

**Characteristics of Caregivers and Care Recipients—Kansas, 2007**  
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## **Characteristics of Caregivers and Care Recipients—Kansas, 2007**

*These data are from the 2007 Kansas Behavioral Risk Factor surveillance System (BRFSS) and are designed to provide estimates of the adult, non-institutionalized population in Kansas.*

### **Caregiving and the Caregiver Module**

America's 53.4 million caregivers form an integral and frequently unrecognized part of the health care team, providing an estimated \$257 to \$389 billion in unpaid care to individuals with disabilities and chronic disease.<sup>1</sup> These informal or family caregivers may be a family member, friend, or neighbor of a person with a disability or chronic health condition. Currently, the prevalence of caregiving and the health impacts of caregiving are not known at the state and local level. State and federal agencies, as well as private organizations are concerned about issues surrounding caregiving and could employ these data to design needed programs and interventions to address an increasingly important public health issue. Many community and public health groups also express interest in specific conditions as they relate to caregiving—notably cancer, Alzheimer's and dementia, and developmental disabilities. Thus, there is an emerging and increasing audience requiring this information. Learning more about caregivers and how their caregiving activities impact their risk of poor health outcomes will improve our understanding of how to provide support to them, in turn improving the ability of care recipients to maintain independence and experience an improved quality of life.

During the past four years, the National Center on Birth Defects and Development Disabilities (NCBDDD) at the Centers for Disease Control and Prevention (CDC) has made a systematic attempt to adequately identify and describe caregivers as part of the total health care system, and to identify public health dimensions of caregiving. One result of this work has been the development of the Caregiver Module, a series of questions about caregivers and their experiences that can be added to the Behavioral Risk Factor Surveillance System (BRFSS).<sup>2</sup> The BRFSS is a state-based, random-digit-dialed (RDD) telephone survey of non-institutionalized U.S. adults aged 18 and older. This survey is administered by state health agencies, territories, and in the District of Columbia with assistance from the CDC.<sup>3</sup> The Caregiver Module is designed to collect information about a population-based sample of adult caregivers (age 18 and older) who care for individuals with a disability or chronic condition regardless of the individual's age, level of need, or diagnosis. Data are weighted so that people who respond to surveys represent the entire state of Kansas based on age, gender, and race.

### **Caregiving in Kansas**

In previous years, Kansas mirrored the aging trends in the United States, though the proportion of Kansans age 65 and older is higher than the national average. According to Census Bureau projections, by the year 2030, the population of Kansas will increase by 252,000, and the largest increase (237,000 people) will be that in the age 65 and older age category, translating to nine out of every ten new Kansans in the next 25 years will be age 65 years or above.<sup>4</sup> Because the risk of disability increases with age, it is expected that as the population ages, the need for informal caregivers will increase as well. Therefore, it is imperative to acknowledge the role caregivers will play in the state's health care system, and to understand the characteristics of these caregivers.

To study the characteristics and health of caregivers and their care recipients in the state of Kansas, the eleven question Caregiver Module<sup>2</sup> was added to the 2007 Kansas BRFSS (Appendix A, pages 13-14). The 2007 Kansas BRFSS not only allows for the analysis of demographic differences among caregivers and non-caregivers but also assesses health behaviors, such as exercise frequency, smoking status, and alcohol use. In addition, through the use of this module, caregivers can be compared to non-caregivers on quality of life measures such as general life satisfaction, the amount of emotional and social support received, and self-reported general health status.

During 2007, 4,208 Kansas BRFSS respondents were asked, “People may provide regular care or assistance to someone who has a long-term illness or disability. During the past month, did you provide any such care or assistance to a family member or friend?” A total of 498 people, or 11.0% (weighted) of these respondents said “yes” to this question. These respondents were classified as caregivers and answered the remaining Caregiver Module questions about themselves and their care recipient. (Note: if the caregiver reported providing care to more than one recipient, the caregiver was asked to answer the remaining questions based on the recipient who required the most care).

Questions on the Caregiver Module included the age and gender of the care recipient and their relationship to the caregiver. Module questions also assessed the major health problem of the care recipient, and up to two areas in which the care recipient required the most assistance. Other questions asked the caregiver if they were the primary caregiver for the care recipient, how long they have provided care for the recipient, the average number of hours per week they provided care, how far they lived from their care recipient, and their greatest difficulty faced as a caregiver. The complete Caregiver Module used on the 2007 Kansas BRFSS appears in Appendix A, pages 13-14.

### **Data Analysis:**

In order to understand the best way to target and serve the needs of caregivers, it is necessary to understand who they are. Demographic and health behavior characteristics of caregivers and non-caregivers are presented in Table 1, pages 8-9. A significant majority of caregivers identified in the survey were women (60.5%). The mean age of caregivers was 49.6 years and the mean age of non-caregivers was 46.3 years. Caregivers were less likely to have received a college degree or higher (34.8%) compared to non-caregivers (37.0%). Caregivers were less likely to be employed, a homemaker, or a student compared to non-caregivers (74.1% to 77.9%, respectively). Caregivers and non-caregivers have similar marital status distributions, with approximately 72% married or coupled (Table 1). The most commonly reported race/ethnicity in Kansas was White, non-Hispanic, regardless of caregiver status (93.9% of caregivers and 86.4% of non-caregivers).

Respondents were categorized as having a disability according to the BRFSS definition of disability. If respondents answered “yes” to either of two questions: “Are you limited in any way in any activities because of physical, mental, or emotional problems,” or “Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone,” they were classified as having a disability. The prevalence of disability among caregivers and non-caregivers was similar (20.2% and 19.7%).

Health related quality of life (HRQOL) was assessed using the following variables: physical unhealthy days in the last 30 days, mental unhealthy days in the last 30 days, general life satisfaction, emotional support, and general health status. The number of physical unhealthy days was assessed in the question: “Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?” Caregivers and non-caregivers reported a similar average number of days in the past month that their physical health was not good; 3.5 and 3.0 respectively. Mentally unhealthy days were assessed as: “Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?” Caregivers reported more days per month of poor mental health (3.5 days) than non-caregivers, (2.5). Caregivers rated their general life satisfaction slightly lower than non-caregivers (93.9% compared to 96.5% report feeling very satisfied or satisfied with their life). Emotional support of the respondents was assessed by the question: “How often do you get the social or emotional support you need?” Caregivers reported always or usually receiving the social and emotional support needed less frequently than non-caregivers (81.7% compared to 85.1%). Ratings of general health among caregivers and non-caregivers were nearly identical (87.6% and 87.0% report their general health was excellent, very good, or good).

Caregivers reported meeting physical activity recommendations more often than non-caregivers (53.7% compared to 48.4%), and were less likely to report no physical activity (9.1% compared to 11.4%). Caregivers also reported consuming five or more servings of fruits and vegetables more often than non-caregivers (22.3% compared to 19.3%). Although caregivers reported meeting physical activity recommendations and consuming the recommended amounts of fruits and vegetables more often than non-caregivers, caregivers were more likely to be obese (30.9% of caregivers versus 28.4% of non-caregivers had a body mass index (BMI) of 30 or higher).

The CDC defines heavy drinking as more than two drinks per day for men and more than one drink per day for women. Binge drinking is defined as men having five or more drinks on one occasion, and women having four or more drinks on one occasion. The prevalence of binge drinking in the last 30 days was 12.2% among caregivers and 15.2% among non-caregivers. Nearly three percent of caregivers reported heavy alcohol consumption compared to 4.2% of non-caregivers. Caregivers were more likely to be current smokers than non-caregivers (20.5% compared to 17.4%).

Caregivers age 65 and older were about as likely as non-caregivers of the same age to have received a flu shot within the past year (72.7% compared to 73.2%) but more likely than non-caregivers to have ever received the pneumonia vaccine (70.4% compared to 68.3%).

The results of the eleven question Kansas Caregiver Module based on the 498 identified caregivers are found in Table 2, pages 10-12, and are discussed below. A majority of care recipients were women (59.5%) and age 65 and older (60.3%). Care recipients were most commonly a family member of the caregiver, with a parent or parent-in-law being the most frequently reported relationship (42.7%). Another 16.3% of caregivers provided care for a spouse or a partner, and 10.1% cared for a child or child-in-law. The most common care

recipient diagnosis as reported by the caregiver was cancer (23.7%). Heart disease (13.0%), Alzheimer's disease or dementia (12.8%), stroke (8.5%), Arthritis/rheumatism (8.2%), and Diabetes (8.2%), completed the list of the six most common diagnoses reported.

