

Cudahy
Community Health Survey Report
2009

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Aurora Health Care

In Partnership with:
Cudahy Health Department
Center for Urban Population Health

Prepared by:
JKV Research, LLC

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Purpose

The purpose of this project is to provide Cudahy 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 the respondent's 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 Cudahy 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 Cudahy Health Department and the Center for Urban Population Health.

Respondents were scientifically selected so that the survey would be representative of all adults 18 years old and older. The sampling strategy was two-fold. 1) A random-digit-dial landline sample of telephone numbers which included listed numbers. The respondent within each household was randomly selected by computer based on the number of adults in the household (n=390). 2) A cell phone-only sample where the person answering the phone was selected as the respondent (n=10). A reimbursement of \$20 was offered to respondents to cover the cost of incoming minutes. At least 8 attempts were made to contact a respondent in both samples. Screener questions verifying location were included. Data collection was conducted by Management Decisions Incorporated.

A total of 400 telephone interviews were completed between October 2, 2009 and January 7, 2010. 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 Cudahy. The margin of error for smaller subgroups will be larger. For the landline sample, weighting was 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. For the cell-phone only sample, it was assumed the respondent was the primary cell phone user. Combined, post-stratification was conducted by sex and age to reflect the 2000 census proportion of these characteristics in the area. Throughout the report, some totals may be more or less than 100% due to rounding and response category distribution. Percentages occasionally may differ by one or two percentage points from previous reports or the Appendix as a result of rounding, recoding variables or response category distribution.

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

Demographic Profile of Cudahy Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents for 2009

	Survey Results
TOTAL	100%
Gender	
Male	49%
Female	52
Age	
18 to 34	29%
35 to 44	22
45 to 54	17
55 to 64	12
65 and Older	20
Education	
High School Graduate or Less	40%
Some Post High School	32
College Graduate	28
Household Income	
Bottom 40 Percent Bracket	31%
Middle 20 Percent Bracket	16
Top 40 Percent Bracket	31
Not Sure/No Answer	22
Married	57%

What do the percentages mean?

Results of the Cudahy Community Health Survey can be generalized to the adult population with telephones. In 2009, the Wisconsin Department of Administration estimated 14,765 adult residents in the area, an increase of 4.07% 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 150 adults. So, when 17% of respondents reported their health was fair or poor, this roughly equates to 2,550 residents \pm 750 individuals. Therefore, from 1,800 to 3,300 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 2010 projection of housing units in Cudahy is 8,063, an increase of 2.22% 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 80 households. For example, 13% of survey respondents reported that someone in their household was not covered by health insurance at least some of the time in the past year. Thus, the estimated number of households with someone not covered by health insurance would be 1,040.

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.

Household income: It is difficult to compare household income data throughout the years as the real dollar value changes. Each year, the Census Bureau identifies household income into five equal brackets, rounded to the nearest dollar. It is not possible to exactly match the survey income categories to the Census Bureau brackets since the survey categories are in increments of \$10,000 or more; however, it is the best way to track household income. This report looks at the Census Bureau's bottom 40%, middle 20% and top 40% household income brackets each survey year. In 2003, the bottom 40% income bracket included survey categories less than \$30,001, the middle 20% income bracket was \$30,001 to \$50,000 and the top 40% income bracket was at least \$50,001. In 2006 and 2009, the bottom 40% income bracket included survey categories less than \$40,001, the middle 20% income bracket was \$40,001 to \$60,000 and the top 40% income bracket was at least \$60,001.

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 was calculated using the Center for Disease Control's Body Mass Index (BMI). Body Mass Index 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 some days 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 definition for binge drinking varies. Currently, the Centers for Disease Control (CDC) defines binge drinking as four or more drinks per occasion for females and five or more drinks per occasion for males to account for weight and metabolism differences. Previously, the CDC defined binge drinking as five or more drinks at one time, regardless of gender. In 2003, the Cudahy Health Survey defined binge drinking as four or more drinks for females and five or more drinks for males to account for weight and metabolism differences. All other study years were defined as five or more drinks, regardless of gender.

Summary

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

Overall Health				Health Conditions in Past 3 Years			
Cudahy	2003	2006	2009	Cudahy	2003	2006	2009
Excellent	22%	21%	10%	High Blood Pressure	24%	27%	27%
Very Good	34%	37%	47%	High Blood Cholesterol	20%	26%	25%
Fair or Poor	13%	17%	17%	Diabetes	7%	8%	10%
<i>Other Research: (2008)</i>				Mental Health Condition	4%	6%	10%
<i>Fair or Poor</i>				Heart Disease/Condition	10%	9%	9%
		<i>WI</i>	<i>U.S.</i>	Asthma (Current)	11%	11%	8%
		12%	14%	Cancer			4%
Health Care Coverage				Stroke	1%	2%	2%
Cudahy	2003	2006	2009	Physical Health			
Not Covered				Cudahy	2003	2006	2009
Personally (currently)	6%	9%	9%	Physical Activity/Week			
Personally (past 12 months)			12%	Moderate Activity (5 times/30 min)	26%	38%	35%
Household Member (past 12 months)	15%	20%	13%	Vigorous Activity (3 times/20 min)		26%	19%
Advance Care Plan	27%	33%	37%	Recommended Moderate or Vigorous		53%	42%
Primary Source of Health Advice				Overweight	65%	70%	65%
Doctor/nurse practitioner's office		79%	87%	Fruit Intake (2+ servings/day)	67%	61%	63%
Urgent care center		2%	3%	Vegetable Intake (3+ servings/day)	33%	22%	29%
Public hlth clinic/comm. hlth center		4%	2%	<i>Other Research:</i>			
<i>Other Research: (2008)</i>				<i>Overweight (2008)</i>			
<i>Personally Not Covered (currently)</i>				<i>Recommended Mod. or Vig. Activity (2007)</i>			
		<i>WI</i>	<i>U.S.</i>			<i>WI</i>	<i>U.S.</i>
		10%	15%			64%	64%
Routine Procedures				Women's Health			
Cudahy	2003	2006	2009	Cudahy	2003	2006	2009
Routine Checkup (2 years or less)	83%	83%	73%	Mammogram (40+; within past 2 years)	80%	73%	80%
Cholesterol Test (4 years or less)	77%	76%	75%	Bone Density Scan (65+)		71%	82%
Dental Checkup (past year)	63%	65%	69%	Pap Smear (18 - 65; within past 3 years)	90%	81%	90%
Eye Exam (past year)	48%	47%	50%	<i>Other Research: (2008)</i>			
<i>Other Research:</i>				<i>Mammogram (40+; within past 2 years)</i>			
<i>Routine Checkup (≤2 years; 2000)</i>				<i>Pap Smear (18+, within past 3 years)</i>			
<i>Cholesterol Test (≤5 years; 2007)</i>						<i>WI</i>	<i>U.S.</i>
<i>Dental Checkup (past year; 2008)</i>						76%	76%
		<i>WI</i>	<i>U.S.</i>			83%	83%
		79%	84%	Men's Health			
		77%	75%	Cudahy	2003	2006	2009
		73%	71%	PSA Test (40+; within past 2 years)		45%	50%
Vaccinations				Digital Rectal Exam (40+; within past year)	30%	25%	40%
Cudahy	2003	2006	2009	<i>Other Research: (2008)</i>			
Flu Vaccination (past year—65+)	70%	70%	77%	<i>PSA Test (40+; within past 2 years)</i>			
Pneumonia (ever—65 and older)	61%	74%	79%			<i>WI</i>	<i>U.S.</i>
<i>Other Research: (2008)</i>						52%	55%
<i>Flu Vaccination (past year—65+)</i>				Other Tests			
<i>Pneumonia (ever—65 and older)</i>				Cudahy	2003	2006	2009
		<i>WI</i>	<i>U.S.</i>	Sigmoidoscopy (50+; within past 5 years)			9%
		73%	71%	Colonoscopy (50+; within past 10 years)			62%
		70%	67%	Sig./Colonoscopy (50+; lifetime)	59%	65%	68%
Complementary/Alternative Treatments in Past 3 Years				<i>Other Research: (2008)</i>			
Cudahy	2003	2006	2009	<i>Sig./Colonoscopy (50+; lifetime)</i>			
Massage Therapy	12%	16%	19%			<i>WI</i>	<i>U.S.</i>
Chiropractic Care	15%	15%	17%			67%	62%
Aroma Therapy	5%	3%	3%				
Acupuncture	2%	2%	3%				

Safety				Mental Health Status			
Cudahy	2003	2006	2009	Cudahy	2003	2006	2009
Seat Belt (always/nearly always)	84%	89%	88%	Felt Sad, Blue or Depressed			
Helmet Use of Those Who Ride Bike/ In-Line Skate (always/nearly always)	20%	30%	33%	Always/Nearly Always	6%	5%	7%
Detectors in Household				Find Meaning and Purpose in Daily Life			
Smoke Detector	97%	97%	98%	Seldom/Never	5%	6%	5%
Carbon Monoxide Detector	43%	47%	57%	Considered Suicide (past year)	3%	3%	5%
Both Detectors	43%	47%	57%	Alcohol Use			
Neither Detector	2%	3%	2%	Cudahy	2003	2006	2009
<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	6%	5%	6%
Cigarette Use				Binge Drinker	20%	14%	24%
Cudahy	2003	2006	2009	Driver/Passenger in Vehicle When Driver			
Current Smokers	25%	27%	24%	Perhaps Had Too Much to Drink	2%	2%	1%
Of Current Smokers...				HH Problem Associated with Alcohol	<1%	4%	
Quit Smoking 1 Day or More in Past				<i>Other Research: (2008)</i>		<u>WI</u>	<u>U.S.</u>
Year Because Trying to Quit	56%	52%	64%	Heavy Drinker		8%	5%
Saw a Health Care Professional Past Yr.				Binge Drinker		23%	16%
...Advised to Quit Smoking		57%	89%	Personal Safety in Past Year			
<i>Other Research:</i>		<u>WI</u>	<u>U.S.</u>	Cudahy	2003	2006	2009
Current Smokers (2008)		20%	18%	Afraid for Their Safety	5%	5%	8%
Tried to Quit (2005)		49%	56%	Pushed, Kicked, Slapped, or Hit	4%	3%	5%
				At Least One of the Safety Issues	8%	7%	9%
Smoking Policies				Firearms in Household			
Cudahy			2009	Cudahy	2003	2006	2009
Smoking Policy at Home				Of all Households...			
Not allowed anywhere		74%		Have a Firearm	28%	23%	29%
Allowed in some places or at some times		8%		Handgun			17%
Allowed anywhere		3%		Rifle or shotgun			23%
No rules inside home		16%		Have a Loaded Firearm	2%	2%	3%
Work's Official Indoor Smoking Policy				Have a Loaded Firearm Unlocked	1%	<1%	1%
Not allowed anywhere		67%		<i>Other Research: (2002)</i>			
Allowed in some areas		28%		Of all Households...		<u>WI</u>	<u>U.S.</u>
Allowed in all areas		3%		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		68%		Cudahy	2003	2006	2009
1 to 3 days		23%		Did Not Receive Medical Care Needed (past yr)	7%	8%	10%
4 to 6 days		8%		Prescribed Medication Not Taken Due to Cost	8%	11%	8%
All 7 days		2%		Not Have Access to Adequate/Appropriate Food	3%	5%	4%
<i>Other Research: (WI: 2003; US: 2006-2007)</i>		<u>WI</u>	<u>U.S.</u>	Main Health Priorities for Next 5 Years			
Smoking Prohibited at Home		75%	79%	Inappropriate Use/Abuse of Alcohol and			
Smoke-Free Policy at Indoor Worksite		75%	75%	Other Substances		68%	75%
				Obesity/Lack of Activity		71%	64%
				Injury/Violence		57%	56%
				Tobacco Use and Second-Hand Exposure		46%	50%
				Mental Health		35%	41%

Overall Health and Health Care Key Findings

In 2009, 57% of respondents reported their health as excellent or very good; 17% reported fair or poor. Respondents with some post high school education, in the bottom 40 percent household income bracket, who were unmarried, overweight, inactive or smokers were more likely to report fair or poor conditions. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported their health fair or poor.*

In 2009, 9% 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, who were in the bottom 60 percent household income bracket or unmarried were more likely to report this. Twelve 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, 45 to 54 years old, with a high school education or less, who were in the bottom 60 percent household income bracket or unmarried were more likely to report this. Thirteen percent of respondents 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 60 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 65 and older, in the top 60 percent household income bracket or married were more likely to report this. Thirty-seven percent of respondents had an advance care plan; respondents who were 65 and older or in the bottom 40 percent household income bracket were more likely to report this. *From 2003 to 2009, the overall percent statistically remained the same for respondents 18 and older or for respondents 18 to 64 years old who reported no current personal health care insurance. From 2003 to 2009, the overall percent statistically remained the same for respondents who reported someone in the household was not covered at least part of the time in the past 12 months. From 2006 to 2009, there was a statistical increase 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 2009, there was a statistical increase in the overall percent of respondents having an advance care plan.*

In 2009, 73% of respondents reported a routine medical checkup two years ago or less while 75% reported a cholesterol test four years ago or less. Sixty-nine percent of respondents reported a visit to the dentist in the past year while 50% reported an eye exam in the past year. Respondents who were female, 65 and older or in the bottom 40 percent household income bracket were more likely to report a routine checkup two years ago or less. Respondents who were female, 55 and older or married 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, in the top 40 percent household income bracket or married were more likely to report an eye exam in the past year. *From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who reported a routine checkup two years ago or less. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported a cholesterol test four years ago or less, a dental checkup in the past year or an eye exam in the past year.*

In 2009, 46% 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-nine percent of respondents 65 and older had a pneumonia vaccination. *From 2003 to 2009, there was a statistical increase in the overall percent of respondents 18 and older who reported a flu vaccination in the past 12 months. From 2003 to 2009, there was no statistical change in the overall percent of respondents 65 and older who reported a flu vaccination in the past 12 months. From 2003 to 2009, 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 2009, out of eight health conditions listed, the two most often mentioned in the past three years were high blood pressure or high blood cholesterol (27% and 25%, respectively). Respondents who were 65 and older, in the bottom 40 percent household income bracket, overweight, inactive or nonsmokers were more likely to report high blood pressure. Respondents who were 65 and older or in the bottom 40 percent household income bracket were more likely to report high blood cholesterol. Respondents who were 65 and older, in the bottom 40 percent household income bracket or unmarried were more likely to report heart disease/condition. Respondents who were 55 and older, with a 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 2003 to 2009, there was no statistical change in the overall percent of respondents who reported high blood pressure, high blood cholesterol, heart disease/condition, diabetes, current asthma or stroke. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported a mental health condition, possibly the result of wording changes.*

In 2009, 7% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents in the bottom 60 percent household income bracket were more likely to report this. Five percent of respondents felt so overwhelmed they considered suicide in the past year; respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Five percent of respondents reported they seldom or never find meaning and purpose in daily life; unmarried respondents were more likely to report this. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed, they considered suicide or they seldom/never find meaning and purpose in daily life.*

Behavioral Risk Factors Key Findings

In 2009, out of four complementary/alternative treatments listed, massage therapy or chiropractic care was the most often used in the past three years (19% and 17%, respectively). Respondents who were female, 35 to 54 years old or with a college education were more likely to report chiropractic care. Respondents who were female, 35 to 44 years old, with a college education or in the middle 20 percent household income bracket were more likely to report massage therapy. *From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting chiropractic care, aroma therapy or acupuncture. From 2003 to 2009, there was a statistical increase in the overall percent of respondents reporting massage therapy.*

In 2009, 35% of respondents did moderate physical activity five times a week for 30 minutes while 19% did vigorous activity three times a week for 20 minutes. Combined, 42% met the recommended amount of physical activity; respondents with a college education or who were not overweight were more likely to report this. Sixty-five percent of respondents were classified as overweight. Respondents who were male, 55 to 64 years old, in the top 40 percent household income bracket, married or inactive were more likely to be classified as overweight. *From 2003 to 2009, 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 2006 to 2009, there was a statistical decrease in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes or meeting the recommended amount of physical activity. From 2003 to 2009, there was no statistical change in the overall percent of respondents being overweight.*

In 2009, 63% of respondents reported two or more servings of fruit while 29% reported three or more servings of vegetables on an average day. Respondents who were female, 18 to 34 years old, in the top 40 percent household income bracket, married or overweight were more likely to report at least two servings of fruit. Respondents who were 18 to 34 years old, with a high school education or less, with a college education, in the middle 20 percent household income bracket, who were unmarried, not overweight or met the recommended amount of physical activity were more likely to report at least three servings of vegetables a day. *From 2003 to*

2009, there was no statistical change in the overall percent of respondents who reported two or more servings of fruit or three or more servings of vegetables on an average day.

In 2009, 80% of female respondents 40 and older reported a mammogram within the past two years. Eighty-two 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 or in the top 40 percent household income bracket were more likely to report this. *From 2003 to 2009, there was no statistical change in the overall percent of respondents 40 and older who reported having a mammogram within the past two years. From 2006 to 2009, there was no statistical change in the overall percent of respondents 65 and older who reported a bone density scan. From 2003 to 2009, there was no statistical change in the overall percent of respondents 18 to 65 years old who reported having a pap smear within the past three years.*

In 2009, 50% 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 2006 to 2009, 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 2009, 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 2009, 9% of respondents 50 and older reported a sigmoidoscopy within the past five years while 62% 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 2009, there was no statistical change in the overall percent of respondents who reported a sigmoidoscopy or colonoscopy in their lifetime.*

In 2009, 88% of respondents wore seat belts always or nearly always; respondents who were female, with a college education or married respondents were more likely to report this. Of those respondents who rode a bike, used in-line skates or rode a scooter, 33% reported they always or nearly always wore a helmet; female respondents were more likely to report this. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a seat belt. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported they always or nearly always wore a helmet.*

In 2009, 24% of respondents were current smokers. Respondents who were 18 to 34 years old, with a high school education or less, who were in the bottom 40 percent household income bracket or unmarried were more likely to be a smoker. Sixty-four percent of current smokers quit smoking for one day or longer in the past 12 months; 89% of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who were current smokers. From 2003 to 2009, 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 2006 to 2009, there was a statistical increase in the overall percent of current smokers who reported their health professional advised them to quit smoking.*

In 2009, 74% of respondents reported smoking is not allowed anywhere inside the home while 67% reported smoking is not allowed in any area at work. Respondents in the top 40 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 or with a college education 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, with some post high school education, who were in the top 40 percent household income bracket or married were more likely to report exposure to second-hand smoke in the past seven days.

In 2009, 69% of respondents had an alcoholic drink in the past 30 days. In the past month, 6% were heavy drinkers while 24% were binge drinkers. Respondents who were male, 45 to 54 years old or unmarried were more likely to report heavy drinking in the past month. Respondents who were male, 18 to 34 years old, with a high school education or less, who were in the middle 20 percent household income bracket or unmarried 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. Four percent of respondents reported someone in their household experienced a problem in connection with drinking in the past year; respondents who were unmarried or households without children were more likely to report this. *From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting heavy drinking or binge drinking in the past month. From 2003 to 2009, 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 in the past month. From 2006 to 2009, there was a statistical increase 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 2009, 98% of households had a working smoke detector while 57% had a working carbon monoxide detector. Fifty-seven 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 2009, there was a statistical increase in the overall percent of respondents who reported both a working smoke detector and carbon monoxide detector.*

In 2009, 29% of households had a firearm in or around the home; respondents who were in the top 40 percent household income bracket, married or in households with children were more likely to report this. Of all households, 17% had a handgun in their home while 23% had a rifle or shotgun. Respondents who were in the top 40 percent household income bracket, married or in households with children were more likely to report a rifle/shotgun. Of all households, 3% had a loaded firearm. One percent of all households had a firearm loaded and unlocked. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a firearm in or around their home. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a loaded firearm or a loaded firearm which was also unlocked.*

In 2009, 8% of respondents reported someone made them afraid for their personal safety in the past year; respondents who were 18 to 34 years old, 45 to 54 years old, with some post high school education or less or unmarried respondents were more likely to report this. Five percent of respondents reported they had been pushed, kicked, slapped or hit in the past year; respondents with a high school education or less or unmarried respondents were more likely to report this. A total of 9% reported at least one of these two situations; respondents with some post high school education or less or unmarried respondents were more likely to report this. *From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting they were afraid for their personal safety or they were pushed, kicked, slapped or hit. From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting at least one of the two personal safety issues.*

Additional Questions Key Findings

In 2009, 10% of respondents reported that they did not get the medical care they needed sometime in the last 12 months; respondents who were female, 45 to 54 years old, in the bottom 60 percent household income bracket or unmarried were more likely to report this. *From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting they did not get the medical care they needed sometime in the last 12 months.*

In 2009, 8% of respondents reported that someone in their household had not taken their prescribed medication due to prescription costs. *From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting that someone in their household had not taken their prescribed medication due to prescription costs.*

In 2009, 4% of respondents reported that there was a time in the past 30 days when their household did not have access to adequate and appropriate food; respondents who were in the bottom 40 percent household income bracket or in households with children were more likely to report this. *From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting that there was a time in the past 30 days when their household did not have access to adequate and appropriate food.*

In 2009, the three most often selected health priorities out of five provided were the following: inappropriate use and abuse of alcohol and other substances (75%), obesity and lack of physical activity (64%) and intentional/unintentional injuries and violence (56%). Respondents who were male, 35 to 44 years old, with at least some post high school education or in the top 40 percent household income bracket were more likely to report obesity and lack of physical activity. Respondents 18 to 34 years old or in the top 60 percent household income bracket were more likely to report injury and violence. *From 2006 to 2009, there was a statistical increase in the overall percent of respondents who reported inappropriate use and abuse of alcohol or other substances. From 2006 to 2009, there was a statistical decrease in the overall percent of respondents who reported obesity and lack of physical activity. From 2006 to 2009, there was no statistical change in the overall percent of respondents who reported injury/violence, tobacco usage/exposure to smoke or mental health.*

Key Findings

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

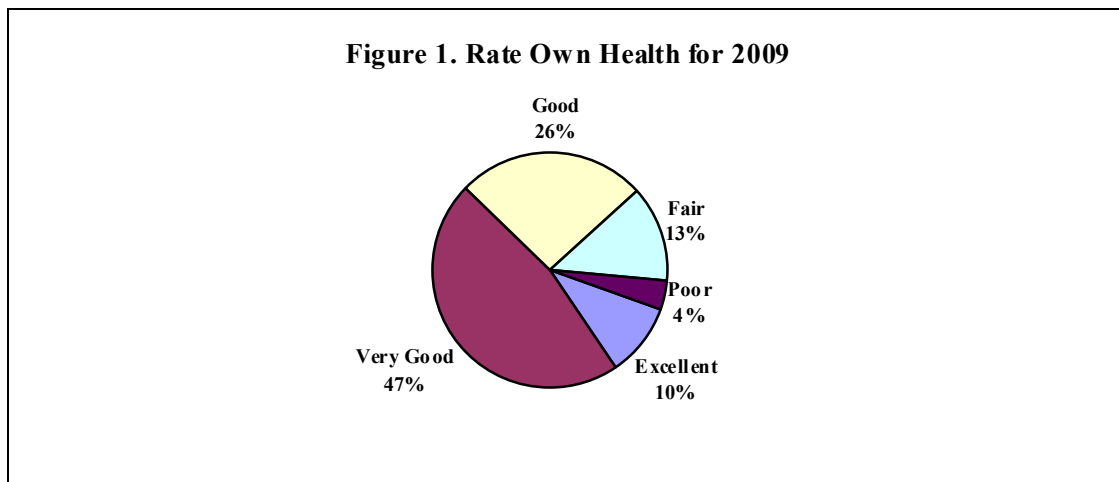
KEY FINDINGS: In 2009, 57% of respondents reported their health as excellent or very good; 17% reported fair or poor. Respondents with some post high school education, in the bottom 40 percent household income bracket, who were unmarried, overweight, inactive or smokers were more likely to report fair or poor conditions.

From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported their health fair or poor.

In 2008, 58% of Wisconsin respondents reported their health as excellent or very good while 12% reported fair or poor. Fifty-five percent of U.S. respondents reported their health as excellent or very good while 14% reported fair or poor (2008 Behavioral Risk Factor Surveillance).

2009 Findings

- Fifty-seven percent of respondents said their own health, generally speaking, was either excellent (10%) or very good (47%). A total of 17% reported their health was fair or poor.



- Respondents with some post high school education were more likely to report fair or poor health (23%) compared to those with a high school education or less (18%) or respondents with a college education (7%).
- Thirty-two percent of respondents in the bottom 40 percent household income bracket reported their health was fair or poor compared to 14% of those in the top 40 percent income bracket or 11% of respondents in the middle 20 percent household income bracket.
- Unmarried respondents were more likely to report their health was fair or poor compared to married respondents (22% and 13%, respectively).
- Overweight respondents were more likely to report fair or poor health (21%) compared to respondents who were not overweight (12%).

- Forty-five percent of inactive respondents reported their health was fair or poor compared to 20% of those who did an insufficient amount of physical activity or 7% of respondents who met the recommended amount of physical activity.
- Smokers were more likely to report fair or poor health (27%) compared to nonsmokers (14%).

Year Comparisons

- From 2003 to 2009, 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, female respondents were more likely to report fair or poor health. In 2009, gender was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of female respondents reporting fair or poor health.
- In 2003, respondents 55 to 64 years old were more likely to report fair or poor conditions. In 2006, respondents 35 to 44 years old were more likely to report fair or poor conditions. In 2009, age was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents 18 to 34 years old reporting fair or poor health.
- In 2003, respondents with a high school education or less were more likely to report fair or poor health. In 2006, respondents with some post high school education or less were more likely to report fair or poor health. In 2009, respondents with some post high school education were more likely to report fair or poor health. From 2003 to 2009, there was a noted increase in the percent of respondents with some post high school education reporting fair or poor health.
- In 2006, respondents who were in the bottom 40 percent household income bracket or top 40 percent household income bracket were more likely to report fair or poor health. In 2009, respondents in the bottom 40 percent household income bracket were more likely to report fair or poor health. In 2003, household income was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket reporting fair or poor health.
- In 2009, unmarried respondents were more likely to report fair or poor conditions, with a noted increase since 2003. In all other study years, marital status was not a significant variable.
- In 2003 and 2009, overweight respondents were more likely to report fair or poor health. In 2006, overweight status was not a significant variable.
- In 2006, respondents who were inactive or did an insufficient amount of physical activity were more likely to report fair or poor health. In 2009, inactive respondents were more likely to report fair or poor health. From 2006 to 2009, there was a noted increase in the percent of inactive respondents reporting fair or poor health.
- In 2003 and 2009, smokers were more likely to report fair or poor conditions. 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	2006	2009
TOTAL	13%	17%	17%
Gender ^{1,2}			
Male	17	13	18
Female ^a	10	21	17
Age ^{1,2}			
18 to 34 ^a	5	3	21
35 to 44	7	27	11
45 to 54	17	21	18
55 to 64	24	20	15
65 and Older	19	22	18
Education ^{1,2,3}			
High School or Less	19	20	18
Some Post High School ^a	11	22	23
College Graduate	4	8	7
Household Income ^{2,3}			
Bottom 40 Percent Bracket ^a	16	18	32
Middle 20 Percent Bracket	15	7	11
Top 40 Percent Bracket	8	19	14
Marital Status ³			
Married	13	15	13
Not Married ^a	13	19	22
Overweight Status ^{1,3}			
Not Overweight	8	12	12
Overweight	15	19	21
Physical Activity ^{2,3}			
Inactive ^b	--	22	45
Insufficient	--	25	20
Recommended	--	10	7
Smoking Status ^{1,3}			
Nonsmoker	10	15	14
Smoker	22	22	27

^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

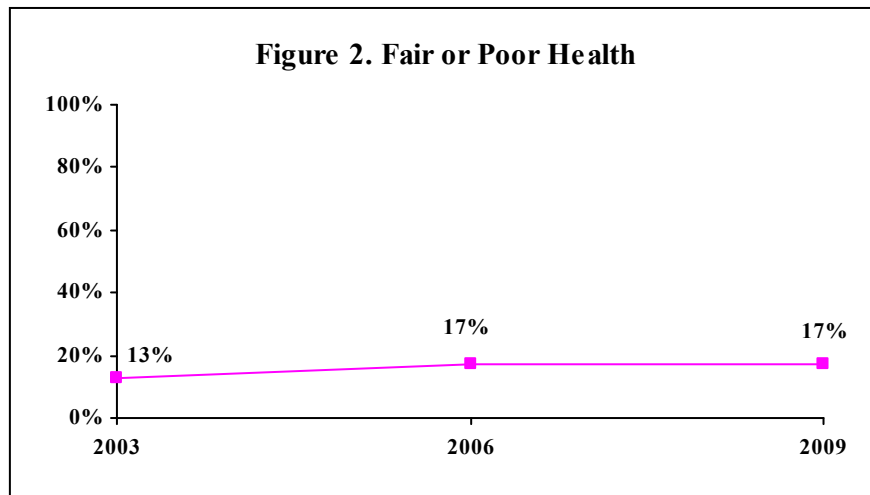
²demographic difference at $p \leq 0.05$ in 2006

³demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 2003 to 2009

^byear difference at $p \leq 0.05$ from 2006 to 2009

- From 2003 to 2009, 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 - 7)

KEY FINDINGS: In 2009, 9% 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, who were in the bottom 60 percent household income bracket or unmarried were more likely to report this. Twelve 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, 45 to 54 years old, with a high school education or less, who were in the bottom 60 percent household income bracket or unmarried were more likely to report this. Thirteen percent of respondents 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 60 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 65 and older, in the top 60 percent household income bracket or married were more likely to report this. Thirty-seven percent of respondents had an advance care plan; respondents who were 65 and older or in the bottom 40 percent household income bracket were more likely to report this.

