

**Northshore Area  
Community Health Survey Report  
2009**

Commissioned by:  
**Aurora Health Care**

In Partnership with:  
**Northshore Area 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 Northshore Area 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 Northshore Area 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 Northshore Area 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=381). 2) A cell phone-only sample where the person answering the phone was selected as the respondent (n=19). 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 September 30, 2009 and January 14, 2010. With a sample size of 400, we can be 95% sure that the sample percentage reported would not vary by more than  $\pm 5$  percent from what would have been obtained by interviewing all persons 18 years old and older who lived in the Northshore Area. 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](mailto: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](mailto:mark.huber@aurora.org).

## Demographic Profile of Northshore Area 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	20%
35 to 44	19
45 to 54	21
55 to 64	14
65 and Older	27
Education	
High School Graduate or Less	16%
Some Post High School	22
College Graduate	62
Household Income	
Bottom 40 Percent Bracket	22%
Middle 20 Percent Bracket	12
Top 40 Percent Bracket	42
Not Sure/No Answer	24
Married	54%

## What do the percentages mean?

Results of the Northshore Area Community Health Survey can be generalized to the adult population with telephones. In 2009, the Wisconsin Department of Administration estimated 30,245 adult residents in the area, a decrease of 0.90% 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 300 adults. So, when 9% of respondents reported their health was fair or poor, this roughly equates to 2,700 residents  $\pm$ 1,500 individuals. Therefore, from 1,200 to 4,200 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 Northshore Area is 15,952, a decrease of 0.63% 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 160 households. For example, 10% of survey respondents reported that someone in their household was not covered by health insurance at least some of the time in the past year. Thus, the estimated number of households with someone not covered by health insurance would be 1,600.

## 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/meter<sup>2</sup>. 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 Northshore Area 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 Northshore Area residents. The following data are highlights of the comprehensive study. Please see the full report for more detailed findings.

<b>Overall Health</b>				<b>Health Conditions in Past 3 Years</b>			
Northshore Area	2003	2006	2009	Northshore Area	2003	2006	2009
Excellent	25%	22%	20%	High Blood Pressure	27%	30%	27%
Very Good	39%	38%	45%	High Blood Cholesterol	24%	26%	22%
Fair or Poor	9%	11%	9%	Mental Health Condition	3%	4%	11%
				Heart Disease/Condition	10%	11%	8%
<i>Other Research: (2008)</i>		<i>WI</i>	<i>U.S.</i>	Diabetes	5%	8%	8%
<i>Fair or Poor</i>		<i>12%</i>	<i>14%</i>	Asthma (Current)	6%	8%	7%
				Cancer			7%
				Stroke	3%	1%	2%
<b>Health Care Coverage</b>				<b>Physical Health</b>			
Northshore Area	2003	2006	2009	Northshore Area	2003	2006	2009
Not Covered				Physical Activity/Week			
Personally (currently)	1%	4%	2%	Moderate Activity (5 times/30 min)	28%	29%	32%
Personally (past 12 months)			8%	Vigorous Activity (3 times/20 min)		26%	25%
Household Member (past 12 months)	10%	11%	10%	Recommended Moderate or Vigorous		44%	45%
Advance Care Plan	38%	44%	44%	Overweight	52%	61%	50%
Primary Source of Health Advice				Fruit Intake (2+ servings/day)	77%	73%	66%
Doctor/nurse practitioner's office		93%	86%	Vegetable Intake (3+ servings/day)	33%	35%	26%
Public hlth clinic/comm. hlth center		5%	5%				
Urgent care center		<1%	5%	<i>Other Research:</i>		<i>WI</i>	<i>U.S.</i>
				<i>Overweight (2008)</i>		<i>64%</i>	<i>64%</i>
<i>Other Research: (2008)</i>		<i>WI</i>	<i>U.S.</i>	<i>Recommended Mod. or Vig. Activity (2007)</i>		<i>55%</i>	<i>50%</i>
<i>Personally Not Covered (currently)</i>		<i>10%</i>	<i>15%</i>				
<b>Routine Procedures</b>				<b>Women's Health</b>			
Northshore Area	2003	2006	2009	Northshore Area	2003	2006	2009
Routine Checkup (2 years or less)	82%	82%	84%	Mammogram (40+; within past 2 years)	76%	81%	86%
Cholesterol Test (4 years or less)	83%	81%	80%	Bone Density Scan (65+)		73%	83%
Dental Checkup (past year)	81%	81%	78%	Pap Smear (18 - 65; within past 3 years)	89%	90%	87%
Eye Exam (past year)	55%	58%	54%				
				<i>Other Research: (2008)</i>		<i>WI</i>	<i>U.S.</i>
<i>Other Research:</i>		<i>WI</i>	<i>U.S.</i>	<i>Mammogram (40+; within past 2 years)</i>		<i>76%</i>	<i>76%</i>
<i>Routine Checkup (≤2 years; 2000)</i>		<i>79%</i>	<i>84%</i>	<i>Pap Smear (18+, within past 3 years)</i>		<i>83%</i>	<i>83%</i>
<i>Cholesterol Test (≤5 years; 2007)</i>		<i>77%</i>	<i>75%</i>				
<i>Dental Checkup (past year; 2008)</i>		<i>73%</i>	<i>71%</i>				
<b>Vaccinations</b>				<b>Men's Health</b>			
Northshore Area	2003	2006	2009	Northshore Area	2003	2006	2009
Flu Vaccination (past year—65+)	73%	68%	74%	PSA Test (40+; within past 2 years)		53%	52%
Pneumonia (ever—65 and older)	61%	74%	82%	Digital Rectal Exam (40+; within past year)	48%	42%	45%
<i>Other Research: (2008)</i>		<i>WI</i>	<i>U.S.</i>	<i>Other Research: (2008)</i>		<i>WI</i>	<i>U.S.</i>
<i>Flu Vaccination (past year—65+)</i>		<i>73%</i>	<i>71%</i>	<i>PSA Test (40+; within past 2 years)</i>		<i>52%</i>	<i>55%</i>
<i>Pneumonia (ever—65 and older)</i>		<i>70%</i>	<i>67%</i>				
<b>Complementary/Alternative Treatments in Past 3 Years</b>				<b>Other Tests</b>			
Northshore Area	2003	2006	2009	Northshore Area	2003	2006	2009
Massage Therapy	22%	21%	24%	Sigmoidoscopy (50+; within past 5 years)			9%
Chiropractic Care	15%	12%	17%	Colonoscopy (50+; within past 10 years)			71%
Acupuncture	4%	6%	11%	Sig./Colonoscopy (50+; lifetime)	62%	75%	78%
Aroma Therapy	6%	4%	8%				
				<i>Other Research: (2008)</i>		<i>WI</i>	<i>U.S.</i>
				<i>Sig./Colonoscopy (50+; lifetime)</i>		<i>67%</i>	<i>62%</i>

<b>Safety</b>				<b>Mental Health Status</b>			
Northshore Area	2003	2006	2009	Northshore Area	2003	2006	2009
Seat Belt (always/nearly always)	94%	93%	94%	Felt Sad, Blue or Depressed			
Helmet Use of Those Who Ride Bike/				Always/Nearly Always	3%	3%	5%
In-Line Skate (always/nearly always)	32%	49%	59%	Find Meaning and Purpose in Daily Life			
Detectors in Household				Seldom/Never	2%	4%	6%
Smoke Detector	97%	96%	99%	Considered Suicide (past year)	2%	1%	2%
Carbon Monoxide Detector	48%	58%	64%				
Both Detectors	48%	57%	63%	<b>Alcohol Use</b>			
Neither Detector	2%	2%	<1%	Northshore Area	2003	2006	2009
				Of all Respondents in Past Month...			
<i>Other Research: (2002)</i>		<u>WI</u>	<u>U.S.</u>	Heavy Drinker	4%	5%	6%
Seat Belt (always/nearly always)		82%	88%	Binge Drinker	8%	12%	12%
				Driver/Passenger in Vehicle When Driver			
<b>Cigarette Use</b>				Perhaps Had Too Much to Drink	2%	3%	2%
Northshore Area	2003	2006	2009	HH Problem Associated with Alcohol		3%	<1%
Current Smokers	12%	13%	10%				
Of Current Smokers...				<i>Other Research: (2008)</i>		<u>WI</u>	<u>U.S.</u>
Quit Smoking 1 Day or More in Past				Heavy Drinker		8%	5%
Year Because Trying to Quit	46%	50%	50%	Binge Drinker		23%	16%
Saw a Health Care Professional Past Yr.							
...Advised to Quit Smoking		62%	88%	<b>Personal Safety in Past Year</b>			
				Northshore Area	2003	2006	2009
<i>Other Research:</i>		<u>WI</u>	<u>U.S.</u>	Afraid for Their Safety	7%	3%	8%
Current Smokers (2008)		20%	18%	Pushed, Kicked, Slapped, or Hit	1%	1%	2%
Tried to Quit (2005)		49%	56%	At Least One of the Safety Issues	7%	4%	9%
<b>Smoking Policies</b>				<b>Firearms in Household</b>			
Northshore Area			2009	Northshore Area	2003	2006	2009
Smoking Policy at Home				Of all Households...			
Not allowed anywhere			80%	Have a Firearm	20%	16%	21%
Allowed in some places or at some times			2%	Handgun			12%
Allowed anywhere			2%	Rifle or shotgun			18%
No rules inside home			15%	Have a Loaded Firearm	<1%	2%	1%
Work's Official Indoor Smoking Policy				Have a Loaded Firearm Unlocked	<1%	2%	<1%
Not allowed anywhere			84%				
Allowed in some areas			9%	<i>Other Research: (2002)</i>			
Allowed in all areas			0%	Of all Households...		<u>WI</u>	<u>U.S.</u>
No official policy			6%	Have a Firearm		44%	33%
Second-Hand Smoke Exposure in Past				Have a Loaded Firearm		3%	8%
Seven Days of Nonsmokers				Have a Loaded Firearm Unlocked		2%	4%
0 days			83%				
1 to 3 days			15%	<b>Additional Questions</b>			
4 to 6 days			<1%	Northshore Area	2003	2006	2009
All 7 days			<1%	Awareness of/Experience with Health Dept.			
				Aware of/Received Services	34%	29%	31%
<i>Other Research: (WI: 2003; US: 2006-2007)</i>		<u>WI</u>	<u>U.S.</u>	Satisfied w/Health Dept. Meeting Its			
Smoking Prohibited at Home		75%	79%	Mission Of Those Aware of Health Dept.			74%
Smoke-Free Policy at Indoor Worksite		75%	75%	Prepared for Natural/Man-Made Disaster			28%
				Three Largest Community Health Issues			
				Obesity/Lack of Exercise/Poor Nutrition			67%
				Alcohol Abuse			58%
				Illegal Drug Use			52%
				Largest Environmental Health Issue			
				Food Safety			45%
				Water Quality			36%
				Indoor Air Quality			12%

## Overall Health and Health Care Key Findings

In 2009, 65% of respondents reported their health as excellent or very good; 9% reported fair or poor. Respondents who were 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were unmarried or inactive were more likely to report fair or poor conditions. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported their health fair or poor.*

In 2009, 2% of respondents reported they were not currently covered by health care insurance. Eight percent of respondents reported they personally did not have health care coverage at least part of the time in the past 12 months; respondents who were 18 to 34 years old, with a high school education or less, in the middle 20 percent household income bracket or unmarried were more likely to report this. Ten percent reported someone in their household was not covered at least part of the time in the past 12 months; respondents who were in the bottom 60 percent household income bracket or unmarried were more likely to report this. Eighty-six percent of respondents reported their primary place for health services was from a doctor's or nurse practitioner's office; respondents who were female, in the top 40 percent household income bracket or married were more likely to report this. Forty-four percent of respondents had an advance care plan; respondents 65 and older were more likely to report this. *From 2003 to 2009, the overall percent statistically remained the same for respondents 18 and older or for respondents 18 to 64 years old who reported no current personal health care insurance. From 2003 to 2009, the overall percent statistically remained the same for respondents who reported someone in the household was not covered at least part of the time in the past 12 months. From 2006 to 2009, there was a statistical decrease in the overall percent of respondents reporting their primary place for health services was from a doctor's or nurse practitioner's office. From 2003 to 2009, there was no statistical change in the overall percent of respondents having an advance care plan.*

In 2009, 84% of respondents reported a routine medical checkup two years ago or less while 80% reported a cholesterol test four years ago or less. Seventy-eight percent of respondents reported a visit to the dentist in the past year while 54% reported an eye exam in the past year. Respondents who were 65 and older, with some post high school education or in the middle 20 percent household income bracket were more likely to report a routine checkup two years ago or less. Respondents who were 45 to 54 years old, 65 and older, with a college education or married were more likely to report a cholesterol test four years ago or less. Respondents with a college education, in the top 40 percent household income bracket or married were more likely to report a dental checkup in the past year. Respondents who were female, 65 and older, with a high school education or less or with a college education were more likely to report an eye exam in the past year. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported a routine checkup two years ago or less, a cholesterol test four years ago or less, a dental checkup in the past year or an eye exam in the past year.*

In 2009, 54% of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past year. Respondents who were female or 65 and older were more likely to report a flu vaccination. Eighty-two percent of respondents 65 and older had a pneumonia vaccination. *From 2003 to 2009, there was no statistical change in the overall percent of respondents 18 and older or 65 and older who reported a flu vaccination in the past 12 months. From 2003 to 2009, there was a statistical increase in the overall percent of respondents 65 and older who had a pneumonia vaccination.*

## Health Risk Factors Key Findings

In 2009, out of eight health conditions listed, the two most often mentioned in the past three years were high blood pressure or high blood cholesterol (27% and 22%, respectively). Respondents who were 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, unmarried or overweight were more likely to report high blood pressure. Respondents who were 55 and older, in the middle

20 percent household income bracket, overweight or inactive were more likely to report high blood cholesterol. Respondents who were 65 and older, unmarried or inactive were more likely to report heart disease/condition. Respondents in the bottom 40 percent household income bracket were more likely to report a mental health condition. Respondents who were 65 and older, with some post high school education, in the bottom 60 percent household income bracket or overweight respondents were more likely to report diabetes. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported high blood pressure, high blood cholesterol, heart disease/condition, diabetes, current asthma or stroke. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported a mental health condition, possibly the result of wording changes.*

In 2009, 5% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents who were male, with some post high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. Two percent of respondents felt so overwhelmed they considered suicide in the past year. Six percent of respondents reported they seldom or never find meaning and purpose in daily life; respondents with a high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed or they considered suicide. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported they seldom/never find meaning and purpose in daily life.*

### **Behavioral Risk Factors Key Findings**

In 2009, out of four complementary/alternative treatments listed, massage therapy was the most often used in the past three years (24%). Respondents who were 45 to 54 years old, in the middle 20 percent household income bracket or married were more likely to report chiropractic care. Respondents who were 45 to 54 years old, with a college education or married respondents were more likely to report massage therapy. Respondents who were 45 to 54 years old, with at least some post high school education or married respondents were more likely to report aroma therapy. Respondents with some post high school education, in the middle 20 percent household income bracket or unmarried were more likely to report they used acupuncture. *From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting chiropractic care, massage therapy or aroma therapy. From 2003 to 2009, there was a statistical increase in the overall percent of respondents reporting acupuncture.*

In 2009, 32% of respondents did moderate physical activity five times a week for 30 minutes while 25% did vigorous activity three times a week for 20 minutes. Combined, 45% met the recommended amount of physical activity; respondents who were 55 to 64 years old, with a college education, in the top 40 percent household income bracket, who were married or not overweight were more likely to report this. Fifty percent of respondents were classified as overweight. Respondents who were 35 to 44 years old, married or inactive were more likely to be classified as overweight. *From 2003 to 2009, there was no statistical change 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 or meeting the recommended amount of physical activity. From 2003 to 2009, there was no statistical change in the overall percent of respondents being overweight.*

In 2009, 66% of respondents reported two or more servings of fruit while 26% reported three or more servings of vegetables on an average day. Respondents with a college education, in the top 40 percent household income bracket or who met the recommended amount of physical activity were more likely to report at least two servings of fruit. Respondents who were female, with a college education, in the top 40 percent household income bracket, who were married 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, 86% of female respondents 40 and older reported a mammogram within the past two years. Eighty-three percent of female respondents 65 and older had a bone density scan. Eighty-seven percent of female respondents 18 to 65 years old reported a pap smear within the past three years; respondents with a college education were more likely to report this. *From 2003 to 2009, there was a statistical increase in the overall percent of respondents 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, 52% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Forty-five percent of male respondents 40 and older had a digital rectal exam in the past year. *From 2006 to 2009, there was no statistical change in the overall percent of male respondents 40 and older who reported a PSA test within the past two years. From 2003 to 2009, there was no statistical change in the overall percent of male respondents 40 and older who reported a digital rectal exam within the past year.*

In 2009, 9% of respondents 50 and older reported a sigmoidoscopy within the past five years while 71% reported a colonoscopy within the past ten years. Seventy-nine percent of respondents 50 and older reported a sigmoidoscopy or colonoscopy in their lifetime. *From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported a sigmoidoscopy or colonoscopy in their lifetime. Part of this increase may be the result of changing the survey question from a combined question to separate exam questions.*

In 2009, 94% of respondents wore seat belts always or nearly always; respondents who were female or with a college education were more likely to report this. Of those respondents who rode a bike, used in-line skates or rode a scooter, 59% reported they always or nearly always wore a helmet; respondents who were 45 and older, with a college education or married respondents were more likely to report this. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a seat belt. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported they always or nearly always wore a helmet.*

In 2009, 10% of respondents were current smokers. Respondents who were male, 18 to 34 years old, 55 to 64 years old, with a high school education or less or unmarried respondents were more likely to be a smoker. Fifty percent of current smokers quit smoking for one day or longer in the past 12 months; 88% of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who were current smokers. From 2003 to 2009, there was no statistical change in the overall percent of current smokers who reported they quit smoking for one day or longer because they were trying to quit. From 2006 to 2009, there was a statistical increase in the overall percent of current smokers who reported their health professional advised them to quit smoking.*

In 2009, 80% of respondents reported smoking is not allowed anywhere inside the home while 84% reported smoking is not allowed in any area at work. Respondents in the top 40 percent household income bracket, who were married, nonsmokers or in households with children were more likely to report smoking is not allowed anywhere inside the home. Respondents who were female or with a college education were more likely to report smoking is not allowed in any area at work. Two percent of nonsmoking respondents reported they were exposed to second-hand smoke at least four out of the past seven days.

In 2009, 68% of respondents had an alcoholic drink in the past 30 days. In the past month, 6% were heavy drinkers while 12% were binge drinkers. Respondents with some post high school education were more likely to report heavy drinking in the past month. Respondents who were male or 18 to 34 years old were more likely to have binged at least once in the past month. Two percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Less than one 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 or binge drinking in the past month. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they were a driver or passenger in a vehicle when the driver perhaps had too much to drink. 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 64% had a working carbon monoxide detector. Sixty-three percent of households had both detectors. Respondents who were in the top 40 percent household income bracket or were 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, 21% of households had a firearm in or around the home; respondents in the top 40 percent household income bracket were more likely to report this. Of all households, 12% had a handgun in their home while 18% had a rifle or shotgun. Respondents in the top 40 percent household income bracket or who were married were more likely to report a rifle/shotgun. Of all households, 1% 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, 8% of respondents reported someone made them afraid for their personal safety in the past year; respondents with at least some post high school education 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 9% reported at least one of these two situations; 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 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, 9% of respondents were not aware of the public health department prior to the interview; 31% received services from the health department. Respondents who were female or married were more likely to have received services from the health department. Of the respondents who were aware of the health department, 74% reported they were satisfied with the health department meeting its mission to promote health, prevent disease and protect the public; respondents who were female or in the top 40 percent household income bracket were more likely to report this. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they received limited or extensive services from the public health department.*

In 2009, 28% of respondents reported someone in their family had taken steps to prepare for a natural or man-made disaster; respondents who were in the top 40 percent household income bracket, married or with children in the household were more likely to report this.

In 2009, out of six health issues, the three most often selected as the largest health concerns were the following: obesity, lack of exercise or poor nutrition (67%), alcohol abuse (58%) and illegal drug use (52%). Respondents who were 45 to 54 years old, with a college education or married were more likely to report obesity/lack of exercise/poor nutrition. Respondents 45 to 54 years old were more likely to report alcohol abuse. Respondents 35 to 44 years old were more likely to report illegal drug use. Respondents with a high school education or less, in the bottom 40 percent household income bracket or who were not married were more likely to report smoking. Respondents who were female or with some post high school education were more likely to report mental health. Respondents in the top 40 percent household income bracket or who were married were more likely to report infectious diseases.

In 2009, out of five environmental health issues listed, the largest concerns were food safety (45%) or water quality (36%). Twelve percent reported indoor air quality while 2% each reported lead or rabies. Female respondents were more likely to report water quality as a concern compared to male respondents.

## Key Findings

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

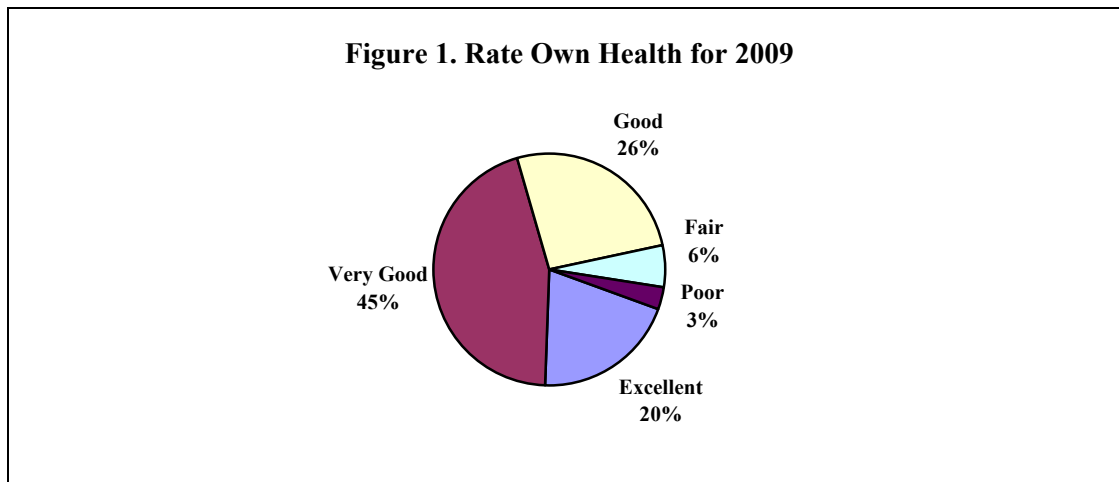
**KEY FINDINGS:** In 2009, 65% of respondents reported their health as excellent or very good; 9% reported fair or poor. Respondents who were 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were unmarried or inactive were more likely to report fair or poor conditions.

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

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

#### 2009 Findings

- Sixty-five percent of respondents said their own health, generally speaking, was either excellent (20%) or very good (45%). 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 4% of those 18 to 34 years old or 1% of respondents 35 to 44 years old.
- Sixteen percent of respondents with a high school education or less reported fair or poor health compared to 13% of those with some post high school education or 6% of respondents with a college education.
- Twenty-three percent of respondents in the bottom 40 percent household income bracket reported their health was fair or poor compared to 14% of those in the middle 20 percent income bracket or 2% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report their health was fair or poor compared to married respondents (13% and 6%, respectively).

- Twenty-two percent of inactive respondents reported their health was fair or poor compared to 9% of those who did an insufficient amount of physical activity or 6% 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 all study years, respondents with a high school education or less were more likely to report fair or poor health.
- In all study years, respondents in the bottom 40 percent household income bracket were more likely to report fair or poor health.
- In 2003 and 2009, unmarried respondents were more likely to report fair or poor conditions. In 2006, marital status was not a significant variable.
- In 2006 and 2009, inactive respondents were more likely to report fair or poor health.

