

Franklin
Community Health Survey Report
2009

Commissioned by:
Aurora Health Care

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

Prepared by:
JKV Research, LLC

Table of Contents

<u>Section Title</u>	<u>Page Number</u>
Purpose.....	1
Methodology.....	1
Summary.....	5
Key Findings.....	11
Rating Their Own Health.....	11
Health Care Coverage.....	14
Routine Procedures.....	22
Vaccinations.....	30
Prevalence of Select Health Conditions.....	34
Prevalence of Select Complementary/Alternative Treatments.....	52
Physical Well Being and Body Weight.....	60
Nutrition and Diet.....	70
Women’s Health.....	76
Men’s Health.....	80
Other Tests.....	82
Safety: Seat Belt and Helmet Use.....	86
Cigarette Use.....	90
Smoking Policies.....	95
Alcohol Use.....	99
Mental Health Status.....	107
Detectors in Household.....	113
Presence of Firearms in Household.....	116
Personal Safety Issues.....	121
Appendix A: Additional Questions.....	128
Preparation for a Natural or Man-Made Disaster.....	129
H1N1 Concern.....	131
Appendix B: Questionnaire Frequencies.....	133
Appendix C: Survey Methodology.....	150
<u>Table Title</u>	<u>Page Number</u>
Table 1. Weighted Demographic Variables of Survey Respondents for 2009.....	2
Table 2. Fair or Poor Health by Demographic Variables for Each Survey Year.....	13
Table 3. Personally No Health Care Coverage by Demographic Variables for Each Survey Year.....	16
Table 4. Someone in Household Not Covered by Health Insurance in Past 12 Months by Demographic Variables for Each Survey Year.....	17
Table 5. Doctor’s or Nurse Practitioner’s Office as Primary Health Care Service by Demographic Variables for Each Survey Year.....	19
Table 6. Advance Care Plan by Demographic Variables for Each Survey Year.....	21
Table 7. Routine Checkup Two Years Ago or Less by Demographic Variables for Each Survey Year....	24
Table 8. Cholesterol Test Four Years Ago or Less by Demographic Variables for Each Survey Year.....	26
Table 9. Dental Checkup Less than One Year Ago by Demographic Variables for Each Survey Year.....	28
Table 10. Eye Exam Less than One Year Ago by Demographic Variables for Each Survey Year.....	29

<u>Table Title</u>	<u>Page Number</u>
Table 11. Flu Vaccination by Demographic Variables for Each Survey Year	32
Table 12. High Blood Pressure in Past Three Years by Demographic Variables for Each Survey Year ...	37
Table 13. High Blood Cholesterol in Past Three Years by Demographic Variables for Each Survey Year	40
Table 14. Heart Disease/Condition in Past Three Years by Demographic Variables for Each Survey Year	43
Table 15. Mental Health Condition in Past Three Years by Demographic Variables for Each Survey Year	45
Table 16. Diabetes in Past Three Years by Demographic Variables for Each Survey Year.....	47
Table 17. Current Asthma by Demographic Variables for Each Survey Year	50
Table 18. Chiropractic Care in Past Three Years by Demographic Variables for Each Survey Year	54
Table 19. Massage Therapy in Past Three Years by Demographic Variables for Each Survey Year	56
Table 20. Aroma Therapy in Past Three Years by Demographic Variables for Each Survey Year	57
Table 21. Acupuncture in Past Three Years by Demographic Variables for Each Survey Year	59
Table 22. Recommended Moderate Physical Activity by Demographic Variables for Each Survey Year	62
Table 23. Recommended Vigorous Physical Activity by Demographic Variables for Each Survey Year	64
Table 24. Recommended Physical Activity by Demographic Variables for Each Survey Year	67
Table 25. Overweight by Demographic Variables for Each Survey Year	69
Table 26. Two or More Servings of Fruit on Average Day by Demographic Variables for Each Survey Year	72
Table 27. Three or More Servings of Vegetables on Average Day by Demographic Variables for Each Survey Year	75
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).....	79
Table 29. Sigmoidoscopy Within Past Five Years by Demographic Variables for 2009 (Respondents 50 and Older).....	83
Table 30. Colonoscopy Within Past Ten Years by Demographic Variables for 2009 (Respondents 50 and Older).....	84
Table 31. Sigmoidoscopy or Colonoscopy Exam in Lifetime by Demographic Variables for Each Survey Year (Respondents 50 and Older)	85
Table 32. Always/Nearly Always Wore a Seat Belt by Demographic Variables for Each Survey Year	87
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)	89
Table 34. Current Smokers by Demographic Variables for Each Survey Year.....	92
Table 35. Smoking Not Allowed in Home by Demographic Variables for 2009	96
Table 36. Smoking Not Allowed at Work by Demographic Variables for 2009	98
Table 37. Nonsmokers' Exposure to Second-Hand Smoke at Least Four of the Past Seven Days by Demographic Variables for 2009	99
Table 38. Heavy Drinking in Past Month by Demographic Variables for Each Survey Year.....	101
Table 39. Binge Drinking in Past Month by Demographic Variables for Each Survey Year.....	103
Table 40. Driver/Passenger in Vehicle when Driver Perhaps had Too Much to Drink in Past Month by Demographic Variables for Each Survey Year	105
Table 41. Household Problem Associated with Alcohol in Past Year by Demographic Variables for Each Survey Year	106
Table 42. Always/Nearly Always Felt Sad, Blue or Depressed in Past 30 Days by Demographic Variables for Each Survey Year.....	109
Table 43. Considered Suicide in Past Year by Demographic Variables for Each Survey Year	110

<u>Table Title</u>	<u>Page Number</u>
Table 44. Seldom/Never Find Meaning and Purpose in Daily Life by Demographic Variables for Each Survey Year.....	112
Table 45. Both Working Smoke and Carbon Monoxide Detectors in Household by Demographic Variables for Each Survey Year.....	115
Table 46. Firearm in Household by Demographic Variables for Each Survey Year.....	117
Table 47. Handgun in Household by Demographic Variables for 2009.....	118
Table 48. Rifle or Shotgun in Household by Demographic Variables for 2009.....	118
Table 49. Afraid for Personal Safety by Demographic Variables for Each Survey Year.....	122
Table 50. Pushed, Kicked, Slapped, Hit or Otherwise Hurt by Someone in Last Year by Demographic Variables for Each Survey Year.....	124
Table 51. At Least One of the Personal Safety Issues by Demographic Variables for Each Survey Year.....	126
Table 52. Family Preparation for a Natural or Man-Made Disaster by Demographic Variables for 2009.....	130
Table 53. Community Very/Somewhat Prepared for a Natural of Man-Made Disaster by Demographic Variables for 2009.....	131
Table 54. Very/Somewhat Concerned about H1N1 by Demographic Variables for 2009.....	132

<u>Figure Title</u>	<u>Page Number</u>
Figure 1. Rate Own Health for 2009.....	11
Figure 2. Fair or Poor Health.....	14
Figure 3. Type of Health Care Coverage for 2009.....	15
Figure 4. Health Care Coverage.....	18
Figure 5. Advance Care Plan.....	22
Figure 6. Routine Procedures.....	30
Figure 7. Vaccinations.....	33
Figure 8. Health Conditions in Past Three Years for 2009.....	34
Figure 9. Health Conditions in Past Three Years.....	52
Figure 10. Complementary/Alternative Treatments in Past Three Years for 2009.....	53
Figure 11. Complementary/Alternative Treatments in Past Three Years.....	60
Figure 12. Physical Activity/Week for 2009.....	65
Figure 13. Physical Well Being and Body Weight.....	70
Figure 14. Fruit and Vegetable Intake on Average Day.....	76
Figure 15. Women's Health Tests.....	80
Figure 16. Men's Health Tests (Respondents 40 and Older).....	82
Figure 17. Other Tests (Respondents 50 and Older).....	85
Figure 18. Safety: Seat Belt and Helmet Use (Always/Nearly Always).....	90
Figure 19. Current Smoker.....	93
Figure 20. Smoking Cessation in Past 12 Months (Current Smokers).....	94
Figure 21. Smoking Policy Inside Home for 2009.....	95
Figure 22. Smoking Policy at Work for 2009.....	97
Figure 23. Alcohol Consumption in Past Month.....	104
Figure 24. Alcohol-Related Issues.....	107
Figure 25. Felt Sad, Blue or Depressed in Past 30 Days for 2009.....	108
Figure 26. Mental Health Status.....	113
Figure 27. Detectors in Household for 2009.....	114
Figure 28. Both Working Smoke and Carbon Monoxide Detectors in Household.....	115
Figure 29. Presence of Firearms in Household.....	120
Figure 30. Personal Safety Issues in Past Year.....	127

Purpose

The purpose of this project is to provide Franklin 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 Franklin 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 Franklin 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=385). 2) A cell phone-only sample where the person answering the phone was selected as the respondent (n=15). 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 11, 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 Franklin. 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 Franklin Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents for 2009

	Survey Results
TOTAL	100%
Gender	
Male	53%
Female	48
Age	
18 to 34	28%
35 to 44	26
45 to 54	22
55 to 64	11
65 and Older	13
Education	
High School Graduate or Less	21%
Some Post High School	28
College Graduate	52
Household Income	
Bottom 40 Percent Bracket	17%
Middle 20 Percent Bracket	15
Top 40 Percent Bracket	56
Not Sure/No Answer	11
Married	68%

What do the percentages mean?

Results of the Franklin Community Health Survey can be generalized to the adult population with telephones. In 2009, the Wisconsin Department of Administration estimated 26,546 adult residents in the area, an increase of 17.50% 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 270 adults. So, when 6% of respondents reported their health was fair or poor, this roughly equates to 1,620 residents \pm 1,350 individuals. Therefore, from 270 to 2,970 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 Franklin is 12,983, an increase of 22.46% 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 130 households. For example, 61% of survey respondents reported that they have both a smoke detector and a carbon monoxide detector in their house. Thus, the estimated number of households with both detectors would be 7,930.

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 is 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 Franklin Health Survey defined 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. All other study years were 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 Franklin 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			
Franklin	2003	2006	2009	Franklin	2003	2006	2009
Excellent	24%	20%	32%	High Blood Cholesterol	18%	19%	30%
Very Good	42%	44%	39%	High Blood Pressure	21%	21%	27%
Fair or Poor	6%	9%	6%	Mental Health Condition	3%	3%	11%
<i>Other Research: (2008)</i>				Heart Disease/Condition	6%	8%	7%
<i>Fair or Poor</i>				Asthma (Current)	6%	8%	6%
		<i>WI</i>	<i>U.S.</i>	Diabetes	4%	7%	5%
		12%	14%	Cancer			4%
				Stroke	1%	3%	2%
Health Care Coverage				Physical Health			
Franklin	2003	2006	2009	Franklin	2003	2006	2009
Not Covered				Physical Activity/Week			
Personally (currently)	2%	4%	0%	Moderate Activity (5 times/30 min)	24%	36%	36%
Personally (past 12 months)			3%	Vigorous Activity (3 times/20 min)		28%	30%
Household Member (past 12 months)	12%	12%	4%	Recommended Moderate or Vigorous		51%	44%
Advance Care Plan	34%	44%	38%	Overweight	59%	60%	62%
Primary Source of Health Advice				Fruit Intake (2+ servings/day)	70%	64%	65%
Doctor/nurse practitioner's office		87%	90%	Vegetable Intake (3+ servings/day)	34%	28%	27%
Public hlth clinic/comm. hlth center		2%	3%	<i>Other Research:</i>			
Urgent care center		5%	3%	Overweight (2008)		<i>WI</i>	<i>U.S.</i>
<i>Other Research: (2008)</i>				Recommended Mod. or Vig. Activity (2007)		64%	64%
<i>Personally Not Covered (currently)</i>						55%	50%
		<i>WI</i>	<i>U.S.</i>	Women's Health			
		10%	15%	Franklin	2003	2006	2009
				Mammogram (40+; within past 2 years)	84%	81%	90%
				Bone Density Scan (65+)		79%	89%
				Pap Smear (18 - 65; within past 3 years)	92%	94%	95%
Routine Procedures				<i>Other Research: (2008)</i>			
Franklin	2003	2006	2009	Mammogram (40+; within past 2 years)		<i>WI</i>	<i>U.S.</i>
Routine Checkup (2 years or less)	86%	84%	85%	Pap Smear (18+, within past 3 years)		76%	76%
Cholesterol Test (4 years or less)	85%	77%	80%			83%	83%
Dental Checkup (past year)	75%	78%	81%	Men's Health			
Eye Exam (past year)	47%	40%	48%	Franklin	2003	2006	2009
<i>Other Research:</i>				PSA Test (40+; within past 2 years)		47%	48%
<i>Routine Checkup (≤2 years; 2000)</i>				Digital Rectal Exam (40+; within past year)	36%	33%	34%
<i>Cholesterol Test (≤5 years; 2007)</i>				<i>Other Research: (2008)</i>			
<i>Dental Checkup (past year; 2008)</i>				PSA Test (40+; within past 2 years)		<i>WI</i>	<i>U.S.</i>
		<i>WI</i>	<i>U.S.</i>			52%	55%
		79%	84%	Other Tests			
		77%	75%	Franklin	2003	2006	2009
		73%	71%	Sigmoidoscopy (50+; within past 5 years)			9%
				Colonoscopy (50+; within past 10 years)			63%
				Sig./Colonoscopy (50+; lifetime)	62%	66%	67%
Vaccinations				<i>Other Research: (2008)</i>			
Franklin	2003	2006	2009	PSA Test (40+; within past 2 years)		<i>WI</i>	<i>U.S.</i>
Flu Vaccination (past year—65+)	74%	65%	80%			52%	55%
Pneumonia (ever—65 and older)	54%	65%	69%	Other Tests			
<i>Other Research: (2008)</i>				Franklin	2003	2006	2009
<i>Flu Vaccination (past year—65+)</i>				Sigmoidoscopy (50+; within past 5 years)			9%
<i>Pneumonia (ever—65 and older)</i>				Colonoscopy (50+; within past 10 years)			63%
		<i>WI</i>	<i>U.S.</i>	Sig./Colonoscopy (50+; lifetime)	62%	66%	67%
		73%	71%	<i>Other Research: (2008)</i>			
		70%	67%	Sig./Colonoscopy (50+; lifetime)		<i>WI</i>	<i>U.S.</i>
						67%	62%
Complementary/Alternative Treatments in Past 3 Years							
Franklin	2003	2006	2009				
Massage Therapy	16%	20%	30%				
Chiropractic Care	15%	19%	18%				
Acupuncture	1%	3%	8%				
Aroma Therapy	3%	4%	5%				

Safety				Mental Health Status			
Franklin	2003	2006	2009	Franklin	2003	2006	2009
Seat Belt (always/nearly always)	85%	88%	96%	Felt Sad, Blue or Depressed			
Helmet Use of Those Who Ride Bike/				Always/Nearly Always	5%	5%	5%
In-Line Skate (always/nearly always)	27%	38%	33%	Find Meaning and Purpose in Daily Life			
Detectors in Household				Seldom/Never	6%	2%	2%
Smoke Detector	96%	99%	97%	Considered Suicide (past year)	1%	2%	4%
Carbon Monoxide Detector	49%	61%	61%				
Both Detectors	47%	61%	61%	Alcohol Use			
Neither Detector	2%	<1%	3%	Franklin	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	4%	7%	9%
				Binge Drinker	23%	21%	24%
Cigarette Use				Driver/Passenger in Vehicle When Driver			
Franklin	2003	2006	2009	Perhaps Had Too Much to Drink	5%	5%	2%
Current Smokers	21%	15%	8%	HH Problem Associated with Alcohol		2%	4%
Of Current Smokers...							
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	44%	47%	53%	Heavy Drinker		8%	5%
Saw a Health Care Professional Past Yr.				Binge Drinker		23%	16%
...Advised to Quit Smoking		68%	68%				
<i>Other Research:</i>		<u>WI</u>	<u>U.S.</u>	Personal Safety in Past Year			
Current Smokers (2008)		20%	18%	Franklin	2003	2006	2009
Tried to Quit (2005)		49%	56%	Afraid for Their Safety	5%	4%	7%
				Pushed, Kicked, Slapped, or Hit	2%	2%	6%
				At Least One of the Safety Issues	7%	5%	11%
Smoking Policies				Firearms in Household			
Franklin			2009	Franklin	2003	2006	2009
Smoking Policy at Home				Of all Households...			
Not allowed anywhere			82%	Have a Firearm	30%	33%	25%
Allowed in some places or at some times			6%	Handgun			14%
Allowed anywhere			2%	Rifle or shotgun			23%
No rules inside home			9%	Have a Loaded Firearm	3%	3%	3%
Work's Official Indoor Smoking Policy				Have a Loaded Firearm Unlocked	1%	1%	3%
Not allowed anywhere			78%				
Allowed in some areas			15%	<i>Other Research: (2002)</i>			
Allowed in all areas			<1%	Of all Households...		<u>WI</u>	<u>U.S.</u>
No official policy			6%	Have a Firearm		44%	33%
Second-Hand Smoke Exposure in Past				Have a Loaded Firearm		3%	8%
Seven Days of Nonsmokers				Have a Loaded Firearm Unlocked		2%	4%
0 days			77%				
1 to 3 days			19%	Additional Questions			
4 to 6 days			2%	Franklin	2003	2006	2009
All 7 days			2%	Family Preparation for Natural or Man-Made Disaster			24%
				Not Necessary (Of Those Who Have Not Prepared)			82%
<i>Other Research: (WI: 2003; US: 2006-2007)</i>		<u>WI</u>	<u>U.S.</u>	Community Very/ Somewhat Prepared for Natural			
Smoking Prohibited at Home		75%	79%	or Man-Made Disaster			63%
Smoke-Free Policy at Indoor Worksite		75%	75%	Very/Somewhat Concerned About H1N1			59%

Overall Health and Health Care Key Findings

In 2009, 71% of respondents reported their health as excellent or very good; 6% reported fair or poor. Respondents with some post high school education or less, in the bottom 40 percent household income bracket, who were overweight or inactive 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, 0% of respondents reported they were not currently covered by health care insurance. Three percent of respondents reported they personally did not have health care coverage at least part of the time in the past 12 months. Four percent reported someone in their household was not covered at least part of the time in the past 12 months; respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Ninety percent of respondents reported their primary place for health services was from a doctor's or nurse practitioner's office; respondents with a college education, in the top 40 percent household income bracket or married respondents were more likely to report this. Thirty-eight percent of respondents had an advance care plan; respondents who were 65 and older or unmarried were more likely to report this. *From 2003 to 2009, there was a statistical decrease in the overall percent of respondents 18 and older or respondents 18 to 64 years old who reported no current personal health care insurance. From 2003 to 2009, there was a statistical decrease in the overall percent of 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 no statistical change in the overall percent of respondents reporting their primary place for health services was from a doctor's or nurse practitioner's office. From 2003 to 2009, there was no statistical change in the overall percent of respondents having an advance care plan.*

In 2009, 85% of respondents reported a routine medical checkup two years ago or less while 80% reported a cholesterol test four years ago or less. Eighty-one percent of respondents reported a visit to the dentist in the past year while 48% reported an eye exam in the past year. Respondents who were female, in the top 40 percent household income bracket or unmarried were more likely to report a routine checkup two years ago or less. Respondents who were 65 and older, with some post high school education or married respondents were more likely to report a cholesterol test four years ago or less. Respondents with a college education were more likely to report a dental checkup in the past year. Respondents who were 65 and older were more likely to report an eye exam in the past year. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported a routine checkup two years ago or less, a cholesterol test four years ago or less or an eye exam in the past year. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported a dental checkup in the past year.*

In 2009, 51% of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past year. Respondents who were 65 and older or unmarried were more likely to report a flu vaccination. Sixty-nine percent of respondents 65 and older had a pneumonia vaccination. *From 2003 to 2009, there was a statistical increase in the 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 respondents 65 and older who reported a flu or pneumonia vaccination in the past 12 months.*

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 cholesterol or high blood pressure (30% and 27%, respectively). Respondents who were female, 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were unmarried or overweight were more likely to report high blood pressure. Respondents who were 65 and older, with some post high school education or overweight respondents were more likely to report high blood cholesterol. Respondents who were male, 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were unmarried or overweight were more likely to report heart

disease/condition. Respondents who were 55 and older, in the bottom 40 percent household income bracket, overweight or inactive were more likely to report diabetes. Respondents who were 35 to 44 years old, in the bottom 40 percent household income bracket or unmarried 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, 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 high blood cholesterol in the past three years. 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, 5% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents with some post high school education were more likely to report this. Four percent of respondents felt so overwhelmed they considered suicide in the past year; respondents 45 to 54 years old were more likely to report this. Two percent of respondents reported they seldom or never find meaning and purpose in daily life. *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. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported they considered suicide in the past year. From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who reported 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 was the most often used in the past three years (30%). Respondents 45 to 54 years old or with at least some post high school education were more likely to report chiropractic care. Respondents who were 18 to 34 years old, with a college education or in the top 40 percent household income bracket were more likely to report massage therapy. Respondents with a college education were more likely to report aroma therapy. Respondents with a college education or unmarried respondents were more likely to report they used acupuncture. *From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting chiropractic care or aroma therapy. From 2003 to 2009, there was a statistical increase in the overall percent of respondents reporting massage therapy or acupuncture.*

In 2009, 36% of respondents did moderate physical activity five times a week for 30 minutes while 30% did vigorous activity three times a week for 20 minutes. Combined, 44% met the recommended amount of physical activity; respondents with at least some post high school education were more likely to report this. Sixty-two percent of respondents were classified as overweight. Respondents who were male, 65 and older or with some post high school education 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 no statistical change in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes. From 2006 to 2009, there was a statistical decrease in the overall percent of respondents 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, 65% of respondents reported two or more servings of fruit while 27% reported three or more servings of vegetables on an average day. Respondents with a college education or who met the recommended amount of physical activity were more likely to report at least two servings of fruit. Respondents who were female, with a college education, in the top 40 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 at least two servings of fruit. From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who reported at least three servings of vegetables on an average day.*

In 2009, 90% of female respondents 40 and older reported a mammogram within the past two years. Eighty-nine percent of female respondents 65 and older had a bone density scan. Ninety-five percent of female respondents 18 to 65 years old reported a pap smear within the past three years; respondents 18 to 44 years old or with a college education 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, 48% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Thirty-four 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 63% reported a colonoscopy within the past ten years. Sixty-seven 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, 96% of respondents wore seat belts always or nearly always; respondents with a college education were more likely to report this. Of those respondents who rode a bike, used in-line skates or rode a scooter, 33% reported they always or nearly always wore a helmet; respondents who were female or with a college education were more likely to report this. *From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported they always or nearly always wore a seat belt. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a helmet.*

In 2009, 8% of respondents were current smokers. Respondents with some post high school education or in the middle 20 percent household income bracket were more likely to be a smoker. Fifty-three percent of current smokers quit smoking for one day or longer in the past 12 months; 68% 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 a statistical decrease 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 no statistical change in the overall percent of current smokers who reported their health professional advised them to quit smoking.*

In 2009, 82% of respondents reported smoking is not allowed anywhere inside the home while 78% reported smoking is not allowed in any area at work. Respondents who were nonsmokers or in households with children were more likely to report smoking is not allowed anywhere inside the home. Respondents who were female, in the top 40 percent household income bracket or married were more likely to report smoking is not allowed in any area at work. Four percent of nonsmoking respondents reported they were exposed to second-hand smoke at least four out of the past seven days.