From 2003 to 2009, the overall percent statistically remained the same for respondents 18 and older or for respondents 18 to 64 years old who reported no current personal health care insurance. From 2003 to 2009, the overall percent statistically remained the same for respondents who reported someone in the household was not covered at least part of the time in the past 12 months. From 2006 to 2009, there was a statistical increase 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 2009, there was a statistical increase in the overall percent of respondents having an advance care plan.

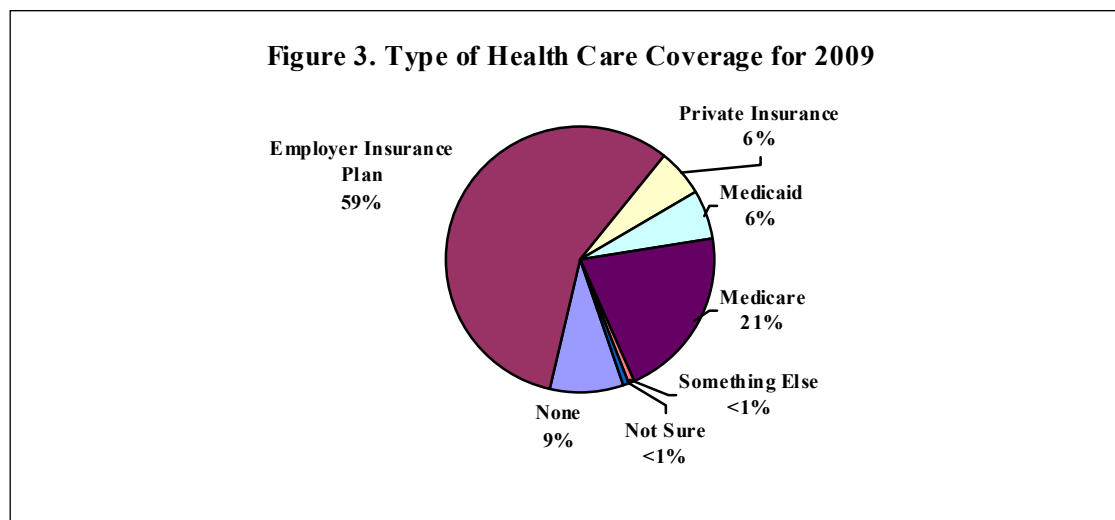
Personally Not Covered Currently

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 2008, 10% of all Wisconsin respondents reported they personally did not have health care coverage. Fifteen percent of U.S. respondents reported this. Twelve percent of Wisconsin respondents 18 to 64 years old did not have health care coverage while 17% of U.S. respondents 18 to 64 years old reported this (2008 Behavioral Risk Factor Surveillance).

2009 Findings

- Nine percent of respondents reported they were not currently covered by any health care insurance. Fifty-nine percent reported they were covered by an employer sponsored insurance plan. Six percent reported private insurance bought directly from an insurance agent/company. Six percent reported Medicaid, including medical assistance, Title 19 or Badger Care, while 21% reported Medicare.



- Male respondents were more likely to report no current personal health care insurance (12%) compared to female respondents (5%).
- Twenty percent of respondents 18 to 34 years old reported no personal health care coverage compared to 4% of those 55 to 64 years old or 0% of respondents 65 and older.
- Respondents with a high school education or less were more likely to report no personal health care coverage (15%) compared to those with some post high school education (5%) or respondents with a college education (4%).
- Thirteen percent of respondents in the middle 20 percent household income bracket and 11% of those in the bottom 40 percent income bracket reported no current personal health care coverage compared to 2% of respondents in the top 40 percent household income bracket.
- Nineteen percent of unmarried respondents reported no personal health care coverage compared to less than one percent of married respondents.

Year Comparisons

- From 2003 to 2009, the overall percent statistically remained the same for respondents 18 and older or for respondents 18 to 64 years old who reported no current personal health care insurance.
- In 2006 and 2009, male respondents were more likely to report no current personal health care insurance. In 2003, gender was not a significant variable.
- In 2006, respondents 35 to 44 years old were more likely to report no health insurance. In 2009, respondents 18 to 34 years old were more likely to report no health insurance. In 2003, age was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents 18 to 34 years old reporting no personal health care coverage.
- In 2009, respondents with a high school education or less were more likely to report no personal health care coverage, with a noted increase since 2003. In all other study years, education was not a significant variable.
- In 2006, respondents in the bottom 40 percent household income bracket were more likely to report no personal health care coverage. In 2009, respondents in the bottom 60 percent household income bracket were more likely to report no health insurance. In 2003, household income was not a significant variable.
- In 2006 and 2009, unmarried respondents were more likely to report no personal health care coverage. In 2003, marital status was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of married respondents and a noted increase in the percent of unmarried respondents reporting no personal health care coverage.

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

	2003	2006	2009
TOTAL			
All Respondents	6%	9%	9%
Respondents 18 to 64 Years Old	8	11	11
Gender ^{2,3}			
Male	7	14	12
Female	6	5	5
Age ^{2,3}			
18 to 34 ^a	10	11	20
35 to 44	9	15	5
45 to 54	7	10	7
55 to 64	4	4	4
65 and Older	1	0	0
Education ³			
High School or Less ^a	4	11	15
Some Post High School	9	6	5
College Graduate	6	7	4
Household Income ^{2,3}			
Bottom 40 Percent Bracket	7	14	11
Middle 20 Percent Bracket	8	4	13
Top 40 Percent Bracket	3	0	2
Marital Status ^{2,3}			
Married ^a	5	2	<1
Not Married ^a	9	16	19

^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

³demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 2003 to 2009

Personally Not Covered in the Past 12 Months

2009 Findings

- Twelve percent of respondents reported they were not covered by health insurance at least part of the time in the past 12 months.
- Twenty percent of respondents 18 to 34 years old and 18% of those 45 to 54 years old reported they were not covered compared to 1% of respondents 65 and older.
- Twenty-one percent of respondents with a high school education or less reported no coverage compared to 6% of those with some post high school education or 5% of respondents with a college education.

- Sixteen percent of respondents in the bottom 40 percent household income bracket and 14% of those in the middle 20 percent income bracket reported no coverage compared to 2% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report no coverage compared to married respondents (25% and 2%, respectively).

Table 4. Personally Not Covered by Health Insurance in Past 12 Months by Demographic Variables for 2009^⓪

	2009
TOTAL	12%
Gender	
Male	15
Female	9
Age ¹	
18 to 34	20
35 to 44	9
45 to 54	18
55 to 64	7
65 and Older	1
Education ¹	
High School or Less	21
Some Post High School	6
College Graduate	5
Household Income ¹	
Bottom 40 Percent Bracket	16
Middle 20 Percent Bracket	14
Top 40 Percent Bracket	2
Marital Status ¹	
Married	2
Not Married	25

^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 2009

Someone in Household Not Covered in the Past 12 Months

2009 Findings

- Thirteen percent of all respondents indicated someone in their household was not covered by insurance at least part of the time in the past 12 months.
- Seventeen percent of respondents in the middle 20 percent household income bracket and 16% of those in the bottom 40 percent income bracket reported someone in their household was not covered in the past 12 months compared to 2% of respondents in the top 40 percent household income bracket.

- Unmarried respondents were more likely to report someone in their household was not covered compared to married respondents (25% and 4%, respectively).

Year Comparisons

- From 2003 to 2009, the overall percent statistically remained the same for respondents who reported someone in their household was not covered at least part of the time in the past 12 months.
- In 2006, respondents in the bottom 40 percent household income bracket were more likely to report someone in their household was not covered in the past 12 months. In 2009, respondents in the bottom 60 percent household income bracket were more likely to report someone in their household was not covered in the past 12 months. In 2003, household income was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting someone in their household was not covered in the past 12 months.
- In 2006 and 2009, unmarried respondents were more likely to report someone in their household was not covered in the past 12 months. In 2003, marital status was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of married respondents reporting someone in their household was not covered in the past 12 months.

Table 5. Someone in Household Not Covered by Health Insurance in Past 12 Months by Demographic Variables for Each Survey Year^⓪

	2003	2006	2009
TOTAL	15%	20%	13%
Household Income ^{2,3}			
Bottom 40 Percent Bracket	18	32	16
Middle 20 Percent Bracket	18	10	17
Top 40 Percent Bracket ^a	9	4	2
Marital Status ^{2,3}			
Married ^a	12	9	4
Not Married	19	32	25

^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

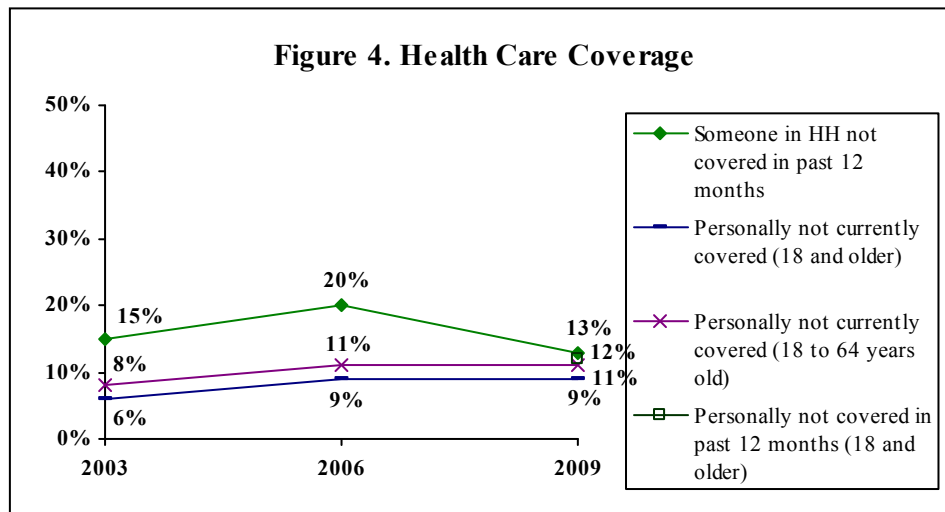
³demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 2003 to 2009

Health Care Coverage Overall

Year Comparisons

- From 2003 to 2009, the overall percent statistically remained the same for respondents 18 and older or for respondents 18 to 64 years old who reported no current personal health care insurance. From 2003 to 2009, the overall percent statistically remained the same for respondents who reported someone in the household was not covered at least part of the time in the past 12 months.



Primary Health Care Services

2009 Findings

- Eighty-seven 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 urgent care while 2% each reported public health clinic/community health center, hospital outpatient department or hospital emergency room.
- Ninety-six percent of respondents 65 and older reported a doctor's or nurse practitioner's office compared to 82% of those 18 to 34 years old or 78% of respondents 45 to 54 years old.
- Ninety-two percent of respondents in the top 60 percent household income bracket reported a doctor's or nurse practitioner's office compared to 82% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report a doctor's or nurse practitioner's office compared to unmarried respondents (93% and 79%, respectively).

Year Comparisons

- From 2006 to 2009, there was a statistical increase in the overall percent of respondents reporting their primary place for health services was from a doctor's or nurse practitioner's office.

- In 2006, female respondents were more likely to report a doctor's or nurse practitioner's office. In 2009, gender was not a significant variable. From 2006 to 2009, there was a noted increase in the percent of male respondents reporting a doctor's or nurse practitioner's office.
- In 2006, respondents 55 and older were more likely to report a doctor's or nurse practitioner's office. In 2009, respondents 65 and older were more likely to report a doctor's or nurse practitioner's office. From 2006 to 2009, there was a noted increase in the percent of respondents 18 to 44 years old reporting a doctor's or nurse practitioner's office.
- In 2006, respondents with some post high school education were more likely to report a doctor's or nurse practitioner's office. In 2009, education was not a significant variable. From 2006 to 2009, there was a noted increase in the percent of respondents with a high school education or less reporting a doctor's or nurse practitioner's office.
- In 2009, respondents in the top 60 percent household income bracket were more likely to report a doctor's or nurse practitioner's office. In 2006, household income was not a significant variable. From 2006 to 2009, there was a noted increase in the percent of respondents in the middle 20 percent household income bracket reporting a doctor's or nurse practitioner's office.
- In 2009, married respondents were more likely to report a doctor's or nurse practitioner's office, with a noted increase since 2006. In 2006, marital status was not a significant variable.

Table 6. Doctor's or Nurse Practitioner's Office as Primary Health Care Service by Demographic Variables for Each Survey Year^⓪

	2006	2009
TOTAL ^a	79%	87%
Gender ¹		
Male ^a	69	84
Female	88	89
Age ^{1,2}		
18 to 34 ^a	63	82
35 to 44 ^a	78	92
45 to 54	81	78
55 to 64	91	87
65 and Older	91	96
Education ¹		
High School or Less ^a	68	85
Some Post High School	92	89
College Graduate	83	88
Household Income ²		
Bottom 40 Percent Bracket	75	82
Middle 20 Percent Bracket ^a	76	92
Top 40 Percent Bracket	84	92
Marital Status ²		
Married ^a	80	93
Not Married	77	79

^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 2006

²demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2006 to 2009

Advance Care Plan

2009 Findings

- Thirty-seven 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.
- Seventy-seven percent of respondents 65 and older reported they had an advance care plan compared to 27% of those 45 to 54 years old or 10% of respondents 18 to 34 years old.
- Forty-three percent of respondents in the bottom 40 percent household income bracket reported they had an advance care plan compared to 27% of those in the top 40 percent income bracket or 24% of respondents in the middle 20 percent household income bracket.

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents having an advance care plan.
- Gender was not a significant variable in any study year. From 2003 to 2009, there was a noted increase across gender reporting an advance care plan.
- In all study years, respondents 65 and older were more likely to report having an advance care plan. From 2003 to 2009, there was a noted increase in the percent of respondents 65 and older reporting an advance care plan.
- In 2006, respondents with a high school education or less were more likely to report having an advance care plan. In all other study years, education was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents with a high school education or less reporting an advance care plan.
- In 2006 and 2009, respondents in the bottom 40 percent household income bracket were more likely to report having an advance care plan. In 2003, household income was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket reporting an advance care plan.
- Marital status was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of married respondents reporting an advance care plan.

Table 7. Advance Care Plan by Demographic Variables for Each Survey Year^{①,②}

	2003	2006	2009
TOTAL ^a	27%	33%	37%
Gender			
Male ^a	25	31	35
Female ^a	29	35	39
Age ^{1,2,3}			
18 to 34	14	10	10
35 to 44	23	15	33
45 to 54	24	34	27
55 to 64	36	43	51
65 and Older ^a	46	77	77
Education ²			
High School or Less ^a	28	40	42
Some Post High School	28	25	36
College Graduate	26	31	30
Household Income ^{2,3}			
Bottom 40 Percent Bracket ^a	25	37	43
Middle 20 Percent Bracket	30	20	24
Top 40 Percent Bracket	25	27	27
Marital Status			
Married ^a	26	29	36
Not Married	29	38	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.

^②In 2006, “living will or health care power of attorney” was added.

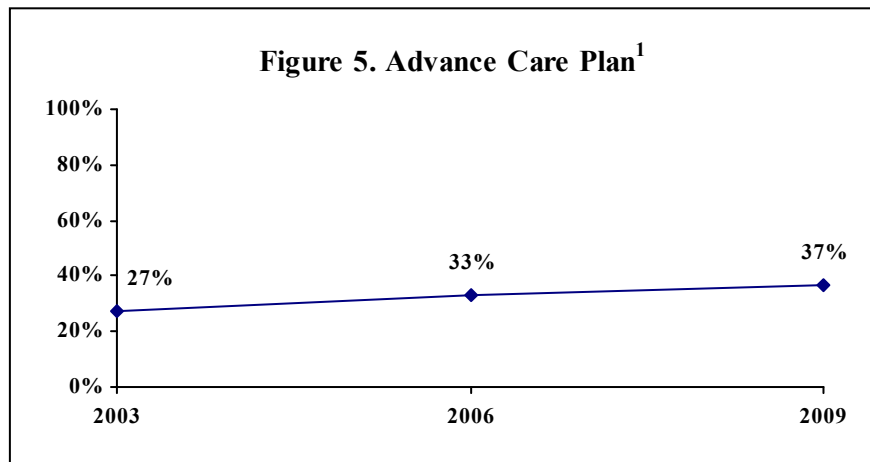
¹demographic difference at $p \leq 0.05$ in 2003

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

³demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 2003 to 2009

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents having an advance care plan.



¹In 2006, “living will or health care power of attorney” was added.

Routine Procedures (Figure 6; Tables 8 - 11)

KEY FINDINGS: In 2009, 73% of respondents reported a routine medical checkup two years ago or less while 75% reported a cholesterol test four years ago or less. Sixty-nine percent of respondents reported a visit to the dentist in the past year while 50% reported an eye exam in the past year. Respondents who were female, 65 and older or in the bottom 40 percent household income bracket were more likely to report a routine checkup two years ago or less. Respondents who were female, 55 and older or married 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, in the top 40 percent household income bracket or married were more likely to report an eye exam in the past year.

From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who reported a routine checkup two years ago or less. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported a cholesterol test four years ago or less, a dental checkup in the past year or an eye exam in the past year.

Routine Checkup

In 2000, 65% 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).

2009 Findings

- Seventy-three percent of respondents reported they had a routine checkup in the past two years.

- Female respondents were more likely to report a routine checkup in the past two years (85%) compared to male respondents (61%).
- Respondents 65 and older were more likely to report a routine checkup in the past two years (93%) compared to those 45 to 54 years old (67%) or respondents 18 to 34 years old (58%).
- Eighty-two percent of respondents in the bottom 40 percent household income bracket reported a routine checkup in the past two years compared to 76% of those in the middle 20 percent income bracket or 66% of respondents in the top 40 percent household income bracket.

Year Comparisons

- From 2003 to 2009, there was a statistical decrease in the overall percent of respondents reporting a routine checkup two years ago or less.
- In 2003 and 2009, female respondents were more likely to report a routine checkup two years ago or less. In 2006, gender was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of male respondents reporting a routine checkup two years ago or less.
- In 2003, respondents 55 and older were more likely to report a routine checkup two years ago or less. In 2006 and 2009, respondents 65 and older were more likely to report a routine checkup two years ago or less. From 2003 to 2009, there was a noted decrease in the percent of respondents 18 to 34 years old reporting a routine checkup two years ago or less.
- In 2006, respondents with some post high school education were more likely to report a routine checkup two years ago or less. In all other study years, education was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents with some post high school education or less reporting a routine checkup two years ago or less.
- In 2006, respondents in the top 40 percent household income bracket were more likely to report a routine checkup two years ago or less. In 2009, respondents in the bottom 40 percent household income bracket were more likely to report a routine checkup two years ago or less. In 2003, household income was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting a routine checkup two years ago or less.
- Marital status was not a significant variable in any study year. From 2003 to 2009, there was a noted decrease in the percent of respondents across marital status reporting a routine checkup two years ago or less.

Table 8. Routine Checkup Two Years Ago or Less by Demographic Variables for Each Survey Year^①

	2003	2006	2009
TOTAL ^a	83%	83%	73%
Gender ^{1,3}			
Male ^a	75	80	61
Female	89	86	85
Age ^{1,2,3}			
18 to 34 ^a	74	75	58
35 to 44	78	84	71
45 to 54	79	79	67
55 to 64	96	87	89
65 and Older	95	94	93
Education ²			
High School or Less ^a	86	76	74
Some Post High School ^a	83	95	69
College Graduate	77	83	77
Household Income ^{2,3}			
Bottom 40 Percent Bracket	83	84	82
Middle 20 Percent Bracket	86	69	76
Top 40 Percent Bracket ^a	79	92	66
Marital Status			
Married ^a	84	80	75
Not Married ^a	81	87	71

^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

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Cholesterol Test

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

In 2007, 77% of Wisconsin respondents and 75% of U.S. respondents reported they had their cholesterol checked within the past five years (2007 Behavioral Risk Factor Surveillance).

2009 Findings

- Seventy-five percent of respondents reported having their cholesterol tested four years ago or less. Four percent reported five or more years ago while 16% reported never having their cholesterol tested.

- Female respondents were more likely to report a cholesterol test four years ago or less (81%) compared to male respondents (69%).
- Ninety-three percent of respondents 55 and older reported a cholesterol test four years ago or less compared to 76% of those 35 to 44 years old or 52% of respondents 18 to 34 years old.
- Married respondents were more likely to report a cholesterol test four years ago or less compared to unmarried respondents (79% and 70%, respectively).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported a cholesterol test four years ago or less.
- In 2009, female respondents were more likely to report a cholesterol test four years ago or less. In all other study years, gender was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of male respondents reporting a cholesterol test four years ago or less.
- In 2003 and 2009, respondents 55 and older were more likely to report a cholesterol test four years ago or less. In 2006, respondents 65 and older were more likely to report a cholesterol test four years ago or less.
- In 2003, respondents with a high school education or less or with a college education were more likely to report a cholesterol test four years ago or less. In 2006, respondents with some post high school education were more likely to report a cholesterol test four years ago or less. In 2009, education was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents with a high school education or less reporting a cholesterol test four years ago or less.
- In 2006, respondents in the top 40 percent household income bracket were more likely to report a cholesterol test four years ago or less. In all other study years, household income was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents in the bottom 40 percent household income bracket reporting a cholesterol test four years ago or less.
- In 2003 and 2009, married respondents were more likely to report a cholesterol test four years ago or less. In 2006, marital status was not a significant variable.

Table 9. Cholesterol Test Four Years Ago or Less by Demographic Variables for Each Survey Year^⓪

	2003	2006	2009
TOTAL	77%	76%	75%
Gender ³			
Male ^a	79	76	69
Female	76	76	81
Age ^{1,2,3}			
18 to 34	53	49	52
35 to 44	74	85	76
45 to 54	86	79	82
55 to 64	94	89	93
65 and Older	94	93	93
Education ^{1,2}			
High School or Less ^a	81	69	71
Some Post High School	69	83	79
College Graduate	82	79	77
Household Income ²			
Bottom 40 Percent Bracket ^a	84	71	69
Middle 20 Percent Bracket	74	68	78
Top 40 Percent Bracket	78	93	77
Marital Status ^{1,3}			
Married	81	75	79
Not Married	71	76	70

^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

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

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 2008, 73% of Wisconsin respondents and 71% of U.S. respondents reported they visited the dentist or dental clinic within the past year for any reason (2008 Behavioral Risk Factor Surveillance).

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.

2009 Findings

- Sixty-nine percent of respondents reported a dental visit in the past year. An additional 15% had a visit in the past one to two years.
- Respondents with a college education were more likely to report a dental checkup in the past year (82%) compared to those with some post high school education (76%) or respondents with a high school education or less (56%).
- Eighty-two percent of respondents in the top 40 percent household income bracket reported a dental checkup in the past year compared to 63% of those in the middle 20 percent income bracket or 54% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report a dental checkup in the past year compared to unmarried respondents (79% and 56%, respectively).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a dental checkup in the past year.
- Gender was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of female respondents reporting a dental checkup in the past year.
- In 2003, respondents 35 to 44 years old were more likely to report a dental checkup. In all other study years, age was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents 65 and older reporting a dental checkup in the past year.
- In 2003, respondents with some post high school education were more likely to report a dental checkup. In 2006, respondents with at least some post high school education were more likely to report a dental checkup. In 2009, respondents with a college education were more likely to report a dental checkup. From 2003 to 2009, there was a noted increase in the percent of respondents with a college education reporting a dental checkup in the past year.
- In all study years, respondents in the top 40 percent household income bracket were more likely to report a dental checkup.
- In all study years, married respondents were more likely to report a dental checkup. From 2003 to 2009, there was a noted increase in the percent of married respondents reporting a dental checkup in the past year.

Table 10. Dental Checkup Less than One Year Ago by Demographic Variables for Each Survey Year^⓪

	2003	2006	2009
TOTAL	63%	65%	69%
Gender			
Male	63	62	65
Female ^a	63	67	73
Age ¹			
18 to 34	55	64	60
35 to 44	74	56	78
45 to 54	67	72	70
55 to 64	66	73	76
65 and Older ^a	51	64	68
Education ^{1,2,3}			
High School or Less	53	52	56
Some Post High School	75	73	76
College Graduate ^a	67	74	82
Household Income ^{1,2,3}			
Bottom 40 Percent Bracket	45	49	54
Middle 20 Percent Bracket	68	70	63
Top 40 Percent Bracket	72	84	82
Marital Status ^{1,2,3}			
Married ^a	70	70	79
Not Married	53	59	56

^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

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Eye Exam

2009 Findings

- Fifty percent of respondents had an eye exam in the past year while 30% reported one to two years ago. Three percent reported never.
- Female respondents were more likely to report an eye exam in the past year (55%) compared to male respondents (45%).
- Sixty-three percent of respondents in the top 40 percent household income bracket reported an eye exam in the past year compared to 42% of those in the bottom 40 percent income bracket or 40% of respondents in the middle 20 percent household income bracket.

- Married respondents were more likely to report an eye exam in the past year compared to unmarried respondents (60% and 37%, respectively).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported an eye exam less than a year ago.
- In 2003 and 2009, female respondents were more likely to report an eye exam less than a year ago. In 2006, gender was not a significant variable.
- In 2003 and 2006, respondents 65 and older were more likely to report an eye exam less than a year ago. In 2009, age was not a significant variable.
- In 2006 and 2009, respondents in the top 40 percent household income bracket were more likely to report an eye exam less than a year ago. In 2003, household income was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting an eye exam less than a year ago.
- In 2003, unmarried respondents were more likely to report an eye exam less than a year ago. In 2009, married respondents were more likely to report an eye exam less than a year ago. In 2006, marital status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of married respondents and a noted decrease in the percent of unmarried respondents reporting an eye exam less than a year ago.

