who are not concerned with stress. Forty three percent of those concerned about the level of stress in their lives report they are in excellent or good physical health, while among

those not concerned about stress, about half (52 percent) say they are in excellent to good physical health.² (figure 11)

- Though the relationship between stress and physical health is somewhat murky, the adverse connection between stress and mental health is quite clear for Hispanics. Roughly two thirds (70 percent) of Hispanics concerned about stress report they are in good to excellent mental health, compared to 88 percent of Hispanics not concerned about stress in their lives. (figure 11)

Figure 11: Ratings of Physical and Mental Health – by Race/Ethnicity and Concern with Stress (Percent with Health Rating of 8-10)

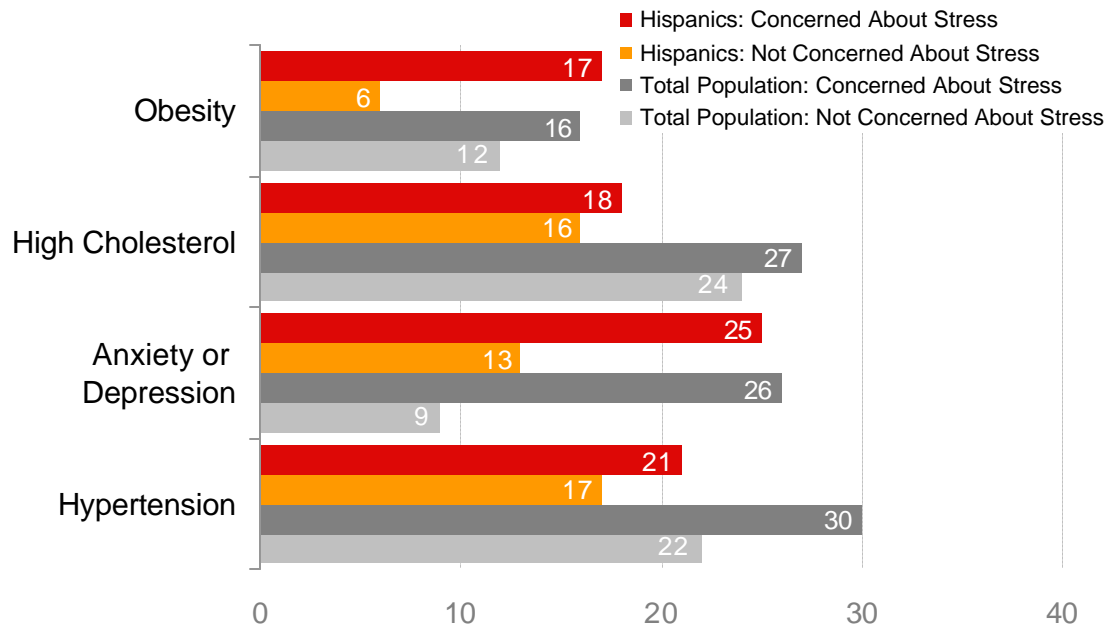


“On a scale of 1 to 10 where 1 means very poor and 10 means excellent, how would you rate your own [physical/mental] health?”

- Like the general population, stress impacts Hispanics’ health. Nearly one fifth (17 percent) of Hispanics concerned about stress have been diagnosed with obesity versus just 6 percent of those not concerned about stress. Hispanics concerned about stress are also more likely to report being diagnosed with anxiety or depression than those not concerned about stress (25 percent versus 13 percent). (figure 12)

²This difference is significant at the 0.10 level, rather than the customary 0.05 level.

■ **Figure 12:** Effects of Stress on Health (Percent Responding “Yes”)



“In the past five years, has a doctor told you that you have any of the following health problems or conditions?”

- One in five Hispanics (19 percent) suffer from anxiety or depression, yet Hispanics with anxiety or depression are much less likely than the general population to have been prescribed medication to deal with depression (57 percent versus 76 percent).