Table 2. Fair or Poor Health by Demographic Variables for Each Survey Year<sup>①,②</sup>

	2003	2006	2009
TOTAL	9%	11%	9%
Gender			
Male	6	10	8
Female	10	13	11
Age <sup>1,2,3</sup>			
18 to 34	4	0	4
35 to 44	0	3	1
45 to 54	5	11	10
55 to 64	5	13	11
65 and Older	18	24	17
Education <sup>1,2,3</sup>			
High School or Less	20	21	16
Some Post High School	8	14	13
College Graduate	4	6	6
Household Income <sup>1,2,3</sup>			
Bottom 40 Percent Bracket	22	20	23
Middle 20 Percent Bracket	8	10	14
Top 40 Percent Bracket	6	5	2
Marital Status <sup>1,3</sup>			
Married	4	10	6
Not Married	18	13	13
Overweight Status			
Not Overweight	8	9	7
Overweight	9	13	11
Physical Activity <sup>2,3</sup>			
Inactive	--	25	22
Insufficient	--	12	9
Recommended	--	6	6
Smoking Status			
Nonsmoker	8	11	9
Smoker	14	16	11

<sup>①</sup>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.

<sup>②</sup>Physical activity was defined differently in 2003.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

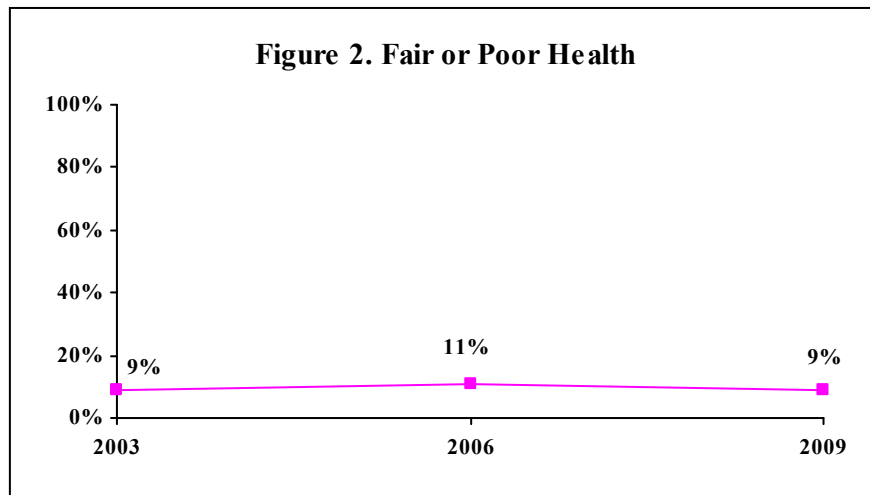
<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

<sup>b</sup>year difference at  $p \leq 0.05$  from 2006 to 2009

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



### Health Care Coverage (Figures 3 - 5; Tables 3 - 7)

**KEY FINDINGS:** In 2009, 2% of respondents reported they were not currently covered by health care insurance. Eight percent of respondents reported they personally did not have health care coverage at least part of the time in the past 12 months; respondents who were 18 to 34 years old, with a high school education or less, in the middle 20 percent household income bracket or unmarried were more likely to report this. Ten percent reported someone in their household was not covered at least part of the time in the past 12 months; respondents who were in the bottom 60 percent household income bracket or unmarried were more likely to report this. Eighty-six percent of respondents reported their primary place for health services was from a doctor's or nurse practitioner's office; respondents who were female, in the top 40 percent household income bracket or married were more likely to report this. Forty-four percent of respondents had an advance care plan; respondents 65 and older were more likely to report this.

*From 2003 to 2009, the overall percent statistically remained the same for respondents 18 and older or for respondents 18 to 64 years old who reported no current personal health care insurance. From 2003 to 2009, the overall percent statistically remained the same for respondents who reported someone in the household was not covered at least part of the time in the past 12 months. From 2006 to 2009, there was a statistical decrease in the overall percent of respondents reporting their primary place for health services was from a doctor's or nurse practitioner's office. From 2003 to 2009, there was no statistical change in the overall percent of respondents having an advance care plan.*

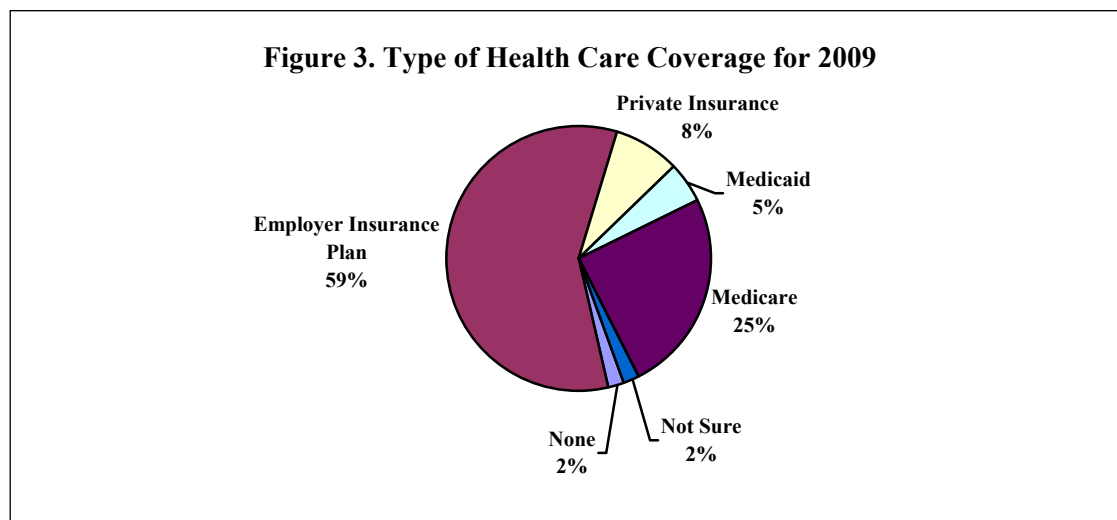
## Personally Not Covered Currently

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

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

### 2009 Findings

- Two percent of respondents reported they were not currently covered by any health care insurance. Fifty-nine percent reported they were covered by an employer sponsored insurance plan. Eight percent reported private insurance bought directly from an insurance agent/company. Five percent reported Medicaid, including medical assistance, Title 19 or Badger Care, while 25% reported Medicare.



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

### Year Comparisons

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

Table 3. Personally No Health Care Coverage by Demographic Variables for Each Survey Year<sup>①</sup>

	2003 <sup>②</sup>	2006	2009 <sup>②</sup>
TOTAL			
All Respondents	1%	4%	2%
Respondents 18 to 64 Years Old	1	5	2
Gender			
Male	--	5	--
Female	--	2	--
Age <sup>2</sup>			
18 to 34	--	13	--
35 to 44	--	3	--
45 to 54	--	4	--
55 to 64	--	2	--
65 and Older	--	0	--
Education <sup>2</sup>			
High School or Less	--	0	--
Some Post High School	--	11	--
College Graduate	--	1	--
Household Income			
Bottom 40 Percent Bracket	--	2	--
Middle 20 Percent Bracket	--	3	--
Top 40 Percent Bracket	--	<1	--
Marital Status <sup>2</sup>			
Married	--	<1	--
Not Married	--	8	--

<sup>①</sup>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.

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

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

## Personally Not Covered in the Past 12 Months

### 2009 Findings

- Eight 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 (25%) compared to those 35 to 44 years old (1%) or respondents 65 and older (0%).

- Sixteen percent of respondents with a high school education or less reported no coverage compared to 13% of those with some post high school education or 3% of respondents with a college education.
- Eighteen percent of respondents in the middle 20 percent household income bracket reported no coverage compared to 14% of those in the bottom 40 percent income bracket or 2% of respondents in the top 40 percent household income bracket.
- Sixteen percent of unmarried respondents reported no coverage compared to less than one percent of married respondents.

Table 4. Personally Not Covered by Health Insurance in Past 12 Months by Demographic Variables for 2009<sup>⓪</sup>

	2009
TOTAL	8%
Gender	
Male	9
Female	6
Age <sup>1</sup>	
18 to 34	25
35 to 44	1
45 to 54	7
55 to 64	5
65 and Older	0
Education <sup>1</sup>	
High School or Less	16
Some Post High School	13
College Graduate	3
Household Income <sup>1</sup>	
Bottom 40 Percent Bracket	14
Middle 20 Percent Bracket	18
Top 40 Percent Bracket	2
Marital Status <sup>1</sup>	
Married	<1
Not Married	16

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

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2009

## Someone in Household Not Covered in the Past 12 Months

### 2009 Findings

- Ten 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.

- Twenty percent of respondents in the bottom 40 percent household income bracket and 18% of those in the middle 20 percent income bracket reported someone in their household was not covered in the past 12 months compared to 2% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report someone in their household was not covered compared to married respondents (18% and 3%, respectively).

#### Year Comparisons

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

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

	2003	2006	2009
TOTAL	10%	11%	10%
Household Income <sup>3</sup>			
Bottom 40 Percent Bracket	11	12	20
Middle 20 Percent Bracket	10	12	18
Top 40 Percent Bracket <sup>a</sup>	9	7	2
Marital Status <sup>2,3</sup>			
Married <sup>a</sup>	9	5	3
Not Married	10	18	18

<sup>①</sup>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.

<sup>1</sup>demographic difference at p≤0.05 in 2003

<sup>2</sup>demographic difference at p≤0.05 in 2006

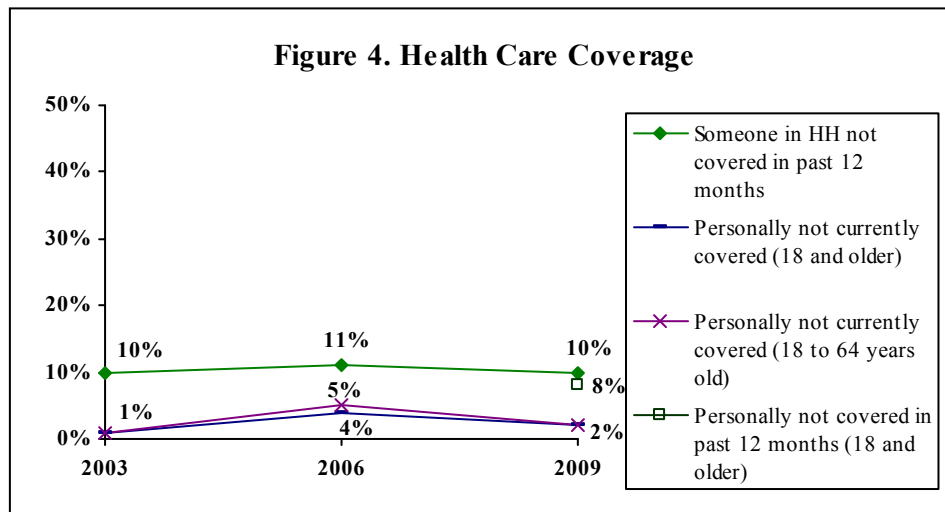
<sup>3</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year difference at p≤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-six percent of respondents reported they go to a doctor's or nurse practitioner's office when they are sick or need health advice. Five percent each reported public health clinic/community health center or urgent care center while 1% reported hospital outpatient department.
- Female respondents were more likely to report a doctor's or nurse practitioner's office (91%) compared to male respondents (80%).
- Eighty-nine percent of respondents in the top 40 percent household income bracket reported a doctor's or nurse practitioner's office compared to 82% of those in the middle 20 percent income bracket or 77% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report a doctor's or nurse practitioner's office compared to unmarried respondents (89% and 82%, respectively).

### Year Comparisons

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

- In 2009, female respondents were more likely to report a doctor's or nurse practitioner's office. In 2006, gender was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of male respondents reporting a doctor's or nurse practitioner's office.
- Age was not a significant variable in either study years. 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 reporting a doctor's or nurse practitioner's office.
- 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 or a college education reporting a doctor's or nurse practitioner's office.
- In both study years, respondents in the top 40 percent household income bracket were more likely to report a doctor's or nurse practitioner's office. From 2006 to 2009, there was a noted decrease in the percent of respondents in the bottom 40 percent household income bracket or in the top 40 percent household income bracket reporting a doctor's or nurse practitioner's office.
- In both study years, married respondents were more likely to report a doctor's or nurse practitioner's office. From 2006 to 2009, there was a noted decrease in the percent of respondents across marital status reporting a doctor's or nurse practitioner's office.

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

	2006	2009
TOTAL <sup>a</sup>	93%	86%
Gender <sup>2</sup>		
Male <sup>a</sup>	91	80
Female	94	91
Age		
18 to 34 <sup>a</sup>	92	78
35 to 44	95	88
45 to 54	89	86
55 to 64 <sup>a</sup>	96	80
65 and Older	93	91
Education <sup>1</sup>		
High School or Less <sup>a</sup>	96	80
Some Post High School	84	84
College Graduate <sup>a</sup>	96	88
Household Income <sup>1,2</sup>		
Bottom 40 Percent Bracket <sup>a</sup>	90	77
Middle 20 Percent Bracket	85	82
Top 40 Percent Bracket <sup>a</sup>	98	89
Marital Status <sup>1,2</sup>		
Married <sup>a</sup>	95	89
Not Married <sup>a</sup>	90	82

<sup>⓪</sup>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.

<sup>1</sup>demographic difference at p≤0.05 in 2006

<sup>2</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year difference at p≤0.05 from 2006 to 2009

## Advance Care Plan

### 2009 Findings

- Forty-four percent of respondents reported they had an advance care plan, living will or health care power of attorney stating their end of life health care wishes.
- Eighty-one percent of respondents 65 and older reported they had an advance care plan compared to 29% of those 45 to 54 years old or 16% of respondents 18 to 34 years old.

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents having an advance care plan.

- In all study years, respondents 65 and older were more likely to report having an advance care plan. From 2003 to 2009, there was a noted increase in the percent of respondents 65 and older reporting an advance care plan.
- In 2003, unmarried respondents were more likely to report having an advance care plan. 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 an advance care plan.

Table 7. Advance Care Plan by Demographic Variables for Each Survey Year<sup>①,②</sup>

	2003	2006	2009
TOTAL	38%	44%	44%
Gender			
Male	35	41	39
Female	41	47	47
Age <sup>1,2,3</sup>			
18 to 34	24	8	16
35 to 44	22	30	35
45 to 54	34	54	29
55 to 64	44	44	41
65 and Older <sup>a</sup>	56	75	81
Education			
High School or Less	47	46	42
Some Post High School	35	36	44
College Graduate	36	47	44
Household Income			
Bottom 40 Percent Bracket	42	50	43
Middle 20 Percent Bracket	27	37	39
Top 40 Percent Bracket	39	37	41
Marital Status <sup>1</sup>			
Married <sup>a</sup>	35	47	44
Not Married	46	41	43

<sup>①</sup>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.

<sup>②</sup>In 2006, “living will or health care power of attorney” was added.

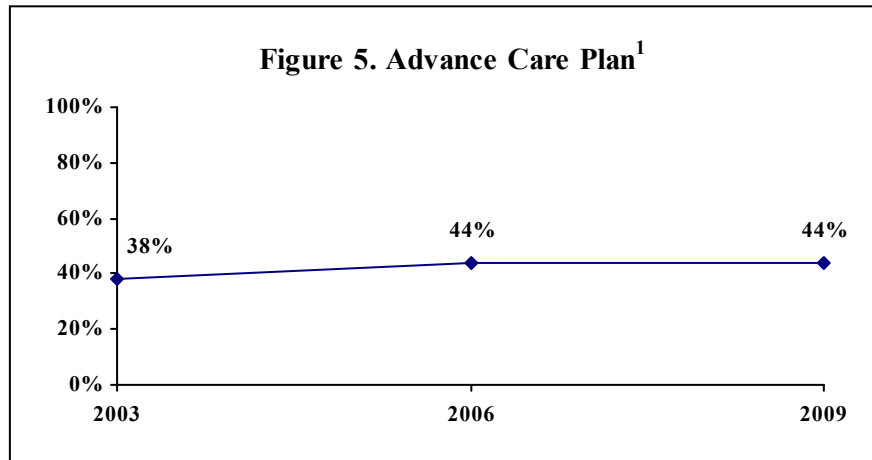
<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

- From 2003 to 2009, there was no statistical change in the overall percent of respondents having an advance care plan.



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

## Routine Procedures (Figure 6; Tables 8 - 11)

**KEY FINDINGS:** In 2009, 84% of respondents reported a routine medical checkup two years ago or less while 80% reported a cholesterol test four years ago or less. Seventy-eight percent of respondents reported a visit to the dentist in the past year while 54% reported an eye exam in the past year. Respondents who were 65 and older, with some post high school education or in the middle 20 percent household income bracket were more likely to report a routine checkup two years ago or less. Respondents who were 45 to 54 years old, 65 and older, with a college education or married were more likely to report a cholesterol test four years ago or less. Respondents with a college education, in the top 40 percent household income bracket or married were more likely to report a dental checkup in the past year. Respondents who were female, 65 and older, with a high school education or less or with a college education were more likely to report an eye exam in the past year.

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

## Routine Checkup

*In 2000, 65% of Wisconsin respondents reported in the past year they had a routine checkup, 14% reported past two years, 9% past five years and 11% five or more years ago. Nationally, 72% reported past year, 12% past two years, 7% past five years and 8% five or more years ago (2000 Behavioral Risk Factor Surveillance).*

### 2009 Findings

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

- Respondents 65 and older were more likely to report a routine checkup in the past two years (94%) compared to those 18 to 34 years old (79%) or respondents 35 to 44 years old (68%).
- Ninety-three percent of respondents with some post high school education reported a routine checkup in the past two years compared to 84% of those with a high school education or less or 80% of respondents with a college education.
- Ninety-six percent of respondents in the middle 20 percent household income bracket reported a routine checkup in the past two years compared to 86% of those in the bottom 40 percent income bracket or 79% 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 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.
- In 2003 and 2009, respondents 65 and older were more likely to report a routine checkup two years ago or less. In 2006, respondents 55 to 64 years old were more likely to report a routine checkup two years ago or less.
- In 2006, 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 were more likely to report a routine checkup two years ago or less. In 2003, education was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents with some post high school education reporting a routine checkup two years ago or less.
- In 2003, 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 a routine checkup two years ago or less. In 2009, respondents in the middle 20 percent household income bracket were more likely to report a routine checkup two years ago or less. In 2006, household income was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents in the middle 20 percent household income bracket reporting a routine checkup two years ago or less.

Table 8. Routine Checkup Two Years Ago or Less by Demographic Variables for Each Survey Year<sup>①</sup>

	2003	2006	2009
TOTAL	82%	82%	84%
Gender <sup>1,2</sup>			
Male	76	76	80
Female	87	88	87
Age <sup>1,2,3</sup>			
18 to 34	76	75	79
35 to 44	66	84	68
45 to 54	87	70	83
55 to 64	84	95	86
65 and Older	90	90	94
Education <sup>2,3</sup>			
High School or Less	86	93	84
Some Post High School <sup>a</sup>	80	70	93
College Graduate	82	84	80
Household Income <sup>1,3</sup>			
Bottom 40 Percent Bracket	89	87	86
Middle 20 Percent Bracket <sup>a</sup>	67	82	96
Top 40 Percent Bracket	86	84	79
Marital Status			
Married	82	85	85
Not Married	82	78	82

<sup>①</sup>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.

<sup>1</sup>demographic difference at p≤0.05 in 2003

<sup>2</sup>demographic difference at p≤0.05 in 2006

<sup>3</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year difference at p≤0.05 from 2003 to 2009

## Cholesterol Test

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

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

## 2009 Findings

- Eighty percent of respondents reported having their cholesterol tested four years ago or less. Six percent reported five or more years ago while 11% reported never having their cholesterol tested.

- Ninety-two percent of respondents 65 and older and 90% of those 45 to 54 years old reported a cholesterol test four years ago or less compared to 47% of respondents 18 to 34 years old.
- Eighty-five percent of respondents with a college education reported a cholesterol test four years ago or less compared to 77% of those with some post high school education or 63% of respondents with a high school education or less.
- Married respondents were more likely to report a cholesterol test four years ago or less compared to unmarried respondents (87% and 71%, respectively).

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported a cholesterol test four years ago or less.
- In 2006, female respondents were more likely to report a cholesterol test four years ago or less. In all other study years, gender was not a significant variable.
- In 2003, respondents 65 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 45 to 54 years old or 65 and older were more likely to report a cholesterol test four years ago or less.
- In 2006 and 2009, respondents with a college education were more likely to report a cholesterol test four years ago or less. In 2003, education was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents with a high school education or less reporting a cholesterol test four years ago or less.
- In 2006, respondents in the middle 20 percent household income bracket were more likely to report a cholesterol test four years ago or less. In all other study years, household income was not a significant variable.
- In 2006 and 2009, married respondents were more likely to report a cholesterol test four years ago or less. In 2003, marital status was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of unmarried 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<sup>①</sup>

	2003	2006	2009
TOTAL	83%	81%	80%
Gender <sup>2</sup>			
Male	81	74	79
Female	85	86	81
Age <sup>1,2,3</sup>			
18 to 34	61	49	47
35 to 44	82	82	81
45 to 54	84	85	90
55 to 64	85	95	84
65 and Older	91	91	92
Education <sup>2,3</sup>			
High School or Less <sup>a</sup>	87	72	63
Some Post High School	79	77	77
College Graduate	83	84	85
Household Income <sup>2</sup>			
Bottom 40 Percent Bracket	89	82	78
Middle 20 Percent Bracket	80	92	73
Top 40 Percent Bracket	82	78	85
Marital Status <sup>2,3</sup>			
Married	84	85	87
Not Married <sup>a</sup>	82	75	71

<sup>①</sup>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.

<sup>1</sup>demographic difference at p≤0.05 in 2003

<sup>2</sup>demographic difference at p≤0.05 in 2006

<sup>3</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year 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.<sup>1</sup>*

*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).*

<sup>1</sup> “Chapter 61: Counseling to Prevent Dental and Periodontal Diseases.” U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. 2<sup>nd</sup> ed. Baltimore: Williams & Wilkins, 1996. page 711.

## 2009 Findings

- Seventy-eight percent of respondents reported a dental visit in the past year. An additional 14% had a visit in the past one to two years.
- Respondents with a college education were more likely to report a dental checkup in the past year (84%) compared to those with some post high school education (69%) or respondents with a high school education or less (67%).
- Eighty-eight percent of respondents in the top 40 percent household income bracket reported a dental checkup in the past year compared to 71% of those in the middle 20 percent income bracket or 66% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report a dental checkup in the past year compared to unmarried respondents (84% and 70%, respectively).

## Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a dental checkup in the past year.
- In 2006, respondents who were 18 to 44 years old or 55 to 64 years old were more likely to report a dental checkup. In all other study years, age was not a significant variable.
- In 2003 and 2009, respondents with a college education were more likely to report a dental checkup. In 2006, education was not a significant variable.
- In 2003, 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 a dental checkup. In 2006 and 2009, respondents in the top 40 percent household income bracket were more likely to report a dental checkup. From 2003 to 2009, there was a noted decrease in the percent of respondents in the bottom 40 percent household income bracket reporting a dental checkup in the past year.
- In 2006 and 2009, married respondents were more likely to report a dental checkup. In 2003, marital status was not a significant variable.

Table 10. Dental Checkup Less than One Year Ago by Demographic Variables for Each Survey Year<sup>⓪</sup>

	2003	2006	2009
TOTAL	81%	81%	78%
Gender			
Male	81	78	75
Female	82	83	80
Age <sup>2</sup>			
18 to 34	74	89	69
35 to 44	75	89	84
45 to 54	87	70	78
55 to 64	87	89	78
65 and Older	79	72	80
Education <sup>1,3</sup>			
High School or Less	76	76	67
Some Post High School	74	80	69
College Graduate	86	83	84
Household Income <sup>1,2,3</sup>			
Bottom 40 Percent Bracket <sup>a</sup>	84	58	66
Middle 20 Percent Bracket	69	79	71
Top 40 Percent Bracket	86	90	88
Marital Status <sup>2,3</sup>			
Married	83	87	84
Not Married	77	72	70

<sup>⓪</sup>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.

