



EMF Health Effects Survey 2019

Final Results

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SURVEY DESIGN & ANALYSIS
WHEN DECISIONS MATTER

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Objectives & Methods

Objectives

- ▶ To assess reported EMF health effects and lifestyle limitations on EMF Safety Network members and affiliate groups.
- ▶ To provide validation, comfort and education to people affected by EMFs.
- ▶ To update the public health and safety complaints about wireless utility smart meters studied in 2011.

Methods

- ▶ The EMF Safety Network created a five-question survey using Survey Monkey.
- ▶ The survey was circulated online from 11/27/2018 to 1/27/2019 through EMF Safety Network lists, website, and affiliate online EMF groups.
- ▶ 876 people responded to the survey and provided 662 free form comments, plus 669 write-in answers to the questions.
- ▶ The survey was administered anonymously. Respondents were not asked to provide identifying information.

Executive Summary

Executive Summary I

- ▶ Responses related to EMF exposure depended on the self-descriptions chosen by respondents.
 - ▶ 49.3% of respondents describe themselves as: “**EMF Aware** - You are aware that electromagnetic fields and wireless radiation affect your health or make you feel unwell.”
 - ▶ 27.5% of respondents describe themselves as: “**EMF Injured** - You have been injured by electromagnetic fields and/or wireless radiation.”
 - ▶ 19.1% of respondents describe themselves as having: “**Radiation sickness** - You have electromagnetic radiation sickness, a severe and chronic condition.”
- ▶ 52% of all respondents indicated that EMFs limit their lifestyle “Severely” (28%) or “A lot” (24%).
 - ▶ 93% of those with *Radiation sickness* indicated EMFs limit their lifestyle “Severely” (70%) or “A lot” (23%).
 - ▶ 70% of those *EMF Injured* indicated EMFs limit their lifestyle “Severely” (33%) or “A lot” (37%).
 - ▶ 30% of the *EMF Aware* indicated EMFs limit their lifestyle “Severely” (10%) or “A lot” (20%).

Executive Summary II

- ▶ On average those with *Radiation sickness* indicated twice as many EMF-related health problems as *EMF Aware* respondents and 50% more than *EMF Injured* respondents.
- ▶ Top health problems believed to be related to EMF exposure were:
 - ▶ Concentration, Memory or Learning Problems
 - ▶ Fatigue
 - ▶ Sleep Problems
 - ▶ Stress & Anxiety
- ▶ Top EMF devices causing or contributing to problems
 - ▶ Wi-fi
 - ▶ Cell phone
 - ▶ Smart Meters
 - ▶ Cell or radio tower

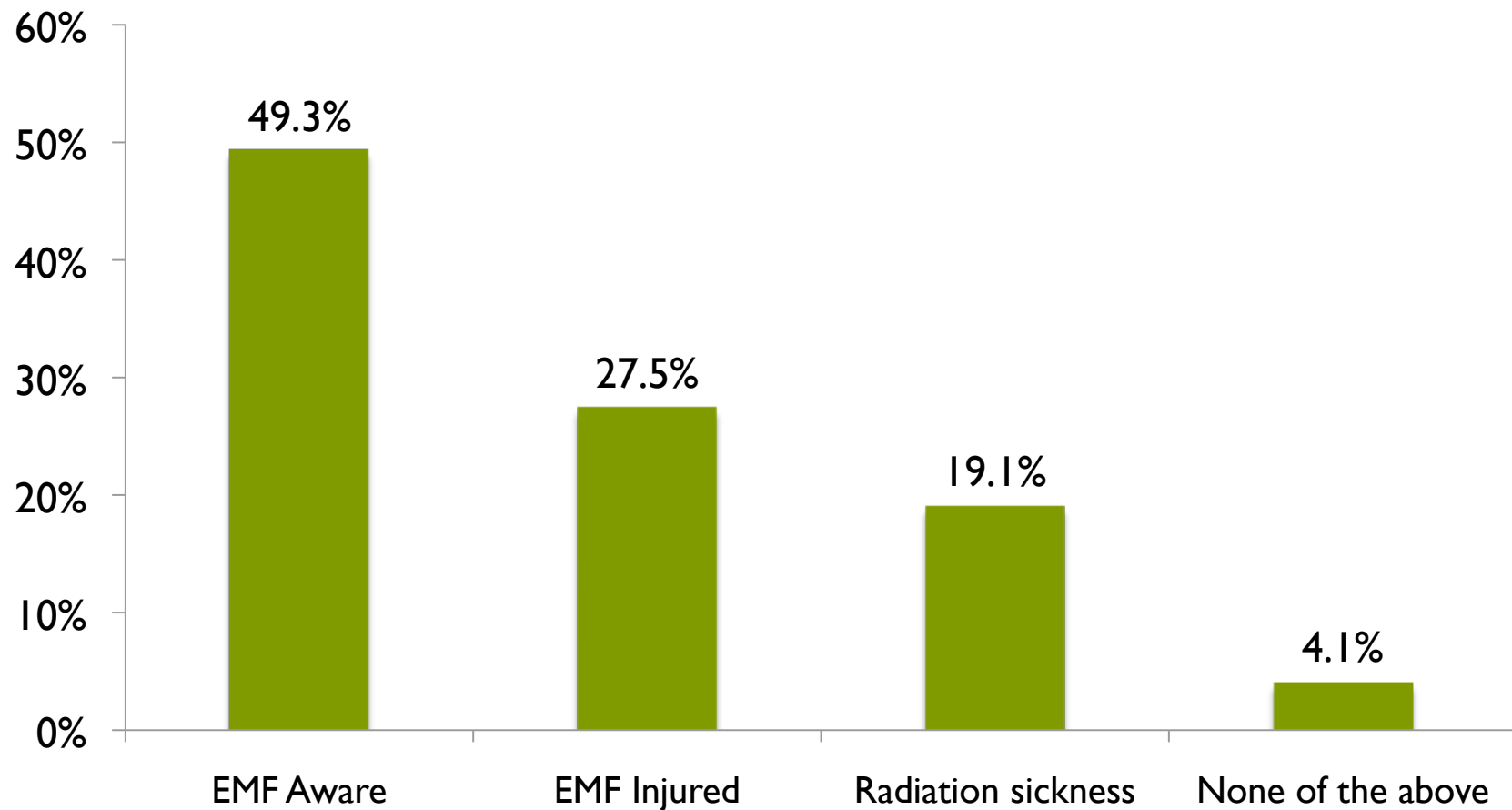
Executive Summary III

- ▶ Most Helpful Remedies for Improving Health for all respondents
 - ▶ Prudent avoidance of EMF
 - ▶ Turning electricity off at the breaker box
 - ▶ Shielding
- ▶ Least Helpful Remedies for Improving Health for all respondents
 - ▶ Medical doctor
 - ▶ Prescription drugs
 - ▶ Counseling or therapy

Study Detail

Self Description of EMF Effects

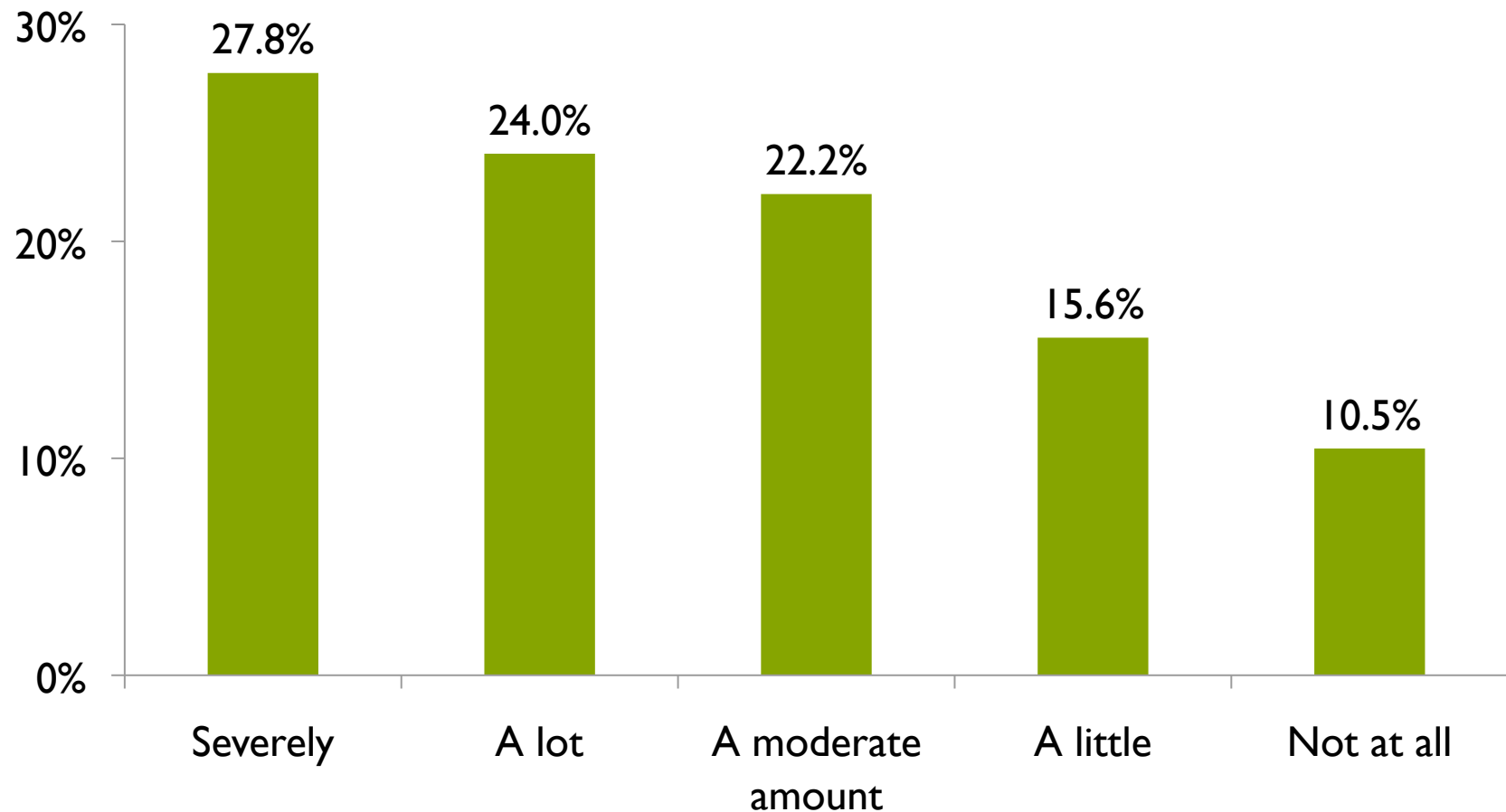
Which of the following descriptions best matches how you would describe yourself? N=868



