

## FINAL REPORT

**Project:** Survey of Recreational Fisheries in Escambia and Santa Rosa Counties, Florida

**Project Period:** September 29, 2002 to September 29, 2004

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As described in the IRB application, the above project was conducted by UWF-CEDB. A fish and shellfish consumption survey was conducted to assess seafood consumption patterns by the Pensacola Bay area population. Fish and shellfish consumption surveys were developed following guidelines provided by the US EPA (1998). Surveys (Appendix A) were designed to determine the level of fishing activity and seafood consumption (harvested, store bought, and restaurant seafood) over a two-week period. Fish and shellfish species were identified in the survey using widely and locally accepted common names. Portion sizes of fish and other seafood meals were estimated by reference to a widely recognized food article (a slice of bread = ~120 grams of fish filet). Socioeconomic and medical information was also requested in the surveys.

Self-addressed prepaid postage surveys were manually distributed to fishers residing in Escambia and Santa Rosa County FL, while they were fishing on the Pensacola Bay and Gulf Breeze FL fishing bridges in May 2002. Participation was completely voluntary and a thorough explanation of the purpose and voluntary nature of the survey was provided to each fisher. Complete confidentiality was maintained by assigning a number to each survey that represented the order in which the information was collected. Residency of potential respondents was determined from car license tags and verified by oral interview. A larger mail survey was conducted in August 2003. Unpublished historical revenue data from the Gulf Breeze and Pensacola Bay fishing bridges indicated that this period coincided with the annual peak in local fishing activity. A total of 9000 survey forms were mailed to registered voters in Escambia and Santa Rosa counties (4500 surveys in each county). Addresses were obtained at random within each zip code from each county. A letter describing the purpose, voluntary nature, and strict confidentiality of the survey was included with each mailing. The survey form, as approved by the IRB, does not request information on the name or residential address of the respondent so as to ensure privacy and confidentiality. Upon receipt of the completed surveys at UWF-CEDB, each survey was numbered consecutively and the information was entered into a database.

### *Summary of Findings and Conclusions*

Of the 9000 survey forms mailed to area residents, 1500 were completed and returned (16.6%). The respondents included 768 females, 646 males, and 86 unspecified gender. The racial profile of the respondents was: 1376 white (92%), 33 African-American (2.2%), 24 Hispanic (1.6%), 20 Asian-American (1.3%), 7 other (0.47%), 15 Native-American, and 25 no response (2.7%). The mean age was 52.8 years (range 14 to 95 years). The health survey section was completed by 1483 of the respondents. Table 1 presents the reported incidences of various health parameters. Although the initial goal of the survey was to establish a consumption rate for fish in the

**Table 1. Number of respondents reporting health issues.**

<u>Health Issue</u>	<u># of respondents</u>
Cancer	160
Heart Disease	134
High Blood Pressure	405
High Cholesterol	410
Lung disease	104
Brain disease	42
Eye disease	311
Kidney disease	63
Liver disease	27
Urinary disorders	88
Stomach disorders	189
Muscular disorders	44
Reproductive disorders	50
Tobacco use	217
Alcohol use	739

Pensacola Bay region, a majority of the respondents did not provide amounts of fish consumed but instead they simply indicated whether or not the fish species had been caught, purchased, or consumed. Therefore, consumption rates could not be accurately determined.

Only 264 of the 1500 respondents had fished in the two weeks prior to completing the survey. The remaining 1236 respondents either were not fishers or were unable to fish due to poor weather conditions at the time of the survey. The average time spent fishing in the two weeks prior to completing the survey was 4.6 h, and 186 of the fishers ate their catch during the survey period. Four ate freshwater fish, 32 ate crab, 6 ate oysters, and 144 ate saltwater fish that they had caught. The results of the consumption survey confirmed that the species we selected in this initial screening were indeed among the most commonly consumed locally harvested species in the Pensacola Bay region. Table 2 presents a summary of the ten most commonly caught fish and the number of these fish that were consumed in the two weeks prior to completion of the survey. Although only a minority of the respondents had fished in the two weeks prior to the survey, 875 of the respondents reported eating seafood in a restaurant and 770 reported eating seafood purchased from a store. Of the 58 people surveyed through manual distribution at local fishing spots, 58 completed the surveys and 46 reported catching fish. Table 3 provides a summary of the most commonly caught fish as identified by the fisher survey.

