

Oak Creek
Community Health Survey Report
2009

Commissioned by:
Aurora Health Care

In Partnership with:
Oak Creek 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 Oak Creek 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 Oak Creek 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 Oak Creek 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=378). 2) A cell phone-only sample where the person answering the phone was selected as the respondent (n=22). A reimbursement of \$20 was offered to respondents to cover the cost of incoming minutes. At least 8 attempts were made to contact a respondent in both samples. Screener questions verifying location were included. Data collection was conducted by Management Decisions Incorporated.

A total of 400 telephone interviews were completed between October 1, 2009 and January 11, 2010. With a sample size of 400, we can be 95% sure that the sample percentage reported would not vary by more than ± 5 percent from what would have been obtained by interviewing all persons 18 years old and older who lived in Oak Creek. The margin of error for smaller subgroups will be larger. For the landline sample, weighting was based on the number of adults in the household and the number of residential phone numbers, excluding fax and computer lines, to take into account the probability of selection. For the cell-phone only sample, it was assumed the respondent was the primary cell phone user. Combined, post-stratification was conducted by sex and age to reflect the 2000 census proportion of these characteristics in the area. Throughout the report, some totals may be more or less than 100% due to rounding and response category distribution. Percentages occasionally may differ by one or two percentage points from previous reports or the Appendix as a result of rounding, recoding variables or response category distribution.

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

Demographic Profile of Oak Creek Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents for 2009

	Survey Results
TOTAL	100%
Gender	
Male	50%
Female	51
Age	
18 to 34	35%
35 to 44	25
45 to 54	18
55 to 64	10
65 and Older	12
Education	
High School Graduate or Less	22%
Some Post High School	36
College Graduate	43
Household Income	
Bottom 40 Percent Bracket	20%
Middle 20 Percent Bracket	18
Top 40 Percent Bracket	44
Not Sure/No Answer	18
Married	67%

What do the percentages mean?

Results of the Oak Creek Community Health Survey can be generalized to the adult population with telephones. In 2009, the Wisconsin Department of Administration estimated 25,152 adult residents in the area, an increase of 17.81% 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 250 adults. So, when 11% of respondents reported their health was fair or poor, this roughly equates to 2,750 residents \pm 1,250 individuals. Therefore, from 1,500 to 4,000 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 Oak Creek is 13,707, an increase of 21.96% 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 140 households. For example, 8% of survey respondents reported that someone in their household was not covered by health insurance at least some of the time in the past year. Thus, the estimated number of households with someone not covered by health insurance would be 1,120.

Definitions

Marital status: Married respondents were classified as those who reported married and those who reported a member of an unmarried couple. All others were classified as not married.

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

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

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

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

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

The definition for binge drinking varies. Currently, the Centers for Disease Control (CDC) defines binge drinking as four or more drinks per occasion for females and five or more drinks per occasion for males to account for weight and metabolism differences. Previously, the CDC defined binge drinking as five or more drinks at one time, regardless of gender. In 2003, the Oak Creek 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 per occasion, regardless of gender.

Summary

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

Overall Health				Health Conditions in Past 3 Years			
Oak Creek	2003	2006	2009	Oak Creek	2003	2006	2009
Excellent	27%	18%	23%	High Blood Pressure	18%	24%	26%
Very Good	35%	38%	44%	High Blood Cholesterol	15%	25%	18%
Fair or Poor	10%	12%	11%	Mental Health Condition	2%	6%	10%
<i>Other Research: (2008)</i>				Diabetes	7%	10%	8%
<i>Fair or Poor</i>				Asthma (Current)	8%	10%	7%
		<i>WI</i>	<i>U.S.</i>	Heart Disease/Condition	8%	11%	5%
		12%	14%	Cancer			2%
Health Care Coverage				Stroke	1%	2%	1%
Oak Creek	2003	2006	2009	Physical Health			
Not Covered				Oak Creek	2003	2006	2009
Personally (currently)	3%	4%	5%	Physical Activity/Week			
Personally (past 12 months)			5%	Moderate Activity (5 times/30 min)	29%	39%	41%
Household Member (past 12 months)	14%	20%	8%	Vigorous Activity (3 times/20 min)		25%	21%
Advance Care Plan	22%	34%	40%	Recommended Moderate or Vigorous		48%	48%
Primary Source of Health Advice				Overweight	62%	61%	63%
Doctor/nurse practitioner's office		85%	83%	Fruit Intake (2+ servings/day)	65%	68%	61%
Public hlth clinic/comm. hlth center		2%	1%	Vegetable Intake (3+ servings/day)	27%	25%	23%
Urgent care center		6%	9%	<i>Other Research:</i>			
<i>Other Research: (2008)</i>				<i>Overweight (2008)</i>			
<i>Personally Not Covered (currently)</i>				<i>Recommended Mod. or Vig. Activity (2007)</i>			
		<i>WI</i>	<i>U.S.</i>			<i>WI</i>	<i>U.S.</i>
		10%	15%			64%	64%
Routine Procedures				Women's Health			
Oak Creek	2003	2006	2009	Oak Creek	2003	2006	2009
Routine Checkup (2 years or less)	83%	86%	90%	Mammogram (40+; within past 2 years)	84%	75%	79%
Cholesterol Test (4 years or less)	70%	75%	78%	Bone Density Scan (65+)		78%	74%
Dental Checkup (past year)	76%	73%	70%	Pap Smear (18 - 65; within past 3 years)	95%	91%	96%
Eye Exam (past year)	50%	39%	47%	<i>Other Research: (2008)</i>			
<i>Other Research:</i>				<i>Mammogram (40+; within past 2 years)</i>			
<i>Routine Checkup (≤2 years; 2000)</i>				<i>Pap Smear (18+, within past 3 years)</i>			
<i>Cholesterol Test (≤5 years; 2007)</i>						<i>WI</i>	<i>U.S.</i>
<i>Dental Checkup (past year; 2008)</i>						76%	76%
		<i>WI</i>	<i>U.S.</i>			83%	83%
		79%	84%	Men's Health			
		77%	75%	Oak Creek	2003	2006	2009
		73%	71%	PSA Test (40+; within past 2 years)		42%	46%
Vaccinations				Digital Rectal Exam (40+; within past year)	39%	41%	29%
Oak Creek	2003	2006	2009	<i>Other Research: (2008)</i>			
Flu Vaccination (past year—65+)	83%	72%	77%	<i>PSA Test (40+; within past 2 years)</i>			
Pneumonia (ever—65+)	66%	68%	68%			<i>WI</i>	<i>U.S.</i>
<i>Other Research: (2008)</i>						52%	55%
<i>Flu Vaccination (past year—65+)</i>				Other Tests			
<i>Pneumonia (ever—65+)</i>				Oak Creek	2003	2006	2009
		<i>WI</i>	<i>U.S.</i>	Sigmoidoscopy (50+; within past 5 years)			8%
		73%	71%	Colonoscopy (50+; within past 10 years)			69%
		70%	67%	Sig./Colonoscopy (50+; lifetime)	58%	61%	73%
Complementary/Alternative Treatments in Past 3 Years				<i>Other Research: (2008)</i>			
Oak Creek	2003	2006	2009	<i>Sig./Colonoscopy (50+; lifetime)</i>			
Massage Therapy	15%	20%	23%			<i>WI</i>	<i>U.S.</i>
Chiropractic Care	19%	20%	14%			67%	62%
Aroma Therapy	4%	4%	4%				
Acupuncture	2%	2%	2%				

Safety				Mental Health Status			
Oak Creek	2003	2006	2009	Oak Creek	2003	2006	2009
Seat Belt (always/nearly always)	82%	91%	91%	Felt Sad, Blue or Depressed			
Helmet Use of Those Who Ride Bike/				Always/Nearly Always	5%	4%	4%
In-Line Skate (always/nearly always)	25%	34%	30%	Find Meaning and Purpose in Daily Life			
Detectors in Household				Seldom/Never	4%	7%	4%
Smoke Detector	97%	99%	99%	Considered Suicide (past year)	<1%	3%	3%
Carbon Monoxide Detector	50%	45%	61%				
Both Detectors	49%	45%	61%	Alcohol Use			
Neither Detector	2%	<1%	1%	Oak Creek	2003	2006	2009
<i>Other Research: (2002)</i>		<u>WI</u>	<u>U.S.</u>	Of all Respondents in Past Month...			
Seat Belt (always/nearly always)		82%	88%	Heavy Drinker	8%	5%	5%
				Binge Drinker	24%	22%	19%
Cigarette Use				Driver/Passenger in Vehicle When Driver			
Oak Creek	2003	2006	2009	Perhaps Had Too Much to Drink	1%	4%	2%
Current Smokers	25%	23%	17%	HH Problem Associated with Alcohol		4%	2%
Of Current Smokers...							
Quit Smoking 1 Day or More in Past				<i>Other Research: (2008)</i>		<u>WI</u>	<u>U.S.</u>
Year Because Trying to Quit	56%	48%	51%	Heavy Drinker		8%	5%
Saw a Health Care Professional Past Yr.				Binge Drinker		23%	16%
...Advised to Quit Smoking		79%	74%				
<i>Other Research:</i>		<u>WI</u>	<u>U.S.</u>	Personal Safety in Past Year			
Current Smokers (2008)		20%	18%	Oak Creek	2003	2006	2009
Tried to Quit (2005)		49%	56%	Afraid for Their Safety	5%	5%	8%
				Pushed, Kicked, Slapped, or Hit	5%	<1%	2%
				At Least One of the Safety Issues	8%	5%	9%
Smoking Policies				Firearms in Household			
Oak Creek			2009	Oak Creek	2003	2006	2009
Smoking Policy at Home				Of all Households...			
Not allowed anywhere			81%	Have a Firearm	30%	29%	31%
Allowed in some places or at some times			8%	Handgun			16%
Allowed anywhere			3%	Rifle or shotgun			25%
No rules inside home			8%	Have a Loaded Firearm	3%	4%	3%
Work's Official Indoor Smoking Policy				Have a Loaded Firearm Unlocked	3%	<1%	3%
Not allowed anywhere			80%				
Allowed in some areas			14%	<i>Other Research: (2002)</i>			
Allowed in all areas			1%	Of all Households...		<u>WI</u>	<u>U.S.</u>
No official policy			5%	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			69%				
1 to 3 days			26%	Additional Questions			
4 to 6 days			3%	Oak Creek			2009
All 7 days			2%	Did Not Receive Dental Care Needed (past year)			8%
<i>Other Research: (WI: 2003; US: 2006-2007)</i>		<u>WI</u>	<u>U.S.</u>	Not Have Access to Adequate/Appropriate Food			1%
Smoking Prohibited at Home		75%	79%	Family Prepared for Natural/Man-Made Disaster			29%
Smoke-Free Policy at Indoor Worksite		75%	75%	Frequency of Eating Fried Food			
				At Least a Few Times/Week			44%
				Few Times/Month			43%
				Fallen and Injured Self in Past 12 Months			11%

Overall Health and Health Care Key Findings

In 2009, 67% of respondents reported their health as excellent or very good; 11% 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, inactive or smokers were more likely to report fair or poor conditions. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported their health fair or poor.*

In 2009, 5% of respondents reported they were not currently covered by health care insurance; respondents who were male, with a high school education or less, who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Five 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 male, with a high school education or less, who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Eight percent of respondents reported someone in their household was not covered at least part of the time in the past 12 months; respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Eighty-three percent of respondents reported their primary place for health services was from a doctor's or nurse practitioner's office; respondents who were female, 55 and older or married were more likely to report this. Forty 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, there was a statistical decrease in the overall percent of respondents who reported someone in the household was not covered at least part of the time in the past 12 months. From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting their primary place for health services was from a doctor's or nurse practitioner's office. From 2003 to 2009, there was a statistical increase in the overall percent of respondents having an advance care plan.*

In 2009, 90% of respondents reported a routine medical checkup two years ago or less while 78% reported a cholesterol test four years ago or less. Seventy percent of respondents reported a visit to the dentist in the past year while 47% reported an eye exam in the past year. Respondents who were in the middle 20 percent household income bracket or married were more likely to report a routine checkup two years ago or less. Respondents 55 and older were more likely to report a cholesterol test four years ago or less. Respondents who were female, in the top 40 percent household income bracket or married were more likely to report a dental checkup in the past year. *From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported a routine checkup two years ago or less or a cholesterol test four years ago or less. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported a dental checkup in the past year or an eye exam in the past year.*

In 2009, 44% of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past year. Respondents who were female, 65 and older or married were more likely to report a flu vaccination. Sixty-eight percent of respondents 65 and older had a pneumonia vaccination. *From 2003 to 2009, there was a statistical increase in the overall percent of respondents 18 and older who reported a flu vaccination in the past 12 months. From 2003 to 2009, there was no statistical change in the overall percent of respondents 65 and older who reported a flu vaccination in the past 12 months. From 2003 to 2009, there was no statistical change in the overall percent of respondents 65 and older who had a pneumonia vaccination.*

Health Risk Factors Key Findings

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

cholesterol. Respondents who were 65 and older, with a high school education or less, who were in the bottom 40 percent household income bracket or inactive were more likely to report heart disease/condition. Respondents with a high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report a mental health condition. Respondents who were 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were overweight or inactive were more likely to report diabetes. Respondents who were 18 to 34 years old or unmarried were more likely to report current asthma. *From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported high blood pressure. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported a mental health condition, possibly the result of wording changes. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported high blood cholesterol, heart disease/condition, diabetes, current asthma or stroke.*

In 2009, 4% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents who were 45 to 54 years old or unmarried were more likely to report this. Three percent of respondents felt so overwhelmed they considered suicide in the past year. Four percent of respondents reported they seldom or never find meaning and purpose in daily life; respondents who were male, 45 to 54 years old or with a high school education or less were more likely to report this. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed in the past 30 days or who reported they seldom/never find meaning and purpose in daily life. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported they considered suicide in the past year.*

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 (23%). Respondents who were female, with a college education or in the top 40 percent household income bracket were more likely to report massage therapy. Respondents who were female or 35 to 44 years old were more likely to report aroma therapy. *From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting chiropractic care, aroma therapy or acupuncture. From 2003 to 2009, there was a statistical increase in the overall percent of respondents reporting massage therapy.*

In 2009, 41% of respondents did moderate physical activity five times a week for 30 minutes while 21% did vigorous activity three times a week for 20 minutes. Combined, 48% met the recommended amount of physical activity; respondents who were male or 35 to 44 years old were more likely to report this. Sixty-three percent of respondents were classified as overweight. Respondents who were male, 45 to 64 years old or with some post high school education were more likely to be classified as overweight. *From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes. From 2006 to 2009, there was no statistical change in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes or who met 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, 61% of respondents reported two or more servings of fruit while 23% reported three or more servings of vegetables on an average day. Respondents who were female, with a college education or who did at least some physical activity were more likely to report at least two servings of fruit. Respondents who were female or met the recommended amount of physical activity were more likely to report at least three servings of vegetables a day. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported at least two servings of fruit or at least three servings of vegetables on an average day.*

In 2009, 79% of female respondents 40 and older reported a mammogram within the past two years. Seventy-four percent of female respondents 65 and older had a bone density scan. Ninety-six percent of female

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

In 2009, 46% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Twenty-nine 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, 8% of respondents 50 and older reported a sigmoidoscopy within the past five years while 69% reported a colonoscopy within the past ten years. Male respondents were more likely to report a sigmoidoscopy within the past five years. Seventy-three 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, 91% of respondents wore seat belts always or nearly always. Of those respondents who rode a bike, used in-line skates or rode a scooter, 30% reported they always or nearly always wore a helmet; respondents who were female, with a college education or in the top 40 percent household income bracket were more likely to report this. *From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported they always or nearly always wore a seat belt. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a helmet.*

In 2009, 17% of respondents were current smokers. Respondents with some post high school education or less, who were in the bottom 40 percent household income bracket or unmarried were more likely to be a smoker. Fifty-one percent of current smokers quit smoking for one day or longer in the past 12 months; 74% of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking. *From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who were current smokers. From 2003 to 2009, there was no statistical change in the overall percent of current smokers who reported they quit smoking for one day or longer because they were trying to quit. From 2006 to 2009, there was no statistical change in the overall percent of current smokers who reported their health professional advised them to quit smoking.*

In 2009, 81% of respondents reported smoking is not allowed anywhere inside the home while 80% reported smoking is not allowed in any area at work. Respondents in the top 60 percent household income bracket, who were married, nonsmokers or in households with children were more likely to report smoking is not allowed anywhere inside the home. Respondents who were female, with a college education, in the top 40 percent household income bracket, who were married or nonsmokers were more likely to report smoking is not allowed in any area at work. Five percent of nonsmoking respondents reported they were exposed to second-hand smoke at least four out of the past seven days; respondents who were male or with some post high school education were more likely to report this.

In 2009, 73% of respondents had an alcoholic drink in the past 30 days. In the past month, 5% were heavy drinkers while 19% were binge drinkers. Respondents with a high school education or less, who were in the bottom 40 percent household income bracket or unmarried were more likely to report heavy drinking in the past month. Respondents who were male, with some post high school education or less or in the top 40 percent household income bracket were more likely to have binged at least once in the past month. Two percent reported they had been a driver or a passenger when the driver perhaps had too much to drink in the past month. Two

percent of respondents reported someone in their household experienced a problem in connection with drinking in the past year. *From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting heavy drinking or binge drinking in the past month. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they were a driver or passenger in a vehicle when the driver perhaps had too much to drink in the past month. From 2006 to 2009, there was a statistical decrease 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 61% had a working carbon monoxide detector. Sixty-one percent of households had both detectors. Married respondents 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, 31% of households had a firearm in or around the home; respondents who were in the top 40 percent household income bracket or married were more likely to report this. Of all households, 16% had a handgun in their home while 25% had a rifle or shotgun. Of all households, 3% had a loaded firearm. Three percent of all households had a firearm loaded and unlocked. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a firearm in or around their home. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a loaded firearm or a loaded firearm which was also unlocked.*

In 2009, 8% of respondents reported someone made them afraid for their personal safety in the past year; respondents in the middle 20 percent household income bracket 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 who were 18 to 34 years old or in the middle 20 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 reporting they were afraid for their personal safety. From 2003 to 2009, there was a statistical decrease in the overall percent of respondents reporting they were pushed, kicked, slapped or hit. From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting at least one of the two personal safety issues.*

Additional Questions Key Findings

In 2009, 8% of respondents reported that they did not get the dental care they needed sometime in the last 12 months; respondents who were female, with some post high school education or in the bottom 60 percent household income bracket were more likely to report this.

In 2009, 1% of respondents reported that there was a time in the past 30 days when their household did not have access to adequate and appropriate food.

In 2009, 29% of respondents reported someone in their family had taken steps to prepare for a natural or man-made disaster; respondents in the bottom 40 percent household income bracket or with children in the household were more likely to report this.

In 2009, 44% of respondents reported they eat fried food at least a few times per week while 43% reported a few times per month and 13% reported hardly ever or never. Respondents who were male, 18 to 34 years old or 45 to 54 years old were more likely to report eating fried food at least a few times per week.

In 2009, 11% of respondents reported they have fallen and injured themselves in the past 12 months; respondents with some post high school education or less, who were in the bottom 40 percent household income bracket or unmarried were more likely to report this.

Key Findings

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

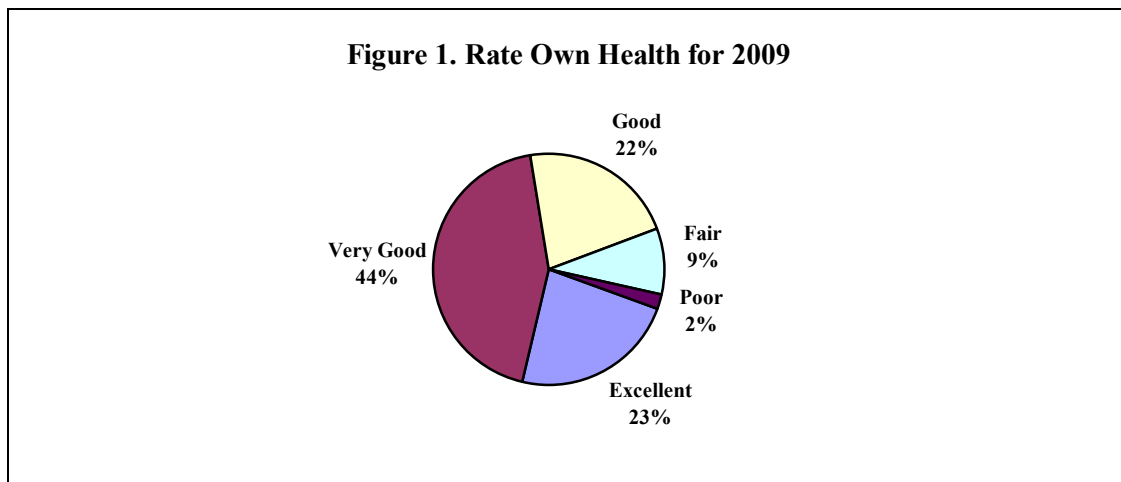
KEY FINDINGS: In 2009, 67% of respondents reported their health as excellent or very good; 11% reported fair or poor. Respondents who were 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were unmarried, inactive or smokers were more likely to report fair or poor conditions.