Caregivers reported providing the most help in a variety of areas. When asked to choose up to two areas in which their care recipient needed the most help, caregivers reported self-care (46.0%), and moving around (44.5%), both representing activities of daily living, most frequently. When asked the greatest difficulty faced personally, caregivers most often said that caregiving created stress (42.3 %) or caregiving created a financial burden (17.6%). However, 30.2% of caregivers said that caregiving created no difficulty for them.

Overall, 47.9% of caregivers provided zero to eight hours of care in an average week, and 24.9% provided 40 hours of care or more in an average week. Almost one-third (31.3%) of caregivers had provided care for more than 5 years. These caregivers tended to live with the care recipient (36.0%) or within 20 minutes of him/her (41.0%). Among caregivers, 44.9% stated that they were the primary caregiver for the recipient about whom they answered the survey.

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## Table 1

**Table 1: Weighted demographic and health behavior characteristics of caregivers and non-caregivers, Kansas Behavioral Risk Factor Surveillance System (BRFSS), 2007.**

| Variable          | Categories                         | Caregivers<br>(n=498) | Non-caregivers<br>(n=3561) |
|-------------------|------------------------------------|-----------------------|----------------------------|
|                   |                                    | Percent<br>(95% CI)   | Percent<br>(95% CI)        |
| Age               | 18-24                              | 6.2%<br>(3.3- 11.2)   | 8.4%<br>(7.0- 10.1)        |
|                   | 25-34                              | 13.7%<br>(9.6- 19.1)  | 24.3%<br>(22.3- 26.4)      |
|                   | 35-44                              | 17.2%<br>(13.5- 21.7) | 17.9%<br>(16.4- 19.5)      |
|                   | 45-54                              | 22.7%<br>(18.8- 27.1) | 18.9%<br>(17.5- 20.4)      |
|                   | 55-64                              | 22.3%<br>(18.8- 26.2) | 13.1%<br>(12.1- 14.2)      |
|                   | 65 and older                       | 17.9%<br>(14.9- 21.5) | 17.4%<br>(16.3- 18.6)      |
| Gender (% Female) | Female                             | 60.5%<br>(55.0- 65.7) | 49.9%<br>(47.9- 51.9)      |
| Education status  | Less than or graduated high School | 33.8%<br>(28.9- 39.1) | 35.5%<br>(33.5- 37.4)      |
|                   | Some college or technical School   | 31.4%<br>(26.7- 36.5) | 27.5%<br>(25.7- 29.4)      |
|                   | College degree or higher           | 34.8%<br>(30.0- 39.8) | 37.0%<br>(35.1- 39.0)      |
| Employment status | Employed/Homemaker/Student         | 74.1%<br>(69.7- 78.1) | 77.9%<br>(76.4- 79.3)      |
|                   | Unemployed/Unable to work/Retired  | 25.9%<br>(21.9- 30.3) | 22.1%<br>(20.7- 23.6)      |
| Race/ethnicity    | White only, non-Hispanic           | 93.9%<br>(91.1- 95.9) | 86.4%<br>(84.7- 87.9)      |
|                   | Black only, non-Hispanic           | 2.3%<br>(1.3- 4.2)    | 2.8%<br>(2.2- 3.4)         |
|                   | Other only, non-Hispanic           | 0.7%<br>(0.2- 2.8)    | 2.8%<br>(2.2- 3.7)         |
|                   | Multiracial, non-Hispanic          | 1.2%<br>(0.5- 2.6)    | 1.0%<br>(0.7- 1.5)         |
|                   | Hispanic                           | 1.9%<br>(0.8- 4.1)    | 7.0%<br>(5.8- 8.4)         |
| Marital status    | Married/Coupled                    | 72.0%<br>(66.8- 76.6) | 71.8%<br>(69.9- 73.6)      |
|                   | Divorced/Widowed/Separated         | 14.4%<br>(11.6- 17.9) | 15.2%<br>(14.1- 16.4)      |
|                   | Never married                      | 13.6%<br>(9.7- 18.7)  | 13.0%<br>(11.4- 14.9)      |
| Disability status | Respondent has a disability        | 20.2%<br>(16.7- 24.2) | 19.7%<br>(18.3- 21.2)      |

| <b>Table 1: Continued</b>       |   |                       |                       |
|---------------------------------|---|-----------------------|-----------------------|
| General life satisfaction       | Very Satisfied/Satisfied  | 93.9%<br>(90.9- 96.0) | 96.5%<br>(95.6- 97.2) |
| Emotional support               | Always or usually receive support needed  | 81.7%<br>(77.4- 85.3) | 85.1%<br>(83.6- 86.6) |
| General health                  | Excellent, very good, or good   | 87.6%<br>(83.8- 90.7) | 87.0%<br>(85.6- 88.3) |
| Physical activity               | Meet physical activity recommendations  | 53.7%<br>(48.4- 58.9) | 48.4%<br>(46.3- 50.4) |
|                                 | Insufficient physical activity  | 37.1%<br>(32.2- 42.3) | 40.2%<br>(38.2- 42.3) |
|                                 | No physical activity  | 9.1%<br>(6.9- 12.0)   | 11.4%<br>(10.3- 12.7) |
| Fruit and vegetable consumption | 5 or more servings per day  | 22.3%<br>(18.2- 27.0) | 19.3%<br>(17.8- 20.9) |
| Body Mass Index (BMI)           | Neither overweight nor obese  | 31.8%<br>(27.2- 36.9) | 34.8%<br>(32.9- 36.8) |
|                                 | Overweight  | 37.2%<br>(32.1- 42.7) | 36.8%<br>(34.8- 38.8) |
|                                 | Obese   | 30.9%<br>(26.2- 36.0) | 28.4%<br>(26.6- 30.3) |
| Smoking status                  | Current Smoker  | 20.5%<br>(16.5- 25.1) | 17.4%<br>(15.8- 19.1) |
|                                 | Former Smoker   | 27.7%<br>(23.2- 32.6) | 24.0%<br>(22.5- 25.7) |
|                                 | Never Smoked  | 51.9%<br>(46.6- 57.1) | 58.6%<br>(56.5- 60.5) |
| Alcohol consumption             | Heavy drinkers (adult men having more than two drinks per day and adult women having more than one drink per day) | 2.9%<br>(1.5- 5.6)    | 4.2%<br>(3.4- 5.3)    |
| Binge drinking                  | Binge drinkers (Men having five or more drinks on one occasion, women having four or more drinks on one occasion) | 12.2%<br>(8.6- 17.1)  | 15.2%<br>(13.5- 17.1) |
| Flu shot                        | Adults age 65+ who have had flu shot within the past year   | 72.7%<br>(63.7- 80.2) | 73.2%<br>(70.2- 76.0) |
| Pneumonia vaccine               | Adults age 65+ who have ever had a pneumonia vaccination  | 70.4%<br>(60.8- 78.5) | 68.3%<br>(65.0- 71.3) |

**Table 2****Table 2: Weighted caregiving experience characteristics, Kansas Behavioral Risk Factor Surveillance System (BRFSS), 2007.**

| <b>Variable</b>                            | <b>Category</b>                 | <b>Prevalence (95% CI)</b> |
|--|---------------------------------|----------------------------|
| Care recipient gender                      | Female                          | 59.5%<br>(54.3- 64.6)      |
| Care recipient age                         | 0-5                             | 3.0%<br>(1.4- 6.4)         |
|  | 6-17                            | 4.3%<br>(2.4- 7.4)         |
|  | 18-34                           | 6.6%<br>(4.2- 10.2)        |
|  | 35-44                           | 3.3%<br>(1.9- 5.7)         |
|  | 45-54                           | 12.4%<br>(8.8- 17.1)       |
|  | 55-64                           | 10.2%<br>(7.5- 13.7)       |
|  | 65-74                           | 15.0%<br>(11.5- 19.2)      |
|  | 75-84                           | 22.2%<br>(18.3- 26.7)      |
|  | 85+                             | 23.1%<br>(19.4- 27.3)      |
| Care recipient's relationship to caregiver | Parent or Parent-in-law         | 42.7%<br>(37.6- 48.0)      |
|  | Friend                          | 9.2%<br>(6.7- 12.3)        |
|  | Spouse or Partner               | 16.3%<br>(13.0- 20.2)      |
|  | Child or Child-in-law           | 10.1%<br>(7.4- 13.6)       |
|  | Sibling or Sibling-in-law       | 5.1%<br>(3.1- 8.1)         |
|  | Grandparent                     | 6.1%<br>(3.4- 10.5)        |
|  | Neighbor                        | 1.6%<br>(0.8- 3.2)         |
|  | Client or patient               | 1.4%<br>(0.5- 3.8)         |
|  | Other family member             | 7.6%<br>(5.3- 10.8)        |
| * Care recipient's major health problem    | Cancer                          | 23.7%<br>(18.2- 30.3)      |
|  | Heart disease                   | 13.0%<br>(9.4- 17.8)       |
|  | Alzheimer's disease or dementia | 12.8%<br>(9.3- 17.5)       |
|  | Stroke                          | 8.5%<br>(5.8- 12.1)        |
|  | Arthritis/Rheumatism            | 8.2%<br>(5.5- 12.3)        |

