

Fond du Lac County Community Health Survey Summary

This research provides valuable behavioral data, lifestyle habits, and the prevalence of risk factors and disease conditions of Fond du Lac County residents. This summary was prepared by JKV Research, LLC for Aurora Health Care in partnership with Fond du Lac County Health Department and the Center for Urban Population Health Research. Additional data is available at www.aurora.org or www.fdlco.wi.gov.

Overall Health						Health Conditions in Past 3 Years					
Fond du Lac County	1998	2001	2003	2005	2008	Fond du Lac County	1998	2001	2003	2005	2008
Excellent	17%	16%	24%	18%	15%	High Blood Pressure	20%	22%	23%	25%	29%
Very Good	35%	40%	34%	37%	48%	High Blood Cholesterol	17%	19%	23%	27%	21%
Fair or Poor	12%	11%	12%	16%	13%	Mental Health Condition	3%	--	4%	4%	11%
<i>Other Research: (2007)</i>						Asthma (Current)					
						7% 8% 9%					
<i>Fair or Poor</i>						Heart Disease/Condition					
						11% 5% 6% 6% 8%					
						Diabetes					
						5% 5% 5% 6% 7%					
						Cancer					
						4%					
						Stroke					
						2% -- 1% 2% <1%					
Health Care Coverage						Physical Health					
Fond du Lac County	1998	2001	2003	2005	2008	Fond du Lac County	1998	2001	2003	2005	2008
Not Covered						Physical Activity/Week					
Personally (currently)	5%	7%	6%	4%	7%	Moderate Activity (5 times/30 min)			26%	28%	46%
Personally (past 12 months)					14%	Vigorous Activity (3 times/20 min)					26%
Household Member (past 12 months)			14%	16%	14%	Recommended Moderate or Vigorous					52%
Advance Care Plan			34%	37%	36%	Overweight	60%	56%	60%	62%	62%
Primary Source of Health Advice						Fruit Intake (2+ servings/day)			66%	68%	60%
Doctor/nurse practitioner's office						Vegetable Intake (3+ servings/day)			28%	27%	26%
Urgent care center						<i>Other Research: (2007)</i>					
Public hlth clinic/comm. hlth center											
						<i>Overweight</i>					
						62% 63%					
<i>Other Research: (2007)</i>						<i>Recommended Mod or Vigorous Activity</i>					
						55% 50%					
<i>Personally Not Covered (currently)</i>											
Routine Procedures						Women's Health					
Fond du Lac County	1998	2001	2003	2005	2008	Fond du Lac County	2003	2005	2008		
Routine Checkup (2 years or less)	81%	83%	80%	85%	84%	Mammogram (40+; within past 2 years)	72%	67%	81%		
Cholesterol Test (4 years or less)			74%	70%	80%	Bone Density Scan (65+)			52%	73%	
Dental Checkup (past year)	69%	68%	74%	71%	68%	Pap Smear (18 - 65; within past 3 years)	86%	87%	90%		
Eye Exam (past year)	47%	43%	55%	47%	52%	<i>Other Research: (2006)</i>					
<i>Other Research:</i>											
<i>Routine Checkup (≤2 years; 2000)</i>						<i>Mammogram (40+; within past 2 years)</i>					
						78% 77%					
<i>Cholesterol Test (≤5 years; 2007)</i>						<i>Pap Smear (18+, within past 3 years)</i>					
						86% 84%					
<i>Dental Checkup (past year; 2006)</i>											
Vaccinations						Men's Health					
Fond du Lac County	1998	2001	2003	2005	2008	Fond du Lac County	2003	2005	2008		
Flu Vaccination (past year—65+)			71%	56%	49%	Digital Rectal Exam (40+; within past year)	32%	31%	40%		
Pneumonia (ever—65 and older)	50%	50%	51%	70%	66%	PSA Test (40+; within past 2 years)			50%	58%	
<i>Other Research: (2007)</i>						<i>Other Research: (2006)</i>					
<i>Flu Vaccination (past year—65+)</i>						<i>PSA Test (40+; within past 2 years)</i>					
						48% 54%					
<i>Pneumonia (ever—65 and older)</i>											
Complementary/Alternative Treatments in Past 3 Years						Other Tests					
Fond du Lac County	1998	2001	2003	2005	2008	Fond du Lac County	2003	2005	2008		
Chiropractic Care	24%	20%	24%	22%	24%	Sigmoidoscopy (50+; within past 5 years)				17%	
Massage Therapy	10%	10%	18%	15%	20%	Colonoscopy (50+; within past 10 years)					57%
Aroma Therapy	<1%	3%	5%	3%	8%	Sig./Colonoscopy (50+; lifetime)	54%	64%	66%		
Acupuncture	2%	2%	3%	<1%	1%	<i>Other Research: (2006)</i>					
						<i>Sig./Colonoscopy (50+; lifetime)</i>					
						64% 57%					

