



# 2005 AARP Oregon Legislative Issues Survey



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AARP is a nonprofit, nonpartisan membership organization that helps people 50+ have independence, choice and control in ways that are beneficial and affordable to them and society as a whole. We produce *AARP The Magazine*, published bimonthly; *AARP Bulletin*, our monthly newspaper; *AARP Segunda Juventud*, our bimonthly magazine in Spanish and English; *NRTA Live & Learn*, our quarterly newsletter for 50+ educators; and our website, [www.aarp.org](http://www.aarp.org). AARP Foundation is our affiliated charity that provides security, protection, and empowerment to older persons in need with support from thousands of volunteers, donors, and sponsors. We have staffed offices in all 50 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands.

### **Acknowledgements**

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## Background

The *2005 AARP Oregon Legislative Issues Survey* explores the attitudes and opinions of 1,213 Oregon AARP members. Topics covered include attitudes about long-term care, home and community-based services, caregiving issues, prescription drugs, and health and wellness.

This report summarizes the weighted overall findings on all the topics covered in the survey. Throughout the report, statistics representing member responses are reported in percentages. In some instances, percentages may not seem to represent a significant proportion of members, yet when projected to the total Oregon membership the actual number of people may be substantial. As of February, 2005, Oregon has approximately 466,000 members.

## Highlights

- More than three-fourths (78%) of Oregon members support increasing funding for home and community-based care, even if it means an increase in taxes.
- Oregon members *support* increases in sin taxes as a way to generate money for home and community-based services: more than seven in ten support increases in taxes on tobacco products (79%) and alcohol (79%).
- Members say ensuring the availability of a broad range of long-term care services throughout the state should be a top or high priority (74%) for AARP Oregon.
- Nearly three in ten (27%) Oregon members have been caregivers in the last two years, and more than half of them (51%) worked full- or part-time while caregiving.
- Only one in six (17%) Oregon members currently have a long-term care insurance policy.
- Nearly all (94%) Oregon members have bought a prescription drug in the last two years, and more than half (55%) are concerned about being able to afford needed prescription drugs in the next two years.
- Nine in ten (89%) say it is important for Oregon to work on making prescription drugs more affordable.
- One third (34%) of members say they will sign up for the Oregon Prescription Drug Program (OPDP) if they are eligible, and over half support increasing Oregon residents' eligibility by: changing income requirements (71%), lowering age requirements (57%), and eliminating the waiting period (63%).
- A third (33%) of members say they would be interested in an AARP sponsored walking program, and most (57%) would like to walk on their own with help from an AARP booklet and pedometer.

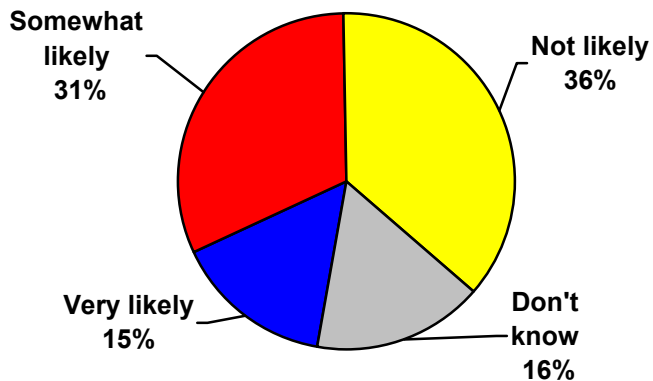
# Findings

## Long-Term Care and Home and Community Based Services

### **Almost half of Oregon members say it is likely they or a family member will need long-term care services in the next five years.**

Almost half (46%) of Oregon members say it is very or somewhat likely that they, a family member, or a friend will need long-term care services in the next five years. A quarter (24%) say that they or a family member have used long-term care services in the last five years. Two in ten (18%) currently have a family member or a friend in a nursing home.

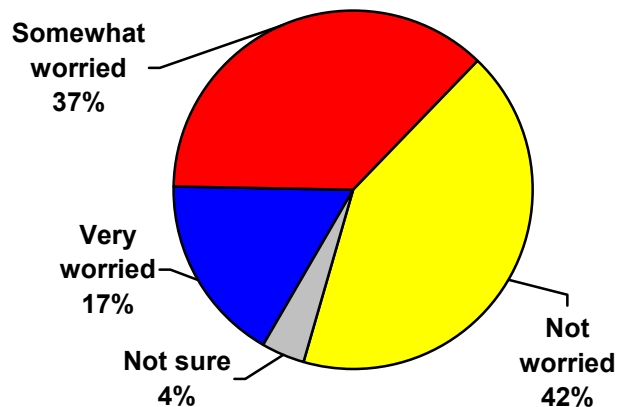
**Likelihood of Needing Long-Term Care in Next Five Years  
(Weighted N=1,213)**



### **Over half of Oregon members are worried about being able to afford long-term care services for themselves or family members.**

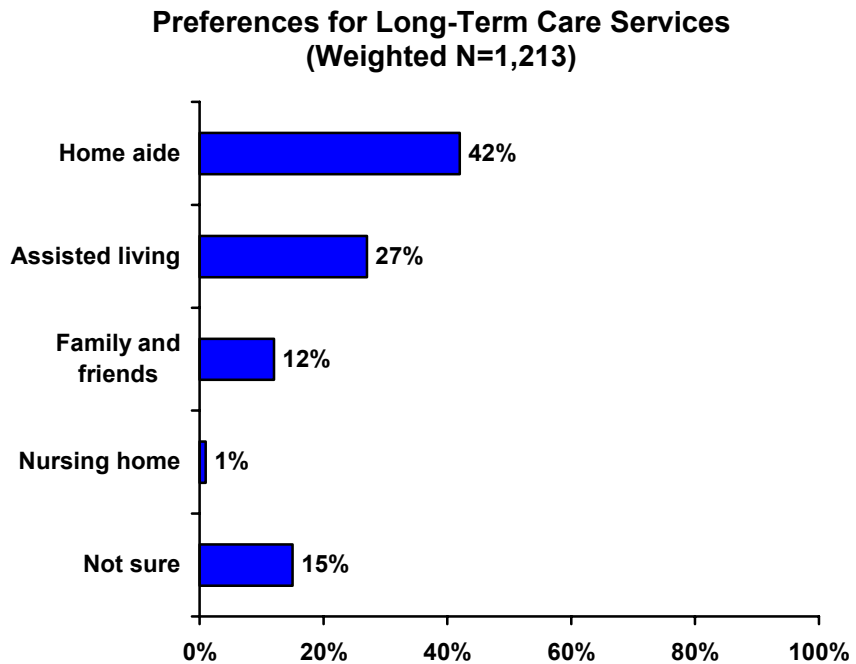
Over half (54%) of Oregon members say they are worried about being able to afford long-term care services for themselves or a family member. Similarly, 48 percent say they are worried that they will not have enough choices regarding the type of long-term care services available for themselves or for family members.

