

**Greendale
Community Health Survey Report
2009**

Commissioned by:
Aurora Health Care

In Partnership with:
**Greendale Health Department
Center for Urban Population Health**

Prepared by:
JKV Research, LLC

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Purpose

The purpose of this project is to provide Greendale 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 Greendale 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 Greendale 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=393). 2) A cell phone-only sample where the person answering the phone was selected as the respondent (n=7). 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 5, 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 Greendale. 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 Greendale Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents for 2009

	Survey Results
TOTAL	100%
Gender	
Male	46%
Female	54
Age	
18 to 34	19%
35 to 44	19
45 to 54	19
55 to 64	17
65 and Older	26
Education	
High School Graduate or Less	21%
Some Post High School	26
College Graduate	53
Household Income	
Bottom 40 Percent Bracket	20%
Middle 20 Percent Bracket	18
Top 40 Percent Bracket	42
Not Sure/No Answer	21
Married	62%

What do the percentages mean?

Results of the Greendale Community Health Survey can be generalized to the adult population with telephones. In 2009, the Wisconsin Department of Administration estimated 11,137 adult residents in the area, a decrease of 0.41% 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 110 adults. So, when 9% of respondents reported their health was fair or poor, this roughly equates to 990 residents \pm 550 individuals. Therefore, from 440 to 1,540 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 Greendale is 5,897, a decrease of 1.90% 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 60 households. For example, 8% of survey respondents reported that someone in their household was not covered by health insurance at least some of the time in the past year. Thus, the estimated number of households with someone not covered by health insurance would be 480.

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% 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% bracket was at least \$60,001.

The recommended amount of physical activity by the Centers for Disease Control is moderate activity for at least 30 minutes on five or more days of the week or vigorous activity for at least 20 minutes on three or more days of the week. Moderate physical activity includes walking briskly, bicycling, vacuuming, gardening or anything else that causes small increases in breathing or heart rate. Vigorous physical activity includes running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate. Insufficient physical activity includes participation in either activity, but not for the duration or the frequency recommended. Inactive respondents reported no moderate or vigorous physical activity in a typical week.

Overweight was calculated using the Center for Disease Control's Body Mass Index (BMI). Body Mass Index is calculated by using kilograms/meter². A BMI of 25.0 to 29.9 is considered overweight and 30.0 or more as obese. Throughout the report, the category "overweight" includes both overweight and obese respondents.

Current smoker is defined as someone who smoked at least some days in the past 30 days.

The Centers for Disease Control defines heavy drinking as more than two drinks per day in a month for males (i.e. 61 or more drinks total) or more than one drink per day in a month for females (i.e. 31 or more drinks total).

The definition for binge drinking varies. Currently, the Centers for Disease Control (CDC) defines binge drinking as four or more drinks per occasion for females and five or more drinks per occasion for males to account for weight and metabolism differences. Previously, the CDC defined binge drinking as five or more drinks at one time, regardless of gender. In 2003, the Greendale Health Survey defined binge drinking as four or more drinks for females and five or more drinks for males to account for weight and metabolism differences. All other study years were 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 Greendale 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			
Greendale	2003	2006	2009	Greendale	2003	2006	2009
Excellent	25%	23%	27%	High Blood Pressure	28%	26%	33%
Very Good	41%	38%	41%	High Blood Cholesterol	24%	26%	26%
Fair or Poor	9%	12%	9%	Mental Health Condition	3%	4%	11%
<i>Other Research: (2008)</i>				Heart Disease/Condition	10%	11%	10%
<i>Fair or Poor</i>				Diabetes	6%	5%	8%
		<i>WI</i>	<i>U.S.</i>	Asthma (Current)	5%	8%	8%
		12%	14%	Cancer			7%
Health Care Coverage				Stroke	4%	<1%	2%
Greendale	2003	2006	2009	Physical Health			
Not Covered				Greendale	2003	2006	2009
Personally (currently)	2%	2%	4%	Physical Activity/Week			
Personally (past 12 months)			6%	Moderate Activity (5 times/30 min)	20%	41%	27%
Household Member (past 12 months)	9%	8%	8%	Vigorous Activity (3 times/20 min)		23%	23%
Advance Care Plan	32%	46%	50%	Recommended Moderate or Vigorous		53%	38%
Primary Source of Health Advice				Overweight	56%	60%	62%
Doctor/nurse practitioner's office		92%	88%	Fruit Intake (2+ servings/day)	75%	67%	63%
Urgent care center		4%	4%	Vegetable Intake (3+ servings/day)	35%	33%	25%
Public hlth clinic/comm. hlth center		<1%	2%	<i>Other Research:</i>			
<i>Other Research: (2008)</i>				<i>Overweight (2008)</i>			
<i>Personally Not Covered (currently)</i>				<i>Recommended Mod. or Vig. Activity (2007)</i>			
		<i>WI</i>	<i>U.S.</i>			<i>WI</i>	<i>U.S.</i>
		10%	15%			64%	64%
Routine Procedures				Women's Health			
Greendale	2003	2006	2009	Greendale	2003	2006	2009
Routine Checkup (2 years or less)	85%	84%	89%	Mammogram (40+; within past 2 years)	87%	81%	84%
Cholesterol Test (4 years or less)	83%	81%	93%	Bone Density Scan (65+)		72%	85%
Dental Checkup (past year)	76%	84%	83%	Pap Smear (18 - 65; within past 3 years)	95%	94%	92%
Eye Exam (past year)	50%	54%	53%	<i>Other Research: (2008)</i>			
<i>Other Research:</i>				<i>Mammogram (40+; within past 2 years)</i>			
<i>Routine Checkup (≤2 years; 2000)</i>				<i>Pap Smear (18+, within past 3 years)</i>			
<i>Cholesterol Test (≤5 years; 2007)</i>						<i>WI</i>	<i>U.S.</i>
<i>Dental Checkup (past year; 2008)</i>						76%	76%
		<i>WI</i>	<i>U.S.</i>			83%	83%
		79%	84%	Men's Health			
		77%	75%	Greendale	2003	2006	2009
		73%	71%	PSA Test (40+; within past 2 years)		60%	65%
Vaccinations				Digital Rectal Exam (40+; within past year)	38%	36%	56%
Greendale	2003	2006	2009	<i>Other Research: (2008)</i>			
Flu Vaccination (past year—65+)	80%	73%	76%	<i>PSA Test (40+; within past 2 years)</i>			
Pneumonia (ever—65 and older)	57%	74%	70%			<i>WI</i>	<i>U.S.</i>
<i>Other Research: (2008)</i>						52%	55%
<i>Flu Vaccination (past year—65+)</i>				Other Tests			
<i>Pneumonia (ever—65 and older)</i>				Greendale	2003	2006	2009
		<i>WI</i>	<i>U.S.</i>	Sigmoidoscopy (50+; within past 5 years)			7%
		73%	71%	Colonoscopy (50+; within past 10 years)			62%
		70%	67%	Sig./Colonoscopy (50+; lifetime)	67%	66%	69%
Complementary/Alternative Treatments in Past 3 Years				<i>Other Research: (2008)</i>			
Greendale	2003	2006	2009	<i>Sig./Colonoscopy (50+; lifetime)</i>			
Massage Therapy	14%	19%	20%			<i>WI</i>	<i>U.S.</i>
Chiropractic Care	17%	16%	19%			67%	62%
Aroma Therapy	3%	7%	7%				
Acupuncture	1%	2%	3%				

Safety				Mental Health Status			
Greendale	2003	2006	2009	Greendale	2003	2006	2009
Seat Belt (always/nearly always)	93%	95%	94%	Felt Sad, Blue or Depressed			
Helmet Use of Those Who Ride Bike/ In-Line Skate (always/nearly always)	28%	31%	41%	Always/Nearly Always	6%	4%	3%
Detectors in Household				Find Meaning and Purpose in Daily Life			
Smoke Detector	98%	99%	99%	Seldom/Never	5%	3%	4%
Carbon Monoxide Detector	46%	55%	54%	Considered Suicide (past year)	<1%	3%	2%
Both Detectors	46%	55%	54%	Alcohol Use			
Neither Detector	1%	<1%	<1%	Greendale	2003	2006	2009
<i>Other Research: (2002)</i>		<i>WI</i>	<i>U.S.</i>	Of all Respondents in Past Month...			
Seat Belt (always/nearly always)		82%	88%	Heavy Drinker	5%	4%	4%
Cigarette Use				Binge Drinker	12%	13%	18%
Greendale	2003	2006	2009	Driver/Passenger in Vehicle When Driver			
Current Smokers	18%	15%	16%	Perhaps Had Too Much to Drink	1%	<1%	5%
Of Current Smokers...				HH Problem Associated with Alcohol		1%	2%
Quit Smoking 1 Day or More in Past				<i>Other Research: (2008)</i>		<i>WI</i>	<i>U.S.</i>
Year Because Trying to Quit	44%	41%	32%	Heavy Drinker		8%	5%
Saw a Health Care Professional Past Yr.				Binge Drinker		23%	16%
...Advised to Quit Smoking		66%	80%	Personal Safety in Past Year			
<i>Other Research:</i>		<i>WI</i>	<i>U.S.</i>	Greendale	2003	2006	2009
Current Smokers (2008)		20%	18%	Afraid for Their Safety	2%	4%	5%
Tried to Quit (2005)		49%	56%	Pushed, Kicked, Slapped, or Hit	2%	2%	2%
Smoking Policies				At Least One of the Safety Issues	4%	5%	5%
Greendale			2009	Firearms in Household			
Smoking Policy at Home				Greendale	2003	2006	2009
Not allowed anywhere		76%		Of all Households...			
Allowed in some places or at some times		11%		Have a Firearm	24%	24%	22%
Allowed anywhere		1%		Handgun			13%
No rules inside home		11%		Rifle or shotgun			19%
Work's Official Indoor Smoking Policy				Have a Loaded Firearm	4%	3%	2%
Not allowed anywhere		86%		Have a Loaded Firearm Unlocked	2%	3%	<1%
Allowed in some areas		10%		<i>Other Research: (2002)</i>			
Allowed in all areas		0%		Of all Households...		<i>WI</i>	<i>U.S.</i>
No official policy		4%		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		84%		Additional Questions			
1 to 3 days		12%		Greendale	2003	2006	2009
4 to 6 days		4%		Aware of Health Department's Involvement			
All 7 days		0%		in Emergency Preparedness Planning			
<i>Other Research: (WI: 2003; US: 2006-2007)</i>		<i>WI</i>	<i>U.S.</i>	Aware Before Interview			38%
Smoking Prohibited at Home		75%	79%	Some Limited Awareness			30%
Smoke-Free Policy at Indoor Worksite		75%	75%	Source for Health Information			
				Doctor			32%
				Internet			27%
				TV			9%
				Family Prepared for Natural/Man-Made Disaster			29%
				Fallen and Injured Self in Past 12 Months			13%

Overall Health and Health Care Key Findings

In 2009, 68% of respondents reported their health as excellent or very good; 9% reported fair or poor. Respondents who were 65 and older, with some post high school education or less or who were 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, 4% of respondents reported they were not currently covered by health care insurance; respondents with a college education were more likely to report this. Six percent of respondents reported they personally did not have health care coverage at least part of the time in the past 12 months; respondents 18 to 34 years old were more likely to report this. Eight percent reported someone in their household was not covered at least part of the time in the past 12 months. Eighty-eight percent of respondents reported their primary place for health services was from a doctor's or nurse practitioner's office; respondents who were female, 65 and older or in the bottom 40 percent household income bracket were more likely to report this. Fifty percent of respondents had an advance care plan; respondents who were 65 and older or in the middle 20 percent household income bracket were more likely to report this. *From 2003 to 2009, the overall percent statistically remained the same for respondents 18 and older or for respondents 18 to 64 years old who reported no current personal health care insurance. From 2003 to 2009, the overall percent statistically remained the same for respondents who reported someone in the household was not covered at least part of the time in the past 12 months. From 2006 to 2009, there was 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 a statistical increase in the overall percent of respondents having an advance care plan.*

In 2009, 89% of respondents reported a routine medical checkup two years ago or less while 93% reported a cholesterol test four years ago or less. Eighty-three percent of respondents reported a visit to the dentist in the past year while 53% reported an eye exam in the past year. Respondents who were 18 to 34 years old, 65 and older or with some post high school education or less were more likely to report a routine checkup two years ago or less. Respondents who were 18 to 34 years old, 55 and older or in the middle 20 percent household income bracket were more likely to report a cholesterol test four years ago or less. Respondents 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 or an eye exam in the past year. From 2003 to 2009, there was a statistical increase in the overall percent of respondents reporting a cholesterol test four years ago or less or a dental checkup in the past year.*

In 2009, 58% of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past year. Respondents who were female, 65 and older, with a college education or in the bottom 40 percent household income bracket were more likely to report a flu vaccination. Seventy percent of respondents 65 and older had a pneumonia vaccination. *From 2003 to 2009, there was a statistical increase in the overall percent of respondents 18 and older who reported a flu vaccination in the past 12 months. From 2003 to 2009, there was no statistical change in the overall percent of respondents 65 and older who reported a flu vaccination in the past 12 months. From 2003 to 2009, there was no statistical change in the overall percent of respondents 65 and older who had a pneumonia vaccination.*

Health Risk Factors Key Findings

In 2009, out of eight health conditions listed, the two most often mentioned in the past three years were high blood pressure or high blood cholesterol (33% and 26%, respectively). Respondents who were 65 and older, in the middle 20 percent household income bracket or overweight were more likely to report high blood pressure. Respondents who were 65 and older, with some post high school education, who were overweight or nonsmokers were more likely to report high blood cholesterol. Respondents who were 65 and older, with a high school education or less or in the bottom 40 percent household income bracket were more likely to report heart

disease/condition. Respondents who were female or in the bottom 40 percent household income bracket were more likely to report a mental health condition. Respondents who were 55 and older, with some post high school education or less, who were overweight or inactive were more likely to report diabetes. Respondents who were 35 to 44 years old, with a college education or in the bottom 40 percent household income bracket were more likely to report current asthma. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported high blood pressure, high blood cholesterol, heart disease condition, diabetes or current asthma. 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. From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who reported stroke.*

In 2009, 3% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Two percent of respondents felt so overwhelmed they considered suicide in the past year. Four percent of respondents reported they seldom or never find meaning and purpose in daily life; respondents who were 35 to 44 years old, 65 and older or in the bottom 60 percent household income bracket were more likely to report this. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed, they considered suicide or they seldom/never find meaning and purpose in daily life.*

Behavioral Risk Factors Key Findings

In 2009, out of four complementary/alternative treatments listed, massage therapy or chiropractic care was the most often used in the past three years (20% and 19%, respectively). Respondents who were female, 45 to 54 years old or in the top 40 percent household income bracket were more likely to report massage therapy. Respondents who were female, 45 to 54 years old or in the top 40 percent household income bracket were more likely to report aroma therapy. *From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting chiropractic care. From 2003 to 2009, there was a statistical increase in the overall percent of respondents reporting massage therapy, aroma therapy or acupuncture.*

In 2009, 27% of respondents did moderate physical activity five times a week for 30 minutes while 23% did vigorous activity three times a week for 20 minutes. Combined, 38% met the recommended amount of physical activity; respondents who not overweight were more likely to report this. Sixty-two percent of respondents were classified as overweight. Respondents who were male, with some post high school education or inactive respondents 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 who reported meeting the recommended amount of physical activity. From 2003 to 2009, there was no statistical change in the overall percent of respondents being overweight.*

In 2009, 63% of respondents reported two or more servings of fruit while 25% reported three or more servings of vegetables on an average day. Respondents who were female, with a college education or who were not overweight were more likely to report at least two servings of fruit. Respondents who were female, with a college education, in the bottom 60 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 a statistical decrease in the overall percent of respondents who reported two or more servings of fruit or three or more servings of vegetables on an average day.*

In 2009, 84% of female respondents 40 and older reported a mammogram within the past two years. Eighty-five percent of female respondents 65 and older had a bone density scan. Ninety-two percent of female respondents 18 to 65 years old reported a pap smear within the past three years; respondents with a college education or in

the top 60 percent household income bracket were more likely to report this. *From 2003 to 2009, there was no statistical change in the overall percent of respondents 40 and older who reported having a mammogram within the past two years. From 2006 to 2009, there was no statistical change in the overall percent of respondents 65 and older who reported a bone density scan. From 2003 to 2009, there was no statistical change in the overall percent of respondents 18 to 65 years old who reported having a pap smear within the past three years.*

In 2009, 65% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Fifty-six 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 a statistical increase in the overall percent of male respondents 40 and older who reported a digital rectal exam within the past year.*

In 2009, 7% of respondents 50 and older reported a sigmoidoscopy within the past five years while 62% reported a colonoscopy within the past ten years. Sixty-nine 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, 94% of respondents wore seat belts always or nearly always; respondents who were female, 45 to 54 years old, 65 and older, with a college education, in the bottom 40 percent household income bracket or in the top 40 percent household income bracket were more likely to report this. Of those respondents who rode a bike, used in-line skates or rode a scooter, 41% reported they always or nearly always wore a helmet; respondents with some post high school education were more likely to report this. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a seat belt. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported they always or nearly always wore a helmet.*

In 2009, 16% of respondents were current smokers. Respondents who were 18 to 44 years old, with a high school education or less or in the middle 20 percent household income bracket were more likely to be a smoker. Thirty-two percent of current smokers quit smoking for one day or longer in the past 12 months; 80% of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who were current smokers. From 2003 to 2009, there was no statistical change in the overall percent of current smokers who reported they quit smoking for one day or longer because they were trying to quit. From 2006 to 2009, there was no statistical change in the overall percent of current smokers who reported their health professional advised them to quit smoking.*

In 2009, 76% of respondents reported smoking is not allowed anywhere inside the home while 86% reported smoking is not allowed in any area at work. Respondents in the bottom 40 percent household income bracket, in the top 40 percent household income bracket, who were married or nonsmokers were more likely to report smoking is not allowed anywhere inside the home. Respondents who were female or with a college education were more likely to report smoking is not allowed in any area at work. Four percent of nonsmoking respondents reported they were exposed to second-hand smoke at least four out of the past seven days. Respondents who were 18 to 34 years old or with a high school education or less were more likely to report they were exposed to second-hand smoke at least four days.

In 2009, 76% of respondents had an alcoholic drink in the past 30 days. In the past month, 4% were heavy drinkers while 18% were binge drinkers. Respondents who were male, 18 to 44 years old or in the middle 20 percent household income bracket were more likely to have binged at least once in the past month. Five percent reported they had been a driver or a passenger when the driver perhaps had too much to drink; respondents who were male, 45 to 54 years old, with some post high school education or less, in the top 40 percent household income bracket or married respondents were more likely to report this. Two percent of respondents reported

someone in their household experienced a problem in connection with drinking in the past year. *From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting heavy drinking in the past month. From 2003 to 2009, there was a statistical increase in the overall percent of respondents reporting binge drinking or 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, 99% of households had a working smoke detector while 54% had a working carbon monoxide detector. Fifty-four 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, 22% of households had a firearm in or around the home. Of all households, 13% had a handgun in their home while 19% had a rifle or shotgun. Of all households, 2% had a loaded firearm. Less than one percent of all households had a firearm loaded and unlocked. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a firearm in or around their home. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a loaded firearm or a loaded firearm which was also unlocked.*

In 2009, 5% of respondents reported someone made them afraid for their personal safety in the past year; respondents with some post high school education or unmarried respondents were more likely to report this. Two percent of respondents reported they had been pushed, kicked, slapped or hit in the past year. A total of 5% reported at least one of these two situations; respondents with some post high school education or unmarried respondents were more likely to report this. *From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting they were afraid for their personal safety or they were pushed, kicked, slapped or hit. From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting at least one of the two personal safety issues.*

Additional Questions Key Findings

In 2009, 68% of all respondents reported they were aware to some degree of the health department's involvement in emergency preparedness before the interview. Respondents who were 45 to 54 years old or with a college education were more likely to report they were aware of the health department's involvement.

In 2009, 32% of respondents reported they receive most of their health information from a doctor followed by 27% who reported the internet. Nine percent reported TV. Respondents who were older or with a lower household income were more likely to report a doctor as their main source of health information. Respondents who were younger or with a higher household income were more likely to report the internet compared to their counterparts.

In 2009, 29% of respondents reported someone in their family had taken steps to prepare for a natural or man-made disaster. Of respondents who had not prepared, 86% reported it was not necessary to prepare; respondents with higher household income were more likely to report this.

In 2009, 13% of respondents reported they have fallen and injured themselves in the past 12 months; unmarried respondents were more likely to report this.