**Table 2. Ten of the most commonly caught and consumed fish as reported by respondents to fish consumption survey. A total of 1500 persons responded to the survey.**

Fish	# Caught	Fish	# Ate
Spotted Sea Trout	52	Snapper	41
Mullet	45	Spotted Sea Trout	38
Snapper	43	Mullet	37
King Mackerel	38	Flounder	22
Red Drum	37	Grouper	20
Flounder	30	Spanish Mackerel	19
Spanish Mackerel	30	Amberjack	18
Grouper	30	Red Drum	17
Croaker	29	Croaker	15
White Trout	25	King Mackerel	14

The results of these consumption surveys have been used in a separate study that is examining contaminant profiles in the most commonly caught and consumed fish species in the Pensacola Bay region.

Table 3. Number of fishers reporting catches of specific fish at Pensacola area fishing locations. A total of 58 persons were surveyed.

Fish Name	# Fishers	Fish Name	# Fishers
Sand Sea Trout	26	Gafftopsail Catfish	8
Croaker	25	Spanish Mackerel	8
Speckled Sea Trout	17	Kingfish	7
Red Drum	17	Pigfish	6
Sheepshead	11	Eel	6
Pinfish	11	Largemouth Bass	6
Hardhead Catfish	9	Flounder	5
Bream	9	Mullet	5
Spot	8	Spadefish	5
Bluefish	8		

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## *References*

U.S. EPA, 1998. Guidance for Conducting Fish and Wildlife Consumption Surveys. Office of Science and Technology, Standards and Applied Science Division, Office of Water, United States Environmental Protection Agency. No. EPA-832-B-98-0

# Fishing and Seafood Consumption Survey

## ALL SURVEYS FORMS ARE CONFIDENTIAL

**What is your Zip Code?** 32514 - 303, 32504 - 266, 32563 - 143, 32571 - 136, 32570 - 116, 32566 - 110, 32561 - 90, 32583 - 88, 32507 - 56, 32534 - 45, 32505 - 41, 32503 - 34, 32565 - 24, N/R - 20, 32506 - 9, 32533 - 8, 32562 - 3, 32501 - 2, 32508 - 1, 32524 - 1, 32526 - 1, 32564 - 1, 32572 - 1, 32574 - 1

**How old are you?** Mean 52.8 y (range 14 to 95 y)

**What is your race: (mark one)**

1376 White  
33 African-American  
24 Hispanic  
20 Asian  
15 Native-American  
7 other  
25 No Response

**Sex (circle one)** 646 - Male

768 - Female: **If female, please answer the following questions: (circle one)**

Are you pregnant? 10 - Yes 813 - No

Are you breastfeeding an infant? 10 - Yes 807 - No

Do you plan to have a child this year? 16 - Yes 799 - No

**How much do you weigh?** Mean = 172.5 lbs, range = 35-450 lbs

**Did you weigh yourself on a scale?** 1257 - Yes 170 - No 73 - No Response

**How tall are you?** Mean = 67.23 in., range = 53-82 in.

**How many times did you go fishing during the last two weeks?** Mean = 2.7

**How many hours did you fish each trip?** Mean = 4.6 h

**How did you fish? (mark all methods used)**

a. 252 rod and reel  
b. 68 cast net  
c. 37 crab trap

- d. 14           gig or spear
- e. 4             beach seine

**Did you fish from shore, a bridge, a dock or a pier during the last two weeks?**

160 - Yes           313- No           1027 - No Response

**If you answered yes, where did you fish? (mark all the places you fished)**

- a. 24 - Pensacola Bay Fishing Bridge
- b. 14 - Gulf Breeze Fishing Bridge
- c. 17 - Bob Sykes Bridge
- d. 14 - Fort Pickens Fishing Pier
- e. 12 - Pensacola Beach Fishing Pier
- f. 2 - Bay Front Auditorium Pier
- g. 2 - Bayou Texar
- h. 1 - Bayou Chico
- i. 44 - other Pensacola Bay shores
- j. 1 - Bayou Grande
- k. 14 - Big Lagoon
- l. 34 - Santa Rosa Sound shore
- m. 25 - Gulf Beaches
- n. 13 - Perdido Bay shores