In 2009, 77% of respondents had an alcoholic drink in the past 30 days. In the past month, 9% were heavy drinkers while 24% were binge drinkers. Respondents who were male, 18 to 34 years old, 45 to 54 years old or unmarried were more likely to have binged at least once in the past month. Two percent reported they had been a driver or a passenger when the driver perhaps had too much to drink in the past month. Four percent of respondents reported someone in their household experienced a problem in connection with drinking in the past year; respondents in households with children were more likely to report this. *From 2003 to 2009, there was a statistical increase in the overall percent of respondents reporting heavy drinking. From 2003 to 2009, there*

was no statistical change in the overall percent of respondents reporting binge drinking in the past month. From 2003 to 2009, there was a statistical decrease 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 no statistical change in the overall percent of respondents reporting they, or someone in their household, experienced some kind of problem, such as legal, social, personal or physical in connection with drinking in the past year.

In 2009, 97% of households had a working smoke detector while 61% had a working carbon monoxide detector. Sixty-one 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, 25% of households had a firearm in or around the home; married respondents were more likely to report this. Of all households, 14% had a handgun in their home while 23% had a rifle or shotgun. Respondents who were married or in households with children were more likely to report a handgun. Married respondents were more likely to report a rifle/shotgun. Of all households, 3% had a loaded firearm. Three 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, 7% of respondents reported someone made them afraid for their personal safety in the past year; respondents who were in the top 40 percent household income bracket or married were more likely to report this. Six percent of respondents reported they had been pushed, kicked, slapped or hit in the past year; respondents 18 to 34 years old or with some post high school education were more likely to report this. A total of 11% reported at least one of these two situations; respondents 18 to 34 years old or with some post high school education or less 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. From 2003 to 2009, there was a statistical increase in the overall percent of respondents reporting 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, 24% of respondents reported someone in their family had taken steps to prepare for a natural or man-made disaster. Respondents who were in the top 40 percent household income bracket, married or in households with children were more likely to report this. Of respondents who had not prepared, 82% reported it was not necessary to prepare. Sixty-three percent of respondents reported their community was very or somewhat prepared for a natural or man-made disaster; respondents with a high school education or less were more likely to report this.

In 2009, 59% of respondents reported they were very/somewhat concerned about H1N1; female respondents were more likely to report this.

Key Findings

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

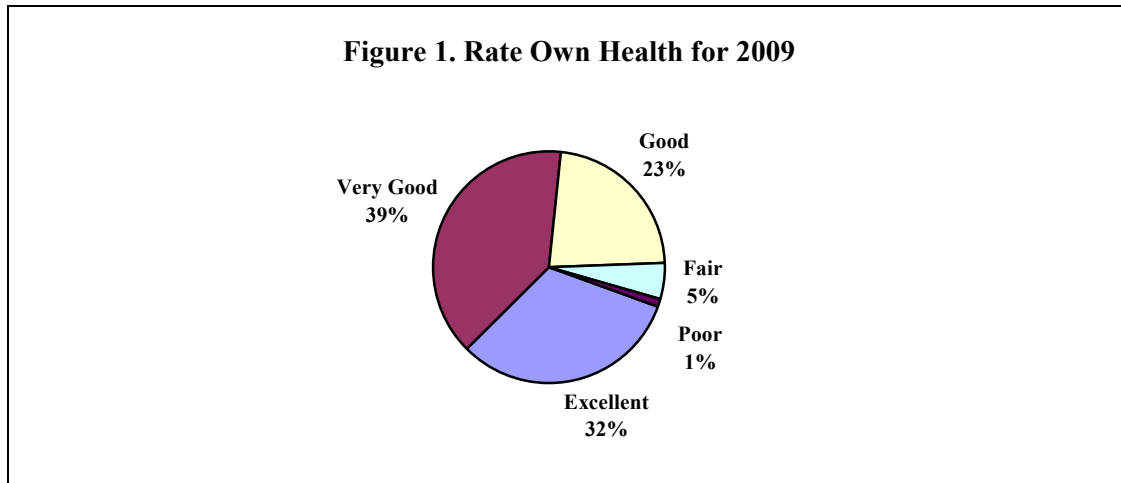
KEY FINDINGS: In 2009, 71% of respondents reported their health as excellent or very good; 6% reported fair or poor. Respondents with some post high school education or less, in the bottom 40 percent household income bracket, who were overweight or inactive were more likely to report fair or poor conditions.

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

- Seventy-one percent of respondents said their own health, generally speaking, was either excellent (32%) or very good (39%). A total of 6% reported their health was fair or poor.



- Eleven percent of respondents with some post high school education and 9% of those with a high school education or less reported fair or poor health compared to 3% of respondents with a college education.
- Seventeen percent of respondents in the bottom 40 percent household income bracket reported their health was fair or poor compared to 10% of those in the middle 20 percent income bracket or 2% of respondents in the top 40 percent household income bracket.
- Overweight respondents were more likely to report their health was fair or poor compared to respondents who were not overweight (9% and 1%, respectively).

- Twenty-eight percent of inactive respondents reported their health was fair or poor compared to 6% of those who did an insufficient amount of physical activity or 2% 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 who reported their health as fair or poor.
- In 2003 and 2006, respondents 65 and older were more likely to report fair or poor conditions. In 2009, age was not a significant variable.
- In all study years, respondents with some post high school education or less were more likely to report fair or poor health.
- In 2003 and 2009, respondents in the bottom 40 percent household income bracket were more likely to report fair or poor health. In 2006, household income was not a significant variable.
- In 2009, overweight respondents were more likely to report fair or poor conditions. In all other study years, overweight status was not a significant variable.
- In 2006 and 2009, inactive respondents were more likely to report fair or poor health.

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

	2003	2006	2009
TOTAL	6%	9%	6%
Gender			
Male	5	8	5
Female	7	11	8
Age ^{1,2}			
18 to 34	4	4	5
35 to 44	2	10	2
45 to 54	3	9	8
55 to 64	12	11	11
65 and Older	19	20	12
Education ^{1,2,3}			
High School or Less	9	13	9
Some Post High School	8	15	11
College Graduate	2	5	3
Household Income ^{1,3}			
Bottom 40 Percent Bracket	15	14	17
Middle 20 Percent Bracket	5	8	10
Top 40 Percent Bracket	4	7	2
Marital Status			
Married	5	8	6
Not Married	8	13	6
Overweight Status ³			
Not Overweight	3	7	1
Overweight	7	11	9
Physical Activity ^{2,3}			
Inactive	--	19	28
Insufficient	--	11	6
Recommended	--	6	2
Smoking Status			
Nonsmoker	6	8	6
Smoker	7	14	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≤0.05 in 2003

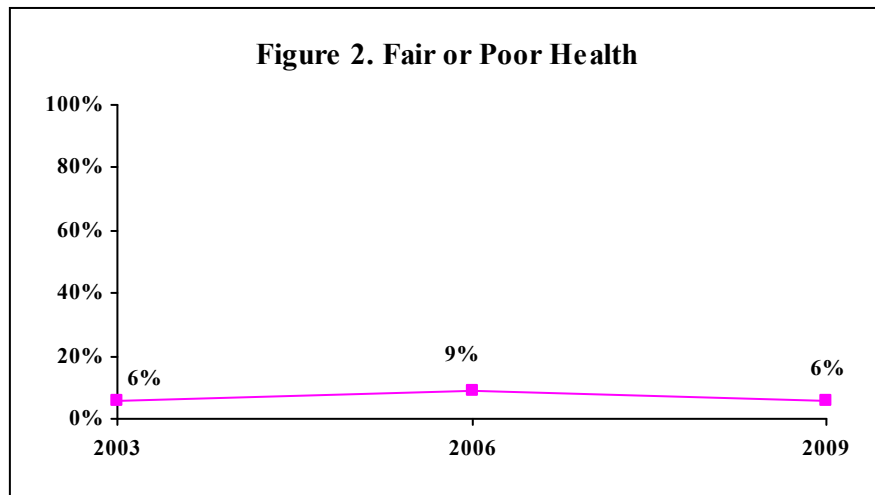
²demographic difference at p≤0.05 in 2006

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

- 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 - 6)

KEY FINDINGS: In 2009, 0% of respondents reported they were not currently covered by health care insurance. Three percent of respondents reported they personally did not have health care coverage at least part of the time in the past 12 months. Four percent reported someone in their household was not covered at least part of the time in the past 12 months; respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Ninety percent of respondents reported their primary place for health services was from a doctor's or nurse practitioner's office; respondents with a college education, in the top 40 percent household income bracket or married respondents were more likely to report this. Thirty-eight percent of respondents had an advance care plan; respondents who were 65 and older or unmarried were more likely to report this.

From 2003 to 2009, there was a statistical decrease in the overall percent of respondents 18 and older or respondents 18 to 64 years old who reported no current personal health care insurance. From 2003 to 2009, there was a statistical decrease in the overall percent of 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 no statistical change in the overall percent of respondents reporting their primary place for health services was from a doctor's or nurse practitioner's office. From 2003 to 2009, there was no statistical change in the overall percent of respondents having an advance care plan.

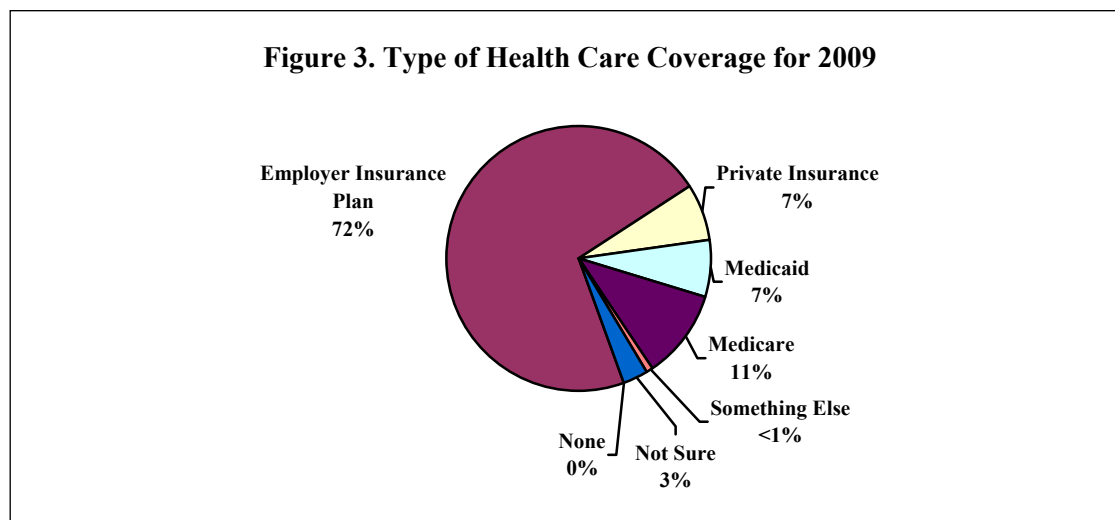
Personally Not Covered Currently

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

- No respondents reported they were not currently covered by any health care insurance. Seventy-two percent reported they were covered by an employer sponsored insurance plan. Seven percent reported private insurance bought directly from an insurance agent/company. Seven percent reported Medicaid, including medical assistance, Title 19 or Badger Care, while 11% reported Medicare. 11% reported Medicare.



- No demographic comparisons were conducted as a result of the low percent of respondents reporting no current personal health care insurance.

Year Comparisons

- From 2003 to 2009, there was a statistical decrease in the overall percent of respondents 18 and older or respondents 18 to 64 years old who reported no current personal health care insurance.
- In 2006, respondents 18 to 34 years old, with some post high school education or unmarried respondents were more likely to report no health insurance.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting they had no health insurance in 2003 and 2009.

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

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

^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

Personally Not Covered in the Past 12 Months

2009 Findings

- Three percent of respondents reported they were not covered by health insurance at least part of the time in the past 12 months.
- No demographic comparisons were conducted as a result of the low percent of respondents reporting they were personally not covered by health insurance.

Someone in Household Not Covered in the Past 12 Months

2009 Findings

- Four 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.
- Sixteen percent of respondents in the bottom 40 percent household income bracket reported someone in their household was not covered in the past 12 months compared to 2% of those in the middle 20 percent income bracket or less than one percent 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 (7% and 2%, respectively).

Year Comparisons

- From 2003 to 2009, there was a statistical decrease in the percent of respondents who reported someone in their household was not covered at least part of the time in the past 12 months.
- In all study years, 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. 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 all study years, unmarried respondents were more likely to report someone in their household was not covered in the past 12 months. From 2003 to 2009, there was a noted decrease in the percent of respondents across marital status reporting someone in their household was not covered in the past 12 months.

Table 4. Someone in Household Not Covered by Health Insurance in Past 12 Months by Demographic Variables for Each Survey Year^⓪

	2003	2006	2009
TOTAL ^a	12%	12%	4%
Household Income ^{1,2,3}			
Bottom 40 Percent Bracket	27	23	16
Middle 20 Percent Bracket	8	14	2
Top 40 Percent Bracket ^a	11	7	<1
Marital Status ^{1,2,3}			
Married ^a	7	8	2
Not Married ^a	25	20	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 $p \leq 0.05$ in 2003

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

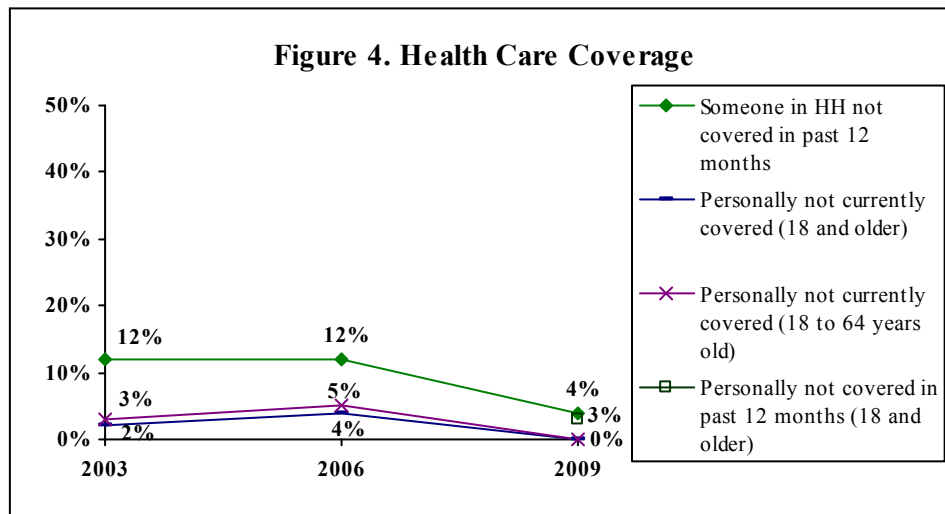
³demographic difference at $p \leq 0.05$ in 2009

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

Health Care Coverage Overall

Year Comparisons

- From 2003 to 2009, there was a statistical decrease in the overall percent of respondents 18 and older or respondents 18 to 64 years old who reported no current personal health care insurance. From 2003 to 2009, there was a statistical decrease in the overall percent of 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

- Ninety 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 each reported public health clinic/community health center or urgent care center while 1% reported hospital outpatient department.
- Ninety-four percent of respondents with a college education reported they go to a doctor's or nurse practitioner's office when they are sick or need health advice compared to 86% of those with some post high school education or 83% of those with a high school education or less.
- Ninety-four percent of respondents in the top 40 percent household income bracket reported a doctor's or nurse practitioner's office compared to 84% of those in the bottom 60 percent household income bracket.
- Married respondents were more likely to report a doctor's or nurse practitioner's office compared to unmarried respondents (92% and 85%, respectively).

Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of respondents who reported 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.

- In 2006, respondents who were 35 to 44 years old or 55 to 64 years old were more likely to report a doctor's or nurse practitioner's office. In 2009, age was not a significant variable.
- In 2006, respondents with a high school education or less or a college education were more likely to report a doctor's or nurse practitioner's office. In 2009, respondents with a college education were more likely to report a doctor's or nurse practitioner's office.
- In 2009, respondents in the top 40 percent household income bracket were more likely to report a doctor's or nurse practitioner's office, with a noted increase since 2006. In 2006, household income was not a significant variable.
- In 2009, married respondents were more likely to report a doctor's or nurse practitioner's office. In 2006, marital status was not a significant variable.

Table 5. Doctor's or Nurse Practitioner's Office as Primary Health Care Service by Demographic Variables for Each Survey Year^⓪

	2006	2009
TOTAL	87%	90%
Gender ¹		
Male	83	87
Female	92	93
Age ¹		
18 to 34	76	85
35 to 44	94	90
45 to 54	89	90
55 to 64	93	93
65 and Older	90	98
Education ^{1,2}		
High School or Less	91	83
Some Post High School	79	86
College Graduate	90	94
Household Income ²		
Bottom 40 Percent Bracket	91	84
Middle 20 Percent Bracket	89	84
Top 40 Percent Bracket ^a	86	94
Marital Status ²		
Married	88	92
Not Married	85	85

^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 2006

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

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

Advance Care Plan

2009 Findings

- Thirty-eight percent of respondents reported they had an advance care plan, living will or health care power of attorney stating their end of life health care wishes.
- Eighty-two percent of respondents 65 and older reported they had an advance care plan compared to 28% of those 35 to 44 years old or 14% of respondents 18 to 34 years old.
- Unmarried respondents were more likely to report they had an advance care plan compared to married respondents (46% and 35%, respectively).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents having an advance care plan.
- In 2006, female respondents were more likely to report having an advance care plan. In 2003 and 2009, gender was not a significant variable.
- 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 2003, respondents with some post high school education 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 2003, respondents in the middle 20 percent household income bracket were more likely to report having an advance care plan. In all other study years, household income was not a significant variable.
- In 2006, married respondents were more likely to report having an advance care plan. In 2009, unmarried respondents were more likely to report having an advance care plan. In 2003, marital status was not a significant variable.

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

	2003	2006	2009
TOTAL	34%	44%	38%
Gender ²			
Male	30	39	35
Female	37	49	41
Age ^{1,2,3}			
18 to 34	17	34	14
35 to 44	29	41	28
45 to 54	38	33	40
55 to 64	46	57	62
65 and Older ^a	54	80	82
Education ¹			
High School or Less ^a	26	54	39
Some Post High School	43	40	34
College Graduate	33	42	40
Household Income ¹			
Bottom 40 Percent Bracket	38	45	42
Middle 20 Percent Bracket	44	30	37
Top 40 Percent Bracket	29	46	36
Marital Status ^{2,3}			
Married	33	48	35
Not Married	36	36	46

^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.