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

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

2009 Findings

- Sixty-seven percent of respondents said their own health, generally speaking, was either excellent (23%) or very good (44%). A total of 11% reported their health was fair or poor.



- Twenty-six percent of respondents 65 and older reported their health was fair or poor compared to 4% of those 18 to 34 years old or 2% of respondents 35 to 44 years old.
- Twenty-one 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 3% of respondents with a college education.
- Thirty percent of respondents in the bottom 40 percent household income bracket reported their health was fair or poor compared to 7% of those in the top 40 percent income bracket or 3% of respondents in the middle 20 percent household income bracket.

- Unmarried respondents were more likely to report their health was fair or poor compared to married respondents (15% and 8%, respectively).
- Thirty-nine percent of inactive respondents reported their health was fair or poor compared to 7% of respondents who did an insufficient amount of physical activity or who met the recommended amount of physical activity.
- Smoking respondents were more likely to report their health was fair or poor compared to nonsmoking respondents (22% and 8%, respectively).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported their health as fair or poor.
- In all study years, respondents 65 and older were more likely to report fair or poor conditions.
- In 2006, respondents with some post high school education or less were more likely to report fair or poor health. In 2009, respondents with a high school education or less were more likely to report fair or poor health. In 2003, education was not a significant variable.
- In all study years, respondents in the bottom 40 percent household income bracket were more likely to report fair or poor health.
- In 2006 and 2009, unmarried respondents were more likely to report fair or poor conditions. In 2003, marital status was not a significant variable.
- In 2006, overweight respondents were more likely to report fair or poor health. In all other study years, overweight status was not a significant variable.
- In 2006 and 2009, inactive respondents were more likely to report fair or poor health.
- In 2009, smokers were more likely to report fair or poor health. In all other study years, smoking status was not a significant variable.

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

	2003	2006	2009
TOTAL	10%	12%	11%
Gender			
Male	9	12	13
Female	10	11	9
Age ^{1,2,3}			
18 to 34	2	<1	4
35 to 44	7	8	2
45 to 54	14	22	22
55 to 64	14	12	17
65 and Older	26	35	26
Education ^{2,3}			
High School or Less	13	19	21
Some Post High School	10	17	13
College Graduate	5	3	3
Household Income ^{1,2,3}			
Bottom 40 Percent Bracket	23	22	30
Middle 20 Percent Bracket	8	8	3
Top 40 Percent Bracket	6	7	7
Marital Status ^{2,3}			
Married	8	8	8
Not Married	13	18	15
Overweight Status ²			
Not Overweight	11	5	8
Overweight	9	16	12
Physical Activity ^{2,3}			
Inactive	--	39	39
Insufficient	--	10	7
Recommended	--	8	7
Smoking Status ³			
Nonsmoker	8	10	8
Smoker	13	17	22

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

^②Physical activity was defined differently in 2003.

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

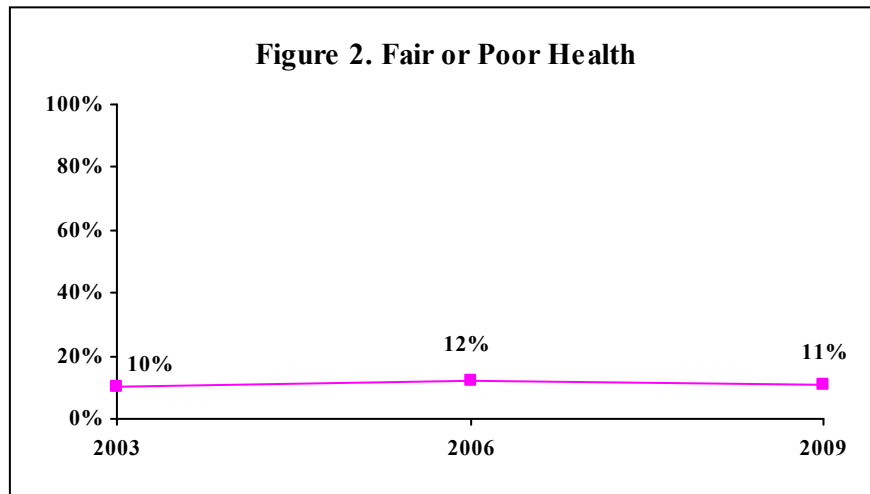
²demographic difference at $p \leq 0.05$ in 2006

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

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

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

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



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

KEY FINDINGS: In 2009, 5% of respondents reported they were not currently covered by health care insurance; respondents who were male, with a high school education or less, who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Five 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 male, with a high school education or less, who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Eight percent of respondents reported someone in their household was not covered at least part of the time in the past 12 months; respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Eighty-three percent of respondents reported their primary place for health services was from a doctor’s or nurse practitioner’s office; respondents who were female, 55 and older or married were more likely to report this. Forty 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, there was a statistical decrease in the overall percent of respondents who reported someone in the household was not covered at least part of the time in the past 12 months. From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting their primary place for health services was from a doctor’s or nurse practitioner’s office. From 2003 to 2009, there was a statistical increase in the overall percent of respondents having an advance care plan.

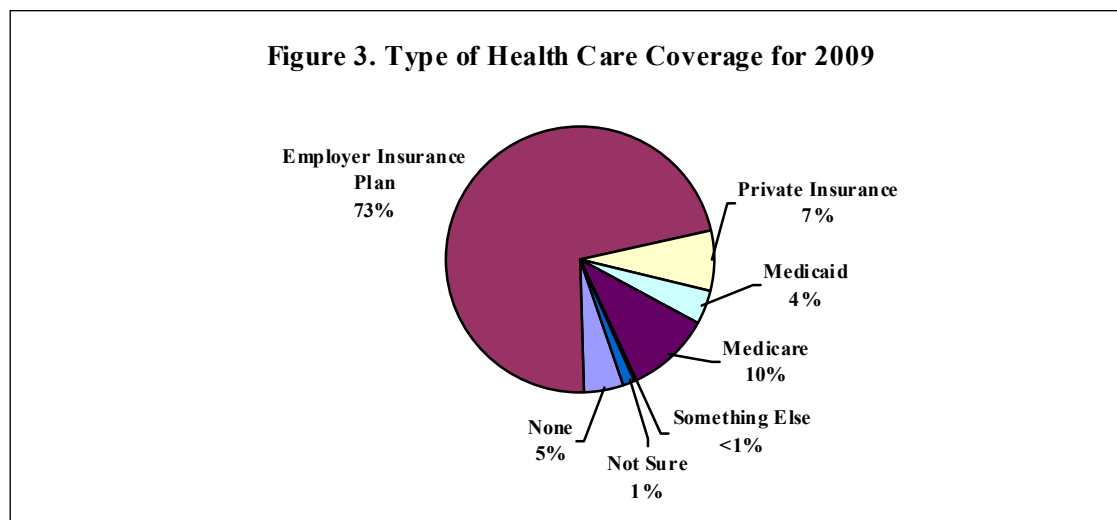
Personally Not Covered Currently

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

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

2009 Findings

- Five percent of respondents reported they were not currently covered by any health care insurance. Seventy-three percent reported they were covered by an employer sponsored insurance plan. Seven percent reported private insurance bought directly from an insurance agent/company. Four percent reported Medicaid, including medical assistance, Title 19 or Badger Care, while 10% reported Medicare.



- Male respondents were more likely to report no current personal health care insurance (8%) compared to female respondents (2%).
- Respondents with a high school education or less were more likely to report no current health insurance (10%) compared to respondents with at least some post high school education (3%).
- Ten percent of respondents in the bottom 40 percent household income bracket reported no current health insurance compared to 1% of those in the middle 20 percent income bracket or 0% of respondents in the top 40 percent household income bracket.
- Twelve percent of unmarried respondents reported no current personal health care insurance compared to less than one percent of married respondents.

Year Comparisons

- From 2003 to 2009, the overall percent statistically remained the same for respondents 18 and older or for respondents 18 to 64 years old who reported no current personal health care insurance.
- In 2009, male respondents were more likely to report no health insurance. In 2006, gender was not a significant variable.
- In 2006 and 2009, respondents with a high school education or less were more likely to report no health insurance.
- In 2006 and 2009, respondents in the bottom 40 percent household income bracket were more likely to report no health insurance.
- In 2009, unmarried respondents were more likely to report no health insurance. In 2006, marital status was not a significant variable.

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

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

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

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

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

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

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

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

Personally Not Covered in the Past 12 Months

2009 Findings

- Five percent of respondents reported they were not covered by health insurance at least part of the time in the past 12 months.
- Male respondents were more likely to report they were not covered (8%) compared to female respondents (2%).

- Thirteen percent of respondents with a high school education or less reported no coverage compared to 3% of respondents with at least some post high school education.
- Ten percent of respondents in the bottom 40 percent household income bracket reported no coverage compared to 1% 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 no coverage compared to married respondents (12% and 1%, respectively).

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

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

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

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

Someone in Household Not Covered in the Past 12 Months

2009 Findings

- Eight percent of all respondents indicated someone in their household was not covered by insurance at least part of the time in the past 12 months.

- Sixteen percent of respondents in the bottom 40 percent household income bracket reported someone in their household was not covered in the past 12 months compared to 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 someone in their household was not covered compared to married respondents (18% and 3%, respectively).

Year Comparisons

- From 2003 to 2009, there was a statistical decrease in the overall percent of respondents reporting someone in their household was not covered at least part of the time in the past 12 months.
- In 2003 and 2009, respondents in the bottom 40 percent household income bracket were more likely to report someone in their household was not covered in the past 12 months. In 2006, household income was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents in the top 60 percent household income bracket reporting someone in their household was not covered in the past 12 months.
- In 2003 and 2009, unmarried respondents were more likely to report someone in their household was not covered in the past 12 months. In 2006, 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^①

	2003	2006	2009
TOTAL ^a	14%	20%	8%
Household Income ^{1,3}			
Bottom 40 Percent Bracket	26	26	16
Middle 20 Percent Bracket ^a	18	18	4
Top 40 Percent Bracket ^a	8	16	<1
Marital Status ^{1,3}			
Married ^a	11	18	3
Not Married	22	22	18

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

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

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

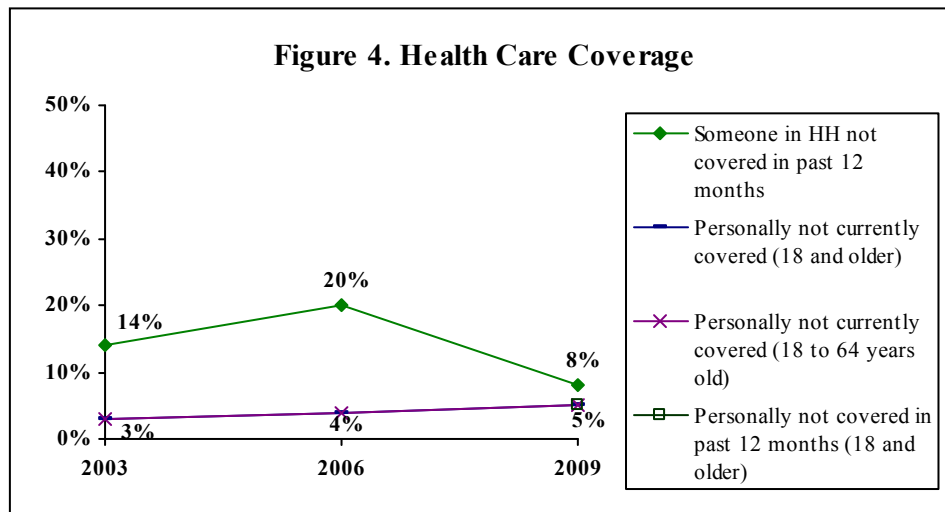
³demographic difference at $p \leq 0.05$ in 2009

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

Health Care Coverage Overall

Year Comparisons

- From 2003 to 2009, the overall percent statistically remained the same for respondents 18 and older or for respondents 18 to 64 years old who reported no current personal health care insurance. From 2003 to 2009, there was a noted decrease in the overall percent of respondents reporting 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-three percent of respondents reported they go to a doctor's or nurse practitioner's office when they are sick or need health advice. Nine percent reported urgent care center while 1% reported public health clinic/community health center.
- Female respondents were more likely to report a doctor's or nurse practitioner's office (88%) compared to male respondents (77%).
- Ninety-six percent of respondents 65 and older and 95% of those 55 to 64 years old reported a doctor's or nurse practitioner's office compared to 70% of respondents 18 to 34 years old.
- Married respondents were more likely to report a doctor's or nurse practitioner's office compared to unmarried respondents (90% and 68%, respectively).

Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting their primary place for health services was from a doctor's or nurse practitioner's office.
- In both study years, female respondents were more likely to report a doctor's or nurse practitioner's office.

- In 2009, respondents 55 and older were more likely to report a doctor's or nurse practitioner's office. In 2006, 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 reporting a doctor's or nurse practitioner's office.
- In 2006, respondents with 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 college education reporting a doctor's or nurse practitioner's office.
- Household income was not a significant variable in either study year. From 2006 to 2009, there was a noted decrease in the percent of respondents in the bottom 40 percent household income bracket reporting a doctor's or nurse practitioner's office.
- In 2009, married respondents were more likely to report a doctor's or nurse practitioner's office. In 2006, marital status was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of unmarried respondents 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^⓪

	2006	2009
TOTAL	85%	83%
Gender ^{1,2}		
Male	78	77
Female	93	88
Age ²		
18 to 34 ^a	82	70
35 to 44	87	85
45 to 54	89	86
55 to 64	83	95
65 and Older	89	96
Education ¹		
High School or Less	78	80
Some Post High School	86	87
College Graduate ^a	90	80
Household Income		
Bottom 40 Percent Bracket ^a	90	79
Middle 20 Percent Bracket	82	79
Top 40 Percent Bracket	83	85
Marital Status ²		
Married	85	90
Not Married ^a	86	68

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

¹demographic difference at p≤0.05 in 2006

²demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2006 to 2009

Advance Care Plan

2009 Findings

- Forty percent of respondents reported they had an advance care plan, living will or health care power of attorney stating their end of life health care wishes.
- Seventy-nine percent of respondents 65 and older reported they had an advance care plan compared to 32% of those 35 to 44 years old or 30% of respondents 18 to 34 years old.

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents having an advance care plan.
- Gender was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents across gender reporting an advance care plan.
- In all study years, respondents 65 and older were more likely to report having an advance care plan. From 2003 to 2009, there was a noted increase in the percent of respondents across age reporting an advance care plan.
- Education was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents across education reporting an advance care plan.
- Household income was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents who were in the bottom 40 percent household income bracket or in the top 40 percent household income bracket reporting 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 respondents across marital status reporting an advance care plan.

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

	2003	2006	2009
TOTAL ^a	22%	34%	40%
Gender			
Male ^a	20	34	40
Female ^a	24	33	39
Age ^{1,2,3}			
18 to 34 ^a	18	20	30
35 to 44 ^a	13	33	32
45 to 54 ^a	22	25	38
55 to 64 ^a	28	49	50
65 and Older ^a	52	74	79
Education			
High School or Less ^a	24	30	42
Some Post High School ^a	19	35	36
College Graduate ^a	23	35	42
Household Income			
Bottom 40 Percent Bracket ^a	26	34	51
Middle 20 Percent Bracket	29	30	38
Top 40 Percent Bracket ^a	18	31	39
Marital Status ¹			
Married ^a	20	32	38
Not Married ^a	29	37	43

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

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

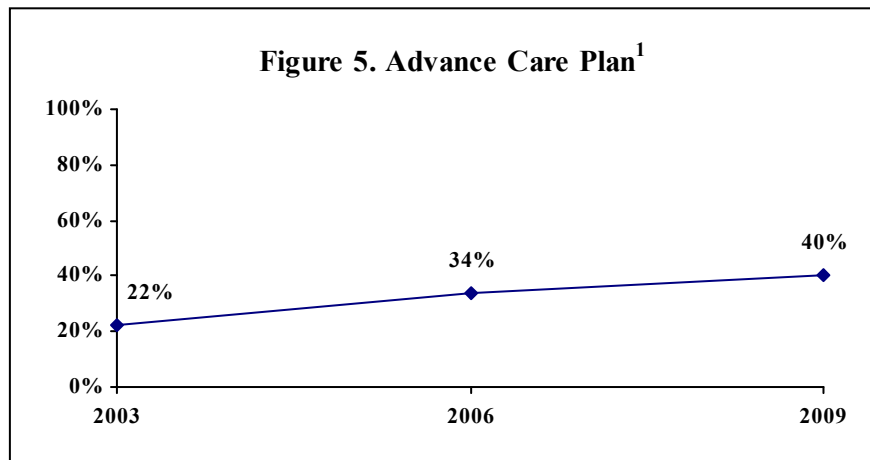
¹demographic difference at $p \leq 0.05$ in 2003

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

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

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

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



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

Routine Procedures (Figure 6; Tables 8 - 11)

KEY FINDINGS: In 2009, 90% of respondents reported a routine medical checkup two years ago or less while 78% reported a cholesterol test four years ago or less. Seventy percent of respondents reported a visit to the dentist in the past year while 47% reported an eye exam in the past year. Respondents who were in the middle 20 percent household income bracket or married were more likely to report a routine checkup two years ago or less. Respondents 55 and older were more likely to report a cholesterol test four years ago or less. Respondents who were female, in the top 40 percent household income bracket or married were more likely to report a dental checkup in the past year.

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

- Ninety percent of respondents reported they had a routine checkup in the past two years.
- Ninety-five percent of respondents in the middle 20 percent household income bracket reported a routine checkup in the past two years compared to 92% of those in the top 40 percent income bracket or 84% of respondents in the bottom 40 percent household income bracket.

- Married respondents were more likely to report a routine checkup in the past two years compared to unmarried respondents (93% and 83%, respectively).

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents reporting a routine checkup two years ago or less.
- In 2003 and 2006, female respondents were more likely to report a routine checkup two years ago or less. In 2009, gender was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of male respondents reporting a routine checkup two years ago or less.
- Age was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents 18 to 34 years old reporting a routine checkup two years ago or less.
- 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 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 all other study years, household income was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents in the top 60 percent household income bracket reporting a routine checkup two years ago or less.
- In 2009, married respondents were more likely to report a routine checkup two years ago or less, with a noted increase since 2003. In all other study years, marital status was not a significant variable.

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

	2003	2006	2009
TOTAL ^a	83%	86%	90%
Gender ^{1,2}			
Male ^a	77	80	87
Female	88	93	92
Age			
18 to 34 ^a	81	84	90
35 to 44	77	85	87
45 to 54	86	85	89
55 to 64	89	90	93
65 and Older	90	94	94
Education			
High School or Less	87	88	89
Some Post High School ^a	81	87	91
College Graduate ^a	77	85	89
Household Income ³			
Bottom 40 Percent Bracket	91	85	84
Middle 20 Percent Bracket ^a	81	90	95
Top 40 Percent Bracket ^a	81	85	92
Marital Status ³			
Married ^a	81	86	93
Not Married	84	87	83

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Cholesterol Test

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

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

2009 Findings

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

- Ninety-five percent of respondents 55 to 64 years old and 94% of those 65 and older reported a cholesterol test four years ago or less compared to 59% of respondents 18 to 34 years old.

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported a cholesterol test four years ago or less.
- Gender was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of male respondents reporting a cholesterol test four years ago or less.
- In 2003 and 2009, respondents 55 and older were more likely to report a cholesterol test four years ago or less. In 2006, respondents 65 and older were more likely to report a cholesterol test four years ago or less. From 2003 to 2009, there was a noted increase in the percent of respondents 18 to 34 years old reporting a cholesterol test four years ago or less.
- 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 some post high school education reporting a cholesterol test four years ago or less.
- Household income was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting a cholesterol test four years ago or less.
- In 2003 and 2006, married respondents were more likely to report a cholesterol test four years ago or less. In 2009, marital status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of unmarried respondents reporting a cholesterol test four years ago or less.

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

	2003	2006	2009
TOTAL ^a	70%	75%	78%
Gender			
Male ^a	68	74	79
Female	71	75	76
Age ^{1,2,3}			
18 to 34 ^a	46	53	59
35 to 44	67	85	79
45 to 54	87	86	90
55 to 64	91	88	95
65 and Older	93	91	94
Education			
High School or Less	65	70	74
Some Post High School ^a	71	73	82
College Graduate	74	79	76
Household Income			
Bottom 40 Percent Bracket	73	73	85
Middle 20 Percent Bracket	69	72	77
Top 40 Percent Bracket ^a	68	75	82
Marital Status ^{1,2}			
Married	75	80	80
Not Married ^a	59	66	72

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Dental Checkup

Counseling patients to visit a dental care provider on a regular basis as well as floss, use fluoride properly, et cetera is recommended.¹

The Healthy People 2010 goal for an annual dental visit is 56%. (Objective 21-10)

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

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

2009 Findings

- Seventy percent of respondents reported a dental visit in the past year. An additional 19% had a visit in the past one to two years.
- Female respondents were more likely to report a dental checkup in the past year (75%) compared to male respondents (65%).
- Eighty-two percent of respondents in the top 40 percent household income bracket reported a dental checkup in the past year compared to 70% of those in the middle 20 percent income bracket or 47% 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 (76% and 56%, respectively).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a dental checkup in the past year.
- In 2009, female respondents were more likely to report a dental checkup. In all other study years, gender was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of male respondents reporting a dental checkup.
- In 2003, respondents 45 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, respondents with a college education were more likely to report a dental checkup. In all other study years, education was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents with a college education reporting a dental checkup.
- In 2003, respondents in the top 60 percent household income bracket were more likely to report a dental checkup. In 2009, respondents in the top 40 percent household income bracket were more likely to report a dental checkup. In 2006, household income was not a significant variable.
- In all study years, married respondents were more likely to report a dental checkup.

