

## Living Well at the End of Life Poll – Topline Results

Sample of 600 REGISTERED VOTERS in Each Oregon and Washington

(Margin of Error in each state= +/-4.0% in 95 out of 100 cases)

Interviews Conducted via Telephone June 15-16 & 18-19, 2011

National Survey Conducted February 2010 - Reported Where Applicable (NAT)

This survey will be about important health care issues in your state, specifically focused on the issues related to health care choices and options at the end of life.

First, I'd like to read you some different options available for seriously ill patients. For each one, please tell me if you believe the availability of that option in your state is Excellent, Good, Only Fair, or Poor? The (first/next) one is...

	<b>EXC / GOOD</b>	<b>FAIR / POOR</b>	<b>EXC</b>	<b>GOOD</b>	<b>FAIR</b>	<b>POOR</b>	<b>DK</b>	<b>REF</b>
	1. Options to extend life as long as possible							
<b>OR</b>	<b>66%</b>	<b>22%</b>	19%	47%	18%	4%	11%	1%
<b>WA</b>	<b>66%</b>	<b>25%</b>	17%	48%	20%	6%	8%	1%
	2. Options to ease pain and suffering and focus more on the quality of life							
<b>OR</b>	<b>66%</b>	<b>23%</b>	22%	44%	18%	4%	11%	--
<b>WA</b>	<b>63%</b>	<b>30%</b>	16%	47%	21%	9%	7%	*
	3. Options to choose when and where to die							
<b>OR</b>	<b>62%</b>	<b>25%</b>	23%	39%	19%	6%	12%	*
<b>WA</b>	<b>52%</b>	<b>36%</b>	12%	40%	20%	16%	11%	1%

### 4. And, which of these statements more closely reflects your beliefs?

<b>NAT</b>	<b>OR</b>	<b>WA</b>	
71%	85%	83%	It is more important to enhance the quality of life for seriously ill patients, even if it means a shorter life?
			...OR...
23%	11%	14%	It is more important to extend the life of seriously ill patients through every medical intervention possible?
3%	3%	2%	DON'T KNOW
3%	1%	2%	REFUSED

5. And, which of the following statements do you agree with more?

NAT	OR	WA	
37%	50%	47%	The health care system spends far much trying to extend the lives of seriously ill patients which diverts resources from other priorities, adds to our country's financial difficulties, and increases the cost of health care for everyone.
			...OR...
55%	35%	44%	The health care system in this country has the responsibility, the medical technology, and the expertise to offer treatments to seriously ill patients and spend whatever it takes to extend their lives.
5%	11%	5%	DON'T KNOW
3%	4%	4%	REFUSED

Now I'd like to read you a list of some different terms related to health care and, for each one, please tell me how familiar you are with that term. The (first/next) term is... **[PROMPTED]:** Would you say you are Very Familiar, Somewhat Familiar, Not Too Familiar, or Not At All Familiar with that term?

	TOTAL FAMILIAR	TOTAL NOT FAMILIAR	VERY FAM	SMWT FAM	NOT TOO FAM	NOT AT FAM	DK	REF
6. Palliative Care								
OR	32%	61%	19%	14%	10%	51%	7 %	--
WA	26%	70%	17%	9%	11%	58%	4%	*
NAT	24%	71%	12%	12%	10%	61%	5%	*
7. End-of-Life Care								
OR	78%	21%	40%	38%	13%	9%	*	--
WA	77%	23%	35%	42%	12%	11%	*	*
NAT	65%	33%	33%	31%	11%	22%	2%	*
8. Hospice Care								
OR	94%	6%	62%	31%	3%	3%	*	--
WA	87%	13%	62%	25%	9%	4%	--	--
NAT	86%	13%	55%	31%	5%	8%	1%	--

Now, I'd like to read you some more information about some of these issues...

Palliative care describes any kind of care or treatment for seriously ill patients which focuses on reducing the severity of symptoms rather than attempting to reverse progression of the illness or provide a cure. The goal of palliative care is to provide physical, emotional, and spiritual support to patients and also their families. Palliative care can be provided alongside of curative treatment and is commonly provided at home, at a hospital, or at a nursing home.