**Do you own a fishing boat? (circle one)**

292 - Yes       994 - No       214 - No Response

**How long is your boat? mean = 18.9 ft How big is your motor ? mean = 104 (horsepower)**

**Did you fish from a boat during the last two weeks? (circle one)**

156 - Yes       370 - No       974 - No Response

**If you fished from a boat during the last two weeks, where did you fish? (mark all the places you fished)**

- a. 1 - Three Mile Bridge
- b. 11 - Garcon Point Bridge
- c. 4 - Bob Sykes Bridge
- d. 16 - I-10 Bridge
- e. 6 - Highway 90 Bridge
- f. 25 - Escambia River
- g. 15 - Fort Pickens
- h. 33 - Pensacola Bay Pass
- i. 33 - Pensacola Bay (holes and reefs)

- j. 12 - East Bay
- k. 12 - Blackwater River
- l. 10 - Yellow River
- m. 21 - Santa Rosa Sound
- n. 3 - Bayou Texar
- o. 1 - Bayou Chico
- p. 12 - Pensacola Naval Air Station
- q. 4 - Bayou Grande
- r. 10 - Big Lagoon
- s. 10 - Perdido Bay
- t. 34 - in the Gulf less than 3 miles from shore
- u. 57 - in the Gulf more than 3 miles from shore
- v. 10 - Offshore charter boat
- w. 32 - Other **Where?** \_\_\_\_\_

**If you have fished in the last two weeks (boat or shore) please answer the following questions.**

**How many fish did you keep?**

- a. 78 - none
- b. 60 - one quarter (25%)
- c. 42 - one half (50%)
- d. 35 - three quarters (75%)
- e. 48 - all
- f. 1237 - No Response

**How did you clean your fish? (mark all methods used)**

- a. 1 - did not clean, cooked and ate whole
- b. 6 - removed guts only - left head and skin on, bones in
- c. 39 - removed guts and head only - left skin on and bones in
- d. 41 - filleted - removed bones - left skin on
- e. 134 - filleted - no skin, no bones

**Did you freeze or preserve the fish you caught? 128 - Yes 76 - No 1296 - No Response**

**If you answered yes, how much of your catch did use freeze or preserve after each fishing trip?**

- a. 8 - none
- b. 31 - one quarter (25%)
- c. 38 - one half (50%)
- d. 16 - three quarters (75%)
- e. 41 - all (100%)

**How did you preserve your fish? (mark all methods used)**

- a. 128 - freeze
- b. 6 - smoke
- c. 1 - can
- d. 3 - salt
- e. 0 - pickle

**Did you eat the fish and shellfish you caught or harvested?** 174 - Yes 42 – No 1284 – No Response

**Did you feed your children the fish and shellfish you caught or harvested?** 87 - Yes 107 – No 1306 – No Response

**If you answered “yes”, how many children do you have in your household?**

Number boys 96 Ages: Mean - 15.16, Range – 1-42

Number girls 56 Ages: Mean - 12.07, Range – 1-39

**UNDER AGE 18:**

Number boys 66 Ages: Mean - 10.54, Range – 1-18

Number girls 43 Ages: Mean – 8.26, Range – 1-18

**How did you cook your fish? (mark all methods used)**

- a. 1 - raw (including sushi)
- b. 4 - marinated or pickled (including sevicehe)
- c. 17 - boiled
- d. 18 - soups, stews, chowders or gumbos
- e. 136 - fried
- f. 105 - baked, broiled or grilled
- g. 7 - other **describe** NA



**How many of the following saltwater fish did you CATCH AND KEEP during the last two weeks. Other common names are listed beside each fish. If you can't answer "what kind" that's OK, just mark down how many you caught.**