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

	2003	2006	2009
TOTAL	76%	73%	70%
Gender ³			
Male ^a	77	71	65
Female	74	75	75
Age ¹			
18 to 34	74	74	64
35 to 44	78	78	73
45 to 54	82	69	76
55 to 64	80	71	71
65 and Older	57	68	70
Education ¹			
High School or Less	70	70	63
Some Post High School	73	72	70
College Graduate ^a	85	76	72
Household Income ^{1,3}			
Bottom 40 Percent Bracket	57	65	47
Middle 20 Percent Bracket	78	80	70
Top 40 Percent Bracket	80	75	82
Marital Status ^{1,2,3}			
Married	83	77	76
Not Married	59	65	56

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Eye Exam

2009 Findings

- Forty-seven percent of respondents had an eye exam in the past year while 31% reported one to two years ago. Four percent reported never.
- There were no statistically significant differences between demographic variables and responses of an eye exam in the past year.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported an eye exam less than a year ago.

- In 2006, respondents 65 and older were more likely to report an eye exam less than a year ago. In all other study years, age was not a significant variable.
- Household income was not a significant variable in any study year. From 2003 to 2009, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket reporting an eye exam less than a year ago.

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

	2003	2006	2009
TOTAL	50%	39%	47%
Gender			
Male	49	36	43
Female	50	41	49
Age ²			
18 to 34	50	27	50
35 to 44	46	38	35
45 to 54	50	40	46
55 to 64	51	46	57
65 and Older	57	66	55
Education			
High School or Less	49	41	40
Some Post High School	48	36	51
College Graduate	53	39	46
Household Income			
Bottom 40 Percent Bracket	44	45	43
Middle 20 Percent Bracket ^a	51	34	33
Top 40 Percent Bracket	54	35	49
Marital Status			
Married	51	40	49
Not Married	48	36	41

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

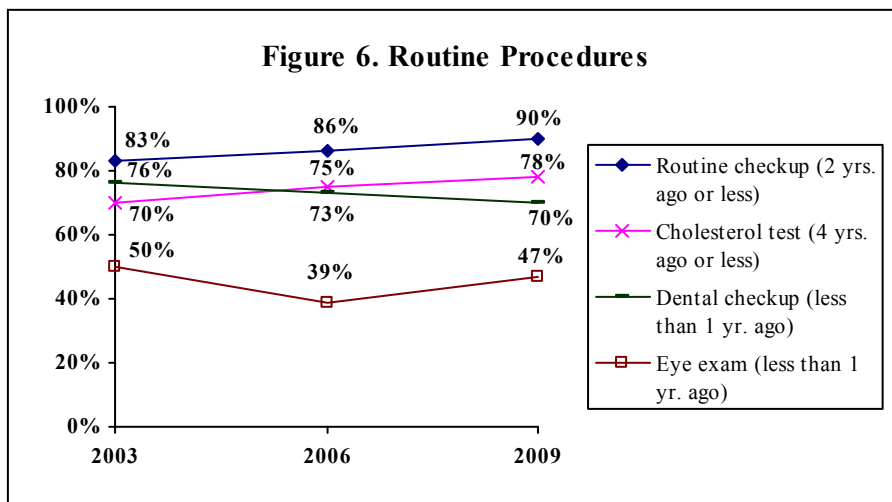
³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Routine Procedures Overall

Year Comparisons

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



Vaccinations (Figure 7; Table 12)

KEY FINDINGS: In 2009, 44% of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past year. Respondents who were female, 65 and older or married were more likely to report a flu vaccination. Sixty-eight percent of respondents 65 and older had a pneumonia vaccination.

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

Flu Vaccination

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

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

2009 Findings

- Forty-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 (50%) compared to male respondents (39%).
- Seventy-seven percent of respondents 65 and older reported receiving a flu vaccination compared to 40% of those 18 to 34 years old or 33% of respondents 45 to 54 years old.
- Married respondents were more likely to report receiving a flu vaccination compared to unmarried respondents (49% and 35%, respectively).

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents 18 and older who reported a flu vaccination in the past 12 months. From 2003 to 2009, there was no statistical change in the overall percent of respondents 65 and older who reported a flu vaccination in the past 12 months.
- In 2006 and 2009, female respondents were more likely to report a flu vaccination. In 2003, gender was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of female respondents reporting a flu vaccination.
- In all study years, respondents 65 and older were more likely to report a flu vaccination. From 2003 to 2009, there was a noted increase in the percent of respondents 18 to 44 years old reporting a flu vaccination.
- In 2006, respondents with a high school education or less were more likely to report a flu vaccination. In all other study years, education was not a significant variable.
- Household income was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting a flu vaccination.
- In 2009, married respondents were more likely to report a flu vaccination, with a noted increase since 2003. In all other study years, marital status was not a significant variable.

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

	2003	2006	2009
TOTAL ^a	35%	32%	44%
Gender ^{2,3}			
Male	35	26	39
Female ^a	35	36	50
Age ^{1,2,3}			
18 to 34 ^a	24	13	40
35 to 44 ^a	22	26	42
45 to 54	41	32	33
55 to 64	49	55	49
65 and Older	83	72	77
Education ²			
High School or Less	28	40	38
Some Post High School	40	35	46
College Graduate	36	22	46
Household Income			
Bottom 40 Percent Bracket	36	33	51
Middle 20 Percent Bracket	41	27	37
Top 40 Percent Bracket ^a	30	28	48
Marital Status ³			
Married ^a	34	33	49
Not Married	37	28	35

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

②In 2006, “nasal spray” was added.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Pneumonia Vaccination

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

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

2009 Findings

- Sixty-eight percent of respondents 65 and older reported they received a pneumonia vaccination.

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

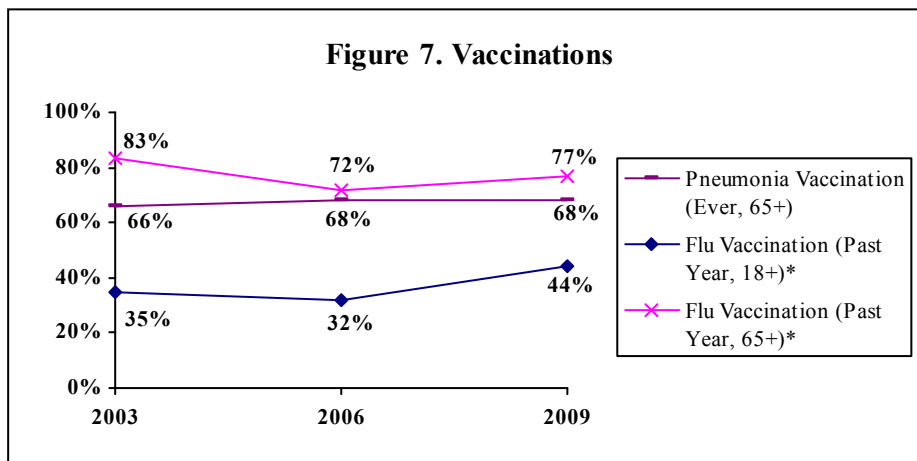
Year Comparisons

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

Vaccinations Overall

Year Comparisons

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



*In 2006, “nasal spray” was added.

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

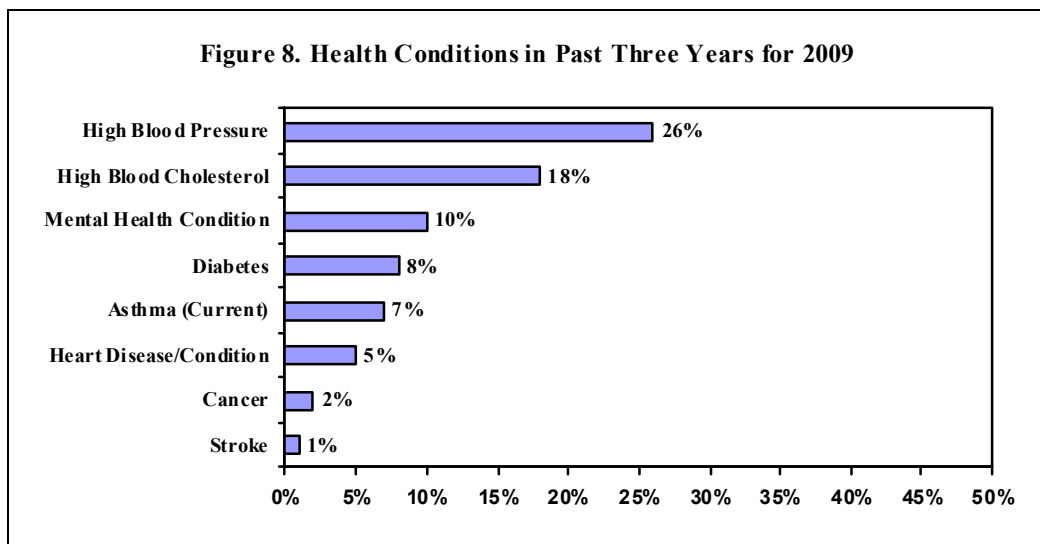
Respondents were asked a series of questions regarding if they had certain health conditions in the past three years. Current diagnosis of asthma was asked.

KEY FINDINGS: In 2009, out of eight health conditions listed, the most often mentioned in the past three years was high blood pressure (26%). 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 overweight were more likely to report high blood pressure. Respondents who were 65 and older, with some post high school education or less, in the bottom 40 percent household income bracket, who were overweight or inactive were more likely to report high blood cholesterol. Respondents who were 65 and older, with a high school education or less, who were in the bottom 40 percent household income bracket or inactive were more likely to report heart disease/condition. Respondents with a high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report a mental health condition. Respondents who were 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were overweight or inactive were more likely to report diabetes. Respondents who were 18 to 34 years old or unmarried were more likely to report current asthma.

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

2009 Findings

- Respondents were more likely to report high blood pressure (26%), high blood cholesterol (18%) or a mental health condition (10%) 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-six percent of respondents reported high blood pressure in the past three years.
- Seventy percent of respondents 65 and older reported high blood pressure in the past three years compared to 12% of those 18 to 34 years old or 10% of respondents 35 to 44 years old.
- Forty-one percent of respondents with a high school education or less reported high blood pressure compared to 37% of those with some post high school education or 9% of respondents with a college education.
- Forty-five percent of respondents in the bottom 40 percent household income bracket reported high blood pressure compared to 38% of those in the middle 20 percent income bracket or 14% 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 (32%) compared to respondents who were not overweight (13%).

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported high blood pressure.
- Gender was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of male respondents reporting 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 18 to 34 years old reporting high blood pressure.
- In 2003 and 2009, respondents with a high school education or less were more likely to report high blood pressure. In 2006, education was not a significant variable. From 2003 to 2009, there was noted increase in the percent of respondents with some post high school education or less reporting high blood pressure.
- In 2003 and 2006, respondents in the bottom 60 percent household income bracket were more likely to report high blood pressure. In 2009, respondents in the bottom 40 percent household income bracket were more likely to report high blood pressure, with a noted increase since 2003.
- In 2006 and 2009, unmarried respondents were more likely to report high blood pressure. In 2003, marital status was not a significant variable.

- In 2006 and 2009, overweight respondents were more likely to report high blood pressure. In 2003, overweight status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of overweight respondents reporting high blood pressure.
- In 2006, inactive respondents were more likely to report high blood pressure. In 2009, physical activity was not a significant variable.
- Smoking status was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of smokers reporting high blood pressure.

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

	2003	2006	2009
TOTAL ^a	18%	24%	26%
Gender			
Male ^a	17	25	26
Female	19	23	26
Age ^{1,2,3}			
18 to 34 ^a	5	12	12
35 to 44	4	13	10
45 to 54	24	30	32
55 to 64	47	39	45
65 and Older	55	60	70
Education ^{1,3}			
High School or Less ^a	25	30	41
Some Post High School ^a	16	26	37
College Graduate	13	18	9
Household Income ^{1,2,3}			
Bottom 40 Percent Bracket ^a	26	31	45
Middle 20 Percent Bracket	25	30	38
Top 40 Percent Bracket	13	17	14
Marital Status ^{2,3}			
Married	16	18	22
Not Married	23	34	33
Overweight Status ^{2,3}			
Not Overweight	14	11	13
Overweight ^a	18	33	32
Physical Activity ²			
Inactive	--	40	33
Insufficient	--	25	27
Recommended	--	20	23
Smoking Status			
Nonsmoker	20	25	24
Smoker ^a	15	19	34

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

^②Physical activity was defined differently in 2003.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

^byear difference at p≤0.05 from 2006 to 2009

High Blood Cholesterol

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

2009 Findings

- Eighteen percent of respondents reported high blood cholesterol in the past three years.
- Forty-nine percent of respondents 65 and older reported high blood cholesterol in the past three years compared to 6% of those 35 to 44 years old or 3% of respondents 18 to 34 years old.
- Twenty-four percent of respondents with a high school education or less and 23% of those with some post high school education reported high blood cholesterol compared to 11% of respondents with a college education.
- Thirty-six percent of respondents in the bottom 40 percent household income bracket reported high blood cholesterol compared to 13% of those in the top 40 percent income bracket or 10% of respondents in the middle 20 percent household income bracket.
- Overweight respondents were more likely to report high blood cholesterol (21%) compared to respondents who were not overweight (12%).
- Inactive respondents were more likely to report high blood cholesterol (34%) compared to those who did an insufficient amount of physical activity (17%) or respondents who met the recommended amount of physical activity (15%).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported high blood cholesterol.
- In 2006, male respondents were more likely to report high blood cholesterol. In all other study years, gender was not a significant variable.
- In all study years, respondents 65 and older were more likely to report high blood cholesterol.
- In 2009, respondents with some post high school education or less were more likely to report high blood cholesterol. In all other study years, education was not a significant variable.
- In 2003 and 2009, respondents in the bottom 40 percent household income bracket were more likely to report high blood cholesterol. In 2006, household income was not a significant variable.
- In all study years, overweight respondents were more likely to report high blood cholesterol.
- In 2006 and 2009, inactive respondents were more likely to report high blood cholesterol. From 2006 to 2009, there was a noted decrease in the percent of respondents who met the recommended amount of physical activity reporting high blood cholesterol.

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

	2003	2006	2009
TOTAL	15%	25%	18%
Gender ²			
Male	17	30	19
Female	13	20	16
Age ^{1,2,3}			
18 to 34	<1	12	3
35 to 44	9	19	6
45 to 54	28	40	29
55 to 64	29	39	33
65 and Older	38	43	49
Education ³			
High School or Less	16	31	24
Some Post High School	20	28	23
College Graduate	10	19	11
Household Income ^{1,3}			
Bottom 40 Percent Bracket	26	23	36
Middle 20 Percent Bracket	13	26	10
Top 40 Percent Bracket	13	25	13
Marital Status			
Married	16	25	16
Not Married	13	25	21
Overweight Status ^{1,2,3}			
Not Overweight	10	16	12
Overweight	18	31	21
Physical Activity ^{2,3}			
Inactive	--	40	34
Insufficient	--	21	17
Recommended ^b	--	26	15
Smoking Status			
Nonsmoker	14	25	17
Smoker	19	27	22

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

^②Physical activity was defined differently in 2003.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

^byear difference at p≤0.05 from 2006 to 2009

Heart Disease/Condition

2009 Findings

- Five percent of respondents reported heart disease or condition in the past three years.
- Twenty-eight percent of respondents 65 and older reported heart disease/condition compared to 4% of those 45 to 54 years old or 0% of respondents 18 to 44 years old.
- Ten percent of respondents with a high school education or less reported heart disease/condition compared to 5% of those with some post high school education or 2% of respondents with a college education.
- Fifteen percent of respondents in the bottom 40 percent household income bracket reported heart disease/condition compared to 4% of those in the middle 20 percent income bracket or 1% of respondents in the top 40 percent household income bracket.
- Inactive respondents were more likely to report heart disease/condition (13%) compared to those who did an insufficient amount of physical activity (6%) or respondents who met the recommended amount of physical activity (3%).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported heart disease/condition.
- In 2006, 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. From 2003 to 2009, there was a noted decrease in the percent of respondents 18 to 34 years old reporting heart disease/condition.
- In 2003, respondents with some post high school education were more likely to report heart disease/condition. In 2009, respondents with a high school education or less were more likely to report heart disease/condition. In 2006, education was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents with some post high school education reporting heart disease/condition.
- In 2009, respondents in the bottom 40 percent household income bracket were more likely to report heart disease/condition. In all other study years, household income was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting heart disease/condition.
- In 2006, 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^{①,②}

	2003	2006	2009
TOTAL	8%	11%	5%
Gender ²			
Male	8	17	6
Female	7	5	3
Age ^{1,2,3}			
18 to 34 ^a	3	5	0
35 to 44	0	3	0
45 to 54	13	16	4
55 to 64	19	22	7
65 and Older	24	26	28
Education ^{1,3}			
High School or Less	4	10	10
Some Post High School ^a	15	13	5
College Graduate	3	10	2
Household Income ³			
Bottom 40 Percent Bracket	13	11	15
Middle 20 Percent Bracket	6	16	4
Top 40 Percent Bracket ^a	7	8	1
Marital Status ²			
Married	6	5	3
Not Married	11	21	8
Overweight Status			
Not Overweight	6	9	4
Overweight	9	12	5
Physical Activity ^{2,3}			
Inactive	--	26	13
Insufficient	--	10	6
Recommended ^b	--	8	3
Smoking Status			
Nonsmoker	7	11	5
Smoker	9	10	6

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

^②Physical activity was defined differently in 2003.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

^byear difference at p≤0.05 from 2006 to 2009

Mental Health Condition

2009 Findings

- Ten percent of respondents reported a mental health condition, such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post traumatic stress disorder or depression in the past three years.
- Twenty percent of respondents with a high school education or less reported a mental health condition compared to 11% of those with some post high school education or 4% of respondents with a college education.
- Twenty-one percent of respondents in the bottom 40 percent household income bracket reported a mental health condition compared to 14% of those in the middle 20 percent income bracket or 3% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report a mental health condition compared to married respondents (17% and 6%, respectively).

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 45 to 64 years old were more likely to report a mental health condition. In 2009, age was not a significant variable.
- In 2006, respondents with some post high school education were more likely to report a mental health condition. In 2009, respondents with a high school education or less were more likely to report a mental health condition.
- In 2009, respondents in the bottom 40 percent household income bracket were more likely to report a mental health condition. In 2006, household income was not a significant variable.
- In 2006 and 2009, unmarried respondents were more likely to report a mental health condition.

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

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

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

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

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Diabetes

2009 Findings

- Eight percent of respondents reported diabetes in the past three years.
- Respondents 65 and older were more likely to report diabetes in the past three years (23%) compared to those 35 to 44 years old (3%) or respondents 18 to 34 years old (0%).
- Fifteen percent of respondents with a high school education or less reported diabetes compared to 8% of those with some post high school education or 4% of respondents with a college education.

- Seventeen percent of respondents in the bottom 40 percent household income bracket reported diabetes compared to 6% of those in the top 40 percent income bracket or 5% of respondents in the middle 20 percent household income bracket.
- Overweight respondents were more likely to report diabetes (11%) compared to respondents who were not overweight (1%).
- Eighteen percent of inactive respondents reported diabetes compared to 7% 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 diabetes.
- In 2006 and 2009, respondents 65 and older were more likely to report diabetes. In 2003, age was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents 18 to 34 years old reporting diabetes.
- In 2006, respondents with some post high school education were more likely to report diabetes. In 2009, respondents with a high school education or less were more likely to report diabetes, with a noted increase since 2003. In 2003, education was not a significant variable.
- In 2009, respondents in the bottom 40 percent household income bracket were more likely to report diabetes, with a noted increase since 2003. In all other study years, household income was not a significant variable.
- In 2006, unmarried respondents were more likely to report diabetes. In all other study years, marital status was not a significant variable.
- In 2006 and 2009, overweight respondents were more likely to report diabetes. In 2003, overweight status was not a significant variable.
- In 2006 and 2009, inactive respondents were more likely to report diabetes.

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

	2003	2006	2009
TOTAL	7%	10%	8%
Gender			
Male	8	11	10
Female	5	8	6
Age ^{2,3}			
18 to 34 ^a	6	0	0
35 to 44	4	4	3
45 to 54	6	17	14
55 to 64	9	18	14
65 and Older	15	29	23
Education ^{2,3}			
High School or Less ^a	4	11	15
Some Post High School	7	15	8
College Graduate	9	5	4
Household Income ³			
Bottom 40 Percent Bracket ^a	6	15	17
Middle 20 Percent Bracket	9	8	5
Top 40 Percent Bracket	6	7	6
Marital Status ²			
Married	7	7	8
Not Married	5	14	6
Overweight Status ^{2,3}			
Not Overweight	6	1	1
Overweight	7	15	11
Physical Activity ^{2,3}			
Inactive	--	31	18
Insufficient	--	8	7
Recommended	--	7	6
Smoking Status			
Nonsmoker	8	11	7
Smoker	3	5	9

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

^②Physical activity was defined differently in 2003.