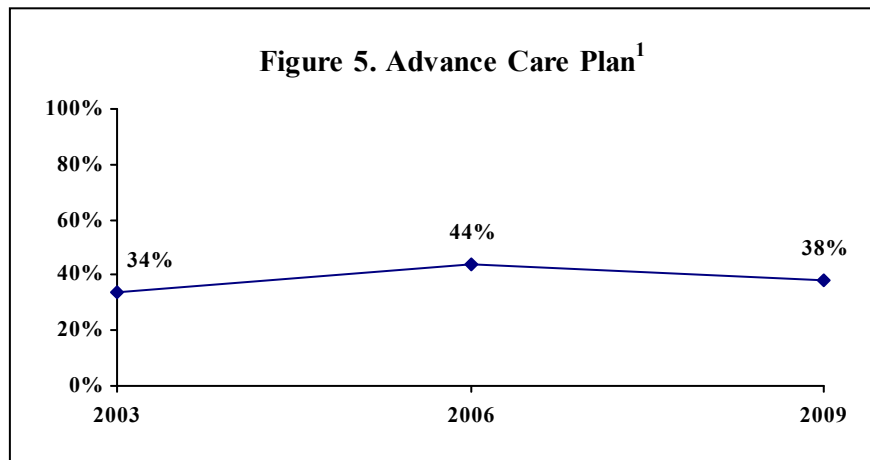
¹demographic difference at $p \leq 0.05$ in 2003

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 no statistical change 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 7 - 10)

KEY FINDINGS: In 2009, 85% of respondents reported a routine medical checkup two years ago or less while 80% reported a cholesterol test four years ago or less. Eighty-one percent of respondents reported a visit to the dentist in the past year while 48% reported an eye exam in the past year. Respondents who were female, in the top 40 percent household income bracket or unmarried were more likely to report a routine checkup two years ago or less. Respondents who were 65 and older, with some post high school education or married respondents were more likely to report a cholesterol test four years ago or less. Respondents with a college education were more likely to report a dental checkup in the past year. Respondents who were 65 and older were more likely to report an eye exam in the past year.

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

- Eighty-five 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 compared to male respondents (92% and 80%, respectively).
- Eighty-nine percent of respondents in the top 40 percent household income bracket reported a routine checkup in the past two years compared to 77% of those in the bottom 60 percent income bracket.
- Unmarried respondents were more likely to report a routine checkup in the past two years compared to married respondents (91% and 83%, respectively).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting a routine checkup two years ago or less.
- In 2006 and 2009, female respondents were more likely to report a routine checkup two years ago or less. In 2003, gender was not a significant variable.
- In 2003 and 2006, respondents 65 and older were more likely to report a routine checkup two years ago or less. In 2009, age was not a significant variable.
- In 2006, respondents with a high school education or less were more likely to report a routine checkup two years ago or less. In all other study years, education was not a significant variable.
- In 2003, respondents in the bottom 40 percent household income bracket were more likely to report a routine checkup two years ago or less. In 2009, respondents in the top 40 percent household income bracket were more likely to report a routine checkup two years ago or less. 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 a routine checkup two years ago or less.
- In 2006, married respondents were more likely to report a routine checkup two years ago or less. In 2009, unmarried respondents were more likely to report a routine checkup two years ago or less. In 2003, marital status was not a significant variable.

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

	2003	2006	2009
TOTAL	86%	84%	85%
Gender ^{2,3}			
Male	83	77	80
Female	90	91	92
Age ^{1,2}			
18 to 34	79	71	82
35 to 44	86	89	85
45 to 54	82	84	84
55 to 64	94	89	87
65 and Older	98	94	92
Education ²			
High School or Less	86	92	87
Some Post High School	83	77	83
College Graduate	89	83	86
Household Income ^{1,3}			
Bottom 40 Percent Bracket ^a	98	79	77
Middle 20 Percent Bracket	85	89	77
Top 40 Percent Bracket	83	82	89
Marital Status ^{2,3}			
Married	87	88	83
Not Married	84	76	91

^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

- Eighty percent of respondents reported having their cholesterol tested four years ago or less. Seven percent reported five or more years ago while 12% reported never having their cholesterol tested.

- Ninety-six percent of respondents 65 and older reported a cholesterol test 4 years ago or less compared to 85% of those 45 to 54 years old or 55% of respondents 18 to 34 years old.
- Ninety-three percent of respondents with some post high school education reported a cholesterol test four years ago or less compared to 77% of those with a high school education or less or 74% of respondents with a college education.
- Married respondents were more likely to report a cholesterol test four years ago or less compared to unmarried respondents (85% and 69%, 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 2003, respondents 55 to 64 years old were more likely to report a cholesterol test four years ago or less. In 2006, respondents 55 and older were more likely to report a cholesterol test four years ago or less. In 2009, respondents 65 and older were more likely to report a cholesterol test four years ago or less.
- In 2009, respondents with some post high school education were more likely to report a cholesterol test four years ago or less, 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 decrease in the percent of respondents with a college education reporting a cholesterol test four years ago or less.
- In 2006, respondents in the middle 20 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.
- In all study years, married respondents were more likely to report a cholesterol test four years ago or less. From 2003 to 2009, there was a noted decrease in the percent of married respondents reporting a cholesterol test four years ago or less.

Table 8. Cholesterol Test Four Years Ago or Less by Demographic Variables for Each Survey Year^⓪

	2003	2006	2009
TOTAL	85%	77%	80%
Gender			
Male	85	74	79
Female	84	80	81
Age ^{1,2,3}			
18 to 34	63	49	55
35 to 44	87	82	89
45 to 54	88	86	85
55 to 64	96	96	91
65 and Older	91	94	96
Education ³			
High School or Less	85	80	77
Some Post High School ^a	80	75	93
College Graduate ^a	88	76	74
Household Income ²			
Bottom 40 Percent Bracket	88	84	86
Middle 20 Percent Bracket	81	87	74
Top 40 Percent Bracket	84	70	82
Marital Status ^{1,2,3}			
Married ^a	91	83	85
Not Married	69	65	69

^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

- Eighty-one 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 (87%) compared to those with some post high school education (77%) or respondents with a high school education or less (71%).

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported having a dental checkup in the past year.
- In 2003 and 2006, female respondents were more likely to report a dental checkup. In 2009, gender was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of male respondents who reported a dental checkup.
- In 2003 and 2006, respondents who were 45 to 54 years old were more likely to report a dental checkup. In 2009, age was not a significant variable.
- In all study years, respondents with a college education were more likely to report a dental checkup.
- In 2003 and 2006, respondents in the top 40 percent household income bracket were more likely to report a dental checkup. 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 bottom 60 percent household income bracket reporting a dental checkup in the past year.
- In 2003 and 2006, married respondents were more likely to report a dental checkup. In 2009, marital status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of unmarried respondents reporting a dental checkup in the past year.

Table 9. Dental Checkup Less than One Year Ago by Demographic Variables for Each Survey Year^⓪

	2003	2006	2009
TOTAL ^a	75%	78%	81%
Gender ^{1,2}			
Male ^a	70	69	80
Female	80	89	82
Age ^{1,2}			
18 to 34	69	73	81
35 to 44	73	79	79
45 to 54	87	90	83
55 to 64	82	80	87
65 and Older	64	69	76
Education ^{1,2,3}			
High School or Less	69	79	71
Some Post High School	72	68	77
College Graduate	84	83	87
Household Income ^{1,2}			
Bottom 40 Percent Bracket ^a	63	61	80
Middle 20 Percent Bracket ^a	72	79	90
Top 40 Percent Bracket	81	84	78
Marital Status ^{1,2}			
Married	80	82	79
Not Married ^a	64	70	87

^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

Eye Exam

2009 Findings

- Forty-eight percent of respondents had an eye exam in the past year while 30% reported one to two years ago. Seven percent reported never.
- Sixty-five percent of respondents 65 and older reported an eye exam in the past year compared to 38% of those 45 to 54 years old or 30% of respondents 35 to 44 years old.

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 2006, female respondents were more likely to report an eye exam less than a year ago. In all other study years, gender was not a significant variable.
- In 2003 and 2009, respondents 65 and older were more likely to report an eye exam less than a year ago. In 2006, respondents 45 to 54 years old or 65 and older were more likely to report an eye exam less than a year ago. From 2003 to 2009, there was a noted increase in the percent of respondents 18 to 34 years old reporting an eye exam less than a year ago.
- In 2003, respondents in the middle 20 percent household income bracket were more likely to report an eye exam less than a year ago. In 2006, respondents in the bottom 40 percent income bracket were more likely to report an eye exam less than a year ago. 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 bottom 40 percent household income bracket reporting an eye exam less than a year ago.

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

	2003	2006	2009
TOTAL	47%	40%	48%
Gender ²			
Male	43	34	45
Female	51	46	51
Age ^{1,2,3}			
18 to 34 ^a	41	29	61
35 to 44	38	34	30
45 to 54	48	55	38
55 to 64	61	41	59
65 and Older	68	53	65
Education			
High School or Less	50	49	56
Some Post High School	41	38	52
College Graduate	49	38	42
Household Income ^{1,2}			
Bottom 40 Percent Bracket ^a	31	56	58
Middle 20 Percent Bracket	56	36	44
Top 40 Percent Bracket	46	36	44
Marital Status			
Married	50	39	50
Not Married	41	41	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.

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

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

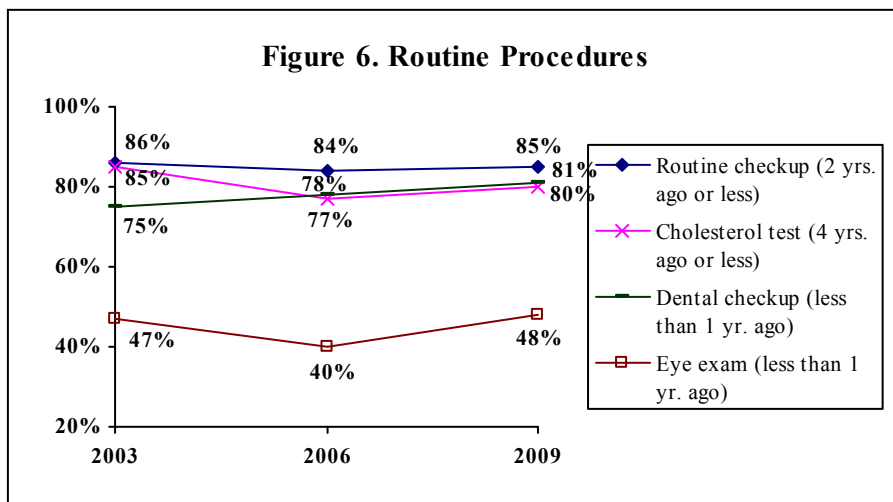
³demographic difference at $p \leq 0.05$ in 2009

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

Routine Procedures Overall

Year Comparisons

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



Vaccinations (Figure 7; Table 11)

KEY FINDINGS: In 2009, 51% of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past year. Respondents who were 65 and older or unmarried were more likely to report a flu vaccination. Sixty-nine percent of respondents 65 and older had a pneumonia vaccination.

From 2003 to 2009, there was a statistical increase in the 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 respondents 65 and older who reported a flu or pneumonia vaccination in the past 12 months.

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

- Fifty-one percent of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past 12 months.
- Eighty percent of respondents 65 and older reported receiving a flu vaccination compared to 45% of those 18 to 34 years old or 42% of respondents 35 to 44 years old.
- Unmarried respondents were more likely to report receiving a flu vaccination compared to married respondents (58% and 47%, respectively).

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the percent of overall respondents reporting a flu vaccination.
- In 2006, female respondents were more likely to report a flu vaccination. In all other study years, gender was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents across gender reporting a flu vaccination.
- 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 44 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 college education reporting a flu vaccination.
- In 2003, respondents in the middle 20 percent household income bracket were more likely to report a flu vaccination. In 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 2009, unmarried respondents were more likely to report receiving 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 respondents across marital status reporting a flu vaccination.

Table 11. Flu Vaccination by Demographic Variables for Each Survey Year^{①,②}

	2003	2006	2009
TOTAL ^a	35%	30%	51%
Gender ²			
Male ^a	33	21	50
Female ^a	38	41	51
Age ^{1,2,3}			
18 to 34 ^a	22	20	45
35 to 44 ^a	20	21	42
45 to 54	39	28	49
55 to 64	52	42	56
65 and Older	74	65	80
Education			
High School or Less	34	31	46
Some Post High School	44	24	49
College Graduate ^a	31	33	54
Household Income ^{1,2}			
Bottom 40 Percent Bracket	41	39	45
Middle 20 Percent Bracket	48	18	57
Top 40 Percent Bracket ^a	27	31	48
Marital Status ³			
Married ^a	36	32	47
Not Married ^a	35	29	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.

^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

- Sixty-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.

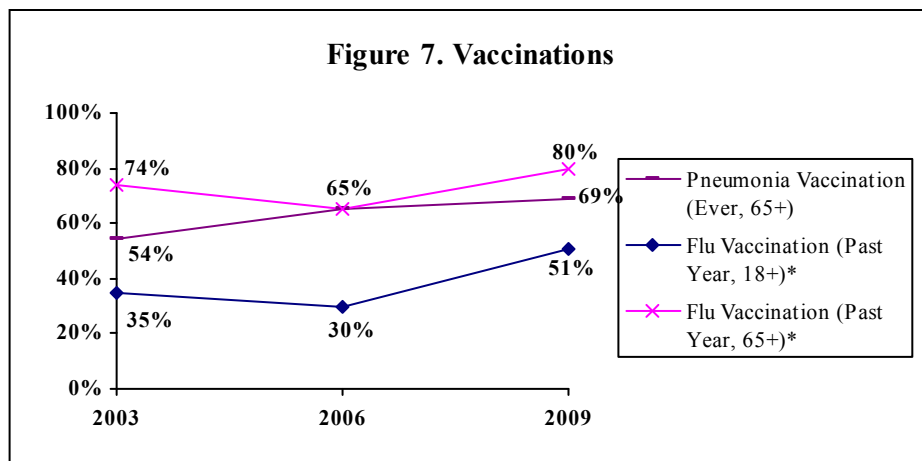
Year Comparisons

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



*In 2006, “nasal spray” was added.

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

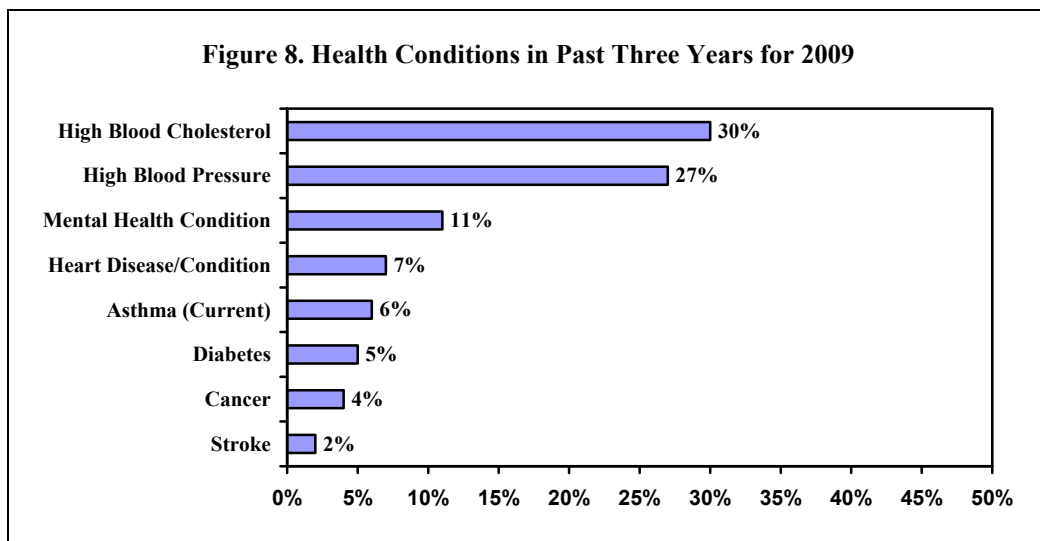
Respondents were asked a series of questions regarding if they had certain health conditions in the past three years. Current diagnosis of asthma was asked.

KEY FINDINGS: In 2009, out of eight health conditions listed, the two most often mentioned in the past three years were high blood cholesterol or high blood pressure (30% and 27%, respectively). Respondents who were female, 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were unmarried or overweight were more likely to report high blood pressure. Respondents who were 65 and older, with some post high school education or overweight respondents were more likely to report high blood cholesterol. Respondents who were male, 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were unmarried or overweight were more likely to report heart disease/condition. Respondents who were 55 and older, in the bottom 40 percent household income bracket, overweight or inactive were more likely to report diabetes. Respondents who were 35 to 44 years old, in the bottom 40 percent household income bracket or unmarried 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, 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 high blood cholesterol in the past three years. 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 cholesterol (30%), high blood pressure (27%) or a mental health condition (11%) 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.
- Female respondents were more likely to report high blood pressure in the past three years compared to male respondents (32% and 22%, respectively).
- Sixty-seven percent of respondents 65 and older reported high blood pressure in the past three years compared to 20% of those 45 to 54 years old or 10% of respondents 18 to 34 years old.
- Thirty-eight percent of respondents with a high school education or less reported high blood pressure compared to 28% of those with some post high school education or 22% of respondents with a college education.
- Forty-three percent of respondents in the bottom 40 percent household income bracket reported high blood pressure compared to 27% of those in the middle 20 percent income bracket or 21% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report high blood pressure compared to married respondents (35% and 23%, respectively).
- Overweight respondents were more likely to report high blood pressure (32%) compared to respondents who were not overweight (16%).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported high blood pressure.
- In 2006, male respondents were more likely to report high blood pressure. In 2009, female respondents were more likely to report high blood pressure, with a noted increase since 2003. In 2003, gender was not a significant variable.
- In 2003, respondents 55 and older were more likely to report high blood pressure. In 2006 and 2009, respondents 65 and older were more likely to report high blood pressure. From 2003 to 2009, there was a noted increase in the percent of respondents 18 to 34 years old or respondents 65 and older reporting high blood pressure.
- In 2006 and 2009, respondents with a high school education or less were more likely to report high blood pressure. In 2003, 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 high blood pressure.
- In all study years, respondents in the bottom 40 percent household income bracket were more likely to report high blood pressure. From 2003 to 2009, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting high blood pressure.

- In 2003, married respondents were more likely to report high blood pressure. In 2006 and 2009, unmarried respondents were more likely to report high blood pressure. From 2003 to 2009, there was a noted increase in the percent of unmarried respondents reporting high blood pressure.
- In all study years, overweight respondents were more likely to report high blood pressure.
- In 2006, inactive respondents were more likely to report high blood pressure. In 2009, physical activity was not a significant variable. From 2006 to 2009, there was a noted increase in the percent of respondents who met the recommended amount of physical activity reporting high blood pressure.

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

	2003	2006	2009
TOTAL	21%	21%	27%
Gender ^{2,3}			
Male	24	28	22
Female ^a	19	13	32
Age ^{1,2,3}			
18 to 34 ^a	0	5	10
35 to 44	14	17	21
45 to 54	24	19	20
55 to 64	44	39	50
65 and Older ^a	43	51	67
Education ^{2,3}			
High School or Less ^a	24	29	38
Some Post High School	22	23	28
College Graduate	17	17	22
Household Income ^{1,2,3}			
Bottom 40 Percent Bracket	40	38	43
Middle 20 Percent Bracket	24	14	27
Top 40 Percent Bracket ^a	14	19	21
Marital Status ^{1,2,3}			
Married	24	17	23
Not Married ^a	15	29	35
Overweight Status ^{1,2,3}			
Not Overweight	14	11	16
Overweight	25	28	32
Physical Activity ²			
Inactive	--	37	41
Insufficient	--	24	27
Recommended ^b	--	16	24
Smoking Status			
Nonsmoker	22	22	28
Smoker	20	14	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.

^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

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

- Thirty percent of respondents reported high blood cholesterol in the past three years.
- Fifty-nine percent of respondents 65 and older reported high blood cholesterol in the past three years compared to 26% of those 35 to 44 years old or 14% of respondents 18 to 34 years old.
- Forty-three percent of respondents with some post high school education reported high blood cholesterol in the past three years compared to 26% of those with a high school education or less or 24% of those with a college education.
- Overweight respondents were more likely to report high blood cholesterol (40%) compared to respondents who were not overweight (14%).

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported high blood cholesterol.
- Gender was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents across gender reporting high blood cholesterol.
- In 2003, respondents 55 to 64 years old were more likely to report high blood cholesterol. In 2006 and 2009, respondents 65 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 54 years old or 65 and older reporting high blood cholesterol.
- In 2009, respondents with some post high school education were more likely to report high blood cholesterol. 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 at least some post high school education reporting high blood cholesterol.
- In 2006, respondents in the bottom 40 percent household income bracket were more likely to report high blood cholesterol. 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 in the top 40 percent household income bracket reporting high blood cholesterol.
- 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 high blood cholesterol.
- In all study years, overweight respondents were more likely to report high blood cholesterol. From 2003 to 2009, there was a noted increase in percent of overweight respondents reporting high blood cholesterol.

- In 2006, inactive respondents were more likely to report high blood cholesterol. In 2009, physical activity was not a significant variable. From 2006 to 2009, there was a noted increase in the percent of respondents who did at least some amount of physical activity reporting high blood cholesterol.
- In 2003, nonsmokers were more likely to report high blood cholesterol. In 2006, smokers were more likely to report high blood cholesterol. In 2009, smoking status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents across smoking status reporting high blood cholesterol.