| <b>Table 2: Continued</b>   |                                       |                       |
|---|---------------------------------------|-----------------------|
| * Care recipient's major health problem (continued...)                          | Diabetes                              | 8.2%<br>(4.9- 13.3)   |
| Areas in which care recipient needs most help (respondent could choose up to 2) | Learning, remembering, confusion      | 24.5%<br>(19.9- 29.8) |
|   | Seeing or hearing                     | 6.3%<br>(4.0- 9.7)    |
|   | Self-care                             | 46.0%<br>(40.4- 51.7) |
|   | Communicating with others             | 7.6%<br>(5.4- 10.6)   |
|   | Moving around                         | 44.5%<br>(39.0- 50.2) |
|   | Getting along with people             | 4.4%<br>(2.5- 7.6)    |
|   | Feeling anxious or depressed          | 24.8%<br>(20.3- 29.9) |
| Greatest difficulty faced by caregiver (respondent could choose up to 2)        | Financial burden                      | 17.6%<br>(13.5- 22.6) |
|   | Not enough time for him/herself       | 16.1%<br>(12.8- 20.2) |
|   | Not enough time for family            | 14.8%<br>(11.2- 19.3) |
|   | Interferes with work                  | 12.3%<br>(9.0- 16.5)  |
|   | Creates or aggravates health problems | 3.6%<br>(2.3- 5.5)    |
|   | Affects family relationships          | 7.8%<br>(5.3- 11.3)   |
|   | Creates stress                        | 42.3%<br>(37.1- 47.7) |
|   | Other                                 | 1.3%<br>(0.6- 2.6)    |
|   | No difficulty                         | 30.2%<br>(25.8- 35.1) |
| Care recipient's distance from caregiver  | Same house                            | 36.0%<br>(31.0- 41.4) |
|   | Less than 20 minutes away             | 41.0%<br>(35.9- 46.2) |
|   | 20-60 minutes away                    | 13.0%<br>(9.8- 17.1)  |
|   | 1-2 hours away                        | 3.7%<br>(2.4- 5.8)    |
|   | More than 2 hours away                | 6.3%<br>(4.2- 9.2)    |
| Respondent is primary caregiver   | Yes                                   | 44.9%<br>(39.7- 50.2) |
| Hours of care provided per week   | 0-8                                   | 47.9%<br>(42.2- 53.6) |
|   | 9-19                                  | 14.0%<br>(10.4- 18.6) |
|   | 20-39                                 | 13.3%<br>(9.8- 17.7)  |
|   | 40+                                   | 24.9%<br>(20.3- 30.1) |

| <b>Table 2: Continued</b> |                   |                       |
|---------------------------|-------------------|-----------------------|
| Length of care            | 0-3 months        | 20.0%<br>(16.0- 24.8) |
|                           | 4-12 months       | 23.6%<br>(19.3- 28.6) |
|                           | 13-24 months      | 13.2%<br>(10.1- 17.2) |
|                           | 25-60 months      | 11.8%<br>(8.9- 15.5)  |
|                           | More than 5 years | 31.3%<br>(26.6- 36.4) |

\* Note: 28.7% of respondents (n=133) of responses were classified as “other” for this question. The results presented here are based only on the respondents with categorized responses (n=332).

## Appendix A Caregiver Module

1. People may provide regular care or assistance to a friend or family member who has a health problem or disability. During the past month, did you provide any such care or assistance to a family member or friend?
  - 1 Yes
  - 2 No go to the closing
  - 7 Don't know / Not sure go to the closing
  - 9 Refused go to the closing
  
2. What age is the person to whom you are giving care?  
(Probe for age – If more than one, ask, “What is the age of the person to whom you are giving the most care?”)
 

|     |                           |
|-----|---------------------------|
| --- | Code age in years [0-115] |
| 777 | Don't know / Not sure     |
| 999 | Refused                   |
  
3. What is the gender of the person you are caring for?
  - 1 Male
  - 2 Female
  - 7 Don't know / Not sure
  - 9 Refused
  
4. What is his/her relationship to you? For example is he/she your (mother/daughter or father/son)? DO NOT READ. (Program for gender)  
(PROBE for relationship – If more than one, ask “Which is the person you take care of the most often?”)  
(OPTIONAL PROBE – If more than one relationship applies, say “I can only record ONE answer choice,” or something similar to ensure respondent chooses only one option)
 

|   |               |    |                       |
|---|---------------|----|-----------------------|
| 1 | Parent        | 6  | Grandparent           |
| 2 | Parent-in-law | 7  | Grandchild            |
| 3 | Child         | 8  | Other Relative        |
| 4 | Spouse        | 9  | Non-Relative          |
| 5 | Sibling       | 77 | Don't know / Not sure |
|   |               | 99 | Refused               |

*Optional transition statement: “The following \_\_\_\_ questions will relate to your \_\_\_\_ (code relationship reported above).”*

5. What do you think or what has a doctor said is the major health problem that your \_\_\_\_ (Q4 code) has? CHECK ONE CONDITION ONLY. DO NOT READ.
 

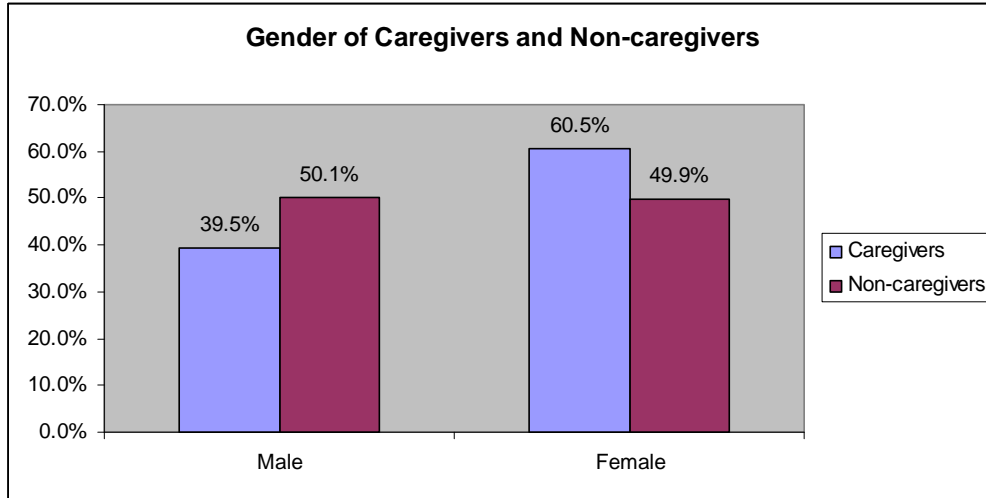
|    |  |    |                              |
|----|--|----|------------------------------|
| 1  | (ADD/ADHD)                             | 19 | Multiple Sclerosis           |
| 2  | AIDS/HIV                               | 20 | Muscular Dystrophy           |
| 3  | Arthritis/rheumatism                   | 21 | Osteoporosis                 |
| 4  | Asthma                                 | 22 | Parkinson's                  |
| 5  | Cancer                                 | 23 | Spinal Cord Injury (SCI)     |
| 6  | Cerebral Palsy                         | 24 | Stroke                       |
| 7  | Chromosomal anomaly                    | 25 | Traumatic Brain Injury (TBI) |
| 8  | Dementia                               | 26 | Other (_____)                |
| 9  | Depression                             | 27 | Alzheimer's                  |
| 10 | Down's syndrome                        | 77 | Don't know / Not sure        |
| 11 | Anxiety and/or other emotional problem | 99 | Refused                      |
| 12 | Developmental delays                   |    |                              |
| 13 | Diabetes                               |    |                              |
| 14 | Eye/vision problem (blindness)         |    |                              |
| 15 | Hearing problems (deafness)            |    |                              |
| 16 | Heart disease                          |    |                              |
| 17 | Hypertension/high blood pressure       |    |                              |
| 18 | Lung disease/emphysema                 |    |                              |
  
6. Which TWO of the following areas does your (Q4 code) most need your help? CHECK UP TO TWO
  - 1 Learning, remembering, & confusion;
  - 2 Seeing or hearing;
  - 3 Taking care of oneself, such as eating, dressing, bathing, or toileting;
  - 4 Communicating with others;
  - 5 Moving around;