**Availability of Affordable Long-Term Care Services  
(Weighted N=1,213)**



## Oregon members want to receive long-term care services at home.

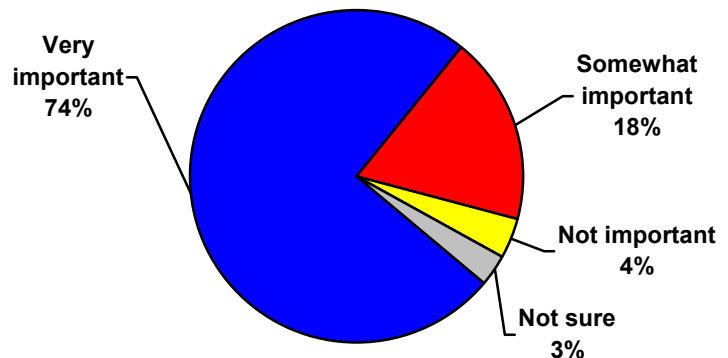
When asked how they would like to receive needed long-term care services, over half (54%) said they would like such services to be provided at home either by friends and family or through paid home care. Of those with a friend or family member in a nursing home (n=246), 18 percent said that friend or family member would return home if home or community-based support services were available.



## More than nine in ten Oregon members say receiving long-term care services at home is important to them.

Oregon members want to be able to stay in their own homes as long as possible. Over nine in ten (92%) say receiving long-term care services that would enable them to remain in their own home is important to them.

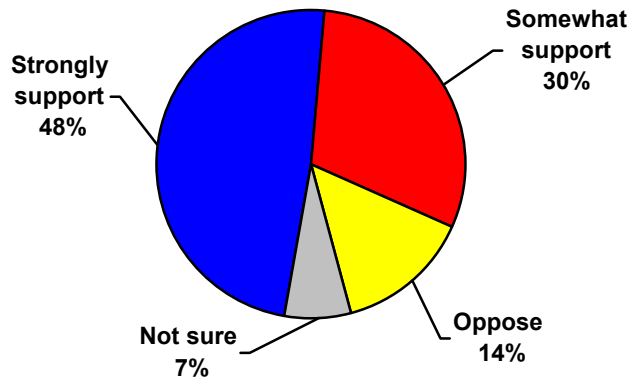
**Importance of Receiving Long-Term Care Services at Home (Weighted N=1,213)**



**More than three-fourths of Oregon members support increasing funding for home and community-based services, even if it means an increase in taxes.**

Oregon members support the state of Oregon increasing funding for home and community-based care services, such as in-home health care or adult day care, even if it means an increase in their taxes.

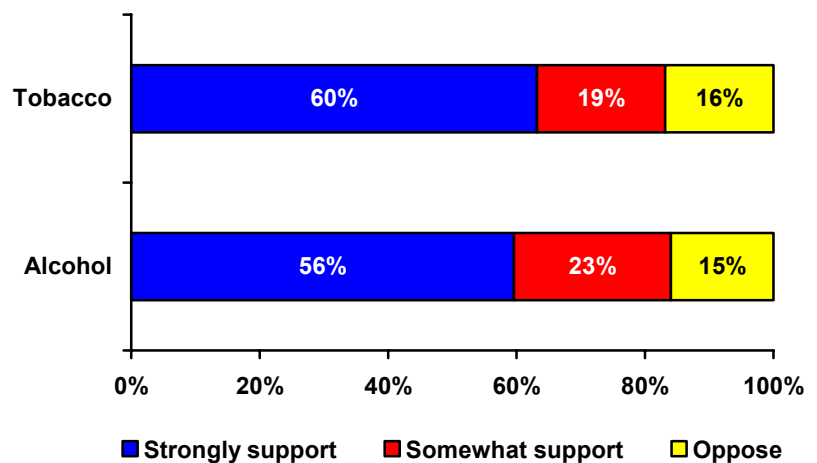
**Support for Home and Community-Based Services**  
(Weighted N=1,213)



**Almost eight in ten Oregon members support an increase in the tax on tobacco to fund home and community-based care services, and a similar number support an increase in the alcohol tax.**

Almost eight in ten (79%) Oregon members support an increase on the alcohol tax, if the money from such a tax was used to fund home and community-based care services. Similarly, eight in ten (79%) support an increase in the tax on tobacco if the money was spent on home and community-based services.

**Support for an Increase in Alcohol and Tobacco Tax**  
(Weighted N=1,213)



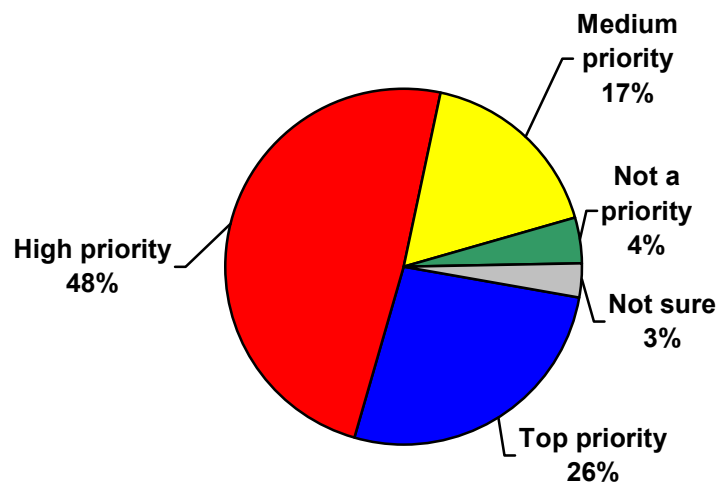
## Four in ten Oregon members would be more likely to vote for a candidate for office who supported home and community-based services.

Four in ten Oregon members say that they would be more likely to vote for a candidate for state office who supported maintaining or expanding the delivery of home and community-based health care, even if it means raising state taxes. Seventeen percent say they would be less likely to vote for such a candidate, and over a quarter (26%) say the candidate's position on home and community-based services would not make a difference in their voting. Fifteen percent were not sure.

## Three-fourths of Oregon members say ensuring the availability of long-term care services throughout the state should be a priority for AARP Oregon.

Three-fourths (74%) of Oregon members say ensuring the availability of a broad range of long-term care services throughout the state that would allow people to remain in their own homes as they age should be a top or high priority for AARP Oregon. Seventeen percent say it should be a medium priority, while four percent say it should not be a priority for AARP Oregon.