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

	2003	2006	2009
TOTAL ^a	18%	19%	30%
Gender			
Male ^a	19	21	33
Female ^a	17	16	26
Age ^{1,2,3}			
18 to 34	6	4	14
35 to 44 ^a	10	17	26
45 to 54 ^a	16	26	31
55 to 64	42	27	42
65 and Older ^a	37	40	59
Education ³			
High School or Less	22	26	26
Some Post High School ^a	20	18	43
College Graduate ^a	12	16	24
Household Income ²			
Bottom 40 Percent Bracket	27	27	36
Middle 20 Percent Bracket	14	10	21
Top 40 Percent Bracket ^a	15	21	31
Marital Status			
Married ^a	17	19	32
Not Married	20	18	25
Overweight Status ^{1,2,3}			
Not Overweight	13	13	14
Overweight ^a	22	23	40
Physical Activity ²			
Inactive	--	34	22
Insufficient ^b	--	19	33
Recommended ^b	--	16	27
Smoking Status ^{1,2}			
Nonsmoker ^a	21	17	30
Smoker ^a	7	29	25

^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

Heart Disease/Condition

2009 Findings

- Seven percent of respondents reported heart disease or condition in the past three years.
- Male respondents were more likely to report heart disease or condition in the past three years compared to female respondents (10% and 3%, respectively).
- Respondents 65 and older were more likely to report heart disease/condition (20%) compared to those who were 45 to 54 years old (2%) or respondents 18 to 34 years old (0%).
- Thirteen percent of respondents with a high school education or less reported heart disease/condition compared to 5% of those with a college education or 4% of respondents with some post high school education.
- Sixteen percent of respondents in the bottom 40 percent household income bracket reported heart disease/condition compared to 5% of those in the middle 20 percent income bracket or 4% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report heart disease/condition compared to married respondents (13% and 3%, respectively).
- Overweight respondents were more likely to report heart disease/condition compared to respondents who were not overweight (9% and 3%, 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 and 2009, male respondents were more likely to report heart disease/condition. In 2006, gender was not a significant variable.
- In all study years, respondents 65 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 and a noted increase in the percent of respondents 35 to 44 years old reporting heart disease/condition.
- In 2003, respondents with some post high school education were more likely to report heart disease/condition. In 2009, respondents with a high school education or less were more likely to report heart disease/condition, 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 some post high school education reporting heart disease/condition.
- In 2003 and 2009, respondents in the bottom 40 percent household income bracket were more likely to report heart disease/condition. In 2006, household income was not a significant variable.
- In 2003 and 2009, unmarried respondents were more likely to report heart disease/condition. In 2006, marital status was not a significant variable.

- In 2009, overweight respondents were more likely to report heart disease/condition. In all other study years, overweight status was not a significant variable.
- In 2003, nonsmokers were more likely to report heart disease/condition. 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 respondents who were smokers reporting heart disease/condition.

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

	2003	2006	2009
TOTAL	6%	8%	7%
Gender ^{1,3}			
Male	9	9	10
Female	4	6	3
Age ^{1,2,3}			
18 to 34 ^a	11	4	0
35 to 44 ^a	<1	<1	9
45 to 54	3	7	2
55 to 64	4	13	7
65 and Older	20	24	20
Education ^{1,3}			
High School or Less ^a	4	8	13
Some Post High School ^a	15	7	4
College Graduate	1	7	5
Household Income ^{1,3}			
Bottom 40 Percent Bracket	14	11	16
Middle 20 Percent Bracket	8	4	5
Top 40 Percent Bracket	3	7	4
Marital Status ^{1,3}			
Married	5	6	3
Not Married	11	10	13
Overweight Status ³			
Not Overweight	8	6	3
Overweight	5	8	9
Physical Activity			
Inactive	--	7	9
Insufficient	--	7	6
Recommended	--	7	7
Smoking Status ¹			
Nonsmoker	8	8	7
Smoker ^a	0	2	6

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

^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

- Eleven 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.

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.
- No demographic comparisons between years were conducted as a result of the low percent of respondents reporting a mental health condition in 2003 and 2006.

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

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

^②In 2009, “such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post traumatic stress disorder or depression” 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

Diabetes

2009 Findings

- Five percent of respondents reported diabetes in the past three years.
- Seventeen percent of respondents 55 to 64 years old and 14% of those 55 and older reported diabetes in the past three years compared to 0% of respondents 18 to 34 years old.

- Twelve percent of respondents in the bottom 40 percent household income bracket reported diabetes compared to 7% of those in the middle 20 percent income bracket or 3% of respondents in the top 40 percent household income bracket.
- Seven percent of overweight respondents reported diabetes compared to less than one percent of respondents who were not overweight.
- Thirteen percent of inactive respondents reported diabetes compared to 5% of those who met the recommended amount of physical activity or 3% of respondents who did an insufficient amount of activity.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported diabetes.
- In 2003 and 2006, respondents 65 and older were more likely to report diabetes. In 2009, respondents 55 and older were more likely to report diabetes.
- In all study years, respondents in the bottom 40 percent household income bracket were more likely to report diabetes.
- In 2006 and 2009, overweight respondents were more likely to report diabetes. In 2003, overweight status was not a significant variable.
- In 2009, inactive respondents were more likely to report diabetes. In 2006, physical activity was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of respondents who did an insufficient amount of physical activity reporting diabetes.

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

	2003	2006	2009
TOTAL	4%	7%	5%
Gender			
Male	3	8	5
Female	4	6	4
Age ^{1,2,3}			
18 to 34	2	0	0
35 to 44	0	2	<1
45 to 54	1	9	2
55 to 64	6	13	17
65 and Older	17	25	14
Education			
High School or Less	4	12	6
Some Post High School	4	6	7
College Graduate	3	6	3
Household Income ^{1,2,3}			
Bottom 40 Percent Bracket	9	16	12
Middle 20 Percent Bracket	3	4	7
Top 40 Percent Bracket	1	7	3
Marital Status			
Married	3	8	4
Not Married	5	5	8
Overweight Status ^{2,3}			
Not Overweight	1	4	<1
Overweight	4	10	7
Physical Activity ³			
Inactive	--	12	13
Insufficient ^b	--	8	3
Recommended	--	5	5
Smoking Status			
Nonsmoker	4	7	5
Smoker	2	7	3

^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

- Seventy-nine percent of the 19 respondents who reported being diagnosed with diabetes had an A1C test two or more times in the past year. Eleven percent reported one time in the past year.
- Forty-one percent of the 17 respondents who had an A1C test in the past year had a level of less than seven at their last appointment. Forty-seven percent reported a level of seven or higher while 12% were not sure.
- Twenty-nine percent of the 17 respondents who had an A1C test in the past year had an LDL level of less than 100 at their last appointment. Twenty-four percent reported a level of 100 or higher while 47% 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 (76% and 79%, 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 (39% and 41%, 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 (29% each).
- 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

- Six percent of respondents reported they currently have asthma.
- Respondents 35 to 44 years old were more likely to report current asthma (11%) compared to those 45 to 54 years old (5%) or respondents 18 to 34 years old (0%).
- Fourteen percent of respondents in the bottom 40 percent household income bracket reported current asthma compared to 7% of those in the middle 20 percent income bracket or 3% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report current asthma compared to married respondents (9% and 4%, respectively).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported current asthma.
- In 2003, female respondents were more likely to report current asthma. In all other study years, gender was not a significant variable.
- In 2009, respondents 35 to 44 years old were more likely to report current asthma. In all other study years, age was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents 18 to 34 years old reporting current asthma.
- In 2003 and 2006, respondents with some post high school education were more likely to report current asthma. In 2009, education was not a significant variable.
- In 2009, respondents in the bottom 40 percent household income bracket were more likely to report current asthma, with a noted increase since 2003. In all other study years, household income was not a significant variable.
- In 2009, unmarried respondents were more likely to report current asthma. In all other study years, marital status was not a significant variable.

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

	2003	2006	2009
TOTAL	6%	8%	6%
Gender ¹			
Male	3	8	7
Female	9	8	5
Age ³			
18 to 34 ^a	10	6	0
35 to 44	5	11	11
45 to 54	4	3	5
55 to 64	6	13	7
65 and Older	4	8	8
Education ^{1,2}			
High School or Less	4	2	9
Some Post High School	11	21	9
College Graduate	3	3	3
Household Income ³			
Bottom 40 Percent Bracket ^a	2	11	14
Middle 20 Percent Bracket	6	7	7
Top 40 Percent Bracket	6	4	3
Marital Status ³			
Married	6	6	4
Not Married	6	11	9

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Written Asthma Action Plan

2009 Findings

- Of the 23 respondents who currently had asthma, 30% 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.

- 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 (7 responses) followed by breast cancer (3 responses).

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.

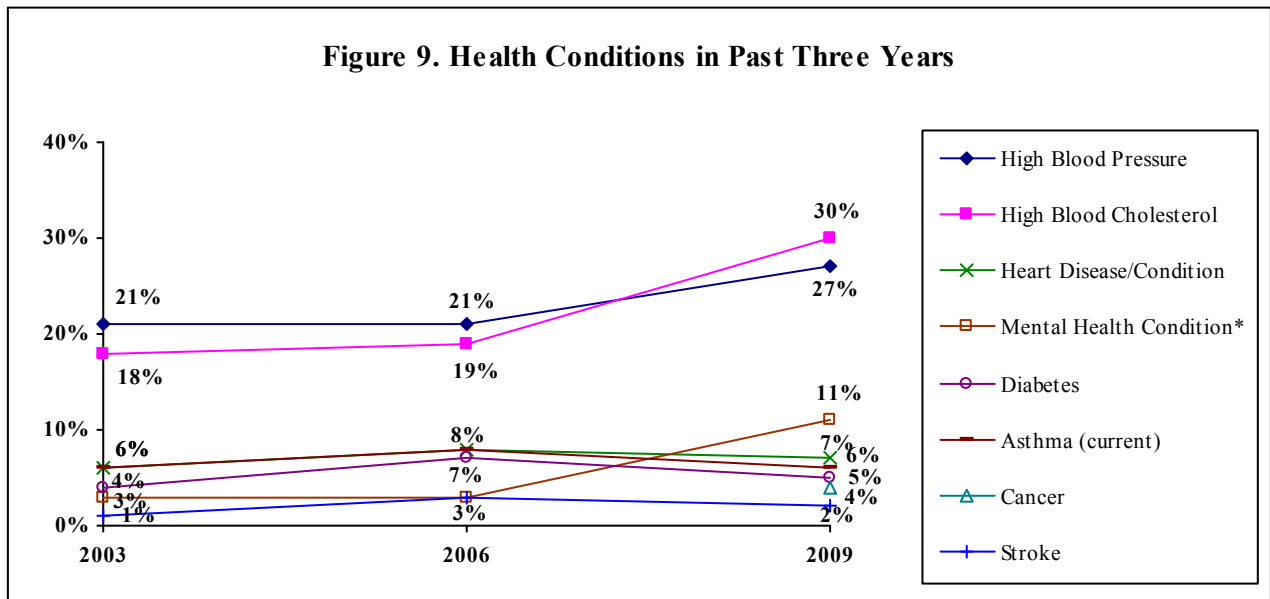
Year Comparisons

- 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, 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 high blood cholesterol in the past three years. 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.

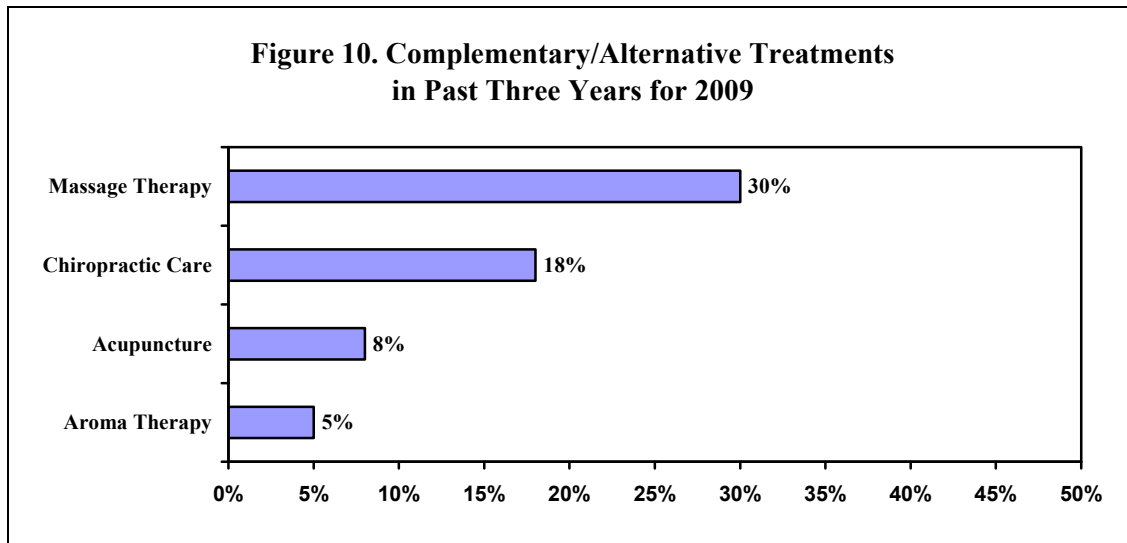
Prevalence of Select Complementary/Alternative Treatments (Figures 10 & 11; Tables 18 - 21)

KEY FINDINGS: In 2009, out of four complementary/alternative treatments listed, massage therapy was the most often used in the past three years (30%). Respondents 45 to 54 years old or with at least some post high school education were more likely to report chiropractic care. Respondents who were 18 to 34 years old, with a college education or in the top 40 percent household income bracket were more likely to report massage therapy. Respondents with a college education were more likely to report aroma therapy. Respondents with a college education or unmarried respondents were more likely to report they used acupuncture.

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

2009 Findings

- Respondents were more likely to have used massage therapy (30%) or chiropractic care (18%) in the past three years.



Chiropractic Care

2009 Findings

- Eighteen percent of respondents reported chiropractic care in the past three years.
- Twenty-eight percent of respondents 45 to 54 years old reported chiropractic care in the past three years compared to 14% of those 65 and older or 8% of respondents 18 to 34 years old.
- Twenty-one percent of respondents with a college education and 20% of those with some post high school education reported chiropractic care in the past three years compared to 9% of respondents with a high school education or less.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting chiropractic care.
- In 2009, respondents 45 to 54 years old were more likely to report chiropractic care. In all other study years, age was not a significant variable.
- In 2009, respondents with at least some post high school education were more likely to report chiropractic care. In all other study years, education was not a significant variable.
- In 2006, respondents in the middle 20 percent household income bracket were more likely to report chiropractic care. In all other study years, household income was not a significant variable.

- In 2003, married respondents were more likely to report chiropractic care. 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 chiropractic care.

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

	2003	2006	2009
TOTAL	15%	19%	18%
Gender			
Male	15	18	20
Female	14	19	16
Age ³			
18 to 34	7	21	8
35 to 44	16	16	21
45 to 54	19	17	28
55 to 64	16	24	22
65 and Older	15	16	14
Education ³			
High School or Less	14	24	9
Some Post High School	16	19	20
College Graduate	14	16	21
Household Income ²			
Bottom 40 Percent Bracket	9	24	9
Middle 20 Percent Bracket	13	31	21
Top 40 Percent Bracket	17	13	20
Marital Status ¹			
Married	17	21	18
Not Married ^a	9	14	18

^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

Massage Therapy

2009 Findings

- Thirty percent of respondents reported massage therapy in the past three years.
- Forty-three percent of respondents 18 to 34 years old reported massage therapy in the past three years compared to 20% of those 55 to 64 years old or 16% of respondents 65 and older.

- Thirty-seven percent of respondents with a college education reported massage therapy compared to 27% of those with some post high school education or 15% of respondents with a high school education or less.
- Thirty-eight percent of respondents in the top 40 percent household income bracket reported massage therapy compared to 30% of those in the middle 20 percent income bracket or 12% 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 2003 and 2006, female respondents were more likely to report massage therapy. In 2009, gender was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of male respondents reporting massage therapy.
- In 2009, respondents 18 to 34 years old were more likely to report massage therapy. 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 18 to 44 years old reporting massage therapy.
- In 2009, respondents with a college education were more likely to report massage therapy, with a noted increase since 2003. In all other study years, education was not a significant variable.
- In all study years, respondents in the top 40 percent household income bracket were more likely to report massage therapy. From 2003 to 2009, there was a noted increase in the percent of respondents in the top 60 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 respondents across marital status reporting massage therapy.

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

	2003	2006	2009
TOTAL ^a	16%	20%	30%
Gender ^{1,2}			
Male ^a	12	13	33
Female	21	28	26
Age ³			
18 to 34 ^a	21	20	43
35 to 44 ^a	13	22	25
45 to 54	23	14	33
55 to 64	14	31	20
65 and Older	9	16	16
Education ³			
High School or Less	12	16	15
Some Post High School	19	15	27
College Graduate ^a	19	24	37
Household Income ^{1,2,3}			
Bottom 40 Percent Bracket	8	16	12
Middle 20 Percent Bracket ^a	13	10	30
Top 40 Percent Bracket ^a	21	25	38
Marital Status			
Married ^a	17	21	31
Not Married ^a	15	17	29

^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

Aroma Therapy

2009 Findings

- Five percent of respondents reported aroma therapy in the past three years.
- Eight percent of respondents with a college education reported aroma therapy compared to 4% of those with some post high school education or 0% of respondents with a high school education or less.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported aroma therapy.
- In 2006, female respondents were more likely to report aroma therapy. In 2009, gender was not a significant variable.
- In 2009, respondents with a college education were more likely to report aroma therapy. In 2006, education was not a significant variable.

Table 20. Aroma Therapy in Past Three Years by Demographic Variables for Each Survey Year^{①,②}

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

^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 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

- Eight percent of respondents reported they used acupuncture in the past three years.
- Thirteen percent of respondents with a college education reported acupuncture in the past three years compared to 4% of those with a high school education or less or 2% of respondents with some post high school education.
- Unmarried respondents were more likely to report acupuncture compared to married respondents (13% and 5%, respectively).

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported acupuncture.
- In 2009, respondents with a college education or unmarried respondents were more likely to report they used acupuncture.
- No statistical comparisons were conducted between years as a result of the low percent of respondents reporting acupuncture in 2003 and 2006.

Table 21. Acupuncture in Past Three Years by Demographic Variables for Each Survey Year^①

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

^②Data 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

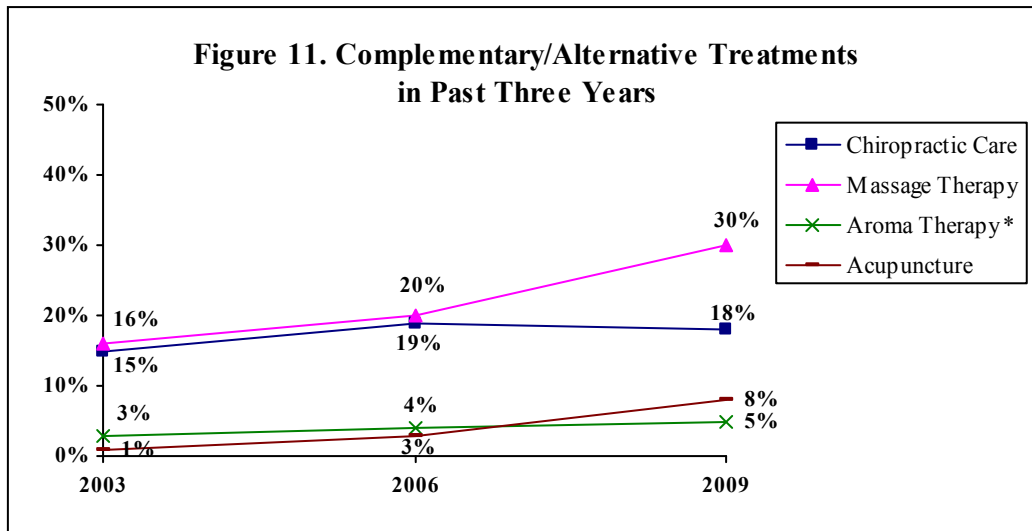
³demographic difference at $p \leq 0.05$ in 2009

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

Complementary/Alternative Treatments Overall

Year Comparisons

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



*In 2009, "using essential oils" was added.

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

KEY FINDINGS: In 2009, 36% of respondents did moderate physical activity five times a week for 30 minutes while 30% did vigorous activity three times a week for 20 minutes. Combined, 44% met the recommended amount of physical activity; respondents with at least some post high school education were more likely to report this. Sixty-two percent of respondents were classified as overweight. Respondents who were male, 65 and older or with some post high school education 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 no statistical change in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes. From 2006 to 2009, there was a noted decrease in the overall percent of respondents 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-six percent of all respondents were classified as doing the recommended amount of moderate physical activity in a typical week. Fifty-three percent did some activity, but not to the extent of the recommendation, while 11% were classified as inactive.
- Forty-two percent of respondents with a college education met the recommended amount of moderate physical activity compared to 34% of those with some post high school education or 22% of respondents with a high school education or less.
- Forty-four percent of respondents who were not overweight met the recommended amount of moderate physical activity compared to 31% 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 male 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 54 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.
- In 2006, respondents in the bottom 40 percent household income bracket were more likely to meet the recommended amount of moderate physical activity. 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 in the bottom 40 percent or the top 40 percent household income bracket meeting the recommended amount of moderate physical activity.
- 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 meeting the recommended amount of moderate physical activity.