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

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

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

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

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

A1C Test

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

2009 Findings

- Eighty percent of the 30 respondents who reported being diagnosed with diabetes had an A1C test two or more times in the past year. Seventeen percent reported one time.
- Sixty-six 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. Seventeen percent reported a level of seven or higher while 17% were not sure.
- Fifty-five percent of the 29 respondents who had an A1C test in the past year had an LDL level of less than 100 at their last appointment. Ten percent reported a level of 100 or higher while 34% 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 (71% and 80%, 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 (41% and 66%, respectively). From 2006 to 2009, there was a statistical increase in the overall percent of respondents reporting their LDL level was less than 100 at their last appointment (30% and 55%, 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.
- Twelve percent of respondents 18 to 34 years old reported current asthma compared to 3% of those 35 to 44 years old or 2% of respondents 65 and older.
- Unmarried respondents were more likely to report current asthma compared to married respondents (12% and 5%, respectively).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported current asthma.
- In 2003 and 2006, female respondents were more likely to report current asthma. In 2009, gender was not a significant variable.
- In 2003, respondents who were 18 to 34 years old or 45 to 54 years old were more likely to report current asthma. In 2009, respondents 18 to 34 years old were more likely to report current asthma. In 2006, age was not a significant variable.
- In 2006, respondents in the bottom 40 percent household income bracket were more likely to report current asthma. In all other study years, household income was not a significant variable.
- In 2003 and 2009, unmarried respondents were more likely to report current asthma. In 2006, marital status was not a significant variable.

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

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

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Written Asthma Action Plan

2009 Findings

- Of the 29 respondents who currently had asthma, 31% had a written asthma action plan.
- No demographic comparisons were conducted as a result of the low number of respondents answering this question.

Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of respondents who reported a written asthma action plan (41% and 31%, 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

- Two percent of respondents reported they had cancer in the past three years.
 - Three respondents reported they had Hodgkin's disease while one respondent reported each of the following: breast cancer, melanoma and prostate cancer.

Stroke

2009 Findings

- One 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.

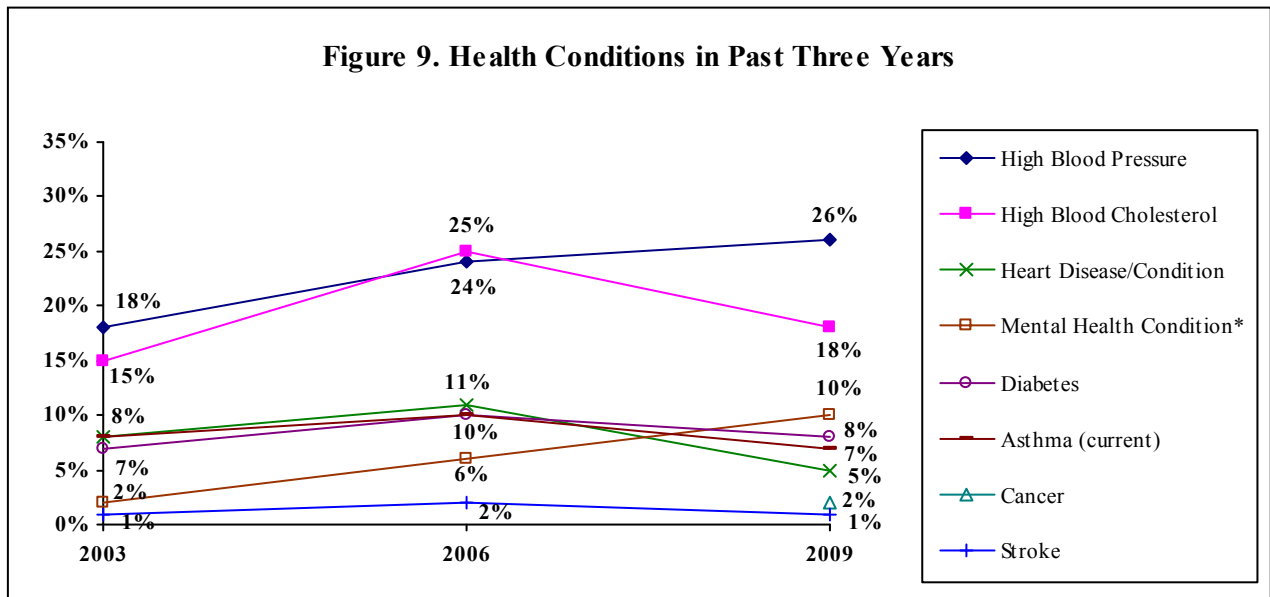
Year Comparisons

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



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

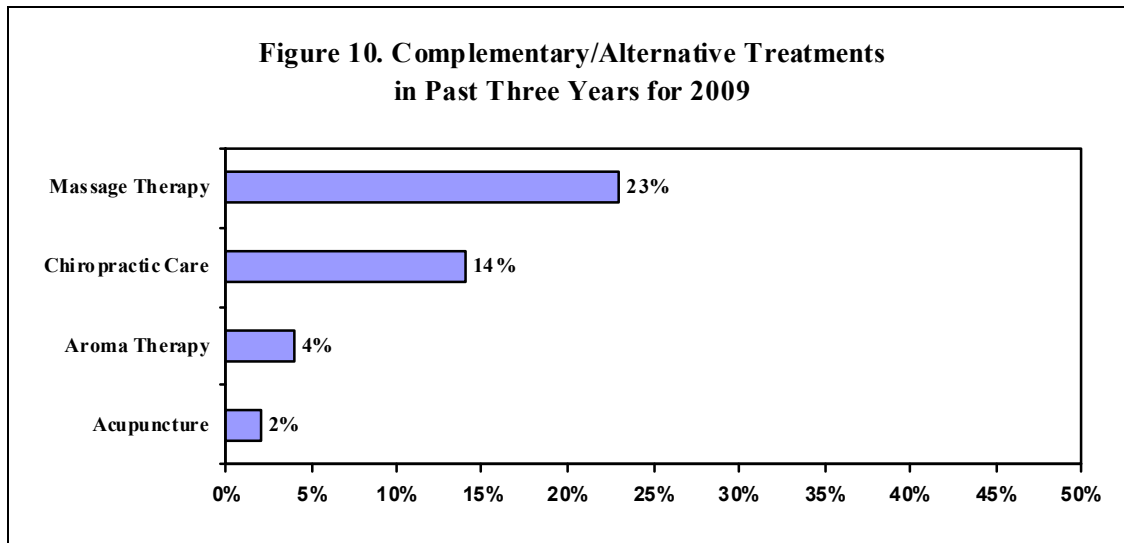
Prevalence of Select Complementary/Alternative Treatments (Figures 10 & 11; Tables 19 - 21)

KEY FINDINGS: In 2009, out of four complementary/alternative treatments listed, massage therapy was the most often used in the past three years (23%). Respondents who were female, with a college education or in the top 40 percent household income bracket were more likely to report massage therapy. Respondents who were female or 35 to 44 years old were more likely to report aroma therapy.

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

2009 Findings

- Respondents were more likely to have used massage therapy (23%) or chiropractic care (14%) in the past three years.



Chiropractic Care

2009 Findings

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

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting chiropractic care.
- In 2006, female respondents were more likely to report chiropractic care. In all other study years, gender was not a significant variable.
- Age was not a significant variable in any study year. From 2003 to 2009, there was a noted decrease in the percent of respondents 18 to 34 years old reporting chiropractic care.
- In 2003, respondents with a high school education or less were more likely to report chiropractic care. 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 chiropractic care.
- In 2006, married respondents were more likely to report chiropractic care. In all other study years, marital status was not a significant variable.

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

	2003	2006	2009
TOTAL	19%	20%	14%
Gender ²			
Male	22	15	16
Female	17	24	12
Age			
18 to 34 ^a	20	23	10
35 to 44	18	20	16
45 to 54	18	17	21
55 to 64	20	17	14
65 and Older	21	13	15
Education ¹			
High School or Less ^a	28	14	16
Some Post High School	14	24	15
College Graduate	15	21	12
Household Income			
Bottom 40 Percent Bracket	19	18	10
Middle 20 Percent Bracket	23	15	15
Top 40 Percent Bracket	18	23	16
Marital Status ²			
Married	20	23	15
Not Married	17	14	12

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

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

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

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

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

Massage Therapy

2009 Findings

- Twenty-three percent of respondents reported massage therapy in the past three years.
- Female respondents were more likely to report massage therapy in the past three years (32%) compared to male respondents (15%).
- Thirty-two percent of respondents with a college education reported massage therapy compared to 20% of those with some post high school education or 11% of respondents with a high school education or less.

- Twenty-eight percent of respondents in the top 40 percent household income bracket reported massage therapy compared to 20% of those in the middle 20 percent income bracket or 14% of respondents in the bottom 40 percent household income bracket.

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported massage therapy.
- In all study years, female respondents were more likely to report massage therapy. From 2003 to 2009, there was a noted increase in the percent of female respondents reporting massage therapy.
- In 2006 and 2009, respondents with a college education were more likely to report massage therapy. In 2003, education was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents with a college education reporting massage therapy.
- In 2006, respondents in the middle 20 percent household income bracket were more likely to report massage therapy. In 2009, respondents in the top 40 percent household income bracket were more likely to report massage therapy. In 2003, household income was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents in the top 60 percent household income bracket reporting massage therapy.
- Marital status was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents across marital status reporting massage therapy.

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

	2003	2006	2009
TOTAL ^a	15%	20%	23%
Gender ^{1,2,3}			
Male	10	15	15
Female ^a	20	24	32
Age			
18 to 34	20	25	30
35 to 44	16	21	21
45 to 54	15	10	26
55 to 64	11	17	17
65 and Older	5	17	13
Education ^{2,3}			
High School or Less	14	13	11
Some Post High School	14	18	20
College Graduate ^a	17	25	32
Household Income ^{2,3}			
Bottom 40 Percent Bracket	13	15	14
Middle 20 Percent Bracket ^a	8	30	20
Top 40 Percent Bracket ^a	18	18	28
Marital Status			
Married ^a	16	18	24
Not Married ^a	12	21	22

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Aroma Therapy

2009 Findings

- Four percent of respondents reported aroma therapy in the past three years.
- Female respondents were more likely to report aroma therapy in the past three years (8%) compared to male respondents (0%).
- Nine percent of respondents 35 to 44 years old reported aroma therapy compared to 1% of respondents who were 18 to 34 years old or 45 to 54 years old.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported aroma therapy.
- In all study years, female respondents were more likely to report aroma therapy.
- In 2009, respondents who were 35 to 44 years old were more likely to report aroma therapy. In all other study years, age was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents 18 to 34 years old reporting aroma therapy.
- In 2003, respondents with a college education were more likely to report aroma therapy. In all other study years, education was not a significant variable.
- In 2003, respondents in the top 40 percent household income bracket were more likely to report aroma therapy. In all other study years, household income was not a significant variable.

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

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

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

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

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

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

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

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

Acupuncture

2009 Findings

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

Year Comparisons

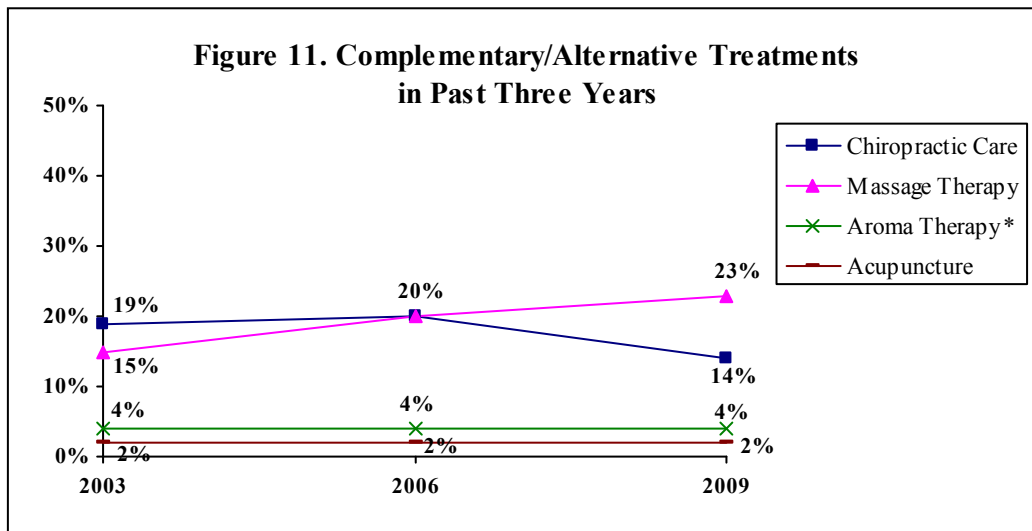
- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported acupuncture.

- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting acupuncture in all study years.

Complementary/Alternative Treatments Overall

Year Comparisons

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



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

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

KEY FINDINGS: In 2009, 41% of respondents did moderate physical activity five times a week for 30 minutes while 21% did vigorous activity three times a week for 20 minutes. Combined, 48% met the recommended amount of physical activity; respondents who were male or 35 to 44 years old were more likely to report this. Sixty-three percent of respondents were classified as overweight. Respondents who were male, 45 to 64 years old or with some post high school education were more likely to be classified as overweight.

From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes. From 2006 to 2009, there was no statistical change in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes or who met 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

- Forty-one percent of all respondents were classified as doing the recommended amount of moderate physical activity in a typical week. Forty-six percent did some activity, but not to the extent of the recommendation, while 13% were classified as inactive.
- Male respondents were more likely to meet the recommended amount of moderate physical activity (45%) compared to female respondents (36%).
- Forty-seven percent of respondents with a college education met the recommended amount of moderate physical activity compared to 37% of those with some post high school education or 33% of respondents with a high school education or less.

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who did the recommended amount of moderate physical activity in a week.
- In 2006 and 2009, male respondents were more likely to meet the recommended amount of moderate physical activity. In 2003, gender was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents across gender meeting the recommended amount of moderate physical activity.
- In 2003, respondents 18 to 34 years old were more likely to meet the recommended amount of moderate physical activity. In all other study years, age was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents 35 to 44 years old meeting the recommended amount of moderate physical activity.
- In 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 2003 and 2006, respondents in the top 40 percent household income bracket were more likely to meet the recommended amount of moderate physical activity. In 2009, household income was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket meeting the recommended amount of moderate physical activity.
- Marital status was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents across marital status meeting the recommended amount of moderate physical activity.

- Overweight status was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents across overweight status meeting the recommended amount of moderate physical activity.

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

	2003	2006	2009
TOTAL ^a	29%	39%	41%
Gender ^{2,3}			
Male ^a	32	44	45
Female ^a	26	34	36
Age ¹			
18 to 34	44	40	40
35 to 44 ^a	23	41	49
45 to 54	26	39	39
55 to 64	15	28	32
65 and Older	20	35	37
Education ³			
High School or Less	23	37	33
Some Post High School	33	35	37
College Graduate ^a	32	42	47
Household Income ^{1,2}			
Bottom 40 Percent Bracket ^a	13	21	46
Middle 20 Percent Bracket	31	32	33
Top 40 Percent Bracket	35	54	42
Marital Status			
Married ^a	28	41	39
Not Married ^a	31	34	43
Overweight Status			
Not Overweight ^a	30	43	43
Overweight ^a	29	36	41

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

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤05 from 2003 to 2009

Vigorous Physical Activity in Usual Week

Vigorous physical activity includes running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate.

The Healthy People 2010 goal 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-one percent of respondents reported they did vigorous physical activity at least three times a week for 20 minutes or more. Twenty-four percent did some vigorous physical activity while 55% did not do any vigorous physical activity.
- Twenty-eight percent of respondents 18 to 34 years old reported vigorous physical activity compared to 15% of those 45 to 64 years old or 6% of respondents 65 and older.

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, respondents 18 to 44 years old were more likely to meet the recommended amount of vigorous physical activity. In 2009, respondents 18 to 34 years old were more likely to meet the recommended amount of vigorous physical activity.
- In 2006, respondents with a college education were more likely to meet the recommended amount of vigorous physical activity. In 2009, education was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of respondents with a college education meeting the recommended amount of vigorous physical activity.
- In 2006, respondents in the top 60 percent household income bracket were more likely to meet the recommended amount of vigorous physical activity. In 2009, household income was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket meeting the recommended amount of vigorous physical activity.
- Marital status was not a significant variable in either study year. From 2006 to 2009, there was a noted decrease in the percent of married respondents meeting the recommended amount of vigorous physical activity.

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

	2006	2009
TOTAL	25%	21%
Gender		
Male	27	24
Female	24	17
Age ^{1,2}		
18 to 34	33	28
35 to 44	31	22
45 to 54	18	15
55 to 64	17	15
65 and Older	10	6
Education ¹		
High School or Less	17	22
Some Post High School	27	25
College Graduate ^a	31	18
Household Income ¹		
Bottom 40 Percent Bracket	16	21
Middle 20 Percent Bracket ^a	31	12
Top 40 Percent Bracket	29	24
Marital Status		
Married ^a	28	20
Not Married	21	22
Overweight Status		
Not Overweight	28	25
Overweight	24	20

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

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

¹demographic difference at p≤0.05 in 2006

²demographic difference at p≤0.05 in 2009

^ayear difference at p≤05 from 2006 to 2009

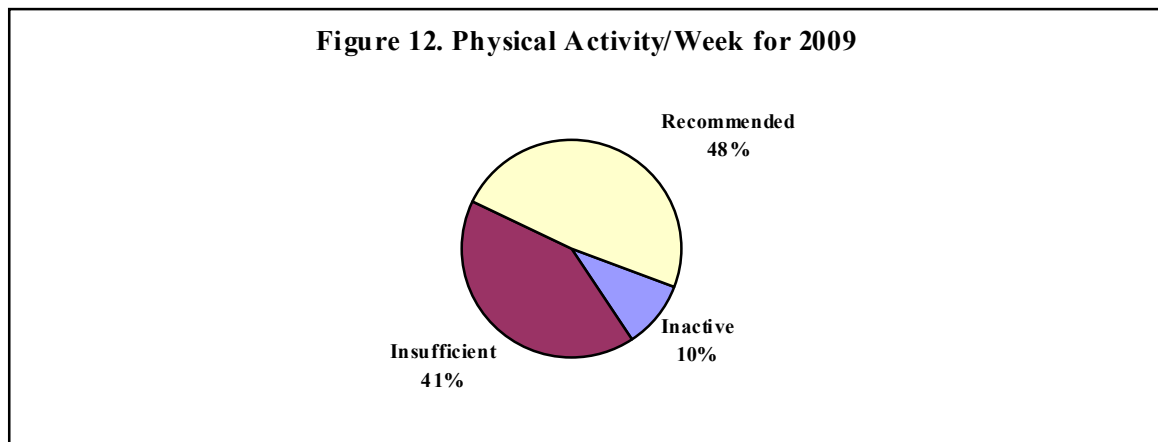
Combined Recommended Amount of Physical Activity in Typical Week

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

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

2009 Findings

- Forty-eight percent of respondents reported meeting the recommended amount of physical activity in a typical week (moderate activity 5 times/week for 30 minutes or vigorous activity 3 times/week for 20 minutes). Forty-one percent did an insufficient amount of physical activity while 10% did no physical activity in a typical week.



- Male respondents were more likely to meet the recommended amount of physical activity (55%) compared to female respondents (42%).
- Sixty-one percent of respondents 35 to 44 years old met the recommended amount of physical activity compared to 43% of those 45 to 54 years old or 39% of respondents 55 and older.

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, male respondents were more likely to meet the recommended amount of physical activity. In 2006, gender was not a significant variable.

- In 2009, respondents 35 to 44 years old were more likely to meet the recommended amount of physical activity. In 2006, age was not a significant variable.
- In 2006, respondents with a college education were more likely to meet the recommended amount of physical activity. In 2009, education was not a significant variable.
- In 2006, respondents in the top 40 percent household income bracket were more likely to meet the recommended amount of physical activity. In 2009, household income was not a significant variable. From 2006 to 2009, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket meeting the recommended amount of physical activity.

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

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

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

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

¹demographic difference at p≤0.05 in 2006

²demographic difference at p≤0.05 in 2009

^ayear difference at p≤05 from 2006 to 2009

Body Weight

Being overweight contributes to many health problems. One nationally used definition of overweight status developed by the CDC is when a person's body mass index (BMI) is greater than or equal to 25.0. A BMI of 30.0 or more is considered obese. Body Mass Index is calculated by using kilograms/meter². Throughout the report, the category "overweight" includes both overweight and obese respondents.

