

What is this report ?

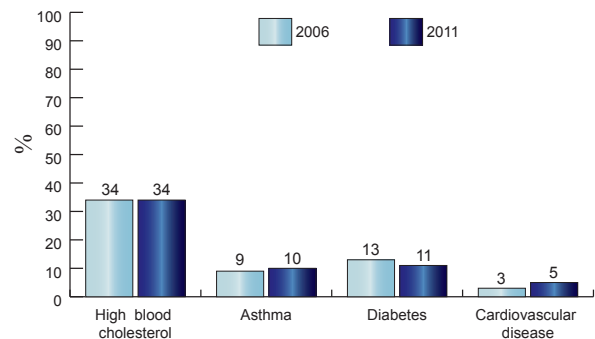
In July 2011 the Bermuda Health Council and the Ministry of Health commissioned local research company Mindmaps to conduct a health survey. Using a sample of 801 households, the survey focused on health behaviours and perceptions of healthcare of adults in Bermuda. The purpose of the study is to update information on: a) adult health status and behaviours, and b) changes in attitudes and perceptions

of healthcare compared to previous studies. The broader goal is that the survey findings will help to drive policy and programme development to improve health services and population health. The results are detailed in the report 'Health Survey of Adults in Bermuda 2011'. **Overall, the 2011 findings reflected areas of stability, improvement and deterioration compared to previous studies.**

Stability

Many chronic diseases appeared to remain steady since 2006, some key highlights are:

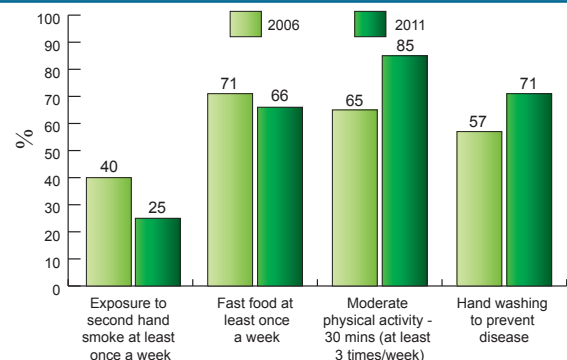
- ◆ 34% have high blood cholesterol
- ◆ 10% of the population have asthma
- ◆ 11% are diabetic
- ◆ 5% have cardiovascular disease.



Improvements

There were areas that showed significant improvement since 2006, some key highlights are:

- ◆ Reduced exposure to second hand smoke
- ◆ Improved eating habits; for example, less fast food consumption
- ◆ Increased moderate physical activity
- ◆ Increased awareness of methods to prevent the spread of diseases



Deterioration

There were several areas where health behaviours deteriorated since 2006, some key highlights are:

- ◆ Physical abuse by an intimate partner was reported by more people
- ◆ Hypertension rose significantly
- ◆ The number of people having health checks and screenings (e.g. mammograms, prostate exams, HIV test) declined
- ◆ Residents' satisfaction with the state of the healthcare system declined

