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Well-Being in Rural Nebraska: 2005 Nebraska Rural Poll Results

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CENTER FOR APPLIED RURAL INNOVATION

A Research Report*

Well-Being in Rural Nebraska

2005 Nebraska Rural Poll Results

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IANR

Center Research Report 05-4, September 2005.

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All of the Center's research reports detailing Nebraska Rural Poll results are located on the Center's World Wide Web page at http://cari.unl.edu/ruralpoll/

Funding for this project was provided by the Cooperative Extension Division of the Institute for Agriculture and Natural Resources, the Agricultural Research Division of the Institute for Agriculture and Natural Resources, and the Center for Applied Rural Innovation. Additionally, considerable in-kind support and contributions were provided by a number of individuals and organizations associated with the Partnership for Rural Nebraska and the University of Nebraska Public Policy Center. A special note of appreciation is extended to the staff at the Pierce County Extension Office for the space needed to conduct this survey and to the Nebraska Library Commission for use of the laptops.

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Executive Summary

Nebraska's economy has begun to improve during recent years. How have these changes affected rural Nebraskans? How do rural Nebraskans perceive their quality of life? Do their perceptions differ by community size, the region in which they live, or their occupation? Who do they feel comfortable talking to about their personal problems? What factors are most important to rural Nebraskans when selecting a behavioral health service provider?

This report details 2,851 responses to the 2005 Nebraska Rural Poll, the tenth annual effort to understand rural Nebraskans' perceptions. Respondents were asked a series of questions regarding their individual well-being. Trends for these questions are examined by comparing data from the nine previous polls to this year's results. In addition, comparisons are made among different respondent subgroups, that is, comparisons by age, occupation, region, etc. Based on these analyses, some key findings emerged:

- ***Rural Nebraskans' views about their current situation did not change much from last year.*** This year, 39 percent believe they are better off then they were five years ago, compared to 36 percent in 2004. The percent saying they are worse off then they were five years ago decreased from 23 percent to 18 percent. This year, 43 percent say they remained about the same, compared to 41 percent last year.

- ***When looking to the future, rural Nebraskans' views remained about the same as last year.*** The proportion believing they will be better off ten years from now remained the same as last year (37%). This year, 21 percent think they will be worse off, compared to 23 percent last year. Forty-two percent state they will be about the same, compared to 41 percent last year.

- ***Manual laborers and persons with service occupations are more pessimistic about their future situation than persons with different occupations.*** Approximately 26 percent of manual laborers and persons with service occupations believe they will be worse off ten years from now. Approximately 11 percent of persons with either sales or professional occupations share this opinion.

- ***Persons with lower educational levels are more likely than persons with more education to believe that people are powerless to control their own lives.*** Forty-two percent of persons with a high school diploma or less education agree that people are powerless to control their own lives. However, only 17 percent of persons with a four-year college degree share this opinion.

- ***Rural Nebraskans generally report being satisfied with most aspects of their lives, with the exception of five economic variables (their financial security during retirement, their current income level, their job opportunities, their job security and their job satisfaction).***

- ***Younger persons are more likely than older persons to express dissatisfaction with their current income level.*** Fifty-five percent of persons age 19 to 29 are dissatisfied with their current income level. In comparison, only 30 percent of persons age 65 and older are dissatisfied with their current income.

- ***Rural Nebraskans are most comfortable talking to a family member, a close friend, a medical doctor or a member of the clergy about their personal problems.*** At least one-half report they are comfortable talking to the following people about their personal problems: family member (82%), close friend (79%), a medical doctor (70%) and a member of the clergy (61%). When asked about their comfort level in talking to either a mental health professional or a substance abuse counselor, a significant proportion of the respondents answered "no opinion."

- ***The most important factors in selecting a behavioral health service provider for rural Nebraskans include: the provider is licensed, the provider is covered by a third-party payer and that the provider is close to their home.*** The proportion rating the factors as important are as follows: provider is licensed (79%), provider is covered by a third-party payer (e.g., insurance, vouchers, Medicare, Medicaid) (75%) and the provider is close to my home (66%).

Introduction

Nebraska has experienced some economic growth during the past year. The state has seen growth in the number of jobs and in net taxable retail sales. However, the percent increase in total personal income (4.4% in 2004) was lower than the national growth rate. Thus, a steady and slow growth pattern is expected to continue in the future. [1]

Given these changes, how do rural Nebraskans believe they are doing and how do they view their future? Have these views changed over the past ten years? How satisfied are they with various items that influence their well-being? Who do they feel comfortable talking to about their personal problems? What factors are most important to rural Nebraskans when selecting a behavioral health service provider? This paper addresses these questions.

The 2005 Nebraska Rural Poll is the tenth annual effort to understand rural Nebraskans' perceptions. Respondents were asked a series of questions about their general well-being. Trends for these questions will be examined by comparing the data from the nine previous polls to this year's results. In addition, some new questions related to behavioral health services were asked this year.

Methodology and Respondent Profile

This study is based on 2,851 responses from Nebraskans living in the 84 non-metropolitan counties in the state. A self-administered questionnaire was mailed in February and March to approximately 6,250 randomly selected households. Metropolitan counties not included in the sample were Cass, Dakota, Dixon, Douglas, Lancaster, Sarpy, Saunders, Seward and Washington. The 14-page questionnaire included questions pertaining to well-being, community, work, the past ten years, housing and alternative energy sources. This paper reports only results from the well-being portion of the survey.

A 46% response rate was achieved using the total design method (Dillman, 1978). The sequence of steps used follow:

1. A pre-notification letter was sent requesting participation in the study.
2. The questionnaire was mailed with an informal letter signed by the project director approximately seven days later.
3. A reminder postcard was sent to the entire sample approximately seven days after the questionnaire had been sent.
4. Those who had not yet responded within approximately 14 days of the original mailing were sent a replacement questionnaire.

The average age of respondents is 56 years. Seventy-one percent are married (Appendix Table 1[2]) and sixty-eight percent live within

[1] Source: Recent Nebraska Economic Trends, published by the Nebraska Sate Department of Economic Development, August 2005. http://info.neded.org/trends/trends.htm

[2] Appendix Table 1 also includes demographic data from previous rural polls, as well as similar data based on the entire non-metropolitan population of Nebraska (using 2000 U.S. Census data). As can be seen from the table, there are some marked differences between some of the demographic variables in our sample compared to the Census data. Certainly some variance from 2000 Census data is to be expected as a result of changes that have occurred

the city limits of a town or village. On average, respondents have lived in Nebraska 47 years and have lived in their current community 31 years. Fifty-two percent are living in or near towns or villages with populations less than 5,000. Ninety-four percent have attained at least a high school diploma.

Fifty-four percent of the respondents report their 2004 approximate household income from all sources, before taxes, as below $40,000. Thirty-three percent report incomes over $50,000.

Seventy percent were employed in 2004 on a full-time, part-time, or seasonal basis. Twenty-five percent are retired. Thirty-four percent of those employed reported working in a professional, technical or administrative occupation. Fourteen percent indicated they were farmers or ranchers. The employed respondents who do not work in their home or their nearest community reported having to drive an average of 33 miles, one way, to their primary job.

Trends in Well-Being (1996 - 2005)

Comparisons are made between the well-being data collected this year to the nine previous studies. These comparisons begin to show a clearer picture of the trends emerging in the well-being of rural Nebraskans. It is important to keep in mind when viewing these comparisons that these were independent samples (the same people were not surveyed each year).

General Well-Being

To examine perceptions of general well-being, respondents were asked four questions.

1. "All things considered, do you think you are better or worse off than you were five years ago?" (Answer categories were worse off, about the same, or better off).
2. "All things considered, do you think you are better or worse off than your parents when they were your age?"
3. "All things considered, do you think you will be better or worse off ten years from now than you are today?"
4. "Do you agree or disagree with the following statement? Life has changed so much in our modern world that most people are powerless to control their own lives."

Rural Nebraskans' views about their current situation did not change much from last year. This year, 39 percent believe they are better off than they were five years ago, compared to 36 percent in 2004 (Figure 1). The percent saying they are worse off than they were five years ago decreased from 23 percent to 18 percent. This year, 43 percent of the respondents say they remained about the same, compared to 41 percent last year.

When examining the trends over the past ten years, rural Nebraskans have generally given positive reviews about their current situation. Approximately 36 percent each year have reported that they were better off than they were five years ago. However, there were two noticeable declines that occurred in 2001

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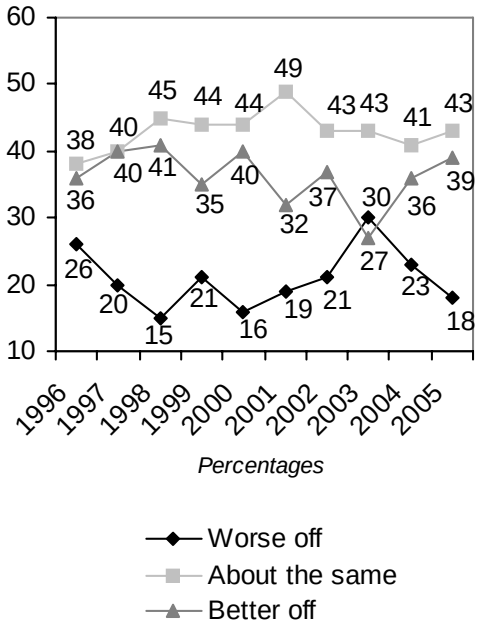
in the intervening five years. Nonetheless, we suggest the reader use caution in generalizing our data to all rural Nebraska. However, given the random sampling frame used for this survey, the acceptable percentage of responses, and the large number of respondents, we feel the data provide useful insights into opinions of rural Nebraskans on the various issues presented in this report.

Figure 1. *Well-Being Compared to Five Years Ago: 1996 - 2005*

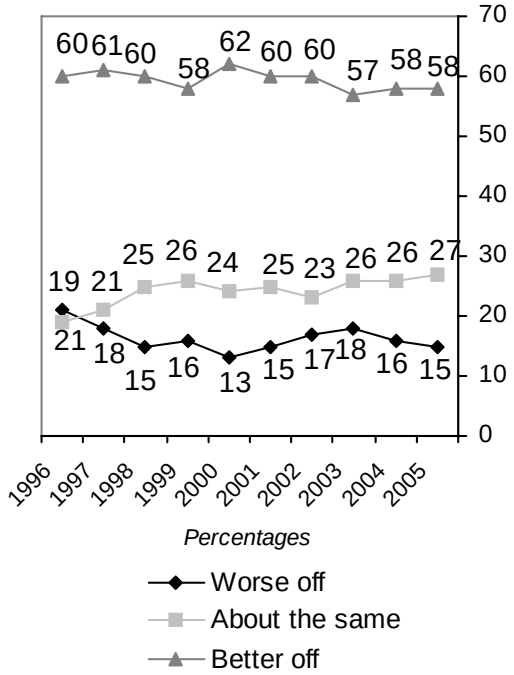


and 2003. The proportion stating they were worse off than five years ago decreased between 1996 and 1998 (from 26% to 15%), increased to 21 percent in 1999, decreased to 16 percent in 2000, steadily increased to 30 percent in 2003 and then declined to 18 percent this year. The proportion believing they are about the same has generally remained fairly steady around 44 percent since 1998. It did increase to 49 percent, though, in 2001.

When asked to compare themselves to their parents when they were their age, the proportion stating they are better off has remained fairly constant over the ten year period (Figure 2). Similarly, the proportion feeling they are worse off than their parents has remained steady during this period.