<sup>1</sup>demographic difference at p≤0.05 in 2003

<sup>2</sup>demographic difference at p≤0.05 in 2006

<sup>3</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year difference at p≤0.05 from 2003 to 2009

## Eye Exam

### 2009 Findings

- Fifty-four percent of respondents had an eye exam in the past year while 24% reported one to two years ago. Five percent reported never.
- Female respondents were more likely to report an eye exam in the past year (60%) compared to male respondents (47%).
- Seventy percent of respondents 65 and older reported an eye exam in the past year compared to 49% of those 35 to 64 years old or 45% of respondents 18 to 34 years old.

- Fifty-eight percent of respondents with a college education and 56% of those with a high school education or less reported an eye exam in the past year compared to 41% of respondents with some post high school education.

### 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 2009, 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 all study years, respondents 65 and older were more likely to report an eye exam less than a year ago.
- In 2003, respondents with a high school education or less were more likely to report an eye exam less than a year ago. In 2006, respondents with some post high school education or less were more likely to report an eye exam less than a year ago. In 2009, respondents with a high school education or less or with a college education were more likely to report an eye exam less than a year ago.
- In 2006, respondents in the middle 20 percent household income bracket were more likely to report an eye exam less than a year ago. In all other study years, household income was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents in the bottom 40 percent household income bracket reporting an eye exam less than a year ago.
- In 2003 and 2006, unmarried respondents were more likely to report an eye exam less than a year ago. In 2009, marital status was not a significant variable.

Table 11. Eye Exam Less than One Year Ago by Demographic Variables for Each Survey Year<sup>①</sup>

	2003	2006	2009
TOTAL	55%	58%	54%
Gender <sup>3</sup>			
Male	53	53	47
Female	55	61	60
Age <sup>1,2,3</sup>			
18 to 34	35	64	45
35 to 44	42	44	49
45 to 54	54	48	49
55 to 64	52	54	49
65 and Older	70	71	70
Education <sup>1,2,3</sup>			
High School or Less	65	67	56
Some Post High School	46	67	41
College Graduate	54	50	58
Household Income <sup>2</sup>			
Bottom 40 Percent Bracket <sup>a</sup>	63	55	42
Middle 20 Percent Bracket	46	67	52
Top 40 Percent Bracket	54	48	54
Marital Status <sup>1,2</sup>			
Married	51	49	56
Not Married	62	67	51

<sup>①</sup>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.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

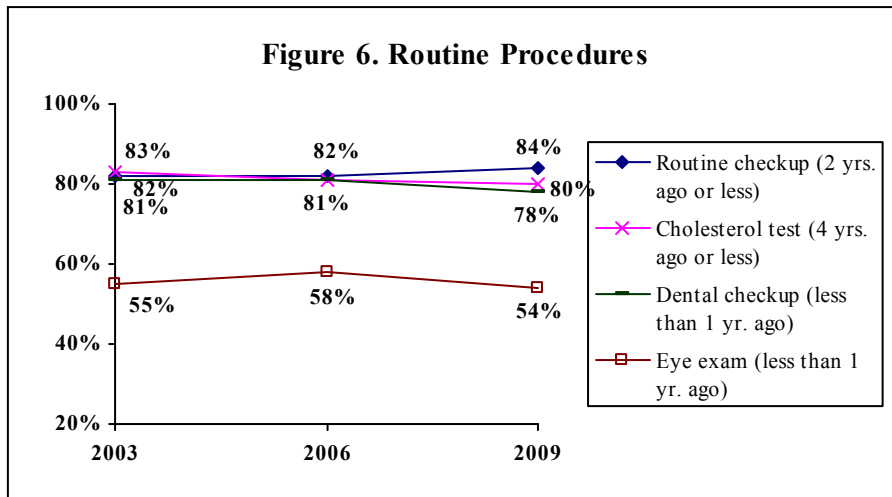
<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

## Routine Procedures Overall

### Year Comparisons

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



## Vaccinations (Figure 7; Table 12)

**KEY FINDINGS:** In 2009, 54% of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past year. Respondents who were female or 65 and older were more likely to report a flu vaccination. Eighty-two percent of respondents 65 and older had a pneumonia vaccination.

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

### Flu Vaccination

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

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

### 2009 Findings

- Fifty-four 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 (60%) compared to male respondents (48%).
- Seventy-four percent of respondents 65 and older reported receiving a flu vaccination compared to 45% of those 18 to 34 years old or 27% of respondents 35 to 44 years old.

#### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents 18 and older or 65 and older who reported a flu vaccination in the past 12 months.
- In 2009, female respondents were more likely to report a flu vaccination, with a noted increase since 2003. In all other study years, gender was not a significant variable.
- In all study years, respondents 65 and older were more likely to report a flu vaccination. From 2003 to 2009, there was a noted increase in the percent of respondents 18 to 34 years old reporting a flu vaccination.
- In 2003, respondents in the bottom 40 percent household income bracket were more likely to report a flu vaccination. In 2006, respondents in the middle 20 percent household income bracket were more likely to report a flu vaccination. In 2009, household income was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents in the bottom 40 percent household income bracket and a noted increase in the percent of respondents in the top 60 percent household income bracket reporting a flu vaccination.

Table 12. Flu Vaccination by Demographic Variables for Each Survey Year<sup>①,②</sup>

	2003	2006	2009
TOTAL	49%	43%	54%
Gender <sup>3</sup>			
Male	48	39	48
Female <sup>a</sup>	49	46	60
Age <sup>1,2,3</sup>			
18 to 34 <sup>a</sup>	11	34	45
35 to 44	31	23	27
45 to 54	41	30	54
55 to 64	63	54	67
65 and Older	73	68	74
Education			
High School or Less	55	43	62
Some Post High School	42	36	47
College Graduate	48	46	55
Household Income <sup>1,2</sup>			
Bottom 40 Percent Bracket <sup>a</sup>	64	39	47
Middle 20 Percent Bracket <sup>a</sup>	42	58	65
Top 40 Percent Bracket <sup>a</sup>	42	30	53
Marital Status			
Married	47	46	55
Not Married	51	39	53

<sup>①</sup>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.

<sup>②</sup>In 2006, “nasal spray” was added.

<sup>1</sup>demographic difference at p≤0.05 in 2003

<sup>2</sup>demographic difference at p≤0.05 in 2006

<sup>3</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year 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

- Eighty-two percent of respondents 65 and older reported they received a pneumonia vaccination.

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

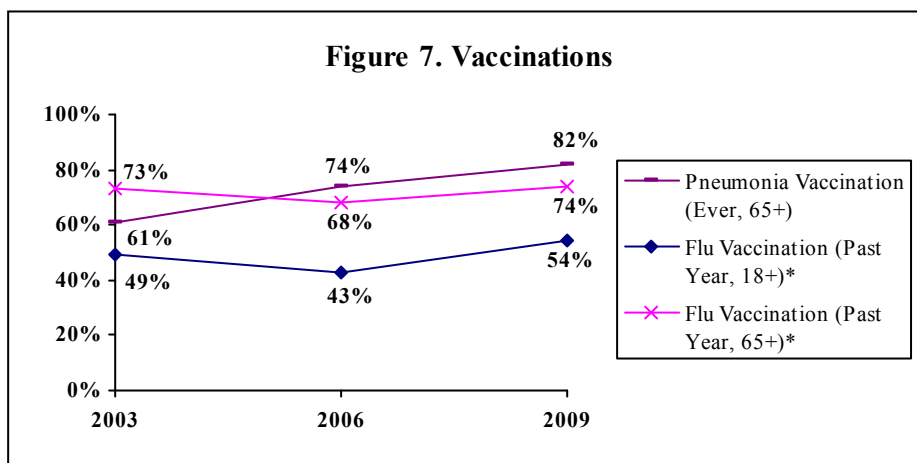
### Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who had a pneumonia vaccination.
- No demographic comparisons were conducted between years as a result of the low percent of respondents who were asked this question each year.

### **Vaccinations Overall**

#### Year Comparisons

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



\*In 2006, “nasal spray” was added.

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

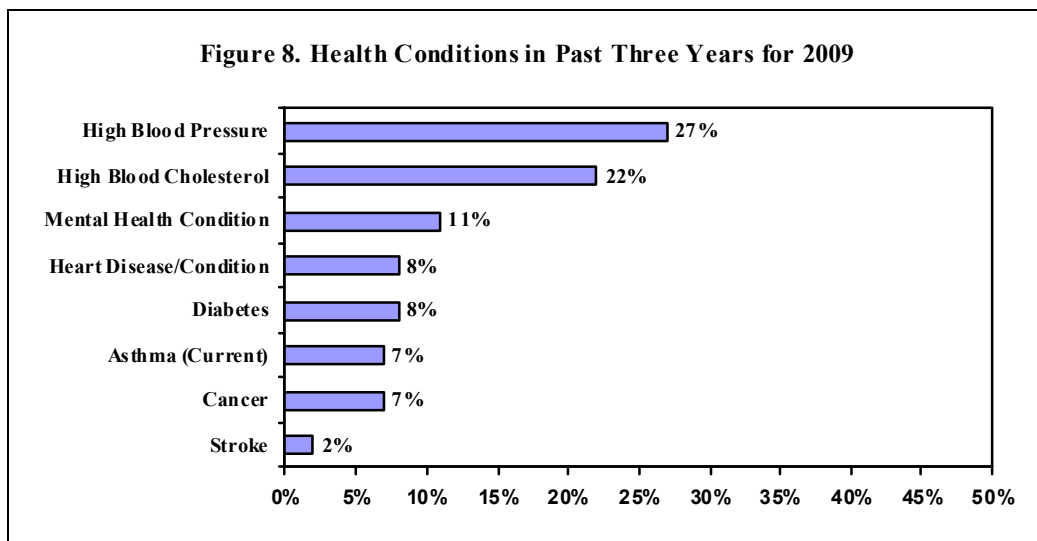
Respondents were asked a series of questions regarding if they had certain health conditions in the past three years. Current diagnosis of asthma was asked.

**KEY FINDINGS:** In 2009, out of eight health conditions listed, the two most often mentioned in the past three years were high blood pressure or high blood cholesterol (27% and 22%, respectively). Respondents who were 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, unmarried or overweight were more likely to report high blood pressure. Respondents who were 55 and older, in the middle 20 percent household income bracket, overweight or inactive were more likely to report high blood cholesterol. Respondents who were 65 and older, unmarried or inactive were more likely to report heart disease/condition. Respondents in the bottom 40 percent household income bracket were more likely to report a mental health condition. Respondents who were 65 and older, with some post high school education, in the bottom 60 percent household income bracket or overweight respondents were more likely to report diabetes.

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

### 2009 Findings

- Respondents were more likely to report high blood pressure (27%), high blood cholesterol (22%) or a mental health condition (11%) in the past three years.



## High Blood Pressure

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

### 2009 Findings

- Twenty-seven percent of respondents reported high blood pressure in the past three years.
- Fifty percent of respondents 65 and older reported high blood pressure in the past three years compared to 12% of those 35 to 44 years old or 4% of respondents 18 to 34 years old.
- Forty-four percent of respondents with a high school education or less reported high blood pressure compared to 31% of those with some post high school education or 21% of respondents with a college education.
- Forty-three percent of respondents in the bottom 40 percent household income bracket reported high blood pressure compared to 33% of those in the middle 20 percent income bracket or 18% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report high blood pressure compared to married respondents (33% and 22%, respectively).
- Overweight respondents were more likely to report high blood pressure (34%) compared to respondents who were not overweight (21%).

### 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 all study years, respondents with a high school education or less were more likely to report high blood pressure.
- In all study years, respondents in the bottom 40 percent household income bracket were more likely to report high blood pressure.
- In 2003 and 2009, unmarried respondents were more likely to report high blood pressure. In 2006, marital status was not a significant variable.
- In 2003 and 2009, overweight respondents were more likely to report high blood pressure. In 2006, overweight status was not a significant variable.

Table 13. High Blood Pressure in Past Three Years by Demographic Variables for Each Survey Year<sup>①,②</sup>

	2003	2006	2009
TOTAL	27%	30%	27%
Gender			
Male	26	25	25
Female	27	34	29
Age <sup>1,2,3</sup>			
18 to 34	4	5	4
35 to 44 <sup>a</sup>	3	10	12
45 to 54	26	30	29
55 to 64	33	36	38
65 and Older	46	57	50
Education <sup>1,2,3</sup>			
High School or Less	46	43	44
Some Post High School	31	33	31
College Graduate	17	23	21
Household Income <sup>1,2,3</sup>			
Bottom 40 Percent Bracket	45	52	43
Middle 20 Percent Bracket	26	27	33
Top 40 Percent Bracket	18	20	18
Marital Status <sup>1,3</sup>			
Married	22	26	22
Not Married	38	34	33
Overweight Status <sup>1,3</sup>			
Not Overweight	19	31	21
Overweight	31	29	34
Physical Activity			
Inactive	--	39	37
Insufficient	--	30	29
Recommended	--	25	23
Smoking Status			
Nonsmoker	27	29	28
Smoker	22	38	24

<sup>①</sup>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.

<sup>②</sup>Physical activity was defined differently in 2003.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

<sup>b</sup>year difference at  $p \leq 0.05$  from 2006 to 2009

## High Blood Cholesterol

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

### 2009 Findings

- Twenty-two percent of respondents reported high blood cholesterol in the past three years.
- Thirty-five percent of respondents 55 and older reported high blood cholesterol in the past three years compared to 7% of those 35 to 44 years old or 4% of respondents 18 to 34 years old.
- Thirty-nine percent of respondents in the middle 20 percent household income bracket reported high blood cholesterol compared to 31% of those in the bottom 40 percent income bracket or 16% of respondents in the top 40 percent household income bracket.
- Overweight respondents were more likely to report high blood cholesterol (31%) compared to respondents who were not overweight (14%).
- Inactive respondents were more likely to report high blood cholesterol (35%) compared to those who did an insufficient amount of physical activity (21%) or respondents who met the recommended amount of physical activity (19%).

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported high blood cholesterol.
- In 2003, male respondents were more likely to report high blood cholesterol. In all other study years, gender was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of male respondents reporting high blood cholesterol.
- In 2003, respondents 55 to 64 years old were more likely to report high blood cholesterol. In 2006 and 2009, respondents 55 and older were more likely to report high blood cholesterol.
- In 2006, respondents in the bottom 40 percent household income bracket were more likely to report high blood cholesterol. In 2009, respondents in the middle 20 percent household income bracket were more likely to report high blood cholesterol. In 2003, household income was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents in the middle 20 percent household income bracket reporting high blood cholesterol.
- In 2006, unmarried respondents were more likely to report high blood cholesterol. In all other study years, marital status was not a significant variable.
- In 2009, overweight respondents were more likely to report high blood cholesterol. In all other study years, overweight status was not a significant variable.
- In 2009, inactive respondents were more likely to report high blood cholesterol. In 2006, physical activity was not a significant variable.

Table 14. High Blood Cholesterol in Past Three Years by Demographic Variables for Each Survey Year<sup>①,②</sup>

	2003	2006	2009
TOTAL	24%	26%	22%
Gender <sup>1</sup>			
Male <sup>a</sup>	29	26	20
Female	20	26	25
Age <sup>1,2,3</sup>			
18 to 34	11	3	4
35 to 44	17	8	7
45 to 54	26	29	28
55 to 64	36	45	35
65 and Older	24	42	35
Education			
High School or Less	27	23	29
Some Post High School	26	29	20
College Graduate	21	25	22
Household Income <sup>2,3</sup>			
Bottom 40 Percent Bracket	28	43	31
Middle 20 Percent Bracket <sup>a</sup>	20	19	39
Top 40 Percent Bracket	22	18	16
Marital Status <sup>2</sup>			
Married	23	21	23
Not Married	24	31	22
Overweight Status <sup>3</sup>			
Not Overweight	21	26	14
Overweight	25	26	31
Physical Activity <sup>3</sup>			
Inactive	--	30	35
Insufficient	--	24	21
Recommended	--	25	19
Smoking Status			
Nonsmoker	24	26	23
Smoker	20	24	21

<sup>①</sup>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.

<sup>②</sup>Physical activity was defined differently in 2003.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

<sup>b</sup>year difference at  $p \leq 0.05$  from 2006 to 2009

## Heart Disease/Condition

### 2009 Findings

- Eight 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 (17%) compared to those who were 18 to 34 years old or 45 to 54 years old (5% each) or respondents 35 to 44 years old (0%).
- Unmarried respondents were more likely to report heart disease/condition compared to married respondents (11% and 6%, respectively).
- Twenty-two percent of inactive respondents reported heart disease/condition compared to 9% of those who did an insufficient amount of physical activity or 4% 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 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 2003, respondents in the bottom 40 percent household income bracket were more likely to report heart disease/condition. In all other study years, household income was not a significant variable.
- In 2009, unmarried respondents were more likely to report heart disease/condition. In all other study years, marital status was not a significant variable.
- In 2006 and 2009, inactive respondents were more likely to report heart disease/condition. From 2006 to 2009, there was a noted decrease in the percent of respondents who met the recommended amount of physical activity reporting heart disease/condition.

Table 15. Heart Disease/Condition in Past Three Years by Demographic Variables for Each Survey Year<sup>①,②</sup>

	2003	2006	2009
TOTAL	10%	11%	8%
Gender <sup>1</sup>			
Male	14	13	9
Female	7	10	7
Age <sup>1,2,3</sup>			
18 to 34	0	0	5
35 to 44	0	4	0
45 to 54	8	7	5
55 to 64	15	7	11
65 and Older	18	30	17
Education			
High School or Less	13	16	13
Some Post High School	11	6	6
College Graduate	8	12	8
Household Income <sup>1</sup>			
Bottom 40 Percent Bracket	16	16	11
Middle 20 Percent Bracket	11	8	10
Top 40 Percent Bracket	5	8	5
Marital Status <sup>3</sup>			
Married	8	11	6
Not Married	14	11	11
Overweight Status			
Not Overweight	7	14	6
Overweight	12	10	10
Physical Activity <sup>2,3</sup>			
Inactive	--	18	22
Insufficient	--	7	9
Recommended <sup>b</sup>	--	13	4
Smoking Status			
Nonsmoker	11	12	8
Smoker	2	4	11

<sup>①</sup>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.

<sup>②</sup>Physical activity was defined differently in 2003.

<sup>1</sup>demographic difference at p≤0.05 in 2003

<sup>2</sup>demographic difference at p≤0.05 in 2006

<sup>3</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year difference at p≤0.05 from 2003 to 2009

<sup>b</sup>year 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.
- Twenty-two percent of respondents in the bottom 40 percent household income bracket reported a mental health condition compared to 8% of those in the middle 20 percent income bracket or 7% 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 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, respondents 55 to 64 years old were more likely to report a mental health condition. In 2009, age was not a significant variable.
- In 2006, respondents in the top 40 percent household income bracket 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, married respondents were more likely to report a mental health condition. In 2009, marital status was not a significant variable.

Table 16. Mental Health Condition in Past Three Years by Demographic Variables for Each Survey Year<sup>①,②</sup>

	2003 <sup>③</sup>	2006	2009
TOTAL <sup>a</sup>	3%	4%	11%
Gender			
Male	--	5	10
Female	--	4	11
Age <sup>2</sup>			
18 to 34	--	0	10
35 to 44	--	5	19
45 to 54	--	7	7
55 to 64	--	9	7
65 and Older	--	<1	10
Education			
High School or Less	--	5	14
Some Post High School	--	3	16
College Graduate	--	5	8
Household Income <sup>2,3</sup>			
Bottom 40 Percent Bracket	--	1	22
Middle 20 Percent Bracket	--	3	8
Top 40 Percent Bracket	--	9	7
Marital Status <sup>2</sup>			
Married	--	7	10
Not Married	--	1	12

<sup>①</sup>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.

<sup>②</sup>In 2009, “such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post traumatic stress disorder or depression” was added.

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

<sup>1</sup>demographic difference at p≤0.05 in 2003

<sup>2</sup>demographic difference at p≤0.05 in 2006

<sup>3</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year difference at p≤0.05 from 2003 to 2009

## Diabetes

### 2009 Findings

- Eight percent of respondents reported diabetes in the past three years.
- Respondents 65 and older were more likely to report diabetes in the past three years (14%) compared to those 45 to 54 years old (4%) or respondents 18 to 34 years old (1%).
- Respondents with some post high school education were more likely to report diabetes (21%) compared to those with a high school education or less (6%) or respondents with a college education (3%).

- Eighteen percent of respondents in the middle 20 percent household income bracket and 16% of those in the bottom 40 percent income bracket reported diabetes compared to 3% of respondents in the top 40 percent household income bracket.
- Twelve percent of overweight respondents reported diabetes compared to 4% of respondents who were not overweight.

#### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported diabetes.
- In 2003 and 2006, male respondents were more likely to report diabetes. In 2009, gender was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of female respondents reporting diabetes.
- In 2003, respondents 55 and older were more likely to report diabetes. In 2006 and 2009, respondents 65 and older were more likely to report diabetes. From 2003 to 2009, there was a noted increase in the percent of respondents 35 to 44 years old reporting diabetes.
- In 2006, respondents with some post high school education or less were more likely to report diabetes. In 2009, respondents with some post high school education were more likely to report diabetes. In 2003, education was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents with some post high school education reporting diabetes.
- In 2003 and 2006, respondents in the bottom 40 percent household income bracket were more likely to report diabetes. In 2009, respondents in the bottom 60 percent household income bracket were more likely to report diabetes. From 2003 to 2009, there was a noted increase in the percent of respondents in the middle 20 percent household income bracket reporting diabetes.
- In 2003, unmarried respondents were more likely to report diabetes. In all other study years, marital status was not a significant variable.
- In 2003 and 2009, overweight respondents were more likely to report diabetes. In 2006, overweight status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of overweight respondents reporting diabetes.

Table 17. Diabetes in Past Three Years by Demographic Variables for Each Survey Year<sup>①,②</sup>

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

<sup>①</sup>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.

<sup>②</sup>Physical activity was defined differently in 2003.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

<sup>b</sup>year difference at  $p \leq 0.05$  from 2006 to 2009

## **A1C Test**

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

### 2009 Findings

- Eighty-four percent of the 31 respondents who reported being diagnosed with diabetes had an A1C test two or more times in the past year. Ten percent reported one time while 5% reported zero times in the past year.
- Forty-eight percent of the 29 respondents who had an A1C test in the past year had a level of less than seven at their last appointment. Twenty-four percent reported a level of seven or higher while 28% were not sure.
- Thirty-four percent of the 29 respondents who had an A1C test in the past year had a LDL level of less than 100 at their last appointment. Ten percent reported a level of 100 or higher while 57% 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 (63% and 84%, 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 48%, 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 (19% and 34%, 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

- Seven percent of respondents reported they currently have asthma.
- There were no statistically significant differences between demographic variables and responses of current asthma.

### Year Comparisons

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

- From 2003 to 2009, there were no statistically significant differences between and within years and responses of current asthma.

Table 18. Current Asthma by Demographic Variables for Each Survey Year<sup>⓪</sup>

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

<sup>⓪</sup>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.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

## Written Asthma Action Plan

### 2009 Findings

- Of the 28 respondents who currently had asthma, 54% 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 a statistical increase in the overall percent of respondents who reported a written asthma action plan (25% and 54%, 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 prostate cancer (8 responses). Four respondents reported breast cancer while three respondents reported lung cancer. Two respondents reported multiple myeloma cancer.

