Racine Area
Community Health Survey
2005

Commissioned by:
Aurora Health Care

In Partnership with:
Racine Area Health Department
Center for Urban Population Health Research

Prepared by:
JKV Research, LLC

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Purpose

The purpose of this project is to provide the Racine area with information for an assessment of the health status of residents. Primary objectives are to:

1. Gather specific data on behavioral and lifestyle habits of the adult population. Selected information will also be collected about respondent household.
2. Gather data on the prevalence of risk factors and disease conditions existing within the adult population.
3. Compare, where appropriate, health data of residents to previous health studies.
4. Compare, where appropriate and available, health data of residents to state and national measurements.

Methodology

The Racine Area Community Health Survey[1] was conducted through a grant provided by Aurora Health Care. The purpose of this effort was to gather information on the health practices and health-related behavioral risks of residents. This report was commissioned by Aurora Health Care in partnership with the Racine Area Health Department and the Center for Urban Population Health Research.

Respondents were scientifically selected so that the survey would be representative of all adults 18 years old and older. The sample of random telephone numbers included both listed and unlisted numbers. Respondents within each household were randomly selected by computer based on the number of adults in the household. At least 8 attempts were made to contact a respondent at each household. Screener questions verifying location were included. Data collection was conducted by Management Decisions Incorporated.

A total of 400 telephone interviews were completed between May 26 and September 9, 2005. With a sample size of 400, we can be 95% sure that the sample percentage reported would not vary by more than ±5 percent from what would have been obtained by interviewing all persons 18 years old and older who lived in the Racine area. The margin of error for smaller subgroups will be larger. Weighting was done based on the number of adults in the household and the number of residential phone numbers, excluding fax and computer lines, to take into account the probability of selection. Post-stratification was also done by sex and age to reflect the 2000 census proportion of these characteristics in the service area. Throughout the report, some totals may be more or less than 100% due to rounding and response category distribution. Percentages occasionally may differ by one or two percentage points from previous reports or the Appendix as a result of rounding, recoding variables or response category distribution.

The survey was conducted by JKV Research, LLC. For technical information about survey methodology, contact Janet Kempf Vande Hey, M.S. at (920) 439-1399 or janet.vandehey@jkvresearch.com. For further information about the survey, contact Mark M. Huber, M.S. at (414) 219-7025 or mark.huber@aurora.org.

[1]Racine area is defined as the city of Racine and the villages of Elmwood Park and Wind Point.

Demographic Profile of the Racine Area Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents for 2005

	Survey Results
TOTAL	100%
Gender	
Male	41%
Female	59
Age	
18 to 34	32%
35 to 44	21
45 to 54	19
55 to 64	10
65 and Older	18
Education	
High School Graduate or Less	48%
Some Post High School	26
College Graduate	26
Household Income	
$30,000 or Less	35%
$30,001 to $60,000	26
$60,001 or More	17
Not Sure/No Answer	22
Married	45%

What do the percentages mean?

Results of the Racine Area Community Health Survey can be generalized to the adult population with telephones. In 2004, the Wisconsin Department of Administration estimated 59,362 adult residents in the area, a decrease of 1.28% since 2000.

When using percentages from this study, it is important to keep in mind what each percentage point, within the margin of error, actually represents in terms of the total adult population. One percentage point equals approximately 590 adults. So, when 19% of respondents reported their health was fair or poor, this roughly equates to 11,210 residents ±2,950 individuals. Meaning that from 8,260 to 14,160 residents may have fair or poor health. Because the margin of error is ±5%, events or health risks that are small will include zero.

The 2004 estimate of occupied housing units in Racine County is 73,950. Based on 2000 household data, 2000 population data and 2004 population data, it is estimated that there are 32,867 occupied housing units in the Racine area, an increase of 1.41% since 2000. In certain questions of the Community Health Survey, respondents were asked to report information about their household. Using the household estimate, each percentage point for household-level data represents approximately 330 households. For example, 17% of survey respondents reported that someone in their household was not covered by health insurance. Thus, the estimated number of households with someone not covered by health insurance would be 5,610.

Definitions

Marital status: Married respondents were classified as those who reported married and those who reported a member of an unmarried couple. All others were classified as not married.

Moderate physical activity is recommended by the Centers for Disease Control and Prevention/American College of Sports Medicine for at least 30 minutes on five or more days of the week. Moderate physical activity includes walking briskly, mowing the lawn, vacuuming, gardening, dancing, swimming or bicycling on level terrain. A person should feel some exertion but should be able to carry on a conversation comfortably during the activity. Insufficient physical activity includes those who participated in some activity, but not for the duration or the frequency recommended. Inactive respondents reported no moderate physical activity in a typical week.

Overweight was calculated using the Center for Disease Control's Body Mass Index (BMI). Body Mass Index is calculated by using kilograms/meter^2. A BMI of 25.0 to 29.9 is considered overweight and 30.0 or more as obese. Throughout the report, the category "overweight" includes both overweight and obese respondents.

Current smoker is defined as someone who smoked at least some days in the past 30 days.

The Centers for Disease Control (CDC) defines binge drinking as five or more drinks at one time, regardless of gender. In 2003, the Racine area health study defined binge drinking as four or more drinks for females and five or more drinks for males to account for weight and metabolism differences. In 2005 it was decided to follow the standard CDC definition of five or more drinks, regardless of gender, to allow for national, state and local comparisons.

Summary

This research provides valuable behavioral data, lifestyle habits, and the prevalence of risk factors and disease conditions of Racine area residents. The following data are highlights of the comprehensive study. Please see the full report for more detailed findings.

Overall Health		
Racine Area	2003	2005
Excellent	21%	17%
Very Good	26%	38%
Fair or Poor	15%	19%
Other Research: Fair/Poor	*2004*	
Wisconsin	*12%*	
Nation	*15%*	
No Health Care Coverage		
Racine Area	2003	2005
Personally Not Covered	8%	7%
Household Member (current)	14%	17%
Household Member (past year)	24%	26%
Other Research: Personally Not Covered	*2004*	
Wisconsin	*10%*	
Nation	*15%*	
Advance Care Plan		
Racine Area	2003	2005
Yes	30%	35%
Routine Checkups		
Racine Area	2003	2005
Routine Checkup (2 years or less)	84%	83%
Cholesterol Test (4 years or less)	69%	66%
Dental Checkup (past year)	67%	65%
Eye Exam (past year)	49%	43%
Vaccinations		
Racine Area	2003	2005
Flu shot/Nasal spray (past year)	32%	18%
Pneumonia (ever—65 years or older)	64%	65%
Alternative Treatment in Past 3 Years		
Racine Area	2003	2005
Chiropractor	12%	17%
Massage Therapy	13%	15%
Aroma Therapy	4%	2%
Movement Therapy	4%	5%
Meditation	9%	9%
Acupuncture	1%	2%
Sunburn in Past 12 Months		
Racine Area		2005
Once		12%
Twice		9%
Three or More		8%

Risk Conditions in the Past 3 Years		
Racine Area	2003	2005
High Blood Pressure	23%	25%
High Blood Cholesterol	18%	19%
Heart Disease/Condition	7%	7%
Mental Health Problem	6%	5%
Diabetes	8%	8%
Asthma (Current)	12%	12%
Cancer (Not Skin)	1%	3%
Stroke	3%	2%
Moderate Physical Activity/Week		
Racine Area	2003	2005
Recommended Amount	28%	24%
Insufficient Amount	44%	55%
Inactive	28%	22%
Nutrition and Diet		
Racine Area	2003	2005
Fruit Intake (2 or more servings/day)	64%	58%
Vegetable Intake (3 or more servings/day)	28%	22%
Overweight	63%	71%
Other Research: Overweight	*2002*	
Wisconsin	*58%*	
Nation	*59%*	
Women's Health		
Racine Area	2003	2005
Mammogram (40+; within past 2 years)	75%	81%
Pap Smear (18 - 65; within past 3 years)	94%	91%
Other Research:		
Mammogram (40+; within past 2 years)	*2004*	
Wisconsin	*75%*	
Nation	*75%*	
Pap Smear (18+; within past 3 years)		
Wisconsin	*86%*	
Nation	*86%*	
Men's Health		
Racine Area	2003	2005
Digital Rectal Exam (40+; within past year)	33%	33%
PSA Test (40+; within past 2 years)		48%
Other Research: PSA Test (40+; within past 2 years)	*2004*	
Wisconsin	*46%*	
Nation	*52%*	

Safety		
Racine Area		
Wear Seat Belt Always/Nearly Always	2003	2005
Adult	84%	81%
Children	95%	92%
Wear Bicycle Helmet Always/Nearly Always		
(Of Those Who Ride Bike or In-Line Skate)		
Adult	23%	25%
Children	58%	45%
Detectors in Household		
Smoke Detector	93%	92%
Carbon Monoxide Detector	45%	42%
Both Detectors	45%	40%
Other Research: Wear Seat Belt	*2002*	
Wisconsin (Always/Nearly Always)	*82%*	
Nation (Always/Nearly Always)	*88%*	

Tobacco Use		
Racine Area	2003	2005
Current Smokers	27%	34%
Of Current Smokers		
Quit Smoking 1 Day or More in Past		
Year Because Trying to Quit	37%	49%
Saw a Health Care Professional Past Year		
…Advised to Quit Smoking		72%
…Advised to Quit at Last Visit		60%
Smoker in HH Smokes Indoors/in Vehicle	22%	27%
Smoking Preference in Restaurants		
Smoke-free	58%	54%
Allow Smoking	12%	15%
No Preference	29%	29%
Ordinance Prohibiting Smoking in Eating		
Establishments		
Moderately Favor/Strongly Favor	59%	60%
Moderately Oppose/Strongly Oppose	36%	34%
State Law Prohibiting Smoking in All		
Workplaces (except 75% alcohol sales)		
Moderately Favor/Favor		61%
Moderately Oppose/Oppose		34%
Other Research: Current Smokers	*2001*	*2004*
Wisconsin	*24%*	*22%*
Nation	*23%*	*21%*

Mental Health Status		
Racine Area		
Felt Sad, Blue or Depressed	2003	2005
Always/Nearly Always (past 30 days)	8%	7%
Find Meaning and Purpose in Daily Life		
Seldom/Never	8%	5%
Considered Suicide (past year)	6%	5%

Personal Safety in Past Year		
Racine Area	2003	2005
Afraid for Their Safety	7%	8%
Pushed/Kicked/Slapped/Hit	5%	4%
At Least One of the Safety Issues	10%	9%

Other Tests		
Racine Area	2003	2005
Blood Stool Test (50+; within past 2 years)	49%	41%
Sigmoidoscopy or Colonoscopy (50+; lifetime)	66%	61%
Other Research:		
Blood Stool Test (50+; within past 2 years)	*2004*	
Wisconsin	*27%*	
Nation	*26%*	
Sigmoidoscopy/Colonoscopy (50+; lifetime)		
Wisconsin	*59%*	
Nation	*53%*	

Alcohol Use		
Racine Area		
Of all Respondents	2003	2005
Drink in Past Month	53%	52%
Binge in Past Month	17%	20%
Drive or Ride When Driver Had Perhaps		
Too Much to Drink (past month)	5%	3%
Other Research: Had 5+ Drinks at One Time	*2001*	*2004*
Wisconsin	*26%*	*22%*
Nation	*15%*	*15%*

Firearms in Household		
Racine Area		
Of all Households…	2003	2005
Have a Firearm	16%	23%
Have a Loaded Firearm	3%	2%
Have a Loaded Firearm Unlocked	1%	1%
Other Research: Of all Households…		
Have a Firearm	*2002*	
Wisconsin	*44%*	
Nation	*33%*	
Have a Loaded Firearm		
Wisconsin	*3%*	
Nation	*8%*	
Have a Loaded Firearm Unlocked		
Wisconsin	*2%*	
Nation	*4%*	

Additional Questions		
Racine Area		
Awareness of/Experience with Public Health Dept.	2003	2005
Aware of/ Received Services	32%	33%
Aware of/ No Experience	63%	55%
Not Aware	5%	11%
Major/Moderate Community Environmental Problems		
Pollution in Lakes, Rivers and Streams	49%	55%
Sewage or Septic	24%	27%
Safe Drinking Water	22%	24%
Pesticides	14%	20%

Overall Health and Health Care Key Findings

In 2005, 55% of respondents reported their health as excellent or very good; 19% reported fair or poor. Respondents with a household income of less than $30,001, who were unmarried or physically inactive were more likely to report fair or poor conditions. *From 2003 to 2005, there was no statistical change in the overall percent of respondents who reported their health fair or poor. In addition, there were fewer demographic findings in 2005.*

In 2005, 7% of respondents reported they personally did not have health care coverage. Respondents who were male, 18 to 34 years old or with a household income of less than $30,001 were more likely to report no coverage. Seventeen percent reported someone in their household currently was not covered; respondents with lower household income or who were unmarried were more likely to report someone in the household was not covered. Twenty-six percent of respondents reported in the past 12 months someone was not covered; unmarried respondents were more likely to report this. Eighty percent of respondents reported their primary place for health services was from a doctor's or nurse practitioner's office; respondents 55 and older or with higher education were more likely to report this. Thirty-five percent of respondents had an advance care plan. Respondents 65 and older were more likely to report an advance care plan. *From 2003 to 2005, there was no statistical change in overall health care coverage, with demographic findings similar across years. There was no statistical change in the overall percent who reported an advance health care plan. Most demographic findings were similar throughout the study years for having an advance care plan.*

In 2005, 83% of respondents reported a routine medical checkup two years ago or less while 66% reported a cholesterol test four years ago or less. Sixty-five percent of respondents reported a visit to the dentist in the past year while 43% reported an eye exam in the past year. Respondents who were female, 65 and older or with some post high school education were more likely to report a routine checkup two years ago or less. Respondents who were female, 55 to 64 years old, with a household income of $30,001 to $60,000 or married respondents were more likely to report a cholesterol test four years ago or less. Respondents who were female, 35 to 44 years old, with at least some post high school education or a household income of at least $30,001 were more likely to report a dental checkup in the past year. Respondents who were 45 to 54 years old, 65 and older or married were more likely to report an eye exam in the past year. *From 2003 to 2005, there was no statistical change in the overall percent of respondents who reported any of the routine checkups/exams. Most checkups have seen an increase in demographic differences in 2005.*

In 2005, 18% of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past year. Respondents who were 65 years old and older or with a household income of $30,001 to $60,000 were more likely to report a flu vaccination. Sixty-five percent of respondents 65 and older had a pneumonia vaccination. *From 2003 to 2005, there was a statistical <u>decrease</u> in the overall percent of respondents who reported a flu vaccination, as a result of a limited supply. The <u>decrease</u> was seen across gender, education, income level, marital status as well as for respondents 35 and older. The overall percent of respondents 65 and older reporting a pneumonia vaccination remained the same throughout the study years.*

Health Risk Factors Key Findings

In 2005, out of eight health conditions listed, the most often mentioned in the past three years were high blood pressure or high blood cholesterol. Respondents who were 65 and older or who had a household income of less than $30,001 were more likely to report high blood pressure. Respondents 65 and older or with some post high school education were more likely to report high blood cholesterol. Respondents 65 and older were more likely to report heart disease/condition. Respondents with a household income of

less than $30,001 or unmarried respondents were more likely to report a mental health problem. Respondents 65 and older, who were unmarried or overweight were more likely to report diabetes. Respondents who were female, with a household income of less than $30,001 or unmarried respondents were more likely to report current asthma. *From 2003 to 2005, there was no statistical change in the percent of respondents who have been told or treated for the listed health conditions. In 2005, there were fewer demographic findings for high blood pressure and more demographic findings for current asthma. The remaining health conditions had most demographic findings similar across years.*

In 2005, 7% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents with a household income of less than $60,001 or who were unmarried were more likely to report this. Five percent of respondents felt so overwhelmed they considered suicide in the past year; unmarried respondents were more likely to report they considered suicide. Five percent reported they seldom or never find meaning and purpose in their daily life. *From 2003 to 2005, the mental health status of respondents statistically remained the same. Generally, most demographic findings for each mental health question were similar across years.*

Behavioral Risk Factors Key Findings

In 2005, out of six alternative treatments listed, the most often used in the past three years were chiropractic care or massage therapy (17% and 15%, respectively). Respondents with a college education or who were married were more likely to report chiropractic care. Respondents 55 to 64 years old or with a college education were more likely to report movement therapy. Respondents with a college education were more likely to report meditation. *From 2003 to 2005, there was no statistical change in the overall percent of respondents reporting each of the alternative treatments. Fewer demographic differences were found for massage therapy as well as meditation while there were more demographic differences found for movement therapy. Demographic findings varied for chiropractic care.*

In 2005, 24% of respondents met the recommended amount of moderate physical activity on a weekly basis; 22% were classified as inactive. Respondents with at least some post high school education, with a household income of at least $60,001 or who were not overweight were more likely to have met the recommended amount of physical activity. Seventy-one percent of respondents were classified as overweight (40% overweight and 31% obese). Respondents who did an insufficient amount of moderate physical activity were more likely to be classified as overweight. *From 2003 to 2005, there was no statistical change in the overall percent of respondents meeting the recommended amount of moderate physical activity while there was a statistical increase in the percent of respondents who were classified as overweight.*

In 2005, 58% of respondents ate two or more servings of fruit while 22% ate three or more servings of vegetables on an average day. Respondents with a college education, who were not overweight or who met the recommended amount of physical activity were more likely to eat at least two servings of fruit a day. Respondents who were female, with a college education or who were not overweight were more likely to report eating three servings of vegetables a day. *From 2003 to 2005, there was no statistical change in the overall percent of respondents reporting two or more servings of fruit while there was a statistical decrease in the overall percent of respondents reporting three servings of vegetables. Demographic findings varied across years for each nutrition question.*

In 2005, 81% of female respondents 40 and older reported a mammogram within the past two years. Seventy-four percent of female respondents 65 and older had a bone density scan. Ninety-one percent of female respondents 18 to 65 years old reported a pap smear within the past three years. *From 2003 to 2005, there was no statistical change in the overall percent of respondents reporting a mammogram in the past two years or having a pap smear within the past three years.*

In 2005, 48% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Thirty-three percent of male respondents 40 and older had a digital rectal exam in the past year. *From 2003 to 2005, there was no statistical change in the percent of male respondents 40 and older who reported a digital rectal exam within the past year.*

In 2005, 41% of respondents 50 years old and older had their blood stool tested within the past two years while 61% reported a sigmoidoscopy or colonoscopy in their lifetime. *From 2003 to 2005, there was no statistical change in the overall percent of respondents 50 and older reporting a blood stool test within the past two years or having a sigmoidoscopy or colonoscopy in their lifetime.*

In 2005, 8% of respondents had three or more sunburns in the past 12 months while 9% reported two times and 12% reported once. Respondents who were 18 to 34 years old or unmarried were more likely to report three or more sunburns in the past 12 months.

In 2005, 81% of respondents wore seat belts always or nearly always; respondents 55 to 64 years old, with a college education or married respondents were more likely to report this. Ninety-two percent of respondents who had children indicated their children always or nearly always wore seat belts. Of those respondents who rode a bike, used in-line skates or rode a scooter, 25% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 45% reported their child always or nearly always wore a helmet. *From 2003 to 2005, the overall percent of both adult and child seat belt usage as well as the overall percent of adult helmet usage remained statistically the same. There was a statistical <u>decrease</u> in the overall percent of respondents who reported their child wore a helmet always or nearly always.*

In 2005, 34% of respondents were current smokers. Respondents 45 to 64 years old or with some post high school education or less were more likely to be a smoker. Forty-nine percent of current smokers quit smoking for one day or longer in the past 12 months; 72% of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking. Twenty-seven percent of households had a smoker who smoked indoors at home or in their vehicle when others were present. *From 2003 to 2005, there was a statistical increase in the overall percent of smokers; noted increases occurred for males, those 35 to 54 years old, with some post high school education or less, with a household income of at least $60,001 or those who were unmarried. From 2003 to 2005, the overall percent of smokers who tried quitting for one day or longer statistically remained the same. In addition, the overall percent of respondents who reported indoor smoking or vehicle smoking occurred when others were present statistically remained the same.*

In 2005, 54% of all respondents preferred a smoke-free restaurant; respondents with a college education or nonsmokers were more likely to prefer this. Sixty percent favored a community ordinance prohibiting smoking in eating establishments. Respondents who were female, 18 to 34 years old, with a college education or nonsmokers were more likely to favor a community ordinance to prohibit smoking in eating establishments. Sixty-one percent of respondents favored a statewide law to prohibit smoking in all workplaces, excluding taverns and restaurants with more than 75% of their business being alcohol sales. Respondents who were 18 to 34 years old, with a college education, with a household income of $30,001 to $60,000 or nonsmokers were more likely to report this. *From 2003 to 2005, there was no statistical change in overall restaurant preference; with demographic findings remaining similar. From 2003 to 2005, there was no statistical change in the overall percent of respondents favoring a community ordinance prohibiting smoking in eating establishments. Demographic findings varied across years when looking at an ordinance prohibiting smoking in eating establishments.*

In 2005, 52% of respondents had an alcoholic drink in the past 30 days. In the past month 20% binged. Respondents who were male or younger were more likely to have binged at least once in the past month.

Three percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Eight percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year. *The overall percent of respondents who reported binge drinking statistically remained the same since 2003, with similar demographic findings. There was no statistical change in the overall percent who reported being a driver or passenger when perhaps the driver had too much to drink.*

In 2005, 92% of households had a working smoke detector while 42% had a working carbon monoxide detector. Married households or those with an income of at least $60,001 were more likely to have both detectors. *From 2003 to 2005, there was no statistical change in the overall percent of households with both detectors.*

In 2005, 23% of households had a firearm in or around the home; married households or those with an income of at least $60,001 were more likely to report this. Of all households, 2% had a loaded firearm. One percent of all households had a firearm loaded and unlocked. *From 2003 to 2005, there was a statistical increase in the overall percent of respondents who reported having a firearm in or around their home. There was no statistical change in the overall percent of respondents who reported having a loaded firearm or having a firearm loaded and unlocked.*

In 2005, 8% of respondents reported someone had made them afraid for their personal safety in the past year while 4% reported they had been pushed, kicked, hit or slapped in the past year. A total of 9% reported at least one of these two situations; respondents 45 to 54 years old or who were unmarried were more likely to report this. *From 2003 to 2005, there was no statistical change in the overall percent of respondents reporting any of the personal safety issues. In most cases, there was little significant demographic difference.*

Additional Questions Key Findings

In 2005, 11% of respondents were not aware of the public health department prior to the interview. Fifty-five percent were aware of the department but had no experience with it. Twenty-seven percent received limited services while 6% received more extensive services. *From 2003 to 2005, there was an increase in the percent of respondents who were not aware of the health department while there was a decrease in those who were aware, but had no experience with the health department. There was no change in the percent of respondents who reported they had experience with the health department.*

In 2005, out of four community environmental problems, the most often cited major or moderate problem was water pollution in lakes, rivers and streams (55%). Respondents who were female, 35 to 54 years old, with at least some post high school education or with a household income of at least $30,001 were more likely to report pollution in lakes, rivers and streams. Respondents 45 to 54 years old were more likely to report sewage or septic problems. Respondents 35 to 44 years old were more likely to report safe drinking water. Respondents who were female, 35 to 44 years old or who were unmarried were more likely to report pesticides. *From 2003 to 2005, there was no statistical change in the overall percent of respondents reporting each of the environmental problems in their community.*

Key Findings

Rating Their Own Health (Figures 1 & 2; Table 2)

KEY FINDINGS: In 2005, 55% of respondents reported their health as excellent or very good; 19% reported fair or poor. Respondents with a household income of less than $30,001, who were unmarried or physically inactive were more likely to report fair or poor conditions.