An important part of palliative care is end-of-life care, which focuses specifically on advanced planning for patients approaching death. This includes discussing their preferred treatment options and reducing their pain and suffering.

Thinking specifically about any personal experiences you may have had with these health and life issues...

9. Have you been personally involved in planning for or making palliative care decisions for yourself or a family member? **[IF YES: ASKED]** Specifically, were you personally involved in planning for the decisions or making the decisions? **(ACCEPTED MULTIPLE ANSWERS)**

<b>OR</b>	<b>WA</b>	
25%	26%	Yes, planned palliative care decisions
19%	22%	Yes, made palliative care decisions
63%	61%	No, neither
1%	2%	DON'T KNOW
--	--	REFUSED

**36% 37% TOTAL INVOLVED**

10. And, regardless of whether or not you have been personally involved in planning for or making palliative care decisions, how much have you personally thought about these issues? Have you thought about them...

<b>OR</b>	<b>WA</b>	
35%	29%	A Great Deal
39%	39%	Some
18%	21%	Not Too Much
8%	11%	Not At All
*	*	DON'T KNOW
--	--	REFUSED

**74% 68% GREAT DEAL/SOME**  
**26% 32% NOT TOO MUCH/NOT AT ALL**

11. [ASKED IF Q9:2 – MADE PALLIATIVE CARE DECISIONS, OREGON: N = 113, MOE = +/-9.2% & WASHINGTON: N = 130, MOE = +/-8.6%] Specifically, which of the following decisions were you personally involved in making? (ACCEPTED MULTIPLE RESPONSES FOR 1-2)

OR	WA	
66%	75%	Decisions related to treatment of pain and providing support,
79%	82%	Decisions related to end-of-life treatment for a patient approaching death
1%	2%	Other
--	--	DON'T KNOW
1%	--	REFUSED

12. [ASKED IF Q9:1-2 – MADE OR PLANNED PALLIATIVE CARE DECISIONS, OREGON: N = 215, MOE = +/-6.7% & WASHINGTON: N = 221, MOE = +/-6.6%] And, thinking back to before your experience with these issues, generally speaking would you say you were prepared or unprepared for those decisions? Were you...

OR	WA	
26%	29%	Very Prepared
42%	37%	Somewhat Prepared
19%	17%	Somewhat Unprepared
12%	16%	Not At All Prepared
1%	1%	DON'T KNOW
*	--	REFUSED
<b>68%</b>	<b>66%</b>	<b>TOTAL PREPARED</b>
<b>31%</b>	<b>34%</b>	<b>TOTAL UNPREPARED</b>

13. [ASKED IF Q9:1-2 – MAKING OR PLANNING PALLIATIVE CARE DECISIONS, OREGON: N = 215, MOE = +/-6.7% & WASHINGTON: N = 221, MOE = +/-6.6%] Who specifically have you consulted with or talked to regarding these palliative care decisions?

OR	WA	
57%	56%	Family Members
52%	44%	Family Doctor/Physician
17%	15%	Hospice Group
13%	11%	Hospital/Care Facility
7%	6%	Church Members/Pastor
7%	8%	Attorney
6%	6%	Nurse
5%	5%	Friend
3%	4%	Social Workers/Social Services
2%	1%	Assisted Living Facility
2%	*	Insurance
2%	1%	Counselor
1%	--	Internet
*	--	Medicaid Representative
4%	4%	Have Not Consulted With Anyone

14. And, how important do you believe it is that palliative care treatment options be available to all seriously ill patients who need them and want them? Is it...

<b>OR</b>	<b>WA</b>	
77%	72%	Very Important
19%	25%	Somewhat Important
3%	2%	Not Too Important
1%	1%	Not At All Important
*	1%	DON'T KNOW
--	--	REFUSED
<b>96%</b>	<b>97%</b>	<b>TOTAL IMPORTANT</b>
<b>4%</b>	<b>2%</b>	<b>TOTAL NOT IMPORTANT</b>

15. How would you describe the availability of information about palliative care treatment options? Would you say that information is...