*(Because many respondents simply checked whether they caught the fish, the numbers provided below represent number of persons who caught and not the number of each fish that were caught.)*

- 22 Amberjack
- 3 Black Drum
- 4 Black Tuna
- 10 Bluefish (also called "Blues" or "Schoolies")
- 7 Bonita (also called "Bonito" or "Bo Bo")
- 7 Cobia (also called "Ling", Lemonfish" or "Crabeater")
- 0 Crevalle Jack (also called "Jacks")
- 29 Croaker
- 7 Dolphin (also called "Dorado", "Mahi Mahi" or "Dolphinfish")
- 4 Eel
- 30 Flounder **What kind?** Bay, Florida, Left Eyed, Regular, Southern, Gulf, Summer
- 9 Gafftopsail catfish (also called "Sail Cat")
- 30 Grouper **What kind?** Black, gag, red, gray, scamp
- 11 Hardhead catfish (also called "Hardhead" or "Hardhead Cat")
- 8 Hardtail (also called "Blue Runner" or "Blue jack")
- 7 King Fish (also called "Whiting" or "Ground Mullet")
- 38 King Mackerel (also called "Kings")
- 9 Ladyfish (also called "Skipjacks" or "Skippies")
- 0 Marlin
- 45 Mullet
- 4 Other **What kind?** Brim, red fish, red snapper, whiting
- 1 Permit
- 4 Pigfish
- 12 Pinfish
- 10 Pompano
- 4 Porgy **What kind?** NA
- 2 Ray **What kind?** NA
- 37 Red Drum (also called "Reds", "Redfish" or "Channel Bass")
- 0 Sailfish
- 1 Sea Bass **What kind?** NA
- 12 Shark **What kind?** Blacktip, sand
- 17 Sheepshead
- 2 Silver Perch (also called "Silver Trout" or "Sugar Trout")
- 43 Snapper **What kind?** Black, gubera, red, Mingo, white
- 5 Spadefish
- 30 Spanish Mackerel (also called "Spanish" or "Spaniard")
- 5 Spot
- 52 Spotted Seatrout (also called, "Specks" or "Trout")

- 24 Triggerfish **What kind?** Bay, common, gray, queen
- 2 Tripletail
- 4 Wahoo
- 25 White Trout (also called “White Seatrout”)
- 3 Yellow Tuna

**How many of the following freshwater fish did you CATCH AND KEEP during the last two weeks. Other common names are listed beside each fish.**

*(Because many respondents simply checked whether they caught the fish, the numbers provided below represent number of persons who caught and not the number of each fish that were caught.)*

- 19 Largemouth Bass
- 35 Bream (also called “Brim”, “Bluegill” or “Bluegill Sunfish”)
- 2 Striped Bass (also called “Stripers”)
- 14 Catfish **What kind?** Bumhead, channel, blue, flathead, fresh water, sail catfish
- 3 other fish **What kinds?** Garr-mudfish, shellcracker, White Bars

**How much shrimp did you catch?** Dozens 2.2 **OR** Pounds 6 and 4000

**How many oysters did you harvest?** Dozens 0 **OR** Gallons 0

**How many crabs did you catch?** Dozens mean = 1.63, range 0 to 7  
**OR** Gallons 0

**THIS IS THE MOST IMPORTANT QUESTION TO ANSWER. Imagine a piece of cooked fish the size of a slice of bread. Call this a “fish slice”. During the last two weeks, how many “slices” of the fish you caught did you eat? You can use 1/4, 1/2 or 3/4 slices as well in you answers. Mark only what you actually ate.**

*(Because many respondents simply checked whether they ate the fish, the numbers provided below represent number of persons who ate a slice and not the number of slices that were eaten.)*

- 18 Amberjack
- 3 Black Drum
- 3 Black Tuna
- 5 Bluefish (also called “Blues” or “Schoolies”)
- 0 Bonita (also called “Bonito” or “Bo Bo”)
- 5 Cobia (also called “Ling”, Lemonfish” or “Crabeater”)
- 1 Crevalle Jack (also called “Jacks”)