Key Findings

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

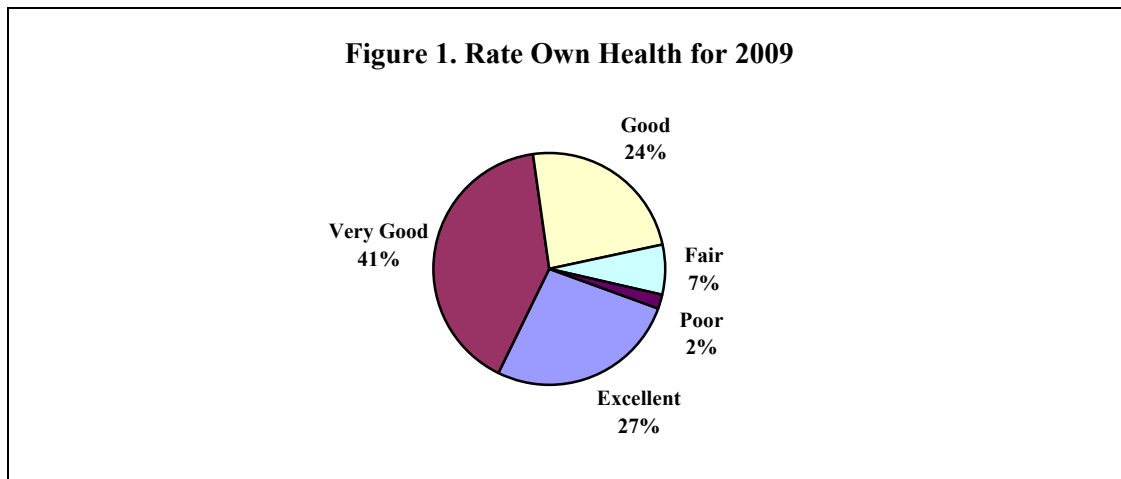
KEY FINDINGS: In 2009, 68% of respondents reported their health as excellent or very good; 9% reported fair or poor. Respondents who were 65 and older, with some post high school education or less or who were inactive were more likely to report fair or poor conditions.

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

- Sixty-eight percent of respondents said their own health, generally speaking, was either excellent (27%) or very good (41%). A total of 9% reported their health was fair or poor.



- Seventeen percent of respondents 65 and older reported their health was fair or poor compared to 3% of those 35 to 44 years old or 0% of respondents 18 to 34 years old.
- Fifteen percent of respondents with some post high school education or less reported fair or poor health compared to 2% of respondents with a college education.
- Thirty-six percent of inactive respondents reported their health was fair or poor compared to 7% 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 all study years, respondents 65 and older were more likely to report fair or poor conditions.
- In 2006, respondents with a high school education or less were more likely to report fair or poor health. In 2009, respondents with some post high school education or less were more likely to report fair or poor health. In 2003, 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 fair or poor health.
- In 2003 and 2006, respondents in the bottom 40 percent household income bracket were more likely to report fair or poor health. In 2009, household income was not a significant variable.
- In 2006 and 2009, inactive respondents were more likely to report fair or poor health.
- In 2006, smokers were more likely to report fair or poor health. In all other study years, smoking status was not a significant variable.

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

	2003	2006	2009
TOTAL	9%	12%	9%
Gender			
Male	11	10	7
Female	7	13	10
Age ^{1,2,3}			
18 to 34	0	1	0
35 to 44	4	10	3
45 to 54	4	14	8
55 to 64	14	14	11
65 and Older	19	17	17
Education ^{2,3}			
High School or Less	13	20	15
Some Post High School	9	13	15
College Graduate ^a	7	5	2
Household Income ^{1,2}			
Bottom 40 Percent Bracket	21	20	14
Middle 20 Percent Bracket	9	12	7
Top 40 Percent Bracket	3	4	6
Marital Status			
Married	9	10	8
Not Married	10	14	9
Overweight Status			
Not Overweight	7	9	9
Overweight	11	13	8
Physical Activity ^{2,3}			
Inactive	--	36	36
Insufficient	--	11	7
Recommended	--	6	2
Smoking Status ²			
Nonsmoker	9	10	7
Smoker	7	19	14

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

^②Physical activity was defined differently in 2003.

¹demographic difference at p≤0.05 in 2003

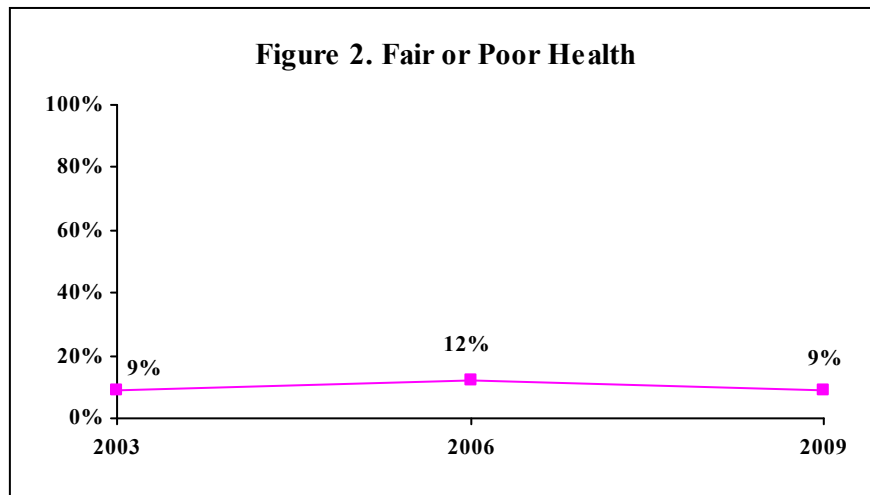
²demographic difference at p≤0.05 in 2006

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 - 7)

KEY FINDINGS: In 2009, 4% of respondents reported they were not currently covered by health care insurance; respondents with a college education were more likely to report this. Six percent of respondents reported they personally did not have health care coverage at least part of the time in the past 12 months; respondents 18 to 34 years old were more likely to report this. Eight percent reported someone in their household was not covered at least part of the time in the past 12 months. Eighty-eight percent of respondents reported their primary place for health services was from a doctor's or nurse practitioner's office; respondents who were female, 65 and older or in the bottom 40 percent household income bracket were more likely to report this. Fifty percent of respondents had an advance care plan; respondents who were 65 and older or in the middle 20 percent household income bracket were more likely to report this.

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

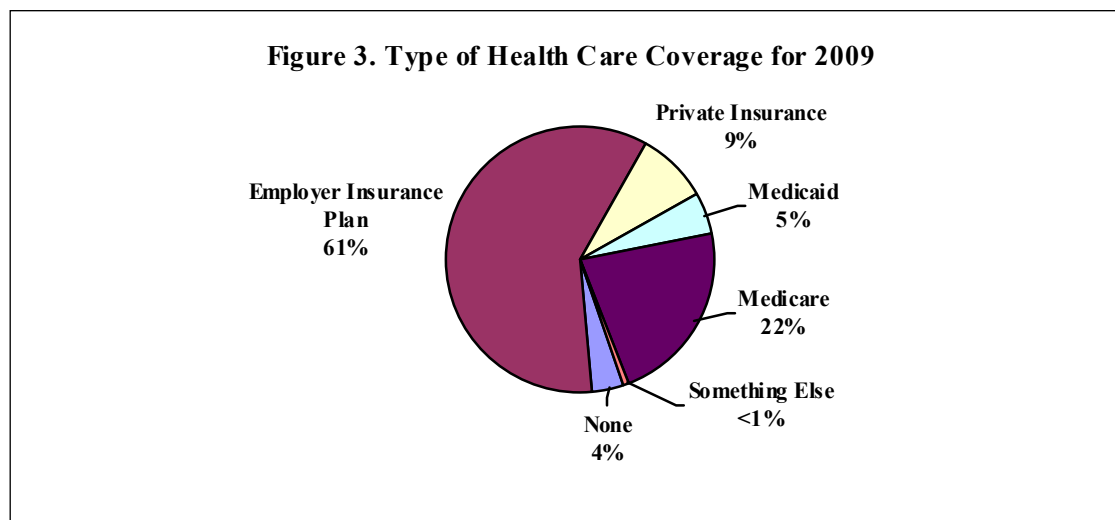
Personally Not Covered Currently

The Healthy People 2010 goal for all persons under the age of 65 having some type of health care coverage is 100%. (Objective 01-01)

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

2009 Findings

- Four percent of respondents reported they were not currently covered by any health care insurance. Sixty-one percent reported they were covered by an employer sponsored insurance plan. Nine percent reported private insurance bought directly from an insurance agent/company. Five percent reported Medicaid, including medical assistance, Title 19 or Badger Care, while 22% reported Medicare.



- Five percent of respondents with a college education reported no current personal health care insurance compared to 2% 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, the overall percent statistically remained the same for respondents 18 and older or for respondents 18 to 64 years old who reported no current personal health care insurance.
- In 2009, respondents with a college education 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 2006.

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

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

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

^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

- Six percent of respondents reported they were not covered by health insurance at least part of the time in the past 12 months.
- Respondents 18 to 34 years old were more likely to report they were not covered (12%) compared to those 35 to 44 years old (4%) or respondents 65 and older (less than one percent).

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

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

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

¹demographic difference at $p \leq 0.05$ in 2009

Someone in Household Not Covered in the Past 12 Months

2009 Findings

- Eight 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.
- There were no statistically significant differences between demographic variables and responses of someone in their household was not covered by insurance in the past 12 months.

Year Comparisons

- From 2003 to 2009, the overall percent statistically remained the same for respondents who reported someone in their household was not covered at least part of the time in the past 12 months.
- In 2003, unmarried respondents were more likely to report someone in their household was not covered in the past 12 months. In all other study years, marital status was not a significant variable.

Table 5. Someone in Household Not Covered by Health Insurance in Past 12 Months by Demographic Variables for Each Survey Year^①

	2003	2006	2009
TOTAL	9%	8%	8%
Household Income			
Bottom 40 Percent Bracket	16	14	8
Middle 20 Percent Bracket	8	8	3
Top 40 Percent Bracket	8	6	7
Marital Status ¹			
Married	7	7	7
Not Married	13	10	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 $p \leq 0.05$ in 2003

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

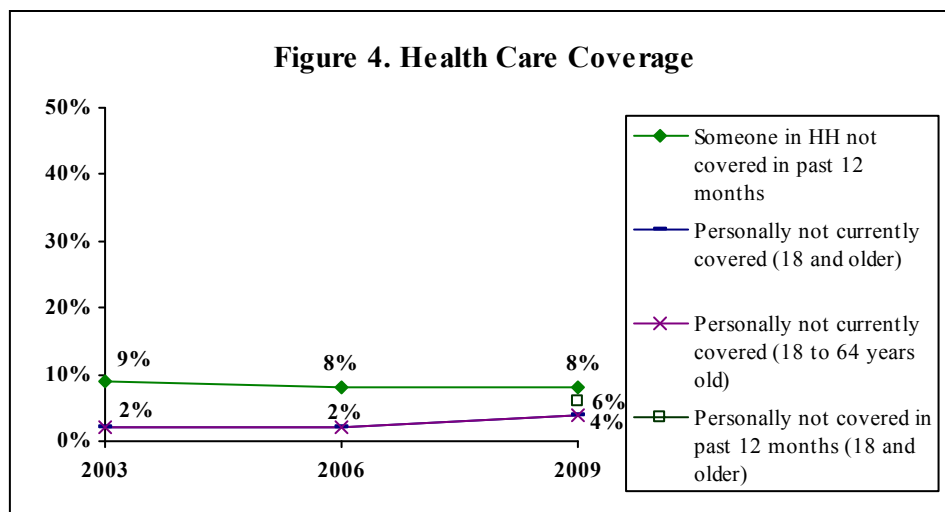
³demographic difference at $p \leq 0.05$ in 2009

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

Health Care Coverage Overall

Year Comparisons

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



Primary Health Care Services

2009 Findings

- Eighty-eight percent of respondents reported they go to a doctor's or nurse practitioner's office when they are sick or need health advice. Four percent reported urgent care center while 2% each reported public health clinic/community health center or hospital outpatient department.
- Female respondents were more likely to report a doctor's or nurse practitioner's office (92%) compared to male respondents (83%).
- Ninety-five percent of respondents 65 and older reported a doctor's or nurse practitioner's office compared to 83% of those 18 to 34 years old or 81% of respondents 35 to 44 years old.
- Ninety-six percent of respondents in the bottom 40 percent household income bracket reported a doctor's or nurse practitioner's office compared to 93% of those in the middle 20 percent income bracket or 84% of respondents in the top 40 percent household income bracket.

Year Comparisons

- 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.
- In both study years, female respondents were more likely to report a doctor's or nurse practitioner's office.
- In 2009, respondents 65 and older were more likely to report a doctor's or nurse practitioner's office. In 2006, 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, education was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of respondents with a high school education or less reporting a doctor's or nurse practitioner's office.
- In 2009, respondents in the bottom 40 percent household income bracket were more likely to report a doctor's or nurse practitioner's office. In 2006, household income was not a significant variable.

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

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

^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

- Fifty percent of respondents reported they had an advance care plan, living will or health care power of attorney stating their end of life health care wishes.
- Seventy-five percent of respondents 65 and older reported they had an advance care plan compared to 44% of those 45 to 54 years old or 26% of respondents 18 to 34 years old.
- Sixty-three percent of respondents in the middle 20 percent household income bracket reported they had an advance care plan compared to 44% of those in the bottom 40 percent income bracket or 41% of respondents in the top 40 percent household income bracket.

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents having an advance care plan.
- In 2006, female respondents were more likely to report having an advance care plan. 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 an advance care plan.
- In all study years, respondents 65 and older were more likely to report having an advance care plan. From 2003 to 2009, there was a noted increase in the percent of respondents who were 18 to 54 years old or 65 and older reporting an advance care plan.
- Education was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents with a high school education or less or a college education reporting an advance care plan.
- In 2006, respondents in the bottom 40 percent household income bracket were more likely to report having an advance care plan. In 2009, respondents in the middle 20 percent household income bracket were more likely to report having an advance care plan. In 2003, household income was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents in the top 60 percent household income bracket reporting an advance care plan.
- Marital status was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents across marital status reporting an advance care plan.

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

	2003	2006	2009
TOTAL ^a	32%	46%	50%
Gender ²			
Male ^a	32	39	48
Female ^a	33	52	52
Age ^{1,2,3}			
18 to 34 ^a	11	9	26
35 to 44 ^a	23	46	53
45 to 54 ^a	27	27	44
55 to 64	36	59	45
65 and Older ^a	51	79	75
Education			
High School or Less ^a	28	46	51
Some Post High School	37	43	44
College Graduate ^a	34	46	53
Household Income ^{2,3}			
Bottom 40 Percent Bracket	33	59	44
Middle 20 Percent Bracket ^a	33	50	63
Top 40 Percent Bracket ^a	31	38	41
Marital Status			
Married ^a	32	46	49
Not Married ^a	34	45	52

^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.

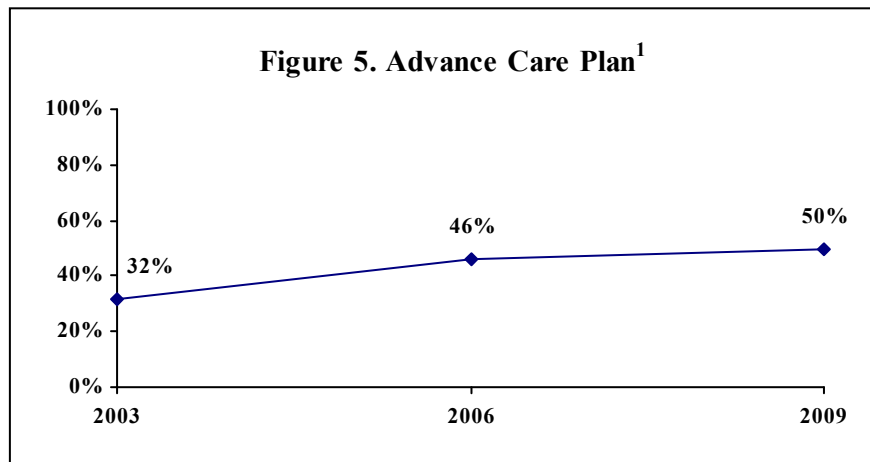
¹demographic difference at p≤0.05 in 2003

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

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



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

Routine Procedures (Figure 6; Tables 8 - 11)

KEY FINDINGS: In 2009, 89% of respondents reported a routine medical checkup two years ago or less while 93% reported a cholesterol test four years ago or less. Eighty-three percent of respondents reported a visit to the dentist in the past year while 53% reported an eye exam in the past year. Respondents who were 18 to 34 years old, 65 and older or with some post high school education or less were more likely to report a routine checkup two years ago or less. Respondents who were 18 to 34 years old, 55 and older or in the middle 20 percent household income bracket were more likely to report a cholesterol test four years ago or less. Respondents 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 or an eye exam in the past year. From 2003 to 2009, there was a statistical increase in the overall percent of respondents reporting a cholesterol test four years ago or less or 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-nine percent of respondents reported they had a routine checkup in the past two years.
- Ninety-four percent of respondents 65 and older and 92% of those 18 to 34 years old reported a routine checkup in the past two years compared to 77% of respondents 35 to 44 years old.

- Ninety-four percent of respondents with some post high school education and 92% of those with a high school education or less reported a routine checkup in the past two years compared to 85% of respondents with a college education.

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 2003 and 2006, female respondents were more likely to report a routine checkup two years ago or less. In 2009, gender was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of male respondents reporting a routine checkup two years ago or less.
- In 2003, respondents 55 and older were more likely to report a routine checkup two years ago or less. In 2006, respondents 65 and older were more likely to report a routine checkup two years ago or less. In 2009, respondents who were 18 to 34 years old or 65 and older were more likely to report a routine checkup two years ago or less. From 2003 to 2009, there was a noted increase in the percent of respondents 18 to 34 years old reporting a routine checkup two years ago or less.
- In 2003, respondents with a high school education or less were more likely to report a routine checkup two years ago or less. In 2009, respondents with some post high school education or less were more likely to report a routine checkup two years ago or less. In 2006, 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 a routine checkup two years ago or less.
- 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 2006, respondents in the middle 20 percent household income bracket were more likely to report a routine checkup two years ago or less. 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 routine checkup two years ago or less.
- In 2006, unmarried respondents were more likely to report a routine checkup two years ago or less. In all other study years, marital status was not a significant variable.

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

	2003	2006	2009
TOTAL	85%	84%	89%
Gender ^{1,2}			
Male ^a	74	79	86
Female	94	87	91
Age ^{1,2,3}			
18 to 34 ^a	75	73	92
35 to 44	69	79	77
45 to 54	84	87	90
55 to 64	95	80	86
65 and Older	95	94	94
Education ^{1,3}			
High School or Less	90	86	92
Some Post High School ^a	77	88	94
College Graduate	86	80	85
Household Income ^{1,2}			
Bottom 40 Percent Bracket	92	86	87
Middle 20 Percent Bracket	88	92	93
Top 40 Percent Bracket ^a	79	75	90
Marital Status ²			
Married	86	80	90
Not Married	83	90	88

^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

- Ninety-three percent of respondents reported having their cholesterol tested four years ago or less. Four percent reported five or more years ago while 2% reported never having their cholesterol tested.

- Ninety-six percent of respondents who were 18 to 34 years old or 65 and older and 95% of those 55 to 64 years old reported a cholesterol test four years ago or less compared to 86% of respondents 35 to 44 years old.
- Ninety-six percent of respondents in the middle 20 percent household income bracket reported a cholesterol test four years ago or less compared to 93% of those in the top 40 percent income bracket or 85% 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 a cholesterol test four years ago or less.
- In 2003 and 2006, female respondents were more likely to report a cholesterol test four years ago or less. In 2009, gender was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of male respondents reporting a cholesterol test four years ago or less.
- In 2003, respondents 55 and older were more likely to report a cholesterol test four years ago or less. In 2006, respondents 55 to 64 years old were more likely to report a cholesterol test four years ago or less. In 2009, respondents who were 18 to 34 years old or 55 and older were more likely to report a cholesterol test four years ago or less. From 2003 to 2009, there was a noted increase in the percent of respondents 18 to 44 years old reporting a cholesterol test four years ago or less.
- In 2006, respondents with a college education were more likely to report a cholesterol test four years ago or less. 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 college education reporting a cholesterol test four years ago or less.
- In 2009, 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. From 2003 to 2009, there was a noted increase in the percent of respondents in the top 60 percent household income bracket reporting a cholesterol test four years ago or less.
- In 2006, married respondents were more likely to report a cholesterol test four years ago or less. In all other study years, marital status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of married respondents reporting a cholesterol test four years ago or less.

Table 9. Cholesterol Test Four Years Ago or Less by Demographic Variables for Each Survey Year[Ⓞ]

	2003	2006	2009
TOTAL ^a	83%	81%	93%
Gender ^{1,2}			
Male ^a	79	69	94
Female	86	91	92
Age ^{1,2,3}			
18 to 34 ^a	60	51	96
35 to 44 ^a	67	80	86
45 to 54	81	88	88
55 to 64	97	95	95
65 and Older	95	88	96
Education ²			
High School or Less	81	68	89
Some Post High School	82	84	90
College Graduate ^a	85	87	95
Household Income ³			
Bottom 40 Percent Bracket	85	86	85
Middle 20 Percent Bracket ^a	86	92	96
Top 40 Percent Bracket ^a	79	81	93
Marital Status ²			
Married ^a	82	85	93
Not Married	85	74	92

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

¹demographic difference at p≤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-three percent of respondents reported a dental visit in the past year. An additional 9% had a visit in the past one to two years.
- There were no statistically significant differences between demographic variables and responses of a dental visit in the past year.

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.
- Gender was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of female respondents reporting a dental checkup in the past year.
- In 2006, respondents 35 to 44 years old were more likely to report a dental checkup. In all other study years, age was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents 18 to 34 years old reporting a dental checkup in the past year.
- In 2003, respondents with a college education were more likely to report a dental checkup. In all other study years, education was not a significant variable.
- In 2003, respondents in the top 40 percent household income bracket were more likely to report a dental checkup. 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 reporting a dental checkup in the past year.
- Marital status was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of unmarried respondents reporting a dental checkup in the past year.

