



**EMF Health Effects Survey 2019**  
**Final Results**  
**March 12, 2019**

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# Objectives & Methods

# Objectives

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- ▶ 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.

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# Executive Summary

# Executive Summary I

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- ▶ 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

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- ▶ 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

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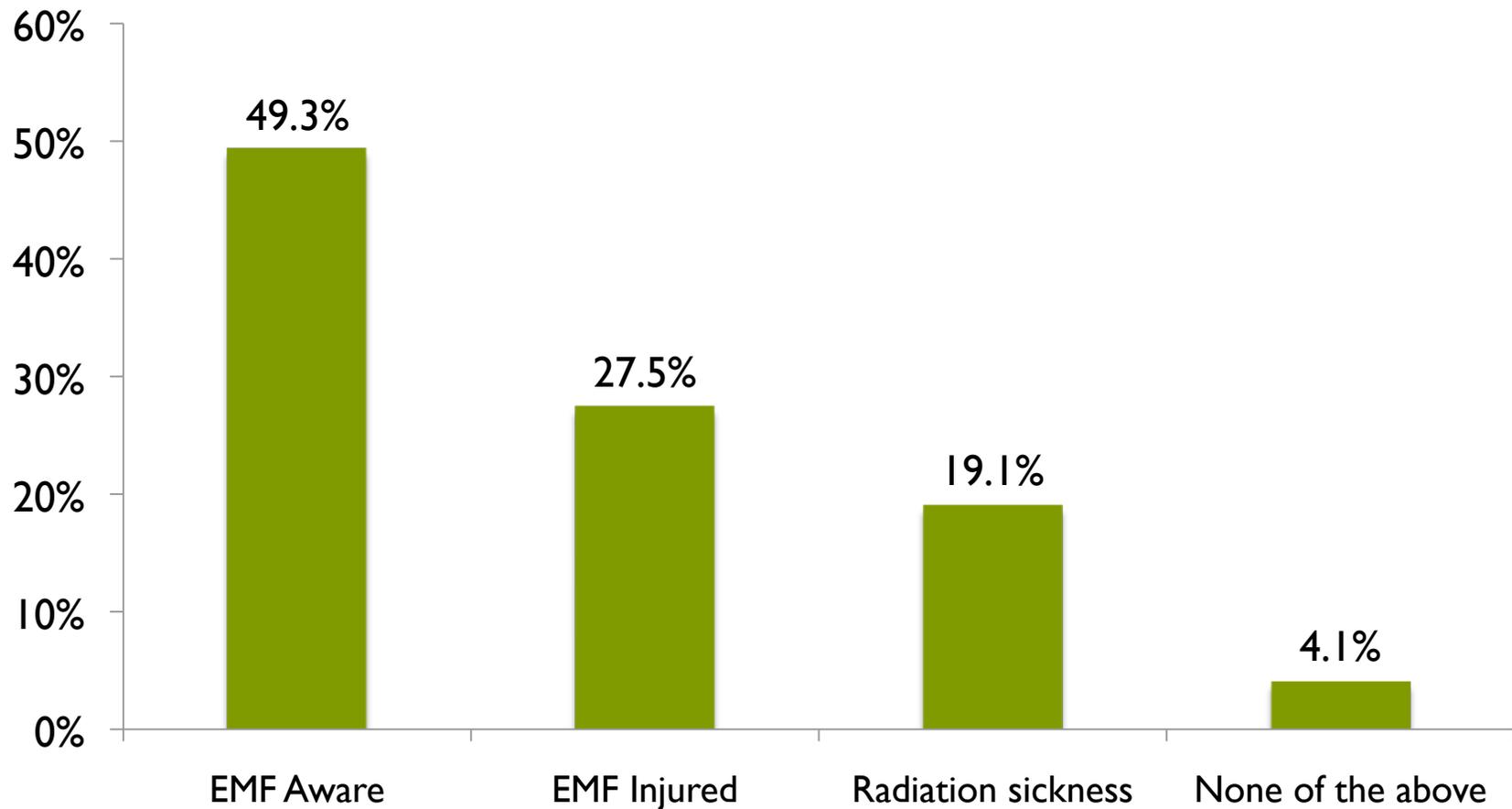
- ▶ Most Helpful Remedies for Improving Health for all respondents
  - ▶ Prudent avoidance of EMF
  - ▶ Turning electricity off at the breaker box
  - ▶ Shielding
- ▶ Least Helpful Remedies for Improving Health for all respondents
  - ▶ Medical doctor
  - ▶ Prescription drugs
  - ▶ Counseling or therapy

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# Study Detail

# Self Description of EMF Effects

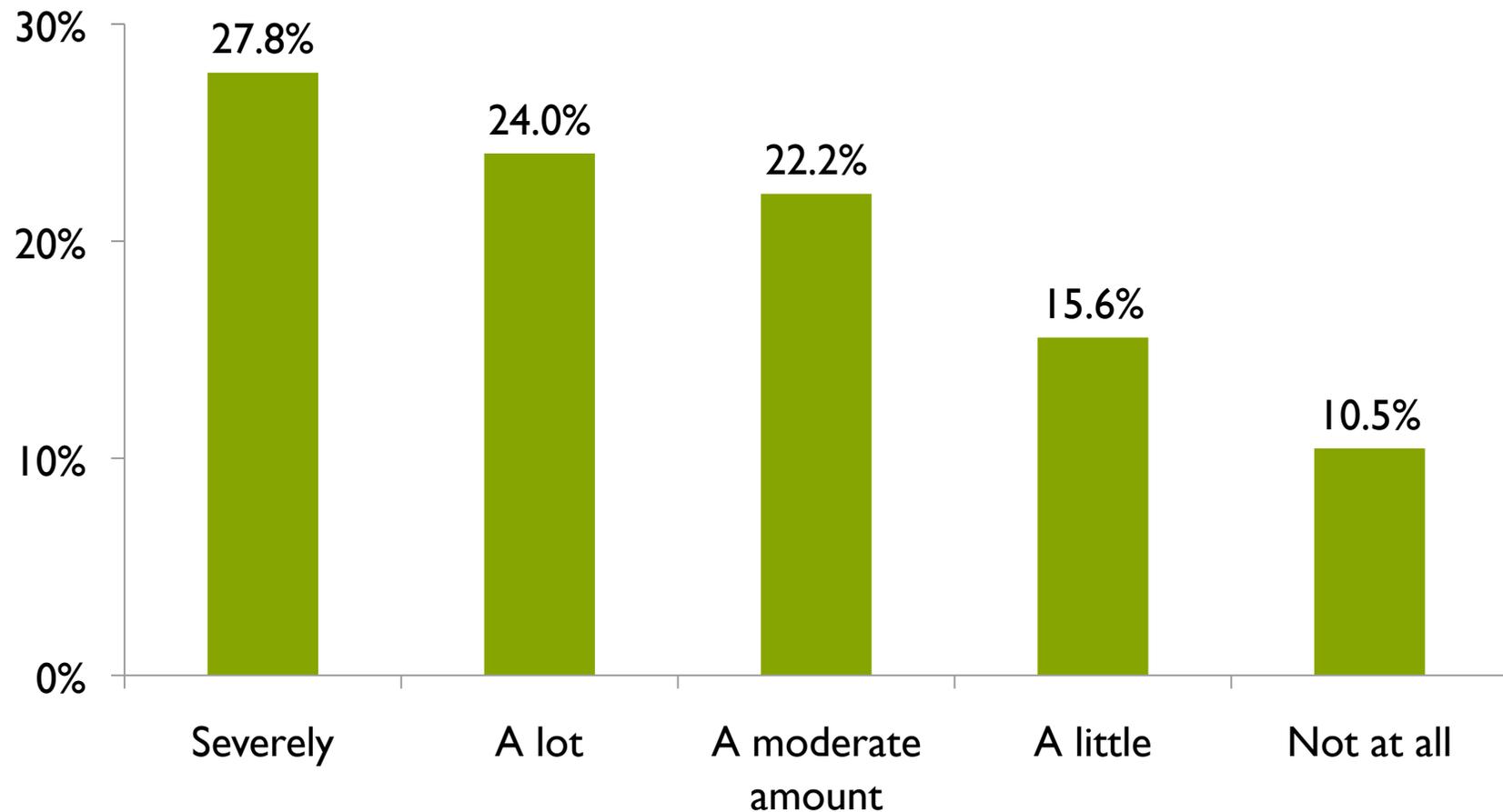
Which of the following descriptions best matches how you would describe yourself? N=868