## **Stroke**

### 2009 Findings

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

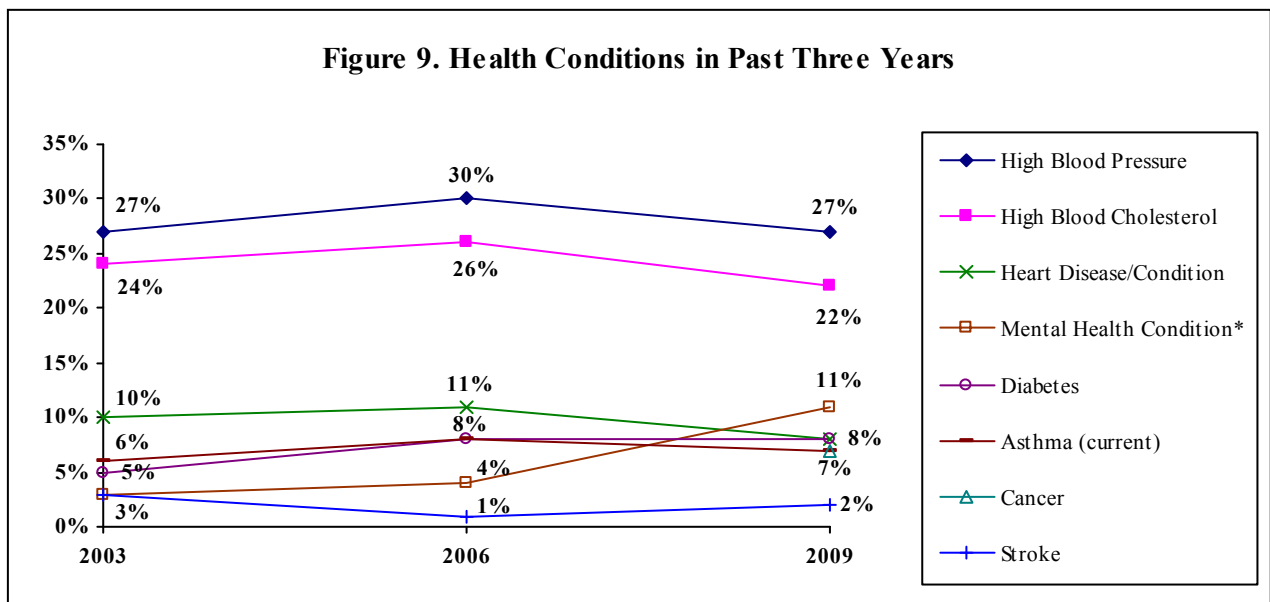
### Year Comparisons

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

## Health Conditions Overall

### Year Comparisons

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



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

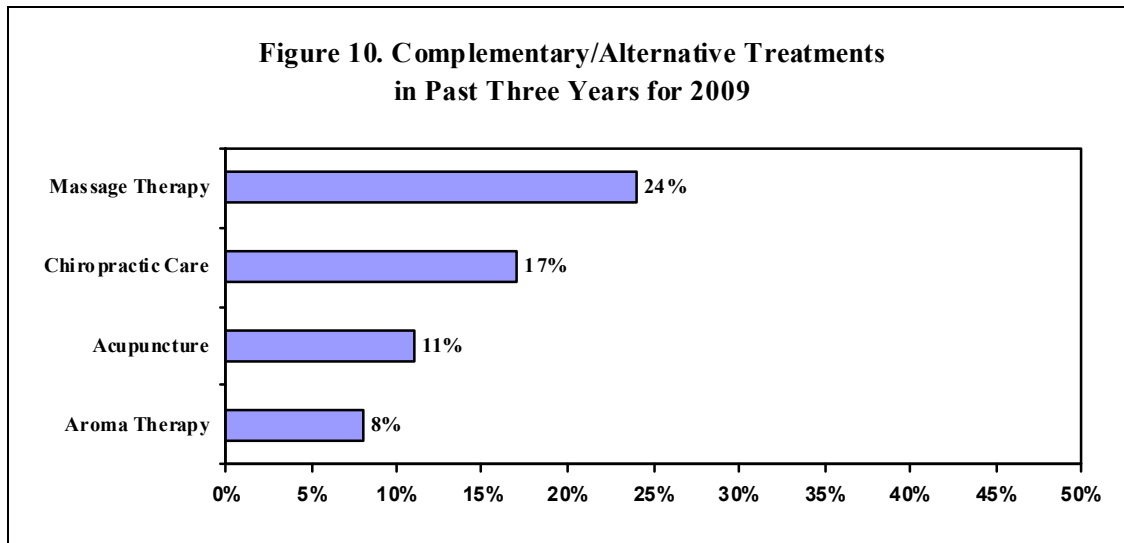
## Prevalence of Select Complementary/Alternative Treatments (Figures 10 & 11; Tables 19 - 22)

**KEY FINDINGS:** In 2009, out of four complementary/alternative treatments listed, massage therapy was the most often used in the past three years (24%). Respondents who were 45 to 54 years old, in the middle 20 percent household income bracket or married were more likely to report chiropractic care. Respondents who were 45 to 54 years old, with a college education or married respondents were more likely to report massage therapy. Respondents who were 45 to 54 years old, with at least some post high school education or married were more likely to report aroma therapy. Respondents with some post high school education, in the middle 20 percent household income bracket or unmarried respondents were more likely to report they used acupuncture.

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

## 2009 Findings

- Respondents were more likely to have used massage therapy (24%) or chiropractic care (17%) in the past three years.



## **Chiropractic Care**

### 2009 Findings

- Seventeen percent of respondents reported chiropractic care in the past three years.
- Twenty-six percent of respondents 45 to 54 years old reported chiropractic care in the past three years compared to 14% of those 35 to 44 years old or 8% of respondents 18 to 34 years old.
- Thirty-one percent of respondents in the middle 20 percent household income bracket reported chiropractic care compared to 15% of those in the top 40 percent income bracket or 11% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report chiropractic care compared to unmarried respondents (20% and 12%, respectively).

### Year Comparisons

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

- In 2006 and 2009, married respondents were more likely to report chiropractic care. In 2003, marital status was not a significant variable.

Table 19. Chiropractic Care in Past Three Years by Demographic Variables for Each Survey Year<sup>①</sup>

	2003	2006	2009
TOTAL	15%	12%	17%
Gender			
Male	15	13	19
Female	15	12	15
Age <sup>3</sup>			
18 to 34	15	8	8
35 to 44	17	22	14
45 to 54	16	12	26
55 to 64	18	11	20
65 and Older	12	11	16
Education			
High School or Less	13	8	11
Some Post High School	17	9	16
College Graduate	16	16	19
Household Income <sup>3</sup>			
Bottom 40 Percent Bracket	14	8	11
Middle 20 Percent Bracket <sup>a</sup>	11	11	31
Top 40 Percent Bracket	18	15	15
Marital Status <sup>2,3</sup>			
Married	16	17	20
Not Married	14	7	12

<sup>①</sup>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.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

## Massage Therapy

### 2009 Findings

- Twenty-four percent of respondents reported massage therapy in the past three years.
- Forty percent of respondents 45 to 54 years old reported massage therapy in the past three years compared to 22% of those 18 to 34 years old or 13% of respondents 65 and older.
- Thirty-two percent of respondents with a college education reported massage therapy compared to 19% of those with some post high school education or 3% of respondents with a high school education or less.

- Married respondents were more likely to report massage therapy compared to unmarried respondents (30% and 18%, respectively).

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported massage therapy.
- In 2003 and 2006, female respondents were more likely to report massage therapy. In 2009, gender was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of male respondents reporting massage therapy.
- In 2003, respondents 18 to 34 years old were more likely to report massage therapy. In 2006, respondents 35 to 44 years old were more likely to report massage therapy. In 2009, respondents 45 to 54 years old were more likely to report massage therapy. From 2003 to 2009, there was a noted decrease in the percent of respondents 18 to 34 years old reporting massage therapy.
- In 2003 and 2009, respondents with a college education were more likely to report massage therapy. In 2006, 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 massage therapy.
- In 2003 and 2006, respondents in the top 40 percent household income bracket were more likely to report massage therapy. In 2009, household income was not a significant variable.
- In 2009, married respondents were more likely to report massage therapy. In all other study years, marital status was not a significant variable.

Table 20. Massage Therapy in Past Three Years by Demographic Variables for Each Survey Year<sup>⓪</sup>

	2003	2006	2009
TOTAL	22%	21%	24%
Gender <sup>1,2</sup>			
Male <sup>a</sup>	12	13	20
Female	30	27	28
Age <sup>1,2,3</sup>			
18 to 34 <sup>a</sup>	43	27	22
35 to 44	23	33	26
45 to 54	32	13	40
55 to 64	18	18	23
65 and Older	10	14	13
Education <sup>1,3</sup>			
High School or Less <sup>a</sup>	13	24	3
Some Post High School	20	13	19
College Graduate	27	23	32
Household Income <sup>1,2</sup>			
Bottom 40 Percent Bracket	13	12	21
Middle 20 Percent Bracket	24	19	29
Top 40 Percent Bracket	29	29	28
Marital Status <sup>3</sup>			
Married	24	22	30
Not Married	19	19	18

<sup>⓪</sup>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.

<sup>1</sup>demographic difference at p≤0.05 in 2003

<sup>2</sup>demographic difference at p≤0.05 in 2006

<sup>3</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year difference at p≤0.05 from 2003 to 2009

## Aroma Therapy

### 2009 Findings

- Eight percent of respondents reported aroma therapy in the past three years.
- Respondents 45 to 54 years old were more likely to report aroma therapy in the past three years (18%) compared to those 55 to 64 years old (5%) or respondents 65 and older (less than one percent).
- Ten percent of respondents with a college education and 8% of those with some post high school education reported aroma therapy compared to 0% of respondents with a high school education or less.

## Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported aroma therapy.
- In 2006, female respondents were more likely to report aroma therapy. In 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 aroma therapy.
- In 2009, respondents 45 to 54 years old were more likely to report aroma therapy, with a noted increase since 2003. In all other study years, age was not a significant variable.
- In 2009, respondents with at least some post high school education were more likely to report aroma therapy. 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 aroma therapy.
- In 2006, respondents in the top 40 percent household income bracket were more likely to report aroma therapy. 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 middle 20 percent household income bracket reporting aroma therapy.
- In 2003, unmarried respondents were more likely to report aroma therapy. 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 aroma therapy.

Table 21. Aroma Therapy in Past Three Years by Demographic Variables for Each Survey Year<sup>①,②</sup>

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

<sup>①</sup>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.

<sup>②</sup>In 2009, “using essential oils” was added.

<sup>1</sup>demographic difference at p≤0.05 in 2003

<sup>2</sup>demographic difference at p≤0.05 in 2006

<sup>3</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year difference at p≤0.05 from 2003 to 2009

## Acupuncture

### 2009 Findings

- Eleven percent of respondents reported they used acupuncture in the past three years.
- Sixteen percent of respondents with some post high school education reported they used acupuncture in the past three years compared to 12% of those with a college education or 3% of respondents with a high school education or less.
- Twenty-four percent of respondents in the middle 20 percent household income bracket reported they used acupuncture compared to 11% of those in the top 40 percent income bracket or 7% of respondents in the bottom 40 percent household income bracket.
- Unmarried respondents were more likely to report they used acupuncture compared to married respondents (15% and 8%, respectively).

### Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported acupuncture.
- Gender was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents across gender reporting they used acupuncture.
- Age was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents 35 to 54 years old reporting they used acupuncture.
- In 2009, respondents with some post high school education were more likely to report they used acupuncture. In all other study years, education was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents with at least some post high school education reporting they used acupuncture.
- In 2009, respondents in the middle 20 percent household income bracket were more likely to report they used acupuncture. 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 they used acupuncture.
- In 2009, unmarried respondents were more likely to report they used acupuncture. In all other study years, marital status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents across marital status reporting they used acupuncture.

Table 22. Acupuncture in Past Three Years by Demographic Variables for Each Survey Year<sup>①</sup>

	2003	2006	2009
TOTAL <sup>a</sup>	4%	6%	11%
Gender			
Male <sup>a</sup>	3	6	9
Female <sup>a</sup>	5	6	13
Age			
18 to 34	11	1	17
35 to 44 <sup>a</sup>	1	10	11
45 to 54 <sup>a</sup>	3	7	15
55 to 64	7	5	4
65 and Older	3	6	7
Education <sup>3</sup>			
High School or Less	6	8	3
Some Post High School <sup>a</sup>	5	7	16
College Graduate <sup>a</sup>	3	5	12
Household Income <sup>3</sup>			
Bottom 40 Percent Bracket	6	10	7
Middle 20 Percent Bracket <sup>a</sup>	2	5	24
Top 40 Percent Bracket <sup>a</sup>	4	5	11
Marital Status <sup>3</sup>			
Married <sup>a</sup>	4	6	8
Not Married <sup>a</sup>	6	6	15

<sup>①</sup>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.

<sup>1</sup>demographic difference at p≤0.05 in 2003

<sup>2</sup>demographic difference at p≤0.05 in 2006

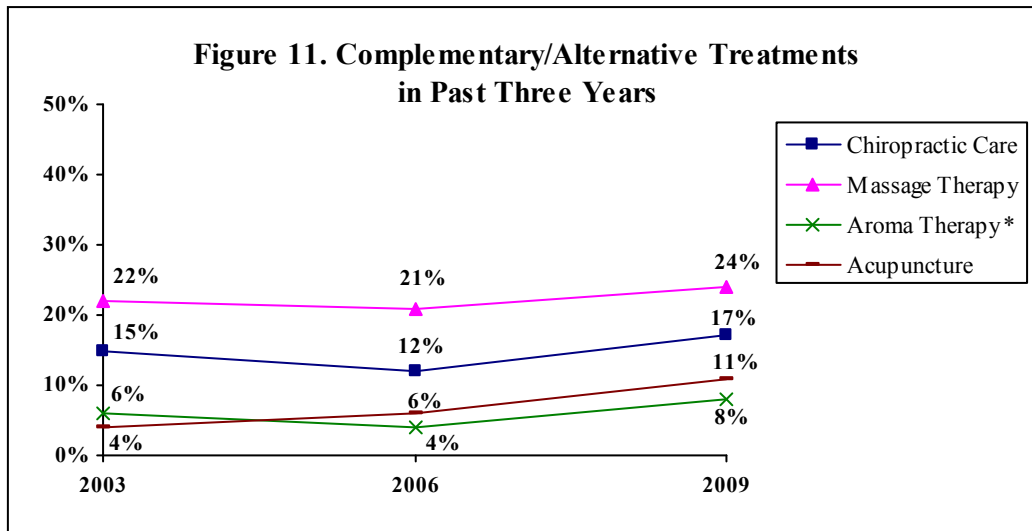
<sup>3</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year difference at p≤0.05 from 2003 to 2009

## Complementary/Alternative Treatments Overall

### Year Comparisons

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



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

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

**KEY FINDINGS:** In 2009, 32% of respondents did moderate physical activity five times a week for 30 minutes while 25% did vigorous activity three times a week for 20 minutes. Combined, 45% met the recommended amount of physical activity; respondents who were 55 to 64 years old, with a college education, in the top 40 percent household income bracket, who were married or not overweight were more likely to report this. Fifty percent of respondents were classified as overweight. Respondents who were 35 to 44 years old, married or inactive were more likely to be classified as overweight.

*From 2003 to 2009, there was no statistical change 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 or meeting the recommended amount of physical activity. From 2003 to 2009, there was no statistical change in the overall percent of respondents being overweight.*

## **Moderate Physical Activity in Usual Week**

*Moderate physical activity includes walking briskly, vacuuming, gardening or anything else that causes small increases in breathing or heart rate.*

*The Healthy People 2010 goal for moderate, regular physical activity five times a week for at least 30 minutes per occasion is 50%. (Objective 22-02)*

*In 2005, 42% of Wisconsin respondents and 33% of U.S. respondents did moderate physical activity at least five times a week for 30 or more minutes (2005 Behavioral Risk Factor Surveillance).*

### 2009 Findings

- Thirty-two percent of all respondents were classified as doing the recommended amount of moderate physical activity in a typical week. Forty-seven percent did some activity, but not to the extent of the recommendation, while 17% were classified as inactive.
- Thirty-seven percent of respondents with a college education met the recommended amount of moderate physical activity compared to 25% of those with some post high school education or 22% of respondents with a high school education or less.
- Forty-one percent of respondents in the top 40 percent household income bracket met the recommended amount of moderate physical activity compared to 24% of those in the bottom 40 percent income bracket or 22% of respondents in the middle 20 percent household income bracket.
- Forty-four percent of respondents who were not overweight met the recommended amount of moderate physical activity compared to 21% of overweight respondents.

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who did the recommended amount of moderate physical activity in a week.
- In 2003, female respondents were more likely to meet the recommended amount of moderate physical activity. 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 meeting the recommended amount of moderate physical activity.
- Age was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents 35 to 54 years old meeting the recommended amount of moderate physical activity.
- In 2009, respondents with a college education were more likely to meet the recommended amount of moderate physical activity, with a noted increase since 2003. In all other study years, education was not a significant variable.
- In 2006 and 2009, respondents in the top 40 percent household income bracket were more likely to meet the recommended amount of moderate physical activity. 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 meeting the recommended amount of moderate physical activity.

- In 2009, respondents who were not overweight were more likely to meet the recommended amount of moderate physical activity, with a noted increase since 2003. In all other study years, overweight status was not a significant variable.

Table 23. Recommended Moderate Physical Activity by Demographic Variables for Each Survey Year<sup>①,②</sup>

	2003	2006	2009
TOTAL	28%	29%	32%
Gender <sup>1</sup>			
Male <sup>a</sup>	21	27	32
Female	33	30	32
Age			
18 to 34	35	25	26
35 to 44 <sup>a</sup>	19	30	38
45 to 54 <sup>a</sup>	23	28	38
55 to 64	30	31	35
65 and Older	36	27	26
Education <sup>3</sup>			
High School or Less	29	35	22
Some Post High School	30	27	25
College Graduate <sup>a</sup>	27	27	37
Household Income <sup>2,3</sup>			
Bottom 40 Percent Bracket	25	22	24
Middle 20 Percent Bracket	24	22	22
Top 40 Percent Bracket <sup>a</sup>	30	36	41
Marital Status			
Married <sup>a</sup>	26	28	35
Not Married	31	29	27
Overweight Status <sup>3</sup>			
Not Overweight <sup>a</sup>	33	31	44
Overweight	25	28	21

<sup>①</sup>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.

<sup>②</sup>Recommended moderate physical activity is 5 times/30+ minutes in a week.

<sup>1</sup>demographic difference at p≤0.05 in 2003

<sup>2</sup>demographic difference at p≤0.05 in 2006

<sup>3</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year 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-five percent of respondents reported they did vigorous physical activity at least three times a week for 20 minutes or more. Twenty-one percent did some vigorous physical activity while 53% did not do any vigorous physical activity.
- Thirty-three percent of respondents with a college education reported vigorous physical activity compared to 15% of those with some post high school education or 9% of respondents with a high school education or less.
- Thirty-four percent of respondents in the top 40 percent household income bracket reported vigorous physical activity compared to 16% of those in the middle 20 percent income bracket or 14% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report vigorous physical activity compared to unmarried respondents (33% 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 2006, male respondents were more likely to meet the recommended amount of vigorous physical activity. In 2009, gender was not a significant variable.
- In 2006, respondents 18 to 34 years old were more likely to meet the recommended amount of vigorous physical activity. In 2009, age was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of respondents 18 to 34 years old meeting the recommended amount of vigorous physical activity.
- In both study years, respondents with a college education were more likely to meet the recommended amount of vigorous physical activity. From 2006 to 2009, there was a noted decrease in the percent of respondents with a high school education or less meeting the recommended amount of vigorous physical activity.
- In both study years, respondents in the top 40 percent household income bracket were more likely to meet the recommended amount of vigorous physical activity. From 2006 to 2009, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket meeting the recommended amount of vigorous physical activity.

- In 2009, married respondents were more likely to meet the recommended amount of vigorous physical activity, with a noted increase since 2006. In 2006, marital status was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of unmarried respondents meeting the recommended amount of vigorous physical activity.

Table 24. Recommended Vigorous Physical Activity by Demographic Variables for Each Survey Year<sup>①,②</sup>

	2006	2009
TOTAL	26%	25%
Gender <sup>1</sup>		
Male	32	26
Female	21	24
Age <sup>1</sup>		
18 to 34 <sup>a</sup>	42	26
35 to 44	33	26
45 to 54	26	28
55 to 64	22	32
65 and Older	12	17
Education <sup>1,2</sup>		
High School or Less <sup>a</sup>	24	9
Some Post High School	16	15
College Graduate	32	33
Household Income <sup>1,2</sup>		
Bottom 40 Percent Bracket	13	14
Middle 20 Percent Bracket <sup>a</sup>	33	16
Top 40 Percent Bracket	39	34
Marital Status <sup>2</sup>		
Married <sup>a</sup>	24	33
Not Married <sup>a</sup>	29	15
Overweight Status		
Not Overweight	28	29
Overweight	26	21

<sup>①</sup>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.

<sup>②</sup>Recommended vigorous physical activity is 3 times/20+ minutes in a week.

<sup>1</sup>demographic difference at p≤0.05 in 2006

<sup>2</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year difference at p≤05 from 2006 to 2009

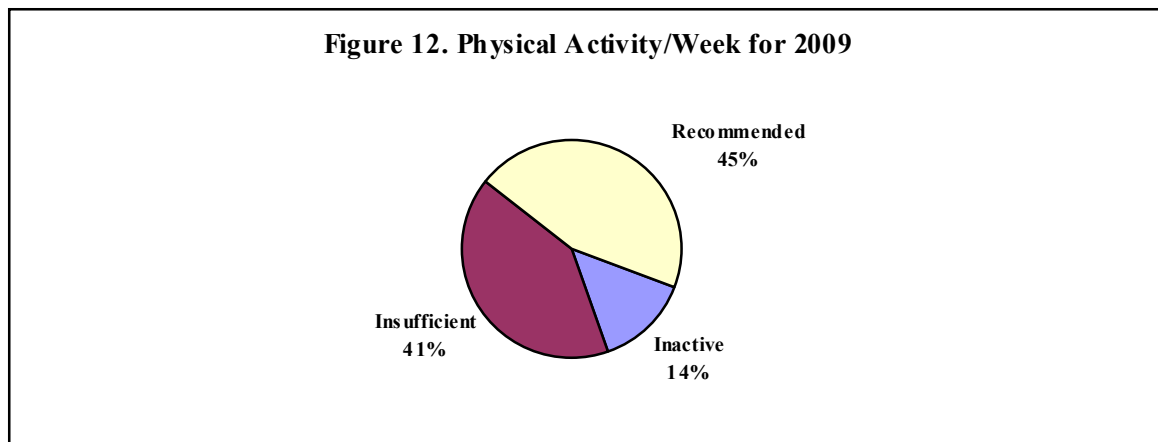
## Combined Recommended Amount of Physical Activity in Typical Week

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

In 2007, 55% of Wisconsin respondents and 50% of U.S. respondents met the recommended amount of physical activity (30+ minutes of moderate physical activity five days per week or 20+ minutes of vigorous physical activity three days per week) (2007 Behavioral Risk Factor Surveillance).

### 2009 Findings

- Forty-five 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-one percent did an insufficient amount of physical activity while 14% did no physical activity in a typical week.



- Fifty-five percent of respondents 55 to 64 years old met the recommended amount of physical activity compared to 40% of those 65 and older or 31% of respondents 18 to 34 years old.
- Fifty-three percent of respondents with a college education met the recommended amount of physical activity compared to 35% of those with some post high school education or 25% of respondents with a high school education or less.
- Fifty-four percent of respondents in the top 40 percent household income bracket met the recommended amount of physical activity compared to 35% of respondents in the bottom 60 percent household income bracket.
- Married respondents were more likely to meet the recommended amount of physical activity compared to unmarried respondents (51% and 37%, respectively).