Safety						Mental Health Status					
Fond du Lac County	1998	2001	2003	2005	2008	Fond du Lac County	1998	2001	2003	2005	2008
Seat Belt (always/nearly always)	78%	76%	86%	86%	88%	Felt Sad, Blue or Depressed					
Helmet Use of Those Who Ride Bike/ In-Line Skate(always/nearly always)	17%	23%	19%	24%	23%	Always/Nearly Always	4%	4%	6%	6%	4%
Detectors in Household						Find Meaning and Purpose in Daily Life					
Smoke Detector			95%	97%	95%	Seldom/Never			7%	6%	4%
Carbon Monoxide Detector			47%	50%	62%	Considered Suicide (past year)	5%	4%	5%	5%	5%
Both Detectors			45%	49%	60%						
Neither Detector			3%	1%	3%	Alcohol Use					
						Fond du Lac County	1998	2001	2003	2005	2008
<i>Other Research: (2002)</i>				<i>WI</i>	<i>U.S.</i>	Of all Respondents in Past Month...					
Seat Belt (always/nearly always)				82%	88%	Heavy Drinker			4%	6%	10%
						Binge Drinker	24%	24%	16%	22%	27%
Cigarette Use						Driver/Passenger in Vehicle When Driver					
Fond du Lac County	1998	2001	2003	2005	2008	Perhaps Had Too Much to Drink			4%	4%	3%
Current Smokers	26%	29%	26%	20%	27%	HH Problem Associated with Alcohol				3%	2%
Of Current Smokers...											
Quit Smoking 1 Day or More in Past						<i>Other Research: (2007)</i>				<i>WI</i>	<i>U.S.</i>
Year Because Trying to Quit			58%	46%	45%	Heavy Drinker				7%	5%
Saw a Health Care Professional Past Yr						Binge Drinker				23%	16%
...Advised to Quit Smoking				77%	63%						
						Personal Safety in Past Year					
<i>Other Research:</i>				<i>WI</i>	<i>U.S.</i>	Fond du Lac County	1998	2001	2003	2005	2008
Current Smokers (2007)				20%	20%	Afraid for Their Safety	9%	9%	4%	5%	5%
Tried to Quit (2005)				49%	56%	Pushed, Kicked, Slapped, or Hit	10%	5%	2%	4%	2%
						At Least One of the Safety Issues	14%	11%	6%	8%	7%
Smoking Policies						Firearms in Household					
Fond du Lac County				2008		Fond du Lac County	1998	2001	2003	2005	2008
Smoking Policy at Home						Of all Households...					
Not allowed anywhere				74%		Have a Firearm	50%	47%	42%	49%	44%
Allowed in some places or at some times				14%		Handgun	20%	20%	--	--	17%
Allowed anywhere				3%		Rifle or shotgun	47%	44%	--	--	40%
No rules inside home				9%		Have a Loaded Firearm			3%	2%	3%
Work's Official Indoor Smoking Policy						Have a Loaded Firearm Unlocked			1%	2%	2%
Not allowed anywhere				71%							
Allowed in some areas				20%		<i>Other Research: (2002)</i>					
Allowed in all areas				3%		Of all Households...				<i>WI</i>	<i>U.S.</i>
No official policy				7%		Have a Firearm				44%	33%
Second-Hand Smoke Exposure in Past						Have a Loaded Firearm				3%	8%
Seven Days (Of Nonsmokers)						Have a Loaded Firearm Unlocked				2%	4%
0 days				59%							
1 to 3 days				30%		Additional Questions					
4 to 6 days				3%		Fond du Lac County				2005	2008
All 7 days				7%		Great Risk Drinking 4 or 5 Drinks at a Time					
						Once or Twice a Weekend					27%
<i>Other Research: (2003)</i>				<i>WI</i>		Did Not Receive Care Needed				8%	12%
Smoking Prohibited at Home				75%		Statewide Law Prohibiting Smoking in All					
Smoke-Free Policy at Indoor Worksite				75%		Public Buildings					
						Favor				57%	62%
						Oppose				33%	38%
						Misuse/Abuse of OTC Medications					7%
						Misuse/Abuse of Prescription Medications					3%

