

# Washington County Community Health Survey Summary

This research provides valuable behavioral data, lifestyle habits, and the prevalence of risk factors and disease conditions of Washington County residents. This summary was prepared by JKV Research, LLC for Aurora Health Care in partnership with Washington County Health Department and the Center for Urban Population Health Research. Additional data is available at [www.aurora.org](http://www.aurora.org) or [www.co.washington.wi.us](http://www.co.washington.wi.us).

<b>Overall Health</b>					<b>Health Conditions in Past 3 Years</b>				
Washington County	2000	2003	2005	2008	Washington County	2000	2003	2005	2008
Excellent	21%	28%	20%	23%	High Blood Pressure	16%	21%	25%	21%
Very Good	39%	36%	43%	44%	High Blood Cholesterol	22%	16%	21%	19%
Fair or Poor	12%	10%	12%	12%	Mental Health Condition	4%	2%	5%	11%
<i>Other Research: (2007)</i>					<i>Heart Disease/Condition</i>				
<i>Fair or Poor</i>					<i>9% 8% 7% 10%</i>				
					<i>Asthma (Current)</i>				
					<i>5% 6% 9%</i>				
					<i>Diabetes</i>				
					<i>5% 7% 6% 8%</i>				
					<i>Cancer</i>				
					<i>6%</i>				
					<i>Stroke</i>				
					<i>2% 2% 1% 2%</i>				
<b>Health Care Coverage</b>					<b>Physical Health</b>				
Washington County	2000	2003	2005	2008	Washington County	2000	2003	2005	2008
Not Covered					Physical Activity/Week				
Personally (currently)	4%	6%	3%	2%	Moderate Activity (5 times/30 min)		25%	36%	42%
Personally (past 12 months)				6%	Vigorous Activity (3 times/20 min)				28%
Household Member (past 12 months)		15%	12%	8%	Recommended Moderate or Vigorous				52%
Advance Care Plan		32%	43%	43%	Overweight	61%	59%	59%	63%
<i>Primary Source of Health Advice</i>					<i>Fruit Intake (2+ servings/day)</i>				
<i>Doctor/nurse practitioner's office</i>					<i>69% 61% 64%</i>				
<i>Public hlth clinic/comm. hlth center</i>					<i>29% 23% 28%</i>				
<i>Hospital outpatient department</i>					<i>2% 2%</i>				
<i>Other Research: (2007)</i>					<i>Other Research: (2007)</i>				
<i>Personally Not Covered (currently)</i>					<i>Overweight</i>				
					<i>62% 63%</i>				
					<i>Recommended Mod or Vigorous Activity</i>				
					<i>55% 50%</i>				
<b>Routine Procedures</b>					<b>Women's Health</b>				
Washington County	2000	2003	2005	2008	Washington County	2003	2005	2008	
Routine Checkup (2 years or less)	85%	82%	84%	86%	Mammogram (40+; within past 2 years)	85%	75%	85%	
Cholesterol Test (4 years or less)		73%	77%	81%	Bone Density Scan (65+)		59%	78%	
Dental Checkup (past year)	69%	76%	76%	78%	Pap Smear (18 - 65; within past 3 years)	86%	91%	90%	
Eye Exam (past year)	39%	52%	41%	49%	<i>Other Research: (2006)</i>				
<i>Other Research:</i>					<i>Mammogram (40+; within past 2 years)</i>				
<i>Routine Checkup (≤2 years; 2000)</i>					<i>78% 77%</i>				
<i>Cholesterol Test (≤5 years; 2007)</i>					<i>Pap Smear (18+; within past 3 years)</i>				
<i>Dental Checkup (past year; 2006)</i>					<i>86% 84%</i>				
<b>Vaccinations</b>					<b>Men's Health</b>				
Washington County	2000	2003	2005	2008	Washington County	2003	2005	2008	
Flu Vaccination (past year—65+)		71%	40%	67%	Digital Rectal Exam (40+; within past year)	31%	32%	42%	
Pneumonia (ever—65 and older)	61%	65%	61%	68%	PSA Test (40+; within past 2 years)		48%	60%	
<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>				
<i>Pneumonia (ever—65 and older)</i>					<i>48% 54%</i>				
<b>Complementary/Alternative Treatments in Past 3 Years</b>					<b>Other Tests</b>				
Washington County	2000	2003	2005	2008	Washington County	2003	2005	2008	
Chiropractic Care	23%	22%	23%	25%	Sigmoidoscopy (50+; within past 5 years)			15%	
Massage Therapy	14%	17%	21%	25%	Colonoscopy (50+; within past 10 years)			64%	
Aroma Therapy	2%	6%	5%	7%	Sig./Colonoscopy (50+; lifetime)	60%	61%	75%	
Acupuncture	2%	1%	1%	3%	<i>Other Research: (2006)</i>				
					<i>Sig./Colonoscopy (50+; lifetime)</i>				
					<i>64% 57%</i>				