- Respondents who were not overweight were more likely to meet the recommended amount of physical activity (56%) compared to overweight respondents (34%).

### Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of respondents who met the recommended amount of physical activity in a week.
- In 2009, respondents 55 to 64 years old were more likely to meet the recommended amount of physical activity. In 2006, age was not a significant variable.
- In 2009, respondents with a college education were more likely to meet the recommended amount of physical activity. In 2006, education was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of respondents with a high school education or less meeting the recommended amount of physical activity.
- In 2006, respondents in the top 60 percent household income bracket were more likely to meet the recommended amount of physical activity. In 2009, respondents in the top 40 percent household income bracket 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 in the middle 20 percent household income bracket meeting the recommended amount of physical activity.
- In 2009, married respondents were more likely to meet the recommended amount of physical activity. In 2006, marital status was not a significant variable.
- In 2009, respondents who were not overweight were more likely to meet the recommended amount of vigorous physical activity, with a noted increase since 2006. In 2006, overweight status was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of overweight respondents meeting the recommended amount of physical activity.

Table 25. Recommended Physical Activity by Demographic Variables for Each Survey Year<sup>①,②</sup>

	2006	2009
TOTAL	44%	45%
Gender		
Male	46	46
Female	41	43
Age <sup>2</sup>		
18 to 34	45	31
35 to 44	51	49
45 to 54	41	51
55 to 64	49	55
65 and Older	36	40
Education <sup>2</sup>		
High School or Less <sup>a</sup>	41	25
Some Post High School	36	35
College Graduate	48	53
Household Income <sup>1,2</sup>		
Bottom 40 Percent Bracket	29	35
Middle 20 Percent Bracket <sup>a</sup>	55	35
Top 40 Percent Bracket	52	54
Marital Status <sup>2</sup>		
Married	43	51
Not Married	45	37
Overweight Status <sup>2</sup>		
Not Overweight <sup>a</sup>	46	56
Overweight <sup>a</sup>	45	34

<sup>①</sup>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.

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

<sup>1</sup>demographic difference at p≤0.05 in 2006

<sup>2</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year difference at p≤05 from 2006 to 2009

## Body Weight

*Being overweight contributes to many health problems. One nationally used definition of overweight status developed by the CDC is when a person's body mass index (BMI) is greater than or equal to 25.0. A BMI of 30.0 or more is considered obese. Body Mass Index is calculated by using kilograms/meter<sup>2</sup>. 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, 50% of respondents were overweight (35% overweight and 15% obese).
- Sixty-three percent of respondents 35 to 44 years old were overweight compared to 49% of those 45 to 64 years old or 32% of respondents 18 to 34 years old.
- Married respondents were more likely to be overweight compared to unmarried respondents (59% and 39%, respectively).
- Sixty-four percent of inactive respondents were overweight compared to 59% of those who did an insufficient amount of physical activity or 38% of respondents who met the recommended amount of physical activity.

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents being overweight.
- In 2003 and 2006, male respondents were more likely to be classified as overweight. In 2009, gender was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of male respondents being overweight.
- In 2006, respondents 55 to 64 years old were more likely to be overweight. In 2009, respondents 35 to 44 years old were more likely to be overweight. 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 being overweight.
- In 2003, respondents with some post high school education were more likely to be overweight. In all other study years, education was not a significant variable.
- In 2006, respondents in the middle 20 percent household income bracket were more likely to be overweight. In all other study years, household income was not a significant variable.
- In 2006, unmarried respondents were more likely to be overweight. In 2009, married respondents were more likely to be overweight. In 2003, marital status was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of unmarried respondents being overweight.

- In 2006, respondents who did an insufficient amount of physical activity were more likely to be overweight. In 2009, respondents who were inactive were more likely to be overweight. From 2006 to 2009, there was a noted increase in the percent of inactive respondents and noted decrease in the percent of respondents who met the recommended amount of physical activity being overweight.

Table 26. Overweight by Demographic Variables for Each Survey Year<sup>①,②</sup>

	2003	2006	2009
TOTAL	52%	61%	50%
Gender <sup>1,2</sup>			
Male <sup>a</sup>	66	74	54
Female	40	50	46
Age <sup>2,3</sup>			
18 to 34	46	56	32
35 to 44 <sup>a</sup>	42	57	63
45 to 54	57	70	49
55 to 64	63	74	49
65 and Older	50	54	55
Education <sup>1</sup>			
High School or Less	40	72	44
Some Post High School	60	59	48
College Graduate	52	59	51
Household Income <sup>2</sup>			
Bottom 40 Percent Bracket	36	62	42
Middle 20 Percent Bracket	50	74	61
Top 40 Percent Bracket	53	55	55
Marital Status <sup>2,3</sup>			
Married	52	56	59
Not Married <sup>a</sup>	51	67	39
Physical Activity <sup>2,3</sup>			
Inactive <sup>b</sup>	--	44	64
Insufficient	--	67	59
Recommended <sup>b</sup>	--	60	38

<sup>①</sup>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.

<sup>②</sup>Physical activity was defined differently in 2003.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

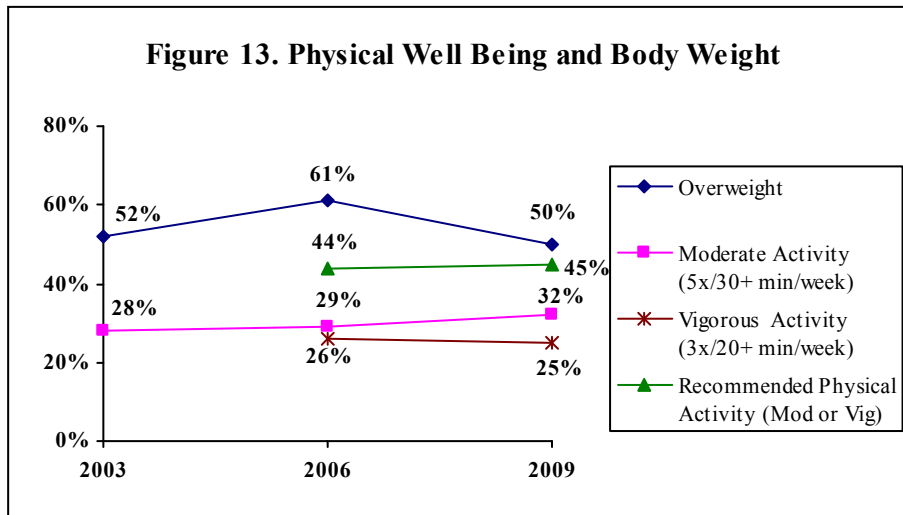
<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

<sup>b</sup>year 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 no statistical change 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 or meeting the recommended amount of physical activity. From 2003 to 2009, there was no statistical change in the overall percent of respondents being overweight.



## Nutrition and Diet (Figure 14; Tables 27 & 28)

**KEY FINDINGS:** In 2009, 66% of respondents reported two or more servings of fruit while 26% reported three or more servings of vegetables on an average day. Respondents with a college education, in the top 40 percent household income bracket or who met the recommended amount of physical activity were more likely to report at least two servings of fruit. Respondents who were female, with a college education, in the top 40 percent household income bracket, who were married 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-six percent of respondents reported two or more servings of fruit on an average day.
- Seventy-five percent of respondents with a college education reported two or more servings of fruit a day compared to 60% of those with some post high school education or 42% of respondents with a high school education or less.
- Seventy-seven percent of respondents in the top 40 percent household income bracket reported two or more servings of fruit a day compared to 57% of those in the bottom 40 percent income bracket or 51% of respondents in the middle 20 percent household income bracket.
- Respondents who met the recommended amount of physical activity were more likely to report two or more servings of fruit a day (75%) compared to those who did an insufficient amount of physical activity (62%) or inactive respondents (45%).

## 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 2003 and 2006, female respondents were more likely to report two or more servings of fruit per day. In 2009, gender was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of female respondents reporting two or more servings of fruit.
- Age was not a significant variable in any study year. From 2003 to 2009, there was a noted decrease in the percent of respondents who were 18 to 34 years old or 55 and older reporting two or more servings of fruit.
- In all study years, respondents with a college education were more likely to report eating fruit. From 2003 to 2009, there was a noted decrease in the percent of respondents with a high school education or less or with a college education reporting two or more servings of fruit.
- In 2006, respondents in the top 60 percent household income bracket were more likely to report two or more servings of fruit. In 2009, respondents in the top 40 percent household income bracket were more likely to report two or more servings of fruit per day. 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 two or more servings of fruit.
- Marital status was not a significant variable in any study year. From 2003 to 2009, there was a noted decrease in the percent of unmarried respondents reporting two or more servings of fruit.
- Overweight status was not a significant variable in any study year. From 2003 to 2009, there was a noted decrease in the percent of respondents across overweight status reporting two or more servings of fruit per day.
- In 2006 and 2009, respondents who met the recommended amount of physical activity were more likely to report two or more servings of fruit. From 2006 to 2009, there was a noted decrease in the percent of respondents who met the recommended amount of physical activity reporting two or more servings of fruit.

Table 27. Two or More Servings of Fruit on Average Day by Demographic Variables for Each Survey Year<sup>①,②</sup>

	2003	2006	2009
TOTAL <sup>a</sup>	77%	73%	66%
Gender <sup>1,2</sup>			
Male	70	63	61
Female <sup>a</sup>	82	81	70
Age			
18 to 34 <sup>a</sup>	87	76	63
35 to 44	76	82	72
45 to 54	69	72	70
55 to 64 <sup>a</sup>	77	67	55
65 and Older <sup>a</sup>	80	70	68
Education <sup>1,2,3</sup>			
High School or Less <sup>a</sup>	73	65	42
Some Post High School	69	66	60
College Graduate <sup>a</sup>	83	79	75
Household Income <sup>2,3</sup>			
Bottom 40 Percent Bracket	70	62	57
Middle 20 Percent Bracket <sup>a</sup>	75	79	51
Top 40 Percent Bracket	78	78	77
Marital Status			
Married	78	75	71
Not Married <sup>a</sup>	77	71	61
Overweight Status			
Not Overweight <sup>a</sup>	80	76	70
Overweight <sup>a</sup>	75	71	62
Physical Activity <sup>2,3</sup>			
Inactive	--	49	45
Insufficient	--	69	62
Recommended <sup>b</sup>	--	85	75

<sup>①</sup>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.

<sup>②</sup>Physical activity was defined differently in 2003.

<sup>1</sup>demographic difference at p≤0.05 in 2003

<sup>2</sup>demographic difference at p≤0.05 in 2006

<sup>3</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year difference at p≤0.05 from 2003 to 2009

<sup>b</sup>year difference at p≤0.05 from 2006 to 2009

## Vegetable Intake

*The Healthy People 2010 goal for at least three daily servings of vegetables (at least 1/3 being dark green or deep yellow) is 50%. (Objective 19-06)*

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

### 2009 Findings

- Twenty-six 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 (35%) compared to male respondents (16%).
- Thirty-three percent of respondents with a college education reported three or more servings of vegetables a day compared to 17% of those with some post high school education or 15% of respondents with a high school education or less.
- Thirty-six percent of respondents in the top 40 percent household income bracket reported three or more servings of vegetables a day compared to 13% of those in the bottom 40 percent income bracket or 6% of respondents in the middle 20 percent household income bracket.
- Married respondents were more likely to report three or more servings of vegetables a day compared to unmarried respondents (31% and 21%, respectively).
- Respondents who met the recommended amount of physical activity were more likely to report three or more servings of vegetables a day (35%) compared to those who were inactive (23%) or respondents who did an insufficient amount of physical activity (19%).

### 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.
- 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 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 and 2009, respondents in the top 40 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 middle 20 percent household income bracket reporting three or more servings of vegetables a day.
- In 2009, married 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 unmarried 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<sup>①,②</sup>

	2003	2006	2009
TOTAL <sup>a</sup>	33%	35%	26%
Gender <sup>1,3</sup>			
Male	22	33	16
Female	41	35	35
Age <sup>2</sup>			
18 to 34	33	48	29
35 to 44	27	44	29
45 to 54	32	32	30
55 to 64	35	32	27
65 and Older <sup>a</sup>	35	21	19
Education <sup>3</sup>			
High School or Less <sup>a</sup>	33	32	15
Some Post High School	26	30	17
College Graduate	36	37	33
Household Income <sup>2,3</sup>			
Bottom 40 Percent Bracket	23	19	13
Middle 20 Percent Bracket <sup>a</sup>	36	26	6
Top 40 Percent Bracket	32	49	36
Marital Status <sup>3</sup>			
Married	33	38	31
Not Married <sup>a</sup>	34	31	21
Overweight Status			
Not Overweight	35	33	28
Overweight	32	34	26
Physical Activity <sup>2,3</sup>			
Inactive	--	23	23
Insufficient	--	28	19
Recommended	--	45	35

<sup>①</sup>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.

<sup>②</sup>Physical activity was defined differently in 2003.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

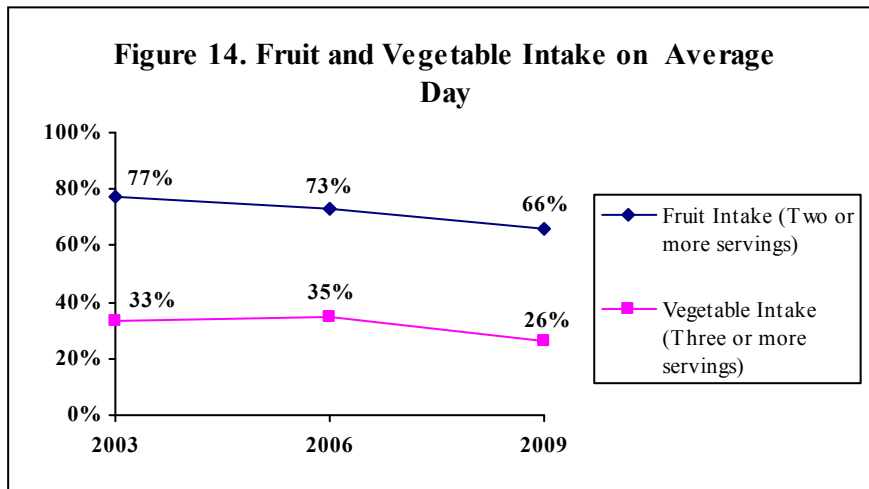
<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

<sup>b</sup>year difference at  $p \leq 0.05$  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, 86% of female respondents 40 and older reported a mammogram within the past two years. Eighty-three percent of female respondents 65 and older had a bone density scan. Eighty-seven percent of female respondents 18 to 65 years old reported a pap smear within the past three years; respondents with a college education were more likely to report this.

*From 2003 to 2009, there was a statistical increase in the overall percent of respondents 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.<sup>2</sup>*

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

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

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

#### 2009 Findings

- Eighty-six percent of female respondents 40 and older had a mammogram within the past two years. Less than one 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 a statistical increase 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-three percent of the 63 female respondents 65 and older had a bone density scan to determine if they are at risk for fractures or are in the early stages of osteoporosis.
- No demographic comparisons were conducted as a result of the number of women who were asked this question.

#### Year Comparisons

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

### **Pap Smear**

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

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

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

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

### 2009 Findings

- A total of 87% of respondents 18 to 65 years old with a cervix reported they had a pap smear within the past three years.
- Ninety-one percent of respondents with a college education reported a pap smear within the past three years compared to 75% of respondents with some post high school education or less.

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported a pap smear within the past three years.
- Age was not a significant variable in any study year. From 2003 to 2009, there was a noted decrease in the percent of respondents 35 to 44 years old reporting a pap smear within the past three years.
- In 2006 and 2009, respondents with a college education were more likely to report a pap smear within the past three years. In 2003, education was not a significant variable.
- In 2003 and 2006, respondents in the top 40 percent household income bracket were more likely to report a pap smear within the past three years. In 2009, household income was not a significant variable.
- In 2003 and 2006, married respondents were more likely to report a pap smear within the past three years. In 2009, marital status was not a significant variable.

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)<sup>⓪</sup>

	2003	2006	2009
TOTAL	89%	90%	87%
Age			
18 to 34	89	92	82
35 to 44 <sup>a</sup>	97	97	82
45 and Older	85	85	92
Education <sup>2,3</sup>			
Some Post High School or Less	83	82	75
College Graduate	92	99	91
Household Income <sup>1,2</sup>			
Bottom 40 Percent Bracket	91	86	80
Middle 20 Percent Bracket	75	78	95
Top 40 Percent Bracket	94	97	91
Marital Status <sup>1,2</sup>			
Married	93	99	90
Not Married	77	73	81

<sup>⓪</sup>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.

<sup>1</sup>demographic difference at p≤0.05 in 2003

<sup>2</sup>demographic difference at p≤0.05 in 2006

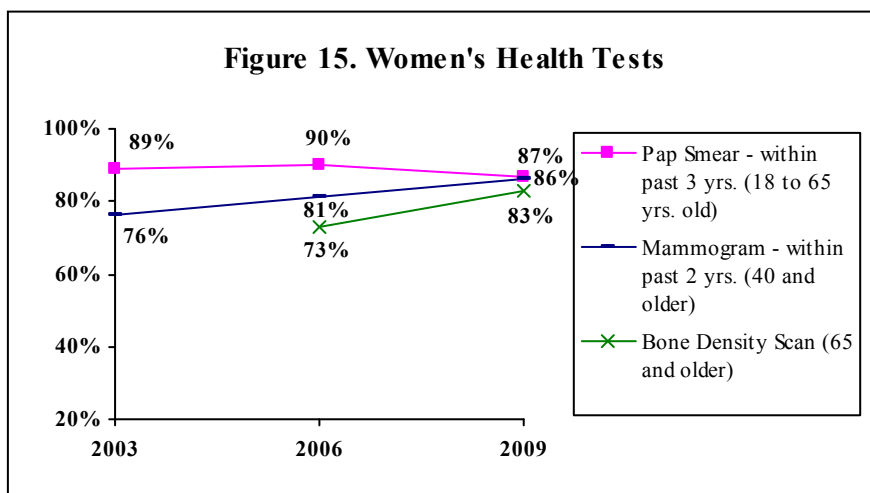
<sup>3</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year difference at p≤0.05 from 2003 to 2009

## Women's Health Tests Overall

### Year Comparisons

- From 2003 to 2009, there was a statistical increase 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, 52% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Forty-five percent of male respondents 40 and older had a digital rectal exam in the past year.

*From 2006 to 2009, there was no statistical change in the overall percent of male respondents 40 and older who reported a PSA test within the past two years. From 2003 to 2009, there was no statistical change in the overall percent of male respondents 40 and older who reported a digital rectal exam within the past year.*

### Prostate-Specific Antigen Test

*The U.S. Preventive Services Task Force concludes there is insufficient evidence for or against routine screening for prostate cancer with a prostate-specific antigen (PSA) test or a digital rectal examination (DRE).<sup>4</sup>*

*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).*

<sup>4</sup>“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

- Forty percent of male respondents 40 and older had a prostate-specific antigen test in the past year while 12% reported within the past two years (one year but less than two years). Twenty-seven 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).<sup>5</sup>*

### 2009 Findings

- Forty-five 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). Twenty-six percent of respondents never had a digital rectal exam.
- No demographic comparisons were conducted as a result of the number of men who were asked this question.

### Year Comparisons

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

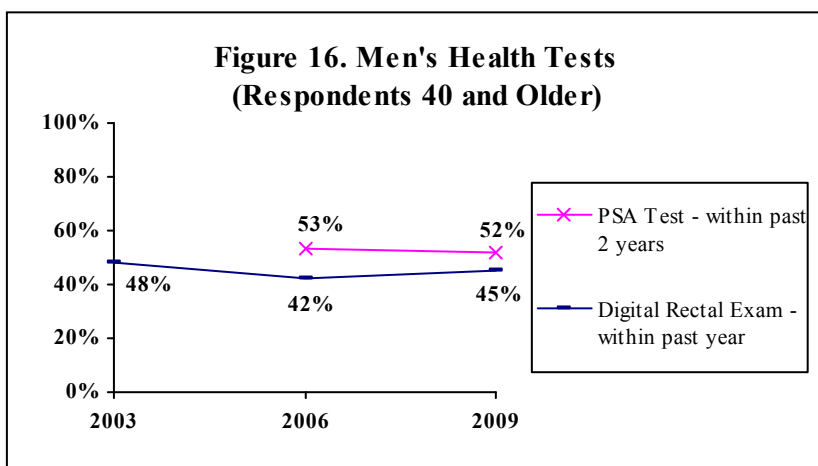
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<sup>5</sup>“Screening for Prostate Cancer.” U.S. Preventive Services Task Force: The Guide to Clinical Preventive Services, 2005. Agency for Healthcare Research and Quality, 2005. Pages 43 - 45.

## Men's Health Tests Overall

### Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of male respondents 40 and older who reported a PSA test within the past two years. From 2003 to 2009, there was no statistical change in the overall percent of male respondents 40 and older who reported a digital rectal exam within the past year.



### **Other Tests (Figure 17; Tables 30 - 32)**

**KEY FINDINGS:** In 2009, 9% of respondents 50 and older reported a sigmoidoscopy within the past five years while 71% reported a colonoscopy within the past ten years. Seventy-eight percent of respondents 50 and older reported a sigmoidoscopy or colonoscopy in their lifetime.

*From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported a sigmoidoscopy or colonoscopy in their lifetime. Part of this increase may be the result of changing the survey question from a combined question to separate exam questions.*

### **Sigmoidoscopy**

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

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

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

## 2009 Findings

- Nine percent of respondents 50 and older reported their last sigmoidoscopy was within the past five years. Seventy-six 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)<sup>①</sup>

	2009
TOTAL	9%
Gender	
Male	10
Female	7
Education	
High School or Less	11
Some Post High School	8
College Graduate	8
Household Income	
Bottom 40 Percent Bracket	7
Middle 20 Percent Bracket	11
Top 40 Percent Bracket	4
Marital Status	
Married	12
Not Married	6

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

<sup>1</sup>demographic 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.*<sup>7</sup>

## 2009 Findings

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

<sup>7</sup>“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)<sup>⓪</sup>

	2009
TOTAL	71%
Gender	
Male	73
Female	69
Education	
High School or Less	60
Some Post High School	75
College Graduate	73
Household Income	
Bottom 40 Percent Bracket	72
Middle 20 Percent Bracket	72
Top 40 Percent Bracket	69
Marital Status	
Married	73
Not Married	68

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

<sup>1</sup>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

- Seventy-nine percent of respondents 50 and older had a sigmoidoscopy or colonoscopy within their lifetime. Twenty-one 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 a statistical increase in the overall percent of respondents 50 and older who reported a sigmoidoscopy or colonoscopy in their lifetime, possibly the result of changing the survey question from a combined question to separate exam questions.
- Gender was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of female respondents reporting a sigmoidoscopy or colonoscopy in their lifetime.

- 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 at least some post high school education reporting a sigmoidoscopy or colonoscopy in their lifetime.
- In 2003, respondents in the bottom 40 percent household income bracket were more likely to report a sigmoidoscopy or colonoscopy in their lifetime. In all other study years, household income was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting a sigmoidoscopy or colonoscopy in their lifetime.
- Marital status was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of married respondents reporting a sigmoidoscopy or colonoscopy in their lifetime.

Table 32. Sigmoidoscopy or Colonoscopy Exam in Lifetime by Demographic Variables for Each Survey Year (Respondents 50 and Older)<sup>①,②</sup>

	2003	2006	2009
TOTAL <sup>a</sup>	62%	75%	79%
Gender			
Male	70	76	77
Female <sup>a</sup>	57	75	81
Education			
High School or Less	61	78	68
Some Post High School <sup>a</sup>	55	76	85
College Graduate <sup>a</sup>	66	74	82
Household Income <sup>1</sup>			
Bottom 40 Percent Bracket	78	75	84
Middle 20 Percent Bracket	63	74	75
Top 40 Percent Bracket <sup>a</sup>	50	75	80
Marital Status			
Married <sup>a</sup>	59	76	81
Not Married	66	74	78

<sup>①</sup>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.