<b>OR</b>	<b>WA</b>	
17%	12%	Readily available and easy to come by
48%	52%	Available, but only if you know where to look and who to ask
13%	18%	Somewhat available, but hard to come by
		...OR...
9%	12%	Hard to find or unavailable
13%	5%	DON'T KNOW
1%	*	REFUSED

16. Where specifically would you go to find this type of information? **[PROMPTED:]** Where else would you go?

<b>OR</b>	<b>WA</b>	
46%	37%	Family Doctor/Physician
46%	47%	Internet
23%	16%	Hospital/Care Facility
9%	7%	Hospice Group
8%	4%	Friend
8%	6%	Family Member
5%	4%	Library
5%	4%	Church Member/Pastor
3%	1%	Insurance
3%	*	Assisted Living Facility
2%	3%	Social Workers/Social Services
2%	2%	Attorney
2%	3%	Nurse
1%	2%	Senior Center
5%	5%	Other
5%	3%	DON'T KNOW / REFUSED

17. And, given the definition read to you earlier about what palliative care is, how available would you say that palliative care treatment options and services are in your state? Would you say that this treatment is...

OR	WA	
23%	19%	Widely available to almost all patients who need it and want it
43%	47%	Available but only for patients with the right insurance or resources
5%	7%	Available to only a small number of patients
		...OR...
6%	8%	Mostly unavailable?
23%	19%	DON'T KNOW
*	--	REFUSED

18. And, how would you rate the quality of palliative care treatment options available to seriously ill patients in your state? Would you say it is...

OR	WA	
15%	10%	Excellent and top quality
31%	34%	Good, but not the best
20%	22%	Only fair and could use some improvement
1%	7%	Mostly of poor quality
32%	27%	DON'T KNOW
*	*	REFUSED
<b>46%</b>	<b>43%</b>	<b>EXCELLENT/GOOD</b>
<b>22%</b>	<b>29%</b>	<b>FAIR/POOR</b>

19. What specifically makes you say that the palliative care treatment options available to seriously ill patients (is excellent and top quality / is good but not the best/could use some improvement/are mostly of poor quality?) **[PROBED:]** What else can you tell me about the quality of treatments available

20. And, how confident are you that quality palliative care would be available to you or a family member if you needed it? Are you...

OR	WA	
34%	28%	Very Confident
42%	44%	Somewhat Confident
12%	16%	Not Very Confident
7%	9%	Not Confident
5%	3%	DON'T KNOW
--	*	REFUSED
<b>76%</b>	<b>72%</b>	<b>TOTAL CONFIDENT</b>
<b>19%</b>	<b>25%</b>	<b>TOTAL NOT CONFIDENT</b>

21. And, what would you say is your biggest concern about these health and life issues? **[IF MADE 1<sup>ST</sup> CHOICE, ASKED:]** And, what is your NEXT biggest concern?

<b>OR</b>	<b>WA</b>	
56%	57%	Not being able to afford the best treatment for myself or a family member
23%	24%	Not having enough access to treatment options
38%	43%	Not having adequate information and understanding the available treatment options
34%	38%	Not having enough control over what treatments are given near the end-of-life
19%	19%	Not being emotionally or spiritually prepared for death and dying
16%	9%	DON'T KNOW
3%	3%	REFUSED

22. In your opinion, do you believe that doctors and other health care providers do a good enough job of talking with seriously ill patients about the full range of options available to them including palliative care alongside all other treatments?

<b>OR</b>	<b>WA</b>	
46%	46%	Yes
34%	35%	No
19%	18%	DON'T KNOW
1%	1%	REFUSED

23. Now, many people find these health and life issues difficult to discuss and think about. In your experience with your family and friends, would you say that issues related to death and dying are openly discussed as an important part of life, are these issues only discussed in very private or specific situations, or are these topics generally too difficult to talk about?

<b>OR</b>	<b>WA</b>	
56%	48%	Openly discussed as an important part of life
33%	41%	Only discussed in very private or specific situations
10%	10%	These topics are generally too difficult to talk about
*	1%	DON'T KNOW
--	1%	REFUSED

And, do you agree or disagree with the following statements about these issues? **[IF AGREE/DISAGREE, ASKED:]** Do you STRONGLY agree/disagree or just SOMEWHAT agree/disagree with that statement? The (first/next) one is...

