

**Shorewood
Community Health Survey
2006**

Commissioned by:
Aurora Health Care

In Partnership with:
**Shorewood/Whitefish Bay Health Department
Center for Urban Population Health Research**

Prepared by:
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Purpose

The purpose of this project is to provide Shorewood 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. Select 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 Shorewood Community Health Survey 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 Shorewood/Whitefish Bay 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 listed 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 March 14 and July 11, 2006. 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 Shorewood. 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.

Data in this report is compared to the 2003 Shorewood/Whitefish Bay Community Health Study involving a representative sample of the entire health department. Although a direct comparison for the community of Shorewood only is not possible across years, comparing the health department and Shorewood provides useful information. In addition, in tables and figures throughout the report, the abbreviation SH represents Shorewood and WFB represents Whitefish Bay.

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.

Demographic Profile of Shorewood Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents for 2006

	Survey Results
TOTAL	100%
Gender	
Male	45%
Female	55
Age	
18 to 34	31%
35 to 44	19
45 to 54	20
55 to 64	11
65 and Older	18
Education	
Some Post High School or Less	25%
College Graduate	76
Household Income	
\$60,000 or Less	43%
\$60,001 or More	46
Not Sure/No Answer	11
Married	51%

What do the percentages mean?

Results of the Shorewood Community Health Survey can be generalized to the adult population with telephones. In 2005, the Wisconsin Department of Administration estimated 10,834 adult residents in the area, a decrease of 0.39% 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 110 adults. So, when 7% of respondents reported their health was fair or poor, this roughly equates to 770 residents \pm 550 individuals. Therefore, 220 to 1,320 residents may have fair or poor health. Because the margin of error is \pm 5%, events or health risks that are small will include zero.

The 2005 estimate of occupied housing units in Shorewood was 6,732, an increase of 2.95% 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 70 households. For example, 10% of survey respondents reported that someone in their household was not covered by health insurance. Thus, the estimated number of households with someone not currently covered by some form of health insurance would be 700.

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.

The recommended amount of physical activity by the Centers for Disease Control is moderate activity for at least 30 minutes on five or more days of the week or vigorous activity for at least 20 minutes on three or more days of the week. Moderate physical activity includes walking briskly, bicycling, vacuuming, gardening or anything else that causes small increases in breathing or heart rate. Vigorous physical activity includes running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate. Insufficient physical activity includes participation in either activity, but not for the duration or the frequency recommended. Inactive respondents reported no moderate or vigorous physical activity in a typical week.

Overweight status was calculated using the Centers for Disease Control's Body Mass Index (BMI). BMI is calculated by using kilograms/meter². 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 one day in the past 30 days.

The Centers for Disease Control defines heavy drinking as more than two drinks per day in a month for males (i.e. 61 or more drinks total) or more than one drink per day in a month for females (i.e. 31 or more drinks total).

The Centers for Disease Control defines binge drinking as five or more drinks at one time, regardless of gender. In 2006, it was decided to follow this standard definition to allow for national, state and local comparisons. In 2003, the Shorewood/Whitefish Bay Community Health Survey Report defined binge drinking as four or more drinks at one time for females and five or more drinks at one time for males to account for weight and metabolism differences.

Summary

This research provides valuable behavioral data, lifestyle habits, and the prevalence of risk factors and disease conditions of Shorewood residents. The following data are highlights of the comprehensive study. Please see the full report for more detailed findings. In this report, 2006 Shorewood data is compared to the 2003 Shorewood/Whitefish Bay Community Health Survey data involving a representative sample of the entire health department.

Overall Health	<u>2003</u>	<u>2006</u>	Health Conditions in Past 3 Years	<u>2003</u>	<u>2006</u>
Excellent	33%	43%	High Blood Cholesterol	21%	18%
Very Good	42%	34%	High Blood Pressure	15%	17%
Fair or Poor	6%	7%	Asthma (Current)	6%	8%
<i>Other Research: (2005)</i>	<u>WI</u>	<u>U.S.</u>	Mental Health Problem	7%	6%
<i>Fair/Poor</i>	12%	15%	Heart Disease/Condition	5%	5%
Health Care Coverage			Diabetes	4%	4%
Not Covered	<u>2003</u>	<u>2006</u>	Cancer (Not Skin)	5%	3%
Personally	5%	6%	Stroke	<1%	<1%
Household Member (currently)	10%	10%	Physical Health		
Household Member (past year)	14%	17%	Physical Activity/Week	<u>2003</u>	<u>2006</u>
Advance Care Plan	36%	38%	Moderate Activity (5 times/30 min)	33%	41%
<i>Other Research: (2005)</i>	<u>WI</u>	<u>U.S.</u>	Vigorous Activity (3 times/20 min)		38%
<i>Personally Not Covered</i>	11%	15%	Recommended Moderate or Vigorous		59%
Routine Procedures	<u>2003</u>	<u>2006</u>	Overweight	42%	44%
Routine Checkup (2 years or less)	88%	85%	Fruit Intake (2 or more servings/day)	77%	82%
Cholesterol Test (4 years or less)	80%	78%	Vegetable Intake (3 or more servings/day)	38%	36%
Dental Checkup (past year)	77%	75%	<i>Other Research: (2005)</i>	<u>WI</u>	<u>U.S.</u>
Eye Exam (past year)	54%	43%	<i>Overweight</i>	61%	61%
<i>Other Research:</i>	<u>WI</u>	<u>U.S.</u>	<i>Rec. Moderate or Vigorous Activity</i>	57%	49%
<i>Routine Checkup (≤2 years; 2000)</i>	79%	84%	Women's Health	<u>2003</u>	<u>2006</u>
<i>Cholesterol Test (≤4 years; 2005)</i>	73%	73%	Mammogram (40 and older; within past 2 years)	83%	85%
<i>Dental Checkup (past year; 2004)</i>	78%	70%	Bone Density Scan (65 and older)		80%
Vaccinations	<u>2003</u>	<u>2006</u>	Pap Smear (18 - 65; within past 3 years)	95%	94%
Flu Vaccination (past year)	42%	38%	<i>Other Research: (2004)</i>	<u>WI</u>	<u>U.S.</u>
Pneumonia (ever—65 and older)	53%	75%	<i>Mammogram (40 and older; within past 2 years)</i>	75%	75%
<i>Other Research: (2005)</i>	<u>WI</u>	<u>U.S.</u>	<i>Pap Smear (18 and older; within past 3 years)</i>	86%	86%
<i>Flu Vaccination (past year)</i>	32%	27%	Men's Health	<u>2003</u>	<u>2006</u>
<i>Pneumonia (ever—65 and older)</i>	66%	66%	Digital Rectal Exam (40 and older; within past year)	45%	43%
Alternative Treatments in Past 3 Years	<u>2003</u>	<u>2006</u>	PSA Test (40 and older; within past 2 years)		46%
Massage Therapy	29%	29%	<i>Other Research: (2004)</i>	<u>WI</u>	<u>U.S.</u>
Movement Therapy	14%	17%	<i>PSA Test (40 and older; within past 2 years)</i>	46%	52%
Meditation	14%	16%	Sunburn in Past 12 Months		<u>2006</u>
Chiropractic Care	15%	13%	Once		20%
Aroma Therapy	6%	8%	Twice		13%
Acupuncture	4%	5%	Three or More		13%

Safety	<u>2003</u>	<u>2006</u>	Other Tests	<u>2003</u>	<u>2006</u>
Wear Seat Belt (Always/Nearly Always)			Blood Stool Test (50+; within past 2 years)	45%	37%
Adult	93%	97%	Sigmoidoscopy/Colonoscopy (50+; lifetime)	57%	63%
Children	96%	99%			
Wear Helmet (Always/Nearly Always)			<i>Other Research: (2004)</i>	<u>WI</u>	<u>U.S.</u>
(Of Those Who Ride Bike or In-Line Skate)			Blood Stool Test (50+; within past 2 years)	27%	26%
Adult	54%	49%	Sigmoidoscopy/Colonoscopy (50+; lifetime)	59%	53%
Children	79%	77%			
Detectors in Household			Alcohol Use		
Smoke Detector	93%	98%	Of all Respondents in Past Month...	<u>2003</u>	<u>2006</u>
Carbon Monoxide Detector	42%	35%	Heavy Drinker	5%	5%
Both Detectors	41%	34%	Binge Drinker	12%	18%
Neither Detector	5%	1%	Drive or Ride When Driver Perhaps Had		
			Too Much to Drink	4%	3%
<i>Other Research: (2002)</i>	<u>WI</u>	<u>U.S.</u>			
Adult Seat Belt (Always/Nearly Always)	82%	88%	<i>Other Research: (2005)</i>	<u>WI</u>	<u>U.S.</u>
			Heavy Drinker	8%	5%
Cigarette Use	<u>2003</u>	<u>2006</u>	Binge Drinker	22%	14%
Current Smokers	15%	15%			
Of Current Smokers...			Personal Safety in Past Year	<u>2003</u>	<u>2006</u>
Quit Smoking 1 Day or More in Past			Afraid for Their Safety	10%	14%
Year Because Trying to Quit	62%	47%	Pushed, Kicked, Slapped, or Hit	3%	1%
Saw a Health Care Professional Past Year			At Least One of the Safety Issues	12%	15%
...Advised to Quit Smoking		70%			
...Advised to Quit at Most Recent Visit		61%	Firearms in Household		
HH Smoker Smokes Indoors/In Vehicle	13%	8%	Of all Households...	<u>2003</u>	<u>2006</u>
			Have a Firearm	9%	9%
<i>Other Research: (2005)</i>	<u>WI</u>	<u>U.S.</u>	Have a Loaded Firearm	2%	1%
Current Smokers	22%	21%	Have a Loaded Firearm Unlocked	0%	<1%
Tried to Quit	49%	56%			
			<i>Other Research: (2002)</i>		
Smoking Policies in Eating Establishments			Of all Households...	<u>WI</u>	<u>U.S.</u>
Smoking Preference in Restaurants	<u>2003</u>	<u>2006</u>	Have a Firearm	44%	33%
Smoke-free	68%	77%	Have a Loaded Firearm	3%	8%
Allow Smoking	7%	6%	Have a Loaded Firearm Unlocked	2%	4%
No Preference	24%	16%			
Ordinance Prohibiting Smoking in			Additional Questions	<u>2003</u>	<u>2006</u>
Eating Establishments			Awareness of/Experience with Health Dept.		
Moderately Favor/Strongly Favor	72%	74%	Aware of/No Experience	65%	66%
Moderately Oppose/Strongly Oppose	25%	24%	Aware of/Received Services	28%	28%
State Law Prohibiting Smoking in All			Not Aware	7%	7%
Workplaces with 75% or Less in Alcohol Sales			Maj./Mod. Environmental Issues in Community		
Moderately Favor/Strongly Favor		80%	Clean Drinking & Recreational Water		29%
Moderately Oppose/Strongly Oppose		18%	Indoor Air Quality		14%
			Food Safety in Stores & Restaurants		13%
Mental Health Status			Mosquito Control & West Nile Virus		8%
Felt Sad, Blue or Depressed	<u>2003</u>	<u>2006</u>			
Always/Nearly Always	4%	4%			
Find Meaning and Purpose in Daily Life					
Seldom/Never	5%	5%			
Considered Suicide (past year)	2%	5%			

Please note: in this report, 2006 Shorewood data is compared to the 2003 Shorewood/Whitefish Bay Community Health Survey data involving a representative sample of the entire health department.

Overall Health and Health Care Key Findings

In 2006, 77% of respondents reported their health as excellent or very good; 7% reported fair or poor. Respondents who were 65 and older, with some post high school education or less, with a household income of less than \$60,001, who were unmarried or inactive were more likely to report fair or poor health. *From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported their health fair or poor; however, demographic findings varied.*

In 2006, 6% of respondents reported they personally did not have health care coverage; respondents who were 18 to 34 years old, with some post high school education or less, with a household income of less than \$60,001 or who were unmarried were more likely to report this. Ten percent reported someone in their household was not currently covered; 17% reported in the past 12 months someone was not covered. Respondents with a household income of less than \$60,001 or who were unmarried were more likely to report someone in their household was not covered currently or in the past year. Eighty-six percent of respondents reported their primary place for health services was from a doctor's or nurse practitioner's office; respondents who were 55 to 64 years old, with a college education, with a household income of at least \$60,001 or who were married were more likely to report this. Thirty-eight percent of respondents had an advance care plan; respondents who were 65 and older were more likely to report this. *From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported personally no health care coverage, someone in their household not currently covered or someone in their household not covered in the past 12 months. Demographic findings were similar for all health care coverage questions. From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting an advance care plan, with demographic findings similar.*

In 2006, 85% of respondents reported a routine medical checkup two years ago or less while 78% reported a cholesterol test four years ago or less. Seventy-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, 55 and older, with a college education or with a household income of at least \$60,001 were more likely to report a routine checkup two years ago or less. Respondents who were 55 to 64 years old, with a college education or with a household income of at least \$60,001 were more likely to report a cholesterol test four years ago or less. Respondents who were 55 to 64 years old, with a college education, with a household income of at least \$60,001 or who were married were more likely to report a dental checkup in the past year. Respondents 65 and older were more likely to report an eye exam in the past year. *From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting a routine checkup two years ago or less, a cholesterol test four years ago or less or a dental exam less than one year ago; however, demographic findings varied. From 2003 to 2006, there was a statistical decrease in the percent of respondents reporting an eye exam less than one year ago, with demographic findings similar.*

In 2006, 38% of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past year. Respondents who were female or 65 and older were more likely to report a flu vaccination. Seventy-five percent of respondents 65 and older had a pneumonia vaccination. *From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported a flu vaccination, with demographic findings similar. From 2003 to 2006, there was a noted increase in the overall percent of respondents 65 and older who had a pneumonia vaccination.*

Health Risk Factors Key Findings

In 2006, out of eight health conditions listed, high blood cholesterol and high blood pressure were the most often mentioned in the past three years (18% and 17%, respectively). Respondents who were 65 and older, with some post high school education or less, who were unmarried, overweight or inactive were more likely to report high blood pressure. Respondents who were male, 55 and older, overweight or nonsmokers were more likely to report high blood cholesterol. Respondents who were 65 and older, with a household income of less than \$60,001 or smokers were more likely to report heart disease/condition. Respondents who were 18 to 34 years old or unmarried were more likely to report a mental health problem. Respondents who were 55 and older, with some post high school education or less, who were overweight or inactive were more likely to report diabetes. Respondents 55 and older were more likely to report current asthma. *From 2003 to 2006, there was no statistical change in the percent of respondents reporting all health conditions. Demographic findings were similar for high blood pressure or current asthma. Demographic findings varied across years for high blood cholesterol, heart disease/condition, mental health problem or diabetes.*

In 2006, 4% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents who were 45 to 54 years old, with some post high school education or less, 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; respondents with a household income of less than \$60,001 were more likely to report this. Five percent reported they seldom or never find meaning and purpose in daily life. *From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported they always/nearly always felt sad, blue or depressed, with demographic findings varied. From 2003 to 2006, there was a statistical increase in the overall percent of respondents who reported they considered suicide. From 2003 to 2006, there was no statistical change in the overall percent who reported they seldom or never find meaning and purpose in daily life, with demographic findings similar.*

Behavioral Risk Factors Key Findings

In 2006, out of six alternative treatments listed, massage therapy and movement therapy were the most often used in the past three years (29% and 17%, respectively). Respondents who were female, 35 to 44 years old or with a household income of less than \$60,001 were more likely to report chiropractic care. Respondents who were female or 18 to 64 years old were more likely to report massage therapy. Respondents who were female, 18 to 34 years old or with a household income of less than \$60,001 were more likely to report aroma therapy. Respondents who were female or 45 to 64 years old were more likely to report movement therapy. Female respondents were more likely to report acupuncture. *From 2003 to 2006, there was no statistical change in the overall percent of respondents who used the alternative treatments. Demographic findings were similar for acupuncture while demographic findings were varied for all other alternative treatments.*

In 2006, 41% of respondents did moderate physical activity five times a week for 30 minutes while 38% did vigorous activity three times a week for 20 minutes. Combined, 59% met the recommended amount of physical activity. Respondents who were 18 to 34 years old, with a college education, with a household income of at least \$60,001 or who were married were more likely to have met the recommended amount of physical activity. Forty-four percent of respondents were classified as overweight. Respondents who were male or unmarried were more likely to be classified as overweight. *From 2003 to 2006, there was a statistical increase in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes, with demographic findings varied. From 2003 to 2006, there was no statistical change in the overall percent of overweight respondents, with demographic findings similar.*

In 2006, 82% of respondents ate two or more servings of fruit while 36% ate three or more servings of vegetables on an average day. Respondents who were female, with a college education, with a household income of at least \$60,001, who were married or met the recommended amount of physical activity were more likely to eat at least two servings of fruit. Respondents who were female, 45 to 54 years old, married or not overweight were more likely to eat at least three servings of vegetables a day. *From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting at least two servings of fruit on an average day or at least three servings of vegetables on an average day, with more demographic findings in 2006.*

In 2006, 85% of female respondents 40 and older reported a mammogram within the past two years. Eighty percent of female respondents 65 and older had a bone density scan. Ninety-four percent of female respondents 18 to 65 years old reported a pap smear within the past three years; respondents with a household income of at least \$60,001 or who were married were more likely to report this. *From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported having a mammogram within the past two years or having a pap smear within the past three years. When looking at a pap smear within the past three years, demographic findings were similar.*

In 2006, 46% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Forty-three percent of male respondents 40 and older had a digital rectal exam in the past year. *From 2003 to 2006, there was no statistical change in the overall percent of male respondents 40 and older reporting a digital rectal exam within the past year.*

In 2006, 37% of respondents 50 and older had their blood stool tested within the past two years while 63% reported a sigmoidoscopy or colonoscopy in their lifetime. *From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported a blood stool test within the past two years or in the overall percent of respondents who reported a sigmoidoscopy or colonoscopy in their lifetime, with demographic findings similar.*

In 2006, 13% of respondents had three or more sunburns in the past 12 months while 13% reported two times and 20% reported once. Respondents who were male, 18 to 34 years old or with a college education were more likely to report three or more sunburns in the past 12 months.

In 2006, 97% of respondents wore seat belts always or nearly always. Ninety-nine 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, 49% reported they always or nearly always wore a helmet; respondents who were 45 and older, with a household income of at least \$60,001 or who were married were more likely to report this. Of respondents who had children who rode a bike, etc., 77% reported their child always or nearly always wore a helmet. *From 2003 to 2006, there was a statistical increase in the overall percent of respondents who used a seat belt, with fewer demographic findings in 2006. From 2003 to 2006, there was no statistical change in the overall percent of respondents who wore a helmet always or nearly always, with demographic findings somewhat varied. From 2003 to 2006, there was no statistical change in the overall percent of children who used a seat belt or wore a helmet.*

In 2006, 15% of respondents were current smokers. Respondents who were female, with a household income of less than \$60,001 or who were unmarried were more likely to be a smoker. Forty-seven percent of current smokers quit smoking for one day or longer in the past 12 months; 70% of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking. Eight percent of households had a smoker who smoked indoors at home or in their vehicle when others were present. *From 2003 to 2006, there was no statistical change in the overall percent of current smokers, with demographic findings varied. From 2003 to 2006, there was no statistical change in the overall percent of current smokers who tried to quit smoking. From 2003 to 2006, there was a statistical*

decrease in the overall percent of household smokers who smoked indoors or in vehicles, with demographic findings varied.

In 2006, 77% of all respondents preferred a smoke-free restaurant; respondents who were 35 to 44 years old, with a college education, with a household income of at least \$60,001, who were married or nonsmokers were more likely to prefer this. Seventy-four percent of respondents favored a community ordinance prohibiting smoking in eating establishments. Respondents who were female, 35 to 44 years old, with a college education, with a household income of at least \$60,001, who were married or nonsmokers were more likely to favor a community ordinance to prohibit smoking in eating establishments. Eighty 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 female, 35 to 44 years old, with a college education or with a household income of at least \$60,001 were more likely to report this. *From 2003 to 2006, there was a statistical increase in the overall percent of respondents who preferred a smoke-free restaurant, with more demographic findings in 2006. From 2003 to 2006, there was no statistical change in the overall percent of respondents who preferred a restaurant that allows smoking, with more demographic findings in 2006. From 2003 to 2006, there was no statistical change in the overall percent of respondents who favored a community ordinance that prohibits smoking in eating establishments, with more demographic findings in 2006.*

In 2006, 79% of respondents had an alcoholic drink in the past 30 days. In the past month, 5% were heavy drinkers while 18% were binge drinkers. Respondents who were female or with a college education were more likely to have been a heavy drinker. Respondents who were male, 18 to 34 years old or married were more likely to have been a binge drinker in the past month. Three percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Three percent of respondents reported someone in their household had experienced a problem in connection with drinking in the past year. *From 2003 to 2006, there was no statistical change in the overall percent of respondents who were heavy drinkers, with demographic findings varied. From 2003 to 2006, there was a statistical increase in the overall percent of respondents who binged, with demographic findings varied across years. From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported they were a driver or a passenger when the driver perhaps had too much to drink.*

In 2006, 98% of households had a working smoke detector while 35% had a working carbon monoxide detector. Thirty-four percent of households had both detectors; respondents with an income of at least \$60,001 or who were married were more likely to report this. *From 2003 to 2006, there was a statistical decrease in the overall percent of households with both detectors, with demographic findings somewhat varied.*

In 2006, 9% of households had a firearm in or around the home; respondents with a household income of at least \$60,001 were more likely to report this. Of all households, one percent had a loaded firearm. Less than one percent of all households had a firearm loaded and unlocked. *From 2003 to 2006, there was no statistical change in the overall percent of firearm ownership, with demographic findings varied. From 2003 to 2006, there was no statistical change in the overall percent of firearm storage practices.*

In 2006, 14% of respondents reported someone had made them afraid for their personal safety in the past year; respondents who were 18 to 34 years old, with a college education, with a household income of at least \$60,001 or who were married were more likely to report this. One percent reported they had been pushed, kicked, slapped or hit in the past year. A total of 15% reported at least one of these two situations; respondents 18 to 34 years old were more likely to report this. *From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting someone made them afraid for their personal safety, with demographic findings varied. From 2003 to 2006, there was a statistical decrease in the overall percent of respondents reporting someone pushed, kicked, slapped or hit them in the past year.*

There was no statistical change in the overall percent of respondents reporting at least one of the two personal safety issues, with demographic findings similar.

Additional Questions Key Findings

In 2006, 7% of respondents were not aware of the public health department prior to the interview; 28% received services from the health department. Respondents who were 65 and older were more likely to receive services from the health department. *From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting their awareness of and experience with Shorewood's health department.*

In 2006, out of four environmental health issues that communities may face, the most often cited major or moderate problem in their community was clean drinking and recreational water (29%) followed by indoor air quality (14%). Thirteen percent reported food safety in stores and restaurants while 8% reported mosquito control/West Nile Virus. Respondents who were 18 to 34 years old, with a college education or who were married were more likely to report clean drinking and recreational water as a major or moderate problem. Respondents who were male or with a college education were more likely to report indoor air quality. Respondents who were 45 to 54 years old or 65 and older were more likely to report food safety in stores and restaurants. Respondents who were female, 45 to 54 years old or 65 and older were more likely to report mosquito control/West Nile Virus.

Key Findings

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

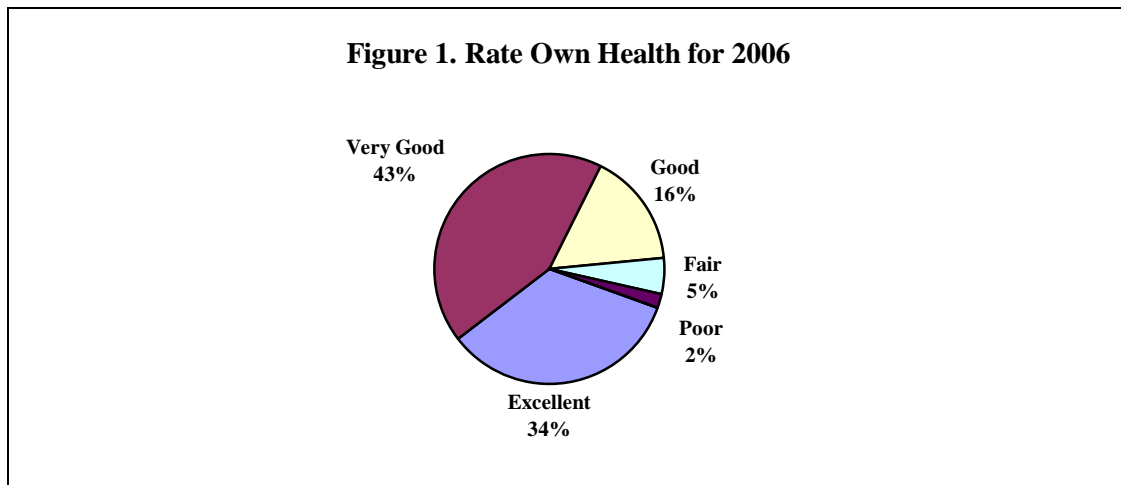
KEY FINDINGS: In 2006, 77% of respondents reported their health as excellent or very good; 7% reported fair or poor. Respondents who were 65 and older, with some post high school education or less, with a household income of less than \$60,001, who were unmarried or inactive were more likely to report fair or poor health.