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

	2003	2006	2009
TOTAL ^a	76%	84%	83%
Gender			
Male	74	82	81
Female ^a	77	86	85
Age ²			
18 to 34 ^a	68	86	84
35 to 44	77	95	89
45 to 54	85	87	82
55 to 64	78	77	85
65 and Older	70	77	78
Education ¹			
High School or Less	64	82	76
Some Post High School	76	84	82
College Graduate	87	85	87
Household Income ¹			
Bottom 40 Percent Bracket ^a	57	78	74
Middle 20 Percent Bracket	78	83	83
Top 40 Percent Bracket	84	85	85
Marital Status ¹			
Married	81	85	86
Not Married ^a	64	83	79

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Eye Exam

2009 Findings

- Fifty-three percent of respondents had an eye exam in the past year while 27% reported one to two years ago.
- Sixty-three percent of respondents 65 and older reported an eye exam in the past year compared to 44% of those 55 to 64 years old or 43% of respondents 45 to 54 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 55 and older were more likely to report an eye exam less than a year ago.
- 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 bottom 40 percent household income bracket reporting an eye exam less than a year ago.
- In 2006, unmarried respondents were more likely to report an eye exam less than a year ago. In all other study years, marital status was not a significant variable.

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

	2003	2006	2009
TOTAL	50%	54%	53%
Gender ²			
Male	49	46	51
Female	50	60	55
Age ^{1,2,3}			
18 to 34	40	58	56
35 to 44	48	45	55
45 to 54	45	40	43
55 to 64	38	61	44
65 and Older	70	63	63
Education			
High School or Less	49	59	48
Some Post High School	58	56	60
College Graduate	46	49	52
Household Income			
Bottom 40 Percent Bracket ^a	46	53	63
Middle 20 Percent Bracket	50	56	55
Top 40 Percent Bracket	52	48	50
Marital Status ²			
Married	50	47	52
Not Married	49	65	55

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

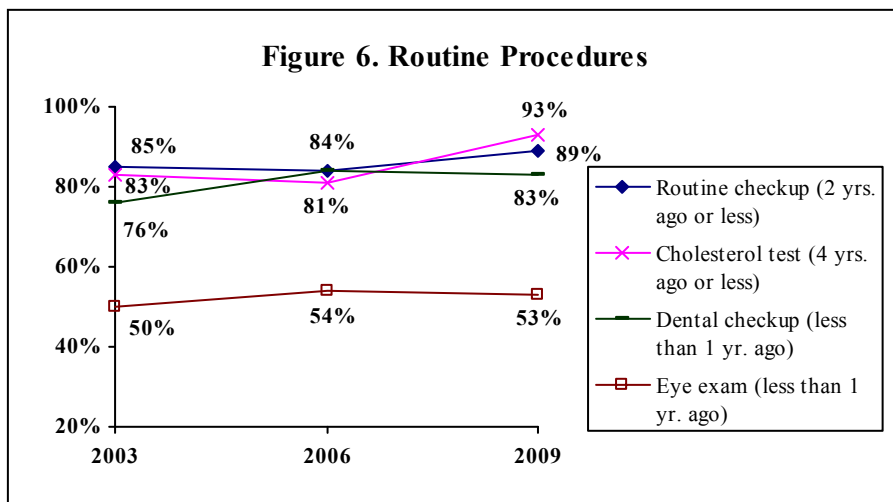
³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Routine Procedures Overall

Year Comparisons

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



Vaccinations (Figure 7; Table 12)

KEY FINDINGS: In 2009, 58% of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past year. Respondents who were female, 65 and older, with a college education or in the bottom 40 percent household income bracket were more likely to report a flu vaccination. Seventy percent of respondents 65 and older had a pneumonia vaccination.

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

Flu Vaccination

The Healthy People 2010 goal for persons 65 and older having an influenza vaccination within the past 12 months is 90%. (Objective 14-29a)

In 2005, 32% of Wisconsin respondents reported a flu vaccination in the past 12 months. Nationally, 27% reported this (2005 Behavioral Risk Factor Surveillance). In 2008, 73% of Wisconsin respondents and 71% of U.S. respondents 65 and older reported a flu vaccination (2008 Behavioral Risk Factor Surveillance).

2009 Findings

- Fifty-eight percent of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past 12 months.
- Female respondents were more likely to report receiving a flu vaccination (63%) compared to male respondents (51%).
- Seventy-six percent of respondents 65 and older reported receiving a flu vaccination compared to 43% of those 35 to 44 years old or 39% of respondents 45 to 54 years old.
- Respondents with a college education were more likely to report receiving a flu vaccination (64%) compared to those with a high school education or less (52%) or respondents with some post high school education (51%).
- Sixty-eight percent of respondents in the bottom 40 percent household income bracket reported receiving a flu vaccination compared to 59% of those in the top 40 percent income bracket or 46% of respondents in the middle 20 percent household income bracket.

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents 18 and older who reported a flu vaccination in the past 12 months. From 2003 to 2009, there was no statistical change in the overall percent of respondents 65 and older who reported a flu vaccination in the past 12 months.
- In 2006 and 2009, female respondents were more likely to report a flu vaccination. In 2003, gender was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of female respondents 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 54 years old reporting a flu vaccination.
- In 2009, respondents with a college education were more likely to report a flu vaccination, with a noted increase since 2003. In all other study years, education was not a significant variable.
- In 2003 and 2009, respondents in the bottom 40 percent household income bracket were more likely to report a flu vaccination. In 2006, 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.
- Marital status was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents across marital status reporting a flu vaccination.

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

	2003	2006	2009
TOTAL ^a	45%	41%	58%
Gender ^{2,3}			
Male	41	31	51
Female ^a	49	49	63
Age ^{1,2,3}			
18 to 34 ^a	15	13	68
35 to 44 ^a	23	26	43
45 to 54 ^a	22	27	39
55 to 64	58	58	56
65 and Older	80	73	76
Education ³			
High School or Less	42	39	52
Some Post High School	45	33	51
College Graduate ^a	48	46	64
Household Income ^{1,3}			
Bottom 40 Percent Bracket	63	45	68
Middle 20 Percent Bracket	43	35	46
Top 40 Percent Bracket ^a	38	38	59
Marital Status			
Married ^a	45	38	57
Not Married ^a	44	46	59

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

^②In 2006, “nasal spray” was added.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Pneumonia Vaccination

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

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

2009 Findings

- Seventy 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.

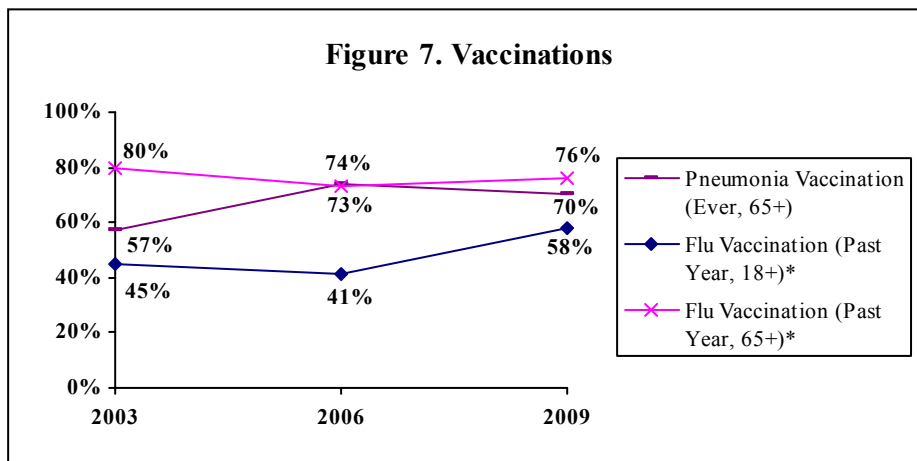
Year Comparisons

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



*In 2006, “nasal spray” was added.

Prevalence of Select Health Conditions (Figures 8 & 9; Tables 13 - 19)

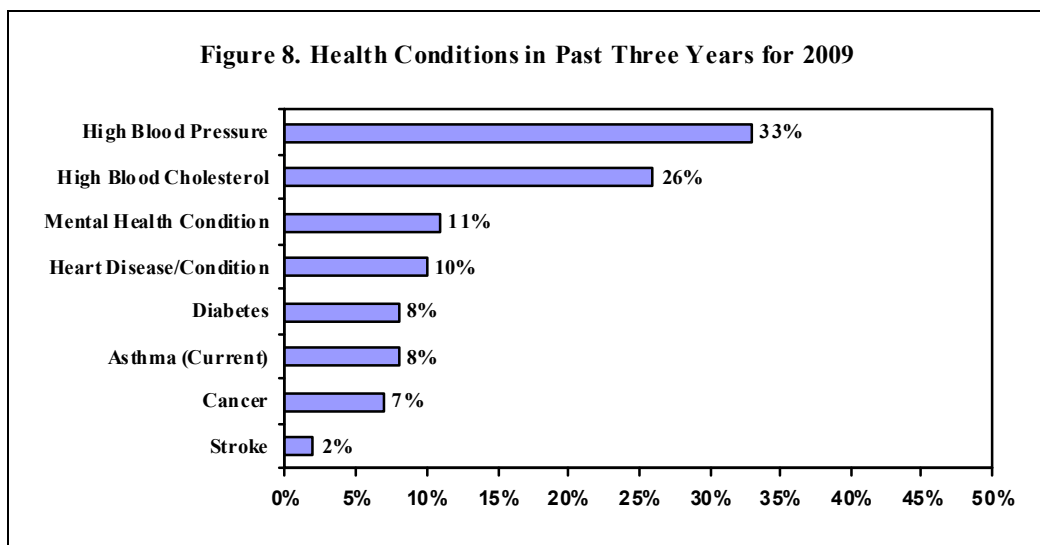
Respondents were asked a series of questions regarding if they had certain health conditions in the past three years. Current diagnosis of asthma was asked.

KEY FINDINGS: In 2009, out of eight health conditions listed, the two most often mentioned in the past three years were high blood pressure or high blood cholesterol (33% and 26%, respectively). Respondents who were 65 and older, in the middle 20 percent household income bracket or overweight were more likely to report high blood pressure. Respondents who were 65 and older, with some post high school education, who were overweight or nonsmokers were more likely to report high blood cholesterol. Respondents who were 65 and older, with a high school education or less or in the bottom 40 percent household income bracket were more likely to report heart disease/condition. Respondents who were female or in the bottom 40 percent household income bracket were more likely to report a mental health condition. Respondents who were 55 and older, with some post high school education or less, who were overweight or inactive were more likely to report diabetes. Respondents who were 35 to 44 years old, with a college education or in the bottom 40 percent household income bracket were more likely to report current asthma.

From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported high blood pressure, high blood cholesterol, heart disease condition, diabetes or current asthma. 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. From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who reported stroke.

2009 Findings

- Respondents were more likely to report high blood pressure (33%) or high blood cholesterol (26%) 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

- Thirty-three percent of respondents reported high blood pressure in the past three years.
- Fifty-four percent of respondents 65 and older reported high blood pressure in the past three years compared to 27% of those 45 to 54 years old or 4% of respondents 18 to 34 years old.
- Forty-six percent of respondents in the middle 20 percent household income bracket reported high blood pressure compared to 41% of those in the bottom 40 percent income bracket or 23% of respondents in the top 40 percent household income bracket.
- Overweight respondents were more likely to report high blood pressure (38%) compared to respondents who were not overweight (23%).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported high blood pressure.
- In all study years, respondents 65 and older were more likely to report high blood pressure. From 2003 to 2009, there was a noted increase in the percent of respondents 35 to 44 years old reporting high blood pressure.
- In 2003, respondents in the bottom 60 percent household income bracket were more likely to report high blood pressure. In 2009, respondents in the middle 20 percent household income bracket were more likely to report high blood pressure. In 2006, household income was not a significant variable.
- 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.

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

	2003	2006	2009
TOTAL	28%	26%	33%
Gender			
Male	28	23	34
Female	29	29	31
Age ^{1,2,3}			
18 to 34	4	5	4
35 to 44 ^a	8	15	35
45 to 54	15	22	27
55 to 64	41	39	35
65 and Older	58	45	54
Education			
High School or Less	33	26	31
Some Post High School	28	30	32
College Graduate	27	24	34
Household Income ^{1,3}			
Bottom 40 Percent Bracket	35	28	41
Middle 20 Percent Bracket	33	36	46
Top 40 Percent Bracket	20	21	23
Marital Status			
Married	29	25	29
Not Married	29	29	37
Overweight Status ^{1,2,3}			
Not Overweight	21	12	23
Overweight	34	35	38
Physical Activity ²			
Inactive	--	40	44
Insufficient	--	29	31
Recommended	--	22	29
Smoking Status			
Nonsmoker	29	28	33
Smoker	26	18	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.

^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

- Twenty-six percent of respondents reported high blood cholesterol in the past three years.
- Forty-two percent of respondents 65 and older reported high blood cholesterol in the past three years compared to 13% of those 18 to 34 years old or 11% of respondents 35 to 44 years old.
- Thirty-eight percent of respondents with some post high school education reported high blood cholesterol compared to 22% of those with a college education or 21% of respondents with a high school education or less.
- Overweight respondents were more likely to report high blood cholesterol (33%) compared to respondents who were not overweight (15%).
- Nonsmokers were more likely to report high blood cholesterol compared to smokers (29% and 11%, respectively).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported high blood cholesterol.
- In 2006, female respondents were more likely to report high blood cholesterol. In all other study years, gender was not a significant variable.
- In 2003 and 2009, respondents 65 and older were more likely to report high blood cholesterol. In 2006, respondents 55 to 64 years old were more likely to report 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.
- In all study years, overweight respondents were more likely to report high blood cholesterol.
- In 2009, nonsmokers were more likely to report high blood cholesterol. In all other study years, smoking status was not a significant variable.

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

	2003	2006	2009
TOTAL	24%	26%	26%
Gender ²			
Male	23	19	28
Female	25	33	24
Age ^{1,2,3}			
18 to 34	6	14	13
35 to 44	11	23	11
45 to 54	26	23	25
55 to 64	23	42	34
65 and Older	38	30	42
Education ³			
High School or Less	24	23	21
Some Post High School	25	29	38
College Graduate	23	27	22
Household Income			
Bottom 40 Percent Bracket	29	29	29
Middle 20 Percent Bracket	25	35	23
Top 40 Percent Bracket	20	23	27
Marital Status			
Married	25	27	28
Not Married	22	25	22
Overweight Status ^{1,2,3}			
Not Overweight	11	20	15
Overweight	31	30	33
Physical Activity			
Inactive	--	31	31
Insufficient	--	31	30
Recommended	--	21	19
Smoking Status ³			
Nonsmoker	24	26	29
Smoker ^a	26	29	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.

^②Physical activity was defined differently in 2003.

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

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

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

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

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

Heart Disease/Condition

2009 Findings

- Ten percent of respondents reported heart disease or condition in the past three years.
- Respondents 65 and older were more likely to report heart disease/condition (26%) compared to those 45 to 54 years old (4%) or respondents 18 to 44 years old (0%).
- Nineteen percent of respondents with a high school education or less reported heart/disease condition compared to 13% of those with some post high school education or 4% of respondents with a college education.
- Twenty-three percent of respondents in the bottom 40 percent household income bracket reported heart disease/condition compared to 6% of those in the middle 20 percent income bracket or 4% of respondents in the top 40 percent household income bracket.

Year Comparisons

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

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

	2003	2006	2009
TOTAL	10%	11%	10%
Gender ¹			
Male	17	11	10
Female	5	11	9
Age ^{1,2,3}			
18 to 34	4	8	0
35 to 44	4	4	0
45 to 54	4	5	4
55 to 64	12	15	12
65 and Older	22	22	26
Education ³			
High School or Less	12	10	19
Some Post High School	8	10	13
College Graduate ^a	10	13	4
Household Income ³			
Bottom 40 Percent Bracket	13	16	23
Middle 20 Percent Bracket	9	11	6
Top 40 Percent Bracket	8	10	4
Marital Status			
Married	11	11	8
Not Married	8	12	12
Overweight Status ¹			
Not Overweight	7	13	9
Overweight	15	10	10
Physical Activity ²			
Inactive	--	21	13
Insufficient	--	14	9
Recommended	--	8	8
Smoking Status			
Nonsmoker	11	12	10
Smoker	8	10	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

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.
- Female respondents were more likely to report a mental health condition (14%) compared to male respondents (7%).
- Twenty-three percent of respondents in the bottom 40 percent household income bracket reported a mental health condition compared to 8% of those in the top 40 percent income bracket or 7% of respondents in the middle 20 percent household income bracket.

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents reporting a mental health condition, possibly the result of adding the phrase “such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post traumatic stress disorder or depression” to the survey question.
- In 2006 and 2009, female respondents were more likely to report a mental health condition.
- In 2009, respondents in the bottom 40 percent household income bracket were more likely to report a mental health condition. In 2006, household income was not a significant variable.

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

	2003 ^③	2006	2009
TOTAL ^a	3%	4%	11%
Gender ^{2,3}			
Male	--	<1	7
Female	--	7	14
Age			
18 to 34	--	3	14
35 to 44	--	7	7
45 to 54	--	4	11
55 to 64	--	5	12
65 and Older	--	3	10
Education			
High School or Less	--	4	14
Some Post High School	--	7	12
College Graduate	--	3	9
Household Income ³			
Bottom 40 Percent Bracket	--	1	23
Middle 20 Percent Bracket	--	6	7
Top 40 Percent Bracket	--	6	8
Marital Status			
Married	--	4	8
Not Married	--	5	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≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Diabetes

2009 Findings

- Eight percent of respondents reported diabetes in the past three years.
- Eighteen percent of respondents 55 to 64 years old and 16% of those 65 and older reported diabetes in the past three years compared to 0% of respondents 18 to 44 years old.
- Thirteen percent of respondents with some post high school education and 12% of those with a high school education or less reported diabetes compared to 4% of respondents with a college education.

- Overweight respondents were more likely to report diabetes compared to respondents who were not overweight (11% and 2%, respectively).
- Inactive respondents were more likely to report diabetes (17%) compared to those who did an insufficient amount of physical activity (7%) or respondents who met the recommended amount of physical activity (5%).

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. From 2003 to 2009, there was a noted increase in the percent of respondents 55 to 64 years old reporting diabetes.
- In 2009, respondents with some post high school education or less were more likely to report diabetes. 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 diabetes.
- In 2006, respondents in the bottom 40 percent household income bracket were more likely to report diabetes. In all other study years, household income was not a significant variable.
- In 2003 and 2009, overweight respondents were more likely to report diabetes. In 2006, 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.

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

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

A1C Test

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

2009 Findings

- Sixty-nine percent of the 32 respondents who reported being diagnosed with diabetes had an A1C test two or more times in the past year. Nineteen percent reported one time while 3% reported zero times in the past year.
- Fifty-seven percent of the 28 respondents who had an A1C test in the past year had a level of less than seven at their last appointment. Twenty-one percent reported a level of seven or higher while 21% were not sure.
- Thirty-two percent of the 28 respondents who had an A1C test in the past year had a LDL level of less than 100 at their last appointment. Eleven percent reported a level of 100 or higher while 56% 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 (65% and 69%, 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 (27% and 57%, 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 (7% and 32%, respectively).
- No demographic comparisons were conducted between years as a result of the low number of respondents answering these questions.

Current Asthma

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

2009 Findings

- Eight percent of respondents reported they currently have asthma.
- Fifteen percent of respondents 35 to 44 years old reported current asthma compared to 5% of those 55 to 64 years old or 3% of respondents 18 to 34 years old.
- Eleven percent of respondents with a college education reported current asthma compared to 5% of those with some post high school education or 2% of respondents with a high school education or less.

- Thirteen percent of respondents in the bottom 40 percent household income bracket reported current asthma compared to 9% of those in the middle 20 percent income bracket or 4% of respondents in the top 40 percent household income bracket.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported current asthma.
- In 2003, female respondents were more likely to report current asthma. 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 current asthma.
- In 2003, respondents 55 to 64 years old were more likely to report current asthma. In 2009, respondents 35 to 44 years old were more likely to report current asthma. In 2006, age was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents 45 to 54 years old reporting current asthma.
- In 2009, respondents with a college education were more likely to report current asthma, with a noted increase since 2003. In all other study years, education was not a significant variable.
- In 2003 and 2009, respondents in the bottom 40 percent household income bracket were more likely to report current asthma. In 2006, household income was not a significant variable.
- 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 current asthma.

Table 18. Current Asthma by Demographic Variables for Each Survey Year^①

	2003	2006	2009
TOTAL	5%	8%	8%
Gender ¹			
Male ^a	2	5	7
Female	6	10	9
Age ^{1,3}			
18 to 34	0	1	3
35 to 44	8	12	15
45 to 54 ^a	1	12	11
55 to 64	11	9	5
65 and Older	3	6	6
Education ³			
High School or Less	8	6	2
Some Post High School	4	10	5
College Graduate ^a	2	7	11
Household Income ^{1,3}			
Bottom 40 Percent Bracket	12	11	13
Middle 20 Percent Bracket	5	5	9
Top 40 Percent Bracket	2	9	4
Marital Status			
Married ^a	3	9	7
Not Married	7	6	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 30 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 (48% and 30%, respectively).
- No demographic comparisons were conducted between years as a result of the low number of respondents answering this question in both study years.