Table 11. Eye Exam Less than One Year Ago by Demographic Variables for Each Survey Year^①

	2003	2006	2009
TOTAL	48%	47%	50%
Gender ^{1,3}			
Male	41	47	45
Female	54	46	55
Age ^{1,2}			
18 to 34	49	48	46
35 to 44	38	36	46
45 to 54	40	31	52
55 to 64	46	48	54
65 and Older	68	68	54
Education			
High School or Less	52	45	48
Some Post High School	48	48	55
College Graduate	42	48	48
Household Income ^{2,3}			
Bottom 40 Percent Bracket	51	45	42
Middle 20 Percent Bracket	48	34	40
Top 40 Percent Bracket ^a	42	64	63
Marital Status ^{1,3}			
Married ^a	43	49	60
Not Married ^a	58	45	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.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

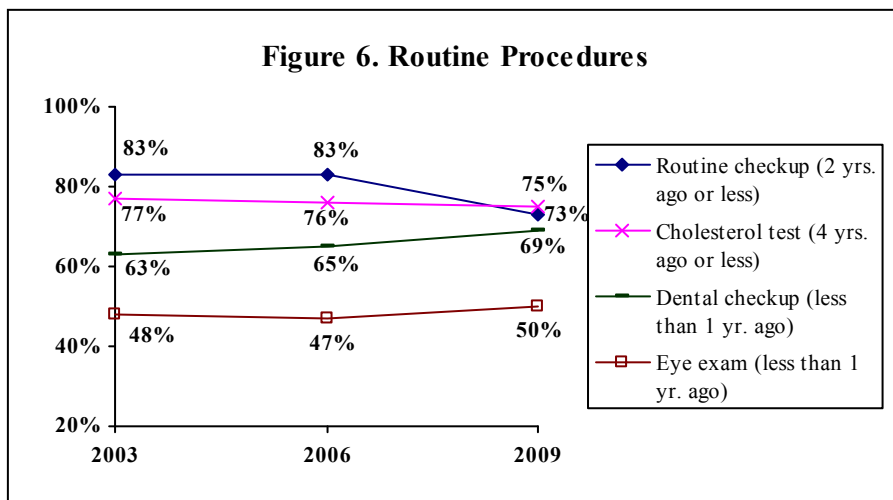
³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Routine Procedures Overall

Year Comparisons

- From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who reported a routine checkup two years ago or less. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported a cholesterol test four years ago or less, a dental checkup in the past year or an eye exam in the past year.



Vaccinations (Figure 7; Table 12)

KEY FINDINGS: In 2009, 46% 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-nine percent of respondents 65 and older had a pneumonia vaccination.

From 2003 to 2009, there was a statistical increase in the overall percent of respondents 18 and older who reported a flu vaccination in the past 12 months. From 2003 to 2009, there was no statistical change in the overall percent of respondents 65 and older who reported a flu vaccination in the past 12 months. From 2003 to 2009, there was a statistical increase in the overall percent of respondents 65 and older who had a pneumonia vaccination.

Flu Vaccination

The Healthy People 2010 goal for persons 65 and older having 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). In 2008, 73% of Wisconsin respondents and 71% of U.S. respondents 65 and older reported a flu vaccination (2008 Behavioral Risk Factor Surveillance).

2009 Findings

- Forty-six 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 (57%) compared to male respondents (34%).
- Seventy-seven percent of respondents 65 and older reported receiving a flu vaccination compared to 34% of those 18 to 34 years old or 26% of respondents 35 to 44 years old.

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents 18 and older who reported a flu vaccination in the past 12 months. From 2003 to 2009, there was no statistical change in the overall percent of respondents 65 and older who reported a flu vaccination in the past 12 months.
- In 2009, female respondents were more likely to report a flu vaccination, with a noted increase since 2003. In all other study years, gender was not a significant variable.
- In all study years, respondents 65 and older were more likely to report a flu vaccination. From 2003 to 2009, there was a noted increase in the percent of respondents 18 to 34 years old reporting a flu vaccination.
- Education was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents with a high school education or less or with a college education reporting a flu vaccination.
- In 2003 and 2006, respondents in the bottom 40 percent household income bracket were more likely to report a flu vaccination. In 2009, household income was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting a flu vaccination.
- In 2003, unmarried respondents were more likely to report a flu vaccination. In all other study years, marital status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of married respondents reporting a flu vaccination.

Table 12. Flu Vaccination by Demographic Variables for Each Survey Year^{①,②}

	2003	2006	2009
TOTAL ^a	34%	37%	46%
Gender ³			
Male	30	39	34
Female ^a	37	35	57
Age ^{1,2,3}			
18 to 34 ^a	14	26	34
35 to 44	20	25	26
45 to 54	29	25	43
55 to 64	52	46	61
65 and Older	70	70	77
Education			
High School or Less ^a	35	40	50
Some Post High School	36	40	39
College Graduate ^a	30	31	48
Household Income ^{1,2}			
Bottom 40 Percent Bracket	47	42	54
Middle 20 Percent Bracket	30	26	40
Top 40 Percent Bracket ^a	28	39	40
Marital Status ¹			
Married ^a	30	39	49
Not Married	41	36	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.

②In 2006, “nasal spray” was added.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Pneumonia Vaccination

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

In 2008, 70% of Wisconsin respondents and 67% of U.S. respondents 65 and older reported they received a pneumonia shot (2008 Behavioral Risk Factor Surveillance).

2009 Findings

- Seventy-nine percent of respondents 65 and older reported they received a pneumonia vaccination.

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

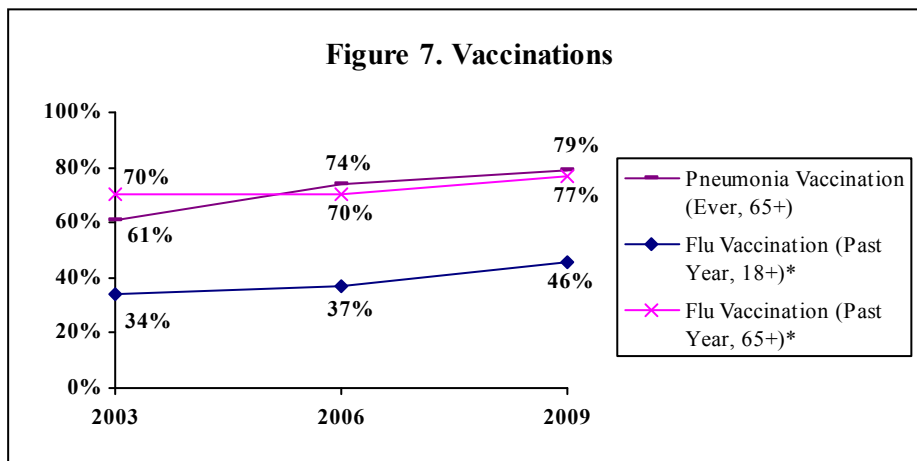
Year Comparisons

- From 2003 to 2009, 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 low percent of respondents who were asked this question each year.

Vaccinations Overall

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents 18 and older who reported a flu vaccination in the past 12 months. From 2003 to 2009, there was no statistical change in the overall percent of respondents 65 and older who reported a flu vaccination in the past 12 months. From 2003 to 2009, there was a statistical increase in the overall percent of respondents 65 and older who had a pneumonia vaccination.



*In 2006, “nasal spray” was added.

Prevalence of Select Health Conditions (Figures 8 & 9; Tables 13 - 18)

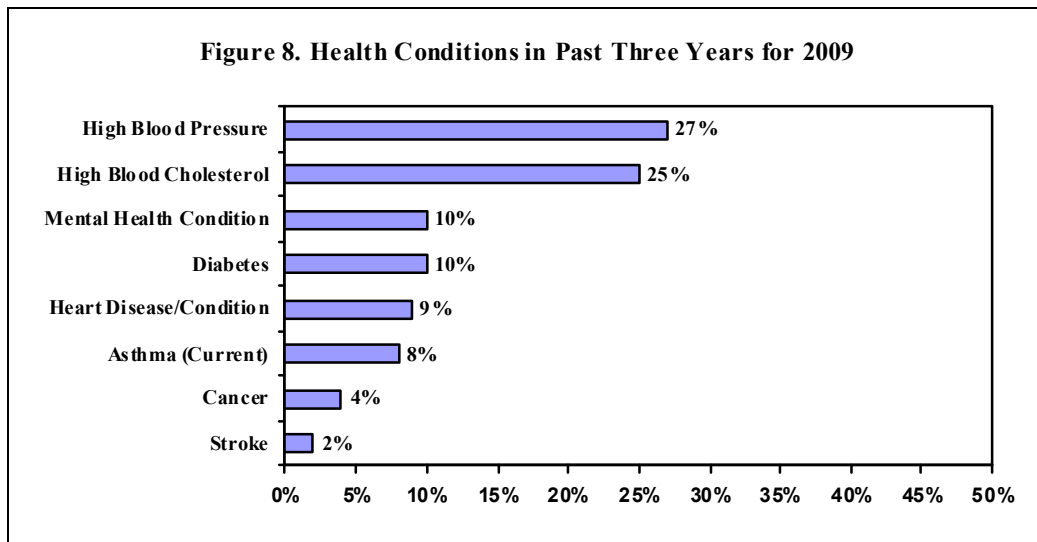
Respondents were asked a series of questions regarding if they had certain health conditions in the past three years. Current diagnosis of asthma was asked.

KEY FINDINGS: In 2009, out of eight health conditions listed, the two most often mentioned in the past three years were high blood pressure or high blood cholesterol (27% and 25%, respectively). Respondents who were 65 and older, in the bottom 40 percent household income bracket, overweight, inactive or nonsmokers were more likely to report high blood pressure. Respondents who were 65 and older or in the bottom 40 percent household income bracket were more likely to report high blood cholesterol. Respondents who were 65 and older, in the bottom 40 percent household income bracket or unmarried were more likely to report heart disease/condition. Respondents who were 55 and older, with a 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 2003 to 2009, there was no statistical change in the overall percent of respondents who reported high blood pressure, high blood cholesterol, heart disease/condition, diabetes, current asthma or stroke. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported a mental health condition, possibly the result of wording changes.

2009 Findings

- Respondents were more likely to report high blood pressure (27%), high blood cholesterol (25%), a mental health condition or diabetes (10% each) in the past three years.



High Blood Pressure

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

2009 Findings

- Twenty-seven percent of respondents reported high blood pressure in the past three years.
- Sixty-six percent of respondents 65 and older reported high blood pressure in the past three years compared to 16% of those 35 to 44 years old or 0% of respondents 18 to 34 years old.
- Forty-two percent of respondents in the bottom 40 percent household income bracket reported high blood pressure compared to 25% of those in the middle 20 percent income bracket or 13% of respondents in the top 40 percent household income bracket.
- Overweight respondents were more likely to report high blood pressure (33%) compared to respondents who were not overweight (16%).
- Forty-three percent of inactive respondents reported high blood pressure compared to 28% of those who did an insufficient amount of physical activity or 21% of respondents who met the recommended amount of physical activity.
- Nonsmokers were more likely to report high blood pressure compared to smokers (31% and 15%, respectively).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported high blood pressure.
- In all study years, respondents 65 and older were more likely to report high blood pressure.
- In 2003 and 2006, respondents with a high school education or less were more likely to report high blood pressure. In 2009, education was not a significant variable.
- In all study years, respondents in the bottom 40 percent household income bracket were more likely to report high blood pressure.
- In 2006, unmarried respondents were more likely to report high blood pressure. In all other study years, marital status was not a significant variable.
- In all study years, overweight respondents were more likely to report high blood pressure.
- In 2009, inactive respondents were more likely to report high blood pressure. In 2006, physical activity was not a significant variable.
- In 2009, nonsmokers were more likely to report high blood pressure. In all other study years, smoking status was not a significant variable.

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

	2003	2006	2009
TOTAL	24%	27%	27%
Gender			
Male	24	29	26
Female	23	25	28
Age ^{1,2,3}			
18 to 34	3	8	0
35 to 44	10	17	16
45 to 54	19	33	28
55 to 64	42	39	43
65 and Older	59	55	66
Education ^{1,2}			
High School or Less	36	36	32
Some Post High School	14	24	23
College Graduate	14	18	24
Household Income ^{1,2,3}			
Bottom 40 Percent Bracket	41	38	42
Middle 20 Percent Bracket	26	17	25
Top 40 Percent Bracket	9	23	13
Marital Status ²			
Married	21	21	24
Not Married	28	34	31
Overweight Status ^{1,2,3}			
Not Overweight	10	18	16
Overweight	31	31	33
Physical Activity ³			
Inactive	--	31	43
Insufficient	--	28	28
Recommended	--	25	21
Smoking Status ³			
Nonsmoker	24	28	31
Smoker	23	25	15

^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

³demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 2003 to 2009

^byear difference at $p \leq 0.05$ from 2006 to 2009

High Blood Cholesterol

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

2009 Findings

- Twenty-five percent of respondents reported high blood cholesterol in the past three years.
- Forty-seven percent of respondents 65 and older reported high blood cholesterol in the past three years compared to 19% of those 45 to 54 years old or 4% of respondents 18 to 34 years old.
- Thirty-one percent of respondents in the bottom 40 percent household income bracket reported high blood cholesterol compared to 19% of those in the top 40 percent income bracket or 17% of respondents in the middle 20 percent household income bracket.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported high blood cholesterol.
- In 2003 and 2009, respondents 65 and older were more likely to report high blood cholesterol. In 2006, respondents 55 and older were more likely to report high blood cholesterol. From 2003 to 2009, there was a noted increase in the percent of respondents 35 to 44 years old reporting high blood cholesterol.
- In 2006, respondents with a high school education or less were more likely to report high blood cholesterol. In all other study years, education was not a significant variable.
- In 2006 and 2009, respondents in the bottom 40 percent household income bracket were more likely to report high blood cholesterol. In 2003, household income was not a significant variable.
- In 2003, unmarried respondents were more likely to report high blood cholesterol. In all other study years, marital status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of married respondents reporting high blood cholesterol.
- In 2003 and 2006, overweight respondents were more likely to report high blood cholesterol. In 2009, overweight status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents who were not overweight reporting high blood cholesterol.
- In 2006, respondents who were inactive or did an insufficient amount of physical activity were more likely to report high blood cholesterol. In 2009, physical activity was not a significant variable.
- In 2003, nonsmokers were more likely to report high blood cholesterol. In all other study years, smoking status was not a significant variable.

Table 14. High Blood Cholesterol in Past Three Years by Demographic Variables for Each Survey Year^{①,②}

	2003	2006	2009
TOTAL	20%	26%	25%
Gender			
Male	19	27	23
Female	21	26	27
Age ^{1,2,3}			
18 to 34	10	7	4
35 to 44 ^a	10	16	28
45 to 54	17	28	19
55 to 64	30	48	43
65 and Older	38	48	47
Education ²			
High School or Less	22	33	30
Some Post High School	17	25	20
College Graduate	17	18	23
Household Income ^{2,3}			
Bottom 40 Percent Bracket	24	39	31
Middle 20 Percent Bracket	19	16	17
Top 40 Percent Bracket	14	19	19
Marital Status ¹			
Married ^a	16	22	28
Not Married	26	31	21
Overweight Status ^{1,2}			
Not Overweight ^a	10	13	20
Overweight	24	32	28
Physical Activity ²			
Inactive	--	34	33
Insufficient	--	31	27
Recommended	--	20	20
Smoking Status ¹			
Nonsmoker	22	25	27
Smoker	11	29	20

^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

³demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 2003 to 2009

^byear difference at $p \leq 0.05$ from 2006 to 2009

Heart Disease/Condition

2009 Findings

- Nine percent of respondents reported heart disease or condition in the past three years.
- Respondents 65 and older were more likely to report heart disease/condition (29%) compared to those who were 45 to 54 years old (3%) or respondents 18 to 34 years old (0%).
- Twenty percent of respondents in the bottom 40 percent household income bracket reported heart disease/condition compared to 5% of those in the top 40 percent income bracket or 3% of respondents in the middle 20 percent household income bracket.
- Unmarried respondents were more likely to report heart disease/condition compared to married respondents (14% and 6%, respectively).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported heart disease/condition.
- In 2003, male respondents were more likely to report heart disease/condition. In all other study years, gender was not a significant variable.
- In 2003 and 2009, respondents 65 and older were more likely to report heart disease/condition. In 2006, respondents 55 and older were more likely to report heart disease/condition. From 2003 to 2009, there was a noted decrease in the percent of respondents 18 to 34 years old reporting heart disease/condition.
- In 2009, respondents in the bottom 40 percent household income bracket were more likely to report heart disease/condition. In all other study years, household income was not a significant variable.
- In 2009, unmarried respondents were more likely to report heart disease/condition. In all other study years, marital status was not a significant variable.
- In 2006, inactive respondents were more likely to report heart disease/condition. In 2009, physical activity was not a significant variable.
- In 2006, nonsmokers were more likely to report heart disease/condition. In all other study years, smoking status was not a significant variable.

Table 15. Heart Disease/Condition in Past Three Years by Demographic Variables for Each Survey Year^{①,②}

	2003	2006	2009
TOTAL	10%	9%	9%
Gender ¹			
Male	14	9	8
Female	7	8	10
Age ^{1,2,3}			
18 to 34 ^a	4	<1	0
35 to 44	4	0	6
45 to 54	10	9	3
55 to 64	16	20	15
65 and Older	22	21	29
Education			
High School or Less	11	11	13
Some Post High School	10	9	7
College Graduate	10	4	6
Household Income ³			
Bottom 40 Percent Bracket	15	12	20
Middle 20 Percent Bracket	7	5	3
Top 40 Percent Bracket	11	7	5
Marital Status ³			
Married	8	8	6
Not Married	14	9	14
Overweight Status			
Not Overweight	9	8	10
Overweight	12	9	9
Physical Activity ²			
Inactive	--	18	12
Insufficient	--	9	9
Recommended	--	5	8
Smoking Status ²			
Nonsmoker	10	11	8
Smoker	12	4	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

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

^byear difference at p≤0.05 from 2006 to 2009

Mental Health Condition

2009 Findings

- Ten percent of respondents reported a mental health condition, such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post traumatic stress disorder or depression in the past three years.
- There were no statistically significant differences between demographic variables and responses of a mental health condition in the past three years.

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents reporting a mental health condition, possibly the result of adding the phrase “such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post traumatic stress disorder or depression” to the survey question.
- In 2006, female respondents were more likely to report a mental health condition. In all other study years, gender was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of female respondents reporting a mental health condition.
- Age was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents 35 to 44 years old reporting a mental health condition.
- Education was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents with a high school education or less or with a college education reporting a mental health condition.
- Household income was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents who were in the bottom 40 percent household income bracket or in the top 40 percent household income bracket reporting a mental health condition.
- Marital status was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents across marital status reporting a mental health condition.

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

	2003	2006	2009
TOTAL ^a	4%	6%	10%
Gender ²			
Male	4	2	8
Female ^a	3	9	13
Age			
18 to 34	5	6	11
35 to 44 ^a	3	7	13
45 to 54	5	6	9
55 to 64	4	7	13
65 and Older	1	2	8
Education			
High School or Less ^a	4	5	14
Some Post High School	4	8	7
College Graduate ^a	2	3	9
Household Income			
Bottom 40 Percent Bracket ^a	5	8	13
Middle 20 Percent Bracket	5	4	8
Top 40 Percent Bracket ^a	1	3	7
Marital Status			
Married ^a	3	5	8
Not Married ^a	5	6	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 2009, “such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post traumatic stress disorder or depression” was added.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Diabetes

2009 Findings

- Ten percent of respondents reported diabetes in the past three years.
- Seventeen percent of respondents 55 to 64 years old and 15% of those 65 and older reported diabetes in the past three years compared to 0% of respondents 18 to 34 years old.
- Fifteen percent of respondents with a high school education or less reported diabetes compared to 7% of those with a college education or 5% of respondents with some post high school education.

- Overweight respondents were more likely to report diabetes (13%) compared to respondents who were not overweight (3%).
- Inactive respondents were more likely to report diabetes (20%) compared to those who did an insufficient amount of physical activity (9%) or respondents who met the recommended amount of physical activity (6%).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported diabetes.
- In 2003 and 2009, respondents 55 and older were more likely to report diabetes. In 2006, respondents 65 and older were more likely to report diabetes. From 2003 to 2009, there was a noted increase in the percent of respondents 35 to 44 years old reporting diabetes.
- In 2009, respondents with a high school education or less were more likely to report diabetes, with a noted increase since 2003. In all other study years, education was not a significant variable.
- Household income was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting diabetes.
- In 2003, unmarried respondents were more likely to report diabetes. In all other study years, marital status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of married respondents reporting diabetes.
- In all study years, overweight respondents were more likely to report diabetes.
- In 2006 and 2009, inactive respondents were more likely to report diabetes.
- In 2006, nonsmokers were more likely to report diabetes. In all other study years, smoking status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of smokers reporting diabetes.

Table 17. Diabetes in Past Three Years by Demographic Variables for Each Survey Year^{①,②}

	2003	2006	2009
TOTAL	7%	8%	10%
Gender			
Male	8	9	9
Female	5	7	10
Age ^{1,2,3}			
18 to 34	0	0	0
35 to 44 ^a	2	1	13
45 to 54	3	6	11
55 to 64	16	11	17
65 and Older	18	26	15
Education ³			
High School or Less ^a	7	11	15
Some Post High School	6	6	5
College Graduate	5	6	7
Household Income			
Bottom 40 Percent Bracket	9	12	13
Middle 20 Percent Bracket	6	7	5
Top 40 Percent Bracket ^a	3	3	10
Marital Status ¹			
Married ^a	5	7	9
Not Married	10	9	10
Overweight Status ^{1,2,3}			
Not Overweight	1	2	3
Overweight	9	11	13
Physical Activity ^{2,3}			
Inactive	--	19	20
Insufficient	--	9	9
Recommended	--	4	6
Smoking Status ²			
Nonsmoker	8	10	10
Smoker ^a	3	3	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.

^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

³demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 2003 to 2009

^byear difference at $p \leq 0.05$ from 2006 to 2009

A1C Test

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

2009 Findings

- Sixty-six percent of the 39 respondents who reported being diagnosed with diabetes had an A1C test two or more times in the past year. Twenty-six percent reported one time while 5% reported zero times in the past year.
- Forty-four percent of the 34 respondents who had an A1C test in the past year had a level of less than seven at their last appointment. Twenty-four percent reported a level of seven or higher while 32% were not sure.
- Eighteen percent of the 34 respondents who had an A1C test in the past year had a LDL level of less than 100 at their last appointment. Twenty-one percent reported a level of 100 or higher while 62% were not sure.
- No demographic comparisons were conducted as a result of the low number of respondents answering the questions.

Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting an A1C test two or more times in the past 12 months (75% and 66%, respectively). From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting their A1C test was a level of less than seven at their last appointment (30% and 44%, respectively). From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting their LDL level was less than 100 at their last appointment (22% and 18%, respectively).
- No demographic comparisons were conducted between years as a result of the low number of respondents answering these questions.

Current Asthma

In 2008, 9% of Wisconsin respondents and 9% of U.S. respondents reported they were told they currently have asthma (2008 Behavioral Risk Factor Surveillance).

2009 Findings

- Eight percent of respondents reported they currently have asthma.
- Female respondents were more likely to report current asthma (13%) compared to male respondents (4%).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported current asthma.

- In 2003 and 2009, female respondents were more likely to report current asthma. In 2006, gender was not a significant variable.
- In 2006, respondents with a college education were more likely to report current asthma. In all other study years, education was not a significant variable.

Table 18. Current Asthma by Demographic Variables for Each Survey Year[ⓐ]

	2003	2006	2009
TOTAL	11%	11%	8%
Gender ^{1,3}			
Male	7	9	4
Female	15	12	13
Age			
18 to 34	17	17	12
35 to 44	9	6	5
45 to 54	13	7	5
55 to 64	10	15	11
65 and Older	10	10	9
Education ²			
High School or Less	12	7	6
Some Post High School	13	11	8
College Graduate	10	17	13
Household Income			
Bottom 40 Percent Bracket	16	14	10
Middle 20 Percent Bracket	12	7	13
Top 40 Percent Bracket	9	17	9
Marital Status			
Married	11	14	8
Not Married	12	8	8

[ⓐ]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 $p \leq 0.05$ in 2003

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

³demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 2003 to 2009

Written Asthma Action Plan

2009 Findings

- Of the 32 respondents who currently had asthma, 19% had a written asthma action plan.
- No demographic comparisons were conducted as a result of the low number of respondents answering this question.

Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of respondents who reported a written asthma action plan (20% and 19%, respectively).
- No demographic comparisons were conducted between years as a result of the low number of respondents answering this question in both study years.

Cancer

2009 Findings

- Four percent of respondents reported they had cancer in the past three years.
 - Melanoma/skin cancer was most often mentioned (5 responses) followed by thyroid cancer (3 responses). Two respondents each reported breast cancer or prostate cancer.

Stroke

2009 Findings

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

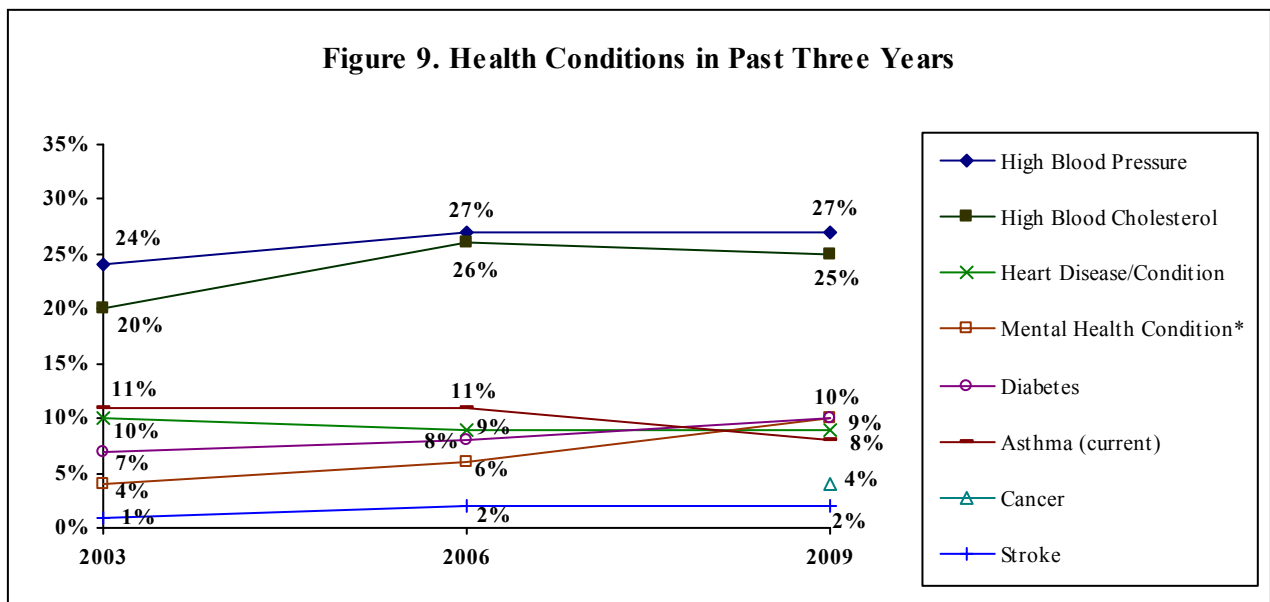
Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting a stroke.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting a stroke in all study years.

Health Conditions Overall

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported high blood pressure, high blood cholesterol, heart disease/condition, diabetes, current asthma or stroke. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported a mental health condition, possibly the result of wording changes.



*In 2009, the phrase “such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post traumatic stress disorder or depression” was added to mental health condition.