- 15 Croaker
- 4 Dolphin (also called “Dorado”, “Mahi Mahi” or “Dolphinfish”)
- 1 Eel
- 22 Flounder **What kind?** Bay, Florida, Left Eyed, Regular, Southern, Gulf, Summer
- 1 Gafftopsail catfish (also called “Sail Cat”)
- 20 Grouper **What kind?** Black, gag, red, gray, scamp
- 2 Hardhead catfish (also called “Hardhead” or “Hardhead Cat”)
- 1 Hardtail (also called “Blue Runner” or “Blue jack”)
- 1 King Fish (also called “Whiting” or “Ground Mullet”)
- 14 King Mackerel (also called “Kings”)
- 0 Ladyfish (also called “Skipjacks” or “Skippies”)
- 0 Marlin
- 37 Mullet
- 3 Other **What kind?** Brim, red fish, red snapper, whiting
- 0 Permit
- 0 Pigfish
- 2 Pinfish
- 7 Pompano
- 0 Porgy **What kind?** NA
- 0 Ray **What kind?** NA
- 17 Red Drum (also called “Reds”, “Redfish” or “Channel Bass”)
- 0 Sailfish
- 0 Sea Bass **What kind?** NA
- 2 Shark **What kind?** Blacktip, sand
- 11 Sheepshead
- 2 Silver Perch (also called “Silver Trout” or “Sugar Trout”)
- 41 Snapper **What kind?** Black, gubera, red, Mingo, white
- 1 Spadefish
- 19 Spanish Mackerel (also called “Spanish” or “Spaniard”)
- 1 Spot
- 38 Spotted Seatrout (also called, “Specks” or “Trout”)
- 14 Triggerfish **What kind?** Bay, common, gray, queen
- 1 Tripletail
- 0 Wahoo
- 13 White Trout (also called “White Seatrout”)
- 3 Yellow Tuna

**How many shrimp that you caught did you eat in the last two weeks?**  
dozens (12 shrimp) 0 or 9.5 pounds

**How many oysters that you harvested did you eat in the last two weeks?**  
dozens (12 oysters) 0

**How many of the crabs you caught did you eat in the last two weeks?**

Mean = 6.3, range = 0 to 24

**Did you eat fish or shellfish bought at the store in the last two weeks?**

(Circle one)                      770 -Yes            492- No            238 - No Response

**If you answered yes, what kind did you buy and how much? (Mark only what you actually bought and ate in the last two weeks.)**

*(Because many respondents simply checked whether or not they bought a particular fish and did not provide actual amounts purchased, the numbers below reflect the total number of people who bought a particular type of fish.)*

Alligator	0
Amberjack	26
BarJack	0
Basa	4
Bay Scallop	22
Bay Shrimp	123
Blue Crab	29
Bluefish	1
Canned Clams	11
Canned Crab	13
Canned Mussels	0
Canned Oysters	15
Canned Shrimp	6
Catfish	89
Cobia	3
Cod	21
Crawfish	12
Croaker	1
Eel	0
Florida Lobster	2
Flounder	101
Fresh Bream	2
Fresh Clams	7
Fresh Oysters	56
Frozen Fish	33
Grouper	92
Grunt	0
Gulf Shrimp	231
Haddock	2
Halibut	7
King Crab	11
King Fish	1
King Mackerel	3

Lake Victoria Perch	0
Mahi-Mahi	35
Maine Lobster	14
Monkfish	1
Mullet	56
Mullet Roe	2
Mussels	10
Ocean Perch	8
Octopus	1
Orange Roughy	12
Other Fish	5
Other Shelfish	19
Other Snapper	11
Pollock	10
Pompano	2
Rainbow Trout	2
Red Snapper	70
Royal Red Shrimp	39
Salmon	160
Salmon Can	62
Sand Bream	1
Sardine	61
Scamp	15
Sea Bass	2
Sea Scallop	25
Sea Trout	5
Shad Roe	0
Shark	4
Sheepshead	3
Smelt	0
Snow Crab	32
Spanish mackerel	6
Spot	0
Squid	4
Stone Crab	5
Stripped Bass	1
Swordfish	12
Tilapia	49
Triggerfish	8
Tuna	31
Tuna Canned	255
Turbot	0
Turtle	0

