

**Shorewood/Whitefish Bay
Community Health Survey Report
2009**

Commissioned by:
Aurora Health Care

In Partnership with:
**Shorewood/Whitefish Bay Health Department
Center for Urban Population Health**

Prepared by:
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Purpose

The purpose of this project is to provide Shorewood/Whitefish Bay 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 Shorewood/Whitefish Bay 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 Shorewood/Whitefish Bay 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=379). 2) A cell phone-only sample where the person answering the phone was selected as the respondent (n=21). A reimbursement of \$20 was offered to respondents to cover the cost of incoming minutes. At least 8 attempts were made to contact a respondent in both samples. Screener questions verifying location were included. Data collection was conducted by Management Decisions Incorporated.

A total of 400 telephone interviews were completed between September 30, 2009 and January 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 Shorewood/Whitefish Bay. 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 Shorewood/Whitefish Bay Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents for 2009

	Survey Results
TOTAL	100%
Gender	
Male	46%
Female	55
Age	
18 to 34	27%
35 to 44	23
45 to 54	22
55 to 64	11
65 and Older	18
Education	
High School Graduate or Less	6%
Some Post High School	20
College Graduate	74
Household Income	
Bottom 40 Percent Bracket	23%
Middle 20 Percent Bracket	12
Top 40 Percent Bracket	51
Not Sure/No Answer	15
Married	59%

What do the percentages mean?

Results of the Shorewood/Whitefish Bay Community Health Survey can be generalized to the adult population with telephones. In 2009, the Wisconsin Department of Administration estimated 20,888 adult residents in the area, an increase of 0.08% 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 210 adults. So, when 6% of respondents reported their health was fair or poor, this roughly equates to 1,260 residents \pm 1,050 individuals. Therefore, from 210 to 2,310 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 Shorewood/Whitefish Bay is 12,077, an increase of 0.68% 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 120 households. For example, 7% 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 840.

Definitions

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

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

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

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

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

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

The definition for binge drinking varies. Currently, the Centers for Disease Control (CDC) defines binge drinking as four or more drinks per occasion for females and five or more drinks per occasion for males to account for weight and metabolism differences. Previously, the CDC defined binge drinking as five or more drinks at one time, regardless of gender. In 2003, the Shorewood/Whitefish Bay Health Survey defined binge drinking as four or more drinks for females and five or more drinks for males to account for weight and metabolism differences. All other study years were five or more drinks, regardless of gender.

Summary

This research provides valuable behavioral data, lifestyle habits, and the prevalence of risk factors and disease conditions of Shorewood/Whitefish Bay 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			
Shorewood/Whitefish Bay	2003	2006	2009	Shorewood/Whitefish Bay	2003	2006	2009
Excellent	33%	32%	35%	High Blood Cholesterol	21%	18%	19%
Very Good	42%	41%	40%	High Blood Pressure	15%	16%	18%
Fair or Poor	6%	7%	6%	Mental Health Condition	7%	5%	14%
<i>Other Research: (2008)</i>				Asthma (Current)	6%	6%	11%
<i>Fair or Poor</i>				Heart Disease/Condition	5%	6%	5%
		<i>WI</i>	<i>U.S.</i>	Diabetes	4%	3%	4%
		12%	14%	Cancer			4%
				Stroke	<1%	2%	1%
Health Care Coverage				Physical Health			
Shorewood/Whitefish Bay	2003	2006	2009	Shorewood/Whitefish Bay	2003	2006	2009
Not Covered				Physical Activity/Week			
Personally (currently)	5%	4%	4%	Moderate Activity (5 times/30 min)	33%	46%	43%
Personally (past 12 months)			6%	Vigorous Activity (3 times/20 min)		37%	35%
Household Member (past 12 months)	14%	12%	7%	Recommended Moderate or Vigorous		60%	60%
Advance Care Plan	36%	44%	43%	Overweight	42%	45%	50%
Primary Source of Health Advice				Fruit Intake (2+ servings/day)	77%	80%	77%
Doctor/nurse practitioner's office		90%	88%	Vegetable Intake (3+ servings/day)	38%	36%	32%
Public hlth clinic/comm. hlth center		3%	6%	<i>Other Research:</i>			
Hospital outpatient department		2%	2%	Overweight (2008)		<i>WI</i>	<i>U.S.</i>
<i>Other Research: (2008)</i>				Recommended Mod. or Vig. Activity (2007)		64%	64%
<i>Personally Not Covered (currently)</i>						55%	50%
		<i>WI</i>	<i>U.S.</i>	Women's Health			
		10%	15%	Shorewood/Whitefish Bay	2003	2006	2009
Routine Procedures				Mammogram (40+; within past 2 years)	83%	83%	84%
Shorewood/Whitefish Bay	2003	2006	2009	Bone Density Scan (65+)		82%	86%
Routine Checkup (2 years or less)	88%	84%	82%	Pap Smear (18 - 65; within past 3 years)	95%	94%	95%
Cholesterol Test (4 years or less)	80%	81%	83%	<i>Other Research: (2008)</i>			
Dental Checkup (past year)	77%	78%	82%	Mammogram (40+; within past 2 years)		<i>WI</i>	<i>U.S.</i>
Eye Exam (past year)	54%	44%	41%	Pap Smear (18+, within past 3 years)		76%	76%
<i>Other Research:</i>						83%	83%
<i>Routine Checkup (≤2 years; 2000)</i>							
<i>Cholesterol Test (≤5 years; 2007)</i>							
<i>Dental Checkup (past year; 2008)</i>							
		<i>WI</i>	<i>U.S.</i>	Men's Health			
		79%	84%	Shorewood/Whitefish Bay	2003	2006	2009
		77%	75%	PSA Test (40+; within past 2 years)		56%	50%
		73%	71%	Digital Rectal Exam (40+; within past year)	45%	40%	47%
Vaccinations				<i>Other Research: (2008)</i>			
Shorewood/Whitefish Bay	2003	2006	2009	PSA Test (40+; within past 2 years)		<i>WI</i>	<i>U.S.</i>
Flu Vaccination (past year—65+)	75%	75%	73%			52%	55%
Pneumonia (ever—65 and older)	53%	73%	73%	Other Tests			
<i>Other Research: (2008)</i>				Shorewood/Whitefish Bay	2003	2006	2009
<i>Flu Vaccination (past year—65+)</i>				Sigmoidoscopy (50+; within past 5 years)			12%
				Colonoscopy (50+; within past 10 years)			68%
<i>Pneumonia (ever—65 and older)</i>				Sig./Colonoscopy (50+; lifetime)	57%	67%	73%
				<i>Other Research: (2008)</i>			
		<i>WI</i>	<i>U.S.</i>			<i>WI</i>	<i>U.S.</i>
		70%	67%	Sig./Colonoscopy (50+; lifetime)		67%	62%
Complementary/Alternative Treatments in Past 3 Years							
Shorewood/Whitefish Bay	2003	2006	2009				
Massage Therapy	29%	26%	24%				
Chiropractic Care	15%	12%	12%				
Aroma Therapy	6%	7%	9%				
Acupuncture	4%	5%	7%				

Safety				Mental Health Status			
Shorewood/Whitefish Bay	2003	2006	2009	Shorewood/Whitefish Bay	2003	2006	2009
Seat Belt (always/nearly always)	93%	98%	96%	Felt Sad, Blue or Depressed			
Helmet Use of Those Who Ride Bike/				Always/Nearly Always	4%	3%	5%
In-Line Skate (always/nearly always)	54%	56%	61%	Find Meaning and Purpose in Daily Life			
Detectors in Household				Seldom/Never	5%	3%	2%
Smoke Detector	93%	98%	98%	Considered Suicide (past year)	2%	4%	6%
Carbon Monoxide Detector	42%	48%	62%				
Both Detectors	41%	47%	61%	Alcohol Use			
Neither Detector	5%	2%	2%	Shorewood/Whitefish Bay	2003	2006	2009
				Of all Respondents in Past Month...			
<i>Other Research: (2002)</i>		<u>WI</u>	<u>U.S.</u>	Heavy Drinker	5%	5%	6%
Seat Belt (always/nearly always)		82%	88%	Binge Drinker	12%	17%	16%
				Driver/Passenger in Vehicle When Driver			
Cigarette Use				Perhaps Had Too Much to Drink	4%	2%	3%
Shorewood/Whitefish Bay	2003	2006	2009	HH Problem Associated with Alcohol		3%	1%
Current Smokers	15%	11%	9%				
Of Current Smokers...				<i>Other Research: (2008)</i>		<u>WI</u>	<u>U.S.</u>
Quit Smoking 1 Day or More in Past				Heavy Drinker		8%	5%
Year Because Trying to Quit	62%	51%	68%	Binge Drinker		23%	16%
Saw a Health Care Professional Past Yr.							
...Advised to Quit Smoking		74%	57%	Personal Safety in Past Year			
				Shorewood/Whitefish Bay	2003	2006	2009
<i>Other Research:</i>		<u>WI</u>	<u>U.S.</u>	Afraid for Their Safety	10%	11%	10%
Current Smokers (2008)		20%	18%	Pushed, Kicked, Slapped, or Hit	3%	1%	3%
Tried to Quit (2005)		49%	56%	At Least One of the Safety Issues	12%	12%	11%
Smoking Policies				Firearms in Household			
Shorewood/Whitefish Bay			2009	Shorewood/Whitefish Bay	2003	2006	2009
Smoking Policy at Home				Of all Households...			
Not allowed anywhere			85%	Have a Firearm	9%	12%	8%
Allowed in some places or at some times			5%	Handgun			5%
Allowed anywhere			1%	Rifle or shotgun			7%
No rules inside home			9%	Have a Loaded Firearm	2%	<1%	1%
Work's Official Indoor Smoking Policy				Have a Loaded Firearm Unlocked	0%	<1%	<1%
Not allowed anywhere			86%				
Allowed in some areas			7%	<i>Other Research: (2002)</i>			
Allowed in all areas			3%	Of all Households...		<u>WI</u>	<u>U.S.</u>
No official policy			4%	Have a Firearm		44%	33%
Second-Hand Smoke Exposure in Past				Have a Loaded Firearm		3%	8%
Seven Days of Nonsmokers				Have a Loaded Firearm Unlocked		2%	4%
0 days			84%				
1 to 3 days			14%	Additional Questions			
4 to 6 days			<1%	Shorewood/Whitefish Bay	2003	2006	2009
All 7 days			1%	Awareness of/Experience with Health Dept.			
				Aware of/Received Services	28%	29%	34%
<i>Other Research: (WI: 2003; US: 2006-2007)</i>		<u>WI</u>	<u>U.S.</u>	Satisfied w/Health Dept. Meeting Its			
Smoking Prohibited at Home		75%	79%	Mission Of Those Aware of Health Dept.			76%
Smoke-Free Policy at Indoor Worksite		75%	75%	Prepared for Natural/Man-Made Disaster			28%
				Three Largest Community Health Issues			
				Obesity/Lack of Exercise/Poor Nutrition			63%
				Illegal Drug Use			55%
				Alcohol Abuse			50%
				Largest Environmental Health Issue			
				Water Quality			43%
				Food Safety			36%
				Indoor Air Quality			11%

Overall Health and Health Care Key Findings

In 2009, 75% of respondents reported their health as excellent or very good; 6% 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, overweight or inactive were more likely to report fair or poor conditions. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported their health fair or poor.*

In 2009, 4% of respondents reported they were not currently covered by health care insurance; respondents who were 18 to 34 years old, with a high school education or less, in the bottom 40 percent household income bracket or who were unmarried were more likely to report this. Six percent of respondents reported they personally did not have health care coverage at least part of the time in the past 12 months; respondents who were 18 to 34 years old, with a high school education or less, in the bottom 40 percent household income bracket or who were unmarried were more likely to report this. Seven percent reported someone in their household was not covered at least part of the time in the past 12 months; respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Eighty-eight percent of respondents reported their primary place for health services was from a doctor's or nurse practitioner's office; respondents who were female, 35 and older, with a college education, in the top 40 percent household income bracket or who were married were more likely to report this. Forty-three percent of respondents had an advance care plan; respondents 65 and older were more likely to report this. *From 2003 to 2009, the overall percent statistically remained the same for respondents 18 and older or for respondents 18 to 64 years old who reported no current personal health care insurance. From 2003 to 2009, the overall percent statistically decreased for respondents who reported someone in the household was not covered at least part of the time in the past 12 months. From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting their primary place for health services was from a doctor's or nurse practitioner's office. From 2003 to 2009, there was a statistical increase in the overall percent of respondents having an advance care plan.*

In 2009, 82% of respondents reported a routine medical checkup two years ago or less while 83% reported a cholesterol test four years ago or less. Eighty-two percent of respondents reported a visit to the dentist in the past year while 41% reported an eye exam in the past year. Respondents who were female, 55 and older or in the middle 20 percent household income bracket were more likely to report a routine checkup two years ago or less. Respondents who were 55 to 64 years old, with a high school education or less, a college education or in the top 40 percent household income bracket were more likely to report a cholesterol test four years ago or less. Respondents who were 55 to 64 years old, with a high school education or less, a college education or in the top 40 percent household income bracket were more likely to report a dental checkup in the past year. Respondents 65 and older were more likely to report an eye exam in the past year. *From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who reported a routine checkup two years ago or less or an eye exam in the past year. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported a cholesterol test four years ago or less. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported a dental checkup in the past year.*

In 2009, 50% of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past year. Respondents who were 65 and older, with a high school education or less, a college education, in the top 40 percent household income bracket or who were married were more likely to report a flu vaccination. Seventy-three percent of respondents 65 and older had a pneumonia vaccination. *From 2003 to 2009, there was a statistical increase in the overall percent of respondents 18 and older who reported a flu vaccination in the past 12 months. From 2003 to 2009, there was no statistical change in the overall percent of respondents 65 and older who reported a flu vaccination in the past 12 months. From 2003 to 2009, there was a statistical increase in the overall percent of respondents 65 and older who had a pneumonia vaccination.*

Health Risk Factors Key Findings

In 2009, out of eight health conditions listed, the two most often mentioned in the past three years were high blood cholesterol or high blood pressure (19% and 18%, respectively). 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 a high school education or less, who were overweight, inactive or smokers were more likely to report high blood cholesterol. Respondents 65 and older were more likely to report heart disease/condition. Respondents who were 18 to 34 years old, with a high school education or less, in the bottom 40 percent household income bracket or who were unmarried were more likely to report a mental health condition. Respondents who were male, 65 and older, unmarried or overweight were more likely to report diabetes. Respondents who were 45 to 54 years old, with a high school education or less or who were unmarried were more likely to report current asthma. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported high blood pressure, high blood cholesterol, heart disease condition, diabetes or stroke. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported current asthma. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported a mental health condition, possibly the result of wording change.*

In 2009, 5% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Six percent of respondents felt so overwhelmed they considered suicide in the past year; respondents who were 18 to 34 years old, with a high school education or less, in the bottom 40 percent household income bracket or who were unmarried were more likely to report this. Two percent of respondents reported they seldom or never find meaning and purpose in daily life. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported they considered suicide. From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who reported they seldom/never find meaning and purpose in daily life.*

Behavioral Risk Factors Key Findings

In 2009, out of four complementary/alternative treatments listed, massage therapy was the most often used in the past three years (24%). Respondents with a college education or in the top 40 percent household income bracket were more likely to report chiropractic care. Respondents 55 to 64 years old were more likely to report massage therapy. Respondents who were female or unmarried were more likely to report aroma therapy. Respondents 45 to 64 years old were more likely to report they used acupuncture. *From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting chiropractic care, massage therapy, aroma therapy or acupuncture.*

In 2009, 43% of respondents did moderate physical activity five times a week for 30 minutes while 35% did vigorous activity three times a week for 20 minutes. Combined, 60% met the recommended amount of physical activity; respondents who were 18 to 34 years old or not overweight were more likely to report this. Fifty percent of respondents were classified as overweight. Respondents who were in the bottom 60 percent household income bracket or inactive were more likely to be classified as overweight. *From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes. From 2006 to 2009, there was no statistical change in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes or meeting the recommended amount of physical activity. From 2003 to 2009, there was a statistical increase in the overall percent of respondents being overweight.*

In 2009, 77% of respondents reported two or more servings of fruit while 32% reported three or more servings of vegetables on an average day. Respondents who were in the middle 20 percent household income bracket or met the recommended amount of physical activity were more likely to report at least two servings of fruit. Respondents who were in the top 40 percent household income bracket or not overweight were more likely to report at least three servings of vegetables a day. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported two or more servings of fruit or three or more servings of vegetables on an average day.*

In 2009, 84% of female respondents 40 and older reported a mammogram within the past two years. Eighty-six percent of female respondents 65 and older had a bone density scan. Ninety-five percent of female respondents 18 to 65 years old reported a pap smear within the past three years; married respondents were more likely to report this. *From 2003 to 2009, there was no statistical change in the overall percent of respondents 40 and older who reported having a mammogram within the past two years or respondents 18 to 65 years old having a pap smear within the past three 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.*

In 2009, 50% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Forty-seven 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, 12% of respondents 50 and older reported a sigmoidoscopy within the past five years while 68% reported a colonoscopy within the past ten years. Married respondents were more likely to report a colonoscopy within the past ten years. Seventy-three percent of respondents 50 and older reported a sigmoidoscopy or colonoscopy in their lifetime; married respondents were more likely to report this. *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, 96% of respondents wore seat belts always or nearly always; respondents with a college education or in the top 40 percent household income bracket were more likely to report this. Of those respondents who rode a bike, used in-line skates or rode a scooter, 61% reported they always or nearly always wore a helmet; respondents who were 45 and older, with a college education, in the top 40 percent household income bracket or who were married 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, 9% of respondents were current smokers. Respondents who were male, 18 to 34 years old, with a high school education or less, in the bottom 40 percent household income bracket or who were unmarried were more likely to be a smoker. Sixty-eight percent of current smokers quit smoking for one day or longer in the past 12 months; 57% 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, 85% of respondents reported smoking is not allowed anywhere inside the home while 86% reported smoking is not allowed in any area at work. Respondents who were in the top 40 percent household income

bracket, married, nonsmokers or in households with children were more likely to report smoking is not allowed anywhere inside the home. Respondents who were 35 to 44 years old, 55 and older, with a high school education or less, a college education, in the top 60 percent household income bracket or who were married were more likely to report smoking is not allowed in any area at work. Two percent of nonsmoking respondents reported they were exposed to second-hand smoke at least four out of the past seven days.

In 2009, 77% of respondents had an alcoholic drink in the past 30 days. In the past month, 6% were heavy drinkers while 16% were binge drinkers. Respondents with some post high school education or who were unmarried were more likely to report heavy drinking in the past month. Respondents who were male or 35 to 44 years old were more likely to have binged at least once in the past month. Three percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. One percent of respondents reported someone in their household experienced a problem in connection with drinking in the past year. *From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting heavy drinking or binge drinking in the past month. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they were a driver or passenger in a vehicle when the driver perhaps had too much to drink. From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting they, or someone in their household, experienced some kind of problem, such as legal, social, personal or physical in connection with drinking in the past year.*

In 2009, 98% of households had a working smoke detector while 62% had a working carbon monoxide detector. Sixty-one percent of households had both detectors. Respondents who were in the top 40 percent household income bracket or married were more likely to report both detectors. *From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported both a working smoke detector and carbon monoxide detector.*

In 2009, 8% of households had a firearm in or around the home; respondents in the bottom 40 percent household income bracket were more likely to report this. Of all households, 5% had a handgun in their home while 7% had a rifle or shotgun. Respondents in the bottom 40 percent household income bracket, who were unmarried or in households without children were more likely to report a handgun in their home. Respondents in the bottom 40 percent household income bracket were more likely to report a rifle or shotgun in their home. Of all households, 1% had a loaded firearm. Less than one percent of all households had a firearm loaded and unlocked. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a firearm in or around their home. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a loaded firearm or a loaded firearm which was also unlocked.*

In 2009, 10% of respondents reported someone made them afraid for their personal safety in the past year; respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Three percent of respondents reported they had been pushed, kicked, slapped or hit in the past year. A total of 11% reported at least one of these two situations; respondents with some post high school education, in the bottom 40 percent household income bracket or who were unmarried were more likely to report this. *From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting they were afraid for their personal safety or they were pushed, kicked, slapped or hit. From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting at least one of the two personal safety issues.*

Additional Questions Key Findings

In 2009, 6% of respondents were not aware of the public health department prior to the interview; 34% received services from the health department. Respondents who were female, in the bottom 40 percent household income bracket or unmarried were more likely to have received services from the health department. Of the respondents who were aware of the health department, 76% reported they were satisfied with the health department meeting

its mission to promote health, prevent disease and protect the public; respondents who were 35 to 54 years old, with a college education or in the top 40 percent household income bracket were more likely to report this. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they received limited or extensive services from the public health department.*

In 2009, 28% of respondents reported someone in their family had taken steps to prepare for a natural or man-made disaster.

In 2009, out of six health issues, the three most often selected health concerns were the following: obesity, lack of exercise or poor nutrition (63%), illegal drug use (55%) and alcohol abuse (50%). Respondents who were male or 18 to 34 years old were more likely to report obesity/lack of exercise/poor nutrition. Respondents who were female, 55 to 64 years old or in the top 40 percent household income bracket were more likely to report illegal drug use. Respondents who were female or 45 to 64 years old were more likely to report alcohol abuse. Respondents who were male or with some post high school education were more likely to report smoking. Respondents who were 18 to 54 years old, with a high school education or less, with a college education, in the top 40 percent household income bracket or who were married were more likely to report infectious diseases. Respondents who were in the bottom 40 percent household income bracket or in the top 40 percent household income bracket were more likely to report mental health.

In 2009, out of five environmental health issues listed, the largest concerns were water quality (43%) or food safety (36%). Eleven percent reported indoor air quality. Female respondents were more likely to report water quality than male respondents. Respondents 35 to 44 years old were more likely to report indoor air quality compared to all other age groups. Respondents with a college education were more likely to report water quality compared to all other education levels.