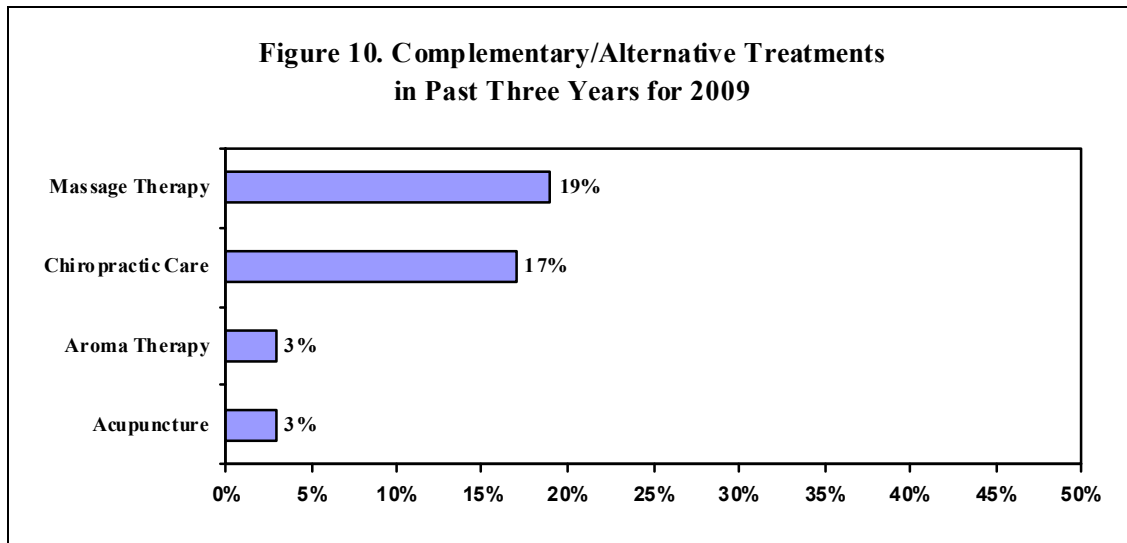
Prevalence of Select Complementary/Alternative Treatments (Figures 10 & 11; Tables 19 - 21)

KEY FINDINGS: In 2009, out of four complementary/alternative treatments listed, massage therapy or chiropractic care was the most often used in the past three years (19% and 17%, respectively). Respondents who were female, 35 to 54 years old or with a college education were more likely to report chiropractic care. Respondents who were female, 35 to 44 years old, with a college education or in the middle 20 percent household income bracket were more likely to report massage therapy.

From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting chiropractic care, aroma therapy or acupuncture. From 2003 to 2009, there was a statistical increase in the overall percent of respondents reporting massage therapy.

2009 Findings

- Respondents were more likely to have used massage therapy (19%) or chiropractic care (17%) in the past three years.



Chiropractic Care

2009 Findings

- Seventeen percent of respondents reported chiropractic care in the past three years.
- Female respondents were more likely to report chiropractic care in the past three years (21%) compared to male respondents (12%).
- Twenty-four percent of respondents 35 to 54 years old reported chiropractic care compared to 15% of those 55 to 64 years old or 7% of respondents 18 to 34 years old.
- Respondents with a college education were more likely to report chiropractic care (24%) compared to those with a high school education or less (16%) or respondents with some post high school education (11%).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting chiropractic care.
- In 2009, female respondents were more likely to report chiropractic care. In all other study years, gender was not a significant variable.
- In 2009, respondents 35 to 54 years old were more likely to report chiropractic care. In all other study years, age was not a significant variable.

- In 2006, respondents with some post high school education were more likely to report chiropractic care. In 2009, respondents with a college education were more likely to report chiropractic care. In 2003, education was not a significant variable.
- In 2006, respondents in the top 40 percent household income bracket were more likely to report chiropractic care. In all other study years, household income was not a significant variable.
- In 2006, married respondents were more likely to report chiropractic care. In all other study years, marital status was not a significant variable.

Table 19. Chiropractic Care in Past Three Years by Demographic Variables for Each Survey Year^①

	2003	2006	2009
TOTAL	15%	15%	17%
Gender ³			
Male	14	16	12
Female	16	13	21
Age ³			
18 to 34	15	14	7
35 to 44	20	16	24
45 to 54	15	15	24
55 to 64	8	15	15
65 and Older	13	15	16
Education ^{2,3}			
High School or Less	14	9	16
Some Post High School	14	24	11
College Graduate	17	14	24
Household Income ²			
Bottom 40 Percent Bracket	13	6	16
Middle 20 Percent Bracket	17	8	25
Top 40 Percent Bracket	15	31	18
Marital Status ²			
Married	14	21	17
Not Married	16	8	16

^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

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Massage Therapy

2009 Findings

- Nineteen percent of respondents reported massage therapy in the past three years.
- Female respondents were more likely to report massage therapy in the past three years (30%) compared to male respondents (6%).
- Twenty-eight percent of respondents 35 to 44 years old reported massage therapy compared to 16% of those 18 to 34 years old or 10% of respondents 65 and older.
- Thirty-two percent of respondents with a college education reported massage therapy compared to 13% of respondents with some post high school education or less.
- Thirty-three percent of respondents in the middle 20 percent household income bracket reported massage therapy compared to 23% of those in the top 40 percent income bracket or 9% of respondents in the bottom 40 percent household income bracket.

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported massage therapy.
- In 2009, female respondents were more likely to report massage therapy, with a noted increase since 2003. In all other study years, gender was not a significant variable.
- In 2009, respondents 35 to 44 years old were more likely to report massage therapy, with a noted increase since 2003. In all other study years, age was not a significant variable.
- In 2006, respondents with at least some post high school education were more likely to report massage therapy. In 2009, respondents with a college education were more likely to report massage therapy. In 2003, education was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents with a college education reporting massage therapy.
- In 2006, respondents in the top 40 percent household income bracket were more likely to report massage therapy. In 2009, respondents in the middle 20 percent household income bracket were more likely to report massage therapy. In 2003, household income was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents in the middle 20 percent household income bracket reporting massage therapy.
- Marital status was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of married respondents reporting massage therapy.

Table 20. Massage Therapy in Past Three Years by Demographic Variables for Each Survey Year^①

	2003	2006	2009
TOTAL ^a	12%	16%	19%
Gender ³			
Male	11	13	6
Female ^a	12	19	30
Age ³			
18 to 34	13	20	16
35 to 44 ^a	15	20	28
45 to 54	11	13	21
55 to 64	14	15	20
65 and Older	8	9	10
Education ^{2,3}			
High School or Less	11	5	13
Some Post High School	10	24	13
College Graduate ^a	15	24	32
Household Income ^{2,3}			
Bottom 40 Percent Bracket	10	14	9
Middle 20 Percent Bracket ^a	9	3	33
Top 40 Percent Bracket	17	25	23
Marital Status			
Married ^a	11	16	21
Not Married	14	16	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.

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

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

³demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 2003 to 2009

Aroma Therapy

2009 Findings

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

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported aroma therapy in the past three years.

- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting aroma therapy in 2006 and 2009.

Table 21. Aroma Therapy in Past Three Years by Demographic Variables for Each Survey Year^{①,②}

	2003	2006 ^③	2009 ^③
TOTAL	5%	3%	3%
Gender			
Male	3	--	--
Female	6	--	--
Age			
18 to 34	4	--	--
35 to 44	5	--	--
45 to 54	10	--	--
55 to 64	4	--	--
65 and Older	1	--	--
Education			
High School or Less	4	--	--
Some Post High School	6	--	--
College Graduate	4	--	--
Household Income			
Bottom 40 Percent Bracket	4	--	--
Middle 20 Percent Bracket	3	--	--
Top 40 Percent Bracket	7	--	--
Marital Status			
Married	5	--	--
Not Married	5	--	--

^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 2009, “using essential oils” was added.

^③Data 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

³demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 2003 to 2009

Acupuncture

2009 Findings

- Three percent of respondents reported they used acupuncture in the past three years.
- No demographic comparisons were conducted as a result of the low percent of respondents who reported they used acupuncture in the past three years.

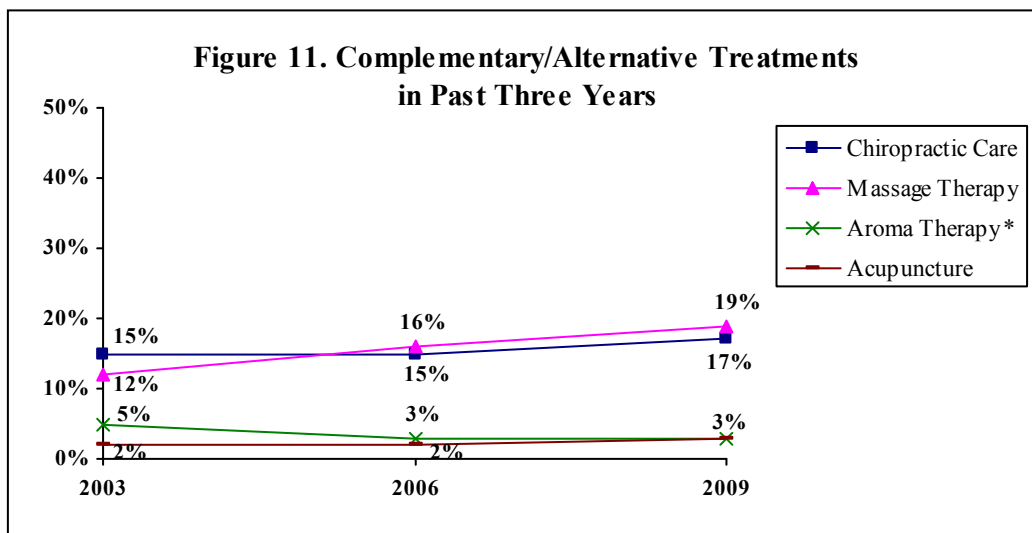
Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported acupuncture.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting they used acupuncture in all study years.

Complementary/Alternative Treatments Overall

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting chiropractic care, aroma therapy or acupuncture. From 2003 to 2009, there was a statistical increase in the overall percent of respondents reporting massage therapy.



*In 2009, “using essential oils” was added.

Physical Well Being and Body Weight (Figures 12 & 13; Tables 22 - 25)

KEY FINDINGS: In 2009, 35% of respondents did moderate physical activity five times a week for 30 minutes while 19% did vigorous activity three times a week for 20 minutes. Combined, 42% met the recommended amount of physical activity; respondents with a college education or who were not overweight were more likely to report this. Sixty-five percent of respondents were classified as overweight. Respondents who were male, 55 to 64 years old, in the top 40 percent household income bracket, married or inactive were more likely to be classified as overweight.

From 2003 to 2009, 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 2006 to 2009, there was a statistical decrease in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes or meeting the recommended amount of physical activity. From 2003 to 2009, there was no statistical change in the overall percent of respondents being overweight.

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).

2009 Findings

- Thirty-five percent of all respondents were classified as doing the recommended amount of moderate physical activity in a typical week. Fifty-two percent did some activity, but not to the extent of the recommendation, while 11% were classified as inactive.
- Respondents with a college education were more likely to meet the recommended amount of moderate physical activity (47%) compared to those with a high school education or less (32%) or respondents with some post high school education (27%).
- Forty-six percent of respondents who were not overweight met the recommended amount of moderate physical activity compared to 28% of overweight respondents.

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who did the recommended amount of moderate physical activity in a week.
- Gender was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of female respondents meeting the recommended amount of moderate physical activity.
- Age was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents 18 to 34 years old meeting the recommended amount of moderate physical activity.

- In 2009, respondents with a college education were more likely to meet the recommended amount of moderate physical activity, with a noted increase since 2003. In all other study years, education was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents with a high school education or less meeting the recommended amount of moderate physical activity.
- Household income was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents in the middle 20 percent household income bracket meeting the recommended amount of moderate physical activity.
- In 2006, married respondents were more likely to meet the recommended amount of moderate physical activity. In all other study years, marital status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of unmarried respondents meeting the recommended amount of physical activity.
- In 2006 and 2009, respondents who were not overweight were more likely to meet the recommended amount of moderate physical activity. In 2003, overweight status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents who were not overweight meeting the recommended amount of moderate physical activity.

Table 22. Recommended Moderate Physical Activity by Demographic Variables for Each Survey Year^{①,②}

	2003	2006	2009
TOTAL ^a	26%	38%	35%
Gender			
Male	28	39	32
Female ^a	25	37	37
Age			
18 to 34 ^a	24	41	39
35 to 44	30	38	41
45 to 54	31	43	32
55 to 64	32	39	32
65 and Older	19	28	28
Education ³			
High School or Less ^a	22	38	32
Some Post High School	26	42	27
College Graduate ^a	33	34	47
Household Income			
Bottom 40 Percent Bracket	21	39	33
Middle 20 Percent Bracket ^a	24	36	50
Top 40 Percent Bracket	31	32	35
Marital Status ²			
Married	26	46	32
Not Married ^a	26	29	39
Overweight Status ^{2,3}			
Not Overweight ^a	28	46	46
Overweight	26	34	28

^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 $p \leq 0.05$ in 2003

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

³demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 2003 to 2009

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 promoting the development and maintenance of cardio-respiratory fitness through vigorous physical activity three times a week for at least 20 minutes per occasion is 30%. (Objective 22-03)

In 2007, 32% of Wisconsin respondents and 28% of U.S. respondents did vigorous physical activity at least three times a week for 20 or more minutes (2007 Behavioral Risk Factor Surveillance).

2009 Findings

- Nineteen percent of respondents reported they did vigorous physical activity at least three times a week for 20 minutes or more. Twenty-six percent did some vigorous physical activity while 55% did not do any vigorous physical activity.
- Thirty-five percent of respondents 18 to 34 years old reported vigorous physical activity compared to 11% of those 65 and older or 8% of respondents 35 to 44 years old.
- Respondents with a college education were more likely to report vigorous physical activity (29%) compared to those with a high school education or less (18%) or respondents with some post high school education (10%).
- Respondents who were not overweight were more likely to report vigorous physical activity compared to overweight respondents (26% and 16%, respectively).

Year Comparisons

- From 2006 to 2009, there was a statistical decrease in the overall percent of respondents who did the recommended amount of vigorous physical activity in a week.
- Gender was not a significant variable in either study year. From 2006 to 2009, there was a noted decrease in the percent of male respondents meeting the recommended amount of vigorous physical activity.
- In 2006, respondents 18 to 44 years old were more likely to meet the recommended amount of vigorous physical activity. In 2009, respondents 18 to 34 years old were more likely to meet the recommended amount of vigorous physical activity. From 2006 to 2009, there was a noted decrease in the percent of respondents 35 to 44 years old meeting the recommended amount of vigorous physical activity.
- In both study years, respondents with a college education were more likely to meet the recommended amount of vigorous physical activity. From 2006 to 2009, there was a noted decrease in the percent of respondents with some post high school education meeting the recommended amount of vigorous physical activity.
- In 2006, respondents in the top 40 percent household income bracket were more likely to meet the recommended amount of vigorous physical activity. In 2009, household income was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket meeting the recommended amount of vigorous physical activity.

- Marital status was not a significant variable in either study year. From 2006 to 2009, there was a noted decrease in the percent of married respondents meeting the recommended amount of vigorous physical activity.
- In both study years, respondents who were not overweight were more likely to meet the recommended amount of vigorous physical activity.

Table 23. Recommended Vigorous Physical Activity by Demographic Variables for Each Survey Year^{①,②}

	2006	2009
TOTAL ^a	26%	19%
Gender		
Male ^a	28	18
Female	24	19
Age ^{1,2}		
18 to 34	36	35
35 to 44 ^a	40	8
45 to 54	12	12
55 to 64	17	23
65 and Older	12	11
Education ^{1,2}		
High School or Less	17	18
Some Post High School ^a	25	10
College Graduate	39	29
Household Income ¹		
Bottom 40 Percent Bracket	17	13
Middle 20 Percent Bracket	31	24
Top 40 Percent Bracket ^a	38	17
Marital Status		
Married ^a	28	16
Not Married	24	22
Overweight Status ^{1,2}		
Not Overweight	35	26
Overweight	22	16

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

¹demographic difference at p≤0.05 in 2006

²demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2006 to 2009

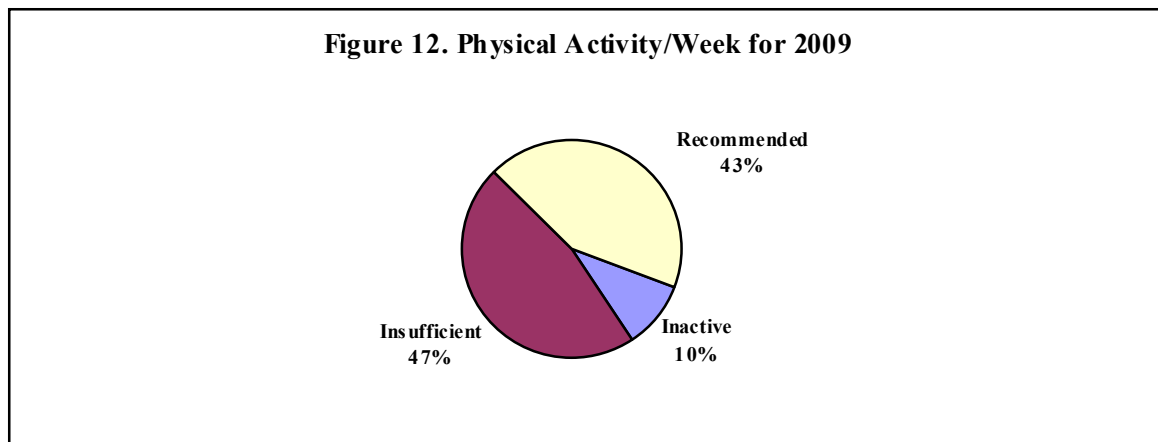
Combined Recommended Amount of Physical Activity in Typical Week

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 2007, 55% of Wisconsin respondents and 50% 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) (2007 Behavioral Risk Factor Surveillance).

2009 Findings

- Forty-three 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). Forty-seven percent did an insufficient amount of physical activity while 10% did no physical activity in a typical week.



- Respondents with a college education were more likely to meet the recommended amount of physical activity (52%) compared to those with a high school education or less (42%) or respondents with some post high school education (34%).
- Respondents who were not overweight were more likely to meet the recommended amount of physical activity (50%) compared to overweight respondents (38%).

Year Comparisons

- From 2006 to 2009, there was a statistical decrease in the overall percent of respondents who met the recommended amount of physical activity in a week.
- Gender was not a significant variable in either study year. From 2006 to 2009, there was a noted decrease in the percent of male respondents meeting the recommended amount of physical activity.

- In 2006, respondents 18 to 34 years old were more likely to meet the recommended amount of physical activity. In 2009, age was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of respondents 18 to 34 years old meeting the recommended amount of physical activity.
- In 2009, respondents with a college education were more likely to meet the recommended amount of physical activity. In 2006, education was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of respondents with some post high school education meeting the recommended amount of physical activity.
- Household income was not a significant variable in either study year. From 2006 to 2009, there was a noted decrease in the percent of respondents in the bottom 40 percent household income bracket meeting the recommended amount of physical activity.
- In 2006, married respondents were more likely to meet the recommended amount of physical activity. In 2009, marital status was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of married respondents meeting the recommended amount of physical activity.
- In both study years, respondents who were not overweight were more likely to meet the recommended amount of vigorous physical activity. From 2006 to 2009, there was a noted decrease in the percent of respondents who were not overweight meeting the recommended amount of physical activity.

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

	2006	2009
TOTAL ^a	53%	42%
Gender		
Male ^a	55	42
Female	51	43
Age ¹		
18 to 34 ^a	66	48
35 to 44	58	46
45 to 54	51	39
55 to 64	48	42
65 and Older	35	33
Education ²		
High School or Less	46	42
Some Post High School ^a	57	34
College Graduate	58	52
Household Income		
Bottom 40 Percent Bracket ^a	50	37
Middle 20 Percent Bracket	62	52
Top 40 Percent Bracket	49	39
Marital Status ¹		
Married ^a	58	39
Not Married	47	48
Overweight Status ^{1,2}		
Not Overweight ^a	69	50
Overweight	46	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.

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

¹demographic difference at p≤0.05 in 2006

²demographic difference at p≤0.05 in 2009

^ayear difference at p≤05 from 2006 to 2009

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 than 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)*

In 2008, 64% of Wisconsin respondents were classified as at least overweight (38% overweight, 26% obese). In the U.S., 64% were classified as at least overweight (37% overweight and 27% obese) (2008 Behavioral Risk Factor Surveillance).

2009 Findings

- According to the definition, 65% of respondents were overweight (39% overweight and 26% obese).
- Male respondents were more likely to be overweight (73%) compared to female respondents (57%).
- Eighty-three percent of respondents 55 to 64 years old were overweight compared to 64% of those 65 and older or 49% of respondents 18 to 34 years old.
- Seventy-seven percent of respondents in the top 40 percent household income bracket were overweight compared to 63% of those in the middle 20 percent income bracket or 56% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to be overweight compared to unmarried respondents (75% and 51%, respectively).
- Eighty-five percent of inactive respondents were overweight compared to 67% of those who did an insufficient amount of physical activity or 58% of respondents who met the recommended amount of physical activity.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents being overweight.
- In 2003 and 2009, male respondents were more likely to be classified as overweight. In 2006, gender was not a significant variable.
- In 2009, respondents 55 to 64 years old were more likely to be overweight. In all other study years, age was not a significant variable.
- In 2003, respondents with a high school education or less were more likely to be overweight. In all other study years, education was not a significant variable.
- In 2006, respondents who were in the bottom 40 percent household income bracket or in the top 40 percent household income bracket were more likely to be overweight. In 2009, respondents in the top 40 percent household income bracket were more likely to be overweight. In 2003, household income was not a significant variable.
- In 2009, married respondents were more likely to be overweight, with a noted increase since 2003. In all other study years, marital status was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of unmarried respondents being overweight.

- In 2006, respondents who did not meet the recommended amount of physical activity were more likely to be overweight. In 2009, inactive respondents were more likely to be overweight. From 2006 to 2009, there was a noted decrease in the percent of respondents who did an insufficient amount of physical activity being overweight.

Table 25. Overweight by Demographic Variables for Each Survey Year^{①,②}

	2003	2006	2009
TOTAL	65%	70%	65%
Gender ^{1,3}			
Male	75	75	73
Female	56	66	57
Age ³			
18 to 34	60	66	49
35 to 44	58	72	71
45 to 54	69	70	74
55 to 64	71	78	83
65 and Older	71	72	64
Education ¹			
High School or Less	73	69	65
Some Post High School	61	75	71
College Graduate	57	67	59
Household Income ^{2,3}			
Bottom 40 Percent Bracket	58	77	56
Middle 20 Percent Bracket	69	55	63
Top 40 Percent Bracket	66	77	77
Marital Status ³			
Married ^a	64	71	75
Not Married ^a	66	70	51
Physical Activity ^{2,3}			
Inactive	--	81	85
Insufficient ^b	--	81	67
Recommended	--	61	58

^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

³demographic difference at $p \leq 0.05$ in 2009

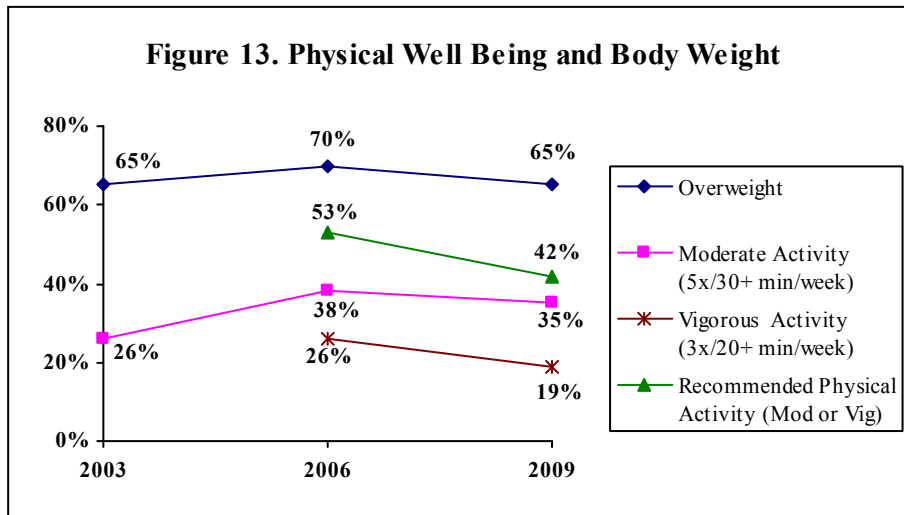
^ayear difference at $p \leq 0.05$ from 2003 to 2009

^byear difference at $p \leq 0.05$ from 2006 to 2009

Physical Well Being and Body Weight Overall

Year Comparisons

- From 2003 to 2009, 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 2006 to 2009, there was a statistical decrease in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes or meeting the recommended amount of physical activity. From 2003 to 2009, there was no statistical change in the overall percent of respondents being overweight.



Nutrition and Diet (Figure 14; Tables 26 & 27)

KEY FINDINGS: In 2009, 63% of respondents reported two or more servings of fruit while 29% reported three or more servings of vegetables on an average day. Respondents who were female, 18 to 34 years old, in the top 40 percent household income bracket, married or overweight were more likely to report at least two servings of fruit. Respondents who were 18 to 34 years old, with a high school education or less, with a college education, in the middle 20 percent household income bracket, who were unmarried, not overweight or met the recommended amount of physical activity were more likely to report at least three servings of vegetables a day.

From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported two or more servings of fruit or three or more servings of vegetables on an average day.

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.

2009 Findings

- Sixty-three percent of respondents reported two or more servings of fruit on an average day.
- Female respondents were more likely to report two or more servings of fruit a day (68%) compared to male respondents (58%).
- Seventy-six percent of respondents 18 to 34 years old reported two or more servings of fruit a day compared to 59% of those 35 to 54 years old or 49% of respondents 65 and older.
- Seventy-eight percent of respondents in the top 40 percent household income bracket reported two or more servings of fruit a day compared to 71% of those in the middle 20 percent income bracket or 52% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report two or more servings of fruit a day compared to unmarried respondents (68% and 57%, respectively).
- Overweight respondents were more likely to report two or more servings of fruit a day (66%) compared to respondents who were not overweight (54%).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported two or more servings of fruit on an average day.
- In all study years, female respondents were more likely to report two or more servings of fruit per day.
- In 2003, respondents 65 and older were more likely to report two or more servings of fruit per day. In 2006 and 2009, respondents 18 to 34 years old were more likely to report eating fruit. From 2003 to 2009, there was a noted decrease in the percent of respondents 65 and older reporting two or more servings of fruit.
- In 2003, respondents with a college education were more likely to report eating fruit. In 2006, respondents with at least some post high school education were more likely to report eating two or more servings of fruit. In 2009, age was not a significant variable.
- In 2003 and 2009, respondents in the top 40 percent household income bracket were more likely to report two or more servings of fruit. In 2006, household income was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents in the bottom 40 percent household income bracket reporting two or more servings of fruit.
- In 2009, married respondents were more likely to report eating fruit. In all other study years, marital status was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of unmarried respondents reporting two or more servings of fruit.
- In 2009, overweight respondents were more likely to report two or more servings of fruit per day. In all other study years, overweight status was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents who were not overweight reporting two or more servings of fruit per day.

Table 26. Two or More Servings of Fruit on Average Day by Demographic Variables for Each Survey Year^{①,②}

	2003	2006	2009
TOTAL	67%	61%	63%
Gender ^{1,2,3}			
Male	56	47	58
Female	76	74	68
Age ^{1,2,3}			
18 to 34	69	73	76
35 to 44	57	47	59
45 to 54	68	57	59
55 to 64	60	59	63
65 and Older ^a	79	66	49
Education ^{1,2}			
High School or Less	60	52	59
Some Post High School	69	68	63
College Graduate	77	67	71
Household Income ^{1,3}			
Bottom 40 Percent Bracket ^a	67	65	52
Middle 20 Percent Bracket	60	62	71
Top 40 Percent Bracket	75	53	78
Marital Status ³			
Married	66	59	68
Not Married ^a	69	63	57
Overweight Status ³			
Not Overweight ^a	70	63	54
Overweight	65	60	66
Physical Activity			
Inactive	--	55	48
Insufficient	--	58	65
Recommended	--	65	66

^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

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

^byear difference at p≤0.05 from 2006 to 2009

Vegetable Intake

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)

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.