Priority of Long-Term Care Services for AARP Oregon  
(Weighted N=1,213)

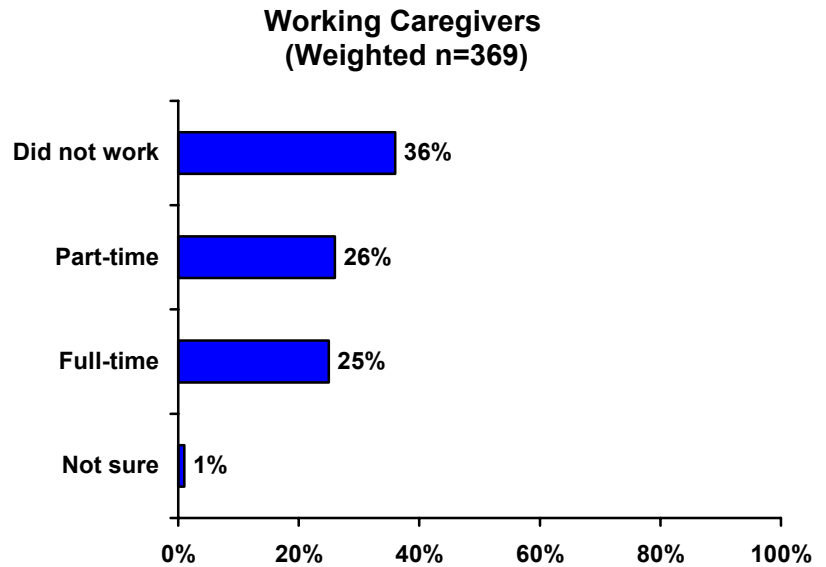




## Caregiving Issues

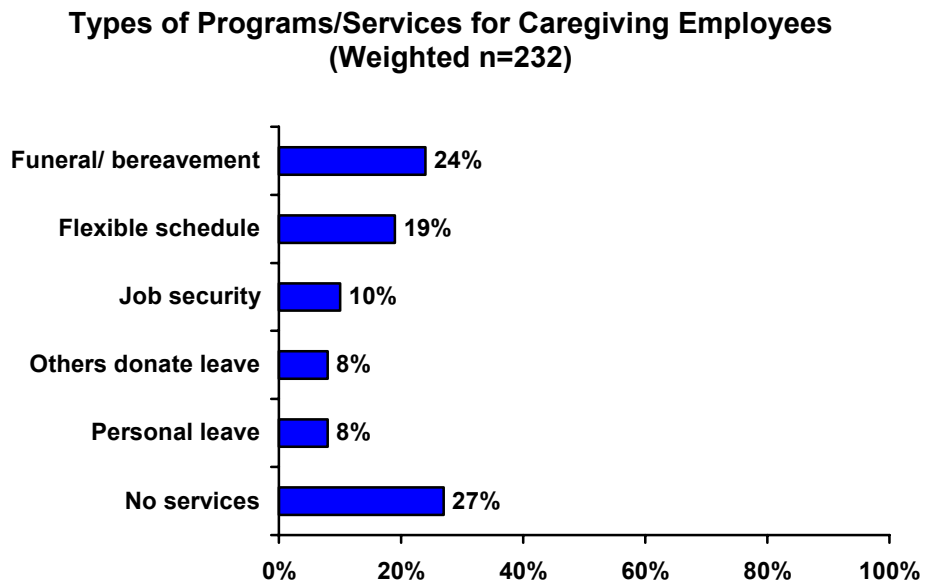
**Almost three in ten Oregon members have been a caregiver in the last two years, and five in ten caregivers worked while caregiving.**

Almost three in ten (27%) Oregon members say that, in the last two years, they have provided unpaid help to a relative or friend who is ill, disabled, or elderly. Of those who said they were caregivers, half said they worked full- or part-time while caregiving.



**Funeral and bereavement leave is the most common program or service provided by employers for their working caregivers, although almost three in ten workers said no service or program was offered.**

Funeral and bereavement leave is the most common service or program caregivers say their workplaces provided for them, followed by a flexible work schedule. Fully 27 percent of employees say no programs or services were offered to help them in their caregiving role.



## Long-Term Care Insurance

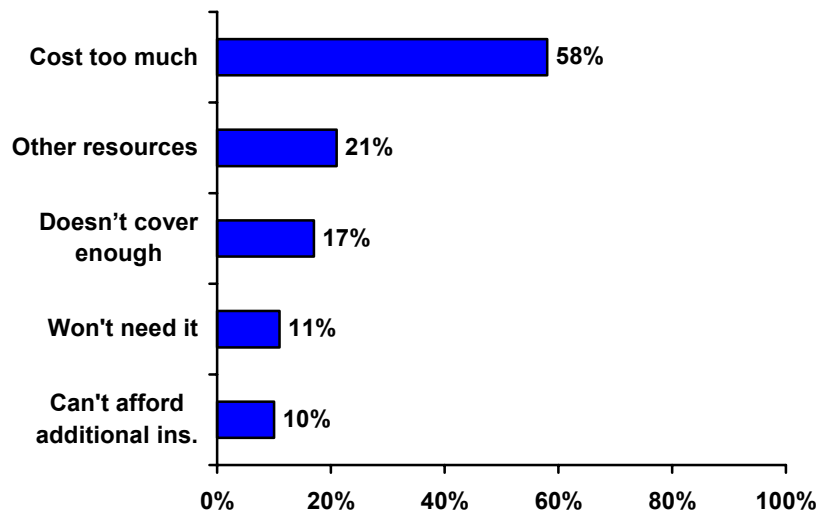
**One in six Oregon members has a private long-term care insurance policy, and one in ten would consider buying such a policy.**

One in six (17%) Oregon members say they have a private long-term care insurance policy, which would pay for nursing home care, assisted living, or in-home care if it were needed over a long period of time. Almost eight in ten (78%) say they do not have such a policy, and three percent do not know if they have such a policy. Ten percent say they would be interested in purchasing a long-term care insurance policy. Two-thirds (66%) say they would not be interested in such a policy, and nineteen percent are undecided.

**Cost is the reason most Oregon members say they would not purchase a long-term care insurance policy.**

Members who said they would not be interested in purchasing a long-term care insurance policy were asked why they would not want such a policy. Almost six in ten said such a policy cost too much money. Two in ten said they had other resources to pay for long-term care, and one in six said they did not think long-term care insurance policies cover enough of the expenses involved in long-term care.

**Reasons for Not Purchasing a Long-Term Care Insurance Policy (Weighted n=683)**

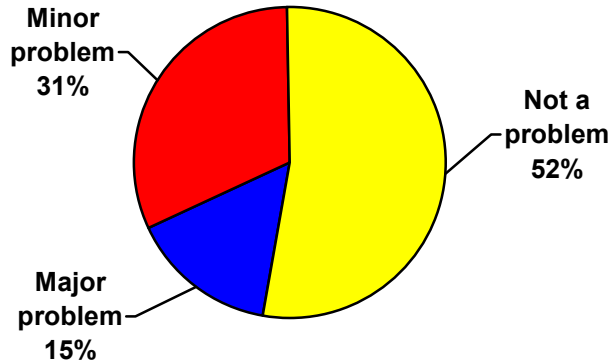


## Prescription Drugs

**Over nine in ten Oregon members have bought prescription drugs in the last two years, and almost half say paying for them has been a problem.**

Over nine in ten (94%) Oregon members say they have bought a prescription drug within the last two years. Of those who have bought a prescription drug, 46 percent say paying for prescription medications has been a problem in the past year.