The Healthy People 2010 goal for obesity is 15% for persons 20 and older. (Objective 19-02)

The Healthy People 2010 goal for an unhealthy weight is 40% for persons 20 and older. (Objective 19-01)

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

2009 Findings

- According to the definition, 63% of respondents were overweight (37% overweight and 26% obese).
- Male respondents were more likely to be overweight (72%) compared to female respondents (53%).
- Seventy-nine percent of respondents 45 to 54 years old and 78% of those 55 to 64 years old were overweight compared to 50% of respondents 18 to 34 years old.
- Respondents with some post high school education were more likely to be overweight (71%) compared to those with a high school education or less (67%) or respondents with a college education (54%).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents being overweight.
- In all study years, male respondents were more likely to be classified as overweight.
- In 2003, respondents 55 to 64 years old were more likely to be overweight. In 2006, respondents 65 and older were more likely to be overweight. In 2009, respondents 45 to 64 years old were more likely to be overweight.
- In 2003, respondents with a high school education or less were more likely to be overweight. In 2009, respondents with some post high school education were more likely to be overweight. In 2006, education was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents with some post high school education being overweight.
- In 2006, respondents who were in the bottom 40 percent household income bracket or in the top 40 percent income bracket were more likely to be overweight. In all other study years, household income was not a significant variable.
- In 2006, inactive respondents were more likely to be overweight. In 2009, physical activity was not a significant variable.

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

	2003	2006	2009
TOTAL	62%	61%	63%
Gender ^{1,2,3}			
Male	78	67	72
Female	46	54	53
Age ^{1,2,3}			
18 to 34	57	43	50
35 to 44	57	67	61
45 to 54	68	71	79
55 to 64	82	69	78
65 and Older	55	74	67
Education ^{1,3}			
High School or Less	69	66	67
Some Post High School ^a	51	63	71
College Graduate	64	55	54
Household Income ²			
Bottom 40 Percent Bracket	55	65	65
Middle 20 Percent Bracket	67	48	67
Top 40 Percent Bracket	60	63	66
Marital Status			
Married	65	61	63
Not Married	54	60	63
Physical Activity ²			
Inactive	--	82	74
Insufficient	--	61	61
Recommended	--	56	61

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

^②Physical activity was defined differently in 2003.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

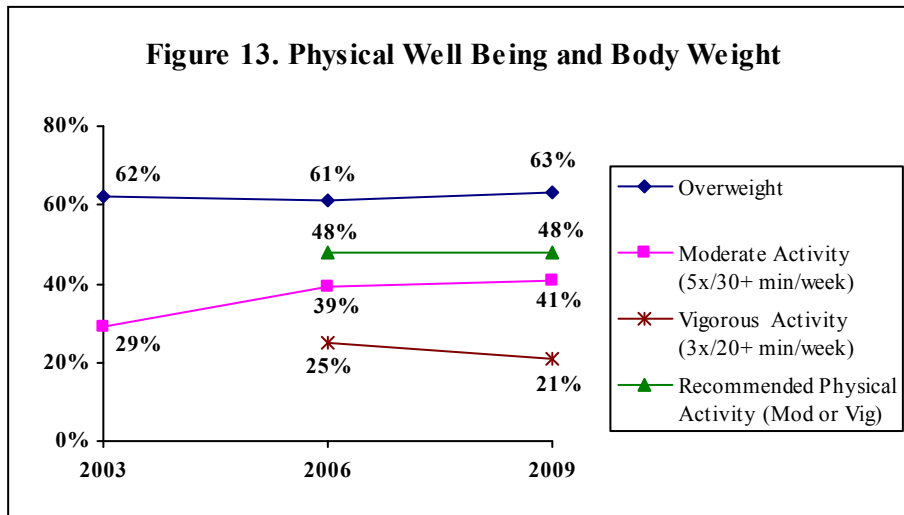
^ayear difference at p≤0.05 from 2003 to 2009

^byear difference at p≤0.05 from 2006 to 2009

Physical Well Being and Body Weight Overall

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes. From 2006 to 2009, there was no statistical change in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes or who met the recommended amount of physical activity. From 2003 to 2009, there was no statistical change in the overall percent of respondents being overweight.



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

KEY FINDINGS: In 2009, 61% of respondents reported two or more servings of fruit while 23% reported three or more servings of vegetables on an average day. Respondents who were female, with a college education or who did at least some physical activity were more likely to report at least two servings of fruit. Respondents who were female or met the recommended amount of physical activity were more likely to report at least three servings of vegetables a day.

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

Fruit Intake

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

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

2009 Findings

- Sixty-one percent of respondents reported two or more servings of fruit on an average day.
- Female respondents were more likely to report at least two servings of fruit a day (76%) compared to male respondents (47%).
- Respondents with a college education were more likely to report at least two servings of fruit a day (71%) compared to those with a high school education or less (55%) or respondents with some post high school education (53%).
- Sixty-five percent of respondents who met the recommended amount of physical activity and 62% of those who did an insufficient amount of physical activity reported two or more servings of fruit a day compared to 38% of inactive respondents.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported two or more servings of fruit on an average day.
- In 2006 and 2009, female respondents were more likely to report at least two servings of fruit per day. In 2003, gender was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of male respondents reporting two or more servings of fruit.
- In 2006, respondents who were 18 to 34 years old or 65 and older were more likely to report at least two servings of fruit per day. In all other study years, age was not a significant variable.
- In 2006 and 2009, respondents with a college education were more likely to report eating fruit. In 2003, education was not a significant variable.
- Household income was not a significant variable in any study year. From 2003 to 2009, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket reporting two or more servings of fruit.
- In 2003, overweight respondents were more likely to report at least two servings of fruit. In 2006, respondents who were not overweight were more likely to report two or more servings of fruit. In 2009, overweight status was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of overweight respondents reporting two or more servings of fruit per day.
- In 2006 and 2009, respondents who did at least some physical activity were more likely to report at least two servings of fruit.

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

	2003	2006	2009
TOTAL	65%	68%	61%
Gender ^{2,3}			
Male ^a	63	56	47
Female	67	80	76
Age ²			
18 to 34	64	76	61
35 to 44	63	71	69
45 to 54	67	46	54
55 to 64	74	62	64
65 and Older	63	76	55
Education ^{2,3}			
High School or Less	64	64	55
Some Post High School	64	56	53
College Graduate	68	78	71
Household Income			
Bottom 40 Percent Bracket	60	66	61
Middle 20 Percent Bracket ^a	71	64	55
Top 40 Percent Bracket	63	69	66
Marital Status			
Married	66	69	60
Not Married	62	66	65
Overweight Status ^{1,2}			
Not Overweight	56	77	63
Overweight ^a	72	62	60
Physical Activity ^{2,3}			
Inactive	--	45	38
Insufficient	--	69	62
Recommended	--	71	65

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

^②Physical activity was defined differently in 2003.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

^byear difference at p≤0.05 from 2006 to 2009

Vegetable Intake

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.

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)

2009 Findings

- Twenty-three percent of respondents reported at least three servings of vegetables on an average day.
- Female respondents were more likely to report at least three servings of vegetables a day (34%) compared to male respondents (11%).
- Respondents who met the recommended amount of physical activity were more likely to report at least three servings of vegetables a day (28%) compared to those who did an insufficient amount of physical activity (21%) or respondents who were inactive (5%).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported three or more servings of vegetables on an average day.
- In all study years, female respondents were more likely to report at least three vegetable servings per day. From 2003 to 2009, there was a noted decrease in the percent of male respondents reporting three or more servings of vegetables a day.
- In 2006, respondents with a college education were more likely to report at least three servings of vegetables. In all other study years, education was not a significant variable.
- In 2003, respondents in the middle 20 percent household income bracket were more likely to report at least three servings of vegetables. In 2006, respondents in the top 40 percent household income bracket were more likely to report at least three servings of vegetables. In 2009, household income was not a significant variable.
- In 2006 and 2009, respondents who met the recommended amount of physical activity were more likely to report at least three servings of vegetables a day.

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

	2003	2006	2009
TOTAL	27%	25%	23%
Gender ^{1,2,3}			
Male ^a	21	15	11
Female	33	35	34
Age			
18 to 34	26	32	24
35 to 44	21	23	22
45 to 54	31	18	23
55 to 64	26	26	29
65 and Older	27	20	17
Education ²			
High School or Less	24	19	15
Some Post High School	25	21	22
College Graduate	30	32	28
Household Income ^{1,2}			
Bottom 40 Percent Bracket	16	21	21
Middle 20 Percent Bracket	34	15	22
Top 40 Percent Bracket	28	29	24
Marital Status			
Married	25	26	21
Not Married	30	23	28
Overweight Status			
Not Overweight	30	26	23
Overweight	23	24	23
Physical Activity ^{2,3}			
Inactive	--	9	5
Insufficient	--	21	21
Recommended	--	31	28

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

^②Physical activity was defined differently in 2003.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

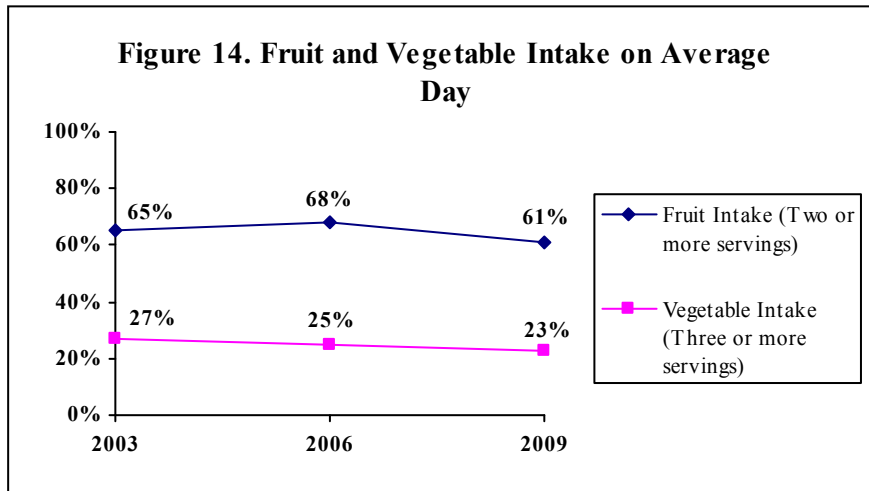
^ayear difference at p≤0.05 from 2003 to 2009

^byear difference at p≤0.05 from 2006 to 2009

Fruit and Vegetable Intake Overall

Year Comparisons

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



Women's Health (Figure 15; Table 28)

KEY FINDINGS: In 2009, 79% of female respondents 40 and older reported a mammogram within the past two years. Seventy-four percent of female respondents 65 and older had a bone density scan. Ninety-six percent of female respondents 18 to 65 years old reported a pap smear within the past three years.

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

Mammogram

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

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

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

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

2009 Findings

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

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a mammogram within the past two years.
- No demographic comparisons were conducted between years as a result of the number of women who were asked this question.

Bone Density Scan

2009 Findings

- Seventy-four percent of the 27 female respondents 65 and older had a bone density scan to determine if they are at risk for fractures or are in the early stages of osteoporosis.
- No demographic comparisons were conducted as a result of the number of women who were asked this question.

Year Comparisons

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

Pap Smear

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

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

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

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

2009 Findings

- A total of 96% of respondents 18 to 65 years old with a cervix reported they had a pap smear within the past three years.
- There were no statistically significant differences between demographic variables and responses of a pap smear within the past three years.

Year Comparisons

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

Table 28. Pap Smear Within Past Three Years by Demographic Variables for Each Survey Year (Respondents 18 to 65 Years Old and With a Cervix)^⓪

	2003	2006	2009
TOTAL	95%	91%	96%
Age			
18 to 34	100	93	96
35 to 44	92	92	96
45 and Older	92	88	94
Education ^{1,2}			
Some Post High School or Less	93	87	96
College Graduate	100	96	94
Household Income ²			
Bottom 60 Percent Bracket	95	86	95
Top 40 Percent Bracket	96	100	99
Marital Status ²			
Married	95	97	97
Not Married	94	76	90

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

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

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

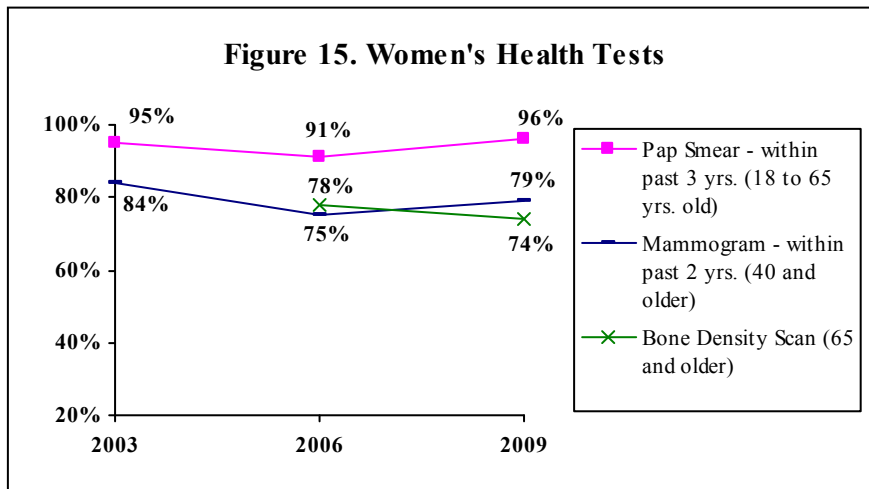
³demographic difference at $p \leq 0.05$ in 2009

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

Women's Health Tests Overall

Year Comparisons

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



Men's Health (Figure 16)

KEY FINDINGS: In 2009, 46% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Twenty-nine percent of male respondents 40 and older had a digital rectal exam in the past year.

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

Prostate-Specific Antigen Test

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

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

⁴“Screening for Prostate Cancer.” U.S. Preventive Services Task Force: The Guide to Clinical Preventive Services, 2005. Agency for Healthcare Research and Quality, 2005. Pages 43 - 45.

2009 Findings

- Twenty-nine percent of male respondents 40 and older had a prostate-specific antigen test in the past year while 17% reported within the past two years (one year but less than two years). Thirty-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 between years as a result of the number of men who were asked this question.

Digital Rectal Exam

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

2009 Findings

- Twenty-nine percent of male respondents 40 and older had a digital rectal exam in the past year while 20% 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

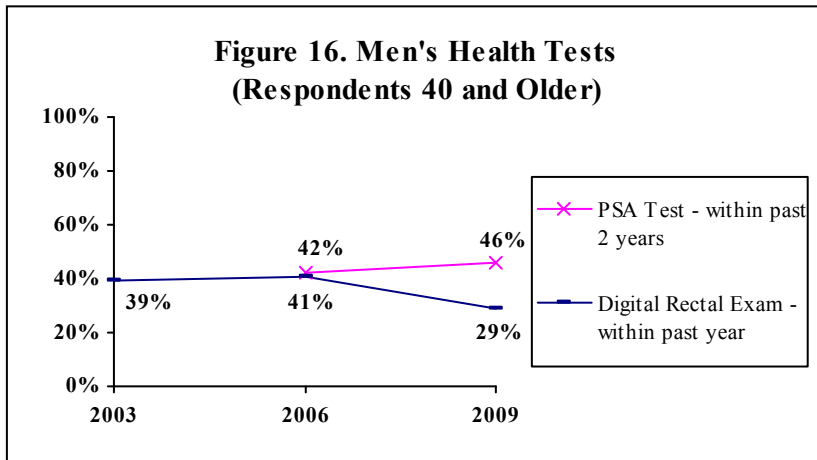
- From 2003 to 2009, there was no statistical change in the overall percent of male respondents 40 and older who reported a digital rectal exam within the past year.
- No demographic comparisons were conducted between years as a result of the number of men who were asked this question.

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

Men's Health Tests Overall

Year Comparisons

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



Other Tests (Figure 17; Tables 29 - 31)

KEY FINDINGS: In 2009, 8% of respondents 50 and older reported a sigmoidoscopy within the past five years while 69% reported a colonoscopy within the past ten years. Male respondents were more likely to report a sigmoidoscopy within the past five years. Seventy-three 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.⁶

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

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

2009 Findings

- Eight percent of respondents 50 and older reported their last sigmoidoscopy was within the past five years. Eighty-three percent reported never.
- Male respondents were more likely to report a sigmoidoscopy within the past five years (13%) compared to female respondents (3%).

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

	2009
TOTAL	8%
Gender ¹	
Male	13
Female	3
Education	
Some Post High School or Less	9
College Graduate	0
Household Income	
Bottom 60 Percent Bracket	10
Top 40 Percent Bracket	7
Marital Status	
Married	7
Not Married	8

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

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

Colonoscopy

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

2009 Findings

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

⁷“Screening for Colorectal Cancer.” U.S. Preventive Services Task Force: The Guide to Clinical Preventive Services, 2005. Agency for Healthcare Research and Quality, 2005. Pages 32 - 35.

Table 30. Colonoscopy Within Past Ten Years by Demographic Variables for 2009 (Respondents 50 and Older)^⓪

	2009
TOTAL	69%
Gender	
Male	71
Female	68
Education	
Some Post High School or Less	71
College Graduate	64
Household Income	
Bottom 60 Percent Bracket	69
Top 40 Percent Bracket	59
Marital Status	
Married	70
Not Married	68

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

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

Sigmoidoscopy or Colonoscopy Exam in Lifetime

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

2009 Findings

- Seventy-three percent of respondents 50 and older had a sigmoidoscopy or colonoscopy within their lifetime. Twenty-six 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 some post high school education or less reporting a sigmoidoscopy or colonoscopy in their lifetime.

- In 2003 and 2006, respondents in the bottom 60 percent household income bracket were more likely to report a sigmoidoscopy or colonoscopy in their lifetime. In 2009, household income was not a significant variable.
- Marital status was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of unmarried respondents reporting a sigmoidoscopy or colonoscopy in their lifetime.

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

	2003	2006	2009
TOTAL ^a	58%	61%	73%
Gender			
Male	61	62	73
Female ^a	55	60	72
Education			
Some Post High School or Less ^a	56	64	74
College Graduate	60	52	71
Household Income ^{1,2}			
Bottom 60 Percent Bracket	66	72	75
Top 40 Percent Bracket	45	35	59
Marital Status			
Married	61	57	73
Not Married ^a	50	67	72

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

^②In 2009, sigmoidoscopy and colonoscopy separated into two survey questions.

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

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

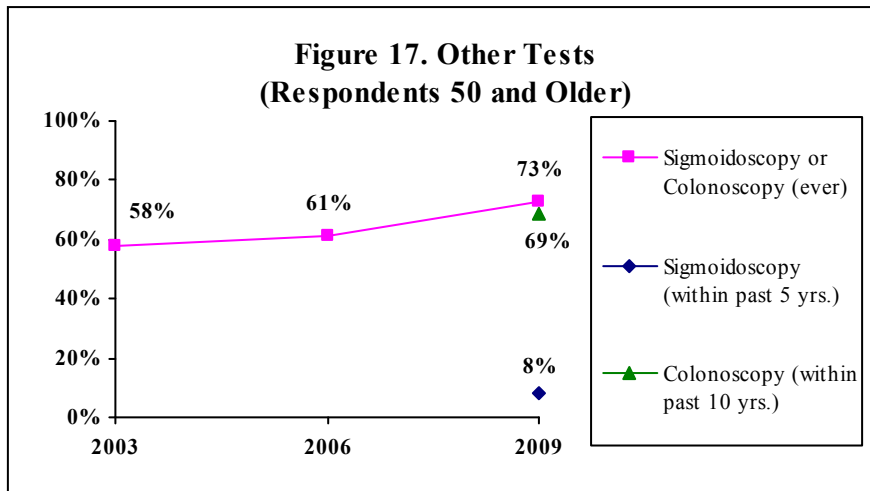
³demographic difference at $p \leq 0.05$ in 2009

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

Other Tests Overall

Year Comparisons

- From 2003 to 2009, there was 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 32 & 33)

KEY FINDINGS: In 2009, 91% of respondents wore seat belts always or nearly always. Of those respondents who rode a bike, used in-line skates or rode a scooter, 30% reported they always or nearly always wore a helmet; respondents who were female, with a college education or in the top 40 percent household income bracket were more likely to report this.

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

Seat Belt Usage

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

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

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

2009 Findings

- Ninety-one percent of respondents reported they wore seat belts always or nearly always.
- There were no statistically significant differences between demographic variables and responses of reporting they always or nearly always wore a seat belt.

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported they always or nearly always wore a seat belt.
- In 2006, female respondents were more likely to report always or nearly always. In all other study years, gender was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents across gender reporting they always or nearly always wore a seat belt.
- In 2003, respondents 55 to 64 years old 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 18 to 34 years old reporting always or nearly always.
- In 2003 and 2006, respondents with a college education were more likely to report always or nearly always. In 2009, education was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents with some post high school education reporting always or nearly always.
- In 2003, respondents in the bottom 40 percent household income bracket were more likely to report always or nearly always. In all other study years, household income was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents in the top 60 percent household income bracket reporting they always or nearly always wore a seat belt.
- 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. From 2003 to 2009, there was a noted increase in the percent of unmarried respondents reporting always or nearly always.

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

	2003	2006	2009
TOTAL ^a	82%	91%	91%
Gender ²			
Male ^a	80	87	90
Female ^a	84	96	91
Age ¹			
18 to 34 ^a	72	92	91
35 to 44	91	92	88
45 to 54	79	90	88
55 to 64	97	88	93
65 and Older	88	91	94
Education ^{1,2}			
High School or Less	86	81	90
Some Post High School ^a	71	91	89
College Graduate	89	98	92
Household Income ¹			
Bottom 40 Percent Bracket	92	91	89
Middle 20 Percent Bracket ^a	72	89	89
Top 40 Percent Bracket ^a	82	91	91
Marital Status ¹			
Married	86	92	90
Not Married ^a	72	90	91

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Helmet Usage

2009 Findings

- Fifty-three percent of respondents rode a bike, used in-line roller skates or rode a scooter.