2009 Findings

- Twenty-nine percent of respondents reported three or more servings of vegetables on an average day.
- Forty-one percent of respondents 18 to 34 years old reported three or more servings of vegetables a day compared to 27% of those 45 to 54 years old or 11% of respondents 65 and older.
- Thirty-seven percent of respondents with a college education and 35% of those with a high school education or less reported three or more servings of vegetables a day compared to 14% of respondents with some post high school education.
- Forty percent of respondents in the middle 20 percent household income bracket reported three or more servings of vegetables a day compared to 22% of those in the top 40 percent income bracket or 20% of respondents in the bottom 40 percent household income bracket.
- Unmarried respondents were more likely to report three or more servings of vegetables a day compared to married respondents (36% and 23%, respectively).
- Respondents who were not overweight were more likely to report three or more servings of vegetables a day (39%) compared to overweight respondents (23%).
- Respondents who met the recommended amount of physical activity were more likely to report three or more servings of vegetables a day (43%) compared to those who did an insufficient amount of physical activity (18%) or respondents who were inactive (15%).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported three or more servings of vegetables on an average day.
- In 2003, respondents 45 to 54 years old were more likely to report three or more vegetable servings per day. In 2009, respondents 18 to 34 years old were more likely to report three or more servings of vegetables, with a noted increase since 2003. In 2006, age was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents who were 45 to 54 years old or 65 and older reporting three or more servings of vegetables a day.
- In 2003, respondents with a college education were more likely to report three or more servings of vegetables. In 2006, respondents with at least some post high school education were more likely to report three or more servings of vegetables. In 2009, respondents with a high school education or less or with a college education were more likely to report three or more vegetable servings per day. From 2003 to 2009, there was a noted decrease in the percent of respondents with some post high school education reporting three or more servings of vegetables per day.

- In 2003 and 2006, respondents in the top 40 percent household income bracket were more likely to report three or more servings of vegetables. In 2009, respondents in the middle 20 percent household income bracket were more likely to report three or more servings of vegetables, with a noted increase since 2003. From 2003 to 2009, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting three or more servings of vegetables a day.
- In 2009, unmarried respondents were more likely to report three or more servings of vegetables a day. In all other study years, marital status was not a significant variable.
- In 2009, respondents who were not overweight were more likely to report three or more servings of vegetables a day. In all other study years, overweight status was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of overweight respondents reporting three or more servings of vegetables a day.
- In 2006, respondents who did at least some amount of physical activity were more likely to report three or more servings of vegetables. In 2009, respondents who met the recommended amount of physical activity were more likely to report three or more servings of vegetables a day. From 2006 to 2009, there was a noted increase in the percent of respondents who met the recommended amount of physical activity.

Table 27. Three or More Servings of Vegetables on Average Day by Demographic Variables for Each Survey Year^{①,②}

	2003	2006	2009
TOTAL	33%	22%	29%
Gender			
Male	28	19	25
Female	37	26	32
Age ^{1,3}			
18 to 34 ^a	25	26	41
35 to 44	35	20	29
45 to 54 ^a	44	28	27
55 to 64	22	11	28
65 and Older ^a	34	23	11
Education ^{1,2,3}			
High School or Less	31	15	35
Some Post High School ^a	27	26	14
College Graduate	44	30	37
Household Income ^{1,2,3}			
Bottom 40 Percent Bracket	31	20	20
Middle 20 Percent Bracket ^a	26	17	40
Top 40 Percent Bracket ^a	41	33	22
Marital Status ³			
Married	30	25	23
Not Married	36	20	36
Overweight Status ³			
Not Overweight	32	21	39
Overweight ^a	33	23	23
Physical Activity ^{2,3}			
Inactive	--	9	15
Insufficient	--	22	18
Recommended ^b	--	25	43

^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

³demographic difference at $p \leq 0.05$ in 2009

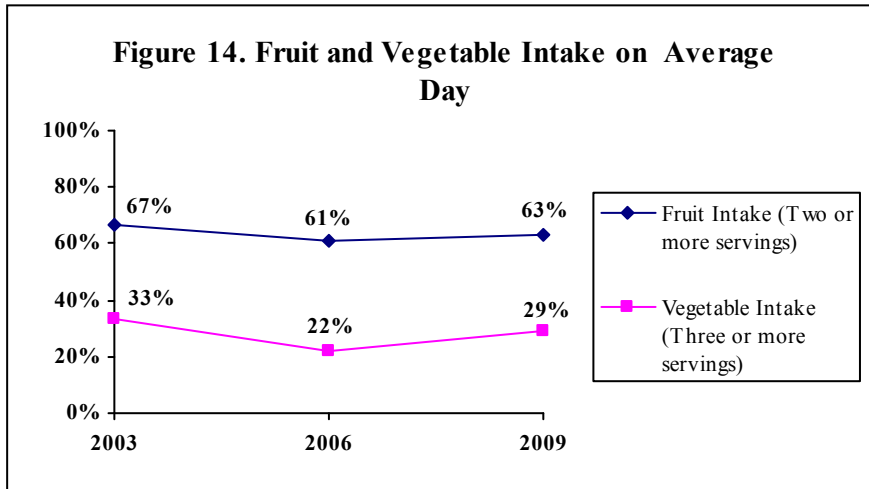
^ayear difference at $p \leq 0.05$ from 2003 to 2009

^byear difference at $p \leq 0.05$ from 2006 to 2009

Fruit and Vegetable Intake Overall

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported two or more servings of fruit or three or more servings of vegetables on an average day.



Women's Health (Figure 15; Table 28)

KEY FINDINGS: In 2009, 80% of female respondents 40 and older reported a mammogram within the past two years. Eighty-two 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 or in the top 40 percent household income bracket were more likely to report this.

From 2003 to 2009, there was no statistical change in the overall percent of respondents 40 and older who reported having a mammogram within the past two years. From 2006 to 2009, there was no statistical change in the overall percent of respondents 65 and older who reported a bone density scan. From 2003 to 2009, there was no statistical change in the overall percent of respondents 18 to 65 years old who reported having a pap smear within the past three years.

Mammogram

Routine screening for breast cancer every one to two years with mammography is recommended for women 40 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)

In 2008, 76% of Wisconsin women and 76% of U.S. women 40 and older reported a mammogram within the past two years (2008 Behavioral Risk Factor Surveillance).

2009 Findings

- Eighty percent of female respondents 40 and older had a mammogram within the past two years. Three percent reported never.
- No demographic comparisons were conducted as a result of the number of women who were asked this question.

Year Comparisons

- From 2003 to 2009, 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

2009 Findings

- Eighty-two percent of the 49 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.

Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of respondents who reported having a bone density scan.
- No demographic comparisons were conducted between years as a result of the number of women who were asked this question.

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.

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)

In 2008, 83% of Wisconsin women and 83% of U.S. women 18 and older reported a pap smear within the past three years (2008 Behavioral Risk Factor Surveillance).

2009 Findings

- A total of 90% of respondents 18 to 65 years old with a cervix reported they had a pap smear within the past three years.
- Ninety-seven percent of respondents with a college education reported a pap smear within the past three years compared to 87% of respondents with some post high school education or less.
- Ninety-eight percent of respondents in the top 40 percent household income bracket reported a pap smear within the past three years compared to 91% of those in the middle 20 percent income bracket or 78% of respondents in the bottom 40 percent household income bracket.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported a pap smear within the past three years.
- In 2009, respondents with a college education were more likely to report a pap smear within the past three years. In all other study years, education was not a significant variable.
- In 2009, respondents in the top 40 percent household income bracket were more likely to report a pap smear within the past three years. In all other study years, household income was not a significant variable.

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.

Table 28. Pap Smear Within Past Three Years by Demographic Variables for Each Survey Year (Respondents 18 to 65 Years Old and With a Cervix)^①

	2003	2006	2009
TOTAL	90%	81%	90%
Age			
18 to 34	93	85	96
35 to 44	95	79	88
45 and Older	84	76	85
Education ³			
Some Post High School or Less	92	77	87
College Graduate	87	90	97
Household Income ³			
Bottom 40 Percent Bracket	86	86	78
Middle 20 Percent Bracket	90	74	91
Top 40 Percent Bracket	89	87	98
Marital Status			
Married	92	81	93
Not Married	85	81	85

^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

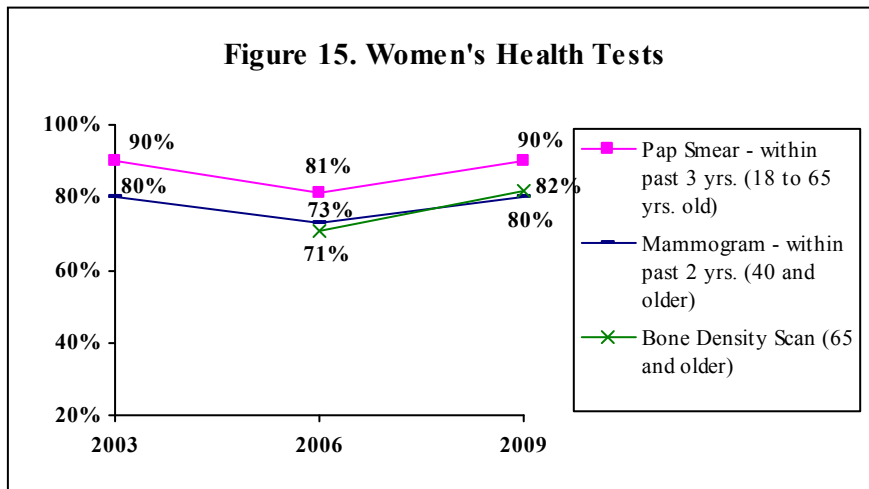
³demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 2003 to 2009

Women's Health Tests Overall

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents 40 and older who reported having a mammogram within the past two years. From 2006 to 2009, there was no statistical change in the overall percent of respondents 65 and older who reported a bone density scan. From 2003 to 2009, there was no statistical change in the overall percent of respondents 18 to 65 years old who reported having a pap smear within the past three years.



Men's Health (Figure 16)

KEY FINDINGS: In 2009, 50% 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 2006 to 2009, 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 2009, 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.

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 2008, 52% of Wisconsin men and 55% of U.S. men 40 and older reported a PSA test within the past two years (2008 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.

2009 Findings

- Thirty-eight percent of male respondents 40 and older had a prostate-specific antigen test in the past year while 12% reported within the past two years (one year but less than two years). Twenty-nine 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.

Year Comparisons

- From 2006 to 2009, 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.
- 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

2009 Findings

- Forty percent of male respondents 40 and older had a digital rectal exam in the past year while 19% reported within the past two years (one year but less than two years). Twenty-seven percent of respondents never had a digital rectal exam.
- No demographic comparisons were conducted as a result of the number of men who were asked this question.

Year Comparisons

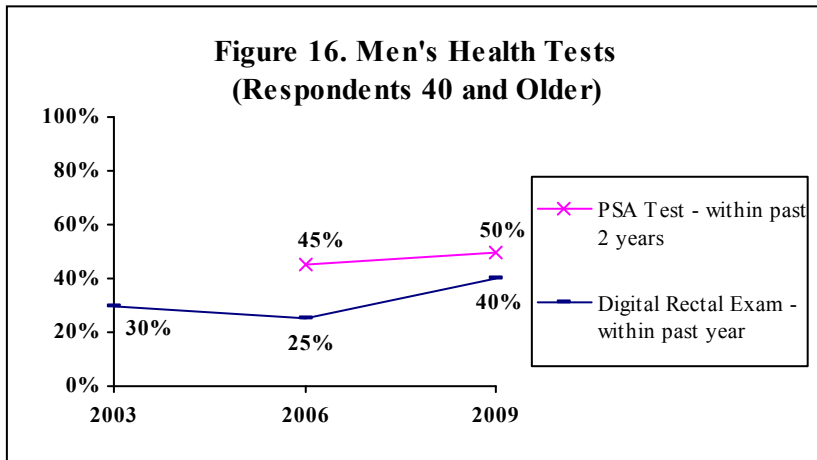
- From 2003 to 2009, there was no statistical change in the overall percent of male respondents 40 and older who reported a digital rectal exam within the past year.
- No demographic comparisons were conducted between years as a result of the number of men who were asked this question.

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

Year Comparisons

- From 2006 to 2009, 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 2009, 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.



Other Tests (Figure 17; Tables 29 - 31)

KEY FINDINGS: In 2009, 9% of respondents 50 and older reported a sigmoidoscopy within the past five years while 62% 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 2009, there was no statistical change in the overall percent of respondents who reported a sigmoidoscopy or colonoscopy in their lifetime.

Sigmoidoscopy

A colonoscopy is recommended every 10 years for persons 50 and older while a flexible sigmoidoscopy is recommended more often.⁶

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

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.

2009 Findings

- Nine percent of respondents 50 and older reported their last sigmoidoscopy was within the past five years. Eighty-two percent reported never.
- There were no statistically significant differences between demographic variables and responses of a sigmoidoscopy within the past five years.

Table 29. Sigmoidoscopy Within Past Five Years by Demographic Variables for 2009 (Respondents 50 and Older)^⓪

	2009
TOTAL	9%
Gender	
Male	7
Female	11
Education	
Some Post High School or Less	9
College Graduate	10
Household Income	
Bottom 40 Percent Bracket	14
Top 60 Percent Bracket	7
Marital Status	
Married	10
Not Married	9

^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 2009

Colonoscopy

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

2009 Findings

- Sixty-two percent of respondents 50 and older had a colonoscopy within the past ten years. Thirty-two percent reported never.
- There were no statistically significant differences between demographic variables and responses of a colonoscopy within the past ten years.

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 30. Colonoscopy Within Past Ten Years by Demographic Variables for 2009 (Respondents 50 and Older)[⊙]

	2009
TOTAL	62%
Gender	
Male	58
Female	65
Education	
Some Post High School or Less	61
College Graduate	67
Household Income	
Bottom 40 Percent Bracket	62
Top 60 Percent Bracket	59
Marital Status	
Married	64
Not Married	60

[⊙]Percentages 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 2009

Sigmoidoscopy or Colonoscopy Exam in Lifetime

In 2008, 67% of Wisconsin respondents and 62% of U.S. respondents 50 and older reported a sigmoidoscopy or colonoscopy test in their lifetime (2008 Behavioral Risk Factor Surveillance).

2009 Findings

- Sixty-eight percent of respondents 50 and older had a sigmoidoscopy or colonoscopy within their lifetime. Thirty percent of respondents never had a sigmoidoscopy or colonoscopy exam.
- There were no statistically significant differences between demographic variables and responses of a sigmoidoscopy or colonoscopy within their lifetime.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents 50 and older who reported a sigmoidoscopy or colonoscopy in their lifetime.
- Gender was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of female respondents reporting a sigmoidoscopy or colonoscopy in their lifetime.
- Marital status was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of married respondents reporting a sigmoidoscopy or colonoscopy in their lifetime.

Table 31. Sigmoidoscopy or Colonoscopy Exam in Lifetime by Demographic Variables for Each Survey Year (Respondents 50 and Older)^{①,②}

	2003	2006	2009
TOTAL	59%	65%	68%
Gender			
Male	66	68	66
Female ^a	55	62	71
Education			
Some Post High School or Less	59	61	68
College Graduate	58	75	72
Household Income			
Bottom 40 Percent Bracket	62	61	69
Top 60 Percent Bracket	57	61	61
Marital Status			
Married ^a	55	60	71
Not Married	64	69	66

^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 2009, sigmoidoscopy and colonoscopy separated into two survey questions.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

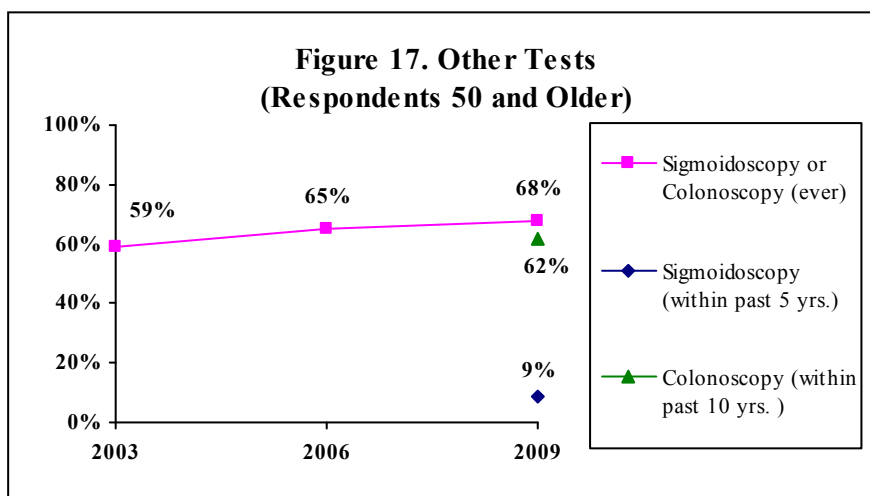
³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Other Tests Overall

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported a sigmoidoscopy or colonoscopy in their lifetime.



Safety: Seat Belt and Helmet Use (Figure 18; Tables 32 & 33)

KEY FINDINGS: In 2009, 88% of respondents wore seat belts always or nearly always; respondents who were female, with a college education or married respondents were more likely to report this. Of those respondents who rode a bike, used in-line skates or rode a scooter, 33% reported they always or nearly always wore a helmet; female respondents were more likely to report this.

From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a seat belt. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported they always or nearly always wore a helmet.

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).

In 2007, 75% of Wisconsin residents were observed wearing seat belts by the National Highway Traffic Safety Administration. Eighty-two percent of U.S. residents were observed wearing seat belts through NHTSA's National Occupant Protection Use Survey (NHTSA Traffic Safety Facts, May 2008).

2009 Findings

- Eighty-eight percent of respondents reported they wore seat belts always or nearly always.
- Female respondents were more likely to report always or nearly always (96%) compared to male respondents (81%).
- Ninety-six percent of respondents with a college education reported always or nearly always compared to 89% of those with some post high school education or 82% of respondents with a high school education or less.
- Married respondents were more likely to report always or nearly always compared to unmarried respondents (94% and 81%, respectively).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a seat belt.
- In 2003 and 2009, female respondents were more likely to report they always or nearly always wore a seat belt. In 2006, gender was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of female respondents reporting always or nearly always.

- In 2003, respondents 65 and older were more likely to report always or nearly always. In 2006, respondents who were 35 to 44 years old or 55 and older were more likely to report always or nearly always. In 2009, age was not a significant variable.
- In 2006 and 2009, respondents with a college education were more likely to report always or nearly always. In 2003, education was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents with some post high school education reporting always or nearly always.
- In 2003, respondents in the bottom 60 percent household income bracket were more likely to report always or nearly always. In 2006, respondents in the top 40 percent household income bracket were more likely to report always or nearly always. In 2009, household income was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting always or nearly always.
- In 2009, married respondents were more likely to report they always or nearly always wore a seat belt, with a noted increase since 2003. In all other study years, marital status was not a significant variable.

Table 32. Always/Nearly Always Wore a Seat Belt by Demographic Variables for Each Survey Year^⓪

	2003	2006	2009
TOTAL	84%	89%	88%
Gender ^{1,3}			
Male	76	85	81
Female ^a	90	91	96
Age ^{1,2}			
18 to 34	84	79	81
35 to 44	77	95	88
45 to 54	79	88	91
55 to 64	86	93	89
65 and Older	94	93	94
Education ^{2,3}			
High School or Less	84	84	82
Some Post High School ^a	80	90	89
College Graduate	90	94	96
Household Income ^{1,2}			
Bottom 40 Percent Bracket	88	88	88
Middle 20 Percent Bracket	88	82	92
Top 40 Percent Bracket ^a	77	94	94
Marital Status ³			
Married ^a	82	88	94
Not Married	88	89	81

^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

³demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 2003 to 2009

Helmet Usage

2009 Findings

- Forty-two 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...

- Thirty-three percent of respondents who bicycled, used in-line roller skates or rode a scooter reported they always or nearly always wore a helmet. Fifty-eight percent reported never.
- Female respondents were more likely to report always or nearly always (44%) compared to male respondents (25%).

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported they always or nearly always wore a helmet.
- In 2003 and 2009, female respondents were more likely to report always or nearly always. In 2006, gender was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents across gender reporting always or nearly always.
- In 2003 and 2006, respondents 18 to 44 years old were more likely to report always or nearly always. In 2009, age was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents who were 18 to 34 years old or 45 and older reporting always or nearly always.
- In 2003 and 2006, respondents with a college education were more likely to report they always/nearly always wore a helmet. In 2009, education was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents with some post high school education or less reporting always or nearly always.
- In 2006, respondents in the top 40 percent household income bracket were more likely to report always or nearly always. In all other study years, household income was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents across household income reporting always or nearly always.
- In 2006, married respondents were more likely to report they always or nearly always wore a helmet. In all other study years, marital status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of unmarried respondents reporting always or nearly always.

Table 33. 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)^①

	2003	2006	2009
TOTAL ^a	20%	30%	33%
Gender ^{1,3}			
Male ^a	12	26	25
Female ^a	29	35	44
Age ^{1,2}			
18 to 34 ^a	24	38	43
35 to 44	27	35	24
45 and Older ^a	11	16	31
Education ^{1,2}			
Some Post High School or Less ^a	14	22	29
College Graduate	33	44	41
Household Income ²			
Bottom 60 Percent Bracket ^a	20	21	40
Top 40 Percent Bracket ^a	21	44	44
Marital Status ²			
Married	24	41	35
Not Married ^a	13	15	31

^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

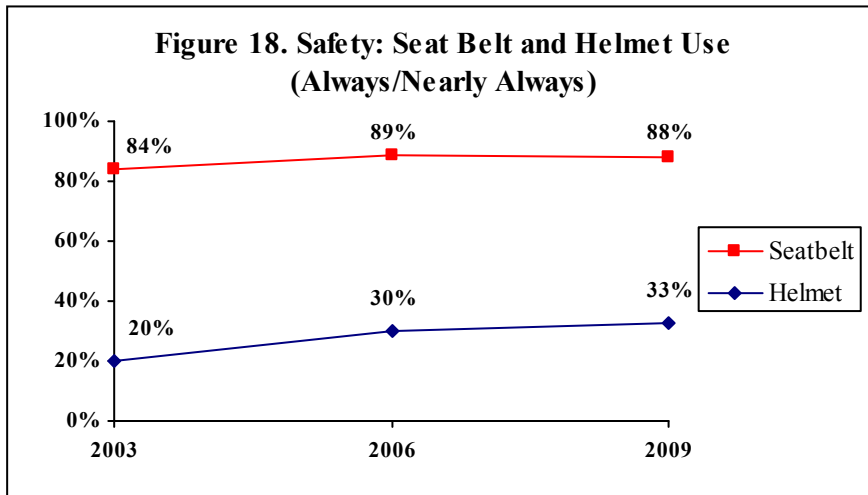
³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Safety: Seat Belt and Helmet Use Overall

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a seat belt. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported they always or nearly always wore a helmet.



Cigarette Use (Figures 19 & 20; Table 34)

KEY FINDINGS: In 2009, 24% of respondents were current smokers. Respondents who were 18 to 34 years old, with a high school education or less, who were in the bottom 40 percent household income bracket or unmarried were more likely to be a smoker. Sixty-four percent of current smokers quit smoking for one day or longer in the past 12 months; 89% of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking.

From 2003 to 2009, there was no statistical change in the overall percent of respondents who were current smokers. From 2003 to 2009, 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 2006 to 2009, there was a statistical increase in the overall percent of current smokers who reported their health professional advised them to quit smoking.

Current Smokers

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

In 2008, 20% of Wisconsin respondents were current smokers while 18% of U.S. respondents were current smokers (2008 Behavioral Risk Factor Surveillance).

2009 Findings

- Twenty-four percent of respondents were current smokers.
- Thirty-five percent of respondents 18 to 34 years old were current smokers compared to 13% of those 55 to 64 years old or 10% of respondents 65 and older.
- Thirty-six percent of respondents with a high school education or less were current smokers compared to 19% of those with some post high school education or 13% of respondents with a college education.
- Thirty-five percent of respondents in the bottom 40 percent household income bracket were current smokers compared to 13% of those in the top 40 percent income bracket or 10% of respondents in the middle 20 percent household income bracket.
- Unmarried respondents were more likely to report they were a current smoker compared to married respondents (38% and 14%, respectively).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who were current smokers.
- In 2003 and 2006, male respondents were more likely to report they were a current smoker. In 2009, gender was not a significant variable.
- In 2006, respondents 18 to 44 years old were more likely to report they were a current smoker. In 2009, respondents 18 to 34 years old were more likely to report they were a current smoker. In 2003, age was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents 55 to 64 years old being a current smoker.
- In all study years, respondents with a high school education or less were more likely to be a current smoker.
- In 2009, respondents in the bottom 40 percent household income bracket were more likely to be a current smoker. In all other study years, household income was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket being a current smoker.
- In 2006 and 2009, unmarried respondents were more likely to report being a current smoker. In 2003, marital status was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of married respondents and a noted increase in the percent of unmarried respondents being a current smoker.

Table 34. Current Smokers by Demographic Variables for Each Survey Year^⓪

	2003	2006	2009
TOTAL	25%	27%	24%
Gender ^{1,2}			
Male	31	34	25
Female	20	20	24
Age ^{2,3}			
18 to 34	26	34	35
35 to 44	26	38	28
45 to 54	28	27	25
55 to 64 ^a	32	20	13
65 and Older	18	9	10
Education ^{1,2,3}			
High School or Less	34	34	36
Some Post High School	21	22	19
College Graduate	14	20	13
Household Income ³			
Bottom 40 Percent Bracket	32	32	35
Middle 20 Percent Bracket ^a	24	22	10
Top 40 Percent Bracket	20	20	13
Marital Status ^{2,3}			
Married ^a	24	22	14
Not Married ^a	26	31	38

^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

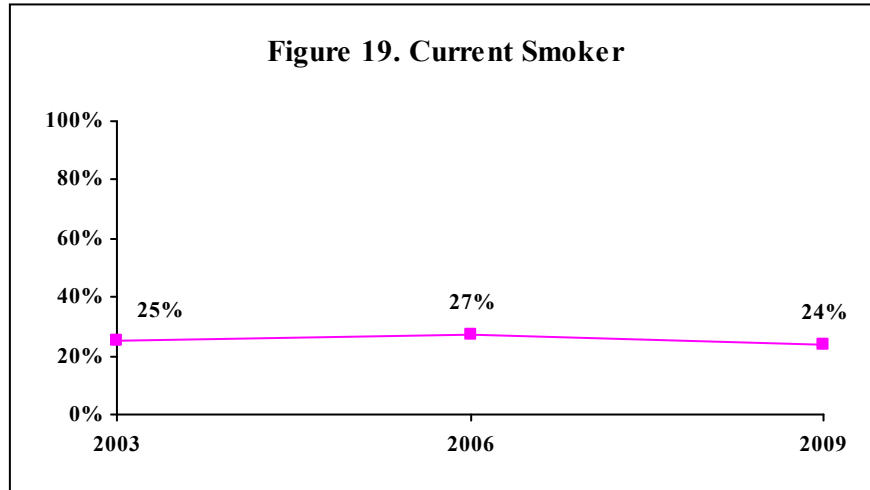
²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Year Comparisons

- From 2003 to 2009, 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)

In 2005, 49% of Wisconsin respondents reported they quit smoking for at least 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).

2009 Findings

Of current smokers...

- Sixty-four percent of smokers reported they quit smoking for one day or longer in the past year because they were trying to quit.
- No demographic comparisons were conducted as a result of the low percent of respondents who were asked this question.

Year Comparisons

- From 2003 to 2009, 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 between years were conducted as a result of the low percent of respondents who were asked this question.

Doctor, Nurse or Other Health Professional Advised Respondent to Quit

2009 Findings

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

- Eighty-nine percent of the 55 current smokers who have seen a health professional reported their health professional advised them to quit smoking.
- No demographic comparisons were conducted as a result of the low percent of respondents who were asked this question.