Appendix A: Data Tables

Table 1: Concern with Stress, by Race/Ethnicity and Gender

Level of Concern about Stress

	General Population	White			African American			Hispanic		
		Total	Women	Men	Total	Women	Men	Total	Women	Men
Very Concerned	15	11	12	11	32	35	28	15	14	17
Somewhat Concerned	33	33	37	29	28	26	29	39	42	35
Not Very Concerned	28	32	30	34	16	19	13	22	24	20
Not At All Concerned	24	23	21	26	24	19	30	23	19	27
Total Concerned	47	45	48	40	59	62	57	54	56	52
Total Not Concerned	53	55	51	60	41	38	43	45	43	48

“How concerned would you say you are about the level of stress in your everyday life? Would you say you are very concerned, somewhat concerned, not very concerned, or not at all concerned?”

Table 2A: Sources of Stress, by Race/Ethnicity and Concern with Stress

Stressors (Percent responding “Very Significant”)

	General Population	White			African American			Hispanic		
		Total	Concerned about Stress	Not Concerned about Stress	Total	Concerned about Stress	Not Concerned about Stress	Total	Concerned about Stress	Not Concerned about Stress
Money	23	19	31	9	35	45	18	28	35	19
Health problems affecting your spouse, partner or children	24	19	25	14	28	37	12	31	42	19
Health problems affecting your parents or other family members	23	19	27	12	25	32	14	34	41	20
Health concerns	21	16	25	8	30	39	15	28	36	20
Children	20	17	24	11	25	29	17	24	27	20
Personal safety	16	10	13	7	29	37	16	27	32	20
Work	18	15	27	6	22	28	12	25	33	19
The nightly news or state of the world today	15	12	14	10	23	29	12	19	24	19
Acts of terrorism or natural disasters	12	8	10	6	18	23	11	22	26	19
Intimate relationships	12	8	11	6	15	21	6	19	27	19
Discrimination based on race or ethnicity	9	4	4	4	18	22	12	12	16	19

“I am going to read you a list of things people say cause stress in their lives. For each one, please tell me if it is a very significant source, a somewhat significant source, not a very significant source, or not at all a significant source of stress in your life.”

Table 2B: Sources of Stress, by Race/Ethnicity and Gender**Stressors (Percent responding “Very Significant”)**

	General Population	White			African American			Hispanic		
		Total	Women	Men	Total	Women	Men	Total	Women	Men
Money	23	19	22	16	35	38	31	28	31	24
Health problems affecting your spouse, partner or children	24	19	23	15	28	28	28	31	35	26
Health problems affecting your parents or other family members	23	19	23	14	25	28	22	34	36	32
Health concerns	21	16	20	12	30	33	27	28	29	27
Children	20	17	21	13	25	31	18	24	27	21
Personal safety	16	10	11	8	29	29	29	27	27	28
Work	18	15	14	16	22	25	19	25	22	27
The nightly news or state of the world today	15	12	14	9	23	23	23	19	21	16
Acts of terrorism or natural disasters	12	8	11	5	18	22	15	22	25	18
Intimate relationships	12	8	9	7	15	16	14	19	19	18
Discrimination based on race or ethnicity	9	4	4	3	18	17	20	12	13	11

“I am going to read you a list of things people say cause stress in their lives. For each one, please tell me if it is a very significant source, a somewhat significant source, not a very significant source, or not at all a significant source of stress in your life.”

Table 3A: Sources of Work Stress, by Race/Ethnicity and Concern with Stress

Work Stressors (Percent responding “Very significant source of stress”)

	<u>General Population</u>	<u>White</u>			<u>African American</u>			<u>Hispanic</u>		
		<u>Total</u>	<u>Concerned about Stress</u>	<u>Not Concerned about Stress</u>	<u>Total</u>	<u>Concerned about Stress</u>	<u>Not Concerned about Stress</u>	<u>Total</u>	<u>Concerned about Stress</u>	<u>Not Concerned about Stress</u>
Low salaries	23	15	14	15	42	49	29	31	41	20
Physical illnesses and ailments	17	9	13	6	28	34	19	32	37	25
Lack of opportunity for growth or advancement	18	14	22	7	29	32	22	23	30	17
Unpleasant or dangerous physical conditions	16	8	9	7	31	34	26	28	32	23
Too heavy a work load	15	15	25	6	18	22	11	17	22	12
Job insecurity	15	10	11	10	21	22	21	23	27	18
Long hours	13	10	18	4	17	17	16	17	21	12
Problems with your supervisor	11	6	7	5	18	21	13	18	21	14
Discrimination and favoritism	11	7	8	5	26	29	22	19	21	16
Uncertain or undefined work expectations	10	8	13	3	20	25	12	14	18	10
Lack of family-friendly policies	11	8	12	5	15	14	15	14	19	9
Commuting	11	9	12	7	12	13	10	15	17	12
Inflexible hours	12	8	12	4	19	19	19	11	11	12
Lack of participation in decision making	10	6	6	5	19	25	10	17	17	16
Personal life interfering during work hours	8	5	9	2	14	18	8	15	18	12