EMF Environment Limiting Lifestyle

All Respondents

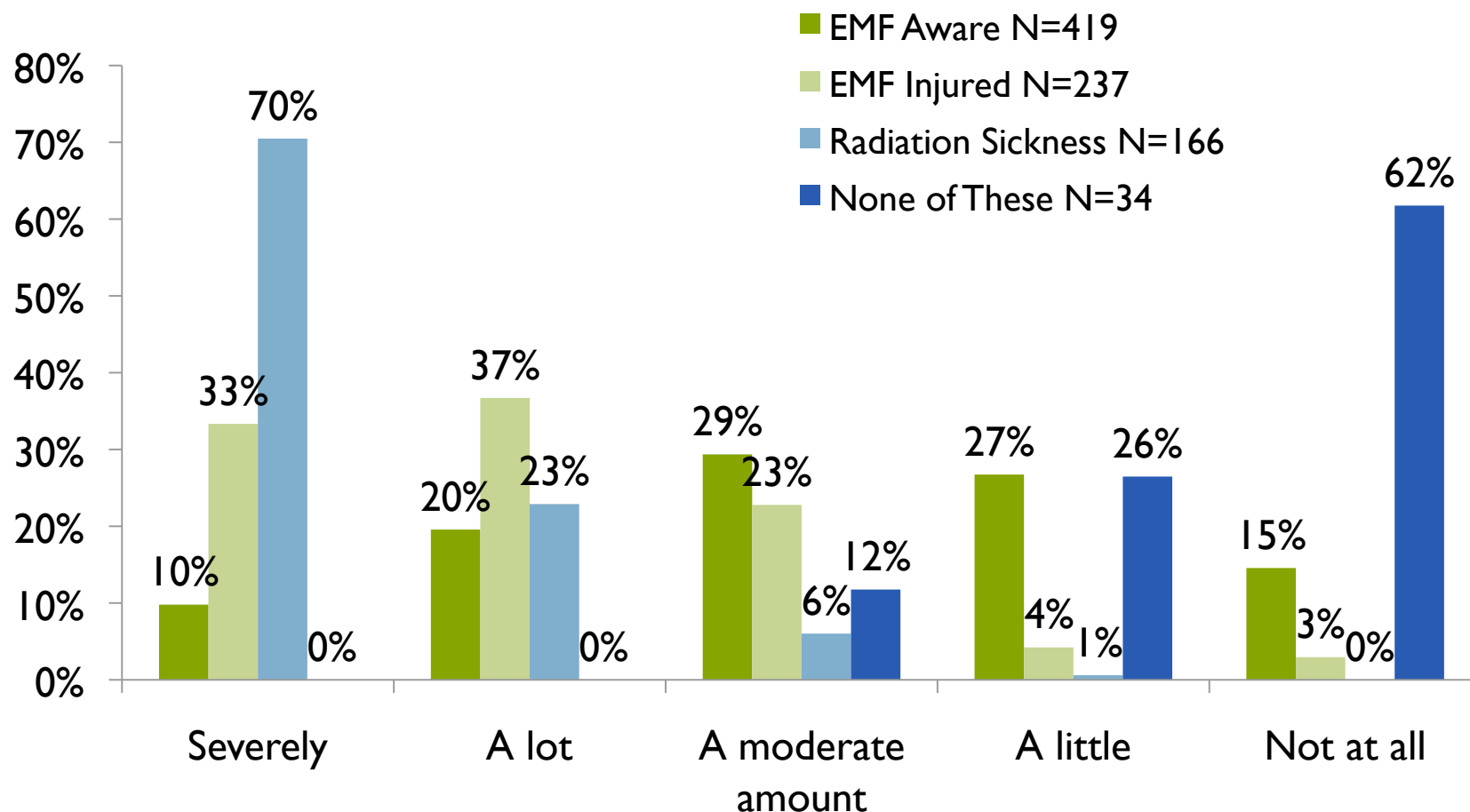
How much does the current EMF environment (cell phones/smart meters/wireless etc.) limit your lifestyle - your ability to work, shop, play, and or spend time with friends and family? N=861



EMF Environment Limiting Lifestyle

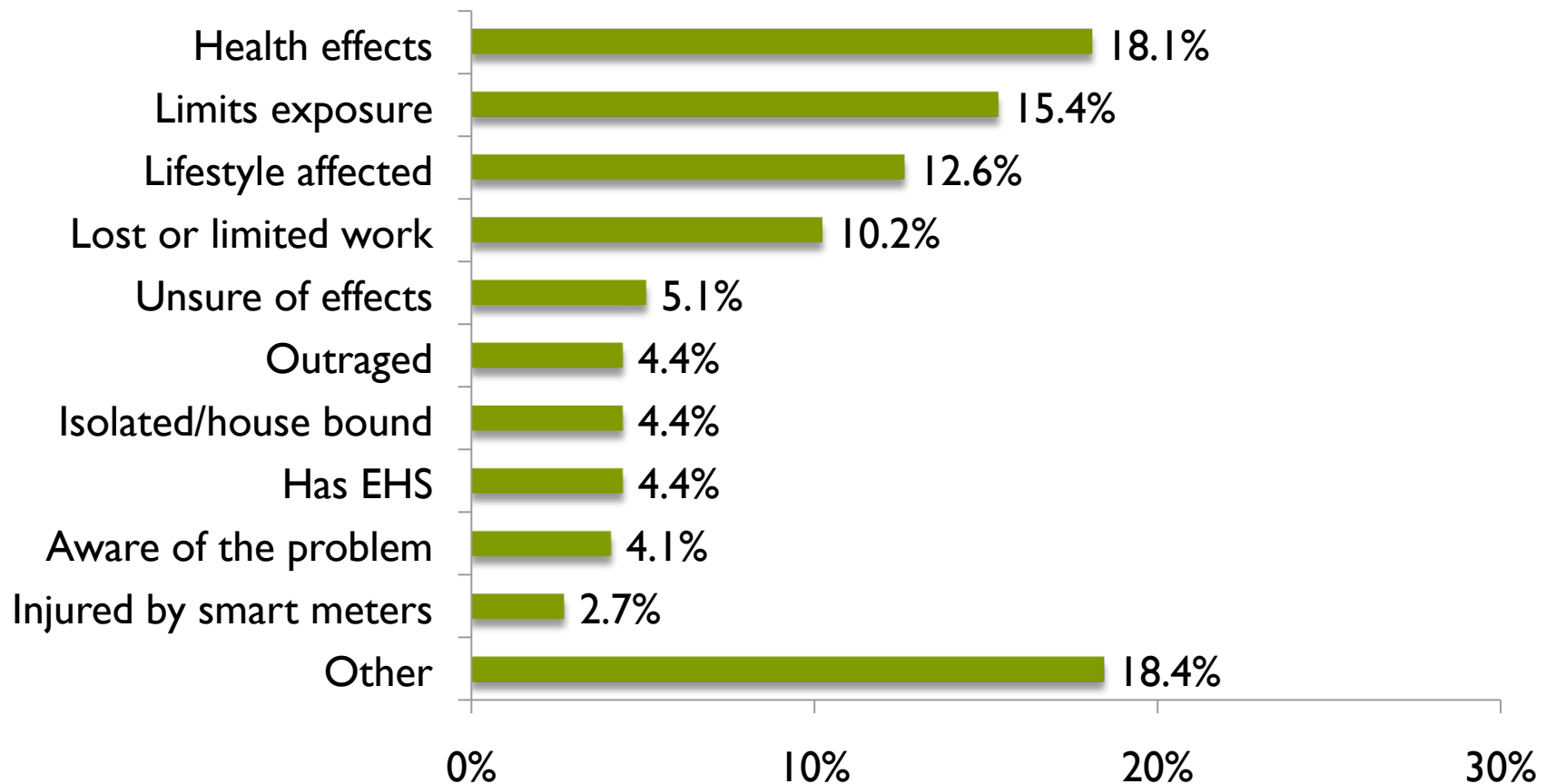
By Self Description

How much does the current EMF environment (cell phones/smart meters/wireless etc.) limit your lifestyle - your ability to work, shop, play, and or spend time with friends and family?



Limiting Lifestyles: Comment Themes

How much does the current EMF environment (cell phones/smart meters/wireless etc.) limit your lifestyle - your ability to work, shop, play, and or spend time with friends and family? N=293