<sup>②</sup>In 2009, sigmoidoscopy and colonoscopy separated into two survey questions.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

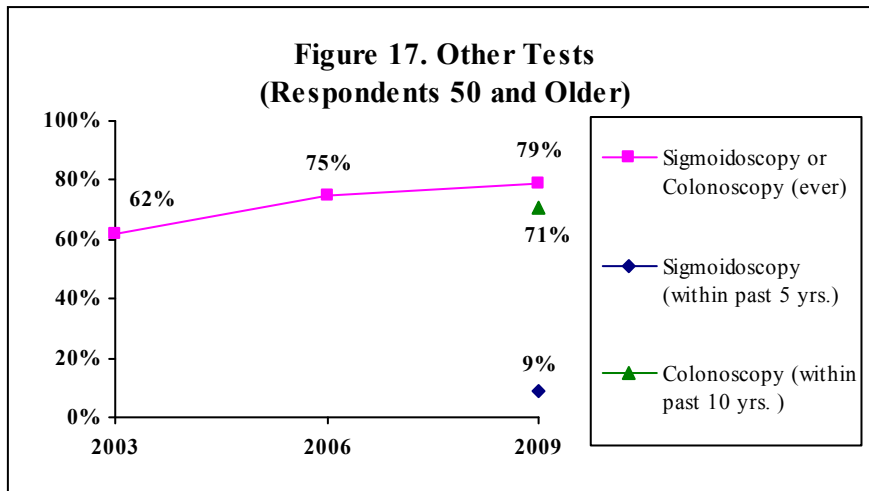
<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

## Other Tests Overall

### Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported a sigmoidoscopy or colonoscopy in their lifetime. Part of this increase may be the result of changing the survey question from a combined question to separate exam questions.



## 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 or with a college education were more likely to report this. Of those respondents who rode a bike, used in-line skates or rode a scooter, 59% reported they always or nearly always wore a helmet; respondents who were 45 and older, with a college education or married respondents were more likely to report this.

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

### Seat Belt Usage

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

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

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

### 2009 Findings

- 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 (96%) compared to male respondents (91%).
- Respondents with a college education were more likely to report always or nearly always (96%) compared to those with a high school education or less (91%) or respondents with some post high school education (89%).

### 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. In all other study years, gender was not a significant variable.
- In 2006, respondents with at least some post high school education were more likely to report always or nearly always. In 2009, respondents with a college education were more likely to report always or nearly always. In 2003, education was not a significant variable.
- In 2003, married respondents were more likely to report they always or nearly always wore a seat belt. In all other study years, marital status was not a significant variable.

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

	2003	2006	2009
TOTAL	94%	93%	94%
Gender <sup>3</sup>			
Male	94	91	91
Female	93	94	96
Age			
18 to 34	98	100	97
35 to 44	91	93	92
45 to 54	92	90	95
55 to 64	95	95	89
65 and Older	93	90	92
Education <sup>2,3</sup>			
High School or Less	95	84	91
Some Post High School	88	94	89
College Graduate	95	95	96
Household Income			
Bottom 40 Percent Bracket	95	91	93
Middle 20 Percent Bracket	90	93	90
Top 40 Percent Bracket	94	95	92
Marital Status <sup>1</sup>			
Married	95	93	93
Not Married	90	92	95

<sup>①</sup>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.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  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...*

- Fifty-nine percent of respondents who bicycled, used in-line roller skates or rode a scooter reported they always or nearly always wore a helmet. Twenty-nine percent reported never.
- Sixty-six percent of respondents 45 and older reported always or nearly always compared to 62% of those 35 to 44 years old or 41% of respondents 18 to 34 years old.

- Sixty-eight percent of respondents with a college education reported always or nearly always compared to 42% of those with some post high school education or 29% of respondents with a high school education or less.
- Married respondents were more likely to report always or nearly always wearing a helmet compared to unmarried respondents (70% and 40%, respectively).

### 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.
- Gender was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents across gender reporting always or nearly always.
- In 2009, 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 across age reporting always or nearly always.
- In 2006 and 2009, respondents with a college education were more likely to report they always/nearly always wore a helmet. In 2003, education was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents with a college education reporting always or nearly always.
- In 2003, respondents in the top 40 percent household income bracket were more likely to report always or nearly always. In 2006, respondents in the bottom 60 percent household income bracket were more likely to report always or nearly always. In 2009, household income was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents across household income reporting always or nearly always.
- In 2009, married respondents were more likely to report they always or nearly always wore a helmet. In all other study years, marital status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents across marital status 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)<sup>⓪</sup>

	2003	2006	2009
TOTAL <sup>a</sup>	32%	49%	59%
Gender			
Male <sup>a</sup>	29	47	54
Female <sup>a</sup>	36	49	65
Age <sup>3</sup>			
18 to 34 <sup>a</sup>	18	48	41
35 to 44 <sup>a</sup>	35	47	62
45 and Older <sup>a</sup>	35	49	66
Education <sup>2,3</sup>			
High School or Less	23	26	29
Some Post High School	34	43	42
College Graduate <sup>a</sup>	32	57	68
Household Income <sup>1,2</sup>			
Bottom 60 Percent Bracket <sup>a</sup>	20	66	61
Top 40 Percent Bracket <sup>a</sup>	40	38	58
Marital Status <sup>3</sup>			
Married <sup>a</sup>	34	49	70
Not Married <sup>a</sup>	21	48	40

<sup>⓪</sup>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.

<sup>1</sup>demographic difference at p≤0.05 in 2003

<sup>2</sup>demographic difference at p≤0.05 in 2006

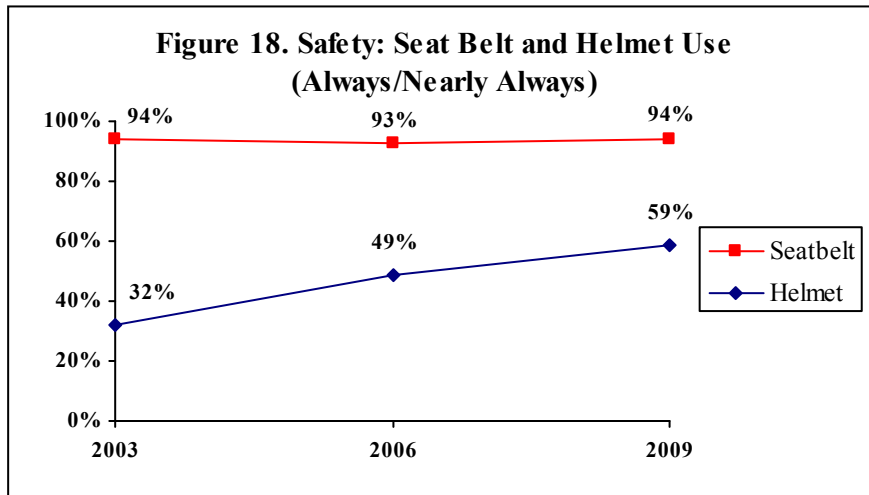
<sup>3</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year 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, 10% of respondents were current smokers. Respondents who were male, 18 to 34 years old, 55 to 64 years old, with a high school education or less or unmarried respondents were more likely to be a smoker. Fifty percent of current smokers quit smoking for one day or longer in the past 12 months; 88% of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking.

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

## Current Smokers

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

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

### 2009 Findings

- Ten percent of respondents were current smokers.
- Male respondents were more likely to report they were a current smoker (15%) compared to female respondents (5%).
- Seventeen percent of respondents 18 to 34 years old and 15% of those 55 to 64 years old were current smokers compared to 3% of respondents 65 and older.
- Twenty percent of respondents with a high school education or less were current smokers compared to 10% of those with some post high school education or 6% of respondents with a college education.
- Unmarried respondents were more likely to report they were a current smoker compared to married respondents (13% and 6%, respectively).

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who were current smokers.
- In 2003 and 2009, male respondents were more likely to report they were a current smoker. In 2006, gender was not a significant variable.
- In 2009, respondents who were 18 to 34 years old or 55 to 64 years old were more likely to report they were a current smoker. In all other study years, age was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents 65 and older being a current smoker.
- In 2006, respondents with some post high school education were more likely to report they were a current smoker. In 2009, respondents with a high school education or less were more likely to be a current smoker. In 2003, education was not a significant variable.
- In 2003 and 2009, unmarried respondents were more likely to report being a current smoker. In 2006, marital status was not a significant variable.

Table 35. Current Smokers by Demographic Variables for Each Survey Year<sup>⓪</sup>

	2003	2006	2009
TOTAL	12%	13%	10%
Gender <sup>1,3</sup>			
Male	17	12	15
Female	9	13	5
Age <sup>3</sup>			
18 to 34	7	10	17
35 to 44	17	18	7
45 to 54	14	11	9
55 to 64	10	13	15
65 and Older <sup>a</sup>	11	12	3
Education <sup>2,3</sup>			
High School or Less	18	5	20
Some Post High School	15	19	10
College Graduate	9	12	6
Household Income			
Bottom 40 Percent Bracket	17	10	13
Middle 20 Percent Bracket	16	16	12
Top 40 Percent Bracket	10	14	7
Marital Status <sup>1,3</sup>			
Married	10	13	6
Not Married	18	11	13

<sup>⓪</sup>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.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

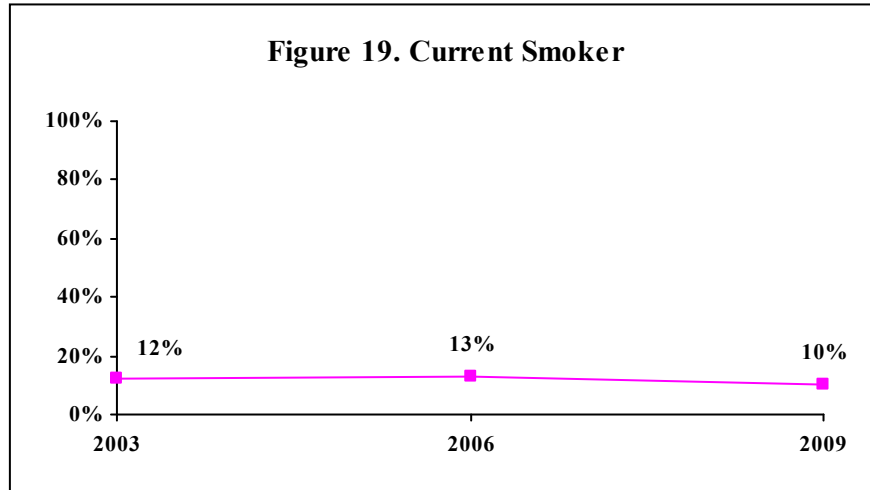
<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

### Year Comparisons

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



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

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

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

### 2009 Findings

*Of current smokers...*

- Fifty 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-eight percent of the 26 current smokers who have seen a health professional reported their health professional advised them to quit smoking.
- No demographic comparisons were conducted as a result of the low percent of respondents who were asked this question.

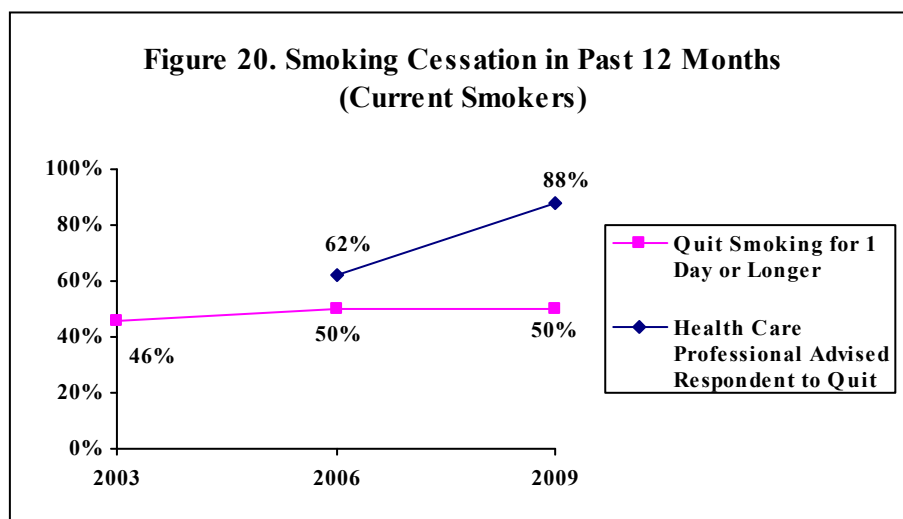
### Year Comparisons

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

## Smoking Cessation Overall

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of current smokers who reported they quit smoking for one day or longer because they were trying to quit. From 2006 to 2009, there was a statistical increase in the overall percent of current smokers who reported their health professional advised them to quit smoking.



## Smoking Policies (Figures 21 & 22; Tables 36 & 37)

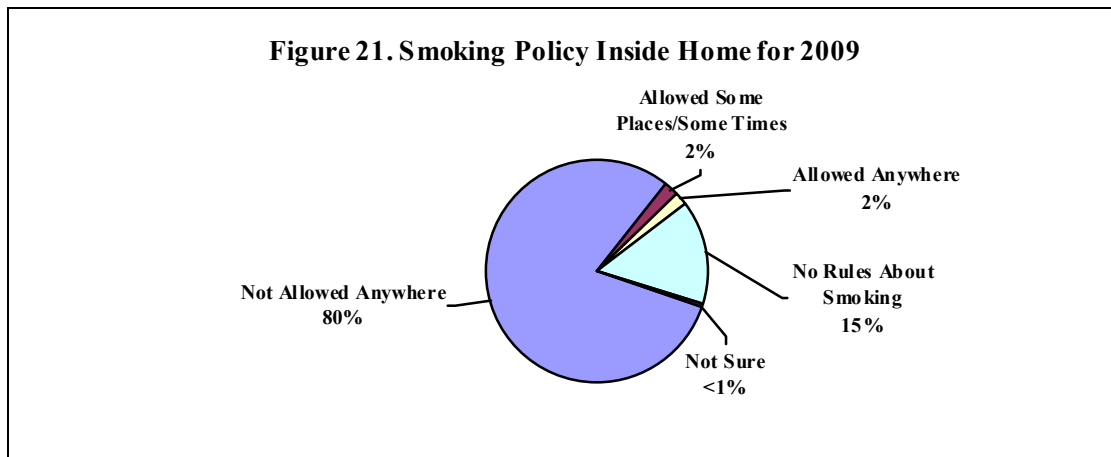
**KEY FINDINGS:** In 2009, 80% of respondents reported smoking is not allowed anywhere inside the home while 84% reported smoking is not allowed in any area at work. Respondents in the top 40 percent household income bracket, who were married, nonsmokers or in households with children were more likely to report smoking is not allowed anywhere inside the home. Respondents who were female or with a college education were more likely to report smoking is not allowed in any area at work. Two percent of nonsmoking respondents reported they were exposed to second-hand smoke at least four out of the past seven days.

### Smoking Policy Inside Home

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

#### 2009 Findings

- Eighty percent of respondents reported smoking is not allowed anywhere inside the home while 2% reported smoking is allowed in some places or at some times. Two percent reported smoking is allowed anywhere inside the home. Fifteen percent of respondents reported there are no rules about smoking inside the home.



- Eighty-six percent of respondents in the top 40 percent household income bracket reported smoking is not allowed in the home compared to 78% of those in the bottom 40 percent income bracket or 65% 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 (85% and 75%, respectively).
- Eighty-two percent of nonsmokers reported smoking is not allowed in the home compared to 66% of smokers.
- Respondents in households with children were more likely to report smoking is not allowed in the home (93%) compared to respondents in households without children (75%).

Table 36. Smoking Not Allowed in Home by Demographic Variables for 2009<sup>⓪</sup>

	2009
TOTAL	80%
Household Income <sup>1</sup>	
Bottom 40 Percent Bracket	78
Middle 20 Percent Bracket	65
Top 40 Percent Bracket	86
Marital Status <sup>1</sup>	
Married	85
Not Married	75
Smoking Status <sup>1</sup>	
Nonsmoker	82
Smoker	66
Children in Household <sup>1</sup>	
Yes	93
No	75

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

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2009

### Smoking Policy at Work

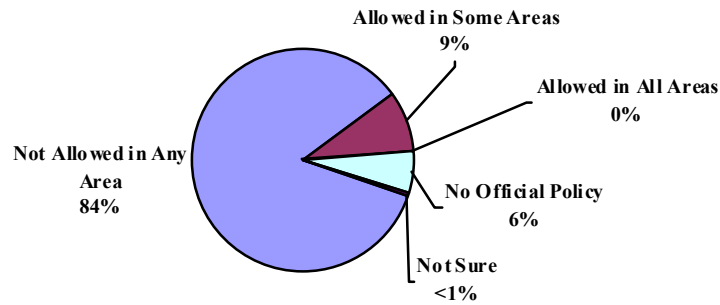
*The Healthy People 2010 goal for worksites with formal smoking policies that prohibit smoking is 100%. (Objective 27-12)*

*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-four percent of respondents reported smoking is not allowed in any area at work while 9% reported smoking is allowed in some areas. Zero percent reported smoking is allowed in all areas at work. Six percent of respondents reported there is no official policy about smoking at work.

**Figure 22. Smoking Policy at Work for 2009**



- Female respondents were more likely to report smoking is not allowed in any area at work (90%) compared to male respondents (79%).
- Ninety-one percent of respondents with a college education reported smoking is not allowed in any area at work compared to 71% of those with some post high school education or 66% of respondents with a high school education or less.

Table 37. Smoking Not Allowed at Work by Demographic Variables for 2009<sup>⓪</sup>

	2009
TOTAL	84%
Gender <sup>1</sup>	
Male	79
Female	90
Age	
18 to 34	75
35 to 44	86
45 to 54	89
55 to 64	91
65 and older	83
Education <sup>1</sup>	
High School or Less	66
Some Post High School	71
College Graduate	91
Household Income	
Bottom 40 Percent Bracket	82
Middle 20 Percent Bracket	72
Top 40 Percent Bracket	87
Marital Status	
Married	86
Not Married	81
Smoking Status	
Nonsmoker	84
Smoker	87

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

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2009

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

#### 2009 Findings

- Eighty-three 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. Fifteen percent of respondents reported they were exposed to second-hand smoke one to three days while 2% reported at least four days.
- No demographic comparisons were conducted as a result of the low percent of respondents who reported their exposure to second-hand smoke on four or more days.

## Alcohol Use (Figures 23 & 24; Tables 38 & 39)

**KEY FINDINGS:** In 2009, 68% of respondents had an alcoholic drink in the past 30 days. In the past month, 6% were heavy drinkers while 12% were binge drinkers. Respondents with some post high school education were more likely to report heavy drinking in the past month. Respondents who were male or 18 to 34 years old were more likely to have binged at least once in the past month. Two percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Less than one 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 or binge drinking in the past month. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they were a driver or passenger in a vehicle when the driver perhaps had too much to drink. 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

- Sixty-eight percent of respondents had a drink in the past 30 days. Forty percent reported they drank on at least five days, while 9% reported three to four days and 19% reported drinking on one or two days in the past 30 days.
- Six percent of all respondents reported an average of four or more drinks per day on the days they drank while 10% reported three, 16% reported two and 36% reported one drink on average on the days they drank. Thirty-three percent reported having no drinks in the past month.
- Combined, 6% of respondents were classified as heavy drinkers in the past month (61 or more drinks for males and 31 or more drinks for females).
- Eleven percent of respondents with some post high school education reported heavy drinking in the past month compared to 4% of those with a college education or 3% of respondents with a high school education or less.

## Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who were heavy drinkers.
- In 2006, respondents with some post high school education or less were more likely to report heavy drinking. In 2009, respondents with some post high school education were more likely to report heavy drinking. In 2003, education was not a significant variable.
- In 2006, unmarried respondents were more likely to report heavy drinking. In all other study years, marital status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of married respondents reporting heavy drinking in the past month.

Table 38. Heavy Drinking in Past Month by Demographic Variables for Each Survey Year<sup>①,②</sup>

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

<sup>①</sup>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.

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

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year 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, the Northshore Area 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

- Twelve percent of all respondents binged in the past month.
- Male respondents were more likely to have binged in the past month (21%) compared to female respondents (5%).
- Twenty-seven percent of respondents 18 to 34 years old binged in the past month compared to 4% of those 45 to 54 years old or 3% of respondents 65 and older.

### Year Comparisons

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

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who binged.
- In 2003 and 2009, male respondents were more likely to have binged. In 2006, gender was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of male respondents reporting binging.
- In 2003 and 2009, respondents 18 to 34 years old were more likely to have binged. In 2006, age was not a significant variable.
- 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 reporting binging.
- In 2003, married respondents were more likely to have binged. In 2006, unmarried respondents were more likely to have binged. In 2009, marital status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of unmarried respondents reporting binging.

Table 39. Binge Drinking in Past Month by Demographic Variables for Each Survey Year<sup>①,②</sup>

	2003	2006	2009
TOTAL	8%	12%	12%
Gender <sup>1,3</sup>			
Male <sup>a</sup>	12	15	21
Female	5	9	5
Age <sup>1,3</sup>			
18 to 34	15	10	27
35 to 44	12	16	20
45 to 54	10	15	4
55 to 64	8	16	13
65 and Older	2	5	3
Education			
High School or Less <sup>a</sup>	2	10	17
Some Post High School	8	16	16
College Graduate	10	11	10
Household Income			
Bottom 40 Percent Bracket	6	11	16
Middle 20 Percent Bracket	7	15	8
Top 40 Percent Bracket	9	15	14
Marital Status <sup>1,2</sup>			
Married	11	9	14
Not Married <sup>a</sup>	3	15	10

<sup>①</sup>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.

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

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

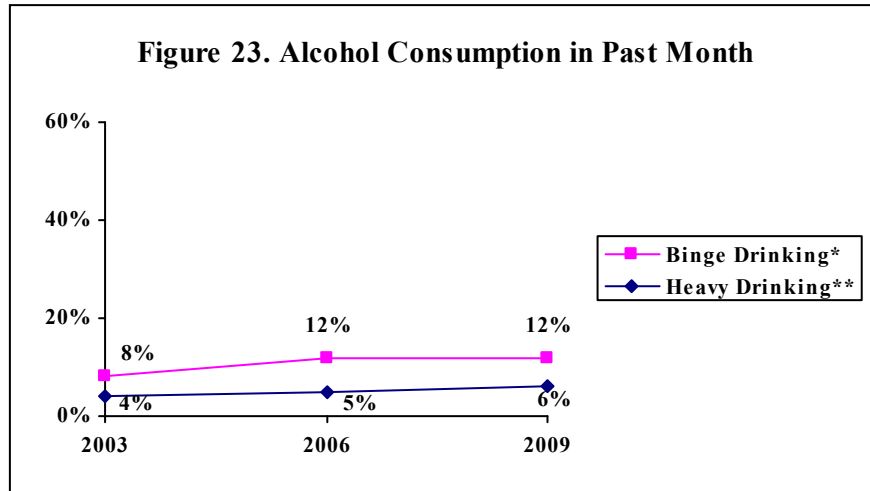
<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

## Alcohol Consumption Overall

### Year Comparisons

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



\*In 2003, “4 or more drinks on an occasion” for females and “5 or more drink 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

- Two percent of respondents reported in the past month they were a driver or passenger in a vehicle when the driver perhaps had too much alcohol to drink.
- No demographic comparisons were conducted as a result of the low percent of respondents who reported they were a driver or passenger in a vehicle when the driver perhaps had too much alcohol to drink.

### Year Comparisons

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

## Household Problem Associated with Alcohol in Past Year

### 2009 Findings

- Less than one 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.