**Did you eat fish or shellfish at a restaurant in the last two weeks? (circle one)**

875 -Yes      517- No      108 - No Response

**Where did you go?**

569 Pensacola

87 Gulf Breeze

96 Pensacola Beach

45 Pace

96 Milton

31 Navarre

85 **Other Florida city Which one?** Apalachicola, Astor, Bagdad, Boca Raton, Brewton, Century, Chumukla, Crestview, Destin, Fort Walton Beach, Ft. Lauderdale, Gainesville, Homestead, Homosassa Springs, Jackson, MS, Jacksonville, Jay, Key West, Lady Lake, Midway, Naples, Niceville, Orlando, Panama City, Panama City Beach, Perdido Key, Gulf Beach, Port Charlotte, Port St Joe, St. Augustine, Tallahassee, Tampa

91 **City in other state. Which one?** Alabama, Alberta, AL, Anchorage, Alaska, Atlanta, Atmore, AL, New Orleans, LA, Auburn, AL, Albertville, AL, Baltimore, MD, Batesville, AK, Foley, AL, Biloxi, MS, Birmingham, AL, Boston, MA, Brewton, AL, Calgary (Alberta, Canada) Canada (Newfoundland), Colorado Springs, Corpus Christi, TX, Fairhope, AL, Gulf Shores, AL, Hamburg, NY, Harrisonburg, VA, Hawaii, Hyannis and Norwell, MA, Jackson, MS, Las Vegas, Georgia, Lexington, KY, Loxley, AL, Mendenhall, MS, Shelbyville, TN, Mesa, AZ, Minneapolis, MN, Mississippi, Mobile AL, Morehead City NC, Morgan City LA, Nevada, New York City, Pittsburgh, Norfolk VA, North Carolina, Omaha NE, Orange Beach AL, Pennsylvania, Raleigh, Snowshoe WV, Starkville MS, Toronto, Washington DC, Wilmington NC

**What kinds of fish or shellfish did you eat at the restaurant? (Check only the ones you ate during the last two weeks. Circle how it was prepared)**

		fried	broiled/grilled	boiled	chowder/stew/gumbo	raw/sushi
45	Amberjack	1	17	0	0	0
47	Blue Crab	19	6	9	9	0
96	Catfish	83	9	0	0	0
32	Clams	15	2	1	9	0
2	Cobia (Ling)	0	2	0	0	0
16	Cod	14	1	0	0	0
0	Conch	0	0	0	0	0
42	Crawfish	11	8	10	4	1
6	Eel	0	0	0	0	6
3	Fish Roe (eggs)	1	0	1	0	2
13	Florida Lobster	2	7	3	0	1
61	Flounder	32	25	0	0	0
234	Grouper	91	122	0	7	0
5	Haddock	2	2	0	0	0

7	Halibut	1	5	0	0	0
47	Mahi Mahi	4	38	0	0	1
24	Maine Lobster	0	11	9	1	0
1	Monkfish	0	1	0	0	0
121	Mullet	101	8	1	2	0
4	Octopus	0	0	0	0	4
68	Other	22	26	13	3	2
173	Oysters	98	24	6	12	25
4	Rainbow Trout	0	4	0	0	0
66	Red Snapper	20	36	1	2	3
24	Salmon	0	22	0	0	1
98	Scallops	45	31	2	6	2
3	Shark	2	1	1	0	0
471	Shrimp	258	130	79	33	9
38	Squid / Calamari	25	4	0	2	4
19	Stone Crab	5	3	5	0	0
21	Triggerfish	8	9	0	1	1
49	Tuna	1	28	0	0	19
12	Yellowfin	1	3	0	0	6

Other\_\_ **What kind?** Catfish, Clam, Dungeness Crab, Golden Crab, Hoki, Minnesota freshwater fish, Pollock, Prawns, Rock Fish, scamp, Sea Bass, Snapper, Snow Crab, Sockeye Salmon, softshell crab, sushi, swordfish, tilapia, unknown, wahoo, whitefish