Key Findings

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

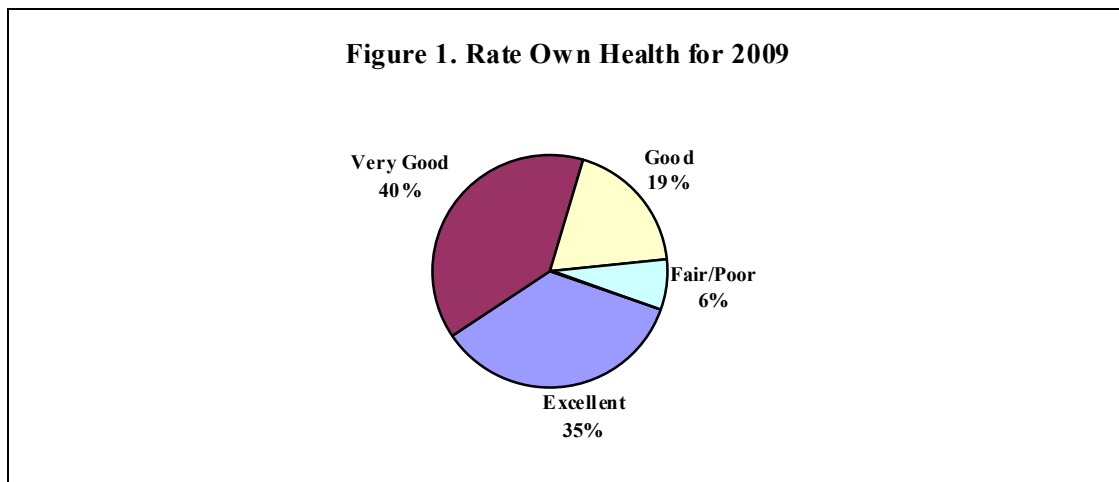
KEY FINDINGS: In 2009, 75% of respondents reported their health as excellent or very good; 6% reported fair or poor. Respondents who were 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were unmarried, overweight or inactive were more likely to report fair or poor conditions.

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

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

2009 Findings

- Seventy-five percent of respondents said their own health, generally speaking, was either excellent (35%) or very good (40%). A total of 6% reported their health was fair or poor.



- Sixteen percent of respondents 65 and older reported their health was fair or poor compared to 3% of those 35 to 44 years old or 2% of respondents 45 to 54 years old.
- Twenty percent of respondents with a high school education or less reported fair or poor health compared to 10% of those with some post high school education or 4% of respondents with a college education.
- Eighteen percent of respondents in the bottom 40 percent household income bracket reported their health was fair or poor compared to 3% of those in the top 40 percent income bracket or 2% 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 (12% and 3%, respectively).

- Overweight respondents were more likely to report fair or poor health (9%) compared to respondents who were not overweight (4%).
- Nineteen percent of inactive respondents reported their health was fair or poor compared to 7% of those who did an insufficient amount of physical activity or 4% of respondents who met the recommended amount of physical activity.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported their health as fair or poor.
- In 2003, male respondents were more likely to report fair or poor health. In 2006, female respondents were more likely to report fair or poor conditions. In 2009, gender was not a significant variable.
- In 2006 and 2009, respondents 65 and older were more likely to report fair or poor conditions. In 2003, age was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents 18 to 34 years old and a noted decrease in the percent of respondents 45 to 54 years old reporting their health as fair or poor.
- In 2006 and 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 2006 and 2009, respondents in the bottom 40 percent household income bracket were more likely to report fair or poor health. In 2003, household income was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket reporting fair or poor health.
- In 2003 and 2009, unmarried respondents were more likely to report fair or poor conditions. In 2006, marital status was not a significant variable.
- In 2009, overweight respondents were more likely to report their health as fair or poor. 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 2003 and 2006, smokers were more likely to report fair or poor conditions. In 2009, 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	6%	7%	6%
Gender ^{1,2}			
Male	8	4	5
Female	3	9	7
Age ^{2,3}			
18 to 34 ^a	0	4	6
35 to 44	7	5	3
45 to 54 ^a	9	7	2
55 to 64	2	9	7
65 and Older	7	12	16
Education ^{2,3}			
High School or Less	9	15	20
Some Post High School	8	12	10
College Graduate	5	5	4
Household Income ^{2,3}			
Bottom 40 Percent Bracket ^a	5	13	18
Middle 20 Percent Bracket	6	6	2
Top 40 Percent Bracket	6	5	3
Marital Status ^{1,3}			
Married	4	6	3
Not Married	9	9	12
Overweight Status ³			
Not Overweight	4	5	4
Overweight	7	9	9
Physical Activity ^{2,3}			
Inactive	--	20	19
Insufficient	--	8	7
Recommended	--	5	4
Smoking Status ^{1,2}			
Nonsmoker	4	6	6
Smoker	16	13	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.

^②Physical activity was defined differently in 2003.

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

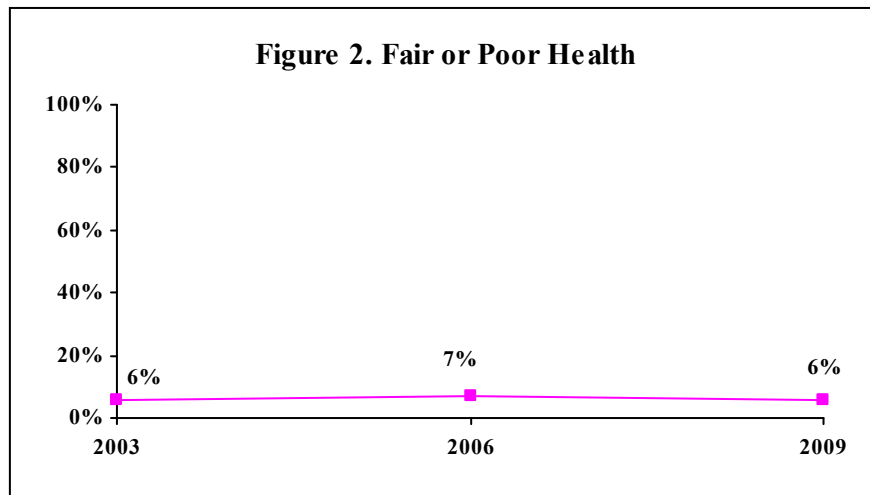
²demographic difference at $p \leq 0.05$ in 2006

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, 4% of respondents reported they were not currently covered by health care insurance; respondents who were 18 to 34 years old, with a high school education or less, in the bottom 40 percent household income bracket or who were unmarried were more likely to report this. Six percent of respondents reported they personally did not have health care coverage at least part of the time in the past 12 months; respondents who were 18 to 34 years old, with a high school education or less, in the bottom 40 percent household income bracket or who were unmarried were more likely to report this. Seven percent reported someone in their household was not covered at least part of the time in the past 12 months; respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Eighty-eight percent of respondents reported their primary place for health services was from a doctor's or nurse practitioner's office; respondents who were female, 35 and older, with a college education, in the top 40 percent household income bracket or who were married were more likely to report this. Forty-three percent of respondents had an advance care plan; respondents 65 and older were more likely to report this.

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

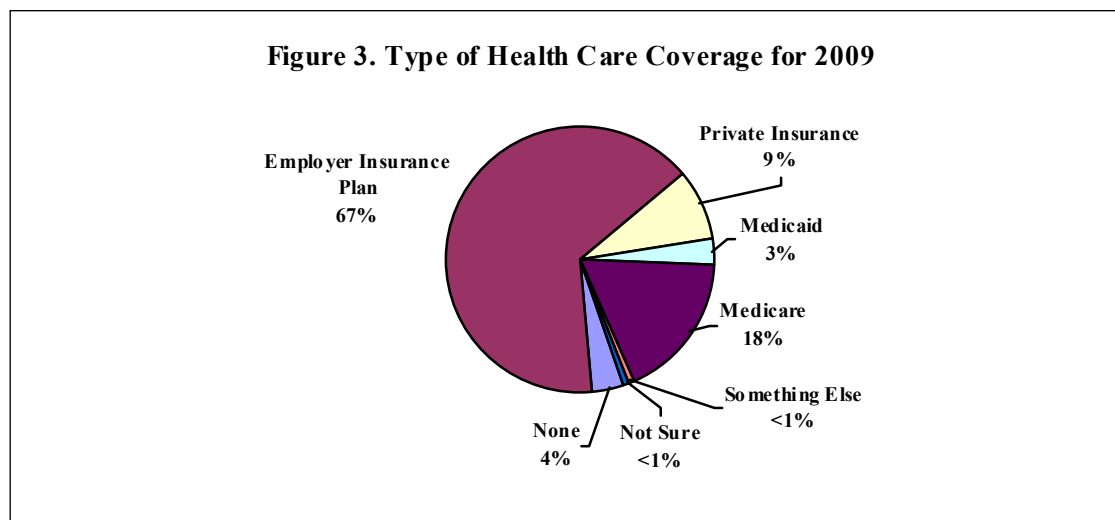
Personally Not Covered Currently

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

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

2009 Findings

- Four percent of respondents reported they were not currently covered by any health care insurance. Sixty-seven percent reported they were covered by an employer sponsored insurance plan. Nine percent reported private insurance bought directly from an insurance agent/company. Three percent reported Medicaid, including medical assistance, Title 19 or Badger Care, while 18% reported Medicare, including medical assistance, Title 19 or Badger Care, while 18% reported Medicare.



- Nine percent of respondents reported no current personal health care insurance compared to 0% of respondents who were 35 to 44 years old or 65 and older.
- Respondents with a high school education or less were more likely to report no health insurance (16%) compared to those with some post high school education (12%) or respondents with a college education (less than one percent).
- Eleven percent of respondents in the bottom 40 percent household income bracket reported no health insurance compared to 7% of those in the middle 20 percent income bracket or 0% of respondents in the top 40 percent household income bracket.
- Nine percent of unmarried respondents reported no current personal health 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 2006 and 2009, respondents 18 to 34 years old were more likely to report no health insurance. In 2003, age was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents 35 to 44 years old reporting no health insurance.
- In all study years, respondents with a high school education or less were more likely to report no health insurance.
- In all study years, respondents in the bottom 40 percent household income bracket were more likely to report no health insurance. From 2003 to 2009, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting no health insurance.
- In all study years, unmarried respondents were more likely to report no health insurance.

Table 3. Personally No Health Care Coverage by Demographic Variables for Each Survey Year^⓪

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

^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

Personally Not Covered in the Past 12 Months

2009 Findings

- Six percent of respondents reported they were not covered by health insurance at least part of the time in the past 12 months.
- Respondents 18 to 34 years old were more likely to report they were not covered (16%) compared to respondents who were 35 to 44 years old or 65 and older (1% each).
- Twenty-seven percent of respondents with a high school education or less reported no coverage compared to 17% of those with some post high school education or 1% of respondents with a college education.

- Fourteen percent of respondents in the bottom 40 percent household income bracket reported no coverage compared to 7% of those in the middle 20 percent income bracket or 3% of respondents in the top 40 percent household income bracket.
- Thirteen percent of unmarried respondents reported no coverage compared to less than one percent of married respondents.

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

	2009
TOTAL	6%
Gender	
Male	4
Female	8
Age ¹	
18 to 34	16
35 to 44	1
45 to 54	3
55 to 64	7
65 and Older	1
Education ¹	
High School or Less	27
Some Post High School	17
College Graduate	1
Household Income ¹	
Bottom 40 Percent Bracket	14
Middle 20 Percent Bracket	7
Top 40 Percent Bracket	3
Marital Status ¹	
Married	<1
Not Married	13

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

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

Someone in Household Not Covered in the Past 12 Months

2009 Findings

- Seven 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.
- Fourteen 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 11% of those in the middle 20 percent income bracket or 3% of respondents in the top 40 percent household income bracket.

- Fifteen percent of unmarried respondents reported someone in their household was not covered compared to less than one percent of married respondents.

Year Comparisons

- From 2003 to 2009, the overall percent statistically decreased for respondents who reported someone in their household was not covered at least part of the time in the past 12 months.
- In 2003, respondents in the middle 20 percent household income bracket were more likely to report someone in their household was not covered in the past 12 months. In 2006 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. 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 all study years, unmarried respondents were more likely to report someone in their household was not covered in the past 12 months. From 2003 to 2009, there was a noted decrease in the percent of married respondents reporting someone in their household was not covered in the past 12 months.

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

	2003	2006	2009
TOTAL ^a	14%	12%	7%
Household Income ^{1,2,3}			
Bottom 40 Percent Bracket	21	28	14
Middle 20 Percent Bracket ^a	29	18	11
Top 40 Percent Bracket ^a	7	5	3
Marital Status ^{1,2,3}			
Married ^a	10	7	<1
Not Married	21	20	15

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

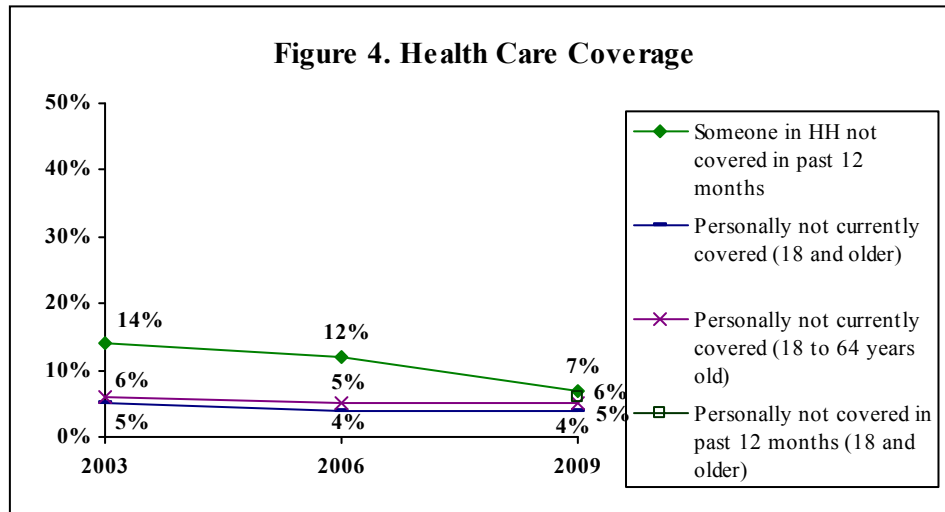
³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Health Care Coverage Overall

Year Comparisons

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



Primary Health Care Services

2009 Findings

- Eighty-eight percent of respondents reported they go to a doctor's or nurse practitioner's office when they are sick or need health advice. Six percent reported public health clinic/community health center while 2% reported hospital outpatient department.
- Female respondents were more likely to report a doctor's or nurse practitioner's office (92%) compared to male respondents (83%).
- Respondents 35 and older were more likely to report a doctor's or nurse practitioner's office (94% to 97%) compared to respondents 18 to 34 years old (67%).
- Ninety-five percent of respondents with a college education reported a doctor's or nurse practitioner's office compared to 72% of those with a high school education or less or 66% of respondents with some post high school education.
- Ninety-four percent of respondents in the top 40 percent household income bracket reported a doctor's or nurse practitioner's office compared to 89% of those in the middle 20 percent income bracket or 68% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report a doctor's or nurse practitioner's office compared to unmarried respondents (96% and 76%, 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 2009, female respondents were more likely to report a doctor's or nurse practitioner's office. In 2006, gender was not a significant variable.
- In 2006, respondents 35 to 44 years old were more likely to report a doctor's or nurse practitioner's office. In 2009, respondents who were 35 and older were more likely to report a doctor's or nurse practitioner's office. From 2006 to 2009, there was a noted decrease in the percent of respondents 18 to 34 years old reporting a doctor's or nurse practitioner's office.
- In both study years, respondents with a college education were more likely to report a doctor's or nurse practitioner's office. From 2006 to 2009, there was a noted decrease in the percent of respondents with some post high school education reporting a doctor's or nurse practitioner's office.
- In both study years, respondents in the top 40 percent household income bracket were more likely to report a doctor's or nurse practitioner's office.
- In both study years, married respondents were more likely to report a doctor's or nurse practitioner's office. From 2006 to 2009, there was a noted decrease in the percent of 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	90%	88%
Gender ²		
Male	88	83
Female	91	92
Age ^{1,2}		
18 to 34 ^a	81	67
35 to 44	96	97
45 to 54	93	94
55 to 64	92	95
65 and Older	91	96
Education ^{1,2}		
High School or Less	72	72
Some Post High School ^a	81	66
College Graduate	93	95
Household Income ^{1,2}		
Bottom 40 Percent Bracket	77	68
Middle 20 Percent Bracket	86	89
Top 40 Percent Bracket	97	94
Marital Status ^{1,2}		
Married	94	96
Not Married ^a	84	76

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

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

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

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

Advance Care Plan

2009 Findings

- Forty-three percent of respondents reported they had an advance care plan, living will or health care power of attorney stating their end of life health care wishes.
- Seventy-five percent of respondents 65 and older reported they had an advance care plan compared to 37% of those 35 to 44 years old or 27% 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.

- In all study years, respondents 65 and older were more likely to report having an advance care plan. From 2003 to 2009, there was a noted increase in the percent of respondents 65 and older reporting an advance care plan.
- In 2006, respondents with a college education were more likely to report having an advance care plan. In all other study years, education was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents with a high school education or less reporting an advance care plan.
- In 2003, married respondents were more likely to report having an advance care plan. In all other study years, marital status was not a significant variable.

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

	2003	2006	2009
TOTAL ^a	36%	44%	43%
Gender			
Male	37	44	41
Female	36	45	44
Age ^{1,2,3}			
18 to 34	22	18	27
35 to 44	29	50	37
45 to 54	40	41	41
55 to 64	36	60	49
65 and Older ^a	56	71	75
Education ²			
High School or Less ^a	28	29	58
Some Post High School	32	42	36
College Graduate	38	46	44
Household Income			
Bottom 40 Percent Bracket	34	38	37
Middle 20 Percent Bracket	38	37	34
Top 40 Percent Bracket	37	45	41
Marital Status ¹			
Married	40	45	45
Not Married	30	42	40

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

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

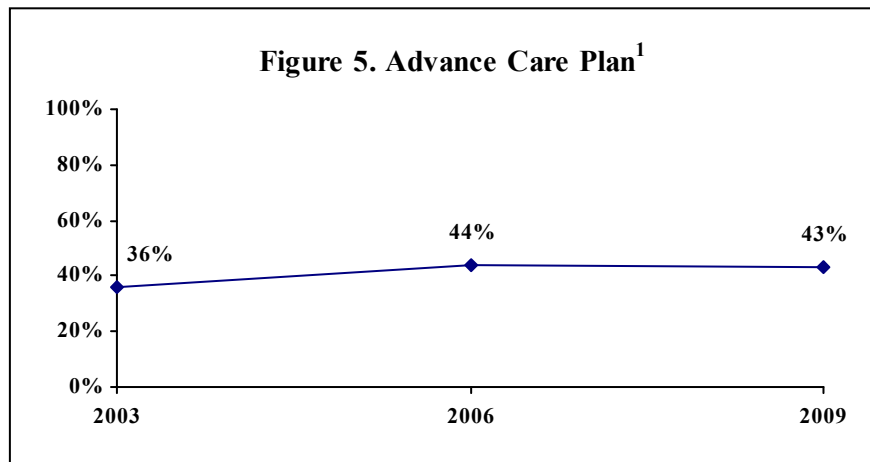
¹demographic difference at $p \leq 0.05$ in 2003

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, 82% of respondents reported a routine medical checkup two years ago or less while 83% reported a cholesterol test four years ago or less. Eighty-two percent of respondents reported a visit to the dentist in the past year while 41% reported an eye exam in the past year. Respondents who were female, 55 and older or in the middle 20 percent household income bracket were more likely to report a routine checkup two years ago or less. Respondents who were 55 to 64 years old, with a high school education or less, a college education or in the top 40 percent household income bracket were more likely to report a cholesterol test four years ago or less. Respondents who were 55 to 64 years old, with a high school education or less, a college education or in the top 40 percent household income bracket were more likely to report a dental checkup in the past year. Respondents 65 and older were more likely to report an eye exam in the past year.

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

Routine Checkup

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

2009 Findings

- Eighty-two percent of respondents reported they had a routine checkup in the past two years.
- Female respondents were more likely to report a routine checkup in the past two years (89%) compared to male respondents (73%).
- Ninety-five percent of respondents 55 to 64 years old and 94% of those 65 and older reported a routine checkup in the past two years compared to respondents 18 to 34 years old.
- Ninety-one percent of respondents in the middle 20 percent household income bracket reported a routine checkup in the past two years compared to 81% of those in the top 40 percent income bracket or 71% of respondents in the bottom 40 percent household income bracket.

Year Comparisons

- From 2003 to 2009, there was a statistical decrease in the overall percent of respondents reporting a routine checkup two years ago or less.
- In 2006 and 2009, female respondents were more likely to report a routine checkup two years ago or less. In 2003, gender was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of male respondents reporting a routine checkup two years ago or less.
- In 2006 and 2009, respondents 55 and older were more likely to report a routine checkup two years ago or less. 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 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 decrease in the percent of respondents with a college education reporting a routine checkup two years ago or less.
- In 2003 and 2006, respondents in the top 40 percent household income bracket were more likely to report a routine checkup two years ago or less. In 2009, respondents in the middle 20 percent household income bracket were more likely to report a routine checkup two years ago or less. From 2003 to 2009, there was a noted decrease in the percent of respondents who were in the bottom 40 percent household income bracket or in the top 40 percent household income bracket reporting a routine checkup two years ago or less.
- Marital status was not a significant variable in any study year. From 2003 to 2009, there was a noted decrease in the percent of unmarried respondents reporting a routine checkup two years ago or less.

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

	2003	2006	2009
TOTAL ^a	88%	84%	82%
Gender ^{2,3}			
Male ^a	85	81	73
Female	90	87	89
Age ^{2,3}			
18 to 34 ^a	84	74	69
35 to 44	86	89	78
45 to 54	89	83	84
55 to 64	93	90	95
65 and Older	91	91	94
Education			
High School or Less	78	77	80
Some Post High School	86	83	77
College Graduate ^a	90	85	83
Household Income ^{1,2,3}			
Bottom 40 Percent Bracket ^a	87	77	71
Middle 20 Percent Bracket	79	79	91
Top 40 Percent Bracket ^a	92	88	81
Marital Status			
Married	89	85	85
Not Married ^a	86	83	77

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Cholesterol Test

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

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

2009 Findings

- Eighty-three percent of respondents reported having their cholesterol tested four years ago or less. Six percent reported five or more years ago while 7% reported never having their cholesterol tested.