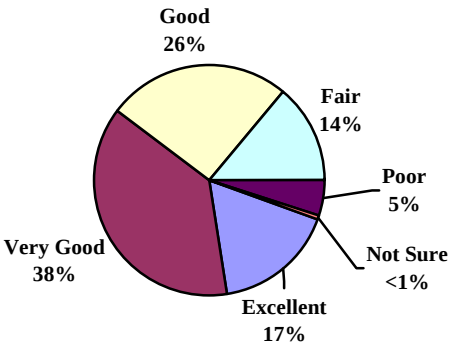
From 2003 to 2005, there was no statistical change in the overall percent of respondents who reported their health fair or poor. In addition, there were fewer demographic findings in 2005.

Fifty-nine percent of Wisconsin respondents reported their health as excellent or very good while 12% reported fair or poor. Fifty-four percent of respondents nationwide reported their health as excellent or very good while 15% reported fair or poor (2004 Behavioral Risk Factor Surveillance).

2005 Findings

- Fifty-five percent of respondents said their own health, generally speaking, was either excellent (17%) or very good (38%). A total of 19% reported their health was fair (14%) or poor (5%).

Figure 1. Rate Own Health



- Twenty-four percent of respondents with a household income of less than $30,001 reported their health was fair or poor compared to 19% of those with an income of $30,001 to $60,000 or 1% of respondents with a household income of at least $60,001.

- Unmarried respondents were more likely to report fair or poor health compared to married respondents (24% and 12%, respectively).

- Twenty-nine percent of inactive respondents reported fair or poor health compared to 16% of those who did an insufficient amount of physical activity or 15% of respondents who met the recommended amount of moderate physical activity.

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who reported their health as fair or poor.

- Although gender was not significant in any study year, there was a noted increase in the percent of male respondents reporting fair or poor health.

- In 2003, respondents 65 and older were more likely to report fair or poor health. In 2005, age was not a significant variable. In addition, there was a noted increase in the percent of respondents 18 to 34 years old reporting fair or poor health.

- In 2003, respondents with a high school education or less were more likely to report fair or poor health. In 2005, education was not a significant variable.

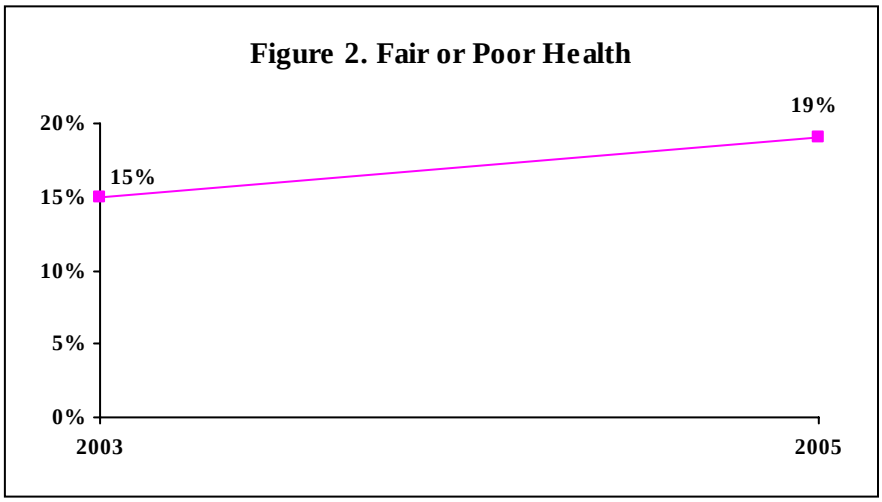
- In 2003 and 2005, respondents with a household income of less than $30,001, those who were unmarried or inactive respondents were more likely to report fair or poor health.

Table 2. Fair or Poor Health by Demographic Variables for Each Survey Year[①]

	2003	2005
TOTAL	15%	19%
Gender		
Male[a]	11	20
Female	18	18
Age[1]		
18 to 34[a]	4	11
35 to 44	14	17
45 to 54	21	23
55 to 64	15	26
65 and Older	31	25
Education[1]		
High School or Less	21	22
Some Post High School	12	19
College Graduate	5	12
Household Income[1,2]		
$30,000 or Less	23	24
$30,001 to $60,000	11	19
$60,001 or More	7	1
Marital Status[1,2]		
Married	11	12
Not Married	18	24
Overweight		
Not Overweight	15	21
Overweight	16	18
Moderate Physical Activity[1,2]		
Inactive	22	29
Insufficient	10	16
Recommended	16	15
Smoking Status		
Nonsmoker	15	19
Smoker	16	19

[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who reported their health as fair or poor.



Health Care Coverage (Figures 3 - 5; Tables 3 - 6)

KEY FINDINGS: In 2005, 7% of respondents reported they personally did not have health care coverage. Respondents who were male, 18 to 34 years old or with a household income of less than $30,001 were more likely to report no coverage. Seventeen percent reported someone in their household currently was not covered; respondents with lower household income or who were unmarried were more likely to report someone in the household was not covered. Twenty-six percent of respondents reported in the past 12 months someone was not covered; unmarried respondents were more likely to report this. Eighty percent of respondents reported their primary place for health services was from a doctor's or nurse practitioner's office; respondents 55 and older or with higher education were more likely to report this. Thirty-five percent of respondents had an advance care plan. Respondents 65 and older were more likely to report an advance care plan.

From 2003 to 2005, there was no statistical change in overall health care coverage, with demographic findings similar across years. There was no statistical change in the overall percent who reported an advance health care plan. Most demographic findings were similar throughout the study years for having an advance care plan.

Personally Not Covered

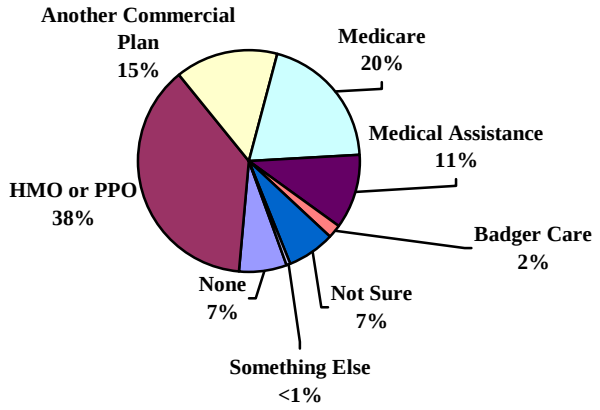
The Healthy People 2010 target for having some type of health care coverage is 100% for all persons under the age of 65. (Objective 01-01)

In 2004, 10% of all respondents in Wisconsin reported they personally did not have health care coverage. Fifteen percent of the nation reported so (2004 Behavioral Risk Factor Surveillance).

2005 Findings

- Seven percent of respondents reported they were not currently covered by any health insurance. Thirty-eight percent of respondents indicated they were personally covered by a prepaid plan such as a health maintenance organization (HMO) or preferred provider organization (PPO). Fifteen percent reported another commercial plan, 20% reported Medicare and 11% reported medical assistance.

Figure 3. Type of Health Care Coverage



- Male respondents were more likely to report they were personally not covered (12%) compared to female respondents (4%).

- Respondents 18 to 34 years old were more likely to report no personal health care coverage (14%) compared to those 65 and older (3%) or respondents 35 to 44 years old (2%).

- Eleven percent of respondents with a household income of less than $30,001 reported they were personally not covered by health care coverage compared to 5% of those with an income of $30,001 to $60,000 or 0% of respondents with a household income of at least $60,001.

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents having personal health care coverage.

- Throughout the study years, respondents who were male, 18 to 34 years old or with a household income of less than $30,001 were more likely to report no personal health care coverage.

- In 2003, unmarried respondents were more likely to report they were personally not covered. In 2005, marital status was not a significant variable, as a result of a noted decrease in the percent of unmarried respondents reporting no coverage and a noted increase in the percent of married respondents reporting this.

Table 3. Personally No Health Care Coverage by Demographic Variables for Each Survey Year[①]

	2003	2005
TOTAL	8%	7%
Gender[1,2]		
Male	13	12
Female	4	4
Age[1,2]		
18 to 34	15	14
35 to 44	3	2
45 to 54	12	5
55 to 64	5	5
65 and Older	0	3
Education		
High School or Less	9	8
Some Post High School	8	5
College Graduate	6	8
Household Income[1,2]		
$30,000 or Less	13	11
$30,001 to $60,000	6	5
$60,001 or More	0	0
Marital Status[1]		
Married[a]	2	6
Not Married[a]	14	8

[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

Someone in Household Currently Not Covered

2005 Findings

- Seventeen percent of all respondents indicated someone in their household was not covered by a health care plan. This equates to approximately 5,610 households.

- Twenty-two percent of respondents with a household income of less than $30,001 reported someone in their household was not currently covered compared to 17% of those with an income of $30,001 to $60,000 or 7% of respondents with a household income of at least $60,001.

- Unmarried respondents were more likely to report someone not currently covered compared to married respondents (23% and 10%, respectively).

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of current household health care coverage.

- In 2003 and 2005, respondents with a household income of less than $30,001 or unmarried respondents were more likely to have someone currently not covered.

Table 4. Someone in Household Not Currently Covered by Health Care Coverage by Demographic Variables for Each Survey Year[①]

	2003	2005
TOTAL	14%	17%
Household Income[1,2]		
$30,000 or Less	24	22
$30,001 to $60,000	10	17
$60,001 or More	3	7
Marital Status[1,2]		
Married	7	10
Not Married	21	23

[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

Someone in Household Not Covered in the Past 12 Months

2005 Findings

- Twenty-six percent of all respondents indicated someone in their household was not covered by a health care plan in the past 12 months.

- Unmarried respondents were more likely to report someone in their household was not covered in the past 12 months compared to married respondents (31% and 20%, respectively).

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of household health care coverage in the past 12 months.

- In 2003, respondents with a household income of less than $30,001 were more likely to report someone in their household was not covered in the past year. In 2005, household income was not a significant variable.

- In 2003 and 2005, unmarried respondents were more likely to report someone in their household was not covered in the past year.

Table 5. Someone in Household Not Covered in Past Year by Health Care Coverage by Demographic Variables for Each Survey Year[①]

	2003	2005
TOTAL	24%	26%
Household Income[1]		
$30,000 or Less	35	32
$30,001 to $60,000	19	23
$60,001 or More	15	19
Marital Status[1,2]		
Married	19	20
Not Married	29	31

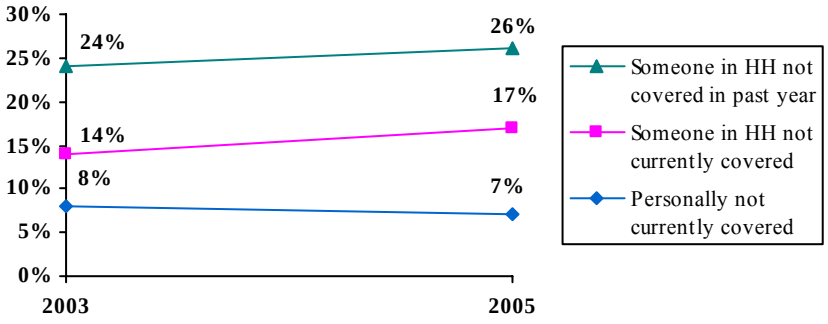
[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

Overall Health Care Coverage

Year Comparisons

- From 2003 to 2005, there was no statistical change in overall health care coverage.

Figure 4. Health Care Coverage



Primary Health Care Services

2005 Findings

- Eighty percent of respondents reported they go to a doctor's or nurse practitioner's office when they are sick or need health advice. Six percent reported public health clinic, 3% reported hospital emergency room as well as urgent care center, while 2% reported hospital outpatient department.

- Ninety percent of respondents 55 to 64 years old and 89% of those 65 and older reported a doctor's or nurse practitioner's office followed by 82% of respondents 35 to 44 years old, 81% of those 45 to 54 years old and 72% of respondents 18 to 34 years old.

- Ninety percent of respondents with a college education reported a doctor's or nurse practitioner's office compared to 84% of those with some post high school education or 74% of respondents with a high school education or less.

Advance Care Plan

2005 Findings

- Thirty-five percent of respondents reported they had an advance care plan, living will or health care power of attorney stating their end of life health care wishes.

- Sixty-eight percent of respondents 65 and older reported they had an advance care plan compared to 31% of those 45 to 54 years old or 13% of respondents 18 to 34 years old.

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents having an advance care plan.

- Respondents 65 and older were more likely to report having an advance care plan in both study years. In addition, there was a noted increase in the percent of respondents 55 to 64 years old reporting an advance care plan.

- In 2003, respondents with a college education were more likely to report an advance care plan. In 2005, education was not a significant variable, as a result of a noted increase in the percent of respondents with some post high school education reporting this.

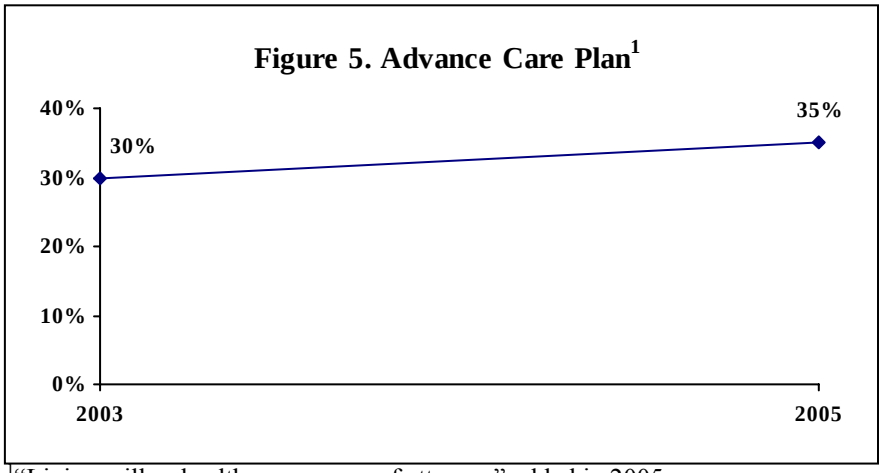
- Although marital status was not significant in any study year, there was a noted increase in the percent of married respondents having an advance care plan.

Table 6. Advance Care Plan by Demographic Variables for Each Survey Year[①,②]

	2003	2005
TOTAL	30%	35%
Gender		
Male	31	35
Female	29	35
Age[1,2]		
18 to 34	12	13
35 to 44	28	33
45 to 54	30	31
55 to 64[a]	26	55
65 and Older	64	68
Education[1]		
High School or Less	25	29
Some Post High School[a]	26	41
College Graduate	42	40
Household Income		
$30,000 or Less	29	29
$30,001 to $60,000	31	35
$60,001 or More	32	36
Marital Status		
Married[a]	28	40
Not Married	30	31

[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[②]"Living will or health care power of attorney" added in 2005.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

- From 2003 to 2005, there was no statistical change in the overall percent of respondents having an advance care plan.



[1]"Living will or health care power of attorney" added in 2005.

Routine Checkups (Figure 6; Tables 7 - 10)

KEY FINDINGS: In 2005, 83% of respondents reported a routine medical checkup two years ago or less while 66% reported a cholesterol test four years ago or less. Sixty-five percent of respondents reported a visit to the dentist in the past year while 43% reported an eye exam in the past year. Respondents who were female, 65 and older or with some post high school education were more likely to report a routine checkup two years ago or less. Respondents who were female, 55 to 64 years old, with a household income of $30,001 to $60,000 or married respondents were more likely to report a cholesterol test four years ago or less. Respondents who were female, 35 to 44 years old, with at least some post high school education or a household income of at least $30,001 were more likely to report a dental checkup in the past year. Respondents who were 45 to 54 years old, 65 and older or married were more likely to report an eye exam in the past year.

From 2003 to 2005, there was no statistical change in the overall percent of respondents who reported any of the routine checkups/exams. Most checkups have seen an increase in demographic differences in 2005.

Routine Checkup

Sixty-five percent of Wisconsin respondents reported in the past year they had a routine checkup, 14% past two years, 9% past five years and 11% five or more years ago. Nationally, 72% reported past year, 12% past two years, 7% past five years and 8% five or more years ago (2000 Behavioral Risk Factor Surveillance).

2005 Findings

- Sixty-three percent of respondents reported they had a routine checkup in the past year. An additional 20% had a checkup in the past one to two years.

- Female respondents were more likely to report they had a routine checkup in the past two years (88%) compared to male respondents (76%).

- Respondents 65 and older were more likely to report they had a routine checkup in the past two years (93%) compared to those 18 to 34 years old (79%) or respondents 45 to 54 years old (73%).

- Eighty-eight percent of respondents with some post high school education reported a routine checkup in the past two years compared to 83% of those with a high school education or less or 75% of respondents with a college education.

Year Comparisons

- From 2003 to 2005, the overall percent of a routine checkup two years ago or less statistically remained the same.

- In both study years, female respondents were more likely to report a routine checkup two years ago or less.

- In 2005, respondents 65 and older or with some post high school education were more likely to report having a routine checkup two years ago or less. In 2003, neither age nor education was significant.

Table 7. Routine Checkup Two Years Ago or Less by Demographic Variables for Each Survey Year[①]

	2003	2005
TOTAL	84%	83%
Gender[1,2]		
Male	77	76
Female	89	88
Age[2]		
18 to 34	81	79
35 to 44	80	85
45 to 54	79	73
55 to 64	95	88
65 and Older	91	93
Education[2]		
High School or Less	86	83
Some Post High School	82	88
College Graduate	81	75
Household Income		
$30,000 or Less	84	78
$30,001 to $60,000	85	89
$60,001 or More	75	79
Marital Status		
Married	84	83
Not Married	83	82

[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

Cholesterol Test

The Healthy People 2010 goal for blood cholesterol screening within the preceding five years for all adults is 80%. (Objective 12-15)

Twenty-eight percent of Wisconsin respondents and 28% of U.S. respondents reported they did not have a cholesterol check within the past five years (2001 Behavioral Risk Factor Surveillance).

2005 Findings

- Sixty-six percent of respondents reported having their cholesterol tested four years ago or less. Four percent reported five or more years ago while 26% reported never having their cholesterol tested.

- Female respondents were more likely to report having a cholesterol test four years ago or less (70%) compared to male respondents (60%).

- Ninety-three percent of respondents 55 to 64 years old reported a cholesterol test four years ago or less compared to 66% of those 35 to 44 years old or 46% of respondents 18 to 34 years old.

- Seventy-five percent of respondents with a household income of $30,001 to $60,000 reported a cholesterol test four years ago or less compared to 69% of those with an income of at least $60,001 or 54% of respondents with a household income of less than $30,001.

- Married respondents were more likely to report a cholesterol test four years ago or less compared to unmarried respondents (74% and 59%, respectively).

Year Comparisons

- From 2003 to 2005, the overall percent of a cholesterol test four years ago or less statistically remained the same.

- In 2005, respondents who were female or married were more likely to report a cholesterol test four years ago or less. In 2005, neither gender nor marital status was significant.

- In 2003, respondents 65 and older were more likely to report a cholesterol test. In 2005, respondents 55 to 64 years old were more likely to report this.

- In 2003, respondents with a household income of at least $30,001 were more likely to report a cholesterol test. In 2005, respondents with an income of $30,001 to $60,000 were more likely to report this.

Table 8. Cholesterol Testing Four Years Ago or Less by Demographic Variables for Each Survey Year[①]

	2003	2005
TOTAL	69%	66%
Gender[2]		
Male	67	60
Female	70	70
Age[1,2]		
18 to 34	46	46
35 to 44	70	66
45 to 54	75	67
55 to 64	83	93
65 and Older	88	85
Education		
High School or Less	67	60
Some Post High School	68	73
College Graduate	71	69
Household Income[1,2]		
$30,000 or Less	59	54
$30,001 to $60,000	73	75
$60,001 or More	76	69
Marital Status[2]		
Married	72	74
Not Married	65	59

[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

Dental Checkup

Counseling patients to visit a dental care provider on a regular basis as well as floss, use fluoride properly, et cetera is recommended.[2]

The Healthy People 2010 goal is 56% for an annual dental visit. (Objective 21-10)

In 2004, 78% of Wisconsin respondents and 70% of U.S. respondents reported they visited the dentist or dental clinic within the past year for any reason (2004 Behavioral Risk Factor Surveillance).

[2] "Chapter 61: Counseling to Prevent Dental and Periodontal Diseases." U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. 2nd ed. Baltimore: Williams & Wilkins, 1996. page 711.

2005 Findings

- Sixty-five percent of respondents reported a dental visit in the past year. An additional 20% had a visit in the past one to two years.

- Female respondents were more likely to report a dental checkup within the past year (70%) compared to male respondents (58%).

- Eighty-three percent of respondents 35 to 44 years old had a dental checkup in the past year compared to 59% of those 18 to 34 years old or 58% of respondents 65 and older.

- Seventy-two percent of respondents with some post high school education and 71% of those with a college education reported a dental checkup in the past year compared to 58% of respondents with a high school education or less.

- Seventy-eight percent of respondents with a household income of $30,001 to $60,000 and 75% of those with an income of at least $60,001 reported a dental checkup in the past year compared to 53% of respondents with a household income of less than $30,001.

Year Comparisons

- From 2003 to 2005, the overall percent of a dental exam within the past year statistically remained the same.

- In 2005, female respondents were more likely to report a dental exam as a result of a noted decrease in the percent of male respondents reporting this.

- In 2005, respondents 35 to 44 years old were more likely to report a dental exam. In 2003, age was not a significant variable.

- In 2003, respondents with a college education were more likely to report a dental exam. In 2005, respondents with at least some post high school education were more likely to report a dental exam in the past year.

- In 2003, respondents with a household income of at least $60,001 were more likely to report a dental exam in the past year. In 2005, respondents with a household income of at least $30,001 were more likely to report a dental exam.

- In 2003, married respondents were more likely to report a dental exam. In 2005, marital status was not a significant variable.

Table 9. Dental Exam Less than One Year Ago by Demographic Variables for Each Survey Year[①]

	2003	2005
TOTAL	67%	65%
Gender[2]		
Male[a]	71	58
Female	63	70
Age[2]		
18 to 34	67	59
35 to 44	72	83
45 to 54	64	65
55 to 64	73	63
65 and Older	59	58
Education[1,2]		
High School or Less	60	58
Some Post High School	65	72
College Graduate	78	71
Household Income[1,2]		
$30,000 or Less	52	53
$30,001 to $60,000	71	78
$60,001 or More	84	75
Marital Status[1]		
Married	75	70
Not Married	57	61

[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

Eye Exam

2005 Findings

- Forty-three percent of respondents had an eye exam in the past year while 31% reported one to two years ago. Six percent reported never.

- Fifty-three percent of respondents 65 and older and 52% of those 45 to 54 years old reported having an eye exam in the past year compared to 34% of respondents 18 to 34 years old.

- Married respondents were more likely to report an eye exam in the past year compared to unmarried respondents (50% and 37%, respectively).

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents having an eye exam less than a year ago.

- In 2005, respondents who were 45 to 54 years old or 65 and older were more likely to report an eye exam in the past year. In addition, there was a noted decrease in the percent of respondents 18 to 34 years old reporting an eye exam less than a year ago.

- Although education was not a significant variable in any study year, there was a noted decrease in the percent of respondents with a high school education or less reporting an eye exam.

- In 2003, respondents with a household income of at least $30,001 were more likely to report an eye exam. In 2005, household income was not a significant variable. In addition, there was a noted decrease in the percent of respondents with a household income of $30,001 to $60,000 reporting this.

- In 2005, married respondents were more likely to report an eye exam as a result of a noted decrease in the percent of unmarried respondents reporting an eye exam in the past year.