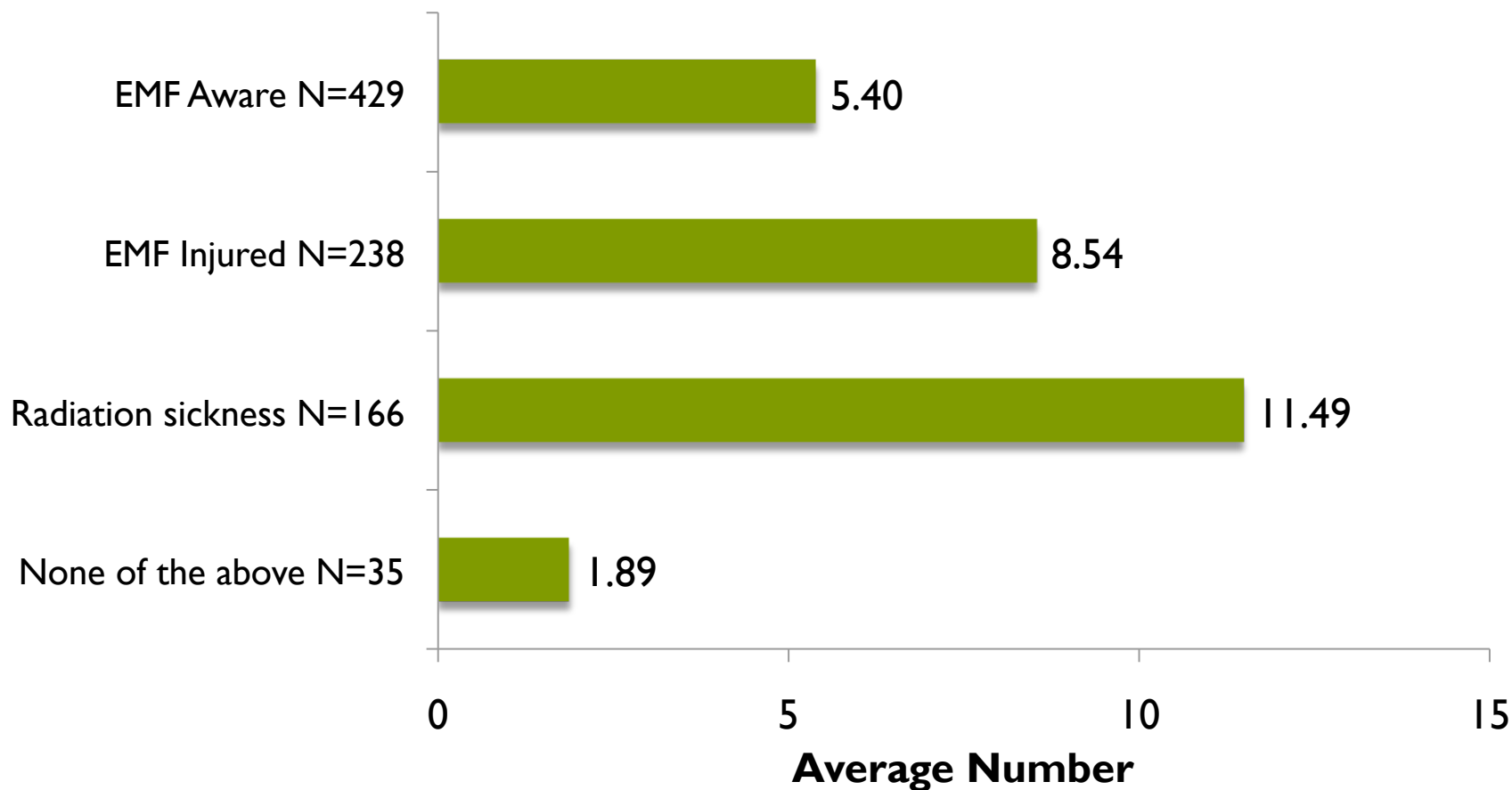
Selected Comments – Limiting Lifestyle

[Note: All comments can be found at the link at the end of this report.]

- ▶ “Life altering”
- ▶ “I visit a house full of EMF devices and it sucks for me”
- ▶ “I am not electrically sensitive but consider us all susceptible”
- ▶ “health downturn since neighbor had smart meter fitted”
- ▶ “I worry about spending time at our kids' friends' houses, doing sleepovers, visiting the library even.”
- ▶ “There is no way to get away from the electrosmog. I avoid when feel I can.”
- ▶ “was forced to move”
- ▶ “I do not use cell phones or wireless by choice. Smart meters forced on me.”
- ▶ “I have EHS diagnosis from an environmental doctor”
- ▶ “I can't use cell phones as they give me massive headaches”
- ▶ “Scattered, fatigue, chronic body pain, migraines, heart palpitations”
- ▶ “It was much worse before I addressed my exposure properly.”
- ▶ “I am dependent on spouse to do all shopping. Home 98% of the time.”
- ▶ “I can't go a lot of places because of it. If I do, I risk illness.”
- ▶ “Challenged finding housing. Isolated from friends and family. Can't work.”
- ▶ “The current EMF environment does not limit me, that I know of.”
- ▶ “Actually I have no way to measure this.”

Number of EMF-Related Health Issues Selected By Self Description

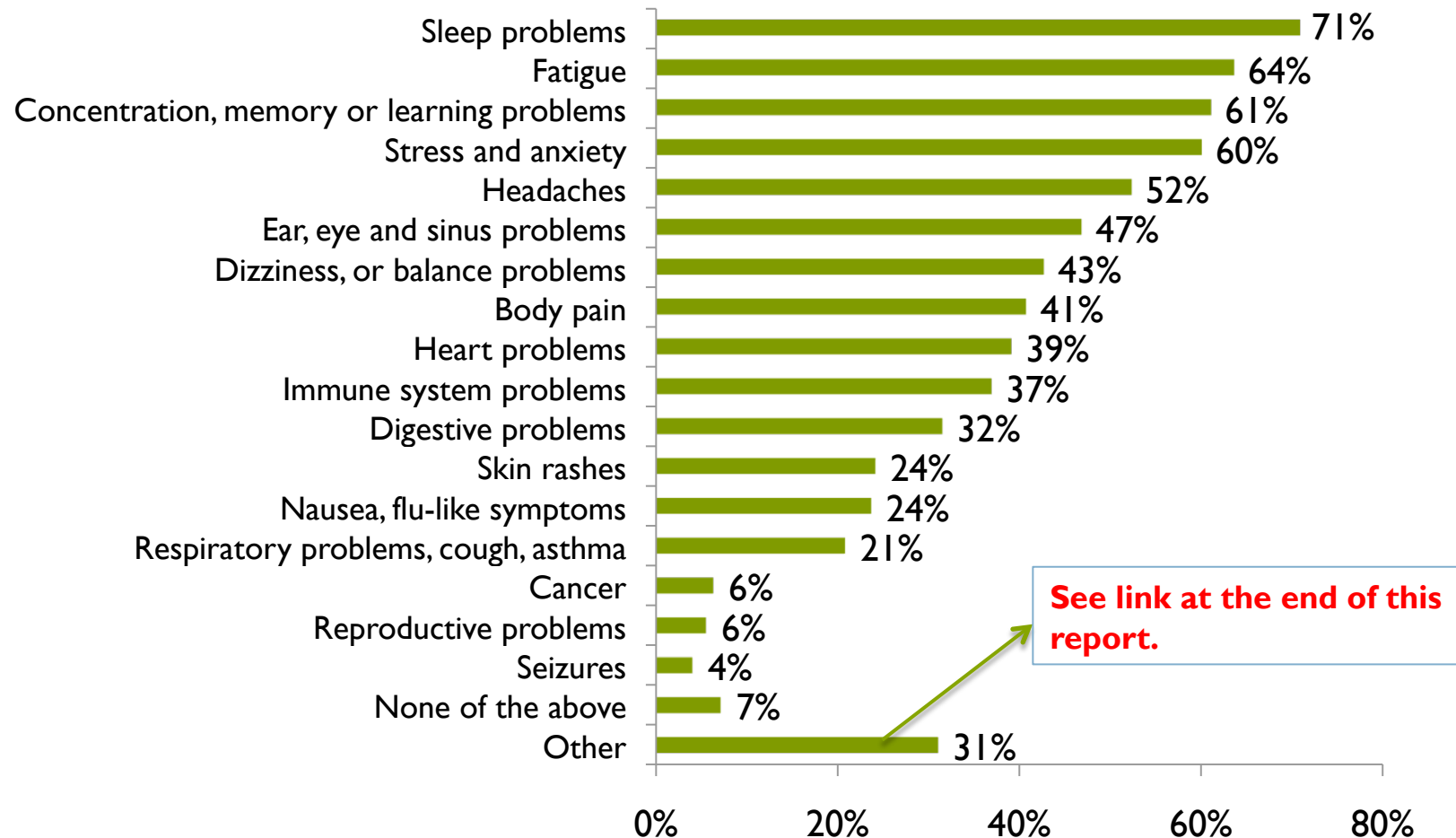
Please indicate the health problems you experience(d) and believe are related to EMF exposure. Check all that apply.



Health Problems Related to EMF Exposure

All Respondents

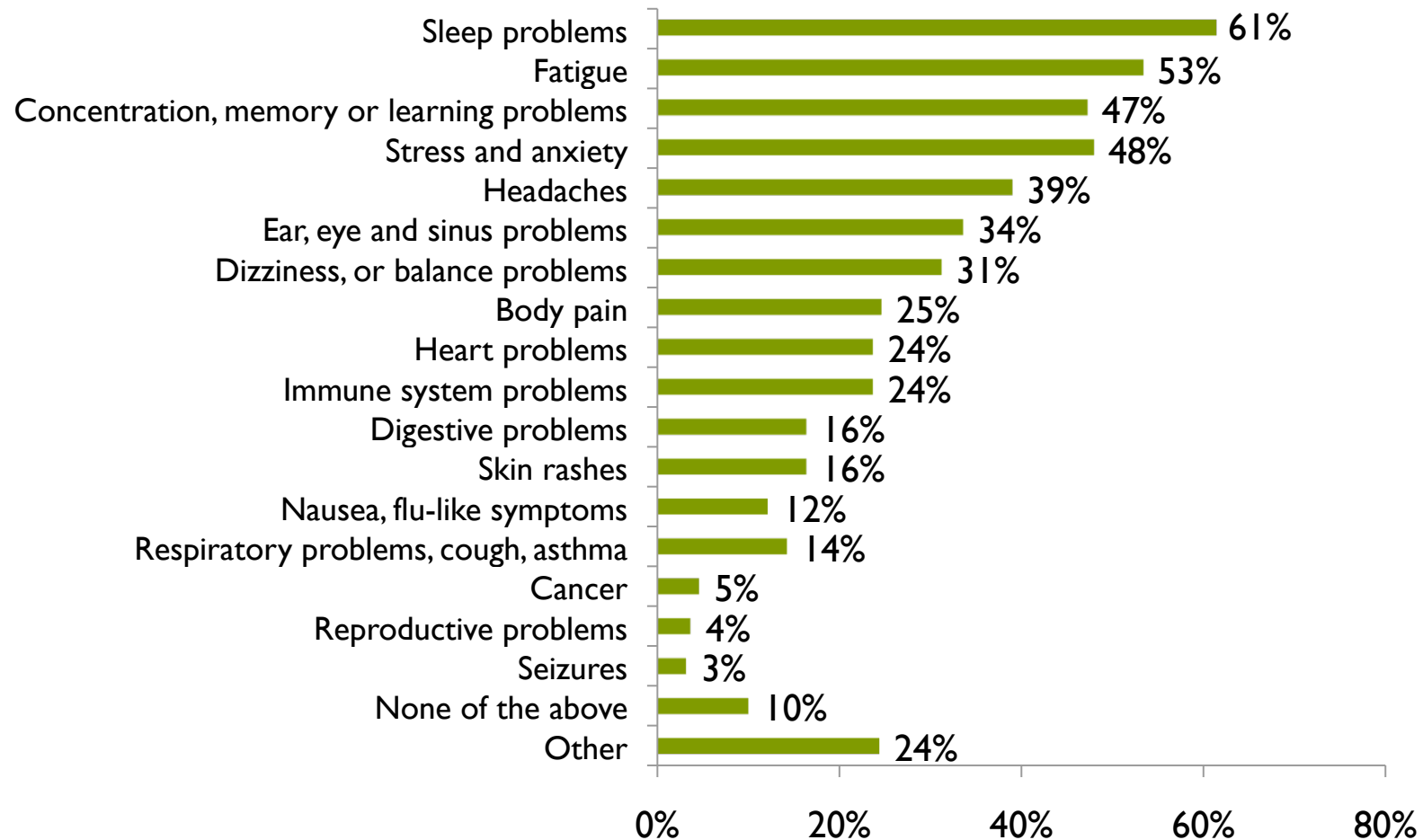
Please indicate the health problems you experience(d) and believe are related to EMF exposure. Check all that apply. N=871