From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported their health fair or poor; however, demographic findings varied.

Fifty-seven 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 (2005 Behavioral Risk Factor Surveillance).

2006 Shorewood Findings

- Seventy-seven percent of respondents said their own health, generally speaking, was either excellent (34%) or very good (43%). A total of 7% reported their health was fair (5%) or poor (2%).



- Fourteen percent of respondents 65 and older reported fair or poor health compared to 4% of those 18 to 34 years old or 3% of respondents 35 to 44 years old.
- Thirteen percent of respondents with some post high school education or less reported fair or poor health compared to 4% of respondents with a college education.
- Respondents with a household income of less than \$60,001 were more likely to report fair or poor health compared to respondents with a household income of at least \$60,001 (9% and 3%, respectively).

- Unmarried respondents were more likely to report their health was fair or poor (10%) compared to married respondents (3%).
- Thirty percent of respondents who were inactive reported fair or poor health compared to 6% of those who did an insufficient amount of physical activity or 4% of respondents who did the recommended amount of physical activity.

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported their health as fair or poor.
- In 2003, male respondents were more likely to report fair or poor health. In 2006, gender was not a significant variable, with a noted increase in the percent of female respondents reporting fair or poor health.
- In 2006 respondents who were 65 and older, with some post high school education or less or with a household income of less than \$60,001 were more likely to report fair or poor health. In 2003, age, education or household income was not significant.
- In both study years, unmarried respondents were more likely to report fair or poor health.
- In 2003, smokers were more likely to report fair or poor health. In 2006, smoking status was not a significant variable.

Table 2. Fair or Poor Health by Demographic Variables for Each Survey Year^{①,②}

	2003 SH/WFB	2006 Shorewood
TOTAL	6%	7%
Gender ¹		
Male	8	4
Female ^a	3	9
Age ²		
18 to 34	0	4
35 to 44	7	3
45 to 54	9	6
55 to 64	2	10
65 and Older	7	14
Education ²		
Some Post High School or Less	8	13
College Graduate	5	4
Household Income ²		
\$60,000 or Less	6	9
\$60,001 or More	4	3
Marital Status ^{1,2}		
Married	4	3
Not Married	9	10
Overweight Status		
Not Overweight	4	6
Overweight	7	7
Physical Activity ²		
Inactive	--	30
Insufficient	--	6
Recommended	--	4
Smoking Status ¹		
Nonsmoker	4	6
Smoker	16	11

^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.

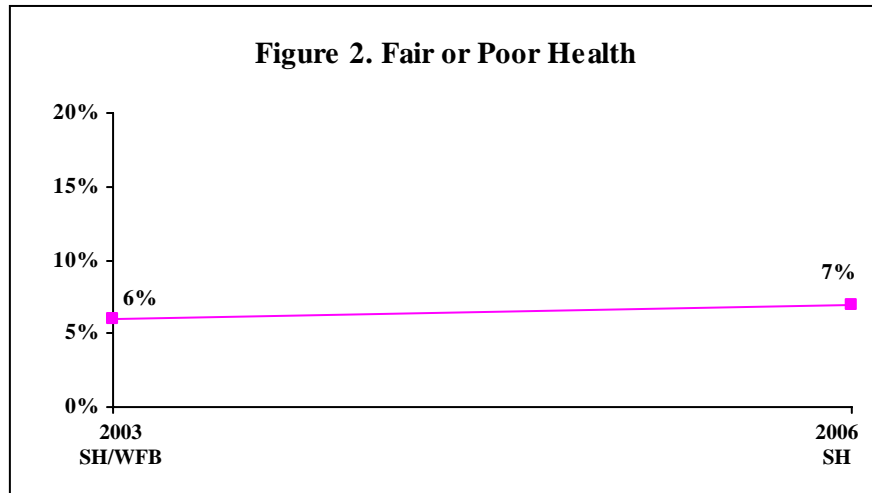
^②Physical activity was defined differently in 2003.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

- From 2003 to 2006, 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 2006, 6% of respondents reported they personally did not have health care coverage; respondents who were 18 to 34 years old, with some post high school education or less, with a household income of less than \$60,001 or who were unmarried were more likely to report this. Ten percent reported someone in their household was not currently covered; 17% reported in the past 12 months someone was not covered. Respondents with a household income of less than \$60,001 or who were unmarried were more likely to report someone in their household was not covered currently or in the past year. Eighty-six percent of respondents reported their primary place for health services was from a doctor’s or nurse practitioner’s office; respondents who were 55 to 64 years old, with a college education, with a household income of at least \$60,001 or who were married were more likely to report this. Thirty-eight percent of respondents had an advance care plan; respondents who were 65 and older were more likely to report this.

From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported personally no health care coverage, someone in their household not currently covered or someone in their household not covered in the past 12 months. Demographic findings were similar for all health care coverage questions. From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting an advance care plan, with demographic findings similar.

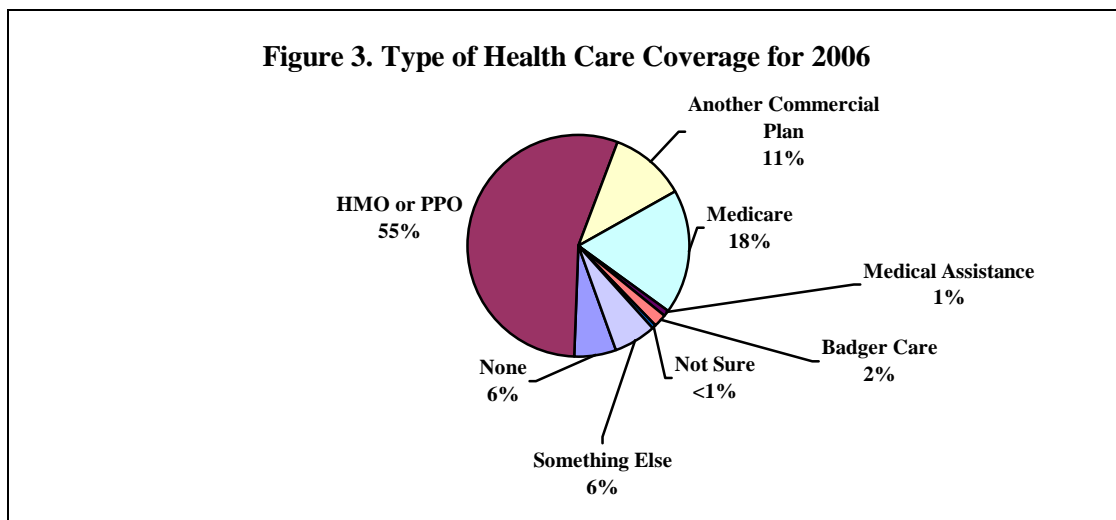
Personally Not Covered

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

In 2005, 11% of all respondents in Wisconsin reported they personally did not have health insurance. Fifteen percent of the nation reported this (2005 Behavioral Risk Factor Surveillance).

2006 Shorewood Findings

- Six percent of respondents reported they were not currently covered by any health care plan. Fifty-five percent of respondents indicated they were personally covered by a prepaid plan such as a health maintenance organization (HMO) or preferred provider organization (PPO). Eleven percent reported another commercial plan and 18% reported Medicare. Eleven percent reported another commercial plan and 18% reported Medicare.



- Fifteen percent of respondents 18 to 34 years old reported no personal health care coverage compared to 2% of those 45 to 54 years old or 0% of respondents 65 and older.
- Respondents with some post high school education or less were more likely to report they were personally not covered (15%) compared to respondents with a college education (3%).
- Twelve percent of respondents with a household income of less than \$60,001 reported no personal health care coverage compared to 0% of respondents with a household income of at least \$60,001.
- Unmarried respondents were more likely to report they were personally not covered compared to married respondents (11% and 1%, respectively).

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents having no personal health care coverage.

- In 2006, respondents 18 to 34 years old were more likely to report no personal health care coverage. In 2003, age was not a significant variable.
- In both study years, respondents with some post high school education or less, with a household income of less than \$60,001 or who were unmarried were more likely to report no personal health care coverage.

Table 3. Personally No Health Care Coverage by Demographic Variables for Each Survey Year^⓪

	2003 SH/WFB	2006 Shorewood
TOTAL	5%	6%
Gender		
Male	5	6
Female	4	6
Age ²		
18 to 34	8	15
35 to 44	8	3
45 to 54	2	2
55 to 64	7	5
65 and Older	0	0
Education ^{1,2}		
Some Post High School or Less	12	15
College Graduate	2	3
Household Income ^{1,2}		
\$60,000 or Less	8	12
\$60,001 or More	<1	0
Marital Status ^{1,2}		
Married	2	1
Not Married	10	11

^⓪Percentages 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.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

Someone in Household Not Currently Covered

2006 Shorewood Findings

- Ten percent of all respondents indicated someone in their household was not currently covered by a health care plan. This equates to approximately 700 households.
- Nineteen percent of respondents with a household income of less than \$60,001 reported someone in their household was not currently covered compared to 2% of respondents with a household income of at least \$60,001.
- Unmarried respondents were more likely to report someone in their household was not currently covered compared to married respondents (19% and 2%, respectively).

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported someone in their household was not currently covered.
- In both study years, respondents with a household income of less than \$60,001 were more likely to report someone was not currently covered by a health care plan.
- In both study years, unmarried respondents were more likely to report someone not currently covered. In addition, there was a noted decrease in the percent of married respondents reporting someone not currently covered in 2006.

Table 4. Someone in Household Not Currently Covered by Health Care Coverage by Demographic Variables for Each Survey Year^⓪

	2003 SH/WFB	2006 Shorewood
TOTAL	10%	10%
Household Income ^{1,2}		
\$60,000 or Less	16	19
\$60,001 or More	3	2
Marital Status ^{1,2}		
Married ^a	6	2
Not Married	17	19

^⓪Percentages 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.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

Someone in Household Not Covered in the Past 12 Months

2006 Shorewood Findings

- Seventeen percent of all respondents indicated someone in their household was not covered by insurance in the past 12 months.
- Twenty-seven percent of respondents with a household income of less than \$60,001 reported someone in their household was not covered in the past year compared to 8% of respondents with a household income of at least \$60,001.
- Unmarried respondents were more likely to report someone in their household was not covered in the past year compared to married respondents (25% and 9%, respectively).

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported someone in their household was not covered in the past 12 months.
- In both study years, respondents with a household income of less than \$60,001 or who were unmarried were more likely to report someone was not covered in the past year.

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

	2003 SH/WFB	2006 Shorewood
TOTAL	14%	17%
Household Income ^{1,2}		
\$60,000 or Less	22	27
\$60,001 or More	5	8
Marital Status ^{1,2}		
Married	10	9
Not Married	21	25

[ⓐ]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.

¹demographic difference at p≤0.05 in 2003

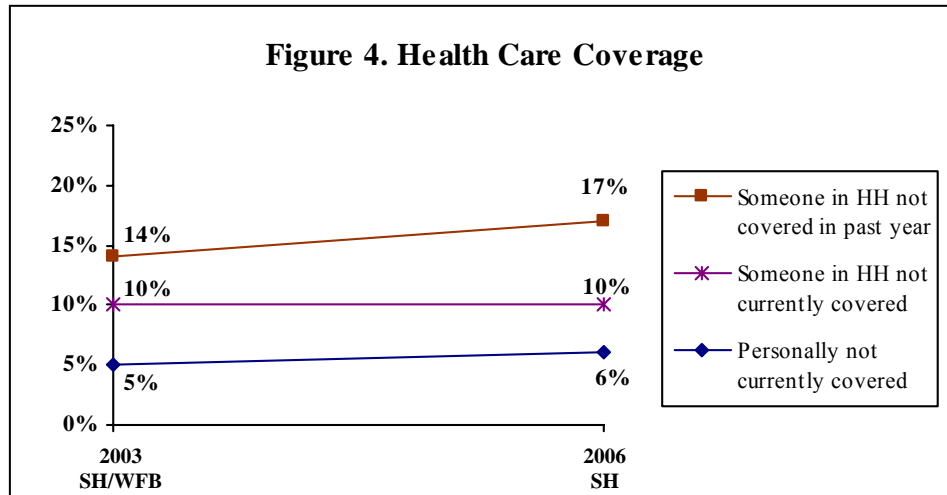
²demographic difference at p≤0.05 in 2006

³year differences at p≤0.05

Overall Health Care Coverage

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported personally no health care coverage, someone in their household not currently covered or someone in their household not covered in the past 12 months.



Primary Health Care Services

2006 Shorewood Findings

- Eighty-six percent of respondents reported they go to a doctor's or nurse practitioner's office when they are sick or need health advice. Three percent reported a public health clinic/community center. Two percent reported hospital outpatient department or urgent care center.
- Ninety-five percent of respondents 55 to 64 years old reported a doctor's or nurse practitioner's office followed by 92% of those 35 to 44 years old. Eighty-nine percent of respondents 45 to 54 years old or 65 and older reported this followed by 77% of respondents 18 to 34 years old.
- Respondents with a college education were more likely to report a doctor's or nurse practitioner's office (92%) compared to respondents with some post high school education or less (68%).
- Ninety-eight percent of respondents with a household income of at least \$60,001 reported a doctor's or nurse practitioner's office compared to 76% of respondents with a household income of less than \$60,001.
- Married respondents were more likely to report a doctor's or nurse practitioner's office compared to unmarried respondents (92% and 80%, respectively).

Advance Care Plan

2006 Shorewood Findings

- Thirty-eight 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-four percent of respondents 65 and older reported they had an advance care plan compared to 36% of those 45 to 54 years old or 15% of respondents 18 to 34 years old.

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents having an advance care plan.
- In both study years, respondents 65 and older were more likely to report having an advance care plan. In addition, there was a noted increase in the percent of respondents 35 to 44 years old reporting this in 2006.
- In 2003, married respondents were more likely to report an advance care plan. In 2006, marital status was not a significant variable.

Table 6. Advance Care Plan by Demographic Variables for Each Survey Year^{①,②}

	2003 SH/WFB	2006 Shorewood
TOTAL	36%	38%
Gender		
Male	37	34
Female	36	42
Age ^{1,2}		
18 to 34	22	15
35 to 44 ^a	29	47
45 to 54	40	36
55 to 64	36	52
65 and Older	56	64
Education		
Some Post High School or Less	30	33
College Graduate	38	40
Household Income		
\$60,000 or Less	35	32
\$60,001 or More	39	41
Marital Status ¹		
Married	40	40
Not Married	30	37

^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.

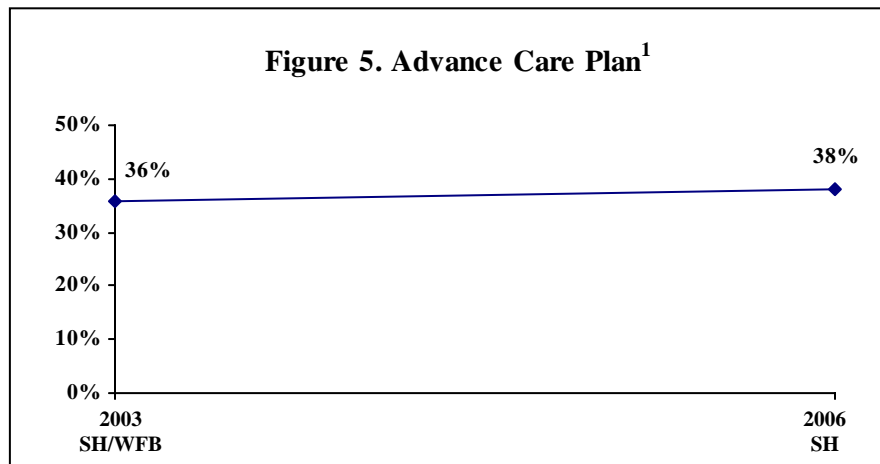
^②“Living will or health care power of attorney” added in 2006.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

- From 2003 to 2006, 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 2006.

Routine Procedures (Figure 6; Tables 7 - 10)

KEY FINDINGS: In 2006, 85% of respondents reported a routine medical checkup two years ago or less while 78% reported a cholesterol test four years ago or less. Seventy-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, 55 and older, with a college education or with a household income of at least \$60,001 were more likely to report a routine checkup two years ago or less. Respondents who were 55 to 64 years old, with a college education or with a household income of at least \$60,001 were more likely to report a cholesterol test four years ago or less. Respondents who were 55 to 64 years old, with a college education, with a household income of at least \$60,001 or who were married were more likely to report a dental checkup in the past year. Respondents 65 and older were more likely to report an eye exam in the past year.

From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting a routine checkup two years ago or less, a cholesterol test four years ago or less or a dental exam less than one year ago; however, demographic findings varied. From 2003 to 2006, there was a statistical decrease in the percent of respondents reporting an eye exam less than one year ago, with demographic findings similar.

Routine Checkup

Sixty-five percent of Wisconsin respondents reported in the past year they had a routine checkup, 14% reported 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).

2006 Shorewood Findings

- Eighty-five percent of respondents reported they had a routine checkup two years ago or less.
- Female respondents were more likely to report a routine checkup two years ago or less (91%) compared to male respondents (77%).
- Ninety-three percent of respondents 55 and older reported a routine checkup compared to 88% of those 45 to 54 years old or 71% of respondents 18 to 34 years old.
- Respondents with a college education were more likely to report a routine checkup compared to respondents with some post high school education or less (87% and 78%, respectively).
- Ninety-one percent of respondents with a household income of at least \$60,001 reported a routine checkup two years ago or less compared to 79% of respondents with a household income of less than \$60,001.

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported a routine checkup two years ago or less.
- In 2006, respondents who were female or with a college education were more likely to report a routine checkup. In 2003, neither gender nor education was significant.
- In 2006, respondents 55 and older were more likely to report a routine checkup. In addition, there was a noted decrease in the percent of respondents 18 to 34 years old reporting a routine checkup. In 2003, age was not a significant variable.
- In both study years, respondents with a household income of at least \$60,001 were more likely to report a routine checkup two years ago or less.

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

	2003 SH/WFB	2006 Shorewood
TOTAL	88%	85%
Gender ²		
Male	85	77
Female	90	91
Age ²		
18 to 34 ^a	84	71
35 to 44	86	90
45 to 54	89	88
55 to 64	93	93
65 and Older	91	93
Education ²		
Some Post High School or Less	83	78
College Graduate	90	87
Household Income ^{1,2}		
\$60,000 or Less	85	79
\$60,001 or More	93	91
Marital Status		
Married	89	86
Not Married	86	84

^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.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

Cholesterol Test

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

Seventy-three percent of Wisconsin respondents and 73% of U.S. respondents reported they had their cholesterol checked within the past five years (2005 Behavioral Risk Factor Surveillance).

2006 Shorewood Findings

- Seventy-eight percent of respondents reported having their cholesterol tested four years ago or less. Seven percent reported five or more years ago while 11% reported never having their cholesterol tested.
- Ninety-three percent of respondents 55 to 64 years old reported a cholesterol test four years ago or less compared to 81% of those 45 to 54 years old or 60% of respondents 18 to 34 years old.

- Respondents with a college education were more likely to report a cholesterol test (81%) compared to respondents with some post high school education or less (67%).
- Eighty-five percent of respondents with a household income of at least \$60,001 reported a cholesterol test four years ago or less compared to 70% of respondents with a household income of less than \$60,001.

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported a cholesterol test four years ago or less.
- In 2003, respondents 45 and older were more likely to report a cholesterol test. In 2006, respondents 55 to 64 years old were more likely to report a cholesterol test.
- In 2006, respondents with a college education or with a household income of at least \$60,001 were more likely to report a cholesterol test. In 2003, neither education nor household income was significant.
- In 2003, married respondents were more likely to report a cholesterol test. In 2006, marital status was not a significant variable.

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

	2003 SH/WFB	2006 Shorewood
TOTAL	80%	78%
Gender		
Male	80	75
Female	80	81
Age ^{1,2}		
18 to 34	52	60
35 to 44	76	87
45 to 54	91	81
55 to 64	93	93
65 and Older	90	88
Education ²		
Some Post High School or Less	78	67
College Graduate	81	81
Household Income ²		
\$60,000 or Less	77	70
\$60,001 or More	84	85
Marital Status ¹		
Married	85	79
Not Married	73	77

[ⓐ]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.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

^ayear 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.¹

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

2006 Shorewood Findings

- Seventy-five percent of respondents reported a dental visit in the past year. An additional 16% had a visit in the past one to two years.
- Eighty-six percent of respondents 55 to 64 years old reported a dental checkup in the past year compared to 74% of those 35 to 44 years old or 63% of respondents 18 to 34 years old.
- Seventy-eight percent of respondents with a college education reported a dental checkup in the past year compared to 63% of respondents with some post high school education or less.
- Eighty-eight percent of respondents with a household income of at least \$60,001 reported a dental checkup in the past year compared to 61% of respondents with a household income of less than \$60,001.
- Married respondents were more likely to report a dental checkup within the past year compared to unmarried respondents (84% and 65%, respectively).

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported having a dental exam in the past year.
- In 2003, female respondents were more likely to report a dental exam. In 2006, gender was not a significant variable.
- In 2003, respondents 45 to 64 years old were more likely to report a dental exam. In 2006, respondents 55 to 64 years old were more likely to report a dental exam.
- In both study years, respondents with a college education, with a household income of at least \$60,001 or married respondents were more likely to report a dental exam.

¹ "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.

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

	2003 SH/WFB	2006 Shorewood
TOTAL	77%	75%
Gender ¹		
Male	69	74
Female	82	76
Age ^{1,2}		
18 to 34	62	63
35 to 44	69	74
45 to 54	86	81
55 to 64	86	86
65 and Older	78	82
Education ^{1,2}		
Some Post High School or Less	68	63
College Graduate	80	78
Household Income ^{1,2}		
\$60,000 or Less	64	61
\$60,001 or More	91	88
Marital Status ^{1,2}		
Married	80	84
Not Married	71	65

[Ⓞ]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.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

Eye Exam

2006 Shorewood Findings

- Forty-three percent of respondents had an eye exam in the past year while 28% reported one to two years ago. Two percent reported never.
- Sixty-four percent of respondents 65 and older reported having an eye exam in the past year compared to 41% of those 45 to 54 years old or 34% of respondents 18 to 44 years old.

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was a statistical decrease in the overall percent of respondents having an eye exam less than a year ago.

- Although gender, education, household income or marital status was not significant in any study year, there was a noted decrease across education or household income as well as for respondents who were female or unmarried reporting an eye exam in 2006.
- In both study years, respondents 65 and older were more likely to report an eye exam less than a year ago, with a noted decrease in the percent of respondents 18 to 34 years old reporting this in 2006.

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

	2003 SH/WFB	2006 Shorewood
TOTAL ^a	54%	43%
Gender		
Male	51	41
Female ^a	56	44
Age ^{1,2}		
18 to 34 ^a	56	34
35 to 44	42	34
45 to 54	47	41
55 to 64	55	55
65 and Older	69	64
Education		
Some Post High School or Less ^a	54	39
College Graduate ^a	54	44
Household Income		
\$60,000 or Less ^a	53	37
\$60,001 or More ^a	57	45
Marital Status		
Married	53	45
Not Married ^a	56	41

^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.

¹demographic difference at p≤0.05 in 2003

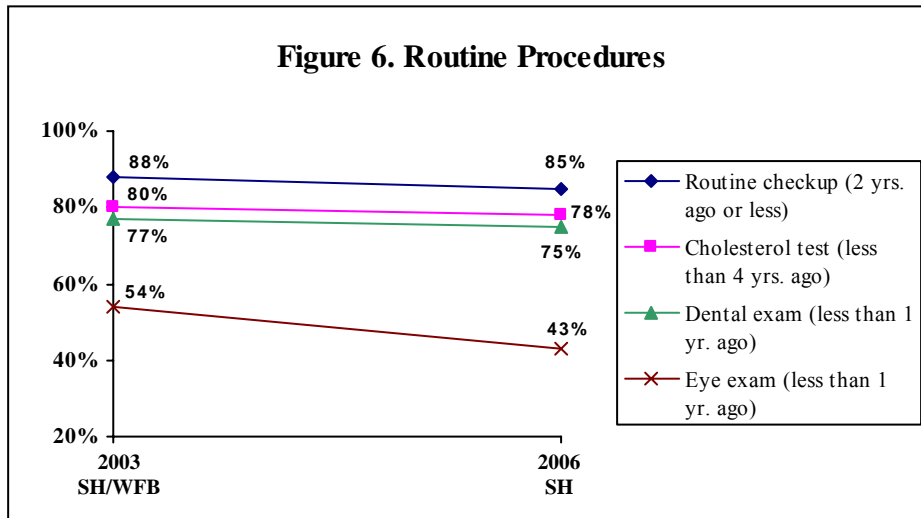
²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

Routine Procedures Overall

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting a routine checkup two years ago or less, a cholesterol test four years ago or less or a dental exam less than one year ago. From 2003 to 2006, there was a statistical decrease in the overall percent of respondents reporting an eye exam less than one year ago.