Table 10. Eye Exam Less than One Year Ago by Demographic Variables for Each Survey Year[①]

	2003	2005
TOTAL	49%	43%
Gender		
Male	44	38
Female	54	47
Age[2]		
18 to 34[a]	48	34
35 to 44	48	44
45 to 54	52	52
55 to 64	55	40
65 and Older	52	53
Education		
High School or Less[a]	52	40
Some Post High School	43	47
College Graduate	52	45
Household Income[1]		
$30,000 or Less	41	34
$30,001 to $60,000[a]	56	44
$60,001 or More	54	41
Marital Status[2]		
Married	51	50
Not Married[a]	48	37

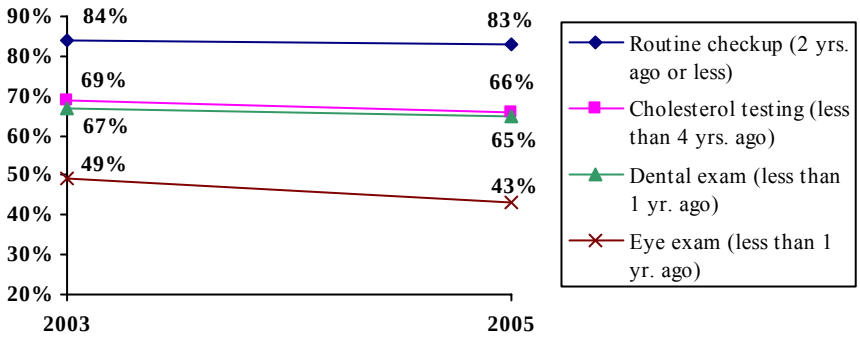
[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

Routine Checkups Overall

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who reported any of the checkups/exams.

Figure 6. Routine Checkups



Vaccinations (Figure 7; Table 11)

KEY FINDINGS: In 2005, 18% of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past year. Respondents who were 65 years old and older or with a household income of $30,001 to $60,000 were more likely to report a flu vaccination. Sixty-five percent of respondents 65 and older had a pneumonia vaccination.

From 2003 to 2005, there was a statistical decrease in the overall percent of respondents who reported a flu vaccination, as a result of a limited supply. The decrease was seen across gender, education, income level, marital status as well as for respondents 35 and older. The overall percent of respondents 65 and older reporting a pneumonia vaccination remained the same throughout the study years.

Influenza Vaccination

The Healthy People 2010 goal for persons 65 and older having had an influenza vaccination within the past 12 months is 90%. (Objective 14-29a)

In 2002, 34% of Wisconsin respondents and 32% of U.S. respondents reported a flu shot in the past 12 months (2002 Behavioral Risk Factor Surveillance). In 2004, 74% of Wisconsin respondents and 68% of U.S. respondents 65 and older reported a flu shot (2004 Behavioral Risk Factor Surveillance).

2005 Findings

For a time in the 2004/2005 flu season there was a limited supply of flu vaccinations. During that period, it was only offered to persons in high-risk categories.

- Eighteen percent of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past 12 months.

- Respondents 65 and older were more likely to report receiving a flu vaccination (42%) compared to those 18 to 34 years old (9%) or respondents 45 to 54 years old (7%).

- Twenty-two percent of respondents with a household income of $30,001 to $60,000 reported a flu vaccination compared to 12% of those with an income of less than $30,001 or 6% of respondents with a household income of at least $60,001.

Year Comparisons

- From 2003 to 2005, there was a statistical decrease in the overall percent of respondents who reported a flu vaccination, as a result of limited supplies.

- Although gender, education or marital status was not significant in the study years, there was a noted decrease in each category within these demographic variables.

- Respondents 65 and older were more likely to report a flu shot/nasal spray in both years. In addition, there was a noted decrease in all age categories 35 and older.

- In 2005, respondents with a household income of $30,001 to $60,000 were more likely to report a flu vaccination. In addition, there was a noted decrease in the percent of respondents in all income levels reporting a flu shot/nasal spray.

Table 11. Flu Shot/Nasal Spray by Demographic Variables for Each Survey Year[①,②]

	2003	2005
TOTAL[a]	32%	18%
Gender		
Male[a]	33	19
Female[a]	31	17
Age[1,2]		
18 to 34	9	9
35 to 44[a]	31	17
45 to 54[a]	29	7
55 to 64[a]	43	18
65 and Older[a]	80	42
Education		
High School or Less[a]	32	19
Some Post High School[a]	32	16
College Graduate[a]	32	14
Household Income[2]		
$30,000 or Less[a]	34	12
$30,001 to $60,000[a]	34	22
$60,001 or More[a]	30	6
Marital Status		
Married[a]	30	14
Not Married[a]	34	20

[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[②]"Nasal spray" added in 2005.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

Pneumonia Vaccination

The Healthy People 2010 goal for persons 65 and older having ever received a pneumococcal vaccine is 90%. (Objective 14-29b)

Seventy percent of Wisconsin respondents and 65% of U.S. respondents 65 and older reported they received a pneumonia shot (2004 Behavioral Risk Factor Surveillance).

2005 Findings

- Sixty-five percent of respondents who were 65 and older reported they received a pneumonia vaccination.

- No demographic comparisons were conducted as a result of the small percent of respondents who were asked this question.

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who had a pneumonia vaccination.

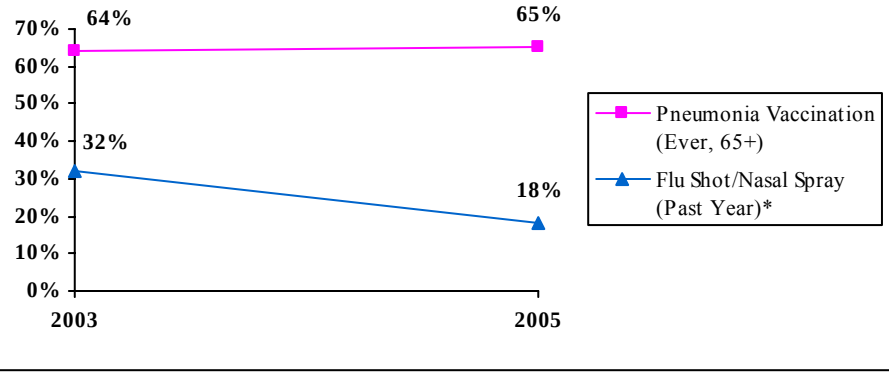
- No demographic comparisons were conducted between years as a result of the small percent of respondents who were asked this question each year.

Vaccinations Overall

Year Comparisons

- From 2003 to 2005, there was a statistical decrease in the overall percent of respondents who reported a flu vaccination, as a result of a limited supply. From 2003 to 2005, there was no statistical change in the overall percent of respondents 65 and older who had a pneumonia vaccination.

Figure 7. Vaccinations



*"Nasal spray" added in 2005.

Prevalence of Select Health Conditions (Figures 8 & 9; Tables 12 - 17)

Respondents were asked a series of questions regarding if they had been told or treated for several different health conditions in the past three years. Current diagnosis of asthma was asked.

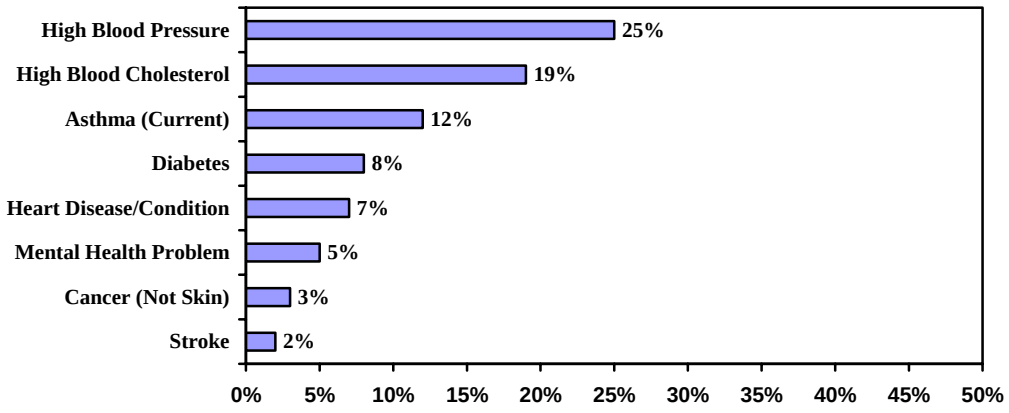
KEY FINDINGS: In 2005, out of eight health conditions listed, the most often mentioned in the past three years were high blood pressure or high blood cholesterol. Respondents who were 65 and older or who had a household income of less than $30,001 were more likely to report high blood pressure. Respondents 65 and older or with some post high school education were more likely to report high blood cholesterol. Respondents 65 and older were more likely to report heart disease/condition. Respondents with a household income of less than $30,001 or unmarried respondents were more likely to report a mental health problem. Respondents 65 and older, who were unmarried or overweight were more likely to report diabetes. Respondents who were female, with a household income of less than $30,001 or unmarried respondents were more likely to report current asthma.

From 2003 to 2005, there was no statistical change in the percent of respondents who have been told or treated for the listed health conditions. In 2005, there were fewer demographic findings for high blood pressure and more demographic findings for current asthma. The remaining health conditions had most demographic findings similar across years.

2005 Findings

- Respondents were more likely to report they have been told or treated for high blood pressure (25%) or high blood cholesterol (19%) in the past three years.

Figure 8. Told or Received Treatment in the Past Three Years



High Blood Pressure

The Healthy People 2010 goal for high blood pressure is 16% for persons 20 and older. (Objective 12-09)

2005 Findings

- Twenty-five percent of respondents reported high blood pressure in the past three years.
- Fifty-nine percent of respondents 65 and older reported high blood pressure in the past three years compared to 15% of those 35 to 44 years old or 4% of respondents 18 to 34 years old.
- Twenty-nine percent of respondents with a household income of less than $30,001 reported high blood pressure compared to 21% of those with an income of $30,001 to $60,000 or 12% of respondents with a household income of at least $60,001.

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who have been told or treated for high blood pressure.
- In 2003, respondents who were female, overweight, inactive or who were nonsmokers were more likely to report high blood pressure. In 2005, none of these variables were significant.
- Older respondents were more likely to report high blood pressure in both study years.
- In 2005, respondents with a household income of less than $30,001 were more likely to report high blood pressure. In 2003, household income was not a significant variable.

Table 12. High Blood Pressure in Past Three Years by Demographic Variables for Each Survey Year[①]

	2003	2005
TOTAL	23%	25%
Gender[1]		
Male	18	23
Female	27	26
Age[1,2]		
18 to 34	9	4
35 to 44	8	15
45 to 54	32	28
55 to 64	30	40
65 and Older	54	59
Education		
High School or Less	27	28
Some Post High School	22	26
College Graduate	15	18
Household Income[2]		
$30,000 or Less	27	29
$30,001 to $60,000	22	21
$60,001 or More	18	12
Marital Status		
Married	23	23
Not Married	23	26
Overweight[1]		
Not Overweight	15	19
Overweight	28	26
Moderate Physical Activity[1]		
Inactive	32	31
Insufficient	20	22
Recommended	16	24
Smoking Status[1]		
Nonsmoker	27	27
Smoker	13	19

[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

High Blood Cholesterol

The Healthy People 2010 goal for high blood cholesterol levels is 17% for persons 20 and older. (Objective 12-14)

2005 Findings

- Nineteen percent of respondents reported high blood cholesterol in the past three years.
- Thirty-seven percent of respondents 65 and older reported high blood cholesterol in the past three years compared to 13% of those 35 to 44 years old or 5% of respondents 18 to 34 years old.
- Twenty-nine percent of respondents with some post high school education reported high blood cholesterol compared to 16% of those with a college education or 15% of respondents with a high school education or less.

Year Comparisons

- From 2003 to 2005, the overall percent of respondents reporting high blood cholesterol statistically remained the same.
- Older respondents were more likely to report high blood cholesterol in the study years.
- In 2005, respondents with some post high school education were more likely to report high blood cholesterol. In 2003, education was not a significant variable.
- In 2003, overweight respondents were more likely to report high blood cholesterol. In 2005, overweight status was not a significant variable.

Table 13. High Blood Cholesterol in Past Three Years by Demographic Variables for Each Survey Year[①]

	2003	2005
TOTAL	18%	19%
Gender		
Male	18	21
Female	19	17
Age[1,2]		
18 to 34	3	5
35 to 44	11	13
45 to 54	30	25
55 to 64	25	28
65 and Older	33	37
Education[2]		
High School or Less	16	15
Some Post High School	21	29
College Graduate	17	16
Household Income		
$30,000 or Less	19	22
$30,001 to $60,000	19	20
$60,001 or More	15	16
Marital Status		
Married	18	22
Not Married	17	16
Overweight[1]		
Not Overweight	9	17
Overweight	22	19
Moderate Physical Activity		
Inactive	22	17
Insufficient	17	21
Recommended	17	15
Smoking Status		
Nonsmoker	19	20
Smoker	15	16

[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

Heart Disease/Condition

2005 Findings

- Seven percent of respondents reported heart disease or condition in the past three years.

- Respondents 65 and older were more likely to report heart disease/condition (22%) compared to those 45 to 54 years old (3%) or respondents 35 to 44 years old (0%).

Year Comparisons

- From 2003 to 2005, the overall percent of respondents reporting heart disease/condition statistically remained the same.

- Respondents 65 and older were more likely to report heart disease/condition in both study years. In addition, there was a noted increase of respondents 18 to 34 years old reporting this.

- In 2003, unmarried respondents were more likely to report heart disease/condition. In 2005, marital status was not a significant variable.

Table 14. Heart Disease/Condition in Past Three Years by Demographic Variables for Each Survey Year[①]

	2003	2005
TOTAL	7%	7%
Gender		
Male	7	7
Female	7	6
Age[1,2]		
18 to 34[a]	0	5
35 to 44	2	0
45 to 54	9	3
55 to 64	3	5
65 and Older	24	22
Education		
High School or Less	7	8
Some Post High School	11	5
College Graduate	4	4
Household Income		
$30,000 or Less	10	4
$30,001 to $60,000	5	4
$60,001 or More	6	4
Marital Status[1]		
Married	4	6
Not Married	9	7
Overweight		
Not Overweight	5	7
Overweight	8	6
Moderate Physical Activity		
Inactive	10	6
Insufficient	6	6
Recommended	5	9
Smoking Status		
Nonsmoker	8	7
Smoker	6	6

[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

Mental Health Problem

2005 Findings

- Five percent of respondents reported a mental health problem in the past three years.

- Eight percent of respondents with a household income of less than $30,001 reported a mental health problem compared to 2% of those with an income of $30,001 to $60,000 or 0% of respondents with a household income of at least $60,001.

- Unmarried respondents were more likely to report a mental health problem compared to married respondents (9% and 1%, respectively).

Year Comparisons

- From 2003 to 2005, the overall percent reporting a mental health problem statistically remained the same.

- In 2003, respondents 45 to 54 years old were more likely to report a mental health problem. In 2005, age was not a significant variable.

- Although education was not a significant variable in any study year, there was a noted decrease in the percent of respondents with some post high school education reporting a mental health problem.

- In both study years, respondents with a household income of less than $30,001 or unmarried respondents were more likely to report a mental health problem.

Table 15. Mental Health Problem in Past Three Years by Demographic Variables for Each Survey Year[①]

	2003	2005
TOTAL	6%	5%
Gender		
Male	6	5
Female	7	5
Age[1]		
18 to 34	3	6
35 to 44	3	6
45 to 54	18	8
55 to 64	5	3
65 and Older	3	1
Education		
High School or Less	7	8
Some Post High School[a]	9	2
College Graduate	3	4
Household Income[1,2]		
$30,000 or Less	14	8
$30,001 to $60,000	4	2
$60,001 or More	0	0
Marital Status[1,2]		
Married	3	1
Not Married	10	9

[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

Diabetes

2005 Findings

- Eight percent of respondents reported diabetes in the past three years.
- Respondents 65 and older were more likely to report diabetes in the past three years (19%) compared to those 35 to 44 years old (6%) or respondents 18 to 34 years old (less than one percent).
- Unmarried respondents were more likely to report diabetes compared to married respondents (11% and 4%, respectively).
- Overweight respondents were more likely to report diabetes (9%) compared to respondents who were not overweight (2%).

Year Comparisons

- From 2003 to 2005, the overall percent of respondents reporting diabetes statistically remained the same.

- In 2003, respondents 45 and older were more likely to report diabetes. In 2005, respondents 65 and older were more likely to report diabetes.

- In 2005, unmarried respondents were more likely to report diabetes. In 2003, marital status was not a significant variable.

- In 2003 and 2005, overweight respondents were more likely to report diabetes.

Table 16. Diabetes in Past Three Years by Demographic Variables for Each Survey Year[①]

	2003	2005
TOTAL	8%	8%
Gender		
Male	6	9
Female	9	7
Age[1,2]		
18 to 34	<1	<1
35 to 44	6	6
45 to 54	12	12
55 to 64	13	8
65 and Older	10	19
Education		
High School or Less	8	8
Some Post High School	5	9
College Graduate	7	5
Household Income		
$30,000 or Less	8	12
$30,001 to $60,000	9	7
$60,001 or More	3	3
Marital Status[2]		
Married	7	4
Not Married	6	11
Overweight[1,2]		
Not Overweight	2	2
Overweight	9	9
Moderate Physical Activity		
Inactive	12	12
Insufficient	7	9
Recommended	5	3
Smoking Status		
Nonsmoker	7	10
Smoker	9	5

[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

A1C Test

The Healthy People 2010 goal for an A1C test at least two times a year is 50%. (Objective 05-12)

2005 Findings

- Twenty-nine percent of the 31 respondents who reported being diagnosed with diabetes had an A1C test four or more times in the past year. Fifty-five percent reported one to three times and 16% reported zero times.

- Nineteen percent of the 26 respondents who had an A1C test in the past year had a level of less than seven at their last appointment. Thirty-five percent reported a level of seven or higher while 46% were not sure.

- Thirty-five percent of the 26 respondents who had an A1C test in the past year had a LDL level of less than 100 at their last appointment. Nineteen percent reported a level of 100 or higher while 46% were not sure.

Current Asthma

2005 Findings

- Twelve percent of respondents reported they currently have asthma.

- Seventeen percent of female respondents reported current asthma compared to 6% of male respondents.

- Respondents with a household income of less than $30,001 were more likely to report current asthma (18%) compared to respondents with a household income of at least $30,001 (7%).

- Unmarried respondents were more likely to report current asthma compared to married respondents (16% and 8%, respectively).

Year Comparisons

- From 2003 to 2005, the overall percent of respondents reporting current asthma statistically remained the same.

- Female respondents were more likely to report asthma in each study year.

- In 2005, respondents with a household income of less than $30,001 or who were unmarried were more likely to report current asthma. In 2003, neither household income nor marital status was significant.

Table 17. Current Asthma by Demographic Variables for Each Survey Year[①]

	2003	2005
TOTAL	12%	12%
Gender[1,2]		
Male	6	6
Female	16	17
Age		
18 to 34	15	13
35 to 44	16	11
45 to 54	11	13
55 to 64	5	13
65 and Older	7	11
Education		
High School or Less	11	14
Some Post High School	14	10
College Graduate	9	12
Household Income[2]		
$30,000 or Less	14	18
$30,001 to $60,000	9	7
$60,001 or More	13	7
Marital Status[2]		
Married	12	8
Not Married	11	16

[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

Written Asthma Action Plan

2005 Findings

- Of the 48 respondents who currently had asthma, 40% had a written asthma action plan.
- No demographic comparisons were conducted as a result of the small number of respondents answering this question.

Year Comparisons

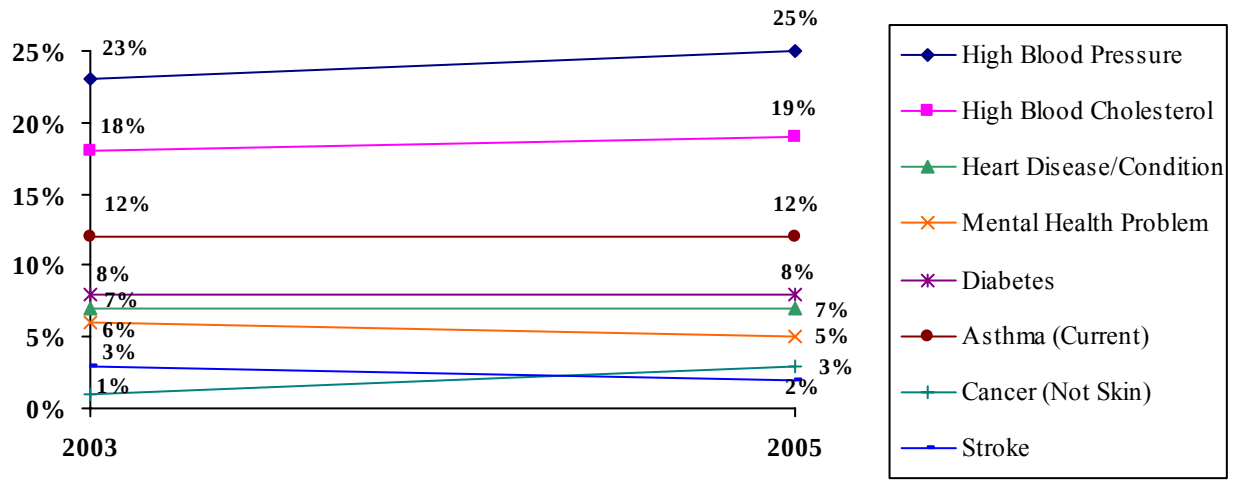
- No demographic comparisons were conducted between years as a result of the small number of respondents answering this question and revised question wording.

Overall Health Conditions

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who have been told or treated for the listed health conditions.

Figure 9. Health Conditions in Past Three Years



Prevalence of Select Alternative Treatments (Figures 10 & 11; Tables 18 - 22)

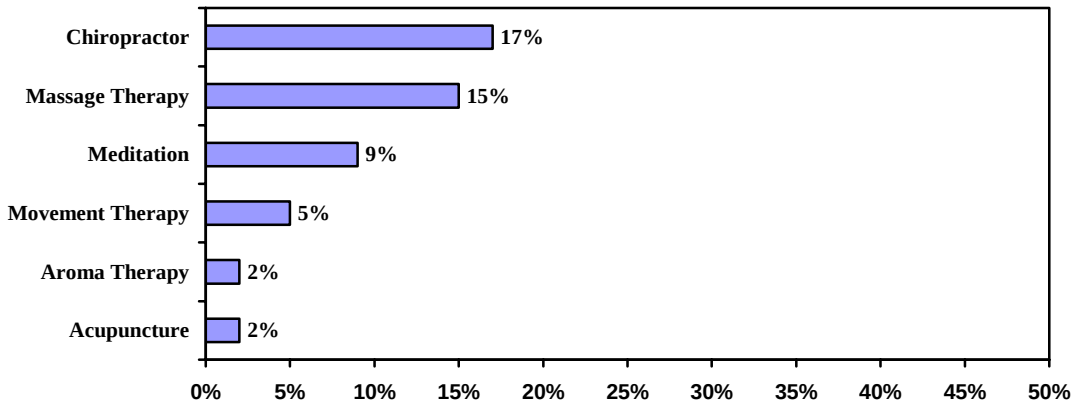
KEY FINDINGS: In 2005, out of six alternative treatments listed, the most often used in the past three years were chiropractic care or massage therapy (17% and 15%, respectively). Respondents with a college education or who were married were more likely to report chiropractic care. Respondents 55 to 64 years old or with a college education were more likely to report movement therapy. Respondents with a college education were more likely to report meditation.

From 2003 to 2005, there was no statistical change in the overall percent of respondents reporting each of the alternative treatments. Fewer demographic differences were found for massage therapy as well as meditation while there were more demographic differences found for movement therapy. Demographic findings varied for chiropractic care.

2005 Findings

- Respondents were more likely to have gone to a chiropractor (17%) or used massage therapy (15%) in the past three years.

Figure 10. Received Alternative Treatment in Past Three Years



Chiropractic Care

2005 Findings

- Seventeen percent of respondents reported chiropractic care in the past three years.

- Twenty-three percent of respondents with a college education reported chiropractic care in the past three years compared to 17% of those with a high school education or less or 9% of respondents with some post high school education.

- Married respondents were more likely to report chiropractic care compared to unmarried respondents (24% and 11%, respectively).

Year Comparisons

- From 2003 to 2005, the overall percent of respondents reporting chiropractic care statistically remained the same.