Health Problems Related to EMF Exposure

EMF Aware Only

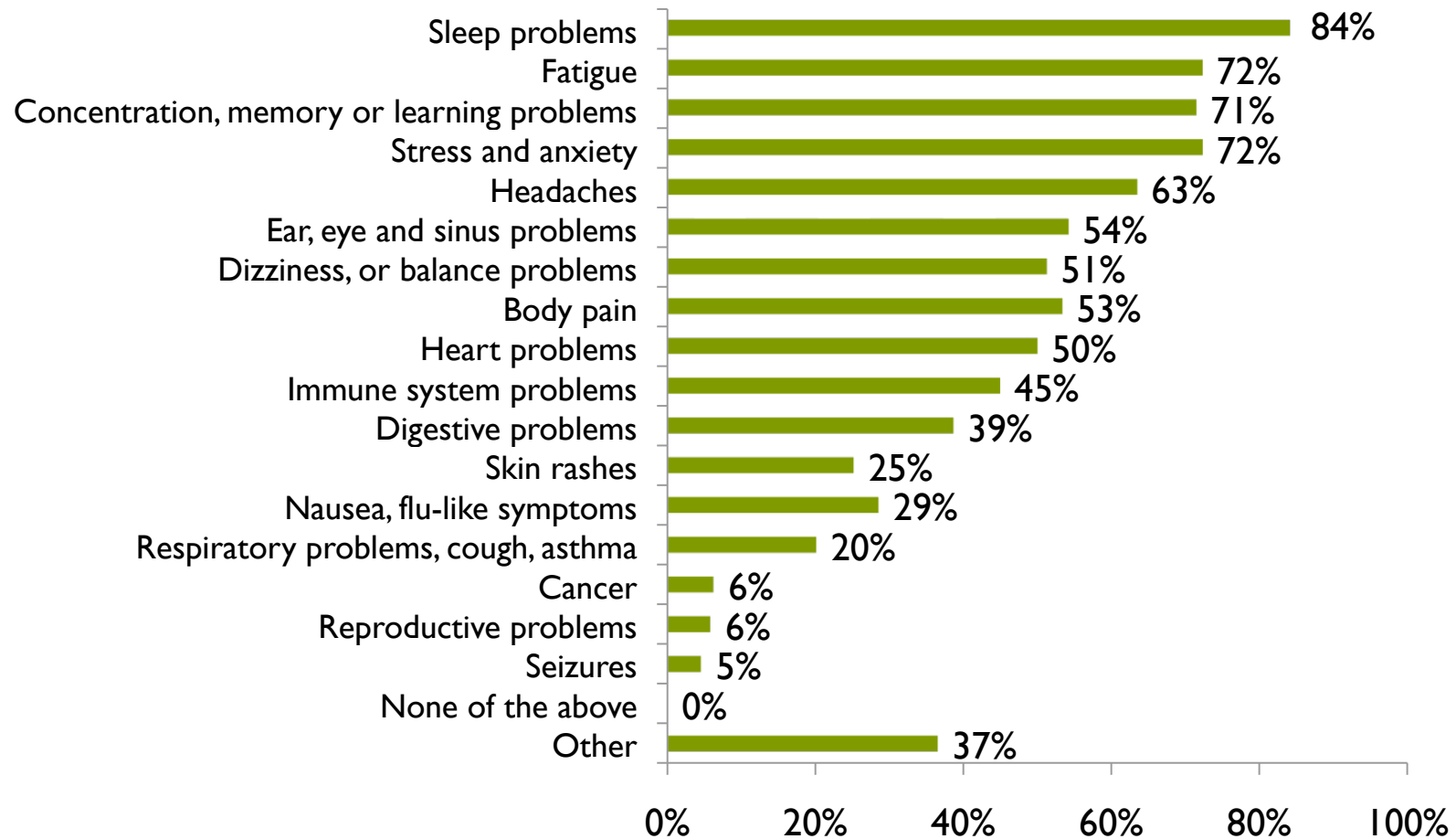
Please indicate the health problems you experience(d) and believe are related to EMF exposure. Check all that apply. N=425



Health Problems Related to EMF Exposure

EMF Injured Only

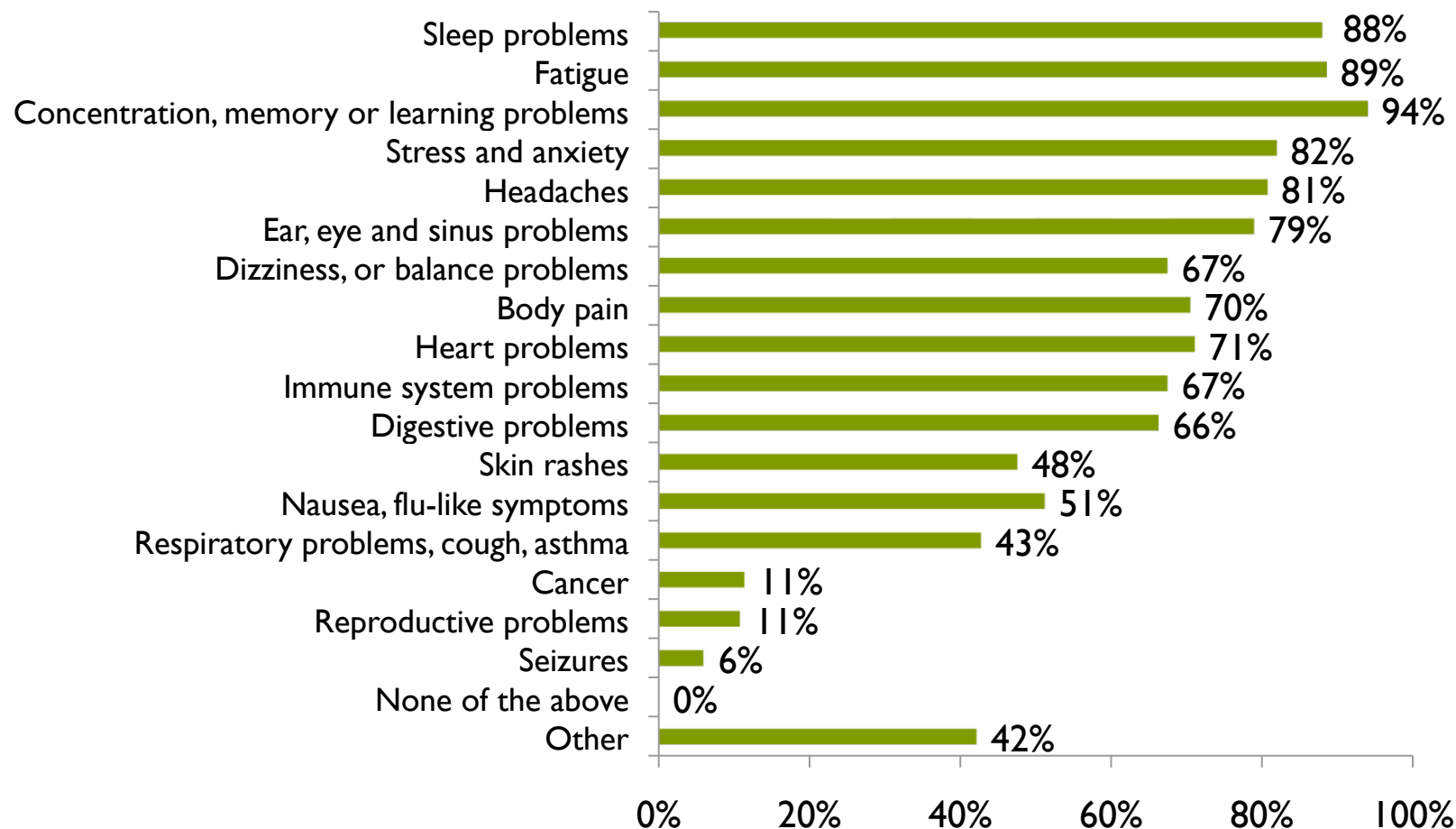
Please indicate the health problems you experience(d) and believe are related to EMF exposure. Check all that apply. N=238



Health Problems Related to EMF Exposure

Radiation Sickness Only

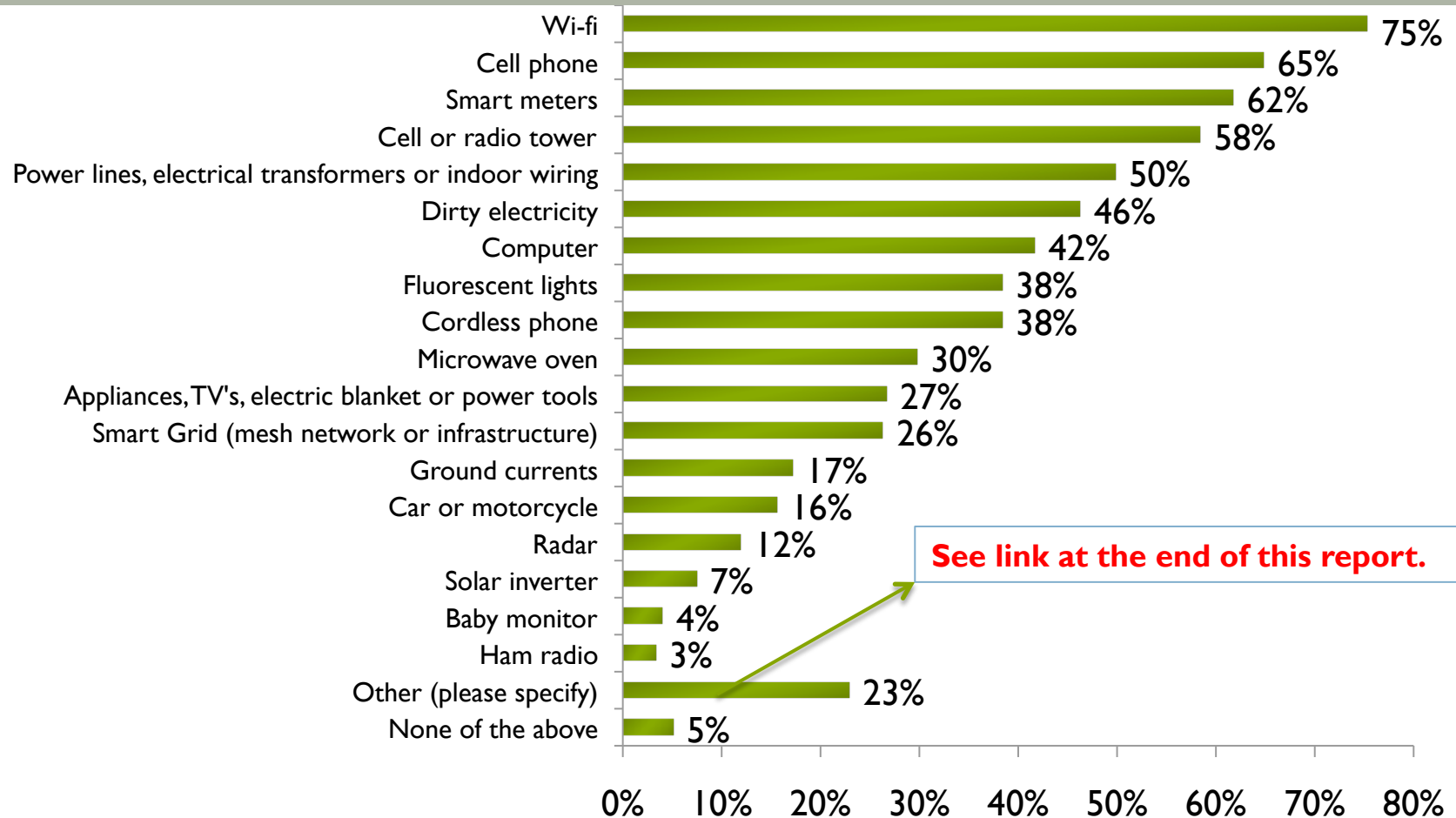
Please indicate the health problems you experience(d) and believe are related to EMF exposure. Check all that apply. N=166