# EMF Environment Limiting Lifestyle

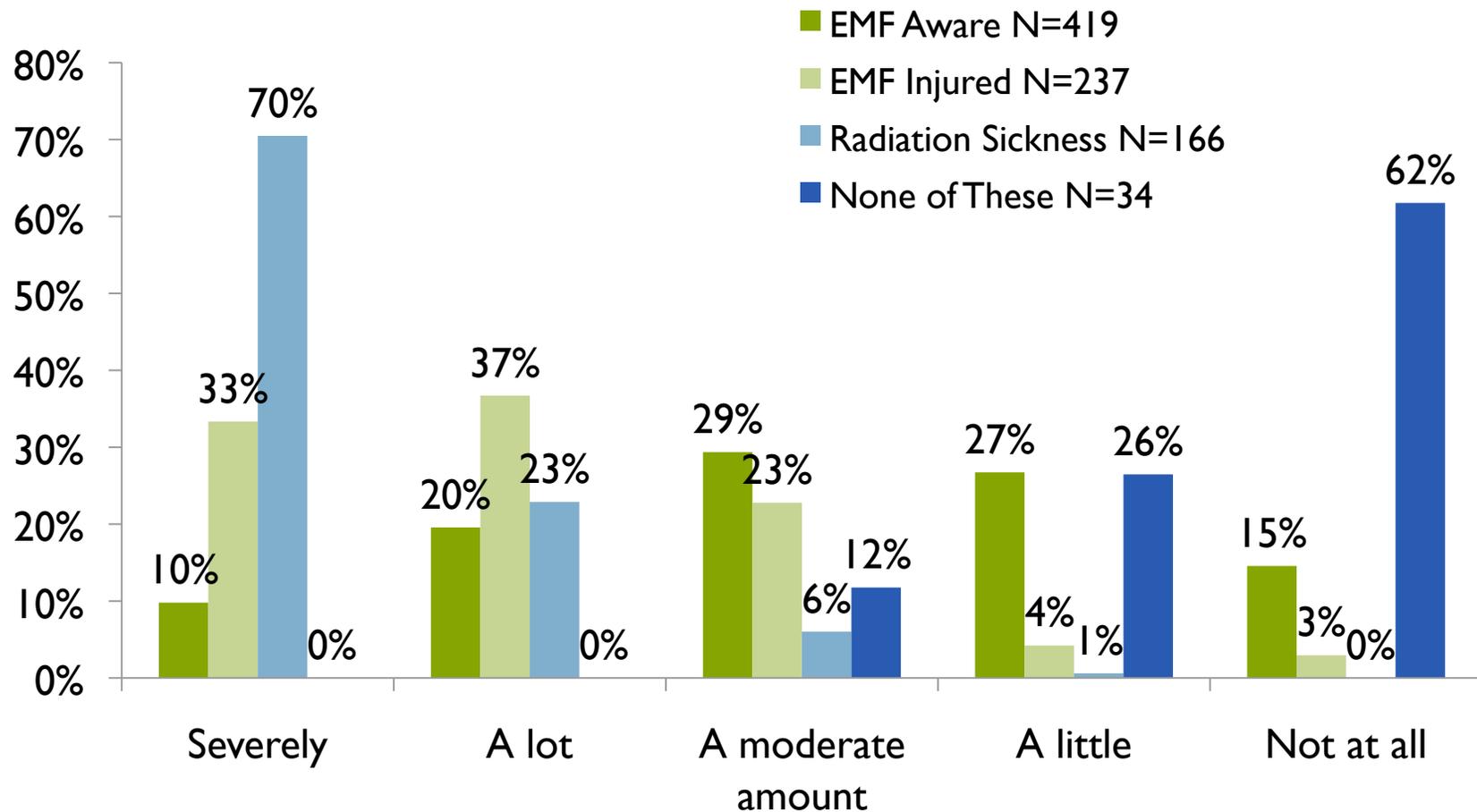
## All Respondents

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



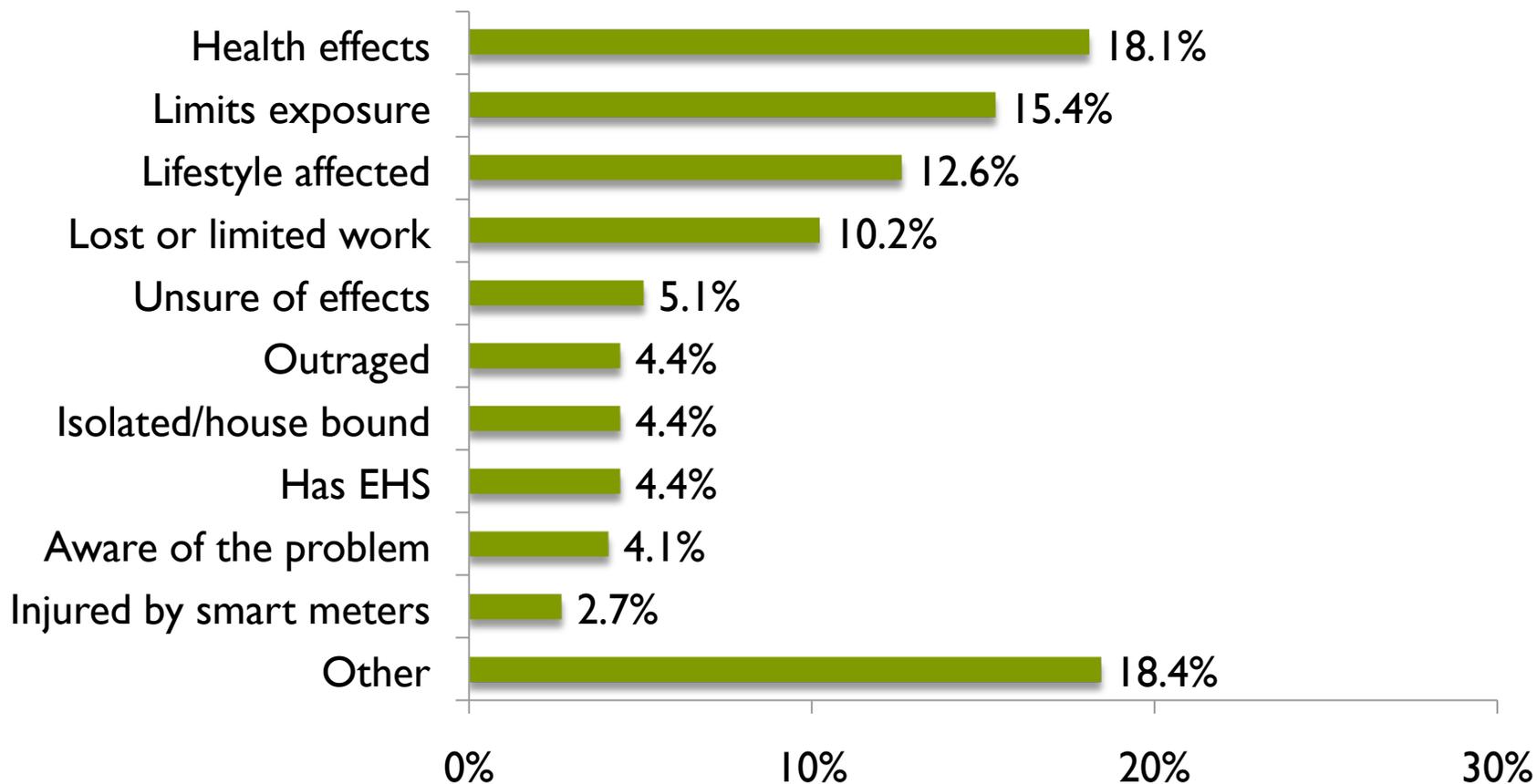
# EMF Environment Limiting Lifestyle By Self Description

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

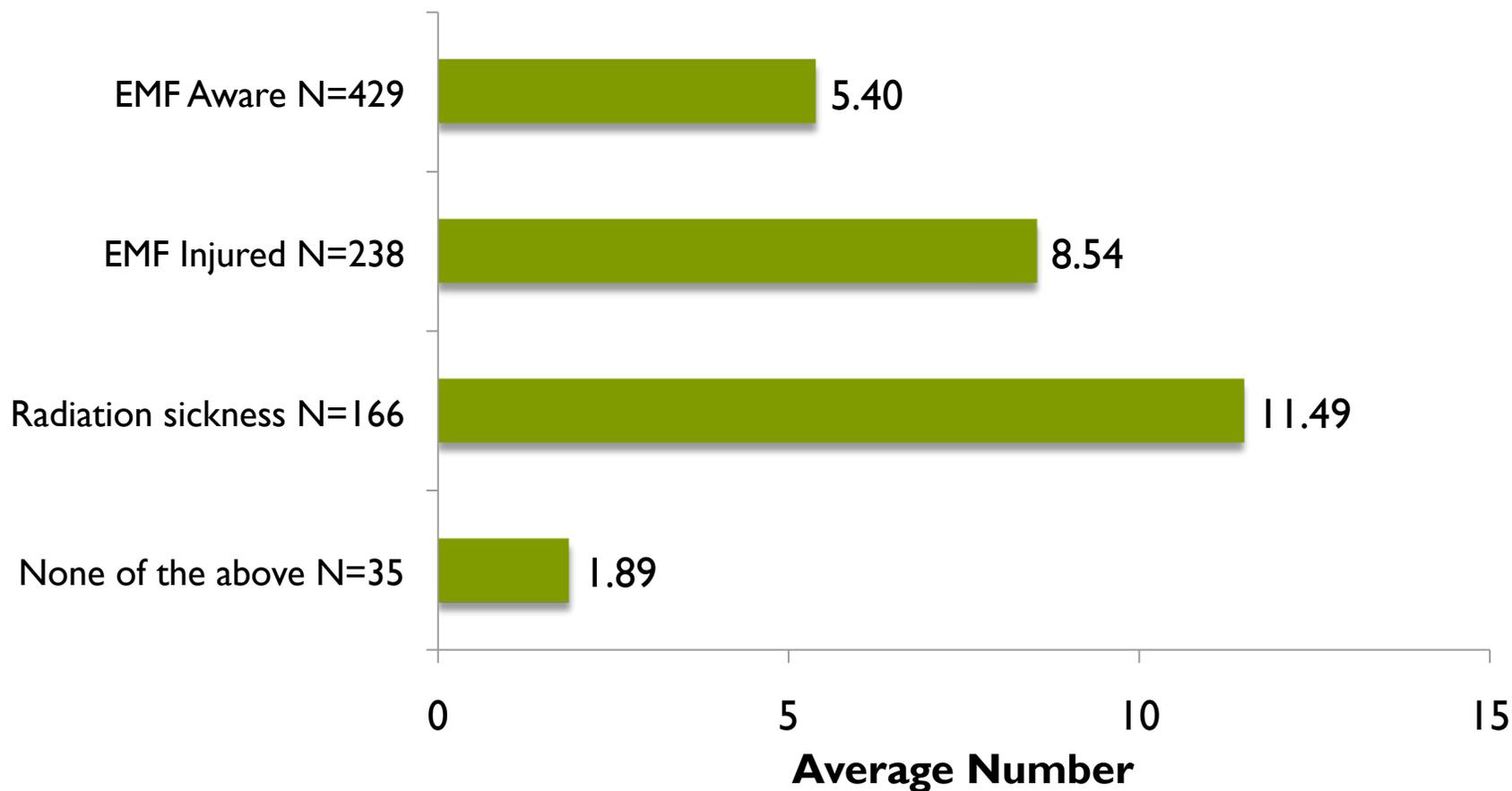
*[Note: All comments can be found at the link at the end of this report.]*