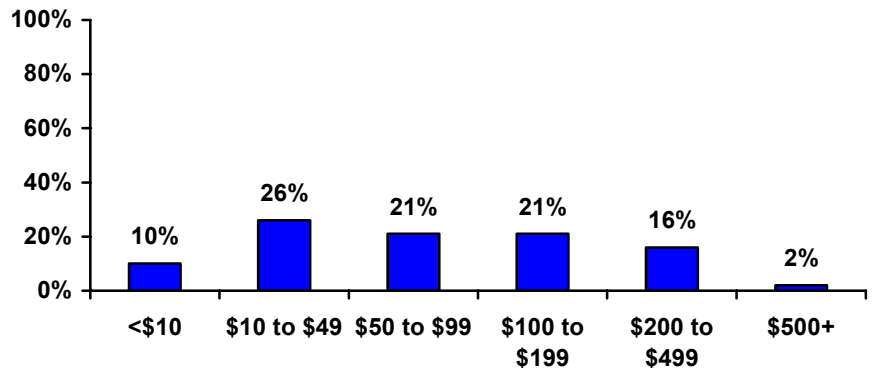
**Problems Paying for Prescription Drugs in the Last 12 Months (Weighted n=1,152)**



**Six in ten of those who have bought prescription drugs have spent at least \$50 out of pocket for prescription drugs per month.**

Six in ten (60%) of those who say they bought a prescription drug in the last two years say they have spent \$50 or more out of pocket on prescription drugs per month. About a third (36%) say they have spent under \$50 a month for prescription drugs.

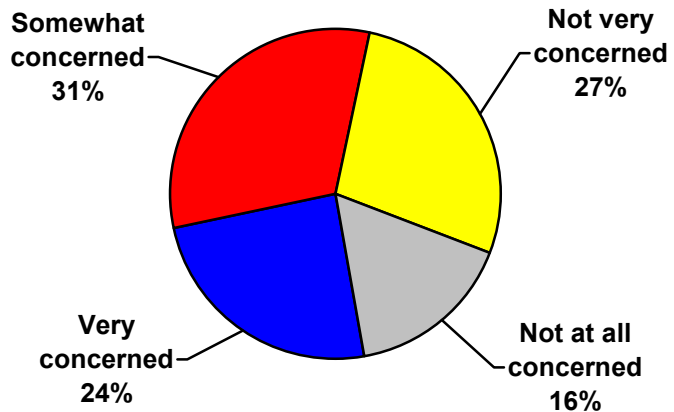
**Amount Per Month Spent Out of Pocket for Prescription Drugs (Weighted n=1,152)**



**More than half of Oregon members say they are concerned about being able to afford needed prescription drugs over the next two years.**

Over half of Oregon members (55%) say they are concerned about being able to afford needed prescription drugs over the next two years. Over a quarter say they are not very concerned, while one in six are not at all concerned about affording prescription drugs.

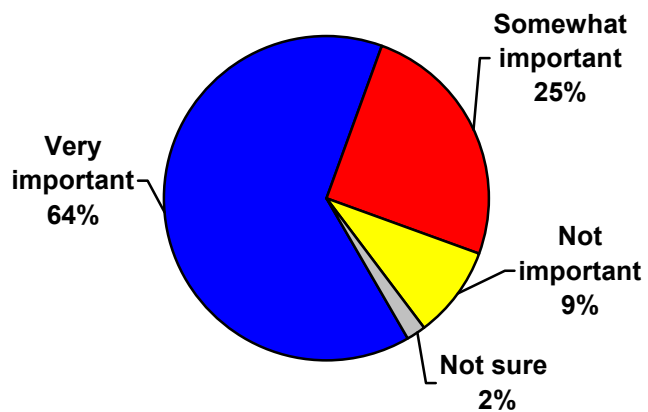
**Concern Over Paying for Prescription Drugs in the Next Two Years (Weighted N=1,213)**



**Almost nine in ten Oregon members say it is important for the state of Oregon to make prescription drugs more affordable.**

Almost nine in ten (89%) Oregon members say that it is important to them for the state of Oregon to make prescription drug costs more affordable. Nine percent say this is not an important issue for them, and two percent are unsure.

**Importance of the State of Oregon Making Prescription Drugs More Affordable (Weighted N=1,213)**



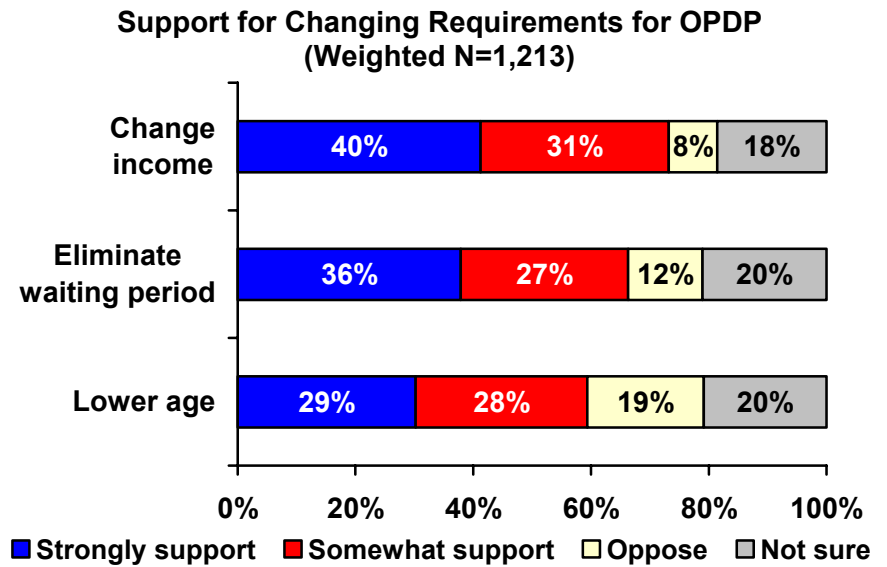
## Oregon Prescription Drug Program (OPDP)

### **One third of Oregon members say they will sign up for OPDP if they are eligible.**

Over a third (34%) of members say they will sign up for OPDP if they are eligible. OPDP is a program designed to pool the purchasing power of those who sign up for the program and negotiate discounts with drug companies. Over a quarter (27%) say they will not sign up for OPDP if they are eligible, and another quarter (26%) say they are unsure of whether they will sign up for the program.