Cancer

2009 Findings

- Seven percent of respondents reported they had cancer in the past three years.
 - Melanoma/skin cancer was most often mentioned (9 responses) followed by breast cancer (7 responses). Five respondents reported kidney cancer while four respondents reported prostate cancer.

Stroke

2009 Findings

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

Year Comparisons

- From 2003 to 2009, there was a statistical decrease in the overall percent of respondents reporting a stroke.
- In 2003, respondents who were 55 to 64 years old, in the bottom 40 percent household income bracket or overweight were more likely to report a stroke.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting they had a stroke in 2006 and 2009.

Table 19. Stroke by Demographic Variables for Each Survey Year^{①,②}

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

^②Physical activity was defined differently in 2003.

^③Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

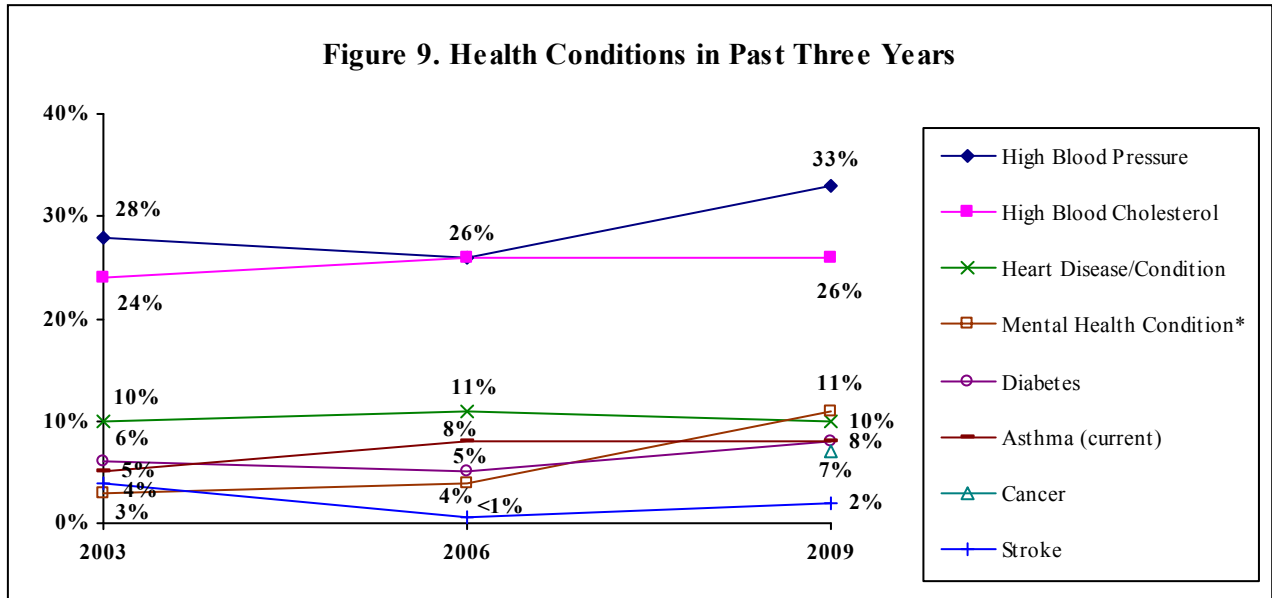
³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Health Conditions Overall

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported high blood pressure, high blood cholesterol, heart disease condition, diabetes or current asthma. 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. From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who reported stroke.



*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.

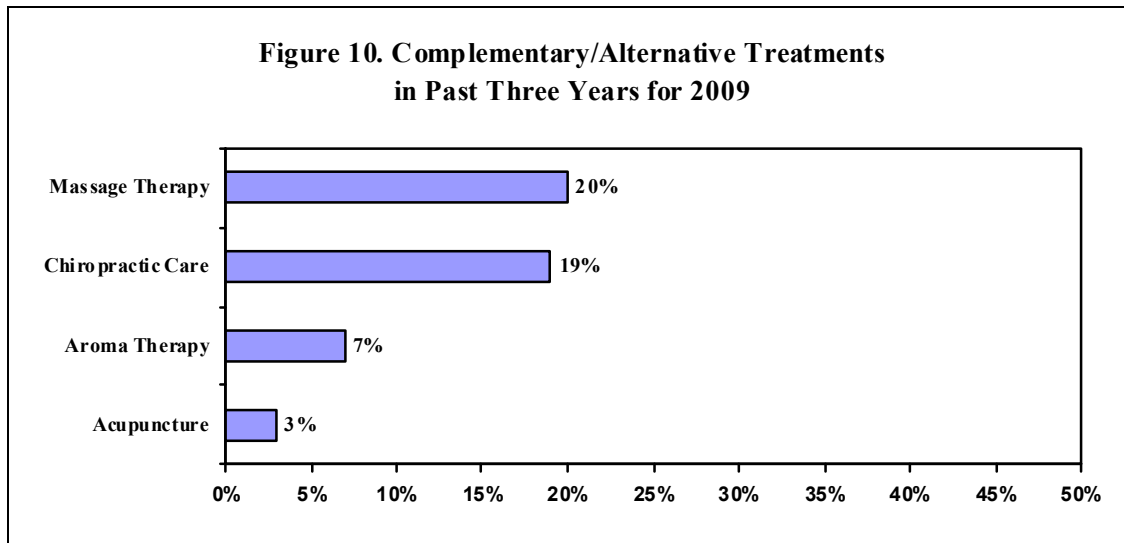
Prevalence of Select Complementary/Alternative Treatments (Figures 10 & 11; Tables 20 - 22)

KEY FINDINGS: In 2009, out of four complementary/alternative treatments listed, massage therapy or chiropractic care was the most often used in the past three years (20% and 19%, respectively). Respondents who were female, 45 to 54 years old or in the top 40 percent household income bracket were more likely to report massage therapy. Respondents who were female, 45 to 54 years old or in the top 40 percent household income bracket were more likely to report aroma therapy.

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

2009 Findings

- Respondents were more likely to have used massage therapy (20%) or chiropractic care (19%) in the past three years.



Chiropractic Care

2009 Findings

- Nineteen percent of respondents reported chiropractic care in the past three years.
- There were no statistically significant differences between demographic variables and responses of chiropractic care in the past three years.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting chiropractic care.
- In 2006, female respondents were more likely to report chiropractic care. In all other study years, gender was not a significant variable.
- In 2006, respondents 35 to 44 years old were more likely to report chiropractic care. In all other study years, age was not a significant variable.

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

	2003	2006	2009
TOTAL	17%	16%	19%
Gender ²			
Male	15	9	15
Female	18	22	22
Age ²			
18 to 34	23	9	21
35 to 44	16	32	26
45 to 54	21	12	18
55 to 64	18	20	17
65 and Older	12	10	17
Education			
High School or Less	15	12	15
Some Post High School	12	22	22
College Graduate	20	14	20
Household Income			
Bottom 40 Percent Bracket	22	16	19
Middle 20 Percent Bracket	17	20	18
Top 40 Percent Bracket	15	18	20
Marital Status			
Married	17	15	19
Not Married	17	17	19

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

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

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

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

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

Massage Therapy

2009 Findings

- Twenty percent of respondents reported massage therapy in the past three years.
- Female respondents were more likely to report massage therapy in the past three years (28%) compared to male respondents (11%).
- Thirty-seven percent of respondents 45 to 54 years old reported massage therapy compared to 17% of those 55 and older or 8% of respondents 35 to 44 years old.

- Twenty-seven percent of respondents in the top 40 percent household income bracket reported massage therapy compared to 17% of those in the middle 20 percent income bracket or 10% 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 all study years, female respondents were more likely to report massage therapy.
- In 2003 and 2009, respondents 45 to 54 years old were more likely to report massage therapy. In 2006, age was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents 65 and older reporting massage therapy.
- In 2003, respondents with a college education were more likely to report massage therapy. In 2006, respondents with at least some post high school education were more likely to report massage therapy. In 2009, education was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents with some post high school education reporting massage therapy.
- In 2009, respondents in the top 40 percent household income bracket were more likely to report massage therapy, with a noted increase since 2003. In all other study years, household income was not a significant variable.

Table 21. Massage Therapy in Past Three Years by Demographic Variables for Each Survey Year^⓪

	2003	2006	2009
TOTAL ^a	14%	19%	20%
Gender ^{1,2,3}			
Male	6	8	11
Female	21	28	28
Age ^{1,3}			
18 to 34	17	20	21
35 to 44	19	23	8
45 to 54	24	16	37
55 to 64	14	26	17
65 and Older ^a	5	13	17
Education ^{1,2}			
High School or Less	10	8	13
Some Post High School ^a	9	23	20
College Graduate	21	22	23
Household Income ³			
Bottom 40 Percent Bracket	13	15	10
Middle 20 Percent Bracket	13	21	17
Top 40 Percent Bracket ^a	16	25	27
Marital Status			
Married	14	19	18
Not Married	15	19	23

^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

Aroma Therapy

2009 Findings

- Seven percent of respondents reported aroma therapy in the past three years.
- Female respondents were more likely to report aroma therapy in the past three years (11%) compared to male respondents (2%).
- Respondents 45 to 54 years old were more likely to report aroma therapy (19%) compared to those 35 to 44 years old (3%) or respondents 65 and older (2%).

- Thirteen percent of respondents in the top 40 percent household income bracket reported aroma therapy compared to 3% of those in the middle 20 percent income bracket or 1% 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 aroma therapy.
- In 2006 and 2009, female respondents were more likely to report aroma therapy.
- In 2009, respondents 45 to 54 years old were more likely to report aroma therapy. In 2006, age was not a significant variable.
- In 2006, respondents with at least some post high school education were more likely to report aroma therapy. In 2009, education was not a significant variable.
- In 2009, respondents in the top 40 percent household income bracket were more likely to report aroma therapy. In 2006, household income was not a significant variable.

Table 22. Aroma Therapy in Past Three Years by Demographic Variables for Each Survey Year^{①,②}

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

^②In 2009, “using essential oils” was added.

^③Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.

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

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

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

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

Acupuncture

2009 Findings

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

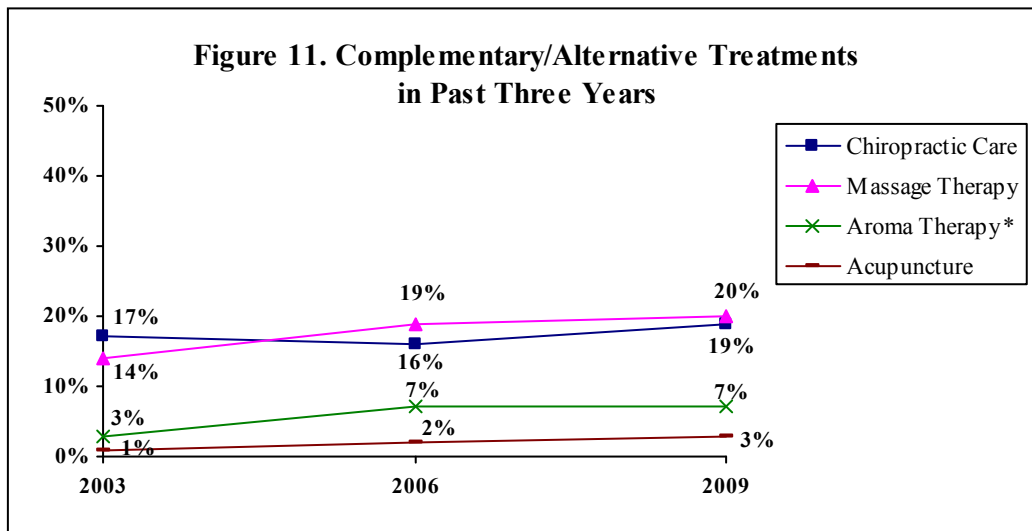
Year Comparisons

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

Complementary/Alternative Treatments Overall

Year Comparisons

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



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

Physical Well Being and Body Weight (Figures 12 & 13; Tables 23 - 26)

KEY FINDINGS: In 2009, 27% of respondents did moderate physical activity five times a week for 30 minutes while 23% did vigorous activity three times a week for 20 minutes. Combined, 38% met the recommended amount of physical activity; respondents who not overweight were more likely to report this. Sixty-two percent of respondents were classified as overweight. Respondents who were male, with some post high school education or inactive respondents 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 who reported 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

- Twenty-seven percent of all respondents were classified as doing the recommended amount of moderate physical activity in a typical week. Fifty-seven percent did some activity, but not to the extent of the recommendation, while 16% were classified as inactive.
- Thirty-nine percent of respondents in the middle 20 percent household income bracket met the recommended amount of moderate physical activity compared to 34% of those in the bottom 40 percent income bracket or 18% of respondents in the top 40 percent household income bracket.

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.
- In 2006, respondents 18 to 34 years old were more likely to meet the recommended amount of moderate physical activity. 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 meeting the recommended amount of moderate physical activity.

- In 2003, respondents with a college education were more likely to meet the recommended amount of moderate physical activity. In 2006, respondents with some post high school education were more likely to meet the recommended amount of moderate physical activity. In 2009, education was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents with some post high school education meeting the recommended amount of moderate physical activity.
- In 2009, respondents in the middle 20 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 60 percent household income bracket meeting the recommended amount of moderate physical activity.
- In 2006, unmarried respondents were more likely to meet the recommended amount of moderate physical activity. In all other study years, marital status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of unmarried respondents meeting the recommended amount of moderate physical activity.
- Overweight status was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of overweight respondents meeting the recommended amount of moderate physical activity.

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

	2003	2006	2009
TOTAL ^a	20%	41%	27%
Gender			
Male	17	46	25
Female	23	37	28
Age ²			
18 to 34	26	59	26
35 to 44 ^a	15	27	30
45 to 54	20	38	22
55 to 64	22	38	23
65 and Older	20	42	30
Education ^{1,2}			
High School or Less	20	43	29
Some Post High School ^a	5	51	23
College Graduate	28	34	27
Household Income ³			
Bottom 40 Percent Bracket ^a	10	37	34
Middle 20 Percent Bracket ^a	19	38	39
Top 40 Percent Bracket	22	42	18
Marital Status ²			
Married	21	37	25
Not Married ^a	17	49	30
Overweight Status			
Not Overweight	22	45	27
Overweight ^a	17	39	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 moderate physical activity is 5 times/30+ minutes in a week.

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≤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

- Twenty-three percent of respondents reported they did vigorous physical activity at least three times a week for 20 minutes or more. Twenty percent did some vigorous physical activity while 57% did not do any vigorous physical activity.
- Thirty-two percent of respondents 45 to 54 years old and 31% of those 18 to 34 years old reported vigorous physical activity compared to 11% of respondents 55 to 64 years old.
- Respondents who were not overweight were more likely to report vigorous physical activity compared to overweight respondents (35% and 15%, respectively).

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 2009, respondents who were 18 to 34 years old or 45 to 54 years old were more likely to meet the recommended amount of vigorous physical activity. In 2006, age was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of respondents 55 to 64 years old meeting the recommended amount of vigorous physical activity.
- In 2006, respondents with at least some post high school education were more likely to meet the recommended amount of vigorous physical activity. In 2009, education was not a significant variable. From 2006 to 2009, there was a noted increase in the percent of respondents with a high school education or less and a noted decrease in the percent of respondents with some post high school education meeting the recommended amount of vigorous physical activity.
- In 2006, respondents in the top 40 percent household income bracket were more likely to meet the recommended amount of vigorous physical activity. In 2009, household income was not a significant variable. From 2006 to 2009, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket and a noted decrease in the percent of respondents in the top 40 percent household income bracket meeting the recommended amount of vigorous physical activity.
- In both study years, respondents who were not overweight were more likely to meet the recommended amount of vigorous physical activity.

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

	2006	2009
TOTAL	23%	23%
Gender		
Male	24	22
Female	22	23
Age ²		
18 to 34	29	31
35 to 44	22	16
45 to 54	23	32
55 to 64 ^a	30	11
65 and Older	15	20
Education ¹		
High School or Less ^a	12	22
Some Post High School ^a	29	14
College Graduate	26	26
Household Income ¹		
Bottom 40 Percent Bracket ^a	9	20
Middle 20 Percent Bracket	21	17
Top 40 Percent Bracket ^a	38	26
Marital Status		
Married	26	22
Not Married	18	23
Overweight Status ^{1,2}		
Not Overweight	37	35
Overweight	14	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.

^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

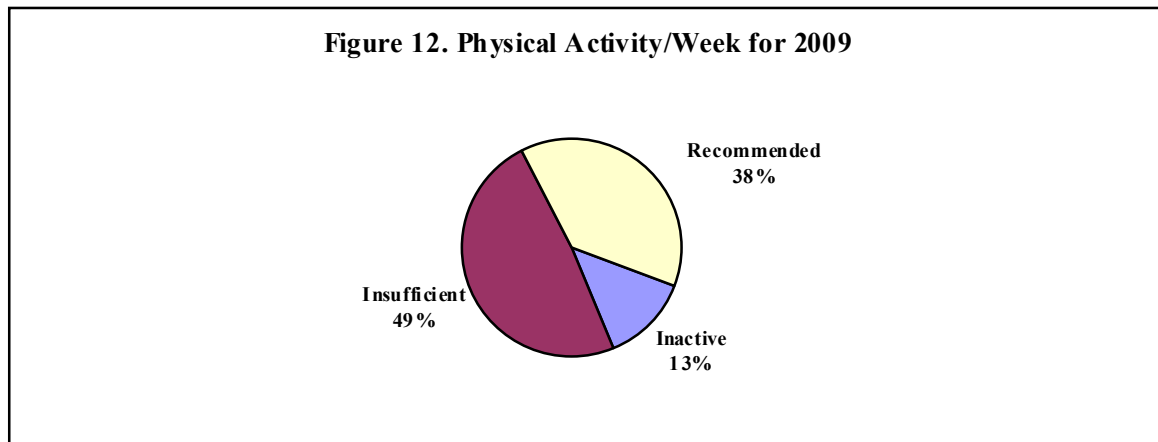
Combined Recommended Amount of Physical Activity in Typical Week

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

- Thirty-eight 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-nine percent did an insufficient amount of physical activity while 13% did no physical activity in a typical week.



- Respondents who were not overweight were more likely to meet the recommended amount of physical activity (47%) compared to overweight respondents (33%).

Year Comparisons

- From 2006 to 2009, there was a statistical decrease in the overall percent of respondents who met the recommended amount of physical activity in a week.
- Gender was not a significant variable in either study year. From 2006 to 2009, there was a noted decrease in the percent of male respondents meeting the recommended amount of physical activity.
- In 2006, respondents 18 to 34 years old were more likely to meet the recommended amount of physical activity. In 2009, age was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of respondents who were 18 to 34 years old or 55 to 64 years old meeting the recommended amount of physical activity.
- Education was not a significant variable in either study year. From 2006 to 2009, there was a noted decrease in the percent of respondents with some post high school education meeting the recommended amount of physical activity.
- Household income was not a significant variable in either study year. From 2006 to 2009, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket meeting the recommended amount of physical activity.

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

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

	2006	2009
TOTAL ^a	53%	38%
Gender		
Male ^a	58	35
Female	48	40
Age ¹		
18 to 34 ^a	73	45
35 to 44	38	32
45 to 54	51	39
55 to 64 ^a	52	28
65 and Older	49	43
Education		
High School or Less	53	40
Some Post High School ^a	62	30
College Graduate	47	41
Household Income		
Bottom 40 Percent Bracket	43	45
Middle 20 Percent Bracket	52	44
Top 40 Percent Bracket ^a	58	33
Marital Status		
Married ^a	51	38
Not Married ^a	55	38
Overweight Status ^{1,2}		
Not Overweight ^a	65	47
Overweight ^a	46	33

^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 (40% overweight and 22% obese).
- Male respondents were more likely to be overweight (69%) compared to female respondents (56%).
- Respondents with some post high school education were more likely to be overweight (76%) compared to those with a high school education or less (58%) or respondents with a college education (57%).
- Seventy-six percent of inactive respondents were overweight compared to 65% of those who did an insufficient amount of physical activity or 53% of respondents who met the recommended amount of physical activity.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents being overweight.
- In all study years, male respondents were more likely to be classified as overweight. From 2003 to 2009, there was a noted increase in the percent of female respondents being overweight.
- In 2003, respondents 65 and older were more likely to be overweight. 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 45 to 54 years old being overweight.
- In 2003 and 2009, respondents with some post high school education were more likely to be overweight. In 2006, 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 being overweight.
- In 2006, respondents in the middle 20 percent household income bracket were more likely to be overweight. In all other study years, household income was not a significant variable.
- In 2006 and 2009, inactive respondents were more likely to be overweight.

Table 26. Overweight by Demographic Variables for Each Survey Year^{①,②}

	2003	2006	2009
TOTAL	56%	60%	62%
Gender ^{1,2,3}			
Male	71	70	69
Female ^a	42	52	56
Age ¹			
18 to 34	39	53	51
35 to 44	55	58	56
45 to 54 ^a	51	64	71
55 to 64	59	64	66
65 and Older	65	62	65
Education ^{1,3}			
High School or Less ^a	44	66	58
Some Post High School	65	57	76
College Graduate	57	58	57
Household Income ²			
Bottom 40 Percent Bracket	56	55	61
Middle 20 Percent Bracket	55	77	66
Top 40 Percent Bracket	57	53	67
Marital Status			
Married	58	59	65
Not Married	50	64	56
Physical Activity ^{2,3}			
Inactive	--	80	76
Insufficient	--	67	65
Recommended	--	52	53

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

^②Physical activity was defined differently in 2003.