Of respondents who rode a bike, used in-line roller skates or rode a scooter...

- Thirty percent of respondents who bicycled, used in-line roller skates or rode a scooter reported they always or nearly always wore a helmet. Sixty-one percent reported never.
- Thirty-seven percent of female respondents reported always or nearly always compared to 23% of male respondents.

- Forty-four percent of respondents with a college education reported always or nearly always compared to 16% of respondents with some post high school education or less.
- Thirty-six percent of respondents in the top 40 percent household income bracket reported always or nearly always compared to 19% of respondents in the bottom 60 percent household income bracket.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a helmet.
- In 2009, female respondents were more likely to report always or nearly always. In all other study years, gender was not a significant variable.
- Age was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents 35 to 44 years old 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 2006 and 2009, respondents in the top 40 percent household income bracket were more likely to report always or nearly always. In 2003, household income was not a significant variable.
- In 2006, married respondents were more likely to report they always or nearly always wore a helmet. In all other study years, marital status was not a significant variable.

Table 33. Always/Nearly Always Wore a Helmet by Demographic Variables for Each Survey Year (Of Respondents who Rode a Bike, Used In-Line Roller Skates or Rode a Scooter)^①

	2003	2006	2009
TOTAL	25%	34%	30%
Gender ³			
Male	23	30	23
Female	28	38	37
Age			
18 to 34	26	30	29
35 to 44 ^a	19	32	38
45 and Older	28	43	20
Education ^{2,3}			
Some Post High School or Less	21	27	16
College Graduate ^a	29	41	44
Household Income ^{2,3}			
Bottom 60 Percent Bracket	25	24	19
Top 40 Percent Bracket	26	42	36
Marital Status ²			
Married	25	39	33
Not Married	21	22	21

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

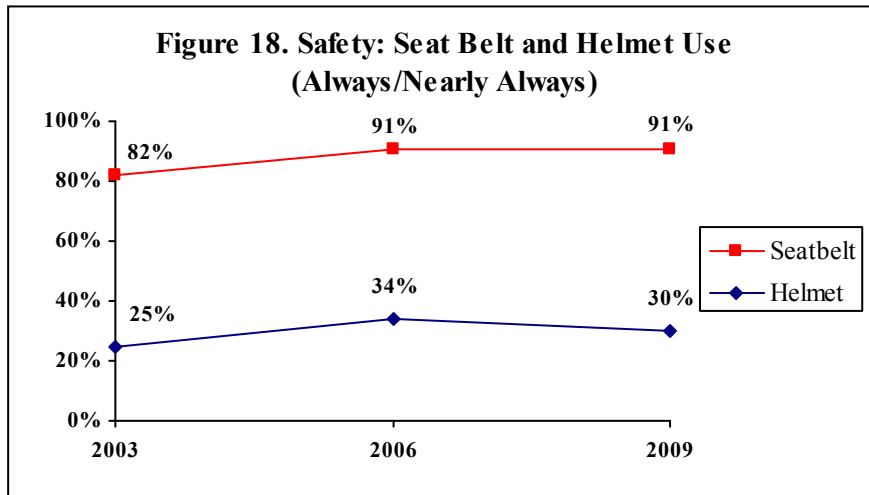
³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Safety: Seat Belt and Helmet Use Overall

Year Comparisons

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



Cigarette Use (Figures 19 & 20; Table 34)

KEY FINDINGS: In 2009, 17% of respondents were current smokers. Respondents with some post high school education or less, who were in the bottom 40 percent household income bracket or unmarried were more likely to be a smoker. Fifty-one percent of current smokers quit smoking for one day or longer in the past 12 months; 74% of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking.

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

Current Smokers

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

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

2009 Findings

- Seventeen percent of respondents were current smokers (12% every day and 5% some days).
- Twenty-six percent of respondents with a high school education or less and 23% of those with some post high school education were current smokers compared to 7% of respondents with a college education.
- Thirty-four percent of respondents in the bottom 40 percent household income bracket were current smokers compared to 11% of those in the middle 20 percent income bracket or 10% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report they were a current smoker compared to married respondents (29% and 11%, respectively).

Year Comparisons

- From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who were current smokers.
- Gender was not a significant variable in any study year. From 2003 to 2009, there was a noted decrease in the percent of female respondents being a current smoker.
- In 2006, respondents 45 to 54 years old were more likely to report they were a current smoker. In all other study years, age was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents 18 to 44 years old being a current smoker.
- In 2003, respondents with some post high school education were more likely to report they were a current smoker. In 2006 and 2009, respondents with some post high school education or less were more likely to be a current smoker. From 2003 to 2009, there was a noted decrease in the percent of respondents with some post high school education being a current smoker.
- In 2003, respondents in the bottom 60 percent household income bracket were more likely to report they were a current smoker. In 2009, respondents in the bottom 40 percent household income bracket were more likely to be a current smoker. In 2006, household income was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents in the top 60 percent household income bracket being a current smoker.
- In all study years, unmarried respondents were more likely to report being a current smoker. From 2003 to 2009, there was a noted decrease in the percent of married respondents being a current smoker.

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

	2003	2006	2009
TOTAL ^a	25%	23%	17%
Gender			
Male	22	26	16
Female ^a	28	20	17
Age ²			
18 to 34 ^a	32	19	17
35 to 44 ^a	29	22	14
45 to 54	26	43	25
55 to 64	14	20	17
65 and Older	14	13	9
Education ^{1,2,3}			
High School or Less	29	29	26
Some Post High School ^a	40	33	23
College Graduate	6	12	7
Household Income ^{1,3}			
Bottom 40 Percent Bracket	32	22	34
Middle 20 Percent Bracket ^a	35	26	11
Top 40 Percent Bracket ^a	20	24	10
Marital Status ^{1,2,3}			
Married ^a	20	20	11
Not Married	37	29	29

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

¹demographic difference at p≤0.05 in 2003

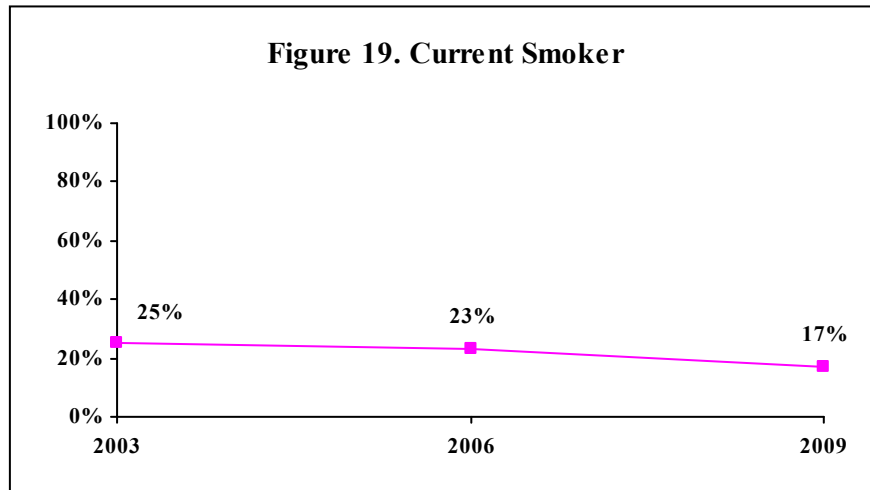
²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Year Comparisons

- From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who were current smokers.



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

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

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

2009 Findings

Of current smokers...

- Fifty-one 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...

- Seventy-four percent of the 53 current smokers who have seen a health professional reported their health professional advised them to quit smoking.
- No demographic comparisons were conducted as a result of the low percent of respondents who were asked this question.

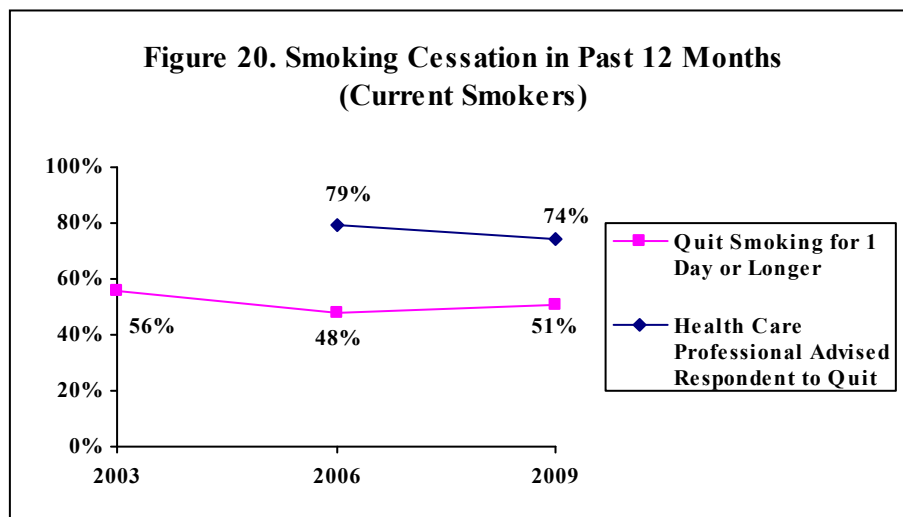
Year Comparisons

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

Smoking Cessation Overall

Year Comparisons

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



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

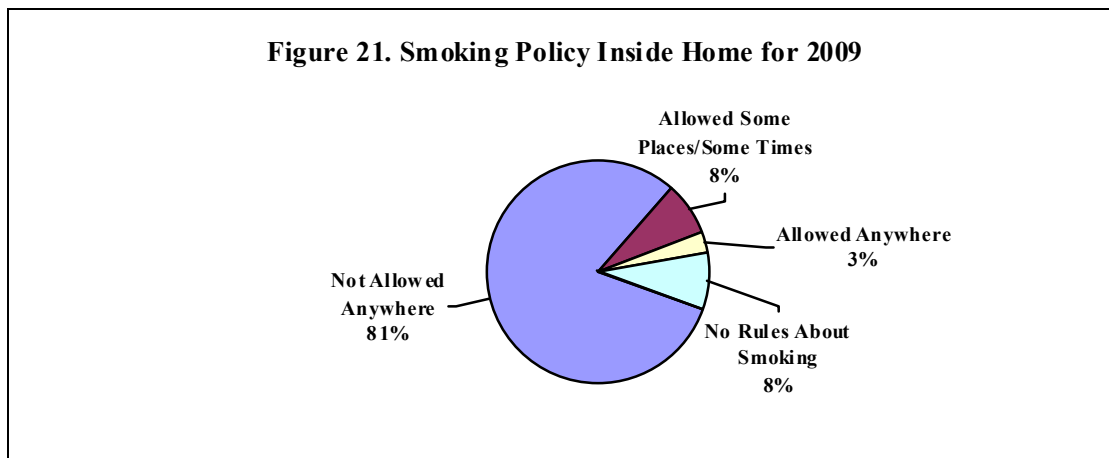
KEY FINDINGS: In 2009, 81% of respondents reported smoking is not allowed anywhere inside the home while 80% reported smoking is not allowed in any area at work. Respondents in the top 60 percent household income bracket, who were married, nonsmokers or in households with children were more likely to report smoking is not allowed anywhere inside the home. Respondents who were female, with a college education, in the top 40 percent household income bracket, who were married or nonsmokers were more likely to report smoking is not allowed in any area at work. Five percent of nonsmoking respondents reported they were exposed to second-hand smoke at least four out of the past seven days; respondents who were female or with some post high school education were more likely to report this.

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



- Eighty-eight percent of respondents in the middle 20 percent household income bracket and 87% of those in the top 40 percent income bracket reported smoking is not allowed in the home compared to 65% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report smoking is not allowed in the home compared to unmarried respondents (85% and 71%, respectively).
- Eighty-seven percent of nonsmokers reported smoking is not allowed in the home compared to 49% of smokers.

- Respondents in households with children were more likely to report smoking is not allowed in the home (85%) compared to respondents in households without children (75%).

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

	2009
TOTAL	81%
Household Income ¹	
Bottom 40 Percent Bracket	65
Middle 20 Percent Bracket	88
Top 40 Percent Bracket	87
Marital Status ¹	
Married	85
Not Married	71
Smoking Status ¹	
Nonsmoker	87
Smoker	49
Children in Household ¹	
Yes	85
No	75

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

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

Smoking Policy at Work

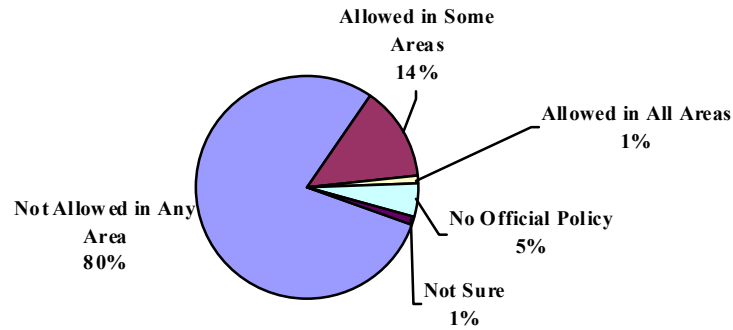
The Healthy People 2010 goal for worksites with formal smoking policies that prohibit smoking is 100%. (Objective 27-12)

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

2009 Findings

- Eighty percent of respondents reported smoking is not allowed in any area at work while 14% reported smoking is allowed in some areas. One percent reported smoking is allowed in all areas at work. Five percent of respondents reported there is no official policy about smoking at work.

Figure 22. Smoking Policy at Work for 2009



- Female respondents were more likely to report smoking is not allowed in any area at work (84%) compared to male respondents (75%).
- Respondents with a college education were more likely to report smoking is not allowed in any area at work (88%) compared to those with a high school education or less (72%) or respondents with some post high school education (71%).
- Eighty-six percent of respondents in the top 40 percent household income bracket reported smoking is not allowed in any area at work compared to 73% of those in the middle 20 percent income bracket or 72% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report smoking is not allowed in any area at work compared to unmarried respondents (84% and 67%, respectively).
- Eighty-two percent of nonsmokers reported smoking is not allowed in any area at work compared to 65% of smokers.

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

	2009
TOTAL	80%
Gender ¹	
Male	75
Female	84
Age	
18 to 34	86
35 to 44	76
45 to 54	72
55 and Older	78
Education ¹	
High School or Less	72
Some Post High School	71
College Graduate	88
Household Income ¹	
Bottom 40 Percent Bracket	72
Middle 20 Percent Bracket	73
Top 40 Percent Bracket	86
Marital Status ¹	
Married	84
Not Married	67
Smoking Status ¹	
Nonsmoker	82
Smoker	65

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

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

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

2009 Findings

- Sixty-nine percent of nonsmoking respondents reported in the past seven days they were never in the same room or rode in a car with someone who was smoking cigarettes. Twenty-six percent of respondents reported they were exposed to second-hand smoke one to three days while 5% reported at least four days.
- Male respondents were more likely to report exposure to second-hand smoke on four or more days (8%) compared to female respondents (2%).
- Respondents with some post high school education were more likely to report exposure to second-hand smoke on four or more days (13%) compared to those with a high school education or less (3%) or respondents with a college education (0%).

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

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

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

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

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

KEY FINDINGS: In 2009, 73% of respondents had an alcoholic drink in the past 30 days. In the past month, 5% were heavy drinkers while 19% were binge drinkers. Respondents with a high school education or less, who were in the bottom 40 percent household income bracket or unmarried were more likely to report heavy drinking in the past month. Respondents who were male, with some post high school education or less or in the top 40 percent household income bracket were more likely to have binged at least once in the past month. Two percent reported they had been a driver or a passenger when the driver perhaps had too much to drink in the past month. Two percent of respondents reported someone in their household experienced a problem in connection with drinking in the past year.

From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting heavy drinking or binge drinking in the past month. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they were a driver or passenger in a vehicle when the driver perhaps had too much to drink in the past month. From 2006 to 2009, there was a statistical decrease in the overall percent of respondents reporting they, or someone in their household, experienced some kind of problem, such as legal, social, personal or physical in connection with drinking in the past year.

Heavy Drinking in the Past Month

According to the Centers for Disease Control, heavy drinking is defined as more than 2 drinks per day in the past month for males (i.e. at least 61 drinks) and more than one drink per day for females (i.e. 31 drinks).

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

2009 Findings

- Seventy-three percent of respondents had a drink in the past 30 days. Thirty-seven percent reported they drank on at least five days, while 16% reported three to four days and 20% reported drinking on one or two days in the past 30 days.
- Nine percent of all respondents reported an average of four or more drinks per day on the days they drank while 12% reported three, 28% reported two and 23% reported one drink on average on the days they drank. Twenty-eight percent reported having no drinks in the past month.
- Combined, 5% 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 a high school education or less reported heavy drinking in the past month compared to 4% of those with some post high school education or 2% of respondents with a college education.
- Eleven percent of respondents in the bottom 40 percent household income bracket reported heavy drinking in the past month compared to 5% of those in the top 40 percent income bracket or 3% of respondents in the middle 20 percent household income bracket.

- Unmarried respondents were more likely to report heavy drinking compared to married respondents (9% and 3%, respectively).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who were heavy drinkers.
- In 2006, male respondents were more likely to report heavy drinking. In all other study years, gender was not a significant variable.
- Age was not a significant variable in any study year. From 2003 to 2009, there was a noted decrease in the percent of respondents 18 to 34 years old reporting heavy drinking in the past month.
- In 2003 and 2006, respondents with some post high school education were more likely to report heavy drinking. In 2009, respondents with a high school education or less were more likely to report heavy drinking. From 2003 to 2009, there was a noted decrease in the percent of respondents with some post high school education reporting heavy drinking in the past month.
- In 2009, respondents in the bottom 40 percent household income bracket were more likely to report heavy drinking. In all other study years, household income was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket reporting heavy drinking in the past month.
- In all study years, unmarried respondents were more likely to report heavy drinking. From 2003 to 2009, there was a noted decrease in the percent of unmarried respondents reporting heavy drinking in the past month.

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

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

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

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

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

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

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

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

Binge Drinking in Past Month

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

- Nineteen percent of all respondents binged in the past month.
- Male respondents were more likely to have binged in the past month (27%) compared to female respondents (11%).
- Twenty-four percent of respondents with some post high school education and 22% of those with a high school education or less binged in the past month compared to 14% of respondents with a college education.
- Twenty-six percent of respondents in the top 40 percent household income bracket binged in the past month compared to 15% of respondents in the bottom 60 percent household income bracket.

Year Comparisons

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

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who binged.
- In all study years, male respondents were more likely to have binged.
- In 2003, respondents 18 to 44 years old were more likely to have binged. In 2006, respondents 18 to 34 years old were more likely to have binged. In 2009, age was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents 18 to 34 years old and a noted increase in the percent of respondents 65 and older reporting binge drinking.
- In 2006, respondents with some post high school education were more likely to have binged. In 2009, respondents with some post high school education or less were more likely to have binged. In 2003, education was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents with a college education reporting binge drinking.
- In 2006, respondents in the top 60 percent household income bracket were more likely to have binged. In 2009, respondents in the top 40 percent household income bracket were more likely to have binged. In 2003, household income was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket reporting binge drinking.

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

	2003	2006	2009
TOTAL	24%	22%	19%
Gender ^{1,2,3}			
Male	32	29	27
Female	17	14	11
Age ^{1,2}			
18 to 34 ^a	32	30	20
35 to 44	32	26	22
45 to 54	19	19	21
55 to 64	20	7	19
65 and Older ^a	0	0	11
Education ^{2,3}			
High School or Less	23	18	22
Some Post High School	26	30	24
College Graduate ^a	24	18	14
Household Income ^{2,3}			
Bottom 40 Percent Bracket	14	14	15
Middle 20 Percent Bracket ^a	29	27	15
Top 40 Percent Bracket	26	28	26
Marital Status			
Married	23	19	19
Not Married	28	27	19

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

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

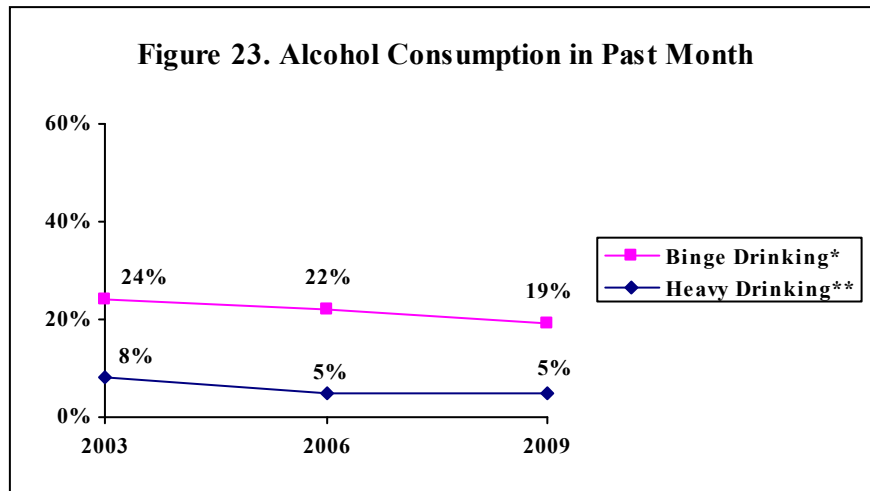
³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Alcohol Consumption Overall

Year Comparisons

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



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

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

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

2009 Findings

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

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they were a driver or passenger in a vehicle when the driver perhaps had too much to drink in the past month.
- In 2006, respondents who were male or with some post high school education were more likely to report they were a driver or passenger in a vehicle when the driver perhaps had too much to drink.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting they were a driver or passenger when the driver perhaps had too much to drink in 2003 and 2009.