When looking to the future, respondents' views remained about the same as last year.

Figure 2. *Well-Being Compared to Parents: 1996 - 2005*



The proportion believing they will be better off ten years from now remained the same as last year (37%) (Figure 3). This year, 21 percent think they will be worse off, compared to 23 percent last year. The proportion stating they will be about the same was 42 percent, compared to 41 percent last year.

When examining the responses over all ten years, the proportion stating they will be better off ten years from now has generally remained about 36 percent. One exception to this general pattern occurred in 1998 when 42 percent of the respondents felt they would be better off in the future. And, in 2003 the proportion fell to 31 percent, the lowest of all ten years. The proportion of respondents stating they will be worse off ten years from now decreased from 31 percent in 1996 to 16

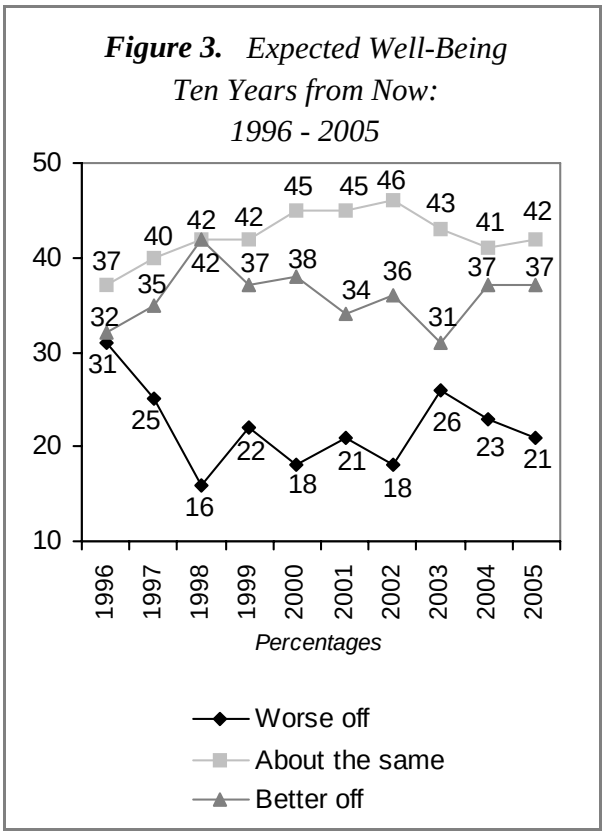


Figure 3. *Expected Well-Being Ten Years from Now: 1996 - 2005*

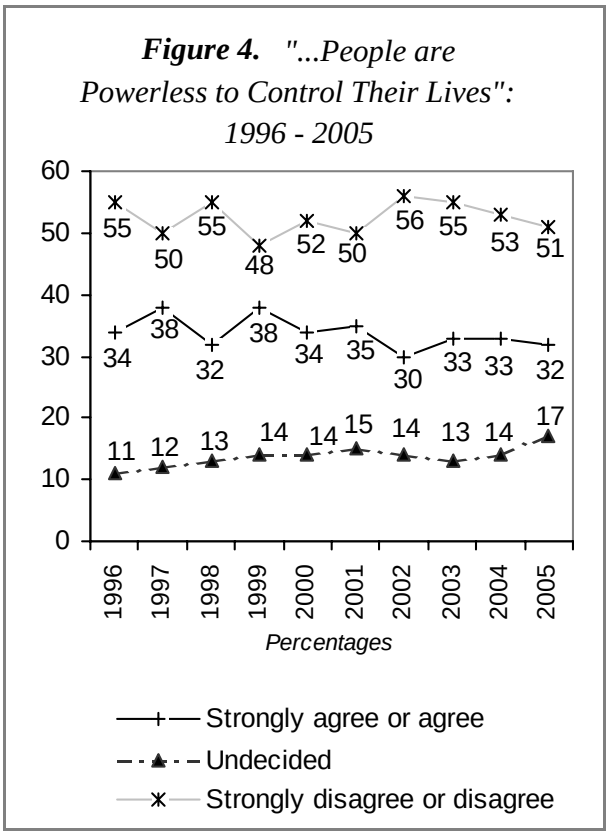


Figure 4. *"...People are Powerless to Control Their Lives": 1996 - 2005*

percent in 1998. This proportion then remained around 20 percent from 1999 to 2002. It then increased to 26 percent in 2003 and steadily declined to 21 percent this year.

In addition to asking about general well-being, rural Nebraskans were asked about the amount of control they feel they have over their lives. To measure this, respondents were asked the extent to which they agreed or disagreed with the following statement:
"Life has changed so much in our modern world that most people are powerless to control their own lives."

Responses to this question were virtually unchanged from last year. This year, 32 percent strongly agree or agree with the statement that people are powerless to control their lives, basically the same as last year (Figure 4). The proportion strongly disagreeing or disagreeing with the statement was 51 percent this year, compared to 53 percent last year.

When viewing the responses over all ten years, they have remained fairly consistent. The proportion who either strongly disagree or disagree with the statement has remained approximately 53 percent each year, with slight deviations from this average. Similarly, the proportion that either strongly agree or agree with the statement each year has hovered around 34 percent. The proportion of those who were undecided each year has remained fairly constant, although it increased slightly this year.

Satisfaction with Specific Aspects of Life

Each year, respondents were also given a list of items that can affect their well-being and were asked to indicate how satisfied they were with each using a five-point scale (1 = very dissatisfied, 5 = very satisfied). They were also given the option of checking a box to denote "does not apply."

This same question was asked in the nine previous polls, but the list of items was not identical each year. Table 1 shows the proportions "very satisfied" with each item for each study period.

The rank ordering of the items has remained relatively stable over the years. In addition, the proportion of respondents stating they were "very satisfied" with each item also has been fairly consistent over the years, particularly between 1997 and 2002. All of the proportions in 2003 were slightly lower than previous years. However, most

Table 1. *Proportions of Respondents "Very Satisfied" with Each Factor, 1996 - 2005.**

Item	*1996*	*1997*	*1998*	*1999*	*2000*	*2001*	*2002*	*2003*	*2004*	*2005*
Your marriage	NA	NA	67	71	71	73	72	68	71	68
Your family	51	62	62	58	62	56	57	53	56	51
Your religion/spirituality	42	48	48	46	51	50	49	46	45	42
Your friends	37	47	47	46	48	46	47	44	45	40
Greenery and open space	NA	NA	52	52	46	47	50	37	42	38
Your housing	NA	34	35	39	38	38	39	34	36	33
Clean air	NA	NA	NA	NA	38	41	43	33	37	32
Clean water	NA	NA	NA	NA	34	38	40	33	35	30
Your spare time**	13	NA	29	30	32	31	32	30	30	27
Your education	24	27	28	28	28	28	31	27	29	23
Your job satisfaction	22	25	24	25	24	24	28	22	27	23
Your job security	19	24	25	24	27	26	28	21	26	22
Your health	26	34	29	29	28	27	27	25	25	20
Your community	17	20	16	19	17	20	17	16	17	15
Job opportunities for you	10	12	11	12	11	11	13	11	12	11
Your current income level	12	15	12	12	12	12	12	11	12	11
Financial security during retirement	10	14	10	11	10	10	10	7	9	9

Note: The list of items was not identical in each study. "NA" means that item was not asked that particular year.
* The proportions were calculated out of those answering the question. The respondents checking "does not apply" were not included in the calculations.
** Worded as "time to relax during the week" in 1996 study.

proportions increased again last year and then declined again this year. The larger decreases occurred this year with the following items: their family, their friends, clean air, clean water, their education, and their health.

Family, spirituality, friends, and the outdoors continue to be items given high satisfaction ratings by respondents. On the other hand, respondents continue to be less satisfied with job opportunities, current income level, and financial security during retirement.

General Well-Being by Subgroups

In this section, 2005 data on the four general measures of well-being are analyzed and reported for the region in which the respondent lives, by the size of their community, and for various individual characteristics (Appendix Table 2).

Younger persons are more likely than older persons to believe they are better off compared to five years ago and will be better off ten years from now. Eighty-two percent of persons age 19 to 29 feel they will be better off ten years from now. However, only 12 percent of persons age 65 and older share this opinion. Both the oldest respondents and the youngest respondents are the groups most likely to believe they are better off compared to their parents when they were their age.

Persons with the highest household incomes are more likely than persons with lower incomes to feel they are better off compared to five years ago, are better off compared to their parents when they were their age, and will be better off ten years from now. For example, 65 percent of respondents with household incomes of $60,000 or more think they are better off compared to five years ago. However, only 18 percent of respondents with household incomes under $20,000 believe they are better off than they were five years ago.

Persons with higher educational levels are more likely than persons with less education to think they are better off compared to five years ago, are better off compared to their parents when they were their age, and will be better off ten years from now. Fifty-six percent of respondents with at least a four-year college degree believe they are better off than they were five years ago. Only 27 percent of persons with a high school diploma or less education share this optimism.

Males are more likely than females to think they are better off compared to five years ago and will be better off ten years from now. Females are more likely than males to answer “about the same” to those two questions.

When comparing the marital groups, respondents who have never married are the group most likely to believe they are better off than five years ago and will be better off ten years from now. The widowed respondents are most likely to believe they are better off compared to their parents when they were their age.

Respondents with professional occupations are more likely than persons with other types of occupations to believe they are better off compared to five years ago. Sixty percent of persons with professional occupations believe they are better off compared to five years ago, compared to only 30 percent of manual laborers. Persons with sales

occupations and persons with professional occupations are the groups most likely to think they will be better off ten years from now. Approximately 26 percent of manual laborers and persons with service occupations believe they will be worse off ten years from now (Figure 5). As was the case when asked about their future, persons with sales or professional occupations are the groups most likely to say they are better off compared to their parents when they were their age.

Persons living in or near larger communities are more likely than persons living in or near the smallest communities to believe they are better off compared to their parents when they were their age.

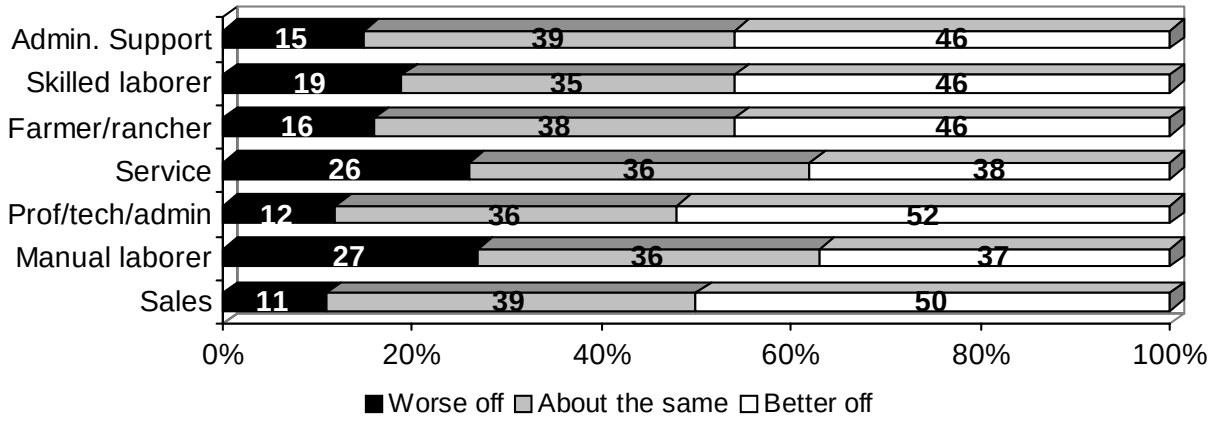
The respondents were also asked if they believe people are powerless to control their own lives. Thirty-two percent either strongly agree or agree that people are powerless to control their own lives (see Figure 4). Seventeen percent are undecided and 51 percent either strongly disagree or disagree.