### **Oregon members support increasing the eligibility for OPDP.**

Oregon members support changing some of the requirement for OPDP in order to increase eligibility. Currently, Oregon residents who are 54 or older, earn \$17,223 a year or less (individual) or \$23,106 or less (married couple), and have not had private health insurance, such as through an employer, for the past six months are eligible for OPDP. Over seven in ten (71%) members support



changing the income requirements, while six in ten (63%) support eliminating the waiting period for those who do not have insurance. More than half (57%) support lower age requirements for OPDP. About two in ten respondents say they are unsure about changing the requirements for OPDP.

## Health and Wellness

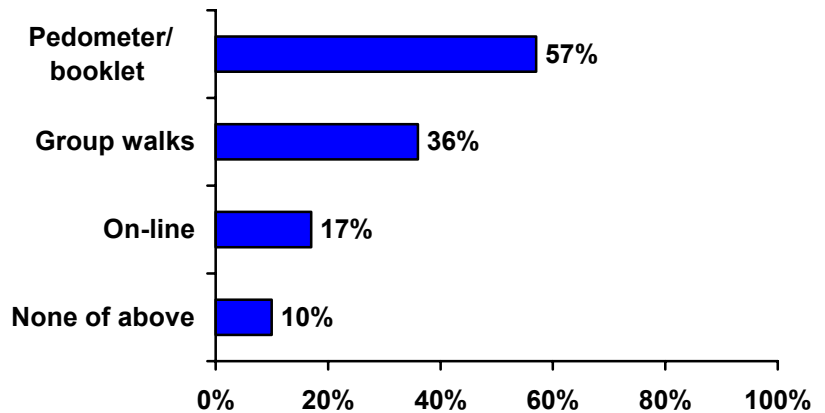
### **Most Oregon members currently engage in some kind of physical activity, and a third are interested in an AARP walking program.**

Almost three-fourths (74%) of Oregon members say they engage in some form of exercise, such as walking, jogging, or yoga, on a regular basis. Only four percent say they are a member of a walking group, such as Volkswalk. However, a third (33%) say they are interested in an AARP-sponsored walking program.

### **Almost six in ten Oregon members would prefer to walk on their own time with an AARP-provided pedometer and booklet.**

Members interested in a walking program were asked about several possible program options. Almost six in ten members say they would prefer to walk on their own time and receive help from AARP through a pedometer and walking booklet. Over a third would like to take walks with other members, while seventeen percent would like to monitor their walking progress on-line.

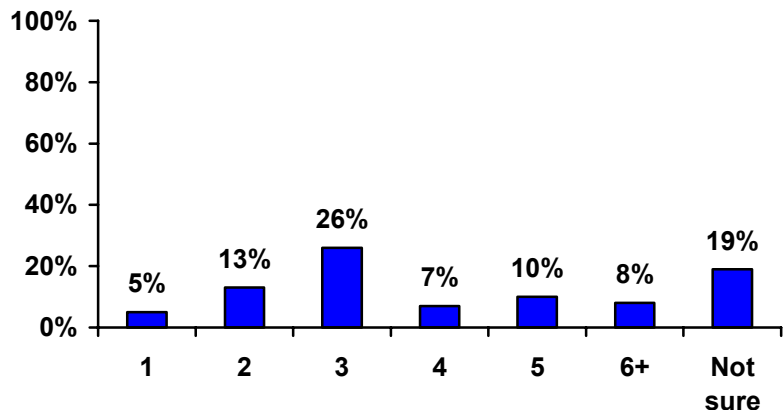
**Participation in an AARP Sponsored Walking Program  
(Weighted n=530)**



### **Over a quarter of those interested in a walking program would like to walk three days a week.**

Over a quarter of those members interested in a walking program say that they would like to walk three days a week. Another quarter (25%) say they would like to walk four or more days a week. Two in ten are unsure of how much walking they would like to do.

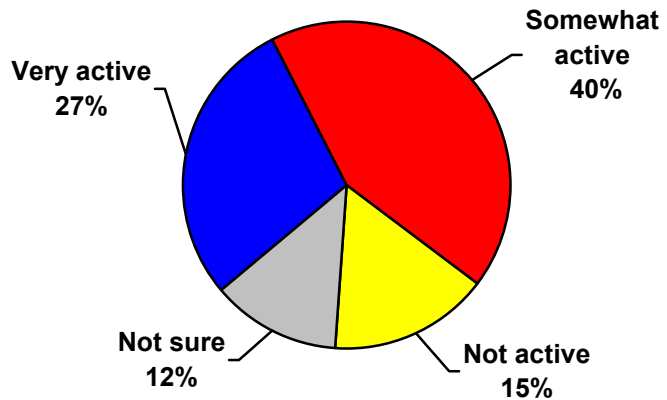
**Number of Days for Walking Program  
(Weighted n=530)**



**Over two-thirds of Oregon members would like AARP Oregon to be active in providing health and wellness opportunities.**

Over two-thirds (67%) of Oregon members say they would like AARP Oregon to be active in providing health and fitness information and activities in their local community.

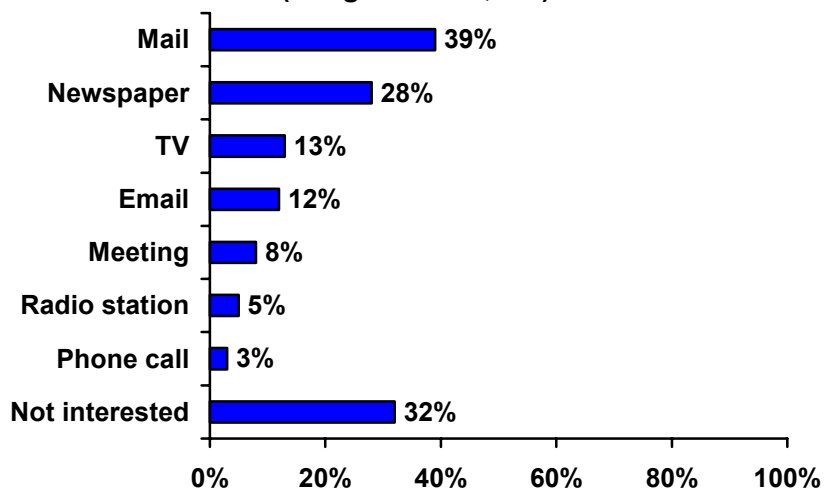
**Desired Level of Health and Wellness Activities for AARP Oregon (Weighted N=1,213)**