- 6 Getting along with people;
- 7 Feeling anxious or depressed;
- 77 Don't know / Not sure
- 99 Refused

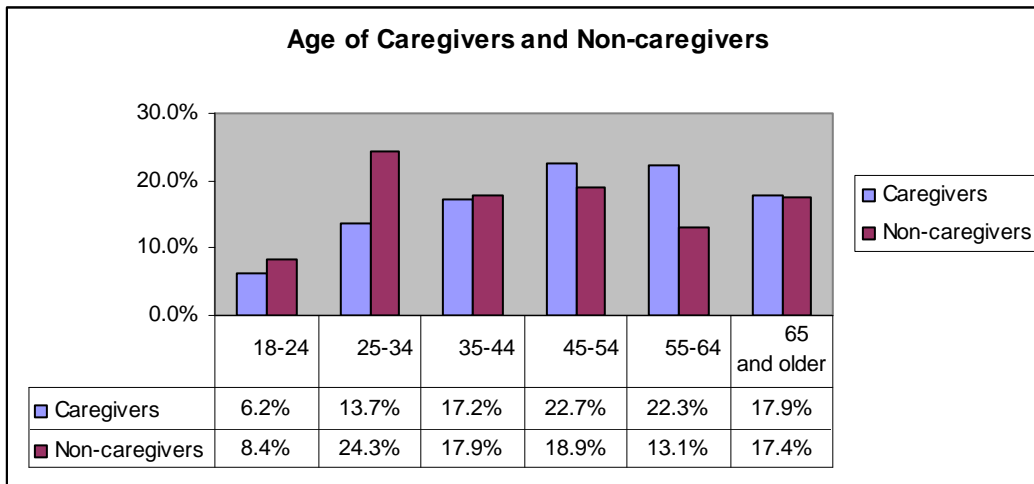
7. For how long have you provided care for your \_\_\_\_\_(Q4 code)? DO NOT READ. Code using respondent's unit of time
- Days
  - Weeks
  - Months
  - Years
  - 777 Don't know / Not sure
  - 999 Refused
8. In an average week, how many hours do you provide care for your \_\_\_\_ (Q4 code) because of his/her long-term illness or disability? DO NOT READ
- \_\_\_\_ Hours per week
  - 555 None
  - 777 Don't know / Not sure
  - 999 Refused
9. I am going to read a list of difficulties you may have faced as a caregiver. Please indicate which TWO of the following is the greatest difficulty you have faced in your caregiving: CHECK UP TO TWO
- 1 Caregiving creates a financial burden;
  - 2 Caregiving doesn't leave enough time for yourself;
  - 3 Caregiving doesn't leave enough time for your family;
  - 4 Caregiving interferes with your work;
  - 5 Caregiving creates or aggravates health problems;
  - 6 Caregiving affects your family relationships;
  - 7 Caregiving creates stress;
  - 8 Another difficulty (TEXT FIELD)
  - 9 No difficulty
  - 77 Don't know / Not sure
  - 99 Refused
10. How far away do you live from your \_\_\_\_\_ (Q4 code)? Do you live
- 1 In the same house
  - 2 Less than 20 minutes away
  - 3 Between 20 & 60 minutes away
  - 4 Between 1 & 2 hours away, or
  - 5 More than 2 hours away
  - 7 Don't know / Not sure
  - 9 Refused
11. Are you the primary caregiver for your \_\_\_\_\_ ; that is the one most involved in providing care for this person?
- 1 Yes
  - 2 No
  - 7 Don't know / Not sure
  - 9 Refused

## Appendix B: Figures Kansas BRFSS, 2007

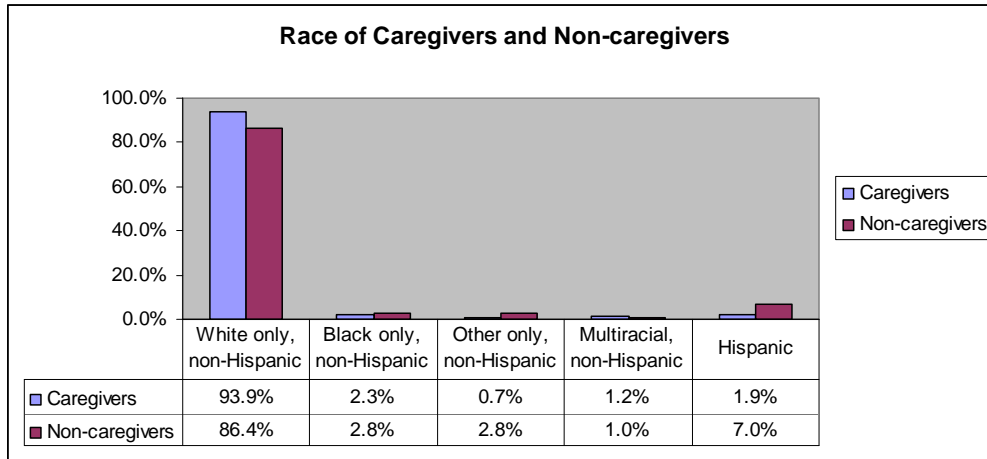
**Figure 1: Gender of Caregivers and Non-caregivers, Kansas BRFSS, 2007**



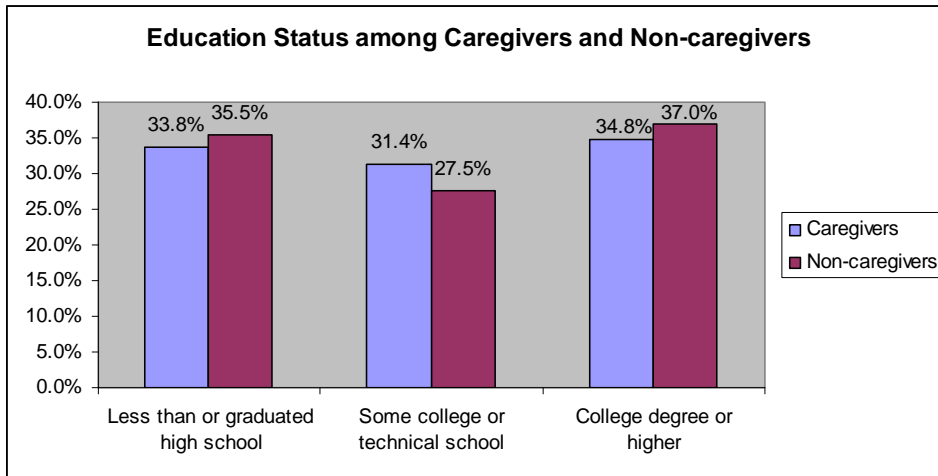
**Figure 2: Age Distribution of Caregivers and Non-caregivers, Kansas BRFSS, 2007**



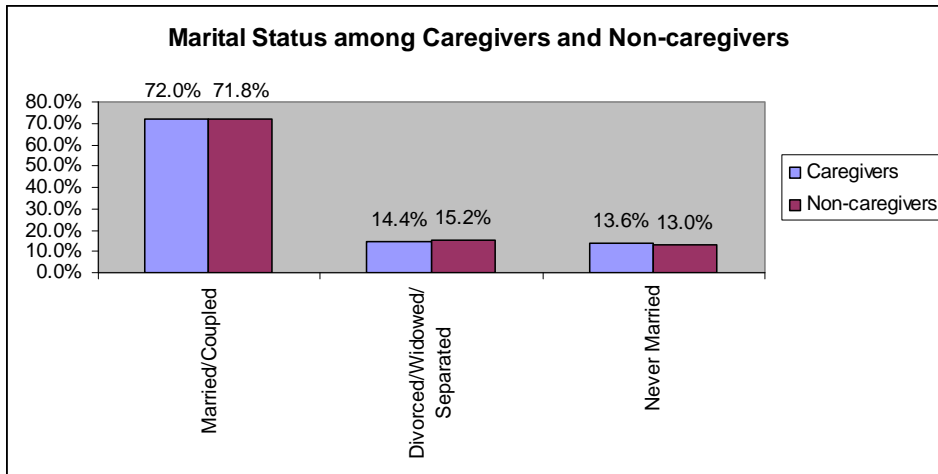
**Figure 3: Race/Ethnicity of Caregivers and Non-Caregivers, Kansas BRFSS, 2007**