EMF Devices Affecting Health

All Respondents

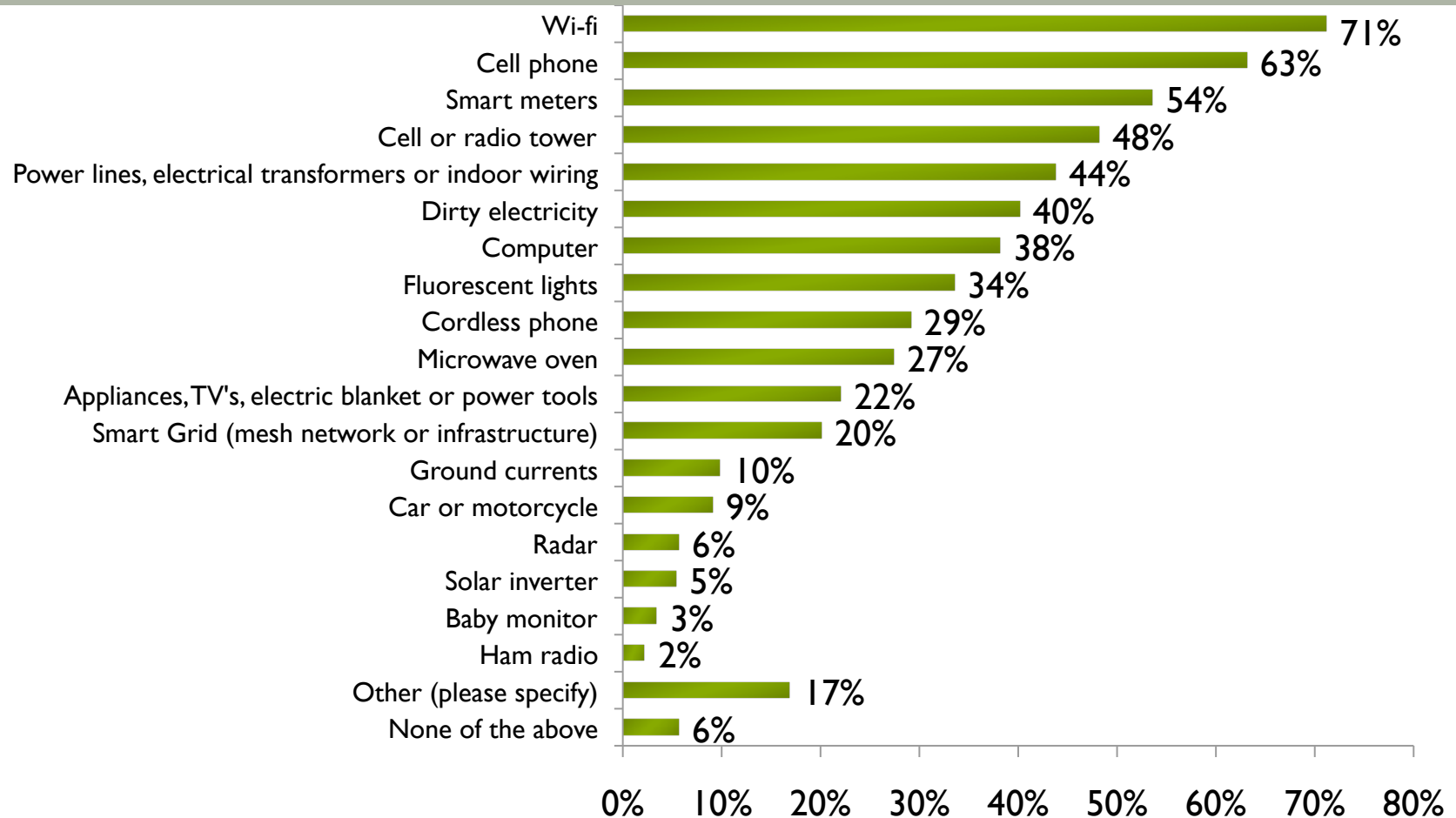
Please indicate the EMF device(s), you believe caused or worsened your health problems. Check all that apply. N=847



EMF Devices Affecting Health

EMF Aware Only

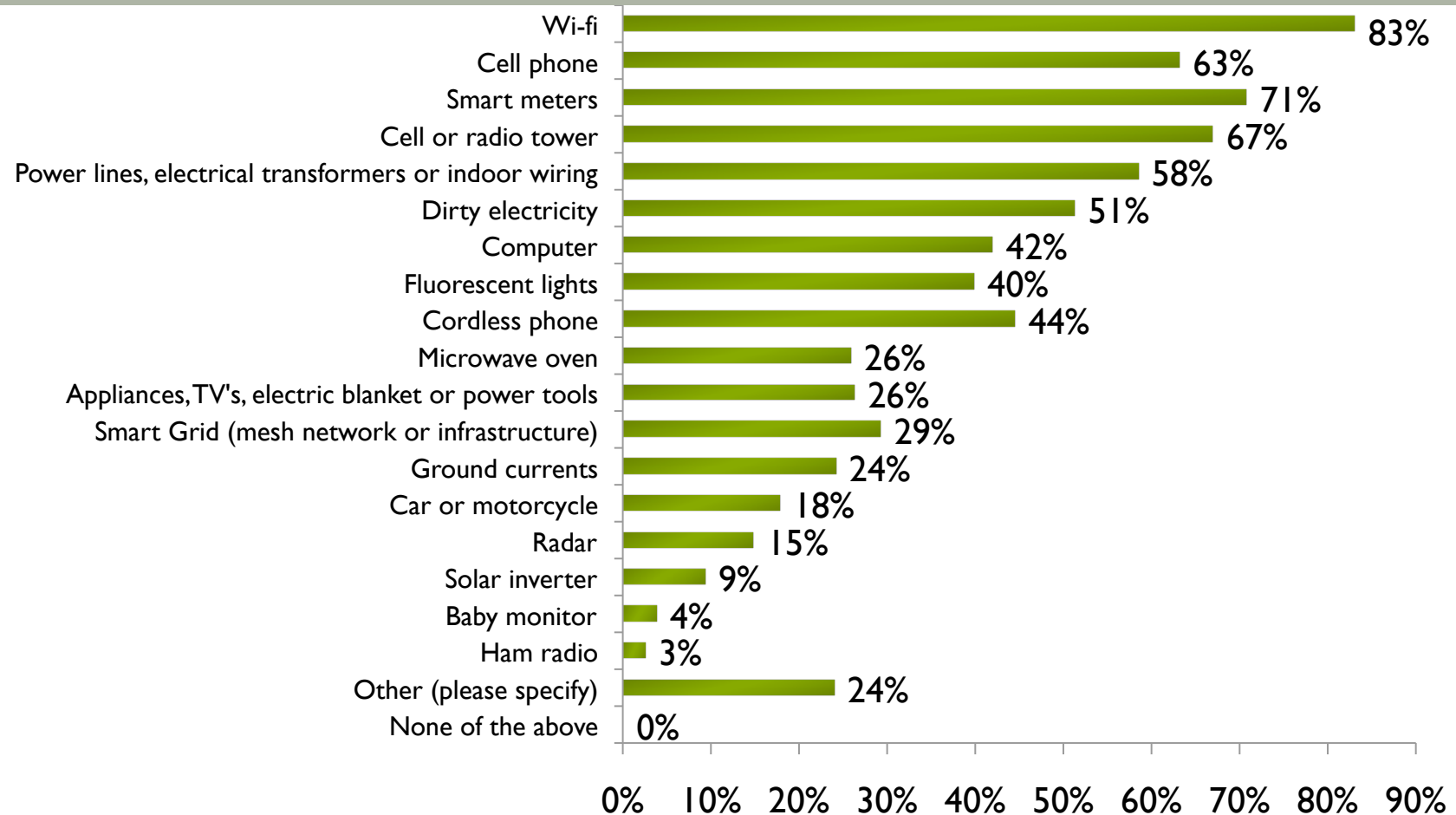
Please indicate the EMF device(s), you believe caused or worsened your health problems. Check all that apply. N=409