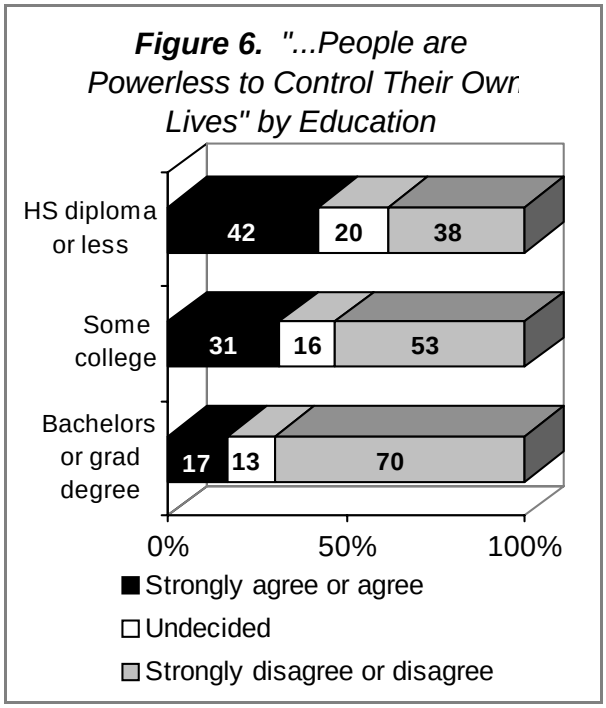
When analyzing the responses by region, community size, and various individual attributes, many differences emerge (Appendix Table 3). Persons with lower educational levels are more likely than persons with more education to believe that people are powerless to control their own lives. Forty-two percent of persons with a high school diploma or less agree that people are powerless to control their own lives (Figure 6). However, only 17 percent of persons with a four-year college degree share this opinion.

Persons with lower household incomes are more likely than persons with higher incomes to agree with the statement. Forty-eight percent of persons with household incomes under $20,000 believe people are powerless to control their own lives, compared to 19 percent of persons with household incomes of $60,000 or more.

Older persons are more likely than younger persons to believe people are powerless to control their own lives. Thirty-nine percent of persons age 65 and older agree with this statement. However, only 18 percent of persons age 19 to 29 think people are powerless to control their own lives.

Figure 5. *Well-Being Ten Years from Now by Occupation*





The marital status and gender groups most likely to believe people are powerless are widowed respondents and females. When comparing responses by occupation, persons with professional occupations are the group *least* likely to agree with the statement.

Specific Aspects of Well-Being by Subgroups

The respondents were given a list of items that may influence their well-being and were asked to rate their satisfaction with each. The complete ratings for each item are listed in Appendix Table 4. At least one-third of respondents are very satisfied with their family (50%), their marriage (47%), their religion/spirituality (42%), their friends (39%), greenery and open space (38%), and their housing (33%). Items receiving the highest proportion of very dissatisfied responses include: financial security during retirement (21%), current income level (14%), and job opportunities for you (10%).

The top ten items people are dissatisfied with (determined by the largest proportions of "very dissatisfied" and "dissatisfied" responses) will now be examined in more detail by looking at how the different demographic subgroups view each item. These comparisons are shown in Appendix Table 5.

Respondents' satisfaction levels with both their financial security during retirement as well as their current income level differ by most of the individual characteristics examined. Persons with lower household incomes are more likely than persons with higher incomes to be dissatisfied with both of these items. Fifty-nine percent of persons with household incomes under $20,000 report being dissatisfied with their current income level, compared to only 21 percent of persons with household incomes of $60,000 or more.

Respondents who are divorced or separated are the marital group most likely to be dissatisfied with both their financial security during retirement and their current income level. Sixty-four percent of divorced/ separated respondents are dissatisfied with their financial security during retirement, compared to only 38 percent of widowed respondents.

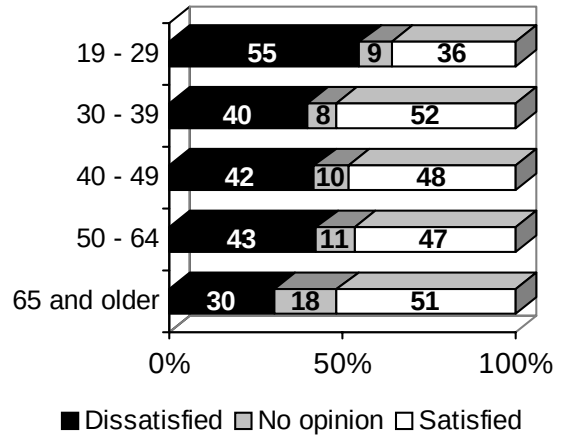
Persons without a four year college degree are more likely than persons with at least a four year degree to be dissatisfied with both of these items. When comparing the age groups, persons between the ages of 30 and 64 are the groups most likely to be dissatisfied with financial security during

retirement. The youngest persons (age 19 to 29) are the group most likely to express dissatisfaction with their current income level. Over one-half (55%) of the persons age 19 to 29 are dissatisfied with their current income level (Figure 7).

The manual laborers, skilled laborers and persons with service occupations are the occupation groups most likely to be dissatisfied with their financial security during retirement. At least sixty percent of these groups report being dissatisfied with their financial security during retirement, compared to only 47 percent of persons with professional occupations. Persons with administrative support positions are the group most likely to be dissatisfied with their current income level. Fifty-two percent of persons with these types of positions are dissatisfied with their current income, compared to 31 percent of persons with professional occupations.

Persons with lower household incomes are more likely than persons with higher incomes to be dissatisfied with their job, their job security and their job opportunities. Fifty-one percent of persons with household incomes under $20,000 are dissatisfied with their job opportunities, compared to 28 percent of persons with household incomes of $60,000 or more.

Figure 7. *Dissatisfaction with Current Income by Age*



Persons who are divorced/separated are the marital group most likely to express dissatisfaction with these three job-related items (job satisfaction, job security and job opportunities). As an example, 28 percent of divorced/separated persons are dissatisfied with their job security, compared to 18 percent of all other marital groups. Persons who have never married are also more likely than the other marital groups to express dissatisfaction with their job.

Younger persons are more likely than older persons to be dissatisfied with these job-related items. Forty-six percent of persons age 19 to 29 report being dissatisfied with their job opportunities, compared to 24 percent of persons age 65 and older.

Persons with a four year college degree are the education group *least* likely to express dissatisfaction with their job opportunities and their job. This group is also most likely to report being satisfied with their job security.

Females are more likely than males to report dissatisfaction with their job opportunities. Forty-four percent of females are dissatisfied with the job opportunities for them, compared to 35 percent of males.

When comparing responses by occupation, persons with administrative support positions are the group most likely to express dissatisfaction with their job opportunities.

Fifty-two percent of persons with this type of position are dissatisfied with their job opportunities, compared to 27 percent of farmers and ranchers. Manual laborers, though, are the group most likely to report being dissatisfied with their job. Twenty-six percent of manual laborers are dissatisfied with their job, compared to 11 percent of farmers and ranchers. And, farmers and ranchers are the occupation group *least* likely to express dissatisfaction with their job security.

Younger persons are more likely than older persons to express dissatisfaction with their spare time. Thirty-six percent of persons between the ages of 19 and 29 report being dissatisfied with their spare time, compared to only five percent of persons age 65 and older.

Other groups most likely to be dissatisfied with their spare time include: persons with higher household incomes, respondents with at least some college education, both divorced/separated respondents and persons who have never married and persons with administrative support positions.

Satisfaction with their health differed by five characteristics: income, age, education, marital status and occupation. The groups most likely to report being dissatisfied with their health are: persons with the lowest household incomes, older respondents, persons without a four year college degree, both divorced/separated and widowed respondents and both manual laborers and persons with administrative support positions.

Persons with both administrative support and service positions are the occupation groups most likely to express dissatisfaction with their community. Approximately 24 percent of these groups are dissatisfied with their community, compared to 14 percent of the farmers and ranchers.

Divorced/separated respondents are the marital group most likely to be dissatisfied with their community. Twenty-six percent of these respondents are dissatisfied with their community, compared to only eight percent of widowed respondents.

Persons under the age of 64 are more likely than older persons to report dissatisfaction with their community. Persons living in or near communities with populations ranging from 500 to 999 are the community size group most likely to be *satisfied* with their community. And, persons with at least a four year college degree are the education group most likely to report being *satisfied* with their community.

Persons living in or near communities with populations ranging from 5,000 to 9,999 are more likely than persons living in communities of different sizes to express dissatisfaction with clean water. Twenty-four percent of persons living in or near communities of this size are dissatisfied with clean water. Only 14 percent of persons living in or near communities with populations less than 5,000 share this opinion.

Other groups most likely to express dissatisfaction with clean water include: persons under the age of 64, females, persons with only some college education, persons who are divorced or separated and persons with service occupations. Persons with the highest household incomes are more likely

than persons with lower incomes to report being *satisfied* with clean water.

The groups most likely to be dissatisfied with their education are: younger respondents, persons without a four year college degree, divorced/separated respondents and persons with sales occupations. Persons with the highest household incomes are more likely than persons with lower incomes to express *satisfaction* with their education.

Behavioral Health Services

Finally, the respondents were asked two questions relating to behavioral health services. They were first asked to what extent they feel comfortable talking to various people about personal problems. They were given a five-point scale that ranged from "not at all" to "very comfortable."

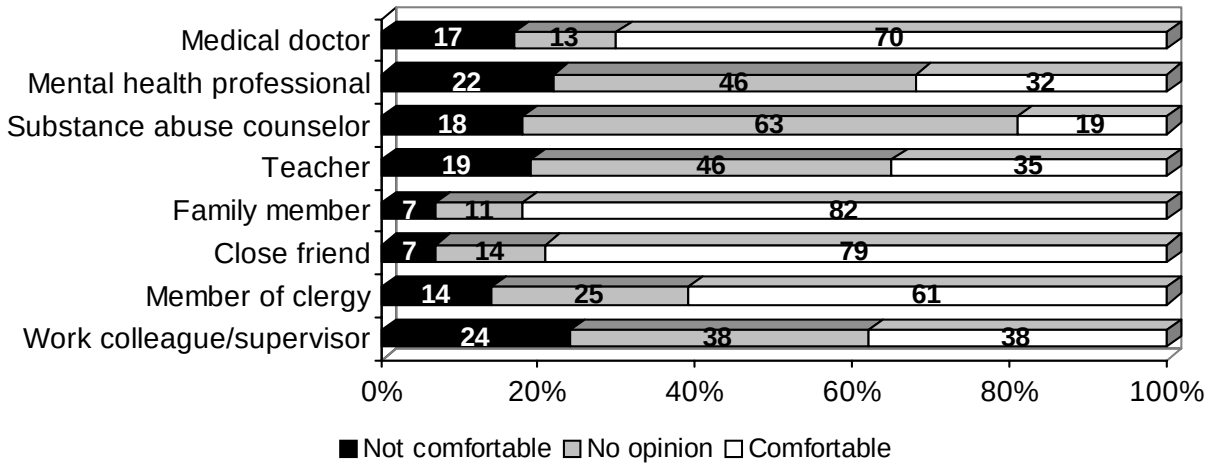
At least one-half of rural Nebraskans report they are comfortable talking to the following people about their personal problems: family member (82%), close friend (79%), a medical doctor (70%) and a member of the clergy (61%) (Figure 8). When asked about their comfort level in talking to either a mental health professional or a substance abuse counselor, a significant proportion of the respondents answered "no opinion."