Vaccinations (Figure 7; Table 11)

KEY FINDINGS: In 2006, 38% of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past year. Respondents who were female or 65 and older were more likely to report a flu vaccination. Seventy-five percent of respondents 65 and older had a pneumonia vaccination.

From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported a flu vaccination, with demographic findings similar. From 2003 to 2006, there was a noted increase in the overall percent of respondents 65 and older who had a pneumonia vaccination.

Influenza Vaccination

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

In 2005, 32% of Wisconsin respondents reported a flu vaccination in the past 12 months. Nationally, 27% reported this (2005 Behavioral Risk Factor Surveillance). Seventy-two percent of Wisconsin respondents and 66% of U.S. respondents 65 and older reported a flu vaccination (2005 Behavioral Risk Factor Surveillance).

2006 Shorewood Findings

- Thirty-eight percent of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past 12 months.
- Female respondents were more likely to report receiving a flu vaccination (45%) compared to male respondents (30%).
- Respondents 65 and older were more likely to report receiving a flu vaccination (72%) compared to those 35 to 44 years old (29%) or respondents 18 to 34 years old (26%).

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported a flu vaccination in the past 12 months.
- In 2006, female respondents were more likely to report a flu vaccination in the past 12 months, with a noted decrease in the percent of male respondents reporting this. In 2003, gender was not a significant variable.
- In both study years, respondents 65 and older were more likely to report a flu vaccination.

Table 11. Flu Shot/Nasal Spray by Demographic Variables for Each Survey Year^{①,②}

	2003 SH/WFB	2006 Shorewood
TOTAL	42%	38%
Gender ²		
Male ^a	46	30
Female	38	45
Age ^{1,2}		
18 to 34	25	26
35 to 44	19	29
45 to 54	42	34
55 to 64	57	45
65 and Older	75	72
Education		
Some Post High School or Less	40	42
College Graduate	42	37
Household Income		
\$60,000 or Less	44	40
\$60,001 or More	38	35
Marital Status		
Married	39	38
Not Married	44	39

^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.

^②“Nasal spray” added in 2006.

¹demographic difference at $p \leq 0.05$ in 2003

²demographic difference at $p \leq 0.05$ in 2006

^ayear differences at $p \leq 0.05$

Pneumonia Vaccination

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

Sixty-six percent of Wisconsin respondents and 66% of U.S. respondents 65 and older reported they received a pneumonia shot (2005 Behavioral Risk Factor Surveillance).

2006 Shorewood Findings

- Seventy-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.

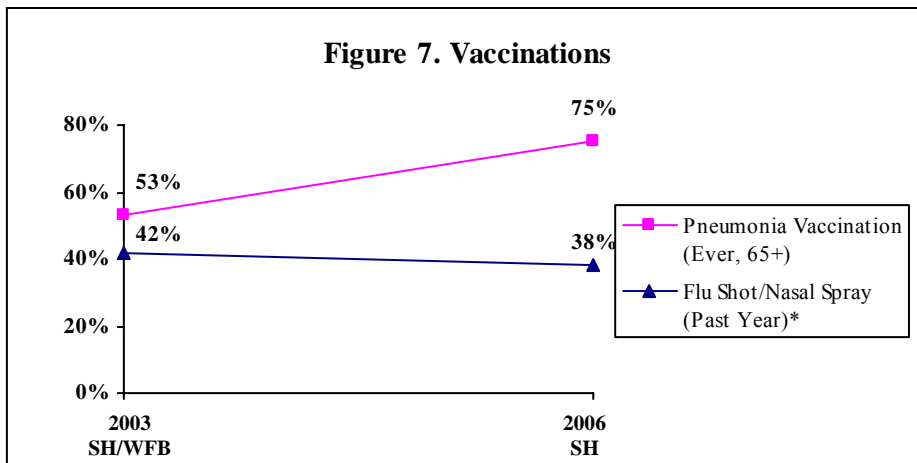
2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was a statistical increase 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

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported a flu vaccination. From 2003 to 2006, there was a noted increase in the overall percent of respondents 65 and older who had a pneumonia vaccination.



*“Nasal spray” added in 2006.

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

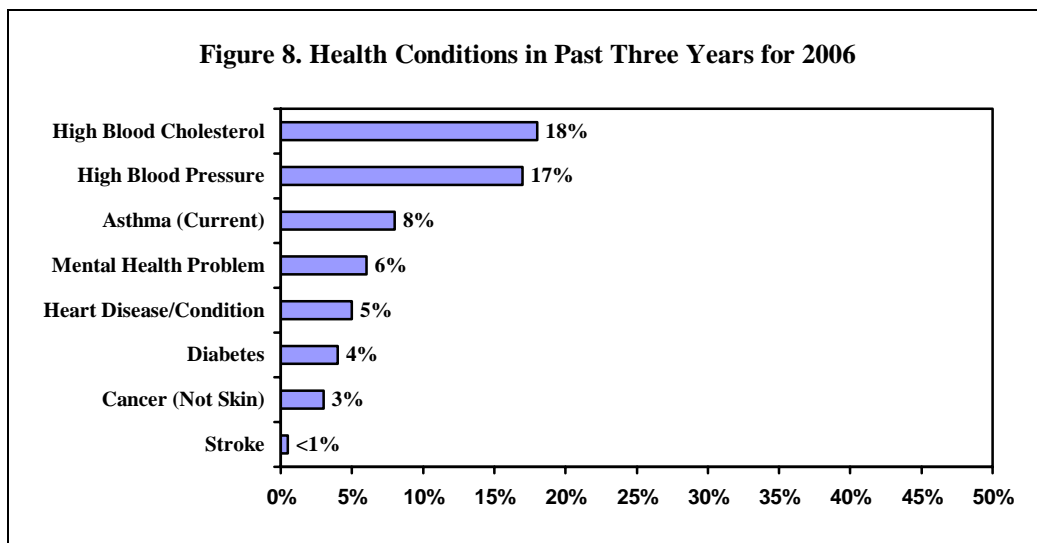
Respondents were asked a series of questions regarding if they had certain health conditions in the past three years. Current diagnosis of asthma was asked.

KEY FINDINGS: In 2006, out of eight health conditions listed, high blood cholesterol and high blood pressure were the most often mentioned in the past three years (18% and 17%, respectively). Respondents who were 65 and older, with some post high school education or less, who were unmarried, overweight or inactive were more likely to report high blood pressure. Respondents who were male, 55 and older, overweight or nonsmokers were more likely to report high blood cholesterol. Respondents who were 65 and older, with a household income of less than \$60,001 or smokers were more likely to report heart disease/condition. Respondents who were 18 to 34 years old or unmarried were more likely to report a mental health problem. Respondents who were 55 and older, with some post high school education or less, who were overweight or inactive were more likely to report diabetes. Respondents 55 and older were more likely to report current asthma.

From 2003 to 2006, there was no statistical change in the percent of respondents reporting all health conditions. Demographic findings were similar for high blood pressure or current asthma. Demographic findings varied across years for high blood cholesterol, heart disease/condition, mental health problem or diabetes.

2006 Shorewood Findings

- Respondents were more likely to report they had high blood cholesterol or high blood pressure in the past three years (18% and 17%, respectively).



High Blood Pressure

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

2006 Shorewood Findings

- Seventeen percent of respondents reported high blood pressure in the past three years.
- Forty-four percent of respondents 65 and older reported high blood pressure in the past three years compared to 12% of those 35 to 54 years old or less than one percent of respondents 18 to 44 years old.
- Thirty percent of respondents with some post high school education or less reported high blood pressure compared to 12% of respondents with a college education.
- Unmarried respondents were more likely to report high blood pressure compared to married respondents (23% and 11%, respectively).
- Overweight respondents were more likely to report high blood pressure (25%) compared to respondents who were not overweight (10%).
- Forty-eight percent of respondents who were inactive reported high blood pressure compared to 18% of those who did an insufficient amount of physical activity or 13% of respondents who met the recommended amount of physical activity.

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported high blood pressure.
- In both study years, respondents who were 65 and older, with some post high school education or less, who were unmarried or overweight were more likely to report high blood pressure.
- In 2003, respondents with a household income of less than \$60,001 were more likely to report high blood pressure. In 2006, household income was not a significant variable.

Table 12. High Blood Pressure in Past Three Years by Demographic Variables for Each Survey Year^{①,②}

	2003 SH/WFB	2006 Shorewood
TOTAL	15%	17%
Gender		
Male	14	18
Female	17	15
Age ^{1,2}		
18 to 34	0	<1
35 to 44	8	12
45 to 54	12	12
55 to 64	30	29
65 and Older	36	44
Education ^{1,2}		
Some Post High School or Less	21	30
College Graduate	13	12
Household Income ¹		
\$60,000 or Less	19	17
\$60,001 or More	9	12
Marital Status ^{1,2}		
Married	12	11
Not Married	21	23
Overweight Status ^{1,2}		
Not Overweight	11	10
Overweight	20	25
Physical Activity ²		
Inactive	--	48
Insufficient	--	18
Recommended	--	13
Smoking Status		
Nonsmoker	16	17
Smoker	14	14

^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.

^②Physical activity was defined differently in 2003.

¹demographic difference at $p \leq 0.05$ in 2003

²demographic difference at $p \leq 0.05$ in 2006

^ayear differences at $p \leq 0.05$

High Blood Cholesterol

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

2006 Shorewood Findings

- Eighteen percent of respondents reported high blood cholesterol in the past three years.
- Male respondents were more likely to report high blood cholesterol in the past three years (22%) compared to female respondents (14%).
- Thirty-two percent of respondents 65 and older and 31% of those 55 to 64 years old reported high blood cholesterol compared to 10% of respondents 18 to 34 years old.
- Overweight respondents were more likely to report high blood cholesterol (25%) compared to respondents who were not overweight (13%).
- Nonsmoking respondents were more likely to report high blood cholesterol compared to smoking respondents (19% and 9%, respectively).

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting high blood cholesterol.
- In 2006, male respondents were more likely to report high blood cholesterol. In 2003, gender was not a significant variable.
- In both study years, respondents who were 55 and older or overweight were more likely to report high blood cholesterol.
- In 2003, respondents with a household income of less than \$60,001 were more likely to report high blood cholesterol. In 2006, household income was not a significant variable, with a noted decrease in the percent of respondents with a household income of less than \$60,001 reporting high blood cholesterol.
- In 2003, unmarried respondents were more likely to report high blood cholesterol. In 2006, marital status was not a significant variable.
- In 2006, nonsmoking respondents were more likely to report high blood cholesterol, with a noted decrease in the percent of smoking respondents reporting this. In 2003, smoking status was not a significant variable.

Table 13. High Blood Cholesterol in Past Three Years by Demographic Variables for Each Survey Year^{①,②}

	2003 SH/WFB	2006 Shorewood
TOTAL	21%	18%
Gender ²		
Male	26	22
Female	18	14
Age ^{1,2}		
18 to 34	5	10
35 to 44	19	14
45 to 54	21	16
55 to 64	34	31
65 and Older	36	32
Education		
Some Post High School or Less	23	19
College Graduate	20	17
Household Income ¹		
\$60,000 or Less ^a	26	16
\$60,001 or More	16	20
Marital Status ¹		
Married	18	18
Not Married	27	18
Overweight Status ^{1,2}		
Not Overweight	17	13
Overweight	27	25
Physical Activity		
Inactive	--	13
Insufficient	--	17
Recommended	--	20
Smoking Status ²		
Nonsmoker	21	19
Smoker ^a	24	9

^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.

^②Physical activity was defined differently in 2003.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

Heart Disease/Condition

2006 Shorewood Findings

- Five percent of respondents reported heart disease or condition in the past three years.
- Fifteen percent of respondents 65 and older reported heart disease/condition compared to 2% of those 45 to 54 years old or 0% of respondents 18 to 34 years old.
- Respondents with a household income of less than \$60,001 were more likely to report heart disease/condition (7%) compared to respondents with a household income of at least \$60,001 (2%).
- Smoking respondents were more likely to report heart disease/condition compared to nonsmoking respondents (12% and 4%, respectively).

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting heart disease/condition.
- In both study years, respondents 65 and older were more likely to report heart disease/condition.
- In 2006, respondents with a household income of less than \$60,001 were more likely to report heart/disease condition. In 2003, household income was not a significant variable.
- In 2006, smoking respondents were more likely to report heart disease/condition, with a noted increase. In 2003, smoking status was not a significant variable.

Table 14. Heart Disease/Condition in Past Three Years by Demographic Variables for Each Survey Year^{①,②}

	2003 SH/WFB	2006 Shorewood
TOTAL	5%	5%
Gender		
Male	5	5
Female	6	5
Age ^{1,2}		
18 to 34	1	0
35 to 44	2	5
45 to 54	3	2
55 to 64	7	5
65 and Older	15	15
Education		
Some Post High School or Less	8	7
College Graduate	4	4
Household Income ²		
\$60,000 or Less	7	7
\$60,001 or More	3	2
Marital Status		
Married	4	4
Not Married	6	5
Overweight Status		
Not Overweight	4	6
Overweight	6	4
Physical Activity		
Inactive	--	9
Insufficient	--	3
Recommended	--	6
Smoking Status ²		
Nonsmoker	6	4
Smoker ^a	2	12

^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.

^②Physical activity was defined differently in 2003.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

Mental Health Problem

2006 Shorewood Findings

- Six percent of respondents reported a mental health problem in the past three years.
- Eleven percent of respondents 18 to 34 years old reported a mental health problem compared to 2% of those 45 to 54 years old or 0% of respondents 65 and older.
- Unmarried respondents were more likely to report a mental health problem (9%) compared to married respondents (2%).

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting a mental health problem.
- In 2006, respondents who were 18 to 34 years old or unmarried were more likely to report a mental health problem. In 2003, neither age nor marital status was significant.

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

	2003 SH/WFB	2006 Shorewood
TOTAL	7%	6%
Gender		
Male	7	5
Female	6	6
Age ²		
18 to 34	8	11
35 to 44	9	5
45 to 54	6	2
55 to 64	5	7
65 and Older	4	0
Education		
Some Post High School or Less	7	2
College Graduate	7	7
Household Income		
\$60,000 or Less	7	8
\$60,001 or More	7	5
Marital Status ²		
Married	6	2
Not Married	8	9

^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.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

Diabetes

2006 Shorewood Findings

- Four percent of respondents reported diabetes in the past three years.
- Fourteen percent of respondents 55 to 64 years old and 12% of those 65 and older reported diabetes compared to 0% of respondents 18 to 34 years old or 45 to 54 years old.
- Respondents with some post high school education or less were more likely to report diabetes (9%) compared to respondents with a college education (3%).
- Overweight respondents were more likely to report diabetes (9%) compared to respondents who were not overweight (less than one percent).

- Seventeen percent of respondents who were inactive reported diabetes compared to 4% of those who met the recommended amount of physical activity or 2% of respondents who did an insufficient amount of physical activity.

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting diabetes.
- In 2003, respondents 55 to 64 years old were more likely to report diabetes. In 2006, respondents 55 and older were more likely to report diabetes.
- In 2006, respondents with some post high school education or less or who were overweight were more likely to report diabetes. In 2003, neither education nor overweight status was significant.

Table 16. Diabetes in Past Three Years by Demographic Variables for Each Survey Year^{①,②}

	2003 SH/WFB	2006 Shorewood
TOTAL	4%	4%
Gender		
Male	6	4
Female	3	4
Age ^{1,2}		
18 to 34	0	0
35 to 44	2	1
45 to 54	4	0
55 to 64	14	14
65 and Older	5	12
Education ²		
Some Post High School or Less	5	9
College Graduate	4	3
Household Income		
\$60,000 or Less	5	4
\$60,001 or More	3	3
Marital Status		
Married	3	3
Not Married	5	5
Overweight Status ²		
Not Overweight	3	<1
Overweight	5	9
Physical Activity ²		
Inactive	--	17
Insufficient	--	2
Recommended	--	4
Smoking Status		
Nonsmoker	4	4
Smoker	2	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.

^②Physical activity was defined differently in 2003.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³year 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)

2006 Shorewood Findings

- Twenty percent of the 15 respondents who reported being diagnosed with diabetes had an A1C test four or more times in the past year. Forty-seven percent reported two to three times and 33% reported one or fewer times.
- Sixty percent of the 15 respondents who had an A1C test in the past year had a level of less than seven at their last appointment. Seven percent reported a level of seven or higher while 33% were not sure.
- Twenty-nine percent of the 14 respondents who had an A1C test in the past year had a LDL level of less than 100 at their last appointment. Seven percent reported a level of 100 or higher while 64% were not sure.

Current Asthma

2006 Shorewood Findings

- Eight percent of respondents reported they currently have asthma.
- Fourteen percent of respondents 55 and older reported current asthma compared to 5% of those 35 to 44 years old or 3% of respondents 18 to 34 years old.

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting current asthma.
- In 2006, respondents 55 and older were more likely to report current asthma. In addition, there was a noted increase in the percent of respondents 65 and older reporting current asthma. In 2003, age was not a significant variable.

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

	2003 SH/WFB	2006 Shorewood
TOTAL	6%	8%
Gender		
Male	6	5
Female	6	10
Age ²		
18 to 34	3	3
35 to 44	5	5
45 to 54	9	10
55 to 64	5	14
65 and Older ^a	4	14
Education		
Some Post High School or Less	7	11
College Graduate	5	7
Household Income		
\$60,000 or Less	5	5
\$60,001 or More	5	10
Marital Status		
Married	5	7
Not Married	7	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.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

Written Asthma Action Plan

2006 Shorewood Findings

- Of the 31 respondents who currently had asthma, 19% had a written asthma action plan.
- No demographic comparisons were conducted as a result of the small number of respondents answering this question.

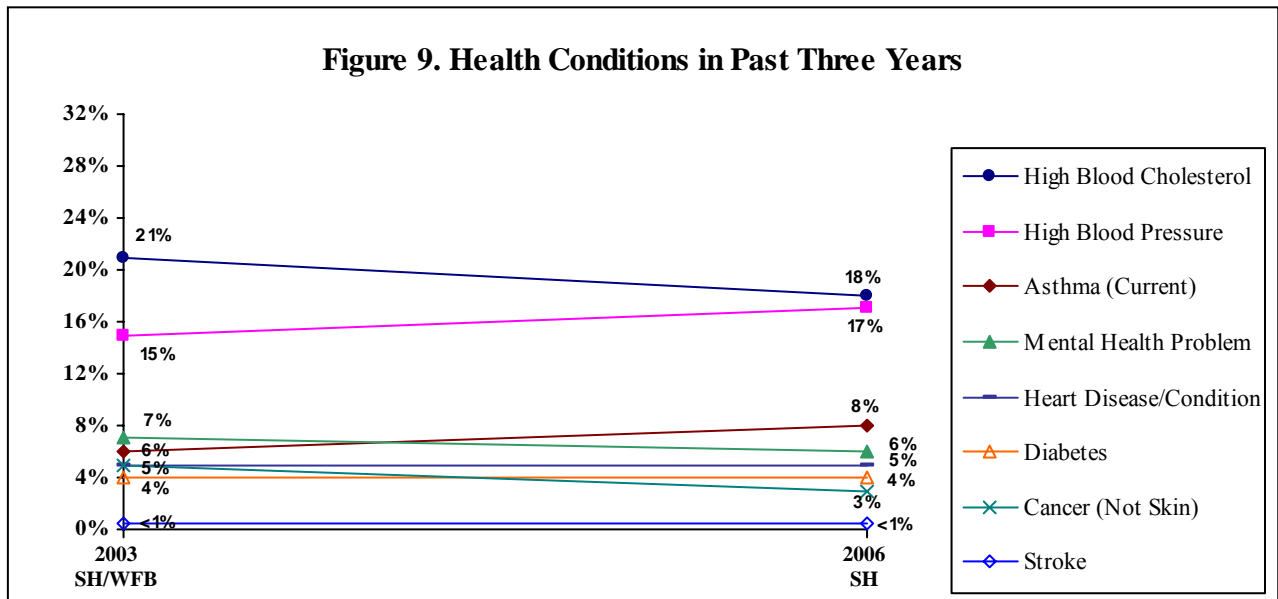
2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- 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

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting each health condition.



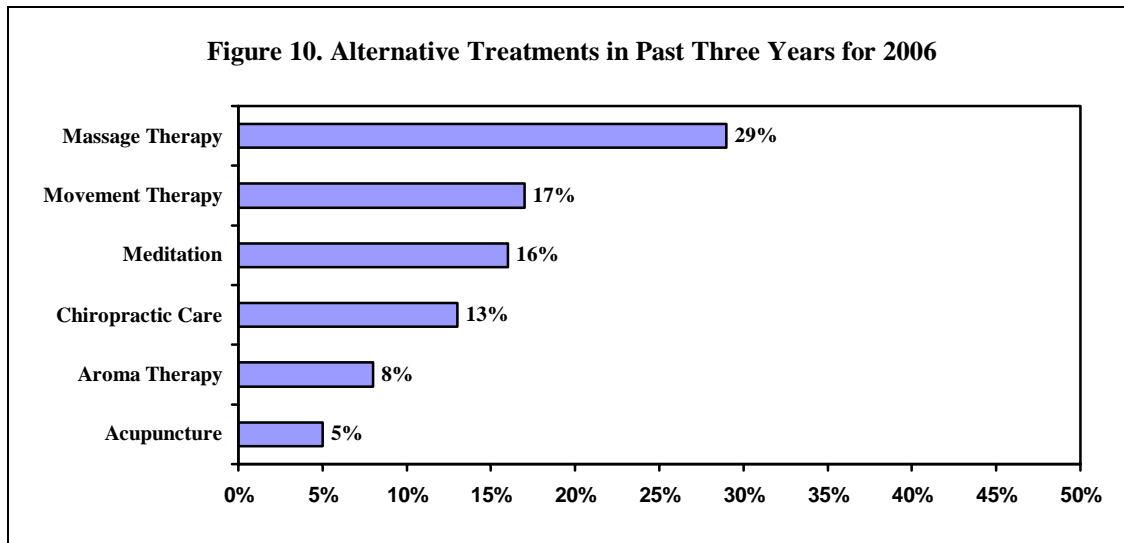
Prevalence of Select Alternative Treatments (Figures 10 & 11; Tables 18 - 23)

KEY FINDINGS: In 2006, out of six alternative treatments listed, massage therapy and movement therapy were the most often used in the past three years (29% and 17%, respectively). Respondents who were female, 35 to 44 years old or with a household income of less than \$60,001 were more likely to report chiropractic care. Respondents who were female or 18 to 64 years old were more likely to report massage therapy. Respondents who were female, 18 to 34 years old or with a household income of less than \$60,001 were more likely to report aroma therapy. Respondents who were female or 45 to 64 years old were more likely to report movement therapy. Female respondents were more likely to report acupuncture.

From 2003 to 2006, there was no statistical change in the overall percent of respondents who used the alternative treatments. Demographic findings were similar for acupuncture while demographic findings were varied for all other alternative treatments.

2006 Shorewood Findings

- Respondents were more likely to have used massage therapy (29%) or movement therapy (17%) in the past three years.



Chiropractic Care

2006 Shorewood Findings

- Thirteen percent of respondents reported chiropractic care in the past three years.
- Female respondents were more likely to report chiropractic care (21%) compared to male respondents (4%).
- Twenty-six percent of respondents 35 to 44 years old reported chiropractic care compared to 10% of those 65 and older or 6% of respondents 18 to 34 years old.
- Respondents with a household income of less than \$60,001 were more likely to report chiropractic care compared to respondents with a household income of at least \$60,001 (18% and 9%, respectively).

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting chiropractic care.
- In 2006, female respondents were more likely to report chiropractic care. In addition, there was a noted decrease in the percent of male respondents reporting chiropractic care. In 2003, gender was not a significant variable.
- In 2006, respondents 35 to 44 years old were more likely to report chiropractic care, with a noted increase. In addition, there was a noted decrease in the percent of respondents 18 to 34 years old reporting chiropractic care. In 2003, age was not a significant variable.

- In 2003, respondents with a household income of at least \$60,001 were more likely to report chiropractic care. In 2006, respondents with a household income of less than \$60,001 were more likely to report chiropractic care, with a noted decrease in the percent of respondents with a household income of at least \$60,001 reporting this.
- In 2003, married respondents were more likely to report chiropractic care. In 2006, marital status was not a significant variable.

Table 18. Chiropractic Care in Past Three Years by Demographic Variables for Each Survey Year^⓪

	2003 SH/WFB	2006 Shorewood
TOTAL	15%	13%
Gender ²		
Male ^a	14	4
Female	15	21
Age ²		
18 to 34 ^a	17	6
35 to 44 ^a	13	26
45 to 54	18	15
55 to 64	14	12
65 and Older	14	10
Education		
Some Post High School or Less	11	18
College Graduate	16	12
Household Income ^{1,2}		
\$60,000 or Less	11	18
\$60,001 or More ^a	20	9
Marital Status ¹		
Married	18	11
Not Married	10	15

^⓪Percentages 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.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

Massage Therapy

2006 Shorewood Findings

- Twenty-nine percent of respondents reported massage therapy in the past three years.
- Female respondents were more likely to report massage therapy (36%) compared to male respondents (21%).

- Thirty-three percent of respondents 18 to 44 years old or 55 to 64 years old and 31% of those 45 to 54 years old reported massage therapy compared to 14% of respondents 65 and older.