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

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

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

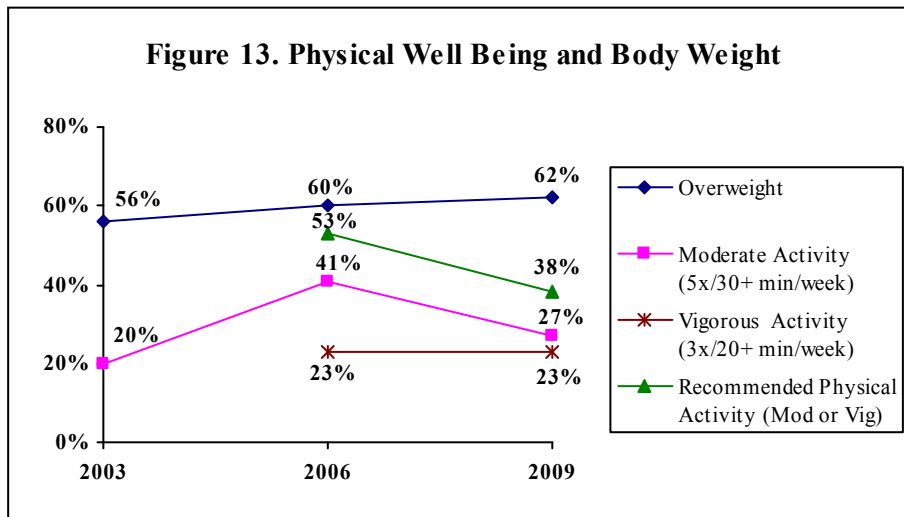
^ayear difference at $p \leq 0.05$ from 2003 to 2009

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

Physical Well Being and Body Weight Overall

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes. From 2006 to 2009, there was 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 who reported 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 27 & 28)

KEY FINDINGS: In 2009, 63% of respondents reported two or more servings of fruit while 25% reported three or more servings of vegetables on an average day. Respondents who were female, with a college education or who were not overweight were more likely to report at least two servings of fruit. Respondents who were female, with a college education, in the bottom 60 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 a statistical decrease in the overall percent of respondents who reported two or more servings of fruit or three or more servings of vegetables on an average day.

Fruit Intake

The Healthy People 2010 goal for at least two daily servings of fruit is 75%. (Objective 19-05)

Based on the USDA dietary guidelines, at a minimum, adults should have two servings of fruit each day. Age, gender and activity level may increase the recommended number of servings.

2009 Findings

- Sixty-three percent of respondents reported two or more servings of fruit on an average day.
- Female respondents were more likely to report two or more servings of fruit a day (74%) compared to male respondents (50%).
- Respondents with a college education were more likely to report two or more servings of fruit a day (70%) compared to those with a high school education or less (56%) or respondents with some post high school education (55%).
- Seventy percent of respondents who were not overweight reported two or more servings of fruit a day compared to 59% of overweight respondents.

Year Comparisons

- From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who reported two or more servings of fruit on an average day.
- In all study years, female respondents were more likely to report two or more servings of fruit per day. From 2003 to 2009, there was a noted decrease in the percent of respondents across gender reporting two or more servings of fruit.
- In 2003, respondents 65 and older were more likely to report two or more servings of fruit per day. 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 55 and older reporting two or more servings of fruit.
- In 2006 and 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 across education levels reporting two or more servings of fruit.
- In 2006, respondents in the top 40 percent household income bracket were more likely to report two or more 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 top 40 percent household income bracket reporting two or more servings of fruit.
- In 2006, married respondents were more likely to report eating fruit. In all other study years, marital status was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of married respondents reporting two or more servings of fruit.
- In all study years, respondents who were not overweight were more likely to report two or more servings of fruit per day. From 2003 to 2009, there was a noted decrease in the percent of respondents across overweight status reporting two or more servings of fruit per day.
- In 2006, respondents who did at least some amount of physical activity were more likely to report two or more servings of fruit. In 2009, physical activity was not a significant variable.

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

	2003	2006	2009
TOTAL ^a	75%	67%	63%
Gender ^{1,2,3}			
Male ^a	63	52	50
Female ^a	85	80	74
Age ¹			
18 to 34	64	57	69
35 to 44	76	75	64
45 to 54	71	70	70
55 to 64 ^a	72	65	48
65 and Older ^a	85	66	62
Education ^{2,3}			
High School or Less ^a	72	43	56
Some Post High School ^a	71	72	55
College Graduate ^a	80	78	70
Household Income ²			
Bottom 40 Percent Bracket	75	59	63
Middle 20 Percent Bracket	79	70	66
Top 40 Percent Bracket ^a	73	75	61
Marital Status ²			
Married ^a	75	72	63
Not Married	74	58	65
Overweight Status ^{1,2,3}			
Not Overweight ^a	80	73	70
Overweight ^a	71	62	59
Physical Activity ²			
Inactive	--	49	63
Insufficient	--	68	59
Recommended	--	69	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.

^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-five percent of respondents reported three or more servings of vegetables on an average day.
- Female respondents were more likely to report three or more servings of vegetables a day (33%) compared to male respondents (15%).
- Thirty-one 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 16% of respondents with a high school education or less.
- Thirty percent of respondents in the middle 20 percent household income bracket and 29% of those in the bottom 40 percent income bracket reported three or more servings of vegetables a day compared to 17% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report three or more servings of vegetables a day compared to married respondents (31% and 21%, respectively).
- Respondents who were not overweight were more likely to report three or more servings of vegetables a day (30%) compared to overweight respondents (21%).
- Respondents who met the recommended amount of physical activity were more likely to report three or more servings of vegetables a day (42%) compared to those who did an insufficient amount of physical activity (15%) or respondents who were inactive (8%).

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 2003 and 2009, female respondents were more likely to report three or more vegetable servings per day. In 2006, gender was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents across gender reporting three or more servings of vegetables a day.
- In 2006, respondents 18 to 34 years old were more likely to report three or more vegetable servings per day. 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 who were 35 to 44 years old or 65 and older reporting three or more servings of vegetables a day.
- In 2009, respondents with a college education were more likely to report three or more servings of vegetables. 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 high school education or less reporting three or more servings of vegetables per day.

- In 2006, respondents in the top 40 percent household income bracket were more likely to report three or more servings of vegetables. In 2009, respondents in the bottom 60 percent household income bracket were more likely to report three or more servings of vegetables. In 2003, household income was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting three or more servings of vegetables a day.
- In 2009, unmarried respondents were more likely to report three or more servings of vegetables a day. In all other study years, marital status was not a significant variable. 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 2009, respondents who were not overweight were more likely to report three or more servings of vegetables a day. In all other study years, overweight status was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of overweight respondents reporting three or more servings of vegetables a day.
- In 2006 and 2009, respondents who met the recommended amount of physical activity were more likely to report three or more servings of vegetables a day.

Table 28. Three or More Servings of Vegetables on Average Day by Demographic Variables for Each Survey Year^{①,②}

	2003	2006	2009
TOTAL ^a	35%	33%	25%
Gender ^{1,3}			
Male ^a	26	31	15
Female ^a	42	34	33
Age ²			
18 to 34	36	54	30
35 to 44 ^a	43	34	25
45 to 54	27	21	30
55 to 64	36	35	21
65 and Older ^a	34	25	18
Education ³			
High School or Less ^a	36	38	16
Some Post High School	25	31	19
College Graduate	40	30	31
Household Income ^{2,3}			
Bottom 40 Percent Bracket	35	20	29
Middle 20 Percent Bracket	31	23	30
Top 40 Percent Bracket ^a	41	38	17
Marital Status ³			
Married ^a	36	31	21
Not Married	34	36	31
Overweight Status ³			
Not Overweight	40	33	30
Overweight ^a	31	33	21
Physical Activity ^{2,3}			
Inactive	--	6	8
Insufficient	--	18	15
Recommended	--	48	42

^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

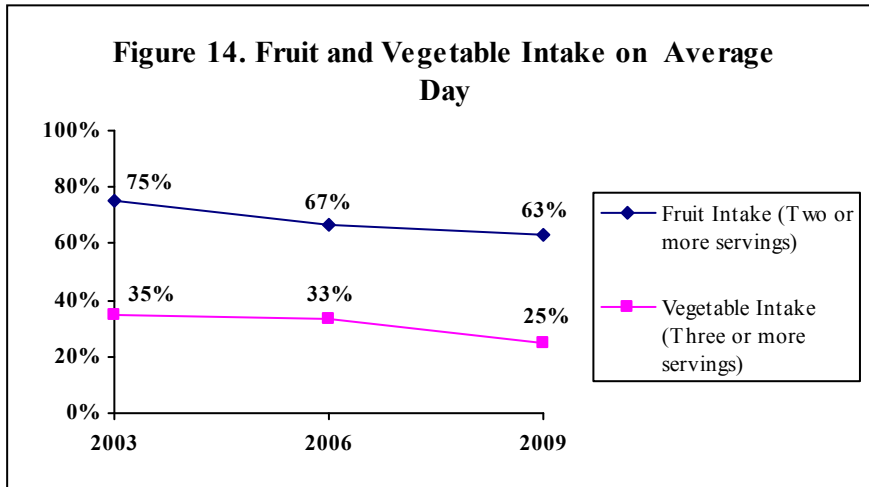
^ayear difference at p≤0.05 from 2003 to 2009

^byear difference at p≤0.05 from 2006 to 2009

Fruit and Vegetable Intake Overall

Year Comparisons

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



Women's Health (Figure 15; Table 29)

KEY FINDINGS: In 2009, 84% of female respondents 40 and older reported a mammogram within the past two years. Eighty-five percent of female respondents 65 and older had a bone density scan. Ninety-two percent of female respondents 18 to 65 years old reported a pap smear within the past three years; respondents with a college education or in the top 60 percent household income bracket were more likely to report this.

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

Mammogram

Routine screening for breast cancer every one to two years with mammography is recommended for women 40 and older.²

The Healthy People 2010 goal for women 40 and older having a mammogram within the past two years is 70%. (Objective 03-13)

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

2009 Findings

- Eighty-four 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-five percent of the 60 female respondents 65 and older had a bone density scan to determine if they are at risk for fractures or are in the early stages of osteoporosis.
- No demographic comparisons were conducted as a result of the number of women who were asked this question.

Year Comparisons

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

²“Screening for Breast Cancer.” U.S. Preventive Services Task Force: The Guide to Clinical Preventive Services, 2005. Agency for Healthcare Research and Quality, 2005. Pages 23 - 25.

Pap Smear

Routine screening for cervical cancer with Papanicolaou (Pap) testing is recommended for all women who are or have been sexually active and who have a cervix. Pap smears should begin with the onset of sexual activity or at age 21 and should be repeated at least every three years. There is insufficient evidence to recommend for or against an upper age limit for Pap testing, but recommendations can be made on other grounds to discontinue regular testing after age 65 in women who have had regular previous screenings in which the smears have been consistently normal.³

The Healthy People 2010 goal for women 18 and older having a pap test within the past three years is 90%. (Objective 03-11b)

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

2009 Findings

- A total of 92% of respondents 18 to 65 years old with a cervix reported they had a pap smear within the past three years.
- Ninety-eight percent of respondents with a college education reported a pap smear within the past three years compared to 77% of respondents with some post high school education or less.
- One hundred percent of respondents in the middle 20 percent household income bracket and 99% of those in the top 40 percent income bracket reported a pap smear within the past three years compared to 71% of respondents in the bottom 40 percent household income bracket.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported a pap smear within the past three years.
- In 2009, respondents with a college education were more likely to report a pap smear within the past three years. In all other study years, education was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents with some post high school education or less reporting a pap smear within the past three years.
- In 2009, respondents in the top 60 percent household income bracket were more likely to report a pap smear within the past three years. In all other study years, household income was not a significant variable.

³“Screening for Cervical Cancer.” U.S. Preventive Services Task Force: The Guide to Clinical Preventive Services, 2005. Agency for Healthcare Research and Quality, 2005. Pages 26 - 31.

Table 29. Pap Smear Within Past Three Years by Demographic Variables for Each Survey Year (Respondents 18 to 65 Years Old and With a Cervix)^①

	2003	2006	2009
TOTAL	95%	94%	92%
Age			
18 to 34	95	95	92
35 to 44	95	97	87
45 and Older	96	89	94
Education ³			
Some Post High School or Less ^a	97	90	77
College Graduate	93	97	98
Household Income ³			
Bottom 40 Percent Bracket	92	95	71
Middle 20 Percent Bracket	91	90	100
Top 40 Percent Bracket	99	95	99
Marital Status			
Married	97	95	93
Not Married	91	91	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 $p \leq 0.05$ in 2003

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

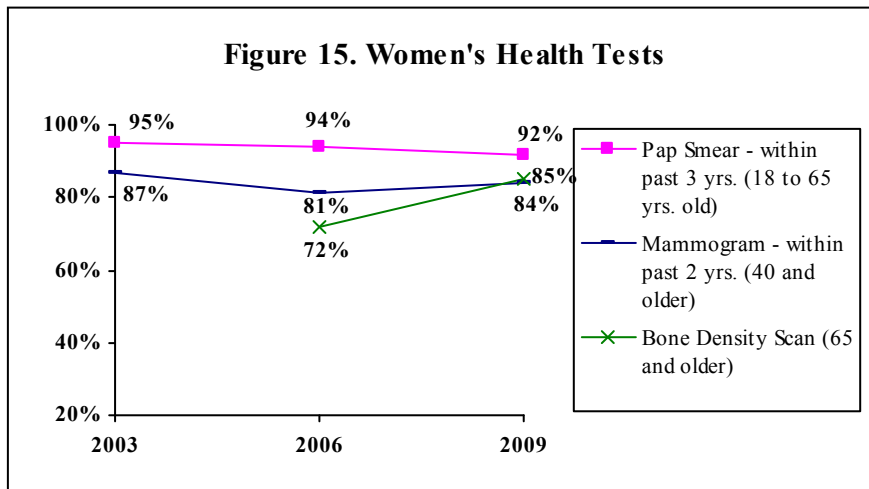
³demographic difference at $p \leq 0.05$ in 2009

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

Women's Health Tests Overall

Year Comparisons

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



Men's Health (Figure 16)

KEY FINDINGS: In 2009, 65% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Fifty-six 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 a statistical increase 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

- Fifty percent of male respondents 40 and older had a prostate-specific antigen test in the past year while 15% reported within the past two years (one year but less than two years). Sixteen percent of male respondents never had a PSA test.
- No demographic comparisons were conducted as a result of the number of men who were asked this question.

Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of male respondents 40 and older who reported a PSA test within the past two years.
- No demographic comparisons were conducted as a result of the number of men who were asked this question.

Digital Rectal Exam

The U.S. Preventive Services Task Force concludes there is insufficient evidence for or against routine screening for prostate cancer with a prostate-specific antigen (PSA) test or a digital rectal examination (DRE).⁵

2009 Findings

- Fifty-six percent of male respondents 40 and older had a digital rectal exam in the past year while 15% reported within the past two years (one year but less than two years). Thirteen 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

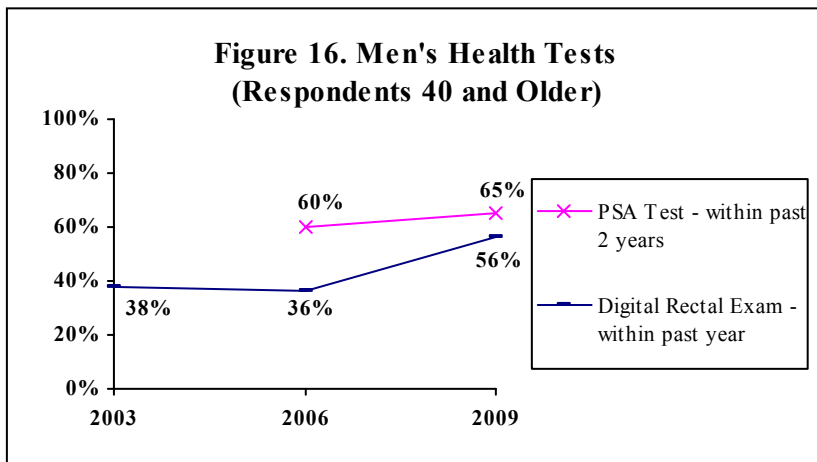
- From 2003 to 2009, there was a statistical increase in the overall percent of male respondents 40 and older who reported a digital rectal exam within the past year.
- No demographic comparisons were conducted between years as a result of the number of men who were asked this question.

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 a statistical increase 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 30 - 32)

KEY FINDINGS: In 2009, 7% of respondents 50 and older reported a sigmoidoscopy within the past five years while 62% reported a colonoscopy within the past ten years. Sixty-nine percent of respondents 50 and older reported a sigmoidoscopy or colonoscopy in their lifetime.

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

Sigmoidoscopy

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

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

⁶“Screening for Colorectal Cancer.” U.S. Preventive Services Task Force: The Guide to Clinical Preventive Services, 2005. Agency for Healthcare Research and Quality, 2005. Pages 32 - 35.

2009 Findings

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

Table 30. Sigmoidoscopy Within Past Five Years by Demographic Variables for 2009 (Respondents 50 and Older)^①

	2009
TOTAL	7%
Gender	
Male	9
Female	6
Education	
High School or Less	5
Some Post High School	8
College Graduate	8
Household Income	
Bottom 40 Percent Bracket	5
Middle 20 Percent Bracket	6
Top 40 Percent Bracket	8
Marital Status	
Married	6
Not Married	9

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

¹demographic difference at $p \leq 0.05$ in 2009

Colonoscopy

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

2009 Findings

- Sixty-two percent of respondents 50 and older had a colonoscopy within the past ten years. Thirty-three 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 31. Colonoscopy Within Past Ten Years by Demographic Variables for 2009 (Respondents 50 and Older)^⓪

	2009
TOTAL	62%
Gender	
Male	56
Female	67
Education	
High School or Less	62
Some Post High School	60
College Graduate	65
Household Income	
Bottom 40 Percent Bracket	63
Middle 20 Percent Bracket	64
Top 40 Percent Bracket	51
Marital Status	
Married	61
Not Married	63

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

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

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents 50 and older who reported a sigmoidoscopy or colonoscopy in their lifetime.
- In 2003, respondents with a college education were more likely to report a sigmoidoscopy or colonoscopy in their lifetime. In all other study years, education was not a significant variable.

Table 32. Sigmoidoscopy or Colonoscopy Exam in Lifetime by Demographic Variables for Each Survey Year (Respondents 50 and Older)^{①,②}

	2003	2006	2009
TOTAL	67%	66%	69%
Gender			
Male	68	64	66
Female	65	68	71
Education ¹			
High School or Less	64	69	67
Some Post High School	56	70	68
College Graduate	75	62	71
Household Income			
Bottom 40 Percent Bracket	66	70	70
Middle 20 Percent Bracket	72	69	73
Top 40 Percent Bracket	60	61	57
Marital Status			
Married	66	67	68
Not Married	69	65	70

^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

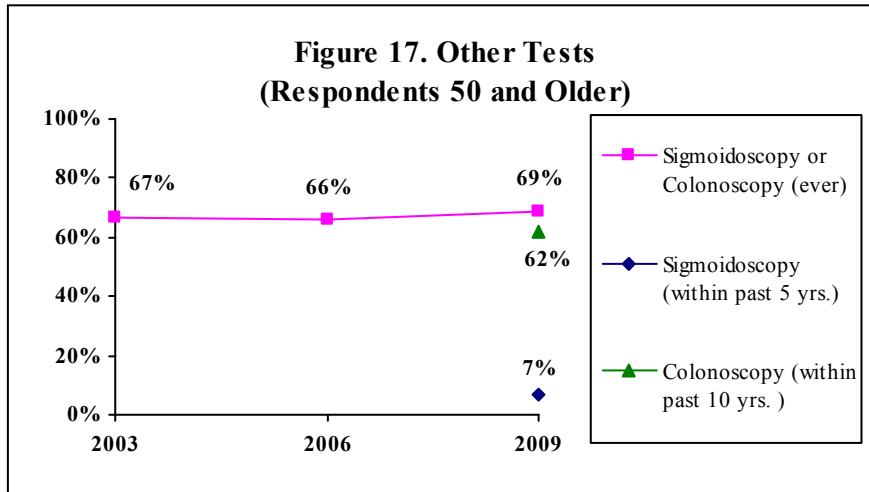
³demographic difference at $p \leq 0.05$ in 2009

^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 33 & 34)

KEY FINDINGS: In 2009, 94% of respondents wore seat belts always or nearly always; respondents who were female, 45 to 54 years old, 65 and older, with a college education, in the bottom 40 percent household income bracket or in the top 40 percent household income bracket were more likely to report this. Of those respondents who rode a bike, used in-line skates or rode a scooter, 41% reported they always or nearly always wore a helmet; respondents with some post high school education were more likely to report this.

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

Seat Belt Usage

The Healthy People 2010 goal for seat belt use is 92%. This is based on observations at intersections, highway ramps and parking lots. (Objective 15-19)

In 2002, 66% of Wisconsin respondents reported they always wore a seat belt when they drove or rode in a car while 16% reported nearly always. Seventy-seven percent of U.S. respondents reported they always and 11% reported they nearly always wore a seat belt (2002 Behavioral Risk Factor Surveillance).