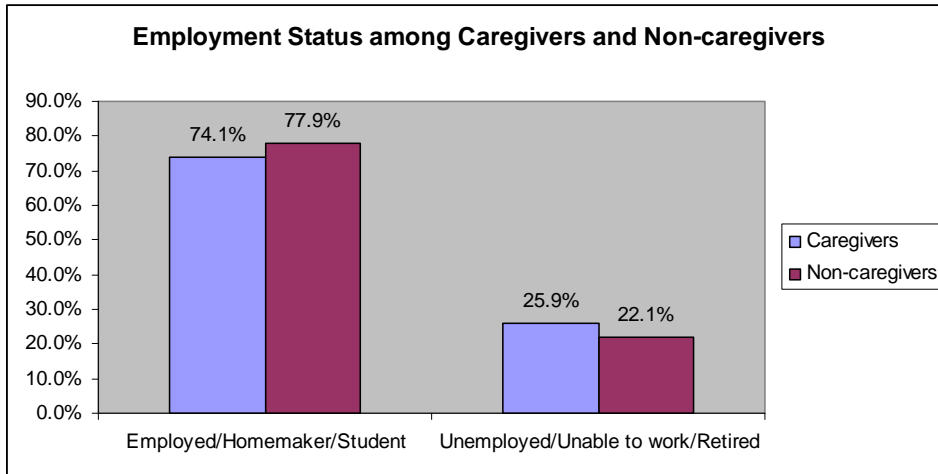
**Figure 4: Education Status among Caregivers and Non-caregivers, Kansas BRFSS, 2007**



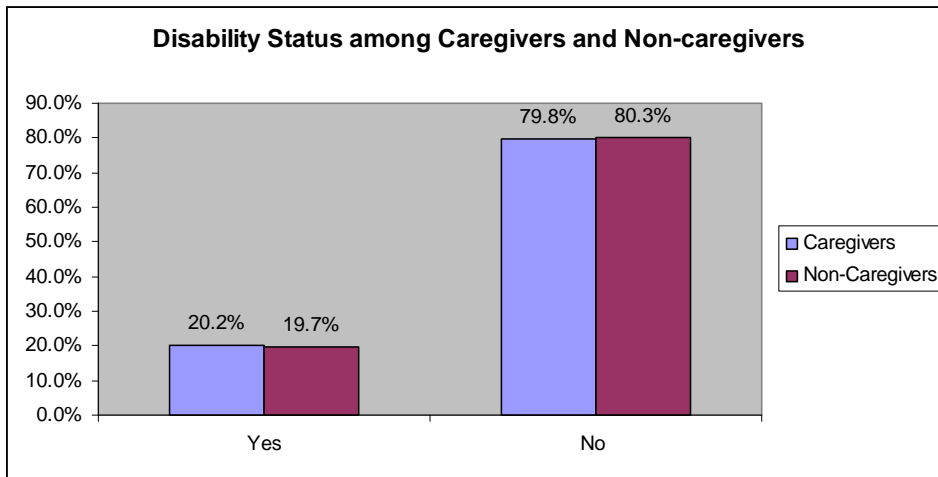
**Figure 5: Marital Status of Caregivers and Non-caregivers, Kansas BRFSS, 2007**



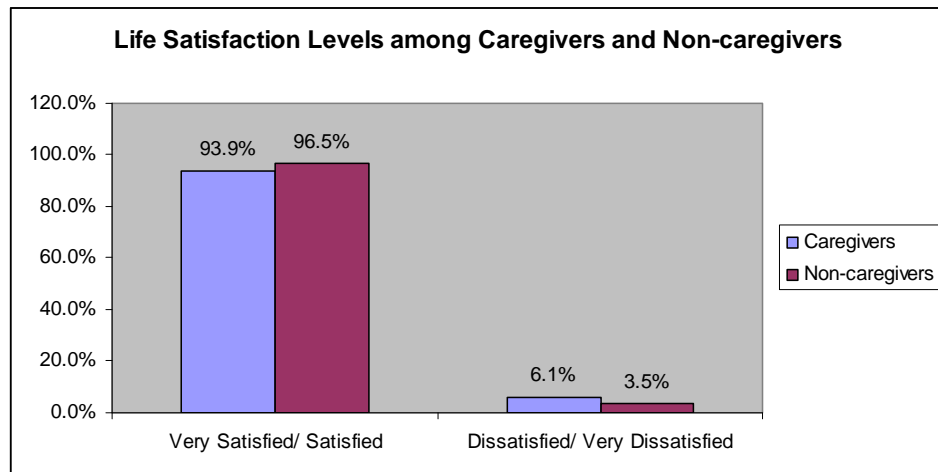
**Figure 6: Employment Status of Caregivers and Non-caregivers, Kansas BRFSS, 2007**



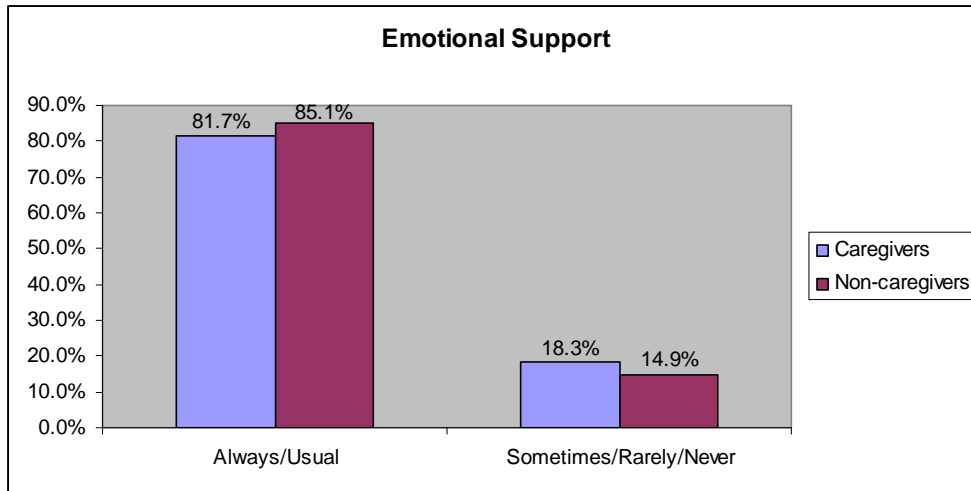
**Figure 7: Disability Status of Caregivers and Non-caregivers, Kansas BRFSS, 2007**



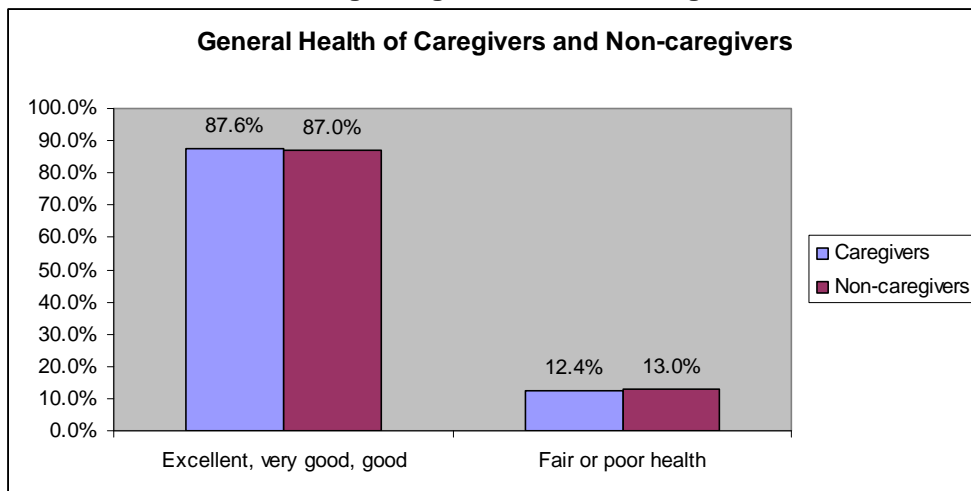
**Figure 8: Life Satisfaction Levels of Caregivers and Non-caregivers, Kansas BRFSS, 2007**



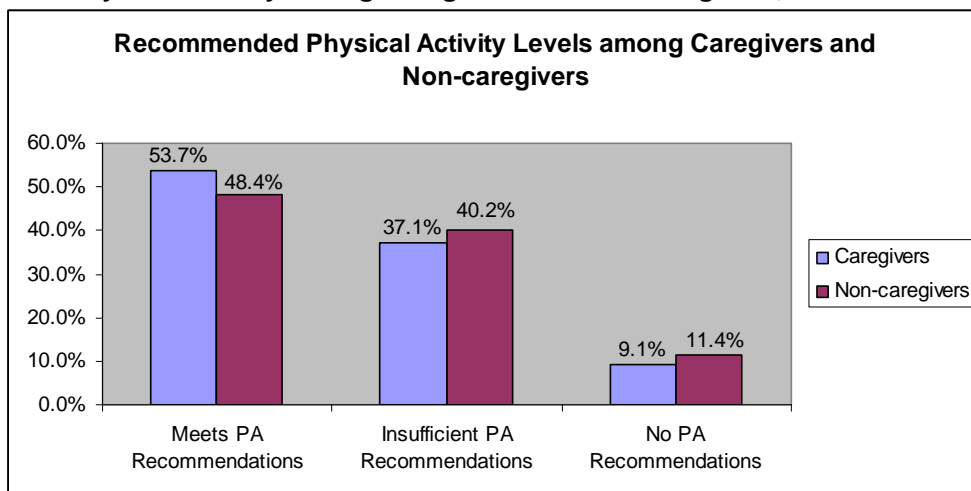
**Figure 9: How Often Caregivers and Non-caregivers Receive Emotional Support, Kansas BRFSS, 2007**