- Although age was not significant in any study year, there was a noted increase in the percent of respondents 18 to 34 years old reporting chiropractic care.

- In both study years, respondents with a college education were more likely to report chiropractic care. In addition, there was a noted increase in the percent of respondents with a high school education or less reporting this.

- In 2003, respondents with a household income of at least $30,001 were more likely to report chiropractic care. In 2005, household income was not significant as a result of a noted increase in the percent of respondents with a household income of less than $30,001 reporting chiropractic care.

- In 2005, married respondents were more likely to report chiropractic care, as a result of a noted increase.

Table 18. Chiropractic Care in Past Three Years by Demographic Variables for Each Survey Year[①]

	2003	2005
TOTAL	12%	17%
Gender		
Male	10	15
Female	14	17
Age		
18 to 34[a]	5	20
35 to 44	15	17
45 to 54	16	13
55 to 64	20	8
65 and Older	12	18
Education[1,2]		
High School or Less[a]	8	17
Some Post High School	11	9
College Graduate	20	23
Household Income[1]		
$30,000 or Less[a]	5	17
$30,001 to $60,000	16	12
$60,001 or More	16	24
Marital Status[2]		
Married[a]	14	24
Not Married	10	11

[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

Massage Therapy

2005 Findings

- Fifteen percent of respondents reported massage therapy in the past three years.

- There were no statistically significant differences between demographic variables and reporting massage therapy in the past three years.

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who used massage therapy.

- In 2003, respondents who were female or with a household income of at least $60,001 were more likely to report massage therapy. In 2005, neither gender nor household income was significant.

- In 2003, respondents with at least some post high school education were more likely to report massage therapy. In 2005, education was not significant, as a result of a noted increase in the percent of respondents with a high school education or less reporting massage therapy.

Table 19. Massage Therapy in Past Three Years by Demographic Variables for Each Survey Year[①]

	2003	2005
TOTAL	13%	15%
Gender[1]		
Male	7	13
Female	17	17
Age		
18 to 34	13	18
35 to 44	9	18
45 to 54	17	12
55 to 64	23	13
65 and Older	8	11
Education[1]		
High School or Less[a]	7	15
Some Post High School	17	13
College Graduate	20	18
Household Income[1]		
$30,000 or Less	6	12
$30,001 to $60,000	15	17
$60,001 or More	24	19
Marital Status		
Married	13	15
Not Married	13	15

[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

Aroma Therapy

2005 Findings

- Two percent of respondents reported aroma therapy in the past three years.
- No demographic comparisons were conducted as a result of the low percent of respondents reporting aroma therapy in the past three years.

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who used aroma therapy.

- In 2003, respondents with a college education or married respondents were more likely to report aroma therapy.

- No demographic comparisons across years were conducted as a result of the low percent of respondents reporting aroma therapy in 2005.

Table 20. Aroma Therapy in Past Three Years by Demographic Variables for Each Survey Year①

	2003	2005②
TOTAL	4%	2%
Gender		
Male	3	--
Female	5	--
Age		
18 to 34	4	--
35 to 44	1	--
45 to 54	5	--
55 to 64	5	--
65 and Older	0	--
Education[1]		
High School or Less	2	--
Some Post High School	3	--
College Graduate	8	--
Household Income		
$30,000 or Less	2	--
$30,001 to $60,000	4	--
$60,001 or More	7	--
Marital Status[1]		
Married	6	--
Not Married	<1	--

①Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
②Insufficient statistical reliability as a result of low percent
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

Movement Therapy

2005 Findings

- Five percent of respondents reported movement therapy in the past three years.

- Respondents 55 to 64 years old were more likely to report movement therapy in the past three years (13%) compared to those 18 to 44 years old (4%) or respondents 65 and older (0%).

- Eleven percent of respondents with a college education reported movement therapy compared to 6% of those with some post high school education or 2% of respondents with a high school education or less.

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who used movement therapy.

- In 2005, respondents 55 to 64 years old were more likely to report movement therapy, as a result of a noted increase. In 2003, age was not a significant variable.

- In 2005, respondents with a college education were more likely to report movement therapy. In 2003, education was not a significant variable.

Table 21. Movement Therapy in Past Three Years by Demographic Variables for Each Survey Year[①]

	2003	2005
TOTAL	4%	5%
Gender		
Male	2	4
Female	5	6
Age[2]		
18 to 34	7	4
35 to 44	1	4
45 to 54	4	9
55 to 64[a]	0	13
65 and Older	5	0
Education[2]		
High School or Less	3	2
Some Post High School	4	6
College Graduate	6	11
Household Income		
$30,000 or Less	4	2
$30,001 to $60,000	4	8
$60,001 or More	7	7
Marital Status		
Married	4	5
Not Married	4	5

[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

Meditation

2005 Findings

- Nine percent of respondents reported meditation in the past three years.
- Nineteen percent of respondents with a college education reported meditation compared to 12% of those with some post high school education or 3% of respondents with a high school education or less.

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who used meditation.

- In both study years, respondents with a college education were more likely to report meditation.
- In 2003, respondents with a household income of at least $60,001 were more likely to report meditation. In 2005, household income was not a significant variable.
- In 2003, married respondents were more likely to report meditation. In 2005, marital status was not a significant variable as a result of a noted increase in the percent of unmarried respondents reporting meditation.

Table 22. Meditation in Past Three Years by Demographic Variables for Each Survey Year[①]

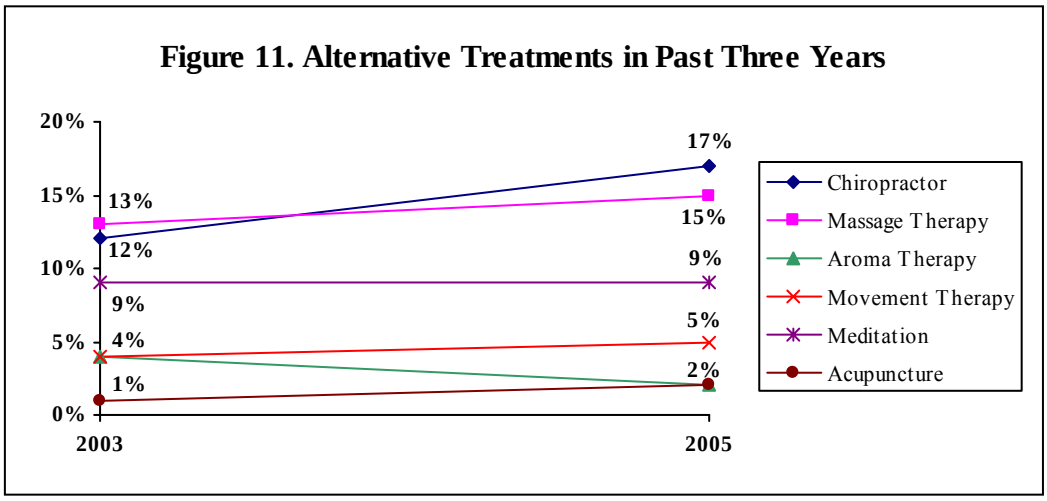
	2003	2005
TOTAL	9%	9%
Gender		
Male	7	13
Female	10	7
Age		
18 to 34	9	8
35 to 44	9	12
45 to 54	7	13
55 to 64	8	5
65 and Older	7	4
Education[1,2]		
High School or Less	5	3
Some Post High School	9	12
College Graduate	16	19
Household Income[1]		
$30,000 or Less	7	9
$30,001 to $60,000	6	10
$60,001 or More	22	11
Marital Status[1]		
Married	12	7
Not Married[a]	5	11

[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

Alternative Treatments Overall

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who used each of the alternative treatments.



Physical Well Being and Body Weight (Figures 12 & 13; Tables 23 & 24)

KEY FINDINGS: In 2005, 24% of respondents met the recommended amount of moderate physical activity on a weekly basis; 22% were classified as inactive. Respondents with at least some post high school education, with a household income of at least $60,001 or who were not overweight were more likely to have met the recommended amount of physical activity. Seventy-one percent of respondents were classified as overweight (40% overweight and 31% obese). Respondents who did an insufficient amount of moderate physical activity were more likely to be classified as overweight.

From 2003 to 2005, there was no statistical change in the overall percent of respondents meeting the recommended amount of moderate physical activity while there was a statistical increase in the percent of respondents who were classified as overweight.

Physical Activity in Past Month

2005 Findings

- Seventy-one percent of respondents reported they participated in any physical activity or exercise such as running, calisthenics, golfing, gardening or walking in the past month.

Moderate Physical Activity in Usual Week

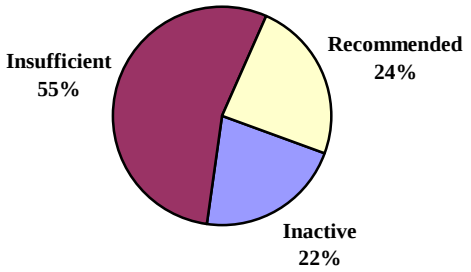
Moderate physical activity is recommended by the Centers for Disease Control and Prevention/American College of Sports Medicine for at least 30 minutes on five or more days of the week. Moderate physical activity includes walking briskly, mowing the lawn, vacuuming, gardening, dancing, swimming or bicycling on level terrain. A person should feel some exertion but should be able to carry on a conversation comfortably during the activity.

The Healthy People 2010 goal for moderate, regular physical activity five times a week for at least 30 minutes is 50%. (Objective 22-02)

2005 Findings

- Twenty-four percent of all respondents were classified as doing the recommended amount of physical activity in a typical week. Fifty-five percent did some activity, but not to the extent of the recommendation, while 22% were classified as inactive.

Figure 12. Moderate Physical Activity/Week



- Thirty-three percent of respondents with some post high school education and 30% of those with a college education met the recommended amount of physical activity compared to 16% of respondents with a high school education or less.

- Forty-one percent of respondents with a household income of at least $60,001 met the recommended amount of physical activity compared to 21% of those with an income of less than $30,001 or 16% of respondents with a household income of $30,001 to $60,000.

- Respondents who were not overweight were more likely to meet the recommendation compared to overweight respondents (36% and 18%, respectively).

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who did the recommended amount of physical activity in a week.

- Although age was not a significant variable in any study year, there was a noted decrease in the percent of respondents 18 to 34 years old meeting the recommended amount of moderate physical activity.

- In 2005, respondents with at least some post high school education were more likely to meet the recommendation of moderate physical activity. In addition, there was a noted decrease in the percent of respondents with a high school education or less reporting this.

- In 2005, respondents with a household income of at least $60,001were more likely to meet the recommended amount of physical activity in a week, with a noted increase. In addition, there was a noted decrease in the percent of respondents with a household income of $30,001 to $60,000 meeting the recommendation.

- In 2005, respondents who were not overweight were more likely to meet the recommended amount of physical activity. In 2003, overweight status was not a significant variable.

Table 23. Met Recommended Amount of Moderate Physical Activity in a Typical Week by Demographic Variables for Each Survey Year[①]

	2003	2005
TOTAL	28%	24%
Gender		
Male	30	28
Female	26	21
Age		
18 to 34[a]	35	23
35 to 44	25	28
45 to 54	23	23
55 to 64	32	26
65 and Older	19	22
Education[2]		
High School or Less[a]	27	16
Some Post High School	24	33
College Graduate	32	30
Household Income[2]		
$30,000 or Less	25	21
$30,001 to $60,000[a]	30	16
$60,001 or More[a]	25	41
Marital Status		
Married	24	23
Not Married	31	24
Overweight[2]		
Not Overweight	30	36
Overweight	24	18

[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

Body Weight

Being overweight contributes to many health problems. One nationally used definition of overweight is when a person's body mass index (BMI) is greater or equal to 25.0. A BMI of 30.0 or more is considered obese.[3] Body Mass Index is calculated by using kilograms/meter^2. Throughout the report, the category "overweight" includes both overweight and obese respondents.

The Healthy People 2010 goal for obesity is 15% for persons 20 and older. (Objective 19-02)
The Healthy People 2010 goal for an unhealthy weight is 40% for persons 20 and older. (Objective 19-01)

Fifty-eight percent of Wisconsin respondents were classified as at least overweight in 2002 (36% overweight, 22% obese). Sixty-eight percent of males in Wisconsin were classified as at least overweight while 48% of females were. In the nation, 59% were classified as at least overweight (37% overweight and 22% obese) (2002 Behavioral Risk Factor Survey).

2005 Findings

- According to the definition, 71% of respondents were overweight (40% overweight and 31% obese).
- Seventy-eight percent of respondents who did an insufficient amount of physical activity were overweight compared to 69% of those who were inactive or 55% of respondents who met the recommended amount of physical activity.

Year Comparisons

- From 2003 to 2005, there was a statistical increase in the overall percent of respondents being overweight.
- In 2003, male respondents were more likely to be classified as overweight. In 2005, gender was not a significant variable as a result of a noted increase in the percent of female respondents reporting this.
- Although marital status was not a significant variable in any study year, there was a noted increase in the percent of married respondents who were classified as overweight.
- In 2005, respondents who did an insufficient amount of physical activity were more likely to report they were overweight as a result of a noted increase. In 2003, moderate physical activity was not a significant variable.

[3] Body Mass Index = (kg/m^2). Developed by the Centers for Disease Control (CDC).

Table 24. Overweight by Demographic Variables for Each Survey Year[①]

	2003	2005
TOTAL[a]	63%	71%
Gender[1]		
Male	69	73
Female[a]	59	69
Age		
18 to 34	59	69
35 to 44	64	75
45 to 54	70	70
55 to 64	68	71
65 and Older	55	70
Education		
High School or Less	64	73
Some Post High School	63	69
College Graduate	64	69
Household Income		
$30,000 or Less	67	74
$30,001 to $60,000	60	70
$60,001 or More	62	74
Marital Status		
Married[a]	61	73
Not Married	65	69
Moderate Physical Activity[2]		
Inactive	70	69
Insufficient[a]	63	78
Recommended	59	55

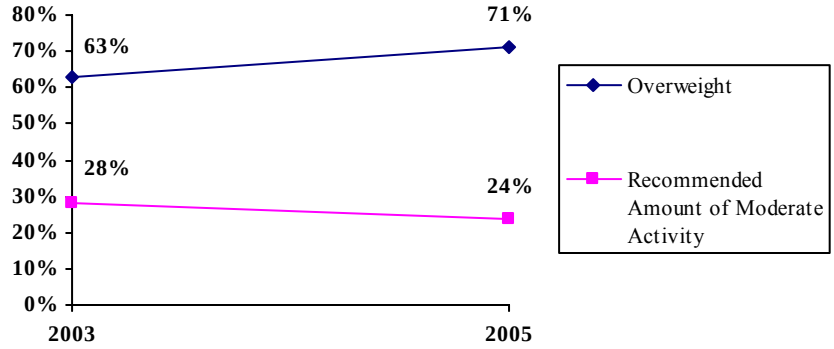
[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

Physical Well Being and Body Weight Overall

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who met the recommended amount of physical activity in a week while there was a statistical increase in the overall percent of respondents being overweight.

Figure 13. Physical Well Being and Body Weight



Nutrition and Diet (Figure 14; Tables 25 & 26)

KEY FINDINGS: In 2005, 58% of respondents ate two or more servings of fruit while 22% ate three or more servings of vegetables on an average day. Respondents with a college education, who were not overweight or who met the recommended amount of physical activity were more likely to eat at least two servings of fruit a day. Respondents who were female, with a college education or who were not overweight were more likely to report eating three servings of vegetables a day.

From 2003 to 2005, there was no statistical change in the overall percent of respondents reporting two or more servings of fruit while there was a statistical decrease in the overall percent of respondents reporting three servings of vegetables. Demographic findings varied across years for each nutrition question.

Fruit Intake

The Healthy People 2010 goal for at least two daily servings of fruit is 75%. (Objective 19-05)

Based on the USDA dietary guidelines, at a minimum, adults should have two servings of fruit each day. Age, gender and activity level may increase the recommended number of servings.

2005 Findings

- Fifty-eight percent of respondents eat two or more servings of fruit on an average day. Forty percent reported one serving or less.

- Seventy-three percent of respondents with a college education reported eating two or more servings of fruit a day compared to 61% of those with some post high school education or 48% of respondents with a high school education or less.

- Respondents who were not overweight were more likely to report eating two or more fruit servings per day compared to overweight respondents (66% and 55%, respectively).

- Seventy percent of respondents who met the recommended amount of moderate physical activity reported eating two or more fruit servings per day compared to 58% of those who did an insufficient amount of activity or 49% of respondents who were inactive.

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents reporting eating two or more servings of fruit on an average day.

- Although age was not a significant variable in any study year, there was a noted decrease in the percent of respondents 55 to 64 years old reporting two or more servings of fruit.

- In 2003 and 2005, respondents with a college education were more likely to report eating two or more servings of fruit.

- In 2003, respondents with a household income of at least $60,001 were more likely to report eating two or more servings of fruit per day. In 2005, household income was not a significant variable as a result of a noted decrease in the percent of respondents with an income of at least $30,001 reporting this.

- In 2003, married respondents were more likely to report eating fruit. In 2005, marital status was not significant, as a result of a noted decrease in the percent of married respondents eating two or more servings of fruit a day.

- In 2005, respondents who were not overweight were more likely to report eating at least two servings of fruit. In 2003, overweight status was not a significant variable.

- In 2003, respondents who did at least some moderate physical activity were more likely to report eating two or more servings of fruit on an average day. In 2005, respondents who met the recommended amount of moderate physical activity were more likely to report eating fruit, as a result of a noted decrease in the percent of respondents who did an insufficient amount of exercise reporting this.

Table 25. Two or More Servings of Fruit on Average Day by Demographic Variables for Each Survey Year[①]

	2003	2005
TOTAL	64%	58%
Gender		
Male	65	55
Female	63	60
Age		
18 to 34	56	65
35 to 44	63	57
45 to 54	65	49
55 to 64[a]	73	46
65 and Older	75	62
Education[1,2]		
High School or Less	57	48
Some Post High School	63	61
College Graduate	80	73
Household Income[1]		
$30,000 or Less	53	51
$30,001 to $60,000[a]	70	55
$60,001 or More[a]	84	69
Marital Status[1]		
Married[a]	72	60
Not Married	56	56
Overweight[2]		
Not Overweight	70	66
Overweight	60	55
Moderate Physical Activity[1,2]		
Inactive	49	49
Insufficient[a]	69	58
Recommended	70	70

[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

Vegetable Intake

Based on the USDA dietary guidelines, at a minimum, adults should have three servings of vegetables each day. Age, gender and activity level may increase the recommended number of servings.

The Healthy People 2010 goal for at least three daily servings of vegetables (at least 1/3 being dark green or deep yellow) is 50%. (Objective 19-06)

2005 Findings

- Twenty-two percent of respondents eat three or more servings of vegetables on an average day. Seventy-seven percent reported two servings or less.

- Female respondents were more likely to report eating three or more servings of vegetables a day (26%) compared to male respondents (15%).

- Thirty percent of respondents with a college education reported eating three or more servings of vegetables a day compared to 22% of those with some post high school education or 16% of respondents with a high school education or less.

- Respondents who were not overweight were more likely to report eating three or more servings of vegetables a day compared to overweight respondents (28% and 18%, respectively).

Year Comparisons

- From 2003 to 2005, there was a statistical decrease in the overall percent of respondents reporting eating three or more servings of vegetables on an average day.

- Female respondents were more likely to report eating three or more vegetable servings per day in both study years.

- In 2003, respondents 65 and older were more likely to report eating three or more servings of vegetables per day. In 2005, age was not a significant variable.

- In 2005, respondents with a college education were more likely to report eating three or more servings of vegetables as a result of a noted decrease in the percent of respondents with a high school education or less reporting this.

- Although household income or moderate physical activity was not significant in any study year, there was a noted decrease in the percent of respondents with a household income of $30,001 to $60,000 or inactive respondents reporting three or more servings of vegetables.

- In 2005, respondents who were not overweight were more likely to report eating three or more servings of vegetables as a result of a noted decrease in the percent of overweight respondents reporting this. In 2003, overweight status was not a significant variable.

Table 26. Three or More Servings of Vegetables on Average Day by Demographic Variables for Each Survey Year[①]

	2003	2005
TOTAL[a]	28%	22%
Gender[1,2]		
Male	22	15
Female	32	26
Age[1]		
18 to 34	31	25
35 to 44	31	23
45 to 54	18	12
55 to 64	13	20
65 and Older	36	26
Education[2]		
High School or Less[a]	27	16
Some Post High School	29	22
College Graduate	27	30
Household Income		
$30,000 or Less	23	23
$30,001 to $60,000[a]	30	18
$60,001 or More	37	28
Marital Status		
Married	31	24
Not Married	25	19
Overweight[2]		
Not Overweight	31	28
Overweight[a]	26	18
Moderate Physical Activity		
Inactive[a]	31	15
Insufficient	29	24
Recommended	24	25

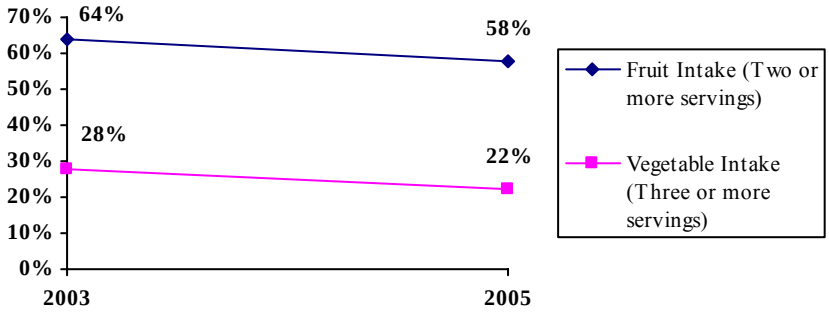
[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

Fruit and Vegetable Intake Overall

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents reporting eating two or more servings of fruit while there was a statistical decrease in the overall percent of respondents reporting eating three or more servings of vegetables on an average day.

Figure 14. Fruit and Vegetable Intake on an Average Day



Women's Health (Figure 15; Table 27)

KEY FINDINGS: In 2005, 81% of female respondents 40 and older reported a mammogram within the past two years. Seventy-four percent of female respondents 65 and older had a bone density scan. Ninety-one percent of female respondents 18 to 65 years old reported a pap smear within the past three years.

From 2003 to 2005, there was no statistical change in the overall percent of respondents reporting a mammogram in the past two years or having a pap smear within the past three years.

Mammogram

Routine screening for breast cancer every one to two years with mammography is recommended for women 40 years old and older.[4]

The Healthy People 2010 goal for women 40 and older to have received a mammogram within the past two years is 70%. (Objective 03-13)

Seventy-five percent of Wisconsin and 75% of U.S. women 40 and older reported they had a mammogram within the past two years (2004 Behavioral Risk Factor Surveillance).

[4]"Screening for Breast Cancer." U.S. Preventive Services Task Force: The Guide to Clinical Preventive Services, 2005. Agency for Healthcare Research and Quality, 2005. Pages 23 - 25.

2005 Findings

- Eighty-one percent of female respondents 40 years old or older had a mammogram within the past two years (62% within past year and 19% more than one year but less than two years). Seven percent reported never.

- No demographic comparisons were conducted as a result of the number of women who were asked this question.

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who reported having a mammogram within the past two years.

- No demographic comparisons were conducted between years as a result of the number of women who were asked this question.

Bone Density Scan

2005 Findings

- Seventy-four percent of the 50 female respondents 65 years old or older had a bone density scan to determine if they are at risk for fractures or are in the early stages of osteoporosis.

- No demographic comparisons were conducted as a result of the number of women who were asked this question.

Pap Smear

Routine screening for cervical cancer with Papanicolaou (Pap) testing is recommended for all women who are or have been sexually active and who have a cervix. Pap smears should begin with the onset of sexual activity or at age 21 and should be repeated at least every three years. There is insufficient evidence to recommend for or against an upper age limit for Pap testing, but recommendations can be made on other grounds to discontinue regular testing after age 65 in women who have had regular previous screenings in which the smears have been consistently normal.[5]

The Healthy People 2010 goal for women 18 and older to have received a pap test within the past three years is 90%. (Objective 03-11b)

Eighty-six percent of Wisconsin women 18 and older and 86% of U.S. women reported they had a pap smear within the past three years (2004 Behavioral Risk Factor Surveillance).

