

Ozaukee County Community Health Survey Summary

This research provides valuable behavioral data, lifestyle habits, and the prevalence of risk factors and disease conditions of Ozaukee County residents. This summary was prepared by JKV Research, LLC for Aurora Health Care in partnership with Ozaukee County Health Department and the Center for Urban Population Health Research. Additional data is available at www.aurora.org or www.co.ozaukee.wi.us/PublicHealth/index.html.

Overall Health					Health Conditions in Past 3 Years				
Ozaukee County	<u>2002</u>	<u>2003</u>	<u>2005</u>	<u>2008</u>	Ozaukee County	<u>2002</u>	<u>2003</u>	<u>2005</u>	<u>2008</u>
Excellent	24%	31%	25%	22%	High Blood Cholesterol	25%	22%	23%	22%
Very Good	44%	37%	41%	38%	High Blood Pressure	23%	21%	24%	20%
Fair or Poor	8%	8%	8%	11%	Mental Health Condition	6%	2%	3%	11%
<i>Other Research: (2007)</i>					<i>Diabetes</i>				
					5% 6% 5% 9%				
<i>Fair or Poor</i>					<i>Heart Disease/Condition</i>				
					6% 6% 6% 7%				
					<i>Cancer</i>				
					6%				
					<i>Asthma (Current)</i>				
					7% 9% 5%				
					<i>Stroke</i>				
					<1% 1% 2% <1%				
Health Care Coverage					Physical Health				
Ozaukee County	<u>2002</u>	<u>2003</u>	<u>2005</u>	<u>2008</u>	Ozaukee County	<u>2002</u>	<u>2003</u>	<u>2005</u>	<u>2008</u>
Not Covered					Physical Activity/Week				
Personally (currently)	4%	2%	5%	7%	Moderate Activity (5 times/30 min)		25%	38%	43%
Personally (past 12 months)				11%	Vigorous Activity (3 times/20 min)				30%
Household Member (past 12 months)		11%	11%	13%	Recommended Moderate or Vigorous				52%
Advance Care Plan		34%	44%	39%	Overweight	57%	59%	57%	56%
<i>Primary Source of Health Advice</i>					<i>Other Research: (2007)</i>				
					<i>Overweight</i>				
					62% 63%				
					<i>Recommended Mod or Vigorous Activity</i>				
					55% 50%				
					<i>Other Research: (2006)</i>				
					<i>Mammogram (40+; within past 2 years)</i>				
					78% 77%				
					<i>Pap Smear (18+; within past 3 years)</i>				
					86% 84%				
Routine Procedures					Women's Health				
Ozaukee County	<u>2002</u>	<u>2003</u>	<u>2005</u>	<u>2008</u>	Ozaukee County	<u>2003</u>	<u>2005</u>	<u>2008</u>	
Routine Checkup (2 years or less)	89%	88%	81%	80%	Mammogram (40+; within past 2 years)	83%	73%	70%	
Cholesterol Test (4 years or less)	80%	82%	75%	74%	Bone Density Scan (65+)		69%	74%	
Dental Checkup (past year)	75%	82%	77%	75%	Pap Smear (18 - 65; within past 3 years)	92%	90%	78%	
Eye Exam (past year)	52%	52%	41%	42%	<i>Other Research: (2006)</i>				
<i>Other Research:</i>									
					<i>Mammogram (40+; within past 2 years)</i>				
					78% 77%				
					<i>Pap Smear (18+; within past 3 years)</i>				
					86% 84%				
					<i>Other Research: (2006)</i>				
					<i>PSA Test (40+; within past 2 years)</i>				
					48% 54%				
Vaccinations					Men's Health				
Ozaukee County	<u>2002</u>	<u>2003</u>	<u>2005</u>	<u>2008</u>	Ozaukee County	<u>2003</u>	<u>2005</u>	<u>2008</u>	
Flu Vaccination (past year—65+)	67%	73%	53%	62%	Digital Rectal Exam (40+; within past year)	33%	38%	37%	
Pneumonia (ever—65 and older)	66%	60%	66%	71%	PSA Test (40+; within past 2 years)		54%	53%	
<i>Other Research: (2007)</i>					<i>Other Research: (2006)</i>				
					<i>PSA Test (40+; within past 2 years)</i>				
					48% 54%				
					<i>Other Tests</i>				
					<i>Sigmoidoscopy (50+; within past 5 years)</i>				
					12%				
					<i>Colonoscopy (50+; within past 10 years)</i>				
					61%				
					<i>Sig./Colonoscopy (50+; lifetime)</i>				
					58% 55% 68%				
					<i>Other Research: (2006)</i>				
					<i>Sig./Colonoscopy (50+; lifetime)</i>				
					64% 57%				
Complementary/Alternative Treatments in Past 3 Years									
Ozaukee County	<u>2003</u>	<u>2005</u>	<u>2008</u>						
Chiropractic Care	18%	18%	27%						
Massage Therapy	16%	19%	24%						
Aroma Therapy	5%	4%	7%						
Acupuncture	1%	5%	6%						