- In 2003 and 2009, respondents who were not overweight were more likely to meet the recommended amount of moderate physical activity. In 2006, overweight status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of overweight respondents 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	24%	36%	36%
Gender			
Male ^a	23	32	38
Female	25	40	34
Age			
18 to 34 ^a	22	46	35
35 to 44 ^a	22	29	34
45 to 54 ^a	28	36	43
55 to 64	22	31	35
65 and Older	29	31	25
Education ³			
High School or Less	20	27	22
Some Post High School	25	38	34
College Graduate ^a	27	39	42
Household Income ²			
Bottom 40 Percent Bracket ^a	21	52	39
Middle 20 Percent Bracket	32	34	24
Top 40 Percent Bracket ^a	22	33	39
Marital Status			
Married ^a	23	39	34
Not Married ^a	26	30	38
Overweight Status ^{1,3}			
Not Overweight	34	37	44
Overweight ^a	17	37	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.

^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

- Thirty percent of respondents reported they did vigorous physical activity at least three times a week for 20 minutes or more. Twenty-seven percent did some vigorous physical activity while 43% did not do any vigorous physical activity.
- Thirty-seven percent of respondents 18 to 34 years old and 36% of those 35 to 44 years old reported vigorous physical activity compared to 12% of respondents 65 and older.
- Thirty-seven percent of respondents with a college education reported vigorous physical activity compared to 28% of those with some post high school education or 16% of respondents with a high school education or less.
- Thirty-eight percent of respondents in the top 40 percent household income bracket reported vigorous physical activity compared to 20% of those in the middle 20 percent income bracket or 16% of respondents in the bottom 40 percent household income bracket.
- Thirty-eight percent of respondents who were not overweight reported vigorous physical activity compared to 26% of overweight respondents.

Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of respondents who did the recommended amount of vigorous physical activity in a week.
- In 2006, male respondents were more likely to meet the recommended amount of vigorous physical activity. In 2009, gender was not a significant variable.
- In 2006, respondents 18 to 34 years old or 45 to 54 years old were more likely to meet the recommended amount of vigorous physical activity. In 2009, respondents 18 to 44 years old were more likely to meet 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.
- In 2009, respondents in the top 40 percent household income bracket were more likely to meet the recommended amount of vigorous physical activity. In 2006, household income was not a significant variable.

- In 2009, respondents who were not overweight were more likely to meet the recommended amount of vigorous physical activity, with a noted increase since 2006. In 2006, overweight status was not a significant variable.

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

	2006	2009
TOTAL	28%	30%
Gender ¹		
Male	33	33
Female	22	26
Age ^{1,2}		
18 to 34	34	37
35 to 44	27	36
45 to 54	34	28
55 to 64	20	20
65 and Older	12	12
Education ^{1,2}		
High School or Less	15	16
Some Post High School	29	28
College Graduate	32	37
Household Income ²		
Bottom 40 Percent Bracket	28	16
Middle 20 Percent Bracket	21	20
Top 40 Percent Bracket	33	38
Marital Status		
Married	27	28
Not Married	30	33
Overweight Status ²		
Not Overweight ^a	27	38
Overweight	30	26

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

^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≤05 from 2006 to 2009

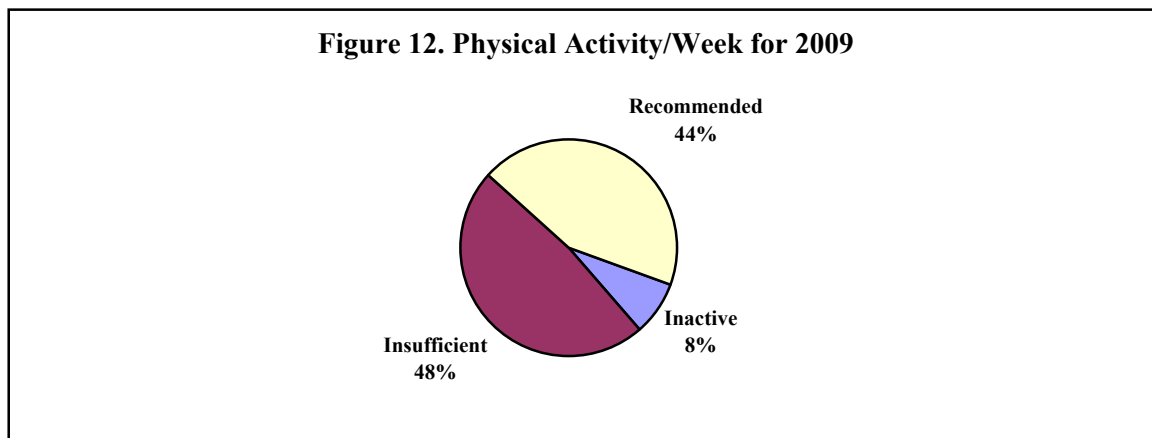
Combined Recommended Amount of Physical Activity in Typical Week

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-four 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-eight percent did an insufficient amount of physical activity while 8% did no physical activity in a typical week.



- Forty-nine percent of respondents with a college education and 47% of those with some post high school education met the recommended amount of physical activity compared to 26% of respondents with a high school education or less.

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 any study year. From 2006 to 2009, there was a noted decrease in the percent of female respondents who met the recommended amount of physical activity in a week.
- Age was not a significant variable in any study year. 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 a week.

- In 2009, respondents with at least some post high school education were more likely to meet the recommended amount of physical activity. In 2006, education was not a significant variable.
- Household income was not a significant variable in any 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.
- Marital status was not a significant variable in any study year. From 2006 to 2009, there was a noted decrease in the percent of married respondents meeting the recommended amount of physical activity.
- Overweight status was not a significant variable in any study year. From 2006 to 2009, there was a noted decrease in the percent of overweight respondents 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	51%	44%
Gender		
Male	50	48
Female ^a	51	39
Age		
18 to 34 ^a	60	45
35 to 44	45	45
45 to 54	55	47
55 to 64	44	44
65 and Older	42	31
Education ²		
High School or Less	40	26
Some Post High School	54	47
College Graduate	53	49
Household Income		
Bottom 40 Percent Bracket ^a	61	43
Middle 20 Percent Bracket	48	33
Top 40 Percent Bracket	52	47
Marital Status		
Married ^a	53	43
Not Married	48	45
Overweight Status		
Not Overweight	54	50
Overweight ^a	51	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.

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

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

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

^ayear difference at $p \leq 0.05$ 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, 62% of respondents were overweight (39% overweight and 23% obese).
- Male respondents were more likely to be overweight (75%) compared to female respondents (46%).
- Seventy-five percent of respondents 65 and older were overweight compared to 66% of those 45 to 54 years old or 41% of respondents 18 to 34 years old.
- Seventy-seven percent of respondents with some post high school education were overweight compared to 61% of those with a high school education or less or 55% of respondents with a college education.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents being overweight.
- In all study years, male respondents were more likely to be classified as overweight.
- In 2003, respondents 55 to 64 years old were more likely to be overweight. In 2009, respondents 65 and older were more likely to be overweight. In 2006, age was not a significant variable.
- In 2003, respondents with a high school education or less were more likely to be overweight. In 2009, respondents with some post high school education were more likely to be overweight, with a noted increase since 2003. In 2006, education was not a significant variable.

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

	2003	2006	2009
TOTAL	59%	60%	62%
Gender ^{1,2,3}			
Male	70	76	75
Female	47	41	46
Age ^{1,3}			
18 to 34	45	53	41
35 to 44	61	54	71
45 to 54	57	63	66
55 to 64	75	70	71
65 and Older	60	71	75
Education ^{1,3}			
High School or Less	70	61	61
Some Post High School ^a	53	65	77
College Graduate	52	56	55
Household Income			
Bottom 40 Percent Bracket	66	68	72
Middle 20 Percent Bracket	50	59	64
Top 40 Percent Bracket	60	56	63
Marital Status			
Married	59	59	65
Not Married	57	59	56
Physical Activity			
Inactive	--	72	79
Insufficient	--	59	64
Recommended	--	59	57

^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

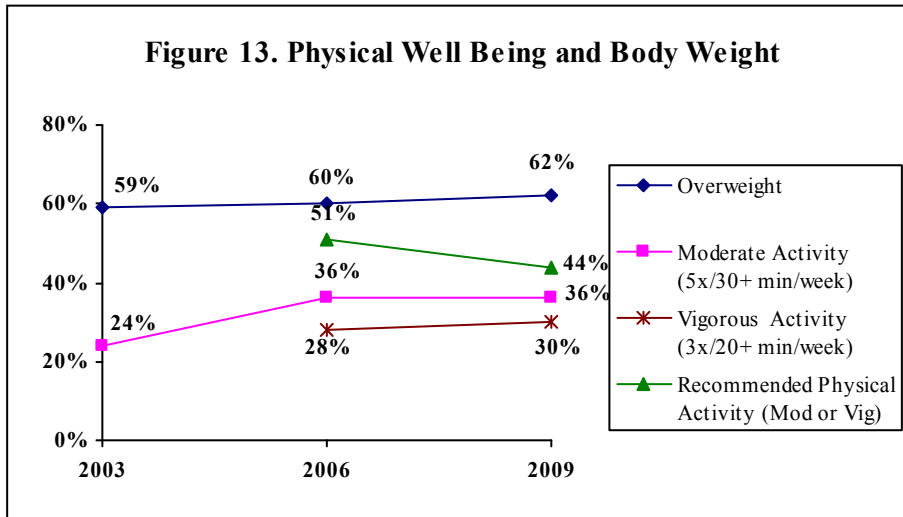
^ayear difference at p≤0.05 from 2003 to 2009

^byear difference at p≤0.05 from 2006 to 2009

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 no statistical change in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes. From 2006 to 2009, there was a statistical decrease in the overall percent of respondents 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, 65% of respondents reported two or more servings of fruit while 27% reported three or more servings of vegetables on an average day. Respondents with a college education or who met the recommended amount of physical activity were more likely to report at least two servings of fruit. Respondents who were female, with a college education, in the top 40 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 at least two servings of fruit. From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who reported at least three 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-five percent of respondents reported two or more servings of fruit on an average day.
- Seventy-one percent of respondents with a college education reported two or more servings of fruit a day compared to 63% of those with some post high school education or 49% of respondents with a high school education or less.
- Respondents who met the recommended amount of physical activity were more likely to report at least two servings of fruit a day (73%) compared to those who did an insufficient amount of physical activity (61%) or inactive respondents (45%).

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 2003 and 2006, female respondents were more likely to report at least two servings of fruit per day. In 2009, gender was not a significant variable.
- Age was not a significant variable in any study year. From 2003 to 2009, there was a noted decrease in the percent of respondents who were 35 to 44 years old reporting at least two servings of fruit.
- In 2006, respondents with some post high school education were more likely to report eating fruit. In 2009, respondents with a college education were more likely to report eating fruit. In 2003, 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 at least two servings of fruit.
- In 2006, respondents in the middle 20 percent household income bracket were more likely to report at least two servings of fruit. 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 reporting at least two servings of fruit.
- In 2006, married respondents were more likely to report at least two servings of fruit. In all other study years, marital status was not a significant variable.
- In 2006 and 2009, respondents who met the recommended amount of physical activity were more likely to report at least two servings of fruit.

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

	2003	2006	2009
TOTAL	70%	64%	65%
Gender ^{1,2}			
Male	64	57	61
Female	75	71	69
Age			
18 to 34	70	55	66
35 to 44 ^a	76	72	63
45 to 54	62	68	59
55 to 64	65	67	72
65 and Older	70	57	63
Education ^{2,3}			
High School or Less ^a	70	57	49
Some Post High School	65	79	63
College Graduate	73	59	71
Household Income ²			
Bottom 40 Percent Bracket	82	67	68
Middle 20 Percent Bracket ^a	69	76	52
Top 40 Percent Bracket	67	53	65
Marital Status ²			
Married	70	68	63
Not Married	68	56	67
Overweight Status			
Not Overweight	72	69	67
Overweight	67	60	63
Physical Activity ^{2,3}			
Inactive	--	38	45
Insufficient	--	63	61
Recommended	--	70	73

^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

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-seven percent of respondents reported three or more servings of vegetables on an average day.
- Female respondents were more likely to report at least three servings of vegetables a day (33%) compared to male respondents (20%).
- Thirty-four percent of respondents with a college education reported three or more servings of vegetables a day compared to 19% of those with some post high school education or 18% of respondents with a high school education or less.
- Thirty-one percent of respondents in the top 40 percent household income bracket reported three or more servings of vegetables a day compared to 26% of those in the bottom 40 percent income bracket or 13% of respondents in the middle 20 percent household income bracket.
- Unmarried respondents were more likely to report at least three servings of vegetables a day compared to married respondents (37% and 21%, respectively).
- Thirty-five percent of respondents who were not overweight reported three or more servings of vegetables a day compared to 22% of overweight respondents.
- Respondents who met the recommended amount of physical activity were more likely to report at least three servings of vegetables a day (31%) compared to those who did an insufficient amount of physical activity (26%) or respondents who were inactive (3%).

Year Comparisons

- From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who reported three or more servings of vegetables on an average day.
- In all study years, female respondents were more likely to report at least three vegetable servings per day.
- In 2006 and 2009, respondents with a college education were more likely to report at least three servings of vegetables. In 2003, 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 reporting three or more servings of vegetables per day.
- In 2009, respondents in the top 40 percent household income bracket were more likely to report at least three servings of vegetables. 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 reporting at least three servings of vegetables a day.

- In 2009, unmarried respondents were more likely to report at least three servings of vegetables a day. 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 three or more servings of vegetables a day.
- In 2006 and 2009, respondents who were not overweight were more likely to report at least three servings of vegetables a day. In 2003, 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 and 2009, respondents who met the recommended amount of physical activity were more likely to report at least three servings of vegetables a day.

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

	2003	2006	2009
TOTAL ^a	34%	28%	27%
Gender ^{1,2,3}			
Male	27	18	20
Female	42	40	33
Age			
18 to 34	36	37	25
35 to 44	36	26	25
45 to 54	32	24	26
55 to 64	37	29	31
65 and Older	33	22	22
Education ^{2,3}			
High School or Less	30	17	18
Some Post High School ^a	35	23	19
College Graduate	39	35	34
Household Income ³			
Bottom 40 Percent Bracket	38	19	26
Middle 20 Percent Bracket ^a	42	25	13
Top 40 Percent Bracket	32	33	31
Marital Status ³			
Married ^a	34	31	21
Not Married	37	22	37
Overweight Status ^{2,3}			
Not Overweight	37	39	35
Overweight ^a	30	21	22
Physical Activity ^{2,3}			
Inactive	--	10	3
Insufficient	--	22	26
Recommended	--	37	31

① 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.

② Physical 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

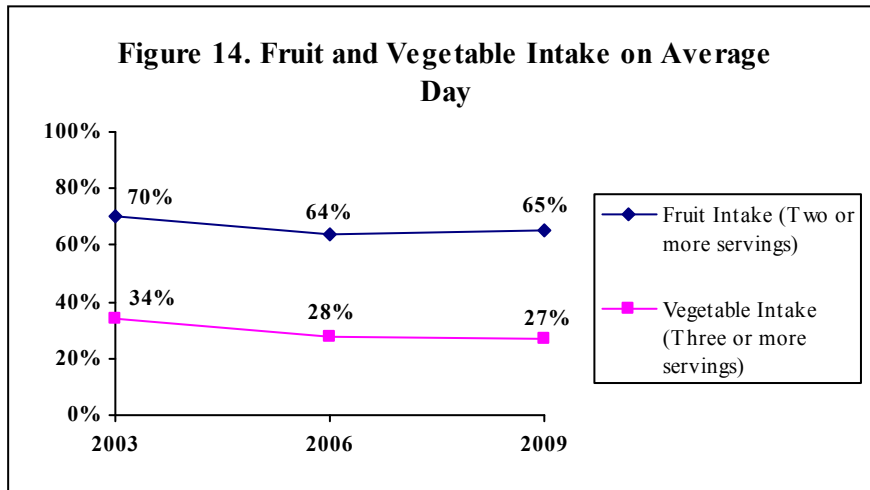
^ayear difference at p≤0.05 from 2003 to 2009

^byear difference at p≤0.05 from 2006 to 2009

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 on an average day. From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who reported three or more servings of vegetables on an average day.



Women's Health (Figure 15; Table 28)

KEY FINDINGS: In 2009, 90% of female respondents 40 and older reported a mammogram within the past two years. Eighty-nine percent of female respondents 65 and older had a bone density scan. Ninety-five percent of female respondents 18 to 65 years old reported a pap smear within the past three years; respondents 18 to 44 years old or with a college education 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)

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.

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

- Ninety 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-nine percent of the 28 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.

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

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.

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 95% of respondents 18 to 65 years old with a cervix reported they had a pap smear within the past three years.
- One hundred percent of respondents 18 to 44 years old reported a pap smear within the past three years compared to 86% of respondents 45 and older.
- Ninety-eight percent of respondents with a college education reported a pap smear within the past three years compared to 90% of respondents with some post high school education or less.

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 18 to 44 years old were more likely to report a pap smear within the past three years. 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 18 to 34 years old reporting a pap smear within the past three years.
- In 2003 and 2009, respondents with a college education were more likely to report a pap smear within the past three years. In 2006, education was not a significant variable.
- In 2003 and 2006, married respondents were more likely to report a pap smear within the past three years. In 2009, marital status was not a significant variable. From 2003 to 2006, there was a noted increase in the percent of unmarried respondents reporting a pap smear within the past three years.

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)^⓪

	2003	2006	2009
TOTAL	92%	94%	95%
Age ³			
18 to 34 ^a	83	94	100
35 to 44	95	96	100
45 and Older	94	92	86
Education ^{1,3}			
Some Post High School or Less	87	92	90
College Graduate	99	96	98
Household Income			
Bottom 60 Percent Bracket	93	89	98
Top 40 Percent Bracket	91	95	94
Marital Status ^{1,2}			
Married	96	97	94
Not Married ^a	76	85	98

^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

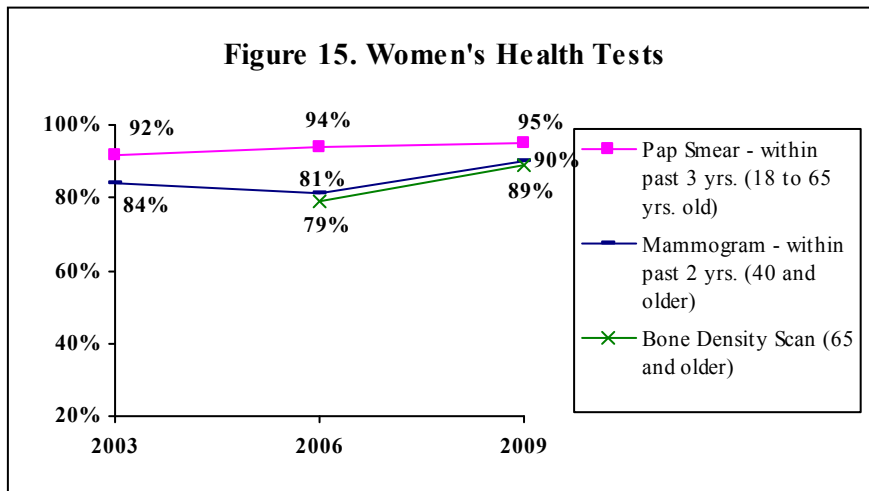
³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

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, 48% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Thirty-four 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 percent of male respondents 40 and older had a prostate-specific antigen test in the past year while 18% reported within the past two years (one year but less than two years). Thirty-one 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 between years 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

- Thirty-four percent of male respondents 40 and older had a digital rectal exam in the past year while 24% reported within the past two years (one year but less than two years). Eighteen 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

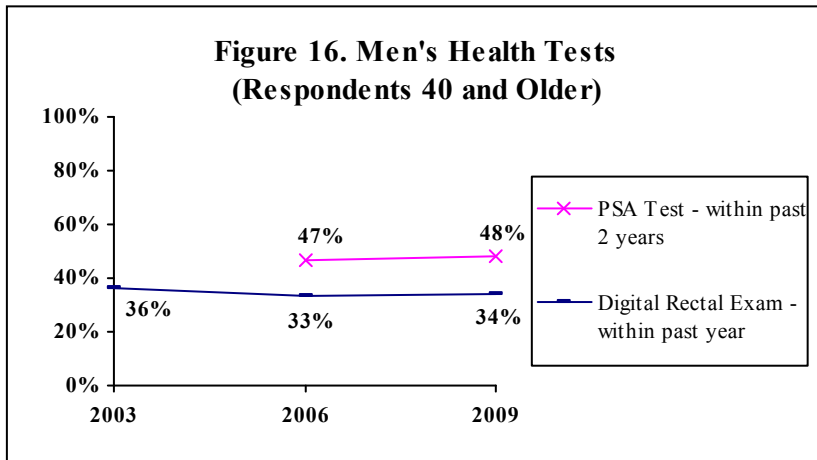
- From 2003 to 2009, there was no statistical change in the overall percent of male respondents 40 and older who reported a digital rectal exam within the past year.
- No demographic comparisons were conducted between years as a result of the number of men who were asked this question.