2005 Findings

- A total of 91% of respondents 18 to 65 years old with a cervix reported they had a pap smear within the past three years (72% within past year and 19% one year and less than three years).

[5]"Screening for Cervical Cancer." U.S. Preventive Services Task Force: The Guide to Clinical Preventive Services, 2005. Agency for Healthcare Research and Quality, 2005. Pages 26 - 31.

- There were no statistically significant differences between demographic variables and time since last pap smear.

Year Comparisons

- There was no statistical change in the overall percent of respondents who reported a pap smear within the past three years.

- In 2003, respondents 18 to 54 years old were more likely to report a pap smear within the past three years. In 2005, age was not a significant variable.

Table 27. Pap Smear Within Past Three Years by Demographic Variables for Each Survey Year (Respondents 18 to 65 Years Old and With a Cervix)[①]

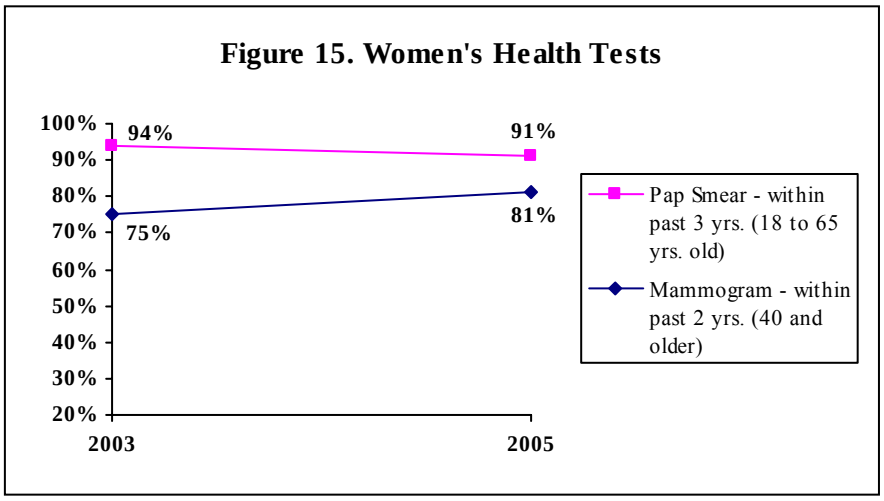
	2003	2005
TOTAL	94%	91%
Age[1]		
18 to 34	97	90
35 to 44	98	97
45 to 54	95	91
55 and Older	81	81
Education		
High School or Less	92	91
Some Post High School	96	92
College Graduate	93	88
Household Income		
$30,000 or Less	93	92
$30,001 to $60,000	93	91
$60,001 or More	94	91
Marital Status		
Married	96	93
Not Married	92	89

[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

Women's Health Tests Overall

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who reported having a mammogram within the past two years or a pap smear within the past three years.



Men's Health (Figure 16)

KEY FINDINGS: In 2005, 48% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Thirty-three percent of male respondents 40 and older had a digital rectal exam in the past year.

From 2003 to 2005, there was no statistical change in the percent of male respondents 40 and older who reported a digital rectal exam within the past year.

Prostate-Specific Antigen Test

The U.S. Preventive Services Task Force concludes there is insufficient evidence for or against routine screening for prostate cancer using prostate-specific antigen (PSA) testing or with a digital rectal examination (DRE).[6]

In 2004, 46% of Wisconsin men and 52% of U.S. men 40 and older reported a PSA test within the past two years (2004 Behavioral Risk Factor Surveillance).

[6]"Screening for Prostate Cancer." U.S. Preventive Services Task Force: The Guide to Clinical Preventive Services, 2005. Agency for Healthcare Research and Quality, 2005. Pages 43 - 45.

2005 Findings

- Thirty-three percent of male respondents 40 years old or older had a test in the past year while 15% reported within the past two years (one year but less than two years). Thirty-five percent of male respondents never had a prostate-specific antigen test.

- No demographic comparisons were conducted as a result of the number of men who were asked this question.

Digital Rectal Exam

The U.S. Preventive Services Task Force concludes there is insufficient evidence for or against routine screening for prostate cancer using prostate-specific antigen (PSA) testing or with a digital rectal examination (DRE).[7]

2005 Findings

- Thirty-three percent of male respondents 40 years old or older had a digital rectal exam in the past year while 20% reported within the past two years (one year but less than two years). Twenty-one percent of respondents never had a digital rectal exam.

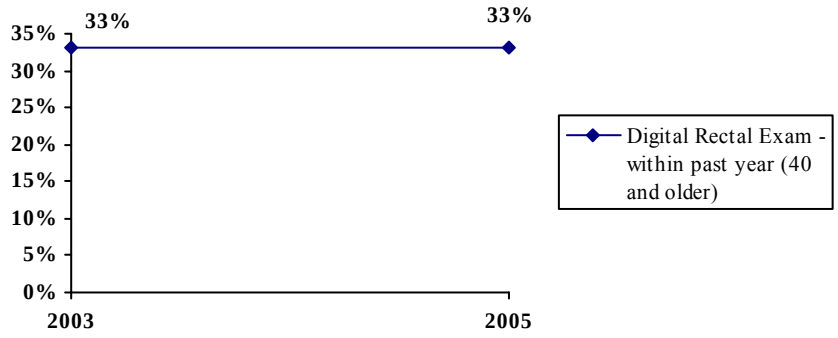
- No demographic comparisons were conducted as a result of the number of men who were asked this question.

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of male respondents 40 years old or older who reported a digital rectal exam within the past year.

- No demographic comparisons were conducted between years as a result of the number of men who were asked this question.

Figure 16. Men's Health Test



[7]"Screening for Prostate Cancer." U.S. Preventive Services Task Force: The Guide to Clinical Preventive Services, 2005. Agency for Healthcare Research and Quality, 2005. Pages 43 - 45.

Other Tests (Figure 17; Tables 28 & 29)

KEY FINDINGS: In 2005, 41% of respondents 50 years old and older had their blood stool tested within the past two years while 61% reported a sigmoidoscopy or colonoscopy in their lifetime.

From 2003 to 2005, there was no statistical change in the overall percent of respondents 50 and older reporting a blood stool test within the past two years or having a sigmoidoscopy or colonoscopy in their lifetime.

Blood Stool Test

An annual fecal occult blood test is recommended for persons 50 and older.[8]

The Healthy People 2010 goal for adults 50 and older having received a fecal occult blood test within the past two years is 50%. (Objective 03-12a)

In 2004, 27% of Wisconsin respondents and 26% of U.S. respondents 50 and older reported a blood stool test within the past two years (2004 Behavioral Risk Factor Surveillance).

2005 Findings

- Forty-one percent of respondents 50 years old or older had a blood stool test within the past two years (25% less than a year ago and 16% more than one year ago, but less than two). Thirty-six percent reported never while 9% were not sure.

- There were no statistically significant differences between demographic variables and responses of a blood stool test within the past two years.

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who reported a blood stool test within the past two years.

- There were no statistically significant differences between and within years and responses of a blood stool test within the past two years.

[8] "Screening for Colorectal Cancer." U.S. Preventive Services Task Force: The Guide to Clinical Preventive Services, 2005. Agency for Healthcare Research and Quality, 2005. Pages 32 - 35.

Table 28. Blood Stool Test Within Past Two Years by Demographic Variables for Each Survey Year (Respondents 50 and Older)[①]

	2003	2005
TOTAL	49%	41%
Gender		
Male	48	38
Female	50	42
Education		
High School or Less	54	40
Some Post High School	49	42
College Graduate	37	43
Household Income		
$30,000 or Less	40	48
$30,001 to $60,000	52	35
$60,001 or More	65	35
Marital Status		
Married	54	38
Not Married	42	42

[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

Sigmoidoscopy or Colonoscopy Exam

A colonoscopy is recommended every 10 years for persons 50 and older while a flexible sigmoidoscopy is recommended more often.[9]

The Healthy People 2010 goal for adults 50 and older having received a sigmoidoscopy in their lifetime is 50%. (Objective 03-12b)

In 2004, 59% of Wisconsin respondents and 53% of U.S. respondents 50 and older reported a sigmoidoscopy or colonoscopy test in their lifetime (2004 Behavioral Risk Factor Surveillance).

2005 Findings

- Twenty-eight percent of respondents 50 years old or older had a sigmoidoscopy or colonoscopy exam within the past two years (12% less than a year ago and 16% more than one year ago, but less than two). An additional 23% reported more than two years but less than five years. Thirty-six percent of respondents never had a sigmoidoscopy or colonoscopy exam.

[9]"Screening for Colorectal Cancer." U.S. Preventive Services Task Force: The Guide to Clinical Preventive Services, 2005. Agency for Healthcare Research and Quality, 2005. Pages 32 - 35.

- There were no statistically significant differences between demographic variables and responses of having a sigmoidoscopy or colonoscopy in their lifetime.

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who reported a sigmoidoscopy or colonoscopy in their lifetime.

- There were no statistically significant differences between and within years and responses of a sigmoidoscopy or colonoscopy in their lifetime.

Table 29. Sigmoidoscopy or Colonoscopy Exam in Their Lifetime by Demographic Variables for Each Survey Year (Respondents 50 and Older)[①]

	2003	2005
TOTAL	66%	61%
Gender		
Male	70	62
Female	63	61
Education		
High School or Less	65	58
Some Post High School	57	56
College Graduate	76	77
Household Income		
$30,000 or Less	65	57
$30,001 to $60,000	63	58
$60,001 or More	73	56
Marital Status		
Married	66	65
Not Married	64	58

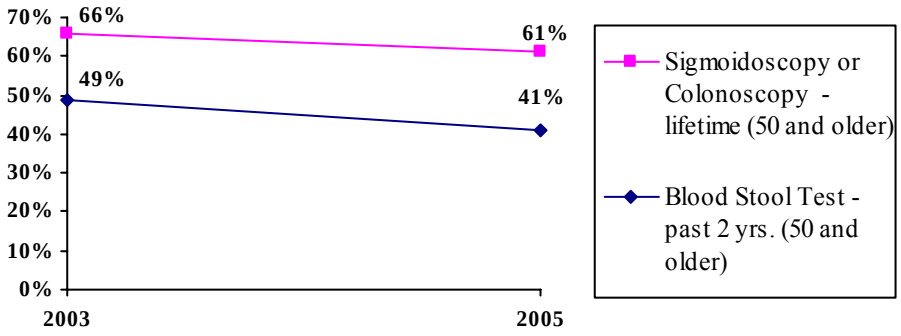
[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

Other Tests Overall

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who reported a blood stool test within the past two years or a sigmoidoscopy or colonoscopy ever.

Figure 17. Other Tests



Sunburn (Table 30)

KEY FINDINGS: In 2005, 8% of respondents had three or more sunburns in the past 12 months while 9% reported two times and 12% reported once. Respondents who were 18 to 34 years old or unmarried were more likely to report three or more sunburns in the past 12 months.

2005 Findings

- Eight percent of respondents reported they had three or more sunburns in the past 12 months. Nine percent reported two times and 12% of respondents reported once. Seventy-one percent reported none.

- Respondents 18 to 34 years old were more likely to report they had three or more sunburns in the past 12 months (14%) compared to those 45 to 54 years old (4%) or respondents 65 and older (1%).

- Unmarried respondents were more likely to report they had three or more sunburns in the past 12 months compared to married respondents (11% and 4%, respectively).

Table 30. Three or More Sunburns in the Past 12 Months by Demographic Variables for 2005

	2005
TOTAL	8%
Gender	
Male	5
Female	9
Age[1]	
18 to 34	14
35 to 44	7
45 to 54	4
55 to 64	5
65 and older	1
Education	
High School or Less	10
Some Post High School	4
College Graduate	7
Household Income	
$30,000 or Less	9
$30,001 to $60,000	5
$60,001 or More	10
Marital Status[1]	
Married	4
Not Married	11

[1]demographic difference at p≤0.05 in 2005

Safety: Seat Belts and Bicycle Helmets (Figures 18 & 19; Tables 31 & 32)

KEY FINDINGS: In 2005, 81% of respondents wore seat belts always or nearly always; respondents 55 to 64 years old, with a college education or married respondents were more likely to report this. Ninety-two percent of respondents who had children indicated their children always or nearly always wore seat belts. Of those respondents who rode a bike, used in-line skates or rode a scooter, 25% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 45% reported their child always or nearly always wore a helmet.

From 2003 to 2005, the overall percent of both adult and child seat belt usage as well as the overall percent of adult helmet usage remained statistically the same. There was a statistical decrease in the overall percent of respondents who reported their child wore a helmet always or nearly always.

Adult Seat Belt Usage

The Healthy People 2010 goal for seat belt use is 92%. This is based on observations at intersections, highway ramps and parking lots. (Objective 15-19)

In 2002, 66% of Wisconsin respondents reported they always wore a seat belt when they drove or rode in a car while 16% reported nearly always. Seventy-seven percent of U.S. respondents reported they always and 11% reported they nearly always wore a seat belt (2002 Behavioral Risk Factor Surveillance).

2005 Findings

- Eighty-one percent of respondents reported they wore seat belts always or nearly always.
- Respondents 55 to 64 years old were more likely to report wearing seat belts always or nearly always (95%) compared to those 35 to 44 years old (77%) or respondents 18 to 34 years old (76%).
- Ninety-four percent of respondents with a college education reported always or nearly always compared to 79% of those with a high school education or less or 75% of respondents with some post high school education.
- Married respondents were more likely to report wearing seat belts always or nearly always compared to unmarried respondents (90% and 75%, respectively).

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a seat belt.
- In 2003, female respondents were more likely to report always or nearly always. In 2005, gender was not a significant variable.
- In 2003, respondents 55 and older were more likely to report they always or nearly always wore a seat belt. In 2005, respondents 55 to 64 years old were more likely to report always or nearly always.

- In 2005, respondents with a college education were more likely to report they always or nearly always wore a seat belt. In 2003, education was not a significant variable.

- In 2003, respondents with a household income of at least $60,001 were more likely to report they always or nearly always wore a seat belt. In 2005, household income was not significant, as a result of noted decrease in the percent of respondents with a household income of at least $60,001 reporting always or nearly always.

- In 2003 and 2005, married respondents were more likely to report they always or nearly always wore a seat belt.

Table 31. Adult Always/Nearly Always Wears Seat Belt by Demographic Variables for Each Survey Year[①]

	2003	2005
TOTAL	84%	81%
Gender[1]		
Male	79	79
Female	89	83
Age[1,2]		
18 to 34	75	76
35 to 44	83	77
45 to 54	84	84
55 to 64	98	95
65 and Older	95	88
Education[2]		
High School or Less	82	79
Some Post High School	85	75
College Graduate	86	94
Household Income[1]		
$30,000 or Less	78	81
$30,001 to $60,000	85	77
$60,001 or More[a]	93	74
Marital Status[1,2]		
Married	90	90
Not Married	78	75

[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

Children Seat Belt Usage

2005 Findings

- Forty-three percent of respondents reported at least one child in the household.

  Of households with children…

  - Ninety-two percent of respondents reported their child always or nearly always wore a seat belt, used an infant seat or used a car seat.

  - Married respondents were more likely to report their child always or nearly always wore a seat belt, etc., compared to unmarried respondents (99% and 82%, respectively).

Year Comparisons

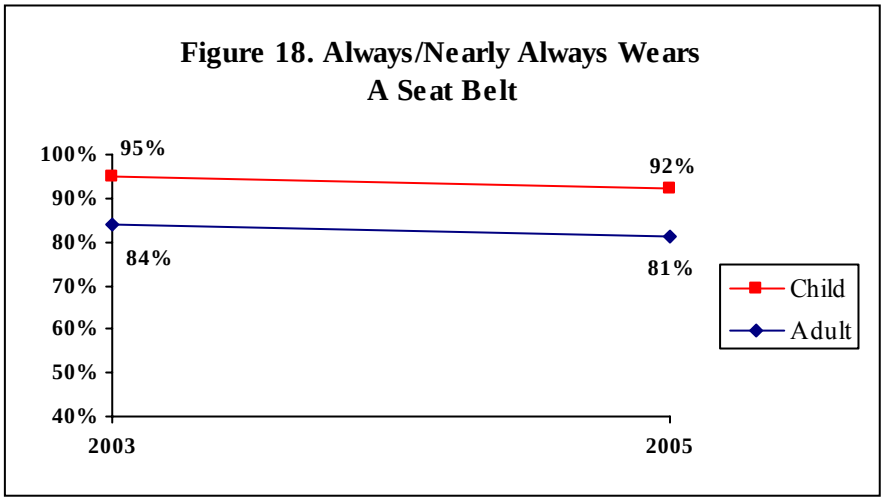
- From 2003 to 2005, there was no statistical change in the overall percent of respondents who reported their child always or nearly always wore a seat belt.

- In 2005, married respondents were more likely to report their child always or nearly always wore a seat belt as a result of a noted increase in this category as well as a noted decrease in the percent of unmarried respondents reporting this.

Seat Belt Usage Overall

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who reported they personally wore a seat belt always or nearly always. There also was no statistical change in the overall percent of respondents reporting their child always or nearly always wore a seat belt.



Adult Bicycle Helmet Usage

2005 Findings

- Thirty-three percent of respondents rode a bike, used in-line roller skates or rode a scooter.

  Of respondents who rode a bike, used in-line roller skates or rode a scooter…

  - Twenty-five percent of respondents who bicycled, used in-line roller skates or rode a scooter always (21%) or nearly always (4%) wore a helmet. Sixty-one percent reported never.

  - There were no statistically significant differences between demographic variables and respondents reporting they always or nearly always wore a helmet.

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a helmet.

- From 2003 to 2005, there were no statistically significant differences between or within years and responses of always or nearly always wearing a helmet.

Table 32. Adult Always/Nearly Always Wears Helmet by Demographic Variables for Each Survey Year (Of Respondents who Rode a Bike, Used In-Line Roller Skates or Rode a Scooter)[①]

	2003	2005
TOTAL	23%	25%
Gender		
Male	27	25
Female	18	26
Age		
18 to 34	14	23
35 to 44	31	21
45 and Older	24	34
Education		
High School or Less	21	25
Some Post High School	18	13
College Graduate	32	34
Household Income		
$60,000 or Less	21	27
$60,001 or More	32	17
Marital Status		
Married	28	31
Not Married	18	18

[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

Children Helmet Usage

2005 Findings

- Thirty-four percent of all respondents reported at least one child in the household and a child who rode a bike, used in-line skates or rode a scooter.

  Of children who rode a bike, used in-line roller skates or rode a scooter…

  - Forty-five percent of respondents reported their child always or nearly always wore a helmet. Thirty-eight percent reported never.

  - Married respondents were more likely to report their child always or nearly always wore a helmet compared to unmarried respondents (53% and 34%, respectively).

Year Comparisons

- From 2003 to 2005, there was a statistical decrease in the overall percent of respondents who reported their child always or nearly always wore a helmet.

- In 2003, respondents with a household income of at least $60,001 were more likely to report their child always or nearly always wore a helmet. In 2005, household income was not a significant variable, as a result of a noted decrease in the percent of respondents with a household income of at least $60,001 reporting this (75% in 2003, 47% in 2005).

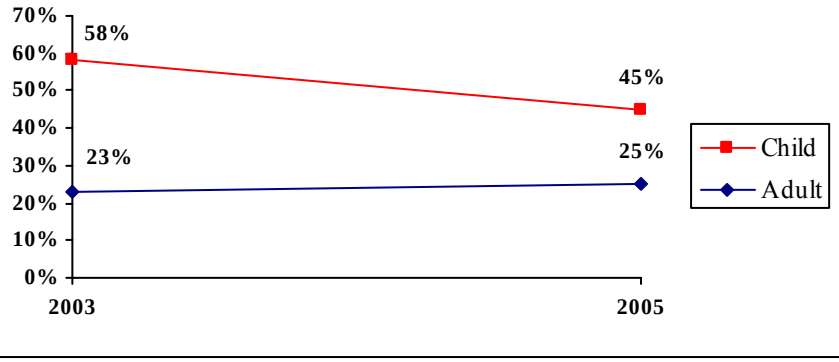
- In 2005, married respondents were more likely to report their child always or nearly always wore a helmet. In 2003, marital status was not a significant variable.

Helmet Usage Overall

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a helmet. There was a statistical decrease in the overall percent of respondents reporting their child always or nearly always wore a helmet.

Figure 19. Always/Nearly Always Wears A Helmet



Cigarette Use (Figures 20 - 22; Table 33)

KEY FINDINGS: In 2005, 34% of respondents were current smokers. Respondents 45 to 64 years old or with some post high school education or less were more likely to be a smoker. Forty-nine percent of current smokers quit smoking for one day or longer in the past 12 months; 72% of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking. Twenty-seven percent of households had a smoker who smoked indoors at home or in their vehicle when others were present.

From 2003 to 2005, there was a statistical increase in the overall percent of smokers; noted increases occurred for males, those 35 to 54 years old, with some post high school education or less, with a household income of at least $60,001 or those who were unmarried. From 2003 to 2005, the overall percent of smokers who tried quitting for one day or longer statistically remained the same. In addition, the overall percent of respondents who reported indoor smoking or vehicle smoking occurred when others were present statistically remained the same.

Current Smokers

The Healthy People 2010 goal for adults smoking is 12%. (Objective 27-01a)

In 2004, 22% of Wisconsin respondents were current smokers, with 25% of males and 19% of females reporting this. Twenty-eight percent of respondents 18 to 34 years old were smokers, while 24% of those 35 to 44 years old and 25% of respondents 45 to 54 years old were smokers. In addition, 17% of respondents 55 to 64 years old and 8% of those 65 and older were smokers. Twenty-one percent of U.S. respondents were current smokers (2004 Behavioral Risk Factor Surveillance).

2005 Findings

- Thirty-four percent of respondents were current smokers. Twenty-nine percent smoked every day while 5% reported some days.

- Forty-five percent of respondents 45 to 54 years old and 43% of those 55 to 64 years old were current smokers compared to 12% of respondents 65 and older.

- Forty-two percent of respondents with a high school education or less and 40% of those with some post high school education were current smokers compared to 14% of respondents with a college education.

Year Comparisons

- From 2003 to 2005, there was a statistical increase in the overall percent of respondents who were current smokers.

- Although gender, household income or marital status was not significant in any study year, there was a noted increase in the percent of male respondents, those with a household income of at least $60,001 or unmarried respondents being a smoker.

- In 2003, respondents 18 to 34 years old were more likely to be a current smoker. In 2005, respondents 45 to 64 years old were more likely to report this. In addition, there was a noted increase in the percent of respondents 35 to 54 years old being a current smoker.

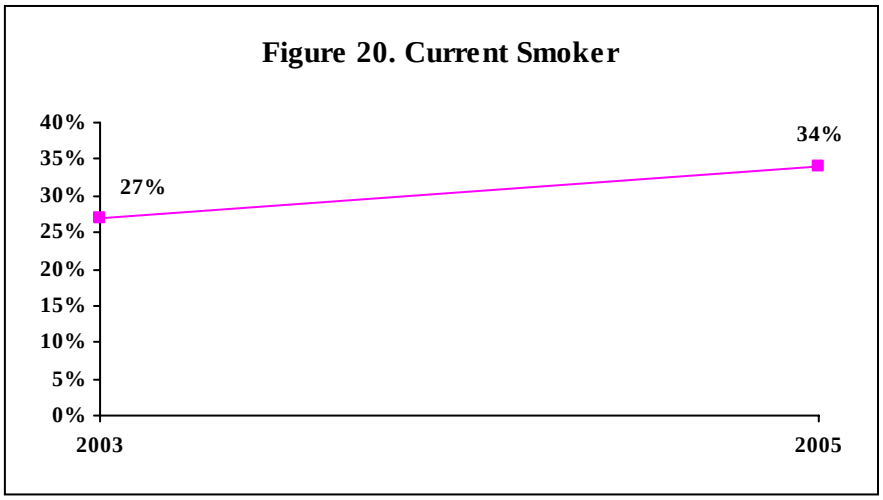
- In 2005, respondents with some post high school education or less were more likely to report being a current smoker as a result of a noted increase.