Safety					Mental Health Status				
Ozaukee County	<u>2002</u>	<u>2003</u>	<u>2005</u>	<u>2008</u>	Ozaukee County	<u>2002</u>	<u>2003</u>	<u>2005</u>	<u>2008</u>
Seat Belt (always/nearly always)	90%	92%	94%	91%	Felt Sad, Blue or Depressed				
Helmet (always/nearly always)					Always/Nearly Always	4%	4%	4%	5%
(Of Those Who Ride Bike/In-Line Skate)	32%	34%	43%	52%	Find Meaning and Purpose in Daily Life				
Detectors in Household					Seldom/Never		4%	2%	5%
Smoke Detector	98%	98%	99%	99%	Considered Suicide (past year)	2%	1%	3%	3%
Carbon Monoxide Detector	43%	44%	53%	56%					
Both Detectors	43%	44%	53%	56%	Alcohol Use				
Neither Detector	2%	2%	<1%	1%	Ozaukee County	<u>2002</u>	<u>2003</u>	<u>2005</u>	<u>2008</u>
<i>Other Research: (2002)</i>			<u>WI</u>	<u>U.S.</u>	Of all Respondents in Past Month...				
Seat Belt (always/nearly always)			82%	88%	Heavy Drinker		4%	6%	6%
Cigarette Use					Binge Drinker	16%	15%	19%	19%
Ozaukee County	<u>2002</u>	<u>2003</u>	<u>2005</u>	<u>2008</u>	Driver/Passenger in Vehicle When Driver				
Current Smokers	19%	16%	17%	19%	Perhaps Had Too Much to Drink		2%	1%	1%
Of Current Smokers...					HH Problem Associated with Alcohol			5%	2%
Quit Smoking 1 Day or More in Past					<i>Other Research: (2007)</i>			<u>WI</u>	<u>U.S.</u>
Year Because Trying to Quit		37%	43%	52%	Heavy Drinker			7%	5%
Saw a Health Care Professional Past Yr					Binge Drinker			23%	16%
... Advised to Quit Smoking			85%	57%	Personal Safety in Past Year				
<i>Other Research:</i>			<u>WI</u>	<u>U.S.</u>	Ozaukee County	<u>2002</u>	<u>2003</u>	<u>2005</u>	<u>2008</u>
Current Smokers (2007)			20%	20%	Afraid for Their Safety	8%	3%	8%	5%
Tried to Quit (2005)			49%	56%	Pushed, Kicked, Slapped, or Hit	3%	<1%	2%	2%
					At Least One of the Safety Issues	8%	3%	9%	6%
Smoking Policies					Firearms in Household				
Ozaukee County				<u>2008</u>	Ozaukee County		<u>2003</u>	<u>2005</u>	<u>2008</u>
Smoking Policy at Home					Of all Households...				
Not allowed anywhere			79%		Have a Firearm		31%	30%	23%
Allowed in some places or at some times			10%		Handgun				10%
Allowed anywhere			2%		Rifle or shotgun				22%
No rules inside home			9%		Have a Loaded Firearm		1%	<1%	2%
Work's Official Indoor Smoking Policy					Have a Loaded Firearm Unlocked		<1%	<1%	<1%
Not allowed anywhere			76%		<i>Other Research: (2002)</i>				
Allowed in some areas			16%		Of all Households...			<u>WI</u>	<u>U.S.</u>
Allowed in all areas			4%		Have a Firearm			44%	33%
No official policy			3%		Have a Loaded Firearm			3%	8%
Second-Hand Smoke Exposure in Past					Have a Loaded Firearm Unlocked			2%	4%
Seven Days (Of Nonsmokers)					Additional Questions				
0 days			77%		Ozaukee County				<u>2008</u>
1 to 3 days			18%		Did Not Receive Dental Care Needed				10%
4 to 6 days			2%		Prepared for Natural/Man-Made Disaster				32%
All 7 days			3%		Fallen and Injured Self in Past 12 Months				14%
<i>Other Research: (2003)</i>			<u>WI</u>						
Smoking Prohibited at Home			75%						
Smoke-Free Policy at Indoor Worksite			75%						