EMF Devices Affecting Health

EMF Injured Only

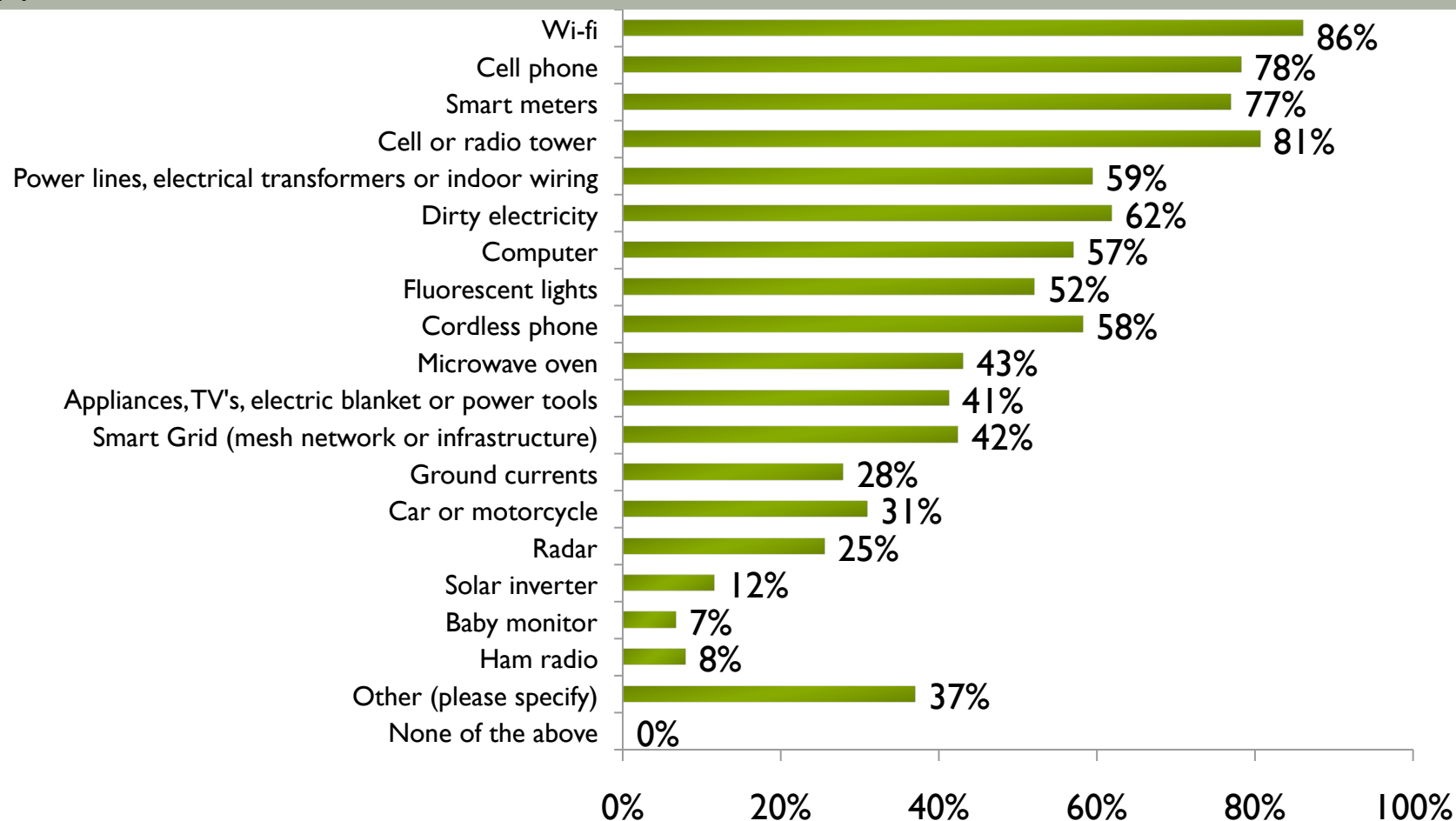
Please indicate the EMF device(s), you believe caused or worsened your health problems. Check all that apply. N=236



EMF Devices Affecting Health

Radiation Sickness Only

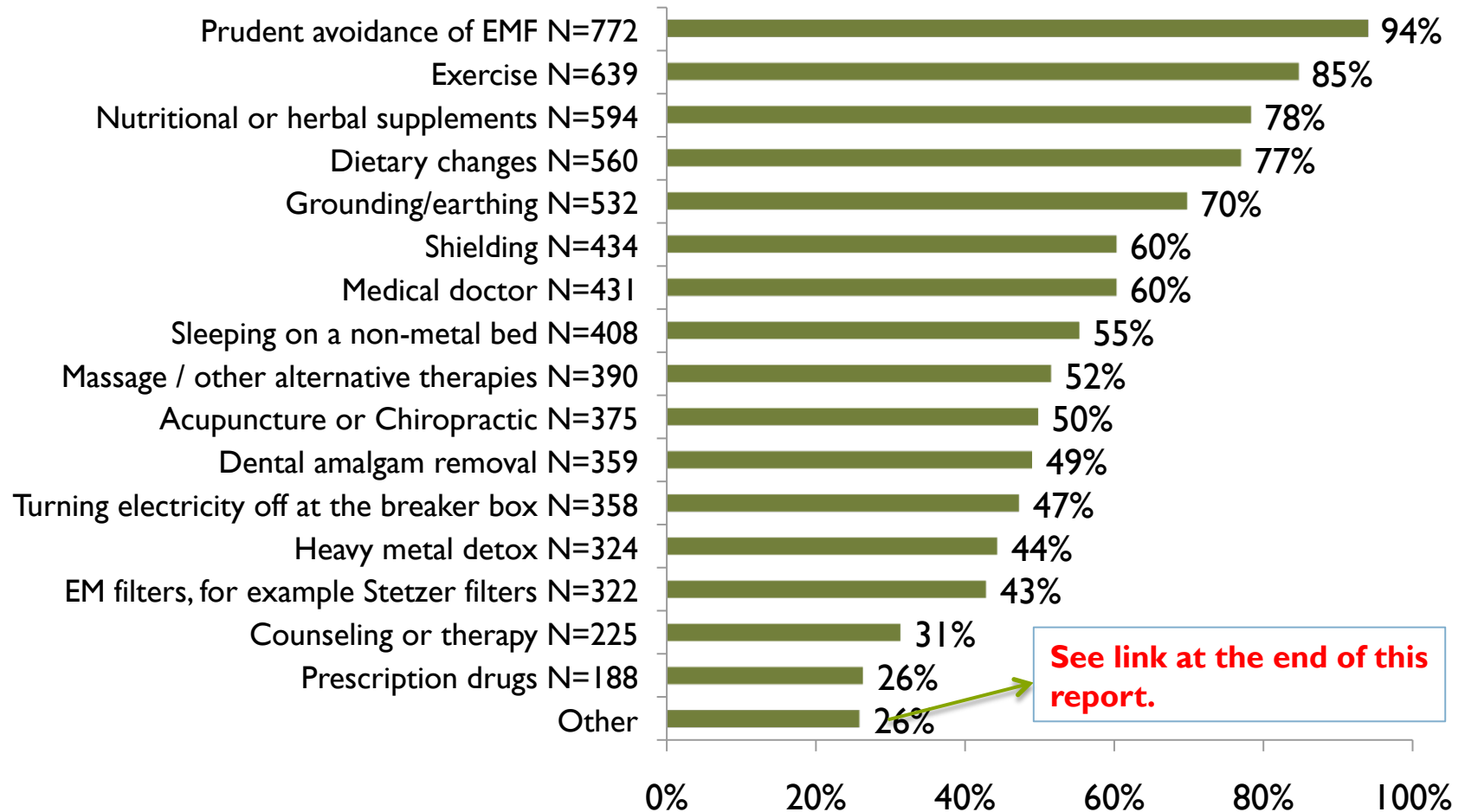
Please indicate the EMF device(s), you believe caused or worsened your health problems. Check all that apply. N=165



Remedies People Tried to Improve their Health

All Respondents

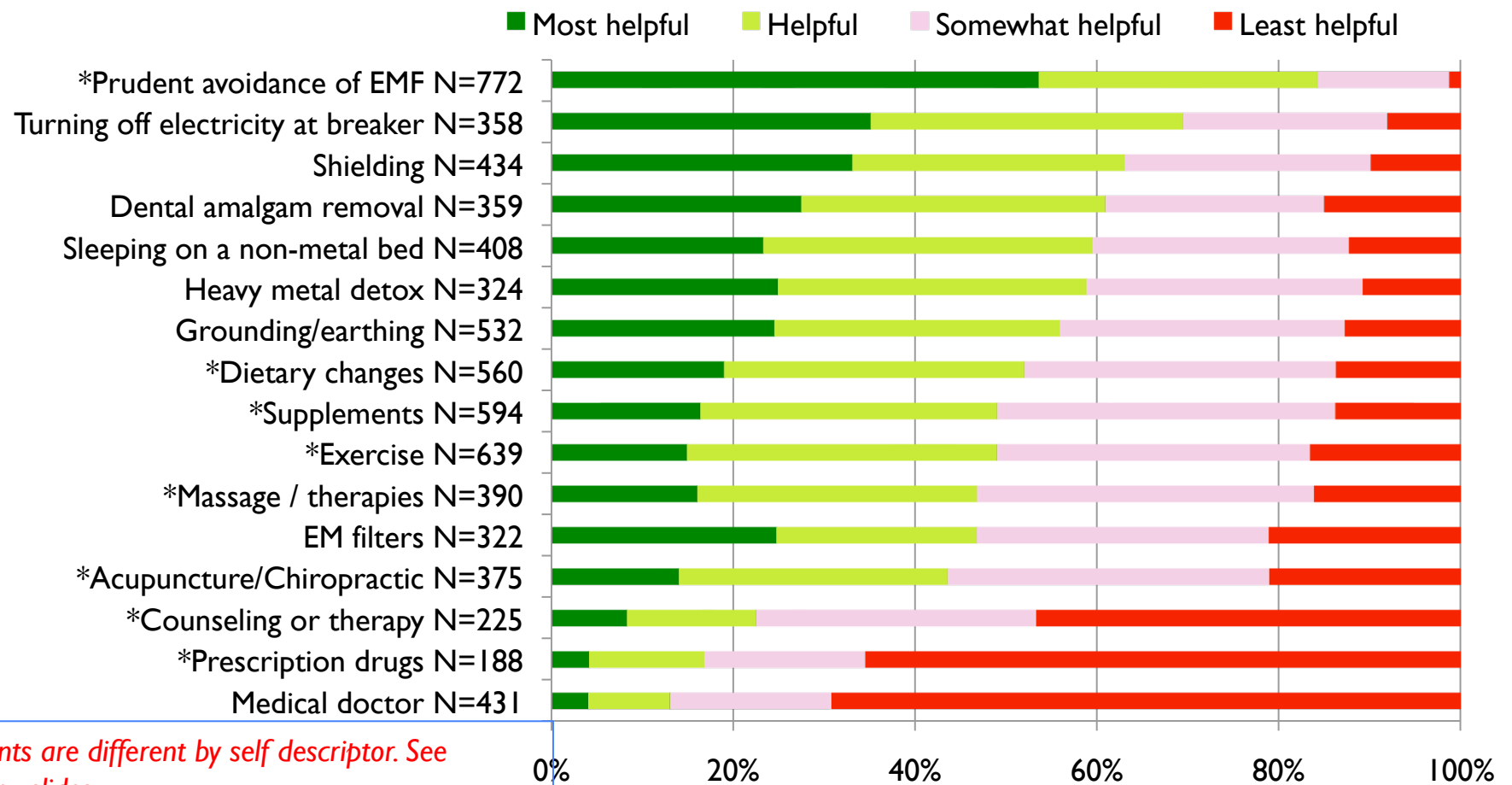
Please indicate what if any of the following remediations have helped you to improve your health.