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 63% reported a colonoscopy within the past ten years. Sixty-seven 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)

2009 Findings

- Nine percent of respondents 50 and older reported their last sigmoidoscopy was within the past five years. Eighty-four percent reported never.

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.

- 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	10
Female	9
Education	
Some Post High School or less	7
College Graduate	12
Household Income	
Bottom 60 Percent Bracket	13
Top 40 Percent Bracket	5
Marital Status	
Married	7
Not Married	11

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

¹demographic difference at $p \leq 0.05$ in 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-three percent of respondents 50 and older had a colonoscopy within the past ten years. Thirty-five 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)^⓪

	2009
TOTAL	63%
Gender	
Male	61
Female	64
Education	
Some Post High School or less	61
College Graduate	64
Household Income	
Bottom 60 Percent Bracket	67
Top 40 Percent Bracket	50
Marital Status	
Married	60
Not Married	65

^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

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-seven percent of respondents 50 and older had a sigmoidoscopy or colonoscopy within their lifetime. Thirty-three percent of respondents never had a sigmoidoscopy or colonoscopy exam.
- Respondents in the bottom 60 percent household income bracket were more likely to report a sigmoidoscopy or colonoscopy within their lifetime compared to respondents in the top 40 percent household income bracket (75% and 53%, respectively).

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.
- In 2003 and 2009, respondents in the bottom 60 percent household income bracket were more likely to report a sigmoidoscopy or colonoscopy in their lifetime. In 2006, household income was not a significant variable.

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	62%	66%	67%
Gender			
Male	69	63	63
Female	56	69	70
Education			
Some Post High School or Less	63	66	65
College Graduate	58	67	69
Household Income ^{1,3}			
Bottom 60 Percent Bracket	70	68	75
Top 40 Percent Bracket	53	56	53
Marital Status			
Married	59	68	65
Not Married	68	63	69

^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 $p \leq 0.05$ in 2003

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

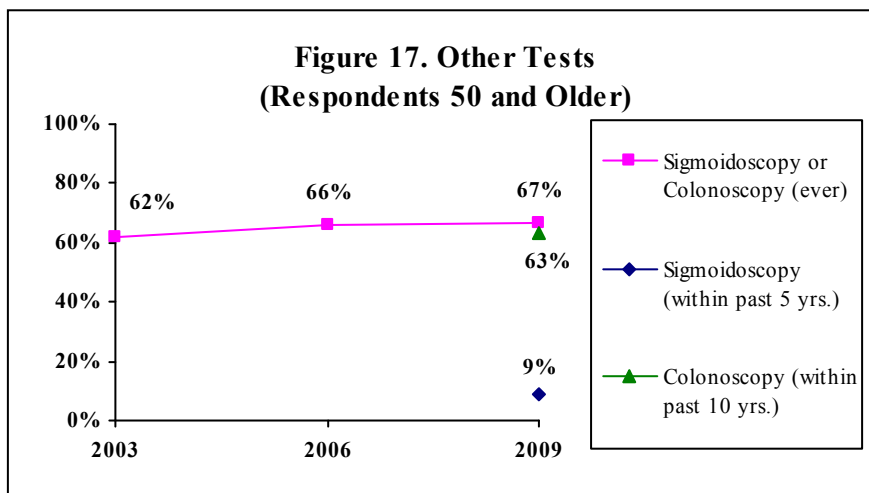
³demographic difference at $p \leq 0.05$ in 2009

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

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, 96% of respondents wore seat belts always or nearly always; respondents with a college education were more likely to report this. Of those respondents who rode a bike, used in-line skates or rode a scooter, 33% reported they always or nearly always wore a helmet; respondents who were female or with a college education were more likely to report this.

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

- Ninety-six percent of respondents reported they wore seat belts always or nearly always.
- Respondents with a college education were more likely to report always or nearly always (99%) compared to those with some post high school education (95%) or respondents with a high school education or less (88%).

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 seat belt.
- In 2003 and 2006, female respondents were more likely to report always or nearly always. In 2009, gender was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of male respondents reporting always or nearly always.
- In 2003, respondents 65 and older were more likely to report always or nearly always. In 2006, respondents 35 to 54 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 18 to 44 years old or 55 to 64 years old reporting always or nearly always.

- In 2003, respondents with at least some post high school education were more likely to report always or nearly always. In 2006 and 2009, respondents with a college education were more likely to report always or nearly always. 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 who reported they always or nearly always wore a seat belt.
- In 2003, 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 in the bottom 40 percent household income bracket or in the top 40 percent household income bracket reporting always or nearly always.
- In 2003 and 2006, married respondents were more likely to report they always or nearly always wore a seat belt. In 2009, marital status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents across marital status reporting always or nearly always.

Table 32. Always/Nearly Always Wore a Seat Belt by Demographic Variables for Each Survey Year^①

	2003	2006	2009
TOTAL ^a	85%	88%	96%
Gender ^{1,2}			
Male ^a	78	83	94
Female	93	94	96
Age ^{1,2}			
18 to 34 ^a	74	78	95
35 to 44 ^a	83	95	99
45 to 54	92	93	92
55 to 64 ^a	84	87	98
65 and Older	98	90	94
Education ^{1,2,3}			
High School or Less ^a	75	85	88
Some Post High School	91	81	95
College Graduate ^a	90	93	99
Household Income ¹			
Bottom 40 Percent Bracket ^a	80	88	96
Middle 20 Percent Bracket	81	86	90
Top 40 Percent Bracket ^a	90	89	96
Marital Status ^{1,2}			
Married ^a	89	92	94
Not Married ^a	76	80	98

^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

Helmet Usage

2009 Findings

- Fifty-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. Forty-four percent reported never.
- Fifty-four percent of female respondents reported always or nearly always compared to 19% of male respondents.
- Forty-one percent of respondents with a college education reported always or nearly always compared to 24% of those with some post high school education or less.

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 helmet.
- In 2006 and 2009, female respondents were more likely to report always or nearly always. In 2003, gender was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of male respondents and a noted increase in the percent of female respondents reporting always or nearly always.
- In 2003, respondents 35 to 44 years old were more likely to report always or nearly always. In 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 18 to 34 years old reporting always or nearly always.
- In all study years, respondents with a college education were more likely to report they always/nearly always wore a helmet.
- 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.
- In 2003 and 2006, married respondents were more likely to report they always or nearly always wore a helmet. In 2009, 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	27%	38%	33%
Gender ^{2,3}			
Male ^a	30	30	19
Female ^a	23	47	54
Age ^{1,2}			
18 to 34 ^a	4	45	31
35 to 44	45	47	36
45 and Older	27	22	33
Education ^{1,2,3}			
Some Post High School or Less	19	29	24
College Graduate	38	44	41
Household Income ²			
Bottom 60 Percent Bracket	24	17	39
Top 40 Percent Bracket	29	41	28
Marital Status ^{1,2}			
Married	31	46	31
Not Married ^a	17	25	40

^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

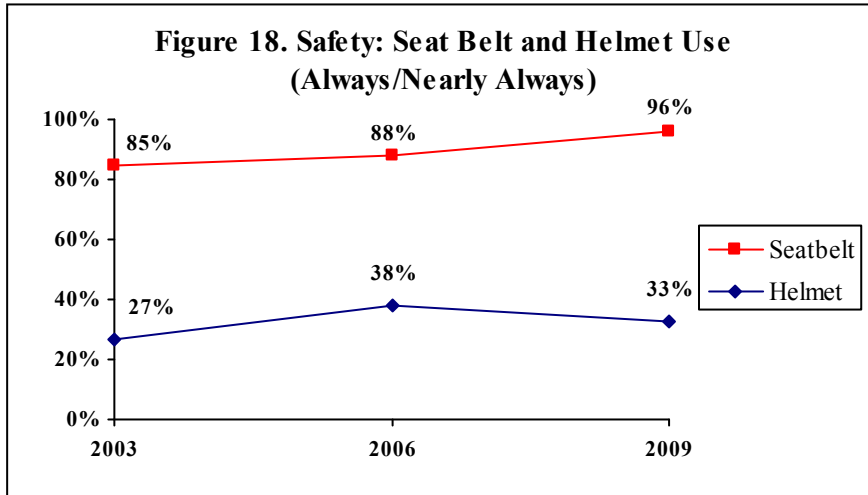
³demographic difference at p≤0.05 in 2009

^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 a statistical increase in the overall percent of respondents who reported they always or nearly always wore a seat belt. From 2003 to 2009, there was no statistical change 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, 8% of respondents were current smokers. Respondents with some post high school education or in the middle 20 percent household income bracket were more likely to be a smoker. Fifty-three percent of current smokers quit smoking for one day or longer in the past 12 months; 68% 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 a statistical decrease 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 no statistical change 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

- Eight percent of respondents were current smokers (5% every day and 3% some days).
- Fourteen percent of respondents with some post high school education were current smokers compared to 10% of those with a high school education or less or 4% of respondents with a college education.
- Twenty-three percent of respondents in the middle 20 percent household income bracket were current smokers compared to 7% of those in the bottom 40 percent income bracket or 3% 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 who were current smokers.
- Gender was not a significant variable in any study year. From 2003 to 2009, there was a noted decrease in the percent of respondents across gender being a current smoker.
- In 2003, respondents who were 18 to 34 years old were more likely to report they were a current smoker. In all other study years, age was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents 18 to 54 years old being a current smoker.
- In 2003 respondents with some post high school education or less were more likely to report they were a current smoker. In 2006, respondents with a high school education or less were more likely to report they were a current smoker. In 2009, respondents with some post high school education were more likely to be a current smoker. From 2003 to 2009, there was a noted decrease in the percent of respondents with a high school education or less or with a college education being a current smoker.
- In 2009, respondents in the middle 20 percent household income bracket were more likely to report they were 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 bottom 40 percent household income bracket or the top 40 percent household income bracket being a current smoker.
- In 2003, unmarried respondents were more likely to report being a current smoker. 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 respondents across marital status being a current smoker.

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

	2003	2006	2009
TOTAL ^a	21%	15%	8%
Gender			
Male ^a	25	16	8
Female ^a	17	14	8
Age ¹			
18 to 34 ^a	35	14	8
35 to 44 ^a	20	10	7
45 to 54 ^a	21	17	10
55 to 64	18	20	9
65 and Older	7	16	6
Education ^{1,2,3}			
High School or Less ^a	26	27	10
Some Post High School	23	18	14
College Graduate ^a	14	8	4
Household Income ³			
Bottom 40 Percent Bracket ^a	25	20	7
Middle 20 Percent Bracket	28	13	23
Top 40 Percent Bracket ^a	18	12	3
Marital Status ¹			
Married ^a	14	13	7
Not Married ^a	37	19	11

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

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

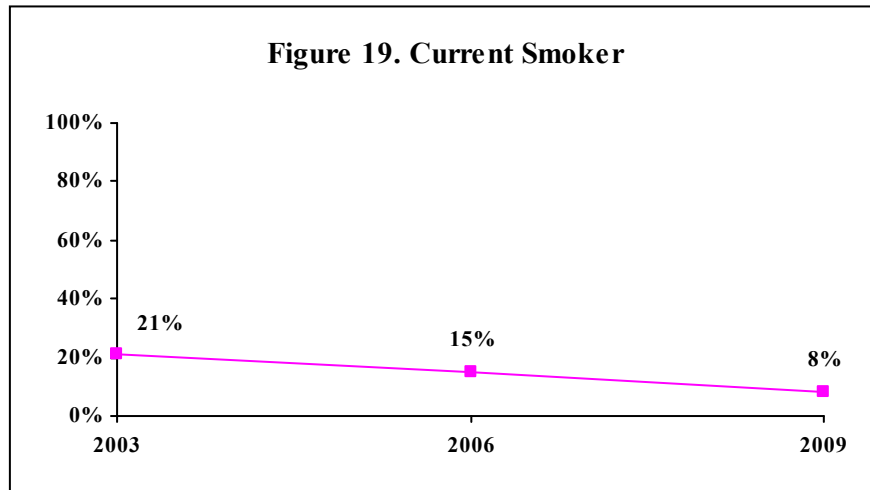
²demographic difference at $p \leq 0.05$ in 2006

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 a statistical decrease 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...

- Fifty-three 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...

- Sixty-eight percent of the 25 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.

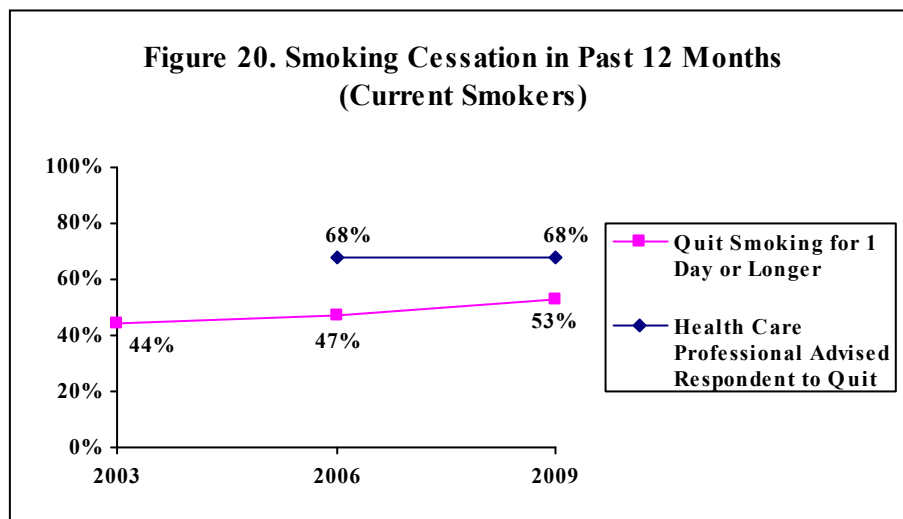
Year Comparisons

- From 2006 to 2009, there was no statistical change 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 no statistical change 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)

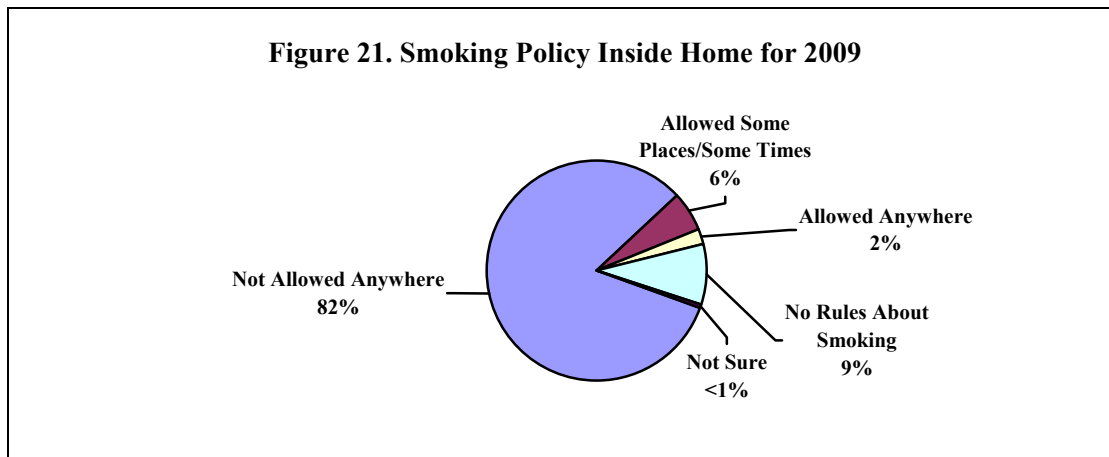
KEY FINDINGS: In 2009, 82% of respondents reported smoking is not allowed anywhere inside the home while 78% reported smoking is not allowed in any area at work. Respondents who were nonsmokers or in households with children were more likely to report smoking is not allowed anywhere inside the home. Respondents who were female, in the top 40 percent household income bracket or married were more likely to report smoking is not allowed in any area at work. Four percent of nonsmoking respondents reported they were exposed to second-hand smoke at least four out of the past seven days.

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

- Eighty-two percent of respondents reported smoking is not allowed anywhere inside the home while 6% reported smoking is allowed in some places or at some times. Two percent reported smoking is allowed anywhere inside the home. Nine percent of respondents reported there are no rules about smoking inside the home.



- Eighty-five percent of nonsmokers reported smoking is not allowed in the home compared to 53% of smokers.
- Respondents in households with children were more likely to report smoking is not allowed in the home (88%) compared to respondents in households without children (77%).

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

	2009
TOTAL	82%
Household Income	
Bottom 40 Percent Bracket	81
Middle 20 Percent Bracket	79
Top 40 Percent Bracket	85
Marital Status	
Married	83
Not Married	80
Smoking Status ¹	
Nonsmoker	85
Smoker	53
Children in Household ¹	
Yes	88
No	77

^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

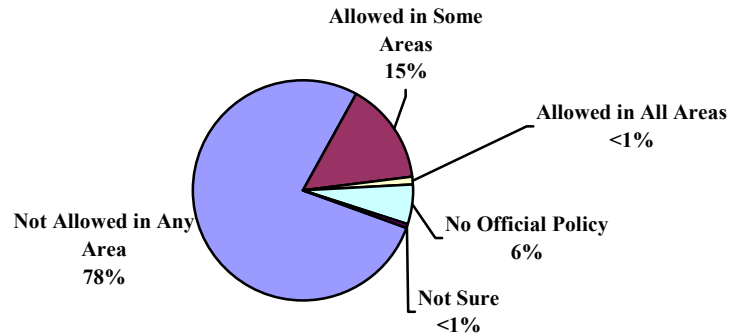
The Healthy People 2010 goal for worksites with formal smoking policies that prohibit smoking is 100%. (Objective 27-12)

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

- Seventy-eight percent of respondents reported smoking is not allowed in any area at work while 15% reported smoking is allowed in some areas. Less than one percent reported smoking is allowed in all areas at work. Six 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 (84%) compared to male respondents (73%).
- Eighty-seven percent of respondents in the top 40 percent household income bracket reported smoking is not allowed in any area at work compared to 66% of those in the middle 20 percent income bracket or 38% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report smoking is not allowed in any area at work (81%) compared to unmarried respondents (69%).

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

	2009
TOTAL	78%
Gender ¹	
Male	73
Female	84
Age	
18 to 34	74
35 to 44	76
45 to 54	83
55 and Older	87
Education	
High School or Less	74
Some Post High School	78
College Graduate	79
Household Income ¹	
Bottom 40 Percent Bracket	38
Middle 20 Percent Bracket	66
Top 40 Percent Bracket	87
Marital Status ¹	
Married	81
Not Married	69
Smoking Status	
Nonsmoker	79
Smoker	69

^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

- Seventy-seven 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. Nineteen percent of respondents reported they were exposed to second-hand smoke one to three days while 4% reported at least four days.
- There were no statistically significant differences between demographic variables and responses of reporting exposure to second-hand smoke at least four of the past seven days.

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

	2009
TOTAL	4%
Gender	
Male	3
Female	4
Age	
18 to 34	7
35 to 44	3
45 to 54	3
55 to 64	2
65 and older	2
Education	
High School or Less	8
Some Post High School	2
College Graduate	3
Marital Status	
Married	2
Not Married	6

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

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

Alcohol Use (Figures 23 & 24; Tables 38 – 41)

KEY FINDINGS: In 2009, 77% of respondents had an alcoholic drink in the past 30 days. In the past month, 9% were heavy drinkers while 24% were binge drinkers. Respondents who were male, 18 to 34 years old, 45 to 54 years old or unmarried were more likely to have binged at least once in the past month. Two percent reported they had been a driver or a passenger when the driver perhaps had too much to drink in the past month. Four percent of respondents reported someone in their household experienced a problem in connection with drinking in the past year; respondents in households with children were more likely to report this.

From 2003 to 2009, there was a statistical increase in the overall percent of respondents reporting heavy drinking. From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting binge drinking in the past month. From 2003 to 2009, there was a statistical decrease 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 no statistical change in the overall percent of respondents reporting they, or someone in their household, experienced some kind of problem, such as legal, social, personal or physical in connection with drinking in the past year.

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 (2008 Behavioral Risk Factor Surveillance).

2009 Findings

- Seventy-seven percent of respondents had a drink in the past 30 days. Forty-five percent reported they drank on at least five days, while 14% reported three to four days and 18% reported drinking on one or two days in the past 30 days.
- Ten percent of all respondents reported an average of four or more drinks per day on the days they drank while 9% reported three, 24% reported two and 34% reported one drink on average on the days they drank. Twenty-two percent reported having no drinks in the past month.
- Combined, 9% of respondents were classified as heavy drinkers in the past month (61 or more drinks for males and 31 or more drinks for females).
- There were no statistically significant differences between demographic variables and responses of heavy drinking in the past month.