Overall Health and Health Care Key Findings

In 2008, 60% of respondents reported their health as excellent or very good; 11% reported fair or poor. Respondents who were 55 and older, with a high school education or less, in the middle 20 percent household income bracket, who were unmarried, physically inactive or nonsmokers were more likely to report fair or poor conditions. *From 2002 to 2008, there was no statistical change in the overall percent of respondents who reported their health fair or poor.*

In 2008, 7% of respondents reported they were not currently covered by health care insurance; respondents who were male, 18 to 34 years old, with a high school education or less, in the bottom 60 percent household income bracket or unmarried respondents were more likely to report this. Eleven percent of respondents reported they personally did not have health care coverage at least part of the time in the past 12 months; respondents who were 18 to 34 years old, with some post high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. Thirteen 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. Eighty-five percent of respondents reported their primary place for health services was from a doctor's or nurse practitioner's office; respondents who were female, in the bottom 40 percent household income bracket or in the top 40 percent household income bracket were more likely to report this. Thirty-nine percent of respondents had an advance care plan; respondents 65 and older were more likely to report this. *From 2002 to 2008, the overall percent statistically increased 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, 80% of respondents reported a routine medical checkup two years ago or less while 74% 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 42% reported an eye exam in the past year. Respondents with a college education were more likely to report a routine checkup two years ago or less. Respondents who were 45 to 64 years old, with a college education, in the top 40 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 who were female or 65 and older were more likely to report an eye exam in the past year. *From 2002 to 2008, there was a statistical decrease in the overall percent of respondents who reported a routine checkup two years ago or less, a cholesterol test four years ago or less or an eye exam in the past year. From 2002 to 2008, there was no statistical change in the overall percent of respondents who reported having a dental checkup in the past year.*

In 2008, 30% 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-one percent of respondents 65 and older had a pneumonia vaccination. *From 2002 to 2008, there was no statistical change in the overall percent of respondents 18 and older or in the overall percent of respondents 65 and older who reported a flu vaccination. From 2002 to 2008, there was no statistical change in the overall percent of respondents 65 and older reporting 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 cholesterol or high blood pressure (22% and 20%, respectively). Respondents who were 65 and older, in the middle 20 percent household income bracket, overweight, inactive or nonsmokers were more likely to report high blood pressure. Respondents who were 55 and older or overweight were more likely to report high blood cholesterol. Respondents 65 and older were more likely to report heart disease/condition. Respondents who were 55 to 64 years old, with some post high school education or in the bottom 40 percent household income bracket were more likely to report a mental health condition. Respondents who were 55 to 64 years old, overweight or inactive were more likely to report diabetes. Respondents who were male, 35 to 44 years old or with a college education were more likely to report current asthma. *From 2002 to 2008, there was a statistical increase in the overall percent of respondents who reported a mental health condition or diabetes. There was no statistical change in the overall percent of respondents reporting all other health conditions.*

In 2008, 5% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Three percent of respondents felt so overwhelmed they considered suicide in the past year. Five percent of respondents reported they seldom or never find meaning and purpose in daily life; respondents 55 to 64 years old or with a high school education or less were more likely to report this. *From 2002 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 (27% and 24%, respectively). Respondents with a college education or married respondents were more likely to report chiropractic care. Respondents with a college education or in the top 40 percent household income bracket were more likely to report massage therapy. Respondents with some post high school education were more likely to report aroma therapy. Respondents who were 35 to 44 years old, with a college education or in the top 40 percent household income bracket were more likely to report acupuncture. *From 2003 to 2008, there was a statistical increase in the overall percent of respondents who reported chiropractic care, massage therapy or acupuncture in the past three years. There was no statistical change in the overall percent of respondents who reported aroma therapy.*

In 2008, 43% of respondents did moderate physical activity five times a week for 30 minutes while 30% did vigorous activity three times a week for 20 minutes. Combined, 52% met the recommended amount of physical activity. Respondents who were 18 to 34 years old or not overweight were more likely to have met the recommended amount of physical activity. Fifty-six percent of respondents were classified as overweight. Respondents who were male, 55 to 64 years old, married 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 2002 to 2008, there was no statistical change in the overall percent of respondents being overweight.*