**Has a DOCTOR ever said you had the following medical problems?**

**160 - Cancer**

Describe if you can: Skin, Bladder, Ovarian, Cervical, Breast, Uterine, Prostrate, Colon, Renal, Adrenal, Thyroid, Lung, Throat, Esophogus, Tongue, Brain, Leukemia, Non-Hodgkin's Lymphoma, Multiple Myeloma, Diagnosis Unknown

**134 - Heart disease**

**Describe if you can:** atrial fibrillation, open heart surgeries, quadruple bypass, heart attack, arrhythmia, aneurism, angina, angioplasty, aortic valve atresia, aortic stents, aortic valve replacement, arterial blockage, atherosclerosis, pacemaker, congestive heart failure, blocked arteries, bypass, CAD Pat., cardiomyopathy, CHF, clogged arteries, coronary artery disease, coronary stenosis, double bypass, stent, enlarged heart, Tacky-Bradz syndrome, triple bypass, hereditary heart disease, high blood pressure, hypertrophic cardiomyopathy, heart transplant, leaking valve, mitral valve prolapse, murmur, non-specific blockage, cardiomeclea, replaced aortic calce, sick sinus syndrome, valve replacement

**405 - High blood pressure**

What is you blood pressure? Mean systolic = 135, Range Systolic = 100 to 200  
Mean Diastolic = 79, Range diastolic = 27 to 127

#### 410 - High Cholesterol

What is your cholesterol level? Mean = 215.2, range = 110 - 370

#### 104 - Lung problems

**Describe if you can** 1/2 diaphragm is paralyzed, use breathing machine and take medication 4 times a day, 2-nimothorax on right, 30 percent removed and emphysema, asbestosis, COPD, asthma, bronchitis, CUPD, hayfever, Breathing Difficulty, burned them with cleaning chemicals at work, cancer, congested nasal and throat passages reducing my oxygen intake, fibrosis, Hanta virus, polio, histoplasmosis, inflammation of r. lobe, mass in lung- benign, past TB, Pre-emphysema, problems caused by second-hand smoke, sarcoidosis, spot on lung, lobe removed, UIP, BOOP, weak/pneumonia

#### 42 - Brain or other nervous system problems

**Describe if you can** acoustic neuroma, benign brain tumor, bilateral subdural hematomata, bipolar, brain damage, closed head injury, Browns saguod, demylinization of some cranial nerves, dysautonomia, orthostatic hypotension, essential tremors, forgetfulness, brain abscess, non-malignant tumor, seizures, I had mercury poisoning I do not eat seafood anymore, imbalance, MS, macroadrenoma, spondilosis, memory is bad, migraine headaches, nerves, nervous breakdown, neuropathy, Parkinson's Disease, stroke, positional vertigo, Reflex sympathetic dystrophy from injury, temporary memory loss-one day, undetermined

#### 311 - Eye problems

**Describe if you can** laser surgery, cataract surgery, age related macula degeneration, allergies-infection, some glaucoma, astigmatism, nearsightedness, bad eye sight, beginning cataracts, bilateral glaucoma, cataracts, corneal dystrophy, blurred vision, burning, IOL implants, EPI, detached retinas, herpes virus in left eye, trifocals, chronic corneal inflammation, closed angle glaucoma, congenital conjunctivitis, glasses, diabetes - have eye problems, diabetic retinopathy, dry eyes, bifocals, farsighted, flashers and floaters (vitreous detachment-both eyes), Graves Disease, pterigiums, high ocular pressure, legally blind, lens implant, corneal transplant, low pressure glaucoma, double vision, occluded retinal blood veins, ocular migraines, wrinkle in retina, presbyopia, Retinal Arterial Occlusion, Retinitis Pigmentosa, sensitive to light, stroke