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who were heavy drinkers.
- In 2006, male respondents were more likely to report heavy drinking. In all other study years, gender was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of male respondents reporting heavy drinking.
- In 2006, respondents 35 to 44 years old were more likely to report heavy drinking. 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 35 to 44 years old reporting heavy drinking.
- Education was not a significant variable in all study years. From 2003 to 2009, there was a noted increase in the percent of respondents with a high school education or less reporting heavy drinking.
- 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 heavy drinking.
- In 2006, 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 increase 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 ^a	4%	7%	9%
Gender ²			
Male ^a	3	9	9
Female	5	4	9
Age ²			
18 to 34	4	4	11
35 to 44 ^a	3	14	10
45 to 54	5	6	8
55 to 64	4	4	5
65 and Older	2	4	2
Education			
High School or Less ^a	2	11	10
Some Post High School	5	8	12
College Graduate	5	5	7
Household Income			
Bottom 40 Percent Bracket	3	5	6
Middle 20 Percent Bracket	5	10	11
Top 40 Percent Bracket ^a	4	6	8
Marital Status ²			
Married ^a	3	4	9
Not Married	6	12	9

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

^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 for females and five or more drinks 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, Franklin 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 (34%) compared to female respondents (13%).
- Thirty-three percent of respondents 44 to 54 years old and 32% of those 18 to 34 years old binged in the past month compared to 6% of respondents 65 and older.
- Unmarried respondents were more likely to have binged in the past month (32%) compared to married respondents (21%).

Year Comparisons

In 2003, the Franklin Health Survey defined binge drinking as four or more drinks 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 all study years, male respondents were more likely to have binged.
- In 2003 and 2006, respondents 18 to 34 years old were more likely to have binged. In 2009, respondents 18 to 34 years old or 45 to 54 years old were more likely to have binged. From 2003 to 2009, there was a noted increase in the percent of respondents 45 to 54 years old reporting binge drinking.
- In 2006, respondents in the middle 20 percent household income bracket were more likely to have binged. In all other study years, household income was not a significant variable.
- In all study years, unmarried respondents were more likely to have binged.

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

	2003	2006	2009
TOTAL	23%	21%	24%
Gender ^{1,2,3}			
Male	35	30	34
Female	11	11	13
Age ^{1,2,3}			
18 to 34	39	38	32
35 to 44	31	24	22
45 to 54 ^a	15	14	33
55 to 64	12	7	11
65 and Older	2	4	6
Education			
High School or Less	24	16	21
Some Post High School	23	23	20
College Graduate	22	22	28
Household Income ²			
Bottom 40 Percent Bracket	17	8	19
Middle 20 Percent Bracket	20	28	25
Top 40 Percent Bracket	26	19	29
Marital Status ^{1,2,3}			
Married	19	18	21
Not Married	32	28	32

^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

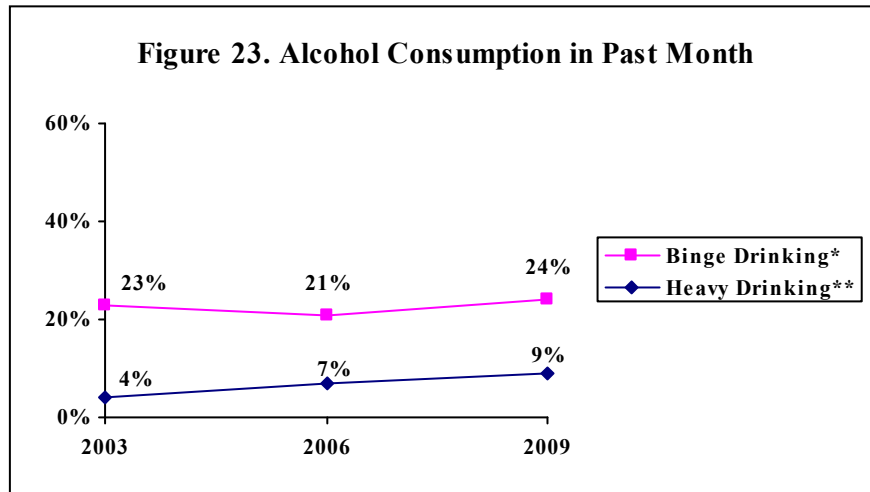
³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Alcohol Consumption Overall

Year Comparisons

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

- Two 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 a statistical decrease 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 2003, male respondents were more likely to report they were a driver or passenger in a vehicle when the driver perhaps had too much to drink. In 2006, gender was not a significant variable.
- In 2003 and 2006, respondents 18 to 34 years old were more likely to report they were a driver or passenger in a vehicle when the driver perhaps had too much to drink.

- In 2006, respondents in the top 40 percent household income bracket were more likely to report they were a driver or passenger in a vehicle when the driver perhaps had too much to drink. In 2003, household income was not a significant variable.
- In 2003 and 2006, unmarried respondents were more likely to report they were a driver or passenger in a vehicle when the driver perhaps had too much to drink.

Table 40. Driver/Passenger in Vehicle when Driver Perhaps Had Too Much to Drink in Past Month by Demographic Variables for Each Survey Year^①

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

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

^②Data 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

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.
- Respondents in households with children were more likely to report 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 compared to respondents with no children in the household (7% and 0%, respectively).

Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting they, or someone in their household, experienced some kind of problem, such as legal, social, personal or physical in connection with drinking in the past year.
- In 2009, respondents in households with 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 2006.

Table 41. Household Problem Associated with Alcohol in Past Year by Demographic Variables for Each Survey Year^①

	2006 ^②	2009
TOTAL	2%	4%
Household Income		
Bottom 40 Percent Bracket	--	3
Middle 20 Percent Bracket	--	2
Top 40 Percent Bracket	--	4
Marital Status		
Married	--	3
Not Married	--	6
Children in Household ²		
Yes	--	7
No	--	0

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

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

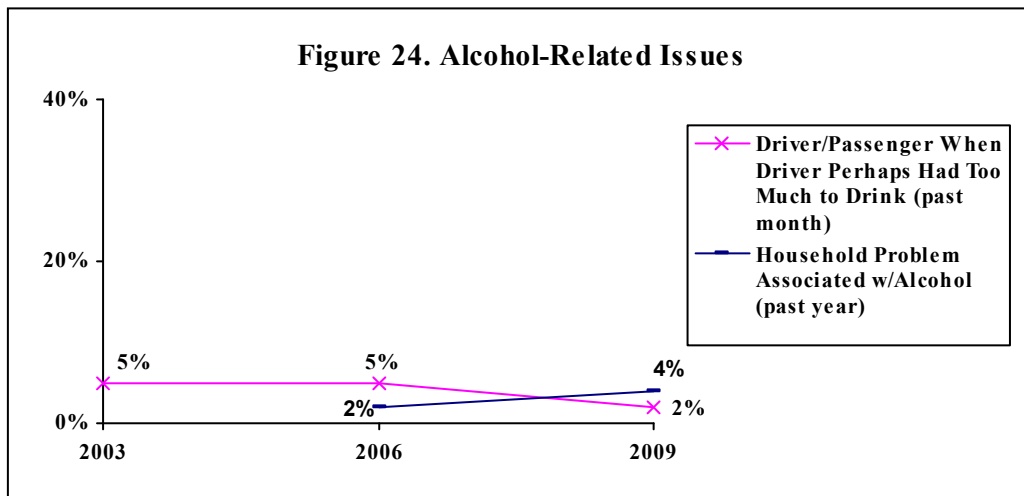
²demographic difference at $p \leq 0.05$ in 2009

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

Alcohol-Related Issues Overall

Year Comparisons

- From 2003 to 2009, there was a statistical decrease 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 no statistical change in the overall percent of respondents reporting they, or someone in their household, experienced some kind of problem, such as legal, social, personal or physical in connection with drinking in the past year.



Mental Health Status (Figures 25 & 26; Tables 42 - 44)

KEY FINDINGS: In 2009, 5% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents with some post high school education were more likely to report this. Four percent of respondents felt so overwhelmed they considered suicide in the past year; respondents 45 to 54 years old were more likely to report this. Two percent of respondents reported they seldom or never find meaning and purpose in daily life.

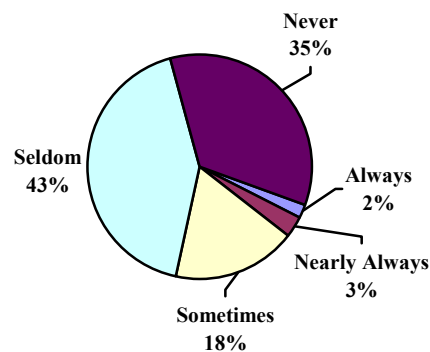
From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported they considered suicide in the past year.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

Felt Sad, Blue or Depressed

2009 Findings

- Five percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. This represents up to 2,700 residents. Eighteen percent reported sometimes and the remaining 78% reported seldom or never.

Figure 25. Felt Sad, Blue or Depressed in Past 30 Days for 2009



- Twelve percent of respondents with some post high school education reported always or nearly always compared to 2% of those with a high school education or less or 1% of respondents with a college education.

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.
- In 2003, respondents who were female were more likely to report they always or nearly always felt sad, blue or depressed. In all other study years, gender was not a significant variable.
- Age was not a significant variable in any study year. From 2003 to 2009, there was a noted decrease in the percent of respondents 18 to 34 years old reporting always or nearly always.
- In 2009, respondents with some post high school education were more likely to report always or nearly always. 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 always or nearly always. In all other study years, household income was not a significant variable.

Table 42. Always/Nearly Always Felt Sad, Blue or Depressed in Past 30 Days by Demographic Variables for Each Survey Year^⓪

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

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

- Four 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 2,100 residents who may have considered suicide in the past year.
- Nine percent of respondents 45 to 54 years old reported they felt so overwhelmed in the past year that they considered suicide compared to 0% of respondents 18 to 34 years old or 0% of respondents 65 and older.

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported they considered suicide in the past year.
- In 2009, respondents 45 to 54 years old were more likely to report they considered suicide in the past year.
- No demographic comparisons were conducted between years as a result of low percent of respondents reporting they considered suicide in 2003 and 2006.

Table 43. Considered Suicide in Past Year by Demographic Variables for Each Survey Year^①

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

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

^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 2% of respondents reported they seldom or never find meaning and purpose in daily life. Forty-three percent of respondents reported they always find meaning and purpose while an additional 40% reported nearly always.
- No demographic comparisons were conducted as a result of the low percent of respondents who reported they seldom or never find meaning and purpose in daily life.

Year Comparisons

- From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who reported they seldom or never find meaning and purpose in daily life.
- In 2003, respondents in the bottom 40 percent household income bracket were more likely to report they seldom/never find meaning and purpose in daily life.
- No demographic comparisons were conducted between years as a result of low percent of respondents reporting they seldom/never find meaning/purpose in daily life in 2006 and 2009.

Table 44. Seldom/Never Find Meaning and Purpose in Daily Life by Demographic Variables for Each Survey Year^①

	2003	2006 ^②	2009 ^②
TOTAL ^a	6%	2%	2%
Gender			
Male	6	--	--
Female	5	--	--
Age			
18 to 34	5	--	--
35 to 44	4	--	--
45 to 54	1	--	--
55 to 64	12	--	--
65 and Older	4	--	--
Education			
High School or Less	9	--	--
Some Post High School	2	--	--
College Graduate	5	--	--
Household Income ¹			
Bottom 40 Percent Bracket	17	--	--
Middle 20 Percent Bracket	5	--	--
Top 40 Percent Bracket	2	--	--
Marital Status			
Married	6	--	--
Not Married	4	--	--

^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

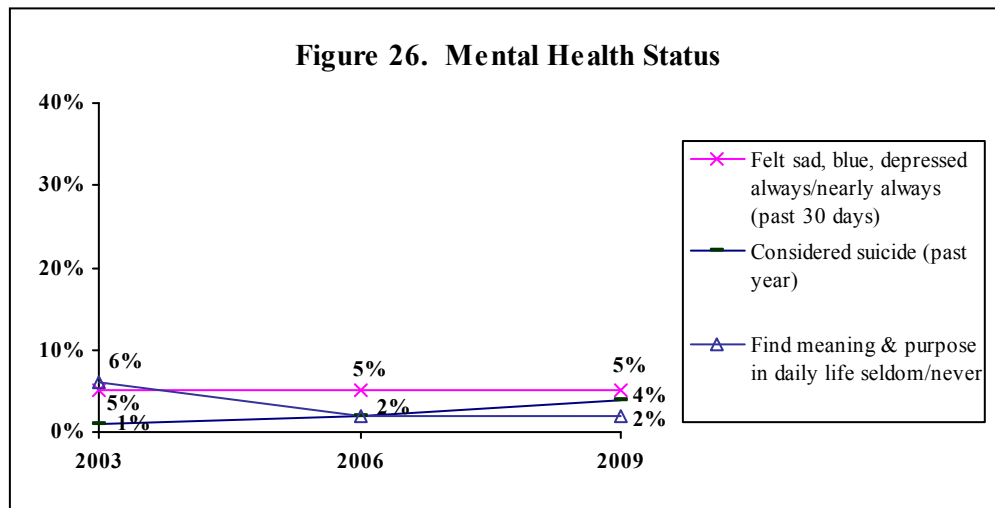
³demographic difference at $p \leq 0.05$ in 2009

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

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. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported they considered suicide in the past year. From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who reported they seldom/never find meaning and purpose in daily life.



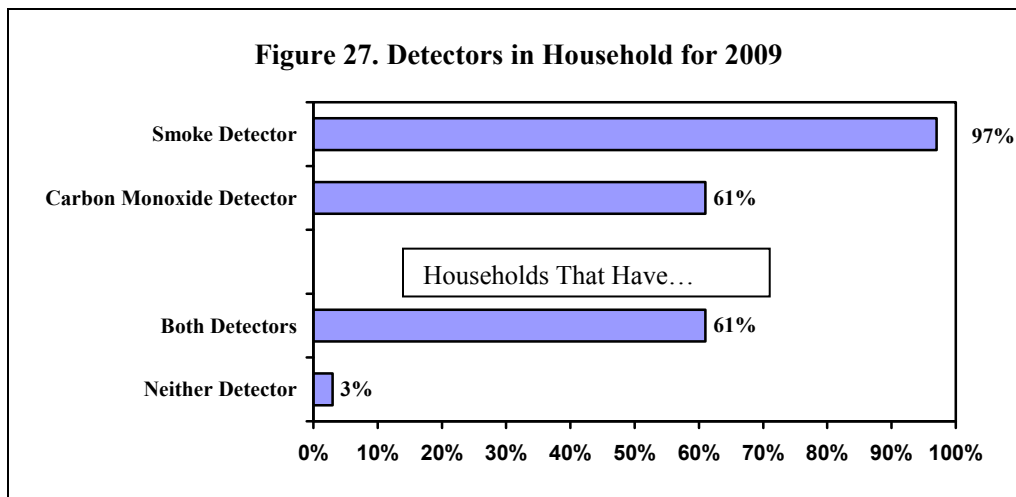
Detectors in Household (Figures 27 & 28; Table 45)

KEY FINDINGS: In 2009, 97% of households had a working smoke detector while 61% had a working carbon monoxide detector. Sixty-one 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-seven percent of respondents reported a working smoke detector while 61% reported a working carbon monoxide detector in their home. Sixty-one percent had both detectors. Three percent had neither.



- Seventy-one percent of respondents in the top 40 percent household income bracket reported both detectors compared to 59% of those in the middle 20 percent income bracket or 32% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report both detectors compared to unmarried respondents (67% and 48%, 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 2009, respondents in the top 40 percent household income bracket were more likely to report both a working smoke detector and carbon monoxide detector. 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 in the top 60 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 45. Both Working Smoke and Carbon Monoxide Detectors in Household by Demographic Variables for Each Survey Year^①

	2003	2006	2009
TOTAL ^a	47%	61%	61%
Household Income ³			
Bottom 40 Percent Bracket	39	56	32
Middle 20 Percent Bracket ^a	41	68	59
Top 40 Percent Bracket ^a	50	64	71
Marital Status ^{1,2,3}			
Married ^a	53	71	67
Not Married ^a	33	41	48

^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.

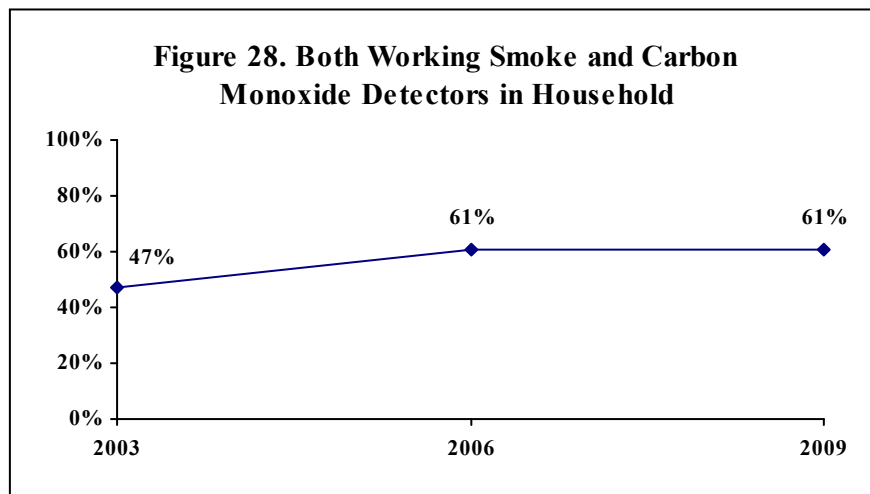
¹demographic difference at $p \leq 0.05$ in 2003

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 46 - 48)

KEY FINDINGS: In 2009, 25% of households had a firearm in or around the home; married respondents were more likely to report this. Of all households, 14% had a handgun in their home while 23% had a rifle or shotgun. Respondents who were married or in households with children were more likely to report a handgun. Married respondents were more likely to report a rifle/shotgun. Of all households, 3% had a loaded firearm. Three 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, 25% of households had at least one firearm.
- Married respondents were more likely to report having firearms in or around their home compared to unmarried respondents (29% and 16%, respectively).

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 2006, respondents in the top 40 percent household income bracket were more likely to report having a firearm. In 2009, household income was not a significant variable.
- In 2003 and 2009, married respondents were more likely to report having a firearm. In 2006, marital status was not a significant variable.

Table 46. Firearm in Household by Demographic Variables for Each Survey Year^①

	2003	2006	2009
TOTAL	30%	33%	25%
Household Income ^{1,2}			
Bottom 40 Percent Bracket	21	17	26
Middle 20 Percent Bracket	22	31	18
Top 40 Percent Bracket	35	40	27
Marital Status ^{1,3}			
Married	33	31	29
Not Married	20	34	16
Children in Household			
Yes	34	29	26
No	26	36	24

^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, 14% of respondents reported handguns in their home.
- Married respondents were more likely to report handguns in their home compared to unmarried respondents (20% and 3%, respectively).
- Respondents in households with children were more likely to report handguns in there home compared to respondents in households without children (19% and 10%, respectively).

Table 47. Handgun in Household by Demographic Variables for 2009^⓪

	2009
TOTAL	14%
Household Income	
Bottom 40 Percent Bracket	22
Middle 20 Percent Bracket	13
Top 40 Percent Bracket	14
Marital Status ¹	
Married	20
Not Married	3
Children in Household ¹	
Yes	19
No	10

^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

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.
- Married respondents were more likely to report a rifle or shotgun in their home compared to unmarried respondents (28% and 13%, respectively).

Table 48. Rifle or Shotgun in Household by Demographic Variables for 2009^⓪

	2009
TOTAL	23%
Household Income	
Bottom 40 Percent Bracket	25
Middle 20 Percent Bracket	15
Top 40 Percent Bracket	26
Marital Status ¹	
Married	28
Not Married	13
Children in Household	
Yes	24
No	22

^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

- Three percent of all households had a loaded firearm also unlocked. This relates to 10% 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.