<b>Safety</b>					<b>Mental Health Status</b>				
Washington County	<u>2000</u>	<u>2003</u>	<u>2005</u>	<u>2008</u>	Washington County	<u>2000</u>	<u>2003</u>	<u>2005</u>	<u>2008</u>
Seat Belt (always/nearly always)	83%	87%	88%	88%	Felt Sad, Blue or Depressed				
Helmet (always/nearly always)					Always/Nearly Always	5%	5%	4%	4%
(Of Those Who Ride Bike/In-Line Skate)	26%	20%	31%	38%	Find Meaning and Purpose in Daily Life				
Detectors in Household					Seldom/Never		5%	3%	5%
Smoke Detector		98%	97%	98%	Considered Suicide (past year)	2%	3%	3%	3%
Carbon Monoxide Detector		45%	53%	59%					
Both Detectors		45%	52%	58%	<b>Alcohol Use</b>				
Neither Detector		2%	2%	1%	Washington County	<u>2000</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		5%	4%	5%
<b>Cigarette Use</b>					Binge Drinker	28%	19%	21%	29%
Washington County	<u>2000</u>	<u>2003</u>	<u>2005</u>	<u>2008</u>	Driver/Passenger in Vehicle When Driver				
Current Smokers	26%	17%	20%	17%	Perhaps Had Too Much to Drink		5%	5%	3%
Of Current Smokers...					HH Problem Associated with Alcohol			8%	3%
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		51%	51%	62%	Heavy Drinker			7%	5%
Saw a Health Care Professional Past Yr					Binge Drinker			23%	16%
... Advised to Quit Smoking			81%	67%	<b>Personal Safety in Past Year</b>				
<i>Other Research:</i>			<u>WI</u>	<u>U.S.</u>	Washington County	<u>2000</u>	<u>2003</u>	<u>2005</u>	<u>2008</u>
Current Smokers (2007)			20%	20%	Afraid for Their Safety	5%	4%	8%	4%
Tried to Quit (2005)			49%	56%	Pushed, Kicked, Slapped, or Hit	3%	2%	2%	3%
					At Least One of the Safety Issues	6%	5%	8%	7%
<b>Smoking Policies</b>					<b>Firearms in Household</b>				
Washington County				<u>2008</u>	Washington County	<u>2000</u>	<u>2003</u>	<u>2005</u>	<u>2008</u>
Smoking Policy at Home					Of all Households...				
Not allowed anywhere			81%		Have a Firearm	46%	43%	43%	38%
Allowed in some places or at some times			8%		Handguns	15%			17%
Allowed anywhere			2%		Rifles or shotguns	43%			36%
No rules inside home			9%		Have a Loaded Firearm		3%	3%	1%
Work's Official Indoor Smoking Policy					Have a Loaded Firearm Unlocked		2%	1%	<1%
Not allowed anywhere			77%		<i>Other Research: (2002)</i>				
Allowed in some areas			17%		Of all Households...			<u>WI</u>	<u>U.S.</u>
Allowed in all areas			2%		Have a Firearm			44%	33%
No official policy			2%		Have a Loaded Firearm			3%	8%
Second-Hand Smoke Exposure in Past					Have a Loaded Firearm Unlocked			2%	4%
Seven Days (Of Nonsmokers)					<b>Additional Questions</b>				
0 days			72%		Washington County			<u>2005</u>	<u>2008</u>
1 to 3 days			24%		Great Risk Associated with...				
4 to 6 days			2%		Alcohol (4+ drinks nearly every day)			56%	53%
All 7 days			2%		Marijuana (regularly)			55%	55%
<i>Other Research: (2003)</i>			<u>WI</u>		Household Drinking Water				
Smoking Prohibited at Home			75%		Private or Individual System or Well				35%
Smoke-free Policy at Indoor Worksite			75%		Well Has Been Tested				86%
					Well Tested Within the Past Five Years				58%