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- ▶ *“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

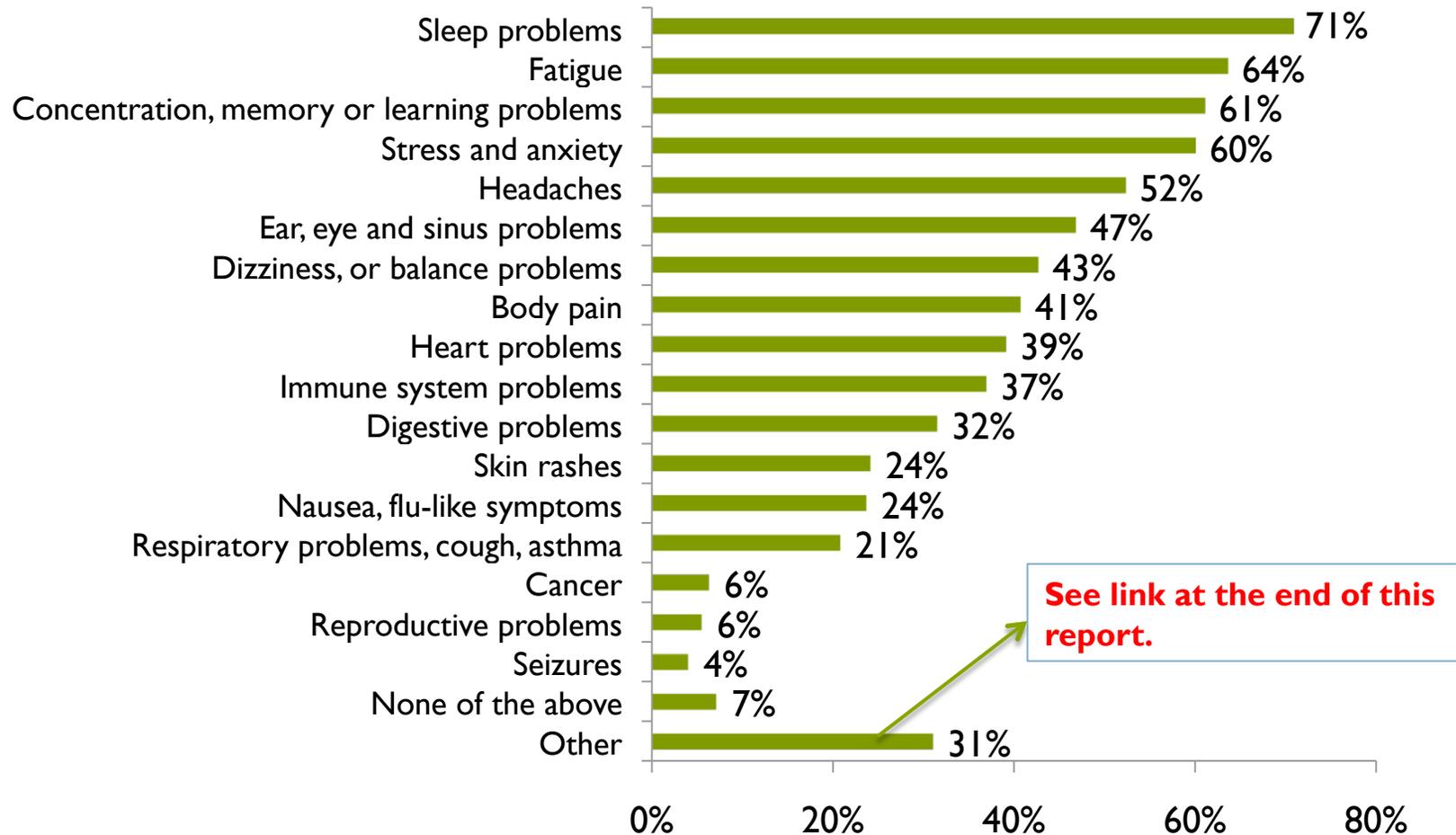
Please indicate the health problems you experience(d) and believe are related to EMF exposure. Check all that apply.



# Health Problems Related to EMF Exposure

## All Respondents

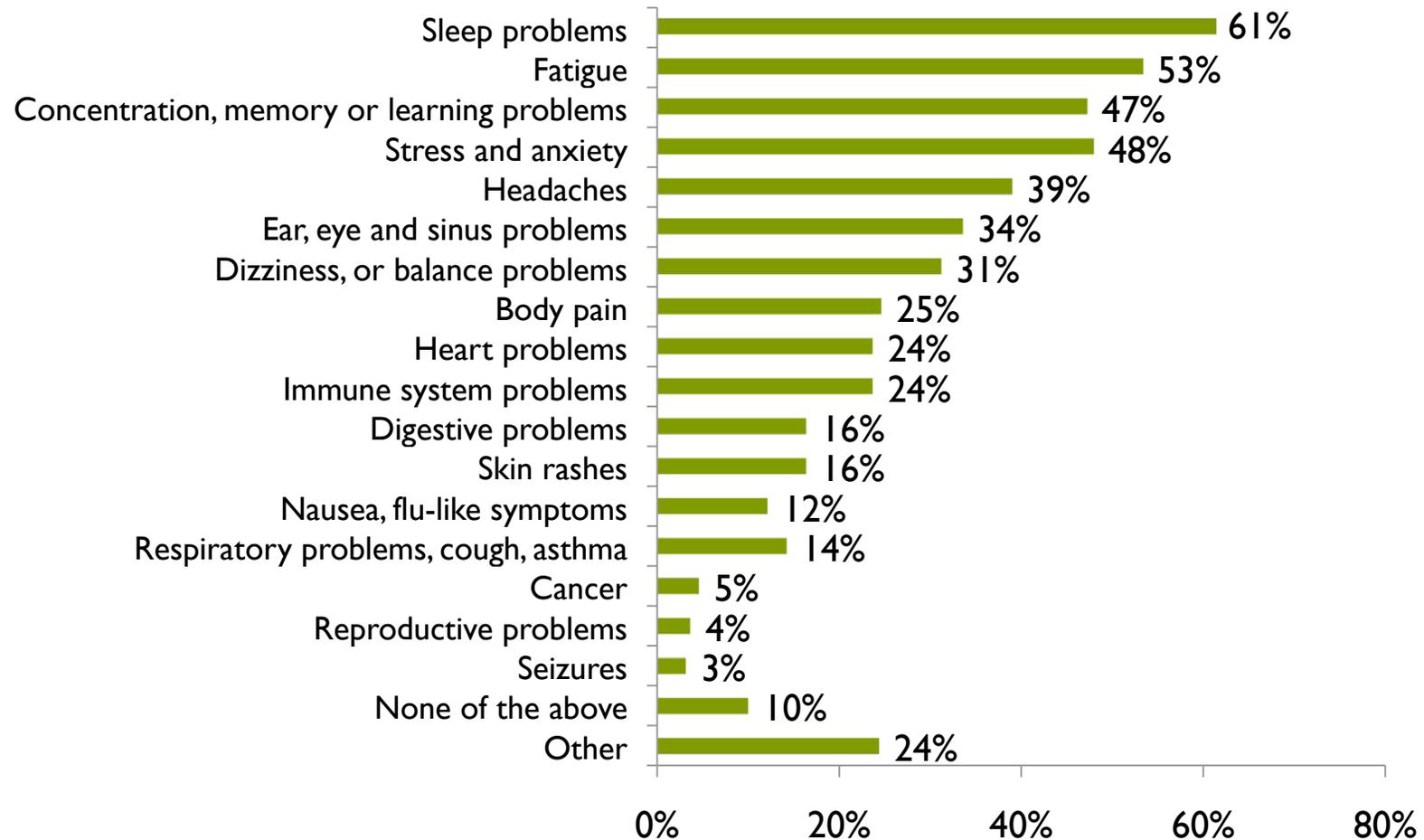
Please indicate the health problems you experience(d) and believe are related to EMF exposure. Check all that apply. N=871