Overall Health and Health Care Key Findings

In 2008, 63% of respondents reported their health as excellent or very good; 13% reported fair or poor. Respondents with some post high school education or less, in the bottom 40 percent household income bracket or who were physically inactive were more likely to report fair or poor conditions. *From 1998 to 2008, there was no statistical change in the overall percent of respondents who reported their health as fair or poor.*

In 2008, 7% of respondents reported they were not currently covered by health care insurance; respondents 18 to 34 years old, with a high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. Fourteen percent of respondents reported they personally did not have health care coverage at least part of the time in the past 12 months; respondents 18 to 34 years old, with a high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. Fourteen percent reported someone in their household was not covered at least part of the time in the past 12 months; respondents who were in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. Seventy-two percent of respondents reported their primary place for health services was from a doctor's or nurse practitioner's office; respondents who were female or 55 to 64 years old were more likely to report this. Thirty-six percent of respondents had an advance care plan; respondents 65 and older, with at least some post high school education, in the top 40 percent household income bracket or married respondents were more likely to report this. *From 1998 to 2008, the overall percent statistically remained the same for respondents who reported no current health care coverage. From 2003 to 2008, the overall percent statistically remained the same for respondents who reported someone in the household did not have health care coverage at least some of the time in the past 12 months. From 2005 to 2008, there was a statistical decrease in the overall percent of respondents reporting their primary place for health services was from a doctor's or nurse practitioner's office. From 2003 to 2008, there was no statistical change in the overall percent of respondents having an advance care plan.*

In 2008, 84% of respondents reported a routine medical checkup two years ago or less while 80% reported a cholesterol test four years ago or less. Sixty-eight percent of respondents reported a visit to the dentist in the past year while 52% reported an eye exam in the past year. Female respondents were more likely to report a routine checkup two years ago or less. Respondents who were female, 55 to 64 years old, in the top 60 percent household income bracket or married respondents were more likely to report a cholesterol test four years ago or less. Respondents with a college education, in the top 40 percent household income bracket or married respondents were more likely to report a dental checkup in the past year. Respondents with a college education were more likely to report an eye exam in the past year. *From 1998 to 2008, there was no statistical change in the overall percent of respondents who reported a routine checkup two years ago or less, a dental checkup or an eye exam in the past year. From 2003 to 2008, there was no statistical change in the overall percent of respondents who reported a cholesterol test four years ago or less.*

In 2008, 28% of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past year. Respondents 65 and older were more likely to report a flu vaccination. Sixty-six percent of respondents 65 and older had a pneumonia vaccination. *From 2003 to 2008, there was a statistical decrease in the overall percent of respondents 18 and older or in the overall percent of respondents 65 and older who reported a flu vaccination in the past 12 months. From 1998 to 2008, there was a statistical increase in the overall percent of respondents 65 and older who had a pneumonia vaccination.*

Health Risk Factors Key Findings

In 2008, out of eight health conditions listed, the two most often mentioned in the past three years were high blood pressure or high blood cholesterol (29% and 21%, respectively). Respondents who were 65 and older, with some post high school education or less, in the bottom 40 percent household income bracket, or overweight respondents were more likely to report high blood pressure. Respondents who were 65 and older,

overweight, inactive or nonsmokers were more likely to report high blood cholesterol. Respondents who were 65 and older or inactive were more likely to report heart disease/condition. Female respondents were more likely to report a mental health condition. Respondents who were 55 and older, overweight, inactive or nonsmokers were more likely to report diabetes. Respondents who were in the bottom 40 percent household income bracket or unmarried respondents were more likely to report current asthma. *From 1998 to 2008, there was a statistical increase in the overall percent of respondents who reported high blood pressure or a mental health condition. There was no statistical change in the overall percent of respondents reporting all other health conditions.*