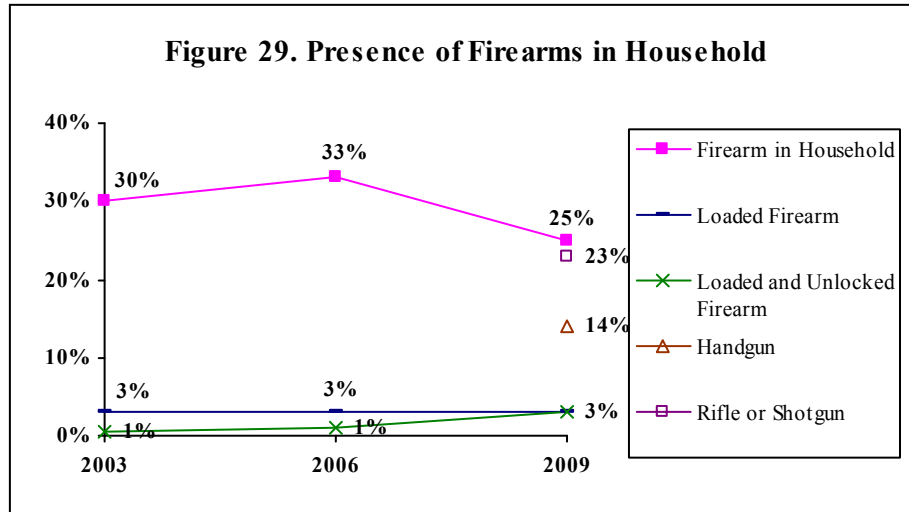
Year Comparisons

- 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 49 - 51)

KEY FINDINGS: In 2009, 7% of respondents reported someone made them afraid for their personal safety in the past year; respondents who were in the top 40 percent household income bracket or married were more likely to report this. Six percent of respondents reported they had been pushed, kicked, slapped or hit in the past year; respondents 18 to 34 years old or with some post high school education were more likely to report this. A total of 11% reported at least one of these two situations; respondents 18 to 34 years old or with some post high school education or less 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. From 2003 to 2009, there was a statistical increase in the overall percent of respondents reporting 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

- Seven percent of respondents reported someone made them afraid for their personal safety in the past year.
- Ten percent of respondents in the top 40 percent household income bracket reported feeling afraid for their safety in the past year compared to 3% of respondents in the bottom 60 percent household income bracket.
- Married respondents were more likely to report feeling afraid for their safety in the past year compared to unmarried respondents (10% and <1%, respectively).
 - Sixteen respondents reported a stranger made them afraid for their personal safety followed by 7 respondents who reported a boyfriend/girlfriend. Three respondents reported an acquaintance.

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 2003, female respondents were more likely to report feeling afraid for their personal safety. In all other study years, gender was not a significant variable.
- Age was not a significant variable in all study years. From 2003 to 2009, there was a noted increase in the percent of respondents 18 to 34 years old reporting they were afraid for their personal safety.
- In 2003, respondents in the middle 20 percent household income bracket were more likely to report feeling afraid for their personal safety. In 2009, respondents in the top 40 percent household income bracket were more likely to report feeling afraid for their personal safety, with a noted increase since 2003. In 2006, household income was not a significant variable.
- In 2009, married respondents were more likely to report feeling afraid for their personal safety, 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 reporting being afraid for their personal safety.

Table 49. Afraid for Personal Safety by Demographic Variables for Each Survey Year^①

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

^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

Pushed, Kicked, Slapped or Hit

2009 Findings

- Six percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
- Fourteen percent of respondents 18 to 34 years old reported they were pushed, kicked, slapped or hit in the past year compared to 2% of those 45 to 54 years old or 0% of respondents 55 or older.
- Respondents with some post high school education were more likely to report they were pushed, kicked, slapped or hit in the past year (15%) compared to those with a high school education or less (5%) or respondents with a college education (less than one percent).

- Eleven respondents reported a stranger hurt them followed by three respondents reporting a friend. One respondent each reported a spouse, an acquaintance or someone else.

Year Comparisons

- From 2003 to 2009, there was statistical increase in the overall percent of respondents who reported they were pushed, kicked, slapped or hit.
- In 2009, respondents 18 to 34 years old or with some post high school education were more likely to report they were pushed, kicked, slapped or hit.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting they were pushed, kicked, slapped or hit in 2003 and 2006.

Table 50. Pushed, Kicked, Slapped, Hit, or Otherwise Hurt by Someone in the Last Year by Demographic Variables for Each Survey Year^①

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

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

^②Data 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 11% of all respondents reported at least one of the two issues.
- Twenty percent of respondents 18 to 34 years old reported at least one of the two issues compared to 7% of those 45 to 64 years old or 2% of respondents 65 and older.
- Seventeen percent of respondents with some post high school education and 16% of those with a high school education or less reported at least one of the two issues compared to 5% of respondents with a college education.

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 2009, respondents 18 to 34 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. From 2003 to 2009, there was a noted increase in the percent of respondents with some post high school education reporting at least one of the two issues.
- In 2003, respondents in the middle 20 percent household income bracket were more likely to report at least one of the personal safety issues. 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 in the bottom 40 percent household income bracket or in the top 40 percent household income bracket reporting at least one of the two issues.
- In 2003, unmarried respondents were more likely to report at least one of the personal safety issues. 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 at least one of the two issues.

Table 51. At Least One of the Personal Safety Issues by Demographic Variables for Each Survey Year^①

	2003	2006	2009
TOTAL	7%	5%	11%
Gender			
Male	6	6	10
Female	8	3	12
Age ³			
18 to 34	11	5	20
35 to 44	8	5	11
45 to 54	4	7	7
55 to 64	2	2	7
65 and Older	7	2	2
Education ³			
High School or Less	9	2	16
Some Post High School ^a	5	4	17
College Graduate	6	6	5
Household Income ¹			
Bottom 40 Percent Bracket ^a	0	8	10
Middle 20 Percent Bracket	16	8	13
Top 40 Percent Bracket ^a	5	4	12
Marital Status ¹			
Married ^a	5	6	12
Not Married	11	2	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.

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

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

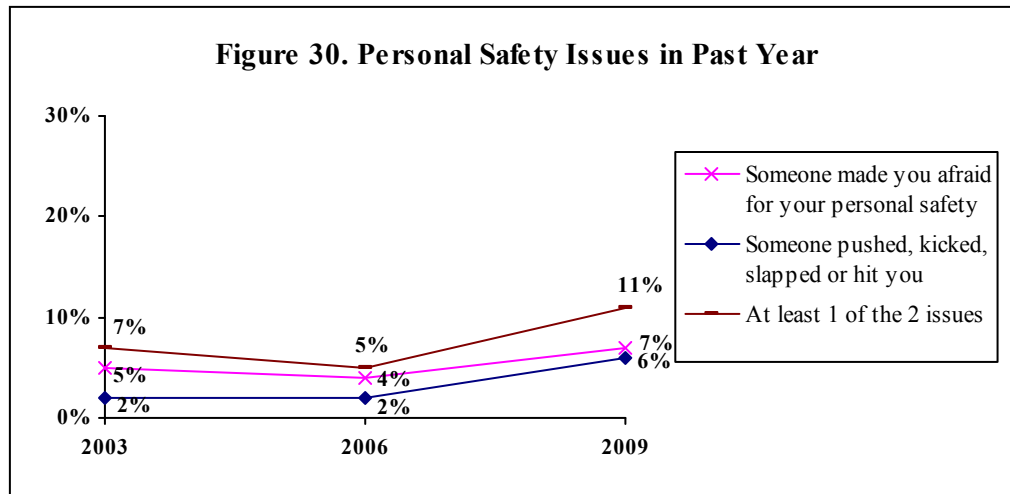
³demographic difference at $p \leq 0.05$ in 2009

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

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. From 2003 to 2009, there was a statistical increase in the overall percent of respondents reporting 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.

Preparation for a Natural or Man-Made Disaster (Tables 52 & 53)

KEY FINDINGS: In 2009, 24% of respondents reported someone in their family had taken steps to prepare for a natural or man-made disaster. Respondents who were in the top 40 percent household income bracket, married or in households with children were more likely to report this. Of respondents who had not prepared, 82% reported it was not necessary to prepare. Sixty-three percent of respondents reported their community was very or somewhat prepared for a natural or man-made disaster; respondents with a high school education or less were more likely to report this.

Family Preparedness

2009 Findings

- Twenty-four percent of respondents reported they or someone in their family had taken steps to prepare for a natural or man-made disaster.
- Twenty-nine percent of respondents in the top 40 percent household income bracket reported they or someone in their family had taken steps to prepare for a disaster compared to 23% of those in the middle 20 percent household income bracket or 10% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report disaster preparedness compared to unmarried respondents (28% and 15%, respectively).
- Respondents in households with children were more likely to report disaster preparedness compared to respondents in households without children (32% and 15%, respectively).
 - Eighty-two percent of respondents who had not prepared reported it was not necessary to take steps to prepare for a natural or man-made disaster. Eleven percent reported it was too much work.

Table 52. Family Preparation for a Natural or Man-Made Disaster by Demographic Variables for 2009[Ⓞ]

	2009
TOTAL	24%
Household Income ¹	
Bottom 40 Percent Bracket	10
Middle 20 Percent Bracket	23
Top 40 Percent Bracket	29
Marital Status ¹	
Married	28
Not Married	15
Children in Household ¹	
Yes	32
No	15

[Ⓞ]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

Community Preparedness

2009 Findings

- Sixty-three percent of respondents reported their community was very or somewhat prepared for a natural or man-made disaster. Twelve percent reported the community was not too prepared while 6% reported not at all prepared. Nineteen percent were not sure.
- Eighty percent of respondents with a high school education or less reported their community is very/somewhat prepared compared to 60% of those with a college education or 57% of respondents with some post high school education.

Table 53. Community Very/Somewhat Prepared for a Natural or Man-Made Disaster by Demographic Variables for 2009^o

	2009
TOTAL	63%
Gender	
Male	61
Female	66
Age	
18 to 34	59
35 to 44	65
45 to 54	70
55 to 64	67
65 and Older	57
Education ¹	
High School or Less	80
Some Post High School	57
College Graduate	60
Household Income	
Bottom 40 Percent Bracket	57
Middle 20 Percent Bracket	65
Top 40 Percent Bracket	68
Marital Status	
Married	65
Not Married	60

^oPercentages 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

H1N1 Concern (Table 54)

KEY FINDINGS: In 2009, 59% of respondents reported they were very/somewhat concerned about H1N1; female respondents were more likely to report this.

2009 Findings

- Fifty-nine percent of respondents reported they were very/somewhat concerned about H1N1. Twenty-eight percent reported they were not too concerned while 13% reported not at all concerned.
- Female respondents were more likely to report they were very/somewhat concerned about H1N1 compared to male respondents (71% and 49%, respectively).

Table 54. Very/Somewhat Concerned About H1N1 by Demographic Variables for 2009^⓪

	2009
TOTAL	59%
Gender ¹	
Male	49
Female	71
Age	
18 to 34	60
35 to 44	55
45 to 54	66
55 to 64	64
65 and Older	51
Education	
High School or Less	65
Some Post High School	57
College Graduate	58
Household Income	
Bottom 40 Percent Bracket	57
Middle 20 Percent Bracket	56
Top 40 Percent Bracket	61
Marital Status	
Married	58
Not Married	62

^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

APPENDIX B: QUESTIONNAIRE FREQUENCIES

FRANKLIN
COMMUNITY HEALTH SURVEY

Conducted: October 2, 2009 through January 11, 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.....	1%
Fair.....	5
Good.....	23
Very good.....	39
Excellent.....	32
Not sure.....	<1

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

No health care coverage.....	0%
An employer sponsored insurance plan.....	72
Private insurance bought directly from an insurance agent or insurance company.....	7
Medicaid including medical assistance, Title 19 or Badger Care.....	7
Medicare.....	11
Or something else.....	<1
Not sure.....	3

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

All.....	97%
Part.....	2
None.....	<1
Not sure.....	0

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

All.....	97%
Part.....	2
None.....	1
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 90%
 Public health clinic or community health center 3
 Hospital outpatient department 1
 Hospital emergency room <1
 Urgent care center 3
 Some other kind of place..... <1
 No usual place 3
 Not sure 0

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

Yes 38%
 No..... 62
 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	62%	23%	6%	7%	2%	<1%
8. Cholesterol testing	56	21	4	7	12	<1
9. Visit to a dentist or dental clinic .	81	15	<1	3	0	0
10. Eye exam.....	48	30	7	9	7	0

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

Yes 51%
 No..... 49
 Not sure 0

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

18 to 34 years old 28%
 35 to 44 years old 26
 45 to 54 years old 22
 55 to 64 years old 11
 65 and older..... 13

13. Have you ever had a pneumonia or pneumococcal shot? [51 Respondents 65 and Older]

Yes 69%
 No..... 24
 Not sure 8

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%	<1%
15. Your blood cholesterol is high?	30	69	2
16. You had a stroke?.....	2	98	<1
17. You have heart disease or a heart condition?...	7	94	0
18. You had a mental health condition, such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post traumatic stress disorder or depression?	11	89	0
19. You have cancer?.....	4	97	0
20. ...(if yes) [14 Respondents]: What type of cancer?	Melanoma/skin	7 respondents	
	Breast.....	3 respondents	
	All others (1 response each)	3 respondents	
21. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	5	95	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?” [19 Respondents]

Zero	0%	→GO TO Q25
1 time.....	11	→CONTINUE WITH Q23
2 or more times	79	→CONTINUE WITH Q23
Not sure	6	→GO TO Q25

23. At your last appointment, what was your “A one C” level? [17 Respondents]

Less than 7	41%
7 or higher	47
Not sure	12

24. At your last appointment, what was your LDL level? [17 Respondents]

Less than 100	29%
100 or higher	24
Not sure	47

	Yes	No	Not Sure
25. Do you currently have asthma?	6%	94%	0%
26. ...(if yes), do you have a written asthma action plan? [23 Respondents].....	30	52	17

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	35%
Two servings	35
Three or more servings.....	29
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	42%
Two servings	32
Three or more servings.....	26
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 activity	11%
Less than 5 times/week for 30 minutes or less than 30 minutes each time.....	53
5 times/week for 30 minutes or more.....	36
Not sure	<1

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

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	43%
Less than 3 times/week for 20 minutes or less than 20 minutes each time	27
3 times/week for 20 minutes or more.....	30
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? [125 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	71%
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)	2
Within the past 5 years (3 years, but less than 5 years ago).....	2
5 or more years ago	2
Never.....	3
Not sure	0

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? [28 Respondents 65 and Older]

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

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? [153 Respondents 18 to 65 years old]

Within the past year (anytime less than 12 months ago).....	81%
Within the past 2 years (1 year, but less than 2 years ago)	10
Within the past 3 years (2 years, but less than 3 years ago)	3
Within the past 5 years (3 years, but less than 5 years ago).....	0
5 or more years ago	5
Never.....	0
Not sure	<1

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? [121 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	30%
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)	5
Within the past 5 years (3 years, but less than 5 years ago).....	3
5 or more years ago	<1
Never.....	31
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? [120 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	34%
Within the past 2 years (1 year, but less than 2 years ago)	24
Within the past 3 years (2 years, but less than 3 years ago)	7
Within the past 5 years (3 years, but less than 5 years ago).....	7
5 or more years ago	10
Never.....	18
Not sure	<1

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... [131 Respondents 50 and Older]

Sigmoidoscopy.....	2%
Colonoscopy	51
Both.....	14
Or neither	33
Not sure	0

41. How long has it been since you had your last sigmoidoscopy? [131 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)	2
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)...	4
10 years ago or more	2
Never.....	84
Not sure	<1

42. How long has it been since you had your last colonoscopy? [132 Respondents 50 and Older]

Within the past year (anytime less than 12 months ago).....	11%
Within the past 2 years (1 year, but less than 2 years ago)	17
Within the past 5 years (2 years, but less than 5 years ago).....	23
Within the past 10 years (5 years but less than 10 years ago)...	11
10 years ago or more	2
Never.....	35
Not sure	<1

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..... 48%

Frequency of those who bicycle, use in-line roller skates or use scooters [208 Respondents]

Never	44%
Seldom	6
Sometimes.....	16
Nearly always.....	8
Always	25
Not sure	0

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

Never	<1%
Seldom	<1
Sometimes.....	3
Nearly always.....	6
Always	89
Not sure	0

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

Never.....	35%
Seldom	43
Sometimes.....	18
Nearly always.....	3
Always	2
Not sure	0

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

Never.....	<1%
Seldom	2
Sometimes.....	12
Nearly always.....	40
Always	43
Not sure	3

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

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

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

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

None.....	22%
One to two days.....	18
Three to four days	14
Five or more days.....	45
Not sure.....	<1

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

None.....	22%
One drink.....	34
Two drinks	24
Three drinks	9
Four or more drinks.....	10
Not sure.....	0

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.....	8
Two or more times.....	16
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	2%
No.....	98
Not sure.....	<1

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	5%	
Some days	3	
Not at all.....	92	→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? [32 Respondents]

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

55. [CURRENT SMOKERS] In the past 12 months, have you seen a doctor, nurse or other health professional? [32 Respondents]

Yes	78%	→CONTINUE WITH Q56
No.....	22	→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? [25 Respondents]

Yes	68%
No.....	32
Not sure	0

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

Smoking is not allowed anywhere inside your home..	82%
Smoking is allowed in some places or at some times .	6
Smoking is allowed anywhere inside your home or ...	2
There are no rules about smoking inside your home ..	9
Not sure	<1

58. Which of the following best describes your place of work's official indoor smoking policy? [323 Respondents Who Work]

Not allowed in any area.....	78%
Allowed in some areas	15
Allowed in all areas.....	<1
No official policy	6
Not sure	<1

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? [367 Nonsmokers]

0 days 77%
 1 to 3 days 19
 4 to 6 days 2
 All 7 days 2
 Not sure <1

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 25%
 No 75
 Not sure 0

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

	Yes	No	Not sure	No firearms in HH/NA
61. Handguns	14%	10%	<1%	76%
62. Rifles or shotguns.....	23	2	0	76

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

Yes 3%
 No 22
 Not sure 0
 No firearms in the household/no answer 76

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 3%
 No 0
 Not sure 0
 No firearms in the household/not loaded/no answer 98

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	18%	82%	0%
66. Having acupuncture	8	92	0
67. Massage therapy.....	30	70	0
68. Aroma therapy using essential oils	5	95	0

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

69. Gender [DERIVED, NOT ASKED]

Male	53%
Female.....	48

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

71. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

Not overweight.....	38%
Overweight.....	39
Obese.....	23

72. Are you Hispanic or Latino?

Yes	2%
No.....	99
Not sure	0

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

White.....	94%
Black, African American	1
Asian	4
Native Hawaiian or other Pacific Islander	0
American Indian or Alaska Native.....	0
Another race.....	<1
Multiple race	1
Not sure.....	0

74. What is your current marital status?

Single and never married	18%
A member of an unmarried couple.....	<1
Married.....	68
Separated.....	0
Divorced.....	8
Widowed	6
Not sure	0

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

8th grade or less	0%
Some high school	2
High school graduate or GED	19
Some college	15
Technical school graduate.....	13
College graduate	35
Advanced or professional degree	17
Not sure	0

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

Yes	50%
No.....	50
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]

Franklin	100%
----------------	------

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

53132.....	99%
53221.....	2
No answer	0

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

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

One	98%
Two or more.....	2

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

Yes	86%
No.....	14
Not sure	0

83. What is your annual household income before taxes?

Less than \$10,000	2%
\$10,000 to \$20,000.....	2
\$20,001 to \$30,000.....	4
\$30,001 to \$40,000.....	8
\$40,001 to \$50,000.....	6
\$50,001 to \$60,000.....	9
\$60,001 to \$75,000.....	10
\$75,001 to \$90,000.....	8
\$90,001 to \$105,000.....	9
\$105,001 to \$120,000.....	10
\$120,001 to \$135,000.....	8
Over \$135,000.....	11
Not sure	4
No answer	7

84. Which of the following best describes you?

Heterosexual where you are attracted to people of the opposite sex...	98%
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	0
No answer	1

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	7%	→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. [27 Respondents; More than 1 response accepted]

Stranger	16 responses
Boyfriend or girlfriend	7 responses
Acquaintance.....	3 responses
Spouse	1 response

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

Yes	6%	→CONTINUE WITH Q88
No.....	94	→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?
 [23 Respondents; More than 1 response accepted]

Stranger	11 responses
Friend	3 responses
Spouse	1 response
Acquaintance.....	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.....	97%
Carbon monoxide detector	61
Neither.....	3
Not sure	0

Households that have both detectors..... 61%

ADDITIONAL QUESTIONS FOR FRANKLIN

[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. Have you or someone in your family taken steps to prepare for a natural or man-made disaster? For example, have you stored extra food or water, have a list of important names and numbers, prepared an emergency kit or designated a meeting place?

Yes	24%	→GO TO A3
No.....	76	→CONTINUE WITH A2
Not sure	<1	→GO TO A3

A2. What has prevented you from taking steps to prepare for a natural or man-made disaster? [304 Respondents]

Not necessary	82%
Too much work	11
Don't know how to.....	2
Cost	<1
Other.....	<1
Not sure	3

A3. How prepared do you feel your community is against natural or man-made disasters?

Not at all prepared.....	6%
Not too prepared.....	12
Somewhat prepared.....	50
Very prepared.....	14
Not sure	19

A4. Major duties of the health department include prevention and control of communicable diseases. Recently, a new influenza, H1N1, also known as the Swine Flu, received public attention. How concerned are you about H1N1?

Not at all concerned	13%
Not too concerned	28
Somewhat concerned	47
Very concerned	13
Not sure	0

APPENDIX C: SURVEY METHODOLOGY

SURVEY METHODOLOGY

2009 Community Health Survey

The 2009 Franklin Community Health Survey was conducted from October 2, 2009 through January 11, 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=385). 2) A cell-phone only sample where the person answering the phone was selected as the respondent (n=15). 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 Franklin Community Health Survey was conducted from March 15 through June 24, 2006. A total of 400 random adults 18 and older within the area 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 Franklin Community Health Survey was conducted from February 21 through March 24, 2003. A total of 400 random adults 18 and older within the area 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.