The responses to this question are analyzed by region, community size and various individual attributes (Appendix Table 6). Many differences emerge.

Older persons are more likely than younger persons to be comfortable talking to a medical doctor about their personal problems. Seventy-eight percent of persons age 65 and older report being comfortable talking to a medical doctor about personal problems, compared to 61 percent of persons age 19 to 29.

Other groups most likely to be comfortable talking to a medical doctor about their personal problems include widowed persons

Figure 8. *Level of Comfort in Talking to Various People about Persona Problems*



and persons with sales occupations. Females, persons living in the Panhandle (see Appendix Figure 1 for counties included in each region), and persons with at least some college education are the gender, region, and education groups most likely to report being *uncomfortable* talking to a medical doctor about their personal problems.

The groups most likely to report being comfortable talking to a mental health professional about their personal problems include: younger persons, persons with higher education levels, divorced/separated persons and persons with professional occupations.

Younger persons, persons with the highest education levels and divorced/separated persons are the groups most likely to feel comfortable talking to a substance abuse counselor about their personal problems.

The groups most likely to feel comfortable talking to a teacher about their personal problems include: younger persons, persons with higher incomes, males, persons with higher education levels and both married persons and persons who have never married.

Persons with higher incomes and both widowed and married persons are the groups most likely to feel comfortable talking to a family member about their personal problems. Younger persons, females and persons with higher education levels are the groups most likely to feel comfortable talking to a close friend.

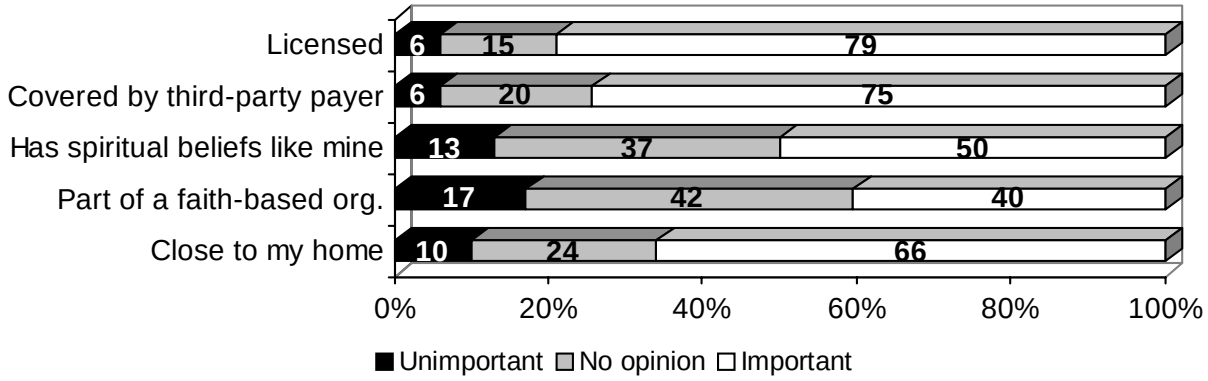
Older persons are more likely than younger persons to report being comfortable talking about personal problems to a member of the clergy. Sixty-seven percent of persons age 65 and older are comfortable talking about these issues with a member of the clergy, compared to 45 percent of persons age 19 to 29. Other groups most likely to feel comfortable talking about personal problems to a member of the clergy include persons with higher education levels and widowed persons.

The groups most likely to feel comfortable talking to a work colleague or supervisor about personal problems include: persons with higher household incomes, younger persons, males, persons with higher education levels and persons with professional occupations. Widowed persons are the marital group *least* likely to report being comfortable talking to a work colleague or supervisor. When comparing responses by community size, persons living in or near communities with populations ranging from 500 to 999 are the group *least* likely to report being comfortable talking about their personal problems to a work colleague or supervisor.

Finally, respondents were asked about the importance of several factors in selecting a behavioral health service provider. The exact question wording was, “In the event that you might need mental health, substance abuse or addiction services, rate how important the following factors would be to you in selecting a service provider.” The respondents were given a five-point scale that ranged from “very unimportant” to “very important.”

The two most important factors in selecting a service provider include the provider being licensed (79%) and that the provider is

Figure 9. *Importance of Factors in Selecting Behavioral Health Service Provider*



covered by a third-party payer (e.g., insurance, vouchers, Medicare, Medicaid) (75%) (Figure 9).

The importance that respondents' place on these factors are examined by region, community size and various individual attributes (Appendix Table 7). Many differences are detected.

Younger persons are more likely than older persons to say that the provider being licensed is an important factor. Ninety-two percent of persons age 19 to 29 say this factor is important, compared to 72 percent of persons age 65 and older.

Other groups most likely to rate being licensed as an important factor include: persons with the highest incomes, females, persons with the highest education levels and persons who have never married. Farmers and ranchers are the occupation group *least* likely to rate this factor as important.

The groups most likely to rate the provider being covered by a third-party payer as an important factor include: persons living in or near the larger communities, persons with higher incomes, younger persons, females, persons with higher education levels and persons with administrative support positions.

The following groups are most likely to say having a service provider with spiritual beliefs like theirs is important: females, both married and widowed persons and both farmers and ranchers and persons with professional occupations. The youngest respondents are the age group *least* likely to rate this factor as being important.

The groups most likely to rate having a service provider that is part of a faith-based organization as being important include: females, persons with higher education levels and both persons age 40 to 49 and persons age 65 and older. Persons with higher incomes are more likely than persons with lower incomes to rate this factor as being *unimportant*.

Having a provider close to their home is most important for the following groups: younger persons, females and persons with higher

education levels. The occupation groups *least* likely to rate this factor as important include persons with sales occupations and farmers and ranchers.

Conclusion

Rural Nebraskans' views about their current and future situation remained about the same as last year. No noticeable changes are detected when asked how they are compared to five years ago or how they expect to be ten years from now.

Certain groups remain pessimistic about their situation. Persons with lower household incomes, older persons, females, persons with lower educational levels, and manual laborers are the groups most likely to be more pessimistic about the present and the future.

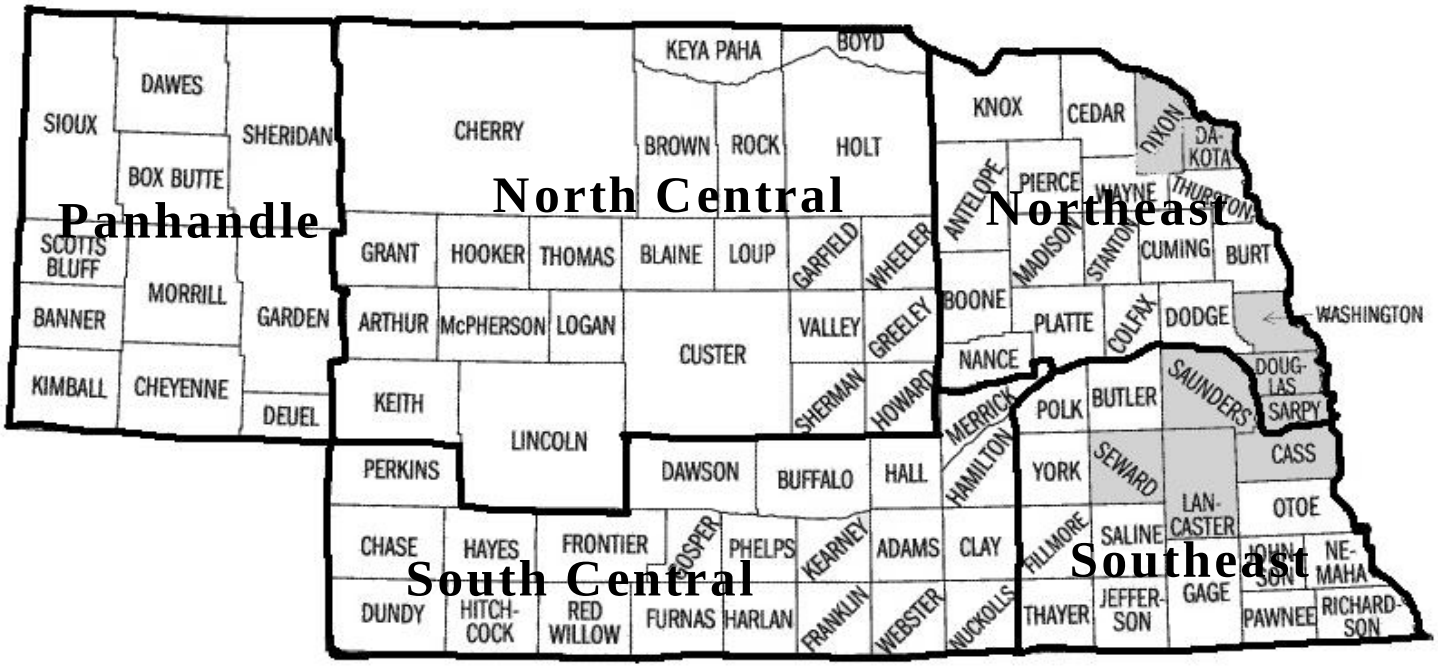
When asked if they believe people are powerless to control their own lives, 32 percent of this year's respondents agreed, virtually the same proportion as in 2004 (33%). Widowed persons, persons with lower educational levels, older persons, persons with lower household incomes and females are the groups most likely to agree that people are powerless to control their own lives.

Rural Nebraskans continue to be most satisfied with family, spirituality, friends, and the outdoors. On the other hand, they continue to be less satisfied with job opportunities, their current income level, and financial security during retirement. Of some concern is the fact that younger people are more likely than older persons to be dissatisfied with their current income.

Rural Nebraskans are most comfortable talking to their family and friends about personal problems. Many report having no opinion about their level of comfort in talking to mental health professionals or substance abuse counselors about personal problems.

When asked how important various factors are in selecting a behavioral health service provider, rural Nebraskans rated the provider being licensed, the provider being covered by a third party payer and the provider being close to their home as being most important. Faith related factors (having a provider with spiritual beliefs like theirs or having a provider that is part of a faith-based organization) were less important to rural Nebraskans.