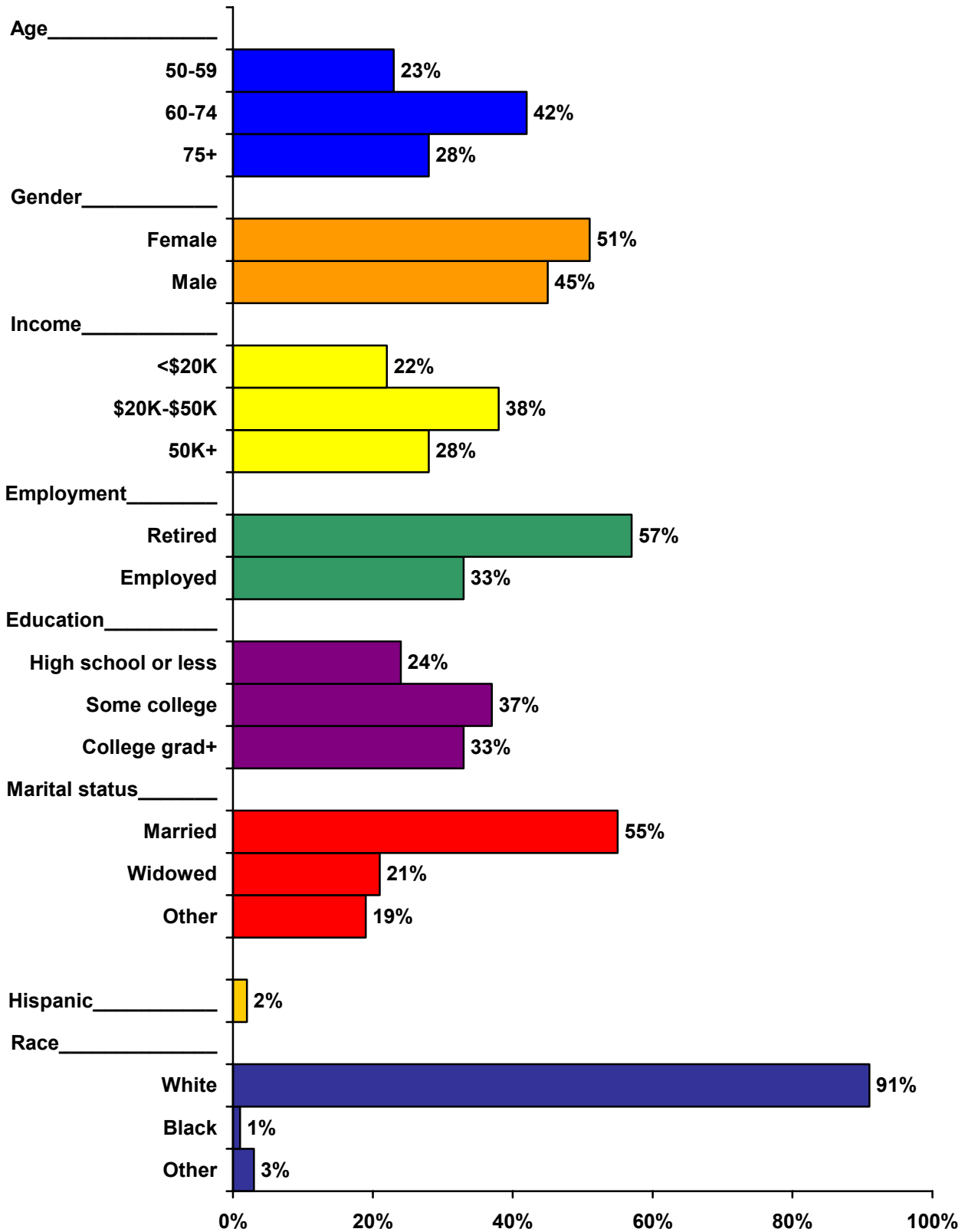
**Four in ten Oregon members want to hear about volunteer opportunities through the mail.**

When asked how they would like to hear about volunteer opportunities with AARP, four in ten said they would like to receive a mailing about such opportunities. Almost three in ten said they would like an announcement in the newspaper, while a similar proportion said they did not want to hear about AARP volunteer opportunities.

**Method of Hearing About AARP Volunteer Opportunities (Weighted N=1,213)**



## Demographic Characteristics (Weighted N=1,213)





## Conclusions

Long-term care and home and community-based services are important issues for Oregon members. Almost half of respondents anticipate needing long-term care services for themselves, a friend, or a family member in the next five years. Fifty-four percent worry that they will not be able to afford needed long-term care services, while nearly half worry that they will not have enough choices regarding the types of long-term care available. Three-fourths of members say it is very important that they be able to stay in their own homes as long as possible. Almost eight in ten members support the state of Oregon increasing funding for home and community-based services, even if that means increasing their taxes. In order to fund home and community-based services, members are willing to see an increase in the tax on tobacco (79%) and alcohol (79%).

One in six Oregon members has long-term care insurance, and another ten percent would consider buying such a policy. The most common reasons for not buying a long-term care insurance policy are cost, having other resources to pay for such care, and the belief that such a policy would not cover all of the expenses of long-term care.

Nearly all Oregon members have bought a prescription drug in the past two years, and paying for such drugs has been a problem for almost half of these members. Over half of Oregon members are concerned about being able to afford prescription drugs in the next two years. Almost nine in ten say that it is important for Oregon to take steps to make prescription drugs more affordable.

A third of respondents say that they will sign up for the Oregon Prescription Drug Program (OPDP) if they are eligible. Many also feel that eligibility for the program should be expanded, and they support lowering the age requirement (57%), eliminating the waiting period for those who do not have insurance (63%), and changing the income requirements (71%).

Caregiving issues and health and wellness are also important topics for Oregon members. Over a quarter of Oregon members say that they have been a caregiver in the last two years, and over half of these caregivers worked while caregiving. Funeral and bereavement leave was the most common type of program or service offered to working caregivers. Although many members already participate in some form of physical activity, a third are interested in an AARP-sponsored walking program.

## Methodology

AARP conducted the *2005 AARP Oregon Legislative Issues Survey* from January 12 through February 11, 2005. A sample of 2,000 AARP members in Oregon, stratified by age, was selected from AARP's membership database. Each sampled member was contacted about the survey in four ways: a pre-notification postcard, the survey itself, a reminder postcard, and a second survey. Sixty-one percent of the sampled Oregon members returned surveys by the cut-off date, providing 1,213 useable surveys for analysis. Thus, the survey has a sampling error of plus or minus 1.8 percent.<sup>2</sup> Survey responses were weighted to reflect the distribution of the age segments in the member population of Oregon.

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<sup>2</sup> This means that in 95 out of 100 samples of this size, the results obtained in the sample would fall in a range of 1.8 percentage points of what would have been obtained if every AARP member in Oregon age 50 or older had been surveyed.

# 2005 AARP Oregon Legislative Issues Survey

**Weighted n = 1,213; Response Rate = 61%, Sampling Error = +/-1.8%**  
 (Percentages may not add to 100% due to rounding or multiple responses. A “\*” means less than 1%)

## Long-Term Care and Home and Community Based Services

**Long-term care** refers to care provided over an extended period of time at home, in a community setting, or in a nursing home. People of all ages who are frail, ill, or disabled who need assistance with regular daily activities, such as getting dressed, bathing, preparing meals, or eating may receive long-term care services. **Home and community based services** refers to long-term services and supports provided in individuals’ homes or in home-like environments such as supportive housing.