	TOTAL AGR	TOTAL DISAGR	STR AGR	SMWT AGR	SMWT DISAGR	STR DISAGR	DK / REF
24. Palliative care should be available to all seriously ill patients who need it and want it and this treatment should be fully covered by health insurance <b>[OREGON SAMPLE A: N = 288, MOE = +/-5.8% &amp; WASHINGTON SAMPLE A: N = 309, MOE = +/-5.6%].</b>							
OR	87%	10%	72%	15%	7%	3%	3%
WA	83%	13%	65%	19%	8%	4%	4%
25. Palliative care should be available to all seriously ill patients who need it and want it and this treatment should be fully covered by Medicare <b>[OREGON SAMPLE B: N = 312, MOE = +/-5.6% &amp; WASHINGTON SAMPLE B: N = 291, MOE = +/-5.7%].</b>							
OR	89%	9%	69%	19%	5%	4%	2%
WA	86%	11%	67%	19%	5%	6%	3%
26. When I approach the end of my life, I should be allowed to control my end-of-life treatment options, including choosing to decline life-extending treatment options and choosing when and where to die <b>[OREGON SAMPLE B: N = 312, MOE = +/-5.6% &amp; WASHINGTON SAMPLE B: N = 291, MOE = +/-5.7%].</b>							
OR	95%	5%	85%	11%	3%	2%	*
WA	96%	4%	87%	8%	2%	2%	1%
27. Seriously ill patients should be allowed to control their end-of-life treatment options, including choosing to decline life-extending treatment options and choosing when and where to die <b>[OREGON SAMPLE A: N = 288, MOE = +/-5.8% &amp; WASHINGTON SAMPLE A: N = 309, MOE = +/-5.6%].</b>							
OR	94%	4%	85%	10%	2%	2%	2%
WA	93%	6%	81%	13%	1%	5%	1%
28. While palliative care and other treatment options for seriously ill patients may be appropriate options for some, I worry that emphasizing this care could interfere with doing whatever it takes to help patients extend their lives as long as possible.							
OR	38%	55%	12%	26%	26%	29%	6%
WA	36%	59%	12%	25%	31%	29%	5%
NAT	47%	49%	21%	26%	26%	22%	3%
29. While there are many options for palliative care and end-of-life care in <b>(OR / WA)</b> , we still have a long way to go to increase options for seriously ill patients in the state.							
OR	74%	15%	30%	44%	10%	4%	11%
WA	74%	16%	38%	36%	11%	5%	10%



Now, thinking about these issues from a different perspective... I'm going to read you the names of some different policies in **(Oregon/Washington)** and first please tell me if you've heard of it, then please tell me if you have a favorable or unfavorable impression of it.

**[IF FAVORABLE/UNFAVORABLE, ASKED:]** Do you have a VERY (favorable/unfavorable) or a SOMEWHAT (favorable/unfavorable) impression of this policy?

### 30. Physicians Orders for Life-Sustaining Treatment, also known as POLST

<b>OR</b>	<b>WA</b>	
9%	7%	Very Favorable
10%	9%	Somewhat Favorable
2%	3%	Somewhat Unfavorable
2%	2%	Very Unfavorable
5%	4%	No Opinion
70%	74%	Have Not Heard Of
2%	1%	DON'T KNOW
*	--	REFUSED
<b>19%</b>	<b>16%</b>	<b>TOTAL FAVORABLE</b>
<b>4%</b>	<b>5%</b>	<b>TOTAL UNFAVORABLE</b>

### 31. The Death With Dignity Act

<b>OR</b>	<b>WA</b>	
43%	36%	Very Favorable
22%	24%	Somewhat Favorable
5%	7%	Somewhat Unfavorable
7%	6%	Very Unfavorable
7%	8%	No Opinion
16%	18%	Have Not Heard Of
1%	*	DON'T KNOW
--	--	REFUSED
<b>65%</b>	<b>60%</b>	<b>TOTAL FAVORABLE</b>
<b>12%</b>	<b>14%</b>	<b>TOTAL UNFAVORABLE</b>

Now, as you may know, both of these policies are laws in **(Oregon/Washington)** that deal with end-of-life care for seriously ill patients. I'd like to ask you a few questions about each of these policies.