(If employed or a student) “I am going to read you a list of factors people say impact stress levels in their work. For each one, please tell me if it has a very significant, somewhat significant, not very significant, or not at all significant impact on your stress level at work.”

Table 3B: Sources of Work Stress, by Race/Ethnicity and Gender**Work Stressors (Percent responding “Very significant source of stress”)**

	General Population	White			African American			Hispanic		
		Total	Women	Men	Total	Women	Men	Total	Women	Men
Low salaries	23	15	17	13	42	44	40	31	36	28
Physical illnesses and ailments	17	9	12	7	28	35	23	32	37	28
Lack of opportunity for growth or advancement	18	14	15	13	29	29	28	23	23	23
Unpleasant or dangerous physical conditions	16	8	8	8	31	34	28	28	27	29
Too heavy a work load	15	15	15	14	18	24	12	17	18	17
Job insecurity	15	10	8	12	21	25	18	23	25	21
Long hours	13	10	12	9	17	19	14	17	16	17
Problems with your supervisor	11	6	6	5	18	21	16	18	24	13
Discrimination and favoritism	11	7	9	5	26	33	21	19	25	14
Uncertain or undefined work expectations	10	8	9	6	20	31	11	14	15	13
Lack of family-friendly policies	11	8	10	7	15	16	14	14	18	10
Commuting	11	9	12	7	12	13	11	15	17	13
Inflexible hours	12	8	9	7	19	22	16	11	12	11
Lack of participation in decision making	10	6	8	4	19	21	18	17	17	17
Personal life interfering during work hours	8	5	7	4	14	9	19	15	19	12

(If employed or a student) “I am going to read you a list of factors people say impact stress levels in their work. For each one, please tell me if it has a very significant, somewhat significant, not very significant, or not at all significant impact on your stress level at work.”

Table 4A: Symptoms of Stress, by Race/Ethnicity and Concern with Stress

Symptoms of Stress (Percent responding “Yes”)

	<u>General Population</u>	<u>White</u>			<u>African American</u>			<u>Hispanic</u>		
		<u>Total</u>	<u>Concerned about Stress</u>	<u>Not Concerned about Stress</u>	<u>Total</u>	<u>Concerned about Stress</u>	<u>Not Concerned about Stress</u>	<u>Total</u>	<u>Concerned about Stress</u>	<u>Not Concerned about Stress</u>
Fatigue	42	44	56	35	35	37	32	40	45	35
Irritability or anger	40	39	51	29	41	45	35	42	52	31
Inability to sleep or sleeping too much	38	35	47	26	39	51	22	51	61	38
Feeling nervous or sad	38	35	51	23	36	48	20	49	64	32
Lack of interest, motivation or energy	37	37	48	29	34	42	24	39	51	25
Headaches	37	34	43	27	39	46	28	47	57	35
Muscular tension	33	32	46	21	31	38	22	41	48	33
Frequently feeling as though you could cry	25	22	34	13	33	44	18	34	42	24
Frequent upset stomach or indigestion	22	21	30	13	23	25	20	25	30	19
Change in appetite	19	15	22	9	33	36	28	28	36	19
Feeling faint or dizzy	14	12	18	7	16	20	9	20	25	14
Tightness in your chest	14	12	20	5	15	20	7	19	24	14
Teeth grinding	11	11	15	7	8	10	6	11	14	8
Change in Sex drive	10	9	16	3	14	15	11	13	18	8

“Have you experienced any of the following things in the last month?”