# Health Problems Related to EMF Exposure

## EMF Aware Only

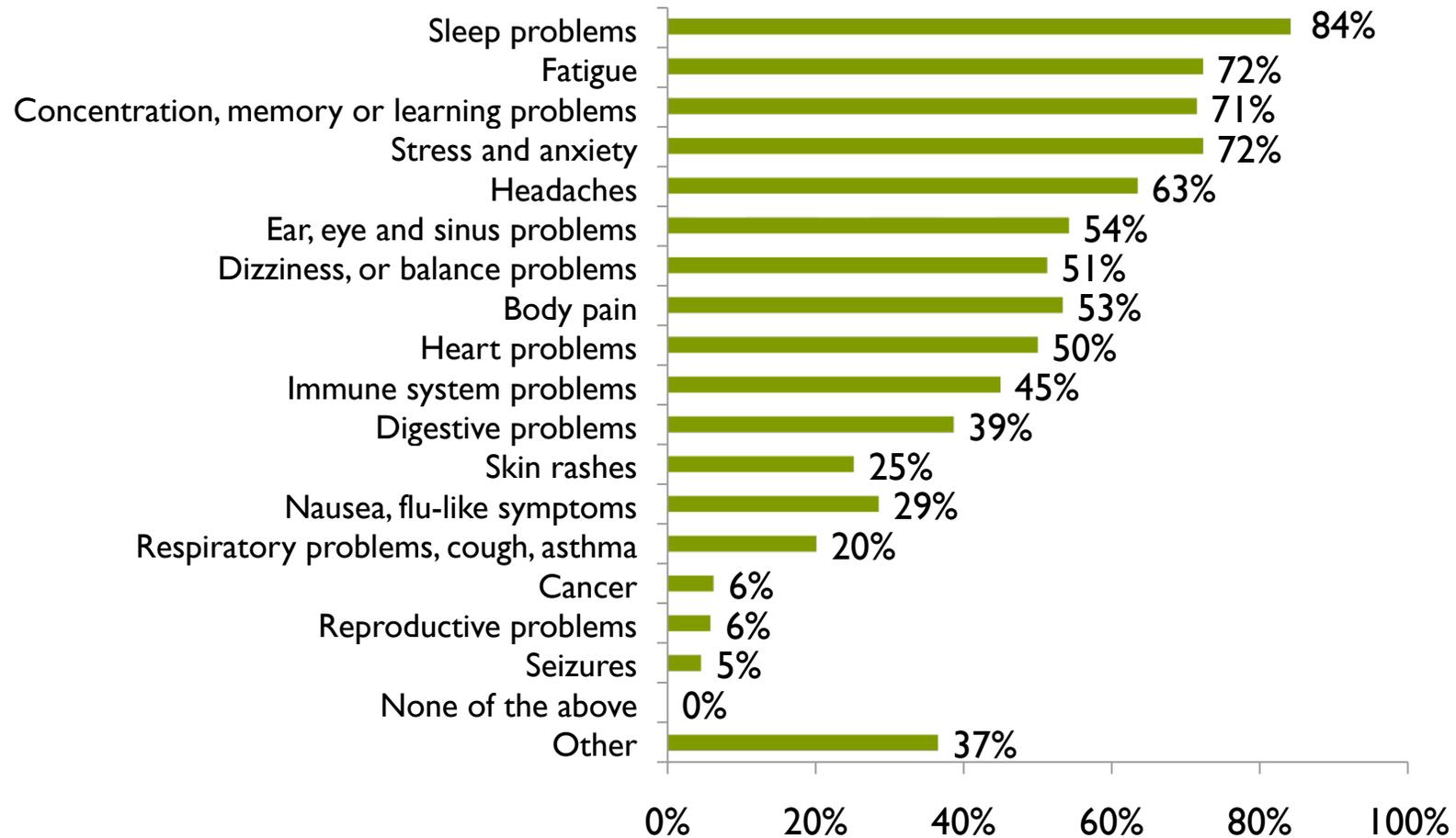
Please indicate the health problems you experience(d) and believe are related to EMF exposure. Check all that apply. N=425



# Health Problems Related to EMF Exposure

## EMF Injured Only

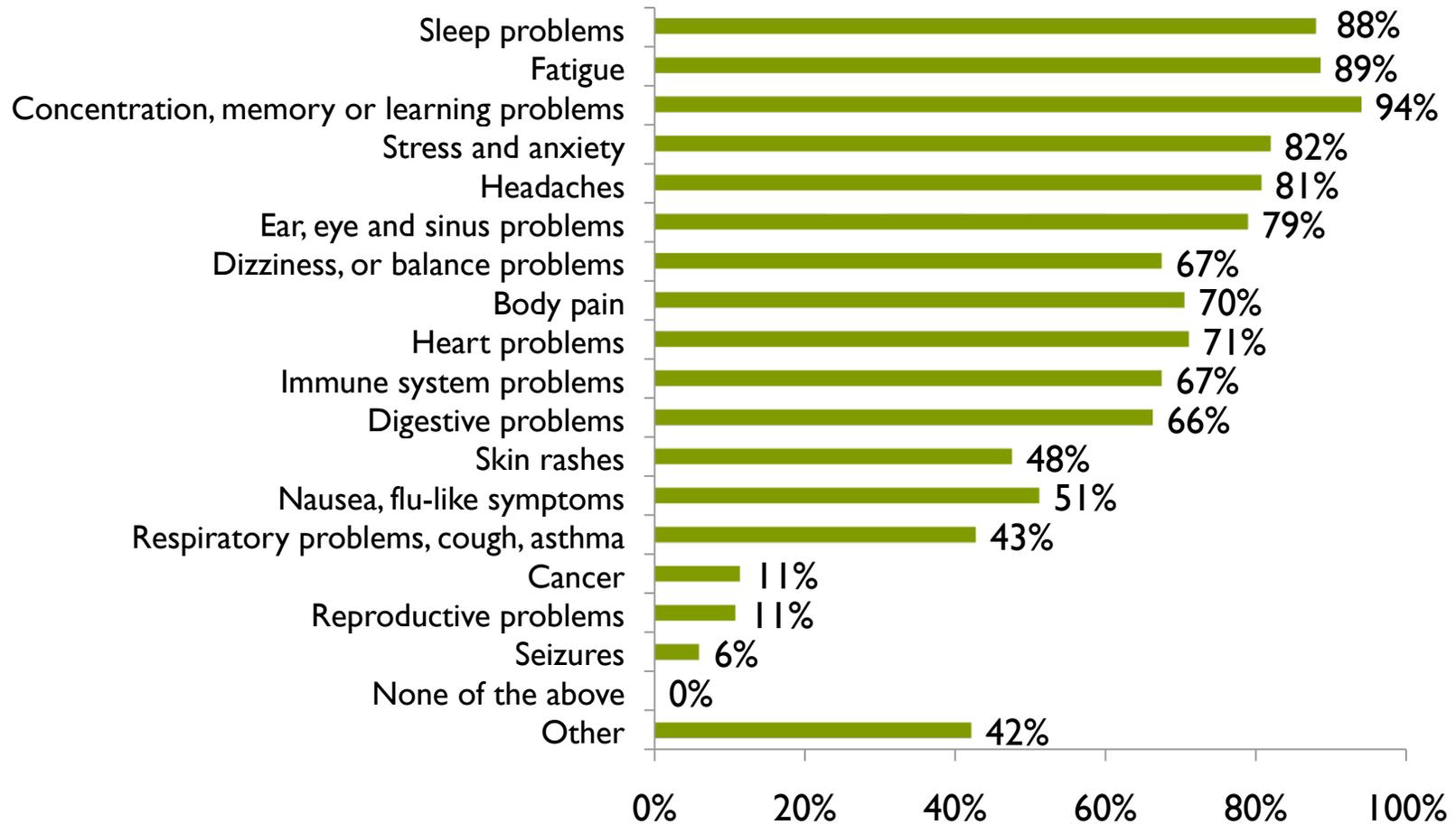
Please indicate the health problems you experience(d) and believe are related to EMF exposure. Check all that apply. N=238



# Health Problems Related to EMF Exposure

## Radiation Sickness Only

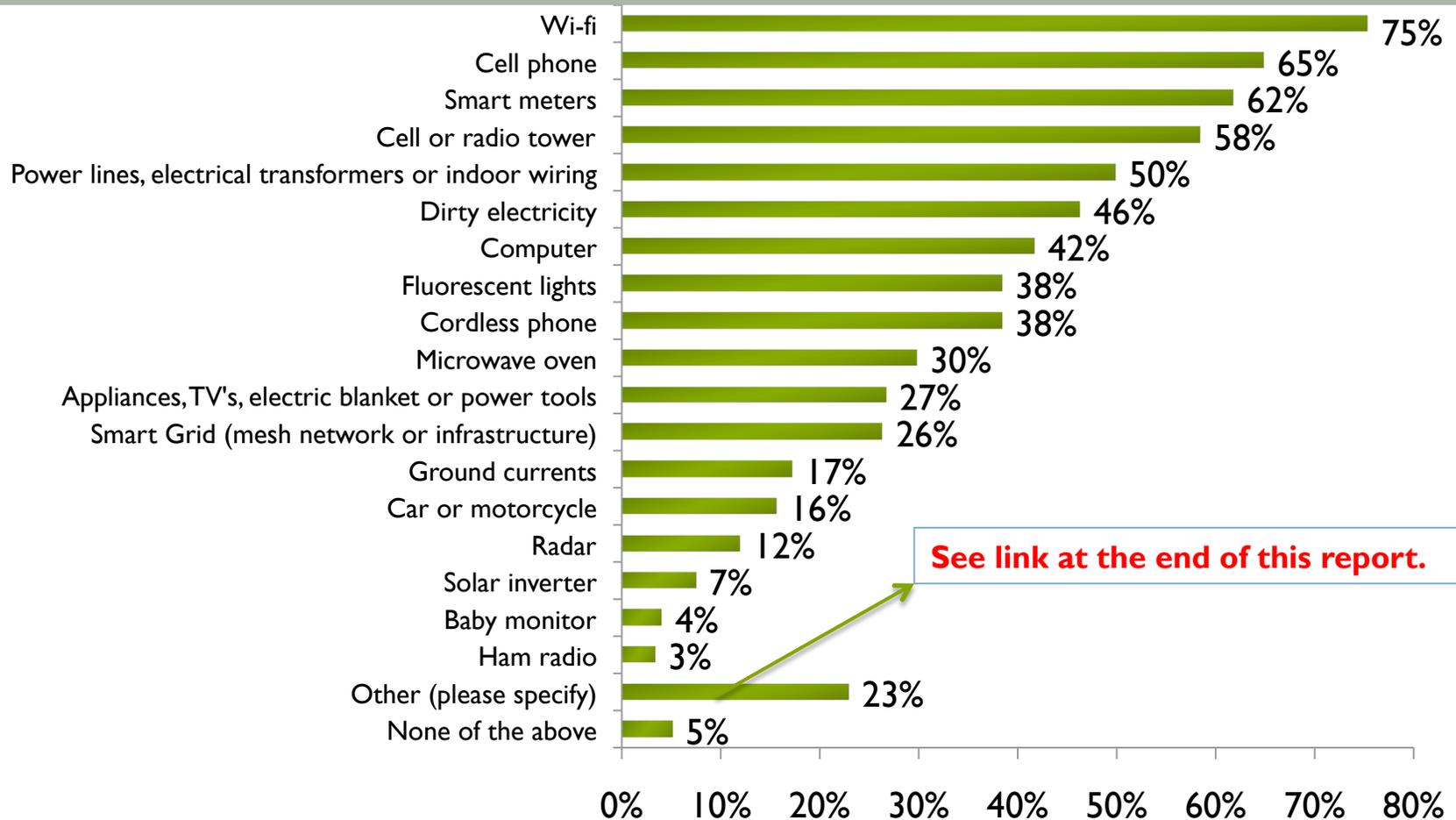
Please indicate the health problems you experience(d) and believe are related to EMF exposure. Check all that apply. N=166