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who used massage therapy.
- In both study years, female respondents were more likely to report massage therapy.
- In 2003, respondents 18 to 34 years old were more likely to report massage therapy. In 2006, respondents 18 to 64 years old were more likely to report massage therapy.
- In 2003, respondents with a household income of at least \$60,001 were more likely to report massage therapy. In 2006, household income was not a significant variable.

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

	2003 SH/WFB	2006 Shorewood
TOTAL	29%	29%
Gender ^{1,2}		
Male	22	21
Female	33	36
Age ^{1,2}		
18 to 34	45	33
35 to 44	34	33
45 to 54	31	31
55 to 64	20	33
65 and Older	11	14
Education		
Some Post High School or Less	25	28
College Graduate	30	29
Household Income ¹		
\$60,000 or Less	24	29
\$60,001 or More	35	30
Marital Status		
Married	31	28
Not Married	25	30

[Ⓞ]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.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

Aroma Therapy

2006 Shorewood Findings

- Eight percent of respondents reported aroma therapy in the past three years.
- Female respondents were more likely to report aroma therapy (10%) compared to male respondents (5%).
- Fifteen percent of respondents 18 to 34 years old reported aroma therapy compared to 5% of those 45 to 54 years old or 3% of respondents 35 to 44 years old.
- Respondents with a household income of less than \$60,001 were more likely to report aroma therapy compared to respondents with a household income of at least \$60,001 (14% and 3%, respectively).

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who used aroma therapy.
- In 2006, female respondents were more likely to report aroma therapy. In 2003, gender was not a significant variable.
- In 2006, respondents 18 to 34 years old were more likely to report aroma therapy. In addition, there was a noted increase in the percent of respondents 65 and older reporting aroma therapy. In 2003, age was not a significant variable.
- In 2006, respondents with a household income of less than \$60,001 were more likely to report aroma therapy, with a noted increase. In addition, there was a noted decrease in the percent of respondents with a household income of at least \$60,001 reporting this. In 2003, household income was not a significant variable.

Table 20. Aroma Therapy in Past Three Years by Demographic Variables for Each Survey Year^⓪

	2003 SH/WFB	2006 Shorewood
TOTAL	6%	8%
Gender ²		
Male	6	5
Female	7	10
Age ²		
18 to 34	12	15
35 to 44	7	3
45 to 54	9	5
55 to 64	5	7
65 and Older ^a	0	6
Education		
Some Post High School or Less	6	6
College Graduate	7	9
Household Income ²		
\$60,000 or Less ^a	6	14
\$60,001 or More ^a	8	3
Marital Status		
Married	7	8
Not Married	6	8

^⓪Percentages 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.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

Movement Therapy

2006 Shorewood Findings

- Seventeen percent of respondents reported movement therapy in the past three years.
- Female respondents were more likely to report movement therapy (21%) compared to male respondents (12%).
- Twenty-three percent of respondents 45 to 54 years old and 21% of those 55 to 64 years old reported movement therapy compared to 3% of respondents 65 and older.

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who used movement therapy.

- In 2006, female respondents were more likely to report movement therapy. In 2003, gender was not a significant variable.
- In 2003, respondents 18 to 34 years old were more likely to report movement therapy. In 2006, respondents 45 to 64 years old were more likely to report movement therapy.
- In 2003, respondents with a college education were more likely to report movement therapy. In 2006, education was not a significant variable.
- 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 less than \$60,001 reporting movement therapy in 2006.

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

	2003 SH/WFB	2006 Shorewood
TOTAL	14%	17%
Gender ²		
Male	13	12
Female	15	21
Age ^{1,2}		
18 to 34	23	19
35 to 44	20	18
45 to 54	14	23
55 to 64	7	21
65 and Older	4	3
Education ¹		
Some Post High School or Less	7	14
College Graduate	17	18
Household Income		
\$60,000 or Less ^a	12	20
\$60,001 or More	18	16
Marital Status		
Married	15	20
Not Married	13	13

[Ⓞ]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.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

Meditation

2006 Shorewood Findings

- Sixteen percent of respondents reported meditation in the past three years.
- There were no statistically significant differences between demographic variables and responses of meditation in the past three years.

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who used meditation.
- In 2003, male respondents were more likely to report meditation. In 2006, gender was not a significant variable, with a noted increase in the percent of female respondents reporting meditation.
- In 2003, respondents 18 to 34 years old or 45 to 64 years old were more likely to report meditation. In 2006, age was not a significant variable.
- Although marital status was not a significant variable in any study year, there was a noted increase in the percent of married respondents reporting meditation in 2006.

Table 22. Meditation in Past Three Years by Demographic Variables for Each Survey Year^⓪

	2003 SH/WFB	2006 Shorewood
TOTAL	14%	16%
Gender ¹		
Male	17	13
Female ^a	11	18
Age ¹		
18 to 34	19	21
35 to 44	7	9
45 to 54	18	20
55 to 64	20	17
65 and Older	10	10
Education		
Some Post High School or Less	15	10
College Graduate	13	18
Household Income		
\$60,000 or Less	13	19
\$60,001 or More	14	14
Marital Status		
Married ^a	11	19
Not Married	17	12

^⓪Percentages 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.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

Acupuncture

2006 Shorewood Findings

- Five percent of respondents reported acupuncture in the past three years.
- Female respondents were more likely to report acupuncture (8%) compared to male respondents (2%).

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who used acupuncture.
- In 2006, female respondents were more likely to report acupuncture. In 2003, gender was not a significant variable.

Table 23. Acupuncture in Past Three Years by Demographic Variables for Each Survey Year^⓪

	2003 SH/WFB	2006 Shorewood
TOTAL	4%	5%
Gender ²		
Male	4	2
Female	4	8
Age		
18 to 34	1	5
35 to 44	8	3
45 to 54	4	5
55 to 64	2	10
65 and Older	4	4
Education		
Some Post High School or Less	4	3
College Graduate	4	5
Household Income		
\$60,000 or Less	3	5
\$60,001 or More	5	4
Marital Status		
Married	2	4
Not Married	6	5

^⓪Percentages 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.

¹demographic difference at $p \leq 0.05$ in 2003

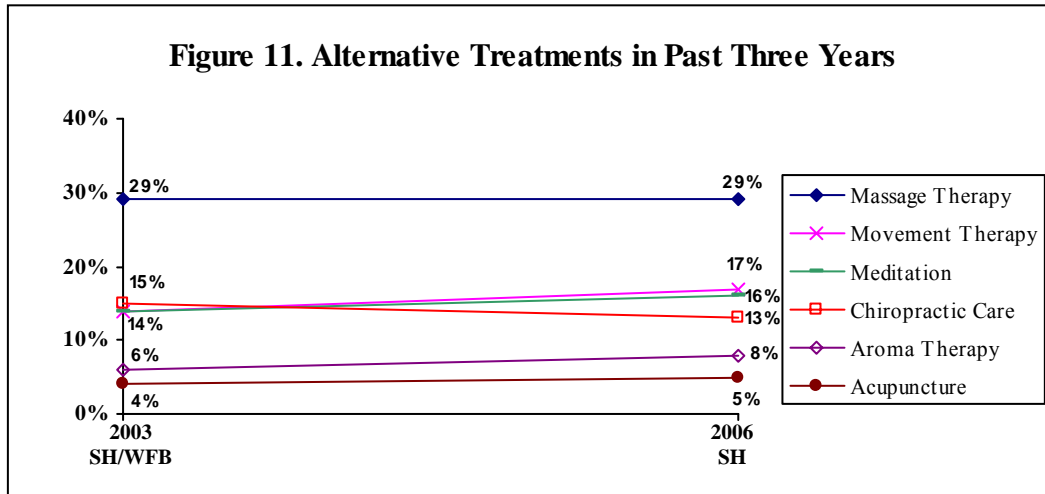
²demographic difference at $p \leq 0.05$ in 2006

^ayear differences at $p \leq 0.05$

Alternative Treatments Overall

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who used the alternative treatments.



Physical Well Being and Body Weight (Figures 12 & 13; Tables 24 – 27)

KEY FINDINGS: In 2006, 41% of respondents did moderate physical activity five times a week for 30 minutes while 38% did vigorous activity three times a week for 20 minutes. Combined, 59% met the recommended amount of physical activity. Respondents who were 18 to 34 years old, with a college education, with a household income of at least \$60,001 or who were married were more likely to have met the recommended amount of physical activity. Forty-four percent of respondents were classified as overweight. Respondents who were male or unmarried were more likely to be classified as overweight.

From 2003 to 2006, there was a statistical increase in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes, with demographic findings varied. From 2003 to 2006, there was no statistical change in the overall percent of overweight respondents, with demographic findings similar.

Moderate Physical Activity in Usual Week

Moderate physical activity includes walking briskly, vacuuming, gardening or anything else that causes small increases in breathing or heart rate.

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

In 2005, 42% of Wisconsin respondents and 33% of U.S. respondents did moderate physical activity at least five times a week for 30 or more minutes (2005 Behavioral Risk Factor Surveillance).

2006 Shorewood Findings

- Forty-one percent of respondents reported they did moderate physical activity at least five times a week for 30 minutes or more. Forty-six percent did some moderate physical activity while 12% did not do any moderate physical activity.
- Fifty-seven percent of respondents 18 to 34 years old reported moderate physical activity five or more times a week compared to 31% of those 35 to 54 years old or 28% of respondents 65 and older.
- Married respondents were more likely to report moderate physical activity five or more times a week for at least 30 minutes compared to unmarried respondents (46% and 36%, respectively).

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was a statistical increase in the overall percent of respondents who did moderate physical activity five times a week for at least 30 minutes.
- In 2006, respondents 18 to 34 years old were more likely to report moderate physical activity five times a week for at least 30 minutes, with a noted increase. In addition, there was a noted increase in the percent of respondents 55 to 64 years old reporting moderate physical activity. In 2003, age was not a significant variable.
- Although education or household income was not significant in any study year, there was a noted increase in the percent of respondents with a college education or with a household income of less than \$60,001 reporting moderate physical activity five times a week for at least 30 minutes in 2006.
- In 2006, married respondents were more likely to report moderate physical activity five times a week for at least 30 minutes, with a noted increase. In 2003, marital status was not a significant variable.
- In 2003, respondents who were not overweight were more likely to report moderate physical activity five or more times a week for at least 30 minutes. In 2006, overweight status was not a significant variable as a result of a noted increase in the percent of overweight respondents reporting moderate physical activity.

Table 24. Recommended Moderate Physical Activity by Demographic Variables for Each Survey Year^{①,②}

	2003 SH/WFB	2006 Shorewood
TOTAL ^a	33%	41%
Gender		
Male	34	44
Female	31	39
Age ²		
18 to 34 ^a	42	57
35 to 44	30	31
45 to 54	35	31
55 to 64 ^a	23	50
65 and Older	33	28
Education		
Some Post High School or Less	30	34
College Graduate ^a	33	44
Household Income		
\$60,000 or Less ^a	28	42
\$60,001 or More	32	41
Marital Status ²		
Married ^a	34	46
Not Married	29	36
Overweight Status ¹		
Not Overweight	38	45
Overweight ^a	26	37

^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.

^②Recommended moderate physical activity is 5 times/30+ minutes in a week.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

Vigorous Physical Activity in Usual Week

Vigorous physical activity includes running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate.

The Healthy People 2010 goal for vigorous physical activity that promotes the development and maintenance of cardio-respiratory fitness three times a week for at least 20 minutes per occasion is 30% (Objective 22-03)

In 2005, 33% of Wisconsin respondents and 28% of U.S. respondents did vigorous physical activity at least three times a week for 20 or more minutes (2005 Behavioral Risk Factor Surveillance).

2006 Shorewood Findings

- Thirty-eight percent of respondents reported they did vigorous physical activity at least three times a week for 20 minutes or more. Twenty percent did some vigorous physical activity while 43% did not do any vigorous physical activity.
- Male respondents were more likely to report vigorous physical activity three times a week for at least 20 minutes (45%) compared to female respondents (31%).
- Fifty-seven percent of respondents 18 to 34 years old reported vigorous physical activity three times a week for at least 20 minutes compared to 26% of those 55 to 64 years old or 17% of respondents 65 and older.
- Respondents with a college education were more likely to report vigorous physical activity three times a week for at least 20 minutes (42%) compared to respondents with some post high school education or less (25%).
- Forty-nine percent of respondents with a household income of at least \$60,001 reported vigorous activity three times a week for at least 20 minutes compared to 29% of respondents with a household income of less than \$60,001.
- Married respondents were more likely to report vigorous activity three times a week for at least 20 minutes compared to unmarried respondents (49% and 26%, respectively).

Table 25. Recommended Vigorous Physical Activity by Demographic Variables for 2006^{①,②}

	2006 Shorewood
TOTAL	38%
Gender ¹	
Male	45
Female	31
Age ¹	
18 to 34	57
35 to 44	32
45 to 54	38
55 to 64	26
65 and Older	17
Education ¹	
Some Post High School or Less	25
College Graduate	42
Household Income ¹	
\$60,000 or Less	29
\$60,001 or More	49
Marital Status ¹	
Married	49
Not Married	26
Overweight Status	
Not Overweight	39
Overweight	36

^①Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.

^②Recommended vigorous physical activity is 3 times/20+ minutes in a week.

¹demographic difference at $p \leq 0.05$ in 2006

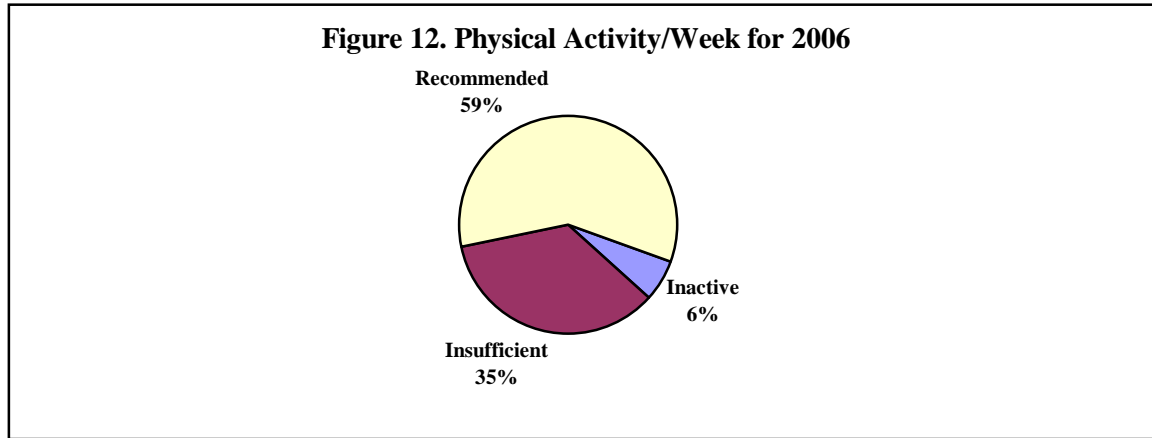
Combined Recommended Amount of Physical Activity in Typical Week

The recommended amount of physical activity by the Centers for Disease Control is moderate physical activity for at least 30 minutes on five or more days of the week or vigorous physical activity for at least 20 minutes on three or more days of the week. Moderate physical activity includes walking briskly, vacuuming, gardening or anything else that causes small increases in breathing or heart rate. Vigorous physical activity includes running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate. Insufficient physical activity includes participation in either activity, but not for the duration or the frequency recommended. Inactive respondents reported no moderate or vigorous physical activity in a typical week.

In 2005, 57% of Wisconsin respondents and 49% of U.S. respondents met the recommended amount of physical activity (30+ minutes of moderate physical activity five days per week or 20+ minutes of vigorous physical activity three days per week) (2005 Behavioral Risk Factor Surveillance).

2006 Shorewood Findings

- Fifty-nine percent of respondents reported meeting the recommended amount of physical activity in a typical week (moderate activity 5 times/week for 30 minutes or vigorous activity 3 times/week for 20 minutes). Thirty-five percent did an insufficient amount of physical activity while 6% did no physical activity in a typical week.



- Seventy-five percent of respondents 18 to 34 years old met the recommended amount of physical activity compared to 48% of those 35 to 44 years old or 39% of respondents 65 and older.
- Respondents with a college education were more likely to have met the recommended amount of physical activity (64%) compared to respondents with some post high school education or less (44%).
- Sixty-six percent of respondents with a household income of at least \$60,001 met the recommended amount of physical activity compared to 53% of respondents with a household income of less than \$60,001.
- Married respondents were more likely to have met the recommended amount of physical activity compared to unmarried respondents (70% and 47%, respectively).

Table 26. Recommended Physical Activity by Demographic Variables for 2006^{①,②}

	2006 Shorewood
TOTAL	59%
Gender	
Male	62
Female	57
Age ¹	
18 to 34	75
35 to 44	48
45 to 54	58
55 to 64	63
65 and Older	39
Education ¹	
Some Post High School or Less	44
College Graduate	64
Household Income ¹	
\$60,000 or Less	53
\$60,001 or More	66
Marital Status ¹	
Married	70
Not Married	47
Overweight Status	
Not Overweight	62
Overweight	56

^①Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.

^②Recommended physical activity includes moderate (5 times/30+ minutes) or vigorous (3 times/20+ minutes) activity in a week.

¹demographic difference at $p \leq 0.05$ in 2006

Body Weight

Being overweight contributes to many health problems. One nationally used definition of overweight status developed by the CDC 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. Body Mass Index is calculated by using kilograms/meter². 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)*

Sixty-one percent of Wisconsin respondents were classified as at least overweight in 2005 (37% overweight, 24% obese). In the U.S., 61% were classified as at least overweight (37% overweight and 24% obese) (2005 Behavioral Risk Factor Survey).

2006 Shorewood Findings

- According to the definition, 44% of respondents were overweight.
- Male respondents were more likely to be overweight (52%) compared to female respondents (38%).
- Unmarried respondents were more likely to be overweight compared to married respondents (51% and 38%, respectively).

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents being overweight.
- In both study years, male respondents were more likely to be overweight, even with a noted increase in the percent of female respondents being overweight in 2006.
- In 2006, unmarried respondents were more likely to be overweight. In 2003, marital status was not a significant variable.

Table 27. Overweight by Demographic Variables for Each Survey Year^{①,②}

	2003 SH/WFB	2006 Shorewood
TOTAL	42%	44%
Gender ^{1,2}		
Male	60	52
Female ^a	29	38
Age		
18 to 34	38	40
35 to 44	41	37
45 to 54	41	44
55 to 64	53	60
65 and Older	39	51
Education		
Some Post High School or Less	49	42
College Graduate	39	45
Household Income		
\$60,000 or Less	42	41
\$60,001 or More	42	48
Marital Status ²		
Married	38	38
Not Married	48	51
Physical Activity		
Inactive	--	57
Insufficient	--	47
Recommended	--	42

^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.

^②Physical activity was defined differently in 2003.

¹demographic difference at $p \leq 0.05$ in 2003

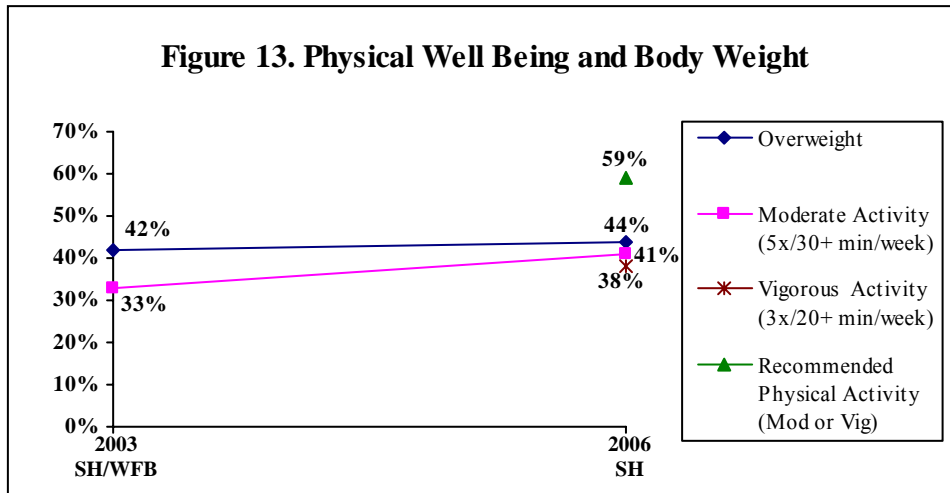
²demographic difference at $p \leq 0.05$ in 2006

^ayear differences at $p \leq 0.05$

Physical Well Being and Body Weight Overall

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was a statistical increase in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes. From 2003 to 2006, there was no statistical change in the overall percent of respondents being overweight.



Nutrition and Diet (Figure 14; Tables 28 & 29)

KEY FINDINGS: In 2006, 82% of respondents ate two or more servings of fruit while 36% ate three or more servings of vegetables on an average day. Respondents who were female, with a college education, with a household income of at least \$60,001, who were married or met the recommended amount of physical activity were more likely to eat at least two servings of fruit. Respondents who were female, 45 to 54 years old, married or not overweight were more likely to eat at least three servings of vegetables a day.

From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting at least two servings of fruit on an average day or at least three servings of vegetables on an average day, with more demographic findings in 2006.

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.

2006 Shorewood Findings

- Eighty-two percent of respondents eat two or more servings of fruit on an average day. Eighteen percent reported one serving or less.
- Female respondents were more likely to report eating two or more servings of fruit a day (87%) compared to male respondents (75%).
- Eighty-seven percent of respondents with a college education reported eating two or more servings of fruit compared to 67% of respondents with some post high school education or less.
- Respondents with a household income of at least \$60,001 were more likely to report eating two or more servings of fruit (89%) compared to respondents with a household income of less than \$60,001 (75%).
- Married respondents were more likely to report eating two or more servings of fruit a day compared to unmarried respondents (88% and 75%, respectively).
- Eighty-seven percent of respondents who met the recommended amount of physical activity reported eating two or more servings of fruit compared to 76% of those who did an insufficient amount of physical activity or 65% of respondents who were inactive.

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting two or more servings of fruit on an average day.
- In both study years, female respondents were more likely to report eating two or more servings of fruit per day. In addition, there was a noted increase in the percent of male respondents eating two or more servings of fruit per day in 2006.
- In 2003, respondents 55 to 64 years old were more likely to report eating two or more servings of fruit per day. In 2006, age was not a significant variable, with a noted increase in the percent of respondents 35 to 54 years old reporting two or more servings of fruit per day.
- In 2006, respondents with a college education were more likely to report eating two or more servings of fruit per day, with a noted increase. In addition, there was a noted decrease in the percent of respondents with some post high school education or less eating two or more servings of fruit per day. In 2003, education was not a significant variable.
- In 2006, respondents with a household income of at least \$60,001 or who were married were more likely to report eating two or more servings of fruit per day, with a noted increase. In 2003, neither household income nor marital status was significant.

Table 28. Two or More Servings of Fruit on Average Day by Demographic Variables for Each Survey Year^{①,②}

	2003 SH/WFB	2006 Shorewood
TOTAL	77%	82%
Gender ^{1,2}		
Male ^a	63	75
Female	87	87
Age ¹		
18 to 34	82	86
35 to 44 ^a	76	88
45 to 54 ^a	67	80
55 to 64	86	76
65 and Older	81	74
Education ²		
Some Post High School or Less ^a	84	67
College Graduate ^a	75	87
Household Income ²		
\$60,000 or Less	78	75
\$60,001 or More ^a	76	89
Marital Status ²		
Married ^a	78	88
Not Married	75	75
Overweight Status		
Not Overweight	77	82
Overweight	77	81
Physical Activity ²		
Inactive	--	65
Insufficient	--	76
Recommended	--	87

^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.

^②Physical activity was defined differently in 2003.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

^ayear 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)

2006 Shorewood Findings

- Thirty-six percent of respondents eat three or more servings of vegetables on an average day. Sixty-four percent reported two servings or less.
- Female respondents were more likely to report eating three or more servings of vegetables a day (44%) compared to male respondents (26%).
- Fifty-eight percent of respondents 45 to 54 years old reported eating three or more servings of vegetables a day compared to 29% of those 65 and older or 27% of respondents 18 to 34 years old.
- Married respondents were more likely to report eating three or more servings of vegetables a day (41%) compared to unmarried respondents (30%).
- Respondents who were not overweight were more likely to report eating three or more servings of vegetables a day compared to respondents who were overweight (41% and 29%, respectively).

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting three or more servings of vegetables on an average day.
- In both study years, female respondents were more likely to report eating three or more vegetable servings per day.
- In 2006, respondents 45 to 54 years old were more likely to report eating three or more servings of vegetables per day, with a noted increase. In 2003, age was not a significant variable.
- In 2006, married respondents were more likely to report three or more servings of vegetables per day, with a noted decrease in the percent of unmarried respondents reporting this. In 2003, marital status was not a significant variable.
- In 2006, respondents who were not overweight were more likely to report eating three or more servings of vegetables a day. In 2003, overweight status was not a significant variable.