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

2009 Findings

- Ninety-four percent of respondents reported they wore seat belts always or nearly always.
- Female respondents were more likely to report always or nearly always (99%) compared to male respondents (87%).
- Ninety-nine percent of respondents 45 to 54 years old and 97% of those 65 and older reported always or nearly always compared to 89% of respondents 55 to 64 years old.
- Ninety-nine percent of respondents with a college education reported always or nearly always compared to 96% of those with some post high school education or 80% of respondents with a high school education or less.
- Ninety-six percent of respondents in the top 40 percent household income bracket and 95% of those in the bottom 40 percent income bracket reported always or nearly always compared to 85% of respondents in the middle 20 percent household income bracket.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a seat belt.
- In 2009, female respondents were more likely to report always or nearly always, with a noted increase since 2003. In all other study years, gender was not a significant variable.
- In 2003, respondents 65 and older were more likely to report always or nearly always. In 2009, respondents who were 45 to 54 years old or 65 and older were more likely to report always or nearly always. In 2006, age was not a significant variable.
- In 2003 and 2009, respondents with a college education were more likely to report always or nearly always. In 2006, respondents with a high school education or less or with a college education were more likely to report always or nearly always.
- In 2006, respondents in the top 60 percent household income bracket were more likely to report always or nearly always. In 2009, respondents who were in the bottom 40 percent household income bracket or in the top 40 percent household income bracket were more likely to report always or nearly always. In 2003, household income was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents in the middle 20 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.

Table 33. Always/Nearly Always Wore a Seat Belt by Demographic Variables for Each Survey Year^①

	2003	2006	2009
TOTAL	93%	95%	94%
Gender ³			
Male	92	95	87
Female ^a	95	95	99
Age ^{1,3}			
18 to 34	81	95	90
35 to 44	93	91	92
45 to 54	94	96	99
55 to 64	92	95	89
65 and Older	99	95	97
Education ^{1,2,3}			
High School or Less	85	96	80
Some Post High School	95	88	96
College Graduate	98	97	99
Household Income ^{2,3}			
Bottom 40 Percent Bracket	92	86	95
Middle 20 Percent Bracket ^a	98	98	85
Top 40 Percent Bracket	92	99	96
Marital Status ^{1,2}			
Married	96	97	95
Not Married	88	90	92

^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

- Forty-five 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...

- Forty-one percent of respondents who bicycled, used in-line roller skates or rode a scooter reported they always or nearly always wore a helmet. Fifty-five percent reported never.
- Forty-nine percent of respondents with some post high school education reported always or nearly always compared to 44% of those with a college education or 15% of respondents with a high school education or less.

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported they always or nearly always wore a helmet.
- In 2006, respondents 45 and older were more likely to report always or nearly always. 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 45 and older reporting always or nearly always.
- In 2003 and 2006, respondents with a college education were more likely to report they always/nearly always wore a helmet. In 2009, respondents with some post high school education were more likely to report they always/nearly always wore a helmet.
- 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 60 percent household income bracket reporting always or nearly always.
- 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 always or nearly always.

Table 34. 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)^⓪

	2003	2006	2009
TOTAL ^a	28%	31%	41%
Gender			
Male	26	27	36
Female	32	38	45
Age ²			
18 to 34	30	9	38
35 to 44	32	37	31
45 and Older ^a	25	46	48
Education ^{1,2,3}			
High School or Less	7	11	15
Some Post High School	32	30	49
College Graduate	38	39	44
Household Income ¹			
Bottom 60 Percent Bracket ^a	17	38	37
Top 40 Percent Bracket	41	36	45
Marital Status			
Married ^a	26	36	43
Not Married	31	23	36

^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

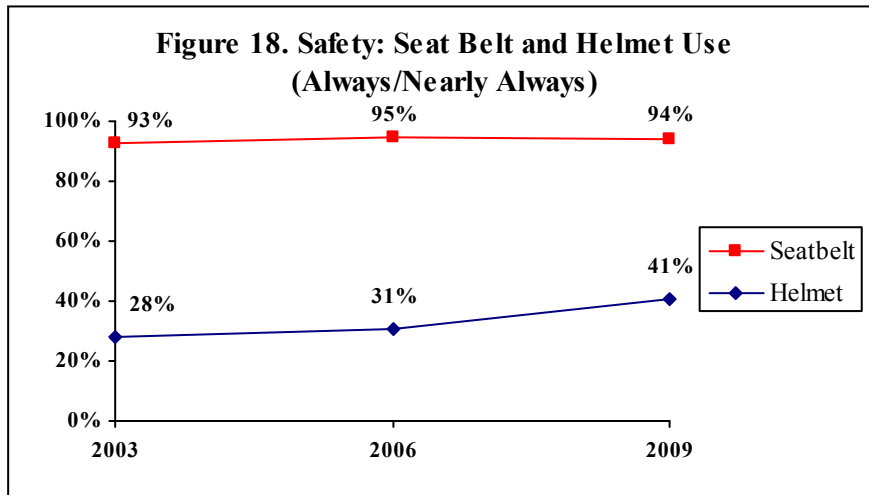
³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Safety: Seat Belt and Helmet Use Overall

Year Comparisons

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



Cigarette Use (Figures 19 & 20; Table 35)

KEY FINDINGS: In 2009, 16% of respondents were current smokers. Respondents who were 18 to 44 years old, with a high school education or less or in the middle 20 percent household income bracket were more likely to be a smoker. Thirty-two percent of current smokers quit smoking for one day or longer in the past 12 months; 80% of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking.

From 2003 to 2009, there was no statistical change in the overall percent of respondents who were current smokers. From 2003 to 2009, there was no statistical change in the overall percent of current smokers who reported they quit smoking for one day or longer because they were trying to quit. From 2006 to 2009, there was 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

- Sixteen percent of respondents were current smokers.
- Twenty-six percent of respondents 35 to 44 years old and 24% of those 18 to 34 years old were current smokers compared to 6% of respondents 55 to 64 years old.
- Thirty-one percent of respondents with a high school education or less were current smokers compared to 20% of those with some post high school education or 8% of respondents with a college education.
- Thirty-two percent of respondents in the middle 20 percent household income bracket were current smokers compared to 19% of those in the bottom 40 percent income bracket or 7% of respondents in the top 40 percent household income bracket.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who were current smokers.
- In 2003 and 2009, respondents 18 to 44 years old were more likely to report they were a current smoker. In 2006, respondents 45 to 64 years old were more likely to report they were a current smoker.
- In 2003 and 2009, respondents with a high school education or less were more likely to report they were a current smoker. In 2006, education was not a significant variable.
- In 2006, respondents in the bottom 40 percent household income bracket were more likely to report being a current smoker. In 2009, respondents in the middle 20 percent household income bracket were more likely to report being a current smoker. In 2003, household income was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents in the middle 20 percent household income bracket and a noted decrease in the percent of respondents in the top 40 percent household income bracket being a current smoker.
- In 2003 and 2006, unmarried respondents were more likely to report being a current smoker. In 2009, marital status was not a significant variable.

Table 35. Current Smokers by Demographic Variables for Each Survey Year^⓪

	2003	2006	2009
TOTAL	18%	15%	16%
Gender			
Male	22	14	18
Female	15	16	14
Age ^{1,2,3}			
18 to 34	28	11	24
35 to 44	27	19	26
45 to 54	21	21	16
55 to 64	15	23	6
65 and Older	8	7	9
Education ^{1,3}			
High School or Less	33	19	31
Some Post High School	18	17	20
College Graduate	7	12	8
Household Income ^{2,3}			
Bottom 40 Percent Bracket	23	23	19
Middle 20 Percent Bracket ^a	19	15	32
Top 40 Percent Bracket ^a	16	10	7
Marital Status ^{1,2}			
Married	16	11	14
Not Married	24	23	19

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

¹demographic difference at p≤0.05 in 2003

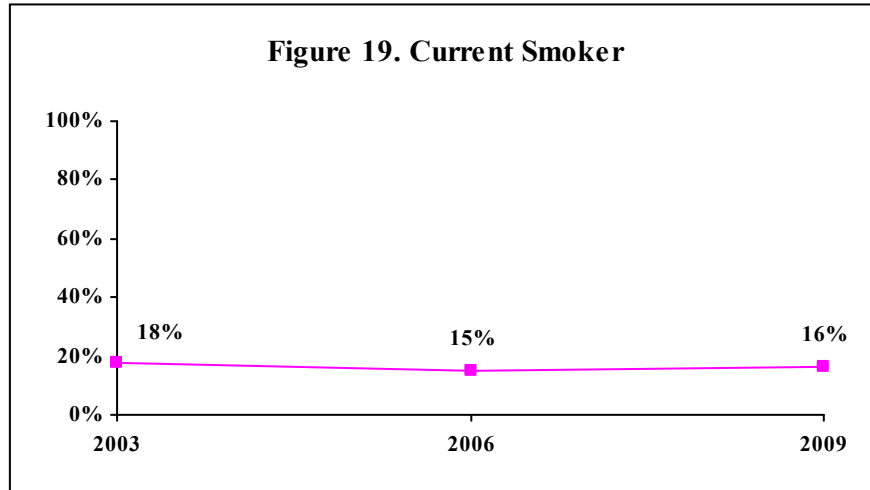
²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Year Comparisons

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



Quit Smoking for at Least One Day in Past 12 Months as a Result of Trying to Quit

The Healthy People 2010 goal for current smokers to have tried quitting for at least one day is 75%. (Objective 27-05)

In 2005, 49% of Wisconsin respondents reported they quit smoking for at least one day because they were trying to quit while 56% of U.S. respondents reported a cessation attempt for at least one day (2005 Behavioral Risk Factor Surveillance).

2009 Findings

Of current smokers...

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

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they quit smoking for one day or longer because they were trying to quit.
- No demographic comparisons between years were conducted as a result of the low percent of respondents who were asked this question.

Doctor, Nurse or Other Health Professional Advised Respondent to Quit

2009 Findings

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

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

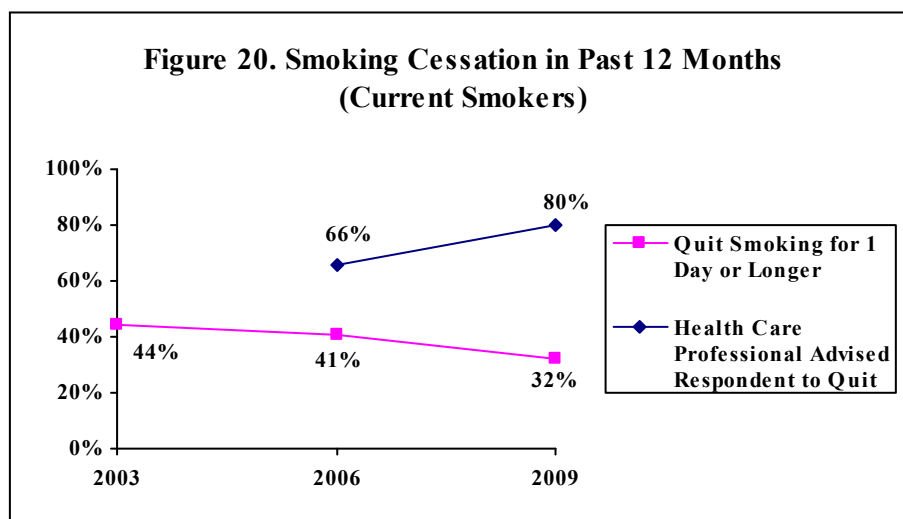
Year Comparisons

- From 2006 to 2009, there was 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 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 36 - 38)

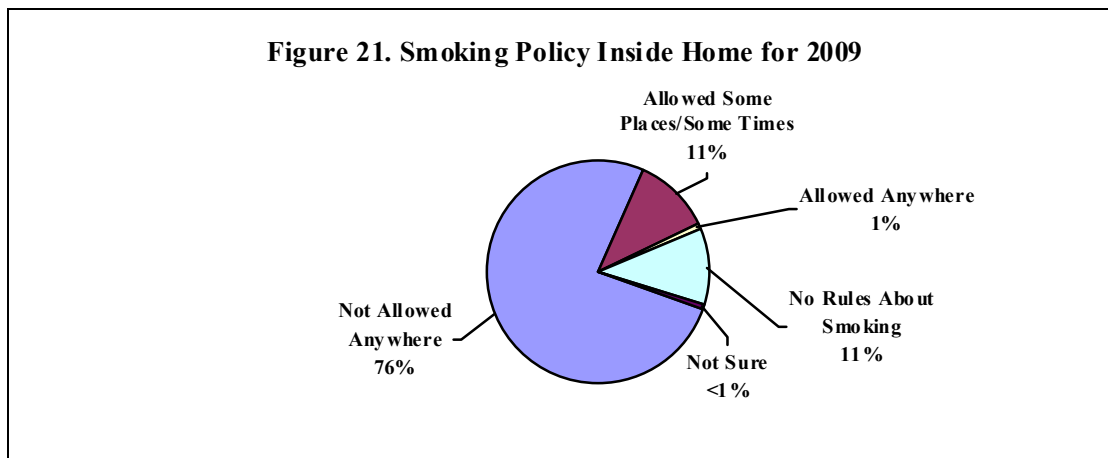
KEY FINDINGS: In 2009, 76% of respondents reported smoking is not allowed anywhere inside the home while 86% reported smoking is not allowed in any area at work. Respondents in the bottom 40 percent household income bracket, in the top 40 percent household income bracket, who were married or nonsmokers were more likely to report smoking is not allowed anywhere inside the home. Respondents who were female or with a college education were more likely to report smoking is not allowed in any area at work. Four percent of nonsmoking respondents reported they were exposed to second-hand smoke at least four out of the past seven days. Respondents who were 18 to 34 years old or with a high school education or less were more likely to report they were exposed to second-hand smoke at least four days.

Smoking Policy Inside Home

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

2009 Findings

- Seventy-six percent of respondents reported smoking is not allowed anywhere inside the home while 11% reported smoking is allowed in some places or at some times. One percent reported smoking is allowed anywhere inside the home. Eleven percent of respondents reported there are no rules about smoking inside the home.



- Eighty-three percent of respondents in the top 40 percent household income bracket and 81% of those in the bottom 40 percent household income bracket reported smoking is not allowed in the home compared to 51% of respondents in the middle 20 percent household income bracket.
- Married respondents were more likely to report smoking is not allowed in the home compared to unmarried respondents (81% and 68%, respectively).
- Eighty-two percent of nonsmokers reported smoking is not allowed in the home compared to 47% of smokers.

Table 36. Smoking Not Allowed in Home by Demographic Variables for 2009^⓪

	2009
TOTAL	76%
Household Income ¹	
Bottom 40 Percent Bracket	81
Middle 20 Percent Bracket	51
Top 40 Percent Bracket	83
Marital Status ¹	
Married	81
Not Married	68
Smoking Status ¹	
Nonsmoker	82
Smoker	47
Children in Household	
Yes	80
No	74

^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

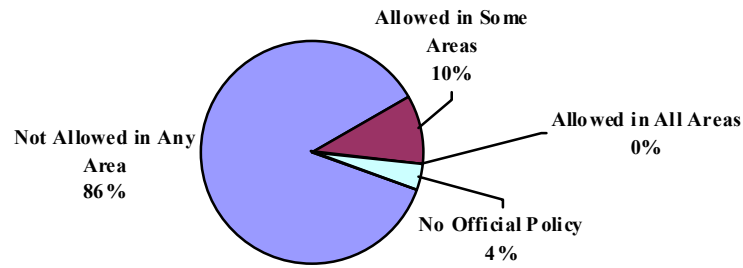
The Healthy People 2010 goal for worksites with formal smoking policies that prohibit smoking is 100%. (Objective 27-12)

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

- Eighty-six percent of respondents reported smoking is not allowed in any area at work while 10% reported smoking is allowed in some areas. Zero percent reported smoking is allowed in all areas at work. Four 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 (91%) compared to male respondents (80%).
- Ninety-one percent of respondents with a college education reported smoking is not allowed in any area at work compared to 83% of those with some post high school education or 69% of respondents with a high school education or less.

Table 37. Smoking Not Allowed at Work by Demographic Variables for 2009^⓪

	2009
TOTAL	86%
Gender ¹	
Male	80
Female	91
Age	
18 to 34	87
35 to 44	87
45 to 54	83
55 to 64	83
65 and older	86
Education ¹	
High School or Less	69
Some Post High School	83
College Graduate	91
Household Income	
Bottom 40 Percent Bracket	84
Middle 20 Percent Bracket	80
Top 40 Percent Bracket	88
Marital Status	
Married	85
Not Married	87
Smoking Status	
Nonsmoker	87
Smoker	83

^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

- Eighty-four 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. Twelve percent of respondents reported they were exposed to second-hand smoke one to three days while 4% reported at least four days.
- Twelve percent of respondents 18 to 34 years old reported exposure to second-hand smoke on four or more days compared to 1% of those 65 and older or 0% of respondents 35 to 44 years old.

- Twelve percent of respondents with a high school education or less reported exposure to second-hand smoke on four or more days compared to 3% of those with a college education or 2% of respondents with some post high school education.

Table 38. 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	5
Female	3
Age ¹	
18 to 34	12
35 to 44	0
45 to 54	3
55 to 64	8
65 and older	1
Education ¹	
High School or Less	12
Some Post High School	2
College Graduate	3
Household Income	
Bottom 40 Percent Bracket	5
Middle 20 Percent Bracket	0
Top 40 Percent Bracket	5
Marital Status	
Married	5
Not Married	3

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

¹demographic difference at $p \leq 0.05$ in 2009

Alcohol Use (Figures 23 & 24; Tables 39 - 41)

KEY FINDINGS: In 2009, 76% of respondents had an alcoholic drink in the past 30 days. In the past month, 4% were heavy drinkers while 18% were binge drinkers. Respondents who were male, 18 to 44 years old or in the middle 20 percent household income bracket were more likely to have binged at least once in the past month. Five percent reported they had been a driver or a passenger when the driver perhaps had too much to drink; respondents who were male, 45 to 54 years old, with some post high school education or less, in the top 40 percent household income bracket or married respondents were more likely to report this. Two percent of respondents reported someone in their household experienced a problem in connection with drinking in the past year.

From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting heavy drinking in the past month. From 2003 to 2009, there was a statistical increase in the overall percent of respondents reporting binge drinking or 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 (2007 Behavioral Risk Factor Surveillance).

2009 Findings

- Seventy-six percent of respondents had a drink in the past 30 days. Forty-one percent reported they drank on at least five days, while 21% reported three to four days and 14% reported drinking on one or two days in the past 30 days.
- Eleven percent of all respondents reported an average of four or more drinks per day on the days they drank while 6% reported three, 23% reported two and 37% reported one drink on average on the days they drank. Twenty-three percent reported having no drinks in the past month.
- Combined, 4% 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 reporting heavy drinking in the past month.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who were heavy drinkers.

- In 2006, respondents 35 to 54 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 decrease in the percent of respondents 18 to 34 years old reporting heavy drinking.
- In 2003, respondents with a high school education or less were more likely to report heavy drinking. In all other study years, education was not a significant variable.

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

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

^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 $p \leq 0.05$ 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

Binge Drinking in Past Month

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

- Eighteen percent of all respondents binged in the past month.
- Male respondents were more likely to have binged in the past month (27%) compared to female respondents (11%).
- Thirty percent of respondents 35 to 44 years old and 29% of those 18 to 34 years old binged in the past month compared to 6% of respondents 55 and older.
- Twenty-seven percent of respondents in the middle 20 percent household income bracket binged in the past month compared to 23% of those in the top 40 percent income bracket or 5% of respondents in the bottom 40 percent household income bracket.

Year Comparisons

In 2003, the Greendale Health Survey defined binge drinking as four or more drinks for females per occasion 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 a statistical increase in the overall percent of respondents who binged.
- In all study years, male respondents were more likely to have binged. From 2003 to 2009, there was a noted increase in the percent of female respondents who reported binging.
- In 2003, respondents 18 to 34 years old were more likely to have binged. In 2006, respondents 35 to 54 years old were more likely to have binged. In 2009, respondents 18 to 44 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 who reported binging.
- In 2003, respondents with some post high school education were more likely to have binged. 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 college education who reported binging.

- In 2006, respondents in the top 40 percent household income bracket were more likely to have binged. In 2009, respondents in the middle 20 percent household income bracket were more likely to have binged. In 2003, household income was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents in the top 60 percent household income bracket who reported bingeing.
- 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 who reported bingeing.