- Ninety-eight percent of respondents 55 to 64 years old reported a cholesterol test four years ago or less compared to 83% of those 35 to 44 years old or 64% of respondents 18 to 34 years old.
- Eighty-eight percent of respondents with a high school education or less and 86% of those with a college education reported a cholesterol test four years ago or less compared to 69% of respondents with some post high school education.
- Eighty-nine percent of respondents in the top 40 percent household income bracket reported a cholesterol test four years ago or less compared to 72% 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 a cholesterol test four years ago or less.
- In 2003, respondents 45 and older were more likely to report a cholesterol test four years ago or less. In 2006, respondents 35 to 44 years old or 55 to 64 years old were more likely to report a cholesterol test. In 2009, respondents 55 to 64 years old were more likely to report a cholesterol test four years ago or less.
- In 2006, respondents with at least some post high school education were more likely to report a cholesterol test four years ago or less. In 2009, respondents with a high school education or less or with a college education were more likely to report a cholesterol test four years ago or less.
- In all study years, respondents in the top 40 percent household income bracket were more likely to report a cholesterol test four years ago or less.
- In 2003, married respondents were more likely to report a cholesterol test four years ago or less. In all other study years, marital status was not a significant variable.

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

	2003	2006	2009
TOTAL	80%	81%	83%
Gender			
Male	80	82	82
Female	80	80	84
Age ^{1,2,3}			
18 to 34	52	65	64
35 to 44	76	90	83
45 to 54	91	83	92
55 to 64	93	90	98
65 and Older	90	87	94
Education ^{2,3}			
High School or Less	76	66	88
Some Post High School	81	81	69
College Graduate	81	83	86
Household Income ^{1,2,3}			
Bottom 40 Percent Bracket	72	67	72
Middle 20 Percent Bracket	76	76	72
Top 40 Percent Bracket	84	87	89
Marital Status ¹			
Married	85	82	86
Not Married	73	80	80

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Dental Checkup

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

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

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

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

2009 Findings

- Eighty-two percent of respondents reported a dental visit in the past year. An additional 14% had a visit in the past one to two years.
- Ninety-one percent of respondents 55 to 64 years old reported a dental checkup in the past year compared to 81% of those 35 to 44 years old or 71% of respondents 18 to 34 years old.
- Eighty-five percent of respondents with a college education and 83% of those with a high school education or less reported a dental checkup in the past year compared to 72% of respondents with some post high school education.
- Eighty-six percent of respondents in the top 40 percent household income bracket reported a dental checkup in the past year compared to 77% of those in the middle 20 percent income bracket or 71% 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 having a dental checkup in the past year.
- In 2003, 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 increase in the percent of male respondents reporting a dental checkup in the past year.
- In 2003 and 2006, respondents 45 to 64 years old were more likely to report a dental checkup. In 2009, respondents 55 to 64 years old were more likely to report a dental checkup.
- In 2003 and 2006, respondents with a college education were more likely to report a dental checkup. In 2009, respondents with a high school education or less or with a college education were more likely to report a dental checkup. From 2003 to 2009, there was a noted increase in the percent of respondents with a high school education or less reporting a dental checkup in the past year.
- In all study years, respondents in the top 40 percent household income bracket were more likely to report a dental checkup.
- In 2003 and 2006, married respondents were more likely to report a dental checkup. In 2009, marital status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of unmarried respondents reporting a dental checkup in the past year.

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

	2003	2006	2009
TOTAL ^a	77%	78%	82%
Gender ¹			
Male ^a	69	77	80
Female	82	79	84
Age ^{1,2,3}			
18 to 34	62	66	71
35 to 44	69	75	81
45 to 54	86	88	88
55 to 64	86	87	91
65 and Older	78	84	88
Education ^{1,2,3}			
High School or Less ^a	60	64	83
Some Post High School	73	63	72
College Graduate	80	82	85
Household Income ^{1,2,3}			
Bottom 40 Percent Bracket	59	66	71
Middle 20 Percent Bracket	60	66	77
Top 40 Percent Bracket	87	86	86
Marital Status ^{1,2}			
Married	80	85	83
Not Married ^a	71	69	81

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

¹demographic difference at p≤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-one percent of respondents had an eye exam in the past year while 25% reported one to two years ago. Six percent reported never.
- Seventy-three percent of respondents 65 and older reported an eye exam in the past year compared to 33% of those 35 to 44 years old or 26% of respondents 18 to 34 years old.

Year Comparisons

- From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who reported an eye exam less than a year ago.

- Gender was not a significant variable in any study year. From 2003 to 2009, there was a noted decrease in the percent of respondents across gender reporting an eye exam less than a year ago.
- In all study years, respondents 65 and older were more likely to report an eye exam less than a year ago. From 2003 to 2009, there was a noted decrease in the percent of respondents 18 to 34 years old reporting an eye exam less than a year ago.
- Education was not a significant variable in any study year. From 2003 to 2009, there was a noted decrease in the percent of respondents with at least some post high school education reporting an eye exam less than a year ago.
- Household income was not a significant variable in any study year. From 2003 to 2009, there was a noted decrease in the percent of respondents in the bottom 40 percent household income bracket or in the top 40 percent household income bracket reporting an eye exam less than a year ago.
- Marital status was not a significant variable in any study year. From 2003 to 2009, there was a noted decrease in the percent of respondents across marital status reporting 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 ^a	54%	44%	41%
Gender			
Male ^a	51	44	36
Female ^a	56	44	45
Age ^{1,2,3}			
18 to 34 ^a	56	35	26
35 to 44	42	37	33
45 to 54	47	43	36
55 to 64	55	45	49
65 and Older	69	65	73
Education			
High School or Less	54	38	48
Some Post High School ^a	53	50	29
College Graduate ^a	54	43	43
Household Income			
Bottom 40 Percent Bracket ^a	61	37	37
Middle 20 Percent Bracket	46	43	45
Top 40 Percent Bracket ^a	56	45	43
Marital Status			
Married ^a	53	44	41
Not Married ^a	56	44	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

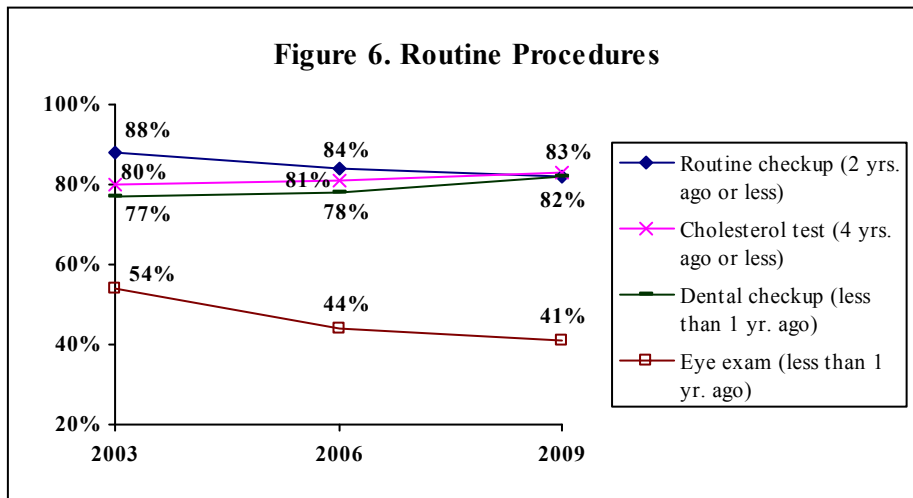
³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Routine Procedures Overall

Year Comparisons

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



Vaccinations (Figure 7; Table 12)

KEY FINDINGS: In 2009, 50% of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past year. Respondents who were 65 and older, with a high school education or less, a college education, in the top 40 percent household income bracket or who were married were more likely to report a flu vaccination. Seventy-three percent of respondents 65 and older had a pneumonia vaccination.

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

Flu Vaccination

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

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

2009 Findings

- Fifty percent of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past 12 months.
- Seventy-three percent of respondents 65 and older reported receiving a flu vaccination compared to 44% of those 45 to 54 years old or 36% of respondents 18 to 34 years old.
- Fifty-eight percent of respondents with a high school education or less and 55% of those with a college education reported receiving a flu vaccination compared to 23% of respondents with some post high school education.
- Fifty-two percent of respondents in the top 40 percent household income bracket reported receiving a flu vaccination compared to 47% of those in the middle 20 percent income bracket or 35% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report receiving a flu vaccination compared to unmarried respondents (54% and 42%, 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, female respondents were more likely to report a flu vaccination. In all other study years, gender was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of 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 35 to 44 years old reporting a flu vaccination.
- In 2009, respondents with a high school education or less or with a college education were more likely to report a flu vaccination. In all other study years, education was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents with a college education reporting a flu vaccination.
- In 2009, respondents in the top 40 percent household income bracket were more likely to report a flu vaccination, with a noted increase since 2003. In all other study years, household income was not a significant variable.
- 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	42%	41%	50%
Gender ²			
Male	46	35	46
Female ^a	38	46	52
Age ^{1,2,3}			
18 to 34	25	30	36
35 to 44 ^a	19	32	49
45 to 54	42	31	44
55 to 64	57	55	56
65 and Older	75	75	73
Education ³			
High School or Less	46	42	58
Some Post High School	37	49	23
College Graduate ^a	42	40	55
Household Income ³			
Bottom 40 Percent Bracket	45	43	35
Middle 20 Percent Bracket	43	45	47
Top 40 Percent Bracket ^a	40	38	52
Marital Status ³			
Married ^a	39	38	54
Not Married	44	44	42

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

^②In 2006, “nasal spray” was added.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Pneumonia Vaccination

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

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

2009 Findings

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

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

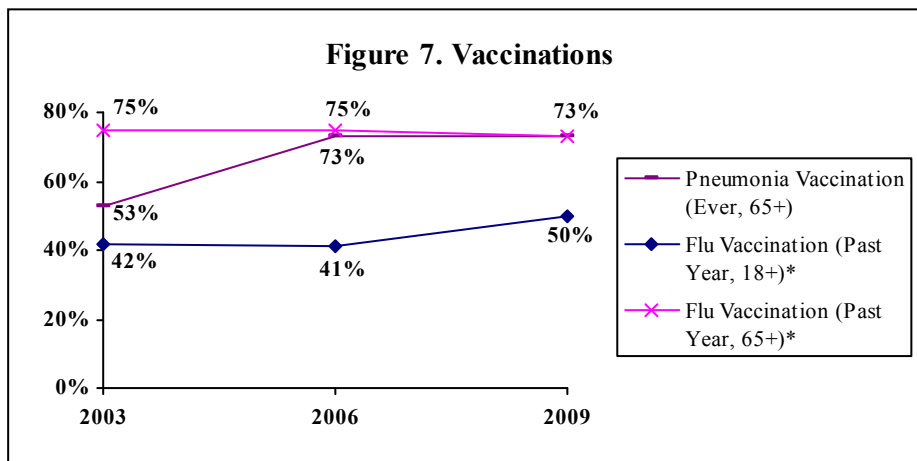
Year Comparisons

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

Vaccinations Overall

Year Comparisons

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



*In 2006, “nasal spray” was added.

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

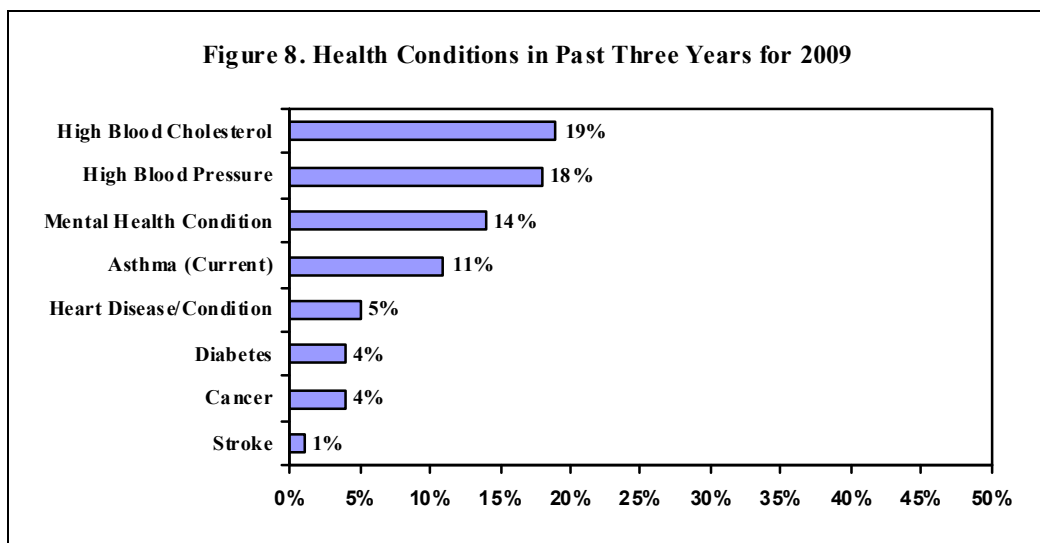
Respondents were asked a series of questions regarding if they had certain health conditions in the past three years. Current diagnosis of asthma was asked.

KEY FINDINGS: In 2009, out of eight health conditions listed, the two most often mentioned in the past three years were high blood cholesterol or high blood pressure (19% and 18%, respectively). 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 a high school education or less, who were overweight, inactive or smokers were more likely to report high blood cholesterol. Respondents 65 and older were more likely to report heart disease/condition. Respondents who were 18 to 34 years old, with a high school education or less, in the bottom 40 percent household income bracket or who were unmarried were more likely to report a mental health condition. Respondents who were male, 65 and older, unmarried or overweight were more likely to report diabetes. Respondents who were 45 to 54 years old, with a high school education or less or who were unmarried were more likely to report current asthma.

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

2009 Findings

- Respondents were more likely to report high blood cholesterol (19%), high blood pressure (18%) or a mental health condition (14%) 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

- Eighteen percent of respondents reported high blood pressure in the past three years.
- Forty-nine percent of respondents 65 and older reported high blood pressure in the past three years compared to 2% of those 18 to 34 years old or 0% of respondents 35 to 44 years old.
- Fifty-four percent of respondents with a high school education or less reported high blood pressure compared to 24% of those with some post high school education or 13% of respondents with a college education.
- Thirty-four percent of respondents in the bottom 40 percent household income bracket reported high blood pressure compared to 17% 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 high blood pressure compared to married respondents (28% and 11%, respectively).
- Overweight respondents were more likely to report high blood pressure (23%) compared to respondents who were not overweight (13%).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported high blood pressure.
- In all study years, respondents 65 and older were more likely to report high blood pressure. From 2003 to 2009, there was a noted decrease in the percent of respondents 35 to 44 years old reporting high blood pressure.
- In 2006, respondents with some post high school education or less were more likely to report high blood pressure. In 2009, respondents with a high school education or less were more likely to report high blood pressure. In 2003, education was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents with a high school education or less reporting high blood pressure.
- In all study years, respondents in the bottom 40 percent household income bracket were more likely to report high blood pressure.
- In all study years, unmarried respondents were more likely to report high blood pressure.
- In all study years, overweight respondents were more likely to report high blood pressure.
- In 2006, inactive respondents were more likely to report high blood pressure. In 2009, physical activity was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of inactive respondents 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	15%	16%	18%
Gender			
Male	14	17	18
Female	17	16	18
Age ^{1,2,3}			
18 to 34	0	2	2
35 to 44 ^a	8	7	0
45 to 54	12	14	20
55 to 64	30	29	35
65 and Older	36	44	49
Education ^{2,3}			
High School or Less ^a	24	31	54
Some Post High School	19	31	24
College Graduate	13	12	13
Household Income ^{1,2,3}			
Bottom 40 Percent Bracket	25	23	34
Middle 20 Percent Bracket	20	14	17
Top 40 Percent Bracket	10	12	10
Marital Status ^{1,2,3}			
Married	12	14	11
Not Married	21	21	28
Overweight Status ^{1,2,3}			
Not Overweight	11	10	13
Overweight	20	24	23
Physical Activity ²			
Inactive ^b	--	35	14
Insufficient	--	19	21
Recommended	--	13	16
Smoking Status			
Nonsmoker	16	16	17
Smoker	14	15	24

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

^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

- Nineteen percent of respondents reported high blood cholesterol in the past three years.
- Thirty-seven percent of respondents 65 and older reported high blood cholesterol in the past three years compared to 12% of those 35 to 44 years old or 7% of respondents 18 to 34 years old.
- Fifty-six percent of respondents with a high school education or less reported high blood cholesterol compared to 18% of those with a college education or 10% of respondents with some post high school education.
- Overweight respondents were more likely to report high blood cholesterol (25%) compared to respondents who were not overweight (13%).
- Inactive respondents were more likely to report high blood cholesterol (32%) compared to those who did an insufficient amount of physical activity (24%) or respondents who met the recommended amount of physical activity (14%).
- Smokers were more likely to report high blood cholesterol (34%) compared to nonsmokers (17%).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported high blood cholesterol.
- In 2003, respondents 55 and older were more likely to report high blood cholesterol. In 2006, respondents 55 to 64 years old were more likely to report high blood cholesterol. In 2009, respondents 65 and older were more likely to report high blood cholesterol.
- In 2009, respondents with a high school education or less were more likely to report high blood cholesterol, with a noted increase since 2003. In all other study years, education was not a significant variable.
- In 2003, respondents in the bottom 40 percent household income bracket were more likely to report high blood cholesterol. In all other study years, household income was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents in the bottom 40 percent household income bracket reporting high blood cholesterol.
- In 2003, unmarried respondents were more likely to report high blood cholesterol. In all other study years, marital status was not a significant variable.
- In all study years, overweight respondents were more likely to report high blood cholesterol.
- In 2006 and 2009, inactive respondents were more likely to report high blood cholesterol.
- In 2009, smokers were more likely to report high blood cholesterol. In all other study years, smoking status was not a significant variable.

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

	2003	2006	2009
TOTAL	21%	18%	19%
Gender			
Male	26	19	20
Female	18	17	17
Age ^{1,2,3}			
18 to 34	5	10	7
35 to 44	19	11	12
45 to 54	21	16	19
55 to 64	34	38	30
65 and Older	36	31	37
Education ³			
High School or Less ^a	28	19	56
Some Post High School	19	25	10
College Graduate	20	17	18
Household Income ¹			
Bottom 40 Percent Bracket ^a	32	17	19
Middle 20 Percent Bracket	22	22	11
Top 40 Percent Bracket	18	17	21
Marital Status ¹			
Married	18	19	16
Not Married	27	18	22
Overweight Status ^{1,2,3}			
Not Overweight	17	12	13
Overweight	27	26	25
Physical Activity ^{2,3}			
Inactive	--	27	32
Insufficient	--	22	24
Recommended	--	15	14
Smoking Status ³			
Nonsmoker	21	18	17
Smoker	24	18	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 $p \leq 0.05$ in 2003

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

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

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

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

Heart Disease/Condition

2009 Findings

- Five percent of respondents reported heart disease or condition in the past three years.
- Seventeen percent of respondents 65 and older reported heart disease/condition compared to 2% of those 18 to 34 years old or 0% of respondents 35 to 44 years old.

Year Comparisons

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

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

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

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

^②Physical activity was defined differently in 2003.

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

Mental Health Condition

2009 Findings

- Fourteen 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-five percent of respondents 18 to 34 years old reported a mental health condition compared to 10% of those 65 and older or 6% of respondents 35 to 44 years old.
- Twenty-eight percent of respondents with a high school education or less reported a mental health condition compared to 18% of those with some post high school education or 12% of respondents with a college education.
- Twenty-six percent of respondents in the bottom 40 percent household income bracket reported a mental health condition compared to 11% of those in the top 40 percent income bracket or 6% of respondents in the middle 20 percent household income bracket.
- Unmarried respondents were more likely to report a mental health condition compared to married respondents (23% and 8%, 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.
- 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 mental health condition.
- In 2009, respondents 18 to 34 years old were more likely to report a mental health condition. 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 who were 18 to 34 years old or 45 to 54 years old reporting a mental health condition.
- In 2009, respondents with a high school education or less were more likely to report a mental health condition. In all other study years, education was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents with a high school education or less or with a college education reporting a mental health condition.
- In 2009, respondents in the bottom 40 percent household income bracket were more likely to report a mental health condition, with a noted increase since 2003. In all other study years, household income was not a significant variable.
- In 2006 and 2009, unmarried respondents were more likely to report a mental health condition. In 2003, marital status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of unmarried respondents reporting a mental health condition.

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

	2003	2006	2009
TOTAL ^a	7%	5%	14%
Gender			
Male	7	5	13
Female ^a	6	6	15
Age ³			
18 to 34 ^a	8	7	25
35 to 44	9	7	6
45 to 54 ^a	6	3	15
55 to 64	5	6	12
65 and Older	4	2	10
Education ³			
High School or Less ^a	7	3	28
Some Post High School	7	4	18
College Graduate ^a	7	6	12
Household Income ³			
Bottom 40 Percent Bracket ^a	9	8	26
Middle 20 Percent Bracket	5	4	6
Top 40 Percent Bracket	7	5	11
Marital Status ^{2,3}			
Married	6	3	8
Not Married ^a	8	9	23

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

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Diabetes

2009 Findings

- Four percent of respondents reported diabetes in the past three years.
- Male respondents were more likely to report diabetes in the past three years (7%) compared to female respondents (2%).
- Fourteen percent of respondents 65 and older reported diabetes compared to 3% of those 45 to 54 years old or 0% of respondents 18 to 44 years old.

- Unmarried respondents were more likely to report diabetes compared to married respondents (7% and 3%, respectively).
- Six percent of overweight respondents reported diabetes compared to 2% of respondents who were not overweight.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported diabetes.
- In 2009, male respondents were more likely to report diabetes. In 2003, gender was not a significant variable.
- In 2003, respondents 55 to 64 years old were more likely to report diabetes. In 2009, respondents 65 and older were more likely to report diabetes.
- In 2003, respondents in the bottom 40 percent household income bracket were more likely to report diabetes. In 2009, household income was not a significant variable.
- In 2009, unmarried respondents were more likely to report diabetes. In 2003, marital status was not a significant variable.
- In 2009, overweight respondents were more likely to report diabetes. In 2003, overweight status was not a significant variable.

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

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

^②Physical activity was defined differently in 2003.