Appendix Figure 1. Regions of Nebraska



Metropolitan counties (not surveyed)

Appendix Table 1. *Demographic Profile of Rural Poll Respondents Compared to 2000 Census*

	2005 Poll	***2004 Poll***	***2003 Poll***	***2002 Poll***	***2001 Poll***	***2000 Poll***	***2000 Census***
Age : [1]							
20 - 39	15%	18%	18%	16%	17%	20%	33%
40 - 64	51%	49%	51%	51%	49%	54%	42%
65 and over	34%	32%	32%	32%	33%	26%	24%
Gender: [2]							
Female	32%	32%	51%	36%	37%	57%	51%
Male	69%	68%	49%	64%	63%	43%	49%
Education: [3]							
Less than 9th grade	3%	3%	2%	3%	4%	2%	7%
9th to 12th grade (no diploma)	5%	5%	5%	4%	5%	4%	10%
High school diploma (or equivalent)	33%	34%	34%	32%	35%	34%	35%
Some college, no degree	24%	24%	23%	25%	26%	28%	25%
Associate degree	13%	12%	11%	10%	8%	9%	7%
Bachelors degree	14%	15%	16%	16%	13%	15%	11%
Graduate or professional degree	10%	8%	9%	10%	8%	9%	4%
Household income: [4]							
Less than $10,000	8%	9%	8%	8%	9%	3%	10%
$10,000 - $19,999	14%	15%	14%	15%	16%	10%	16%
$20,000 - $29,999	16%	16%	16%	17%	20%	15%	17%
$30,000 - $39,999	16%	16%	16%	17%	16%	19%	15%
$40,000 - $49,999	14%	13%	13%	14%	14%	17%	12%
$50,000 - $59,999	10%	11%	11%	11%	9%	15%	10%
$60,000 - $74,999	10%	10%	11%	9%	8%	11%	9%
$75,000 or more	13%	11%	11%	10%	8%	11%	11%
Marital Status: [5]							
Married	71%	69%	73%	73%	70%	95%	61%
Never married	7%	9%	7%	6%	7%	0.2%	22%
Divorced/separated	11%	10%	9%	9%	10%	2%	9%
Widowed/widower	11%	12%	11%	12%	14%	4%	8%

[1] 2000 Census universe is non-metro population 20 years of age and over.

[2] 2000 Census universe is total non-metro population.

[3] 2000 Census universe is non-metro population 18 years of age and over.

[4] 2000 Census universe is all non-metro households.

[5] 2000 Census universe is non-metro population 15 years of age and over.

Appendix Table 2. *Measures of Individual Well-Being in Relation to Community Size, Region and Individual Attributes.*

	Compared to Five Years Ago				***Compared to Parents***				***Ten Years from Now***			
	Worse Off	*Same*	*Better Off*	*Significance*	*Worse Off*	*Same*	*Better Off*	*Significance*	*Worse Off*	*Same*	*Better Off*	*Significance*
						Percentages						
Community Size		(n = 2723)				(n = 2710)				(n = 2662)		
Less than 500	16	45	39		19	30	51		21	43	36	
500 - 999	18	45	37		16	29	55		23	41	37	
1,000 - 4,999	21	42	38		16	26	58		20	43	36	
5,000 - 9,999	17	47	36	$\chi^2 = 8.94$	16	25	59	$\chi^2 = 23.64$	21	42	37	$\chi^2 = 2.24$
10,000 and up	18	41	41	(.348)	12	25	63	(.003)	20	42	38	(.973)
Region		(n = 2824)				(n = 2811)				(n = 2752)		
Panhandle	18	42	41		20	26	55		23	37	40	
North Central	17	46	38		14	28	58		20	46	34	
South Central	19	42	40		15	25	60		21	40	39	
Northeast	20	42	39	$\chi^2 = 7.07$	14	27	59	$\chi^2 = 8.38$	21	43	37	$\chi^2 = 9.59$
Southeast	17	47	36	(.529)	16	28	57	(.397)	20	45	35	(.295)
Individual Attributes:												
Income Level		(n = 2609)				(n = 2600)				(n = 2558)		
Under $20,000	29	53	18		23	29	48		31	49	21	
$20,000 - $39,999	20	48	32		17	29	53		25	44	32	
$40,000 - $59,999	15	39	45	$\chi^2 = 310.54$	15	29	57	$\chi^2 = 100.27$	16	42	43	$\chi^2 = 215.28$
$60,000 and over	9	26	65	(.000)	7	20	73	(.000)	9	32	58	(.000)
Age		(n = 2840)				(n = 2827)				(n = 2768)		
19 - 29	10	18	73		10	24	66		1	16	82	
30 - 39	9	31	61		15	28	57		6	24	70	
40 - 49	18	34	48		19	29	52		10	34	56	
50 - 64	22	40	38	$\chi^2 = 291.51$	19	27	53	$\chi^2 = 57.76$	25	43	32	$\chi^2 = 613.16$
65 and older	18	59	22	(.000)	10	25	66	(.000)	30	58	12	(.000)
Gender		(n = 2803)				(n = 2790)				(n = 2734)		
Male	18	41	41	$\chi^2 = 11.11$	15	26	60	$\chi^2 = 5.92$	21	40	39	$\chi^2 = 15.66$
Female	18	47	35	(.004)	16	29	55	(.052)	21	47	32	(.000)

Appendix Table 2 Continued.

	Compared to Five Years Ago				***Compared to Parents***				***Ten Years from Now***			
	Worse Off	*Same*	*Better Off*	*Significance*	*Worse Off*	*Same*	*Better Off*	*Significance*	*Worse Off*	*Same*	*Better Off*	*Significance*
Education		(n = 2803)				(n = 2790)				(n = 2733)		
H. S. diploma or less	22	51	27		14	28	59		26	49	25	
Some college	18	42	40	$\chi^2 = 142.60$	18	26	56	$\chi^2 = 16.88$	19	38	43	$\chi^2 = 120.22$
Bachelors or graduate degree	12	32	56	(.000)	12	26	62	(.002)	14	39	47	(.000)
Marital Status		(n = 2799)				(n = 2786)				(n = 2729)		
Married	17	41	42		13	26	61		19	41	39	
Never married	14	37	49		17	32	52		13	36	52	
Divorced/separated	26	37	36	$\chi^2 = 132.43$	29	31	40	$\chi^2 = 76.56$	22	40	39	$\chi^2 = 121.48$
Widowed	20	68	12	(.000)	11	25	64	(.000)	34	56	10	(.000)
Occupation		(n = 1840)				(n = 1834)				(n = 1820)		
Sales	18	36	46		15	21	64		11	39	50	
Manual laborer	22	48	30		19	32	49		27	36	37	
Prof/tech/admin	12	28	60		13	26	62		12	36	52	
Service	18	39	43		22	27	51		26	36	38	
Farming/ranching	19	40	41		22	26	51		16	38	46	
Skilled laborer	18	38	43	$\chi^2 = 74.50$	17	27	55	$\chi^2 = 36.32$	19	35	46	$\chi^2 = 47.80$
Admin. support	22	37	41	(.000)	28	27	46	(.001)	15	39	46	(.000)

Appendix Table 3. *Life Has Changed So Much in Our Modern World that Most People Are Powerless to Control Their Own Lives.*

	Strongly Agree	*Agree*	*Undecided*	*Disagree*	*Strongly Disagree*	*Significance*
			Percentages			
Community Size			(n = 2690)			
Less than 500	7	30	14	35	14	
500 - 999	9	23	21	35	13	
1,000 - 4,999	9	24	16	40	12	
5,000 - 9,999	7	24	17	39	12	$\chi^2 = 18.86$
10,000 and up	7	22	18	40	13	(.276)
Region			(n = 2786)			
Panhandle	8	25	14	40	13	
North Central	9	23	17	39	12	
South Central	7	22	17	40	15	
Northeast	7	26	17	38	12	$\chi^2 = 19.02$
Southeast	7	27	21	34	11	(.268)
Individual Attributes:						
Income Level			(n = 2580)			
Under $20,000	12	36	18	27	8	
$20,000 - $39,999	7	27	20	35	11	
$40,000 - $59,999	7	20	16	44	14	$\chi^2 = 180.10$
$60,000 and over	4	15	12	49	21	(.000)
Age			(n = 2802)			
19 - 29	1	17	21	40	20	
30 - 39	5	19	15	41	20	
40 - 49	7	19	16	42	16	
50 - 64	8	25	14	40	13	$\chi^2 = 107.78$
65 and older	9	30	21	33	7	(.000)
Gender			(n = 2768)			
Male	8	23	16	40	13	$\chi^2 = 11.39$
Female	7	27	19	35	12	(.023)
Education			(n = 2767)			
H.S. diploma or less	11	31	20	31	7	
Some college	7	24	16	39	14	$\chi^2 = 184.32$
Bachelors or grad degree	3	14	13	50	20	(.000)
Marital Status			(n = 2764)			
Married	7	23	16	41	14	
Never married	6	23	26	31	15	
Divorced/separated	9	25	17	37	12	$\chi^2 = 66.71$
Widowed	9	36	21	28	5	(.000)

Appendix Table 3 Continued.

	Strongly Agree	*Agree*	*Undecided*	*Disagree*	*Strongly Disagree*	*Significance*
Occupation			(n = 1825)			
Sales	8	23	11	42	17	
Manual laborer	8	24	24	35	9	
Prof/technical/admin.	4	16	13	49	19	
Service	7	26	18	37	12	
Farming/ranching	7	23	18	39	13	
Skilled laborer	8	24	20	37	11	$\chi^2 = 78.63$
Admin. support	5	27	16	46	7	(.000)

Appendix Table 4. *Satisfaction with Items Affecting Well-Being, 2005.*

Item	*Does Not Apply*	*Very Dissatisfied*	*Somewhat Dissatisfied*	*No Opinion*	*Somewhat Satisfied*	*Very Satisfied*
Your family	1%	1%	3%	8%	37%	50%
Your marriage	30	1	2	4	17	47
Your religion/spirituality	2	1	4	18	33	42
Your friends	1	1	3	13	43	39
Greenery and open space	0	1	4	11	45	38
Your housing	0	2	7	11	47	33
Clean air	0	3	7	12	47	32
Clean water	0	5	11	10	44	30
Your spare time	2	4	15	13	39	27
Your education	0	2	10	17	48	23
Your health	0	6	13	13	49	20
Your job satisfaction	32	3	8	9	33	16
Your community	0	4	13	17	51	15
Your job security	32	4	10	11	28	15
Current income level	0	14	25	13	37	11
Financial security during retirement	0	21	26	13	30	9
Job opportunities for you	28	10	17	18	19	8

Appendix Table 5. *Satisfaction with Items By Community Size, Region and Individual Attributes.**

	Financial security during retirement				***Current income level***			
	Dissatisfied	*No opinion*	*Satisfied*	*Significance*	*Dissatisfied*	*No opinion*	*Satisfied*	*Significance*
				Percentages				
Community Size		(n = 2524)				(n = 2556)		
Less than 500	50	13	38		43	10	47	
500 - 999	47	12	41		40	10	49	
1,000 - 4,999	50	12	38		37	14	49	
5,000 - 9,999	44	14	42	$\chi^2 = 6.97$	38	14	48	$\chi^2 = 6.07$
10,000 and up	46	14	40	(.540)	39	12	49	(.640)
Region		(n = 2611)				(n = 2643)		
Panhandle	50	12	38		40	9	51	
North Central	42	14	44		38	12	49	
South Central	49	13	38		39	13	49	
Northeast	49	13	38	$\chi^2 = 9.01$	40	14	46	$\chi^2 = 6.71$
Southeast	46	14	40	(.341)	39	13	48	(.568)
Individual Attributes:								
Income Level		(n = 2426)				(n = 2460)		
Under $20,000	60	18	22		59	17	25	
$20,000 - $39,999	53	12	36		46	12	42	
$40,000 - $59,999	46	12	41	$\chi^2 = 137.57$	36	12	52	$\chi^2 = 270.98$
$60,000 and over	35	9	56	(.000)	21	6	73	(.000)
Age		(n = 2625)				(n = 2656)		
19 - 29	46	19	35		55	9	36	
30 - 39	53	13	34		40	8	52	
40 - 49	57	13	30		42	10	48	
50 - 64	54	11	35	$\chi^2 = 122.82$	43	11	47	$\chi^2 = 70.90$
65 and older	33	15	52	(.000)	30	18	51	(.000)
Gender		(n = 2592)				(n = 2624)		
Male	46	13	41	$\chi^2 = 3.28$	38	12	50	$\chi^2 = 3.34$
Female	50	13	37	(.194)	42	12	46	(.188)
Education		(n = 2592)				(n = 2622)		
High school diploma or less	50	16	33		42	16	42	
Some college	50	13	38	$\chi^2 = 65.59$	43	11	46	$\chi^2 = 82.47$
Bachelors or grad degree	39	9	52	(.000)	29	9	62	(.000)
Marital Status		(n = 2590)				(n = 2620)		
Married	46	12	42		37	12	51	
Never married	46	17	37		43	14	43	
Divorced/separated	64	12	24	$\chi^2 = 52.10$	53	8	39	$\chi^2 = 47.58$
Widowed	38	19	42	(.000)	36	21	43	(.000)
Occupation		(n = 1724)				(n = 1796)		
Sales	53	10	38		46	12	42	
Manual laborer	62	19	19		45	16	39	
Prof./technical/admin	47	9	44		31	7	62	
Service	60	12	28		47	12	40	
Farming/ranching	50	14	36		48	8	43	
Skilled laborer	61	12	27	$\chi^2 = 53.17$	46	11	44	$\chi^2 = 70.47$
Admin. support	55	11	35	(.000)	52	9	39	(.000)

* Only the ten items with the highest combined proportion of "very dissatisfied" and "dissatisfied" responses are included in this table.