32. The (first/next) one is the POLST Program...The POLST Program is an initiative developed by doctors and policymakers in the state through which seriously ill patients have their wishes and preferences for life-sustaining treatments documented on a medical order and signed by a doctor. POLST forms carry the full weight of a medical order, meaning that a patient's wish to receive or not receive life-sustaining treatment must be followed by other medical professionals.

Now that you've heard some more information, do you generally have a favorable or unfavorable opinion of this program? **[IF FAVORABLE/UNFAVORABLE, ASKED:]** Do you have a VERY (favorable/unfavorable) or a SOMEWHAT (favorable/unfavorable) impression of POLST?

<b>OR</b>	<b>WA</b>	
56%	49%	Very Favorable
35%	36%	Somewhat Favorable
3%	6%	Somewhat Unfavorable
2%	6%	Very Unfavorable
3%	3%	DON'T KNOW
*	*	REFUSED
<b>91%</b>	<b>85%</b>	<b>TOTAL FAVORABLE</b>
<b>5%</b>	<b>12%</b>	<b>TOTAL UNFAVORABLE</b>

33. The (next/first) one is the Death with Dignity Act...The Death with Dignity Act was (approved by Oregon voters in 1994 and reaffirmed in 1997 / approved by Washington voters in 2008). This act allows doctors to prescribe medicine for some of the most seriously ill patients to take in order to voluntarily bring about their own death.

Now that you've heard some more information, do you generally have a favorable or unfavorable opinion of this program? **[IF FAVORABLE/UNFAVORABLE, ASKED:]** Do you have a VERY (favorable/unfavorable) or a SOMEWHAT (favorable/unfavorable) impression of The Death With Dignity Act?

<b>OR</b>	<b>WA</b>	
52%	44%	Very Favorable
26%	25%	Somewhat Favorable
7%	11%	Somewhat Unfavorable
13%	16%	Very Unfavorable
2%	3%	DON'T KNOW
*	1%	REFUSED
<b>77%</b>	<b>70%</b>	<b>TOTAL FAVORABLE</b>
<b>20%</b>	<b>27%</b>	<b>TOTAL UNFAVORABLE</b>

34. Do you have any personal experience with either of these policies, either the POLST Program, or the Death With Dignity Act, for either you or a family member? **[IF YES, SPECIFY POLST / DEATH WITH DIGNITY, ACCEPTED MULTIPLE ANSWERS]**

OR	WA	
15%	12%	Yes, Experience with POLST
7%	8%	Yes, Experience with Death With Dignity
80%	81%	Have Not Had Experience With Either Program
1%	2%	DON'T KNOW
--	--	REFUSED

35. And, have you personally specified your own end-of-life wishes on an official document, such as a living will, or an advanced directive or a POLST form?

OR	WA	
34%	35%	Yes, I have officially specified my end-of-life wishes
66%	64%	No, I have not officially specified my end-of-life wishes
*	1%	DON'T KNOW
--	--	REFUSED

36. Do you believe that these policies in **(Oregon/Washington)** are unique compared to most other states in the country, or are they fairly common compared to most other states?

OR	WA	
52%	32%	Yes, these policies are unique among the other states
17%	37%	No, these policies are fairly common among the states
31%	31%	DON'T KNOW
*	*	REFUSED

37. And, in your opinion, what is unique about **(Oregon/Washington)** that has resulted in these policies? In other words, how is the approach taken on these issues by your state different than most other states?

38. Now, these policies have prompted some debate and discussion in the state over the past several years. Generally speaking, do you believe this debate and discussion has been...

<b>OR</b>	<b>WA</b>	
63%	60%	Mostly positive because it has led to an increased discussion of what people want if they are terminally ill.

...Or has it been...

22%	26%	Mostly negative because it has focused the discussion more on death and dying than on living well at the end of life.
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14%	13%	DON'T KNOW
1%	1%	REFUSED

39. And, which one of the following statements comes closest to your own opinion...

<b>OR</b>	<b>WA</b>	
48%	41%	I fully support these policies without hesitation because they are the right approach to give people the greatest choice when it comes to end-of-life care

38%	40%	I have some hesitations about these policies but I support them because I think they at least help create some more options for people on end-of life care.
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9%	12%	I oppose these policies but I think they bring up some good points about the need for more options on end-of-life care.
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3%	5%	I fully oppose these policies because they take the state in the wrong direction on these issues.
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2%	1%	DON'T KNOW
1%	1%	REFUSED

<b>86%</b>	<b>81%</b>	<b>SUPPORT/SOME HESITATIONS</b>
<b>12%</b>	<b>17%</b>	<b>SOME GOOD POINTS/FULLY OPPOSE</b>

And, thinking about the public discussion and dialogue about these issues in your state over the past few years...