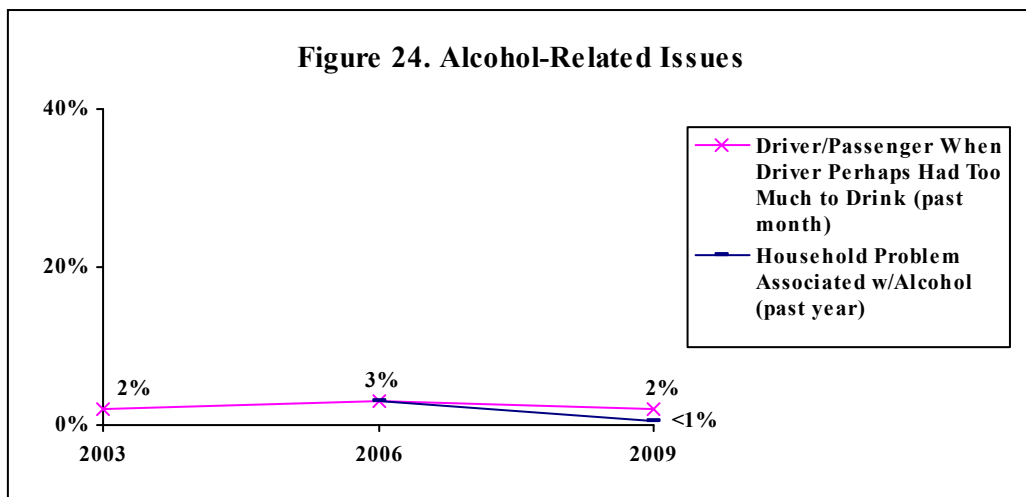
### Year Comparisons

- 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 no statistical change in the overall percent of respondents who reported they were a driver or passenger in a vehicle when the driver perhaps had too much to drink. From 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 40 & 41)

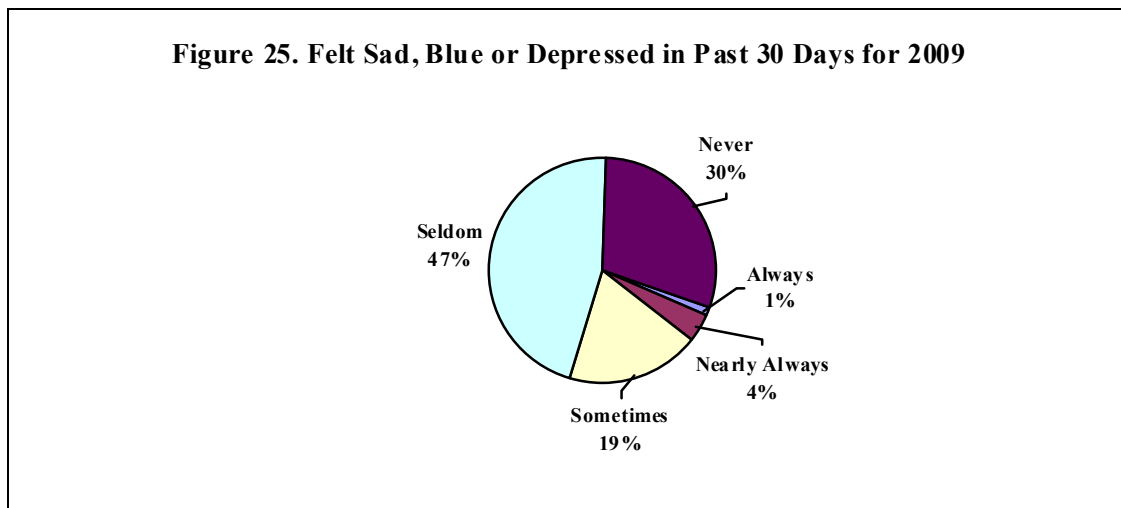
**KEY FINDINGS:** In 2009, 5% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents who were male, with some post high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. Two percent of respondents felt so overwhelmed they considered suicide in the past year. Six percent of respondents reported they seldom or never find meaning and purpose in daily life; respondents with a high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this.

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

### Felt Sad, Blue or Depressed

#### 2009 Findings

- Five percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. This represents up to 3,000 residents. Nineteen percent reported sometimes and the remaining 77% reported seldom or never.



- Male respondents were more likely to report they always or nearly always felt sad, blue or depressed in the past 30 days (7%) compared to female respondents (3%).
- Eleven percent of respondents with a high school education or less and 10% of those with some post high school education reported always or nearly always compared to 2% of respondents with a college education.
- Sixteen percent of respondents in the bottom 40 percent household income bracket reported always or nearly always compared to 4% of those in the middle 20 percent income bracket or less than one percent of respondents in the top 40 percent household income bracket.

- Unmarried respondents were more likely to report they always or nearly always felt sad, blue or depressed in the past 30 days compared to married respondents (9% and 2%, respectively).

#### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed.
- In 2009, respondents who were male, with some post high school education or less, in the bottom 40 percent household income bracket or who were unmarried were more likely to report they always or nearly always felt sad, blue or depressed.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting they always or nearly always felt sad, blue or depressed in 2003 and 2006.

Table 40. Always/Nearly Always Felt Sad, Blue or Depressed in Past 30 Days by Demographic Variables for Each Survey Year<sup>①</sup>

	2003 <sup>②</sup>	2006 <sup>②</sup>	2009
TOTAL	3%	3%	5%
Gender <sup>3</sup>			
Male	--	--	7
Female	--	--	3
Age			
18 to 34	--	--	5
35 to 44	--	--	7
45 to 54	--	--	2
55 to 64	--	--	9
65 and Older	--	--	2
Education <sup>3</sup>			
High School or Less	--	--	11
Some Post High School	--	--	10
College Graduate	--	--	2
Household Income <sup>3</sup>			
Bottom 40 Percent Bracket	--	--	16
Middle 20 Percent Bracket	--	--	4
Top 40 Percent Bracket	--	--	<1
Marital Status <sup>3</sup>			
Married	--	--	2
Not Married	--	--	9

<sup>①</sup>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.

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

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year 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 2,100 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 6% of respondents reported they seldom or never find meaning and purpose in daily life. Thirty-seven percent of respondents reported they always find meaning and purpose while an additional 39% reported nearly always.
- Seventeen percent of respondents with a high school education or less reported they seldom or never find meaning and purpose in daily life compared to 7% of those with some post high school education or 3% of respondents with a college education.
- Respondents in the bottom 40 percent household income bracket were more likely to report seldom or never (18%) compared to those in the middle 20 percent income bracket (2%) or respondents in the top 40 percent household income bracket (less than one percent).
- Unmarried respondents were more likely to report seldom or never compared to married respondents (10% and 3%, respectively).

#### Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported they seldom or never find meaning and purpose in daily life.
- In 2009, respondents with a high school education or less were more likely to report they seldom/never find meaning and purpose in daily life. In 2006, education was not a significant variable.
- In 2009, 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 2006, household income was not a significant variable.
- In 2006 and 2009, unmarried respondents were more likely to report they seldom/never find meaning and purpose in daily life.

Table 41. Seldom/Never Find Meaning and Purpose in Daily Life by Demographic Variables for Each Survey Year<sup>①</sup>

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

<sup>①</sup>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.

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

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

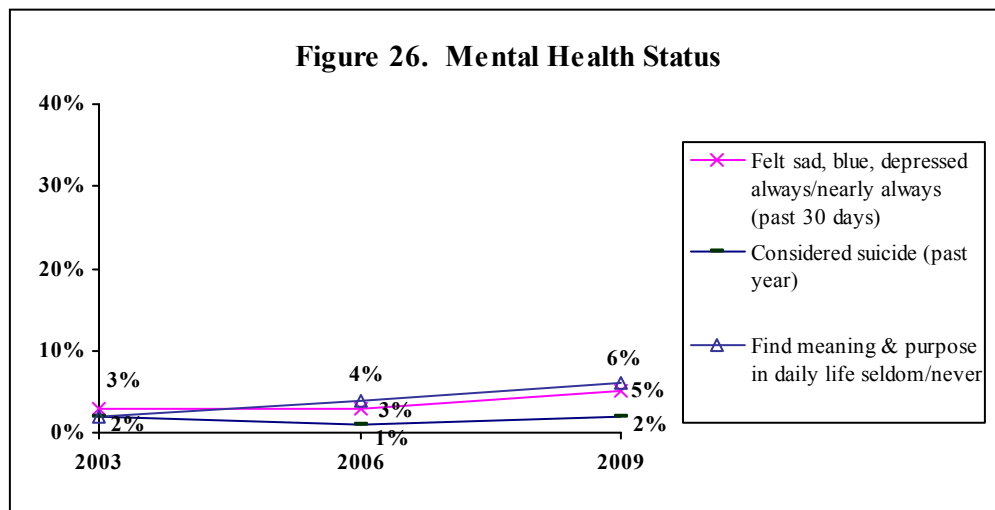
<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

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



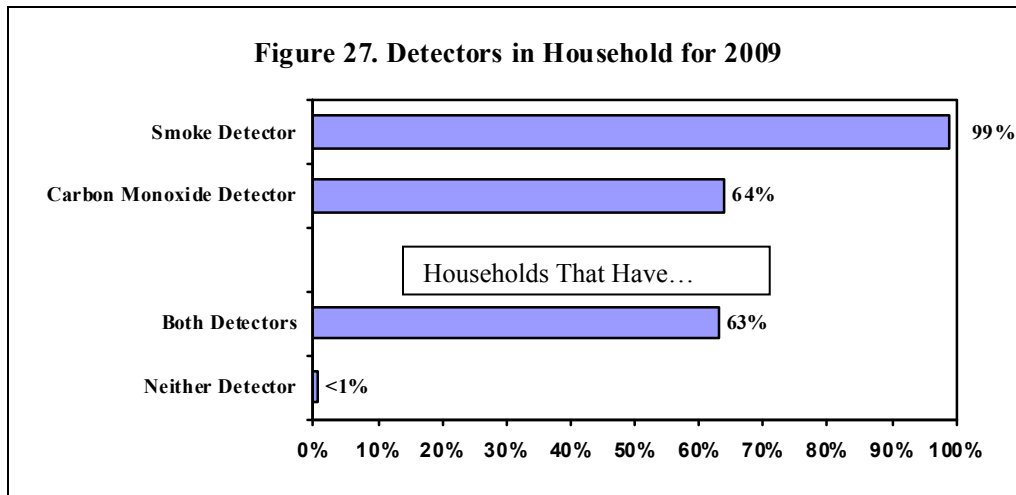
## Detectors in Household (Figures 27 & 28; Table 42)

**KEY FINDINGS:** In 2009, 99% of households had a working smoke detector while 64% had a working carbon monoxide detector. Sixty-three percent of households had both detectors. Respondents who were in the top 40 percent household income bracket or were 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 64% reported a working carbon monoxide detector in their home. Sixty-three percent had both detectors. Less than one percent had neither.



- Seventy-three percent of respondents in the top 40 percent household income bracket reported both detectors compared to 53% of those in the middle 20 percent income bracket or 51% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report both detectors compared to unmarried respondents (74% and 51%, 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, respondents in the top 60 percent household income bracket were more likely to report both a working smoke detector and carbon monoxide detector. In 2009, respondents in the top 40 percent household income bracket were more likely to report both a working smoke detector and carbon monoxide detector. In 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 all study years, married respondents were more likely to report both a working smoke detector and carbon monoxide detector. From 2003 to 2009, there was a noted increase in the percent of respondents across marital status reporting both a working smoke detector and carbon monoxide detector.

Table 42. Both Working Smoke and Carbon Monoxide Detectors in Household by Demographic Variables for Each Survey Year<sup>①</sup>

	2003	2006	2009
TOTAL <sup>a</sup>	48%	57%	63%
Household Income <sup>2,3</sup>			
Bottom 40 Percent Bracket	36	35	51
Middle 20 Percent Bracket	50	63	53
Top 40 Percent Bracket <sup>a</sup>	47	64	73
Marital Status <sup>1,2,3</sup>			
Married <sup>a</sup>	57	63	74
Not Married <sup>a</sup>	27	49	51

<sup>①</sup>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.

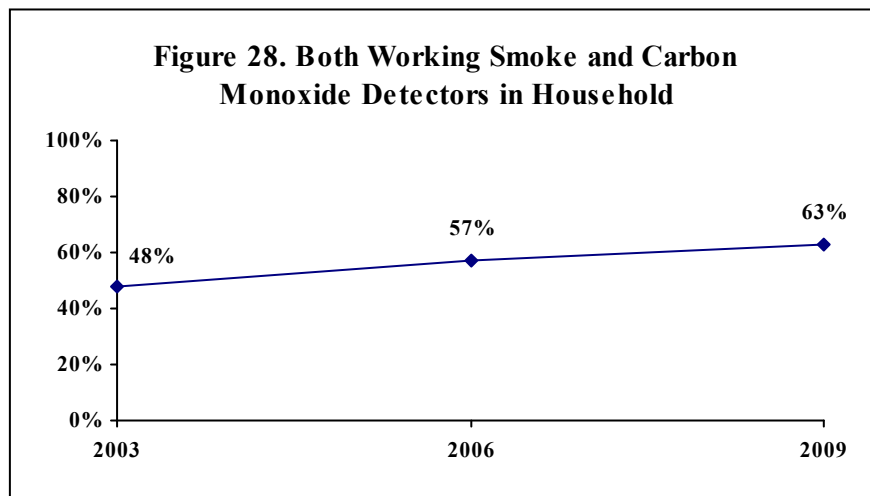
<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year 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 43 - 45)

**KEY FINDINGS:** In 2009, 21% of households had a firearm in or around the home; respondents in the top 40 percent household income bracket were more likely to report this. Of all households, 12% had a handgun in their home while 18% had a rifle or shotgun. Respondents in the top 40 percent household income bracket or who were married were more likely to report a rifle/shotgun. Of all households, 1% 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](http://www.pediatrics.org).)*

#### 2009 Findings

- At the time of the survey administration, 21% of households had at least one firearm.
- Thirty-one percent of respondents in the top 40 percent household income bracket reported a firearm compared to 15% of those in the bottom 40 percent income bracket or 8% 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 having firearms in or around their home.
- In 2009, respondents in the top 40 percent household income bracket were more likely to report having a firearm, with a noted increase since 2003. In all other study years, household income was not a significant variable.
- In 2006, respondents in households without children were more likely to report having a firearm. In all other study years, the presence of children in households was not a significant variable.

Table 43. Firearm in Household by Demographic Variables for Each Survey Year<sup>①</sup>

	2003	2006	2009
TOTAL	20%	16%	21%
Household Income <sup>3</sup>			
Bottom 40 Percent Bracket	8	16	15
Middle 20 Percent Bracket	21	18	8
Top 40 Percent Bracket <sup>a</sup>	20	18	31
Marital Status			
Married	22	19	24
Not Married	15	13	19
Children in Household <sup>2</sup>			
Yes	20	11	25
No	19	19	20

<sup>①</sup>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.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

## Handgun in Household

### 2009 Findings

- At the time of the survey administration, 12% 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 44. Handgun in Household by Demographic Variables for 2009<sup>Ⓞ</sup>

	2009
TOTAL	12%
Household Income	
Bottom 40 Percent Bracket	9
Middle 20 Percent Bracket	6
Top 40 Percent Bracket	17
Marital Status	
Married	13
Not Married	10
Children in Household	
Yes	11
No	12

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

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2009

### **Rifle or Shotgun in Household**

#### 2009 Findings

- At the time of the survey administration, 18% of respondents reported a rifle or shotgun in their home.
- Twenty-seven percent of respondents in the top 40 percent household income bracket reported a rifle or shotgun in their home compared to 10% of those in the bottom 40 percent income bracket or 8% of respondents in the middle 20 percent household income bracket.
- Married respondents were more likely to report a rifle or shotgun in their home compared to unmarried respondents (22% and 14%, respectively).

Table 45. Rifle or Shotgun in Household by Demographic Variables for 2009<sup>⓪</sup>

	2009
TOTAL	18%
Household Income <sup>1</sup>	
Bottom 40 Percent Bracket	10
Middle 20 Percent Bracket	8
Top 40 Percent Bracket	27
Marital Status <sup>1</sup>	
Married	22
Not Married	14
Children in Household	
Yes	21
No	17

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

<sup>1</sup>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](http://www.pediatrics.org).)*

#### 2009 Findings

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

#### Year Comparisons

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

### Loaded Firearm Also Unlocked

*Respondents were given the following definition for unlocked: you do not need a key or combination to get the gun or to fire it. A safety is not counted as a lock.*

The Healthy People 2010 goal for persons in homes with a firearm having a loaded and unlocked firearm is 16%. (Objective 15-04)

In 2002, 2% of all Wisconsin households and 4% of all U.S. households had any loaded and unlocked firearm. (2002 Behavioral Risk Factor Surveillance as cited in the American Academy of Pediatrics, Prevalence of Household Firearms and Firearm-Storage Practices [www.pediatrics.org](http://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 1% 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.

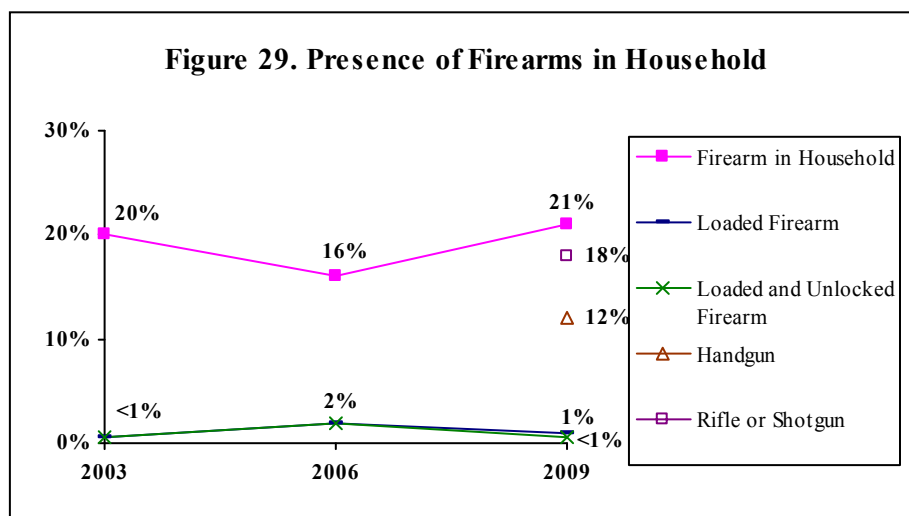
### Year Comparisons

- 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 46 & 47)

**KEY FINDINGS:** In 2009, 8% of respondents reported someone made them afraid for their personal safety in the past year; respondents with at least some post high school education 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 9% reported at least one of these two situations; 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 reporting they were afraid for their personal safety or they were pushed, kicked, slapped or hit. From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting at least one of the two personal safety issues.*

### Afraid for Personal Safety

#### 2009 Findings

- Eight percent of respondents reported someone made them afraid for their personal safety in the past year.
- Eleven percent of respondents with some post high school education and 8% of those with a college education reported feeling afraid for their safety in the past year compared to 0% of respondents with a high school education or less.
  - A stranger was most often mentioned as the perpetrator (17 responses) followed by an acquaintance (11 responses). One respondent each reported spouse or someone else.

#### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they were afraid for their personal safety.
- In 2003, respondents 45 to 54 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 at least some post high school education were more likely to report being afraid for their personal safety. In 2003, education was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents with a high school education or less reporting they were afraid for their personal safety.

Table 46. Afraid for Personal Safety by Demographic Variables for Each Survey Year<sup>①</sup>

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

<sup>①</sup>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.

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

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year 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 each reporting an acquaintance or someone else.

### 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 9% of all respondents reported at least one of the two issues.
- Fifteen percent of respondents with some post high school education reported at least one of the two issues compared to 9% of those with a college education or 0% of respondents with a high school education or less.

### Year Comparisons

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

Table 47. At Least One of the Personal Safety Issues by Demographic Variables for Each Survey Year<sup>⓪</sup>

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

<sup>⓪</sup>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.

<sup>1</sup>demographic difference at p≤0.05 in 2003

<sup>2</sup>demographic difference at p≤0.05 in 2006

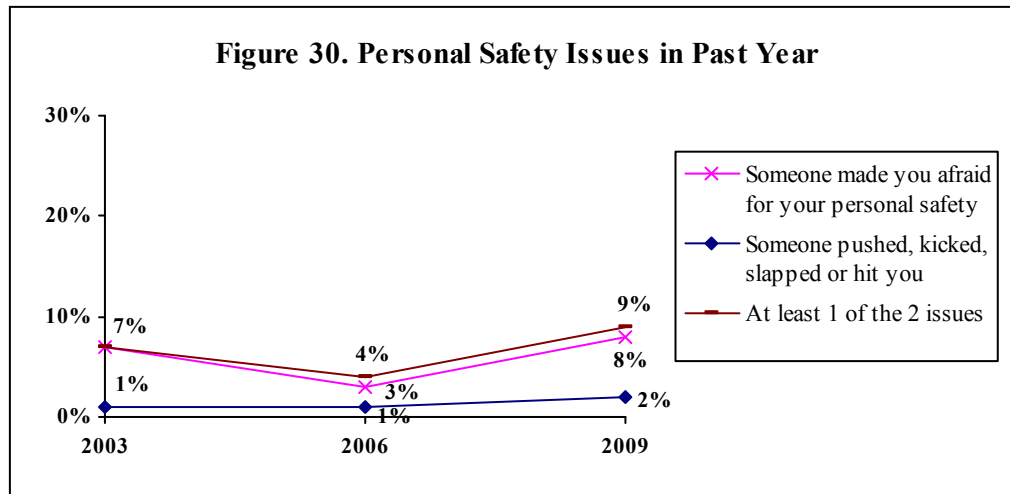
<sup>3</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year 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 (Figure 31; Tables 48 & 49)**

**KEY FINDINGS:** In 2009, 9% of respondents were not aware of the public health department prior to the interview; 31% received services from the health department. Respondents who were female or married were more likely to have received services from the health department. Of the respondents who were aware of the health department, 74% reported they were satisfied with the health department meeting its mission to promote health, prevent disease and protect the public; respondents who were female or in the top 40 percent household income bracket were more likely to report this.

*From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they received limited or extensive services from the public health department.*

### **Awareness of and Experience with Public Health Department**

#### 2009 Findings

- Nine percent of respondents were not aware of the public health department prior to the interview. Sixty percent were aware of the department but had no experience with it. Thirty percent received limited services from the health department and 1% received more extensive services.
- Female respondents were more likely to report they received limited or extensive services from the health department (39%) compared to male respondents (21%).
- Married respondents were more likely to report they received limited or extensive services compared to unmarried respondents (36% and 24%, respectively).

#### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they received limited or extensive services from the public health department.
- In all study years, female respondents were more likely to report they received limited or extensive services from the health department.
- In 2006, respondents 65 and older were more likely to report they received limited/extensive services from the health department. In all other study years, age was not a significant variable.
- In 2006, respondents in the bottom 40 percent household income bracket were more likely to report they received limited/extensive services from the health department. In all other study years, household income was not a significant variable.
- In 2009, married respondents were more likely to report they received limited or extensive services from the health department. In all other study years, marital status was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of unmarried respondents reporting they received limited/extensive services from the health department.