In 2008, 71% of respondents reported two or more servings of fruit while 32% reported three or more servings of vegetables on an average day. Respondents who were female, with at least some post high school education, in the top 40 percent household income bracket, who were not overweight or who met the recommended amount of physical activity were more likely to report at least two servings of fruit. Respondents who were 45 to 54 years old, with a college education, in the top 40 percent household income bracket, who were not overweight or who met the recommended amount of physical activity 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, 70% of female respondents 40 and older reported a mammogram within the past two years. Seventy-four percent of female respondents 65 and older had a bone density scan. Seventy-eight percent of female respondents 18 to 65 years old reported a pap smear within the past three years; respondents with a college education or in the middle 20 percent household income bracket were more likely to report this. *From 2003 to 2008, there was a statistical decrease 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 no statistical change in the overall percent of respondents who reported a bone density scan.*

In 2008, 53% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Thirty-seven 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, 12% of respondents 50 and older reported a sigmoidoscopy within the past five years while 61% reported a colonoscopy within the past ten years. Sixty-eight percent of respondents 50 and older reported a sigmoidoscopy or colonoscopy in their lifetime. *From 2003 to 2008, there was no statistical change in the overall percent of respondents who reported a sigmoidoscopy or colonoscopy in their lifetime.*

In 2008, 91% of respondents wore seat belts always or nearly always; respondents who were female, with a college education, in the middle 20 percent household income bracket or married respondents were more likely to report this. Of those respondents who rode a bike, used in-line skates or rode a scooter, 52% reported they always or nearly always wore a helmet; respondents who were female, with a college education, in the top 40 percent household income bracket or married respondents were more likely to report this. *From 2002 to 2008, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a seat belt. From 2002 to 2008, there was a statistical increase in the overall percent of respondents reporting they always or nearly always wore a helmet.*

In 2008, 19% of respondents were current smokers. Respondents 18 to 44 years old, with some post high school education or less or unmarried respondents were more likely to be a smoker. Fifty-two percent of current smokers quit smoking for one day or longer in the past 12 months; 57% of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking. *From 2002 to 2008, there was no statistical change in the overall percent of respondents who were 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 a statistical decrease in the overall percent of current smokers who reported their health professional advised them to quit smoking.*

In 2008, 79% of respondents reported smoking is not allowed anywhere inside the home while 76% reported smoking is not allowed in any area at work. Respondents in the top 40 percent household income bracket, who were nonsmokers or in households with children were more likely to report smoking is not allowed anywhere inside the home. Respondents with a college education or nonsmokers were more likely to report smoking is not allowed in any area at work. Five 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, with some post high school education or in the bottom 40 percent household income bracket were more likely to report this.

In 2008, 75% of respondents had an alcoholic drink in the past 30 days. In the past month, 6% were heavy drinkers while 19% were binge drinkers. Respondents who were male, 18 to 34 years old, with a high school education or less or unmarried respondents were more likely to have binged at least once in the past month. One 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 no statistical change in the overall percent of respondents*

reporting heavy drinking in the past month. From 2002 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 a statistical decrease in the overall percent of respondents reporting someone in their household experienced a problem in connection with drinking in the past year.

In 2008, 99% of households had a working smoke detector while 56% had a working carbon monoxide detector. Fifty-six percent of households had both detectors. Respondents in the top 60 percent household income bracket were more likely to report both detectors. *From 2002 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, 23% of households had a firearm in or around the home; respondents in the middle 20 percent household income bracket or married respondents were more likely to report this. Of all households, 10% had a handgun in their home while 22% had a rifle or shotgun. Respondents in the middle 20 percent household income bracket or respondents in households without children were more likely to report a handgun in their home. Respondents who were in the middle 20 percent household income bracket or married respondents were more likely to report a rifle/shotgun in their home. Of all households, 2% had a loaded firearm. Less than one percent of all households had a firearm loaded and unlocked. *From 2003 to 2008, there was a statistical decrease in the overall percent of respondents who reported having a firearm in or around their home. From 2003 to 2008, there was no statistical change in the overall percent of respondents who reported having a loaded firearm or 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; female respondents 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 6% reported at least one of these two situations; respondents in the bottom 40 percent household income bracket were more likely to report this. *From 2002 to 2008, there was no statistical change in the overall percent of respondents reporting any of the personal safety issues.*

Additional Questions Key Findings

In 2008, 10% of respondents felt they did not receive the dental care needed in the past year. Respondents who were 18 to 34 years old or with some post high school education or less were more likely to feel they did not receive the dental care needed in the past year.

In 2008, 32% of respondents reported someone in their family had taken steps to prepare for a natural or man-made disaster, for example stored extra food or water, have a list of important names and numbers, prepared an emergency kit or designated a meeting place. Respondents who were married were more likely to report this.

In 2008, 14% of respondents reported they have fallen and injured themselves in the past 12 months; respondents who were male, 55 to 64 years old or with some post high school education were more likely to report this.