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

¹demographic difference at $p \leq 0.05$ 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-eight percent of the 16 respondents who reported being diagnosed with diabetes had an A1C test two or more times in the past year. Six percent reported one time while 6% reported zero times in the past year.
- Forty percent of the 15 respondents who had an A1C test in the past year had a level of less than seven at their last appointment. Forty percent reported a level of seven or higher while 20% were not sure.
- Twenty-seven percent of the 15 respondents who had an A1C test in the past year had a LDL level of less than 100 at their last appointment. Seven percent reported a level of 100 or higher while 67% 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 (72% and 88%, 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 (61% and 40%, respectively). From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting their LDL level was less than 100 at their last appointment (32% and 27%, 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

- Eleven percent of respondents reported they currently have asthma.
- Eighteen percent of respondents 45 to 54 years old reported current asthma compared to 5% of those 55 to 64 years old or 4% of respondents 65 and older.
- Thirty-one percent of respondents with a high school education or less reported current asthma compared to 11% of those with a college education or 3% of respondents with some post high school education.
- Unmarried respondents were more likely to report current asthma 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 who reported current asthma.
- In 2006, female respondents were more likely to report current asthma. In all other study years, gender was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of female respondents reporting current asthma.
- In 2006, respondents who were 65 and older were more likely to report current asthma. In 2009, respondents 45 to 54 years old were more likely to report current asthma. In 2003, age was not a significant variable.
- In 2009, there was a noted increase in the percent of respondents with a high school education or less reporting current asthma, with a noted increase since 2003. In all other study years, education was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents with a college education reporting current asthma.
- Household income was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents in the middle 20 percent household income bracket reporting current asthma.
- In 2006 and 2009, unmarried respondents were more likely to report current asthma. In 2003, marital status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of unmarried respondents reporting current asthma.

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

	2003	2006	2009
TOTAL ^a	6%	6%	11%
Gender ²			
Male	6	4	10
Female ^a	6	8	11
Age ^{2,3}			
18 to 34	3	2	8
35 to 44	5	8	13
45 to 54	9	6	18
55 to 64	5	8	5
65 and Older	4	10	4
Education ³			
High School or Less ^a	9	7	31
Some Post High School	5	10	3
College Graduate ^a	5	6	11
Household Income			
Bottom 40 Percent Bracket	5	8	11
Middle 20 Percent Bracket ^a	0	3	7
Top 40 Percent Bracket	7	7	10
Marital Status ^{2,3}			
Married	5	5	6
Not Married ^a	7	8	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.

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 42 respondents who currently had asthma, 33% 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 (32% and 33%, respectively).
- No demographic comparisons were conducted between years as a result of the low number of respondents answering this question in both study years.

Cancer

2009 Findings

- Four percent of respondents reported they had cancer in the past three years.
 - Melanoma/skin cancer was most often mentioned (7 responses) followed by breast cancer (4 responses). Two respondents reported brain 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.

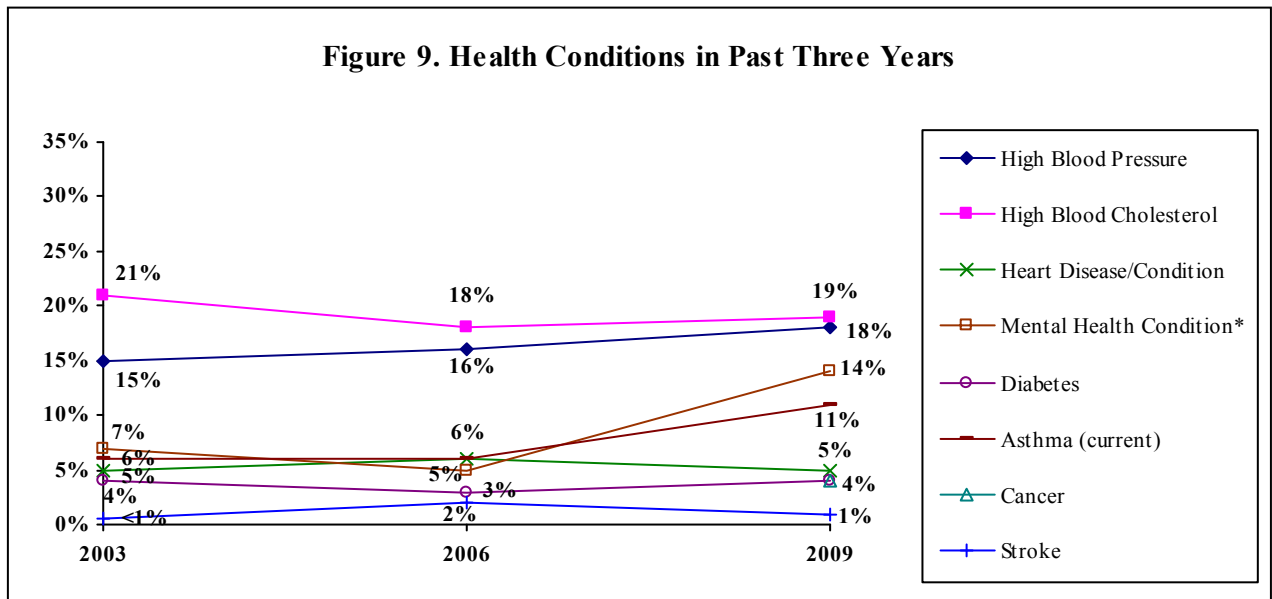
Year Comparisons

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



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

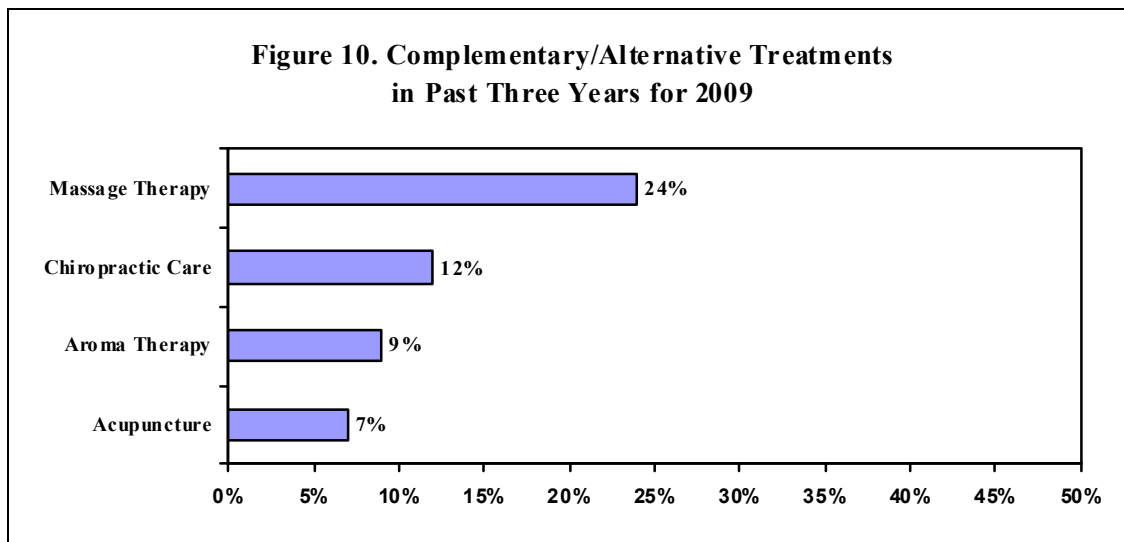
Prevalence of Select Complementary/Alternative Treatments (Figures 10 & 11; Tables 19 - 22)

KEY FINDINGS: In 2009, out of four complementary/alternative treatments listed, massage therapy was the most often used in the past three years (24%). Respondents with a college education or in the top 40 percent household income bracket were more likely to report chiropractic care. Respondents 55 to 64 years old were more likely to report massage therapy. Respondents who were female or unmarried were more likely to report aroma therapy. Respondents 45 to 64 years old were more likely to report they used acupuncture.

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

2009 Findings

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



Chiropractic Care

2009 Findings

- Twelve percent of respondents reported chiropractic care in the past three years.
- Respondents with a college education were more likely to report chiropractic care in the past three years (15%) compared to those with a high school education or less (4%) or respondents with some post high school education (3%).
- Seventeen percent of respondents in the top 40 percent household income bracket reported chiropractic care compared to 9% of those in the middle 20 percent income bracket or 3% of respondents in the bottom 40 percent household income bracket.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents 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 2006, respondents with some post high school education were more likely to report chiropractic care. In 2009, respondents with a college education were more likely to report chiropractic care. In 2003, education was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents with some post high school education reporting chiropractic care.
- In 2009, respondents in the top 40 percent household income bracket were more likely to report chiropractic care. In all other study years, household income was not a significant variable.
- In 2003, 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^⓪

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

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

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

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

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

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

Massage Therapy

2009 Findings

- Twenty-four percent of respondents reported massage therapy in the past three years.
- Forty percent of respondents 55 to 64 years old reported massage therapy in the past three years compared to 14% of those 65 and older or 13% of respondents 18 to 34 years old.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported massage therapy.
- In 2003 and 2006, female respondents were more likely to report massage therapy. In 2009, gender was not a significant variable.
- In 2003, respondents 18 to 34 years old were more likely to report massage therapy. In 2006, respondents who were 18 to 44 years old or 55 to 64 years old were more likely to report massage therapy. In 2009, respondents 55 to 64 years old were more likely to report massage therapy. From 2003 to 2009, there was a noted decrease in the percent of respondents 18 to 34 years old reporting massage therapy.
- In 2006, respondents with at least some post high school education were more likely to report massage therapy. In all other study years, education was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents with a high school education or less reporting massage therapy.

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

	2003	2006	2009
TOTAL	29%	26%	24%
Gender ^{1,2}			
Male	22	17	20
Female	33	33	28
Age ^{1,2,3}			
18 to 34 ^a	45	31	13
35 to 44	34	30	30
45 to 54	31	21	31
55 to 64	20	30	40
65 and Older	11	14	14
Education ²			
High School or Less ^a	28	8	8
Some Post High School	22	27	24
College Graduate	30	27	26
Household Income			
Bottom 40 Percent Bracket	20	23	23
Middle 20 Percent Bracket	29	34	17
Top 40 Percent Bracket	31	24	28
Marital Status			
Married	31	25	25
Not Married	25	26	23

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

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

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

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

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

Aroma Therapy

2009 Findings

- Nine 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 (13%) compared to male respondents (4%).
- Unmarried respondents were more likely to report aroma therapy compared to married respondents (12% and 6%, respectively).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported aroma therapy.
- In 2006 and 2009, female respondents were more likely to report aroma therapy. In 2003, gender was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of female respondents reporting aroma therapy.
- In 2006, respondents 18 to 34 years old were more likely to report aroma therapy. In all other study years, age was not a significant variable.
- In 2006, respondents in the middle 20 percent household income bracket were more likely to report aroma therapy. In all other study years, household income was not a significant variable.
- In 2009, unmarried respondents were more likely to report aroma therapy, with a noted increase since 2003. In all other study years, marital status 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	6%	7%	9%
Gender ^{2,3}			
Male	6	4	4
Female ^a	7	9	13
Age ²			
18 to 34	12	13	11
35 to 44	7	3	13
45 to 54	9	5	8
55 to 64	5	6	5
65 and Older	0	3	1
Education			
High School or Less	4	6	0
Some Post High School	5	6	13
College Graduate	7	7	8
Household Income ²			
Bottom 40 Percent Bracket	5	9	11
Middle 20 Percent Bracket	5	15	11
Top 40 Percent Bracket	8	4	9
Marital Status ³			
Married	7	6	6
Not Married ^a	6	7	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.

^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

- Seven percent of respondents reported they used acupuncture in the past three years.
- Twelve percent of respondents 55 to 64 years old and 10% of those 45 to 54 years old reported they used acupuncture in the past three years compared to less than one percent of respondents 18 to 34 years old.

Year Comparisons

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

- In 2006, female respondents were more likely to report they used acupuncture. In all other study years, gender was not a significant variable.
- In 2009, respondents 45 to 64 years old were more likely to report they used acupuncture. In all other study years, age was not a significant variable.
- Marital status was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of married respondents reporting they used acupuncture.

Table 22. Acupuncture in Past Three Years by Demographic Variables for Each Survey Year^⓪

	2003	2006	2009
TOTAL	4%	5%	7%
Gender ²			
Male	4	2	4
Female	4	7	8
Age ³			
18 to 34	1	6	<1
35 to 44	8	3	4
45 to 54	4	3	10
55 to 64	2	8	12
65 and Older	4	6	8
Education			
High School or Less	0	3	8
Some Post High School	7	4	4
College Graduate	4	6	7
Household Income			
Bottom 40 Percent Bracket	1	6	3
Middle 20 Percent Bracket	4	6	2
Top 40 Percent Bracket	5	5	8
Marital Status			
Married ^a	2	4	7
Not Married	6	6	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≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

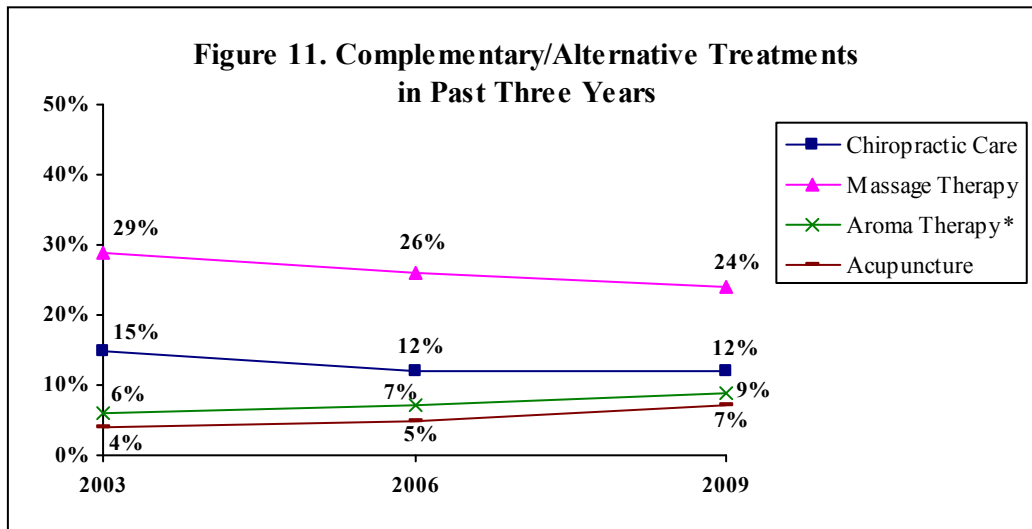
³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Complementary/Alternative Treatments Overall

Year Comparisons

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



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

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

KEY FINDINGS: In 2009, 43% of respondents did moderate physical activity five times a week for 30 minutes while 35% did vigorous activity three times a week for 20 minutes. Combined, 60% met the recommended amount of physical activity; respondents who were 18 to 34 years old or not overweight were more likely to report this. Fifty percent of respondents were classified as overweight. Respondents who were in the bottom 60 percent household income bracket or inactive were more likely to be classified as overweight.

From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes. From 2006 to 2009, there was no statistical change in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes or meeting the recommended amount of physical activity. From 2003 to 2009, there was a statistical increase 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-three percent of all respondents were classified as doing the recommended amount of moderate physical activity in a typical week. Forty-two percent did some activity, but not to the extent of the recommendation, while 14% were classified as inactive.
- Fifty-one percent of respondents who were not overweight met the recommended amount of moderate physical activity compared to 38% of overweight respondents.

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who did the recommended amount of moderate physical activity in a week.
- Gender was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of female respondents meeting the recommended amount of moderate physical activity.
- In 2006, respondents 18 to 34 years old were more likely to meet the recommended amount of moderate physical activity. In all other study years, age was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents 35 to 44 years old meeting the recommended amount of moderate physical activity.
- Education was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents with a college education meeting the recommended amount of moderate physical activity.
- Household income was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket or in the top 40 percent household income bracket meeting the recommended amount of moderate physical activity.
- Marital status was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of unmarried respondents meeting the recommended amount of moderate physical activity.
- In all study years, respondents who were not overweight were more likely to meet the recommended amount of moderate physical activity. 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 23. Recommended Moderate Physical Activity by Demographic Variables for Each Survey Year^{①,②}

	2003	2006	2009
TOTAL ^a	33%	46%	43%
Gender			
Male	34	49	40
Female ^a	31	43	46
Age ²			
18 to 34	42	57	48
35 to 44 ^a	30	45	47
45 to 54	35	41	38
55 to 64	23	51	30
65 and Older	33	32	45
Education			
High School or Less	33	40	42
Some Post High School	29	46	35
College Graduate ^a	33	46	46
Household Income			
Bottom 40 Percent Bracket ^a	22	46	49
Middle 20 Percent Bracket	39	37	36
Top 40 Percent Bracket ^a	29	48	43
Marital Status			
Married	34	46	41
Not Married ^a	29	46	47
Overweight Status ^{1,2,3}			
Not Overweight ^a	38	49	51
Overweight ^a	26	41	38

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

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤05 from 2003 to 2009

Vigorous Physical Activity in Usual Week

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

The Healthy People 2010 goal for promoting the development and maintenance of cardio-respiratory fitness through vigorous physical activity three times a week for at least 20 minutes per occasion is 30%. (Objective 22-03)

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

2009 Findings

- Thirty-five percent of respondents reported they did vigorous physical activity at least three times a week for 20 minutes or more. Sixteen percent did some vigorous physical activity while 49% did not do any vigorous physical activity.
- Male respondents were more likely to report vigorous physical activity (41%) compared to female respondents (29%).
- Forty-two percent of respondents 18 to 44 years old reported vigorous physical activity compared to 30% of those 55 to 64 years old or 14% of respondents 65 and older.
- Thirty-eight percent of respondents with a college education reported vigorous physical activity compared to 26% of those with some post high school education or 20% of respondents with a high school education or less.

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 both study years, male respondents were more likely to meet the recommended amount of vigorous physical activity.
- In 2006, respondents 18 to 34 years old were more likely to meet the recommended amount of vigorous physical activity. In 2009, respondents 18 to 44 years old were more likely to meet the recommended amount of vigorous physical activity.
- In both study years, respondents with a college education were more likely to meet the recommended amount of vigorous physical activity.
- In 2006, respondents in the top 40 percent household income bracket were more likely to meet the recommended amount of vigorous physical activity. In 2009, household income was not a significant variable.
- In 2006, married respondents were more likely to meet the recommended amount of vigorous physical activity. In 2009, marital status was not a significant variable.

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

	2006	2009
TOTAL	37%	35%
Gender ^{1,2}		
Male	42	41
Female	32	29
Age ^{1,2}		
18 to 34	48	42
35 to 44	41	42
45 to 54	37	38
55 to 64	27	30
65 and Older	18	14
Education ^{1,2}		
High School or Less	21	20
Some Post High School	28	26
College Graduate	39	38
Household Income ¹		
Bottom 40 Percent Bracket	30	29
Middle 20 Percent Bracket	23	32
Top 40 Percent Bracket	45	40
Marital Status ¹		
Married	41	38
Not Married	31	30
Overweight Status		
Not Overweight	40	38
Overweight	33	32

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

^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

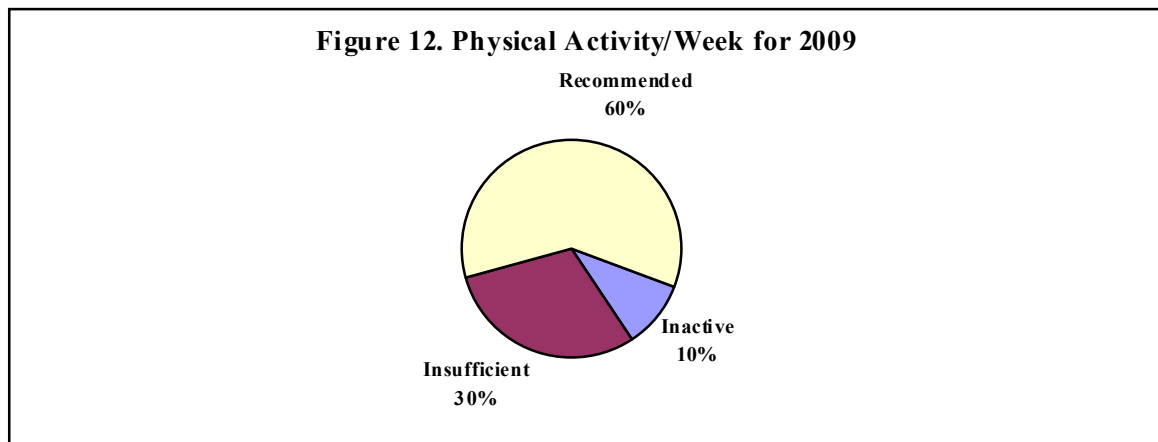
Combined Recommended Amount of Physical Activity in Typical Week

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

- Sixty 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). Thirty percent did an insufficient amount of physical activity while 10% did no physical activity in a typical week.



- Seventy-one percent of respondents 18 to 34 years old met the recommended amount of physical activity compared to 52% of those 65 and older or 51% of respondents 45 to 54 years old.
- Respondents who were not overweight were more likely to meet the recommended amount of physical activity (67%) compared to overweight respondents (54%).

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 both study years, respondents 18 to 34 years old were more likely to meet the recommended amount of physical activity.

- 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.
- In 2006, married respondents were more likely to meet the recommended amount of physical activity. In 2009, marital status was not a significant variable.
- In both study years, respondents who were not overweight were more likely to meet the recommended amount of vigorous physical activity.

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

	2006	2009
TOTAL	60%	60%
Gender		
Male	64	60
Female	57	60
Age ^{1,2}		
18 to 34	71	71
35 to 44	62	62
45 to 54	59	51
55 to 64	64	56
65 and Older	41	52
Education ¹		
High School or Less	45	44
Some Post High School	55	52
College Graduate	63	63
Household Income ¹		
Bottom 40 Percent Bracket	57	62
Middle 20 Percent Bracket	46	57
Top 40 Percent Bracket	67	60
Marital Status ¹		
Married	65	60
Not Married	55	59
Overweight Status ^{1,2}		
Not Overweight	64	67
Overweight	56	54

^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≤0.05 from 2006 to 2009

Body Weight

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

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

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

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

2009 Findings

- According to the definition, 50% of respondents were overweight (36% overweight and 14% obese).
- Sixty-five percent of respondents in the middle 20 percent household income bracket and 63% of those in the bottom 40 percent income bracket were overweight compared to 43% of respondents in the top 40 percent household income bracket.
- Sixty-four percent of inactive respondents were overweight compared to 57% of those who did an insufficient amount of physical activity or 45% of respondents who met the recommended amount of physical activity.