Table 40. Binge Drinking in Past Month by Demographic Variables for Each Survey Year^{①,②}

	2003	2006	2009
TOTAL ^a	12%	13%	18%
Gender ^{1,2,3}			
Male	19	20	27
Female ^a	5	7	11
Age ^{1,2,3}			
18 to 34	30	3	29
35 to 44	21	23	30
45 to 54 ^a	11	22	25
55 to 64	4	15	6
65 and Older	3	7	6
Education ¹			
High School or Less	14	8	21
Some Post High School	22	18	23
College Graduate ^a	4	13	15
Household Income ^{2,3}			
Bottom 40 Percent Bracket	9	12	5
Middle 20 Percent Bracket ^a	9	5	27
Top 40 Percent Bracket ^a	14	18	23
Marital Status			
Married ^a	10	15	16
Not Married	15	11	22

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

^②In 2003, “4 or more drinks on an occasion” for females and “5 or more drinks on an occasion” for males was used; in all other study years, “5 or more drinks on an occasion” was used for both males and females.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

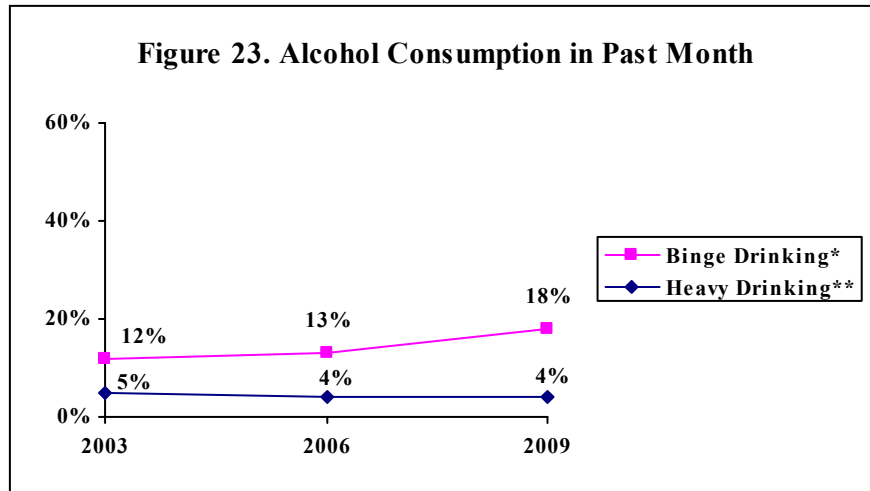
³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Alcohol Consumption Overall

Year Comparisons

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

- Five 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.
- Male respondents were more likely to report they were a driver or passenger in a vehicle when the driver perhaps had too much alcohol to drink (7%) compared to female respondents (3%).
- Fourteen percent of respondents 45 to 54 years old reported they were a driver or passenger in a vehicle when the driver perhaps had too much alcohol to drink compared to 10% of those 35 to 44 years old or 0% of respondents who were 18 to 34 years old or 55 and older.
- Respondents with some post high school education were more likely to report they were a driver or passenger in a vehicle when the driver perhaps had too much alcohol to drink (10%) compared to those with a high school education or less (4%) or respondents with a college education (2%).
- Eleven percent of respondents in the top 40 percent household income bracket reported they were a driver or passenger in a vehicle when the driver perhaps had too much alcohol to drink compared to 0% of respondents in the bottom 60 percent household income bracket.

- Married respondents were more likely to report they were a driver or passenger in a vehicle when the driver perhaps had too much to drink (6%) compared to unmarried respondents (1%).

Year Comparisons

- From 2003 to 2009, there was a statistical increase 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.
- In 2009, respondents who were male, 45 to 54 years old, with some post high school education, in the top 40 percent household income bracket or married were more likely to report they were a driver or passenger in a vehicle when the driver perhaps had too much alcohol to drink.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting they were a driver or passenger when the driver perhaps had too much to drink in 2003 and 2006.

Table 41. Driver/Passenger When Driver Perhaps had Too Much to Drink in Past Month by Demographic Variables for Each Survey Year^①

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

^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

Household Problem Associated with Alcohol in Past Year

2009 Findings

- Two 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.
- No demographic comparisons were conducted as a result of the low percent of respondents who reported they, or someone in their household, experienced some kind of problem in connection with drinking in the past year.

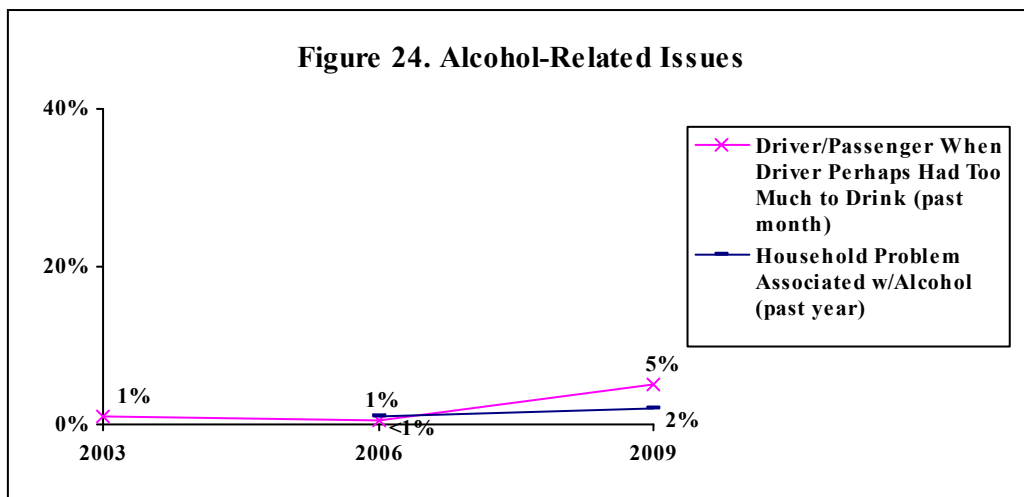
Year Comparisons

- 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.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting they, or someone in their household, experienced some kind of problem in connection with drinking in the past year in both study years.

Alcohol-Related Issues Overall

Year Comparisons

- From 2003 to 2009, there was a statistical increase 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 & 43)

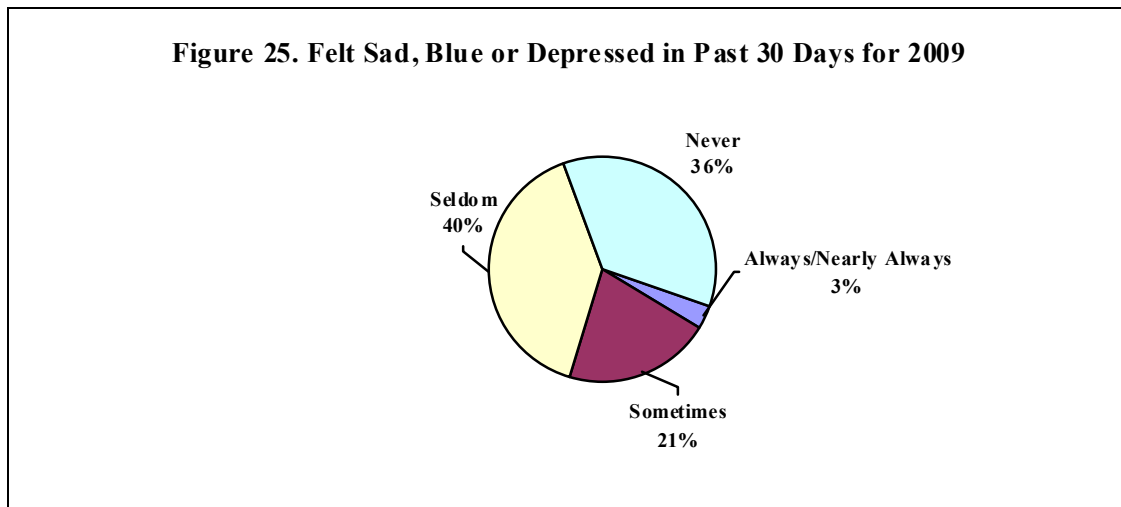
KEY FINDINGS: In 2009, 3% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Two percent of respondents felt so overwhelmed they considered suicide in the past year. Four percent of respondents reported they seldom or never find meaning and purpose in daily life; respondents who were 35 to 44 years old, 65 and older or in the bottom 60 percent household income bracket were more likely to report this.

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

Felt Sad, Blue or Depressed

2009 Findings

- Three percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. This represents up to 880 residents. Twenty-one percent reported sometimes and the remaining 76% reported seldom or never.



- No demographic comparisons were conducted as a result of the low percent of respondents who reported they always or nearly always felt sad, blue or depressed in the past 30 days.

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 2006, respondents with a high school education or less were more likely to report they always or nearly always felt sad, blue or depressed. In 2003, education 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^①

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

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^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

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

- Two 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 770 residents who may have considered suicide in the past year.

- No demographic comparisons were conducted as a result of the low percent of respondents who reported they considered suicide in the past year.

Year Comparisons

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

Find Meaning and Purpose in Daily Life

2009 Findings

- A total of 4% 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 37% reported nearly always.
- Nine percent of respondents 35 to 44 years old and 8% of those 65 and older reported they seldom or never find meaning and purpose in daily life compared to 0% of respondents who were 18 to 34 years old or 45 to 54 years old.
- Nine percent of respondents in the bottom 40 percent household income bracket and 8% of those in the middle 20 percent income bracket reported seldom or never compared to less than one percent of respondents in the top 40 percent household income bracket.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they seldom or never find meaning and purpose in daily life.
- In 2009, respondents who were 35 to 44 years old or 65 and older were more likely to report they seldom/never find meaning and purpose in daily life. In 2003, 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 and a noted decrease in the percent of respondents 45 to 54 years old reporting 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. In 2009, respondents in the bottom 60 percent household income bracket were more likely to report they seldom/never find meaning and purpose in daily life.

Table 43. Seldom/Never Find Meaning and Purpose in Daily Life by Demographic Variables for Each Survey Year^①

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

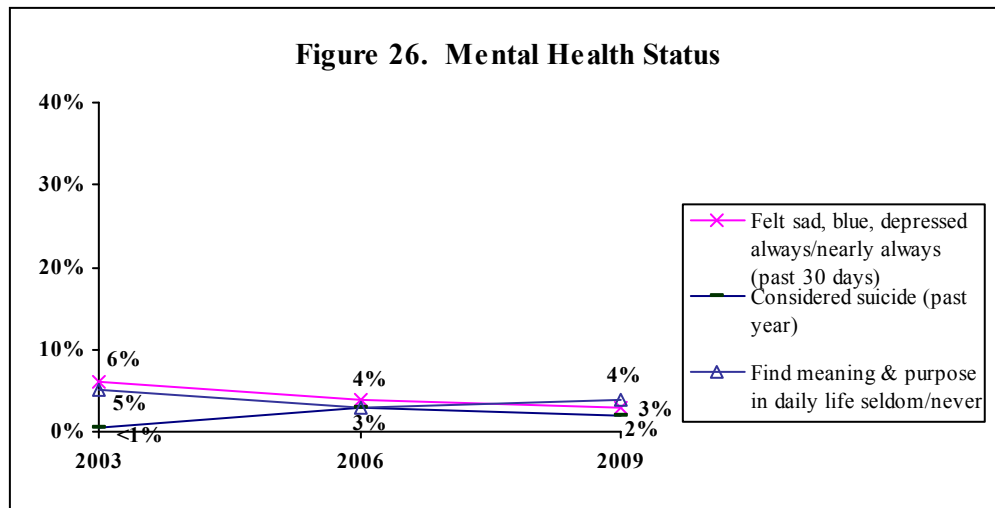
³demographic difference at $p \leq 0.05$ in 2009

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

Mental Health Status Overall

Year Comparisons

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



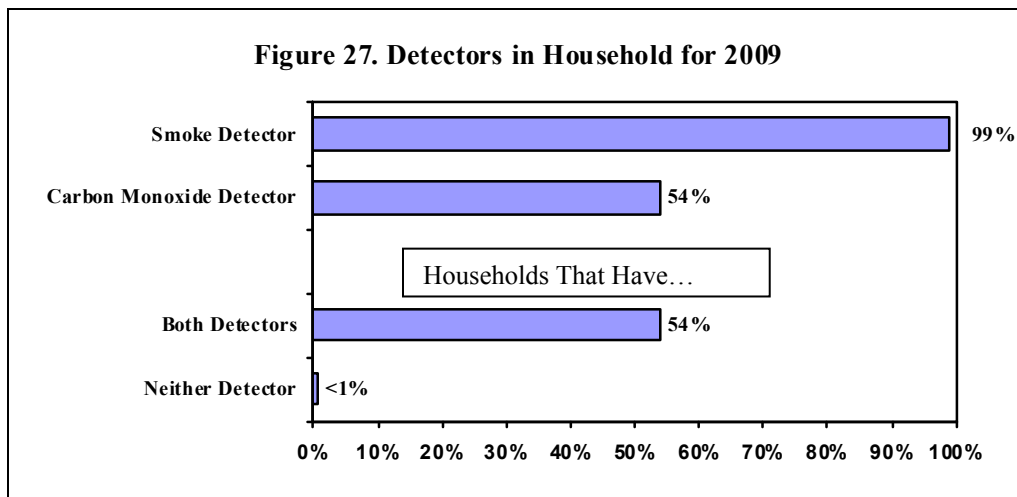
Detectors in Household (Figures 27 & 28; Table 44)

KEY FINDINGS: In 2009, 99% of households had a working smoke detector while 54% had a working carbon monoxide detector. Fifty-four 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-nine percent of respondents reported a working smoke detector while 54% reported a working carbon monoxide detector in their home. Fifty-four percent had both detectors. Less than one percent had neither.



- Sixty-one percent of respondents in the top 40 percent household income bracket reported both detectors compared to 51% of those in the bottom 40 percent income bracket or 42% of respondents in the middle 20 percent household income bracket.
- Married respondents were more likely to report both detectors compared to unmarried respondents (63% and 40%, 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 2006 and 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 2003, household income was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting both a working smoke detector and carbon monoxide detector.
- In 2006 and 2009, married respondents were more likely to report both a working smoke detector and carbon monoxide detector. In 2003, marital status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of married respondents reporting both a working smoke detector and carbon monoxide detector.

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

	2003	2006	2009
TOTAL ^a	46%	55%	54%
Household Income ^{2,3}			
Bottom 40 Percent Bracket	44	44	51
Middle 20 Percent Bracket	41	46	42
Top 40 Percent Bracket ^a	49	61	61
Marital Status ^{2,3}			
Married ^a	47	59	63
Not Married	44	47	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.

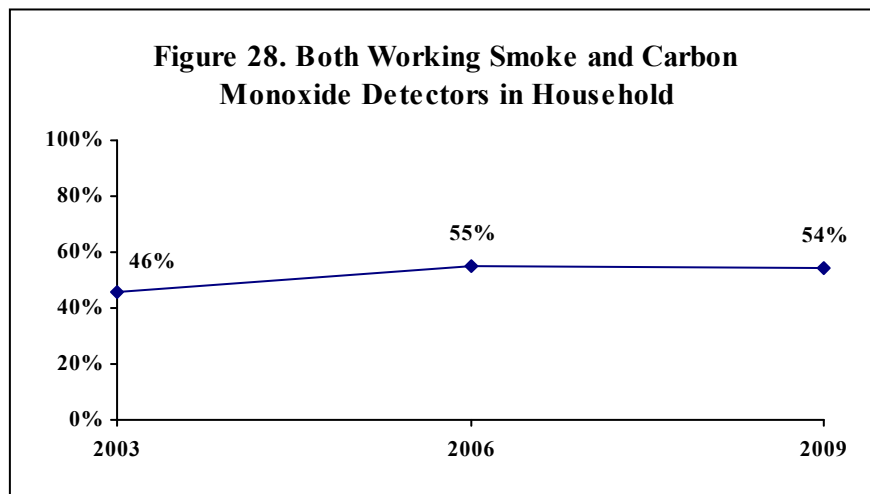
¹demographic difference at $p \leq 0.05$ in 2003

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

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

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

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



Presence of Firearms in Household (Figure 29; Tables 45 - 48)

KEY FINDINGS: In 2009, 22% of households had a firearm in or around the home. Of all households, 13% had a handgun in their home while 19% had a rifle or shotgun. Of all households, 2% had a loaded firearm. Less than one percent of all households had a firearm loaded and unlocked.

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

Firearm in Household

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

2009 Findings

- At the time of the survey administration, 22% of households had at least one firearm.
- There were no statistically significant differences between demographic variables and responses of reporting a firearm in or around the home.

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, respondents in the middle 20 percent household income bracket were more likely to report having a firearm. In 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. From 2003 to 2009, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket reporting a firearm.
- In 2006, married respondents were more likely to report having a firearm. In all other study years, marital status was not a significant variable.
- The presence of children in households was not a significant variable in any study year. From 2003 to 2009, there was a noted decrease in the percent of respondents in households with children reporting a firearm.

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

	2003	2006	2009
TOTAL	24%	24%	22%
Household Income ^{1,2}			
Bottom 40 Percent Bracket	12	14	22
Middle 20 Percent Bracket ^a	30	25	17
Top 40 Percent Bracket	24	34	24
Marital Status ²			
Married	25	29	24
Not Married	22	16	19
Children in Household			
Yes ^a	29	24	18
No	22	24	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.

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, 13% of respondents reported handguns in their home.
- There were no statistically significant differences between demographic variables and responses of reporting a handgun in their home.

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

	2009
TOTAL	13%
Household Income	
Bottom 40 Percent Bracket	9
Middle 20 Percent Bracket	13
Top 40 Percent Bracket	14
Marital Status	
Married	15
Not Married	11
Children in Household	
Yes	13
No	13

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

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

Rifle or Shotgun in Household

2009 Findings

- At the time of the survey administration, 19% of respondents reported a rifle or shotgun in their home.
- There were no statistically significant differences between demographic variables and responses of reporting a rifle or shotgun in their home.

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

	2009
TOTAL	19%
Household Income	
Bottom 40 Percent Bracket	19
Middle 20 Percent Bracket	13
Top 40 Percent Bracket	23
Marital Status	
Married	21
Not Married	17
Children in Household	
Yes	16
No	21

^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

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

- Two 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.
- In 2003, respondents who were unmarried or in households without children were more likely to report having a loaded firearm.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting a loaded firearm in the household in 2006 and 2009.

Table 48. Loaded Firearm by Demographic Variables for Each Survey Year^①

	2003	2006 ^②	2009 ^②
TOTAL	4%	3%	2%
Household Income			
Bottom 40 Percent Bracket	5	--	--
Middle 20 Percent Bracket	<1	--	--
Top 40 Percent Bracket	4	--	--
Marital Status ¹			
Married	1	--	--
Not Married	8	--	--
Children in Household ¹			
Yes	<1	--	--
No	5	--	--

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

^②Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.

¹demographic difference at p≤0.05 in 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

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

- Less than one percent of all households had a loaded firearm also unlocked. This relates to 2% 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.

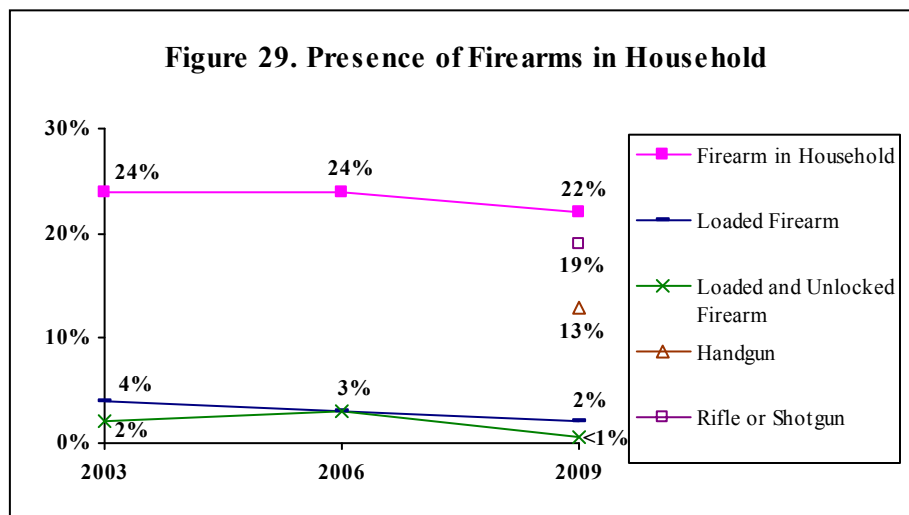
Year Comparisons

- 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 & 50)

KEY FINDINGS: In 2009, 5% of respondents reported someone made them afraid for their personal safety in the past year; respondents with some post high school education or unmarried respondents were more likely to report this. Two percent of respondents reported they had been pushed, kicked, slapped or hit in the past year. A total of 5% reported at least one of these two situations; respondents with some post high school education or unmarried respondents were more likely to report this.

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

Afraid for Personal Safety

2009 Findings

- Five percent of respondents reported someone made them afraid for their personal safety in the past year.
- Respondents with some post high school education were more likely to report feeling afraid for their safety in the past year (11%) compared to those with a high school education or less (4%) or respondents with a college education (2%).
- Unmarried respondents were more likely to report feeling afraid for their safety in the past year compared to married respondents (11% and 1%, respectively).
 - A stranger was most often mentioned as the perpetrator (10 responses) followed by an acquaintance (3 responses). Two respondents each reported boyfriend/girlfriend or brother/sister.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they were afraid for their personal safety.
- In 2006, female respondents were more likely to report being afraid for their personal safety. 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 being afraid for their personal safety. In 2009, age was not a significant variable.
- In 2009, respondents with some post high school education were more likely to report being afraid for their personal safety. In 2006, education was not a significant variable.
- In 2009, unmarried respondents were more likely to report being afraid for their personal safety. In 2006, marital status was not a significant variable.

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

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

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^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

Pushed, Kicked, Slapped or Hit

2009 Findings

- Two percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
- No demographic comparisons were conducted as a result of the low percent of respondents reporting they were pushed, kicked, slapped or hit in the past year.
 - Six respondents reported a stranger followed by one respondent who reported boyfriend or girlfriend.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they were pushed, kicked, slapped or hit.
- 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 all study years.