Table 29. Three or More Servings of Vegetables on Average Day by Demographic Variables for Each Survey Year^{①,②}

	2003 SH/WFB	2006 Shorewood
TOTAL	38%	36%
Gender ^{1,2}		
Male	25	26
Female	47	44
Age ²		
18 to 34	35	27
35 to 44	38	32
45 to 54 ^a	37	58
55 to 64	34	38
65 and Older	39	29
Education		
Some Post High School or Less	41	29
College Graduate	37	38
Household Income		
\$60,000 or Less	41	33
\$60,001 or More	34	39
Marital Status ²		
Married	36	41
Not Married ^a	40	30
Overweight Status ²		
Not Overweight	36	41
Overweight	37	29
Physical Activity		
Inactive	--	25
Insufficient	--	34
Recommended	--	38

^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.

^②Physical activity was defined differently in 2003.

¹demographic difference at p≤0.05 in 2003

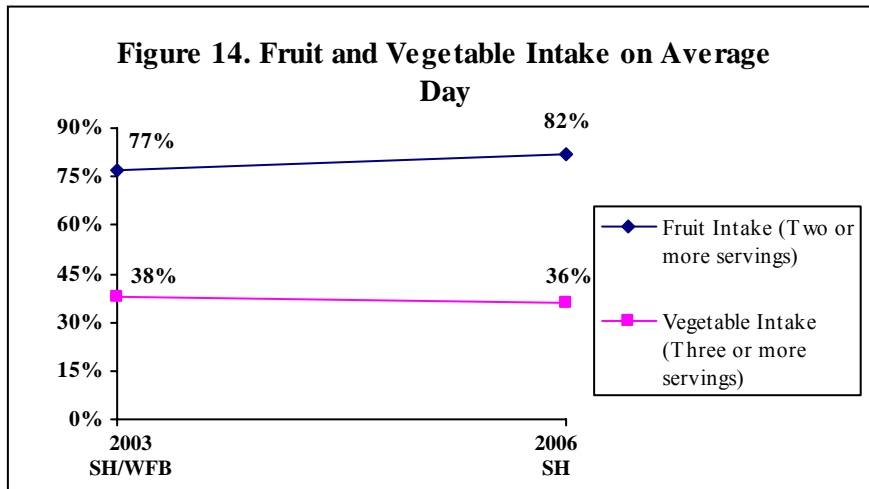
²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

Fruit and Vegetable Intake Overall

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting two or more servings of fruit on an average day or three or more servings of vegetables on an average day.



Women's Health (Figure 15; Table 30)

KEY FINDINGS: In 2006, 85% of female respondents 40 and older reported a mammogram within the past two years. Eighty percent of female respondents 65 and older had a bone density scan. Ninety-four percent of female respondents 18 to 65 years old reported a pap smear within the past three years; respondents with a household income of at least \$60,001 or who were married were more likely to report this.

From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported having a mammogram within the past two years or having a pap smear within the past three years. When looking at a pap smear within the past three years, demographic findings were similar.

Mammogram

Routine screening for breast cancer every one to two years with mammography is recommended for women 40 and older.²

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

²“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.

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

2006 Shorewood Findings

- Eighty-five percent of female respondents 40 and older had a mammogram within the past two years (63% within past year and 22% more than one year but less than two years). Four percent reported never.
- No demographic comparisons were conducted as a result of the number of women who were asked this question.

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, 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

2006 Shorewood Findings

- Eighty percent of the 46 female respondents 65 and 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.³

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

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

³“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.

2006 Shorewood Findings

- A total of 94% of respondents 18 to 65 years old with a cervix reported they had a pap smear within the past three years (74% within past year and 20% one year and less than three years).
- One hundred percent of respondents with an income of at least \$60,001 reported a pap smear within the past three years compared to 95% of respondents with a household income of less than \$60,001.
- Married respondents were more likely to report a pap smear within the past three years compared to unmarried respondents (98% and 90%, respectively).

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported a pap smear within the past three years.
- In both study years, respondents with a household income of at least \$60,001 or who were married were more likely to report a pap smear within the past three years.

Table 30. Pap Smear Within Past Three Years by Demographic Variables for Each Survey Year (Respondents 18 to 65 Years Old and With a Cervix)^⓪

	2003 SH/WFB	2006 Shorewood
TOTAL	95%	94%
Age		
18 to 34	98	93
35 to 44	96	100
45 and Older	92	92
Education		
Some Post High School or Less	90	92
College Graduate	96	95
Household Income ^{1,2}		
\$60,000 or Less	89	95
\$60,001 or More	100	100
Marital Status ^{1,2}		
Married	98	98
Not Married	88	90

^⓪Percentages 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.

¹demographic difference at p≤0.05 in 2003

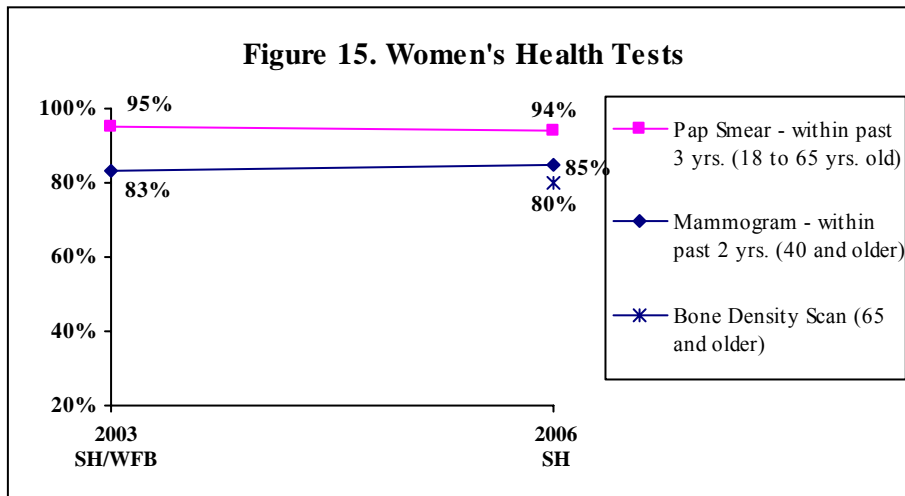
²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

Women's Health Tests Overall

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported having a mammogram within the past two years or having a pap smear within the past three years.



Men's Health (Figure 16)

KEY FINDINGS: In 2006, 46% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Forty-three percent of male respondents 40 and older had a digital rectal exam in the past year.

From 2003 to 2006, there was no statistical change in the overall percent of male respondents 40 and older reporting 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 with a prostate-specific antigen (PSA) test or a digital rectal examination (DRE).⁴

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).

⁴“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.

2006 Shorewood Findings

- Thirty-one percent of male respondents 40 and older had a prostate-specific antigen test in the past year while 15% reported within the past two years (one year but less than two years). Forty-four percent of male respondents never had a PSA 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 with a prostate-specific antigen (PSA) test or a digital rectal examination (DRE).⁵

2006 Shorewood Findings

- Forty-three percent of male respondents 40 and 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). Sixteen 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.

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

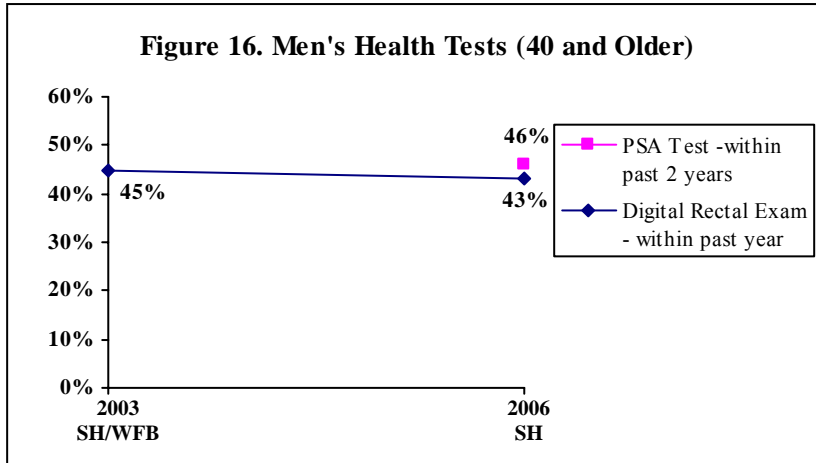
- From 2003 to 2006, there was no statistical change in the overall percent of male respondents 40 and older who reported a digital rectal exam within the past year.
- No demographic comparisons were conducted between years as a result of the number of men who were asked this question.

⁵“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.

Men's Health Tests Overall

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of male respondents who reported having a digital rectal exam within the past year.



Other Tests (Figure 17; Tables 31 & 32)

KEY FINDINGS: In 2006, 37% of respondents 50 and older had their blood stool tested within the past two years while 63% reported a sigmoidoscopy or colonoscopy in their lifetime.

From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported a blood stool test within the past two years or in the overall percent of respondents who reported a sigmoidoscopy or colonoscopy in their lifetime, with demographic findings similar.

Blood Stool Test

An annual fecal occult blood test is recommended for persons 50 and older.⁶

The Healthy People 2010 goal for adults 50 and older having 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).

⁶“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.

2006 Shorewood Findings

- Thirty-seven percent of respondents 50 and older had a blood stool test within the past two years. Thirty-three percent reported never while 5% were not sure.
- There were no statistically significant differences between demographic variables and responses of a blood stool test within the past two years.

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, 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 ever having a blood stool test within the past two years.

Table 31. Blood Stool Test Within Past Two Years by Demographic Variables for Each Survey Year (Respondents 50 and Older)^⓪

	2003 SH/WFB	2006 Shorewood
TOTAL	45%	37%
Gender		
Male	43	42
Female	46	35
Education		
Some Post High School or Less	41	30
College Graduate	46	41
Household Income		
\$60,000 or Less	46	37
\$60,001 or More	44	41
Marital Status		
Married	44	43
Not Married	45	33

^⓪Percentages 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.

¹demographic difference at $p \leq 0.05$ in 2003

²demographic difference at $p \leq 0.05$ in 2006

³year differences at $p \leq 0.05$

Sigmoidoscopy or Colonoscopy Exam

A colonoscopy is recommended every 10 years for persons 50 and older while a flexible sigmoidoscopy is recommended more often.⁷

The Healthy People 2010 goal for adults 50 and older having 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).

2006 Shorewood Findings

- Twenty-six percent of respondents 50 and older had a sigmoidoscopy or colonoscopy exam within the past two years (15% less than a year ago and 11% more than one year ago, but less than two). An additional 27% reported more than two years but less than five years. Thirty-six percent of respondents 50 and older never had a sigmoidoscopy or colonoscopy exam.
- There were no statistically significant differences between demographic variables and responses of having a sigmoidoscopy or colonoscopy in their lifetime.

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported a sigmoidoscopy or colonoscopy in their lifetime.
- In 2003, male respondents were more likely to report having a sigmoidoscopy or colonoscopy in their lifetime. In 2006, gender was not a significant variable, with a noted increase in the percent of female respondents having a sigmoidoscopy or colonoscopy in their lifetime.

⁷“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 32. Sigmoidoscopy or Colonoscopy Exam in Their Lifetime by Demographic Variables for Each Survey Year (Respondents 50 and Older)^⓪

	2003 SH/WFB	2006 Shorewood
TOTAL	57%	63%
Gender ¹		
Male	74	67
Female ^a	44	62
Education		
Some Post High School or Less	60	61
College Graduate	57	65
Household Income		
\$60,000 or Less	61	61
\$60,001 or More	55	67
Marital Status		
Married	57	68
Not Married	60	60

^⓪Percentages 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.

¹demographic difference at p≤0.05 in 2003

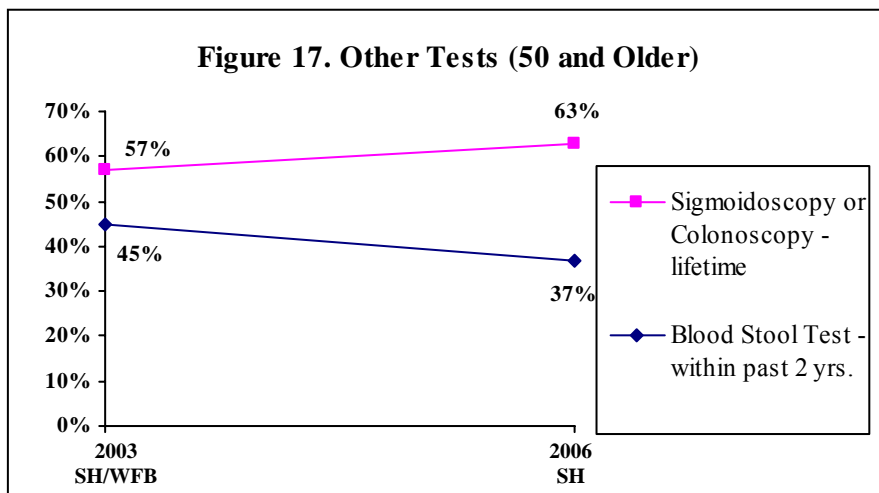
²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

Other Tests Overall

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported a blood stool test within the past two years or in the overall percent of respondents who reported a sigmoidoscopy or colonoscopy in their lifetime.



Sunburn (Table 33)

KEY FINDINGS: In 2006, 13% of respondents had three or more sunburns in the past 12 months while 13% reported two times and 20% reported once. Respondents who were male, 18 to 34 years old or with a college education were more likely to report three or more sunburns in the past 12 months.

2006 Shorewood Findings

- Thirteen percent of respondents reported they had three or more sunburns in the past 12 months. Thirteen percent reported two times and 20% of respondents reported once. Fifty-three percent reported none.
- Male respondents were more likely to report at least three sunburns (17%) compared to female respondents (10%).
- Twenty-nine percent of respondents 18 to 34 years old reported at least three sunburns in the past 12 months compared to 5% of those 55 to 64 years old or 1% of respondents 65 and older.
- Respondents with a college education were more likely to report at least three sunburns compared to respondents with some post high school education or less (16% and 5%, respectively).

Table 33. Three or More Sunburns in the Past 12 Months by Demographic Variables for 2006^⓪

	2006 Shorewood
TOTAL	13%
Gender ¹	
Male	17
Female	10
Age ¹	
18 to 34	29
35 to 44	9
45 to 54	9
55 to 64	5
65 and Older	1
Education ¹	
Some Post High School or Less	5
College Graduate	16
Household Income	
\$60,000 or Less	16
\$60,001 or More	14
Marital Status	
Married	15
Not Married	11

^⓪Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.

¹demographic difference at $p \leq 0.05$ in 2006

Safety: Seat Belts and Bicycle Helmets (Figures 18 & 19; Tables 34 & 35)

KEY FINDINGS: In 2006, 97% of respondents wore seat belts always or nearly always. Ninety-nine 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, 49% reported they always or nearly always wore a helmet; respondents who were 45 and older, with a household income of at least \$60,001 or who were married were more likely to report this. Of respondents who had children who rode a bike, etc., 77% reported their child always or nearly always wore a helmet.

From 2003 to 2006, there was a statistical increase in the overall percent of respondents who used a seat belt, with fewer demographic findings in 2006. From 2003 to 2006, there was no statistical change in the overall percent of respondents who wore a helmet always or nearly always, with demographic findings somewhat varied. From 2003 to 2006, there was no statistical change in the overall percent of children who used a seat belt or wore a helmet.

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).

2006 Shorewood Findings

- Ninety-seven percent of respondents reported they wore seat belts always or nearly always.
- There were no statistically significant differences between demographic variables and responses of wearing a seat belt always or nearly always.

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was a statistical increase 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 they always or nearly always wore a seat belt. In 2006, gender was not a significant variable, with a noted increase in the percent of male respondents reporting this.
- Although neither age nor household income was significant in any study year, there was a noted increase in the percent of respondents who were 18 to 34 years old or with a household income of less than \$60,001 reporting always or nearly always in 2006.
- In 2003, respondents with a college education were more likely to report they always or nearly always wore a seat belt. In 2006, education was not a significant variable, with a noted increase in the percent of respondents with some post high school education or less reporting always or nearly always.

- In 2003, married respondents were more likely to report always or nearly always. In 2006, marital status was not a significant variable, with a noted increase in the percent of unmarried respondents reporting always or nearly always.

Table 34. Adult Always/Nearly Always Wore a Seat Belt by Demographic Variables for Each Survey Year^⓪

	2003 SH/WFB	2006 Shorewood
TOTAL ^a	93%	97%
Gender ¹		
Male ^a	86	96
Female	97	99
Age		
18 to 34 ^a	94	100
35 to 44	93	97
45 to 54	91	96
55 to 64	93	95
65 and Older	93	94
Education ¹		
Some Post High School or Less ^a	85	95
College Graduate	96	98
Household Income		
\$60,000 or Less ^a	91	97
\$60,001 or More	95	98
Marital Status ¹		
Married	97	97
Not Married ^a	86	97

^⓪Percentages 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.

¹demographic difference at $p \leq 0.05$ in 2003

²demographic difference at $p \leq 0.05$ in 2006

^ayear differences at $p \leq 0.05$

Children Seat Belt Usage

2006 Shorewood Findings

- Thirty-five percent of respondents reported at least one child in the household.

Of households with children...

- Ninety-nine percent of respondents reported their child always or nearly always wore a seat belt, used an infant seat or used a car seat.
- There were no statistically significant differences between demographic variables and responses of children wearing a seat belt always or nearly always.

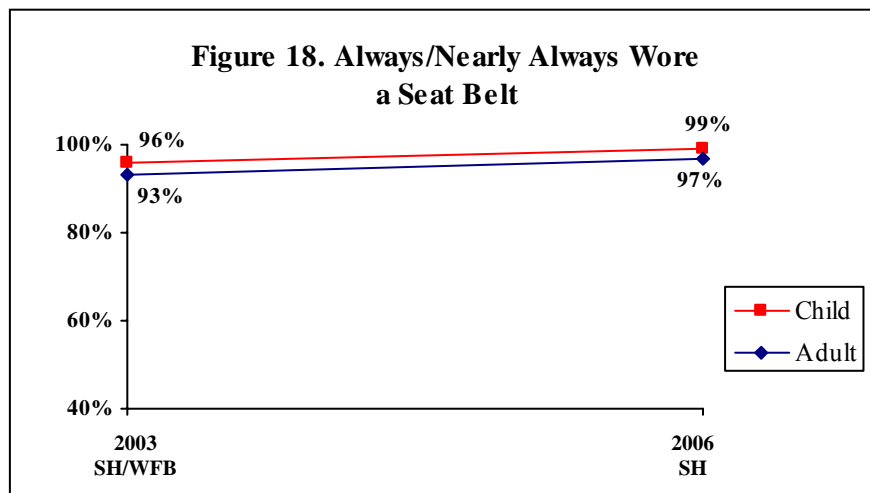
2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported their child always or nearly always wore a seat belt.
- 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 their children always or nearly always wore a seat belt (96% in 2003 and 100% in 2006).

Seat Belt Usage Overall

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was a statistical increase in the overall percent of respondents who reported they personally wore a seat belt always or nearly always. From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported their child always or nearly always wore a seat belt.



Adult Bicycle Helmet Usage

2006 Shorewood Findings

- Fifty-nine 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...

- Forty-nine percent of respondents who bicycled, used in-line roller skates or rode a scooter reported they always (39%) or nearly always (10%) wore a helmet. Forty-two percent reported never.
- Sixty-six percent of respondents 45 and older reported always or nearly always compared to 46% of those 35 to 44 years old or 31% of respondents 18 to 34 years old.
- Respondents with a household income of at least \$60,001 were more likely to report always or nearly always (63%) compared to respondents with a household income of less than \$60,001 (27%).
- Married respondents were more likely to report always or nearly always compared to unmarried respondents (60% and 35%, respectively).

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a helmet.
- In 2003, respondents 35 to 44 years old were more likely to report always or nearly always. In 2006, respondents 45 and older were more likely to report always or nearly always. In addition, there was a noted decrease in the percent of respondents 35 to 44 years old reporting always or nearly always.
- In 2003, respondents with a college education were more likely to report always or nearly always. In 2006, education was not a significant variable.
- In both study years, respondents with a household income of at least \$60,001 were more likely to report always/nearly always. In addition, there was a noted decrease in the percent of respondents with a household income of less than \$60,001 reporting always or nearly always in 2006.
- In both study years, married respondents were more likely to report always or nearly always.

Table 35. Adult Always/Nearly Always Wore a Helmet by Demographic Variables for Each Survey Year
(Of Respondents who Rode a Bike, Used In-Line Roller Skates or Rode a Scooter)^⓪

	2003 SH/WFB	2006 Shorewood
TOTAL	54%	49%
Gender		
Male	52	48
Female	56	50
Age ^{1,2}		
18 to 34	36	31
35 to 44 ^a	64	46
45 and Older	59	66
Education ¹		
Some Post High School or Less	34	39
College Graduate	61	51
Household Income ^{1,2}		
\$60,000 or Less ^a	44	27
\$60,001 or More	64	63
Marital Status ^{1,2}		
Married	60	60
Not Married	41	35

^⓪Percentages 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.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

Children Helmet Usage

2006 Shorewood Findings

- Thirty-two 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...

- Seventy-seven percent of respondents reported their child always or nearly always wore a helmet. Six percent reported never.
- There were no statistically significant differences between demographic variables and responses of children wearing a helmet always or nearly always.

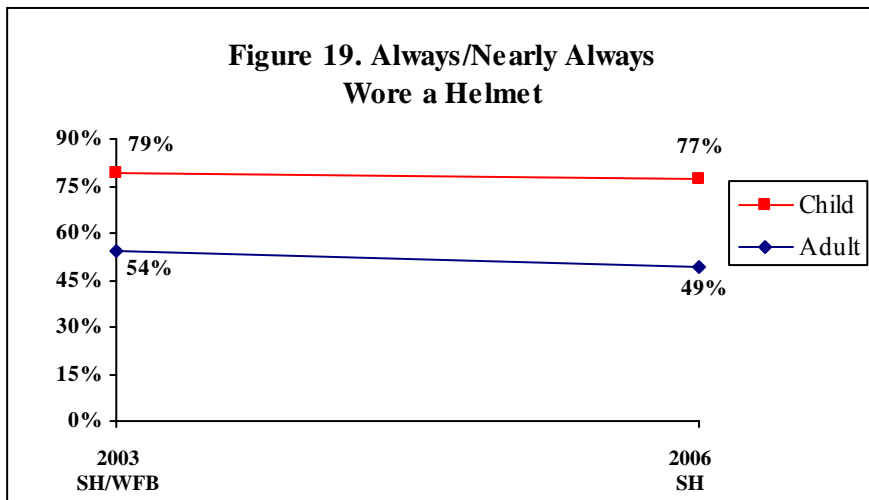
2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported their child always or nearly always wore a helmet.
- There were no statistically significant differences between and within years and responses of children always or nearly always wore a helmet.

Helmet Usage Overall

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a helmet. There was no statistical change in the overall percent of respondents reporting their child always or nearly always wore a helmet.



Cigarette Use (Figures 20 - 22; Table 36)

KEY FINDINGS: In 2006, 15% of respondents were current smokers. Respondents who were female, with a household income of less than \$60,001 or who were unmarried were more likely to be a smoker. Forty-seven percent of current smokers quit smoking for one day or longer in the past 12 months; 70% of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking. Eight percent of households had a smoker who smoked indoors at home or in their vehicle when others were present.

From 2003 to 2006, there was no statistical change in the overall percent of current smokers, with demographic findings varied. From 2003 to 2006, there was no statistical change in the overall percent of current smokers who tried to quit smoking. From 2003 to 2006, there was a statistical decrease in the overall percent of household smokers who smoked indoors or in vehicles, with demographic findings varied.

Current Smokers

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

In 2005, 22% of Wisconsin respondents were current smokers while 21% of U.S. respondents were current smokers (2005 Behavioral Risk Factor Surveillance).

2006 Shorewood Findings

- Fifteen percent of respondents were current smokers. Ten percent smoked every day while 5% reported some days.
- Female respondents were more likely to be current smokers (19%) compared to male respondents (8%).
- Twenty-four percent of respondents with a household income of less than \$60,001 were current smokers compared to 5% of respondents with a household income of at least \$60,001.
- Unmarried respondents were more likely to be current smokers compared to married respondents (22% and 7%, respectively).

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who were current smokers.
- In 2006, female respondents were more likely to be a current smoker, with a noted increase. In addition, there was a noted decrease in the percent of male respondents being a current smoker. In 2003, gender was not a significant variable.
- In 2003, respondents who were 18 to 34 years old or with some post high school education or less were more likely to be a current smoker. In 2006, neither age nor education was significant.

- In both study years, respondents with a household income of less than \$60,001 were more likely to be a current smoker. In addition, there was a noted decrease in the percent of respondents with a household income of at least \$60,001 being a current smoker in 2006.
- In both study years, unmarried respondents were more likely to be a current smoker.