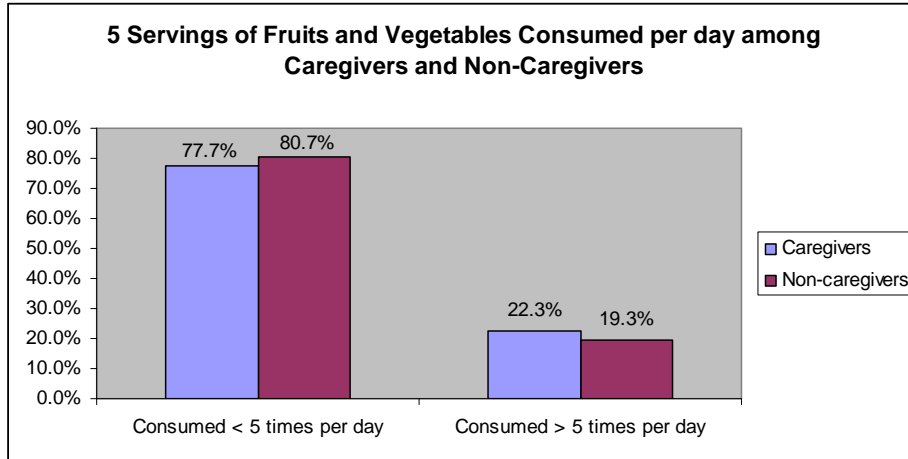
**Figure 10: General Health among Caregivers and Non-caregivers, Kansas BRFSS, 2007**



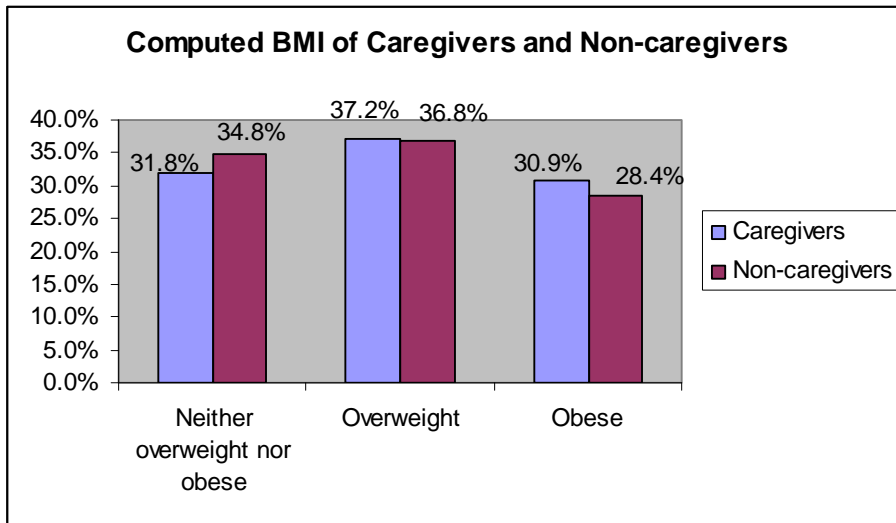
**Figure 11: Physical Activity among Caregivers and Non-caregivers, Kansas BRFSS, 2007**



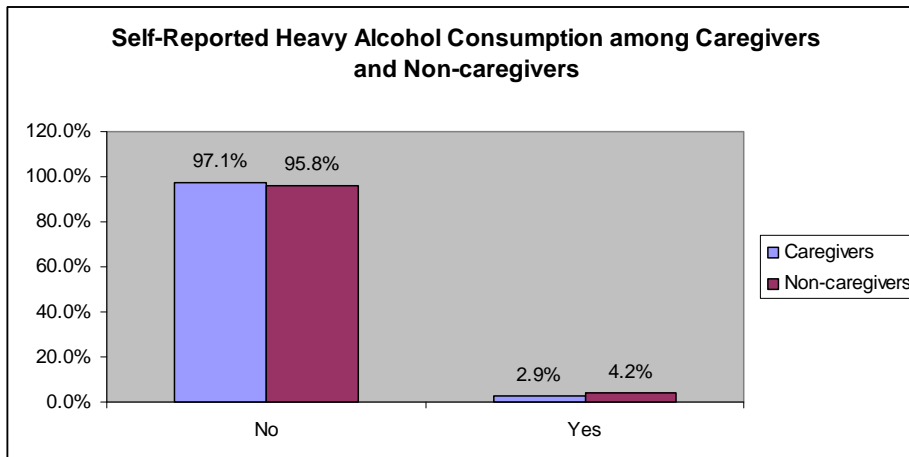
**Figure 12: Fruit and Vegetable Consumption among Caregivers and Non-caregivers, Kansas BRFSS, 2007**



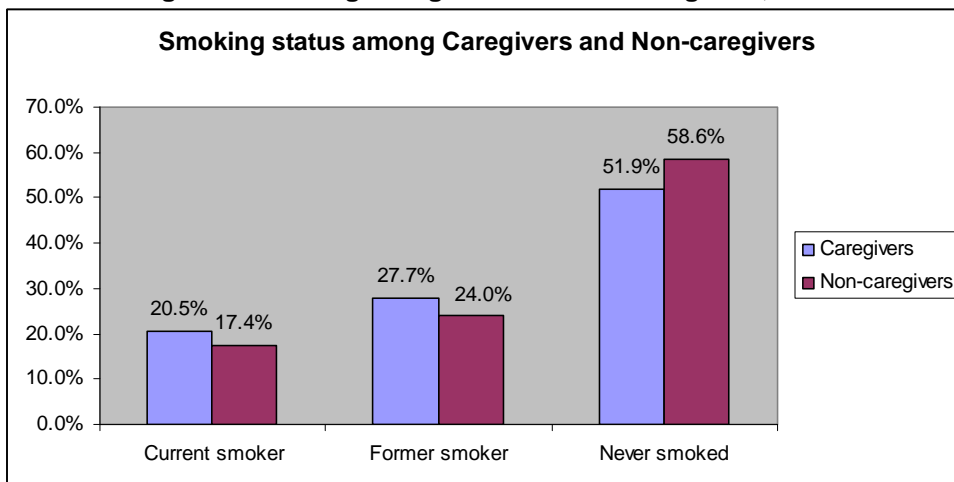
**Figure 13: Body Mass Index (BMI) of Caregivers and Non-caregivers, Kansas BRFSS, 2007**



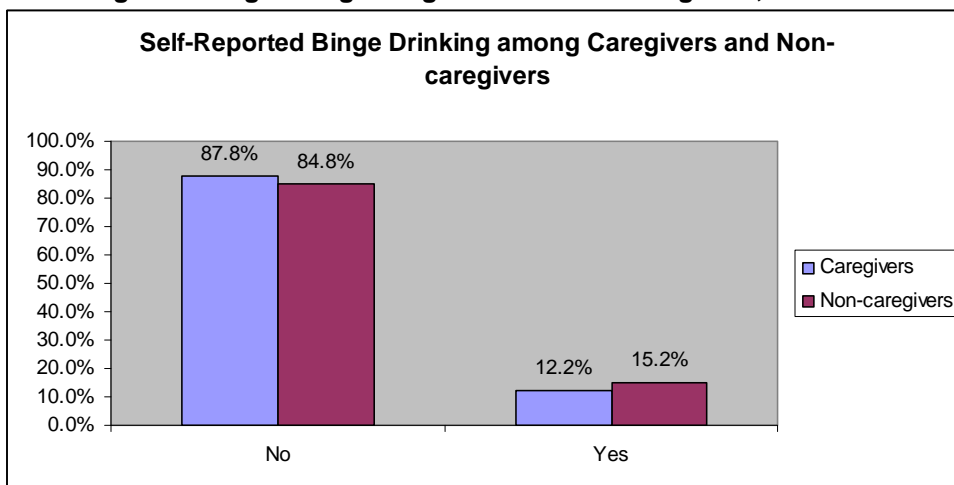
**Figure 14: Alcohol Consumption among Caregivers and Non-caregivers, Kansas BRFSS, 2007**