Combined Personal Safety Issues

2009 Findings

- A total of 5% of all respondents reported at least one of the two issues.
- Respondents with some post high school education were more likely to report at least one of the two issues (11%) compared to those with a high school education or less (5%) or respondents with a college education (2%).
- Unmarried respondents were more likely to report at least one of the two issues compared to married respondents (11% and 1%, respectively).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported at least one of the personal safety issues.
- In 2003 and 2006, female respondents were more likely to report at least one of the personal safety issues. In 2009, gender was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of male respondents reporting at least one of the two issues.
- In 2006, respondents who were 18 to 44 years old or 55 to 64 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 were more likely to report at least one of the personal safety issues, with a noted increase since 2003. In all other study years, education was not a significant variable.
- In 2006 and 2009, unmarried respondents were more likely to report at least one of the personal safety issues. In 2003, marital status was not a significant variable.

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

	2003	2006	2009
TOTAL	4%	5%	5%
Gender ^{1,2}			
Male ^a	0	1	5
Female	6	8	5
Age ²			
18 to 34	4	8	9
35 to 44	5	9	4
45 to 54	5	3	3
55 to 64	3	9	5
65 and Older	0	0	3
Education ³			
High School or Less	6	4	5
Some Post High School ^a	2	9	11
College Graduate	4	5	2
Household Income			
Bottom 40 Percent Bracket	8	8	6
Middle 20 Percent Bracket	2	3	1
Top 40 Percent Bracket	3	4	3
Marital Status ^{2,3}			
Married	3	3	1
Not Married	6	9	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≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

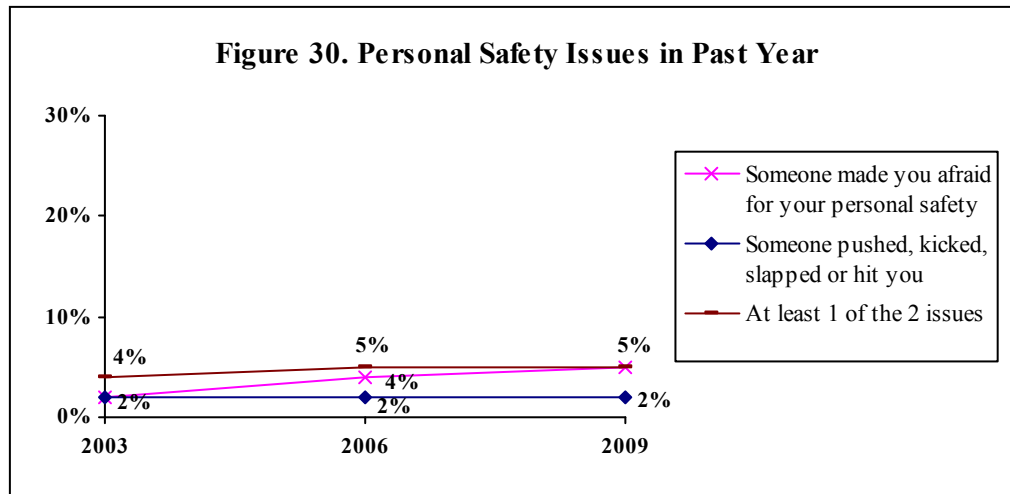
³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Personal Safety Issues Overall

Year Comparisons

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



APPENDIX A: ADDITIONAL QUESTIONS

Each health department was offered an additional minute for any questions they wanted. They could select from a list of questions provided or develop their own.

Public Health Department (Table 51)

KEY FINDINGS: In 2009, 68% of all respondents reported they were aware to some degree of the health department's involvement in emergency preparedness before the interview. Respondents who were 45 to 54 years old or with a college education were more likely to report they were aware of the health department's involvement.

Awareness of Health Department's Involvement in Emergency Preparedness

2009 Findings

- Thirty-eight percent of respondents reported they were aware of the department's involvement in emergency preparedness planning before the interview. Thirty percent had some limited awareness while 29% were not aware of the health department's involvement before the interview.
- Eighty percent of respondents 45 to 54 years old reported they were aware to some degree of the department's involvement in emergency preparedness compared to 68% of those 65 and older or 47% of respondents 18 to 34 years old.
- Seventy-four percent of respondents with a college education reported they were aware to some degree of the department's involvement in emergency preparedness compared to 63% of those with some post high school education or 60% of respondents with a high school education or less.

Table 51. Aware to Some Degree of Health Department’s Involvement in Emergency Preparedness by Demographic Variables for 2009^⓪

	2009
TOTAL	68%
Gender	
Male	64
Female	71
Age ¹	
18 to 34	47
35 to 44	73
45 to 54	80
55 to 64	71
65 and older	68
Education ¹	
High School or Less	60
Some Post High School	63
College Graduate	74
Household Income	
Bottom 40 Percent Bracket	64
Middle 20 Percent Bracket	69
Top 40 Percent Bracket	78
Marital Status	
Married	71
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

Source for Health Information (Table 52)

KEY FINDINGS: In 2009, 32% of respondents reported they receive most of their health information from a doctor followed by 27% who reported the internet. Nine percent reported TV. Respondents who were older or with a lower household income were more likely to report a doctor as their main source of health information. Respondents who were younger or with a higher household income were more likely to report the internet compared to their counterparts.

2009 Findings

- Thirty-two percent of respondents reported they receive most of their health information from a doctor while 27% reported the internet, 9% reported TV, 5% reported magazines and 4% each reported other health professional or work.
- Older respondents were more likely to report they receive their health information from a doctor while younger respondents were more likely to report the internet compared to their counterparts.
- Respondents in the bottom 40 percent household income bracket were more likely to report a doctor as their primary source of information. Respondents in the top 60 percent household income bracket were more likely to report the internet.

Table 52. Source for Health Information by Demographic Variables for 2009[Ⓢ]

	Doctor	Internet	TV
TOTAL	32%	27%	9%
Gender			
Male	36	27	7
Female	28	27	12
Age ¹			
18 to 34	36	43	1
35 to 44	19	29	21
45 to 54	22	28	13
55 to 64	30	29	8
65 and older	45	12	5
Education			
High School or Less	33	18	11
Some Post High School	36	25	12
College Graduate	30	31	8
Household Income ¹			
Bottom 40 Percent Bracket	47	14	13
Middle 20 Percent Bracket	23	37	14
Top 40 Percent Bracket	20	35	7
Marital Status			
Married	35	25	7
Not Married	27	30	13

[Ⓢ]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

Preparation for a Natural or Man-Made Disaster (Table 53)

KEY FINDINGS: In 2009, 29% of respondents reported someone in their family had taken steps to prepare for a natural or man-made disaster. Of respondents who had not prepared, 86% reported it was not necessary to prepare; respondents with higher household income were more likely to report this.

2009 Findings

- Twenty-nine percent of respondents reported they or someone in their family had taken steps to prepare for a natural or man-made disaster.
- There were no statistically significant differences between household demographic variables and responses of someone in their family had taken steps to prepare for a natural or man-made disaster.
 - Eighty-six percent of respondents who had not prepared reported it was not necessary to take steps to prepare for a natural or man-made disaster. Six percent reported it was too much work.
 - Ninety-three percent of respondents in the top 60 percent household income bracket reported not necessary as the reason why they did not take steps to prepare for a natural or man-made disaster compared to 81% of respondents in the bottom 40 percent household income bracket.

Table 53. Family Preparation for a Natural or Man-Made Disaster by Demographic Variables for 2009^①

	2009
TOTAL	29%
Household Income	
Bottom 40 Percent Bracket	30
Middle 20 Percent Bracket	21
Top 40 Percent Bracket	31
Marital Status	
Married	32
Not Married	25
Children in Household	
Yes	33
No	28

^①Percentages 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

Fallen and Injured Self (Table 54)

KEY FINDINGS: In 2009, 13% of respondents reported they have fallen and injured themselves in the past 12 months; unmarried respondents were more likely to report this.

2009 Findings

- Thirteen percent of respondents reported they have fallen and injured themselves in the past 12 months.
- Unmarried respondents were more likely to report they have fallen and injured themselves in the past 12 months compared to married respondents (23% and 8%, respectively).

Table 54. Fallen and Injured Self in Past 12 Months by Demographic Variables for 2009^⓪

	2009
TOTAL	13%
Gender	
Male	10
Female	16
Age	
18 to 34	9
35 to 44	23
45 to 54	10
55 to 64	9
65 and Older	16
Education	
High School or Less	10
Some Post High School	13
College Graduate	15
Household Income	
Bottom 40 Percent Bracket	11
Middle 20 Percent Bracket	11
Top 40 Percent Bracket	11
Marital Status ¹	
Married	8
Not Married	23

^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

GREENDALE
COMMUNITY HEALTH SURVEY

Conducted: October 2, 2009 through January 5, 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	2%
Fair	7
Good.....	24
Very good.....	41
Excellent.....	27
Not sure	0

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

No health care coverage	4%
An employer sponsored insurance plan	61
Private insurance bought directly from an insurance agent or insurance company.....	9
Medicaid including medical assistance, Title 19 or Badger Care.....	5
Medicare.....	22
Or something else.....	<1
Not sure	0

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

All.....	94%
Part	5
None	2
Not sure	0

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

All.....	92%
Part	6
None	2
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 88%
 Public health clinic or community health center 2
 Hospital outpatient department 2
 Hospital emergency room 1
 Urgent care center 4
 Some other kind of place..... 2
 No usual place..... 2
 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 50%
 No..... 49
 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	73%	16%	3%	7%	<1%	<1%
8. Cholesterol testing	72	16	5	4	2	2
9. Visit to a dentist or dental clinic .	83	9	2	6	0	<1
10. Eye exam.....	53	27	10	7	1	2

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

Yes 58%
 No..... 42
 Not sure <1

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

18 to 34 years old 19%
 35 to 44 years old 19
 45 to 54 years old 19
 55 to 64 years old 17
 65 and older..... 26

13. Have you ever had a pneumonia or pneumococcal shot? [102 Respondents 65 and Older]

Yes 70%
 No..... 25
 Not sure 5

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?	33%	68%	0%
15. Your blood cholesterol is high?	26	73	1
16. You had a stroke?.....	2	99	0
17. You have heart disease or a heart condition?...	10	90	<1
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?.....	7	93	0
20. ...(if yes) [28 Respondents]: What type of cancer?	Melanoma/skin	9 respondents	
	Breast.....	7 respondents	
	Kidney	5 respondents	
	Prostate	4 respondents	
	Bladder	3 respondents	
	Colon	2 respondents	
	All others (1 response each)	4 respondents	
21. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	8	92	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?” [32 Respondents]

Zero	3%	→GO TO Q25
1 time.....	19	→CONTINUE WITH Q23
2 to 3 times.....	50	→CONTINUE WITH Q23
4 or more	19	→CONTINUE WITH Q23
Not sure	9	→GO TO Q25

23. At your last appointment, what was your “A one C” level? [28 Respondents]

Less than 7	57%
7 or higher	21
Not sure	21

24. At your last appointment, what was your LDL level? [28 Respondents]

Less than 100	32%
100 or higher	11
Not sure	56

	Yes	No	Not Sure
25. Do you currently have asthma?	8%	92%	<1%
26. ...(if yes), do you have a written asthma action plan? [30 Respondents].....	30	70	0

27. On an average day, how many servings of fruit do you eat or drink? One serving is ½ cup of canned or cooked fruit, 1 medium piece of fruit or 6 ounces of juice.

One or fewer servings 37%
 Two servings 32
 Three or more servings..... 32
 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 37%
 Two servings 38
 Three or more servings..... 25
 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 84%
 No..... 15
 Not sure <1

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 activity16%
 Less than 5 times/week for 30 minutes or less than 30 minutes each time.....57
 5 times/week for 30 minutes or more.....27
 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 43%
 No..... 57
 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	57%
Less than 3 times/week for 20 minutes or less than 20 minutes each time	20
3 times/week for 20 minutes or more.....	22
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? [165 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	70%
Within the past 2 years (1 year, but less than 2 years ago)	13
Within the past 3 years (2 years, but less than 3 years ago)	8
Within the past 5 years (3 years, but less than 5 years ago).....	1
5 or more years ago	4
Never.....	3
Not sure	<1

36. A bone density scan helps determine if you are at risk for fractures or are in the early stages of osteoporosis. Have you ever had a bone density scan? [60 Respondents 65 and Older]

Yes	85%
No.....	12
Not sure	3

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? [144 Respondents 18 to 65 years old]

Within the past year (anytime less than 12 months ago).....	78%
Within the past 2 years (1 year, but less than 2 years ago)	9
Within the past 3 years (2 years, but less than 3 years ago)	6
Within the past 5 years (3 years, but less than 5 years ago).....	3
5 or more years ago	3
Never.....	<1
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? [128 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	50%
Within the past 2 years (1 year, but less than 2 years ago)	15
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).....	6
5 or more years ago	3
Never.....	16
Not sure.....	7

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? [128 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	56%
Within the past 2 years (1 year, but less than 2 years ago)	15
Within the past 3 years (2 years, but less than 3 years ago)	4
Within the past 5 years (3 years, but less than 5 years ago).....	5
5 or more years ago	6
Never.....	13
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... [204 Respondents 50 and Older]

Sigmoidoscopy.....	2%
Colonoscopy	51
Both.....	15
Or neither	30
Not sure.....	<1

41. How long has it been since you had your last sigmoidoscopy? [203 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)	<1
Within the past 5 years (2 years, but less than 5 years ago).....	4
Within the past 10 years (5 years but less than 10 years ago)...	4
10 years ago or more	5
Never.....	81
Not sure.....	2

42. How long has it been since you had your last colonoscopy? [204 Respondents 50 and Older]

Within the past year (anytime less than 12 months ago).....	15%
Within the past 2 years (1 year, but less than 2 years ago)	15
Within the past 5 years (2 years, but less than 5 years ago).....	24
Within the past 10 years (5 years but less than 10 years ago)...	8
10 years ago or more	3
Never.....	33
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 ride scooter55%

Frequency of those who bicycle, use in-line roller skates or ride scooters [181 Respondents]

Never	55%
Seldom	2
Sometimes.....	2
Nearly always.....	7
Always	33
Not sure	0

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

Never	2%
Seldom	1
Sometimes.....	4
Nearly always.....	9
Always	85
Not sure	0

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

Never.....	36%
Seldom	40
Sometimes.....	21
Nearly always.....	2
Always	2
Not sure	0

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

Never.....	2%
Seldom	2
Sometimes.....	14
Nearly always.....	37
Always	43
Not sure	2

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

Yes	2%
No.....	98
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	23%
One to two days.....	14
Three to four days	21
Five or more days.....	41
Not sure	<1

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

None	23%
One drink.....	37
Two drinks	23
Three drinks	6
Four or more drinks.....	11
Not sure	<1

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

None	82%
One time	7
Two or more times	12
Not sure	0

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

Yes	5%
No.....	95
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	2%
No.....	98
Not sure	<1

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	13%	
Some days	2	
Not at all.....	84	→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? [63 Respondents]

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

55. [CURRENT SMOKERS] In the past 12 months, have you seen a doctor, nurse or other health professional? [63 Respondents]

Yes	87%	→CONTINUE WITH Q56
No.....	13	→GO TO Q57
Not sure	0	→GO TO Q57

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

Yes	80%
No.....	18
Not sure	2

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

Smoking is not allowed anywhere inside your home..	76%
Smoking is allowed in some places or at some times .	11
Smoking is allowed anywhere inside your home or ...	1
There are no rules about smoking inside your home ..	11
Not sure	<1

58. Which of the following best describes your place of work's official indoor smoking policy? [262 Respondents Who Work]

Not allowed in any area.....	86%
Allowed in some areas	10
Allowed in all areas.....	0
No official policy	4
Not sure	0

59. In the past seven days, how many days were you in the same room or did you ride in a car with someone who was smoking cigarettes? [337 Nonsmokers]

0 days 84%
 1 to 3 days 12
 4 to 6 days 4
 All 7 days 0
 Not sure 0

Another issue being discussed these days deals with firearms. Please include weapons such as pistols, shotguns, and rifles; but not BB guns, starter pistols or guns that cannot fire.

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

Yes 22%
 No 78
 Not sure 0

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

	Yes	No	Not sure	No firearms in HH/NA
61. Handguns	13%	8%	<1%	78%
62. Rifles or shotguns.....	19	2	0	79

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

Yes 2%
 No 19
 Not sure 0
 No firearms in the household/no answer 78

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

Yes <1%
 No <1
 Not sure 0
 No firearms in the household/not loaded/no answer 99

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	19%	81%	0%
66. Having acupuncture	3	97	0
67. Massage therapy.....	20	80	0
68. Aroma therapy using essential oils	7	93	<1

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

69. Gender [DERIVED, NOT ASKED]

Male	46%
Female.....	54

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.....	40
Obese.....	22

72. Are you Hispanic or Latino?

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

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

White.....	97%
Black, African American	<1
Asian	1
Native Hawaiian or other Pacific Islander	0
American Indian or Alaska Native.....	0
Another race.....	0
Multiple race	2
Not sure	0

74. What is your current marital status?

Single and never married	16%
A member of an unmarried couple.....	<1
Married.....	62
Separated.....	2
Divorced.....	11
Widowed	10
Not sure	0

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

8th grade or less	<1%
Some high school	2
High school graduate or GED	19
Some college	22
Technical school graduate.....	4
College graduate	31
Advanced or professional degree	22
Not sure	<1

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

Yes	38%
No.....	62
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]

Greendale	100%
-----------------	------

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

53129.....	99%
All others (3% or less).....	1
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	2%
No.....	98
Not sure.....	0

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

One	99%
Two or more.....	1

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

Yes	81%
No.....	19
Not sure.....	0

83. What is your annual household income before taxes?

Less than \$10,000	2%
\$10,000 to \$20,000.....	6
\$20,001 to \$30,000.....	5
\$30,001 to \$40,000.....	6
\$40,001 to \$50,000.....	9
\$50,001 to \$60,000.....	8
\$60,001 to \$75,000.....	14
\$75,001 to \$90,000.....	11
\$90,001 to \$105,000.....	5
\$105,001 to \$120,000.....	5
\$120,001 to \$135,000.....	4
Over \$135,000.....	3
Not sure	5
No answer	16

84. Which of the following best describes you?

Heterosexual where you are attracted to people of the opposite sex...	97%
Gay or lesbian where you are attracted to people of the same sex.....	<1
Or bisexual where you are attracted to people of both sexes	<1
Not sure	<1
No answer	2

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	5%	→CONTINUE WITH Q86
No.....	95	→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. [19 Respondents; More than 1 response accepted]

Stranger	10 responses
Acquaintance.....	3 responses
Boyfriend or girlfriend	2 responses
Brother or sister.....	2 responses
Someone else.....	1 response

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

Yes	2%	→CONTINUE WITH Q88
No.....	98	→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?
[7 Respondents; More than 1 response accepted]

Stranger6 responses
Boyfriend or girlfriend 1 response

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

Smoke detector 99%
Carbon monoxide detector 54
Neither <1
Not sure <1

Households that have both detectors 54%

ADDITIONAL QUESTIONS FOR GREENDALE

[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. For the past several years local health departments in Wisconsin have been participating in emergency preparedness planning at the local, regional and state levels. Which of the following best describes your level of awareness about this?

Not aware until now	29%
Some limited awareness	30
Aware before today that health departments are involved with planning for emergency preparedness.....	38
Not sure	3

A2. From which source do you get most of your health information?

Doctor.....	32%
Internet	27
TV	9
Magazines	5
Other health professional	4
Work.....	4
All other (3% or less)	17
Not sure	1

A3. 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	29%	→CONTINUE WITH A4
No.....	71	→GO TO A5
Not sure	0	→GO TO A5

A4. What has prevented you from taking steps to prepare for a natural or man-made disaster? [280 Respondents]

Not necessary	86%
Too much work	6
Don't know how to.....	2
Cost	<1
Other.....	0
Not sure	5

A5. In the past 12 months, have you fallen and injured yourself?

Yes	13%
No.....	86
Not sure	<1

APPENDIX C: SURVEY METHODOLOGY

SURVEY METHODOLOGY

2009 Community Health Survey

The 2009 Greendale Community Health Survey was conducted from October 2, 2009 through January 5, 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=393). 2) A cell-phone only sample where the person answering the phone was selected as the respondent (n=7). 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 Greendale Community Health Survey was conducted from March 14 through June 26, 2006. A total of 400 random adults 18 and older within the community were interviewed by telephone. The sample of random telephone numbers included listed numbers. Respondents within each household were randomly selected by computer based on the number of adults in the household. At least 8 attempts were made to contact a respondent. Survey respondents were weighted based on the number of adults in the household and the number of residential phone numbers, excluding fax and computer lines, to take into account the probability of selection. Post-stratification was also done by sex and age to reflect the 2000 census proportion of these characteristics in the area. With a sample size of 400, the margin of error is $\pm 5\%$. The margin of error for smaller subgroups is larger.

2003 Community Health Survey

The 2003 Greendale Community Health Survey was conducted from February 21 through March 24, 2003. A total of 400 random adults 18 and older within the community were interviewed by telephone. The sample of random telephone numbers included listed numbers. At least 8 attempts were made to contact a respondent. Post-stratification was done by sex and age to reflect the 2000 census proportion of these characteristics in the area. With a sample size of 400, the margin of error is $\pm 5\%$. The margin of error for smaller subgroups is larger.