Table 4B: Symptoms of Stress, by Race/Ethnicity and Gender

Symptoms of Stress (Percent responding “Yes”)

	General Population	White			African American			Hispanic		
		Total	Women	Men	Total	Women	Men	Total	Women	Men
Fatigue	42	44	51	37	35	40	30	40	41	38
Irritability or anger	40	39	38	40	41	46	36	42	43	40
Inability to sleep or sleeping too much	38	35	38	32	39	41	37	51	52	49
Feeling nervous or sad	38	35	41	29	36	45	26	49	55	43
Lack of interest, motivation or energy	37	37	40	34	34	41	27	39	42	36
Headaches	37	34	39	28	39	49	27	47	54	39
Muscular tension	33	32	36	28	31	32	30	41	40	42
Frequently feeling as though you could cry	25	22	31	13	33	43	22	34	44	22
Frequent upset stomach or indigestion	22	21	22	19	23	27	19	25	28	22
Change in appetite	19	15	17	12	33	42	22	28	33	23
Feeling faint or dizzy	14	12	16	8	16	19	11	20	23	16
Tightness in your chest	14	12	15	9	15	15	15	19	21	17
Teeth grinding	11	11	13	9	8	10	6	11	9	13
Change in Sex drive	10	9	9	9	14	17	9	13	13	13

“Have you experienced any of the following things in the last month?”

Table 5A: Ways to Reduce Stress, by Race/Ethnicity and Concern with Stress

Ways To Reduce Stress (Percent responding "Very likely")

	General Population	White			African American			Hispanic		
		Total	Concerned about Stress	Not Concerned about Stress	Total	Concerned about Stress	Not Concerned about Stress	Total	Concerned about Stress	Not Concerned about Stress
Spending time with friends or family	53	53	53	52	53	53	53	56	54	58
Prayer	46	43	47	41	70	75	63	47	47	49
Playing or listening to music	42	41	44	38	47	50	44	51	54	47
Exercise or walking for more than 30 minutes at a time	38	37	38	36	44	45	42	44	48	40
Reading	36	36	37	35	44	46	42	34	37	30
Going to church or religious services	33	31	30	32	47	50	44	37	39	35
Watching television for more than two hours at a time	23	22	27	18	34	41	25	21	21	21
Doing nothing	16	15	16	14	23	23	24	12	13	11
Napping	15	13	15	12	24	26	21	17	20	12
Smoking	14	15	18	13	16	16	16	8	9	8
Eating	12	12	14	10	16	15	16	11	15	7
Meditation or yoga	11	10	11	8	20	22	17	14	17	10
Playing video games or surfing the Internet	10	10	12	8	15	16	12	10	7	12
Seeing a mental health professional	7	6	10	3	9	10	8	10	12	6
Drinking alcohol	4	4	5	3	7	9	5	4	5	3

"Now I am going to read you a list of things some people do to relieve stress. How likely are you to use each of these as a way to relieve stress? Would you say very likely, somewhat likely, not very likely, or not at all likely?"

Table 5B: Ways to Reduce Stress, by Race/Ethnicity and Gender

Ways To Reduce Stress (Percent responding "Very likely")

	<u>General Population</u>	<u>White</u>			<u>African American</u>			<u>Hispanic</u>		
		<u>Total</u>	<u>Women</u>	<u>Men</u>	<u>Total</u>	<u>Women</u>	<u>Men</u>	<u>Total</u>	<u>Women</u>	<u>Men</u>
Spending time with friends or family	53	53	61	44	53	57	48	56	58	54
Prayer	46	43	54	32	70	81	58	47	57	35
Playing or listening to music	42	41	44	37	47	53	42	51	50	51
Exercise or walking for more than 30 minutes at a time	38	37	39	34	44	40	47	44	47	41
Reading	36	36	46	25	44	53	34	34	39	28
Going to church or religious services	33	31	38	24	47	56	37	37	44	29
Watching television for more than two hours at a time	23	22	25	19	34	38	31	21	22	20
Doing nothing	16	15	15	15	23	25	21	12	12	12
Napping	15	13	14	13	24	26	22	17	15	19
Smoking	14	15	13	17	16	15	17	8	6	11
Eating	12	12	15	8	16	20	11	11	10	13
Meditation or yoga	11	10	12	7	20	22	18	14	15	12
Playing video games or surfing the Internet	10	10	8	11	15	11	19	10	8	12
Seeing a mental health professional	7	6	7	6	9	9	10	10	9	10
Drinking alcohol	4	4	3	5	7	5	10	4	3	5

"Now I am going to read you a list of things some people do to relieve stress. How likely are you to use each of these as a way to relieve stress? Would you say very likely, somewhat likely, not very likely, or not at all likely?"