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents being overweight.
- In 2003 and 2006, male respondents were more likely to be classified as overweight. In 2009, gender was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of female respondents being overweight.
- 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 being overweight.
- In 2009, respondents in the bottom 60 percent household income bracket were more likely to be overweight, with a noted increase since 2003. In all other study years, household income was not a significant variable.
- In 2009, inactive respondents were more likely to be overweight. In 2006, physical activity was not a significant variable.

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

	2003	2006	2009
TOTAL ^a	42%	45%	50%
Gender ^{1,2}			
Male	60	55	55
Female ^a	29	36	46
Age			
18 to 34 ^a	38	41	56
35 to 44	41	41	42
45 to 54	41	47	51
55 to 64	53	54	60
65 and Older	39	47	46
Education			
High School or Less	52	34	62
Some Post High School	48	40	60
College Graduate	39	46	47
Household Income ³			
Bottom 40 Percent Bracket ^a	38	40	63
Middle 20 Percent Bracket ^a	46	48	65
Top 40 Percent Bracket	42	49	43
Marital Status			
Married	38	43	46
Not Married	48	46	56
Physical Activity ³			
Inactive	--	49	64
Insufficient	--	50	57
Recommended	--	41	45

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

^②Physical activity was defined differently in 2003.

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

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

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

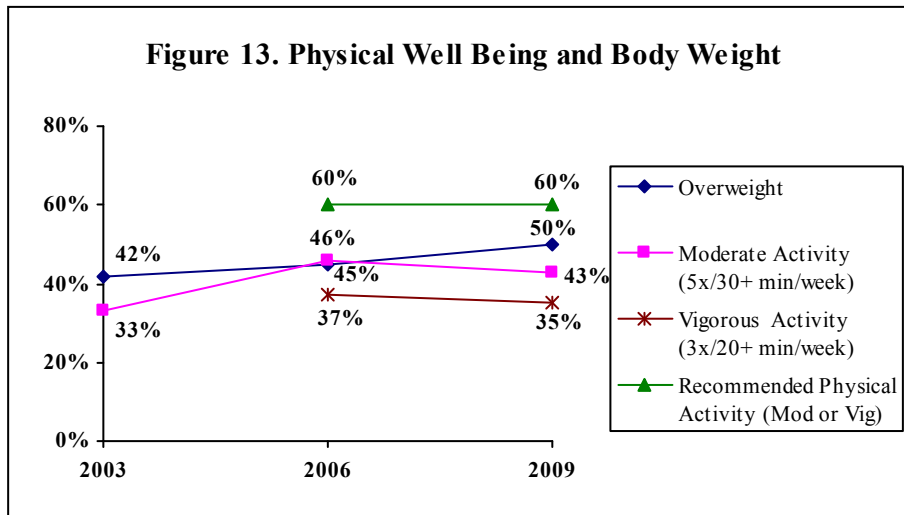
^ayear difference at $p \leq 0.05$ from 2003 to 2009

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

Physical Well Being and Body Weight Overall

Year Comparisons

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



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

KEY FINDINGS: In 2009, 77% of respondents reported two or more servings of fruit while 32% reported three or more servings of vegetables on an average day. Respondents who were in the middle 20 percent household income bracket or met the recommended amount of physical activity were more likely to report at least two servings of fruit. Respondents who were in the top 40 percent household income bracket or not overweight were more likely to report at least three servings of vegetables a day.

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

Fruit Intake

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

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

2009 Findings

- Seventy-seven percent of respondents reported two or more servings of fruit on an average day.
- Eighty-seven percent of respondents in the middle 20 percent household income bracket reported two or more servings of fruit a day compared to 78% of those in the top 40 percent income bracket or 67% of respondents in the bottom 40 percent household income bracket.
- Respondents who met the recommended amount of physical activity were more likely to report two or more servings of fruit a day (81%) compared to those who did an insufficient amount of physical activity (74%) or inactive respondents (57%).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported two or more servings of fruit on an average day.
- In 2003 and 2006, female respondents were more likely to report two or more servings of fruit per day. In 2009, gender was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of male respondents reporting two or more servings of fruit.
- In 2003, respondents 55 to 64 years old were more likely to report two or more servings of fruit. In all other study years, age was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents 55 to 64 years old reporting two or more servings of fruit.
- In 2006, respondents with a college education were more likely to report eating fruit. In all other study years, education was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents with some post high school education reporting two or more servings of fruit.
- In 2006, respondents in the top 40 percent household income bracket were more likely to report two or more servings of fruit. In 2009, respondents in the middle 20 percent household income bracket were more likely to report two or more servings of fruit per day. In 2003, household income was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents in the bottom 40 percent household income bracket reporting two or more servings of fruit.
- In 2006, married respondents were more likely to report eating fruit. In all other study years, marital status was not a significant variable.
- In 2006, respondents who were not overweight were more likely to report two or more servings of fruit per day. In all other study years, overweight status was not a significant variable.
- In 2006 and 2009, respondents who met the recommended amount of physical activity were more likely to report two or more servings of fruit.

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

	2003	2006	2009
TOTAL	77%	80%	77%
Gender ^{1,2}			
Male ^a	63	74	73
Female	87	86	81
Age ¹			
18 to 34	82	84	85
35 to 44	76	79	78
45 to 54	67	82	75
55 to 64 ^a	86	74	67
65 and Older	81	79	71
Education ²			
High School or Less	78	62	76
Some Post High School ^a	88	76	68
College Graduate	75	83	79
Household Income ^{2,3}			
Bottom 40 Percent Bracket ^a	85	75	67
Middle 20 Percent Bracket	77	74	87
Top 40 Percent Bracket	74	84	78
Marital Status ²			
Married	78	83	80
Not Married	75	77	73
Overweight Status ²			
Not Overweight	77	84	81
Overweight	77	76	74
Physical Activity ^{2,3}			
Inactive	--	71	57
Insufficient	--	74	74
Recommended	--	85	81

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

^②Physical activity was defined differently in 2003.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

^byear difference at p≤0.05 from 2006 to 2009

Vegetable Intake

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

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

2009 Findings

- Thirty-two percent of respondents reported three or more servings of vegetables on an average day.
- Forty percent of respondents in the top 40 percent household income bracket reported three or more servings of vegetables a day compared to 28% of those in the bottom 40 percent income bracket or 23% of respondents in the middle 20 percent household income bracket.
- Respondents who were not overweight reported three or more servings of vegetables a day (38%) compared to overweight respondents (28%).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported three or more servings of vegetables on an average day.
- In 2003 and 2006, female respondents were more likely to report three or more vegetable servings per day. In 2009, gender was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of female respondents reporting three or more servings of vegetables a day.
- In 2006, respondents 45 to 54 years old were more likely to report three or more vegetable servings per day. In all other study years, age was not a significant variable.
- In 2006, respondents with at least some post high school education were more likely to report three or more servings of vegetables. In all other study years, education was not a significant variable.
- In 2006, respondents in the top 60 percent household income bracket were more likely to report three or more servings of vegetables. In 2009, respondents in the top 40 percent household income bracket were more likely to report three or more servings of vegetables. In 2003, household income was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket reporting three or more servings of vegetables a day.
- In 2006 and 2009, respondents who were not overweight were more likely to report three or more servings of vegetables a day. In 2003, overweight status was not a significant variable.
- In 2006, respondents who met the recommended amount of physical activity were more likely to report three or more servings of vegetables a day. In 2009, physical activity was not a significant variable.

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

	2003	2006	2009
TOTAL	38%	36%	32%
Gender ^{1,2}			
Male	25	28	30
Female ^a	47	44	35
Age ²			
18 to 34	35	33	27
35 to 44	38	34	42
45 to 54	37	49	31
55 to 64	34	37	37
65 and Older	39	27	29
Education ²			
High School or Less	43	15	42
Some Post High School	39	35	24
College Graduate	37	39	34
Household Income ^{2,3}			
Bottom 40 Percent Bracket	39	30	28
Middle 20 Percent Bracket ^a	43	39	23
Top 40 Percent Bracket	35	40	40
Marital Status			
Married	36	39	34
Not Married	40	34	30
Overweight Status ^{2,3}			
Not Overweight	36	42	38
Overweight	37	29	28
Physical Activity ²			
Inactive	--	21	28
Insufficient	--	30	31
Recommended	--	42	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 $p \leq 0.05$ in 2003

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

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

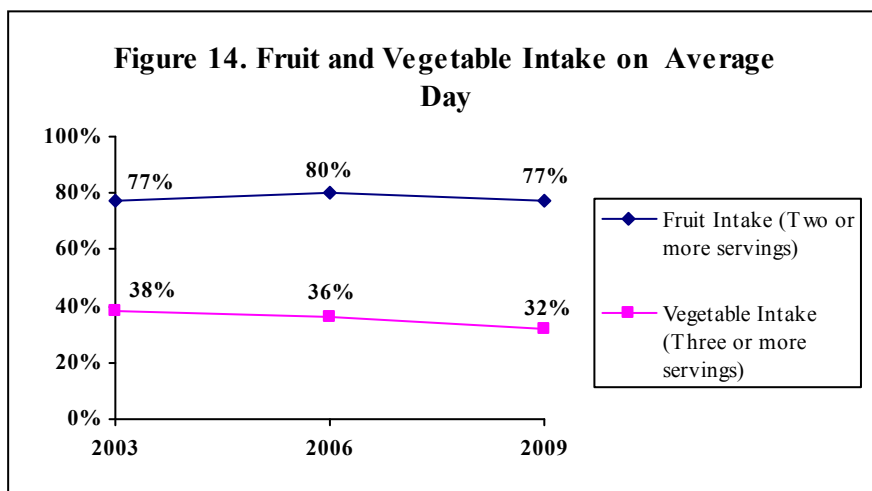
^ayear difference at $p \leq 0.05$ from 2003 to 2009

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

Fruit and Vegetable Intake Overall

Year Comparisons

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



Women's Health (Figure 15; Table 29)

KEY FINDINGS: In 2009, 84% of female respondents 40 and older reported a mammogram within the past two years. Eighty-six percent of female respondents 65 and older had a bone density scan. Ninety-five percent of female respondents 18 to 65 years old reported a pap smear within the past three years; married respondents were more likely to report this.

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

Mammogram

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

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

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

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.

2009 Findings

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

Year Comparisons

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

Bone Density Scan

2009 Findings

- Eighty-six percent of the 43 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

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

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.

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

2009 Findings

- A total of 95% of respondents 18 to 65 years old with a cervix reported they had a pap smear within the past three years.
- Married respondents were more likely to report a pap smear within the past three years compared to unmarried respondents (99% and 90%, respectively).

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 in the top 40 percent household income bracket were more likely to report a pap smear within the past three years. In 2009, household income was not a significant variable.
- In all study years, married respondents were more likely to report a pap smear within the past three years.

Table 29. Pap Smear Within Past Three Years by Demographic Variables for Each Survey Year (Respondents 18 to 65 Years Old and With a Cervix)^⓪

	2003	2006	2009
TOTAL	95%	94%	95%
Age			
18 to 34	98	94	96
35 to 44	96	98	92
45 and Older	92	90	95
Education			
Some Post High School or Less	90	90	93
College Graduate	96	95	95
Household Income ^{1,2}			
Bottom 40 Percent Bracket	82	92	90
Middle 20 Percent Bracket	92	89	88
Top 40 Percent Bracket	97	99	98
Marital Status ^{1,2,3}			
Married	98	96	99
Not Married	88	90	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≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

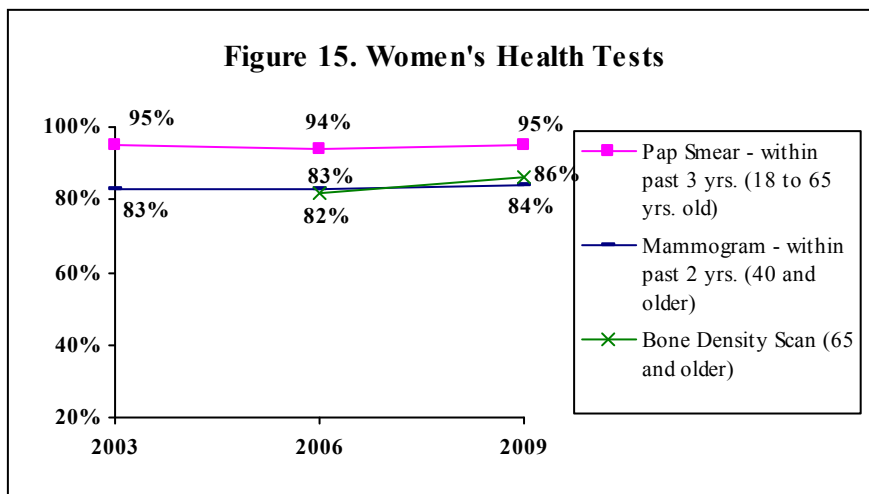
³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Women's Health Tests Overall

Year Comparisons

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



Men's Health (Figure 16)

KEY FINDINGS: In 2009, 50% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Forty-seven 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

- Fifty percent of male respondents 40 and older had a prostate-specific antigen test within the past two years. Twenty-eight percent of male respondents never had a PSA test.
- No demographic comparisons were conducted as a result of the number of men who were asked this question.

Year Comparisons

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

Digital Rectal Exam

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

2009 Findings

- Forty-seven percent of male respondents 40 and older had a digital rectal exam in the past year while 21% reported within the past two years (one year but less than two years). Nineteen 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

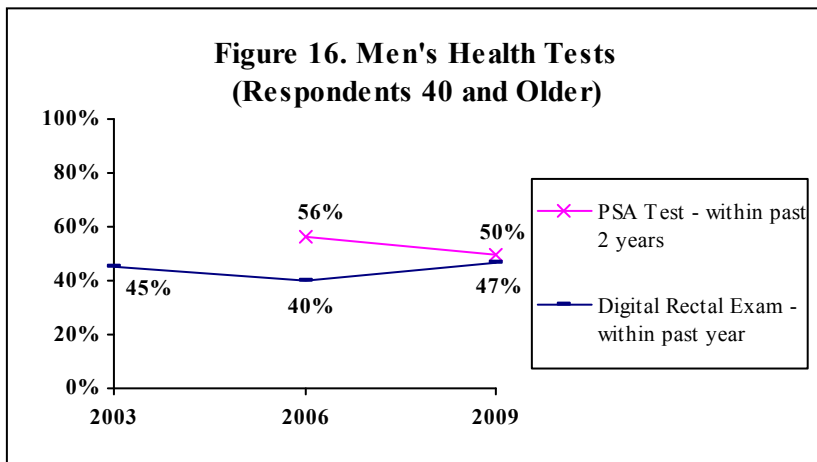
- From 2003 to 2009, there was no statistical change in the overall percent of male respondents 40 and older who reported a digital rectal exam within the past year.
- No demographic comparisons were conducted between years as a result of the number of men who were asked this question.

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 30 - 32)

KEY FINDINGS: In 2009, 12% of respondents 50 and older reported a sigmoidoscopy within the past five years while 68% reported a colonoscopy within the past ten years. Married respondents were more likely to report a colonoscopy within the past ten years. Seventy-three percent of respondents 50 and older reported a sigmoidoscopy or colonoscopy in their lifetime; married respondents were more likely to report this.

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

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

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

	2009
TOTAL	12%
Gender	
Male	17
Female	8
Education	
Some Post High School or Less	17
College Graduate	10
Household Income	
Bottom 60 Percent Bracket	13
Top 40 Percent Bracket	11
Marital Status	
Married	11
Not Married	13

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

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-eight percent of respondents 50 and older had a colonoscopy within the past ten years. Thirty-one percent reported never.
- Married respondents were more likely to report a colonoscopy within the past ten years compared to unmarried respondents (78% and 57%, respectively).

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

Table 31. Colonoscopy Within Past Ten Years by Demographic Variables for 2009 (Respondents 50 and Older)^⓪

	2009
TOTAL	68%
Gender	
Male	75
Female	62
Education	
Some Post High School or Less	60
College Graduate	70
Household Income	
Bottom 60 Percent Bracket	67
Top 40 Percent Bracket	70
Marital Status ¹	
Married	78
Not Married	57

^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.
- Married respondents were more likely to report a sigmoidoscopy or colonoscopy within their lifetime compared to unmarried respondents (81% and 65%, respectively).

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.
- In 2003, male respondents were more likely to report a sigmoidoscopy or colonoscopy in their lifetime. In all other years, gender was not a significant variable. 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 a college education reporting a sigmoidoscopy or colonoscopy in their lifetime.
- Household income was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents in the bottom 60 percent household income bracket reporting a sigmoidoscopy or colonoscopy in their lifetime.
- In 2009, married respondents were more likely to report a sigmoidoscopy or colonoscopy in their lifetime, with a noted increase since 2003. In all other study years, marital status was not a significant variable.

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

	2003	2006	2009
TOTAL ^a	57%	67%	73%
Gender ¹			
Male	74	71	79
Female ^a	44	63	69
Education			
Some Post High School or Less	60	65	71
College Graduate ^a	57	68	74
Household Income			
Bottom 60 Percent Bracket ^a	57	67	75
Top 40 Percent Bracket	61	67	73
Marital Status ³			
Married ^a	57	69	81
Not Married	60	64	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.

^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

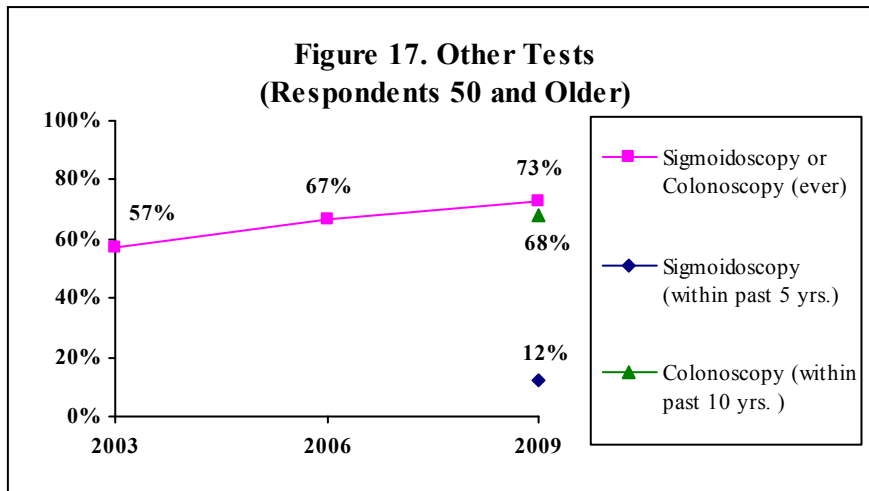
³demographic difference at $p \leq 0.05$ in 2009

^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 33 & 34)

KEY FINDINGS: In 2009, 96% of respondents wore seat belts always or nearly always; respondents with a college education or in the top 40 percent household income bracket were more likely to report this. Of those respondents who rode a bike, used in-line skates or rode a scooter, 61% reported they always or nearly always wore a helmet; respondents who were 45 and older, with a college education, in the top 40 percent household income bracket or who were married were more likely to report this.

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

Seat Belt Usage

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

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

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

2009 Findings

- Ninety-six percent of respondents reported they wore seat belts always or nearly always.
- Ninety-eight percent of respondents with a college education reported always or nearly always compared to 96% of those with a high school education or less or 90% of respondents with some post high school education.
- Ninety-nine percent of respondents in the top 40 percent household income bracket reported always or nearly always compared to 92% of those in the bottom 40 percent income bracket or 89% of respondents in the middle 20 percent household income bracket.

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported they always or nearly always wore a seat belt.
- In 2003, 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 male respondents reporting always or nearly always wearing a seat belt.
- In 2006, respondents 18 to 54 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 35 to 54 years old reporting always or nearly always.
- In 2003 and 2009, respondents with a college education were more likely to report always or nearly always. In 2006, education was not a significant variable.
- In 2003, respondents in the middle 20 percent household income bracket were more likely to report always or nearly always. In 2006, respondents in the top 60 percent household income bracket were more likely to report always or nearly always. In 2009, respondents in the top 40 percent household income bracket were more likely to report always or nearly always, with a noted increase since 2003.
- 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 33. Always/Nearly Always Wore a Seat Belt by Demographic Variables for Each Survey Year^①

	2003	2006	2009
TOTAL ^a	93%	98%	96%
Gender ¹			
Male ^a	86	97	95
Female	97	98	97
Age ²			
18 to 34	94	99	92
35 to 44 ^a	93	99	100
45 to 54 ^a	91	98	98
55 to 64	93	94	95
65 and Older	93	96	94
Education ^{1,3}			
High School or Less	85	95	96
Some Post High School	85	97	90
College Graduate	96	98	98
Household Income ^{1,2,3}			
Bottom 40 Percent Bracket	85	95	92
Middle 20 Percent Bracket	96	100	89
Top 40 Percent Bracket ^a	93	99	99
Marital Status ¹			
Married	97	99	97
Not Married ^a	86	97	94

^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-seven 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...

- Sixty-one percent of respondents who bicycled, used in-line roller skates or rode a scooter reported they always or nearly always wore a helmet. Twenty-four percent reported never.
- Sixty-eight percent of respondents 45 and older reported always or nearly always compared to 63% of those 35 to 44 years old or 47% of respondents 18 to 34 years old.

- Sixty-seven percent of respondents with a college education reported always or nearly always compared to 30% of those with some post high school education or less.
- Sixty-seven percent of respondents in the top 40 percent household income bracket reported always or nearly always compared to 43% of respondents in the bottom 60 percent household income bracket.
- Married respondents were more likely to report always or nearly always wearing a helmet compared to unmarried respondents (71% and 38%, respectively).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a helmet.
- In 2003, respondents 35 to 44 years old were more likely to report always or nearly always. In 2006, respondents 35 and older were more likely to report they always or nearly always wore a helmet. In 2009, respondents 45 and older were more likely to report always or nearly always.
- In all study years, respondents with a college education were more likely to report they always/nearly always wore a helmet.
- In all study years, respondents in the top 40 percent household income bracket were more likely to report always or nearly always.
- In all study years, married respondents were more likely to report they always or nearly always wore a helmet. From 2003 to 2009, there was a noted increase in the percent of married respondents reporting always or nearly always.