Table 48. Received Limited or Extensive Services from Public Health Department by Demographic Variables for Each Survey Year<sup>①</sup>

	2003	2006	2009
TOTAL	34%	29%	31%
Gender <sup>1,2,3</sup>			
Male	25	22	21
Female	40	34	39
Age <sup>2</sup>			
18 to 34	26	11	26
35 to 44	25	25	38
45 to 54	35	26	26
55 to 64	31	21	32
65 and older	41	50	30
Education			
High School or Less	44	31	36
Some Post High School	32	33	28
College Graduate	30	26	30
Household Income <sup>2</sup>			
Bottom 40 Percent Bracket	36	38	28
Middle 20 Percent Bracket	36	33	20
Top 40 Percent Bracket	31	14	34
Marital Status <sup>3</sup>			
Married	32	29	36
Not Married <sup>a</sup>	35	28	24

<sup>①</sup>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.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

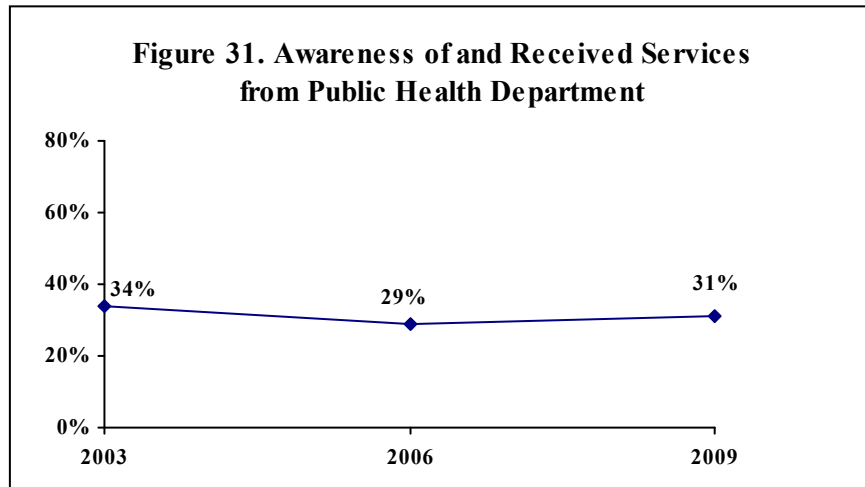
<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they received limited or extensive services from the public health department.



### **Satisfaction with Health Department Meeting Its Mission**

#### 2009 Findings

- Of respondents who were aware of the health department, 74% reported they were very satisfied or satisfied with the health department meeting its mission to promote health, prevent disease and protect the public. Seven percent were dissatisfied and 2% were very dissatisfied. Seventeen percent were not sure.
- Female respondents were more likely to report they were very satisfied or satisfied with the health department meeting its mission (78%) compared to male respondents (69%).
- Eighty-two percent of respondents in the top 40 percent household income bracket reported they were very satisfied or satisfied with the health department meeting its mission compared to 70% of those in the middle 20 percent income bracket or 68% of respondents in the bottom 40 percent household income bracket.

Table 49. Very Satisfied or Satisfied with Health Department Meeting Its Mission by Demographic Variables for 2009 (Of Those Aware of Department)

	2009
TOTAL	74%
Gender <sup>1</sup>	
Male	69
Female	78
Age	
18 to 34	82
35 to 44	73
45 to 54	74
55 to 64	68
65 and older	70
Education	
High School or Less	74
Some Post High School	73
College Graduate	74
Household Income <sup>1</sup>	
Bottom 40 Percent Bracket	68
Middle 20 Percent Bracket	70
Top 40 Percent Bracket	82
Marital Status	
Married	70
Not Married	79

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

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2009

### Preparation for a Natural or Man-Made Disaster (Table 50)

KEY FINDINGS: In 2009, 28% of respondents reported someone in their family had taken steps to prepare for a natural or man-made disaster; respondents who were in the top 40 percent household income bracket, married or with children in the household were more likely to report this.

#### 2009 Findings

- Twenty-eight percent of respondents reported they or someone in their family had taken steps to prepare for a natural or man-made disaster.

- Thirty-three percent of respondents in the top 40 percent household income bracket reported someone in their family had taken steps to prepare for a natural or man-made disaster compared to 23% of those in the bottom 40 percent income bracket or 15% of respondents in the middle 20 percent household income bracket.
- Married respondents were more likely to report someone in their family had taken steps to prepare for a natural or man-made disaster compared to unmarried respondents (33% and 24%, respectively).
- Respondents in households with children were more likely to report someone in their family had taken steps to prepare for a natural or man-made disaster (38%) compared to respondents in households without children (24%).

Table 50. Family Preparation for a Natural or Man-Made Disaster by Demographic Variables for 2009<sup>⓪</sup>

	2009
TOTAL	28%
Household Income <sup>1</sup>	
Bottom 40 Percent Bracket	23
Middle 20 Percent Bracket	15
Top 40 Percent Bracket	33
Marital Status <sup>1</sup>	
Married	33
Not Married	24
Children in Household <sup>1</sup>	
Yes	38
No	24

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

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2009

## Community Health Issues (Table 51)

**KEY FINDINGS:** In 2009, out of six health issues, the three most often selected as the largest health concerns were the following: obesity, lack of exercise or poor nutrition (67%), alcohol abuse (58%) and illegal drug use (52%). Respondents who were 45 to 54 years old, with a college education or married were more likely to report obesity/lack of exercise/poor nutrition. Respondents 45 to 54 years old were more likely to report alcohol abuse. Respondents 35 to 44 years old were more likely to report illegal drug use. Respondents with a high school education or less, in the bottom 40 percent household income bracket or who were not married were more likely to report smoking. Respondents who were female or with some post high school education were more likely to report mental health. Respondents in the top 40 percent household income bracket or who were married were more likely to report infectious diseases.

## 2009 Findings

- Respondents were given a list of health issues that some communities face and were asked to select the three largest health concerns in the Northshore Area. Respondents were more likely to report obesity, lack of exercise or poor nutrition (67%), alcohol abuse (58%) and illegal drug use (52%). Thirty-three percent reported smoking followed by 25% each reporting mental health or infectious diseases such as whooping cough, tuberculosis or sexually transmitted diseases.
- Female respondents were more likely to report mental health as a top health concern for their community (29%) compared to male respondents (20%).
- Respondents 45 to 54 years old were more likely to report obesity/lack of exercise/poor nutrition or alcohol abuse as one of the top three health issues while respondents 35 to 44 years old were more likely to select illegal drug use.
- Respondents with a college education were more likely to report obesity/lack of exercise/poor nutrition while respondents with a high school education or less were more likely to report smoking as one of the top three. Respondents with some post high school education were more likely to report mental health.
- Respondents in the bottom 40 percent household income bracket were more likely to report smoking as one of the top three health issues while respondents in the top 40 percent household income bracket were more likely to report infectious diseases.
- Married respondents were more likely to report obesity/lack of exercise/poor nutrition or infectious diseases as top health concerns while unmarried respondents were more likely to report smoking.

Table 51. Community Health Issues by Demographic Variables for 2009<sup>⓪</sup>

	Obesity/Lack of Exercise/Poor Nutrition	Alcohol Abuse	Illegal Drug Use	Smoking	Mental Health	Infectious Diseases
TOTAL	67%	58%	52%	33%	25%	25%
Gender						
Male	68	55	46	36	20 <sup>1</sup>	27
Female	67	61	56	31	29 <sup>1</sup>	22
Age						
18 to 34	56 <sup>1</sup>	60 <sup>1</sup>	32 <sup>1</sup>	48	30	30
35 to 44	77 <sup>1</sup>	45 <sup>1</sup>	68 <sup>1</sup>	30	24	32
45 to 54	84 <sup>1</sup>	71 <sup>1</sup>	50 <sup>1</sup>	32	27	24
55 to 64	62 <sup>1</sup>	62 <sup>1</sup>	56 <sup>1</sup>	27	18	22
65 and older	58 <sup>1</sup>	56 <sup>1</sup>	52 <sup>1</sup>	31	21	15
Education						
High School or Less	53 <sup>1</sup>	58	47	47 <sup>1</sup>	17 <sup>1</sup>	25
Some Post High School	67 <sup>1</sup>	58	49	33 <sup>1</sup>	38 <sup>1</sup>	19
College Graduate	71 <sup>1</sup>	59	54	30 <sup>1</sup>	21 <sup>1</sup>	26
Household Income						
Bottom 40 Percent Bracket	61	58	56	43 <sup>1</sup>	26	15 <sup>1</sup>
Middle 20 Percent Bracket	76	72	43	20 <sup>1</sup>	33	24 <sup>1</sup>
Top 40 Percent Bracket	68	54	58	31 <sup>1</sup>	24	31 <sup>1</sup>
Marital Status						
Married	73 <sup>1</sup>	56	55	25 <sup>1</sup>	21	30 <sup>1</sup>
Not Married	61 <sup>1</sup>	61	48	43 <sup>1</sup>	29	18 <sup>1</sup>

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

<sup>1</sup>demographic difference at p≤0.05 in 2009

## Environmental Health Issues (Table 52)

KEY FINDINGS: In 2009, out of five environmental health issues listed, the largest concerns were food safety (45%) or water quality (36%). Twelve percent reported indoor air quality while 2% each reported lead or rabies. Female respondents were more likely to report water quality as a concern compared to male respondents.

### 2009 Findings

- Out of five environmental health issues listed, 45% of respondents reported food safety while 36% reported water quality. Twelve percent reported indoor air quality followed by 2% each reporting lead or rabies.
- Overall, female respondents were equally likely to report food safety or water quality as the largest concern (43% and 42%, respectively). In addition, female respondents were more likely to report water quality (42%) compared to male respondents (29%).

Table 52. Largest Environmental Health Issue by Demographic Variables for 2009

	Food Safety	Water Quality	Indoor Air Quality
TOTAL	45%	36%	12%
Gender <sup>1</sup>			
Male	47	29	12
Female	43	42	11
Age			
18 to 34	52	27	10
35 to 44	39	47	6
45 to 54	37	40	17
55 to 64	52	35	11
65 and older	47	30	13
Education			
High School or Less	44	39	3
Some Post High School	43	35	15
College Graduate	46	36	12
Household Income			
Bottom 40 Percent Bracket	41	32	16
Middle 20 Percent Bracket	33	49	12
Top 40 Percent Bracket	48	33	13
Marital Status			
Married	48	36	8
Not Married	41	36	16

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

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2009

## **APPENDIX B: QUESTIONNAIRE FREQUENCIES**

NORTHSHORE AREA  
COMMUNITY HEALTH SURVEY

Conducted: September 30, 2009 through January 14, 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 .....	3%
Fair .....	6
Good.....	26
Very good.....	45
Excellent.....	20
Not sure .....	0

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

No health care coverage .....	2%
An employer sponsored insurance plan .....	59
Private insurance bought directly from an insurance agent or insurance company.....	8
Medicaid including medical assistance, Title 19 or Badger Care.....	5
Medicare.....	25
Or something else.....	0
Not sure .....	2

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

All.....	92%
Part .....	7
None .....	<1
Not sure .....	<1

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

All.....	89%
Part .....	9
None .....	1
Not sure .....	2

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 ..... 86%  
 Public health clinic or community health center ..... 5  
 Hospital outpatient department ..... 1  
 Hospital emergency room ..... <1  
 Urgent care center ..... 5  
 Some other kind of place..... <1  
 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 ..... 44%  
 No..... 54  
 Not sure ..... 3

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 .....	67%	17%	7%	7%	2%	1%
8. Cholesterol testing .....	56	17	6	6	11	4
9. Visit to a dentist or dental clinic .	78	14	3	5	<1	0
10. Eye exam.....	54	24	10	8	5	<1

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

Yes ..... 54%  
 No..... 46  
 Not sure ..... 0

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

18 to 34 years old ..... 20%  
 35 to 44 years old ..... 19  
 45 to 54 years old ..... 21  
 55 to 64 years old ..... 14  
 65 and older..... 27

13. Have you ever had a pneumonia or pneumococcal shot? [104 Respondents 65 and Older]

Yes ..... 82%  
 No..... 12  
 Not sure ..... 7

In the past three years, have you been told by a doctor, nurse or other health care provider that:

	Yes	No	Not Sure
14. You have high blood pressure? .....	27%	73%	0%
15. Your blood cholesterol is high? .....	22	75	3
16. You had a stroke?.....	2	98	0
17. You have heart disease or a heart condition?...	8	92	<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	92	2
20. ...(if yes) [28 Respondents]: What type of cancer? .....	Melanoma/skin .....	9 respondents	
	Prostate .....	8 respondents	
	Breast.....	4 respondents	
	Lung .....	3 respondents	
	Multiple myeloma .....	2 respondents	
	All others (1 response each) .....	1 respondent	
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?” [31 Respondents]

Zero .....	5%	→GO TO Q25
1 time.....	10	→CONTINUE WITH Q23
2 to 3 times.....	60	→CONTINUE WITH Q23
4 or more .....	23	→CONTINUE WITH Q23
Not sure .....	3	→GO TO Q25

23. At your last appointment, what was your “A one C” level? [29 Respondents]

Less than 7 .....	48%
7 or higher .....	24
Not sure .....	28

24. At your last appointment, what was your LDL level? [29 Respondents]

Less than 100 .....	33%
100 or higher .....	10
Not sure .....	57

	Yes	No	Not Sure
25. Do you currently have asthma? .....	7%	93%	<1%
26. ...(if yes), do you have a written asthma action plan? [28 Respondents].....	54	46	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 ..... 34%  
Two servings ..... 33  
Three or more servings..... 33  
Not sure ..... 0

28. On an average day, how many servings of vegetables do you eat? One serving is ½ cup of cooked or raw vegetable or 6 ounces of juice.

One or fewer servings ..... 41%  
Two servings ..... 32  
Three or more servings..... 26  
Not sure ..... 0

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

Yes ..... 82%  
No..... 17  
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 activity .....17%  
Less than 5 times/week for 30 minutes or less than 30 minutes each time.....47  
5 times/week for 30 minutes or more.....32  
Not sure ..... 4

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 ..... 46%  
No..... 53  
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 .....	53%
Less than 3 times/week for 20 minutes or less than 20 minutes each time .....	21
3 times/week for 20 minutes or more.....	25
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? [154 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	64%
Within the past 2 years (1 year, but less than 2 years ago) .....	21
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).....	1
5 or more years ago .....	6
Never.....	<1
Not sure .....	2

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? [63 Respondents 65 and Older]

Yes .....	83%
No.....	17
Not sure .....	0

37. A pap smear is a test for cancer of the cervix. If you have not had a hysterectomy, how long has it been since you had your last pap smear? [142 Respondents 18 to 65 years old]

Within the past year (anytime less than 12 months ago).....	63%
Within the past 2 years (1 year, but less than 2 years ago) .....	16
Within the past 3 years (2 years, but less than 3 years ago) .....	7
Within the past 5 years (3 years, but less than 5 years ago).....	7
5 or more years ago .....	2
Never.....	4
Not sure .....	0

**Q38 and Q39 MALES 40 AND OLDER ONLY**

38. A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. How long has it been since your last PSA test? [133 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	40%
Within the past 2 years (1 year, but less than 2 years ago) .....	12
Within the past 3 years (2 years, but less than 3 years ago) .....	2
Within the past 5 years (3 years, but less than 5 years ago).....	3
5 or more years ago .....	2
Never.....	27
Not sure .....	14

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? [131 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	45%
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) .....	5
Within the past 5 years (3 years, but less than 5 years ago).....	2
5 or more years ago .....	5
Never.....	26
Not sure .....	2

**MALE & FEMALE RESPONDENTS 50 AND OLDER**

40. For a sigmoidoscopy a flexible tube is inserted into the rectum to view the bowel for signs of cancer or other health problems. A colonoscopy is similar, but uses a longer tube, and you are usually given medication through a needle in your arm to make you sleepy and told to have someone else drive you home after the test. Have you ever had a... [197 Respondents 50 and Older]

Sigmoidoscopy.....	5%
Colonoscopy .....	55
Both.....	19
Or neither .....	21
Not sure .....	0

41. How long has it been since you had your last sigmoidoscopy? [197 Respondents 50 and Older]

Within the past year (anytime less than 12 months ago).....	2%
Within the past 2 years (1 year, but less than 2 years ago) .....	2
Within the past 5 years (2 years, but less than 5 years ago).....	5
Within the past 10 years (5 years but less than 10 years ago)...	8
10 years ago or more .....	6
Never.....	76
Not sure .....	1

42. How long has it been since you had your last colonoscopy? [195 Respondents 50 and Older]

Within the past year (anytime less than 12 months ago).....	19%
Within the past 2 years (1 year, but less than 2 years ago) .....	12
Within the past 5 years (2 years, but less than 5 years ago).....	26
Within the past 10 years (5 years but less than 10 years ago)...	12
10 years ago or more .....	3
Never.....	26
Not sure .....	1

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

Do not ride bike, use in-line skates or use scooters..... 55%

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

Never .....	29%
Seldom .....	4
Sometimes.....	8
Nearly always.....	11
Always .....	48
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.....	7
Always .....	86
Not sure .....	0

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

Never.....	30%
Seldom .....	47
Sometimes.....	19
Nearly always.....	4
Always .....	1
Not sure .....	0

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

Never.....	3%
Seldom .....	4
Sometimes.....	16
Nearly always.....	39
Always .....	37
Not sure .....	1

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 .....	33%
One to two days.....	19
Three to four days .....	9
Five or more days.....	40
Not sure .....	0

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

None .....	33%
One drink.....	36
Two drinks .....	16
Three drinks .....	10
Four or more drinks.....	6
Not sure .....	0

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

None .....	88%
One time .....	3
Two or more times .....	9
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 .....	2%
No.....	98
Not sure .....	0

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

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

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

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

Every day .....	6%	
Some days .....	4	
Not at all.....	90	→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? [38 Respondents]

Yes .....	50%
No.....	50
Not sure .....	0

55. [CURRENT SMOKERS] In the past 12 months, have you seen a doctor, nurse or other health professional? [38 Respondents]

Yes .....	71%	→CONTINUE WITH Q56
No.....	29	→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? [26 Respondents]

Yes .....	88%
No.....	12
Not sure .....	0

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

Smoking is not allowed anywhere inside your home..	80%
Smoking is allowed in some places or at some times .	2
Smoking is allowed anywhere inside your home or ...	2
There are no rules about smoking inside your home ..	15
Not sure .....	<1

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

Not allowed in any area.....	84%
Allowed in some areas .....	9
Allowed in all areas.....	0
No official policy .....	6
Not sure .....	<1

59. In the past seven days, how many days were you in the same room or did you ride in a car with someone who was smoking cigarettes? [362 Nonsmokers]

0 days ..... 83%  
 1 to 3 days ..... 15  
 4 to 6 days ..... <1  
 All 7 days ..... <1  
 Not sure ..... <1

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

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

Yes ..... 21%  
 No ..... 79  
 Not sure ..... 0

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

	Yes	No	Not sure	No firearms in HH/NA
61. Handguns .....	12%	10%	0%	79%
62. Rifles or shotguns.....	18	3	0	79

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

Yes ..... 1%  
 No ..... 20  
 Not sure ..... <1  
 No firearms in the household/no answer ..... 79

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 .....	17%	84%	0%
66. Having acupuncture .....	11	89	<1
67. Massage therapy.....	24	76	<1
68. Aroma therapy using essential oils .....	8	91	<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.....	50%
Overweight.....	35
Obese.....	15

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.....	91%
Black, African American .....	5
Asian .....	3
Native Hawaiian or other Pacific Islander .....	0
American Indian or Alaska Native.....	<1
Another race.....	0
Multiple race .....	<1
Not sure .....	0

74. What is your current marital status?

Single and never married .....	24%
A member of an unmarried couple.....	2
Married.....	52
Separated.....	1
Divorced.....	9
Widowed .....	12
Not sure .....	0

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

8th grade or less .....	1%
Some high school .....	3
High school graduate or GED .....	12
Some college .....	17
Technical school graduate.....	5
College graduate .....	31
Advanced or professional degree .....	30
Not sure .....	0

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

Yes .....	31%
No.....	70
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]

Brown Deer .....	35%
Glendale .....	35
Fox Point.....	18
Bayside.....	10
River Hills.....	1

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

53217.....	38%
53209.....	33
53223.....	29
All others (3% or less).....	0
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 .....	5%
No.....	95
Not sure.....	0

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

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

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

Yes .....	79%
No.....	21
Not sure.....	<1

83. What is your annual household income before taxes?

Less than \$10,000 .....	3%
\$10,000 to \$20,000.....	7
\$20,001 to \$30,000.....	8
\$30,001 to \$40,000.....	4
\$40,001 to \$50,000.....	5
\$50,001 to \$60,000.....	8
\$60,001 to \$75,000.....	8
\$75,001 to \$90,000.....	11
\$90,001 to \$105,000.....	8
\$105,001 to \$120,000.....	4
\$120,001 to \$135,000.....	3
Over \$135,000.....	10
Not sure .....	9
No answer .....	15

84. Which of the following best describes you?

Heterosexual where you are attracted to people of the opposite sex...	93%
Gay or lesbian where you are attracted to people of the same sex.....	4
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 .....	8%	→CONTINUE WITH Q86
No.....	92	→GO TO Q87
Not sure .....	<1	→GO TO Q87

86. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? Again, I want to assure you that all your responses are strictly confidential. [30 Respondents; More than 1 response accepted]

Stranger .....	17 responses
Acquaintance.....	11 responses
Spouse .....	1 response
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?  
[8 Respondents; More than 1 response accepted]

Stranger .....	6 responses
Acquaintance.....	1 response
Someone else.....	1 response

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

Smoke detector.....	99%
Carbon monoxide detector .....	64
Neither.....	<1
Not sure .....	<1

Households that have both detectors..... 63%

## ADDITIONAL QUESTIONS FOR NORTHSHORE AREA

[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. Which of the following best describes your level of awareness and experience with your public health department?

Not aware of the health department until now .....	9%
Aware of the health department, but have had no experience with programs or services .....	60
Aware of the health department and have received limited service like a flu shot or other immunization.....	30
Aware of the health department and have received more extensive services .....	1
Not sure .....	<1

A2. How satisfied or dissatisfied are you that the health department meets its mission to promote health, prevent disease and protect the public? [355 Respondents]

Very dissatisfied.....	2%
Dissatisfied.....	7
Satisfied.....	58
Very satisfied .....	16
Not sure .....	17

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 .....	28%
No.....	71
Not sure .....	<1

A4. Now I will read you a list of health issues that some communities may face. Please tell me the three largest health concerns in the Northshore Area?

Obesity, lack of exercise or poor nutrition .....	67%
Alcohol abuse.....	58
Illegal drug use.....	52
Smoking .....	33
Mental health.....	25
Infectious diseases such as whooping cough, tuberculosis, or sexually transmitted diseases....	25

A5. Of the following environmental health issues, which one concerns you the most?

Food safety .....	45%
Water quality .....	36
Indoor air quality .....	12
Lead .....	2
Rabies .....	2
Not sure .....	3

## **APPENDIX C: SURVEY METHODOLOGY**

## SURVEY METHODOLOGY

### 2009 Community Health Survey

The 2009 Northshore Area Community Health Survey was conducted from September 30, 2009 through January 14, 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=381). 2) A cell-phone only sample where the person answering the phone was selected as the respondent (n=19). 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 Northshore Area Community Health Survey was conducted from March 14 through July 1, 2006. A total of 400 random adults 18 and older within the area were interviewed by telephone. The sample of random telephone numbers included listed numbers. Respondents within each household were randomly selected by computer based on the number of adults in the household. At least 8 attempts were made to contact a respondent. Survey respondents were weighted based on the number of adults in the household and the number of residential phone numbers, excluding fax and computer lines, to take into account the probability of selection. Post-stratification was also done by sex and age to reflect the 2000 census proportion of these characteristics in the area. With a sample size of 400, the margin of error is  $\pm 5\%$ . The margin of error for smaller subgroups is larger.

### 2003 Community Health Survey

The 2003 Northshore Area Community Health Survey was conducted from February 21 through April 14, 2003. A total of 400 random adults 18 and older within the area were interviewed by telephone. The sample of random telephone numbers included listed numbers. At least 8 attempts were made to contact a respondent. Post-stratification was done by sex and age to reflect the 2000 census proportion of these characteristics in the area. With a sample size of 400, the margin of error is  $\pm 5\%$ . The margin of error for smaller subgroups is larger.