Table 33. Current Smokers by Demographic Variables for Each Survey Year[①]

	2003	2005
TOTAL[a]	27%	34%
Gender		
Male[a]	25	38
Female	28	31
Age[1,2]		
18 to 34	43	35
35 to 44[a]	23	39
45 to 54[a]	17	45
55 to 64	23	43
65 and Older	12	12
Education[2]		
High School or Less[a]	30	42
Some Post High School[a]	26	40
College Graduate	19	14
Household Income		
$30,000 or Less	30	35
$30,001 to $60,000	29	36
$60,001 or More[a]	17	32
Marital Status		
Married	24	29
Not Married[a]	28	38

[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

- From 2003 to 2005, there was a statistical increase in the overall percent of respondents who were current smokers.



Quit Smoking for at Least One Day in Past 12 Months as a Result of Trying to Quit

The Healthy People 2010 goal for current smokers to have tried quitting for at least one day is 75%. (Objective 27-05)

Forty-two percent of U.S. respondents reported they quit smoking for one day because they were trying to quit (2002 National Health Interview Survey). Forty-nine percent of Wisconsin respondents in 2000 reported a cessation attempt for at least one day (2000 Behavioral Risk Factor Surveillance).

2005 Findings

Of current smokers…

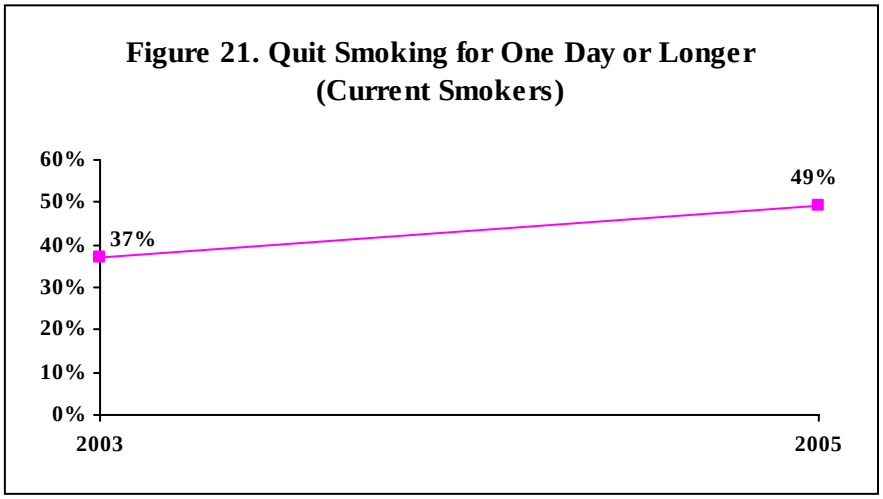
- Forty-nine percent of smokers reported they quit smoking for one day or longer in the past year because they were trying to quit.

- No demographic comparisons were conducted as a result of the low percent of respondents who were asked this question.

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who reported they quit smoking for one day or longer because they were trying to quit.

- No demographic comparisons were conducted between years as a result of the low percent of respondents who were asked this question.



Doctor, Nurse or Other Health Professional Advise Them to Quit Smoking

2005 Findings

Of current smokers who have seen a health professional in the past 12 months…

- Seventy-two percent of the 100 current smokers who have seen a health professional in the past 12 months reported their health professional advised them to quit smoking.

- Sixty percent of the 100 respondents who have seen a health professional reported their health professional advised them to quit smoking at their most recent visit.

Smoking Indoors or in a Vehicle

2005 Findings

- All respondents were asked if any smokers in their household smoked indoors or inside their vehicles when others were present. Twenty-seven percent reported indoor smoking or vehicle smoking occurred.

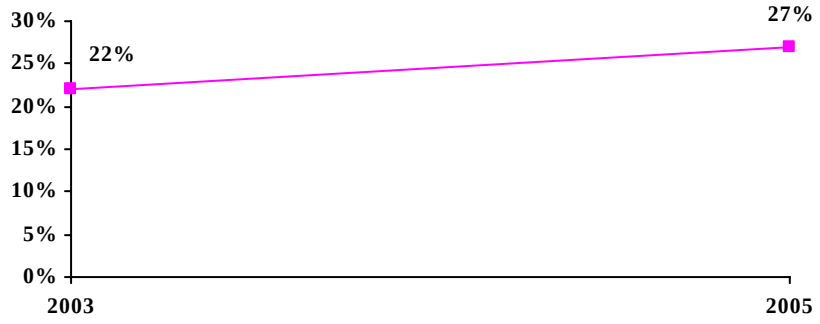
- There was no statistically significant difference between households with children and households without children and responses of smoking indoors or in a vehicle.

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who reported indoor smoking or vehicle smoking occurred.

- In 2003, households with children were more likely to report having a smoker who smoked indoors or in a vehicle compared to households without children. In 2005, presence of children was not a significant variable as a result of a noted increase in the percent of households without children reporting this.

Figure 22. Smokers in Household Smoke Indoors or in Vehicles



Smoking Policies in Eating Establishments (Figures 23 & 24; Tables 34 - 38)

KEY FINDINGS: In 2005, 54% of all respondents preferred a smoke-free restaurant; respondents with a college education or nonsmokers were more likely to prefer this. Sixty percent favored a community ordinance prohibiting smoking in eating establishments. Respondents who were female, 18 to 34 years old, with a college education or nonsmokers were more likely to favor a community ordinance to prohibit smoking in eating establishments. Sixty-one percent of respondents favored a statewide law to prohibit smoking in all workplaces, excluding taverns and restaurants with more than 75% of their business being alcohol sales. Respondents who were 18 to 34 years old, with a college education, with a household income of $30,001 to $60,000 or nonsmokers were more likely to report this.

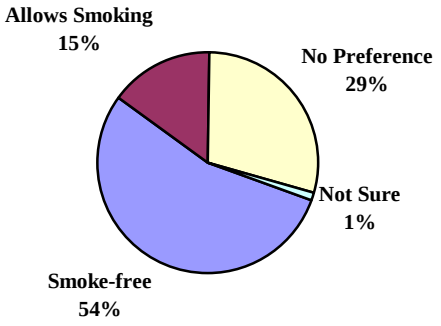
From 2003 to 2005, there was no statistical change in overall restaurant preference; with demographic findings remaining similar. From 2003 to 2005, there was no statistical change in the overall percent of respondents favoring a community ordinance prohibiting smoking in eating establishments. Demographic findings varied across years when looking at an ordinance prohibiting smoking in eating establishments.

Smoking Preference in Restaurants

2005 Findings

- Fifty-four percent of respondents reported they preferred to eat in smoke-free restaurants while 15% preferred restaurants that allow smoking. Twenty-nine percent reported they did not have a preference.

Figure 23. Smoking Preference in Restaurants



- Seventy percent of respondents with a college education preferred smoke-free restaurants compared to 49% of those with a high school education or less or 48% of respondents with some post high school education.

- Seventy-two percent of nonsmokers preferred smoke-free restaurants compared to 20% of smokers.

Table 34. Restaurant Preference by Demographic Variables for 2005

	Smoke-free	Allow Smoking	No Preference
TOTAL	54%	15%	29%
Gender			
Male	51	16	32
Female	57	15	28
Age			
18 to 34	61	19	18
35 to 44	50	7	43
45 to 54	48	23	29
55 to 64	58	15	28
65 and older	51	11	36
Education[1]			
High School or Less	49	19	30
Some Post High School	48	19	33
College Graduate	70	4	25
Household Income			
$30,000 or Less	50	17	32
$30,001 to $60,000	63	15	22
$60,001 or More	47	13	40
Marital Status			
Married	54	12	33
Not Married	54	18	26
Smoking Status[1]			
Nonsmoker	72	3	24
Smoker	20	40	40

[1]demographic difference at $p \leq 0.05$ in 2005

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who preferred a smoke-free restaurant or preferred a restaurant that allows smoking.

- Although age was not a significant variable in any study year, there was a noted decrease in the percent of respondents 45 to 54 years old reporting a preference for a smoke-free restaurant.

- In 2003 and 2005, respondents with a college education were more likely to prefer a smoke-free restaurant. In 2005, respondents with some post high school education or less were more likely to report the preference of restaurants that allow smoking.

- In 2003, respondents with a household income of at least $60,001 were more likely to report the preference for a smoke-free restaurant. In 2005, household income was not a significant variable as the result of a noted decrease in the percent of respondents with a household income of at least $60,001 preferring a smoke-free restaurant.

- Nonsmokers were more likely to prefer a smoke-free restaurant in both study years while smokers were more likely to prefer restaurants that allow smoking.

Table 35. Restaurant Preference by Demographic Variables for Each Survey Year①

	Smoke-free Preference		Allow Smoking Preference	
	2003	2005	2003	2005
TOTAL	58%	54%	12%	15%
Gender				
Male	58	51	11	16
Female	59	57	13	15
Age				
18 to 34	49	61	16	19
35 to 44	61	50	11	7
45 to 54	64[a]	48[a]	12	23
55 to 64	60	58	8	15
65 and Older	61	51	5	11
Education				
High School or Less	49[1]	49[2]	13	19[2]
Some Post High School	55[1]	48[2]	13	19[2]
College Graduate	78[1]	70[2]	7	4[2]
Household Income				
$30,000 or Less	50[1]	50	13	17
$30,001 to $60,000	60[1]	63	14	15
$60,001 or More	72[1,a]	47[a]	6	13
Marital Status				
Married	62	54	10	12
Not Married	55	54	13	18
Smoking Status				
Nonsmoker	72[1]	72[2]	2[1]	3[2]
Smoker	20[1]	20[2]	41[1]	40[2]

①Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

Community Ordinance Prohibiting Smoking in Eating Establishments

2005 Findings

- Sixty percent of respondents favored a community ordinance prohibiting smoking in eating establishments (40% strongly favor, 20% moderately favor).

- Female respondents were more likely to favor an ordinance than male respondents (64% and 53%, respectively).

- Respondents 18 to 34 years old were more likely to favor an ordinance (72%) compared to those 55 to 64 years old (51%) or respondents 45 to 54 years old (46%).

- Seventy-one percent of respondents with a college education favored an ordinance compared to 59% of those with a high school education or less or 49% of respondents with some post high school education.

- Seventy-one percent of nonsmokers were in favor of a smoking prohibition ordinance compared to 37% of smokers.

Table 36. Favor/Oppose Ordinance to Prohibit Smoking in Eating Establishments in Their Community by Demographic Variables for 2005

	Oppose	Favor	Not Sure
TOTAL	34%	60%	7%
Gender[1]			
Male	39	53	8
Female	30	64	6
Age[1]			
18 to 34	22	72	6
35 to 44	34	64	1
45 to 54	49	46	5
55 to 64	41	51	8
65 and older	31	53	17
Education[1]			
High School or Less	35	59	6
Some Post High School	44	49	7
College Graduate	21	71	8
Household Income			
$30,000 or Less	36	56	7
$30,001 to $60,000	29	66	5
$60,001 or More	39	58	3
Marital Status			
Married	35	60	5
Not Married	33	59	8
Smoking Status[1]			
Nonsmoker	20	71	9
Smoker	60	37	3

[1]demographic difference at $p \leq 0.05$ in 2005

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who favored a smoking ordinance that prohibits smoking in eating establishments.
- In 2003 and 2005, respondents who were female, with a college education or nonsmokers were more likely to favor a smoking ordinance to prohibit smoking in eating establishments.
- In 2003, respondents 35 to 44 years old or 65 and older were more likely to favor an ordinance. In 2005, respondents 18 to 34 years old were more likely to favor an ordinance, with a noted increase.
- In 2003, respondents with a household income of at least $30,001 or married respondents were more likely to favor an ordinance. In 2005, neither household income nor marital status was significant.

Table 37. Favor a Community Smoking Ordinance to Prohibit Smoking in Eating Establishments by Demographic Variables for Each Survey Year[①]

	2003	2005
TOTAL	59%	60%
Gender[1,2]		
Male	52	53
Female	64	64
Age[1,2]		
18 to 34[a]	48	72
35 to 44	67	64
45 to 54	61	46
55 to 64	54	51
65 and Older	66	53
Education[1,2]		
High School or Less	51	59
Some Post High School	61	49
College Graduate	68	71
Household Income[1]		
$30,000 or Less	48	56
$30,001 to $60,000	66	66
$60,001 or More	63	58
Marital Status[1]		
Married	64	60
Not Married	52	59
Smoking Status[1,2]		
Nonsmoker	68	71
Smoker	33	37

[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

Statewide Law Prohibiting Smoking in all Public Workplaces except with 75% or More in Alcohol Sales

2005 Findings

- Sixty-one percent of respondents favored a statewide law prohibiting smoking in all public workplaces, excluding taverns and restaurants with more than 75% of their business being alcohol sales (40% strongly favor, 21% moderately favor).

- Respondents 18 to 34 years old were more likely to favor a statewide law (74%) compared to those 45 to 54 years old (52%) or respondents 65 and older (49%).

- Seventy-one percent of respondents with a college education favored a statewide law compared to 60% of those with a high school education or less or 52% of respondents with some post high school education.

- Seventy percent of respondents with a household income of $30,001 to $60,000 favored a statewide law compared to 58% of those with an income of less than $30,001 or 54% of respondents with a household income of at least $60,001.

- Seventy percent of nonsmokers were in favor of a statewide law compared to 43% of smokers.

Table 38. Favor/Oppose Statewide Law to Prohibit Smoking in All Workplaces Except Taverns or Restaurants with More than 75% Alcohol Sales by Demographic Variables for 2005

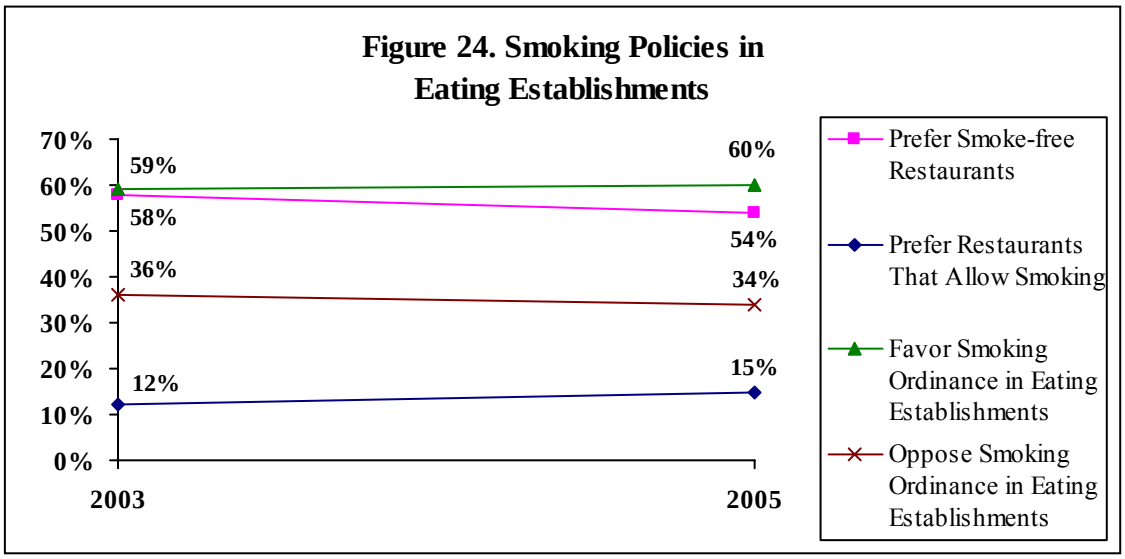
	Oppose	Favor	Not Sure
TOTAL	34%	61%	5%
Gender			
Male	40	54	6
Female	31	65	4
Age[1]			
18 to 34	25	74	2
35 to 44	37	61	1
45 to 54	45	52	3
55 to 64	38	59	3
65 and older	34	49	17
Education[1]			
High School or Less	34	60	6
Some Post High School	45	52	3
College Graduate	27	71	2
Household Income[1]			
$30,000 or Less	36	58	7
$30,001 to $60,000	27	70	3
$60,001 or More	46	54	0
Marital Status			
Married	36	60	4
Not Married	33	62	5
Smoking Status[1]			
Nonsmoker	24	70	6
Smoker	56	43	2

[1]demographic difference at $p \leq 0.05$ in 2005

Smoking Policies in Eating Establishments Overall

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who preferred a smoke-free restaurant, preferred a restaurant that allows smoking or favored/opposed a smoking ordinance that prohibits smoking in eating establishments.



Alcohol Use (Figures 25 & 26; Tables 39 & 40)

KEY FINDINGS: In 2005, 52% of respondents had an alcoholic drink in the past 30 days. In the past month 20% binged. Respondents who were male or younger were more likely to have binged at least once in the past month. Three percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Eight percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

The overall percent of respondents who reported binge drinking statistically remained the same since 2003, with similar demographic findings. There was no statistical change in the overall percent who reported being a driver or passenger when perhaps the driver had too much to drink.

Had a Drink in the Past Month

2005 Findings

- Fifty-two percent of respondents had a drink in the past 30 days. Twenty-six percent reported they drank on at least five days, while 10% reported three to four days and 16% reported drinking on one or two days in the past 30 days.

- Twelve percent of all respondents reported an average of four or more drinks per day on the days they drank while 6% reported three, 17% reported two and 17% reported one drink on average on the days they drank. Forty-eight percent reported having no drinks in the past month.

Binge Drinking in Past Month

The Healthy People 2010 goal for adult binge drinking is 6%. (Objective 26-11c)

In 2004, 22% of Wisconsin respondents reported having five or more drinks at one time in the past month. Nationally 15% of respondents reported binge drinking in the past month. When broken down by gender, 14% of females and 31% of males in Wisconsin binged. Nationally, 8% of females and 23% of males binged in the past month (2004 Behavioral Risk Factor Surveillance).

2005 Findings

- Twenty percent of all respondents binged in the past month.

- Male respondents were more likely to have binged in the past month than female respondents (27% and 15%, respectively).

- Twenty-six percent of respondents 18 to 34 years old binged in the past month compared to 13% of those 55 to 64 years old or 10% of respondents 65 and older.

Year Comparisons

The Centers for Disease Control (CDC) defines binge drinking as five or more drinks at one time, regardless of gender. In 2003, the Racine area health study defined binge drinking as four or more drinks for females and five or more drinks for males to account for weight and metabolism differences. In 2005 it was decided to follow the standard CDC definition of five or more drinks regardless of gender, to allow for national, state and local comparisons.

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who binged.

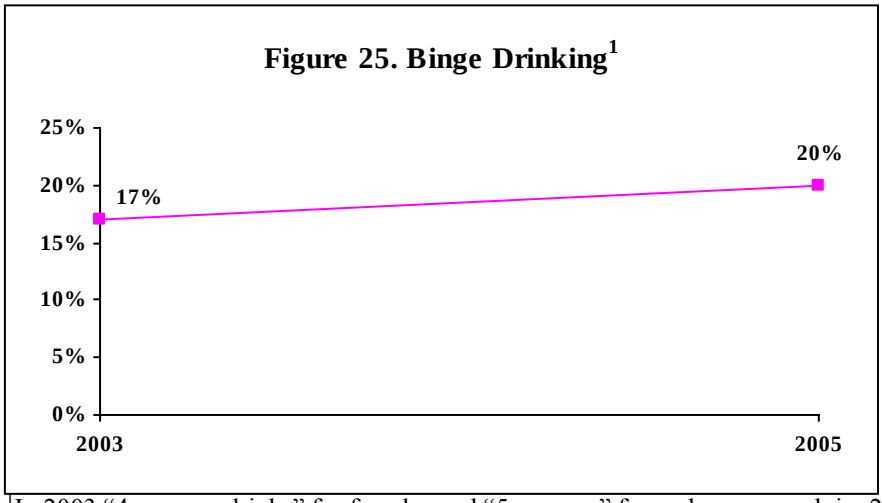
- Respondents who were male or 18 to 34 years old were more likely to have binged in both study years.

Table 39. Binge Drinking in the Past Month by Demographic Variables for Each Survey Year[①,②]

	2003	2005
TOTAL	17%	20%
Gender[1,2]		
Male	24	27
Female	12	15
Age[1,2]		
18 to 34	33	26
35 to 44	16	21
45 to 54	13	23
55 to 64	8	13
65 and Older	2	10
Education		
High School or Less	21	22
Some Post High School	17	24
College Graduate	12	12
Household Income		
$30,000 or Less	20	25
$30,001 to $60,000	14	15
$60,001 or More	19	28
Marital Status		
Married	17	16
Not Married	18	23

[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[②]In 2003 "4 or more drinks" for females and "5 or more" for males was used; in 2005 "5 or more drinks" was used for both males and females.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who binged. Please note: in 2003 the definition of binge drinking was four or more drinks for females and five or more for males as a result of metabolism differences. In 2005 it was decided to use the CDC's widely used definition of binge drinking (5 or more drinks regardless of gender) for national, state and local comparisons.



[1]In 2003 "4 or more drinks" for females and "5 or more" for males was used; in 2005 "5 or more drinks" was used for both males and females.

Driven or Ridden When Driver Had Perhaps Too Much to Drink in Past Month

2005 Findings

- Three percent of respondents reported in the past month they were a driver or passenger in a vehicle when the driver had perhaps too much alcohol to drink.

- No demographic comparisons were conducted as a result of the low percent of respondents reporting being a driver or passenger in the past month.

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who have driven or ridden in a vehicle when the driver perhaps had too much to drink.

- In 2003, respondents who were male or unmarried were more likely to report they had driven or ridden when the driver perhaps had too much to drink.

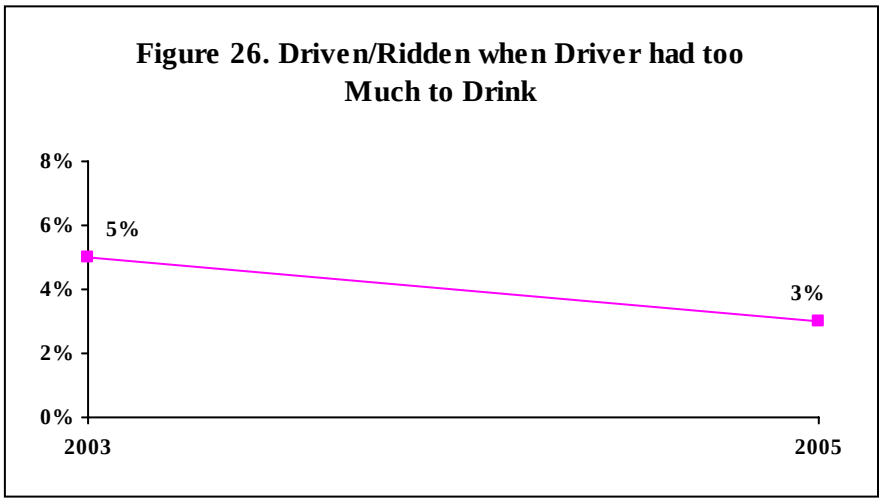
- Demographic comparisons between years were not conducted as a result of the low percent reporting they had driven or ridden in a vehicle when the driver had too much to drink in 2005.

Table 40. Driven/Ridden When Driver had Perhaps too Much to Drink by Demographic Variables for Each Survey Year①

	2003	2005②
TOTAL	5%	3%
Gender[1]		
Male	7	--
Female	2	--
Age		
18 to 34	6	--
35 to 44	5	--
45 to 54	9	--
55 to 64	0	--
65 and Older	2	--
Education		
High School or Less	5	--
Some Post High School	6	--
College Graduate	2	--
Household Income		
$30,000 or Less	6	--
$30,001 to $60,000	2	--
$60,001 or More	1	--
Marital Status[1]		
Married	1	--
Not Married	8	--

①Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
②Insufficient statistical reliability as a result of low percent
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who have driven or ridden in a vehicle when the driver perhaps had too much to drink.