# 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

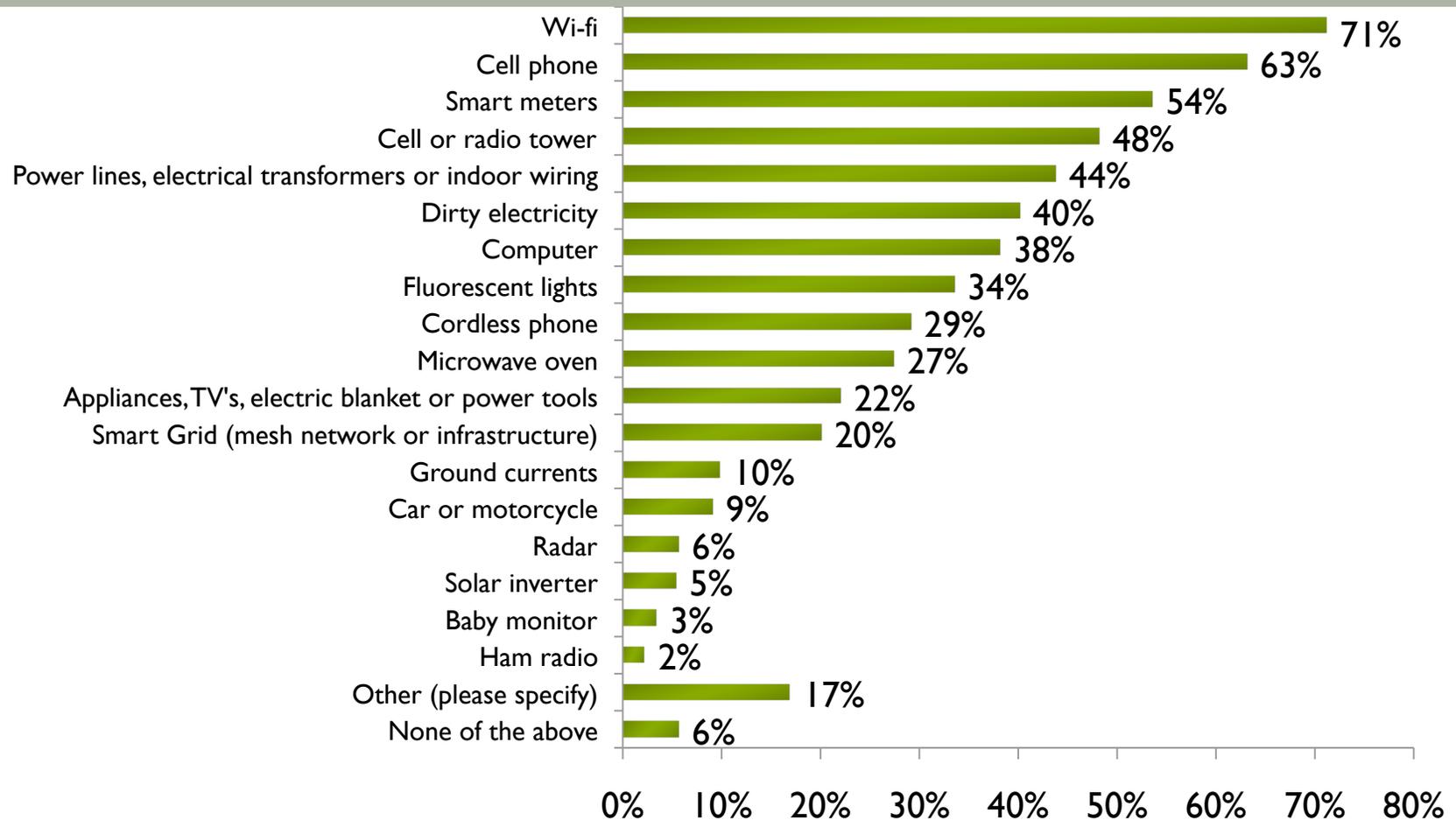


[See link at the end of this report.](#)

# EMF Devices Affecting Health

## EMF Aware Only

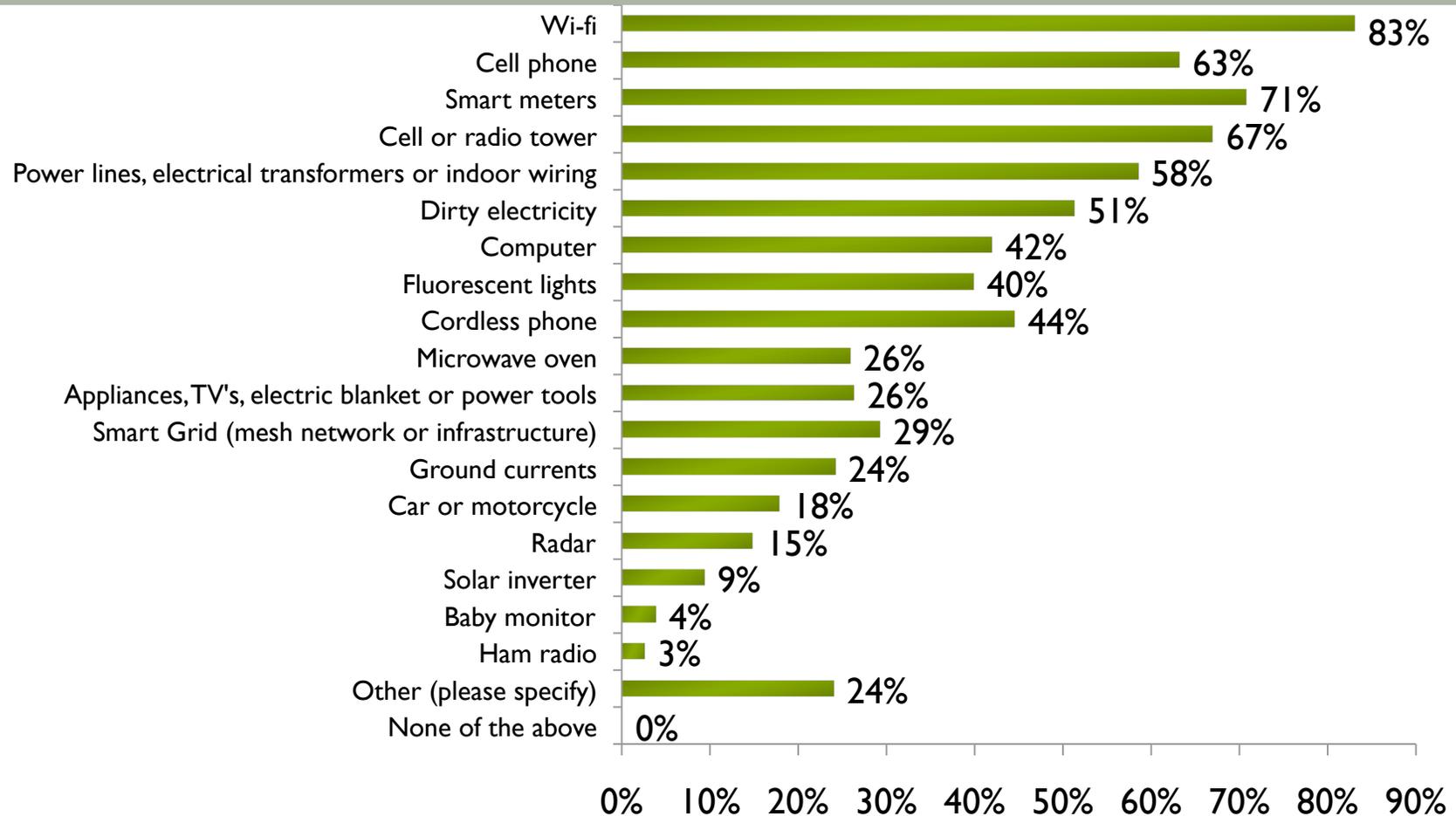
Please indicate the EMF device(s), you believe caused or worsened your health problems. Check all that apply. N=409