**1. Have you or any member of your family -- such as grandparents, parents, children, or a sister or brother -- used long-term care services within the last five years?**

	<u>%</u>
Yes	24
No	74
Don't Know	1
No Response	2

**2. Do you have a family member or a friend who currently lives in a nursing home?**

	<u>%</u>
Yes	18
No → <b>GO TO QUESTION 4</b>	78
Don't Know → <b>GO TO QUESTION 4</b>	1
No Response	2

**3. If yes, would that friend or family member return home if home or community-based support services were available? (n=246)**

	<u>%</u>
Yes	18
No	50
Don't Know	18
No Response	14

**4. What is the likelihood that you, a family member, or a friend may need long-term care services in the next five years?**

	<u>%</u>
Very likely	15
Somewhat likely	31
Not very likely	28
Not at all likely	8
Don't know	16
No Response	2

**5. Some people age 50 and older express worry about being able to afford long-term care services for themselves and their family. How worried are you about it?**

	<u>%</u>
Very worried	17
Somewhat worried	37
Not very worried	31
Not at all worried	11
Not sure	4
No Response	1

**6. Some people age 50 and older express worry about not having enough choices regarding the type of long-term care services available for themselves and their family. How worried are you about this?**

	<u>%</u>
Very worried	13
Somewhat worried	35
Not very worried	33
Not at all worried	11
Not sure	6
No Response	1

**7. There are several long-term care options available for people who are disabled, ill, or elderly. If you or a family member needed long-term care services, how would you prefer to receive those services? (CHECK ONE)**

	<u>%</u>
Have family and friends provide all the care at home	12
Be able to pay a nurse or a personal care aide to provide care at home	42
Have care provided in a residential facility, such as a care home or assisted living facility where housing, food, and personal care such as help with bathing and dressing are provided for those who live there	27
Have care provided in a nursing home	1
Not sure	15
No Response	3

**8. If you or any member of your family needed long-term care services, how important would it be to you to have services that would enable you or your family member to stay at home as long as possible?**

	<u>%</u>
Very important	74
Somewhat important	18
Not very important	3
Not at all important	1
Not sure	3
No Response	2

**9. How strongly would you support or oppose the state of Oregon increasing funding for home and community-based care services (such as in-home health care or adult day care) that allow people to remain in their own home as they age instead of going to a nursing home, even if it means an increase in your taxes?**

	<u>%</u>
Strongly support	48
Somewhat support	30
Somewhat oppose	7
Strongly oppose	7
Not sure	7
No Response	2

**10. How strongly would you support or oppose an increase in the tax on alcohol, if the money from such a tax was spent on helping to fund home and community-based care services?**

	<u>%</u>
Strongly support	56
Somewhat support	23
Somewhat oppose	7
Strongly oppose	8
Not sure	4
No Response	2

**11. How strongly would you support or oppose an increase in the tax on tobacco, if the money from such a tax was spent on helping to fund home and community-based care services?**

	<u>%</u>
Strongly support	60
Somewhat support	19
Somewhat oppose	6
Strongly oppose	10
Not sure	4
No Response	2

**12. If a candidate for state office in Oregon supported maintaining or expanding the delivery of home and community-based health care, even if it means raising state taxes, would you be more likely to vote for that candidate, less likely to vote for him or her, or would it not make any difference?**

	<u>%</u>
More likely	40
Less likely	17
Would not make a difference	26
Not sure	15
No Response	2

**13. How much of a priority should it be for AARP Oregon to work on ensuring the availability of a broad range of long-term care services throughout the state that will allow people to remain in their own homes?**

	<u>%</u>
Top priority	26
High priority	48
Medium priority	17
Not a priority	4
Not sure	3
No Response	2

**A caregiver can be anyone who provides unpaid help to a relative or friend who is ill, disabled, or elderly. A caregiver could help that other person by providing financial assistance, running errands, doing household chores, or with personal care and grooming.**

**14. In the past two years, have you provided this type of care to an older person (including a spouse, parent, other relative, or friend)?**

	<u>%</u>
Yes	27
No → GO TO QUESTION 17	69
Not sure → GO TO QUESTION 17	1
No Response	3

**15. Did you work full or part-time while caregiving? (n=369)**

	<u>%</u>
Yes, full-time	25
Yes, part-time	26
No → GO TO QUESTION 17	36
Not sure → GO TO QUESTION 17	1
No Response	13

**16. Which of the following services or programs did/does your employer have in place to help you in your caregiving role? (CHECK ALL THAT APPLY) (n=232)**

	<u>%</u>
Financial help through a special fund that employees contribute to voluntarily	2
Additional personal leave to be used for eldercare	8
Employees have the opportunity to donate their sick time to another employee who is caring for an older relative	8
Flexible work schedule to allow time to provide eldercare	19
Support groups	5
Information and referral assistance to help find eldercare providers and resources	7
Job security for employee who need to take time off to provide eldercare	10
Telecommuting or allowing employees to work from home	4
Job sharing	4
Information about eldercare through seminars or written materials	6
Referrals to individual counseling	4
Compressed workweek that allows employees to work longer but fewer days	4
Funeral/bereavement leave	24
Subsidized care or care vouchers	*
Other (Please specify): _____	7
No services are/were offered	27
No Response	27

## Long-Term Care Insurance

**Long-term care insurance** refers to a private insurance policy which would pay for nursing home care, assisted living, or in-home care if it was needed over a long period of time.

**17. Do you currently own a private long-term care insurance policy (not Medicare or Medigap) which would pay for nursing home care, assisted living, or in-home care if it was needed over a long period of time?**

	<u>%</u>
Yes → <b>GO TO QUESTION 20</b>	17
No	78
Not sure → <b>GO TO QUESTION 20</b>	3
No Response	2

**18. Would you consider buying a long-term care insurance policy? (Just for your information, the average yearly premium cost in 2002 for a comprehensive long-term care insurance plan for a person 50 years old was about \$1,134 per year and for a person 65 years old was about \$2,346 per year). (n=966)**

	<u>%</u>
Yes → <b>GO TO QUESTION 20</b>	10
No	66
Not sure → <b>GO TO QUESTION 20</b>	19
No Response	5

**19. Why would you not consider purchasing long-term care insurance? (CHECK ALL THAT APPLY) (n=683)**

	<u>%</u>
You have other resources to pay for long-term care	21
You do not think current long-term care insurance policies cover enough of the expenses	17
Your family will take care of your long-term care costs	6
Medicare will cover your long-term care costs	9
Long-term care insurance policies cost too much	58
Medicaid will cover your long-term care costs	6
It is not something you have ever thought about	8
You don't think you will need long-term care	11
You don't really understand what the insurance policy covers	9
You are too young now to purchase such insurance	3
Can't afford other/additional insurance	10
Other, please specify: _____	6
Don't know	*
No Response	10