Health Remedies Helpfulness Ratings

Based on Remedies Tried - All Respondents

Please indicate what if any of the following remediations have helped you to improve your health. Rate each of these according to helpfulness.

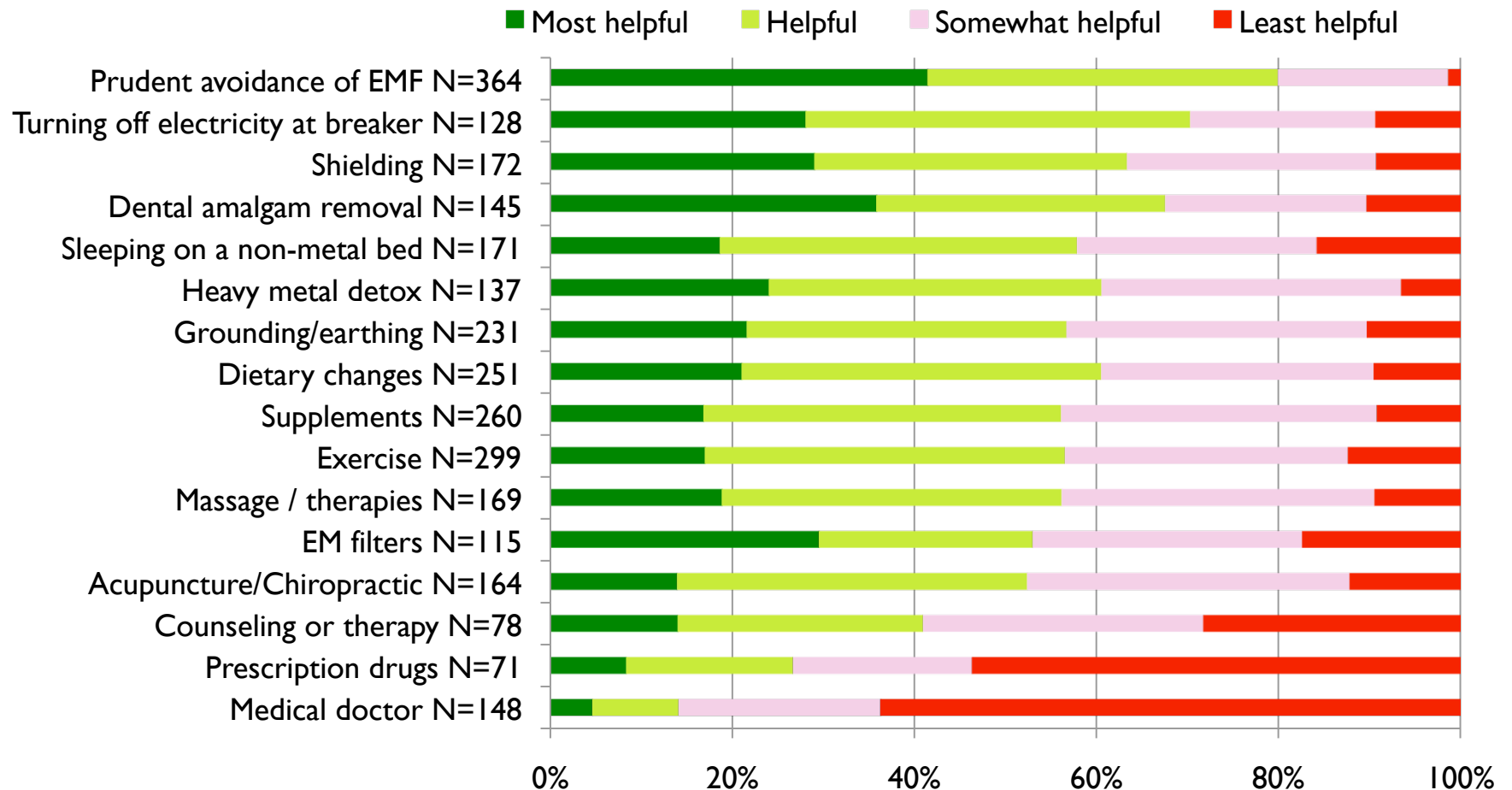


*Percents are different by self descriptor. See following slides.

Health Remedies Helpfulness Ratings

Based on Remedies Tried - EMF Aware Only

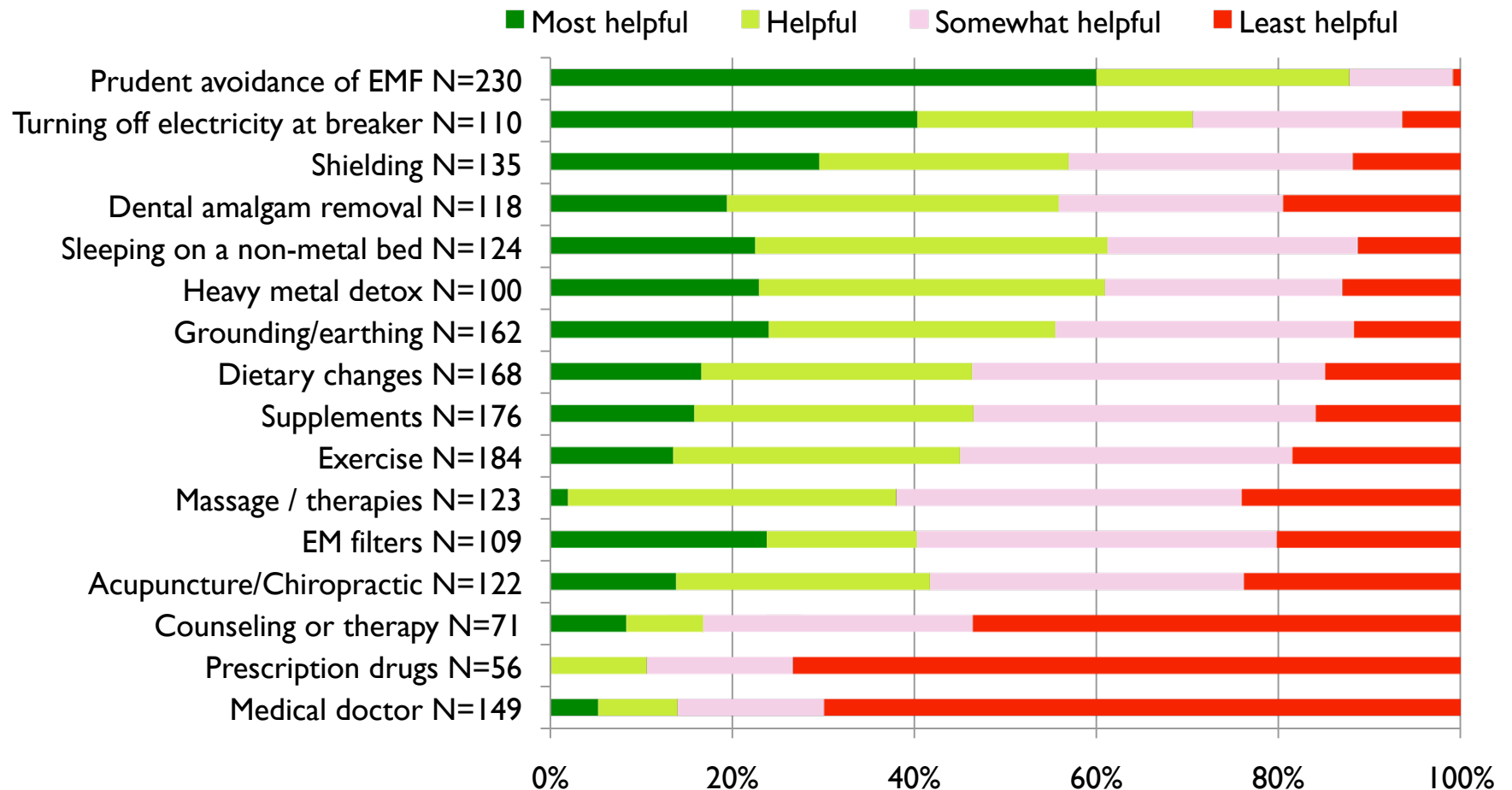
Please indicate what if any of the following remediations have helped you to improve your health. Rate each of these according to helpfulness.