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

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

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

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

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

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

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

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

Household Problem Associated with Alcohol in Past Year

2009 Findings

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

Year Comparisons

- From 2006 to 2009, there was a statistical decrease 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 2006, respondents who were in the top 40 percent household income bracket or unmarried were more likely to report they, or someone in their household, experienced some kind of problem, such as legal, social, personal or physical in connection with drinking in the past year.
- 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 2009.

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

	2006	2009 ^②
TOTAL ^a	4%	2%
Household Income ¹		
Bottom 40 Percent Bracket	<1	--
Middle 20 Percent Bracket	0	--
Top 40 Percent Bracket	9	--
Marital Status ¹		
Married	2	--
Not Married	7	--
Children in Household		
Yes	3	--
No	5	--

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

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

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

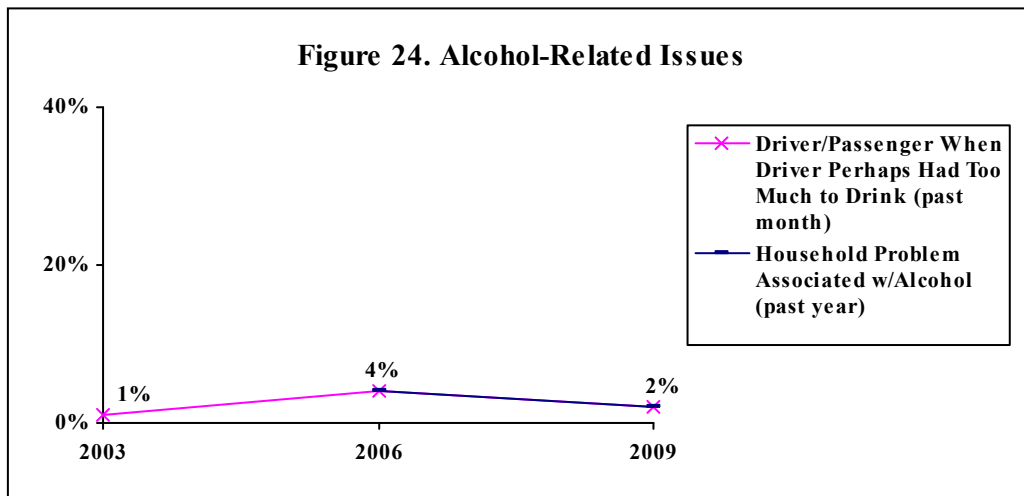
²demographic difference at $p \leq 0.05$ in 2009

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

Alcohol-Related Issues Overall

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they were a driver or passenger in a vehicle when the driver perhaps had too much to drink in the past month. From 2006 to 2009, there was a statistical decrease in the overall percent of respondents reporting they, or someone in their household, experienced some kind of problem, such as legal, social, personal or physical in connection with drinking in the past year.



Mental Health Status (Figures 25 & 26; Tables 42 & 43)

KEY FINDINGS: In 2009, 4% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents who were 45 to 54 years old or unmarried were more likely to report this. Three percent of respondents felt so overwhelmed they considered suicide in the past year. Four percent of respondents reported they seldom or never find meaning and purpose in daily life; respondents who were male, 45 to 54 years old or with a high school education or less were more likely to report this.

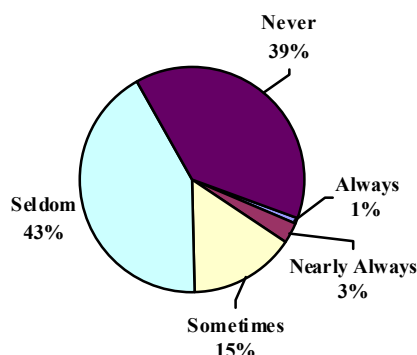
From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed in the past 30 days or who reported they seldom/never find meaning and purpose in daily life. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported they considered suicide in the past year.

Felt Sad, Blue or Depressed

2009 Findings

- Four percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. This equates up to 2,250 residents. Fifteen percent reported sometimes and the remaining 82% reported seldom or never.

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



- Respondents 45 to 54 years old were more likely to report they always or nearly always felt sad, blue or depressed in the past 30 days (13%) compared to respondents 35 to 44 years old (0%).
- 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 (6% 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 2006, female respondents were more likely to report they always or nearly always felt sad, blue or depressed. In all other study years, gender was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of female respondents reporting always or nearly always.
- In 2003, respondents 35 to 44 years old were more likely to report always or nearly always. In 2009, respondents 45 to 54 years old were more likely to report always or nearly always. In 2006, age was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents 35 to 44 years old reporting always or nearly always.
- In 2003, respondents in the bottom 40 percent household income bracket were more likely to report always or nearly always. In all other study years, household income was not a significant variable.
- In 2009, unmarried respondents were more likely to report always or nearly always. In all other study years, marital status was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of married respondents reporting always or nearly always.

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

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

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

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

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

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

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

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

- Three 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 2,000 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 a statistical increase 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 all study years.

Find Meaning and Purpose in Daily Life

2009 Findings

- A total of 4% of respondents reported they seldom or never find meaning and purpose in daily life. Forty-eight percent of respondents reported they always find meaning and purpose while an additional 37% reported nearly always.
- Male respondents were more likely to report they seldom or never find meaning and purpose in daily life (7%) compared to female respondents (1%).
- Eleven percent of respondents 45 to 54 years old reported seldom or never compared to 2% of those 55 to 64 years old or 0% of respondents 18 to 34 years old.
- Respondents with a high school education or less were more likely to report seldom or never (9%) compared to those with some post high school education (5%) or respondents with a college education (less than one percent).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they seldom or never find meaning and purpose in daily life.
- In 2006 and 2009, male respondents were more likely to report they seldom/never find meaning and purpose in daily life. In 2003, gender was not a significant variable.
- In 2006, respondents 18 to 34 years old were more likely to report they seldom/never find meaning and purpose in daily life. In 2009, respondents 45 to 54 years old were more likely to report they seldom/never find meaning and purpose in daily life, with a noted increase since 2003. In 2003, age was not a significant variable.
- In 2006 and 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 2003, education was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents with a high school education or less reporting they seldom/never find meaning and purpose in daily life.

- In 2003, respondents in the bottom 60 percent household income bracket were more likely to report they seldom/never find meaning and purpose in daily life. In 2006, respondents in the middle 20 percent household income bracket reported they seldom/never find meaning and purpose in daily life. In 2009, household income was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting they seldom/never find meaning and purpose in daily life.

Table 43. Seldom/Never Find Meaning and Purpose in Daily Life by Demographic Variables for Each Survey Year^⓪

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

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

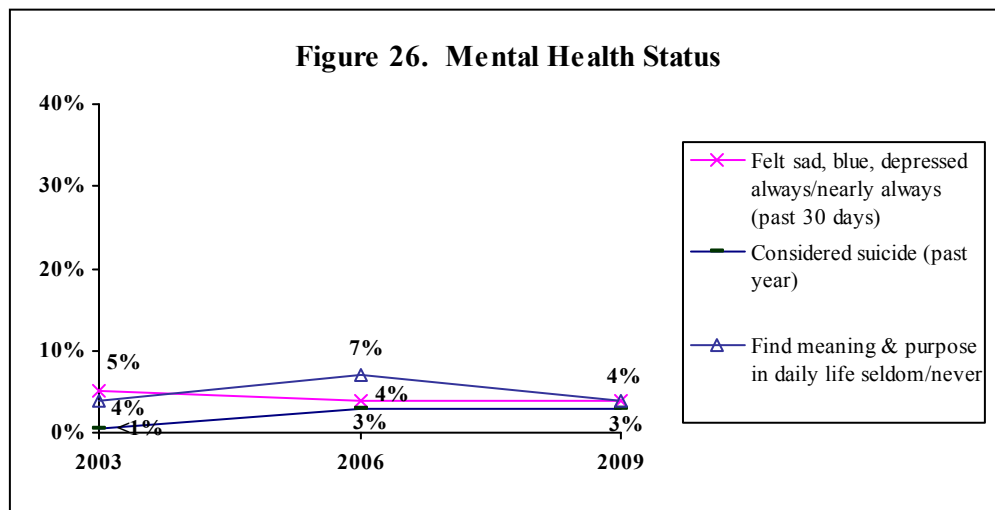
³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Mental Health Status Overall

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed in the past 30 days or who reported they seldom/never find meaning and purpose in daily life. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported they considered suicide in the past year.



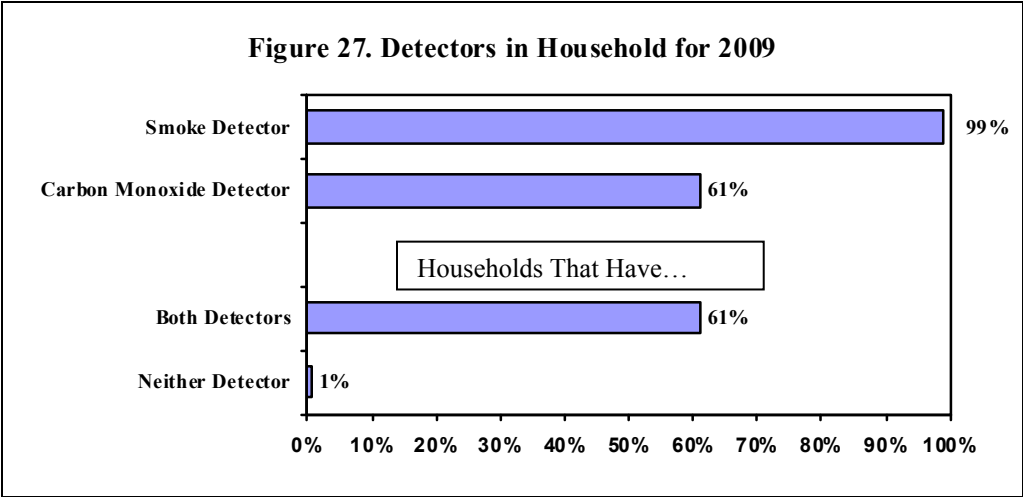
Detectors in Household (Figures 27 & 28; Table 44)

KEY FINDINGS: In 2009, 99% of households had a working smoke detector while 61% had a working carbon monoxide detector. Sixty-one percent of households had both detectors. Married respondents 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 61% reported a working carbon monoxide detector in their home. Sixty-one percent had both detectors. One percent had neither.



- Married respondents were more likely to report both detectors compared to unmarried respondents (67% and 48%, respectively).

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported both a working smoke detector and carbon monoxide detector.
- In 2006, respondents in the top 40 percent household income bracket were more likely to report both a working smoke detector and carbon monoxide detector. In all other study years, household income was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting both a working smoke detector and carbon monoxide detector.
- In 2006 and 2009, married respondents were more likely to report both a working smoke detector and carbon monoxide detector. In 2003, marital status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of married respondents reporting both a working smoke detector and carbon monoxide detector.

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

	2003	2006	2009
TOTAL ^a	49%	45%	61%
Household Income ²			
Bottom 40 Percent Bracket	56	17	59
Middle 20 Percent Bracket	46	51	58
Top 40 Percent Bracket ^a	50	57	66
Marital Status ^{2,3}			
Married ^a	51	51	67
Not Married	46	33	48

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

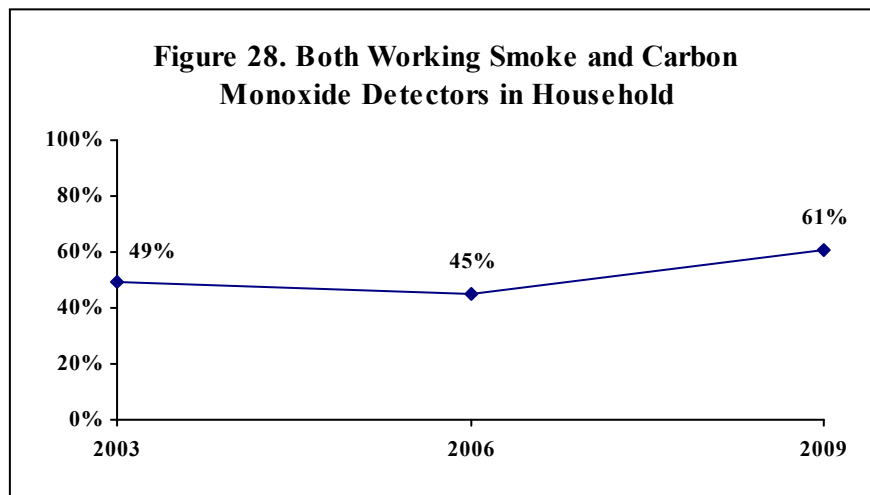
¹demographic difference at $p \leq 0.05$ in 2003

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

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

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

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



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

KEY FINDINGS: In 2009, 31% of households had a firearm in or around the home; respondents who were in the top 40 percent household income bracket or married were more likely to report this. Of all households, 16% had a handgun in their home while 25% had a rifle or shotgun. Of all households, 3% had a loaded firearm. Three percent of all households had a firearm loaded and unlocked.

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

Firearm in Household

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

2009 Findings

- At the time of the survey administration, 31% of households had at least one firearm.
- Forty percent of respondents in the top 40 percent household income bracket reported a firearm compared to 28% of those in the bottom 40 percent income bracket or 25% of respondents in the middle 20 percent household income bracket.
- Married respondents were more likely to report a firearm compared to unmarried respondents (35% and 23%, respectively).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having firearms in or around their home.
- In 2003, respondents in the top 60 percent household income bracket were more likely to report having a firearm. In 2006 and 2009, respondents in the top 40 percent household income bracket were more likely to report having a firearm. From 2003 to 2009, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket reporting a firearm.
- In 2009, married respondents were more likely to report having a firearm. In all other study years, marital status was not a significant variable.
- In 2003, respondents in households with 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 45. Firearm in Household by Demographic Variables for Each Survey Year^①

	2003	2006	2009
TOTAL	30%	29%	31%
Household Income ^{1,2,3}			
Bottom 40 Percent Bracket ^a	12	20	28
Middle 20 Percent Bracket	35	21	25
Top 40 Percent Bracket	36	39	40
Marital Status ³			
Married	31	32	35
Not Married	29	23	23
Children in Household ¹			
Yes	38	32	32
No	23	27	30

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

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

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

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

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

Handgun in Household

2009 Findings

- At the time of the survey administration, 16% of respondents reported handguns in their home.
- There were no statistically significant differences between demographic variables and responses of reporting a handgun in their home.

Table 46. Handgun in Household by Demographic Variables for 2009[Ⓞ]

	2009
TOTAL	16%
Household Income	
Bottom 40 Percent Bracket	16
Middle 20 Percent Bracket	11
Top 40 Percent Bracket	23
Marital Status	
Married	18
Not Married	13
Children in Household	
Yes	17
No	15

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

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

Rifle or Shotgun in Household

2009 Findings

- At the time of the survey administration, 25% of respondents reported a rifle or shotgun in their home.
- There were no statistically significant differences between demographic variables and responses of reporting a rifle or shotgun in their home.

Table 47. Rifle or Shotgun in Household by Demographic Variables for 2009[Ⓞ]

	2009
TOTAL	25%
Household Income	
Bottom 40 Percent Bracket	24
Middle 20 Percent Bracket	19
Top 40 Percent Bracket	31
Marital Status	
Married	27
Not Married	20
Children in Household	
Yes	22
No	27

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

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

Loaded Firearm

In 2002, 3% of Wisconsin households and 8% of U.S. households had any loaded firearm in or around their home. (2002 Behavioral Risk Factor Surveillance as cited in the American Academy of Pediatrics, Prevalence of Household Firearms and Firearm-Storage Practices www.pediatrics.org.)

2009 Findings

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

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a loaded firearm.
- In 2006, respondents in the top 40 percent household income bracket were more likely to report a loaded firearm in the household.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting a loaded firearm in the household in 2003 and 2009.

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

	2003 ^②	2006	2009 ^③
TOTAL	3%	4%	3%
Household Income ²			
Bottom 40 Percent Bracket	--	2	--
Middle 20 Percent Bracket	--	0	--
Top 40 Percent Bracket	--	6	--
Marital Status			
Married	--	4	--
Not Married	--	3	--
Children in Household			
Yes	--	4	--
No	--	3	--

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

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

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

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

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

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

Loaded Firearm Also Unlocked

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

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

In 2002, 2% of all Wisconsin households and 4% of all U.S. households had any loaded and unlocked firearm. (2002 Behavioral Risk Factor Surveillance as cited in the American Academy of Pediatrics, Prevalence of Household Firearms and Firearm-Storage Practices www.pediatrics.org.) This results in 5% of Wisconsin households and 13% of U.S. households with firearms having a loaded and unlocked firearm.

2009 Findings

- Three percent of all households had a loaded firearm also unlocked. This relates to 8% of households with a firearm having at least one loaded firearm which is also unlocked.
- No demographic comparisons were conducted as a result of the low percent of respondents reporting a loaded and unlocked firearm in the household.

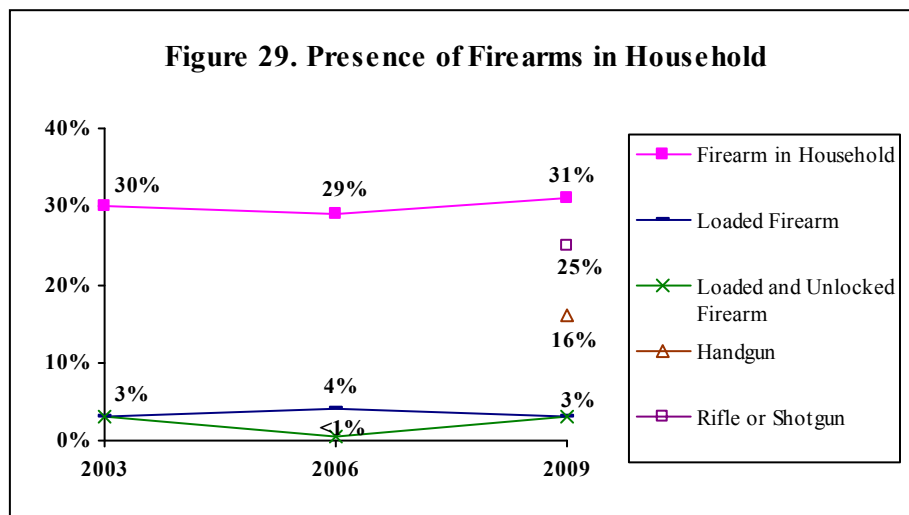
Year Comparisons

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

Presence of Firearms in Household Overall

Year Comparisons

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



Personal Safety Issues (Figure 30; Tables 49 - 51)

KEY FINDINGS: In 2009, 8% of respondents reported someone made them afraid for their personal safety in the past year; respondents in the middle 20 percent household income bracket 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 who were 18 to 34 years old or in the middle 20 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 reporting they were afraid for their personal safety. From 2003 to 2009, there was a statistical decrease in the overall percent of respondents reporting they were pushed, kicked, slapped or hit. From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting at least one of the two personal safety issues.

Afraid for Personal Safety

2009 Findings

- Eight percent of respondents reported someone made them afraid for their personal safety in the past year.
- Fifteen percent of respondents in the middle 20 percent household income bracket reported feeling afraid for their safety in the past year compared to 6% of those in the top 40 percent income bracket or 5% of respondents in the bottom 40 percent household income bracket.
 - A stranger was most often mentioned as the person who made the respondents afraid for their safety (26 responses). Two respondents each reported an ex-spouse or a friend.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they were afraid for their personal safety.
- In 2003, female respondents were more likely to report being afraid for their personal safety. 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 they were afraid for their personal safety.
- In 2003, respondents with some post high school education were more likely to report being afraid for their personal safety. In all other study years, education was not a significant variable.
- In 2009, respondents in the middle 20 percent household income bracket were more likely to report being afraid for their personal safety. In all other study years, household income was not a significant variable.

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

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

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

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

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

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

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

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.
 - Three respondents reported an acquaintance followed by two respondents reporting boyfriend/girlfriend. One respondent reported a friend.

Year Comparisons

- From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who reported they were pushed, kicked, slapped or hit.
- In 2003, respondents who were 18 to 34 years old, with some post high school education, who were in the middle 20 percent household income bracket or unmarried were more likely to report they were pushed, kicked, slapped or hit.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting they were pushed, kicked, slapped or hit in 2006 and 2009.