# EMF Devices Affecting Health

## EMF Injured Only

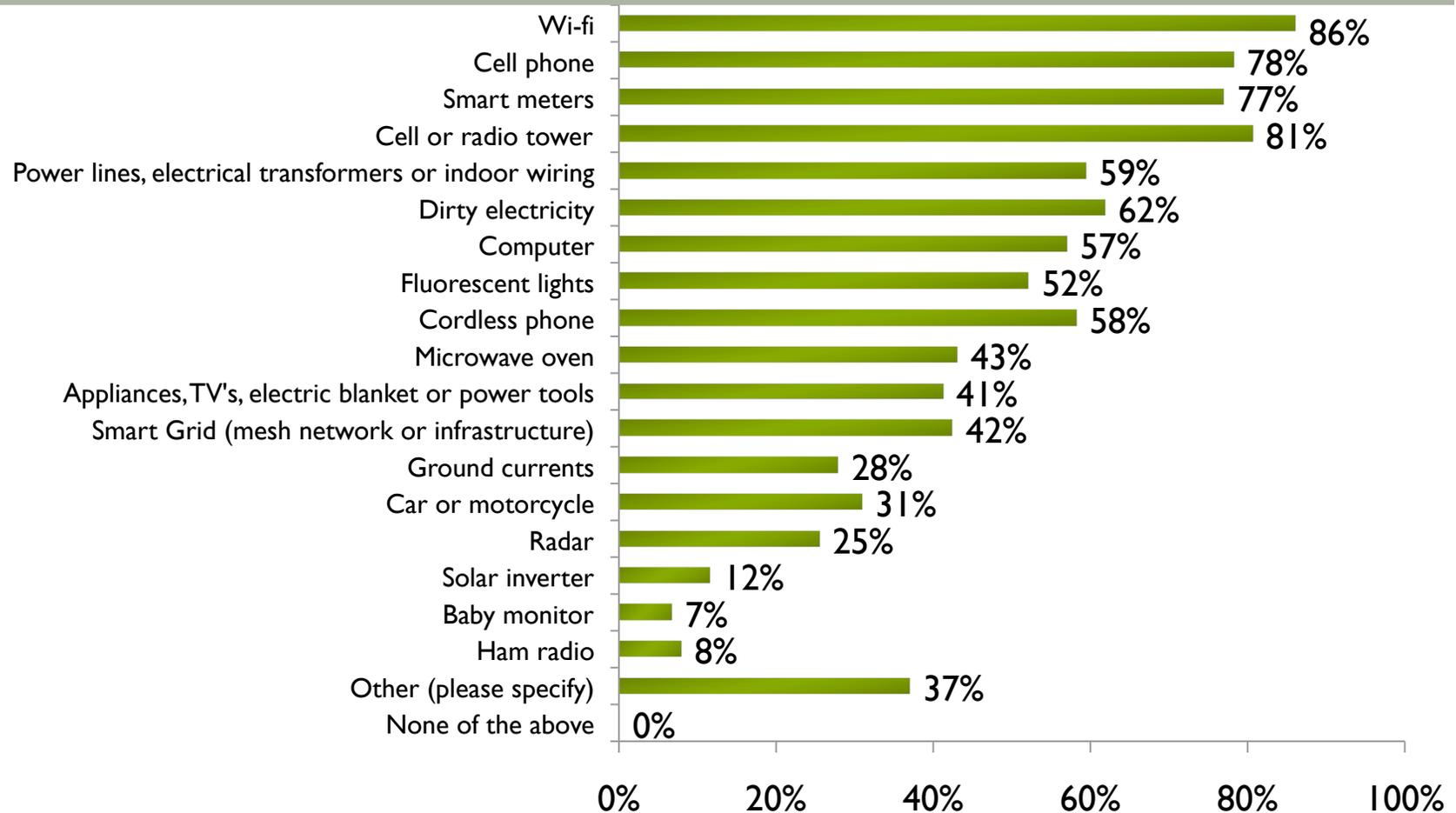
Please indicate the EMF device(s), you believe caused or worsened your health problems. Check all that apply. N=236



# EMF Devices Affecting Health

## Radiation Sickness Only

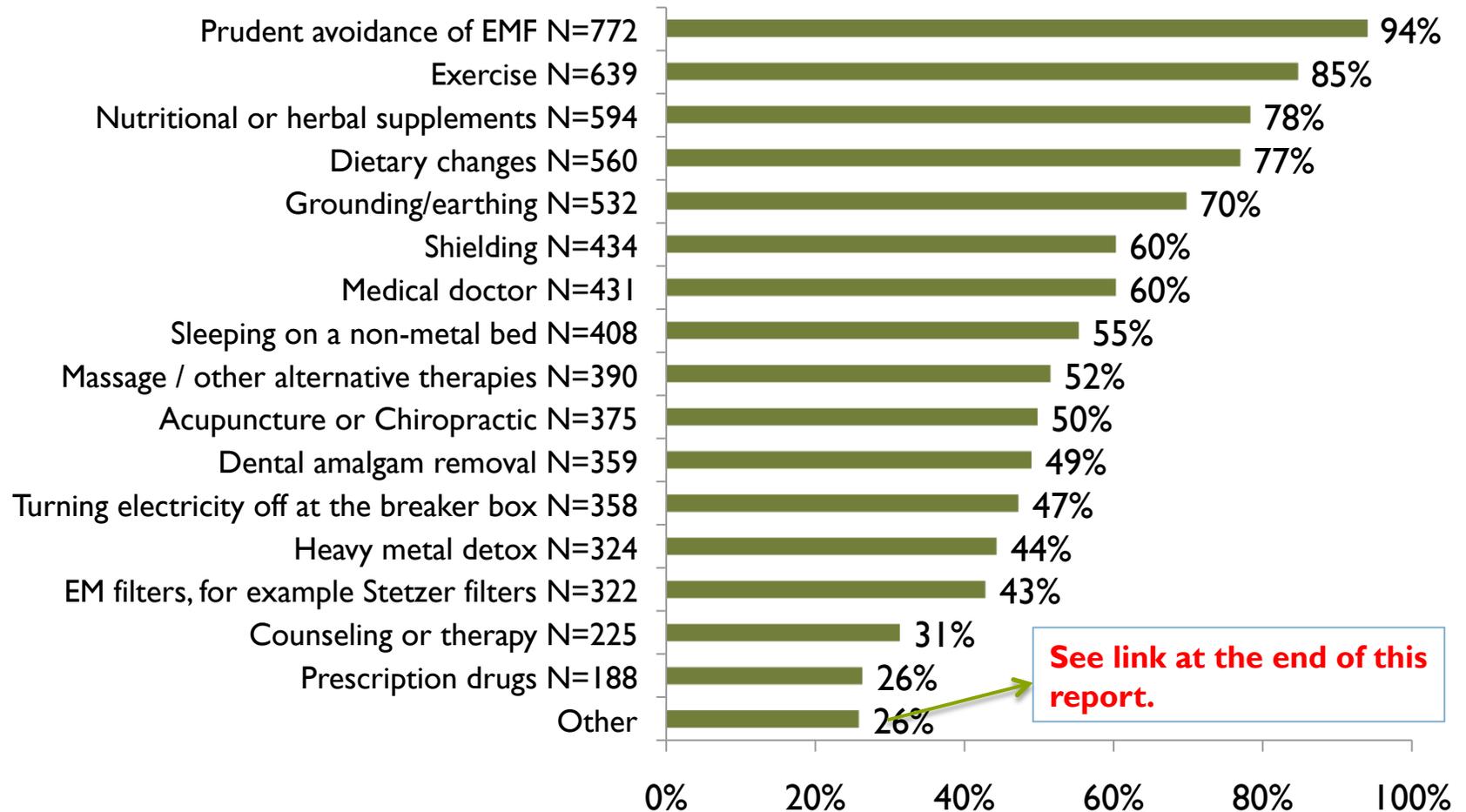
Please indicate the EMF device(s), you believe caused or worsened your health problems. Check all that apply. N=165