Appendix Table 5 Continued.

	Job opportunities for you				***Job security***			
	Dissatisfied	*No opinion*	*Satisfied*	*Significance*	*Dissatisfied*	*No opinion*	*Satisfied*	*Significance*
				Percentages				
Community Size		(n = 1948)				(n = 1846)		
Less than 500	40	23	37		17	15	68	
500 - 999	32	27	42		17	13	70	
1,000 - 4,999	39	25	37		18	17	65	
5,000 - 9,999	36	30	34	$\chi^2 = 7.84$	18	20	62	$\chi^2 = 12.75$
10,000 and up	38	25	38	(.449)	23	15	63	(.121)
Region		(n = 2004)				(n = 1896)		
Panhandle	40	23	37		20	14	65	
North Central	36	25	39		17	17	66	
South Central	38	26	37		20	18	62	
Northeast	38	25	37	$\chi^2 = 1.72$	21	15	65	$\chi^2 = 4.44$
Southeast	36	27	37	(.988)	20	17	63	(.816)
Individual Attributes:								
Income Level		(n = 1907)				(n = 1807)		
Under $20,000	51	24	25		25	25	50	
$20,000 - $39,999	43	24	33		24	17	59	
$40,000 - $59,999	34	28	38	$\chi^2 = 68.25$	19	17	64	$\chi^2 = 62.13$
$60,000 and over	28	23	49	(.000)	14	10	76	(.000)
Age		(n = 2012)				(n = 1904)		
19 - 29	46	10	44		24	16	60	
30 - 39	33	23	44		16	14	70	
40 - 49	41	23	37		24	14	63	
50 - 64	41	26	34	$\chi^2 = 65.77$	21	17	62	$\chi^2 = 33.37$
65 and older	24	39	38	(.000)	10	23	68	(.000)
Gender		(n = 1992)				(n = 1883)		
Male	35	27	38	$\chi^2 = 13.82$	19	17	65	$\chi^2 = 1.47$
Female	44	21	35	(.001)	21	16	63	(.479)
Education		(n = 1989)				(n = 1880)		
High school diploma or less	41	30	29		18	22	60	
Some college	38	24	38	$\chi^2 = 38.36$	21	15	64	$\chi^2 = 23.16$
Bachelors or grad degree	32	23	46	(.000)	19	12	69	(.000)
Marital Status		(n = 1987)				(n = 1879)		
Married	36	26	38		18	15	66	
Never married	36	21	43		18	17	65	
Divorced/separated	49	26	25	$\chi^2 = 22.64$	28	18	54	$\chi^2 = 20.06$
Widowed	39	25	36	(.001)	18	25	57	(.003)
Occupation		(n = 1724)				(n = 1767)		
Sales	39	23	38		24	16	60	
Manual laborer	49	28	23		23	27	50	
Prof./technical/admin	33	19	48		19	10	70	
Service	40	30	30		21	18	61	
Farming/ranching	27	32	41		12	20	67	
Skilled laborer	36	26	38	$\chi^2 = 72.84$	21	15	63	$\chi^2 = 51.94$
Admin. support	52	26	22	(.000)	25	20	55	(.000)

* Only the ten items with the highest combined proportion of "very dissatisfied" and "dissatisfied" responses are included in this table.

Appendix Table 5 Continued.

	Your spare time				***Your health***			
	Dissatisfied	*No opinion*	*Satisfied*	*Significance*	*Dissatisfied*	*No opinion*	*Satisfied*	*Significance*
				Percentages				
Community Size		(n = 2580)				(n = 2628)		
Less than 500	21	13	66		20	12	69	
500 - 999	20	13	68		19	12	69	
1,000 - 4,999	20	14	67		18	12	70	
5,000 - 9,999	17	15	69	$\chi^2 = 3.19$	17	15	68	$\chi^2 = 3.27$
10,000 and up	20	13	68	(.922)	18	11	70	(.917)
Region		(n = 2666)				(n = 2723)		
Panhandle	22	12	65		17	12	71	
North Central	18	12	70		22	14	65	
South Central	18	13	69		19	12	70	
Northeast	20	14	66	$\chi^2 = 8.13$	19	13	68	$\chi^2 = 10.79$
Southeast	21	15	64	(.421)	14	13	73	(.214)
Individual Attributes:								
Income Level		(n = 2483)				(n = 2528)		
Under $20,000	14	20	67		28	15	57	
$20,000 - $39,999	18	12	69		20	11	70	
$40,000 - $59,999	22	13	65	$\chi^2 = 39.86$	17	12	71	$\chi^2 = 63.78$
$60,000 and over	25	10	66	(.000)	13	10	78	(.000)
Age		(n = 2679)				(n = 2737)		
19 - 29	36	12	53		11	11	78	
30 - 39	31	10	60		10	11	79	
40 - 49	31	16	53		16	13	72	
50 - 64	19	15	66	$\chi^2 = 223.01$	23	12	65	$\chi^2 = 37.27$
65 and older	5	12	83	(.000)	20	14	66	(.000)
Gender		(n = 2649)				(n = 2705)		
Male	20	14	67	$\chi^2 = 0.99$	18	13	70	$\chi^2 = 4.30$
Female	19	13	69	(.611)	21	12	68	(.117)
Education		(n = 2647)				(n = 2702)		
High school diploma or less	15	16	70		21	16	63	
Some college	22	14	64	$\chi^2 = 29.55$	20	11	69	$\chi^2 = 46.38$
Bachelors or grad degree	22	10	68	(.000)	13	9	78	(.000)
Marital Status		(n = 2644)				(n = 2700)		
Married	20	12	69		18	12	71	
Never married	25	19	56		15	14	72	
Divorced/separated	23	20	57	$\chi^2 = 58.71$	23	14	63	$\chi^2 = 14.60$
Widowed	7	18	76	(.000)	23	13	64	(.024)
Occupation		(n = 1798)				(n = 1810)		
Sales	24	11	64		13	14	74	
Manual laborer	23	22	56		22	21	57	
Prof./technical/admin	25	12	63		14	8	78	
Service	24	15	61		16	14	69	
Farming/ranching	28	12	60		18	11	71	
Skilled laborer	20	16	65	$\chi^2 = 22.34$	16	12	72	$\chi^2 = 35.51$
Admin. support	33	9	58	(.072)	21	9	71	(.001)

* Only the ten items with the highest combined proportion of "very dissatisfied" and "dissatisfied" responses are included in this table.

Appendix Table 5 Continued.

	Your community				***Clean water***			
	Dissatisfied	*No opinion*	*Satisfied*	*Significance*	*Dissatisfied*	*No opinion*	*Satisfied*	*Significance*
				Percentages				
Community Size		(n = 2623)				(n = 2623)		
Less than 500	20	16	65		14	6	80	
500 - 999	10	17	73		14	10	76	
1,000 - 4,999	18	15	67		14	9	77	
5,000 - 9,999	20	18	63	$\chi^2 = 21.56$	24	12	64	$\chi^2 = 38.09$
10,000 and up	16	19	65	(.006)	16	13	72	(.000)
Region		(n = 2715)				(n = 2712)		
Panhandle	16	16	68		18	12	70	
North Central	20	18	63		14	8	78	
South Central	14	18	68		17	10	73	
Northeast	16	18	66	$\chi^2 = 9.52$	16	12	72	$\chi^2 = 8.53$
Southeast	19	16	64	(.300)	16	11	74	(.384)
Individual Attributes:								
Income Level		(n = 2517)				(n = 2521)		
Under $20,000	17	21	62		19	12	69	
$20,000 - $39,999	17	17	66		14	11	74	
$40,000 - $59,999	15	18	67	$\chi^2 = 12.46$	18	10	73	$\chi^2 = 16.30$
$60,000 and over	18	14	69	(.052)	15	8	78	(.012)
Age		(n = 2729)				(n = 2726)		
19 - 29	22	17	61		18	11	71	
30 - 39	16	17	67		17	10	74	
40 - 49	24	18	58		18	10	72	
50 - 64	19	18	64	$\chi^2 = 67.46$	19	9	72	$\chi^2 = 16.23$
65 and older	9	17	74	(.000)	12	12	76	(.039)
Gender		(n = 2697)				(n = 2695)		
Male	17	18	65	$\chi^2 = 3.46$	14	10	76	$\chi^2 = 16.88$
Female	16	16	68	(.178)	20	11	68	(.000)
Education		(n = 2695)				(n = 2694)		
High school diploma or less	16	22	63		15	12	73	
Some college	18	17	65	$\chi^2 = 30.15$	18	10	72	$\chi^2 = 10.98$
Bachelors or grad degree	16	12	72	(.000)	15	8	77	(.027)
Marital Status		(n = 2692)				(n = 2690)		
Married	16	17	67		15	9	76	
Never married	18	21	61		14	15	71	
Divorced/separated	26	22	52	$\chi^2 = 46.16$	25	13	62	$\chi^2 = 33.45$
Widowed	8	16	76	(.000)	17	13	71	(.000)
Occupation		(n = 1807)				(n = 1815)		
Sales	15	18	67		16	12	72	
Manual laborer	17	19	63		18	16	66	
Prof./technical/admin	18	14	68		17	6	77	
Service	25	13	63		24	13	63	
Farming/ranching	14	18	68		9	5	86	
Skilled laborer	15	24	61	$\chi^2 = 37.41$	14	14	72	$\chi^2 = 60.80$
Admin. support	24	14	62	(.001)	19	9	72	(.000)

* Only the ten items with the highest combined proportion of "very dissatisfied" and "dissatisfied" responses are included in this table.