In 2008, 4% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; unmarried respondents were more likely to report this. Five percent of respondents felt so overwhelmed they considered suicide in the past year; male respondents were more likely to report this. Four percent of respondents reported they seldom or never find meaning and purpose in daily life; respondents who were male or with a high school education or less were more likely to report this. *From 1998 to 2008, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed or they considered suicide. From 2003 to 2008, there was no statistical change in the overall percent of respondents who reported they seldom or never find meaning and purpose in daily life.*

Behavioral Risk Factors Key Findings

In 2008, out of four complementary/alternative treatments listed, the two most often used in the past three years were chiropractic care or massage therapy (24% and 20%, respectively). Respondents who were 35 to 44 years old, with a college education, in the top 40 percent household income bracket or married respondents were more likely to report chiropractic care. Respondents who were female or with a college education were more likely to report massage therapy. Female respondents were more likely to report aroma therapy. *From 1998 to 2008, there was a statistical increase in the overall percent of respondents who reported massage therapy or aroma therapy in the past three years. There was no statistical change in the overall percent of respondents who reported chiropractic care or acupuncture.*

In 2008, 46% of respondents did moderate physical activity five times a week for 30 minutes while 26% did vigorous activity three times a week for 20 minutes. Combined, 52% met the recommended amount of physical activity. Respondents who were male or not overweight were more likely to have met the recommended amount of physical activity. Sixty-two percent of respondents were classified as overweight. Respondents who were male, 55 and older, in the middle 20 percent household income bracket or inactive were more likely to be classified as overweight. *From 2003 to 2008, 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 1998 to 2008, there was no statistical change in the overall percent of respondents being overweight.*

In 2008, 60% of respondents reported two or more servings of fruit while 26% reported three or more servings of vegetables on an average day. Respondents who were married or met the recommended amount of physical activity were more likely to report at least two servings of fruit. Female respondents were more likely to report at least three servings of vegetables a day. *From 2003 to 2008, there was no statistical change in the overall percent of respondents who reported two servings of fruit or three servings of vegetables on an average day.*

In 2008, 81% of female respondents 40 and older reported a mammogram within the past two years. Seventy-three percent of female respondents 65 and older had a bone density scan. Ninety percent of female respondents 18 to 65 years old reported a pap smear within the past three years; respondents with a college education, in the top 40 percent household income bracket or married respondents were more likely to report this. *From 2003 to 2008, there was no statistical change in the overall percent of respondents who reported having a mammogram within the past two years or a pap smear within the past three years. From 2005 to 2008, there was a statistical increase in the overall percent of respondents who reported a bone density scan.*

In 2008, 58% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Forty percent of male respondents 40 and older had a digital rectal exam in the past year. *From 2005 to 2008, there was no statistical change in the overall percent of male respondents 40 and older who reported a PSA test within the past two years. From 2003 to 2008, 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.*

In 2008, 17% of respondents 50 and older reported a sigmoidoscopy within the past five years while 57% reported a colonoscopy within the past ten years. Sixty-six percent of respondents 50 and older reported a sigmoidoscopy or colonoscopy in their lifetime. *From 2003 to 2008, there was a statistical increase in the overall percent of respondents who reported a sigmoidoscopy or colonoscopy in their lifetime. Part of this increase may be the result of changing the survey question from a combined question to separate exam questions.*

In 2008, 88% of respondents wore seat belts always or nearly always; respondents who were female or with a college education were more likely to report this. Of those respondents who rode a bike, used in-line skates or rode a scooter, 23% reported they always or nearly always wore a helmet. *From 1998 to 2008, there was a statistical increase in the overall percent of respondents who reported they always or nearly always wore a seat belt. From 1998 to 2008, there was no statistical change in the overall percent of respondents reporting they always or nearly always wore a helmet.*

In 2008, 27% of respondents were current smokers. Respondents who were 45 to 54 years old, in the bottom 40 percent household income bracket or unmarried were more likely to be a smoker. Forty-five percent of current smokers quit smoking for one day or longer in the past 12 months; 63% of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking. *From 1998 to 2008, there was no statistical change in the overall percent of current smokers. From 2003 to 2008, there was no statistical change in the overall percent of current smokers who reported they quit smoking for one day or longer because they were trying to quit. From 2005 to 2008, there was no statistical change in the overall percent of current smokers who reported their health professional advised them to quit smoking.*

In 2008, 74% of respondents reported smoking is not allowed anywhere inside the home while 71% reported smoking is not allowed in any area at work. Respondents in the top 60 percent household income bracket, who were married, nonsmokers or in households with children were more likely to report smoking is not allowed anywhere inside the home. Respondents who were female, with a college education or married respondents were more likely to report smoking is not allowed in any area at work. Ten percent of nonsmoking respondents reported they were exposed to second-hand smoke at least four out of the past seven days; respondents who were male, 18 to 34 years old or 55 to 64 years old were more likely to report this.