## Prescription Drugs

**20. Have you or a family member bought a prescription drug within the past two years?**

	<u>%</u>
Yes	94
No → <b>GO TO QUESTION 23</b>	5
Not sure → <b>GO TO QUESTION 23</b>	*
No Response	1



**21. In the past 12 months, has paying for prescription medications been a major problem, a minor problem, or not a problem for you? (n=1152)**

	<u>%</u>
A major problem	15
A minor problem	31
Not a problem	52
No Response	2

**22. In the past 12 months, approximately how much have you spent, each month, out of your own pocket for prescription drugs? (n=1152)**

	<u>%</u>
Less than \$10 per month	10
\$10 but less than \$50 per month	26
\$50 but less than \$100 per month	21
\$100 but less than \$200 per month	21
\$200 but less than \$500 per month	16
\$500 or more per month	2
Nothing, have not purchased prescription drugs	1
Not sure	2
No Response	2

**23. How concerned are you about being able to afford the cost of needed prescription drugs over the next two years?**

	<u>%</u>
Very concerned	24
Somewhat concerned	31
Not very concerned	27
Not at all concerned	16
Not sure	2
No Response	1

**24. How important is it to you that the State of Oregon makes prescription drug costs more affordable?**

	<u>%</u>
Very important	64
Somewhat important	25
Not very important	5
Not at all important	4
Not sure	2
No Response	1

**Beginning in 2005, the Oregon Prescription Drug Program (OPDP) will go into effect. The OPDP will pool the purchasing power of those who sign up for the program to negotiate discounts with drug companies. These discounts will likely mean that those who sign up for OPDP will pay lower prices for their drugs than they are currently paying. Oregon residents who are 54 or older, meet income requirements (\$17,223 or below for an individual), and have not had private prescription drug insurance for the last six months are eligible for OPDP.**

**25. If you are eligible for OPDP, will you sign up for the program?**

	<u>%</u>
Yes	34
No	27
Not sure	26
No Response	13

**26. How strongly do you support or oppose changing income requirements in order to make more people eligible to sign up for OPDP?**

	<u>%</u>
Strongly support	40
Somewhat support	31
Somewhat oppose	5
Strongly oppose	3
Not sure	18
No Response	4

**27. How strongly do you support or oppose lowering age requirements to include Oregonians from newborns to the elderly, in order to make more people eligible to sign up for OPDP?**

	<u>%</u>
Strongly support	29
Somewhat support	28
Somewhat oppose	10
Strongly oppose	9
Not sure	20
No response	4

**28. How strongly do you support or oppose eliminating the waiting period for those who do not have insurance in order to make more people eligible to sign up for OPDP?**

	<u>%</u>
Strongly support	36
Somewhat support	27
Somewhat oppose	8
Strongly oppose	4
Not sure	20
No response	4

## Health and Wellness

**29. Do you currently engage in any form of exercise, such as walking, jogging, yoga, swimming, or another type of physical activity on a regular basis?**

	<u>%</u>
Yes	74
No	22
Not sure	1
No response	3

**30. Are you a member of any walking group or club, such as Volkswalk?**

	<u>%</u>
Yes	4
No	93
Not sure	*
No response	3

**31. How interested would you be in an AARP sponsored walking program?**

	<u>%</u>
Very interested	8
Somewhat interested	25
Not very interested → <b>GO TO QUESTION 34</b>	33
Not at all interested → <b>GO TO QUESTION 34</b>	23
Not sure	7
No response	4

**32. In what way would you like to participate in an AARP sponsored walking program? (CHECK ALL THAT APPLY) (n=530)**

	<u>%</u>
Group walks with other members	36
Walking on my own time with AARP provided pedometer and program booklet	57
Monitoring my progress on-line	17
Other: _____	2
None of the above	10
No response	13

**33. How often would you like to participate in a walking program? (n=530)**

	<u>%</u>
One day a week	5
Two days a week	13
Three days a week	26
Four days a week	7
Five days a week	10
Six days a week	4
Seven days a week	4
Not sure	19
No response	13

**34. How active would you like AARP Oregon to be in providing health and fitness information and activities in your local community?**

	<u>%</u>
Very active	27
Somewhat active	40
Not too active	10
Not at all active	5
Not sure	12
No response	5

## About You

The following questions are for classification purposes only, and will be kept entirely confidential.

**35. Please check the top two ways in which you would like to learn about volunteer opportunities with AARP in your community.**

	<u>%</u>
Phone call from AARP volunteer	3
Mail	39
Email	12
Announcement in local newspaper	28
Announcement on local TV station	13
Announcement on local radio station	5
At a meeting where AARP programs and activities are described	8
I <u>do not</u> want to learn about AARP volunteer opportunities	32

**36. Are you male or female?**

	<u>%</u>
Male	45
Female	51
No response	4

**37. What is your age as of your last birthday? \_\_\_\_\_ (in years)**

	<u>%</u>
50-59	23
60-74	42
75+	28
No response	7

**38. What is your current marital status?**

	<u>%</u>
Currently married	55
Living with a partner	3
Widowed	21
Divorced	13
Separated	*
Never married	3
No response	5

**39. What is the highest level of education that you completed?**

	<u>%</u>
Less than high school	4
High school graduate or equivalent	20
Some college or technical training beyond high school	37
College graduate (4 years)	17
Post-graduate or professional degree	16
No response	6

**40. Which of the following best describes your current employment status?**

	<u>%</u>
Employed or self-employed <u>full-time</u>	21
Employed or self-employed <u>part-time</u>	12
Retired and not working	57
Other such as homemaker	4
Unemployed and looking for work	2
No response	5

**41. Are you of Hispanic, Spanish, or Latino origin or descent?**

	<u>%</u>
Yes	2
No	92
Not sure	1
No response	6

**42. What is your race?**

	<u>%</u>
White or Caucasian	91
Black or African American	1
Asian -Chinese	*
Asian-Japanese	*
Asian - Korean	0
Asian-Vietnamese	0
Russian	0
Other	3
No response	5

43. What is your 5-digit zip code? (WRITE IN YOUR ZIP CODE.) \_ \_ \_ \_ \_

44. What was your annual household income before taxes in 2004?

	<u>%</u>
Less than \$10,000	6
\$10,000 to \$19,999	15
\$20,000 to \$29,999	14
\$30,000 to \$39,999	13
\$40,000 to \$49,999	11
\$50,000 to \$74,999	14
\$75,000 or more	14
No response	14

Thank you for completing this survey. Please use the postage-paid envelope and return it to State Member Research, AARP, 601 E Street, NW, Washington, DC 20049, by **February 11, 2005.**

**AARP**  
**Knowledge Management**  
**For more information,**  
**contact Erica Dinger (202) 434-6176**