Table 36. Current Smokers by Demographic Variables for Each Survey Year^⓪

	2003 SH/WFB	2006 Shorewood
TOTAL	15%	15%
Gender ²		
Male ^a	18	8
Female ^a	12	19
Age ¹		
18 to 34	25	17
35 to 44	11	13
45 to 54	19	14
55 to 64	9	7
65 and Older	5	14
Education ¹		
Some Post High School or Less	22	18
College Graduate	12	13
Household Income ^{1,2}		
\$60,000 or Less	18	24
\$60,001 or More ^a	11	5
Marital Status ^{1,2}		
Married	8	7
Not Married	25	22

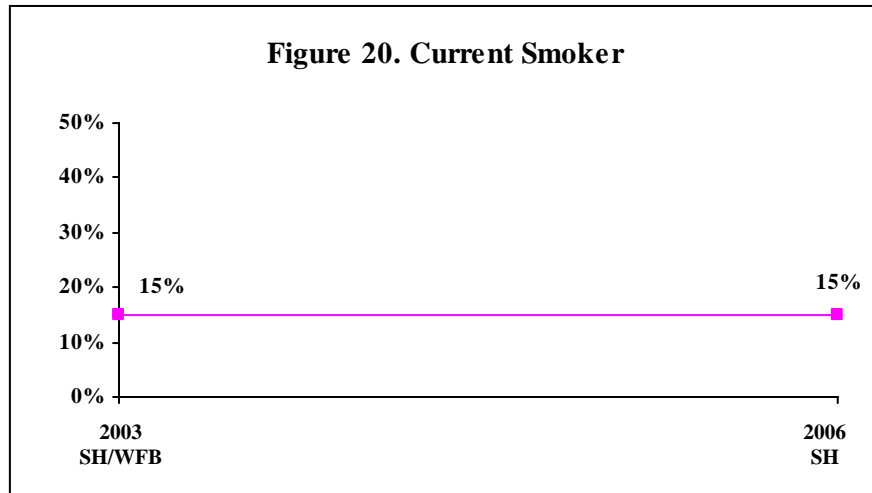
^⓪Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

- From 2003 to 2006, there was no statistical change 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-nine percent of Wisconsin respondents reported they quit smoking for one day because they were trying to quit while 56% of U.S. respondents reported a cessation attempt for at least one day (2005 Behavioral Risk Factor Surveillance).

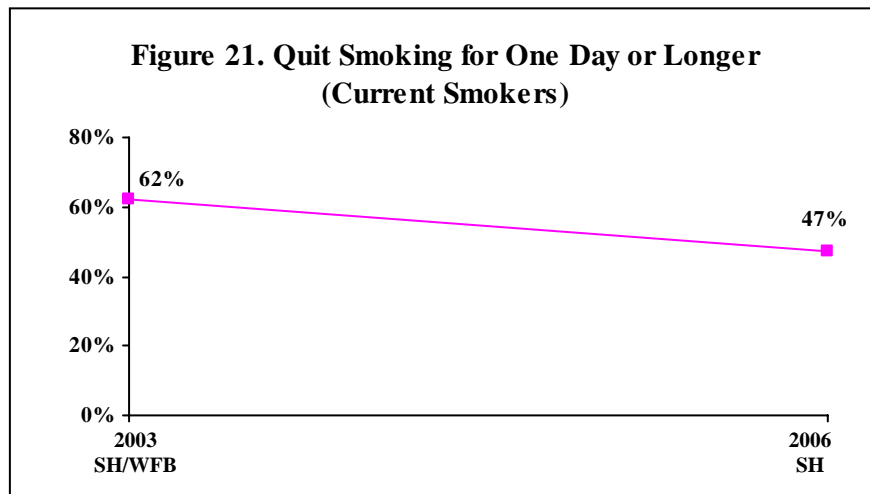
2006 Shorewood Findings

Of current smokers...

- Forty-seven percent of current 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.

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, 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

2006 Shorewood Findings

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

- Seventy percent of the 46 current smokers who have seen a health professional reported their health professional advised them to quit smoking.
- Sixty-one percent of the 46 current smokers who have seen a health professional reported their health professional advised them to quit smoking at their most recent visit.

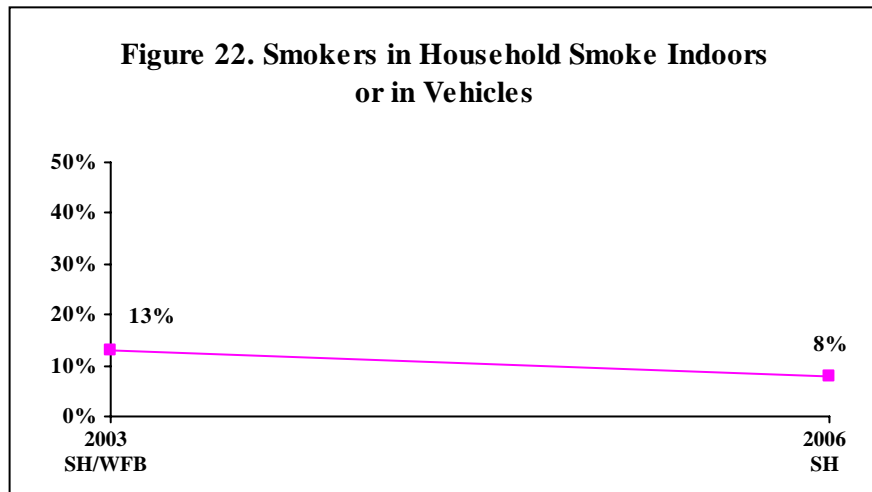
Smoking Indoors or in Vehicle

2006 Shorewood Findings

- All respondents were asked if any smokers in their household smoked indoors or inside their vehicles when others were present. Eight percent of respondents reported a smoker in their household smoked indoors or inside their vehicles.
- There were no statistically significant differences between demographic variables and responses of a smoker in their household smoking indoors or inside their vehicles.

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was a statistical decrease in the overall percent of respondents who reported a smoker who smoked indoors or in their vehicles.
- In 2003, respondents in households without children were more likely to report a household smoker who smoked indoors or in their vehicles. In 2006, presence of children was not a significant variable, with a noted decrease in the percent of respondents without children in the household reporting a smoker who smoked indoors or in their vehicles.



Smoking Policies in Eating Establishments (Figures 23 & 24; Tables 37 - 41)

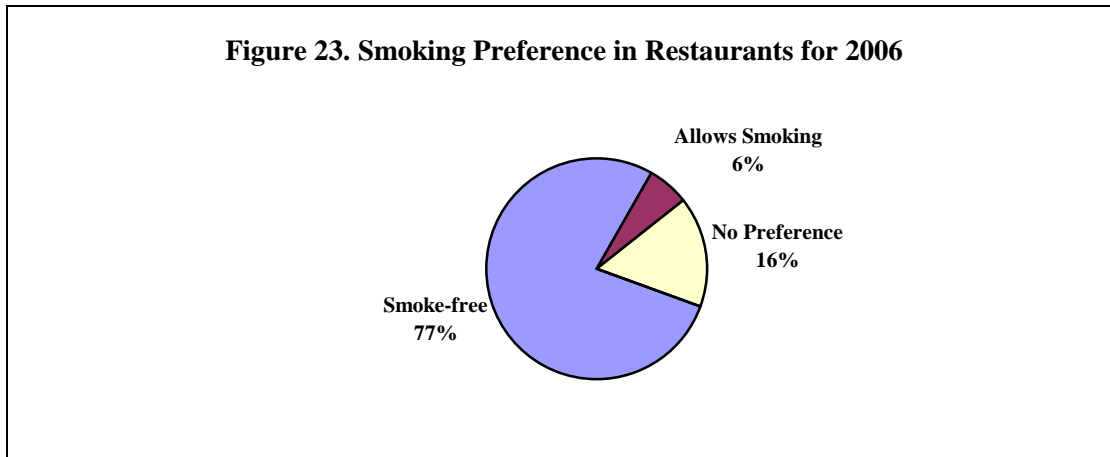
KEY FINDINGS: In 2006, 77% of all respondents preferred a smoke-free restaurant; respondents who were 35 to 44 years old, with a college education, with a household income of at least \$60,001, who were married or nonsmokers were more likely to prefer this. Seventy-four percent of respondents favored a community ordinance prohibiting smoking in eating establishments. Respondents who were female, 35 to 44 years old, with a college education, with a household income of at least \$60,001, who were married or nonsmokers were more likely to favor a community ordinance to prohibit smoking in eating establishments. Eighty 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 female, 35 to 44 years old, with a college education or with a household income of at least \$60,001 were more likely to report this.

From 2003 to 2006, there was a statistical increase in the overall percent of respondents who preferred a smoke-free restaurant, with more demographic findings in 2006. From 2003 to 2006, there was no statistical change in the overall percent of respondents who preferred a restaurant that allows smoking, with more demographic findings in 2006. From 2003 to 2006, there was no statistical change in the overall percent of respondents who favored a community ordinance that prohibits smoking in eating establishments, with more demographic findings in 2006.

Smoking Preference in Restaurants

2006 Shorewood Findings

- Seventy-seven percent of respondents reported they preferred to eat in smoke-free restaurants while 6% preferred restaurants that allow smoking. Sixteen percent reported they did not have a preference.



- Ninety-one percent of respondents 35 to 44 years old preferred smoke-free restaurants compared to 70% of those 18 to 34 years old or 65% of respondents 65 and older.
- Respondents with a college education were more likely to prefer smoke-free restaurants (84%) compared to respondents with some post high school education or less (55%).
- Ninety-five percent of respondents with a household income of at least \$60,001 preferred smoke-free restaurants compared to 62% of respondents with a household income of less than \$60,001.
- Married respondents were more likely to prefer smoke-free restaurants compared to unmarried respondents (88% and 66%, respectively).
- Eighty-two percent of nonsmokers preferred smoke-free restaurants compared to 47% of smokers.

Table 37. Restaurant Preference by Demographic Variables for 2006^⓪

	Smoke-free	Allow Smoking	No Preference
TOTAL	77%	6%	16%
Gender			
Male	74	5	21
Female	80	7	13
Age ¹			
18 to 34	70	6	24
35 to 44	91	5	4
45 to 54	84	9	7
55 to 64	86	5	10
65 and older	65	6	29
Education ¹			
Some Post High School or Less	55	11	34
College Graduate	84	5	11
Household Income ¹			
\$60,000 or Less	62	11	27
\$60,001 or More	95	<1	5
Marital Status ¹			
Married	88	3	8
Not Married	66	9	25
Smoking Status ¹			
Nonsmoker	82	2	15
Smoker	47	30	23

^⓪Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.

¹demographic difference at p≤0.05 in 2006

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was a statistical increase in the overall percent of respondents who preferred a smoke-free restaurant. From 2003 to 2006, there was no statistical change in the overall percent of respondents who preferred restaurants that allow smoking.
- In 2003, female respondents were more likely to report a preference for smoke-free restaurants. In 2006, gender was not a significant variable, with a noted increase in the percent of male respondents preferring smoke-free restaurants.
- In 2006, respondents 35 to 44 years old were more likely to prefer smoke-free restaurants, with a noted increase. In addition, there was a noted increase in the percent of respondents 45 to 54 years old preferring smoke-free restaurants. In 2003, age was not a significant variable in preferring smoke-free restaurants.

- In 2006, respondents with a college education were more likely to prefer smoke-free restaurants, with a noted increase. In 2003, education was not a significant variable in preferring smoke-free restaurants. In 2006, respondents with some post high school education or less were more likely to prefer restaurants that allow smoking. In 2003, education was not a significant variable in the preference of restaurants that allow smoking.
- In 2006, respondents with a household income of at least \$60,001 were more likely to prefer smoke-free restaurants, with a noted increase. In 2003, household income was not a significant variable in the preference of smoke-free restaurants. In 2006, respondents with a household income of less than \$60,001 were more likely to prefer restaurants that allow smoking, with a noted decrease in the percent of respondents with an income of at least \$60,001 reporting this. In 2003, household income was not a significant variable in preferring restaurants that allow smoking.
- In both study years, married respondents were more likely to prefer smoke-free restaurants, with a noted increase in 2006. In 2006, unmarried respondents were more likely to prefer restaurants that allow smoking. In 2003, marital status was not a significant variable in the preference of restaurants that allow smoking.
- In both study years, nonsmokers were more likely to prefer a smoke-free restaurant. In addition, there was a noted increase in the percent of smokers preferring smoke-free restaurants in 2006. In both study years, smokers were more likely to prefer restaurants that allow smoking.

Table 38. Restaurant Preference by Demographic Variables for Each Survey Year^①

	Smoke-free Preference		Allow Smoking Preference	
	2003 SH/WFB	2006 Shorewood	2003 SH/WFB	2006 Shorewood
TOTAL	68% ^a	77% ^a	7%	6%
Gender				
Male	60 ^{1,a}	74 ^a	9	5
Female	73 ¹	80	6	7
Age				
18 to 34	59	70 ²	6	6
35 to 44	73 ^a	91 ^{2,a}	7	5
45 to 54	63 ^a	84 ^{2,a}	14	9
55 to 64	73	86 ²	7	5
65 and Older	73	65 ²	3	6
Education				
Some Post High School or Less	61	55 ²	9	11 ²
College Graduate	70 ^a	84 ^{2,a}	7	5 ²
Household Income				
\$60,000 or Less	66	62 ²	9	11 ²
\$60,001 or More	71 ^a	95 ^{2,a}	7 ^a	<1 ^{2,a}
Marital Status				
Married	73 ^{1,a}	88 ^{2,a}	7	3 ²
Not Married	59 ¹	66 ²	9	9 ²
Smoking Status				
Nonsmoker	76 ¹	82 ²	3 ¹	2 ²
Smoker	16 ^{1,a}	47 ^{2,a}	31 ¹	30 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.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

Community Ordinance Prohibiting Smoking in Eating Establishments

2006 Shorewood Findings

- Seventy-four percent of respondents favored a community ordinance prohibiting smoking in eating establishments.
- Female respondents were more likely to favor a community ordinance (78%) compared to male respondents (69%).

- Eighty-six percent of respondents 35 to 44 years old favored a community ordinance compared to 73% of those 45 to 54 years old or 56% of respondents 65 and older.
- Respondents with a college education were more likely to favor a community ordinance (77%) compared to respondents with some post high school education or less (64%).
- Eighty-two percent of respondents with a household income of at least \$60,001 favored a community ordinance compared to 69% of respondents with a household income of less than \$60,001.
- Married respondents were more likely to favor a community ordinance compared to unmarried respondents (79% and 68%, respectively).
- Seventy-six percent of nonsmokers were in favor of a community ordinance compared to 59% of smokers.

Table 39. Favor/Oppose Ordinance to Prohibit Smoking in Eating Establishments in Their Community by Demographic Variables for 2006^⓪

	Oppose	Favor	Not Sure
TOTAL	24%	74%	2%
Gender ¹			
Male	29	69	2
Female	21	78	2
Age ¹			
18 to 34	23	77	0
35 to 44	14	86	0
45 to 54	23	73	5
55 to 64	25	75	0
65 and older	39	56	6
Education ¹			
Some Post High School or Less	35	64	1
College Graduate	21	77	2
Household Income ¹			
\$60,000 or Less	30	69	2
\$60,001 or More	16	82	2
Marital Status ¹			
Married	19	79	2
Not Married	30	68	2
Smoking Status ¹			
Nonsmoker	23	76	<1
Smoker	33	59	7

^⓪Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.

¹demographic difference at p≤0.05 in 2006

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who favored a community ordinance that prohibits smoking in eating establishments.
- In 2006, respondents who were female, with a college education or who were married were more likely to favor a community ordinance to prohibit smoking in eating establishments. In 2003, gender, education or marital status was not significant.
- In 2006, respondents who were 35 to 44 years old or with a household income of at least \$60,001 were more likely to favor a community ordinance, with a noted increase. In 2003, neither age nor household income was significant.
- In both study years, nonsmokers were more likely to favor an ordinance to prohibit smoking in eating establishments. In addition, there was a noted increase in the percent of smokers favoring an ordinance in 2006.

Table 40. Favor a Community Smoking Ordinance to Prohibit Smoking in Eating Establishments by Demographic Variables for Each Survey Year^①

	2003 SH/WFB	2006 Shorewood
TOTAL	72%	74%
Gender ²		
Male	68	69
Female	75	78
Age ²		
18 to 34	73	77
35 to 44 ^a	72	86
45 to 54	77	73
55 to 64	70	75
65 and Older	68	56
Education ²		
Some Post High School or Less	67	64
College Graduate	74	77
Household Income ²		
\$60,000 or Less	71	69
\$60,001 or More ^a	73	82
Marital Status ²		
Married	74	79
Not Married	68	68
Smoking Status ^{1,2}		
Nonsmoker	78	76
Smoker ^a	38	59

^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.

¹demographic difference at $p \leq 0.05$ in 2003

²demographic difference at $p \leq 0.05$ in 2006

^ayear differences at $p \leq 0.05$

Statewide Law to Prohibit Smoking in all Public Workplaces Except Taverns or Restaurants with More than 75% in Alcohol Sales

2006 Shorewood Findings

- Eighty 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 (53% strongly favor, 27% moderately favor).
- Female respondents were more likely to favor a statewide ordinance (83%) compared to male respondents (76%).
- Ninety percent of respondents 35 to 44 years old favored a statewide law compared to 82% of those 18 to 34 years old or 59% of respondents 65 and older.
- Respondents with a college education were more likely to favor a statewide law compared to respondents with some post high school education or less (83% and 71%, respectively).
- Ninety percent of respondents with a household income of at least \$60,001 were in favor of a statewide law compared to 73% of respondents with a household income of less than \$60,001.

Table 41. Favor/Oppose Statewide Law to Prohibit Smoking in All Workplaces Except Taverns or Restaurants with More than 75% Alcohol Sales by Demographic Variables for 2006^⓪

	Oppose	Favor	Not Sure
TOTAL	18%	80%	2%
Gender ¹			
Male	24	76	0
Female	13	83	3
Age ¹			
18 to 34	17	82	<1
35 to 44	10	90	0
45 to 54	15	85	0
55 to 64	15	83	2
65 and older	36	59	6
Education ¹			
Some Post High School or Less	25	71	4
College Graduate	16	83	1
Household Income ¹			
\$60,000 or Less	24	73	3
\$60,001 or More	11	90	0
Marital Status			
Married	14	85	1
Not Married	22	75	3
Smoking Status			
Nonsmoker	18	81	1
Smoker	22	72	5

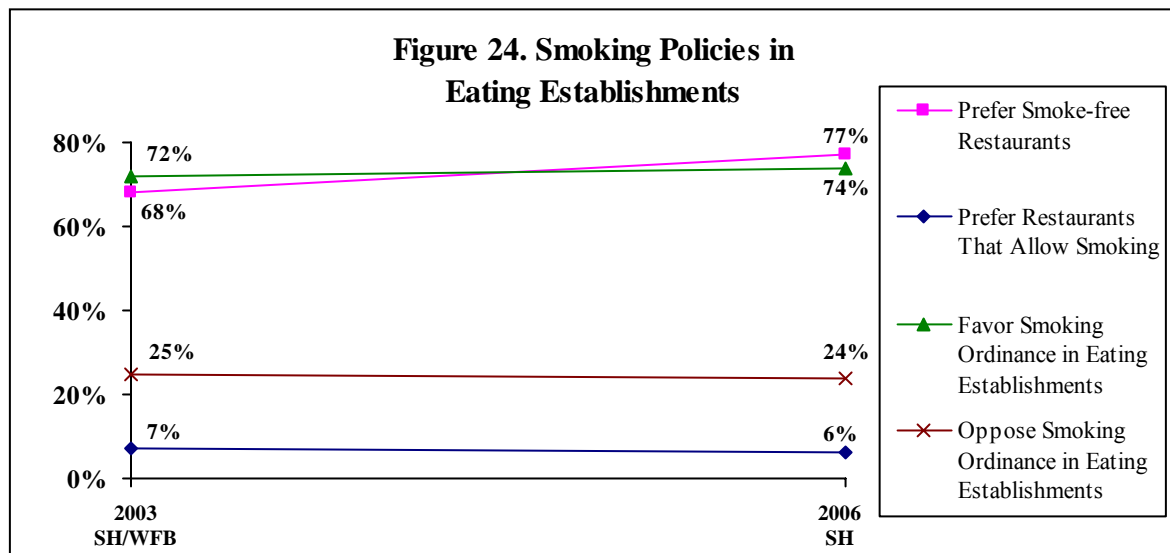
^⓪Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.

¹demographic difference at $p \leq 0.05$ in 2006

Smoking Policies in Eating Establishments Overall

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was a statistical increase in the overall percent of respondents who preferred a smoke-free restaurant. From 2003 to 2006, there was no statistical change in the overall percent of respondents who preferred a restaurant that allows smoking or who favored a community ordinance that prohibits smoking in eating establishments.



Alcohol Use (Figures 25 & 26; Tables 42 - 44)

KEY FINDINGS: In 2006, 79% of respondents had an alcoholic drink in the past 30 days. In the past month, 5% were heavy drinkers while 18% were binge drinkers. Respondents who were female or with a college education were more likely to have been a heavy drinker. Respondents who were male, 18 to 34 years old or married were more likely to have been a binge drinker in the past month. Three percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Three percent of respondents reported someone in their household had experienced a problem in connection with drinking in the past year.

From 2003 to 2006, there was no statistical change in the overall percent of respondents who were heavy drinkers, with demographic findings varied. From 2003 to 2006, there was a statistical increase in the overall percent of respondents who binged, with demographic findings varied across years. From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported they were a driver or a passenger when the driver perhaps had too much to drink.

Heavy Drinking in the Past Month

According to the Centers for Disease Control, heavy drinking is defined as more than 2 drinks per day in the past month for males (i.e. at least 61 drinks) and more than one drink per day for females (i.e. 31 drinks).

In 2005, 8% of Wisconsin respondents and 5% of U.S. respondents were classified as heavy drinkers (2005 Behavioral Risk Factor Survey).

2006 Shorewood Findings

- Seventy-nine percent of respondents had a drink in the past 30 days. Forty-five percent reported they drank on at least five days, while 18% reported three to four days and 16% reported drinking on one or two days in the past 30 days.
- Four percent of all respondents reported an average of four or more drinks per day on the days they drank while 7% reported three, 30% reported two and 38% reported one drink on average on the days they drank. Twenty percent reported having no drinks in the past month.
- Combined, 5% of respondents were classified as heavy drinkers in the past month (61 or more drinks for males and 31 or more drinks for females).
- Female respondents were more likely to be heavy drinkers (7%) compared to male respondents (2%).
- Six percent of respondents with a college education reported heavy drinking compared to 1% of respondents with some post high school education or less.

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who were heavy drinkers.
- In 2006, female respondents were more likely to report heavy drinking. In 2003, gender was not a significant variable.
- In 2006, respondents with a college education were more likely to report heavy drinking. In addition, there was a noted decrease in the percent of respondents with some post high school education or less reporting heavy drinking. In 2003, education was not a significant variable.
- In 2003, unmarried respondents were more likely to report heavy drinking. In 2006, marital status was not a significant variable.

Table 42. Heavy Drinking in the Past Month by Demographic Variables for Each Survey Year^{①,②}

	2003 SH/WFB	2006 Shorewood
TOTAL	5%	5%
Gender ²		
Male	5	2
Female	4	7
Age		
18 to 34	8	6
35 to 44	3	1
45 to 54	4	9
55 to 64	2	7
65 and Older	7	1
Education ²		
Some Post High School or Less ^a	8	1
College Graduate	4	6
Household Income		
\$60,000 or Less	6	7
\$60,001 or More	3	4
Marital Status ¹		
Married	2	3
Not Married	8	7

^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.

^②Heavy drinking is defined as 61 or more drinks for males and 31 or more drinks for females.

¹demographic difference at $p \leq 0.05$ in 2003

²demographic difference at $p \leq 0.05$ in 2006

^ayear differences at $p \leq 0.05$

Binge Drinking in Past Month

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

In 2005, 22% of Wisconsin respondents reported having five or more drinks at one time in the past month. Nationally, 14% of respondents reported binge drinking in the past month. When broken down by gender, 12% of females and 32% of males in Wisconsin binged. Nationally, 7% of females and 22% of males binged in the past month (2004 Behavioral Risk Factor Surveillance).

2006 Shorewood Findings

- Eighteen percent of all respondents binged in the past month.
- Male respondents were more likely to have binged in the past month (23%) compared to female respondents (14%).

- Respondents 18 to 34 years old were more likely to have binged in the past month (34%) compared to those 55 to 64 years old (5%) or respondents 65 and older (3%).
- Married respondents were more likely to have binged in the past month compared to unmarried respondents (22% and 13%, respectively).

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

The Centers for Disease Control (CDC) defines binge drinking as five or more drinks at one time, regardless of gender. In 2006, it was decided to follow the standard CDC definition to allow for national, state and local comparisons. In 2003, the Shorewood/Whitefish Bay Community Health Survey Report defined binge drinking as four or more drinks at one time for females and five or more drinks at one time for males to account for weight and metabolism differences.

- From 2003 to 2006, there was a statistical increase in the overall percent of respondents who binged.
- In both study years, respondents who were male or 18 to 34 years old were more likely to have binged. In addition, there was a noted increase in the percent of respondents who were female or 45 to 54 years old reporting binge drinking in 2006.
- Although education was not a significant variable in any study year, there was a noted increase in the percent of respondents with a college education reporting binge drinking in 2006.
- In 2003, respondents with a household income of less than \$60,001 were more likely to have binged. In 2006, household income was not a significant variable, with a noted increase in the percent of respondents with a household income of at least \$60,001 reporting binge drinking.
- In 2003, unmarried respondents were more likely to have binged. In 2006, married respondents were more likely to have binged, with a noted increase.