Table 34. Always/Nearly Always Wore a Helmet by Demographic Variables for Each Survey Year (Of Respondents who Rode a Bike, Used In-Line Roller Skates or Rode a Scooter)^①

	2003	2006	2009
TOTAL	54%	56%	61%
Gender			
Male	52	54	56
Female	56	58	66
Age ^{1,2,3}			
18 to 34	36	45	47
35 to 44	64	61	63
45 and Older	59	61	68
Education ^{1,2,3}			
Some Post High School or Less	34	41	30
College Graduate	61	59	67
Household Income ^{1,2,3}			
Bottom 60 Percent Bracket	39	34	43
Top 40 Percent Bracket	62	68	67
Marital Status ^{1,2,3}			
Married ^a	60	63	71
Not Married	41	45	38

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

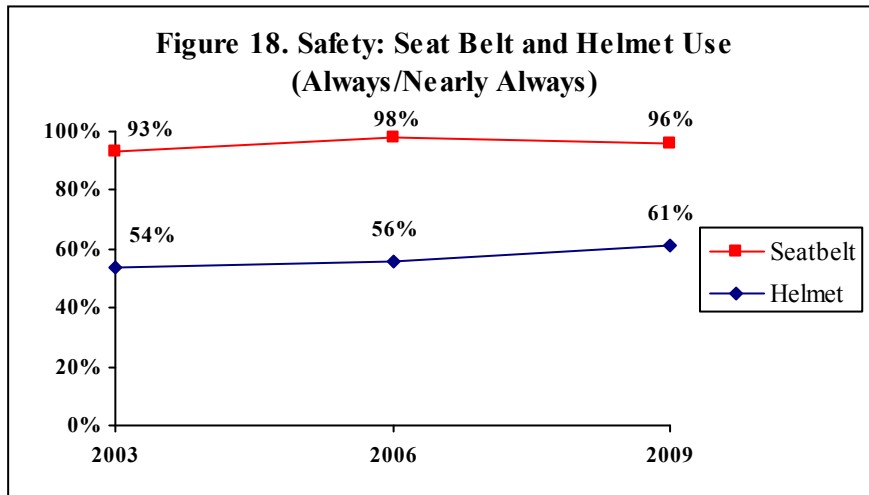
³demographic difference at p≤0.05 in 2009

^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 35)

KEY FINDINGS: In 2009, 9% of respondents were current smokers. Respondents who were male, 18 to 34 years old, with a high school education or less, in the bottom 40 percent household income bracket or who were unmarried were more likely to be a smoker. Sixty-eight percent of current smokers quit smoking for one day or longer in the past 12 months; 57% 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

- Nine percent of respondents were current smokers (6% every day and 3% some days).
- Female respondents were more likely to report they were a current smoker (12%) compared to male respondents (6%).
- Nineteen percent of respondents 18 to 34 years old were current smokers compared to 5% of those 45 to 54 years old or 4% of respondents 35 to 44 years old.
- Twenty-eight percent of respondents with a high school education or less were current smokers compared to 23% of those with some post high school education or 4% of respondents with a college education.
- Twenty-two percent of respondents in the bottom 40 percent household income bracket were current smokers compared to 7% of those in the top 40 percent income bracket or 2% of respondents in the middle 20 percent household income bracket.
- Unmarried respondents were more likely to report they were a current smoker compared to married respondents (21% and 1%, respectively).

Year Comparisons

- From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who were current smokers.
- In 2006 and 2009, female respondents were more likely to report they were a current smoker. In 2003, gender was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of male respondents being a current smoker.
- In 2003 and 2009, respondents who were 18 to 34 years old were more likely to report they were a current smoker. In 2006, age was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents 45 to 54 years old being a current smoker.
- In 2009, respondents with a high school education or less were more likely to report they were a current smoker. 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 being a current smoker.
- In 2006, 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 report being a current smoker. In 2003, household income was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents in the top 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 35. Current Smokers by Demographic Variables for Each Survey Year[ⓐ]

	2003	2006	2009
TOTAL ^a	15%	11%	9%
Gender ^{2,3}			
Male ^a	18	8	6
Female	12	14	12
Age ^{1,3}			
18 to 34	25	12	19
35 to 44	11	10	4
45 to 54 ^a	19	9	5
55 to 64	9	12	7
65 and Older	5	14	7
Education ³			
High School or Less	22	15	28
Some Post High School	20	15	23
College Graduate ^a	12	10	4
Household Income ^{2,3}			
Bottom 40 Percent Bracket	21	22	22
Middle 20 Percent Bracket ^a	16	20	2
Top 40 Percent Bracket ^a	13	5	7
Marital Status ^{1,2,3}			
Married ^a	8	7	1
Not Married	25	18	21

[ⓐ]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

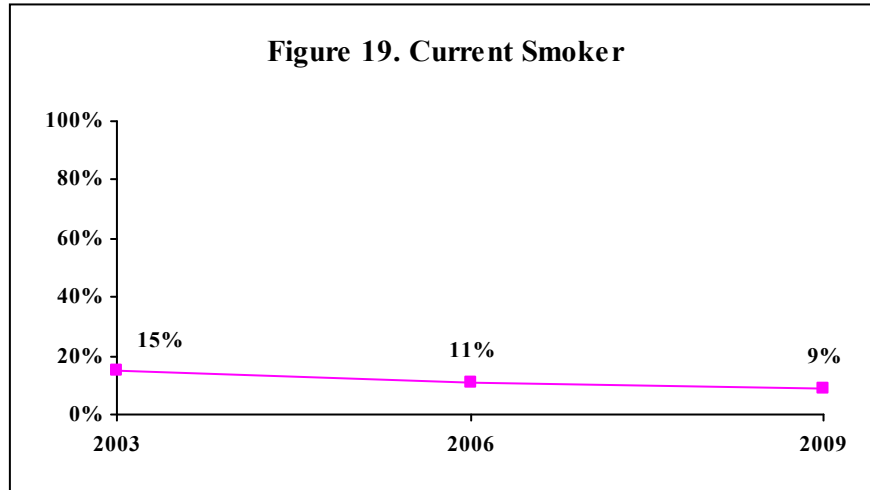
²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

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...

- Sixty-eight 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...

- Fifty-seven percent of the 35 current smokers who have seen a health professional reported their health professional advised them to quit smoking.
- No demographic comparisons were conducted as a result of the low percent of respondents who were asked this question.

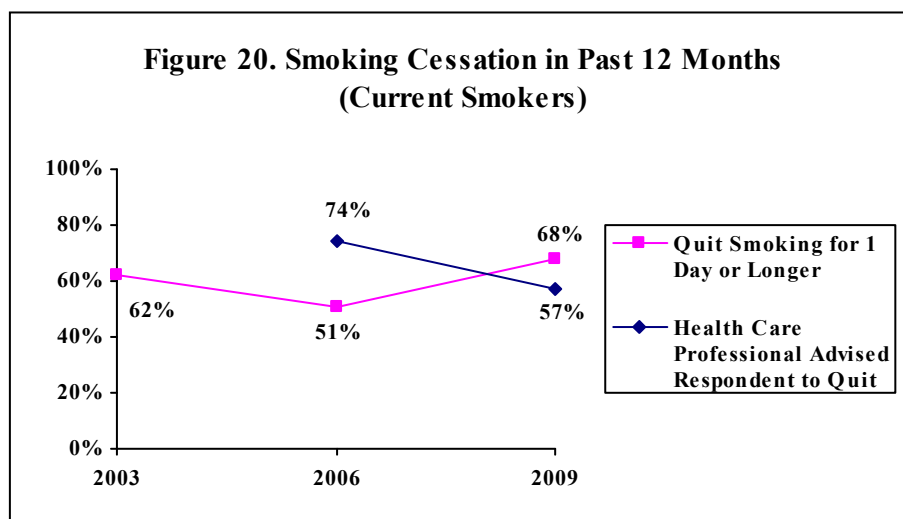
Year Comparisons

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

Smoking Cessation Overall

Year Comparisons

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



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

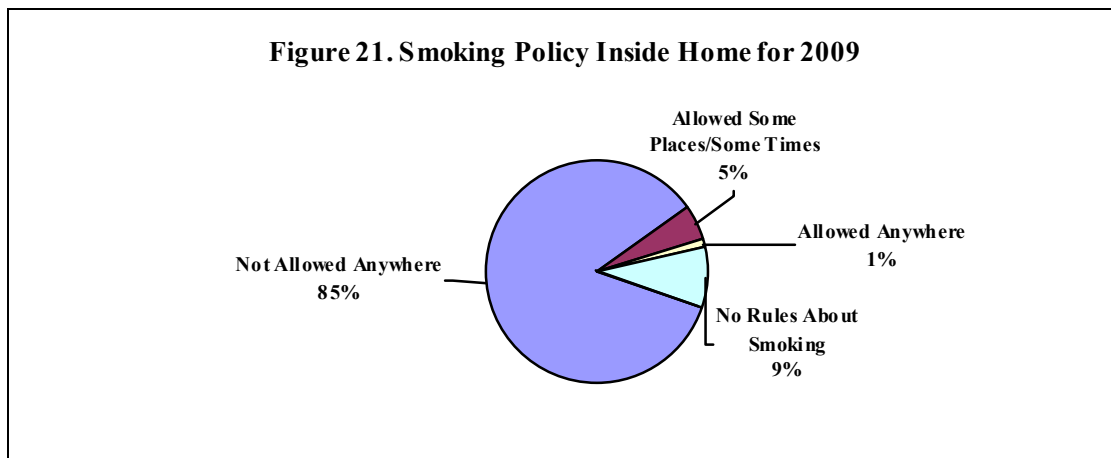
KEY FINDINGS: In 2009, 85% of respondents reported smoking is not allowed anywhere inside the home while 86% reported smoking is not allowed in any area at work. Respondents who were in the top 40 percent household income bracket, married, nonsmokers or in households with children were more likely to report smoking is not allowed anywhere inside the home. Respondents who were 35 to 44 years old, 55 and older, with a high school education or less, a college education, in the top 60 percent household income bracket or who were married were more likely to report smoking is not allowed in any area at work. Two percent of nonsmoking respondents reported they were exposed to second-hand smoke at least four out of the past seven days.

Smoking Policy Inside Home

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

2009 Findings

- Eighty-five percent of respondents reported smoking is not allowed anywhere inside the home while 5% reported smoking is allowed in some places or at some times. One percent reported smoking is allowed anywhere inside the home. Nine percent of respondents reported there are no rules about smoking inside the home.



- Ninety-one percent of respondents in the top 40 percent household income bracket reported smoking is not allowed in the home compared to 80% of those in the middle 20 percent income bracket or 71% 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 (92% and 75%, respectively).
- Eighty-nine percent of nonsmokers reported smoking is not allowed in the home compared to 46% of smokers.

- Respondents in households with children were more likely to report smoking is not allowed in the home (95%) compared to respondents in households without children (75%).

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

	2009
TOTAL	85%
Household Income ¹	
Bottom 40 Percent Bracket	71
Middle 20 Percent Bracket	80
Top 40 Percent Bracket	91
Marital Status ¹	
Married	92
Not Married	75
Smoking Status ¹	
Nonsmoker	89
Smoker	46
Children in Household ¹	
Yes	95
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

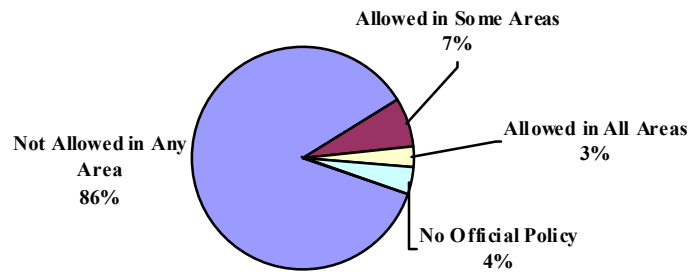
The Healthy People 2010 goal for worksites with formal smoking policies that prohibit smoking is 100%. (Objective 27-12)

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-six percent of respondents reported smoking is not allowed in any area at work while 7% reported smoking is allowed in some areas. Three percent reported smoking is allowed in all areas at work. Four percent of respondents reported there is no official policy about smoking at work.

Figure 22. Smoking Policy at Work for 2009



- Ninety-five percent of respondents 35 to 44 years old and 94% of those 55 and older reported smoking is not allowed in any area at work compared to 76% of respondents 18 to 34 years old.
- Eighty-nine percent of respondents with a college education and 88% of those with a high school education or less reported smoking is not allowed in any area at work compared to 75% of respondents with some post high school education.
- Ninety-one percent of respondents in the top 40 percent household income bracket and 89% of those in the middle 20 percent income bracket reported smoking is not allowed in any area at work compared to 68% 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 (90% and 81%, respectively).

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

	2009
TOTAL	86%
Gender	
Male	85
Female	88
Age ¹	
18 to 34	76
35 to 44	95
45 to 54	87
55 and older	94
Education ¹	
High School or Less	88
Some Post High School	75
College Graduate	89
Household Income ¹	
Bottom 40 Percent Bracket	68
Middle 20 Percent Bracket	89
Top 40 Percent Bracket	91
Marital Status ¹	
Married	90
Not Married	81
Smoking Status	
Nonsmoker	87
Smoker	79

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

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

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

2009 Findings

- Eighty-four percent of nonsmoking respondents reported in the past seven days they were never in the same room or rode in a car with someone who was smoking cigarettes. Fourteen percent of respondents reported they were exposed to second-hand smoke one to three days while 2% reported four or more days.
- No demographic comparisons were conducted as a result of the low percent of respondents who reported their exposure to second-hand smoke on four or more days.

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

KEY FINDINGS: In 2009, 77% of respondents had an alcoholic drink in the past 30 days. In the past month, 6% were heavy drinkers while 16% were binge drinkers. Respondents with some post high school education or who were unmarried were more likely to report heavy drinking in the past month. Respondents who were male or 35 to 44 years old were more likely to have binged at least once in the past month. Three percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. One percent of respondents reported someone in their household experienced a problem in connection with drinking in the past year.

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

Heavy Drinking in the Past Month

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

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

2009 Findings

- Seventy-seven percent of respondents had a drink in the past 30 days. Fifty-three percent reported they drank on at least five days, while 9% reported three to four days and 15% reported drinking on one or two days in the past 30 days.
- Three percent of all respondents reported an average of four or more drinks per day on the days they drank while 10% reported three, 29% reported two and 34% reported one drink on average on the days they drank. Twenty-four percent reported having no drinks in the past month.
- Combined, 6% of respondents were classified as heavy drinkers in the past month (61 or more drinks for males and 31 or more drinks for females).
- Respondents with some post high school education were more likely to report heavy drinking in the past month (13%) compared to respondents with a high school education or less or with a college education (4% each).
- Unmarried respondents were more likely to report heavy drinking in the past month compared to married respondents (10% 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, female respondents were more likely to report heavy drinking. In all other study years, gender was not a significant variable.
- In 2003, respondents with a high school education or less were more likely to report heavy drinking. In 2009, respondents with some post high school education were more likely to report heavy drinking. In 2006, education was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents with some post high school education reporting heavy drinking.
- In 2003, 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.
- In 2003 and 2009, unmarried respondents were more likely to report heavy drinking. In 2006, marital status was not a significant variable.

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

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

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

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Binge Drinking in Past Month

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

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

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

2009 Findings

- Sixteen percent of all respondents binged in the past month.
- Male respondents were more likely to have binged in the past month (26%) compared to female respondents (8%).
- Thirty percent of respondents 35 to 44 years old binged in the past month compared to 12% of those 55 to 64 years old or 0% of respondents 65 and older.

Year Comparisons

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

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who binged.
- In all study years, male respondents were more likely to have binged.
- In 2003 and 2006, respondents 18 to 34 years old were more likely to have binged. In 2009, respondents 35 to 44 years old were more likely to have binged. From 2003 to 2009, there was a noted increase in the percent of respondents 35 to 44 years old and a noted decrease in the percent of respondents 65 and older reporting binging.
- In 2003, respondents in the bottom 60 percent household income bracket were more likely to have binged. 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 binging.
- In 2003, unmarried respondents were more likely to have binged. In all other study years, marital status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of married respondents reporting binging.

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

	2003	2006	2009
TOTAL	12%	17%	16%
Gender ^{1,2,3}			
Male	22	25	26
Female	6	10	8
Age ^{1,2,3}			
18 to 34	26	33	21
35 to 44 ^a	13	14	30
45 to 54	8	15	13
55 to 64	7	6	12
65 and Older ^a	5	4	0
Education			
High School or Less	20	13	4
Some Post High School	15	18	23
College Graduate	11	17	16
Household Income ¹			
Bottom 40 Percent Bracket	19	15	22
Middle 20 Percent Bracket	21	18	15
Top 40 Percent Bracket ^a	7	21	15
Marital Status ¹			
Married ^a	8	15	16
Not Married	19	20	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 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

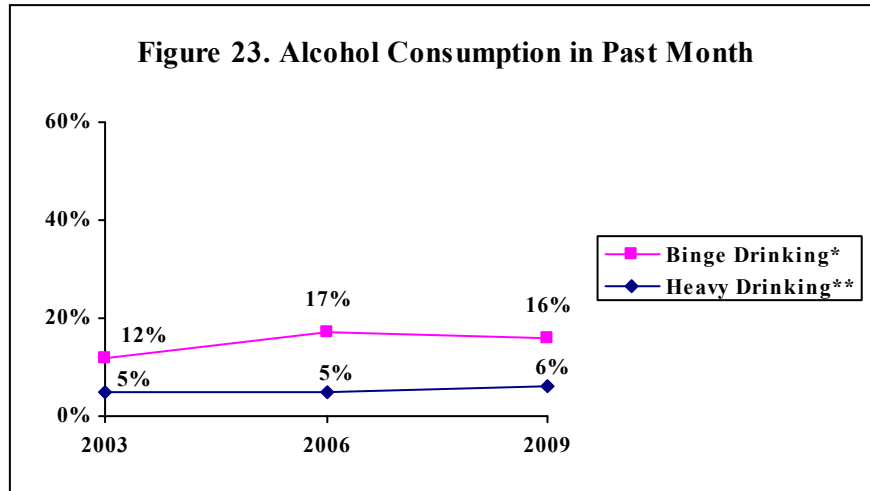
³demographic difference at p≤0.05 in 2009

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

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

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

2009 Findings

- Three 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 2003, respondents who were male or unmarried were more likely to report they were a driver or passenger 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 2006 and 2009.

Table 40. Driver or Passenger in Vehicle When Driver Perhaps Had Too Much to Drink by Demographic Variables for Each Survey Year^①

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

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

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

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

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

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

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

Household Problem Associated with Alcohol in Past Year

2009 Findings

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

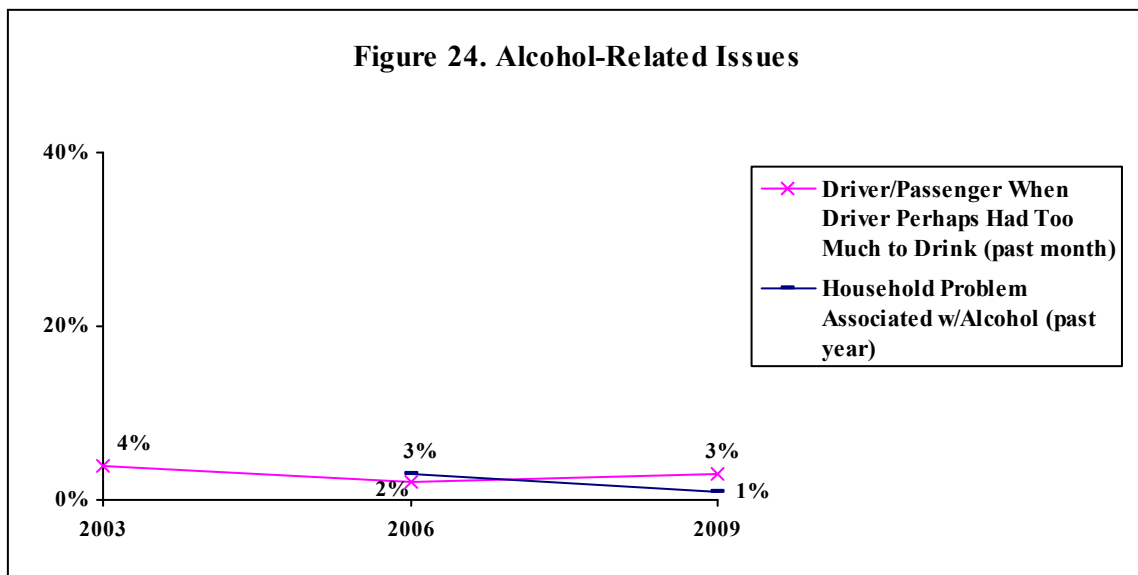
Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting they, or someone in their household, experienced some kind of problem, such as legal, social, personal or physical in connection with drinking in the past year.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting they, or someone in their household, experienced some kind of problem in connection with drinking in the past year in both study years.

Alcohol-Related Issues Overall

Year Comparisons

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



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

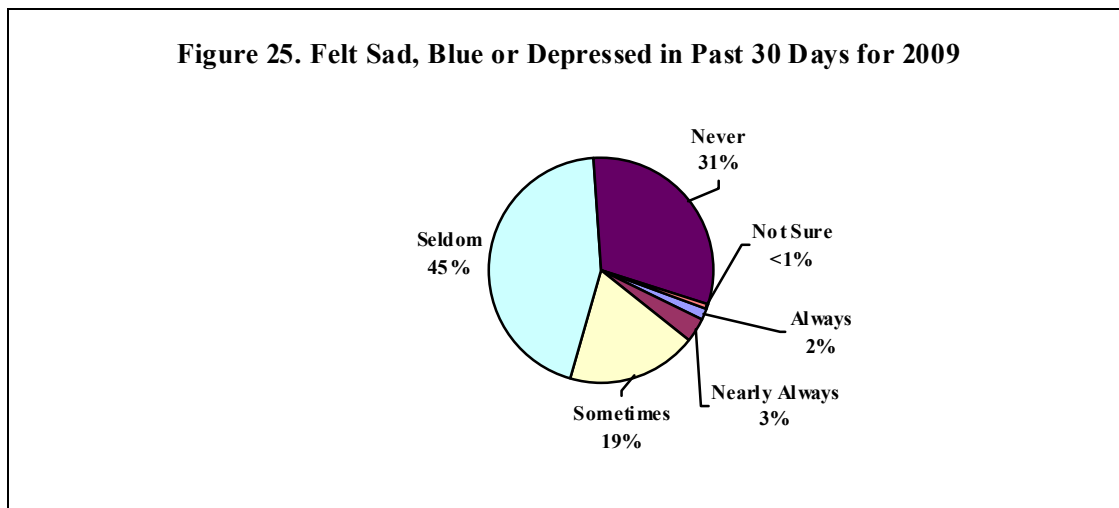
KEY FINDINGS: In 2009, 5% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Six percent of respondents felt so overwhelmed they considered suicide in the past year; respondents who were 18 to 34 years old, with a high school education or less, in the bottom 40 percent household income bracket or who were unmarried were more likely to report this. Two percent of respondents reported they seldom or never find meaning and purpose in daily life.