## Overall Health and Health Care Key Findings

In 2008, 67% of respondents reported their health as excellent or very good; 12% reported fair or poor. Respondents who were 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were unmarried, physically inactive or smokers were more likely to report fair or poor conditions. *From 2000 to 2008, there was no statistical change in the overall percent of respondents who reported their health fair or poor.*

In 2008, 2% of respondents reported they were not currently covered by health care insurance. Six 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 a high school education or less, in the middle 20 percent household income bracket or unmarried respondents were more likely to report this. Eight 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 middle 20 percent household income bracket or unmarried were more likely to report this. Eighty-seven percent of respondents reported their primary place for health services was from a doctor's or nurse practitioner's office; respondents who were female, with at least some post high school education, in the middle 20 percent household income bracket or married respondents were more likely to report this. Forty-three percent of respondents had an advance care plan; respondents who were 65 and older or married were more likely to report this. *From 2000 to 2008, the overall percent statistically remained the same for respondents who reported no health care coverage. From 2003 to 2008, the overall percent statistically decreased 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 no statistical change 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 a statistical increase in the overall percent of respondents having an advance care plan. Part of this increase may be a result of adding "living will or health care power of attorney" in 2005.*

In 2008, 86% of respondents reported a routine medical checkup two years ago or less while 81% reported a cholesterol test four years ago or less. Seventy-eight percent of respondents reported a visit to the dentist in the past year while 49% reported an eye exam in the past year. Respondents who were 65 and older, in the top 40 percent household income bracket or married respondents were more likely to report a routine checkup two years ago or less. Respondents who were 55 to 64 years old, 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 who were 35 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 dental checkup in the past year. Respondents 65 and older or in the middle 20 percent household income bracket were more likely to report an eye exam in the past year. *From 2000 to 2008, there was no statistical change in the overall percent of respondents who reported a routine checkup two years ago or less. From 2003 to 2008, there was a statistical increase in the overall percent of respondents who reported a cholesterol test four years ago or less. From 2000 to 2008, there was a statistical increase in the overall percent of respondents who reported having a dental exam or an eye exam in the past year.*

In 2008, 35% of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past year. Respondents who were 65 and older or with at least some post high school education were more likely to report a flu vaccination. Sixty-eight percent of respondents 65 and older had a pneumonia vaccination. *From 2003 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 2000 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 pressure or high blood cholesterol (21% and 19%, respectively). Respondents who were 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were unmarried, overweight or inactive 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, with a high school education or less, in the bottom 40 percent household income bracket or who were inactive were more likely to report heart disease/condition. Unmarried respondents were more likely to report a mental health condition. Respondents who were 65 and older, with some post high school education or less, who were overweight or inactive were more likely to report diabetes. Female respondents were more likely to report current asthma. *From 2000 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; respondents with a high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. 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 with a high school education or less, in the bottom 60 percent household income bracket or unmarried respondents were more likely to report this. *From 2000 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 (25% each). Respondents who were female or 35 to 44 years old were more likely to report massage therapy. Respondents who were female, with a college education or married respondents were more likely to report aroma therapy. *From 2000 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, 42% of respondents did moderate physical activity five times a week for 30 minutes while 28% did vigorous activity three times a week for 20 minutes. Combined, 52% met the recommended amount of physical activity. Respondents with some post high school education, who were married or not overweight were more likely to have met the recommended amount of physical activity. Sixty-three percent of respondents were classified as overweight. Respondents who were male, 55 and older, 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 2000 to 2008, there was no statistical change in the overall percent of respondents being overweight.*