Table 50. Pushed, Kicked, Slapped or Hit by Demographic Variables for Each Survey Year^①

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

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

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

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

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

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

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

Combined Personal Safety Issues

2009 Findings

- A total of 9% of all respondents reported at least one of the two issues.
- Fourteen percent of respondents 18 to 34 years old reported at least one of the two issues compared to 4% of those 45 to 54 years old or 2% of respondents 65 and older.
- Fifteen percent of respondents in the middle 20 percent household income bracket reported at least one of the two issues compared to 8% of those in the bottom 40 percent income bracket or 6% of respondents in the top 40 percent household income bracket.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported at least one of the personal safety issues.
- In 2003, respondents who were 18 to 34 years old or 55 to 64 years old were more likely to report at least one of the personal safety issues. In 2009, respondents 18 to 34 years old were more likely to report at least one of the personal safety issues. In 2006, age was not a significant variable.
- In 2003, 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.
- In 2003 and 2009, respondents in the middle 20 percent household income bracket were more likely to report at least one of the personal safety issues. In 2006, household income was not a significant variable.
- In 2003, unmarried respondents were more likely to report at least one of the personal safety issues. In all other study years, marital status was not a significant variable.

Table 51. At Least One of the Personal Safety Issues by Demographic Variables for Each Survey Year^⓪

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

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

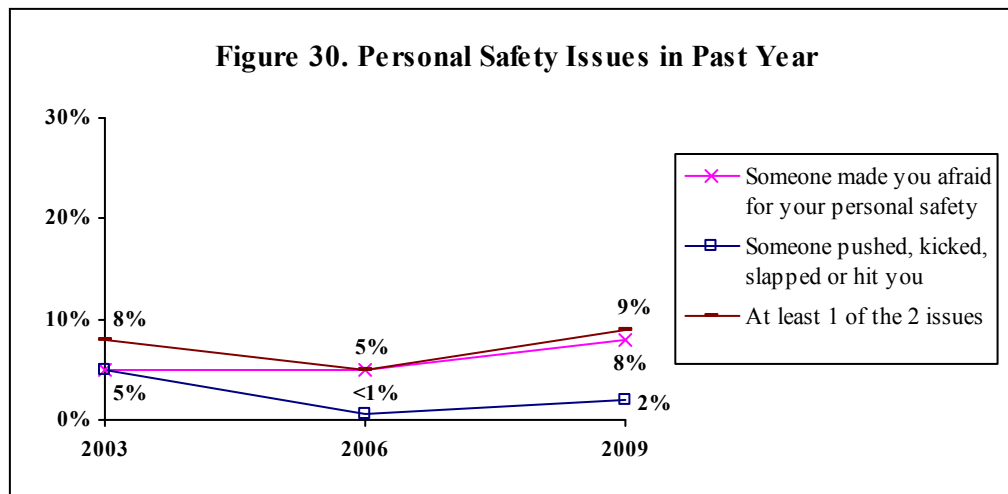
³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Personal Safety Issues Overall

Year Comparisons

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



APPENDIX A: ADDITIONAL QUESTIONS

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

Did Not Receive Dental Care Needed (Table 52)

KEY FINDINGS: In 2009, 8% of respondents reported that they did not get the dental care they needed sometime in the last 12 months; respondents who were female, with some post high school education or in the bottom 60 percent household income bracket were more likely to report this.

2009 Findings

- Eight percent of respondents reported in the last 12 months they did not get the dental care needed.
- Female respondents were more likely to report they did not receive the dental care they thought they needed (11%) compared to male respondents (6%).
- Respondents with some post high school education were more likely to report they did not receive the dental care they thought they needed (14%) compared to those with a high school education or less (6%) or respondents with a college education (5%).
- Fifteen percent of respondents in the bottom 40 percent household income bracket and 12% of those in the middle 20 percent income bracket reported they did not receive the dental care they thought they needed compared to 5% of respondents in the top 40 percent household income bracket.

Table 52. Did Not Receive Dental Care Needed in Last 12 Months by Demographic Variables for 2009^⓪

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

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

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

Access to Adequate and Appropriate Food

KEY FINDINGS: In 2009, 1% of respondents reported that there was a time in the past 30 days when their household did not have access to adequate and appropriate food.

2009 Findings

- One percent of respondents reported that there was a time in the past 30 days when their household did not have access to adequate and appropriate food.
- No demographic comparisons were conducted as a result of the low percent of respondents reporting in the past 30 days they did not have access to adequate or appropriate food.

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

KEY FINDINGS: In 2009, 29% of respondents reported someone in their family had taken steps to prepare for a natural or man-made disaster; respondents in the bottom 40 percent household income bracket or with children in the household were more likely to report this.

2009 Findings

- Twenty-nine percent of respondents reported they or someone in their family had taken steps to prepare for a natural or man-made disaster.
- Thirty-nine percent of respondents in the bottom 40 percent household income bracket reported someone in their family had taken steps to prepare for a natural or man-made disaster compared to 30% of those in the top 40 percent income bracket or 19% of respondents in the middle 20 percent household income bracket.
- 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 (35%) compared to respondents in households without children (23%).

Table 53. Family Preparation for a Natural or Man-Made Disaster by Demographic Variables for 2009^⓪

	2009
TOTAL	29%
Household Income ¹	
Bottom 40 Percent Bracket	39
Middle 20 Percent Bracket	19
Top 40 Percent Bracket	30
Marital Status	
Married	31
Not Married	27
Children in Household ¹	
Yes	35
No	23

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

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

Frequency of Eating Fried Food (Table 54)

KEY FINDINGS: In 2009, 44% of respondents reported they eat fried food at least a few times per week while 43% reported a few times per month and 13% reported hardly ever or never. Respondents who were male, 18 to 34 years old or 45 to 54 years old were more likely to report eating fried food at least a few times per week.

2009 Findings

- Forty-four percent reported they eat foods, such as hamburgers, French fries, hot dogs, pizzas, tacos or fried chicken at least a few times per week. Forty-three percent of respondents reported a few times per month while 13% reported hardly ever or never.
- Fifty-eight percent of male respondents reported at least a few times per week compared to 31% of female respondents.
- Fifty-two percent of respondents 18 to 34 years old and 51% of those 45 to 54 years old reported at least a few times per week compared to 19% of respondents 65 and older.

Table 54. Frequency of Eating Fried Food by Demographic Variables for 2009

	At Least a Few Times/Week	A Few Times/ Month	Hardly Ever or Never
TOTAL	44%	43%	13%
Gender ¹			
Male	58	37	6
Female	31	49	21
Age ¹			
18 to 34	52	36	12
35 to 44	45	45	9
45 to 54	51	36	13
55 to 64	34	54	12
65 and Older	19	55	26
Education			
High School or Less	41	47	13
Some Post High School	41	50	9
College Graduate	49	35	16
Household Income			
Bottom 40 Percent Bracket	38	50	13
Middle 20 Percent Bracket	49	30	21
Top 40 Percent Bracket	47	44	10
Marital Status			
Married	46	44	10
Not Married	41	39	20

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

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

Fallen and Injured Self (Table 55)

KEY FINDINGS: In 2009, 11% of respondents reported they have fallen and injured themselves in the past 12 months; respondents with some post high school education or less, who were in the bottom 40 percent household income bracket or unmarried were more likely to report this.

2009 Findings

- Eleven percent of respondents reported they have fallen and injured themselves in the past 12 months.
- Sixteen percent of respondents with a high school education or less and 13% of those with some post high school education reported they have fallen and injured themselves in the past 12 months compared to 6% of respondents with a college education.
- Twenty-two percent of respondents in the bottom 40 percent household income bracket reported they have fallen and injured themselves in the past 12 months compared to 12% of those in the middle 20 percent income bracket or 4% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report they have fallen and injured themselves in the past 12 months compared to married respondents (25% and 4%, respectively).
 - Twelve percent of the 43 respondents who fell and injured themselves went to the emergency room on their own for the treatment of their last fall followed by 7% who reported they called an ambulance to go to the emergency room. Seven percent reported they saw their personal physician while 5% went to urgent care. Twenty-one percent of respondents did not seek care immediately and 49% did not seek care at all.

Table 55. Fallen and Injured Self in Past 12 Months by Demographic Variables for 2009^⓪

	2009
TOTAL	11%
Gender	
Male	13
Female	8
Age	
18 to 34	9
35 to 44	11
45 to 54	13
55 to 64	14
65 and Older	11
Education ¹	
High School or Less	16
Some Post High School	13
College Graduate	6
Household Income ¹	
Bottom 40 Percent Bracket	22
Middle 20 Percent Bracket	12
Top 40 Percent Bracket	4
Marital Status ¹	
Married	4
Not Married	25

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

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

APPENDIX B: QUESTIONNAIRE FREQUENCIES

OAK CREEK
COMMUNITY HEALTH SURVEY

Conducted: October 1, 2009 through January 11, 2010

[Some totals may be more or less than 100% due to rounding and response category distribution. Percentages in the report and in the Appendix may differ by one or two percentage points as a result of combining several response categories for report analysis.]

1. Generally speaking, would you say that your own health is...?

Poor	2%
Fair	9
Good.....	22
Very good.....	44
Excellent.....	23
Not sure	0

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

No health care coverage	5%
An employer sponsored insurance plan	73
Private insurance bought directly from an insurance agent or insurance company.....	7
Medicaid including medical assistance, Title 19 or Badger Care.....	4
Medicare.....	10
Or something else.....	<1
Not sure	1

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

All.....	95%
Part	2
None	3
Not sure	0

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

All.....	92%
Part	6
None	2
Not sure	0

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

Doctor's or nurse practitioner's office 83%
 Public health clinic or community health center 1
 Hospital outpatient department <1
 Hospital emergency room <1
 Urgent care center 9
 Some other kind of place..... 2
 No usual place..... 4
 Not sure <1

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

Yes 40%
 No..... 59
 Not sure 2

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%	23%	6%	4%	<1%	0%
8. Cholesterol testing	55	18	6	4	12	7
9. Visit to a dentist or dental clinic .	70	19	2	8	1	0
10. Eye exam.....	47	31	6	12	4	1

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

Yes 44%
 No..... 56
 Not sure 0

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

18 to 34 years old 35%
 35 to 44 years old 25
 45 to 54 years old 18
 55 to 64 years old 10
 65 and older..... 12

13. Have you ever had a pneumonia or pneumococcal shot? [47 Respondents 65 and Older]

Yes 68%
 No..... 27
 Not sure 5

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

	Yes	No	Not Sure
14. You have high blood pressure?	26%	74%	<1%
15. Your blood cholesterol is high?	18	79	4
16. You had a stroke?.....	1	98	<1
17. You have heart disease or a heart condition?...	5	95	0
18. You had a mental health condition, such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post traumatic stress disorder or depression?	10	90	0
19. You have cancer?.....	2	98	1
20. ...(if yes) [7 Respondents]: What type of cancer?	Hodgkin's disease.....	3 respondents	
	Breast.....	1 respondent	
	Melanoma/skin	1 respondent	
	Prostate	1 respondent	
21. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	8	92	<1

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?” [30 Respondents]

Zero	0%	→GO TO Q25
1 time.....	17	→CONTINUE WITH Q23
2 to 3 times.....	67	→CONTINUE WITH Q23
4 or more	13	→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	66%
7 or higher	17
Not sure	17

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

Less than 100	55%
100 or higher	10
Not sure	34

	Yes	No	Not Sure
25. Do you currently have asthma?	7%	92%	<1%
26. ...(if yes), do you have a written asthma action plan? [29 Respondents].....	31	69	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	39%
Two servings	27
Three or more servings.....	35
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	44%
Two servings	33
Three or more servings.....	23
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	87%
No.....	13
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	13%
Less than 5 times/week for 30 minutes or less than 30 minutes each time.....	46
5 times/week for 30 minutes or more.....	41
Not sure	1

32. Now thinking about the vigorous physical exercise you do when you are not working, in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?

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

33. How many days per week do you do these vigorous activities for at least 10 minutes at a time?
34. On the days you do these vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

No vigorous activity	55%
Less than 3 times/week for 20 minutes or less than 20 minutes each time	24
3 times/week for 20 minutes or more.....	21
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? [105 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	60%
Within the past 2 years (1 year, but less than 2 years ago)	20
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.....	5
Not sure	0

36. A bone density scan helps determine if you are at risk for fractures or are in the early stages of osteoporosis. Have you ever had a bone density scan? [27 Respondents 65 and Older]

Yes	74%
No.....	22
Not sure	4

37. A pap smear is a test for cancer of the cervix. If you have not had a hysterectomy, how long has it been since you had your last pap smear? [166 Respondents 18 to 65 years old]

Within the past year (anytime less than 12 months ago).....	67%
Within the past 2 years (1 year, but less than 2 years ago)	25
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	1
Never.....	2
Not sure	0

Q38 and Q39 MALES 40 AND OLDER ONLY

38. A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. How long has it been since your last PSA test? [104 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	29%
Within the past 2 years (1 year, but less than 2 years ago)	17
Within the past 3 years (2 years, but less than 3 years ago)	8
Within the past 5 years (3 years, but less than 5 years ago).....	3
5 or more years ago	0
Never.....	37
Not sure.....	7

39. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. How long has it been since your last digital rectal exam? [103 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	29%
Within the past 2 years (1 year, but less than 2 years ago)	20
Within the past 3 years (2 years, but less than 3 years ago)	9
Within the past 5 years (3 years, but less than 5 years ago).....	7
5 or more years ago	9
Never.....	26
Not sure.....	0

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... [120 Respondents 50 and Older]

Sigmoidoscopy.....	3%
Colonoscopy	57
Both.....	13
Or neither	26
Not sure.....	2

41. How long has it been since you had your last sigmoidoscopy? [120 Respondents 50 and Older]

Within the past year (anytime less than 12 months ago).....	<1%
Within the past 2 years (1 year, but less than 2 years ago)	<1
Within the past 5 years (2 years, but less than 5 years ago).....	6
Within the past 10 years (5 years but less than 10 years ago)...	4
10 years ago or more	4
Never.....	83
Not sure.....	2

42. How long has it been since you had your last colonoscopy? [121 Respondents 50 and Older]

Within the past year (anytime less than 12 months ago).....	17%
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).....	31
Within the past 10 years (5 years but less than 10 years ago)...	9
10 years ago or more.....	<1
Never.....	28
Not sure.....	2

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

Do not ride bike, use in-line skates or use scooters..... 47%

Frequency of those who bicycle, use in-line roller skates or use scooters [212 Respondents]

Never.....	61%
Seldom	3
Sometimes.....	6
Nearly always.....	7
Always	23
Not sure.....	0

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

Never.....	3%
Seldom	<1
Sometimes.....	6
Nearly always.....	6
Always	85
Not sure.....	0

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

Never.....	39%
Seldom	43
Sometimes.....	15
Nearly always.....	3
Always	1
Not sure.....	0

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

Never.....	<1%
Seldom	4
Sometimes.....	11
Nearly always.....	37
Always	48
Not sure.....	<1

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

Yes	3%
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.....	28%
One to two days.....	20
Three to four days.....	16
Five or more days.....	37
Not sure.....	<1

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

None.....	28%
One drink.....	23
Two drinks.....	28
Three drinks.....	12
Four or more drinks.....	9
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.....	80%
One time.....	7
Two or more times.....	12
Not sure.....	1

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

Yes	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	2%
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	12%	
Some days	5	
Not at all.....	83	→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? [67 Respondents]

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

55. [CURRENT SMOKERS] In the past 12 months, have you seen a doctor, nurse or other health professional? [67 Respondents]

Yes	79%	→CONTINUE WITH Q56
No.....	21	→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? [53 Respondents]

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

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

Smoking is not allowed anywhere inside your home..	81%
Smoking is allowed in some places or at some times .	8
Smoking is allowed anywhere inside your home or ...	3
There are no rules about smoking inside your home ..	8
Not sure	0

58. Which of the following best describes your place of work's official indoor smoking policy? [298 Respondents Who Work]

Not allowed in any area.....	80%
Allowed in some areas	14
Allowed in all areas.....	1
No official policy	5
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? [334 Nonsmokers]

0 days 69%
 1 to 3 days 26
 4 to 6 days 3
 All 7 days 2
 Not sure 0

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

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

Yes 31%
 No 69
 Not sure <1

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

	Yes	No	Not sure	No firearms in HH/NA
61. Handguns	16%	14%	<1%	70%
62. Rifles or shotguns.....	25	6	0	70

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

Yes 3%
 No 27
 Not sure <1
 No firearms in the household/no answer 70

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

Yes 3%
 No <1
 Not sure 0
 No firearms in the household/not loaded/no answer 97

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

	Yes	No	Not Sure
65. Going to a chiropractor	14%	85%	<1%
66. Having acupuncture	2	98	0
67. Massage therapy.....	23	77	0
68. Aroma therapy using essential oils	4	96	0

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

69. Gender [DERIVED, NOT ASKED]

Male	50%
Female.....	51

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

71. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

Not overweight.....	37%
Overweight.....	37
Obese.....	26

72. Are you Hispanic or Latino?

Yes	2%
No.....	97
Not sure	<1

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

White.....	90%
Black, African American	2
Asian	6
Native Hawaiian or other Pacific Islander	0
American Indian or Alaska Native.....	0
Another race.....	<1
Multiple race	<1
Not sure	2

74. What is your current marital status?

Single and never married	19%
A member of an unmarried couple.....	1
Married.....	66
Separated.....	1
Divorced.....	7
Widowed	6
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	19
Some college	26
Technical school graduate.....	10
College graduate	34
Advanced or professional degree	8
Not sure	0

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

Yes	54%
No.....	47
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]

Oak Creek	100%
-----------------	------

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

53154.....	100%
------------	------

80. Do you have more than one telephone number in your household? Do not include cell phones or numbers that are only used by a computer or fax machine.

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

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

One.....	100%
Two or more.....	<1

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

Yes	82%
No.....	18
Not sure.....	0

83. What is your annual household income before taxes?

Less than \$10,000	3%
\$10,000 to \$20,000.....	5
\$20,001 to \$30,000.....	5
\$30,001 to \$40,000.....	6
\$40,001 to \$50,000.....	9
\$50,001 to \$60,000.....	9
\$60,001 to \$75,000.....	11
\$75,001 to \$90,000.....	6
\$90,001 to \$105,000.....	11
\$105,001 to \$120,000.....	5
\$120,001 to \$135,000.....	2
Over \$135,000.....	7
Not sure	10
No answer	7

84. Which of the following best describes you?

Heterosexual where you are attracted to people of the opposite sex...	99%
Gay or lesbian where you are attracted to people of the same sex.....	0
Or bisexual where you are attracted to people of both sexes	0
Not sure	0
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	0	→GO TO Q87

86. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? Again, I want to assure you that all your responses are strictly confidential. [32 Respondents; More than 1 response accepted]

Stranger	26 responses
Ex-spouse	2 responses
Friend	2 responses
Acquaintance.....	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.....	99	→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?
[6 Respondents; More than 1 response accepted]

Acquaintance.....	3 responses
Boyfriend or girlfriend	2 responses
Friend	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	61
Neither.....	1
Not sure	0

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

ADDITIONAL QUESTIONS FOR OAK CREEK

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

A1. Was there a time during the last 12 months that you felt you did not get the dental care you needed?

Yes 8%
 No.....92

A2. Was there a time in the past 30 days that your household did not have access to adequate and appropriate food?

Yes 1%
 No.....99

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?

Yes29%
 No.....71
 Not sure<1

A4. How often do you eat foods such as hamburgers, french fries, hot dogs, pizza, tacos or fried chicken?

A few times per month.....43%
 A few times per week.....40
 Daily or nearly so 4
 Hardly ever or never.....13
 Not sure 0

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

Yes11%
 No.....89

A6. For the treatment of your last injury due to a fall, did you... [43 Respondents]

Call an ambulance and go to the emergency room .. 7%
 Go to the emergency room on your own..... 12
 See your personal physician..... 7
 Go to Urgent Care 5
 Not seek care immediately 21
 Not seek care at all 49

APPENDIX C: SURVEY METHODOLOGY

SURVEY METHODOLOGY

2009 Community Health Survey

The 2009 Oak Creek Community Health Survey was conducted from October 1, 2009 through January 11, 2010. Four hundred respondents were scientifically selected so that the survey would be representative of all adults 18 and older. The sampling strategy was two-fold. 1) A random-digit-dial landline sample of telephone numbers which included listed numbers. The respondent within each household was randomly selected by computer based on the number of adults in the household (n=378). 2) A cell-phone only sample where the person answering the phone was selected as the respondent (n=22). 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 Oak Creek Community Health Survey was conducted from March 14 through June 29, 2006. A total of 400 random adults 18 and older within the community were interviewed by telephone. The sample of random telephone numbers included listed numbers. Respondents within each household were randomly selected by computer based on the number of adults in the household. At least 8 attempts were made to contact a respondent. Survey respondents were weighted based on the number of adults in the household and the number of residential phone numbers, excluding fax and computer lines, to take into account the probability of selection. Post-stratification was also done by sex and age to reflect the 2000 census proportion of these characteristics in the area. With a sample size of 400, the margin of error is $\pm 5\%$. The margin of error for smaller subgroups is larger.

2003 Community Health Survey

The 2003 Oak Creek Community Health Survey was conducted from February 22 through March 24, 2003. A total of 400 random adults 18 and older within the community were interviewed by telephone. The sample of random telephone numbers included listed numbers. At least 8 attempts were made to contact a respondent. Post-stratification was done by sex and age to reflect the 2000 census proportion of these characteristics in the area. With a sample size of 400, the margin of error is $\pm 5\%$. The margin of error for smaller subgroups is larger.