# Remedies People Tried to Improve their Health

## All Respondents

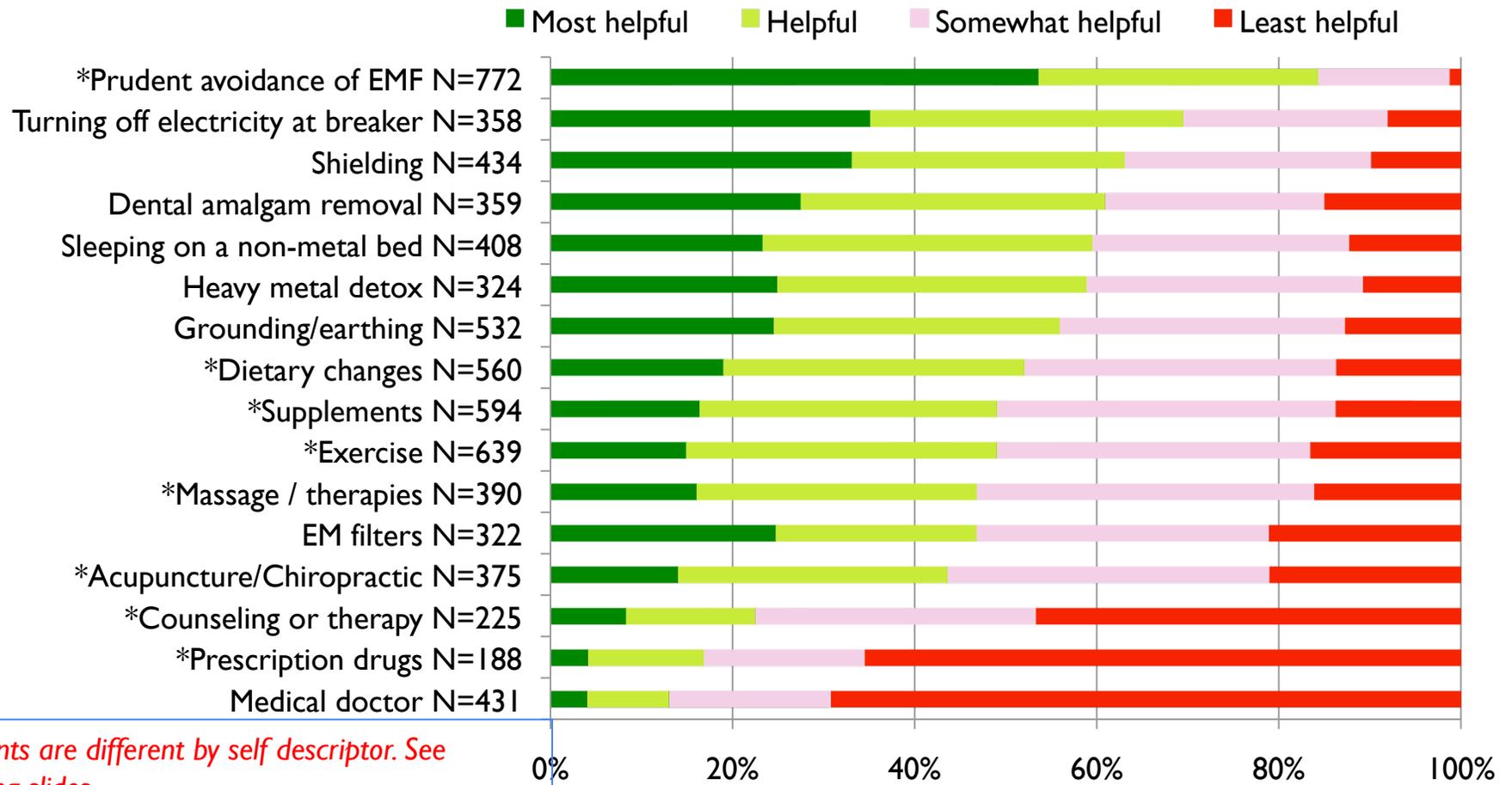
Please indicate what if any of the following remediations have helped you to improve your health.



# 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.

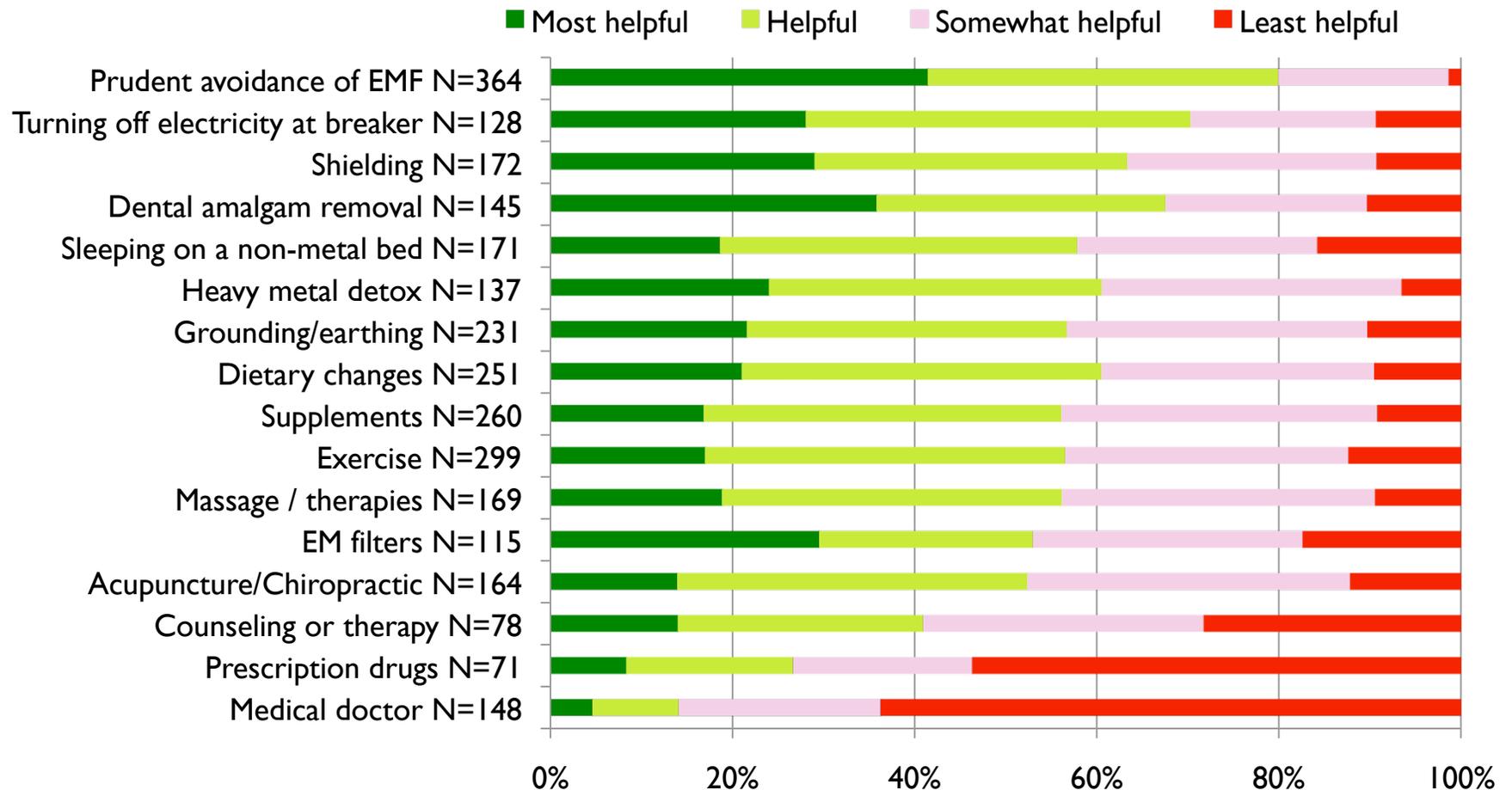


\*Percents are different by self descriptor. See following slides.

# Health Remedies Helpfulness Ratings

## Based on Remedies Tried - EMF Aware Only

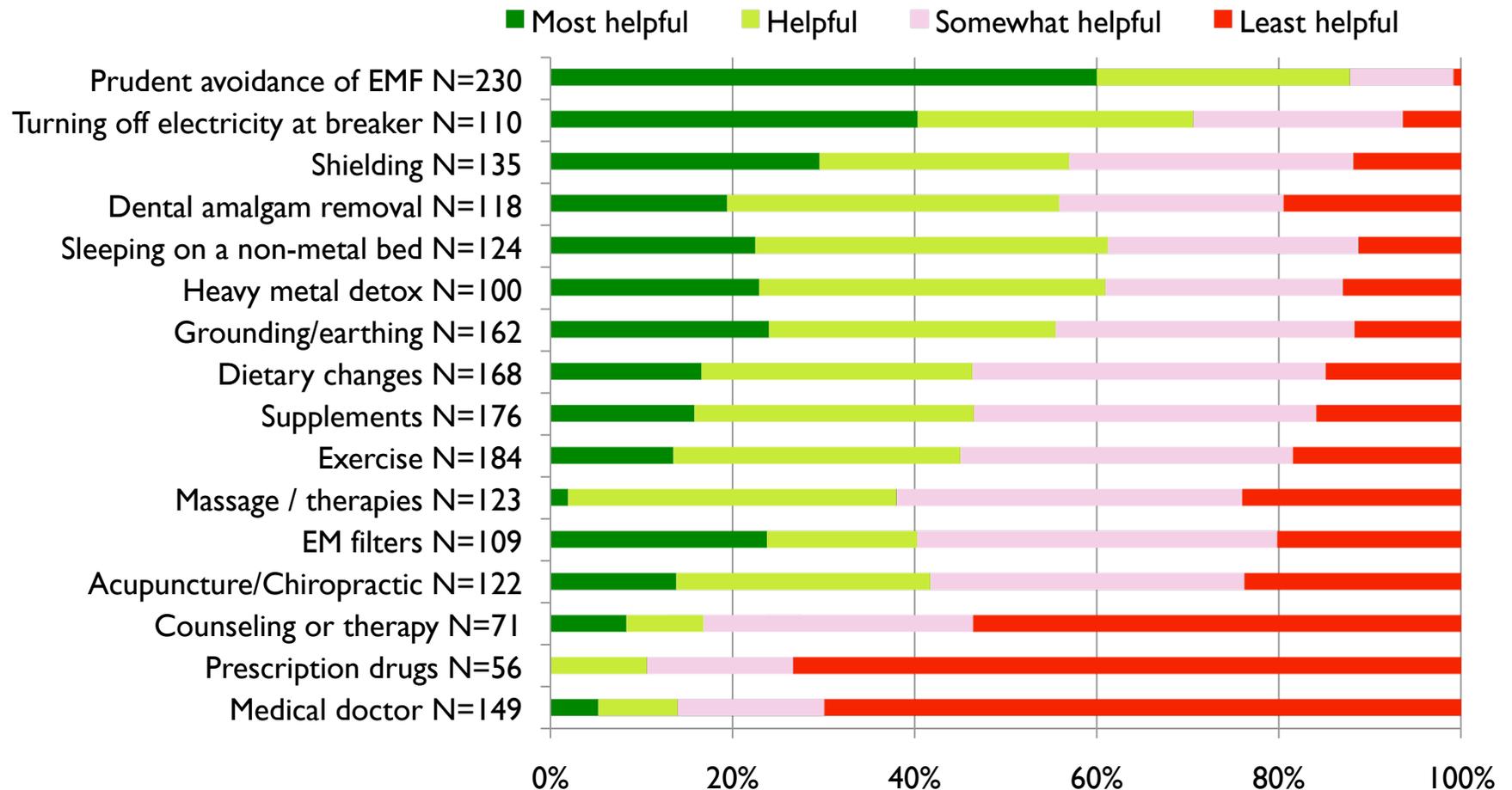
Please indicate what if any of the following remediations have helped you to improve your health. Rate each of these according to helpfulness.