Household Problem Associated with Alcohol in Past Year

2005 Findings

- Eight percent of respondents reported they, or someone in their household, experienced some kind of problem, such as legal, social, personal, or physical in connection with drinking in the past year.

- There were no statistically significant differences between household income level or marital status and any household problem associated with alcohol in the past year.

Mental Health Status (Figures 27 & 28; Table 41)

KEY FINDINGS: In 2005, 7% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents with a household income of less than $60,001 or who were unmarried were more likely to report this. Five percent of respondents felt so overwhelmed they considered suicide in the past year; unmarried respondents were more likely to report they considered suicide. Five percent reported they seldom or never find meaning and purpose in their daily life.

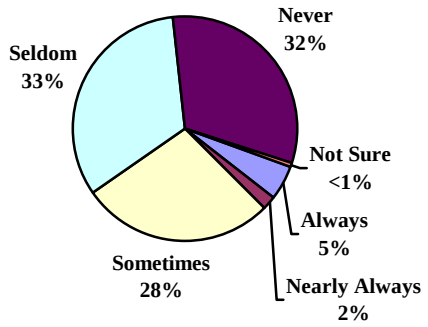
From 2003 to 2005, the mental health status of respondents statistically remained the same. Generally, most demographic findings for each mental health question were similar across years.

Feeling Sad, Blue or Depressed

2005 Findings

- Seven percent of survey respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. This equates up to 7,080 residents. Twenty-eight percent reported sometimes and the remaining 65% reported seldom (33%) or never (32%).

Figure 27. Felt Sad, Blue or Depressed in Past 30 Days



- Nine percent of respondents with a household income of less than $30,001 and 8% of those with an income of $30,001 to $60,000 reported feeling sad, blue or depressed always or nearly always compared to 0% of respondents with a household income of at least $60,001.

- Unmarried respondents were more likely to report feeling sad, blue or depressed always or nearly always compared to married respondents (10% and 3%, respectively).

Year Comparisons

- There was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed.

- In 2003, female respondents were more likely to report feeling sad, blue or depressed always or nearly always. In 2005, gender was not significant as a result of a noted decrease in the percent of female respondents reporting this.

- In 2003, respondents with a household income of less than $30,001 were more likely to report always/nearly always felt sad, blue or depressed in the past 30 days. In 2005, respondents with a household income of less than $60,001 were more likely to report always/nearly always.

- In 2005, unmarried respondents were more likely to report always/nearly always feeling sad, blue or depressed. In 2003, marital status was not a significant variable.

Table 41. Always/Nearly Always Felt Sad, Blue or Depressed in the Past 30 Days by Demographic Variables for Each Survey Year[①]

	2003	2005
TOTAL	8%	7%
Gender[1]		
Male	4	7
Female[a]	11	6
Age		
18 to 34	7	7
35 to 44	3	5
45 to 54	9	10
55 to 64	13	5
65 and Older	10	4
Education		
High School or Less	10	9
Some Post High School	7	4
College Graduate	4	5
Household Income[1,2]		
$30,000 or Less	14	9
$30,001 to $60,000	5	8
$60,001 or More	1	0
Marital Status[2]		
Married	5	3
Not Married	10	10

[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

Considered Suicide

All respondents were asked if they have felt so overwhelmed that they considered suicide in the past year. The survey did not ask how seriously, how often or how recent suicide was considered.

2005 Findings

- Five percent of respondents reported they felt so overwhelmed in the past year that they considered suicide. Although this is a small percent, it approximates up to 5,900 residents who considered suicide in the past year.

- Unmarried respondents were more likely to report they considered suicide compared to married respondents (8% and 2%, respectively).

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who reported they considered suicide in the past year.

- In 2003, respondents with a household income of less than $30,001 were more likely to report they considered suicide. In 2005, household income was not a significant variable.

- In 2005, unmarried respondents were more likely to report they considered suicide. In 2003, marital status was not a significant variable.

Finding Meaning and Purpose in Daily Life

2005 Findings

- A total of 5% reported they seldom or never find meaning or purpose in their daily life. Fifty percent of respondents reported they always find meaning and purpose in their daily life, an additional 28% reported nearly always.

- There were no statistically significant differences between demographic variables and reporting they seldom or never find meaning and purpose in their daily life.

Year Comparisons

- In previous years, there was no statistical change in the overall percent of respondents who reported they seldom or never found meaning and purpose in their daily lives.

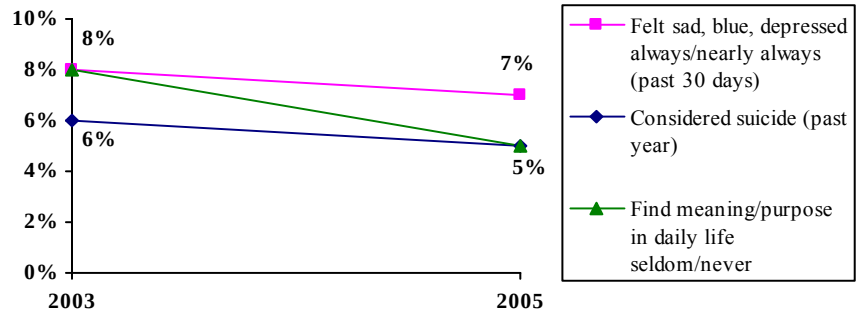
- Although education was not a significant variable in any study year, there was a noted decrease in the percent of respondents with some post high school education reporting they seldom or never found meaning and purpose in their daily lives (9% in 2003, 2% in 2005).

Mental Health Status Overall

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of any of the mental health questions.

Figure 28. Mental Health Status



Detectors in Household (Figures 29 & 30; Table 42)

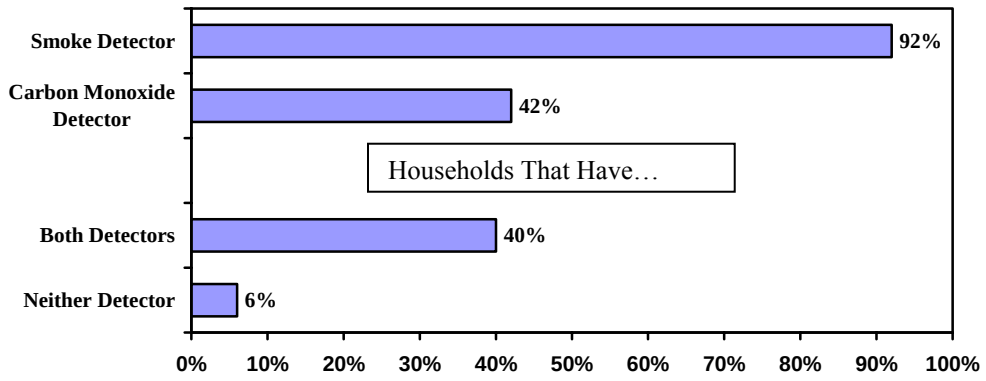
KEY FINDINGS: In 2005, 92% of households had a working smoke detector while 42% had a working carbon monoxide detector. Married households or those with an income of at least $60,001 were more likely to have both detectors.

From 2003 to 2005, there was no statistical change in the overall percent of households with both detectors.

2005 Findings

- Ninety-two percent of respondents reported a working smoke detector while 42% reported a working carbon monoxide detector in their home. Six percent had neither.

Figure 29. Detectors in Household



- Fifty-six percent of households with an income of at least $60,001 had both detectors compared to 39% of those with an income of $30,001 to $60,000 or 33% of households with an income of less than $30,001.

- Married households were more likely to have both detectors (49%) compared to unmarried households (33%).

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who reported both a working smoke detector and carbon monoxide detector.

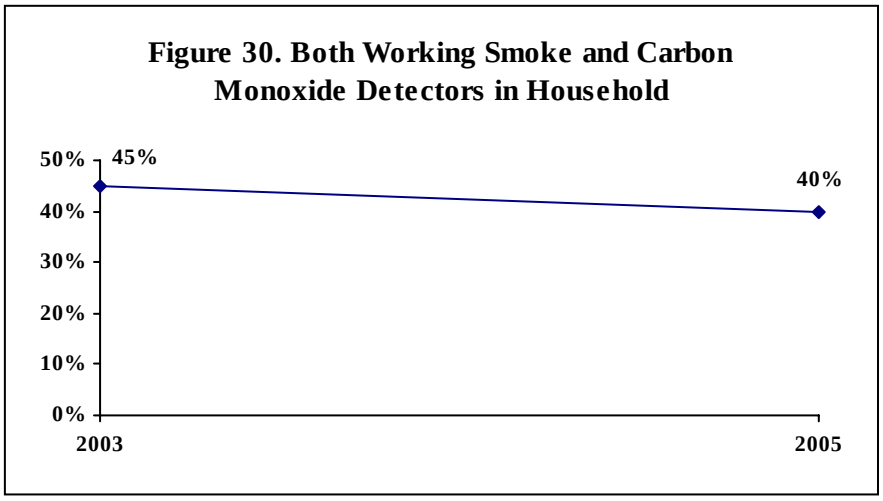
- In each study year, households with an income of at least $60,001 or married households were more likely to report having both a working smoke detector and carbon monoxide detector.

Table 42. Both Working Smoke and Carbon Monoxide Detectors in Household by Demographic Variables for Each Survey Year[①]

	2003	2005
TOTAL	45%	40%
Household Income[1,2]		
$30,000 or Less	33	33
$30,001 to $60,000	51	39
$60,001 or More	61	56
Marital Status[1,2]		
Married	59	49
Not Married	33	33

[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who reported both a working smoke detector and carbon monoxide detector.



Presence of Firearms in Household (Figure 31; Table 43)

KEY FINDINGS: In 2005, 23% of households had a firearm in or around the home; married households or those with an income of at least $60,001 were more likely to report this. Of all households, 2% had a loaded firearm. One percent of all households had a firearm loaded and unlocked.

From 2003 to 2005, there was a statistical increase in the overall percent of respondents who reported having a firearm in or around their home. There was no statistical change in the overall percent of respondents who reported having a loaded firearm or having a firearm loaded and unlocked.

Firearm in Household

In 2002, 44% of Wisconsin households and 33% of households in the nation reported any firearm in or around their home. (2002 Behavioral Risk Factor Surveillance as cited in the American Academy of Pediatrics, Prevalence of Household Firearms and Firearm-Storage Practices www.pediatrics.org.)

2005 Findings

- At the time of the survey administration, 23% of households had one or more firearms.
- Thirty-five percent of respondents with a household income of at least $60,001 reported a firearm compared to 29% of those with an income of $30,001 to $60,000 or 17% of respondents with a household income of less than $30,001.
- Married households were more likely to have a firearm (34%) compared to unmarried households (15%).

Year Comparisons

- From 2003 to 2005, there was a statistical increase in the overall percent of respondents who reported having firearms in or around their home.
- In 2005, respondents with a household income of at least $60,001 were more likely to report having a firearm. In addition, there was a noted increase in the percent of respondents with a household income of $30,001 to $60,000 reporting this.
- In 2005, married respondents were more likely to report having a firearm as a result of a noted increase. In 2003, marital status was not a significant variable.
- Although the presence of children in the household was not a significant variable in any study year, there was a noted increase in the percent of respondents in households with children reporting having one or more firearms.

Table 43. Firearm in Household by Demographic Variables for Each Survey Year[①]

	2003	2005
TOTAL[a]	16%	23%
Household Income[2]		
$30,000 or Less	10	17
$30,001 to $60,000[a]	18	29
$60,001 or More	21	35
Marital Status[2]		
Married[a]	16	34
Not Married	16	15
Children in Household		
Yes[a]	13	24
No	18	22

[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

Loaded Firearm

In 2002, 3% of Wisconsin households and 8% of households in the nation reported any loaded firearm in or around the home. (2002 Behavioral Risk Factor Surveillance as cited in the American Academy of Pediatrics, Prevalence of Household Firearms and Firearm-Storage Practices www.pediatrics.org.)

2005 Findings

- Two percent of all households had a loaded firearm.
- No demographic comparisons were conducted as a result of the low percent of respondents reporting a loaded firearm in the household.

Year Comparisons

- There was no statistical change in the overall percent of respondents who reported having a loaded firearm.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting a loaded firearm in the household in each survey year.

Loaded Firearm Also Unlocked

Respondents were given the following definition for unlocked: you do not need a key or combination to get the gun or to fire it. A safety is not counted as a lock.

The Healthy People 2010 goal for persons in homes with a firearm having a loaded and unlocked firearm is 16%. (Objective 15-04)

In 2002, 2% of all Wisconsin households and 4% of all households in the nation reported any loaded and unlocked firearm in or around the home. (2002 Behavioral Risk Factor Surveillance as cited in the American Academy of Pediatrics, Prevalence of Household Firearms and Firearm-Storage Practices www.pediatrics.org.) This results in 5% of Wisconsin households and 13% of U.S. households with firearms having a loaded and unlocked firearm.

2005 Findings

- One percent of all households had a loaded firearm also unlocked. This relates to 4% of households with a firearm having at least one loaded firearm which is also unlocked.
- No demographic comparisons were conducted as a result of the low percent of respondents reporting a loaded and unlocked firearm in the household.

Year Comparisons

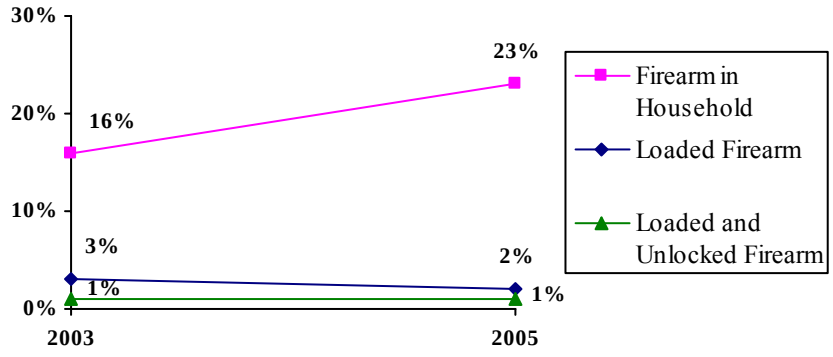
- There was no statistical change in the overall percent of respondents who reported having a loaded firearm which was also unlocked.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting a loaded and unlocked firearm in the household in each survey year.

Presence of Firearms in Household Overall

Year Comparisons

- From 2003 to 2005, there was a statistical increase in the overall percent of respondents who reported having a firearm in or around their home. There was no statistical change in the overall percent of respondents who reported having a loaded firearm or the overall percent who reported having a firearm loaded and unlocked.

Figure 31. Presence of Firearms in Household



Personal Safety Issues (Figure 32; Tables 44 & 45)

KEY FINDINGS: In 2005, 8% of respondents reported someone had made them afraid for their personal safety in the past year while 4% reported they had been pushed, kicked, hit or slapped in the past year. A total of 9% reported at least one of these two situations; respondents 45 to 54 years old or who were unmarried were more likely to report this.

From 2003 to 2005, there was no statistical change in the overall percent of respondents reporting any of the personal safety issues. In most cases, there was little significant demographic difference.

Afraid for Personal Safety

2005 Findings

- Eight percent of respondents reported someone had made them afraid for their personal safety in the past year.

- There were no statistically significant differences between demographic variables and feeling afraid for their safety in the past year.

    - A stranger was most often mentioned as the perpetrator (14 responses) followed by an acquaintance (8 responses). Three respondents reported ex-spouse, while each of the following was reported by two respondents: separated spouse or parent.

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who reported they were afraid for their personal safety.

- There were no statistically significant differences between and within years and feeling afraid for their safety in the past year.

Table 44. Afraid for Personal Safety by Demographic Variables for Each Survey Year[①]

	2003	2005
TOTAL	7%	8%
Gender		
Male	7	9
Female	7	7
Age		
18 to 34	11	9
35 to 44	7	9
45 to 54	9	13
55 to 64	3	8
65 and Older	2	1
Education		
High School or Less	4	7
Some Post High School	11	5
College Graduate	9	11
Household Income		
$30,000 or Less	7	9
$30,001 to $60,000	6	4
$60,001 or More	10	10
Marital Status		
Married	6	5
Not Married	8	10

[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

Pushed, Kicked, Slapped or Hit

2005 Findings

- Four percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
    - Three respondents each reported a friend or stranger. Two respondents each reported separated spouse, ex-spouse or boyfriend/girlfriend; while one respondent each reported acquaintance or someone else.
- There were no statistically significant differences between demographic variables and responses of being pushed, kicked, slapped or hit in the past year.

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who reported they were pushed, kicked, slapped or hit.

- In 2003, respondents 18 to 34 years old were more likely to report they were pushed, kicked, slapped or hit. In 2005, age was not a significant variable as a result of a noted decrease in the percent of respondents 18 to 34 years old reporting this (10% in 2003, 2% in 2005).

- Although education was not a significant variable in any study year there was a noted decrease in the percent of respondents with a high school education or less reporting they were pushed, kicked, slapped or hit (5% in 2003, 2% in 2005).

- Although household income was not a significant variable in any study year there was a noted increase in the percent of respondents with a household income of at least $60,001 reporting they were pushed, kicked, slapped or hit (0% in 2003, 6% in 2005).

Combined Personal Safety Issues

2005 Findings

- A total of 9% of all respondents reported at least one of the two issues.

- Seventeen percent of respondents 45 to 54 years old reported at least one of the personal safety issues compared to 9% of those 18 to 44 years old or 1% of respondents 65 and older.

- Unmarried respondents were more likely to report at least one of the personal safety issues compared to married respondents (12% and 6%, respectively).

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents who reported at least one of the personal safety issues.

- In 2003, respondents 18 to 34 years old were more likely to report at least one of the personal safety issues. In 2005, respondents 45 to 54 years old were more likely to report this.

- In 2005, unmarried respondents were more likely to report at least one of the personal safety issues. In 2003, marital status was not a significant variable.

Table 45. At Least One of the Personal Safety Issues by Demographic Variables for Each Survey Year[①]

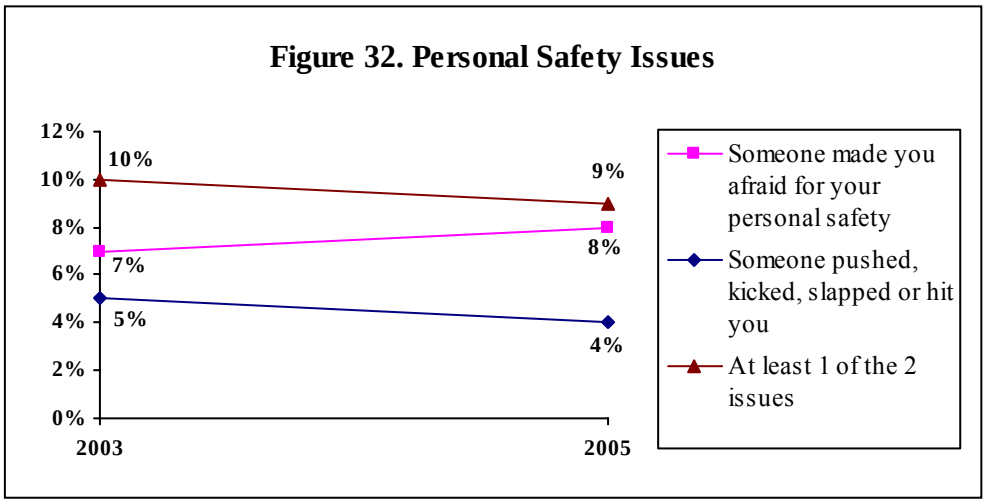
	2003	2005
TOTAL	10%	9%
Gender		
Male	10	12
Female	9	7
Age[1,2]		
18 to 34	16	9
35 to 44	8	9
45 to 54	9	17
55 to 64	10	13
65 and Older	2	1
Education		
High School or Less	7	8
Some Post High School	12	10
College Graduate	14	12
Household Income		
$30,000 or Less	8	10
$30,001 to $60,000	10	7
$60,001 or More	10	12
Marital Status[2]		
Married	10	6
Not Married	10	12

[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2003
[2]demographic difference at p≤0.05 in 2005
[a]year differences at p≤0.05

Personal Safety Issues Overall

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents reporting any of the personal safety issues.



APPENDIX A: ADDITIONAL QUESTIONS

Each health department was offered an additional minute for any questions they wanted. They could select from a list of questions provided or develop their own.

Public Health Department (Figure 33; Table 46)

KEY FINDINGS: In 2005, 11% of respondents were not aware of the public health department prior to the interview. Fifty-five percent were aware of the department but had no experience with it. Twenty-seven percent received limited services while 6% received more extensive services.

From 2003 to 2005, there was an increase in the percent of respondents who were not aware of the health department while there was a decrease in those who were aware, but had no experience with the health department. There was no change in the percent of respondents who reported they had experience with the health department.

Awareness of and Experience with Public Health Department

2005 Findings

- Eleven percent of respondents were not aware of the public health department prior to the interview. Fifty-five percent were aware of the department but had no experience with it. Twenty-seven percent received limited services from the health department and 6% received more extensive services.

- There were no statistically significant differences between demographic variables and reporting being aware of or experiencing services with the public health department.

Table 46. Awareness of and Experience with Public Health Department by Demographic Variables for 2005

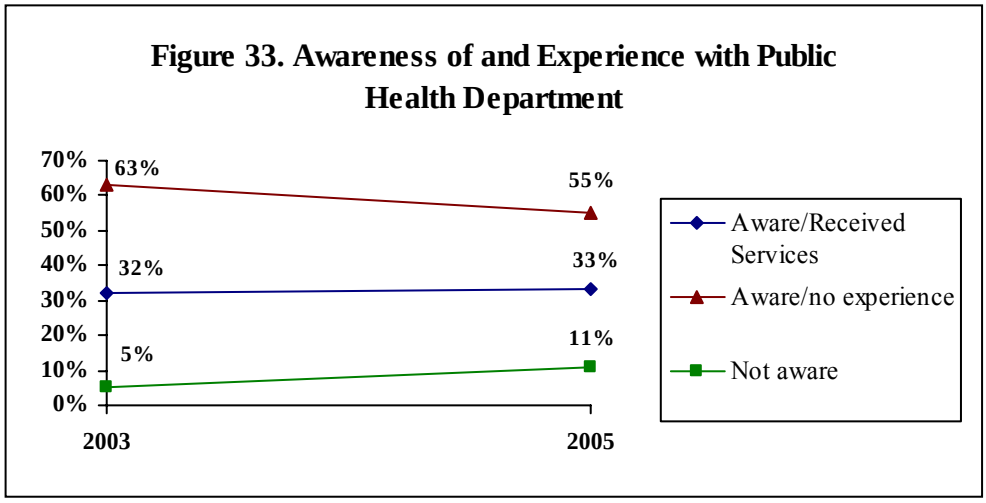
	Not aware	Aware/no experience	Aware/received limited services	Aware/received more extensive services
TOTAL	11%	55%	27%	6%
Gender				
Male	14	57	25	3
Female	9	54	28	9
Age				
18 to 34	14	56	23	7
35 to 44	13	56	20	11
45 to 54	15	55	28	3
55 to 64	5	59	31	5
65 and older	4	51	40	4
Education				
High School or Less	13	58	25	4
Some Post High School	10	50	29	11
College Graduate	11	54	29	6
Household Income				
$30,000 or Less	11	54	25	10
$30,001 to $60,000	7	53	34	5
$60,001 or More	16	65	16	3
Marital Status				
Married	10	55	29	6
Not Married	12	55	26	7

[1]demographic difference at p≤0.05 in 2005

Awareness of and Experience with Public Health Department Overall

Year Comparisons

- From 2003 to 2005, there was a statistical change in the overall percent of respondents reporting their awareness of and experience with Racine Area's health department. There was an increase in the percent of respondents who were not aware of the health department while there was a decrease in those who were aware, but had no experience with the health department. There was no change in the percent of respondents who reported they had experience with the health department.