Appendix Table 5 Continued

	Your job				***Your education***			
	Dissatisfied	*No opinion*	*Satisfied*	*Significance*	*Dissatisfied*	*No opinion*	*Satisfied*	*Significance*
				Percentages				
Community Size		(n = 1856)				(n = 2565)		
Less than 500	15	11	74		13	14	72	
500 - 999	9	13	78		10	17	73	
1,000 - 4,999	13	14	73		13	17	70	
5,000 - 9,999	19	11	70	$\chi^2 = 18.58$	10	19	71	$\chi^2 = 6.59$
10,000 and up	19	14	68	(.017)	12	18	70	(.582)
Region		(n = 1906)				(n = 2650)		
Panhandle	17	10	73		11	16	74	
North Central	13	14	73		13	20	67	
South Central	15	15	70		11	16	72	
Northeast	17	12	71	$\chi^2 = 5.47$	12	19	68	$\chi^2 = 7.49$
Southeast	16	12	72	(.706)	12	16	73	(.485)
Individual Attributes:								
Income Level		(n = 1816)				(n = 2462)		
Under $20,000	18	18	65		12	30	59	
$20,000 - $39,999	22	13	66		15	15	70	
$40,000 - $59,999	14	15	71	$\chi^2 = 38.59$	11	17	72	$\chi^2 = 85.36$
$60,000 and over	12	9	79	(.000)	9	11	81	(.000)
Age		(n = 1914)				(n = 2662)		
19 - 29	22	13	65		19	9	71	
30 - 39	14	9	77		12	14	74	
40 - 49	17	12	71		16	18	66	
50 - 64	18	14	69	$\chi^2 = 32.41$	14	16	71	$\chi^2 = 62.65$
65 and older	6	18	77	(.000)	6	22	73	(.000)
Gender		(n = 1893)				(n = 2630)		
Male	15	13	72	$\chi^2 = 0.71$	12	18	70	$\chi^2 = 1.05$
Female	17	12	71	(.702)	12	16	72	(.593)
Education		(n = 1890)				(n = 2628)		
High school diploma or less	16	16	68		14	26	60	
Some college	18	12	70	$\chi^2 = 18.25$	16	18	67	$\chi^2 = 222.11$
Bachelors or grad degree	12	11	77	(.001)	3	5	92	(.000)
Marital Status		(n = 1889)				(n = 2625)		
Married	14	12	74		12	17	72	
Never married	24	9	67		14	15	71	
Divorced/separated	26	15	59	$\chi^2 = 42.13$	17	20	63	$\chi^2 = 26.29$
Widowed	10	23	67	(.000)	5	22	73	(.000)
Occupation		(n = 1776)				(n = 1797)		
Sales	21	11	68		19	14	68	
Manual laborer	26	17	58		15	24	61	
Prof./technical/admin	13	9	79		10	7	83	
Service	14	18	68		14	18	68	
Farming/ranching	11	14	75		14	15	71	
Skilled laborer	20	14	66	$\chi^2 = 50.50$	15	23	61	$\chi^2 = 75.65$
Admin. support	19	13	69	(.000)	12	20	67	(.000)

Appendix Table 6. *Extent Feel Comfortable Talking to People about Personal Problems by Region, Community Size, and Various Individual Attributes*

	A medical doctor				***A mental health professional***			
	Not comfortable	*No opinion*	*Comfortable*	*Sig.*	*Not comfortable*	*No opinion*	*Comfortable*	*Sig.*
				Percentages				
Community Size		(n = 2653)				(n = 2597)		
Less than 500	19	11	70		24	48	29	
500 - 999	16	14	70		20	47	33	
1,000 - 4,999	17	12	71		21	46	33	
5,000 - 9,999	18	14	69	$\chi^2 = 4.17$	25	44	31	$\chi^2 = 6.20$
10,000 and up	17	14	69	(.842)	21	46	33	(.624)
Region		(n = 2745)				(n = 2682)		
Panhandle	23	14	63		28	40	32	
North Central	17	11	72		21	49	30	
South Central	16	14	69		21	46	33	
Northeast	15	15	71	$\chi^2 = 18.4$	21	48	32	$\chi^2 = 11.2$
Southeast	19	10	71	(.019)	23	46	31	(.193)
Individual Attributes:								
Income Level		(n = 2555)				(n = 2506)		
Under $20,000	16	14	70		20	50	30	
$20,000 - $39,999	17	11	72		22	46	32	
$40,000 - $59,999	20	14	66	$\chi^2 = 7.66$	24	43	33	$\chi^2 = 7.87$
$60,000 and over	18	14	68	(.264)	22	44	35	(.247)
Age		(n = 2761)				(n = 2698)		
19 - 29	21	17	61		29	30	41	
30 - 39	21	17	63		29	35	36	
40 - 49	23	15	62		27	38	35	
50 - 64	18	12	69	$\chi^2 = 66.5$	23	45	32	$\chi^2 = 116$
65 and older	10	12	78	(.000)	13	60	27	(.000)
Gender		(n = 2732)				(n = 2670)		
Male	16	15	69	$\chi^2 = 16.1$	22	47	31	$\chi^2 = 4.52$
Female	20	10	70	(.000)	22	44	35	(.104)
Education		(n = 2728)				(n = 2668)		
High school diploma or less	15	15	70		20	53	27	
Some college	19	13	68	$\chi^2 = 12.7$	24	43	33	$\chi^2 = 30.8$
Bachelors or grad degree	18	11	71	(.013)	23	41	36	(.000)
Marital Status		(n = 2726)				(n = 2666)		
Married	17	13	70		23	47	31	
Never married	20	20	61		19	47	34	
Divorced/separated	21	10	69	$\chi^2 = 20.6$	24	35	41	$\chi^2 = 24.4$
Widowed	12	12	76	(.002)	18	54	28	(.000)
Occupation		(n = 1815)				(n = 1800)		
Sales	14	10	76		21	44	35	
Manual laborer	21	17	62		29	45	27	
Prof./technical/admin	21	12	67		24	37	39	
Service	20	13	68		23	42	35	
Farming/ranching	21	14	65		26	48	26	
Skilled laborer	18	15	68	$\chi^2 = 14.3$	27	42	31	$\chi^2 = 28.4$
Admin. support	26	11	63	(.427)	32	38	30	(.013)

Appendix Table 6 Continued.

	A substance abuse counselor				*A teacher*			
	Not comfortable	*No opinion*	*Comfortable*	*Sig.*	*Not comfortable*	*No opinion*	*Comfortable*	*Sig.*
				Percentages				
Community Size		(n = 2563)				(n = 2572)		
Less than 500	20	59	21		21	43	37	
500 - 999	16	66	18		17	44	38	
1,000 - 4,999	18	63	19		19	43	38	
5,000 - 9,999	19	65	16	$\chi^2 = 5.50$	17	48	35	$\chi^2 = 8.08$
10,000 and up	18	63	19	(.703)	18	49	34	(.425)
Region		(n = 2647)				(n = 2656)		
Panhandle	25	61	14		23	47	30	
North Central	19	63	18		19	44	36	
South Central	17	63	20		18	47	36	
Northeast	17	64	19	$\chi^2 = 13.1$	17	47	36	$\chi^2 = 8.0$
Southeast	18	62	20	(.108)	18	45	37	(.433)
Individual Attributes:								
Income Level		(n = 2476)				(n = 2481)		
Under $20,000	17	68	15		18	54	28	
$20,000 - $39,999	18	63	19		18	47	35	
$40,000 - $59,999	20	60	19	$\chi^2 = 11.9$	20	41	40	$\chi^2 = 26.1$
$60,000 and over	20	59	21	(.064)	21	42	37	(.000)
Age		(n = 2663)				(n = 2672)		
19 - 29	24	51	25		24	32	44	
30 - 39	22	57	22		23	36	42	
40 - 49	23	55	22		24	37	39	
50 - 64	20	61	20	$\chi^2 = 78.4$	20	45	35	$\chi^2 = 104$
65 and older	12	75	13	(.000)	12	59	29	(.000)
Gender		(n = 2636)				(n = 2646)		
Male	19	63	19	$\chi^2 = 0.01$	18	45	37	$\chi^2 = 8.04$
Female	18	63	19	(.996)	20	49	31	(.018)
Education		(n = 2634)				(n = 2645)		
High school diploma or less	16	68	17		16	54	30	
Some college	20	62	18	$\chi^2 = 20.1$	21	42	37	$\chi^2 = 45.4$
Bachelors or grad degree	21	57	22	(.000)	20	40	40	(.000)
Marital Status		(n = 2632)				(n = 2642)		
Married	19	63	18		19	44	37	
Never married	19	64	17		20	43	37	
Divorced/separated	22	51	27	$\chi^2 = 33.2$	20	47	33	$\chi^2 = 30.0$
Widowed	14	74	12	(.000)	15	62	23	(.000)
Occupation		(n = 1784)				(n = 1789)		
Sales	16	66	17		20	42	39	
Manual laborer	18	65	17		20	50	30	
Prof./technical/admin	21	56	23		21	38	42	
Service	21	58	21		21	41	38	
Farming/ranching	23	59	18		24	40	37	
Skilled laborer	19	59	22	$\chi^2 = 15.8$	17	42	41	$\chi^2 = 15.3$
Admin. support	26	58	16	(.323)	19	48	34	(.361)

Appendix Table 6 Continued.

	A family member				***A close friend***			
	Not comfortable	*No opinion*	*Comfortable*	*Sig.*	*Not comfortable*	*No opinion*	*Comfortable*	*Sig.*
				Percentages				
Community Size		(n = 2644)				(n = 2643)		
Less than 500	7	10	84		6	12	82	
500 - 999	6	14	80		7	17	77	
1,000 - 4,999	7	12	81		7	15	78	
5,000 - 9,999	8	10	82	χ^2 = 6.46	6	13	81	χ^2 = 6.36
10,000 and up	7	10	83	(.596)	8	14	78	(.607)
Region		(n = 2736)				(n = 2732)		
Panhandle	6	9	86		8	12	80	
North Central	6	10	84		6	15	79	
South Central	9	12	79		8	14	78	
Northeast	6	12	82	χ^2 = 11.5	7	15	78	χ^2 = 4.61
Southeast	8	11	82	(.177)	6	13	81	(.798)
Individual Attributes:								
Income Level		(n = 2550)				(n = 2544)		
Under $20,000	9	15	76		8	16	77	
$20,000 - $39,999	6	10	84		7	13	80	
$40,000 - $59,999	7	10	83	χ^2 = 14.9	8	15	78	χ^2 = 6.26
$60,000 and over	7	9	83	(.021)	7	11	82	(.395)
Age		(n = 2752)				(n = 2748)		
19 - 29	6	4	89		6	6	87	
30 - 39	7	9	84		5	10	84	
40 - 49	9	12	79		8	11	81	
50 - 64	7	11	82	χ^2 = 15.3	8	15	78	χ^2 = 31.3
65 and older	6	13	81	(.053)	8	18	75	(.000)
Gender		(n = 2722)				(n = 2718)		
Male	7	12	81	χ^2 = 6.06	8	15	77	χ^2 = 10.7
Female	8	9	83	(.048)	7	11	82	(.005)
Education		(n = 2719)				(n = 2716)		
High school diploma or less	6	12	82		7	17	76	
Some college	9	11	80	χ^2 = 11.2	7	13	79	χ^2 = 16.9
Bachelors or grad degree	6	9	84	(.024)	8	10	82	(.002)
Marital Status		(n = 2718)				(n = 2713)		
Married	7	11	83		8	14	78	
Never married	10	14	76		8	12	80	
Divorced/separated	12	11	77	χ^2 = 19.7	8	11	82	χ^2 = 10.2
Widowed	4	11	84	(.003)	4	16	81	(.115)
Occupation		(n = 1816)				(n = 1813)		
Sales	6	6	88		3	10	87	
Manual laborer	10	10	80		10	13	78	
Prof./technical/admin	7	8	85		8	9	84	
Service	7	9	84		7	16	77	
Farming/ranching	7	11	81		7	15	79	
Skilled laborer	7	14	79	χ^2 = 14.3	8	16	76	χ^2 = 21.9
Admin. support	10	8	82	(.429)	9	13	78	(.080)