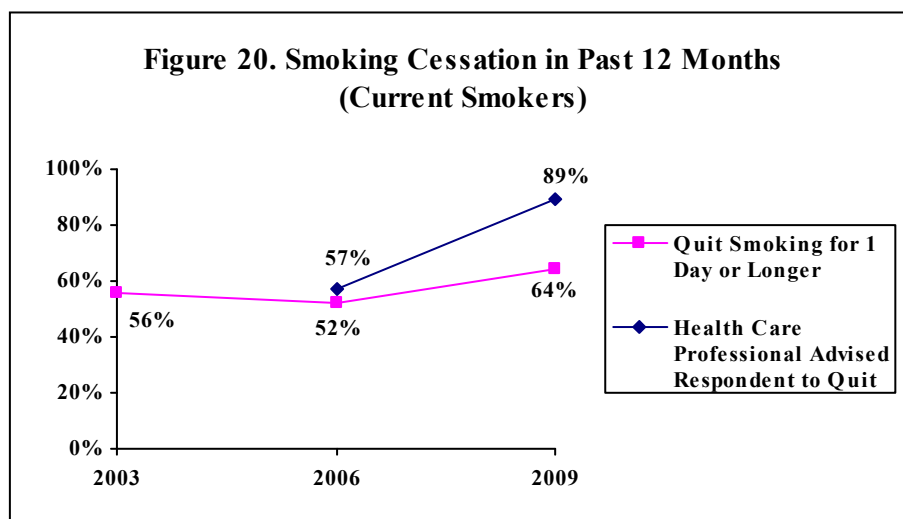
Year Comparisons

- From 2006 to 2009, there was a statistical increase in the overall percent of respondents who reported their health professional advised them to quit smoking.
- No demographic comparisons were conducted between years as a result of the low percent of respondents who were asked this question.

Smoking Cessation Overall

Year Comparisons

- From 2003 to 2009, 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 2006 to 2009, there was a statistical increase in the overall percent of current smokers who reported their health professional advised them to quit smoking.



Smoking Policies (Figures 21 & 22; Tables 35 - 37)

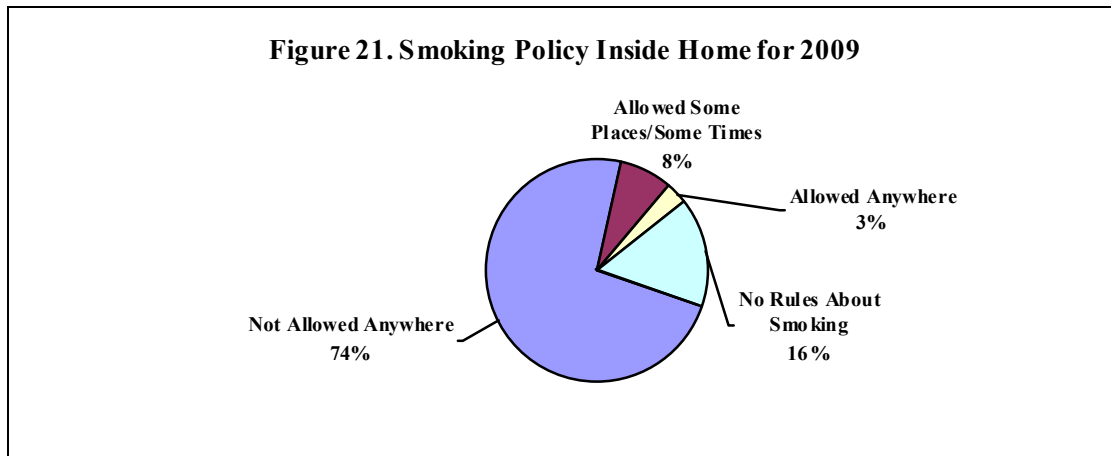
KEY FINDINGS: In 2009, 74% of respondents reported smoking is not allowed anywhere inside the home while 67% reported smoking is not allowed in any area at work. Respondents in the top 40 percent household income bracket, who were married, nonsmokers or in households with children were more likely to report smoking is not allowed anywhere inside the home. Respondents who were female or with a college education 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, with some post high school education, who were in the top 40 percent household income bracket or married were more likely to report exposure to second-hand smoke in the past seven days.

Smoking Policy Inside Home

In 2003, 75% of Wisconsin respondents reported smoking is prohibited in their home (2003 Tobacco Use Supplement to the Current Population Survey). In 2006-2007, 79% of U.S. respondents reported smoking is prohibited in their home (2006-2007 Tobacco Use Supplement to the Current Population Survey).

2009 Findings

- Seventy-four percent of respondents reported smoking is not allowed anywhere inside the home while 8% reported smoking is allowed in some places or at some times. Three percent reported smoking is allowed anywhere inside the home. Sixteen percent of respondents reported there are no rules about smoking inside the home.



- Ninety percent of respondents in the top 40 percent household income bracket reported smoking is not allowed in the home compared to 62% of those in the middle 20 percent income bracket or 53% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report smoking is not allowed in the home compared to unmarried respondents (84% and 61%, respectively).
- Eighty-one percent of nonsmokers reported smoking is not allowed in the home compared to 54% of smokers.

- Respondents in households with children were more likely to report smoking is not allowed in the home (84%) compared to respondents in households without children (67%).

Table 35. Smoking Not Allowed in Home by Demographic Variables for 2009^⓪

	2009
TOTAL	74%
Household Income ¹	
Bottom 40 Percent Bracket	53
Middle 20 Percent Bracket	62
Top 40 Percent Bracket	90
Marital Status ¹	
Married	84
Not Married	61
Smoking Status ¹	
Nonsmoker	81
Smoker	54
Children in Household ¹	
Yes	84
No	67

^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 2009

Smoking Policy at Work

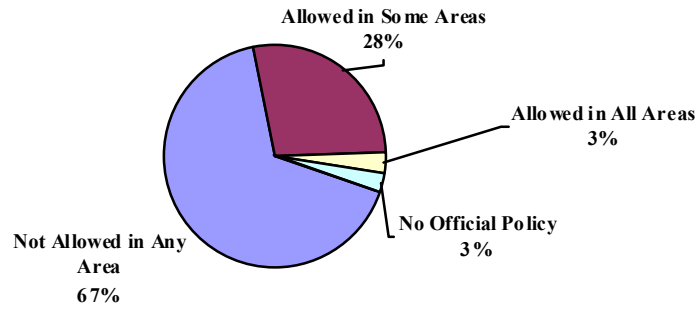
The Healthy People 2010 goal for worksites with formal smoking policies that prohibit smoking is 100%. (Objective 27-12)

In 2003, 75% of Wisconsin respondents reported their indoor worksite had a smoke-free policy (2003 Tobacco Use Supplement to the Current Population Survey). In 2006-2007, 75% of U.S. respondents reported their indoor worksite had a smoke-free policy (2006-2007 Tobacco Use Supplement to the Current Population Survey).

2009 Findings

- Sixty-seven percent of respondents reported smoking is not allowed in any area at work while 28% reported smoking is allowed in some areas. Three percent reported smoking is allowed in all areas at work. Three percent of respondents reported there is no official policy about smoking at work.

Figure 22. Smoking Policy at Work for 2009



- Female respondents were more likely to report smoking is not allowed in any area at work (80%) compared to male respondents (57%).
- Seventy-nine percent of respondents with a college education reported smoking is not allowed in any area at work compared to 62% of those with some post high school education or 61% of respondents with a high school education or less.

Table 36. Smoking Not Allowed at Work by Demographic Variables for 2009^⓪

	2009
TOTAL	67%
Gender ¹	
Male	57
Female	80
Age	
18 to 34	59
35 to 44	68
45 to 54	73
55 and older	74
Education ¹	
High School or Less	61
Some Post High School	62
College Graduate	79
Household Income	
Bottom 40 Percent Bracket	74
Middle 20 Percent Bracket	63
Top 40 Percent Bracket	71
Marital Status	
Married	67
Not Married	68
Smoking Status	
Nonsmoker	69
Smoker	63

^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 2009

Exposure to Second-Hand Smoke in Past Seven Days (Nonsmokers)

2009 Findings

- Sixty-eight percent of nonsmoking respondents reported in the past seven days they were never in the same room or rode in a car with someone who was smoking cigarettes. Twenty-three percent of respondents reported they were exposed to second-hand smoke one to three days while 10% reported at least four days.
- Male respondents were more likely to report they were exposed to second-hand smoke in the past seven days (16%) compared to female respondents (4%).
- Twenty-two percent of respondents 18 to 34 years old reported they were exposed to second-hand smoke in the past seven days compared to 2% of those 45 to 54 years old or 1% of respondents 65 and older.

- Respondents with some post high school education were more likely to report exposure to second-hand smoke in the past seven days (23%) compared to those with a high school education or less (5%) or respondents with a college education (1%).
- Fifteen percent of respondents in the top 40 percent household income bracket reported exposure to second-hand smoke in the past seven days compared to 5% of respondents in the bottom 60 percent household income bracket.
- Married respondents were more likely to report exposure to second-hand smoke in the past seven days compared to unmarried respondents (13% and 5%, respectively).

Table 37. Exposure to Second-Hand Smoke at Least Four Days of the Past Seven Days by Demographic Variables for 2009^⓪

	2009
TOTAL	10%
Gender ¹	
Male	16
Female	4
Age ¹	
18 to 34	22
35 to 44	10
45 to 54	2
55 to 64	13
65 and Older	1
Education ¹	
High School or Less	5
Some Post High School	23
College Graduate	1
Household Income ¹	
Bottom 40 Percent Bracket	5
Middle 20 Percent Bracket	5
Top 40 Percent Bracket	15
Marital Status ¹	
Married	13
Not Married	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 2009

Alcohol Use (Figures 23 & 24; Tables 38 - 40)

KEY FINDINGS: In 2009, 69% of respondents had an alcoholic drink in the past 30 days. In the past month, 6% were heavy drinkers while 24% were binge drinkers. Respondents who were male, 45 to 54 years old or unmarried were more likely to report heavy drinking in the past month. Respondents who were male, 18 to 34 years old, with a high school education or less, who were in the middle 20 percent household income bracket or unmarried 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. Four percent of respondents reported someone in their household experienced a problem in connection with drinking in the past year; respondents who were unmarried or households without children were more likely to report this.

From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting heavy drinking or binge drinking in the past month. From 2003 to 2009, 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 in the past month. From 2006 to 2009, there was a statistical increase 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.

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 2008, 8% of Wisconsin respondents and 5% of U.S. respondents were classified as heavy drinkers (2007 Behavioral Risk Factor Surveillance).

2009 Findings

- Sixty-nine percent of respondents had a drink in the past 30 days. Twenty-seven percent reported they drank on at least five days, while 18% reported three to four days and 24% reported drinking on one or two days in the past 30 days.
- Fifteen percent of all respondents reported an average of four or more drinks per day on the days they drank while 16% reported three, 20% reported two and 18% reported one drink on average on the days they drank. Thirty percent reported having no drinks in the past month.
- Combined, 6% of respondents were classified as heavy drinkers in the past month (61 or more drinks for males and 31 or more drinks for females).
- Male respondents were more likely to report heavy drinking (9%) compared to female respondents (2%).
- Thirteen percent of respondents 45 to 54 years old reported heavy drinking in the past month compared to 3% of those 65 and older or 1% of respondents 35 to 44 years old.
- Unmarried respondents were more likely to report heavy drinking compared to married respondents (11% and 2%, respectively).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who were heavy drinkers.
- In 2009, male respondents were more likely to report heavy drinking. In all other study years, gender was not a significant variable.
- In 2006 and 2009, respondents 45 to 54 years old were more likely to report heavy drinking. In 2003, age was not a significant variable.
- Household income was not a significant variable in any study year. From 2003 to 2009, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting heavy drinking in the past month.
- In 2009, unmarried respondents were more likely to report heavy drinking. In all other study years, marital status was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of married respondents reporting heavy drinking in the past month.

Table 38. Heavy Drinking in Past Month by Demographic Variables for Each Survey Year^{①,②}

	2003	2006	2009
TOTAL	6%	5%	6%
Gender ³			
Male	8	7	9
Female	4	4	2
Age ^{2,3}			
18 to 34	8	0	7
35 to 44	5	7	1
45 to 54	6	12	13
55 to 64	8	9	7
65 and Older	4	5	3
Education			
High School or Less	6	5	6
Some Post High School	10	6	9
College Graduate	2	4	2
Household Income			
Bottom 40 Percent Bracket	9	3	7
Middle 20 Percent Bracket	4	8	5
Top 40 Percent Bracket ^a	7	6	2
Marital Status ³			
Married ^a	7	4	2
Not Married	6	6	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.

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Binge Drinking in Past Month

Binge drinking definitions vary. Currently, the Centers for Disease Control (CDC) defines binge drinking as four or more drinks per occasion for females and five or more drinks per occasion for males to account for weight and metabolism differences. Previously, the CDC defined binge drinking as five or more drinks at one time, regardless of gender. In 2009, the Cudahy Health Survey defined binge drinking as five or more drinks, regardless of gender.

The Healthy People 2010 goal for adult binge drinking (5 or more drinks) is 6%. (Objective 26-11c)

In 2008, 23% of Wisconsin respondents reported binge drinking in the past month (males having five or more drinks on one occasion, females having four or more drinks on one occasion). Sixteen percent of U.S. respondents reported binge drinking in the past month (2008 Behavioral Risk Factor Surveillance).

2009 Findings

- Twenty-four percent of all respondents binged in the past month.
- Male respondents were more likely to have binged in the past month (37%) compared to female respondents (11%).
- Forty-two percent of respondents 18 to 34 years old binged in the past month compared to 11% of those 55 to 64 years old or 7% of respondents 65 and older.
- Thirty-two percent of respondents with a high school education or less binged in the past month compared to 20% of those with some post high school education or 15% of respondents with a college education.
- Thirty-two percent of respondents in the middle 20 percent household income bracket binged in the past month compared to 21% of those in the top 40 percent income bracket or 14% of respondents in the bottom 40 percent household income bracket.
- Unmarried respondents were more likely to have binged in the past month compared to married respondents (30% and 19%, respectively).

Year Comparisons

In 2003, the Cudahy Health Survey defined binge drinking as four or more drinks per occasion for females and five or more drinks per occasion for males. In all other study years the definition was five or more drinks, regardless of gender.

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who binged.
- In 2003 and 2009, male respondents were more likely to have binged. In 2006, gender was not a significant variable.
- In 2003, respondents who were 18 to 34 years old or 45 to 54 years old were more likely to have binged. In 2006 and 2009, respondents 18 to 34 years old were more likely to have binged. From 2003 to 2009, there was a noted increase in the percent of respondents 18 to 34 years old reporting binge drinking.
- In 2003, respondents with a college education were more likely to have binged. In 2009, respondents with a high school education or less were more likely to have binged, with a noted increase since 2003. In 2006, education was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents with a college education reporting binge drinking.
- In 2003 respondents in the top 40 percent household income bracket were more likely to have binged. In 2009, respondents in the middle 20 percent household income bracket were more likely to have binged, with a noted increase since 2003. In 2006, household income was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting binge drinking.
- In 2009, unmarried respondents were more likely to have binged, with a noted increase since 2003. In all other study years, marital status was not a significant variable.

Table 39. Binge Drinking in Past Month by Demographic Variables for Each Survey Year^{①,②}

	2003	2006	2009
TOTAL	20%	14%	24%
Gender ^{1,3}			
Male	30	17	37
Female	12	11	11
Age ^{1,2,3}			
18 to 34 ^a	29	24	42
35 to 44	22	13	21
45 to 54	29	13	24
55 to 64	14	9	11
65 and Older	3	5	7
Education ^{1,3}			
High School or Less ^a	15	14	32
Some Post High School	19	19	20
College Graduate ^a	30	9	15
Household Income ^{1,3}			
Bottom 40 Percent Bracket	16	10	14
Middle 20 Percent Bracket ^a	13	20	32
Top 40 Percent Bracket ^a	32	18	21
Marital Status ³			
Married	21	13	19
Not Married ^a	18	16	30

^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 2003, “4 or more drinks on an occasion” for females and “5 or more drinks on an occasion” for males was used; in all other study years, “5 or more drinks on an occasion” was used for both males and females.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

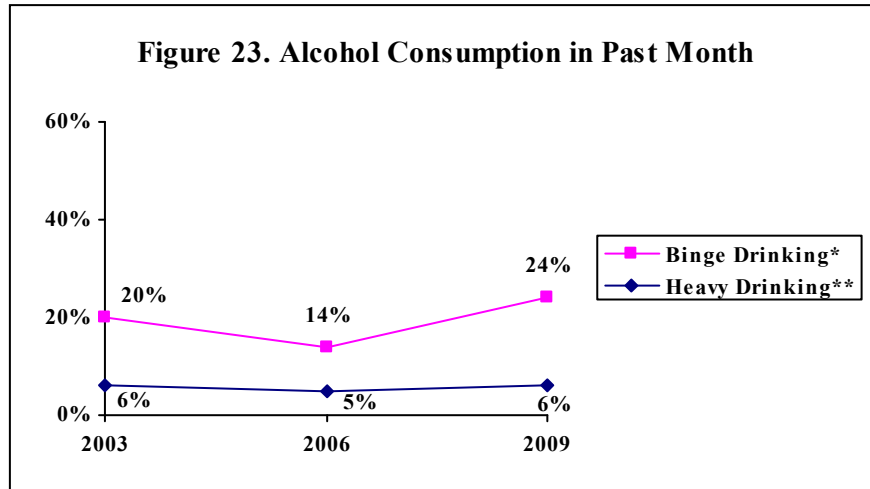
³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Alcohol Consumption Overall

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting heavy drinking or binge drinking in the past month.



*In 2003, “4 or more drinks on an occasion” for females and “5 or more drinks on an occasion” for males was used; in all other years, “5 or more drinks on an occasion” was used for both males and females.

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

Driver or Passenger in Vehicle When Driver Perhaps Had Too Much to Drink in Past Month

2009 Findings

- One 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 low percent of respondents who reported they were a driver or passenger in a vehicle when the driver perhaps had too much alcohol to drink.

Year Comparisons

- From 2003 to 2009, 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.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting they were a driver or passenger when the driver perhaps had too much to drink in all study years.

Household Problem Associated with Alcohol in Past Year

2009 Findings

- Four 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.
- Unmarried respondents were more likely to report they, or someone in their household, experienced some kind of problem in connection with drinking in the past year (6%) compared to married respondents (2%).
- Respondents in households without children were more likely to report they, or someone in their household, experienced some kind of problem in connection with drinking in the past year (5%) compared to respondents in households with children (1%).

Year Comparisons

- From 2006 to 2009, there was a statistical increase 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 2009, respondents who were unmarried or in households without children were more likely to report they, or someone in their household, experienced some kind of problem in connection with drinking in the past year.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting they, or someone in their household, experienced some kind of problem in connection with drinking in the past year in 2006.

Table 40. Household Problem Associated with Alcohol in Past Year by Demographic Variables for Each Survey Year^①

	2006 ^②	2009
TOTAL ^a	<1%	4%
Marital Status ²		
Married	--	2
Not Married	--	6
Children in Household ²		
Yes	--	1
No	--	5

^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≤0.05 in 2006

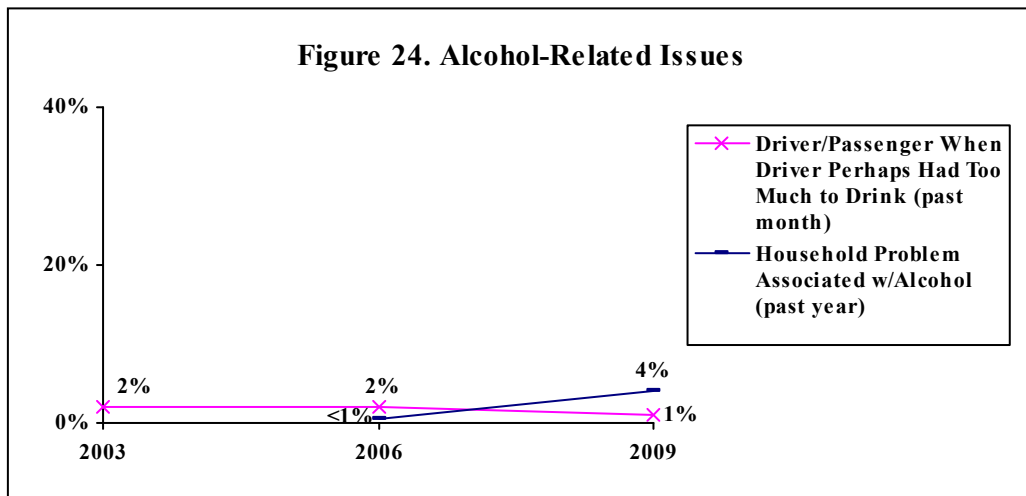
²demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2006 to 2009

Alcohol-Related Issues Overall

Year Comparisons

- From 2003 to 2009, 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 in the past month. From 2006 to 2009, there was a statistical increase 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.



Mental Health Status (Figures 25 & 26; Tables 41 - 43)

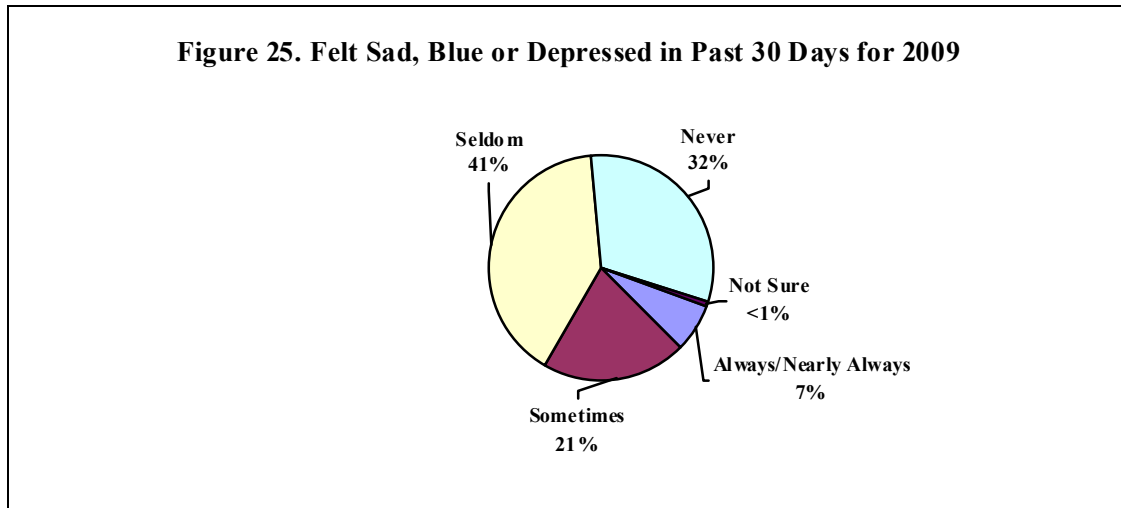
KEY FINDINGS: In 2009, 7% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents in the bottom 60 percent household income bracket were more likely to report this. Five percent of respondents felt so overwhelmed they considered suicide in the past year; respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Five percent of respondents reported they seldom or never find meaning and purpose in daily life; unmarried respondents were more likely to report this.

From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed, they considered suicide or they seldom/never find meaning and purpose in daily life.

Felt Sad, Blue or Depressed

2009 Findings

- Seven percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. This represents up to 1,800 residents. Twenty-one percent reported sometimes and the remaining 73% reported seldom or never.



- Twelve percent of respondents in the bottom 40 percent household income bracket and 10% of those in the middle 20 percent income bracket reported always or nearly always compared to 2% of respondents in the top 40 percent household income bracket.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed.
- Gender was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of female respondents reporting they always or nearly always felt sad, blue or depressed.
- In 2006, respondents 35 to 64 years old were more likely to report they always or nearly always felt sad, blue or depressed. In all other study years, age was not a significant variable.
- In 2003, respondents with a high school education or less were more likely to report they always or nearly always felt sad, blue or depressed. In all other study years, education was not a significant variable.
- In 2003 and 2009, respondents in the bottom 60 percent household income bracket were more likely to report they always or nearly always felt sad, blue or depressed. In 2006, respondents in the bottom 40 percent household income bracket were more likely to report they always or nearly always felt sad, blue or depressed.
- In 2003 and 2006, unmarried respondents were more likely to report they always or nearly always felt sad, blue or depressed. In 2009, marital status was not a significant variable.

Table 41. Always/Nearly Always Felt Sad, Blue or Depressed in Past 30 Days by Demographic Variables for Each Survey Year^⓪

	2003	2006	2009
TOTAL	6%	5%	7%
Gender			
Male	8	5	5
Female ^a	4	5	8
Age ²			
18 to 34	9	0	4
35 to 44	4	9	7
45 to 54	6	7	13
55 to 64	4	7	7
65 and Older	4	5	4
Education ¹			
High School or Less	9	5	8
Some Post High School	5	5	9
College Graduate	<1	5	4
Household Income ^{1,2,3}			
Bottom 40 Percent Bracket	7	8	12
Middle 20 Percent Bracket	8	1	10
Top 40 Percent Bracket	1	3	2
Marital Status ^{1,2}			
Married	4	2	5
Not Married	9	8	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

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Considered Suicide

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

2009 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 represents up to 1,500 residents who may have considered suicide in the past year.

- Ten percent of respondents in the bottom 40 percent household income bracket reported they considered suicide in the past year compared to 3% of those in the top 40 percent income bracket or 0% of respondents in the middle 20 percent household income bracket.
- Unmarried respondents were more likely to report they considered suicide in the past year compared to married respondents (7% and 3%, respectively).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they considered suicide in the past year.
- In 2009, respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report they considered suicide in the past year.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting they considered suicide in 2003 and 2006.

Table 42. Considered Suicide in the Past Year by Demographic Variables for Each Survey Year^①

	2003 ^②	2006 ^②	2009
TOTAL	3%	3%	5%
Gender			
Male	--	--	4
Female	--	--	5
Age			
18 to 34	--	--	4
35 to 44	--	--	5
45 to 54	--	--	9
55 to 64	--	--	4
65 and Older	--	--	4
Education			
High School or Less	--	--	6
Some Post High School	--	--	3
College Graduate	--	--	4
Household Income ³			
Bottom 40 Percent Bracket	--	--	10
Middle 20 Percent Bracket	--	--	0
Top 40 Percent Bracket	--	--	3
Marital Status ³			
Married	--	--	3
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

³demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 2003 to 2009

Find Meaning and Purpose in Daily Life

2009 Findings

- A total of 5% of respondents reported they seldom or never find meaning and purpose in daily life. Thirty-nine percent of respondents reported they always find meaning and purpose while an additional 40% reported nearly always.
- Unmarried respondents were more likely to report seldom or never compared to married respondents (7% and 3%, respectively).

Year Comparisons

- From 2003 to 2009, 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 2006, male respondents were more likely to report they seldom/never find meaning and purpose in daily life. In all other study years, gender was not a significant variable.
- In 2003, respondents with a college education were more likely to report they seldom/never find meaning and purpose in daily life. In all other study years, education was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents with a college education reporting they seldom/never find meaning and purpose in daily life.
- In 2006, respondents in the bottom 40 percent household income bracket were more likely to report they seldom/never find meaning and purpose in daily life. In all other study years, household income was not a significant variable.
- In 2006 and 2009, unmarried respondents were more likely to report they seldom/never find meaning and purpose in daily life. In 2003, marital status was not a significant variable.