Environmental Problems in Their Community (Figures 34 & 35; Table 47)

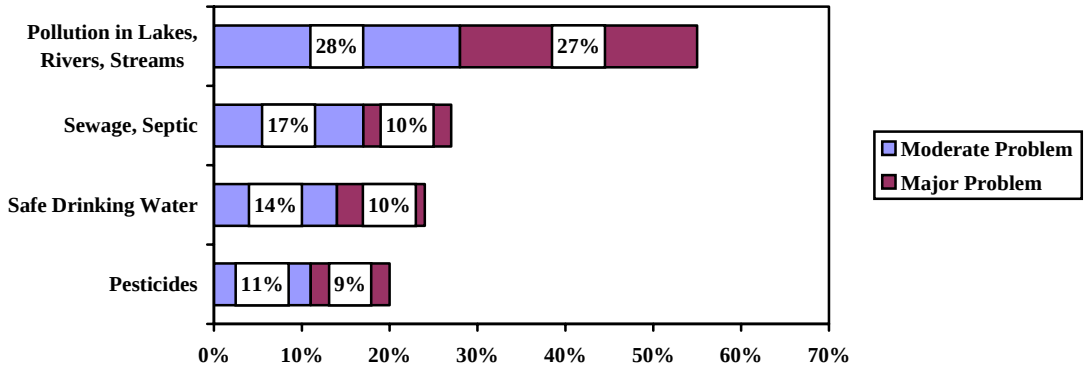
KEY FINDINGS: In 2005, out of four community environmental problems, the most often cited major or moderate problem was water pollution in lakes, rivers and streams (55%). Respondents who were female, 35 to 54 years old, with at least some post high school education or with a household income of at least $30,001 were more likely to report pollution in lakes, rivers and streams. Respondents 45 to 54 years old were more likely to report sewage or septic problems. Respondents 35 to 44 years old were more likely to report safe drinking water. Respondents who were female, 35 to 44 years old or who were unmarried were more likely to report pesticides.

From 2003 to 2005, there was no statistical change in the overall percent of respondents reporting each of the environmental problems in their community.

2005 Findings

- Out of four environmental problems that communities may face, 55% of respondents reported water pollution in lakes, rivers and streams as a major or moderate problem in their community. Twenty-seven percent reported sewage/septic followed by 24% reporting safe drinking water and 20% reporting pesticides.

Figure 34. Major or Moderate Environmental Problems in Their Community



- Female respondents were more likely to report that water pollution in lakes, rivers and streams or pesticides was a major/moderate problem in their community.

- Respondents 45 to 54 years old were more likely to report that water pollution or sewage/septic was a major/moderate problem in their community. Respondents 35 to 44 years old were more likely to report safe drinking water or pesticides as a major/moderate problem.

- Respondents with at least some post high school education were more likely to report water pollution as a major/moderate problem in their community.

- Respondents with a household income of at least $30,001 were more likely to report water pollution in lakes, rivers and streams as a major/moderate problem.

- Unmarried respondents were more likely to report pesticides as a major/moderate problem in their community.

Table 47. Major/Moderate Environmental Problems in Their Community by Demographic Variables for 2005

	Lake, River & Stream Pollution	Sewage or Septic	Safe Drinking Water	Pesticides
TOTAL	55%	27%	24%	20%
Gender				
Male	48[1]	22	23	13[1]
Female	60[1]	31	24	23[1]
Age				
18 to 34	54[1]	17[1]	18[1]	13[1]
35 to 44	62[1]	32[1]	34[1]	29[1]
45 to 54	65[1]	40[1]	28[1]	23[1]
55 to 64	50[1]	35[1]	26[1]	20[1]
65 and older	41[1]	23[1]	15[1]	15[1]
Education				
High School or Less	46[1]	26	24	19
Some Post High School	65[1]	30	26	17
College Graduate	62[1]	25	20	22
Household Income				
$30,000 or Less	49[1]	24	20	19
$30,001 to $60,000	61[1]	33	24	24
$60,001 or More	66[1]	25	28	19
Marital Status				
Married	57	28	21	13[1]
Not Married	54	27	26	23[1]

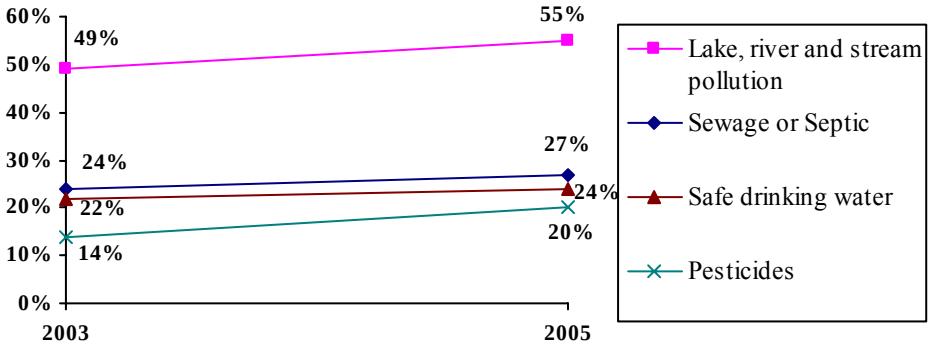
[1]demographic difference at p≤0.05 in 2005

Community Environmental Problems Overall

Year Comparisons

- From 2003 to 2005, there was no statistical change in the overall percent of respondents reporting any of the community environmental problems.

Figure 35. Community Environmental Problems



APPENDIX B: QUESTIONNAIRE FREQUENCIES

RACINE AREA
COMMUNITY HEALTH SURVEY
Conducted: May 26 through September 9, 2005

[Some totals may be more or less than 100% due to rounding and response category distribution. Percentages in the report and in the Appendix may differ by one or two percentage points as a result of combining several response categories for report analysis.]

1. Generally speaking, would you say that your own health is…?

Poor	5%
Fair	14
Good	26
Very good	38
Excellent	17
Not sure	<1

2. What is your primary type of health care coverage?

No health care coverage	7%
Medical Assistance or Title 19	11
Badger Care	2
Medicare	20
A prepaid plan such as a HMO, PPO	38
Another commercial health plan	15
Something else	<1
Not sure	7

3. Is every member of your household covered by health insurance?

Not all members covered	17%
All members covered	83
Not sure	0

4. During the past 12 months, was there any time that you or someone in your household did not have any health care coverage or insurance?

Not all members covered	26%
All members covered	74
Not sure	0

5. When you are sick or need advice about your health, to which one of the following places do you usually go?

Doctor's or nurse practitioner's office	80%
Public health clinic or community health center	6
Hospital outpatient department	2
Hospital emergency room	3
Urgent care center	3
Some other kind of place	2
No usual place	4
Not sure	<1

6. Do you have an advance care plan, living will or health care power of attorney stating your end of life health care wishes?

Yes	35%
No	64
Not sure	1

A routine check-up is a general physical exam, not an exam for a specific injury, illness or condition. About how long has it been since you last received a routine checkup?

		Less than a Year Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never	Not Sure
7.	A routine checkup	63%	20%	7%	8%	1%	1%
8.	Cholesterol testing	47	16	3	4	26	5
9.	Visit to a dentist or dental clinic	65	20	4	9	2	<1
10.	Eye exam	43	31	10	9	6	1

11. During the past 12 months, have you had a flu shot or a flu vaccine that was sprayed in your nose?

Yes	18%
No	83
Not sure	0

12. Could you please tell me in what year you born? [CALCULATE AGE]

18 to 34 years old	32%
35 to 44 years old	21
45 to 54 years old	19
55 to 64 years old	10
65 and older	18

13. Have you ever had a pneumonia or pneumococcal shot? [70 Respondents 65 and Older]

Yes	64%
No	31
Not sure	4

In the past three years, have you been told by a doctor, nurse or other health care provider that:

		Yes	No	Not Sure
14.	You have high blood pressure?	25%	75%	<1%
15.	Your blood cholesterol is high?	19	79	3
16.	You had a stroke?	2	98	<1
17.	You have heart disease or a heart condition?	7	93	<1
18.	You had a mental health problem?	5	94	<1
19.	You have cancer, other than skin cancer	3	97	0

		Yes	No	Not Sure
20.	You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	8%	92%	0%

21. [IF DIABETES] A test for "A one C" measures the average level of blood sugar over the past three months. About how many times in the past 12 months has a doctor, nurse or other health professional checked you for "A one C?" [31 Respondents]

Zero	16%	→GO TO Q24
1 to 3 times	55	→CONTINUE WITH Q22
4 or more	29	→CONTINUE WITH Q22
Not sure	0	→GO TO Q24

22. At your last appointment, what was your "A one C" level? [26 Respondents]

Less than 7	19%
7 or higher	35
Not sure	46

23. At your last appointment, what was your LDL level? [26 Respondents]

Less than 100	35%
100 or higher	19
Not sure	46

		Yes	No	Not Sure
24.	Do you currently have asthma?.....	12%	88%	0%
25.	…(if yes), do you have a written asthma action plan? [48 Respondents]	40	60	0

26. On an <u>average day</u>, how many servings of fruit do you eat or drink? One serving is ½ cup of canned or cooked fruit, 1 medium piece of fruit or 6 ounces of juice.

One or fewer servings	40%
Two servings	30
Three or more servings	28
Not sure	2

27. On an average day, how many servings of vegetables do you eat? One serving is ½ cup of cooked or raw vegetable or 6 ounces of juice.

One or fewer servings	41%
Two servings	36
Three or more servings	22
Not sure	<1

28. During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening or walking for exercise?

Yes	71%
No	29
Not sure	0

29. Now thinking about the moderate physical exercise you do when you are not working, in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening or anything else that causes small increases in breathing or heart rate?

Yes	79%
No	21
Not sure	0

30. How many days per week do you do these moderate activities for at least 10 minutes at a time?

One	3%
Two	12
Three	23
Four	11
Five	9
Six	2
Seven	17
Not sure	<1
No moderate exercise/no answer	21

31. On the days you do these moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

Less than 30 minutes	17%
30 to 44 minutes	21
45 to 59 minutes	6
60 or more minutes	33
Not sure	2
No moderate exercise/no answer	22

Q32 THROUGH Q34 FEMALES ONLY

32. A mammogram is an x-ray of each breast to look for breast cancer. How long has it been since you had your last mammogram? [130 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	62%	→GO TO Q34
Within the past 2 years (1 year, but less than 2 years ago)	19	→GO TO Q34
Within the past 3 years (2 years, but less than 3 years ago)	4	→GO TO Q34
Within the past 5 years (3 years, but less than 5 years ago).....	5	**→CONTINUE WITH Q33**
5 or more years ago.....	3	**→CONTINUE WITH Q33**
Never.....	7	**→CONTINUE WITH Q33**
Not sure.....	0	**→CONTINUE WITH Q33**

33. A bone density scan helps determine if you are at risk for fractures or are in the early stages of osteoporosis. Have you ever had a bone density scan? [50 Respondents 65 or Older]

Yes	74%
No.....	22
Not sure.....	4

34. A pap smear is a test for cancer of the cervix. If you have not had a hysterectomy, how long has it been since you had your last pap smear? [171 Respondents 18 to 65 Years Old and with a Cervix]

Within the past year (anytime less than 12 months ago).....	72%
Within the past 2 years (1 year, but less than 2 years ago)	16
Within the past 3 years (2 years, but less than 3 years ago)	3
Within the past 5 years (3 years, but less than 5 years ago).....	2
5 or more years ago.....	4
Never.....	2
Not sure.....	<1

Q35 MALES ONLY

35. A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. How long has it been since your last PSA test?
[88 Respondents 40 or Older]

Within the past year (anytime less than 12 months ago).....	33%
Within the past 2 years (1 year, but less than 2 years ago)	15
Within the past 3 years (2 years, but less than 3 years ago)	0
Within the past 5 years (3 years, but less than 5 years ago).....	3
5 or more years ago.....	6
Never.....	35
Not sure.....	8

36. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. How long has it been since your last digital rectal exam? [89 Respondents 40 or Older]

Within the past year (anytime less than 12 months ago)	33%
Within the past 2 years (1 year, but less than 2 years ago)	20
Within the past 5 years (2 years, but less than 5 years ago)	3
5 or more years ago	19
Never	21
Not sure	3

ALL RESPONDENTS

37. A blood stool test is a test that may use a special kit to determine whether the stool contains blood. How long has it been since you had your last blood stool test? [148 Respondents 50 or Older]

Within the past year (anytime less than 12 months ago)	25%
Within the past 2 years (1 year, but less than 2 years ago)	16
Within the past 5 years (2 years, but less than 5 years ago)	5
5 or more years ago	9
Never	36
Not sure	9

38. Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the bowel for signs of cancer or other health problems. How long has it been since you had your last sigmoidoscopy or colonoscopy? [148 Respondents 50 or Older]

Within the past year (anytime less than 12 months ago)	12%
Within the past 2 years (1 year, but less than 2 years ago)	16
Within the past 5 years (2 years, but less than 5 years ago)	23
Within the past 10 years (5 years but less than 10 years ago)	7
10 years ago or more	3
Never	36
Not sure	3

39. Including times when even a small part of your skin was red for more than 12 hours, how many sunburns have you had within the past 12 months?

None	71%
One	12
Two	9
Three	2
Four	3
Five	<1
Six or more	2
Not sure	<1

40. How often do you wear a helmet when you bicycle, use in-line roller skates or scooters?

Do not ride/skate/scoot 67%

Frequency of those who bicycle, use in-line roller skates or scooters [132 Respondents]

Never	61%
Seldom	8
Sometimes	5
Nearly always	4
Always	21
Not sure	0

41. How often do you use seat belts when you drive or ride in a motor vehicle?

Never	6%
Seldom	5
Sometimes	9
Nearly always	8
Always	74
Not sure	0

42. How many children under 18 years old currently live in your household?

One	19%	
Two	13	
Three or more	11	
None	58	→GO TO Q45

43. How often do the children in your household wear a helmet when they bicycle or use skateboards, in-line roller skates or scooters? [169 Respondents]

Do not ride/skate/scoot 21%

Frequency of those who bicycle, use in-line roller skates or scooters [134 Respondents]

Never	38%
Seldom	7
Sometimes	10
Nearly always	10
Always	35
It depends (volunteered)	<1
Not sure	0

44. How often do the children in your household use an infant seat, car seat or seat belts? [168 Respondents]

Never	<1%
Seldom	<1
Sometimes	7
Nearly always	2
Always	90
Not sure	0

45. During the **past 30 days**, about how often would you say you felt sad, blue, or depressed?

Never	32%
Seldom	33
Sometimes	28
Nearly always	2
Always	5
Not sure	<1

46. How often would you say you find meaning and purpose in your daily life?

Never	3%
Seldom	2
Sometimes	14
Nearly always	28
Always	50
Not sure	3

47. In the past year have you ever felt so overwhelmed that you considered suicide?

Yes	5%
No	95
Not sure	0

Now I'd like to ask you about alcohol. An alcoholic drink is one can or bottle of beer, one glass of wine, one can or bottle of wine cooler, one cocktail or one shot of liquor.

48. During the past 30 days, on how many days did you drink any alcoholic beverages?

None	48%
One to two days	16
Three to four days	10
Five or more days	26
Not sure	<1

49. On the days when you drank, about how many drinks did you drink on the average?

None	48%
One drink	17
Two drinks	17
Three drinks	6
Four or more drinks	12
Not sure	<1

50. Considering all types of alcoholic beverages, how many times during the past month did you have five or more drinks on an occasion?

None	80%
One time	6
Two or more times	14
Not sure	<1

51. In the past 30 days, did you drive or ride when the driver had perhaps too much alcohol to drink?

Yes	3%
No	97
Not sure	0

52. During the past year, has ANYONE IN YOUR HOUSEHOLD, INCLUDING YOURSELF, experienced any kind of problem such as legal, social, personal, physical or medical in connection with drinking?

Yes	8%
No	92
Not sure	<1

Now I'd like to talk to you about cigarettes and tobacco….

53. Do you now smoke cigarettes every day, some days or not at all?

Every day	29%	
Some days	5	
Not at all	66	→GO TO Q58
Not sure	0	→GO TO Q58

54. [CURRENT SMOKERS] During the past 12 months, have you quit smoking for one day or longer because you were trying to quit? [136 Respondents]

Yes	49%
No	51
Not sure	0

55. [CURRENT SMOKERS] In the past 12 months, have you seen a doctor, nurse or other health professional? [136 Respondents]

Yes	74%	→CONTINUE WITH Q56
No	26	→GO TO Q58
Not sure	0	→GO TO Q58

56. In the past 12 months, has a doctor, nurse or other health professional advised you to quit smoking? [100 Respondents]

Yes	72%
No	28
Not sure	0

57. Did the doctor, nurse or other health professional advise you to quit smoking AT YOUR MOST RECENT VISIT? [100 Respondents]

Yes	60%
No	12
Health professional has not advised at any visit	28
Not sure	0

58. Do any smokers who live in your household smoke indoors at home or in their vehicle when others are present?

Yes	27%
No	30
No smokers in household	44
Not sure	0

59. Some people prefer to eat in smoke-free restaurants, other people prefer to eat in restaurants that allow smoking. Which do you prefer?

Smoke-free restaurants	54%
Restaurants that allow smoking	15
No preference	29
Not sure	1

60. To what extent would you favor or oppose an ordinance in your community prohibiting smoking in eating establishments?

Strongly oppose	17%
Moderately oppose	17
Moderately favor	20
Strongly favor	40
Not sure	7

61. To what extent would you favor or oppose a statewide law prohibiting smoking in all public workplaces, excluding taverns and restaurants with more than 75% of their business being alcohol sales?

Strongly oppose	17%
Moderately oppose	17
Moderately favor	21
Strongly favor	40
Not sure	5

Another issue being discussed these days deals with firearms. Please include weapons such as pistols, shotguns, and rifles; but not BB guns, starter pistols or guns that cannot fire.

62. Are any firearms kept in or around your home?

Yes	23%
No	77
Not sure	<1

63. Are any of these firearms now loaded? [All Respondents]

Yes	2%
No	20
Not sure	<1
No firearms in the household/no answer	77

64. Are any of these loaded firearms also unlocked? By unlocked I mean you do not need a key or combination to get the gun or to fire it. We don't count a safety as a lock. [All Respondents]

Yes	1%
No	1
Not sure	0
No firearms in the household/not loaded/no answer	98

The next questions deal with alternative therapy treatments.

In the past three years, have you received alternative therapies or treatment such as . .

		Yes	No	Not Sure
65.	Going to a chiropractor?	17%	83%	<1%
66.	Having acupuncture?	2	98	<1
67.	Massage therapy?	15	85	<1
68.	Aroma therapy?	2	98	<1
69.	Movement therapy, such as yoga or tai' chi?	5	95	<1
70.	Meditation?	9	90	<1

Now, I have a few questions to ask about you and your household.

71. Gender [DERIVED, NOT ASKED]

Male	41%
Female	59

72. About how much do you weigh, without shoes?
73. About how tall are you, without shoes?
[CALCULATE BODY MASS INDEX (BMI)]

Not overweight	29%
Overweight	40
Obese	31

74. Are you Hispanic or Latino?

Yes	5%
No	95
Not sure	0

75. Which of the following would you say is your race?

White	75%
Black, African American	20
Asian	2
Native Hawaiian or other Pacific Islander	<1
American Indian or Alaska Native	<1
Another race	2
Multiple race	1
Not sure	<1

76. What is your current marital status?

Single and never married	30%
A member of an unmarried couple	2
Married	43
Separated	2
Divorced	14
Widowed	10
Not sure	0

77. What is the highest grade level of education you have completed?

8th grade or less	2%
Some high school	9
High school graduate or GED	38
Some college	21
Technical school graduate	5
College graduate	18
Advanced or professional degree	8
Not sure	0

78. What county do you live in? [FILTER]

Racine Area	100%

79. What city, town or village do you legally reside in? [FILTER]

Racine city	100%
Elmwood Park village	<1

80. What is the zip code of your primary residence?

53405	34%
53403	30
53404	13
53406	13
53402	11

81. Do you have more than one telephone number in your household? Do not include cell phones or numbers that are only used by a computer or fax machine.

Yes	5%
No	94
Not sure/No answer	<1

82. How many of these telephone numbers are residential numbers? [All Respondents]

One	96%
Two or more	4

83. What is your annual household income before taxes?

Less than $10,000	12%
$10,000 to $20,000	12
$20,001 to $30,000	12
$30,001 to $40,000	11
$40,001 to $50,000	6
$50,001 to $60,000	10
$60,001 to $75,000	10
$75,001 to $90,000	4
Over $90,000	3
Not sure	9
No answer	14

The next series of questions deal with personal safety issues.

84. During the past year has anyone made you afraid for your personal safety?

Yes	8%	→CONTINUE WITH Q85
No	92	→GO TO Q86
Not sure	0	→GO TO Q86

85. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? Again, I want to assure you that all your responses are strictly confidential. [31 Respondents; More than 1 response accepted]

Stranger	14 responses
Acquaintance	8 responses
Ex-spouse	3 responses
Separated spouse	2 responses
Parent	2 responses
Someone else	1 response

86. During the past year has anyone pushed, kicked, slapped, hit or otherwise hurt you?

Yes	4%	→CONTINUE WITH Q87
No	96	→GO TO Q88
Not sure	<1	→GO TO Q88

87. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? [14 Respondents; More than 1 response accepted]

Friend	3 responses
Stranger	3 responses
Separated spouse	2 responses
Ex-spouse	2 responses
Boyfriend or girlfriend	2 responses
Acquaintance	1 response
Someone else	1 response

88. Finally, do you have working smoke detectors, carbon monoxide detectors, both or neither in your home or apartment?

Smoke detector	92%
Carbon monoxide detector	42
Neither	6
Not sure	<1
Households that have both detectors	40%

ADDITIONAL QUESTIONS FOR RACINE AREA

[Each health department was offered an additional minute for any questions they wanted. They could select from a list of questions provided or develop their own.]

A1. Which of the following best describes your level of awareness and experience with your public health department?

Not aware of the health department until now	11%
Aware of the health department, but have had no experience with programs or services	55
Aware of the health department and have received limited service like a flu shot or other immunization	27
Aware of the health department and have received more extensive services	6
Not sure	<1

Some communities face a variety of environmental issues. For each of the following please indicate if it is a major, moderate, minor or not a problem within your community.

		Not a Problem	Minor Problem	Moderate Problem	Major Problem	Not Sure
A2.	Water pollution in lakes, rivers and streams	21%	12%	28%	27%	11%
A3.	Sewage or septic	40	18	17	10	15
A4.	Safe drinking water	53	17	14	10	7
A5.	Pesticides	52	16	11	9	12

APPENDIX C: SURVEY METHODOLOGY

SURVEY METHODOLOGY

2005 Community Health Survey

The 2005 Racine Area Community Health Survey was conducted from May 26th through September 9th, 2005. 400 random adults 18 years old or older within the area were interviewed by telephone. The sample of random telephone numbers included both listed and unlisted numbers. Respondents within each household were randomly selected by computer based on the number of adults in the household. At least 8 attempts were made to contact a respondent. Survey respondents were weighted based on the number of adults in the household and the number of residential phone numbers, excluding fax and computer lines, to take into account the probability of selection. Post-stratification was also done by sex and age to reflect the 2000 census proportion of these characteristics in the area. With a sample size of 400, the margin of error is ±5%. The margin of error for smaller subgroups is larger.

2003 Community Health Survey

The 2003 Racine Area Community Health Survey was conducted from February 21st through June 9th, 2003. 400 random adults 18 years old or older within the area were interviewed by telephone. The sample of random telephone numbers included both listed and unlisted numbers. At least 8 attempts were made to contact a respondent. Post-stratification was done by sex and age to reflect the 2000 census proportion of these characteristics in the area. With a sample size of 400, the margin of error is ±5%. The margin of error for smaller subgroups is larger.