Table 43. Binge Drinking in the Past Month by Demographic Variables for Each Survey Year^{①,②}

	2003 SH/WFB	2006 Shorewood
TOTAL ^a	12%	18%
Gender ^{1,2}		
Male	22	23
Female ^a	6	14
Age ^{1,2}		
18 to 34	26	34
35 to 44	13	10
45 to 54 ^a	8	22
55 to 64	7	5
65 and Older	5	3
Education		
Some Post High School or Less	17	13
College Graduate ^a	11	19
Household Income ¹		
\$60,000 or Less	17	19
\$60,001 or More ^a	6	20
Marital Status ^{1,2}		
Married ^a	8	22
Not Married	19	13

^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.

^②In 2006 “5 or more drinks at one time” was used for both males and females; in 2003 “4 or more drinks at one time” for females and “5 or more drinks at one time” for males was used.

¹demographic difference at p≤0.05 in 2003

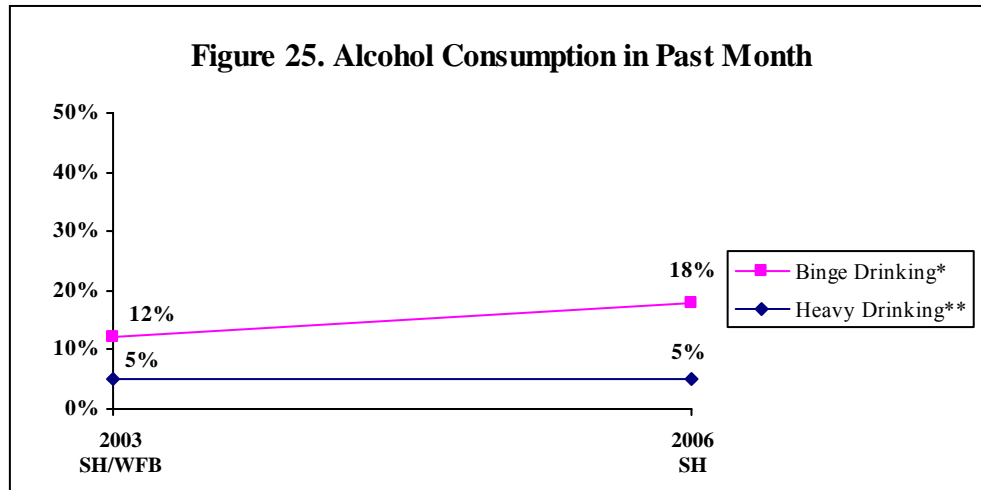
²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

Alcohol Consumption Overall

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who were heavy drinkers. From 2003 to 2006, there was a statistical increase in the overall percent of respondents who binge. Please note: in 2006, it was decided to use the CDC's widely used definition of binge drinking for national, state and local comparisons. In 2003 the definition of binge drinking was four or more drinks at one time for females and five or more drinks at one time for males as a result of metabolism differences.



*In 2006 “5 or more drinks at one time” was used for both males and females; in 2003 “4 or more drinks at one time” for females and “5 or more drinks at one time” for males was used.

**Heavy drinking is defined as 61 or more drinks for males and 31 or more drinks for females.

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

2006 Shorewood Findings

- Three percent of respondents reported in the past month they were a driver or passenger in a vehicle when the driver perhaps had too much alcohol to drink.
- No demographic comparisons were conducted as a result of the small percent of respondents reporting they were a driver or passenger in a vehicle when the driver perhaps had too much alcohol to drink.

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who had driven or ridden in a vehicle when the driver perhaps had too much to drink.
- No demographic comparisons between years were conducted as a result of the low percent of respondents reporting they were a driver or passenger in a vehicle when the driver perhaps had too much alcohol to drink in 2006.

Table 44. Driven/Ridden When Driver Perhaps had too Much to Drink by Demographic Variables for Each Survey Year^①

	2003 SH/WFB	2006 ^② Shorewood
TOTAL	4%	3%
Gender ¹		
Male	7	--
Female	1	--
Age		
18 to 34	6	--
35 to 44	3	--
45 to 54	7	--
55 to 64	0	--
65 and Older	0	--
Education		
Some Post High School or Less	4	--
College Graduate	4	--
Household Income		
\$60,000 or Less	4	--
\$60,001 or More	4	--
Marital Status ¹		
Married	2	--
Not Married	7	--

^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.

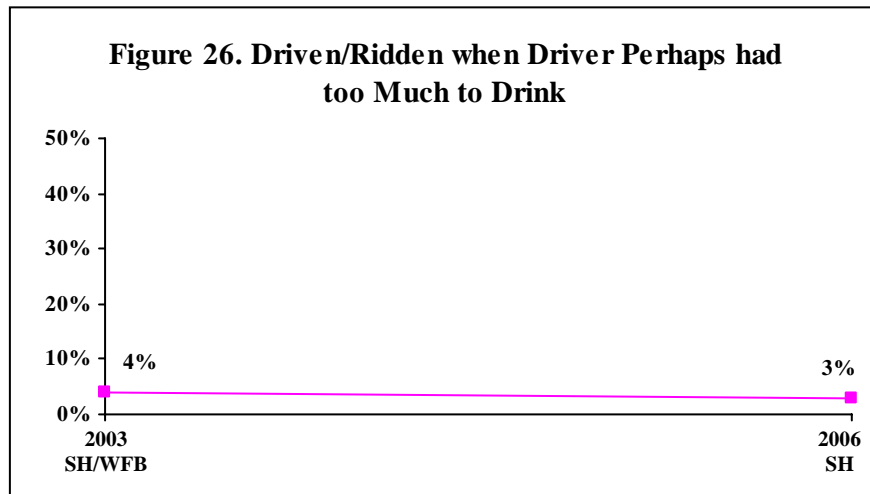
^②Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.

¹demographic difference at $p \leq 0.05$ in 2003

²demographic difference at $p \leq 0.05$ in 2006

^ayear differences at $p \leq 0.05$

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who had driven or ridden in a vehicle when the driver perhaps had too much to drink.



Household Problem Associated with Alcohol in Past Year

2006 Shorewood Findings

- Three 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.
- No demographic comparisons were conducted as a result of the low percent of respondents reporting they, or someone in their household, experienced some kind of problem associated with drinking in the past year.

Mental Health Status (Figures 27 & 28; Tables 45 - 47)

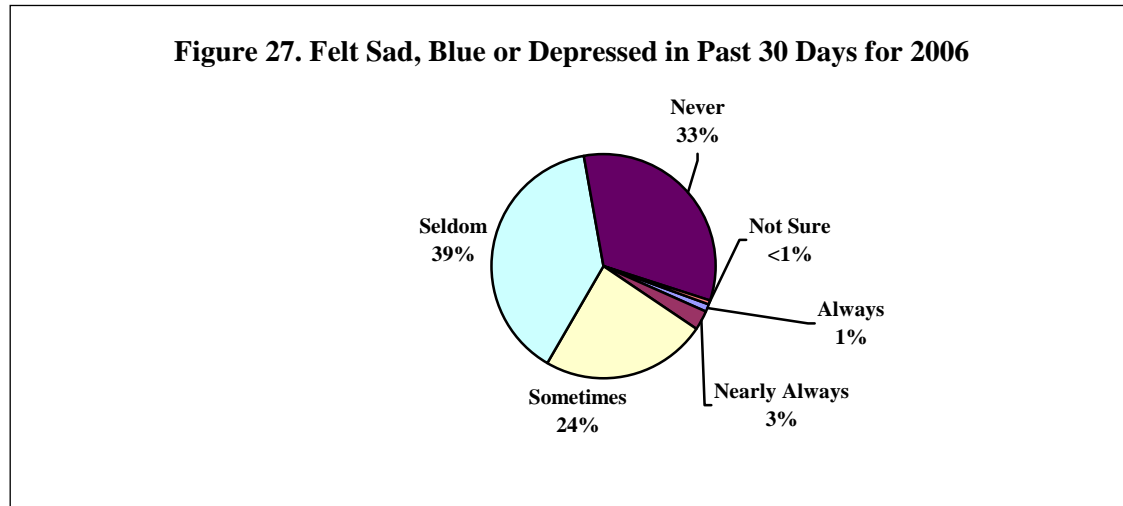
KEY FINDINGS: In 2006, 4% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents who were 45 to 54 years old, with some post high school education or less, with a household income of less than \$60,001 or who were unmarried were more likely to report this. Five percent of respondents felt so overwhelmed they considered suicide in the past year; respondents with a household income of less than \$60,001 were more likely to report this. Five percent reported they seldom or never find meaning and purpose in daily life.

From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported they always/nearly always felt sad, blue or depressed, with demographic findings varied. From 2003 to 2006, there was a statistical increase in the overall percent of respondents who reported they considered suicide. From 2003 to 2006, there was no statistical change in the overall percent who reported they seldom or never find meaning and purpose in daily life, with demographic findings similar.

Felt Sad, Blue or Depressed

2006 Shorewood Findings

- Four percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. This equates up to 990 residents. Twenty-four percent reported sometimes and the remaining 72% reported seldom (39%) or never (33%).



- Ten percent of respondents 45 to 54 years old reported in the past month they felt sad, blue or depressed always or nearly always compared to 2% of those 18 to 34 years old or 55 to 64 years old or 1% of respondents 35 to 44 years old.
- Respondents with some post high school education or less were more likely to report they always or nearly always felt sad, blue or depressed in the past month (12%) compared to respondents with a college education (2%).
- Seven percent of respondents with a household income of less than \$60,001 reported they felt sad, blue or depressed always or nearly always compared to 2% of respondents with a household income of at least \$60,001.
- Unmarried respondents were more likely to report in the past month they felt sad, blue or depressed always or nearly always compared to married respondents (8% and less than one percent, respectively).

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed.
- In 2006, respondents 45 to 54 years old were more likely to report they felt sad, blue or depressed always or nearly always. In 2003, age was not a significant variable.

- In 2006, respondents with some post high school education or less were more likely to report they felt sad, blue or depressed always or nearly always, with a noted increase. In 2003, education was not a significant variable.
- In both study years, respondents with a household income of less than \$60,001 or who were unmarried were more likely to report they felt sad, blue or depressed in the past month.

Table 45. Always/Nearly Always Felt Sad, Blue or Depressed in the Past 30 Days by Demographic Variables for Each Survey Year^⓪

	2003 SH/WFB	2006 Shorewood
TOTAL	4%	4%
Gender		
Male	5	3
Female	3	5
Age ²		
18 to 34	1	2
35 to 44	4	1
45 to 54	4	10
55 to 64	2	2
65 and Older	7	7
Education ²		
Some Post High School or Less ^a	2	12
College Graduate	4	2
Household Income ^{1,2}		
\$60,000 or Less	6	7
\$60,001 or More	<1	2
Marital Status ^{1,2}		
Married	2	<1
Not Married	6	8

^⓪Percentages 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.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

Considered Suicide

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

2006 Shorewood 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 1,100 residents who considered suicide in the past year.
- Ten percent of respondents with a household income of less than \$60,001 reported they considered suicide compared to 1% of respondents with a household income of at least \$60,001.

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was a statistical increase in the overall percent of respondents who reported they considered suicide.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting they considered suicide in 2003.

Table 46. Considered Suicide in the Past Year by Demographic Variables for Each Survey Year[ⓐ]

	2003 [ⓑ] SH/WFB	2006 Shorewood
TOTAL [ⓐ]	2%	5%
Gender		
Male	--	5
Female	--	5
Age		
18 to 34	--	7
35 to 44	--	8
45 to 54	--	1
55 to 64	--	7
65 and Older	--	1
Education		
Some Post High School or Less	--	4
College Graduate	--	5
Household Income ^⒃		
\$60,000 or Less	--	10
\$60,001 or More	--	1
Marital Status		
Married	--	5
Not Married	--	6

[ⓐ]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.

[ⓑ]Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.

^⒃demographic difference at $p \leq 0.05$ in 2003

^⒃demographic difference at $p \leq 0.05$ in 2006

[ⓐ]year differences at $p \leq 0.05$

Find Meaning and Purpose in Daily Life

2006 Shorewood Findings

- A total of 5% reported they seldom or never find meaning or purpose in daily life. Thirty-eight percent of respondents reported they always find meaning and purpose in daily life, an additional 41% reported nearly always.
- There were no statistically significant differences between demographic variables and responses of seldom or never find meaning and purpose in daily life.

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported they seldom or never find meaning and purpose in daily life.

- In 2003, respondents with a household income of less than \$60,001 were more likely to report seldom or never find meaning and purpose in daily life. In 2006, household income was not a significant variable.

Table 47. Seldom/Never Find Meaning and Purpose in Daily Life by Demographic Variables for Each Survey Year^①

	2003 SH/WFB	2006 Shorewood
TOTAL	5%	5%
Gender		
Male	7	5
Female	3	4
Age		
18 to 34	0	2
35 to 44	4	5
45 to 54	8	5
55 to 64	5	5
65 and Older	4	7
Education		
Some Post High School or Less	4	7
College Graduate	5	4
Household Income ¹		
\$60,000 or Less	7	6
\$60,001 or More	2	3
Marital Status		
Married	4	3
Not Married	5	6

^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.

¹demographic difference at $p \leq 0.05$ in 2003

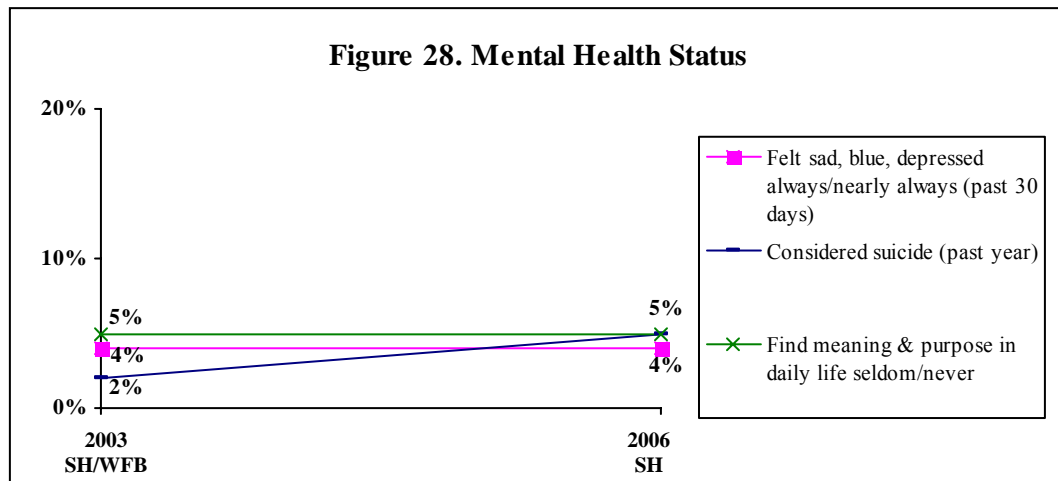
²demographic difference at $p \leq 0.05$ in 2006

³year differences at $p \leq 0.05$

Mental Health Status Overall

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported they always/nearly always felt sad, blue or depressed or in the overall percent who reported they seldom or never find meaning and purpose in daily life. From 2003 to 2006, there was a statistical increase in the overall percent of respondents who reported they considered suicide



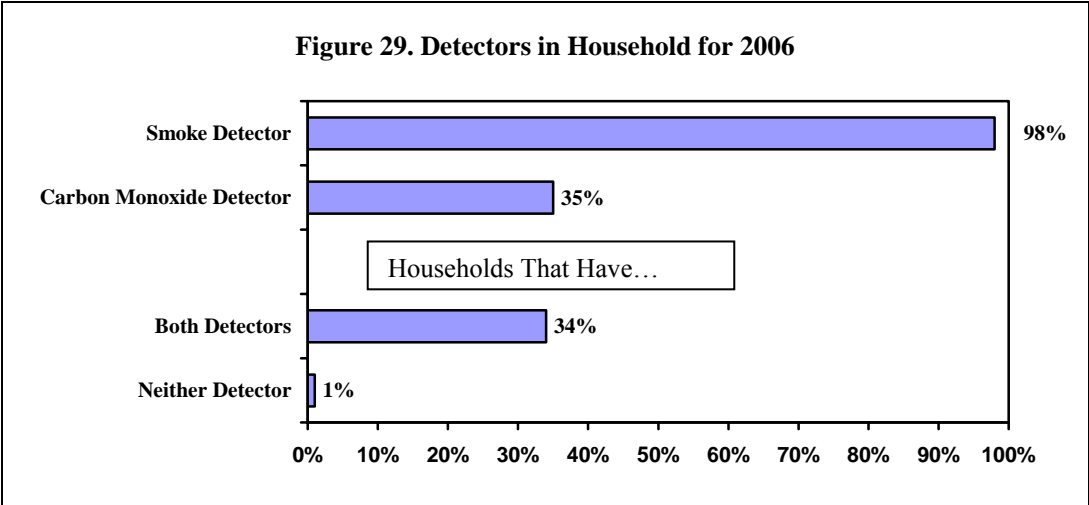
Detectors in Household (Figures 29 & 30; Table 48)

KEY FINDINGS: In 2006, 98% of households had a working smoke detector while 35% had a working carbon monoxide detector. Thirty-four percent of households had both detectors; respondents with an income of at least \$60,001 or who were married were more likely to report this.

From 2003 to 2006, there was a statistical decrease in the overall percent of households with both detectors, with demographic findings somewhat varied.

2006 Shorewood Findings

- Ninety-eight percent of respondents reported a working smoke detector while 35% reported a working carbon monoxide detector in their home. One percent had neither.



- Forty-four percent of households with an income of at least \$60,001 had both detectors compared to 23% of households with an income of less than \$60,001.
- Married households were more likely to have both detectors compared to unmarried households (42% and 26%, respectively).

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was a statistical decrease in the overall percent of respondents who reported both a working smoke detector and carbon monoxide detector.
- In both study years, households with an income of at least \$60,001 were more likely to have both a working smoke detector and carbon monoxide detector.
- In 2006, married households were more likely to report both working detectors, with a noted decrease in the percent of unmarried households reporting this. In 2003, marital status was not a significant variable.

Table 48. Both Working Smoke and Carbon Monoxide Detectors in Household by Demographic Variables for Each Survey Year^①

	2003 SH/WFB	2006 Shorewood
TOTAL ^a	41%	34%
Household Income ^{1,2}		
\$60,000 or Less	31	23
\$60,001 or More	52	44
Marital Status ²		
Married	44	42
Not Married ^a	37	26

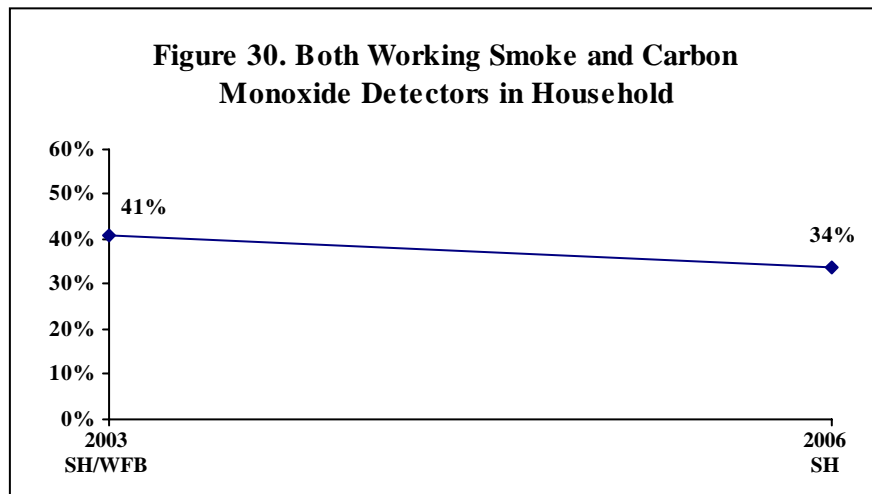
^①Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

¹demographic difference at $p \leq 0.05$ in 2003

²demographic difference at $p \leq 0.05$ in 2006

^ayear differences at $p \leq 0.05$

- From 2003 to 2006, there was a statistical decrease 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 49)

KEY FINDINGS: In 2006, 9% of households had a firearm in or around the home; respondents with a household income of at least \$60,001 were more likely to report this. Of all households, one percent had a loaded firearm. Less than one percent of all households had a firearm loaded and unlocked.

From 2003 to 2006, there was no statistical change in the overall percent of firearm ownership, with demographic findings varied. From 2003 to 2006, there was no statistical change in the overall percent of firearm storage practices.

Firearm in Household

In 2002, 44% of Wisconsin households and 33% of U.S. households had 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.)

2006 Shorewood Findings

- At the time of the survey administration, 9% of households had at least one firearm.
- Fifteen percent of respondents with a household income of at least \$60,001 reported having a firearm compared to 2% of respondents with a household income of less than \$60,001.

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported having firearms in or around their home.
- In 2006, respondents with a household income of at least \$60,001 were more likely to report having a firearm in or around their home. In addition, there was a noted decrease in the percent of respondents with a household income of less than \$60,001 reporting a firearm in or around their home. In 2003, household income was not a significant variable.
- In 2003, married respondents were more likely to report having a firearm in or around their home. In 2006, marital status was not a significant variable.

Table 49. Firearm in Household by Demographic Variables for Each Survey Year^①

	2003 SH/WFB	2006 Shorewood
TOTAL	9%	9%
Household Income ²		
\$60,000 or Less ^a	7	2
\$60,001 or More	11	15
Marital Status ¹		
Married	12	10
Not Married	5	9
Children in Household		
Yes	10	8
No	9	10

^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.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

Loaded Firearm

In 2002, 3% of Wisconsin households and 8% of U.S. households had any loaded 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.)

2006 Shorewood Findings

- One 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.

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, 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 both study years.

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 U.S. households had any loaded and unlocked firearm. (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.

2006 Shorewood Findings

- Less than one percent of all households had a loaded firearm also unlocked. This relates to 6% 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.

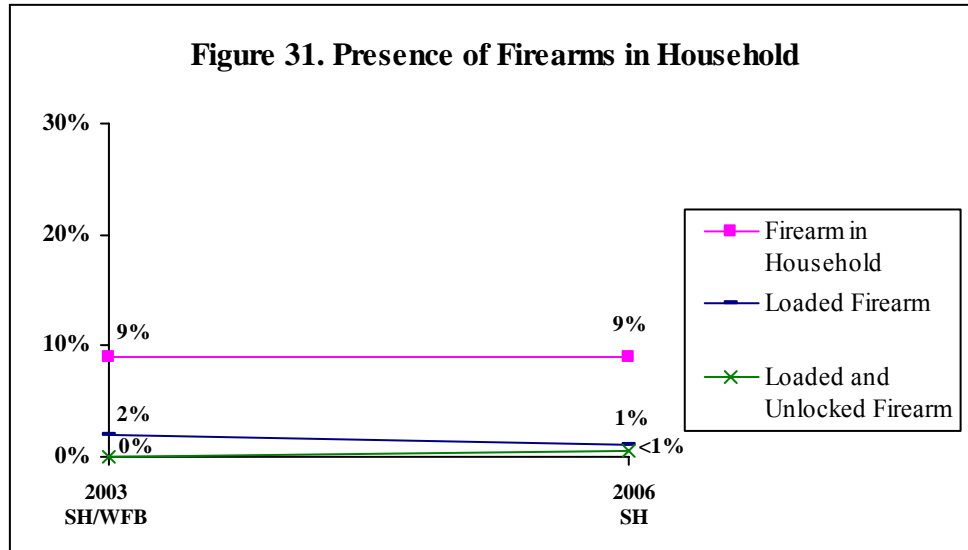
2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, 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 both study years.

Presence of Firearms in Household Overall

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported having firearms in or around their home, in the overall percent who reported having a loaded firearm or in the overall percent having a firearm loaded and unlocked.



Personal Safety Issues (Figure 32; Tables 50 & 51)

KEY FINDINGS: In 2006, 14% of respondents reported someone had made them afraid for their personal safety in the past year; respondents who were 18 to 34 years old, with a college education, with a household income of at least \$60,001 or who were married were more likely to report this. One percent reported they had been pushed, kicked, slapped or hit in the past year. A total of 15% reported at least one of these two situations; respondents 18 to 34 years old were more likely to report this.

From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting someone made them afraid for their personal safety, with demographic findings varied. From 2003 to 2006, there was a statistical decrease in the overall percent of respondents reporting someone pushed, kicked, slapped or hit them in the past year. There was no statistical change in the overall percent of respondents reporting at least one of the two personal safety issues, with demographic findings similar.

Afraid for Personal Safety

2006 Shorewood Findings

- Fourteen percent of respondents reported someone made them afraid for their personal safety in the past year.
- Twenty-one percent of respondents 18 to 34 years old reported they were afraid for their safety in the past year compared to 5% of those 55 to 64 years old or 4% of respondents 65 and older.
- Respondents with a college education were more likely to report they were afraid for their personal safety (17%) compared to respondents with some post high school education or less (7%).
- Eighteen percent of respondents with a household income of at least \$60,001 reported they were afraid for their personal safety in the past year compared to 10% of respondents with a household income of less than \$60,001.
- Married respondents were more likely to report they were afraid for their safety compared to unmarried respondents (18% and 10%, respectively).
 - A stranger was most often mentioned as the perpetrator (47 responses) followed by an acquaintance or ex-spouse (8 responses each).