40. (And,) Has the discussion and dialogue resulted in a health care system that has gotten better or worse when it comes to giving people options around end-of-life care or has it had no impact?

<b>OR</b>	<b>WA</b>	
49%	46%	Better
10%	11%	Worse
23%	25%	No Impact
18%	18%	DON'T KNOW
*	--	REFUSED

41. (And,) has the discussion and dialogue resulted in communities that are more supportive or less supportive of people's desires for end-of-life care or has it had no impact?

<b>OR</b>	<b>WA</b>	
49%	44%	More Supportive
5%	6%	Less Supportive
23%	30%	No Impact
23%	19%	DON'T KNOW
1%	1%	REFUSED

42. (And,) has the discussion and dialogue resulted in public policies that are more supportive or less supportive of people's desires for end-of-life care or has it had no impact?

<b>OR</b>	<b>WA</b>	
55%	51%	More Supportive
5%	5%	Less Supportive
20%	27%	No Impact
20%	16%	DON'T KNOW
*	1%	REFUSED

## DEMOGRAPHIC QUESTIONS

### A. Gender

OR	WA	
48%	48%	Male
52%	52%	Female

### B. Age

OR	WA	
18%	19%	18-29
26%	25%	30-44
20%	20%	45-54
17%	17%	55-64
19%	18%	65+
--	1%	DON'T KNOW / REFUSED

### 43. First, what is the last grade of formal education you have completed?

OR	WA	
2%	1%	Less than high school
17%	19%	High school graduate
36%	30%	Some college/vocational school
27%	36%	College graduate
17%	14%	Post graduate
1%	--	DON'T KNOW / REFUSED

### 44. And, please tell me which of the following categories best applies to your total household income for 2010...

OR	WA	
9%	6%	Less than \$15,000
13%	12%	\$15,000 to less than \$30,000
17%	20%	\$30,000 to less than \$50,000
17%	20%	\$50,000 to less than \$75,000
19%	17%	\$75,000 to less than \$100,000
15%	16%	\$100,000 to less than \$200,000
2%	3%	\$200,000 or more
7%	6%	DON'T KNOW / REFUSED

45. **[IF WASHINGTON SAMPLE, ASKED:]** And, generally speaking, do you think of yourself as... A Republican...a Democrat...an Independent, or Something Else?

**[IF OREGON SAMPLE, ASKED:]** And, are you registered to vote as... A Republican...a Democrat...an Independent, or Something Else?

<b>OR</b>	<b>WA</b>	
26%	26%	Republican
42%	36%	Democrat
21%	23%	Independent
6%	12%	Something Else
5%	3%	DON'T KNOW / REFUSED

46. Which of the following best describes your primary health insurance coverage?

<b>OR</b>	<b>WA</b>	
56%	54%	Covered by private insurance through an employer
11%	10%	Covered by private insurance but not through an employer
16%	16%	Covered by Medicare
4%	3%	Covered by Medicaid
2%	3%	Covered by Tri-Care
9%	13%	Not currently covered by health insurance
2%	2%	DON'T KNOW / REFUSED

47. And, how often do you attend church or religious services?

<b>OR</b>	<b>WA</b>	
7%	4%	Two or more times every week
16%	20%	Once a week
5%	4%	Almost every week
10%	12%	Once or twice a month
24%	23%	A few times a year
35%	36%	Never
3%	1%	DON'T KNOW / REFUSED

48. For statistical purposes only, could you please tell me your ethnic background?

<b>OR</b>	<b>WA</b>	
86%	80%	White or Caucasian
3%	3%	Hispanic or Latino
1%	3%	African-American or Black
4%	7%	Asian-American or Asian
2%	3%	Native American
2%	3%	Other
2%	1%	DON'T KNOW / REFUSED