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

Felt Sad, Blue or Depressed

2009 Findings

- Five percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. This represents up to 2,100 residents. Nineteen percent reported sometimes and the remaining 76% reported seldom or never.



- Respondents in the bottom 40 percent household income bracket were more likely to report they always or nearly always felt sad, blue or depressed in the past 30 days (16%) compared to those in the middle 20 percent income bracket (0%) or respondents in the top 40 percent household income bracket (less than one percent).
- Ten percent of unmarried respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days compared to less than one percent of married respondents.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed.
- In 2003 and 2009, respondents in the bottom 40 percent household income bracket were more likely to report they always/nearly always felt sad, blue or depressed.
- In 2003 and 2009, unmarried respondents were more likely to report they always or nearly always felt sad, blue or depressed.

Table 41. Always/Nearly Always Felt Sad, Blue or Depressed in Past 30 Days by Demographic Variables for Each Survey Year^①

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

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

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

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

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

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

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

Considered Suicide

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

2009 Findings

- Six 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 2,310 residents who may have considered suicide in the past year.
- Fifteen percent of respondents 18 to 34 years old reported they considered suicide in the past year compared to 2% of those 35 to 54 years old or 0% of respondents 55 to 64 years old.
- Twenty-three percent of respondents with a high school education or less reported they considered suicide in the past year compared to 10% of those with some post high school education or 3% of respondents with a college education.
- Thirteen percent of respondents in the bottom 40 percent household income bracket reported they considered suicide in the past year compared to 5% of those in the top 40 percent income bracket or 0% of respondents in the middle 20 percent household income bracket.
- Fourteen percent of unmarried respondents reported they considered suicide in the past year compared to less than one percent of married respondents.

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported they considered suicide in the past year.
- In 2009, respondents 18 to 34 years old were more likely to report they considered suicide in the past year. In 2006, age was not a significant variable.
- In 2009, respondents with a high school education or less were more likely to report they considered suicide in the past year. In 2006, education was not a significant variable.
- In 2006, respondents in the bottom 60 percent household income bracket were more likely to report they considered suicide in the past year. In 2009, respondents in the bottom 40 percent household income bracket were more likely to report they considered suicide in the past year.
- In 2009, unmarried respondents were more likely to report they considered suicide in the past year. In 2006, marital status was not a significant variable.

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

	2003 ^②	2006	2009
TOTAL ^a	2%	4%	6%
Gender			
Male	--	4	8
Female	--	4	5
Age ³			
18 to 34	--	6	15
35 to 44	--	4	2
45 to 54	--	2	2
55 to 64	--	5	0
65 and Older	--	1	6
Education ³			
High School or Less	--	9	23
Some Post High School	--	5	10
College Graduate	--	3	3
Household Income ^{2,3}			
Bottom 40 Percent Bracket	--	9	13
Middle 20 Percent Bracket	--	7	0
Top 40 Percent Bracket	--	<1	5
Marital Status ³			
Married	--	3	<1
Not Married	--	5	14

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

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Find Meaning and Purpose in Daily Life

2009 Findings

- A total of 2% of respondents reported they seldom or never find meaning and purpose in daily life. Forty percent of respondents reported they always find meaning and purpose while an additional 43% reported nearly always.
- No demographic comparisons were conducted as a result of the low percent of respondents who reported they seldom or never find meaning and purpose in daily life.

Year Comparisons

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

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

	2003	2006 ^②	2009 ^③
TOTAL ^a	5%	3%	2%
Gender			
Male	7	--	--
Female	3	--	--
Age			
18 to 34	0	--	--
35 to 44	4	--	--
45 to 54	8	--	--
55 to 64	5	--	--
65 and Older	4	--	--
Education			
High School or Less	4	--	--
Some Post High School	5	--	--
College Graduate	5	--	--
Household Income			
Bottom 40 Percent Bracket	7	--	--
Middle 20 Percent Bracket	6	--	--
Top 40 Percent Bracket	4	--	--
Marital Status			
Married	4	--	--
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

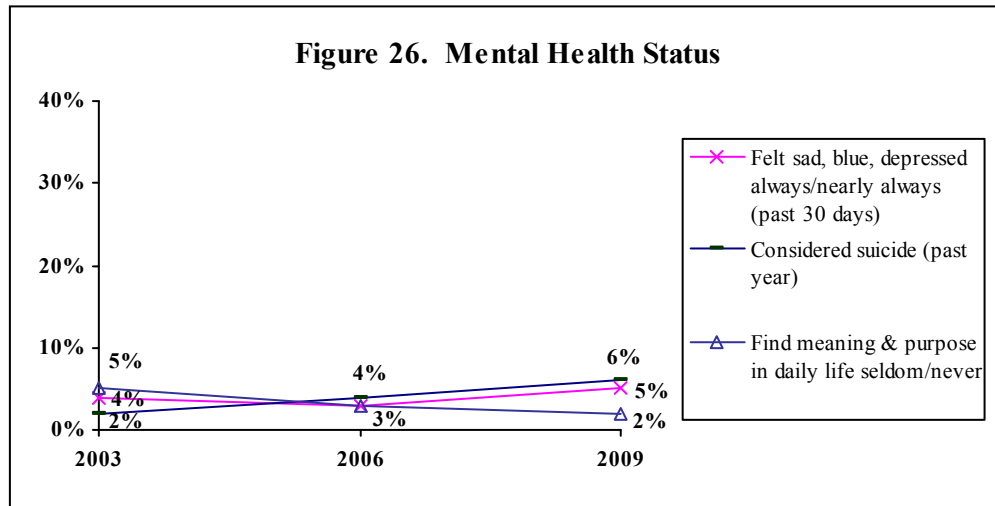
³demographic difference at $p \leq 0.05$ in 2009

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

Mental Health Status Overall

Year Comparisons

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



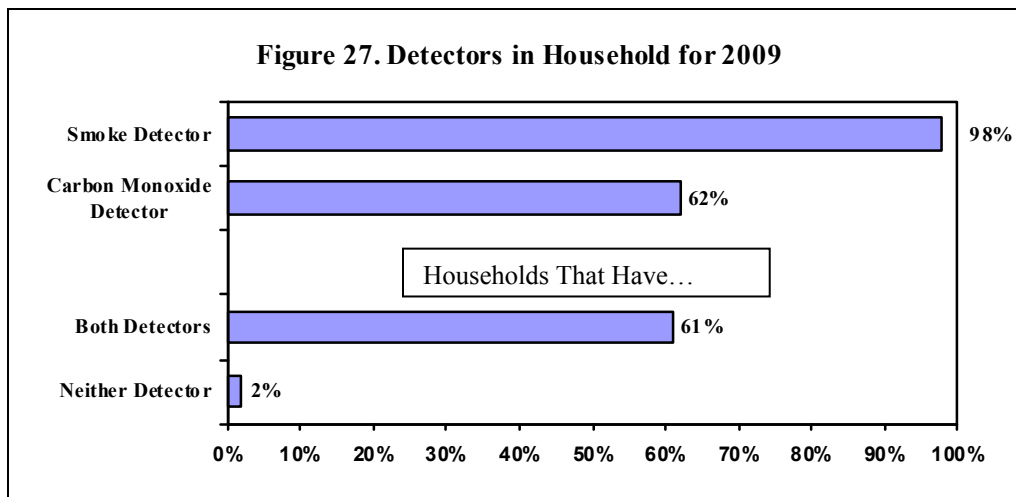
Detectors in Household (Figures 27 & 28; Table 44)

KEY FINDINGS: In 2009, 98% of households had a working smoke detector while 62% had a working carbon monoxide detector. Sixty-one percent of households had both detectors. Respondents who were in the top 40 percent household income bracket or married were more likely to report both detectors.

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

2009 Findings

- Ninety-eight percent of respondents reported a working smoke detector while 62% reported a working carbon monoxide detector in their home. Sixty-one percent had both detectors. Two percent had neither.



- Seventy-one percent of respondents in the top 40 percent household income bracket reported both detectors compared to 55% of those in the middle 20 percent income bracket or 35% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report both detectors compared to unmarried respondents (70% 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 all study years, respondents in the top 40 percent household income bracket were more likely to report both a working smoke detector and carbon monoxide detector. From 2003 to 2009, there was a noted increase in the percent of respondents in the top 60 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 respondents across marital status reporting both a working smoke detector and carbon monoxide detector.

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

	2003	2006	2009
TOTAL ^a	41%	47%	61%
Household Income ^{1,2,3}			
Bottom 40 Percent Bracket	33	30	35
Middle 20 Percent Bracket ^a	32	32	55
Top 40 Percent Bracket ^a	46	59	71
Marital Status ^{2,3}			
Married ^a	44	53	70
Not Married ^a	37	37	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.

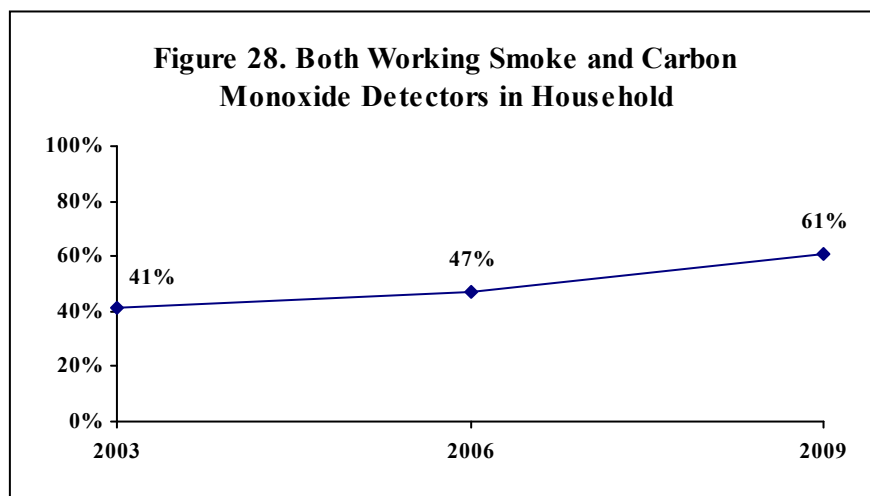
¹demographic difference at $p \leq 0.05$ in 2003

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 - 47)

KEY FINDINGS: In 2009, 8% of households had a firearm in or around the home; respondents in the bottom 40 percent household income bracket were more likely to report this. Of all households, 5% had a handgun in their home while 7% had a rifle or shotgun. Respondents in the bottom 40 percent household income bracket, who were unmarried or in households without children were more likely to report a handgun in their home. Respondents in the bottom 40 percent household income bracket were more likely to report a rifle or shotgun in their home. Of all households, 1% had a loaded firearm. Less than one percent of all households had a firearm loaded and unlocked.

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

Firearm in Household

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

2009 Findings

- At the time of the survey administration, 8% of households had at least one firearm.
- Thirteen percent of respondents in the bottom 40 percent household income bracket reported a firearm compared to 8% of those in the top 40 percent income bracket or 0% of respondents in the middle 20 percent household income bracket.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having firearms in or around their home.
- In 2006, respondents in the top 40 percent household income bracket were more likely to report having a firearm. In 2009, respondents in the bottom 40 percent household income bracket were more likely to report having a firearm. 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 a firearm.
- In 2003, married respondents were more likely to report having a firearm. 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 a firearm.

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

	2003	2006	2009
TOTAL	9%	12%	8%
Household Income ^{2,3}			
Bottom 40 Percent Bracket	8	6	13
Middle 20 Percent Bracket ^a	9	8	0
Top 40 Percent Bracket	9	17	8
Marital Status ¹			
Married ^a	12	14	6
Not Married	5	10	10
Children in Household			
Yes	10	14	6
No	9	10	9

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

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

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

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

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

Handgun in Household

2009 Findings

- At the time of the survey administration, 5% of respondents reported handguns in their home.
- Twelve percent of respondents in the bottom 40 percent household income bracket reported a handgun in their home compared to 2% of those in the top 40 percent income bracket or 0% of respondents in the middle 20 percent household income bracket.
- Unmarried respondents were more likely to report a handgun in their home compared to married respondents (8% and 2%, respectively).
- Respondents in households without children were more likely to report having a handgun in their home (7%) compared to respondents in households with children (2%).

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

	2009
TOTAL	5%
Household Income ¹	
Bottom 40 Percent Bracket	12
Middle 20 Percent Bracket	0
Top 40 Percent Bracket	2
Marital Status ¹	
Married	2
Not Married	8
Children in Household ¹	
Yes	2
No	7

^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≤0.05 in 2009

Rifle or Shotgun in Household

2009 Findings

- At the time of the survey administration, 7% of respondents reported a rifle or shotgun in their home.
- Twelve percent of respondents in the bottom 40 percent household income bracket reported a rifle or shotgun in their home compared to 6% of those in the top 40 percent income bracket or 0% of respondents in the middle 20 percent household income bracket.

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

	2009
TOTAL	7%
Household Income ¹	
Bottom 40 Percent Bracket	12
Middle 20 Percent Bracket	0
Top 40 Percent Bracket	6
Marital Status	
Married	6
Not Married	7
Children in Household	
Yes	5
No	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≤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

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

Year Comparisons

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

Loaded Firearm Also Unlocked

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

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

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

2009 Findings

- Less than one percent of all households had a loaded firearm also unlocked. This relates to 3% of households with a firearm having at least one loaded firearm which is also unlocked.
- No demographic comparisons were conducted as a result of the low percent of respondents reporting a loaded and unlocked firearm in the household.

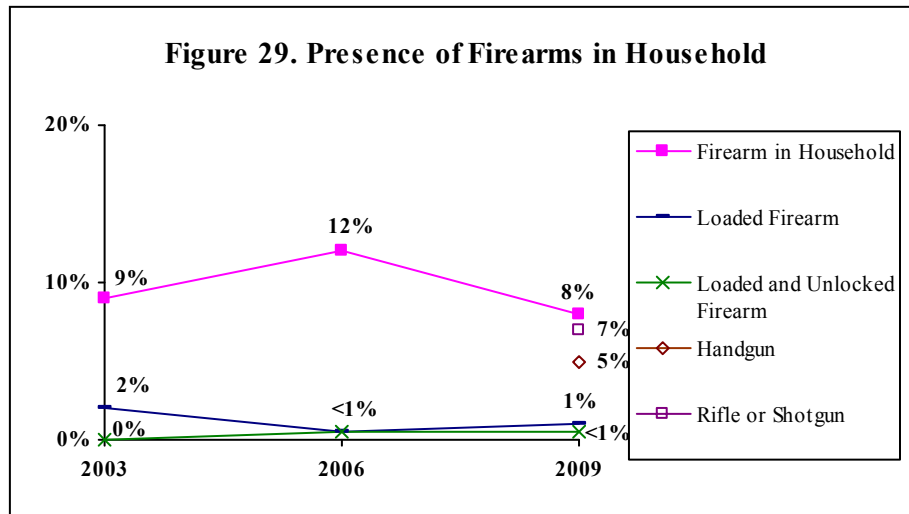
Year Comparisons

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

Presence of Firearms in Household Overall

Year Comparisons

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



Personal Safety Issues (Figure 30; Tables 48 & 49)

KEY FINDINGS: In 2009, 10% of respondents reported someone made them afraid for their personal safety in the past year; respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Three percent of respondents reported they had been pushed, kicked, slapped or hit in the past year. A total of 11% reported at least one of these two situations; respondents with some post high school education, in the bottom 40 percent household income bracket or who were unmarried were more likely to report this.

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

Afraid for Personal Safety

2009 Findings

- Ten percent of respondents reported someone made them afraid for their personal safety in the past year.
- Twenty percent of respondents in the bottom 40 percent household income bracket reported feeling afraid for their safety in the past year compared to 11% of those in the middle 20 percent income bracket or 6% of respondents in the top 40 percent household income bracket.

- Unmarried respondents were more likely to report feeling afraid for their safety in the past year compared to married respondents (18% and 4%, respectively).
 - A stranger was most often mentioned as the perpetrator (29 responses) followed by a friend (4 responses). Three respondents reported an acquaintance while 2 respondents reported boyfriend or girlfriend.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they were afraid for their personal safety.
- In 2003, respondents 18 to 34 years old were more likely to report being afraid for their personal safety. In 2006, respondents 18 to 44 years old were more likely to report being afraid for their personal safety. In 2009, age was not a significant variable.
- In 2003, respondents with a college 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 bottom 40 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.
- In 2003 and 2009, unmarried respondents were more likely to report being afraid for their personal safety. In 2006, marital status was not a significant variable.

Table 48. Afraid for Personal Safety by Demographic Variables for Each Survey Year^⓪

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

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

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

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

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

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

Pushed, Kicked, Slapped or Hit

2009 Findings

- Three 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.
 - Eight respondents reported a stranger followed by three respondents reporting an acquaintance.

Year Comparisons

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

Combined Personal Safety Issues

2009 Findings

- A total of 11% of all respondents reported at least one of the two issues.
- Eighteen percent of respondents with some post high school education reported at least one of the two issues compared to 9% of those with a college education or 0% of respondents with a high school education or less.
- Twenty percent of respondents in the bottom 40 percent household income bracket reported at least one of the two issues compared to 11% of those in the middle 20 percent income bracket or 8% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report at least one of the two issues compared to married respondents (20% and 4%, respectively).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported at least one of the personal safety issues.
- In 2003, respondents 18 to 34 years old were more likely to report at least one of the personal safety issues. In 2006, respondents 18 to 44 years old were more likely to report at least one of the two issues. In 2009, age was not a significant variable.
- In 2009, respondents with some post high school education were more likely to report at least one of the personal safety issues. In all other study years, education was not a significant variable.
- In 2009, respondents in the bottom 40 percent household income bracket were more likely to report at least one of the personal safety issues. In all other study years, household income was not a significant variable.
- In 2003 and 2009, unmarried respondents were more likely to report at least one of the personal safety issues. In 2006, marital status was not a significant variable.

Table 49. At Least One of the Personal Safety Issues by Demographic Variables for Each Survey Year^⓪

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

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

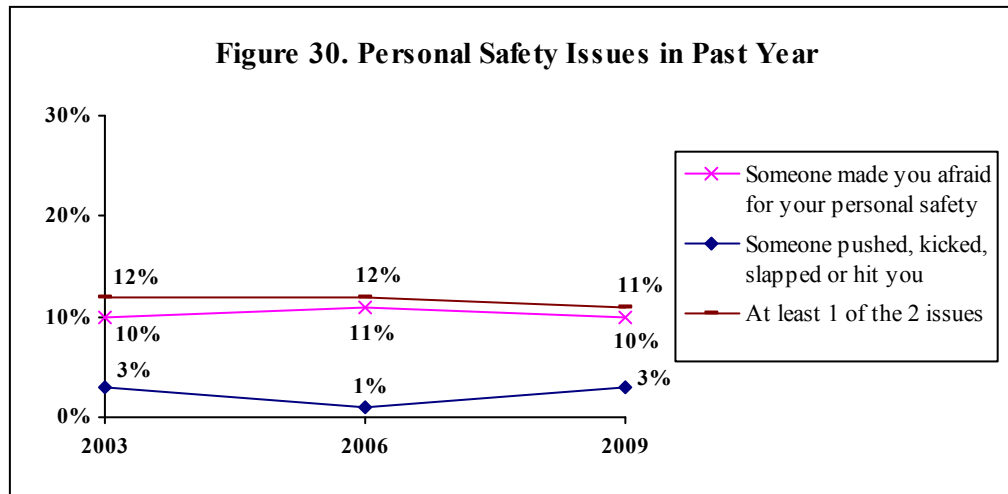
³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Personal Safety Issues Overall

Year Comparisons

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



APPENDIX A: ADDITIONAL QUESTIONS

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

Public Health Department (Figure 31; Tables 50 & 51)

KEY FINDINGS: In 2009, 6% of respondents were not aware of the public health department prior to the interview; 34% received services from the health department. Respondents who were female, in the bottom 40 percent household income bracket or unmarried were more likely to have received services from the health department. Of the respondents who were aware of the health department, 76% reported they were satisfied with the health department meeting its mission to promote health, prevent disease and protect the public; respondents who were 35 to 54 years old, with a college education or in the top 40 percent household income bracket were more likely to report this.

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

Awareness of and Experience with Public Health Department

2009 Findings

- Six percent of respondents were not aware of the public health department prior to the interview. Sixty percent were aware of the department but had no experience with it. Thirty percent received limited services from the health department and 4% received more extensive services.
- Female respondents were more likely to report they received limited or extensive services from the health department (42%) compared to male respondents (24%).
- Forty-seven percent of respondents in the bottom 40 percent household income bracket reported they received limited or extensive services from the health department compared to 37% of those in the middle 20 percent income bracket or 30% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report they received limited or extensive services compared to married respondents (40% and 30%, respectively).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they received limited or extensive services from the public health department.
- In all study years, female respondents were more likely to report they received limited or extensive services from the health department.
- In 2003 and 2006, respondents 65 and older were more likely to report they received limited/extensive services from the health department. In 2009, age was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents 18 to 34 years old reporting they received limited/extensive services from the health department.

- In 2006, respondents in the middle 20 percent household income bracket were more likely to report they received limited/extensive services from the health department. In 2009, respondents in the bottom 40 percent household income bracket were more likely to report they received limited/extensive services from the health department. In 2003, household income was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket reporting they received limited/extensive services from the health department.
- In 2003, married respondents were more likely to report they received limited or extensive services from the health department. In 2009, unmarried respondents were more likely to report they received limited/extensive services from the health department. In 2006, marital status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of unmarried respondents reporting they received limited/extensive services from the health department.