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported they were afraid for their personal safety.
- In both study years, respondents who were 18 to 34 years old or with a college education were more likely to report they were afraid for their personal safety.
- In 2006, respondents with a household income of at least \$60,001 were more likely to report they were afraid for their personal safety. In 2003, household income was not a significant variable.
- In 2003, unmarried respondents were more likely to report they were afraid for their personal safety. In 2006, married respondents were more likely to report they were afraid for their personal safety, with a noted increase.

Table 50. Afraid for Personal Safety by Demographic Variables for Each Survey Year^⓪

	2003 SH/WFB	2006 Shorewood
TOTAL	10%	14%
Gender		
Male	11	16
Female	9	13
Age ^{1,2}		
18 to 34	18	21
35 to 44	12	17
45 to 54	10	17
55 to 64	5	5
65 and Older	3	4
Education ^{1,2}		
Some Post High School or Less	4	7
College Graduate	12	17
Household Income ²		
\$60,000 or Less	8	10
\$60,001 or More	13	18
Marital Status ^{1,2}		
Married ^a	7	18
Not Married	14	10

^⓪Percentages 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.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

Pushed, Kicked, Slapped or Hit

2006 Shorewood Findings

- One percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
- No demographic comparisons were conducted as a result of the low percent of respondents reporting they were pushed, kicked, slapped or hit.
 - A stranger was most often mentioned as the perpetrator (3 responses) followed by a friend or someone else (1 response each).

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was a statistical decrease in the overall percent of respondents who reported they were pushed, kicked, slapped or hit.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting they were pushed, kicked, slapped or hit in both study years.

Combined Personal Safety Issues

2006 Shorewood Findings

- A total of 15% of all respondents reported at least one of the two issues.
- Twenty-two percent of respondents 18 to 34 years old reported at least one of the two issues compared to 5% of those 55 to 64 years old or 4% of respondents 65 and older.

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported at least one of the personal safety issues.
- In both study years, respondents 18 to 34 years old were more likely to report at least one of the two issues.
- In 2003, unmarried respondents were more likely to report at least one of the two issues. In 2006, marital status was not a significant variable, with a noted increase in the percent of married respondents reporting at least one of the two issues.

Table 51. At Least One of the Personal Safety Issues by Demographic Variables for Each Survey Year^⓪

	2003 SH/WFB	2006 Shorewood
TOTAL	12%	15%
Gender		
Male	14	16
Female	10	14
Age ^{1,2}		
18 to 34	21	22
35 to 44	16	17
45 to 54	12	18
55 to 64	5	5
65 and Older	3	4
Education		
Some Post High School or Less	8	10
College Graduate	13	17
Household Income		
\$60,000 or Less	10	11
\$60,001 or More	13	19
Marital Status ¹		
Married ^a	9	18
Not Married	16	11

^⓪Percentages 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.

¹demographic difference at $p \leq 0.05$ in 2003

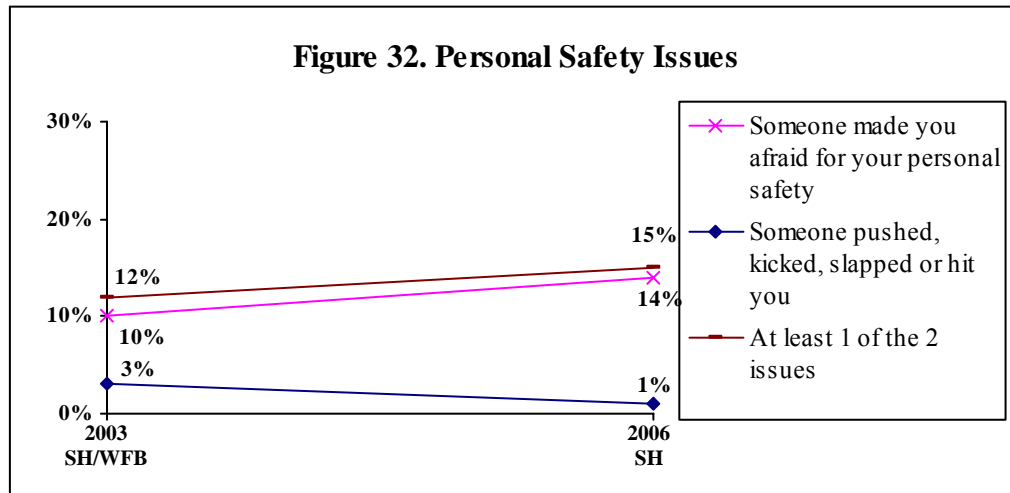
²demographic difference at $p \leq 0.05$ in 2006

^ayear differences at $p \leq 0.05$

Personal Safety Issues Overall

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting someone made them afraid for their personal safety. From 2003 to 2006, there was a statistical decrease in the overall percent of respondents reporting someone pushed, kicked, slapped or hit them in the past year. There was no statistical change in the overall percent of respondents reporting at least one of the two 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 52)

KEY FINDINGS: In 2006, 7% of respondents were not aware of the public health department prior to the interview; 28% received services from the health department. Respondents who were 65 and older were more likely to receive services from the health department.

From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting their awareness of and experience with Shorewood's health department.

Awareness of and Experience with Public Health Department

2006 Shorewood Findings

- Seven percent of respondents were not aware of the public health department prior to the interview. Sixty-six percent were aware of the department but had no experience with it. Twenty-three percent received limited services from the health department and 5% received more extensive services.
- Male respondents were more likely to report they were not aware of the health department (11%) compared to female respondents (3%).
- Forty-eight percent of respondents 65 and older reported they received services from the health department compared to 22% of those 35 to 44 years old or 13% of respondents 18 to 34 years old.
- Respondents with some post high school education or less were more likely to report they received more extensive services (9%) compared to respondents with a college education (4%).
- Respondents with a household income of less than \$60,001 were more likely to report they received more extensive services from the health department compared to respondents with a household income of at least \$60,001 (9% and 1%, respectively).

Table 52. Awareness of and Experience with Public Health Department by Demographic Variables for 2006^⓪

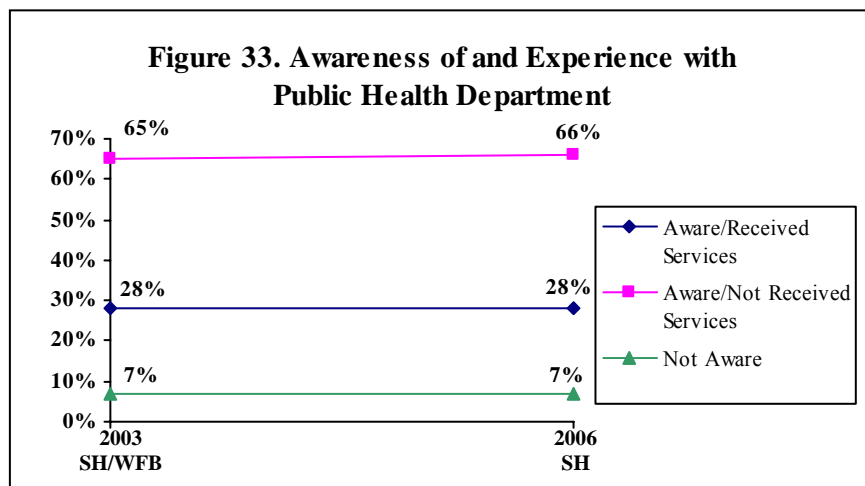
	Not aware	Aware/no experience	Aware/received limited services	Aware/received more extensive services
TOTAL	7%	66%	23%	5%
Gender ¹				
Male	11	68	18	4
Female	3	64	26	6
Age ¹				
18 to 34	14	74	12	<1
35 to 44	4	74	18	4
45 to 54	0	63	30	8
55 to 64	9	58	26	7
65 and older	3	50	38	10
Education ¹				
Some Post High School or Less	2	71	17	9
College Graduate	8	64	24	4
Household Income ¹				
\$60,000 or Less	7	64	21	9
\$60,001 or More	7	70	22	1
Marital Status				
Married	9	60	27	3
Not Married	4	72	18	7

^⓪Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.

¹demographic difference at $p \leq 0.05$ in 2006

2003 Shorewood/Whitefish Bay & 2006 Shorewood Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting their awareness of and experience with Shorewood’s health department.

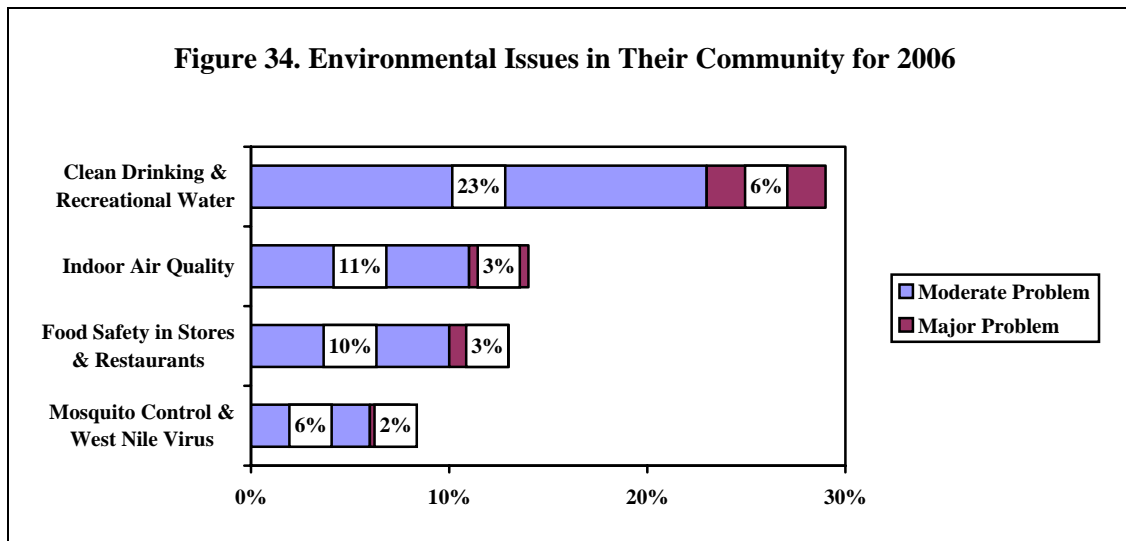


Environmental Issues in Their Community (Figure 34; Table 53)

KEY FINDINGS: In 2006, out of four environmental health issues that communities may face, the most often cited major or moderate problem in their community was clean drinking and recreational water (29%) followed by indoor air quality (14%). Thirteen percent reported food safety in stores and restaurants while 8% reported mosquito control/West Nile Virus. Respondents who were 18 to 34 years old, with a college education or who were married were more likely to report clean drinking and recreational water as a major or moderate problem. Respondents who were male or with a college education were more likely to report indoor air quality. Respondents who were 45 to 54 years old or 65 and older were more likely to report food safety in stores and restaurants. Respondents who were female, 45 to 54 years old or 65 and older were more likely to report mosquito control/West Nile Virus.

2006 Shorewood Findings

- Out of four environmental issues that communities may face, 29% of respondents reported clean drinking and recreational water as a major or moderate problem in their community. Fourteen percent reported indoor air quality followed by 13% reporting food safety in stores and restaurants and 8% reporting mosquito control and West Nile Virus.



- Male respondents were more likely to report indoor air quality as a major or moderate problem while female respondents were more likely to report mosquito control/West Nile Virus.
- Respondents 18 to 34 years old were more likely to report clean drinking and recreational water as a major or moderate problem. Respondents 45 to 54 years old or 65 and older were more likely to report food safety in stores and restaurants or mosquito control/West Nile Virus.
- Respondents with a college education were more likely to report clean drinking/recreational water or indoor air quality as a major or moderate problem.
- Married respondents were more likely to report clean drinking and recreational water as a major or moderate problem (33%) compared to unmarried respondents (23%).

Table 53. Major/Moderate Environmental Issues in Their Community by Demographic Variables for 2006^⓪

	Clean Drinking & Recreational Water	Indoor Air Quality	Food Safety in Stores & Restaurants	Mosquito Control & West Nile Virus
TOTAL	29%	14%	13%	8%
Gender				
Male	30	19 ¹	11	4 ¹
Female	27	10 ¹	14	10 ¹
Age				
18 to 34	39 ¹	14	2 ¹	0 ¹
35 to 44	25 ¹	12	13 ¹	6 ¹
45 to 54	31 ¹	15	20 ¹	15 ¹
55 to 64	21 ¹	12	10 ¹	10 ¹
65 and older	14 ¹	14	21 ¹	13 ¹
Education				
Some Post High School or Less	19 ¹	7 ¹	10	8
College Graduate	31 ¹	16 ¹	13	8
Household Income				
\$60,000 or Less	28	16	12	6
\$60,001 or More	30	14	11	8
Marital Status				
Married	33 ¹	15	12	9
Not Married	23 ¹	13	12	6

^⓪Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.

¹demographic difference at $p \leq 0.05$ in 2006

APPENDIX B: QUESTIONNAIRE FREQUENCIES

SHOREWOOD
COMMUNITY HEALTH SURVEY

Conducted: March 14 through July 11, 2006

[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	2%
Fair	5
Good.....	16
Very good.....	43
Excellent.....	34
Not sure	0

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

No health care coverage	6%
Medical Assistance or Title 19.....	1
Badger Care.....	2
Medicare.....	18
A prepaid plan such as a HMO, PPO	55
Another commercial health plan	11
Something else	6
Not sure	<1

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

Not all members covered	10%
All members covered	90
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	17%
All members covered	83
Not sure	<1

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	86%
Public health clinic or community health center	3
Hospital outpatient department	2
Hospital emergency room	<1
Urgent care center	2
Some other kind of place.....	1
No usual place	5
Not sure	0

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 38%
 No..... 61
 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	66%	19%	6%	9%	<1%	0%
8. Cholesterol testing	50	25	4	7	11	4
9. Visit to a dentist or dental clinic .	75	16	3	6	<1	0
10. Eye exam.....	43	28	13	12	2	<1

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

Yes 38%
 No..... 62
 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 19
 45 to 54 years old 20
 55 to 64 years old 11
 65 and older..... 18

13. Have you ever had a pneumonia or pneumococcal shot? [72 Respondents 65 and Older]

Yes 75%
 No..... 21
 Not sure 3

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?	17%	83%	<1%
15. Your blood cholesterol is high?	18	81	2
16. You had a stroke?.....	<1	100	0
17. You have heart disease or a heart condition?...	5	95	0
18. You had a mental health problem?.....	6	94	0
19. You have cancer, other than skin cancer.....	3	97	0
20. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	4	96	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?” [15 Respondents]

Zero 0% →GO TO Q24
 1 time..... 33 →CONTINUE WITH Q22
 2 to 3 times..... 47 →CONTINUE WITH Q22
 4 or more 20 →CONTINUE WITH Q22
 Not sure 0 →GO TO Q24

22. At your last appointment, what was your “A one C” level? [15 Respondents]

Less than 7 60%
 7 or higher 7
 Not sure 33

23. At your last appointment, what was your LDL level? [14 Respondents]

Less than 100 29%
 100 or higher 7
 Not sure 64

	Yes	No	Not Sure
24. Do you currently have asthma?.....	8%	92%	0%
25. ...(if yes), do you have a written asthma action plan? [31 Respondents]	19	74	6

26. On an average day, 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 18%
 Two servings 31
 Three or more servings..... 50
 Not sure <1

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 30%
 Two servings 34
 Three or more servings..... 36
 Not sure <1

28. 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 88%
 No..... 12
 Not sure 0

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

30. 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?

No moderate activity 12%
 Less than 5 times/week for 30 minutes or less than 30 minutes each time 46
 5 times/week for 30 minutes or more 41
 Not sure 1

31. Now thinking about the vigorous physical exercise you do when you are not working, in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?

Yes 57%
 No..... 43
 Not sure <1

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

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

No vigorous activity 43%
 Less than 3 times/week for 20 minutes or less than 20 minutes each time 20
 3 times/week for 20 minutes or more 38
 Not sure <1

Q34 THROUGH Q36 FEMALES ONLY

34. 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? [135 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago)..... 63%
Within the past 2 years (1 year, but less than 2 years ago) 22
Within the past 3 years (2 years, but less than 3 years ago) 5
Within the past 5 years (3 years, but less than 5 years ago)..... 2
5 or more years ago 2
Never..... 4
Not sure 1

35. 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? [46 Respondents 65 and Older]

Yes 80%
No..... 20
Not sure 0

36. 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? [174 Respondents 18 to 65 Years Old and with a Cervix]

Within the past year (anytime less than 12 months ago)..... 74%
Within the past 2 years (1 year, but less than 2 years ago) 17
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)..... 0
5 or more years ago 3
Never..... 3
Not sure 0

Q37 & Q38 MALES ONLY

37. 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? [98 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago)..... 31%
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) 2
Within the past 5 years (3 years, but less than 5 years ago)..... 2
5 or more years ago 1
Never..... 44
Not sure 5

38. 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? [98 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	43%
Within the past 2 years (1 year, but less than 2 years ago)	20
Within the past 3 years (2 years, but less than 3 years ago).....	7
Within the past 5 years (3 years, but less than 5 years ago).....	7
5 or more years ago	6
Never.....	16
Not sure	0

ALL RESPONDENTS

39. 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? [152 Respondents 50 and Older]

Within the past year (anytime less than 12 months ago).....	23%
Within the past 2 years (1 year, but less than 2 years ago)	15
Within the past 5 years (2 years, but less than 5 years ago).....	12
5 or more years ago	13
Never.....	33
Not sure	5

40. 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? [153 Respondents 50 and Older]

Within the past year (anytime less than 12 months ago).....	15%
Within the past 2 years (1 year, but less than 2 years ago)	11
Within the past 5 years (2 years, but less than 5 years ago).....	27
Within the past 10 years (5 years but less than 10 years ago)...	7
10 years ago or more	3
Never.....	36
Not sure	<1

41. 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	53%
One	20
Two	13
Three	6
Four	4
Five.....	<1
Six or more.....	3
Not sure	<1

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

Do not ride/skate/scoot..... 41%

Frequency of those who bicycle, use in-line roller skates or scooters [236 Respondents]

Never.....	42%
Seldom	6
Sometimes.....	4
Nearly always.....	10
Always	39
Not sure.....	0

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

Never.....	<1%
Seldom	<1
Sometimes.....	2
Nearly always.....	8
Always	90
Not sure.....	0

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

One.....	16%
Two	13
Three or more.....	6
None.....	65 →GO TO Q47

45. How often do the children in your household wear a helmet when they bicycle or use skateboards, in-line roller skates or scooters? [140 Respondents]

Do not ride/skate/scoot..... 8%

Frequency of those who bicycle, use in-line roller skates or scooters [129 Respondents]

Never.....	11%
Seldom	2
Sometimes.....	9
Nearly always.....	13
Always	64
It depends (volunteered).....	2
Not sure.....	0

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

Never.....	<1%
Seldom.....	0
Sometimes.....	0
Nearly always.....	<1
Always.....	99
Not sure.....	0

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

Never.....	33%
Seldom.....	39
Sometimes.....	24
Nearly always.....	3
Always.....	1
Not sure.....	<1

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

Never.....	2%
Seldom.....	3
Sometimes.....	16
Nearly always.....	41
Always.....	38
Not sure.....	1

49. 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.

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

None.....	20%
One to two days.....	16
Three to four days.....	18
Five or more days.....	45
Not sure.....	0

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

None	20%
One drink.....	38
Two drinks	30
Three drinks	7
Four or more drinks.....	4
Not sure	<1

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

None	82%
One time	10
Two or more times	8
Not sure	0

53. 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

54. 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	3%
No.....	97
Not sure	0

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

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

Every day	10%	
Some days	5	
Not at all.....	86	→GO TO Q60
Not sure	0	→GO TO Q60

56. [CURRENT SMOKERS] During the past 12 months, have you quit smoking for one day or longer because you were trying to quit? [58 Respondents]

Yes	47%
No.....	53
Not sure	0

57. [CURRENT SMOKERS] In the past 12 months, have you seen a doctor, nurse or other health professional? [58 Respondents]

Yes	81%	→CONTINUE WITH Q58
No.....	19	→GO TO Q60
Not sure	0	→GO TO Q60

58. In the past 12 months, has a doctor, nurse or other health professional advised you to quit smoking? [46 Respondents]

Yes	70%
No.....	30
Not sure	0

59. Did the doctor, nurse or other health professional advise you to quit smoking AT YOUR MOST RECENT VISIT? [46 Respondents]

Yes	61%
No.....	9
Health professional has not advised at any visit	30
Not sure	0

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

Yes	8%
No.....	17
No smokers in household	74
Not sure	<1

61. 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.....	77%
Restaurants that allow smoking	6
No preference.....	16
Not sure	0

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

Strongly oppose.....	9%
Moderately oppose.....	15
Moderately favor.....	22
Strongly favor	52
Not sure	2

63. 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..... 8%
 Moderately oppose..... 10
 Moderately favor..... 27
 Strongly favor 53
 Not sure..... 2

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.

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

Yes 9%
 No..... 90
 Not sure..... <1

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

Yes 1%
 No..... 8
 Not sure..... 0
 No firearms in the household/no answer..... 91

66. 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.....99

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
67. Going to a chiropractor?	13%	87%	<1%
68. Having acupuncture?.....	5	95	0
69. Massage therapy?.....	29	71	0
70. Aroma therapy?.....	8	92	<1
71. Movement therapy, such as yoga or tai' chi?..	17	83	0
72. Meditation?	16	84	0

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

73. Gender [DERIVED, NOT ASKED]

Male	45%
Female.....	55

74. About how much do you weigh, without shoes?

75. About how tall are you, without shoes? [CALCULATE BODY MASS INDEX (BMI)]

Not overweight.....	56%
Overweight.....	35
Obese.....	10

76. Are you Hispanic or Latino?

Yes	<1%
No.....	99
Not sure	<1

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

White.....	94%
Black or African American	3
Asian	<1
Native Hawaiian or other Pacific Islander	0
American Indian or Alaska Native.....	0
Another race.....	1
Multiple race	<1
Not sure	<1

78. What is your current marital status?

Single and never married	29%
A member of an unmarried couple.....	3
Married.....	48
Separated.....	0
Divorced.....	12
Widowed	8
Not sure	0

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

8th grade or less	0%
Some high school	<1
High school graduate or GED	8
Some college	14
Technical school graduate.....	1
College graduate	41
Advanced or professional degree	34
Not sure	0

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

Milwaukee..... 100%

81. What city, town or village do you legally reside in?

Shorewood 100%

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

53211..... 100%

83. 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 9%
No..... 91
Not sure..... 0

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

One94%
Two or more..... 6
Not sure<1

85. What is your annual household income before taxes?

Less than \$10,000 4%
\$10,000 to \$20,000..... 6
\$20,001 to \$30,000..... 7
\$30,001 to \$40,000..... 12
\$40,001 to \$50,000..... 6
\$50,001 to \$60,000..... 9
\$60,001 to \$75,000..... 12
\$75,001 to \$90,000..... 9
Over \$90,000..... 25
Not sure 4
No answer 7

The next series of questions deal with personal safety issues.

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

Yes 14% →CONTINUE WITH Q87
No..... 86 →GO TO Q88
Not sure 0 →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? Again, I want to assure you that all your responses are strictly confidential. [57 Respondents; More than 1 response accepted]

Stranger47 responses
 Acquaintance.....8 responses
 Ex-spouse8 responses
 Parent 1 response
 Friend 1 response
 Someone else..... 1 response

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

Yes 1% →CONTINUE WITH Q89
 No..... 99 →GO TO Q90
 Not sure..... 0 →GO TO Q90

89. 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? [4 Respondents; More than 1 response accepted]

Stranger3 responses
 Friend 1 response
 Someone else..... 1 response

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

Smoke detector..... 98%
 Carbon monoxide detector 35
 Neither..... 1
 Not sure..... 0

 Households that have both detectors..... 34%

ADDITIONAL QUESTIONS FOR SHOREWOOD

[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 7%
 Aware of the health department, but have had no
 experience with programs or services 66
 Aware of the health department and have received
 limited service like a flu shot or other immunization.....23
 Aware of the health department and have received
 more extensive services..... 5
 Not sure 0

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**. How much of a problem is ... in your community?

		Not a Problem	Minor Problem	Moderate Problem	Major Problem	Not Sure
A2.	Clean drinking and recreational water	56%	15%	23%	6%	1%
A3.	Mosquito control and West Nile Virus	63	25	6	2	4
A4.	Indoor air quality	61	25	11	3	1
A5.	Food safety in stores and restaurants	56	30	10	3	3

APPENDIX C: SURVEY METHODOLOGY

SURVEY METHODOLOGY

2006 Community Health Survey

The 2006 Shorewood Community Health Survey was conducted from March 14 through July 11, 2006. A total of 400 random adults 18 and older within the community were interviewed by telephone. The sample of random telephone numbers included listed 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 $\pm 5\%$. The margin of error for smaller subgroups is larger.

2003 Community Health Survey

The 2003 Shorewood/Whitefish Bay Community Health Survey was conducted from February 21 through April 12, 2003. A total of 400 random adults 18 and older within the community were interviewed by telephone. The sample of random telephone numbers included listed 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 $\pm 5\%$. The margin of error for smaller subgroups is larger.