Table 43. Seldom/Never Find Meaning and Purpose in Daily Life by Demographic Variables for Each Survey Year⁰

	2003	2006	2009
TOTAL	5%	6%	5%
Gender ²			
Male	6	9	5
Female	4	3	5
Age			
18 to 34	3	8	2
35 to 44	6	1	6
45 to 54	0	6	5
55 to 64	2	7	4
65 and Older	8	9	6
Education ¹			
High School or Less	4	6	7
Some Post High School	<1	5	5
College Graduate ^a	10	7	<1
Household Income ²			
Bottom 40 Percent Bracket	7	9	7
Middle 20 Percent Bracket	3	5	8
Top 40 Percent Bracket	4	1	2
Marital Status ^{2,3}			
Married	4	3	3
Not Married	5	9	7

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

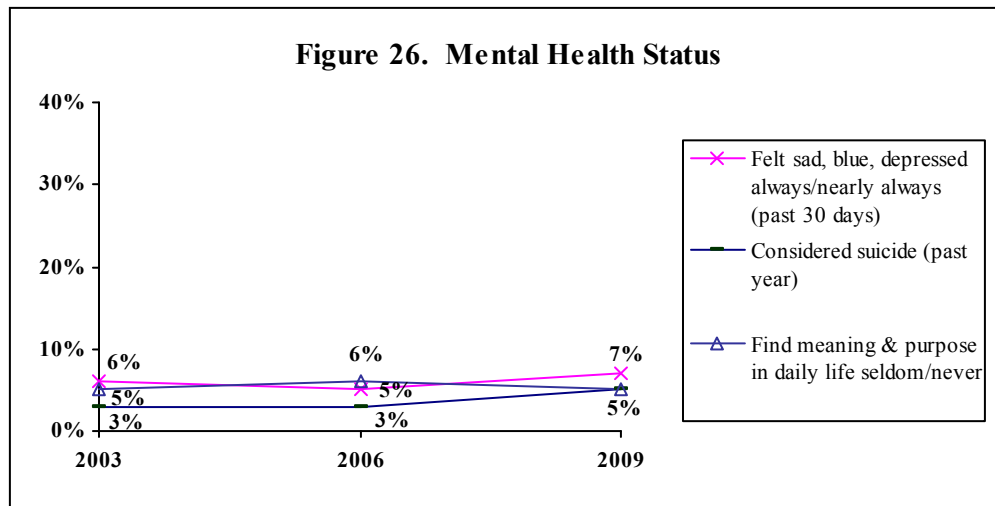
³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Mental Health Status Overall

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed, they considered suicide or they seldom/never find meaning and purpose in daily life.



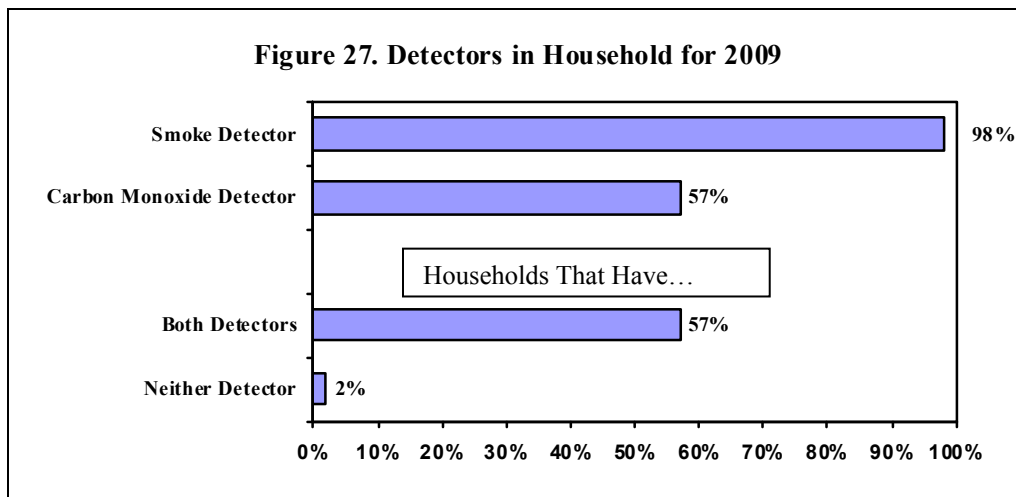
Detectors in Household (Figures 27 & 28; Table 44)

KEY FINDINGS: In 2009, 98% of households had a working smoke detector while 57% had a working carbon monoxide detector. Fifty-seven 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 2009, there was a statistical increase in the overall percent of respondents who reported both a working smoke detector and carbon monoxide detector.

2009 Findings

- Ninety-eight percent of respondents reported a working smoke detector while 57% reported a working carbon monoxide detector in their home. Fifty-seven percent had both detectors. Two percent had neither.



- Sixty-two percent of respondents in the top 40 percent household income bracket reported both detectors compared to 49% of those in the middle 20 percent income bracket or 40% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report both detectors compared to unmarried respondents (65% and 45%, respectively).

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported both a working smoke detector and carbon monoxide detector.
- In all study years, respondents in the top 40 percent household income bracket were more likely to report both a working smoke detector and carbon monoxide detector. From 2003 to 2009, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting both a working smoke detector and carbon monoxide detector.
- In all study years, married respondents were more likely to report both a working smoke detector and carbon monoxide detector. From 2003 to 2009, there was a noted increase in the percent of respondents across marital status reporting both a working smoke detector and carbon monoxide detector.

Table 44. Both Working Smoke and Carbon Monoxide Detectors in Household by Demographic Variables for Each Survey Year^①

	2003	2006	2009
TOTAL ^a	43%	47%	57%
Household Income ^{1,2,3}			
Bottom 40 Percent Bracket	31	42	40
Middle 20 Percent Bracket	42	40	49
Top 40 Percent Bracket ^a	48	58	62
Marital Status ^{1,2,3}			
Married ^a	50	55	65
Not Married ^a	31	38	45

^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.

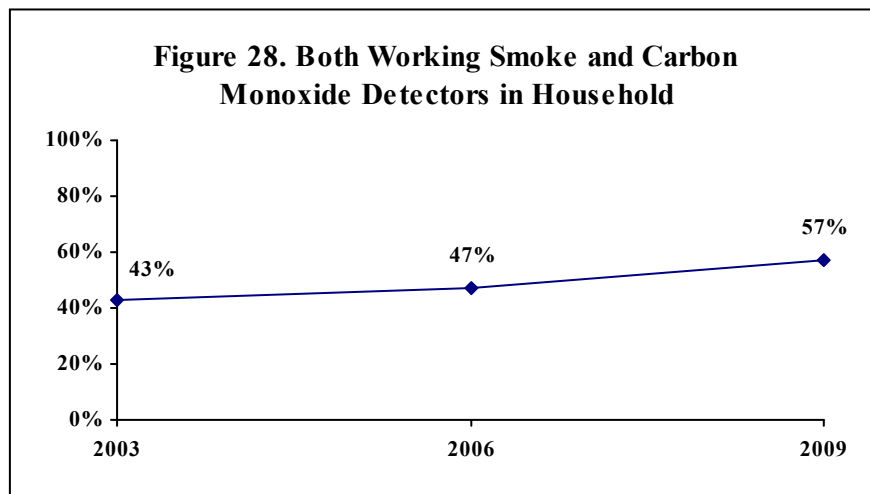
¹demographic difference at $p \leq 0.05$ in 2003

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

³demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 2003 to 2009

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported both a working smoke detector and carbon monoxide detector.



Presence of Firearms in Household (Figure 29; Tables 45 - 47)

KEY FINDINGS: In 2009, 29% of households had a firearm in or around the home; respondents who were in the top 40 percent household income bracket, married or in households with children were more likely to report this. Of all households, 17% had a handgun in their home while 23% had a rifle or shotgun. Respondents who were in the top 40 percent household income bracket, married or in households with children were more likely to report a rifle/shotgun. Of all households, 3% had a loaded firearm. One percent of all households had a firearm loaded and unlocked.

From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a firearm in or around their home. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a loaded firearm or a loaded firearm which was also unlocked.

Firearm in Household

In 2002, 44% of Wisconsin respondents and 33% of U.S. respondents reported any firearm in the household. (2002 Behavioral Risk Factor Surveillance as cited in the American Academy of Pediatrics, Prevalence of Household Firearms and Firearm-Storage Practices www.pediatrics.org.)

2009 Findings

- At the time of the survey administration, 29% of households had at least one firearm.
- Forty-five percent of respondents in the top 40 percent household income bracket reported a firearm compared to 32% of those in the middle 20 percent income bracket or 15% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report having a firearm compared to unmarried respondents (35% and 21%, respectively).
- Respondents in households with children were more likely to report having a firearm (38%) compared to households without children (23%).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having firearms in or around their home.
- In 2003 and 2009, respondents in the top 40 percent household income bracket were more likely to report having a firearm. In 2006, respondents in the top 60 percent household income bracket were more likely to report having a firearm.
- In all study years, married respondents were more likely to report having a firearm.
- In 2003 and 2009, respondents in households with children were more likely to report having a firearm. In 2006, the presence of children in households was not a significant variable.

Table 45. Firearm in Household by Demographic Variables for Each Survey Year^①

	2003	2006	2009
TOTAL	28%	23%	29%
Household Income ^{1,2,3}			
Bottom 40 Percent Bracket	13	16	15
Middle 20 Percent Bracket	26	28	32
Top 40 Percent Bracket	41	30	45
Marital Status ^{1,2,3}			
Married	34	31	35
Not Married	17	15	21
Children in Household ^{1,3}			
Yes	37	26	38
No	22	21	23

^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

³demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 2003 to 2009

Handgun in Household

2009 Findings

- At the time of the survey administration, 17% of respondents reported handguns in their home.
- There were no statistically significant differences between demographic variables and responses of reporting a handgun in their home.

Table 46. Handgun in Household by Demographic Variables for 2009^⓪

	2009
TOTAL	17%
Household Income	
Bottom 40 Percent Bracket	14
Middle 20 Percent Bracket	22
Top 40 Percent Bracket	18
Marital Status	
Married	19
Not Married	13
Children in Household	
Yes	19
No	15

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

[Ⓛ]demographic difference at $p \leq 0.05$ in 2009

Rifle or Shotgun in Household

2009 Findings

- At the time of the survey administration, 23% of respondents reported a rifle or shotgun in their home.
- Forty-two percent of respondents in the top 40 percent household income bracket reported a rifle or shotgun in their home compared to 22% of those in the middle 20 percent income bracket or 9% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report a rifle or shotgun in their home compared to unmarried respondents (30% and 13%, respectively).
- Respondents in households with children were more likely to report having a rifle or shotgun in their home (30%) compared to households without children (18%).

Table 47. Rifle or Shotgun in Household by Demographic Variables for 2009^⓪

	2009
TOTAL	23%
Household Income ¹	
Bottom 40 Percent Bracket	9
Middle 20 Percent Bracket	22
Top 40 Percent Bracket	42
Marital Status ¹	
Married	30
Not Married	13
Children in Household ¹	
Yes	30
No	18

^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 2009

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.)

2009 Findings

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

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a loaded firearm.
- No demographic comparisons were conducted as a result of the low percent of respondents reporting a loaded firearm in the household in all 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.

2009 Findings

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

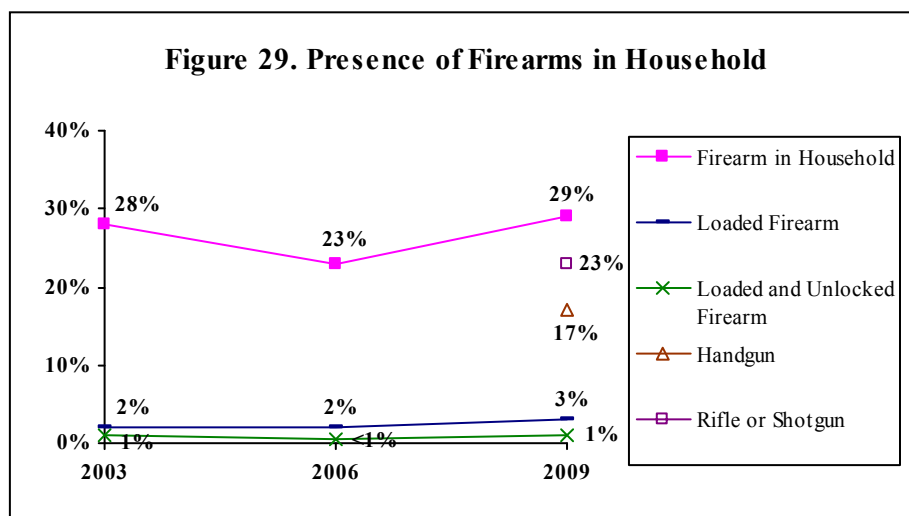
Year Comparisons

- From 2003 to 2009, 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 all study years.

Presence of Firearms in Household Overall

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a firearm in or around their home. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a loaded firearm or a loaded firearm which was also unlocked.



Personal Safety Issues (Figure 30; Tables 48 - 50)

KEY FINDINGS: In 2009, 8% of respondents reported someone made them afraid for their personal safety in the past year; respondents who were 18 to 34 years old, 45 to 54 years old, with some post high school education or less or unmarried respondents were more likely to report this. Five percent of respondents reported they had been pushed, kicked, slapped or hit in the past year; respondents with a high school education or less or unmarried respondents were more likely to report this. A total of 9% reported at least one of these two situations; respondents with some post high school education or less or unmarried respondents were more likely to report this.

From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting they were afraid for their personal safety or they were pushed, kicked, slapped or hit. From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting at least one of the two personal safety issues.

Afraid for Personal Safety

2009 Findings

- Eight percent of respondents reported someone made them afraid for their personal safety in the past year.
- Thirteen percent of respondents 45 to 54 years old and 12% of those 18 to 34 years old reported feeling afraid for their safety in the past year compared to 2% of respondents 35 to 44 years old.
- Ten percent of respondents with a high school education or less and 9% of those with some post high school education reported feeling afraid for their safety in the past year compared to 2% of respondents with college education.
- Unmarried respondents were more likely to report feeling afraid for their personal safety in the past year compared to married respondents (15% and 2%, respectively).
 - A stranger was most often mentioned as the perpetrator (15 responses) followed by an acquaintance (9 responses). Four respondents reported ex-spouse while 2 respondents reported someone else.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they were afraid for their personal safety.
- In 2006, respondents 45 to 64 years old were more likely to report being afraid for their personal safety. In 2009, respondents who were 18 to 34 years old or 45 to 54 years old were more likely to report being afraid for their personal safety. In 2003, age was not a significant variable.
- In 2009, respondents with some post high school education or less were more likely to report being afraid for their personal safety. In all other study years, education was not a significant variable.
- In 2009, unmarried respondents were more likely to report being afraid for their personal safety, with a noted increase since 2003. In all other study years, marital status was not a significant variable.

Table 48. Afraid for Personal Safety by Demographic Variables for Each Survey Year^①

	2003	2006	2009
TOTAL	5%	5%	8%
Gender			
Male	7	5	8
Female	3	4	7
Age ^{2,3}			
18 to 34	5	3	12
35 to 44	4	7	2
45 to 54	8	9	13
55 to 64	2	9	7
65 and Older	1	0	3
Education ³			
High School or Less	6	7	10
Some Post High School	6	4	9
College Graduate	1	2	2
Household Income			
Bottom 40 Percent Bracket	4	5	7
Middle 20 Percent Bracket	7	4	6
Top 40 Percent Bracket	1	4	2
Marital Status ³			
Married	4	3	2
Not Married ^a	6	6	15

^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

³demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 2003 to 2009

Pushed, Kicked, Slapped or Hit

2009 Findings

- Five percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
- Nine percent of respondents with a high school education or less reported they were pushed, kicked, slapped or hit in the past year compared to 2% of respondents with at least some post high school education.
- Unmarried respondents were more likely to report they were pushed, kicked, slapped or hit in the past year compared to married respondents (8% and 3%, respectively).
 - Nine respondents reported an acquaintance followed by seven respondents reporting a stranger.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they were pushed, kicked, slapped or hit.
- In 2003, male respondents were more likely to report they were pushed, kicked, slapped or hit in the past year. In 2009, gender was not a significant variable.
- In 2003, respondents 18 to 34 years old were more likely to report they were pushed, kicked, slapped or hit in the past year. In 2009, age was not a significant variable.
- In 2009, respondents with a high school education or less were more likely to report they were pushed, kicked, slapped or hit in the past year. In 2003, education was not a significant variable.
- In 2009, unmarried respondents were more likely to report they were pushed, kicked, slapped or hit in the past year. In 2003, marital status was not a significant variable.

Table 49. Pushed, Kicked, Slapped or Hit by Demographic Variables for Each Survey Year^①

	2003	2006 ^②	2009
TOTAL	4%	3%	5%
Gender ¹			
Male	7	--	6
Female	2	--	4
Age ¹			
18 to 34	10	--	8
35 to 44	2	--	5
45 to 54	6	--	7
55 to 64	0	--	2
65 and Older	1	--	1
Education ³			
High School or Less	5	--	9
Some Post High School	2	--	2
College Graduate	7	--	2
Household Income			
Bottom 40 Percent Bracket	1	--	4
Middle 20 Percent Bracket	5	--	2
Top 40 Percent Bracket	6	--	2
Marital Status ³			
Married	4	--	3
Not Married	6	--	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.

^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

³demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 2003 to 2009

Combined Personal Safety Issues

2009 Findings

- A total of 9% of all respondents reported at least one of the two issues.
- Twelve percent of respondents with some post high school education and 11% of those with a high school education or less reported at least one of the two issues compared to 3% of respondents with a college education.
- Unmarried respondents were more likely to report at least one of the two issues compared to married respondents (15% and 4%, respectively).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported at least one of the personal safety issues.
- In 2003, respondents who were 18 to 34 years old or 45 to 54 years old were more likely to report at least one of the personal safety issues. In all other study years, age was not a significant variable.
- In 2009, respondents with some post high school education or less were more likely to report at least one of the personal safety issues. In all other study years, education was not a significant variable.
- In 2006 and 2009, unmarried respondents were more likely to report at least one of the two issues. In 2003, marital status was not a significant variable.

Table 50. At Least One of the Personal Safety Issues by Demographic Variables for Each Survey Year^⓪

	2003	2006	2009
TOTAL	8%	7%	9%
Gender			
Male	11	8	9
Female	5	6	9
Age ¹			
18 to 34	13	6	12
35 to 44	5	9	7
45 to 54	14	10	15
55 to 64	2	9	7
65 and Older	3	0	4
Education ³			
High School or Less	8	8	11
Some Post High School	7	4	12
College Graduate	8	7	3
Household Income			
Bottom 40 Percent Bracket	4	6	10
Middle 20 Percent Bracket	9	10	8
Top 40 Percent Bracket	7	4	4
Marital Status ^{2,3}			
Married	7	4	4
Not Married	9	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

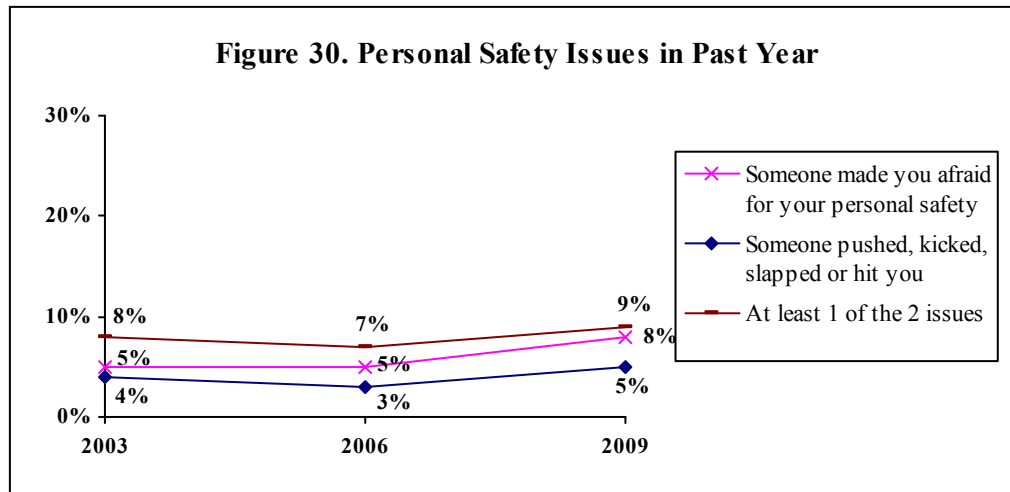
³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Personal Safety Issues Overall

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting they were afraid for their personal safety or they were pushed, kicked, slapped or hit. From 2003 to 2009, 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.

Did Not Receive Medical Care Needed (Figure 31; Table 51)

KEY FINDINGS: In 2009, 10% of respondents reported that they did not get the medical care they needed sometime in the last 12 months; respondents who were female, 45 to 54 years old, in the bottom 60 percent household income bracket or unmarried were more likely to report this.

From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting they did not get the medical care they needed sometime in the last 12 months.

2009 Findings

- Ten percent of respondents reported in the last 12 months they did not get the medical care needed.
- Female respondents were more likely to report they did not receive the medical care they thought they needed (14%) compared to male respondents (6%).
- Nineteen percent of respondents 45 to 54 years old reported they did not receive the medical care they thought they needed compared to 7% of those 65 and older or 5% of respondents 35 to 44 years old.
- Sixteen percent of respondents in the bottom 40 percent household income bracket and 13% of those in the middle 20 percent income bracket reported they did not receive the medical care they thought they needed compared to 2% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report they did not receive the medical care they thought they needed compared to married respondents (16% and 5%, respectively).
 - Twenty respondents reported poor medical care as the most often cited reason for not receiving needed medical care. Thirteen respondents reported they could not afford to pay while nine reported they were uninsured and 4 respondents reported insurance did not cover it.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they did not receive the medical care they thought they needed.
- In 2006 and 2009, female respondents were more likely to report they did not receive the medical care they thought they needed. In 2003, gender was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of female respondents reporting they did not receive the medical care they thought they needed.
- In 2009, respondents 45 to 54 years old were more likely to report they did not receive the medical care they thought they needed, with a noted increase since 2003. In all other study years, age was not a significant variable.
- In 2009, respondents in the bottom 60 percent household income bracket were more likely to report they did not receive the medical care they thought they needed. In all other study years, household income was not a significant variable.

- In 2009, unmarried respondents were more likely to report they did not receive the medical care they thought they needed. In all other study years, marital status was not a significant variable.

Table 51. Did Not Receive Medical Care Needed in Last 12 Months by Demographic Variables for Each Survey Year^①

	2003	2006	2009
TOTAL	7%	8%	10%
Gender ^{2,3}			
Male	7	4	6
Female ^a	6	12	14
Age ³			
18 to 34	10	4	9
35 to 44	5	13	5
45 to 54 ^a	7	12	19
55 to 64	4	11	9
65 and Older	8	4	7
Education			
High School or Less	8	8	13
Some Post High School	6	13	10
College Graduate	6	5	5
Household Income ³			
Bottom 40 Percent Bracket	8	9	16
Middle 20 Percent Bracket	7	7	13
Top 40 Percent Bracket	5	8	2
Marital Status ³			
Married	5	9	5
Not Married	10	8	16

^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

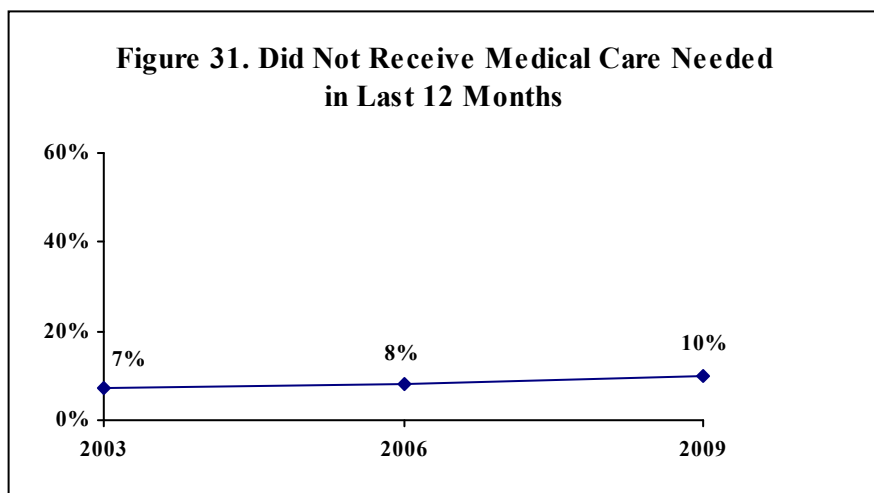
²demographic difference at $p \leq 0.05$ in 2006

³demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 2003 to 2009

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting they did not get the medical care they needed sometime in the last 12 months.



Prescription Medication Not Taken Due to Cost (Figure 32; Table 52)

KEY FINDINGS: In 2009, 8% of respondents reported that someone in their household had not taken their prescribed medication due to prescription costs.

From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting that someone in their household had not taken their prescribed medication due to prescription costs.

2009 Findings

- Eight percent of respondents reported that someone in their household had not taken their prescribed medication due to prescription costs.
- There were no statistically significant differences between demographic variables and responses of someone not taking prescribed medication due to prescription costs.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported someone in their household had not taken their prescribed medication due to prescription costs.
- In 2006, respondents in the top 40 percent household income bracket were more likely to report someone in their household had not taken their prescribed medication due to prescription costs. In all other study years, household income was not a significant variable.

- In 2003 and 2006, respondents in households with children were more likely to report someone in their household had not taken their prescribed medication due to prescription costs. In 2009, the presence of children in households was not a significant variable.

Table 52. Prescription Medication Not Taken Due to Cost by Demographic Variables for Each Survey Year^⓪

	2003	2006	2009
TOTAL	8%	11%	8%
Household Income ²			
Bottom 40 Percent Bracket	6	14	10
Middle 20 Percent Bracket	8	5	6
Top 40 Percent Bracket	8	19	10
Marital Status			
Married	9	12	6
Not Married	6	10	9
Children in Household ^{1,2}			
Yes	13	16	7
No	5	8	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 $p \leq 0.05$ in 2003

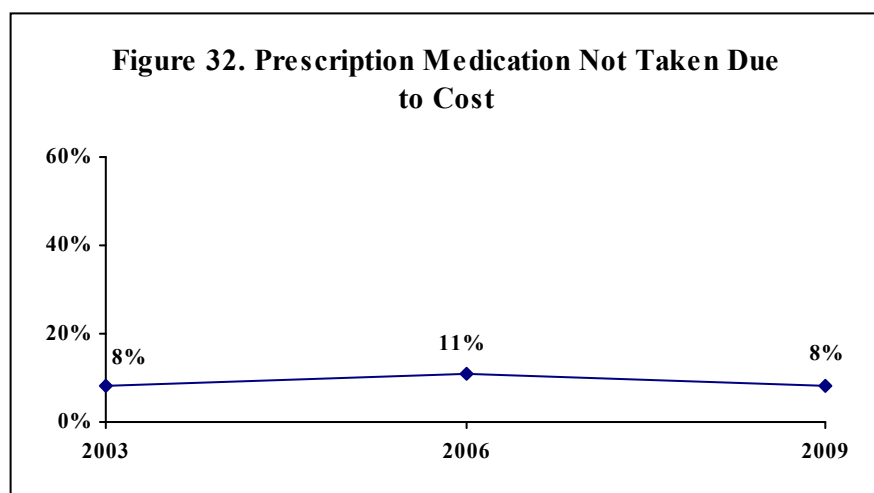
²demographic difference at $p \leq 0.05$ in 2006

³demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 2003 to 2009

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting that someone in their household had not taken their prescribed medication due to prescription costs.



Access to Adequate and Appropriate Food (Figure 33; Table 53)

KEY FINDINGS: In 2009, 4% of respondents reported that there was a time in the past 30 days when their household did not have access to adequate and appropriate food; respondents who were in the bottom 40 percent household income bracket or in households with children were more likely to report this.

From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting that there was a time in the past 30 days when their household did not have access to adequate and appropriate food.

2009 Findings

- Four percent of respondents reported that there was a time in the past 30 days when their household did not have access to adequate and appropriate food.
- Ten percent of respondents in the bottom 40 percent household income bracket reported they did not have access to adequate or appropriate food compared to less than one percent of those in the top 40 percent income bracket or 0% of respondents in the middle 20 percent household income bracket.
- Respondents in households with children were more likely to report they did not have access to adequate or appropriate food (6%) compared to households without children (2%).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported that there was a time in the past 30 days when their household did not have access to adequate and appropriate food.
- In 2006 and 2009, respondents in the bottom 40 percent household income bracket were more likely to report they did not have access to adequate or appropriate food.
- In 2006, unmarried respondents were more likely to report they did not have access to adequate or appropriate food. In 2009, marital status was not a significant variable.
- In 2006 and 2009, respondents in households with children were more likely to report they did not have access to adequate or appropriate food.