#### 63 - Kidney problems

**Describe if you can** Brites disease, cancer, Chronic Kidney Infection, congenital, cyst, gall bladder stones, FSGS, kidney stones, lithoripsy, IGA nephropathy, high creatinine, high BUN, kidney failure, kidney infection, Kidney Transplant, one kidney, non-malignant cyst, urinary tract infection, pelvic kidney, dialysis, renal artery bypass, renal insufficiency, three kidneys

#### 27 - Liver problems

**Describe if you can** Cysts, degenerate, elevated enzymes, fatty deposits in liver, hepatitis, Hepatitis C, hemochromotosis, inflamed, non-malignant cyst, primary billiary cirrhosis, spot on liver



### **88 - Urinary problems**

Describe if you can Bacterial infection, bladder infection, bladder tumor, bladder urgency, cystitis, diabetes insipidus, neurogenic bladder, enlarged prostate, frequent urination, urinary tract infection, CWI, bladder suspension, incontinence, infection, kidney stones, obstructed urethra, prostate cancer, prostatitis, unable to completely empty bladder

### **193 - Stomach and Intestinal problems**

Describe if you can Acid reflux, gastritis, adhesions, Ascending colonitis, bacteria H. pylori, bacteria problems in stomach, benign gastric ulcer, cancer, chronic diarrhea, Crohn's disease, colitis, colon polyps, diverticulosis, intestinal blockage, duodenal ulcer, esophageal reflux, frequent nausea, G.E.R.D., gall bladder, appendix, gallstones, gastric bypass, gastric hyperacidity, gastric ulcer, gastroenteritis, gastrointestinal flu, gastroparesis, not digesting food, colon resection, IBS, heart burn, hemorrhoids, hernia, hiatal hernia, dysautonomia, indigestion, lazy intestinal tract, loose bowels, pancreatitis, peptic ulcers, perforated ulcer, polyp, repaired bleeding ulcer, sensitive stomach, sensitive small intestine, swell all over when I eat shellfish, severe prolapse, spastic colon, ulcerative colitis, ulcer

### **44 - Muscle problems**

**Describe if you can** Aches, arthritic fibromyalgia, arthritis, back pain, back strain, fibromyalgia, clubbed feet, leg cramps, legs- low circulation cramps, limb muscle cramps (unknown cause), low potassium causing loss of muscle tone, lupus, rotator cuffs, shoulder and elbow, spasms, panhypopituitarism, spondylosis, weak muscles in the wrist, wheel chair/walker, whiplash, bad muscle spasms when I took medication for high cholesterol (Baycol)

### **51 - Reproductive system problems**

Describe if you can adhesions on fallopian tubes related to previous appendectomy surgery- this caused infertility problems, amenorrhea, Benign fibroid tumors in uterus, Bleeding - related to thickened uterine lining associated w/ menopause, diabetic, dysfunctional uterine bleeding, endometriosis, fibroid tumors, hysterectomy, ovarian cysts, pre-cancerous cells in uterus, uterus removed, enlarged prostate requiring a transurethral resection, erectile dysfunction, cysts, "hard to get pregnant", hyperthyroidism, impotence, infertility, no ovaries or uterus, Polycystic Ovarian Syndrome, retroverted and retroflexed uterus, cancer, sterile

**Do you smoke?** 218 - Yes 1241 -No 41 - No Response

**If yes, how long have you smoked?** Mean = 26 y range = no response to 60 y

**How many packs a day?** Mean = 1.1 pks/d, range = no response to 10 pks

**Do you drink alcohol?** 739 - Yes 714 - No 47 - No Response

**If yes, how many cans or bottles of beer, glasses of wine or shots of liquor do you drink each day? Mean = 1.6, range = 0.01 to 12**

**What is your annual income? (circle one))**

- a. 61 - 0 to \$10,000
- b. 154 - \$10,000 to \$20,000
- c. 215 - \$20,000 to \$30,000
- d. 207 - \$30,000 to \$40,000
- e. 214 - \$40,000 to \$50,000
- f. 355 - \$50,000 to \$100,000
- g. 121 - more than \$100,000
- h. 173 - No Response

**Thank you for completing your survey. Your time and effort are greatly appreciated!**