Appendix Table 6 Continued

	A member of the clergy				*A work colleague or supervisor*			
	Not comfortable	*No opinion*	*Comfortable*	*Sig.*	*Not comfortable*	*No opinion*	*Comfortable*	*Sig.*
				Percentages				
Community Size		(n = 2617)				(n = 2532)		
Less than 500	15	22	63		25	37	39	
500 - 999	13	25	61		23	44	33	
1,000 - 4,999	14	24	61		20	41	39	
5,000 - 9,999	14	25	61	$\chi^2 = 2.44$	23	38	39	$\chi^2 = 17.1$
10,000 and up	15	26	60	(.964)	27	34	39	(.029)
Region		(n = 2700)				(n = 2610)		
Panhandle	16	25	60		30	35	36	
North Central	14	24	62		23	38	39	
South Central	14	26	60		24	39	37	
Northeast	13	25	61	$\chi^2 = 4.44$	24	40	37	$\chi^2 = 9.30$
Southeast	16	22	63	(.815)	24	35	42	(.317)
Individual Attributes:								
Income Level		(n = 2523)				(n = 2440)		
Under $20,000	14	29	57		24	47	29	
$20,000 - $39,999	13	24	63		24	40	36	
$40,000 - $59,999	15	26	59	$\chi^2 = 14.0$	24	36	41	$\chi^2 = 62.1$
$60,000 and over	17	21	62	(.029)	27	26	47	(.000)
Age		(n = 2716)				(n = 2625)		
19 - 29	21	34	45		26	20	54	
30 - 39	19	24	58		26	24	50	
40 - 49	17	24	59		25	30	45	
50 - 64	15	25	60	$\chi^2 = 44.9$	29	33	38	$\chi^2 = 207$
65 and older	9	24	67	(.000)	18	58	25	(.000)
Gender		(n = 2689)				(n = 2598)		
Male	14	26	60	$\chi^2 = 3.91$	23	39	39	$\chi^2 = 7.61$
Female	16	23	62	(.142)	28	36	36	(.022)
Education		(n = 2687)				(n = 2595)		
High school diploma or less	12	29	59		23	46	31	
Some college	16	24	60	$\chi^2 = 26.7$	25	36	39	$\chi^2 = 59.0$
Bachelors or grad degree	16	19	65	(.000)	25	29	46	(.000)
Marital Status		(n = 2685)				(n = 2594)		
Married	14	23	63		24	37	39	
Never married	20	35	46		25	35	40	
Divorced/separated	18	30	53	$\chi^2 = 42.0$	32	30	37	$\chi^2 = 55.3$
Widowed	8	23	69	(.000)	18	58	24	(.000)
Occupation		(n = 1800)				(n = 1782)		
Sales	14	22	64		25	30	45	
Manual laborer	14	29	58		29	31	40	
Prof./technical/admin	17	19	64		27	22	51	
Service	15	24	61		26	27	47	
Farming/ranching	16	26	58		28	39	34	
Skilled laborer	14	29	57	$\chi^2 = 20.9$	24	31	45	$\chi^2 = 50.3$
Admin. support	20	27	53	(.104)	35	23	43	(.000)

Appendix Table 7. *Importance of Factors in Selecting Behavioral Health Service Provider by Region, Community Size and Various Individual Attributes*

	Provider is licensed				***Provider is covered by a third-party payer***			
	Unimportant	*No opinion*	*Important*	*Sig.*	*Unimportant*	*No opinion*	*Important*	*Sig.*
				Percentages				
Community Size		(n = 2612)				(n = 2600)		
Less than 500	5	18	77		6	25	70	
500 - 999	5	14	81		4	22	74	
1,000 - 4,999	7	15	78		6	19	75	
5,000 - 9,999	3	18	79	$\chi^2 = 19.2$	3	22	75	$\chi^2 = 16.9$
10,000 and up	6	12	82	(.014)	6	17	77	(.031)
Region		(n = 2702)				(n = 2688)		
Panhandle	5	15	80		4	19	77	
North Central	7	16	77		6	23	71	
South Central	6	14	80		4	19	77	
Northeast	7	13	80	$\chi^2 = 5.47$	7	19	75	$\chi^2 = 11.0$
Southeast	6	17	77	(.706)	7	21	73	(.199)
Individual Attributes:								
Income Level		(n = 2529)				(n = 2522)		
Under $20,000	9	15	76		8	20	71	
$20,000 - $39,999	6	14	79		6	20	75	
$40,000 - $59,999	6	14	80	$\chi^2 = 20.8$	4	18	78	$\chi^2 = 14.9$
$60,000 and over	3	13	84	(.002)	4	20	77	(.021)
Age		(n = 2717)				(n = 2703)		
19 - 29	0	9	92		1	21	79	
30 - 39	4	9	87		5	15	81	
40 - 49	5	14	80		5	19	76	
50 - 64	7	13	80	$\chi^2 = 55.7$	6	18	77	$\chi^2 = 33.5$
65 and older	8	20	72	(.000)	7	25	68	(.000)
Gender		(n = 2690)				(n = 2677)		
Male	6	17	77	$\chi^2 = 16.4$	5	22	73	$\chi^2 = 18.2$
Female	6	11	83	(.000)	7	15	78	(.000)
Education		(n = 2689)				(n = 2676)		
High school diploma or less	8	17	75		7	23	71	
Some college	5	14	81	$\chi^2 = 25.7$	5	20	76	$\chi^2 = 18.9$
Bachelors or grad degree	5	11	84	(.000)	5	16	79	(.001)
Marital Status		(n = 2685)				(n = 2673)		
Married	6	15	79		5	20	75	
Never married	5	10	85		6	19	75	
Divorced/separated	7	11	82	$\chi^2 = 17.1$	6	16	78	$\chi^2 = 11.6$
Widowed	9	20	72	(.009)	7	26	67	(.071)
Occupation		(n = 1803)				(n = 1800)		
Sales	3	16	81		3	23	74	
Manual laborer	5	10	86		7	12	81	
Prof./technical/admin	4	11	85		4	16	81	
Service	7	11	83		6	15	79	
Farming/ranching	6	19	76		5	30	66	
Skilled laborer	8	11	81	$\chi^2 = 32.7$	5	15	80	$\chi^2 = 46.8$
Admin. support	7	6	87	(.003)	8	9	83	(.000)

Appendix Table 7 Continued

	Provider has spiritual beliefs like mine				***Provider is part of a faith-based organization***			
	Unimportant	*No opinion*	*Important*	*Sig.*	*Unimportant*	*No opinion*	*Important*	*Sig.*
				Percentages				
Community Size		(n = 2601)				(n = 2584)		
Less than 500	12	36	51		17	41	42	
500 - 999	13	39	48		19	44	38	
1,000 - 4,999	13	35	52		17	41	42	
5,000 - 9,999	17	37	46	χ^2 = 11.0	19	44	37	χ^2 = 4.18
10,000 and up	11	38	51	(.204)	17	42	41	(.841)
Region		(n = 2688)				(n = 2670)		
Panhandle	14	33	53		20	40	41	
North Central	11	35	54		15	44	42	
South Central	12	37	52		18	40	42	
Northeast	13	38	49	χ^2 = 15.1	17	43	40	χ^2 = 7.78
Southeast	15	42	43	(.057)	18	45	37	(.455)
Individual Attributes:								
Income Level		(n = 2520)				(n = 2504)		
Under $20,000	14	37	49		15	44	41	
$20,000 - $39,999	13	37	51		19	40	40	
$40,000 - $59,999	12	39	49	χ^2 = 5.56	15	45	40	χ^2 = 15.1
$60,000 and over	15	34	51	(.474)	21	38	41	(.019)
Age		(n = 2703)				(n = 2684)		
19 - 29	13	46	41		18	44	38	
30 - 39	12	38	50		20	41	39	
40 - 49	13	33	54		18	40	42	
50 - 64	15	37	48	χ^2 = 16.6	20	41	39	χ^2 = 16.1
65 and older	11	39	51	(.034)	13	45	42	(.042)
Gender		(n = 2678)				(n = 2658)		
Male	13	39	48	χ^2 = 11.0	18	44	38	χ^2 = 16.4
Female	13	33	54	(.004)	16	38	46	(.000)
Education		(n = 2676)				(n = 2656)		
High school diploma or less	13	42	45		15	48	37	
Some college	12	36	52	χ^2 = 17.7	18	40	42	χ^2 = 29.7
Bachelors or grad degree	14	32	54	(.001)	21	36	44	(.000)
Marital Status		(n = 2673)				(n = 2653)		
Married	13	36	52		17	42	41	
Never married	19	39	43		20	43	37	
Divorced/separated	16	43	41	χ^2 = 22.0	22	45	33	χ^2 = 14.9
Widowed	9	38	53	(.001)	13	43	44	(.021)
Occupation		(n = 1800)				(n = 1795)		
Sales	10	42	48		14	42	43	
Manual laborer	17	34	49		21	44	35	
Prof./technical/admin	14	32	54		20	37	43	
Service	17	34	49		21	41	39	
Farming/ranching	9	36	55		16	43	41	
Skilled laborer	10	40	50	χ^2 = 24.3	15	45	40	χ^2 = 17.6
Admin. support	18	33	48	(.042)	22	33	45	(.226)

Appendix Table 7 Continued

	Provider is close to my home			
	Unimportant	*No opinion*	*Important*	*Sig.*
		Percentages		
Community Size		(n = 2569)		
Less than 500	10	25	66	
500 - 999	9	24	67	
1,000 - 4,999	9	22	68	
5,000 - 9,999	10	27	62	χ^2 = 4.45
10,000 and up	10	23	67	(.815)
Region		(n = 2653)		
Panhandle	9	21	70	
North Central	9	27	64	
South Central	9	24	68	
Northeast	11	24	65	χ^2 = 8.33
Southeast	10	27	63	(.402)
Individual Attributes:				
Income Level		(n = 2496)		
Under $20,000	10	24	66	
$20,000 - $39,999	9	25	67	
$40,000 - $59,999	10	24	67	χ^2 = 2.37
$60,000 and over	11	22	68	(.883)
Age		(n = 2668)		
19 - 29	6	21	74	
30 - 39	10	22	69	
40 - 49	9	22	69	
50 - 64	11	22	67	χ^2 = 23.5
65 and older	10	30	61	(.003)
Gender		(n = 2642)		
Male	10	26	64	χ^2 = 12.9
Female	9	20	71	(.002)
Education		(n = 2643)		
High school diploma or less	10	28	62	
Some college	9	24	67	χ^2 = 24.9
Bachelors or grad degree	10	18	72	(.000)
Marital Status		(n = 2638)		
Married	9	24	67	
Never married	9	23	68	
Divorced/separated	12	23	66	χ^2 = 3.50
Widowed	10	27	63	(.743)
Occupation		(n = 1787)		
Sales	8	27	65	
Manual laborer	11	17	72	
Prof./technical/admin	10	20	70	
Service	11	17	72	
Farming/ranching	9	31	60	
Skilled laborer	8	22	70	χ^2 = 24.5
Admin. support	7	19	74	(.039)

CARI Research Report 05-4, September 2005

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