Table 50. Received Limited or Extensive Services from Public Health Department by Demographic Variables for Each Survey Year^⓪

	2003	2006	2009
TOTAL	28%	29%	34%
Gender ^{1,2,3}			
Male	17	24	24
Female	35	32	42
Age ^{1,2}			
18 to 34 ^a	17	21	41
35 to 44	24	17	23
45 to 54	26	33	31
55 to 64	27	37	30
65 and older	45	44	41
Education			
High School or Less	20	35	36
Some Post High School	37	36	41
College Graduate	28	27	32
Household Income ^{2,3}			
Bottom 40 Percent Bracket ^a	29	30	47
Middle 20 Percent Bracket	27	36	37
Top 40 Percent Bracket	27	24	30
Marital Status ^{1,3}			
Married	32	28	30
Not Married ^a	21	27	40

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

¹demographic difference at p≤0.05 in 2003

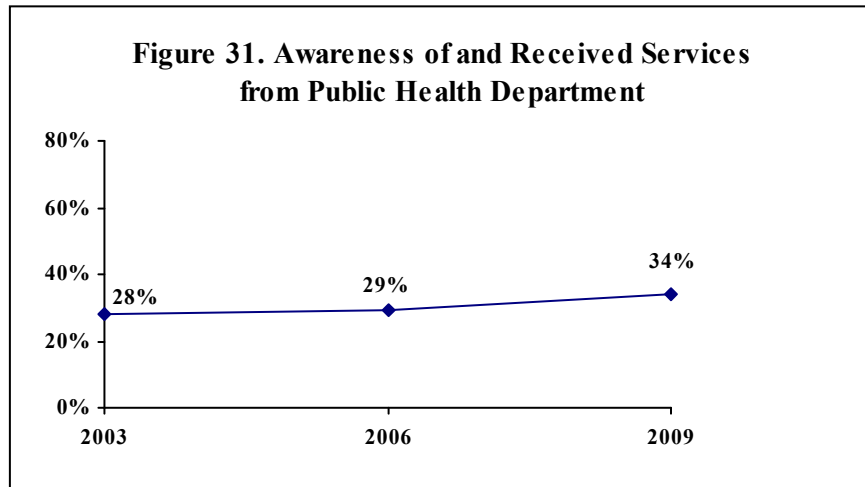
²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Year Comparisons

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



Satisfaction with Health Department Meeting Its Mission

2009 Findings

- Of respondents who were aware of the health department, 76% reported they were very satisfied or satisfied with the health department meeting its mission to promote health, prevent disease and protect the public. Six percent were dissatisfied and 2% were very dissatisfied. Fifteen percent were not sure.
- Eighty-eight percent of respondents 35 to 44 years old and 86% of those 45 to 54 years old reported they were very satisfied or satisfied with the health department meeting its mission compared to 60% of respondents 18 to 34 years old.
- Eighty-one percent of respondents with a college education reported they were very satisfied or satisfied with the health department meeting its mission compared to 63% of respondents with some post high school education or less.
- Eighty-three percent of respondents in the top 40 percent household income bracket reported they were very satisfied or satisfied with the health department compared to 78% of those in the middle 20 percent income bracket or 68% of respondents in the bottom 40 percent household income bracket.

Table 51. Very Satisfied or Satisfied with Health Department Meeting Its Mission by Demographic Variables for 2009 (Of Those Aware of Department)

	2009
TOTAL	76%
Gender	
Male	76
Female	77
Age ¹	
18 to 34	60
35 to 44	88
45 to 54	86
55 to 64	70
65 and older	80
Education ¹	
Some Post High School or Less	63
College Graduate	81
Household Income ¹	
Bottom 40 Percent Bracket	68
Middle 20 Percent Bracket	78
Top 40 Percent Bracket	83
Marital Status	
Married	79
Not Married	73

^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

Preparation for a Natural or Man-Made Disaster (Table 52)

KEY FINDINGS: In 2009, 28% of respondents reported someone in their family had taken steps to prepare for a natural or man-made disaster.

2009 Findings

- Twenty-eight percent of respondents reported they or someone in their family had taken steps to prepare for a natural or man-made disaster.
- There were no statistically significant differences between household demographic variables and responses of someone in their family had taken steps to prepare for a natural or man-made disaster.

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

	2009
TOTAL	28%
Household Income	
Bottom 40 Percent Bracket	24
Middle 20 Percent Bracket	26
Top 40 Percent Bracket	31
Marital Status	
Married	25
Not Married	33
Children in Household	
Yes	28
No	28

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

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

Community Health Issues (Table 53)

KEY FINDINGS: In 2009, out of six health issues, the three most often selected health concerns were the following: obesity, lack of exercise or poor nutrition (63%), illegal drug use (55%) and alcohol abuse (50%). Respondents who were male or 18 to 34 years old were more likely to report obesity/lack of exercise/poor nutrition. Respondents who were female, 55 to 64 years old or in the top 40 percent household income bracket were more likely to report illegal drug use. Respondents who were female or 45 to 64 years old were more likely to report alcohol abuse. Respondents who were male or with some post high school education were more likely to report smoking. Respondents who were 18 to 54 years old, with a high school education or less, with a college education, in the top 40 percent household income bracket or who were married were more likely to report infectious diseases. Respondents who were in the bottom 40 percent household income bracket or in the top 40 percent household income bracket were more likely to report mental health.

2009 Findings

- Respondents were given a list of six health issues that some communities face and were asked to select the three largest health concerns in the Shorewood/Whitefish Bay. Respondents were more likely to report obesity, lack of exercise or poor nutrition (63%), illegal drug use (55%) and alcohol abuse (50%). Thirty-three percent reported smoking followed by 32% reporting infectious diseases such as whooping cough, tuberculosis or sexually transmitted diseases or 24% reporting mental health.
- Male respondents were more likely to report obesity/lack of exercise/poor nutrition or smoking as top health concerns for their community. Female respondents were more likely to report illegal drug use or alcohol abuse.

- Respondents 18 to 34 years old were more likely to report obesity/lack of exercise/poor nutrition as one of the top three health issues while respondents 55 to 64 years old were more likely to select illegal drug use. Respondents 45 to 64 years old were more likely to report alcohol abuse while respondents 18 to 54 years old were more likely to report infectious diseases.
- Respondents with some post high school education were more likely to report smoking while respondents with a high school education or less or a college education were more likely to report infectious diseases as one of the top three health issues.
- Respondents in the top 40 percent household income bracket were more likely to report illegal drug use or infectious diseases as one of the top three health issues. Respondents who were in the bottom 40 percent household income bracket or in the top 40 percent household income bracket were more likely to report mental health.
- Married respondents were more likely to report infectious diseases as top health concerns for their community compared to unmarried respondents (37% and 25%, respectively).

Table 53. Community Health Issues by Demographic Variables for 2009^⓪

	Obesity/Lack of Exercise/Poor Nutrition	Illegal Drug Use	Alcohol Abuse	Smoking	Infectious Diseases	Mental Health
TOTAL	63%	55%	50%	33%	32%	24%
Gender						
Male	73 ¹	46 ¹	44 ¹	41 ¹	35	23
Female	55 ¹	62 ¹	54 ¹	27 ¹	30	25
Age						
18 to 34	74 ¹	39 ¹	40 ¹	35	37 ¹	31
35 to 44	59 ¹	61 ¹	42 ¹	32	38 ¹	21
45 to 54	63 ¹	58 ¹	62 ¹	33	37 ¹	23
55 to 64	63 ¹	70 ¹	63 ¹	35	21 ¹	23
65 and older	51 ¹	59 ¹	49 ¹	30	18 ¹	20
Education						
High School or Less	69	60	42	38 ¹	38 ¹	8
Some Post High School	60	44	50	51 ¹	18 ¹	22
College Graduate	63	57	50	28 ¹	35 ¹	26
Household Income						
Bottom 40 Percent Bracket	61	32 ¹	49	40	21 ¹	28 ¹
Middle 20 Percent Bracket	49	55 ¹	55	28	19 ¹	2 ¹
Top 40 Percent Bracket	65	62 ¹	51	34	44 ¹	27 ¹
Marital Status						
Married	62	57	49	30	37 ¹	26
Not Married	64	52	50	37	25 ¹	21

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

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

Environmental Health Issues (Table 54)

KEY FINDINGS: In 2009, out of five environmental health issues listed, the largest concerns were water quality (43%) or food safety (36%). Eleven percent reported indoor air quality. Female respondents were more likely to report water quality than male respondents. Respondents 35 to 44 years old were more likely to report indoor air quality compared to all other age groups. Respondents with a college education were more likely to report water quality compared to all other education levels.

2009 Findings

- Out of five environmental health issues listed, 43% of respondents reported water quality as the largest concern. Thirty-six percent reported food safety while 11% reported indoor air quality. Seven percent reported lead and 2% reported rabies.
- Forty-eight percent of female respondents reported water quality as an environmental health issue compared to 36% of male respondents.
- Although water quality as well as food quality were listed more often as the largest concern for all age groups, respondents 35 to 44 years old were more likely to report indoor air quality as an environmental health issue compared to all other age groups.
- Forty-six percent of respondents with a college education reported water quality as an environmental health concern compared to 41% of those with some post high school education or 19% of respondents with a high school education or less.

Table 54. Largest Environmental Health Issue by Demographic Variables for 2009

	Water Quality	Food Safety	Indoor Air Quality
TOTAL	43%	36%	11%
Gender ¹			
Male	36	38	14
Female	48	34	9
Age ¹			
18 to 34	49	30	13
35 to 44	40	36	20
45 to 54	46	32	5
55 to 64	44	40	9
65 and older	36	47	6
Education ¹			
High School or Less	19	27	19
Some Post High School	41	32	16
College Graduate	46	38	10
Household Income			
Bottom 40 Percent Bracket	42	31	11
Middle 20 Percent Bracket	34	40	21
Top 40 Percent Bracket	47	35	10
Marital Status			
Married	44	38	11
Not Married	42	32	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

APPENDIX B: QUESTIONNAIRE FREQUENCIES

SHOREWOOD/WHITEFISH BAY
COMMUNITY HEALTH SURVEY

Conducted: September 30, 2009 through January 11, 2010

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

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

Poor	<1%
Fair	6
Good.....	19
Very good.....	40
Excellent.....	35
Not sure	0

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

No health care coverage	4%
An employer sponsored insurance plan	67
Private insurance bought directly from an insurance agent or insurance company.....	9
Medicaid including medical assistance, Title 19 or Badger Care.....	3
Medicare.....	18
Or something else.....	<1
Not sure	<1

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

All.....	94%
Part	2
None	4
Not sure	0

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

All.....	93%
Part	4
None	3
Not sure	<1

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

Doctor's or nurse practitioner's office 88%
 Public health clinic or community health center 6
 Hospital outpatient department 2
 Hospital emergency room <1
 Urgent care center 1
 Some other kind of place..... 1
 No usual place..... 2
 Not sure 0

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

Yes 43%
 No..... 56
 Not sure 1

A routine check-up is a general physical exam, not an exam for a specific injury, illness or condition. About how long has it been since you last received a routine checkup?

	Less than a Year Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never	Not Sure
7. A routine checkup	57%	25%	9%	7%	2%	<1%
8. Cholesterol testing	47	31	6	6	7	3
9. Visit to a dentist or dental clinic .	82	14	2	2	<1	0
10. Eye exam.....	41	25	11	16	6	<1

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

Yes 50%
 No..... 49
 Not sure 2

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

18 to 34 years old 27%
 35 to 44 years old 23
 45 to 54 years old 22
 55 to 64 years old 11
 65 and older..... 18

13. Have you ever had a pneumonia or pneumococcal shot? [72 Respondents 65 and Older]

Yes 73%
 No..... 22
 Not sure 6

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?	18%	82%	0%
15. Your blood cholesterol is high?	19	80	1
16. You had a stroke?.....	1	99	0
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?	14	86	0
19. You have cancer?.....	4	96	0
20. ...(if yes) [15 Respondents]: What type of cancer?	Melanoma/skin	7 respondents	
	Breast.....	4 respondents	
	Brain	2 respondents	
	All others (1 response each)	6 respondent	
21. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	4	96	0

22. [IF DIABETES] A test for “A one C” measures the average level of blood sugar over the past three months. About how many times in the past 12 months has a doctor, nurse or other health professional checked you for “A one C?” [16 Respondents]

Zero	6%	→GO TO Q25
1 time.....	6	→CONTINUE WITH Q23
2 to 3 times.....	56	→CONTINUE WITH Q23
4 or more	31	→CONTINUE WITH Q23
Not sure	0	→GO TO Q25

23. At your last appointment, what was your “A one C” level? [15 Respondents]

Less than 7	40%
7 or higher	40
Not sure	20

24. At your last appointment, what was your LDL level? [15 Respondents]

Less than 100	27%
100 or higher	7
Not sure	67

	Yes	No	Not Sure
25. Do you currently have asthma?	11%	90%	0%
26. ...(if yes), do you have a written asthma action plan? [42 Respondents].....	33	60	7

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	23%
Two servings	28
Three or more servings.....	49
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	28%
Two servings	40
Three or more servings.....	32
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	85%
No.....	14
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	14%
Less than 5 times/week for 30 minutes or less than 30 minutes each time.....	42
5 times/week for 30 minutes or more.....	43
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	51%
No.....	49
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	49%
Less than 3 times/week for 20 minutes or less than 20 minutes each time	16
3 times/week for 20 minutes or more.....	35
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? [139 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	65%
Within the past 2 years (1 year, but less than 2 years ago)	19
Within the past 3 years (2 years, but less than 3 years ago)	6
Within the past 5 years (3 years, but less than 5 years ago).....	3
5 or more years ago	3
Never.....	4
Not sure	<1

36. A bone density scan helps determine if you are at risk for fractures or are in the early stages of osteoporosis. Have you ever had a bone density scan? [43 Respondents 65 and Older]

Yes	86%
No.....	9
Not sure	5

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? [169 Respondents 18 to 65 years old]

Within the past year (anytime less than 12 months ago).....	78%
Within the past 2 years (1 year, but less than 2 years ago)	15
Within the past 3 years (2 years, but less than 3 years ago)	2
Within the past 5 years (3 years, but less than 5 years ago).....	<1
5 or more years ago	2
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? [109 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	43%
Within the past 2 years (1 year, but less than 2 years ago)	6
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	<1
Never.....	28
Not sure.....	6

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? [110 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	47%
Within the past 2 years (1 year, but less than 2 years ago)	21
Within the past 3 years (2 years, but less than 3 years ago)	4
Within the past 5 years (3 years, but less than 5 years ago).....	3
5 or more years ago	6
Never.....	19
Not sure.....	<1

MALE & FEMALE RESPONDENTS 50 AND OLDER

40. For a sigmoidoscopy a flexible tube is inserted into the rectum to view the bowel for signs of cancer or other health problems. A colonoscopy is similar, but uses a longer tube, and you are usually given medication through a needle in your arm to make you sleepy and told to have someone else drive you home after the test. Have you ever had a... [159 Respondents 50 and Older]

Sigmoidoscopy.....	5%
Colonoscopy	48
Both.....	20
Or neither	26
Not sure.....	0

41. How long has it been since you had your last sigmoidoscopy? [159 Respondents 50 and Older]

Within the past year (anytime less than 12 months ago).....	4%
Within the past 2 years (1 year, but less than 2 years ago)	2
Within the past 5 years (2 years, but less than 5 years ago).....	6
Within the past 10 years (5 years but less than 10 years ago)...	6
10 years ago or more	6
Never.....	75
Not sure.....	<1

42. How long has it been since you had your last colonoscopy? [159 Respondents 50 and Older]

Within the past year (anytime less than 12 months ago).....	13%
Within the past 2 years (1 year, but less than 2 years ago)	13
Within the past 5 years (2 years, but less than 5 years ago).....	26
Within the past 10 years (5 years but less than 10 years ago)...	14
10 years ago or more.....	1
Never.....	31
Not sure.....	0

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..... 43%

Frequency of those who bicycle, use in-line roller skates or use scooters [229 Respondents]

Never.....	24%
Seldom	7
Sometimes.....	9
Nearly always.....	11
Always	49
Not sure.....	<1

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

Never.....	<1%
Seldom	<1
Sometimes.....	3
Nearly always.....	7
Always	89
Not sure.....	0

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

Never.....	31%
Seldom	45
Sometimes.....	19
Nearly always.....	3
Always	2
Not sure.....	<1

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

Never.....	<1%
Seldom	2
Sometimes.....	14
Nearly always.....	43
Always	40
Not sure.....	1

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

Yes	6%
No.....	94
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	24%
One to two days.....	15
Three to four days	9
Five or more days.....	53
Not sure	0

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

None	24%
One drink.....	34
Two drinks	29
Three drinks	10
Four or more drinks.....	3
Not sure	<1

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

None	84%
One time	9
Two or more times	8
Not sure	0

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

Yes	3%
No.....	97
Not sure	<1

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

Yes	1%
No.....	98
Not sure	<1

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

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

Every day	6%	
Some days	3	
Not at all.....	91	→GO TO Q57
Not sure	0	→GO TO Q57

54. [CURRENT SMOKERS] During the past 12 months, have you quit smoking for one day or longer because you were trying to quit? [38 Respondents]

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

55. [CURRENT SMOKERS] In the past 12 months, have you seen a doctor, nurse or other health professional? [37 Respondents]

Yes	95%	→CONTINUE WITH Q56
No.....	5	→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? [35 Respondents]

Yes	57%
No.....	43
Not sure	0

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

Smoking is not allowed anywhere inside your home..	85%
Smoking is allowed in some places or at some times .	5
Smoking is allowed anywhere inside your home or ...	1
There are no rules about smoking inside your home ..	9
Not sure	0

58. Which of the following best describes your place of work's official indoor smoking policy? [288 Respondents Who Work]

Not allowed in any area.....	86%
Allowed in some areas	7
Allowed in all areas.....	3
No official policy	4
Not sure	0

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

0 days 84%
 1 to 3 days 14
 4 to 6 days <1
 All 7 days 1
 Not sure <1

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

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

Yes 8%
 No 92
 Not sure 0

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

	Yes	No	Not sure	No firearms in HH/NA
61. Handguns	5%	3%	0%	92%
62. Rifles or shotguns.....	7	1	<1	92

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

Yes 1%
 No 7
 Not sure 0
 No firearms in the household/no answer 92

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

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

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

	Yes	No	Not Sure
65. Going to a chiropractor	12%	88%	<1%
66. Having acupuncture	7	94	0
67. Massage therapy.....	24	76	0
68. Aroma therapy using essential oils	9	91	0

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

69. Gender [DERIVED, NOT ASKED]

Male	46%
Female.....	55

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

71. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

Not overweight.....	50%
Overweight.....	36
Obese.....	14

72. Are you Hispanic or Latino?

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

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

White.....	91%
Black, African American	3
Asian	4
Native Hawaiian or other Pacific Islander	1
American Indian or Alaska Native.....	0
Another race.....	0
Multiple race	<1
Not sure	0

74. What is your current marital status?

Single and never married	26%
A member of an unmarried couple.....	<1
Married.....	58
Separated.....	<1
Divorced.....	9
Widowed	6
Not sure	0

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

8th grade or less	0%
Some high school	2
High school graduate or GED	5
Some college	17
Technical school graduate.....	2
College graduate	37
Advanced or professional degree	37
Not sure	0

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

Yes	49%
No.....	52
Not sure.....	0

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

Milwaukee.....	100%
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78. What city, town or village do you legally reside in? [FILTER]

Shorewood	53%
Whitefish Bay	48

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

53211.....	60%
53217.....	41
No answer	0

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

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

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

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

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

Yes	85%
No.....	15
Not sure.....	<1

83. What is your annual household income before taxes?

Less than \$10,000	2%
\$10,000 to \$20,000.....	7
\$20,001 to \$30,000.....	6
\$30,001 to \$40,000.....	8
\$40,001 to \$50,000.....	5
\$50,001 to \$60,000.....	7
\$60,001 to \$75,000.....	10
\$75,001 to \$90,000.....	9
\$90,001 to \$105,000.....	6
\$105,001 to \$120,000.....	5
\$120,001 to \$135,000.....	4
Over \$135,000.....	18
Not sure	2
No answer	13

84. Which of the following best describes you?

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

The next series of questions deal with personal safety issues.

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

Yes	10%	→CONTINUE WITH Q86
No.....	90	→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. [39 Respondents; More than 1 response accepted]

Stranger	29 responses
Friend	4 responses
Acquaintance.....	3 responses
Boyfriend or girlfriend	2 responses

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

Yes	3%	→CONTINUE WITH Q88
No.....	97	→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?
[11 Respondents; More than 1 response accepted]

Stranger	8 responses
Acquaintance.....	3 responses
Boyfriend or girlfriend	1 response
Brother or sister.....	1 response

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

Smoke detector.....	98%
Carbon monoxide detector	62
Neither.....	2
Not sure	0

Households that have both detectors.....	61%
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ADDITIONAL QUESTIONS FOR SHOREWOOD/WHITEFISH BAY

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

A1. Which of the following best describes your level of awareness and experience with your public health department?

Not aware of the health department until now	6%
Aware of the health department, but have had no experience with programs or services	60
Aware of the health department and have received limited service like a flu shot or other immunization.....	30
Aware of the health department and have received more extensive services	4
Not sure	<1

A2. How satisfied or dissatisfied are you that the health department meets its mission to promote health, prevent disease and protect the public? [361 Respondents]

Very dissatisfied.....	2%
Dissatisfied.....	6
Satisfied.....	55
Very satisfied	21
Not sure	15

A3. Have you or someone in your family taken steps to prepare for a natural or man-made disaster? For example, have you stored extra food or water, have a list of important names and numbers, prepared an emergency kit or designated a meeting place?

Yes	28%
No.....	72
Not sure	0

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

Obesity, lack of exercise or poor nutrition	63%
Illegal drug use.....	55
Alcohol abuse.....	50
Smoking	33
Infectious diseases such as whooping cough, tuberculosis, or sexually transmitted diseases....	32
Mental health.....	24

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

Food safety	36%
Water quality	43
Indoor air quality	11
Lead	7
Rabies	2
Not sure	1

APPENDIX C: SURVEY METHODOLOGY

SURVEY METHODOLOGY

2009 Community Health Survey

The 2009 Shorewood/Whitefish Bay Community Health Survey was conducted from September 30, 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=379). 2) A cell-phone only sample where the person answering the phone was selected as the respondent (n=21). 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 Shorewood/Whitefish Bay Community Health Survey was conducted from March 14 through July 11, 2006. A total of 800 random adults 18 and older within the communities 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 Shorewood/Whitefish Bay Community Health Survey was conducted from February 21 through April 12, 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.