Table 6A: Health Conditions, by Race/Ethnicity and Concern with Stress

Health Concerns (Percent responding “Yes”)

	General Population	White			African American			Hispanic		
		Total	Concerned about Stress	No Concerned about Stress	Total	Concerned about Stress	Not Concerned about Stress	Total	Concerned about Stress	Not Concerned about Stress
Hypertension, sometimes called high blood pressure	26	26	30	23	34	38	28	19	21	17
High cholesterol	25	27	30	25	23	23	23	17	18	16
Anxiety or depression	17	18	29	9	15	19	7	19	25	13
Obesity	14	15	15	14	14	16	10	12	17	6
Diabetes	11	10	12	9	15	15	15	10	11	8
Heart attack or any other heart disease	6	7	8	6	6	6	4	4	4	3
Cancer	5	5	3	7	3	2	4	2	2	1
Stroke	2	2	2	1	3	4	2	3	4	2

“In the past five years, has a doctor told you that you have any of the following health problems or conditions?”

Table 6B: Health Conditions, by Race/Ethnicity and Gender

Health Conditions (Percent responding “Yes”)

	General Population	White			African American			Hispanic		
		Total	Women	Men	Total	Women	Men	Total	Women	Men
Hypertension, sometimes called high blood pressure	26	26	29	23	34	39	28	19	21	16
High cholesterol	25	27	28	27	23	26	19	17	18	17
Anxiety or depression	17	18	22	13	15	21	7	19	24	14
Obesity	14	15	18	11	14	20	6	12	15	9
Diabetes	11	10	11	9	15	17	12	10	12	7
Heart attack or any other heart disease	6	7	6	7	6	7	4	4	4	3
Cancer	5	5	6	4	3	3	3	2	2	2
Stroke	2	2	1	2	3	4	2	3	3	3

“In the past five years, has a doctor told you that you have any of the following health problems or conditions?”

Appendix B: Methodology

Greenberg Quinlan Rosner designed and administered this telephone survey conducted by professional interviewers. The survey reached 2152 adults, 18 years or older including 403 African Americans and 434 Hispanics. The survey was conducted January 12-24, 2006.

Telephone numbers were generated by a random digit dial process, thereby allowing access to all listed and unlisted phones. The sample was stratified by state. The general population representative sample of 1600 was supplemented with oversamples of 281 Hispanic respondents and 271 African American respondents. For the oversamples, telephone numbers were drawn disproportionately from telephone exchanges with higher than average density of African-American and Hispanic households. The survey was translated into Spanish, and Hispanic respondents could choose whether to take the survey in Spanish or English. The data were weighted by gender, age, race, income, education, marital status, and region to ensure an accurate reflection of the population. The sample size with these weights applied is 1600.

In interpreting survey results, all sample surveys are subject to possible sampling error; that is, the results of a survey may differ from those which would be obtained if the entire population were interviewed. The size of the sampling error depends upon both the total number of respondents in the survey and the percentage distribution of responses to a particular question. For example, if a response to a given question to which all respondents answered was 50%, we could be 95% confident that the true percentage would fall within plus or minus 2.2% of this percentage or between 47.8% and 52.2%.

Appendix C: Author Biographies



Anna Greenberg

Anna Greenberg is Vice President of Greenberg Quinlan Rosner. Greenberg advises campaigns, advocacy organizations and foundations in the United States. She is a leading polling expert and has been called “one of the smartest of the younger Democratic consultants.”



Jennifer Berktold

Jennifer Berktold advises non-profits, foundations, and campaigns on public attitudes on a variety of political and sociological issues. Berktold has a strong background in social science research and survey methodology.