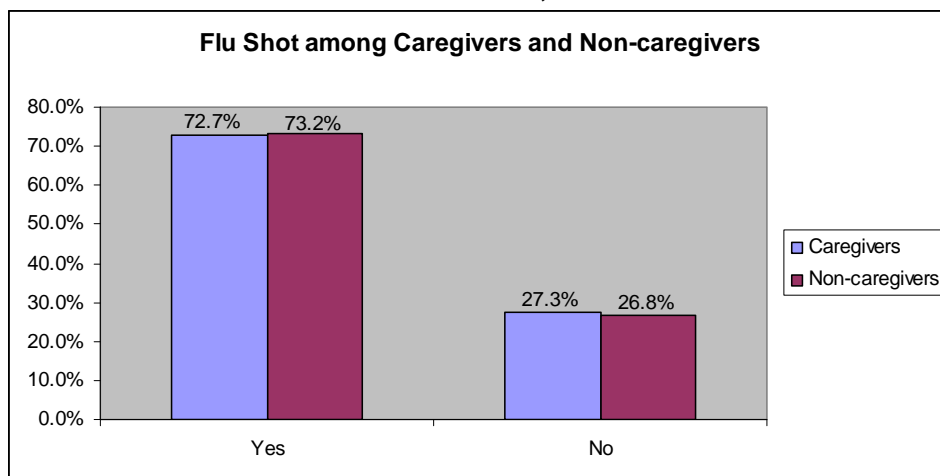
**Figure 15: Smoking Status among Caregivers and Non-caregivers, Kansas BRFSS, 2007**



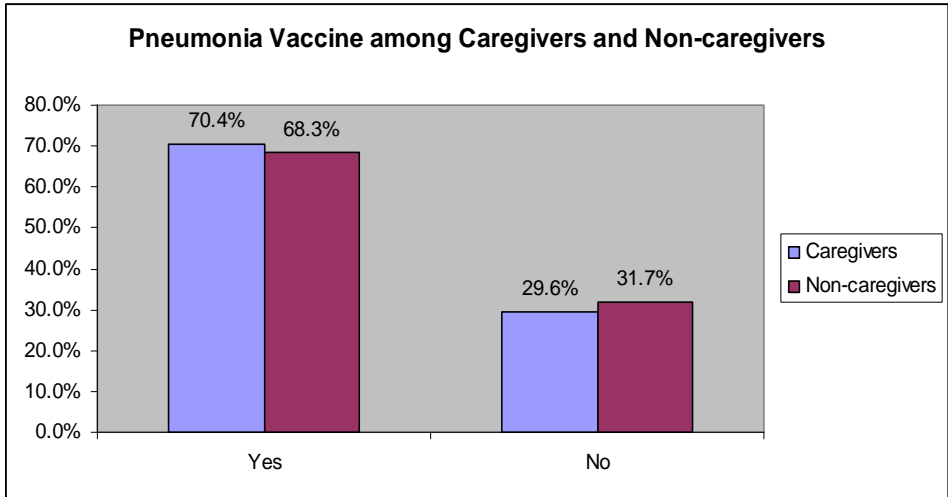
**Figure 16: Binge Drinking among Caregivers and Non-caregivers, Kansas BRFSS, 2007**



**Figure 17: Flu Shot within the Past Year among Caregivers and Non-caregivers Age 65 and Older, Kansas BRFSS, 2007**

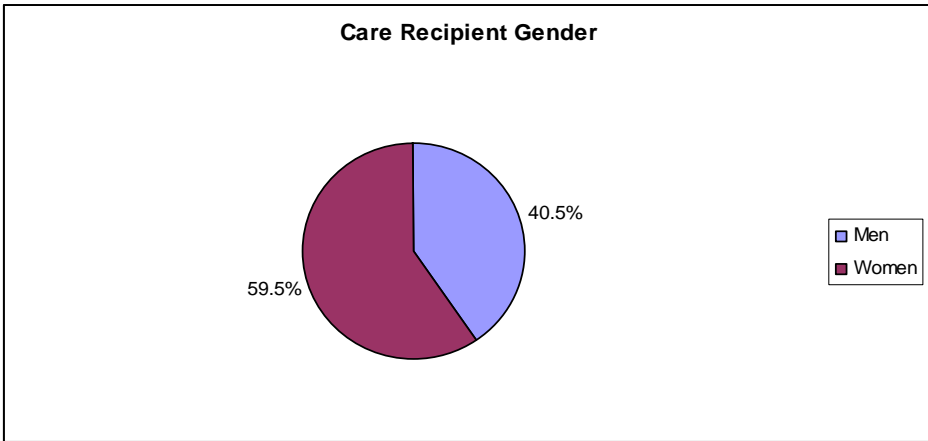


**Figure 18: Pneumonia Vaccine among Caregivers and Non-caregivers Age 65 and Older, Kansas BRFSS, 2007**

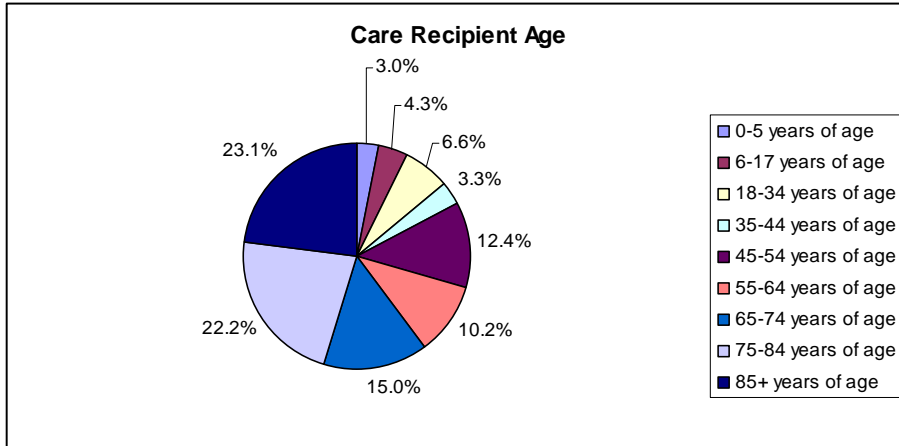


**Profile of Care Recipients:**

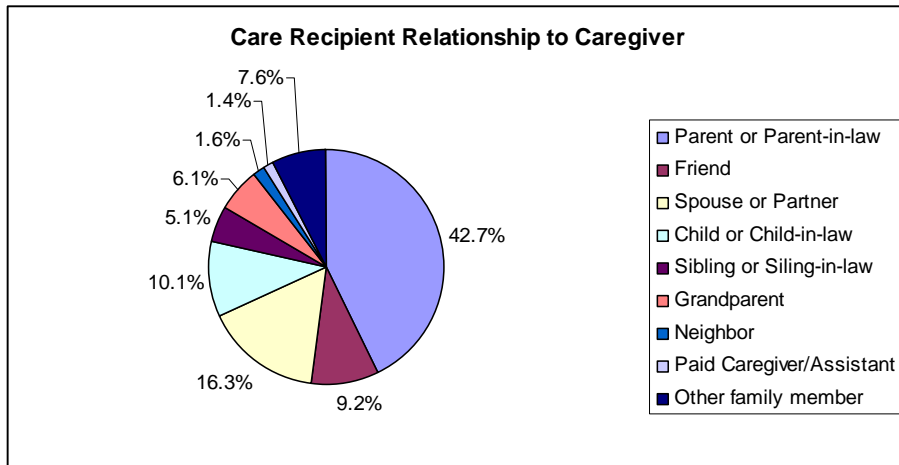
**Figure 19: Care Recipient Gender, Kansas BRFSS, 2007**



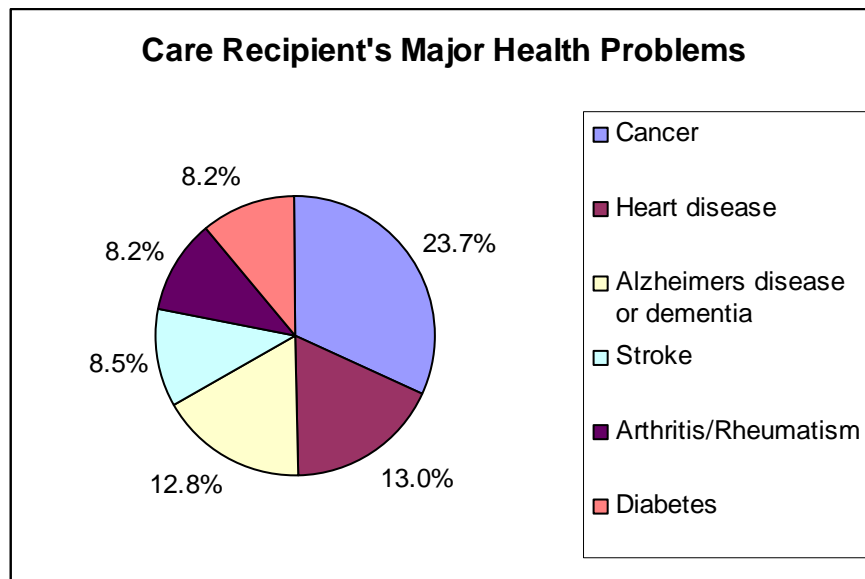
**Figure 20: Age of Care Recipient, Kansas BRFS, 2007**