Table 53. Did Not Have Access to Adequate and Appropriate Food in Past 30 Days by Demographic Variables for Each Survey Year^①

	2003 ^②	2006	2009
TOTAL	3%	5%	4%
Household Income ^{2,3}			
Bottom 40 Percent Bracket	--	12	10
Middle 20 Percent Bracket	--	3	0
Top 40 Percent Bracket	--	1	<1
Marital Status ²			
Married	--	3	3
Not Married	--	7	6
Children in Household ^{2,3}			
Yes	--	11	6
No	--	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.

^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

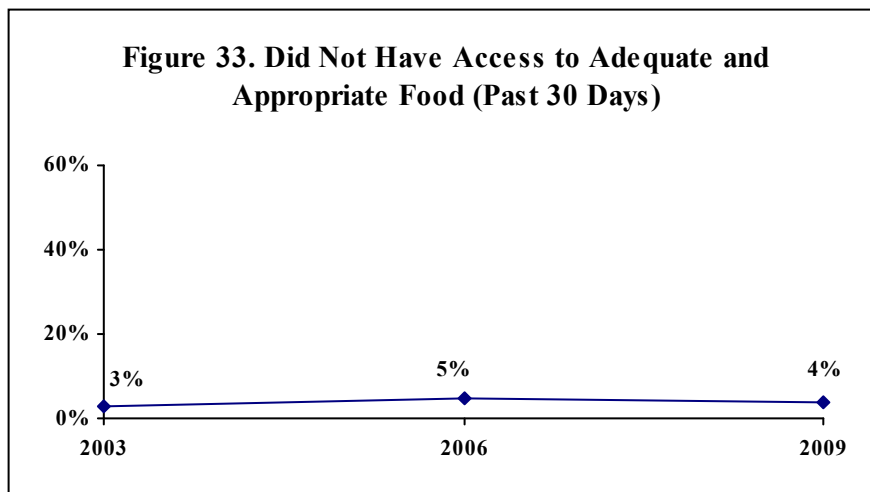
²demographic difference at $p \leq 0.05$ in 2006

³demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 2003 to 2009

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting that there was a time in the past 30 days when their household did not have access to adequate and appropriate food.



Community Health Priorities (Figure 34; Tables 54 - 58)

KEY FINDINGS: In 2009, the three most often selected health priorities out of five provided were the following: inappropriate use and abuse of alcohol and other substances (75%), obesity and lack of physical activity (64%) and intentional/unintentional injuries and violence (56%). Respondents who were male, 35 to 44 years old, with at least some post high school education or in the top 40 percent household income bracket were more likely to report obesity and lack of physical activity. Respondents 18 to 34 years old or in the top 60 percent household income bracket were more likely to report injury and violence.

From 2006 to 2009, there was a statistical increase in the overall percent of respondents who reported inappropriate use and abuse of alcohol or other substances. From 2006 to 2009, there was a statistical decrease in the overall percent of respondents who reported obesity and lack of physical activity. From 2006 to 2009, there was no statistical change in the overall percent of respondents who reported injury/violence, tobacco usage/exposure to smoke or mental health.

Inappropriate Use and Abuse of Alcohol and Other Substances

2009 Findings

- Seventy-five percent of respondents reported inappropriate use and abuse of alcohol and other substances as a community health priority.
- There were no statistically significant differences between demographic variables and responses of inappropriate use and abuse of alcohol and other substances.

Year Comparisons

- From 2006 to 2009, there was a statistical increase in the overall percent of respondents reporting inappropriate use and abuse of alcohol and other substances as a community health issue.
- In 2006, female respondents were more likely to report alcohol or drug abuse. In 2009, gender was not a significant variable. From 2006 to 2009, there was a noted increase in the percent of male respondents reporting alcohol or drug abuse.
- Age was not a significant variable in either study year. From 2006 to 2009, there was a noted increase in the percent of respondents 18 to 34 years old reporting alcohol or drug abuse.
- Education was not a significant variable in either study year. From 2006 to 2009, there was a noted increase in the percent of respondents with a college education reporting alcohol or drug abuse.
- Household income was not a significant variable in either study year. From 2006 to 2009, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting alcohol or drug abuse.
- Marital status was not a significant variable in either study year. From 2006 to 2009, there was a noted increase in the percent of married respondents reporting alcohol or drug abuse.

Table 54. Inappropriate Use and Abuse of Alcohol or Other Substances by Demographic Variables for Each Survey Year⁰

	2006	2009
TOTAL ^a	68%	75%
Gender ¹		
Male ^a	62	76
Female	73	74
Age		
18 to 34 ^a	66	82
35 to 44	57	65
45 to 54	75	76
55 to 64	74	72
65 and Older	73	74
Education		
High School or Less	69	70
Some Post High School	70	78
College Graduate ^a	65	77
Household Income		
Bottom 40 Percent Bracket	69	76
Middle 20 Percent Bracket	67	81
Top 40 Percent Bracket ^a	65	78
Marital Status		
Married ^a	64	77
Not Married	72	72

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 2006

²demographic difference at p≤0.05 in 2009

^ayear difference at p≤05 from 2006 to 2009

Obesity and Lack of Physical Activity

2009 Findings

- Sixty-four percent of respondents reported obesity and lack of physical activity as a community health priority.
- Male respondents were more likely to report obesity and lack of physical activity (72%) compared to female respondents (57%).
- Seventy-four percent of respondents 35 to 44 years old reported obesity and lack of physical activity compared to 67% of those 45 to 54 years old or 42% of respondents 65 and older.

- Seventy-one percent of respondents with a college education and 68% of those with some post high school education reported obesity and lack of physical activity compared to 55% of respondents with a high school education or less.
- Seventy-two percent of respondents in the top 40 percent household income bracket reported obesity and lack of physical activity compared to 60% of those in the middle 20 percent income bracket or 50% of respondents in the bottom 40 percent household income bracket.

Year Comparisons

- From 2006 to 2009, there was a statistical decrease in the overall percent of respondents reporting obesity and lack of physical activity as a community health issue.
- In 2009, male respondents were more likely to report obesity and lack of physical activity. In 2006, gender was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of female respondents reporting obesity and lack of physical activity.
- In 2009, respondents 35 to 44 years old were more likely to report obesity and lack of physical activity. In 2006, age was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of respondents 65 and older reporting obesity and lack of physical activity.
- In 2006 and 2009, respondents with at least some post high school education were more likely to report obesity and lack of physical activity.
- In 2006 and 2009, respondents in the top 60 percent household income bracket were more likely to report obesity and lack of physical activity. From 2006 to 2009, there was a noted decrease in the percent of respondents in the bottom 60 percent household income bracket reporting obesity and lack of physical activity.

Table 55. Obesity and Lack of Physical Activity by Demographic Variables for Each Survey Year^⓪

	2006	2009
TOTAL ^a	71%	64%
Gender ²		
Male	70	72
Female ^a	71	57
Age ²		
18 to 34	64	69
35 to 44	72	74
45 to 54	72	67
55 to 64	80	70
65 and Older ^a	74	42
Education ^{1,2}		
High School or Less	59	55
Some Post High School	79	68
College Graduate	80	71
Household Income ^{1,2}		
Bottom 40 Percent Bracket ^a	66	50
Middle 20 Percent Bracket ^a	78	60
Top 40 Percent Bracket	80	72
Marital Status		
Married	74	65
Not Married	68	62

^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 2006

²demographic difference at p≤0.05 in 2009

^ayear difference at p≤05 from 2006 to 2009

Injury and Violence

2009 Findings

- Fifty-six percent of respondents reported intentional and unintentional injuries and violence as a community health priority.
- Sixty-eight percent of respondents 18 to 34 years old reported injury and violence compared to 48% of those 35 to 44 years old or 45% of respondents 45 to 54 years old.
- Sixty-five percent of respondents in the top 40 percent household income bracket and 63% of those in the middle 20 percent income bracket reported injury and violence compared to 46% of respondents in the bottom 40 percent household income bracket.

Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting intentional and unintentional injuries and violence as a community health issue.
- In both study years, respondents 18 to 34 years old were more likely to report injury and violence.
- In 2009, respondents in the top 60 percent household income bracket were more likely to report injury and violence. In 2006, household income was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of respondents in the bottom 40 percent household income bracket and a noted increase in the percent of respondents in the top 40 percent income bracket reporting injury and violence.

Table 56. Injury and Violence by Demographic Variables for Each Survey Year^⓪

	2006	2009
TOTAL	57%	56%
Gender		
Male	55	55
Female	58	58
Age ^{1,2}		
18 to 34	68	68
35 to 44	62	48
45 to 54	54	45
55 to 64	50	63
65 and Older	41	55
Education		
High School or Less	58	61
Some Post High School	55	53
College Graduate	57	53
Household Income ²		
Bottom 40 Percent Bracket ^a	58	46
Middle 20 Percent Bracket	64	63
Top 40 Percent Bracket ^a	47	65
Marital Status		
Married	58	60
Not Married	55	51

^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 2006

²demographic difference at p≤0.05 in 2009

³year difference at p≤05 from 2006 to 2009

Tobacco Usage and Exposure to Smoke

2009 Findings

- Fifty percent of respondents reported tobacco usage and exposure to smoke as a community health priority.
- There were no statistically significant differences between demographic variables and responses of tobacco usage and exposure to smoke.

Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting tobacco usage and exposure to smoke as a community health issue.
- Gender was not a significant variable in either study year. From 2006 to 2009, there was a noted increase in the percent of female respondents reporting tobacco usage and exposure to smoke.
- Age was not a significant variable in either study year. From 2006 to 2009, there was a noted increase in the percent of respondents 35 to 44 years old reporting tobacco usage and exposure to smoke.
- In 2006, respondents with some post high school education were more likely to report tobacco usage and exposure to smoke. In 2009, education was not a significant variable.
- In 2006, respondents in the top 40 percent household income bracket were more likely to report tobacco usage and exposure to smoke. In 2009, household income was not a significant variable. From 2006 to 2009, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket and a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting tobacco usage and exposure to smoke.
- In 2006, married respondents were more likely to report tobacco usage and exposure to smoke. In 2009, marital status was not a significant variable.

Table 57. Tobacco Usage and Exposure to Smoke by Demographic Variables for Each Survey Year^⓪

	2006	2009
TOTAL	46%	50%
Gender		
Male	50	46
Female ^a	43	52
Age		
18 to 34	47	46
35 to 44 ^a	44	59
45 to 54	46	56
55 to 64	43	43
65 and Older	47	44
Education ¹		
High School or Less	39	43
Some Post High School	57	53
College Graduate	47	54
Household Income ¹		
Bottom 40 Percent Bracket ^a	44	58
Middle 20 Percent Bracket	40	48
Top 40 Percent Bracket ^a	62	43
Marital Status ¹		
Married	53	51
Not Married	39	47

^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 2006

²demographic difference at p≤0.05 in 2009

^ayear difference at p≤05 from 2006 to 2009

Mental Health

2009 Findings

- Forty-one percent of respondents reported mental health as a community health priority.
- There were no statistically significant differences between demographic variables and responses of mental health.

Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting mental health as a community health issue.

- There were no statistically significant difference between demographic variables and responses of mental health in either study year.

Table 58. Mental Health by Demographic Variables for Each Survey Year^①

	2006	2009
TOTAL	35%	41%
Gender		
Male	30	40
Female	39	42
Age		
18 to 34	31	35
35 to 44	42	51
45 to 54	31	42
55 to 64	46	38
65 and Older	28	38
Education		
High School or Less	41	43
Some Post High School	29	41
College Graduate	33	38
Household Income		
Bottom 40 Percent Bracket	33	43
Middle 20 Percent Bracket	38	38
Top 40 Percent Bracket	33	34
Marital Status		
Married	32	37
Not Married	38	45

^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 2006

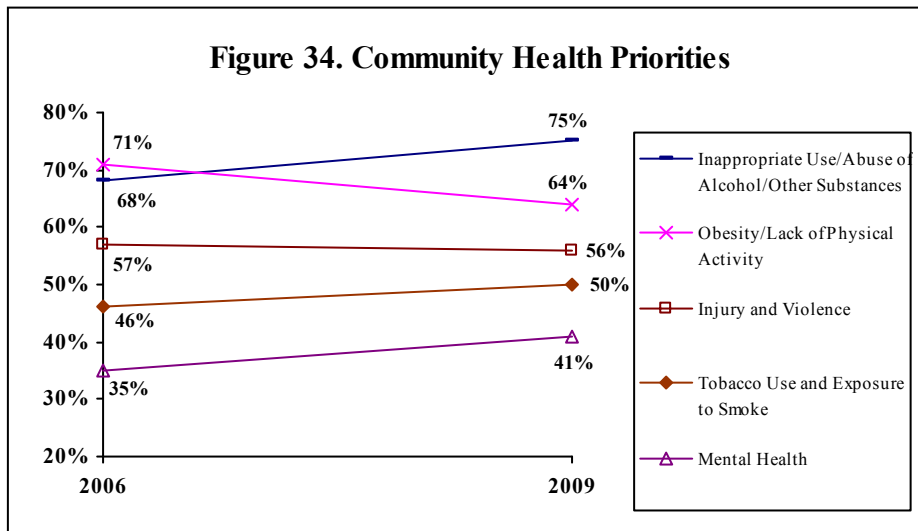
²demographic difference at $p \leq 0.05$ in 2009

³year difference at $p \leq 0.05$ from 2006 to 2009

Community Health Priorities Overall

Year Comparisons

- From 2006 to 2009, there was a statistical increase in the overall percent of respondents who reported inappropriate use and abuse of alcohol or other substances. From 2006 to 2009, there was a statistical decrease in the overall percent of respondents who reported obesity and lack of physical activity. From 2006 to 2009, there was no statistical change in the overall percent of respondents who reported injury/violence, tobacco usage/exposure to smoke or mental health.



APPENDIX B: QUESTIONNAIRE FREQUENCIES

CUDAHY
COMMUNITY HEALTH SURVEY

Conducted: October 2, 2009 through January 7, 2010

[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	4%
Fair	13
Good.....	26
Very good.....	47
Excellent.....	10
Not sure	0

2. Currently, what is your primary type of health care coverage?

No health care coverage	9%
An employer sponsored insurance plan	59
Private insurance bought directly from an insurance agent or insurance company.....	6
Medicaid including medical assistance, Title 19 or Badger Care.....	6
Medicare.....	21
Or something else.....	<1
Not sure	<1

3. Did you have health insurance during all, part or none of the past 12 months?

All.....	88%
Part	5
None	7
Not sure	0

4. Did everyone in your household have health insurance during all, part or none of the past 12 months?

All.....	87%
Part	10
None	3
Not sure	0

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

- Doctor's or nurse practitioner's office 87%
- Public health clinic or community health center 2
- Hospital outpatient department 2
- Hospital emergency room 2
- Urgent care center 3
- Some other kind of place..... 3
- No usual place..... 2
- Not sure <1

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

- Yes 37%
- No..... 63
- 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	54%	19%	7%	18%	1%	<1%
8. Cholesterol testing	48	21	5	4	16	5
9. Visit to a dentist or dental clinic .	69	15	5	11	<1	<1
10. Eye exam.....	50	30	8	8	3	0

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

- Yes 46%
- No..... 55
- Not sure 0

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

- 18 to 34 years old 29%
- 35 to 44 years old 22
- 45 to 54 years old 17
- 55 to 64 years old 12
- 65 and older..... 20

13. Have you ever had a pneumonia or pneumococcal shot? [80 Respondents 65 and Older]

- Yes 79%
- No..... 20
- Not sure 1

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?	27%	73%	0%
15. Your blood cholesterol is high?	25	73	2
16. You had a stroke?.....	2	98	0
17. You have heart disease or a heart condition?...	9	91	<1
18. You had a mental health condition, such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post traumatic stress disorder or depression?	10	90	0
19. You have cancer?.....	4	96	0
20. ...(if yes) [15 Respondents]: What type of cancer?	Melanoma/skin	5 respondents	
	Thyroid	3 respondents	
	Breast.....	2 respondents	
	Prostate	2 respondents	
	All others (1 response each)	5 respondents	
21. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	10	91	0

22. [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?” [39 Respondents]

Zero	5%	→GO TO Q25
1 time.....	26	→CONTINUE WITH Q23
2 to 3 times	46	→CONTINUE WITH Q23
4 or more	18	→CONTINUE WITH Q23
Not sure	5	→GO TO Q25

23. At your last appointment, what was your “A one C” level? [34 Respondents]

Less than 7	44%
7 or higher	24
Not sure	32

24. At your last appointment, what was your LDL level? [34 Respondents]

Less than 100	18%
100 or higher	21
Not sure	62

	Yes	No	Not Sure
25. Do you currently have asthma?	8%	91%	1%
26. ...(if yes), do you have a written asthma action plan? [32 Respondents].....	19	79	3

27. 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 37%
 Two servings 30
 Three or more servings..... 33
 Not sure 0

28. 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 39%
 Two servings 32
 Three or more servings..... 29
 Not sure 0

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

Yes 89%
 No..... 11
 Not sure 0

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

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

No moderate activity11%
 Less than 5 times/week for 30 minutes or less than 30 minutes each time.....52
 5 times/week for 30 minutes or more.....35
 Not sure 2

32. 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 45%
 No..... 55
 Not sure 0

33. How many days per week do you do these vigorous activities for at least 10 minutes at a time?
34. 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	55%
Less than 3 times/week for 20 minutes or less than 20 minutes each time	26
3 times/week for 20 minutes or more.....	19
Not sure	<1

Q35 THROUGH Q37 FEMALES ONLY

Now I have some questions about women's health.

35. 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? [126 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	62%
Within the past 2 years (1 year, but less than 2 years ago)	18
Within the past 3 years (2 years, but less than 3 years ago)	6
Within the past 5 years (3 years, but less than 5 years ago).....	2
5 or more years ago	8
Never.....	3
Not sure	<1

36. 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? [49 Respondents 65 and Older]

Yes	82%
No.....	14
Not sure	4

37. 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? [146 Respondents 18 to 65 years old]

Within the past year (anytime less than 12 months ago).....	76%
Within the past 2 years (1 year, but less than 2 years ago)	13
Within the past 3 years (2 years, but less than 3 years ago)	1
Within the past 5 years (3 years, but less than 5 years ago).....	2
5 or more years ago	5
Never.....	2
Not sure	0

Q38 and Q39 MALES 40 AND OLDER ONLY

38. 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? [118 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	38%
Within the past 2 years (1 year, but less than 2 years ago)	12
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).....	3
5 or more years ago	3
Never.....	29
Not sure.....	12

39. 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? [118 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	40%
Within the past 2 years (1 year, but less than 2 years ago)	19
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).....	3
5 or more years ago	4
Never.....	27
Not sure.....	2

MALE & FEMALE RESPONDENTS 50 AND OLDER

40. For a sigmoidoscopy a flexible tube is inserted into the rectum to view the bowel for signs of cancer or other health problems. A colonoscopy is similar, but uses a longer tube, and you are usually given medication through a needle in your arm to make you sleepy and told to have someone else drive you home after the test. Have you ever had a... [152 Respondents 50 and Older]

Sigmoidoscopy.....	1%
Colonoscopy	53
Both.....	14
Or neither	30
Not sure.....	1

41. How long has it been since you had your last sigmoidoscopy? [152 Respondents 50 and Older]

Within the past year (anytime less than 12 months ago).....	2%
Within the past 2 years (1 year, but less than 2 years ago)	3
Within the past 5 years (2 years, but less than 5 years ago).....	5
Within the past 10 years (5 years but less than 10 years ago)...	3
10 years ago or more	3
Never.....	82
Not sure.....	1

42. How long has it been since you had your last colonoscopy? [152 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)	20
Within the past 5 years (2 years, but less than 5 years ago).....	20
Within the past 10 years (5 years but less than 10 years ago)...	7
10 years ago or more.....	4
Never.....	32
Not sure.....	2

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

Do not ride bike, use in-line skates or use scooters..... 58%

Frequency of those who bicycle, use in-line roller skates or use scooters [168 Respondents]

Never.....	58%
Seldom	7
Sometimes.....	2
Nearly always.....	8
Always	26
Not sure.....	0

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

Never.....	3%
Seldom	4
Sometimes.....	6
Nearly always.....	7
Always	81
Not sure.....	0

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

Never.....	32%
Seldom	41
Sometimes.....	21
Nearly always.....	3
Always	3
Not sure.....	<1

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

Never.....	1%
Seldom	4
Sometimes.....	17
Nearly always.....	40
Always	39
Not sure.....	<1

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

Yes	5%
No.....	95
Not sure	<1

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

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

None	30%
One to two days.....	24
Three to four days	18
Five or more days.....	27
Not sure	<1

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

None	30%
One drink.....	18
Two drinks	20
Three drinks	16
Four or more drinks.....	15
Not sure	1

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

None	76%
One time	12
Two or more times	12
Not sure	<1

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

Yes	1%
No.....	99
Not sure	0

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

Yes	4%
No.....	97
Not sure	0

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

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

Every day	18%	
Some days	6	
Not at all.....	76	→GO TO Q57
Not sure.....	0	→GO TO Q57

54. [CURRENT SMOKERS] During the past 12 months, have you quit smoking for one day or longer because you were trying to quit? [97 Respondents]

Yes	64%
No.....	36
Not sure.....	0

55. [CURRENT SMOKERS] In the past 12 months, have you seen a doctor, nurse or other health professional? [97 Respondents]

Yes	57%	→CONTINUE WITH Q56
No.....	43	→GO TO Q57
Not sure.....	0	→GO TO Q57

56. In the past 12 months, has a doctor, nurse or other health professional advised you to quit smoking? [55 Respondents]

Yes	89%
No.....	11
Not sure.....	0

57. Which statement best describes the rules about smoking inside your home...

Smoking is not allowed anywhere inside your home..	74%
Smoking is allowed in some places or at some times .	8
Smoking is allowed anywhere inside your home or ...	3
There are no rules about smoking inside your home ..	16
Not sure.....	0

58. Which of the following best describes your place of work's official indoor smoking policy? [269 Respondents Who Work]

Not allowed in any area.....	67%
Allowed in some areas	28
Allowed in all areas.....	3
No official policy	3
Not sure	0

59. In the past seven days, how many days were you in the same room or did you ride in a car with someone who was smoking cigarettes? [302 Nonsmokers]

0 days 68%
 1 to 3 days 23
 4 to 6 days 8
 All 7 days 2
 Not sure 0

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.

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

Yes 29%
 No 70
 Not sure <1

Are any of these firearms... [All Respondents]

	Yes	No	Not sure	No firearms in HH/NA
61. Handguns	17%	12%	<1%	71%
62. Rifles or shotguns.....	23	6	0	71

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

Yes 3%
 No 26
 Not sure 0
 No firearms in the household/no answer 71

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

Yes 1%
 No 2
 Not sure 0
 No firearms in the household/not loaded/no answer 97

The next questions deal with complementary and alternative therapy treatments. In the past three years, have you received complementary or alternative therapies such as . .

	Yes	No	Not Sure
65. Going to a chiropractor	17%	83%	0%
66. Having acupuncture	3	97	0
67. Massage therapy.....	19	82	0
68. Aroma therapy using essential oils	3	97	0

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

69. Gender [DERIVED, NOT ASKED]

Male	49%
Female.....	52

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

71. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

Not overweight.....	35%
Overweight.....	39
Obese.....	26

72. Are you Hispanic or Latino?

Yes	5%
No.....	95
Not sure	0

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

White.....	96%
Black, African American	<1
Asian	0
Native Hawaiian or other Pacific Islander	0
American Indian or Alaska Native.....	0
Another race.....	<1
Multiple race	2
Not sure.....	0

74. What is your current marital status?

Single and never married	25%
A member of an unmarried couple.....	3
Married.....	54
Separated.....	<1
Divorced.....	8
Widowed	10
Not sure	0

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

8th grade or less	<1%
Some high school	3
High school graduate or GED.....	36
Some college.....	22
Technical school graduate.....	11
College graduate	22
Advanced or professional degree	7
Not sure	<1

76. Do you have any children under 18 years old who currently live in your household?

Yes	42%
No.....	58
Not sure.....	0

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

Milwaukee.....	100%
----------------	------

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

Cudahy	100%
--------------	------

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

53110.....	100%
------------	------

80. 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	2%
No.....	98
Not sure.....	0

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

One.....	99%
Two or more.....	2

82. Do you have a cell phone that you use mainly for personal use?

Yes	74%
No.....	26
Not sure.....	0

83. What is your annual household income before taxes?

Less than \$10,000	9%
\$10,000 to \$20,000.....	10
\$20,001 to \$30,000.....	7
\$30,001 to \$40,000.....	5
\$40,001 to \$50,000.....	9
\$50,001 to \$60,000.....	7
\$60,001 to \$75,000.....	12
\$75,001 to \$90,000.....	7
\$90,001 to \$105,000.....	7
\$105,001 to \$120,000.....	4
\$120,001 to \$135,000.....	<1
Over \$135,000.....	1
Not sure	7
No answer	15

84. Which of the following best describes you?

Heterosexual where you are attracted to people of the opposite sex...	95%
Gay or lesbian where you are attracted to people of the same sex.....	1
Or bisexual where you are attracted to people of both sexes	1
Not sure	<1
No answer	3

The next series of questions deal with personal safety issues.

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

Yes	8%	→CONTINUE WITH Q86
No.....	93	→GO TO Q87
Not sure	0	→GO TO Q87

86. 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. [30 Respondents; More than 1 response accepted]

Stranger	15 responses
Acquaintance.....	9 responses
Ex-spouse	4 responses
Someone else.....	2 responses

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

Yes	5%	→CONTINUE WITH Q88
No.....	95	→GO TO Q89
Not sure	0	→GO TO Q89

88. 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?
[19 Respondents; More than 1 response accepted]

Acquaintance.....	9 responses
Stranger	7 responses
Spouse	1 response
Parent	1 response
Someone else.....	1 response

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

Smoke detector.....	98%
Carbon monoxide detector	57
Neither.....	2
Not sure	0

Households that have both detectors..... 57%

ADDITIONAL QUESTIONS FOR CUDAHY

[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. Was there a time during the last 12 months that you felt you did not get the medical care you needed?

Yes	10%
No.....	90
Not sure	<1

A2. Why did you not receive the medical care you thought you needed? [39 Respondents; More than 1 response accepted]

Poor medical care	20 responses
Cannot afford to pay.....	13 responses
Uninsured	9 responses
Insurance did not cover it.....	4 responses
Unable to get appointment	2 responses
Lack of transportation	1 response
Not enough time	1 response

A3. Have you or anyone in your household not taken your prescribed medication due to prescription costs?

Yes	8%
No.....	92
Not sure	0

A4. Was there a time in the past 30 days that your household did not have access to adequate and appropriate food?

Yes	4%
No.....	96
Not sure	0

A5. The Cudahy Health Department Improvement Plan has identified five health priorities for the next five years. Please tell me which three of the following health issues you think should be the main priorities for Cudahy for the next five years?

Inappropriate use and abuse of alcohol and other substances ...	75%
Obesity and lack of physical activity	64
Intentional and unintentional injuries and violence	56
Tobacco usage and exposure to smoke	50
Mental health.....	41

APPENDIX C: SURVEY METHODOLOGY

SURVEY METHODOLOGY

2009 Community Health Survey

The 2009 Cudahy Community Health Survey was conducted from October 2, 2009 through January 7, 2010. Four hundred respondents were scientifically selected so that the survey would be representative of all adults 18 and older. The sampling strategy was two-fold. 1) A random-digit-dial landline sample of telephone numbers which included listed numbers. The respondent within each household was randomly selected by computer based on the number of adults in the household (n=390). 2) A cell-phone only sample where the person answering the phone was selected as the respondent (n=10). A reimbursement of \$20 was offered to respondents to cover the cost of incoming minutes. For the landline sample, weighting was 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. For the cell-phone only sample, it was assumed the respondent was the primary cell phone user. Combined, post-stratification was conducted 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.

2006 Community Health Survey

The 2006 Cudahy Community Health Survey was conducted from March 14 through June 21, 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 Cudahy Community Health Survey was conducted from February 21 through March 31, 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.