Health Remedies Helpfulness Ratings

Based on Remedies Tried - EMF Injured Only

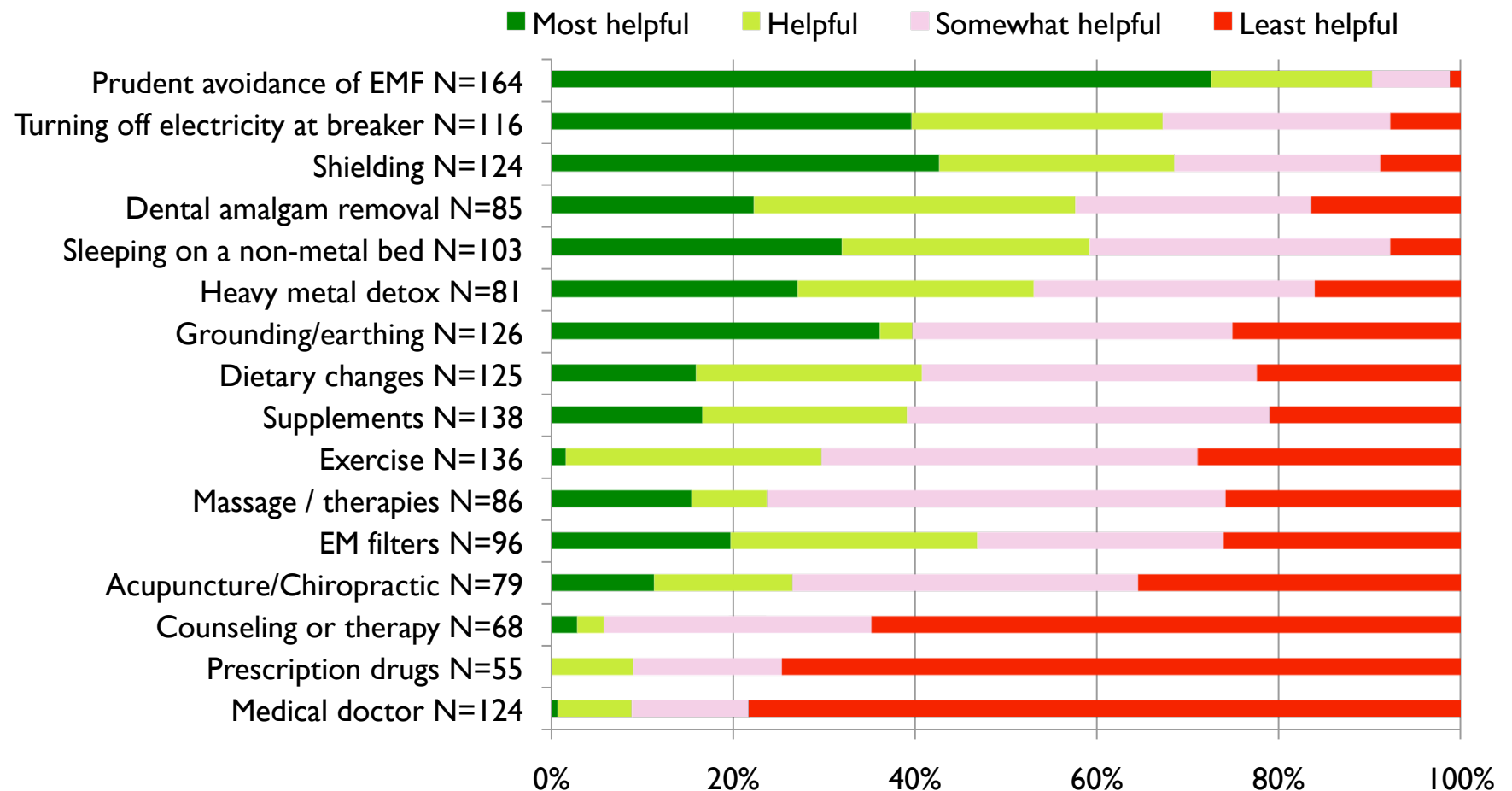
Please indicate what if any of the following remediations have helped you to improve your health. Rate each of these according to helpfulness.



Health Remedies Helpfulness Ratings

Based on Remedies Tried - Radiation Sickness Only

Please indicate what if any of the following remediations have helped you to improve your health. Rate each of these according to helpfulness.



Selected Comments – Health Solutions

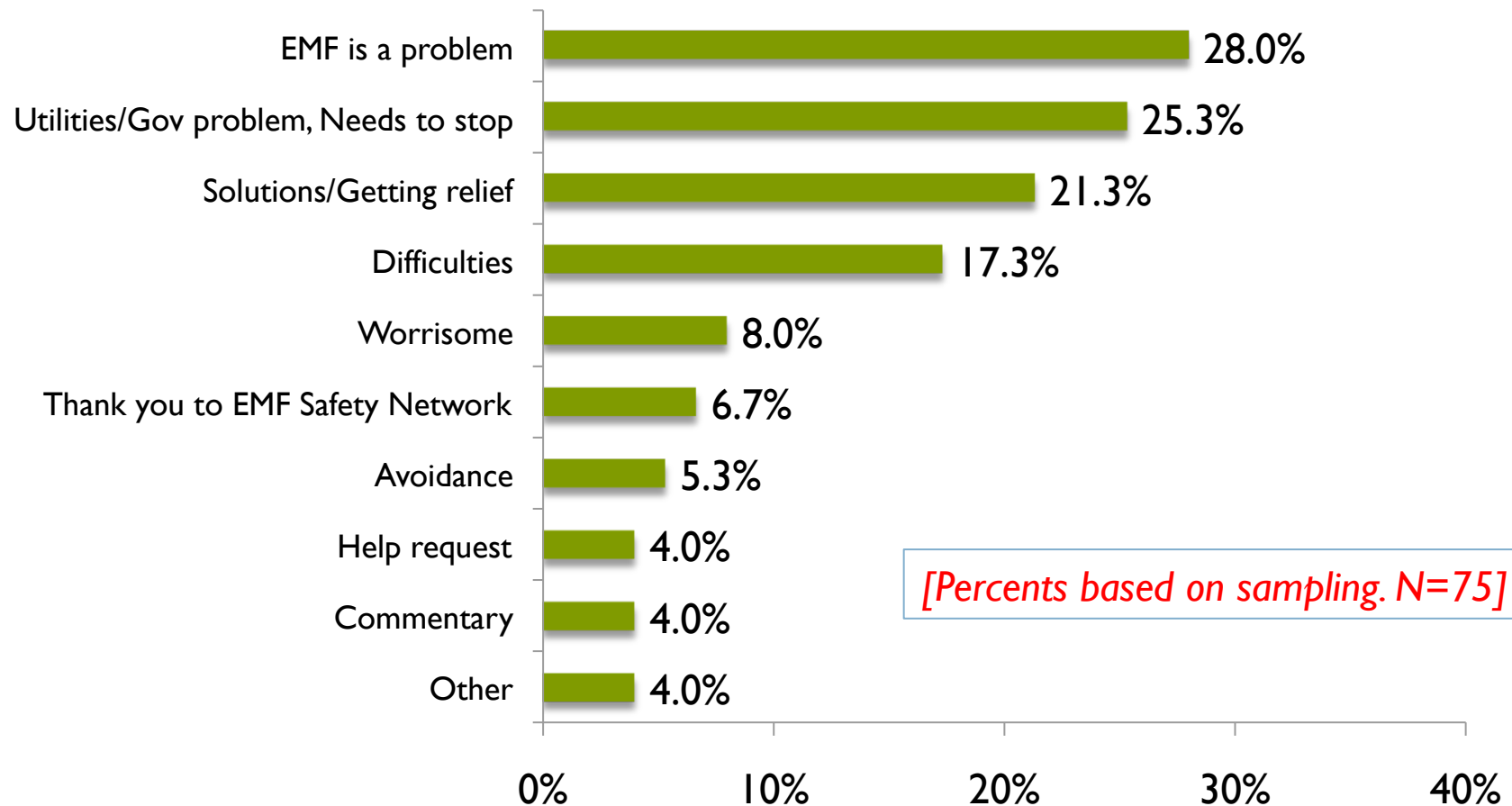
[Note: All comments can be found at the link at the end of this report.]

- ▶ *“Daily exercise followed by Sauna”*
- ▶ *“I have moved my residence because of cell towers and smart meters.”*
- ▶ *“Avoidance appears to be the only solution. Some shielding can help. ”*
- ▶ *“Qigong (Energy Medicine)”*
- ▶ *“Yoga, meditation.”*
- ▶ *“Learning I was not the only one. Definitive diagnosis.”*
- ▶ *“Dynamic Neural Retraining Program.*
- ▶ *“...hope for a positive change can help one survive.”*
- ▶ *“putting phone on airplane mode.”*
- ▶ *“I’m not sure if anything has helped .. I may feel good at that moment but it doesn’t last”*
- ▶ *“Cannot afford anything”*
- ▶ *“...our elec. was turned off by Consumers Energy. My health improved immediately. ”*
- ▶ *“Engaged activism and community with others...”*

Final Comments

Final Comment Themes

Anything else you'd like to add? N=375



Selected Final Comments

[Note: All comments can be found at the link at the end of this report.]

-
- ▶ *“More EMFs would make my life unbearable”*
 - ▶ *“I thought cordless phones were much better than cell phones. I was sorely mistaken.”*
 - ▶ *“EMF's is a serious issue and need to be taken seriously. They may well be the biggest future problem for us on earth...”*
 - ▶ *“Wish I had known more for years. Feel deceived.”*
 - ▶ *“The natural methods seem to be working, although I am now possibly at risk in my apartment building for ‘smart’ meters to be imposed and 5G in my neighborhood. I am organizing with others to prevent both!*
 - ▶ *“We need legally protected areas immediately in order to live...”*
 - ▶ *“Unfortunately, the foothold that the Electric companies have with smart meters, radiation towers is not good for any humans.”*
 - ▶ *“Thank you to all of those working so diligently to inform the public.”*
 - ▶ *“I take extra vitamins, minerals and especially magnesium which seems to give some support.”*
 - ▶ *“Need attorneys who are familiar with EMF abuse by PG&E and Government.”*
 - ▶ *“Get rid of wireless technologies. Everyone I know feels bad in some way or other. All are symptoms of EMR poisoning.”*
 - ▶ *“Installation of a smart meter on the wall behind my bed is what triggered my condition”*
 - ▶ *“Need to get medical Drs up to date.”*
 - ▶ *“Avoidance is best but mostly impossible.”*
 - ▶ *“Scientific proof showed me the truth”*
 - ▶ *“It is very worrying and distressing that there don't seem to be any official attempts to control or limit the exposure of people to this sort of radiation.”*

Survey Questions

- ▶ *How much does the current EMF environment (cell phones/smart meters/wireless etc.) limit your lifestyle - your ability to work, shop, play, and or spend time with friends and family?*
 - ▶ Severely
 - ▶ A lot
 - ▶ A moderate amount
 - ▶ A little
 - ▶ Not at all
 - ▶ Comment [Open ended]
- ▶ *Which of the following descriptions best matches how you would describe yourself?*
 - ▶ EMF Aware: You are aware that electromagnetic fields and wireless radiation affect your health or make you feel unwell
 - ▶ EMF Injured: You have been injured by electromagnetic fields and/or wireless radiation
 - ▶ Radiation sickness: You have electromagnetic radiation sickness, a severe and chronic condition
 - ▶ None of the above
- ▶ *Please indicate the health problems you experience(d) and believe are related to EMF exposure. Check all that apply. [List Provided – not included here]*
- ▶ *Please indicate the EMF device(s), you believe caused or worsened your health problems. Check all that apply. [List Provided – not included here]*
- ▶ *Please indicate what if any of the following remediations have helped you to improve your health. Rate each of these according to helpfulness. [List Provided – not included here]*
- ▶ *Anything else you'd like to add? [Open-Ended Response]*

To view question summaries and all respondent comments, go to the link below.

<http://emfsafetynetwork.org/wp-content/uploads/2019/02/EMFSN-EMF-Health-Effects-Survey-2019-All-responses.pdf>