In 2008, 64% of respondents reported two or more servings of fruit while 28% reported three or more servings of vegetables on an average day. Respondents with some post high school education or in the middle 20 percent household income bracket were more likely to report at least two servings of fruit. Respondents with at least some post high school education 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, 85% of female respondents 40 and older reported a mammogram within the past two years. Seventy-eight 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 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 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 no statistical change in the overall percent of respondents who reported a bone density scan.*

In 2008, 60% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Forty-two 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, 15% of respondents 50 and older reported a sigmoidoscopy within the past five years while 64% reported a colonoscopy within the past ten years. Seventy-five 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, 38% reported they always or nearly always wore a helmet; respondents who were 35 to 44 years old or in the top 40 percent household income bracket were more likely to report this. *From 2000 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 2000 to 2008, there was a statistical increase in the overall percent of respondents reporting they always or nearly always wore a helmet.*

In 2008, 17% of respondents were current smokers. Respondents 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 be a smoker. Sixty-two percent of current smokers quit smoking for one day or longer in the past 12 months; 67% of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking. *From 2000 to 2008, there was a statistical decrease 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, 81% of respondents reported smoking is not allowed anywhere inside the home while 77% 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 35 to 44 years old, 55 to 64 years old, with a college education, in the top 40 percent household income bracket or married respondents were more likely to report smoking is not allowed in any area at work. Four percent of nonsmoking respondents reported they were exposed to second-hand smoke at least four out of the past seven days; respondents with some post high school education or less or who were unmarried were more likely to report this.

In 2008, 71% of respondents had an alcoholic drink in the past 30 days. In the past month, 5% were heavy drinkers while 29% were binge drinkers. Respondents in the bottom 40 percent household income bracket were more likely to be heavy drinkers. Respondents who were male or 18 to 44 years old 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. Three 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 2000 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, 98% of households had a working smoke detector while 59% had a working carbon monoxide detector. Fifty-eight percent of households had both detectors. Respondents who were in the top 40 percent household income bracket or married 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, 38% of households had a firearm in or around the home; respondents in the middle 20 percent household income bracket were more likely to report this. Of all households, 17% had handguns in their home while 36% had rifles or shotguns. Respondents in the middle 20 percent household income bracket were more likely to report a handgun or rifle/shotgun in their home. Of all households, 1% had a loaded firearm. Less than one percent of all households had a firearm loaded and unlocked. *From 2000 to 2008, there was a statistical decrease in the overall percent of respondents who reported having firearms in or around their home. From 2000 to 2008, there was no statistical change in the overall percent of respondents reporting a handgun in their home. From 2000 to 2008, there was a statistical decrease in the overall percent of respondents reporting a rifle or 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 a statistical decrease in the overall percent of respondents who reported having a loaded firearm which was also unlocked.*

In 2008, 4% of respondents reported someone made them afraid for their personal safety in the past year. Three 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 18 to 34 years old were more likely to report this. *From 2000 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, 53% of respondents reported there is a great risk in harming themselves, physically or in other ways, if someone drinks four or five drinks nearly every day. Fifty-five percent reported a great risk if someone smokes marijuana regularly. Respondents who were female, 35 to 44 years old, 55 to 64 years old or with a college education were more likely to report a great risk for drinking. Respondents who were female, 35 to 44 years old or 65 and older were more likely to report a great risk for smoking marijuana regularly. *From 2005 to 2008, there was no statistical change in the overall percent of respondents reporting a great risk if someone drinks four or five drinks nearly every day or smokes marijuana regularly.*

In 2008, 35% of respondents reported the water source for their home was from a private or individual system or well. Eighty-six percent of respondents with a well reported their well has been tested. Fifty-eight percent of respondents with a well reported their last well test was within the past five years; respondents in the top 40 percent household income bracket were more likely to report this.