# Health Remedies Helpfulness Ratings

## Based on Remedies Tried - EMF Injured Only

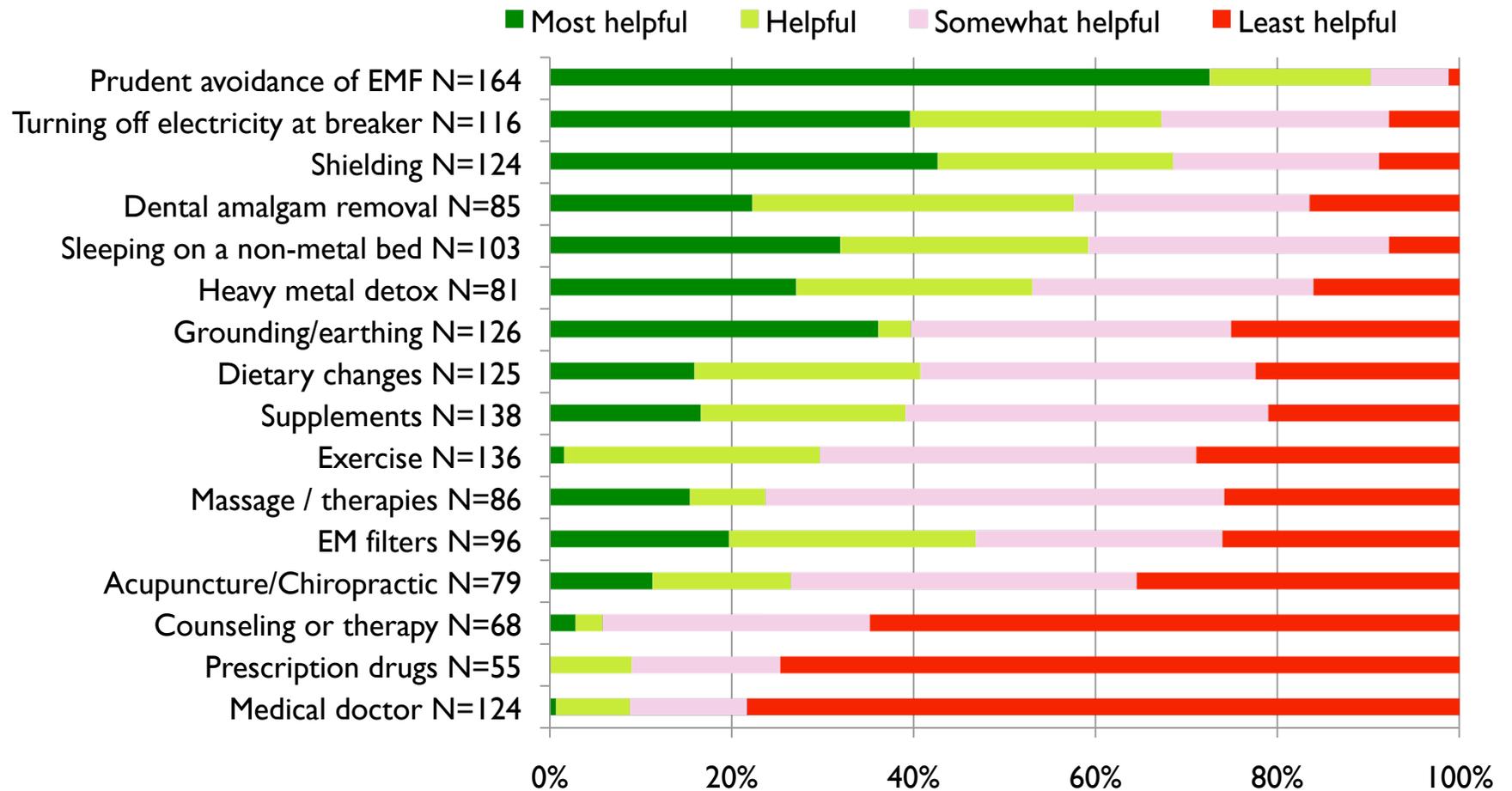
Please indicate what if any of the following remediations have helped you to improve your health. Rate each of these according to helpfulness.



# 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.]*

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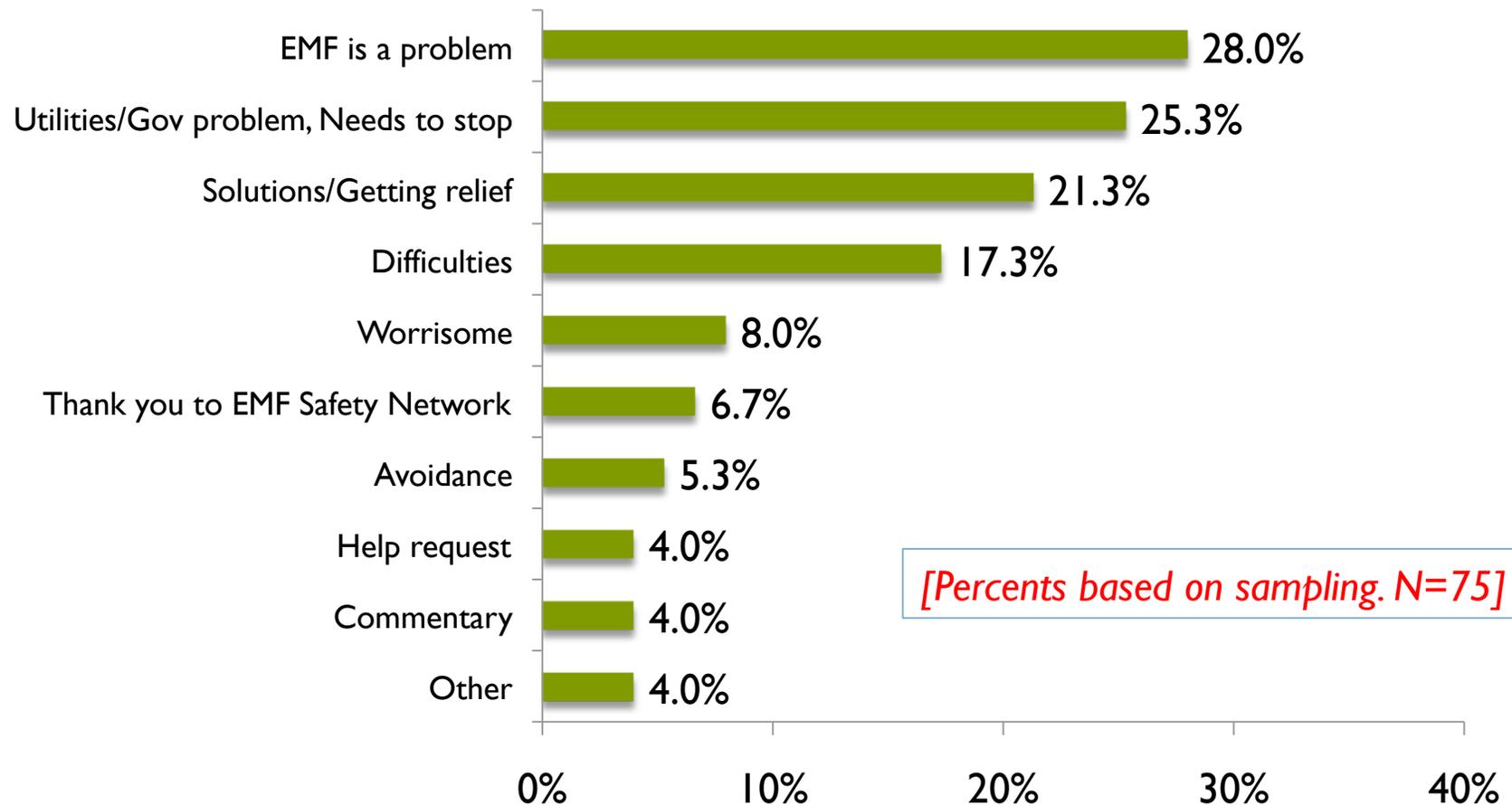
- ▶ *“Daily exercise followed by Sauna”*
- ▶ *“I have moved my residence because of cell towers and smart meters.”*
- ▶ *“Avoidance appears to be the only solution. Some shielding can help.”*
- ▶ *“Qigong (Energy Medicine)”*
- ▶ *“Yoga, meditation.”*
- ▶ *“Learning I was not the only one. Definitive 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...”*

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# 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.]*

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- ▶ *“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

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- ▶ *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]*

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

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