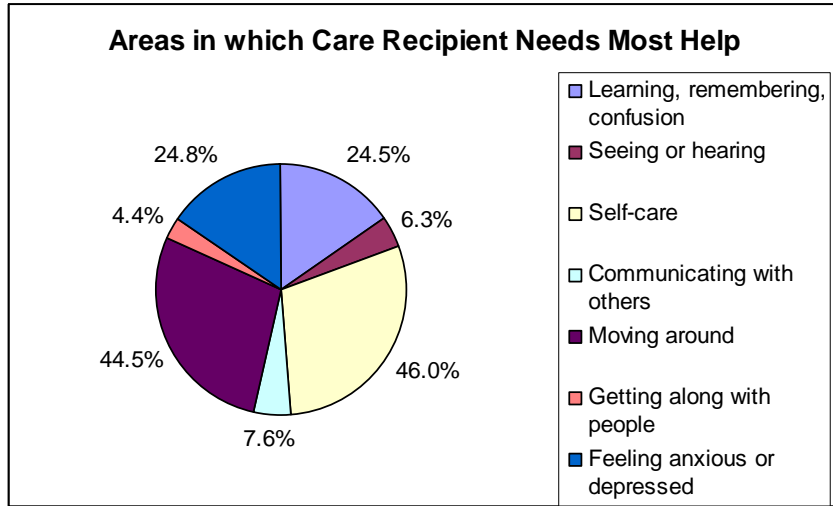
**Figure 21: Relationship between Caregiver and Care Recipient, Kansas BRFS, 2007**



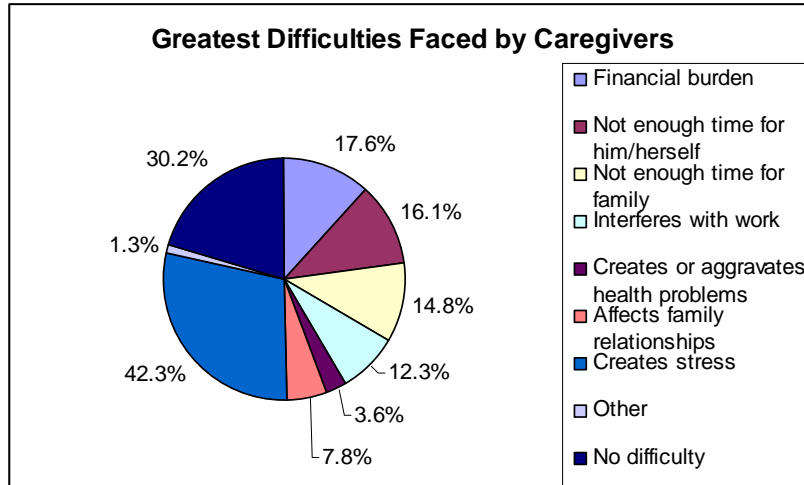
**Figure 22: Main Problems or Illnesses Identified by Caregiver, Kansas BRFS, 2007**



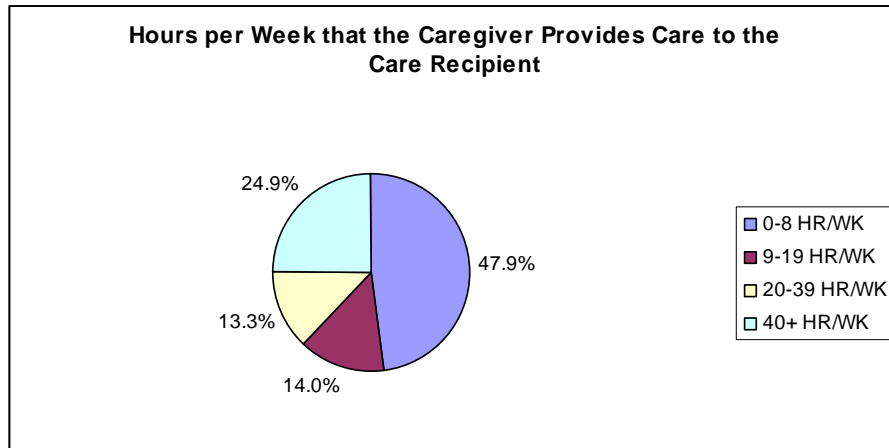
**Figure 23: Areas in which Care Recipient Requires the Most Assistance, Kansas BRFSS, 2007**



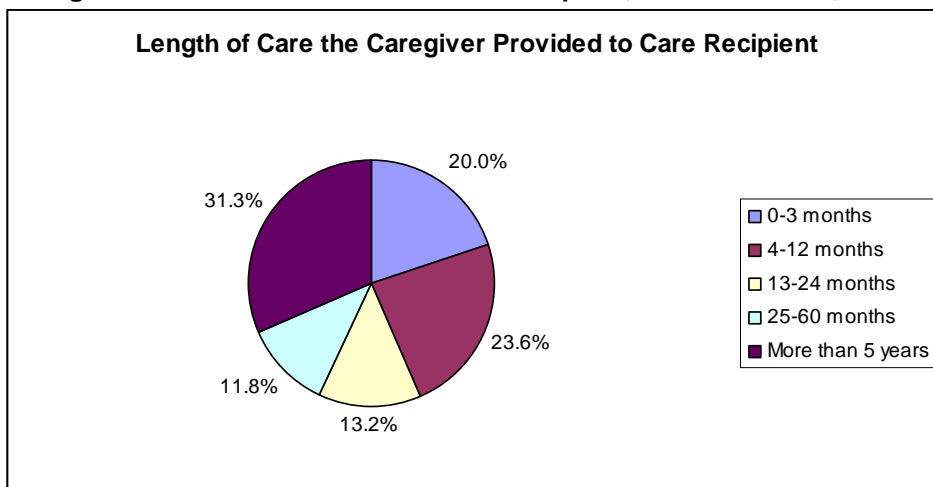
**Figure 24: Caregivers Greatest Difficulty in Providing Care, Kansas BRFSS, 2007**



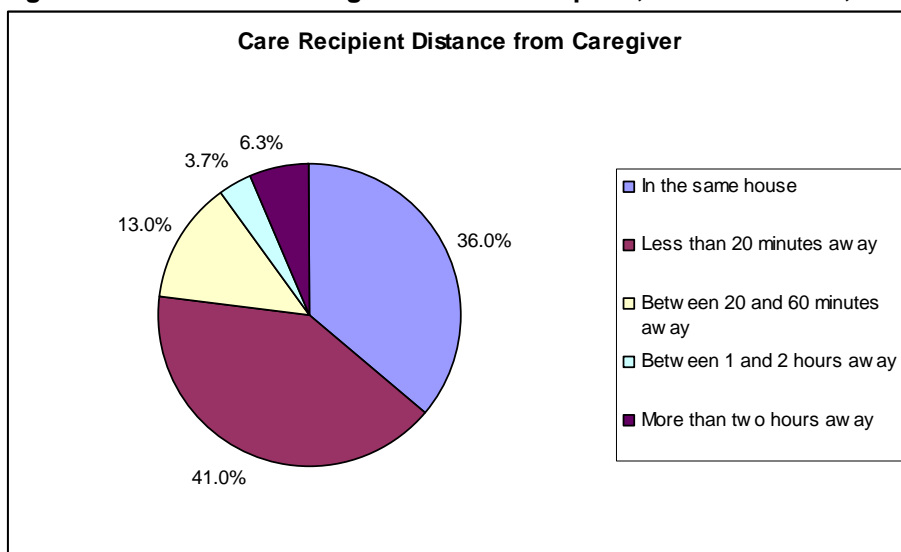
**Figure 25: Hours per Week Caregiver Provides for Care Recipient, Kansas BRFSS, 2007**



**Figure 26: Duration of Care for Care Recipient, Kansas BRFSS, 2007**



**Figure 27: Distance of Caregiver to Care Recipient, Kansas BRFSS, 2007**



**Figure 28: Caregiver is the Primary Caregiver for Care Recipient, Kansas BRFSS, 2007**