In 2008, 72% of respondents had an alcoholic drink in the past 30 days. In the past month, 10% were heavy drinkers while 27% were binge drinkers. Respondents 55 to 64 years old were more likely to be heavy drinkers. Respondents who were male, 18 to 34 years old, with a college education or unmarried respondents were more likely to have binged at least once in the past month. Three percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Two percent of respondents reported someone in their household experienced a problem in connection with drinking in the past year. *From 2003 to 2008, there was a statistical increase in the overall percent of respondents reporting heavy drinking in the past month. From 1998 to 2008, there was no statistical change in the overall percent of respondents who binged. From 2003 to 2008, there was no statistical change in the overall percent of respondents who reported they were a driver or passenger in a vehicle when the driver perhaps had too much to drink. From 2005 to 2008, there was no statistical change in the overall percent of respondents reporting 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.*

In 2008, 95% of households had a working smoke detector while 62% had a working carbon monoxide detector. Sixty percent of households had both detectors. Respondents in the middle 20 percent household income bracket were more likely to report both detectors. *From 2003 to 2008, there was a statistical increase in the overall percent of respondents who reported both a working smoke detector and carbon monoxide detector.*

In 2008, 44% of households had a firearm in or around the home; respondents who were in the top 60 percent household income bracket, married or with children in the household were more likely to report this. Of all households, 17% had handguns in their home while 40% had rifles or shotguns. Respondents who were in the top 40 percent household income bracket or married were more likely to report a handgun in their home. Respondents who were in the top 60 percent household income bracket, married or with children in the household were more likely to report rifle/shotgun in their home. Of all households, 3% had a loaded firearm. Two percent of all households had a firearm loaded and unlocked. *From 1998 to 2008, there was no statistical change in the overall percent of respondents who reported having firearms in or around their home. From 1998 to 2008, there was no statistical change in the overall percent of respondents reporting a handgun or a rifle/shotgun in their home. From 2003 to 2008, there was no statistical change in the overall percent of respondents who reported having a loaded firearm. From 2003 to 2008, there was no statistical change in the overall percent of respondents who reported having a loaded firearm which was also unlocked.*

In 2008, 5% of respondents reported someone made them afraid for their personal safety in the past year; respondents 45 to 54 years old were more likely to report this. Two percent of respondents reported they had been pushed, kicked, slapped or hit in the past year. A total of 7% reported at least one of these two situations; respondents 45 to 64 years old were more likely to report this. *From 1998 to 2008, there was a statistical decrease in the overall percent of respondents reporting each of the personal safety issues.*

Additional Questions Key Findings

In 2008, 12% of respondents reported in the past year they did not receive medical, dental or mental health care needed; respondents 45 to 54 years old or with some post high school education or less were more likely to report this. *From 2005 to 2008, there was a statistical increase in the overall percent of respondents reporting they did not receive the medical, dental or mental health care needed in the past year.*

In 2008, 27% of respondents reported there is a great risk in harming themselves, physically or in other ways, if someone drinks four or five drinks at one time once or twice a weekend. Respondents who were female or 45 and older were more likely to report a great risk.

In 2008, 62% of respondents favored a statewide law to prohibit smoking in all public buildings, workplaces, restaurants and taverns in Wisconsin. Respondents who were female, 18 to 34 years old, 65 and older, with a college education or married respondents were more likely to report this. *From 2005 to 2008, there was no statistical change in the overall percent of respondents who favored a statewide law to prohibit smoking in all public buildings, workplaces, restaurants and taverns in Wisconsin.*

In 2008, 7% of respondents reported in the past 12 months they took an over-the-counter medication only for the experience or feeling it caused. Three percent of respondents reported in the past 12 months, they took a prescription medication that was not prescribed for them or took it only for the experience/feeling it caused.